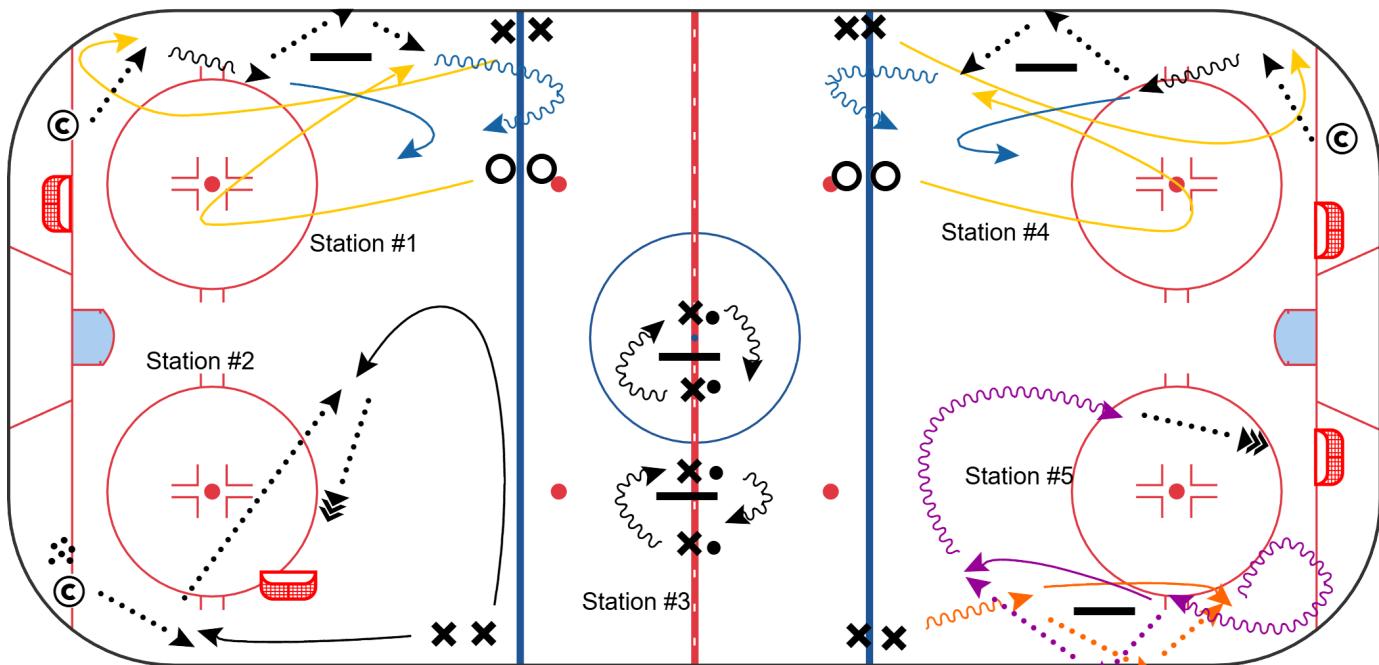


Indirect & Area Passing Shared Practice Stations



Description

Station #1:

Player X will skate down low and J-hook towards the boards and receive a pass from the coach in the corner. Player O is skating down low and with good timing. When Player X receives the pass, they should get off the wall and indirect pass around the black divider. Player O with good timing slashes through and picks up the puck. Player O will get outside the blue line, and attack the net 1v1 against Player X. Player X needs to gap up after making the indirect pass.

Station #2:

One line just inside the blue line as shown. Coach will throw a loose puck behind the net. First player needs to skate towards the puck and make an area pass out in front of the net. The key is not handle this puck and make the play as quickly as possible. Second player in line will gather ice at the same time, with good timing. Player #2 receives the out front area pass and gets off a quick shot.

Station #3:

Tag around dividers, both players have a puck. One player is "it." Both players must stay close to the black dividers.

Station #4:

Same as station #1, just the other side.

Station #5:

Indirect passing to yourself. Player will skate down with a puck, indirect pass to themselves around the black divider. Picks up the puck on the other side, and carries it low before cutting back towards the boards. Player attacks up the wall and makes another indirect pass to themselves around the black divider. Picks up the puck and drives the net for a shot in stride.