



# Spring Skills Passing & Stickhandling

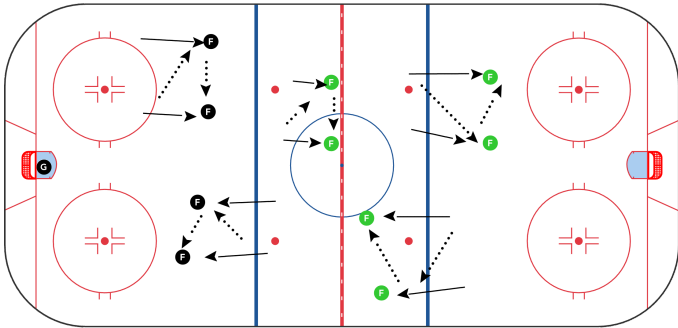
Date: Apr 13 2026

Time: 7:07 pm

Duration: 60 mins

## 2on2 Around the Rink

10 mins



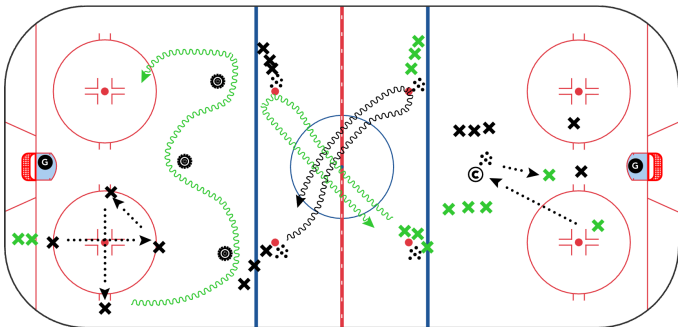
Players skate around rink or around zone passing back and forth  
On whistle players play keepaway with puck  
Optional: on next whistle players inside dot lines with puck shoot on goalie

## Stickhandling Warmup Lines

10 mins

## Stickhandling Stations

30 mins



### Station 1: 1-2-3-4 Passing

Players follow their passes in the circle, and at last position take puck and stickhandle through pylons and shoot

### Station 2: Skating and stickhandling skills

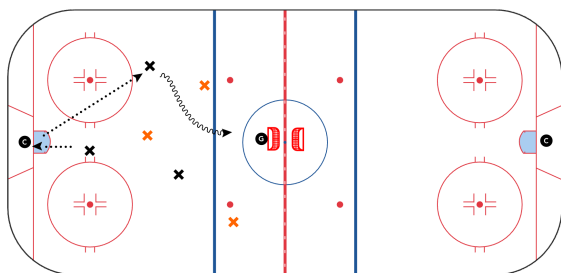
Players skate around opposite faceoff dot and back completing different stickhandling maneuvers, eyes up!

### Station 3: 2on2 Possession

Players play 2on2 but have to pass to coach before scoring

## Around the World

10 mins



Teams play 3on3 with nets back to back at centre ice

Teams have to pass to their coach in one end before they can score

This is designed for one goalie - when a new offensive team gains possession, the goalie has to switch nets

When the opponent steals the puck they pass to their coach at the other end to go on offence, and the goalie switches