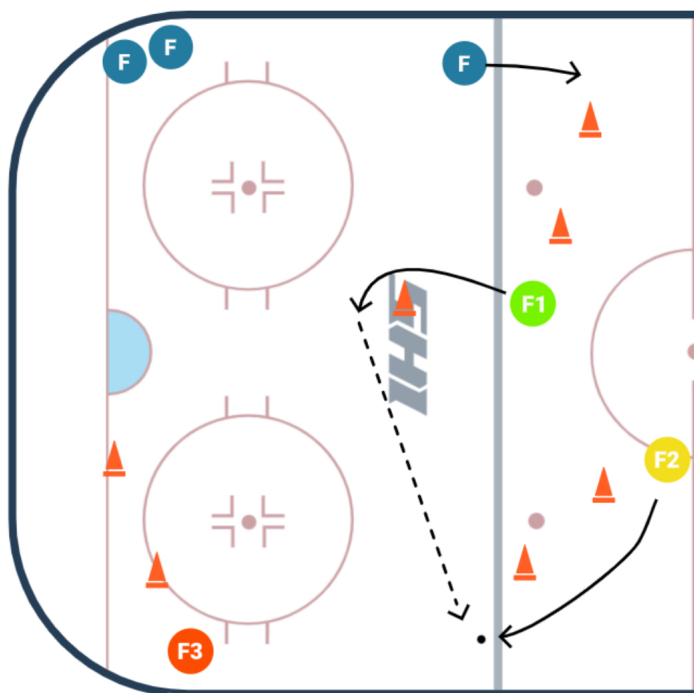
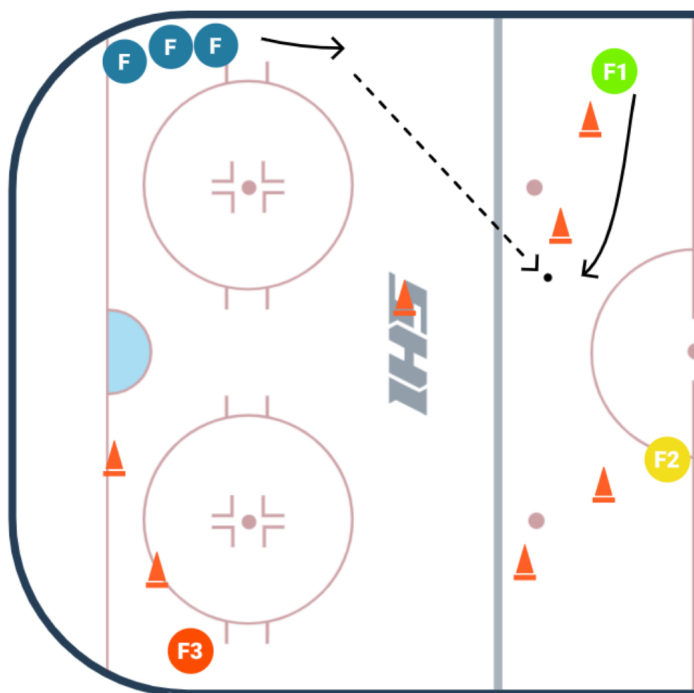
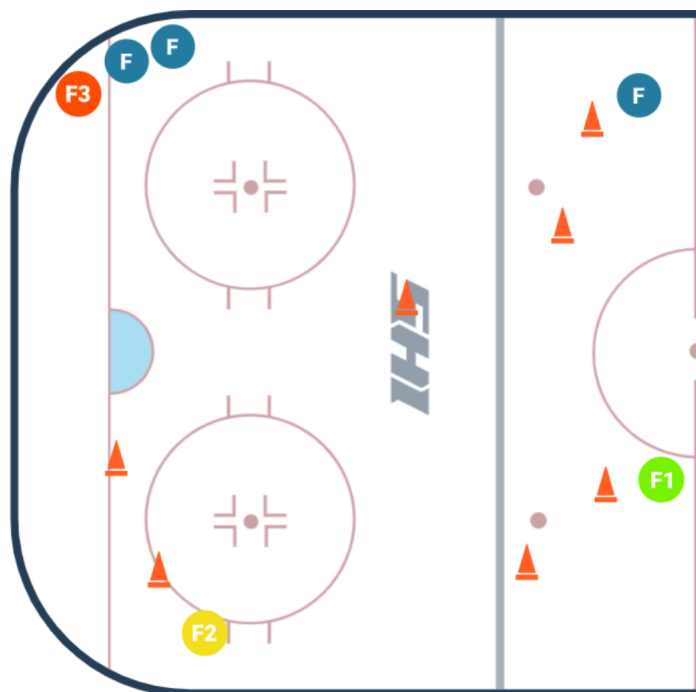
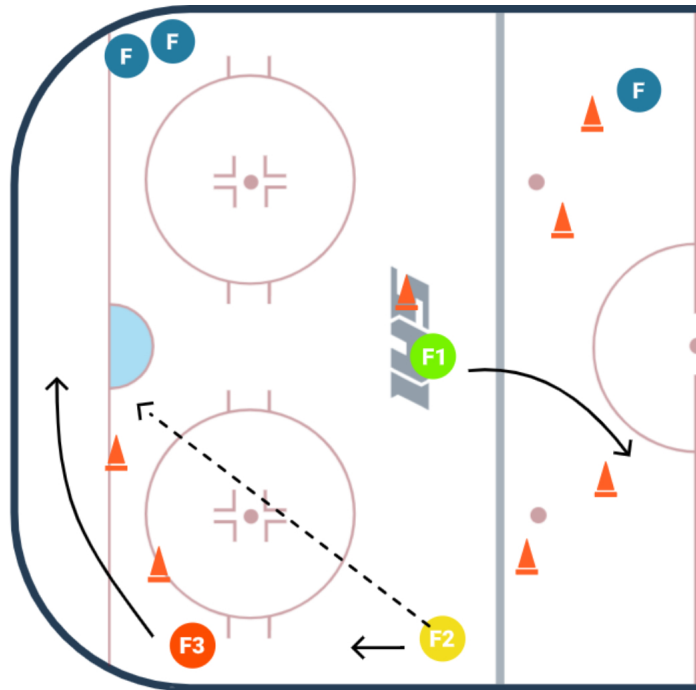


CONTINUOUS FLOW PASSING DRILL

Time:

Station:





Objective: To develop crisp passing in stride, reinforce timing, and maintain continuous movement without slowing down.

Execution:

The Start: Player F initiates the drill by skating with the puck. Simultaneously, Player F1 begins their route.

First Pass: Player F delivers a tape-to-tape pass to F1 in stride.

Second Pass: As soon as F1 receives the puck, Player F2 starts moving. F1 skates around the cone and hits F2 with a pass in motion.

Third Pass: Player F3 activates and starts moving. F2 quickly moves the puck to F3.

Continuous Flow: The drill continues with the next group in rapid succession to maintain high-tempo movement.

Rotation (Follow Your Pass):

F takes F1's spot.

F1 takes F2's spot.

F2 takes F3's spot

F3 joins the back of the line.

Coach's Tip: Emphasize the timing of the routes. Players without the puck (F1, F2, F3) shouldn't start skating until the puck carrier is ready to make the play, ensuring they receive the pass in stride rather than standing still.