

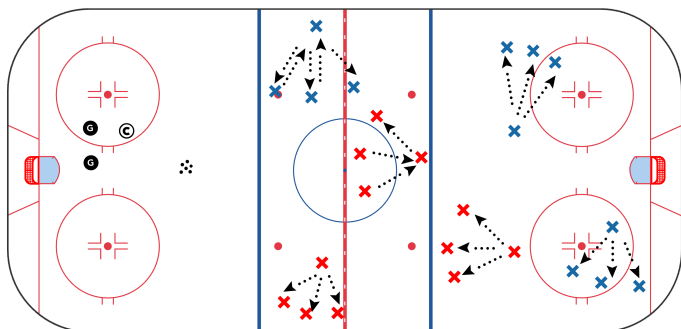


Passing Skills

Duration: 36 mins

Pivot Passing

6 mins



Stationary passing, pass to the pivot person in the middle fan style
Progress to backhand passing and receiving, one touches, saucer passes, etc.

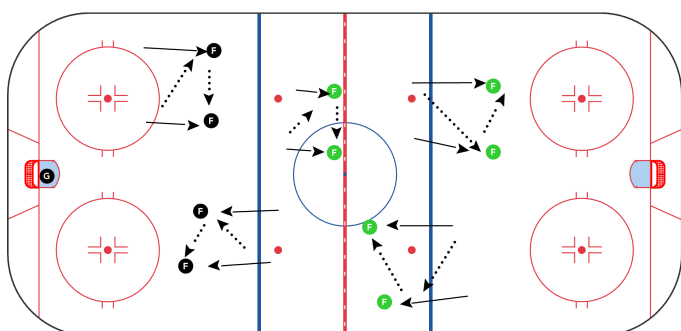
Key Points

Maintain good posture and stick readiness - stick should not come up in the air after each pass

Keep feet quiet - don't spend unnecessary energy

2on2 Around the Rink

10 mins



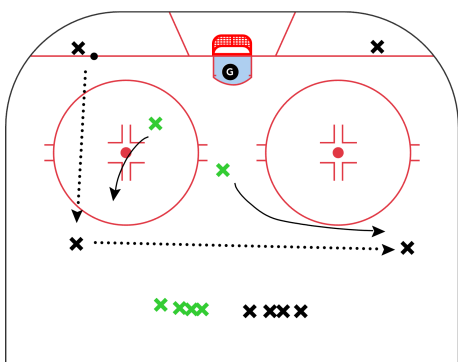
Players skate around rink or around zone passing back and forth

On whistle players play keepaway with puck

Optional: on next whistle players inside dot lines with puck shoot on goalie

Norway Down Low Keepaway

10 mins

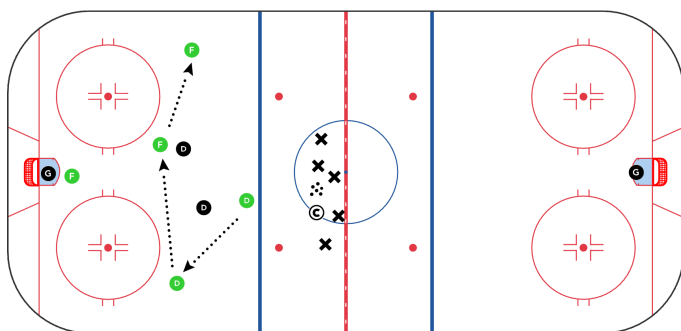


4 players play keepaway against 2 players

Add player in slot for rebounds & passes

Norway O-Zone Passing

10 mins



Start with 4on2 above tops of circles

Players pass puck around in motion

2nd puck spotted in corner, F1 and 2nd Quick retrieve and move puck low to high to activate 5on2 in-zone

