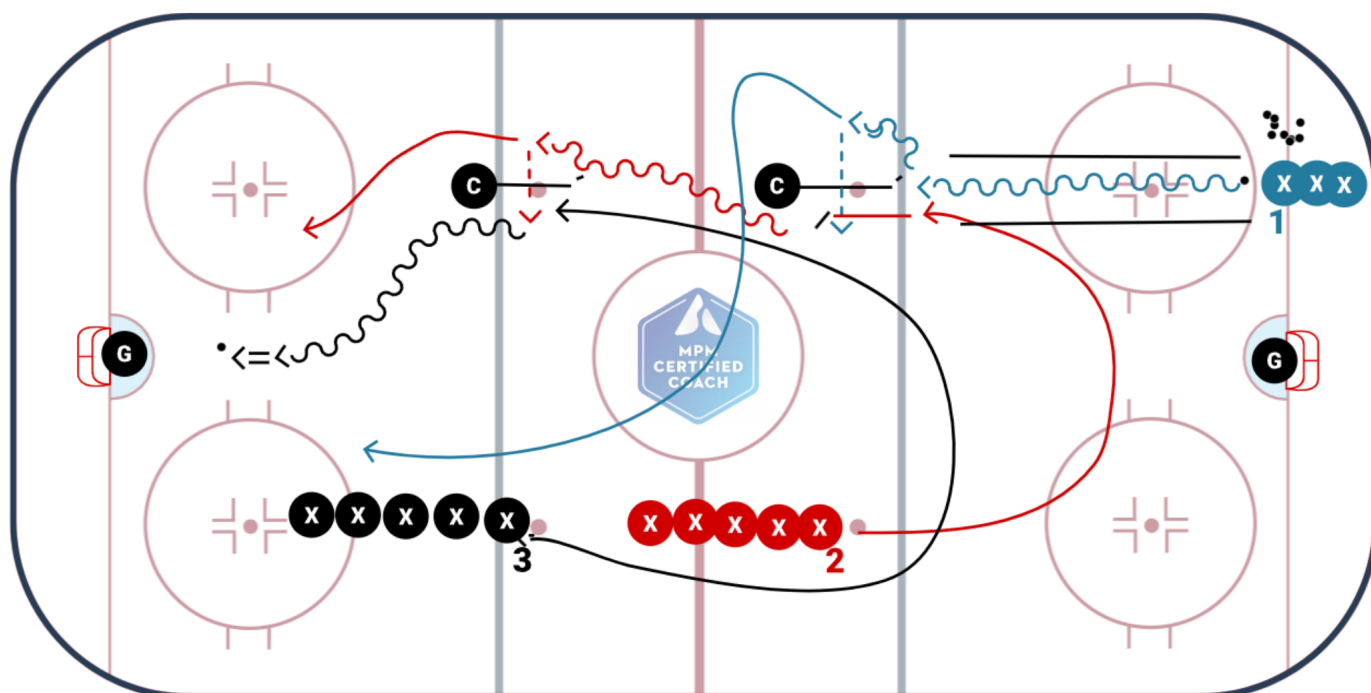


BRAMALEA BLUES SUPPORT DRILL LATERAL PASSES NOT DIAGONAL. CAREY DURANT

Time:

Station:



This is to teach players how to lateral pass and support the puck. Drill starts on the whistle every time. You will see that I drew two solid lines because Blue 1 cannot go outside of them, until he get close to first coach to make a pass laterally underneath coaches stick. red 2 skates in a c direction underneath blue player. Blue payers stick should be in passing lane, not his feet to except the pass. Once he does he drives through to next coach and Blue 1 falls behind underneath. Black 3 does the same thing and then goes in and shoots. Each player forms the imaginary attack triangle to maybe get a rebound. Front player must shoot. line 1 goes to 3 3 to 2 2 to 1 when finished.