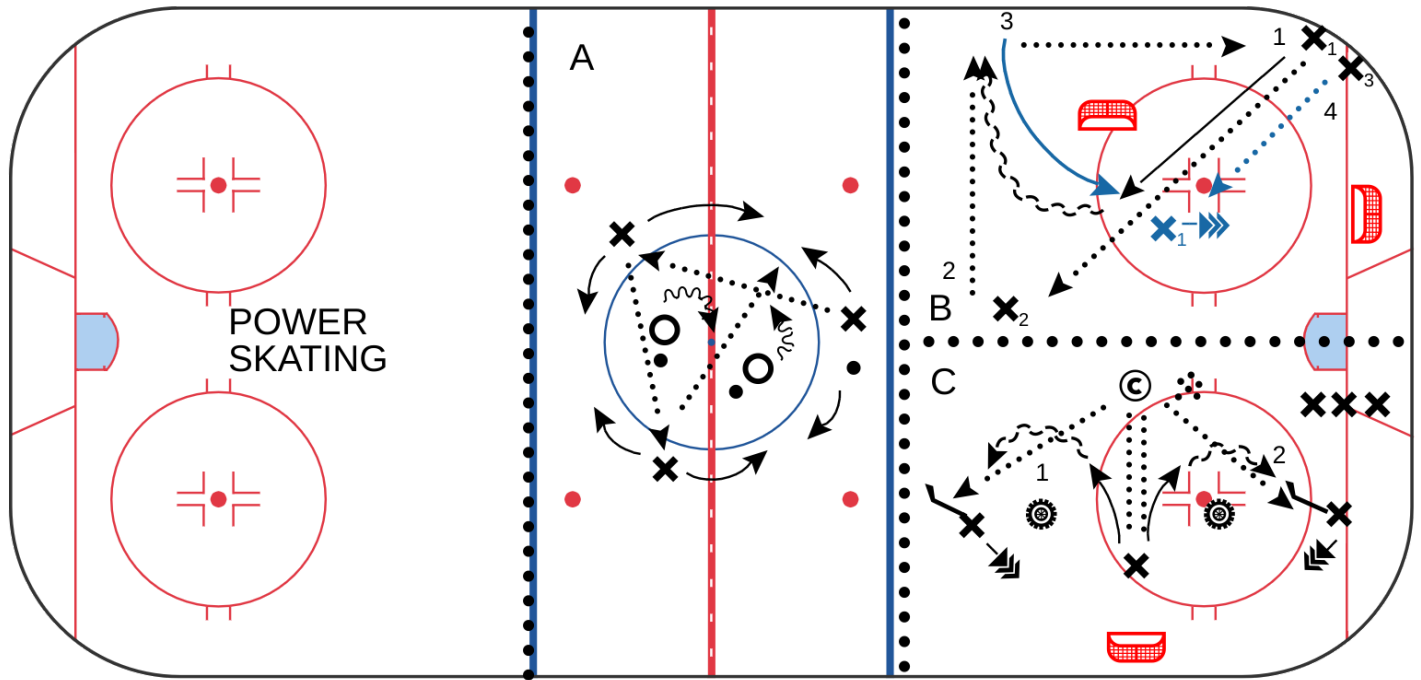




BDMHA Core Skills #5 Passing Skills #2



Description

POWER SKATING AND SKILLS WILL HAVE APPROX. 20-25 mins EACH AND SWITCH PLAYERS.

- **STATION A - PASSING THROUGH TRAFFIC** - Players on the **INSIDE** of CIRCLE (O) are skating and making quick moves with pucks. Players on the **OUTSIDE** of CIRCLE (X) are passing **THROUGH** the circle and moving into space to create a passing lane for their teammates. Switch roles every 30 secs. Players on **OUTSIDE** of circle cannot stand still and must have their sticks on the ice at all times.
- **STATION B - PASS AND MOVE (GIVE AND GO) FOR SHOT** - Player (X1) leaves with puck and passes right away to Top Support player (X2) and drives around the net, opens up (pivots) and gets the puck back at the top of the zone. X1 gets themselves set and passes the puck to the line and drives around the net, gets pass back and shoots immediately, **NO STICK-HANDLING**. The player (X1) becomes the top support player (X2) when they are done.
- **STATION C - SETTING A STICK TARGET & SHOT (x4)** - Player starts facing the coach and makes (2) touch passes to the Coach and then flares out to one side for a "catch and release" quick shot. Then player repeats to the other side. Players will do this **TWICE** to each side. Players must set the stick target of where they want the pass in order to be able to catch the pass and shoot quickly.