

B6 – 2-0 Continuous Passing - College

Key Points:

Pass with a heel to toe rotation and cushion the pass then catch and receive. Use various passing options.

Description:

1. Leave from 3 lines at opposite ends below the face-off circle.
2. Player 1-2 from each line exchange passes while skating toward the other lineup.
3. Pass to 3 at the front of the far lineup.
4. Player 1 in the outside lanes turn towards the boards and turn to the player box in the middle.
5. Change task to one skate back and one forward.
6. Change to skate to the inside and pass to the outside.
7. Practice other passing skills, such as cross and drop.
8. Goalies warm up at one end.

