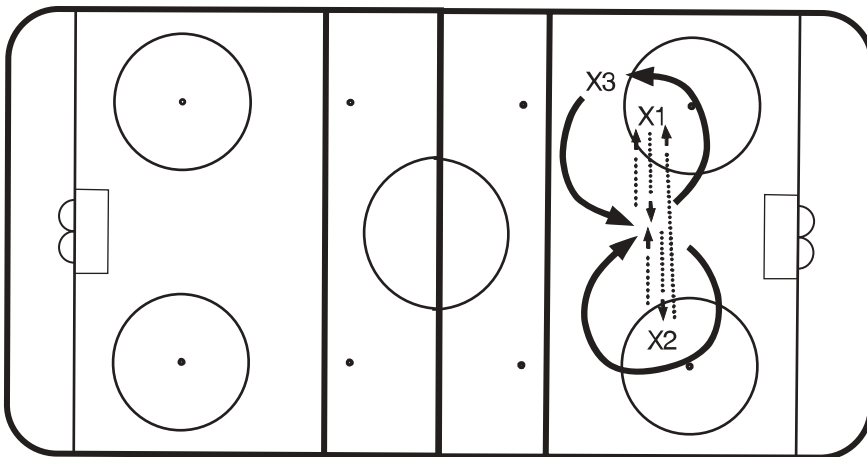


# **Passing & Receiving Drills**

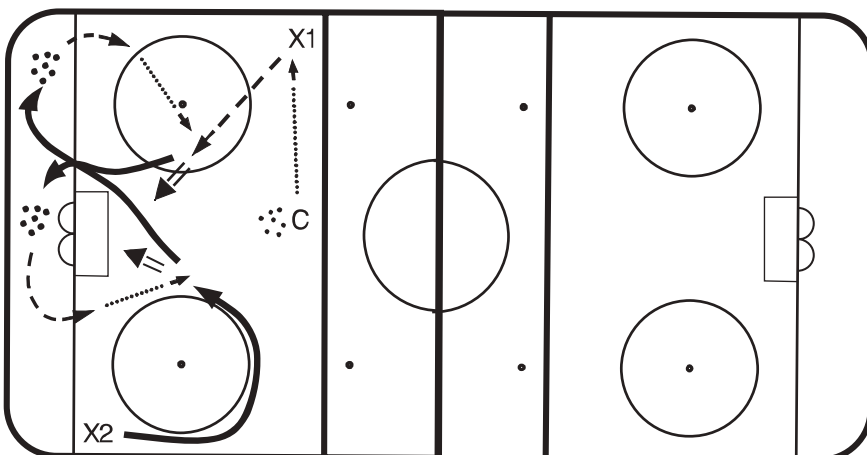
### Drill #1 — Three Player Figure 8, One-Touch Passing

- X3 skates figure 8 around X1 and X2.
- As X3 skates to X2, X2 gives X3 a pass, X3 one touches back to X2 and skates around him.
- While X3 skates around X2, X1 gives X3 a pass, X3 one touches back and skates around X1.
- X1 then gives pass to X2, etc.



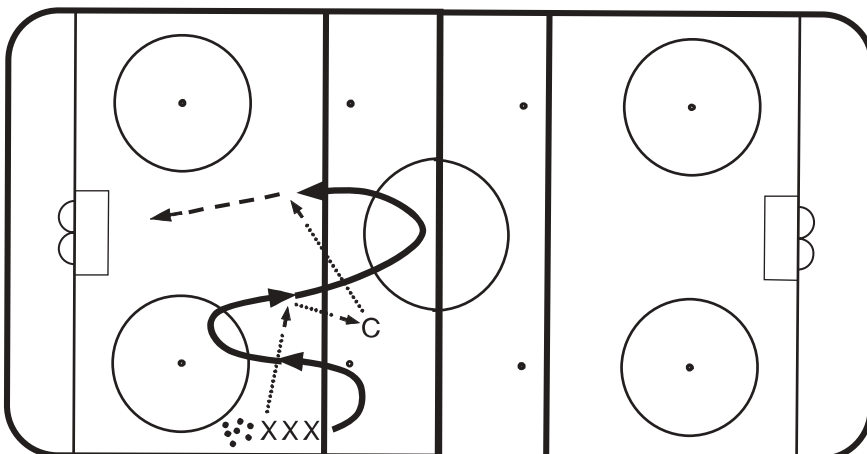
### Drill #2 — Two Player Passing Drill

- Coach starts by passing to X1.
- X1 takes a shot and then picks up puck behind the net.
- X1 then passes to X2 who has been skating around circle.
- X2 takes shot then picks up a puck in corner and passes to second X1 in high slot.



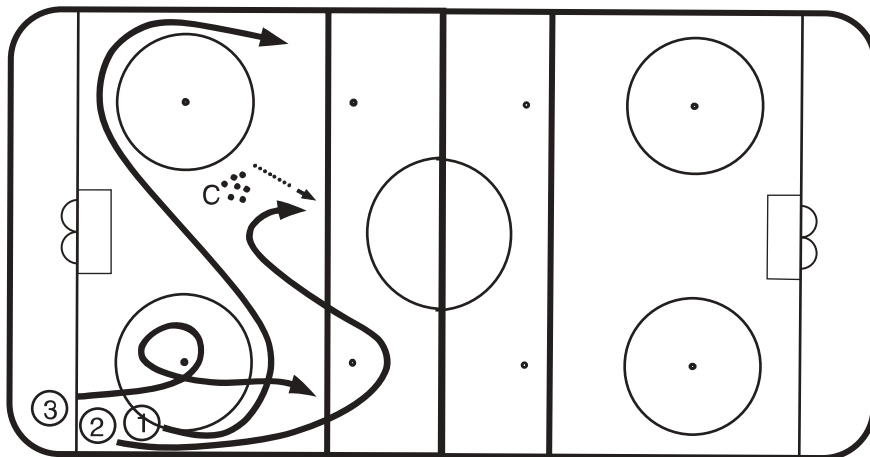
### Drill #3 — Overspeed Passing

- Player starts and skates a tight turn, then receives pass from next player in line.
- Player then passes to coach, makes another turn and get a return pass from coach.
- Can have players either do mohawk turns to face passer or not do mohawks and look over shoulder at passer.



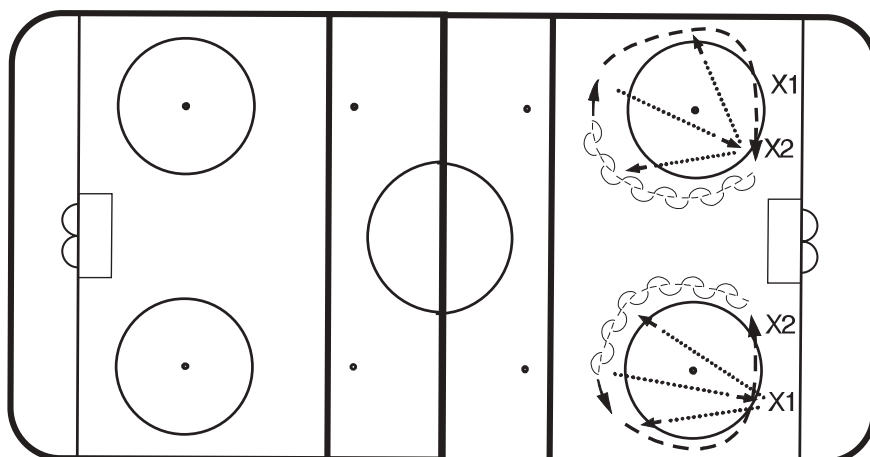
## Drill #4 — 3 on 0 Circle Breakout

- Player 1 skates around top of circle, across ice, and around bottom of circle.
- Player 2 skates around neutral zone face-off dot and back to high slot.
- Player 3 makes a tight circle and heads up ice.
- Coach can give/pass to player 2 and have them head up ice 3 on 0 or can have player 3 start with puck and have them pass puck as they swing.



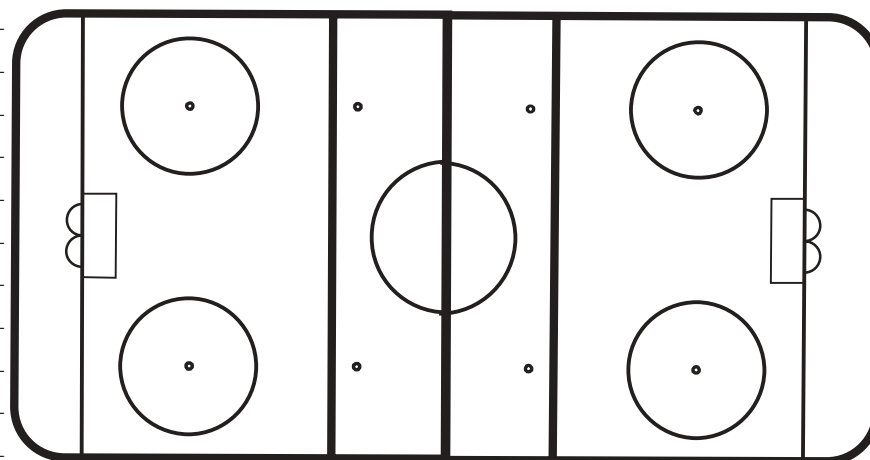
## Drill #5 — One-Touch Circle Passing

- X1 stays at bottom of circle with puck.
- X2 skates around circle, always facing X1.
- X1 and X2 pass puck back and forth while X2 skates around circle.
- Option – one touch passing.



**Notes/Comments:** Keep feet moving

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