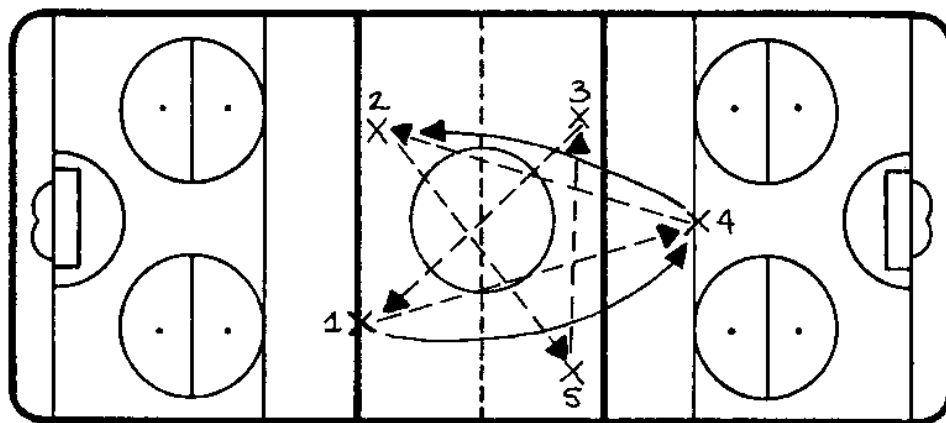




Stage: UI6/UI9
PASSING DRILLS

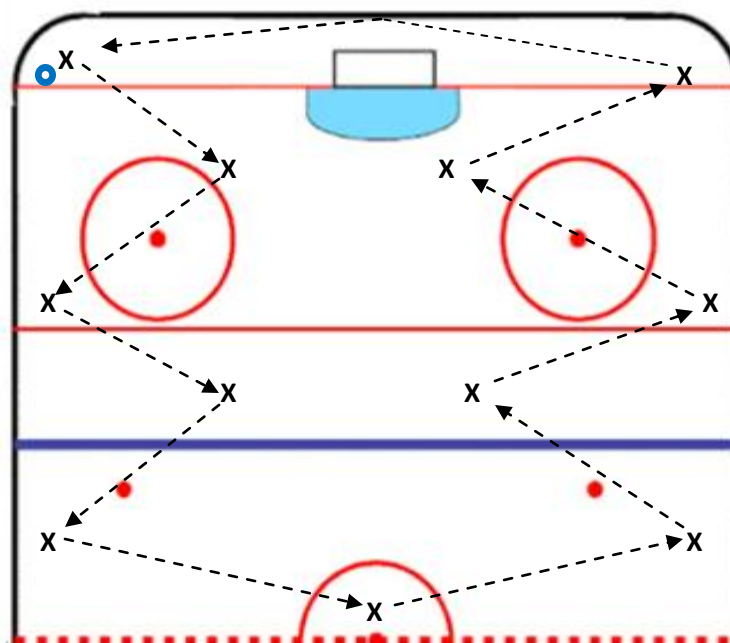
Drill #	ACTIVITY
1	Star (Ref 4.2.7)
2	Modified W-Pass
3	2-Ring Partner Pass
4	Diagonal Pass (Ref 4.4.6) Stage 1
5	Diagonal Pass Stage 2
6	Support Give and Go
7	Breakaway Lead Pass #1
8	Breakaway Lead Pass #2
9	Full Ice - Philly
10	4 Corner Full Ice
11	8 Pylon Pass
12	Drop Pass with Shot (Ref 4.5.4)
13	Finland
14	4 Corner Follow your Pass (Ref 4.10.3)

Drill # 1



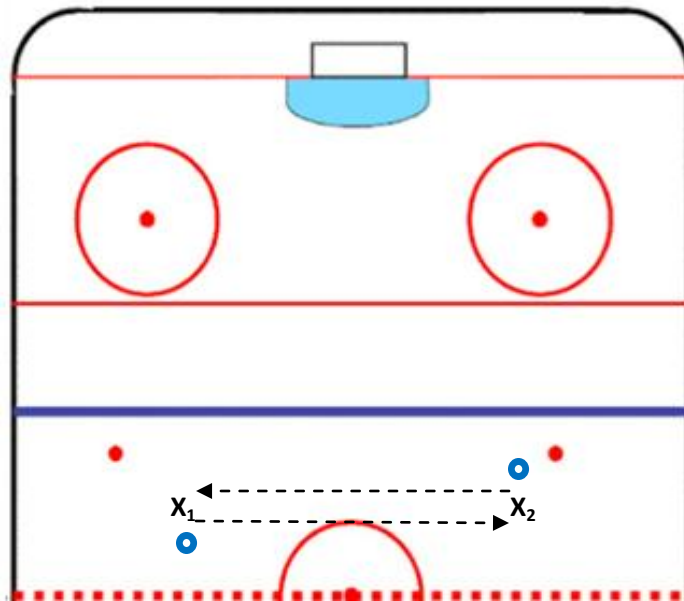
Drill Name:	Star Passing	Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Works on hand-eye coordination• Focus on communication• Have the passer call the receivers name when passing		What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Not involved in this drill				
Drill Details: 4.2.7 Star Equipment: Rings are needed. Description: Divide players into 5 groups and arrange in a circular fashion. Players pass across the circle in the pattern shown (forming a star). Player 1, to Player 4, Player 4 to Player 2, Player 2 to Player 5, Player 5 to Player 3, Player 3 back to Player 1. Variation: Add a second or third ring to the drill or have the players follow their pass when using one ring.			TIPS <ul style="list-style-type: none">• Be sure to use forehand sweep and backhand sweep• Progression: add extra rings	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-December		January-February	Add Extra Rings; Add small orange rings	Increase intensity
Skills Matrix				
Passing, Receiving Passing, Forehand sweep	Passing, Receiving, Stabbing the Ring	Passing, receiving Passing, Backhand Sweep		

Drill # 2



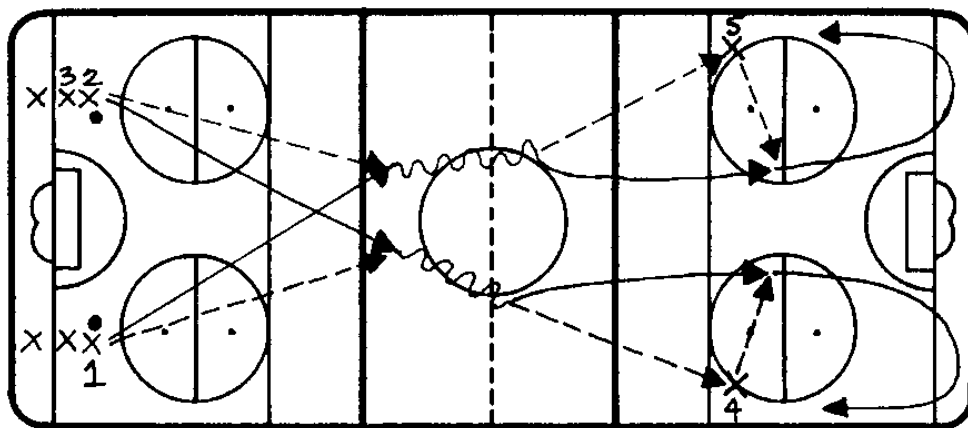
Drill Name:	W Pass modified	Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Works on hand-eye coordination• Focus on communication• Have the passer call the receivers name when passing		What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Not involved in this drill				
Drill Details: <ul style="list-style-type: none">• Varies to the number of players on ice• Zigzag the players to the basic form that is shown on diagram• Every other player has a ring• Pass to player on their right, turn to receive pass from player on the left• Call team mates name to receive the ring• Continuous passing for duration of drill• Switch direction of ring flow half way through drill			TIPS <ul style="list-style-type: none">• Be sure to use forehand sweep and backhand sweep	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-December		January-February	Use small orange rings; increase intensity	October-December
Skills Matrix				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Passing, receiving Sweep		Passing, Backhand

Drill # 3



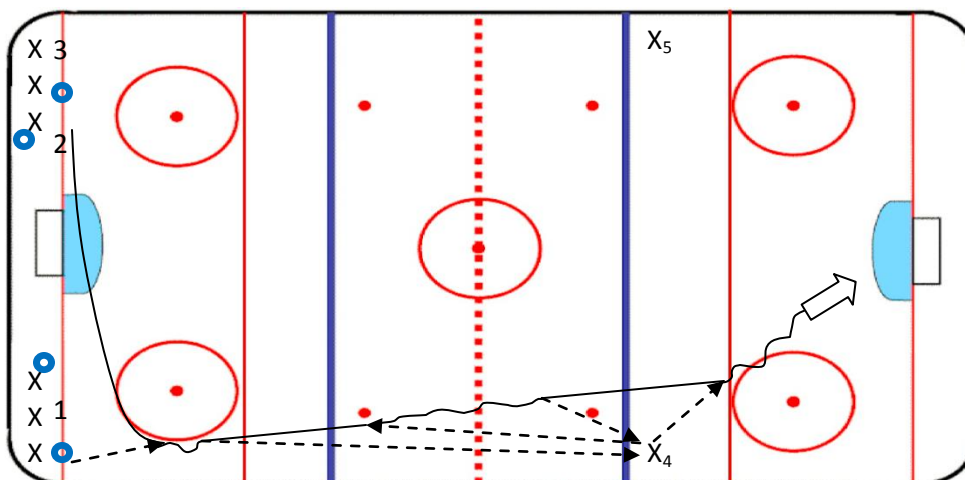
Drill Name:	2 Ring Partner passing		Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Works on hand-eye coordination• Focus on ring control• Focus on firm, accurate passes			What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Not involved in this drill					
Drill Details: <ul style="list-style-type: none">• Players partner in to pairs• Stationary drill, players stand approximately 10 ft from boards on either side of ice facing each other both have a ring• Players hold ring on their left side and pass to each other at the same time so the other player must receive the ring on their right side• Players then move the ring across their body and repeat• Continuous drill for duration• Switch the side they pass from half way• Practice forehand and backhand sweep passing				TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
October-December		January-February	Move partners closer to each other. Make more difficult		Use small orange rings
Skills Matrix					
Passing, receiving Passing, Forehand sweep		Passing, Receiving, Stabbing the Ring		Passing, receiving Passing, Backhand Sweep	

Drill # 4



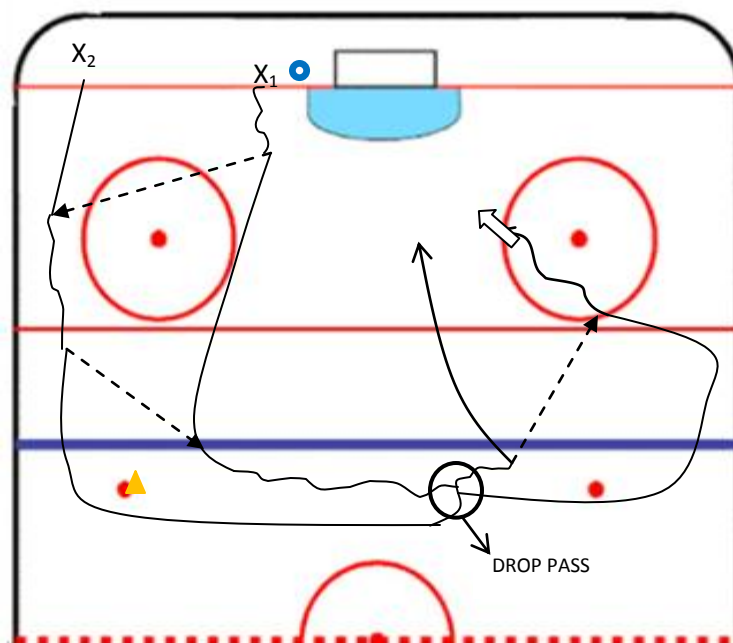
Drill Name:	Passing and Receiving	Duration:	5 minutes	
What Skills are we developing?		What do I need? <ul style="list-style-type: none">• Rings		
Players: <ul style="list-style-type: none">• Works on hand-eye coordination• Focus on ring control• Focus on firm, accurate passes				
Goalkeepers: Involved in this drill				
Drill Details: 4.4.6 Diagonal Pass and Skate Equipment: Rings are required Description: Players line up in 2 lines. Player 1 has the ring. Player 2 skates across the blue line and receives a pass from Player 1. Player 2 passes ring to Player 5, skates across blue line and receives pass back from Player 5. Player 2 curls behind goal line and goes back along boards to the start. Meanwhile Player 1 skates out and receives a pass from Player 3, etc. Variation: Players may shoot on goal.			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-November				
Skills Matrix				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot		

Drill # 5



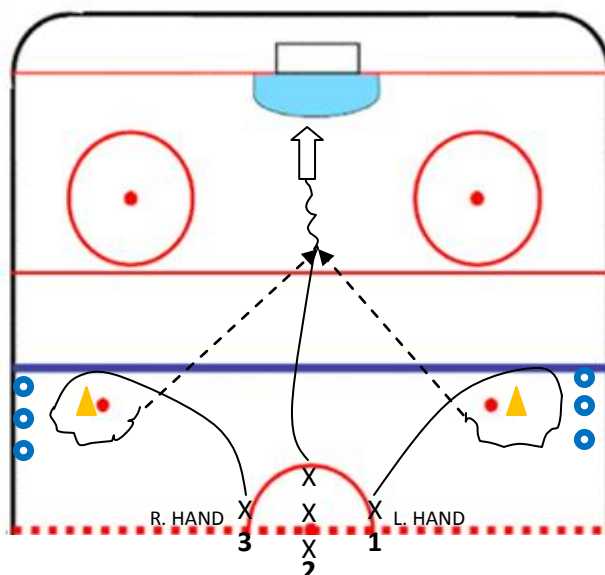
Drill Name:	Diagonal Pass and Skate	Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Works on hand-eye coordination• Focus on ring control• Focus on firm, accurate passes		What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Involved in this drill				
Drill Details: <ul style="list-style-type: none">• Players line up in 2 lines• Player 1 has the ring• Player 2 skates across the ice in front of the net and receives a pass from player 1• Player 2 Passes ring to player 4 as soon as she receives the pass, skates across blue line and receives pass from player 4, passes it back to player 4 before hitting next blue line, receives pass back from player 4 then shoots on net• Once player 2 has received the ring from player 1, player 1 skates out and receives a pass from player 3, passes to player 5, continue the flow of the first player on the opposite side• Players skate back along boards and return to their lines after shooting			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
		December-January		
Skills Matrix				
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot		

Drill # 6



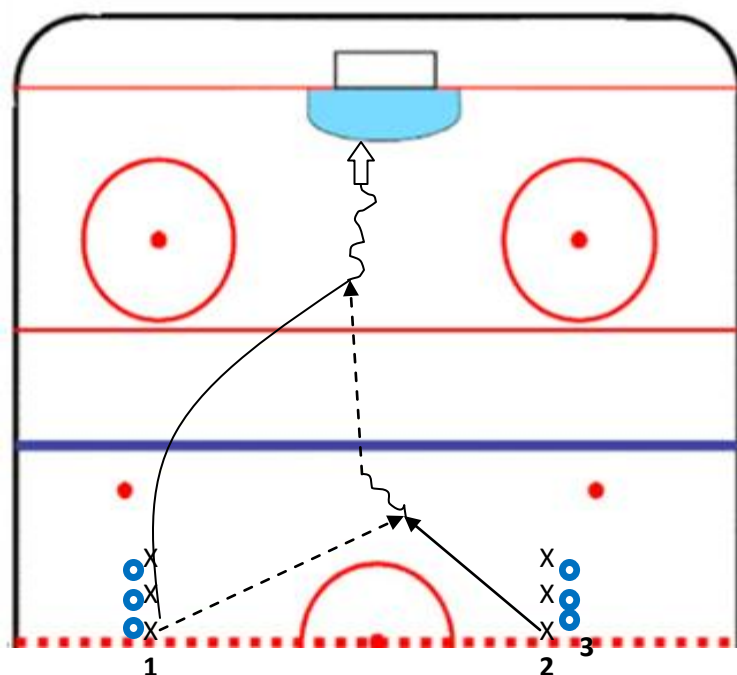
Drill Name:	Support give and go	Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Focus on support on the boards• Emphasize on transition		What do I need? <ul style="list-style-type: none">• Rings• 1 pylon		
Goalkeepers: Involved in this drill				
Drill Details: <ul style="list-style-type: none">• Players line up in 2 lines• Player 1 has the ring, pass to player 2 who has turned towards the pass then passes back to player 1 over blue line• Player 2 delays over blue line to pick up the ring that is dropped at the centre of the ice• Player 1 skates over the blue line by the boards, turns and receives pass and then returns ring to player 2 skating hard to the net and shoot			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
December	Introduction to the drill, run 1/2 to 3/4 speed. Focus on technique	January-February	Run full speed. Add Chaser on ring carrier	
Skills Matrix				
Passing, Receiving Passing Forehand sweep, Lead Pass, Drop Pass	Passing, Receiving, Stabbing the Ring	Ring Skills, Shooting, Forehand wrist shot	Ring Skills, General Carrying the ring	

Drill # 7



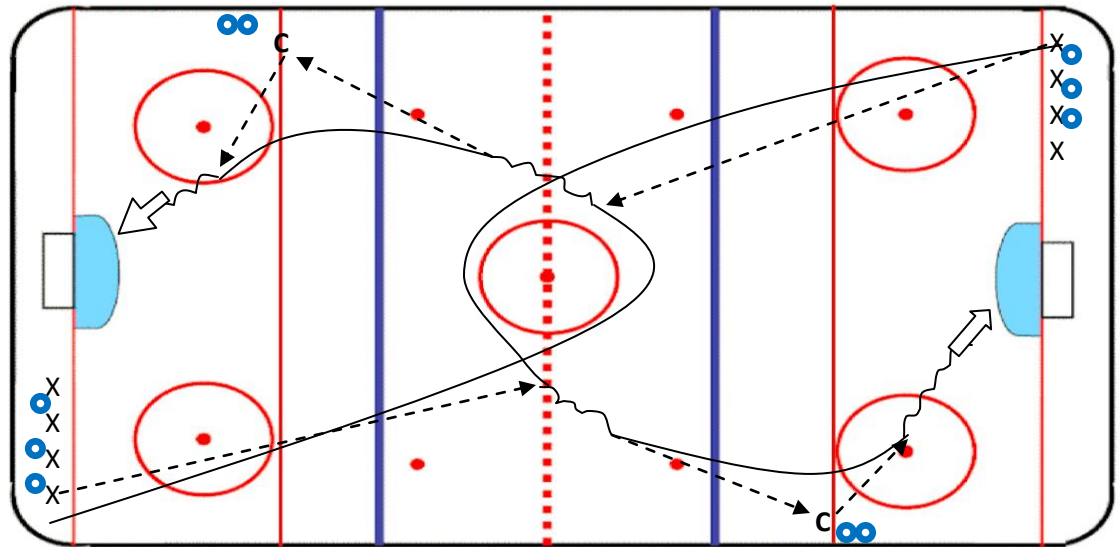
Drill Name:	Breakaway lead pass 1		Duration:	5 minutes	
What Skills are we developing?			What do I need?		
Players: <ul style="list-style-type: none">• Focus on Timing - Patience of receiver• Do not want to be waiting for break away pass			<ul style="list-style-type: none">• Rings• 2 pylons		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none">• Group in Left Hand Shooters and Right Hand Shooters if possible• Player 1 skates around pylon to retrieve a ring, comes around and throws a breakaway lead pass to player 2• Player 2 shoots• Player 3 then goes to retrieve a ring and throws lead pass for breakaway to next player• Player 1 goes to 2; 2 to 3; 3 to 1				TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
October-December			Add defence pressure to ring carrier		
Skills Matrix					
Ring Skills, Passing Lead Pass	Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings	Ring Skills, Shooting Forehand wrist shot	Ring Skills, General Carrying the ring		

Drill # 8



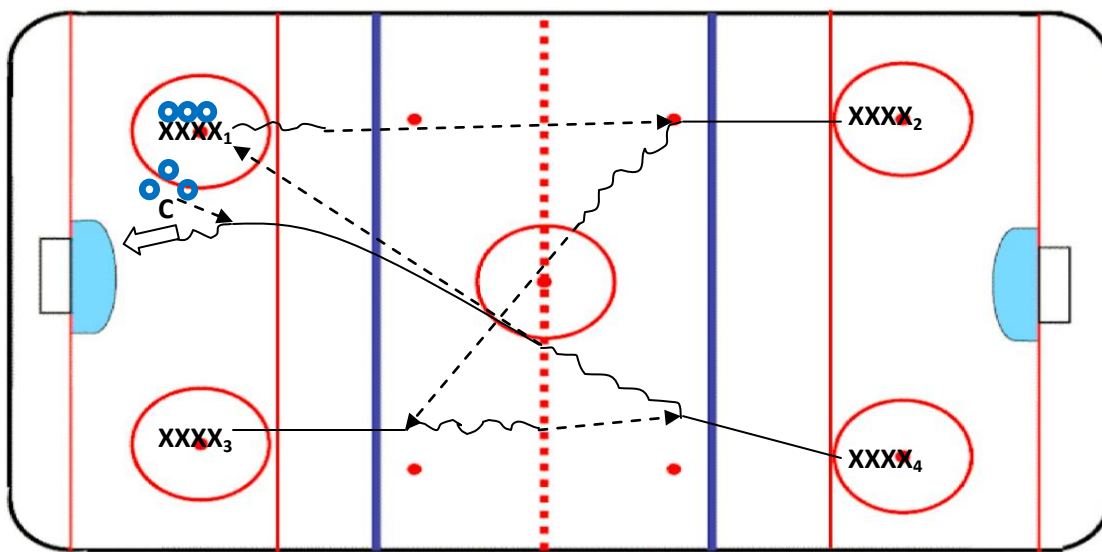
Drill Name:	Breakaway lead pass 2		Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Focus on Timing• Focus on weight of the pass - not too hard or too soft			What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none">• Player 1 throws lead pass to player 2• Player 2 receives and throws lead pass to player 1 going for a breakaway• Player 3 throws pass and drill repeats				TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
October-December			Add defence pressure to ring carrier		
Skills Matrix					
Ring Skills, Passing Lead Pass	Ring Skills, General Carrying the Ring	Ring Skills, Shooting Forehand wrist shot, Backhand wrist shot			

Drill # 9



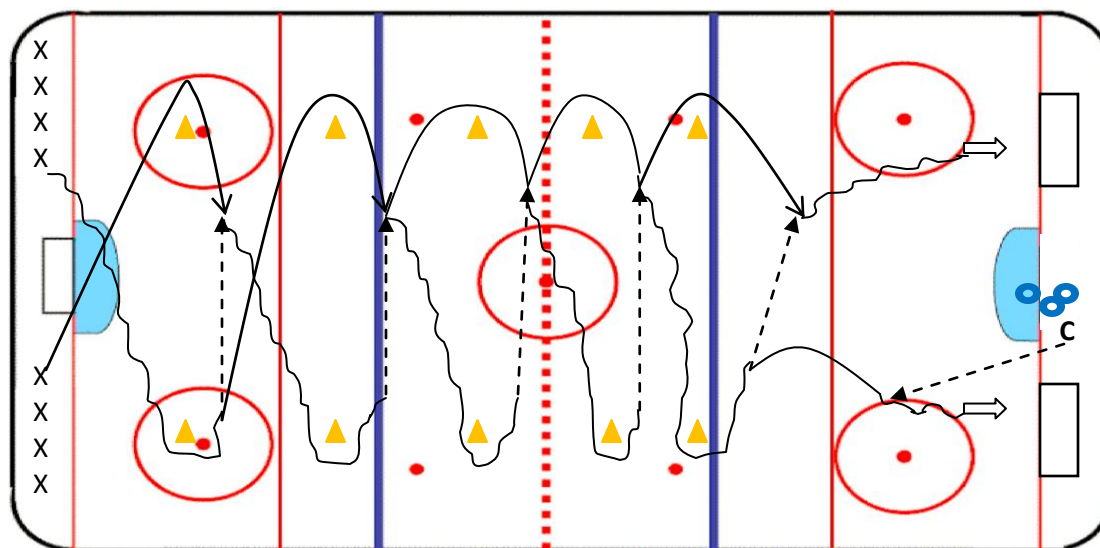
Drill Name:	Full Ice Philly		Duration:	5 minutes	
What Skills are we developing? Players: <ul style="list-style-type: none">• Players skate out strong• Players make hard accurate passes to just in front of skaters• Skaters focus on the pass stabbing the ring then driving to the net• Goaltender and players are to work on deking			What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none">• Players form two lines at opposite ends and sides of the rink• Player one from each end skates up around the center circle, as player 1 rounds the center circle• Player 2 from the line at the opposite end of the rink passes them the ring, player one picks up the pass and takes a shot on goal, then proceeds on to the back of the opposite line, repeat this process until each player has gone 3 times• Players line then move to the opposite side of their end of the rink and repeat the process• The goalie will move to the other end net for the second time through• Drill may need to be changed to 1/2 ice Philly if not enough players				TIPS <ul style="list-style-type: none">• In the end with no goalie work on wrists shots to top corner	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations	
November-December		January-February	Add Coach across blue line for a Give and go pass;	Add Defence	
Skills Matrix					
Passing, receiving Forehand sweep	Passing, Receiving, Stabbing the Ring		Ring Skills, Shooting, Forehand wrist shot		

Drill # 10



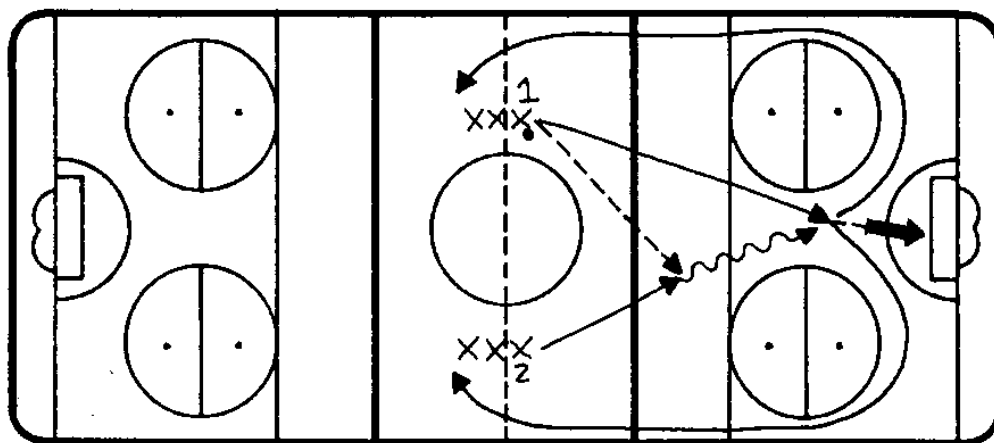
Drill Name:	4 corner Full Ice		Duration:	5 minutes	
What Skills are we developing?			What do I need?		
Players: <ul style="list-style-type: none">No carrying ring over a blue lineTrying to keep skating while receiving the ring			<ul style="list-style-type: none">Rings		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none">Divide team into 4 cornersRings in one cornerPlayer 1 skate forward to free play line passes to player 2 who is skating towards the ringPick up ring before it goes over the blue linePlayer 2 passes across the ice to player 3Player 3 passes ring to player 4 who is skating towards herPlayer 4 passes over the blue line to player 1 and skates to the net and receives pass from coach and takes a shotPlayers follow their pass and line up at the end of the next line.				TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
December		January-February	Add 2 Rings (Player 1 sends a second pass after first ring is passed to player 3)		
Skills Matrix					
Ring Skills, Passing, Forehand sweep	Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings		Ring Skills, Shooting Forehand wrist shot		

Drill # 11



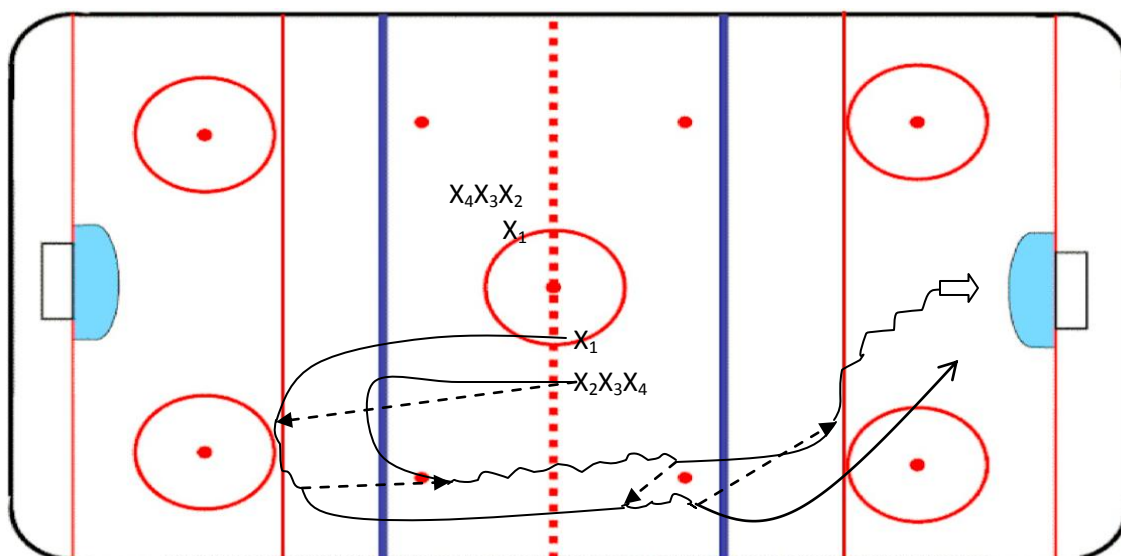
Drill Name:	8 Pylon Pass		Duration:	5-7 minutes	
What Skills are we developing? Players: (see matrix)			What do I need? <ul style="list-style-type: none">• Rings• 10 pylons		
Goalkeepers: Involved in this drill					
Drill Details: <ul style="list-style-type: none">• Start with 2 lines of players (partners), one starts with ring - skates to pylon• The partner skates to opposite pylon• Both cut around pylon and throw the pass• Partner receives pass and drill continues all the way through the pylons• Coach at the end passes ring to player without ring for a shot• Variation: Change forehand pass to drop pass between pylons				TIPS <ul style="list-style-type: none">• Be sure pylons are not too close to prevent collisions	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks		Competition Variations
December	Use Drop pass	January-February	Change drop pass to forward sweep pass		Change to Backward sweep pass
Skills Matrix					
Ring Skills, Passing, Forehand sweep, drop pass		Ring Skills, Receiving, Stabbing the Ring, Retrieving open rings		Ring Skills, Shooting Forehand wrist shot	

Drill # 12



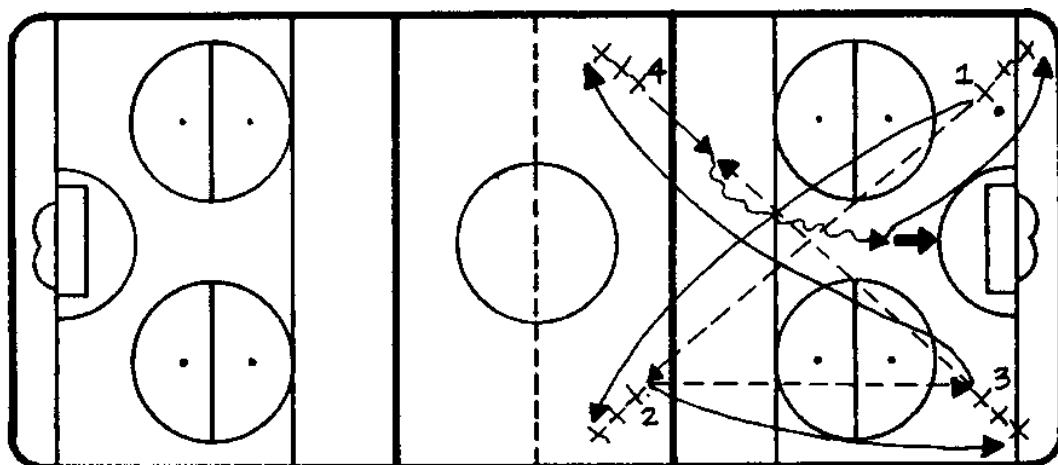
Drill Name:	Drop pass with shot		Duration:	5 minutes
What Skills are we developing? Players: (see matrix)			What do I need? <ul style="list-style-type: none">• Rings	
Goalkeepers: Involved in this drill				
Drill Details: 4.5.4 Drop Pass With Shot Equipment: Rings are needed. Description: Players form two lines facing the goal. Player 1 passes across the blue line to Player 2. Player 2 skates toward the goal and drops the ring in front. Player 1 who is skating close behind picks up ring and shoots. Players skate back to the beginning along boards. Alternate lines.				TIPS
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
		January-February		
Skills Matrix				
Skating, Forward Stride	Ring Skills, Passing Forehand sweep, drop pass	Ring Skills, Shooting Forehand wrist shot		

Drill # 13



Drill Name:	Finland	Duration:	5 minutes	
What Skills are we developing? Players: (see matrix)		What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Involved in this drill				
Drill Details: <ul style="list-style-type: none">• Two groups• Use both sides of the ice• Player 1 skates into the zone and turns to receive a pass from player 2• Player 2 skates towards the blue line and turns to the boards and receives a pass from player 1• Both players skate down the ice and player 2 back passes the ring to player 1 and then receives a return pass from player 2• Player 1 takes a shot• Player 3 starts to skate into zone to continue the drill			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-November		December	Increase intensity; Add Defender	
Skills Matrix				
Skating, Forward Stride	Ring Skills, Passing Lead Pass, *Back Pass (currently not in skills matrix but should be added)	Ring Skills, Shooting Forehand wrist shot		

Drill # 14



Drill Name:	4 Corner follow your pass	Duration:	5 minutes	
What Skills are we developing? Players: (see matrix)		What do I need? <ul style="list-style-type: none">• Rings		
Goalkeepers: Not involved in this drill				
Drill Details: 4.10.3 4 Corners Equipment: Rings/Pylons are required. Description: Players line up in four lines (in the shape of a square) at one end. Rings start with Player 1. Player 1 passes to Player 2; Player 2 to Player 3; and Player 3 to Player 4 who is skating towards the net and shoots. All players follow their pass to a new line. Players may stay stationary to start, then encourage players to skate towards the pass.			TIPS	
Suggested Time to use Drill for Preparation	Preparation 7-10 Weeks	Suggested Time to use Drill for Competition	Competition 10-15 weeks	Competition Variations
October-November		February	Use small orange rings; increase intensity	
Skills Matrix				
Ring Skills, Passing, Forehand sweep, Backhand sweep				