

B300 - Passing – Goalie Warm up - 2-0, 3-0 - Pro W

Key Points:

Eye contact, hands away from the body, roll the puck heel to middle, use eye and stick fakes, give a target, keep the stick square to the puck, absorb the pass, keep the shoulders loose, use both the forehand and backhand. Go in all directions when in the neutral zone. Add skills like two touches only, backhands, escape move when you get the puck. Other tasks like 2-1 keepaway, fake pass to one and pass to two, one touch etc. are possible. Also add full speed for 5' on the whistle.

Description:

1. Skate around the ice with a partner and pass.
2. Goalies warm up with a coach at one end.
3. Move into the neutral zone and continue passing weaving through teammates.
4. Get into groups of three and continue passing between the blue lines.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180310181413433>

https://youtu.be/_xKQNFY3GI

