

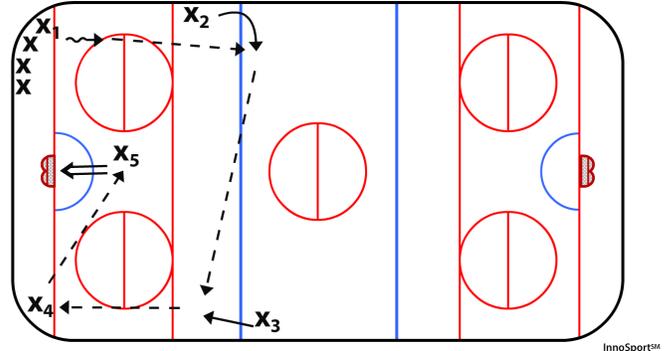
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Half Ice Passing Drills

Follow Your Pass

X1 passes to X2, who passes to X3, who passes to X4, who passes to X5 who takes a shot.

Remember to make lead passes. Follow your pass and take the position that you just passed to.



Circle Pass

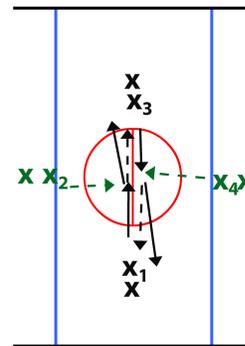
X1 skates towards the middle of the circle and receives the pass from X2 (on their right). X1 then passes ahead to the next person in line 3, and joins that line.

X3 is doing the same thing on the other side; receiving a pass from X4 on their right and passing ahead to the next person in line 1 and joining that line.

X2 and X4 will go next.

You always skate straight across, receive a pass from the right side, then pass to the line you are going to.

Start slowly, this drill is great for short passes and quick reflexes.



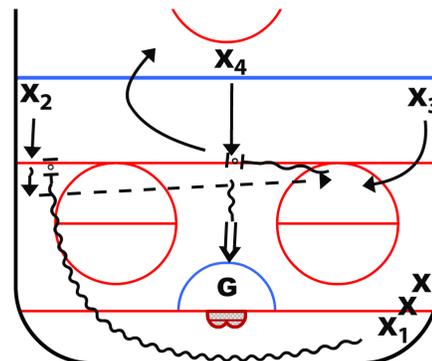
Loaded Dice

X1 skates behind the net with the ring, and gives a drop pass to X2.

X2 makes a quick pass, parallel to X3. X3 skates across to give a drop pass to X4.

X4 skates down the middle for a shot.

X1 becomes X2, X2 becomes X3, etc (follow your pass)

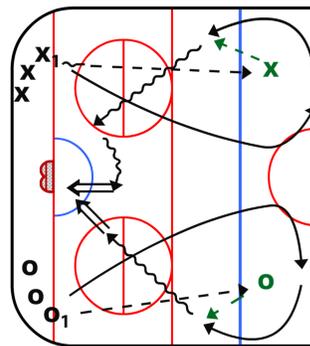


Cut the Pie (Simple Trapezoid)

X1 passes to her teammate on the dot. X1's skates need to cut through the middle circle before skating to the outside lane.

The X in the middle makes a pass to their teammate in the quiet zone. X1 receives this pass and drives through the middle of the circle before taking a shot.

The same thing is happening on the other side with the O's. Stagger the players so the goalie is not facing two shots at the exact same time.



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Trapezoid

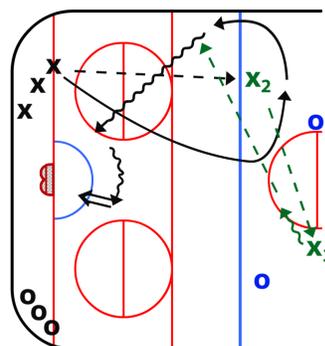
X1 skates and passes to her teammate on the dot (X2). X2 turns and passes across to X3.

X1 skates from the inside to the outside lane, around X2 and may cut the edge of the circle with her skates.

X3 skates a few steps and passes to X1 in the quiet zone. X1 drives through the center of the circles before taking a shot.

X1 may rejoin the lines. X2 and X3 stay in their spots.

The same thing is happening with the O's. Stagger the start so there aren't multiple shots and passes all at once.



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