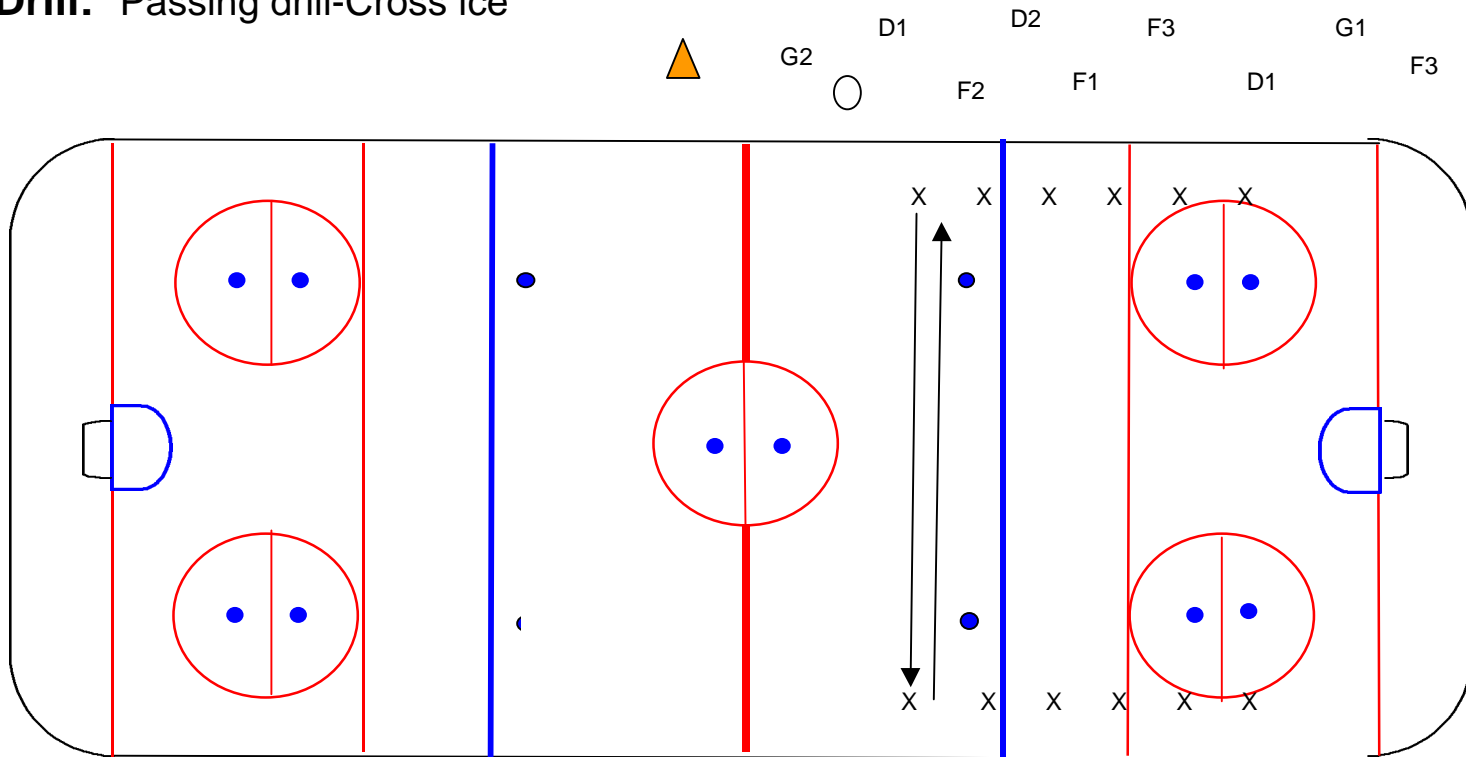


Drill: Passing drill-Cross ice



Players line up across from each other opposite side of ice.

One side has rings the other does not
variations in drills can be used.

Start with both players skating towards each other with a pass being made quickly at the beginning of skating.

next have players skate towards each other practicing a drop pass (leaving ring for other player to pick up)

Combine both. Pass being made at start then a drop pass being made as players cross.

Finally can include a third pass. When drop pass is made player receiving pass turns with ring and passes to player.