

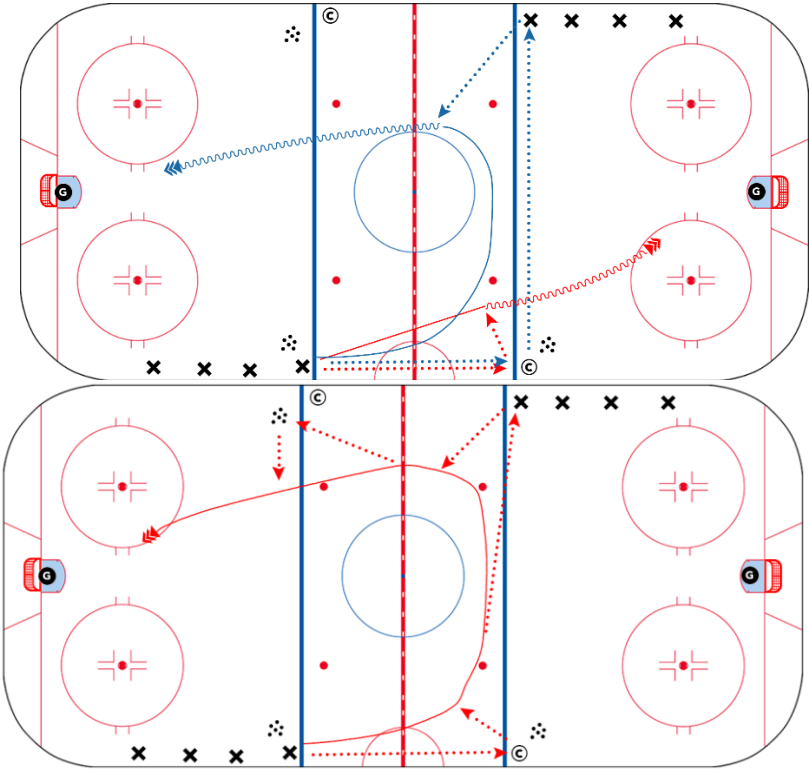


# HOCKEY CALGARY

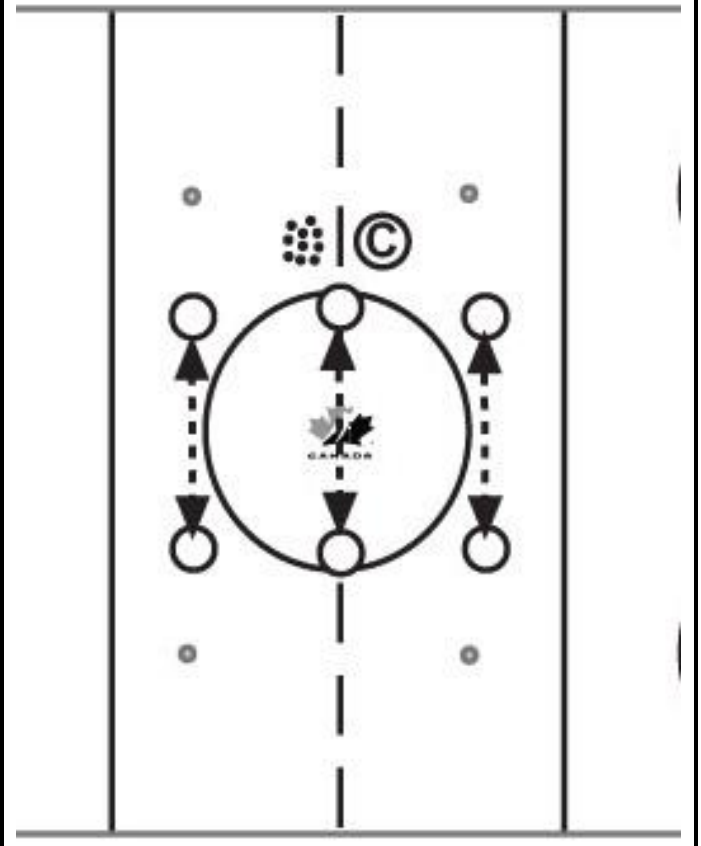
## RHC 2021 Skill Development – Skill Session 6 - Passing

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Practice Objectives: \_\_\_\_\_

DRILL: 4 Blues Warm-up	COACH: All	TIME: 6-10 Mins
GOALIE PURPOSE: Warm up shots		
<p><b>DESCRIPTION:</b></p> <ul style="list-style-type: none"><li>• Part 1 (in Red) - Players leave from opposite corners, pass and receive with coach, go in for shot</li><li>• Part 2 (in Blue) - Players leave from opposite corners, pass to coach, coach passes across ice to line, who gives pass to player skating around the circle.</li><li>• Part 3 (bottom rink) - X skates around, gives and receives pass with each corner, goes in for shot</li></ul> <p>Cross corners go at same time. Switch sides halfway through.</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"><li>• Part 2 and 3</li><li>• Be creative, there are many way to change/add</li></ul>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"><li>• Communicate</li><li>• Crisp passes</li></ul>		

### 3 OPTIONS – Pick 1 (Goalie Drill at bottom)

DRILL: Stationary Passing <b>(OPTION 1)</b>	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE: <b>DRILL BELOW</b>		<a href="#"><b>VIDEO</b></a>
<p><b>DESCRIPTION:</b>          These should be done by all groups. For beginner or younger groups, you may only get through 2-3 of the options. For older groups you may progress significantly          Players face each other 3 metres apart and pass through various methods:</p> <ol style="list-style-type: none"> <li>1. Forehand pass – Catch and Stop</li> <li>2. Forehand pass – 1 touch</li> <li>3. Backhand pass – Catch and Stop</li> <li>4. Backhand pass – 1 touch</li> <li>5. Moving Forehand – 1 player goes bwds while the other goes fwds maintain 3 metres apart. Pivot from forward to back and vice versa after delivering/receiving pass</li> <li>6. Moving Backhand</li> <li>7. Torso Flex – receive on backhand, pull across body and pass on forehand. Try both ways (receive forehand, pass backhand)</li> <li>8. Moving Torso Flex</li> <li>9. Saucer Pass</li> </ol> <p>One touch the puck back and forth          Keep hands away from body and stick off to the side and out in front          Catch puck and pass back with no stickhandle</p>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Keep hands away from body and stick off to the side and out in front</li> <li>• Feet facing passer</li> <li>• Catch puck and pass back with no stickhandle</li> </ul>		
DRILL: SHUTTLE PASSING <b>(OPTION 2)</b>	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: <b>DRILL BELOW</b>		<a href="#"><b>VIDEO</b></a>
<p><b>DESCRIPTION:</b>          1 player leaves and from line and passes to opposite line. Follows pass and lines up in opposite line, as the receiving player continues the shuttle.</p> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>• Add more passes - this means the passes must be quick and accurate</li> </ul>		

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<ul style="list-style-type: none"> <li>Use Backhand</li> <li>Use different types of passes</li> </ul>	
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>Touch passes</li> <li>Upper hand away from body</li> <li>Good bend in the knees</li> </ul>	

DRILL: SQUARE PASSING (OPTION 3)	COACH: All	TIME: 6-8 Mins
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GOALIE PURPOSE: <b>DRILL BELOW</b>	
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<p><b>DESCRIPTION:</b>          X1 skates into square and receives pass from X2 their right, they then pass to line in front of them (X3). (BLACK Lines)</p> <p>After making the pass X2 skates into the circle and receives pass from X3 and so on (BLUE Lines). And so on.</p> <p>Start with catch and release passing. Make sure to switch directions (pass is coming from the players' left side)</p> <p>Progressions:</p> <ul style="list-style-type: none"> <li>Touch Pass</li> </ul>	
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>Lead with your stick (receive pass in front of body)</li> <li>Call for pass</li> <li>Upper hand away from body</li> <li>Catch pass in line with inside foot (so the pass doesn't slide under the stick)</li> </ul>	

DRILL: Cross Ice Tracking	COACH: 1	TIME: 6-8 Mins
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GOALIE PURPOSE: Tracking and Movement	
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<p><b>DESCRIPTION:</b>          Goalie starts in butterfly. Coach bangs stick to cue goalie. Goalie looks first then:</p> <ol style="list-style-type: none"> <li>Part 1 - Slides across in butterfly for shot</li> <li>Part 2 - Stands and T-pushes across to stop shot while standing</li> </ol> <p>Same thing other side.</p>	



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DRILL: SKATING - DEFENCE AGILITY TRANSITION	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		<a href="#">VIDEO</a>
<p><b>DESCRIPTION:</b>          Player skates a figure 8. Various options and progressions below</p> <p>Skating Options:</p> <ul style="list-style-type: none"> <li>• Tight turns</li> <li>• Heel to Heel</li> <li>• Transition (facing forwards the whole time)</li> </ul> <p>Passing options</p> <ul style="list-style-type: none"> <li>• Player receives pass in middle, goes around cone, delivers pass, etc.</li> <li>• Player receives and gives pass in the same middle pass through (1 touch)</li> <li>• Player receives pass outside the pylon pull in and delivers in the middle</li> </ul>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Maintain speed and control</li> <li>• Head Up</li> <li>• Call for pass</li> </ul>		

DRILL: SKATING – HA Passer	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Rebound Control		<a href="#">VIDEO</a>
<p><b>DESCRIPTION:</b>          Line up at ringette line. Puck comes from corner, touch pass, move to middle, stop, touch pass, back to boards, touch pass, skate to net, receive pass, shot. Shooter goes to opposite corner to start next player</p>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Quick puck movement</li> <li>• Don't belly out for 1T</li> <li>• Communicate</li> </ul>		

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DRILL: U15/U18 Transition - Shooting	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		<b><u>VIDEO</u></b>
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> <li>• Players line up on blue line on both sides of the ice</li> <li>• First player in line skates backwards and one touch passes to second player in line.</li> <li>• At bottom of circle, first player stops and skates forward still one touch passing</li> <li>• Player then swings into the neutral zone, and second player passes cross ice to far blue line, first player then skates into zone, gets a pass from far side and finishes with shot on net.</li> <li>• Alternate sides</li> </ul>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Give passer a target with stick</li> <li>• Focus on pass reception – then return one touch</li> <li>• Pass hard</li> </ul>		
DRILL: <b>U13 - SHOOTING - GIVE AND GO SHOOTING</b>	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		<b><u>VIDEO</u></b>
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> <li>• Players line up outside blue line, coach in corner</li> <li>• Pass puck to coach, skate towards net for pass back, quick move or quick shot</li> <li>• Give and go must be quick</li> </ul>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Quick feet, eyes up, stick on ice ready for pass</li> <li>• Must be ready to receive pass,</li> <li>• Break into lane for give and go</li> </ul>		



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DRILL: Race to Puck (Distanced)	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION: 1 player leaves from each side without puck to go around the cones and touch the goal line. Both players skate back up through the middle to retrieve a puck from the coach.</p> <p>The race ends at the goal line. The player who wins the race will shoot their puck first, but the coach will spot a second puck for the other player.</p> <p>Progressions:</p> <ul style="list-style-type: none"> <li>• Skating Backwards</li> <li>• Complete turn around the cone</li> <li>• 'Mohawks' around each cone</li> <li>• Players start with pucks</li> </ul>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Competition</li> <li>• Have fun</li> </ul>		

DRILL: Foosball	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION:</p> <p>Use Bingo Dabbers to mark areas.</p> <p>Both teams trying to score. Players must stay in their zones and advance the puck to their teammates to try and score as well as defending when necessary.</p> <p>Progression: Add multiple pucks</p>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Use teammates</li> </ul>		