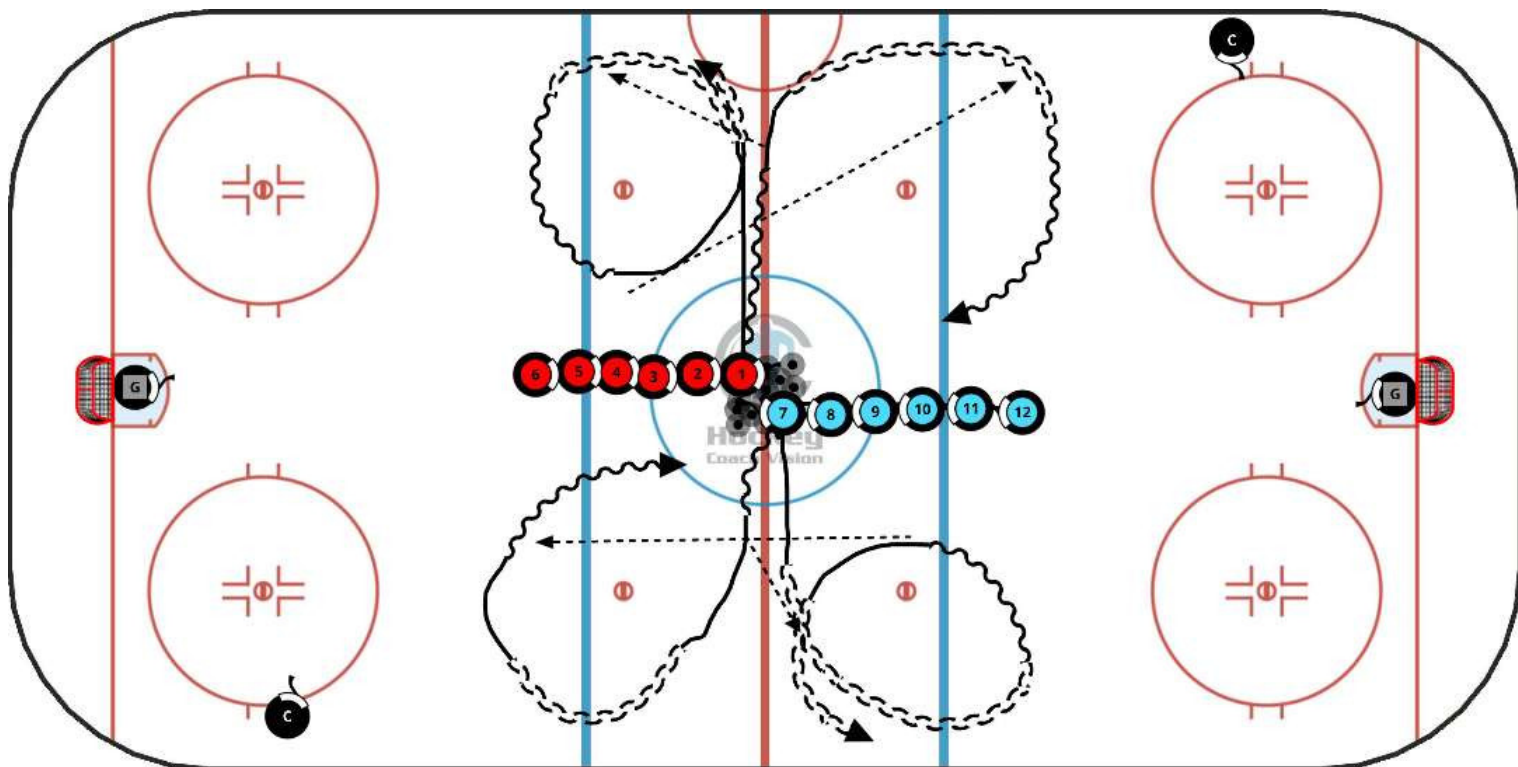


8 BALL PIVOT AND PASS



DESCRIPTION

Pivot and Pass drill

SETUP

P1 skates towards the wall, pivots, receives pass from P2 pivots up, and passes back to P2 who is skating a loop in the other direction.

P2 passes back to P1 who goes in for a shot as P2 crosses over to start the next repetition with P3.

TIPS FROM THE COACH

- o Pivot in such a way to keep eye contact with the puck and passer
- o Smooth feet and hands...hard tape to tape passes
- o Accelerate from the blue line in before shooting

ASSOCIATED WITH

U7, U9, U11, U13, U15, U18, Skating, Shooting, Edge Control, Passing