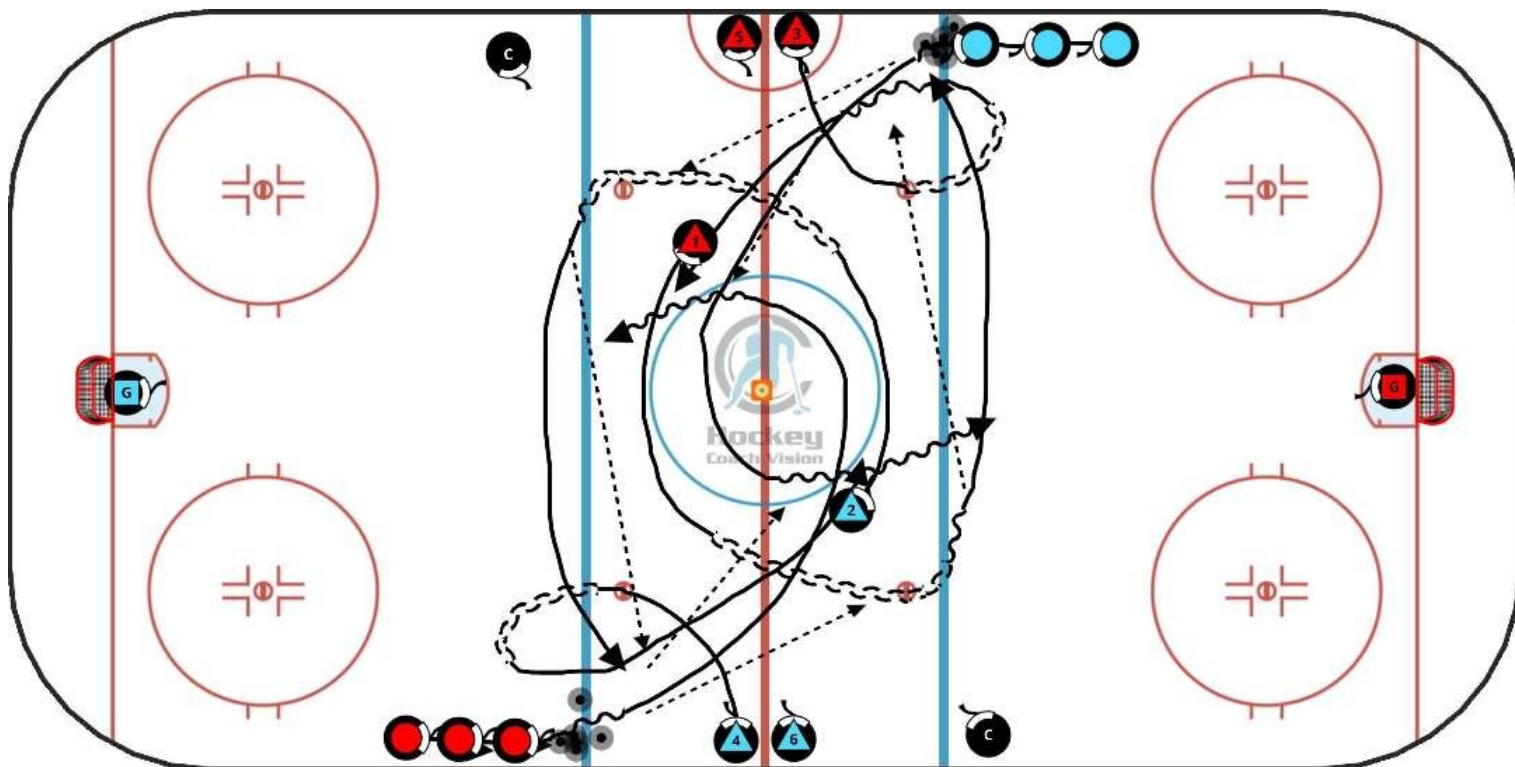


D HORN



DESCRIPTION

Passing drill for D

SETUP

D11 comes around the top of the center ice , pivots backward, receives a pass from F3, and moves it quickly across to D10 who has moved into position beside him.

D10 takes the pass, steps up to pass to F3 who is coming around the pylon. F3 skates in hard for a shot and D10 skates hard around the pylon to start the next repetition.

TIPS FROM THE COACH

- o D men must move their feet quickly in this drill to be in position for each pass
- o After the D man takes the wide pass

ASSOCIATED WITH

U11, U13, U15, U18, Skating, Passing