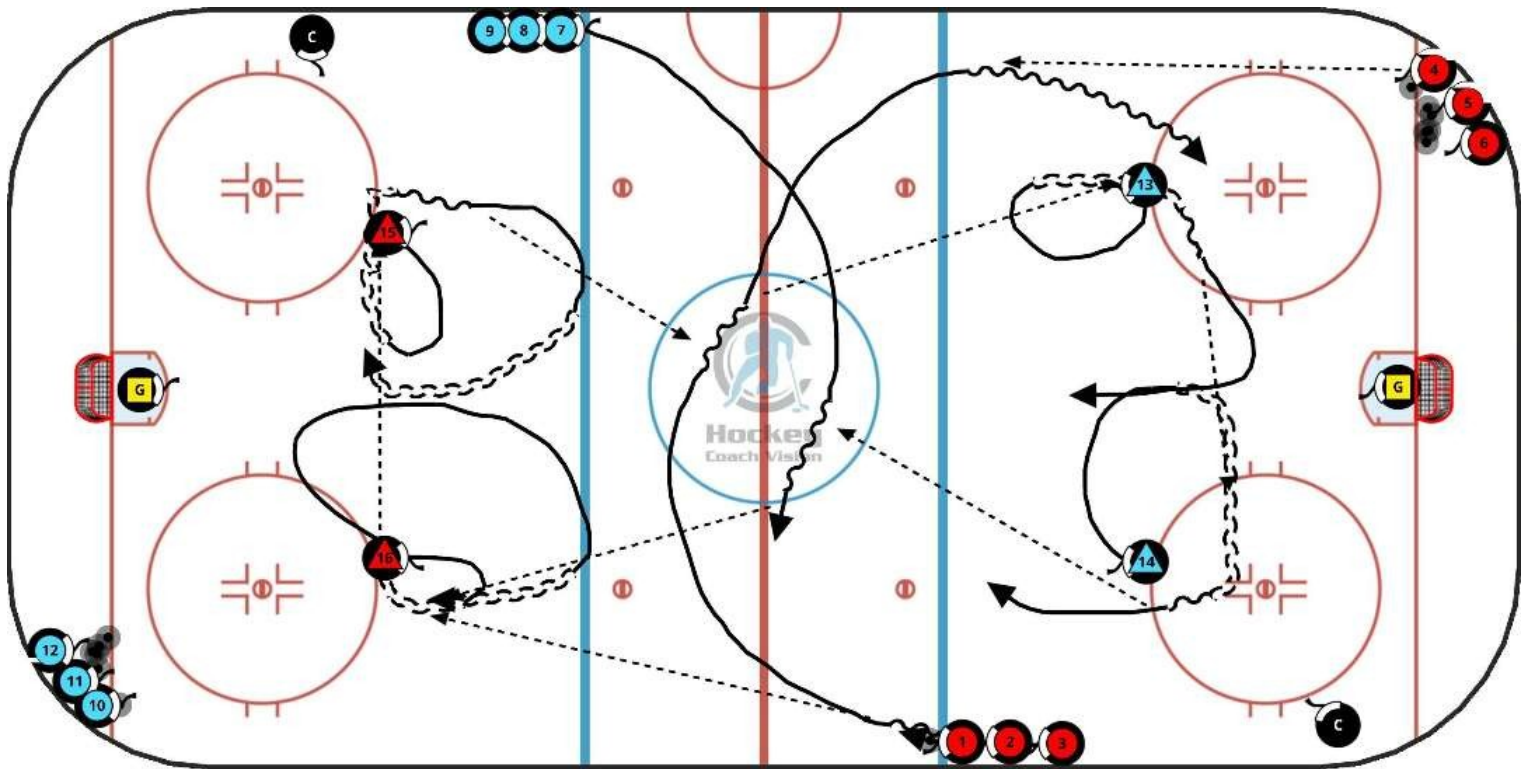


# MIDDLE MIDDLE



## DESCRIPTION

Quick passing/receiving/timing drill.

## SETUP

-4 active D's passing in the middle. (Other D's go with FW's and change on coaches signal).

-ONE puck on the move continuously in NZ.

-FW from the blue line has to read the play and time the movement to be open in the middle. When FW receives the puck he quickly moves it to the other D and keeps his speed moving into the attacking zone where he receives a new puck from FW

## TIPS FROM THE COACH

- o Quick and hard passes
- o Smooth pivots, keep the feet moving
- o Receive/release

## ASSOCIATED WITH

U11, U13, U15, U18, Passing