

31 Double Blues

Purpose

- Practice passing and receiving using a standard drill protocol

Equipment None

Time Two to three minutes

Procedure

1. Players are in four equal groups situated on the blue lines close to the sideboards on opposite ends of the rink as shown. This standard formation is used throughout the rest of this chapter.
2. One player begins by skating with a puck and passing to the first player in the opposite group on the same side of the ice.
3. The receiver passes to the first player in the group immediately across the rink while the skater continues in a looping pattern as shown in the diagram.
4. The puck is returned to the skater, who completes the drill with a shot on goal. The passer, from the group diagonally across the rink, then begins the sequence again. The other two groups take their turns in succession.

Key Points

- Players must make crisp, accurate passes and call for the puck.
- The skater must attempt to keep his or her skates in motion throughout the drill.

Drill Progressions

- Have opposite lines start at the same time, meaning that two players go at once.
- Have the coach pass a second puck from the corner for a second shot opportunity.
- Add a backchecker from one of the lines to create a pressure drill.

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