

4 Pepper

Purpose

- Introduce basic passing and receiving skills and identify player skill levels

Equipment One puck per player

Time 2-4 minutes, 30-second sets, 5 sets maximum

Procedure

1. Groups of four or five players stand around the rink in a semicircle approximately 12–15 feet across.
2. One player, the designated receiver, receives and passes back to every member of the group during the 30-second set.
3. The receiver may pivot the feet to face another passer. The receiver cannot move, however, from a designated space.
4. The designated receiver passes and receives the puck with alternate group members for 30 seconds, then rotates with another player who becomes the new designated receiver.

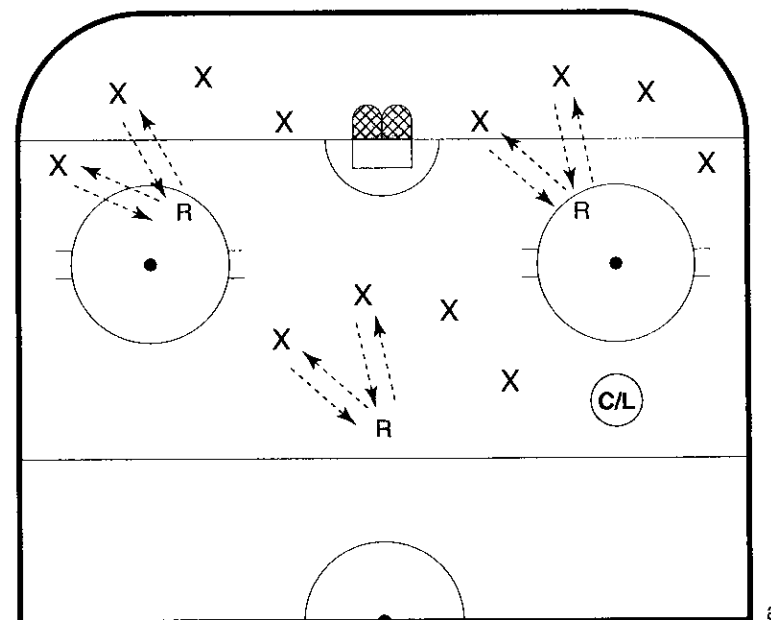
Key Points

- Check that players have (a) the proper hand location on the stick, (b) the arms away from the hips, (c) the entire blade of the stick on the ice, (d) the knees bent, and (e) the feet stationary.
- Coaches can circulate to assist players where needed.

Drill Progressions

- Increase the speed of each receiving action, perhaps attempting a one-time pass or reception if skill level warrants. Have the receiver and others call for the puck each time it is passed. Add a second puck.
- Have three players form a stationary line with the center player as the receiver. Alternate passing back and forth with the two wingers, switching between forehand and backhand (see diagram).

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Drill Progression

