

42 St. John Pass and Shot

Purpose

- Practice passing and receiving at a high tempo while changing direction

Equipment None

Time Two to three minutes

Procedure

1. Players are in one of four groups located at either blue line near the face-off dots or along the goal line as shown in the diagram.
2. The drill is done in an alternating fashion, one side after the other.
3. A player at the blue line makes a pass to his or her partner located at the goal line; the player skates, pivots, and receives a return pass.
4. The player then skates a loop around the blue line group and goes in for a shot on goal. Once finished, the two players switch lines as the other groups begin the drill again from the other side of the ice.

Key Points

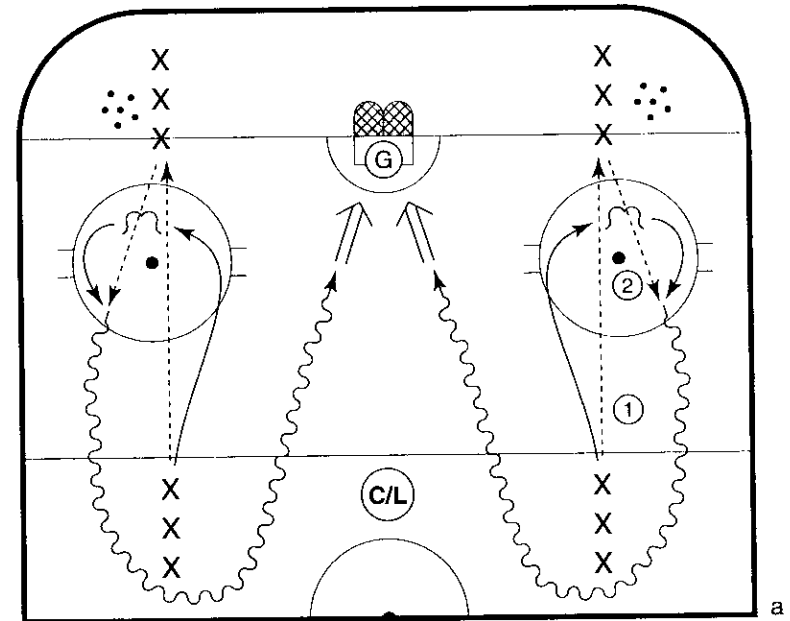
- Do not turn away as the puck is passed. Always pivot to face the puck.
- Attempt to make crisp, tape-to-tape passes. Thereafter, skate to the net as quickly as possible to finish the drill.

Drill Progressions

- Skate a wider route (see diagram), or add a second passer from the other groups.

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Drill Progression

