

41 Dartmouth Drill

Purpose

- Practice passing, receiving, and shooting with space and time restrictions

Equipment None

Time Four to five minutes total

Procedure

1. Players are divided into two equal groups located along either sideboard near the hash marks. One player from each group is positioned along the goal line as a give-and-go passer.
2. The first player in one group passes to the player along the goal line and skates quickly toward the net; he or she then receives a return pass and takes a shot. The player then skates to the back of the opposite group.
3. Once the first shot has been taken, a player from the other group repeats the procedure in the opposite direction.

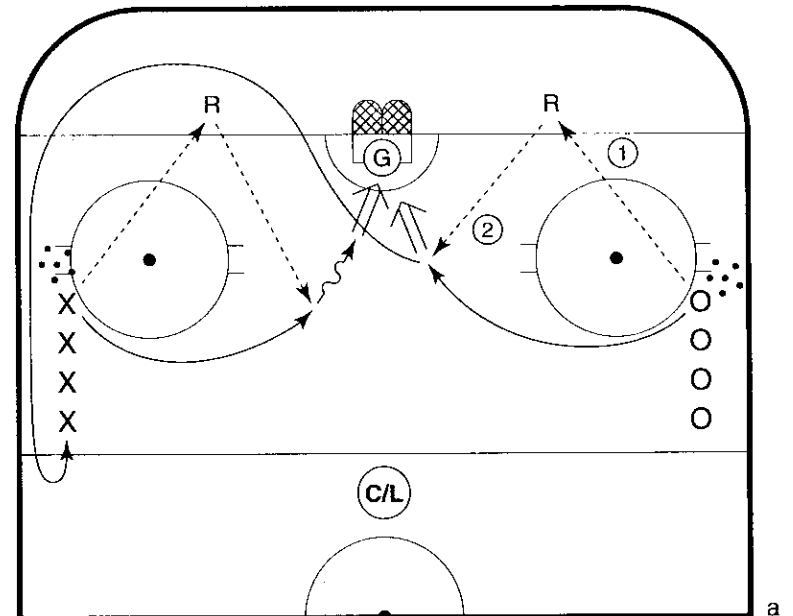
Key Points

- Players must wait until the shooter from the opposite group has cleared the front of the net before beginning their sequence.
- The key is to develop quick feet and hands for scoring chances in tight to the goal.

Drill Progressions

- Attempt to make this a one-time passing situation.
- Have players from both groups moving at once, where the player without the puck looks for a quick cross-ice pass or rebound off the shot (see diagram).

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Drill Progression

