

62 THE WEAVE

PURPOSE

- To practice maintaining puck control through passing at a very high speed, resulting in a scoring opportunity

EQUIPMENT None

TIME 4-5 minutes total

PROCEDURE — Full-Ice Drill

1. Players are in one of three lines at either end of the rink.
2. Drill begins with middle-lane player skating forward with a puck and initiating a pass to a player on either side, then skating in the same direction of the pass and cutting behind the player who received the pass.
3. Additional passes are made as the players skate the length of the rink, each time having the passer skate in the direction of the pass and cutting behind the receiver.
4. Play is finished with a shot on goal, and three new players begin the drill again heading in the opposite direction.
5. The three players who complete the drill stay in that end and move into one of the three lines for a return trip down the ice.

KEY POINTS

- This is similar to one of the staple drills used in basketball, and it forces players to accelerate to keep the play flowing.
- Player receiving the pass can help by cutting toward the passer, making for an easy transition from one side to the other.

DRILL PROGRESSIONS

- Try this drill with two pucks!
- Attempt the activity while skating backward the length of the ice.
- Add a regroup feature and run three line weaves consecutively with the same group.

THE WEAVE 62

