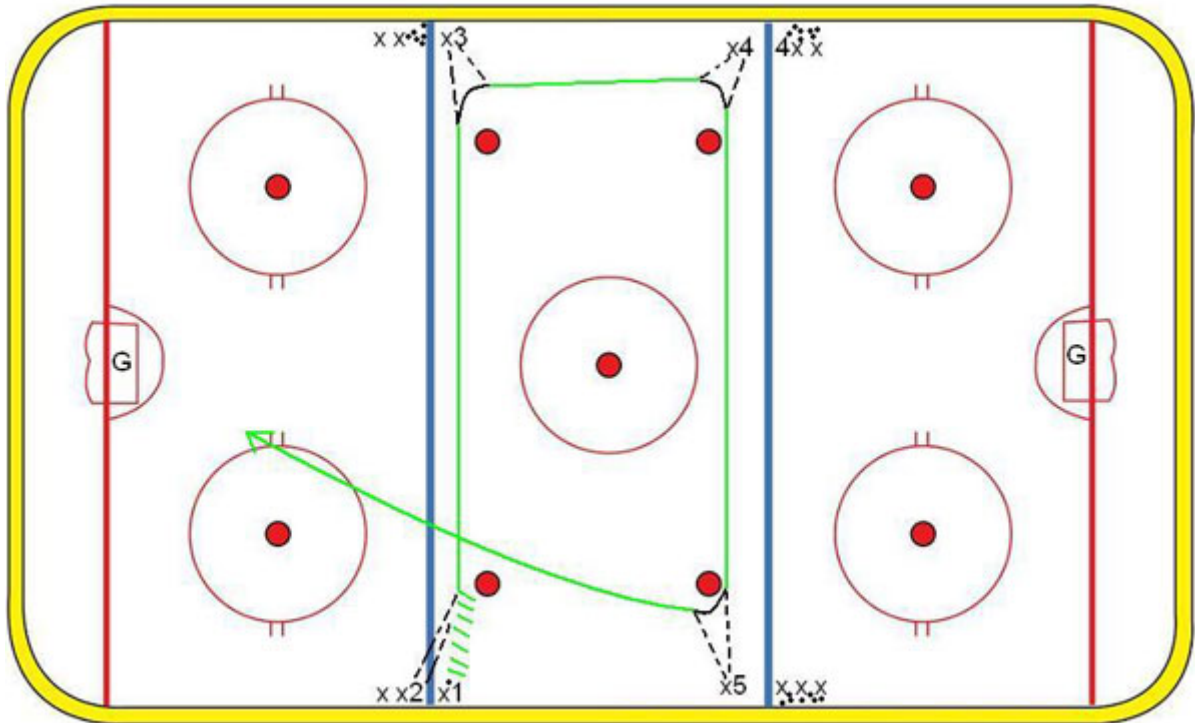


Lightning passing drill

October 30, 2008 3:29 PM



Lightning passing drill

Purpose: Warm up drill for quick passing, heads up play and shooting.

- Players line up in four lines on the bluelines
- x1 handles the puck while skating backwards and makes a quick pass back to the next player in his/her line - x2 in the diagram above
- x2 makes a quick pass back to x1
- x1 is still skating backwards when he/she receives the pass back from x2, and once x1 has controlled the puck, he/she pivots to a forward position
- x1 skates across the ice and makes a pass to x3, who gives x1 a quick pass back
- x1 carries the puck and makes a pass to x4, gets a quick pass back, skates across to x5, fires a pass, turns up ice and gets the pass back from x5
- x1 goes in for a shot
- Run this drill out of opposite corners (ie, above, x1 and x4 would leave at the same time)
- Ensure passers keep their heads up
- Alternate corners (x1 and x4 would leave at the same time, then x3 and x5, etc.)
- Ensure players are taking and making passes while skating backwards to start the drill and are using both their forehand and backhand to take and receive passes
- Add another pass as players get the hang of the drill before a player takes a shot, ie, above, x1 would pass back to x2 and get a quick pass back before taking a shot on net.

Our Game got this drill from a Tampa Bay Lightning practice.



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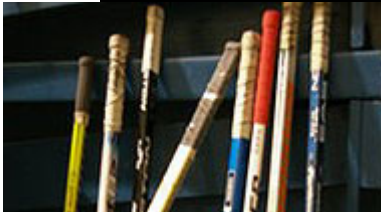
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