



HOCKEY CANADA



Crowfoot Coaches Session - Passing

TEAM: _____

PRACTICE OBJECTIVES: _____

TEAM RECORD: W _____ L _____ T _____

DATE: _____ TIME: _____

LINE UP / FORMATION

FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LEGEND		COACH		PUCK CARRYING
		FORWARDS		SHOOTING
		DEFENDERS		PASS
		GOALTENDERS		DROP PASS
		STOP		BACKWARD SKATE
		PYLON		LATERAL MOVEMENT
	PUCKS		DEFENSIVE PRESSURE	

DRILL: Butterfly Pattern Passing Warmup		COACH: Lead	TIME: 15-20 Minutes
GOALIE PURPOSE:		WORK/REST RATIO:	
DESCRIPTION: <ul style="list-style-type: none"> - Side to Side Tight/Shoulder to Shoulder/Wide - Forward/Backward - Zig Zag - Drop Pass 			
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Proper Technique/Execution - Heavy Direct Instructional Feedback - Communication/Call for Passes 			

DRILL: Passing Weave		COACH: All	TIME: 10-12 Minutes
GOALIE PURPOSE:		WORK/REST RATIO:	
DESCRIPTION: <p>Same as Back Alley, add backhand receptions, feet, flip puck, curls.</p> <p>Goalies – Finnish Box Drill – Shuffle/Slide side to side while coach shoots pucks at hands.</p>			
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Proper Technique/Execution - Heavy Direct Instructional Feedback - Communication/Call for Passes 			



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DRILL: Passing Stations	COACH: All	TIME: 6-7 Mins Per Station
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> Partner Passing to One on One Passing Star – Stationary – Progress to Moving/Spider Pattern Chip in – Shoulder Check – Break out – One on One Obstacle Passing/ Figure 8 Passing 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Emphasize Technique with Direct Feedback - Give a target, catch the pass - Focus on Awareness of Space before puck 		

DRILL: Passing Support Stations	COACH: All	TIME: 7-10 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> Passing Box – Follow the pass, keep box moving together Passing Spider – Player in middle moves and exchanges passes with players on the outside Passing Gates – 2 on 2. Players score points by completing passes through the gates. 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Give a target/See the target - Awareness of time and space - Move to open space, support puck 		

DRILL: Quick Hands/Quick Feet - ABC	COACH: All	TIME: 7-10 Mins
GOALIE PURPOSE: Follow the puck behind the net		WORK/REST RATIO:
DESCRIPTION: <ol style="list-style-type: none"> QH/QF – One Touch Passing. 1st pass to boards, 2nd pass to dot, 3rd pass to position 1 again, 4th pass to slot and shot. ABC – A passes to B and drives slot, B takes puck around net and passes to A. A shoots, after shot, takes over position B, begin again. 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> - Give a target/See the target - Awareness of time and space - Cradle Receptions, front foot to back foot 		



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DRILL: Passing Games	COACH: All	TIME: 7-10 Mins
GOALIE PURPOSE: Skating/Fun	WORK/REST RATIO:	
DESCRIPTION: <ol style="list-style-type: none">1. Pylon Passing Battle – Players must try and pass pucks to hit cones to other teams end.2. Joker Basketball – 2 on 2 with 2 Jokers – Players must pass to coach to switch to offense. Jokers play behind the net only on offensive team. <ul style="list-style-type: none">- Play Cross Ice if possible to engage more players	<p>The diagram illustrates two drills on an ice rink. Drill 1, 'Pylon Passing Battle', shows two goals at opposite ends of the rink. Pucks are placed in the center of each goal, and cones are placed at the corners. Dashed lines with arrows indicate a passing path between the goals. Drill 2, 'Joker Basketball', shows a 2-on-2 setup. Two players (circles) are positioned in front of each goal, and two 'jokers' (triangles) are positioned behind the net. A coach (circle with a 'C') is in the center of the rink. A pylon (circle with a cross) is in the center of the rink. A goal (circle with a cross) is at the bottom right.</p>	
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none">- Passing technique/execution- Communication- Get open if you want a pass		