

# PARALLEL TEACHING STRUCTURE - PASSING BETWEEN TWO CHECKS AND ONE TOUCH PASSING

Tuesday, September 10th, 2024

This practice plan from Darryl Belfry was filmed in front of a live audience during his 2024 Belfry Hockey Coaches Workshop.

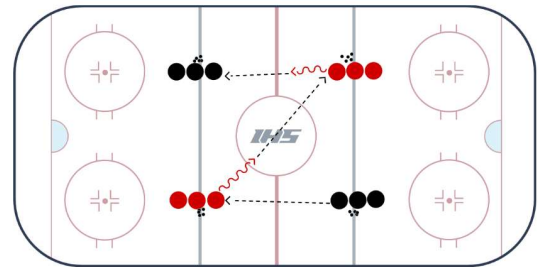
In the practice, Coach Belfry shows an example of a parallel structure practice plan where he builds up two skills and then brings them together at the end. The two primary skills that are taught are:

- 1 Passing through checks / players
- 2 One touch passing

## Side Middle Side

### Details:

The Side Middle Side passing drill from Darryl Belfry is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). This specific drill allows the whole team to warm up their skating, puck handling, passing and vision at the beginning of the practice.



## Setup

- Players line up at all 4 neutral zone face-off circles with pucks.
- Progression 1: on the whistle, a player with a puck starts out and passes down the side of the ice, after that, the player passes through the middle of the ice, and they continue to follow the side - middle - side passing flow.
- After players get the movement down, add more pucks so both sides are skating at the same time, which forces players to keep their heads up.
- Progression 2: have players in line start moving before they receive the puck. This forces the player with the puck to lead the player in the direction they are skating.

## Coaching Points

- Communicate
- Keep stick on the ice to let the player with the puck know where you would like the puck
- Keep head up when skating with the puck to be aware of the other players

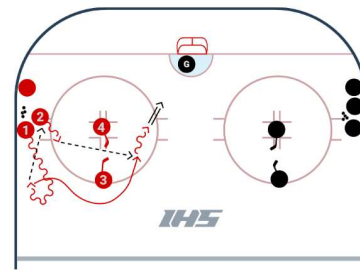
## Variations

- Can add more than 2 pucks to make it more challenging for the players.
- Can make the passing area larger or smaller.

## Pass Through 2 Players out of the Corner

### Details:

Pass Through 2 Players out of the Corner from Darryl Belfry is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). This drill gets players comfortable with puck support and give & go passing through two players.



### Setup

- Players line up on the hashmarks along the wall on both sides of the ice with pucks.
- Two players (player 3 & 4 in the diagram above) set up at the face-off dot and top of circle.
- On the whistle, player 1 skates up the ice, curls back and passes the puck to player 2 (the next person in line). Then player 1 jumps to the slot area and player 2 lays a pass for them in between the two defensive players (player 3 & 4).
- After player 1 takes a shot, all players rotate. Player 1 goes to player 3 spot, player 2 becomes player 1, player 3 becomes player 4, and player 4 goes to the back of the line.

### Coaching Points

- Player 1 should work hard to jump to open ice between players 3 and 4 with their stick on the ice.
- Player 2 should lead player 1 with a pass

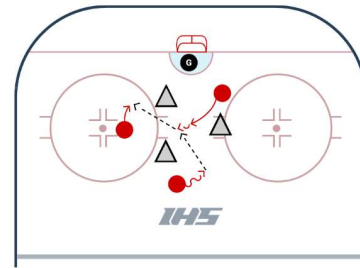
### Variations

- Coaches can run this out of both corners or as a station.
- Coaches can have the defenders start with their sticks not moving, but as the team gets it well they can start to allow the defenders to have active sticks.

# Pass Through The Triangle Game

## Details:

The Pass Through The Triangle Game from Darryl Belfry is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). This game allows players to practice moving to space and passing through defending players.



## Setup

- Have 3 defending players set up in a triangle arrangement in the middle of the zone as shown in the video. The smaller the triangle the harder it is for the offensive team. So it is best to start with a larger triangle.
- Have 3 offensive players start with the puck. On the whistle, the 3 offensive players work to pass the puck with each other through the triangle. The goal is for player to communicate with each other and work on timing.
- After passing though the triangle players can shoot and score on net.
- Coaches have the option to count each pass through the triangle as a point and each goal as a point.

## Coaching Points

- Encourage players to keep moving and communicate with each other.
- Players without the puck should work on their timing and jump through the triangle when the player with the puck is ready to make a pass.

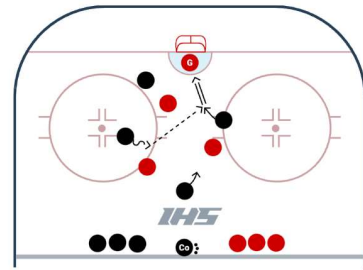
## Variations

- Can make the triangle bigger or smaller. The smaller the triangle the harder it will be for the offensive team.
- Can have the defenders keep their stick stationary or allow them to have active sticks.

## 4 v 3 Pass Between 2 Players

### Details:

The 4 v 3 Pass Between 2 Players game from Darryl Belfry builds off of the [Pass Through The Triangle Game](#) and is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#).. In this game, 4 players are on offense against 3 defending players. The offensive team can only take a shot on net if they pass the puck between 2 defending players to another player who is moving.



## Setup

- In zone 4 v 3
- On the whistle, the offensive team starts with the puck and works to pass the puck between 2 defending players. The offensive team must always keep moving.
- The defending team is allowed to move around the whole zone.
- Coaches can keep track of score, which would be 1 point for a goal and 1 point for a pass to a moving teammate between 2 defending players.

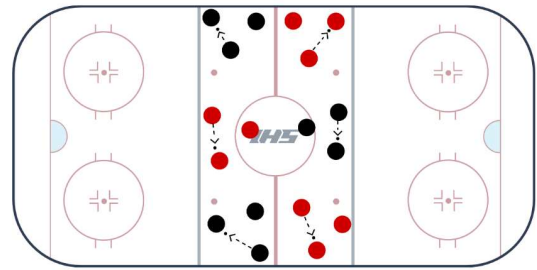
## Coaching Points

- Encourage offensive players to keep moving and communicate with each other.
- Players without the puck should work on their timing and jump through defending players when the puck carrier is ready to make a play.
- Defending players should keep their sticks on the ice to block passing lanes and angle players away from the middle of the ice.

## Triangle Passing Progression with 3 Players

### Details:

The Triangle Passing Progression with 3 Players from Darryl Belfry is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). This progression allows players to work on a variety of passing fundamentals.



## Setup

- Have players split up into groups of 3. This can be set up in any area of the ice.
- Each player should have a puck.
- Progression 1: the group of 3 one touches a puck around to each other.
- Progression 2: the group of 3 one touches a puck to each other but they work on the pass being quiet and smooth.
- Progression 4: the group of 3 works on one touch passes with 2 pucks.
- Progression 4: the group of 3 works on one touch passes with 3 pucks.

## Coaching Points

- Players should keep their sticks on the ice to let players know where they want the puck.
- Players should make sure to pass to each others forehand to set up their partner to have an easy one touch pass.

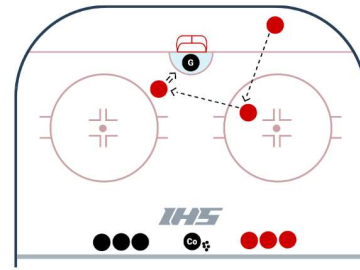
## Variations

- Can be set up in all areas of the ice.
- Can practice different passing techniques with this setup.

## 3 Player - Every Pass a One Touch

### Details:

The 3 Player - Every Pass a One Touch drill from Darryl Beflry is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). This drill exactly what it states - 3 players work to pass the puck around the zone to each other but every pass must be a one touch. If a player fails to make a one touch, the next group of players is in.



## Setup

- Coach dumps puck into the zone and 3 players work to get the puck and make one touch passes to each other. When the players are unable to complete a one touch pass, the next group is in. Players can shoot and score on net.
- For points, coaches can keep track of goals as 1 point and number of one touch passes as a point.

## Coaching Points

- Players should know where they want to pass the puck before they get it. This means that every player must keep their head up and know where their teammates are at all times.
- Players should communicate with each other to let their teammates know where they are.
- Players should keep their sticks on the ice to let teammates know where they would like the pass.
- Players should keep moving.

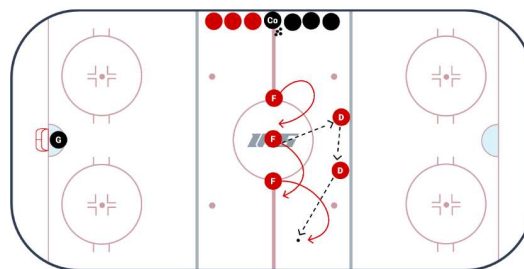
## Variations

- Can perform this drill with 3, 4, or 5 players.
- Can add 1 or 2 defending players to make it more of a challenge if needed.

## 5 Player - Every Pass a One Touch

### Details:

The 5 Player - Every Pass a One Touch from Darryl Belfry builds off of the [3 Player - Every Pass a One Touch drill](#) and is from his practice plan, [Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#). In this drill, 5 players work to pass the puck around to each other with only one touch passes. The drill starts at the neutral zone with a regroup, before the players attack up ice.



### Setup

- Players line up in the neutral zone with a puck. To start, the center slaps their stick on the ice to get everyone moving, and then the drill starts.
- The 5 players work with each other to regroup and then attack up ice and stay onside.
- Every pass must be a one touch and if a player is unable to complete a one touch, the drill ends and a new group starts.
- For points, coaches can keep track of goals as 1 point and number of one touch passes as a point.

### Coaching Points

- Players should know where they want to pass the puck before they get it. This means that every player must keep their head up and know where their teammates are at all times.
- Players should communicate with each other to let their teammates know where they are.
- Players should keep their sticks on the ice to let teammates know where they would like the pass.
- Players should keep moving.

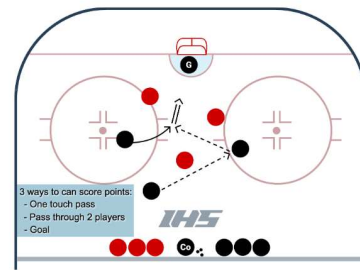
### Variations

- Can add 1, 2 or 3 defending players to make it more of a challenge if needed.

## 3 v 3 with 3 Ways to Score

### Details:

The 3 v 3 with 3 Ways to Score Game from Darryl Belfry stitches all of the concepts taught throughout the practice plan ([Parallel Teaching Structure - Passing Between Two Checks and One Touch Passing](#)) into one final game where each team has 3 different ways they can score points.



## Setup

- Play in zone 3 v 3. The offensive team can score by the following options:
  - Pass through 2 players
  - One touch pass
  - Score a goal
- Keep track of score!

## Coaching Points

- Defensive team should keep their sticks on the ice to block passing lanes and angle players to the outside.
- Offensive team should work hard to pass through 2 players, make one touch passes and score goals.

## Variations

- Coaches can have a designated offensive team and defensive team.
- Coaches can allow the defensive team to pass to the coach and receive a pass back to transition to offense.
- Coaches can modify the point scoring based on whatever concepts they would like to reinforce.

## Practice Conclusion

### Details:

[Coach Belfry](#) gives a brief conclusion of his practice plan: [Parallel Teaching Structure - Passing Between Two Checks & One Touch Passing](#).