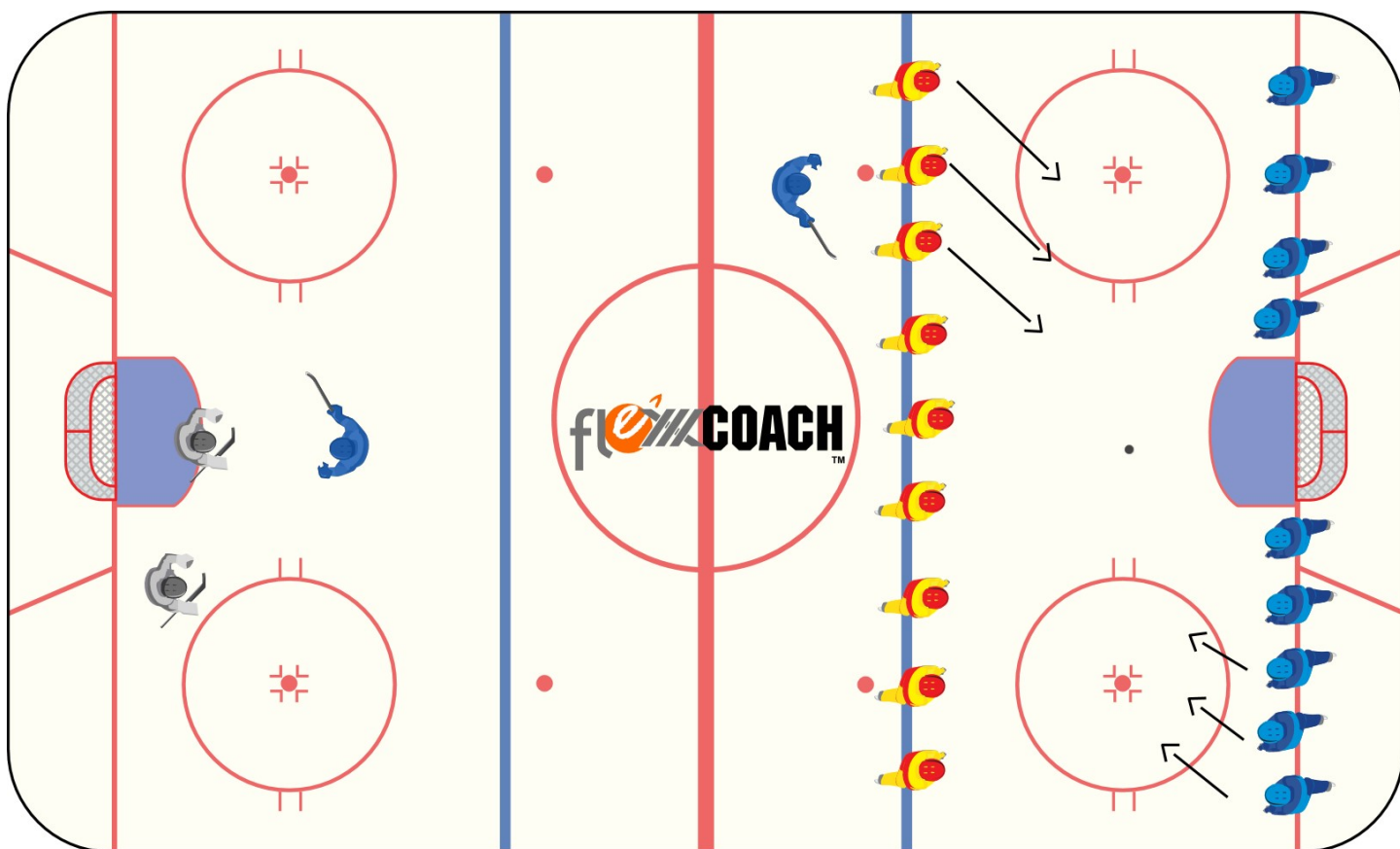


Passing Warm up - Two line Keep Away



Objective To work on passing/receiving/support and warm-up

Key Elements Passing, Receiving, Support

Organization Players are lined up along goal line and blue line. First players from opposite sides/corners enter the zone and play keep away and use their own color for support. Players along each line must pass back to someone skating in the zone, not another player in line.

Variations Based on number of players in practice (2 v 2, 3 v 3, 4 v 4)
Can also use the neutral zone or far end zone. If use the far end zone, put Goalies in the neutral zone.

Goalie Work with Goalie Coach in opposite end zone (or neutral zone)