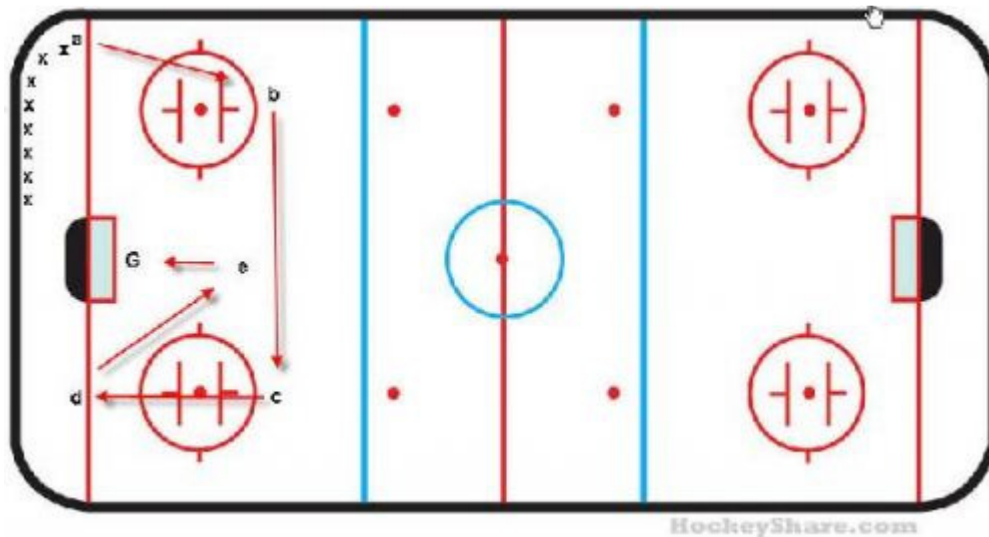


Rotating Drill



Key Points

- Always move after pass whether it is a good pass or not.
- Sometimes we only make backhand passes.
- Sometimes we only catch passes with our feet.
- Sometimes we pass early so the guy making the pass is passing before the guy gets to his station.
- No standing around moving without the puck.
- Good flat tape to passes - we stop the drill on a flip pass.

Description

A passes to B and moves immediately to B's station and gets ready to receive
B passes to C and moves immediately to C's station and gets ready to receive
C passes to D and moves immediately to B's station and gets ready to receive
D passes to E and moves immediately to B's station and gets ready to receive
E shoots and gets back in line.

A does not pass to B until C makes his pass. As you get better you can up that frequency.