



PASS & MOVE

Tuesday, October 1st, 2024

Practice Theme: Passing and moving to open space should be one of the non-negotiable habits that you are instilling in your team. The drills and games in this practice are designed to help your players work on passing and supporting the puck by moving to open space with urgency.

3 Key Focus Points

1 Know Where Your Are Going With The Puck: Keep your head up and know your reads before the puck gets to you

2 Pass & Move To Open Space: As soon as you pass the puck to your teammate, explode to open space to become a threat. Do not stop and stare at your pass.

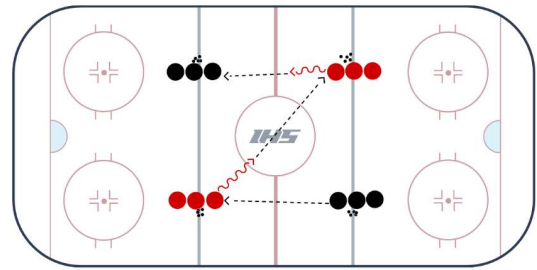
3 Use Deception: Just like you can fake out a player when you have the puck, you can also fake out the defenders who are covering you when you don't have the puck.

A lot of players stare at their passes, encouraging your players to **Pass & Move** is a great start to developing more space and opportunities in these situations. Try to instill this mindset to get moving as soon as you pass to find open ice and become an option.

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.

Station Number: Entire Team

Coach's Notes:

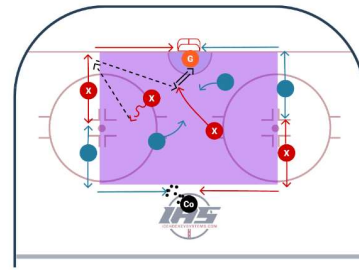
Make sure to add in pucks as they get the hang of it. Make sure they progress to start to move for their passes and lead the players instead of just standing still.

2 v 2 with 2 Outlets

Details:

Objectives: Teaching principle of pass and moving to open space as well as defending against players without puck

Description: Two versus two with four neutral support players on the perimeter. Player with puck move and pass the puck to any supporting player. Encourage the players on the outside to move their feet and not stand still. Work to get open no matter where you are on the ice.



Points of emphasis:

- Defensive pressure to prevent the opponent from winning space
- Stick pressure to intercept the pass and/or steal puck
- Skate through defenders to get open for a pass

Station Number: Station #1

Coach's Notes:

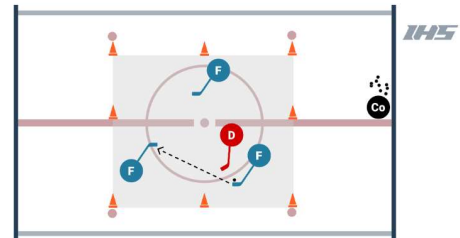
Encourage all players to be moving - including the perimeter players. There should be no standing still.

3 vs. 1 Keep Away Game

Details:

The 3 vs. 1 Keep Away Game is as simple as it sounds but the fundamentals and habits players learn while playing this game are extremely valuable.

Keeping your head up, stick on the ice, moving to open space and communicating with your teammates will lead to success.



Game Rules

- 3 players work to keep the puck from 1 defender.
- Defense gets a point for stripping the puck and skating it out of the playing area, or if the puck goes out of play.
- Offense gets a point if they can keep possession of the puck until the coach blows the whistle.

Offensive Coaching Points:

- Head up!
- Stick on the ice to give your teammate a target.
- Poise when you have the puck. This takes practice! It is ok if you try new moves and make mistakes.
- Move to open space without the puck.
- Communicate verbally and non-verbally with your teammates.
- If you have the puck, use deception or false information (fake passes, no looks, skates & hips pointed opposite direction, etc) to get the defender to commit or open up.

Defensive Coaching Points:

- Stick on the ice at all times (so you can block passing lanes, pick off passes or angle players to go in a certain way).
- You are at a disadvantage in this game. Be smart about your movements. Do not chase and swing stick out of control.

VARIATIONS:

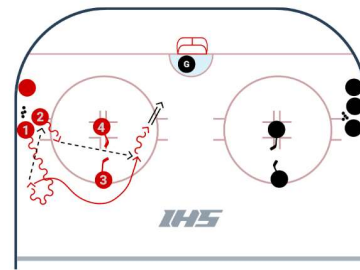
- Can be 2 v 1, 3 v 1, 3 v 2, 4 v 1, 4 v 2 or you can make it more challenging for the offense by going 2 v 3, 2 v 4.
- Can make the playing size smaller or larger.
- Can require forwards to get a certain number of passes to end game or keep possession of the puck for a certain amount of time to win the game. Time can be anywhere from 15 - 45 seconds. Can also keep track of how many passes are made during 30 seconds.
- If you have a goalie, require the forwards to make 3, 4 or 5 passes before they can shoot on net. If the defense strips the puck, allow them to take a shot on net. The goalie can work on tracking the puck during the passes.

Station Number: Station #2

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

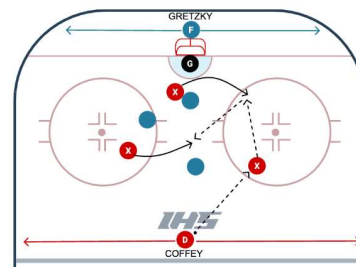
- Coaches can run this out of both corners or as a station.
- Coaches can have the defenders start with their sticks not moving, but as the team gets it well they can start to allow the defenders to have active sticks.

Station Number: Station #3

Gretzky Coffey Game

Details:

The Gretzky Coffey Game is a fun small area hockey game where one team has a "Gretzky" stationed behind the net and another team has a "Coffey" stationed at the blue line. The setup of the game allows for a lot of creativity with 8 players going at once.



SETUP:

- Play takes place inside of one zone
- Each team has 3 players who can move anywhere in the zone
- One team has a Gretzky who must stay behind the goal line
- The other team has a Coffey who must stay inside the blue line and above the circles
- The 3v3 players can't attack the Gretzky or the Coffey
- To activate your team onto offense you must pass to your Gretzky or Coffey first
- Switch which team is Gretzky and which team is Coffey half way through
- Keep score!

COACHING POINTS:

- **Offensive players:**
 - Players in the middle of the ice: work on give and go's! Pass and get open.
 - Players behind the net: know where you want to pass to before you get the puck. Use the net as protection and get creative.
 - Player at the blue line: use deception and don't be afraid to take a shot if you have net front presence
- **Defensive players:**
 - Head on a swivel and know where all of the players are.
 - Keep stick on ice to block passing lanes.

VARIATIONS:

- Can be 2v2 or 3v3 in the middle of the ice
- Can allow 1 or 2 "Gretzky's" or Coffey's
- Can require players to only hold the puck for 1 or 2 seconds or a whistle is blown.

Station Number: Entire Team - Both Ends

Coach's Notes:

Encourage all players to be moving - especially the Coffee and Gretzky. There should be no standing still.