

Title : AROSA

Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

**Description**

X1 passes to ① to start the drill. ① passes back to X1 and receives a final pass back from X1.

X1 then pivots (opens up) for a breakout pass as ① steps to mid-ice

X1 after receiving breakout pass fires a hard forehand cross ice pass to X2

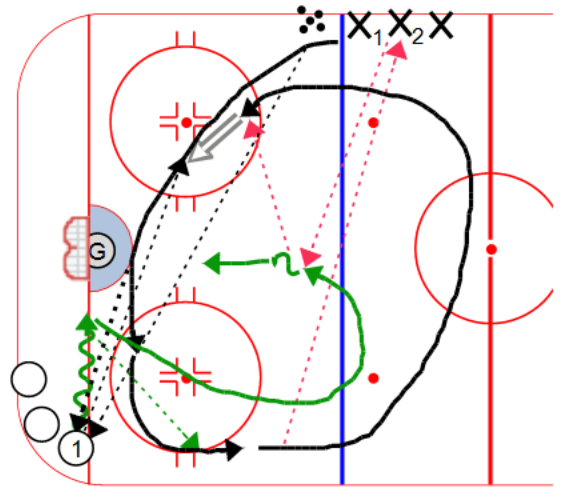
X1 loops through the center circle

① skates up over blue line and receives a pass from X2

① bumps pass to X1 entering the zone for a shot

① then mid-drives for rebound

The drill is broken down into individual components below.



Key points:

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Title : AROSA (seq 2)

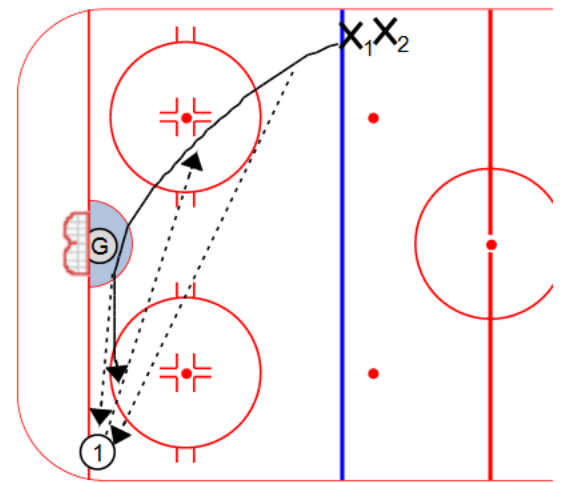
Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

**Description**

X1 passes to ① - 3 passes

X1 then pivots (open up) for a breakout pass as ① steps to mid-ice



Key points:

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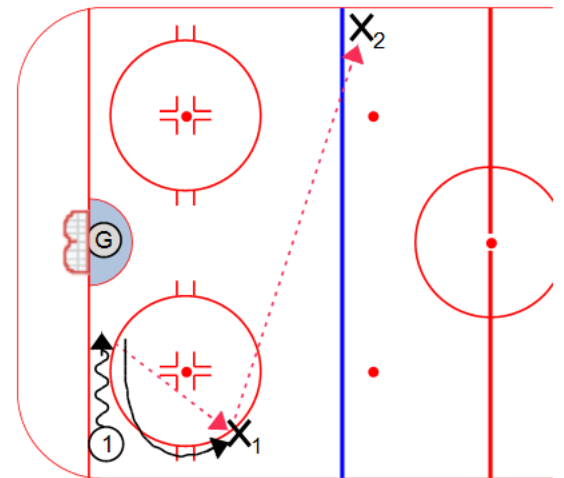
Title : AROSA (seq 3)

Category #1 : Wisconsin Badgers

Category #2 : Passing/Transition

**Description**

X1 after receiving breakout pass fires a hard forehand cross ice pass to X2

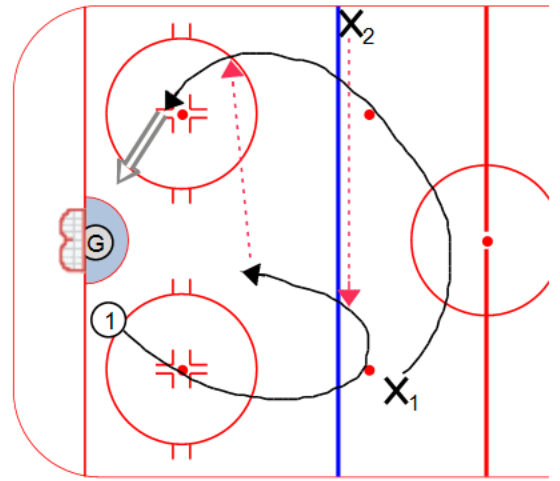


Key points:

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**Description**

- X1 loops through the center circle
- ① skates up over blue line and receives a pass from X2
- ① bumps pass to X1 entering the zone for a shot
- ① then mid-drives for rebound



Key points:
