

Title : Cross Ice One Time Passing

Category #1 :

Full Team

Category #2 :

Passing

### Description

Players line up as shown and make hard passes cross ice.  
Player receiving pass should try to one touch a pass back to passer.

Alternate sides.

Progression:

Move players to the NZ and have them come in for a specific type of shot on goal.

- Slap from top of circles
- Wrist shot from slot
- snap shot from circles

Key points:


