Title: ACHA Cross Ice 7 Passes Content elements: Components:

Description

Drill starts with X1 skating backward and receiving a pass from X2.

X1 passes back to X2 then transitions to forward and receives a pass from X3.

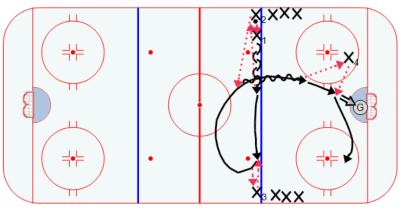
X1 passes back to X3 and turns back to the middle to get a new pass from X2.

X1 skates with the puck across the blue line and passes to X4 in the circle.

X4 one-touches the pass back to X1 for a shot. X1 goes to the opposite circle and X4 goes back in

X3 starts the next cycle of the drill.

Shooter always goes to circle opposite where he started. - Run at both ends.



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