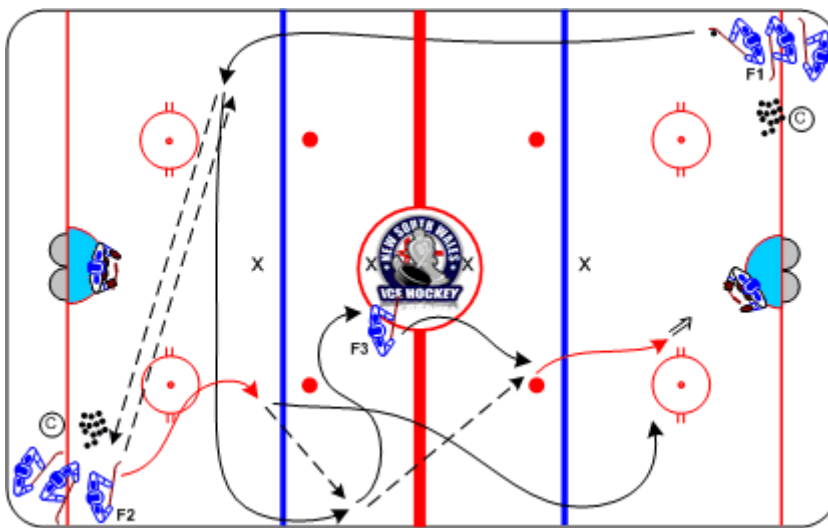




4 Pass St Louis

Duration: 10 mins

- F1 & F2 release at the same time, but skate different patterns
- F1 receives a pass from F2 and returns the pass
- F2 moves to the mid lane and passes to F1 again
- F1 headman pass to F3 in the stretch position
- F2 follows up for a rebound
- F1 moves to receive next pass



Coaching Tips

- Skating onto puck
- Timing and communication
- Control skating

Execution Tips

- F1 & F3 exchange early
- F1 skates wide and flat to board lane
- © provides feedback on F2 on timing skate