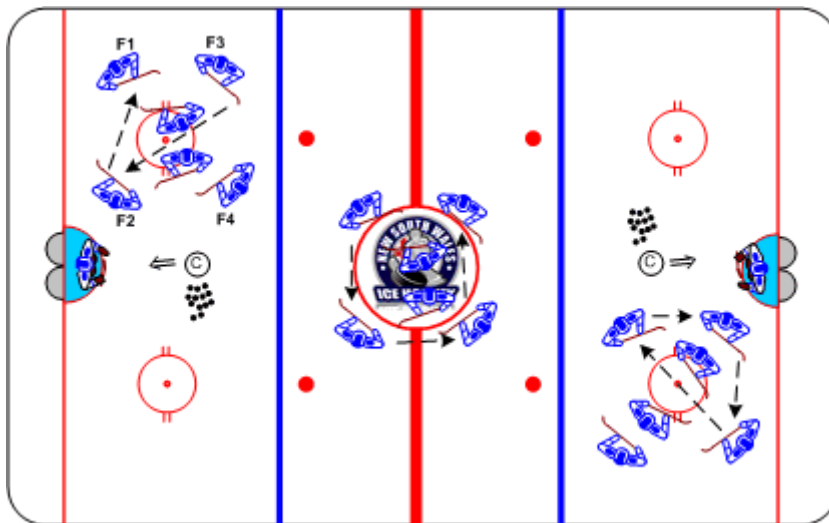


4-on-2 Passing Circles

Duration: 5 mins

- Four Forwards positioned outside the circles, moving to support the puck
- Two Defence inside circle
- If the puck strays or is intercepted, a new puck enters drill immediately



Coaching Tips

- Active sticks
- Recovery after pressuring puck
- Move to passing lanes to support the puck

Execution Tips

- Change Defense every 40 seconds on the whistle