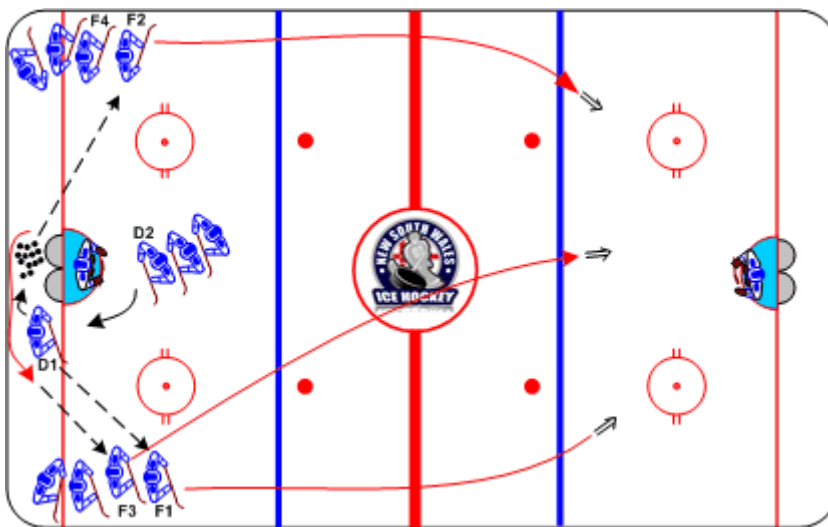




## Defense - 3 Quick Pass

Duration: 8 mins

- D1 steps out, passes to F1 on hashmarks
- F1 down wall, shoots on goal
- D1 tight turns to behind net, passes to F2
- F2 down wall, shoots on goal
- D1 behind net to pass to F3, F3 down middle
- D2 repeats drill beginning with pass to F4



## Coaching Tips

- Warm-up Goalies - low shots
- Defense evasive moves and quick feet
- Progression: Defense can pivot instead of tight turns
- Forwards shoot in stride

## Execution Tips

- Forwards remain at hashmarks until pass is completed
- Defense keep drill flowing
- Goalie makes the pass to Defense