

## Pairs Passing, Up and Back

### Drill Specifications

Drill Theme: Passing  
Floor Position: Full Floor

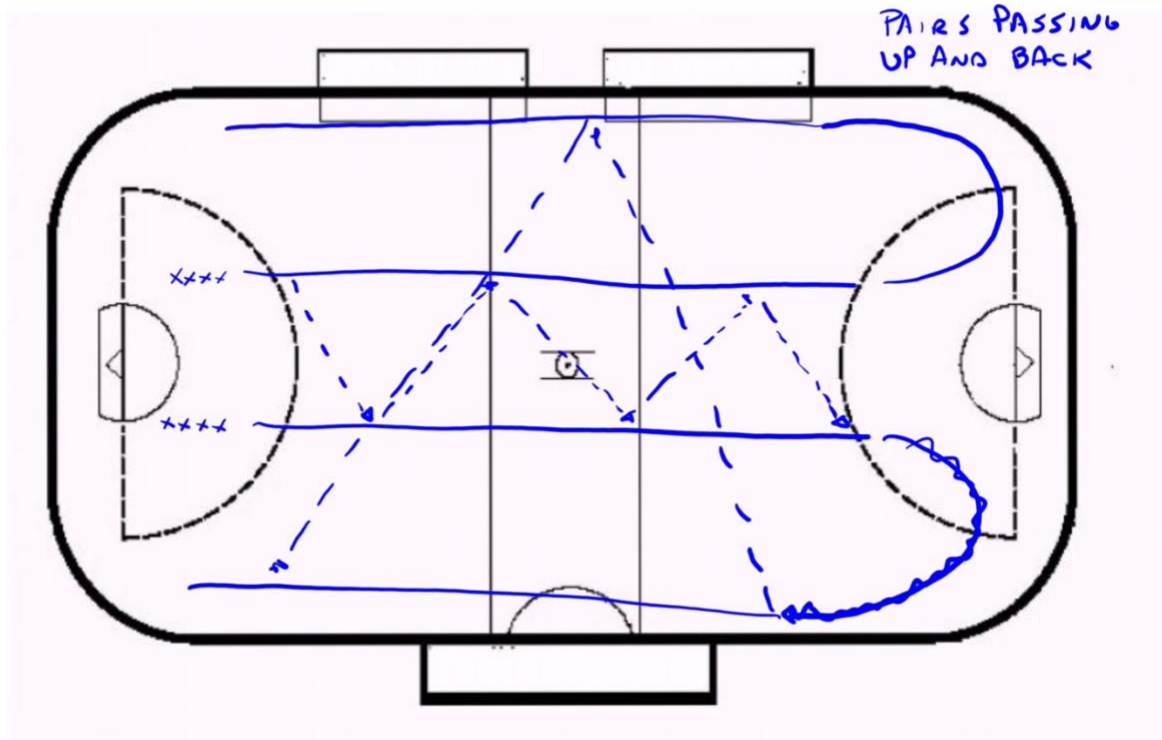
Drill Style: Skills  
Time Needed: 10

### Objective

This drill is excellent for teaching players coordination while passing and catching while running the length of the floor.

### Drill Description

Set up two parallel lines just outside of the top of the crease. The drill commences with a pair of players (one from each line) begin to make short passes as they run up the floor. As the pair of players reach the top of the twenty-four-foot line. They will both curl to the outside and run along the boards making more lengthy passes back down to the end they started in.





**Skills Practiced**

- Passing

**Variation**

N/A

