



Description

The Feed or Lead hockey drill is a high tempo drill that works on passing, jumping to open space, receiving a pass from the corner and firing a quick shot on net in a high percentage scoring area. This drill gives coaches the opportunity to teach players about "Feed" hockey passes and "Lead" hockey passes. The basic descriptions are listed below:

- **Feeds** are passes that allow a player to quickly get a shot off.
- **Leads** are passes that allow the player to keep moving with forward momentum.

Setup:

- One net is placed at the normal crease area and a second net (or obstacle) is set up at the top of the circle.
- Player 1 skates up the boards and does a tight turn (protecting the puck) along the boards and passes to the next player in line (Player 2).
- Player 2 passes the puck back to Player 1 while Player 1 pivots up ice.
- Player 1 passes the puck back to Player 2.
- Player 1 jumps to open space around the net (or obstacle) and gives Player 2 a target to hit.
- Player 2 uses their hockey IQ to identify what hand they are (left or right) and where to hit them with a feed pass so Player 1 can quickly get a shot off.

Coaching Points:

- Player 1 should work on verbal and non-verbal (eyes, stick & body language) communication.
- Player 1 should focus on jumping to open space quickly and getting a quick shot off.
- Player 2 should identify the best place to give Player 1 a pass.

Variations:

- Add in an obstacle or a defenseman (that is static) into the slot area so that Player 1 & 2 can work together to

determine if a Feed pass or Lead pass is best. A Lead pass would be helpful to get around a defenceman or obstacle.

- If you use a static defenceman in the slot, they can move their stick in front of them or behind them just as Player 1 is coming around the net which will force both Player 1 and 2 to communicate the best place to pass to.



Notes / Coaching Points

Description
