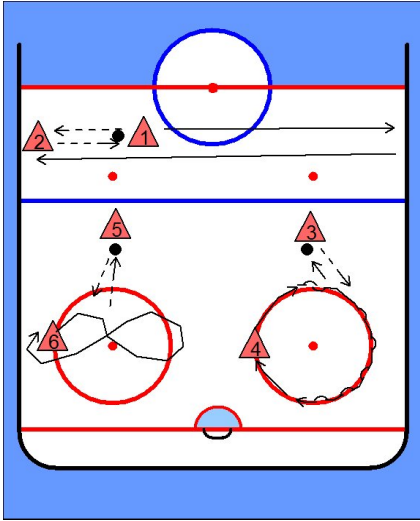




### 3 station passing half ice



#### Defense Passing

Three stations as follows

1. At the top you have the Defense partners making quick passes back and forth while they are going from one side of the boards to the other. One D going forward and one backwards
2. Bottom left - 6 D does a figure 8 around the hash marks always facing 5. They then start passing the puck back and forth - switch spots
- 3 Bottom right - 4 goes around the circle always facing 3 while they pass the puck back and forth - switch spots