

GIVE-N-GO HOCKEY™

The Ultimate Passing and Receiving Aid

All 25 Drills are demonstrated in our Instructional Video at:

www.GiveNGoHockey.com or

YouTube - Keywords: Give-N-Go Hockey Drills



Made in Michigan, USA

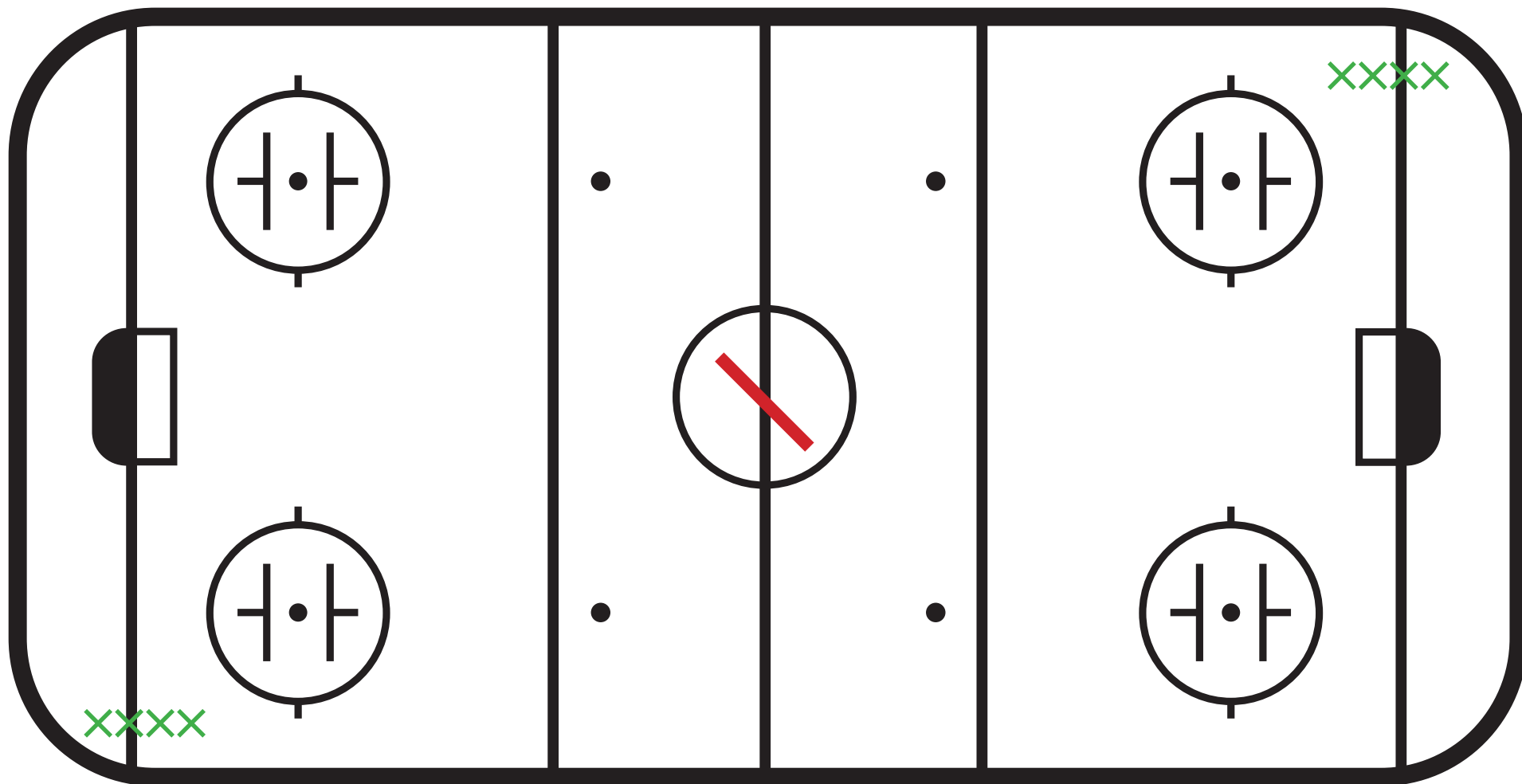


GIVE-N-GO HOCKEY™

The Ultimate Passing and Receiving Aid

Please read carefully before use.

- ▶ Before you begin using your Give-N-Go we encourage you to visit **YouTube-Keywords: Give-N-Go Hockey Drills** for some excellent skill building team, individual, and goalie training drills. All of the drills in the video can be printed off at **www.givengohockey.com**
- ▶ Steel gripper teeth are VERY sharp! Always replace the rubber covers immediately after each use.
- ▶ Give-N-Go bumpers are custom designed for regulation hockey pucks only (black or blue). Never use weighted pucks.
- ▶ Do not use your Give-N-Go for any use other than passing and receiving passes. Do not take slap shots at your Give-N-Go.
- ▶ Always pick up and carefully set down your Give-N-Go.
- ▶ Never slide your Give-N-Go along the ice (use the huge handle).
- ▶ Never use the on-ice 60 inch model for off-ice training. Gripper teeth will get dull. See our off-ice 30 inch model for dryland training.
- ▶ Give-N-Go bumpers are bonded onto frame with a strong structural adhesive, however any abuse other than from passing hockey pucks could cause bumpers to loosen or fall off.
- ▶ Absolutely never drop, throw, or roll your Give-N-Go!
- ▶ Always wipe down and store in a dry safe place. Never leave on ice overnight or store in direct sunlight.
- ▶ Never put Give-N-Go that has been stored in a warm environment directly onto ice (a puddle will form). Always temper for a few minutes on the side of ice or on the bench before positioning for practice.
- ▶ Always let ice completely freeze after Zamboni before positioning your Give-N-Go. Never place in unfrozen water.

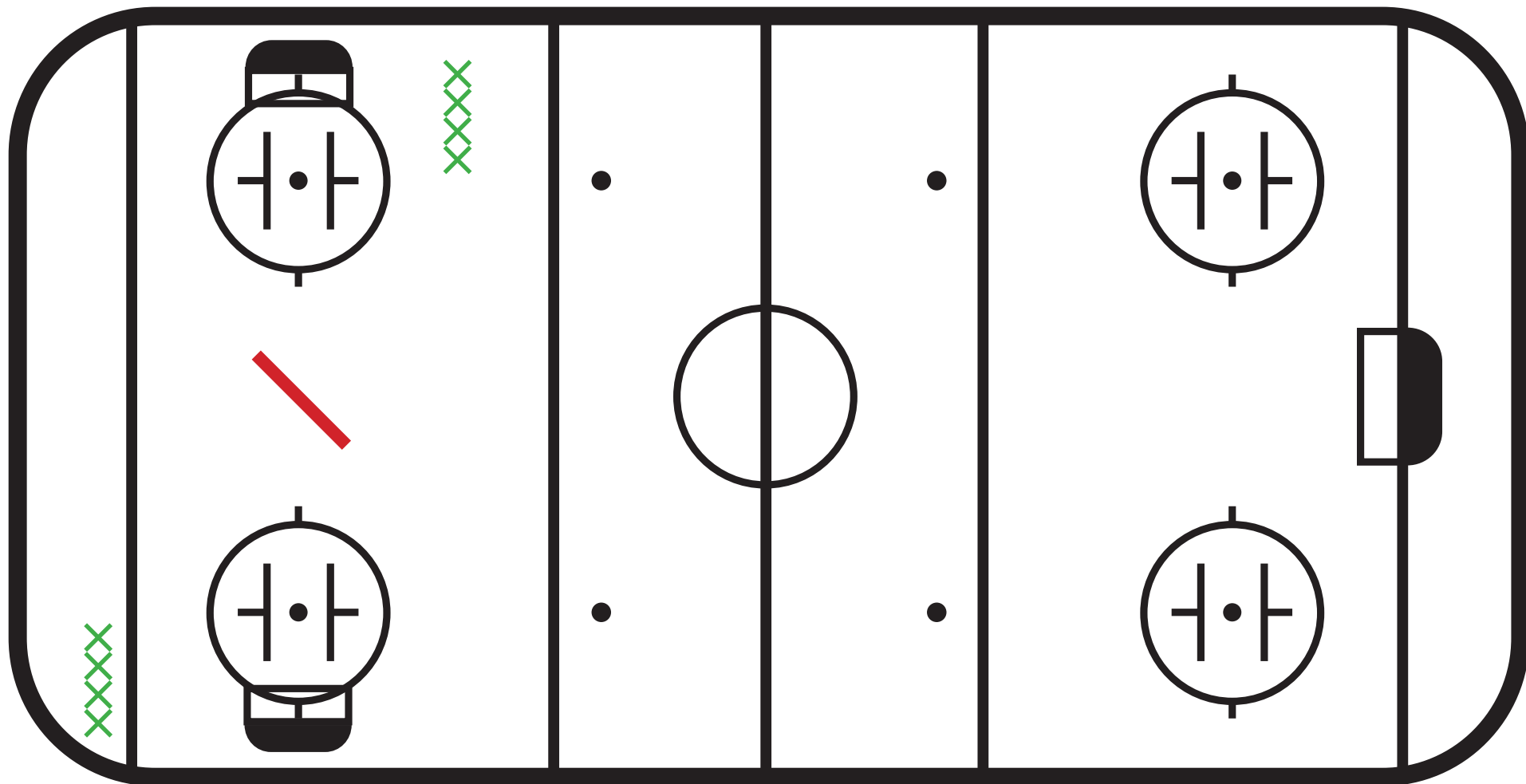


1. GIVE-N-GO WARM UP (FULL ICE)

Position 1 Give-N-Go directly in center ice angled at 45 degrees. Start two groups of players in opposite ends. Players will skate to approximately the blue line and fire a pass, receive pass back then a shot can be made on goal or choose to circle around.

(00:12 Instructional video)

Variation: Use 2 Give-N-Gos by positioning 1 on each blue line allowing two passes to be made per length of the ice before shooting on goal or circling around. Change angle of Give-N-Go and change direction.

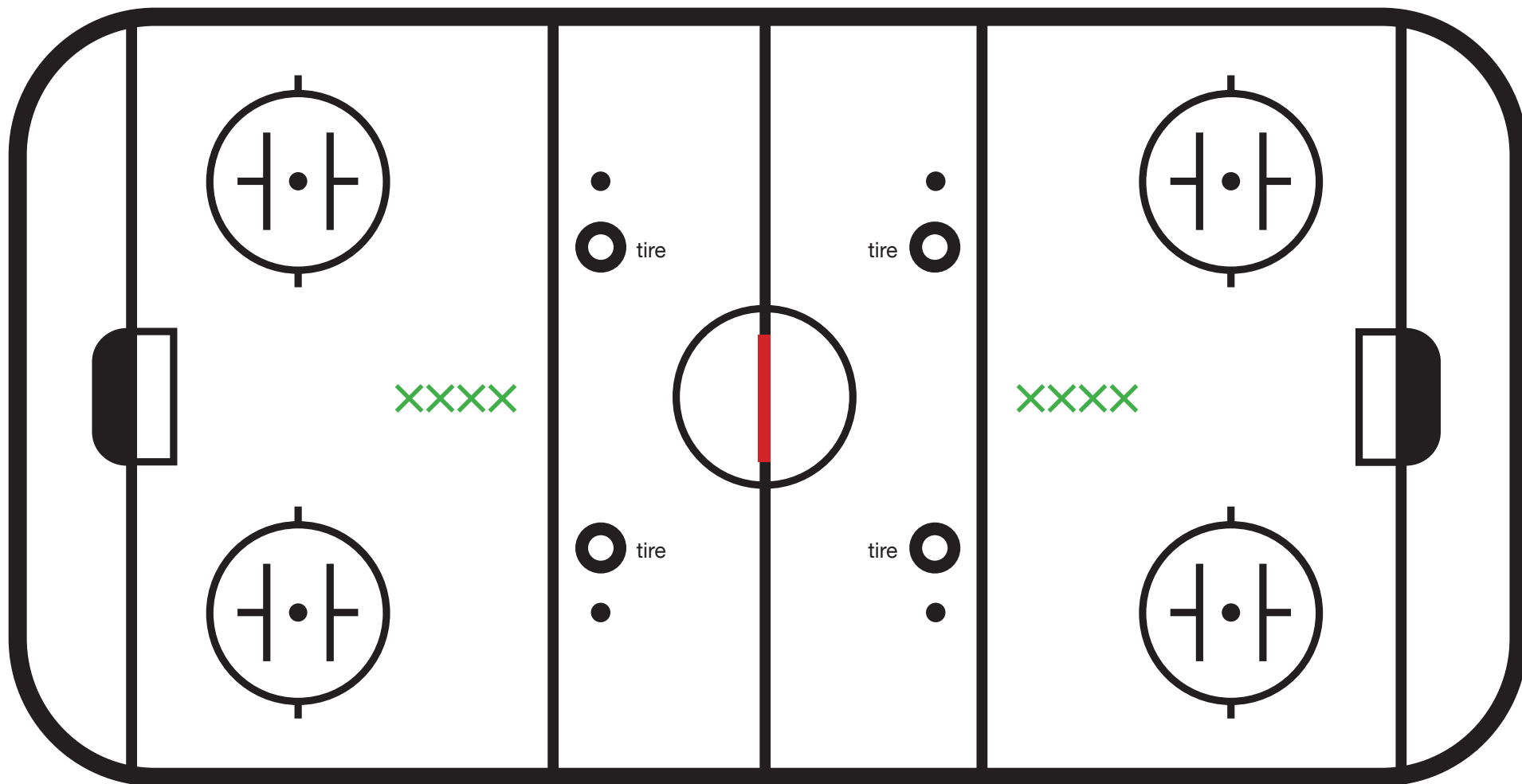


2. GIVE-N-GO WARM UP (CROSS ICE)

Position 1 Give-N-Go directly in center of cross ice set up at 45 degrees. Players will circle behind each net, fire a pass and receive a pass from each side. A shot can be made on goal or you can choose to circle around.

(00:26 Instructional video)

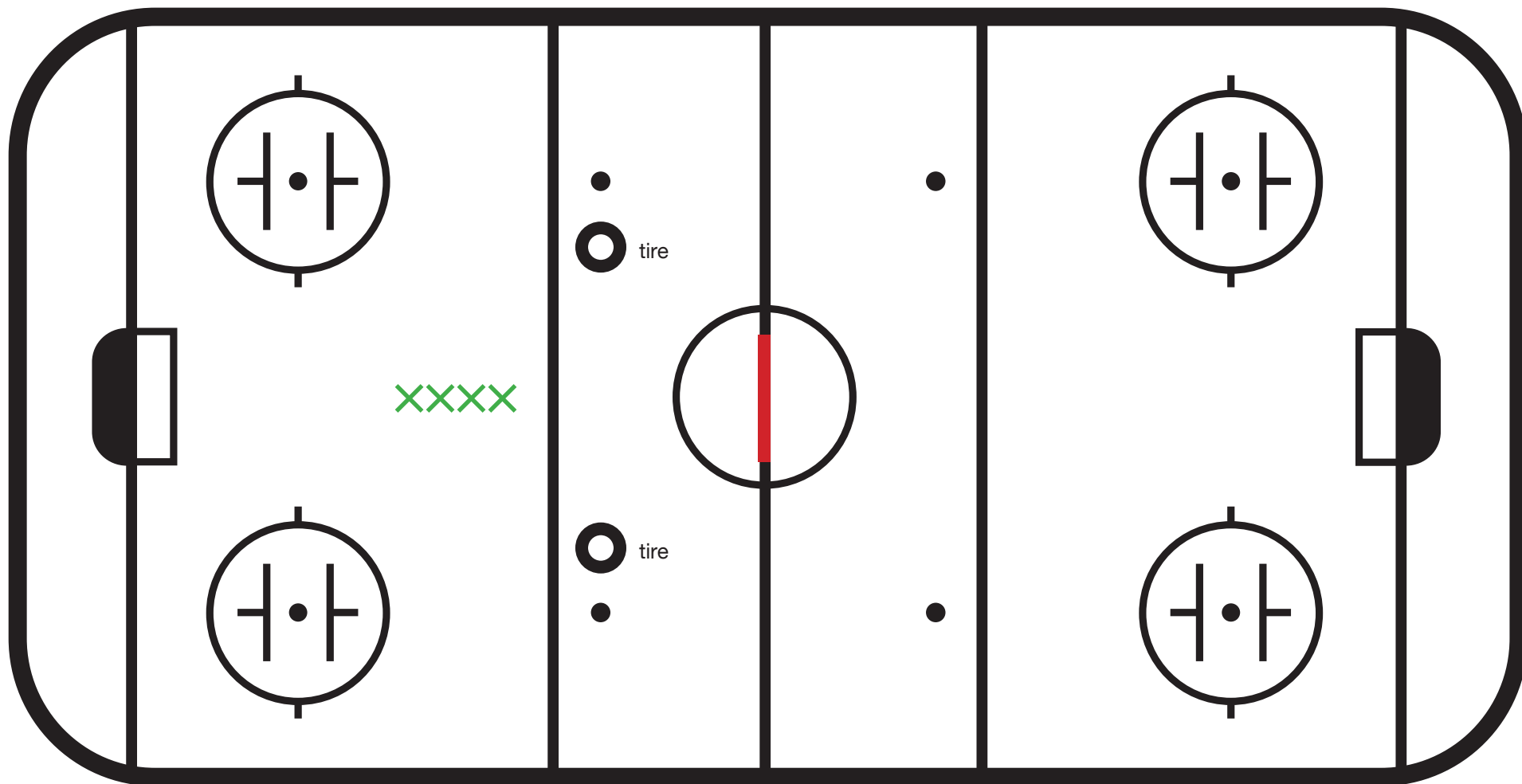
Variation: Change direction and angle of Give-N-Go. This will allow for all players to practice both forehand and backhand passing whether you're a lefty or righty.



3. 3 PASS FIGURE 8 (FULL ICE)

Position 1 Give-N-Go at center ice with 2 tires on each side just above the blue line about 20 feet apart. Start 2 lines of players in the top of the slot on each end facing center ice. Two players go at the same time making 3 passes into Give-N-Go while skating a figure 8 around the 2 tires, then shoot on goal.

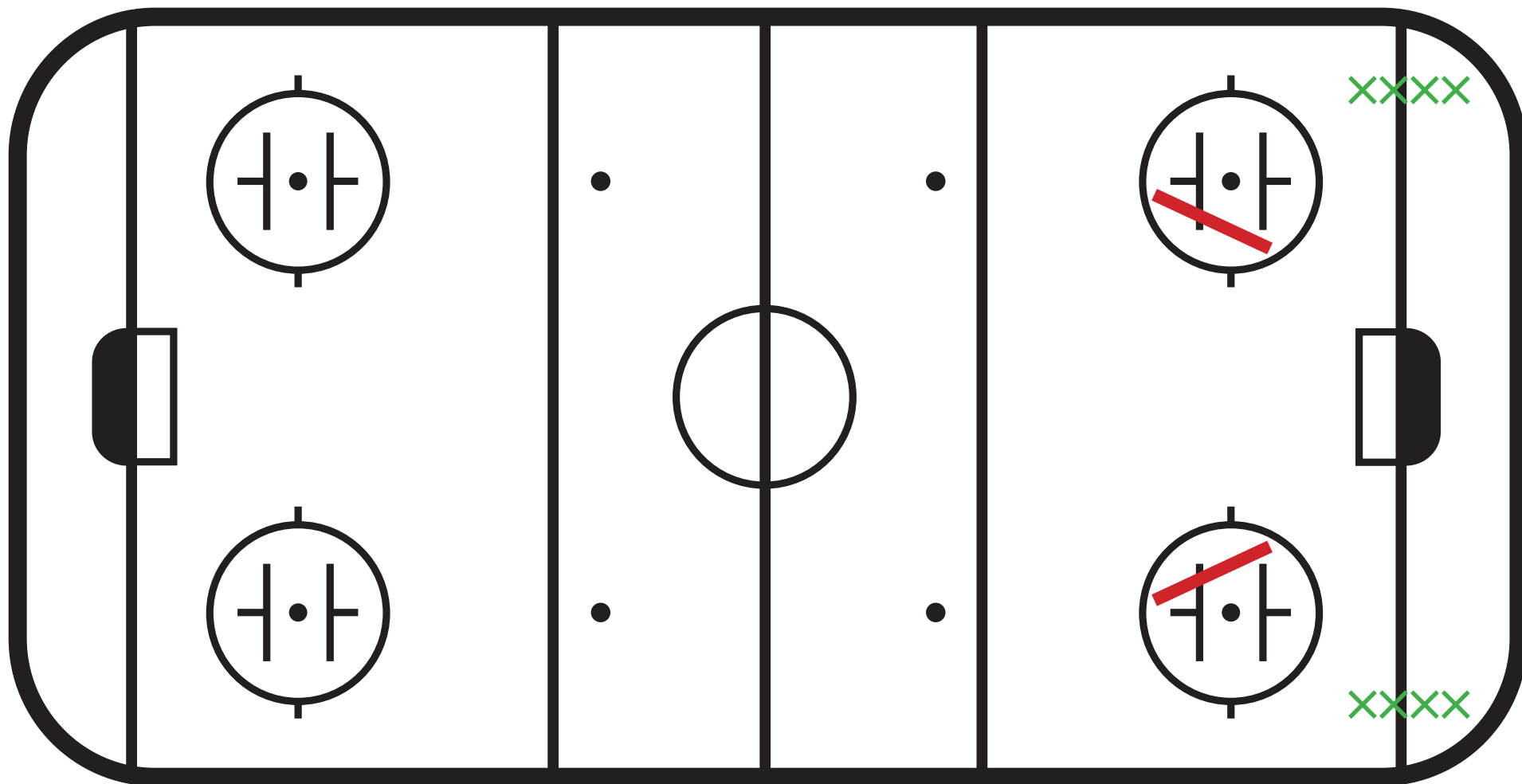
(00:40 Instructional Video)



4. 3 PASS FIGURE 8 (HALF ICE)

Position 1 Give-N-Go at center ice with 2 tires just above the blue line about 20 feet apart. Start 1 line of players in the top of the slot facing center ice. One player goes at a time making 3 passes into Give-N-Go while skating a figure 8 around the 2 tires, then shoot on goal.

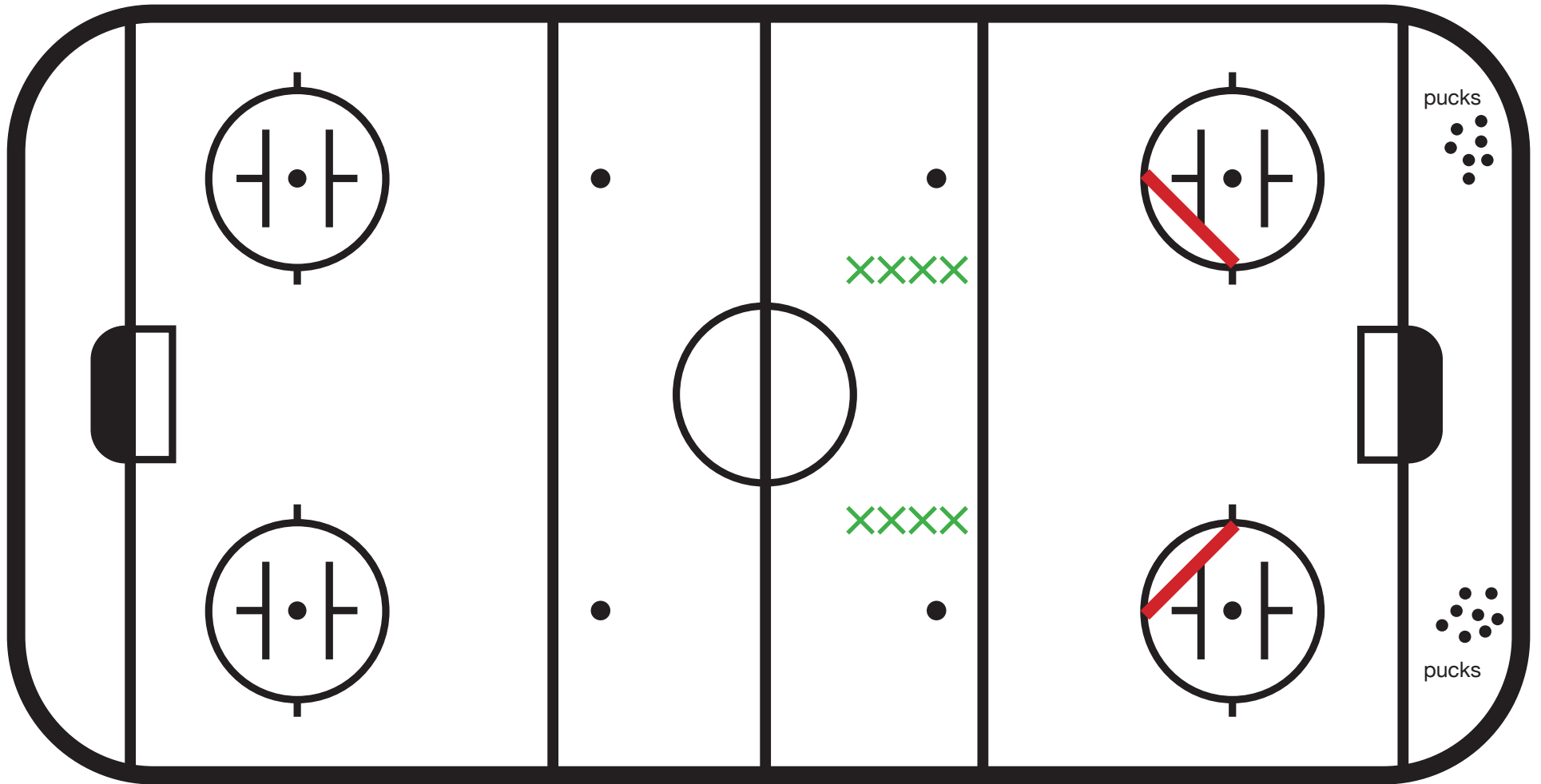
(01:04 Instructional Video)



5. MINNESOTA

Position 2 Give-N-Gos just above both face off circles angled slightly inward. Start a line of players in each corner. Players will skate and make 1 pass to outside bumper on one Give-N-Go and skate half circle to make another pass to inside bumper off other Give-N-Go then shoot on goal and alternate lines.

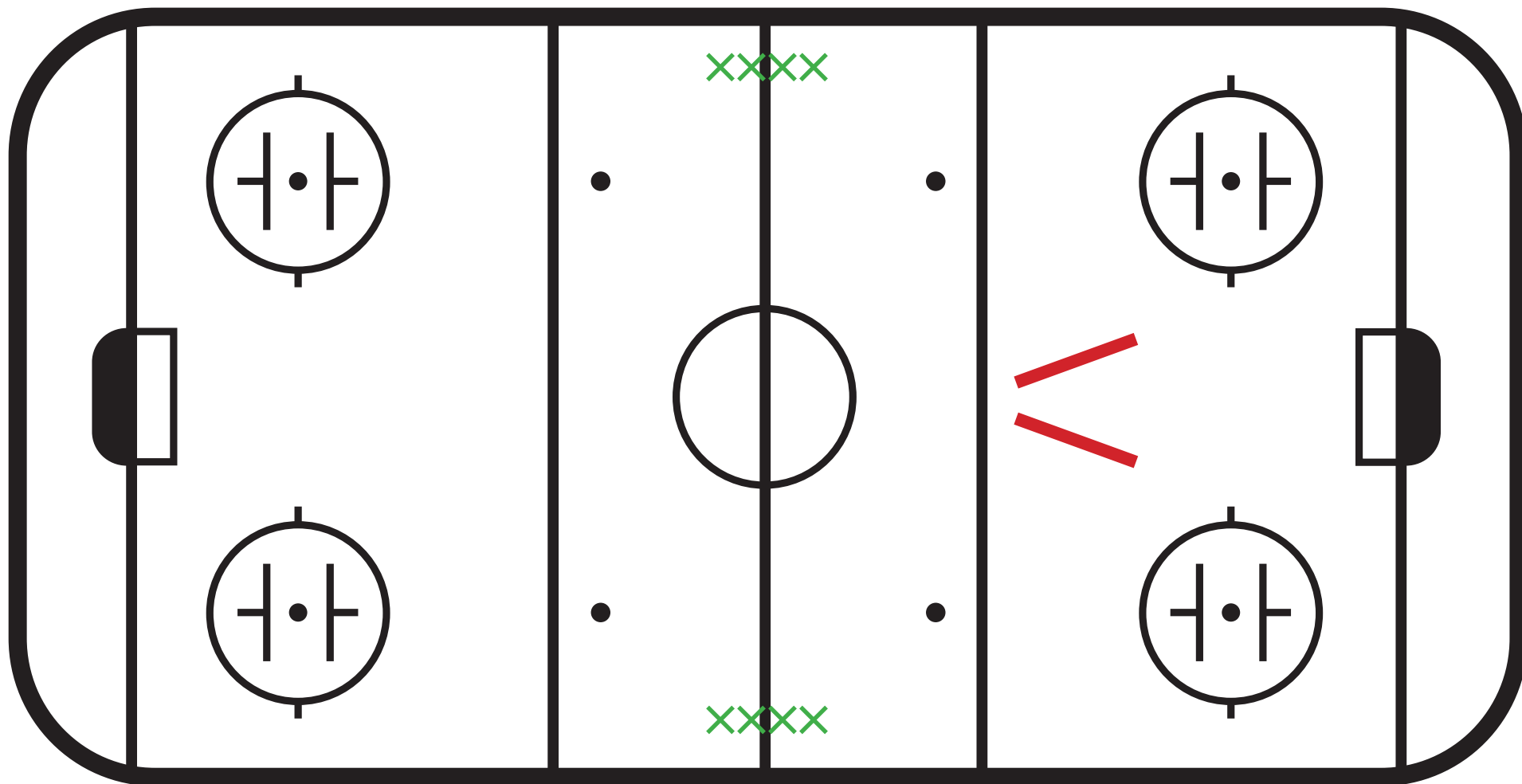
(01:16 Instructional Video)



6. MICHIGAN

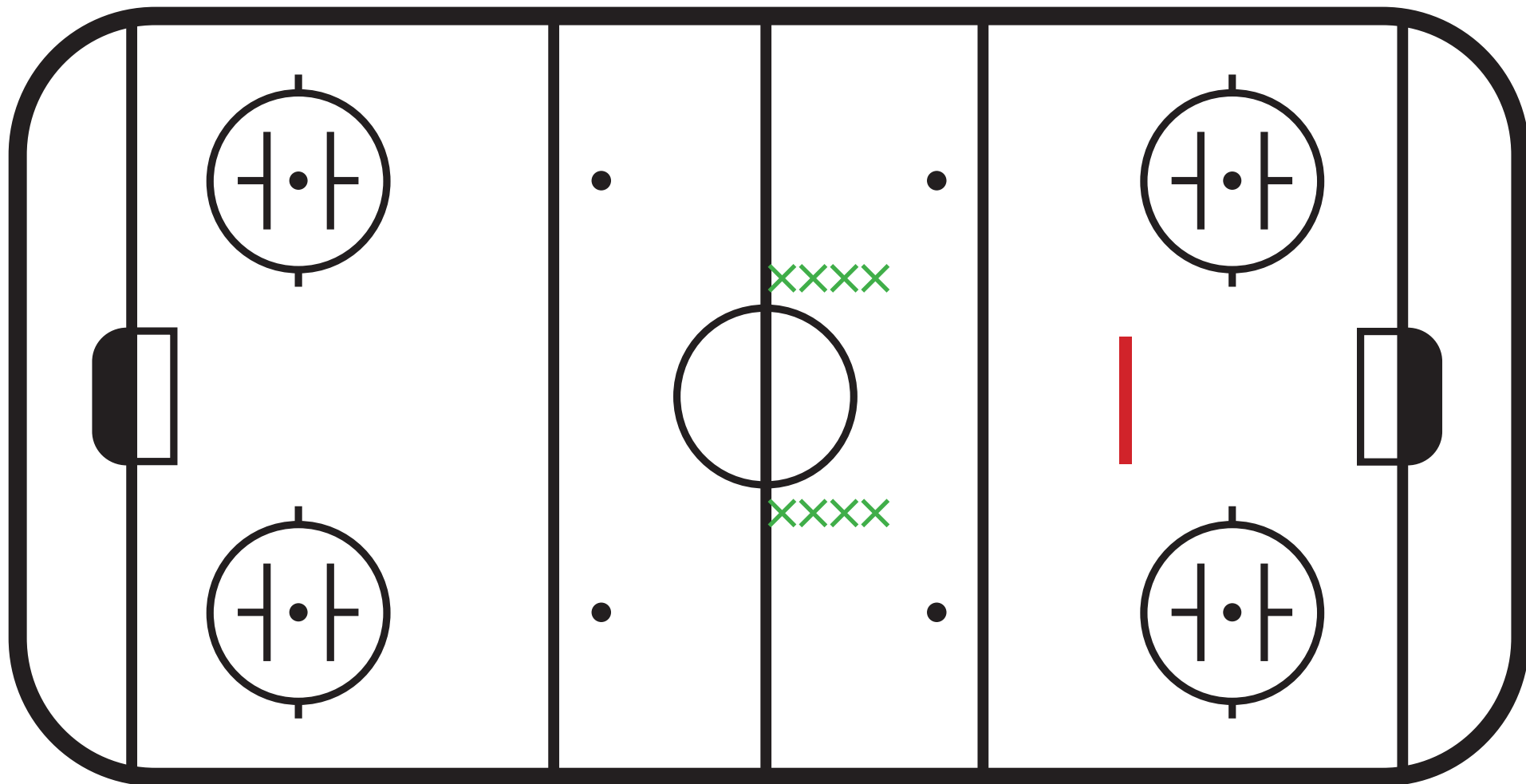
Position 2 Give-N-Gos at 45 degree angles at top of face off circles. Start 2 lines of players on the blue line. Line A will pass to opposite side Give-N-Go where Line B will skate and receive the pass for a quick shot on goal then immediately pick up puck from pile of pucks in corner and make pass off other side of Give-N-Go, receive pass, circle towards net for another quick shot then alternate lines.

(01:28 Instructional Video)



7. SLOT ONE TIMERS

Position 2 Give-N-Gos inside the blue line near top of slot in the middle. Angle each Give-N-Go slightly inward. Start 2 lines on the red line. Skate hard to blue line area and fire pass off the Give-N-Go and receive back for a quick one timer on goal then alternate lines. **(01:36 Instructional Video)**

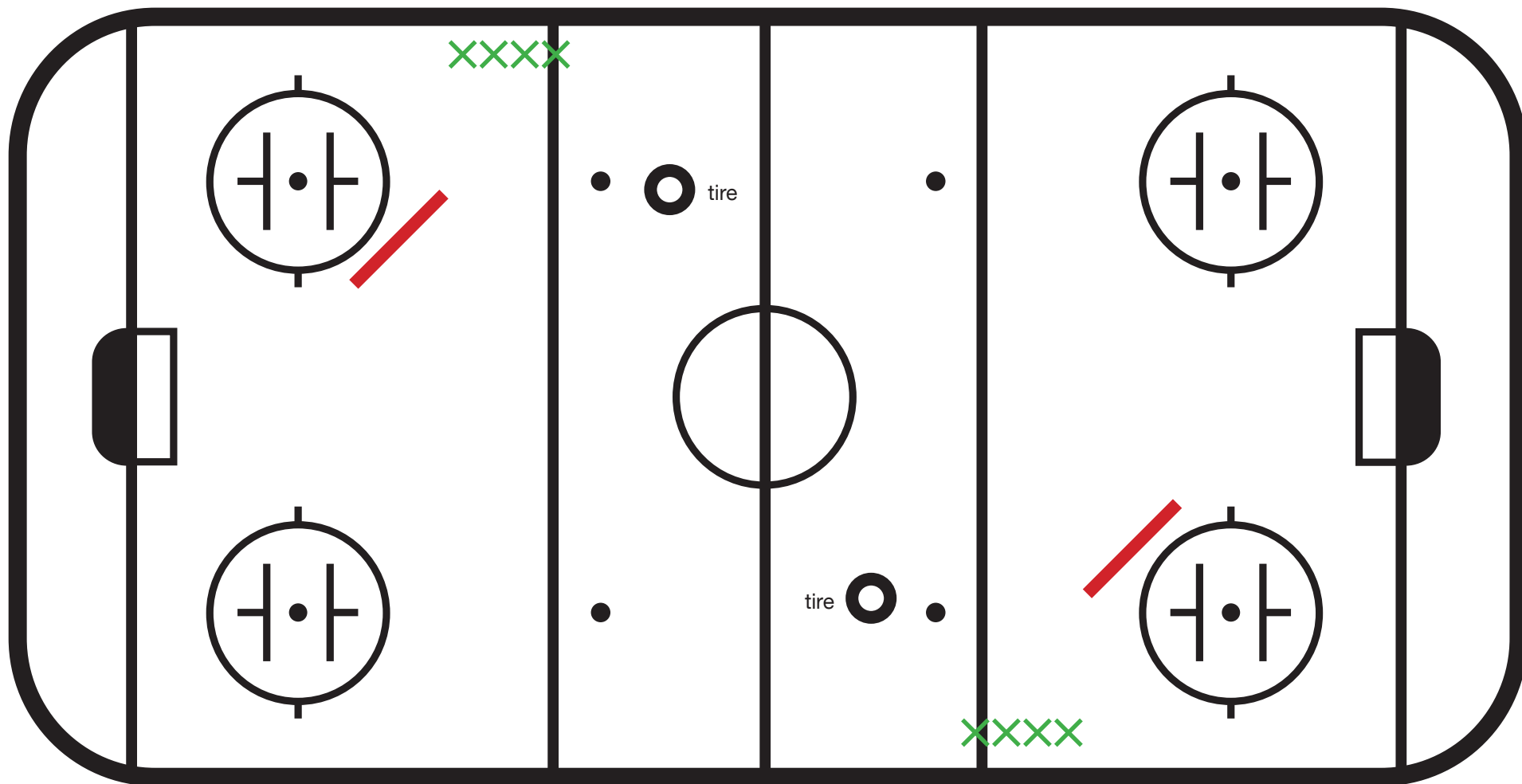


8. PASS, DEKE, SHOOT

Position 1 Give-N-Go parallel to the blue line at the top of the slot. Start 2 lines at the red line. Line A passes off Give-N-Go, Line B receives the pass, deke around Give-N-Go for a shot on goal.

(01:49 Instructional Video)

Variation: Position another Give-N-Go near bottom of slot for another pass and deke before shot.

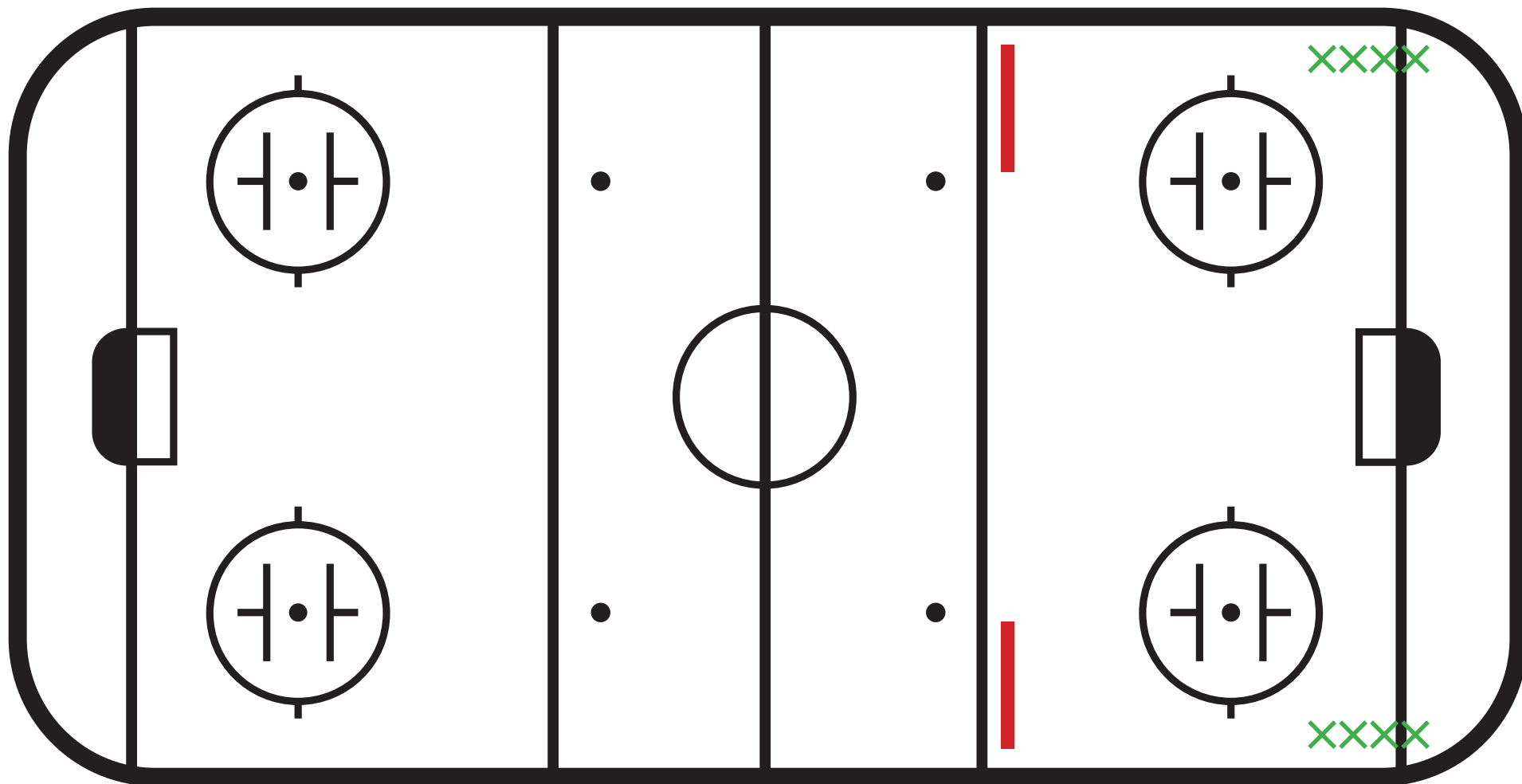


9. NEUTRAL ZONE WHEELS

Position 1 Give-N-Go on opposite ends of ice at the top of each circle. Angle each at about 45 degree inward. Players will skate the perimeter of the neutral zone passing and receiving off each Give-N-Go as they skate by.

(01:58 Instructional Video)

Variation: Position give-n-go's on other side and change direction.

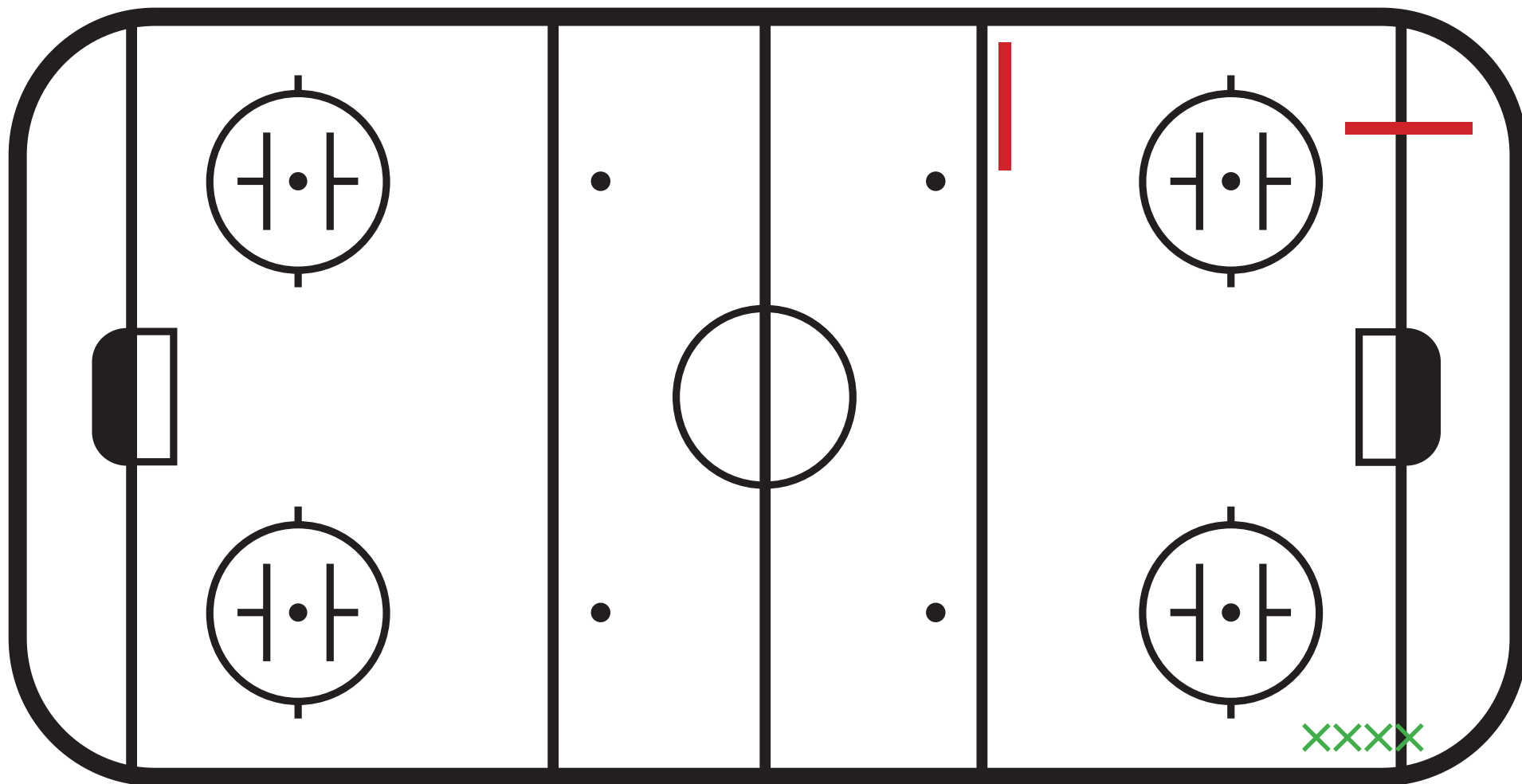


10. POINT AND SNIPE

Position 2 Give-N-Gos on the blue line, one on each side. Start a line of players in each corner. Players skate towards Give-N-Go at the point and fires pass, receives the pass back and circles toward the net for a shot on goal then alternate sides.

(02:14 Instructional Video)

Variation: After player shoots, player stays in front of net for a screen and rebound from opposite side shot.

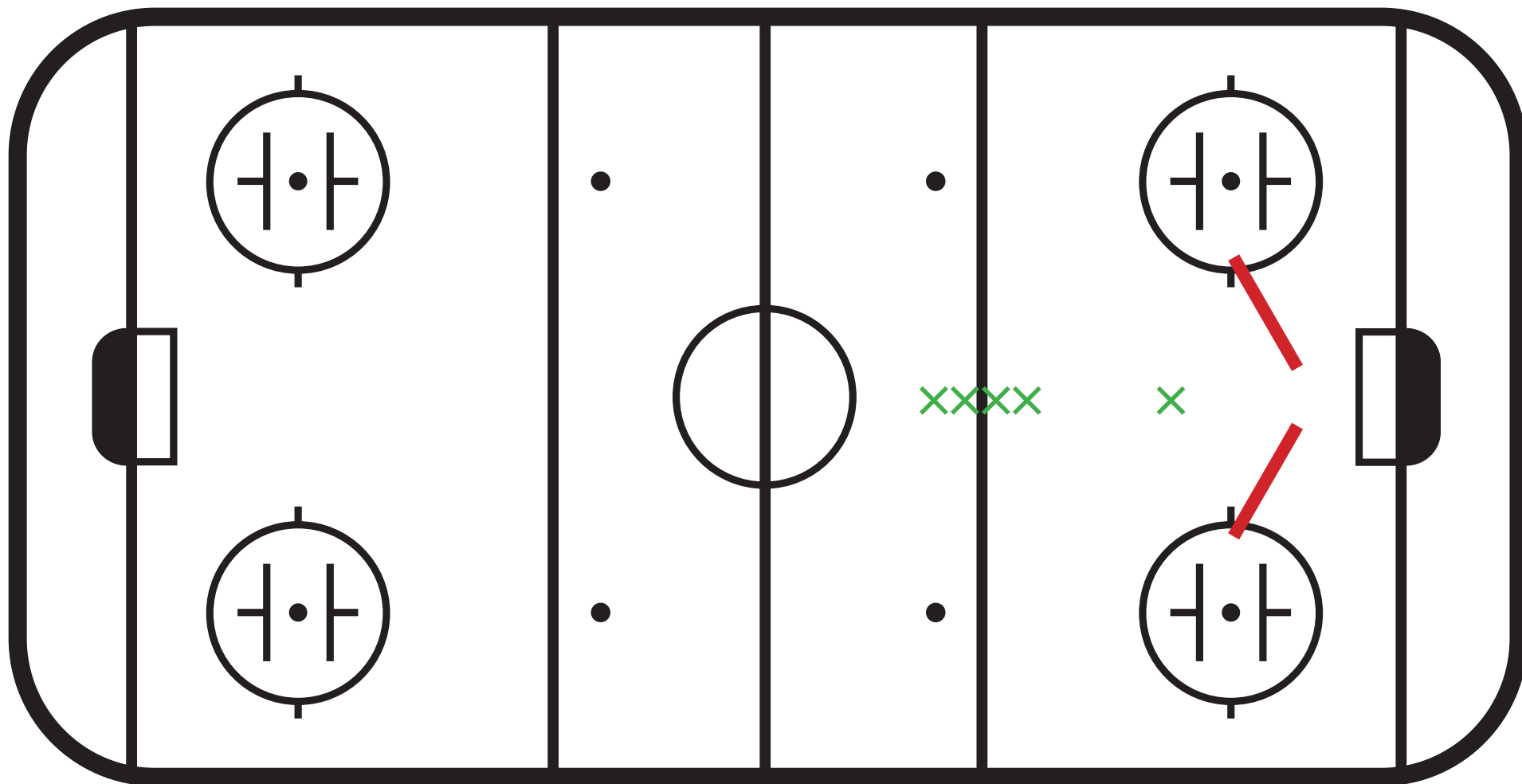


11. CYCLE PASSING

Position 1 Give-N-Go in the corner near the goal line. Place another Give-N-Go at the point. Players will start in opposite corner and skate behind the net for a pass, receive and deke off low Give-N-Go, circle toward point, pass and receive off the point and circle towards the net for a shot on goal.

(02:26 Instructional Video)

Variation: Position Give-N-Gos on opposite side for a change in direction of drill.

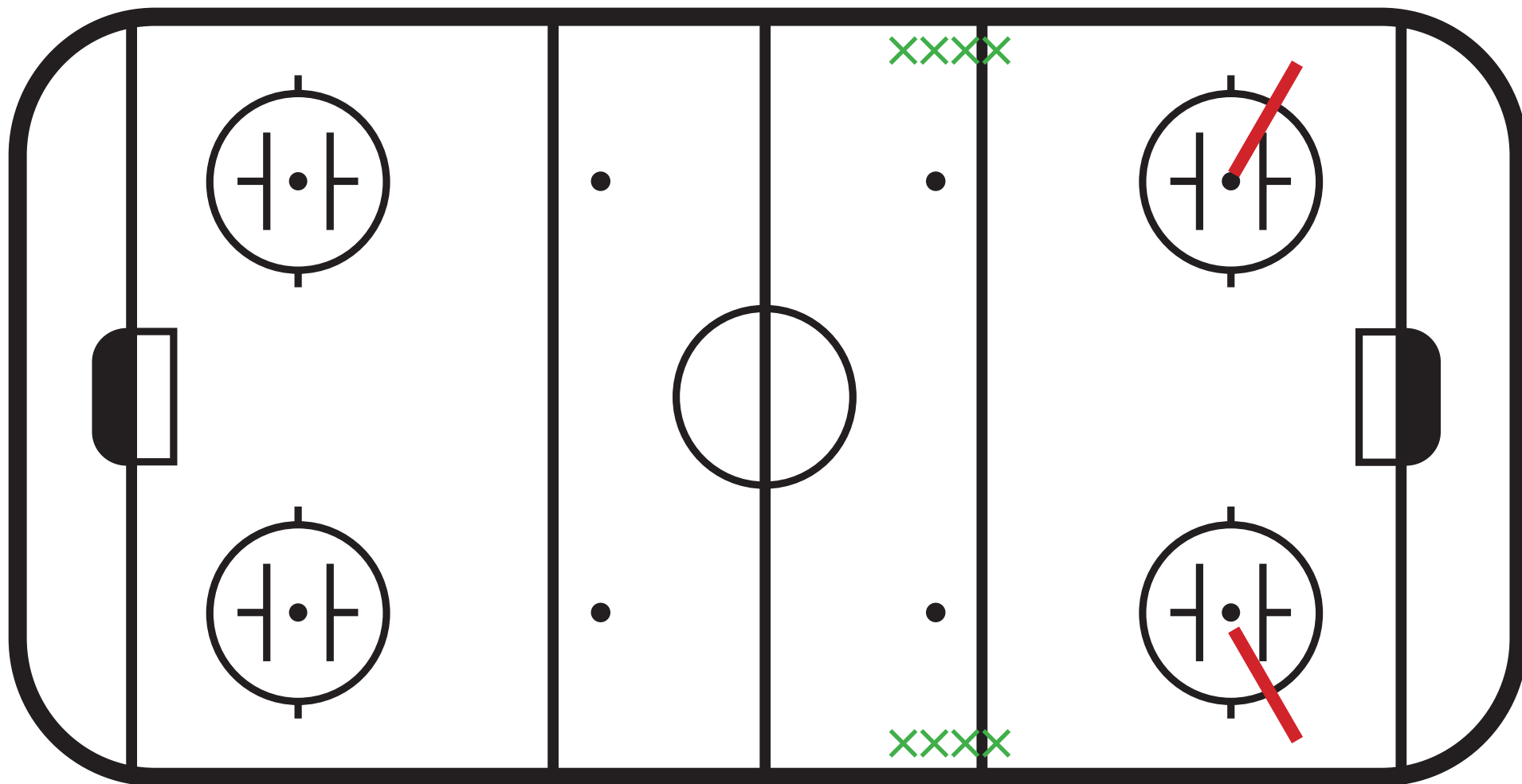


12. HOUDINI

Position 2 Give-N-Gos on opposite sides near bottom of the slot angled slightly inward. Start one line near top of the slot. Player that is up faces the net and next player in line passes off either Give-N-Go with the shooter not knowing where the puck is going so shooter must react quickly to receive the pass for a quick shot on goal.

(02:43 Instructional Video)

Variation: Fire multiple passes in quick sequence of each other so shooter must react quickly for multiple shots in a row.



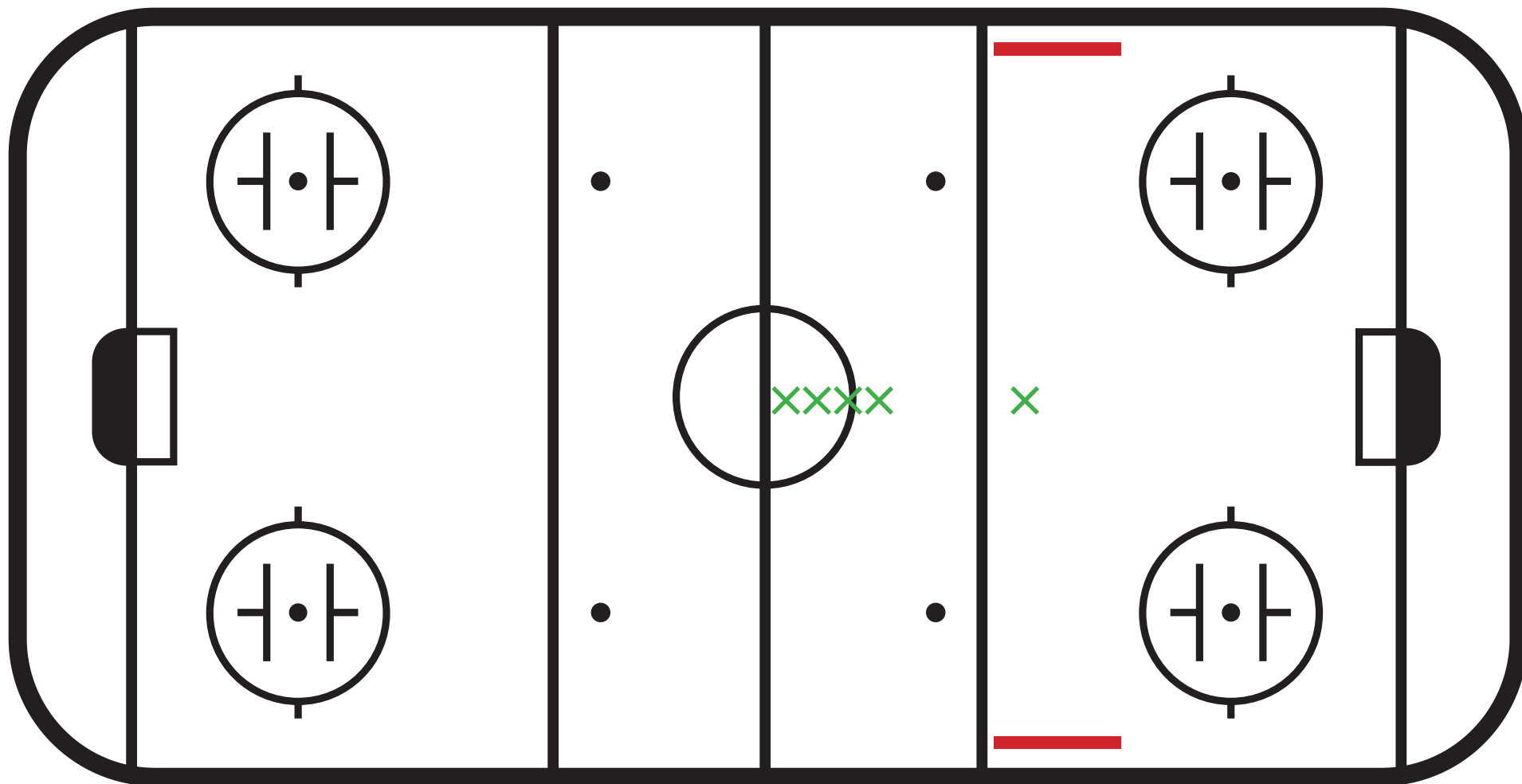
13. EAST COAST PUCK PROTECTION

Position 1 Give-N-Go near the bottom of circle on each side angled slightly toward the boards.

Start a line on each side of the blue line. Skate a few strides towards the Give-N-Go and fire a pass but when player receives the pass they will take sharp turn towards the boards protecting the puck from inside pressure, circle around for a shot on goal.

(02:58 Instructional Video)

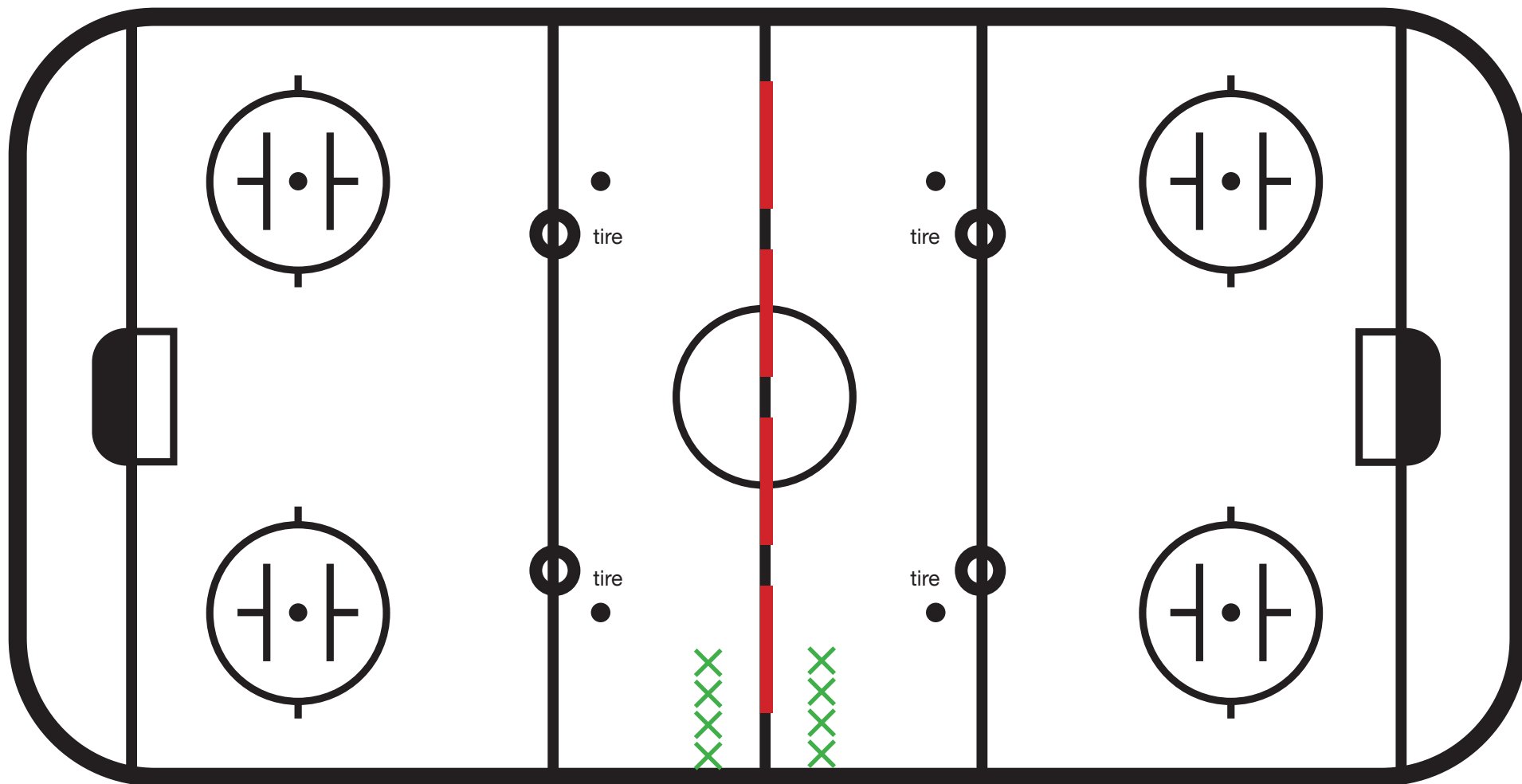
Variation: Use another player as a real defender to try and get the puck away from player after pass is received off Give-N-Go.



14. BLUE LINE 4

Position 1 Give-N-Go on each side of the blue line parallel to the boards. Player starts in middle of blue line and gives 2 passes off one Give-N-Go and quickly skates to other Give-N-Go for two more passes finished with a quick shot from the point.

(03:09 Instructional Video)

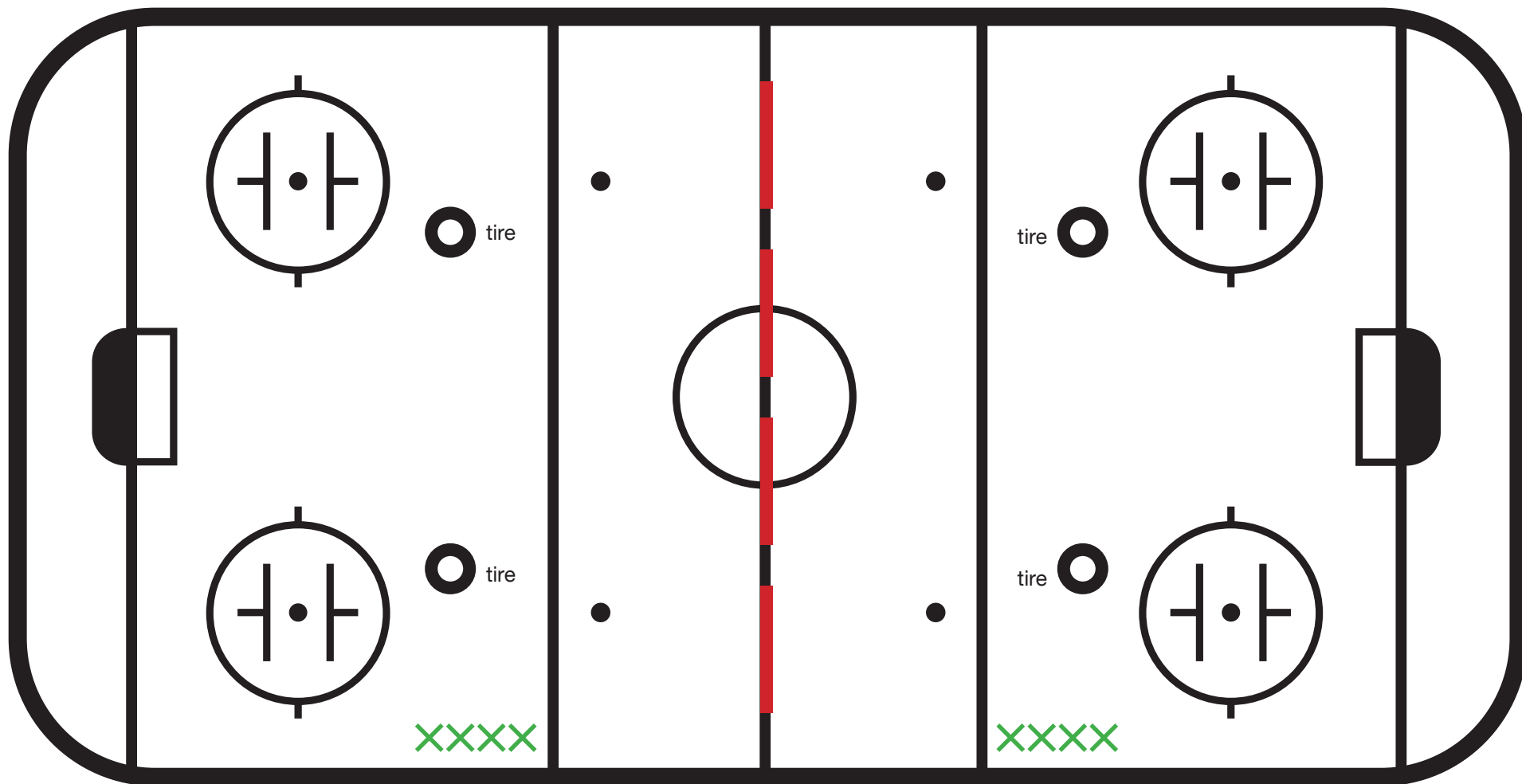


15. SOFT TOUCH PASS AND HANDLE

Position 2, 3 or 4 Give-N-Gos in a straight line down the center of ice about 12 feet apart. Start 2 lines of players going at the same time stick handling and soft touch passing of each bumper as they pass by. After last pass, circle towards blue line and stick handle and deke around two tires on each blue line then alternate lines.

(3:18 Instructional Video)

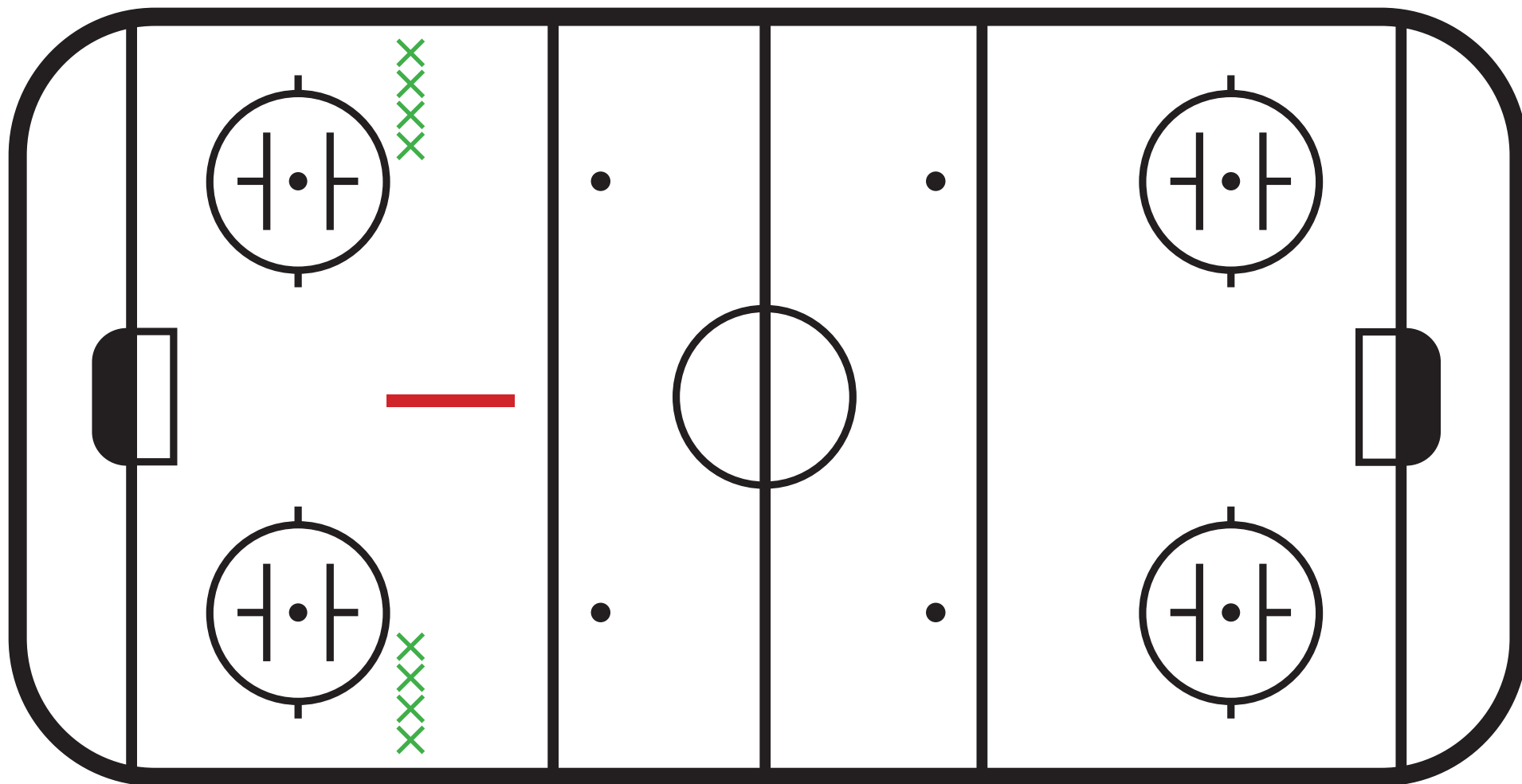
Variation: Weave in and out alternating sides and switching from forehand to backhand for each soft touch pass.



16. TRANSITION PASSING

Position 2, 3, or 4 Give-N-Gos in a straight line down the center of ice about 12 feet apart. Start 2 lines of players going at the same time skating forward and fire a pass into Give-N-Go, as soon as pass is received player reverses backwards to blue line with the puck then repeats for each Give-N-Go in the line. Turn towards blue line and stick handle and deke around two tires on each blue line then alternate lines.

(03:30 Instructional Video)

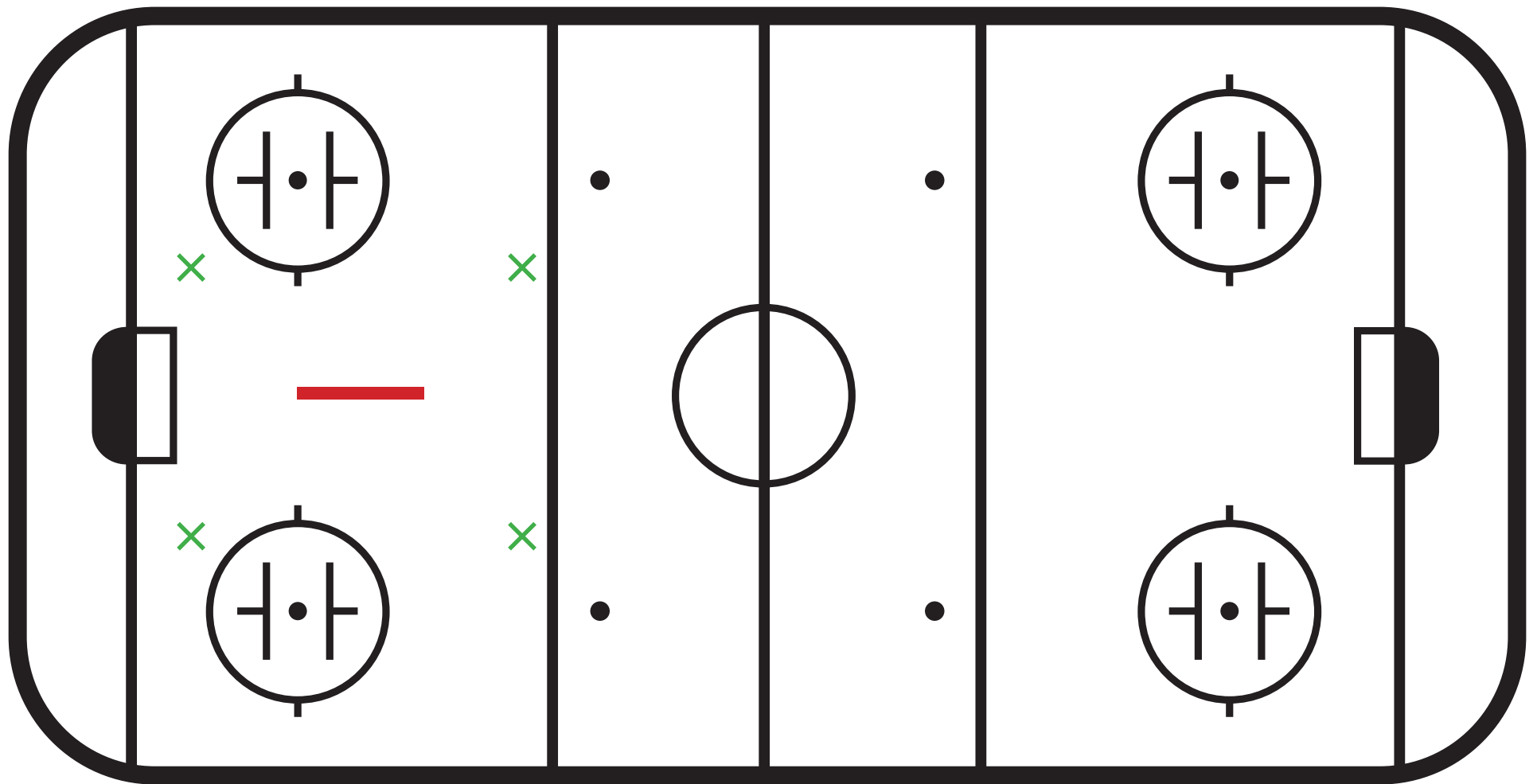


17. QUICK PASS 1, 2, 3

Position 1 Give-N-Go in center of ice. Start a line of players on each side at the boards. Players from each side can go at same time. Skate forward towards Give-N-Go and fire 3 quick passes off Give-N-Go. After 3rd pass player skates backwards to starting position with puck.

(03:46 Instructional Video)

Variation: Have a relay race with both groups.

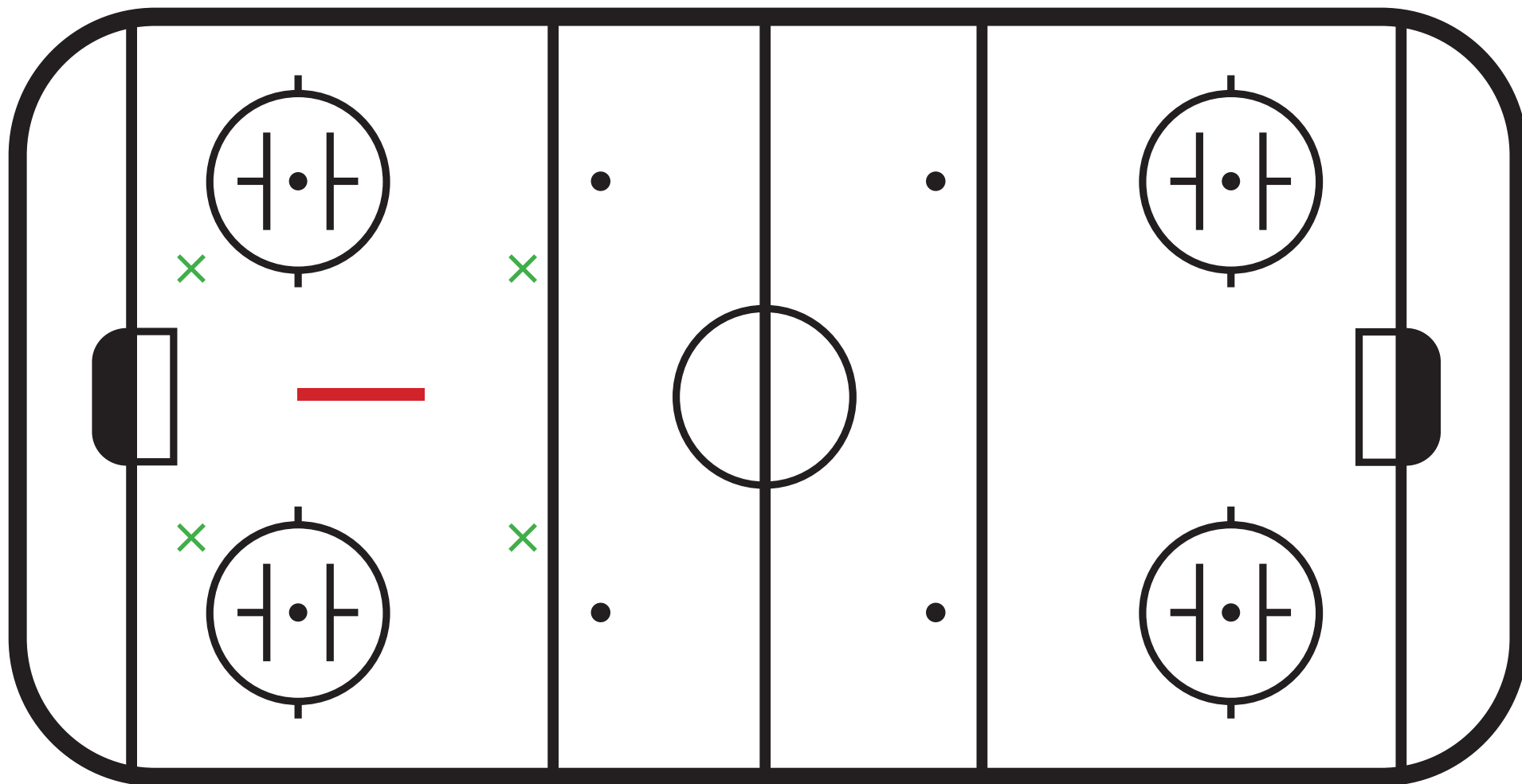


18. STATIONARY PASSING W/ GIVE-N-GO

Position 1 Give-N-Go in center of ice with 4 players on each corner creating a box. Players can pass puck forward, laterally, sauce over Give-N-Go or deflect off Give-N-Go bumpers. Also work on receiving puck in skates and kicking up to stick.

(03:59 Instructional Video)

Variation: Use 2 pucks. This will develop more heads up play and quicker decision making.

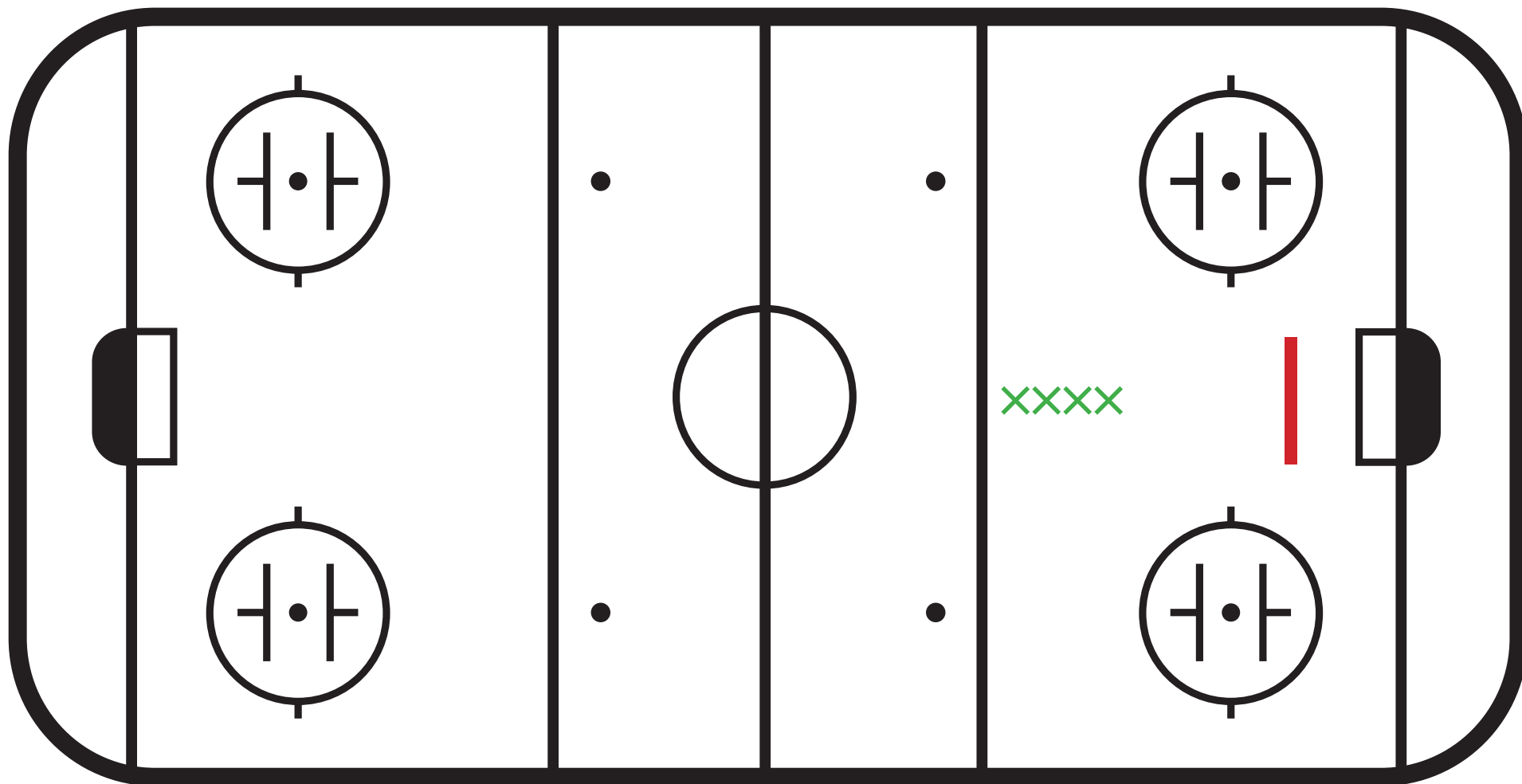


19. FOLLOW YOUR PASS W/ GIVE-N-GO

Position 1 Give-N-Go in center of ice with 4 players on each corner creating a box. Players can pass puck forward, laterally, saucer over Give-N-Go or deflect off give-n-go bumpers, then follow your pass. Also work on receiving puck in skates and kicking up to stick.

(04:09 Instructional Video)

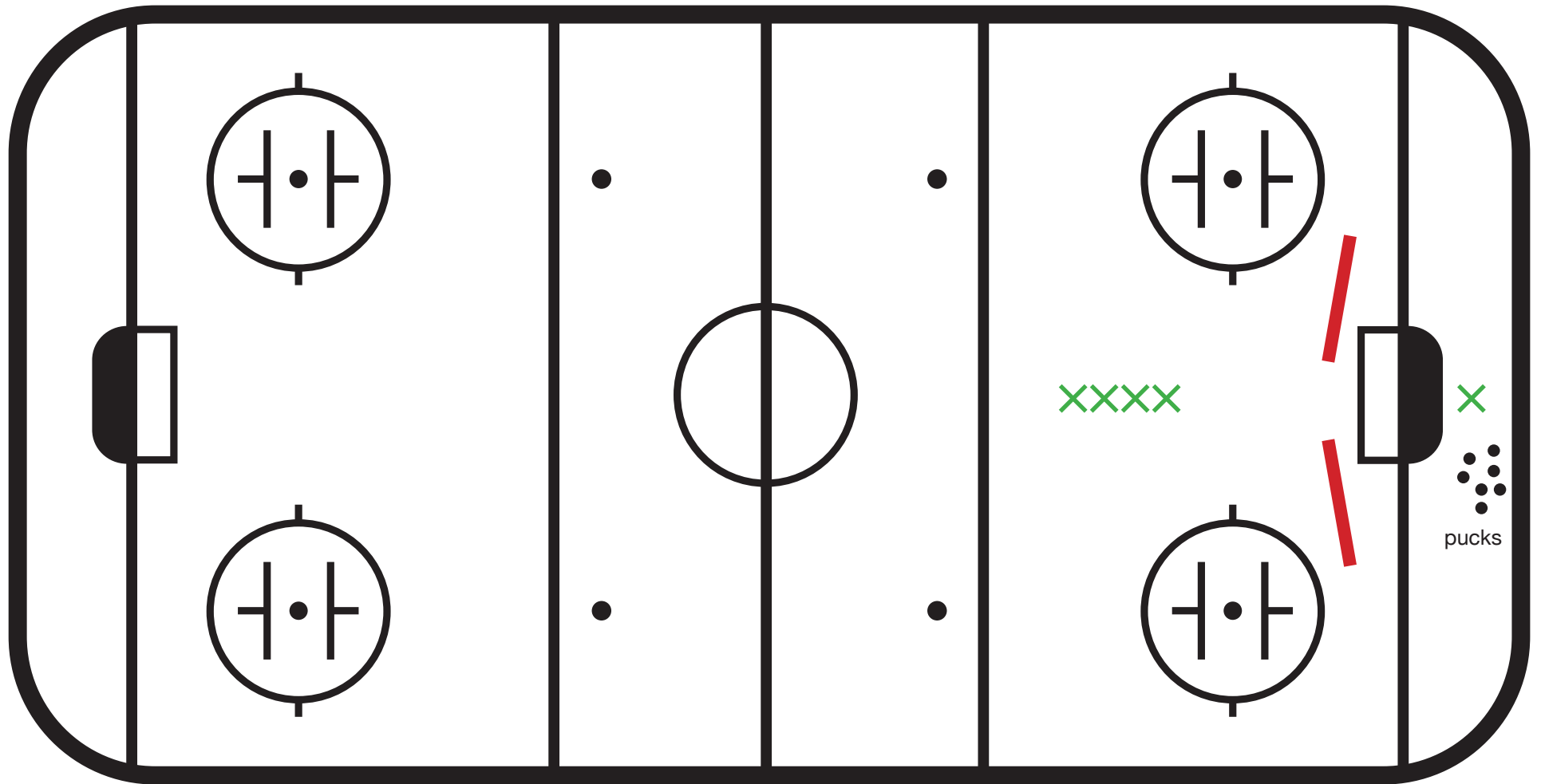
Variation: Use 2 pucks. This will develop more heads up play and quicker decision making.



20. GOALIE DRILL # 1

Position 1 Give-N-Go approximately 10 feet in front of goal crease. Player passes to Give-N-Go, goalie goes down when puck hits bumper, then while on knees goalie slides to whichever side player takes the puck for a shot on goal.

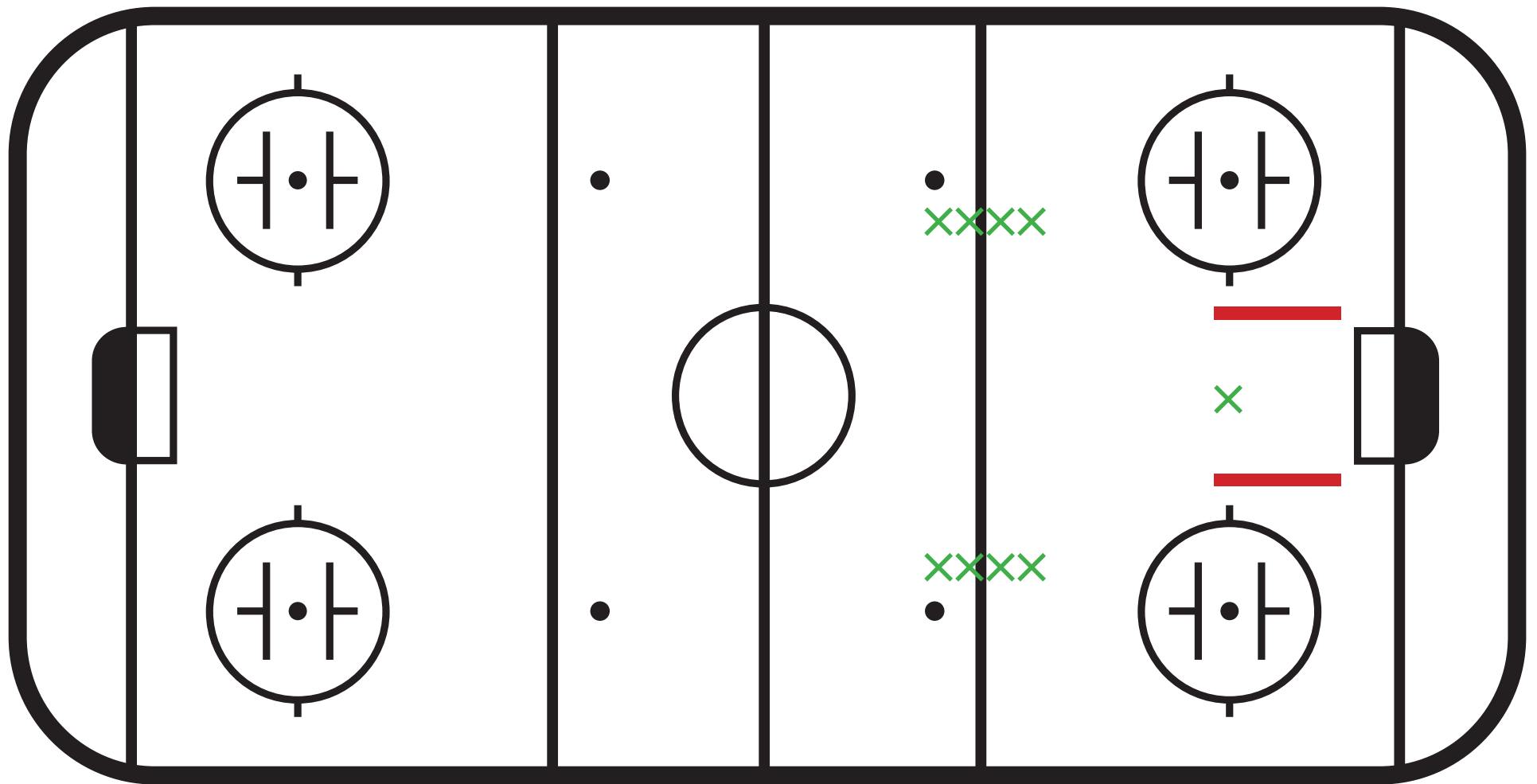
(04:22 Instructional Video)



21. GOALIE DRILL # 2

Position 2 Give-N-Gos on each side a few feet above the goal crease angled slightly inward. Player or coach starts behind the net with a pile of pucks and deflects puck from either side into goalie then another player in front gets rebound.

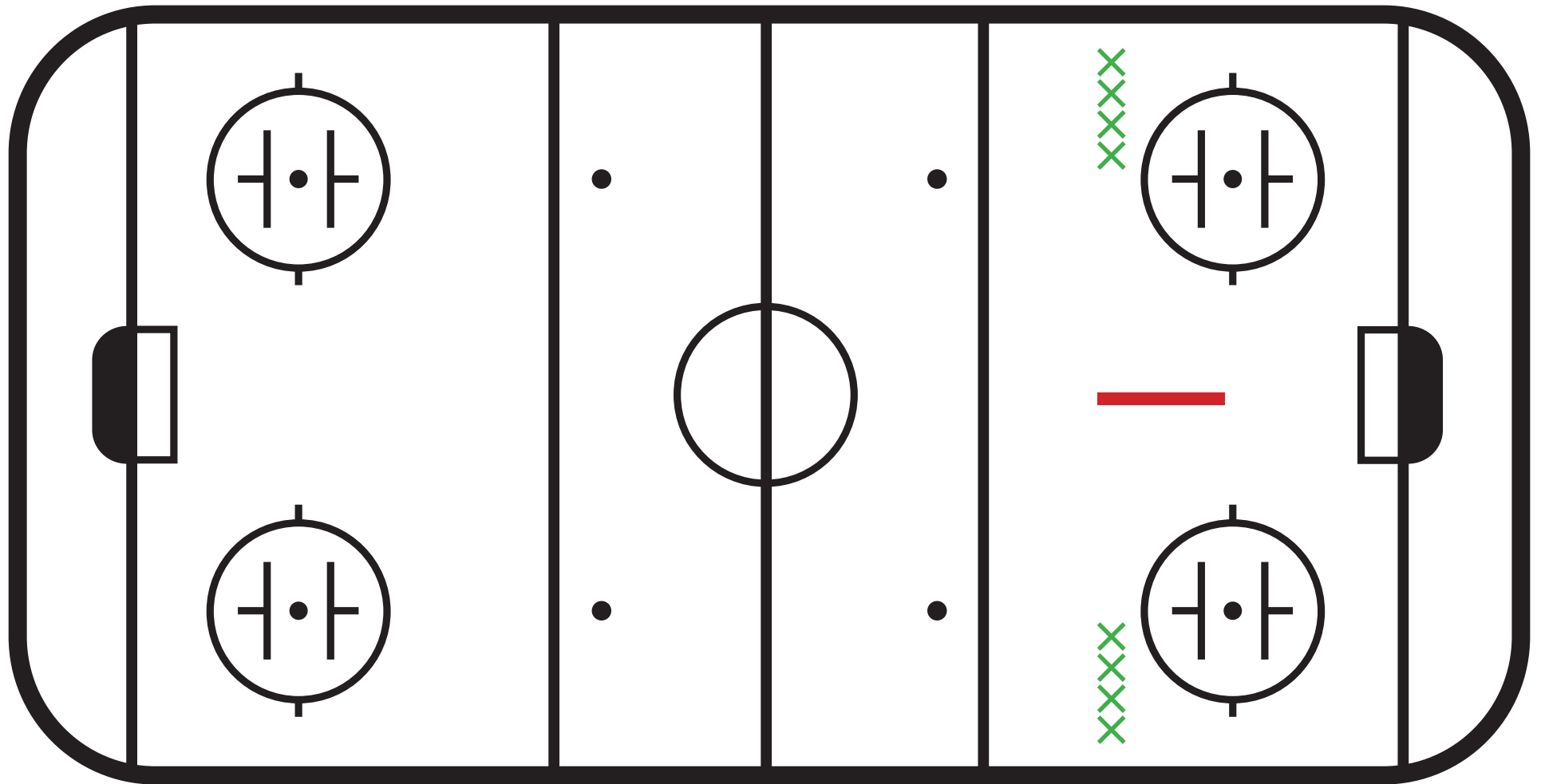
(04:34 Instructional Video)



22. GOALIE DRILL # 3

Position 2 Give-N-Gos about 10 feet apart parallel to each other in front of the goal crease. Players at the point will take low shots and passes for a deflection of either Give-N-Go into the goalie. Have another player screen and get rebounds.

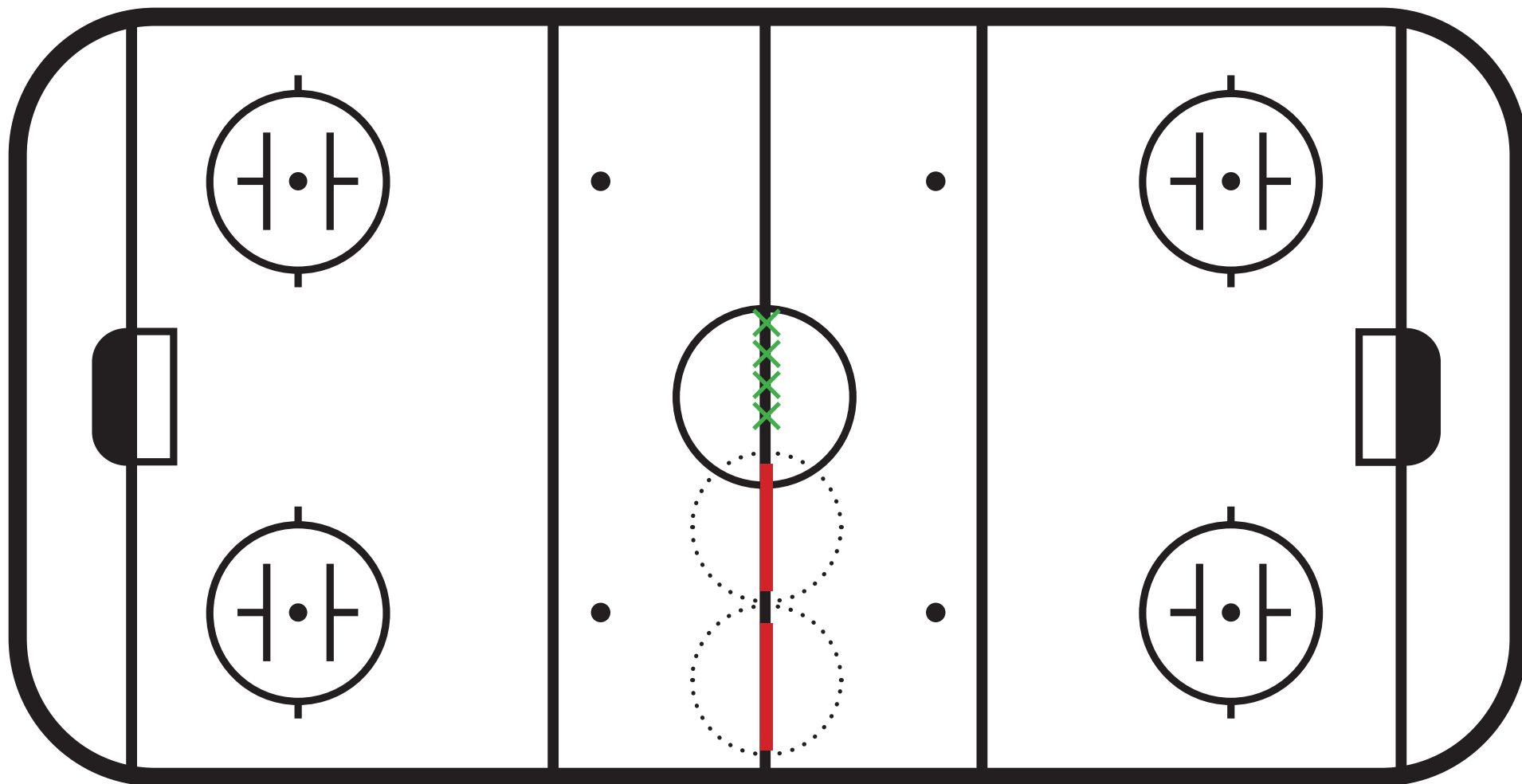
(04:43 Instructional Video)



23. GOALIE DRILL # 4

Position 1 Give-N-Go at the top of the slot parallel to the boards. Start a line of players on each side alternating firing a one timer off the Give-N-Go into the goalie.

(04:51 Instructional Video)

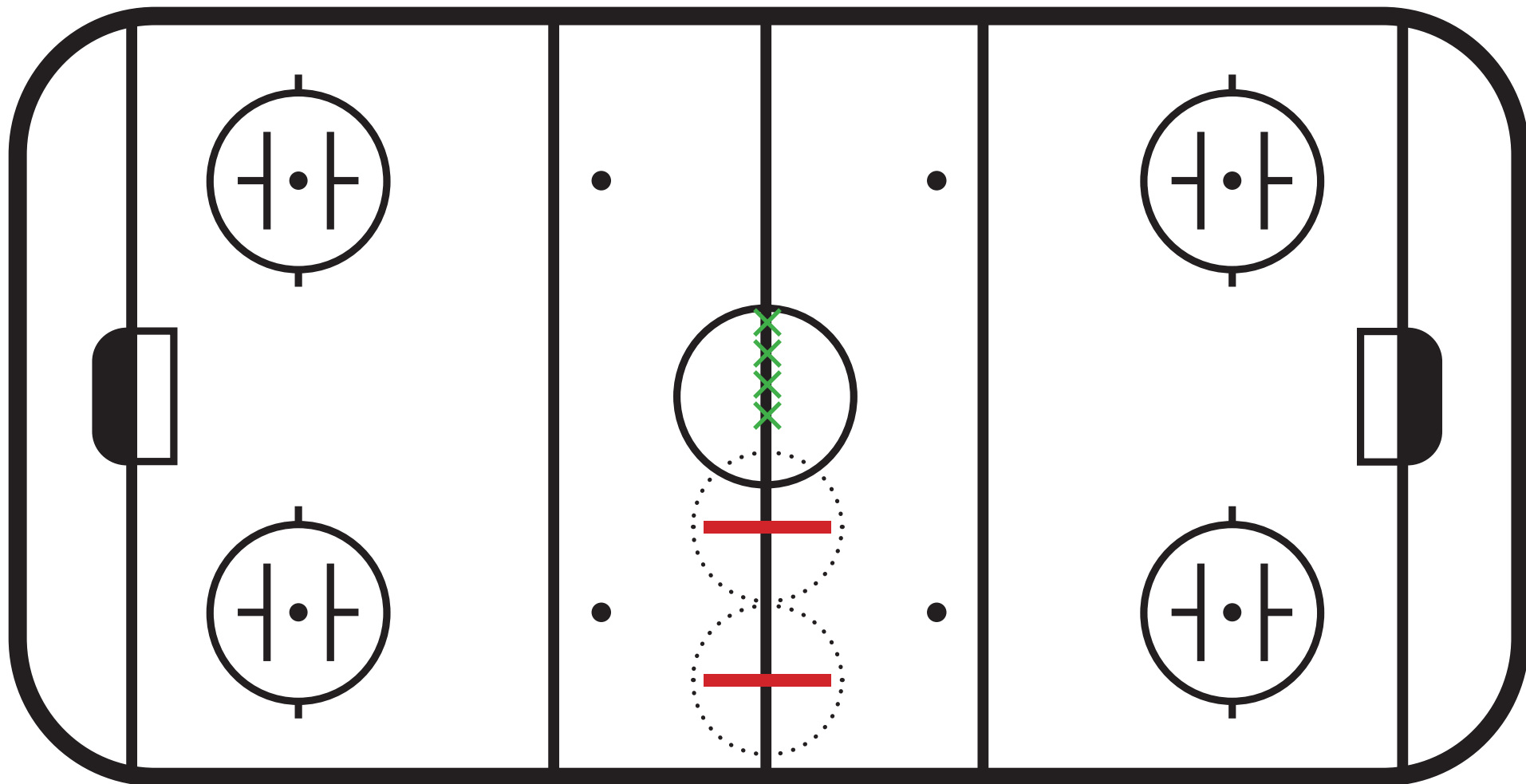


24. STRAIGHT 8 FREESTYLE

Position 2 Give-N-Gos in a straight line approximately 10 feet apart. Player will skate a figure 8 around both units while stick handling and soft touch passing off each bumper as they pass by.

(05:00 Instructional Video)

Variation: Do the drill backwards.



25. PARALLEL 8 FREESTYLE

Position 2 Give-N-Gos parallel to each other approximately 10 feet apart. Player will skate a figure 8 around both units while stick handling and soft touch passing off each bumper as they pass by.

(05:10 Instructional Video)

Variation: Do the drill backwards.

GIVE-N-GO HOCKEY[™]

The Ultimate Passing and Receiving Aid

Product Description:

Before you begin using your Give-N-Go we encourage you to visit **YouTube-Keywords: [Give-N-Go Hockey Drills](#)** for some excellent skill building team, individual, and goalie training drills. All of the drills in the video can be printed off at **www.givengohockey.com**.

Give-N-Go Hockey is the Ultimate Passing and Receiving Aid! Give-N-Go is the first hockey puck re-bouncer to use patent pending solid rubber bumpers. These one-of-a-kind bumpers are custom designed and manufactured to precise specifications in durometer (rubber hardness) and thickness for re-bouncing even the hardest passes back to the passer fast and flat, with natural and predictable rebound action.

Product Features:

- Every Give-N-Go Hockey includes 2 huge (60 inches on each side for the on ice model, and 30 inches on each side for the off ice model) natural rubber bumpers. For the on ice model, that's a full 5 foot target on each side making it the largest target in the world!
- Permanent gripper teeth are precision welded on each end cap that grip the ice so even the hardest passes will not move the Give-N-Go from its position.
- Custom rubber covers are provided to protect steel teeth after each use.
- Heavy duty all steel frame made from .120 wall thickness. Total weight per unit is 34 pounds for the on ice model and 19 pounds for the off ice model.
- A huge carrying handle is welded on the top middle of each frame.
- Rubber bumpers are bonded onto frame using high tech industrial grade structural adhesive.
- Finished with super durable powder coat paint.
- Both on and off-ice models available.
- Every piece of every Give-N-Go including steel frame, rubber bumpers, powder coat paint, decals, and packaging are proudly manufactured, assembled and shipped from Michigan, USA!

Hockey Coaches:

All areas of skill development can be practiced using Give-N-Go with true and natural rebound action. This includes forehand passing, backhand passing, receiving forehand and backhand passes, giving and receiving angled passes, one-time passes, one-time shots, saucer passes, drop passes, quick and short passes as well as long and hard passing can all be developed using Give-N-Go Hockey.

We are so confident in Give-N-Go Hockey as a skill development tool we recommend including drills (**YouTube: Keywords: [Give-N-Go Hockey Drills](#)**) in every hockey practice you design no matter what age or skill level. Hockey players of all ages and all skill levels love to practice with Give-N-Go Hockey!