



**truPasser**™  
Off-Ice / Roller Hockey Rebounder



# DRILL INSTRUCTIONS



## Thank you for choosing our TruPasser™ Off-Ice / Roller Hockey Rebounder.

- ◆ Provides consistent and realistic rebounds no matter where the puck impacts the rebounding surface.
- ◆ Has a forgiving rebounding surface, rebounding even those passes that aren't flat along the playing surface.

## **INSTRUCTIONS** **PLEASE READ CAREFULLY**

- ◆ Always place the TruPasser™ rebounder down gently. Never throw, slide, roll, or drop the TruPasser™ rebounder.
- ◆ Always use the handle to pick up and move the TruPasser™ rebounder.
- ◆ Never jump up and down on the TruPasser™ rebounder.





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## ABBREVIATIONS

Abbreviation	Description
BH	Backhand
FH	Forehand
SH	Stickhandle
SAUCE	Saucer Pass
BW	Backwards
FW	Forewards
RS	Right Shot
LS	Left Shot

## SYMBOLS

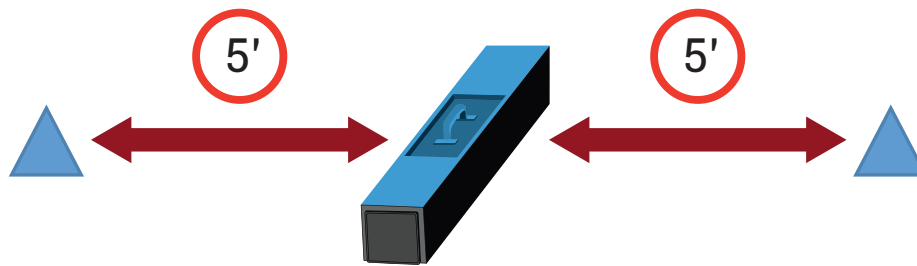
Symbol	Description
	Pass
	TruPasser™ rebounder
	Pucks (of course!)
	Player

# DRILL truPasser™ INSTRUCTIONS

# DRILL 1

Warm up

PERFORM DRILL AT 5 FEET FROM TRUPASSER™ REBOUNDER  
REPEAT DRILL AT 10 FEET FROM TRUPASSER™ REBOUNDER



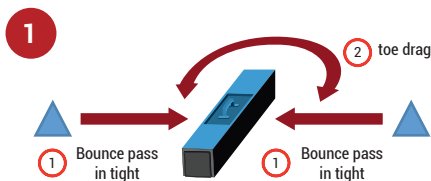
## SINGLE PLAYER

- ① FH to FH
- ② BH to BH
- ③ FH to BH
- ④ BH to FH
- ⑤ FH to FH + ① SH
- ⑥ FH to FH + ② SH
- ⑦ BH to BH + ① SH
- ⑧ BH to BH + ② SH

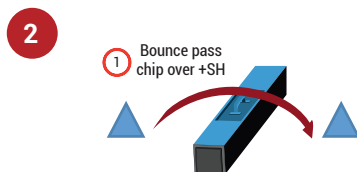
## MULTI PLAYER

- ⑨ FH to FH + SAUCE (to partner if available)
- ⑩ BH to BH + SAUCE
- ⑪ FH to FH + ① SH + SAUCE
- ⑫ BH to BH + ① SH + SAUCE
- ⑬ FH to BH + ① SH + SAUCE
- ⑭ BH to FH + ① SH + SAUCE

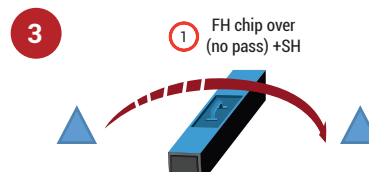
COMPLEXITY (1-10) = 4/5



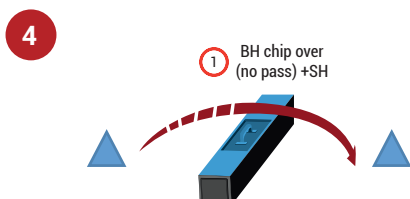
Bounce pass in tight + Toe drag around TruPasser™



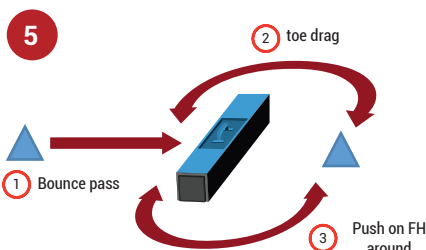
Bounce pass chip over TruPasser™ + SH



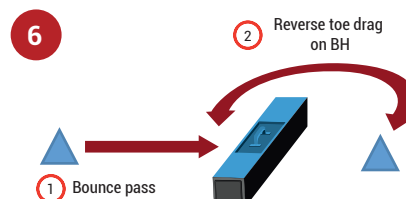
FH chip over (no pass) + SH



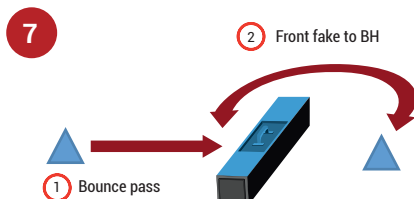
BH chip over (no pass) + SH



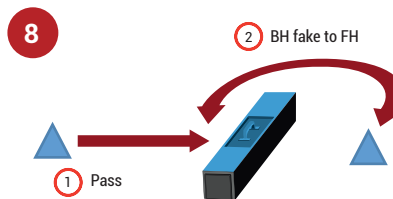
Bounce pass + Toe drag + Push on FH around TruPasser™



Bounce pass + Toe drag on BH around TruPasser™

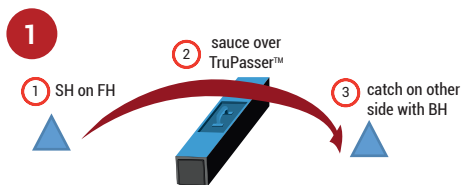


Bounce pass + Front fake to BH around TruPasser™

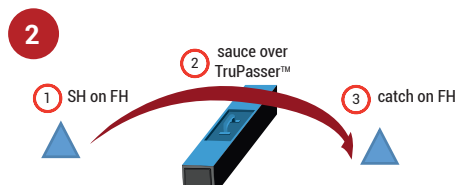


Pass + BH fake to FH around TruPasser™

COMPLEXITY (1-10) = 9



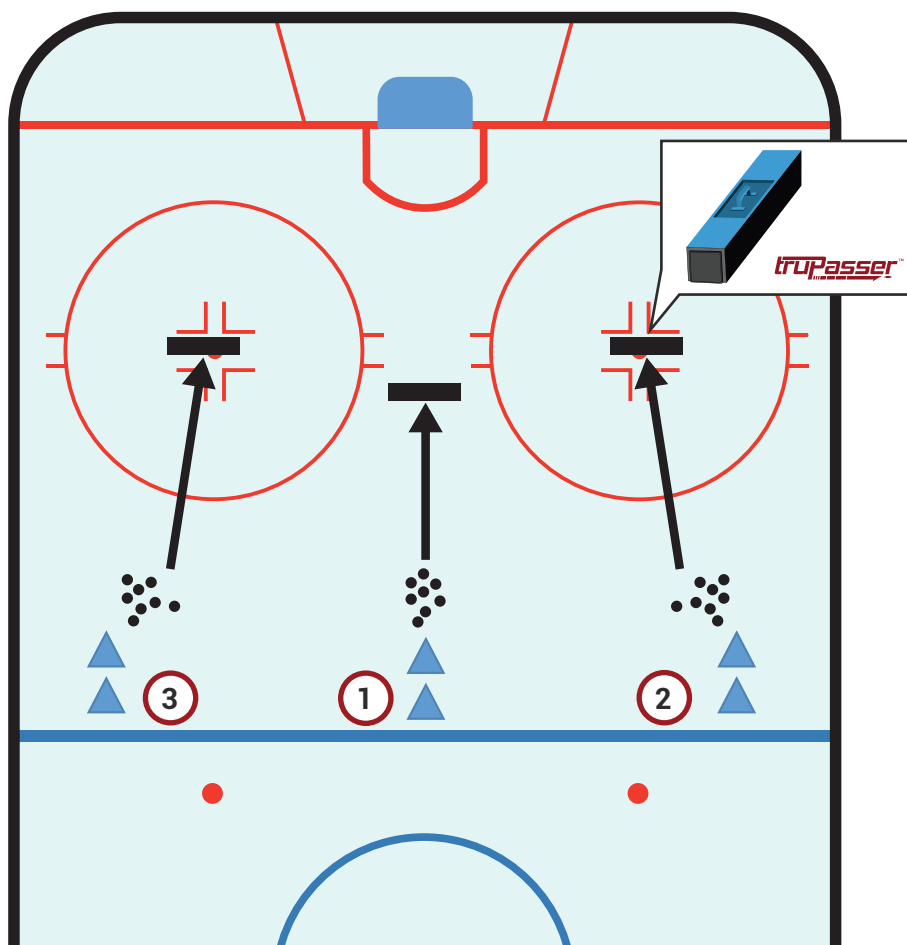
SH on FH + Sauce over TruPasser™ + Catch on other side with BH



SH on BH + Sauce over TruPasser™ + Catch on FH



SINGLE OR MULTI-PLAYER DRILL; COMPLEXITY (1-10) = 2



Three separate angles – ①, ②, ③

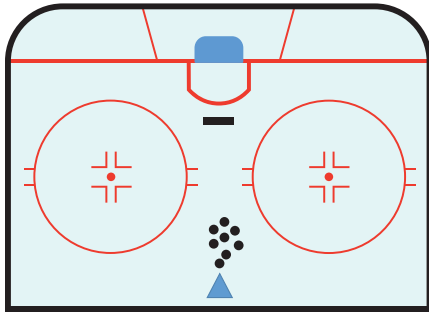
① – Both right / left handed shooters    ② – Left shooters    ③ – Right shooters

### Player Instructions

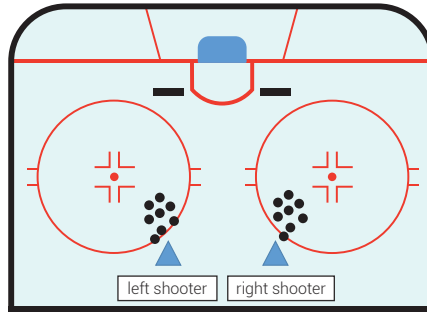
1. FH pass off (not against) TruPasser™ then receive on FH.
2. SH FH, BH, FH then shoot.

#### BACKHAND SHOOTING

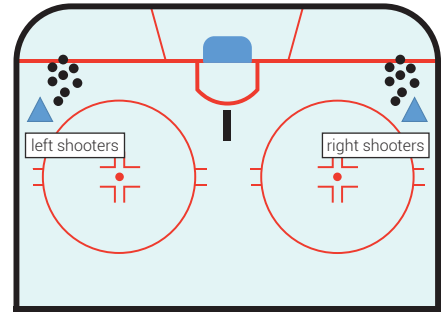
SINGLE PLAYER OR MULTI PLAYER; COMPLEXITY (1-10) = 4/5



FH pass off TruPasser™ receive on FH; SH 3 Times (FH / BH / FH to BH shot)



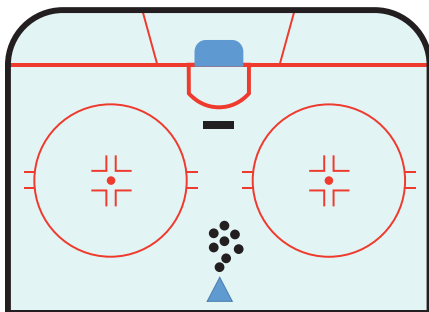
FH pass off TruPasser™ receive on FH; Pull puck in one swiping motion to BH shot



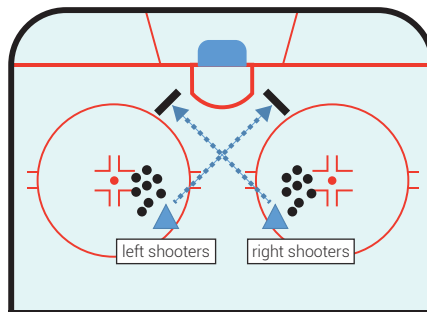
FH pass off TruPasser™ receive on FH; Toe drag around TruPasser then BH shot

#### FOREHAND SHOOTING

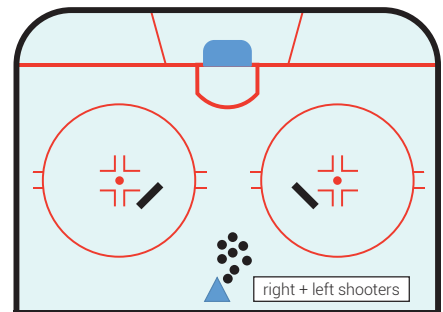
SINGLE PLAYER OR MULTI PLAYER; COMPLEXITY (1-10) = 2/3/4



- ① FH pass off TruPasser™ – one time pass and over TruPasser™
- ② FH pass off TruPasser™ – toe drag TruPasser™ + Shot



- ① FH pass off TruPasser™ – one bump or touch + Shot (drill as a game situation when you don't get a perfect pass so you can't one time it)
- ② FH pass off TruPasser™ – one time shot
- ③ FH pass off TruPasser™ – receive into your skates kick puck to stick for shot

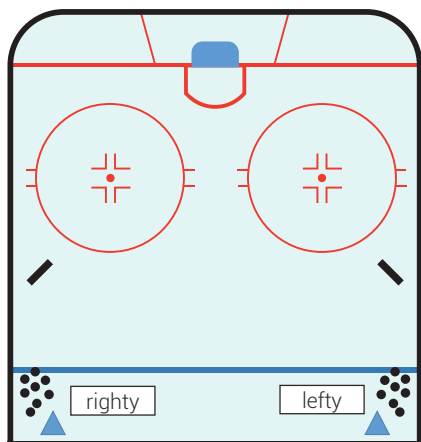


- ① Right shooter pass off left TruPasser™ – one touch / dump (not one timer) + Shot
- ② Left shooter pass off right TruPasser™ – one touch / dump + Shot
- ③ Left shooter pass to left (longer one-timer 10-15 feet out) Right shooter pass to right – same as above

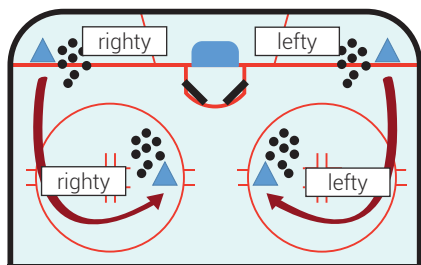


#### FOREHAND SHOOTING

**SINGLE PLAYER OR MULTI PLAYER; COMPLEXITY (1-10) = 2/3/4**

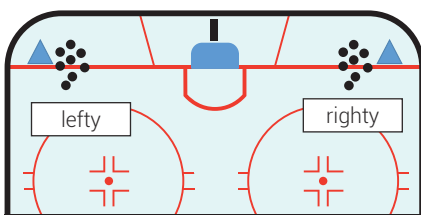


- ① FH pass off TruPasser™ – no SH  
– Catch and shoot  
– Bump and shoot
- ② Same as above  
Both drills out to the middle of the ice (slot) to shoot
- ③ Same drill – different shots: a) wrist; b) snap; c) slap
- ④ Long one-timer lefty pass to far TruPasser™ – one-timer from slot  
Righty pass to far TruPasser™ – same as lefty



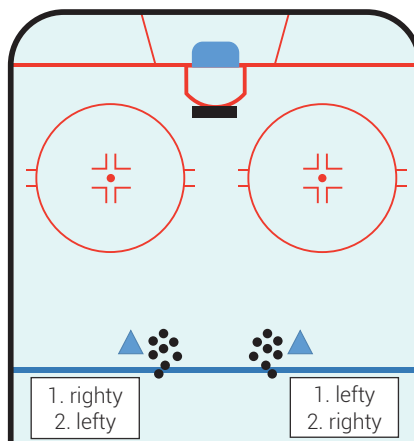
- ① FH pass off TruPasser™ – top corner shot (rebound shot)
- ② Add skating out of corner – same as above for shot

#### WRAP AROUND



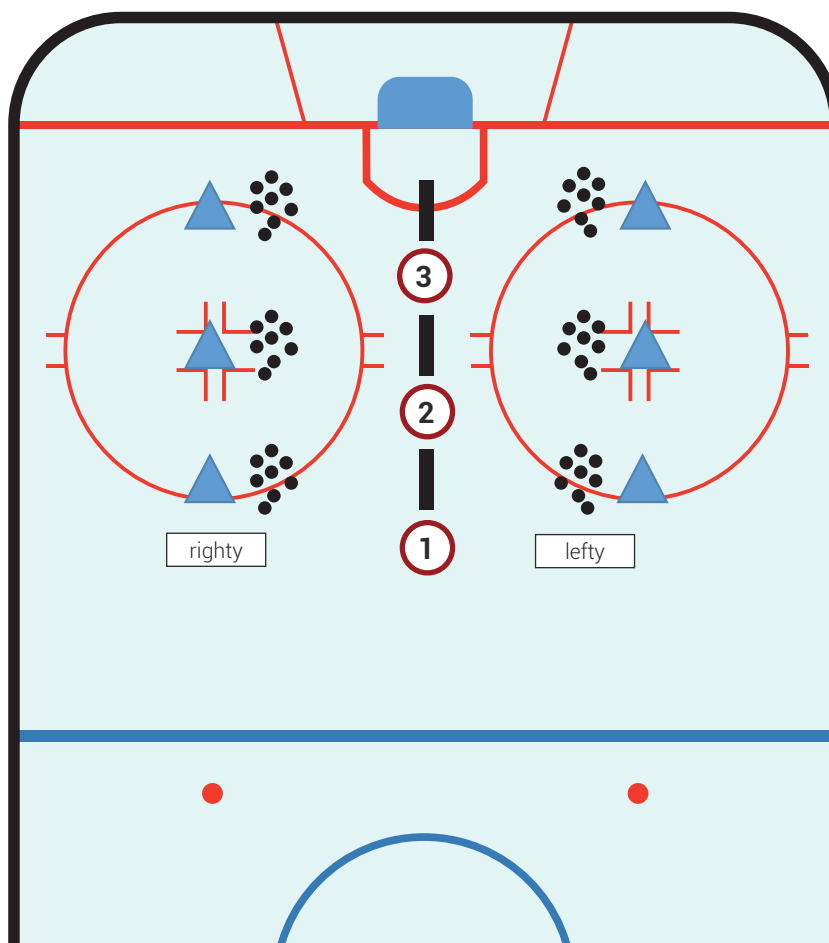
- ① Pass off TruPasser™ – wrap around on FH for shot
- ② Pass of TruPasser™ – toe drag to front (short side) BH shot

#### REBOUND OFF GOALIE (MULTI PLAYER DRILL)



- ① Hard pass from blue line – partner times his skating into the puck for a one-timer
- ② Same as ①, except touch / bump shot

### ONE-TIMES – 3 DIFFERENT SPOTS



Three different spots – ①, ②, ③

① – Bottom of the circle    ② – Hash marks    ③ – Top of the circle

## Player Instructions

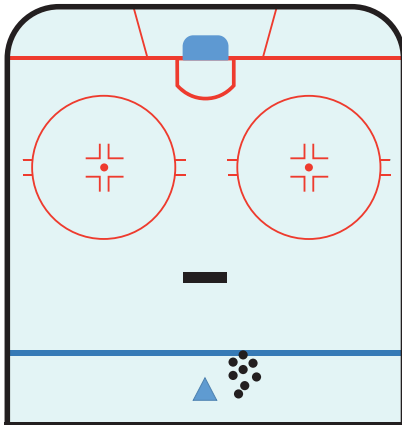
1. Top of the circle: Pass off TruPasser™ – set up one-timer
2. Hash marks – same as above
3. Bottom of circle – same as above

# DRILL truPasser™ INSTRUCTIONS

# DRILL 6

## "D" Shots

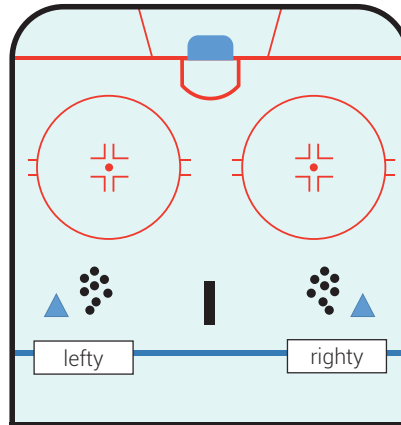
USE ALL WRIST, SNAP AND SLAP SHOTS ; COMPLEXITY (1-10) = 3



### CHANGE ANGLE SHOT

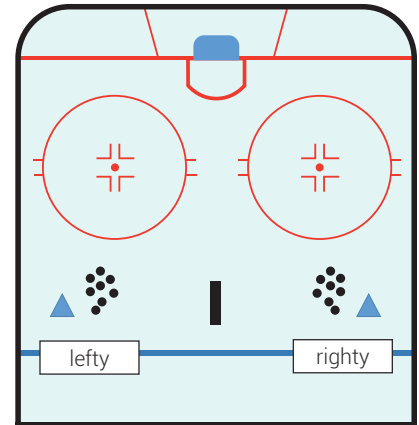
From the blue line pass off TruPasser™

- ① Pivot BW + Toe drag + Shot
- ② Receive BH + SH to FH + Shot
- ③ Receive FH + Fake shot + Touch/bump shot



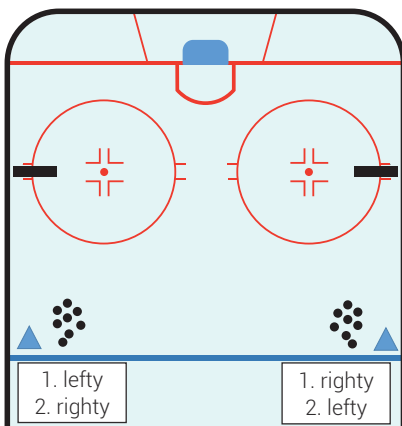
### DRAG SHOT

Pass off TruPasser™ + Toe drag all the way around TruPasser™ + Shot



### TOUCH/BUMP SHOT

Pass off TruPasser™ (really hard pass) + Receive on FH + Touch/bump shot

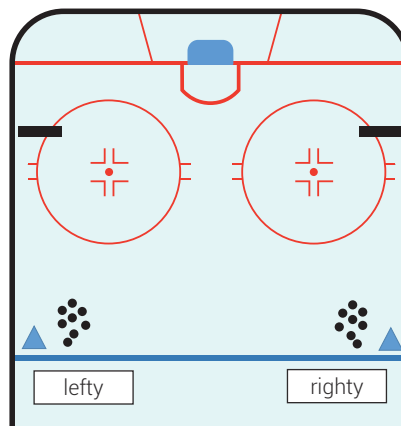


### GET TO THE MIDDLE

Hard pass off TruPasser™ + Receive on FH + Pivot BW + Drag to the middle + Shot

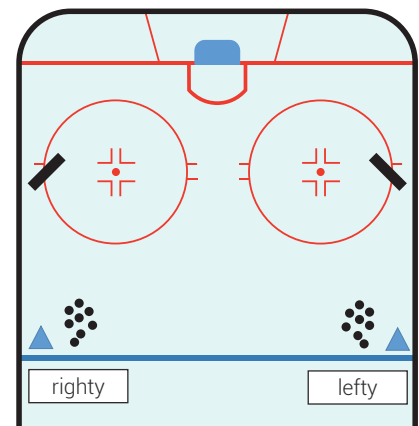
#### Switch sides:

Hard pass of TruPasser™ + receive on BH + SH to SH + Skate to the middle + Shot



### BLUE LINE ONE-TIMER

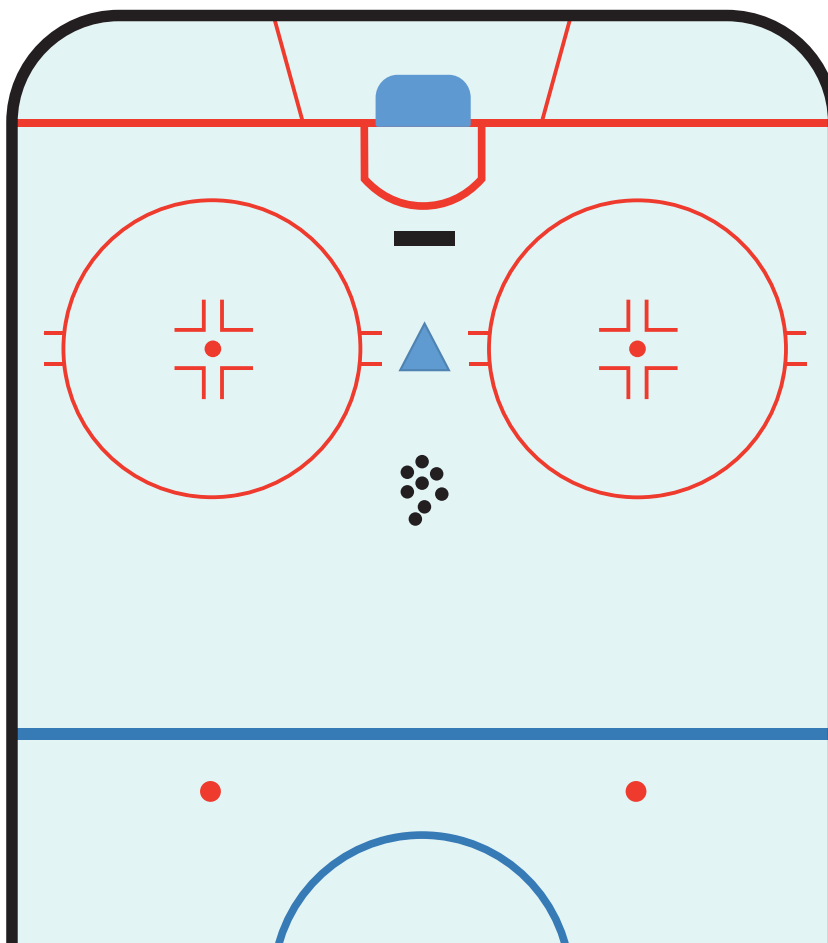
Hard pass + One-timer



### ONE TOUCH/BUMP SHOT

Hard pass off TruPasser™ + Touch/bump shot

SINGLE OR MULTI-PLAYER DRILL; COMPLEXITY (1-10) = 4

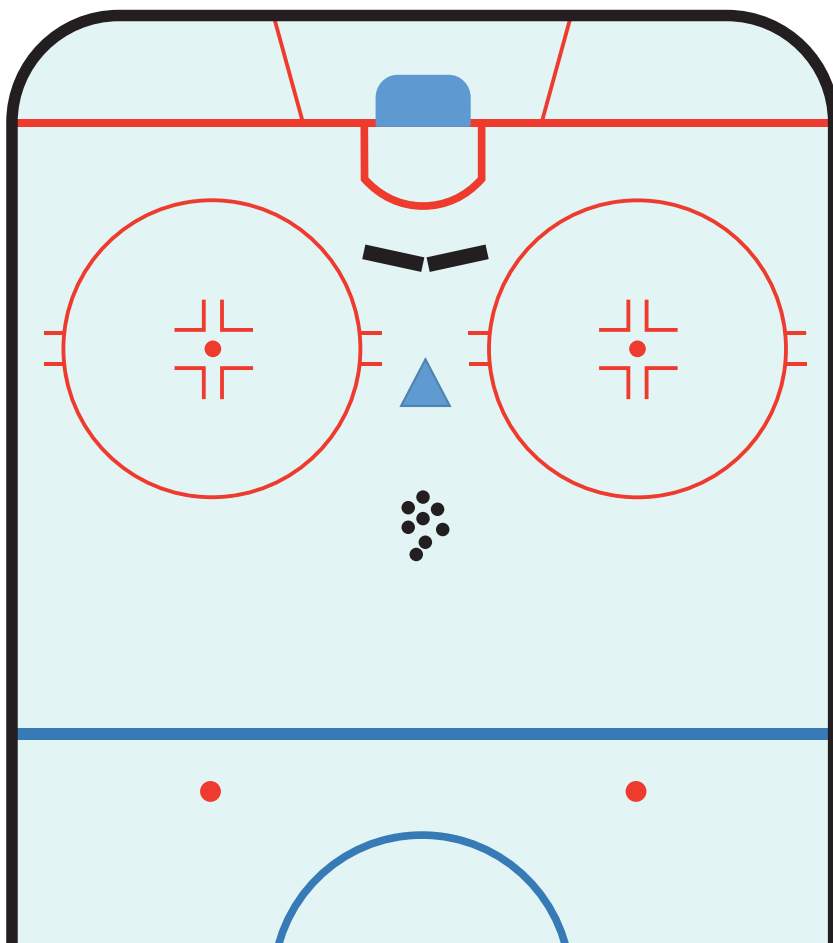


Pass through player's legs at TruPasser.

### Player Instructions

1. Facing net, receive FH to BH, back to FH for shot.
2. Receive BH to FH to BH for shot.

SINGLE OR MULTI-PLAYER DRILL; COMPLEXITY (1-10) = 6



Set two Trupassers at slight angles.

Pass through player's legs at TruPasser, randomly selecting TruPasser.

### Player Instructions

1. Facing net, receive FH to BH, back to FH for shot.
2. Receive BH to FH to BH for shot.

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