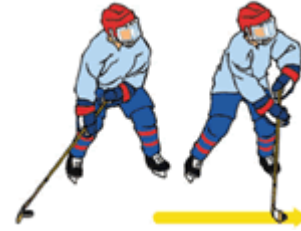


Giving A Pass

1. Keep your head up with your eyes focused on the target.
2. Keep your top hand away from your body/hip.
3. Your bottom hand "sweeps" the ice. Do not slap at the puck.
4. Your top hand can pull; that creates "Push/Pull" effect in the hands/arms.
5. Transfer your weight from your back foot to front foot.
6. Pass the puck from the middle or heel of the blade — the player and the stick blade are stronger — the passes are flat, crisp, and the puck can be spun flat from heel to toe.
7. When stick handling, passing, receiving or shooting, this freedom of the hands away from the body allows for better control of the puck and execution of the play.
8. Your accuracy is controlled on the follow through. As you roll your wrists point the blade of your stick toward the target.
(The same principles apply to backhand passes.)



Receiving A Pass

1. Cupping the puck as it's caught — the blade of the stick will "cup the puck" if the top hand is off the hip. (If the top hand is on the hip, a "ski jump" effect is created for the puck by the stick blade, and the puck will jump over the blade.)
2. Emphasize the idea of catching the puck like a baseball catcher snagging a 100-mph fastball. The catcher receives the baseball in his hands, not backing up into the umpire. Likewise, we need develop this receiving skill in the hands and arms of a hockey player, so a hard pass is received/cupped and sticks to a player's blade.
3. If you hold your stick too tight, you won't be able to control the pass.



Drills

1. Use weighted pucks in passing drills forehand, backhand, spins, etc.
2. Same drills using regular pucks or golf balls for passing.'
3. Line two groups of players up at opposite face-off dots. On the whistle, the first player passes the puck across the ice to the first player on the opposite dot. He then fires a pass back across to the second player in line. After each player makes the pass, he sprints across and takes his place in the back of the line.

