

B500 Passing Circuit

Key Points:

Make wrist and snap passes.

4 Passing phases.

1. Wind up
2. Produce forward force.
3. Release
4. Follow through at the target.

Description:

A. Two players exchange passes while two players pass and follow the pass.

B. Partner pass with 2 groups at once inside the circle.

C. Partner pass, One player skate laterally while the other is stationary. Rotate. Could be more than one stationary player.

D. Pass and follow the pass in a square.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100408080620970>

