

B202 - Saucer Pass - U18 F

Key Points:

Roll the puck from the heel of the stick to the middle with the hands away from the body in a motion similar to throwing a frisbee. Follow through at the target. Do the same motion on the backhand.

Description:

1. Partners line up opposite each other on the blue line.
2. Start with stationary passing and focus on the mechanics of the saucer pass.
3. Pass with a target and practice landing the puck on the red line.
4. Practice both forehand and backhand saucer passes.
5. Progress to skating back to the top of the circle, forward and pass from the blue.
6. Add pivots and fakes.
7. Have contests on how many land on the red line.

