

B3 - Passing Skills Routine - U17

Key Points:

Practice wrist passes with no noise or slapping. Keep the stick blade square to the puck when you receive a pass. It is important to keep the hands away from the body and have loose shoulders so you can pass in all directions. The movement is simply and extension of puck handling.

Description:

1. Partner passing about 10 m. apart.
2. Keep the hands away from the body, stick blade square to the puck.
3. Sequence for any projection is: wind-up, force production, crucial instant, follow through.
4. Catch and pass to your partner.
5. Wrist pass with no slapping noise.
6. On whistle move apart again and saucer pass. Saucer with hands away from the body and puck roll on the blade from heel to toe.
7. Keep-away on the whistle. Puck carrier protect the puck and defender keep his stick on the puck.
8. Repeat the sequence starting with wrist passes. Pass and catch quickly with no noise.
9. Catch on the backhand slide sideways and pass on the forehand.
10. Make a hard fake to one player and then pass to another player. Practice faking in both directions.
11. Options: add skating toward each other and back, tight turns, etc. Make sure both the top and bottom hand follow through at the target.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151009095328809>

<https://youtu.be/WlmcxGYPZsE>

