

B500 - 3 Spoke Passing - Czech U17

Key Points:

Keep the hands away from the body and follow through at the target. The puck rotates toward the toe of the blade. Hands should be relaxed and the stick blade square to the puck. Backhands have to be taken from the middle to the heel of the blade of the blade adjusted to be square with the curve.

Description:

1. Start with stationary partner passing alternating between forehand and back hand. Use wrist passes and focus on the giving and receiving being quiet.
2. Spoke pass with two pucks in groups of 3 or 4. One player takes passes from the other players. Alternate forehand and backhand.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012123116313799>

<https://youtu.be/BObj4qIKYY>

