

B500 - Partner Wrist Passes - Czech U17

Key Points:

Technique practice. Stick is square to the puck, hands relaxed. Make good hard and flat passes. The puck rotates toward the end of the blade.

Description:

1. Partners work on passing in various areas of the ice.
 2. Use wrist passes.
 3. Load and fire: wind up, produce force, release, follow through at the target.
 4. Forehand, backhand and saucer passing technique can be practiced in the same way.
- If you expect good performance in games then you must pay attention to technique details.
*Goalies warm up with crease skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231222118851>

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<https://youtu.be/YGDoGb7jQio>

