

B300 - Pass and Keepaway - U18 G

Key Points:

Use various types of passes and focus on hands away from the body and passing within the stick handling motion with wrist and not slap passes. Focus on puck protection and stick on the puck in the game.

Description:

1. Partners or groups of three skate around the rink passing.
2. Pass forehand, backhand, one backward, etc..
3. Play Keep-away on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150522112834477>

<https://youtu.be/wAwq6BGRcUs>

