

10U/12U PHASE I - PASSING, RECEIVING & SHOOTING

STATIONARY PARTNER PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Using forehand pass a hockey ball back and forth with partner.
- Forehand 20x.
- Backhand 20x.

GAME

Players who reach 20 forehand tape to tape passes (can't use backhand to receive) win. Players who reach 20 backhand tape to tape passes (can't use forehand) win.

TECHNIQUE

- 1 • Receiver presents a full target with the stick blade.
 - Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.
- 2 • Feet are parallel to partner to allow for cross body passing.
 - Begin with ball behind the back foot on the heel of the blade.
- 3 • Sweep the ball toward partner, using the push/pull action with the hands and a low follow through pointing stick at target.
 - Transfer weight from back leg to front leg as the ball is swept.



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