



Basic Tips To Improve Your Passing

Everybody loves to skate with the puck and stickhandle through defenses on the way to the net. Still, it's much more effective if you let the puck do the work for you. Passing is without a doubt the best way to move the puck.

1 Accuracy Is The Key

When it comes to effectively passing the puck, you want to look at your intended target and take your time to make a good, hard, accurate pass. It's all in the follow through. It's important to work on passing in practice. Take your time and work on the basic fundamentals of making a good, crisp, accurate pass. That way when you get into a game it's second-nature to you.

2 A Roll Of Your Wrists

Never slap at the puck. You want it to roll off the blade from the heel toward the toe in a sweeping motion as you transfer your weight

from your back foot to your front foot. As the puck leaves your stick, make sure to follow through and point the toe of your stick at the intended target.

3 Flying Saucer

A flip or saucer pass is the most effective pass when you have an opponent between you and your intended target. A good saucer pass floats eight to 10 inches off the ice and lands flat close to the blade of a teammate's stick. Practice is the key. You don't want to be firing the puck too high, where it can't be controlled by your teammate. A player who can make an effective saucer or flip pass is worth his or her weight in gold.

4 Avoid The Explosion

When it comes to receiving a pass, you want to turn the blade slightly toward the ice to form a pocket. Keep the blade angled so it cradles the puck. Don't hold



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the stick too tightly when you are receiving a hard pass or the puck will "explode" off your stick.

5 Heads Up Play

Keep your head up when passing the puck. Most bad passes are caused by not looking up to spot your intended target. You should also be aware of where you are on the ice. Blind cross-ice passes are the leading cause of grey hairs among hockey coaches. Playing it safe and being smart with the puck will greatly improve your odds of winning the game. ☆