

6U/8U - PASSING, RECEIVING & SHOOTING

## CIRCLE PASSING

### ① SETUP

- Players form a circle.
- Two balls are in play.
- Using the forehand players pass ball to any teammate in the circle.
- Using the backhand players pass ball to any teammate in the circle.

### GAME

Players must say the name of the player they pass the ball to.

### PASSING TECHNIQUE

- Allow for cross body passing.
- Begin with ball behind the back foot on the heel of the blade.
- 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.

### RECEIVING TECHNIQUE

- 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.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.

*Backhand-use same technique.*

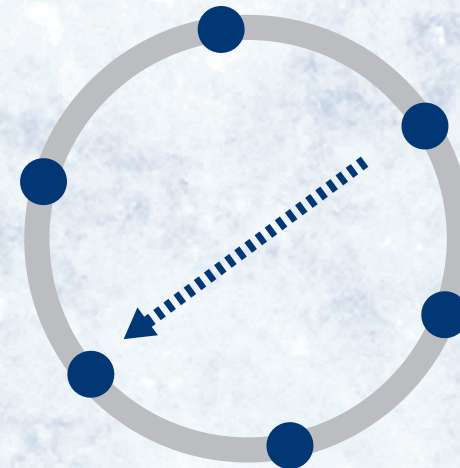
### ADVANCED

Players pass ball on forehand but receive ball on backhand.



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## CIRCLE PASSING



● PLAYERS

①



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## MONKEY IN THE MIDDLE

### 1 SETUP

- Players form a circle with one player in the middle.
- The player in the middle (monkey) attempts to intercept passes made between the outside players.
- If the monkey steals the ball they move to the outside and new player becomes the monkey.

*5-6 players works best. Make players move feet, position hands correctly and make good passes by receiving only on forehand or backhand. If they catch the ball on the wrong side of the stick they become the monkey.*

### PASSING TECHNIQUE

- Begin with ball behind the back foot on the heel of the blade.
- 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.

### RECEIVING TECHNIQUE

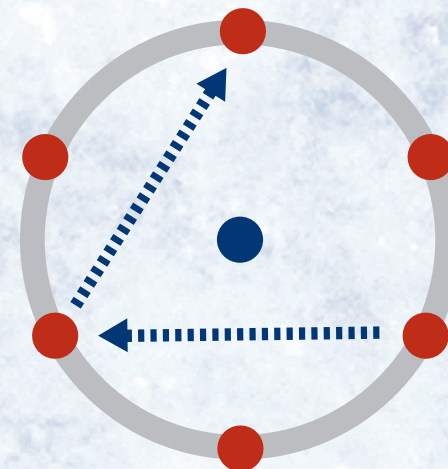
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free away from the body, rotate upper body.
- Receiver presents a full target with the stick blade.
- Reduce grip tension in the bottom hand to cushion the ball with a short catch using the hands and wrist.

*Backhand-use same technique.*



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## MONKEY IN THE MIDDLE



● ● PLAYERS

1



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## SHUTTLE PASSING

### ① SETUP

- Players are divided into groups of 3.
- Player with ball takes 3-4 running strides, passes to player in opposite line and joins the back of that line.
- Player who received the ball runs 3-4 strides, passes to opposite player and joins the back of that line...repeat.
- Work on forehand and backhand passing, sweep ball.

### ADVANCED/GAME

After several reps, have players call out the name of the player to whom they are passing. First team to 5 shuttle passes wins.

### PASSING TECHNIQUE

- Player carries ball on the forehand or backhand side of the body while running forward, keeping ball on heel to middle of blade.
- 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.

### RECEIVING TECHNIQUE

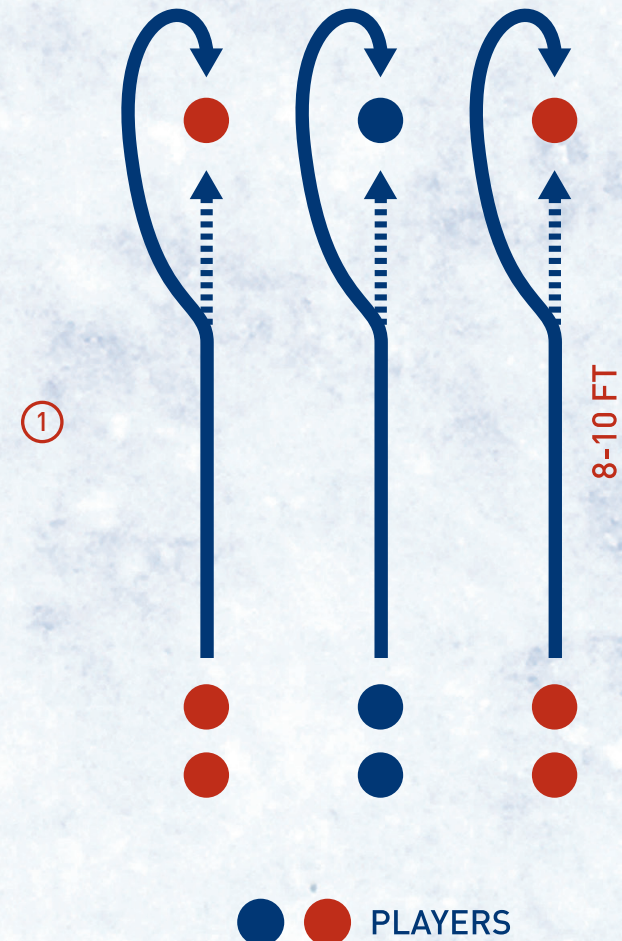
- Receiver presents a full target with the stick blade.
- Reduce grip tension of bottom hand to cushion the ball with a short catch using the hands and wrists.
- Cup the ball and pull the ball across the front of the body on the forehand.
- Keep arms free and away from the body, rotate upper body.

*Backhand-use same technique.*



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## SHUTTLE PASSING



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## 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.

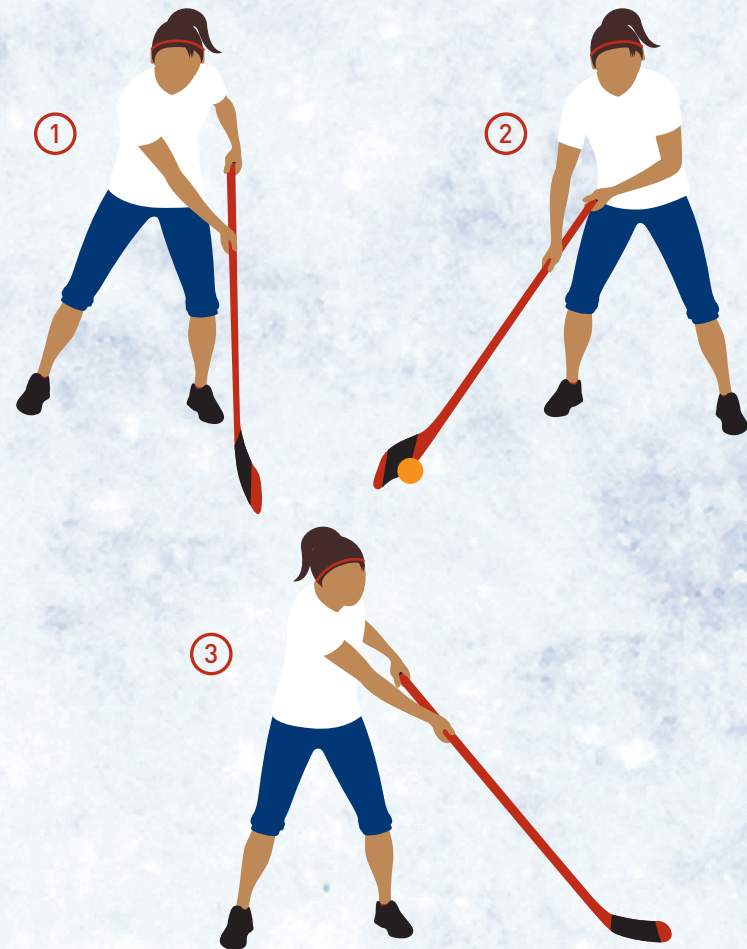
### TECHNIQUE

- 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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## STATIONARY PARTNER PASSING



# WRIST SHOT

## SETUP

- When shooting off of plexiglass use blue pucks.
- When shooting off of concrete use a hockey ball.
- Forehand Wrist Shot 20x.

## TECHNIQUE

- 1 Stand in a hockey ready position: knees and ankles bent, with head and chest up.
- 2 Body is turned to the side with weight on the back foot.
  - Lower the bottom hand slightly on the shaft of the stick, grip is firm.
  - Puck begins on the heel of the blade with the blade cupped.
  - Stick and puck start behind back foot.
- 3 Sweep the puck forward and shift weight to the front leg.
  - Use a quick push/pull action with the arms and quickly roll wrists over (top palm up, bottom palm down).
  - Rotate upper body toward the net; shoulders finish square to net.
  - Puck moves from heel to toe of the stick blade as it is released.
  - Rolling wrists over, follow through low, pointing stick at target.
  - Keep the blade cupped over the puck.
  - Follow through by pointing the toe of the stick toward the target.
  - Follow through until top hand palm is facing up and bottom hand palm is facing down.

*Proper weight transfer gives the shot power.  
The higher the follow through, the higher the shot.*

## ADVANCED

Players shoot at a **Shooter Tutor** aiming for all 5 openings.



# WRIST SHOT

