



COACHING EDUCATION PROGRAM (CEP) PASSING/RECEIVING SKILLS & TECHNIQUES

FOREHAND PASS

Description:

The player starts with skates parallel to the intended target to allow for cross body passes

Hands should be held on the stick in the same position as when stick handling (1)

Passer begins by pulling the puck back behind the rear skate with the puck on the heel of the blade (2)

The puck is then pushed towards the receiver with a low sweeping motion (3)

Through the sweeping action, the bottom hand pushes the stick while the top hand slightly pulls (4)

When the puck is swept towards the intended receiver it should spin down the stick blade and depart the blade from the toe – the imparted spin help, the puck stay flat

The stick blade should follow through toward the target, low to the ice, pointing toward the target by turning the wrist over (5)

The toe of the passing stick blade should follow through toward the middle of the receivers stick blade

Use weight transfer from back leg to front leg as the puck is swept

The receiver presents a full target with the stick blade on the ice and 90 degrees to the intended path of the puck – always present as much of a target as possible to the passer with the stick blade (6)

The receiver reduces grip tension in the bottom hand and cushions the puck with a short catch using the hands and wrists (7)



Material taken from USA Hockey's Skills & Drills DVD-ROM

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