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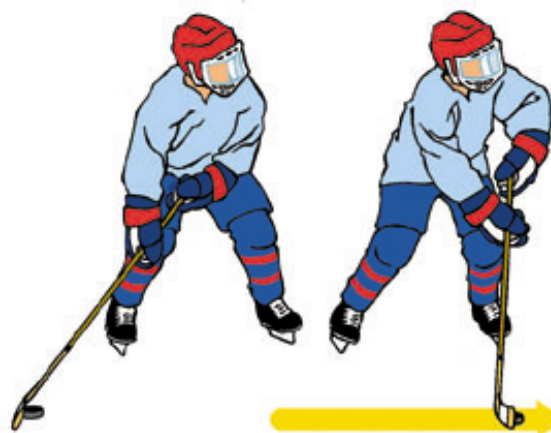
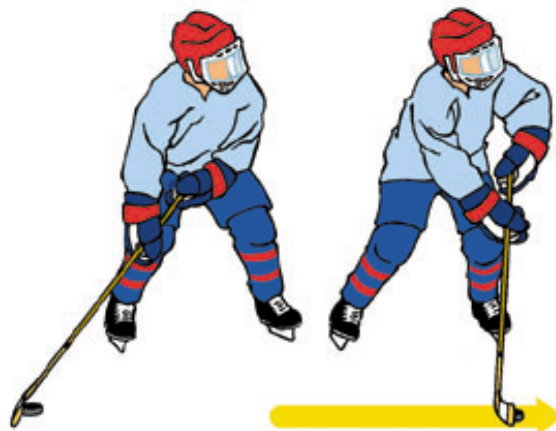
**WHETHER YOU'RE A PLAYER OR COACH, CHECK OUT THESE TIPS AND DRILLS FOR BOTH ICE AND INLINE HOCKEY.**

## PASSING THE PUCK

There's nothing like a great pass to get an offense clicking. A crisp outlet pass from a defenseman can really get a breakout moving in the right direction. Likewise, an accurate centering pass to a forward in the high slot often leads to a great scoring chance. As you progress up the hockey ladder, you find that passing becomes even more important. Tape-to-tape passes become more important as the pace of the game picks up. Mastering a few fundamentals of giving and receiving a pass will have you well on your way to playing a better brand of hockey.

### Giving A Pass

- 1) Keep your head up with your eyes focused on the target.
- 2) Keep your top hand away from your body/hip.
- 3) Your bottom hand "sweeps" the ice. Do not slap at the puck.
- 4) Your top hand can pull; that creates "Push/Pull" effect in the hands/arms.
- 5) Transfer your weight from your back foot to front foot.
- 6) Pass the puck from the middle or heel of the blade — the player and the stick blade are stronger — the passes are flat, crisp, and the puck can be spun flat from heel to toe.
- 7) When stickhandling, passing, receiving or shooting, this freedom of the hands away from the body allows for better control of the puck and execution of the play.



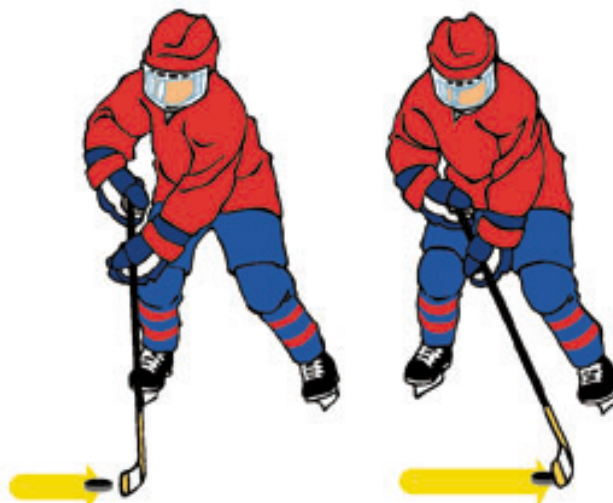
- 8) Your accuracy is controlled on the follow-through. As you roll your wrists point the blade of your stick toward the target.

(The same principles apply to backhand passes.)

# COACHES' PLAYBOOK

## Receiving A Pass

- 1) Cupping the puck as it's caught — the blade of the stick will "cup the puck" if the top hand is off the hip.  
(If the top hand is on the hip, a "ski jump" effect is created for the puck by the stick blade, and the puck will jump over the blade.)
- 2) Emphasize the idea of catching the puck like a baseball catcher snagging a 100-mph fastball. The catcher receives the baseball in his hands, not backing up into the umpire. Likewise, we need to develop this receiving skill in the hands and arms of a hockey player, so a hard pass is received/cupped and sticks to a player's blade.
- 3) If you hold your stick too tight, you won't be able to control the pass.



## Off-Ice Drills

- 1) Passing 2-inch diameter steel balls (oversized bearings). They are great because they slide fast and are overweight relative to a puck. This trains the strength on the stick, passing and receiving skills. (Then box step, passing 2-3-4 players, etc.)
- 2) Use lacrosse sticks and a ball as a cross-training sport. Excellent hand/eye coordination required, use of "push/pull" skills.

## On-Ice Drills

- 1) Use weighted pucks in passing drills forehand, backhand, spins, etc.
- 2) Same drills using regular pucks or golf balls for passing.
- 3) Line two groups of players up at opposite face-off dots. On the whistle, the first player passes the puck across the ice to the first player on the opposite dot. He then fires a pass back across to the second player in line. After each player makes the pass, he sprints across and takes his place in the back of the line.

