



Passing

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Passing is a skill which requires a great deal of practice. Introducing your players to all aspects of this skill is essential.

FOREHAND PASSES

1. Sweep Pass

The first pass that a player should be taught is the forehand sweep pass. It is one of the most commonly used passes in hockey. This is understandable since it is not only an accurate pass, but it can be short or long, fast or slow. Another advantage of the sweep pass comes from the fact that it can be executed in full stride without giving any cues to the opponents regarding the moment of release.

- The basic dribbling grip should be used to execute the sweep pass.
- The puck is brought to one side beyond the left skate for a pass to the right of the player.
- The puck is propelled towards the target by a sweeping action of the arms while the weight is transferred from the left to the right skate.

2. Snap Pass

The snap pass is very similar to the sweep pass. However, to implement the snapping action which increases the velocity of the pass, the stick blade is recoiled up to 12 inches from the puck and then snapped at the puck with a powerful wrist action.

- The puck should be positioned parallel with the skates and close to the body.
- The puck should be struck at the mid-point of the stick blade.
- Just prior to impact, the grip on the bottom hand of the stick should tighten.
- The elbows should be away from the body; during the follow through, the wrists roll over.

3. Flip Pass

The flip pass is effective when attempting to avoid an obstacle which is in the passing lane.

- The puck is just ahead of the skate to the forehand side of the passer and on the heel of the stick blade.
- The grip tightens on the shaft of the stick as the face of the stick blade opens.
- The puck is rolled along the blade by sliding the stick in front of the body in the direction of the receiver. This imparts a spinning movement to the puck which keeps it flat in the air and subsequently flat on the ice when it lands.



BACKHAND PASSES

1. Sweep Pass

Like its forehand counterpart, this is perhaps the most often used backhand pass.

- The grip is similar to that used when stickhandling and tightens during the passing action.
- The weight of the body is transferred from the leg furthest from the receiver to the closest leg.
- Move the upper hand in front of the body to maintain the blade perpendicular to the target.

2. Snap Pass

The snap pass, although more difficult to execute than the sweep pass, is often used to perform long, crisp passes.

- The grip widens slightly to ensure added strength.
- The puck is placed between the skates and relatively close to the body.
- Draw the stick back and bring down forcefully, approximately one inch behind the puck.
- The follow through is in the direction of the target as the wrists roll over.

3. Flip Pass

The flip pass is a valuable tool in completing passes when an obstruction is in the passing lane.

- The grip on the stick remains the same as when stickhandling and tightens on the shaft as the face of the stick blade opens.
- The puck is placed on the heel of the blade.
- The puck is rolled along the blade by sliding the stick in front of the body in the direction of the receiver.