



# TECHNICAL

*Passing and Receiving*



REVISED 2/19

## OBJECTIVES

- To educate coaches to the passing and receiving skills necessary for players 10 years old and under
- To outline teaching progression for coaches
- To identify the key elements of each skill
- To identify common mistakes young players make while learning these skills

## INTRODUCTION

Although skating and puck control rank higher than passing and receiving on the hockey skills “emphasis scale,” it is important to devote considerable time to instruction in the fundamentals of passing and receiving.

*The skill of passing and receiving extends puck control from an individual to a team skill.*

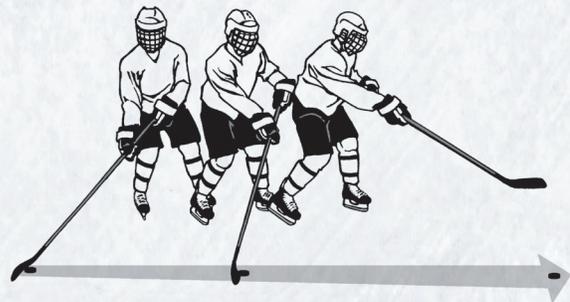
Two important sets of skills are necessary — the delivery of the puck and the reception of it. Both are equally important.

The material covered in this chapter describes the skills that must be mastered to pass and receive effectively. The skills are presented in the suggested teaching progression for young players.

## FOREHAND PASSING

The forehand pass begins with the player in a solid, ready position. His eyes must be up and looking at his intended target. The blade of the stick must cup or “cradle” the puck. Start the passing action for the forehand pass from behind the back foot (Figure 14-1). The blade should be kept on the ice.

**Encourage the player to sweep rather than slap the puck.** The desired result is a sweep and follow-through toward the intended target with the blade of the stick kept low to the ice.



**Figure 14-1.** Forehand passing action.

The puck should begin near the heel of the stick and roll down the blade as the stick is swept forward. The resulting spin on the puck is necessary to keep it flat on the ice.

The accuracy of the pass is controlled by the follow through. The player should end the pass with the toe of his or her stick pointing at the intended target.

### Look-Slide-Guide-Point

#### Key Elements

- The head is up with the eyes focused on the target.
- The blade of the stick should “cup” the puck.
- Use a sweeping (not slapping) action.
- The puck moves from the heel to the toe of the blade.
- Follow through low, pointing toward the intended target.

### Common Errors

- passer is looking at the puck, not the target
- the puck starts at the toe of the stick, not the heel
- the passer slaps the puck
- shortened or no follow-through

### BACKHAND PASSING

The backhand pass is similar to the forehand pass and the key elements listed above are the same. It is, however, a bit more difficult. The backhand pass involves looking at the target, using a sweeping action of the stick across the body to propel the puck, and a deliberate follow-through towards the target. If the intended target is in front of the passer, he or she must follow through by turning the wrists out, pointing the heel of the stick at the target. Figure 14-2 illustrates the beginning, middle, and ending phases of this pass. The puck begins on the backhand side. The hands are away from the body and the blade is cupped over the puck. Note that the shoulders are rotated toward the puck. The shoulders returning to a normal position, plus a pulling action of the lower hand, provide the sweeping action of the stick.

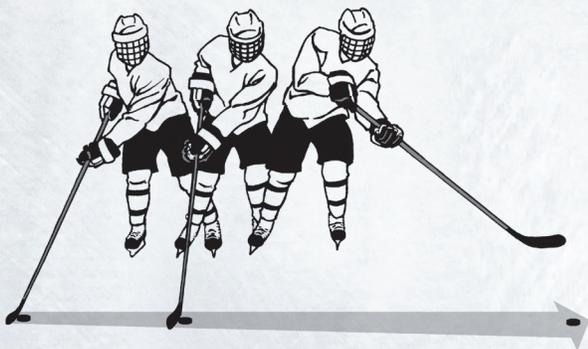


Figure 14-2. Backhand passing action.

### SUGGESTIONS FOR COACHING

Generally your coaching on passing should progress from stationary to moving targets and from slow to faster speeds. Emphasize that the pass must lead moving targets. Passing the puck softly to a target zone ahead of the receiver is a good passing technique.

### FLIP PASSING

The last pass that should be taught is the flip pass. This pass will prove to be most useful in a situation where some part of an opponent (stick, leg, etc.) is between the puck carrier and the target (see Figure 14-3).

The pass begins the same way as a forehand or backhand pass, adding a quick forward and upward motion of the wrists that causes the stick blade to raise quickly off the ice. This motion in turn also raises the puck quickly from the ice. It is important that the player attempts to spin the puck off the blade so that it will remain flat in the air and as it lands on the ice. Pucks that wobble through the air and do not land flat will prove to be very difficult for teammates to receive.

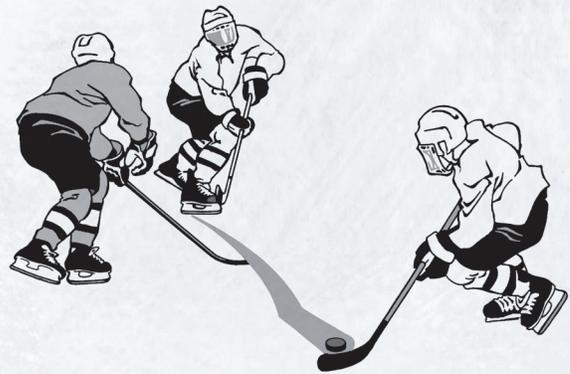


Figure 14-3. The flip pass.

### Key Elements

- a quick, forceful, forward and upward motion of the blade
- puck motion from the heel of the blade to the toe at release

### Common Errors

- inability to move the bottom of the stick blade in a quick forward and upward motion
- failure to impart spin on the puck to keep it flat

### SUGGESTIONS FOR COACHING

Coaches and players need to be especially patient in developing good passing techniques.

**Coordinating the speed of the passer, the receiver, and the puck (in addition to the opposing players) is a difficult skill and often requires many hours of practice to master.**

### PASS RECEIVING

Being able to receive a pass is equally as important as being able to make one. There are three keys to successfully receiving a pass:

- right angle
- give
- cup

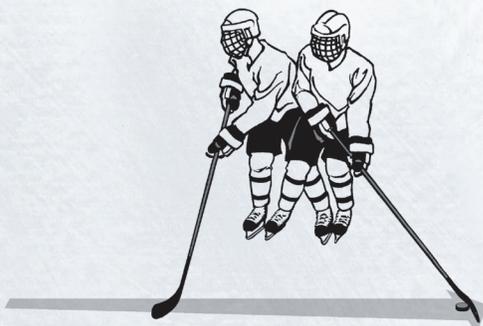
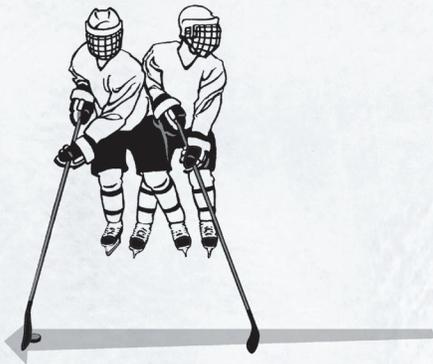


Figure 14-4. Forehand and backhand puck reception.

**The receiver must learn to move the blade of the stick out toward the puck in preparation for receiving the pass.** Just prior to (or at the point) of contact, move the blade in the same direction as the pass to allow the puck to gently come in contact with the stick blade.

When a pass comes to either the backhand or forehand side, the reception techniques are basically the same (see Figure 14-4). The player should keep his head up, watch the puck, and keep the stick on the ice. As the puck reaches the stick blade, the blade should be at a right angle to the line of the pass, cupped, and allowed to give by relaxing the wrists. This “giving with the puck” promotes control by allowing the momentum of the puck to be gradually absorbed.

### Key Elements

- The angle between the blade and the line of the pass should be 90 degrees.
- The blade must “give” to maintain puck control.
- The blade should be cupped over the puck as it glides along the ice.

### Common Errors

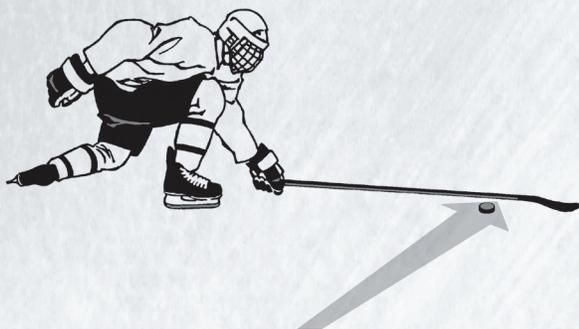
- The stick blade is not held perpendicular to the direction of the incoming puck.
- The blade of the stick is left open (top of blade angled away from the puck’s direction), allowing the puck to bounce over the stick blade.
- The player’s wrists are held stiff, causing the puck to rebound off the blade.
- The player fails to cup the puck.

### SUGGESTIONS FOR COACHING

In many instances, passes are ahead, or behind, the intended player. This takes a special effort to gain control of the puck. Here are some suggestions for how to solve this common problem.

When the pass is too far ahead, the player should extend the stick by dropping the lower hand and reaching out to the puck (see Figure 14-5).

When a pass comes behind the player (see Figure 14-6), the skate must be used to gain control.

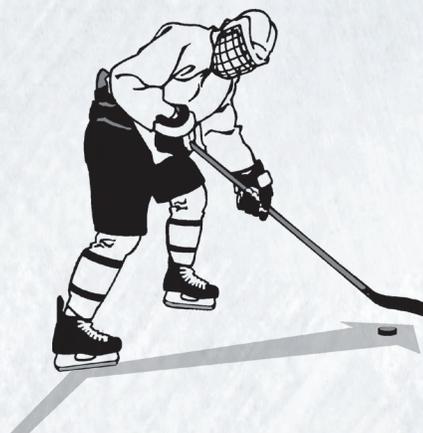


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**Figure 14-5.** Stopping a puck passed ahead of the intended target area.

The skate closest to the oncoming pass should be placed flat on the ice and angled so that the puck will deflect from the skate blade to the stick blade. An individual who has become skilled at receiving

a pass with his skate will prove to be a tremendous asset in keeping many plays alive.



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**Figure 14-6.** Controlling a puck passed behind a player.

**Receiving passes in the air involves knocking the pass to the ice with the stick or the hand (see Figure 14-7).** In general, encourage using the stick to try and knock down passes below the knee and the bottom hand on passes above the knee. Be sure that the players do not close their hands and catch the pass.



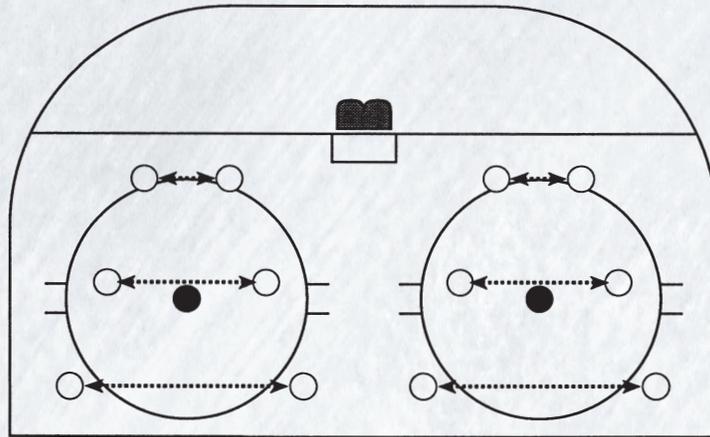
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**Figure 14-7.** Controlling passes in the air.

## SKILL DRILLS

The following skill drills are presented in a suggested progression. They progress from stationary, to moving, to simple, to complex.

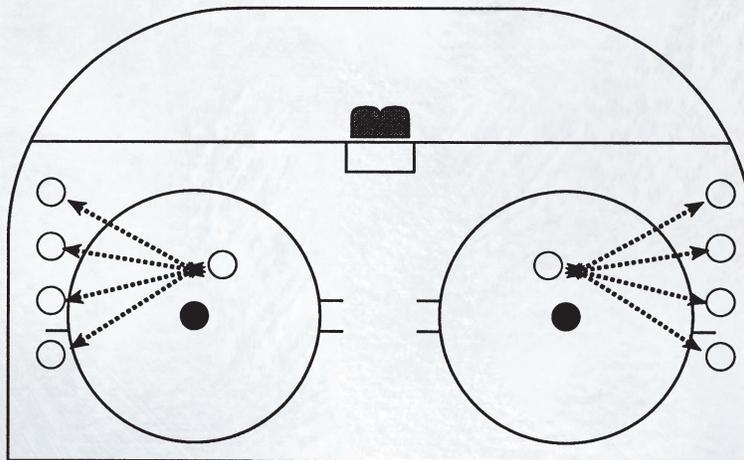
### PASSING AND RECEIVING



#### Stationary Partner Passing

1. Have players pair up and stand three feet apart.
2. Players pass the puck back and forth, standing three feet apart, then 10 feet apart, then 20 feet apart.
3. Basic skill commands:
  - a. passing - "Look-Slide-Guide-Point"
  - b. reception - "Cup and Give"
4. Stress very slow technique at first.
5. Use forehand and backhand passes.

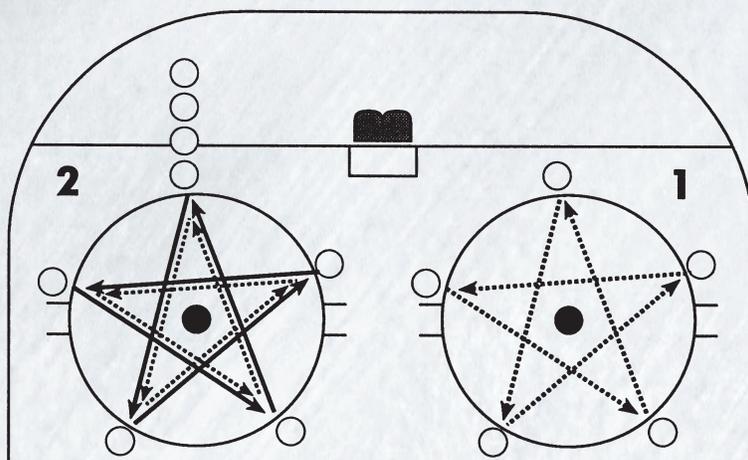
### PASSING AND RECEIVING



#### "Pepper" Passing in Groups

1. Put players into groups of five with one puck.
2. Have one player move out and face the other four.
3. Pass to all players in the line twice, then the next player in line moves out and does the same thing.
4. Stress "sliding and gliding" the puck rather than slapping the puck.

## PASSING AND RECEIVING



### Circle Passing Drills - Movement or Stationary

1. Place five players around the faceoff circles.
2. Each player passes to the second player to their right. Pass hard and accurately.
3. You can add movement to the same drill.
4. After passing, the passer follows his/her pass to the position that they have passed to.

### LEARN MORE

Click on the following link(s) for more information on the topics covered in this chapter. *(Internet access is required).*

[www.usahockey.com/page/show/893678-usa-hockey-mobile-coach-](http://www.usahockey.com/page/show/893678-usa-hockey-mobile-coach)