



PASSING AND RECEIVING

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Being able to pass and receive the puck successfully enables a team to keep control of the puck and thus the game. The skills of passing and receiving develop puck control from an individual skill into a team tactic. These two skills are necessary for the delivery and reception of the puck. Both are equally important.

Passing

Passing is a skill which requires a great deal of practice.

Key Points:

- *The basic stick handling grip should be used in all passes*
- *The passer should use the appropriate type of pass in a given situation.*
- *The pass must be hard, but still making it possible to be received*
- *A passer should "lead" a receiver in motion thus permitting reception in full stride.*
- *The passer must take the responsibility to deliver as good a pass as possible in the game circumstances so that the pass can be received.*
- *The passer should move to a position of support after making the pass.*

Forehand Passes

Forehand passes begin with the passer in the ready position, eyes are up looking at the target (Note: the head does not necessarily turn to face the target as this would show where the pass is going.)

Key Points:

- *Skates are parallel to the direction of the pass and the puck on the heel of the stick*

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 the most 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 the passer slowing down.

Key Points:

- *The puck is brought to forehand side of the passer beyond their back skate*
- *The puck moves from the heel to the toe of the blade as it is propelled towards the target by a sweeping action of the arms*

- *Body weight is transferred from the back to the front skate.*
- *The stick blade follows through towards the target*
- *The length of the sweep depends on the time available to execute the pass and the distance the pass must cover.*
- *The speed of the sweeping movement and the rolling of the wrists will determine the speed of the puck.*

Saucer Pass

The saucer pass is effective when attempting to avoid an obstacle which is in the passing lane. The name comes from the thought that the puck looks like a “flying saucer” as it flies through the air

Key Points:

- *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 puts a spinning movement to the puck which keeps it flat in the air and helps it land flat on the ice at the target*

Backhand Passes

As backhand pass is a very difficult skill, it should be given special attention.

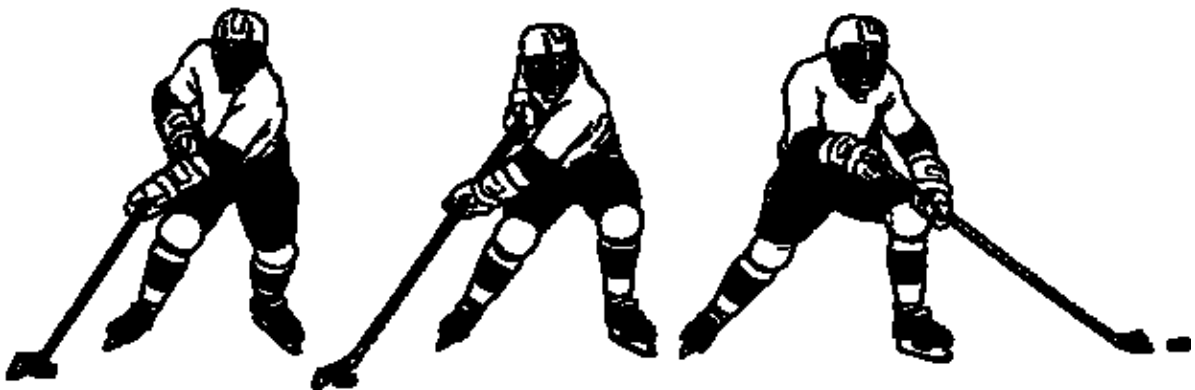


Figure 1: Basic Backhand Pass Position

Key Point:

- *A player must be able to execute a backhand pass without cutting down on skating speed, changing direction, or excessively rotating the shoulders.*

Sweep Pass

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

Key Points:

- *The weight of the body should be transferred from the leg furthest from the receiver to the closest leg.*
- *The upper hand must move in front of the body to maintain the backhand side of the blade is facing the target.*
- *The length of the sweep will depend on the time available and the distance of the receiver.*

Saucer Pass

Although a difficult skill, its uses are the same as the forehand saucer pass.

Key Points:

- *The grip on the stick remains the same as when stick handling 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.*
- *This puts a spinning movement to the puck which keeps it flat in the air and helps it land flat on the ice at the target*

Pass Receiving

A team's ability to keep possession of the puck is dependent upon how well they pass and receive the puck.

Key Points:

- *Keep the blade on the ice at a 90 degree angle (facing the direction of the oncoming puck).*
- *The puck should be received on the straight portion of the blade and, if possible, in the middle.*
- *To control the reception, cushion the puck by giving slightly with the arms. (Figure 2)*



Figure 2: Pass Reception

- The receiver must take the responsibility to make certain that the pass is received
- This responsibility should take in the area of stick-length all around the receivers body

Here are some other considerations with respect to pass receiving:

- For a fast pass, tighten the grip and hold the blade firmly on the ice. The stick blade, cupped slightly, and the arms will naturally absorb the momentum of the puck.
- The pass should be received in such a way that another pass can be executed immediately without any additional stick handling movement.
- Players should practice receiving passes from different angles and controlling possible rebounds by opening or closing the stick blade on the puck.
- The player should try to receive the puck in full stride reception when in motion
Receiving Errant Passes

In many cases the pass will not be perfect and direct to the receivers stick blade. The puck could be ahead or behind the player or in the air but it is still their responsibility to make a special effort to receive it!

When the puck is too far ahead there are two different ways to stop it:

- One is to hold the stick in one hand and extend it out as far as possible, keeping the blade flat on the ice
- The other has the player dropping to one knee, laying the stick flat on the ice, and scooping the puck back with the blade.
- In the event that the pass arrives behind the player, they must know how to use one's skates to control the puck:
- Place the skate closest to the oncoming pass flat on the ice and angle it so that the puck will deflect off the skate blade and come forward to the stick.
- If the puck is still further behind, extend the leg closest to the oncoming puck as far as possible and pull the puck in front using the front part of the blade.
- A player may have trouble receiving a pass when the pass comes in the air. (Figure 3) There are basically two ways in which a player can stop a high pass: with the stick or with the hand.
- The stick may be used to knock down a low, airborne puck which is beyond the body or reach of the glove. A downward slapping or bunting action with the stick can prove useful in contacting and controlling the puck.

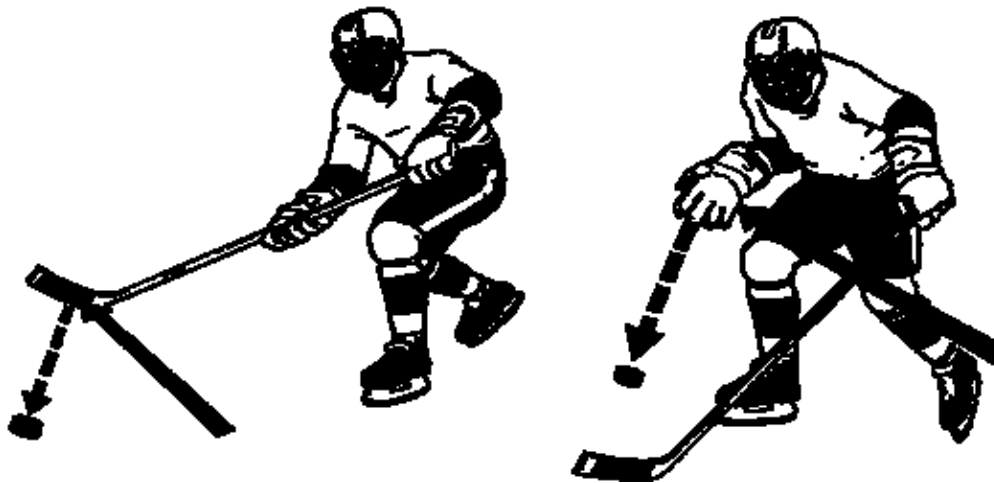


Figure 3: Controlling Passes in the Air

Very few players are skilled enough to consistently knock down passes with their stick. For this reason, it is recommended that players be instructed in using their glove in order to stop a high or bouncing pass.

- Be sure that players do not close their hand around or catch the pass. In some circumstances, the body may be used to trap and control the puck so that it can be redirected to the skates or stick for subsequent action.