

TOUCH PASSING

SETUP

- Players partner up.
- Stand 8-10 feet apart.
- Feet face partner.
- Use a hockey ball.

Touch Passing can only be done on the forehand and should be used to receive and pass the ball all in one motion. It can be used most effectively in a "give and go" situation where the passing distance is very short.

TECHNIQUE

- 1 • Bottom hand should be low on the shaft.
 - Bear down, putting plenty of weight on bottom hand.
 - The ball should be Touch Passed on the heel of the stick.
 - This is the strongest part of the blade and it will eliminate bouncing.
 - As the ball meets the stick player pushes through with bottom hand while pushing back with top hand quickly (push-pull action).
 - The ball spins off the stick from heel to toe keeping the ball on the ground.
 - Touch Pass ball in slow controlled movement.
 - Players need to move feet and hands to one touch pass back to partner on forehand.

ADVANCED

As technique is learned players can pass harder and/or shorten distance between partners. Introduce 2 balls, Touch Passing. Player will need to lengthen the distance between partners and Touch Pass softer.



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