

PASSING & RECEIVING	MINI MITES	INTERMEDIATE MITES	ADVANCED MITES	SQUIRTS & U10	PEEWEEES & U12	BANTAMS, U14 & JR GOLD
Forehand pass	X	X	X	X	X	X
Forehand receive	X	X	X	X	X	X
Off board to self		X	X	X	X	X
Passing- forehand & backhand		X	X	X	X	X
Receiving- forehand & backhand		X	X	X	X	X
Stopping the puck		X	X	X	X	X
Passing /receiving while skating			X	X	X	X
Control puck with feet			X	X	X	X
Receive w/skate			X	X	X	X
Pass w/skate			X	X	X	X
Board pass			X	X	X	X
Drop pass			X	X	X	X
Trailer pass			X	X	X	X
Out of air (hand, stick, skates)			X	X	X	X
Top hand of stick // blade angle			X	X	X	X
Communication			X	X	X	X
Give & go			X	X	X	X
Support			X	X	X	X
Area pass				X	X	X
C / D = cross & drop				X	X	X
One touch				X	X	X
Deceptive passing - quick dribble then pass - no look - behind back				X	X	X
Saucer FH and BH				X	X	X
Settling a rolling puck				X	X	X
Open body up				X	X	X
One handed on FH BH				X	X	X
Wrap pass				X	X	X
Snap					X	X
Through legs and sticks					X	X
Soft board pass					X	X
Pass to a 1 timer					X	X
Cycle pass					X	X
Pass moving backwards					X	X
Pass moving laterally					X	X
Lead player					X	X
Fake slap and pass					X	X
Pass to tip					X	X
Feet inside/outside edges					X	X
Catching & passing in stride					X	X
Move feet to get puck on forehand					X	X
Flat passing angles					X	X
Getting open more than once					X	X

FOR A DESCRIPTION OF EACH SKILL. REFERENCE THE HEP HOCKEY SKILL PROGRESSION MANUALS OR SEE YOUR LEVEL DIRECTOR OR A LEVEL COACH

Passing

1. Proper hand position and grip
 - A. Elbow on top hand grip stick
 - B. Top hand makes a V down stick.

2. Basic FH and BH passing steps
 - A. Load puck and Look
 - B. Make a house for puck
 - C. SLIDE PUCK
 - D. Step with front foot and point toe at target (think baseball hitting)
 - E. Point stick at target

3. Basic FH Receiving steps
 - A. Proper hand position
 - B. Show the eyes and call for puck
 - C. Make a house for the puck
 - D. Press down on the stick (should also teach soft hands)
 - E. Catch on the heel to middle of blade

4. Basic BH Receiving steps
 - A. Proper hand position
 - B. Show BH target
 - C. Make a house for the puck
 - D. Press down on the stick
 - E. Catch on the heel to middle of the blade

5. Passing while moving FH or BH
 - A. Proper foot position
 - B. Load puck and Look
 - C. Make a house
 - D. Slide the puck
 - E. Point front foot at target (think baseball)
 - F. Point stick at target