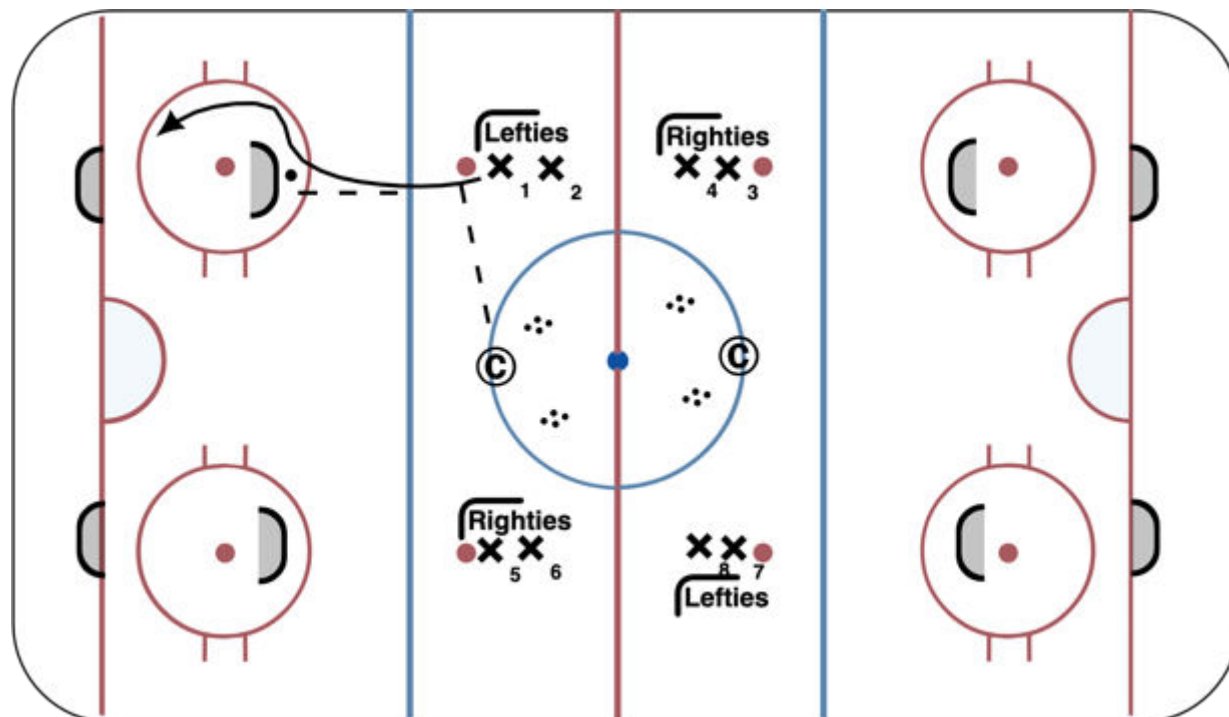


## Stationary BH Pass Reception and BH Puck Movement



### Description

Players are lined-up on all 4 NZ dots, with coaches at the bottom of the centre ice circle with pucks.

Players stand stationary, in a 3 point stance showing their backhand as a target (best when separated based on handedness). Players receive a BH pass from coach, and begin skating toward the net/obstacle.

Players pass the puck off the back off the net, and as the approach the dead puck, they use their forehand to quickly tap it/pull it to their backhand side while protecting around the net.

\*Focus is introducing BH pass reception.

\*\*Players want their blade square to the puck (not angled), and should focus on smacking back against the puck rather than cradling.

\*\*\*Smacking on the heel and keeping their top hand up + away from their body should be encouraged to ensure the puck stays flat and in front of their bodies.