

Key Points:

- Elbow up (so blade is flat on the ice)
- Forward weight transfer in front leg
- Head and eyes up

Progression #1:

- Description
- Start in net
 - Move to outside of net on blocker side
 - Catch puck on forehand
 - Make pass back to coach

Progression #2

- Start in net
- Move to outside of net on glove side
- Catch puck on forehand
- Make pass back to coach

Progression #3

- Catch puck on outside of pylon with forehand
- Move to other side of pylon
- Make pass back to coach on forehand

Progression #4

- Catch puck on outside of pylon with forehand
- move to other side of pylon
- Make pass back to coach using backhand