

Notes / Coaching Points

Description

It is inevitable throughout a course of a game that you will get a pass in your skates. In this video, Ben Eaves discusses the proper technique to direct the puck to your stick. The main keys are to keep your skates on the ice and angle your skates to deflect the puck up to you. Using a kicking motion can be harder to control and time, so that is why it is best to keep your skates flat on the ice.

Keys to receiving the puck in your skates

- both skates should be on the ice.
- angle skate to deflect the puck to your stick blade.