

Skills Plus Hockey

Get an edge on your skills



Training your individual skills and tactics – the best way to become a leader on the ice!

Hockey Training Skills Tip #6

INDIVIDUAL TECHNICAL SKILLS Executing a Forehand Saucer Pass

Improving your forehand saucer pass to generate a consistent and accurate pass will make you more effective at playmaking. The objective is to consistently pass the puck with elevation through traffic (the other players on the ice). The elevation of the saucer pass (lifting the puck off the ice) makes it more difficult for your opponent to intercept the pass. Efficient use of your arms, hands and hockey stick will optimize your release, accuracy, consistency, and execution.

Players should practice and understand the following fundamentals:

- Load Position: in the hockey position (knees bent, two hands on the stick body-width apart, upper body slightly leaning forward and shoulders broad), wrists and arms are flexed, puck is positioned on the stick near the heel of the blade.
- Release Mechanics: the arms and wrists turnover whipping the stick through with a soft fluid movement. The stick blade will open and close with the forward movement causing the puck to move from the heel to the toe of the stick.
- The follow-through of the stick and arms will saucer the puck through the air and determine the direction of the pass: your arms and stick should be extended out towards the target you are aiming at.

A simple drill to practice the individual technical skill with a friend:

Saucer Passing With a Partner

Partner up with another player and stand together in an open area of the ice with a puck (X1 and X2)

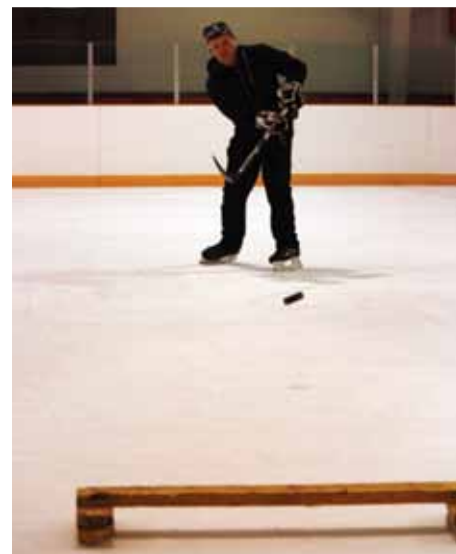
X1 & X2 – start stationary about 10 metres from the boards, facing the boards

X1 – saucer pass the puck towards the boards over a low lying object (2 x 4 piece of wood or similar) placed halfway between you and the rink boards.

- the puck should land flat on the ice on the other side of the object
- follow the pass by skating and jumping over the object, retrieve the puck and stop and face X2
- saucer pass the puck back over the object towards X2's stick, landing it flat on the ice before it gets to your partner
- skate back to your starting position, avoiding X2 who is now ready for his turn

X2 – take your turn performing the same movement

Repeat the drill over and over – remember with lots of practice, you will be able to effectively execute this move under pressure in game situations!



Eric Calder - President

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Eric played professional hockey for 14 years. Among his career highlights is winning the Memorial Cup Championship, playing with the Washington Capitals in the NHL and being the MVP for the Canadian National Junior Team at the World Junior Championships. He is an NCCP High Performance II Certified Coach with over 15 years of professional coaching experience, lectures in the Theory of Coaching at Wilfrid Laurier University and is one of the most sought after instructors in Waterloo Region!

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