

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 #7

INDIVIDUAL TECHNICAL SKILLS How to receive a pass rimmed around the boards in the defensive zone.

Improving your skills to receive a pass rimmed around the boards in the defensive zone will significantly help you control the puck in an important tactical area. The objective is to consistently receive the pass with control so you can quickly read the play and react to pressure. With proper execution, you gain valuable time to make an effective pass to a teammate or to skate away from pressure. Effective use of your body position, hockey stick and skating pivot will optimize your consistency in controlling the rimmed pass.

Players should practice and understand the following fundamentals:

- Position yourself with your back towards the boards in the hockey position, near the board-side hash marks of the defensive zone face-off circle. This gives you a good view of the entire ice surface. Quickly look and see who's around before the pass comes around the boards (head on a swivel).
- As the puck comes around the boards turn your body, while keeping your eyes on the puck, until you are facing up ice with your stick on the ice touching the boards (the pivot is 270 degrees – turn towards the defensive end) The pivot should be completed just as the puck approaches the back side of stick blade (if you are playing your off-wing, your stick will be held across your body and the puck will approach the front side of the blade)

- To help form a trap area for the puck to stop, firmly wedge the upright toe of the stick blade into the boards.
- Control the pass, then lift your head and read the forechecking pressure. Either skate or pass the puck quickly from the defensive zone.

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

Rim Pass/Shoot Drill With a Partner

Partner up with another player and stand together near the face-off circle in the defensive zone (X1 and X2).

XX1 & X2 – start stationary about 1M apart

X1 – lightly dump the puck behind the goal line, chase the puck and execute a firm pass back around the boards to X2 (strong side)

X2 – as the puck is dumped in the corner, skate to board-side hash marks and position yourself with your back against the board anticipating a pass

X1 – after making the pass to X2 skate to the slot area in front of the net – be prepared to receive a pass on a give-and-go

X2 – control the rimmed pass executing the fundamentals outlined above and skate toward the net. Execute a give-and-go with X1 and shoot to score on the net.

X1 & X2 – switch rolls and repeat the drill

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!



Off-wing

Strong-wing

Eric Calder - President

BA & Diploma in Business Administration (WLU)

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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www.skillsplushockey.com • 519-570-3617 • skillsplushockey@rogers.com