

STATIONARY SAUCER PASSING

SETUP

- Set up 2 sticks on the player's forehand side of the body.
- Use a hockey puck.

TECHNIQUE

- 1 • Similar to Touch Passing, the player pushes through with the bottom hand while pulling back with the top hand to open up the stick blade.
 - Keep the blade of the stick open as the puck spins off heel to the toe of blade.
 - This requires plenty of practice to develop the right touch.
 - Toes pointing forward, player Saucer Passes the puck over one stick at a time using a flip motion on forehand side of blade.
 - Return to starting position by saucer flipping the puck back over the obstacles using backhand side of the stick.

ADVANCED

Players partner up, stand 8-10 feet apart, lay a hockey stick between the players.

Players Saucer Pass over the stick to partner.



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