



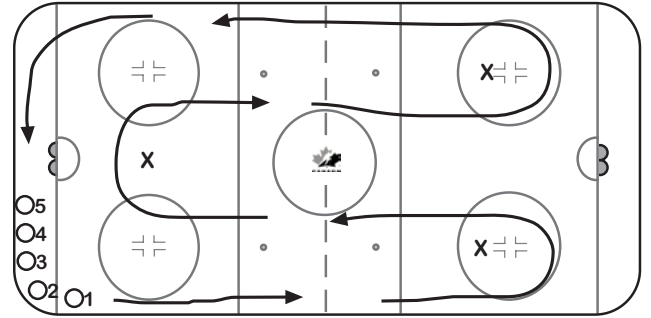
Hockey Canada Skills Development Camp

Ice Session One

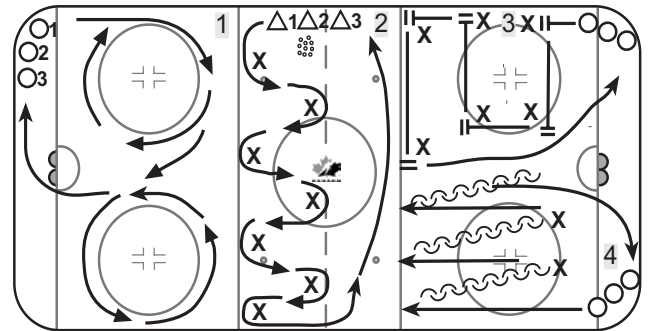
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Ice Session Focus: Skating, Puckhandling and Passing

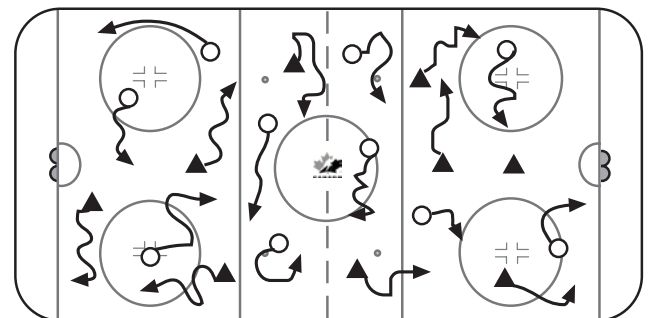
Time	Description	Key Points
5	Back Alley Warm Up	
	<ul style="list-style-type: none"> working on agility & coordination skate course following instructions from © <ol style="list-style-type: none"> forward to backward, backward to forward at each Red Line 2 foot jumps at each line Front dives at the each Red Line <p>* next player goes when 01 is at the Blue Line</p>	<ul style="list-style-type: none"> 1/2 speed balance



Time	Description	Key Points
20	Skating Evaluation	
	<p><u>Stations</u></p> <ol style="list-style-type: none"> Forward and backward crossovers and pivots facing the net (can do with pucks 3rd – 4th time through) Tight turns and 360° turns (can do with pucks 3rd – 4th time through) Forward and backward stops and starts Forward and Backward striding <p><u>Goalies - 1 © for Goalie Zone</u></p> <ol style="list-style-type: none"> T-pushes side to side Movement up and back Mirror Drill Pair Passing 	<ul style="list-style-type: none"> 5 min each station with rotation on the whistle coaches remain with stations balance body position



Time	Description	Key Points
5	Chaos	
	<ul style="list-style-type: none"> players stick handle all over the zone on the whistle, © enters the zone and begins checking all the puck carriers, shooting the pucks out of the zone checked players become checkers last player remaining with a puck is the winner <p><u>Goalie Station</u></p> <ul style="list-style-type: none"> stretching activities and stance evaluation 	<ul style="list-style-type: none"> head up protect puck move to open space quick feet quick puck movement





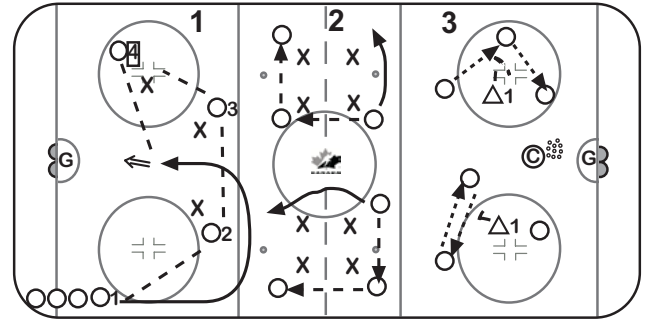
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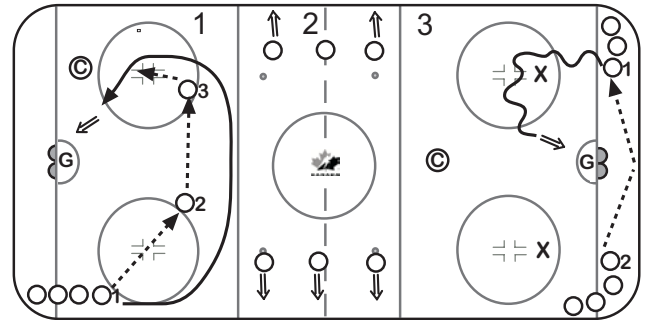
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Ice Session Focus: Skating, Puckhandling and Passing

Time	Description	Key Points
20	Passing and Receiving Circuit	
<p>1. Montreal Drill</p> <ul style="list-style-type: none"> 04 passes to 01, 01 - 02, 02 - 03, 03 back to 04 in the slot (rotate) <p>2. Pass with Accuracy</p> <ul style="list-style-type: none"> move laterally giving and receiving passes on the outside of the cones <p>3. "Pig in the Middle"</p> <ul style="list-style-type: none"> one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer 		<ul style="list-style-type: none"> 5 to 6 minutes per station eyes on the target give target at all times use deception



Time	Description	Key Points
15	Shooting Circuit	
<p>Demonstrate/Teach Shooting Skills</p> <p>Circuit: 5 minutes / station</p> <ol style="list-style-type: none"> Wrist shot - pass and follow (alternate sides) Slap shot - stationary O2 bank pass to O1. O1 walks out around the pylon for a backhand shot on goal 		<ul style="list-style-type: none"> eyes on the target follow through to target back to front foot weight transfer quick release



Time	Description	Key Points
10	Double French Scrimmage	
<ul style="list-style-type: none"> a regular scrimmage with whistles determining the number of players coming on to the ice place all players (2 teams) on each bench to start number of whistles from the © determines number of players called from each bench quick changes on the whistle 		<ul style="list-style-type: none"> continuous play no offsides, no icing, no offside passes 4 nets on the ice (2 back to back at Red Line)

