

Skills Practice 9-20-16



1) Shuttle Passing/Goalie Warm-Up (6/6)

Players line up in pairs of lines with no more than 4 players in each line. First player in each line skates out of line with the puck. When he reaches the red line, he passes to his teammate in the front of the opposite line, who receives the pass and repeats. Coaches instruct players on which pass to execute: Fore-hand; back-hand, saucer, back-hand saucer. Variations can include one touch, receiving on back-hand & returning pass on fore-hand, passes in the skates etc. Keep the players focused on making hard, flat tape to tape passes whenever appropriate.



2) Transition Skate with Net Drive - (7/13)

Coach sets up tires close enough to each other so players can only take one forward or backward stride between each. One player explodes out of each line without puck, forward to backward around each cone and drives wide to receive pass from coach and attacks with speed as diagrammed. Next player starts when player in front of him reaches the goal line. O's & X's stay on their side of the ice and line-up in the opposite space then where they started.

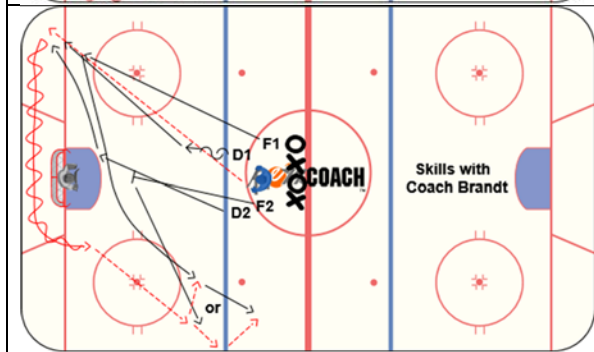
(4 Reps at 1 per minute or 1 per minute & 15 seconds) Coach should not return pass if player does not maintain speed of attack without the puck.



3) One Circle Over-Speed (7/20)

One player from each line explodes out of line & does cross-overs around the circle, receiving pass from 2nd player in line then driving wide & passes give & go with coach as diagrammed. Player attacks wide driving below the goal line before escaping up the wall and attacking the high seam for shot on net.

Coaches must stay on players to attack, escape, attack with speed (4 Reps at 1 per minute or 1 per minute & 15 seconds)



4) Two Stations @ 15 Minutes (30/50)

Group A: Puck Skills

Group B: DZC to BO/Attack 2v2

Coach spots puck in corner, D1, F1, D2, F2 all report to DZ positions and stop...on whistle, D2 fishes puck from battle & takes net with speed, F2 reports high off boards while F1 supports through middle of ice. D2 passes hard to F2 who either passes direct or indirect to F1. D1 & D2 gap up top play 2v2 against F1 & F2 who re-group & attack back into zone.

Goalies in the NZ



5) Two Stations @ 15 Minutes (30/80)

Group A: Puck Skills

Group B: Skating Skills

Goalies in the NZ