

## Skills Practice 10-4-16



### 1) Four Corner Support Passing/Goalie Warm-Up (6/6)

Goalies are warming up at one end and players are in lines as diagrammed.  
 1 - On whistle, one player from each line enters the pit each with a puck.  
 Players skate randomly around the zone passing give & go to the first player in any of the four lines. On whistle, those four players go to the end of their line and four new players enter the pit. (not shown)  
 2 - Players play 2v2 keep away in the pit using any of the four players at the front of the lines as support players passing give & go to create a 4v2 keep away/puck protection advantage. (diagrammed)



### 2) Half Circle Give & Go with Escape - (7/13)

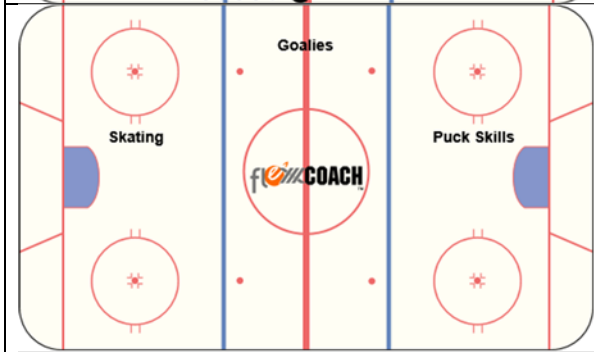
One player explodes out of each line without puck and crosses-over around center circle, receives pass from 2<sup>nd</sup> player in line, attacks wide, & passes give & go with coach. (Coach should not return pass if player does not maintain speed without puck) Player attacks with speed & creates space (a pocket) by taking a step to the inside before escaping up the wall with speed for a shot on net as diagrammed.  
 Reps at 1 per minute or 1 per minute & 15 seconds



### 3) Backward/Forward Give & Go (7/20)

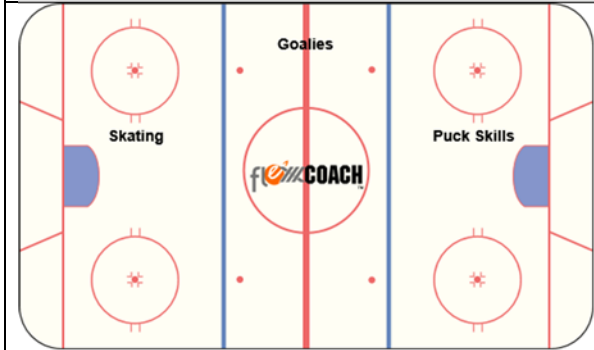
(Left side of diagram only) One player from each line explodes out of line backwards with puck, when player transitions to forward he passes back to line & continues skating until his feet cross the blue-line, after transitioning back to backward skating, he receives pass back from player in line, turns to forward and skates again until his feet are over the blue line before crossing over 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)

**Skaters split in two Groups**  
**Group A: Puck Skills**  
**Group B: Dynamic Skating**  
**Group C: Goalies**



### 5) Three Stations @ 10 Minutes (30/80)

**Skaters split in three groups**  
**Group A: Puck Skills**  
**Group B: Dynamic Skating**  
**Group C: Shooting/Scoring/Goaltending with Coaches Husted/Darnell**