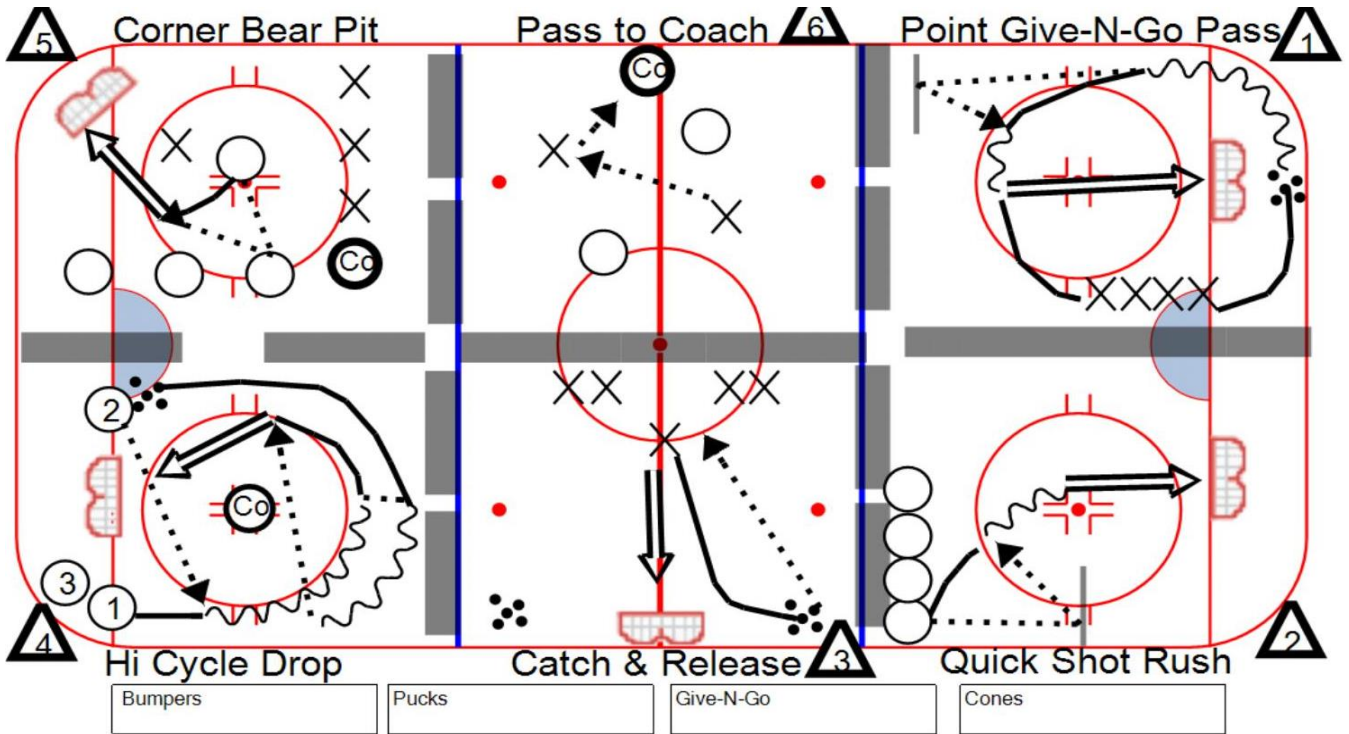




# Winterland HS Development & BT+ Week 6



### 1. Shooting Skills - Point Give-N-Go Passing - Young

Players skate around the net, pick up a puck, pass off Bumper & complete a Give n Go, turn & shoot. Players need to work on digging puck out of their skates, and shooting quickly.

**- FOCUS - Good Passes - Head Up - Shoot Quick**

### 2. Shooting Skills - Quick Shot Rush - Just

Players skate towards passer, complete a give & go, move to the middle & shoots. Work on shooting from the hash marks.

**FOCUS - Knees Bent - Head Up - Quick Pass - Quick Shot**

### 3. Shooting Skills - Catch & Release - Au

Players line up as shown. Player starts with a shot on net. They skate into the corner, pick up a puck & pass to next player in line for a shot. Drill starts over....

**FOCUS - Skate Hard - Solid Control of the Puck - Shoot Quick**

### 4. Passing Skills - Hi Cycle Drop - Cobb

Players line up as shown. 2 passes to 1 to start drill. 1 skates around the top of the circle. 2 skates a few feet outside the circle. As players cross 1 drops the puck to 2. 2 Gives it back to 1 for a quick shot on net. Player 1 needs to be ready to shoot before the puck is passed to him.

**FOCUS - Knees Bent - Strong Stick - Roll Wrist - Follow Through**

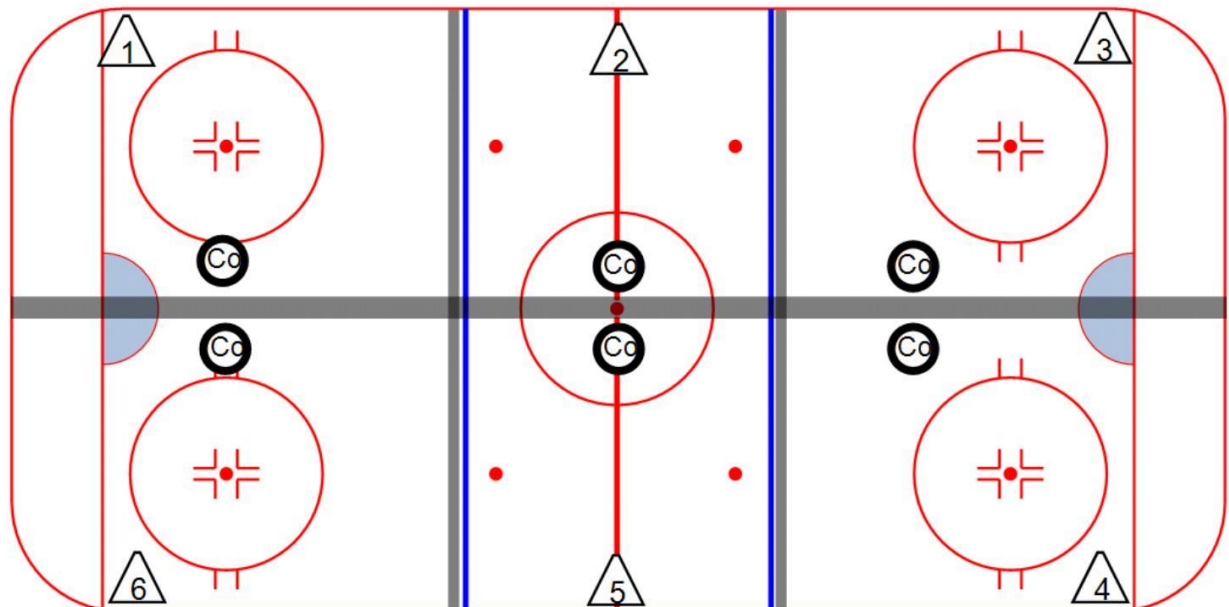
### 5. Battle Skills - Game - Corner Bear Pit - Lange

Players line up as shown. Each team has 1 player in the zone. They battle 1v1 until they score. Add to game by making them give-n-go with a player in line before they can score.

**FOCUS - Compete - Own the Puck - Shoot Quick**

**6. Pass to Coach - Lockwood - Form 3 teams of 2v2/3v3. Each team must complete a give & go with a team mate then pass to coach to score a point.**

**FOCUS - Create Passing Lanes - Get Open - Move Quick - Score Points - Communicate**



Four empty rectangular boxes for player names or identification numbers.

Players will work in pairs within their station.

Explanation will come from head coach, then players will go to their stations to perform the skill.

**Day 1 - Stick Down Skills**

Jump Stick - Side to Side  
 1 Foot Bunny Hops - 1 Foot Skips - 1 Foot Reverse  
 Jump Stick - Side to Side - Spin & Catch - Stick Drop  
 Edges - Inside & Outside

**Day 2 - Stick Down Skills**

Edge Taps  
 Inside Edge - Outside Edge  
 Crossovers - Cross & Catch  
 Crosby  
 Forward / Backwards Transitions  
 Stick Chase Game

**Day 3 - Gloves Down**

Inside Edge Figure 8 - Power Turn Figure 8  
 Inside to Inside Edge  
 Outside to Outside  
 Figure 8 Inside Edge w/Stick Jump

**Day 4 - Puck Control**

Shuffles / Dribbles  
 Expansion of Reach  
 Passing while skating around gloves  
 Transitions while passing