

## Power Skating Drills

- 1) Inside Edge, Inside Edge touch knee, Inside Edge hop on transition, Inside edge touch knee then hop
- 2) Outside edge no crossover
- 3) Open both hips - switch sides

### PRACTICE #2: Body Contact + Angling (1.5 hrs)

Goal- Teaching proper mechanics of angling, and increasing the difficulty level of battles.

(20 Min) Edgework \*Maddie + Jess\*

(45 Min) Stations: (4 x 10min) \*8 players per station

#### #1: Angling Progression

- X1 skates around the top cones and down the boards attempting to get a shot on net
- X2 skates around the lower cone and tries to angle X1 into the boards
- Focus on X2 maintain proper positioning....stick on puck, hands on hands, hips through hands
- \*\*Progression: move cones to outside the zone to allow more speed

#### #2: 2v2 Levels/Layers

- Players can shoot on any net
- Must MAKE 1 Pass to your line on change of possession
- Encourage creativity, and finding open spaces.
- Defensively: encourage attacking the puck, and taking away space

#### #3: Protect the Paint

- Have 4 pairs of players around the circle, with the defense player on one knee on the circle, and the offensive player 2 stick lengths away.
- On the coaches mark, 1 pair will go first. Offensive player will try to attack the paint, and get to the dot.
- Defensive player is responsible for getting up and attacking/angling the offensive player.
- \*\*Start with Defensive player WITHOUT a stick, progress to using a stick.

#### #4: 1v1 → 1v1

- X1 battles X2 behind the net to get to the net for a shot.
- On the whistle, X2 has to defend against O.
- Encourage X2 to attack and take away space while defending both players. "Stick on Puck"

### (20 Min) SAG's

#### #1: 2v2 Add-a-man

- Play starts as 2v2
- Team can add one more player with a tape to tape pass, and given pass
- Encourage: Take away time and space, pressure the puck.

#### #2: 2v2 End Zone

- Lots of opportunity for battle with a smaller space along the boards.
- Players not in the game are keeping the puck in play.

