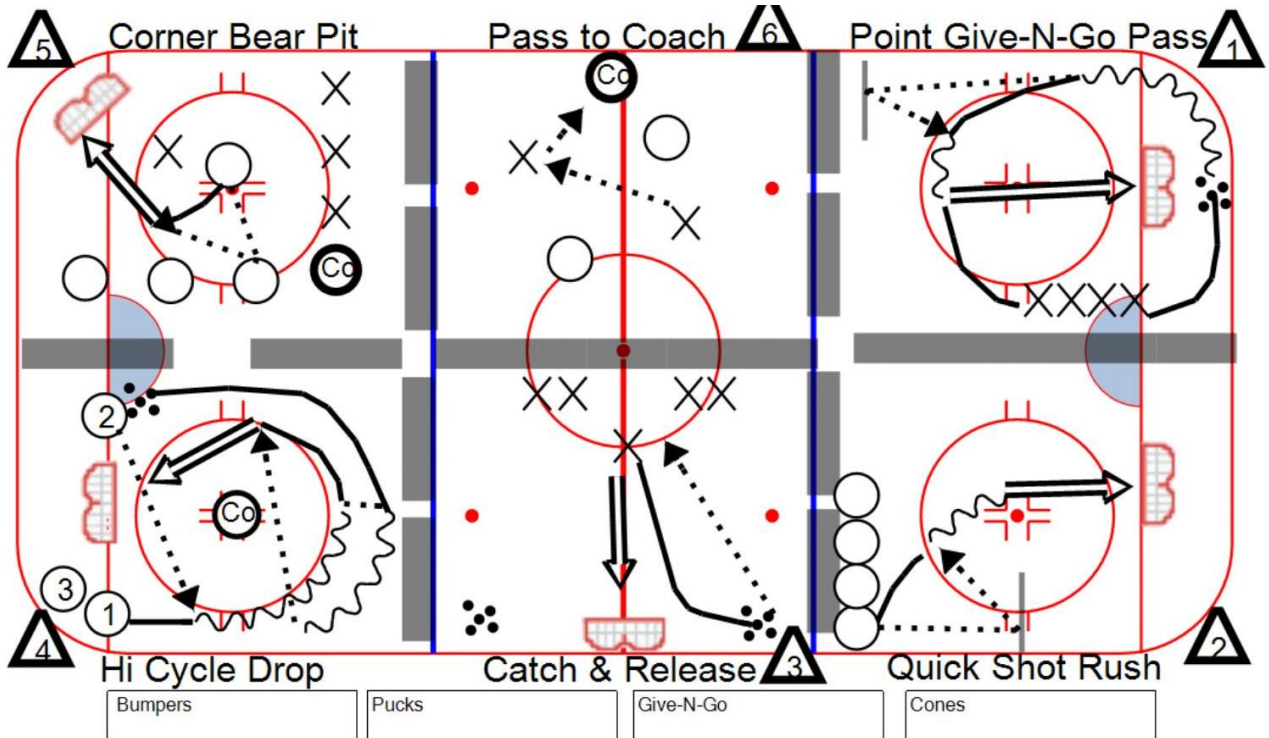




Winterland HS development and BT+ Week #10



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

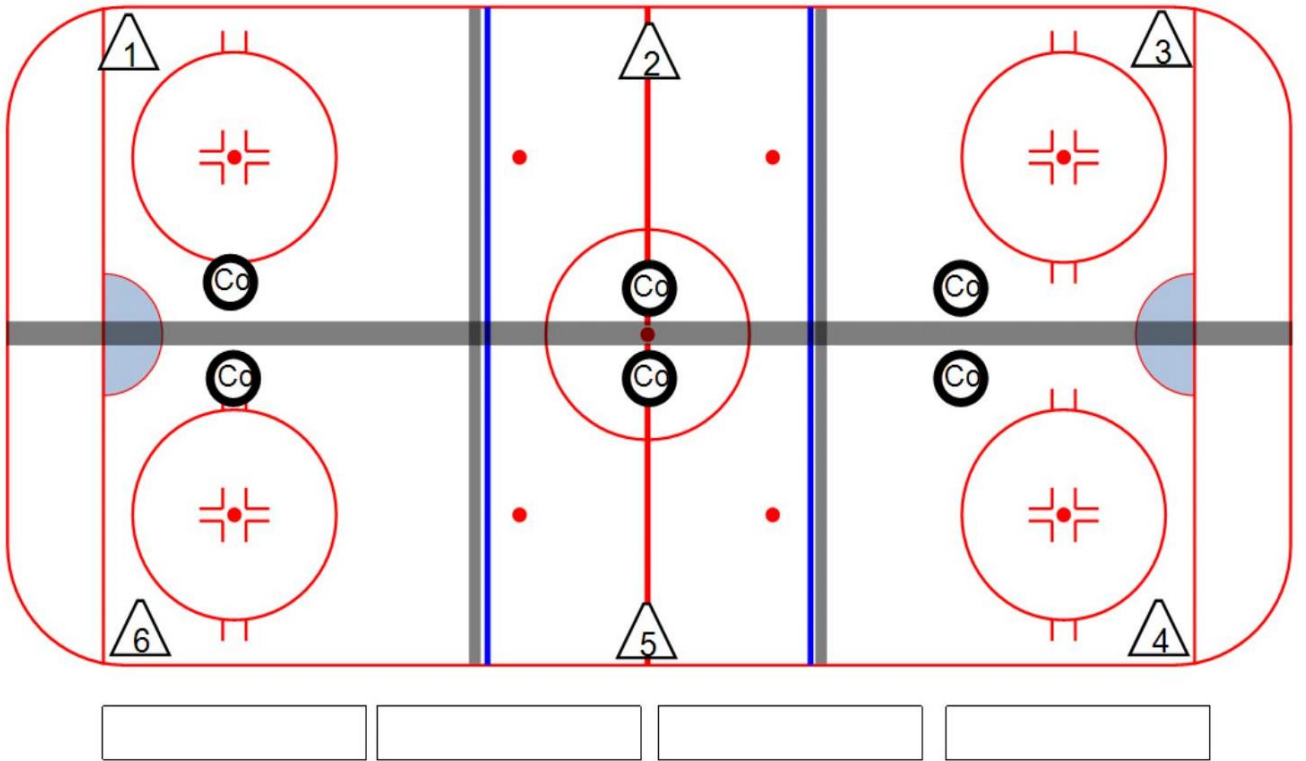
5. Battle Skills - Game - Corner Bear Pit - Lange

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



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