

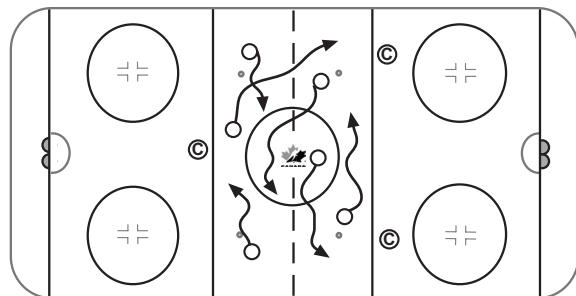
Session Objectives: Pairs passing, tight turn puck control, telescope passing, pass and shoot, two foot stop, crossover start, flip pass, fakes

10 MIN

WARM - UP

WARM UP

Players skate around the neutral ice zone each with a puck. As players are stick handling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play. Players that lose their puck have to try and knock pucks off of the sticks of the remaining players. Keep going until last puck is knocked out of the zone.



KEY EXECUTION POINTS

- Heads up, Players must keep skating

20 MIN

SKILL STATIONS #1

1. TIGHT TURN PUCK CONTROL (2.2.08)

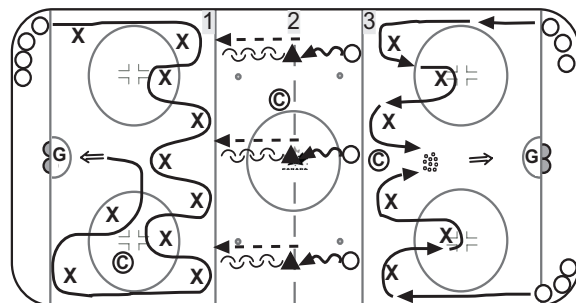
Players start in corner, and weave through pylons with puck and finish with a shot on net. Second time through put puck on one side of pylon, and skate on the other side, and pick puck up again.

2. TELESCOPING PASSING (2.4.08)

Players partner up. Player with puck skates forward, player without puck skates backward, and receives pass, stops, and then skates forward. After pass, player then stops and skates backwards to receive pass.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

- Encourage players to be creative when getting to pylon
- Focus on control first, and then speed
- Encourage the competition

20 MIN

SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

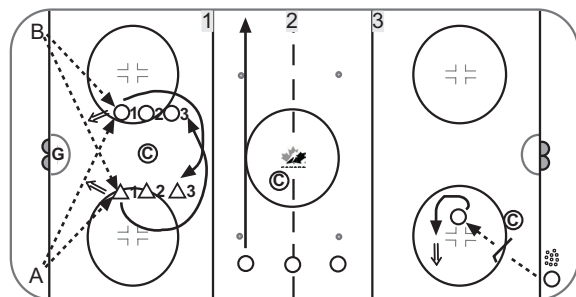
Player A in corner passes to 1. 1 shoots at the goal. Player A passes to 2 who shoots at the goal. Player B passes to 1, and then to 2. 1 goes to end of other line and 2 goes to the end of opposite line.

2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)

Players line up on side boards. Skate to far side using front cross-over start to begin, and perform a 2 foot stop at far side, come back using crossover start again. Repeat 3- 4 times with each player.

3. FLIP PASS (2.3.05)

Players pair off and find an area on boards. Place stick between players as shown. 2 should have 5-6 pucks. 2 uses flip pass to get the puck over agility board to X1. 1 receives pass on forehand, turns 180° and shoots backhand. Receive second puck on backhand, turn 180° and shoot forward.



KEY EXECUTION POINTS

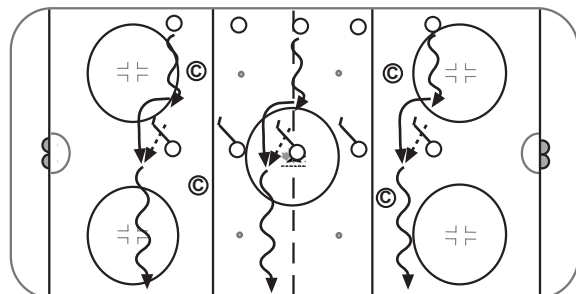
- Keep lines moving
- Split into two groups, so players get rest in between reps
- Demonstrate flip pass

10 MIN

FUN GAME

1 ON 1 DEKING (5.1.5.1)

Players partner off. One partner on boards with puck, the other partner at mid ice facing his partner. Player at mid ice has stick on ice. Player on boards skates to mid ice. Put puck under players' stick by going from left to right. Skate to other side. Do four times. Repeat but pull puck through from right to left.. Partners switch positions.



KEY EXECUTION POINTS

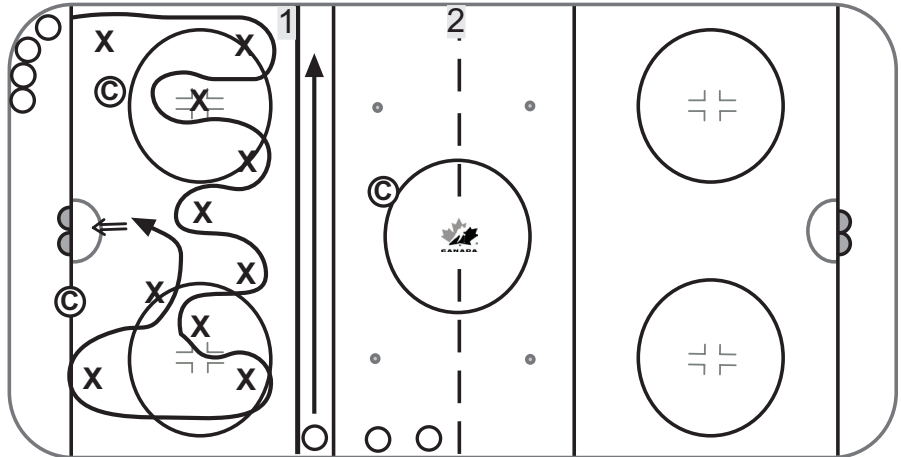
- Defensive player is passive

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. TIGHT TURN PUCK CONTROL (2.2.08)

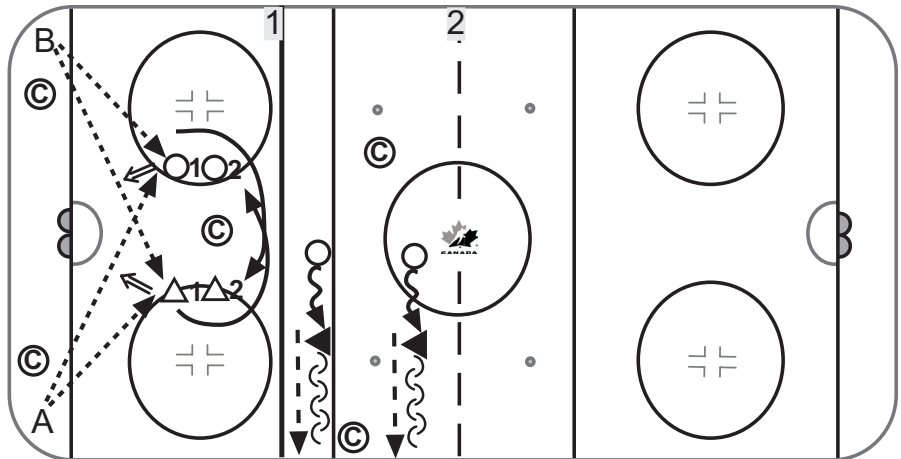
2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)



SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

2. TELESCOPING PASSING (2.4.08)



SKILL STATIONS #3

1. FLIP PASS (2.3.05)

2. RELAY RACE.

