



SKATING AND SKILLS #1 – CLICK ON BLUE ICON TO VIEW VIDEO

Drill Name & Description

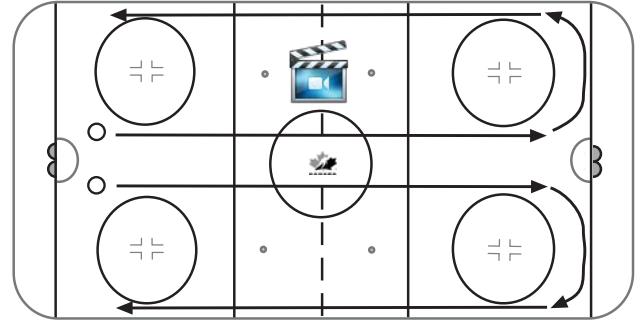
Skating Warm – Up 1

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Stride and bend
- 2) Jump Stride
- 3) Alternating criss cross
- 4) Crossunders – 1 lap left foot / 1 lap right foot
- 5) Scissors – fwd / bwd
- 6) Reverse Scissors Bwd
- 7) 1 Crossover only – each way
- 8) 2 crossovers each way
- 9) Heel to heel – with back foot push

Utilize all the skating skills in the video clip



Drill Name & Description

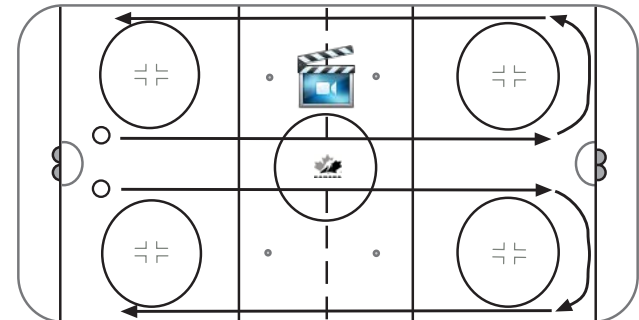
Puck Control – Warm - Up

Puck control Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Quick Hands – Toe Up
- 2) Two Pucks
- 3) Puck First – then feet
- 4) Heel to Hell
- 5) Open up – Backhand Side
- 6) Pull in – Push Out
- 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat

Utilize all the puck control skills in the video clip





Drill Name & Description

3 Station Skills #1

1) Transition Races

- Start with 2 lines each with two pylons in a vertical line.
- Players start at bottom pylon, on coach's signal the player's race to top pylon, pivot and skate backwards to bottom pylon.
- Repeat by pivoting the opposite way the next time.

Key Teaching Points

- Efficient turns, blow as little snow as possible
- Quick feet

2) 4 Pylon Agility

- Place 4 pylons around a circle or anywhere on the ice.
- Players start by carrying a puck and stickhandling around the pylons in a random fashion.
- Progression – add a second player and have them challenge each other instead of avoiding each other
- Progression – two players, one puck and they have to support each other by passing the puck back and forth while facing each other.
- Progression – have one player stationary on wall and pass back and forth, to work on puck support. Skate and pass, or one touch

Key Teaching points

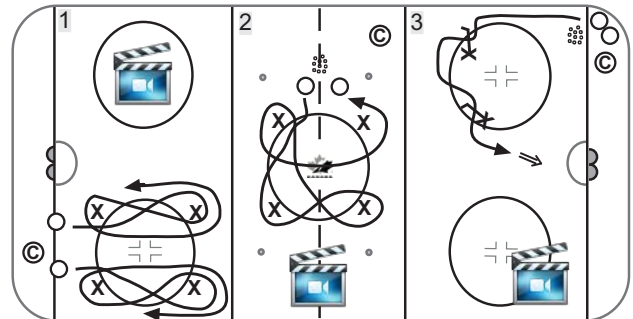
- Keep feet moving, be creative, and go as fast as possible – quick feet and quick hands
- Always be ready to pass and receive – Expect the Pass

3) Corner Puck Protect

- Players start in corner with pucks.
- Place a couple of obstacles on the top of the circle to act as a defenseman's stick (Stick on pylon , Assistant coach, etc...)
- Players have to open up, and protect the puck going by the obstacle – finish with shot on net
- Change corners so players work on both forehand and backhand sides

Key Teaching Points

- Open up with heel to heel move, and move puck back towards the back foot to protect it at the same time.





Drill Name & Description

3 Stations Skills #2

1) Front foot Shooting

- Players start in opposite corners. Right hand shots in one corner, left hand shots in the other.
- Skate around top of circle and receive pass from opposite corner, shoot off of front foot

Key Teaching Points

- Receive pass across body and in one motion move puck to forehand and shoot off of front foot

2) Puck Dots

- Place a line of pucks in a straight line approximately 12 inches apart.
- Player has to straddle the pucks with the skates and then move the puck from side to side in and out of the pucks.
- Go forwards then backwards. Add in toe drags to make it harder.

Key Teaching Points

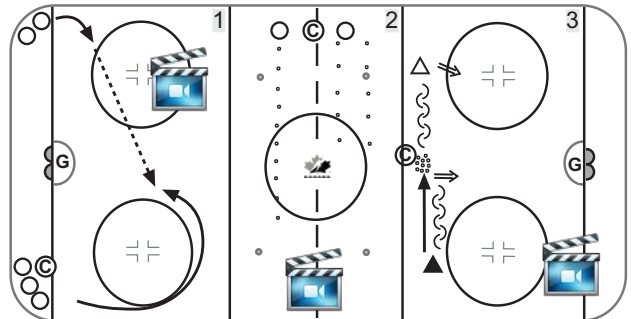
- Quiet feet, use range of motion of arms to so from side to side.
- Exchange weight from skate to skate

3) Defense shooting

- Pucks in the middle of the ice, player starts on the “ off wing “ side.
- Player skates to the middle of the ice, grabs a puck and drags it backwards towards the boards, transitions, without stopping and skates the puck back into the middle of the ice for a shot on net.
- Each player should do at least 5 reps in a row

Key Teaching Points

- Constant foot movement
- Look up prior to shooting on net.





Drill Name & Description

3 Station Skills #3

1) End Wall Puck Retrievals

- Pucks in middle of ice near blue line, players line up next to coach.
- Coach dumps puck in wide of net, player has to retrieve puck and attack the net

Key Teaching Points

- Shoulder check and put on fake before retrieval
- Quick feet out of corner – attack net with speed

2) 1 Touch Pass and Move

- Stationary player at top and bottom of circle. Player skates around circle passing to each of the stationary players always facing the passer and placing stick in position for pass. Change directions
- Add second 1 touch pass for progression.
- Add a second skater so there are two skaters going around the circle.

Key Teaching Points

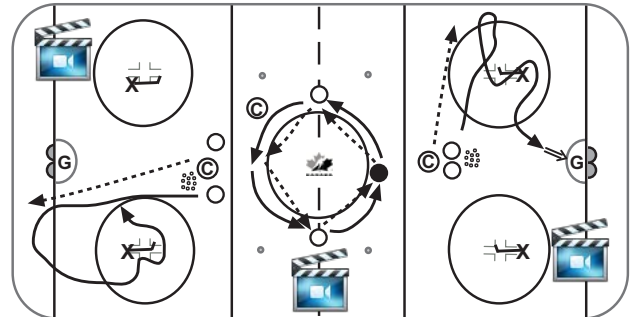
- Stick must be in position to receive pass, always face the passer don't turn back on the puck.

3) Side Wall Retrievals

- Puck and players in the middle of the ice.
- Coach passes puck to side wall, player has to follow and retrieve, puck and take it hard to net.
- Player can pivot upon picking up puck to help protect it.

Key Teaching Points

- Turn head in direction of pivot to see what is there
- Quick pivot and attack net with speed.





Drill Name & Description

3 Station Skills #4

1) 3 Puck Stickhandle

- Place 3 pucks in a triangle formation anywhere on the ice.
- Player must try to keep feet steady while utilizing only the arms and upper body to move the puck randomly through the 3 stationary pucks.
- Progression is to move the pucks wider apart and then skate through the pucks while stickhandling

Key Teaching Points

- Work on quick hands and range of motion

2) Agility Nets

- Place a net in the Neutral Zone or anywhere on the ice to use as a station.
- Players perform skating and then puckhandling techniques to work on quickness, agility and creativity. -Add a second player to work on heads up play or to act as a defender so players are working on offence and defence.

3) Transition Skating

- Place 4 pylons around a circle or anywhere on the ice
- Players start at bottom of circle and skate forward to top pylon - pivot backwards to lower pylon – pivot forward to top pylon on other side – pivot backwards to lower pylon – pivot forwards to top of circle stop and skate forwards back to starting position.
- Add a puck for a progression

Key Teaching Points

- Quick feet
- Maintain speed coming out of the pivot

