



SKATING AND SKILLS #2 – CLICK ON BLUE ICON TO VIEW VIDEO

Drill Name & Description

Skating Warm Up – Fwds Fwd – D men Bwd

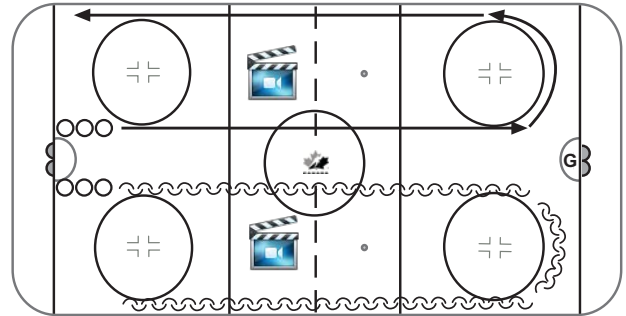
Skating Skills Warm - Up

Form two lines at hash marks in one end. Fwds in one line going forwards, D men in the other going backwards

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 / reverse
- 6) 1 Crossover only – each way
- 7) 2 crossovers each way
- 8) Heel to heel – with back foot push

Utilize all the skating skills in the video clip



Drill Name & Description

Puck Control – Warm - Up 2

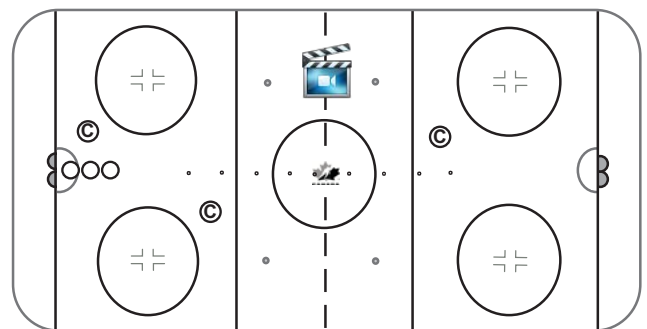
Puck Control Skills Warm - Up

Form two lines at hash marks in one end, Place pucks or pylons in a straight line down the middle of the ice as obstacles

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 Heel
- 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 Stations Skills #1

1) Transition Footwork

- Start by placing two pylons in a line.
- Player starts at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.
- Progression – Add puck

Key Teaching Points

- Quick feet, acceleration into and out of the pivot, maintain speed

2) Puck Dots

- Start with two lines of 5 or 6 pucks about 4 – 5 feet apart.
- Move the puck from side to side, keeping both hands on the stick.
- Keep the feet wide for greater range of motion.
- For a progression, stickhandle at each puck before moving it to the other side

Key Teaching Points

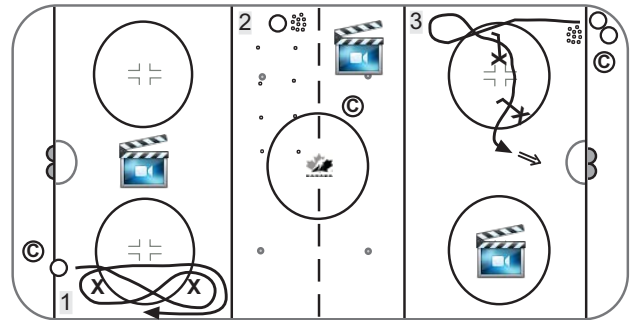
- Feet wide and make sure the bottom hand can slide on the shaft for greater quickness and range of motion

3) Crosby Delay

- Players start in corner, skate up the wall, tight turn towards boards, quick feet coming off the wall to attack the net.
- Place a couple of obstacles on the top of the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)

Key Teaching Points

- Look in glass, or over shoulder, prior to coming out to turn to see what is there. Accelerate out of turn





Drill Name & Description

3 Station Skills #2

1) D Retrieval

- Players start on blue line, pucks along boards at the hash marks.
- Player skates forwards to retrieve puck – stops and drags it back to the blue line.
- Depending on which hand the players shoots – it is either spring along the blue line to the middle, or a drag to the middle for shot.
- After shot, that players skates towards the net and then turns to come back up ice and put pressure on the next player.
- Player can sprint and shoot, drag and shoot or drag and stop and then go back the other way.
- Pressure is passive to start to allow the D to have some success

Key Teaching Points

- Head up, read pressure to decide which way to go.

2) Puck Control Agility

- Players start in circle with pucks.
- Place a couple of obstacles in the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
- Players perform random moves working on moving the puck laterally and changing directions. Quick feet and quick hands.

Key Teaching Points

- Let the players figure it out and be creative.

3) Front Foot Shooting – quick release

- 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

Key Teaching Points

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

