



**SKATING AND SKILLS #3 – CLICK ON BLUE ICON TO VIEW VIDEO**

**Drill Name & Description**

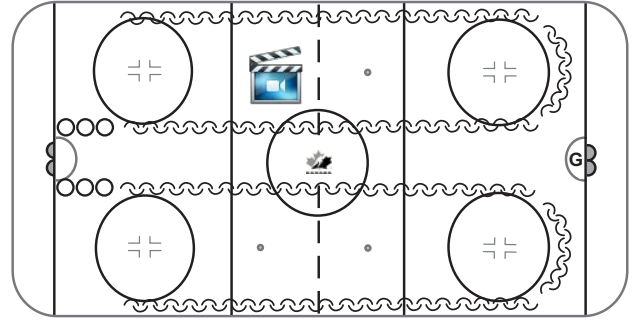
**Skating Warm Up – Backwards**

**Skating 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) Crossunders – 1 lap left foot / 1 lap right foot
- 4) Scissors – fwd / bwd
- 5) Reverse Scissors Bwd
- 6) 1 Crossover only – each way

Utilize all the skating skills in the video clip



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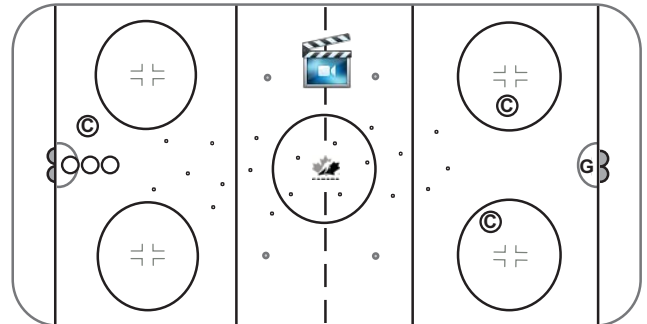
**Puck Control – Warm - Up 2**

**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 #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**

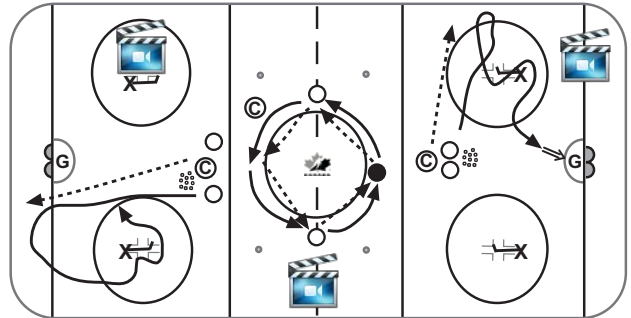
- Stick must be in position to receive pass, always face the passer
- don't turn back on the puck.

**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**

**1) 2 Man Cycle**

- Pucks and players in middle of ice near blue line.
- Coach dumps puck in corner, two players follow puck, F1 picks up puck and skates up wall, cycles puck for F2.
- F1 then skates to open ice in slot for pass and shot on net

**Key Teaching Points**

- Communication, place puck for easy pick up, head to slot, call for pass.

**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) Net Front to Puck Retrieval**

- Pucks in corner and on side wall.
- Player starts in front of net. On coaches signal, player has to sprint to side wall, retrieve puck and take it to net for shot.
- After first shot, player retrieves second puck from below the goal line for second shot on net.
- For progression add second player who acts as defender.

**Key Teaching Points**

- Quick feet to go get puck, take it hard to net.
- When defensive player is added, fake to one side or the other is important

