



SKATING / SKILLS – CLICK ON BLUE VIDEO ICON TO VIEW VIDEO

Drill Name & Description

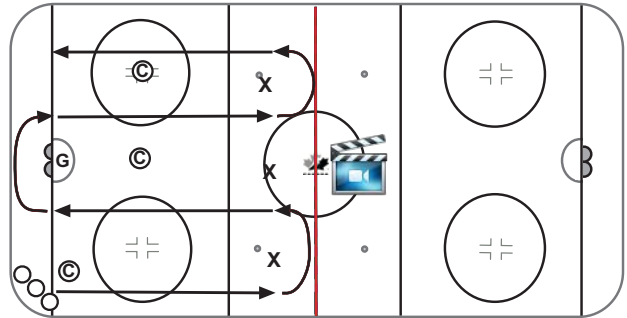
Skating Warm Up – Backwards

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



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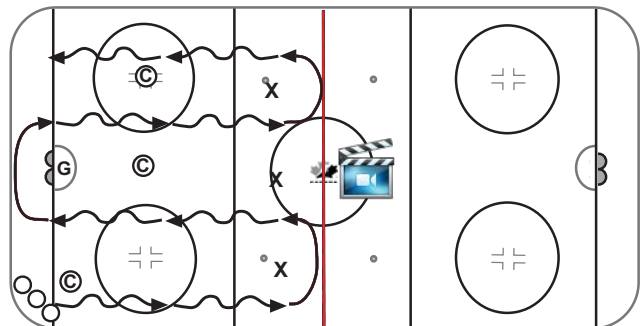
Puck Control – Warm - Up 2

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 #1

1) 5 Puck Agility

- Place 5 pucks in circle as shown.
- Player must skate around each of the outside pucks, and always come back to the middle before skating around one of the outside pucks again.
- Toes always pointing forward during transitions
- Add puck for progression

Key Teaching Points

- Quick feet, stay low for balance
- Efficient movements ie try to do only 1 crossover to get back to middle

2) Toe on Puck

- Start on blue line and place the toe of one skate on the puck, and use c-cuts with the other skate to propel across the ice.

Key Teaching Points

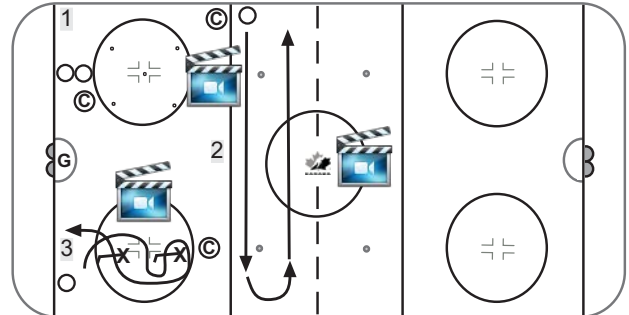
- Weight has to be on drive leg, too much weight on puck will cause skater to lose balance.
- Change direction and use other leg on way back

3) Corner Agility Puck Handling

- Players start in corner 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.





Drill Name & Description

3 Stations Skills #2

1) Agility Races

- Players start at bottom of circle.
- On signal players skate pattern as outlined by coach in a small area race.
- Change up the pattern to work on different skating skills
- Can add pucks for progression

Key Teaching Points

- Quick feet and compete

2) Stationary Shooting

- Pucks and players in high slot.
- Move puck around obstacle (ie Eberle Move) for shot on net
- Move puck up one side of obstacle, pull it back and release shot on other side of obstacle

Key Teaching Points

- Work on smooth continuous action
- Shoot hard and high

3) 4 Man Support

- 4 players start in a box formation with one puck.
- Puck is moved in one direction, after each pass the D must follow pass and recover back to middle for support or next pass. Change directions
- Progress to random passes to any defenceman.
- Progress to a look away by looking at one D and passing to another

Key Teaching Points

- Always follow pass and transition back to middle of ice.
- always have stick in position to receive the pass.

