



SKATING AND SKILLS #4 – CLICK ON BLUE ICON TO VIEW VIDEO

Drill Name & Description

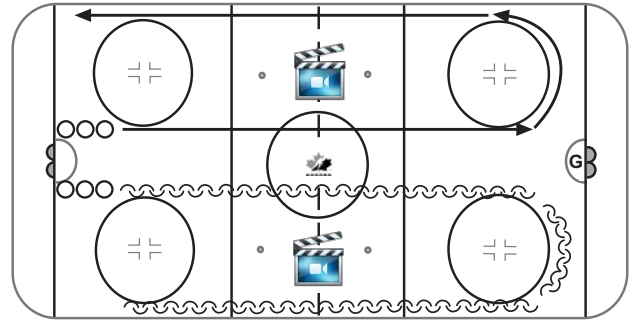
Skating Warm Up

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) 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



Drill Name & Description

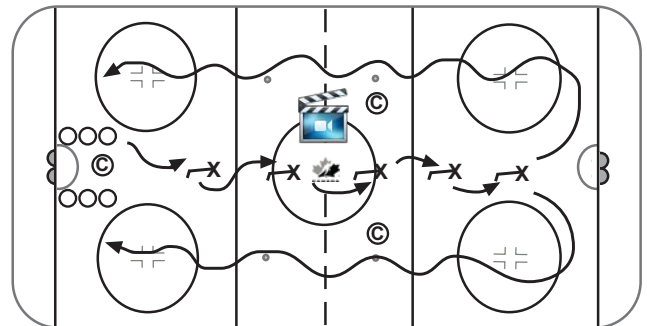
Puck Control – Warm - Up 2

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) Entries

- Pucks at blue line, players line up towards corner.
- Skate into neutral zone, turn towards boards, pass puck off of boards then pick it up and attack blue line with speed.
- Perform various moves to beat the obstacles before shot on net

Key Teaching Points

- Pass off wall is designed to get feet moving at blue line.
- Fast as possible over blue line
- Be creative

2) 4Times Outlet

- Place pucks in four spots around the circle.
- Shooter line up along blue line.
- D starts on dot in middle of circle. D has to grab a puck and make a pass to one of the shooters, each time returning to the dot before grabbing another puck.
- 4 passes then change D

Key Teaching Points

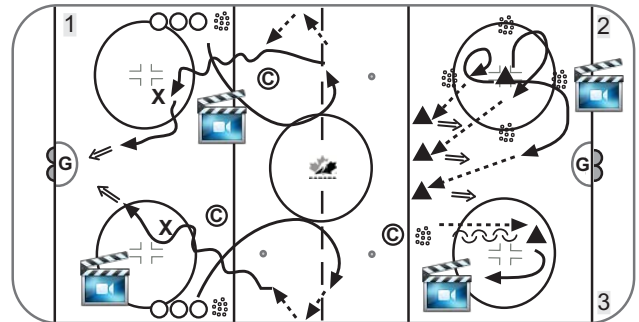
- Quick feet, head up, hard pass.
- Smooth transition so the feet are always moving to maintain momentum

3) D Retrievals

- Players start on blue line and backpeddle towards own end.
- Coach passes puck to the D to receive the puck and quickly spin out to backhand side (escape) and skate the puck out of the zone.

Key Teaching Points

- Quick spin to backhand side to protect puck





Drill Name & Description

3 Stations Skills #2

1) 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.

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) Offensive attack moves

- Pucks on boards at blue line. Obstacle / Coach at top of circle, second one near bottom of circle.
- Players skate towards obstacle and perform random moves to get by obstacle.
- Encourage creativity

Key Teaching Points

- Utilize different moves, deception and creativity
- Perform moves at game speed, shoot to score

