



SKATING AND SKILLS #5 – CLICK ON BLUE ICON TO VIEW VIDEO

Drill Name & Description

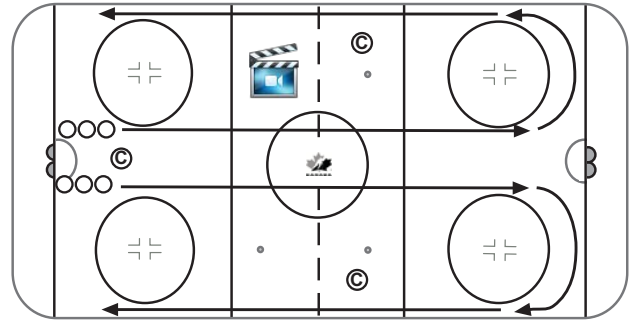
Skating Warm Up –

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) 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

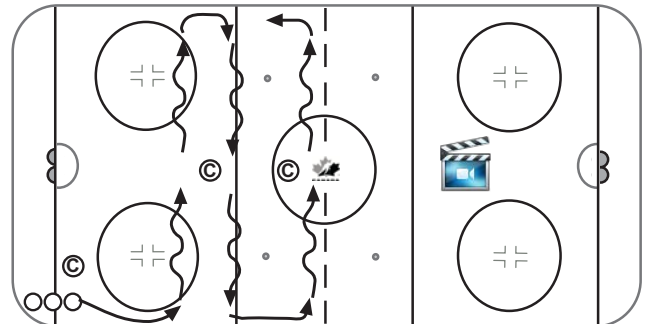
Puck Control Warm – Up

- Have the players skate along the lines of the ice ie blue line, red line, blue line and use ringette lines too for more reps.
- Perform various puck handling skills as show using the line as a guide

Key Teaching Points

- Repetition is key so do the same skill on all the lines for more repetition
- Utilize skills that emphasize range of motion using the line as a guide for doing the moves.

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

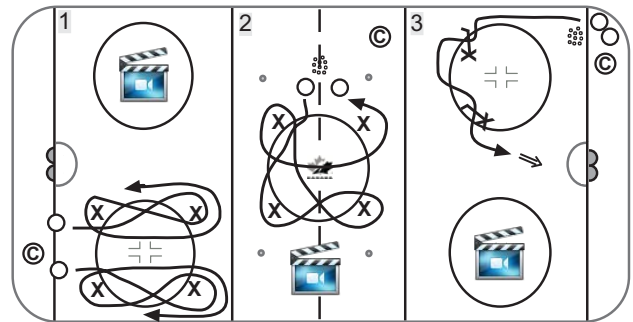
- Keep feet moving, be creative, and go as fast as possible – quick feet and quick hands
- Always be ready to pass and receive – Expect the Pass

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) Corner Short Side Attack

- Players start in corner with pucks.
- Place a couple of obstacles near the bottom of the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
- Players take a couple of strides up the boards, then quick tight turn and attack the net from down low.

Key Teaching Points

- Quick feet and attack the net with speed

2) 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

3) Crossbar Rebound

- One net is lying down on the ice in front of the standing net, shooter is standing facing outward from the net
- Coach passes puck off the crossbar, to create a rebound.
- Shooter has to find rebound, fake one way then go the other to shoot.
- Alternate sides, one to forehand then one to backhand

Key Teaching Points

- Shooter must wait for rebound before acting
- Strong fake to one side or the other before shooting
- Shoot high

