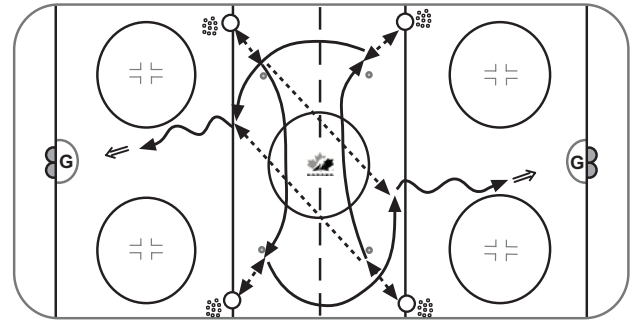


Practice 10

Drill Name & Description

Czech Passing

- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blueline and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle.



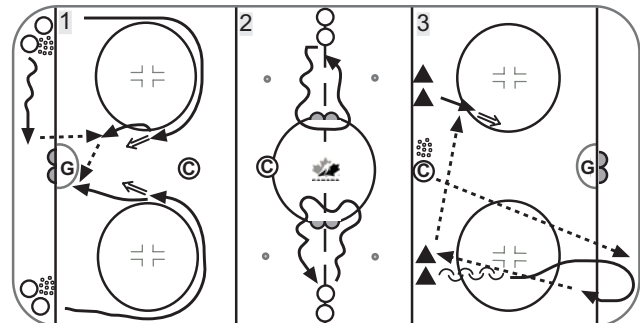
Drill Name & Description

Skills Stations 1

1) Shooting / Scoring – Double Corner Walk Out
 Players in opposite corners with pucks. On whistle player from top corner skates around top of circle and shoots in stride. When player gets to top of circle, player from opposite corner skates around top of circle and shoots in stride. As soon as shot is taken, second player from original corner skates behind net, passes to either player in front of net.

2) Agility Nets – NZ Puck Control - Freestyle
 Place 2 nets on both sides of the centre circle. Players line up on boards on opposite sides. On whistle, first player from each line skates around nets performing various skating moves. Add pucks and / or second player as progression

3) D Man Mobility – D to D 1 Timer
 D line up just inside blue line. Coach dumps puck into corner, D retrieves, passes back to second D in line who then passes D to D for shot on net. Original player go to net for tip or rebound.



Drill Name & Description

Skills Stations 2

1) D Man Mobility – D Activate

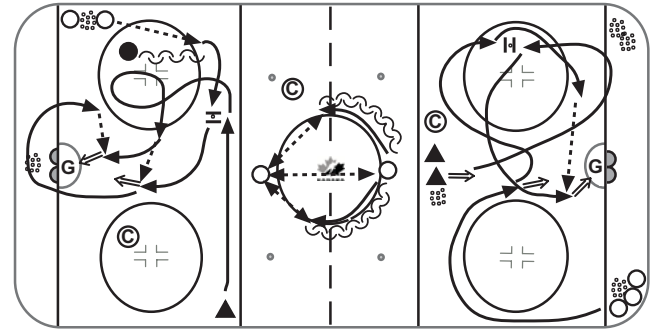
Players in corner with pucks. D just inside blueline on far side. On whistle, 1st fwd from corner, skates bwd and receives pass from 2nd player in line. D skates across blueline, receives drop pass from 1st fwd. 1st fwd moves toward the net, while D delays and then makes a backdoor pass to 1st fwd. After shot, 1st fwd skates behind net, picks up a puck and passes to D for 2nd shot

2) 1 Touch Pass and Move

One skater at top of circle, acts as passer. Skater starts at bottom of circle. On whistle, skater must skate to either side of the circle pass to receiver, get puck back and then skate to bottom of circle, pass / receive and then to opposite side and pass / receive

3) Shooting / Scoring – 3 Shot Corner Cycle

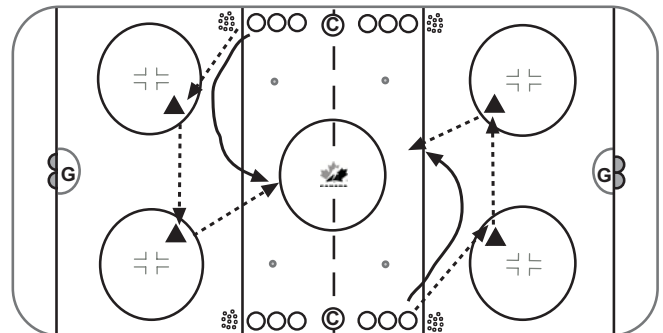
D start in middle of ice just inside blueline, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2nd shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.



Drill Name & Description

D to D Timing 1 on 0

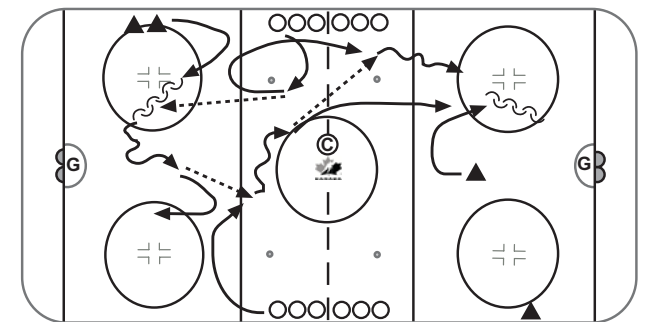
- 1) Fwds on each of the 4 blue lines along boards. 2 D in middle of the ice near top of circles.
- 2) On whistle, fwd from opposite sides, both pass pucks to near side D. D then makes D to D pass, and fwd times skating pattern to receive pass from far side D in full stride to go in for shot. Stop at net after shot.
- 3) Alternate sides on each whistle. D can go Double D to D for progression.



Drill Name & Description

Transition Stretch Pass 1 on 1

- 1) Run out of both ends at the same time. D on boards by hash marks, forwards on both sides of centre ice.
- 2) D skates out from boards, transitions backwards and receives pass from first fwd in line who then control skates and heads toward far blue line. Fwd from far side comes across for outlet pass to centre and quickly passes up to far fwd.
- 3) D then plays 2 on 1 from the other end. Coach can add resistance to D making the pass.





Drill Name & Description

Tracking with Support

- 1) Players in opposite ends in corners
- 2) Player 1 with puck skates to far end, player 2 backchecks
- 3) After shot, player 1 gets pass from corner, player 2 pinches player 1 off on wall
- 4) Passer from corner follows play and gets loose puck and goes down to far end for shot. Backchecker follows.
- 5) Keep sequence going continuously

