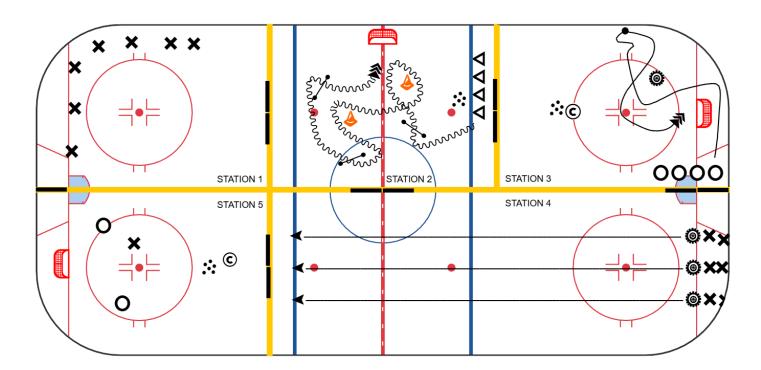
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AHA 8U BEG - Week 9 - Practice 1 & 2



Description

Station 1: Shooting

• Wrist shot

Station 2: stickhandling

• player stickhandle through the obstacles in any pattern they want nd then shoot

Station 3: board pick ups and dekes

- player skates without puck around net, then around tire
- they fake to one side and pick up puck and skate in for shot

Station 4: Wave Skating

- Tire push
 - have the players put their stick in the tire and then push it with 2 hands on the stick
- Strides
 - have them do long strides without pushing the tire

Station 5: 2 v 1 game

- play a 2 v 1 game
- offensive players must try to make pass first before shooting