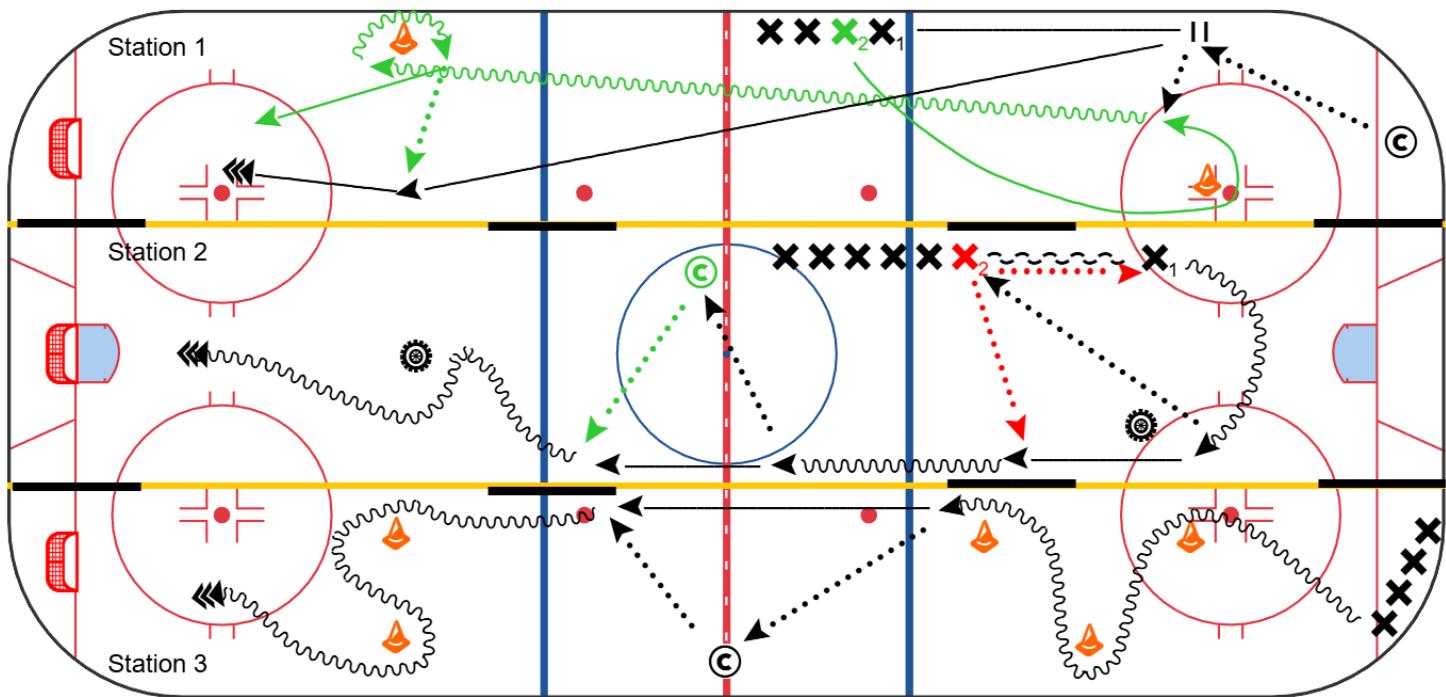




AHA 8U ADV - Week 11 - Practice 1 & 2



Description

Station 1 - breakout with escape pass

- X1 skates down to hashmarks to receive breakout pass and X2 swings around cone towards X1 to support
- Coach passes to X1 and X1 passes to X2
- X2 skates down to cone in offensive zone and turns towards boards and passes to X1 skating up ice
- X1 Shoots and X2 goes to net for rebound

Station 2 - regroup

- X1 skates backwards and receives pass from X2
- X1 swings transitions with puck and makes pass back to X2 before tire
- X2 makes quick pass back to X1 as they skate up ice and X1 makes quick pass to coach and receives pass back
- X2 makes move around cone and shoots

Station 3 - stickhandling

- players skates around cone with puck
- makes pass to coach and coach passes back
- player then skates around cones and shoots