



Description

Station 1: one on one scrimmage

- coach dumps puck in and they do a one on one scrimmage

Station 2: Skating - edges

1. Player skates to tire and makes turn and balances on outside skate only (lift inside skate)
 1. focus on turning hips and head into the turn
2. Player skates to tire and makes turn with both skates
 1. skates should be shoulder width apart and they need to lean to angle skates into turn
3. Player skates to tire and makes turn with both skates and tries a cross over
 1. hold turn first and cross over after turn

Station 3: shoot against boards

- work on wrist shots

Station 4: Passing

- set up two lines as shown and get a couple of the stick dangler obstacles
 - player skates with the puck towards dangler and makes a pass to in opposite line under the dangler
 - Player skates with puck towards dangler and makes a move around dangler then makes a pass to player in opposite line

Station 5: Stick handling

- players all have a puck and set up 4 sets of cones
 - players start on goal line and when coach says go, players have to skate stickhandling puck through each sets of cones and then back to goal line