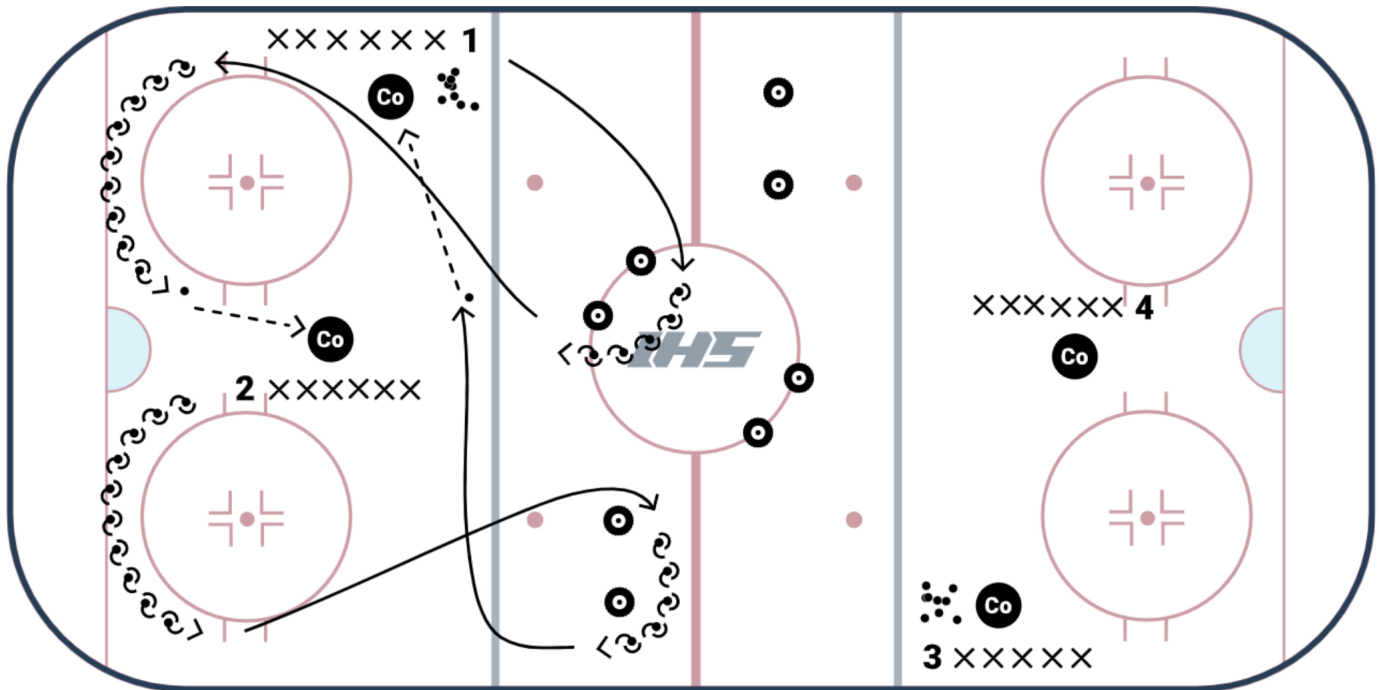


# BEDNAR TRANSITIONS WARM-UP WITH PUCKS (15 MINUTES)



Time:

Station:



Split players on-ice equally into four lines.

\*\* Lines #1 & #3 and Lines #2 & #4 do the same patterns on opposite ends of the ice. \*\*

Coaches should do a quick demo for each line. Younger teams might try it without pucks first.

## Bednar Transitions with Pucks

All four lines start at the same time on an initial whistle - then it becomes continuous with the coaches at each line spacing the players out.

### Line #1 (and Line #3)

Skate forwards with puck towards the two tires in neutral zone. Transition to backwards around the two tires. Transition to forwards and skate until you get to hash marks near boards. Transition to backwards around the bottom of the circle. Finish by making a tape-to-tape pass to the coach near Line #2 (or Line #4) and get in the back of that line.

### Line #2 (and Line #4)

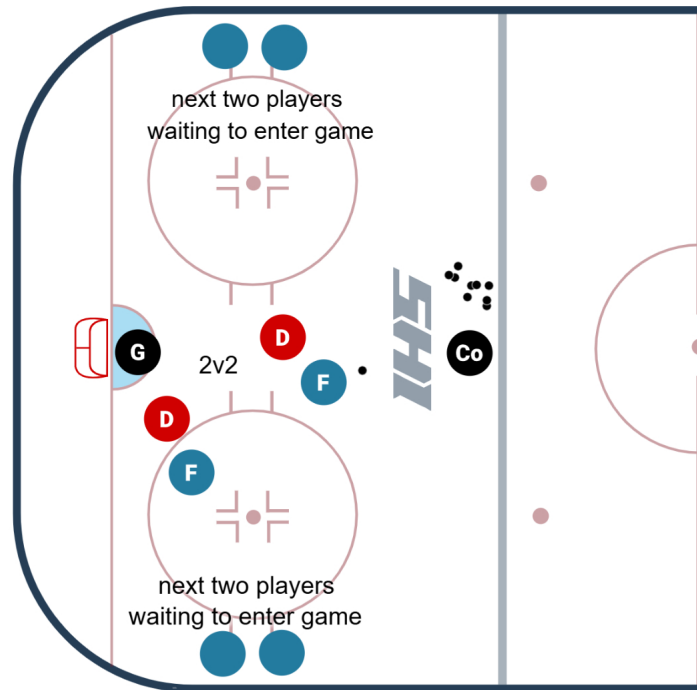
Start by skating backwards around the bottom of the circle. Transition to forwards by the hash mark and skate to the neutral zone inside tire. Transition to backwards around the two tires. Transition to forwards and finish by skating inside the blue line and making tape-to-tape pass to the coach near Line #1 (or Line #3) and get in the back of that line.

# 2V2 CONTINUOUS VERSION #2 - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station last for 10 minutes). Need a goalie in the net.

## 2v2 Continuous Small Area Game

\*\* Player Rotation is Offense, Defense, back in line. \*\*

**\* If you have enough players, place two players on each side of the rink ready to receive the pass (see diagram). If your numbers are small, just have players on one side.**

Two offensive players try to attack the net. Two defensive players try to force a turnover and pass the puck to the side boards (simulating breakout) where the next two players are waiting to activate and enter the game. When the defensive players pass the puck to the players waiting on the side boards, the defensive players are done and exit the game. The offensive players transition to defense and the two new players try to attack the net quickly. If a goal is scored or if the puck is covered by the goalie, the coach sends a new puck to the next two players waiting on the side boards and the transition from offense to defense occurs.

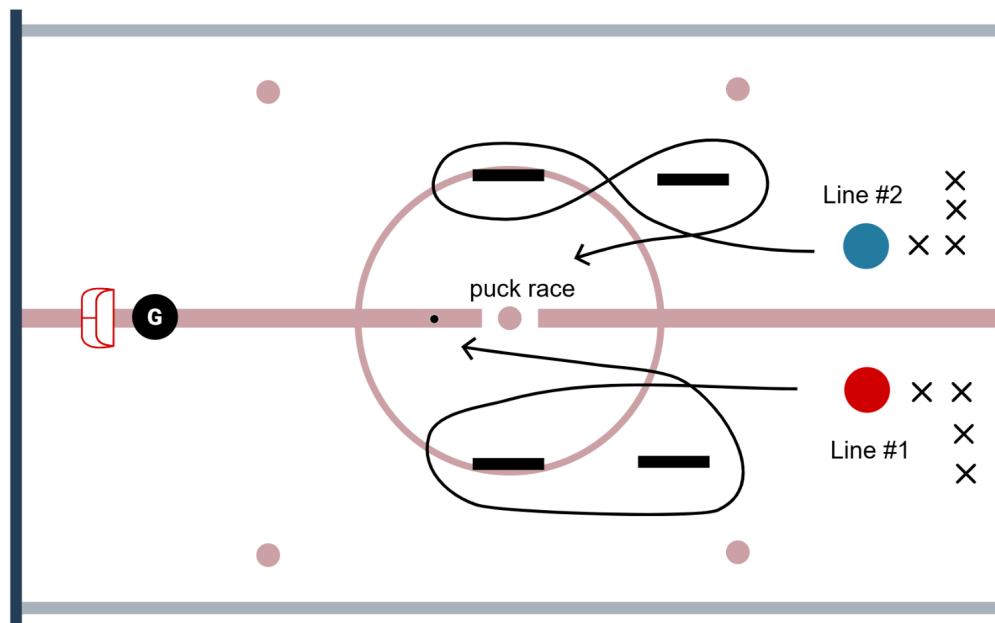
**Coaching emphasis:** Coaches should not dump any pucks into corners. The kids should control the passing and transitions of the game. Make sure a coach is monitoring the line of players waiting to keep the next two players ready to receive the pass and transition into the game. There should always be two players on the side boards ready to activate as offensive players into the game.

# BUMPER RACES VERSION #1 - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station last for 10 minutes).

## Bumper Races

A player from Line #1 and Line #2 leave at the same time and race around the bumpers competing to be the first to the puck and take a shot on goal. Both Line #1 and Line #2 are always doing the same skating routes at the same time. Spend about 5 minutes on each race route.

### Sequence #1 - Power Turns

This skating route is shown in the diagram by Line #1. Start on the side of the bumper closest to the red line. Power turns use an inside and outside edge and both skates should stay on the ice through the turn. It is important to demonstrate to the kids that the upper body and stick should lead the turn allowing for a super tight turn around the bumper.

### Sequence #2 - Figure 8

This skating route is shown in the diagram by Line #2. It is a forward skating figure 8 weaving between the bumpers.

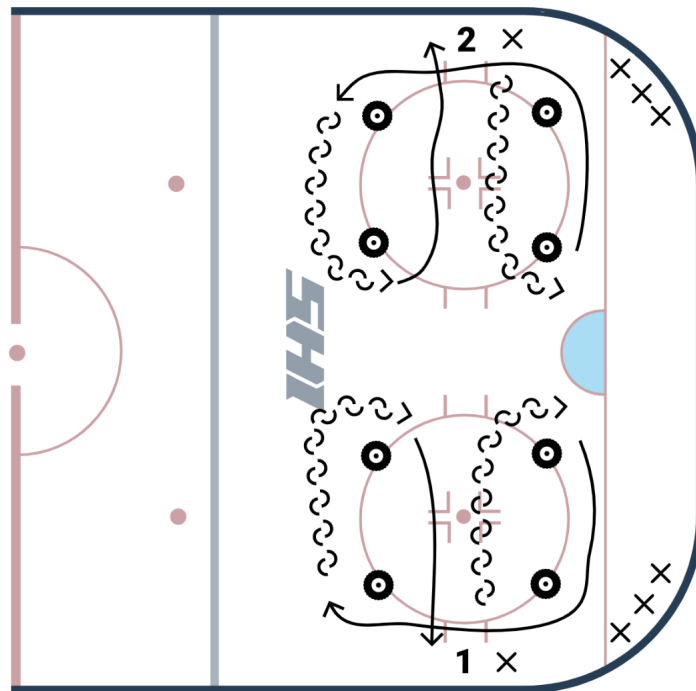
**Coaching Emphasis** - Keep in mind that Bumper Races leads to a puck race and shot on goal at the end. Legal body contact should be used to gain position and puck takeaway techniques should be used to try to steal the puck away. Use a goalie if a second is available.

# TRANSITION RACES - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

**\*\*Set-up two areas with four tires each and run the same sequences at the same time.\*\***

## Transition Races

First player in line begins by skating backwards through the middle of the tires, transitions to forward skating around the outside of the tires, transitions to backwards skating again, and finishes with forward skating through the middle of the tires (see diagram).

1. First 5 minutes - Without pucks.
2. Second 5 minutes - With pucks.