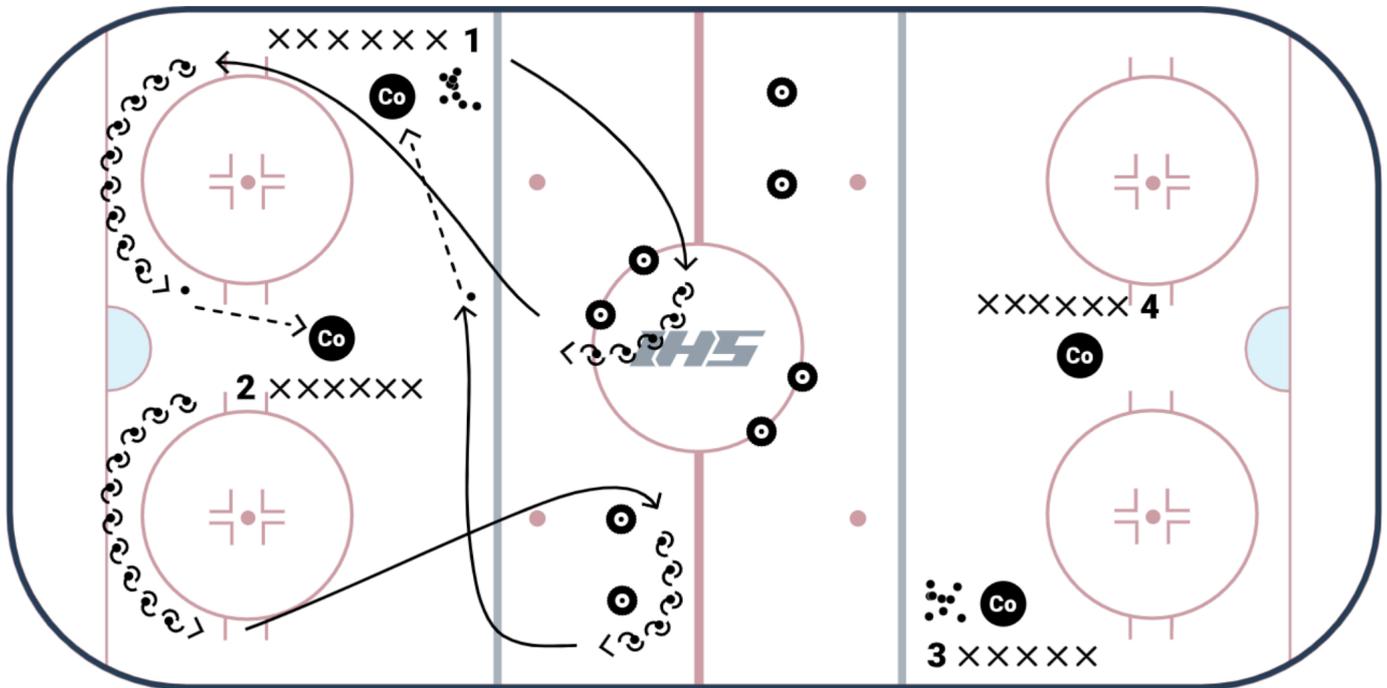


BEDNAR TRANSITIONS WARM-UP WITH PUCKS (15 MINUTES)



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)

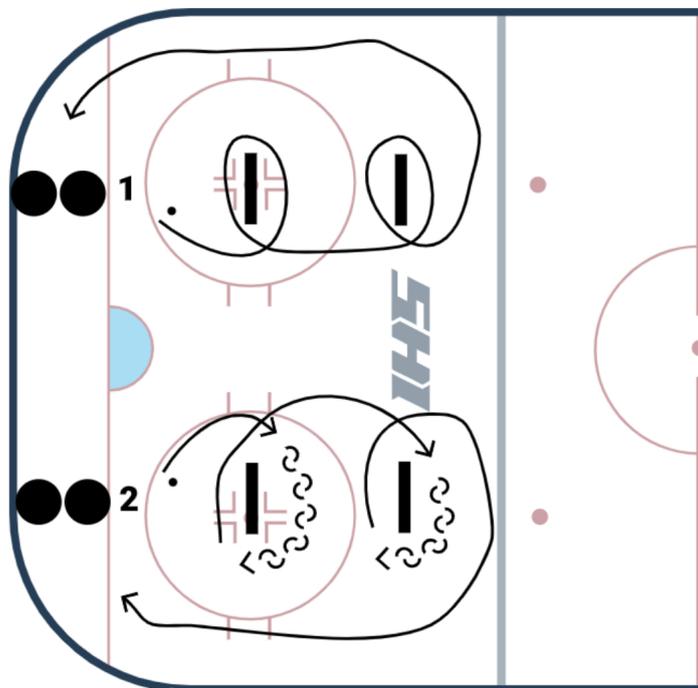
Start by skating backwards around the bottom of the circle. Transition to forwards by the hash mark and skate to the neutral zone inside tire. Transition to backwards around the two tires. Transition to forwards and finish by skating inside the blue line and making tape-to-tape pass to the coach near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

MOORHEAD SPUDS SKILLS - STATIONS (10 MINUTES)



Time:

Station:



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

Moorhead Spud Skills

5 minutes each. Both lines are always doing the same skating routes at the same time. Have the kids alternate between line #1 and line #2. This will allow them to circle, crossover, and transition in both directions. Use pucks for all ages.

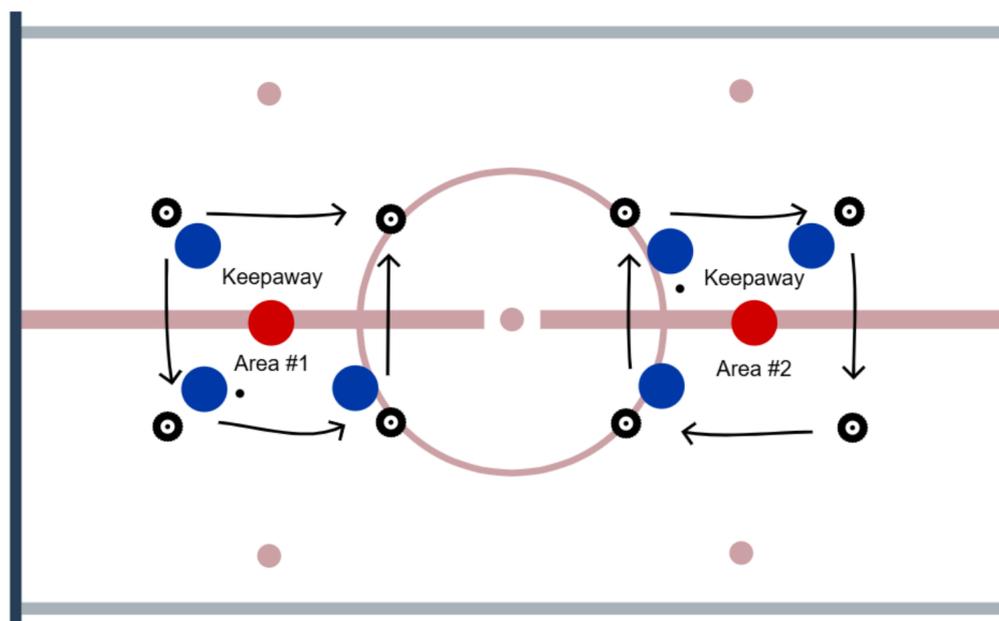
1. Circle the bumper using forward crossovers WITH a puck.
2. Circle the bumper using forward to backwards transitions WITH a puck.

RONDO 3 V 1 - STATIONS (10 MINUTES)



Time:

Station:



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

Rondo 3 v 1

Use 4 tires to set up a boundary for the Rondo 3 v 1 keepaway game. Start with one defender in the middle and three players trying to keep puck possession. If the defender steals the puck, they become a passer, and the person who initiated the turnover must go in the middle.

Variation #2 - If one passer makes a "one touch" pass during the game, all passes after that must also be "one touch" until the next turnover.

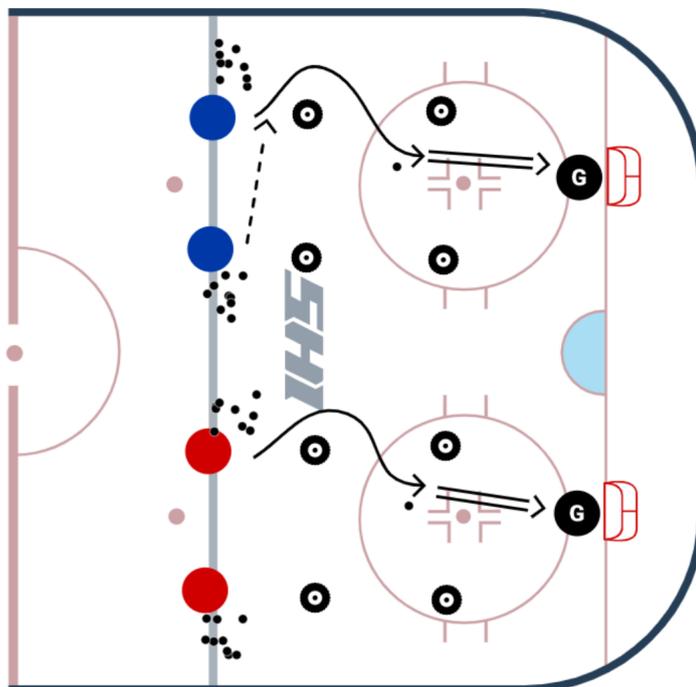
Coaching Emphasis: Offensive players should have head up and be moving to open space to support the puck possession. Offensive players with the puck should work on deception (fakes, looking one way and passing the other way, etc). Defending players should have stick on ice while using angling techniques to force the turnover.

DATSYUK SCORING - STATIONS (10 MINUTES)



Time:

Station:



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

Datsyuk Scoring

- 2 lines of players (alternate back and forth as the shooter).
- 4 tires in a rectangle in line with player lines.

First player receives pass from other line. Player with puck attacks first tire, makes a move and goes wide. Cuts between tires and shoots in stride.

Coaching Emphasis: Attack the first tire with purpose (deke or fake). Make sure shots hit the net.