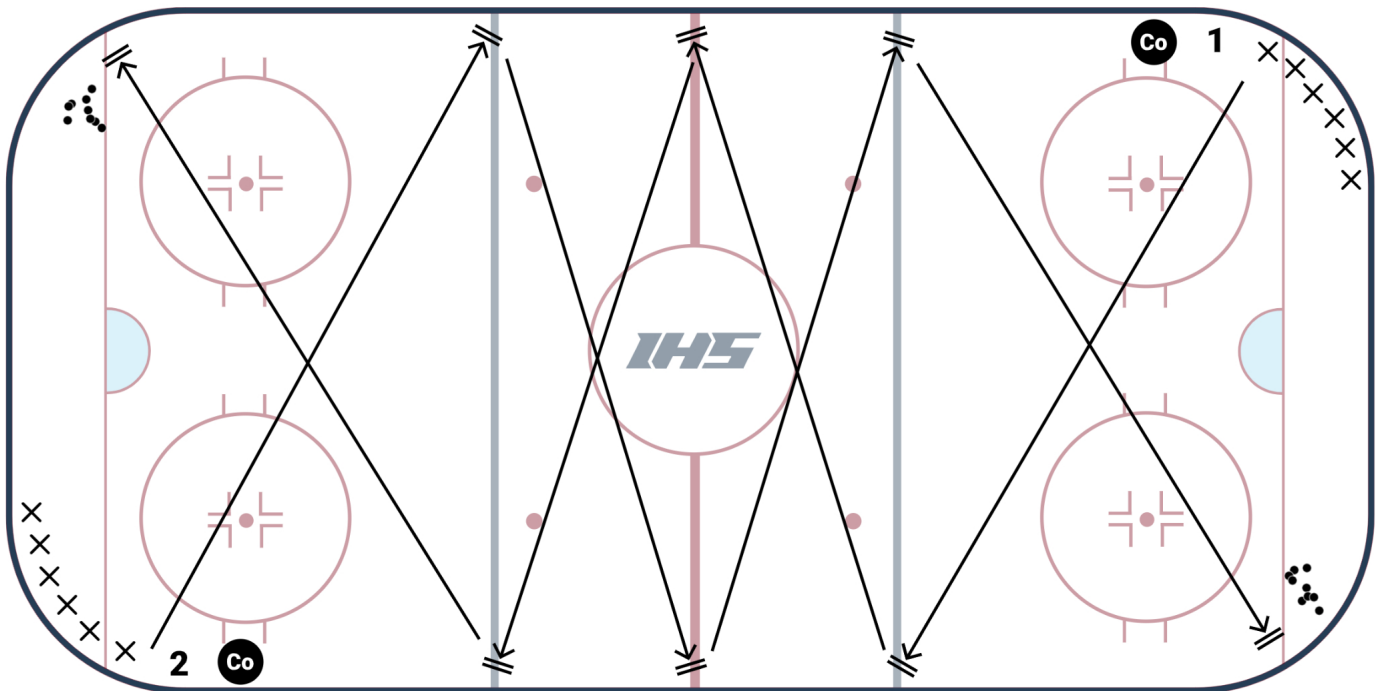


# EXPLOSIVE SKATING (7 MINUTES)



Time:

Station:



\*Split players on-ice into 2 lines in opposite corners (make sure players keep their head up to avoid collisions).

**REPEAT THIS DRILL 2X. First time without pucks, second time with pucks. Coach sends next player when initial player makes first stop at blue line.**

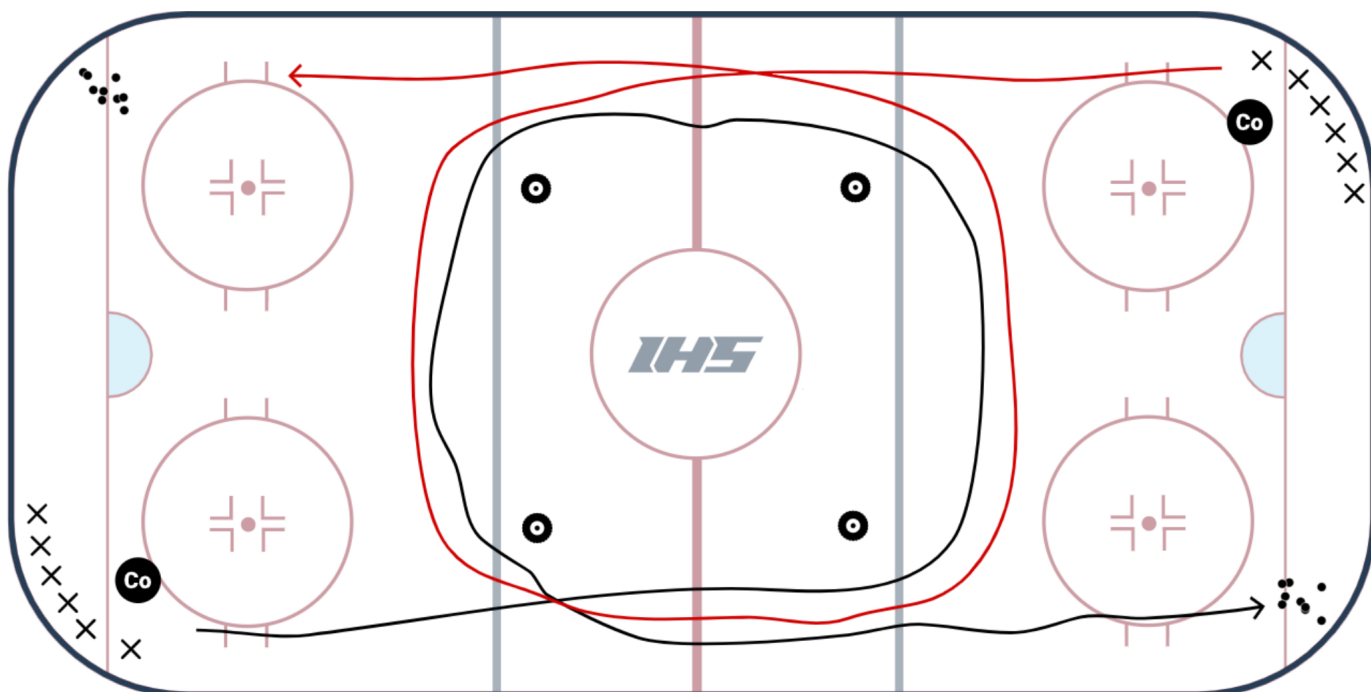
Quick speed/acceleration towards near blue line on other side of rink. Two foot stop with knee bend and redirection to opposite red line. Continue to other blue line and far corner. First few strides after the stop need to be explosive. Coaches monitor for explosive strides and knee bend.

# OVERSPEED SKATING (7 MINUTES)



Time:

Station:



\*Split players on-ice into 2 lines in opposite corners (make sure the players keep their head up to avoid collisions).

**REPEAT THIS DRILL 2X. First time without pucks, second time with pucks. Coach sends next two players when initial two players makes the last turn to the straight away.**

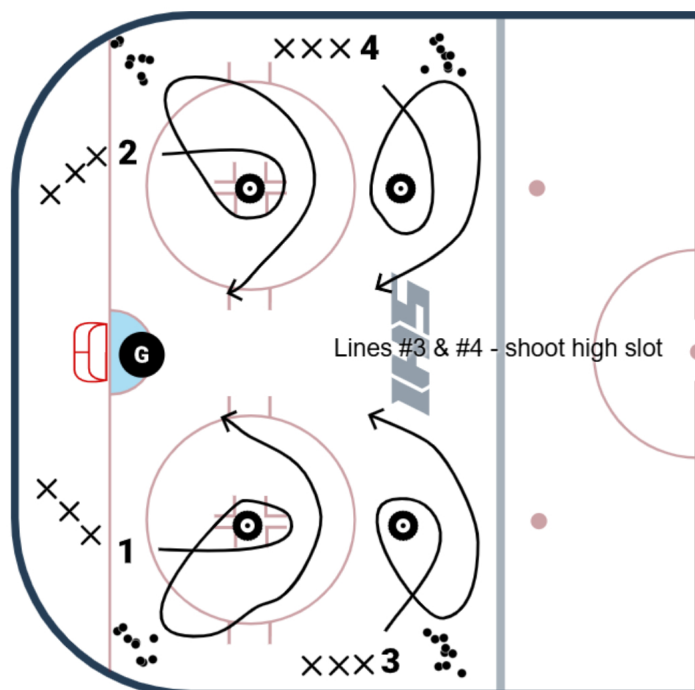
Two players (4 total) leave opposite corners at the same time racing each other. Quick speed/acceleration into the neutral zone. Then, players begin to skate the large circle around the tires which are located at the neutral zone faceoff dots. During this skate, the players should be doing short overspeed crossovers. Stick should always be to the middle during crossovers. Make sure the players avoid "galloping" or bouncing their head up and down. We want consistent high stride rate and a steady head. Players should make a full circle and skate the straight away to the opposite end.

# PUCK PICK-UP - STATIONS (10 MINUTES)



Time:

Station:



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

Coaches - make sure to establish a rotation plan to get players reps from all four spots. This drill represents a "puck pick-up" near the boards in the offensive zone and getting kids to attack the seams to the net quickly. **MAKE SURE PLAYERS ARE HITTING THE NET WITH THEIR SHOTS AND FOLLOWING THE CORRECT SKATING PATTERNS.**

When player from Line #1 picks up puck, then Line #2 starts the drill, etc. Keep it moving, lots of reps. All four players **SHOULD NOT** start at the same time.

**Line #1** = Skate around tire at dot and back to corner for puck pick-up, attack the seam between dot and top of circle for shot.

**Line #2** = same as Line #1.

**Line #3** = Skate toward middle of ice and make a tight turn around tire. Return for puck pick-up and attack the high slot for shot.

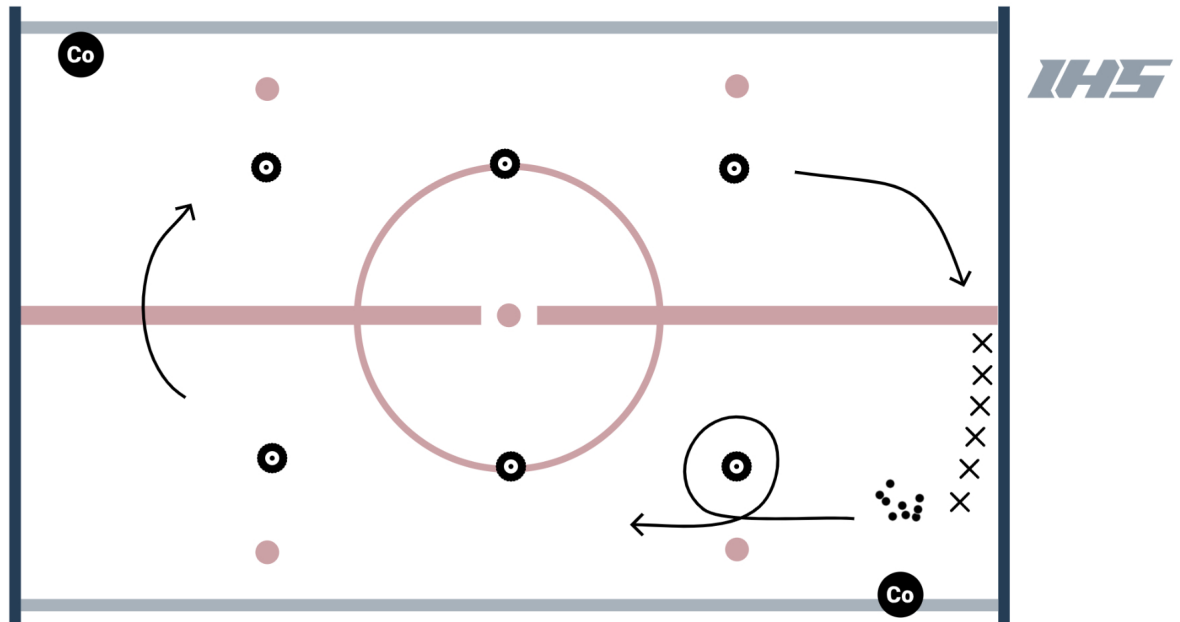
**Line #4** = Same as Line #3.

# TIRE PUCKHANDLING - STATIONS (10 MINUTES)



Time:

Station:



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

Each player should do all 6 tires before getting back into the same line they started at. Coaches should send players to maintain good spacing.

**Demonstrate each sequence. Do each sequence 2X each.**

SEQUENCE #1 = tight turns with pucks forehand.

SEQUENCE #2 = tight turns with pucks backhand.

SEQUENCE #3 = forward to backward transitions with pucks left to right.

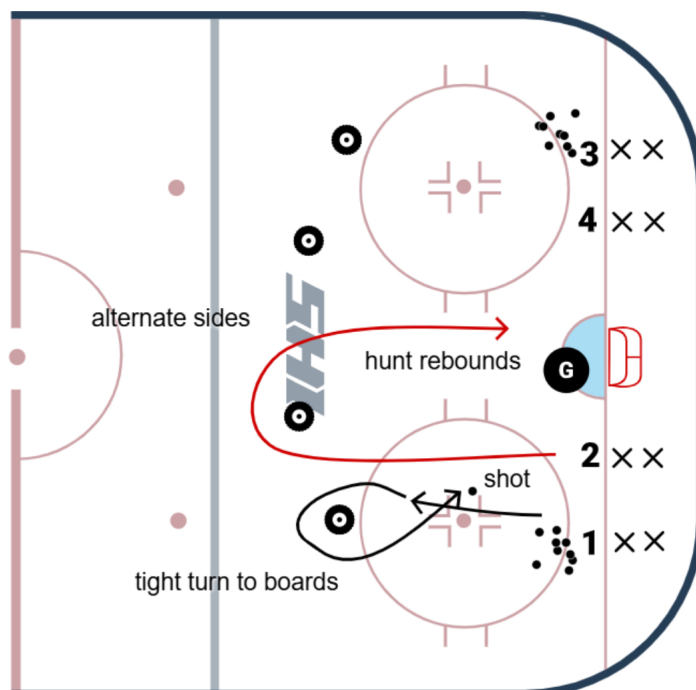
SEQUENCE #4 = forward to backward transitions with pucks right to left.

# PHILLY SCORING - STATIONS (10 MINUTES)



Time:

Station:



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

**First 5 minutes Philly Scoring #1 with shooting and rebounding (no passing). Second 5 minutes Philly Scoring #2 with back door pass everytime.**

**Demonstrate each sequence. Alternate sides.**

Philly Scoring #1 (shot) = player from Line #1 (or Line #3) leaves with a puck and does a tight turn around the tire then attacks the dot getting inside and below the dot before releasing the shot. Shot needs to hit the net. Other player (Line #2 or Line #4) leaves without a puck at the same time, does a tight turn around the other tire (which is a farther skate) and hunts the rebound. Emphasize to the players to finish the rebounds - puck must end up in back of net.

Philly Scoring #2 (pass) = same as Philly Scoring #1 except when the player gets inside and below the dot a pass to the backdoor player is made. When making the backdoor pass, the other player should not be receiving the puck on their backhand. Proper technique is to open up hips and transition to backwards skating so the puck can be received on the forehand. PLEASE MAKE SURE THIS IS BEING DEMONSTRATED.