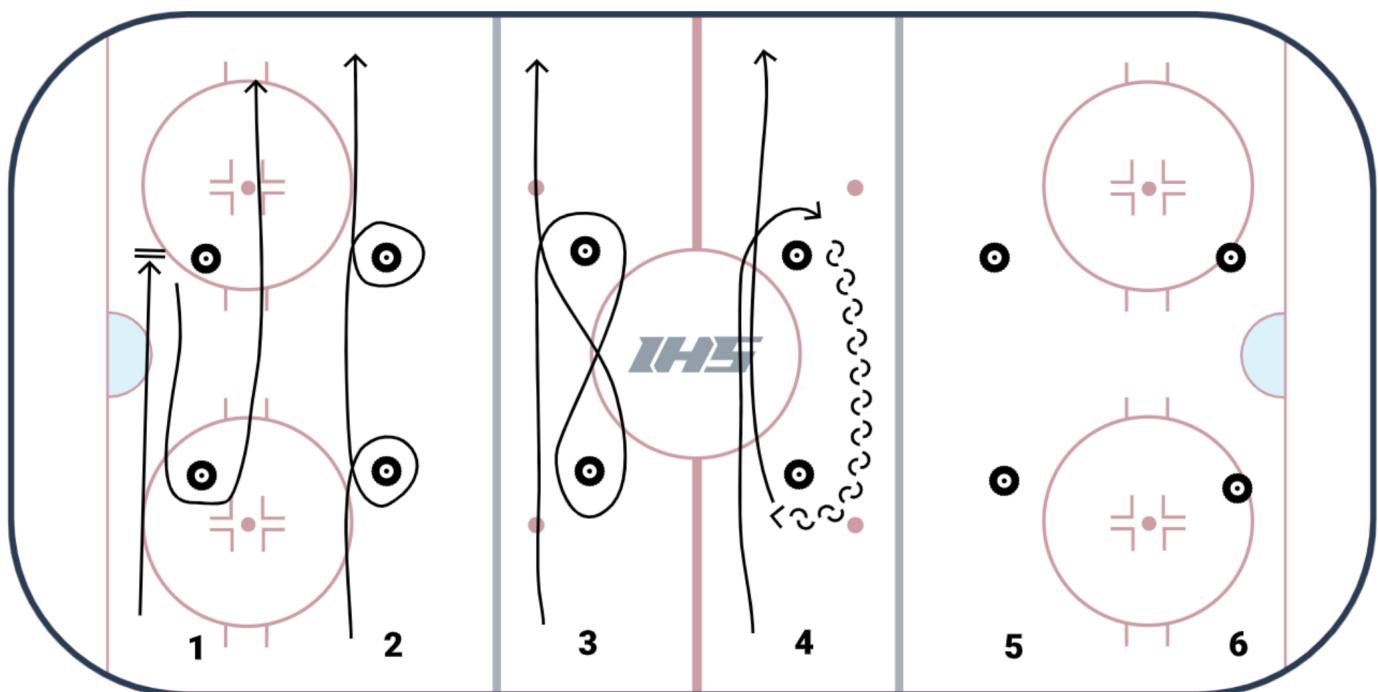


TWO TIRE SKATING WITH PUCKS (15 MINUTES)



Time:

Station:



*Split players on-ice into six lines (each line does the same drills at the same time).

The different sequences are shown in the diagram but all lines are doing the same skating at the same time. Demonstrate each sequence.

ALL SEQUENCES WITH PUCKS. Do each sequence **1X forward across and back**.

SEQUENCE #1 = stop facing tire, accelerate and build speed for a power turn around other tire.

SEQUENCE #2 = tight turns - no mohawks.

SEQUENCE #3 = figure 8's with crossovers to build speed.

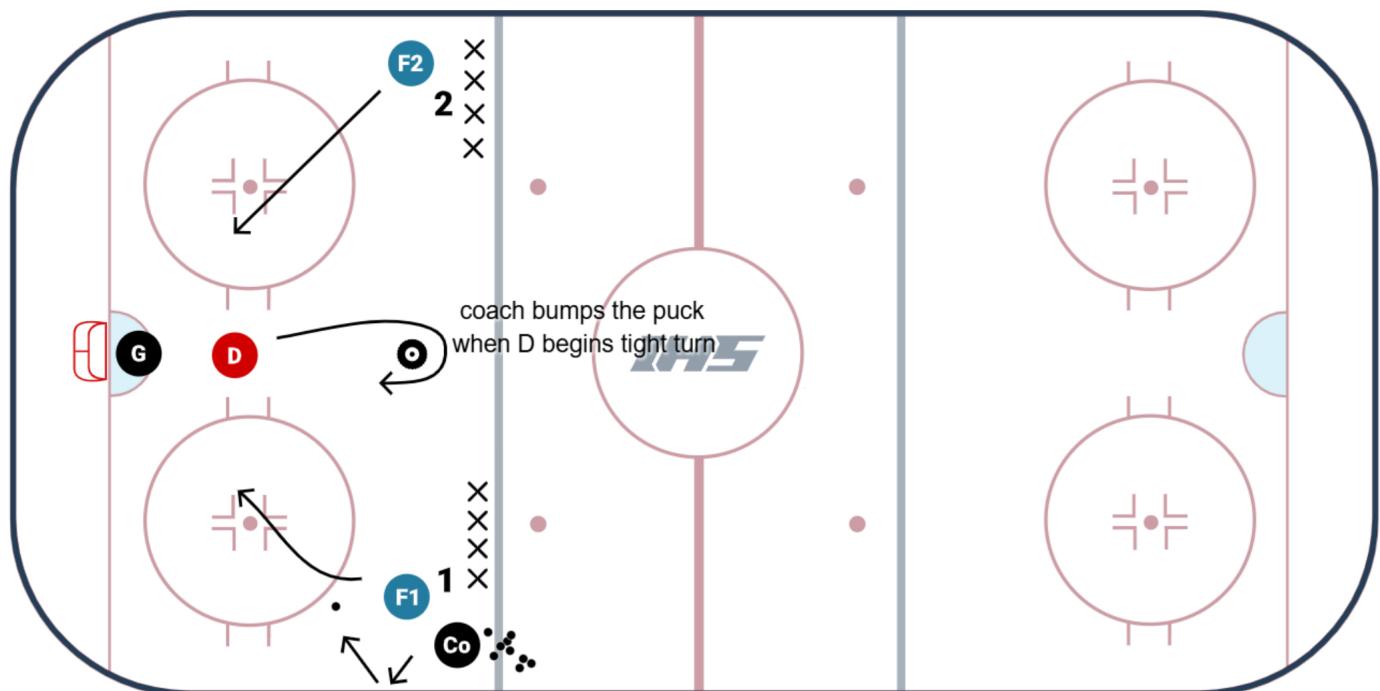
SEQUENCE #4 = forward to backward transitions.

CONTINUOUS NET ATTACK WITH BACKCHECKER - STATIONS (10 MINUTES)



Time:

Station:



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

This station is a 2v0 continuous net attack with a backchecker. The player who shoots the puck becomes the NEXT backchecker.

Drill starts with a backchecker positioned near the hash marks. The backchecker must skate around the tire. As the backchecker starts the tight turn around the tire, the coach bumps an indirect pass off the boards. When the puck hits the boards, the attacking player collects the puck and attacks with speed for the 2v0. The backchecker should work hard to break up the play. The attacking players MUST get the puck on net either through a shot or a backdoor pass. When making the cross-ice 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.

The player who takes the shot immediately leaves to become the backchecker to keep the drill continuous. The other player can hunt the rebound.

COACHES NEED TO MAKE THE INDIRECT PASS TO ENSURE THE TIMING OF THE ATTACK NOT GETTING TOO FAR AHEAD OF THE BACKCHECKER.

FIGURE 8 STICKWORK - STATIONS (10 MINUTES)



Time:

Station:

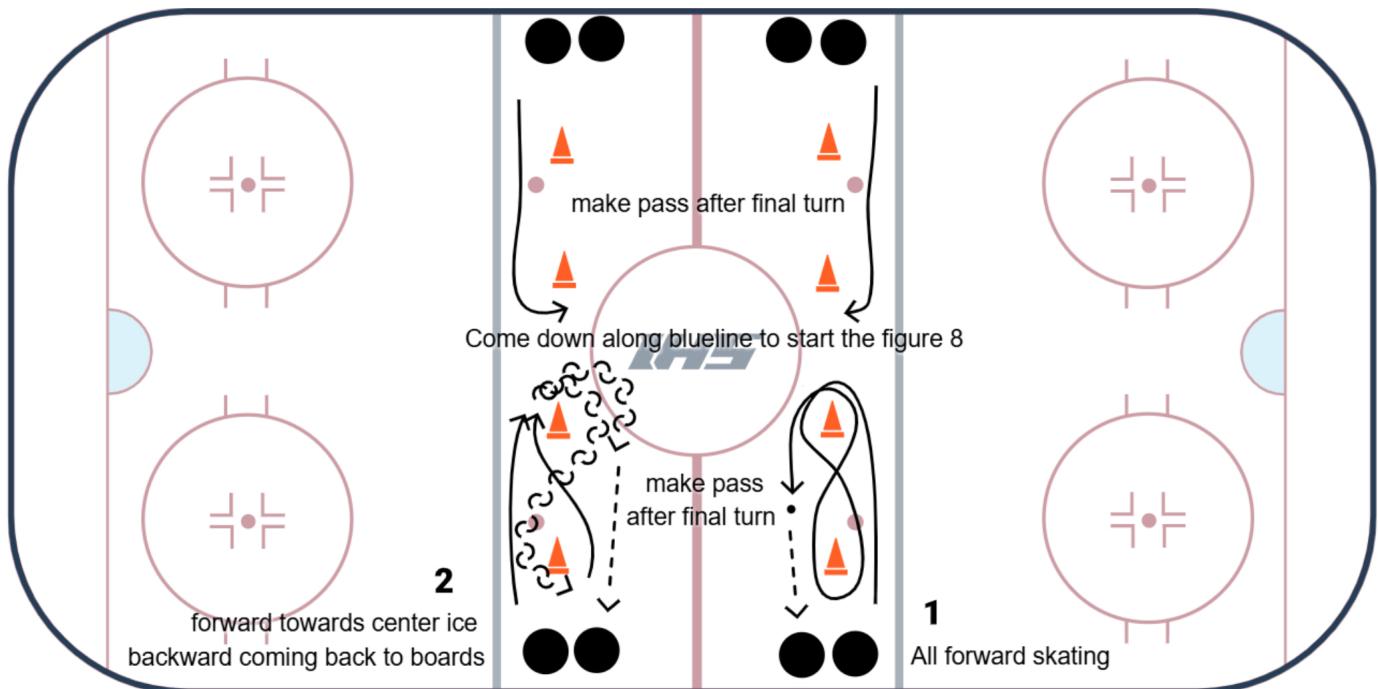


Figure 8 Stickwork

All figure 8's with pucks. Follow the diagram route by skating along blueline to go around farthest cone. Finish with a tape-to-tape pass. The different sequences are shown in the diagram but all lines are doing the same skating at the same time.

Demonstrate each sequence. Do each sequence for 5 minutes.

SEQUENCE #1 = forward skating figure 8's with pucks. Focus on cupping the puck with forehand and backhand.

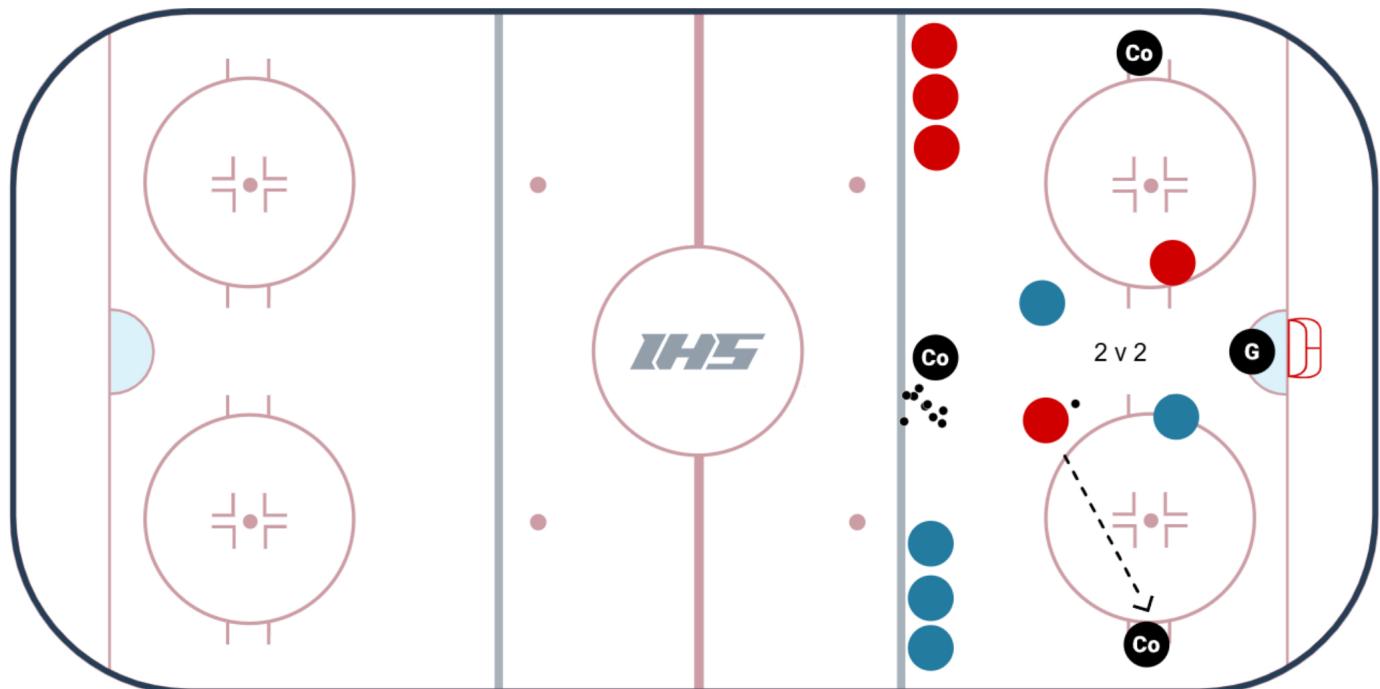
SEQUENCE #2 = forward to backwards figure 8's with pucks. Skate forward when going towards center ice and backwards when coming back to boards. Maintain the same figure 8 pattern.

2 V 2 WITH COACH PASS - STATIONS (10 MINUTES)



Time:

Station:



2v2 with Coach Pass

Make shift lengths between 30-45 seconds. Lead coach dumps puck into corner to start the game. Team that gains possession must pass to a coach on either side and receive the puck back to activate on offense. On each change of possession, a pass to a coach on either side must occur before attacking net. Teams are allowed to make additional passes to coaches if they want but can attack the net after one coach pass. Try to encourage players to call for passes and move to get open rather than standing stationary waiting for a return pass.