

Practice Number: #2

Date: _____

Time: 10 min each

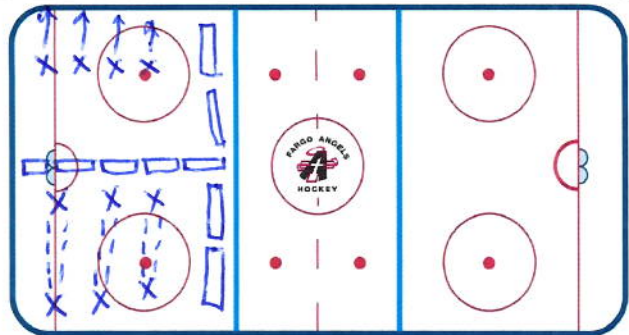
Drill Name: PASSING + SHOOTING

STATION 1 + STATION 2

STATION 1 WILL BE STATIONARY PASSING
WITH A PARTNER

STATION 2 WILL BE SHOOTING AGAINST
THE BOARDS

Key Teaching Points (KTP)



Variation

Time: 10 min

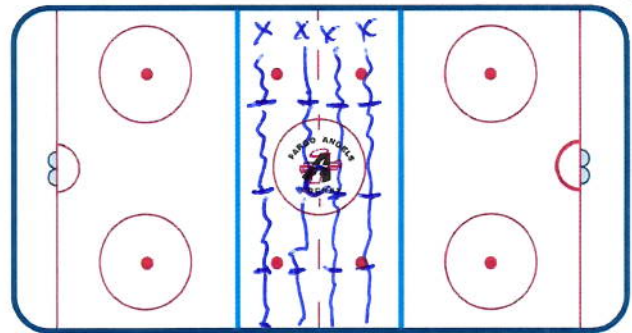
Drill Name: RED LIGHT, GREEN LIGHT

STATION 3

RED LIGHT GREEN LIGHT GAME WITH
COACHES CALLING OUT COMMANDS

Key Teaching Points (KTP)

STOPPING



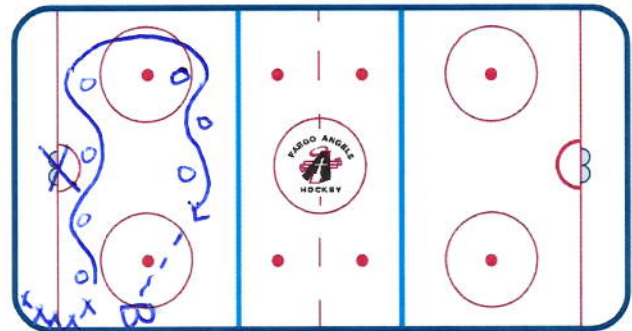
Variation

Time: 10 min

Drill Name: CONE WEAWE

WEAVE THRU THE CONES WITH
PUCK, SHOOT ON NET (OLDER KIDS)
WITHOUT PUCKS OR SHOOTING (YOUNGER KIDS)

Key Teaching Points (KTP)



Variation

LEGEND

● Coach	— Stop	⇒ Shooting	Lateral Movement
○● Forwards	X Pylon	---→ Pass	— Defensive Press
△ Defenders	⋯ Pucks	~→ Drop Pass	
G Goalie	~→ Puck Carrying	~ Backward Skate	

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day to be an
ANGEL!

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