



Date: September – Practice 1.8

Number of Players: 30 to 50

Practice Theme / Goals: ABC's and skating skills

Equipment Required / Set-up:

Warm Up: 6 minutes

Skating skills, run out of both corners three times through.

Stations: 5 Stations x 9 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Monkey in the Middle

Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he move to the outside and a new player takes his place.

Station 2: Forward & Backward Crossover

Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

Station 3: 1v1 - Fake Only

Players compete in a confined area 1v1 for 30 second shifts. Only fake on the goalie are allowed to score...no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.)

Station 4: Body Contact Confidence

Tripod Push: Have players pair up with one player positioning himself into hockey ready position with deep knee bend and using the stick as a third leg for support. Under control the partner first pushes on the player's shoulders and then the hips attempting to disrupt balance. Switch positions after 30 seconds.

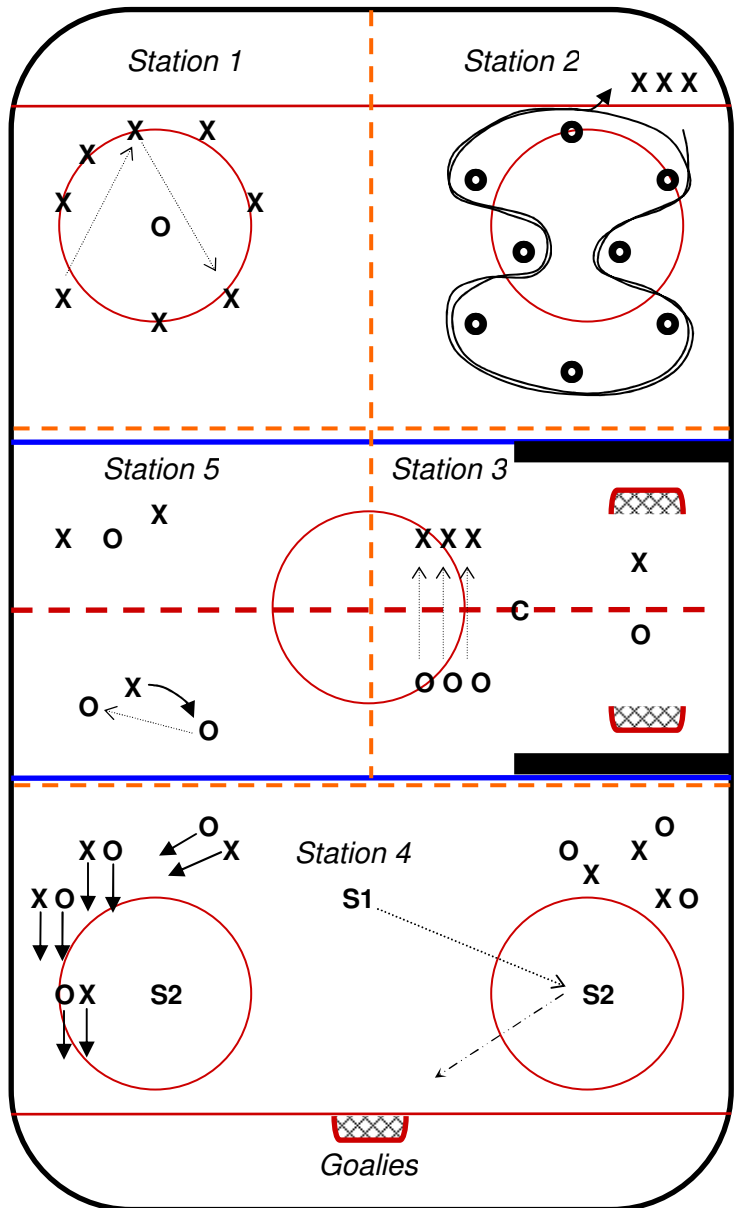
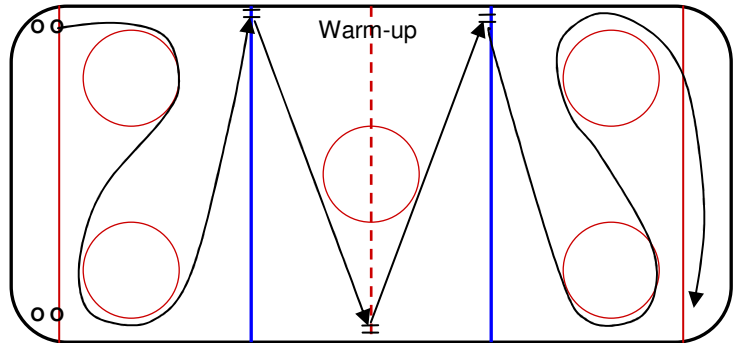
Shoulder Bump: Without sticks players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.

Goaltender Station Drill #3

Fundamental Save Drill - Extended Butterfly Save

Station 5: 2v1 Keep Away

Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.



Game: Always on PP Game

Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.