

Skills & Drills - Weeks 1&2

Skills & Drills – 80 Minutes

1) Puck-Handling/Goaltender Warm-Up (10/10)

Puck-Handling

Goaltender Warm-Up



2) 6 Stations @ 8 minutes (48/58)

1) **Under-Speed Skating** – Edge work & Balance

2) **Board Play, Battle & Protect** – 1) Players start with pancake along boards, offensive player with puck in feet must use leverage to win battle & come out with puck. 2) Players start 10' from boards with puck along dasher. On whistle players battle for lane to puck with body position, counter-hit, balance & strength to win control (5 second)

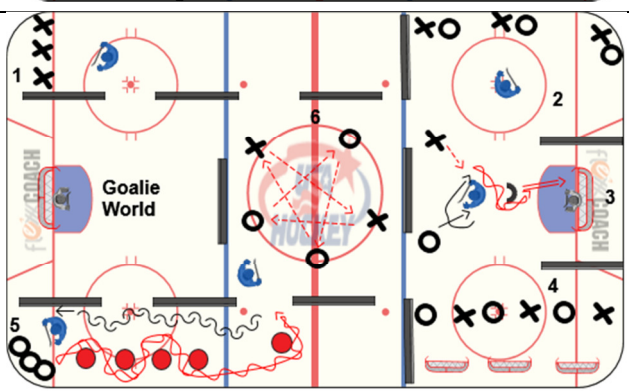
3) **Puck-Skills in Traffic** – Coach stands where diagrammed, player without puck (O) skates to coach & escapes to gain pass receiving position for pass from X. Coach creates contact with blocking pad, player receives pass, makes move around attack triangle and shoots.

4) **Mountain Climber Back-hand to Fore-hand Shooting** – Players pair up as diagrammed. O passes to backhand of X, who must transfer weight to front foot for shot pushing down into the ice on the flex of the stick for power. 5 shots a piece and alternate shooters.

5) **Dynamic Skating** – Balance & Power with tight crossovers fwd & bkwd
c) tight 360's fwd & bkwd and two foot agility jumps

6) **Star Passing** – Fore-hand & backhand passing with 5lb plates, stress good passing & receiving technique as well as not dusting off the puck.

Goalie World -



4) Small Area Games by Team (22/80)

1) **1v1/2v2 Angling/Drive Drill** – Coach spots puck in either corner or on net for goalie to set it up behind the net. O picks up puck & wheels the net driving wide to attack. X must tag up with skates touching inside circle and then angle stick on stick, body on body establishing middle ice position & denying opponent a lane to the net. Alternate sides, players should alternate lines.

2) 3v3 or 4v4 Game

X's on one end and the O's are at the other. On whistle, three players from each line come out and play 3v3. Focus on man on man coverage, sticks in passing lanes, heels to net, not getting beat off the boards, reading the play, etc., when on defense. Focus on puck protection, support, passing, making plays etc., when on offense. and 30 seconds per shift...coaches must create a new battle for every new puck.

