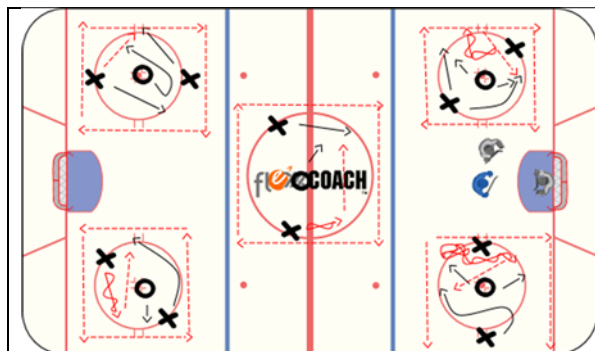
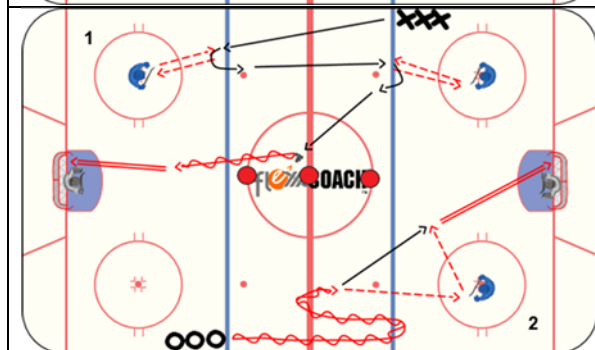


Skills Practice 9-6-16 & 9-13-16



1) Lulea BONZ/Lulea 2v1/Goalie Warm-Up (6/6)

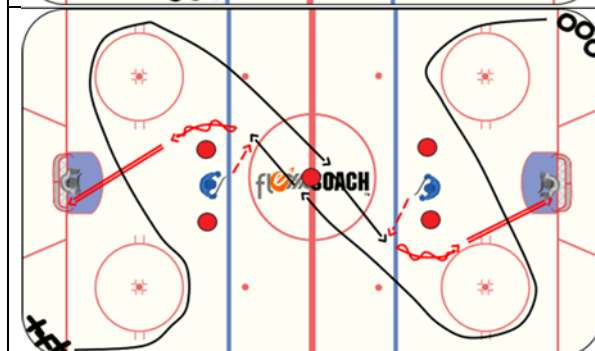
-Skaters in groups of 3 play 2v1 in square areas approximately the size of the face-off circle as diagrammed with the object being for the two players on offense (X's) to move and support each other with and without the puck to maintain control vs the opponent (O). First half of drill is Lulea BONZ which mimics 2v1 deception & passing with offensive players facing each other and defender in the middle. On 2nd whistle, defensive player must always attack the puck carrier to create a puck protection/support scenario. Each part of drill is done short bursts of 10-15 seconds before switching player roles.



2) Over-Speed Tight Turn - Drill #2 Only (7/13)

Player explodes out of line with puck, tight turn to the inside at the far blue, tight turn to the inside at the red, passes in stride to coach & goes hard to net for return pass. Coach should not return pass if player does not maintain speed of attack without the puck.

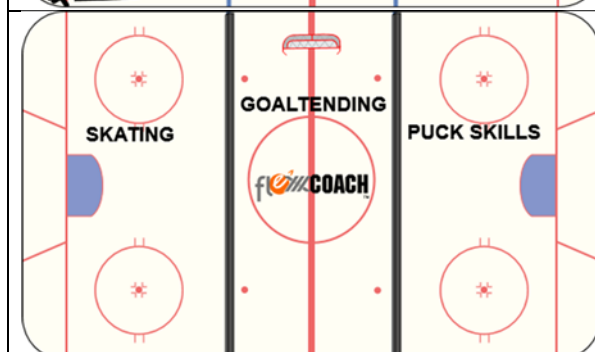
Shot selection determined by Goalie Coach (4 Reps)



3) Russian Circle Over-Speed (7/20)

On the whistle, one player from each line explodes out of line & does cross-overs around the top, then bottom of the face-off circles (as diagrammed) Cut hard to the middle of the ice before doing a 360 degree turn, receive pass from coach for shot.

Shot selection determined by Goalie Coach (4 Reps)

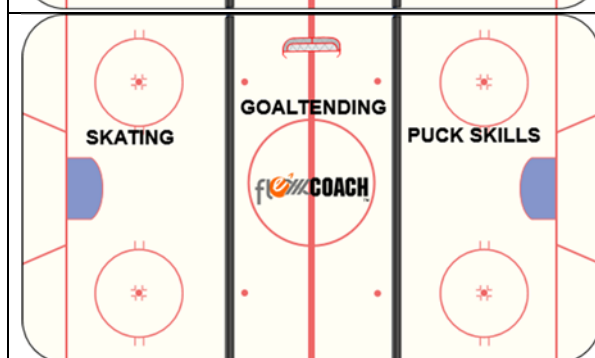


4) Two Stations @ 15 Minutes (30/50)

Group A: Skating Skills

Group B: Puck Skills

Goalies



5) Two Stations @ 15 Minutes (30/80)

Group A: Puck Skills

Group B: Skating Skills

Goalies