

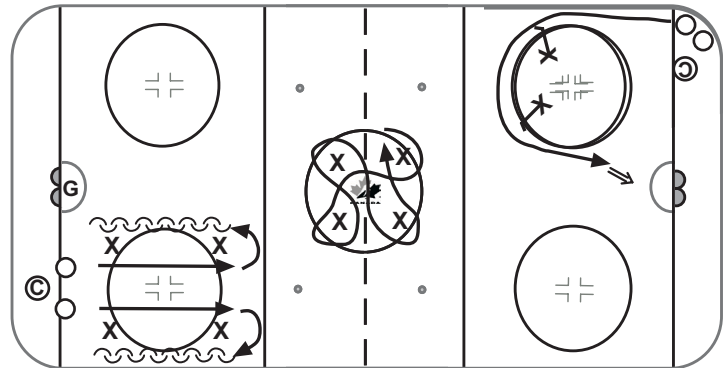
3 Station skills 01

Skating – Transition Races

- Start with 2 lines each with two pylons in a vertical line.
- Players start at bottom pylon, on coach's signal the player's race to top pylon, pivot and skate backwards to bottom pylon.
- Repeat by pivoting the opposite way the next time.

Key Teaching Points

- Efficient turns, blow as little snow as possible
- Quick feet



Puck Control – 4 Pylon Agility

- Place 4 pylons around a circle or anywhere on the ice.
- Players start by carrying a puck and stickhandling around the pylons in a random fashion.
- Progression – add a second player and have them challenge each other instead of avoiding each other
- Progression – two players, one puck and they have to support each other by passing the puck back and forth while facing each other.
- Progression – have one player stationary on wall and pass back and forth, to work on puck support. Skate and pass, or one touch

Key Teaching points

- Keep feet moving, be creative, and go as fast as possible – quick feet and quick hands
- Always be ready to pass and receive – Expect the Pass

Scoring – Corner Puck Protect

- Players start in corner with pucks.
- Place a couple of obstacles on the top of the circle to act as a defenseman's stick (Stick on pylon , Assistant coach, etc...)
- Players have to open up, and protect the puck going by the obstacle – finish with shot on net
- Change corners so players work on both forehand and back-hand sides

Key Teaching Points

- Open up with heel to heel move, and move puck back towards the back foot to protect it at the same time.