

October 25, 2012 Skill Development Session 2

Pee Wee B2 & Pee Wee C 5.50-6.50 PM

Pee Wee A & Pee Wee B1 7-8pm

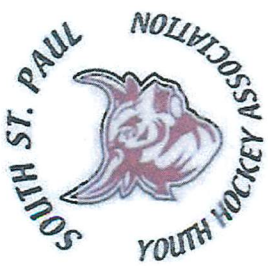
Bantam B & Bantam C 8.10-9.10pm

Theme is Crossovers & Puck Handling: 9 Drills were accomplished at Pee Wee Level & Bantam Level, each player went through each drill about 4-6 reps. Players were shown screen shots of professional players using the techniques we used during their practices.

Drills Used this week:

1. Two lines of players on one end of the rink, player skates around the circle using a crossover technique around the face-off circle and then through the cones at the center ice on an inside and outside edge, players were encouraged to keep their knees bent stick on the ice and outside shoulder turned slightly towards the middle of the circle and head level and looking where they are going.
2. Two lines of players on one end of the rink, player skates around the circle using a crossover technique around the face-off circle and then through around the lower cone at the far blue line and then back to the other blue line around the cone using a power turns (both skates on the ice), good balanced stance using an outside and inside edges with the players stick on the ice, the players should not lose speed while performing the power turns.
3. Players on each side of the blue line in 4 groups facing opposite directions, three cones in each zone the first being on the top of the circle the other two down low on the goal line. Players start at the blue line and then skate around the bottom of the cone and out to the top of the cones performing a figure eight.
4. Players in two areas of the ice near the top of the circle against the boards. Two players leave at the same time without pucks, the first player goes towards the far blue line and receives a pass from the coach, the second player leaves and goes straight down the ice timing to enter the zone at the same time as the player with the puck, play a 2 on 0 to the net.
5. Two lines of players at the middle of the face off circles on opposite ends with a cone at the bottom of the circle the player leaves the line with a puck and skates around the low zone cone and then makes a move at the blue line and then passes to the coach at the red line, receives the pass back and goes in and shoots on the goalie.
6. One line at one end of the rink, one line goes through the sticks laying on the ice carrying a puck,
7. The other line does power times around the cones, the players switch sides after 4 reps.
8. Two lines of players at the middle of each faceoff circle on opposite ends, place a cone at the bottom of the circle, coaches on each side of the rink near the far blue line. The players leave at the same whistle and skate around the bottom of the circle and receives a pass from the next player in line, the player then gives the coach a pass & receives a pass back and attacks the offensive zone cutting in before the face off dot and shoots the puck on the net, players are encouraged to keep their feet moving while shooting.

9. **Stick handle game players at one end of the rink with a puck, each player skates through the middle of the rink and coaches try to knock pucks off the players sticks, once you lose your puck you must stay in the middle and work on knocking off pucks off the players stick. A variation of this drill with the younger players is half the group takes a knee in between the blue lines, the other half of the players tries to skate from end to end stick handling the puck**



Date: October 25, 2012

Skill Night: # 2

Theme / Skills:

Level: Pw B2/pw c 5:50 - 6:50 pm
 Pw A /pw B1 7:00 - 8:00 pm
 BAn B/c 8:10 - 9:10 pm

Skating Skills: Edges, Feet, Crossovers

Stickhandling: Agent Bay
 Backward / Forward

Stickhandling
 Game

OR

Stickhandling
 Relay

