

Date:	07/14/19	Group:	
Length:	60 mins		
Start Time:	7:00pm	Focus:	Puck Handling
End Time:	8:00pm	Level:	SQ

Length	Start	Drill Name	Category	Notes
0	7:00pm	OYHA Week 1 Practice 2 - Puck Control/Stick Handling Station Layout	Stations	
5	7:00pm	Figure 8 Stickhandling	Puck Control	Go over proper hand spacing and stick handling techniques have them focus on rolling wrists, getting hands out away from the body, pressure on stick, cupping puck, etc.
5	7:05pm	Chaos/Knockout Game - Neutral Zone - Warm up	Small Game	
8	7:10pm	Czech Drill 1	Puck Control	
8	7:18pm	Czech Drill 2	Puck Control	
8	7:26pm	Underhandle With Speed	Puck Control	Players at the highest levels of our sport have learned to be efficient in their movements with the puck. They've learned when to move their feet to put their hands in a better position to handle the puck, and also when not to overhandle the puck with extra, unnecessary stickhandling movement.
8	7:34pm	Puck Control Circle	Puck Control	
8	7:42pm	Extension Stickhandling Around Tires	Puck Control	
0	7:50pm	8 Tire Stickhandling	Puck Control	
10	7:50pm	Circle Knockout Game Full Ice	Small Game	

Notes: Practice 2 Stations - focus on puck handling/puck control

Videos and off ice demonstration with your teams

Warm up - Fig. 8 stickhandling spread out all over the ice & then neutral zone Chaos/Knockout game

Station 1 - Czech drill 1

Station 2 - Czech drill 2

Station 3 - Underhandle and fakes with speed

Station 4 - Circle Puck control

Station 5 - Tire Extension Stick handling

Station 6 - Optional Tire Stick handling drill

Finish with knockout in each of 5 circles - the winners come to center ice.

Videos to watch with your coaches and players

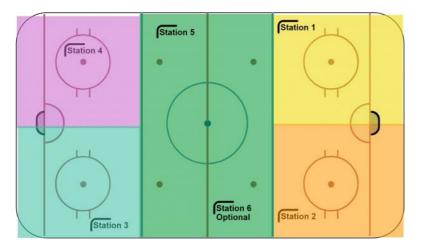
You can shown portions of videos to your players and please continue to review these videos continuous to add to teaching the skill iTrain

https://www.youtube.com/watch?v=uYDT5-jr1ro Planet Hockey - 5 Fab stickhandling moves https://www.youtube.com/watch?v=614fPzXhz0k

4 Stickhandling Mistakes to Avoid - with links



Drill Title: OYHA Week 1 Practice 2 - Puck Control/Stick Handling Station Layout (1 Diagram)



OYHA Week 1 Practice 2 - Theme - Puck Control/Stick Handling Techniques

For All Station Practices depending on number of coaches you can do 4 to 5 stations

Stick handling demonstration w/ gloves on ice then warm up game of neutral zone knockout

Station 1 - Czech Drill #1

Station 2 - Czech Drill #2

Station 3 - Under Handle & Fakes with speed

Station 4 - Circle Puck Control

Station 5 - Tire Extension Stick Handling

Station 6 Optional - Tire Stick handling drill

Finish with 5 circle knockout drill game

Key Points:

Drill Title: Figure 8 Stickhandling (1 Diagram)

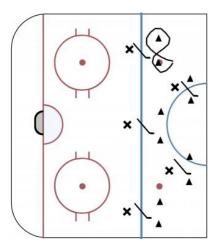


Fig. 8 Stick handling

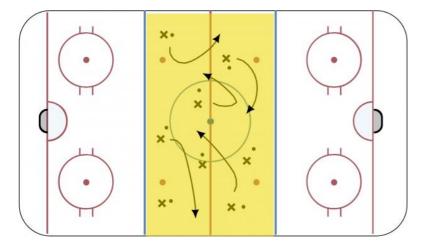
Players spread out all over the ice and drop their gloves on the ice about 4 ft. apart. The player is stationary at first and is only moving the puck around the gloves in Fig 8.

Progressions: Changes directions of movement of puck, do full circles around each glove. Then spread the gloves further apart and can start skating in Fig. 8 while doing puck handling (mohawks, transitions).

Later can add a partner and pass while they are skating around and stick handling around gloves or cones.

Key Points:

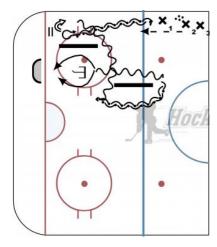
Drill Title: Chaos/Knockout Game - Neutral Zone - Warm up (1 Diagram)



Chaos/Knockout Game - Warm Up

All Players in neutral zone with a puck skating randomly around trying to knock another players puck out of the neutral zone while maintaining puck control of their own pucks. Once a player is 'knockout' they must skate out of the neutral zone until there is one player remaining. Then they can restart another game with all players. Any player knocked out cannot try to take the puck away from remaining players.

Drill Title: Czech Drill 1 (1 Diagram)



Player x1 skates backwards w/out the puck X2 passes puck to x1 stops at bottom of 1st pad & makes an escape move towards the boards then skates fwd to bottom of next pad and transitions backward to top of pad then transition back to forward.

Player then goes down to obstacle and makes a move left or right and can finish with a shot. Have them go both directions to get a forehand and backhand shot.

Key Points:

Drill Title: Czech Drill 2 (1 Diagram)



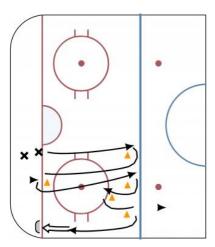
Player x skates fwd into zone to pile of pucks pulls one puck skating backwards out to far side of pad transitions back fwd escape move then making a pass to coach. They then skate around pad towards boards and receives a pass back. They make a head fake at mini net or obstacle to either direction and take a forehand or backhand shot.

Have them alternate in both directions to get a forehand and backhand shot. Run the drill the next time from opp. side!

Key Points:

Drill Title: Underhandle With Speed (1 Diagram)





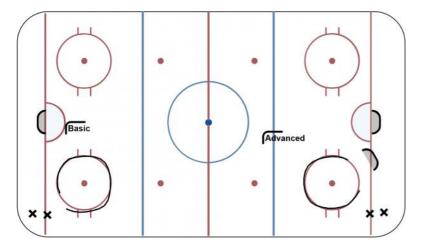
"Underhandling" - moving the puck with just the face of backside of the stick. Forces players to use their arm and body positioning to maneuver the puck around obstacles.

X starts at the goal line and skates with speed through the cones focusing on "underhandling".

X moves through the course as quickly as possible while controlling the puck using only one side of the stick.

X ends with a shot on a mini net then rejoins the line.

Drill Title: Puck Control Circle (1 Diagram)

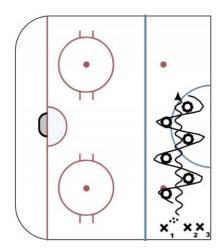


 $\mbox{\sf Basic}$ - Players skate around the circle trying to stickhandle 2 pucks.

Advanced - Players skate around the circle trying to stickhandle 2 pucks and then take a shot on the net.

Key Points:

Drill Title: Extension Stickhandling Around Tires (1 Diagram)



Stagger a series of tires anywhere on ice & adjust distance to kids level of skill. Player skates with puck straight down the middle of the tires, but they stickhandle around the tires(ONLY the puck & sticks move around tires NOT their bodies). This teaches them to get their hands and arms out and away from the body, but their tendency will be to weave the tires have them go slow!

Key Points:

Drill Title: 8 Tire Stickhandling (1 Diagram)

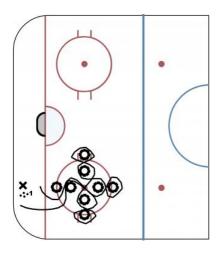
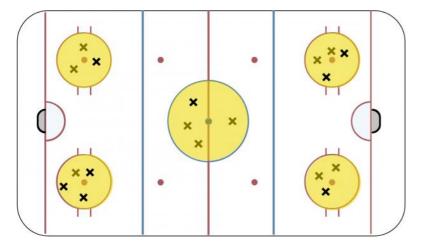


Figure 8 patterns throughout all 8 tires make sure they follow a pattern then a 2nd & 3rd player can be added when part of the pattern is completed. This keeps their heads up, timing. Work on control of the puck, quick hands, smooth movements. High level can use Crosby's.

Drill Title: Circle Knockout Game Full Ice (1 Diagram)



Circle Knockout Game Full Ice- Warm up or End Game

Break up into 5 groups in all 5 circles. The kids play knockout and then winners come to the middle to battle with everyone else on one knee watching. Can redo the game over and over with time remaining.