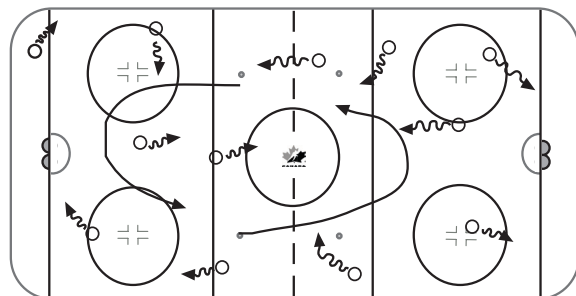


Session Objectives: Checking, Angling, Fakes and Dekes, Net drives

10 MIN WARM - UP

WARM UP

Players skate around the ice 1/4 speed. On whistle, players stay in confined space, moving puck in any direction quickly. On next whistle, players return to 1/4 speed.



KEY EXECUTION POINTS

- Quick feet and quick puck movement, evasive moves, body, head, shoulder fakes.

20 MIN SKILL STATIONS #1

1. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

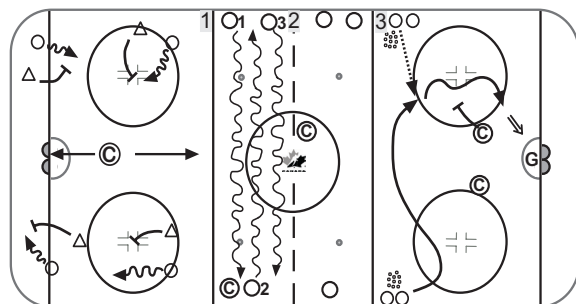
Demonstrates stick checks (stick lift, press, poke, and sweep check). Mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around Coaches.



KEY EXECUTION POINTS

- Quick use of stick, feet, and hands, body position, 30 second intervals, Head up, weight shift, quick feet, accelerate after fake.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

20 MIN SKILL STATIONS #2

1. CHECKING - ANGLING (4.3.04)

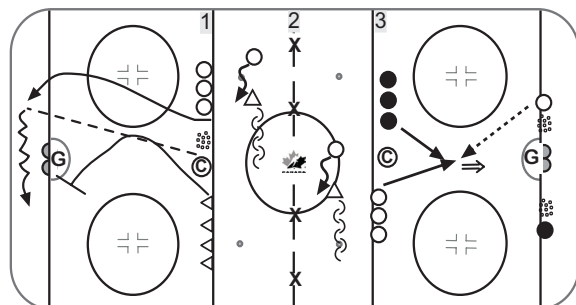
Coach reviews angling technique. Coach dumps puck in, O skates puck out at 1/2 speed. D angles O to boards and rides out.

2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Create two lanes (spray paint). Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

3. 1 ON 1 BODY POSITION SHOOTOUT

On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



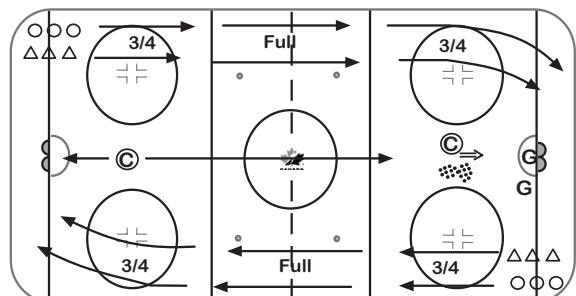
KEY EXECUTION POINTS

- Take away middle, D shoulders square to O, stick on the ice
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest.
- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.

10 MIN FUN GAME

CHECKING - BACKCHECK

Coach to review backcheck technique. O player varies speed. D player stays close with O maintaining body position. Alternate positions. Simulate pass from Coach.



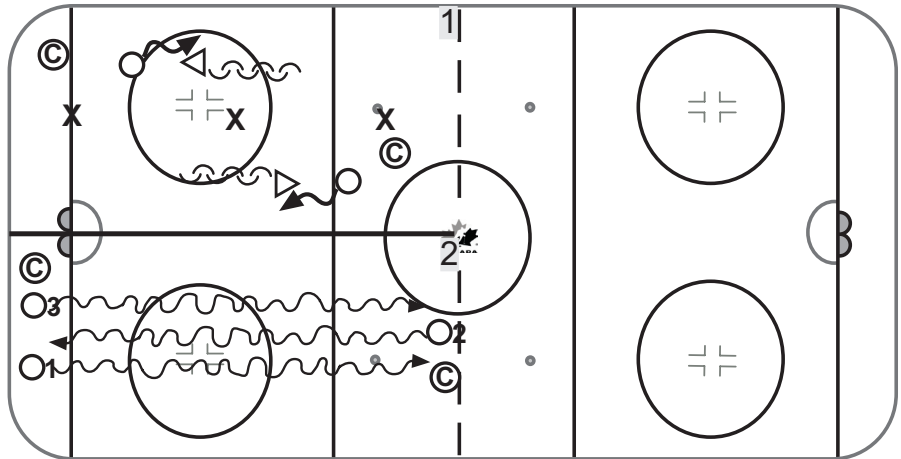
KEY EXECUTION POINTS

- Head on a swivel, inside position, stick on the ice, controlled skating without the puck.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

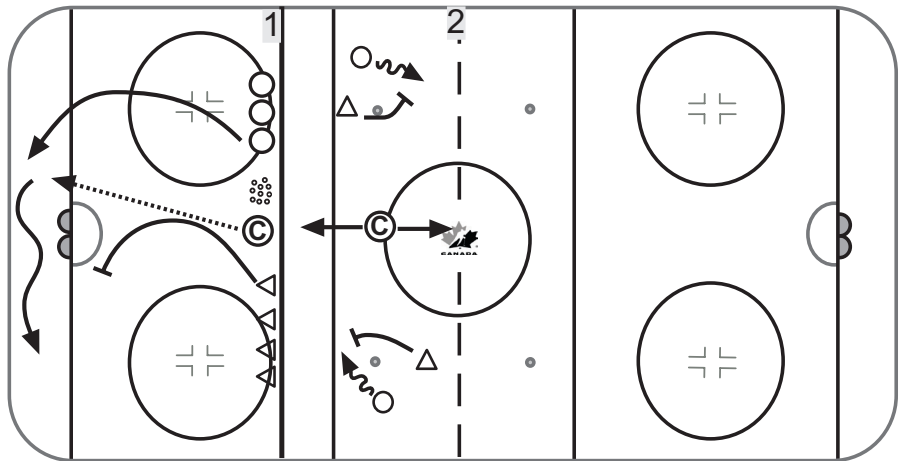
SKILL STATIONS #1

- 1. CHECKING - GAP CONTROL (6.1.2.4)
- 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



SKILL STATIONS #2

- 1. CHECKING - ANGLING (4.3.04)
- 2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)



SKILL STATIONS #3

- 1. NET DRIVE (5.4.1.1)
- 2. 1 ON 1 BODY POSITION SHOOTOUT

