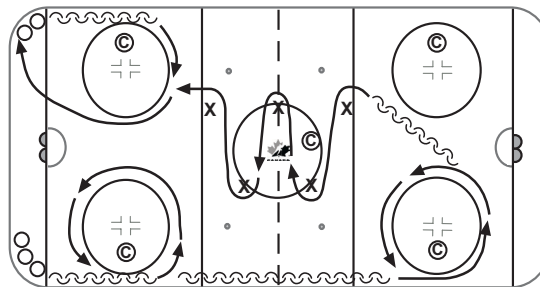


Session Objectives: Agility, Quick Feet, Creative Stickhandling, Deflections

### 10 MIN WARM - UP

#### BARTEAUX SET-UP (1.6.13/1.6.16/1.5.02/1.6.02)

Players will do the circuit twice from each side. Around circles backward c-cuts review. Progress to backward crossovers. Down the sides of the ice Backward c-cuts, alternating legs and Backward striding. Between the middle cones tight turns and backwards around the cones. 3<sup>rd</sup> and 4<sup>th</sup> times through use pucks.



#### KEY EXECUTION POINTS

- Players will know circuit, correct technique

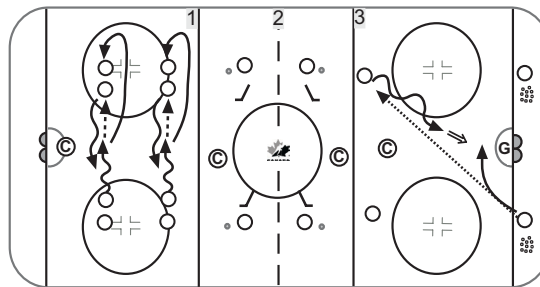
### 20 MIN SKILL STATIONS #1

#### 1. MARIO MOVES (5.1.1.3/5.1.1.4/5.1.1.5/5.1.5.1)

Players pair up, as shown, facing each other the entire way down the ice. Player 1 starts the drill by skating toward the other player and making their move. After they have gone around their partner they tight turn and return to their position and their partner does the same thing. Spend 2 minutes on each of the following skills, progressing through them as listed: Head fake to the forehand, Head fake to the backhand, Head fake and slide puck through skates and pick up on the other side forehand, Head fake and slide puck through skates and pick up on the other side backhand, Head fake and attack the triangle (formed by players stick and skates) - forehand and backhand, Drive around an active stick from opponent.

#### 2. 4 STEP QUICK FEET (1.1.13)

Spread out in the neutral zone, players should find a space of their own. Step 1 - player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Focus on good skating position, head up, balance. Step 2 - player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end. Step 3 - Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue - pivot from forward to backward, backward to forward at the end of the stick each time. Step 4 - Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.



#### 3. DEFLECTIONS (3.6.01/3.6.02)

Players are positioned as shown. Shooter receives a pass from opposite corner and skates in for a shot. Passer heads to net front for deflection. Play puck until goalie covers the puck or players score. Repeat out of opposite corner.

#### KEY EXECUTION POINTS

- Drill is about creativity, allow players to be and act creative
- Demonstrate 4 steps so players get a visual
- Shoot before hash marks

### 20 MIN SKILL STATIONS #2

#### 1. 1-2-3 ON-0 RELAY

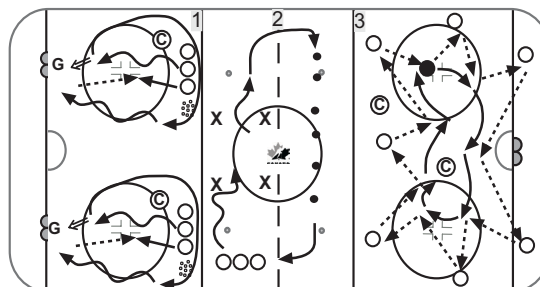
Move nets to each end, on goal line, below face off dots. Players line up inside blue line in equal groups, each player with a puck. 1<sup>st</sup> player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3<sup>rd</sup> time through, 3 on 0 etc...Have all players dive across blue line when last player scores.

#### 2. PUCK CONTROL (2.2.39)

Players start on boards in neutral zone. Pylons and puck dots are arranged as shown. Player leaves and skates to pylon box and makes a move on each pylon in a random order. Player then skates up to puck dots and straddles the dots while stick handling through the dots.

#### 3. PASSING (2.4.04)

- At far end, have the players doing the one touch passing circle.



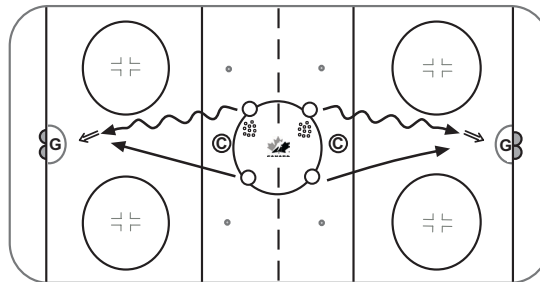
#### KEY EXECUTION POINTS

- Each player must touch puck once before shot
- Drill is about creativity, allow players to be and act creative

### 10 MIN FUN GAME

#### SHOOTOUT

Have players line up in two lines at center ice. ( Use both ends ) One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



#### KEY EXECUTION POINTS

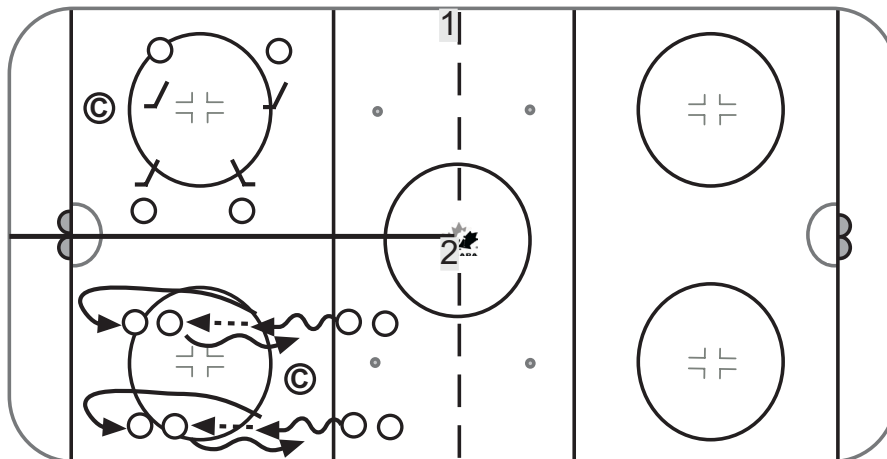
- Must be down on one knee if starting without the puck, quick feet off the start, protect puck, and alternate lines after each attempt.

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. 4 STEP QUICK FEET (1.1.13)

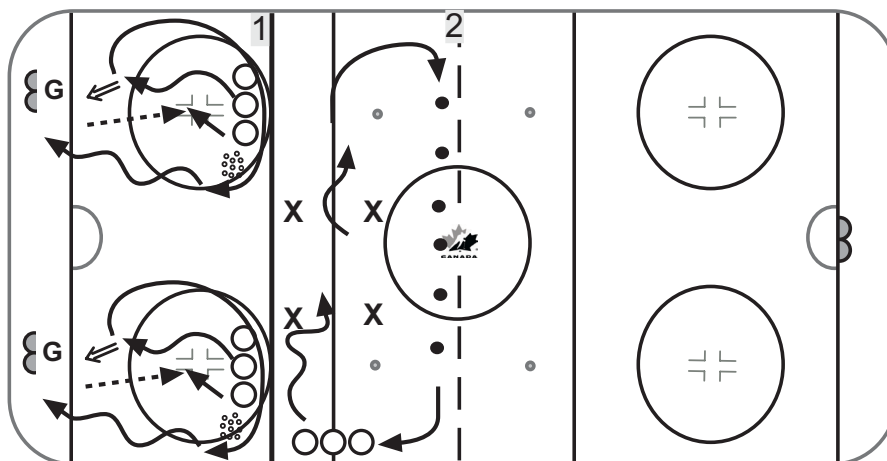
2. MARIO MOVES (5.1.1.3/5.1.1.4/5.1.1.5/5.1.5.1)



**SKILL STATIONS #2**

1. 1-2-3 ON 0 RELAY

2. PUCK CONTROL (2.2.39)



**SKILL STATIONS #3**

1. DEFLECTIONS (3.6.01/3.6.02)

2. PASSING (2.4.04)

