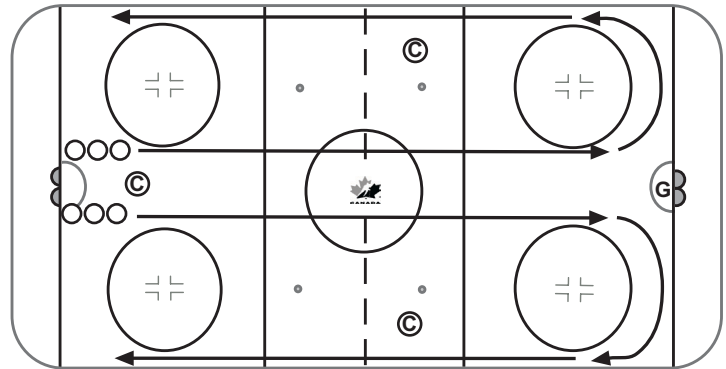


## Skating – Warm Up 01 - Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown.

### Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.

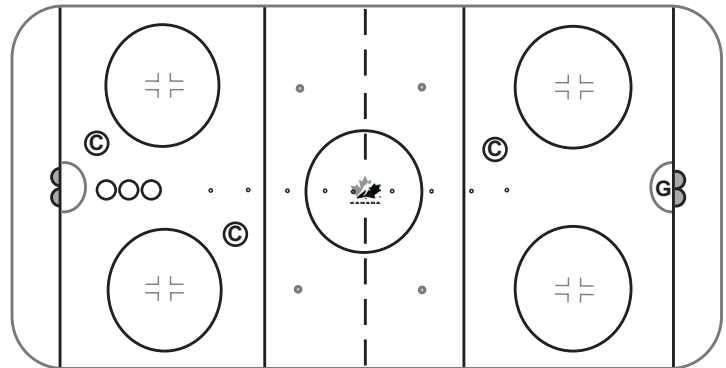


## Puck Control - Warm Up 03 – Puck Dots

- Players line up in two lines on the hashmarks
- Place pucks or pylons in a straight line down the ice (1 or 2 rows)
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each skill as shown.

### Key Teaching Points

Technique is important in this warm-up set up – using lots of pucks enable the players to practice the same move multiple times.



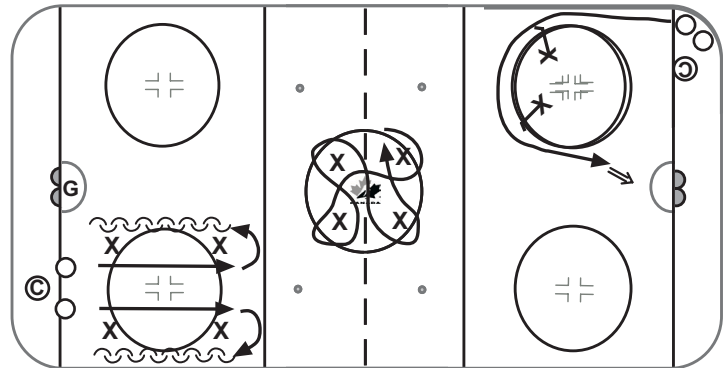
## 3 Station skills 01

### 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.

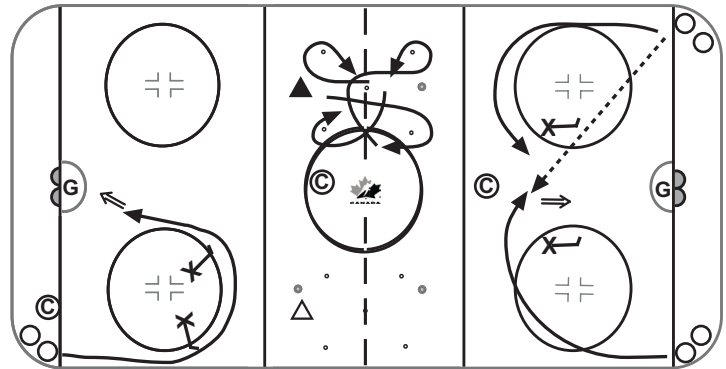
## 3 Station skills 02

### 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.



### Skating - Agility – 5 Puck Agility

- Place 5 pucks in circle as shown.
- Player must skate around each of the outside pucks, and always come back to the middle before skating around one of the outside pucks again.
- Toes always pointing forward during transitions
- Add puck for progression

#### Key Teaching Points

- Quick feet, stay low for balance
- Efficient movements ie try to do only 1 crossover to get back to middle

### Shooting – Quick Release – Shoot on Front Foot

- Players start in opposite corners. Right hand shots in one corner, left hand shots in the other.
- Skate around top of circle and receive pass from opposite corner

#### Key Teaching Points

- Receive pass across body and in one motion move puck to forehand and shoot off of front foot