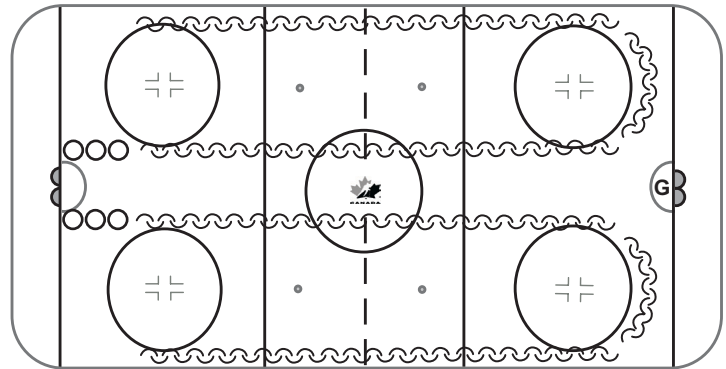


## Skating – Warm Up – Backwards 01

- 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 back along the boards.
- Perform each backward 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.

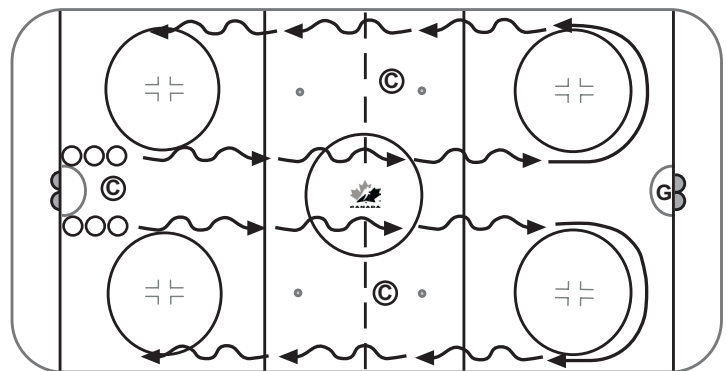


## Puck Control – Warm Up 01

- 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 back along the boards.
- Perform each skill as shown.

### Key Teaching Points

- Technique is important in this warm-up set up – have players try to get as many reps of each skill as possible down the ice
- Encourage quick hands and lots of range of motion



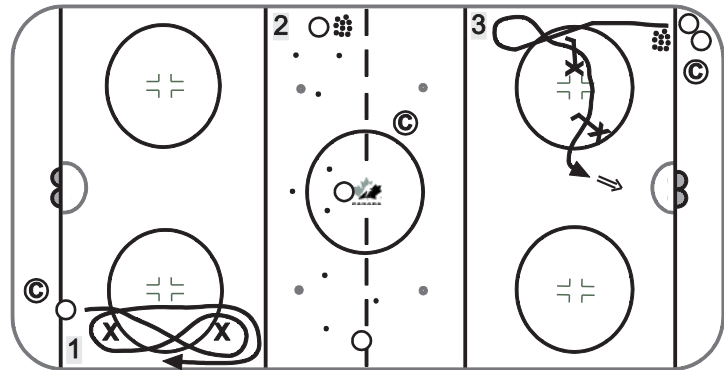
## 3 Station skills 01

### Skating – Transition Footwork

- Start by placing two pylons in a line.
- Player starts at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.
- Progression – Add puck

#### Key Teaching Points

- Quick feet, acceleration into and out of the pivot, maintain speed



### Puck Control – 3 Puck Stickhandle

- Place 3 pucks in a triangle formation anywhere on the ice.
- Player must try to keep feet steady while utilizing only the arms and upper body to move the puck randomly through the 3 stationary pucks.
- Progression is to move the pucks wider apart and then skate through the pucks while stickhandling

#### Key Teaching Points

- Work on quick hands and range of motion

### Scoring – Crosby Delay

- Players start in corner, skate up the wall, tight turn towards boards, quick feet coming off the wall to attack the net.
- Place a couple of obstacles on the top of the circle to act as a defensemen's stick (Stick on pylon, Assistant coach, etc...)

#### Key Teaching Points

- Look in glass, or over shoulder, prior to coming out to turn to see what is there. Accelerate out of turn

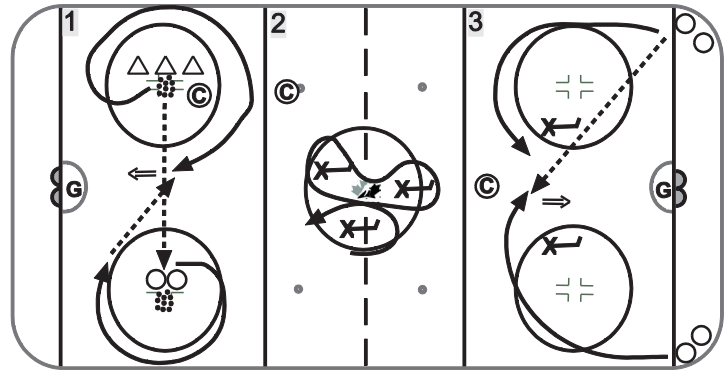
## 3 Station skills 02

### Scoring – Circle Shooting

- Pucks on both faceoff dots, players on both dots as well.
- Pass comes across from opposite dot, each player can then skate either way around the circle.
- Player without puck must get in position for shot, player with puck must find the shooter and pass so shot can be taken.

#### Key Teaching Points

- Quick feet around circle.
- Communicate, call for puck, good pass, quick release



### Puck Control – Corner Obstacle Agility

- Players start in corner with pucks.
- Place a couple of obstacles in the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
- Players perform random moves working on moving the puck laterally and changing directions. Quick feet and quick hands.

#### Key Teaching Points

- Let the players figure it out and be creative.

### 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