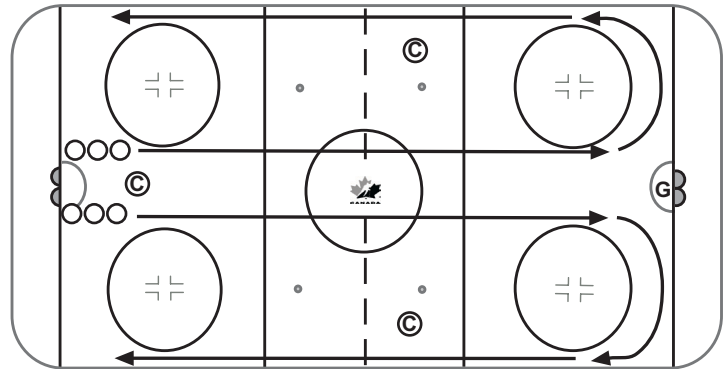


Skating – Warm Up - Forwards 02

- 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.

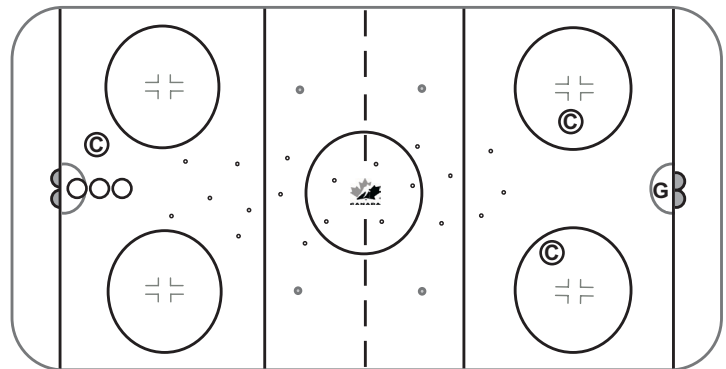


Puck Control – Warm Up 02 – Random Obstacles

- Players line up in two lines on the hashmarks
- Place lots of pucks randomly down the centre of the ice
- 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 to give the players lots of repetition on technical aspects of puck control.
- Encourage creativity and quick hands





Player Development

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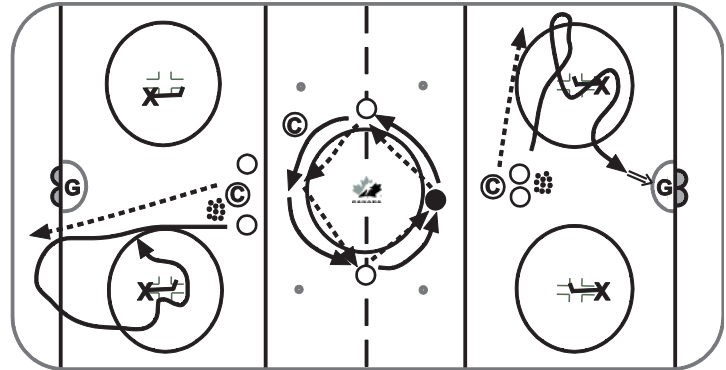
3 Station skills 01

Scoring – End Wall Retrieval – Attack Net

- Pucks in middle of ice near blue line, players line up next to coach.
- Coach dumps puck in wide of net, player has to retrieve puck and attack the net

Key Teaching Points

- Shoulder check and put on fake before retrieval
- Quick feet out of corner – attack net with speed



Passing - 1 Touch Pass and Move

- Stationary player at top and bottom of circle. Player skates around circle passing to each of the stationary players always facing the passer and placing stick in position for pass. Change directions
- Add second 1 touch pass for progression.
- Add a second skater so there are two skaters going around the circle.

Key Teaching Points

- Stick must be in position to receive pass, always face the passer don't turn back on the puck.

Scoring – Side Wall Retrieval – Attack Net

- Puck and players in the middle of the ice.
- Coach passes puck to side wall, player has to follow and retrieve, puck and take it hard to net.
- Player can pivot upon picking up puck to help protect it.

Key Teaching Points

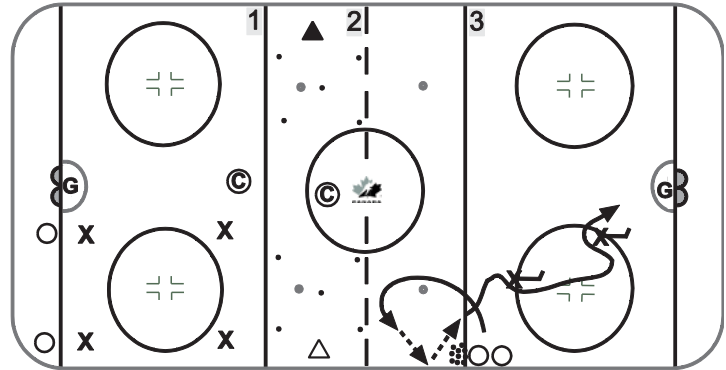
- Turn head in direction of pivot to see what is there
- Quick pivot and attack net with speed.



3 Station skills 02

Skating – Transition Footwork Races

- Start by placing two pylons in a line.
- Players start 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



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

Scoring – Quick Feet – Pass off Wall - Random

- Pucks at blue line, players line up towards corner.
- Skate into neutral zone, turn towards boards, pass puck off of boards then pick it up and attack blue line with speed.
- Approach obstacle, miss the puck intentionally, let it slide by obstacle, and pick it up on the other side.

Key Teaching Points

- Head or shoulder fake, then slide stick off puck or over puck to create deception