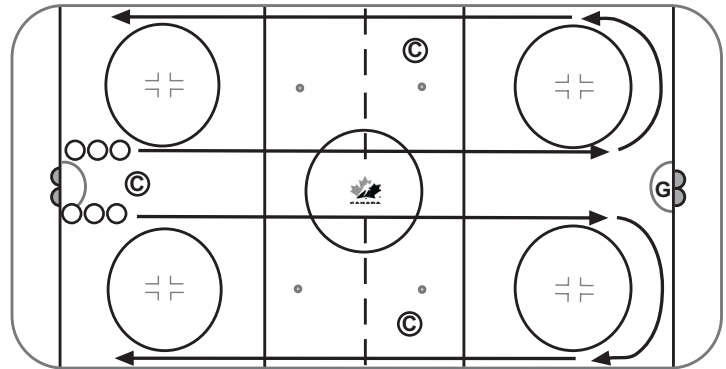


Skating – Warm Up – Forwards 01

- 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 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.

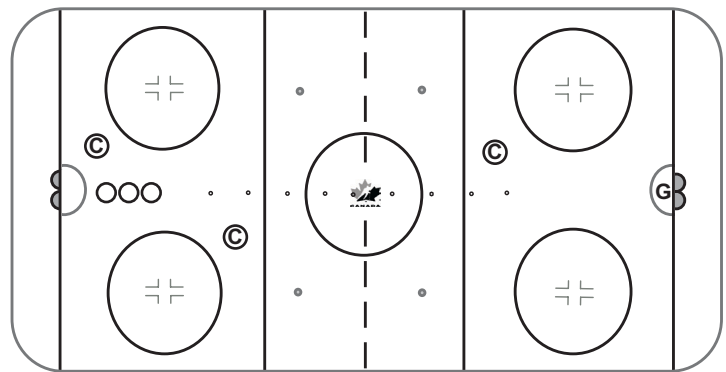


Puck Control - Warm Up 03 – Puck Dots

- 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.



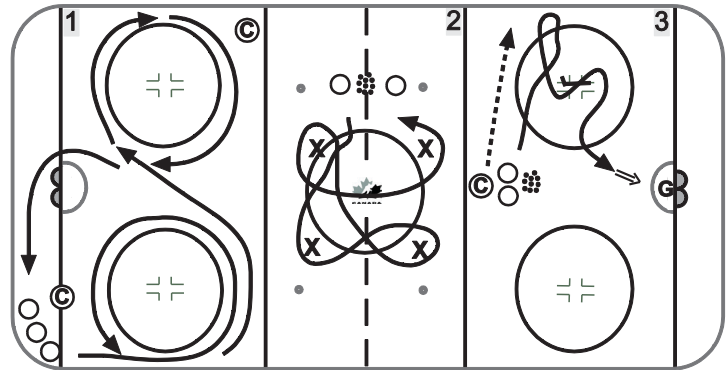
3 Station skills 01

Skating – Skating Circles

- Players start in line in the corner.
- Perform skating skills around both circles to ensure skills are done equally both ways.
- Crossunders / C-Cuts / Quick feet hi lo's / Heel to heel back foot push / Heel to heel open up / Pivot inside with 1 cross-over

Key Teaching Points

- Make sure technique is done correctly before speed. Repeat each skill as many times as necessary until players get the footwork right



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 – 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.

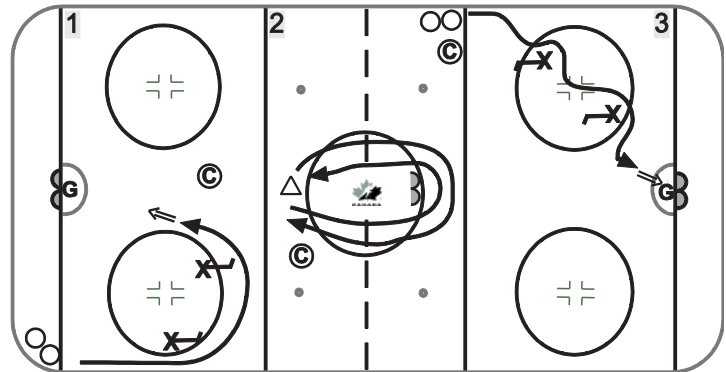
3 Station skills 02

Scoring – Corner Puck Protect

- Players start in corner with pucks.
- Place a couple of obstacles on the top of the circle to act as 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 backhand 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 Nets

- Place a net in the Neutral Zone or anywhere on the ice to use as a station.
- Players perform skating techniques to work on quickness, agility and creativity. -Add a second player to work on heads up play or to act as a defender so players are working on offence and defence.

Scoring – Eberle Move

- Pucks on boards at blue line. Obstacle / Coach at top of circle, second one near bottom of circle.
- Player skates towards obstacle, puck must start on one side of stick, brought backwards and then forwards on the other side of the stick.

Key Teaching Points

- Quick hands / forward – backward – forward motion creates option for shooting lane
- Changing the angle of the puck will give better scoring chance on goaltender