



# Player Development

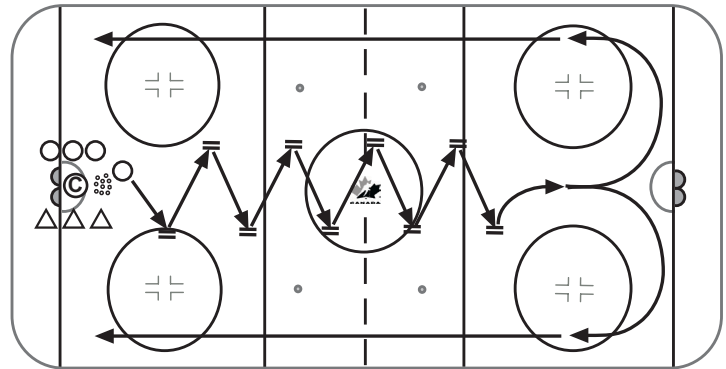
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## Skating - Skating Agility Warm Up

- Players perform Crossover to "slide stops" forwards and backwards
- Skate in a zig zag pattern through the middle lane

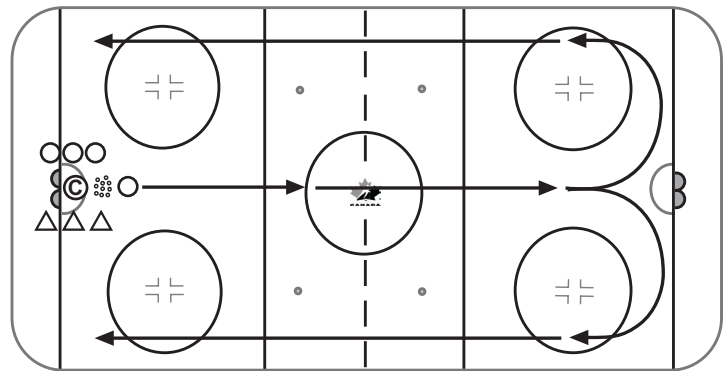
### Key teaching points

- Maintain a deep knee bend
- Keep balance throughout "slide stops"
- Work on quick feet



## Puck Control - Puck Control Agility Warm Up

- Players moves through the middle lane controlling the puck
- Players perform the following skills
  - o Side middle Side
  - o Wide
  - o Short, short, wide, wide
  - o Forehand side control
  - o Forehand side control shot fake
  - o Mohawk backhand control
  - o One hand forehand only
  - o One hand backhand only
  - o One hand backward skating
  - o Crossover back and forth puck control
  - o Single Crossover puck control
  - o Puck between legs tight turn
  - o Forehand side single knee drops
  - o Forehand side backwards single knee drops



### Key teaching points

- Move puck quickly from forehand to backhand and vice versa
- Keep head up as much as possible
- Maintain control of the puck at a fast pace



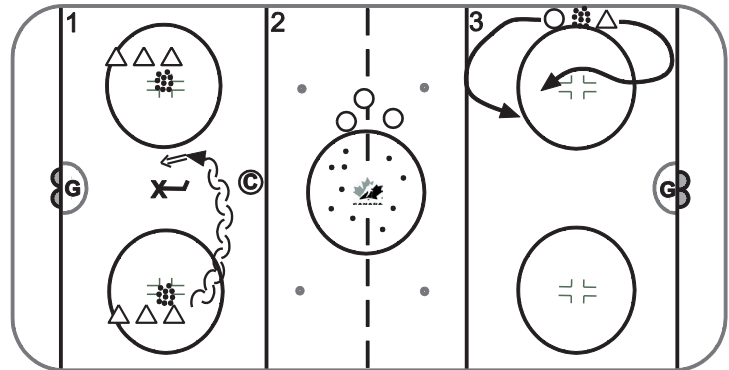
## 3 Station skills 01

### Shooting - Defence - Quick Feet Shot From Middle

- Players start from the offensive zone faceoff dots
- Left handed defence start from the let side, right handed defence start from the right
- Players back peddle, with puck, around obstacle in the slot
- Player then shoots when obstacle is cleared

#### Key teaching points

- Maintain possession on the forehand
- Move quickly into a shooting lane
- Shoot in stride
- Keep an eye on the target



### Puck Control - Land Mines

- Randomly spread out pucks within faceoff circle
- Players perform puck control skills around and between pucks

#### Key teaching points

- Maintain control of the puck
- Creativity with the puck
- Quick feet and quick hands

### Scoring - Half Wall 1 on 1

- Players line up on half wall at hash marks.
- Offensive player skates with puck, tags the blue line and then turns to attack net
- Defensive player must tag goal line, and then jump up to close the gap to play the 1 on 1

#### Key Teaching Points

- Turn head prior to turning up ice
- Inside out pattern
- Stick on Stick, Stick on puck
- Close gap as quickly as possible.

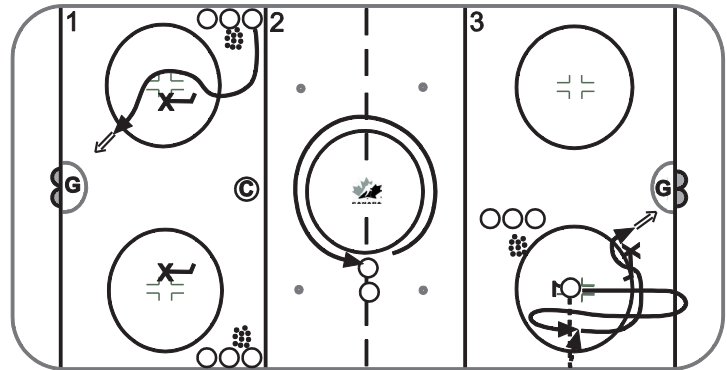
## 3 Station skills 02

### Scoring - Shot Off Puck Protection

- Players skate in from blue line with puck cutting stepping off the boards first
- Protect the puck using body and stick positioning
- Finish with a tight shot on net

#### Key teaching points

- Keep puck protected at a distance from obstacle
- Move the puck into a shooting position quickly after passing the obstacle
- Open hips to perform quick protective back to defender movement



### Skating - Circle Skating Backwards

- Players start in corner
- Skate around circle backwards
  - Crossunder
  - Crossover reach, grab ice
  - Inside pivot, exit with 1 crossover

#### Key Teaching Points

- Outside foot must stay on ice
- Inside foot ( push leg ) stays on ice as much as possible
- outside edge of inside foot

### Scoring - Hi - Lo Half Wall Retrieval

- Pucks on dots in end circle
- Players pass puck off wall, skates low, then high in figure 8 pattern.
- Pick up loose puck and attack net
- Change directions – skate low then high

#### Key Teaching points

- Tight turn, quick feet crossover to stay on top of ice