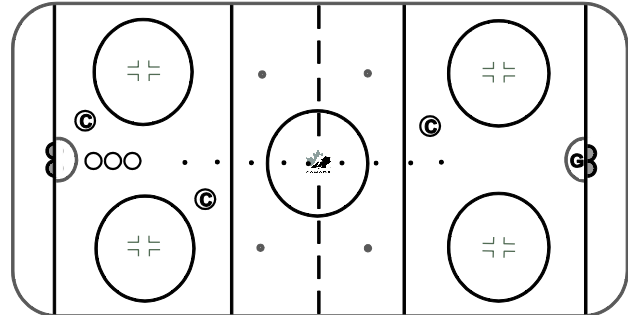
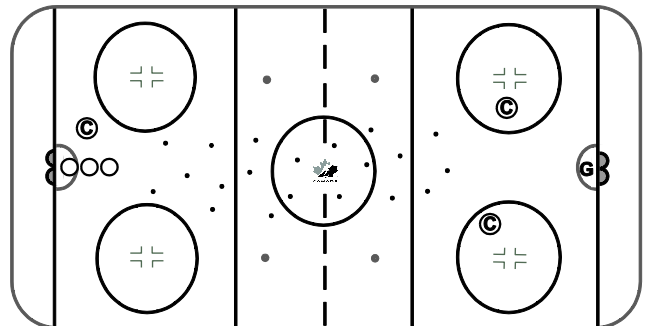


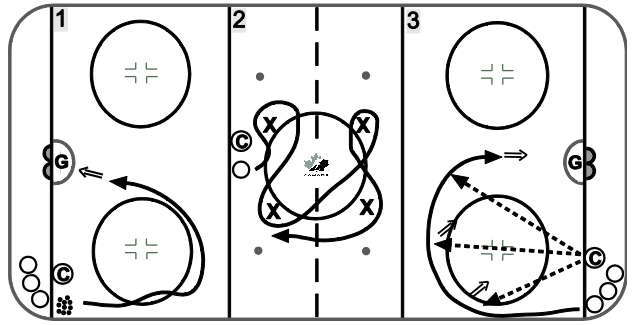
Drill Name & Description	
Puck Control Warm Up – Puck Dots	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Puck First – then feet 3) Heel to Hell 4) Open up – Backhand Side 5) Pull in – Push Out 6) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



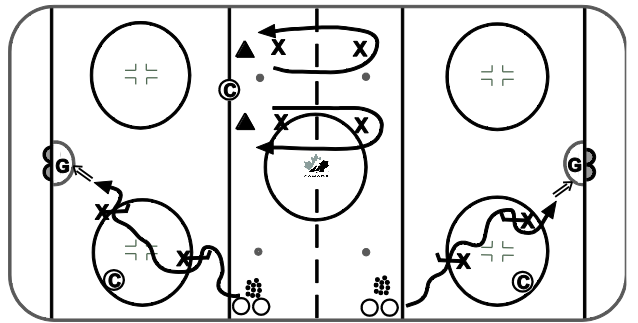
Drill Name & Description	
Puck Control – Warm - Up 2	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Two Pucks 3) Puck First – then feet 4) Heel to Hell 5) Open up – Backhand Side 6) Pull in – Push Out 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
3 Station Skills #1	[21]
<ol style="list-style-type: none"> 1) Corner Walk – Change Speed 2) 4 Pylon Agility 3) 3 Shot Quick Release 	



Drill Name & Description	
3 Stations Skills #2	[21]
<ol style="list-style-type: none"> 1) Entries – Scoring – Puck Outside / Inside 2) D Transition Races 3) Entries – Forehand / Backhand 	





Practice Plan

