



Date: _____ Practice Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 min. – players are free to do what they want for the first five minutes.

Warm Up: 5 min. – Passing with Coaches – Players skate around perimeter of the rink with puck and make passes to any coach who is stationed along on each side of the rink.

Stations: 8 minutes x 4 Stations

Station 1: Underhanding / Shooting
 Player skates through cones with puck on stick, keeping the puck on the forehand at all times. After the last cone, take a wrist shot on net.

Station 2: Passing
 A – Two lines opposite each other. X passes to O and sprints to back of O line. O then passes to next X, sprints to X line...
 B – Game: Team scores point by passing to each other through tires

Station 3: Skating
 Work on proper mechanics.
 • Glide turns
 • Forward cross-overs

Station 4: Dodgeball
 Players play dodgeball with tennis balls. Designate goal line as the center line. Rules of regular dodgeball apply.

Games: 8 Minutes each

Game 1: Always on PP
 3 v 3 game where there is a designated center line. One player from each team (predetermine) must always stay on the offensive side of the line. Therefore one team will always have a 3 v 2 situation. Work on outnumbering the puck.

Game 2: Half court with support
 3 v 3 or 4 v 4 from blue line in. Four coaches are in zone for support. Team must pass to a coach to go on offense. Can use the coaches as often as they want. Teach and emphasize outnumbering the opposition.

