



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: Drive/Escape/Attack Seam
 Player skates a course through the cones and stops in the slot to get a pass. After receiving the pass, player takes a shot on net then continues to pile of pucks stops and make a pass to next player. After making the pass, player then skates through middle slalom with a puck and ends up in other line.

Station 2: Backward Skating
 1. 2 lines going in opposite directions. A - 1 ft 'c' cuts across ice. B - 2 ft 'c' cuts - hold glide for one second (emphasize deep knee bend; head & chest up, full extension & recovery).
 2. Bumper butts-backward skating while trying to run into opposite player and knock them down with your butt. (in a tight confined area).

Station 3: 1 vs 1 Pit Game (Dekes Only)
 Players play a 1 v 1 game vs each other in a small area. Reps should be no more than 30 seconds at a time. Players are only allowed to try to score via a deke move, i.e. no long shots. Emphasize quick hands and feet with limited time and space.

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: 3v3 Any net
 3 v 3 game where players can score on either of the two nets. Teach transition skills, alertness, hockey sense, and puck tenacity. On coaches whistle all players change but make the players change 1 for 1 like changing on the fly in a game.

Game 2: Three net piggy back
 4 v 4 from blue line in with three nets piggy backed against each other. Teams can score at any of the three nets. Encourage creativity. Teach puck tenacity, alertness, and sense. If you only have two goalies, make them cover all three nets...great skating work for them.

