



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** – 3 Zone Soccer

**Stations: 8 minutes x 4 Stations**

**Station 1: Give and Go Behind Net**  
*X passes to Z who skates puck behind the net. X moves into the slot for a return pass from Z. X catches the pass and shoots on net. Z then skates to the line and becomes X. The next player in line (y) becomes Z...continual rotation.*

**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 –piggy back**  
 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 creativeness. Teach puck tenacity, alertness, and sense. If you only have two goalies, make them cover all three nets...great skating work for them.

