



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

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

Free Puck Time: 4 min – players are free to do what they want for the first five minutes.

Warm Up: 8 min – 3 Zone Game
Rotate zones every two minutes

Stations: 8 minutes x 4 Stations

Station 1: Skating

All done squeezing ball behind glide-leg knee

- right ft fwd stride length of ice
- left ft fwd stride length of ice
- right ft backwards 'c' cuts length of ice
- left ft backwards 'c' cuts length of ice
- 1v1 sprints to puck w/ shot at end

Station 2: Puck handling/Protection

Two, 1v1 cross-ice battles - hit the tire (or trash can) on each end to score: (competing, stickhandling, puck protection, defense, stick on puck) start first 1v1 then next group starts after 30 seconds - then next group starts after each goal.

Station 3: Passing / Receiving

A. each player with one partner (groups on 2's) - moving randomly around the zone passing (stay within 10-15 ft of ea other).

B. 'Odd number keep-away' (7 v 3, 6 v 2, etc.) using whole zone

Station 4: Cross Ice w/ Support

play 2v2 cross-ice with goalies, but must pass to one of coaches before players can attempt to score

Games: 8 Minutes each

Game 1: Russian Scrimmage

players line-up by color on boards in front of scorekeepers bench - coach dumps a puck to start players - multiple 1v1's, 2v2's, etc.; four or five battles going at same time...full-ice and can score on any of three nets / goalies

Game 2: Showdown

Players try to score on breakaways – 3 lines, 3 nets/ goalies...

