



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 – Breakaways – Players go three times each. Have to shoot on forehand once, backhand once, and deke once...order is up to them.

Stations: 8 minutes x 4 Stations

Station 1: Puckhandling/Passing/Shooting
Player stickhandles through tires and makes a pass to coach. After making the pass player goes to scoring area and gets return pass from coach. Player catches pass and puts a wrist shot on net.

Station 2: Competition/Passing
1 v1 in tight area...when waiting in line, pass back and forth with the player in the opposite line.

Station 3: Skating
A. C cuts – one legged, alternate legs
B. Edge work – inside and outside edges

Station 4: Team Pictures

Smile for the camera!!!!

Games: 8 Minutes each

Game 1: Neutral Zone Support Game
Players line up by color on the blue lines. Teams can shoot at the net nearest to them and the net on the red line. 3v3 game where players must pass to a teammate along the blue line before they can shoot.

Game 2: Pressured Shooting
Players try to score on breakaways while being chased by another player. Player chasing starts on knees.

