



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** – Shooting against the boards – players get a puck and spread out around the rink and shoot at the boards. Encourage proper wrist shot technique.

**Stations: 8 minutes x 4 Stations**

**Station 1: Agility Skate/Receive and Shoot**  
 Player skates through obstacles (working on edges) and then has to jump over a border. After jumping border, player stops in the scoring area, receives a pass from coach and takes a wrist shot on net.

**Station 2: Passing**

Two or three 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... forehand passes first then progress to back hand passes. Add in receiving on the backhand as well.

**Station 3: Chaos Puckhandling (:20 on / :20 off)**  
 Players stickhandle in and around objects littered in the small area. All players are going at the same time. Emphasize keeping their eyes up. After half way through time wise, take away a few pucks so players have to either protect their puck or try to steal one from another.

**Station 4: 2v2 Tight Area Game**

Players play 2v2 in a very tight area. Emphasize moving the feet in small spaces and competing for loose pucks.

**Games: 8 Minutes each**

**Game 1: 3v3 Forehand Only**

3 v 3 game where players can only touch the puck with the forehand of their blades. Get them to be thinking ahead of time and how they will be able to surround the puck to keep it on their forehand.

**Game 2: 3v3 Gretzky**

3v3 from top of circles down with net turned around. To get on offense, team has to pass to Gretzky (coach) behind the net before attacking. Emphasize moving to get open. Gretzky can move laterally but must remain behind the net.

