

# PRACTICE 1

## Drill Name: Skating Stations

### Mountain Relay

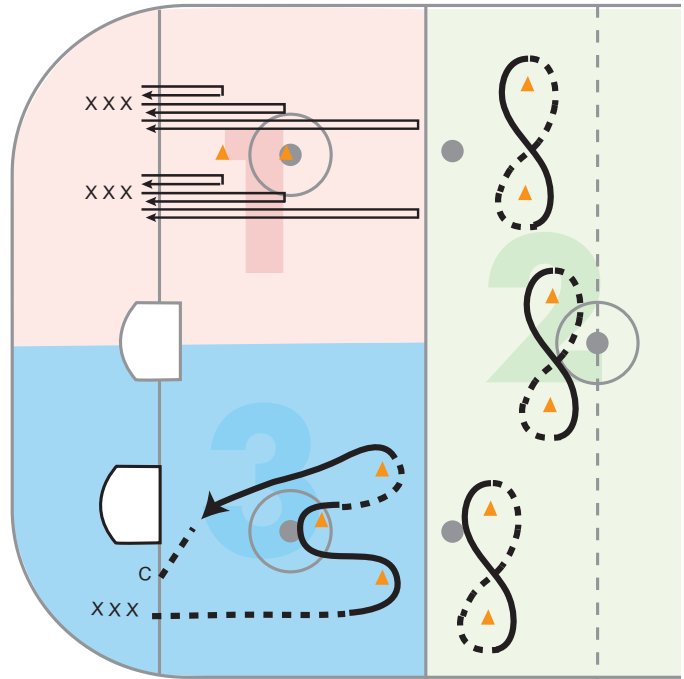
Open body starts  
Hockey stops facing boards  
Each player does three legs

### Figure 8 Pivots

Partners at each set of cones  
20-25 seconds, then partner goes  
Up Forwards & Back Backwards  
Switch start left or right each time

### M Skate - Crash & Burn

Backwards crossover start to first cone  
Pivot forward to 2nd cone, backward to 3rd  
Pivot through cones  
Crash to net, receive pass & shoot



Goalie skates 1st Mountain Relay then goes into net for next two rotations.

## Drill Name: Skills Stations

### Stationary passing

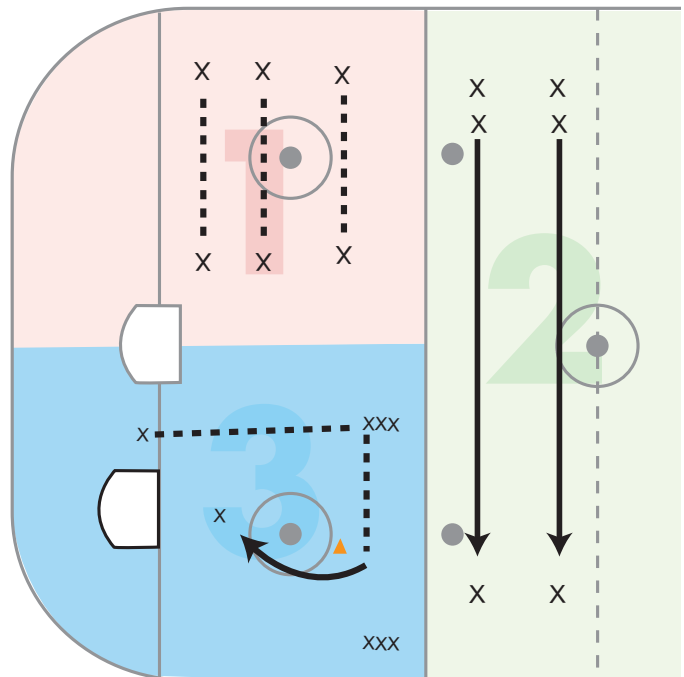
Forehand to Forehand  
Backhand to Backhand  
Receive on forehand, pull to backhand  
Receive on backhand, pull to forehand

### Back & Forth Stickhandling

1 player stickhandles across ice & passes to next in line  
1) Wide 2) Forehand 3) Backhand  
4) Toe Drags 5) Spins

### Pull and Shoot

Split right and left handers  
Recieve pass from Coach  
Pull the puck to the middle backwards  
Shoot with screen

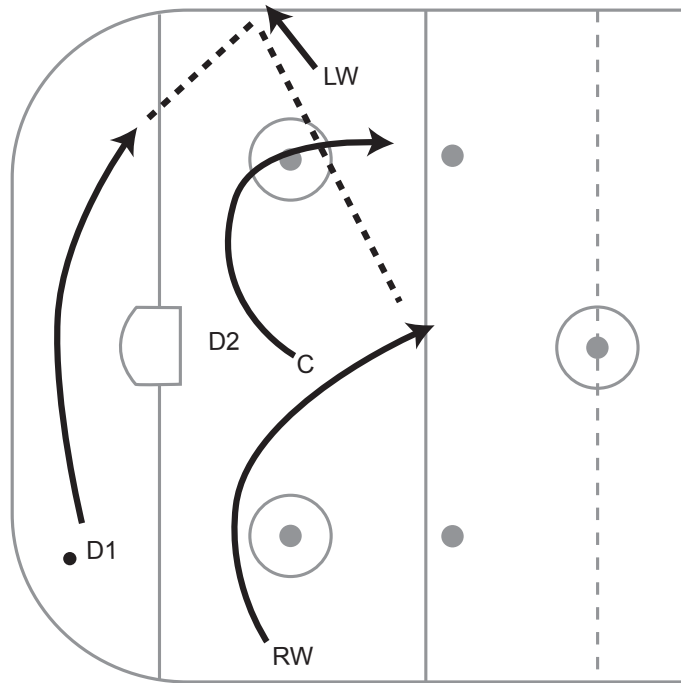


# PRACTICE 1

## BREAKOUTS

### Name: Swing Breakout

- D1 » swings behind net with puck
- D2 » in front of net
- LW » support on boards below hash marks
- C » support through middle. Get pass at 1 o'clock
- RW » start on boards, diagonal support across blue line
- All 3 passes occur by blue line



### Drill Name: Cross Ice 3 vs. 3

- 2 Goalies
- Net against or just off boards
- 3 vs. 3
- 1 minute shifts
  
- 1 Goalie
- 3 on 3 defensive team must pass to "point" to transition to offense

