

PRACTICE 1

Drill Name: Skating Stations

Mountain Relay

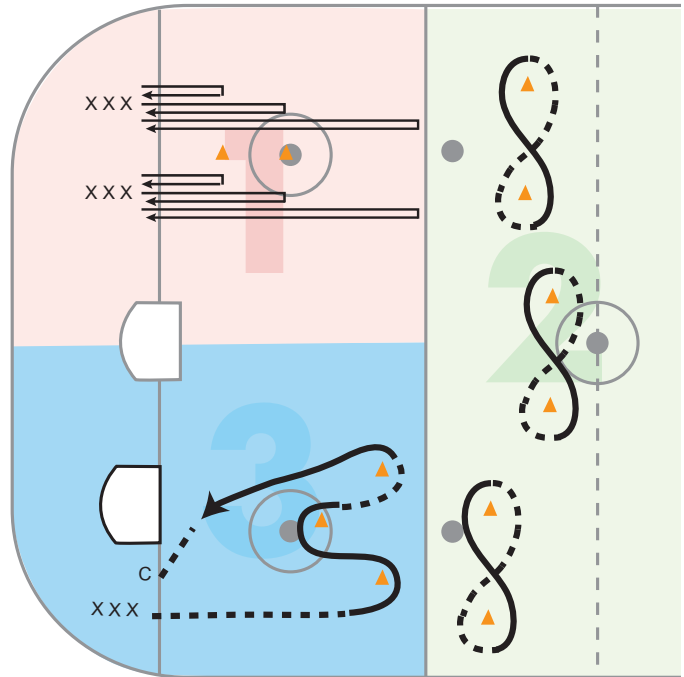
Open body starts
Hockey stops facing boards
Each player does three legs

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

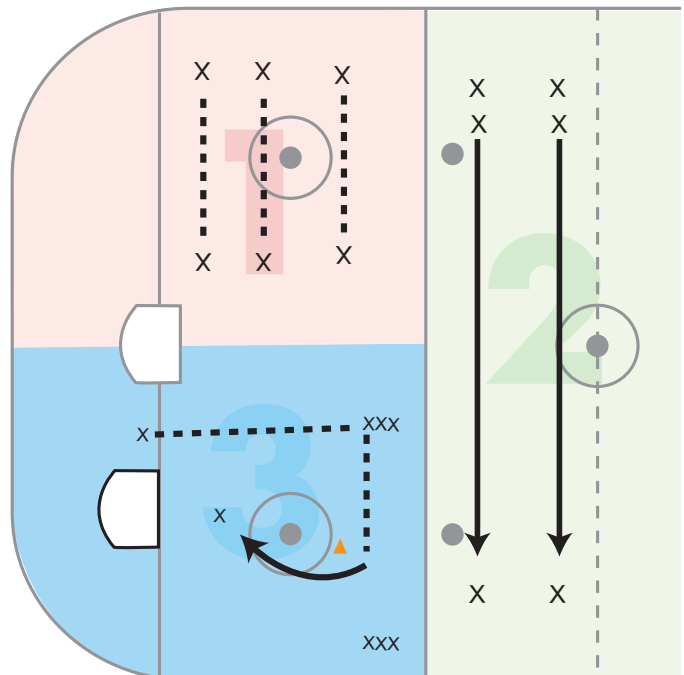
Forehand to Forehand
Backhand to Backhand
Receive on forehand, pull to backhand
Receive on backhand, pull to forehand

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

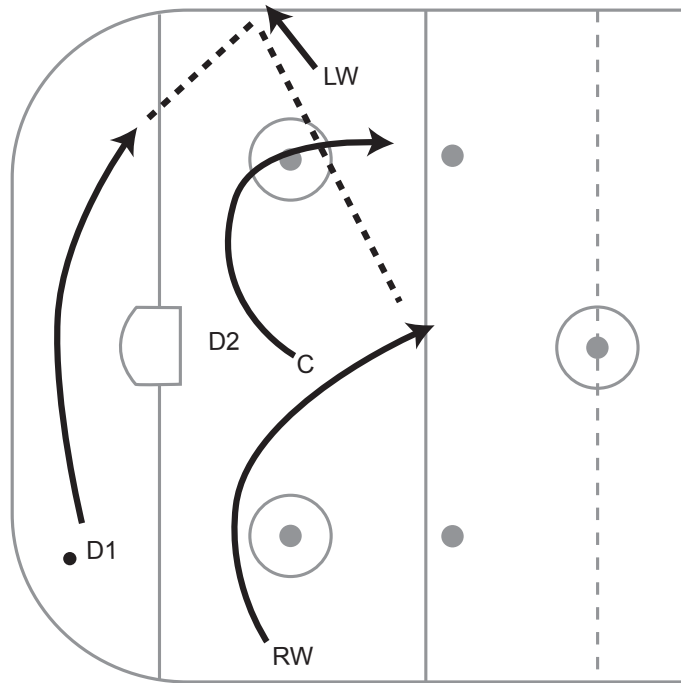


PRACTICE 1

BREAKOUTS

Name: Swing Breakout

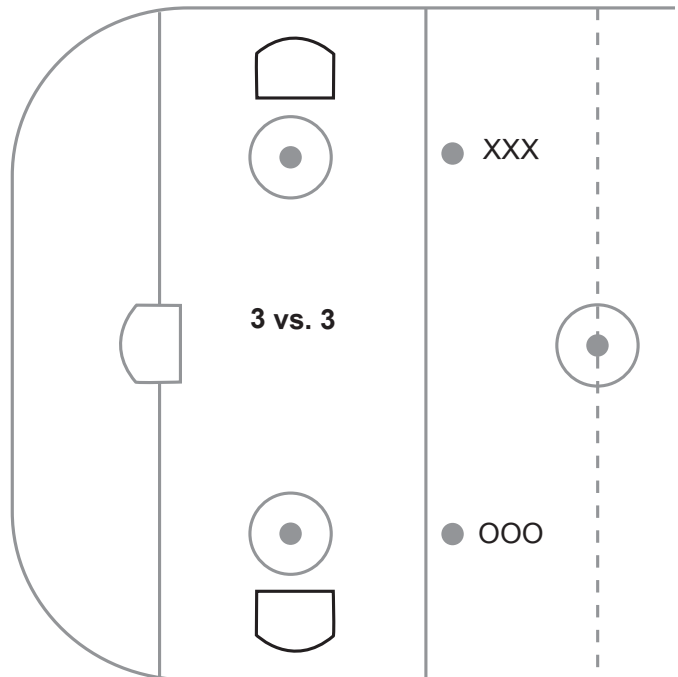
- D1 » swings behind net with puck
- D2 » in front of net
- LW » support on boards below hash marks
- C » support through middle. Get pass at 1 o'clock
- RW » start on boards, diagonal support across blue line
- All 3 passes occur by blue line



Drill Name: Cross Ice 3 vs. 3

- 2 Goalies
- Net against or just off boards
- 3 vs. 3
- 1 minute shifts

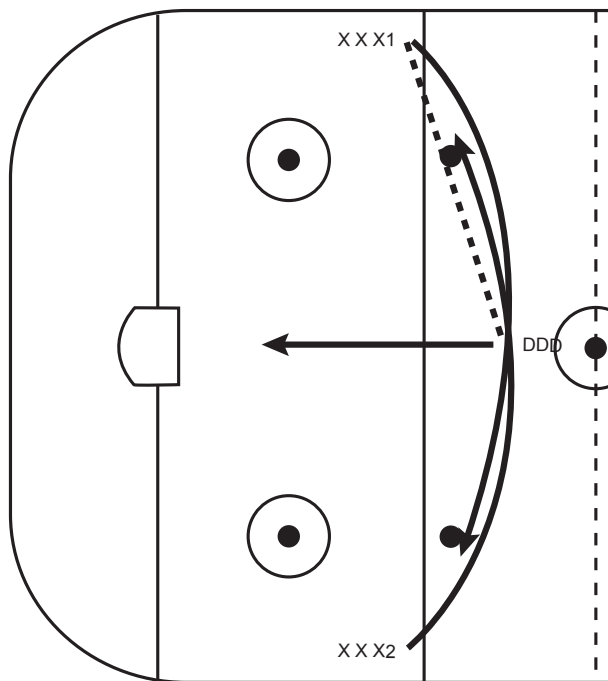
- 1 Goalie
- 3 on 3 defensive team must pass to "point" to transition to offense



PRACTICE 1

Drill Name: 2 vs 1 Swing Breakout

- X¹ pass to D skating forward toward net
- D stops puck and leaves it
- D pivots backwards toward net
- X¹ & X² cross, X² picks up puck and attack 2 on 1
- X¹ goes closer to defense man on cross
- 8 - 10 minutes



NOTES
