

PRACTICE 1

Drill Name: Skating Stations

T-glide

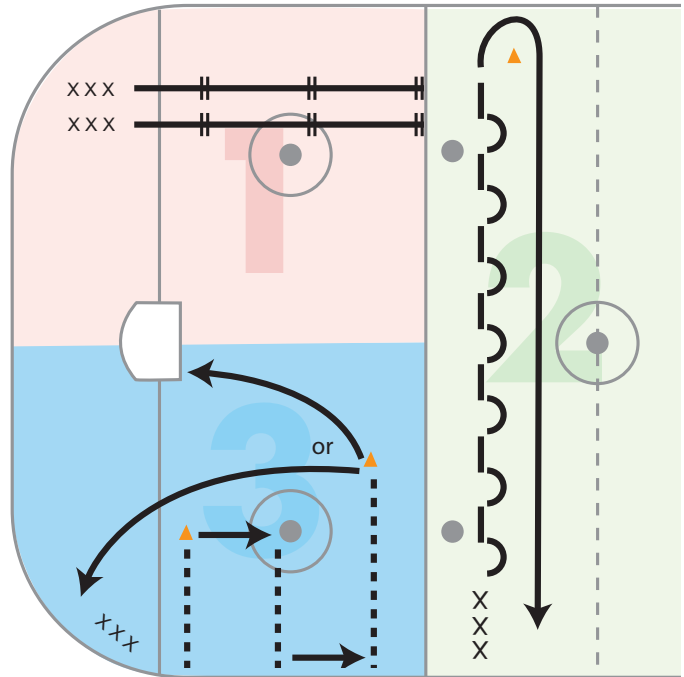
T-glide stance and push

Backwards c cuts

Ccuts with same leg
Glide on the other
Pivot to forwards at cone

Standing crossovers

Start in ready position
Crossovers to cone
Forwards to dot
Crossovers to boards
Forwards to blue line
Crossovers to cone
Forwards to the corner or shoot on net if skating with pucks



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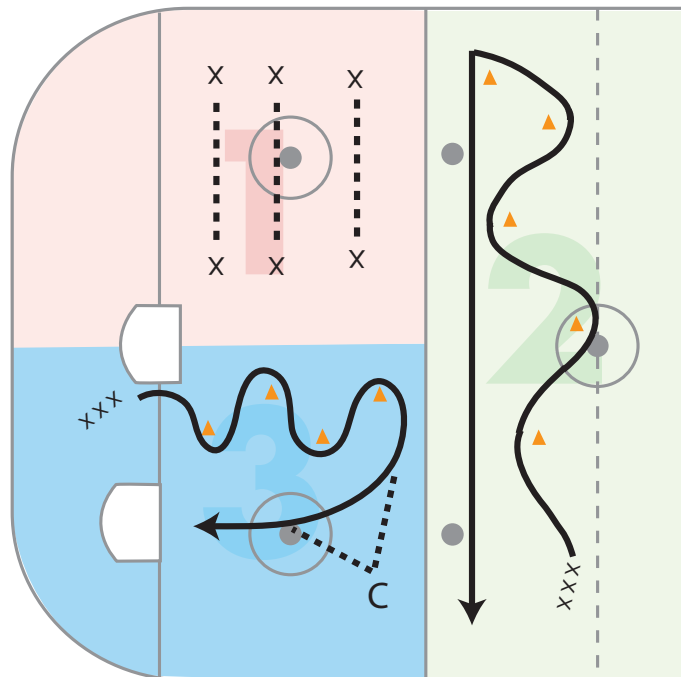
Forehand sweep pass

Weave

Skate forwards with puck
Weave around cones
Return skating forwards to the line

Weave and shoot

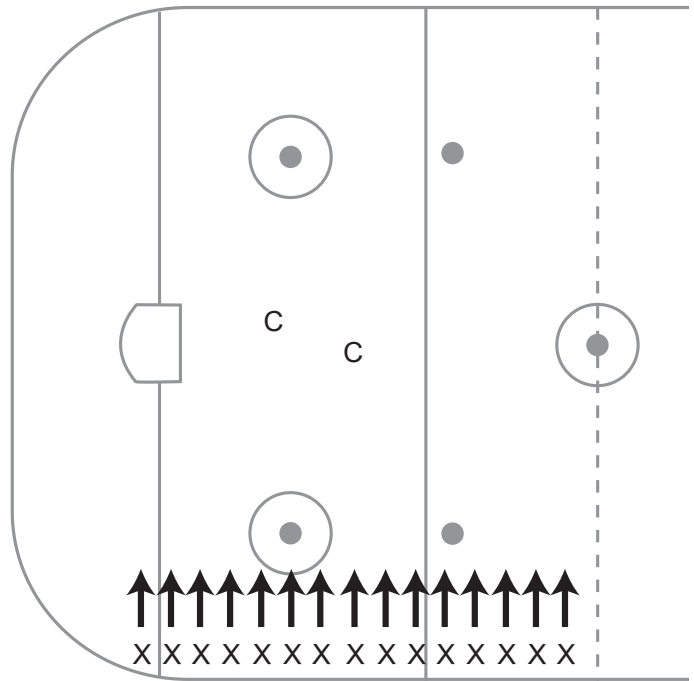
Weave through cones with puck
-Give/go with shoot – shoot



PRACTICE 1

Drill Name: Sharks And Minnows

Every player stands along the boards
One or two coaches start in the middle
On whistle, players try to skate to the far boards
Coaches try to catch players
Players who get caught join coaches in the middle
Play until there is a winner
10 Min



Drill Name: Cross-Ice 5 Vs. 5

Players are small enough that either 4 vs. 4 Or 5 vs. 5 Can be played
Show players where to stand on face off
Forwards and defense
1 Minute shifts
10 -12 Min

