

# PRACTICE 1

## Drill Name: Skating Stations

### Weave and Shoot

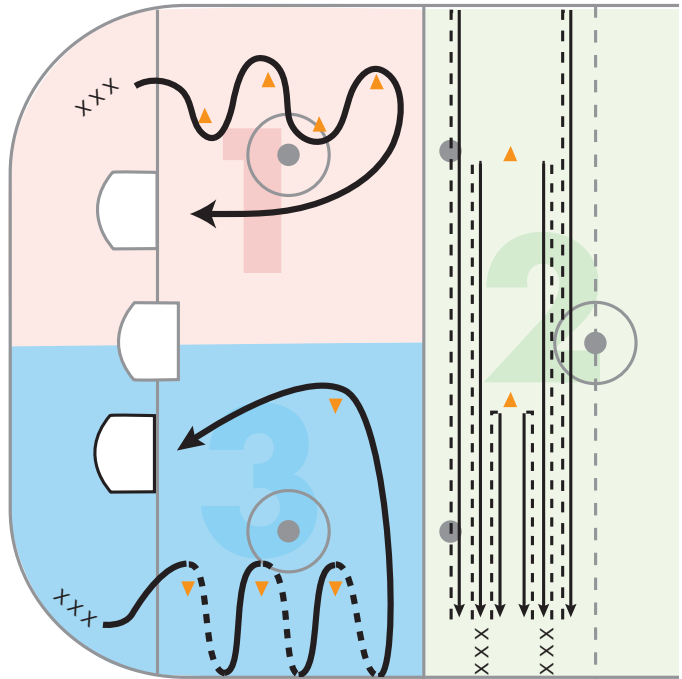
Tight turns around cones  
Weave with puck & Shoot

### Mountain Relay

Backwards crossover start  
Two foot stop, forwards to start line  
Stop pivoting into backwards crossover  
Each racer does three legs then next player goes

### Sideboard Pivots with Puck

Forwards to cone  
Backwards to board 3 times  
Around last cone and shoot from slot



## Drill Name: Skill Stations

### Stationary wrist shots

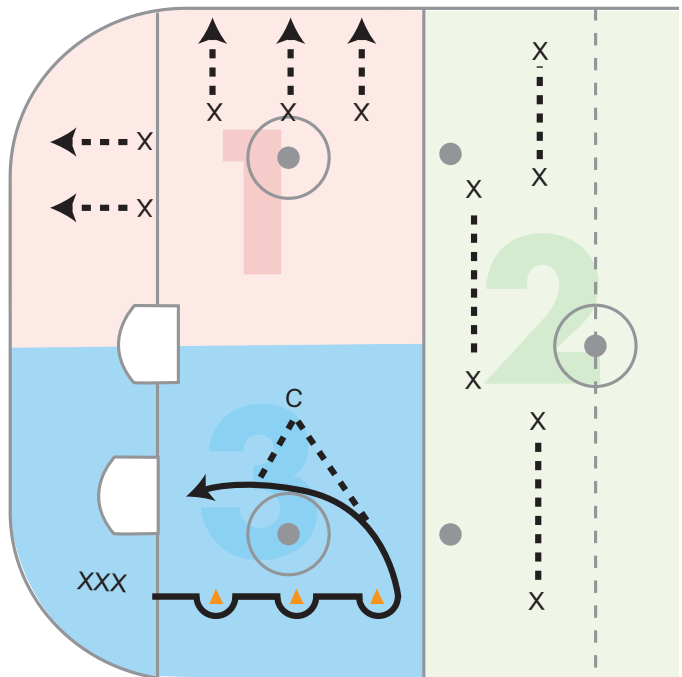
Stationary wrist shot against boards

### Stationary passing

Forehand

### Shoulder Fakes

Fake at each cone  
Give & go with coach  
Shoot



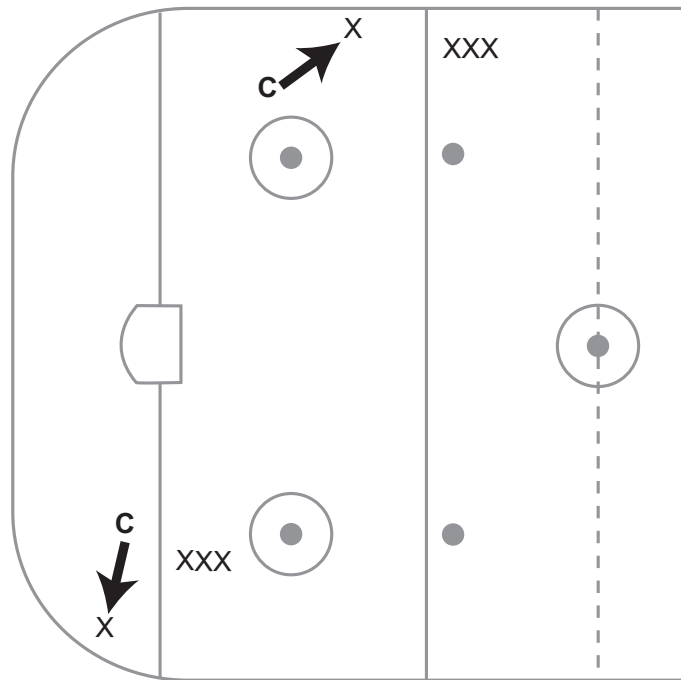
# PRACTICE 1

## Drill Name: Checking Instructions

Coach demonstrate checks along boards and in corner

Emphasize hit with shoulder, take an angle, don't hit flat using chest and arms, player will bounce off and fall

NEVER hit from behind



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## 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

