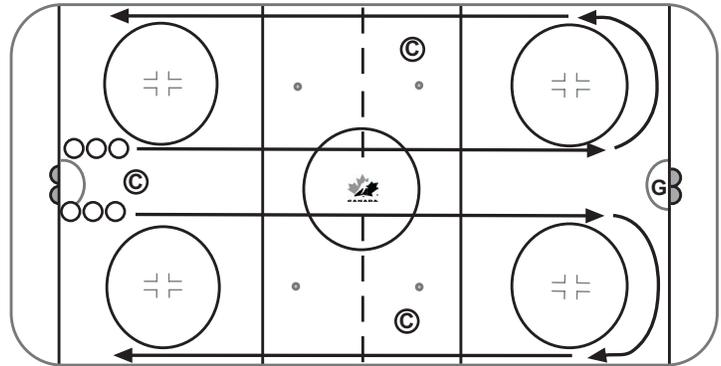


Skating – Warm Up - Forwards 01

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown.

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.

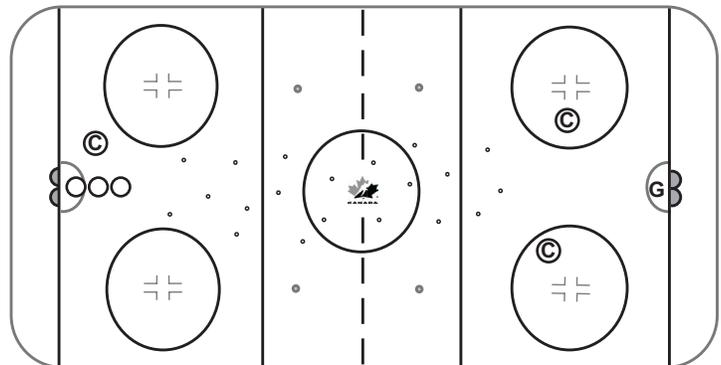


Puck Control – Warm Up 02 – Random Obstacles

- Players line up in two lines on the hashmarks
- Place lots of pucks randomly down the centre of the ice
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each skill as shown.

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of puck control.
- Encourage creativity and quick hands



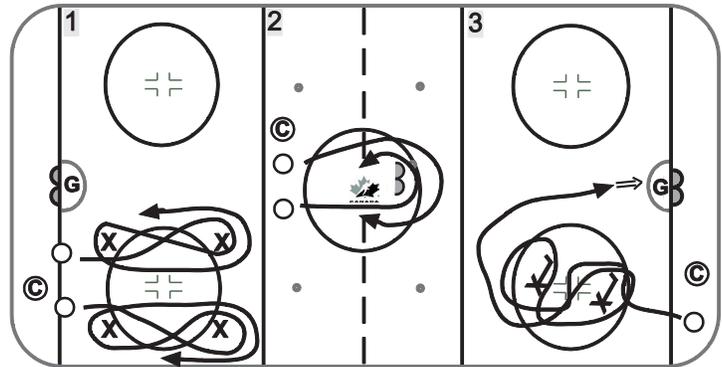
3 Station skills 01

Skating – Transition Skating

- Place 4 pylons around a circle or anywhere on the ice
- Players start at bottom of circle and skate forward to top pylon - pivot backwards to lower pylon – pivot forward to top pylon on other side – pivot backwards to lower pylon – pivot forwards to top of circle stop and skate forwards back to starting position.
- Add a puck for a progression

Key Teaching Points

- Quick feet
- Maintain speed coming out of the pivot



Puck Control - Agility Nets

- Place a net in the Neutral Zone or anywhere on the ice to use as a station.
- Players perform puckhandling techniques to work on quickness, agility and creativity. -Add a second player to work on heads up play or to act as a defender so players are working on offence and defence.

Puck Control – Corner Obstacle Agility

- Players start in corner with pucks.
- Place a couple of obstacles in the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
- Players perform random moves working on moving the puck laterally and changing directions. Quick feet and quick hands.

Key Teaching Points

- Let the players figure it out and be creative.

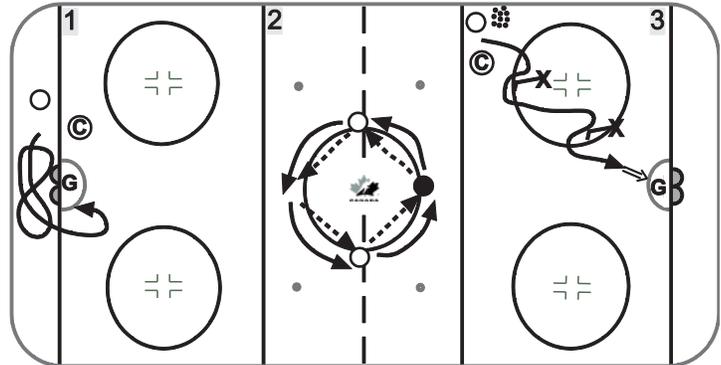
3 Station skills 02

Scoring – Crosby Behind the Net

- Players in opposite corners with puck.
- Skate behind net, when at far post tight turn or open up for heel to heel turn.
- Change direction several times by making quick turns towards boards to protect puck
- Bring puck out in front for shot on net.

Key Teaching Points

- Quick change of direction using quick feet and protecting the puck to lose a defender and create a scoring chance



Passing - 1 Touch Pass and Move

- Stationary player at top and bottom of circle. Player skates around circle passing to each of the stationary players always facing the passer and placing stick in position for pass. Change directions
- Add second 1 touch pass for progression.
- Add a second skater so there are two skaters going around the circle.

Key Teaching Points

- Stick must be in position to receive pass, always face the passer don't turn back on the puck.

Scoring – Outside / Inside

- Pucks on boards at blue line. Obstacle / Coach at top of circle, second one near bottom of circle.
- Player has to fake a move outside, then bring the puck inside to attack lane to create shooting chance

Key Teaching Points

- Must sell fake first
- Puck needs to move quickly from forehand to backhand or backhand to forehand