



SKATING / SKILLS - CLICK ON BLUE VIDEO ICON TO VIEW VIDEO

Drill Name & Description

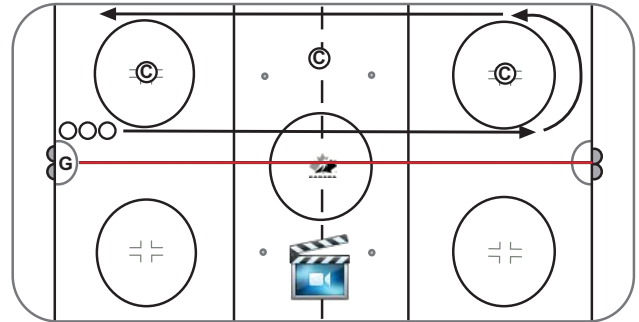
Skating Warm – Up 1

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Stride and bend
- 2) Jump Stride
- 3) Alternating criss cross
- 4) Crossunders – 1 lap left foot / 1 lap right foot
- 5) Scissors – fwd / bwd
- 6) Reverse Scissors Bwd
- 7) 1 Crossover only – each way
- 8) 2 crossovers each way
- 9) Heel to heel – with back foot push

Utilize all the skating skills in the video clip



Drill Name & Description

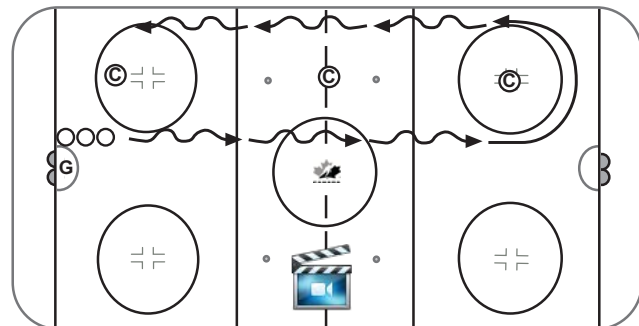
Puck Control – Warm - Up

Puck control Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

- 1) Quick Hands – Toe Up
- 2) Two Pucks
- 3) Puck First – then feet
- 4) Heel to Hell
- 5) Open up – Backhand Side
- 6) Pull in – Push Out
- 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat

Utilize all the puck control skills in the video clip





Drill Name & Description

3 Station Skills #1

1) 3 Puck Stickhandle

- Place 3 pucks in a triangle formation anywhere on the ice.
- Player must try to keep feet steady while utilizing only the arms and upper body to move the puck randomly through the 3 stationary pucks.
- Progression is to move the pucks wider apart and then skate through the pucks while stickhandling

Key Teaching Points

- Work on quick hands and range of motion

2) Agility Nets

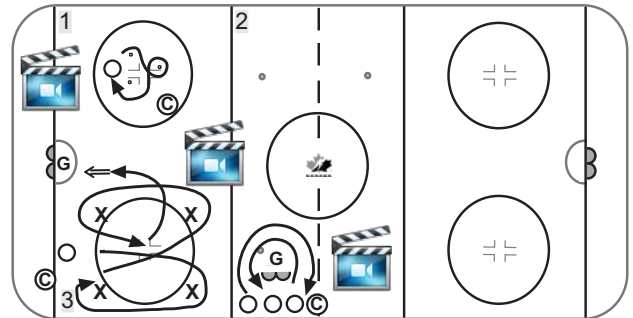
- Place a net in the Neutral Zone or anywhere on the ice to use as a station.
- Players perform skating and then puckhandling techniques to work on quickness, agility and creativity. -Add a second player to work on heads up play or to act as a defender so players are working on offence and defence.

3) 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





Drill Name & Description

3 Station Skills #2

1) Transition Races

- Start by placing two pylons in a line.
- Players start at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.
- Progression – Add puck

2) Corner Free Stick

- Players start in corner with pucks.
- Place a couple of obstacles on the top of the circle to act as a defenseman's stick (Stick on pylon, Assistant coach, etc...)
- Players approach obstacle, place puck under obstacle, while pulling the blade of the stick back towards the body to it goes around the obstacle instead of over it.

Key Teaching Points

- Important to practice the stick avoiding the obstacle or stick similar to a defenceman so it doesn't get tied up.

3) 4 Pylon Agility

- Place 4 pylons around a circle or anywhere on the ice.
- Players start by carrying a puck and stickhandling around the pylons in a random fashion.
- Progression – add a second player and have them challenge each other instead of avoiding each other
- Progression – two players, one puck and they have to support each other by passing the puck back and forth while facing each other.
- Progression – have one player stationary on wall and pass back and forth, to work on puck support. Skate and pass, or one touch

Key Teaching points

- Keep feet moving, be creative, and go as fast as possible – quick feet and quick hands
- Always be ready to pass and receive – Expect the Pass

