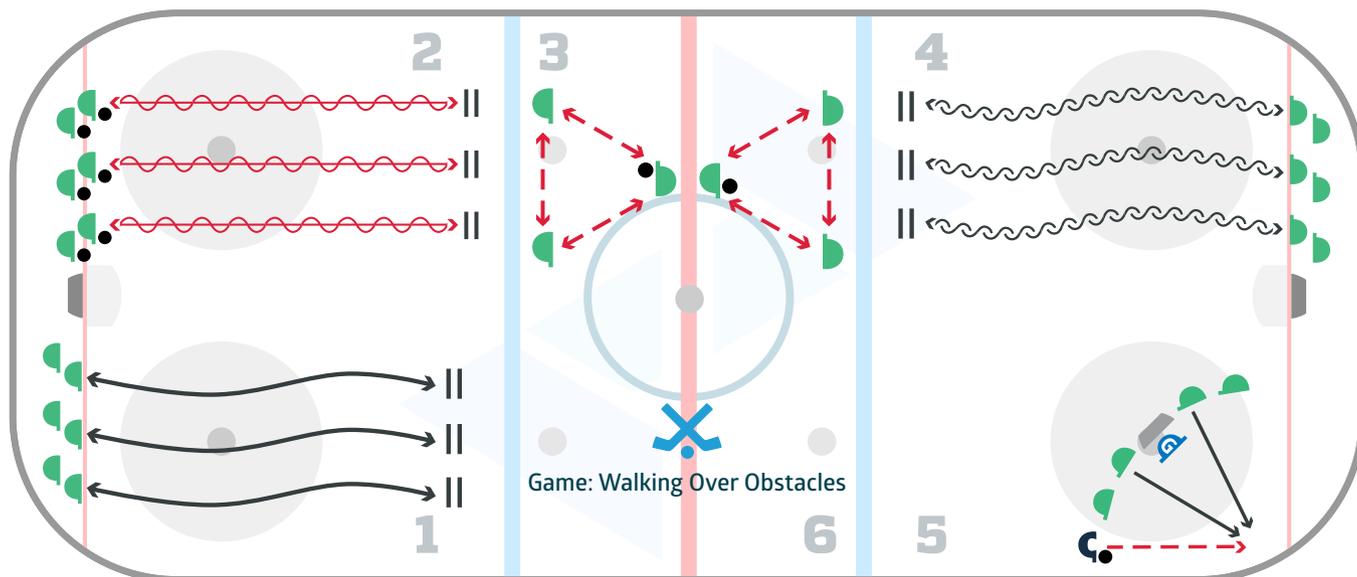


Discovery: Practices 15 & 16

Time: 60 minutes | Theme: Go to war with several battle drills

Equipment: Pucks & a good attitude



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 15

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Open Ice Carry Drill

Players learn how to nudge the puck forward with one hand on stick using the forehand and backhand side of their stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Triangle Passing

As a progression to the stationary pairs passing, players receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Initiation 16

This segment's fundamental skating skills are backward stationary c-cuts, backward striding, and backward two-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Walking Over Obstacles

Have the players lay their sticks a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slalomming around the sticks without touching them with their feet.

+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.