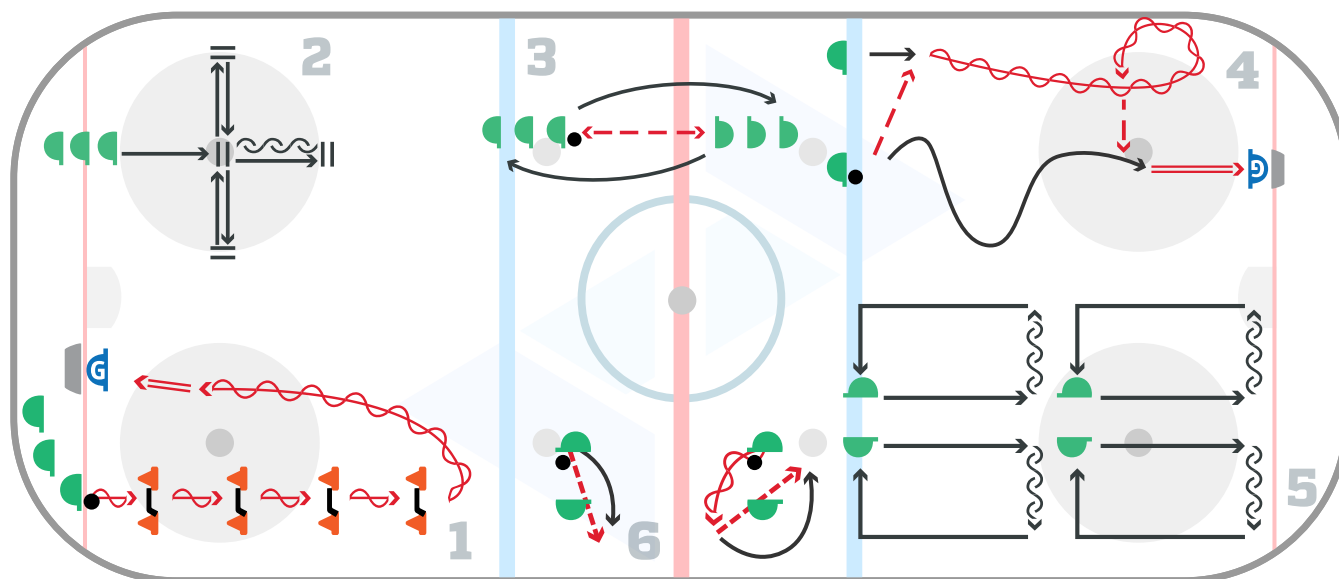


Senior Timbits: Practices 19 & 20

Time: 60 minutes | Theme: Delay moves & one-timers

Equipment: Pucks & 8 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ▲
stick L
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. Agility Sticks with Shot

Here players can work on their toe drags as they attempt four elusive moves under sticks placed atop cones and finish with a shot on goal. Encourage creativity as young players focus on their puck handling and deception.

2. Iron Cross

Beginning at the bottom of the circle, players skate forward to the face-off dot and work their way to the outside edge and back to the middle dot on the right, centre, and left. Have the players side-step, crossover-step, or karaoke when moving laterally to each side.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players work on perfecting forehand pass completion and reception.

4. Delay One-Timer

The drill begins with a pass from the inside player to the wide skater. The wide player skates into the zone and makes a strategic delay by turning towards the boards. Timing their route, the inside player makes his way into the slot for a pass and one-timer.

5. Mirror Agility

Have two players square off in the middle of the zone and select one as the leader. The opposing player must mirror the exact movements completed by the leading player. Emphasize agility and footwork.

6. Puck Under Player

Partner up the players and have one teammate stand still with their legs at shoulder width and stick in one hand on the ice in front of their body. The other player puck handles around their stationary teammate, learning how to slide the puck through the other players skates, around their body, and under their stick. Switch the players up every minute.

+ Cross-Ice Hockey

Play 3v3 for 40-second shifts going across ice in the end zone where the team that scores three goals is victorious. Add an incentive for the players to try harder such as push-ups for the losing team.