

- Session Objective(s)**
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

10
min

STAMPEDE ANGLING

Drill Objective:

- Close quickly and angle the puck carrier to the outside and maintain speed.

Drill Explanation:

- Coach passes the puck anywhere on one side of the ice.
- O1 retrieves the puck, O2 double touches the blueline, then closes the gap on O2.
- O2 plays O1 but if a turnover occurs, O2 can move onto offence.

KEY EXECUTION POINTS

- Close quickly, angle to outside
- No backward skating
- Use speed and controlled skating

5
min

STICK WRESTLING

Drill Objective:

- Gives the player a feel for good, strong, effective body position and to develop balance and agility.

Drill Explanation:

- Use one stick between each pair of players.
- On the whistle players wrestle to throw their opponent off balance.

- A player is considered off balance when a body part other than the skates touch the ice.
- Other variations can include no stick, 2 sticks or start on the knees.

KEY EXECUTION POINTS

- Solid and strong - wide stance
- Get low
- Use strong legs as the base

5
min

TUG OF WAR

Drill Objective:

- To emphasize the ready position and the use of the body and legs for strength.

Drill Explanation:

- On the whistle each player tries to pull their opponent over the blueline.
- Use one stick or two sticks.

KEY EXECUTION POINTS

- Wide and low
- Drive with legs
- Short power strides