

RAB Cup Practice 1

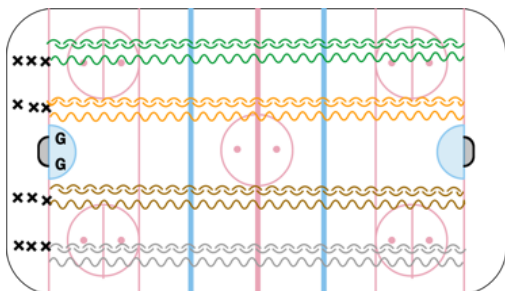
04/26/25, 8:00am - 75 mins

Player loose skate

5 mins

Edgework (Stride) Warm-up

15 mins



Players in four equal lines. Edgework skating to far end of the ice. Once lines have reformed, return.

1. Long forward stride (2x) *Stress long delayed leg extension
2. C-cuts left leg (1x) *Stress hearing the C-cut in the ice
3. C-cuts right leg (1x) *Stress hearing the C-cut in the ice
4. Exaggerated cross-overs forward (2x) *Stress exaggerating the cross-over to almost falling over.
5. Normal backwards crossovers (2x) *Stress technique and not speed.
6. 3 step acceleration (2x) *Stress using the 3 fast steps to gain acceleration.
7. Slow to blue line/acceleration between blue lines/deceleration (2x).
*Stress speed adjustments.

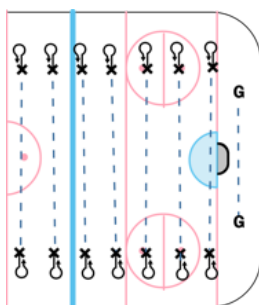
Goalies will skate stages 1-3, then proceed to stretch in crease(s) during stages 4-7.

Notes: *** Stages 1-5 are NOT a speed drill!!

Reinforce with athletes to focus on technique, working edges and testing boundaries.

Static Partner passing

5 mins



With a partner, passing back and forth. Long and short passes. Players transitioning and always in motion either forward or backwards.

***Stress that passes are NOT to the player, but rather to their stick tip.

Goalies will practice passing to one another below the goalie line.

Notes: Players always in motion.

Pass to stick, not player.



1. Three players start in the corner and skate out in expanding arcs with shots starting at post to middle of hotspot. They do no deke. they do not cross mid point of ice.
2. Then three or four players starting from the blue line skate towards net and take straight-on shots one at a time (player does not start skating until previous shot taken). Start with middle position and working out to the boards. They do not deke.

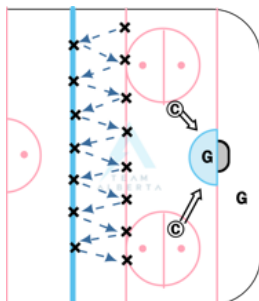
** Redo drill starting from opposite corner.

Run drill 2x (twice commencing from each corner).

Notes: Progression: Each round can select and focus on a particular target. (ie. top corner gloves side, five hole, etc).

Zig Zag Passing

10 mins



The team will line up along their free-play line and blue line. Lines are equal in number, or if odd number, the extra player is on the free-play line.

Coaches/on-ice helpers will take shots on goalies and allow them to warm-up, find angles, etc.

On the whistle, the first player on free-play line will pass to first player on the blue line, who will immediately pass to the second player on the free-play line, and so on... Zig Zagging until the ring finally reaches the last player in line. If a ring is missed, the player missing it will immediately retrieve it and pass to the next player in line completing the entire circuit.

Normally timed, with two team competing in each end, it can amended to a 5 rep competition.

This drill is deceiving. While appearing a simple half ice passing drill, it incorporates the intrinsic pressure of not wanting to make a mistake and miss a ring. Generally it is used to coach players on their ability to reset. As a basic passing drill, it is most effective when players execute passing fundamentals such as calling for the pass, passing to the stick (not the player), retrieving and immediately passing (on the stick / off the stick), racing to "dig" missed passes.

Notes: Focus and reset are key. Players just do your job, don't worry about everything else going on.



X1 starts with a ring below the circle and passes to X3 at the top of the circle.

X3 crisply returns the pass to X1.

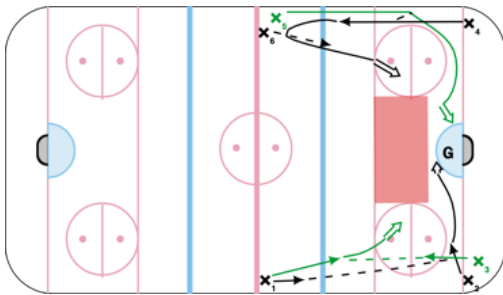
X1 then passes to X2 along the boards who skates across the free-play line and passes along the free play line to X3 who has exited and re-entered the blue line - driving the net. The shot is a quick one-timer from free play line. All shots are one-timers! No dekes.

Coaches will alternate running the drill from each circle to sides to keep everyone engaged and the drill running smoothly. X1 will transition to X2 and X2 will transition to X3. X3 returns to the line.

Notes: All passes are quick and crisp touch passes.

Four Corner Shooting Drill

15 mins



1. X1 starts near center, skates towards X2 in the corner. Prior to the blue line, make a lead pass to X2 as they skate from the corner. After receiving the pass, X2 drives the net and shoots on goalie from low walk/bottom of circle.

2. After X2's shot, X3 starts in the corner and skates towards X1. Head-on pass as X1 crosses the blue line wide. After receiving the pass, X1 drives hard to the net shooting from the offensive free dot.

3. After X1's shot, X4 skates out of the far corner towards freeplay line. X5 skates into the zone towards x4, but outside of X4, receiving a drop pass then X5 drives low walk/bottom of circle for the shot. X4 continues out of the offensive zone.

4. After X5's shot, X4 re-enters the zone wide. X6 will pass to X4 as they cross the blue line. After receiving the pass, X4 drives to the offensive free dot and shoots.

5. Drill begins again with X1

Players rotate to each line and should shoot from each position.

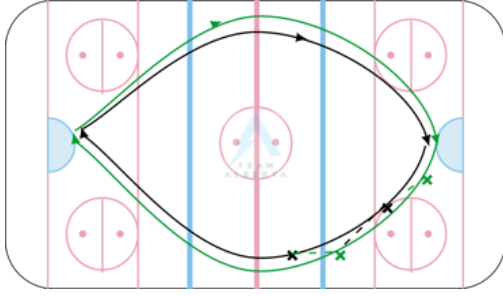
Goalies rotate out every two cycles.

Notes: **Players get excited to shoot, but this is a passing drill first. Nothing happens without proper passing.

-No Dekes. Low walks can carry as far across the crease as they want.

- Players will not enter, or shoot from inside, the RED ZONE.

-Goalie play big and meet the shooters - confident positioning. Take away angles.



Simple passing and skating cool-down to keep moving and partner passing. Smart crisp passes as players skate around the outside of ice but NOT behind the goal line (nets can be pulled out). Passes must be completed over the blue lines, so players must be aware of where they are relative to blue lines. Players will stretch out and relax as they skate, but being mindful of accurate crisp passes. On the whistle, players will change direction.

Goalies will also do this drill, "paddling" the ring.

Notes: Not a speed drill - use as a cool down.

Smart crisp passes = accurate lead pass to the player's stick so that they do not have to break stride. Pass must be at "game" speed. Make your team mates better!