



Key Points :

Description

Technical Skating:

1. Inside Edges (with pucks)
2. 5-Step Crossovers (with pucks)
3. Stops and Starts (with pucks)

NOTE: One coach works with goalie in the net

Dekes with Shot

1. Sticks in diagram represent "Attack Triangle" training aid (I'll bring two)
2. Players deke each Attack Triangle, then attack the net, and deke the goalie

Angling:

1. Two players start in the corner, Player 1 has a puck
2. On the whistle, both players skate up and around the cones
3. Player 1 attempts a wraparound
4. Player 2 angles and tries to cut it off

NOTE: Pair players up with similar age and skill levels. Switch sides after 5 minutes.

Forecheck 3 on 1:

1. Coach dumps the puck in, blue guy tries to get it and make the pass back to the coach
2. Player 1 angles and knocks the puck loose
3. Player 2 picks up the puck, and looks to pass back to Player 3
4. Player 3 "shadows" the puck, staying high

Back to Back Scrimmage:

1. Place nets back to back
2. Goalie plays both nets
3. Half the players try to score on one net, the other half on the other net
4. USE SKILLS AND CONCEPTS ALREADY WORKED ON IN PREVIOUS STATIONS

