

Title : 11/18/14

Category #1 : Stations

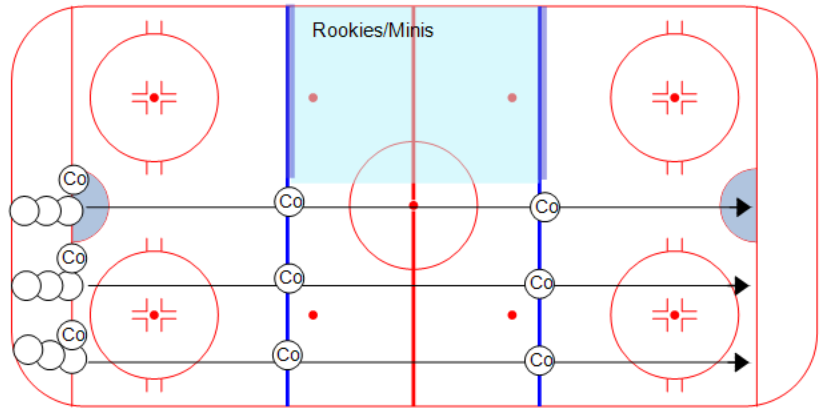
Category #2 : Skating, Passing, Angling

Description

Technical Skating (15 minutes):

1. Forward Stride Progression
2. Controlled Skating to Blue then Explode
3. Inside Edges
4. 5 Step Crossovers

Jeremy will run it, all other coaches listen for the key points to watch for. Coaches on the blue lines will help make corrections as kids skate past. Coaches in the lines keep players organized and send them when they need to go.



Key points :

Title : 11/18/14 (seq 2)

Category #1 : Stations

Category #2 : Skating, Passing, Angling

Description

9 minutes per station

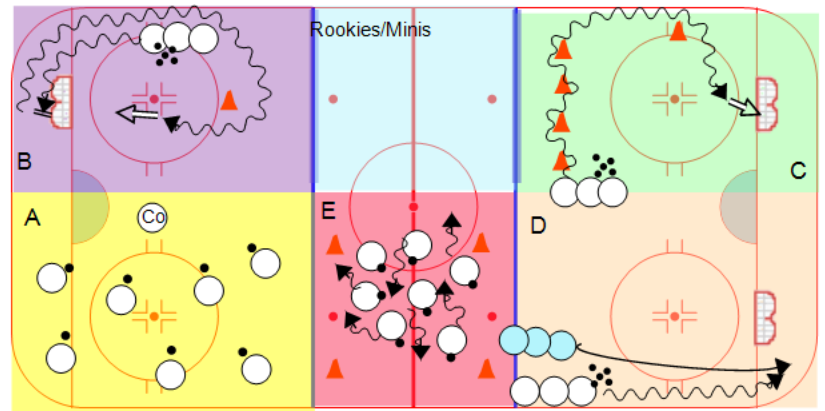
A. Stationary stickhandling - teach players to stickhandle using proper technique: 1. Knees bent; 2. Top hand controls; 3. Weight transfer
- Stickhandle in front, and to each side, depending on where the coach holds his stick (monitor technique!)

B. Stop behind the net - players skate to the quiet zone, hit the brakes, and come out WIDE around the line, then shoot WITH FEET MOVING. Run from BOTH sides!

C. Inside edges through cones, drive and attack - players skate through the cones using their inside edges, after the fourth cone, player drives wide around the low cone, cuts to the net, and shoots. Coach provides TOKEN pressure, forcing more advanced players to protect the puck. Run from BOTH sides!

D. 1 on 1 Angling - white player tries to skate the puck down the boards, behind the net, and come out front for a shot. Blue player angles - STICK ON STICK, SHOULDER ON SHOULDER; taking away the puck carrier's skating lane. Match players up

E. Confined space stickhandling - players skate full speed with the puck, staying inside the square. Players must keep control of the puck without running into each other. After a few times, designate someone as "it" he/she tries to steal the puck off someone and keep it. if your puck gets stolen, you're "it"



Key points :