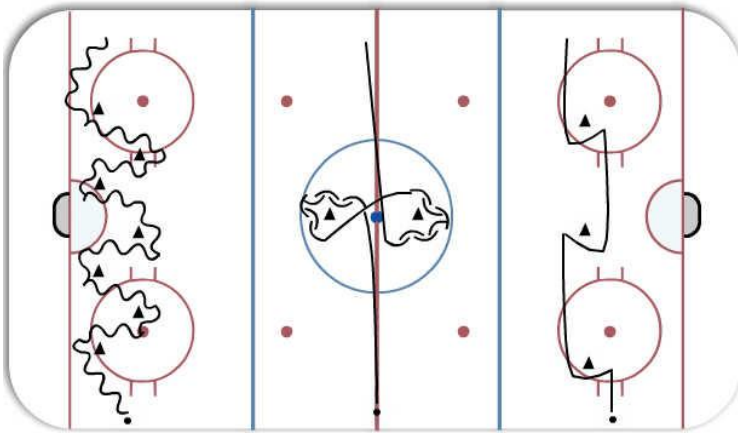


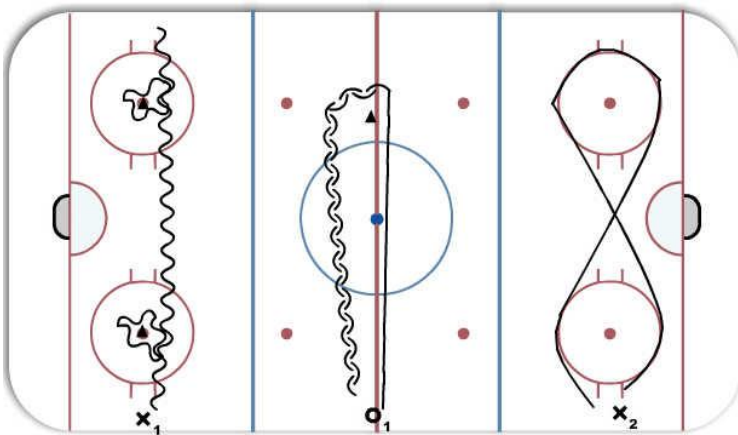
Drill Title: skating stations (1 Diagram)



forehand only around the cones, then only backhand. In the middle, forward to the cones and then pivot around the cone and then pivot again around the cone. Far side is skate to cone. stop and pull on forehand around the cone. stop at every cone and pull around cone.

Key Points:

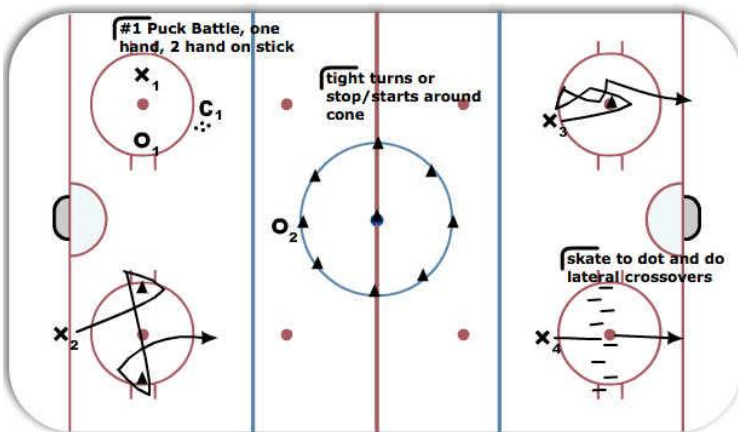
Drill Title: skating stations #2 (1 Diagram)



station X1: is skating with or without the puck and tight turning around the cone.
 station O1: is skating forward to the cone and pivoting to backwards and skating backwards all the way back to the line.
 station X2: is skating around the circle as fast as one can, one at a time and doing crossovers around the circle

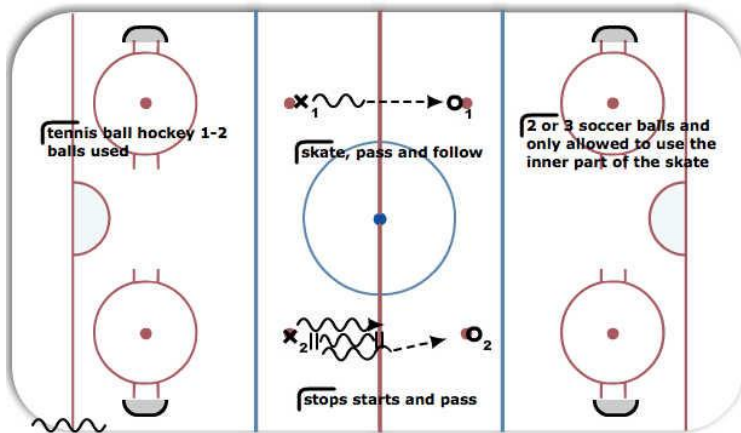
Key Points:

Drill Title: skating station #3 (1 Diagram)



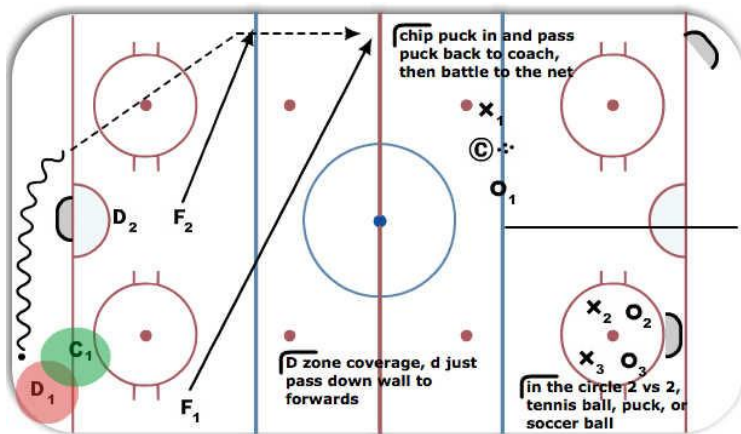
Key Points: everything should work on going fast, with the proper technique

Drill Title: skating station #4 (1 Diagram)



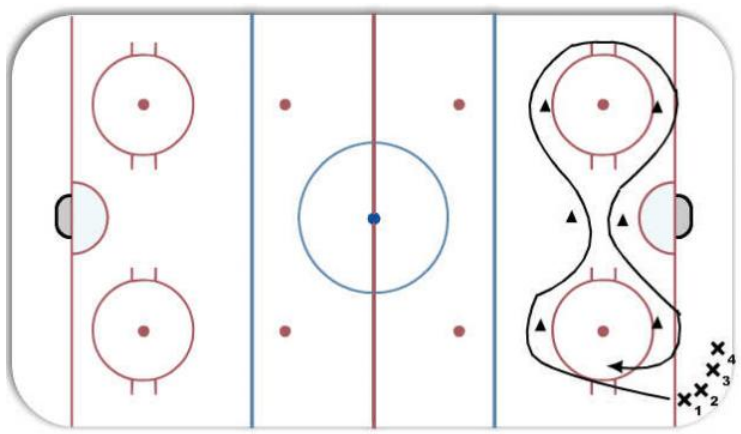
Key Points:

Drill Title: skating station #5 (1 Diagram)



Key Points:

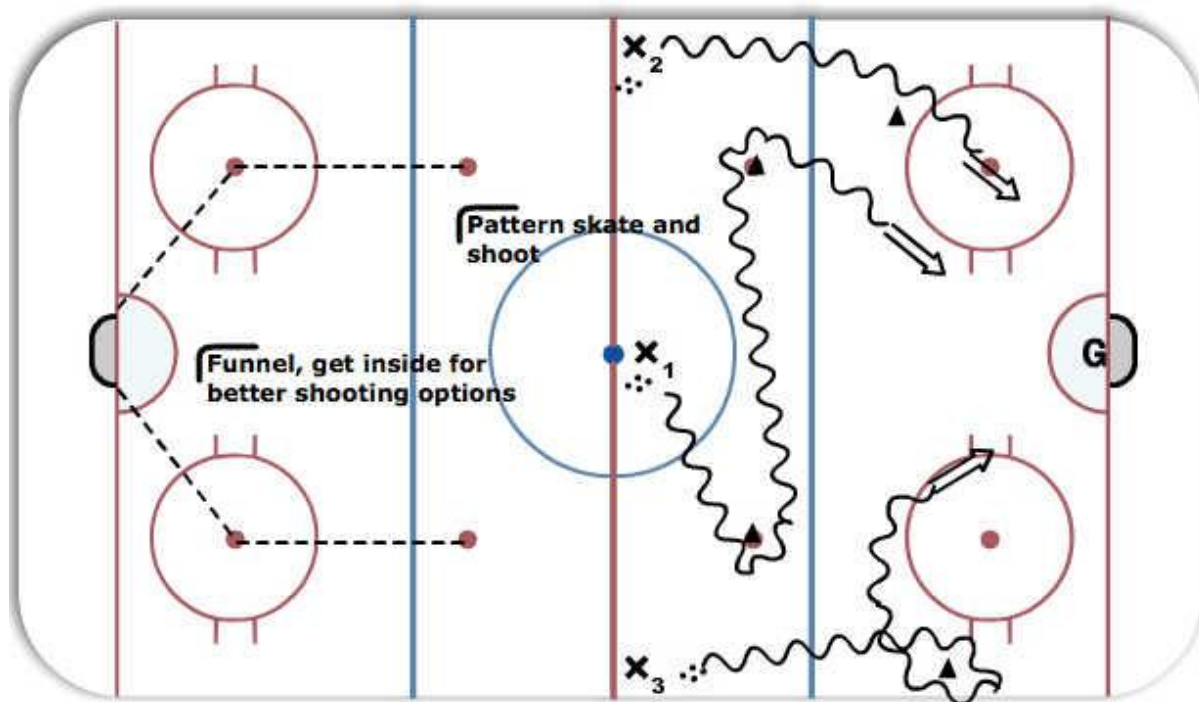
Drill Title: Peanut (1 Diagram)



follow the pattern around the cones and focus on keeping a constant crossover. Each player should complete two laps

Key Points: Keeping your feet moving and crossing over

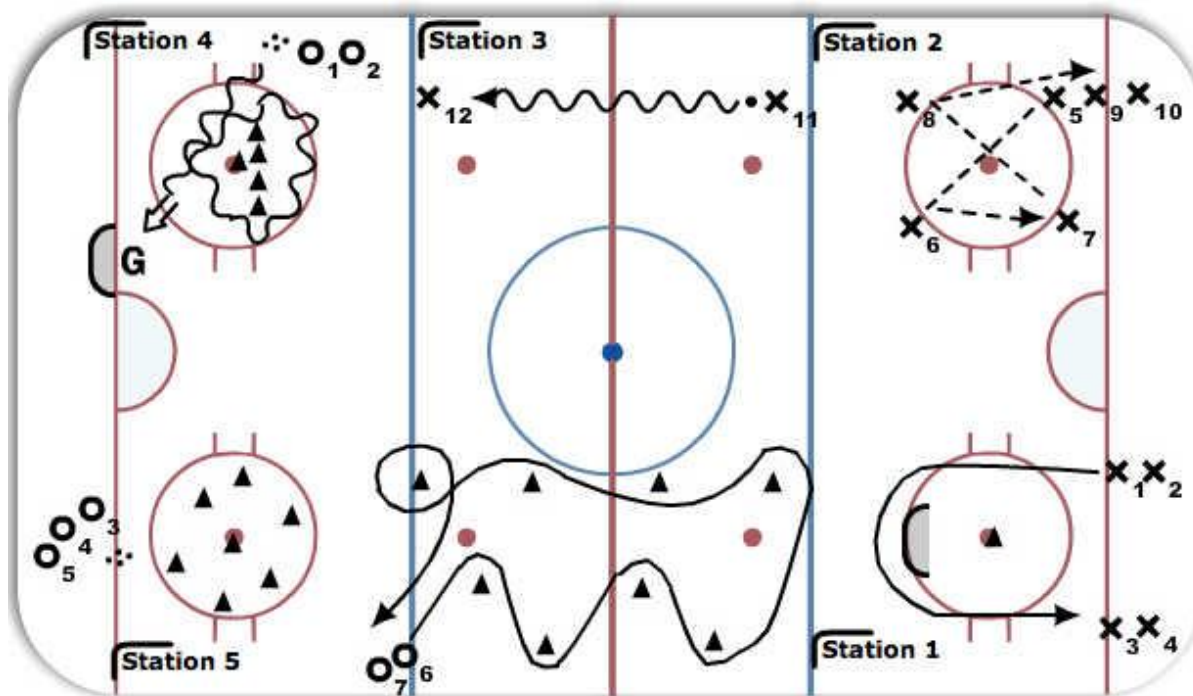
H3/4 individual team practice #1



Description

Key Points:

H3/4 Practice Plan #2



Description

STATION 1

accelerate around the net as fast as possible. When the player gets around the net to the other side this will indicate for the next player to leave.

options.

1. crossover around the net
2. open pivot around the net
3. forward pivot back to forward
4. accelerate around net and then cone

STATION 2

Give and follow passing. X5 leaves with puck and passes to X6 and follows pass. X5 will replace X6. X6 continues the process until X8 skates to the front of the line

STATION 3

Mini puck or blue puck stickhandling. work on two skate glide and stickhandle with puck in front of you.

option 2- lateral glide with the puck

STATION 4

Skate round the cones and shoot on the goalie. SHOOT AS HARD AS YOU WANT. DO NOT WORRY ABOUT ACCURACY!!!!

STATION 5

Fast hands working on all edges for only 10 seconds then you are out of the drill resting.

STATION 6- NO PUCKS NEEDED!!!

skate around the first four cones using inside edge, outside edge, open pivot, then accelerate around the next three cones as fast as possible and perform a 360 around the last cone and then join the line. the next player in line will leave when the first player has gone around the fourth cone

Key Points: FOCUS ON MOVEMENT WITH THE LEAST AMOUNT OF TIME STANDING STILL., , CONTINUE FOCUSING ON HAVING THE PLAYERS IN DRILLS FOR ONLY 10 SECONDS THEN REST