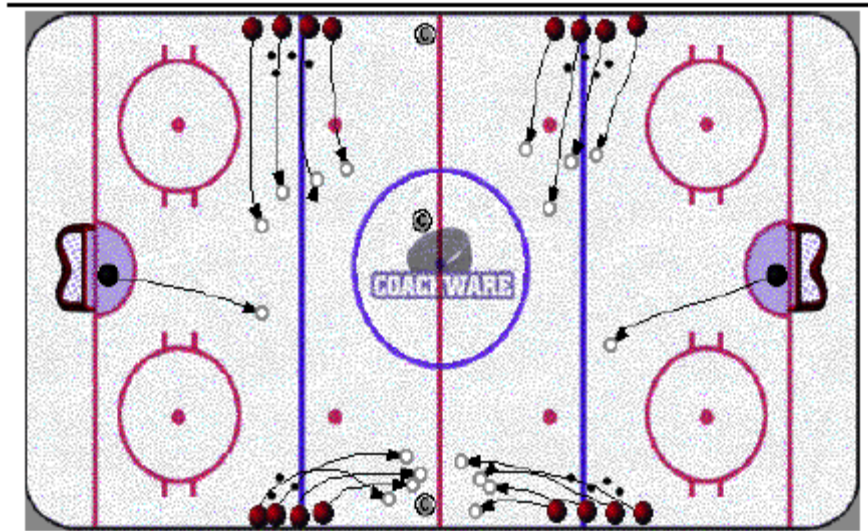


Last Player In



Description

"Last Player In" is a technique used at the end of any drill to save time and create fun competition in half, full ice or station practices. On the Coach's long whistle to end the drill, the last player to reach the Coach's location skates a hard lap or performs an activity of the Coach's choice. This saves time, encourages tempo, intensity and focus. For younger age groups, shorten the skating distance and ensure players are not embarrassed to be the last player in. Have fun with it!

Key Teaching Points

- Ensure players can tell the difference between a short whistle within the drill and a long whistle to end the drill.
- The distance of the lap should be appropriate to the age group. The maximum distance is one lap around the perimeter of the ice surface.
- Use the drill as a "positive" to build enthusiasm, fun and tempo.
- Assistant Coaches should be setting up for the next drill.
- Wait for the "Last Player In" to return to the group before explaining the next drill.

Key Execution Points

- Young players must be careful skating into the group at a high speed. Stop, do not slide into the group.