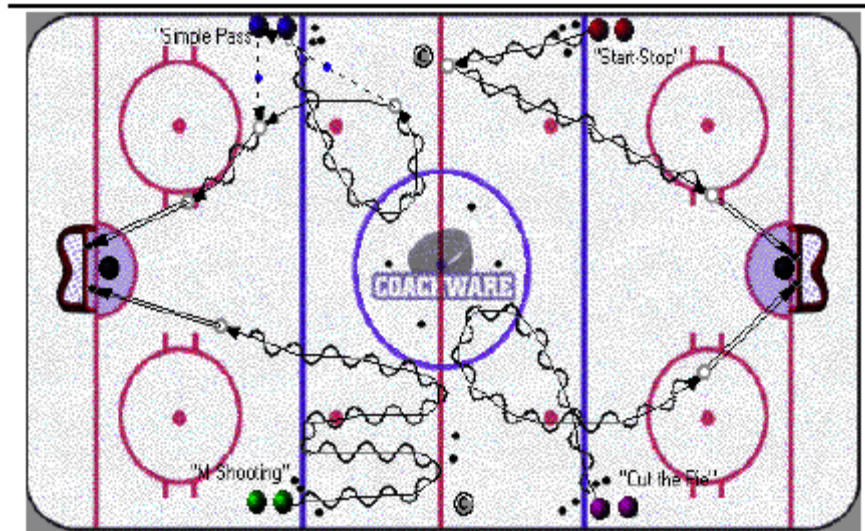


Super Star Skills



Description

"Super Star Skills" allows players to practice the four basic skill: skating, passing, shooting and puck control. Divide your player into groups so there are a minimum of four players per group and a maximum of four groups. Each group performs skill A for 3 to 5 minutes before progressing to skill B, C and D. **Animation shows all four skills at one time.**

Diagonal sides begin at the same time on the Coach's whistle.

A). M SHOOTING - Players start with a puck, tight turn at the red, blue, red line and then take a shot.

B). CUT THE PIE - Players start with a puck, skate to center ice (inside out) cutting out a piece of the imaginary pie, wide drive and then shoot.

C). START - STOP - Players start with a puck, two foot stop at the red line, accelerate while attacking the net and then shoot.

D). SIMPLE PASS - a progression to B, where players begin with a puck.

After cutting the pie, the player passes the puck to the next player in line who passes back. The player then attacks the goal and shoots.

Key Teaching Points

- Alternate sides go at the same time on the whistle.
- Ensure there are adequate pucks at the four starting points.
- Coaches should allow time for goaltender to return to ready position prior to next shooter.
- For older players, encourage a slightly different route to prevent the ice from getting too cut up.

Key Execution Points

- Emphasis the mechanics of forward skating, passing, shooting and puck control.