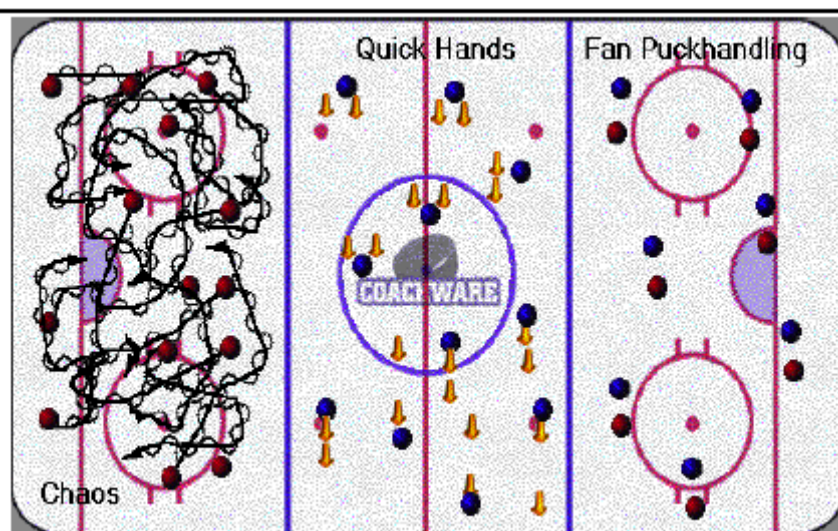


Warm-up Chaos / Quick Hands / Fan Puckhandling / Passing



Description

The following is conducted in sequence:

Chaos: 3/4 ice, group skates with pucks, alternating hard & slow on whistles, when whistle blown for hard skate, players must find which zone (neutral or end) Coach is end, accelerate there and maintain hard pace in zone utilizing "3 step" rule until next whistle where they slow down and use both zones

Quick Hands: place gloves/pylons down approx. 5 ft. apart & with stick and puck, stationary in front of gloves, move puck up around and back through each glove; stationary beside length, move puck again back & forth; then move through figure 8 facing 1 direction

Fan Puckhandling: using 3/4 ice, pairing up, 1 player goes down on knees and slowly swings stick along ice in arc of a fan while the other player has a puck and brings the puck into the 'fan' and out of it as the stick comes and goes by; switch a few times

Passing: using ice, players will pair up, they are about 15 ft. apart; one backwards skating and the other forward skating, both facing one another; the drill begins with them starting on one side of boards, going the fully width of ice and back; continuous until next whistle; players remain constant spacing and facing on another

Goaltending Stretch / Warm-up: option is to have them do all drills with skaters or else in one end, working on stance, shuffle, telescoping, sculling, T-push & post to post

Key Teaching Points

Smooth transition from one drill to other
Correction during
Not speed drills, only increase once skill movement has been obtained

Key Execution Points

Quick acceleration
Tight turns
Communication
Puck control (heel & toe)
One touch passing