

Development Plan #2 – 50 Minutes

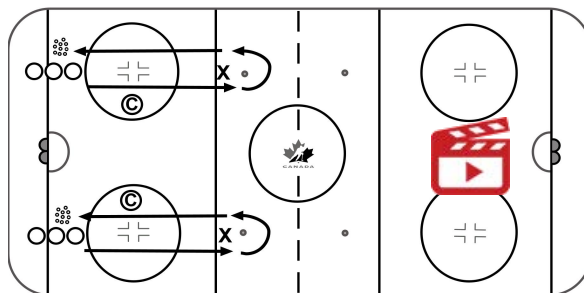
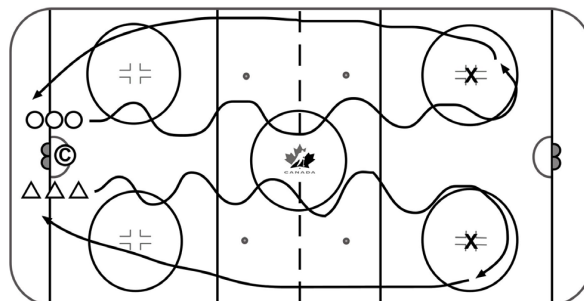
Drill Name & Description

7 mins - Skating Warm – Up – Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform skating skills as demonstrated by coaches
- Player go one after another
 - 1) C-Cuts 1 Leg
 - 2) Glide and Bend
 - 3) Gliding Inside Edge
 - 4) C-Cuts Bubbles
 - 5) C-Cuts – Alternating
 - 6) Random skating moves – promote quickness and creativity

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



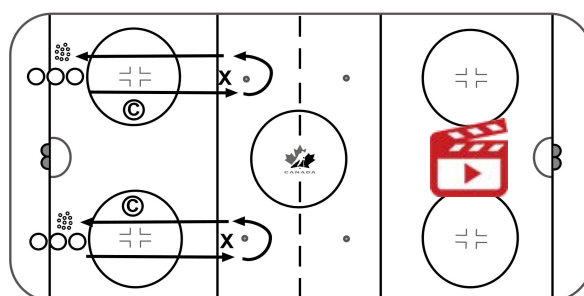
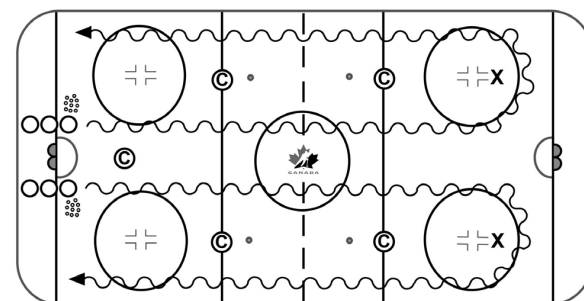
Drill Name & Description

8 mins - Puck Control Warm - Up

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform puck control skills as demonstrated by coaches
- Players go one after another
 - 1) Stickhandle narrow
 - 2) Stickhandle wide – across body
 - 3) Stickhandle - narrow / wide combination
 - 4) Stickhandle – side / front / side (forehand / front / backhand)
 - 5) Stickhandle – open ice carry
 - 6) Random puck control skills – promote creativity

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of puck control.

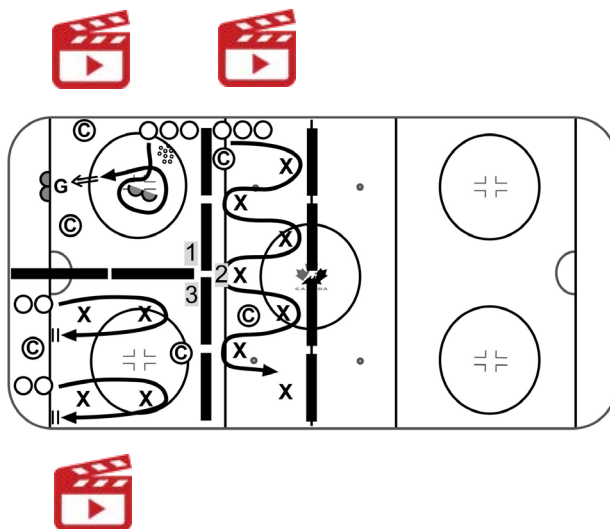


Drill Name & Description

15 mins - 3 Station Skating Skills

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Heel to Heel – without / with pucks
 - Place coach / net or obstacle in middle of circle
 - Players start along boards at blueline with puck
 - Skate around utilizing heel to heel skating technique
 - Add puck and finish with shot
 - Add chaser for speed element
- 2) NZ Skating
 - Place pylons in pattern as shown
 - Player skate through pylon in a zig zag pattern
 - Hold inside edge
 - Hold outside edge
 - 360 turn around each pylon
 - Heel to heel around each pylon
 - Add Puck
- 3) Skating Races
 - Place 4 pylons shown
 - Players race to far pylon and back
 - Players race in figure 8 pattern
 - Players skate forward to far, pylon pivot and skate backwards to start
 - Ensure all patterns are done both ways
 - Add puck

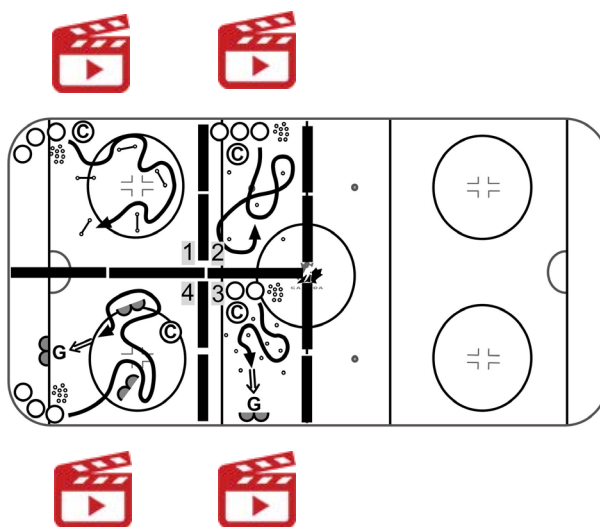


Drill Name & Description

20 mins - 4 Station Puck Control Skills

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Obstacle Puck Control
 - Place obstacles in random pattern
 - Player stickhandle in random pattern
 - Encourage creativity. Add chaser for speed
- 2) 5 Puck Agility
 - Place 5 pucks in pattern as shown
 - Players skate randomly around pucks utilizing tight turns or heel to heel skating pattern. Add pucks
- 3) Land Mines
 - Place pucks in random pattern
 - Players stickhandle randomly around pucks
- 4) Agility Nets
 - Place 2 nets / coaches or obstacles in circle
 - Players skate out of corner with puck and randomly skate around obstacles
 - Tight turns / stop and go / heel to heel / crossovers (skating skills in combination)
 - Promote creativity, speed, quickness and turning head first before changing directions



4 on 4 Half Ice Scrimmage or Small Area Games if there is time left over.