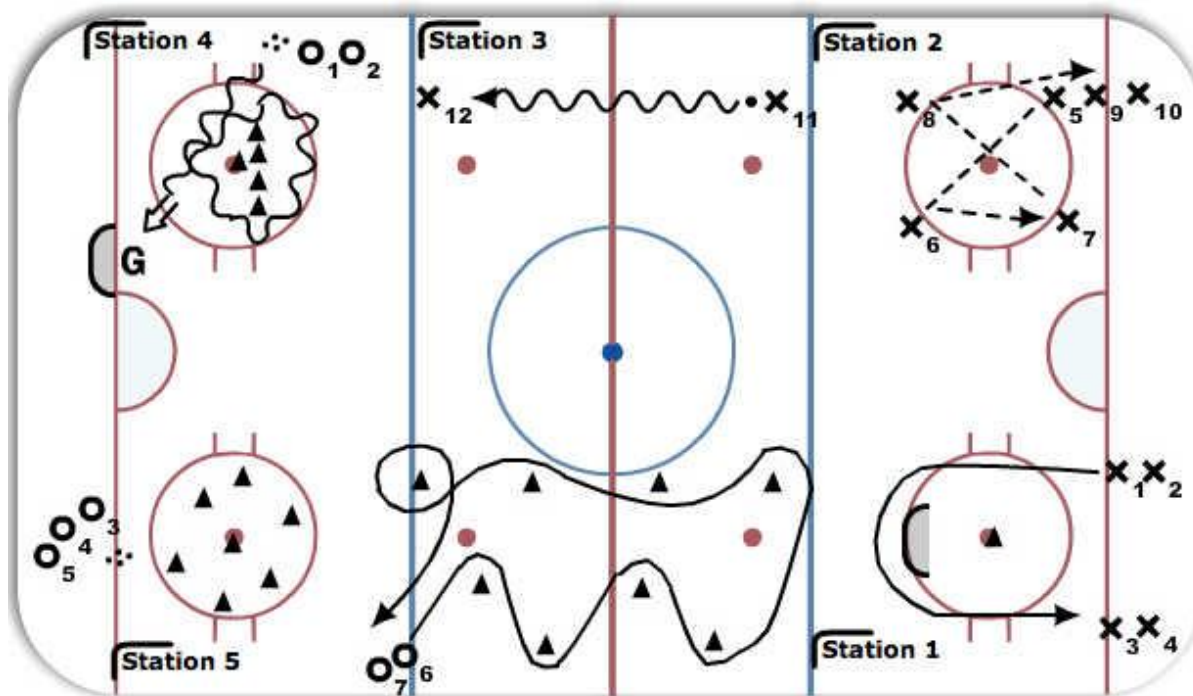


H3/4 Practice Plan #2



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