

# **Practice Objectives / Notes:**

Puck Control & Passing (Forehand)

## 1) L2 - SHOOT - Puck preparation (1-



getting players comfortable getting the puck into a ready shooting position

### **ORGANIZATION**

**OBJECTIVE** 

Players are set up around the ice spread out with a puck

- 1. Handle at 3 (basic technique)
- 2. Handle at 2
- 3. Handle at 1 (hands away)
- 4. Handle at 3, on whistle, move to 1 and hold in shooting position

## 2) L3 - SHOOT - Passing Warm-Up



15 min.

### **OBJECTIVE**

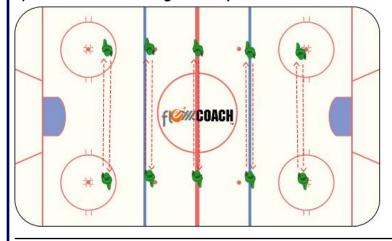
Quick Release - Diagonal

#### **ORGANIZATION**

Work with partner, focus on push + pull of stick.

#### VARIATION

Changing the angle of the passer.



f COACH

### 3) L2 - SHOOT - Puck preparation

#### 5 min.

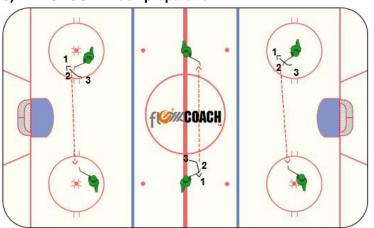
## OBJECTIVE

getting players comfortable moving puck into a shooting position and then making a pass

#### **ORGANIZATION**

Players are set up in partners across the ice from each other. 1 player having the puck controlled on whistle

- 1. Players will start handling the puck at position 3. 1st whistle, player with the puck will move to position 1.
- 2. 2nd whistle, players will make pass across ice to partner
- On 1 whistle \*





# **Practice Objectives / Notes:**

Puck Control & Passing (Forehand)

# 4) L2 - SHOOT - Puck preparation



getting players comfortable with getting the puck into a loaded shooting position with movement

# **ORGANIZATION**

**OBJECTIVE** 

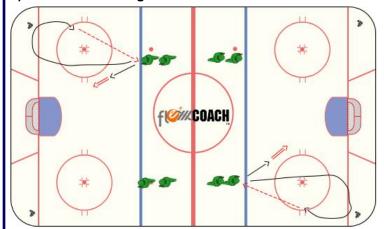
Players are set up in three lines at the tops of the circles at each end facing each other.

- 1. Players leave with puck and skate towards blue line
- 2. At blue line turn body slightly while loading puck in shooting position 1
- 3. Make pass to line, filter into end of the line *continous drill*

# 5) L2 - SHOOT - Wagon wheel



10 min.



f COACH

#### **OBJECTIVE**

getting players comfortable receiving a pass and getting the puck into a loaded shooting position

### **ORGANIZATION**

Players are set up on all 4 neutral zone dots facing each end of the ice with a pile of pucks in all 4 corners. opposite sides go at the same time

- 1. Players start without a puck and skate towards pile of pucks in the corner
- 2. Player picks up puck and turns to face original line to make a tape to tape pass to next player in line.
- 3. Player receiving the pass in line take few steps towards net load into postion 1 and take a shot on net after player shoots on net, pick up puck from opposite side. drill continues

Post-Practice Comments:	

Produced online at flexxCOACH.com