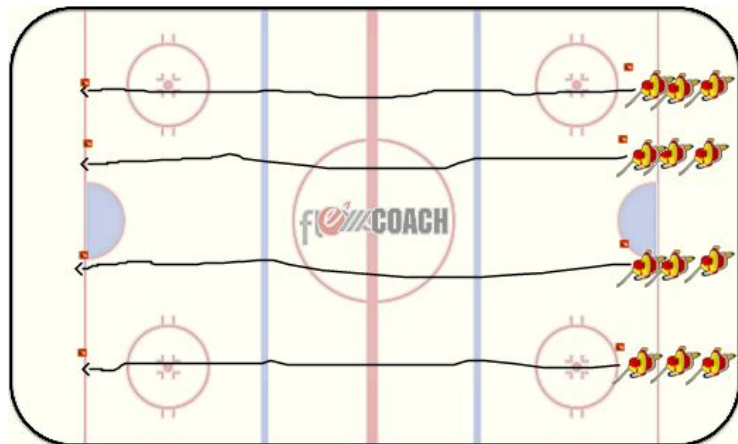


1) EDGE CONTROL - Inside &

0 min.



OBJECTIVE

Improve Balance and Edge Control

ORGANIZATION

Wave Pattern

VARIATION

1. Inside Edge Near
2. Inside Edge Far (Hold and Balance)
3. Inside Edge Stride (Jump across focus on Power)
4. Outside Edge (Scissor Skate)
5. Outside Edge Wide
6. Outside Edge Stride (Jump Across off Outside Edge)
7. Slalom (Both skates remain on ice and close together the whole time)
- *8. ADVANCED - Inside Outside Edge on 1 Skate (No Strides at Start)

GOALIE

None Needed

2) Tight Turns Progression

0 min.



OBJECTIVE

Technique for Tight Turns

ORGANIZATION

Tight Turns across the ice, players will work in partners.

VARIATION

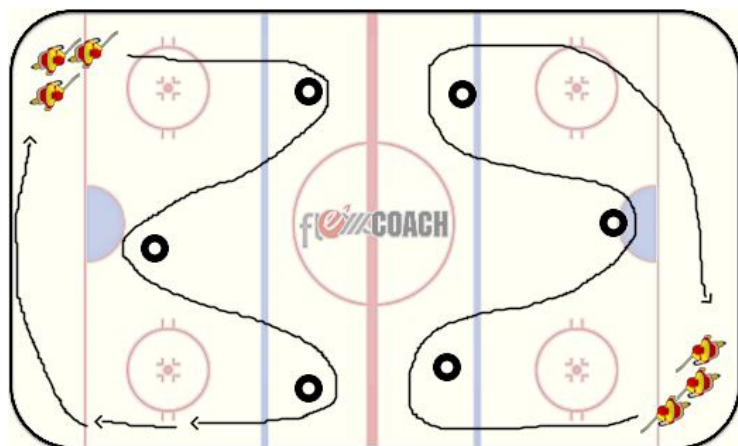
1. Both Skates on the ice
2. Shoulders Level
3. Cross Over out of turn to gain speed
4. With a Puck

GOALIE

If Available

3) Intro to Hockey Tight Turns Same

0 min.



ORGANIZATION

Players will weave through 3 tires in each end and make their way back to the back of the line.

Players should focus on:

1. Bending their knees
2. Keeping both skates on the ice
3. Staying tight to the tires as they move around

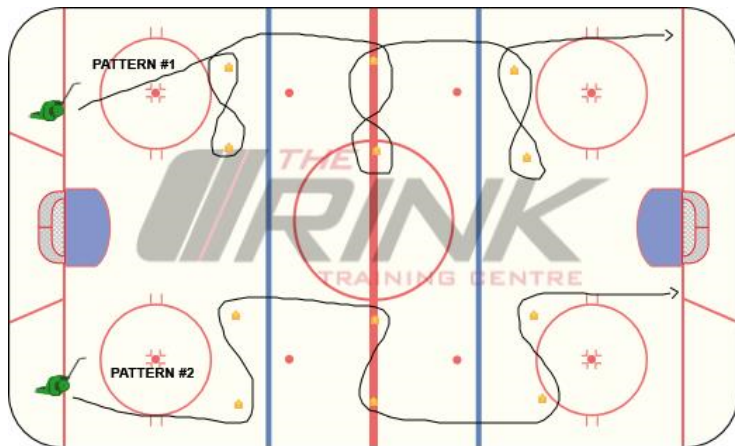
Switch sides so they get the equal amounts of turns on both sides

VARIATION

- 1) Can be done with a puck to work on Stick Handling

4) Tight Turn - TECHNICAL -

0 min.



OBJECTIVE

Improve ability to maintain speed through turns with the use of tight turns.

ORGANIZATION

Players below the goalines on each side.

VARIATION

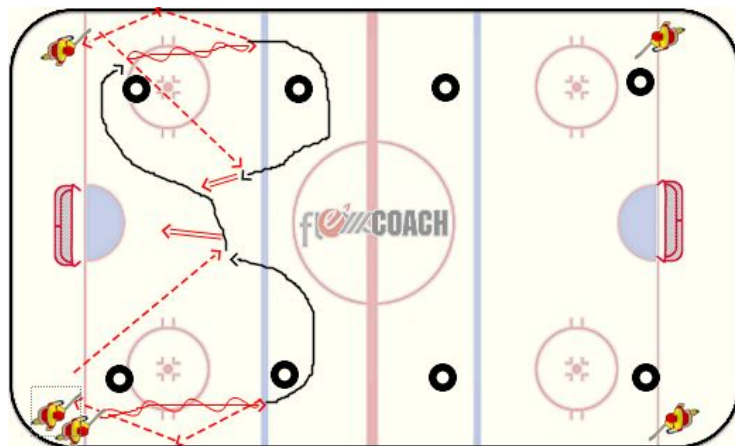
Pattern #1 - Figure 8 tight turns - Players leave skating down the boards and turning into the middle of their cones. Perform 3 full figure 8's. First set without a puck and second set with.

Pattern #2 - Weave with speed - Players leave down the boards, two tight turns and up to the next set of cones. Focus here is maintaining your speed through these turns, and accelerating out. Do first set without a puck, and then with a puck.

*Can add in a passing element where they pass to the coach who would be set up at any of the sets. Will challenge them to focus on stick positioning coming out of turns.

5) Tight Turns with Passing around

0 min.



ORGANIZATION

Pucks in all corners, tires on all dots.

First player leaves with a puck and chips puck back to corner. Next player in line steps around tire and passes back to F1 for a shot. F1 continues into the other corner and picks up a puck. He carries it up the wall and chips it back to the next player in line. That player again steps around the tire and makes a pass to the slot for a shot.

Good Passes will lead to good shots. Work to put the puck to good spots all the time.

VARIATION

1) If the group is having trouble with passing, eliminate the chip back and just have the player skate without the puck. This will allow the player in line more time to make the pass.

Post-Practice Comments:

in the tight turn progressions please take time to do some reps with and with out a puck. In the full ice weave drill please have players work through progression first without a puck and then with a puck.