

1) L3 - BC - Monkey in the Middle

10 min.



OBJECTIVE

Getting players to take good angles, and forcing pucks to certain areas of ice.

ORGANIZATION

Drill Set Up: groups of 4 players in each zone.

1. One player is set up in middle of group
2. On whistle, player must angle puck carrier *Work at getting good stick position, and make sure players aren't turning*

2) L4 - BC - Stationary Steals

10 min.



OBJECTIVE

Stationary stick steal techniques

ORGANIZATION

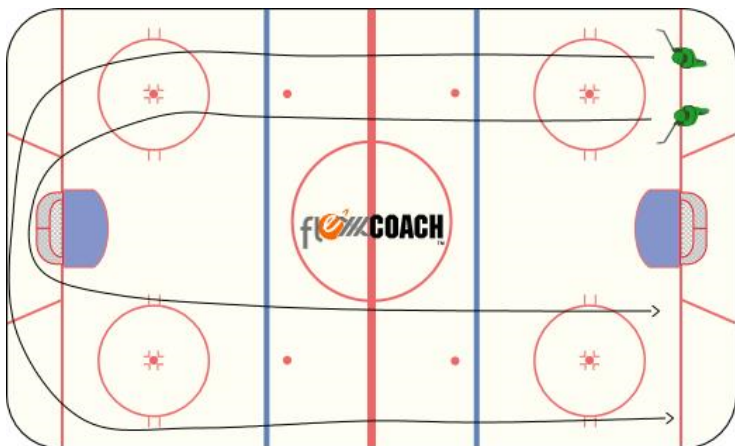
Drill Set Up: Players will set up in partners along lines working on stick steal techniques

VARIATION

1. Stick lift and steal
2. Stick sweep or push
3. Stick press

3) L4 - BC - Moving Steals

15 min.



OBJECTIVE

Partner stick steals while moving down the ice

ORGANIZATION

Drill Set Up: players will be in partners lined up in the corner working on stick steals down the ice

VARIATION

1. players will skate down the boards working at steals moving
  2. working on timing with partner
- \*Doesn't matter how many steals but proper technique\*

#### 4) L4 - BC - Steal & Shot

15 min.



##### OBJECTIVE

Work on angling/stealing and transitioning into offense

##### ORGANIZATION

Have players in opposite corners and broken out into two lines, and a coach in the other opposite corners. Their will be pucks in all 4 corners. The line against the wall will have the pucks. Set up a tire in both zones just inside the blue line.

##### VARIATION

X1 will start up the boards

X2 will steal the puck and skate it in for a shot.

X1 will continue to skate around the tire and come back and receive a pass from the coach for a quick shot.

Players to alternate lines.

Switch corners

#### Post-Practice Comments:

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