1) ADV2/HP3 Edge Work on Lines #1



Improve players comfort on their inside and outside edges backwards

ORGANIZATION

BL - RL - BL

VARIATION

OBJECTIVE

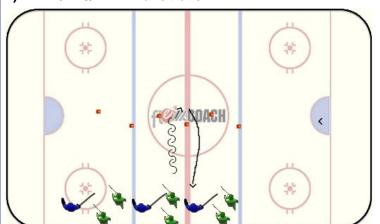
- 1. Inside edge have players work at stepping from one side of the line to the other. (Can have players hold the edge depending on the group)
- 2. Inside Edge Hold Challenge players to get nice and wide of the line with a big push.
- 3. Outside edge scissor skate challenge players to step over the line using the outside edge, from side to side.
- 4. Backwards Cross Over Pulling ice under the body, keeping the shoulders level, and moving from side to side on the line laterally.

GOALIE

Not needed.

2) ADV2/HP3/ELT4 Transitions -





COACH

OBJECTIVE

Improve ability to Transition

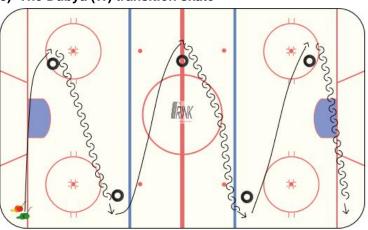
ORGANIZATION

3-4 Lines on the BL/RL/Ringette Line based on group size VARIATION

Backwards - Forwards 2 Cones - Enter between the two cones. Extend out to outside cone and cross over to the other side of the line. Move forward keeping the hips pointed towards the line players left from. Hips should not turn in this drill.

3) The Dubya (W) transition skate

10 min.



OBJECTIVE

Become better at transitioning

ORGANIZATION

Players start in corner and make a W shape as they make their way down the ice.

Focus - Tight transitions

- One hip turn
- One x-over into backwards stride
- add puck
- eyes up

10 min.

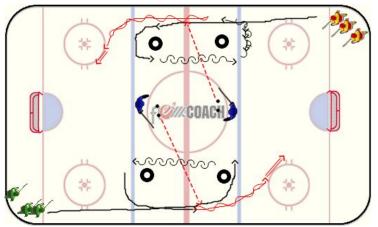


Practice Objectives / Notes:

TECH - Transitions - BWD-FWD

4) Transition Skating Simple





ORGANIZATION

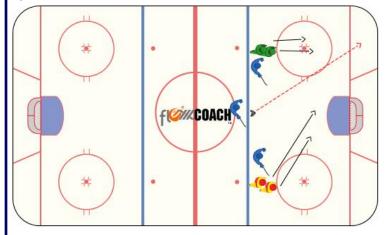
Players start in opposite corners with tires at each NZ dot. Players leave on whistle and go straight down the wall and transition from Forward to Backward around the far tire, they then move backward down the middle of the ice and transition from backward to forward. Now skating forwards down the wall coach will hit players with a pass and finish with a shot on goal. *** Switch Sides ***

VARIATION

1) Players can start at blueline if they are younger and skate a little slower to cut down wait time in lines.

5) RHA - SAG - 2v2 Quarterback

8 min.



OBJECTIVE

getting players to get engaged physically and battle against one another in a confined area below the tops of circles **ORGANIZATION**

Players are split into 2 teams each team is set up at the tops of the circle and is designated a coach to be a "guarterback". Object of this game is to retreieve the puck and make a pass to your own quarterback and get a return pass in order to attack offensively.

• ex: if one team is playing offense and loses possession the other team must pass to the quarterback before they can attack on offense.

Post-Practice Comments:		

Produced online at flexxCOACH.com