

CoachThem

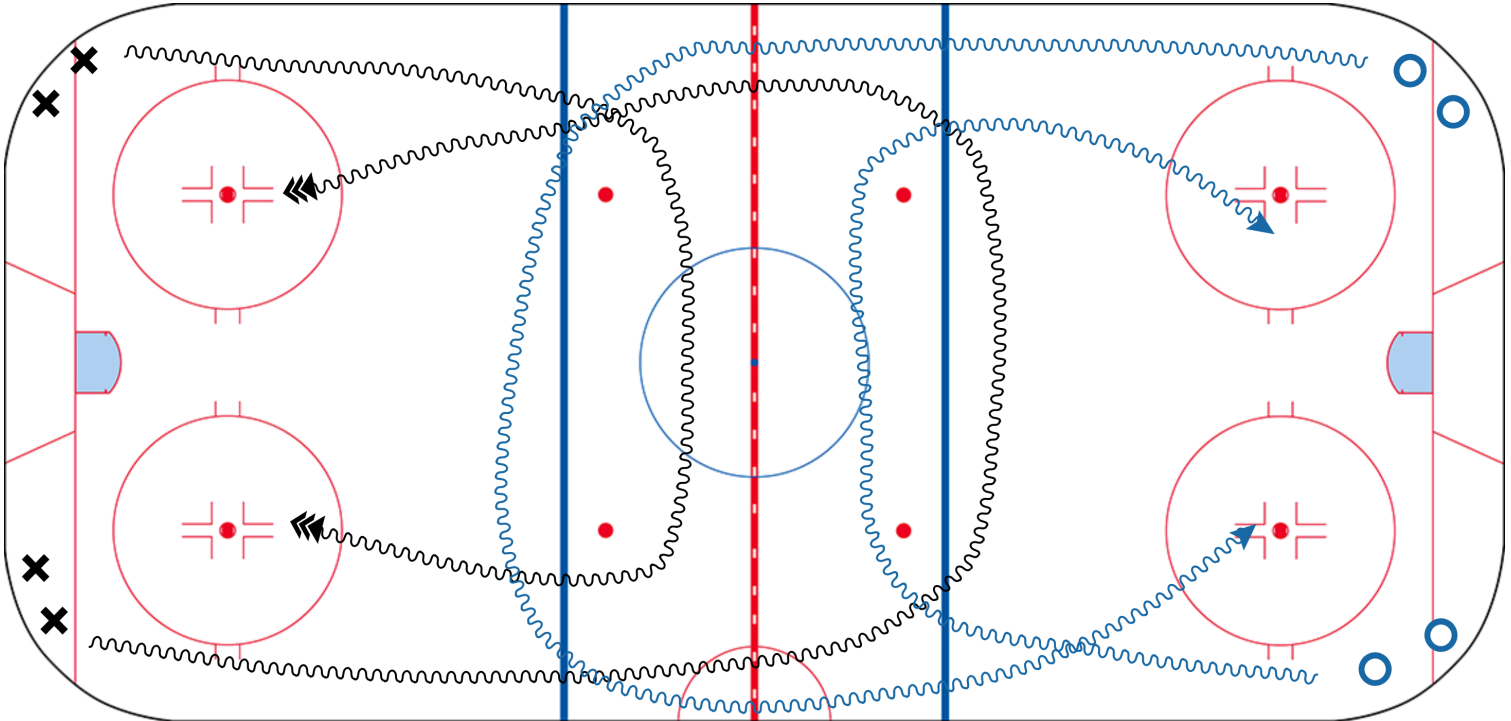
Name: Covid Skills #3

Practice No:

Duration: 57 min

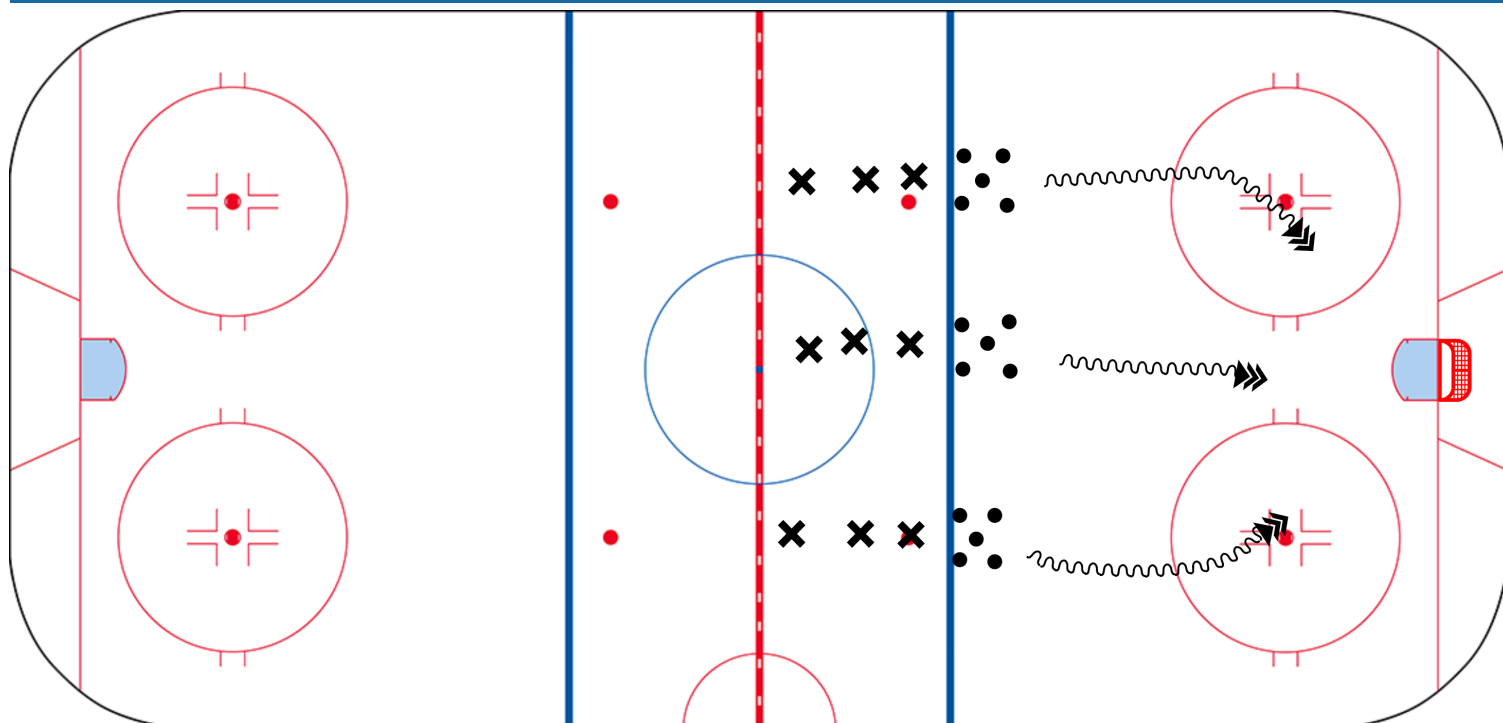
Long/ Short

10 mins



Description:

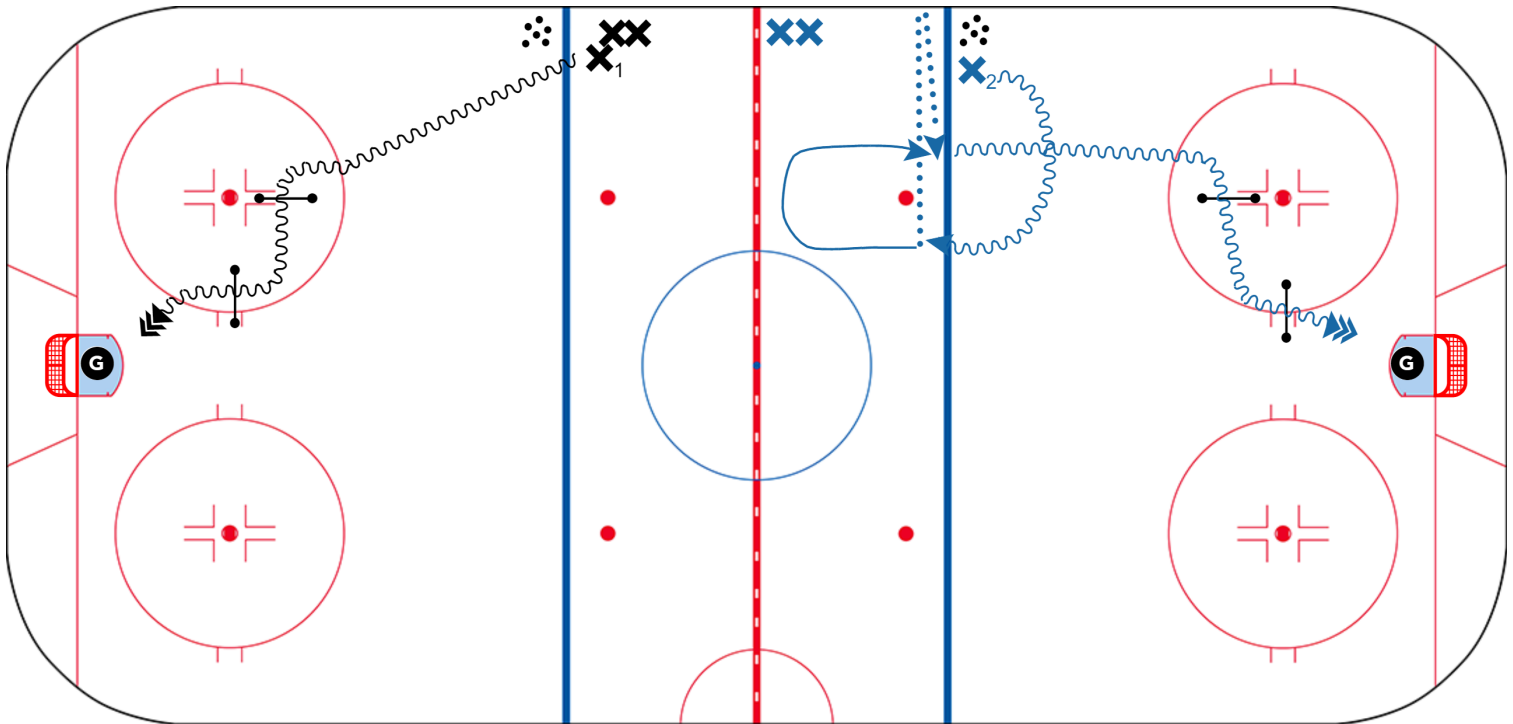
All four corners go on the whistle.

**Description:**

1. Player dangles pucks for 30 seconds using east/west dribbles. FH/BH toe drags.
2. On whistle, player skates in for a shot and returns to back of the line. Next player immediately begins dangling puck for 30 sec.
3. Can be done at both ends of rink.

Key Points:

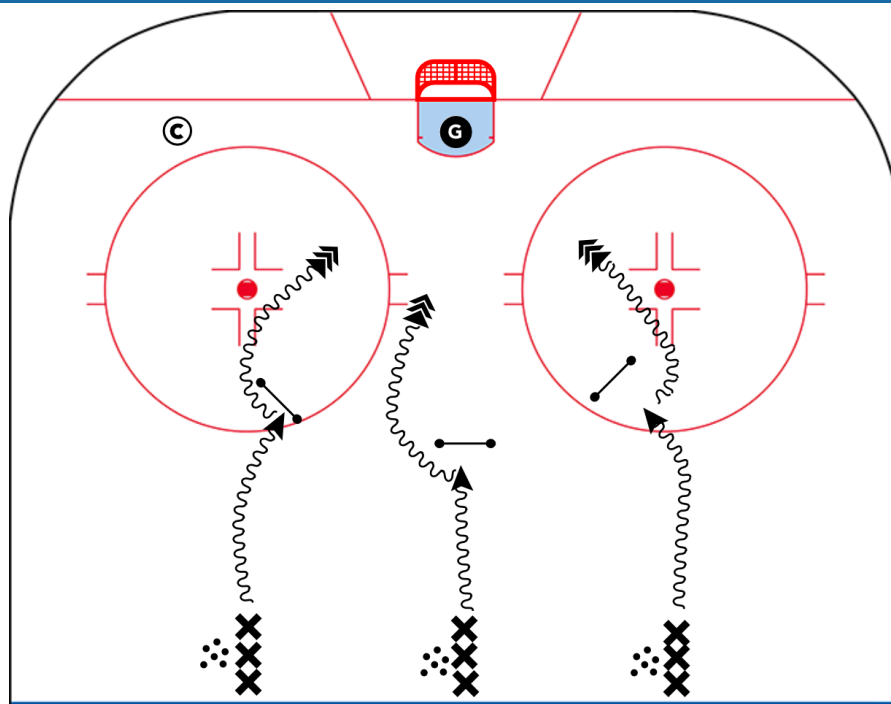
- players can move around pucks if they like but are stationary for most part.
- Try not to hit pucks
- Use FH and BH

**Description:**

- Players sline up in center of the ice
- **X** 1 skates across blue line at full speed, put move on obstacle
- **X** 2 skates towards middle of ice, turn towards boards, pass puck off wall, and retrieve.

Key Points:

- Quick feet on crossovers when turning to boards
- Pick up puck in full stride
- Full speed across blue line
- Head up, be creative with moves, followed by quick shot

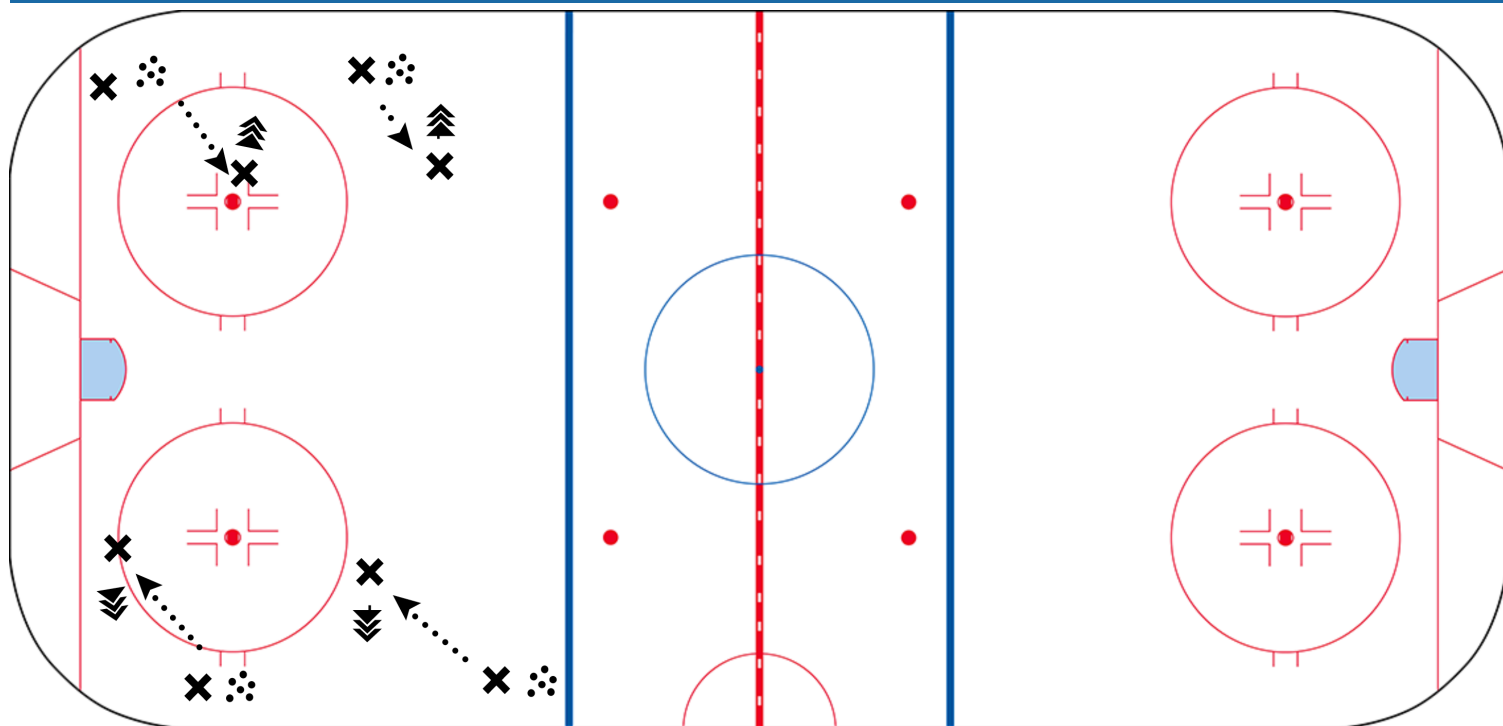


Description:

- 3 lines in offensive zone
- Players start in Left line, and put move on obstacle and finish with shot

Key Points:

- Quick move, quick shot
- Deception

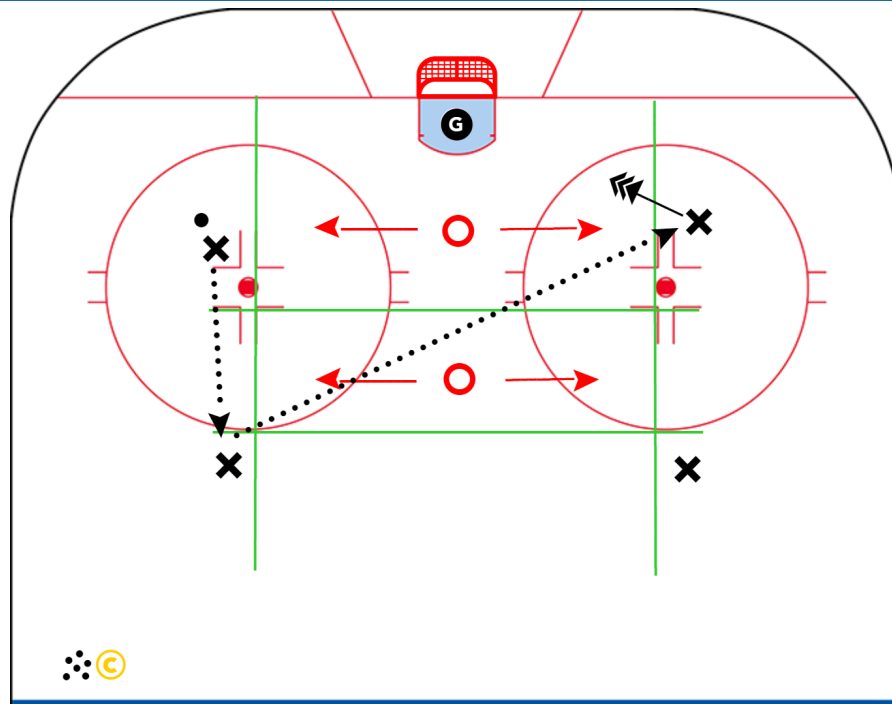


Description:

Players pair up. One player passes to the other for a one-timer. 3 shots then switch places.

Key Points:

- low on the stick
- pass to wheelhouse

**Description:**

- 4 vs 2 keep away game in zone
- Mark lines with an ice or bingo marker to define player zones
- Coach spots puck for offensive team **X** to play keep away against **O** and try to score
- Add in rules like, must make 5 passes before a shot
- Keep score and make it competitive!

Key Points:

- Fun game to play to work on creating space in a tight area and opening up or a pass
- Defence must have active sticks and keep play away from the middle shot lanes