

CoachThem

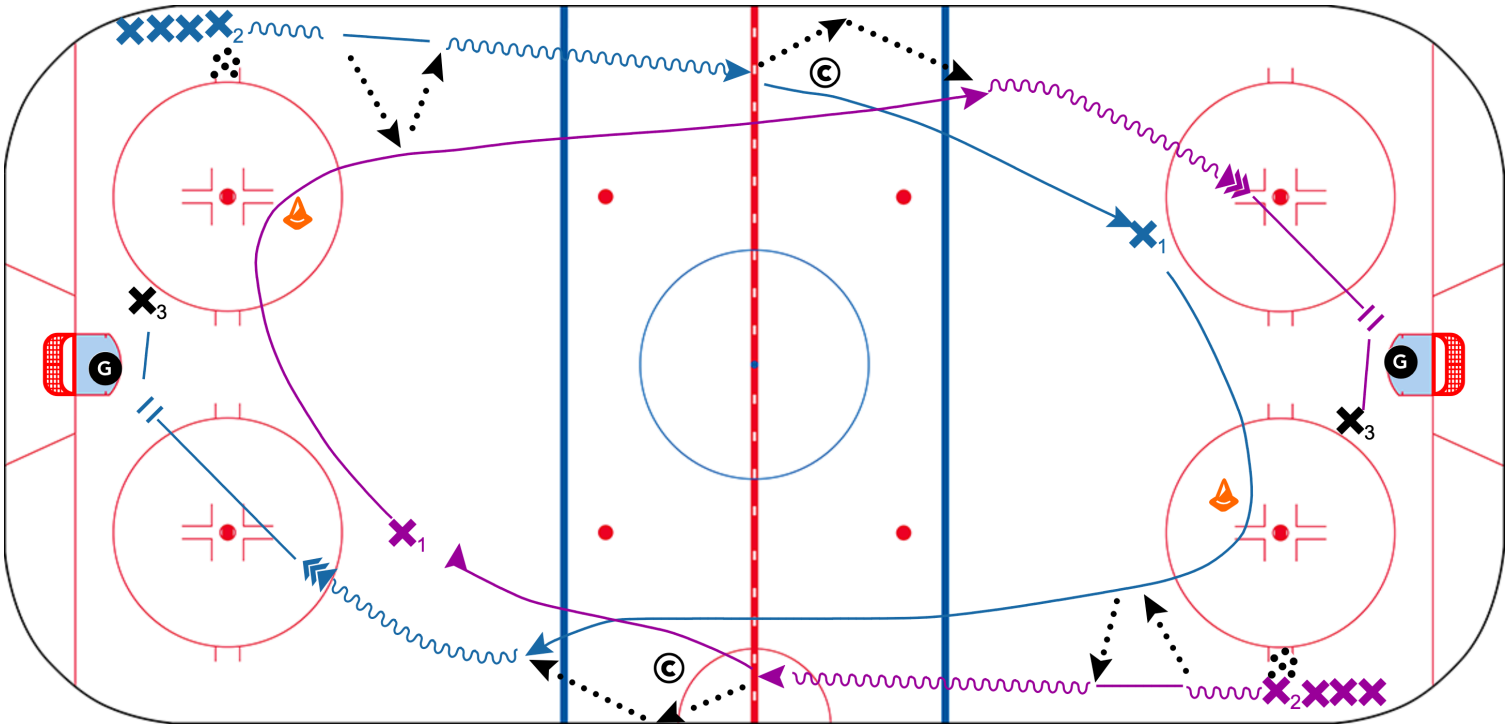
Name: Covid Skills #5

Practice No:

Duration: 50 min

Around the World w/Indirect Pass, Shot Rebound

10 mins

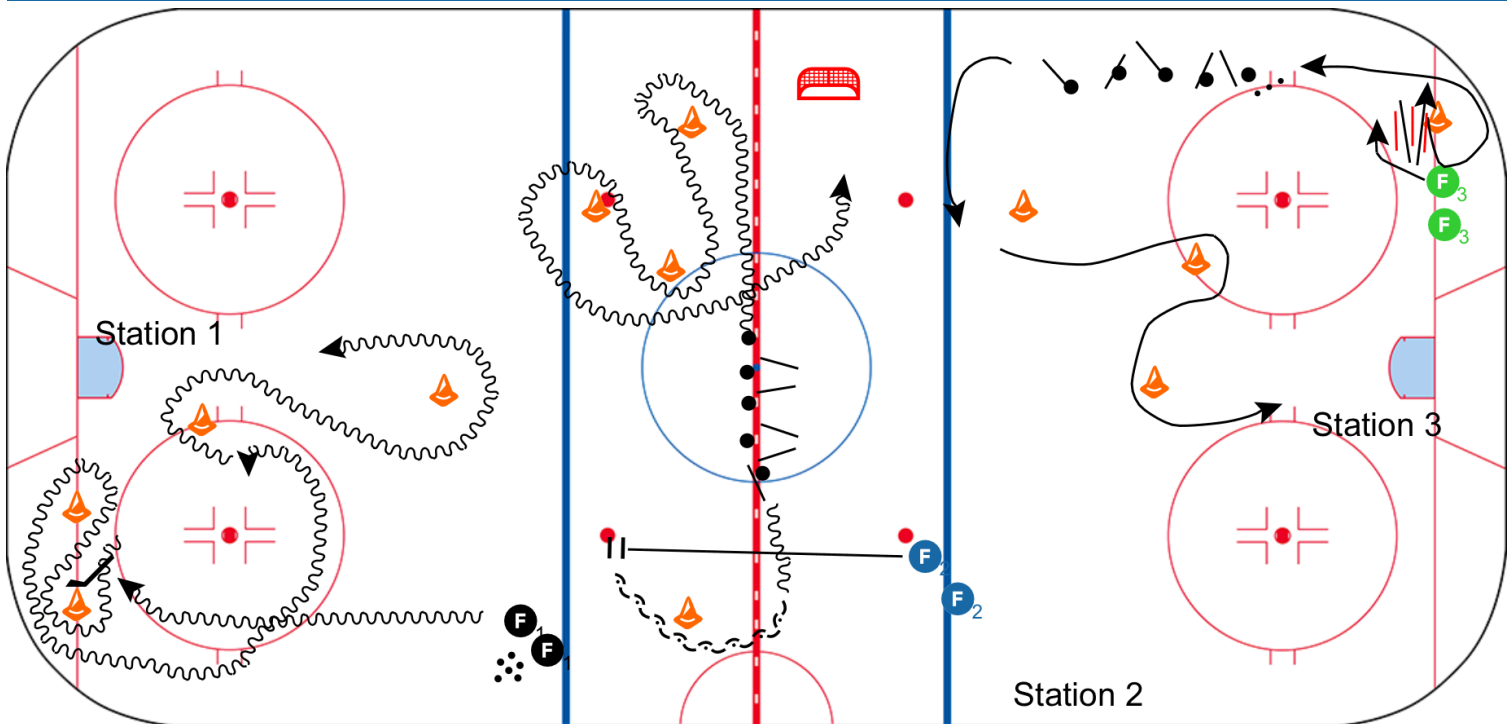


Description:

- Both **X1** starts in zone above the circle
- To begin the drill **X1** goes around the **PYLON_ORANGE**, **X2** times it to be level with **X1**
- **ADVANCED:** **X2** exchanges one give and go pass with **X1**
- **X2** skates fast toward **C** and instead of trying to deke, **X2** uses boards for an indirect pass to **X1**
- **X1** continues to get puck and shoot from circles. We are trying to create a rebound for **X3** in front of net so aim for far pad along ice
- **X3** get rebound and **X1** drives net
- **X3** goes back in line and **X1** becomes **X3** net front

Key Points:

- This is a timing drill.
- Also don't give it away that you are passing off boards... SELL IT!



Description:

Station 1

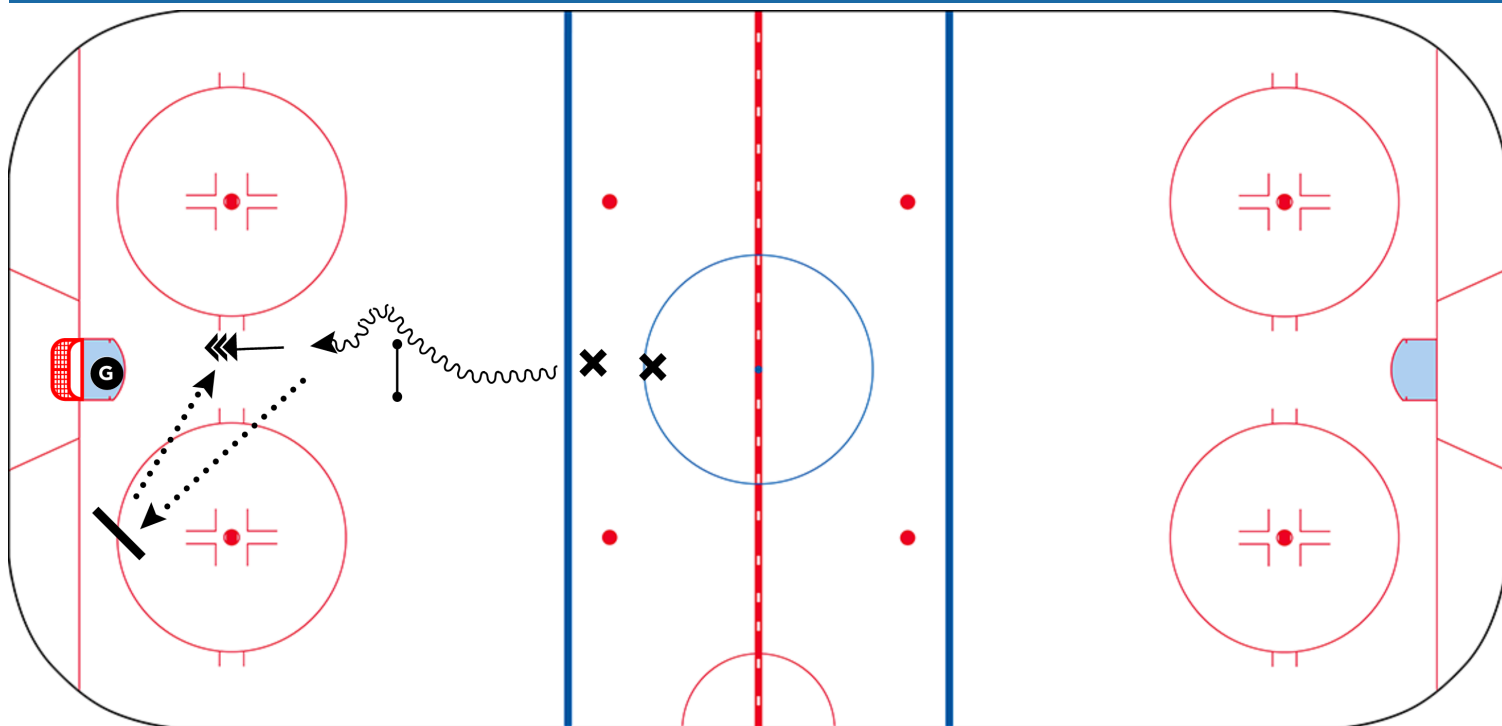
F 1 starts at blue line, skate down and flicks puck over stick, than cuts back and tight turns around the cones trying to build speed, make tight turns around the cones and look to shoot quick

Station 2

F 2 skates hard to the dot and stops, quick feet backwards around cone and Pivots forwards to the line of sticks laid out, skating slow on one side of the sticks , reach out and toe drag the puck back to you, continuing to the cones with a burst of speed and a shot on goal

Station 3

F 3 skates up a turns back, stick handling wide through the sticks laid on the ice, tight turn up ice, quick feet moving then slow down and as fast as you can stick handle tight through the dots, again full speed with quick feet around the cones for a shot on goal

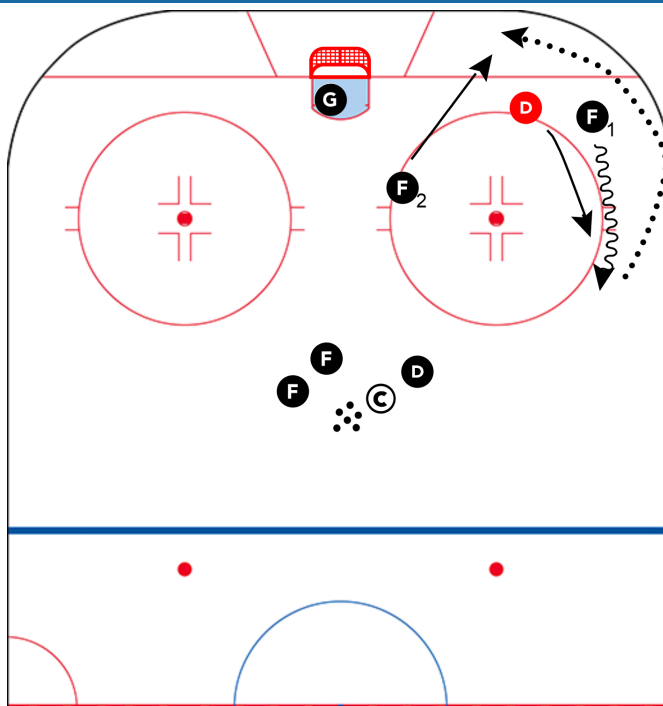
**Description:**

Player makes move on deviator, passes to rebounder for one-timer or a catch & release.

Change sides.

Key Points:

- quick feet
- get low on stick for one-timer
- no dust on catch & release



Description:

Coach spots puck in corner. F1 retrieves while being angled up the wall by D. F2 supports low. F1 cycles puck to F2.

Cycle twice then attack.

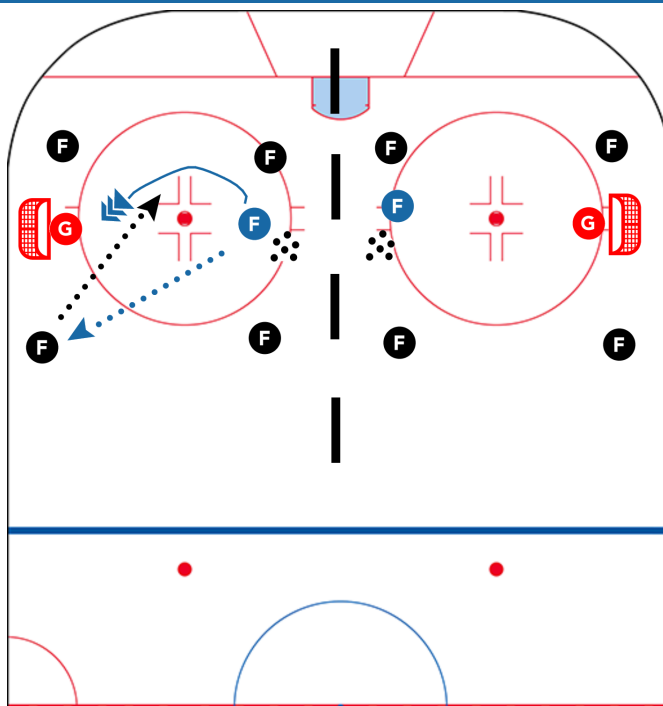
Progression: add second D so that F has to lose check coming off the wall.

Key Points:

Support

Communication

Puck stays on wall - not rebounded to middle



Description:

- **F** starts with pucks in the slot
- 2-4 support players spaced out on each side
- Active player **F** has 30 seconds to take as many shots as they can while feet are moving. Player must pass and receive a pass from at least one support player.
- Utilize give n go's, one timer's, escape moves etc.

Key Points:

- High tempo
- Keep feet moving