

CoachThem

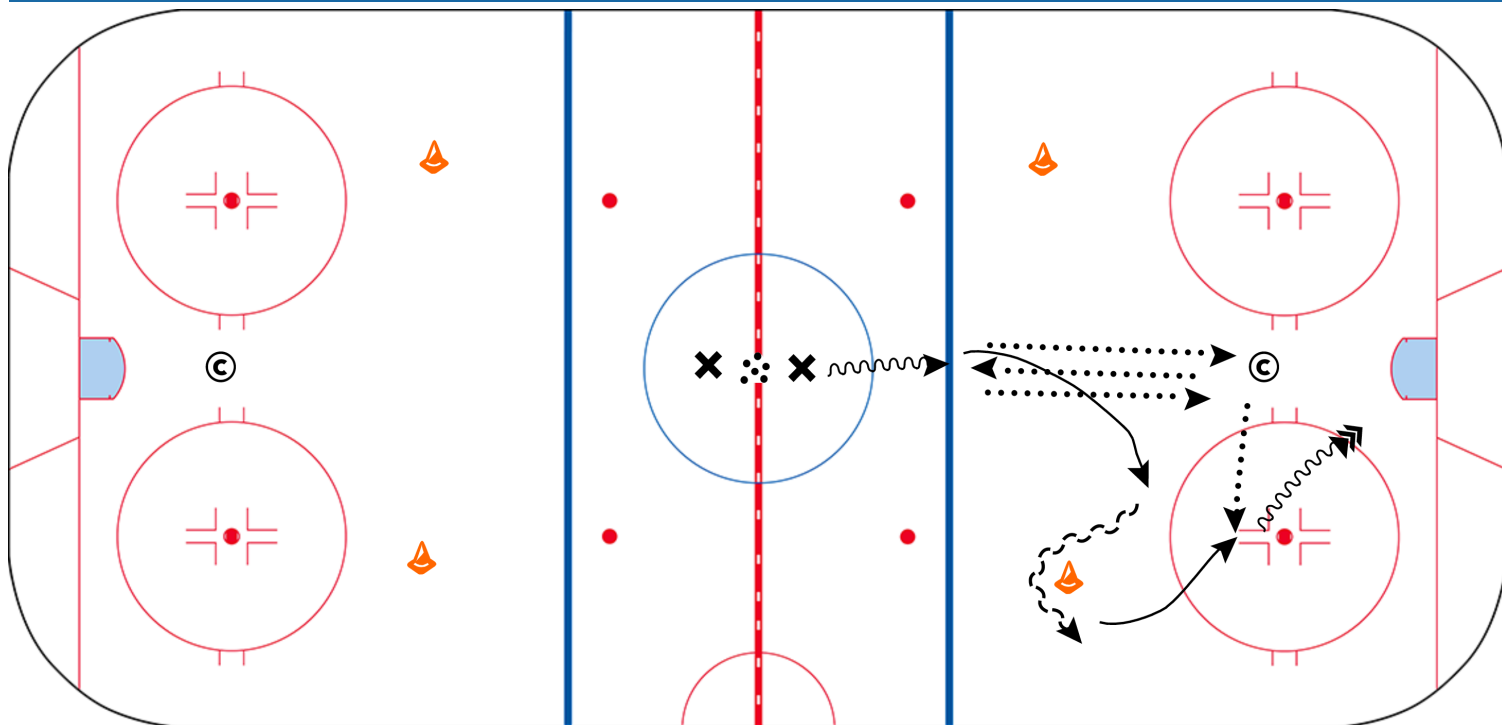
Name: Covid Skills #6

Practice No:

Duration: 55 min

Warm Up w/ Transition Pivots

10 mins



Description:

Player bump passes with Coach, transitions around cone, receives puck back from Coach, shoots on net.

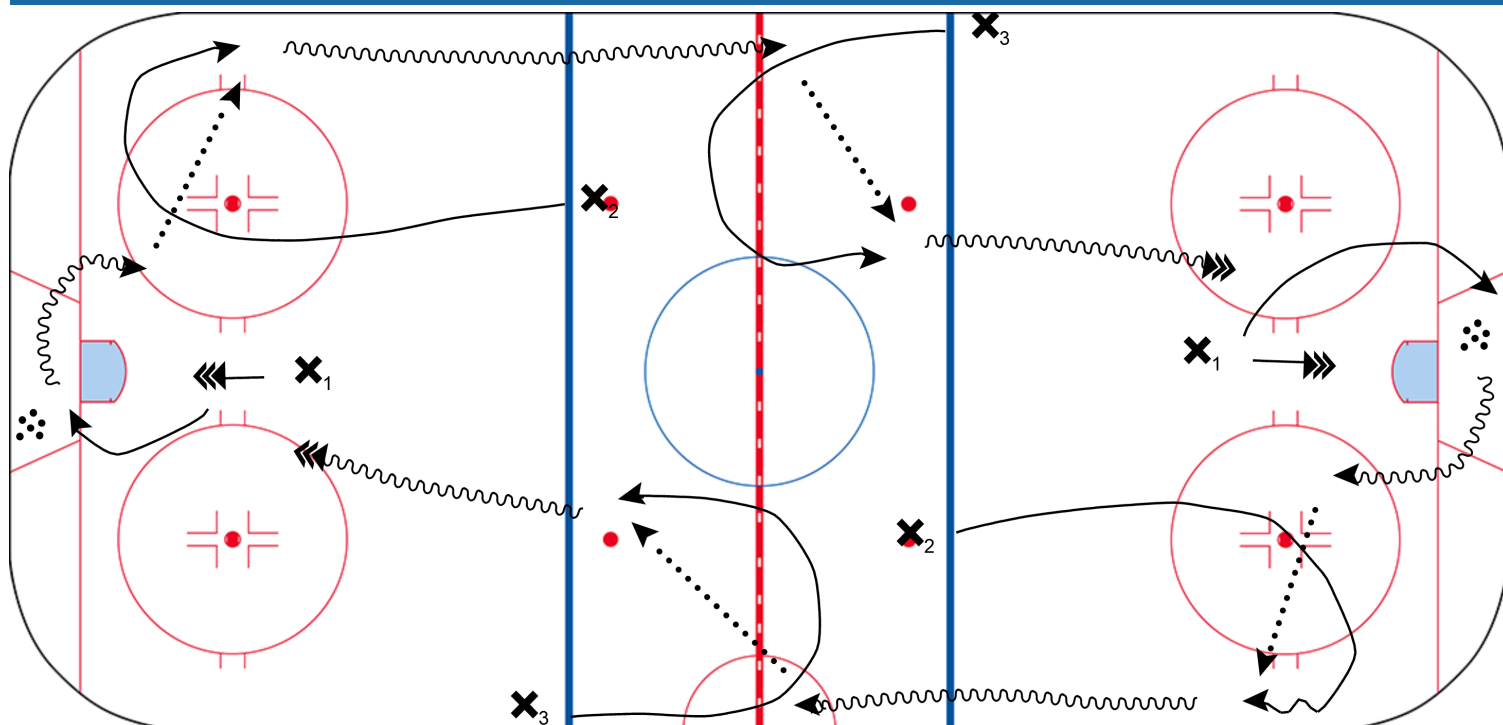
Alternate sides.

Run both ends of rink.

Key Points:

Quick, accurate passes

Quick feet

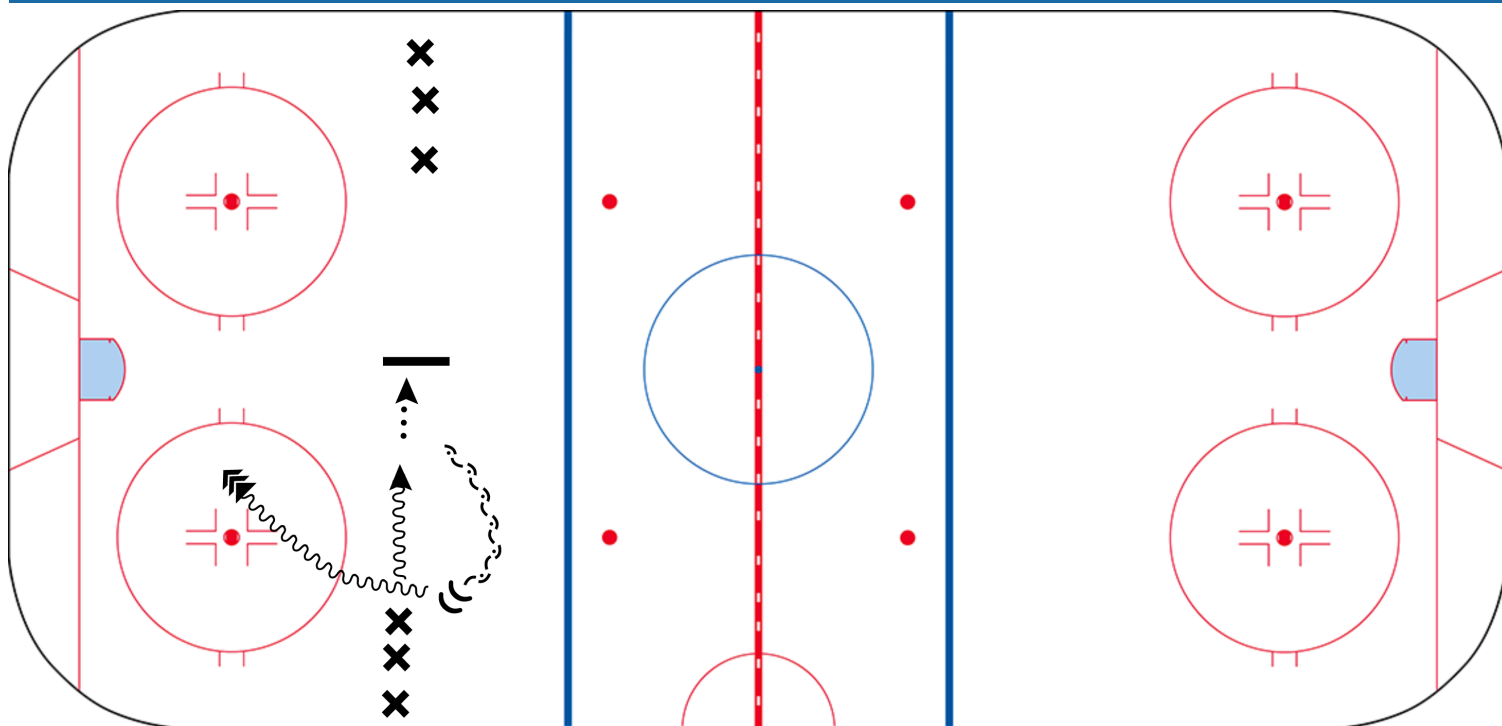


Description:

X1 shoots on goal, picks up buck behind net. X2 swings to support. X3 swings to support X2 in N/Z. X3 shoots on goal. Drill repeats continuously.

Key Points:

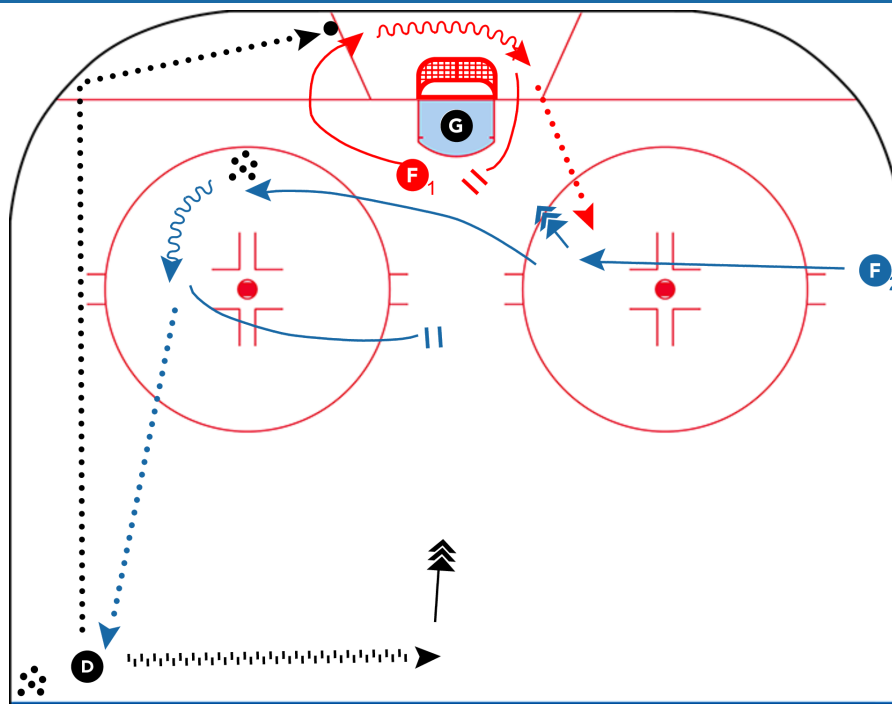
- Timing
- Accurate passes
- Stay onside
- D/Z pass is above goal line and between dots.

**Description:**

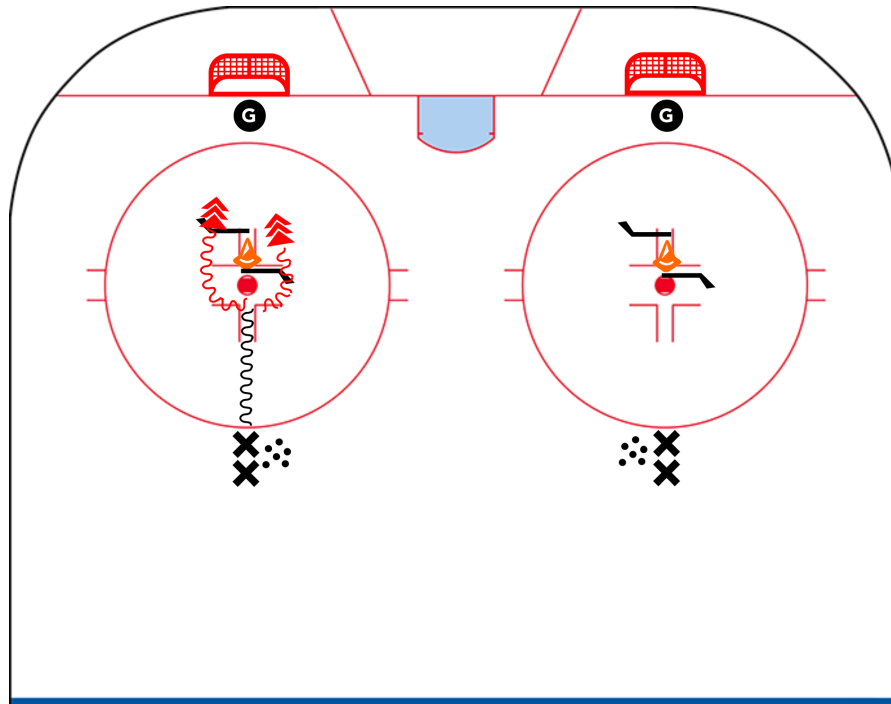
1. X skates forward with 3 quick passes off rebounder
2. Pivots backwards and skates back to start
3. Pivots forwards and takes shot.

Key Points:

- Quick feet
- Quick puck movement

**Description:**

- **D** rims puck
- Netfront **F** 1 rolls with pick and finds **F** 2 jumping off wall for a shot
- **F** 2 retrieves puck and moves puck to **D**
- **D** shoots through layered hi-lo screen



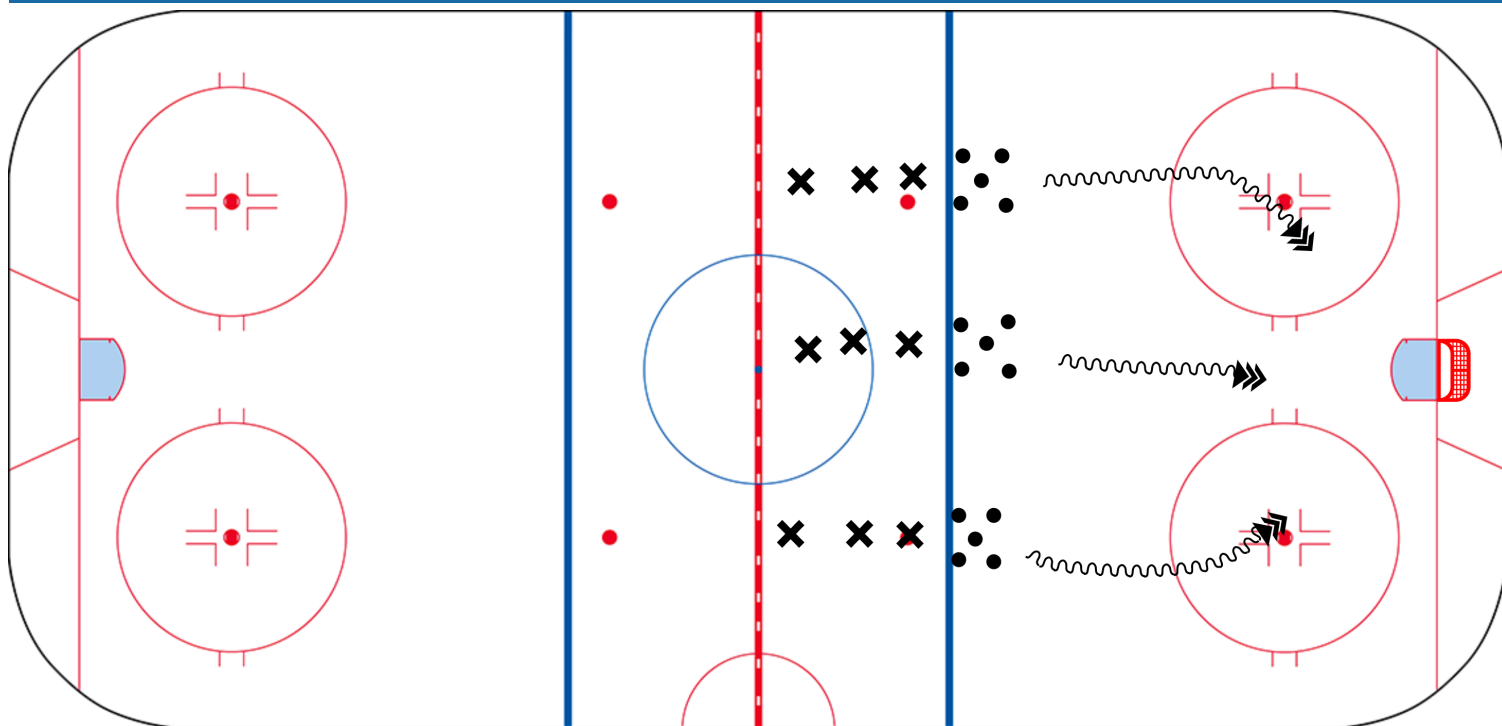
Description:

Players at each net with a cone, sticks or anything to allowed players to change the angle and a pile of pucks.

1. PULL - Puck starts on far side of tire, pull puck in toward inside leg, rotate torso to have hands in front of body and chest square to target. Can challenge players to keep bottom hand loose to increase reach while maintaining body position.
2. PUSH - Player starts with the same pull as before, then stop the puck on the forehand by popping top hand out. Then push the back back to the far side to release. Weight should load up on the outside leg as the puck is pulled in, and then to the inside leg as the puck is pushed out.
3. EBERLE - Perform a FH (forehand) fake my pushing the puck to the far side of tire, and then pulling back on the BH back to the near side of tire for release.

Key Points:

- Eliminating the spin on the puck
- The position of the puck is crucial, pulling or pushing the puck into a shooting position in relation to the body, allows for balance and maximum power on the shot.
- Players should have awareness in the offensive zone at all times of where the net is located. They should look to the shot lane their adjustment creates on the defender, and not focus on the location of the net.
- Deception into it. You can always fake it, faking the angle (keeping your blade open) or pushing the puck shooting if you are coming from the outside to the inside.

**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