

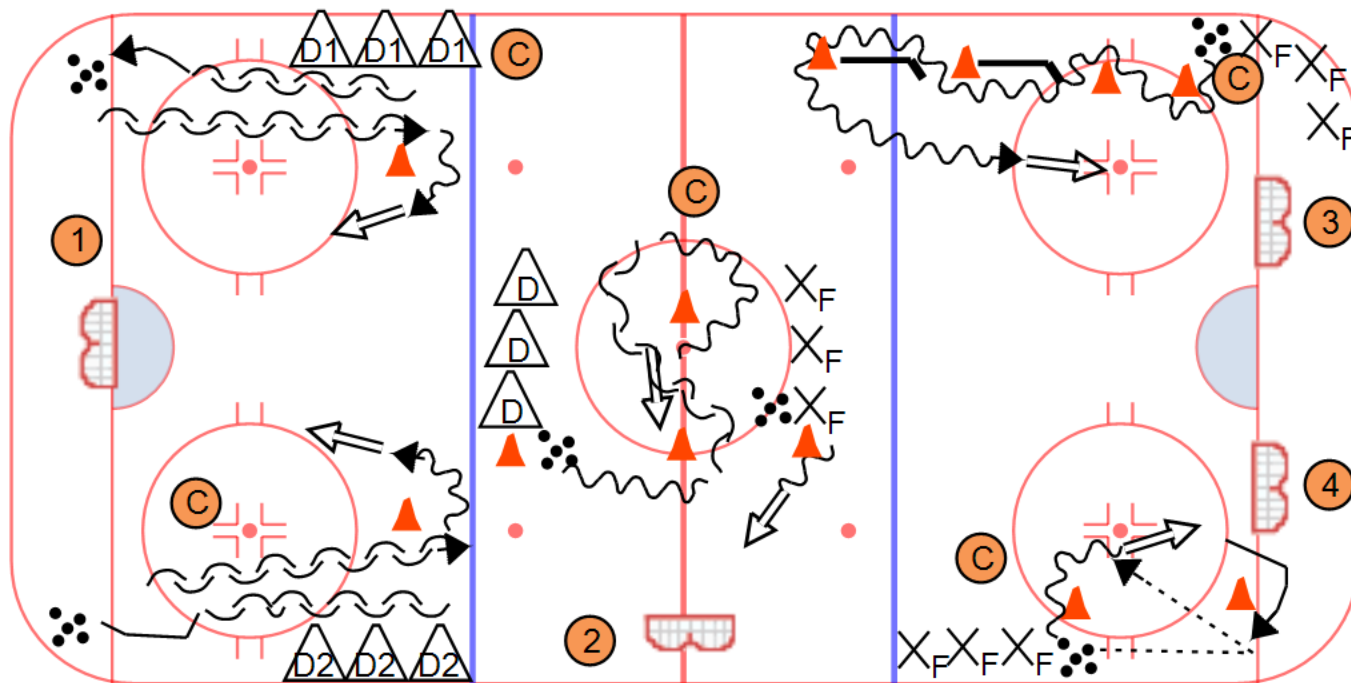
Category #1 :

Title : Dinamic Warm up 5 Minutes Per Station

Category #2 :

Content elements : _____

Components: _____



Key points :

goalie must be set each time

communication

accurate shots

all drills to be done full speed

Description

Station #1: Designed for defensemen puck retrieval and skating with the puck finishing with a point shot. D1 starts backwards executes a pivot and retrieves a puck from the corner. He or she then skates backwards with the puck skates around the cone and shoots. D2 goes when D1 gets to the pylon. Players rotate lines.

Station #2: This station works on agility with the puck for D and tips and rebounds for F. Coach says go and 1F drives net shoots and gets set for point shot. 1D skates a figure 8 pattern facing the net and shoots.

Station #3: Designed to work on forwards ability to stickhandle and be creative. Players skate with the puck and deke out the pylons with toe drags or fakes, then attacks the triangles finishing with a slot shot, and an intight shot.

Station #4: Designed to work on players ability to execute quick give and go's. Player 1 passes to player 2 in the corner and drives to the net. Player 2 executes a touch pass out and player 12 shoots quickly then becomes the passer. Emphazing the pass placement in this station.