



Date: _____ Practice Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Free Puck Time: 5 min – players are free to do what they want for the first five minutes.

Warm Up: 10 min – 3 Zone soccer...see page 2 for details.

Stations: 4 Stations x 10 minutes

Station 1: Underhanding / Shooting

Player receives pass from coach, then skates through cones with puck on stick, keeping the puck on the forehand at all times. After the last cone, take a wrist shot on net.

Station 2: Skating

- 2 foot glides
- 1 foot glides
- Cross-overs

Perform the 1 and 2 foot glides around sticks

Station 3: Stickhandling

- Players stickhandle in a tight area with obstacles laying around them. 20 sec on, 20 sec off. Encourage them to move feet while handling puck. Everyone goes at once.
- Keep away, same drill less pucks than players

Station 4: Passing

Players play 3 v3 cross ice. To score points you must complete a pass through the cones to a teammate. Can pass any direction and as many times as possible.

Games: 8 Minutes each

Game 1: Cross Ice with support

A 3 v 3 cross ice game where there are four coaches around the outside for support. Players must pass to a coach before attempting a shot on net. Encourage puck support and outnumbering opponent.

Game 2: Man in the Box

Nets are piggy backed. 3 v 3, one player is a designated shooter who stays in his box. Other two players must pass to shooter for shot. After initial shot, other players can score on rebound.

