

Each Station and group needs a demo.

Stations are 7 min each.

Remind players they are "shooting to score" all the time even if there is no goalie in the net.

Station #1

Box Transitions Puck race: Change matchups frequently to allow players to race against their skill level Puck race between players. Races to the puck spotted by coach. FWD skate to first cone, pivot backwards to the next cone. Pivot forward again diagonal across to next cone pivot straightback to 4th cone. Pivot and skate forwards around the top cone and race for the puck.

Station #2

- Players start on coaches whistle - Race through cones - battle for puck and shoot on net.

- Change matchups frequently to allow players to race against their skill level

Station #3

U9 - player weaves through without a puck - Coach passes to player- player skates around pylon with puck - and goes in a shoots on goalie - Shown above

U11 - Players weave with puck through Pylons - pass to coach - skates around pylon - receives a pass from C and goes in a shoots on goalie.

Station #4

Coach dumps puck in corner, and 2 players race to puck. Player that gets puck tries to take it to the net, player without puck tries to protect the goal. If puck gets turned over, change roles - coach continues to spot puck until 30 second is up then switch players - Coach and players help keep puck in play.

Key Points

Station #1 Accelerate forward and identify a players speed. Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone. Shoulders square while controlling your stick as you make pivots around cones

Station #2 - Players skating agility, compete - Watch for focus. Does the skater focus on their path vs. their opponent. Stick leads the turn around pylon. Does the skater drag a skate around cone, Can they compete if they're behind

Station #3 - skating edges, Stick position for pass, acceleration, shot on goal - Shoot To score

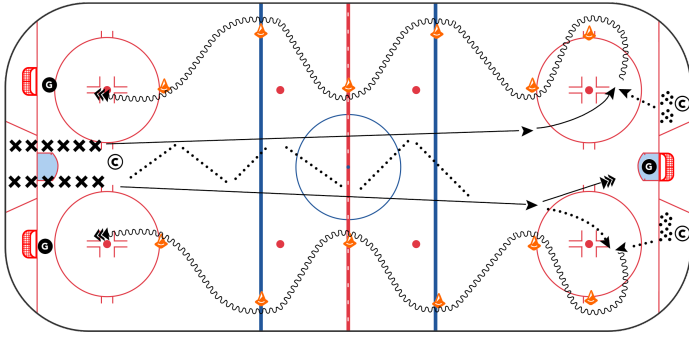
Station #4 - Compete, offensive positioning, defensive positioning - Quick feet, good puck protection, Defence stay on defensive side, good stick, stick on puck

U9 Evaluating Skills (U9 - Skating Agility, Edge Work, Turning, Compete)

U11 Evaluating Skills (U11as! - Skating Agility, Edge Work, Turning, Compete)

Butterfly Passing

12 mins



Butterfly Passing Warm up - 12 mins

Start with 2 lines in front of net.

1. On whistle perform a variety of passing skills down the ice.

- Full cradle, control and pass
- One-touch
- Cross-Cross
- Fwd/Bwd

2. Finish with shot on net.

3. Each receive puck from coach weave through cones with a variety of skills

- stops
- tight turns
- crossovers
- transitions (*age appropriate)

4. Finish with shots on the net.

Depending on the group, try to find a proper cadence so not too many are going at once and the goalies are taking shots too quickly to recover for the next skaters. This will change based on the group.

Bring Players in - Positive works and let them know the next session they will see small area games (2v2, 3v3 etc) or U13 will go to full-ice games

0 mins