



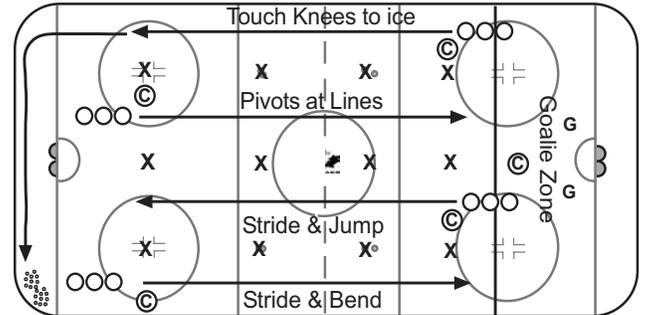
Hockey Canada Skills Development Camp

Ice Session Two

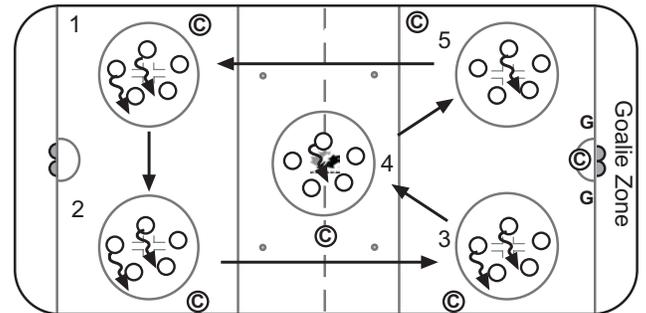
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Ice Session Focus: Skating, Puckhandling and Passing

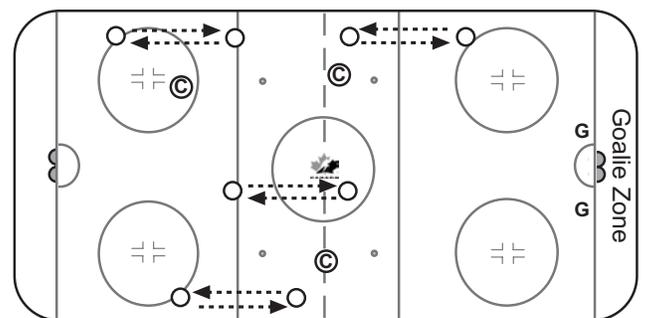
Time	Description	Key Points
10	4 Lane Warm Up	
<u>Skating / puck control warm-up</u>		
Divide players into 4 groups and start at places indicated. Players take off one after another, flow from one line into another.		<ul style="list-style-type: none"> - 1/2 speed - balance - do twice without pucks, and twice with pucks
<ol style="list-style-type: none"> 1. Stride and bend 2. Stride and jump 3. Pivots at each line 4. Drop to knees at each line 		
* Goalie coach can do warm-up work with goalies		



Time	Description	Key Points
10	5 Circle Chaos Drill	
<u>Stickhandling</u>		
Divide players into 5 groups. Players then go to one of 5 circles. Inside each circle is a different stickhandling exercise. Players will stay in each circle for about 2 minutes then on whistle move to next circle		<ul style="list-style-type: none"> • 1-2 min each circle with rotation on the whistle • coaches remain with stations
<ol style="list-style-type: none"> 1. Forehand only 2. Backhand only 3. Partner stickhandle 4. 1 hand stickhandle only 5. Stickhandle between legs, use feet 		
* Goalie coach works with goalies		



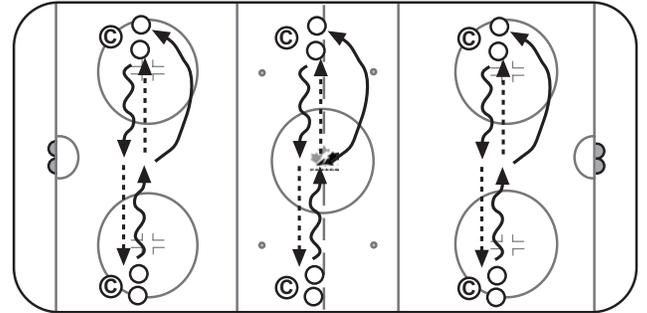
Time	Description	Key Points
12	Pairs Passing	
<u>Partner passing</u>		
Players pair up		<ul style="list-style-type: none"> -2 minutes on each type of passing skill
<ol style="list-style-type: none"> 1. 1 minute – just pass back and forth – no feedback from coaches – 2nd min give feedback 2. Try to pass with no sound – soft hands 3. 20 passes as fast you can – forehand 4. 20 passes as fast you can – backhand 5. Receive pass on forehand, bring across body and pass back on backhand 		<ul style="list-style-type: none"> -head up -quick puck movement -soft hands
* Goalie coach works with goalies		



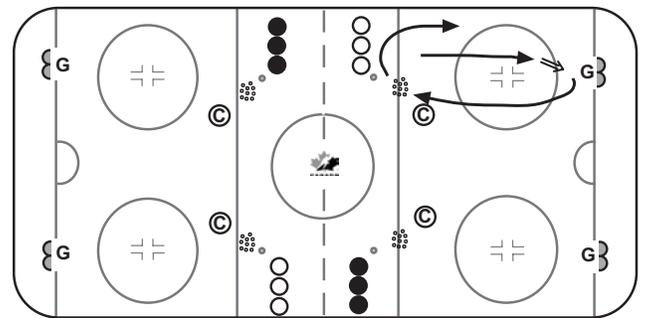
Time	Description	Key Points
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8	Creative Skate / Pass Drill
<u>Creative skate / pass drill</u>	
<p>Players move into 6 or 8 lines down each side of the ice – 2 –3 players in each line.</p>	
<ol style="list-style-type: none"> 1. First player in line skates forward, then passes to first player in opposite line once puck carrier gets to center ice 2. Coaches will tell players to do something different each time they come across ice at center ie 360's, spinerama, drop to knees, drop puck in skates etc... 3. Players be creative in what they do, each time do something different 	<ul style="list-style-type: none"> - go at full speed - eyes on the target - give target at all times - use deception



Time	Description	Key Points
15	1,2,3,4 on 0 Drill	
<u>Relay - Passing / Scoring Skills</u>		
<ol style="list-style-type: none"> 1. Divide players into white and Black as indicated 2. On whistle first player in each goes in for shot on net, keep shooting until goal is scored. 3. After goal, player comes outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0. 4. Continue 3 on 0, 4 on 0 until all players in line have gone. 5. Relay is won by first team who slides over blue line after last goal is scored. 	<ul style="list-style-type: none"> -shoot to score indicated - each player must touch puck before shot on net follow - goalie can shoot puck away if they stop it 	



Time	Description	Key Points
10	Finnish Scrimmage	
<p>Players are divided into teams as shown.</p>		
<ol style="list-style-type: none"> 1. Players who start in circle are defense, and must stay there, can't move feet - only stick 2. Player who start at top of circle, are offense and must try to score on opposite net. 3. Once goal is scored offensive players must skate back outside blue line and receive pass from coach on side boards and go in for more goals. 4. On whistle (every 1 minute) Offense, and defense exchange roles. D who transition to offense, start by getting pass from coach on side boards. Goalies keep track of goals. 5. Progression can be that Offense can go to either net at opposite end to score, 	<ul style="list-style-type: none"> -continuous play -no offside, no icing, no offside passes -4 nets on the ice as shown 	

