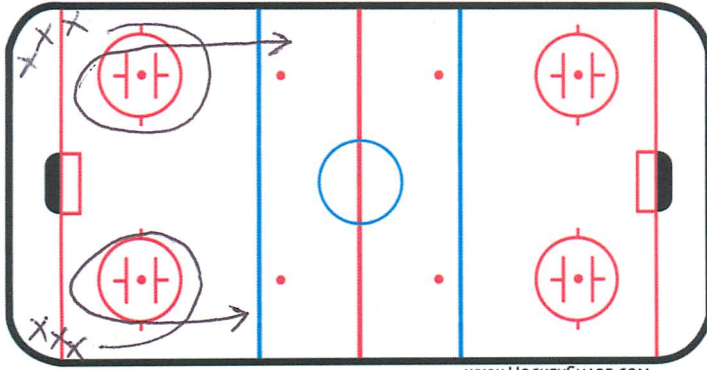


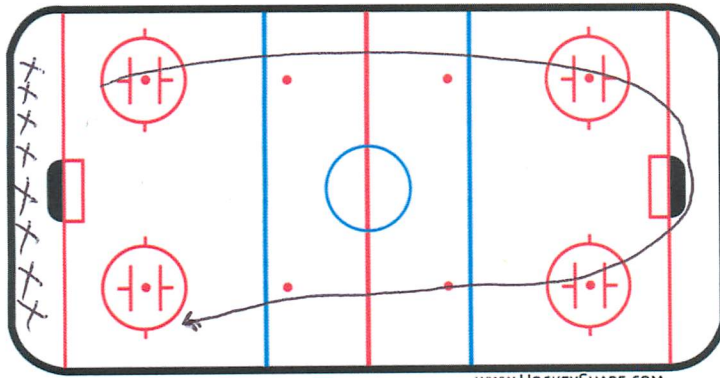


**Skills November 8, 2012** PWC & PWB2 5.50-6.50pm, PWA & PWB1 7-8pm & Ban B & C 8.10-9.10pm:

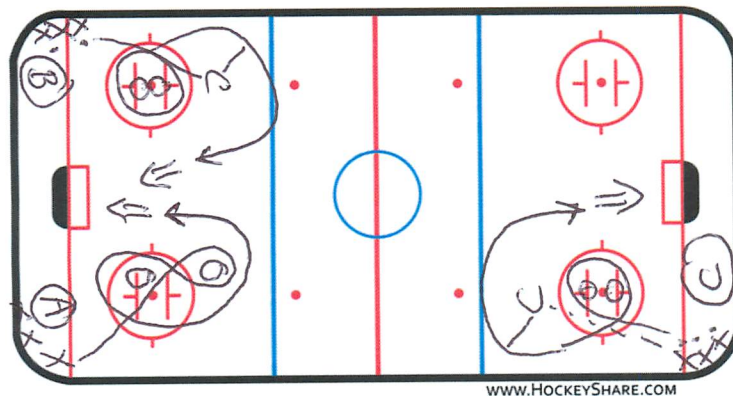
**Theme:** Shooting, Passing & Skating, 3 stations players divided into 3 zones working on each of the skills.



**Warm Up A :** Two foot glide, One Foot Glide, forward knee Touch on Blue, Backwards knee touch. C-Cuts, Outside Edges, Flip Flops



**Warm Up B:** 3-Speeds, Alternate cross-overs one & three. Backwards cross-unders One & Three. Inside & outside pivots



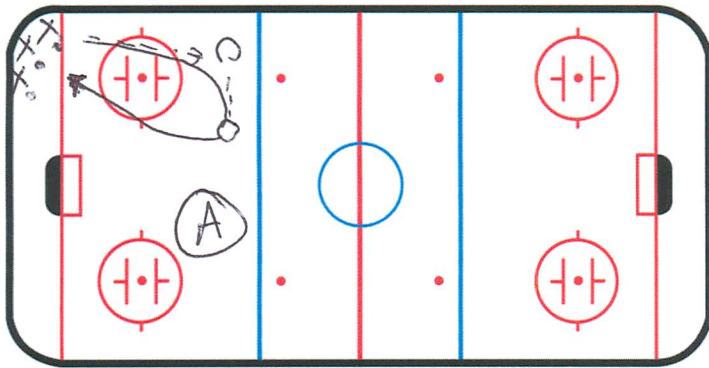
**Shooting Station:**

- A) Figure Eight, around the top of the circle shoot follow puck to the net.
- B) Tight turn with puck pass to coach get the puck back and shoot, follow shot to the net.
- C) Pass to coach then skate forward to backwards around tires, pick the puck up off the boards, puck handle around the coach shoot on the net follow puck to the net.

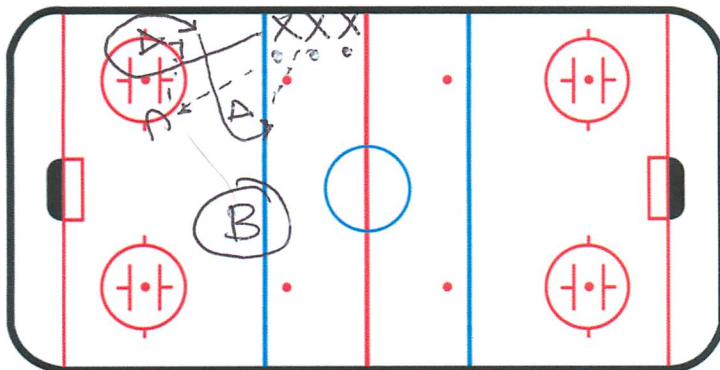


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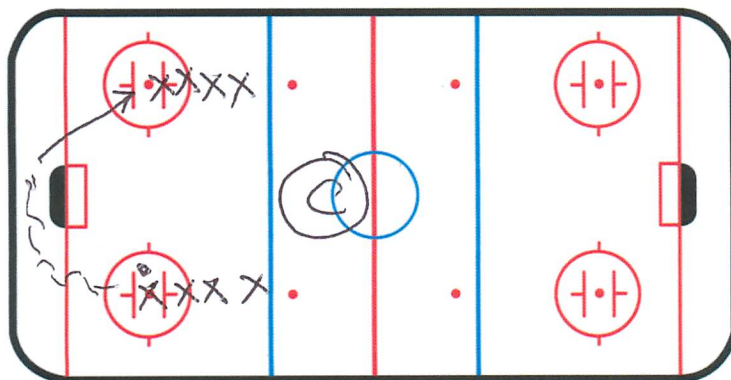
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**Passing: A** Triangle Passing Line in corner, coach top of the circle at boards, player passes to the coach then skates up the boards, transition backwards facing coach receive pass from coach transition forward towards line and pass to the next player in line



**Passing B:** Forward break out, pass, Players on the blue line, pass to the coach then skate towards the cones, pivot around cone facing coach, get a pass back, turn on the bottom side of the cone and pass to the next player

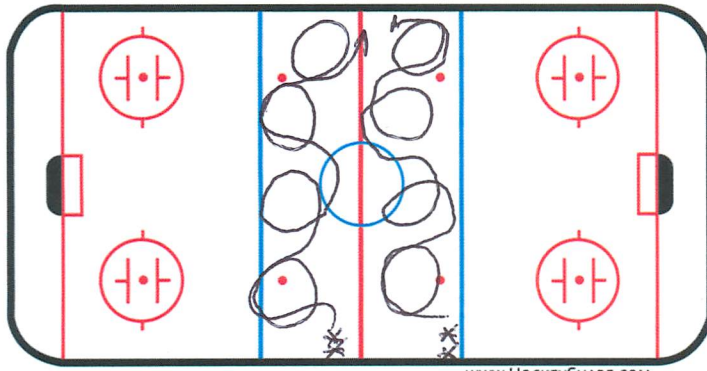


**Passing C:** Defense Breakout Pass, Two lines on the each face off dot in one zone, the player starts with the puck skating backwards behind the net then hits the next player in the opposite line repeat.



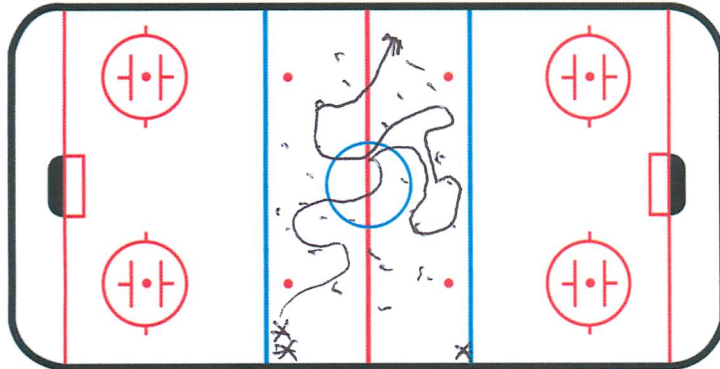
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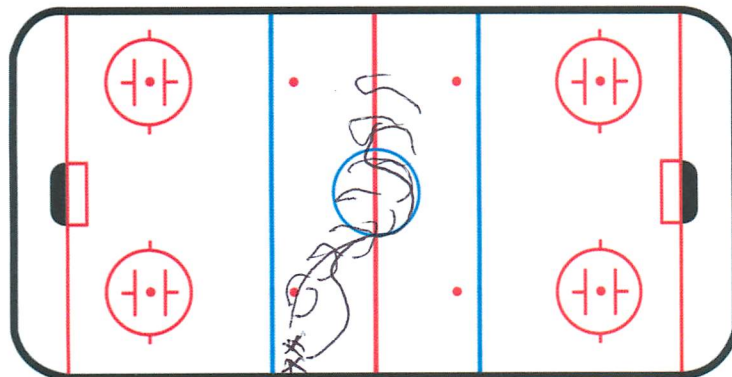
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**Skating:** Two line Medley, Forward crossovers, backwards cross-unders, forward & backwards turns 360, fwd & backwards hip outs, fwd-back-Fwd transitions, backwards escapes



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**Skating:** Scattered puck Drill: follow the leader through scattered pucks



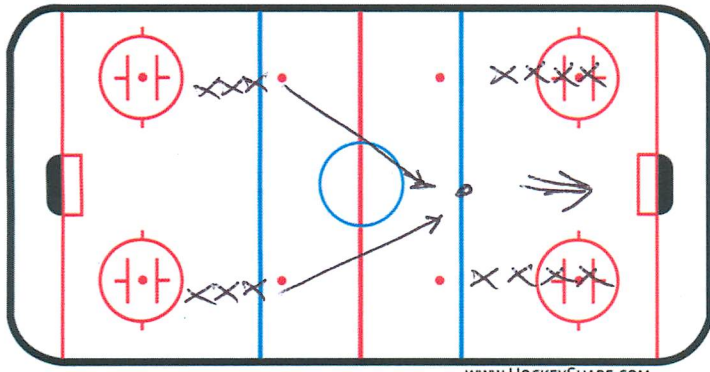
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**Skating:** Forward/Backward Tag without sticks. First player goes backwards and uses backwards turns and crossovers to avoid being tagged by the second player who is skating forwards



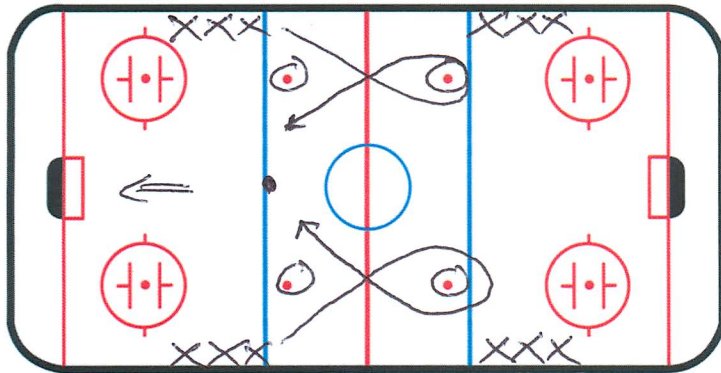
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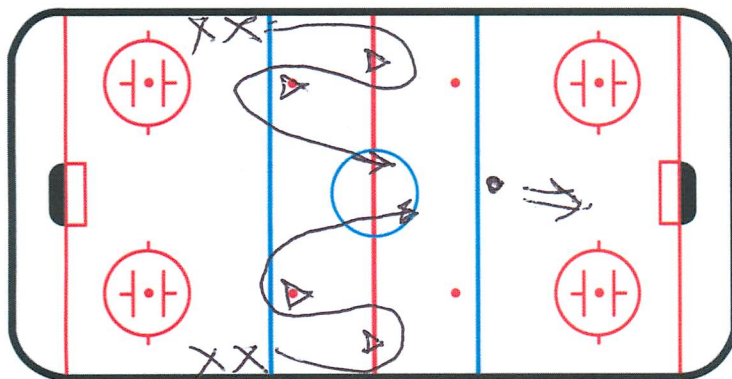
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**Competition Races:** Quick Start Race, 4 lines on each face off dot outside the blue lines, coach lays a puck in the middle of the blue line, on the whistle the first two players from the lines from the same side of the ice race to the puck, first player to the puck is offense, 2<sup>nd</sup> is defense play to the net with a shot



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**Competition Races:** Turn Race, 4 lines on each face off dot outside the blue lines, coach lays a puck in the middle of the blue line, on the whistle the first player in each line from the same side of the ice race to the puck, first player to the puck is offense, 2<sup>nd</sup> is defense play to the net with a shot



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**Competition Races:** Transition Race 4 lines on each face off dot outside the blue lines, coach lays a puck in the middle of the blue line, on the whistle the first player in each line from the same side of the ice race to the puck, first player to the puck is offense, 2<sup>nd</sup> is defense play to the net with a shot