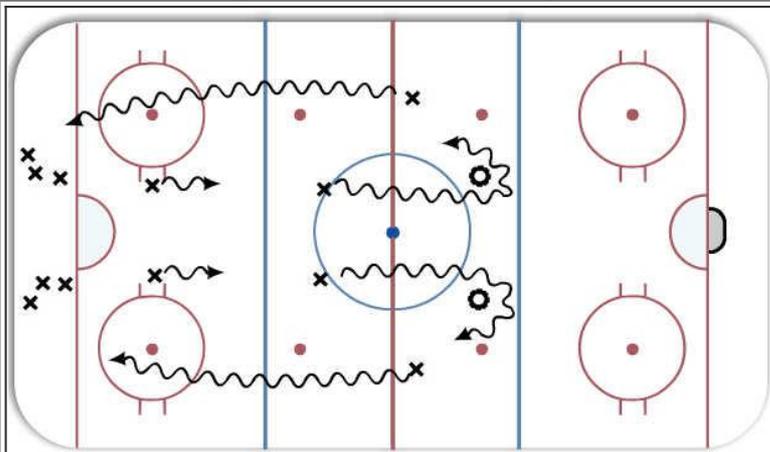


Stickhandling Circuit Warm-up - 15 mins



- 1) Inside Edges
- 2) Between toes / Exaggerated wide
- 3) Quick hands to backhand wide / Quick hands to forehand wide
- 4) Side / Around Body
- 5) Side to Front / Side to Back
- 6) Yo-Yo Toe Drags
- 7) Thru Feet FH / BH
- 8) Sprint with puck on forehand

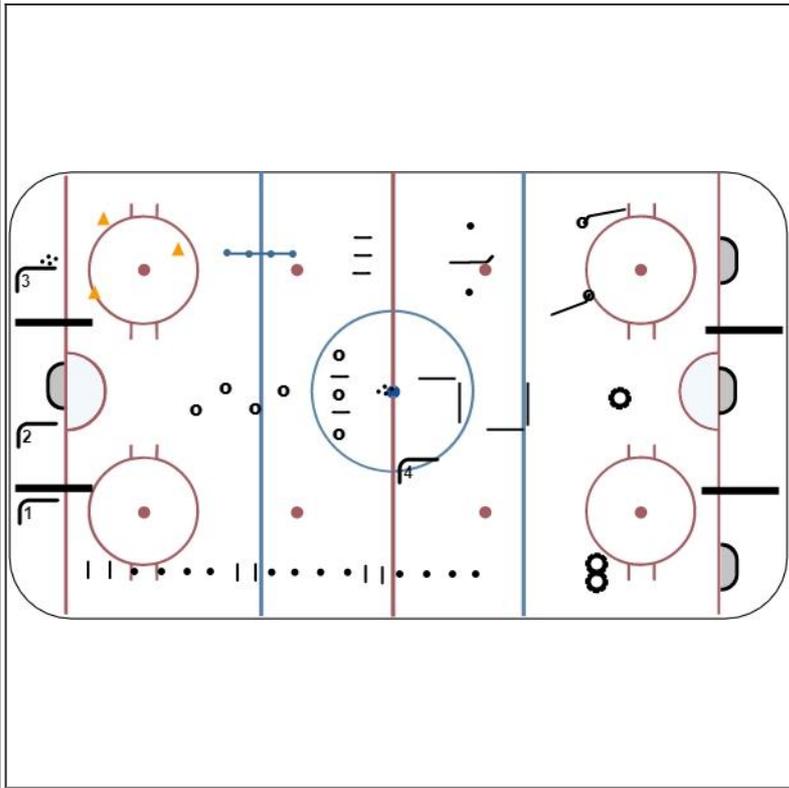
Reaction Stick Handling - 5 mins



<https://youtu.be/vETw8njQ5jY?t=64>

Partner players. One player swings his/her stick while on knees/belly. Second player avoids swinging stick with pulls, dekes, and flips.

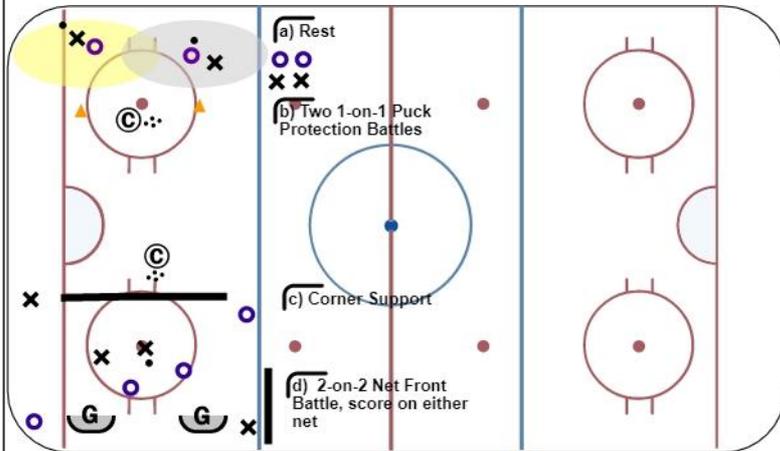
Stick Handling Stations - 30 mins



See videos for explanations.
ALL DRILLS CAN BE SIMPLIFIED FOR YOUNGER/NEWER SKATERS and PLAYERS SHOULD BE ENCOURAGED TO TRY DIFFERENT MOVES.

- 1) Avtomobilist Soft Hands
<https://youtu.be/BhMysdjPX6E?t=40>
- 2) Impact Flips & Quick Hands
<https://www.youtube.com/watch?v=qyPRXemSkwo>
- 3) McDavid Edges & Stickhandling
https://www.youtube.com/watch?v=bLrHatEO_YY
- 4) Hasanen Extension Reach
https://youtu.be/tO8ZSbINZlo?list=FL2-MMDkU_ncmITY8qRds-RA&t=136

Air Force Academy Puck Protection Progression SAG - 10 mins



This drill consists of four progressions and rest (1:1 work to rest). Each rep station is no more than 30 seconds. Rotation: a) Out/Rest, b) 1-on-1 Protection, c) corner support to d) 2-on-2 net front battle. Drill does not stop & players must cycle quickly to next station on each whistle.

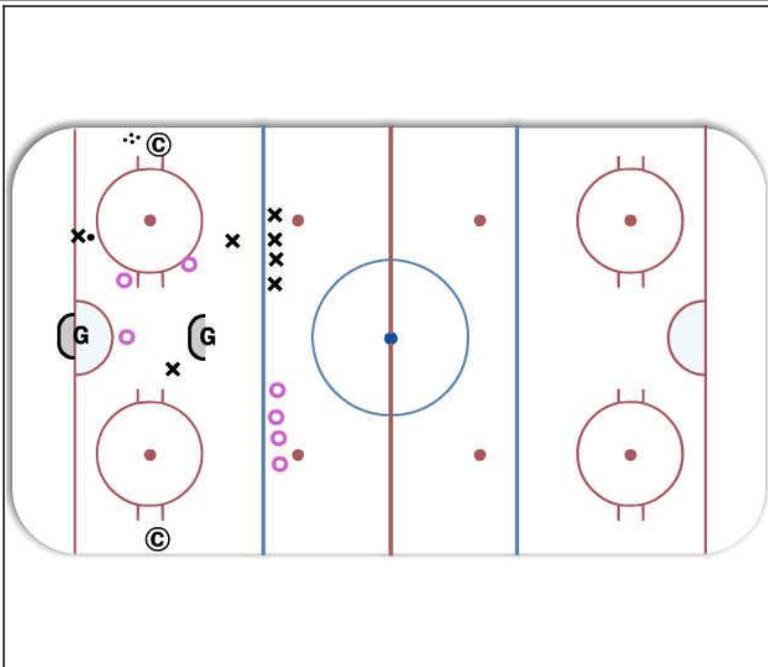
Form two lines on blue by team, then put two players of each team in areas b, c, & d.

b) 1-on-1 Protection- Coach spots pucks into small area (bubble) for 2 players to battle for & protect. Players must stay near walls & use body, stickhandling, & the wall to protect puck.

c) Corner Support Players- Players catch their breath while providing passing outlets for teammates playing 2-on-2 game.

d) 2-on-2 Net Front- Coach spots puck into tight area. Players work with teammates (including corner support players) to generate puck possession and scoring opportunities. Coach spots new puck if it leaves playing area, goalie covers (never let goalie play it if covered), or goal is scored.

One Timer Game - 15 mins



The game is played 3 vs. 3 with coaches on both sides of the boards for support. The coaches can skate up and down the boards (about 10 ft.) to get open, but they can't enter the play.

Players must pass to a coach to be able to go on offense. 2 points are rewarded for tips, 1-timers, & deflections. 1 point for any other goal.

Players from either team can pass to either coach throughout the game and they can score on either net to foster creativity and deception.

Losing team has 3 somersaults.

Key Points: Puck Support, Deception, Transition, Offensive Zone Play, Defensive Zone Play