



Date: 14 Oct for 50 - Mites & Squirts / **6 stations @ 6 min each**
Practice Theme / Goals: FUNdamentals

Equipment Required / Set-up: Lots of Nets / Pucks / Cones

Station 1: Stationary Passing

The player starts with skates parallel to the intended target to allow for cross body passes. Passer begins by pulling the puck back behind the rear skate with the heel of the blade. The puck is then pushed towards the receiver with a low sweeping motion. The stick blade should follow through toward the target, low to the ice, pointing toward the target by turning the wrist over.

Station 2: Acceleration Puck Toss

The player sets up in v-start position, eyes forward, knees bent, head and chest up with eyes forward. Coach says "Go" and player accelerates as quickly as possible forward as coach tosses puck into air well in front of player. Player tries to catch the puck. If he does not, he remains on his feet and bends low to the ice and picks up the puck while moving forward and returns puck to the coach in the other line. Without stick and then with stick.

Station 3: Escapes (Ring) Around Cones

The player skates at the cones and does a full escape/ring around the cone alternating the way he turns on each cone. Inside leg (outside edge) is bent and outside leg (inside edge) extends around cone. Player should lead with his stick in turns, does not cross hands, ensure good knee bend with hips and shoulders level. Without pucks then with pucks.

Station 4: Bkwd 'C' Start With or W/O pucks

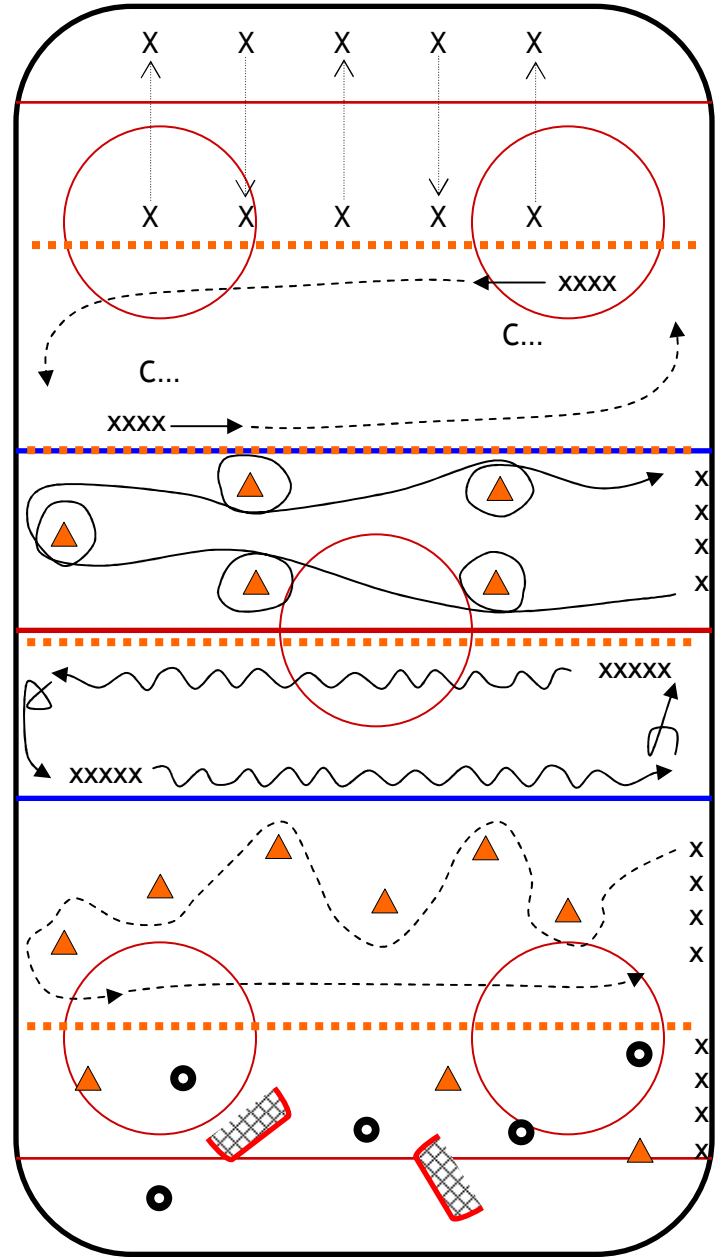
Begin from a ready position with the feet close together under the body. Keep your knees bent with head and shoulders up with weight on the left leg, turn heel of right skate out and push out with the right skates' inside edge. Begin on the flat part of the blade and finish full extension using the toe of the blade. Keep the glide leg (left) knee bent and hips level. After a powerful complete extension point the heel of the right skate back in and return to the start position. Keep your head and chest up with butt down. Stick in top hand. On the return of right skate back under the body transfer weight to the right leg and then begin the c cut push on the left leg. Repeat the drill alternating legs down the ice
 Keys: Level hips, glide leg knee bend and full extension on C cuts.

Station 5: Short Slalom Puckhandling

Players skate through slalom course stickhandling puck around cones. Ensure hands are away from body and head is up.

Variation: After last cone must keep it on forehand or open ice carry or kick puck between skates, etc on way back to end of line.

Station 1



Station 6

Station 6: Chaos Puckhandling (Touch the End)

Players skate from one side of the boards and stickhandle through obstacles to other side and then return. Send next player when player in front is half way across. Variation: 2 or more at one time