

October 18, 2012 Skill Development Session 1

Pee Wee B2 & Pee Wee C 5.40-6.40 PM

Pee Wee A & Pee Wee B1 6.50-7.50pm

Bantam B & Bantam C 8-9pm

**Theme is Edge Work:** Drills accomplished Pee Wee Level 9, Bantam Level 10, each player went through each drill about 3-5 reps. Players were shown screen shots of professional players using the techniques we used during their practices.

**Technique One:** Edge Work Four techniques used,

1. four lines of players on one end of the rink, player skates down the rink and between the blue lines glides on their edges bending at the knees, head level, stick on the ice player stays low
2. One foot Glide, player skates down the ice and between the blue lines player lifts one foot up and tucks it behind the skate on the ice while bending low, head level, stick on the ice
3. 360's Player skates down the ice while in a good skating position players spin 360 at the first blue line, at the far blue line player drops to both knees and spins 360 degrees and gets back up
4. Players in all four corners three tires are placed in a triangle players skate around each cone performing a power turn, stick on the ice, head level, knees bent players should not lose speed turning. We also did a 360 turn around each cone

**Technique Two:** Edge work but with a puck on the players stick, adding in make a pass, catch a pass, power turns and a shot. 3 drills were utilized

1. Two player skate with pucks player one goes in and out of the tires and goes in a shoots, player two skates across the blue line passes to the coach then skates around the center ice circle and then gets a pass back for the coach and goes in and shoots on the goalie.
2. Two players go at the same time opposite directions: Player skate without the puck skates a figure 8 at the center ice circle, goes in and receives a pass from the coach and shoots
3. Players on the red line against each of the side boards, two players leave at the same time skate around the center ice circle puts the puck in a spot on the ice ahead of the player on the other side, the player picks up the puck makes a pass to the coach deep in the offensive zone, coach passes back player shoots the puck.

**Technique Three:** Passing with edge work using power turns protecting the puck

1. Partner Passing in a triangle, players pass around the triangle on the whistle the player with the puck skates a figure 8 around his triangle partners carrying and protecting the puck, then returns to his spot on the ice and passes again drill goes until all 3 players skated in the fig 8

**Technique Four:** 4 cones set up on each side of the ice players are in two lines two players leave at the same time crossing at each tire all the way down the ice. Bantams did one extra drill at center ice that was very similar but in a tighter space four cones in the center ice.



Date: October 18, 2012

Skill Night: ①

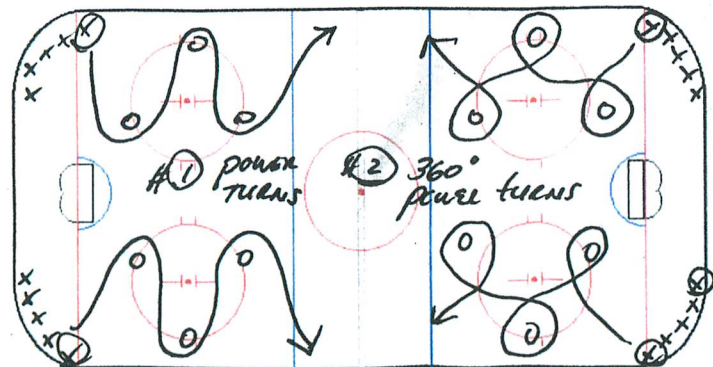
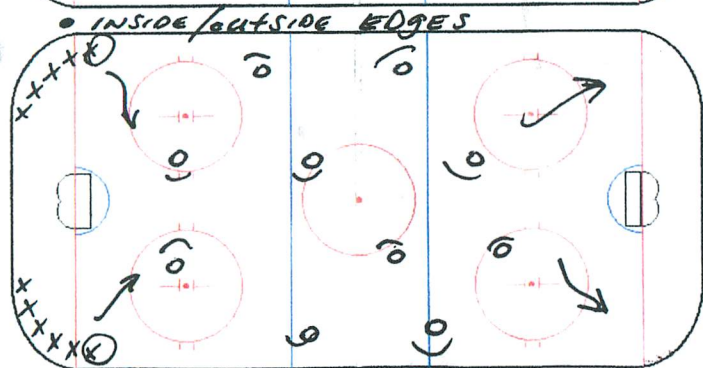
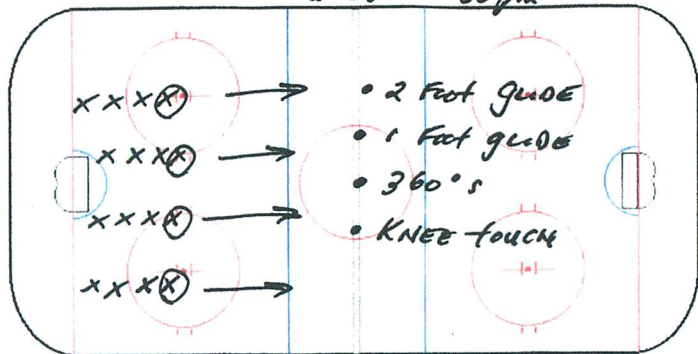
Theme / Skills:

Level: Pw B2 / Pw C

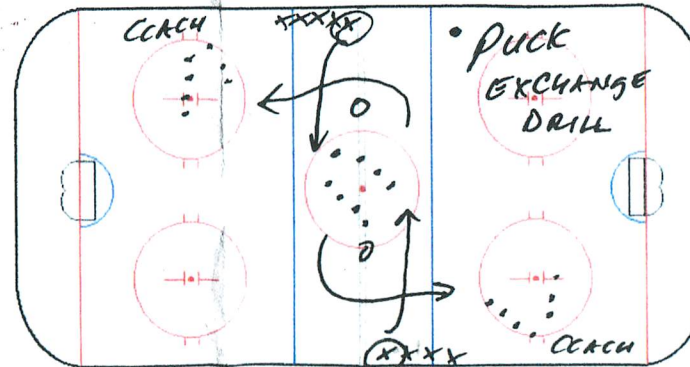
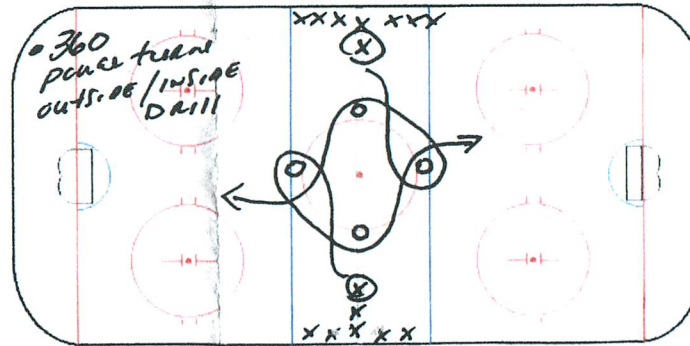
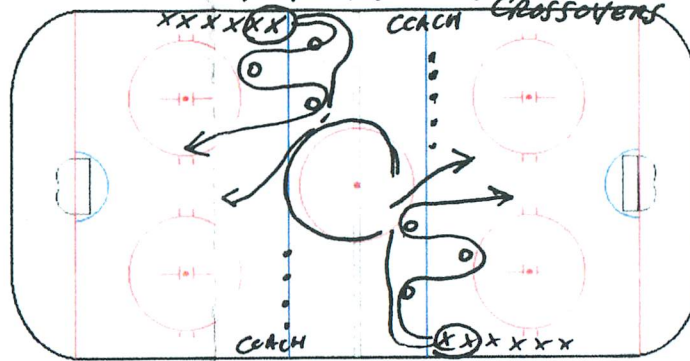
5:40 - 6:40 pm

PWA / PWB1

6:50 - 7:50 pm



- Skating Skills: BALANCE  
EDGES  
POWER turns
- Stickhandling & puck protection
- 2 Shot / 1st player / 3 turns  
DRILL / 2nd player / given go w/ coach



PARTNER  
PASSING w/ Fig 8 on whistle  
Player with  
puck skates  
a Fig 8

