

Team Warmup

Cone Skills w/Pucks

Skill #1

- Hard stops with crossovers, Stop between the cones, hard crossover, skate to the next cones and hard stop between the cones.

Skill #2

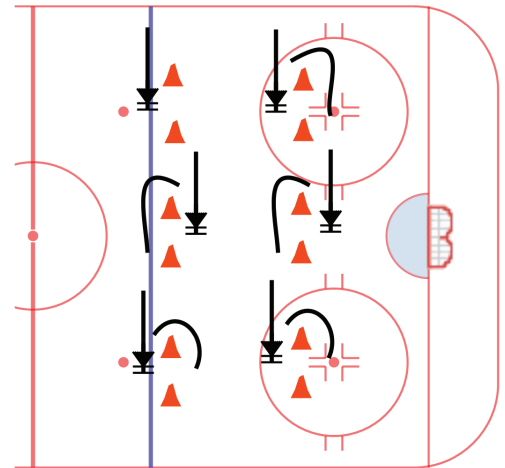
- Hard direction change, Stop between the cones, hard direction change, circle around cones to next set of cones and repeat.

Skill #3

- Slide out to shuffle, Hard stop between the cones, then slide out with backwards crossovers circling around the cones to the next set of cones and repeat.

Skill #4

- Slide out to deceptive shuffle, Hard stop between the cones, then slide out with backwards crossovers, stop before going around the cones, reverse direction and power out forward skating to next set of cones and repeat.

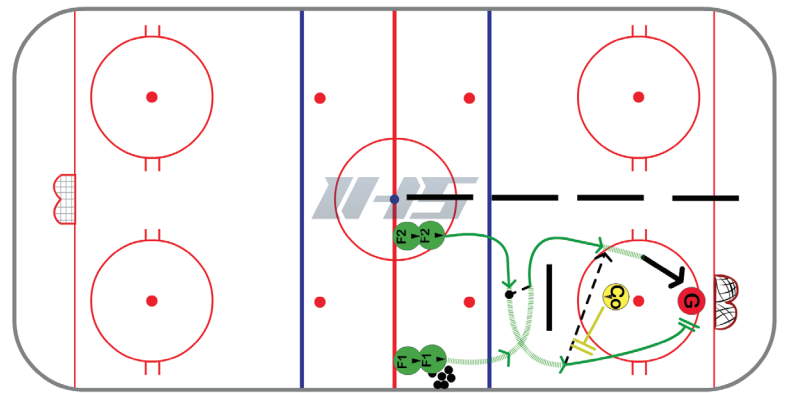


2v1 Decision

Place two lines of players as shown in the diagram and place a border or obstacle just inside the blue slightly higher than the top of the circle. A coach should be placed at about the dot.

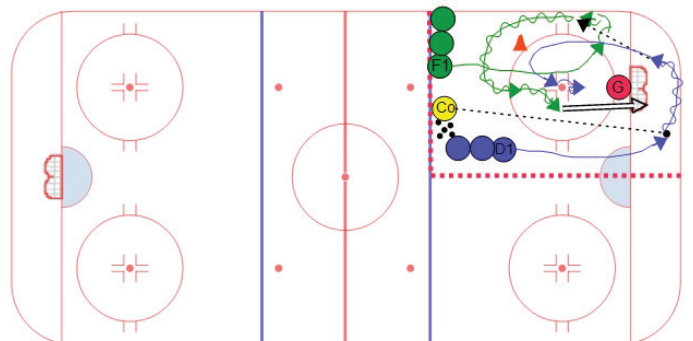
The drill starts with P1 carrying a puck straight ahead into the zone and then making a sharp cut towards the middle in front of the pad. Player two also skates straight ahead and then makes a sharp cut towards Player 1 to receive a drop pass.

Player 2 will receive the drop pass, go around the pad, and then make a decision to pass or keep the puck based on the coaches action. If the coach pressures Player 2 then they pass the puck. If the coach takes away the pass then player 2 carries the puck and shoots on net.



Breakout Pass - 1v1

Line up the players as shown in the diagram. The drill starts by the coach dumping a puck off to the side of the net. The defensive player retrieves the puck and skates around the net. At the same time the offensive player skates low, opens up along the wall, and receives the pass from the defensive player. The offensive player then skates with the puck around the cone and attacks the defender in a one on one situation.



3v3, Handball, Soccer Game