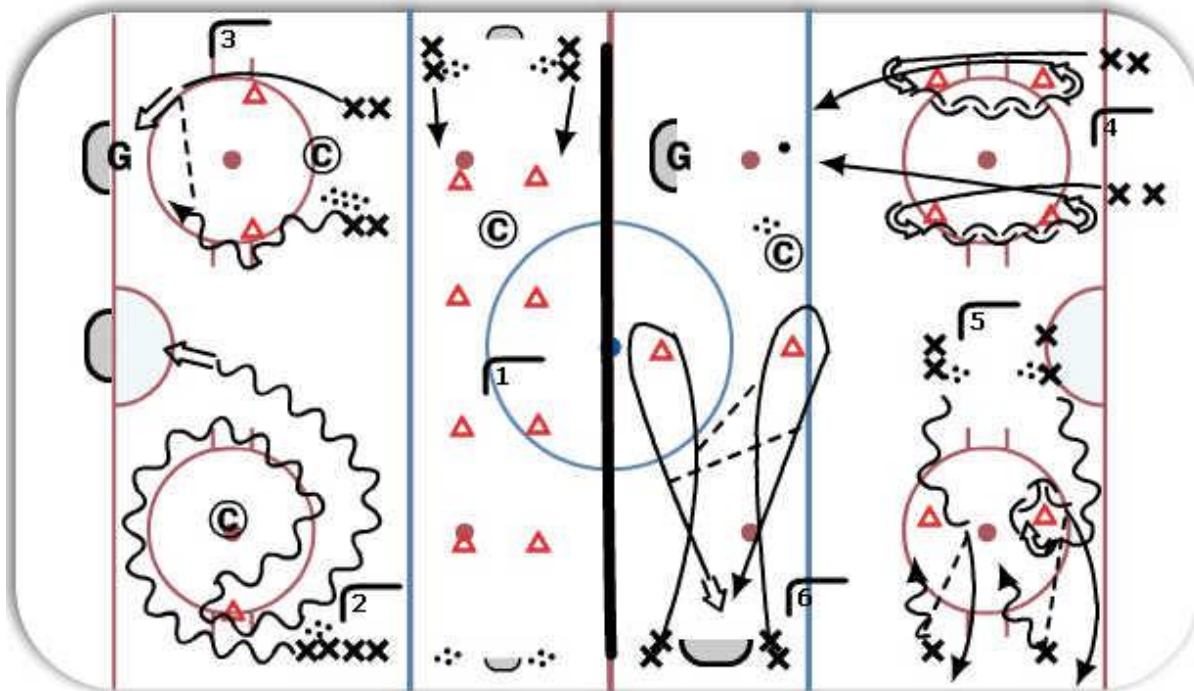


Novice Practice 1 and 2



Description

Practice 1

1. (Cone Skating) Fundamental skating using all edges. Tight turns, 360 degree turns, both directions. finish with a shot on net. Use mini nets if available.
- 2.(Crossover shooter) One of many crossover variations. players use crossovers to accelerate, tight turn on the half wall then attack the net for a shot. For more advanced skaters add a chaser to give pressure.
3. (2on0 pass or POP) player A leaves with the puck and player B drives the net. Player A makes an evasive move then passes to player B for a shot on net. later add a (POP) option (Pass of Pad) where player A shots for a rebound that player B can retrieve.

Practice 2

4. (Relay Sequence) players race and perform a forwards/backwards transition and race for a puck to shoot on net. Let the players play it out for 5-10 seconds.
5. (Evasive Passing) player A leaves with the puck and makes an evasive move at the cone before passing to player B. Once the pass is made player A returns to Player B's original spot. This is a continuous drill. Add different moves at the cone like dekes, 360 tight turns, fwd/bkwd transitions, Mohawk turns.
6. (2on0 regroup) 2 players leave with one puck and regroup around cones before attacking the net 2on0. Minimum of 2 passes must be made before a shot on net.

Key Points: Agility, Balance, Coordination, Puck Control