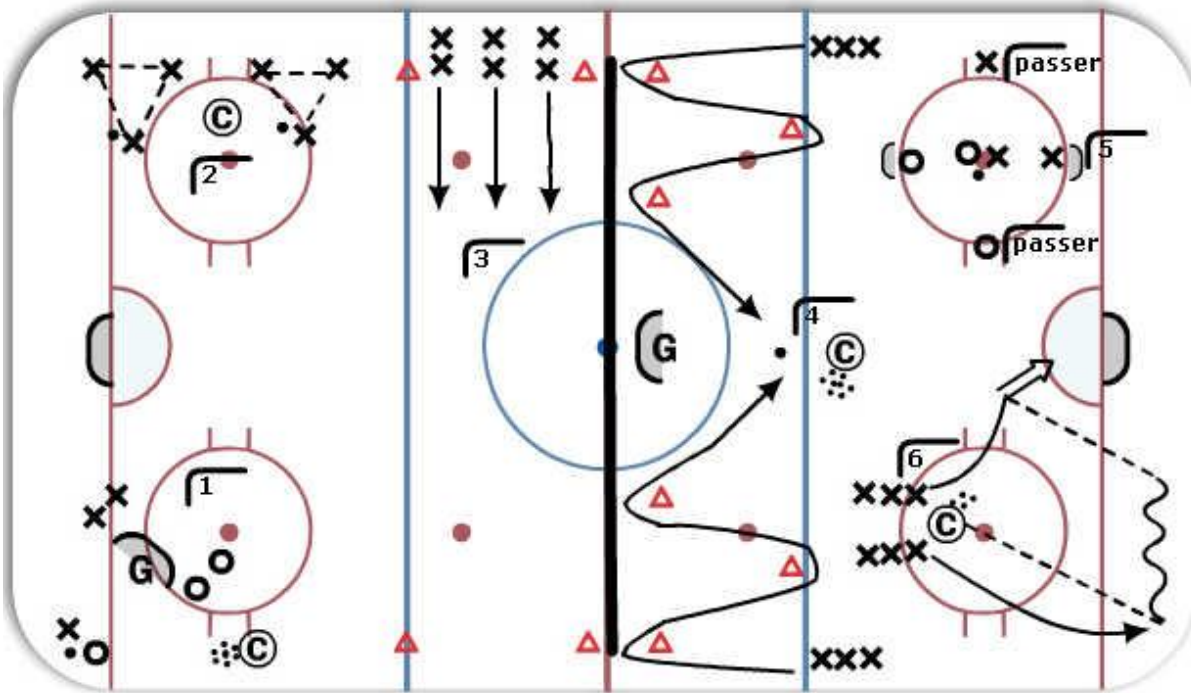


Novice Practice 3 and 4



Description

Practice 3

Station 1. (Corner Battles) Players line up on posts. on coaches command one player from each line battles for puck possession and works to get to the net. Teach puck protection using their body and teach defensive side positioning with body and stick.

Station 2. (3 way passing) players stand in a triangle formation. With one puck players pass to each other remaining stationary. progressions can be flat passes, stick handle then pass, backhand passes, receive forehand pass backhand, receive backhand pass forehand and follow your pass. For more advanced players add a second puck, add one touches, or pass in the feet.

Station 3. (Wave Skating) Introduce lengthening stride, and proper use of weight transfer on all edges. Use C cuts, Slalom Skating, One foot hops, both fws and backwards

Practice 4

Station 4. (Relay 1on1) players leave their respective lines and perform tight turns while racing for a puck on the blue line. progress to stops and starts and 360 degree turns at cones. for more advanced skaters get them to perform all 3 during one sequence.

Station 5. (small area shooter) players outside the circle are passers and puck retrievers, players inside the circle are shooters. find a rotation where everyone takes a turn in net.

Station 6. (Retrievals) on whistle player A takes a good angle to puck in corner and player B holds their ice and is patient to receive a pass for a shot on net. For more advance players add a defensive player to apply pressure to passer. For very advance players pressure the pass or pressure the shooter and force the passer to make a decision ether to hold, pass, or attack based on the read.

Key Points: