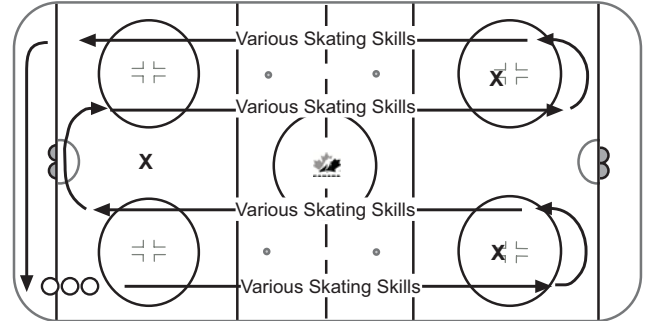


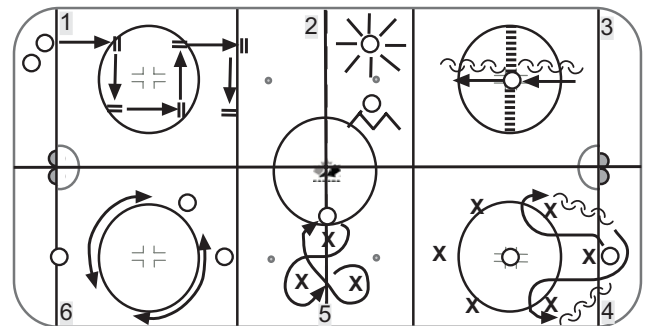
# ADVANCED SKILLS CAMP



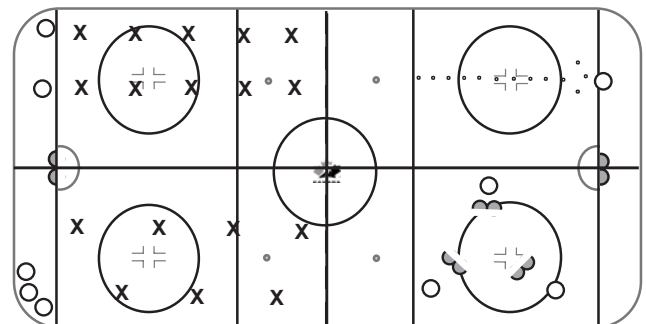
Time	Drill Name & Description
5	<b>Warm-Up</b>
<p>All players start in corner. Players take off one after another, flow from one lane into another.</p> <ol style="list-style-type: none"> <li>1. Stride and bend</li> <li>2. Stride and jump</li> <li>3. Pivots at each line</li> <li>4. Drop to knees at each line</li> </ol> <p>*Add various skating skills – do 2-3 circuits. *Goalie coach can do warm-up work with goalies.</p>	



Time	Drill Name & Description
20	<b>Skills Stations #1</b>
<p><b>Stations:</b> Divide players in colours</p> <ol style="list-style-type: none"> <li>1. Forward and backward stops and starts.</li> <li>2. Toe drags – players stand in the middle and use toe drags to move the puck along the pattern.</li> <li>3. Iron cross (quick feet).</li> <li>4. Transition forwards to backwards / partner mirror / one touch passing.</li> <li>5. Tight turns and 360° turns forward / backward inside edge, outside edge in neutral zone.</li> <li>6. Player moving around the circle will open pivot to always face the players at opposite sides of the circle. Puck can be introduced as a progression and also one-touch passing.</li> </ol>	



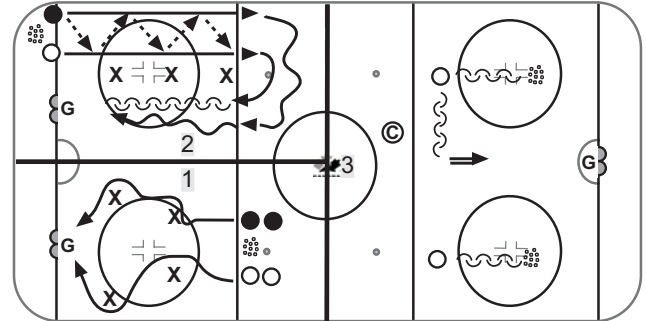
Time	Drill Name & Description
20	<b>Skills Stations #2</b>
<p><b>Stations:</b> Divide players in colours</p> <ol style="list-style-type: none"> <li>1. Players work through pylons using toe drags, narrow wide combinations. Different patterns can be used.</li> <li>2. Quick hands through pucks on ice using quick hands, toes drags, etc...forward / backward.</li> <li>3. Confined space puck control. Players weave around nets and opposite players while controlling puck. Finish with high shot on net.</li> <li>4. Players weave through cones with pucks: • toe drag • puck on opposite side of pylon • forehand only, one hand backhand only.</li> </ol>	



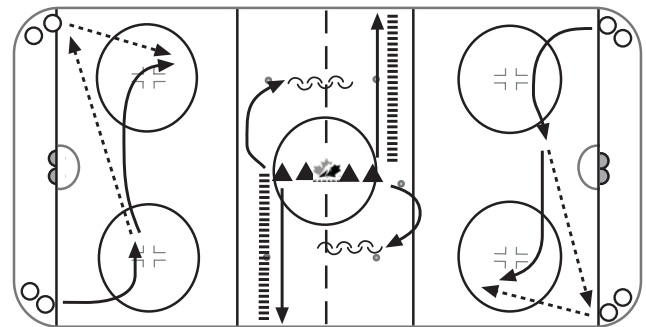
# ADVANCED SKILLS CAMP



Time	Drill Name & Description
20	Individual / Team Tactics
	<ol style="list-style-type: none"> <li>1. Players form two lines at blue line and perform deke on 1<sup>st</sup> pylon and drive to goal around 2<sup>nd</sup> pylon; players switch lines, one player at a time; emphasize drive around second pylon.</li> <li>2. Players pair pass up boards, at last pylon inside player pivots and plays other player 1 on 1; alternate roles – offense and defense.</li> <li>3. Players form two lines just above top of circles. Players from one side retrieves puck from bottom of circle and back peddles to top of circle. Player then drives to middle lane for shot on goal. Once shot is taken the other side begins.</li> </ol>



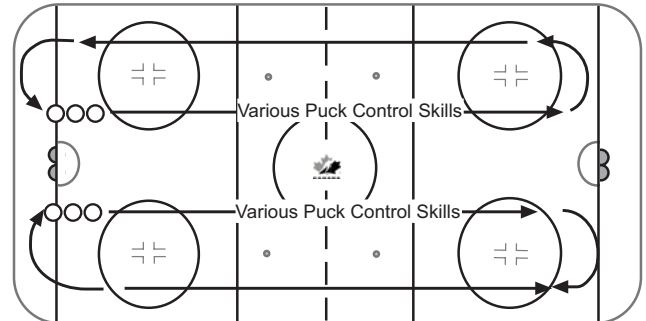
Time	Drill Name & Description
10	Olympic 1 on 1 / 2 on 2
	<p>Forwards in all four corners, D at centre ice. On whistle, D skates to side boards, touches with stick, lateral crossovers back to centre to play oncoming forward back 1 on 1.</p> <ul style="list-style-type: none"> <li>- Defense must move feet quick.</li> <li>- Forwards must attack with speed.</li> </ul> <p>Turn into 2 on 2 each direction by adding second forward and second D.</p>



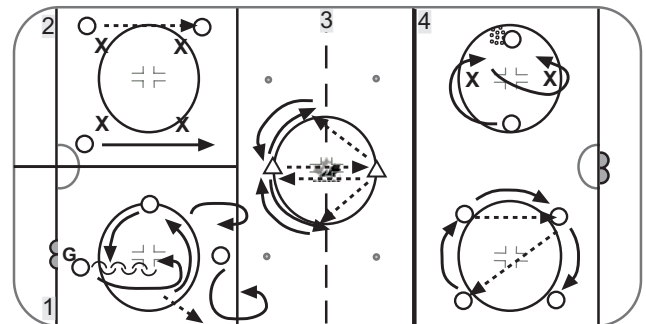
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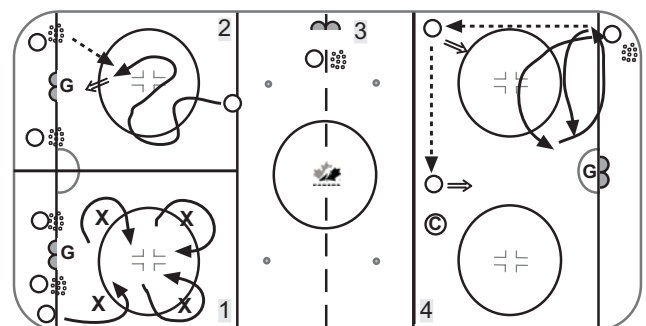
Time	Drill Name & Description
5	Warm-Up
<p>Players divide into two lines and perform various puck control skills such as:</p> <ul style="list-style-type: none"> <li>- Toe drags;</li> <li>- Puck through legs;</li> <li>- Narrow wide combination, etc...</li> </ul>	



Time	Drill Name & Description
20	Passing
<ol style="list-style-type: none"> <li>1. <b>Progression to drill in first ice session</b> – Player moving around the circle will open pivot to always face and passing to the players at opposite sides of the circle. Player in motion will bump puck off boards. Player at top of circle will retrieve puck and play 2 on 1 against player at bottom of circle.</li> <li>2. <b>Pass with accuracy</b> – Move laterally giving and receiving passes on the outside of the cones. Players with puck must always have 2 passing options.</li> <li>3. <b>Quick feet, quick passes</b> – Stationary player at top of circle. Player at bottom of circle moves around bottom of circle while passing with player at top.</li> <li>4. <b>Figure 8 passing</b> – One player passes to partner who performs figure 8 pattern around pylons. Pass receiver must maintain eye contact with the passer at all times. One touch passes or puck control around pylons before return pass is made.</li> <li>5. <b>Circle passing – 1 puck, 2 pucks</b> – Players skate around circle, start with 1 puck, must lead the receiver and communicate, add second puck if ready for it.</li> </ol>	



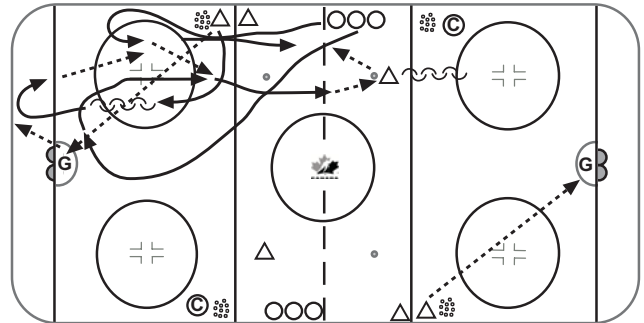
Time	Drill Name & Description
20	Shooting
<ol style="list-style-type: none"> <li>1. Players transition skate around all four pylons while facing the passers. Call for pass and shoot on goal after each pylon; 4 shots total.</li> <li>2. Passers on side of goal pass to shooter. Shooter performs quick moves forehand and backhand; creativity, quick release. Can add a drop to knees by shooter to make harder.</li> <li>3. In close – players learn to get puck up quick under crossbar forehand and backhand.</li> <li>4. Player in corner skates around bottom of circle and takes a shot on goal. After the shot the player will pick up a puck from corner and pass to the point. Point man will carry puck to the middle for shot on net with forward going to net for deflection or screen.</li> </ol>	



# ADVANCED SKILLS CAMP



Time	Drill Name & Description
10	<b>Double Regroup</b>
<p>Forwards on opposite bluelines, D on opposite redline.</p> <ol style="list-style-type: none"> <li>1. Forward places puck on net and goalie places in corner.</li> <li>2. D-man retrieves puck and outlets to 2 forwards.</li> <li>3. Forwards regroup once with opposite D-man.</li> <li>4. Forwards regroup again with original D-man.</li> <li>5. Forwards go 2 on 1 against opposite D-man. Original D finishes with a shot on net.</li> </ol>	



Time	Drill Name & Description
10	<b>2 Shot Regroup – 2 on 1</b>
<ol style="list-style-type: none"> <li>1. Forward begins by corner driving to the net for shot, second forward passes to D-man; then also goes to net.</li> <li>2. D sprints or drags puck to middle for shot on net. After shot, D retreats back to pick up spotted puck.</li> <li>3. Forwards leave zone to get pass from D and then go back in 2 on 0, D follows up for second shot.</li> </ol> <p>Make sure players communicate, D must shoulder check, retrieve puck with speed, and follow forwards to enter zone with speed.</p>	

