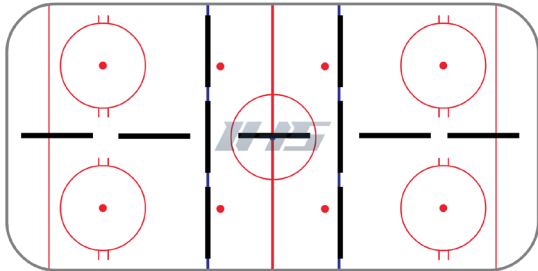


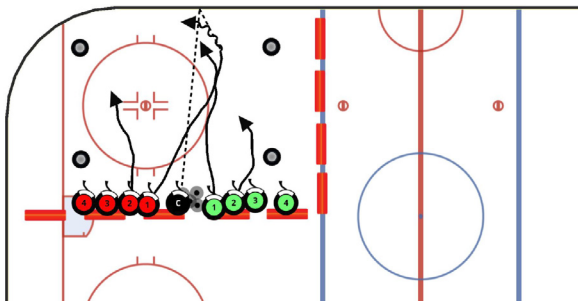
OVERVIEW



Practice Length: 80 minutes

- Warm Up Activity - British Bulldog Full Ice - 10 minutes
- Line Skating - Forwards to backwards and backwards to forwards transition
- Station #1 - Corner Tires 2 vs 2 - 10 minutes
- Station #2 - King of the Hill - 10 minutes
- Station #3 - 2 vs 2 with Regular Nets - 10 minutes
- Station #4 - Hand Soccer- 10 minutes
- Station #5 - Border Tag (forwards & backwards) - 10 minutes
- Station #6 - Tire turn relays (forwards to backwards transition) - 10 minutes

STATION #1 - CORNER TIRES 2 VS 2



My Notes

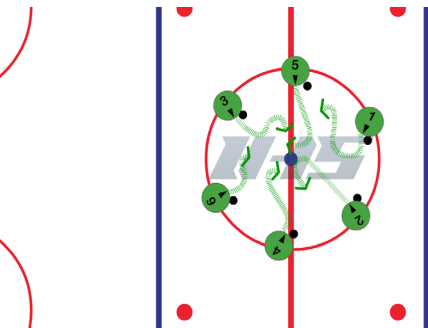
SET UP

Place four tires on a rectangle as shown in the diagram. Make sure there is enough room from the tires to the edge so that there is room to play on all sides of the tires. The coach has the pucks along the edge with the players split into two teams on each side.

HOW THE GAME IS PLAYED

The coach will dump a puck into play and two players will compete for the puck. The players will defend the tires on their side of the ice and try to score by hitting either tire on the opponents side of the ice. After about 90 seconds the coach blows the whistle and dumps a new puck into play and two new players from each team play the new puck.

STATION #2 - KING OF THE HILL



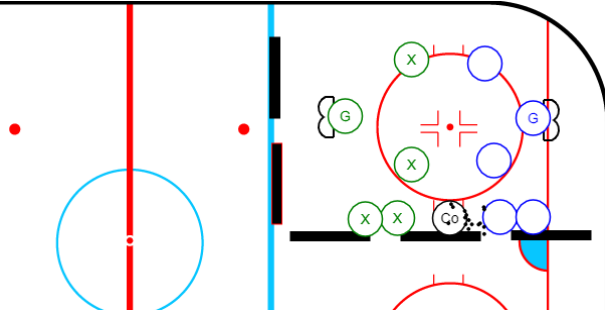
My Notes

This is a fun drill to start or end practice with that is great for the U6 age levels all the way to the NHL. Players love this drill! It is also known as "King of the Ring" if you only use circles, or it is also known as "Knockout." If you have more than 6 players you can start by increasing the boundaries to include the entire neutral zone. Once there are 6 players remaining then you can narrow the boundaries down to the circle.

SETUP

Every player will have a puck to start and on the whistle players will skate around controlling the puck. The object of the game is to maintain control of your puck and be the last player to have control of your puck. As players skate around they will also try to knock other players' pucks away. If you get your puck knocked away then you have to leave the playing area. The last player with control of their puck WINS!

STATION #3 - 2 VS 2 WITH REGULAR NETS



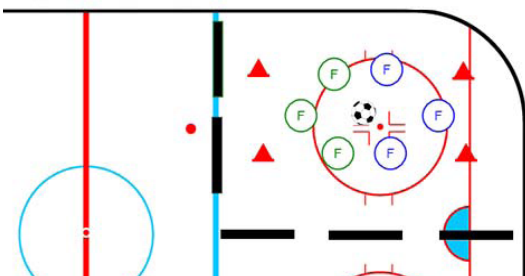
This version of 2 vs 2 is played on a quarter ice station using regular nets. This station allows you to use goalies if they are available. This type of 2 vs 2 is great for this size of station. It allows each player to be fully engaged at all times. With only two players it is still mostly 1 on 1 play but some of the advanced players have opportunities to make plays. Each shift should be 60 - 90 seconds then blow the whistle and throw out a new puck for the next group of players.

COACHING POINTS

For the most part just let them play and try not to get too involved except for managing the shift changes. Compliment them on good plays but stay away from correcting them.

My Notes

STATION #4 - HAND SOCCER



Hand soccer is a game that requires players to stay low because they have to use their hands to move the ball. While it does make the players bend over at the waist it also forces them to use more knee bend than they normally do. Players will be using their balance and edges to compete so just let them play!

SETUP

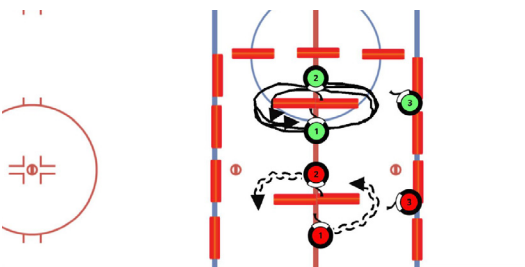
Place two cones as goals at each end of the station that are 12 - 15 feet apart.

OBJECTIVE

The objective is to score goals by getting the ball through the cones that represent the other team's goals. Players must use their hands to advance the ball.

My Notes

STATION #5 - BORDER TAG STATION



SET UP

Place a border between two players. One player is designated as the "IT" player. Players do not use their sticks.

HOW THE GAME IS PLAYED

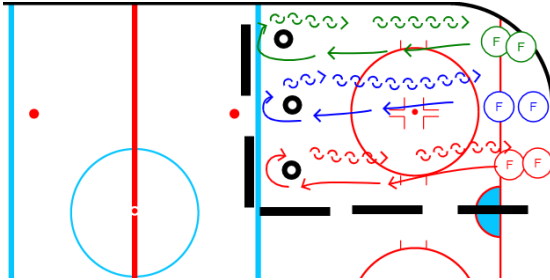
On the whistle the player designated as "IT" will try to tag the other player. They have to stay within a stick length of the border and cannot cross over the border, they have to skate around the border.

PROGRESSIONS

- Both players have to skate forwards.
- Both players have to skate backwards.
- Players skate forwards on one side of the border and backwards on the other side.

My Notes

STATION #6 - TIRE TURN RELAYS - FORWARDS TO BACKWARDS TRANSITION



My Notes

This relay race has players working on forward stride, forward to backward transition, and backward skating. The players should be shown a good demonstration first and then give them several repetitions before having them race. The players will go forward to the tire, transition to backward as they go around the tire, then backward all the way to the goal line.

COACHING POINTS

- flip the hips as you get even with the tire so your butt is facing the direction you are transitioning.
- use the outside edge of the inside skate to push off of and start your momentum backward.
- try to limit the transition to one cross over before starting backward C-cuts.