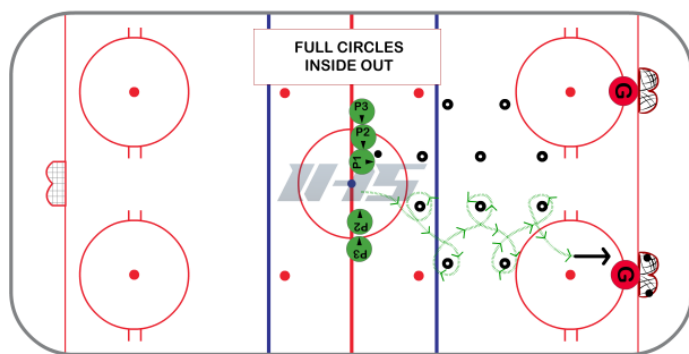
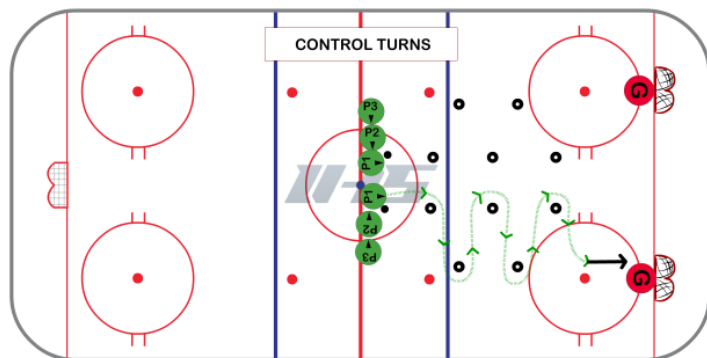


Notes / Coaching Points



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Here is a setup for a half ice practice session. This series includes four drills that work on puck control and skating skills. This setup uses the ice efficiently and allows players a good number of repetitions. Have at least one coach monitoring each line to help players with the fundamentals.

## Control Turns with Puck

- Players slalom through the tires or cones as shown.
- Players should use outside edge of inside leg.
- Inside leg should lead.
- Players should lead with head and upper body.
- Control puck with closed blade, if blade is open they will lose control of puck.

## Backwards with Puck

- Be sure to use a closed blade.
- Maintain good posture.
- ~~Encourage players to keep head up.~~
- Use C-cut to initiate backwards control turn.



## Inside Out Full Circles

- Maintain good hockey position.
- Lead with upper body (rotate chest towards inside of turn).
- Keep blade closed to control puck.

## Inside Out Facing Forwards

- Players should stay on balls of feet especially transitioning forwards to backwards and backwards to forwards.
- Keep head up and looking forward.
- Keep blade closed when controlling puck around tires.

Notes / Coaching Points

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Description

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