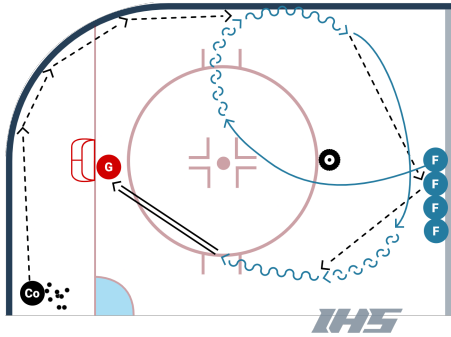


Wall Retrieval Station



Notes / Coaching Points

Description



The goal of this drill is to get players a more comfortable handling pucks along the wall and provides a situation you can use to teach them various techniques.

Setup:

- This station can be set up to use half of one of the zones.
- Pucks should be set behind the goal crease in the middle of the ice with the coach or other player. If you are using both sides then two coaches can share the pucks and each will rim the puck to opposite sides.
- A tire or cone can be placed inline with the dots at around the top of the circles.
- Players are lined up along the blue line with the first player inline with the dots.
- Player 1 will skate up around the tire towards the wall, open up to face the puck as it is rimmed around. The players should time it so they are skating up ice as they gather the puck.
- Once they gather the puck they will make a pass to the next player in line, go around the tire, open up and call for the puck, then receive the puck back to take a shot on net.

Coaching Points:

- Encourage players to move their feet and keep their heads up as they gather the puck along the boards.
 - Players should look at the point to see where the defense is. You can do this with no defence just to get them in the habit of looking at the point, or you can have the defence add pressure so the drill can be variable.
 - Players should get to the wall.
 - After they get the puck, they should skate away from the wall so they have space to play to the center or to the boards.

Variations:

- You can add a defender playing the point that occasionally jumps in, which will require the forwards to be more aware of the situation.
- You can add obstacles that the player needs to pass through when they pass to the point.
- You can require the player to [shoot in stride](#), [change their shot angle](#) or practice their [one-timer](#) when they are shooting on net.
- You can make this drill half ice so more skating and longer passes are required.
- You can have the forward go to the net and have the defense take a shot so the forward has to tip or deflect it.