

B6 Shots Wide and Middle-Washington

Key Points:

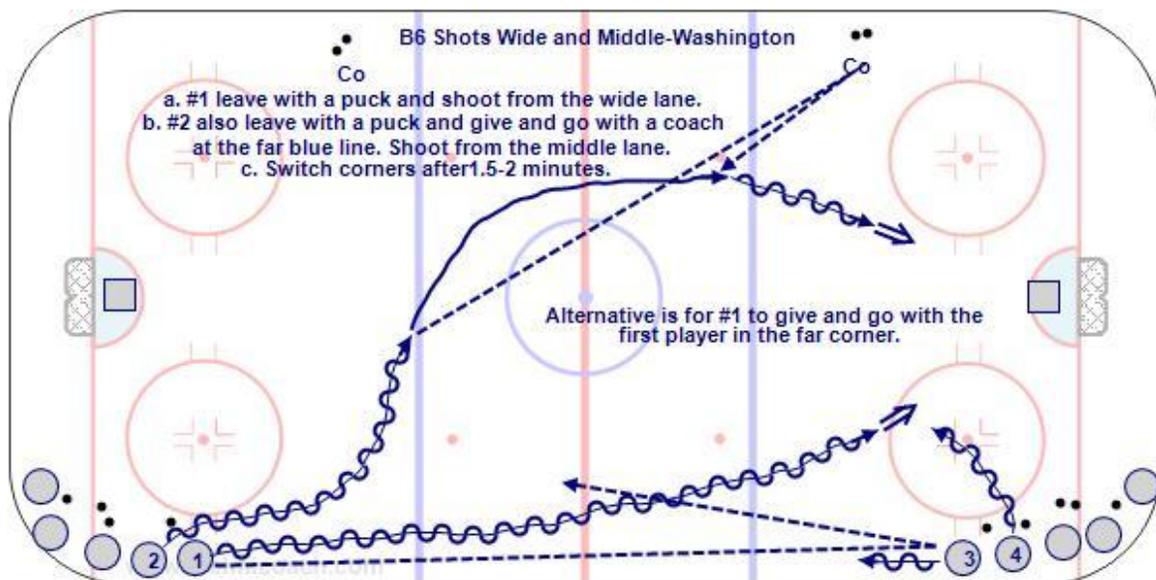
Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

- #1 leave with a puck and shoot from the wide lane.
- #2 also leave with a puck and give and go with a coach at the far blue line. Shoot from the middle lane.
- Switch corners after 1.5-2 minutes.

*Alternative is for #1 to give and go with the first player in the far corner.

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C2, 2-0, 2-1, Washington

Key Points:

Give a target, time skating to be available, face the puck.

Description:

A.

-Two players rush 2-0 and attack the far end.

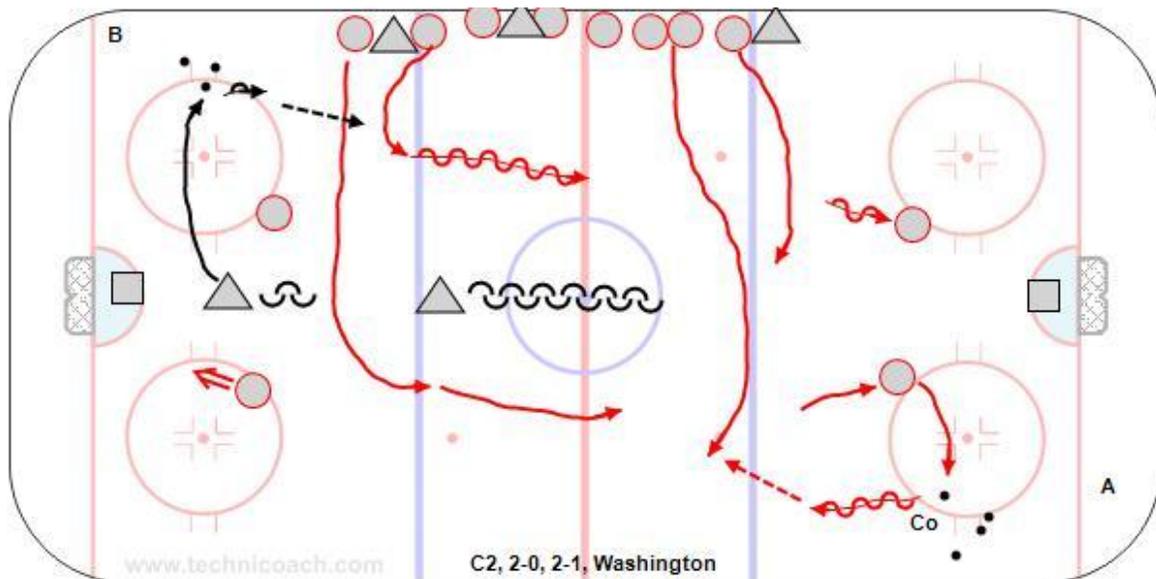
-The non shooting player pass to the next 2 who skate in from the lineup on the boards.

B

- Progress to a D making the pass then follow the play up the ice.

-The D defends a 2 on 1 and then make a pass to the next 2 F who attack the original D.

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B2 Cross and Drop Shooting-Washington

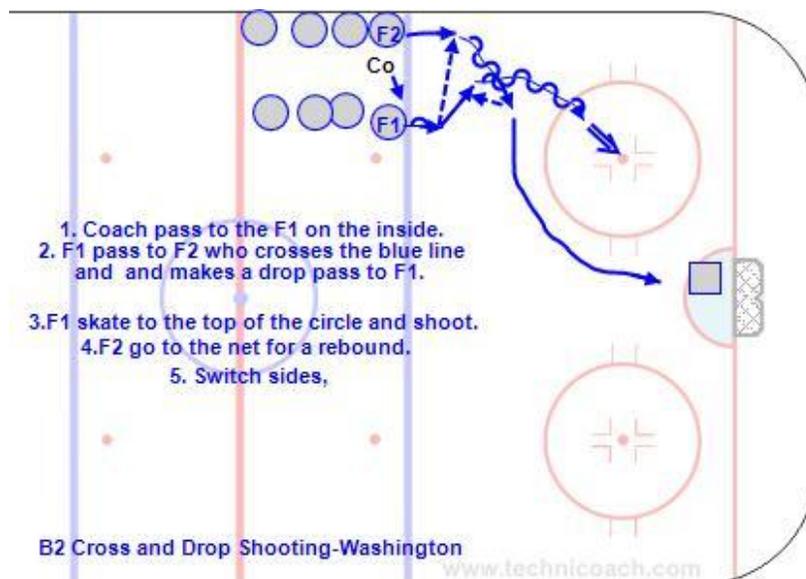
Key Points:

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

1. Coach pass to the F1 on the inside.
2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
3. F1 skate to the top of the circle and shoot.
4. F2 go to the net for a rebound.
5. Change sides.

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B7 Face-off Practice-Washington

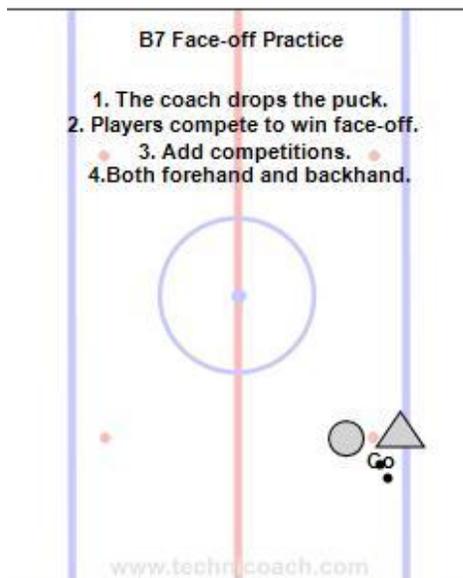
Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

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D4 End of Practice Game-Washington

Key Points:

Everyone plays at the same time. Great way to end a practice and many teams use this to end the pre game warm up.

Description:

1. Defensemen and goalie vs the forwards and maybe the coaches.
2. Use one puck and whomever scores wins.

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