

T1-2 - Black Aces Skills- Pro

Key Points:

Black Aces are players who aren't dressing for games, coming back from injury, don't get much ice time or want to work on skills. Target skills for each player and consider whether they are playing in the games or recovering from injury. Do some team play drills together and add competition.

Description:

1. Skate around the circle with the puck and keep the feet moving.
2. Exchange passes with a coach and shoot one timer.
3. Exchange passes with a coach and shoot quickly from the mid slot.
4. Start with puck far blue line-red line-back to blue, skate down and shoot.
5. Coach rims a puck to a forward who picks it up, skates out of the zone and make a quick turn then go in and shoot.
6. Defense agility skate up and back then pass to coach x 3; quick up, counter and wheel.
7. Defense agility skate to the mid slot, get a pass from the coach and wrap the net x 3 each side.
8. Two D and two F regroup x 2, chip in on second regroup and shoot then pass to point x 2 and screen for point shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170805111816921>

<https://youtu.be/D19xgeT3Z7I>

