

## B - Individual Skills Post Practice 1 – Pro

### Key Points:

Work on individual technique in groups. Find a space on the ice that doesn't interfere with other players and you can practice the skill.

### Description:

- 1 – Goalie practice – the coach pass to a player behind the net who makes fakes while the goalie practices looking over his shoulder. Pass out front for a one timer.
- 2 – Groups of 4 or 5 players play keep-away starting along the boards protecting the puck. Keep moving into the group with the puck while the other players poke check.
- 3 – Practice taking face-offs at a neutral zone face-off dot.
- 4 – Coach pass from the corner to the point while one player screen and tip in front and then pass across to the far dot for a shot.
- 5 – Zig-zag across the ice from the blue line to the red line in the neutral zone.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20140811102551141>

<https://youtu.be/XF5PKz12n8Y>

