



Date: May 24

Time: 17:30-18:45

Venue: bowness

Lines:

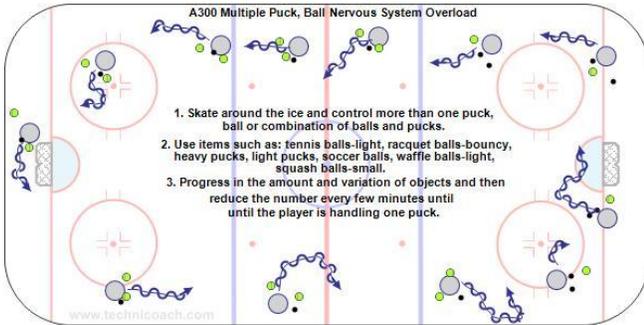
Notes:

2 Goalies 12 skaters

Puck Handling Review

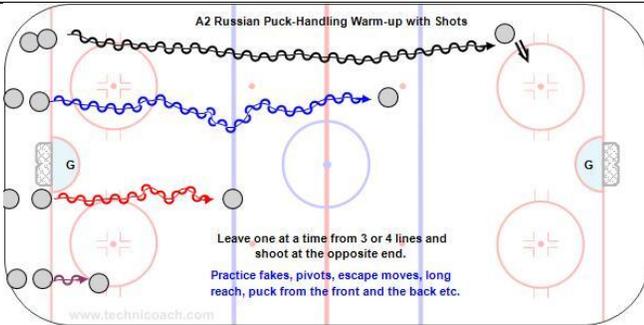
Puck Support within game situations

Skill drills



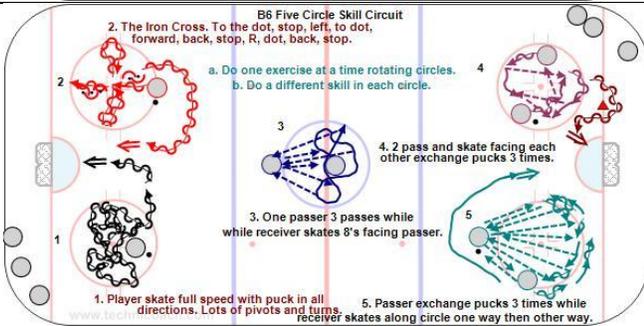
5 min. Nervous system Overload

- Handle 2 pucks at once around the ice. Try one in the skates and one on the stick.



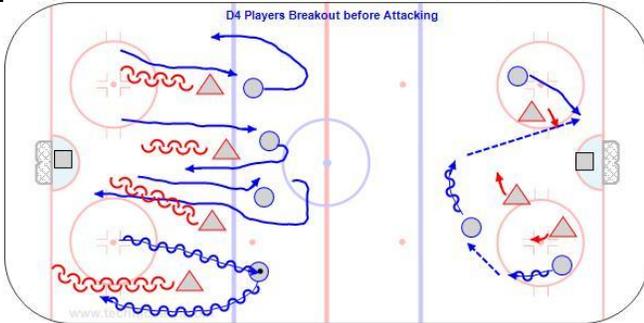
20 min. Russian Puck Handling Routine with Shots.

- handle the puck all around the body with big moves, fake shots, tight turns, escape moves and finish with a shot
- coach demo first



10 min.

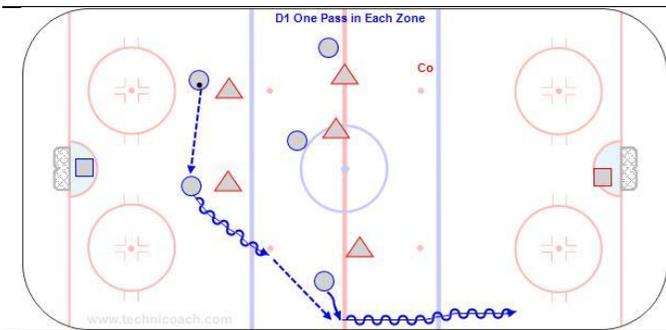
- We did the puck handling and passing drills and finished with a shot.



15 min.

D4 Games for Puck Support

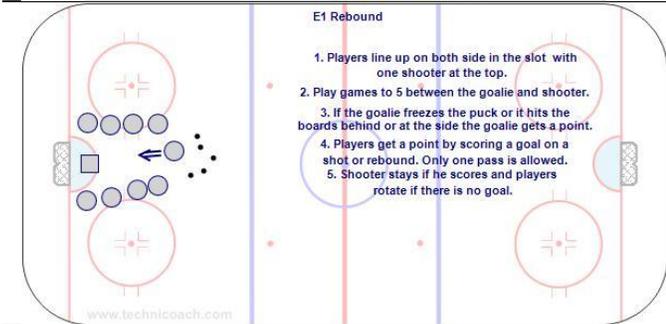
- 2 games of 7 minutes.
- Rules- must clear the zone to go onto offense.
- At least 2 passes before scoring.
- Scorer cannot score again until all teammates have scored.



D100 Full Ice 3-3

16 min.

- One minute shifts and pass to the goalie on the whistle then change.
- At least one pass in each zone.
- Every player on the line must score before you can score again.



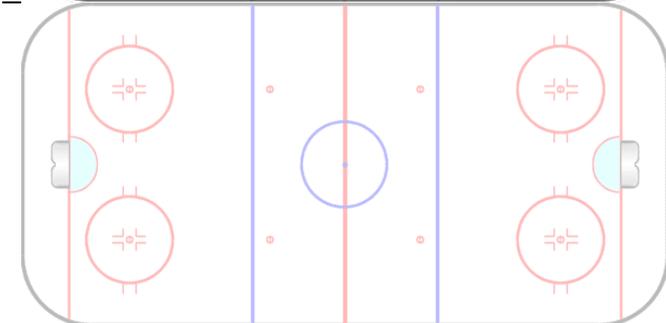
E1 Rebound

1. Players line up on both side in the slot with one shooter at the top.
2. Play games to 5 between the goalie and shooter.
3. If the goalie freezes the puck or it hits the boards behind or at the side the goalie gets a point.
4. Players get a point by scoring a goal on a shot or rebound. Only one pass is allowed.
5. Shooter stays if he scores and players rotate if there is no goal.

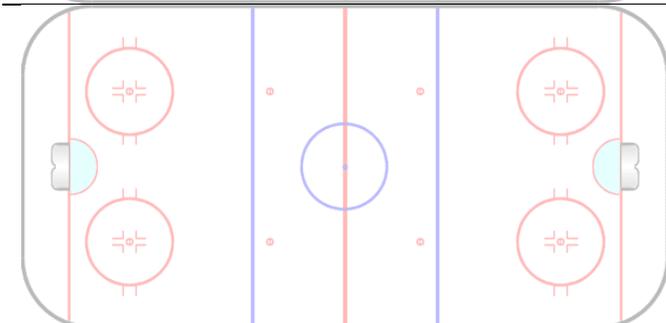
9 minutes

Rebound at each end.

Explanation/Notes:



Explanation/Notes:



Explanation/Notes:

