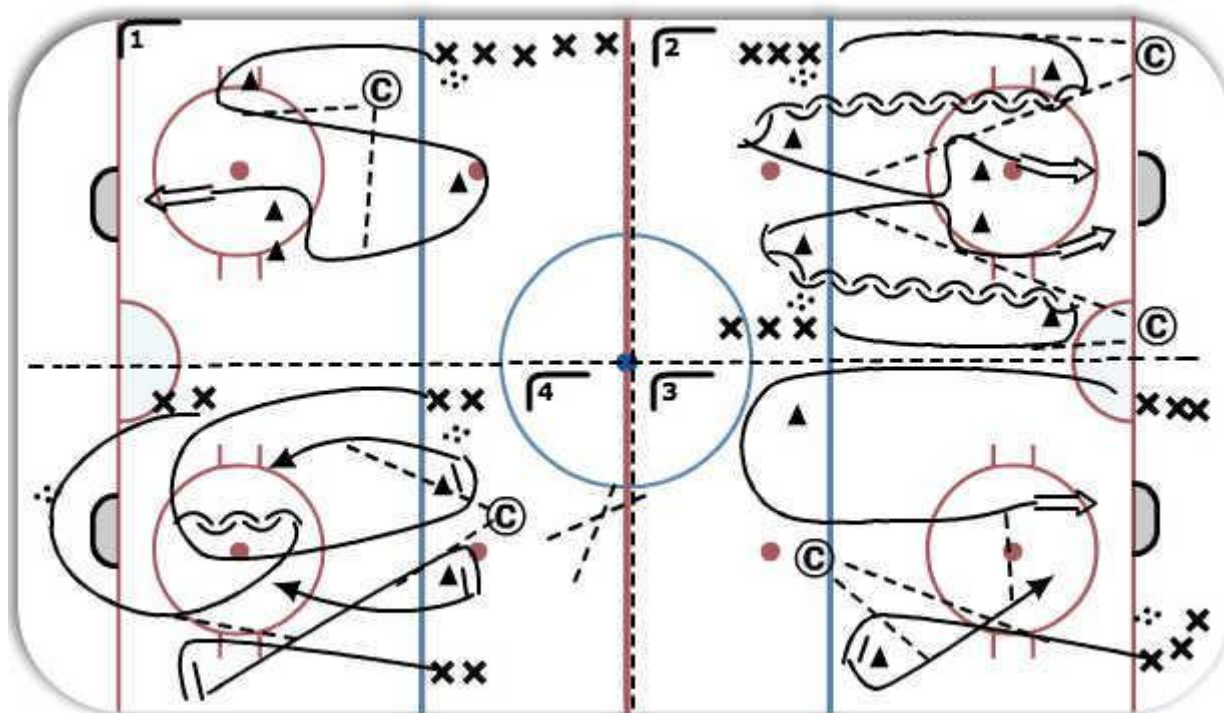


4 Station, Edging, Passing, Shooting



Description

1. Glide Turns/Passing/Shot - Player leaves from line with puck, glide turn at first cone and passes to coach, player then glides around 2nd cone and receives pass from coach, player dekes cones and gets shot on net. (switch sides half way through to work on receiving pass from both sides).
2. Transition/Passing/Shot - Can run drill from both sides. Players leave and skate towards coach, give coach a pass, player transitions at bottom cone from forward to backward, player skates backwards to top cone at blue line and skates towards net, receives a pass from coach, makes a quick move to outside and gets shot on net.
3. Opening Up/support puck - 2 lines, 1 line has cone inside blue line (opening up for pass) and other line has cone outside of blue line (support puck). Player 1 from each line leaves, player with close cone leaves with puck and gives coach a pass, then opens up keeping eyes on the puck (back to the boards) and comes out of turn skating toward the net and gets pass back from coach. Other player skates around far cone towards player with puck to support the puck. Player with puck passes to support player who goes to net for a shot. (switch sides and move cones).
4. Breakout/2-1 - Defence line up on hash marks, 2 Forward lines on blue line. Defence skates behind net picks up puck and pass to forward who opens up for pass, 2nd forward comes across the ice to support the puck. Player who received pass from D passes to coach, both F open up at cones as passing options for coach, coach passes to one of the F's, D comes up and transitions and takes players back on a 2-1. (switch sides, players can play all positions).