

A300 Skill Session 1A 1B

Key Points:

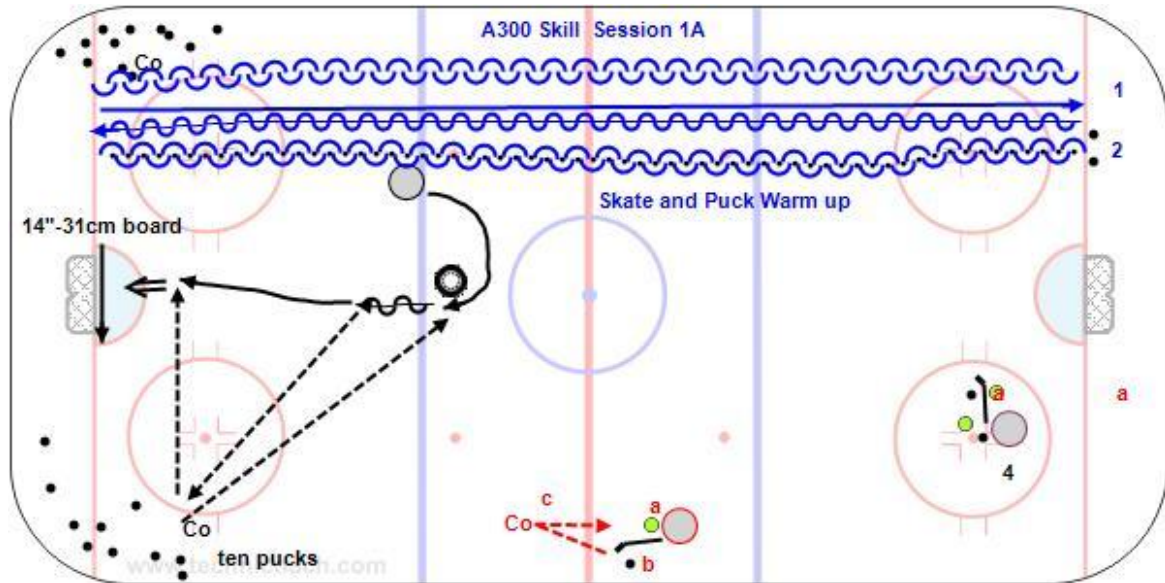
Overload the nervous system with tasks for the hands and feet, many objects, skating and balance exercises without then with a puck.

Practice redirecting hard passes over the goalie pad and shoot in rebounds. Add give and go passes. Either one player and a coach or a circuit for a team. Place a 14"-31 cm board across the goal line.

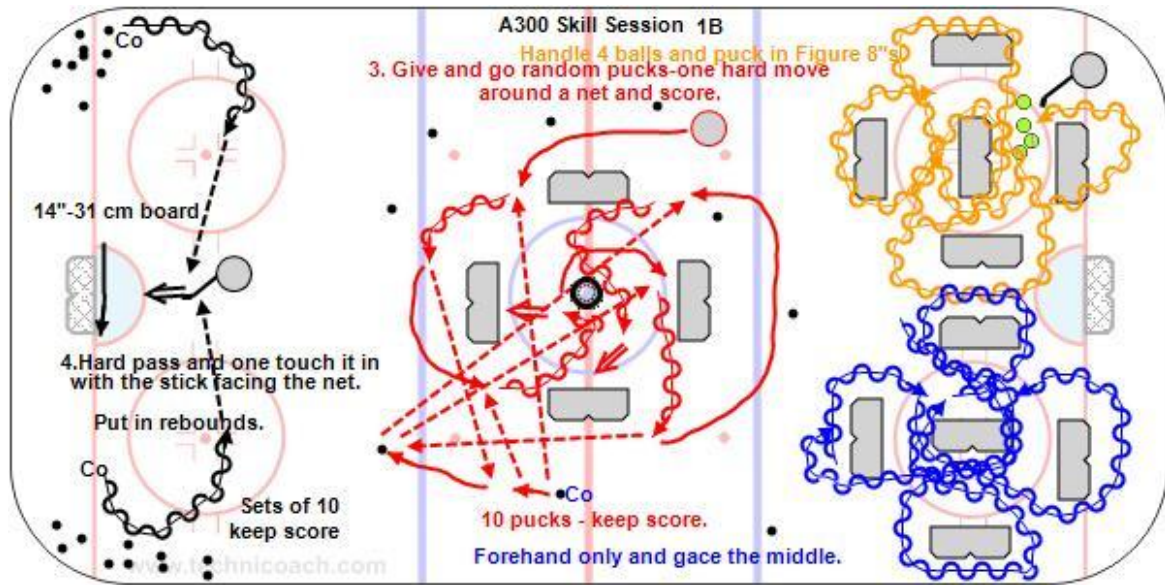
Player must always try to score. With multiple balls and pucks keep them within a stick length and little noise.

Description:

1. Skate edges and puck handling warm up.
 - a. snow plow
 - b. scooter
 - c. swivel
 - d. slalom
 - e. one foot - forward down return backward.
- 2 . Repeat while moving a puck all around the body. Forward down and return backward.
3. Soccer ball-a. carry around the rink in the skates b. ball in the feet and puck on the stick c. ball in the feet and pass the puck with coach
4. Carry 4 different kind of balls what are shaped differently, different bounce and weight. After each lap leave one ball and add one puck until 4 pucks. 1. Handle 4 different balls in figure 8's.
5. Carry 1 puck only on the forehand and facing the middle.
6. Give and go random pucks-one hard move around a net and score. 10 pucks - keep score.
7. Hard pass and one touch it in with the stick facing the net. Put in rebounds.



Skills Session 1A



Skills Session 1B