



Player Development

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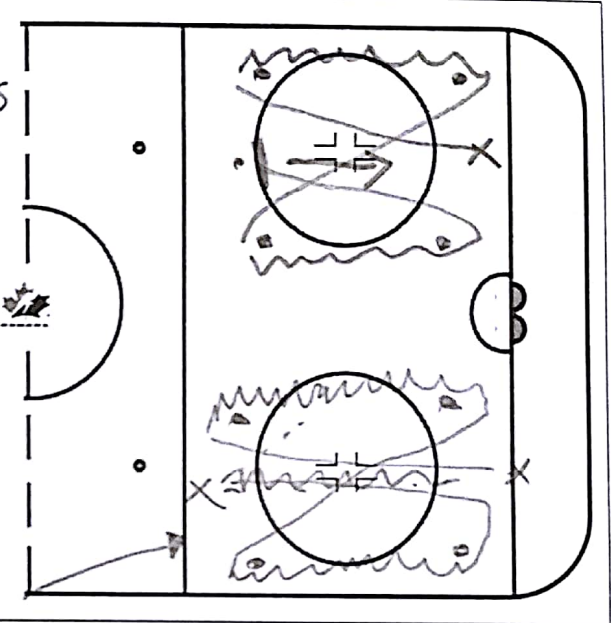
Half Ice Practice Plan

Time	Drill Name & Description
5	BIG BOX TRANSITION
	- FWDs - BWDs AROUND CONES
	- IN PUCK
	- OUT PUCK

Key Teaching Points

- BUTT FIRST AROUND CONE
- WHEN GOING FWD-BWD
- QUICK FEET!
- LOTS OF KNEE BEND

PROGRESSION: ADD A PASSER!



Time	Drill Name & Description
5	TOES UP ICE
	- START ON GOAL LINE
	- FWD - BWD AROUND BROKEN STICKS
	- TIGHT TURNS + SHOOT

Key Teaching Points

- CARRY PUCK ALL THE WAY AROUND STICKS
- TOES UP ICE
- BEND YOUR KNEES
- QUICK FEET

PROGRESSION:

- FLIP PUCK OVER BROKEN STICKS
- ADD COACH AT BLUE LINE FOR PASS EXCHANGE

