



Player Development

HockeyCanada.ca

Bryson & Carter

Half Ice Practice Plan

Time	Drill Name & Description
5	Iron Cross
	<ul style="list-style-type: none"> Start at bottom of circle Forwards to top circle backwards to dot Forwards to center dot Backwards to start Forwards to dot Crossovers to left side and back
	<ul style="list-style-type: none"> Forwards to top circle backwards to dot Crossovers to right side and back Backwards from dot to start position.
Key Teaching Points	
	<ul style="list-style-type: none"> Drive knee up on crossovers Straight lines Keep shoulders square with end boards

Time	Drill Name & Description
	Iron Cross Progression
	<ul style="list-style-type: none"> With a puck Add a passer at top of circle
Key Teaching Points	
	<ul style="list-style-type: none"> Call for puck when passing Stick handle when crossing over