



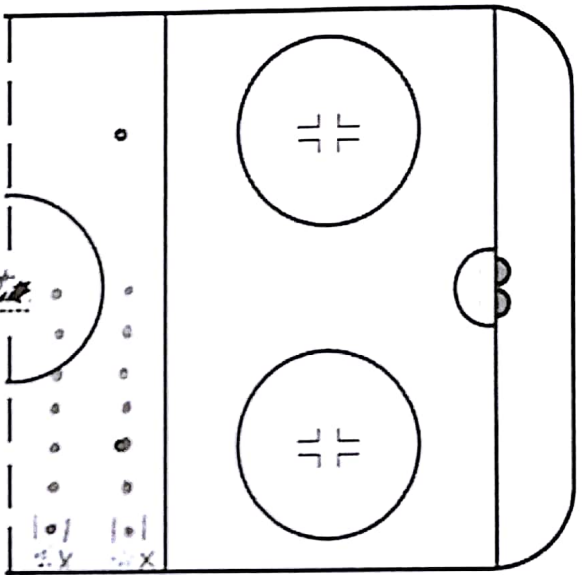
Player Development

HockeyCanada.ca

Ethan, Will, Jonah

Half Ice Practice Plan

Time	Drill Name & Description
5 min	Puck Control
Stick handle through pylons without losing control of the puck.	
Key Teaching Points	
<ul style="list-style-type: none"> ◦ Hockey stance ◦ Work on control, not speed ◦ Get creative progression: Head up, increase speed.	



Time	Drill Name & Description
Key Teaching Points	

