

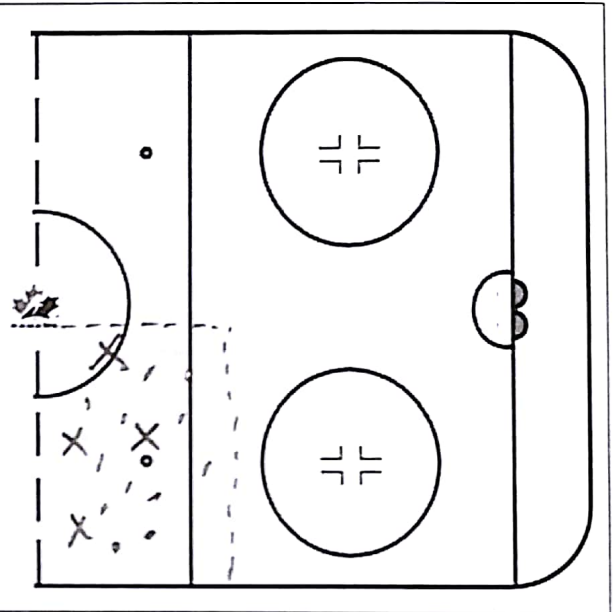


Player Development

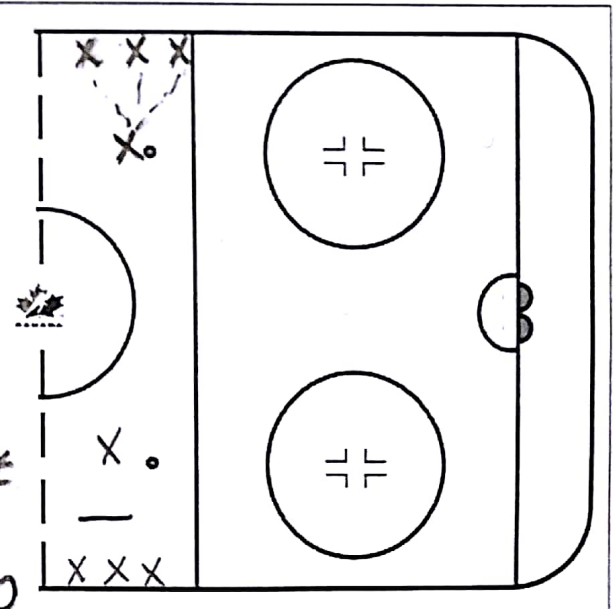
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Half Ice Practice Plan

Time	Drill Name & Description
5	STICKHANDLING CHAOS
	- FILL AREA W PILONS, PUCKS BROKEN HOCKEY STICKS
	- EVERYONE GOES AT SAME TIME
Key Teaching Points	
	- HEAD UP!
	- SOFT HANDS / WRISTS
	- PROGRESSIONS
	• COACH HOLDS UP FINGERS AND PLAYERS YELL OUT #15



Time	Drill Name & Description
5	PEPPER PASSING
	- FOREHAND PASSES
	- ROTATE AFTER 12 PASSES
	- TRY BACKHAND TOO.
Key Teaching Points	
	- CUSHION PUCK
	- LOOK AT TARGET
	- EVERYONE HAS STICK ON ICE
	- CALL FOR PUCK
	- NO STICK HANDLING ALLOWED



PROGRESSION:

- ADD A BROKEN STICK FOR SAUCE PASSES