



Player Development

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Half Ice Practice Plan

Time	Drill Name & Description
5	Tight Turns and Shot
	- crossovers around the circle
	- tight turn towards boards on first cone
	- tight turn around second cone towards boards
	- Go around third cone and take a shot
	Key Teaching Points
	- One foot on either side of the goal line when starting, - quick crossovers around circle, - knees bent the whole time, - look where you want to go when turning, - move feet when going out of turn, - shoot while skating, - Stop in front of net to finish drill.

Time	Drill Name & Description
5	Tight Turns and Shot (Progression)
	- skate backwards around the circle
	- button hook towards boards and turn around the cone
	- turn around the rest of the cones like before and take a shot.
	Key Teaching Points
	- Skate backwards around circle with quick crossovers and keep head up
	- For button hook, cross hands and have quick feet coming out of the turn
	- Same key teaching points as before