

Half Ice



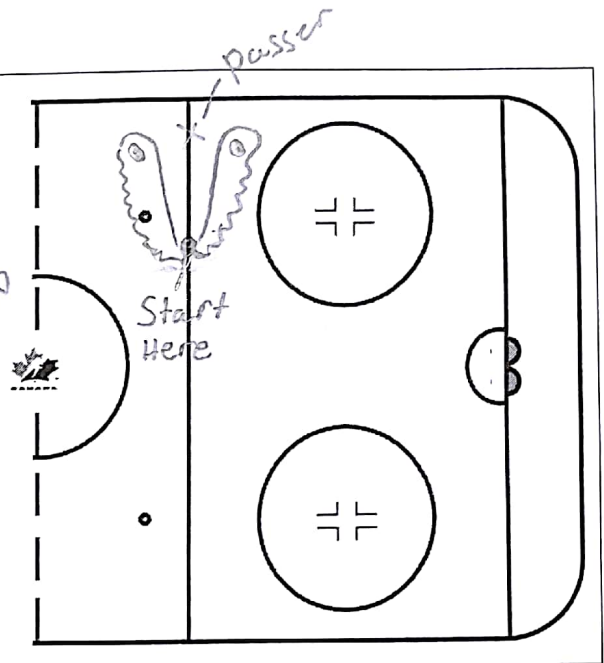
Player Development

HockeyCanada.ca

Guerin
Cole

Half Ice Practice Plan

| Time | Drill Name & Description |
|---------------------|---|
| 5min | Triangle Transition |
| | <ul style="list-style-type: none"> Start at top cone Skate forwards to one of the bottom cones and transition and skate backwards to the top cone, and go to the next cone. |
| Key Teaching Points | |
| | <ul style="list-style-type: none"> Butt first around cone Lot's of knee bend Quick feet |



| Time | Drill Name & Description |
|---------------------|---|
| | Triangle Transition |
| | Progressions |
| | <ul style="list-style-type: none"> no puck with puck passing |
| Key Teaching Points | |
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