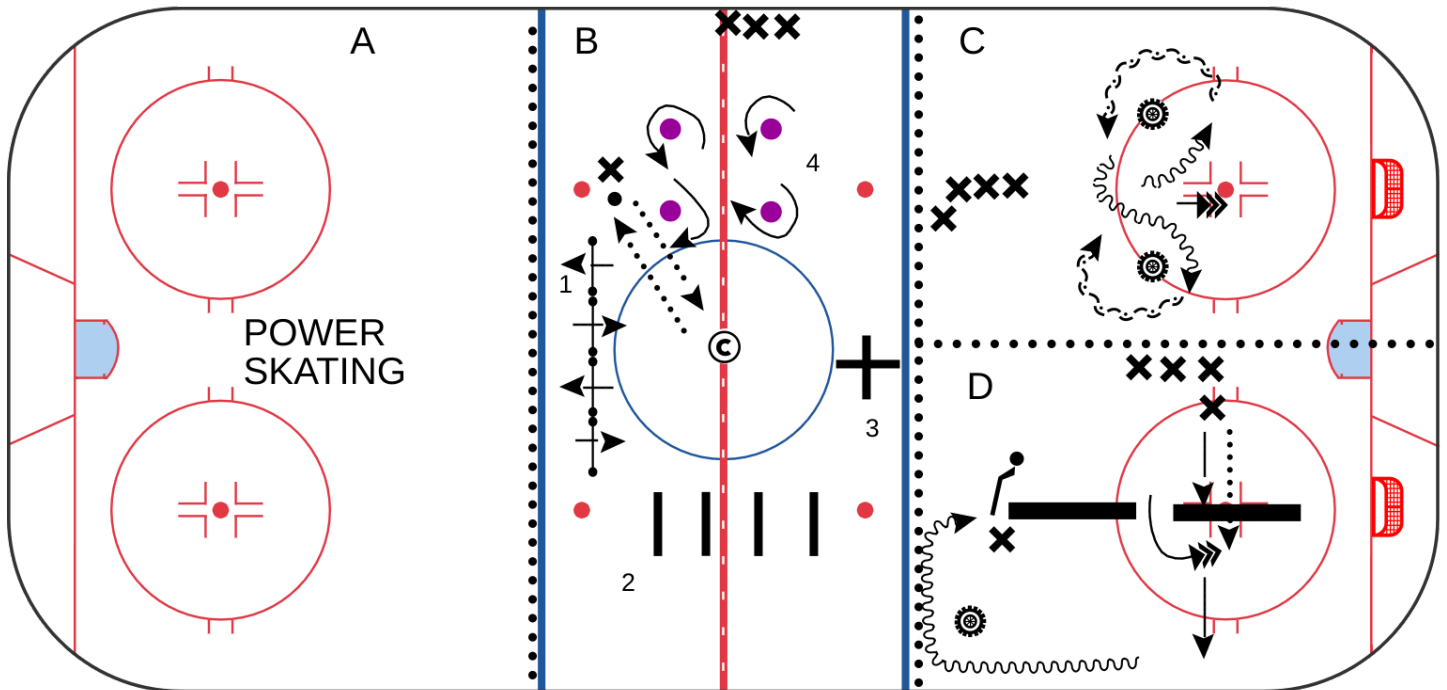




BDMHA Core Skills #2 COMP. Puckhandling



Description

POWER SKATING AND SKILLS WILL HAVE APPROX. 20-25 mins EACH AND SWITCH PLAYERS.

Station A - Power Skating

- Various Skating patterns

Station B - Puckhandling Skills - Players go around each of the obstacles performing various Stickhandling skills

****PROGRESS to Pass and Recieve with Coach after each obstacle****

- (1) Stickhandling side to side under stick (snake)
- (2) Stickhandling WIDE around the stick each way (use hands up and down shaft)
- (3) Stickhandling around the stick spider (taps under sticks)
- (4) Figure 8s around the purple pucks (try to keep body in middle and reach out wide with stick and hands)

Station C - Figure 8 Puckhandling and Agility

- Players face the same way when going around the pylons and finish with a shot.
- ***Can add a Coach behind a net for a read/react move, then shot***

Station D - Toe Pull to Shot (Emphasis on patience and feeling the puck on stick without looking down)

- Players flip puck to boards, and step-over divider (or jump over) and get puck from boards
- Players skate with puck around tire and skate towards dividers
- Player stays on one side of divider, and their stick and puck is on their forehand on other side
- When player gets to opening between dividers, they toe-pull puck through and shoot quickly in same motion.