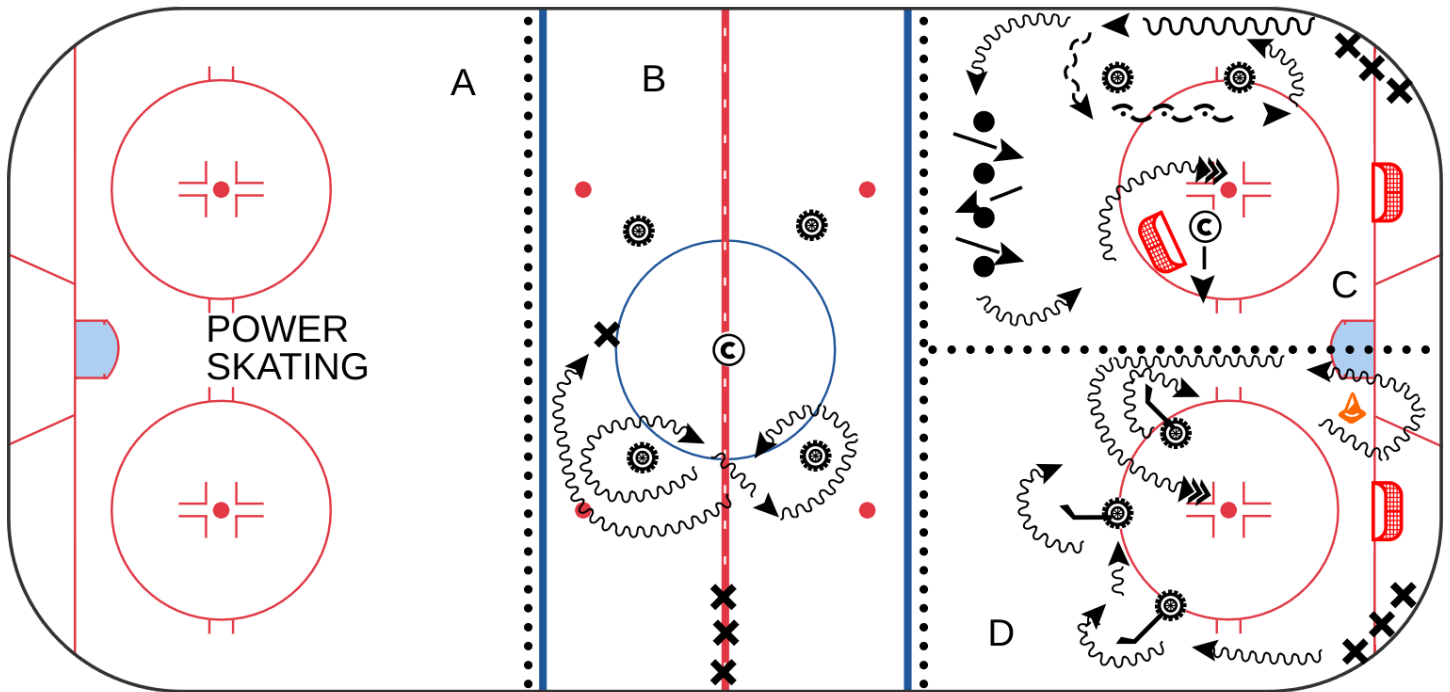




BDMHA Core Skills #2 Puckhandling Skills REC



Description

SWITCH ENDS/GROUPS at 20-22 mins.

EACH STATION SHOULD BE 7-8 mins.

- Station A - Power Skating Station - Various Skating patterns
- Station B - Figure 8 Puckhandling - Players leave with puck and go around each side of tires doing (4) figure 8's. Progress to a give and pass with Coach before player goes to next figure 8.
- Station C - Puckhandling Control with Read/React - Players leave with puck and go around tires forwards to backwards to forwards, then stickhandling the puck side to side between weights. After player does that, they continue their attack to the mini-net where at the last second the Coach will pick a side to force and player attacks to other side for shot. Emphasize patience and head up for the attack vs. the coach.
- Station D - Wide Stick/Hands Puck Control - Player leaves with puck and goes at all (3) sticks/tires. Just before each one, player dekes the stick/tire pushing the puck out AS WIDE AS THEY CAN. After the last one, player goes around pylon and attacks (1) tire the same way and then goes to net for a shot.