

# Bantam: Practices 11 & 12

1 of 2

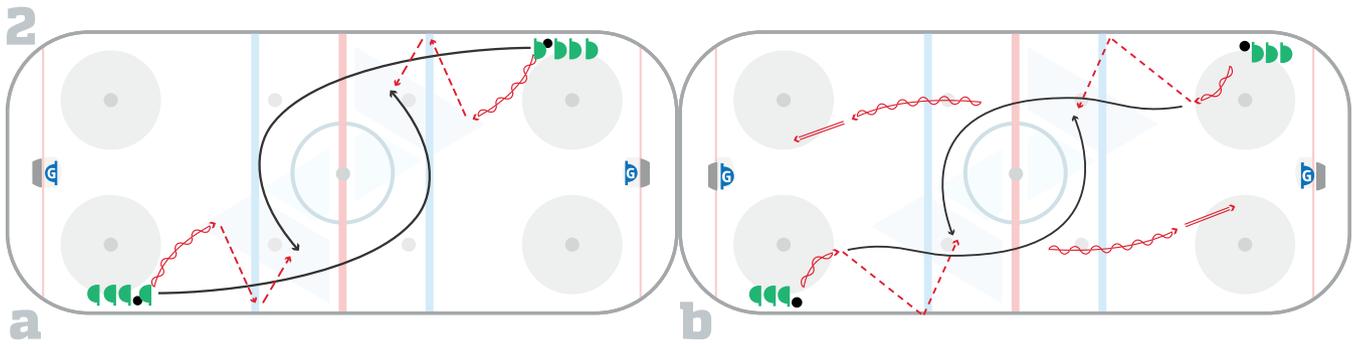
Time: 60 minutes | Theme: Forechecking & body checking | Equipment: Pucks & 8 cones

## Warm-up

Three players leave the corner at a time and puck handle chaotically inside the first face-off circle. On the whistle, the first group of players advance to the next circle and a new group fills in. Each group puck handle briefly in all five circles before finishing at the far end.

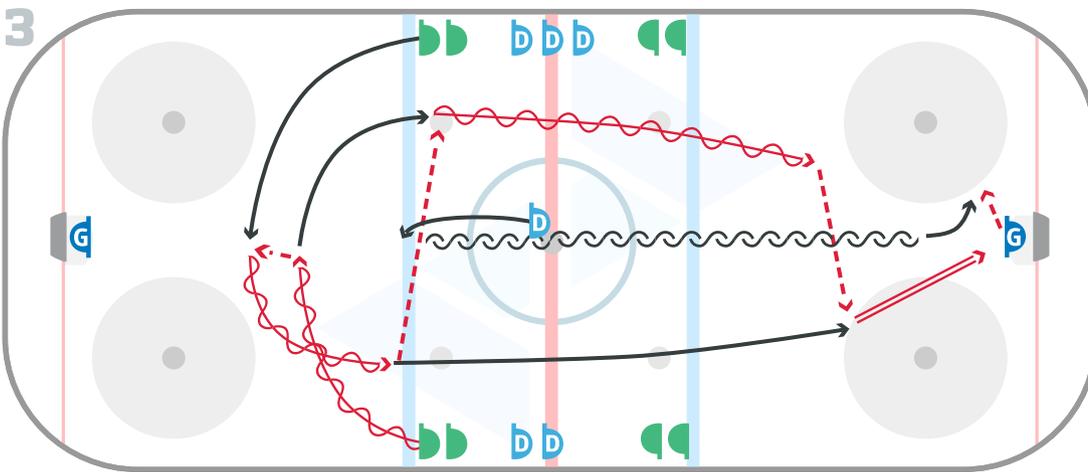
## 1. Tight Turn Dots

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skill is tight turns around all eight wide face-off dots. Add a puck for increased difficulty.



## 2. Russian Circle Bank

The first players from each line leave at the same time, round the centre circle, and receive a bank pass off the boards from the second players in line. They return to their end of the ice for a shot on net while the second player rounds the centre circle for a bank pass.



## 3. Continuous Two-on-One

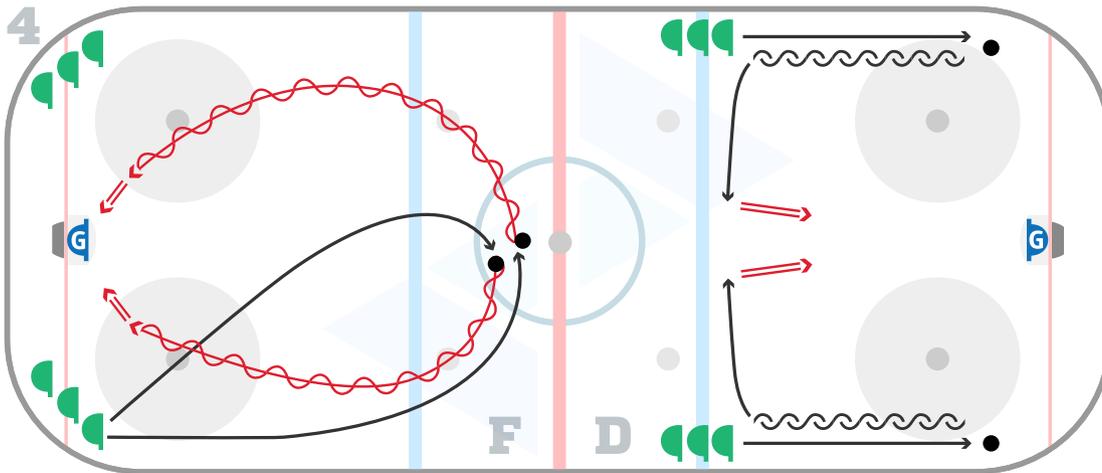
Two forwards cross inside the blue line and exchange passes on route to a two-on-one attack. Once the forwards have a shot or the play has been broken up the defenseman makes a breakout pass with the same puck to the next two forwards crossing inside the blue line. Another defenseman steps out from centre ice to defend the attack.

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2 of 2

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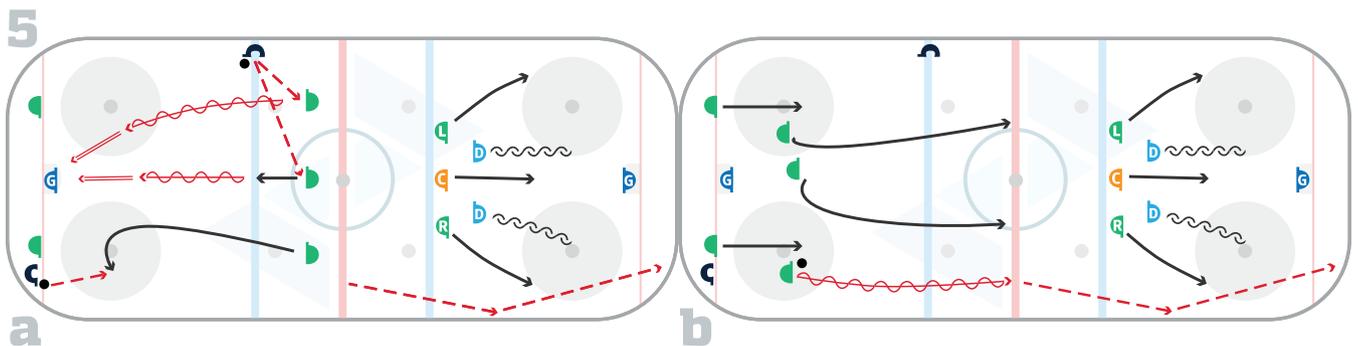
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## 4. F/D Skills Stations 2

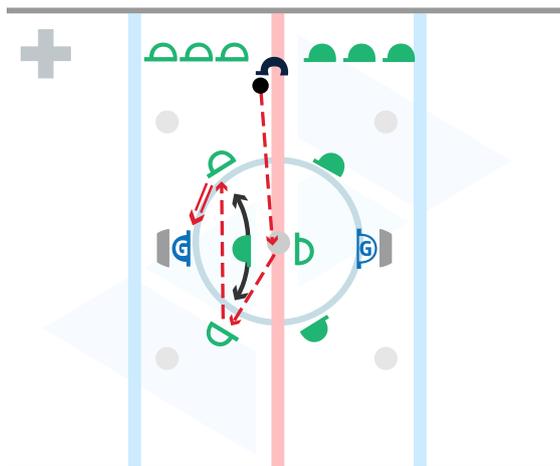
F: Continue to improve on their offensive zone entry by performing outside-in and inside-out puck retrieval at centre ice followed by drive the net wide.

D: Work on the unique skill of walking the blue line by first collecting a puck down the boards, backpedaling to the blue line and then laterally moving to the middle of the ice for a shot.



## 5. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward will create a forecheck scenario. The three attacking forwards execute a 2-1-2 forecheck against a full line of players who try to break the puck out.



## + Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.