

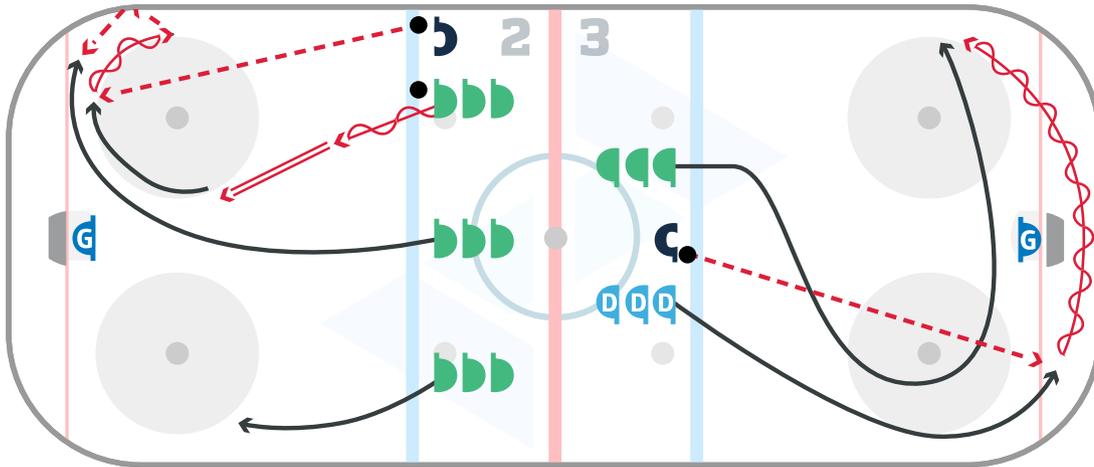
Bantam: Practices 13 & 14

1 of 2

Time: 60 minutes | Theme: Cycling & special teams | Equipment: Pucks & 12 cones

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.



1. Four Lane Skating

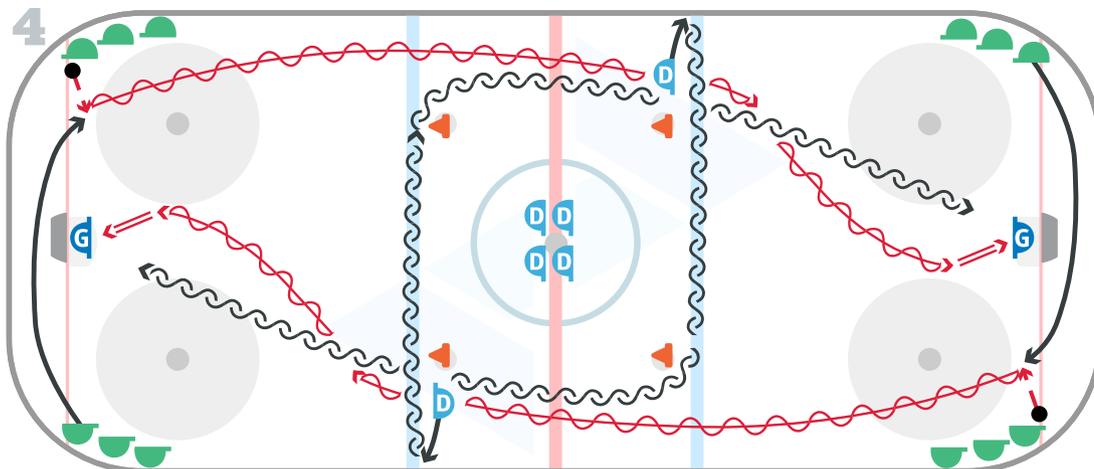
Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are forward and backward c-cuts, striding, transitions, and knee touches.

2. Three Player Cycle

Player one takes a long shot on net and receives a pass from the coach while round the the bottom of the circle. The puck is cycle back down into the corner for the second player who has the option of shooting, passing to the high first player, or passing back-door to the third player.

3. Forecheck Angle

The coach dumps a puck into the zone where the first player skates the puck behind the net and attempts to carry the puck out of the zone. The second player tries to angle the puck carrier and steal the puck to gain a scoring opportunity.



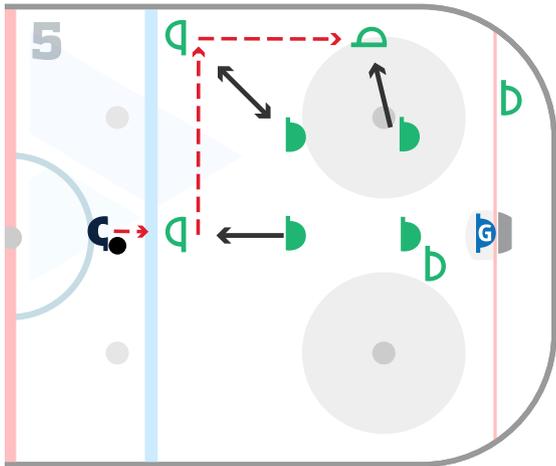
4. Olympic One-on-One

On the whistle, a forward leaves the corner, rounds the net, and receives a pass from the forward in the opposite line. Meanwhile, a defenseman skates to the boards, transitions from forward to backward, rounds the pylon, and the two players engage in a one-on-one rush down the ice.

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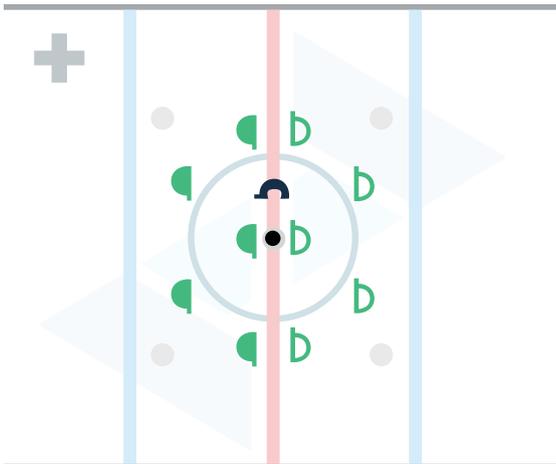
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5. Overload & Box

Let's work on our special teams by introducing the overload power play and box penalty kill. Make sure you rotate players in on the PP and PK, so they get an opportunity at to attack and defend.



+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.

Legend

players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			