

Bantam: Practices 27 & 28

1 of 2

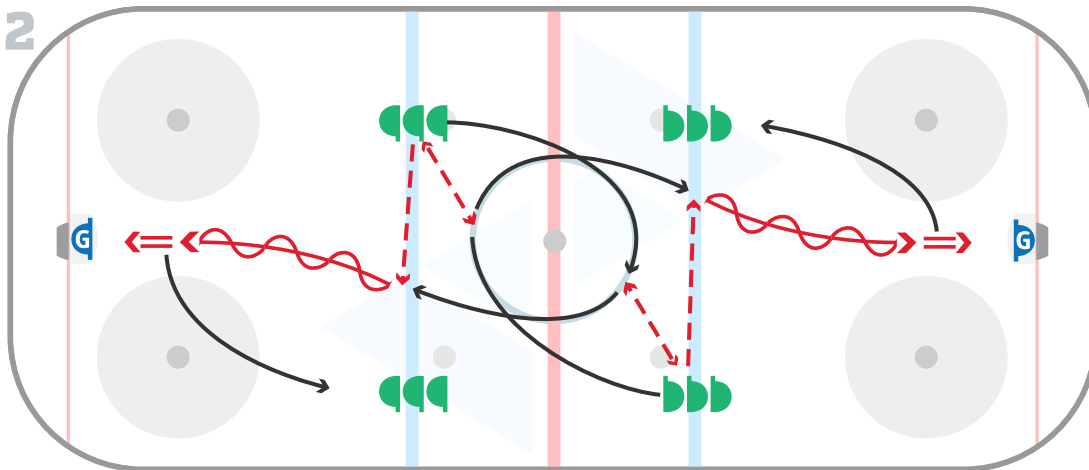
Time: 60 minutes | Theme: Attacking the net & special teams | Equipment: Pucks

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.

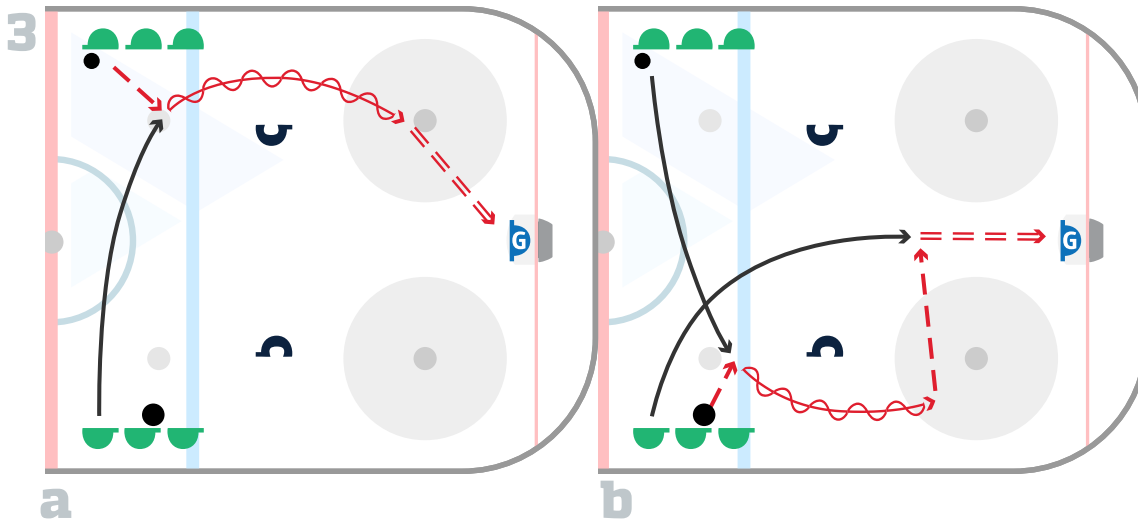
1. The Burning Stick

Coach will stand in front of a group of players and use his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.



2. Four Dot Drills

Players line up on all four neutral zone face-off dots and run one of the different varieties of the four dot drills: give 'n' go, lateral turn, inside diagonal, and around the circle.



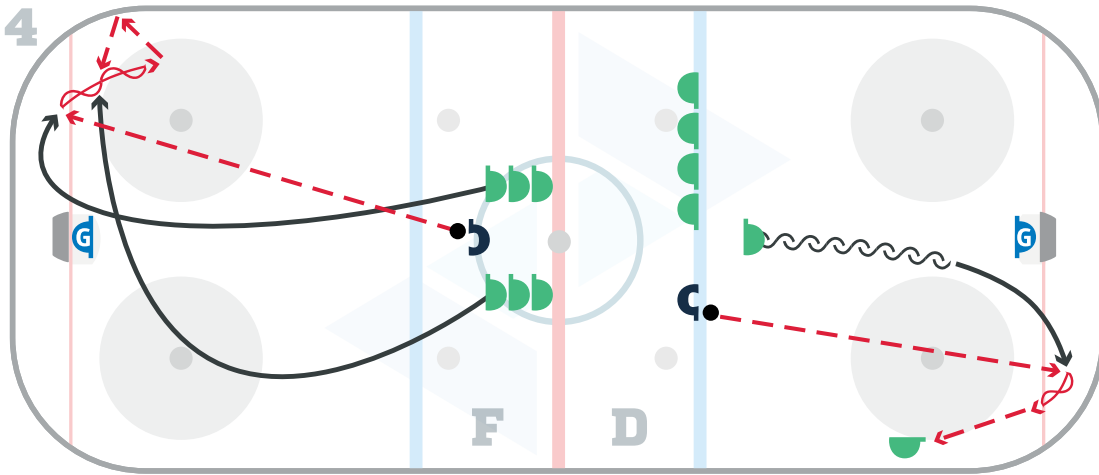
3. Net Drive Attack

Breaking across the ice, the first player receives a short pass and drives wide around the coach for a shot. The next player in line cuts across the ice performing the same pattern but will have the option to hit the trailer following up in the play for a shot.

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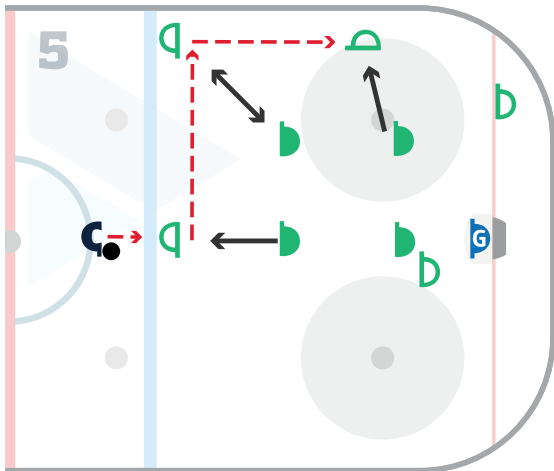
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4. F/D Skills Station 3

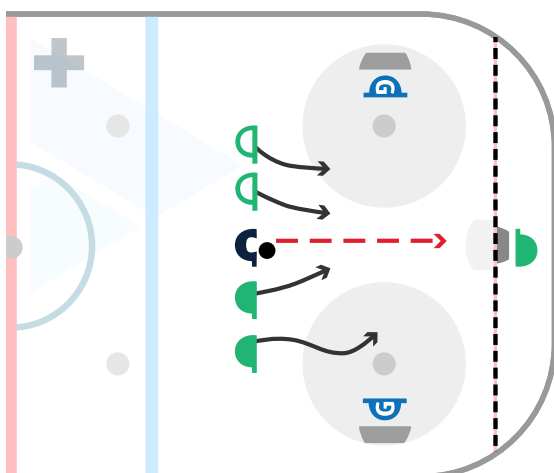
F: Review the art of the offensive zone cycle. Player one retrieves a loose puck, walks up the boards, and banks the puck off the wall for the second player following underneath. The second player then hits the first player with a pass as they drive the net.

D: Work on puck retrieval, breakout passes, and point shots. D1 retrieves a loose puck in the corner and hits D2 for a breakout pass on the boards. D2 hits D3 at the point for a long shot with D1 following in for a deflection or rebound.



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 to attack and defend.



+ Cross-Ice Hockey Single Support

Play 2v2 for 40-second shifts going across ice in the end zone. Select a support player that may only roam below the goal line and each team must first make a pass with the support player before attempting a shot on net. Add incentive for the players to try harder such as push-ups for the losing team.