

Bantam: Practices 3 & 4

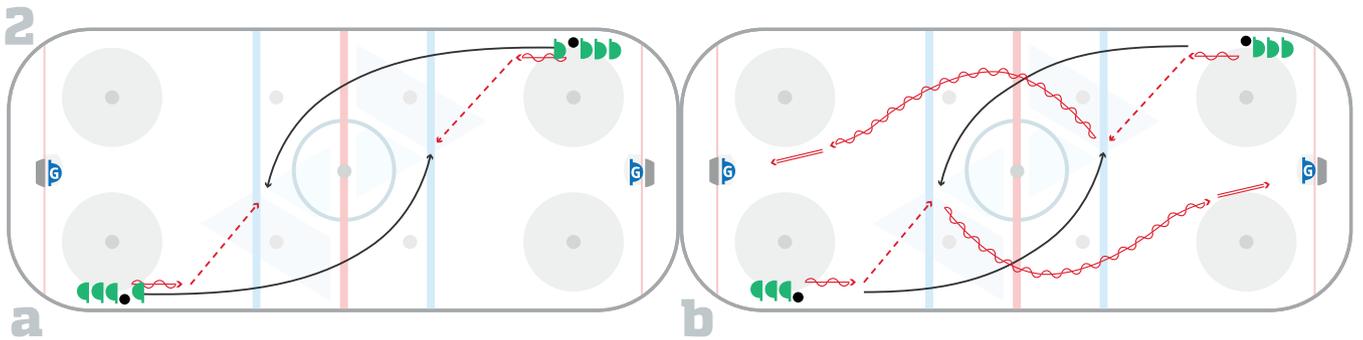
Time: 60 minutes | Theme: Attacking the net & F/D skills part 1 | Equipment: Pucks

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

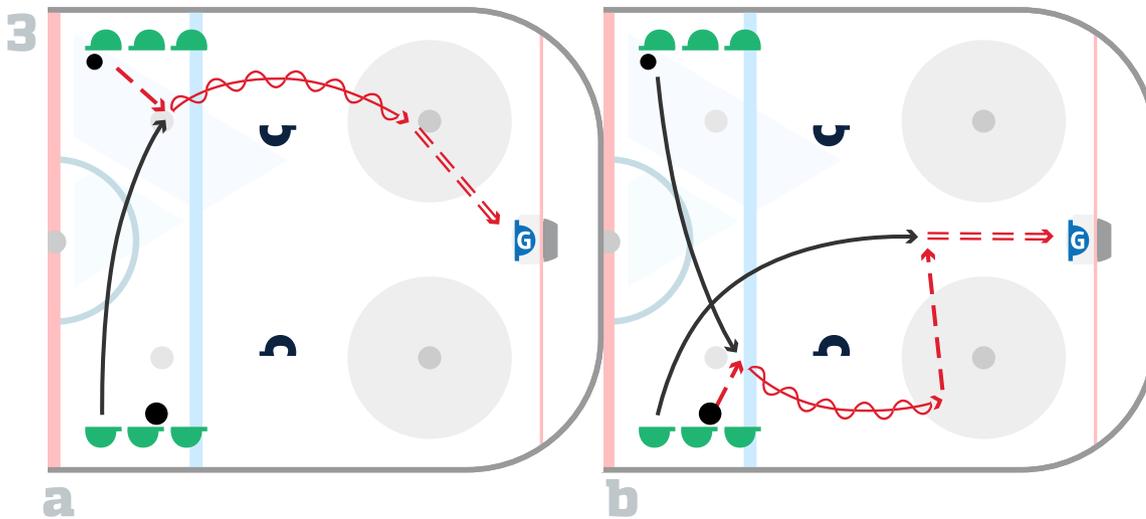
1. Wave Skating

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills will be skating stance, one-foot glides, two/one-foot squats, c-cuts, forward and backward striding, and jumps.



2. Russian Circle

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



3. Net Drive Attack

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

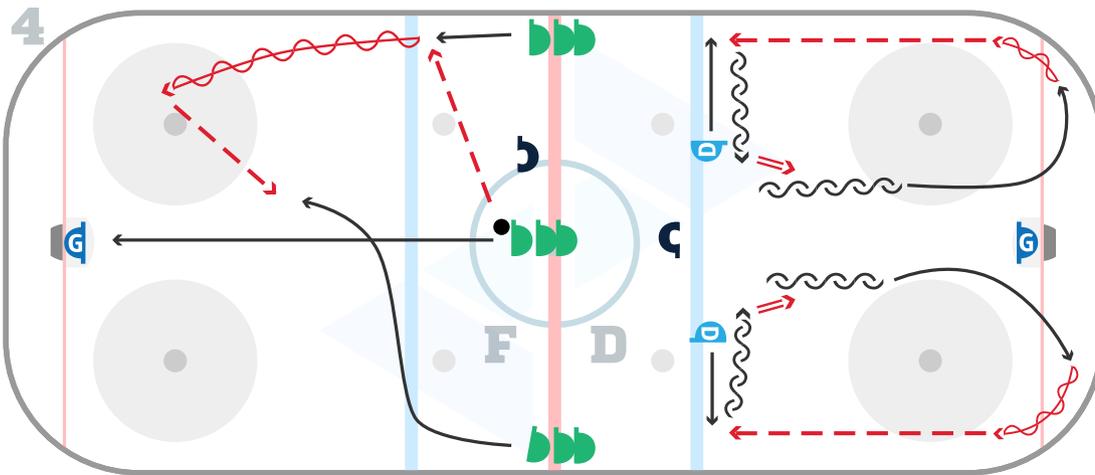
Legend

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

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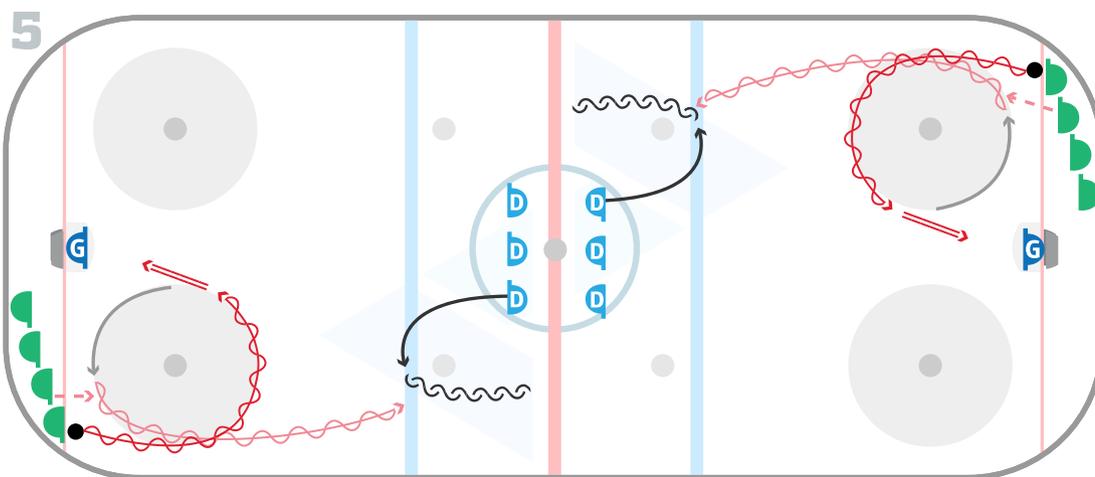
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4. F/D Skills Stations 1

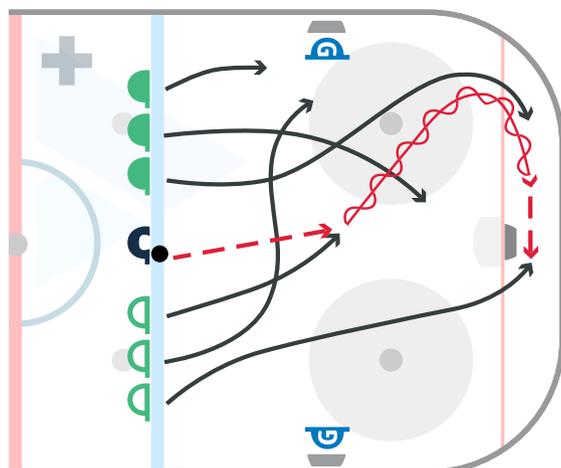
F: Will continue to improve their line rush attack without any pressure. Coaches need to stress wide puck entering, middle lane net drive, and a high trailer option.

D: Will complete repetitions of puck retrieval, breakout passes, and laterally walking the blue line for a point shot. These are all essential skills for becoming a solid defenseman.



5. Full Ice One-on-One

The first player in line will skate around the circle and take a shot on net then receive a pass from the second player in line. Meanwhile, a defenseman will close the gap from centre ice and defend the one-on-one attack down ice.



+ Cross-Ice Hockey

Play 3v3 for 40-second shifts going across ice in the end zone where the team that scores three goals is victorious. Add an incentive for the players to try harder such as push-ups for the losing team.