

Bantam: Practices 5 & 6

1 of 2

Time: 60 minutes | Theme: Sauce, puck protection, & two-on-ones | Equipment: Pucks & 12 cones

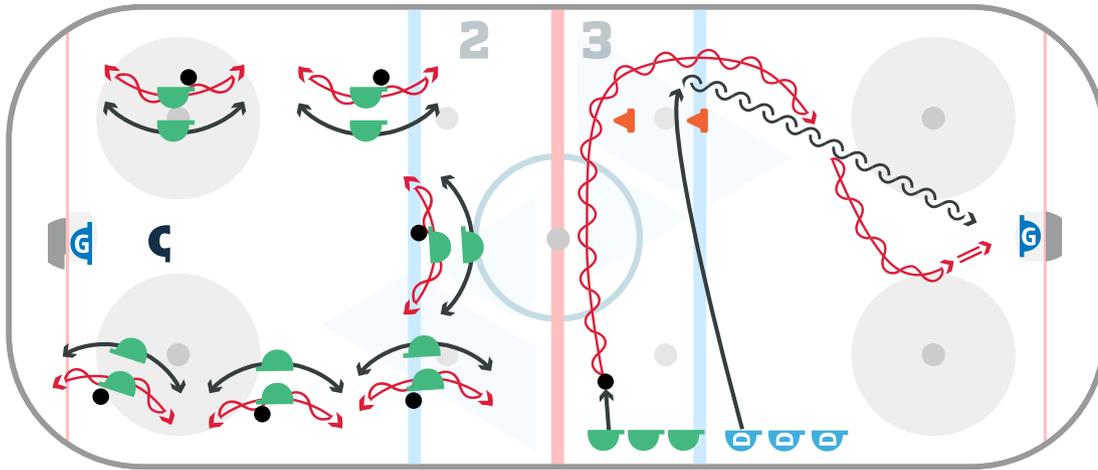
Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Four Lane Skating

Players will 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 will be forward and backward c-cuts, striding, transitions, and knee touches.

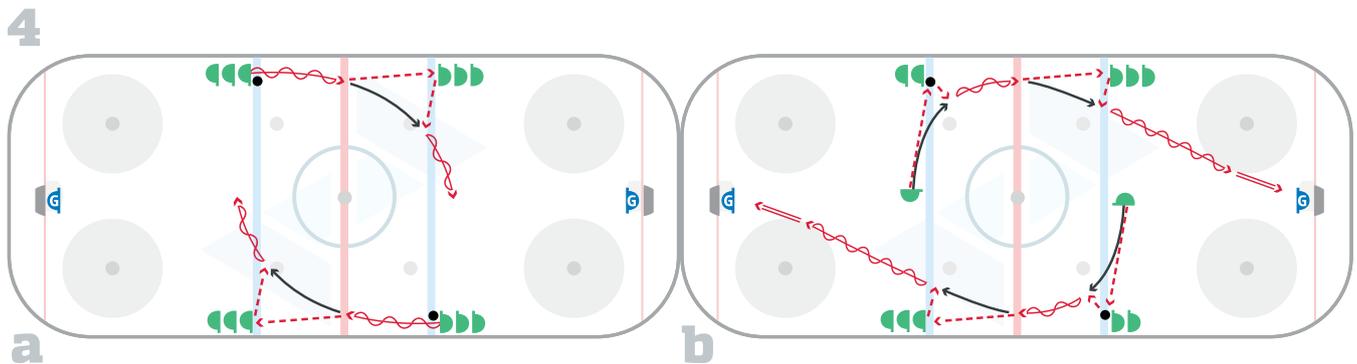


2. Sauce to Puck Battle

Players will stand 10 feet apart and work on hucking sauce to one another. On the whistle, whoever has the puck will puck protect from the other player. A second whistle will signal them to resume passing.

3. Net Drive Angling One-on-One

Two players leave at the same time and skate across the ice, the first with a puck and the second without. Player one turns around the far cone and attacks the goal while player two transitions around the near cone and defends the attack.

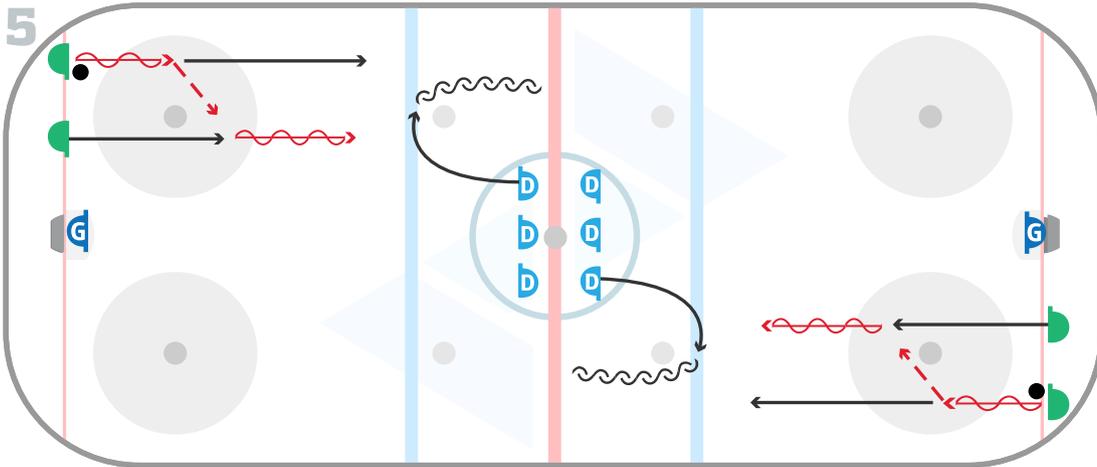


4. Around the World

Diagonal lines will leave at the same time making give 'n' go passes with the first player in all three lines before returning down for a shot on net, back on their original side.

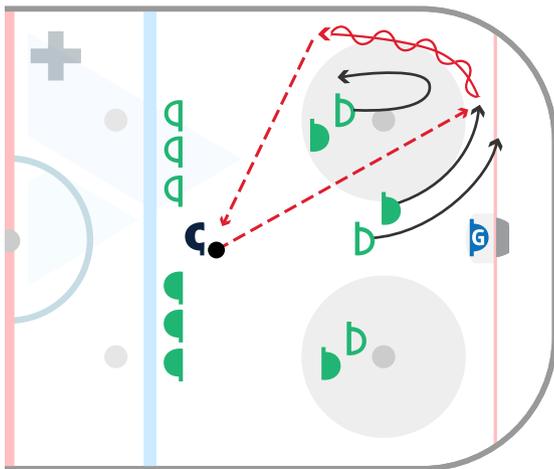
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5. Full Ice Two-on-One

Two forwards will leave the corner with a puck and attack the far net. A defenseman will step out from the circle ice circle, gap up, and defend the two-on-one rush.



+ Coach Pass

Players will play 3v3 in a zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach will make a pass back to the same team, and now they are on offence. Switch lines every minute to keep everyone engaged.

Legend

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