

Bantam: Practices 7 & 8

1 of 2

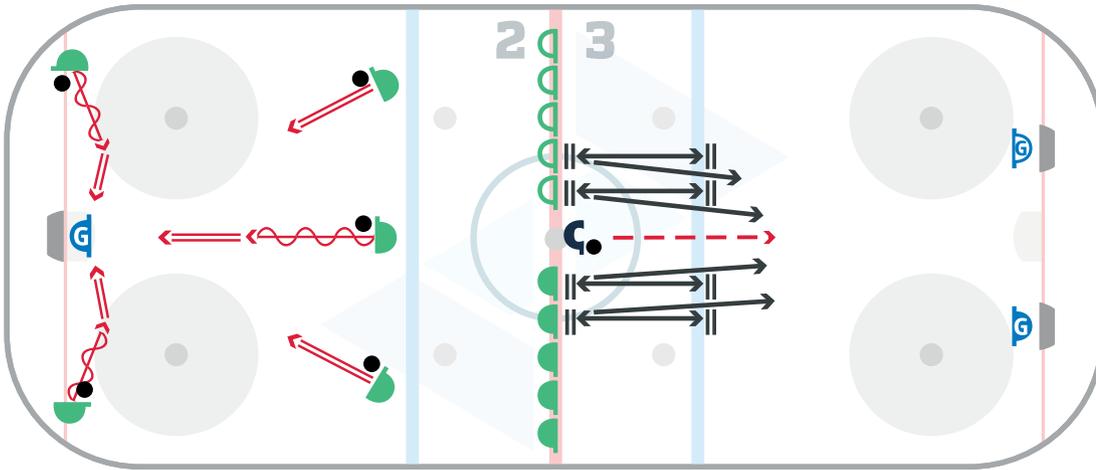
Time: 60 minutes | Theme: Player & goalie angles | Equipment: Pucks & 3 nets

Warm-up

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

1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skill will be forward, backward, and alarm clock crossovers around all five circles.

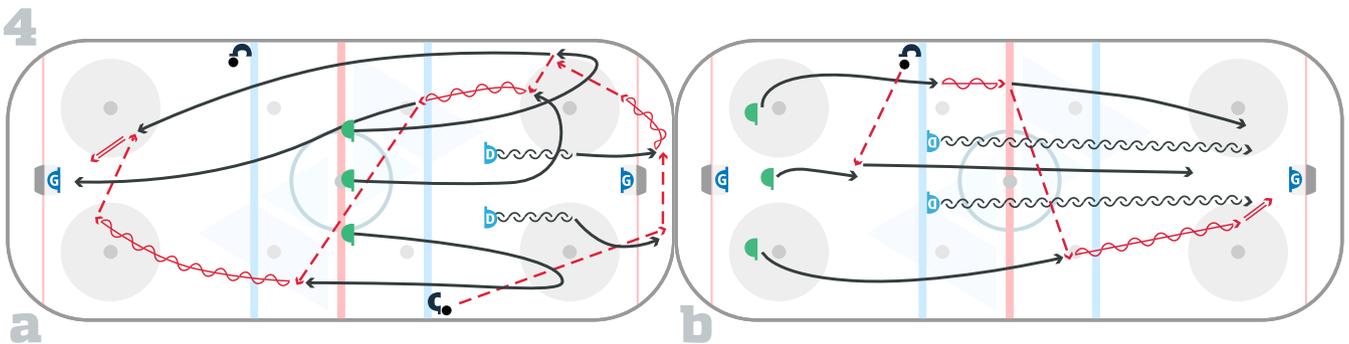


2. Five Shot Goalie Drill

Players one and two execute low goal line walk-outs or wrap arounds, players three and four take point shots, and player five streaks down the middle for a breakaway. Space the players out, so the goalie has time to recover before facing the next shot.

3. Olympic Battle Drill

The first two players on each side of coach will race for the puck after completing two stops and starts at the blue line and red line. Each side will work together to try and score on the other team's goalie.



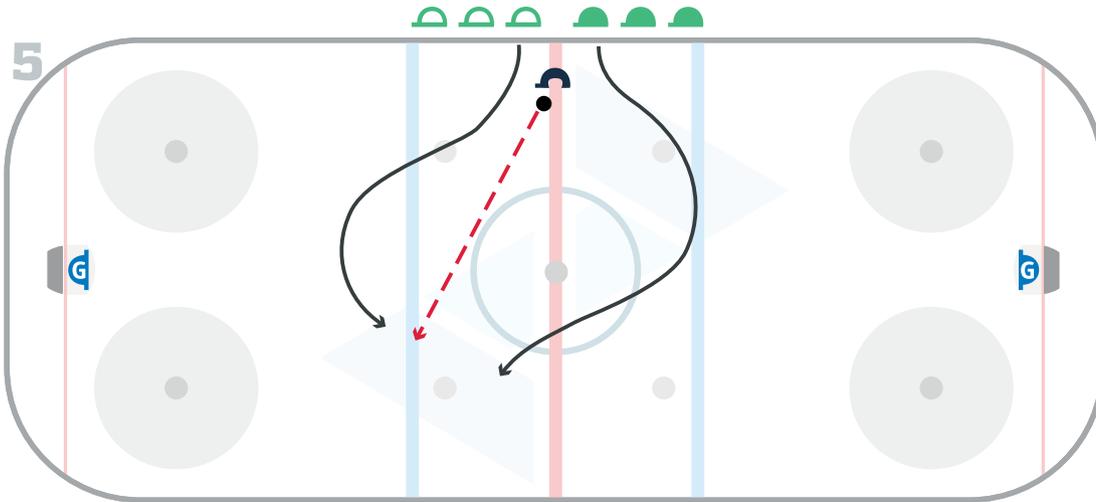
4. Three-on-Two

Two defensemen break out a line of forwards that complete a full ice three-on-zero line rush attack. The pair follow-up the ice for a point shot with a screen or deflection. The coach then spots a puck for a final three-on-two full ice attack against the original defensemen.

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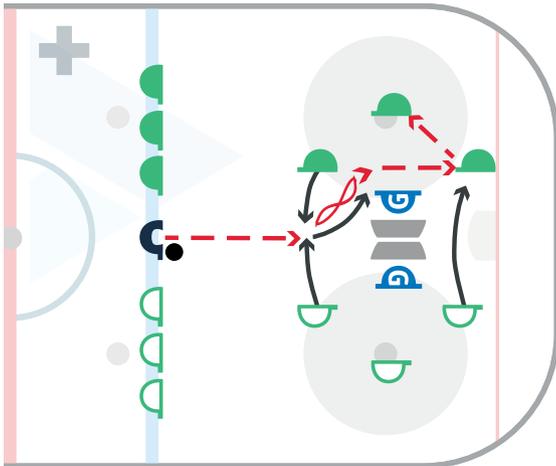
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5. Stampede Angle

Players will be split into two teams and separated onto opposite benches. The coach will say a number (one-four) indicating the number of players from each bench that will exit the middle gate. A puck will be spotted to one side indicating the offensive team while the defensive team must first touch their own blue line before angling the attacking team to the outside.



+ Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offensive zone. Each team has three players in play, but one member of each team is known as the "trigger" and must remain stationary on the offensive side face-off dot. The other two players may roam freely to defend or attack.

Legend

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