

Bantam: Practices 9 & 10

1 of 2

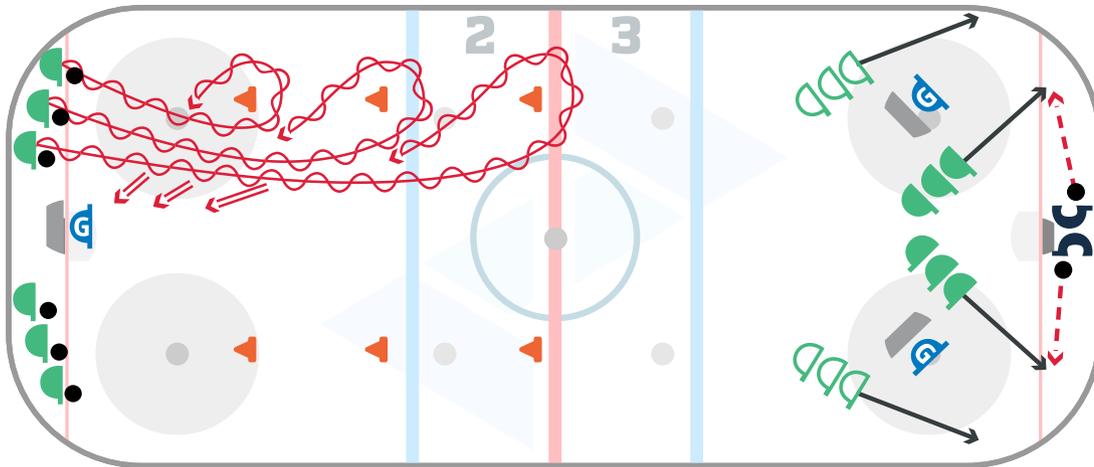
Time: 60 minutes | Theme: Back-checking & D-zone coverage | Equipment: Pucks & 6 cones

Warm-up

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

1. Creative Passing Variations

Players work on different types of passes down the middle of the ice then branch off at the far blue line to either side and continue passing until they are back in line. Passing options include normal, forwards/backward, follow your pass, cross 'n' drop, and off the skate. Goalies take shots from a coach at the far end.

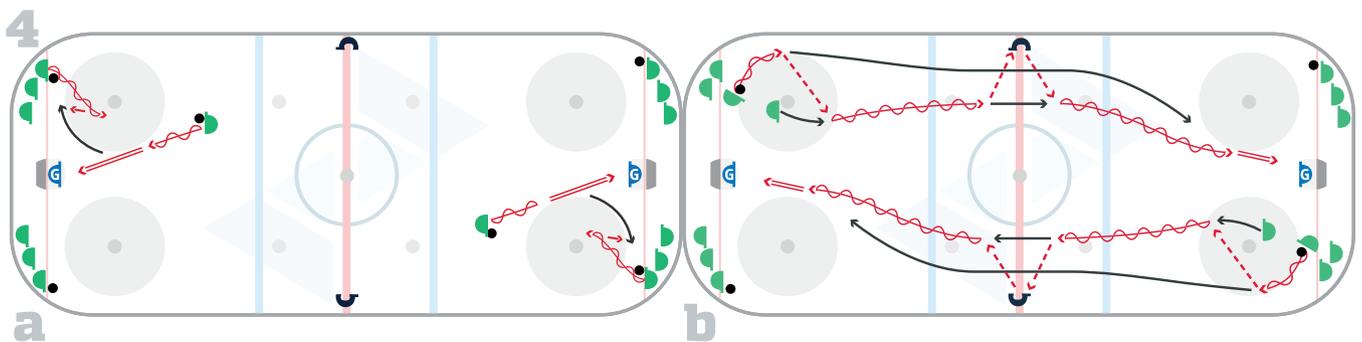


2. Triple Shot

Three players leave the corner each with a puck and make an inside-out tight turn around the first, second, and third cones. After rounding the turn, each player takes a shot on net. Repeat the same sequence from the other corner.

3. Net Facing Corner

With the net facing the corner and players on either side of the net, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie.



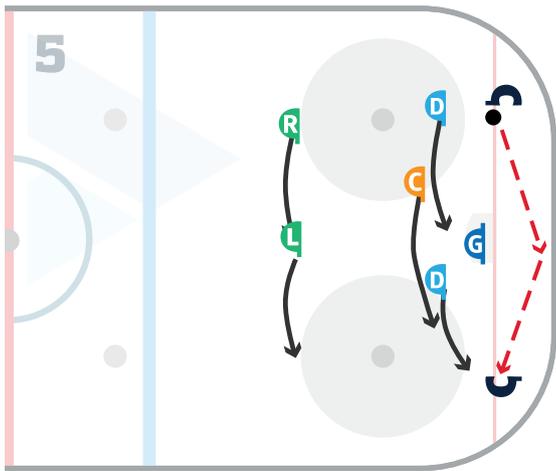
4. Give 'n' Go Back-check

A player rounds the bottom of the circle and receives a drop pass from the next player in line. A return pass up ice is made to the drop passer and the race begins. The lead player must complete a give 'n' go with the coach at centre ice and try to score while the other player chases them down from behind. After taking the shot, this player becomes the back-checker and chases the next player in line down the ice.

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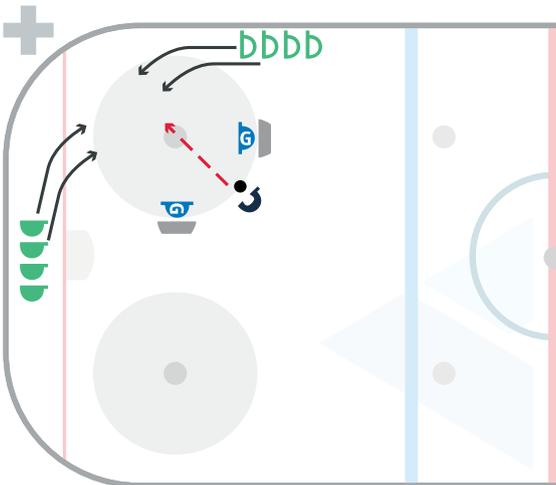
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5. D-Zone Coverage

Players take their position in the box +1 D-zone coverage formation. Coaches work the puck around the outside and teach players how to shift properly so that they maintain their defensive structure.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opponent's net. The first team to score five goals wins.

Legend

players	G D L R C	pilon	◀	skate	→	pass	- - - →
coach	C	stick	└	skate backward	~ ~ ~ →	shoot	≡ →
		stop		skate with puck	~ ~ ~ →		