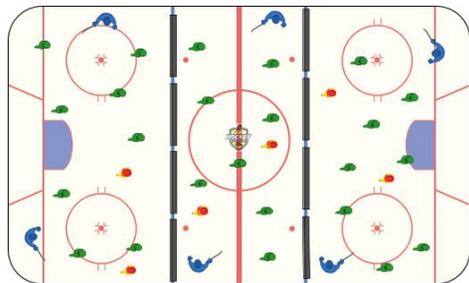


1) Freeze Tag

7 min.



OBJECTIVE: Fun game to get kids skating and working on mechanics

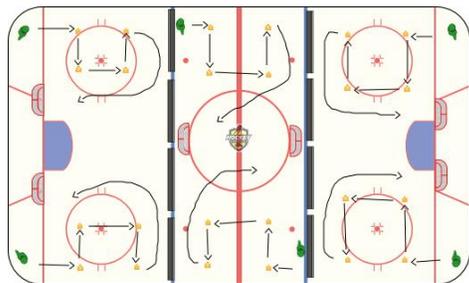
ORGANIZATION: Players spread out within the zone.
Designated one or two players as "it" (coaches can also be used)
Players skate around the zone and try to avoid getting tagged.
If a player is tagged they must freeze in place.
Players can only be unfrozen by one of their teammates.

KEYPOINTS:

Forward skating, Agility, Edgework, Balance

2) 4-Cone Stopping

7 min.



OBJECTIVE: Have players work on skating and stopping

ORGANIZATION: Four cones are set out in a square pattern around each face-off circle.
Players line up in the corner.
Players begin without a puck and skate to each cone executing a proper stop at each cone.
Progress to players beginning with a puck, executing glide turns around cones and finishing with a shot.
Players should be pushing pucks when skating between cones.
After the last cone the players skate in and shoot on the small net.

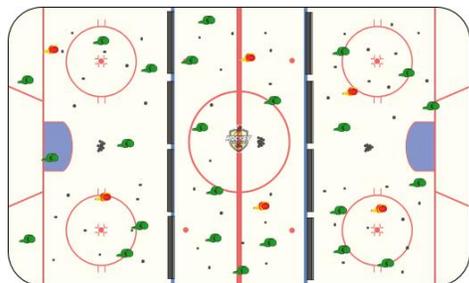
KEYPOINTS:

Snow plow or 11 and 1 o'clock stopping, Pushing pucks when skating between cones., Sweep Shots, T-Pushes

VARIATION: Progress to players beginning with a puck, executing glide turns around cones and finishing with a shot.

3) Fill the Bucket

7 min.



OBJECTIVE: Fun Game to get kids skating and working on balance and agility

ORGANIZATION: Puck bag or bucket is placed in the middle of the zone.
All pucks are scattered throughout the zone.
Two players are picked to "protect the bucket"
The remaining players (without sticks) must pick up pucks (one puck at a time) and deposit them in the bucket.
If a player is tagged by the players protecting the bucket they must drop the puck and go pick up a new one.
Game is over when all pucks have been deposited in the bucket.

KEYPOINTS:

Skating, Edgework, Agility, Balance, Knee Bend when picking up puck

Progress to players using their sticks to stickhandle pucks around the zone, goal is for players to score on one of the nets.

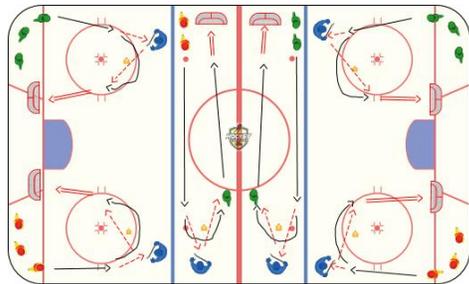
Two players are selected to "protect the nets" and prevent players from scoring.

VARIATION: Progress to players using their sticks to stickhandle pucks around the zone, goal is for players to score on one of the nets.

Two players are selected to "protect the nets" and prevent players from scoring.

4) Puckhandling Give and Go

4 min.



OBJECTIVE: Players work on puck handling while moving, glides turns and passing/receiving.

ORGANIZATION: Players line up in each corner.
Cone is placed at the top of the circle and the coach stands just above the cone.
Two small nets placed on the goal line.
Player begins skating with a puck and passes to the coach. The player then executes a glide turn around the cone and receives a pass back from the coach. Player then moves in and shoots on the net.
Drills runs out of both sides.

KEYPOINTS:

Glide turn around cone, Push puck during straight away skating, Receiving pass on forehand