



Bucks Summer Skate 1

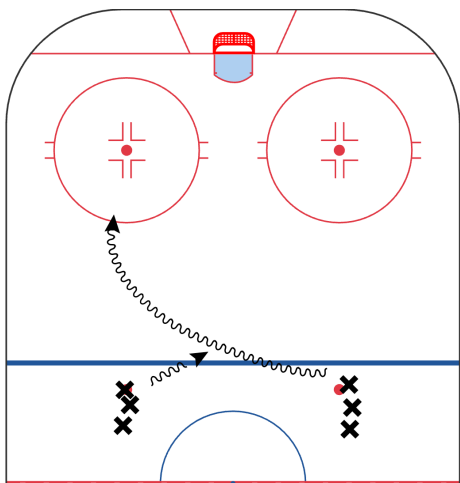
Date: Aug 19 2025

Time: 4:32 pm

Duration: 48 mins

Pushing & Pulling Warmup Shots

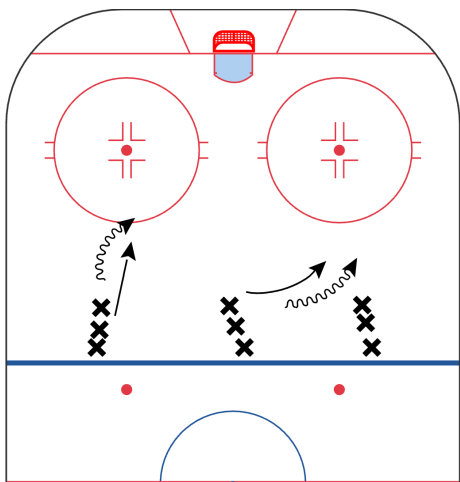
10 mins



Players enter zone and alternate between pushing and pulling shots
Switch sides halfway through

Shooting with Pressure

10 mins

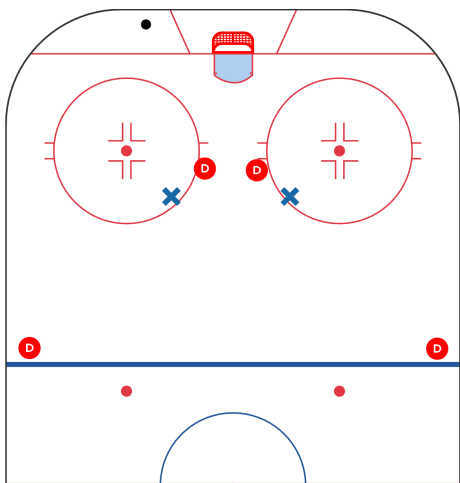


1. Back pressure
2. Side pressure
3. Front pressure

Players have to shoot with push or pull shots depending on the point of pressure. Progress to shooting through sticks and screens.

2on2 with Point Shot

8 mins

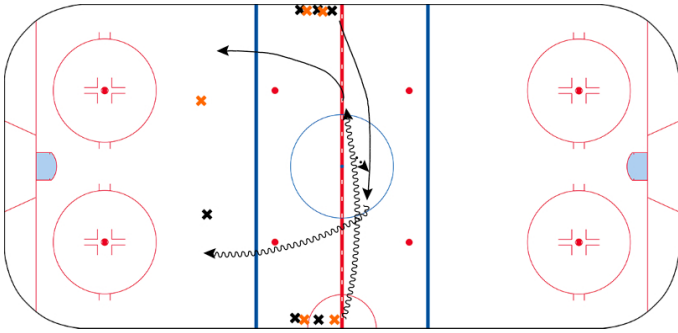


2 forwards play 2on2 with 2 D out of corner

Forwards try to move puck to D at point, then attack the crease

Half Ice 2on2 Continuous

10 mins



2 players cross and drop at red line and play 2on2 against the two previous offensive players

3on3 Down Low Cycle

10 mins

