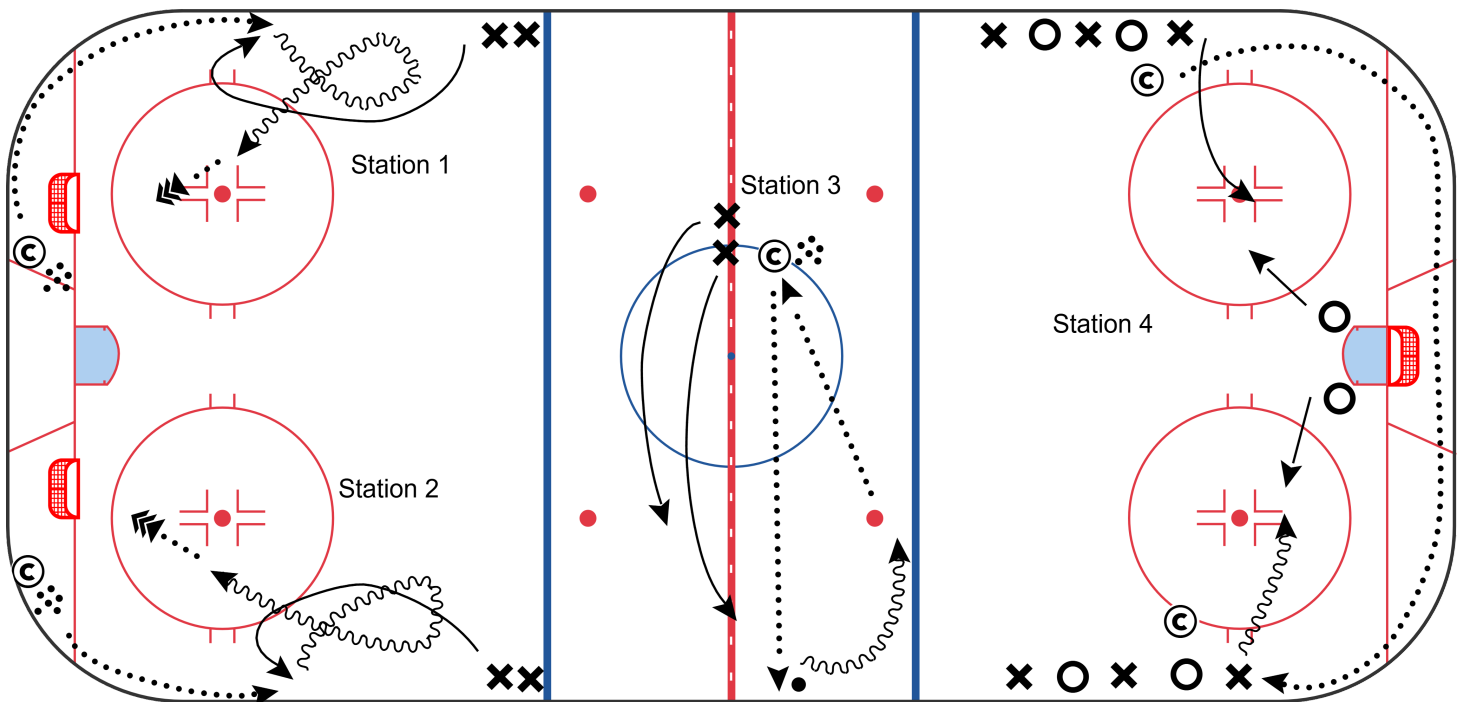


Wall Skills Shared Practice Stations



Description

Station 1: Player receives rim from coach and picks it up in stride, gains middle ice, power turns towards the boards, and drives the net for a shot.

Station 2: Same as Station 1, just run on the other side.

Station 3: Shoulder checking work. Coach dumps puck against the boards, player 1 looks to retrieve puck while should checking "token" pressure from player 2. KEY - make sure player 2 makes it obvious which side he/she will pressure on, helping player 1 work on the shoulder checking skill.

Station 4: 2v2 Rim the Wall Game - Coaches will rim the pucks for the lower levels, players can rim pucks at BTM & 15U. Coach will rim to one side to the start the game, once the opposite player touches it, it begins a 2v2 game. O's defending have to win the puck and pass to either coach on the half wall. When the coach catches it, players just on offense have to "tag the crease" and coach will simultaneously rim the puck to the other side. This creates a new 2v2 battle. So, it is an OFFENSE > DEFENSE > OUT continuous game.