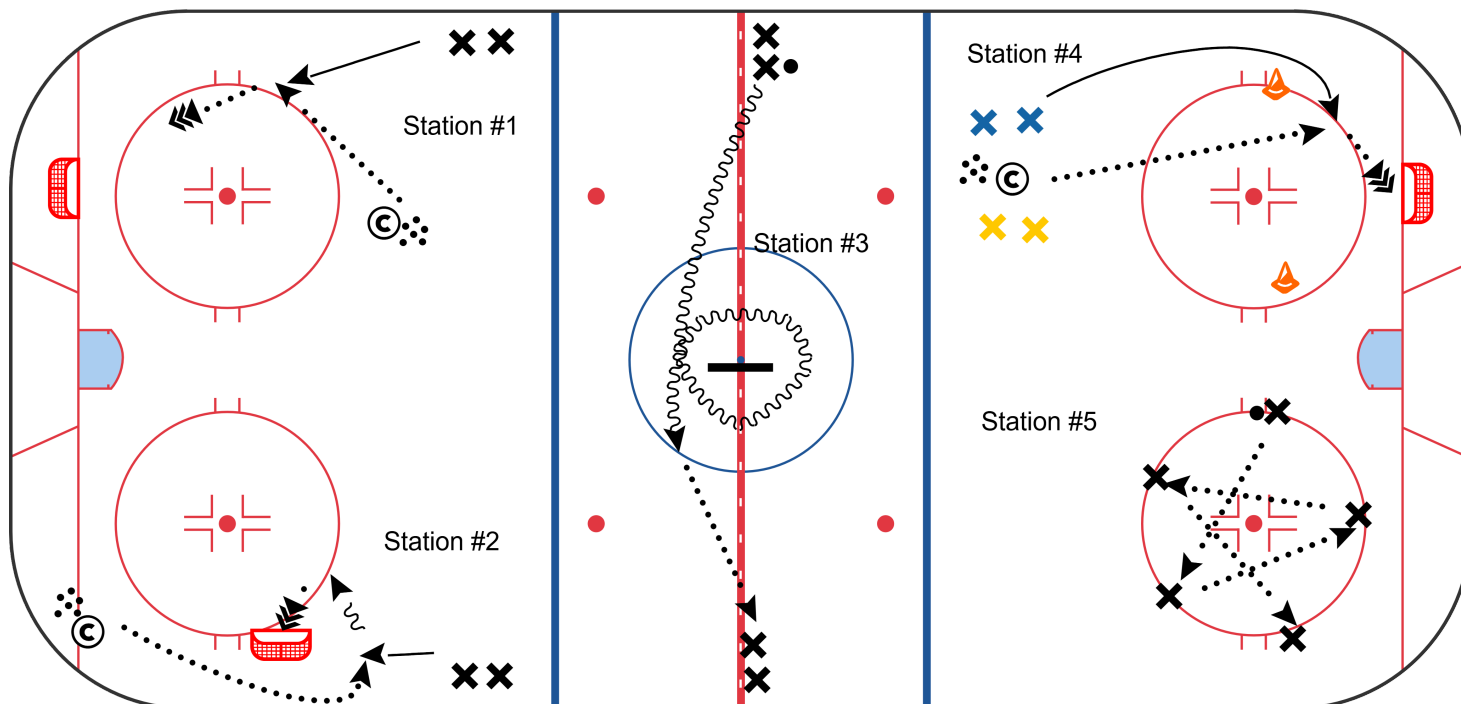


Shared Practice Backhand Skills Stations v2



Description

For this plan, it is best to group the kids in stations by HANDINESS (Lefties and Righties). It won't be perfectly possible, but do your best with it.

Station #1: Player skates towards the net and should be receiving a pass on their backhand. Catch it on the backhand, bring to forehand and shoot (lefties in above diagram).

Station #2: Player skates towards the net, and receives a bank pass from the coach on the other side. Player either catches on backhand, bring to forehand for shelf, or player receives on forehand, brings to backhand for shelf. Switch directions halfway through.

Station #3: Backhand passing skills in the NZ. Rotate through different motions and skills, but always be focusing on the backhand.

Station #4: Line players up based on handiness. In the above diagram, Blue X's line will be righties, Yellow X's line will be lefties. Players skate around the cone and coach will pass it hard on the ice for a backhand re-direct into the net.

Station #5: Circle stationary passing, focusing on all backhand skills. Backhands to backhands, follow your pass, etc.