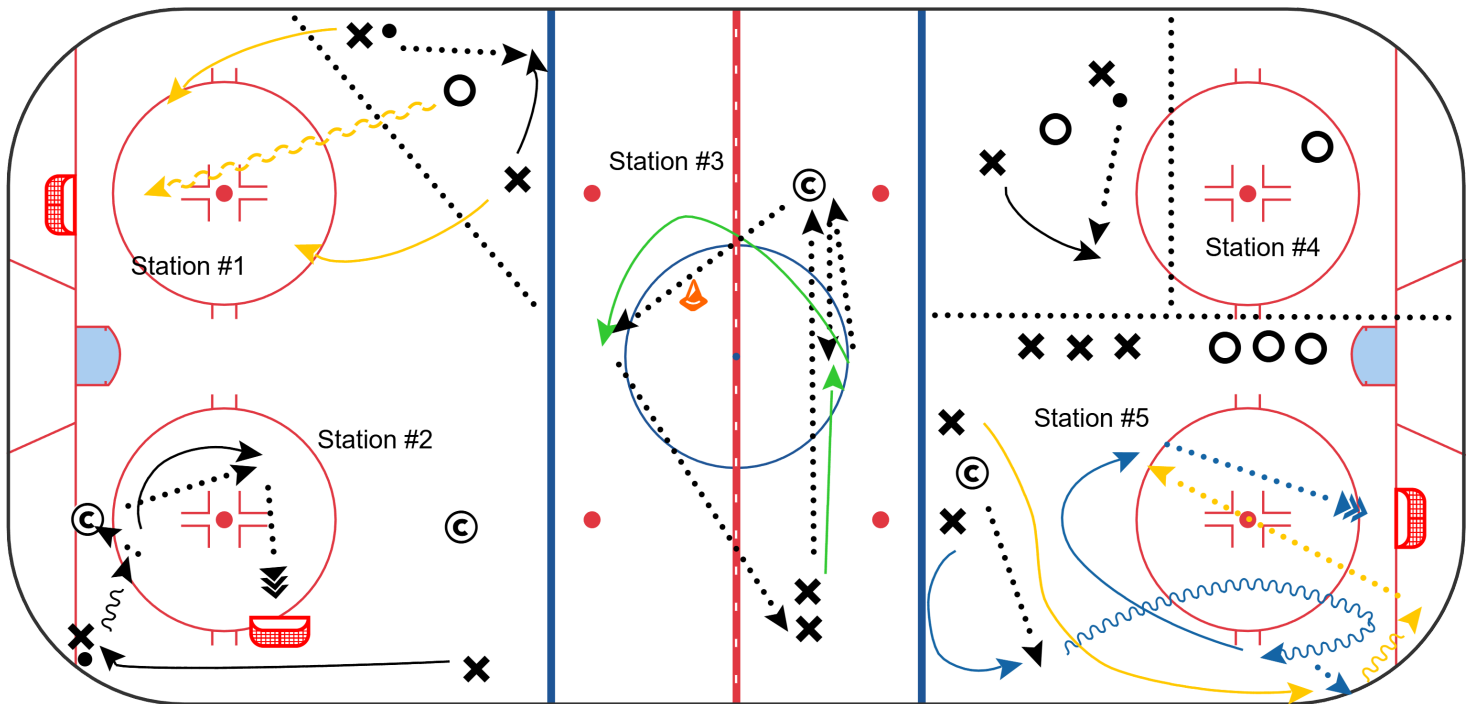


Puck Support Shared Practice Stations



Description

Station #1:

Coaches create a boundary as shown above. 2v1 keep away inside that boundary. Offensive players have to make 3 passes in a row, then they can attack the net 2v1, against the lone defender. Key points - work on puck support by moving inside the boundary and making small passes to maintain possession.

Station #2:

Drill will alternate sides. Player will skate behind the net and strip the other player that is holding a puck against the boards. Attacking player should hit and pin or go through the hands to separate the other player from the puck. Once winning the puck, player should make a quick pass to the coach as shown and skate to the front of the net as shown. Receives a pass back from the coach and gets a quick shot on net. Next rep, the other line will attack the opposite line and do the same thing.

Station #3:

J-hook passing reps.

Station #4:

2v1 keep away game. X's trying to keep the puck on their half of the boundary zone. One O has to wait in their area for their teammate to win the puck and pass it to them. Drill/Game can be run 3v2 as well in the same manner, depending on numbers.

Station #5:

Wall cycle and timing drill. Wide player gets a pass from the coach and drives low, cutting back near the goal line. As they climb the wall, the second (inside) player has good timing and heads down the wall. Drop pass TOWARDS the wall, and a pass out to the slot for a quick shot. Focus on good timing for both players here.