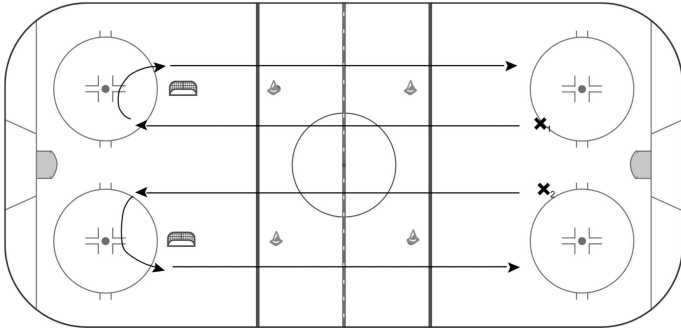


# Adult Day 2 - W2025

Duration: 50 mins

## Warm-up (Wind Tunnel)

10 mins



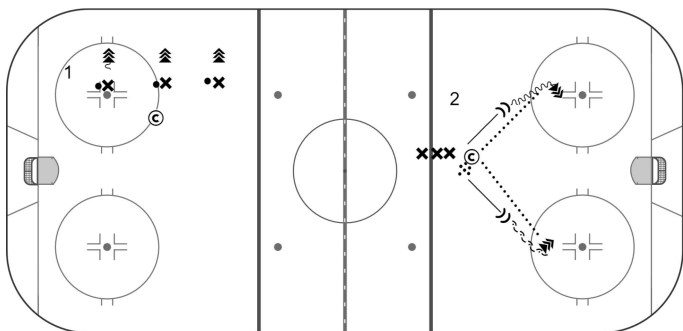
- All players skate down the middle turning towards the boards and back to the line.
- Coach assigns various exercises down the middle.
- Send the players quickly to keep as many players moving at once. Start with explaining inside and outside edges

Examples:

- Inside Edge to FWD C-Cuts to Stride Progression
- Outside Edge to Lateral Movement Crossovers
- Puck Control Progressions with Head Up calling out numbers from Coaches who are holding up numbers with their fingers
- Backwards, and/or pivots at each line.

### Key Points

- Agility
- Balance
- Coordination



### Slap Shot Key Points

- Basic stance: eyes up & on target, hands & arms in position, L-formation for proper positioning in the hockey stance
- Slide the bottom hand down on the stick for control, accuracy and power
- Arms stay inside the width of the body & top hand elbow is out for control, accuracy and power
- Puck is placed between the middle and heel of the blade
- Begin with weight on the back leg while loading up to generate forward momentum (whipping action) & power
- Tip of the blade points down, weight is shifting to the front leg while rotating the wrists to pull the puck inside the width of the body to continue with forward momentum & power
- Stick blade contacts the ice 2-4 inches behind the puck with the middle to the heel of the blade
- Finish the shot with the upper body leaning over the front leg, front foot points at the target as part of the follow through
- Point the tip of the blade low or high to the target every time for accuracy, the puck does what the stick tells it to
- Keep the blade closed (covering the puck) when shooting for accuracy
- Travel in a straight line to the net or destination with the options to shoot, pass or stickhandle, finish in recoil position ready for the rebound

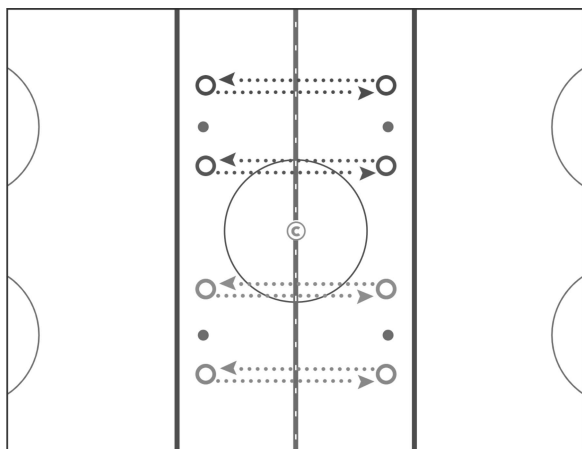
Progressions: pass and shoot, bad passes, slap shots in motion, one timers

### Common Mistakes:

- Improper hand placement
- Puck too far in front (not in middle)
- not keeping blade closed
- not looking at target
- Not shooting from middle of blade

### Key Points

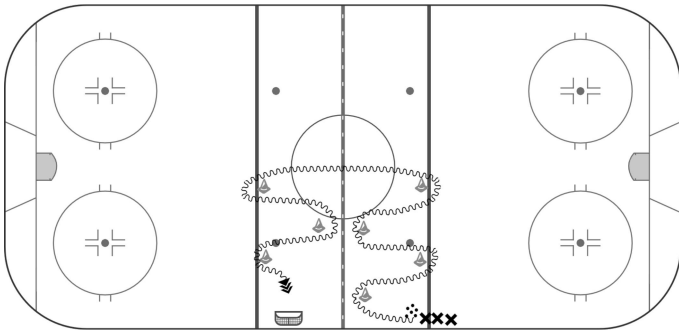
- Proper hand placement
- Low COG
- Transfer weight from back foot to front foot
- Blade closed
- Look at target



- Players in Neutral zone pair up and pass to each other on the forehand and backhand.

## Edge Control with Cones

10 mins



Players will skate around tires or cones from one side of the ice to the other, practising different edge control and puck control maneuvers. Focus on proper form, controlling stick and staying low with proper knee and ankle flexion.

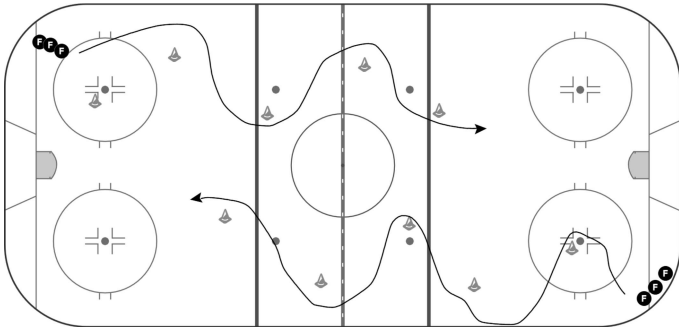
- 2. Edge control without pucks:
- Progression:
  - Two feet tight turns.
  - 360's around the stick alternating direction.
  - One foot / outside skate tight turns.
  - One foot / inside skate crossovers.
  - Mohawk turns facing stick.
  - 360 Mohawk turns alternating direction.
- 1. Progression adding pucks:
  - Fake inside out around cone
  - Fake outside in around cone
  - Backhand flip over cone if advanced
  - Forehand flip over cone if advanced
  - Fake shot if advanced
  - Spinorama if advanced

### Key Points

- Proper edges
- Turn head and drop inside shoulder
- Lean into turn, lead with stick
- Knee bend/ankle flexion

## Dader Under handling overspeed

10 mins



Players perform overspeed weave through cones with a focus on under handling puck

Progression 1: Straight weave through cones at full speed

Progression 2: Tight turns around every cone

Progression 3: Mohawk around each cone

### Key Points

Head up  
Feet always moving  
Under handling