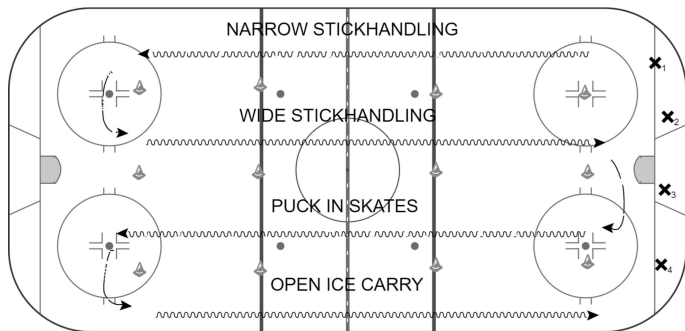


# Adult Day 3 W2025

Duration: 50 mins

## 4 Lane Puck Handling

10 mins



- Players perform specific puck handling skills down each lane.
- Coaches place themselves around ice giving feedback and correcting form.
- Do each skill 2-3 times through.

Progression Options:

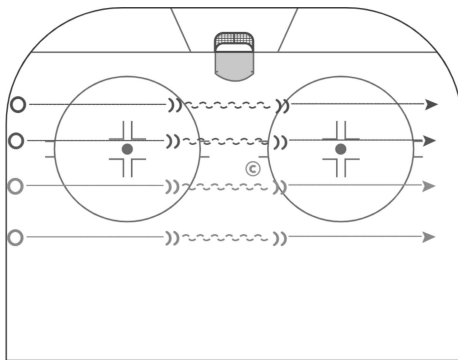
- Front Toe Drag
- Side Toe Drag
- Spin the puck All around body (rotate torso)

### Key Points

- Head up;
- chest up
- Rolling wrist of top hand
- Hands properly spaced apart / palm facing up
- Hands away from body
- Under-handle puck in open space

## Forward / Backwards Pivots

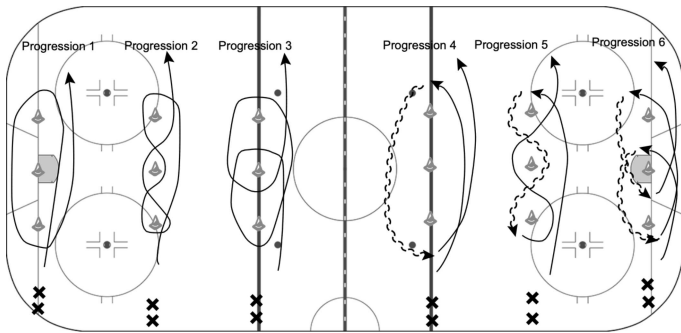
10 mins



- Players line up on boards.
- On coaches' signal, skate forward to the top of the circle, pivot and skate backward to the next circle, pivot, and skate forwards to far boards.
- Repeat 2-3 times.
- After 3 repetitions, start backward instead of forward.

## 3 cone vertical skating progressions

10 mins



### Progression 1 (wide power turns/crossovers)

-Fast as you can, power turn, crossover out, power turn, line up on opposite boards to go the other way

### Progression 2 (figure 8)

-Skate to the last cone, tight turn, crossover out, crossover at cone 2, tight turn, crossover out, crossover at cone 2, crossover at last cone.

### Progression 3 (4 turn)

-Tight turn at cone 2, back to cone 1, tight turn at cone 3, back to cone 2.

### Progression 4 (Power Pivot, crossovers and backwards crossovers)

-Same as progression 1, pivot to backwards, backwards crossovers, open up at bottom cone left foot to right, crossover out.

### Progression 5 (Forwards to backwards figure 8)

-Same as progression 2, pivot to backwards, backwards through the cones (look over inside shoulder) backwards crossover at middle cone, open up, crossover at middle cone.

### Progression 6 (4 pivots)

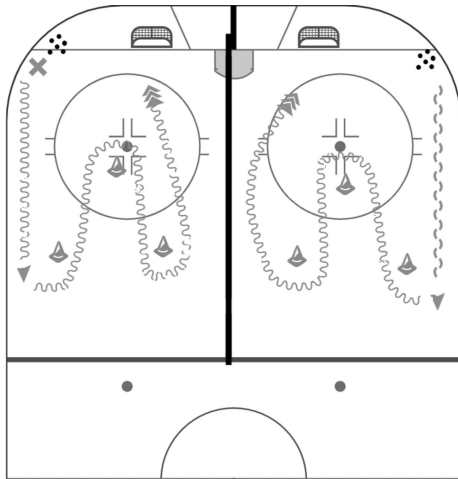
Same as progression 3, forward to backwards at middle cone, backwards to forward at bottom cone, forward to backwards at furthest cone, backwards to forwards at middle cone.

### Key Points

- Stick always turns in front of body around the cones (think of the cones as 6 feet players) backhand and forehand.
- Accelerate out of every turn crossing over (quick feet)
- Inside leg leads in front of body when performing a power turn
- Lower center of gravity throughout all stations (no bopping or standing straight)

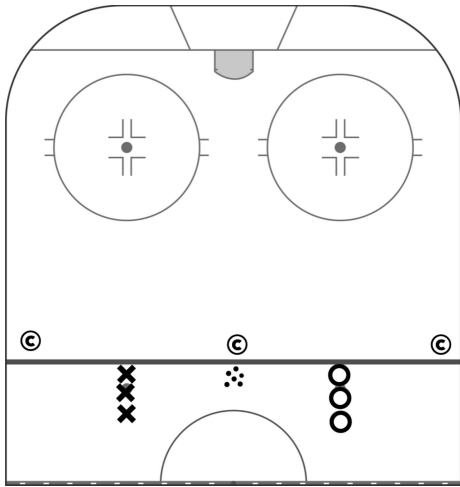
## Puck handling / Shooting

10 mins



Ensure the shooting techniques are proper and make sure they are handling the puck well.

Free to add variations as you see fit.

**Drill**

- 1v1, 2v2, 3v3.
- Players retrieve the puck, pass is to one of the coaches, and gets it back before they can shoot.
- If Defence steals the puck, passes it to the coach, gets it back, they're now on offence.