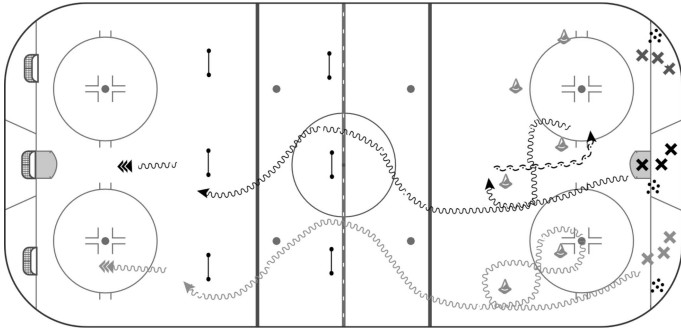


Adult - Day 4 W2025

Duration: 50 mins

Edges Combined with Dekes & Fakes - Full-ice

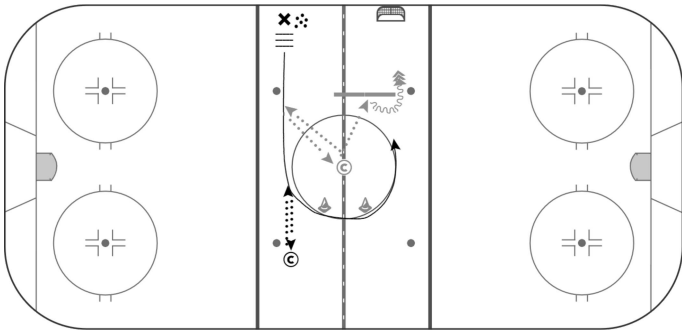
10 mins



- Players start by making a figure-8 around two cones, cutting through the seam between after turning around the bottom cone.
- They will then attack the two danglers with specific moves and go in for a shot.
- Progressions through cones:
 - Tight turns with punch step
 - Pivots
 - Mohawks
- Progression through danglers:
 - Forehand to backhand: focus on lateral movement after deke
 - Backhand to forehand: focus on lateral movement after deke
 - Spinorama
 - Toe drag
 - Backhand toe drag
 - Pull through feet

Key Points

- Knees & ankles flexed; loose bottom hand
- Use outside edge in punch step for power
- Head leads turn; spot puck to space
- Leave enough space for dekes



Working on players first three strides, puck recovery and quick release.

1. player lines up in hockey stance and performs a give and go with the coach, focusing on keeping their feet moving at all times.

- edge control & crossovers around circle

2. players pivot at the apex of the turn (top of the circle)

3. Transitional maneuvers

4. players perform hip rotation at the top of the circle (forwards to backwards back to forwards as quick as possible)

Puck recovery progression (green): player lines up in hockey stance and performs a give and go with the coach, focusing on keeping their feet moving at all times.

- edge control & crossovers around circle

- Give and go with Coach on the dot

- As Player comes around the circle, Coach will shoot the puck to the rink divider, player retrieves a puck and takes a shot

Progression:

- After player's first shot, they will screen the goalie and tip Coach's second shot

- Add knee touches etc on their way up to the cones

- More Passes

- Both sides

Work on both sides crossover starts if players are mastering quick feet.

Key Points

- hockey stance; first 3 strides

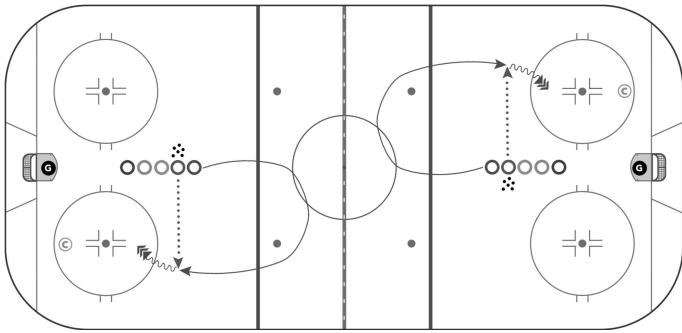
- ready to pass; ready to receive

- hip rotation/ knee flexion/ ankle flexion

- quick puck recovery, eyes up, get shot off

Catch And Snap

10 mins



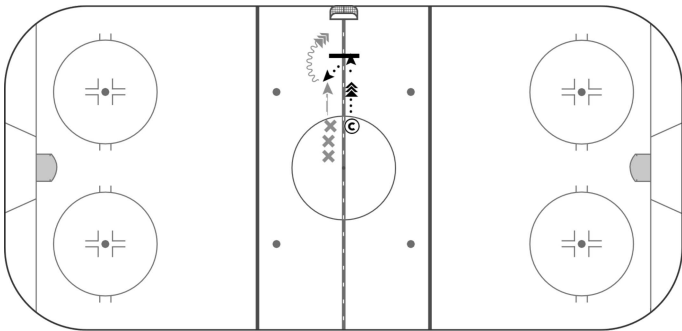
- Players stand in a queue in the middle.
- First player of the queue skates at a speed around the blue line and collects a pass from the player standing in a queue.
- As soon as he catches the puck, shoots on the net in a snap.
- After the shot by the first player, next player starts a drill.

VIDEO IN SKETCHPAD

Instagram: @game7industries

Crossbar Rebound

10 mins



- Place a 'Passer' in front of the player
- Coach will shoot puck along ice against "Passer" to create a rebound.
- Player will skate to rebound and move the puck laterally for a quick shot on net.

Variation:

- multiple shots
- change shot type and location of shot
- make it a 1-on-1 battle
- have players on one foot, one knee, etc to start

Common Mistakes:

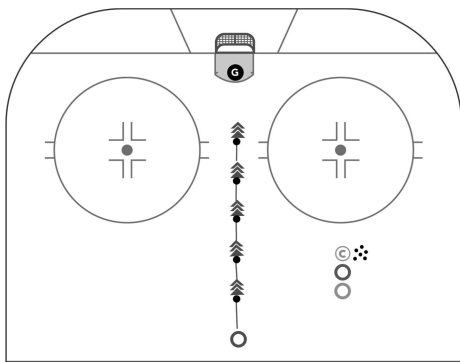
- Not staying in hockey stance ready for rebound
- Not protecting puck once possession is gained
- Not looking at target
- Not shooting off strong leg

Key Points

- Lateral movement
- Load outside leg
- Only stick must be in shooting position
- Quick puck pick up

Quick Snaps

10 mins



- On © 's whistle ○ skates and shoots the puck continuously on the net placed in a line.

VIDEO IN SKETCHPAD

Instagram: @elev802