

Adult Skills Day 7 W2025

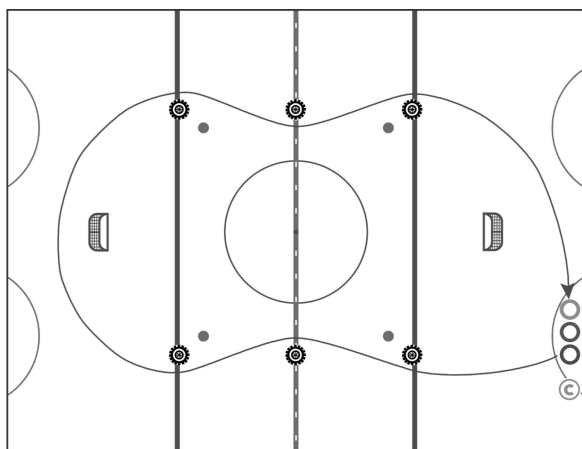
Date: Nov 7 2025

Time: 4:38 pm

Duration: 50 mins

Overspeed Skating

10 mins



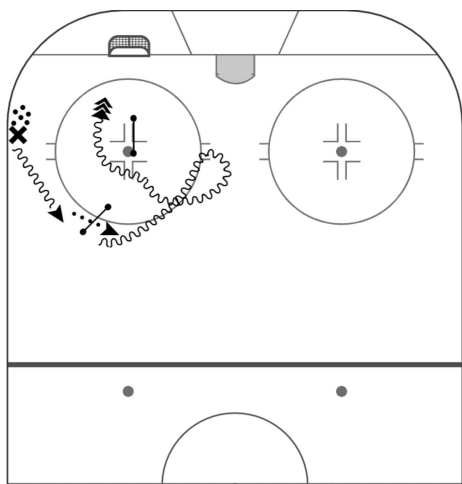
- On Ⓢ's whistle, Ⓢ skate through the tires in a zig-zag pattern, then turn around the net and again skate through the tires and skate to the back of the queue.

VIDEO IN SKETCHPAD

Instagram: @above_and_beyond_hockey

Dader Overspeed/Under Handle change angle

10 mins



Players will work on under handling the puck while performing overspeed drill

Working on a slip on the first dangler and different moves before a shot
Under handle puck otherwise

Key Points

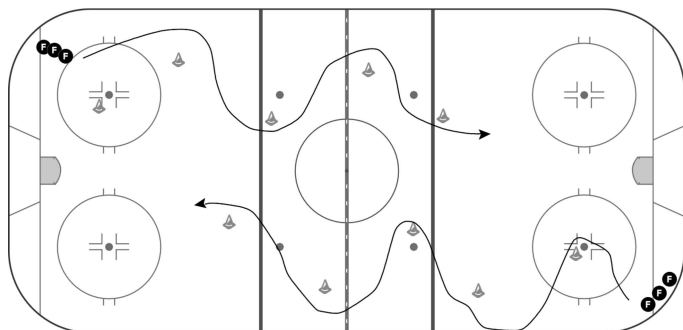
Under handle

Overspeed

Creativity on last move

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

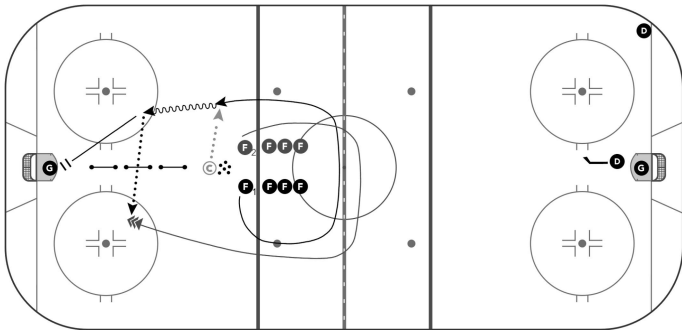
Head up

Feet always moving

Under handling

Montreal Canadiens - Overspeed Shooting

10 mins

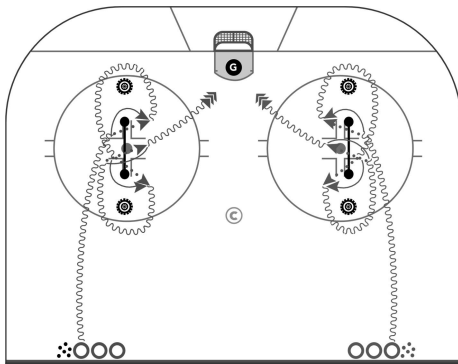


- **F** 1- **F** 2 gather speed around Forwards group, Coach spots puck either side to speed Forward and **F** 1 must execute a pass with **F** 2 one timing the puck or with a catch & release shot.
- **F** 1 needs to stop at the net for rebound and develop a good habit of stopping at the net.

NHLCA DRILL OF THE MONTH
September 2022 - Montreal Canadiens

Figure 8 Puck Control Drill

10 mins



- On **C**'s whistle players skate with the puck from the blue line and the puck under the deviator on the circle.
- Players then go around the tier and rerun back towards the top tire while taking the puck under the deviator.
- Players work on puck control in Figure 8 and take a shot on the net.

VIDEO IN SKETCHPAD
Instagram: @huhockey