

Adult Skills Day 8 W2025

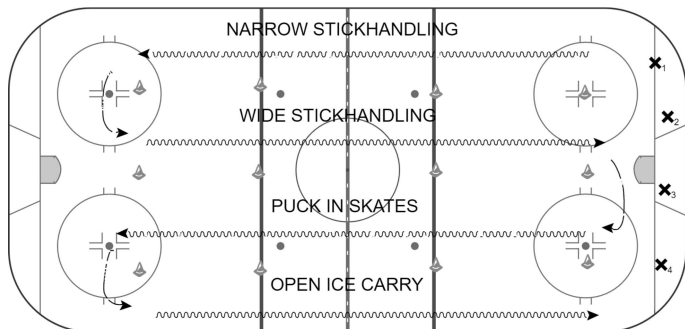
Date: Nov 7 2025

Time: 5:16 pm

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:

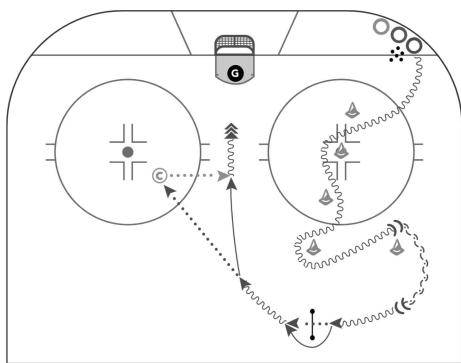
- Front Toe Drag
- Side Toe Drag
- Spin the puck All around body (rotate torso)

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

Acceleration / Puck Handling

10 mins



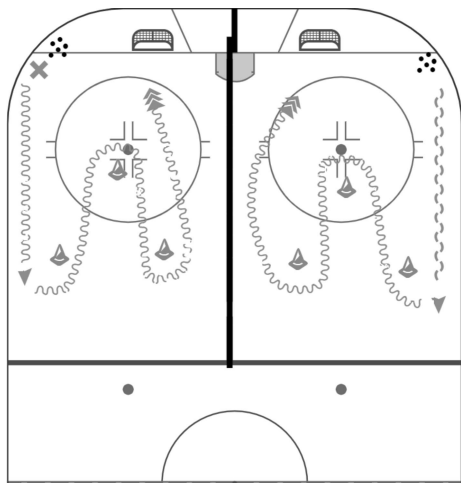
- On © 's whistle ○ skates with the puck and take the puck in between pylons take a tight turn at the pylon placed on the face off circle and moves towards the pylon kept on the board side.
- ○ then pivots and skates backward around the pylon pivot forward takes the puck under the deviator pass to the © and collects a return pass and takes a shot on the net.

VIDEO IN SKETCHPAD

Instagram: @finehockey_

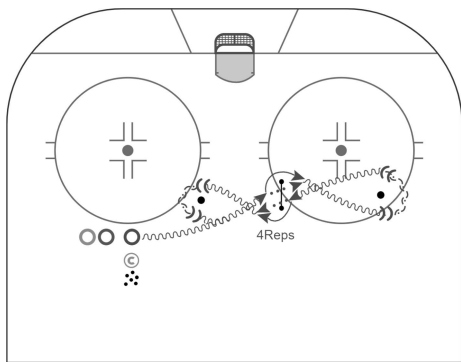
Puck handling / Shooting

10 mins



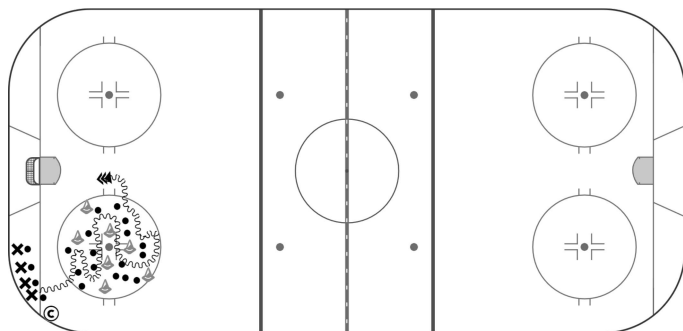
Ensure the shooting techniques are proper and make sure they are handling the puck well.

Free to add variations as you see fit.



- ○ skates with the puck Around the 2 pucks, and perform tight turns, inside edges, or open pivots.
- Attacking the dangle stick in the middle.

VIDEO IN SKETCHPAD
Instagram: @finehockey_



Pucks will be placed within the circle. Players waiting in line will be performing narrow/wide/forehand/backhand stickhandling (active rest). When name is called, player will go inside the circle and deke around as many pucks/cones as possible keeping control of their own puck. On coaches cue, the player will then jump out of the circle and attack the slot for a shot on net before returning back into the line. Change them out consistently every 15-20 seconds.

Common Mistakes:

- Focusing on the other pucks and not the space where player should put their puck
- Not keeping head up
- Forgetting to keep the feet moving
- Hands/Elbow glued to hip
- Not keeping low COG

Encourage players to be creative and have fun with this drill. This is where they can work on quick reactive moves that can get them out of a tight situation.

Key Points

- Creativity
- Hands/Elbows away from hip
- Push puck to open space
- Head up
- Keep feet moving in all directions (not just in a circle)
- Low COG