

Adult Skills Day 10 W2025

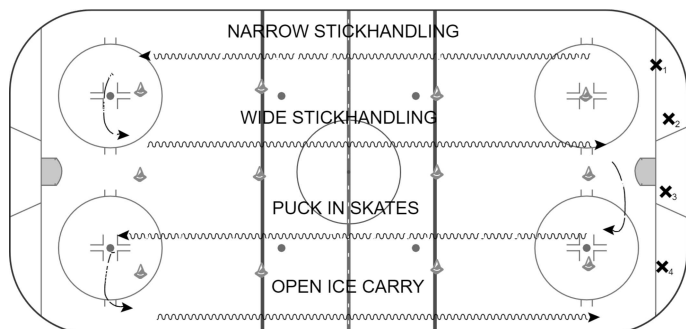
Date: Nov 14 2025

Time: 2:58 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:

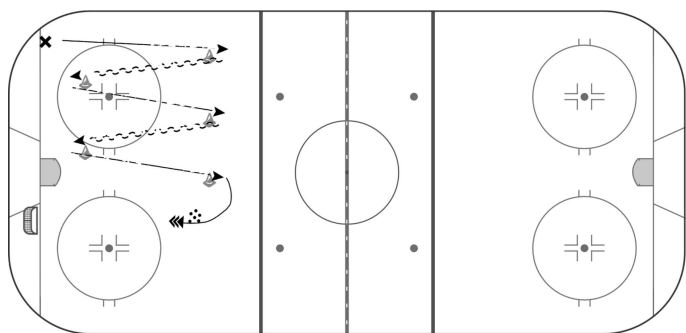
- Front Toe Drag
- Side Toe Drag
- Spin the puck All around body (rotate torso)

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

5 cone pivots with shot

10 mins



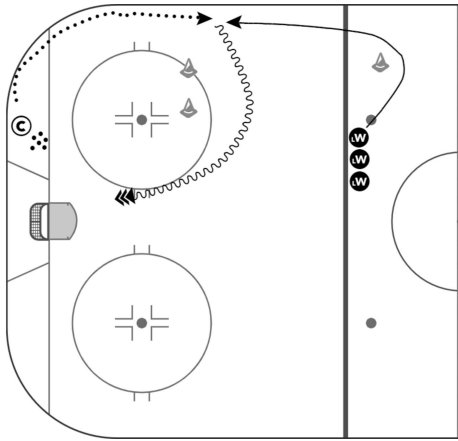
Players skate from corner up to first cone, pivot heels first around cone and continue backwards to second cone. Players pivot back to forwards around second cone and repeat steps until last cone. After final cone, players remain forward, grab a puck and take a shot on net. After several reps, have them start backwards to work on pivots the other way.

Key Points

- swing hips (forwards to backwards)
- chest up
- stick in control
- strong push after pivot and undercut
- open hips (backwards to forwards)

Backhand Rim Pickups

10 mins



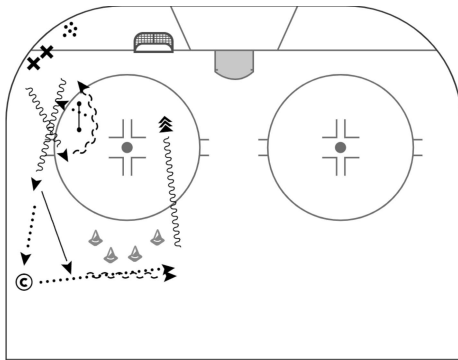
- Line up players on their off-wing at the blue line with cones as pictured in the diagram.
- On the whistle, a player skates around the cone and heads down the boards where they collect a puck that was rimmed by their coach (or a player) along the boards.
- The player quickly collects the puck on their backhand, gets off of the wall, and fires a shot on net.

Key Points

- Emphasize shoulder checking before receiving the rim pass to be aware of pressure and teammates.
- Ensure players have proper hand positioning with the top hand/elbow up and bottom hand in place to control the puck off the boards.
- Staying low with knees/hip and having top elbow up helps get full blade on ice and more control when picking up rim on backhand. It also lowers chance of puck going under blade
- Angle of the blade is crucial. Blade angle should be straight and not be tilted up. If tilted up, the puck can deflect up
- Encourage players to drive the puck towards the net, navigating around obstacles such as cones that simulate defenders.

In-tight overspeed/puck control

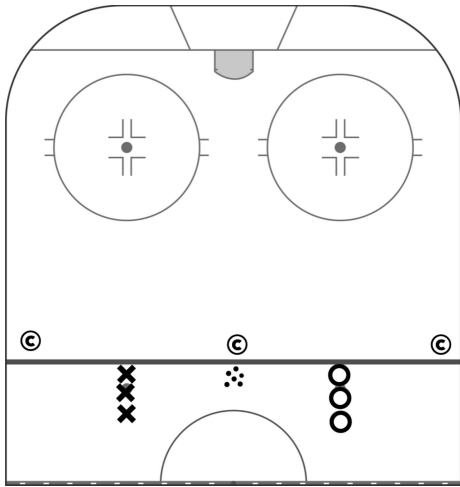
10 mins



- X will leave from the line with a puck.
 - Skating above the dangler, pivoting, and self-passing to the other side.
- After picking up the puck, X will take a couple of hard strides and pass to the Coach.
- X will open up, get the pass back, and then attack the net for a shot.

VARIATIONS:

- Open up for pass from coach - stop-up and go back the other way.
- Give and go with coach to maintain speed around cones
- Weight transfer around dangler keeping possession the entire time.

**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.