

Adult Skills Games Day

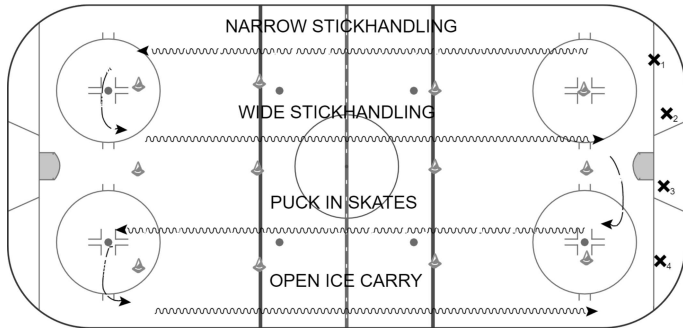
Date: Dec 12 2025

Time: 3:14 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:

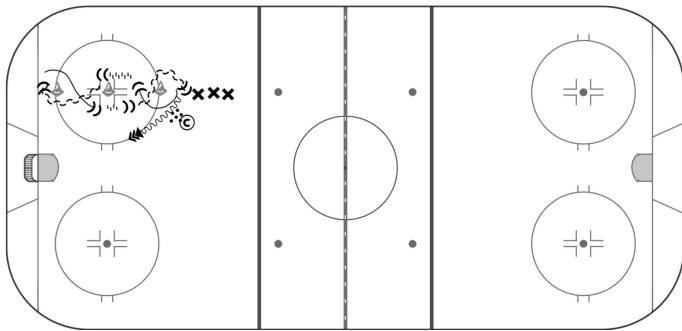
- Front Toe Drag
- Side Toe Drag
- Spin the puck All around body (rotate torso)

Key Points

1. Head up;
2. chest up
3. Rolling wrist of top hand
4. Hands properly spaced apart / palm facing up
5. Hands away from body
6. Under-handle puck in open space

3 Cone Edges

10 mins



- Purpose of this drill is to have hips always facing the middle cone.
- **X** begins drill by moving forward inside of cone, opens up hips into mohawk as they move to outside, then weave back out of mohawk to backwards skating.
- **X** will then pivot back to forward, weave from outside into a mohawk, then pivot backwards to make sure their hips face the middle cone at all times.
- **X** will then move out of drill and complete it by taking a shot on net.

Progression:

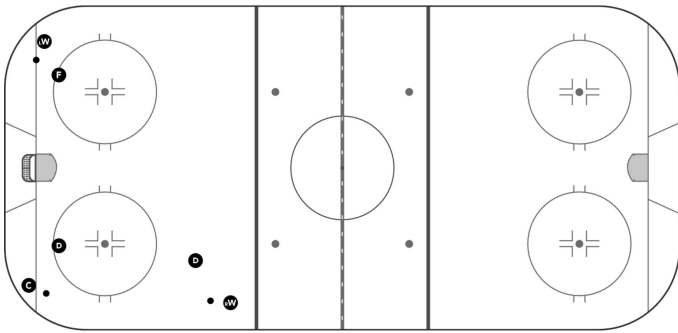
- Add pucks
- Perform an escape at the bottom instead of pivot

Key Points

- Edge control
- Low COG
- Open up hips
- Puck control

Dader 1v1, 2v2, 3v3

10 mins



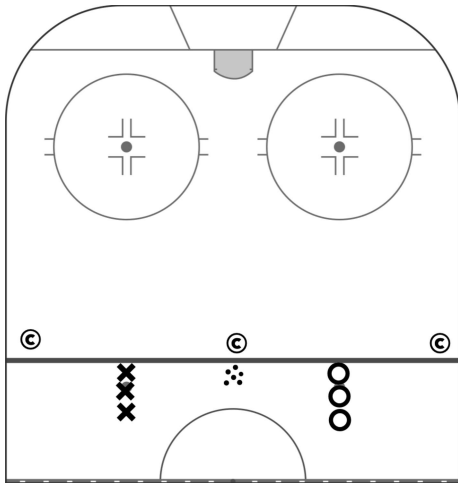
The drill starts in one corner with a 1v1. Once the play is dead the coach blows a whistle, and the other corner starts making it a 2v2. Third whistle starts players at the blue line making the drill a 3v3. Working on 1v1 and 2v2 angles. On the 3v3 the defensive players have to skate the puck out. 3v3 working on angling players to the outside and breaking the puck out.

Key Points

Scoring goals
Communication
Angling
Supporting teammates

Joker

20 mins



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.