



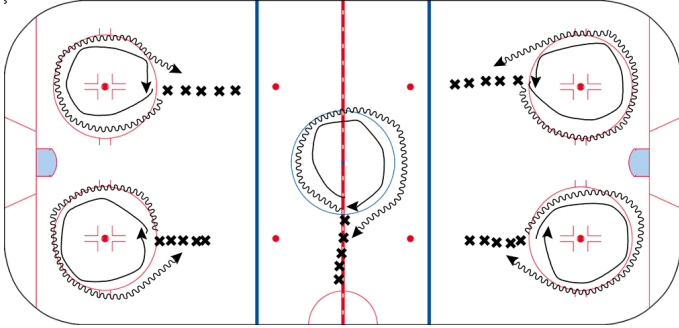
# Skills Practice

Duration: 56 mins

A sample skills practice that can be used in training camp.

## Canucks Circles

8 mins

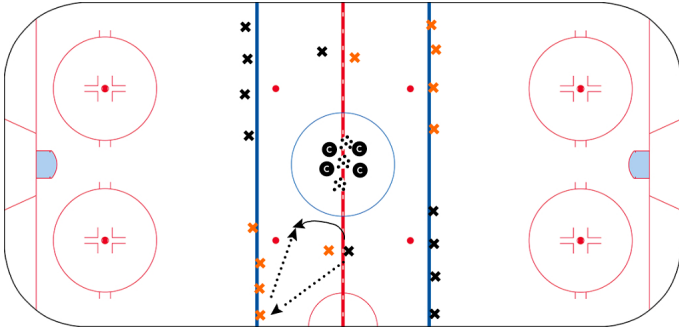


One player skates around circle with puck while another player provides passive pressure  
Player providing pressure picks up puck and skates around circle

- outside pushes
- hip openers facing in
- hip openers facing out
- tight turns (feel pressure, then turn)

## No Sauce 1on1

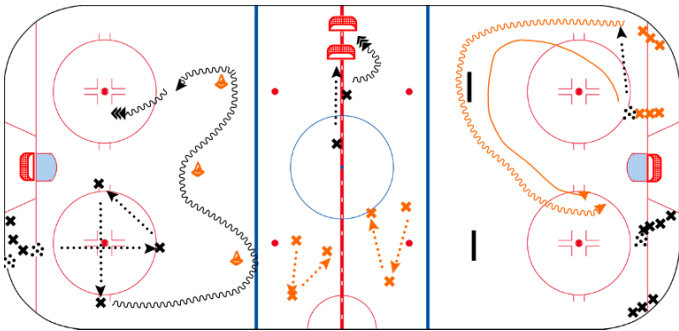
8 mins



Two players play give and go with their team lined up on the blue line  
Pass the puck, get open for return pass

## Rookie Prep Skills Stations

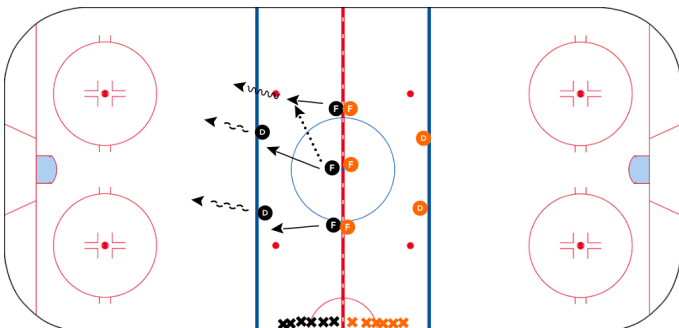
30 mins



Each stations has two parts, switch half-way through

## 3on2 Zone Entry

10 mins



3on2 zone entries from centre ice

- F passes and drives middle lane
  - Wide entry with shot far pad
  - Look for F3 high
  - F carries over blue line and kicks puck out
- After zone entry, play continues 3on2

