



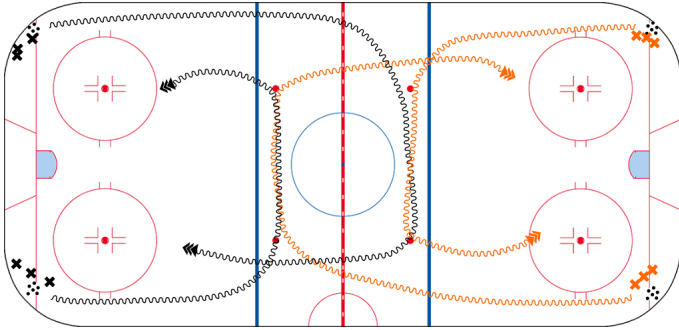
Main Camp 2019 Team Practices

Duration: 43 mins

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

Flyer Left Long Right Short

7 mins



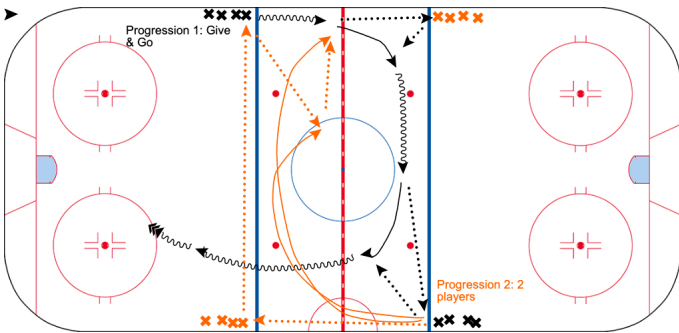
Players in 4 corners all leave with pucks on the whistle
Player to the left of the goalie skates through far NZ dots
Player on the right skates through close dots
Add passes with coaches, backwards skating

Key Points

Eyes up while skating with puck
Use crossovers to generate speed

Oiler 4 Blue Line Passing

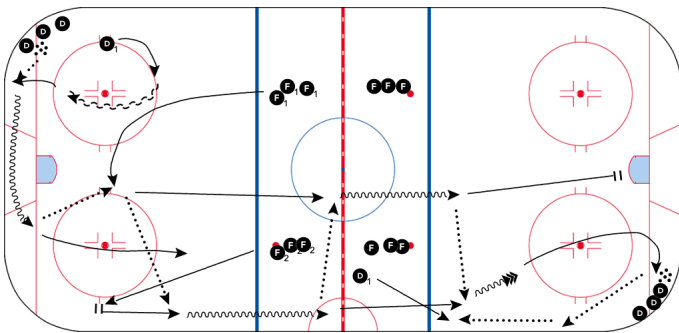
10 mins



On whistle opposite corners leave with pucks, give and go with line across boards
Give and go with line across blue line, then go in for a shot
Progression 2: 1 pass to each line, 2 players go

Cam Neely

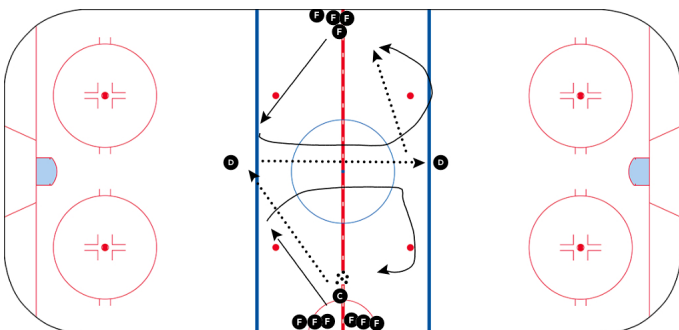
10 mins



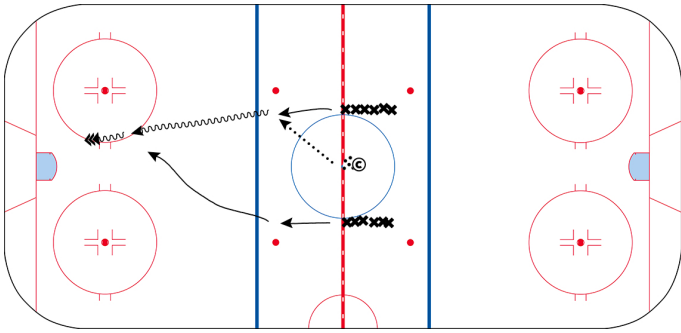
On whistle, D1 pivots at top of circle and retrieves puck from corner and wheels behind net
F1 swings slow and low for middle breakout pass, F2 stops at hash marks and joins breakout
D1 follows rush
F1 and F2 play catch and kick puck out on zone entry, take shot with net drive
F2 picks up second puck in corner and rims up to D on blue line for shot with net presence

Yeezy 2on1

8 mins



Coach passes to D1
2 forwards forecheck D1
D1 passes puck through forecheck to D2
If pass gets through to D2, forwards regroup and go 2on1 vs D1
If pass doesn't get through, 2 forwards carry on and play 2on1 vs D1



Two players leave from red line, coach passes to either side
Player who doesn't receive pass backchecks