



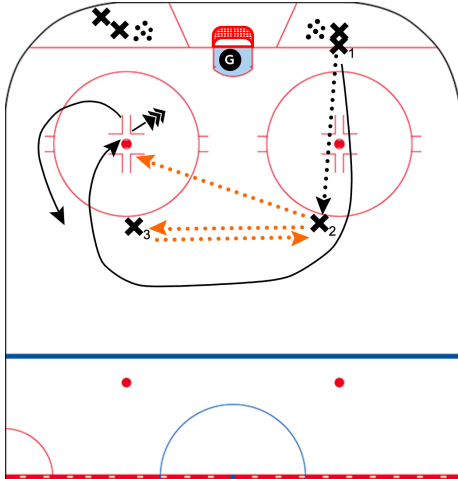
Spring Camp 1: Skills Stations

Duration: 48 mins

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

Spring Camp Skills Station 1: No Dust

8 mins



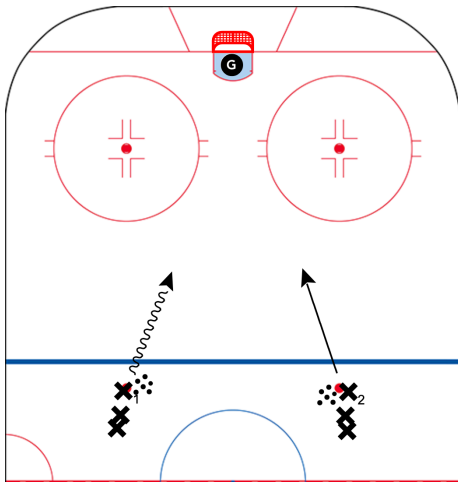
X1 passes to X2 and skates around X2 and X3
X2 and X3 pass back and forth, X2 passes to X1 for quick shot at dot
X1 curls and goes the other way while new pack is passed to X3

Key Points

No stickhandling of the puck, receive and pass

Spring Camp Skills Stations 2: 1 Pass

8 mins



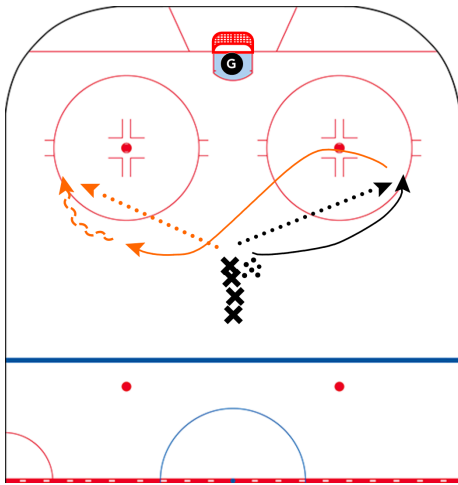
X1 can either skate and shoot or pass to X2, X2 can't pass back
If X1 shoots, X2 goes to the net for rebound
If the puck doesn't go in, X1 and X2 play until there's a frozen puck or a goal, but they can only pass once after a retrieval

Key Points

Sell false info to goalie

Spring Camp Skills Stations 3: One-Timers

8 mins



Players flares out to strong side first, gets pass and shoots
Check up with line and open up for one-timer

Key Points

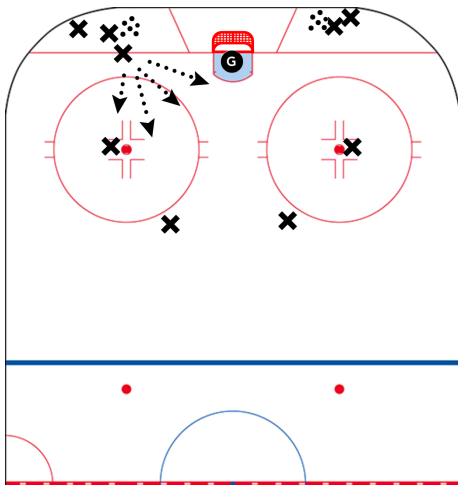
No dust on reception, catch and shoot

One-timers: focus more on execution and timing of shot rather than power

*** GOALIE SWITCH ***

Spring Camp Skills Station 4: Follow Your Pass

8 mins



X passes to any player and follows his pass

New player passes to any player and follows pass

Continues until 4th player gets puck, who then takes a shot with no dust, then moves to a line

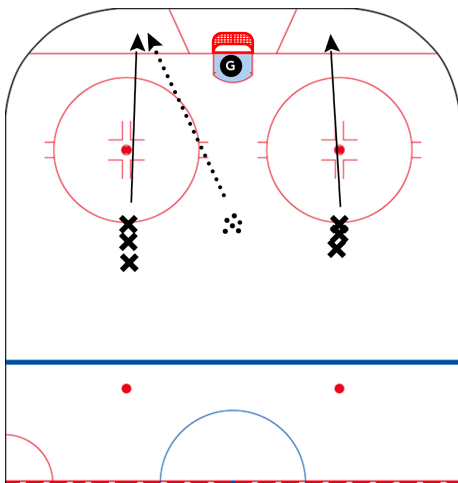
New player starts from opposite line

Key Points

Always stick ready, no dust before shooting

Spring Camp Skills Station 5: 2 Pass Deception

8 mins



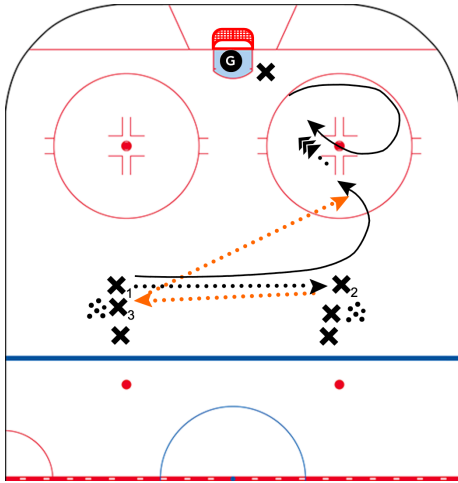
Coach spots puck in either corner for players to retrieve

Players can make two passes after retrieval or rebound

Play until goal or frozen puck

Key Points

Deception and quick escapes to open ice after passing



X1 passes across and leaves line, X2 passes back to X3

X1 opens up for pass from X3, shoots, then flares around dot and drives back post

Key Points

Quick shot in stride, no dust

After shot, monitor next rep and time skate to drive back post