



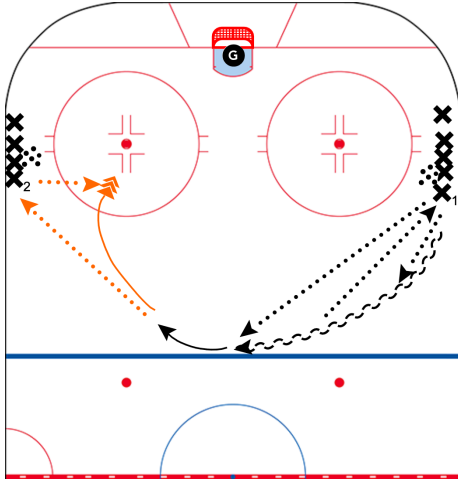
Spring Camp 2: Compete

Duration: 55 mins

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

Spring Camp Compete: Warmup Passing

7 mins



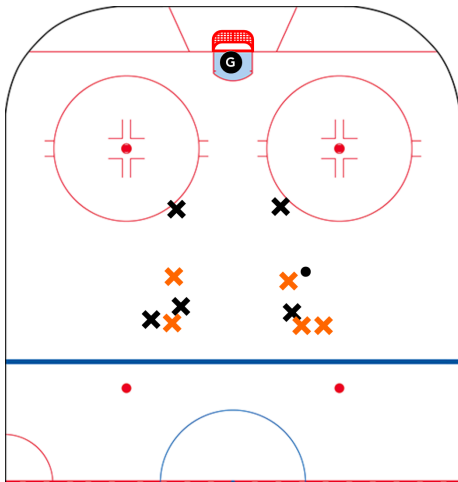
X1 starts backwards and passes back and forth with original line
X1 turns forwards at blue with puck and passes to X2, who returns pass, X1 shoots

Key Points

Pass the puck directly and with purpose (no area passes)

Spring Camp Compete 1: Shrink the Zone 2on2 Continuous

12 mins



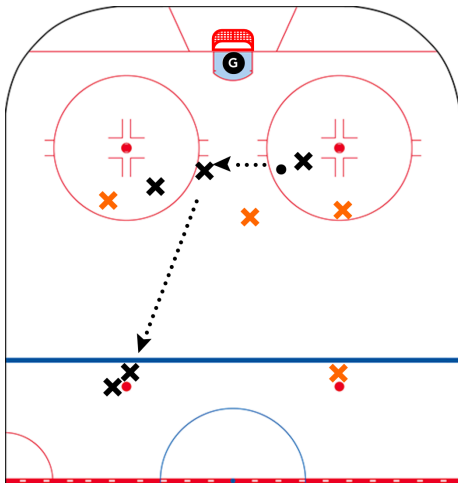
2 orange skaters play offence against two black skaters
When black retrieves puck they have to pass to two black skaters waiting
Original orange offensive players play defence
On goal or frozen puck the defence gets free passage out

Key Points

Pass the puck and escape into open space

Spring Camp Compete 2: 3on3 Tag Up

12 mins



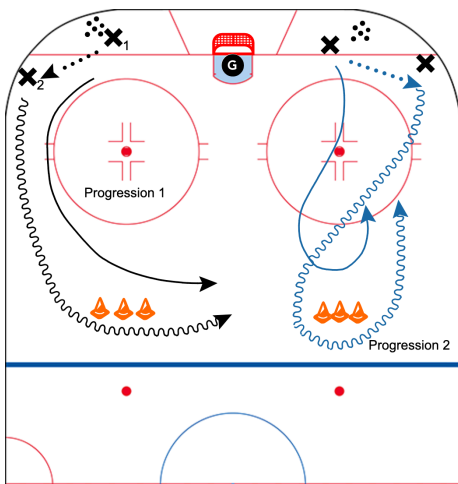
Orange starts on offence and tries to score - when black steals puck, one black player can change by passing to teammate in line
On successful change (tag up), black is now on offence and orange is on defence
Offensive team can't change on offence

Key Points

Look for a quick play on changes

Spring Camp Compete 3: Forward Skate Angling

12 mins



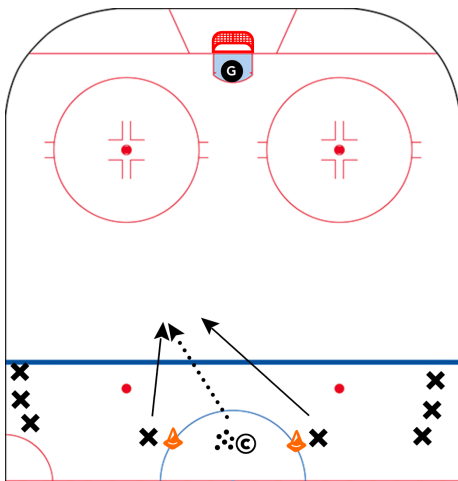
X1 passes to X2 who carries puck around barrier while X1 angles
No backward skating
X2 can cut into the middle any time
Rep is done after a shot or rub out
Progression: after pass X1 turns towards boards, same rules apply

Key Points

Look for positioning on angling player, help them find the hip pocket of the puck carrier

Spring Camp Compete 4: Bootsy 1on1

12 mins



Whichever side coach spots puck to, player skates into it and plays offence
The other player plays defence. Defensive player can steal puck and skate out of the zone
Use one whistle for both sides

Key Points

Just work as hard as you can