

2014-15 Stations: Weeks 17 & 18

Equipment Needs: 4 Nets, 4 Barrels, 18 Borders, pucks

Kaos Puck-Handling Warm-Up (2 min/2 total)

Players skate around the rink in any direction handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle. (Not Diagrammed)

There is no agility this week...encourage players to hydrate & move to the next station as quickly as possible.

1ST ROTATION: 9 STATIONS @ 5 MIN. (45/47)

Station 1: 1v1 - Players compete 1v1 SAG with 20 second shifts

Station 2: Break-Aways - O1 with puck attacks Goalie with medium resistance from behind. (Goalies switch every 5 shots)

Station 3: Agility Skating & Shot - O1 skates forward with puck, passes to coach, receives immediate return pass & pivots forward to backward to forward through barrels for shot. Players alternate lines.

Station 4: Stick-Handling Moves

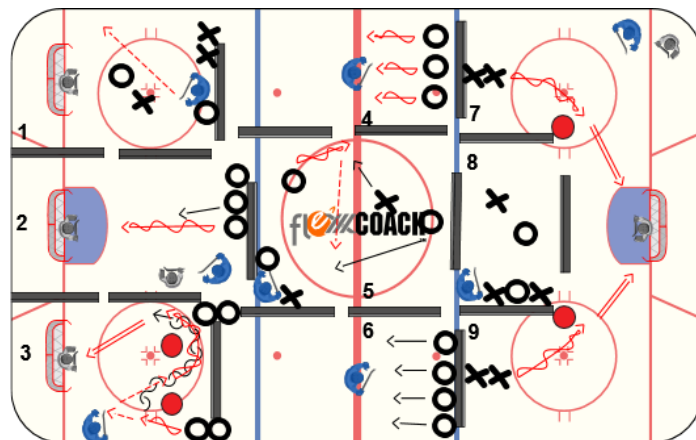
Station 5: Lulea 2v1 - 2 O's (offensive players) support & get open to create 2v1's vs 1 X (defensive player) in a small area...X must attack player with puck.

Station 6: Agility, Balance & Quickness Skating

Station 7: Under-handle Shooting/Goalie World - X1 explodes out of line cradling puck on fore-hand for quick snap shot at barrel. Focus on proper shooting technique...alternate turns with Station #9

Station 8: 1v1 Ringette - Players compete 1v1 Ringette keep-away for 20 sec. shifts

Station 9: Under-handle Shooting/Goalie World - X1 explodes out of line cradling puck on fore-hand for quick snap shot...Focus on proper shooting technique...alternate turns with Station #7



Zamboni Entrance

Derek's Goalie World Skating (Billis)

Goalies start as follows: 1 in #1; 2 in #2; 1 in #3, 2 in #7, 1 in #9...Rotation is 1 to 2a to 2b to 3 to 7 to 9
Derek stays with goalies in stations 7 & 9

2nd Rotation - 3 Stations w/ Players Grouped by Team -Coaches rotate with their teams (33/80)

Station 1: 2v2 Angle Drill with Transition

Coach shoots puck on net for goalie to handle and set up for teammate. X1 picks up puck & must wheel the net driving wide, X2 can choose to wheel the net or join the attack by touching skates inside circle to attack. O1 & O2 should fore-check with speed taking back ice and angling as a team to deny middle ice & gain body position on both opponents. Coach can let play continue to create 2v2 scrimmage. Players should switch sides and lines.

Station 2: Agility, Balance & Quickness Skating

O1 & X1 skates & pivots fwd to bkwd around the top of each tire as diagrammed, player accelerates after 4th tire to the last tire and pivots again (fwd to bkwd) then skates bkwd down the red line back to the opposite line.

Station 3: 3v2 Cycle & Change Point of Attack

2 X's start on their knees as diagrammed. Coach spots puck in corner for offensive team cycle with possibility of looking for F3 to position himself in offensive triangulation sweet spot for shot or joining cycle as 3rd forward and changing point of attack. Allow players freedom to create their own attack with or without changing the point of attack based on taking what the defending players leave available.

