

Bantam: Practices 15 & 16

1 of 2

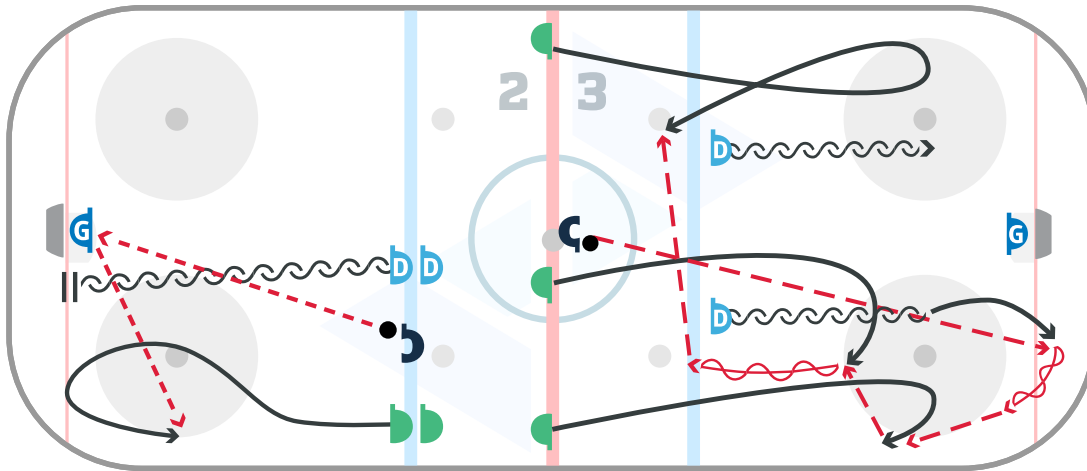
Time: 60 minutes | Theme: Goalies playing the puck & special teams | Equipment: Pucks

Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

1. Burning Stick

The coach stands in front of a group of players and uses his stick to command the players where to skate (forward, backward, or side-to-side) testing their agility. Once they reach the far blue line, then the next group begins.

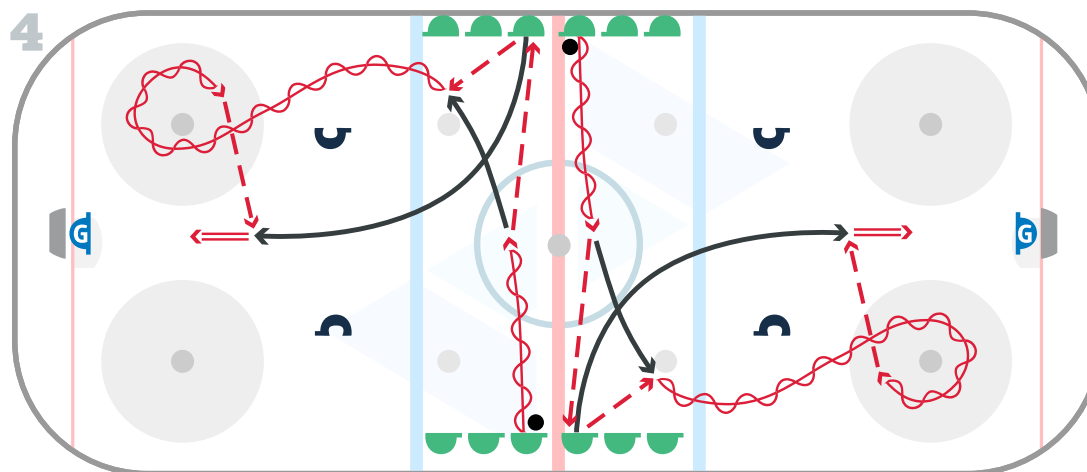


2. Goalie Outlet Pass

The coach dumps the puck on the net, and the goalie has to make an outlet pass to the forward who swings low along the boards. Meanwhile, the defenseman must back-pedal, touch the goal line, and defend against the forward who regroups and attacks the net.

3. Double Breakout Attack

Two defensemen breakout the same group of forwards twice: first with a quick up to the strong-side winger and second with a D-to-D pass to the opposite side winger. After the second breakout, the forwards regroup in the neutral zone and attack the defensemen three-on-two.



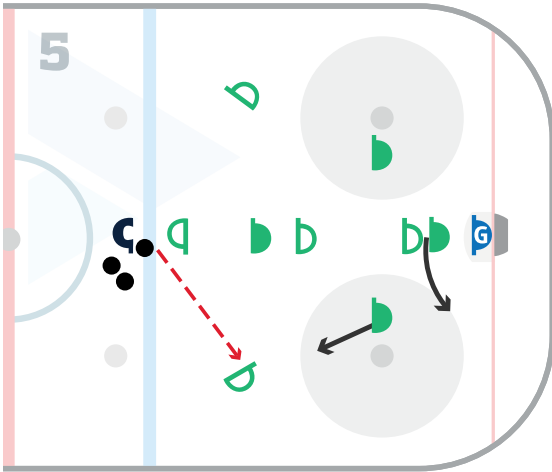
4. Net Drive Delay

Breaking across the ice, the first player receives a short pass and drives wide around the coach and executes a delay maneuver. After making the short pass, the second player times his route into the zone and receives a pass from the first player for a shot.

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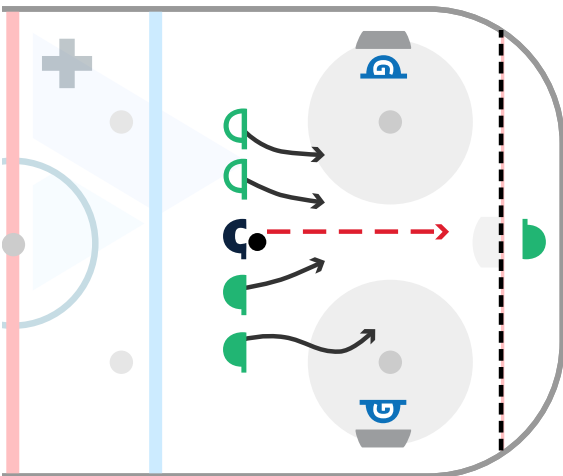
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5. Umbrella & Diamond

Let's work on our special teams by introducing the umbrella power play and diamond penalty kill. Make sure you rotate players in on the PP and PK, so they get an opportunity at to attack and defend.



+ Cross-Ice Hockey Single Support

Players play a full-ice five-on-five scrimmage with the coach watching attentively for any breakdowns to occur. This is an excellent opportunity for coaches to offer team concept advice, which will benefit all the skaters.

Legend

players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			