

Bantam: Practices 19 & 20

1 of 2

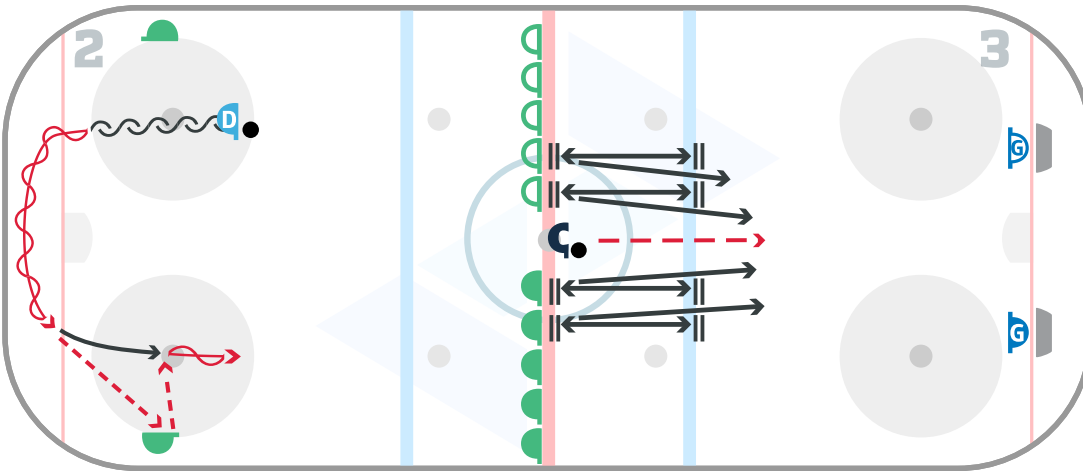
Time: 60 minutes | Theme: Cycling, puck retrieval, & forechecking | Equipment: Pucks & 3 nets

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.

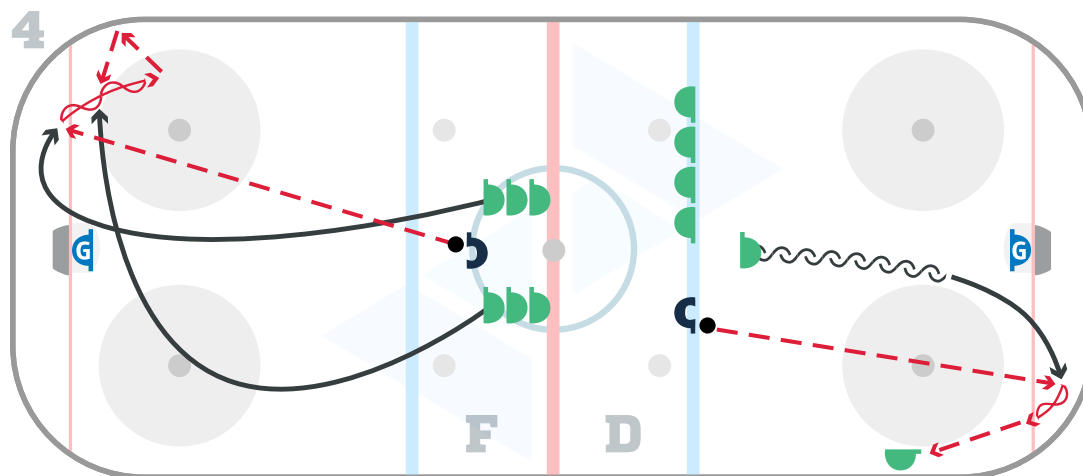


2. The First Pass

Defensemen simulate multiple breakout passes by skating around the net and hitting the open winger with a good first pass. After making the pass, the defensemen receive a return touch pass from the winger, transition at the top of the circle and repeat the first pass on the other side of the ice.

3. Olympic Battle Drill

The first two players on each side of coach race for the puck after completing two stops and starts at the blue line and red line. Each side works together to try and score on the other team's goalie.

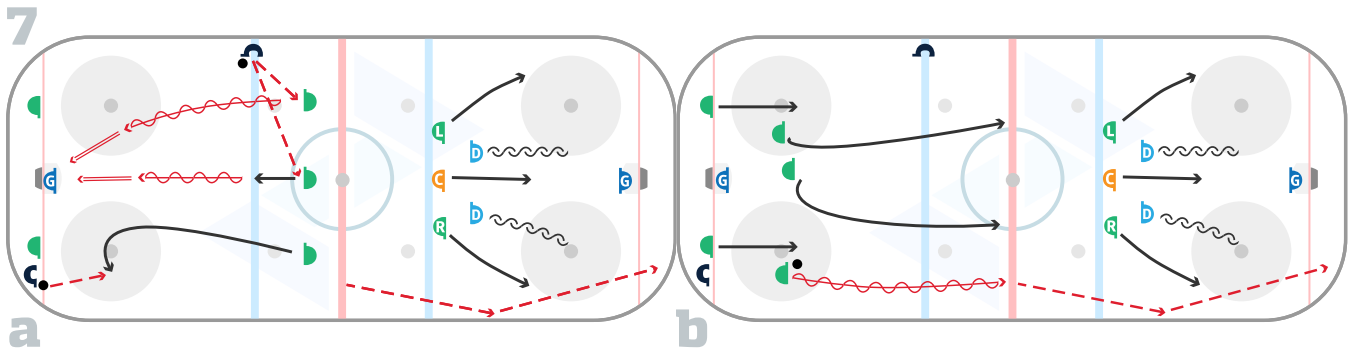


4. F/D Skills Station 3

F: Review the art of the offensive zone cycle. Player one retrieves a loose puck, walks up the boards, and banks the puck off the wall for the second player following underneath. The second player then hits the first player with a pass as they drive the net. D: Work on puck retrieval, breakout passes, and point shots. D1 retrieves a loose puck in the corner and hits D2 for a breakout pass on the boards. D2 hits D3 at the point for a long shot with D1 following in for a deflection or rebound.

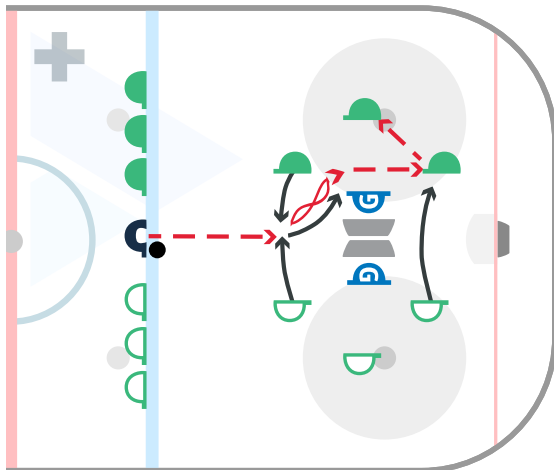
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7. Two-One-Two Forecheck

Two shots at the far end followed by a dump in by the third forward create a forecheck scenario. The three attacking forwards execute a 2-1-2 forecheck against a full line of players who try to break the puck out.



+ Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offensive zone. Each team has three players in play, but one member of each team is known as the "trigger" and must remain stationary on the offensive side face-off dot. The other two players may roam freely to defend or attack.

Legend

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