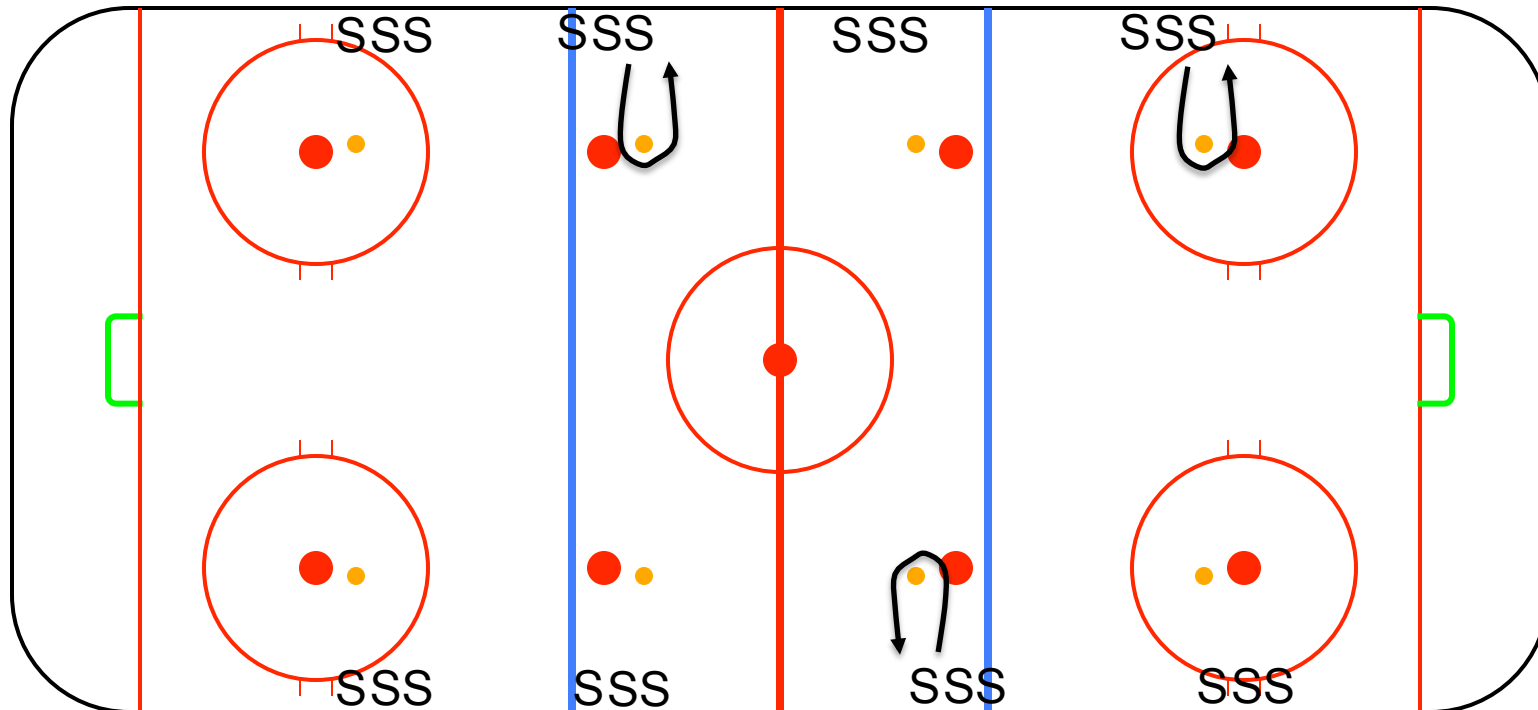


1-Cone Edges

All Levels
5-20 Minutes



Description

Players will form lines next to each of 8 (or more if necessary) cones on the ice. The lines should be along the boards and the cones should be as far away from the boards as the dots. On whistles, one player from each line will skate out and around the cone performing an edge technique at the cone before returning to their line. The goal is to hold their edge techniques for a full 180 degree turn. This is not a race, players should go medium speed.

Objective

To help players focus on exact technique by doing one repetition of these edge drills at a time.

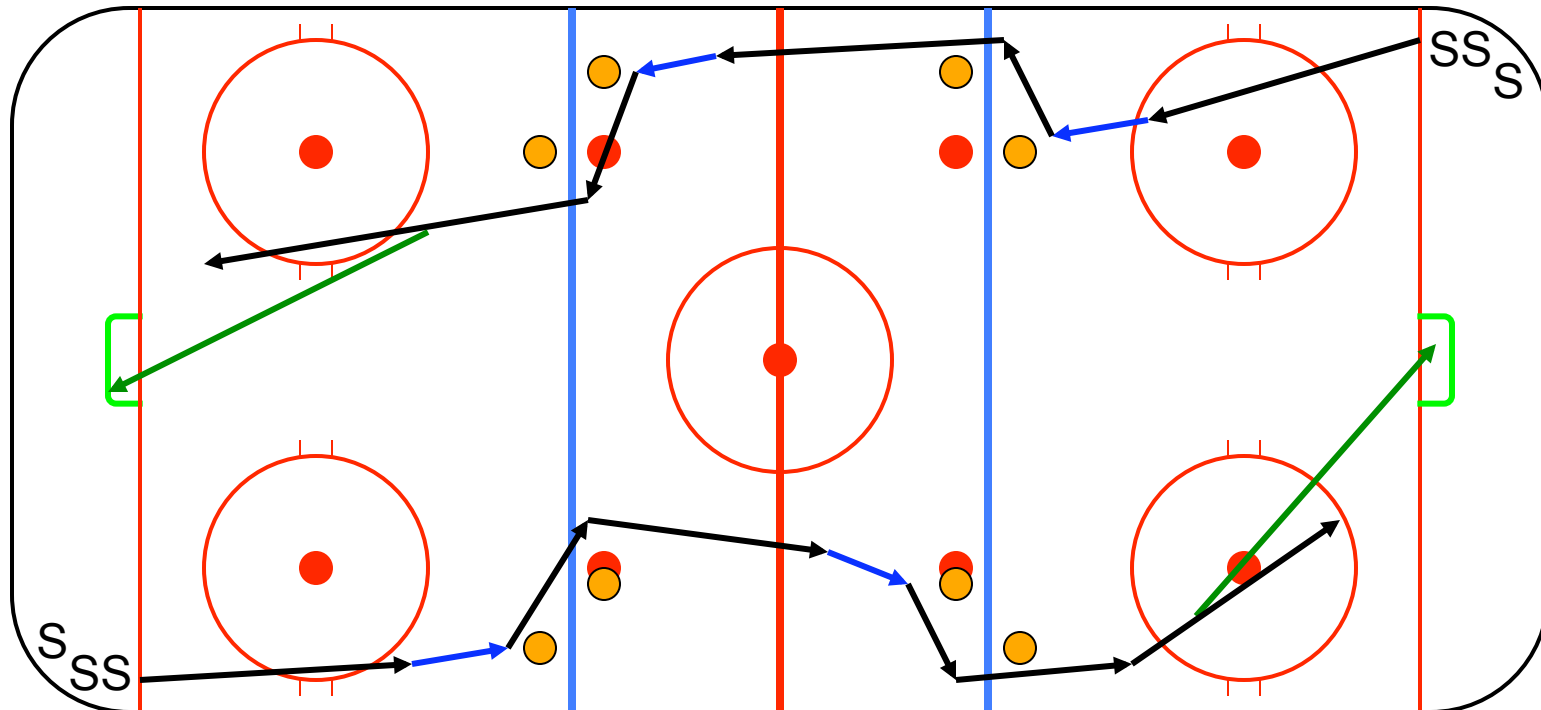
Progression

1. Inside Edges
2. Power Turns
3. Power Turns Crossover Exits
4. Outside Edges
5. Outside Edges with Crossover Exits
6. Heel to Heel 180s



2-Cone Puckhandling Moves

Mites and Above
10-25 Minutes



Description

Players will line up in opposite corners (if there are a lot of players on the ice it helps to move the nets so that shooters don't hit their teammates in line). They will skate out to the cones in the pattern shown above. Note that in each 2-cone pair they skate directly at the first cone and then aggressively change direction to wide around the second one. This is how they "skate" through this drill. They "puckhandle through this drill in this fashion... As they approach that first cone they begin to dribble in front of them (blue arrows). They will make a fake pattern or simply wide pull in the same direction that they change direction when they turn to go around the second cone. They will then keep the puck wide while they drive around the second cone with crossovers. They shoot at the end and get in the other line.

Objective

This drill is designed to teach puck handling wide-pull and fake patterns and combine these with the necessary footwork to make them work in a game situation.

Progression

1. Wide Pulls
2. Fake one way, wide pull the other
3. Fake-fake-wide

