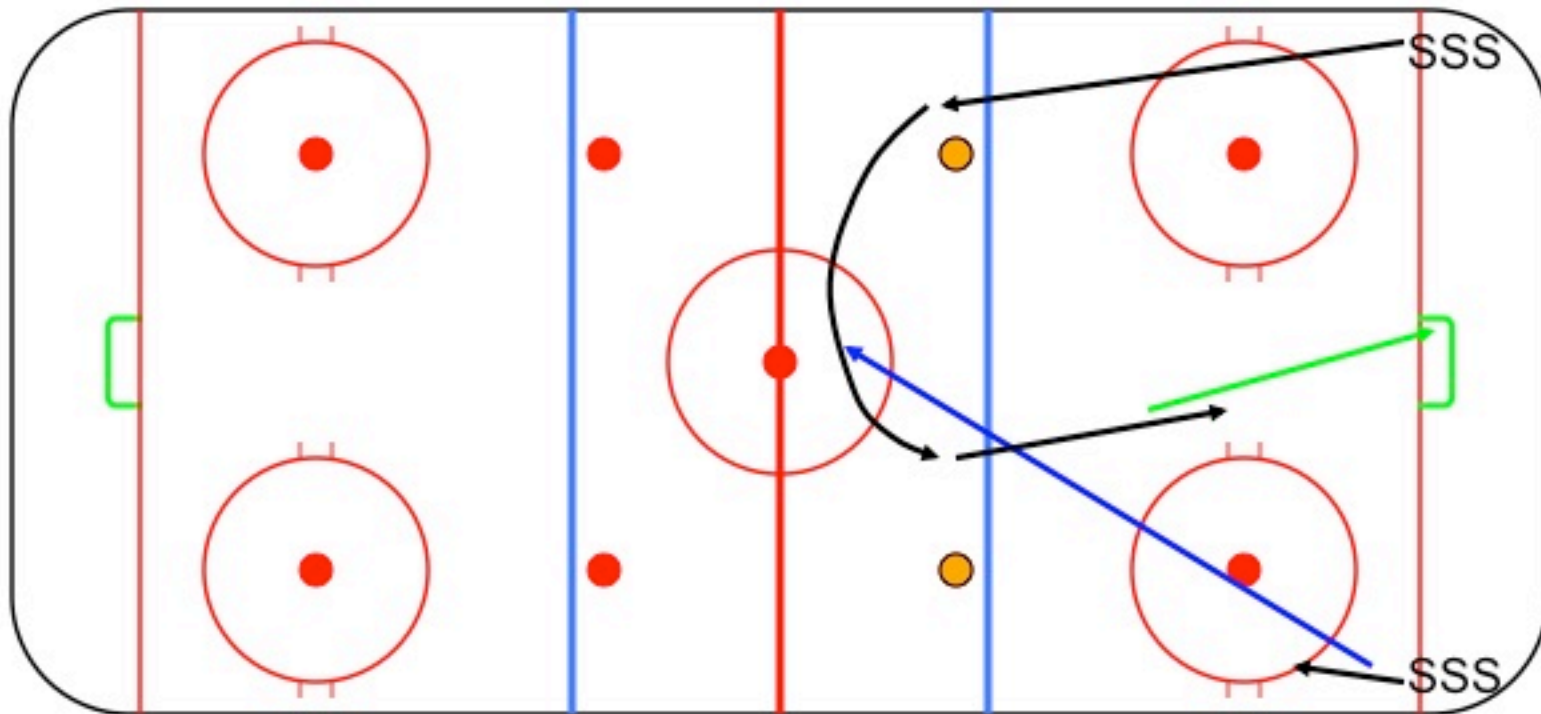


1/2 Ice Egg Beaters

All Levels
4-8 Minutes



Description

Players will line up in the corners on one half of the ice. A player from one of the corners will skate out to the neutral zone, will curl around and will receive a pass from a player from the opposite corner. As the first player goes in and shoots, the player that made the pass will start by skating out to the neutral zone. This process will just keep repeating.

Objective

To develop skating, passing, pass receiving, and shooting technique. This is also a classic warm-up drill for games.

Progression

1. As shown above and described in "Description"
2. X-Pattern – Players go out and circle around the cone furthest them receiving the pass on the way to the cone
3. Transition Scenarios – Either normal or X-Pattern Egg Beaters with extra players add as forward or defense to set up 2 on 0s, 2 on 1s, 2 on 2s or 3 on 2s. 2 on 0s emphasize lots of passes. All should start a group while the other group is finishing to force players to work around the finishing traffic.

