

Bantam: Practices 21 & 22

1 of 2

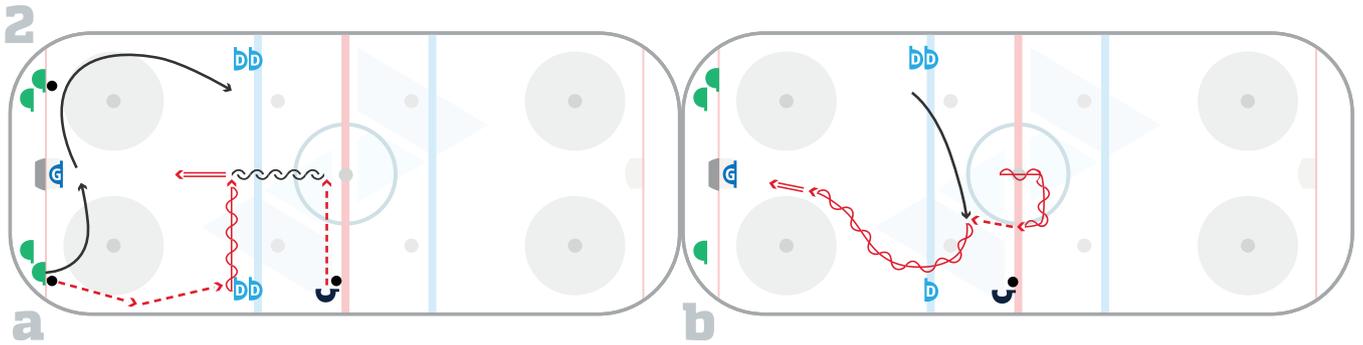
Time: 60 minutes | Theme: Escape moves, one-touch & indirect passes | Equipment: Pucks

Warm-up

Players skate laps around the ice with a puck; a whistle signals the players to make a tight turn towards the boards and accelerate in the opposite direction with three hard strides.

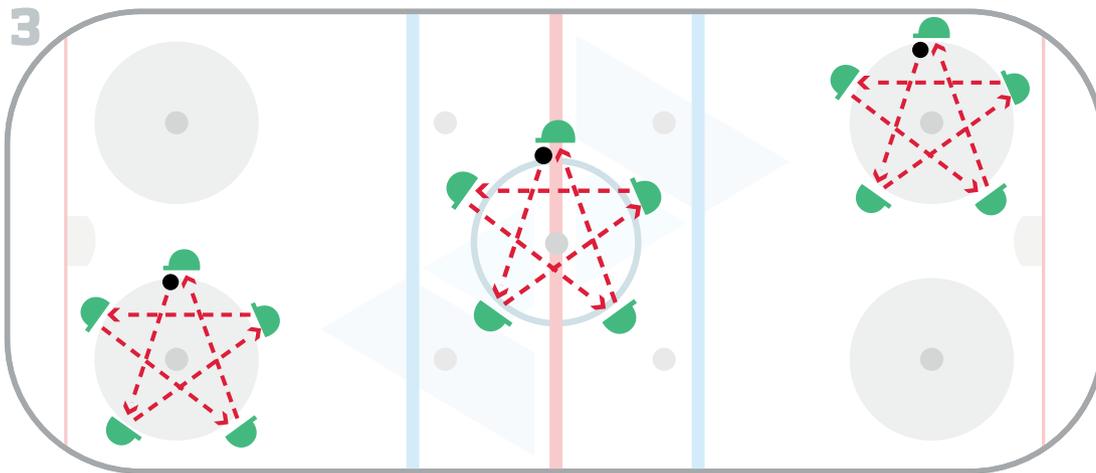
1. Wave Skating

Players begin at the goal line in skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward and backward striding with changes of pace from 50 to 75 to 100% speed.



2. Escape Transitions

The forward makes a pass to the defenseman at the blue line for a shot from the middle of the ice with a tip or deflection by the forward. The defenseman then back-pedals through the neutral zone and receive a pass from the coach, where they perform an escape move and hit the swinging forward through the middle of the ice for a second shot.



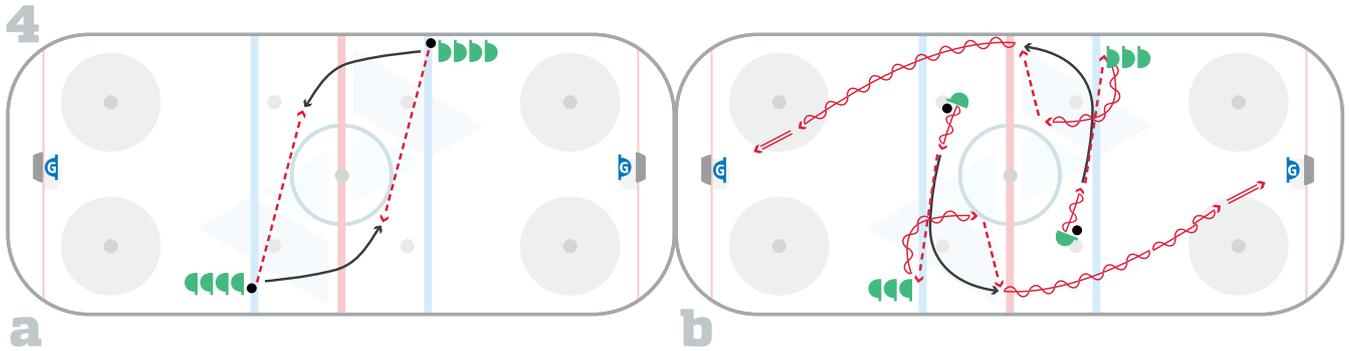
3. Star Passing

Five skaters evenly position themselves around the face-off circle. Each player receives passes from the skater two positions to their left and makes passes to the skater two positions to their right. Find a rhythm with one puck and continue to add more pucks to the drill.

Bantam: Practices 21 & 22

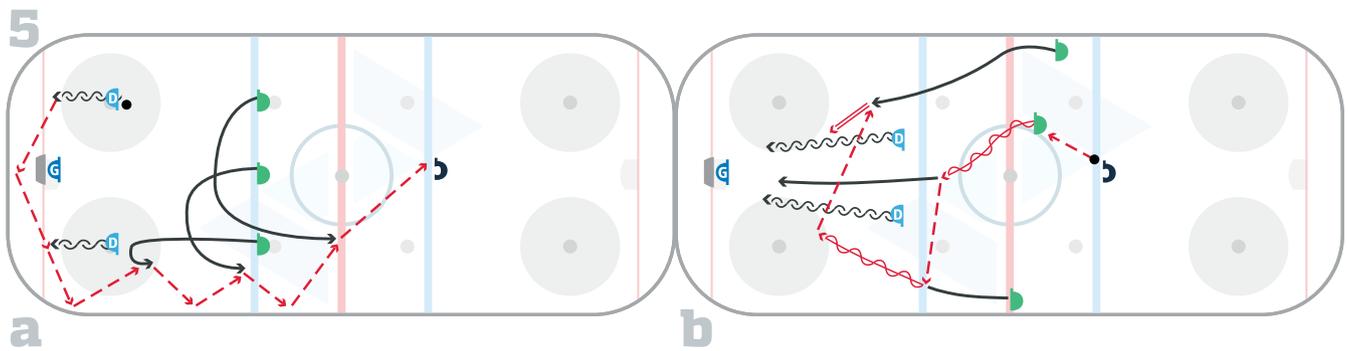
2 of 2

Time: 60 minutes | Theme: Escape moves, one-touch & indirect passes | Equipment: Pucks



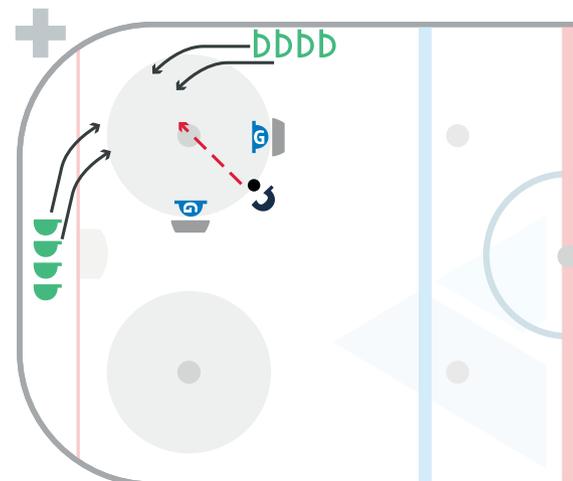
4. Reverse Russian

Players leave at the same time swinging low and wide around the centre ice circle where they receive and return a pass with the next player in the opposite line. The player in line steps out from the boards and hits the swinging player with a pass for a final shot on net. The passer now becomes the swinging player.



4. Indirect Breakout Passes

A bank pass is made between the two defensemen, followed by a bank pass from the defenseman to the winger. The winger bank passes to the centre and the centre bank passes to the other winger. A regroup pass is made to the coach at the far blue line, and the three forwards proceed to attack against the original two defensemen.



+ Corner Drill

Place two nets facing the corner at a 90-degree angle to one another along the outside of an end zone face-off circle. The coach stands in between the nets and dumps a puck in for two players from each side to battle for possession and a shot on the opponent's net. The first team to score five goals wins.