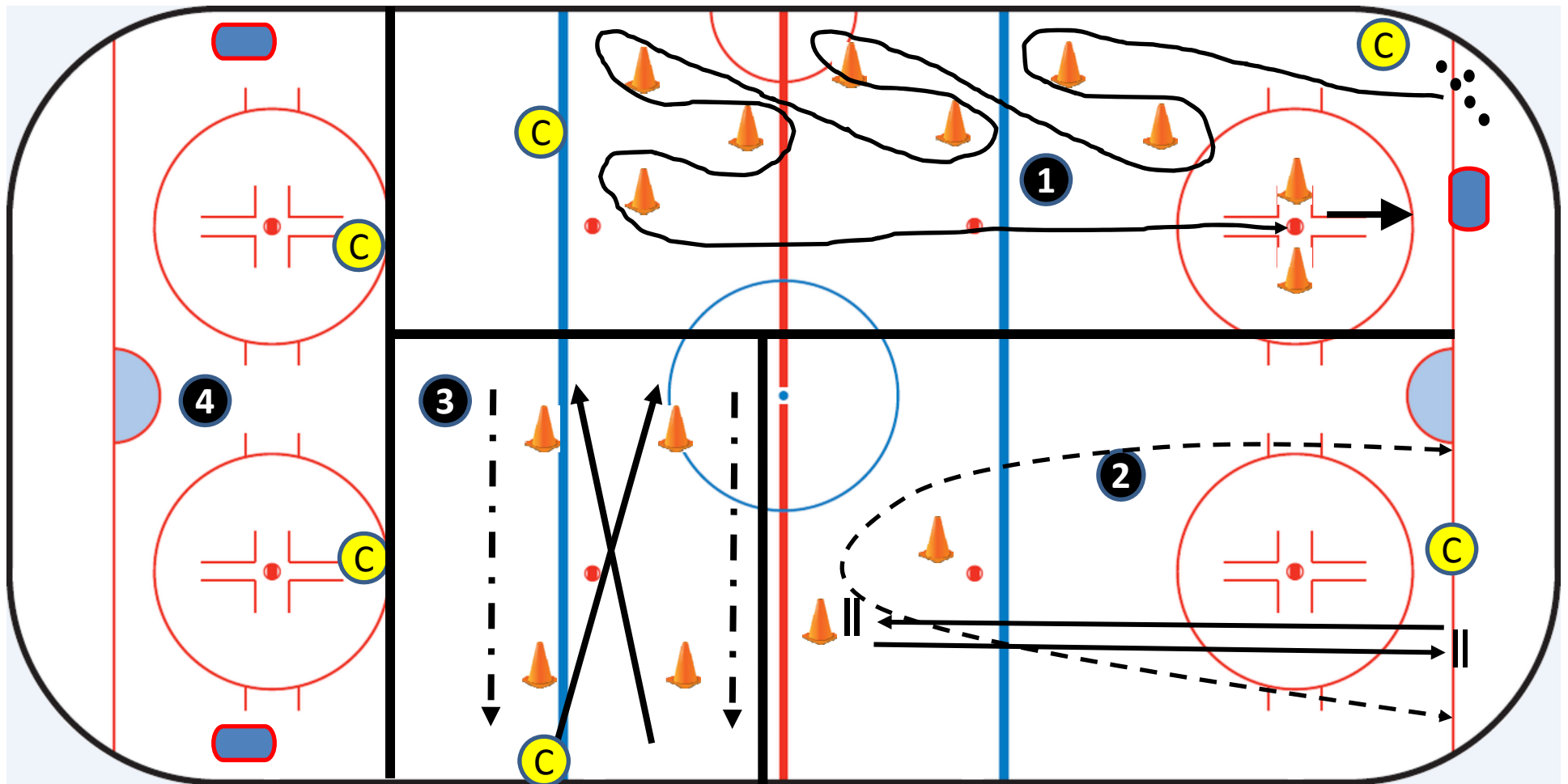
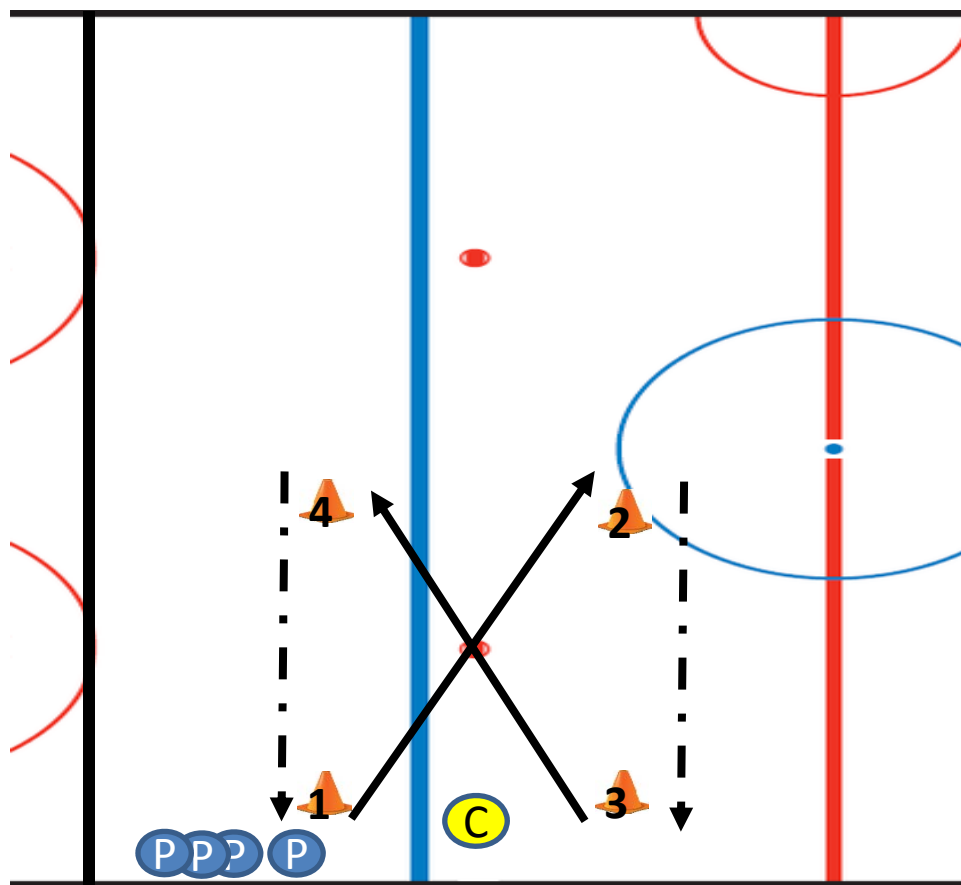


Skills Component Drills/SAG





Drill Name: Transition Box

Skills Evaluated: Transition Turns

Time: 10 Mins

Skaters: 6-8

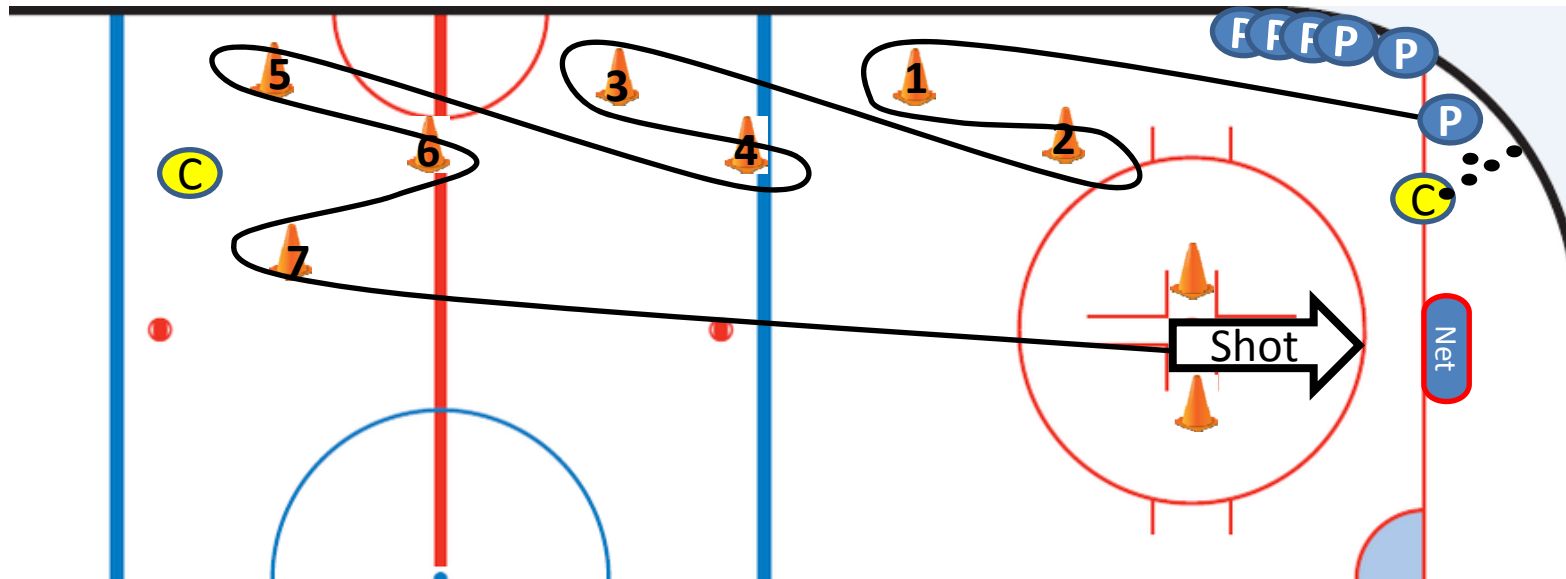
Equipment Required: 4 pylons
(4 pucks for Bantam and Midget)

Drill Description: Transition from forward to backwards/backwards to forwards

Set Up Location: As per diagram, centred on face off dot

Drill Execution: Player starts behind pylon 1 skates fwd to pylon 2, transitions to backwards around 2 skating backwards to 3, transitions around 3 and skates fwd to 4, transitions around 4 and skates backwards to 1, transitions again and skates forward to faceoff circle. Players go one at a time. Min 2 chances.

Variance for Bantam/Midget: Same drill but with a puck.



Drill Name: Puck Control Weave

Skills Evaluated: Puck Control, Tight Turns, Shot

Time: 10 Mins

Skaters: 6-8

Equipment Required: 9 pylons, net with shooter tutor if poss, 12 pucks.

Drill Description: Puck handling with tight turns ending with wrist shot on the move from faceoff dot.

Set Up Location: As per diagram.

Drill Execution: Player starts at goal line with puck. Skates to pylon 1 conducting a tight turn to 2, then 3,4,5,6 and finally around 7. Player keeps skating fast towards net releasing a wrist shot at the face off dot. Players go one at a time. 2 chances.

Drill Name: Skating (part 1)

Skills Evaluated: Forward Skating, Two Foot Stops

Time: 5 Mins

Skaters: 6-8

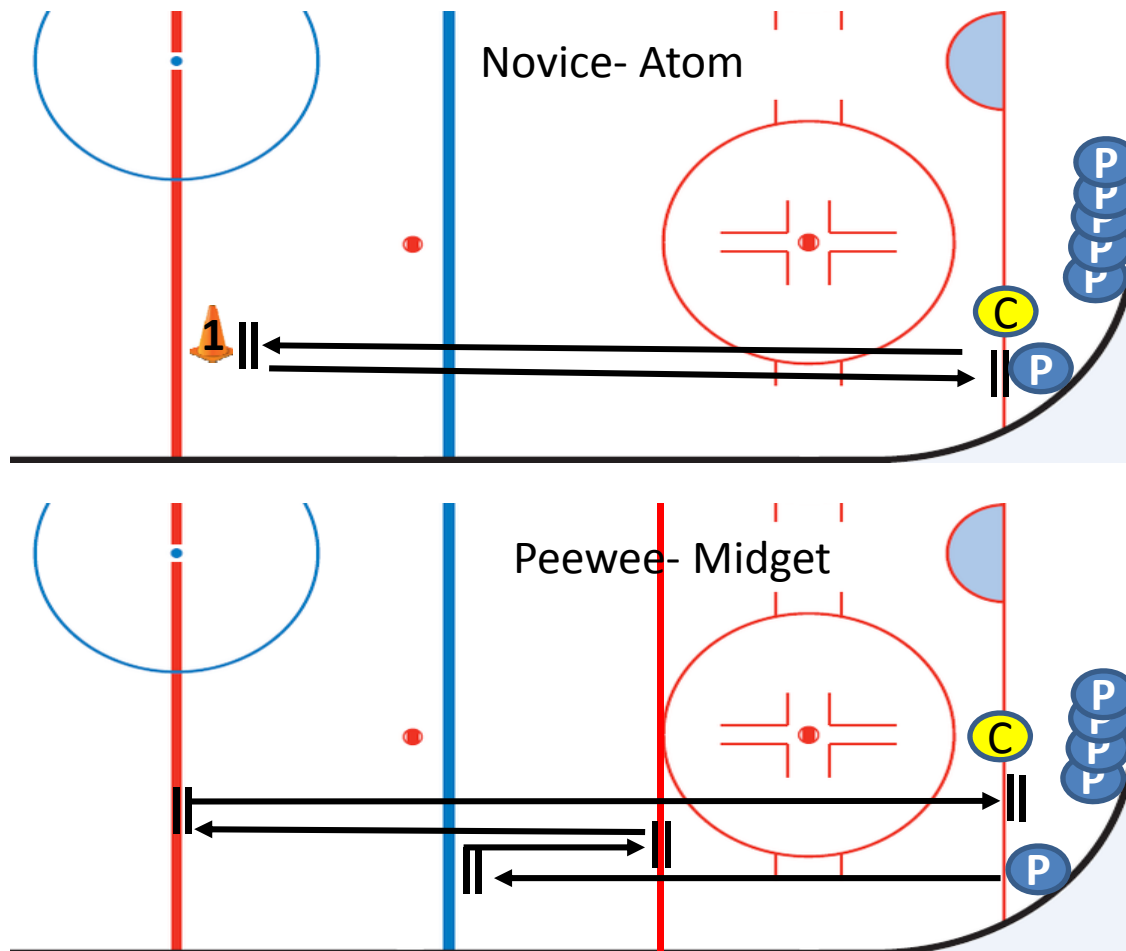
Equipment Required: 1 pylons (none for Pee wee-Midget)

Drill Description: Forward skating and two foot stops.

Set Up Location: As per diagram.

Drill Execution: Player starts at goal line and skates to pylon with two foot stop facing the boards. Then skates back to goal line with two foot stop facing boards. One at a time.

Drill Execution: Player starts at goal line and skates to blue line with two foot stop. Skates to ringette line and stops, skates to redline and stops, skates back to goal line and stops. All two foot stops facing boards. One player at a time.



Drill Name: Skating (part 2)

Skills Evaluated: Backwards Skating

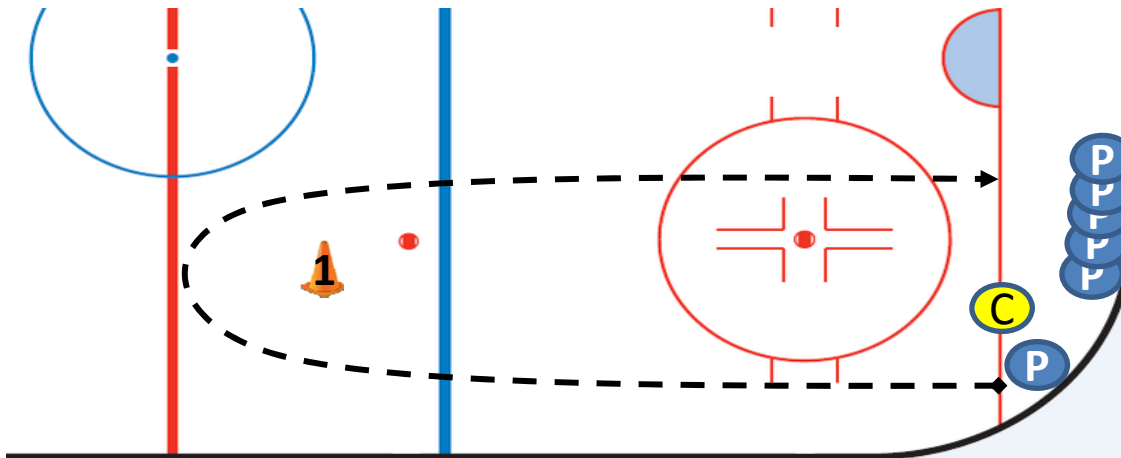
Time: 5 Mins

Skaters: 6-8

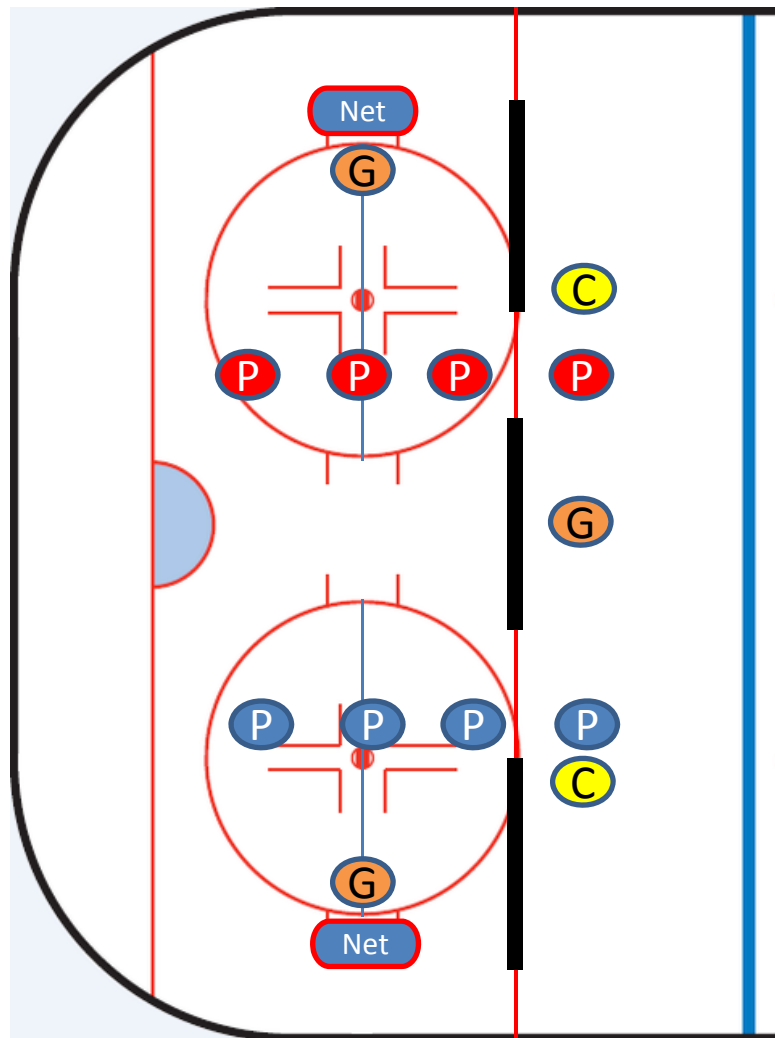
Equipment Required: 1 pylon

Drill Description: Backwards Skating.

Set Up Location: As per diagram.



Drill Execution: Player starts at goal line and skates backward around pylon and back to goal One at a time.



Drill Name: Small Area Game

Skills Evaluated: Compete Level, Hockey Sense, Passing

Time: 10 Mins

Skaters: 6-8 **Goalies:** 2-3 stay for all four rounds

Equipment Required: 3 black dividers (if not pylons)

2 nets with metal pegs, 10 pucks

Drill Description: 3 on 3 (4 on 4 if more than 32 skaters in a group).

Set Up Location: As per diagram. Ringette line to end boards. Centre nets on small blue ringette line going through faceoff circle if painted. Leave room for behind net play.

Drill Execution: 3 on 3 game starts with coach putting puck into play. Play stops on a goal with coach putting new puck into play. If goalie stops puck, opposing team give space for defending to move puck from goal area then continue play. Rotate players every 2 mins.

Goalie Rotation: Rotate goalies every 5 mins. Goalies 1 +3 split first round, 2 +1 split second round, 3+2 Split third round and 1+ 3 split fourth round (1+3 play ~25 mins, 2 plays ~30 mins)