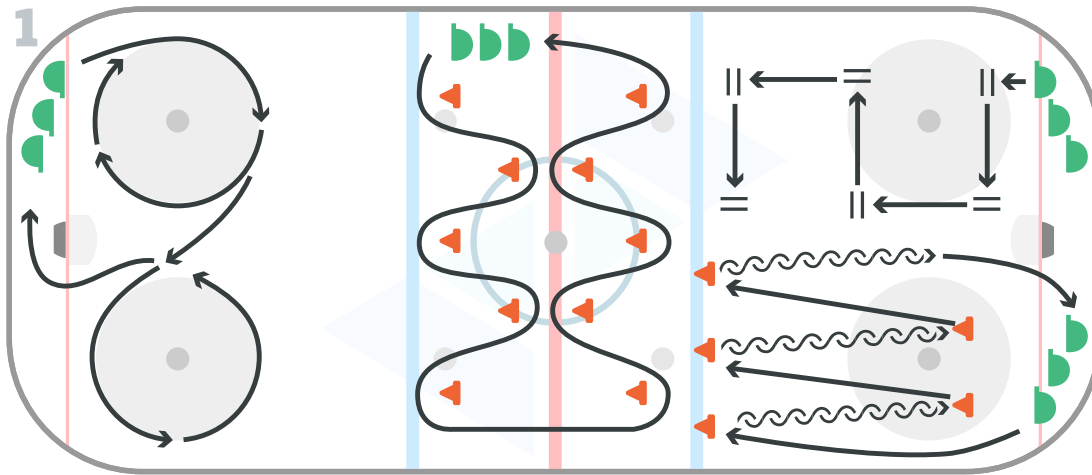


Bantam: Practices 1 & 2

1 of 2

Time: 60 minutes | Theme: Welcome to Bantam hockey! | Equipment: Pucks & 15 cones



Legend

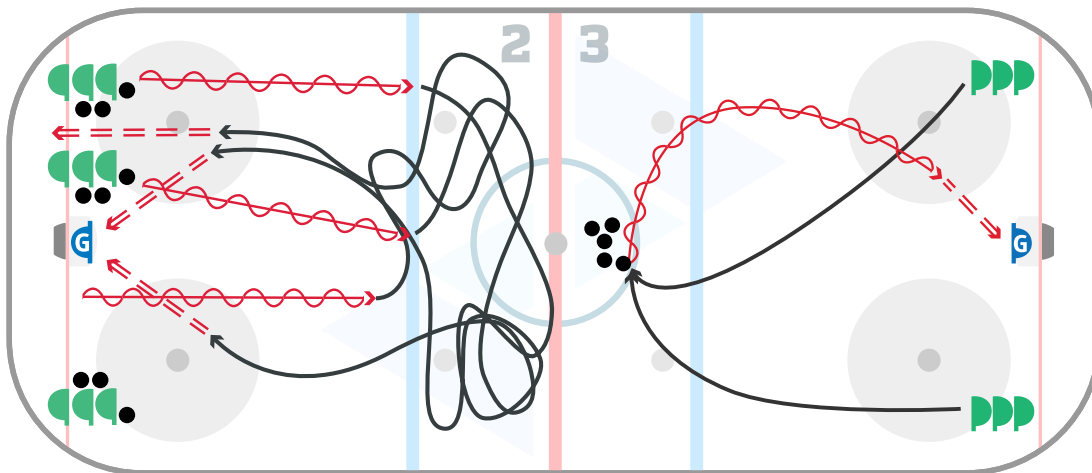
players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Skating Evaluation

At the beginning of the hockey season, coaches must evaluate the strengths and weaknesses of their team's skating ability. These four drills will test all the fundamental skating components: crossovers, tight turns, starts and stops, and transitions.



2. Neutral Zone Chaos

The first players from each line labeled one, two, and three puck handle creatively in the neutral zone. On the whistle, player one enters the zone for a shot on net, followed by the player two and finally player three. Spacing is crucial, so the goalie has enough time to set for the next shot.

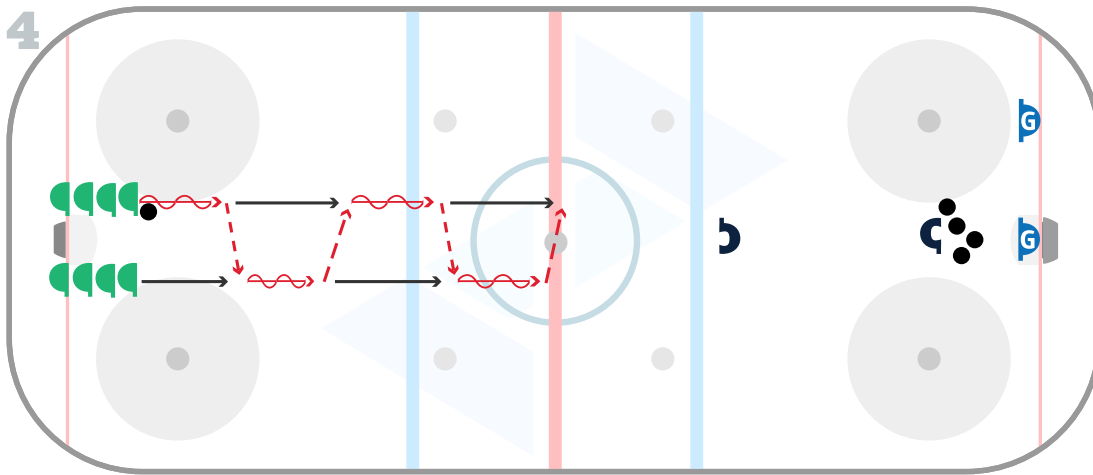
3. Outside-in Inside-out

The first player skates wide up the boards, collects a puck, evades passive pressure from the coach to the outside, and finishes with a shot. The second skater skates up the middle, collects a puck by performing an inside-out turn, and returns down the same side for a shot.

Bantam: Practices 1 & 2

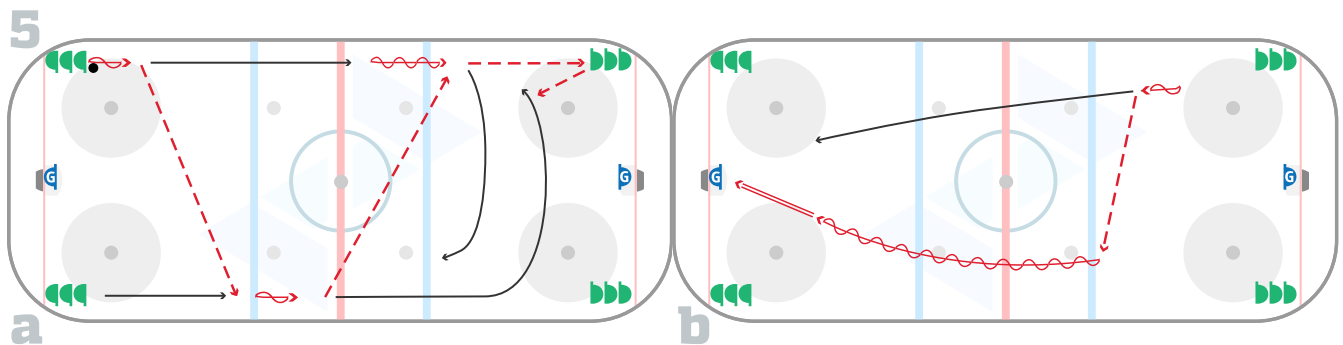
2 of 2

Time: 60 minutes | Theme: Welcome to Bantam hockey! | Equipment: Pucks & 15 cones



4. Creative Passing Variations

Players will work on different types of passes down the middle of the ice then branch off at the far blue line to either side and continue passing until they are back in line. Passing options include normal, forwards/backward, follow your pass, cross 'n' drop, and off the skate. Goalies will be at the far end taking shots from a coach.



5. Two-on-Zero Regroup

Two players exchange passes down the length of the ice. Once inside the far blue line, a pass is made to the first player in line at the opposite end. Both players exchange lanes, receive a return pass, and continue down ice for a scoring opportunity.

+ Controlled Scrimmage

Players will play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters