

# Bantam: Practices 23 & 24

1 of 2

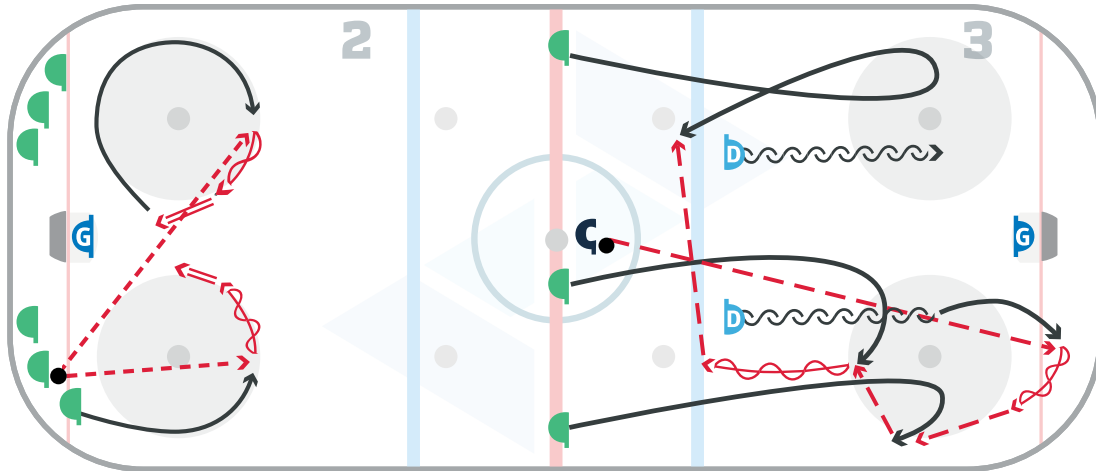
Time: 60 minutes | Theme: Lateral turns & one-on-ones | Equipment: Pucks & 8 cones

## Warm-up

Players are split into all five circles and skate randomly with pucks working on creative fakes and deceptions. On the whistle, players attempt to knock the puck off their nearest teammate's stick while maintaining control of their own puck. If a player loses their puck, they are out.

## 1. Lateral Turn Dots

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's skating skills are lateral turns around all eight face-off dots. Add a puck for increased difficulty.

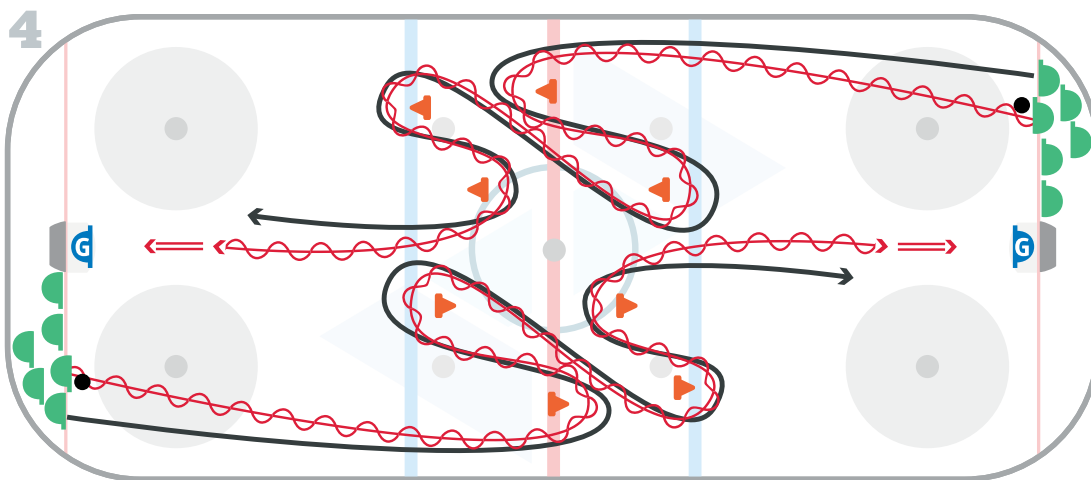


## 2. Circle Catch 'n' Shoot

The first player rounds the near corner and receives a pass from the next player in line for a shot. They continue around the far circle and receive a second pass from the same player for another shot on net. Encourage the player to play out the rebound on the second shot.

## 3. Double Breakout Attack

Two defensemen breakout the same group of forwards twice: first with a quick-up to the strong-side winger and second with a D-to-D pass to the opposite side winger. After the second breakout, the forwards regroup in the neutral zone and attack the defensemen three-on-two.



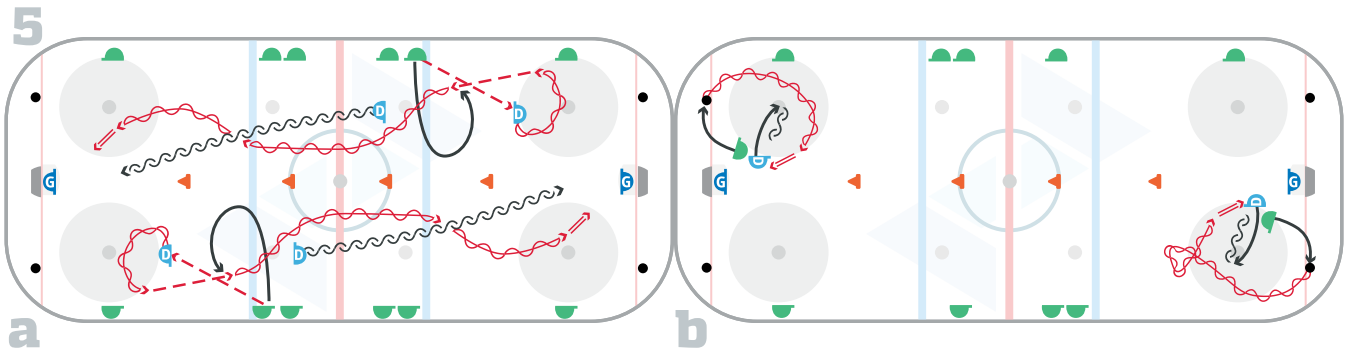
## 4. Tight Turn Chase

Two players leave at the same time, the first player carrying a puck and the second player beginning on one knee. The second skater tries to chase down the puck carrier as they race around the cones and down the ice. Whoever has possession of the puck at the end finishes with a shot.

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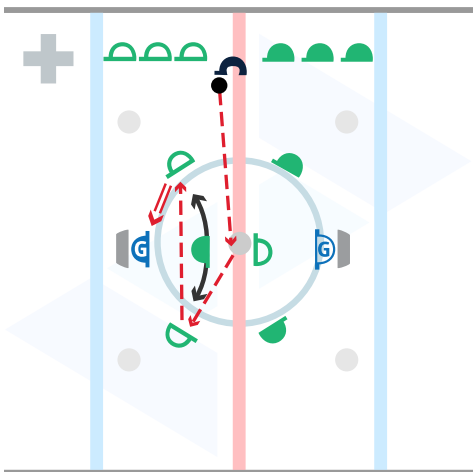
2 of 2

Time: 60 minutes | Theme: Persistence and Enjoyment | Equipment: pucks, 12 cones, and 2 nets



## 5. One-on-One x2

Starting on the blue line, a pass is made to a defenseman who executes an escape move and hits the curling forward with a breakout pass. The forward carries on for a one-on-one rush into the far end against another defenseman. Once the play has broken up, the forward retrieves a second puck from the corner and attacks the goal for a second tight area one-on-one against the same defenseman.



## + Half-Circle Scoring

The two players inside the face-off circle are confined to their half. They must play offence and defense, depending on which team has possession. The two wide players on each team are not allowed to enter the circle but can act as passing options once their centre gains possession.

### Legend

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