

Bantam: Practices 29 & 30

1 of 2

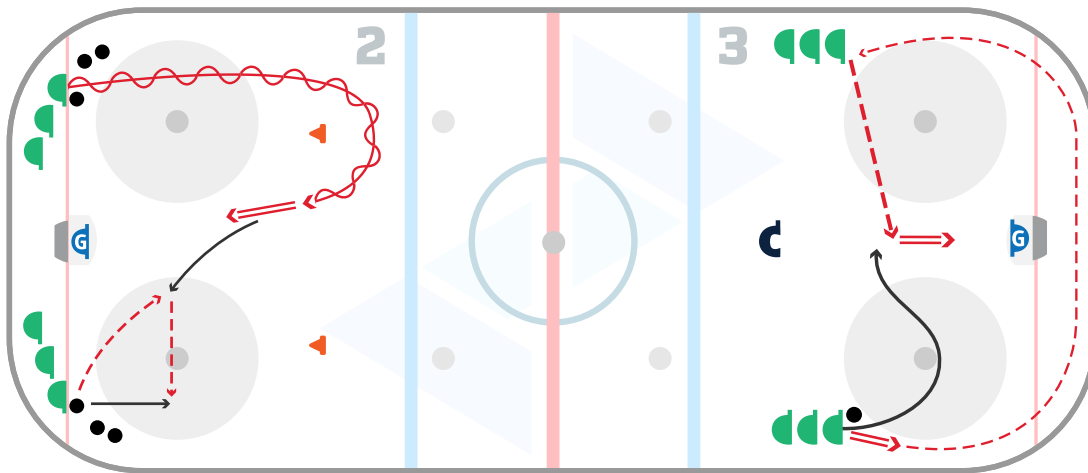
Time: 60 minutes | Theme: Handling the rim & special teams | Equipment: Pucks & 2 cones

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Four Lane Skating

Players skate down the full length of the ice four times working on various ABC fundamental skating skills in the straightaway. This segment's ABC fundamental skating skills are lateral turns and Mohawk pivots.

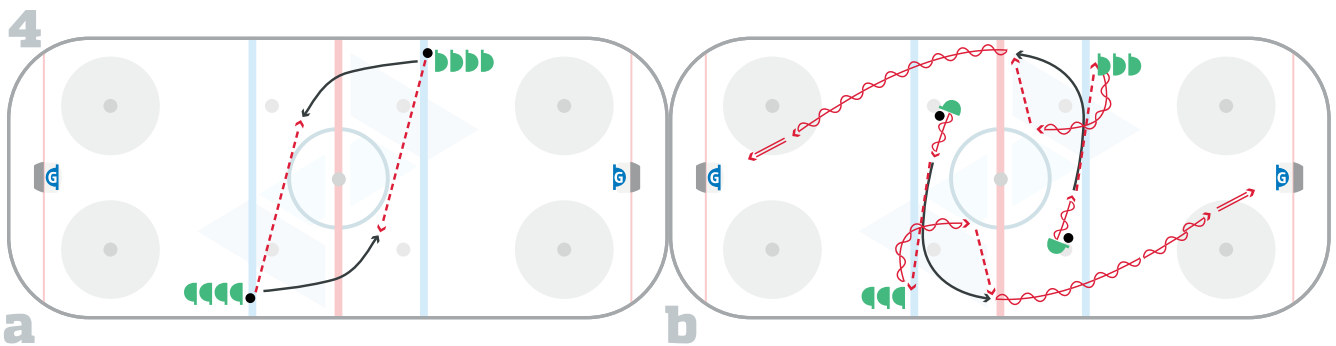


2. Butterfly Give 'n' Go

The first player skates with a puck around a pylon for a shot on net then receives a pass from the opposite corner and one touches it back to the passer who continues around the pylon for a shot on net. After shooting, this player then receives a pass from the opposite side and touches it back to the next shooter.

3. Handle the Rim

Player one rims the puck around the boards to player two, who must handle the incoming puck and make a return pass to player one in the slot for a scoring opportunity. Repeat each time from opposite sides.



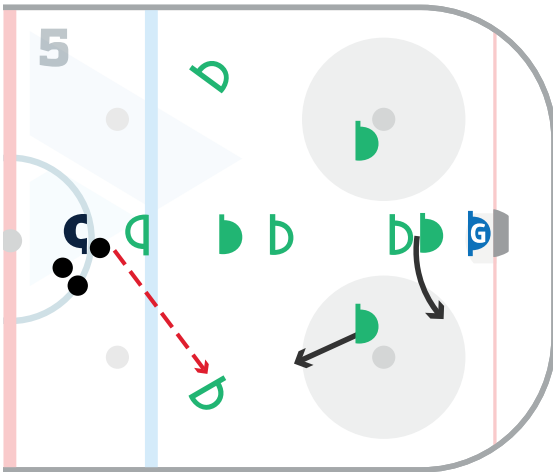
4. Reverse Russian

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.

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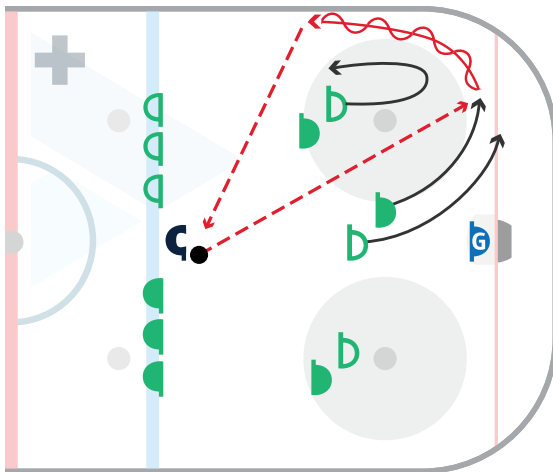
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5. Umbrella & Diamond

Let's work on our special teams by introducing the umbrella power play and diamond penalty kill. Make sure you rotate players in on the PP and PK so they get an opportunity to attack and defend.



+ Coach Pass

Players will play 3v3 in zone where every change of position will require the defending team to make a pass to the coach stationed up near the blue line. The coach makes a pass back to the same team and now they are on offence. Switch lines every minute to keep everyone engaged.

Legend

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