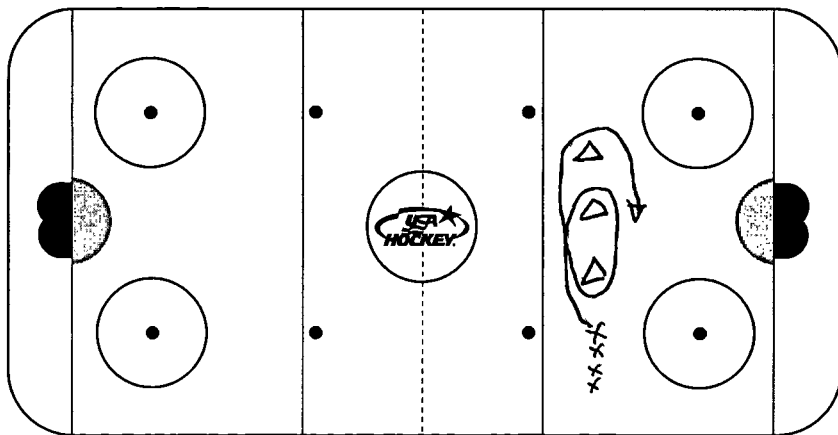




SYSTEM/DRILL Josh Gliconna medford U18 girls

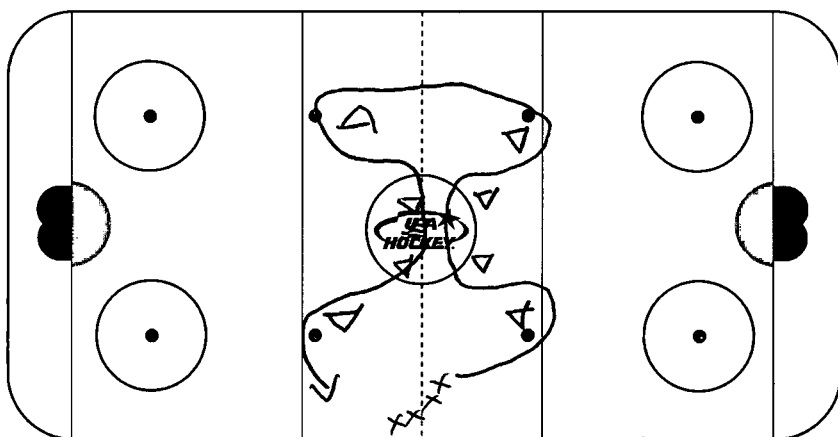


Notes/Systems Transitions skating

Description

keeping chest facing same direction the whole time skate up to cone 2 transition backwards down to cone 1. Forward to cone 3 transition to backwards

- Stick on ice
- tight turns
- no stopping

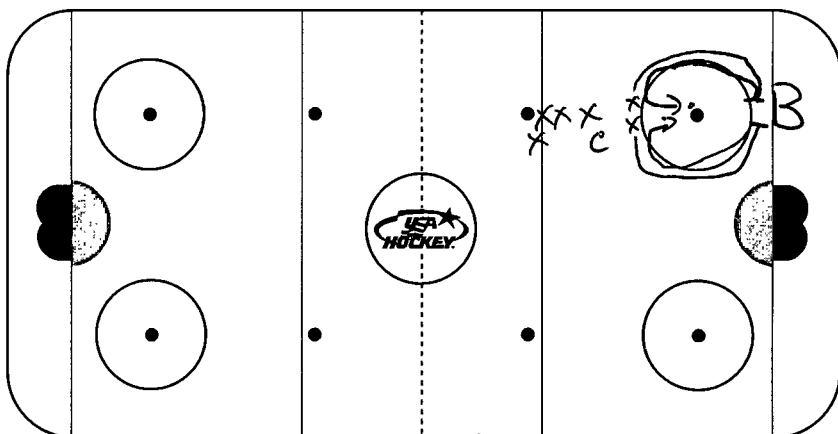


Notes/Systems Peanut skating/stickhandle

Description

Set cones up in a shape of a peanut. Can do forward, backward races.

- keep feet moving
- stick in front



Notes/Systems battles / races

Description

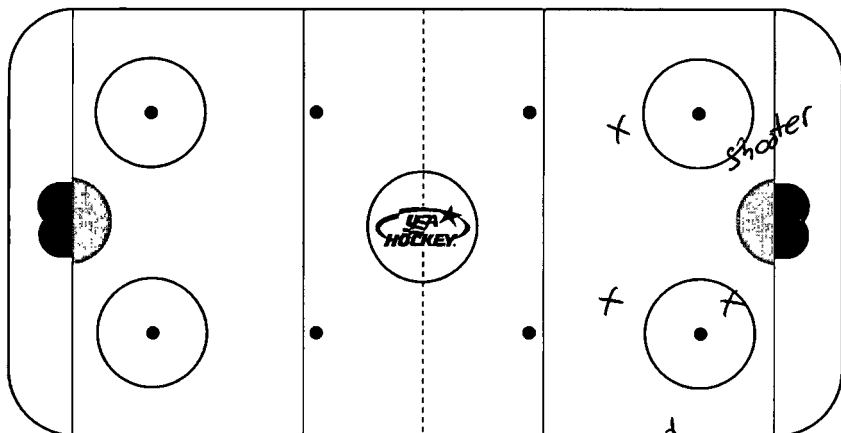
2 player race around half circle. forward stop backwards. race for puck. add in play out 1st.

- good stick position
- keep feet moving





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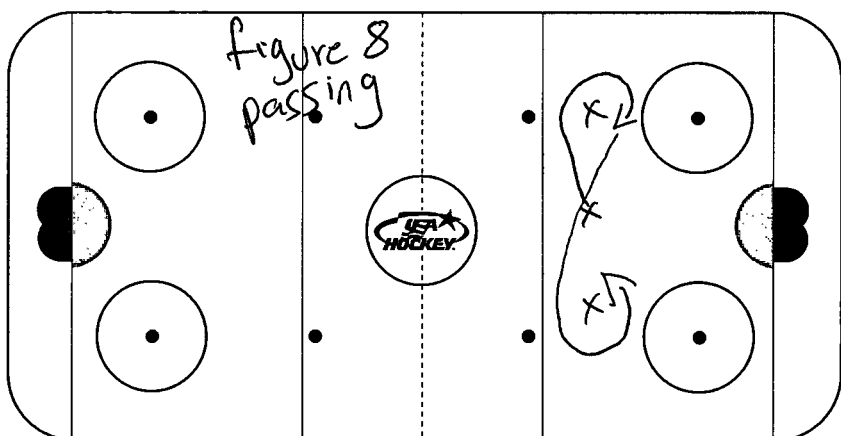


Notes/Systems Shooting : 3 pass ~~and~~ shot

Description

Shooter must pass to all 3 other players and get it back. After 3 passes shooter drives the net to try to score.

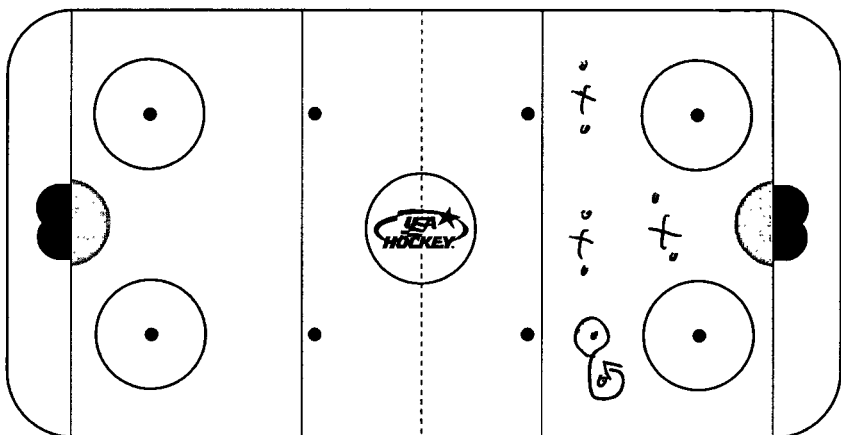
- make goalic track the passes



Notes/Systems passing / edges

Description

groups of 3. middle player passes and follows pass around player. gets puck back and pass to next player. passer does figure 8 around players.



Notes/Systems ~~passing~~ stickhandling

Description

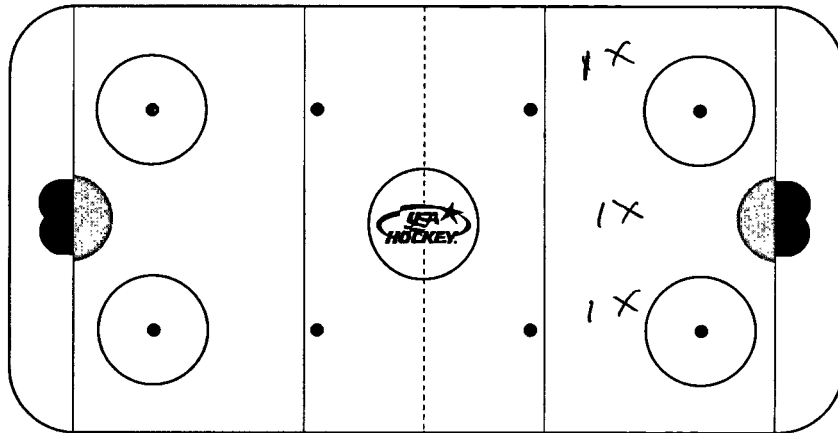
Spread players out. put gloves on ice players stick handle around their gloves. figure 8's, backwards, transitions, ect...

- good for edges too





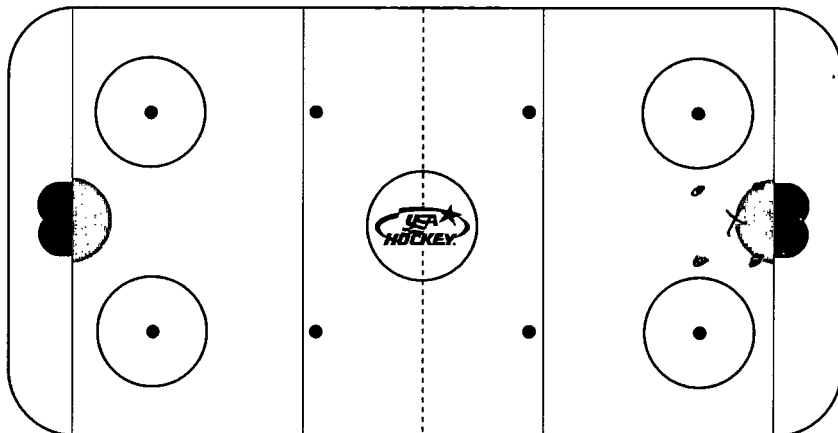
SYSTEM/DRILL Josh Glonna Medford U18 girls



Notes/Systems Edge work around stick

Description

players put stick on ice. perform edge work. figure 8's inside/outside jumps crossovers transitions stops ~~both~~ Mohawks add pucks

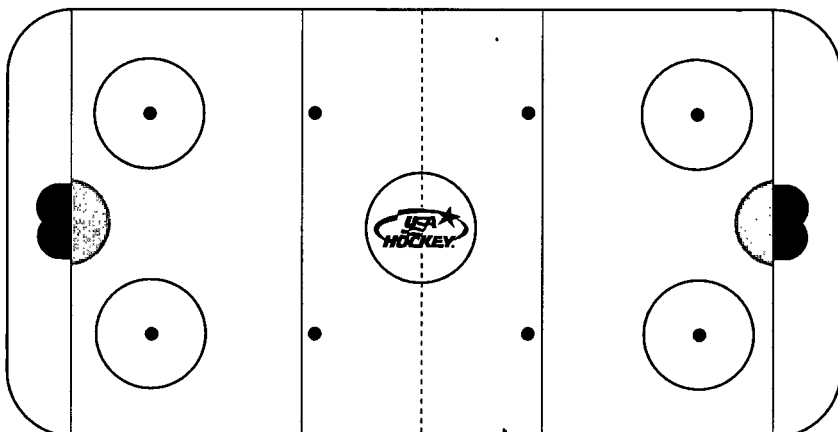


Notes/Systems goalie box drill

Description

Set up 4 cones or pucks in a small box. goalie T-pushes to each corner of the box.

- stick on ice, in front



Notes/Systems Extras / fun way to end practice

Description

Tag ringette (little nets) soccer Torpedo (tennis balls)

