

Drill of the Week



February already!

Title : Star Drill Content elements: Passing Components : Communication

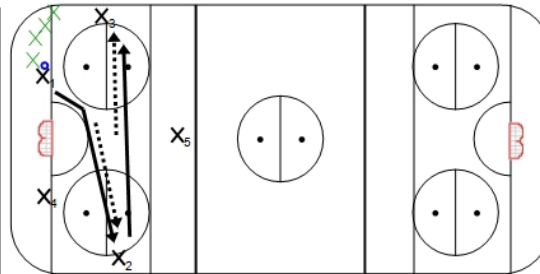
Description

Set the participants up at 5 different points making a star. The line starts at X1. X1 passes to X2, then follows her pass. Then X2 passes to

Steps:

- 1 passes to 2
- 2 passes to 3
- 3 passes to 4
- 4 passes to 5.
- 5 drives in for a shot.

This is a great simple drill to get players passing and introduce them to new lanes in the offensive zone.



Key Points : communication Passing Skating Shooting

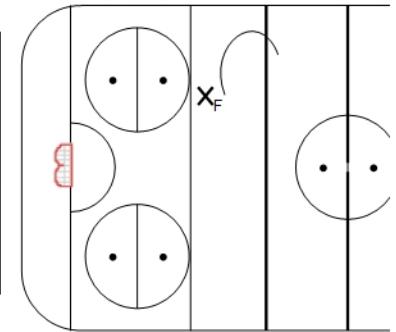
V Cut–

U12 and up; game sense and positioning. Increase your chances of receiving the pass.

Title : V cut Category #1 : Getting Open Category #2 : Skating

Description

The V cut is a great option to have for forwards to use to get open over either blue line. A V cut allows for a player to be able to see the ring the entire way through her cut. If she is breaking up the ice at an angle, and then at the apex where she would start skating the other direction, she turns her shoulders and opens her hips to start skating that direction. Her chest should be facing the ring when turning. When making the v cut, a player may slow down but not come to a complete stop. Once your players get used to this cut, try adding it into practice when doing a goalie breakout drill.



Key points:

Opening up for the pass Speed