

Bantam: Practices 31 & 32

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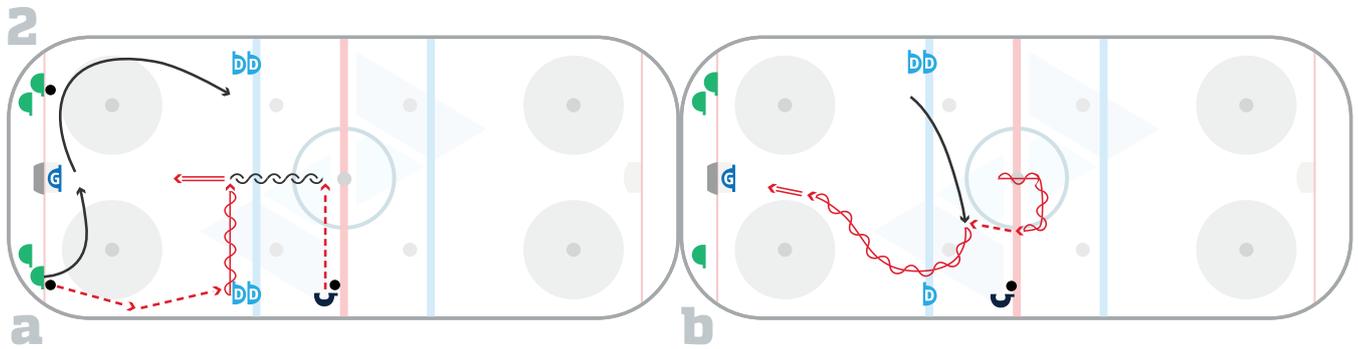
Time: 60 minutes | Theme: Escape moves, attacking, & defending | Equipment: Pucks & 4 cones

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.

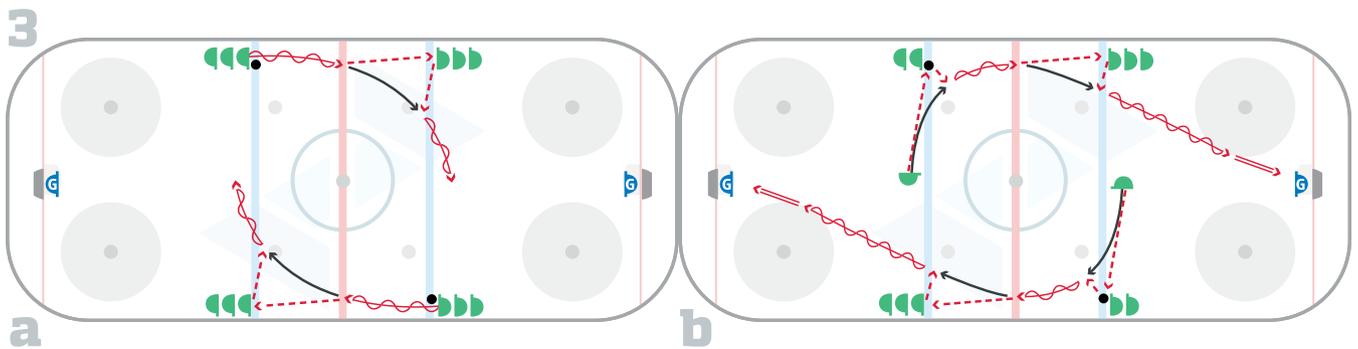
1. Circle Skating

Players begin in the neutral zone in a skating stance and work on various ABC fundamental skating skills. This segment's fundamental skating skills are forward, backward, and alarm clock crossovers around all five circles.



2. Escape Transitions

The forward makes a pass to the defenseman at the blue line for a shot from the middle of the ice with a tip or deflection by the forward. The defenseman then back-pedals through the neutral zone and receives a pass from the coach, where they perform an escape move and hit the swinging forward through the middle of the ice for a second shot.



3. Around the World

Diagonal lines leave at the same time making give 'n' go passes with the first player in all three lines before returning down for a shot on net, back on their original side.

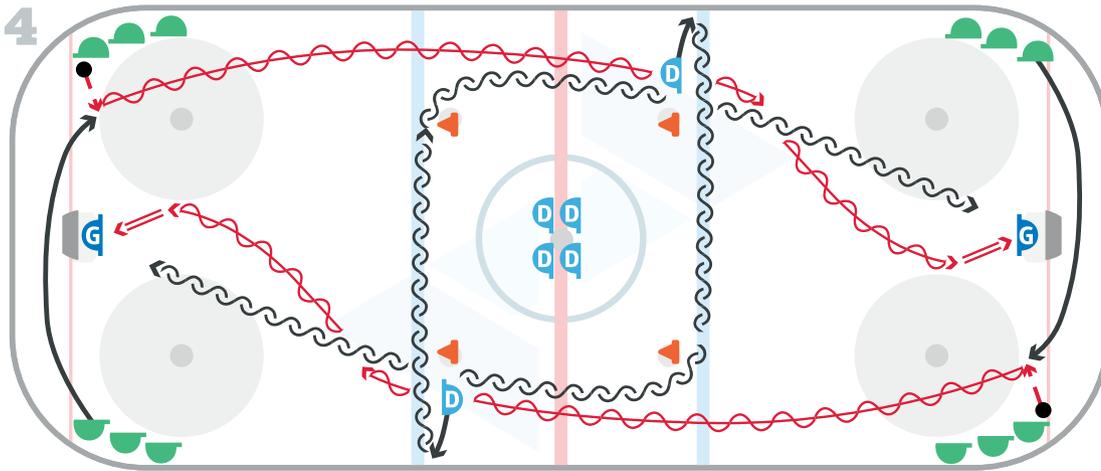
Legend

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

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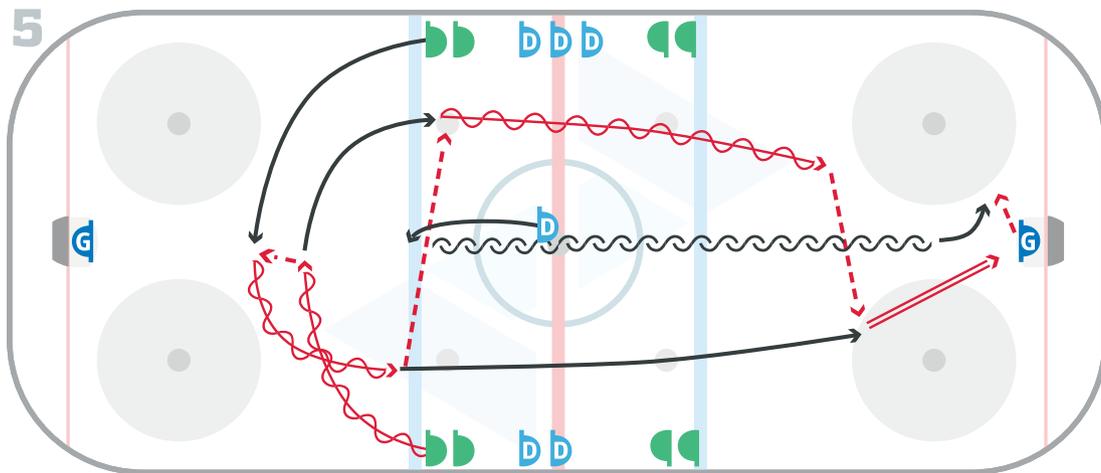
2 of 2

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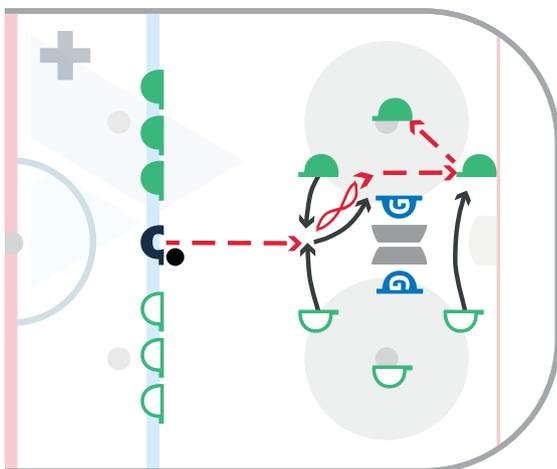
4. Olympic One-on-One

On the whistle, a forward leaves the corner, rounds the net, and receives a pass from the forward in the opposite line. Meanwhile, a defenseman skates to the boards, transitions from forward to backward, rounds the pylon, and the two players engage in a one-on-one rush down the ice.



5. Continuous Two-on-One

Two forwards cross inside the blue line and exchange passes on route to a two-on-one attack. Once the forwards have had a shot or the play has been broken up, the defenseman makes a breakout pass with the same puck to the next two forwards crossing inside the blue line. Another defenseman steps out from centre ice to defend the attack.



+ Back-to-Back Nets

Two nets are placed back-to-back in the middle of the offensive zone. Each team has three players in play, but one member of each team is known as the "trigger" and must remain stationary on the offensive side face-off dot. The other two players may roam freely to defend or attack.