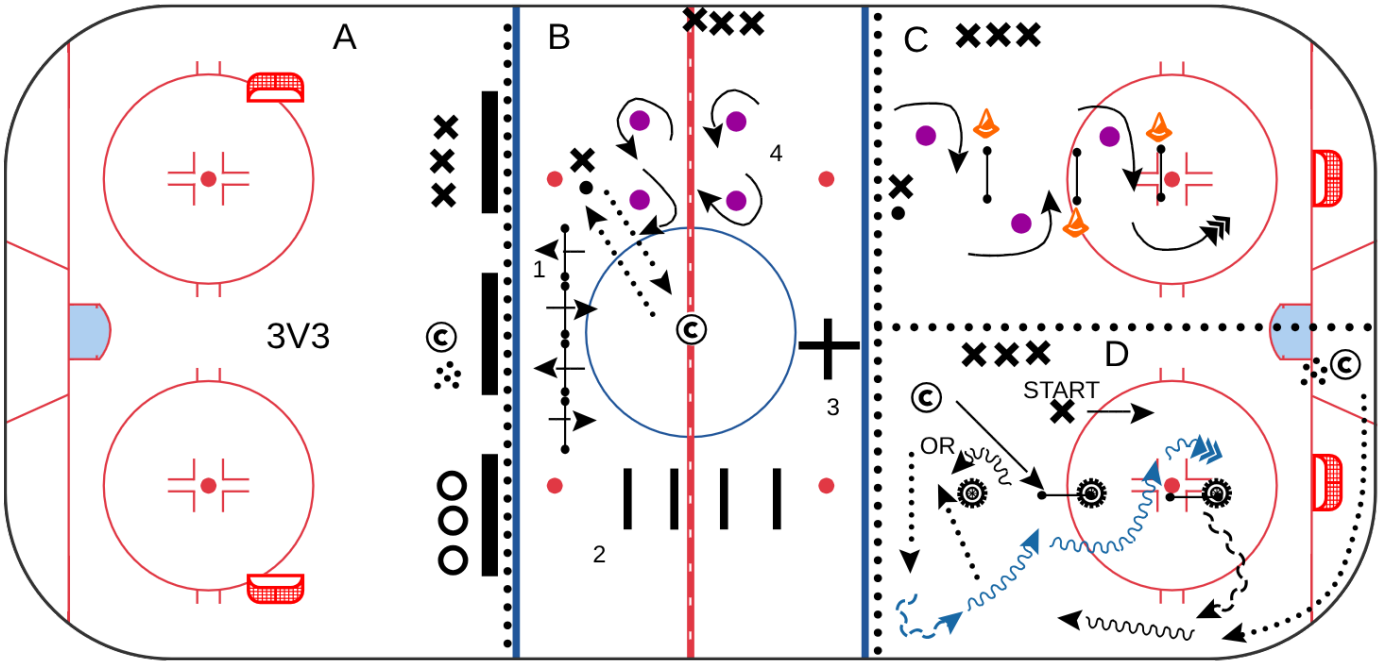
BDMHA 2025 Conditioning Camp #4 Puck Skills 2 U11/U13

Date: Sep 8 2025 **Time:** 2:24 pm **Duration:** 50 mins

BDMHA U11/U13 CC - Puck Skills #2 — 50 mins



Description

3v3 AND SKILLS WILL HAVE APPROX. 20-25 mins EACH AND SWITCH PLAYERS.

Station A - 3v3 Competition

- Encourage lots of passing and play making, add restrictions to make players think

Station B - Puckhandling Skills - Players go around each of the obstacles performing various Stick-handling skills
PROGRESS to Pass and Receive with Coach after each obstacle

- (1) Stick-handling side to side under the stick (snake)
- (2) Stick-handling WIDE around the stick each way (use hands up and down shaft)
- (3) Stick-handling around the stick spider (taps under sticks)
- (4) Figure 8s around the purple pucks (try to keep body in middle and reach out wide with stick and hands)

Station C - Leg Load Puck Pulls

- Players go between the pylon and tires, load their legs and pull pucks across with power each direction, then finish with a shot.
- Get players to reach far out and explode across side to side. Move pucks as fast as the player can and encourage players to handle pucks closer to the heel of their stick for better control.

Station D - RIM Control to Read/React to Attack (Emphasis on picking the puck up off RIM, reading the Coach pressure and attacking across the net for shot)

- Players time their skate to the Coaches RIM, open up facing the puck and pick the puck up off of the boards
- Players skate with puck wide and pass to Coach, open up facing the Coach and get pass back.
- Player attacks to the tire lanes (middle of ice); Coach pressures into one of the lanes and takes it away.

- Player reads the pressure and attacks into the open lane and shoots as they go across the net (Royal Road)