BRITISH COLUMBIA CENTRE OF EXCELLENCE

800 GRIFFITHS WAY, VANCOUVER, BC • V6B 6G1
TELEPHONE: (604) 899-7770 FACSIMILE: (604) 899-7771
WEBSITE: www.canadianhockey.ca

CANADA

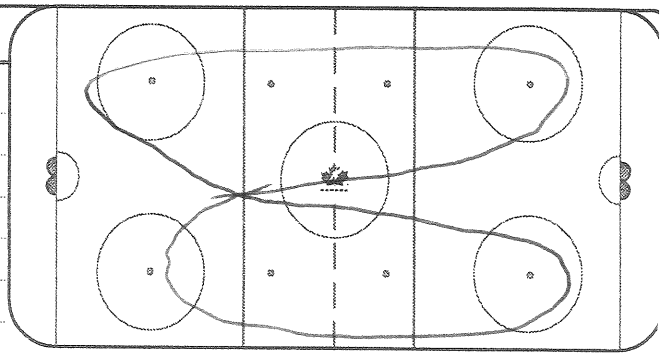
LEGEND

©	Coach		Puck Carrying
○ ●	Forwards		Shooting
△ ▲	Defenders		Pass
G	Goalie		Drop Pass
	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive Pressure

DATE: November 27 **DURATION:** 60 (MINS)

Time: 5min Drill Name: Warm Up

Skate in Figure 8

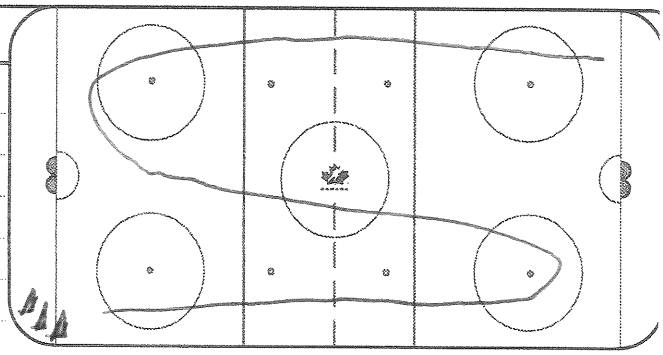


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 5min Drill Name: long stride

-4 sets of long strides curving in an 's'

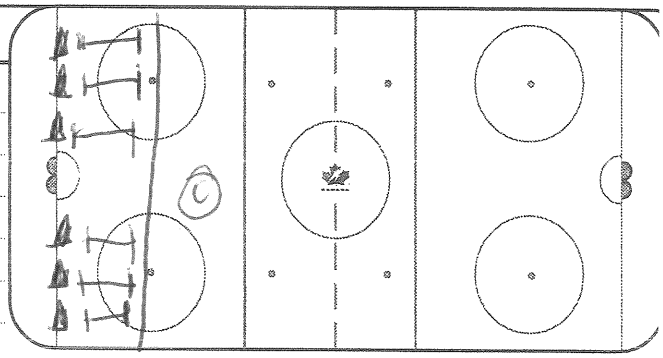


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 15 min Drill Name: Stops/crossover starts

-teach snowplow
-teach sidestop
-incorporate crossover start



Key Teaching Points (KTP)

Key Execution Points (KEP)

"IN PARTNERSHIP WITH THE VANCOUVER CANUCKS AND THE BRITISH COLUMBIA AMATEUR HOCKEY ASSOCIATION"

HOCKEY BC

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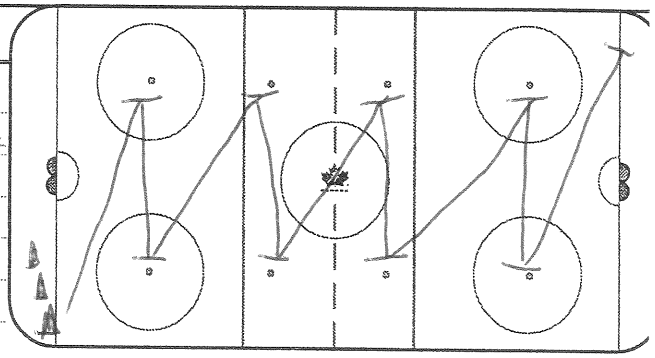
LEGEND

©	Coach	~→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	- - - →	Pass
G	Goalie	~+→	Drop Pass
—‖	Stop	~~~	Backward Skate
X	Pylon	‖‖‖	Lateral Movement
⁘	Pucks	—|	Defensive Pressure

DATE: _____ DURATION: _____ (MINS)

Time: 10min | Drill Name: Stops and Starts

- include stops, long strides, cross over start
- always fwd clock

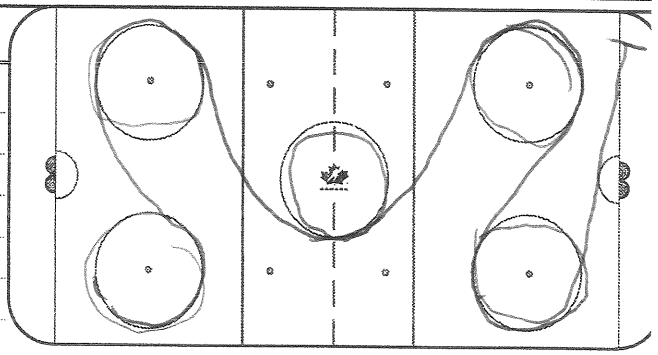


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 10mn | Drill Name: Crossovers

- teach them
- groups of 3 around ends

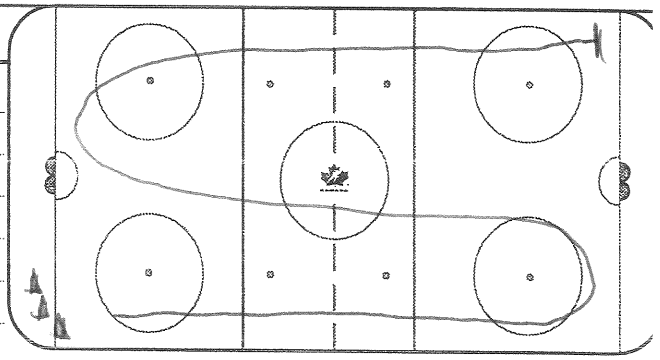


Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: 10mn | Drill Name: Backwards Skating

'C' cuts



Key Teaching Points (KTP)

Key Execution Points (KEP)

"IN PARTNERSHIP WITH THE VANCOUVER CANUCKS AND THE BRITISH COLUMBIA AMATEUR HOCKEY ASSOCIATION"