

Trevor Morgan Logout

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Wednesday, Nov. 04, 2009

Drill Title Editable →

SAVE NEW CLEAR REVERT SAVE HELP

CMC # 2- Skating and Puck Control

OBJECTS

- COACH/INSTRUCTOR
- GOALTENDER
- PLAYER
- PLAYER
- FORWARD
- DEFENCE
- PUCK
- PUCKS
- PIILON
- GOAL
- TEXT

ACTIONS

ENVIRONMENT

NUMBERING ON OFF

TOOL TIPS ON OFF

Add a description

Coaches Drills My Drills

Drill #

DrillID	UID	Name	Description	Level	Views		
780881	331	CMC # 2- Skating and Puck Control	Station #1. Two Foot C-Cuts. Two foot C-Cuts involve driving both feet wide making half moon motions with your feet on your inside edges bringing your toes together back square underneath your shoulders. Single Leg C-Cuts- The basic c-cut involves using one leg as the glide leg and the other, as the drive leg. The drive leg must recover underneath the body next to the glide leg. The next progression is to alternate the legs. The next progression is to have the players make two foot c-cuts and once they are out as wide as possible, they jump in the air bringing their feet back square underneath their shoulders. The last progression is to make clickers. Players perform a two foot c-cut and when they are out wide they jump in the air and click their feet together bringing their feet back square with their shoulders. Station #2- Cross Over Edge Work Overtop Stick. Player performs a crossover over top the stick then proceeds to make a tight slalom move around the end of the stick. Player can progress to working on edges as opposed to slalom around the end of the stick. Stick Chase- One player starts on each side of the sticks and on the whistle one player tries to catch the other player. Players cannot go over top the stick. Tee Pee Sticks- Each player turns their sticks on end on the butt end of the stick. One player will say go and both players let go of their sticks and try to catch their partners stick before it hits the ice. Station Three- Agility weave with wraparound- Each player will go through 2 sets of cones and proceed to make a wrap around on net. Each player will go through the station four times in a row. The player must make his/her moves quickly. Station Four- Forward and Backward Two Foot slalom around sticks. Players start out in the corner and proceed to the first stick and make a hard slalom motion around the stick. The player must propel themselves forward and cannot make a stride through the sticks. They must gain enough momentum from a hard slalom around each stick to make it across the length of the stick without having to take a stride. Station Five- Forehand and Back hand only around cones. Players must keep the puck on their forehand or backhand only as they proceed through the cones. Station Six- Pylon agility. Players will make a stick handling move on each of the two pylons then proceed to take a shot on net.	Bantam	3	Delete	Edit

Using the Drill Planner

- Coach's drills cannot be directly edited or deleted.
- To copy a Coach's drill, click "save new", you will then find a copy in "My Drills".
- Save your drill before using the Refresh Drills buttons as you may lose data.
- Once you save a drill, click "Refresh Grid" to see it in the list.
- Drills are sorted by drill name.