

PUCK CONTROL WARM-UP

PURPOSE: Development of stickhandling skills and one-on-one play.

SET-UP: Pair up the players and spread them around the ice so that they have plenty of room. On the whistle, players will play one-on-one for about 30 seconds. The player with the puck tries to stickhandle through the defender (he cannot skate away from the defender). If

successful, the puck carrier turns around and tries to do it again. If he fails, the defender picks up the puck and tries to maneuver through his opponent. After 30 seconds, the player with possession of the puck is the “winner” and the loser must do a token punishment such as push-ups or sit-ups to create a competitive atmosphere. Players can work on stationary passing while resting between

