



Clinic Topic

- Skating - Balance-Blades-Bounce
- Physical Play - Introduction to Body Play - Building a better base

Skill Emphasis


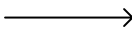


- Skating skills- Balance, Agility, Strength/Power, Speed
- Angling/Steering
- Stick Checks
- Body Blocks
- Body Checks (PeeWee & Bantams)

Situational Emphasis

- Fore-check
- Corner confrontation
- Board play

A *Knight* is idealized as
brave in battle,
loyal to their crest and
willing to *sacrifice* self for the greater good

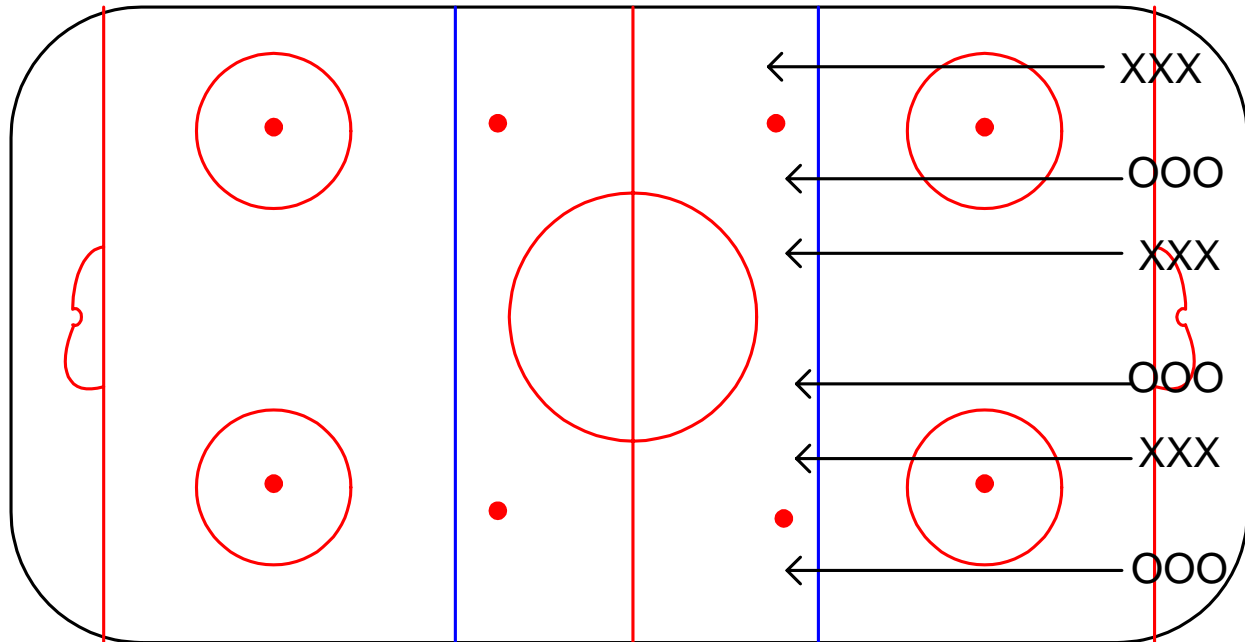
KNIGHT HOCKEY

Legend				skate				
	cone	puck	fw		bw	pass	shot	coach
			- - - - ->	w/ puck	- - - - ->			



Skating

Drill - 6 Lines & full ice drills



Skill Emphasis - Balance, Edges, Knee bend

- Ready position, Blade control & Balance

Middle of blade

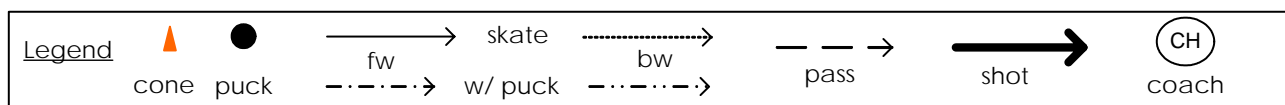
- Glide
- Spinning wheels
- One foot
- Shoot duck

Inside edges

- Scooter Heel skate
- C cuts
- C turns
- Jump from edge to edge
- Two legged jump

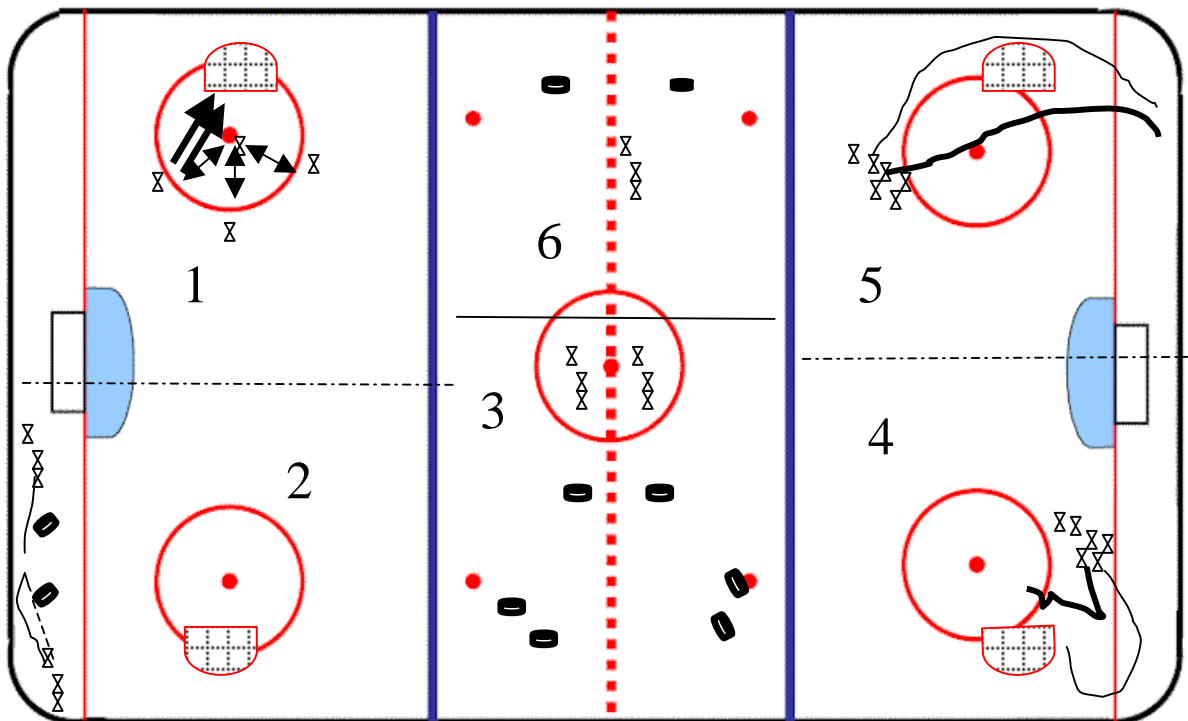
Outside edge

- Walk on edge
- Big C cuts





Physical Play



Stations for puck protection, angling and checking.

1. **Poke check and stick block defensive** -Perimeter players have pucks, middle player uses stick to deflect and poke check pucks
2. **Puck protection add-on.** Coach pushes puck between cone player race to puck and try to add-on a player from own line to create a 2-1
3. **Small ring race.** 1-1 must score twice through tires
4. **Defend the circle.** Player 1 carries puck to corner then tries to penetrate circle P2 defends
5. **Angling into corner.** Player 1 carries puck behind the net, P2 angles player to boards
6. **Read react bump.** Player 1 skates through tires turns left or right, P2 tries to pin player before P1 gets around either tire.

