



Clinic Topic

- Skating - Balance-Blades-Bounce
- PUCK-PROPERTY-PERSONNEL
 - Introduction to Puck protection, passing and pursuit

Skill Emphasis


- Skating skills- Balance, Agility, Strength/Power, Speed
- Proper stick position
- Technique
- Puck protection

Situational Emphasis

- Team play – Offense and Defense
- Puck possession

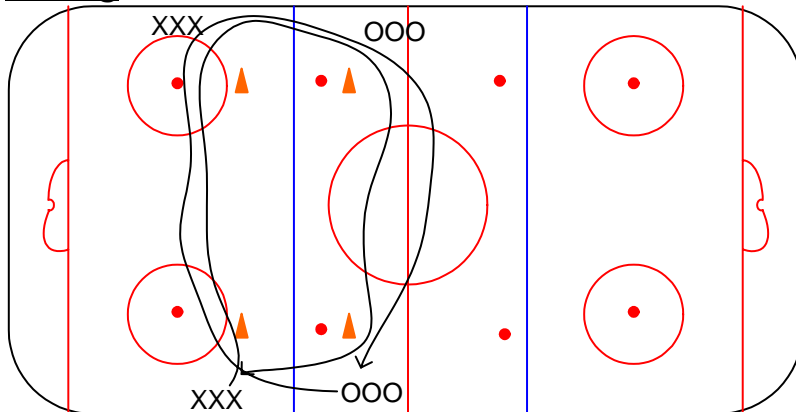
A *Knight* is idealized as
brave in battle,
loyal to their crest and
willing to *sacrifice* self for the greater good

KNIGHT HOCKEY

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



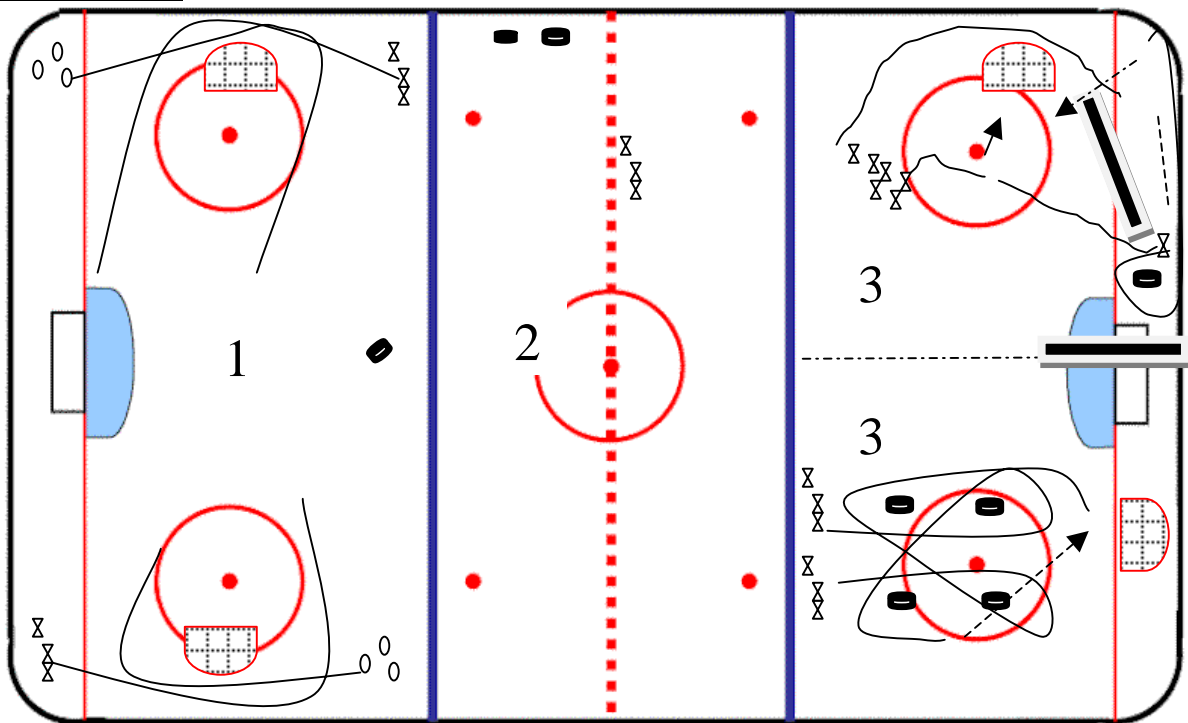
Skating



Heels - Short Track

1. Set up cones in box
 2. Line up skaters on boards
 3. Players skate around cones
 4. tag next person in line to continue race
- Options - Opposite direction; with pucks; Four lines per box; set up another box
 Emphasis - Skating in traffic, edges and crossovers

Puck Control



Stations for puck protection, passing, & possession

1. **Puck protection 1/2 add-on.** Teammates are lined-up diagonally from each other begin on whistle-race behind the net to puck and play a 2 on 2. Player can shoot on either net and can "add-on" players at any time. KISS "KEEP INTENSE SHIFTS SHORT".
2. **Passing series.** Stationary, curl, backward to forward, cross ice
3. **Breakout and protect.** Player 1 carries puck to behind net to breakout P2. P2 curls puck to wall and carries down low to create a 2 on 0.
Angling into corner. Player 1 carries puck behind the net, P2 angles player to boards
4. **Quick Cross 2-0.**

