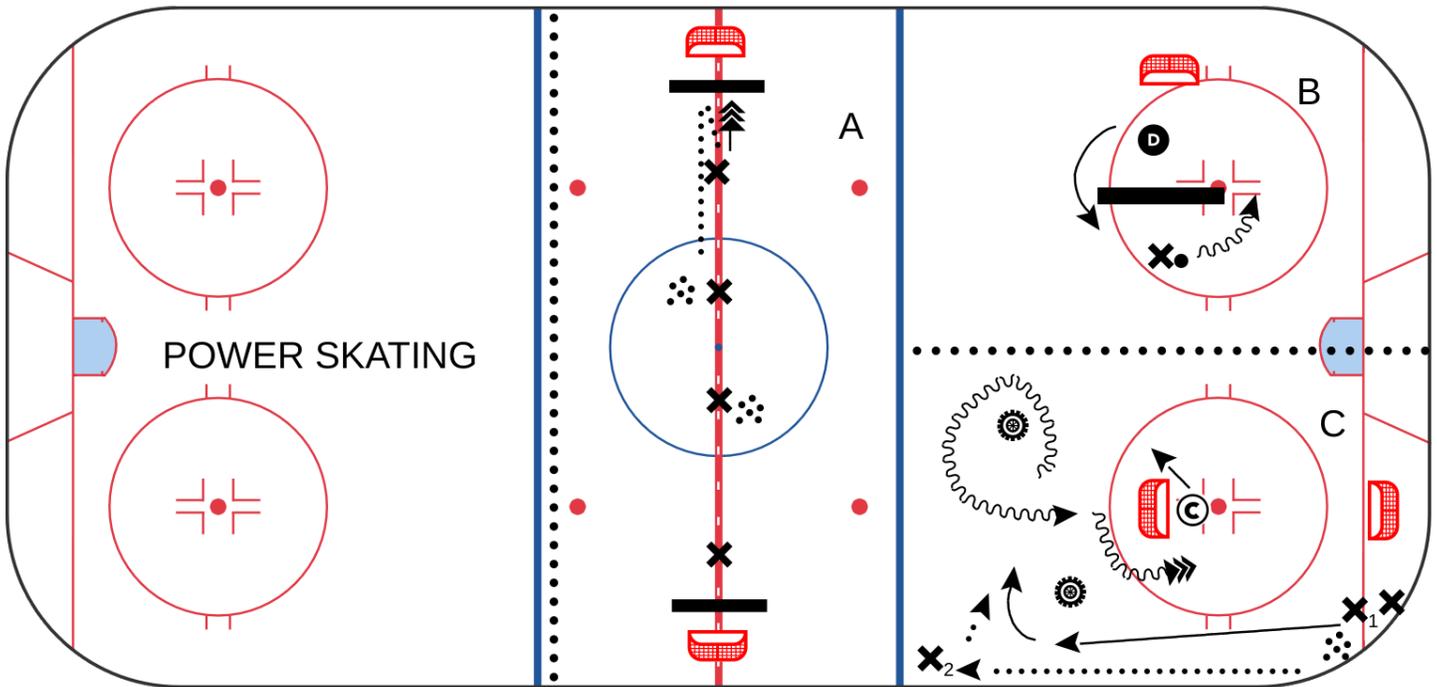




BDMHA Core Skills #4 Read/Reaction Skills



Description

POWER SKATING IN OPPOSITE ZONE

- **STATION A - Rebounds (x4) each** - Players stand 1 stick length back from rebounder facing the net. Players get (x4) pucks off the rebounder and react to the bounce and shoot quick and reset.
- **STATION B - Cat and Mouse Battle (10 secs)** - 1 Defensive player and 1 Offensive player are around the Barrier. Defender tries to get the puck, Offensive player plays keep away for 8-10 seconds. On coach stick-tap, Offensive player takes the puck to net and the defender tries to prevent it.
- **STATION C - Attack Patience and Read the Defender** - Players (X1) pass the puck to top player (X2) and skate up the wall. Top player puts puck into space and X1 skates into it and cuts back around tire. Puck carrier attacks back to mini-net with PATIENCE and head up. Coach is behind the net and at the last second, picks a side to defend. Player attacks to the OTHER side and gets shot on net.

Key Points

- **PLAYERS MUST FOCUS ON HAVING THEIR HEAD UP IN ORDER TO READ THE PLAYS PROPERLY AND THEN REACT TO THE SITUATION.**