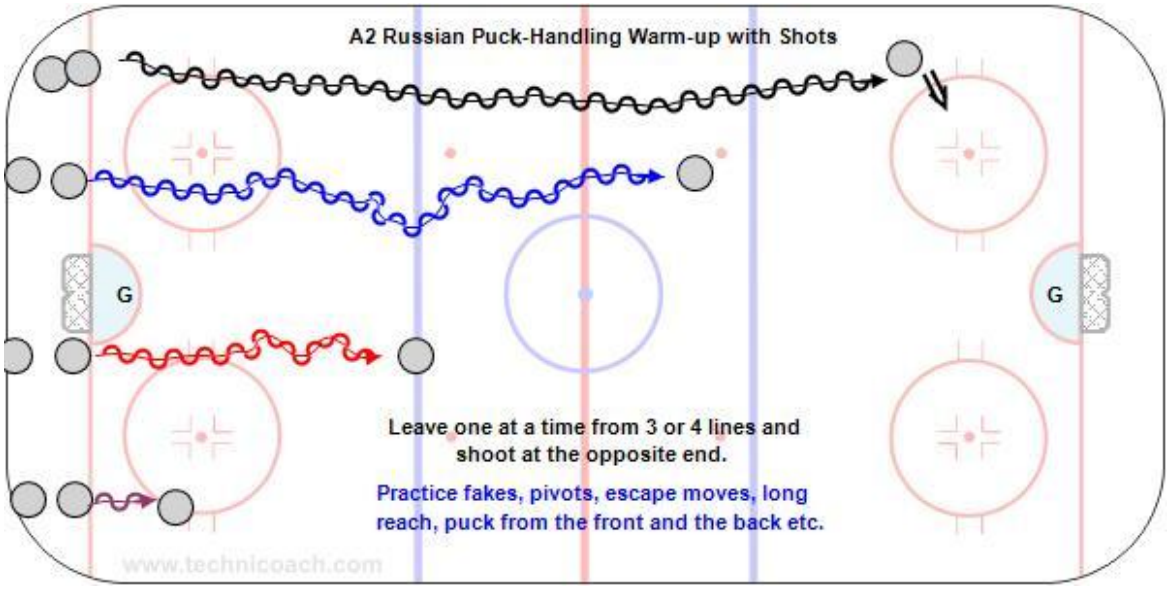
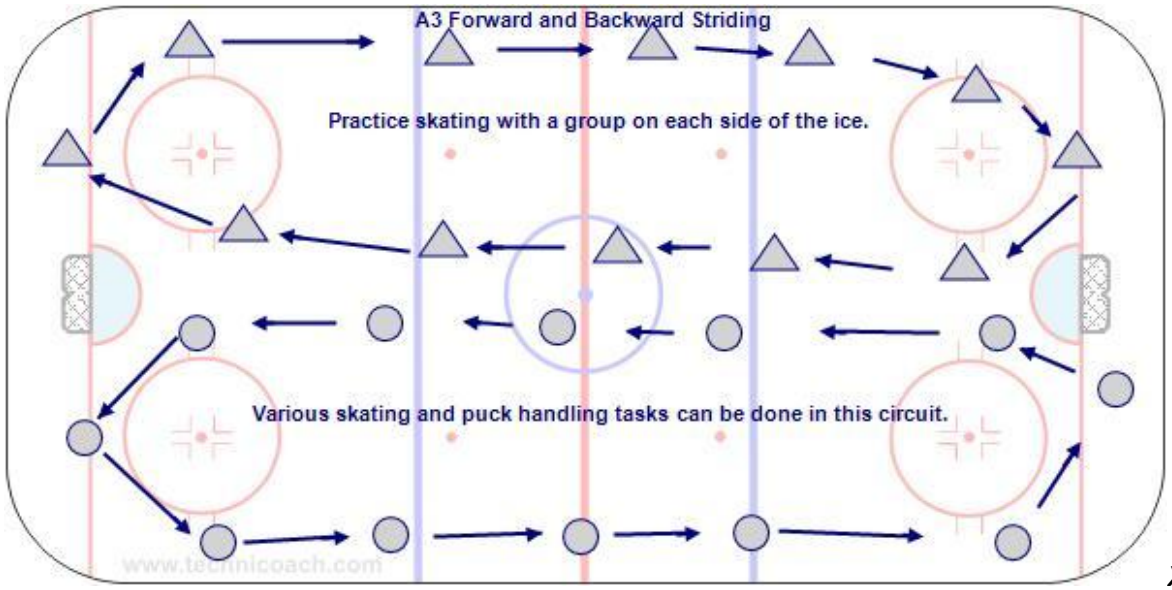
Drills and games used in the camp Jihlava camp. July 2010.

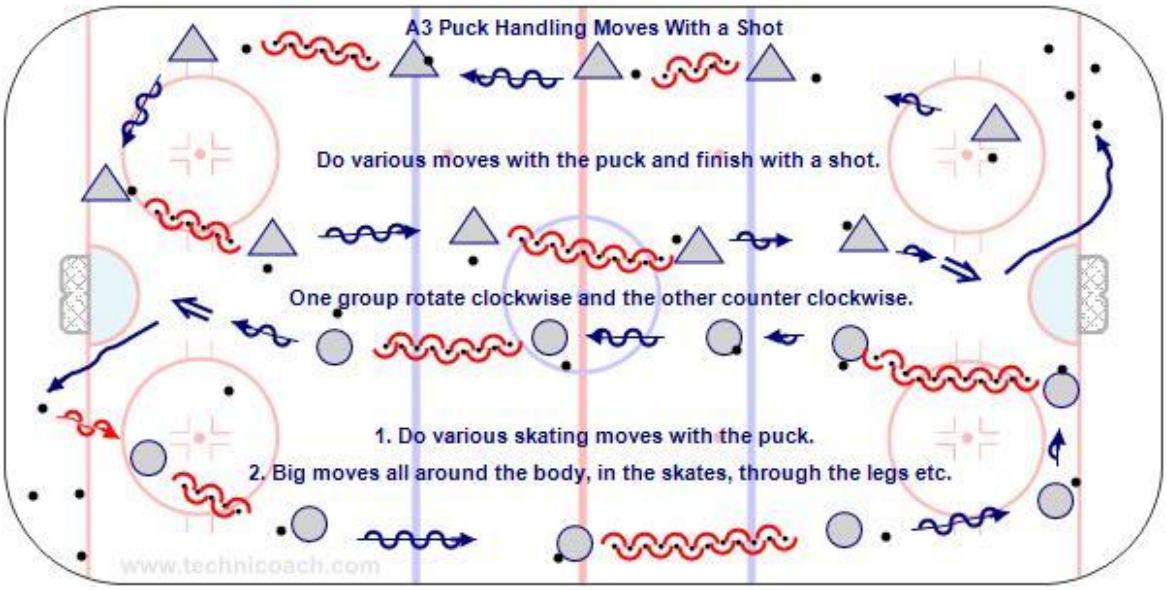
I am making a pdf of the activities we used in the camp last week.



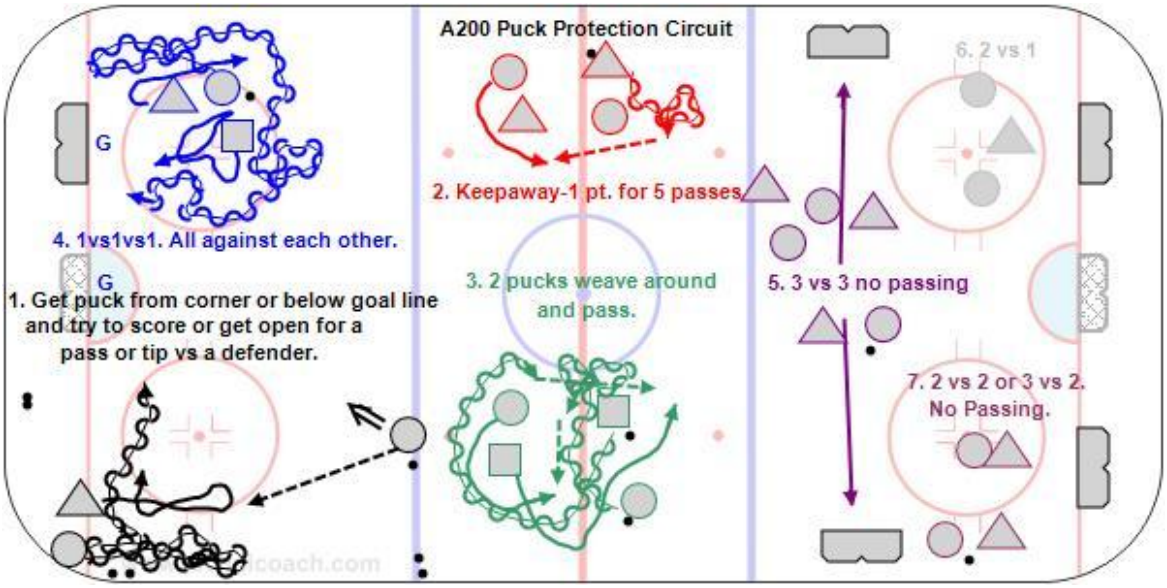
We did this on 4 nets. 2 at each end.



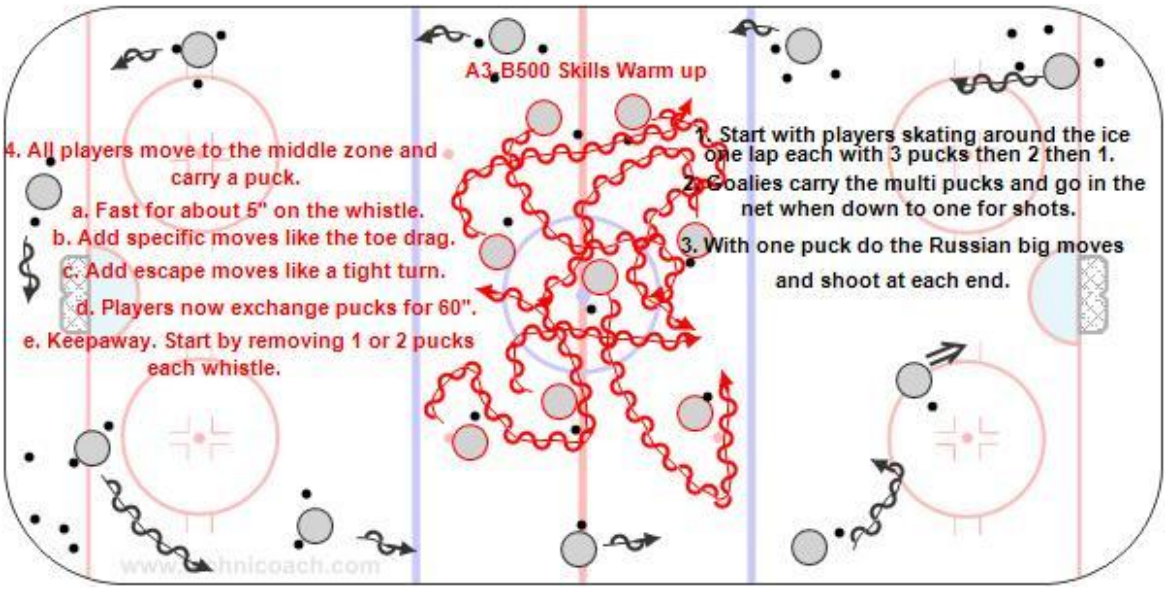
x-ice



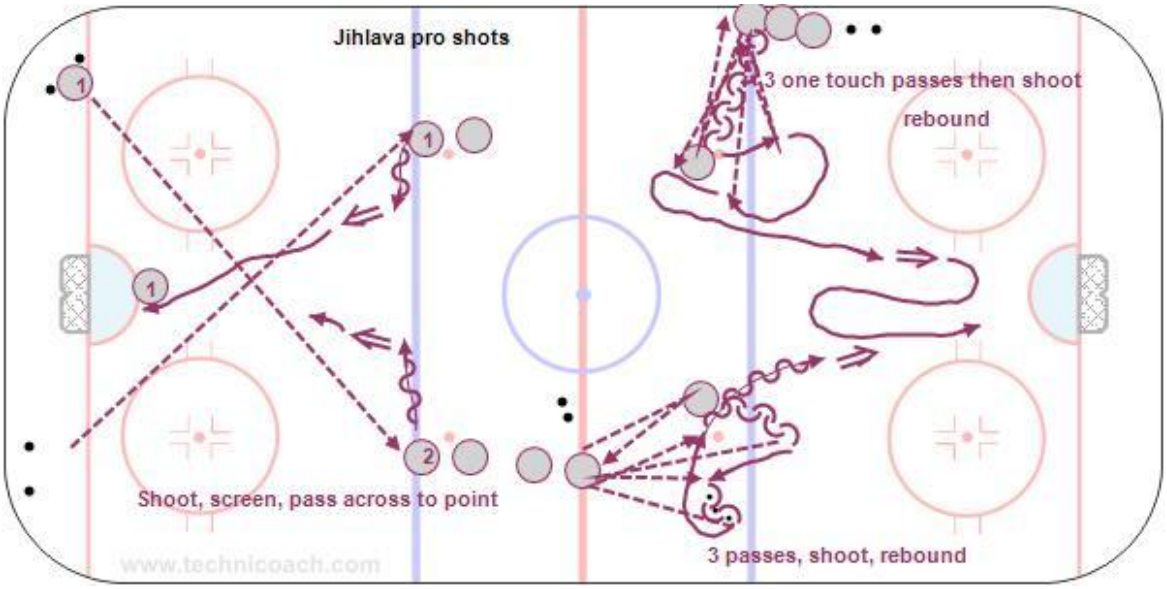
You could have 4 nets and shoot at each end.



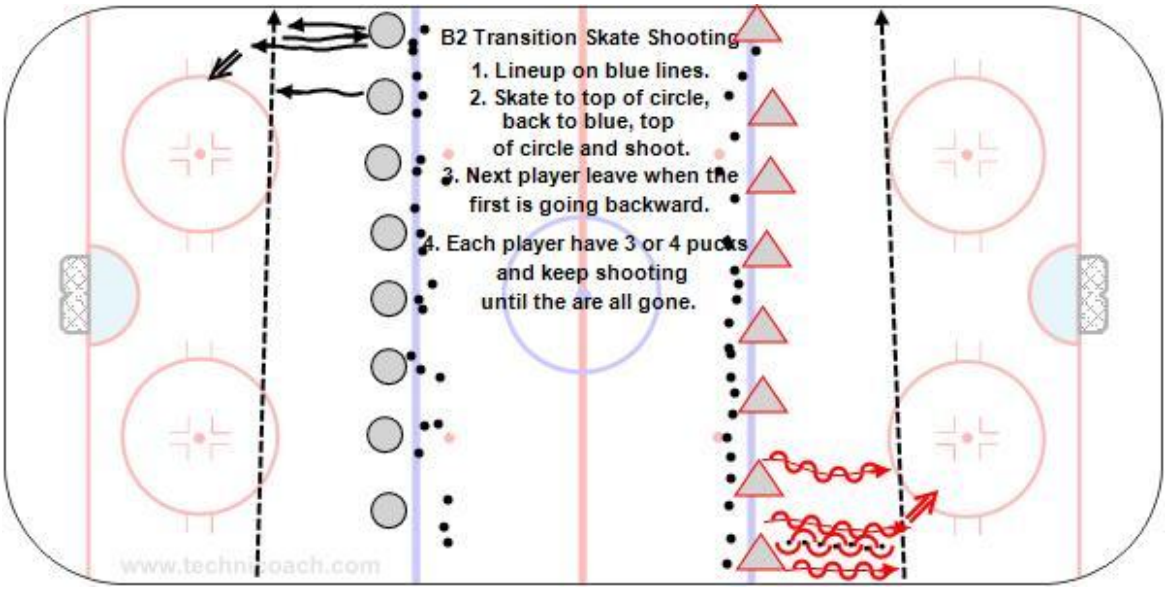
Puck handling in small areas is practiced.



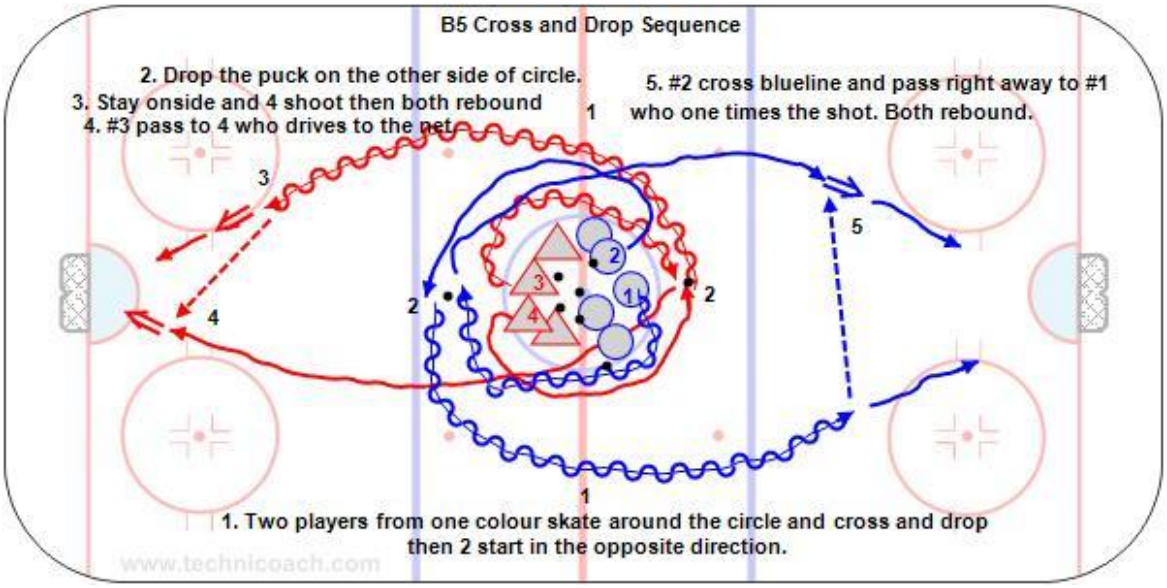
Everyone has a puck and practices big moves all around the body.



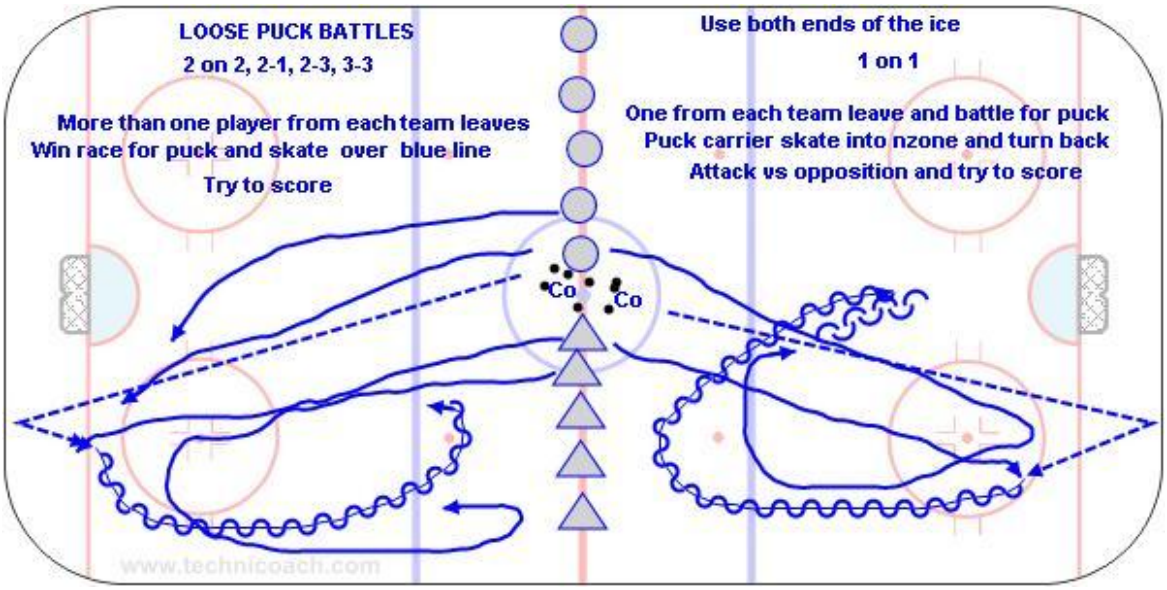
All good drills for many reps.



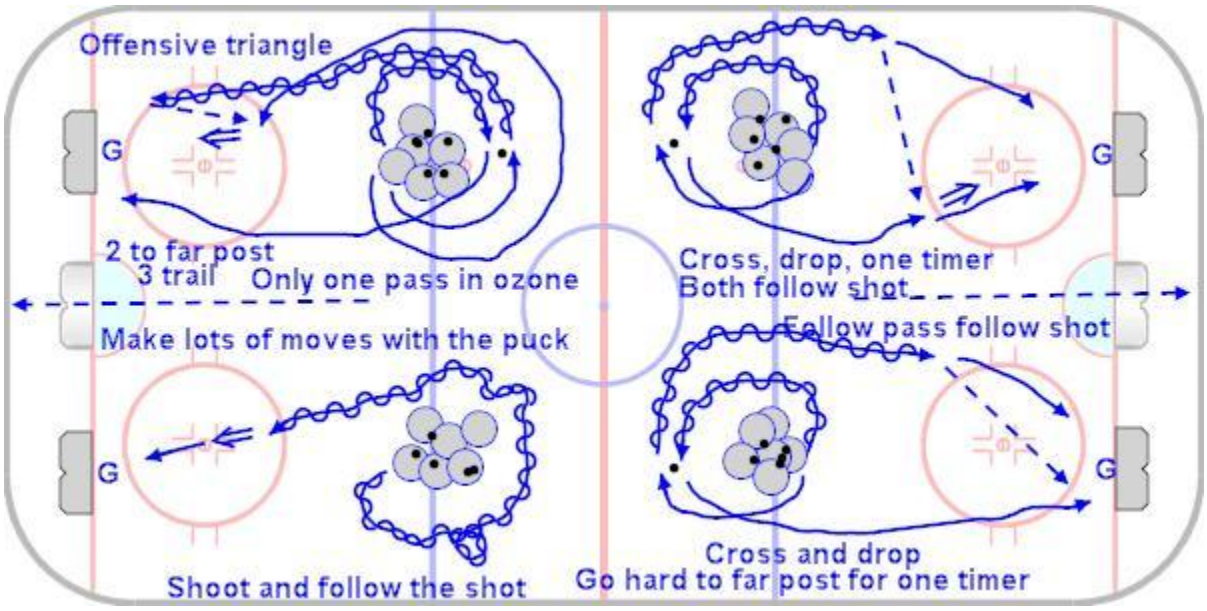
Agility skating and the shot are practiced



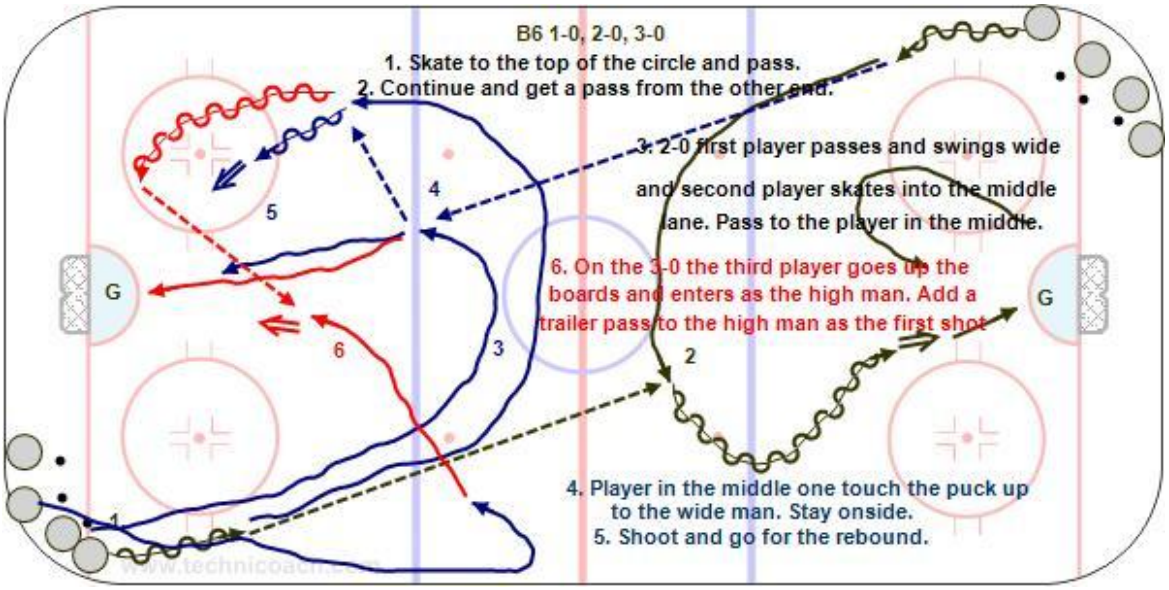
Good technique with one timers, or a pass across. Both go for a rebound. Can play 1-0 to 3-0 and add defenders who shoot and then defend after up to a 3-3.



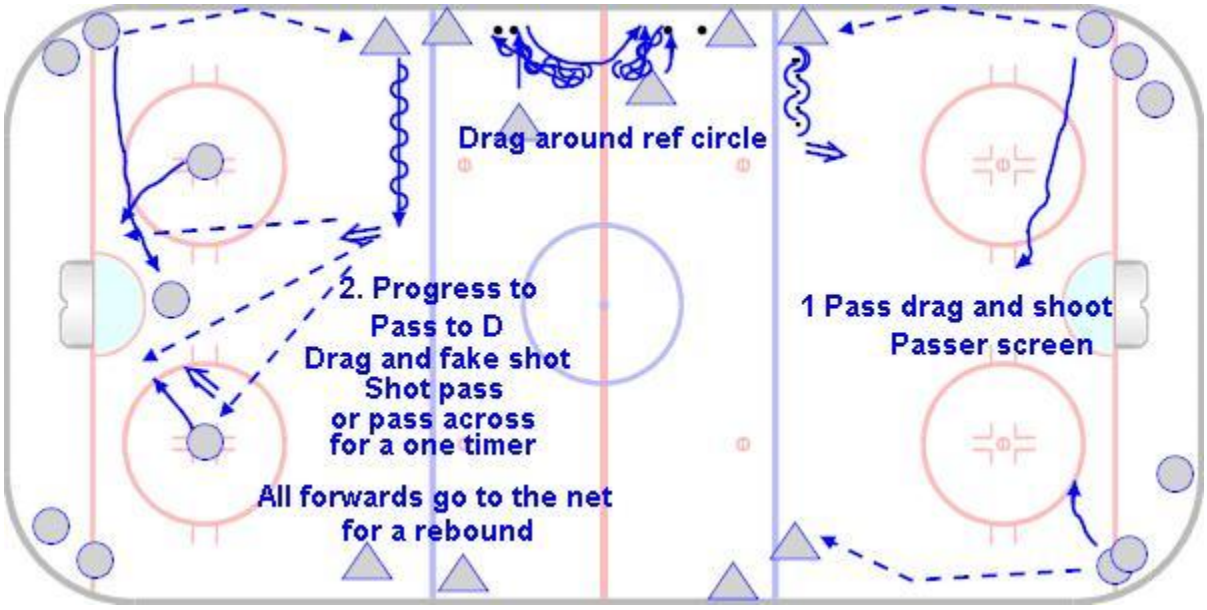
Good drill for 1-1 with gap control important. Play 2-1, 1-1, 1-2 also.



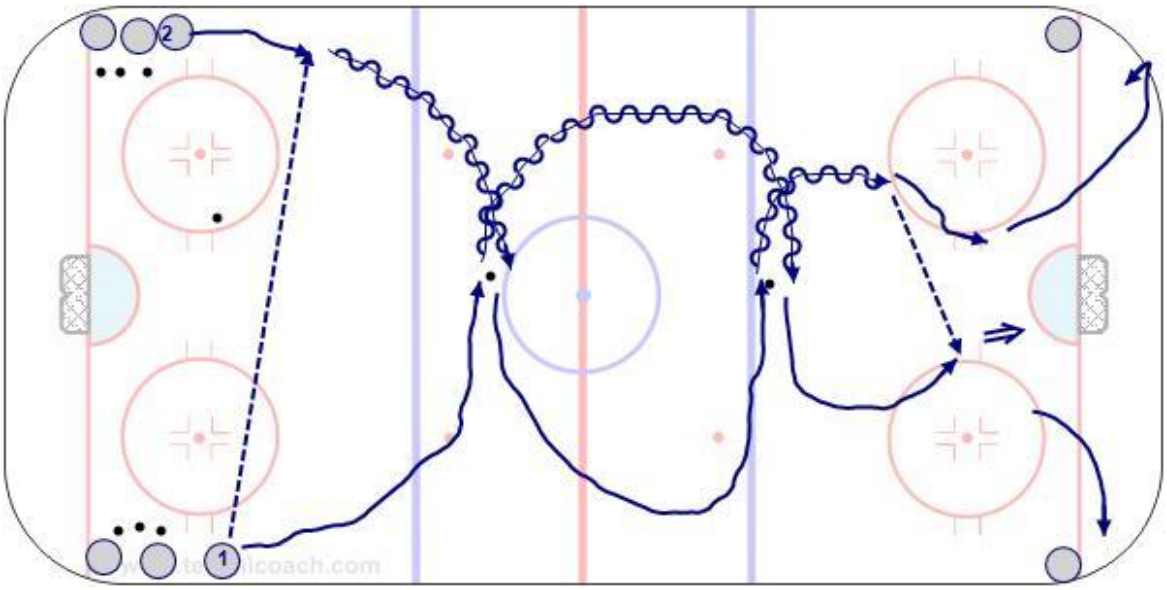
Many variations can be done from the B5 formation.

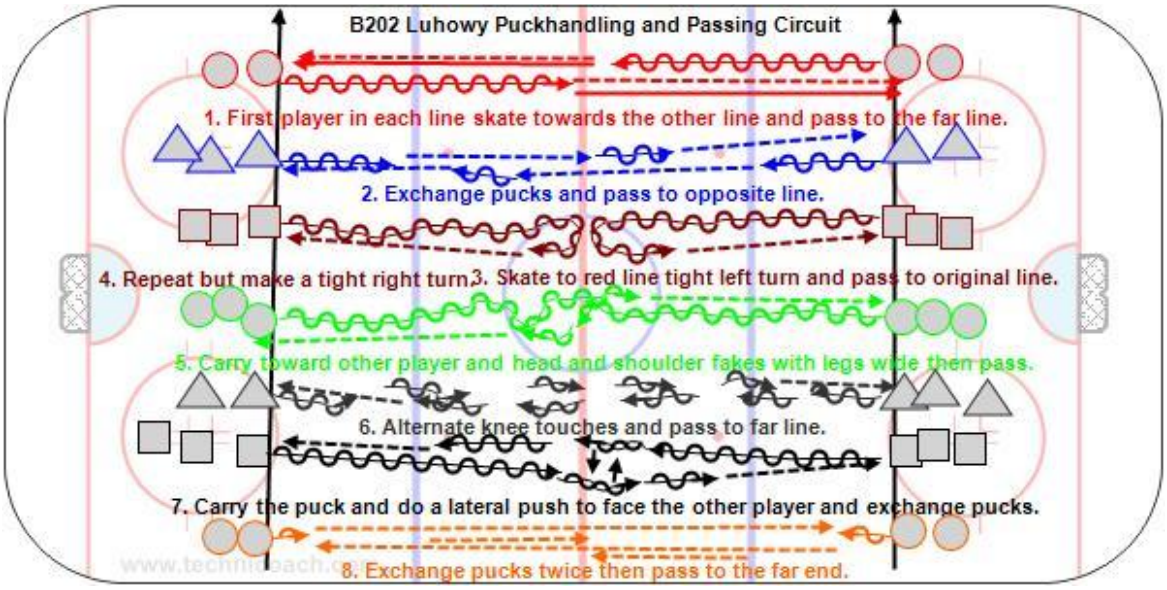


Drill creates lots of speed and demands good passing and receiving skills.

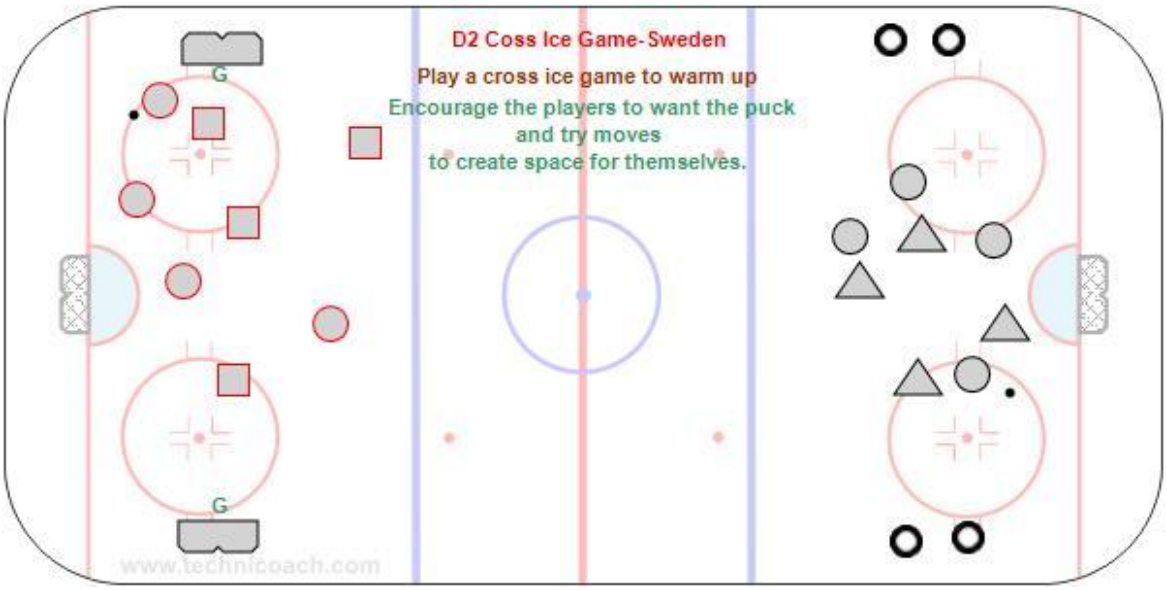


Skate along the blueline and not toward the net and the defender.

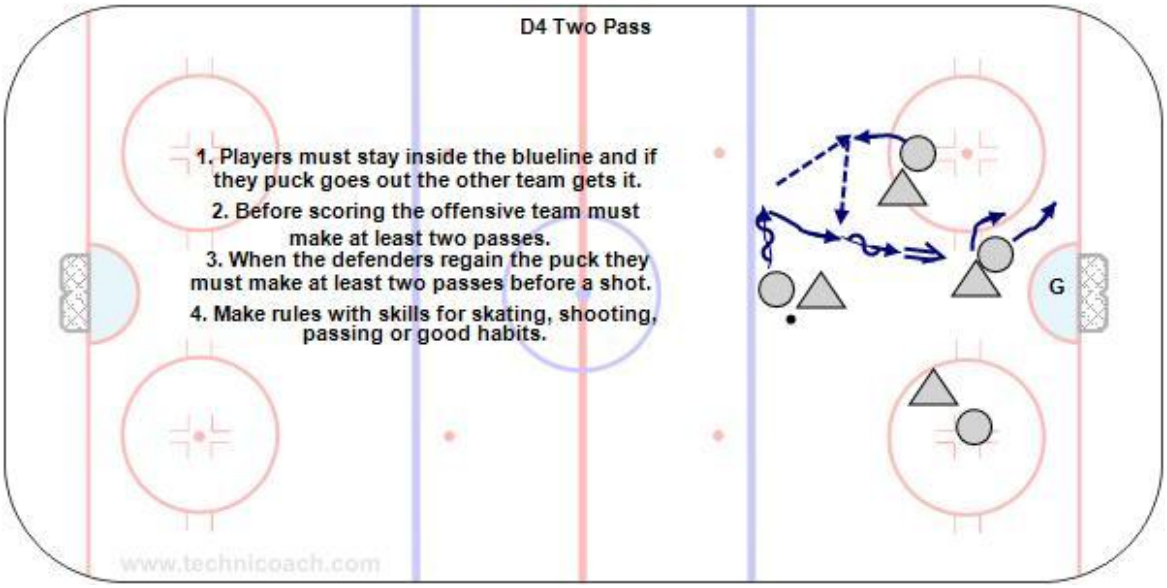




Create variations.

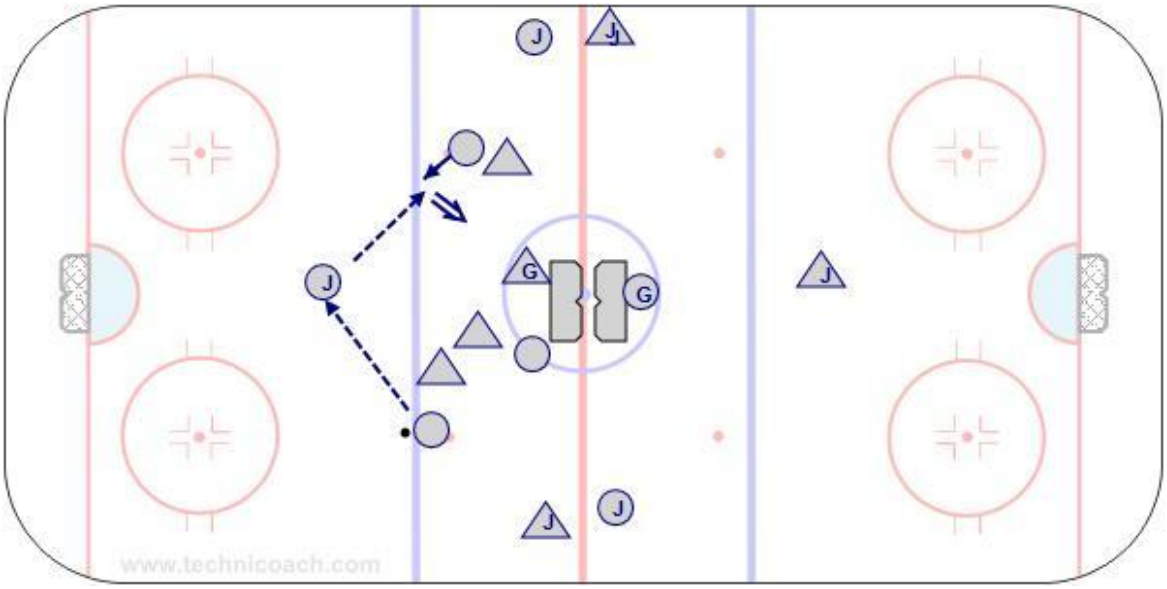


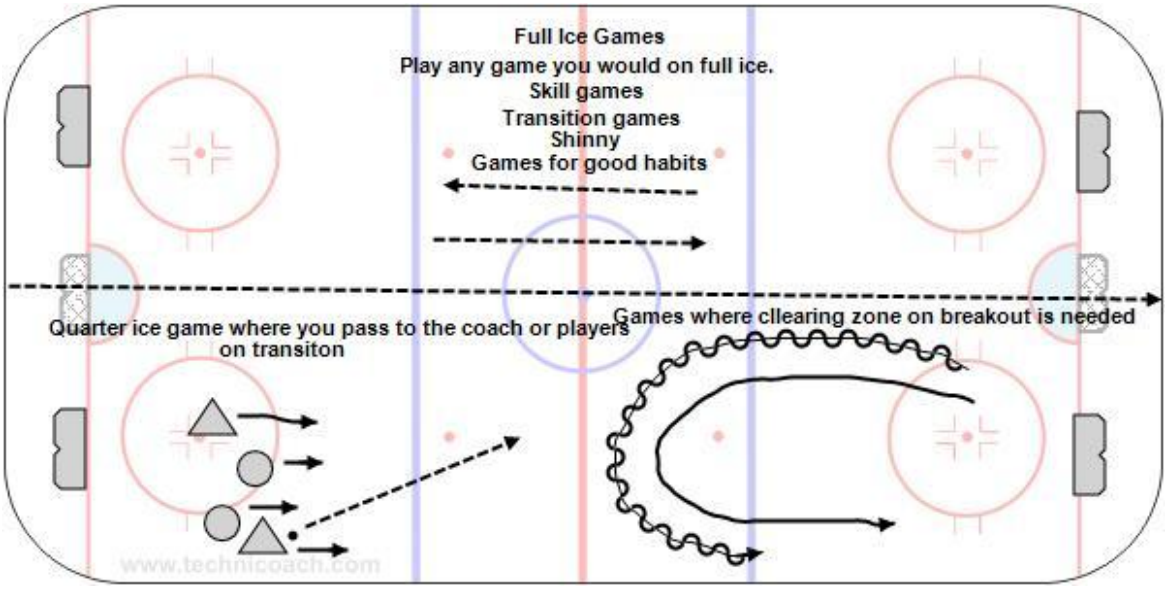
Modify the rules to compliment what skill you are teaching.



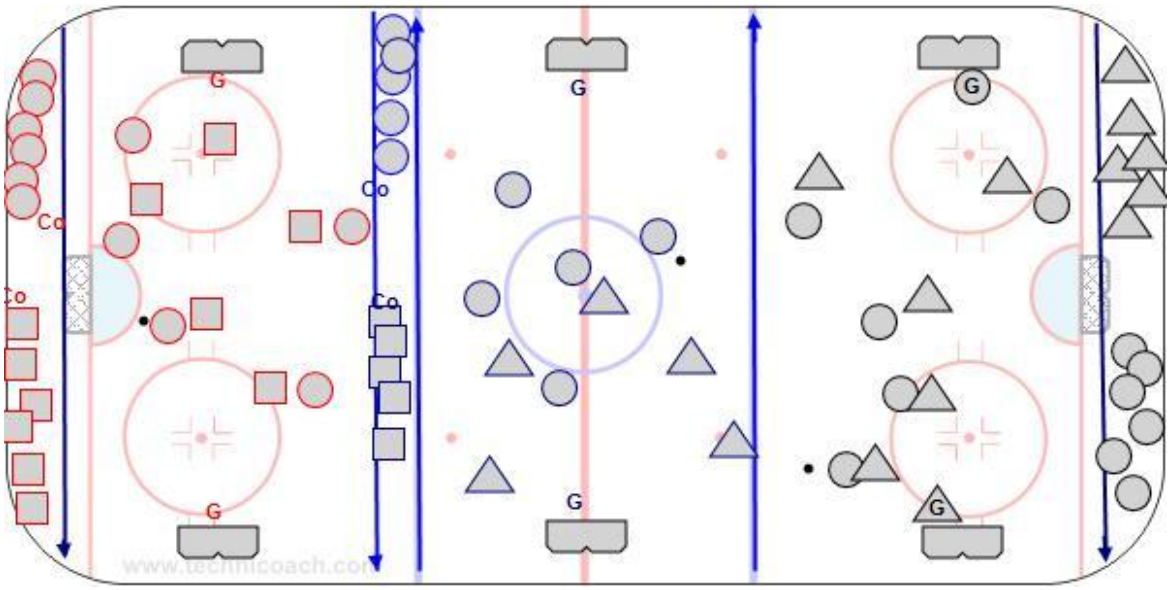
The earlier you can pass following a turnover the better.

Nets back to back with jokers. Must pass to joker on a turnover.

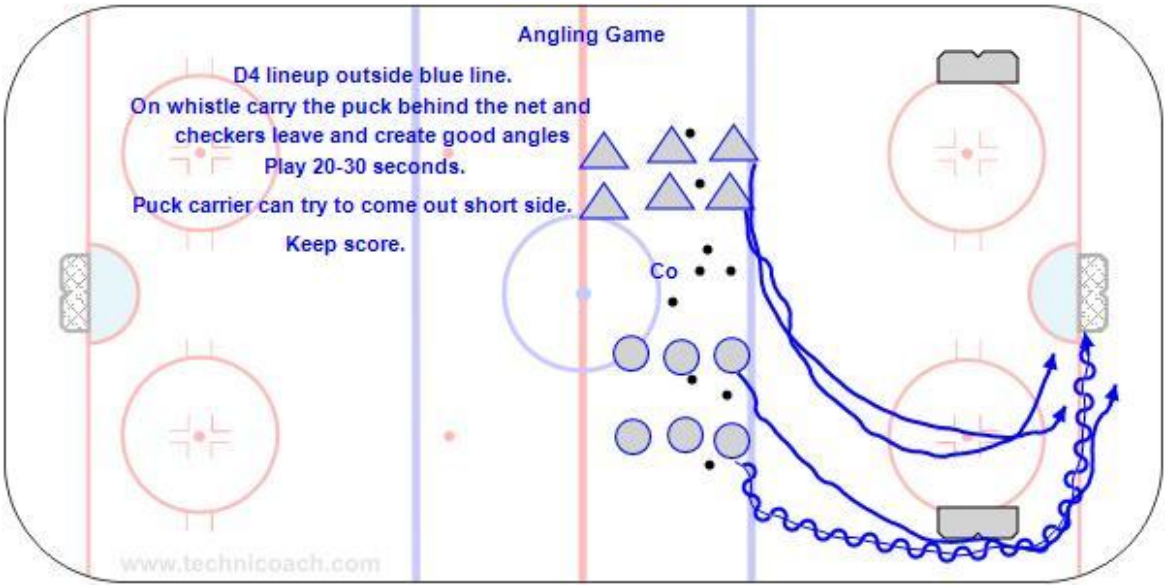




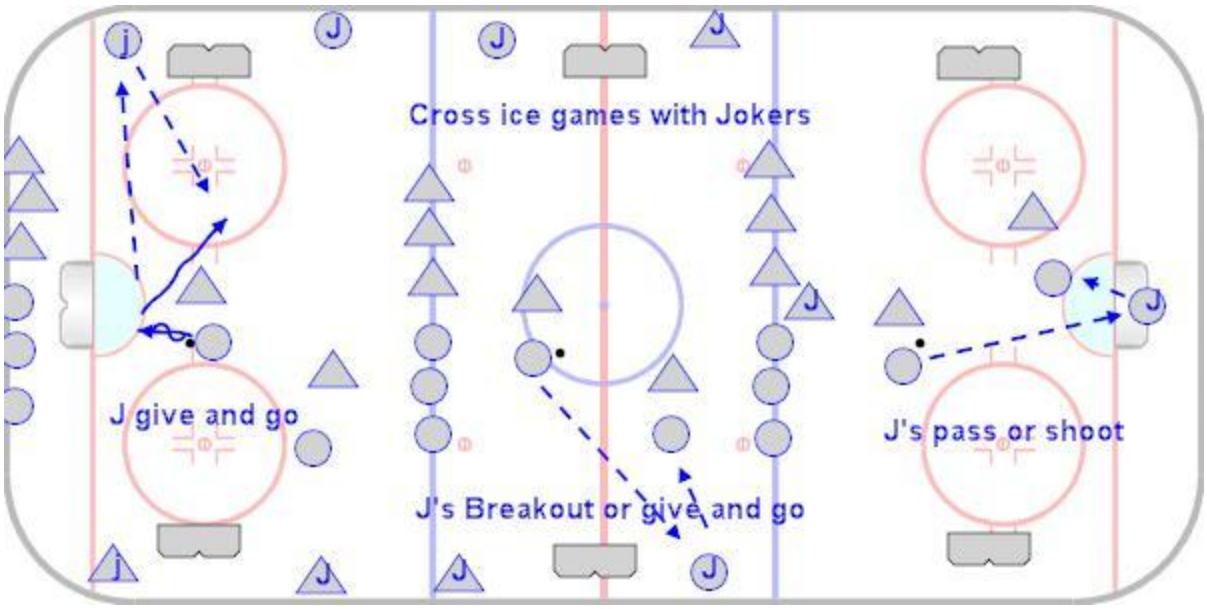
Played two full ice games at once. In young players game used from the goal line to the far blue line only.



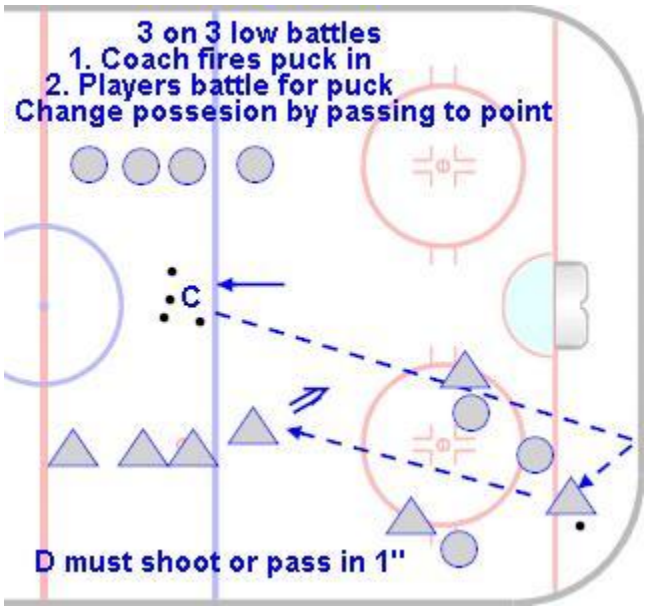
Three cross ice games at once. Extra players on the sides.



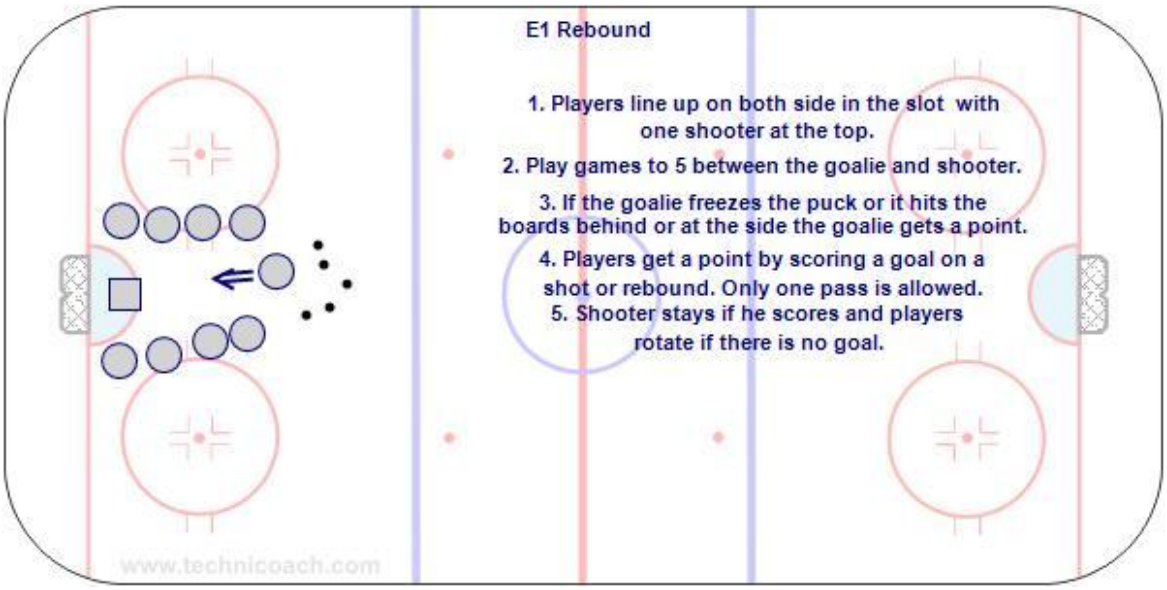
Also played a straight on angling game where the defenders also skate behind the net but must transition skate to backward.

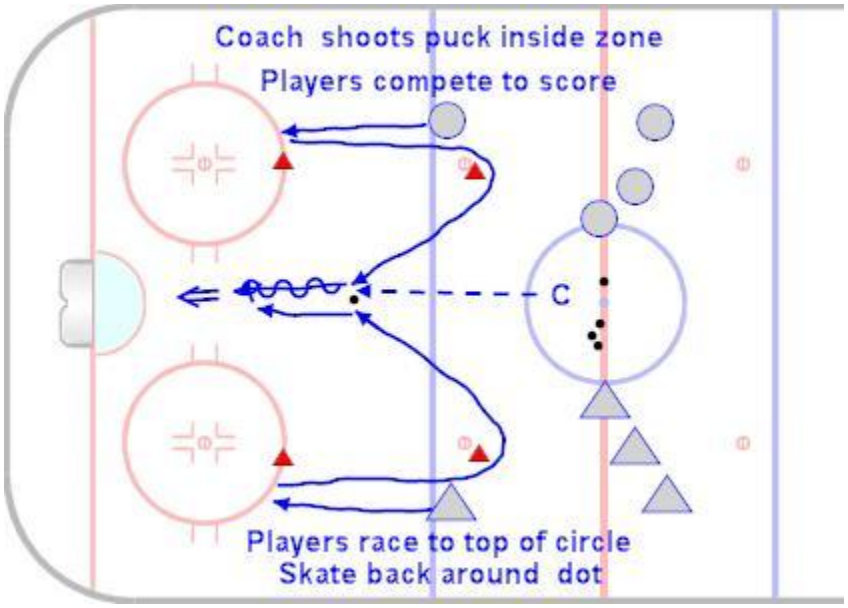


1. *Game of regrouping with the joker when u regain the puck. 2. Regroup with defensive end joker and must pass to O end joker.*

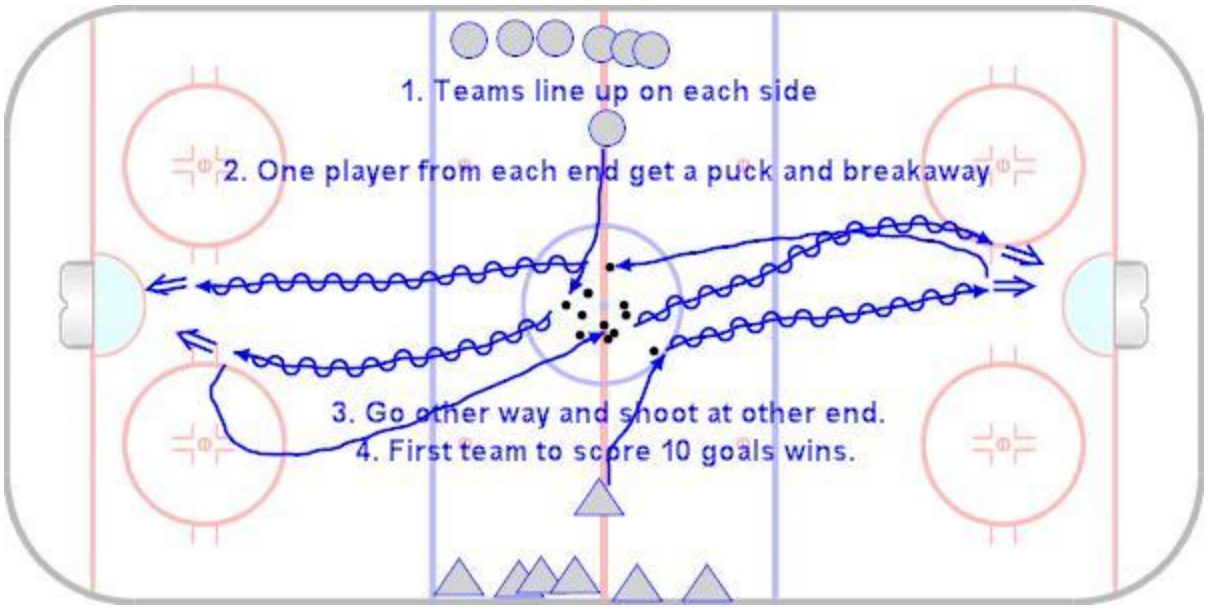


Shifts are about 30 seconds





We raced from the low face off dots and put the puck in the middle.



2 shot shootout. Score twice no laps, once = one lap, no goals = 2 laps