

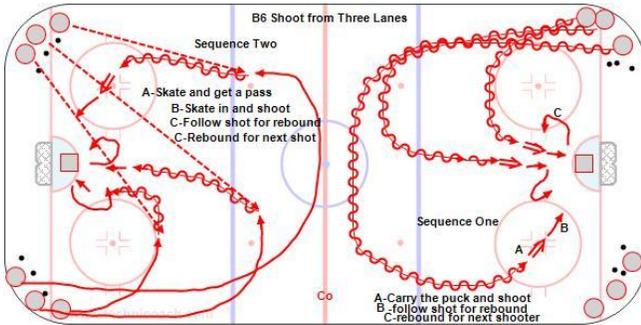


Date: 11-01-17

Time: 20:15-21:45

Arena: Norma Bush

Lines:	Notes:
Game situations, defenseman breakouts	Point shots, 2-2, 3-0, 3-1, 3-2, 2-2
Transition, triple threat position	Puck support, overspeed



2' Big Moves around the ice.

5 B6 Shoot from Three Lanes

Key Points:

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

Description:

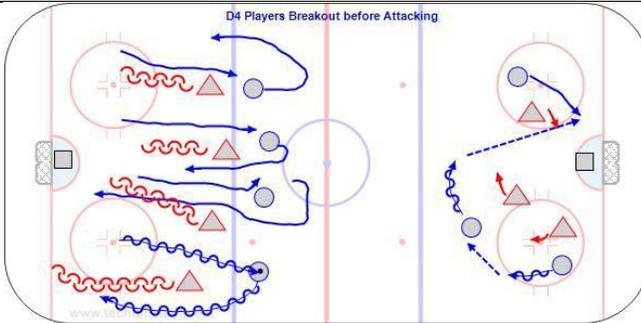
Players can all be in one corner or in both. After shooting switch corners.

Sequence One

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

Sequence Two

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.'



8' 4-4 and 5-5 Only forehand passes – 2 passes.

D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack.

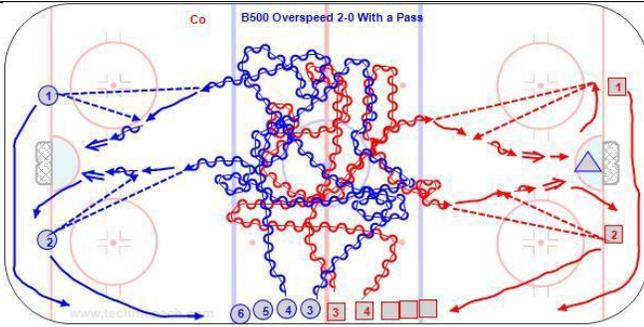
The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
2. The defending team must breakout over the blue line and then turn back and attack.

*Individual skills can be worked on. i.e.

- Skating-only backward skating allowed.
- Team Play - goals come only on plays originating below the goal line.
- Individual Offensive skills - an escape move must be made when you get the puck.
- Individual Defense - sticks upside down until one shot is taken.



10' **D take a point shot.**

B500 Overspeed 2-0 with a Pass

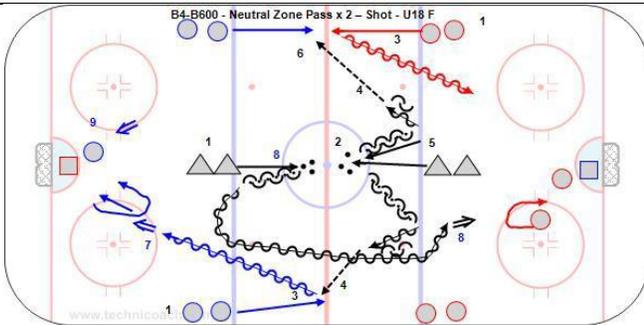
Key Points:

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

Description:

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004075623113>



10' **Jim do defense drill.**

B4-B600 - Neutral Zone Pass x 2 – Shot - U18 F

Key Points:

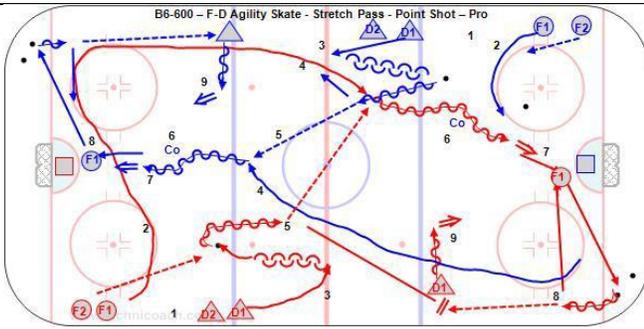
Forwards face the puck and give a target. Defense make crisp wrist or snap passes while skating. Forwards focus on keeping the stick blade square to the pass, especially on the backhand.

Description:

1. Forwards at the blue lines and defense in the middle.
2. Defense at each blue line skate forward - get a puck.
3. Forwards from diagonal side skate up to the red line and pivot for a pass.
4. Defense each pass to a forward on the opposite wing.
5. Defense repeat by skating back to the blue line and up to get a new puck.
6. Defense now pass to a second forward who pivots for a pass on the other wing.
7. Forwards skate in and take a shot then follow the shot for a rebound.
8. Defense get a third puck, pivot at the blue line then skate to far blue line and take a point shot.
9. First forward screen and second circle back to rebound for the next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171102112044347>

<https://youtu.be/-N4f0S3tNVk>



10' Kailey introduce

B6-600 – F-D Agility Skate - Stretch Pass - Point Shot – Pro

Key Points:

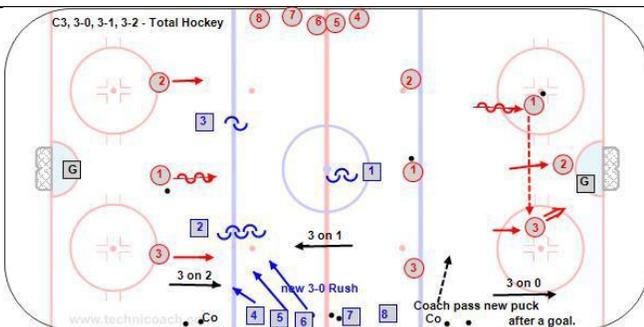
Skate at top speed. Pass and shoot while skating. Forward screen so the goalie has to lean one way to see the puck. This drill could be done alternating sides.

Description:

1. Forwards in diagonal corners at defensemen at diagonal blue lines.
2. F1 from each end skate around the top of the circle and bottom of the other circle.
3. D1's skate up to the red line, backwards, turn and pick up a puck from F2 inside the blue line.
4. F1's skate down the far wing and give a target for a pass.
5. D1 on each side make a cross ice pass to F1's and follow to the blue line.
6. Coach or player who shot give passive resistance to F1 at each end.
7. F1' take a shot and follow for a rebound in the slot.
8. F1's get a new puck in the corner, pass to D1 and screen
9. D1's skate the puck inside the dot and shoot.

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12' Keep score

C3, 3-0, 3-1, 3-2 - Total Hockey

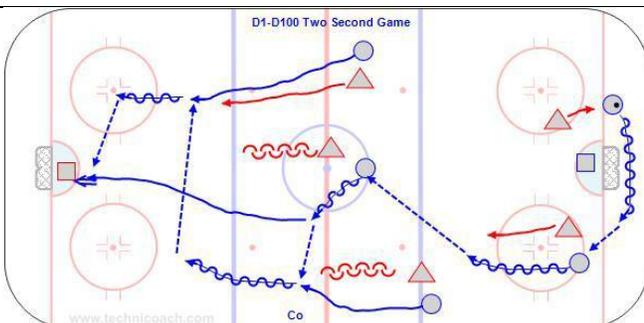
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

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13'

D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

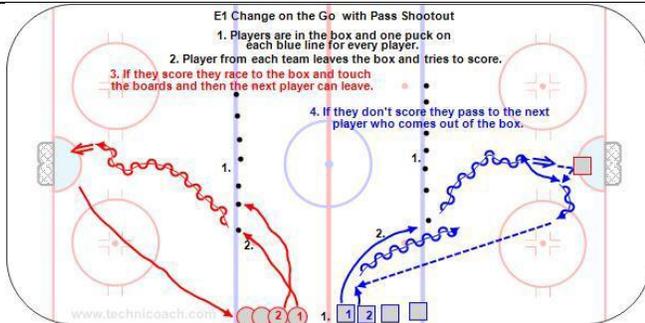
*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
 - A-Make a play.
 - B-Regroup.
 - C-Gain a zone.
3. When over 2 seconds the other team gets the puck (coach monitor).

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10'

E1 Change on the Go with Pass Shootout – U18 F

Key Points:

Players should work on selling the fake, change of pace and making the goalie move first. The goalie must time his retreat into the net to keep good angles on shots and cover the goal line on dekes.

Description:

1. Players are in the box and one puck on each blue line for every player.
2. Player from each team leaves the box and tries to score.
3. If they score they race to the box and touch the boards and then the next player can leave.
4. If they don't score they pass to the next player who comes out of the box.
5. Losing team do something for every goal they lose by.

*To make it realistic the goalie should practice starting from the goal line and coming out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120415181657595>

<https://youtu.be/VRtwyRqRv2I>

Pucks meet in middle

Captains and coaches meet in dressing room after.