

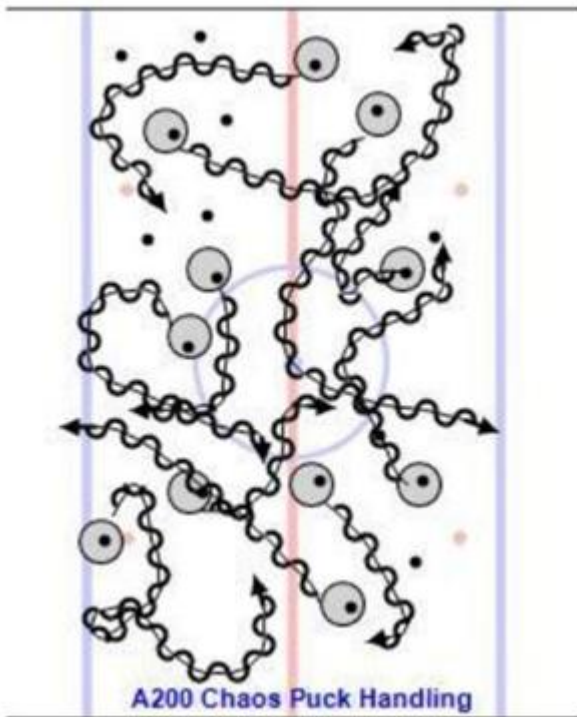


Date:09-08-25

Time: 16:30-17:45

Venue: Seven Chiefs

Lines:	Notes:
Kaylin with goalies	A200 - Chaos Puck Handling
B202 Pass to All Players	D2 – Goalie Training and Keepaway x 3
B6 - Timing Around Circles – Dizzy	B6 – 2-0 Regroup 3-0 Middle Lane Drive – Pro
DT100 Continuous 2-1, 2-2, 3-2	E1 Speed Scoring 2-1 to 2-2



20'

Kaylin with goalies

5'

A200 - Chaos Puck Handling

Key Points:

Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

Description:

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
- 6.Keepaway-coach take a puck away every 10".

<https://youtu.be/82IGJrKNBXM>



5'

B202 Pass to All Players - U18 F

Key Points:

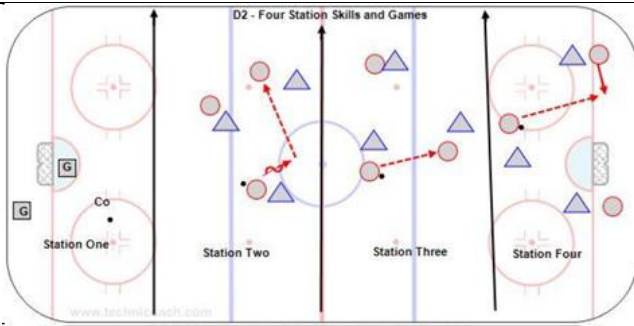
Give and go pass. Give a target and make eye contact before passing.

Description:

1. Blues start with half on each blue line.
2. Reds weave around in the middle.
3. Red pass to each blue player.
4. Alternate sides each pass.
5. Switch every 30".

**Compete to see who makes the most passes.*

<https://youtu.be/twIBPPTGe2Q>

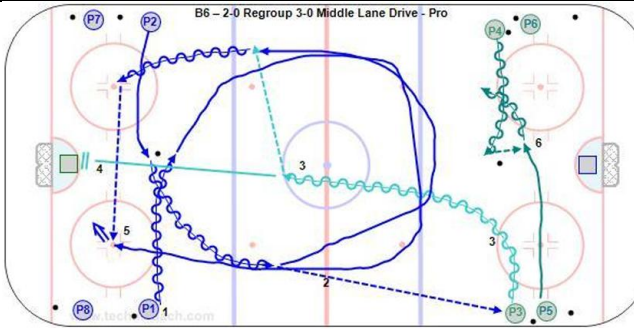


10'

D2 - Four Station Skills and Games Station

One – Goalie Training Stations

2 to 4 – 3-3 Keepaway - 5 passes 1 point - Rotate - rule one scissors required



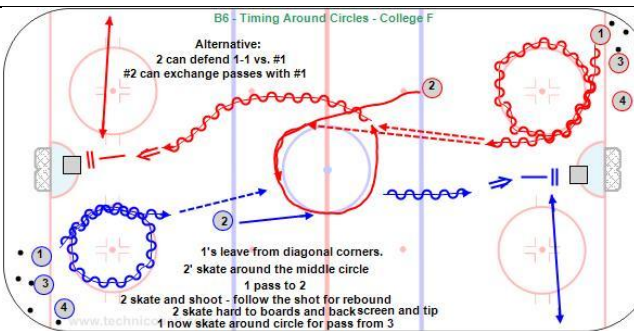
10'

B6 – 2-0 Regroup 3-0 Middle Lane Drive – Pro

- Focus is puck carrier getting to the Big Ice between the dots and then passing wide and following the pass. Attack with triangle

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7889#7889>

https://youtu.be/g_KbJa3a6LM



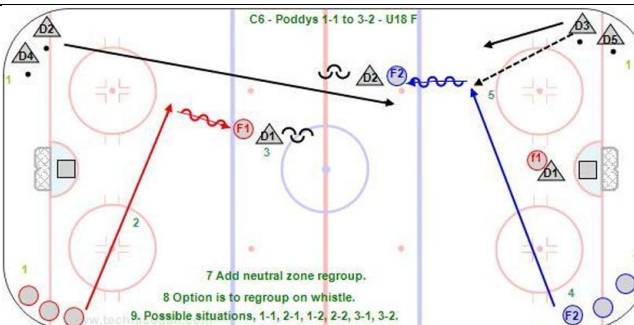
B6 - Timing Around Circles – Dizzy - College W

Key Points:
Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip. Possible 1-1 and catch and release.

Description:

1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pass to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pass from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

<https://youtu.be/ckOiQ9QI72E>



10'

C6 – Paddy's 1-1 to 3-2 – Wally - U18 F

Key Points:

Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

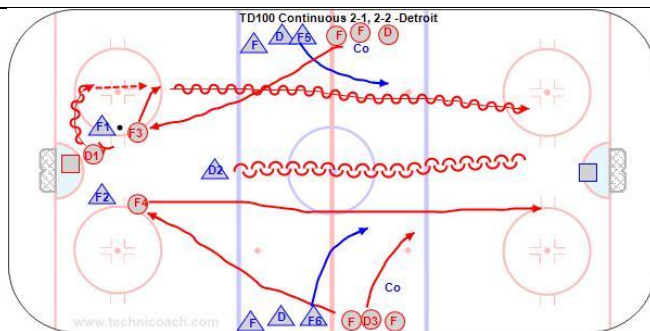
Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a

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- pass from D2 who follows.
 3. D1 defend the 1-1 attack.
 4. F2 leave from the other end when the original attack passes the top of the circle.
 5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
 6. Two or three forwards can attack vs. one or two defenders.
 7. Add F2 regroup with D3 in the neutral zone.
 8. Another variation is regroup only if the coach blows a whistle.
 9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

** Have the D join the attack and don't start the next rep until the puck is out of play.*

<https://youtu.be/NYAhiCwCA-4>



12'

DT100 Continuous 2-1, 2-2 Detroit - Pro

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

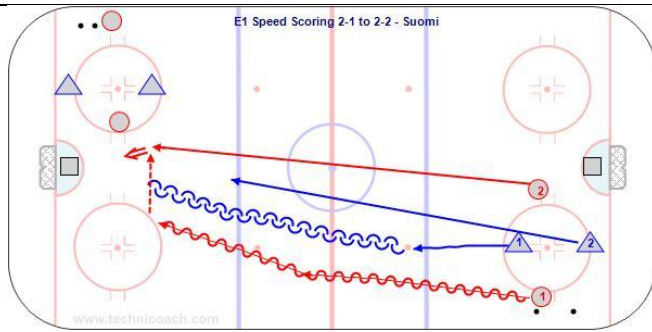
Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options.

There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<https://youtu.be/UqjvSInqLsU>



12' E1 Speed Scoring 2-1 to 2-2 – Finland

Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<https://youtu.be/CJeQogDhiAw>



Cheer in middle