

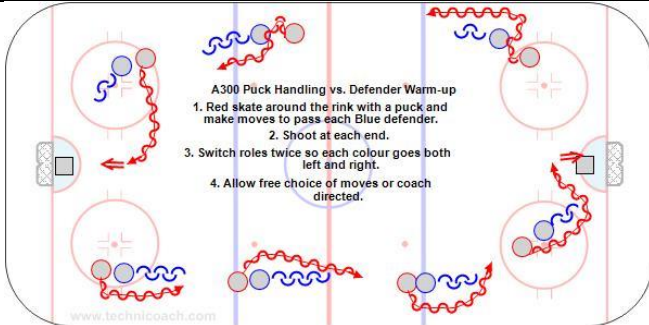


Date: 10-16-25

Time: 16:00-17:30

Arena: Henry Viney

Lines:	Notes:
A300 Puck Handling vs. Defender Warm-up - U18 F	B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G
B6 - Breakout 2 F Shoot - D Point Shot – College M	D4 - Two Pass-Forehand - Scissor
C3 1-1 to 2-2 - D Join F Backcheck-Pro	C3 - Total Hockey - 3-0, 3-1, 3-2 - U18 F
T2 – T4 – PP and PK 10' x 2	T2-4 - Power Play-Penalty Kill Sequence
Team Cheer	



A300 Puck Handling vs. Defender Warm-up

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

5'

A300 Puck Handling vs. Defender Warm-up - U18 F

Key Points:

Defend passively and allow the attacker to make moves.

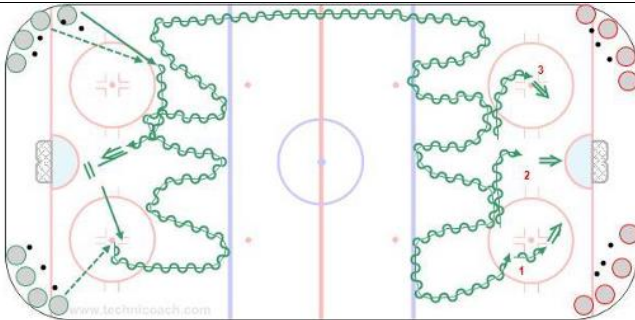
Description: 1. Red skate around the rink with a puck and make moves to pass each Blue defender.

2. Shoot at each end.

3. Switch roles twice so each colour goes both left and right.

4. Allow free choice of moves or coach directed.

<https://youtu.be/iZvR0MCoa9s>



10'

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..

2. Follow the shot for a rebound before getting the pass.

3. Skate to next blue line with linear crossovers and repeat 3 more zig zags at other end.

3. Do skills while zig zagging 3 times such as;
a, carry the puck with the hands and feet moving all the time.

b. carry the puck only using the forehand side of the stick.

c. only use the backhand side of the stick.

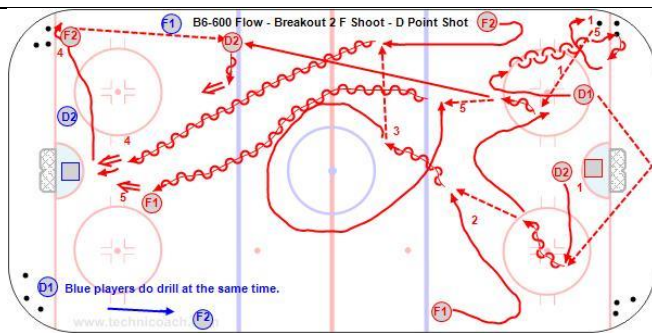
d. transition skate facing the far end forward to backward to forward.

e. skate backward.

f. 360 degree turns.

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>



10'

B6 - Breakout 2 F Shoot - D Point Shot – College M

Key Points:

Make hard passes, give a target, keep skating while making plays, skate between dots with the puck, follow shots for rebounds, stop at the net, screen.

Description:

Start at both ends with players on each side of the net and pucks in all four corners.

1 – D1 start by skating up and back get a puck and bank pass behind the net to D2. D1 goes to the corner.

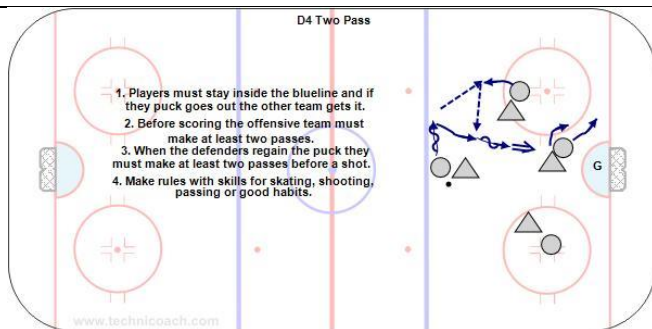
2 – D2 pass to F1 breaking along the boards.
3 – F1 skates to the big ice between the dots and pass to F2. D2 follow then circle back to the corner.

4 – F2 skate down and shoot then skate to corner. F1 skate around the middle circle for a pass from D2.

5 – D1 bump a puck to D2 who skates between the dots and pass to F1 who skates down ice and shoots.

6 – D2 then follow the play up the ice and get a pass from F2 in the corner then drag and shoot – F1-F2 screen.

<https://youtu.be/x8QjfCydsW>



10'

D4 - Two Pass Game with only Forehand Passes and Scissor - U18 F

Key Points:

This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.

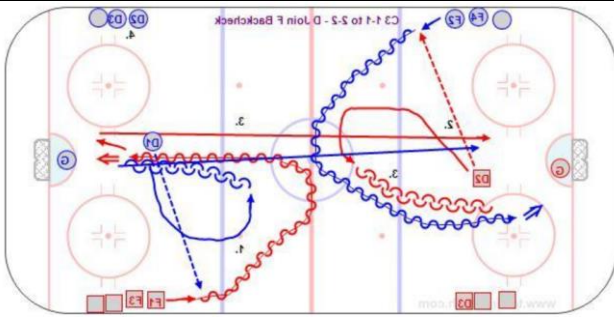
2. Before scoring the offensive team must make at least two passes.

3. When the defenders regain the puck they must make at least two passes before a shot.

4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

<https://youtu.be/5mUOjgmtKSQ>



10'

C3 1-1 to 2-2 - D Join F Backcheck-Pro

Key Points:

D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

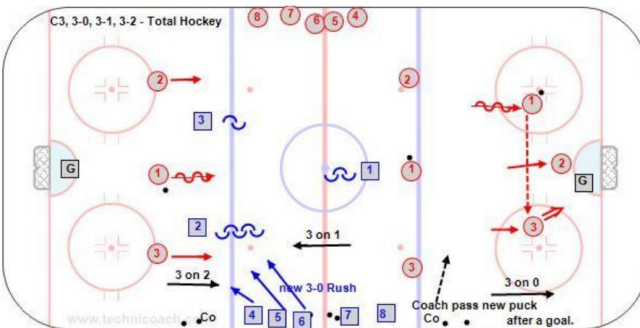
Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

C6 - 1-1 to 2-2. D join rush and F backcheck -

U15 G <https://youtu.be/13wGZ0JRdhU>



10'

C3 - Total Hockey - 3-0, 3-1, 3-2 - U18 F

Key Points:

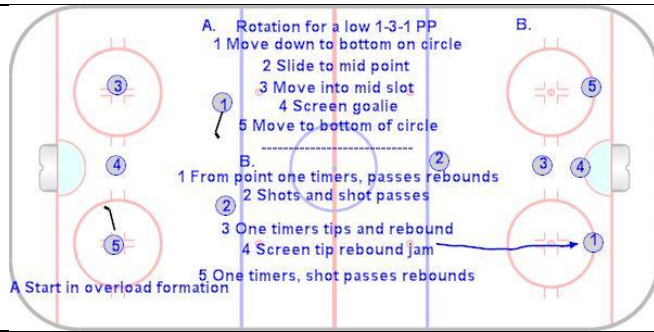
Total hockey because everyone plays all positions on offense and defense. Attack with a middle drive at top speed. Hit the net and drive for rebounds. Only allow one pass in the offensive zone on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

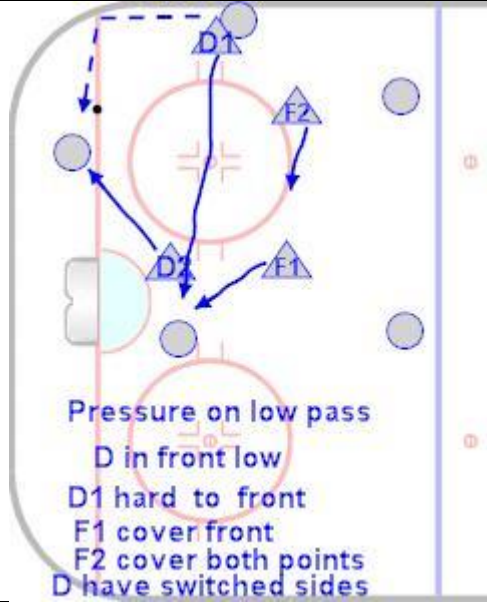
1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

** Prepare all the players to play Total 1-2-3-4-5 Hockey.*

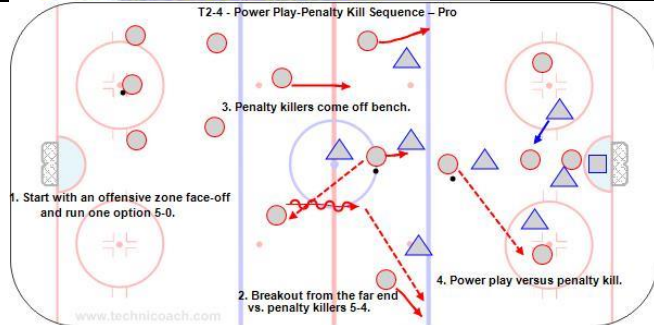
<https://youtu.be/9MTh5t8o1y8>



10'
 Power Play Group One with Jim
 PP Group One with Tom



10'
 Power Play Group Two with Jim
 PK Group Two with Tom



10'
T2-4 - Power Play-Penalty Kill Sequence – Pro
Key Points:
 Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:
 1. Start with an offensive zone face-off and run one option 5-0.
 2. Breakout from the far end vs. penalty killers 5-4.
 3. Use controlled breakouts for each group.
 4. Penalty killers come off the bench to defend against the breakout.
 5. Power play versus penalty kill.

<https://youtu.be/VadXPVkB4I>

Team Cheer