



Date: 11-04-25

Time: 18:00-19:15

Venue: Village Square

Lines:

A300 – Individual Skill Warm-up

G – Kaylin with Goalies

T2 - Breakout Sequence - Wally Kozak

PP 1 with Jim 1-3-1- PP 2 - Tom – Johnston PP GM

T2-4 - Power Play-Penalty Kill Sequence – Pro

Team meet with GHC rep

Notes:

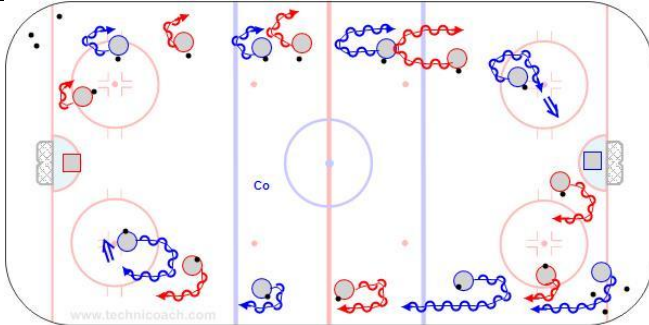
C600 - Multiple One Touch Passes x 2 - 1-1 x 2

D2 - Four Station Skills and Games Stations

C2 - 1-1, 2-2 Loose Puck Battles

PP 2 with Jim 1-3-1- PP 1 - Tom – Johnston PP GM

Team cheer in middle

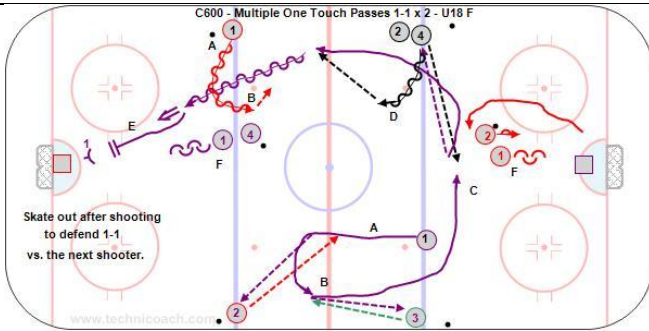


5'

A300 – Individual Skill Warm-up

Players carry a puck and make moves and fakes at dots. Tight turn towards boards on the whistle then skate hard out of turn.

- Head and eye fakes.
- Skate fakes.
- Stick fakes



10'

C600 - Multiple One Touch Passes x 2 - 1-1 x 2 – U18 F

Key Points:

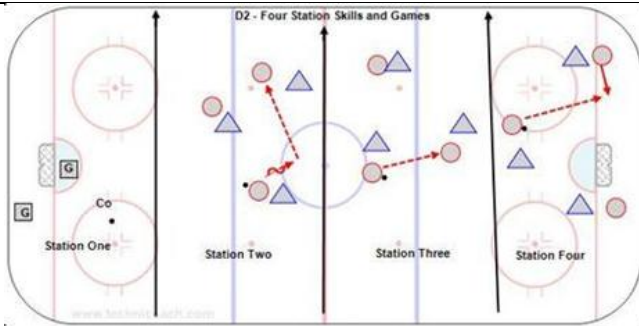
This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter. We added one more pass to the previous multiple pass drill.

Description:

- A. 1 exchange passes twice with 2.
- B. 1 turn out and exchange passes twice with 3.
- C. 1 skate across and exchange passes two with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

*1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.

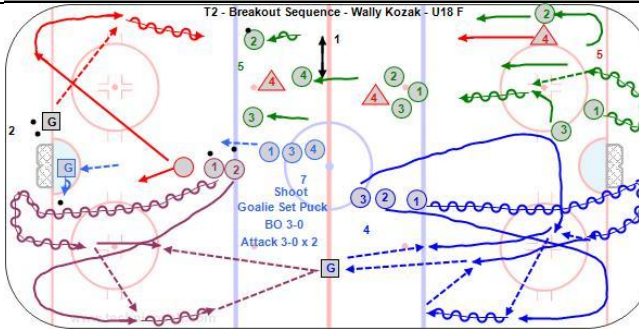
<https://youtu.be/upx3jea6-kg>



20' Kaylin with goalies

10'

D2 - Four Station Skills and Games Station One – Goalie Training Stations 2 to 4 – 3-3 Keepaway - 5 passes 1 point - Rotate - rule scan the ice and use eye, skate or stick fakes.



10'

T2 - Breakout Sequence - Wally Kozak - U18 F

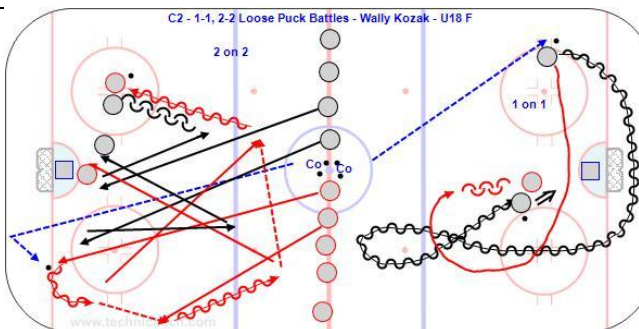
Key Points:

Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description:

1. Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.
2. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
3. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
4. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.
5. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.
6. Attack 3-1 backchecker and score at the other end.
7. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<https://youtu.be/995uo789DdY>



10'

C2 - 1-1, 2-2 Loose Puck Battles - Wally Kozak - U18 F

Key Points:

Battle for loose pucks. Fire in a new puck as soon as the battle is over. Start with one end and then go both ends at once. Keep score. Stop the battles and ask what can be done better and give input to improve performance. Check closely and pressure the puck carriers hips. Can be played 1-1 to 5-5 with even or odd numbered teams depending on how many players

are practicing.

Description:

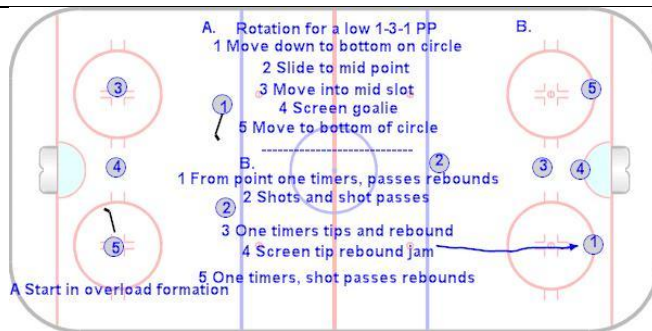
1. Players line up on the red line.
2. Red one side and black the other side.
3. Battle for pucks with good angles, body position, protect the puck.
4. Coach shoot a puck in and a player from each colour race for the puck.
5. Start with 1-1.
6. Player that wins the battle must breakout over the blue line then turn back to attack.
7. Battle happens at both ends.
8. When the rush ends players return to the lineup and a new puck is shot in at either end.
9. Play 2 on 2.
10. 2-2 has all 4 game playing roles. 1-puck carrier, 2-offensive support, 3-closest checker, 4-defend away from the puck.
11. Start at one end to demonstrate and then go both ends at once.

<https://youtu.be/qWhxxzyujc8>

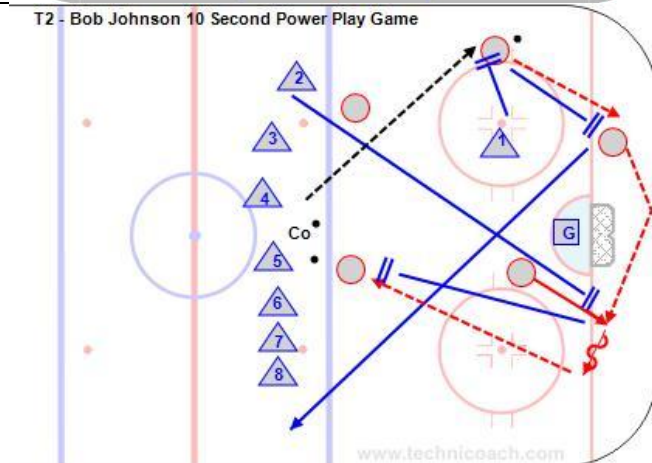
10'

PP 1 with Jim 1-3-1 Power Play

PP 2 with Tom – Bob Johnston Power Play game



T2 - Bob Johnson 10 Second Power Play Game



10'

PP 2 with Jim 1-3-1- PP 2 with Tom

T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

<https://youtu.be/iOMFSb4as1s>

