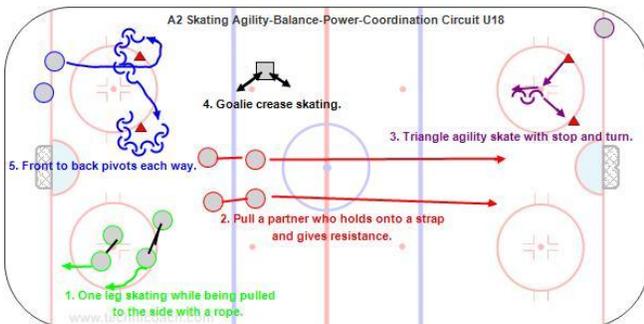
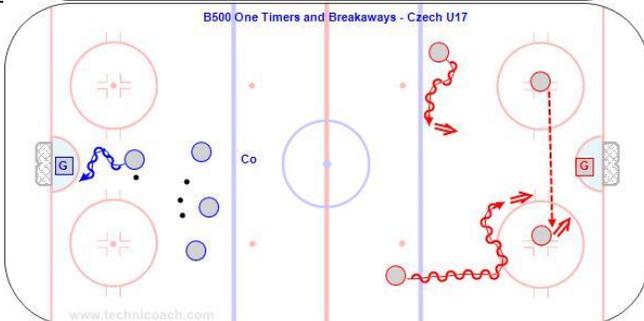
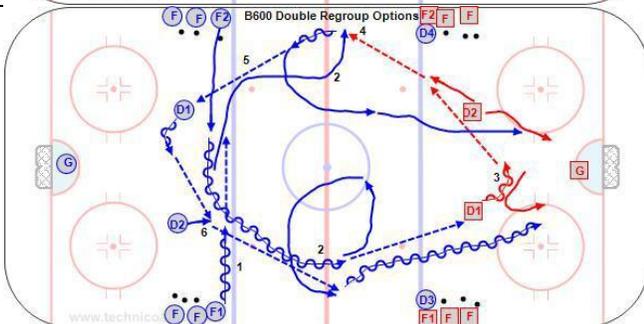


Date: 20-07-13
Time: 18:30-19:45
Venue: Winsport

Lines:	Notes:
Warm up with skating, passing, shooting	D join play and F back check
Transition game D join F backcheck	Full ice 3-3 and 4-4
Shoot-out game	


10 min.
Puck Handling and skating Warm up Tom P.

10 min.
Passing and Shots. Bax.

10 min.
B600 Double Regroup Options
Key Points:

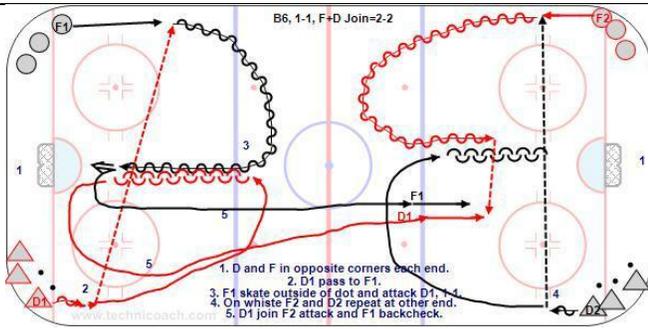
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description:

1. Blue F1 leave and pass to F2.
2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120301090901108>



10 min.

B6, 1-1, F+D Join=2-2

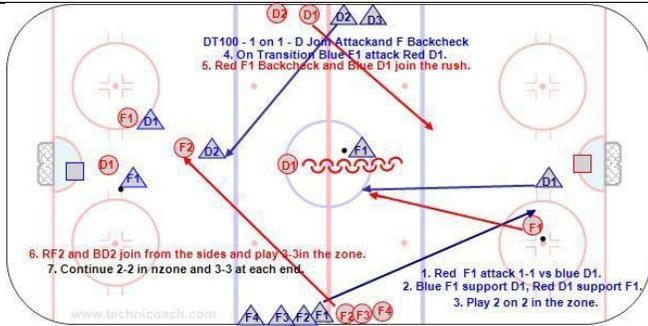
Key Points:

The D skates hard to join the attack and get open while the forward back checks. Possible to do this up to a 3-2 or vary the situation at each end so the players have to read the rush.

Description:

1. D and F in opposite corners each end.
2. D1 pass to F1.
3. F1 skate outside of dot and attack D1, 1-1.
4. On whistle F2 and D2 repeat at other end.
5. D1 join F2 attack and F1 backcheck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007154527928>



20 min.

DT100 Continuous 1 on 1 D - Join Attack F Backcheck – 2 on 1 and then 2 on 2

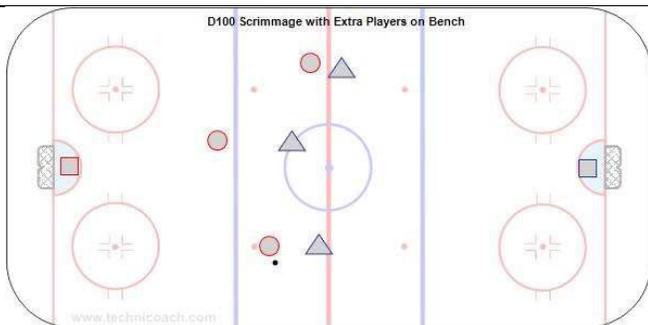
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

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20 min.

D100 Scrimmage with Extra Players on Bench

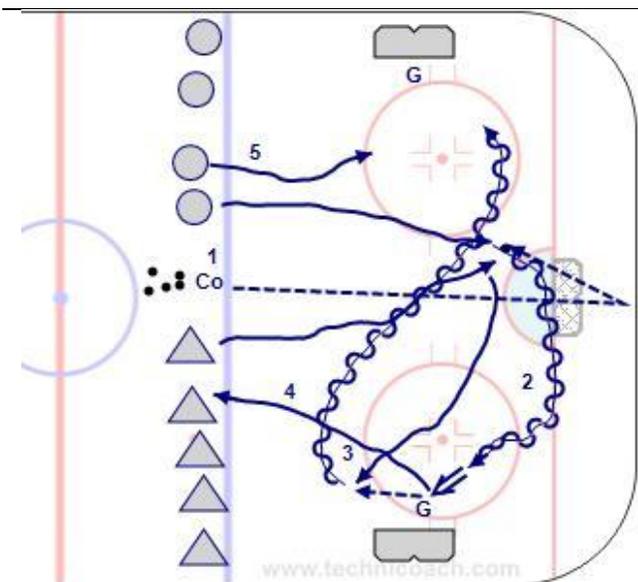
Key Points:

Play a full ice game with the extra players on the bench. Change on the whistle or on their own.

Pass back to the goalie when changing on the whistle.

Description:

1. Play 3 on 3 for 10' and 4 on 4 for 10 min.
2. Change on the go.
3. Keep score.
4. Scoring team touch the red line before checking.



10 min.

E1 D200 Shootout Game

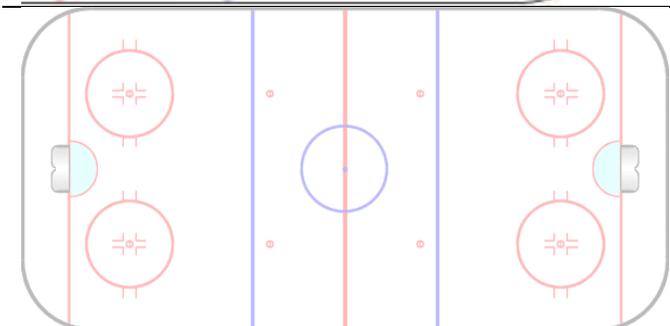
Key Points:

As soon as there is a rebound or goal the defender pick up the puck and attack the other way.

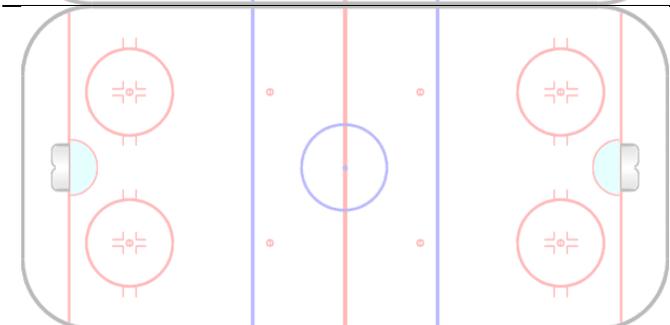
Description:

1. Coach dumps the puck in and players race for it.
2. Puck carrier try to score defender defend.
3. On rebound or goal defender attack other way.
4. Shooter must get outside of the blue line.
5. When teammate outside then first player in the line backchecks.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130109085731126>



Explanation/Notes:



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