



Date: 3-9-17

Time: 16:00-17:30

Arena: Henry Viney

Lines:

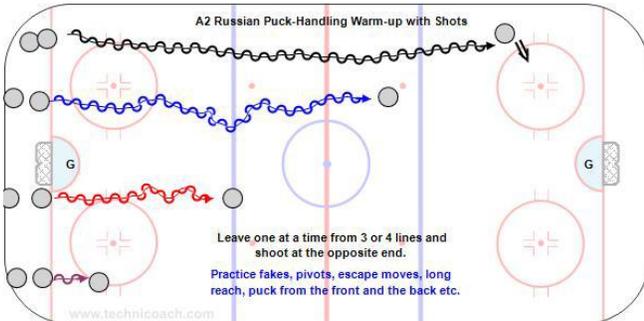
Defense skating, pass off pads, 1-1-1  
Agility skating, pp breakout, pk forecheck

Notes:

Puck support, PP, PK, 1-1, 2-1

10' Jim lead

Big moves with a shot.



10'

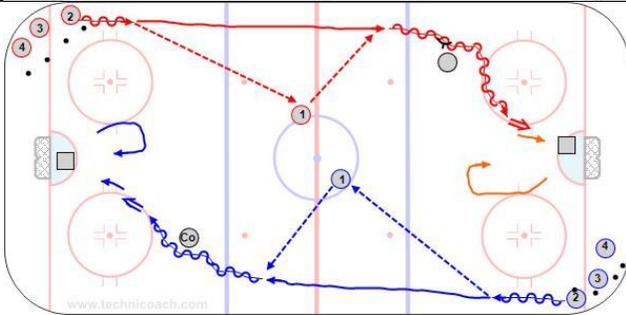
B6 - Build a Wall and Cut In

Key Points:

Protect the puck and build a wall with the leg and arm.

Description:

- A. Two skate from the corner and pass to player one in the middle.
- B. Two break hard at the red line.
- C. One pass to two.
- D. Two build a wall to protect the puck from the coach and cut in.
- E. Two shoot-follow the shot-rebound for three.



10'

Jim Run

Pass off the pads with forwards

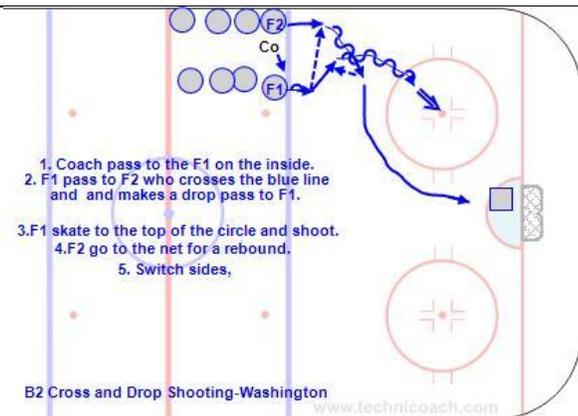
B2 Cross and Drop Shooting-Washington

Key Points:

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

- 1. Coach pass to the F1 on the inside.
- 2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
- 3. F1 skate to the top of the circle and shoot.
- 4. F2 go to the net for a rebound.
- 5. Change sides.



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## 10' Jim with F

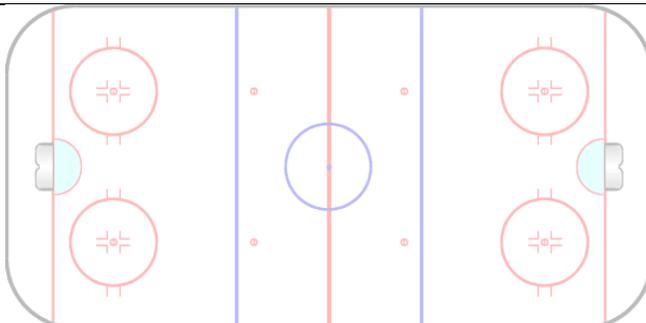
### D400 The Best Player Win Game

#### Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

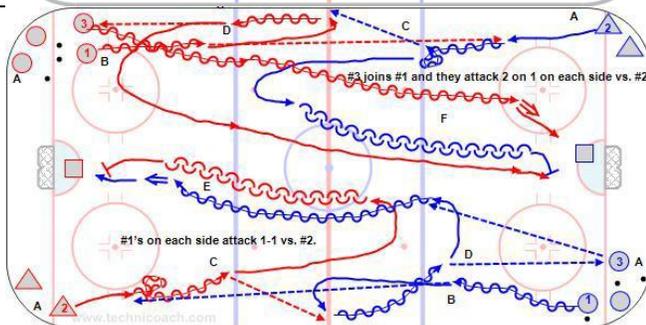
#### Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.



## 20' Wally and Randy with D at the other end.

### Defensive skating and 1-1.



## 10'

### C6 Regroup x 2, 1-1 and 2-1 – Pro

#### Key Points:

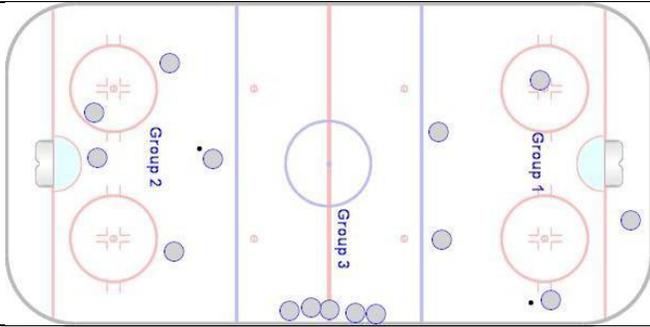
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

\*With younger players stagger the start so each corner leaves after the first pass.

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**15' Kingston Power Play 5' each line Jim with 5 players. Wally group in middle tactical skating**

**Run low plays and high cycles**

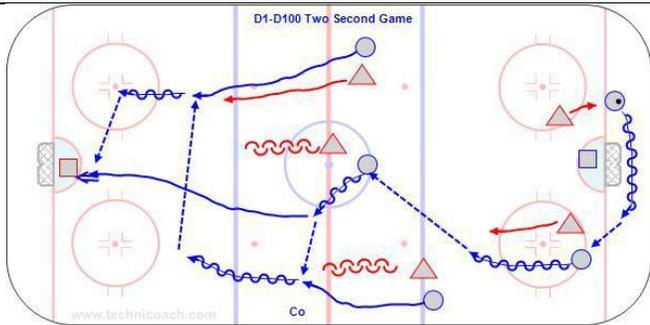


**10' 5-0 pp attack in offensive zone. Go back for the puck**

**Breakout vs 2 forecheckers and D**

**5-4 PP vs. PK**

**Next group set up.**



**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).

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110324143851598> '

**2' get pucks and meet in the middle**

**Meet in the dressing room after practice.**