



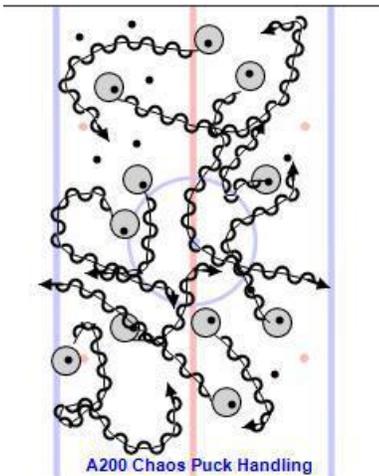
Date: 02-27-20

Time: 16:30-17:45

Venue: SAIT Arena

Lines:	Notes:
11 F – 6 D – 2 G 45' high paced practice	Goalie warm up
Chaos puck handling warm up	Nzone Tomas 3-3 regroup then dump in - BO
Dizzy passing and timing	Carolina weave 2-0 and 3-0
Read the rush 1-1, 2-1, 3-1 x 2	Slash breakout
Chip past the D breakout	3-3 backchecking transition game
Wally – positive energy, autogenic training	Video of GMU team play

2' **Kailey warm up goalies first ten minutes**



**A200 Chaos Puck Handling**

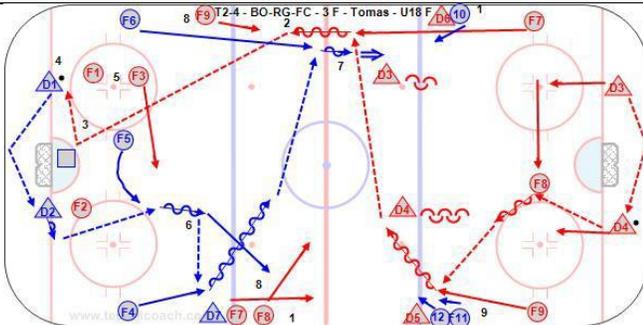
**Key Points:**

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".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722090625893>



**8' Tomas Nzone Regroup then dump in**

**T2-4 - BO-RG-FC - 3 F - Tomas - U18 F**

**Key Points:**

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

**Description:**

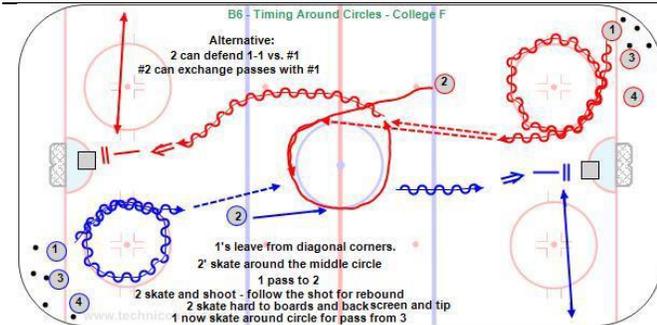
1. Players leave from inside the four blue lines.
2. Forwards dump the puck into their own end and forecheck the other defense.
3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
4. D1-D2 go back for the puck.
5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
9. Continue this flow end to end.

*In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRy8>

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>



## 7' Dizzy

### B6 - Timing Around Circles - College F

#### 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.

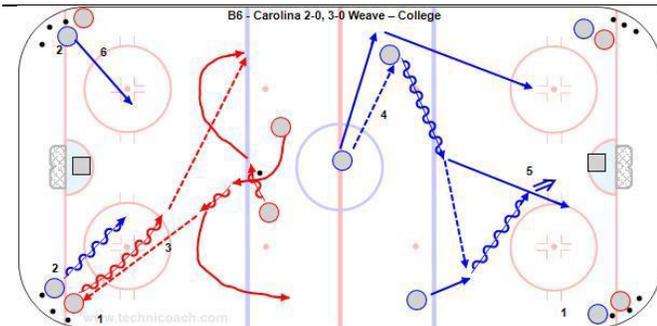
#### Description:

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 pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas 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.

*Options: Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191024033139529>

<https://youtu.be/ckOiQ9OI72E>



## 7' Carolina

### B6 - Carolina 2-0, 3-0 Weave - College

#### Key Points:

In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

#### Description:

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.
4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush will a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018111215552731>

<https://youtu.be/rTaNDctDKtc>

## 8' Read the rush

### C6 - Rush Recognition x 2 – U18 F

#### Key Points:

Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

#### Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170924100021496>

<https://youtu.be/0VnlOFNtoN0>

## 7' Slash and Chip out BO

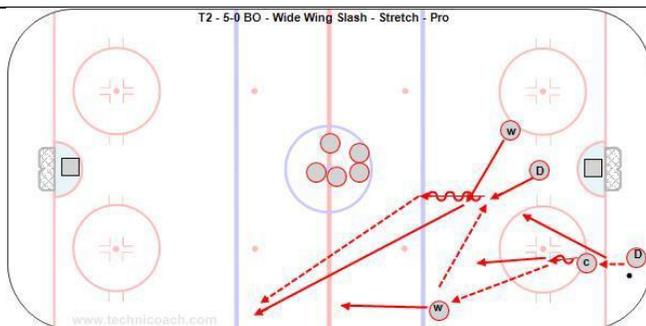
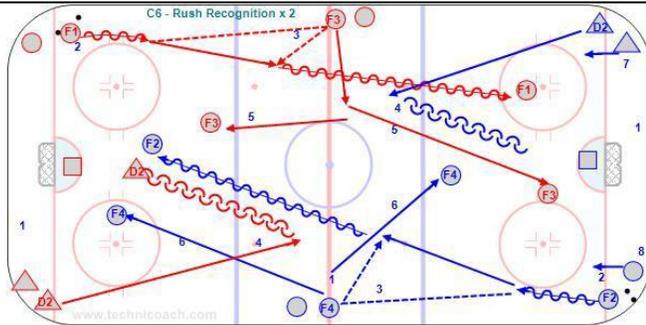
### T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

#### Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

#### Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line.
4. Wide wing slash across to the far blue line.
5. D pass to the C or low forward.
6. C pass to the wing at the point.
7. W pass to the middle D2 who is skating up ice.
8. D2 pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.



10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191119162038213>

<https://youtu.be/NfNPqFiZQA4>

5'

### T2 - 5-0 BO - W Box Out Chip - Wide W Slash – Stretch - Pro

#### Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush. Strong side forward box out pinching D and pass back or chip puck into the neutral zone.

#### Description:

1. Players leave in 5 man units from the middle circle.
2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.
3. Strong side wing support from just inside the blue line about a metre from the boards.
4. Wide wing slash across to the far blue line.
5. D pass to the low forward or the other D.
6. C or D pass to the wing at the strong side point.
7. W pass back to a player coming from behind or chip the puck into the neutral zone.
8. Pass to the weak side wing at the far point.
9. Attack in the four chambers 5-0.
10. Pass in an offensive sequence 5-0 if there is a rebound or with a second puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019112216391543>

<https://youtu.be/WMzyLhRCVCg>

8'

### DT100 Backchecking Transition Game

#### Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

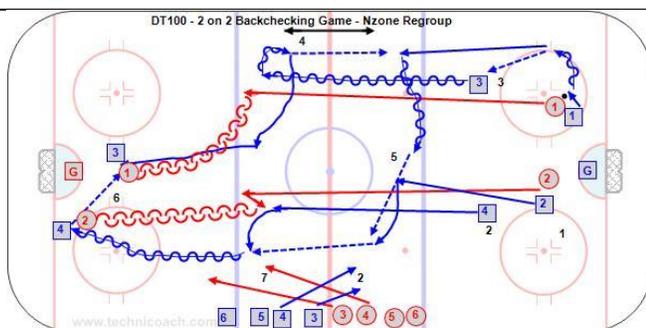
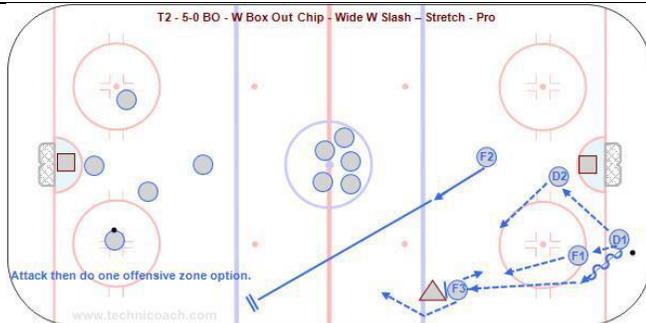
#### Description:

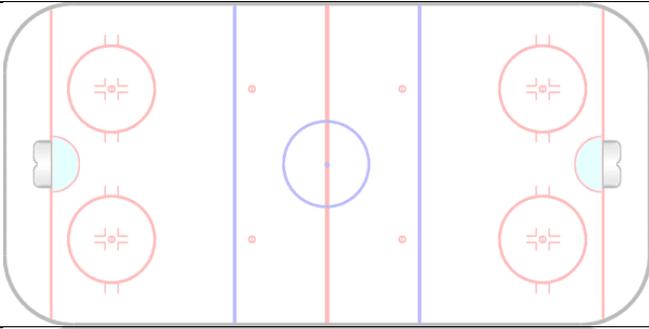
Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone. This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot. Defender make a breakout pass to the supporting player in the high slot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)





**Get pucks, cheer in middle.**

**10'**

**Video of GMC team play. Forecheck, breakout, pk, pp**



**10' Wally show power of positivity on performance**

**10'**

**Wally do autogenic training with team**