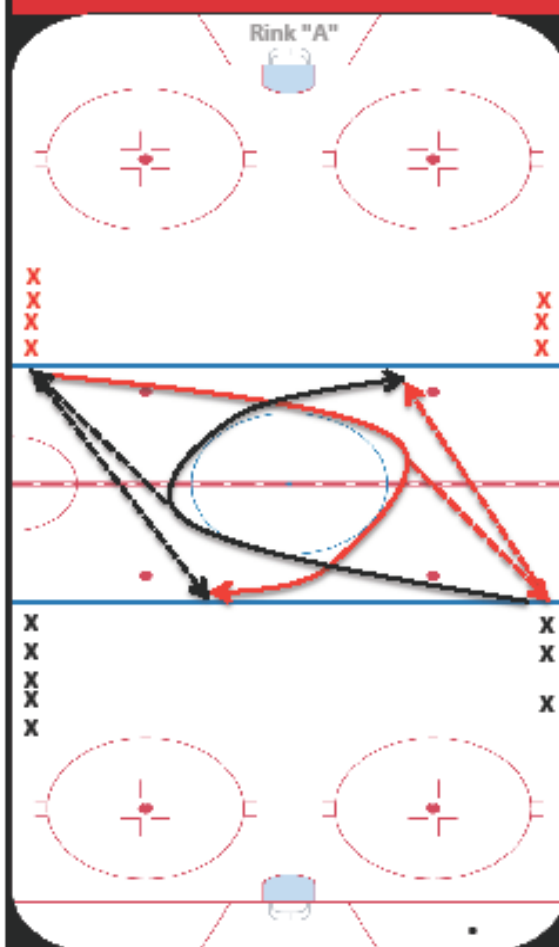




Drill Name: SEAM WARM UP



Drill Objective:

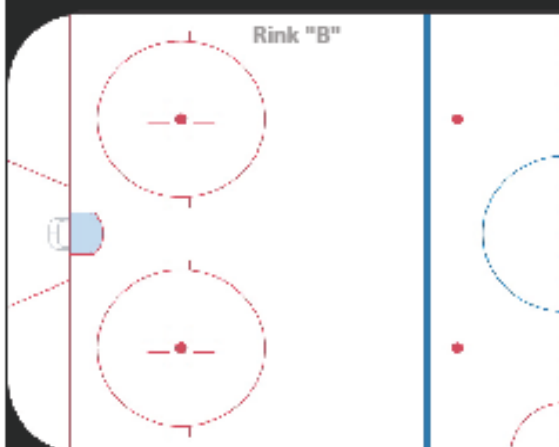
Seam passing & goalie warm up

Drill Description:

Start with puck, pass to opp BL while skating under center circle. Follow route around circle receiving a return seam pass from original line. Continue for shot.

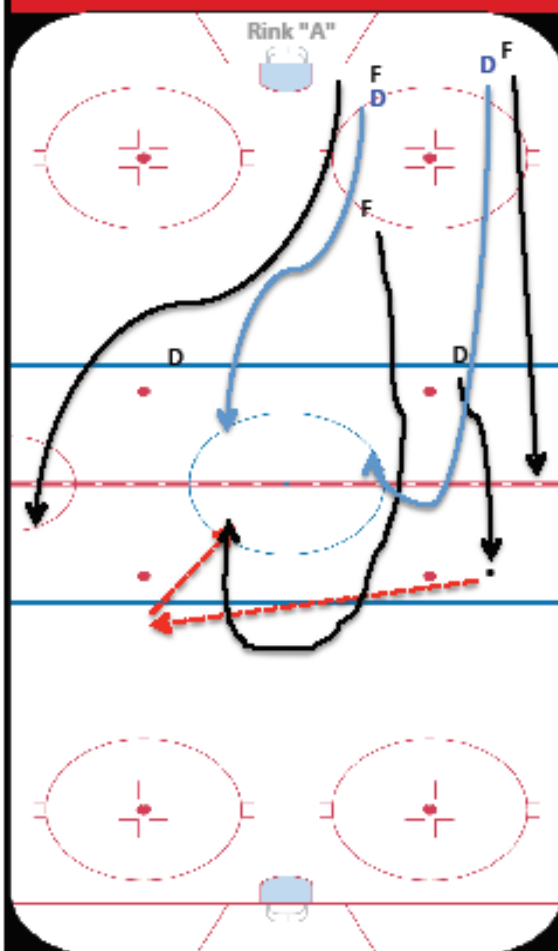
NOTE:

Puck pace, seam plays.





Drill Name: IZO COUNTER



Drill Objective:

In zone offense created. 3-2 low play, counter pace & use of the middle cylinder. Attack options

Drill Description:

IZO low 3-2 play. Whistle and puck is spotted in NZ.

D-D and use of the Middle to the HIGHEST original offensive player. Counter and attack 5-2.

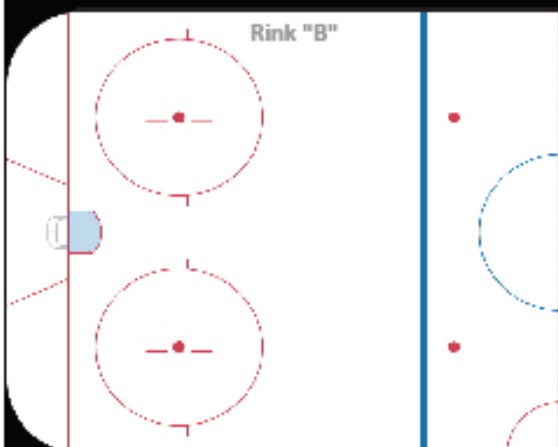
NOTE:

Change depth of NZ puck to change pace.

Add FC'er in NZ.

4 seconds should be the goal of NZ counter to re-strike the net.

Stagger opposite end.





Hockey Alberta

No. 1, 78/5 - 40m Avenue, Red Deer, Alberta T4P 2H7

Phone: (403) 242-6177

Fax: (403) 242-4277

Website: www.hockeyalberta.ca

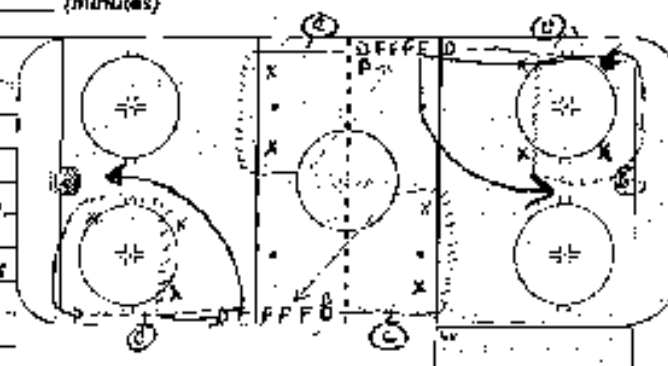
LEGEND	Symbol	Description	Symbol	Description
●	○	Circle	→	Pass
	●	Opponent	→	One Pass
△	△	Defensive	→	Switch
	△	Goalie	→	Pass
○	○	Goal	→	One Pass
	○	Stop	→	Switch
X	X	Circle	→	Switch
	X	Circle	→	Switch
X	X	Circle	→	Switch
	X	Circle	→	Switch
X	X	Circle	→	Switch
	X	Circle	→	Switch



Date: _____ Duration: _____ (minutes)

Time: _____ Unit Name: Quick Up Board

● Sets puck for "D". "D" picks up puck
 - pivots around gloves hits 1st forward
 in line who goes in and shoots.
 - Same thing happening on opposite side
 * If you have the bodies add the corner
 pivot so goalies get two shots.



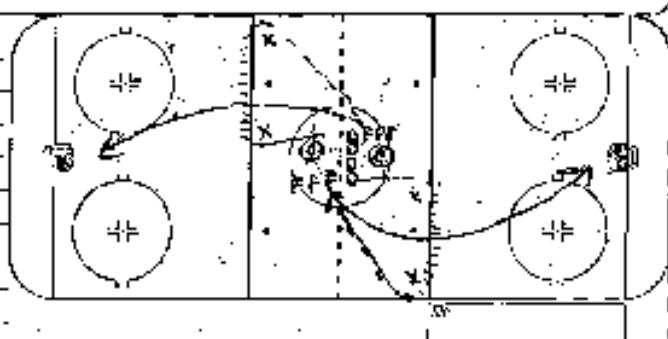
Key Teaching Points (KTP)

* After D makes pass you can have the
 option of sending forward for a shot. He
 gets pass from C in corner.

Key Evaluation Points (KEP)

Time: _____ Unit Name: Quick Up Middle

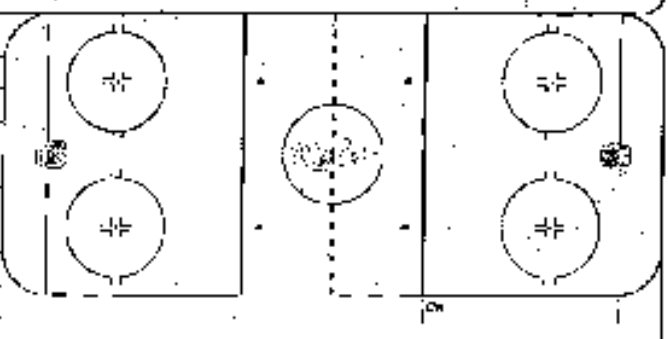
- Same as above but move lines to
 middle of ice.
 - Forwards shoot on net at opposite
 ends of ice.



Key Teaching Points (KTP)

Key Evaluation Points (KEP)

Time: _____ Unit Name: _____



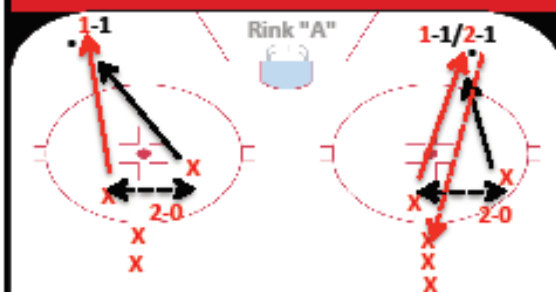
Key Teaching Points (KTP)

Key Evaluation Points (KEP)





Drill Name: Situational Skill - IZO progression



Drill Objective:

Skill with & without resistance

Drill Description:

2-0 inside of the circle. Passing, facing the puck all the time. Whistle - pass to the player without puck for quick offensive shot/chance.

Passer goes to corner to recover a 2nd puck. The shooter then closes on player in the corner for a 1-1 play.

NOTE:

2-0 / 1-1 or 2-1

Offensive player away from the puck waiting in line is a side slot offensive player.

