



DWC 21-22

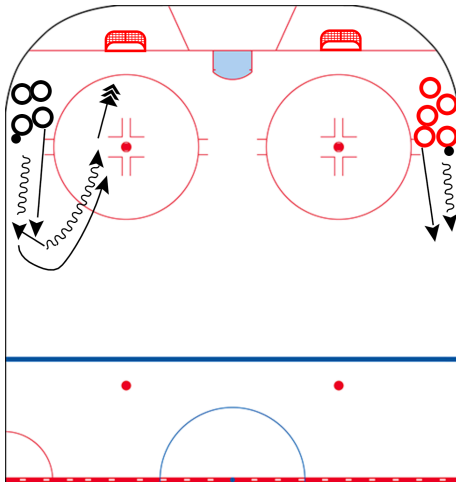
Date: Nov 3 2021

Time: 10:10 pm

Duration: 40 mins

create turnover 1v1 DWC

10 mins



turn over -> score

practice different techniques

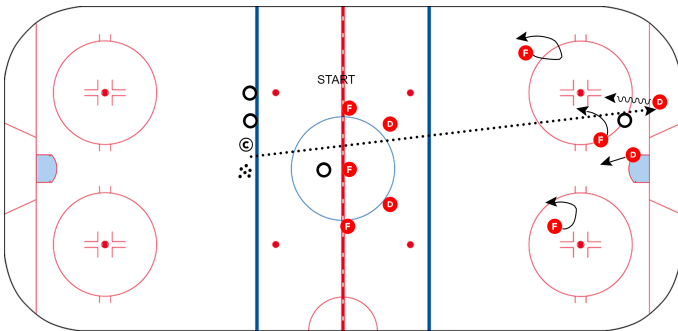
- lift opponents stick
- hit to the stick
- checking (in front of the opponent / "check to the hands" stop movement)
- checking from the backwards skating

Key Points

- stick on ice
- hands low
- lift the stick near the blade (avoid slashing)
- "Checking on the hands"
 - side to side movement. stop the opponent
- checking from the backwards skating
 - no down to up movement while checking

5vs 1=>5 puck control (gamify version)

10 mins

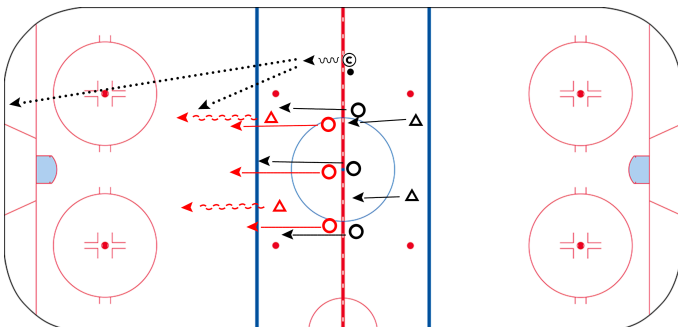


5v1=>5 gamify version

- the goal of the game is to breakout and win the redline then regroup and win the redline and so on...
- Red wins points (e.g. 100 points) every time they cross the redline. when they've collected 300 points they go to next level
- level 1 is against 1 forechecker, 300 points level 2 2 forecheckers, 600 points level 3 3 fc and so on
- Red passes the game when they get to level 5 and win the redline 3 times (1400 points)
- they have 3 lives, you lose lives by:
 - losing the puck
 - missed pass
 - puck leaves the playing area

Forecheck 5v5 read and react (Coaches option) DWC

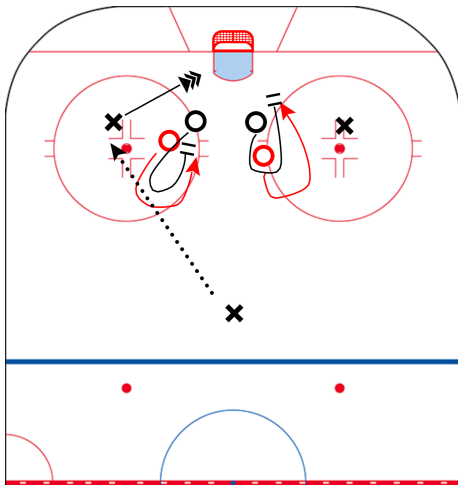
10 mins



- 5v5
- All start from the whistle
- Coach has a option to dump the puck or pass it to the red D

Key Points

Pressure or contain
Read and react !



2vs2, attacking pair has jokers on point and on wings
 joker from the point can shoot, jokers on the wing can shoot only one-timers or try to create rebounds by shooting low
 they are allowed to pass

Key Points

Defense

- Marking
 - stick on stick against the puck carrier, deny shots
 - puck to point -> box-out -> play the stick away
- Attacking team, continuous pressure towards the goal!!!