



DOW 2020-21

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Practice No:

Duration: 40 min

BOOK: TOUGHNESS by Jay Bilas; great read, and a book that I've recommended to players and actually had some success getting a few to read it!

Individual/Small Group skills

0 mins

1v1 2v2 Warm-up - No shots

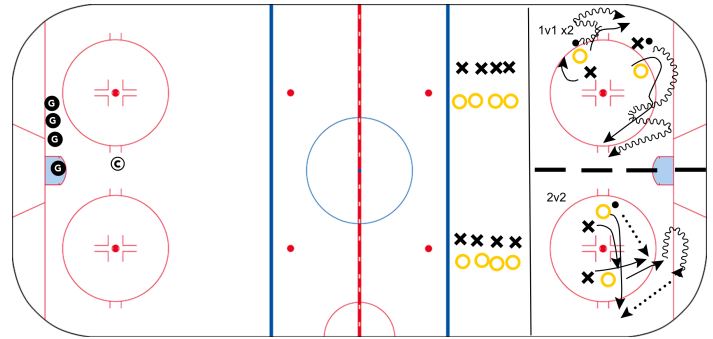
10 mins

Key Points:

- This is a warm-up drill so full contact should be limited at the beginning.
- In the 1 on 1's the offensive players work on maintaining puck possession by using their bodies to shield the puck from the opponent. This works on their awareness, skating and puck handling skills in a dynamic situation. Defensively players can practice their containment skills as well as defensive stick position playing blade on blade.
- In the 2 vs. 2 situation, players must now work together to maintain puck possession. They need to communicate both offensively and defensively in setting picks or switching coverage.

Description:

Two pairs of players begin in zone A. They play 1 vs. 1 puck protection for 20 seconds. On the coach's whistle, two new pairs move into zone A while the original pairs move into zone B and play 2 vs. 2 puck protection for 20 seconds. On the next whistle the original players rotate out and to the back of the lines.



Team Skill warm up

0 mins

Islander Double Quick-up

10 mins

Key Points:

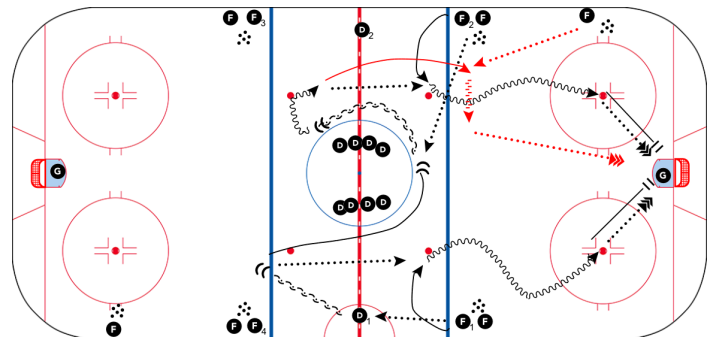
- D must have active feet & make good outlet passes.
- F need to time skate when coming off the wall and then attack the OZ with speed, shooting with their feet moving.
- Good communication by all players
- G = rebound control; fighting through screens; tracking pucks

Description:

One side drawn, both sides go at the same time.

① D1 receives pass from ② F1 and backstages, taking an inside line to the far blue. D1 makes an outlet pass to a cutting F1 who jumps into the dot lane and goes for a shot on net. F1 drives to the netfront after shot.

D1, after making outlet pass to F1 transitions forward and skates around the tip of the centre circle, transitions to backward while getting a pass from F2. D1 back skates around the circle, then transitions to forward and jumps out to the



dot line to outlet to a cutting F2 at the far dot.

F2 drives for a shot and follows to the net stopping in front.

Drawn in red - D1 jumps up to the OZ and gets a pass from a F at the hashmarks. D1 lateral skate inside the dots and takes a shot on net being aware of the net front presence of both F1/2 and looking for tips and rebounds from the point shot.

Offensive/Defensive Team Play

0 mins

3v3 2-zone Rover

10 mins

Key Points:

Puck movement

Puck support

Defensive play = active sticks, angling, pressure vs contain

Read & React

Deception - which net will you attack?

Description:

SAG, play 3v3 and can score on either net at any time.

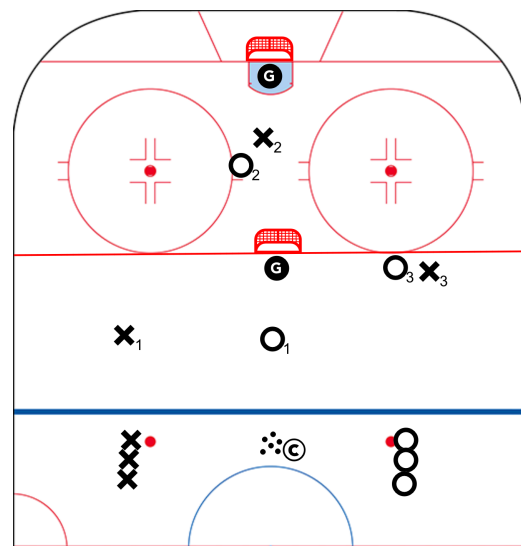
C will dump a puck and the team that retrieves it starts on offence.

Offensive team can score on any net and the key is to create outnumbered situations through puck movement and support off the puck.

On a turnover the defensive team must check the puck to the coach to transition to offence.

Play out game to a winner (3-5 goals).

Change lines every 30-40 seconds.



Compete

0 mins

2v2 Forecheck SAG

10 mins

Key Points:

Forecheck must use SPEED to eliminate Time & Space

Offence must make read as they go behind the net to see forecheck and make good decisions with the puck

Puck support is key!

Defenders have to READ and ANGLE well with SPEED.

COMPETE & BATTLE!!

Description:

C chips a puck behind a net, that team must regroup and counter versus the oncoming forecheck.

Forecheckers need to STEER their opponents to BAD ICE and try to force a turnover so they can counter attack.

Offensive team must use speed, puck support/protection and puck movement to create offence. Plays out as a 2v2, Os can counter attack on change of possession.

C will blow play down, then drill will restart with the other team 'breaking out'.

