



Date: 02/11/22
Length: 60 mins
Start Time: 4:00pm
End Time: 5:00pm

Group: _____
Focus: _____
Level: COL

Length	Start	Drill Name	Category	Notes
10	4:00pm	Puck protection in circle	Skill Development	Great drill to get the player to understand cutting hands so they are able to gain ice in front of the opponent instead of being push to the outside. In warm up/flow drills to warm up goalies you could add this before the player take a shot. Put a coach inside the blue line and the player need to drive the stick and cutting the hands of the coach to gain the middle of the ice to have a better angle to shoot.
10	4:10pm	Double double 1 on 1	1 on 1	Work on puck protection (opponent's hip,your hip,puck), keeping your feet moving, deception moves. Working under stress and being tired
10	4:20pm	Competitive 2 on 1/3 on 2	Competitive	A fun game to put some cheer in your practice. G D vs F. First team to 5 pts win. Work on communication between D and G. Quick feet from the D to gain opened ice. Work on FC (F1 & F2's jobs on FC). Quick attack from turnovers
10	4:30pm	WJ Hi/Lo	Systems	Work on low 3 on 2 attack, need to be quick, quick puck support. Work on zone entry on the second 3 on 2 (make sure they practice what you are asking them to do in a zone entry), backcheck and DZ coverage. Good communication on the backcheck and DZ is k
10	4:40pm	2 on 2 fast transition	Small Game	Great game that promote quick transition, backcheck, puck support

Puck protection in circle

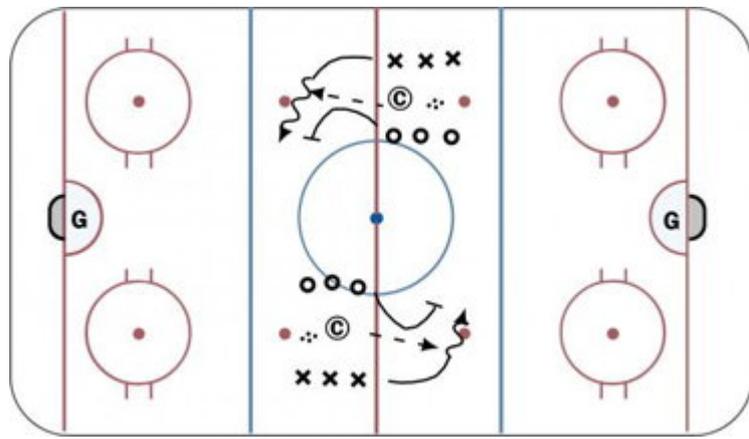
3 groups of 4-5 players
 C in the middle. 1 player at the time
 Player need to attack the C and protect the puck on the side the Coach's stick is.
 Go around cone and attack coach again.
 Same player does the 4 cones

When X attack C, keep put away, stay as close as possible to C (make contact) and cut hands to gain your ice

C might move around, come closer to the cone, read and react

Key Points: Bend knees, puck away, chest up

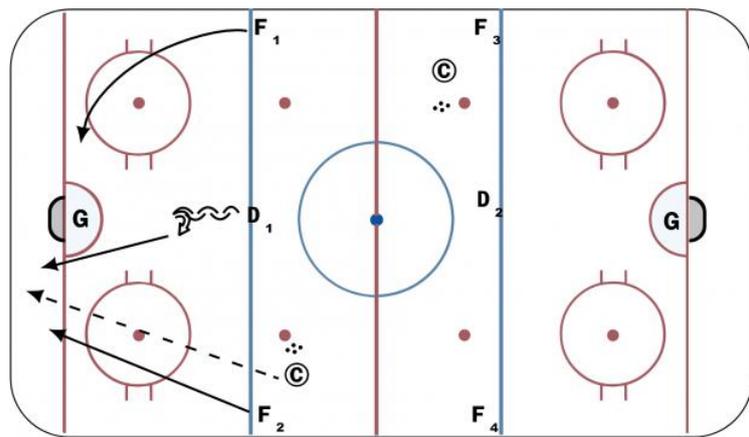
Double double 1 on 1



Coach dumps puck in NZ and X and O race for possession and protect the puck in open ice.
 On whistle, new puck is dumped and again battle for possession and protect.
 On next whistle, whoever has the puck attempts to score at far end and other player works to defend.
 Next two players in line start off that last whistle.

Key Points: Keep your body between puck and opponent Keep moving feet Feel pressure

Competitive 2 on 1/3 on 2

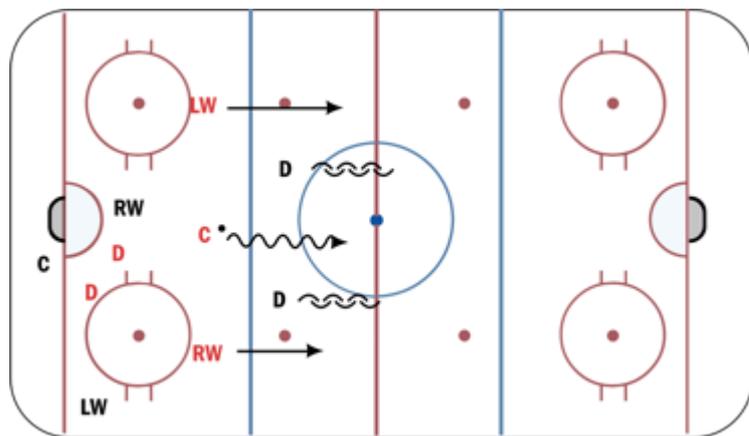


G/D work together vs Forwards
 On whistle coaches dump puck at each end.
 The goal for D/G is to carry puck over the blue line
 The goal for the Forwards is to score.
 As soon as either end achieves their goal the drill ends and resets.

Drill can be 2-1 or 3-2

Key Points: D need to have composure and work to open ice, F need to support each other for scoring chances and track puck on possession change

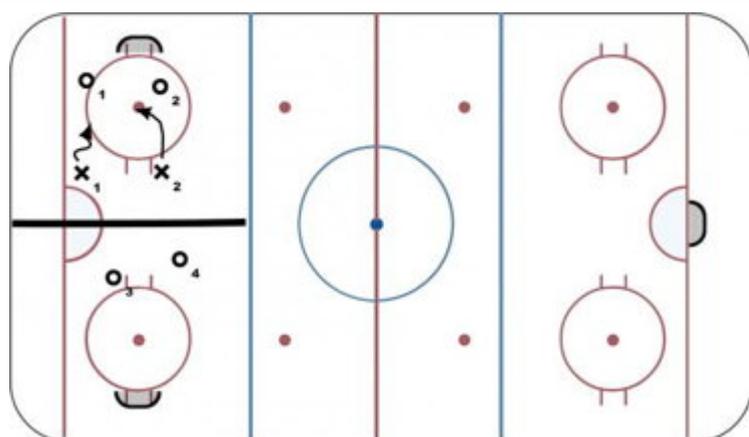
WJ Hi/Lo



- Drill begins with a low 3 on 2 from a corner...
- High in the zone is another 3 on 2 ready to go full ice.
- On whistle High 3 on 2 begins, and the low forwards become Back checkers...the low defense follow play and make it a 5 on 5

- Play 5 on 5 until second whistle
- NZ line starts next sequence as Backcheckers, new line in NZ

2 on 2 fast transition



Xs start on offense with Os defending the rush.
 Os trying to recover the puck and transition quickly up to O1 and O2.

Xs are tracking back through the middle of the ice to defend.

As soon as Xs cross the center line, two new Xs are jumping in looking for a transition pass from the original two Xs.

Play is continuous.

Clean transition passes will lead to a 2v0 in transition.