

SORRY/ I'M LATE.

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Practice Drills

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QUOTE: Wisdom is always an overmatch for strength.
Phil Jackson

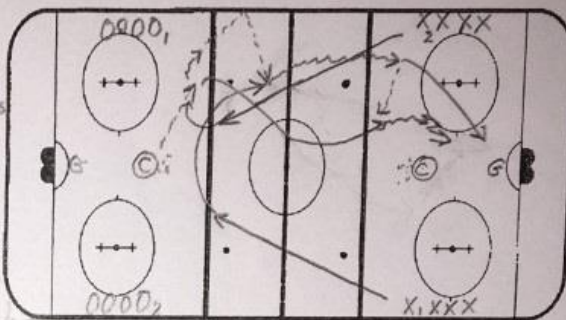
WARM UP DRILL

• BACKCHECK-SUPPORT 2X0

EMPHASIS ON BACKCHECKING → TRANSITION

→ OFFENSIVE SUPPORT → ATTACK NET

On whistle, X₁ & X₂ at top of circles backchecks hard towards coach with pucks. As they get closer to the coach, he/she will lay a puck to either side for X₁ or X₂. In this case, puck is put to X₂ side. X₂ & X₁ transition into offense. X₂ picks up puck and makes indirect or direct pass to X₁, who supports X₂. They attack net 2X0 for shot. On whistle, O₁ & O₂ backchecks coach. Drill repeats and is continuous.



OFF DRILL

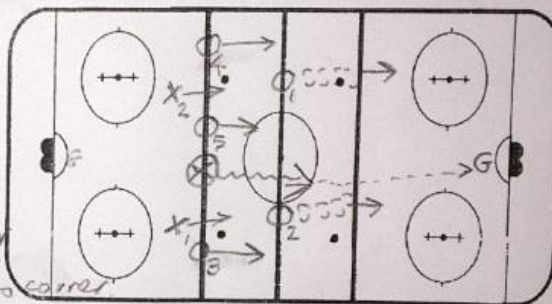
• SHOOT IN/4 CHECK/3X2/3X3

On whistle, all players are activated. O₁ carries puck and dumps at red line. O₁ & O₂ must skate backward to blue line before retrieving puck for breakout with O₃ & O₄.

O₁ after shoot in can 4 check but must go behind net to be able to backcheck.

Breakout vs pressure → 3x2 w/ backcheck → 3x3 in 2 zone. Shoot in can vary - on net or hard ring for goalie to handle or hard into corner.

• 1X1/2X1



DEF DRILL

On whistle, F₁ passes to D₁, who takes puck to top of circle, backpedals with puck around face off dot then passes puck back to F₁, who swings low to support. F₁ reverses puck to F₂ who attacks D₁, who gaps up to play F₂ 1x1. Meanwhile, D₂ has made pass to F₃. F₃ then attacks D₂ with the support of F₁ for 2x1.

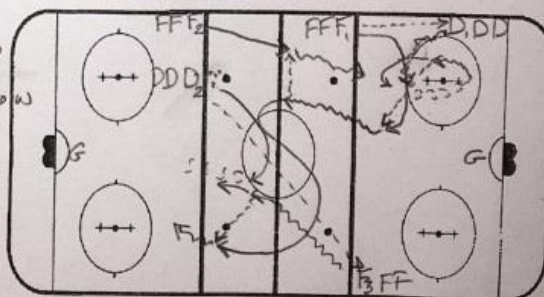
D₂ makes pass to F₃ once F₁ reverses puck to F₂.

• 3 1X1's (21)

3 pucks placed on red line - each puck has a 1-3-5 marked on them. 3X's & O's line up directly across from puck, laying on stomach with belly button on the blue line. On whistle, players get to their feet and attack puck for possession and play 1x1.

Rules - no interference with other pucks. Must only score goals from below tops of circles.

Keep score - first team to 21 wins.



FUN DRILL

