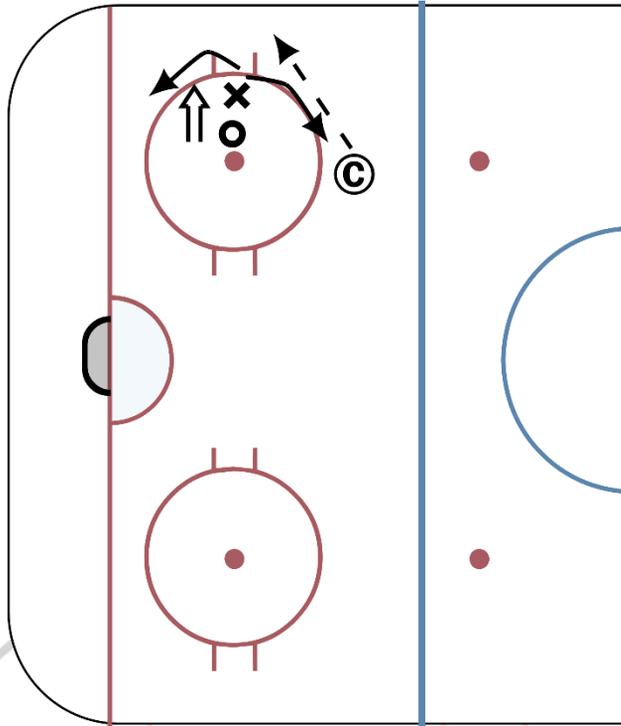


Thanks again Enio



***“It’s better to lose the first
game than the last one” –
a conversation with a
fellow coach at a summer
tournament, 2017***

Stuart Wilson



1vs1 WALL WORK

Puck Protection.

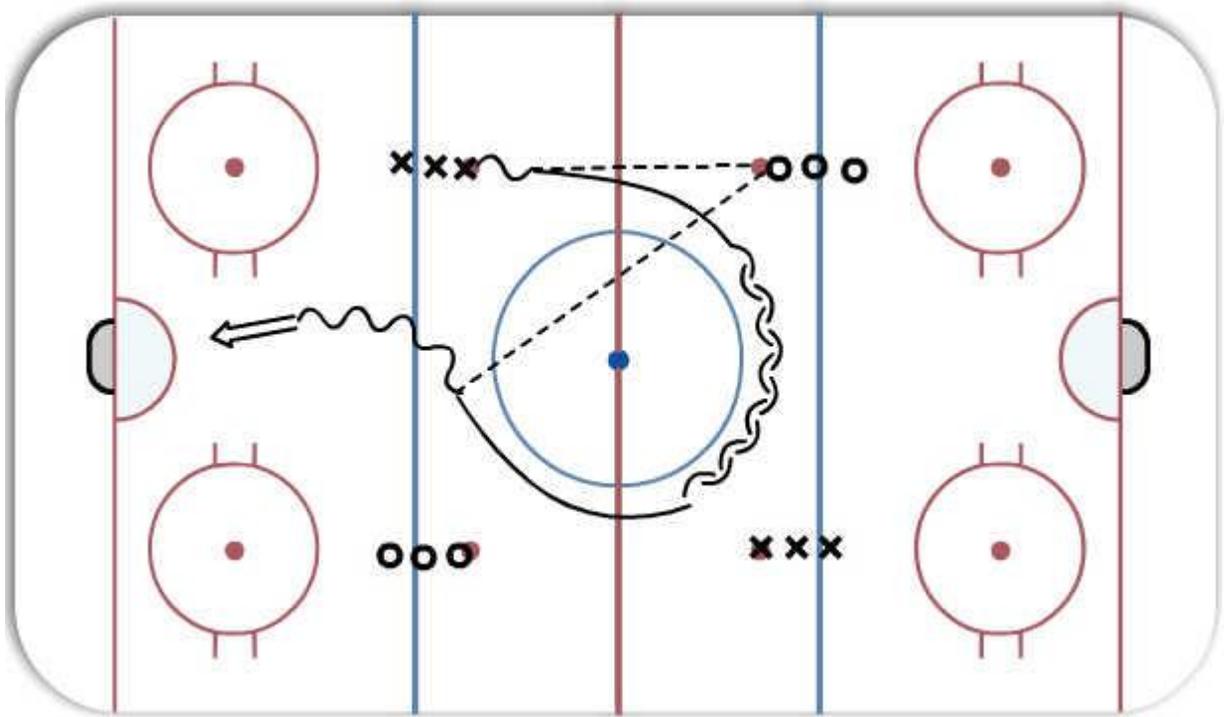
X v O, X is offence O is defence.

© dumps puck to boards, the offensive player gets it, the defensive player must remain tight and on the defensive side. Both players must stay facing the boards.

X can either work up or down the boards in an effort to escape the D.

X tries to score, O tries to stop him.

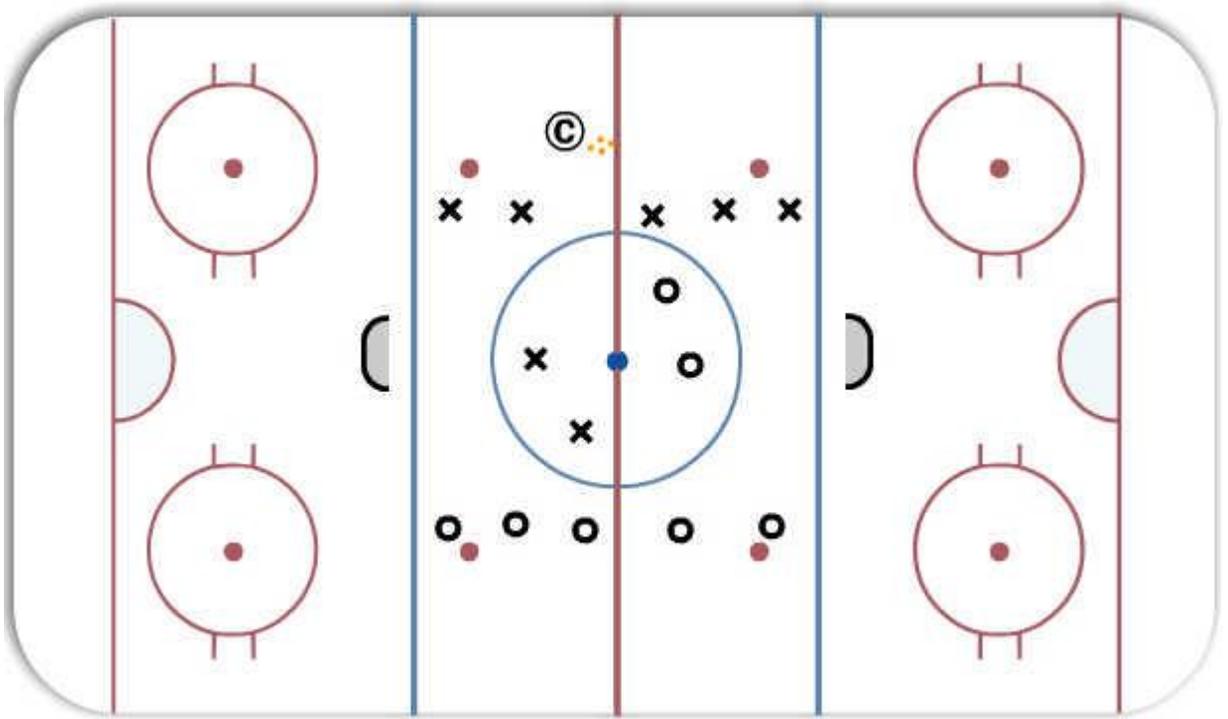
KEY POINTS: Strong body position, puck protection, explosive escapes.



4 DOT

Players line up on NZ dots. Diagonals go at the same time. X passes to O and skates around the centre circle, always facing to puck, before receiving a pass back from O and going in to shoot.

Key Points: Quick feet, timing, communication



SAG 2v2

Net in to blue line area. Players split into two teams. Teams form a barrier down the outsides of the play zone. 2 v 2 in the middle. C chips a puck in. The puck must be taken in the air and play starts. Shifts to last for 30 – 40 secs. If a goal is scored, the conceding team does a lap of the zone. If there is no goal, the four players do a lap at the end of their shift. If the puck goes outside the zone ALL players do a lap.

Look for: Who can play with quick transitions from defence to offence and back. Fitness, who is still going full pace, who is starting to struggle?