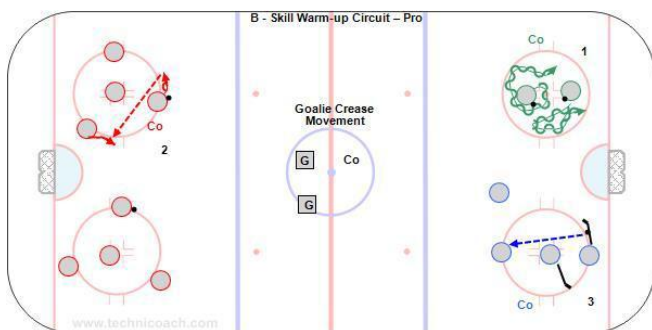




Date:	Time:	Venue:
Lines:	Notes:	
Book: Hockey Confidential by Bob McKenzie		

1) Individual OR small group Skill Drill - something we can work on with our players before or after practice.



B - Skill Warm-up Circuit – Pro

Key Points:

Use deception when passing and move to the open space. Protect the puck with your body and move away from pressure with the puck. Each circle is a station with goalies in the middle doing crease movement exercises.

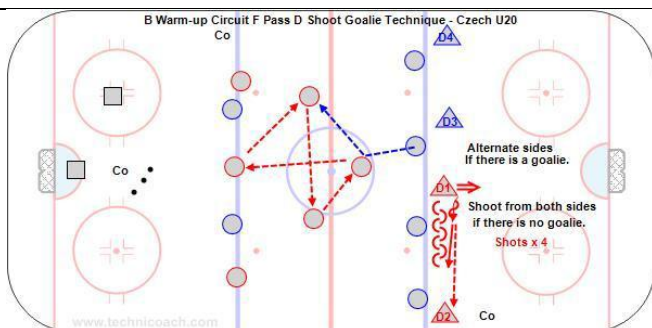
Description:

- Two players at a time skate inside the circle with a puck and do moves in all directions 10". Practice tight turns and escape moves. Goalies do crease skating in the middle.
- Play "Monkey in the middle" switch every 15" or when monkey intercepts a puck. Use fakes and the support players move to open ice.
- Two players pass across the circle with one defender in the middle. Deception and saucer passes are the tools used. Defender anticipate the pass with his stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160921091552219>

<https://youtu.be/6t7p-FFuBnA>

2 – Team skill or warm up drill.



B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

Key Points:

Face the puck, hands away from the body, stick blade square to the puck, wind-up early for the one timer, give a target, learn to shoot pucks that are not in the wheel house and hit the net.

Description:

- Forwards one touch pass in the neutral zone.

2. Each 3 man line take 10" skating in the middle and the other lines pass from the blue lines.
3. One touch pass to any of the players and always face the puck.
4. Goalies work on technique with the goalie coach at one end.
5. Defensemen work on one timer and quick shots at the other end.
6. Defensemen take 4 one timer or quick shots at a time.
7. D1 skate toward D2, exchange passes and shoot while skating backward.
8. Alternate sides after 4 shots with D3 shooting and D4 passing.

**Take quick snap shots when on the wrong side for a one timer.*

**Alternate sides on point shots if there is a goalie and shoot from both sides if there isn't a goalie.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151004110338738>



4) A drill or game to develop Competitiveness.

D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blue line. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tries to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.

www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160928093149315

youtu.be/4fzFD5CiTjs

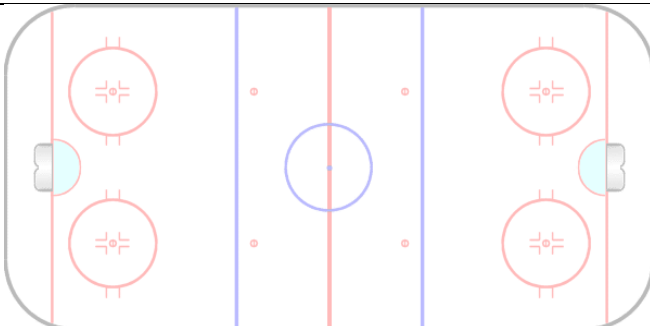
Hockey drills on YouTube organized by groups:

Pro, Czech, Russian, Youth, Female, U17-20

<https://www.youtube.com/channel/UC7QFP0bQPIsH88rmxb3ZEjg/playlists>

ABC Coded Practice Ideas on You Tube

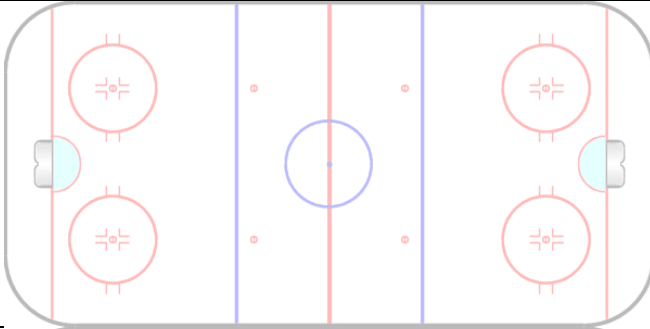
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7729#7729>



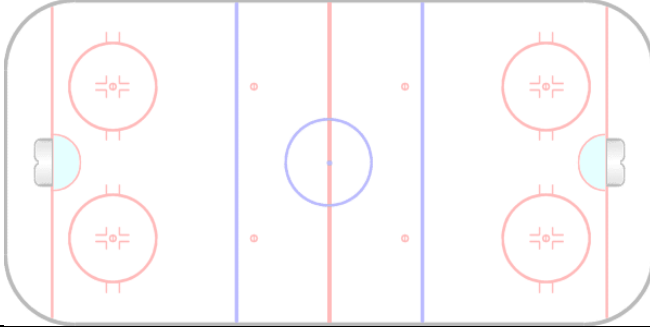
Explanation/Notes:



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
