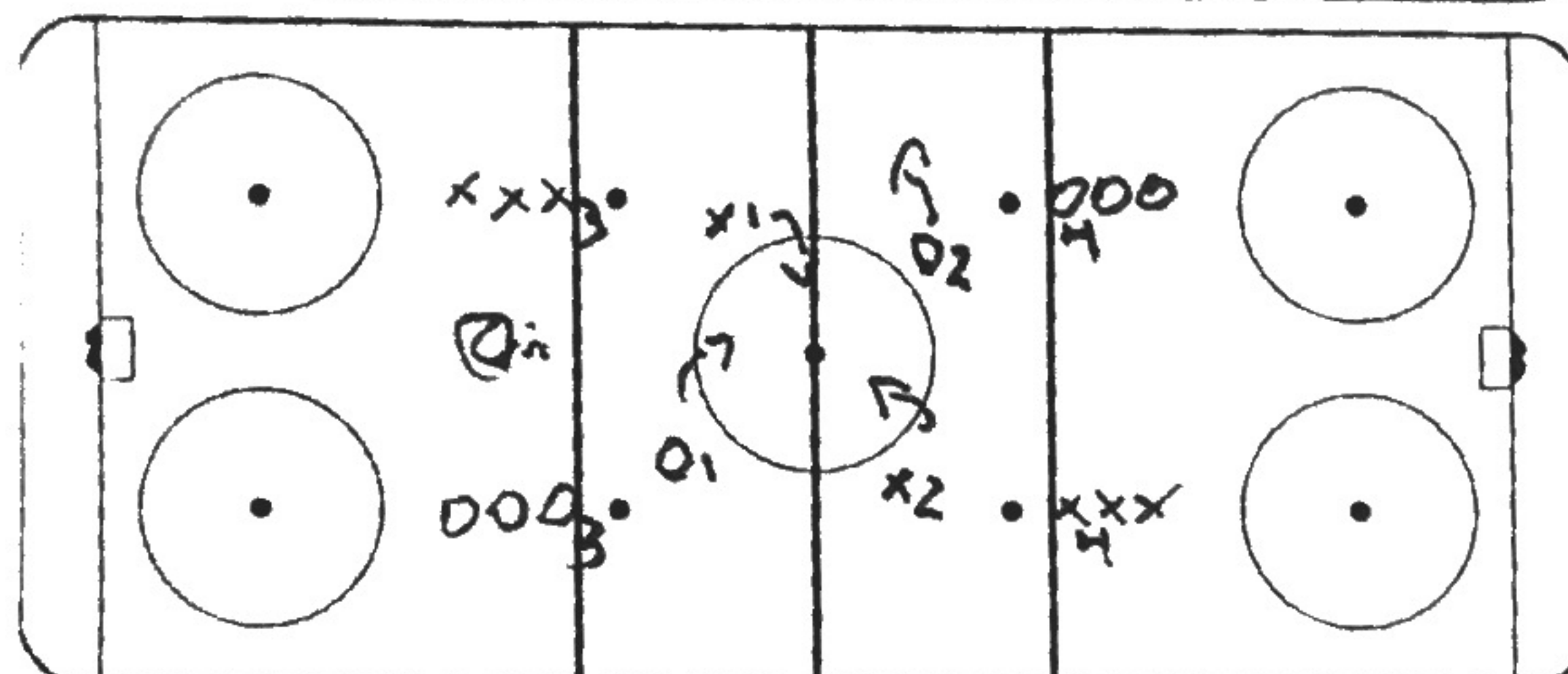


DRILL/PLAY DETAILS

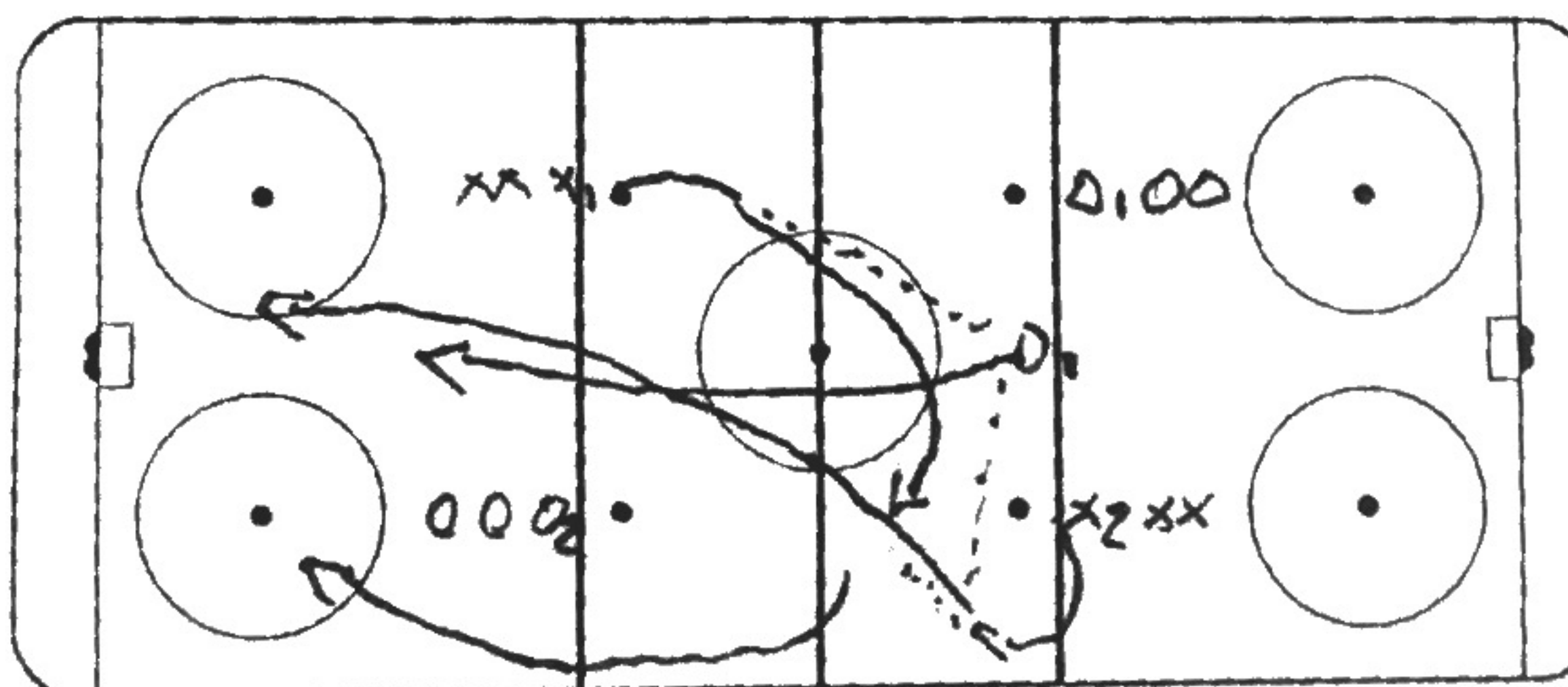
1. One-touch passing warm up. Groups of 4-5 players at each circle. Begin with no obstacles + players stationary, making one-touch passes.

- Progress to include obstacles (tires, skill sticks, etc.) while players continue one-touch passes.
- Finally, add a player in the middle to try to intercept/force passes.



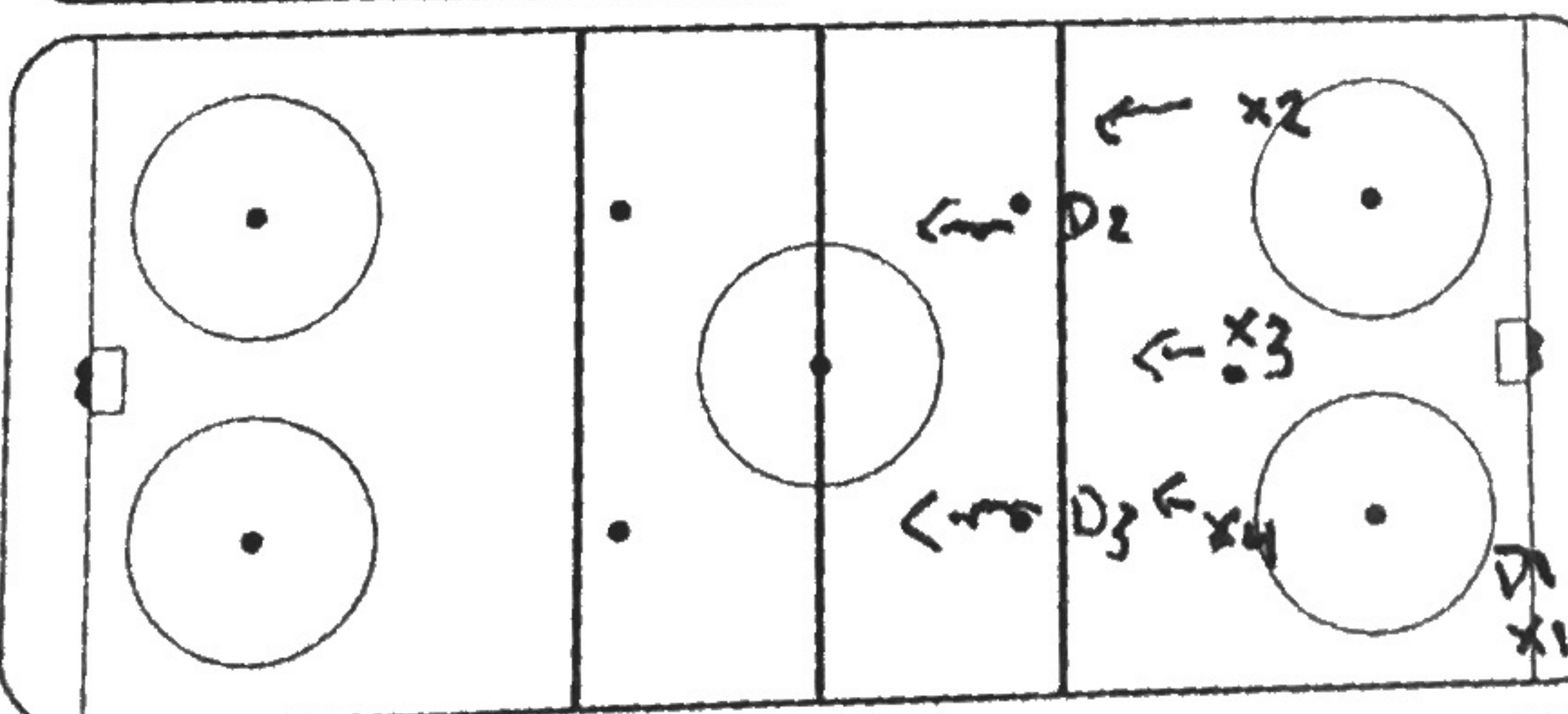
2. Neutral zone 4 vs 4 one touch

X's are on a team, O's are on the other. X1 + X2 along with O1 + O2 are free to skate around entire NZ. Each spots a puck and players must one-touch pass to each other or to their stationary teammates (X3 + X4, O3 + O4). It is keep away but all passes must be one-touch.



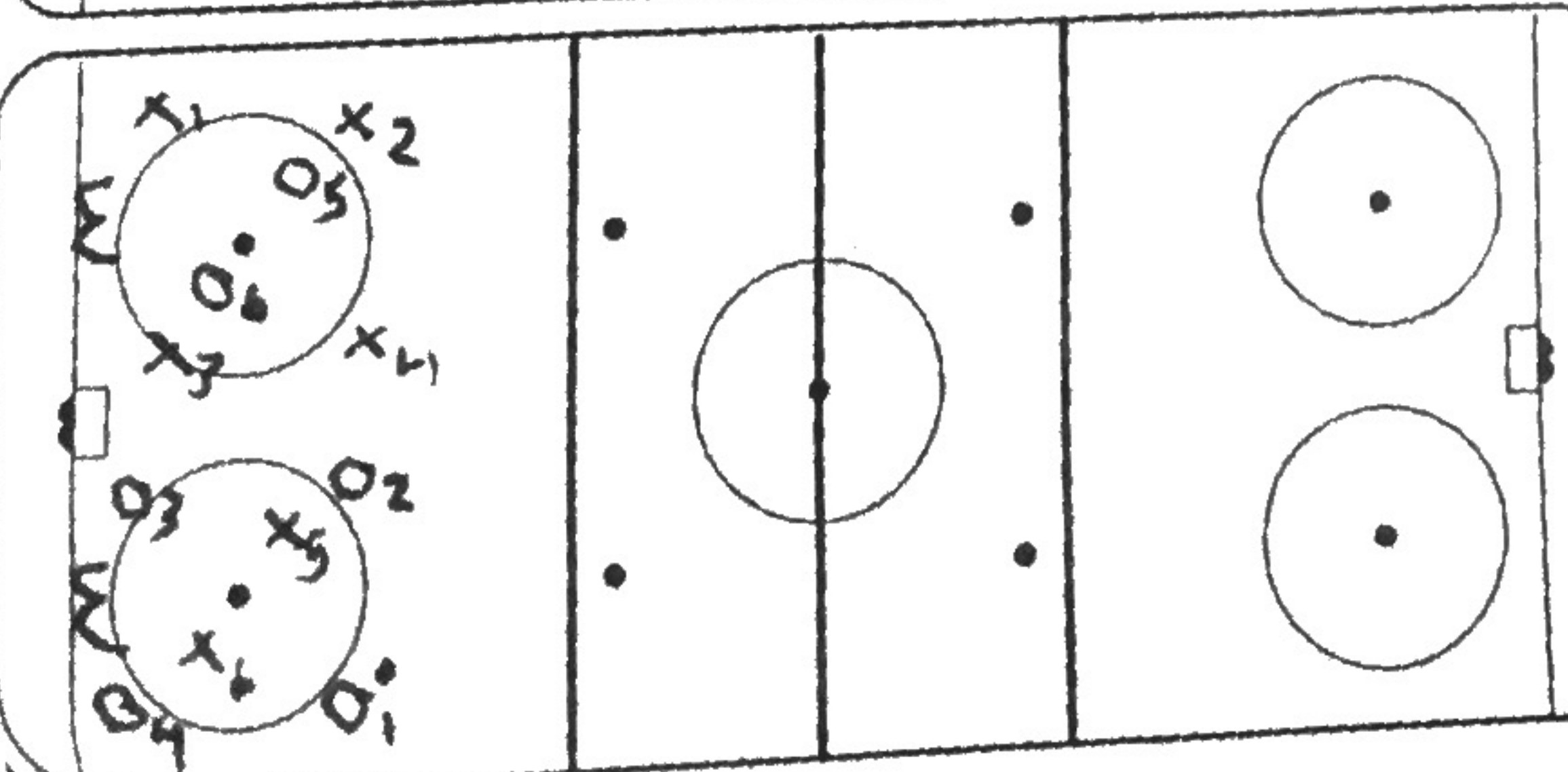
3. NZ one-touch pass support + attack

X1 leaves + makes pass to D1. X1 then continues to support X2. D1 one-touches pass to X2 who has opened up on the boards. X2 then makes one-touch pass to X1 who is supporting. X1 then drives wide with puck. X2 drives the far post. D1 jumps into play creating "2nd" wave offense. X1 has option to shoot or pass to X2 or D1 for quick attack.



4. 1 vs 1 down low to 4 vs 3 full ice

On 1st whistle X1 + D1 play 1 vs 1 down low. X2, 3, 4 along with D2 + D3 are stationary until 2nd whistle. On 2nd whistle X2, X3, X4 attack D1 + D2 on a 3 vs 2 rush. D1 jumps into play on offense, X1 becomes back checker. All players play it out in offensive zone until final whistle.



5. 4 vs 2 pp game

- set up two nets at bottom of the circles. There are 6 players on each team. 4 members are trying to score while 2 members are defending. The defenders must get the puck to their offensive teammates at the other circle. First team to two goals wins.

EQUIPMENT NEEDS

- Pucks
- Props (tires, skill sticks)

TEAM AND INDIVIDUAL WEAKNESSES

PREPRACTICE COMMENTS TO PLAYERS

- CRISP PUCK MOVEMENT
- COMMUNICATION

TIME ALLOTTED IN MINUTES

TOTAL PRACTICE TIME ALLOTTED

WARM UP (EXERCISES IN ORDER)

DRILLS / PLAYS (SKILL APPLICATION, FITNESS, FUN)

- 7-10 1. Small group skill
- 7-10 2. Team skill
- 7-10 3. Offensive team play
- 10-15 4. Offensive & defensive compete
- 10-15 5. Small area game compete

OTHER

COOL DOWN

EVALUATION

TRAINING GOALS

OVERALL GOALS

TIME ALLOTTED IN MINUTES

SPECIFIC GOALS

TIME ALLOTTED IN MINUTES

GOALTENDER DRILLS

GOALTENDER WEAKNESSES

WARM UP (EXERCISES IN ORDER)

DRILLS (SKILL APPLICATION, FITNESS, FUN)

G1

G2

G3

G4

G5

COOL DOWN

EVALUATION