



Jim Midgley

Halifax Mooseheads

Assistant Coach

Quote of the day

"I believe people need to hear the truth to believe the truth"

Drill no. : _____ Duration : 10 Minutes From : 0:20 To : 0:30

Title : 4 Dot Warm Up Progression

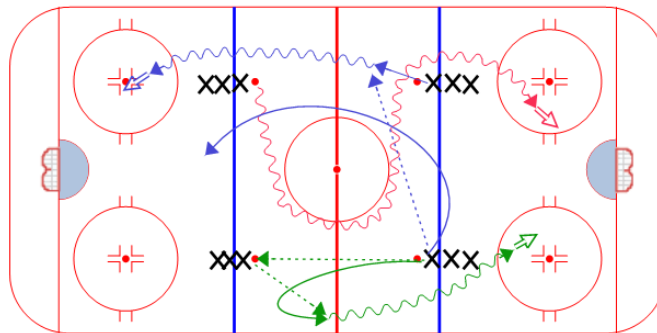
Category #1 : Warm Up

Category #2 : Shooting

Description

All progressions opposite sides on whistle.

01. RED. "S" route.
02. GREEN. "Open Up"
03. BLUE. "2v0 Drive"

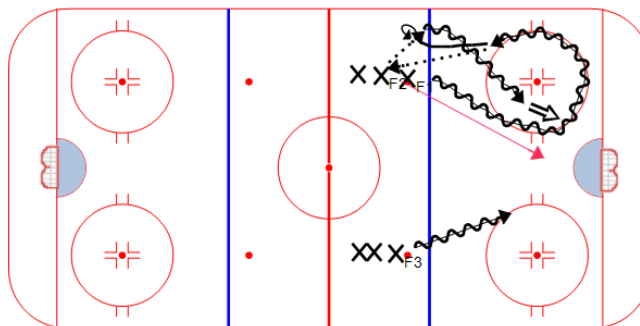


Key points :

Drill no. : _____ Duration : 6 Minutes From : 0:00 To : 0:06
 Title : Overspeed Shooting Content elements: Speed Components : Passing

Description

- F1 starts drill by carrying puck around circle, inside out.
 - Make sure feet are moving at all times, no gliding.
 - When F1 gets to hash mark, pass puck to F2.
 - F1 opens up at the blue line, gets pass back from F2, and drives wide for shot.
 - As soon as F1 makes pass, F3 starts drill on the other side.
 - Switch side after each rep.
 Progression (RED):
 F2 joins and drives net after passing to F1 who takes wide shot.

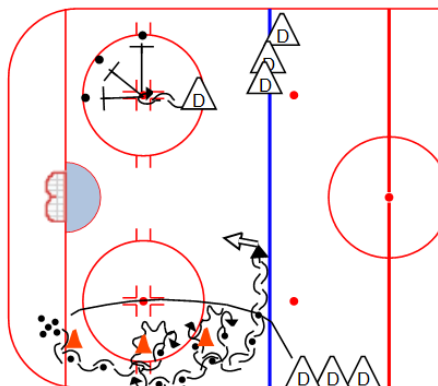


Key Points : Speed Passing Net Drive Puck Handling

Drill no. : _____ Duration : _____ Minutes From : 0:30 To : 0:50
 Title : Defense Split Drills Category #1 : Defensemen Category #2 : Skating

Description

Both drills going on at same time. 2 groups of 4. Players switch sides after 5 minutes. After 10 mins, set up the same drills on opposite sides, and players will do each drill from the other side for 5 mins each.
 Drill 1 - Stick on Puck
 Place puck on outside hash, bottom of circle and exactly in between the 2. D starts on top of circle, backskates then open steps and explodes to puck, stick on puck, and poke it away. Repeat for all 3 pucks.
 Don't lunge upper body at puck, get close, then full extension at puck.
 Drill 2 - Agility/Shooting
 D comes down to goal line to retrieve puck, pivots to middle and faces up ice on pivots around other 2 cones before walking across blue line for shot.

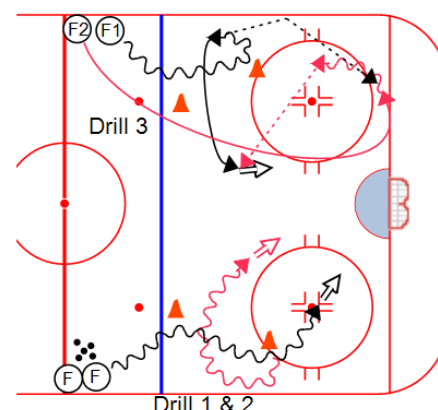


Key points:

Drill no. : _____ Duration : _____ Minutes From : 0:30 To : 0:50
 Title : Forward Split Drills Category #1 : _____ Category #2 : _____

Description

Forwards on both sides of centre. Cones set up as such. One side at a time, switch sides after each rep. 6-7 minutes each progression.
 Drill 1 - Take puck directly at first cone, pull inside (don't go around) and cut far/around 2nd cone and in for a shot.
 Drill 2 - Same start as above, but delay outside 2nd cone, quick feet around/over for shot.
 Drill 3 - Same as Drill 2, but 2nd F in line goes over both cones and calls for chip from F1 off delay. F2 takes Inside/Outside angle to puck and finds F1 who is in threatening ice high for quick shot.
 Take the time to explain to F's to treat the 1st cone as a D and try to "push" that D inside more to give more room outside. Explode/"turn the corner" around 2nd cone to drive to net.



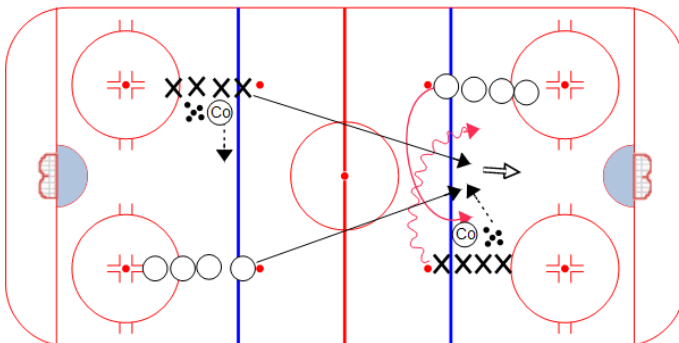
Key points:

Drill no. : _____ Duration : _____ Minutes From : _____ To : END
 Title : BC Battle Category #1 : Competitive Category #2 : Battles

Description

Players one all 4 NZ dots. Pucks with coaches at opposite lines.
 On whistle, players from 2 far lines race for puck placed by coach. 2v2 race, shot.
 Whistle, 2 players from line (RED) in the end where shot was taken cross and drop and attack 2v2 on the 2 players that just raced who must gap up. Play 2v2 down low.
 Whistle, the 2 players that crossed and dropped race to other end for puck. Drill is continuous.

Cross/Drop Attack -> Race -> Defend/Gap Up 2v2

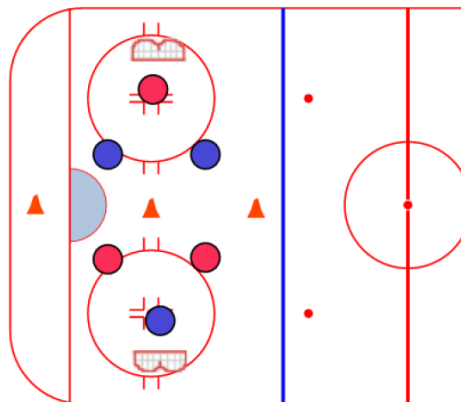


Key points :

Drill no. : _____ Duration : 15 Minutes From : 0:65 To : 0:80
 Title : 2v1 x2 Half Ice Category #1 : Competitive Category #2 : 2 on 2

Description

3 cones line from boards to blue line. Players cannot cross cones. 1 PUCK.
 2 BLUE attacking 1 RED in one half, vice versa in other half. One player in each color is playing D. Their goal is to get the puck and send it back to the other players in their color on the other side of cones.
 Promote good support offensively.



Key points:

WIN THE DAY

