

# SUGAR KING HOCKEY



Date: \_\_\_\_\_ Plan #: \_\_\_\_\_ Time: \_\_\_\_\_

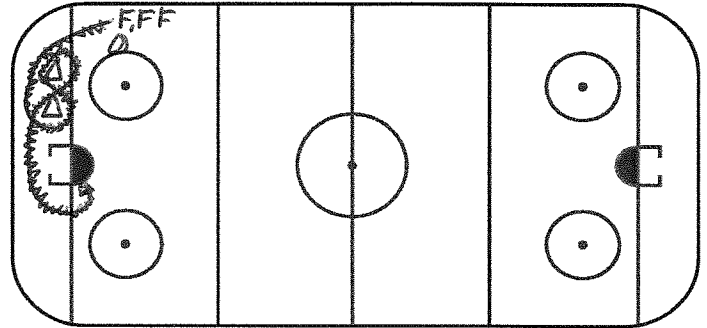
## Individual Drill - Goal Line Shake

### Part 1

F' skates push through cones.  
Tight turns + push protection  
are key.

F' then skates behind net to  
"wrap around" net for shot.

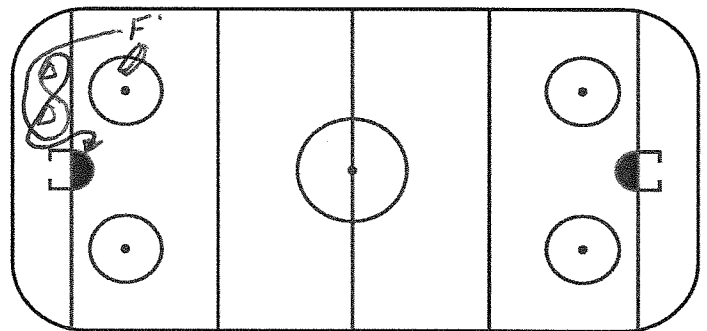
① Pushes at half wall.



### Part 2

F' skates same route but  
takes push to the close  
side of the net for quick  
jam.

① Pushes at half wall.

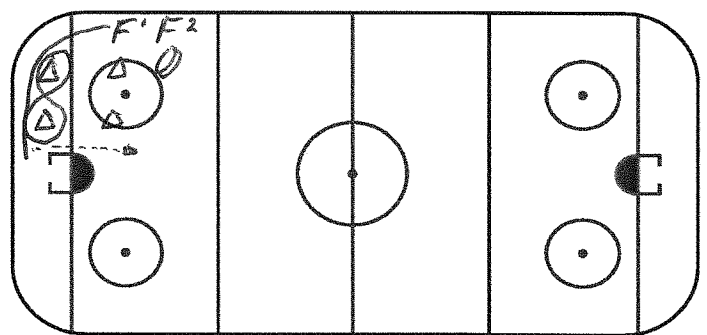


### Part 3 - Pop Play (Close)

F' skate same route + then  
pop push to F<sup>2</sup> in slot.

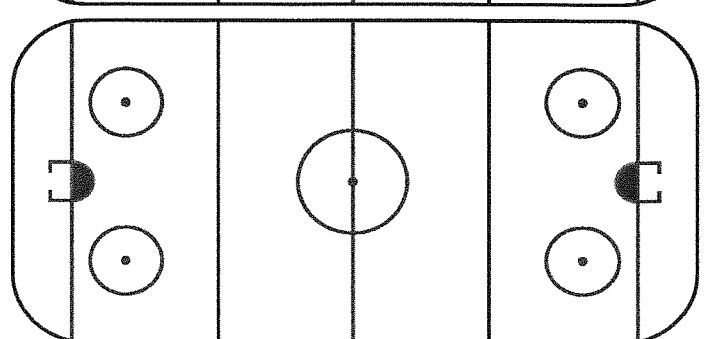
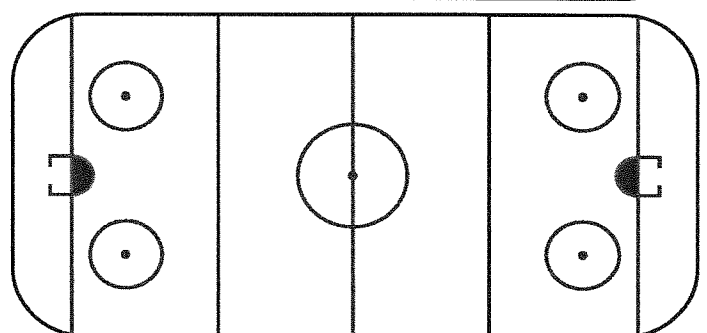
F<sup>2</sup> skates through cones +  
receives pop pass from F',  
F<sup>2</sup> shoots.

① Pushes at half wall.



### Part 4 - Pop Play (Far Post)

F' + F<sup>2</sup> skate same routes  
F' passes push to F<sup>2</sup> at  
far post.



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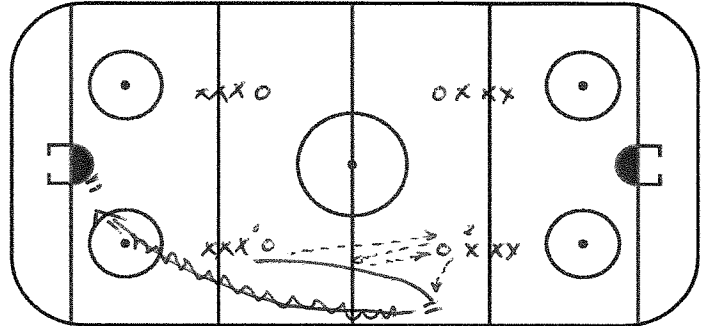
## Team Skill Warm Up Drill - Neutral Zone One Touch.

### Step 1 - Post Up

Players lined up at all four NZ Dots.

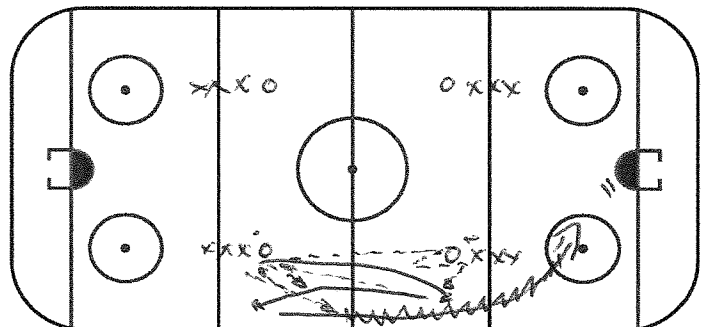
X<sup>1</sup> one touch w X<sup>2</sup>. Post up + attack back wide. Stop at net.

0 All four dots.



### Step 2 - Double Post

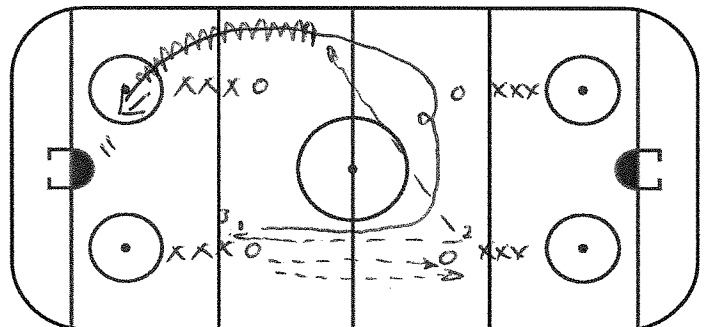
X<sup>1</sup> skates same route but posts up twice. Attacks opposite end, stops at net.



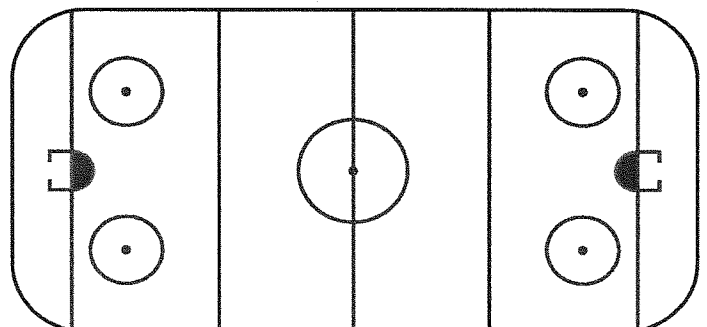
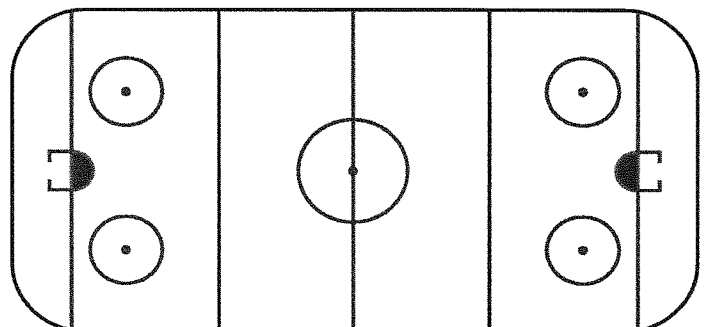
### Step 3 - Open Up Wide

X<sup>1</sup> passes to X<sup>2</sup>. X<sup>3</sup> passes to X<sup>4</sup>. X<sup>2</sup> passes back to X<sup>1</sup>.

X<sup>1</sup> passes to X<sup>2</sup> who has curled and opened up wide.



## Opposite corners at Same Time



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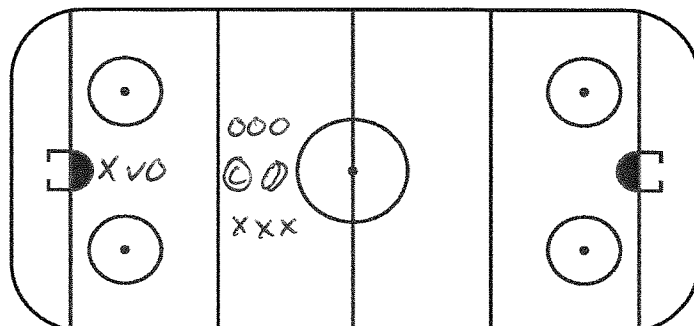


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## Offensive / Defensive Team Play - The Hurricane

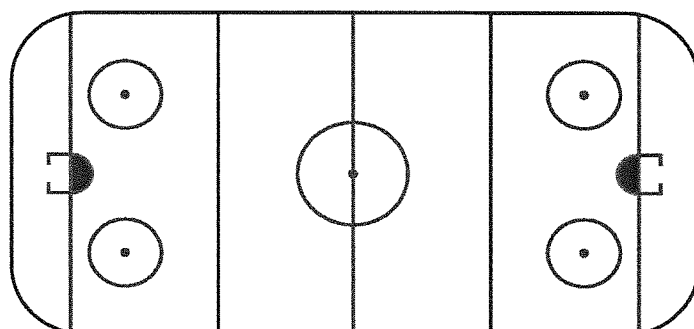
### Step One

Drill begins 1v1 and builds to a 3v3.  
X's always stay on Defense  
O's always stay on Offense  
Coach blows whistle every 15sec



### Step Two

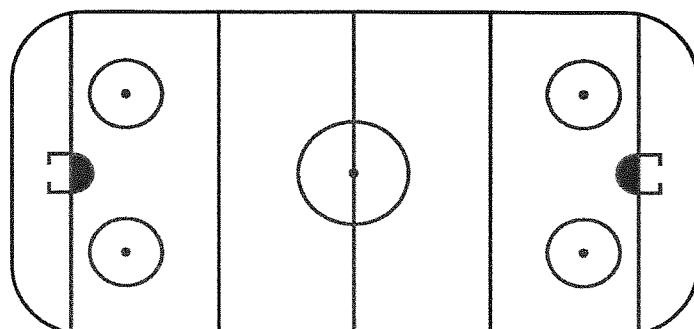
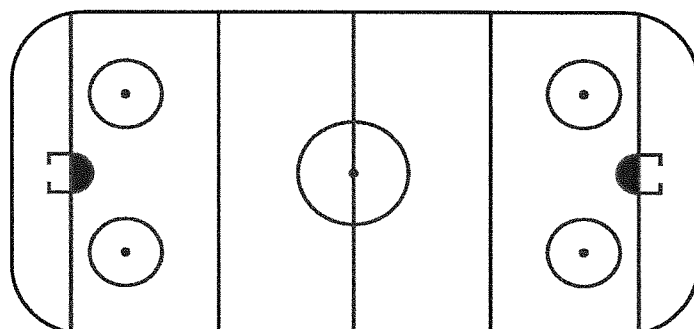
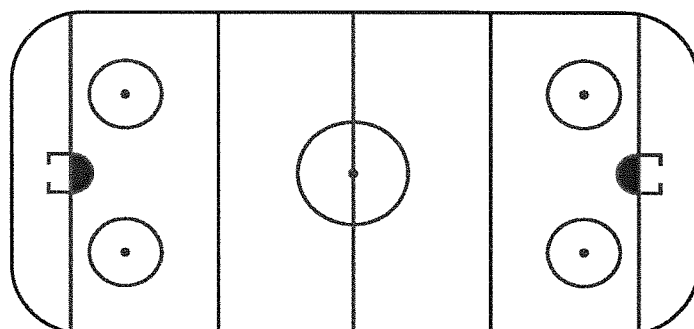
At 15 seconds, © blows whistle and one offensive player joins to create 2v1  
© blows whistle at 30sec.  
One defensive player joins to create 2v2



### Step Three

Continue to build to 3v3

The first players stay in the drill for 75 seconds.



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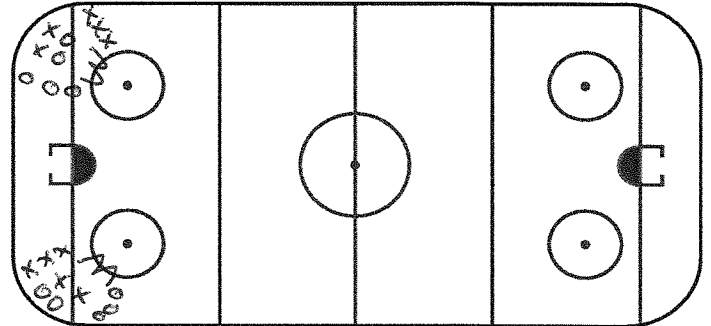
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## Competitive Drill - Thunder Dome

### Step One

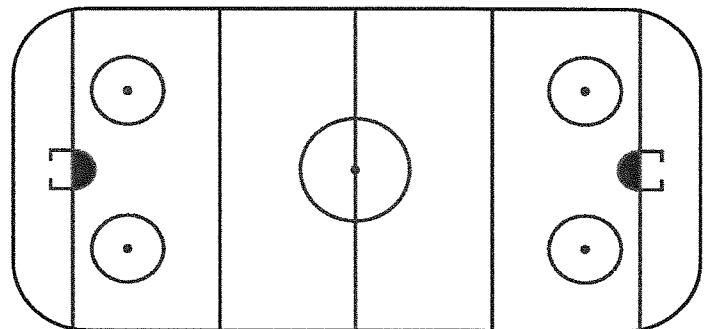
Nets are placed at the bottom of both circles facing into the corners.

Team is split into two groups



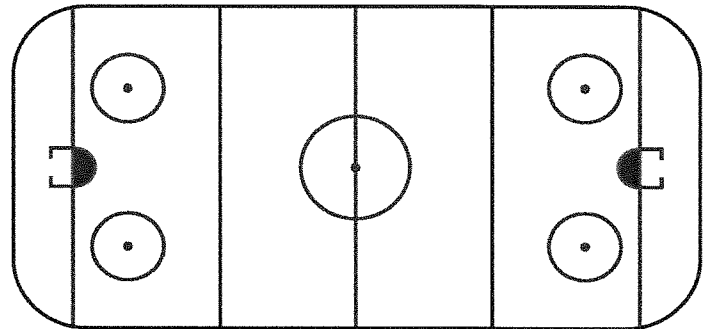
### Competition

One net, the Xs are on offense.  
Other net the Os are on offense.

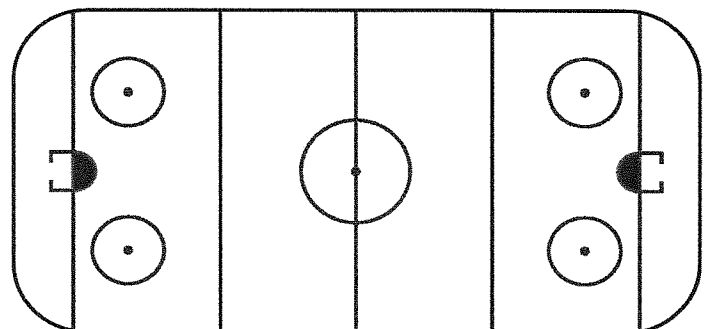


### Shifts

Four players in at once for 30 sec shifts.

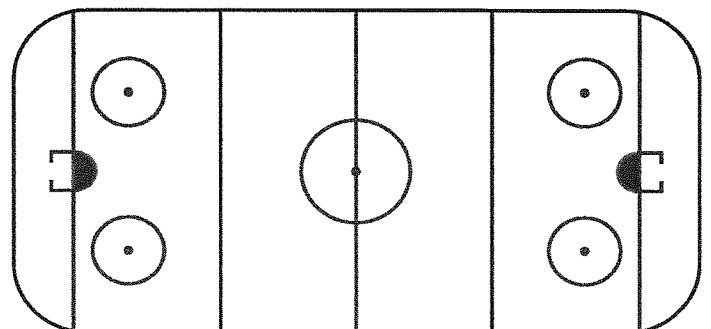


Coach keeps score. At the half way point, teams switch from O to D, Vice Versa



### Goalkeepers

Goalies are on opposite teams.



### Resting Players

Resting players in both sides of the playing surface  
© continually puts pucks in as they are shot out.  
Resting players keep loose pucks in the playing area