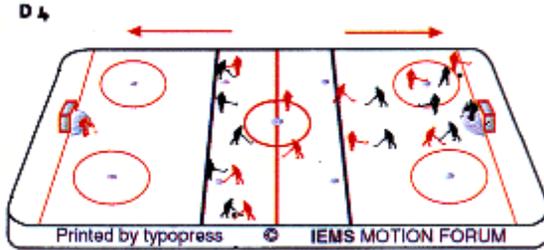


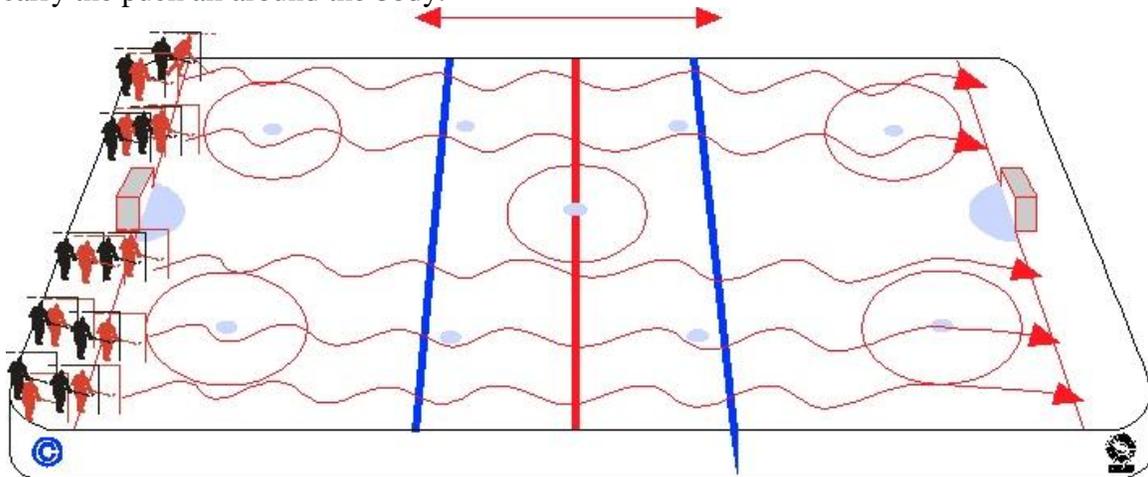
HockeySkills Sessions

Practice One

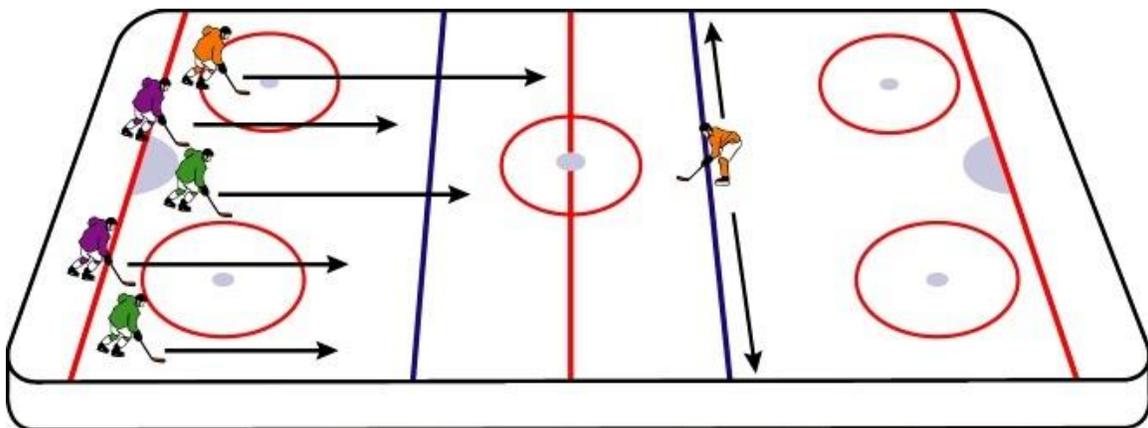
10 min. D4- 2 games of 2 pass (depending on how many goalies) to warm up and get an idea of the skill levels.



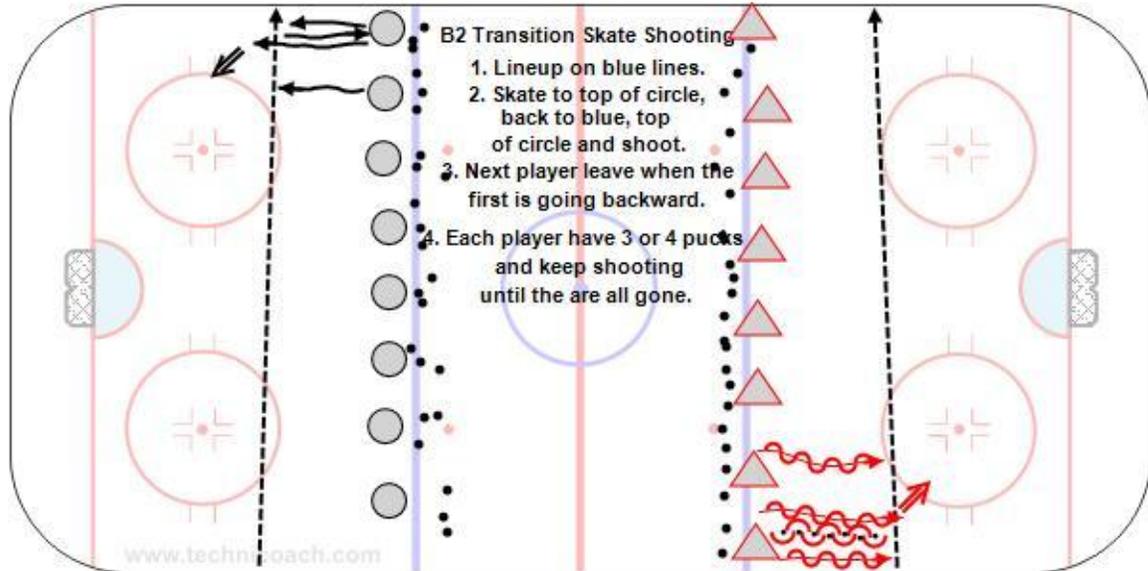
15 min. A200 Russian puck handling routine. We will do this routine all year. Learn to carry the puck all around the body.



10 min. A2 game of Puck Dog (British Bulldog with the puck)



10 min. B2 Shooting – blueline to ringuette line back to blueline and shoot.



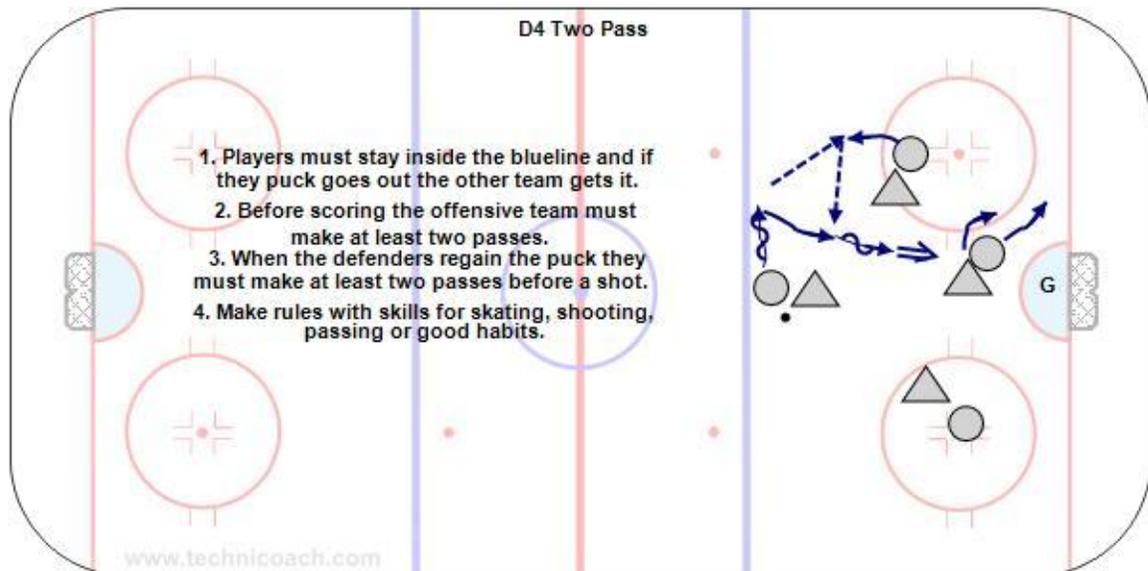
15 min. D4 – Round Robin Tournament 3 x 5 min. games of 2 pass at each end.

Rules:

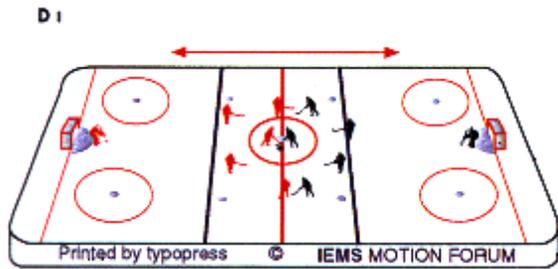
Game one - everyone must face the puck.

Game two – must make 2 passes.

Game three – everyone must touch the puck.



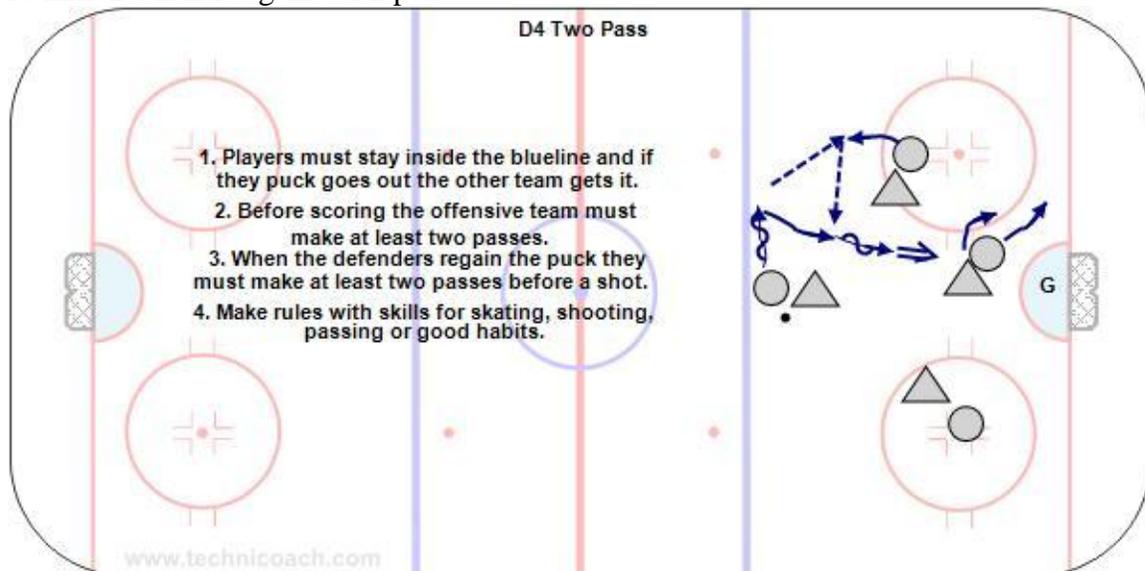
10 min. D100 full ice 3-3, rule one pass in each zone max. 40" shifts and pass to the goalie on the whistle.



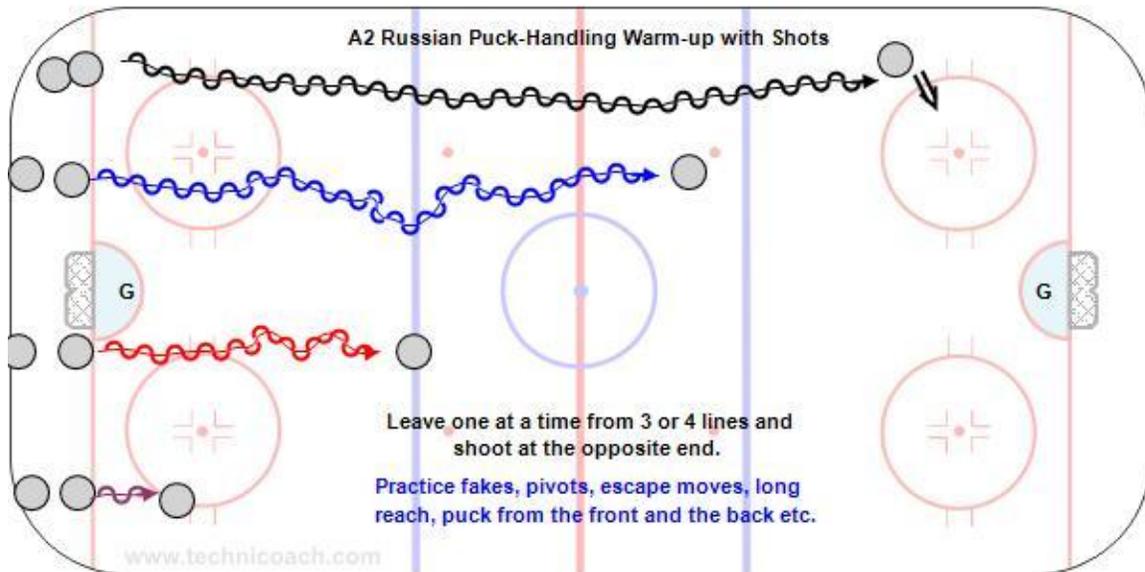
This session will give us an idea of the various playing levels plus give the players many touches with the puck and a lot of movement

Practice 2

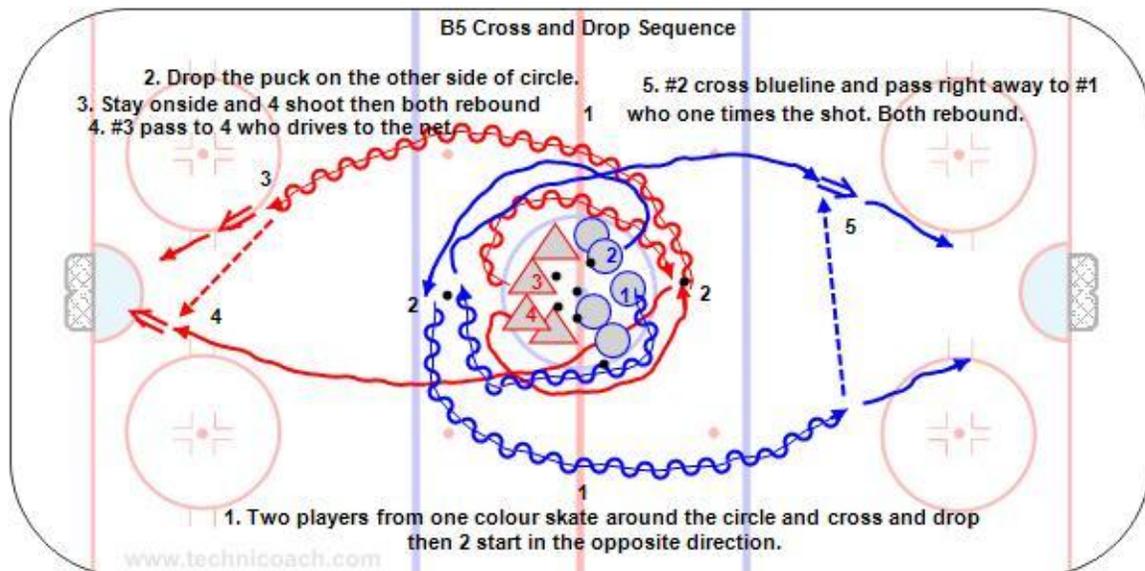
10 min. D4 half ice game of 2 pass.



10 min. A3 – Russian warm up around the rink and shoot at each end.

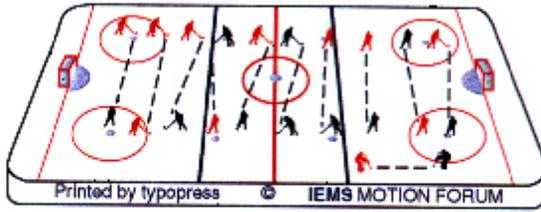


10 min. B5 – 2-0 cross and drop then one pass and shoot and go for the rebound. Progress to a 1-1 and then a 2-1.



10 min. B3 partner passing. Instruction. Standing then moving, then with variations in passes and movement.

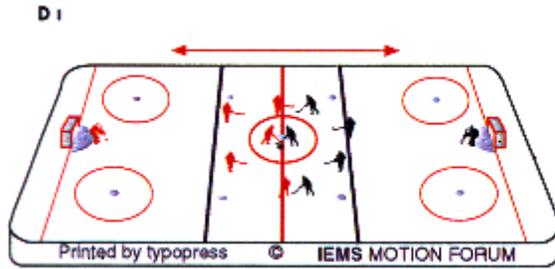
B 3



10 min. D2 games of 3-3 or 4-4. Rule only 2 seconds with the puck. Must clear the zone and be outside. Wrist passes only.



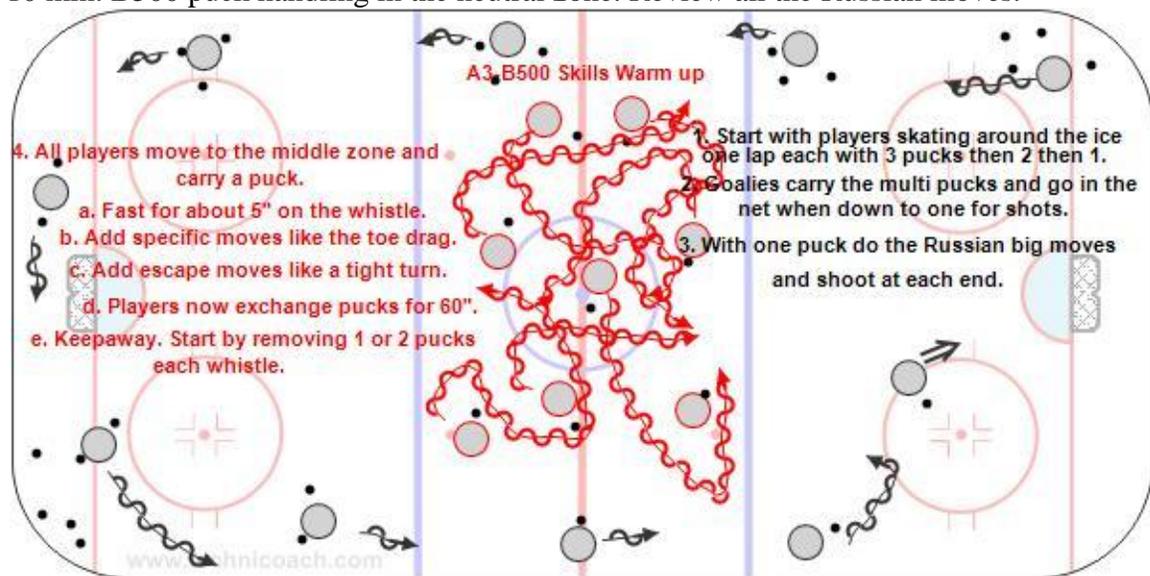
10 min. D1- everyone play full ice with the there must be at least one pass in each zone.



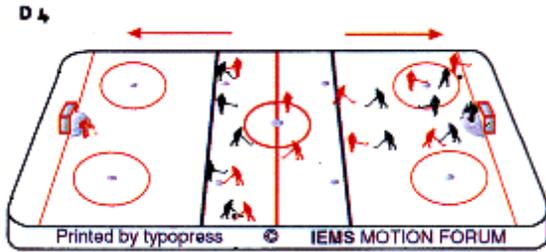
Practice 3

Theme: Shooting

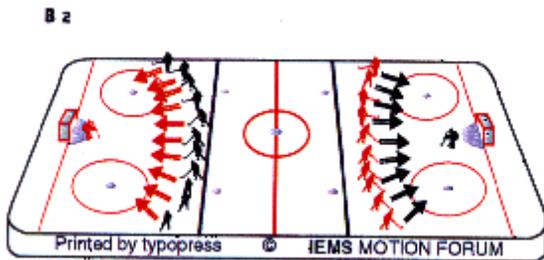
10 min. B500 puck handling in the neutral zone. Review all the Russian moves.



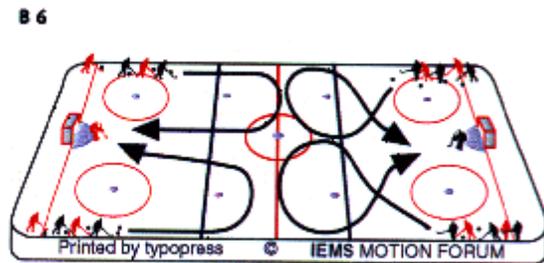
10 min. D4 games Where they must clear the zone and all get outside. 5 min with they can only skate backward. 5 min. with the rule they must hold the stick the opposite way.



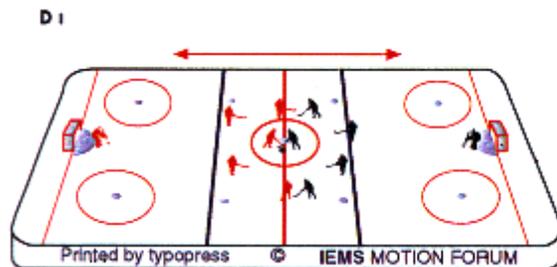
10 min. B2 with 5 min of shooting instruction and 5 min. of shooting at the boards. Tony take the two goalies.



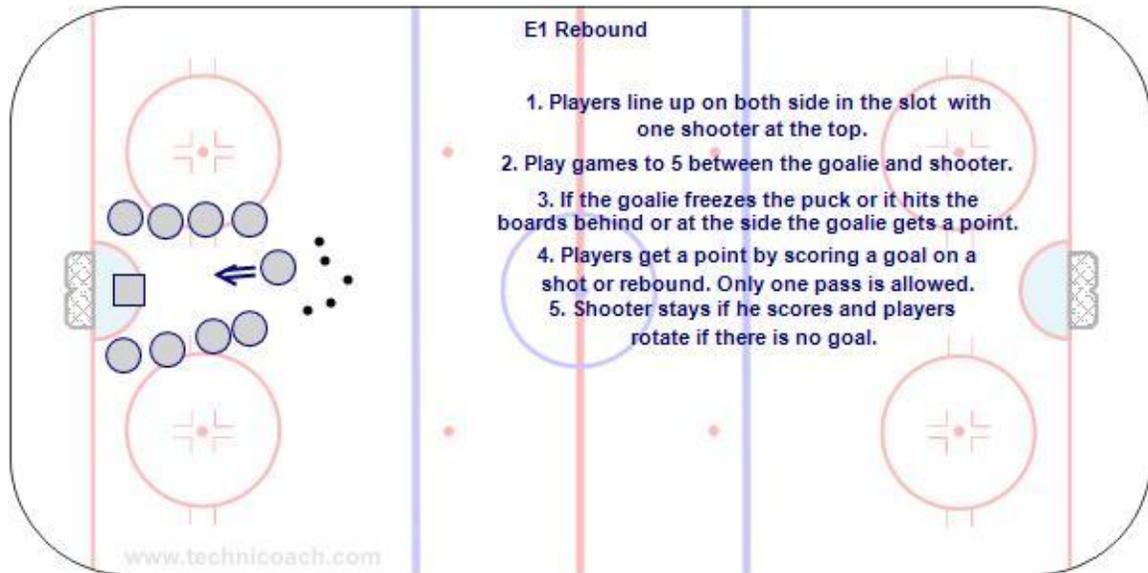
10 min. B6 shooting and puck handling. 3 lanes..



12 min. D100 with extra players on the bench. 3 on 3 for 60 '. On the whistle change and pass the puck back to the goalie. Rule: at least one pass in each zone.



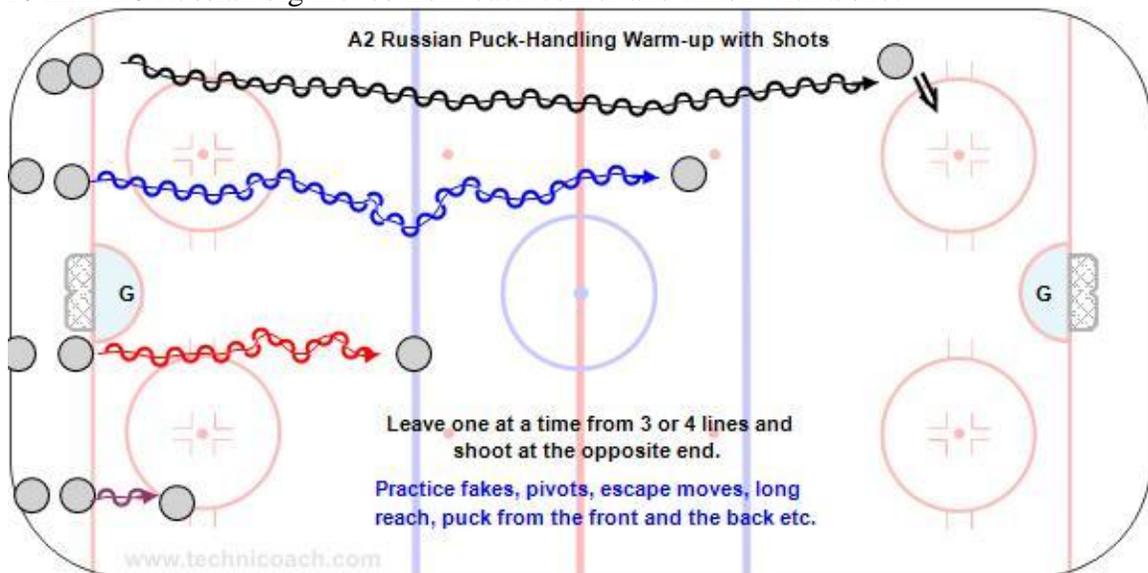
8 min. Rebound at each end.



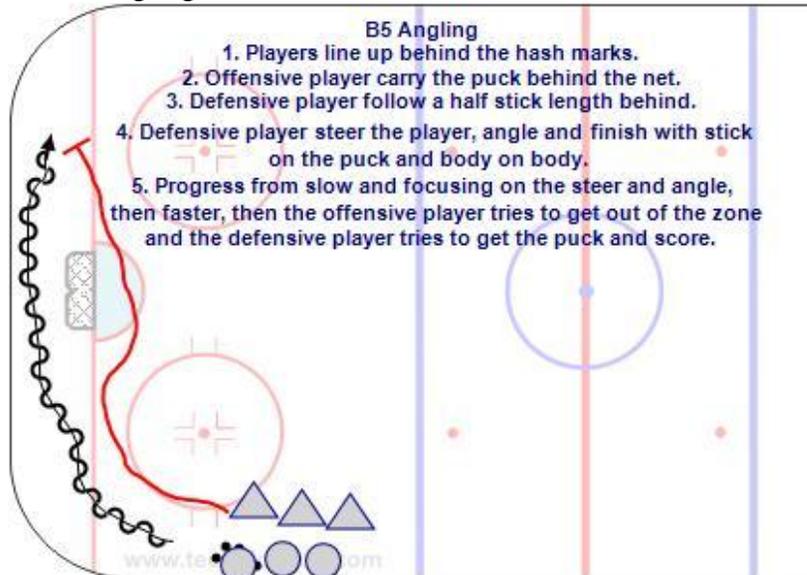
Practice 4

Individual Defensive Skills

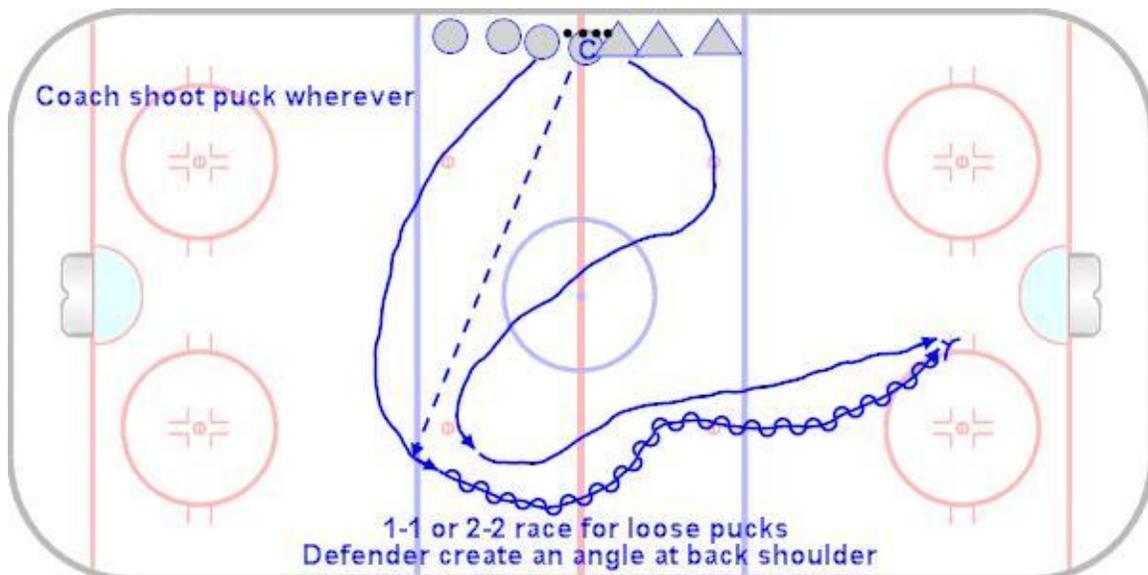
10 min. B6 Russian big moves from each corner and finish with a shot



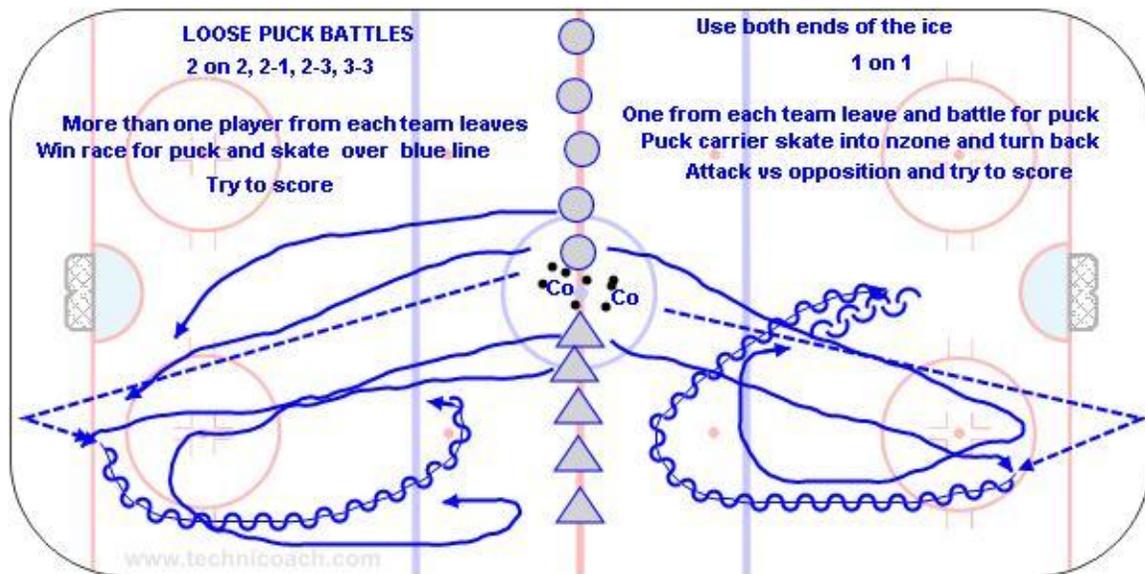
5 min. Angling instruction and demo.



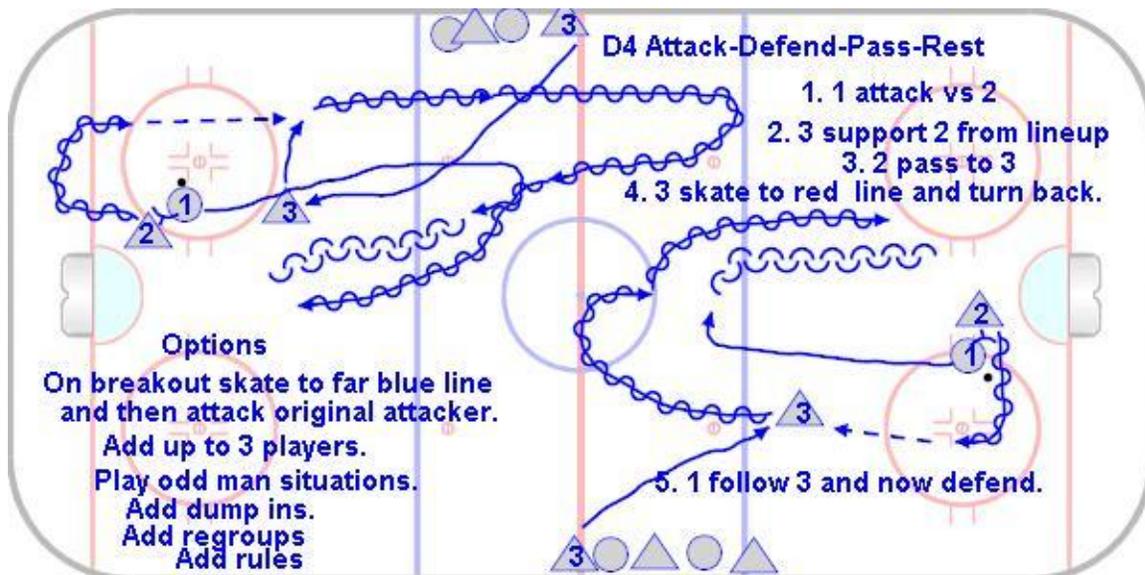
10 min. C2 Kozak angling drill 1 on 1.



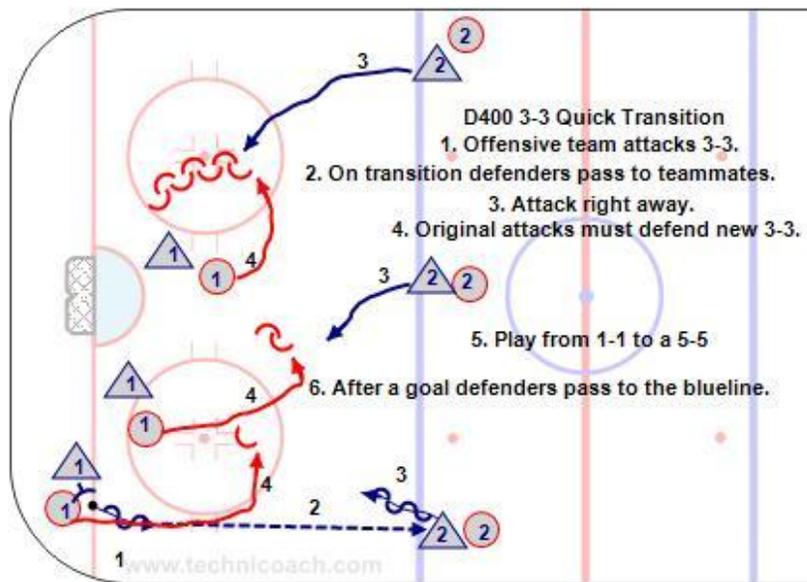
10 min B5 Loose puck battles 1-1, 2-1, 2-2



10 min. D400 transition game on 1 on 1 with a sequence of support, breakout, attack, defend, rest.

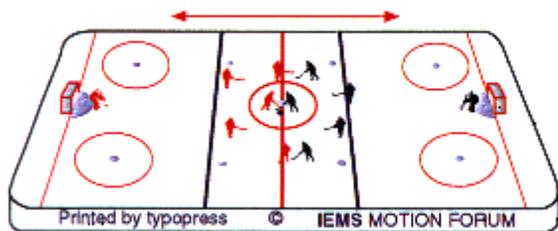


10 min. D400 Quick transition game

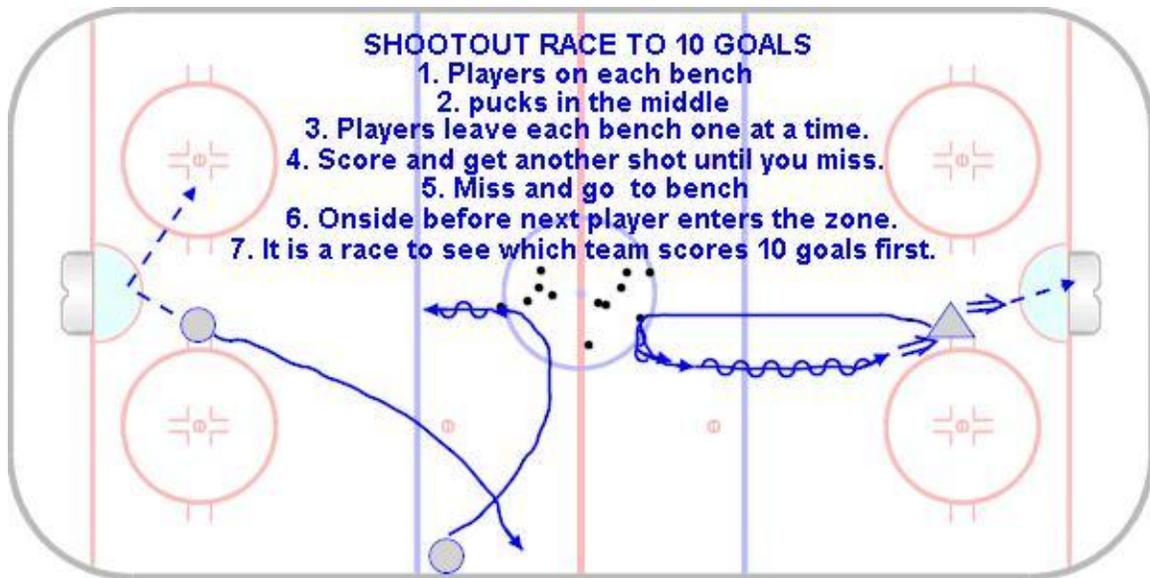


10 min. D1 game. Everyone plays and there must be at least one pass in each zone.

D1

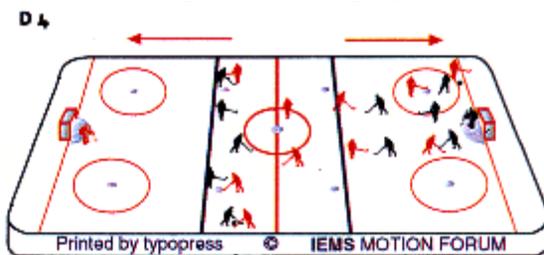


10 min. E1 Shootout – 10 pucks on each blue line. Players must score and then hustle to the bench for the next shooter. If they don't score in 5 shots they skate to the bench for the next shooter. Rule is a max of 3 shots then return the puck and go to the bench.

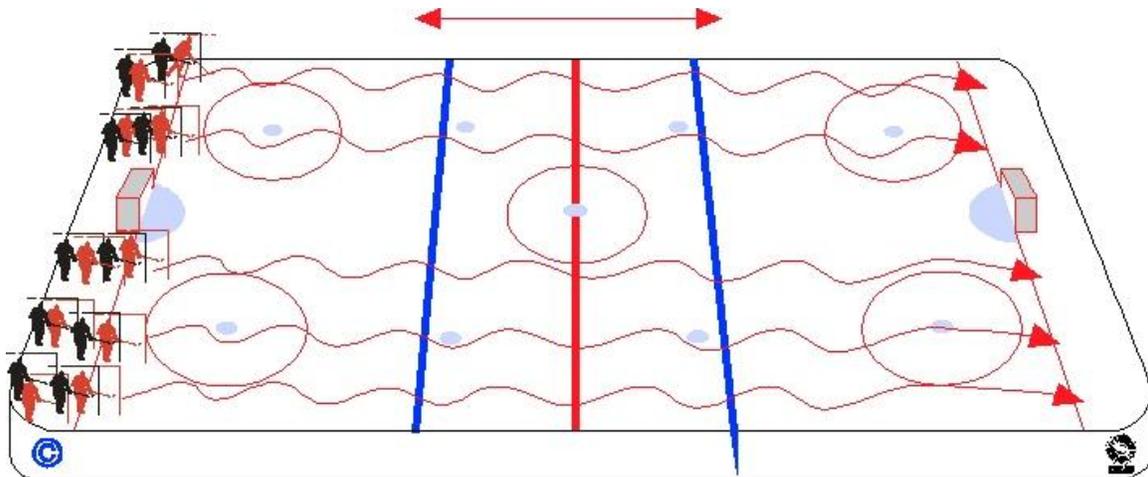
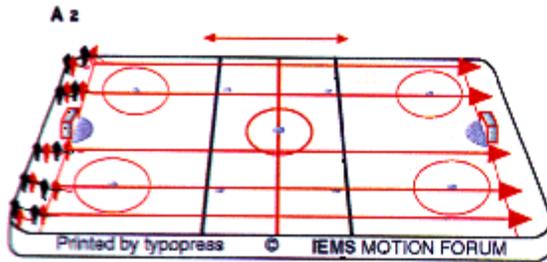


Practice Five Balance on the ice

D Game of Ringuette. Rule: players must do a tight turn when they get the puck.

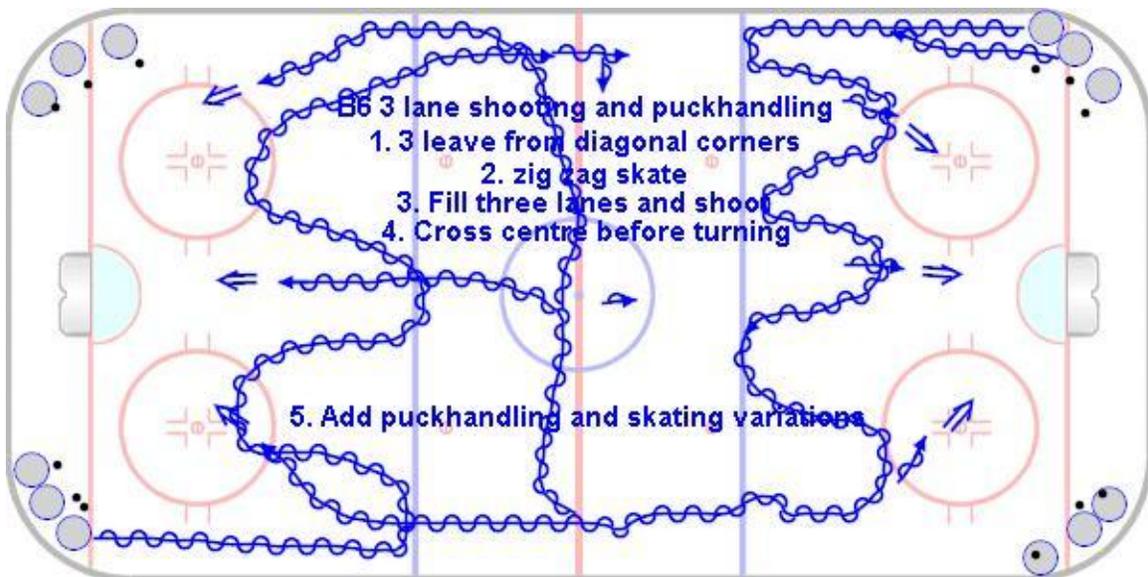


A2 Skating balance exercises

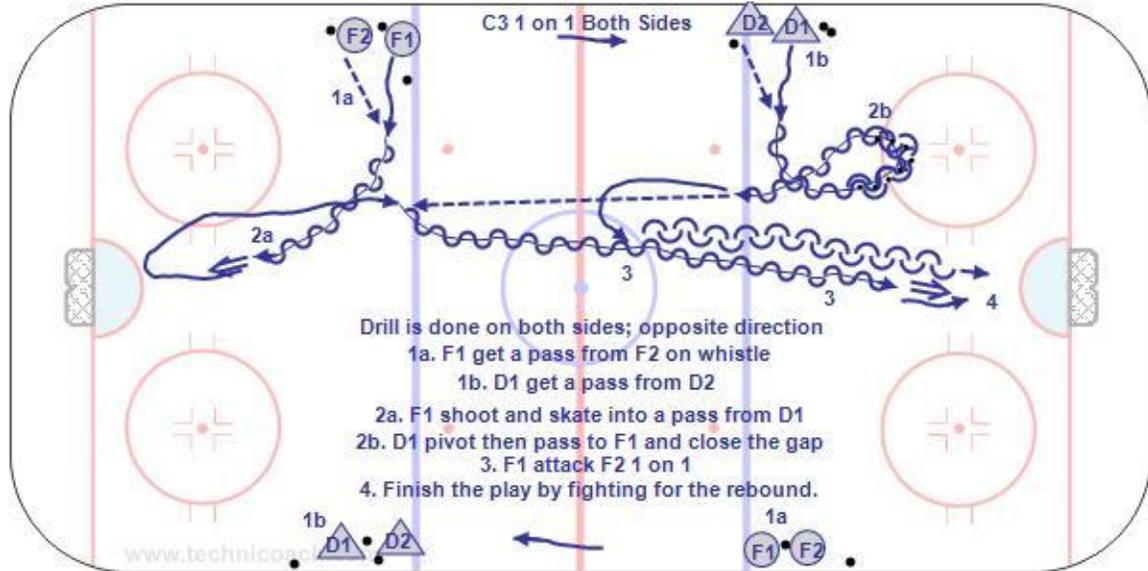


A200 Skating with the puck and balance exercises

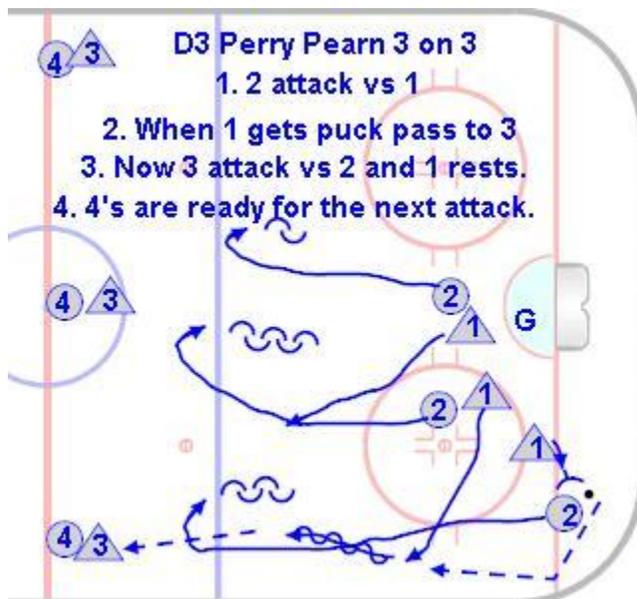
B6 Skating 3 zig zags, 3 lanes and a shot. Sequence 1. Fast hands and feet. 2. Puck on the forehand. 3. Transition skate.



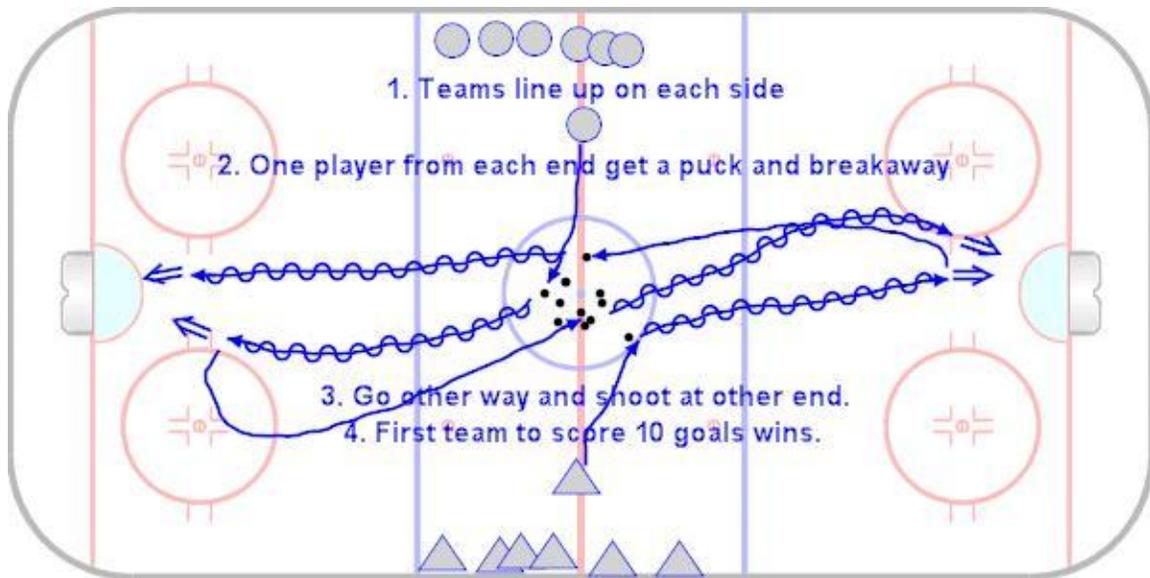
C3 1 on 1 from both sides.



15 minutes two games of D400 Perry Pearn 2 on 2

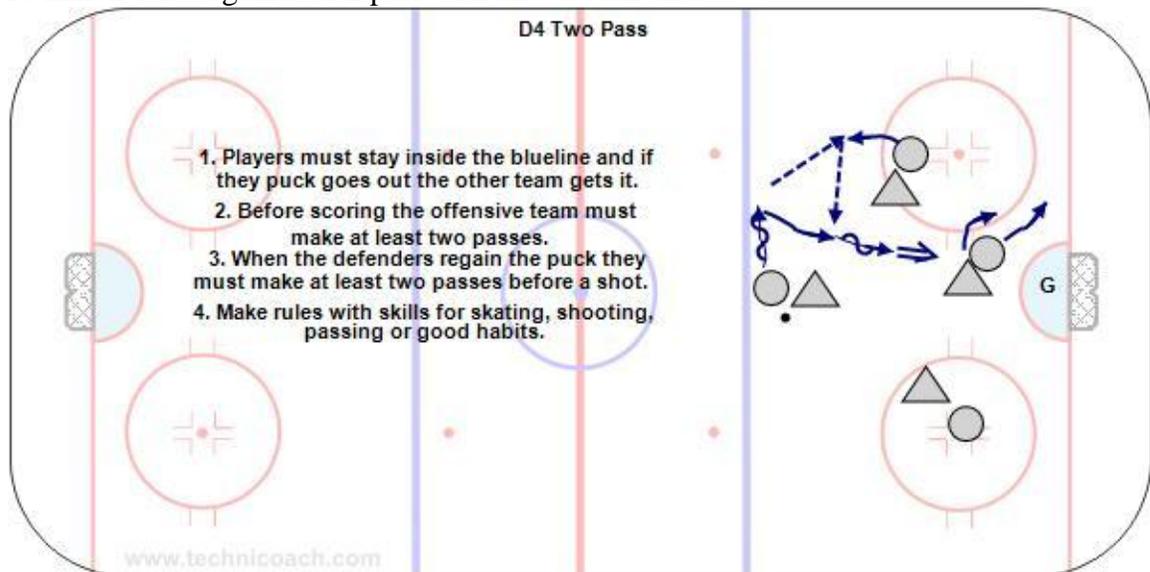


10 min. E1 2 shot shootout. Score 2 goals zero laps, one goal one lap, zero goals 2 laps.

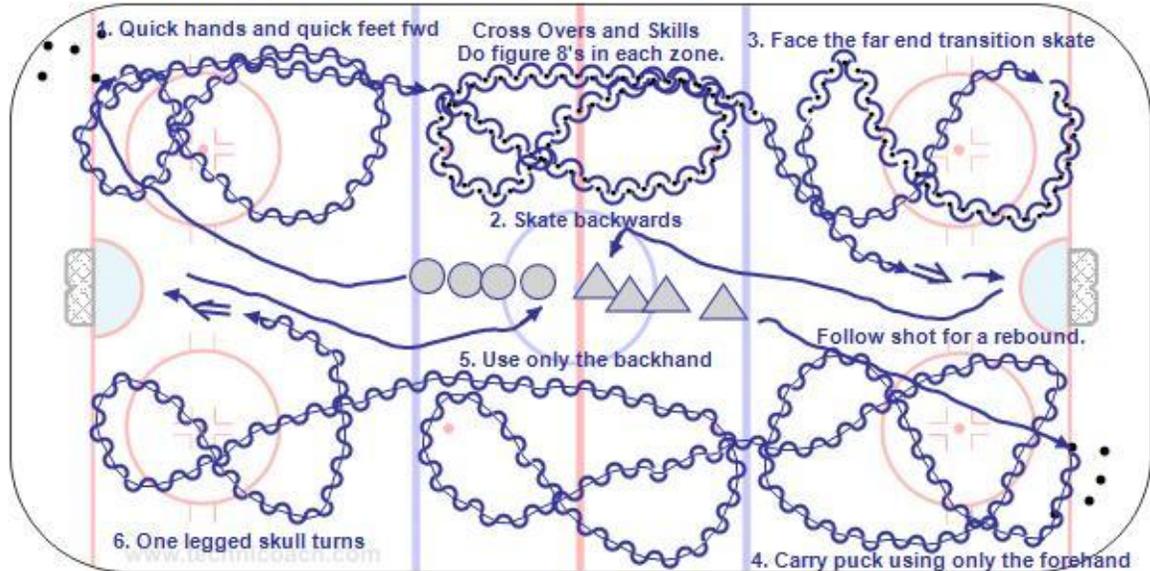


Practice 6 Games to Review

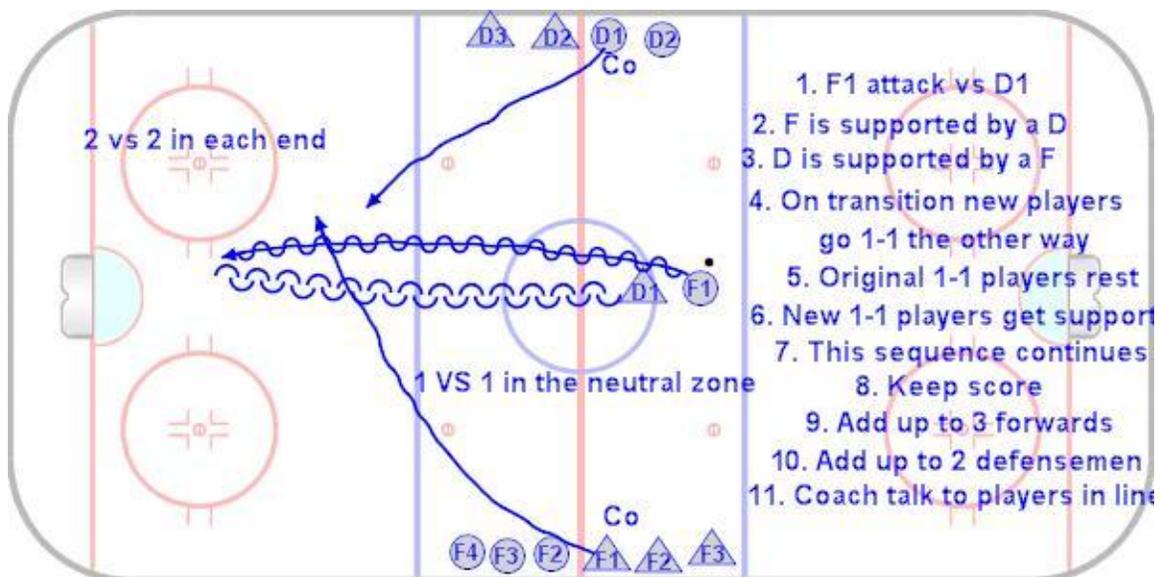
10 min. D4 Two games of 2 pass with one at each end.



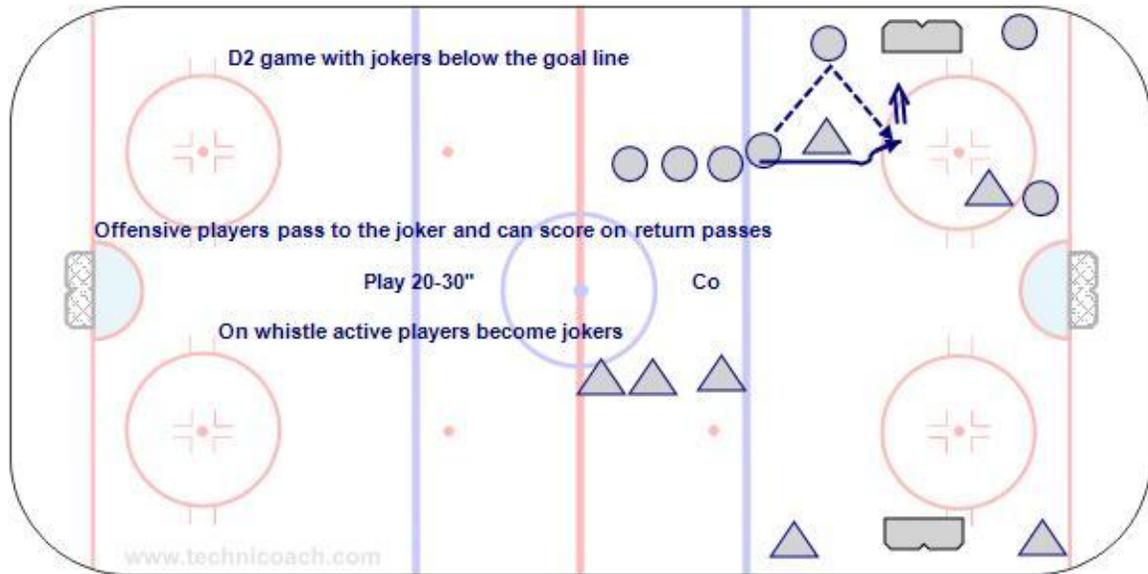
10 min. B6 Full ice figure 8 puckhandling with shots.



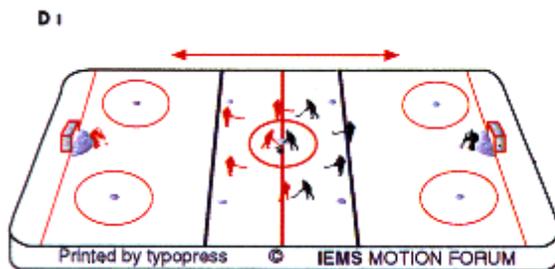
10 min. D100 Transition game of continuous 1-1, then 2-1.



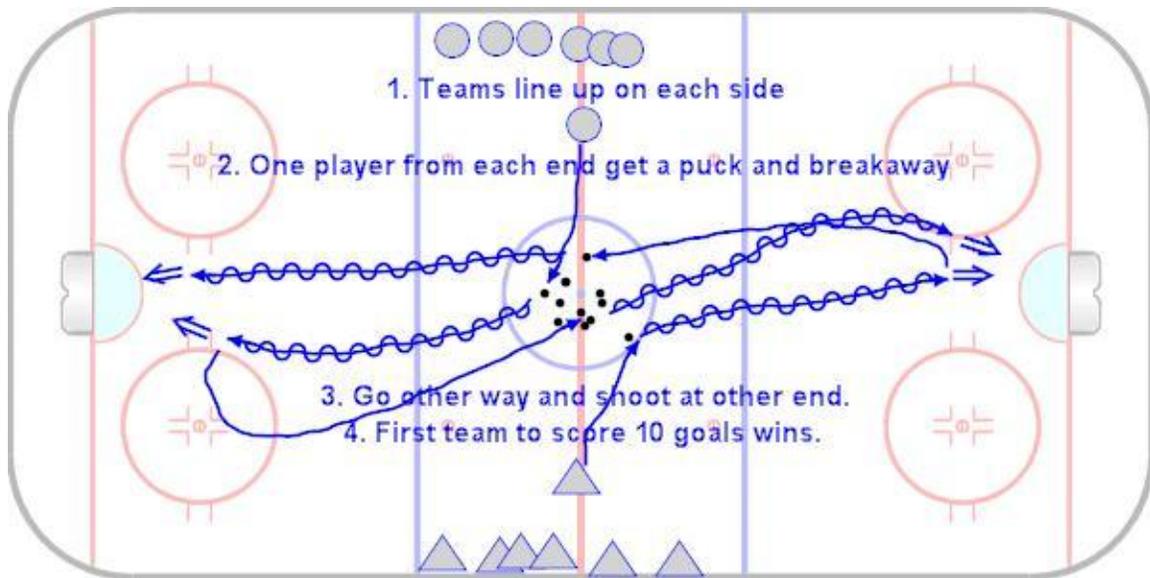
10 min. D200 with jokers below the goal line from 1-1 to 4-4. You must pass to a joker before scoring.



10min.. D1 Shiny with everyone playing. Max 2" with the puck. If more than that the coach blows the whistle and other team gets the puck. On a goal the scoring team must touch the red line before checking.



10 min. E1 Shootout - Players line up in the middle and shoot at each end. The first team to 10 goals wins.



Practice 7 Role 2 Puck Support

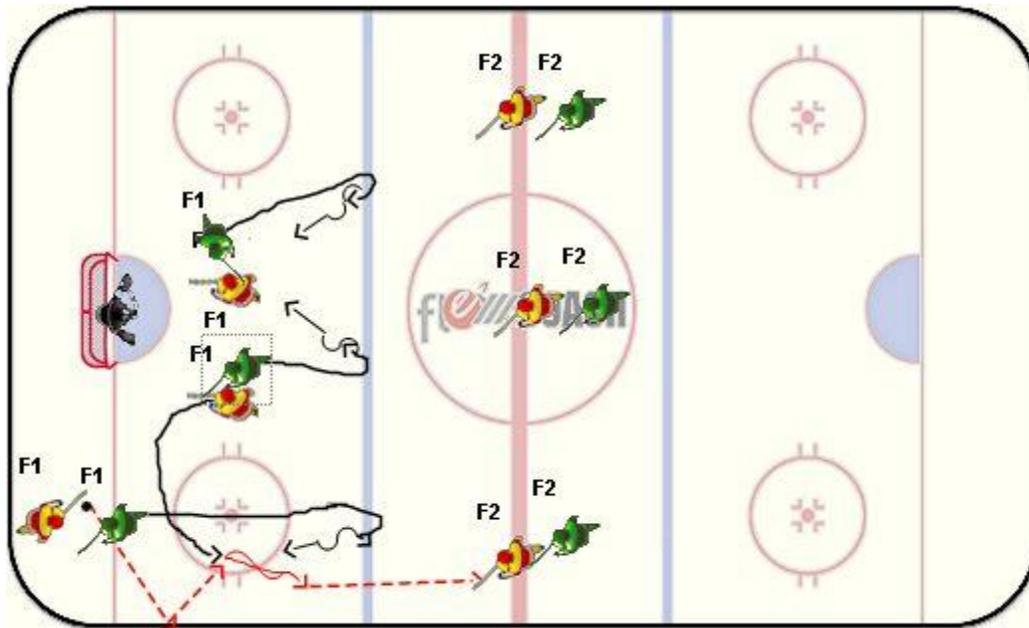
A 3 Warm up with the puck. Carry 2 pucks, one puck with various big moves, toe drag around each dot and shoot at each end.

B1 Shooting. 3 pucks each and go continuously with half the players on each blueline. Skate up to the top of the circle, back to blue, forward and shoot x 3. Next player leave when you are going backward.

C3 Passing and Shooting: skate along the red line with a give and go to the first player on the other side then go in and shoot. Circle back for the rebound of the next shooter. Alternate ends.

D4 Play a game of 2 pass at each end. Stress facing the puck and sticks on the ice.

D400 Perry Pearn 2 on 2. Defending team must get over the blueline before passing to the teammates at the red line.

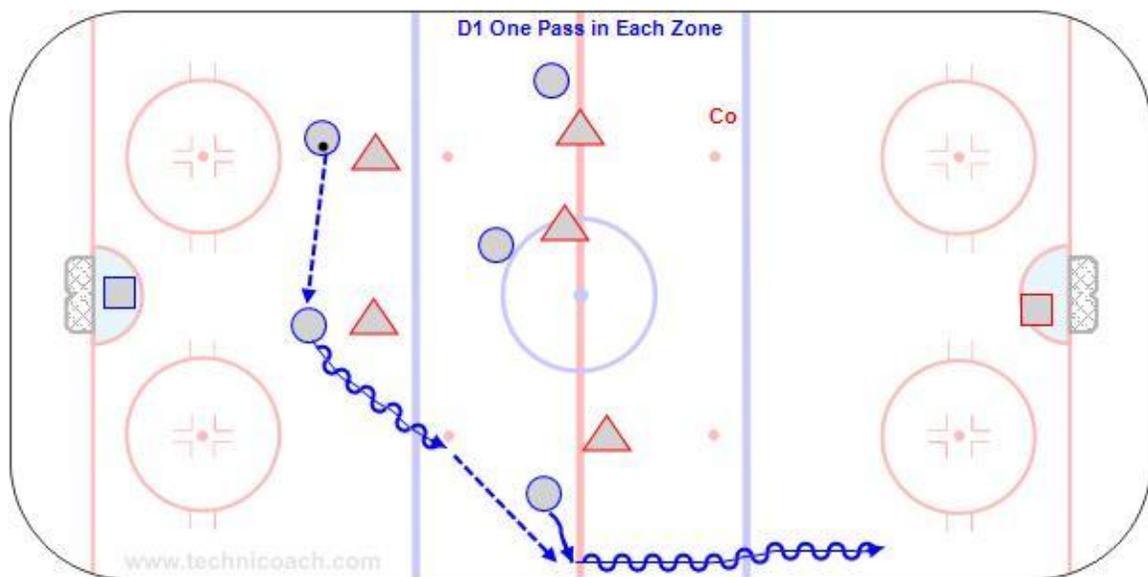


D400 Cross ice game with 2 jokers behind the defensive net. U must regroup with the jokers on transition.

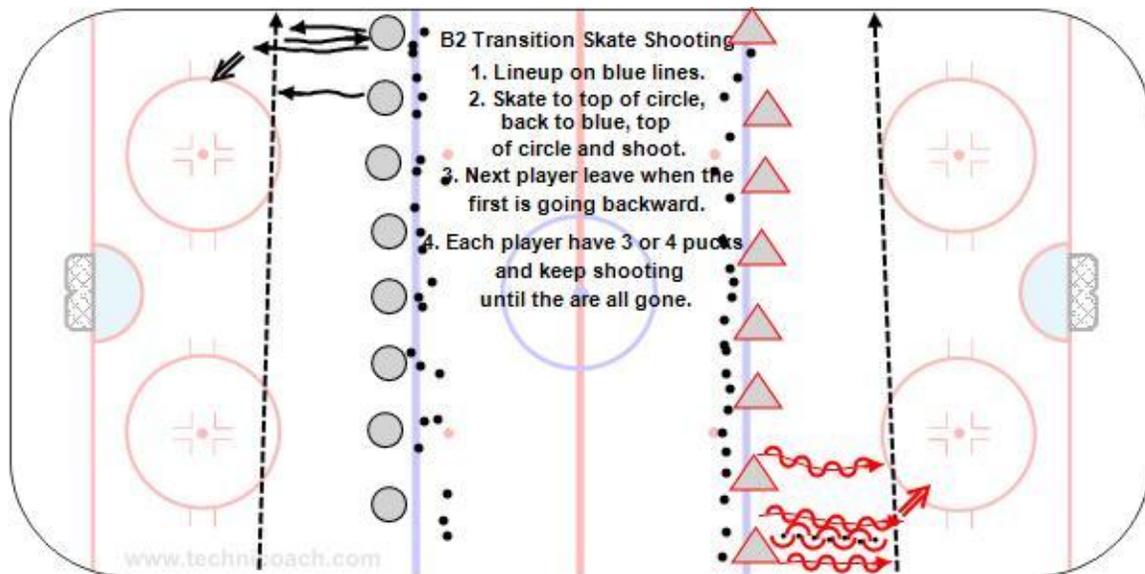
D400 cross ice shootout with one player from each team leaving at the same time and shoot at each goal. Count the goals for each team in 5 min.

Practice 8 Theme One Timer Shots

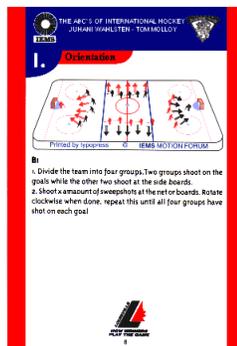
D1 Warm up game using 1 racquet ball, 1 tennis ball, 1 ring, 1 hockey ball. Leave the ball or ring in the net after you score. Only one thing can be shot on net at one time, the goalie must be ready.



B2 Shots. Each player has 4 pucks and go end to end 4 times. Skate up to the top of the circle, back to the blue line, up and shoot. Next player leave when you skate backward. Continue 4 reps each.

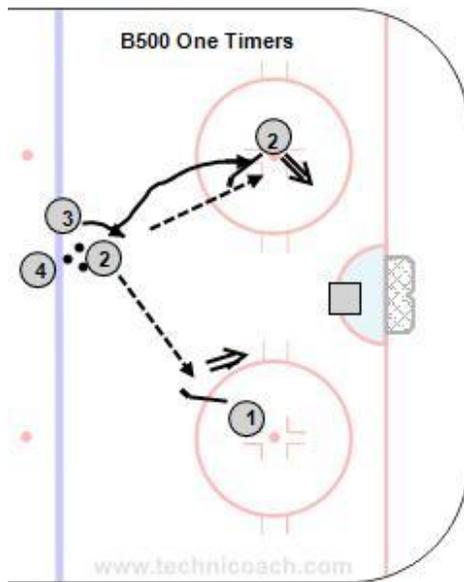


B1 Instruction on one timer shots and then players practice with partners shooting at the boards and the net.

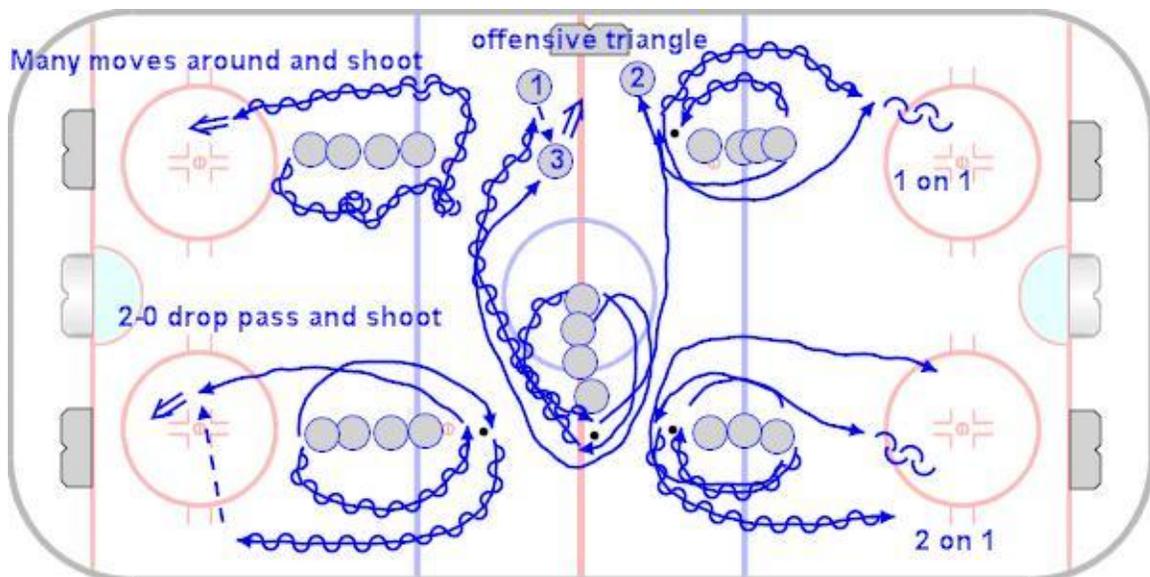


CARDS

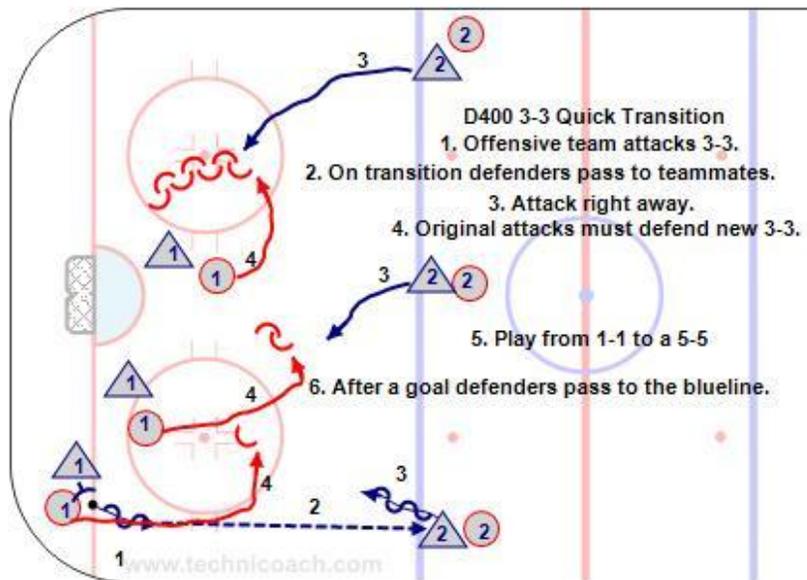
B500 One Timers: Skate and open up with the stick back and get a pass and shoot. The passer now leaves and shoots from the forehand side.



B5 Players skate around the circle cross and drop then make a pass for a one timer after they cross the blue line.



D400 Play a 2-2 transition game. Goals only count on one timer shots. Transition is passing to teammates waiting at the blue line. The original attackers must play defense when the new attack starts.



E1 2-0 Shootout: Use one timer between the top of the circle and hash marks.

