

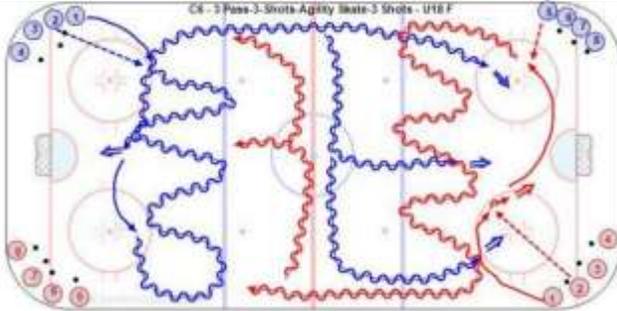


Date: 09-14-23

Time: 16:00-17:30

Arena: Max Bell

Lines:	Notes:
Agility skate with puck and shots	Tomas regroup with shots 2-0
3 net 4-4 cross ice with modified rules	Continuous 2-2 – 4-4 and 3-2 = 5-5
Rull ice at least one pass in each zone	



10''

B6 - 3 Shots, 3 Zig zags, 3 Shots - College F

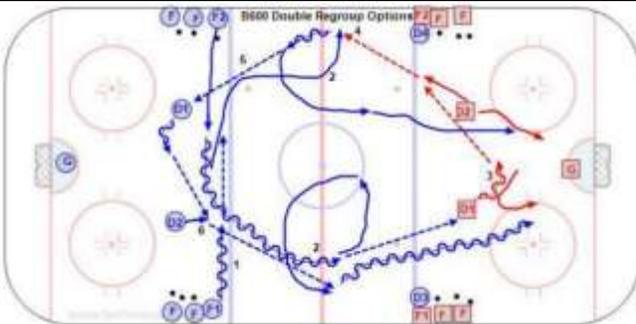
Key Points:

3 Leave from diagonal corners about 2" apart, skate around circle then shoot, get a pass from the other corner, skate 3 zig zags between the blue line and the top of the circles the fill the 3 lanes and shoot.

Description:

1. One leave and get a pass from two, who leaves and pass from three, leave and a pass from four..
2. Follow the shot for a rebound before getting the pass.
3. Do skills while zig zagging 3 times such as;
 - a. carry the puck with the hands and feet moving all the time.
 - b. carry the puck only using the forehand side of the stick.
 - c. only use the backhand side of the stick.
 - d. transition skate facing the far end forward to backward to forward.
 - e. skate backward.
 - f. 360 degree turns.

<https://youtu.be/SBxKxjOECyI>



10'

B600 Double Regroup Options- Pro - Czech U20

Key Points:

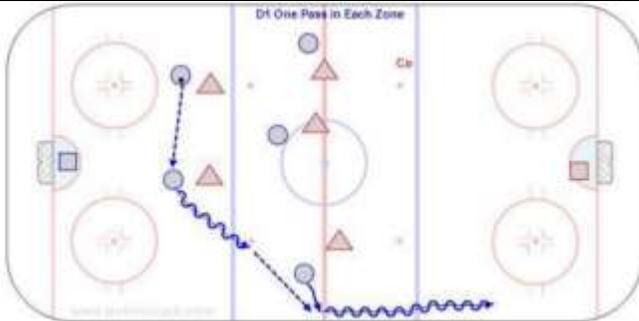
Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description: 1. Blue F1 leave and pass to F2.

2. Cross and regroup with Red D1 and D2
3. Red D1 hinge and Pass to D2.7
4. Red D2 pass to Blue F1 or F2.
5. Blue F's regroup with Blue D1 or D2.
6. Blue D's hinge and pass to Blue F.
7. Blue F's attack the far net vs either zero, one or two D.

* You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.

<https://youtu.be/pBE2B41Zklc>



13'

D1 One Pass in Each Zone - U18 F

Key Points:

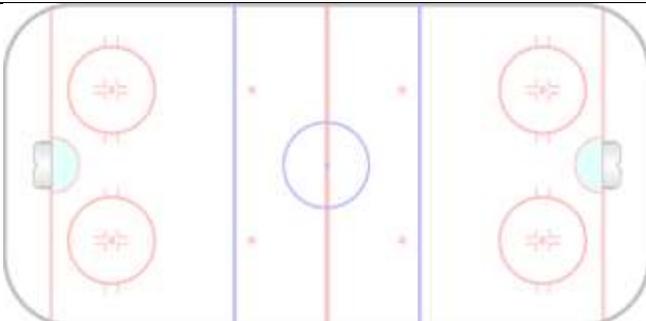
Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2011032414361323>

<https://youtu.be/EhbNMhICMSs>

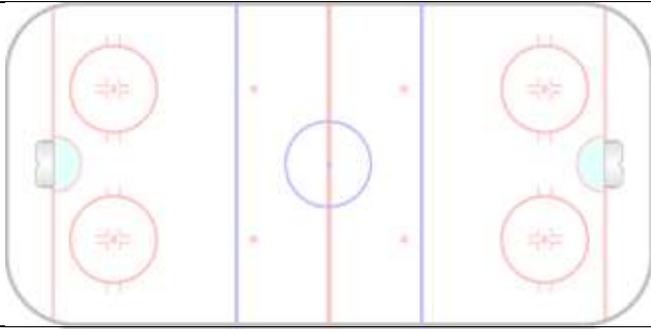


2'

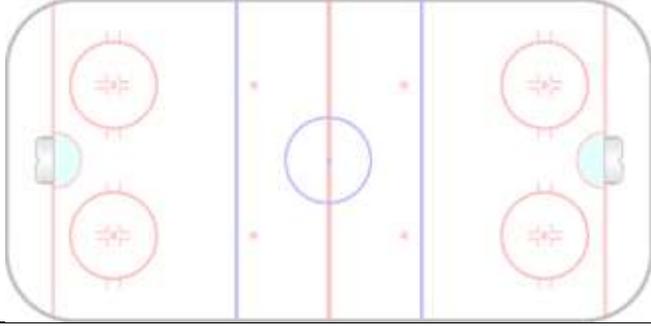
Get pucks cheer in middle

Reassign 6 players to the Inferno with Spryng.





Explanation/Notes:



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