

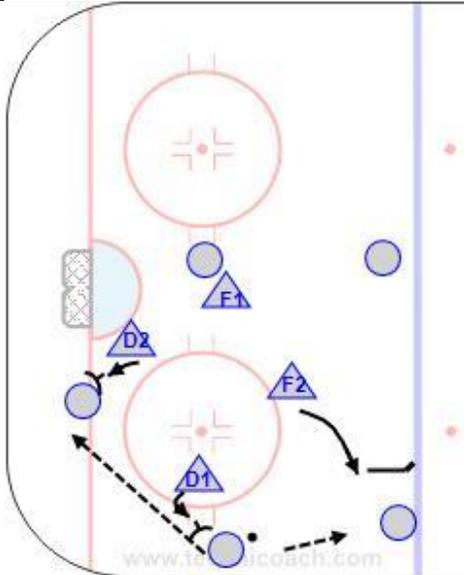


Date: 09-23-23

Time: 12:00-15:15

Arena: Mount Pleasant

Lines:	Notes:
Team picnic outside of rink	Go over high press pk with magnetic rink
Carry puck and shoot	High low shooting
Small horseshoe	Point shots
3-0 behind net – east – west – slot - shot	2 pass games – forehand only pass
PK walk through	Specialty



1:15 Picnic

15' High Press pk review **Outside T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond**

Key Points:

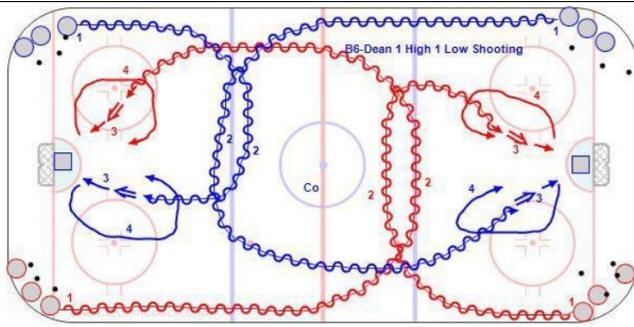
Sticks in the passing lanes. Straight line stop and start skating. Cover puck carrier but do not chase passes. Shin pads in front of the shot. Play 4-4 closest to the puck carrier and give them the player two passes away and then adjust on the first pass. Never allow a shot from the mid-point. One defender challenge the puck carrier with either contain or pressure. Hard on any player facing the boards or without control of the puck. Swarm when in a battle on the boards and the player is facing the glass. Give the pp a 2-1 as far away as possible. **High** forward defending Umbrella drop into the cross ice passing lane when the puck is passed to a player at the top of the circle. Puck on one side then the weak side player cover a low attacker.

Description:

1. **High press** vs. the Overload power play.
2. Diamond vs. the Umbrella.
3. Diamond vs. the 1-3-1.
4. Forecheck in and I tandem.

** Another option called the low **press** but not covered here is the forward force the pass low and play a low 3-3. Strong side D pressure a low pass, D in front covers slot and weak side forward has the **high** 2-1. The forwards switch sides if the puck is passed to the point and the weak side F goes there.*

<https://youtu.be/NJ21DSB2VEw>



3' F and B stride Cutbacks

10'

B6 - 1 High 1 Low Shooting x 2 - Pro

Key Points:

Shoot with your feet moving. Go to the other corner when finished. Players don't need whistles and can leave when the last play is finished.

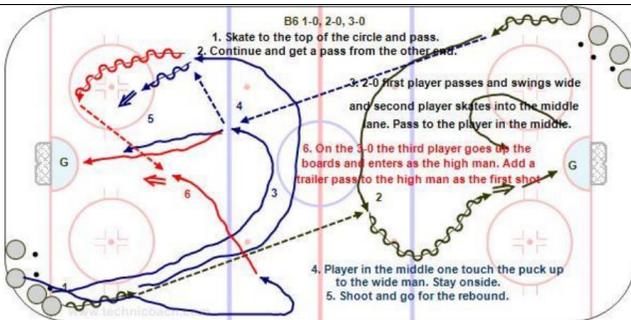
Description:

1. One player leave with a puck from diagonal corners and skate around the dots at the far blue line.
2. At the same time players leave from the other corners and skate around the dots at the near blue line.
3. Shoot and follow the shot for a rebound.
4. After shooting either screen, circle back to rebound for the next shooter, give and go with the next shooter or defend a 1-1.

* Add pivots, Crosby's, any agility skating.

* Another option is to add exchange pucks with the player leaving from the diagonal corner.

<https://youtu.be/hzhm55hiiBw>



10'

B6 1-0, 2-0, 3-0 Small Horseshoe – University-College M – U18 F - Pro

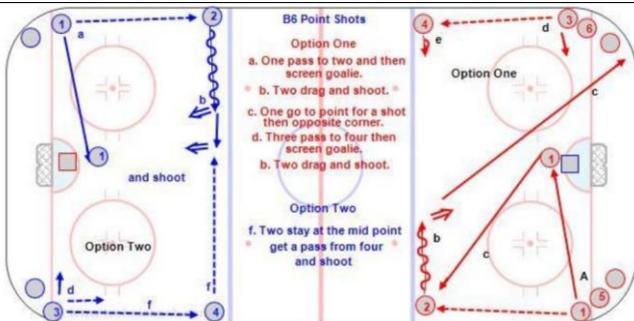
Key Points:

This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target. Pass and shoot while skating. Follow your shot for a rebound.

Description:

1. Skate to the top of the circle and pass.
2. Continue and get a pass from the other end and skate outside the dots in the neutral zone so the goalies have time to set for the next shooter.
3. Progress to 2-0 first player passes and swings wide and pass to the second player who quickly moves passes wide to player one.
4. On the 3-0 the third player goes up the boards and joins the middle drive attack in the wide lane.
5. Screen or rebound for the next shooter.

<https://youtu.be/VqW3XTM1JXQ>



10' One End – Jim Emily

B6 Point Shots - College W

Key Points:

Skate forward inside the dot before pivoting to. Shoot low for a tip in or rebound. One time the second shot in option two. Hit the net. Everyone practice this skill.

Description:

Option One

- a. One pass to two and then screen goalie.
- b. Two drag and shoot.

- c. One go to point for a shot then opposite corner.
- d. Three pass to four then screen goalie.
- e. Four drag and shoot.

Option Two

- f. Two stay at the mid point and get a pass from four and shoot before rotating.

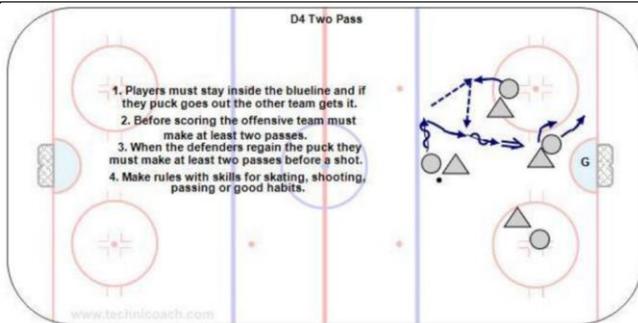
**The video has only the pass and shot with defensemen but with the whole team add the screen and the one timer.*

<https://youtu.be/u4Dk45WNMfs>

Forwards other end

T2 - B5 - Triangle - F1 Pass Behind F2 - F3 - Shoot Pro

<https://youtu.be/4oku4eLeEU>



**10' Rule – only forehand passes allowed
D4 Two Pass – U15 Boy's**

Key Points:

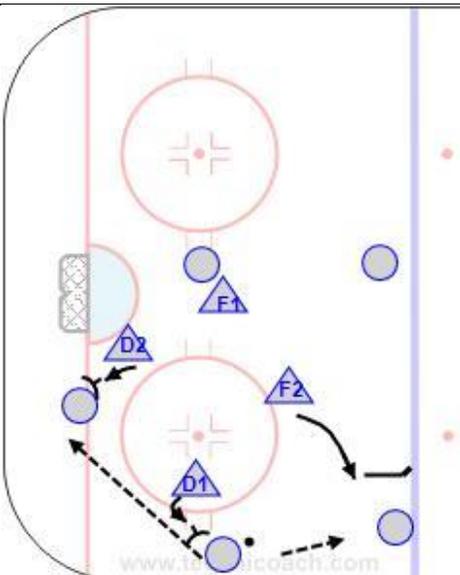
Quick support, get open, give a target, checker on puck, cover away from the puck, box out, take sticks, fight for rebounds. The quicker they make the passes after regaining the puck the more scoring chances they produce. The game is the template and then you can add skill or good habit rules to practice 'How to Play the Game.'

Description:

- 1. Players must stay inside the blueline and if they puck goes out the other team gets it.
- 2. Before scoring the offensive team must make at least two passes.
- 3. When the defenders regain the puck they must make at least two passes before a shot.
- 4. Make rules with skills for skating, shooting, passing or good habits.

D4 Two Pass – U15 Boy's

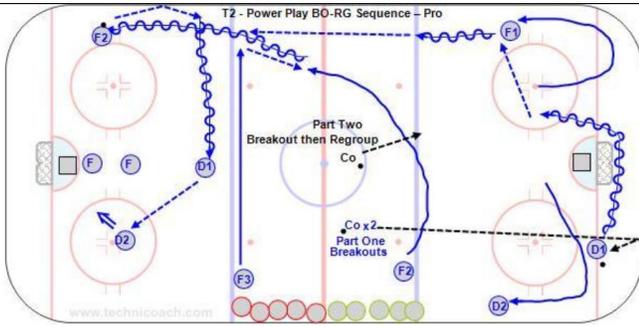
<https://youtu.be/3O8K3nNC3gc>



15'

T4 - 4-5 Penalty Kill vs. Overload

Walk through high press with each group.



15'

T2 - Power Play BO-RG Sequence – Pro

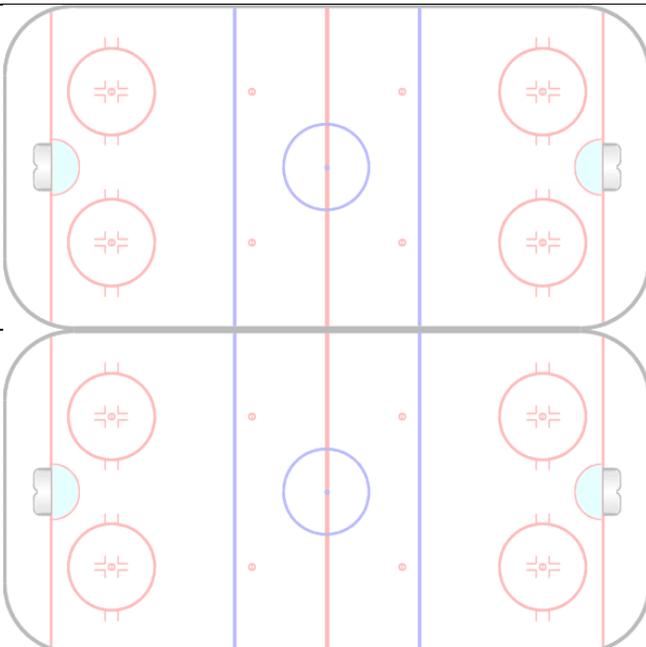
Key Points:

Time the skating to be available for a pass. Move the puck up ice quickly. Be there for the touch back on the stretch pass. Enter the zone and pass back to the D on the boards. Support from all three lanes on the regroup. Any power play option can be worked on this way.

Description:

1. Power play unit breakout a puck dumped in by the coach.
2. D1 go back for the puck.
3. F1 swing to D1's forehand corner D2 other corner.
4. F2 either swing low with F1 or come across the high slot.
5. F3 stretch at the far blue line and cut across to get open or post up to touch back.
6. Move the puck up quickly and cross the blue line past the top of the circle.
7. Kick the puck back to the strong side D and set up the power play.
8. Create one scoring chance and coach blow the whistle.
9. Do a second breakout using a different pass option.
10. On the second rep first do a breakout-attack then a regroup-attack.
11. Coach spot a new puck near the far blue line for the regroup.
12. Each group of five do two breakouts then the breakout-regroup rep.

<https://youtu.be/X9unAkVA1QM>



Get pucks

Cheer in middle

Explanation/Notes:
