

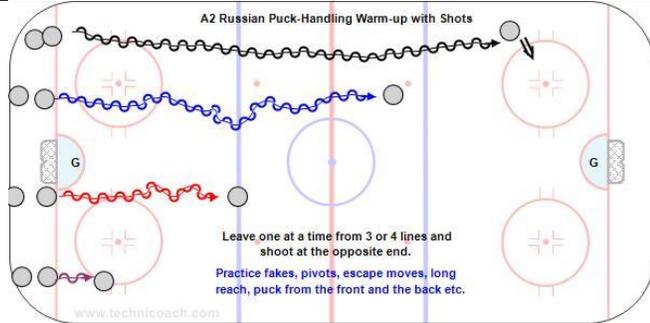


Date: 10-26-23

Time: 16:00-17:30

Arena: Max Bell

Lines:	Notes:
Striding F and B	Russian big moves with shots
Two pass	D gap control 1-1
Continuous 1-1 to 2-1, 2-1-3-3	Johnston power play game
1-1, 2-1 4-2 sequence	Two shot shootout
Team cheer	1-3-1 Positions



3' Striding and cutbacks

12'

A200 Big Moves _ Russian Warm-up

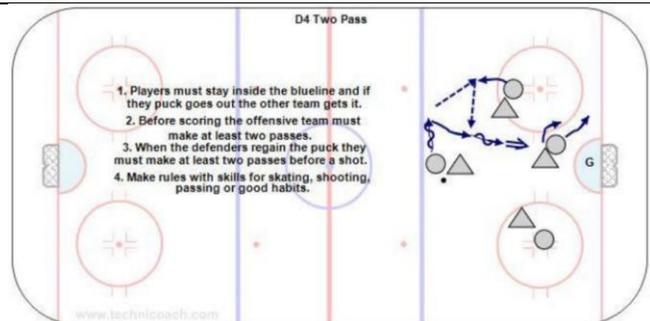
Key Points:

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

Description:

- Skate away from the puck. Skate right reach left and skate left and reach right. - Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating. - Yo-yo the puck give it and take it away. - Toe drag fake inside and pull the puck back while sliding back. - Bring the puck from behind to in front through the skates on forehand. - Bring the puck from behind to in front through the skates on backhand. - Skate fake inside and go outside.

[https://youtu.be/ fdGBVje39s](https://youtu.be/fdGBVje39s)



10'

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.'

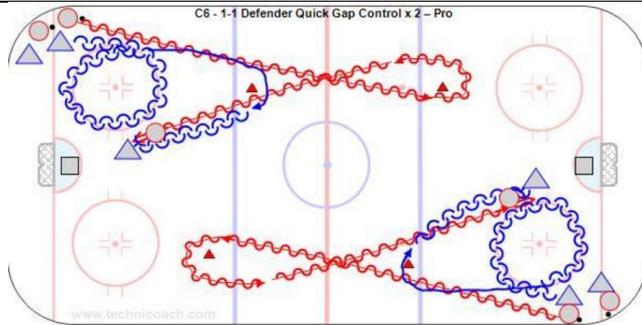
Description:

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>



12'

C6 - 1-1 Defender Quick Gap Control x 2 – Pro
Key Points:

Defender must have quick feet and use the edges well to close the gap on the attacker.

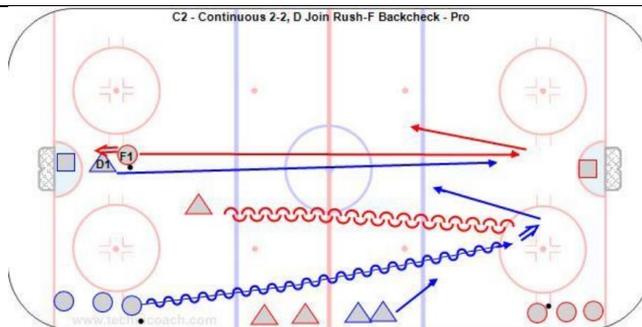
Description:

1. Two attackers and defenders both start from diagonal corners.
2. Attackers skate to the inside around a pylon near the far blue line
3. Defenders skate up and around the circle then up ice and turn backward at the pylon near the close blue line.
4. Attack 1-1 from the wide lane.

** Defender close the gap to a stick length and stay on the defensive side.*

** Attacker follow the shot for a rebound and defender box out and tie up the attackers stick.*

<https://youtu.be/a44dYgEZI5k>



13'

C2 - Continuous 2-2 - D Join Rush-F Backcheck – Pro
Key Points:

Defender start with a tight gap and communicate with the backchecker who to cover. Either finish the play and start the new attack or go on the whistles. Attack with speed and get a shot on net.

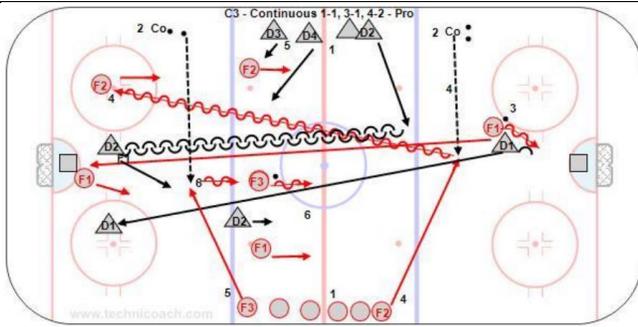
Description:

1. Start with F1 attacking 1-1 vs. D1.
2. When play ends F2 attack the other way vs. D2.
3. D1 join the rush with F2 and F1 backcheck making it a 2-2.
4. F3 start a new attack vs. D3 and D2 join the rush while F2 backchecks.
5. Continue this end to end with the D joining the rush and F backchecking.

** This sequence can be used 2-1 to 2-2, 2-2 to 4-4, 3-2 to 5-5.*

** This flow can also be used in a one puck transition game with D joining the rush and F backchecking.*

<https://youtu.be/5X6-clKjulo>



10'

C3 - 1-0, 2-1, 4-2 Sequence – Pro

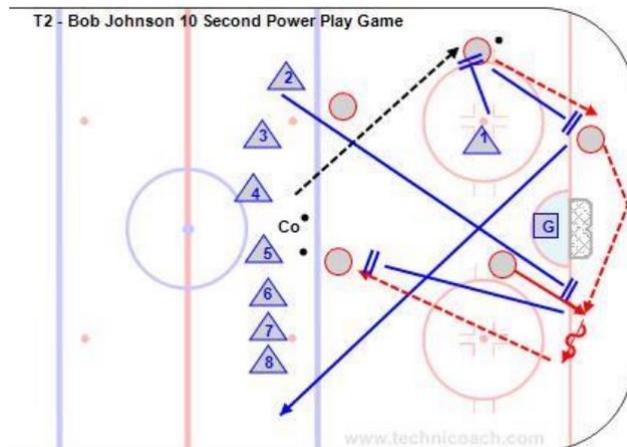
Key Points:

Coach explains the drill on the ice without going to the board. Attack with speed and be sure to get a shot on each rush. Make a competition by keeping score red vs. white. D make a tight turn on the regroup and keep skating before passing.

Description:

1. F1 regroup with D1 and attack 1-0.
2. F2-F3 cross and drop at the blue line and attack 2-1 vs. D1.
3. F1 comes back into the zone and joins F2-F3 attacking vs. D2-D3.
4. D1 joins the attack making it a 4-2.
5. Repeat the sequence. F4 regroup with D4 and attack 1-0.

https://youtu.be/6Vjf_BSQWjw



15' Name 1-3-1 positions L – R Flanks, Bumper, Point, Net Front

T2 - Johnston PP Game vs 1 or 2 PK – College M

Key Points:

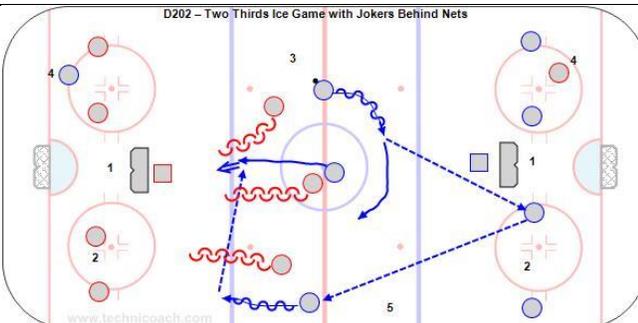
Power play must move the puck quickly and give support in the open lanes. Pass receiver needs to move and be a scoring threat to force the pk player to defend him. Killers go 7-10" as hard as they can to disrupt the attack.

Description:

1. Whites set up the power play in the offensive zone.
2. Red team leaves from outside the blue line starting with one defender.
3. Defender skate hard for 7-10" with stick in passing lanes and toe caps square.
4. Play a game taking turns having 5' power plays. Keep score.
5. Defenders rotate on the whistle.
6. Rotate so Reds are on the PP and Whites on the PK.
7. Whites now do the PP vs. two defenders.

** This game can be used for other offensive situations from 2 to 6 attackers to promote quick thinking and close puck support.*

<https://youtu.be/k-QN7-OHhYY>



18'

DT200 - 2-2 Jokers Behind Each Net - College F

Key Points:

This is a Small Area Game where the players must pass to a Joker behind either net to go onto offense. There is constant transition in game playing situation; loose puck, offense, defense and game playing roles; puck carrier, puck support, closest checker, cover away from the puck.

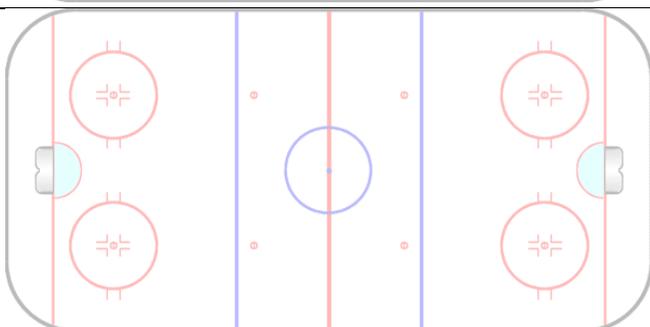
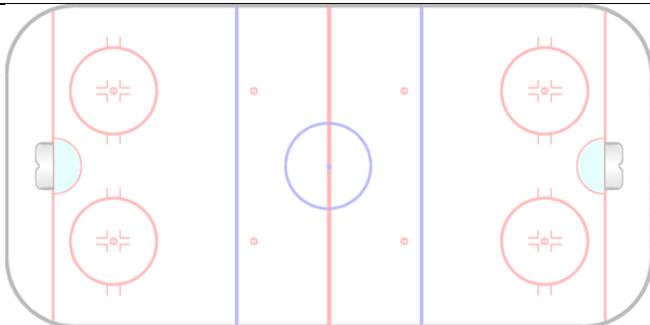
Description:

1. Play 2-2 with a Joker from each team behind each net.
2. You must pass to either Joker before you can score.
3. Jokers can shoot, pass to a player or to the other Joker.
4. If there are extra players rotate to Joker, Player, Rest.
5. You can play from 1-1 to 5-5.
6. Option is half the players play and half are Jokers and each has a partner who they rotate on their own with.
7. Modified rules like only 2" with the puck or goals must be on One Timer Shots are a good way to practice game playing skills.

<https://youtu.be/VmyGuXt6Y20>

2'

Pucks and team cheer



Net Front – Neve – Cara - Eva – Hillary

Left Flank – Hope–Myla – Meagan- Jordan

Bumper – Ainsley-Alix-Tess-

Right Flan – Lilli-Alex-Sophie-

Point – Ryan (Komi)-Grace-Kat-

Explanation/Notes:
