



DOW 23

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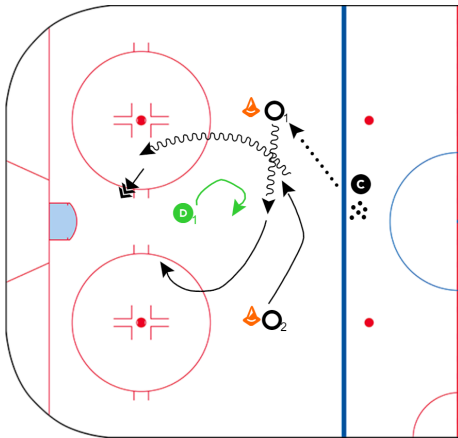
Duration: 40 mins

Small group Skill Drill

0 mins

Half Ice 2 vs 1 Attack

10 mins



A coach or player passes to one of the two forwards to start the drill. The two forwards cross each other and attack the net as quick as possible. The coach or player that is passing the pucks should alternate what side they are passing to so all players remain alert. This can be set up as a half ice drill or as a 1/4 ice station drill. The 1/4 ice set up is great for younger players, limited ice space or if you want to reduce the amount of time and space available to make decisions.

Key Points

Defense Keys

- Hold the middle and try to force a bad angle shot.
- Have good stick position with the blade of the stick flat on the ice.
- Do not swing and sweep your stick. Swinging your stick opens up passing lanes and gets you off balance.
- Use peripheral vision to watch both players.

Forwards starting with the puck should attack quickly and consider a few options to create space from the defender so they can get off a shot or slide a pass to the other forward. A few options consider:

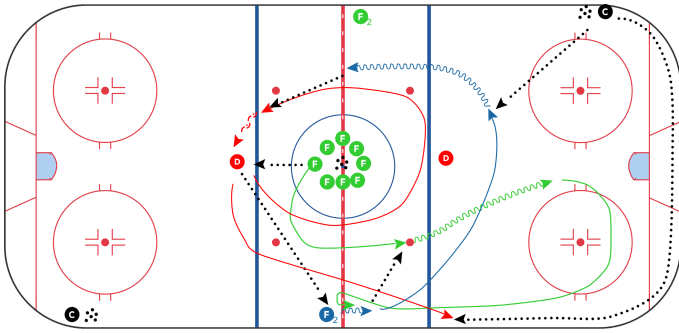
- Drive wide
- Drop pass
- Fake shots and passes to freeze goalie and the defender (use deception with eyes, head, body, and stick)
- The forward without the puck should be reading the play, communicating and jumping to space to give your teammate an outlet

Team Skill warm-up Drill

0 mins

NS Warm Up

10 mins



Forward starts the drill by passing to D1, and D1 moves the puck wide to F2. F2 kicks the puck out to F1 who drives with speed through the neutral zone and attacks the zone for a shot.

F2 then drives across the ice to get a pass From Coach. After receiving the pass F2 regroups with D1 and swings providing support.

D1 again moves the puck out wide to F1 who has driven back up ice to provide wall support.

F1 now kicks the puck out to F2 who drives for a shot. after the shot coach will Rim a puck behind the net. D1 retrieves the puck and walks to the middle for a shot.

Variation

F1 can retrieve the rim and work the puck up to the D man for a shot or to walk the line and work the puck off the half wall again.

Key Points

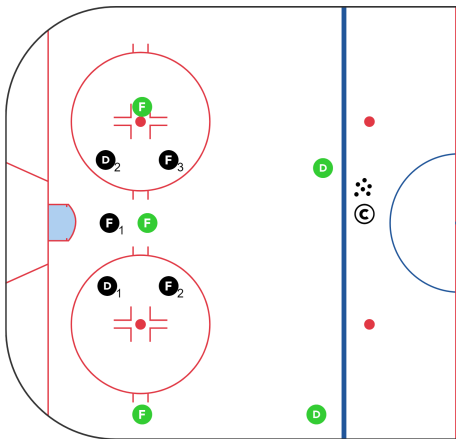
- Crispy Passing
- Shoot In stride
- Proper Support
- Timing
- Execution

Defensive Team Play Drill

0 mins

Defensive Log Roll

10 mins



Cover Defensive Zone responsibilities beforehand

On the whistle, the Defence team drops to ice and log rolls. The coach spots a puck to the offensive team and the defense must react to the positioning.

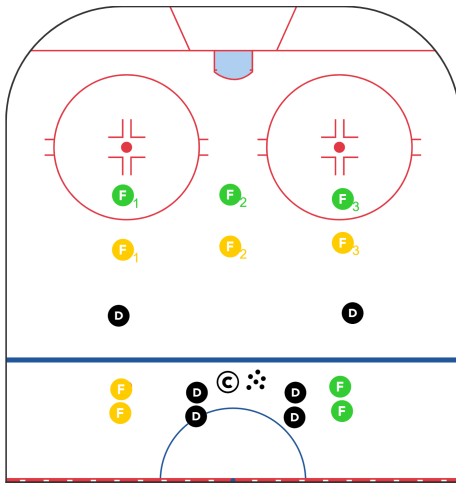
Variations- To work on track have the forward switch with a new group and they change on the whistles.

Key Points

- Communication
- Positioning
- Support the Breakout

Drill or game to develop Competitiveness

0 mins



The game is used to generate scoring chances from the point.
 Players Play 3 v 3 in the zone but both teams use the defense making it a 5-on-3 situation.
 The Defense players must shoot or pass to their D partner.
 Players transition from defense to offense by making a pass to the defense.

Key Points

- Net traffic
- Sprint to support
- Net drives
- Hunt rebounds