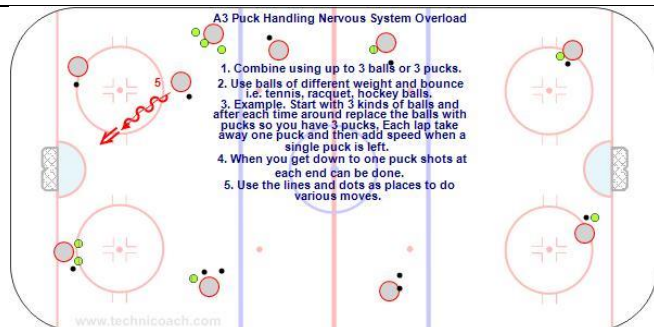




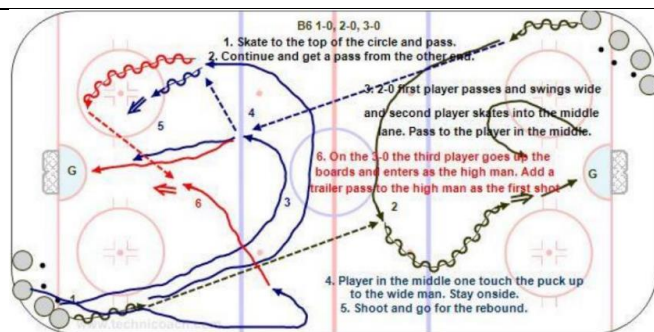
<b>Date: 01-04-24</b>	<b>Time: 16:15-17:45</b>	<b>Arena: Crowchild</b>
<b>Lines: 11 F, 6 D, 2 G</b>		<b>Notes:</b>
Striding and puck handling warm up		Small horseshoe 1-0, 2-0
Four Chamber Attack		Power play two groups 15' each
1-1-1 at one end		Johnston PP game one end vs. pp 3
1-1 out of corner		Full ice 3-3



10'

### A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>



10'

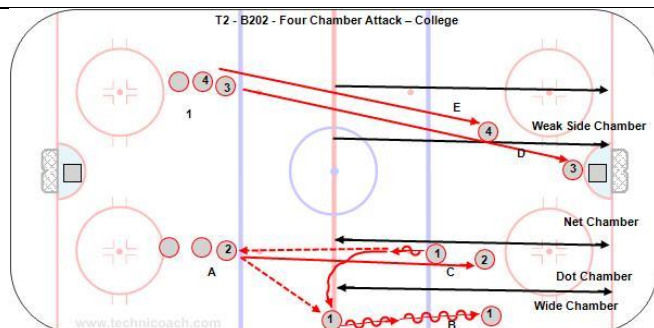
### B6 1-0, 2-0, 3-0 Small Horseshoe Key Points:

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/VgW3XTM1JXQ>



10'

### T2 - B202 - Four Chamber Attack - College Key Points:

**Attack** on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the **Four** Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

### Description:

A. Players are in two lines facing each other across the neutral zone.

B. Stage one: 1 pass across to 2 and pivot in outside **chamber** for a return pass, skate in and shoot.

C. Stage two: 1 pass to 2 outside and join **attack** in the faceoff dot **chamber**.

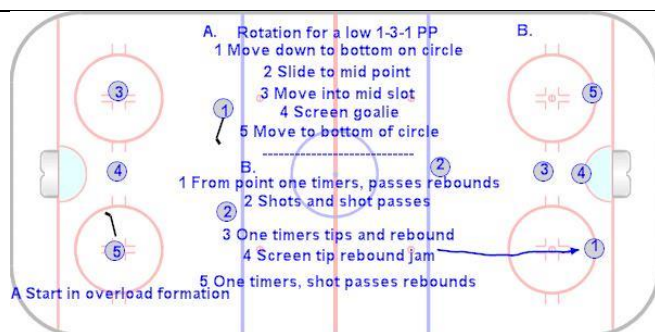
D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle **chamber**.

E. Stage **four**: 1-2-3 repeat while 4 joins as a trailer down the weak side **chamber**.

F. Fifth attacker support from the point.

G. Repeat the other way.

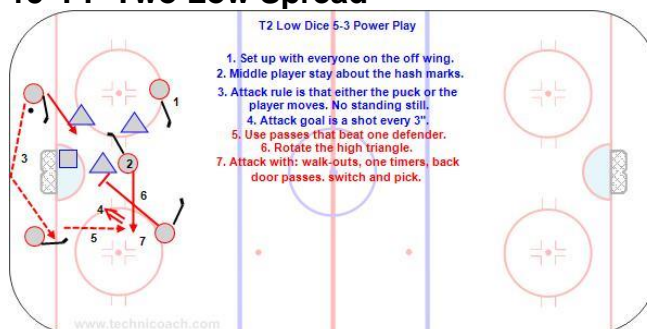
<https://youtu.be/hDZQc0PXE9Q>



30' – One end

1' PP One 1-3-1

15' PP Two Low Spread



15'

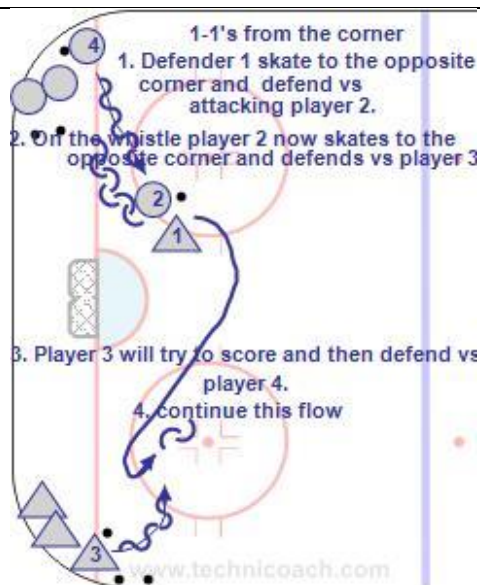
7'

C6 1-1 Both Corners-Jursi Russian RB

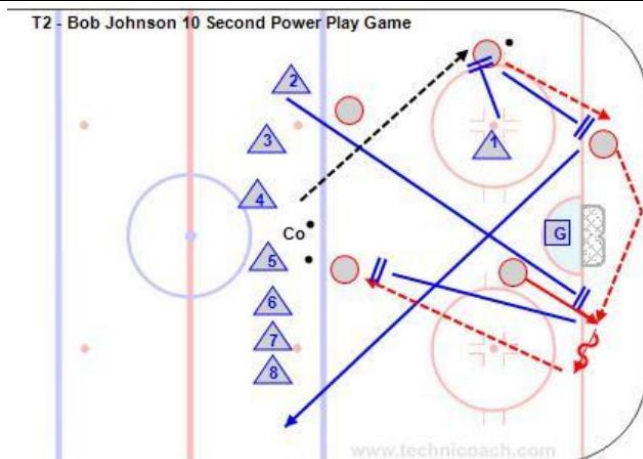
<https://youtu.be/7N6DJqQTZjY>

8'

1 vs 1 vs 1



T2 - Bob Johnson 10 Second Power Play Game



15'

8'

## T2 - Bob Johnson 10 Second Power Play Game - U18 F

### Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

### Description:

1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.
7. Add a second defender for 5 on 2.

<https://youtu.be/iOMFSb4as1s>

7'

C1-C6 - Continuous 2-1 Russia U18 F

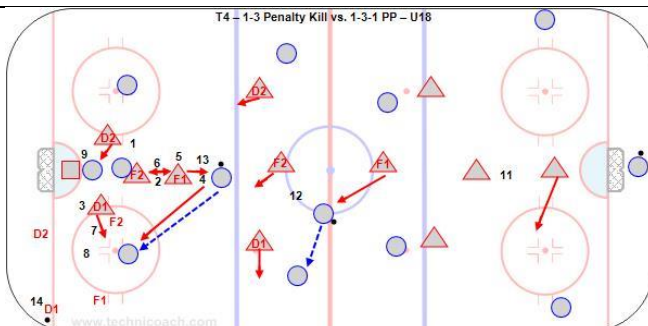
<https://youtu.be/7T2ZWkytwco>

8'

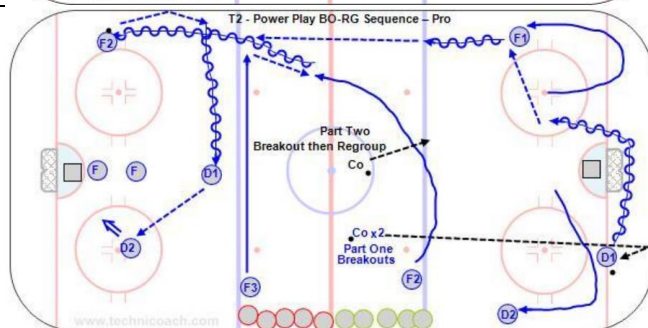
## T4 - Diamond PK vs 1-3-1 and Forecheck Review

<https://youtu.be/-zHp9acpOjg>

T4 - 1-3 Penalty Kill vs. 1-3-1 PP - U18



T2 - Power Play BO-RG Sequence - Pro



10'

## 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>



**10'**

### **D100 Full Ice Game – 3-3**

#### **Key Points:**

Switch between all four **game** roles.

- 1-puck carrier.
  - 2-puck support.
  - 3-check puck carrier.
  - 4-cover away from the puck.
- Situations: offense, defense, loose puck.

#### **Description:**

1. **3-3** with extra players in the box.
2. Play **3-3**.
3. Players change on their own.
4. On a goal scoring team must touch the red line and team scored on get the puck and attack right away.
5. Keep score.

**D100 - 3-3 - U15 G**

[https://youtu.be/\\_j-5Znt-vO4](https://youtu.be/_j-5Znt-vO4)

C1-C6 - Continuous 2-1 Russia **U18 F**

<https://youtu.be/7T2ZWKytwco>

**2' Pucks and Team Cheer**