



Date: 12-05-24

Time: 16:15-17:40

Arena: Crowchild

Lines:

A300 Puckhandle and Cutbacks – Partners

B600 - Multiple One Touch Passes – Pro

C6 Regroup x 2, 1-1 and 2-1 – Pro

T3 - Pressure Point and Shot Block x 2

D4 Clear Zone to Attack

Notes:

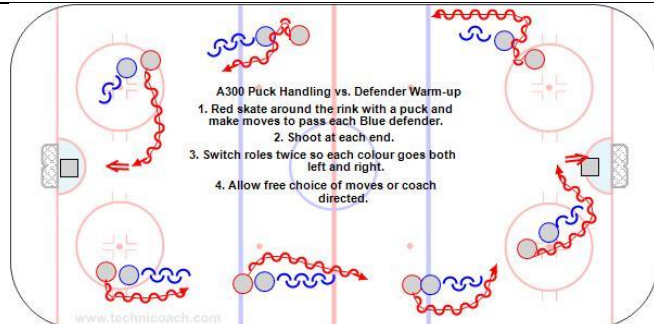
B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro - Slapshots

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

D100 – Full Ice Game of 3-3

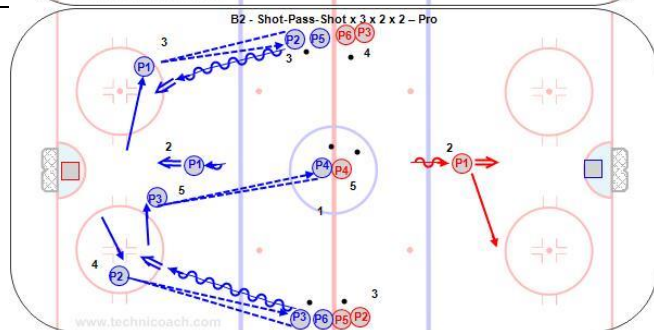
D Fakes and Deception at Point

DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 -Tag-up



5' -A300 Puckhandle and Cutbacks – Partner

Start with move at the dots, then cutbacks, then work with a partner.



7'

B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro - Slapshots

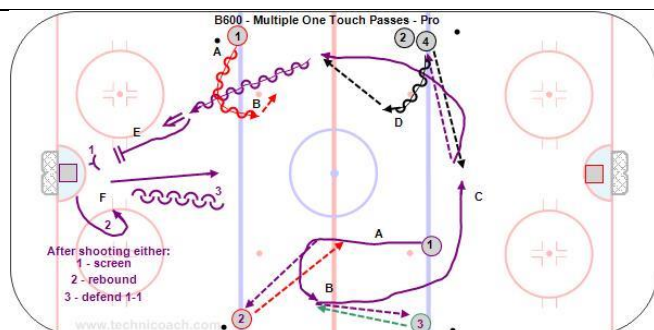
Key Points:

Pass and shoot while skating. Make firm one touch wrist passes. Hit the net.

Description:

1. Players line up at the red line with pucks facing each end.
2. P1 in middle lane and shoot.
3. P1 turn and exchange passes with P2 on the right who shoots.
4. P2 turn inside and exchange passes with P3 on the left who shoots.
5. P3 skate into the middle lane and exchange passes with P4 in the middle who shoots.
6. After passing the player replace the player they passed to.
7. Continue this rotation.

<https://youtu.be/sIOOFFCND3g>



8'

B600 - Multiple One Touch Passes – Pro

Key Points:

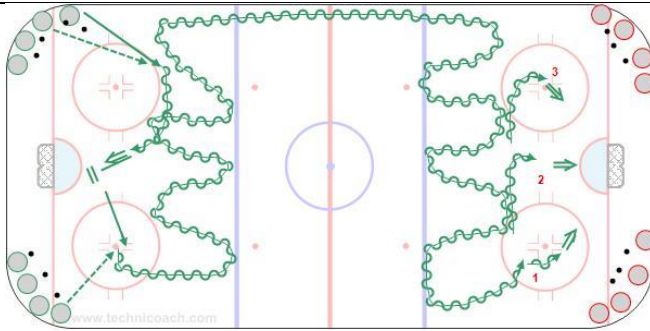
his drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck.

Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot.

F. 1 either screen, rebound for the next shooter or defend a 1-1 vs. the next shooter.

<https://youtu.be/uCBsG4KORMI>



10'

### **B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G**

#### 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. Skate to next blue line with linear crossovers and repeat 3 more zig zags at other end.

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.

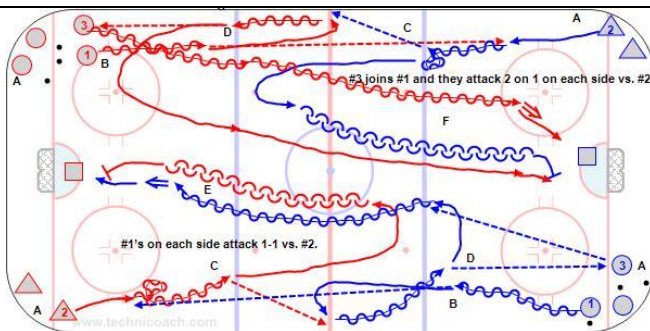
d. transition skate facing the far end forward to backward to forward.

e. skate backward.

f. 360 degree turns.

### **B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G**

<https://youtu.be/vA4EchKwVhE>



10'

### **C6 Regroup x 2, 1-1 and 2-1 – Pro**

#### Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

#### Description:

A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.

B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the

#2 near the far blue line.

C. #2 make a deception move and pass to #1 in the neutral zone.

D. #1 skate back and regroup with #3.

E. #1's on each side attack 1-1 vs. #2.

F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

\* With younger players stagger the start so each corner leaves after the first pass.

<https://youtu.be/IBeStMukGQA>



10''

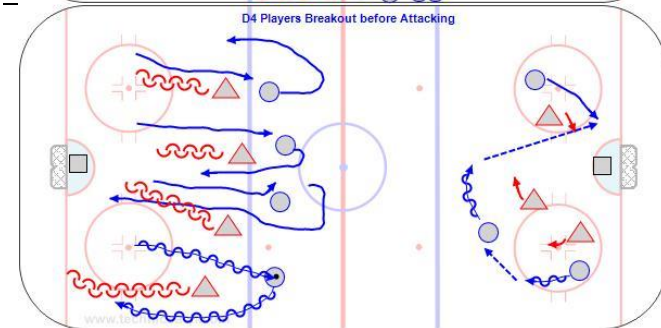
### D100 – Full Ice Game of 3-3

Rule – no dump ins allowed.

Change on your own.

Touch red line after scoring.

Man on man defense.



10'

### D4 Clear Zone to Attack

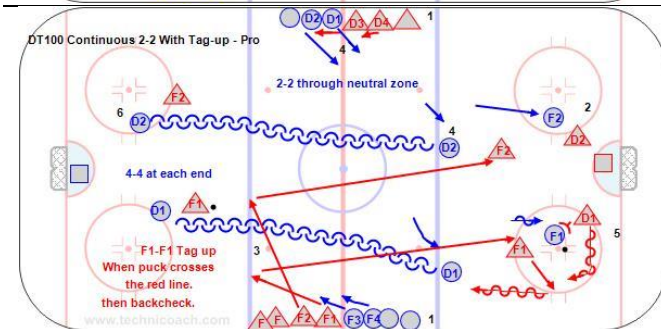
Game at each end. To transition to offense defenders must clear zone and get outside.

Rule:

There must be at least one scissors before you can score

D4 x 2 - Clear Zone - Scissors - U15 G

<https://youtu.be/FkZHYmazUvw>.



13'

### DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

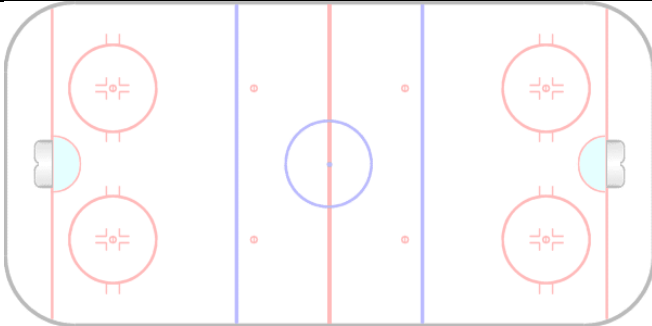
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

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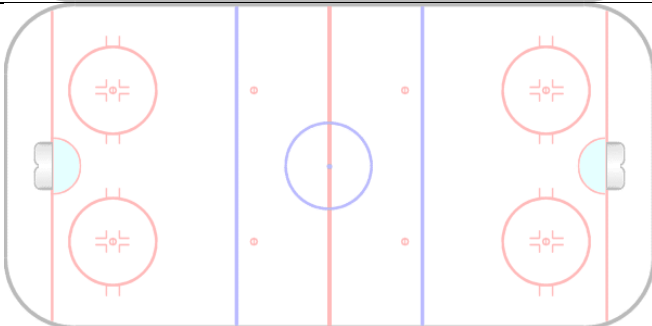
\* In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.

<https://youtu.be/Zc IQEA9dX8>

**Team Cheer in middle**



**Explanation/Notes:**



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