



Atom

April 21, 2012

Date:	Time:	Venue: cop
Lines:	Notes:	
Skating	Puckhandling	
Dzone position	Breakout on boards	
1-1		



D2 Coss Ice Game-Sweden

Key Points:

Start practice with a game. Use full sized or small nets, tires, pylons for goals.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

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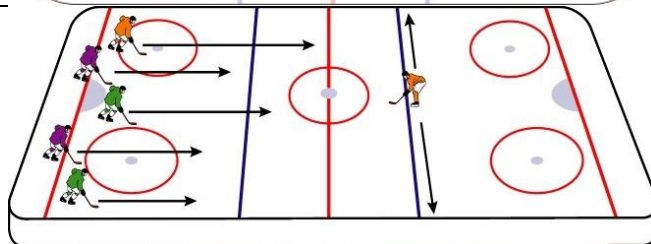


A2 Skating Warm up-Edges and Balance Position

Gaston leads a skating warm up.

Exercises use the inside and outside edges, proper body position both forward and backward as well as a one skate exercise that requires a good balance position and use of all of the edges.

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D1-A2 Puck Dog

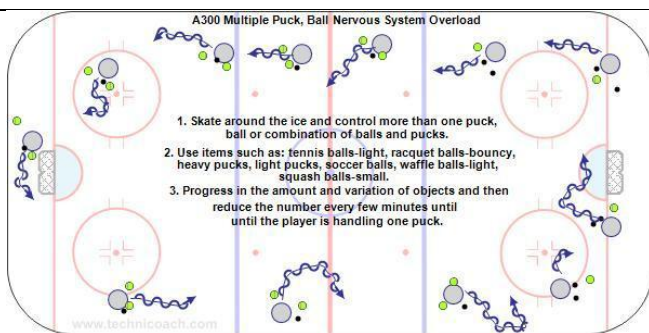
Key Points:

Encourage the players to use moves and fakes, change of pace and to protect the puck.

Description:

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

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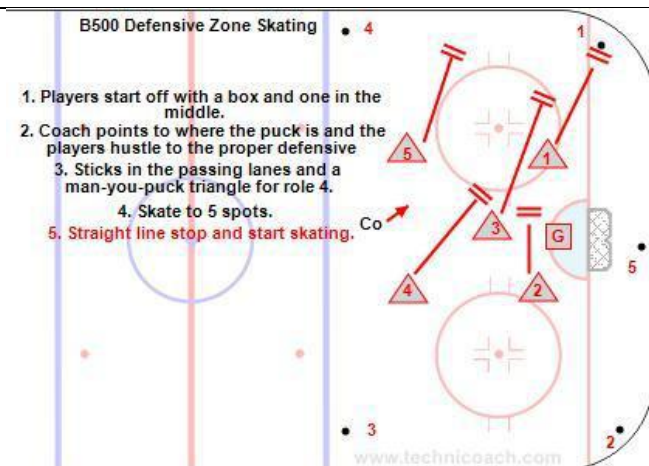


A300 Individual Puck Handling Practice

Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

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B500 Defensive Zone Skating

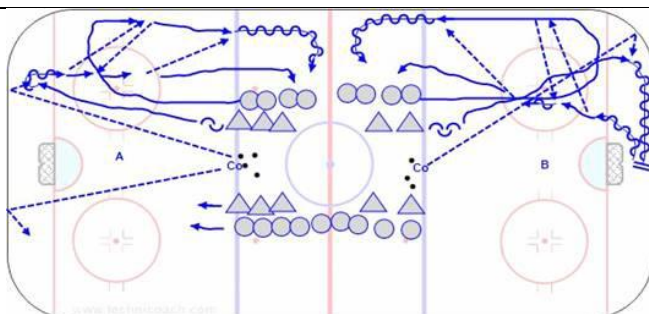
Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

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B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

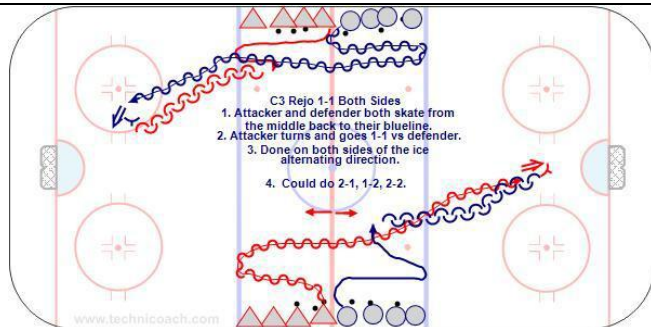
- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then

repeat on the other side. All forwards take turns getting the pass on the wing. B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane. The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the



C3 Rejo 1-1 Both Sides - Gap Control

Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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D200 Game with Jokers below the goal line Key Points:

Work on give and go and getting open. Defenders intercept passes and tie up sticks on the rebounds. Goalies control rebounds.

Description: Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring. Great game to work on puck support (role 2) and defensive support.(role 4)

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Explanation/Notes:

