



Lines:

Passing, defensive skating, nervous system Overload, passing, one timers, quick thinking

Notes:

8 min.

A3 Puck Handling Nervous System Overload

Key Points:

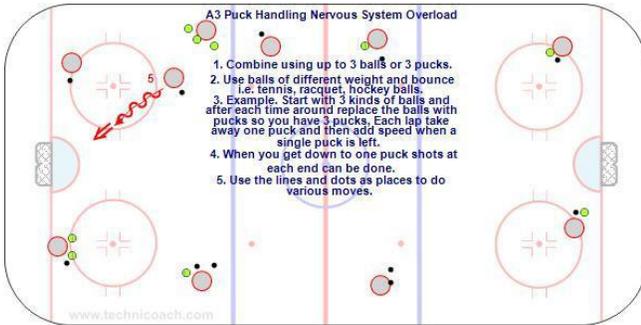
Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

Description:

1. Combine using up to 3 balls or 3 pucks.
2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks, Each lap take away one puck and then add speed when a single puck is left.
4. When you get down to one puck shots at each end can be done.
5. Use the lines and dots as places to do various moves.

The first part of this college women's practice has them handling one ball and one puck.

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7 min.

A2 Defensive Back Skating

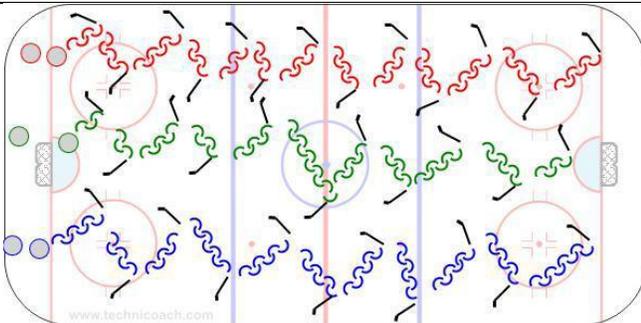
Key Points:

All the players including the goalies do this. Zig zag back keeping good posture and practice reaching with a poke check with the knees bent and the back straight.

Description:

1. Players start in 3 lines at one end of the ice.
2. Skate backward 3 or 5 strides in a zig-zag pattern from one side to the other.
3. Keep the elbow back to hide the reach of the stick and then extend the stick at the finish of each repetition.

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8 min.

B6 3-0 One Touch Regroup - 3 Shots

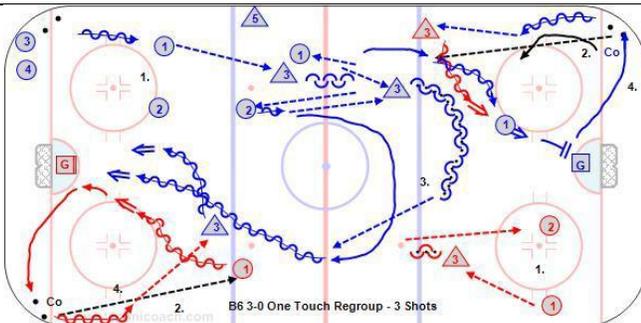
Key Points:

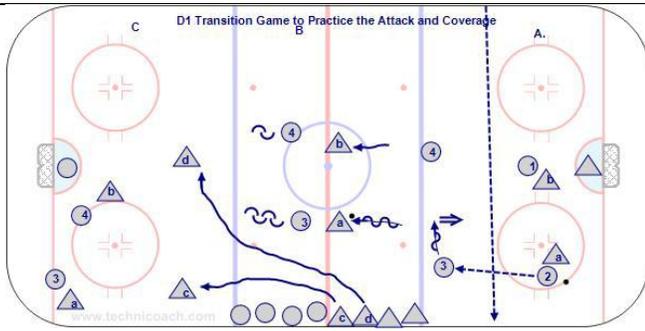
Face the puck and one touch two passes to start. Shoot while skating and follow the shot for a rebound. This is done out of diagonal corners at the same time.

Description:

1. F1 and F2 leave from the corner and exchange the puck twice with the D1.
2. F1 continue and get a pass from coach in the corner shoots and screens.
3. D1 pivot and Pass to F2 who shoots and screens.
4. Red F1 cycle out of the corner and pass to Blue D1 who shoots from the point.

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10 min.

D100 Transition Game of Support, Defend, Attack, Rest 3-3
Key Points:

This is a great full ice transition game to practice offense and defense in all three zones. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date. Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

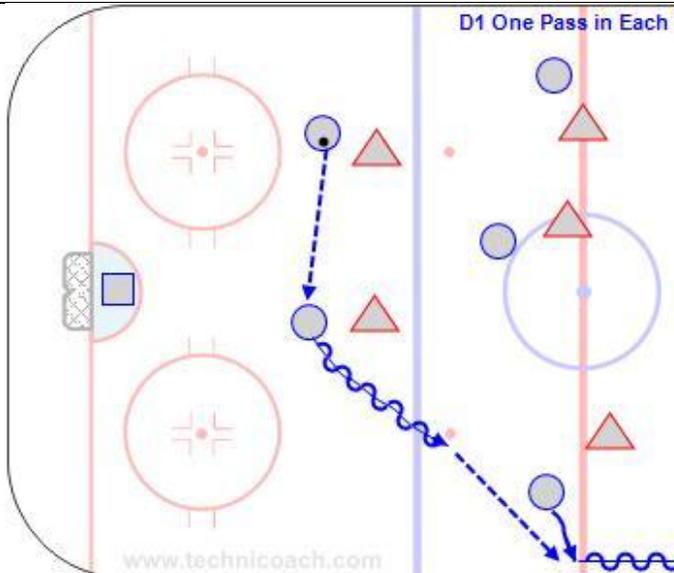
Description:

A. 1 and 2 attack vs a and b and are supported on the blue line by 3 and 4. The pointmen cannot go farther than the top of the circle.

When the puck goes to the point a and b control the sticks of 1 and 2. Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blue line 1 and 2 are finished and there is a 2 on 2 in the neutral zone with a and b attacking 3 and 4.

C. After the puck crosses the blue line c and d support a and b from the point.



10 min.

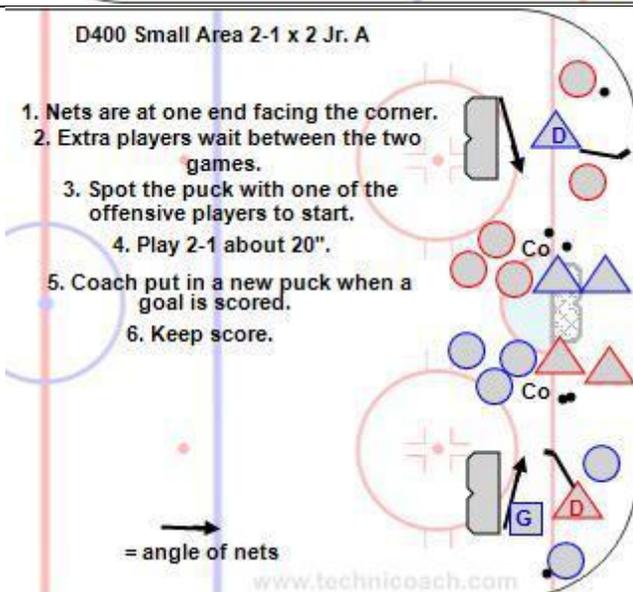
D100 4-4 Full Ice

At least one pass in each zone.

45 " shifts and pass back to goalie on the whistle.

D400 Small Area 2-1 x 2 Jr. A

1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck when a goal is scored.
6. Keep score.



10 min.

D400 Small Area 2-1 x 2 Jr. A

Key Points:

Defender eliminate the puck carrier crossing the midline of the net and the cross pass. Goalie and defender work together to make it a 2-2. Attackers use quick passes, quick shots, fake shots, one timers. Get the goalie moving and shoot where he came from and not where he is going.

Description:

1. Nets are at one end facing the corner.
2. Extra players wait between the two games.
3. Spot the puck with one of the offensive players to start.
4. Play 2-1 about 20".
5. Coach put in a new puck when a goal is scored.
6. Keep score.

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