

Slovakia, Swiss, Danish, Canada U20 Practice Ideas

These are drills and games from other U20 teams. Everyone uses the same basic practice formations that we code in the ABC system.

A – Individual Skills and Skating

A300 One Touch Warm-up Slovakia U20

B – Partner and Team Skills vs. Zero Opponents

B2 Point Shots - Canada U20

B3 Three Lane Shots - Swiss U20

B4 - One Timer-BO 2-0 Wide Entry - U20

B5-6 Pass x 3 Shoot-Rebound U17-U20

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

B600 Breakout 3-0 with 2F 1D - Point shot-Canada U20

B600 1-0 F Regroup with Both D - U20

B600 2 x 2 Shots - Swiss U20

B600 2-0 Passing Options - Swiss U20

B600 One Touch x 3 and Shot - Slovakia U20

B600 Regroup Passing Drills - Slovakia U20 -2

B600 Slovakia U20

C – Game Situation Drills

C1 Shot-Breakout-Regroup-2 on 1 - Czech U20

C1-C600 1-1 - Slovakia U20

C1-C3 Double Regroup 2-1 - Danish U20

C2 - PP Breakout and Rotation - Slovakia U20

C3 Regroup 2-1 Regroup 3-2 Swiss U20

C3 Continuous 3-2 - Danish U20

C3 5-0 and Goalie Warm up - Slovak U20

C3, 2-1 with Regroup - Major Junior U20

C3 - BO - RG - 2-1 - U20

C3 Continuous 3-2 - Danish U20

D – Games to Teach the Game

D4 One Zone Game - Slovakia U20

D4 Two Pass – Swiss U20

D200 3-3 Coaches Jokers – Swiss U20

E – Shootouts and Contests

E1 Shootout from Blue Lines - Latvia U20

E100 Change on the Go Shootout - Swiss U20

F – Skating for Fitness

F-A3 Skating and Goalie Warmup-Slovakia U20

G - Goaltending

G - B6 Four Spot Shooting - Slovakia U20

T 1 – Teaching Individual Offensive Skills

T1 - B2 - Head up Get Shot by First Man x 3 - U20

T1 - Cycle-Pass-Shoot - U20

T2 – Teaching Team Offense

T2 5 vs 2 Coaches - Canada U20

T2 D100 Controlled Breakout Reads-U20

T2-4 D100 Breakout and Forecheck U20

U20 Major Junior Practice