

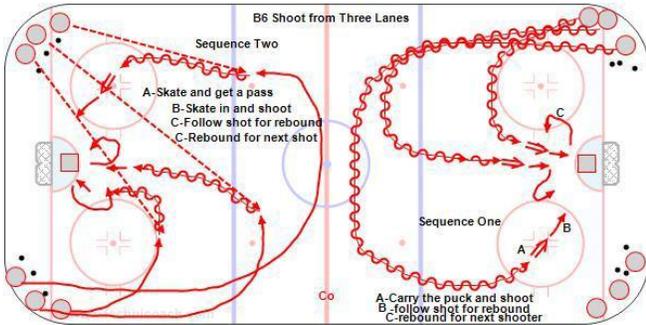


Date: 11-9-17

Time: 16:00-17:30

Arena: Henry Viney

<b>Lines:</b>	<b>Notes:</b>
2G, 6D, 11F, Puck protection, driving net	Catch and release shots
Stick on puck, defensive side,	Angling, defensive zone coverage
Compete, puck support,	



**5' Individual puck handling and shots**

**5' Shots from 3 lanes**

**B6 Shoot from Three Lanes**

**Key Points:**

Shoot with the feet moving, don't overhandle the puck and carry it in the triple threat position, follow the shot, rebound for the next shooter. On sequence two accelerate after taking the pass. Insist that they get the habit of following the shot for a rebound. Many players peel off toward the corner after shooting.

**Description:**

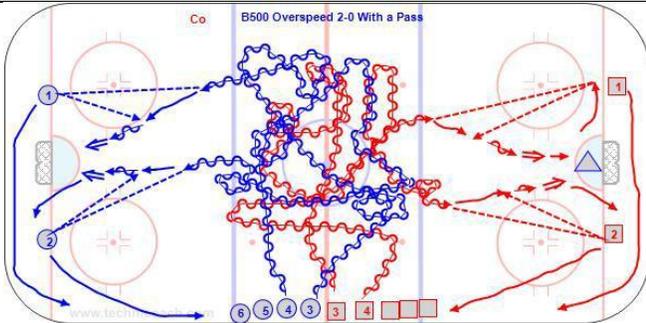
Players can all be in one corner or in both. After shooting switch corners.

**Sequence One**

- A - Carry the puck and shoot.
- B - Follow the shot for a rebound.
- C - Circle back and rebound for the next shooter.

**Sequence Two**

- A - Skate and get a pass from the opposite corner.
- B - Accelerate and shoot while moving.
- C - Follow the shot for a rebound.
- D - Rebound for the next shooter.



**8'**

**B500 Overspeed 2-0 with a Pass**

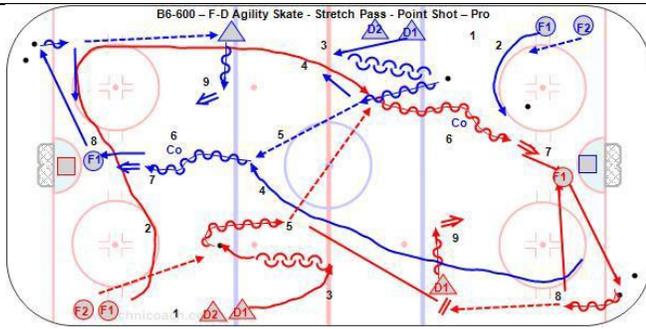
**Key Points:**

Players must challenge themselves out of their comfort zone. Make as many moves as possible and continue until they have shot and looked for a rebound. Take the pass and shoot right away without over handling.

**Description:**

1. Line up along boards on one side.
2. Players 1 and 2 start on the goal line.
3. Players 3 and 4 leave and make moves at top speed.
4. Coach whistle every 7" and they players attack the net.
5. Closest attacker give and go with 1 or 2.
6. Second closest do a tight turn then give and go with 1 or 2.
7. With only one goalie go one way only.
8. After passing return to the back of the line.

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10'

### B6-600 – F-D Agility Skate - Stretch Pass - Point Shot – Pro

#### Key Points:

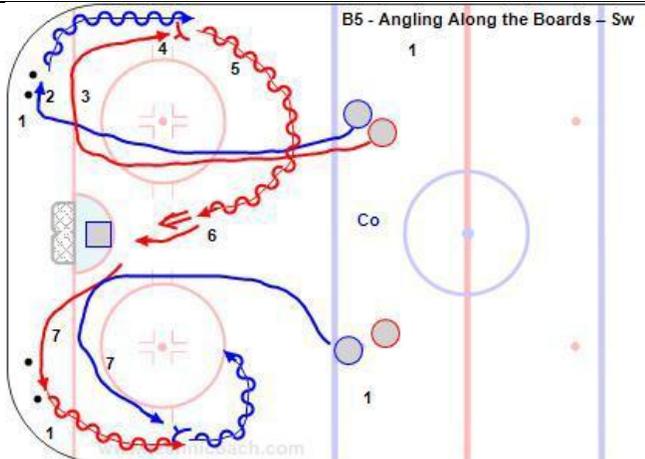
Skate at top speed. Pass and shoot while skating. Forward screen so the goalie has to lean one way to see the puck. This drill could be done alternating sides.

#### Description:

1. Forwards in diagonal corners at defensemen at diagonal blue lines.
2. F1 from each end skate around the top of the circle and bottom of the other circle.
3. D1's skate up to the red line, backwards, turn and pick up a puck from F2 inside the blue line.
4. F1's skate down the far wing and give a target for a pass.
5. D1 on each side make a cross ice pass to F1's and follow to the blue line.
6. Coach or player who shot give passive resistance to F1 at each end.
7. F1' take a shot and follow for a rebound in the slot.
8. F1's get a new puck in the corner, pass to D1 and screen in front.
9. D1's skate the puck inside the dot and shoot.

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7'

### B5 - Angling Along the Boards – Sw

#### Key Points:

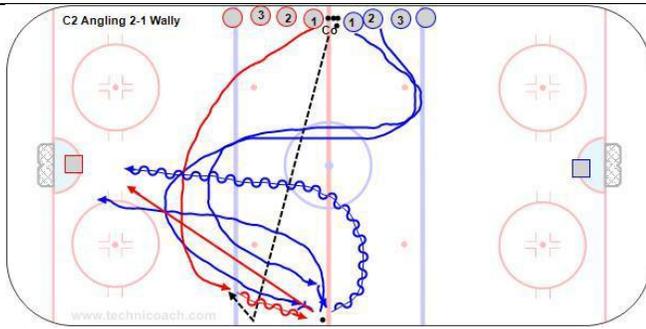
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

#### Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

\* Repeat alternating sides.

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10'

### C2 Angling 2-1 Wally

#### Key Points:

Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

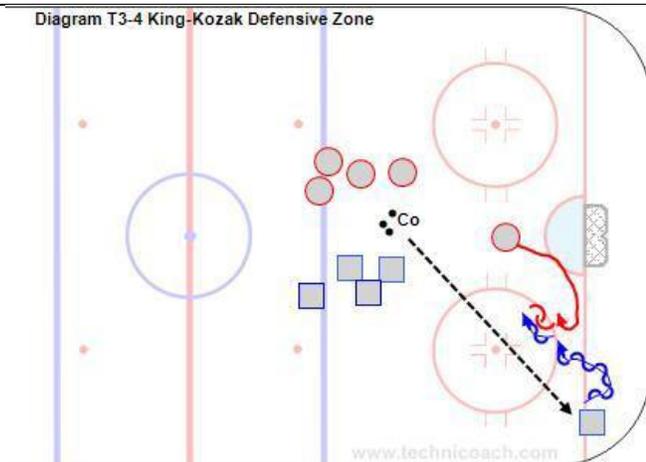
#### Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

\* This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.

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Diagram T3-4 King-Kozak Defensive Zone



### 40' Wally one end and Mel with one goalie 15' each.

#### T2-4 - D400 3-2 – Wally Kozak - U18 F

#### Key Points:

Forwards have to get on the puck hard. Two in deep. F1 make contact, F2 double team D1 or pressure D2 on a D to D. F3 mirror from about the hash marks. Rotate who is F1-F2-F3 according to who is closest to the puck. Make eye contact before passing and avoid 'hope passes' that result in turnovers.

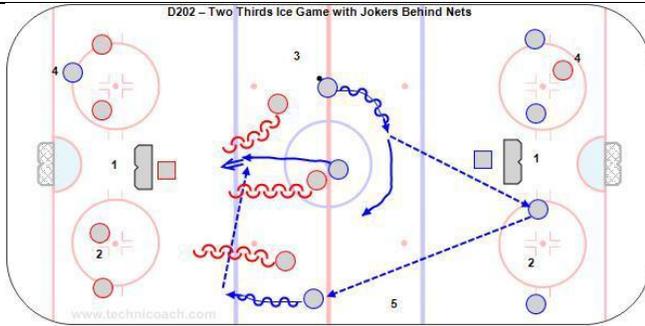
#### Description:

1. Play the low 3-2.
2. Two D go back for the puck vs. three forwards.
3. Forwards try to score and defense to break out.
4. Coach dump the puck in.
5. Coach shoot in a new puck if original puck is out of play.
6. Go about 30".

*I sent the Team Play video to one of my friends who is coaching in the NHL and this is his comment. ... 'that was good. Basically how most teams F/C now. F1 and F2 mark the D and F3 surfs east/west in surf zone (around hash marks) and gets to strong side wall or to bump to middle. Off a share - which a lot of teams do now and wide rim is D pinch down. F2 quicker than old days and D up and pinch quicker. Basically it is 5 man forecheck now, and 5 man neutral zone aggressive once the Opposition gets there and 5 quick back and tight (swarm) in defensive zone coverage.'*

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10'

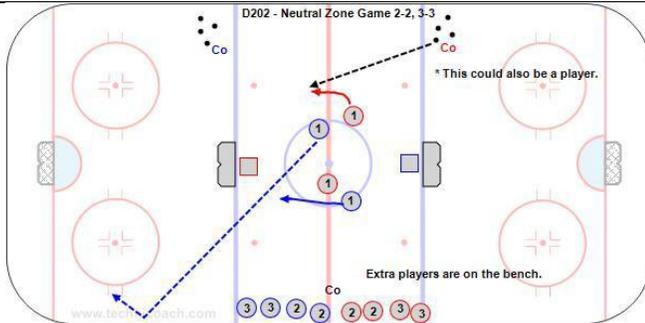
### D202 – Two Thirds Ice Game with Jokers Behind Nets

#### Key Points:

Modified Rules: only 2" with the puck, you must make 2 passes, 2 passes and one touch shots, all must touch the puck, everyone skate backward, only forehand passes, only backhand, must make and escape move when you get the puck, on touch game, skate a Crosby when you get the puck, regroup with joker, pass to jokers at each end and any other skill you want to focus on.

#### Description:

1. Nets are at the top of the circles in each end.
2. Extra players are jokers who can pass or shoot and are behind their own net.
3. Play 1-1 to 4-4 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. An option is to have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,



10' **Me! introduce game. New puck only when puck out of play.**

### E1 - D202 - Neutral Zone Game 2-2, 3-3

#### Key Points:

Be ready for a new puck after a goal, frozen puck or wide shot. Be ready for a new puck after a goal, frozen puck or wide shot.

#### Description:

1. Start with a 2-2 or 3-3.
2. Extra players are on the bench.
3. Coach pass new puck to his defending team when the puck is out of play.
4. 20-30 second shifts.
5. Keep score and the losing team skate or some other punishment.

\* Important to face the play with and without the puck in the 'Triple Threat' position.

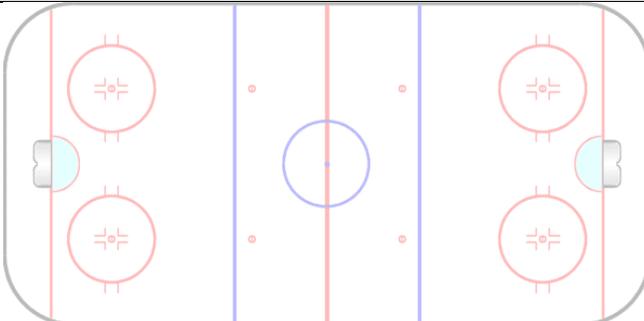
\* Create space by making fakes and escape moves.

\* Play situations from 1-1, 1-2, 2-2, 2-3, 3-3 and add passing to the Jokers.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170108112645205>

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### Explanation/Notes:



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