

NOVEMBER 17th 2019

PRACTICE DRILLS

HAPPY HOLIDAYS
EVERYONE! Dan Ridgway

Name	Omaha 5x4
Type	Skill/Def/Off/Fun

Drill starts out 5 Blue vs 4 Green players. Play it out 5x4 for 45-60 secs. or until coach blows whistle. While 5x4 is playing out, 5 white players are moving puck about in neutral zone.

Name	
Type	

On whistle - 5 white players attack and try to score off of initial rush-play rebound - retrieve another puck if they score. At the same time - 4 of original 5 blue players transition from offense to defense and skate to defend against 5 white players.

Name	Montreal One-Touch
Type	Skill

On whistle - X's skate across blue line with puck - once they hit middle of ice, makes pass to O's who one touch it back - a red line, makes pass to X's who one touch it back - go in and shoot.

Name	Continuous 2X2
Type	Defensive

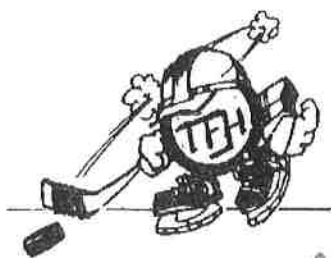
X's start out in defensive role - O's cross and take a pass from coach at bottom of centre ice circle. O's attack X's and play it out 2x2 - X's try to get puck to coach where they transition to offense, regroup with coach. At this point during regroup, O's get back in line.

Name	
Type	

Now white plays out 5x4 until coach blows whistle. 5 red players are moving puck around in neutral zone. On whistle, 5 red players attack and try to score while 4 white players backcheck and defend against 5 red. Drill is continuous.

Name	
Type	

and X's step out into defensive role. X's now attack X's 2x2. Drill is continuous. Progression Defense -> offense -> back in line



Practice Drills

Date 11-17-2019

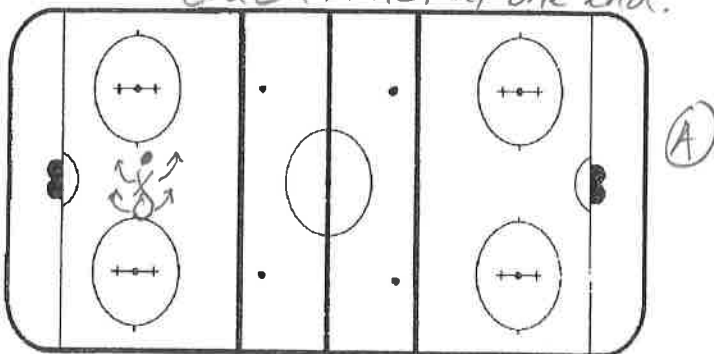
"The definition of insanity is doing the same thing over and over again but expecting different results." Albert Einstein

Goalies are working on skills with coach in net at one end.

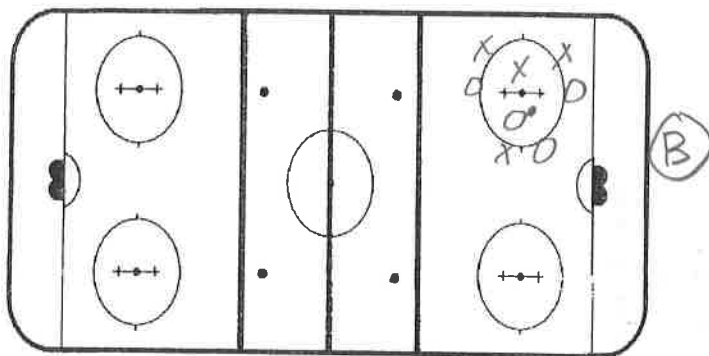
Skill Drill: Puck Protection

(A) Split up into 2's

X puts puck in front of them and does not touch it - must face puck protecting it and moving around puck preventing O who is behind X trying to access the puck. 30 sec shift Then switch players.

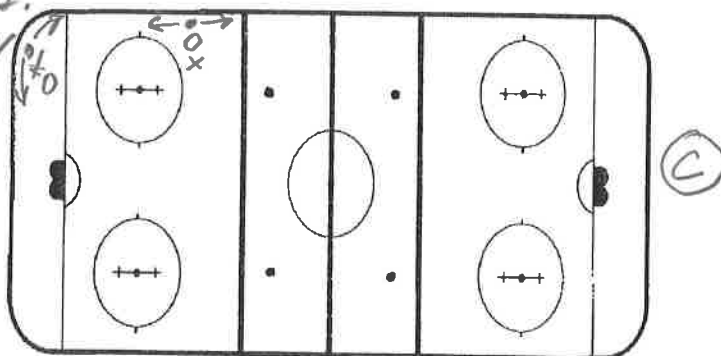


(B) Self Explanatory - keep away in circle - must stay in circle - go on whistle 30 sec shifts. After 30 sec switch groups



(C) Puck Protection along boards.

- similar drill to (A) only player protecting puck must move along boards. 30 sec shift then switch players



(D) Split Zone in 1/2 - must stay inside zone

Go on whistle - 3 sets of players playing 1x1 keep away. 30 sec shifts then new players come in. You cannot touch someone else's puck.

