

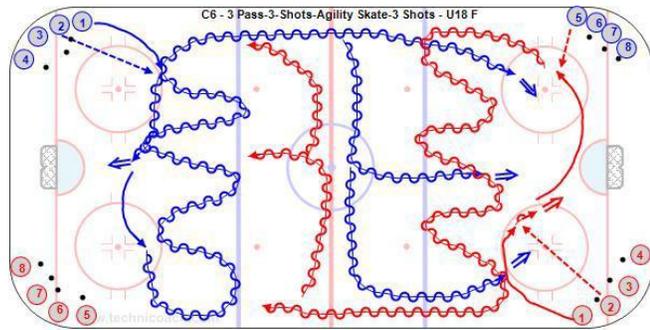


Date: 11-25-19

Time: 16:30-18:00

Venue: SAIT Arena

Lines:	Notes:
4 groups of 5	Fast breakout with W wing stretching
Agility, shooting, passing, timing.	1-1, 2-1, 2-2, 3-2
Shootout 2-0 scoring	



2' individual

8'

B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F

Key Points:

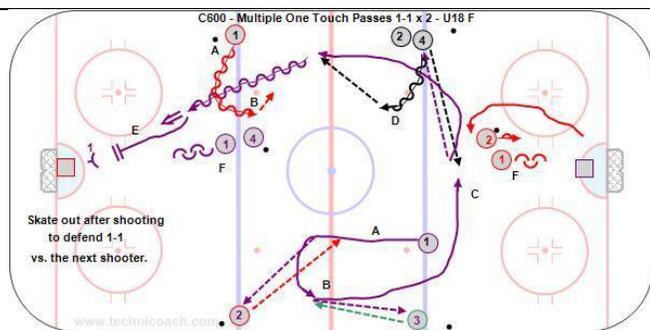
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

Description:

1. Three leave from diagonal corners.
2. 1 skate to the top of the circle and get a pass from 2 then skate into the slot and shoot.
3. 2 and 3 repeat getting passes from 3 and 4.
4. Give a target and get a pass from 5-6-7 in the other corner.
5. Skate up and back to the blue line and top of the circle three times.
6. Cross the red line and 1 skate straight and shoot, 2 skate to the middle lane then down and shoot and 3 to the wide lane and shoot.
7. 5-6-7 repeat from the other diagonal corners.
8. Add skating and puck handling tasks: i.e. puck only on the forehand or backhand of the blade, quick hands and quick feet, face the other end always, chocktaw front to back transition turn, Crosby turns, backward skating, etc. Also vary the kind of shots taken: wrist, backhand, snap, slap and you can even incorporate exchanging give and go with players in the corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170925113514227>

<https://youtu.be/JqCQVaiwwA>



10' **Make two passes**

C600 - Multiple One Touch Passes x 2 - 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

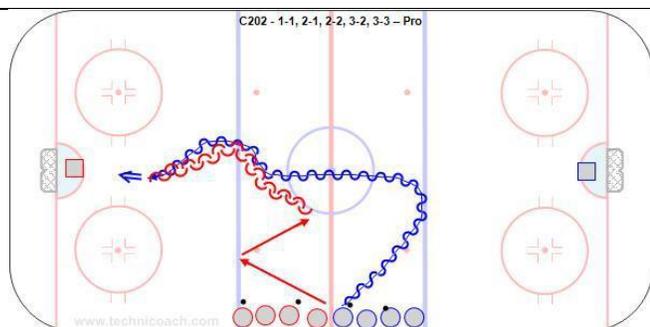
Description:

- A. 1 exchange passes twice with 2.
- B. 1 turn out and exchange passes twice with 3.
- C. 1 skate across and exchange passes two with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180501140221605>

<https://youtu.be/upx3jea6-kg>



10' **Mike call out situations**

C202 - 1-1, 2-1, 2-2, 3-2, 3-3 – Pro

Key Points:

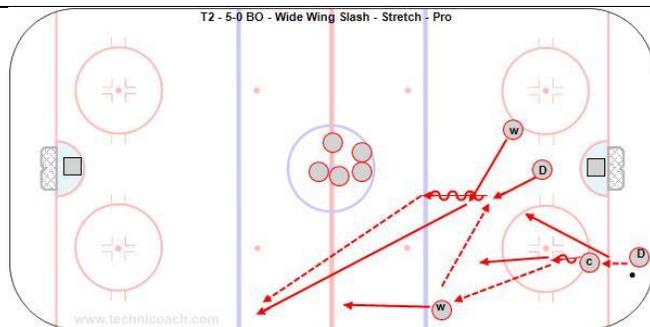
Start with a 1-1 but many situations are possible. Everyone practices attacking and defending.

Description:

- 1. Players line up along the boards on one side and leave from the red line.
- 2. First blue is the attacker and then red.
- 3. Both players skate back to their blue line and then skate toward the red line.
- 4. Attacker can carry the puck or bounce it off the boards.
- 5. Defender close the gap and skate back if attack is down the middle.
- 6. Angle from inside if the attacker goes wide.
- 7. Vary the number of attackers and defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019111517290924>

<https://youtu.be/kP35VIBpSwA>



10' **Mike dump in puck. Tom far end**

T2 - 5-0 BO - Wide Wing Slash - Stretch – Pro

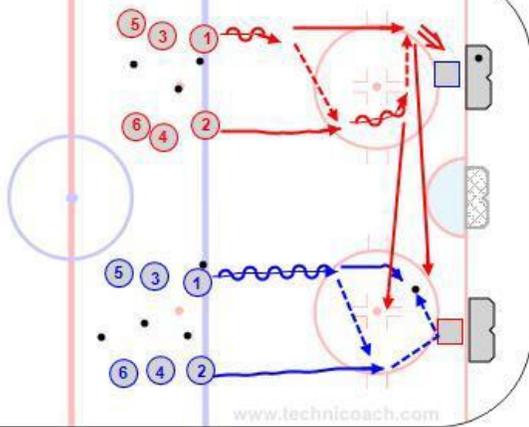
Key Points:

Move the puck up ice quickly. Wide wing read possession and slash across then up to the far blue line. Everyone joins the rush.

Description:

- 1. Players leave in 5 man units from the middle circle.
- 2. Pass the puck to a coach in the corner who spots it for D1 to pick it up.

E1 - 2-0 x 2 SO Game - MRU



10'

E1 - 2-0, 3-0 x 2 SO Game – MRU

Key Points:

Use many variations on the 2-0 or 3-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..

Description:

There is one point for every goal and each contest gets 15".

A - 1 and 2 attack 2-0 from each line-up.

B - If both teams score each team gets a point and 3-4 go on the next whistle.

C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.

D - Scoring team gets a point for every goal.

E - 20" next rep.

F - First team to 20 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016092511071521>

<https://youtu.be/ss-rEHpfr5w>



Cheer in middle.

Change and go to spin.

Mel and Mike work with goalies.



Explanation/Notes:



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