

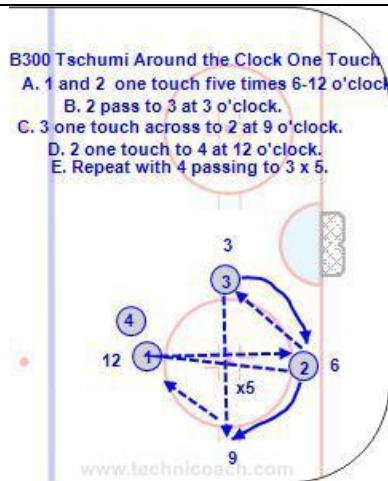


Date: 12-02-19

Time: 16:30-17:30

Venue: SAIT Arena

Lines:	Notes:
B202- 2/3 ice 2" game	
Luhowy passing	Around clock passing
D2 – 2-2 small battle	B6 zig x 3



10'

B300 Tschumi Around the Clock One Touch

Key Points:

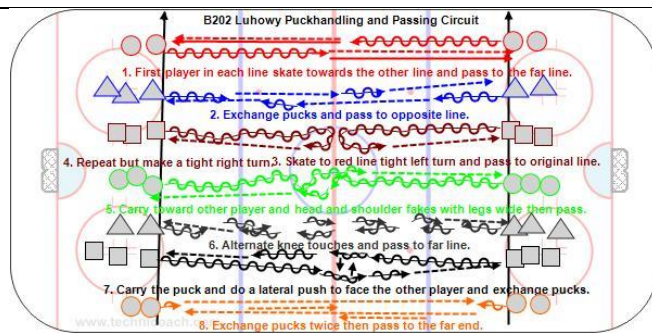
One touch the puck in the middle of the blade and follow through with the top hand away from the body. Start rotating clockwise and then switch to counter clockwise.

Description:

- 1 and 2 one touch five times 6-12 o'clock.
- 2 pass to 3 at 3 o'clock.
- 3 one touch across to 2 at 9 o'clock.
- 2 one touch to 4 at 12 o'clock.
- Repeat with 4 passing to 3 x 5.

B300 Around the Clock One Touch Passing - U18 F

<https://youtu.be/hW741n4yGLQ>



15'

B202 Luhowy Puckhandling and Passing Circuit – U18

Key Points:

Control the puck and “lock and load” or ‘triple threat position’ when you carry the puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.

Description:

Line up behind the top of the circle with 2 or 3 players facing 2 or 3 players at the other end.

Have between 2 and 4 groups depending on the number of players. A group of 4 is the smallest.

1. First player in each line skate towards the other line and pass to the far line.
2. Exchange pucks and pass to opposite line.
3. Skate to red line tight left turn and pass to original line.
4. Repeat but make a tight right turn.
5. Carry toward other player and head and shoulder fakes with legs wide then pass.
6. Alternate knee touches and pass to far line.
7. Carry the puck and do a lateral push to face the other

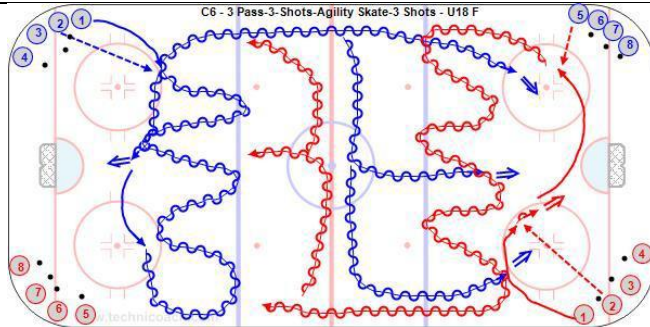
player and exchange pucks.

8. Exchange pucks twice then pass to the far end.

*Other passes like backhands, saucer or moves like in the feet, toe drag can be added.

[Video Example with U18 Boy's.](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015102208283598>



10'

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

Key Points:

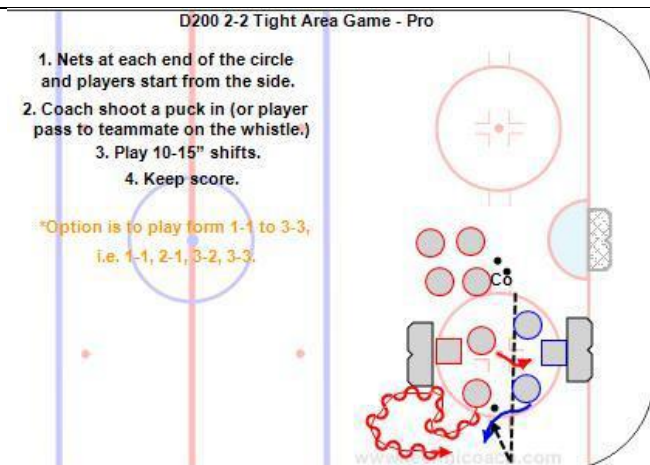
Warm-up drill with passing, shooting, agility skating, puck handling tasks and goalie shots. Shoot from the three lanes while skating. Push ups if you miss the net. Opposite corners leave when the last shot is taken; no need for whistles.

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/JqCQVa1iwwA>



10'

D200 2-2 Tight Area Game - Pro

Key Points:

Protect the puck, use fakes, escape moves, change of direction, feints, shoot and pass quickly, triple threat position.

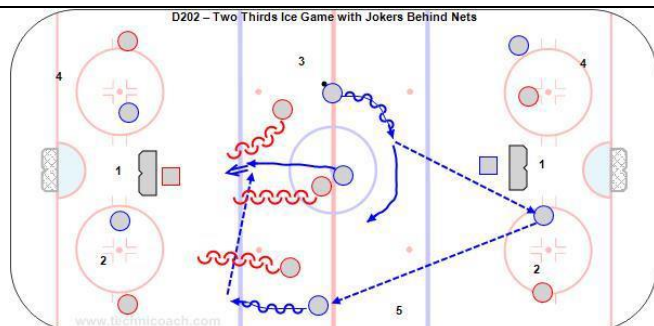
Description:

1. Nets at each end of the circle and players start from the side.
2. Coach shoot a puck in (or player pass to teammate on the whistle).
3. Play 10-15" shifts.
4. Keep score.

**Option is to play form 1-1 to 3-3, i.e. 1-1, 2-1, 3-2, 3-3.*

In this video demo watch Red 53 Gaudreau and 63 Bennet, who have exceptional tight moves. #53 scores a few goals because he does things so quickly.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173522508>



15' Play the two second rule.

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. Batchko is a great game for puck support. Rules for scoring such as goals must be on one timers, on give and goes, etc.

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 5-5 or 1-2, 2-2, 3-2, 3-3, 3-4, 4-4.
4. Have jokers from each team behind the nets.
5. Play games with modified rules to practice individual and team skills,

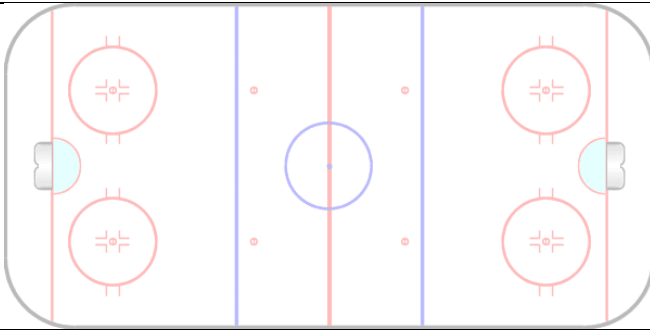
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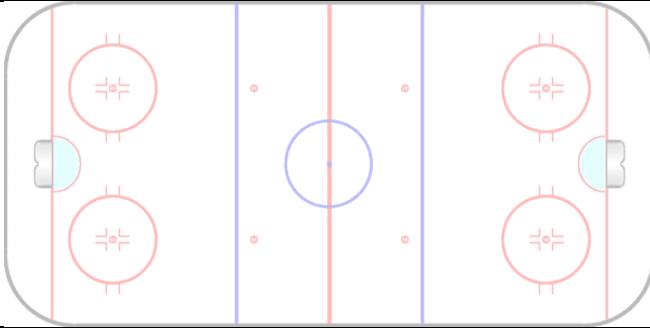
Change and go to Spin Class – 45'



Explanation/Notes:



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Explanation/Notes:
