



Date: 11-11-21

Time: 4:30-5:15

Arena: Sait

Lines:

Review 5-5, 5-4, 4-5, 5-3, 3-5

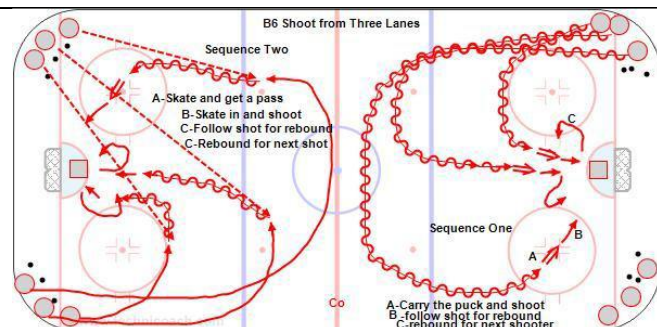
3 lane shots

Jim video after prep for Olds game

Notes:

Faceoff plays

Overspeed facing the puck and forehand



7'

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.

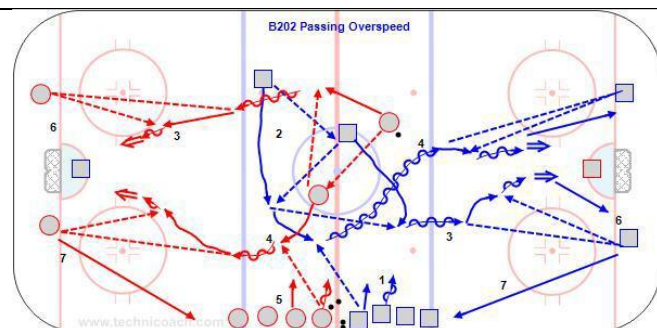
Sequence Two

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'

B202 Passing Overspeed

Key Points:

Always face the puck and make as many passes as possible. On the whistle pass early to the player below the goal line. Hit the net and look for the rebound from the second shooter. Give a target.

Description:

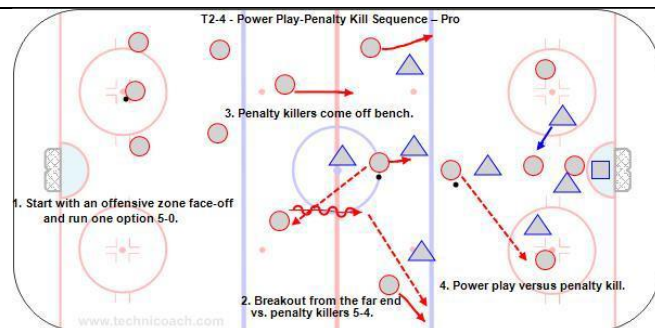
1. Two red and two blue leave from the line.

2. Make as many passes as possible in 7".

3. On the whistle player with the puck give and go with a player below the goal line and shoot.

4. Second player get a pass from the side then give and go low and shoot.

5. On the same whistle two new players from each



colour leave from the line.

6. After the shot become a passer near the net.

7. Low passers return to the line up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104080332117>

30'

T2-4 – Team Play Sequence – Pro

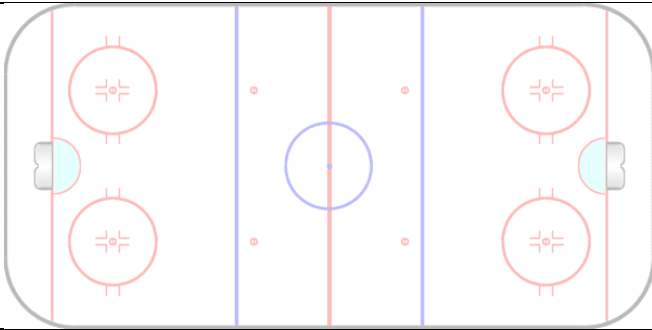
Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

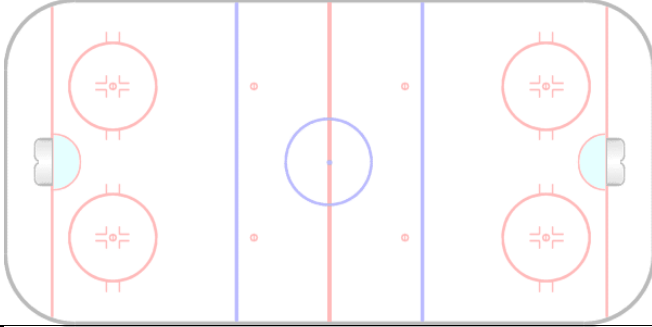
1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.
 - * Breakout with a double swing and five attack.
 - * Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.
 - * Aggressive penalty kill when the puck is loose or the attackers back is turned.
 - * Option one is to have the wide players on their forehand side for one timers.
 - * Option two is to have a passing PP with right and left handed shots on the right and left sides.
 - * Rotate positions and keep moving.
 - * Defender stay with the puck carrier but do not chase passes.
 - * Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.
 - * Many teams give the goalie the walk out player jam and cover the other four.
 - * Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.
 - * A coach can use this sequence to practice from 3-3 to 5-5.

<https://youtu.be/VadXPVkB4I>



30'

Video to prepare for game with Olds.



Explanation/Notes:



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