

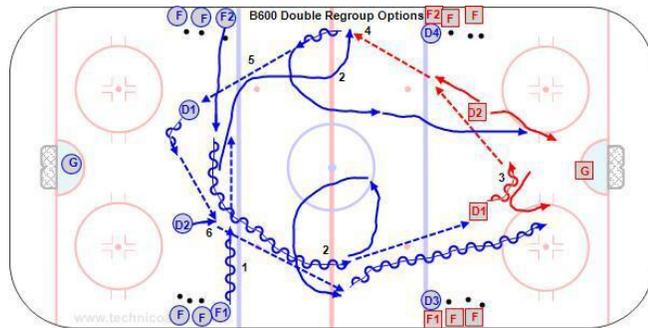


Date: 11-09-21

Time:6:15-7:30

Venue: SAIT

Lines:	Notes:
Regroup and hinge	Breakout and point shots
Goalie training	Battling
Defending 3 on 3	Transition



15'

Mel goalies

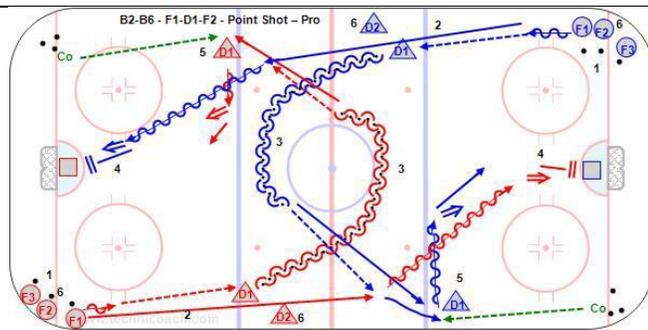
B600 Regroup x 2 - Hinge 2-0

Key Points: Regroup with each D and support from about a half zone away. Give a target and face the puck. Pass hard and always give strong side wall support and middle support.

Description: 1. Blue F1 leave and pass to F2. 2. Cross and regroup with Red D1 and D2 3. Red D1 hinge and Pass to D2. 4. Red D2 pass to Blue F1 or F2. 5. Blue F's regroup with Blue D1 or D2. 6. Blue D's hinge and pass to Blue F. 7. Blue F's attack the far net vs. either zero, one or two D.

*Options: vary the amount of F up to 3 or D up to 2. Add a dump in instead of a second regroup to work on breakouts or even a forecheck.

http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Regroup-Hinge%20-0%20one.3gp



12' TJ – focus on D moving laterally before shooting.

B2-B6 - F1-D1-F2 - Point Shot – Pro

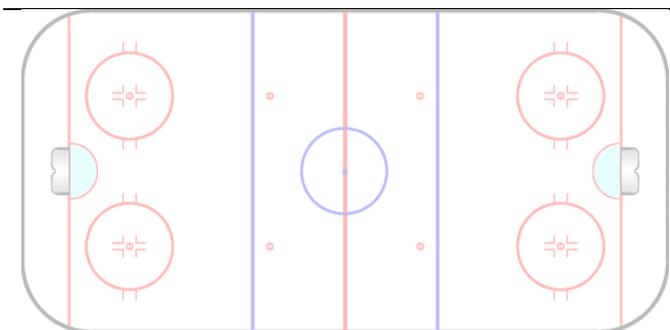
Key Points:

Do everything with speed and good habits. Give a target, firm passes, keep the stick square to the pass, carry the puck in the triple threat position, follow the shot for a rebound with the stick on the ice. Shoot low from the point.

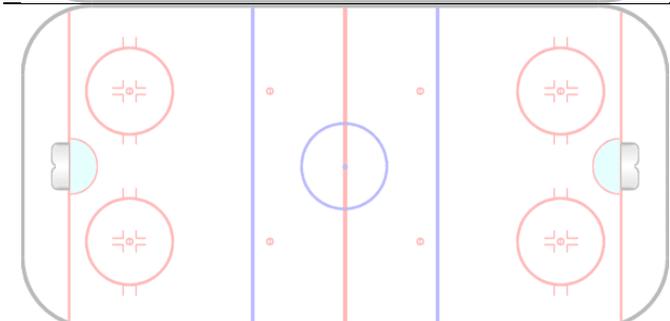
Description:

1. Forwards start in diagonal corners and defense at the point.
2. F1 continue skating down the wing.
3. D1's carry the puck around the circle and pass to the F1 skating down the other wing
4. Both F1's take a shot, look for the rebound then screen the goalie.
5. D1's get a pass from the coach at the point the drag and shoot.
6. Repeat with F2's and D2's.

<https://youtu.be/UGfRzD6nyvk> .



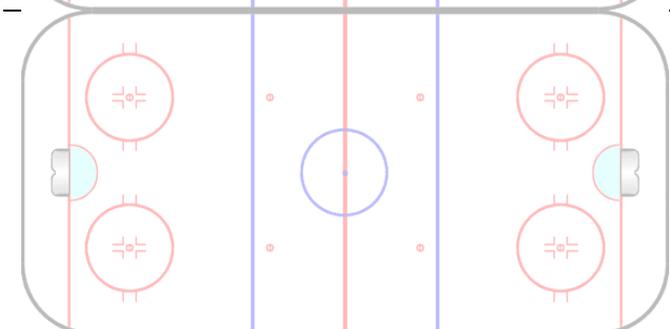
**10'
Mike
Battling game**



Explanation/Notes:



Explanation/Notes:



Explanation/Notes:
