



Date: 11-29-21

Time: 17:00-18:00

Venue: SAIT

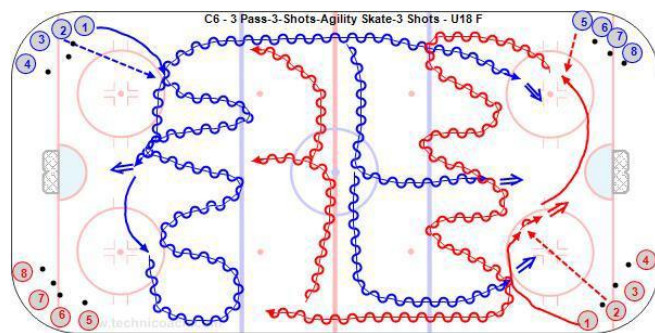
**Lines:**

12 skaters and 2 goalies

4 x 15 minute blocks

**Notes:**

Practice playing with close support



8'

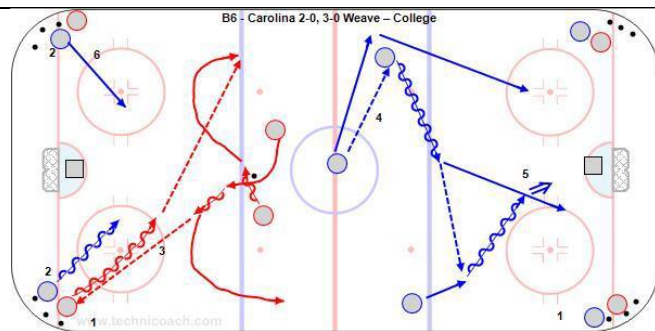
**B6 - 3 Pass-3-Shots-Agility Skate-3 Shots - U18 F****Key Points:**

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.

<https://youtu.be/JqCQValiwwA>



7'

**B6 - Carolina 2-0, 3-0 Weave - College****Key Points:**

In the middle the two players can simply pass, or cross and drop, or cross-drop-pass, one skate backward, etc..

**Description:**

1. Players start from the four corners.
2. One player leave from each corner at one end, skate down the middle lane exchanging passes.
3. Pass to a player at either corner who drive skates hard to the middle lane with the puck.

4. Three players fill the three lanes and weave by passing and following their pass.
5. Finish the rush with a shot on net and all three crash for a rebound.
6. The next two players follow the rush and regroup with a player at the far end.

<https://youtu.be/rTaNDctDKtc>

**15'**

### **D100 Full Ice Game – 3-3**

#### **Key Points:**

Switch between all four game roles.

1-puck carrier.

2-puck support.

3-check puck carrier.

4-cover away from the puck.

*Situations: offense, defense, loose puck.*

#### **Description:**

1. 3-3 with extra players in the box.

2. Play 3-3.

3. Players change on their own.

4. On a goal scoring team must touch the red line and team scored on get the puck and attack right away.

5. Keep score.

**15'**

### **DT400 Transition Game of Low Battles with Point Support**

#### **Key Points:**

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

#### **Description:**

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.

2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.

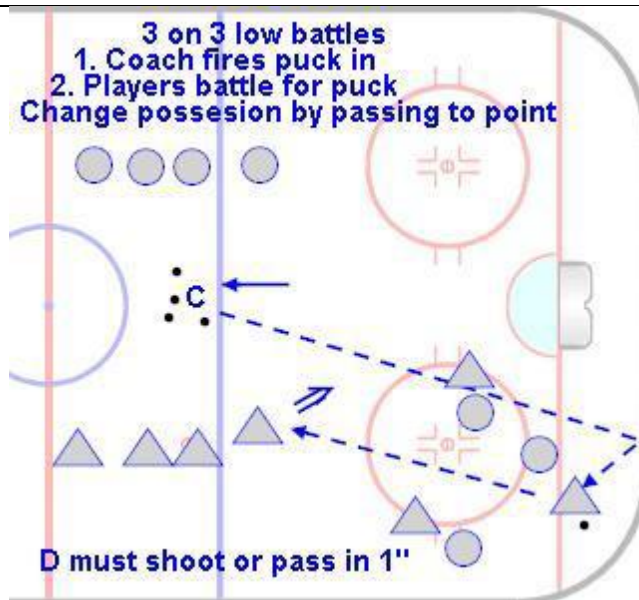
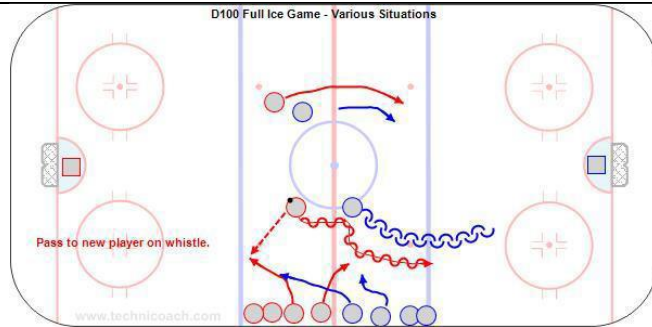
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.

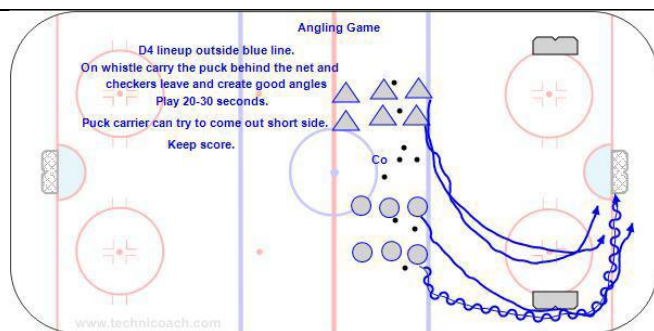
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.

5. If the puck is shot out of the zone the coach passes to the non-offending joker.

6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102317243>





7'

## D200 Angling game

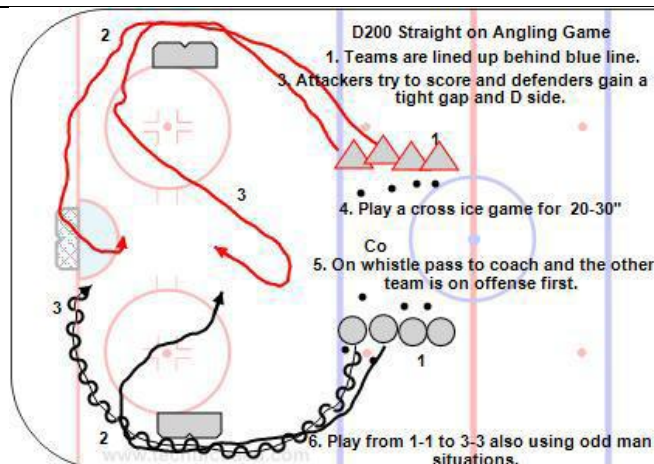
### Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

### Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111005185904685>



7'

## D200 Straight on Angling Game

### Key Points:

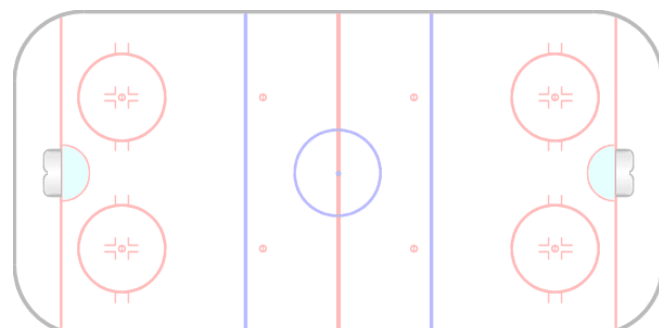
Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side.

### Description:

D200 Straight on Angling Game

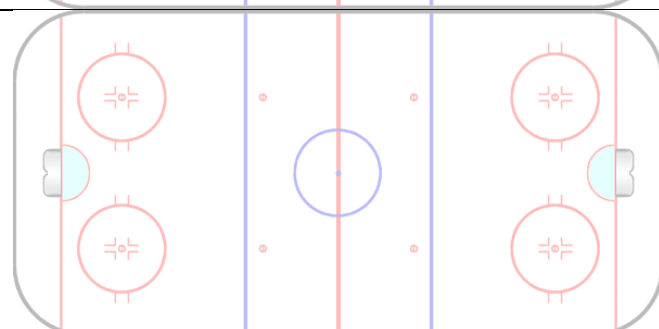
1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



1'

## Get pucks Meet in middle



## Explanation/Notes:



**Explanation/Notes:**

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