

## B200 Overspeed with a Pass - U18 F and U17

*It is important to do some overspeed training where players skate and do all the skills at a top speed.*

### Key Points:

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

### Description:

Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle.

Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed. Whistle every 8 seconds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111004075623113>

A202 - 3-0 Chaos Overspeed x 2 - U17

[https://youtu.be/C7\\_3jViAf3w](https://youtu.be/C7_3jViAf3w)

B202 Passing Overspeed - U18 F

<https://youtu.be/XMUeqfmfH7Y>

