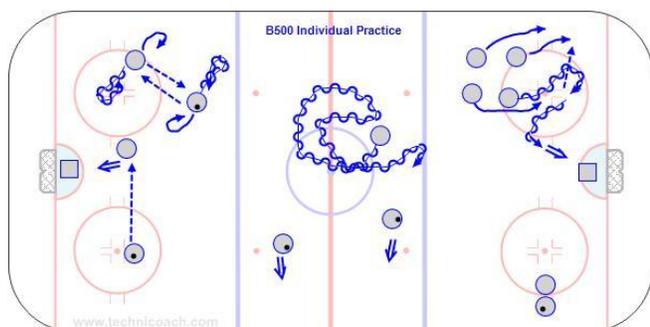


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|---|---------------|
| Lines: | Notes: |
| Goal of the practice was puck protection. We did cut backs along the boards. | |
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| | |



B500 Individual Practice

Key Points:

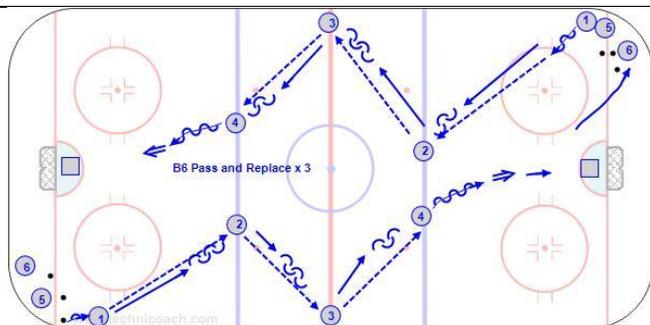
Players work on skills of their choice and the coaches role is to give help when needed and to keep things safe.

Description:

Players choose to shoot, pass, skate, play keepaway or games, they could even arrange a full ice game.

It is an individual contract.

The coach can also suggest things for them to work on and show how to do it.



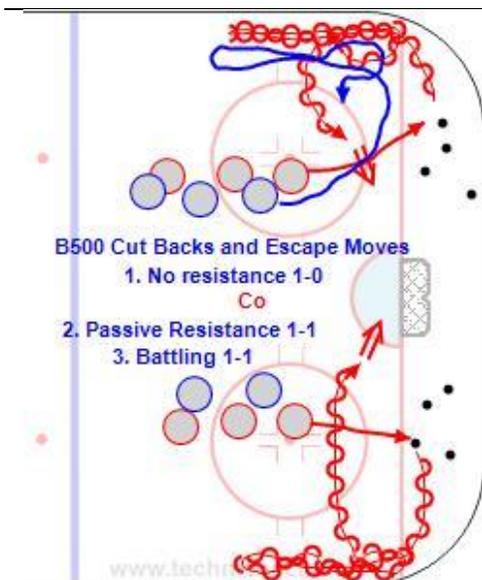
B6 Pass and Replace x 3

Key Points:

Pass while skating then turn and face the player who is passing to you. Shoot before the hash marks and follow the shot for a rebound.

Description:

- A. 1 pass to 2 and follow the pass and turn and face 5 for a pass.
 - B. 2 pass to 3 and follow the pass.
 - C. 3 pass to 4 and follow the pass.
 - D. 4 skate in and shoot-rebound- go to the corner.
- # Do 2 or 3 minutes from each side. Alternate task by requiring backhand or saucer passes or a move before passing , etc.



B500 Cut Backs and Escape Moves

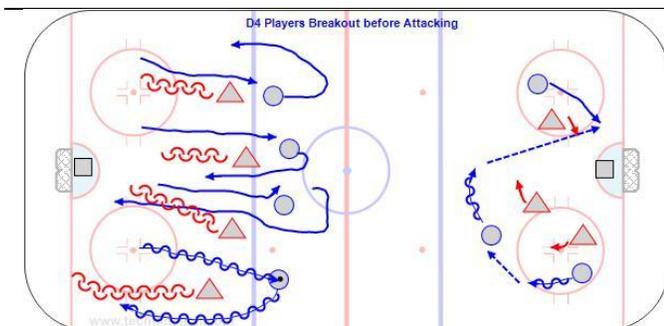
Key Points:

Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.



D4 Players Breakout before Attacking

Key Points:

To transition from defense to offense all the players must come out over the blue line and stay on side when they turn back to attack. The coach can designate modified rules for the game to work on either individual or team play skills.

Description:

1. One team attacks with the puck and tries to score.
 2. The defending team must breakout over the blueline and then turn back and attack.
- *Individual skills can be worked on. i.e.
- Skating-only backward skating allowed.
 - Team Play - goals come only on plays originating below the goal line.
 - Individual Offensive skills - an escape move must be made when you get the puck.
 - Individual Defense - sticks upside down until one shot is taken.

Today the rule was; DUMP THE PUCK IN AND GOALS MUST COME FROM PLAYS ORIGINATING BELOW THE GOAL LINE.

This was to work on the cut backs we just learned.



D100 Two Second Game

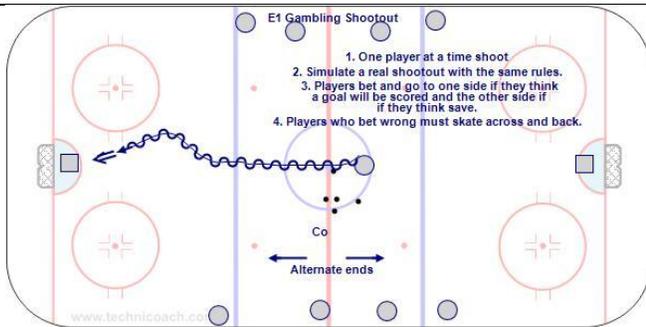
Key Points:

Players must switch right away from offense to defense to loose puck and constantly change roles from, 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from the puck.

Description:

1. Play a full ice game of 3-3, 4-3, 4-4, 5-4, 5-5, 6-5 with the extra players on the bench.
2. Play 45" shifts and pass back to your goalie when the coach whistles for a change.
3. Players can only have the puck for 2" and must make a play, gain a zone or shoot.
4. Possession from first touching the puck for over 2" leave the puck for the other team.
5. Encourage talking, facing the puck, always give a target.

*Don't blow the whistle if they have started shooting. Start time when the goalie gets puck. Keep score and losing or winning have a consequence.



E1 Gambling Shootout

Key Points:

Simulate a real shootout by placing the puck on the dot and the player starting on the whistle and the goalie not moving until the player touches the puck. Get the goalie used to shootout skating.

Description:

1. One player at a time shoots.
2. Simulate a real shootout with the same rules.
3. Players bet and go to one side if they think a goal will be scored and the other side if they think save.
4. Players who bet wrong must skate across and back.
5. Alternate ends.

Explanation/Notes:

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