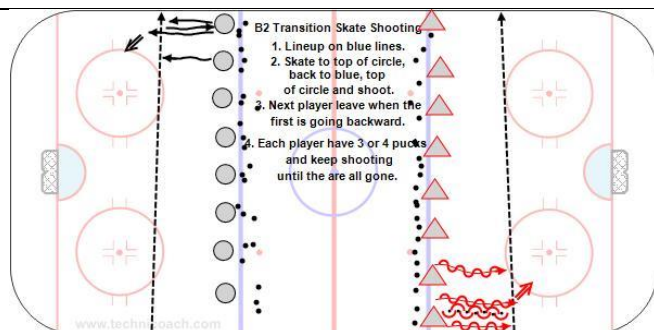




<b>Date:</b>	<b>Time:</b>	<b>Arena: Great Plains</b>
<b>Lines:</b>	<b>Notes:</b>	
Transition skate shooting		
Three 5' games 4-4 or 5-5.		
Dizzy – passing, timing, shots		
Full ice 5-5. At least one pass each zone.		
Continuous angling at each end		
Fitness. Speed Scoring Contes x 2		



10'

### B2 - Transition Skate Shooting - College F

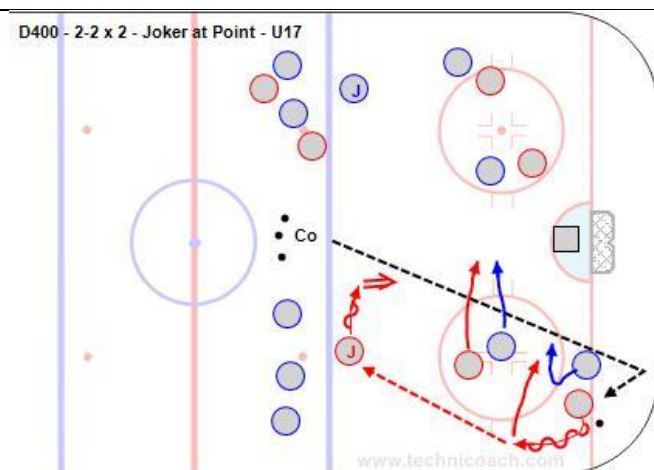
#### Key Points

Keep 2 hands on the stick and keep the feet moving. Hit the net.

#### B2 Transition Skate Shooting

1. Lineup on blue lines.
2. Skate to top of circle, back to blue, top of circle and shoot.
3. Next player leave when the first is going backward.
4. Each player have 3 or 4 pucks and keep shooting until the are all gone.

<https://youtu.be/uJfXMMQkfNo>



15'

### D400 - 2-2 x 2 - Joker at Point - U17

#### **Key Points:**

Players must quickly transition from offense to defense to loose puck. Don't check the Joker who must shoot or pass quickly to the offensive team. Defend from the net side and see the puck and see your man. Attackers protect the puck and get sticks free and gain the offensive side in support.

#### **Description:**

1. One Joker on the offensive team and a 2 on 2 in each half of the zone.
2. Coach fire in a new puck on a goal, frozen puck or puck out of play.
3. Games can be used to instruct good decisions and technique.

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4. Attackers protect the puck and go hard to the net.

5. Defender pass the puck to the coach.

6. Repeat on the other side while new players rotate in.

*\*This game works on all 4 Game Playing Roles and 3 Game Situations.*

*\*When the puck is at the point offensive and defensive support are the focus.*

*\*Game progression is use one puck and defenders pass to the opposite point to start that side.*

<https://youtu.be/MCbzeRy8jpw>

13'. Dizzy

## **B6 - Timing Around Circles - College W**

### **Key Points:**

Timing, pass while skating, cross overs with the puck, shoot while moving, rebound, screen and tip.

Possible 1-1 and catch and release.

### **Description:**

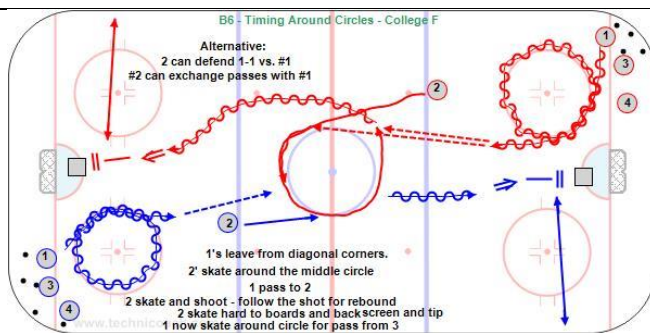
1. Players are in diagonal corners and one red and one white at the blue line.
2. Player one skate around the low circle with a puck, player two around middle circle.
3. Player one pas to player two who skates in for a shot.
4. Player one continue and now skate around middle circle for a pas from player 3.
5. Player three pass to player one and continue to the middle circle. Etc.
6. Player two follow shot for a rebound then skate hard to boards and back and screen.

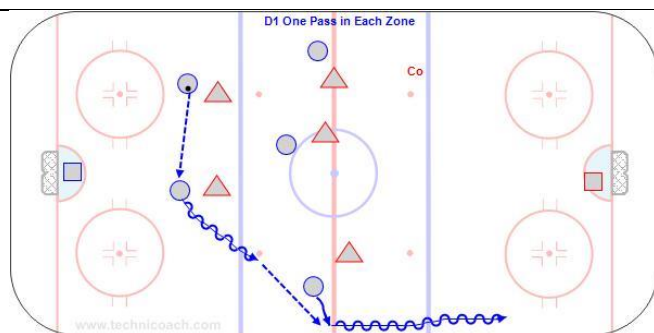
### **Options:**

*Player two can defend 1-1 vs next shooter or exchange passes or circle back and rebound.*

<https://youtu.be/ckOiQ9QI72E>

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15' Full ice 5-5. At least one pass each zone.

### **D1 One Pass in Each Zone - U18 F**

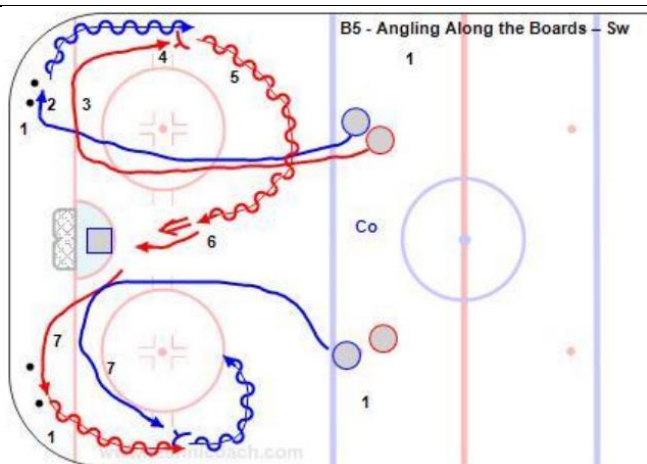
#### Key Points:

Close support, skate to open ice with the puck, give a target.

#### Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

<https://youtu.be/EhbNMhICMSs>



10' angling

### **B5 - Angling Along the Boards – College**

#### Key Points:

Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

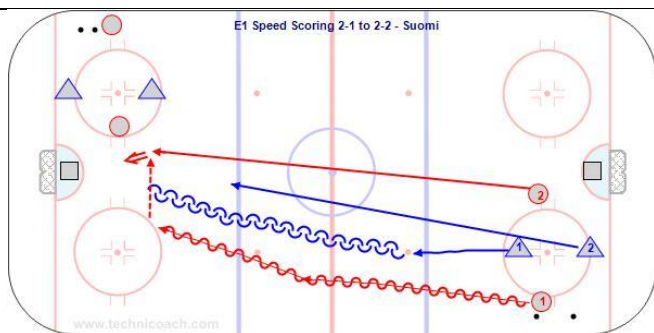
#### Description: 1

- Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.
- \* Repeat alternating sides.
- \* Do from both ends.

<https://youtu.be/9x2B0bHkgfU>

### **T3 - C5 – Steer – Angle – Finish – Score – U15 G**

<https://youtu.be/FLYqe5oNHws>



12' Fitness. Speed scoring x 2

### **E1 Speed Scoring 2-1 to 2-2 – Finland**

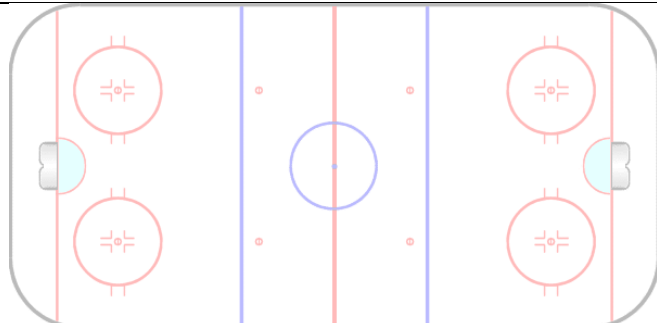
#### Key Points:

The purpose is to attack as quickly as possible and pass and shoot while skating.

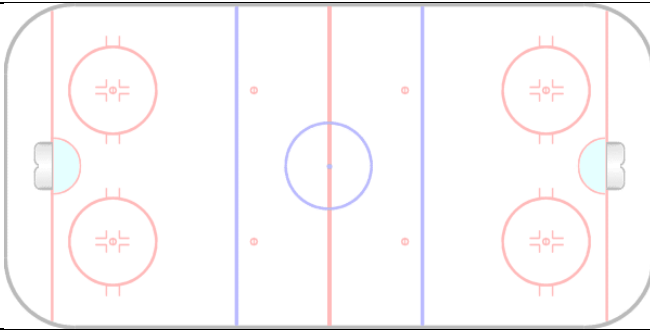
#### Description:

1. Start from one end and when everyone is gone go the other way.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score and only ONE PASS is allowed.
6. Keep score.

<https://youtu.be/CJeQogDhiAw>



**Explanation/Notes:**



**Explanation/Notes:**

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