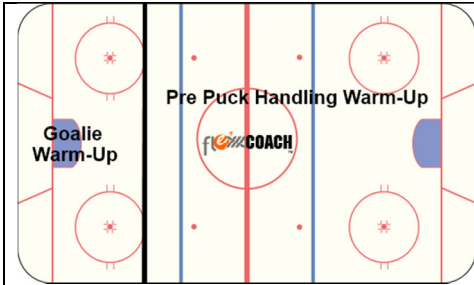


## Small Area Game Day - Weeks 3&4 -

34 Skaters & 4 Goalies - 80 Minutes



### 1) Pre-Puck-Handling & Goalie Warm-Up (10/10)

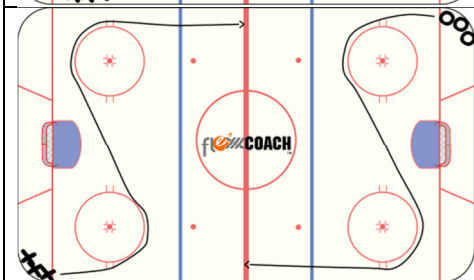
**Puck-Handling – Nodler**  
**Goaltenders - Husted**



### 2) Over-Speed Skating by Team (20/30)

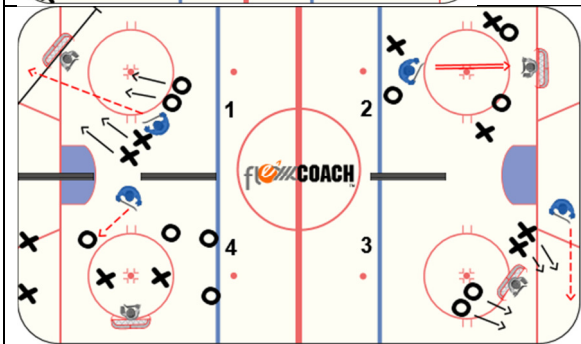
All over-speed drills are done for 4 repetitions (1 per 1:15)  
First two reps are without pucks, Second two reps are done with pucks & shots

- a) Big Circle Forward (4x)
- b) Big Circle Backward (4x)



### 2) Over-Speed Skating Continued

- c) Russian Circles Forward (4x)
- d) Russian Circles Backward (4x)



### 3) The Four Roles of Hockey Games @ 9 min/per(36/66)

#### 1) Goal Line Game 2v2

Players compete 2v2 in a small area. Team with the puck is on offense. When defensive team steals the puck, they must carry or pass the puck below the goal line before they can then go on offense & attack. **Focus on: body contact, offensive zone play, defensive zone play, scoring, competing**

<https://www.youtube.com/watch?v=7TIfYW-i76A>

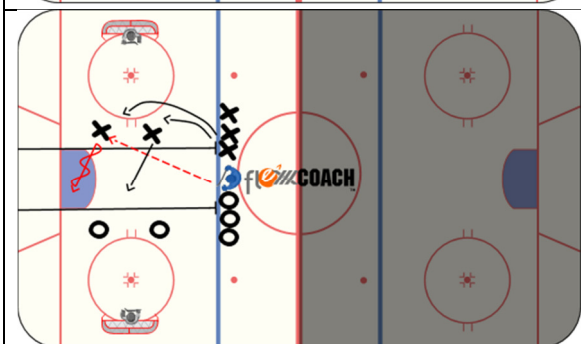
**2) Rebound Game** – Players set up as diagrammed to start play. Defensive players should be on the inside of offensive players and look to make contact with offensive players and keep them away from the net. Coach shoots low off pads of goaltender to create rebound and net front battle.



**3) 2v2 Quick Battle** – Coach spots puck along boards for 2v2 battle until goal is scored. Winner's celebrate & rest, losers play again.

#### 4) Nobles Transition 2v2

Players play 3v3 in each zone. One team is on offense, the other on defense. When the defending team steals the puck they pass to their teammates who are waiting on the side boards. The 3 that just passed to their teammates leaves the zone, the 3 that were on offense become defense, and the 3 that received the pass attack on offense. **Concepts: Offensive zone concepts, Defensive Zone concepts**



#### 4) Transition 2v2 (14/80)

Game starts off with one team going on a 2v2 versus the opposing team. As they attack, 2 new players from their team fill in behind at the half way line. If offensive players score, they get new puck, if defenders get puck they transition to offense and attack the 2 new players waiting for them at the half way line. When offensive players lose puck they can battle to re-gain possession until the mid-line

**Concepts: puck support, offensive line rushes, defending the line rush, offensive zone play, defensive zone play, transition.**