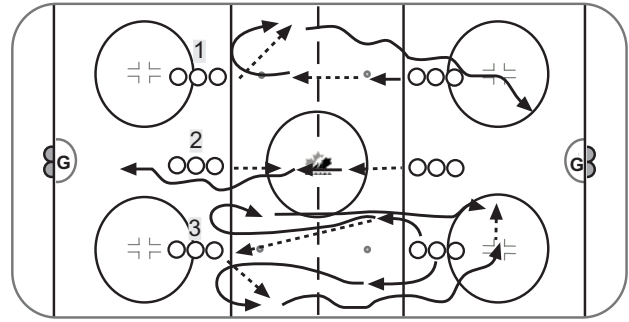


Practice 4

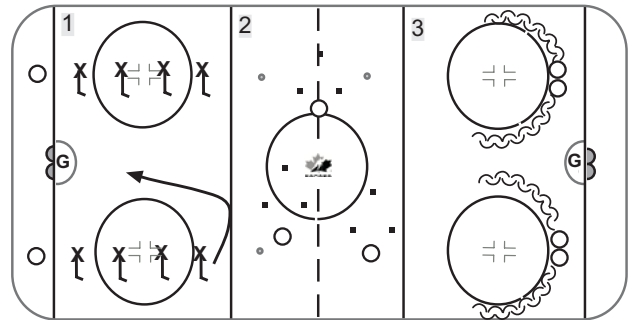
Drill Name & Description
Spokane Warm Up

- 1) 2 lines at each blueline in line with the dots
- 2) #1 – O1 goes down ice with puck one touches to D1. O1 goes to back of opposite line and Δ1 then one touches to O1.
- 3) #2 – O1 starts backwards passes to O2 going forwards to other blue line. O1 peels off and then goes to the back of the line and Δ1 goes.
- 4) #3 – Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



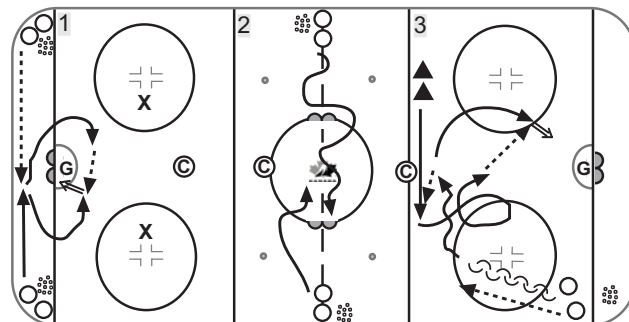
Drill Name & Description
Skills Stations 1

- 1) Agility Sticks**
Place sticks on top of pylons in a straight line and have players skate through them performing different moves with the puck working on quickness, later puck movement and creativity.
- 2) 3 Puck Stickhandling**
Players in neutral zone, place 3 pucks in a triangle and work on fast hands, and puck movement.
- 3) Alarm Clock**
Players line up beside each other on bottom of circle and race forwards to hashmarks, back to bottom of circle, forward to top of circle and backward to bottom. Add pucks



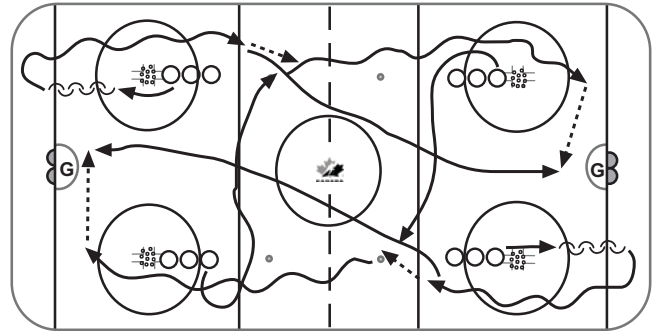
Drill Name & Description
Skills Stations 2

- 1) Shooting / Scoring – Down Low Exchange**
Players start in both corners, on whistle skate towards each other exchange puck behind net and walk out front for shot or pass to score.
- 2) Agility Nets – NZ Puck Control – Finish With Shot**
Place 2 nets in centre have players start at same time from the opposite side of the ice working on quick feet, quick hands, faking out each net and each other.
- 3) D Man Mobility – D Activate**
D starts in corner skates backwards gets pass from corner, skates towards middle of ice, drops puck to other D skating along the line, who then moves towards the net, delays then passes to the original D going to the net for a shot.



Drill Name & Description
Entries - Middle Drive

- 1) F1 and F2 leave on whistle.
- 2) F1 takes puck around the cone and up the boards while F2 cuts hash marks and sprints over to support.
- 3) F2 receives pass and drives wide while F1 goes to the middle driving mid lane directly to far post.
- 4) Keep feet driving through hash marks / Drive to par post / F2 go to the net after the pass.

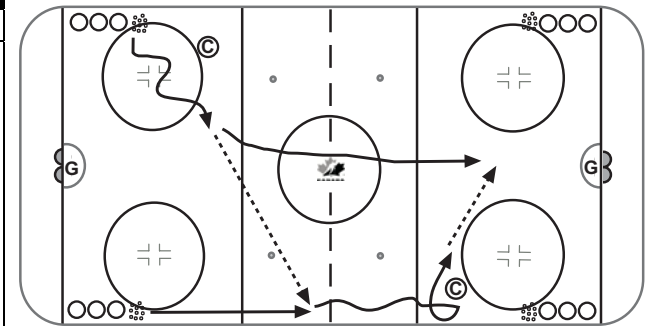


Drill Name & Description
Entries - Delay

- 1) Same drill as above
- 2) F1 saves his ice in neutral zone to ensure he is an option.
- 3) F2 looks for F1, then fills in as a high man.

Key Teaching Points

- 1) F2 drives deep and off the boards to create space.
- 2) Protect puck on the delay.
- 3) F1 save ice for timing purposes.
- 4) F2 fill in as high man.

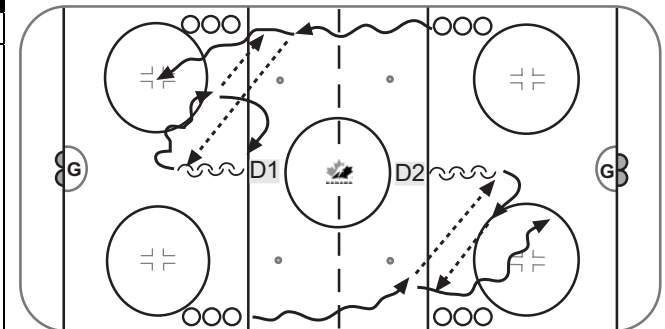


Drill Name & Description
NZ Up – 1 on 0

- 1) D1 and D2 on blue line in middle.
- 2) D receives pass from forward skating toward them.
- 3) Fwd then skates to support for return pass, then skates down for shot – STOP AT NET AFTER SHOT
- 4) D gets back to middle and looks for pass from other side.

Key Teaching Points

- Players sprint to puck in straight line.
- Stop and quickly go back.

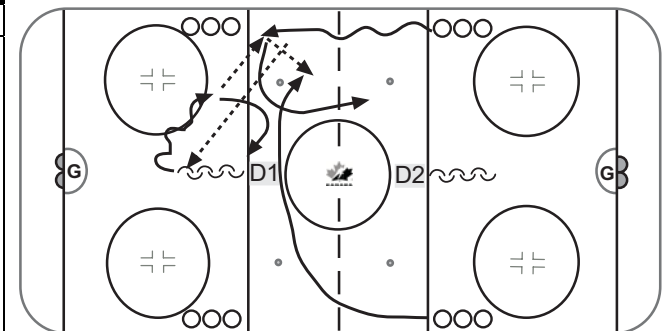


Drill Name & Description
NZ Up – 2 on 1

- 1) Same as above except 2 fws skate toward D.
- 2) F1 moves puck to D1 and gets return pass.
- 3) F2 provides middle support to D1 and low support, with speed, to F1.
- 4) F1 can chip puck to F2 or give a direct pass.
- 5) F's go down 2 vs 0 while 2 F's leave from the other blue lines.

Key Teaching Points

- D move your feet.
- F2 get over to provide middle support below F1.





High Performance Haute Performance

Drill Name & Description

Angling Gate Drill

- 1) Coach at center ice with pucks spots a puck to either line.
- 2) Players react to spot.
- 3) Player on puck side retrieves puck and attempts to come up ice.
- 4) Other player touches up at his blue line and closes the gap to angle outside. 2 on 2 to add progression

Key Teaching Points

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

