

2024 Dec 2 SQ/8U

Date: Nov 14 2022

Time: 2:05 am

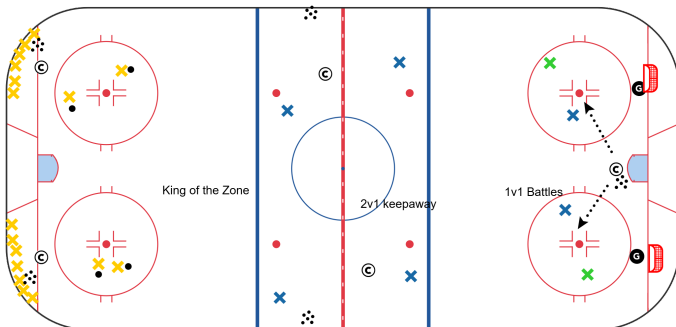
Duration: 60 mins

Free Skate

6 mins

Swedish Warmup

12 mins



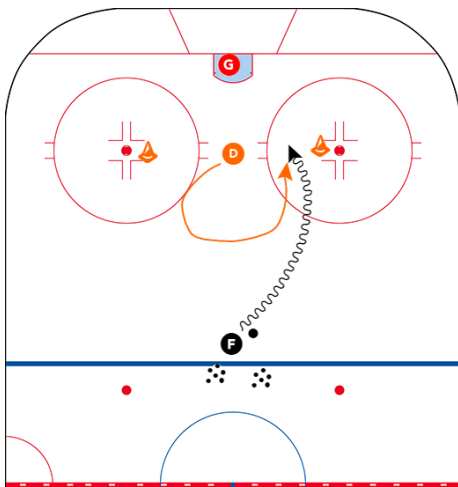
Players jump into the zone and do activity for about 15 seconds. On whistle they jump to the next zone. After the 1 vs. 1, players skate back into line along the boards.

4 Stations

0 mins

Blashill 1v1 Angling

7 mins



Offensive player starts with a puck and tries to attack the net and score. Defending player attempts to use angling and stick position to force the offensive player outside the cones/dots and force a low angle shot. Start with no cut backs, then add them in as an option for offensive player.

Adjust the space between players and between cones depending on skill level.

Key Points

Offensive player:

- Use speed
- Protect puck

Defensive player:

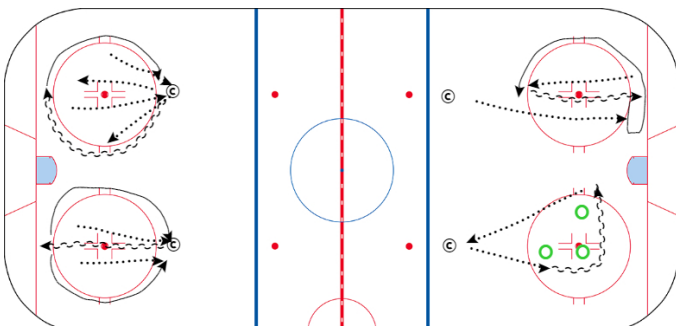
- Force his direction (to back hand if you can)
- Turn his toes
- Good stick position (middle in space, then stick on puck)
- Back hip as a guide until contact

Skating - Edges

8 mins

Defense Transition Passing

8 mins

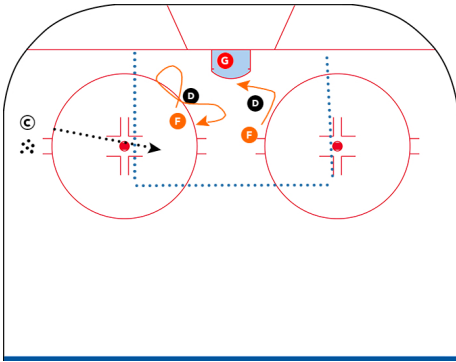


Circle Drill- Top Left, Continuous Passing
Escape: Upper Right
Butterfly Drill- Bottom Left
Forehand: Lower Right

Half Circle w/
L Drill- Keep puck on

Key Points

Good sticks, head up, underhandle



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) passes pucks toward the net attempting to create scoring opportunities.

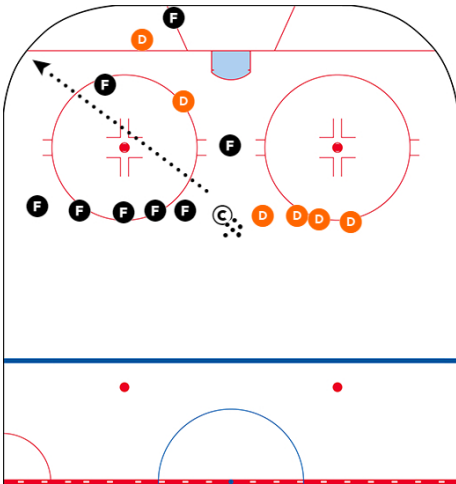
Key Points

Defense

- Emphasize D-side positioning
- Head on swivel
- Good sticks

Offense

- Find open space
- Practice net front concepts of positioning, screens and timing



3v2 below the top of the circle. Defense must try to skate the puck out. Forwards try to score.

Key Points

- Puck support and possession
- Communication
- Off/Def Zone Concepts