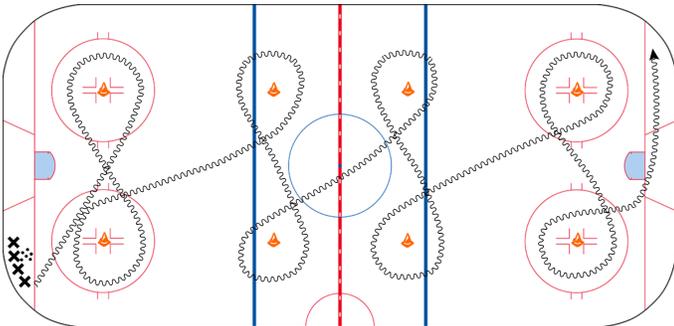


2021-Nov 22-Ban

Duration: 75 mins

Top Hand Warm Up

7 mins



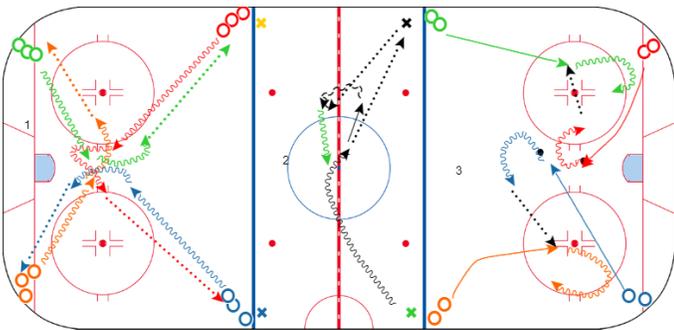
- Skate and carry puck, at casual speed, with TOP HAND ONLY.

FOCUS:

- Maximize blade on ice, elbow up, keep puck on forehand.

4 Corner Passing

8 mins



- On whistle, first play in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
- Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
- 2 pucks start in the middle. the first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks

Key Points

Eye contact, good targets. Flat hard passes.

Goalies - Stick Rebound Control

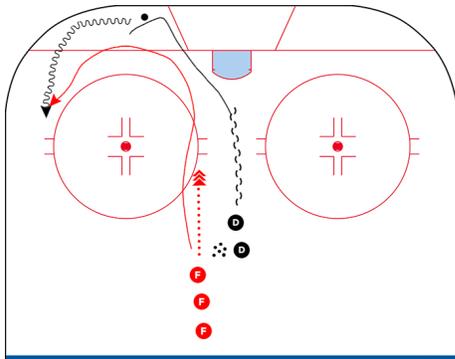
0 mins

Split - 1v1 FC, RIT, 2v1 ZE, FS

0 mins

1v1 Forecheck

8 mins



F dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

F forechecks and creates angle on **D** for body check.

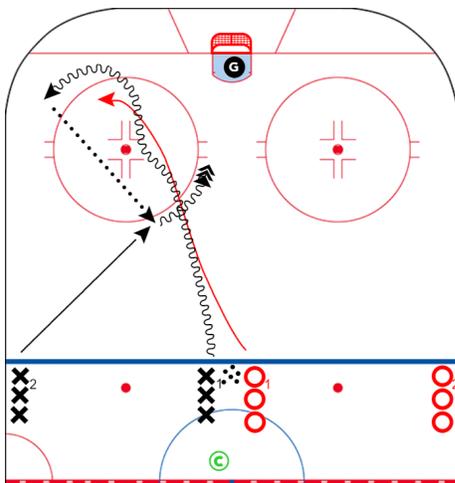
If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.

Key Points

- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade. After a few reps, allow D to reverse sides.
- Win 1v1 battle

RIT Pass Under Pressure

8 mins



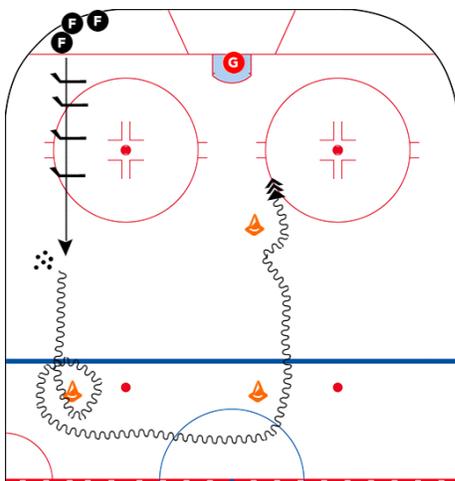
- **X** 1 starts with a puck and is in front of **O** 1 maintaining position.
- **X** 1 uses fakes & misdirection to create space between the opposition.
- **X** 2 times their route to the net. Faster is not always better.
- **X** 1 makes the move either right or left to open up and pass puck to the driving **X** 2.
- **X** 2 finishes with a shot.
- **O** 's begin with the puck on the other side.

2 v 1 Zone Entry

8 mins

Quick Start with Fake Shot

8 mins



Setup: Line up 4-5 sticks parallel to each other at increasing distances apart. Add a couple of cones to work in additional skating concepts and a cone for a defender.

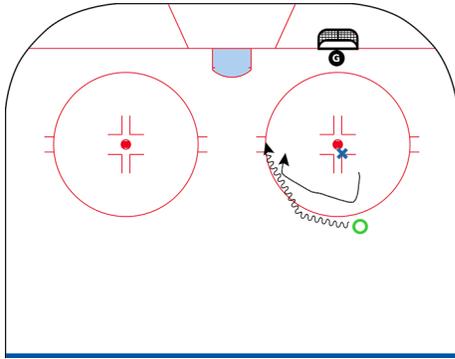
Player performs a quick start from a stopped position at goal line, then picks up a puck, skates around cones and finishes with a fake shot and quick shot.

Key Points

- Stride should start short and expand with each stride on original start
- Sell the fake, one step and quick release

Defend the House

9 mins



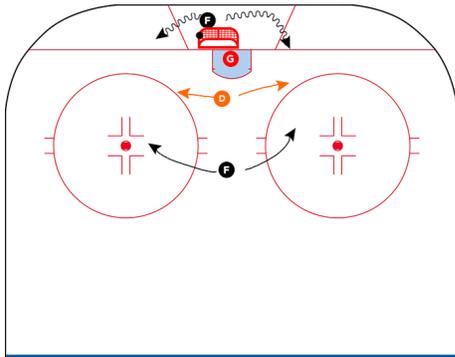
The defensive player X begins on the dot. Throughout the drill, X must remain in the circle. The Offensive player O must attack the grade A scoring area by moving inside the faceoff circle. Player O can only shoot from inside the circle.

Key Points

Attacker focuses on deception, 1v1 attack, puck protection and shooting in traffic while the defender works on defensive body and stick position, defending a defined area and working with the goalie.

2v1 Heels to Net

9 mins



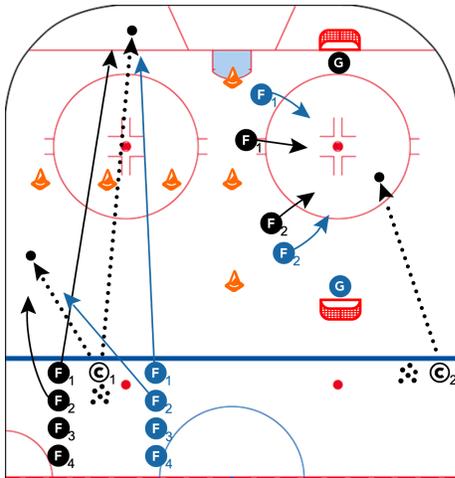
Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

Key Points

- D - Use shoulder checks and good body/stick positioning
- F - Work on deception, moving to open ice and plays from behind the net

Air Force 2 vs 2

10 mins



- Split one zone down the middle with cones. On one half, set up two nets. On the other side, split it into half again using cones.
- Start the drill with Coach 1 dumping a puck into each zone on that side of the ice. Both F1's race to the far puck and engage in 1 vs 1 keep away. Both F2's race to the puck in the closest zone and play 1 v 1 keep away.
- After 15 seconds, whistle blows. Coach 2 dumps a puck in the zone with two nets. F 1 & F 2 engage in a 2 vs 2 against F 1 & F 2 in that zone. At the same time, Coach 1 starts F3's and F4's in the next round of 1 vs 1's.

Key Points

- Emphasize puck possession and compete level
- Manage work-to-rest ratio depending on age group