

2021-Nov 29-SQPW

Need 4 Nets

0 mins

Skating: 1 Leg Stops, IN/Out - Zippers F/B

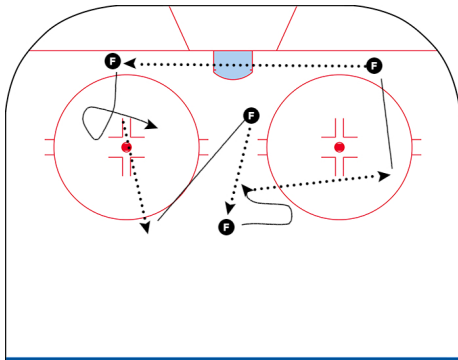
8 mins

2 Puck - Adapt to 3 Pucks, 6 players. Run in 2 zones

0 mins

2 Puck Passing

7 mins



Four players skate and pass to each other with two pucks in a confined area. After receiving a pass, players must take two hard strides, power turn, get their head up and make a pass.

Key Points

Encourage players to keep feet moving in and out of turns and through their passes.

Players must get their eyes up to read the ice before making a pass.

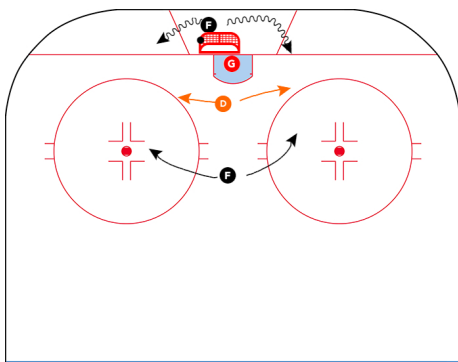
Communication should also be encouraged.

Goalies - Do Skating, Recovery Leg w/ Rebounders

0 mins

2v1 Heels to Net

7 mins



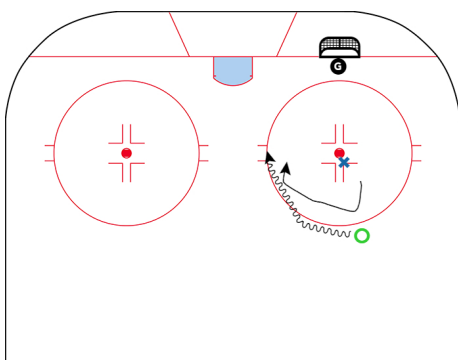
Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

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

Defend the House

7 mins



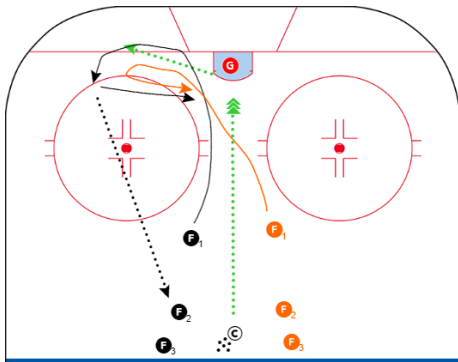
The defensive player X begins on the dot. Throughout the drill, X must remain in the circle. The Offensive player O must attack the grade A scoring area by moving inside the faceoff circle. Player O can only shoot from inside the circle.

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 Rebound

7 mins



A coach or player dumps the puck on net and the goalie plays it to either corner. Both F1's compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player to begin a 2 vs 1.

The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

Variations:

- Adjust F1 starting point (slot, net front, facing puck/net)
- Adjust F2 starting spot (point, high slot, corner)
- For younger players, shrink the space.

Key Points

Offense Key Points

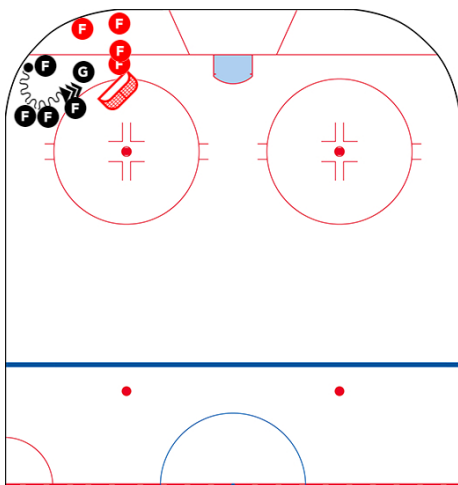
- Anticipate rebound direction
- Players who arrive at the puck first should work on deceptive fakes with their body to escape from the corner.
- Shoulder checks (find pressure & support)
- The point should be active calling for the puck and moving to space.

Defense Key Points

- Have good stick position. Do not swing your stick as it will open up passing lanes and make you off balance.
- Try to force a bad angle shot.

Corner 1v1

8 mins



Two players battle in small area. Each player tries to score on the same net whenever possession is won.

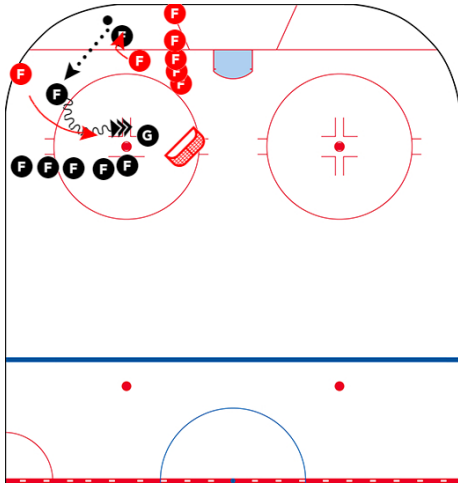
Have players line each side and try to keep pucks in play.

Key Points

- Quick transition to offense
- Separate opponent from puck (body/stick checks)
- Defensive side of puck
- COMPETE!

Corner 2v2

8 mins



Teams of 2 battle in small area.

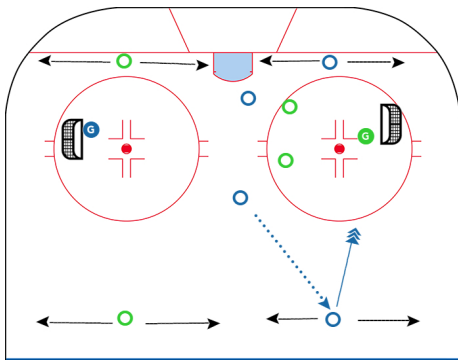
Each team tries to score on the same net whenever possession is won. Have players line each side and try to keep pucks in play.

Key Points

- Quick transitions to offense & defense
- Communicate
- Separate opponent from puck (body/stick checks)
- Defensive side of the puck
- COMPETE!

2v2 Flank Game

8 mins



Play 2 v 2 with two support (flank) players. The flank players can only skate up and down their flank and not into the play. The players playing 2v2 don't have to pass to the flankers but can as much as they want to create a 4v2 situation. On the whistle the 2v2 players leave the zone, the flankers become the 2v2 players and the next in line from the sideline become the flankers.

Key Points

Puck support, power play, PK, transition.