

Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches
Drills/times: free play (5 min) , SAG 10 min, 3 stations @ 7min each (21 min) 2 stations @ 7 min each (14 min) SAG @ 10 min = 60 min

2 v 2 + 1 Add On Game (10 mins)

Players start 2 v 2. Players can “add on” to their team by completing a pass to the first player in line on the blue line. The player on the blue line cannot be added unless he / she completes a pass back to a player already in the game. When a team scores, go back to 2 v 2.

Skills & Concepts: puck support, hockey sense, passing, receiving, power play, penalty kill, body contact, communication, transition



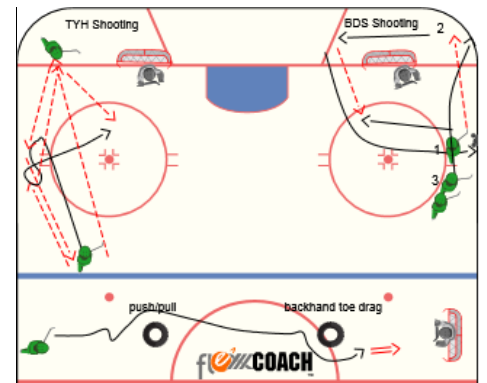
3 Stations – (7 mins each, 21 minutes total)

TYH Shooting, BDS Shooting, Pull / Push to Backhand Toe Drag Shooting

TYH Shooting (7 mins)

Player 1 in line passes to player 2 at the goal line, player 1 opens up at the boards and receives a return pass. 1 then passes to 3 who is next in line and 1 opens up again towards the boards for a pass from 3. When 1 receives that pass he underhandles and shoots to score.

Skills & Concepts: passing, receiving, breakouts, shooting, scoring



BDS Passing / Shooting (7 mins)

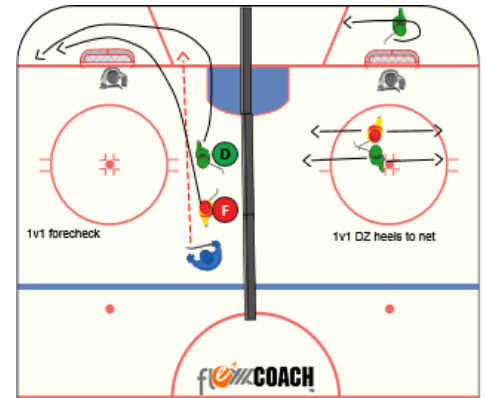
Puck starts with player 1 on the half wall. 1 passes to 2 in the corner. 2 sprints behind the net who hits 1 closing in the slot. 2 now sprints to the half wall to retrieve a loose puck. While 2 is sprinting to the loose puck, 3 skates to the corner (2 becomes 1, 3 becomes 2) and the drill continues. Emphasize sprinting back to the loose puck. BDS stands for backcheck, dish, and score. Variation, have the pass to the corner be a wrap.

Skills & Concepts: passing, receiving, taking wraps, scoring, offensive zone play, backchecking

Pull-Push, Back Hand Toe Drag Shooting (7 mins)

Player gets to the first tire and performs a pull push move (keeping puck on the forehand) around the tire; at second tire, they back hand toe drag the puck around the tire and take a quick wrist shot.

Skills & Concepts: Skating, puckhandling, underhandling, shooting, scoring



2 Stations – (7 mins each, 14 minutes total)

1 v 1 Forecheck (7 mins)

Coach spots a puck below goal line. D starts backwards, pivots and retrieves puck with objective of skating it above top of circle. F forechecks with the objective of stealing the puck for a scoring chance. Progression - 1F vs 2D (teach D to D/reverse) and 2Fvs 2D.

Skills & Concepts: game situations, breakouts, forechecking, passing, defending, body contact, scoring



1 v 1 Heels to Net D/Z (7 mins)

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

Skills & Concepts: game situations, passing, receiving, scoring, offensive concepts, defensive concepts, body contact, competing

Gretzky Game (10 minutes)

Play 3 v 3 with a support player (Gretzky) below the goal line on their attacking net. You must pass to your Gretzky before you can attempt to score. Defending players may not defend Gretzky, you must pick up an offensive player instead. Offensive players must move feet to get open for a scoring chance. Gretzky may skate laterally below the goal line.

Skills & Concepts: puck support, offensive zone play, defensive zone play, power play, penalty kill, transition