

**PRACTICE #5: The Final Push (1. 20 Hrs)**

Goal- Transfer the skills and concepts worked on throughout the week into more game like situations. Provide more chaotic situations for players to think quickly, and move the puck.



**(20 Min) Powerskating and Edgework \*Madie + Jess\***

**(40 Min) Stations: (4 x 10 min) \*8 players per station**

**#1: The Talbot and Silverman Angling Builder**

- This is a builder off the angling station done in Pract 3
- Now adding new elements with a 2<sup>nd</sup> offensive player for a 2v1, and defensive for a 2v2
- With the 2v1, add the rule of no passing until the top of the circle, so the offensive player has to earn space...Defensive player needs to get up ice and attack

**Emphasize taking away space and not back away from the attack.**

**#2: 2v2 from Chaos**

- Players will start in the center ice circle skating around, once the puck is chipped in by the coach. Players can activate and play a quick 2v2.
- Purpose of this drill is to put the players in a reactive situation

**- These shifts should be quick for them 20 seconds max. Continue to emphasize pressuring the puck, and creating space.**

**#3: 2v2 Transition Game (Pass through gates to score)**

- O's will start on offense, attacking the zone to try and score a point by passing through the "gate"
- If X's get the puck back they need to skate to at least above the dot before passing to the next pair waiting to attack in line.
- O's then become the defensive team, while a new pair of X's attack.

**Encourage Quick transitions, supporting the puck, and pressuring the puck!**

**#4: Small Space Golden Road 2v2**

- In order to score, a team must pass across the golden road.
- Being that there is one net, should a change of possession happen...the new offensive team has to regroup with the coach.
- Players should be able to get some one-time opps, and move the puck quickly.

**(20 Min) SAG's**

**#1: NZ Regroup Game**

- Each team will have a player (yes they can rotate) behind their own net.
- **On change of possession, team must regroup with their support player!**

**#2: Golden Road 3v3**

- Building off the station, players now have more space to work with.
- In order to score a goal, team must pass across the golden road.

