

**Objectives:** skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

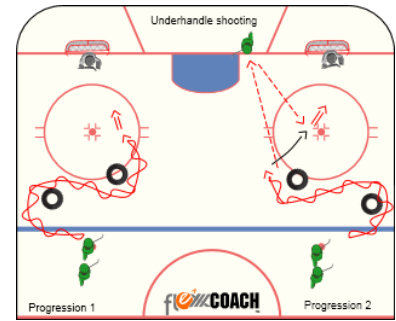
**Drills / Times:** free play (5 mins) , 6 stations @ 5mins each (30 mins each) 2 SAG @ 12 mins each (24 mins) = 59 minutes

**Underhandle Shooting Progression: (10 mins - 5 mins each side)**

1<sup>st</sup> progression - players skate around tires keeping the puck on their forehands the entire repetition, shooting in stride when they clear the second tire.

2<sup>nd</sup> progression - players skate around the tires keeping the puck on the forehands the entire repetition and they make a give and go with a player near the net after they clear the second tire. The passes should either be one-touched or catch and pass (DO NOT dust the puck off)

**Skills:** puck handling, passing, skating, shooting under pressure



**High Roll Shooting (10 mins - 5 mins Each Side)**

Puck starts with the player at the point. He / she rims it to the player behind the net. The player behind the net picks it off the runner properly with his / her stick and skates up the wall with it. When the player behind the net begins up the wall, the point man moves down the wall. The player with the puck stays to the inside and exchanges it with the point man. The point man carries it to the goal line and hits the other player in the high slot for a scoring attempt.

**Skills:** passing, receiving, taking wraps, scoring, offensive zone play



**Loose Puck Races – Stops / Starts (5 mins)**

Players start on the hash marks and when coach says go, they sprint to the blue line and stop and then race for the loose puck for an attempt to score.

**Skills:** skating, stops / starts, loose puck battles, scoring



**Quad Passing (5 mins)**

Player 1 passes to player 2 who passes back to 1. 1 then passes to 3 who passes to 2 who has rotated around the circle. 2 passes to 4 and moves to the back of the line. 1 becomes 3 and 3 becomes 2. 4 becomes 1.

**Skills:** passing, receiving, give and go's

**All Touch 3 v 3 Game (12 mins)**

Play 3 v 3 cross ice. Before any team can attempt to score, all 3 players must touch the puck at least once. After every transition from defense to offense, the same rules apply. This will promote puck support and communication.

**Concepts:** puck support, offensive zone play, defensive zone play, transition



**One Up and Hang On Game (12 mins)**

The basic rule of this game is that you can only win by one goal. When a goal is scored, the team that is winning by one cannot score again until the game gets tied. They must try to keep possession until the match is over. If the game gets tied up, then players play normally.

Note: If the team that is winning does score again, the goal is disallowed and a penalty shot is given to the trailing team. If they score to tie the game, then either team can now score again to go up one. Play continues until time is up and one team wins by a goal.

**Concepts:** Puck support, offensive zone play, defensive zone play, transition, passing, strategy, puck possession