

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 ea (21 min) 2 stations @ 7 min each (14 min) SAG @ 10 min = 60min

Hanger game out of corners (10 mins)

Play 3 v 3 with the nets in each corner. One player must remain on his offensive side of the ice thus creating a 3 v 2 for the other team on their offensive side of the ice. Promote offensive concepts such as tracking loose pucks and outnumbering the D before they can transition.

Concepts: puck support, regrouping, breakouts, power play, penalty kill, transition



3 Stations – (21 mins - 7 mins each)

Zone Entry Drives (7 mins)

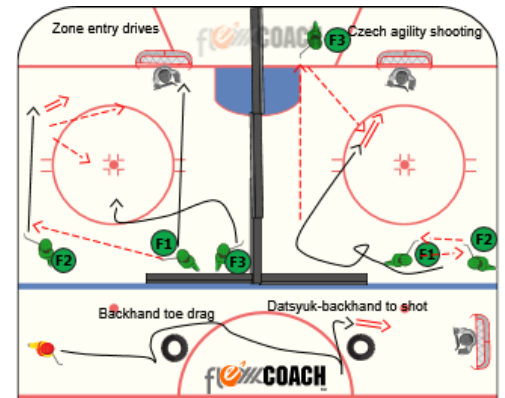
Player 1 passes to player 2 who drives hard down the wall. Player 1 drives hard to the net, player 3 buys time and becomes the late man. Player 2 can either shoot, pass to player 1 driving the net for a tip, or escape towards the boards to find player 3. Player 2 can't escape until below the hash marks.

Skills & Concepts: passing, receiving, zone entries, offensive concepts, shooting, scoring

Czech Agility Passing / Shooting (7 mins)

Player 1 pulls puck across blue line and passes back to player 2 in line. Player 1 pivots to outside and gets pass back from player 2. Player 1 now passes to player 3 for a quick give-and-go. Player 1 one-times the puck on net. 1 becomes 3, 3 goes to line, 2 becomes 1

Skills & Concepts: passing, receiving, shooting, skating, puckhandling, scoring, offensive play



Dangles – Backhand Toe Drag, Datsyuk Backhand Pull & Shoot (7 mins)

Player carries the puck and does a backhand toe drag at the first tire. At the second tire it is an exaggerated backhand toe drag, followed by a shot (like Datsyuk does on shootouts).

Skills: Skating, puckhandling, shooting, scoring

2 stations – (7 mins each, 14 mins total)

2 v 2 Keep Away and Attack on Whistle (7 mins)

Play 2 v 2 keep away in a small area. When the coach blows the whistle, the team with the puck is on offense. When defensive team steals the puck or the goalie covers the puck, the shift is over and the next 4 players go.

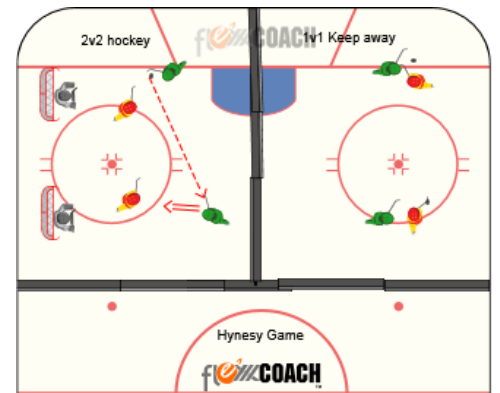
Skills & Concepts: body contact, offensive zone play, defensive zone play, passing, receiving, puck handling, puck possession, scoring, competing



Wrap Protect – to 2 v 2 (7 mins)

F1 wraps the puck to F2 who picks it up with stick on the runner and protects the puck. Once F2 has possession, D1 can pressure and F1 and F2 are on offense vs D1 and D2. Emphasize getting open. If the D steals the puck, they must skate it out of the zone, no throwing it away.

Skills & Concepts: puck protection, offensive zone play, defensive zone play, game situations, passing, receiving, puck handling, body contact, scoring



Hynesey Game (10 min)

Players begin by playing two separate 1 v 1 keep away games on the right side of the borders. On the whistle (30 seconds) the players playing 1 v 1 cross the borders and play 2 v 2 trying to score on a designated net. On the whistle, two new players always go in for the 1 v 1s and the players playing 1 v 1s go to the 2 v 2 side. After the first shift, 8 players will always be going at the same time.

Skills & Concepts: Puck handling, Puck support, passing, receiving, offensive zone play, defensive zone play, transition, strategy, puck possession, scoring, puck protection