

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

Drills / Times: free play (5 mins) SAG 11 mins, 3 stations @ 6mins each (18 mins) 2 stations @ 7 mins each (14 mins) SAG @ 12 mins = 60 minutes

Backcheck Game (11 mins)

Players start by attacking 2 v 0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team waiting to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change.

Concepts: puck support, breakouts, line rushes, backchecking, offensive zone play, defensive zone play, transition, line changes

3 Stations – Quad Passing, TYH Shooting, Piewot Shooting (18 mins -6 mins each)

Quad Passing with Shot (6 mins)

Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who catches and shoots (or one-times) without stickhandling.

Skills: passing, receiving, give and go's, team play, cycling, shooting, scoring

TYH Shooting (6 mins)

Player 1 in line passes to the player 2 at the goal line, player 1 opens up at the boards and gets a pass back. 1 then passes to 3 who was 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: passing, receiving, breakouts, shooting, scoring

Piewot Shooting (6 mins)

Player carries the puck and does a 360 pivot around the tire always facing the net and does the same at the next tire. As they come out of the last pivot, shoot on net without stickhandling the puck. Progression would be to add a give and go with a player standing next to the net before shooting.

Skills: Skating, puckhandling, passing, receiving, shooting, scoring

Wrap Progression (7 mins)

Part 1 -Player 1 wraps the puck to player 2 behind the net. When player 2 gains possession he attacks the net for a jam or reverse jam attempt. Part 2 –Player 1 wraps the puck to players 2 behind the net, player 2 protects it and looks to hit player 1 for a one timer. Part 3- Player 1 wraps the puck to player 2 behind the net. Player 1 comes down to defend player 2 who is trying to score 1v1.

Skills: puck protection, breakouts, wraps, passing, shooting, scoring, team play.

2 v 2 Gretzky (7 mins)

Play 2 v 2 in the corner to gain possession of the puck. Whoever has it is on offense and must pass to Gretzky behind the goal line before he can attempt to score. Gretzky is encouraged to move laterally. Teach moving to get open and picking up sticks defensively.

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

Breakout / Forecheck Modified Regroup Game (12 mins)

Play 3 v 3 cross-ice - Before you can attack the opposition's net, you must regroup with a player on your team who cannot move above the goal line. In addition, the regrouping players must come below the line that goes across the hash marks closest to their net to ensure good breakout habits / support. The regroup player may move anywhere below the goal line but cannot come above it. One of the attacking forwards must pressure the regroup player as if he were forechecking. Move to get open on the regroup and stay below the line.

Concepts: puck support, breakouts, regroup, line rushes, forechecking, transition

