

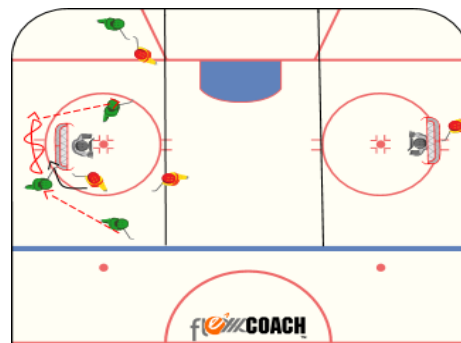
Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

Drills/times: free play (5 mins) SAG 10 mins, 3 stations @ 7mins each (21 mins) 2 stations @ 7 mins each (14 mins) SAG @ 10 mins = 60 mins

Offsides w/ Regroup Game (10 mins)

Before a team can attack the opposing goal, they must regroup in their defensive half with a defenseman behind their net. After they regroup in their own zone they can attack the opposing team but must stay onside at the attacking blue line. If they go offside, blow a quick whistle to signify a turnover. Another variation is to make the attacking team complete a pass before going over the center line.

Concepts: puck support, breakouts, regrouping, line rushes (zone entry), forechecking, offensive/defensive zone play, transition



3 Stations – TYH Shooting, Tomas Agility, Dangle Shooting (21mins – 7 mins each)

TYH Shooting (7 mins)

Player 1 in line passes to the 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: passing, receiving, breakouts, shooting, scoring

Tomas Agility Passing / Shooting (7 mins)

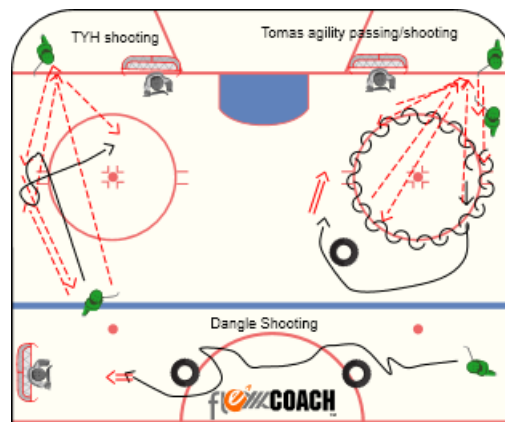
Player skates around the circle always facing the line in the corner constantly exchanging passes. When the player going around the circle gets to the top of the circle, he does a 360 around the tire, keeps the puck on his forehand, underhandles and shoots to score.

Skills: agility skating, passing, receiving, give and go's, shooting, scoring

Dangle Shooting (7 mins)

Player gets to the first tire and pushes, pulls, and pushes the puck around the tire, at second tire, they push and pull around the tire and underhandle and shoot. Switch order every time.

Skills: skating, puckhandling, underhandling, shooting, scoring



Puck Protection 2 v 1 (7 mins)

Coach throws a wrap to a covered player behind the net. The player must take the wrap and protect the puck by escaping towards the boards and not opening up towards the defender. His job is to protect the puck and find his teammate out front. Play out the 2v1.

Skills & Concepts: puck protection, wraps, passing, shooting, scoring, team play

2 v 3 Tight Area (7 mins)

2 offensive players compete with 3 defensive players in a tight area. The two are trying to score while the 3 are trying to take the puck away from them and pass it back to the coach. Once they get it to the coach (like a break out pass) a new group goes.

Emphasize out numbering the puck.

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



Forecheck Game

Play 3 v 3 - Before they can attack the opposing net, they must skate the puck behind their own net while the other team forechecks. Emphasize good angles and reading and reacting.

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

