



## 14U Practice # 11 & 12

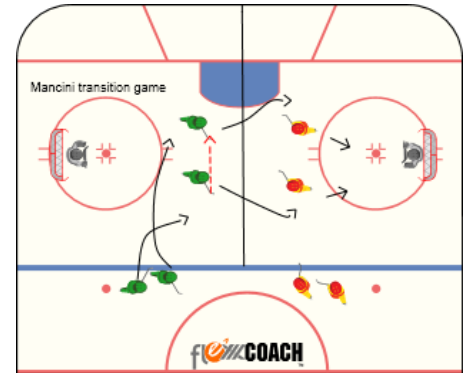
**Objectives:** skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

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

### Mancini 2 v 2 Transition Game

Game starts off with one team going on a 2v2 versus the opposing team. As they attack, 2 new players from their team fill in behind at the half way line. If offensive players score, they get new puck, if defenders get puck they transition to offense and attack the 2 new players waiting for them at the half way line. When offensive players lose puck they can battle to re-gain possession until the mid-line

**Concepts:** puck support, offensive line rushes, defending the line rush, offensive zone play, defensive zone play, transition.



### 3 Stations – (7 mins each, 21 mins total)

**Yak Pull Up Shooting, Quick feet Shooting, 360 / Push Shooting**

#### Yak Pull Up Shooting (7 mins)

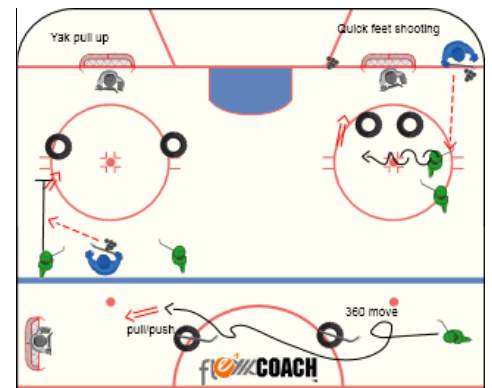
Players are in line by which way they shoot. Righty's are in the line to the left of coach, lefty's are in the line to his right. Coach passes to a player on their backhand and they drive at the tire in front of them. As they near the tire, they put the brakes on, pull up and get a quick shot off by going from backhand to forehand as quickly as possible.

**Skills:** passing, receiving, zone entry, shooting, scoring

#### Quick Feet Shooting (7 mins)

Coach passes to a player behind the tire. Player catches pass and keeps it either on his forehand / backhand depending on which way they shoot. If catch on forehand, keep on forehand and cross over to other tire and pull to backhand for a shot. If catch pass on backhand, pull puck on backhand while crossing over and get to forehand for quick shot. Switch sides each time.

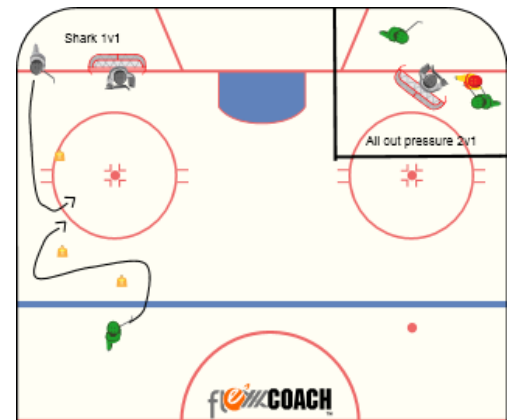
**Skills:** agility skating, passing, receiving, shooting, scoring



#### 360 - Pull Push Dangle Shooting (7 mins)

Player gets to the first tire and performs a 360 spin-o-rama around the tire; at second tire, they pull (toe drag) and then push the puck around the tire and underhandle and shoot.

**Skills:** Skating, puckhandling, underhandling, shooting, scoring



### 2 Stations – (7 mins each, 14 mins total)

#### Shark 1 v 1 (7 mins)

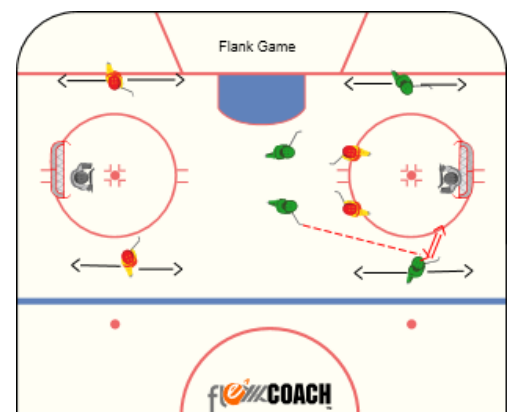
Offensive player starts on the offside dot and the defensive player starts on goal line. When coach says go the offensive player underhandles around the cones and the defensive players skates up and pivots around the cone to play a quick 1v1.

**Skills & Concepts:** 1 v 1 play, game situations, puck handling, defending, body contact, scoring

#### All Out Pressure 2 v 1 Tight Area (7 mins)

Players compete in a tight area in a 2v1 situation. The defenders job is to put all out pressure on the puck and the offensive players must make plays in tight areas under duress.

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



#### Flank Game (10 mins)

Play 2 v 2 with two support (flank) players. The flank players can only skate up and down their flank and not into the play. The players playing 2 v 2 do not have to pass to the flanks but can as much as they want in order to use the 4 v 2 PP situation. The flank players can pass or shoot when they receive the puck. On the whistle for a change, the players playing 2 v 2 leave the zone, the flank players become the 2 v 2 and the new players (from sideline) become the flank players.

**Skills & Concepts:** puck support, power play, penalty kill, transition