

## Skills & Drills - Weeks 3&4 - 8/31&9/14

34 Skaters & 4 Goalies - 80 Minutes

### 1) Puck-Handling/Goaltending Warm-Up (10/10)

### 2) Dynamic Skating/Goalie World (8/18)

Quick Feet Transition Drills

- 2 Drills X 2 Reps Forward Without Pucks
- 2 Drills X 2 Reps Forward With Pucks
- 2 Drills X 2 Reps Backward without Pucks
- 2 Drills X 2 Reps Backward with Pucks

### 3) 5 Stations @ 10 minutes (50/68)

**1) Puck-Skills & Front Foot Shooting** – Players make designated moves through barrels, loop around the last barrel and shoot off front foot with stick & puck on one side of bumper & skates on the other.

**2) Fore-Hand Carry & Pass** – Players carry 5 lb. puck thru pattern as diagrammed, moving their feet & positioning their hands away from their body to keep the puck on their fore-hand. When pattern is finished, player passes to first player in line. (3 min left to right, 3 min right to left, then 2 min each way with puck)

**3) Vieramaki Gate Game** – Goals made out of 2 tires. Puck starts 4' in front of O. On whistle O collects puck & tries to maintain possession in 1v1 battle vs X. Score by skating thru far cones (inside to outside). 30seconds per game. If defensive team gains possession they can score on opposite cones.

**4) Puck-Handling with Body Contact** – Coaches stand where diagrammed, X skates to right of coach, receives bump (with blocking pad) & uses duck feet to escape contact, X skates to left of next coach, receives bump & uses duck feet again (opposite direction) to escape contact and shoot or deke vs goalie.

**5) Under-Speed Skating** – Edge work, Balance & Coordination

**GW (Goalie World)– Skating Patterns**

### 4) Small Area Games by Team (12/80)

**1) 1v1F&1D Angling/Drive Drill** – Coach spots puck in either corner or on net for goalie to set it up behind the net. O1 picks up puck & wheels the net driving wide to attack the opposing goal. X1 must tag up with skates touching inside circle and determine their man while angling stick on stick, body on body establishing middle ice position & denying opponents a lane to the net. D skates around the net to gap up vs O1 with heel to the middle of the ice. X1 & D work together to defend rush and counter-attack. Alternate sides, players should alternate lines.

or  
**2) 3<sup>rd</sup> Man high Game** – Coach draws mid-line through zone as diagrammed. Play 3v3 but the last attacking player cannot pass the half way line. This leaves the attacking team with a 2v3 situation in the offensive half of the zone. The players on offense can use the 3<sup>rd</sup> man high as an outlet for give & Go or shot if they would like but he cannot enter the zone. Emphasizes the 3<sup>rd</sup> forward reading as a high man in the attacking zone and supporting the offensive play.

**Concepts: puck support, offensive zone play, defensive zone play, reading and reacting, transition**

