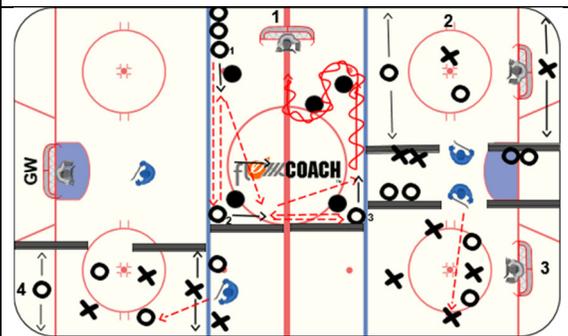


Skills & Drills – Weeks 7&8

Skills & Drills – 80 Minutes



- 1) Mets(Sharks) vs. Cubs(Minnows) (3/3)
- 2) Puck-Handling/Goaltender Warm-Up (10/13)



3) Small Area Games – 4 @ 8 min (32/45)

3.1) Box Passing Give & Go – O1 skates out of line & passes to O2, O2 passes back to O1 & skates around the tire to get open for return pass, O2 passes to O3, O3 passes back to O2 & skates around tire to get open for return pass, O3 skates through tires as diagrammed and attacks net with deke. After deke, O3 goes to the end of the line and new O starts drill again. After 4 minutes, move players to the other side.

3.2) Gretzky/Coffey 1v1 - Players play 2v2 with a support player (Gretzky) below the goal-line & a support player (Coffey) at the point. Coach spots puck for battle with player winning the puck going on offense. Offensive player must pass to either Gretzky or Coffey before on each turnover & before he can attempt to score. Defending players may not defend Gretzky or Coffey. 30 second shifts. **Concepts: puck support, offensive zone play, defensive zone play, power play, penalty kill, transition**

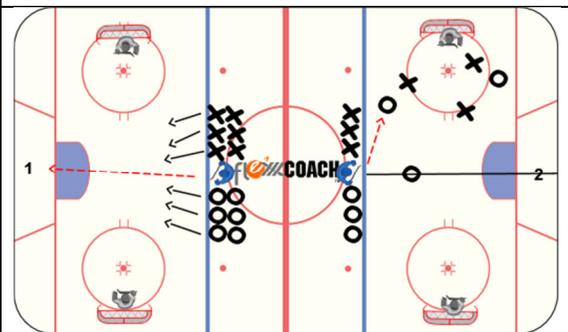
GW – Goalies Rotate every 8 minutes

3.3) Pearl 4v2 One Net - Each team has a power play every other shift. Start off with 4 red vs 2 green. On the whistle, 2 new green join the play to make it 4 green. The 4 red players go for a change and 2 new red players come on making it a 4v2 for the green team. On every whistle the team with 4 changes and two new players from each team join the play. It will result in continuously flip flopping 4v2s. Keep score. Allow the defensive team to score points by making more than two consecutive passes within the zone (can use the goalie). If the defensive team clears the puck, they lose a point. Emphasize the power play team to attack the puck and retrieve it on a lost possession.

Concepts: puck support, puck pursuit, line changes, powerplay, penalty kill, transition

3.4) 2v2 Keep Away with Support - 2 X's vs 2 O's in the pit protect the puck, & play keep away with support & deception using either of the two support players (no matter what color) as outlets....30 second shifts.

Concepts: Puck Protection, movement & support



4) 2 Stations @ 11 minutes (22/67)

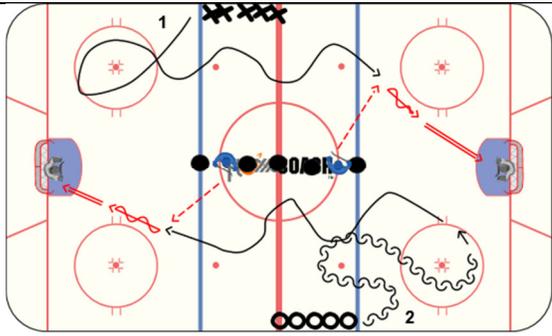
4.1) One Up and Hang On - The basic rule of this game is that you can only win by one goal. When a goal is scored, the team that is winning by one cannot score again until the game gets tied. They must try to keep possession & "run out the clock" until the match is over. If the game gets tied up, then players play normally. Each game is 45 seconds, once 45 seconds is up, game goes into a 15 second overtime.

Note: If during regulation time, the team that is winning score again, the goal is disallowed and a penalty shot is given to the trailing team. If they score to tie the game, then either team can now score again to go up one. Play continues until time is up and one team wins by a goal. **Concepts: Puck support, offensive zone play, defensive zone play, transition, passing, strategy, puck possession**

4.2) 3RD Man High Game - Players 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 3rd man high as an outlet if they would like but he/she cannot enter the zone. Emphasizes the 3rd forward reading as a high man in the attacking zone.

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

Skills & Drills – Weeks 7&8



5) Over-Speed Skating (13/80)
Both lines do 4 reps of #1, then 4 reps of #2. Players start out behind respective blue-lines & line up on the same side of the ice behind other blue-line after each rep.

5.1) 4 Forward Cross-Over Sprints – Player explodes out of line & does cross-over circle as diagrammed then alternates 3 cross-overs to the left, three to the right...coach spots puck in front of player to encourage continuation of the sprint, player controls puck and shoots immediately (two touch shot)

5.2) Backward Cross-Over Sprints - Player explodes out of line starting with one backward cross-over before skating backward as diagrammed around NZ dot, then end zone dot before turning to forward & alternating 3 cross-overs to the left, three to the right...coach spots puck in front of player to encourage continuation of the sprint, player controls puck and shoots immediately (two touch shot)

