

SAG/S&D Practice November 9, 2015

32 Skaters & 4 Goalies - 80 Minutes

1) King of the Hill – Not Diagrammed (2/2)

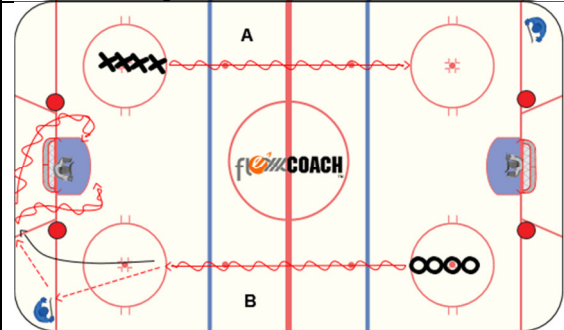
2) Puck-Handling/Goaltending Warm-Up (10/12)



3) Over-Speed/Under-Handling Sprints (11/23)

- 1 Sprint every 75 seconds with 5 seconds between each sprint
- Goalies must be ready to change every 4 shots
- 4 Sprints out of Diagonal Corners – Right
- 4 Sprints out of Diagonal Corners – Left

Player start out in forward start position with puck on the fore-hand of his stick blade, explodes out of the line and sprints to the top of the far circle without stick-handling (cradling puck) At the top of the circle, player passes to coach (do not allow player to dust off the puck), coach release puck off boards as diagrammed & player picks it up & must attack the goal between the goal post and the tire.



4) 3 Stations @ 7 Min. (21/44)

4.1) 2v2 Transition – Coach draws two goal lines as diagrammed. Players compete 2v2 in pit with two support players behind the offensive goal. On turnover puck must be passed immediately to one of his support players behind the goal line to create offense. Support players may move laterally and pass to each other but the 'one second' rule applies and support players may not skate above the goal line.

4.2) 3v2 Royal Road - Coach draws line down middle of playing area as diagrammed & spots puck for battle. Three offensive players play 3v2 vs two defensive players. Offensive players must gain control of puck & work to create a shot by passing the puck across the mid-line. If defenders get puck they must pass to coach, coach spots a new puck on goal. 30 sec. shifts.

4.3) 1v1/2v2 with Support – Players compete 1v1 or 2v2 in the pit (depending on the number of players in the station) with a support player on each side of the game area. Players in the pit can pass to either support player (both on offense) making the game a 4v1 or 4v2 for the offense. Support players may move laterally & pass to each other but the 'one second' rule applies.



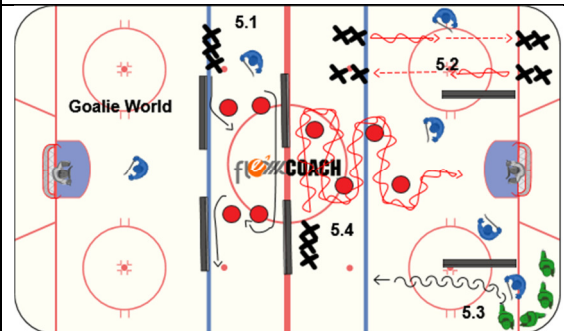
5) Four Stations @ 4.5 Min. (18/62)

5.1) Tight Transition Skating

5.2) Fore-Hand Passing Skills

5.3) Backward Power Starts

5.4) Fore-Hand Puck-Handling

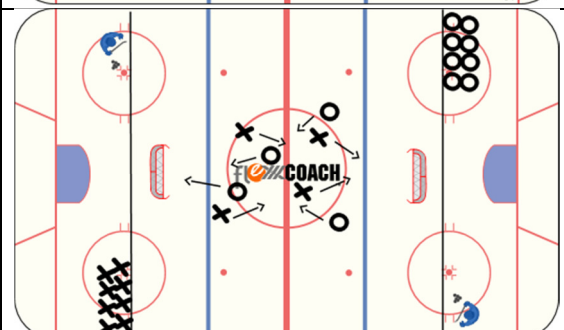


6) 4v4 Extended Neutral Zone Game (8/70)

Position players in diagonal corners of the drill playing surface

- Coach for each team is in opposite corner of drill playing surface
- Coach spots puck in pit to start & keeps game moving by passing puck (offensive transition) to a player on their team anytime a goal is scored, the puck goes beyond their defending goal line or the goalie stops play
- 30 second shifts on whistle, puck is left & players change on the fly
- Head Coach is involved in directing the play, teaching & encouraging players to compete & play at desired tempo & focus on concepts of play.

POINTS OF EMPHASIS: - All elements of a regulation game are contained in a small area: transition to offense, attack, transition to defense, defensive play, offensive & defensive body position, puck protection, support, etc.



7) Under-Speed Puck-Handling (10/80) (Move/Counter Move)

