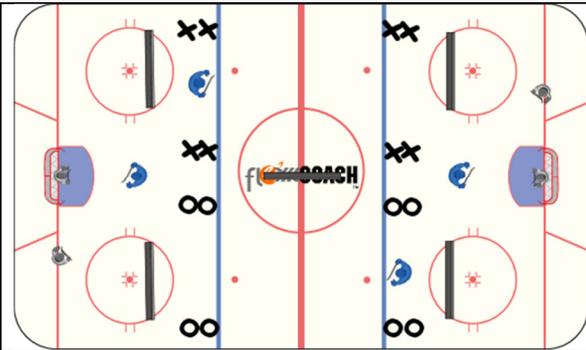


## Practice 11-23-15

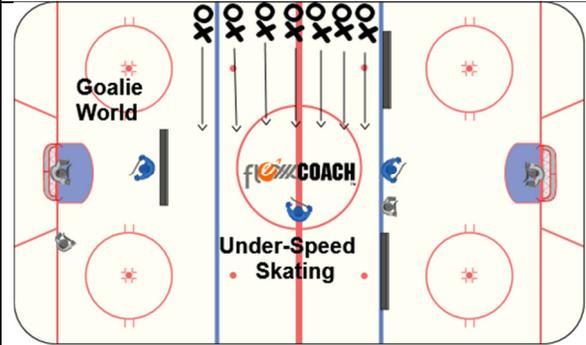
### 1) Trigger Drill: King of the Hill (2/2)



### 2) Shuttle Passing/Goaltender Warm-Up (8/10)

- a) **Fore-Hand** - Skate to red line with puck, fore-hand pass to first player in the opposite line who receives puck and continues drill.
- b) **Back-Hand** - Same as above with back-hand pass
- c) **One Touch** - Skate to red line with puck, fore-hand pass to first player in the opposite line who one touches back, original player one touches back & goes to the end of the line...continuous.
- d) **Opposite Corner**

### 3) Under-Speed Skating & Puck Skills (20/30)

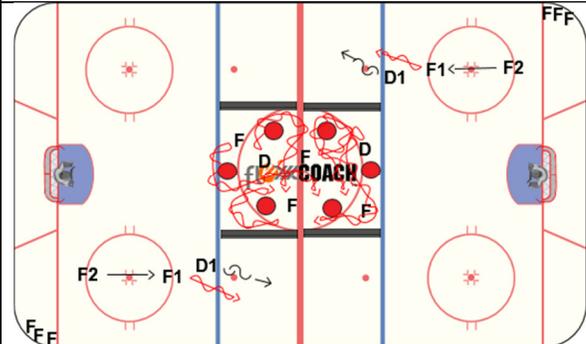


#### Under-Speed Skating

- a) Exaggerated Inside Edges b) Exaggerated Outside Edges c) Exaggerated Forward Stride d) Open & Close the gate e) Russian Stride & Kick

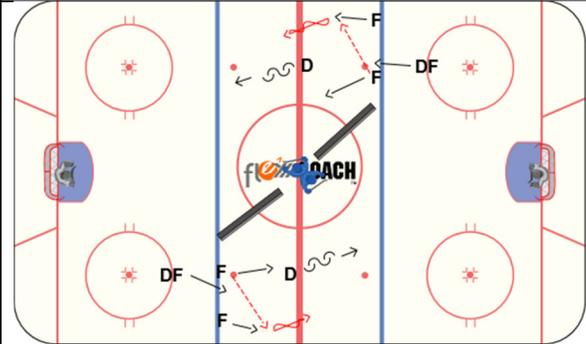
#### Puck Skills

### 4) 1v1 with Back-Pressure (10/40)



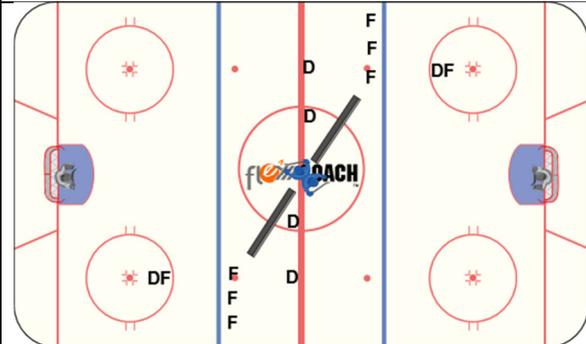
Drill is performed simultaneously out of diagonal corners with pucks in both corners and in the middle of the ice. F1 starts with a puck at the top of the circle, F2 starts at the bottom of the circle, D1 starts inside the blue-line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. When drill ends, players from both ends pick up a loose puck in the NZ and puck-handle around the tires until the whistle ending the next repetition, then return to lines in the corners of the rink.

### 5) 2v1 with Back-Pressure (10/50)



Drill is performed simultaneously out of diagonal blue-lines with extra players on the bench. F's start with a puck on the blue line, defensive forward (DF) starts at the top of the circle, D1 starts inside the red line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. Once the current repetition enters the offensive zone, new players enter ice surface in the NZ & line up for the next rep.

### 6) 3v2 with Back Pressure (10/60)



Drill is performed simultaneously out of diagonal blue-lines with extra players on the bench. F's start with a puck on the blue line, defensive forward (DF) starts at the top of the circle, D1 & D2 start inside the red line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. Once the current repetition enters the offensive zone, new players enter ice surface in the NZ & line up for the next rep.

### Practice 11-23-15

#### 8) Calls on The Net - Over-Speed (20/80)

All sprints start with player passing puck **hard & flat** to coach from a stand still before exploding out of the line & catching a **hard & flat** pass in stride. Do not allow the player to coast or 'wait' for the pass.

##### a) Dot Drive & Shoot (4x)

Player shoots in stride at the dot, not outside the dot...as diagrammed.

##### b) Lateral Move Top of the Circle (4x)

Player cuts laterally hard across the top of the circle for shot on net...as diagrammed.

##### c) Escape & Attack High Seam (4x)

Player attacks wide & simulates not being able to get to the net, escapes & attacks the high seam for shot on net...as diagrammed.

##### d) Drive Wide & Cut In (4x)

Player attacks wide & simulates beating the defenseman to the net either short side or long side for wrap or reverse shot...as diagrammed.

