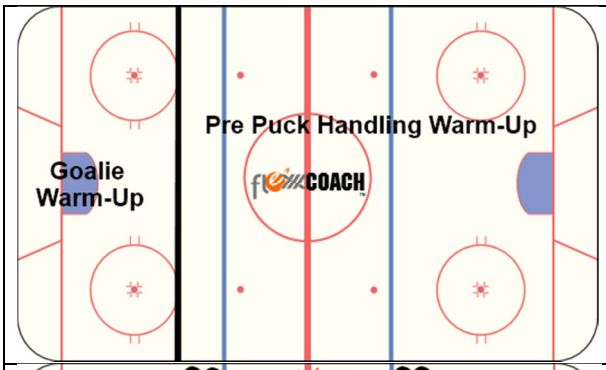
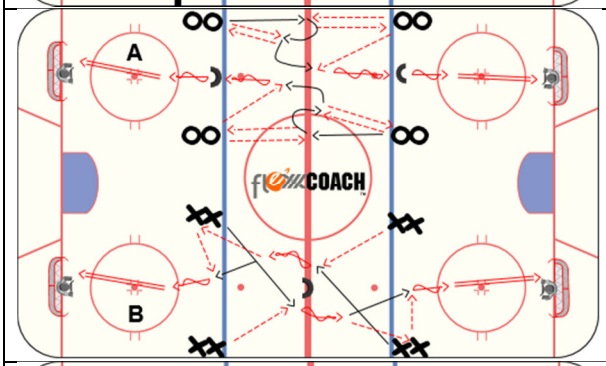
14U Practice 11-30-15



1) Trigger Drill: Shuffle Feet Passing (2/2)

Not Diagrammed – Players pair up approximately 10' apart and stand with shoulders square to their partner. Shuffle feet while passing & receiving with partner. Pass should be made with strong side foot forward when passing. Pass should be received with strong foot behind body. Be sure to have players keep their body square working on hard flat passing & receiving.

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

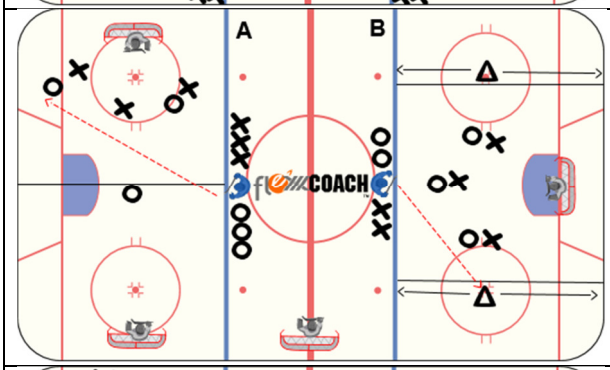


3) Passing/Receiving (8/20) – 5 minutes each drill

3A) Peric Tight Turn with 4 Lines - Players skate out from diagonal lines to red line, receive pass from opposite line & one touches puck back, tight turn to the inside, receives pass his original line, one touches back, tight turn to the inside, receives pass from opposite line, slips puck around while jumping over the tire to shoot on net. Continuous with players alternating from opposite diagonal lines

3B) Side-Away Passing - Players skate out diagonally from line, receives pass from partner line as shown. After receiving pass, player passes give & go with player in opposite diagonal line, then shoots on net. Continuous with players alternating from opposite diagonal lines

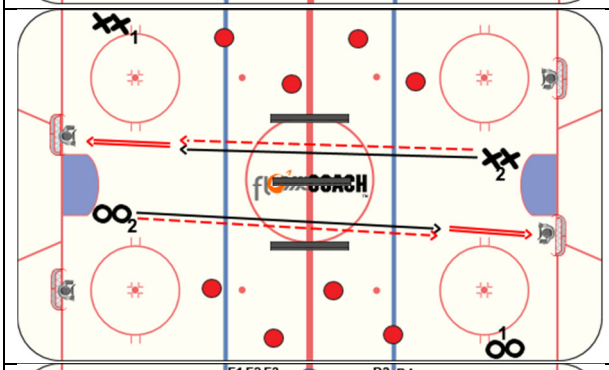
Have shooter stop in front for reasonable rebound



4) Two SAG's @ 10 min (20/40)

A) Third Man High – Players compete 3v3 but the last attacking player cannot pass the half way line. The attacking team will have a 2v3 situation low in the OZ . The players on offense should try to find ways to create time & space to use the 3rd man high as an offensive option, but 3rd man high cannot join the play low. **Concepts: puck support, offensive zone play, defensive zone play, reading and reacting, transition**

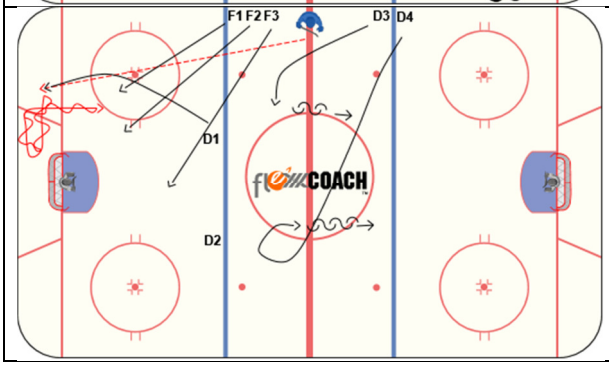
B) 3v3 Box Scoring with Support – O's on offense, X's on defense. Players compete & try to get open playing 3v3 in the box using the support players on either side of the box to create an odd man attack. If offense score, coach gives them another puck. Defenders must control puck and pass to coach to end game…switch players & re-set with X's on offense



5) Move/Counter Move & Gretzky Carry (10/50)

Move/Counter Move out of Corners - X1 & O1 starts by making a deke to the middle of the drill layout (fore-hand or back-hand depending on which way he shoots) at the first tire, then performs the corresponding fake to the middle of the drill layout (back-hand or fore-hand depending on which way he shoots) each time he goes through two tires.

Gretzky Carry out of Middle – O2 & X2 cradle the puck until the blue line emphasizing & exaggerating fore-hand carry then move the puck to the back-hand side of the blade & push the puck in front while skating to catch up to puck & repeat, gaining speed in open ice.

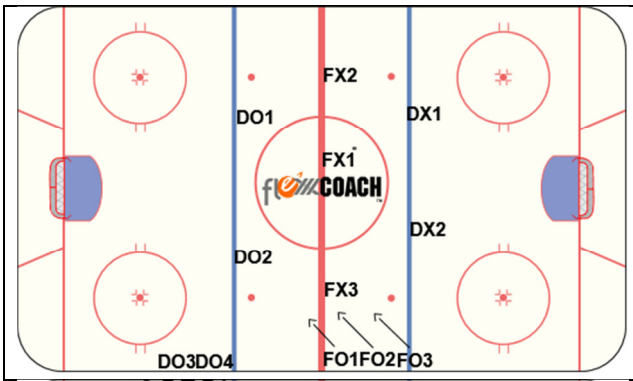


6) 3v2 Middle Lane Drive with D Join (10/60)

On the whistle, D3 & D4 come off the bench & gap up to defend the 3v2, while D1, D2, F1, F2, F3 come off bench to breakout. Offensive team executes 3v2 rush with emphasis on double drive (middle lane drive & dot wide attack) with either D1 or D2 joining the attack late. Options for puck carrier include shot, shot off pads, direct pass to teammate driving the net, pass to teammate dot wide or creating time to find the late attacking defenseman. When play is over (whistle) D3 & D4 must delay the breakout by escaping & passing to partner to breakout new group of forwards off the bench against new defensemen (off the bench)

Play is continuous and defense rotation is defend, join, rotate out.

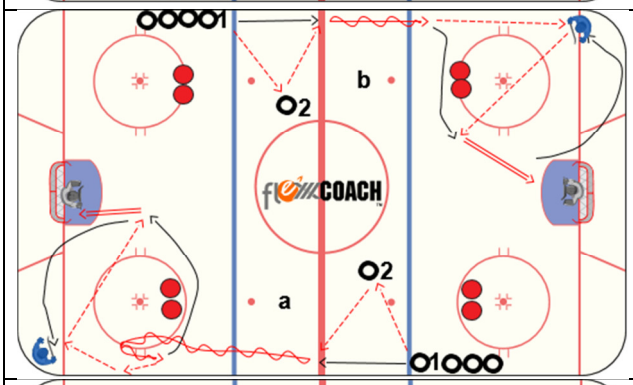
14U Practice 11-30-15



7) 3v2 Continuous w/ Doyle Option (10/70)

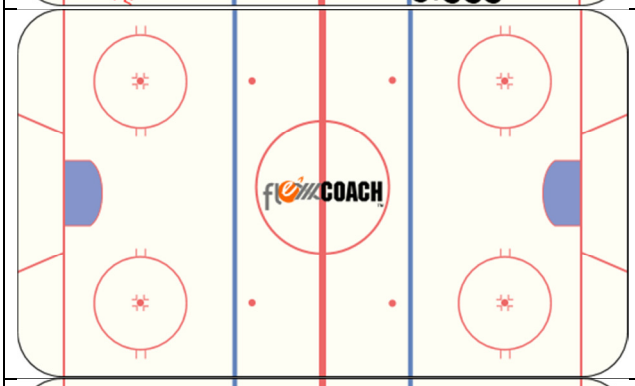
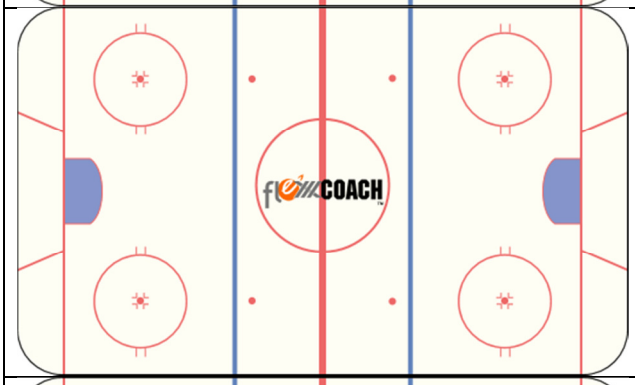
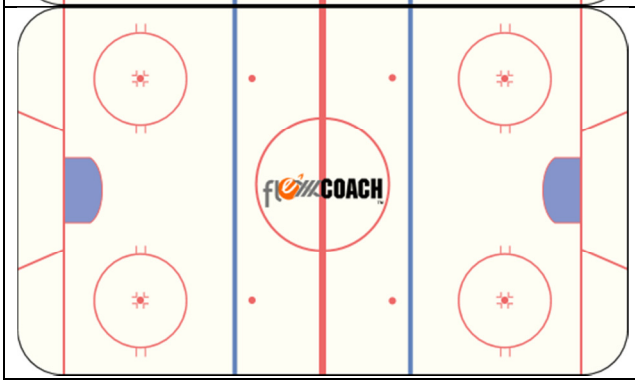
On whistle, FX1 with puck, FX2 & FX3 attack DO1 & DO2
-FO1, FO2 & FO3 come off the bench, back-pressure & funnel into DZC with DO1 &DO2
-DX1 & DX2 come off bench to play next attack
-O's defend to breakout & attack new XD with either DO1 or DO2 joining the attack (FO's & 1OD are done once puck passes top of the circle)
-When puck goes across the blue line, three new FX's come off the bench & back-pressure with funnel into DZC
-The D that joins, reads the play and is done when initial rush & reasonable play is over
-Continuous

Focus: 3v2 Attack & D Join/Defend, DZC, BO & Attack with Speed



8) Making Calls on the Net (10/80)

a) Escape & Attack High Seam (4x) - O1 gives & go with O2 & attacks wide, (simulates not being able to drive to net), escapes then cycles puck low & attacks high seam for pass & shot on net.

b) Lateral Move Top of the Circle (4x) - O1 gives & go with O2 then attacks wide, gaining blue line. Passes puck to low player & cuts laterally hard across the top of the circle to receive pass for shot on net.

Coaches Notes: 1) Coach starts as the passer in the corner for first rep, then is replaced by O1, who is replaced by the next player through the sprint, etc. 2) O2 stays as passer for half the reps, then replace O2 with a new passer from the line of players who have already done their sprint.