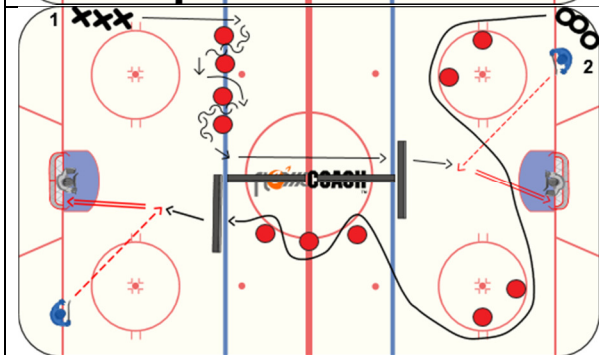


13U/14U Practice 1-4-15



1) Trigger Drill: Shuffle Feet Passing/Goalie Stretch (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) Pre-Puck-Handling/Goaltender Warm-Up (8/10)



3) Over-Speed @ 10 min (10/20)
 Do drill #1 for four reps (2 from each side) then the same for drill two

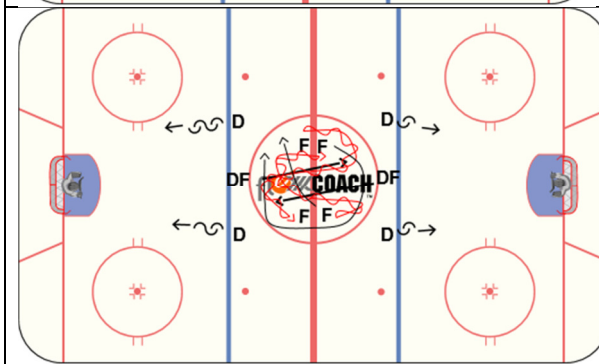
1) Russian Circles – Players skate around the top of the first circle & the bottom of the 2nd circle, then through the cones before jumping over the border, receiving hard pass from the coach for a quick (two touch) shot.
2) Quick Feet Transition - Players skate forward to backward to forward to backward to forward, sprint to the far blue line, jump over the border, receiving pass from the coach for a quick two-touch shot.



4) Three Stations @ 8 min (24/44)
4.1 – 2v2 Quick Transition w/Royal Road - Draw a line down center of the playing surface. Players compete 2v2, every time the puck turns over, the team who gained possession must immediately pass to one of their teammates at the opposite goal line to create offense. The puck must cross the royal road to shoot & players on the goal line can only handle the puck on their fore-hand. (one second rule applies)
4.2 – Power Skating Technique -
4.3 – Tight Turn, Make A Play – Players attack 2v0 or 2v1. Each time the puck is passed, the receiver must make a tight turn to continue the attack while the player without the puck must support toward the puck, finding the opening to receive a return pass. Minimum of two passes before shooting, defending player must attack the puck carrier.



5) 2v1 with Back-Pressure (8/52)
 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. **Allow play to continue until goal, stoppage or defensive players breakout to the top of the circles.**

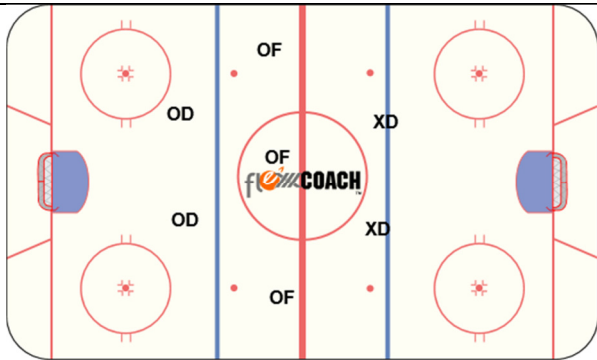


6) 2v2 with Back Pressure (10/62)
 Drill is performed simultaneously in each direction from the middle of the ice as diagrammed with extra players on the bench. Two pairs of F's, one pair attacking in each direction start with a puck skating randomly in the center circle, defensive forward (DF) starts on the blue-line, D's start outside the blue-line no more than 2 stick lengths away from forwards. 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. **Allow play to continue until goal, stoppage or defensive players breakout to the top of the circles.**
 Variation: Let the offensive players skate anywhere in the NZ to begin the drill & force the defense to communicate & make more difficult decisions.

13U/14U Practice 1-4-15

7) NZ Re-Group w/3v2 Middle Lane Drive & D Join (10/72)

O's re-group & attack 3v2 with Middle Lane Drive (Double Drive) with one OD joining the attack. When the puck gets over the blue-line, 3XF's come off the bench & funnel, into DZC. On whistle, O's are done & X's breakout vs two new OD (also off the bench). On the next whistle, offensive players must re-group in the NZ (defending D must gap up) and then attack 3v2 Middle Lane Drive (double Drive) with D join. Drill is continuous.



8) 3v2 Continuous (8/80)

On whistle, FX1 with puck, FX2 & FX3 attack DO1 & DO2
 -FO1, FO2 & FO3 come off the bench (**when puck crosses the offensive blue line to help promote offensive creativity**) 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

