

## 13U/14U Practice 1-18-16

### 1) Trigger Drill: Lions & Impalas (2/2)

Not Diagrammed

### 2) Double Loop/Goaltender Warm-Up (10/12)

Various puck handling moves around tires as diagrammed (No Shot)

### 3) Over-Speed @ 10 min (10/22)

*Do drill #1 for four reps, (Players stay on same side of the ice) then drill #2 for four reps.*

**3.1) Transition Sprint** – Players skate forward/backward around circle, then both NZ dots as diagrammed, cutting around the tire to receive a pass for two touch shot.

**3.2) Two Pass Sprint** - Players explode out of line passing give-n-go to first coach, then passing to 2<sup>nd</sup> coach who lays puck below circle before driving to the net for shot.

### 4) Stations @ 7 min (28/50)

**1) 1v1 Transition** – Draw two lines for NZ. Start drill by passing to a player to attack 1v1 on offense. Defending player must stop the attack & counter 1v1 vs. the new opponent who has funneled into the drill after his teammate crosses into the NZ...Continuous. If the offensive player scores, he is rewarded by getting another puck. Attacking player is done when the defending player counter-attacks into the NZ.

**2) 1v1 Keep Way with Support** – Players battle 1v1 in pit with 2 support players as diagrammed to create odd-numbered situations & control the puck...30 second shifts

**3) 2v1 Transition** – Same as above, but a teammate of the defending player also funnels in (to the NZ) When defending player wins puck, he must make an outlet pass to teammate to counter attack 2v1.

**4) 1v1 or 2v2 Ringette Hit the Tire** – Players compete 1v1 with sticks turned over to score a goal by touching ringette to the tire. Players have a specific tire to attack and a specific tire to defend.

### 5) Re-Group 2v2 with Back Pressure (10/60)

Drill is performed alternately in each direction from the middle of the ice as diagrammed with extra players on the bench. Coach passes puck to D & F's re-group (D must go quickly D to D & up) Defensive forward (DF) starts on the blue-line & activates when pass is made from D to F. The D playing the rush, start on the far blue-line & must gap up to play the attack. 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. Defensemen rotation is re-group, defend, out.

**Allow play to continue until goal, stoppage or defensive players' breakout to the top of the circles.**

### 6) Re-Group 3v2 with 1 or 2 Back Pressure Forwards (10/70)

Drill is performed alternatively in each direction, Players quickly line up as diagrammed with coach spotting the puck to the near blue line for the three attacking forwards to re-cover and counter-attack in the opposite direction. Defensemen must gap up & read the attack. The second 3v2 starts immediately after the first set of forwards attack the blue line. Back-checking forwards (X) funnel into the DZ as soon as the offensive forwards touch the puck to start the attack. Defensemen rotation is re-group, defend, out.

**Allow play to continue until goal, stoppage or defensive players' breakout to the top of the circles.**

**Variation: Pass the puck to the D for re-group to start the drill.**

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### 7) 4v4/4v3 Extended Neutral Zone Game (8/80)

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.

