

13U/14U Practice 1-22-16

1) Trigger Drill: Shuffle Passing/Goalie Stretch (2/2)

Not Diagrammed

2) Puck Protection Skills/Goalie Warm-Up (6/8)

(Not Diagrammed)

3) Double Loop with Shots (10/18)

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

4) Over-Speed @ 10 min (10/28)

3.1 - Players line up inside blue-line as diagrammed. Coaches have a few pucks at their side to account for errant passes, the rest of the pucks are scattered in the center face-off circle. On whistle, player explodes out of line skating to the far blue-line for pass & one touch back to coach, makes a tight turn to the middle of the ice & skates to the opposite blue-line for pass & one touch back to coach, tight turn toward middle of the ice, picks up puck for shot on goal at top speed.

3.2 - On whistle, player explodes out of line with puck, makes a tight turn toward inside at blue line, tight turn at red line, passes to coach & cuts hard to the net for return pass & two touch shot.

5) Indirect Passing with Attack Options (8/36)

X1 with puck skates toward & passes to O1 who receives pass & skates forward passing indirect to X1, O1 joins the attack going hard to net (MLD) while O2 joins the attack late. X1 creates time & space over the blue line by escaping to create attack options to the net, late, or off the cycle. Drill is done simultaneously out of both ends on the whistle (diagram is only shown one way)

Variation: Add D to make it 3v1 (with two teams on the ice, rotate through D, three at a time to keep the work/rest ratio better)

6) Three Stations @ 8 min (24/60)

6.1 – Goal Line Game 2v2 - 2v2 in a small area. Team that wins the puck is on offense, when defensive team steals the puck, they must carry or pass the puck below the goal line before they can then go on offense & attack. **Focus on: body contact, offensive zone play, defensive zone play, scoring, competing**
<https://www.youtube.com/watch?v=7TIfYW-i76A>

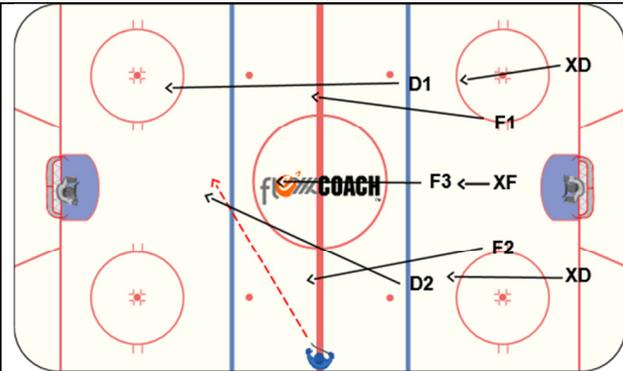
6.2 – Back-Check Game - Players start by attacking 2v0 with 2 opposing players back-checking, when the back-checkers gain possession of the puck, they breakout two new players on their team waiting to attack in the NZ, offensive players are stopped, they become the backcheckers. Shift goes offense, back-check to defense, breakout your team and change. **Concepts: puck support, breakouts, line rushes, back-checking, offensive zone play, defensive zone play, transition, line changes**

6.3 – ‘A’ Area Shooting - Three players on offense vs. three players on defense, coaches take turns passing pucks to offensive players for scoring chance (let puck play till goal, stoppage or defending players clear from box). **Concepts: Net front coverage, goal scoring, offensive & defensive body positioning, winning puck battles.**

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7) Race to Re-Group 3v2 with Back Pressure (10/70)

Drill is performed alternately in each direction from set-up as diagrammed. (as soon as the first set of players re-group, the next set must line up to expedite drill...extra players on the bench) On whistle coach spots puck and offensive team races back to re-group while defensive team (X's) fore-check & gap-up top play counter-attack. Drill begins & ends on the whistle. **Allow play to continue until goal, stoppage or defensive players' breakout to the top of the circles.**



8) 3v2 Continuous (10/80)

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

