

## 13U/14U Practice 1-24-16

### 1) Trigger Drill: Kaos Puck-Handling/Goalie Stretch (2/2)

Not Diagrammed

### 2) 3v0 Russian Passing/Goalie Warm-Up (8/10)

3v0 follow your pass, with last pass being made to one of the players in the opposite line to continue the drill in the opposite direction...Continuous

**Variation 1:** Same as above with two pucks

**Variation 2:** 3v0 down the ice with a pass to one of the first players in the opposite lines to facilitate a re-group and 3v0 back to the same end in which the 3 players started. The second group of players leaves after the re-group pass is made.oup to pass.

### 3) Double Loop with Shots (10/20)

Various puck handling moves around tires as diagrammed with shot

### 4) Over-Speed @ 10 min (10/30)

**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 3v1 Attack Options (10/40)

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)

**3v1: 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) Two Stations @ 10 min (20/60)

**6.1 – Point Shot Game** – Zone is divided into two. Players play 2v2 with each team having a net to defend & a net to attack. Puck must be passed to point men on each turnover to begin the offense with point men having to pass D to D before passing or shooting. Defensive players cannot defend the point men but have to pick up the players net front. On whistle players playing in pit come out, the D men become the 2v2 and 2 new players become the D men

**Concepts:** puck support, offensive zone play, defensive zone play, power play, line changes, transition

**6.2 – Royal Road Transition Game - 3v2 Royal Road** - Coach draws NZ & line down middle of playing area as diagrammed, Coach passes to one team to start 3v2 attack while 3<sup>rd</sup> player on the defensive team enters game in the NZ. Offensive players must work to create a shot by passing the puck across the mid-line. If defenders get puck they must pass to teammate in NZ to counter-attack 3v2 vs new defenders. Original offensive players are done & two new defenders enter game.

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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 in offensive zone for 5v3 (diagrammed) or 5v4 offensive zone play. On whistle, coach spots new puck in the NZ, 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**

