



2021-Oct 11-SQPW

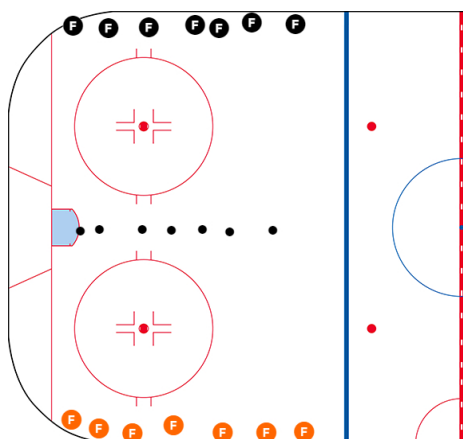
Date: Oct 10 2021

Time: 3:50 pm

Duration: 60 mins

Finders Keepers

8 mins



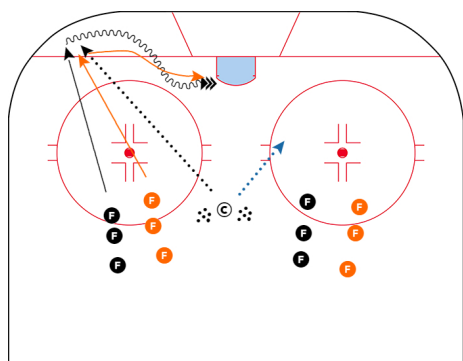
To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even full ice depending on the amount of players. Each team will start on the wall or on the end line. The coach will blow the whistle and shoot the pucks into play. The players will work in their teams to possess as many pucks as possible. The coach will decide on a length of time to play and then blow the whistle. On the whistle all the players must stop. The team that is in possession of the most pucks wins that round.

Key Points

- Puck protection & possession
- Puck support

Red Wing 1v1

8 mins



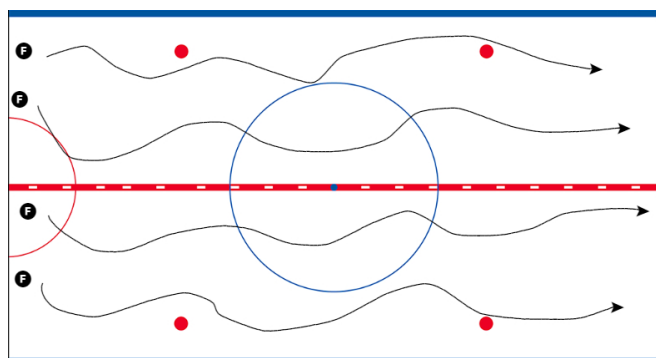
Coach chips puck into corner. Players race to puck and then try to score 1v1 coming out of the corner. Can have lines on one or both sides.

Key Points

- Puck races
- Deception
- Battle/Compete

Technical Skating

7 mins



Players perform technical skating drills going cross-ice. Skills:

- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

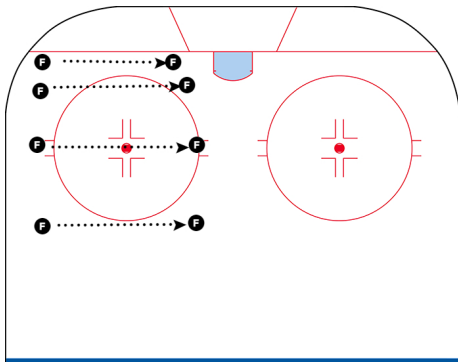
- Good knee bend
- Chest, head up
- Full extension
- Full recovery

Stance/Flat/Inside Edges

0 mins

Stationary Passing

7 mins



Players space out in two separate lines and pass with a partner.

Key Points

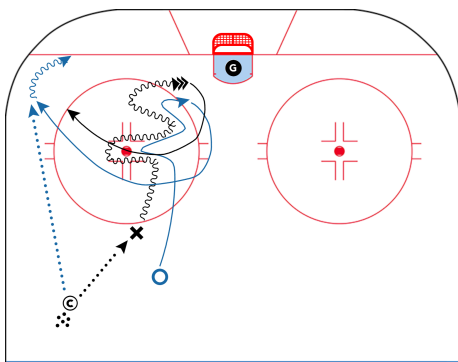
Primary focus is on honing technique. Players begin to go through motions fairly quickly so need to do a progression.

- Forehands
- Backhands
- Forehand receive to Backhand pass
- Backhand receive to Forehand pass
- Skate to Forehand pass
- Skate to Backhand pass

Can also utilize lawnmower tires or stick handling balls to make players focus on certain aspects of technique.

Rodeo Puck Protect

8 mins



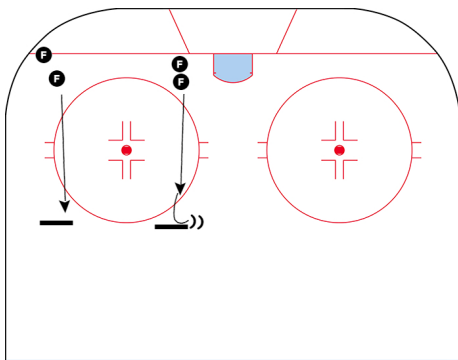
- Drill starts by **X** receiving pass from Coach and protecting puck inside the circle from **O**.
- On Whistle, **X** shoots under pressure from **O**. After shot, **O** then recovers puck in the corner and puck protects vs **X**.

Key Points

- Puck protection. Shooting under pressure.

Superman Slides

7 mins



Player starts about 40-50 feet away from bumper, skates directly at it and goes into superman slide towards it.

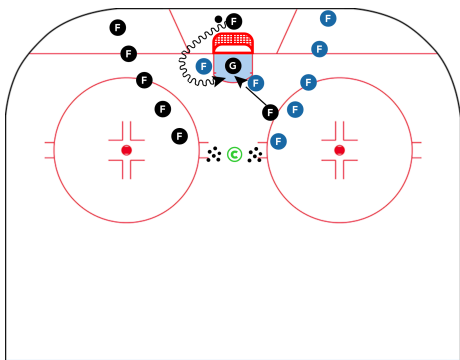
- Hands out, head up
- Curl up so back hits boards
- Swivel to feet hit first. Swivel & stop.

Key Points

- Heads Up, Don't Duck
- Anything besides head/neck to hit the boards first
- Never do this towards boards or without coach supervision

Goal Line Stand

7 mins



- This 2v2 drill takes place in a trapezoid extending from the slot down toward both corners. Coach should be in between the hashmarks with pucks. Resting players form a boundary and should prevent pucks from exiting the playing area.

- To attack, a player must take the puck below the goal line and then bring it back out to a scoring position. The opposing team must defend until they can win possession, at which point they need to carry the puck below the goal line before attempting to score.

- If a puck is scored, frozen or leaves the playing area, the coach adds a new puck below the goal line for the players to battle for.

- To play the game without a goaltender, attacking players should only be allowed to shoot with both feet in the crease.

Key Points

On Defense:

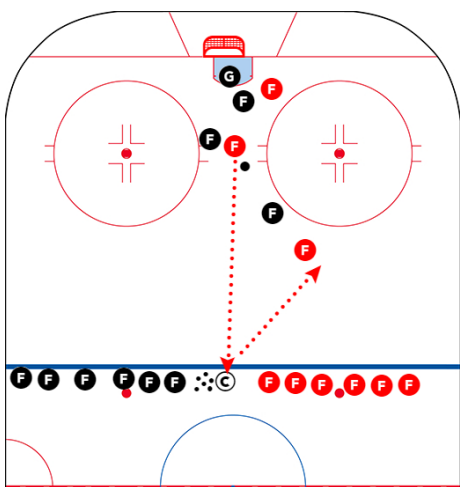
- Battle for good body position
- Emphasize good stick position to eliminate passing and shooting lanes
- Neutralize net front chances by engaging the attackers' sticks and body

On Offense:

- Attack the net quickly after turnovers
- Get to the hard areas
- Win second chance opportunities

3v3 Coach's Key

8 mins



Basic 3v3 cross-ice game. Must pass to and receive return pass from coach to go on offense.

Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa