



# 2022-Jan 17-SQPW

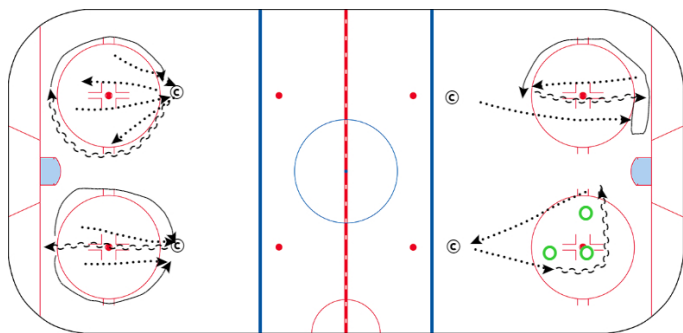
Duration: 60 mins

## Free Skate

5 mins

## Defense Transition Passing

6 mins



Circle Drill- Top Left, Continuous Passing  
Escape: Upper Right  
Butterfly Drill- Bottom Left  
Forehand: Lower Right

Half Circle w/  
L Drill- Keep puck on

### Key Points

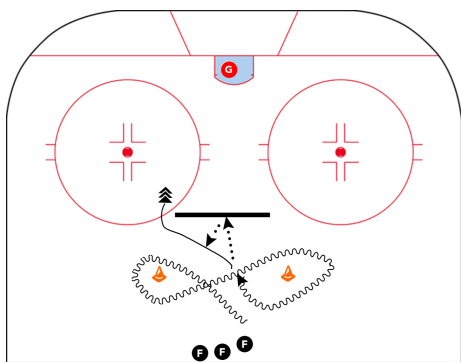
Good sticks, head up, underhandle

## SQUIRTS

0 mins

## Figure 8 Drag & Shoot

7 mins



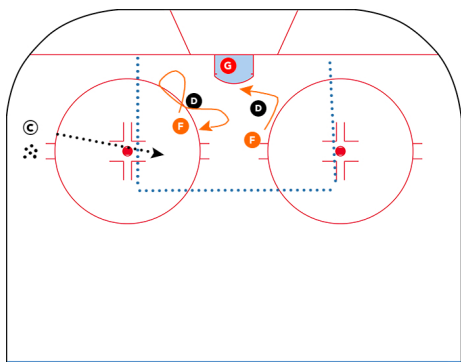
Player performs Figure 8 around cones (power turn or transitions) then throws puck off a bumper/barrier. Player must pick puck up and drag it around the rest of the barrier and then use a quick release.

### Key Points

- Emphasize quick release
- Work on forehand and backhand sides

## Box 2v2

7 mins



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) passes pucks toward the net attempting to create scoring opportunities.

### Key Points

#### Defense

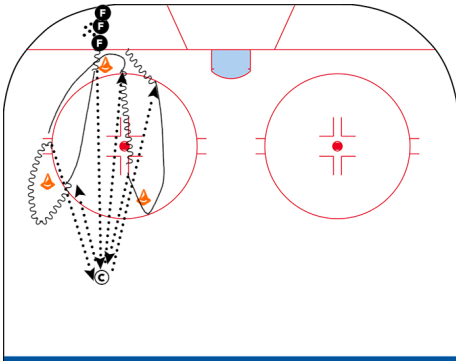
- Emphasize D-side positioning
- Head on swivel
- Good sticks

#### Offense

- Find open space
- Practice net front concepts of positioning, screens and timing

## 3 Cone Passing

7 mins



Player starts with puck and passes with coach as players skate around the cones. Player should go through the cones twice before finishing the drill.

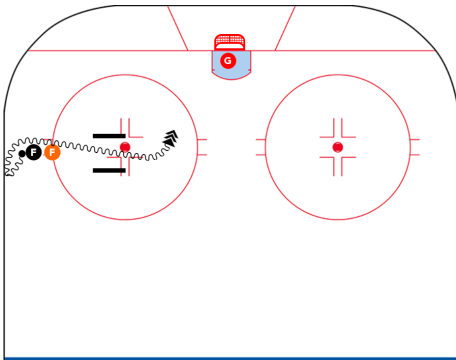
Can have the player do power turns or transitions around the cone to incorporate desired skating skill

### Key Points

Encourage player to keep head up, present a good target and keep feet moving.

## Board Escape & Attack

7 mins



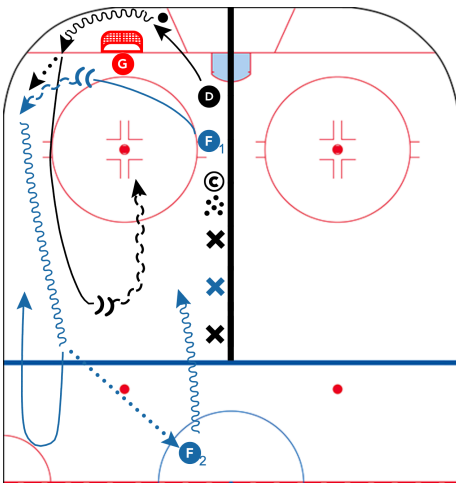
Start on the wall. Offensive player tries to beat the defender off the boards and through a gate before attacking the net.

### Key Points

Use deception or power move to gain access to middle  
Quick release once through the gate

## Breakout RG 2v1 Station

7 mins



Start by dumping a puck below the goal line. D retrieves the puck and carries around the net.

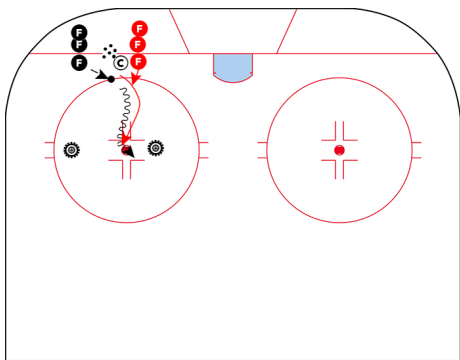
F1 gets wide and opens up for a breakout pass. F1 regroups with F2 who is in the neutral zone, and they attack the D 2v1.

### Key Points

- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

## 1v1 Tire Game

7 mins



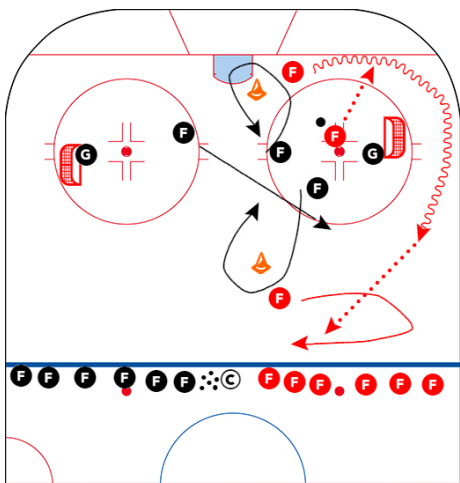
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

### Key Points

- Stick on puck
- Check selection
- COMPETE!

## 3v3 Breakout Game

7 mins



Basic 3v3 cross-ice game. On change of possession, team must swing behind their own net before attempting to score on opposite end. To start, add cones and require forechecking (without puck) team must touch up before applying pressure to the team breaking the puck out. This gives a little more time to start the breakout.

### Key Points

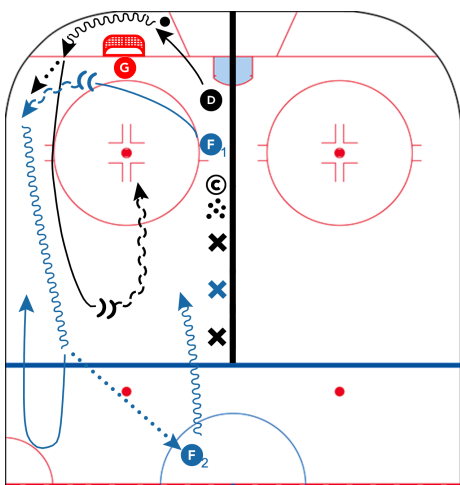
- All players should play offense & defense
- Transition quickly from offense to defense and vice versa
- Focus on angling and puck support

## PEEWEE

0 mins

## Breakout RG 2v1 Station

0 mins



Start by dumping a puck below the goal line. D retrieves the puck and carries around the net.

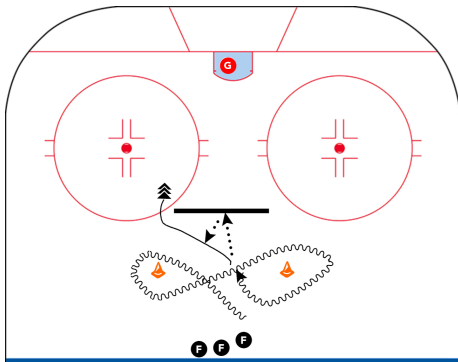
F1 gets wide and opens up for a breakout pass. F1 regroups with F2 who is in the neutral zone, and they attack the D 2v1.

### Key Points

- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

## Figure 8 Drag & Shoot

0 mins



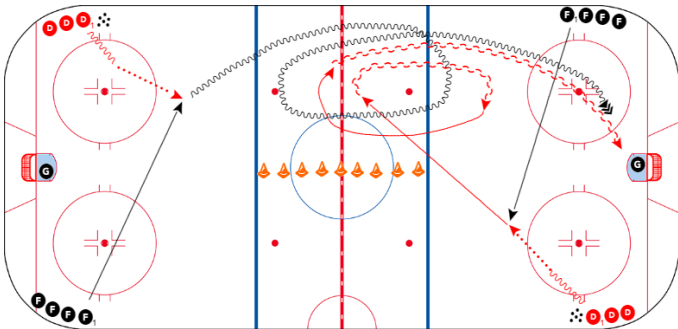
Player performs Figure 8 around cones (power turn or transitions) then throws puck off a bumper/barrier. Player must pick puck up and drag it around the rest of the barrier and then use a quick release.

### Key Points

- Emphasize quick release
- Work on forehand and backhand sides

## Double NZ Gap Up 1v1

0 mins



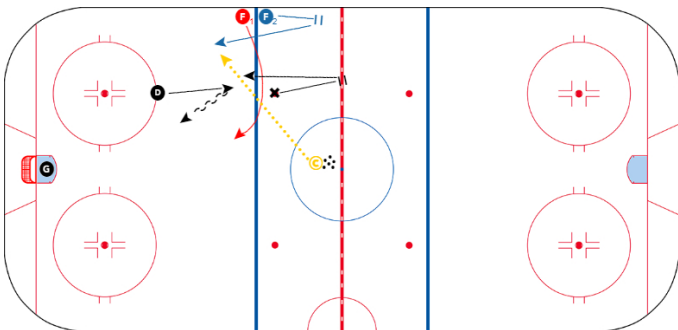
- **D** 1 leaves with a puck and passes to **F** 1 skating across the zone
- **F** 1 plays 1 vs 1 against **D** 1 from the opposite end of the ice that has gap up
- Play out until whistle blows

### Key Points

- Opposite ends leave at the same time
- Drill starts on whistle
- If coach blows 2 quick whistles the **F** 1 and **D** 1 regroup and continue there attack
- Players stay on there side of the ice

## 1/4 Ice 2v1 with Backcheck

0 mins



- **D** starts on knees, pressures puck and talks with backchecker ( **X** )
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out

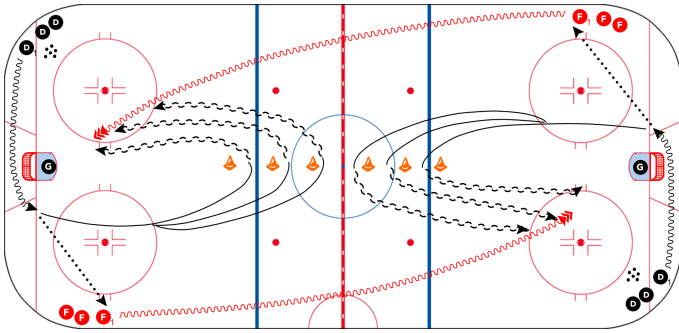
**Drill By:** Scott Rex, Brantford 99ers, Minor Midget

### Key Points

- Hard, fast and intense game situation, **D** must force play

## Choose Your Gap

0 mins



- **D 1** Starts with puck
- **F 1** starts on hashmarks. Can't move until receives pass
- On whistle **D 1** carries puck and passes to **F 1**
- **F 1** skates full speed down ice and takes **D 1** from other end on 1 on 1
- **D 1** after passing skates hard and chooses which pylon to go around
- Object it to go to the 3rd pylon

### GOALIE

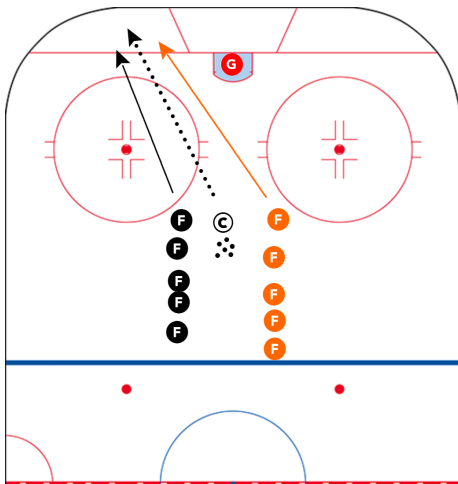
Play the shot and control rebound.

### Key Points

- Faster you skate forwards the faster you will be backwards with a better gap
- Doesn't matter if the D falls. Push their limits
- Pivot around pylon staying square to opponent with no wide turns. Stay tight to while going around pylon

## 1v1 Progression

0 mins



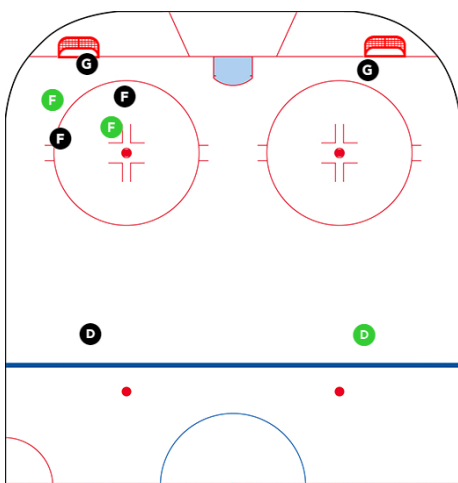
Start with two lines of different colors at top of the circle. Game starts out 1v1 and coach taps players on alternating lines to create odd man situations (2v1, 2v2, 3v2) down low.

### Key Points

- Communication
- Head on swivel

## 2v2 Point Shot SAG

0 mins



Work on box outs, net front positions