

Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

Drills/times: free play (5 mins) SAG 10 min, 3 stations @ 5 mins each (15 mins) 2 stations @ 7 mins each (14 mins) SAG @ 15 mins = 59 mins

Offside Game

Before a team can attack the other team's goal, they must regroup in their defensive half. Once they regroup in their own zone they can attack the opposing team but must attack staying outside at the center line. If they go offside, blow the whistle to signify a turnover. Another variation is to make the attacking team complete a pass before going over the center line.

Concepts: puck support, breakouts, regrouping, line rushes (zone entry), forechecking, offensive / defensive zone play, transition

3 Stations – Quad Passing 2x, Give & Go Shooting (15 mins - 5 mins each)

Quad Passing (5 min x 2)

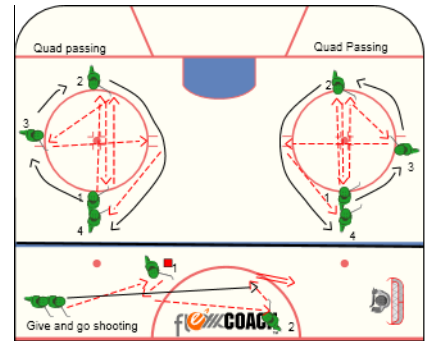
Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who catches and shoots (or one times) without stickhandling.

Skills: passing, receiving, give and go's, team play, cycling, shooting, scoring

Give and Go Shooting (5 mins)

First player in line exchanges passes with player 1 and then again with player 2. Upon exchanging passes with player 2, the player should catch and shoot on net without stickhandling the puck. Player 1 moves to the line, player 2 becomes player 1, and the shooter becomes player 2.

Skills: Passing, receiving, shooting, scoring



Loose Puck Race to 1 v 1 (7 mins)

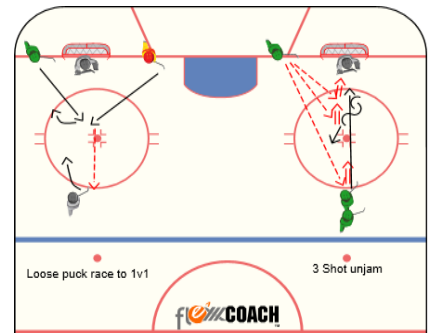
Coach spots a puck in front of the net equidistant to the two lines along the goal line. When coach says go, the two players on the goal line race to win the loose puck. The player that wins the puck passes to the player in line at the top of the circle. When that pass is completed, that player attacks the net and is plays (1 v 1) against the player who lost the original puck race. The player that won the 50 / 50 puck goes to the line at the top of the circle and the other two players go back to the goal line lines.

Skills: skating, passing, receiving, loose puck battles, 1 v 1 play, shooting, scoring

3 Shot Un Jam (7 mins)

The player next to the net passes to the player at the top of the circle who catches and shoots. That player then attacks the net and receives a second pass for a one-time shot. After the one time shot, the player taps the goalies pads and backs out into the high slot for a third pass and shot. The shooting player becomes the passer and the passer goes back to the line.

Skills: passing, receiving, team play, shooting, scoring, offensive zone play



Regroup Game (15 mins)

Play 3 v 3 cross-ice - Before you can attack the opposition's net, you must regroup with a player on your team who cannot go above the goal line. The regroup player may move anywhere below the goal line but cannot come above it. Move to get open on the regroup.

Concepts: puck support, breakouts, regrouping, line rushes, transition

