

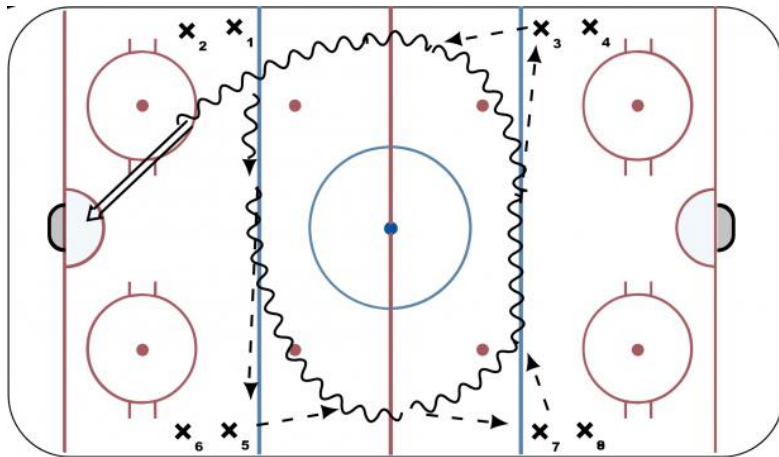


Date:	<u>11/18/18</u>	Group:	<u>Junior gold</u>
Length:	<u>60 mins</u>		
Start Time:	<u>6:30pm</u>	Focus:	<u></u>
End Time:	<u>7:30pm</u>	Level:	<u>HS</u>

Length	Start	Drill Name	Category	Notes
15	6:30pm	Russian circles	Forward, backward, transitions with puck. 2x each	Spaced out - not in groups. With pucks. Forward - 2x, backward - 2x, transitions - 2x.
12	6:45pm	4 Corners	Shooting	
13	6:57pm	Bylsma 1 v 1 - Backward Start	Defensive Development	A very simple drill that places the defenseman under extreme pressure. Modify spacing of F-D based on the ability of the players to ensure a good drill. As the D become proficient at acceleration, close the gap to make sure they remain under pressure.
20	7:10pm	Game situations / scrimmage		

Notes: Day 1 of JG tryouts.

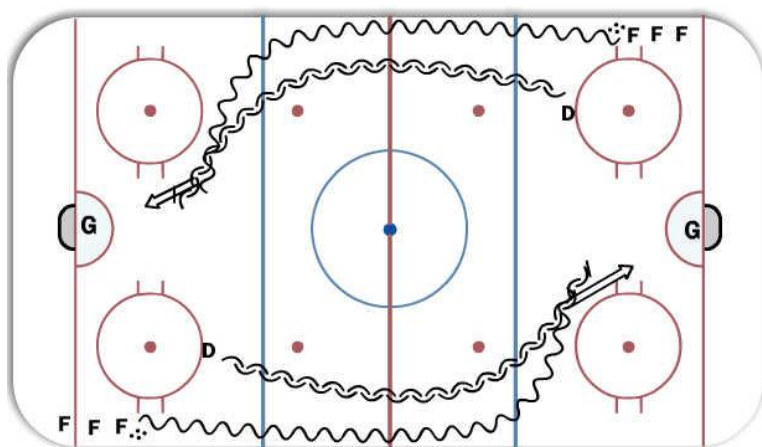
Drill Title: 4 Corners (1 Diagram)



Start in opposite corners. Three corner passes and then a shot.

Key Points:

Drill Title: Bylsma 1 v 1 - Backward Start (1 Diagram)



Both Players start from a standing position. Forward skates forward, Defense must start out backwards.

Defense must accelerate quickly with backwards cross unders to get up to the speed of the forward and maintain a stick length gap.

If Defense gets beat off the line, player must turn around and skate forward and backcheck to catch up.

Defensive goal is to keep the opponent in front of them and use their body to force the play to the outside if possible.

Defender - Don't back in to your goalie. Force the play by closing your gap between the blue line and the top of the circle.

Forward has an advantage and should accelerate quickly and try to use speed to beat the defense. However, a deke or faint can be used to beat the defense by getting them out of position.

Key Points: Both players GO on the Whistle. No cheating or starting early! Defense starts out at top of the circle. Defender skates backwards the entire drill. Forward starts from behind hash marks.