



**12U Advanced: 1-Team Practice** **Number of Players:** 15+ skaters & 2 goalies

**Practice Theme:** D gapping & passing

**Equipment:** 6 divider pads, 2 nets, 3 tires or cones

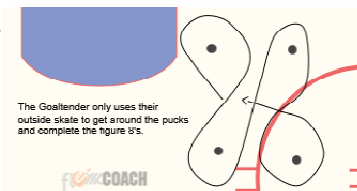
**Time:** 60 minutes

### Warmup Keep-Away (8/8)

Players pair up. On whistle, play 1v1 keep-away for 30 seconds. Players must stay in a small area and try to beat each other 1v1. Don't let them skate all over the ice to maintain possession; work on deception and hand skills. Have players stationary pass during rest periods. Stay 15 to 20 feet apart to increase reps. Pass hard on forehand, backhand, one-touch & saucer pass, catch pull pass, etc.

### Goalie Movements - Box Drill Edge Work

1. Forward
2. Backward



### Goalie Fundamental Saves

1. Standing Glove x5 Standing Blocker x5
2. Start in a butterfly alternating side stick saves x10
3. Start on the post, out to the top of the crease, body x5

### 4 Stations @ 10 min (40/48)

**Station 1: 1v1 Continuous** – X1 begins by retrieving a puck and breaking out X2. X2 tags up around one of the 2 tires (inside out) and then attacks the net. X1 must gap up and play X2 1v1. As the play enters the zone, X3 moves to the high slot and waits for X1 to steal the puck. As X1 gains puck possession, X3 jumps to support and receives a breakout pass. X3 then tags up around one of the 2 tires and attacks the net. X2 then becomes the new X1 and gaps up to defend. Drill continues as a new X3 moves to slot.

**Station 2: Grillo Gap Drill** – F1 starts at top of the circle and D1 at bottom of the circle. F1 begins by sprinting to the dot. F1 must stop on the dot; D1 is then activated. F1 now sprints to one of the two puck piles. D1 sprints behind F1 to close the gap. Once F1 gathers a puck, he/she can break right or left and challenge D1 attempting to score. D1 does not stand still or skate backward. Instead, D1 closes the gap & leads with stick, putting body between F1 & the net. NOTE: D1 should angle the player with good body position and stick-on-puck defense. Once the 1v1 thrust is over, coach blows whistle and F1 sprints & gathers puck from opposite pile and drill repeats.

**Station 3: 2v1 with Backcheck** – D breaks out F1 & F2. F1 & F2 then pass to X1 and tag up onside for a return pass from X1. As soon as the puck re-enters the zone, X1 is activated as a backchecker. The D must follow the play and gap up for the 2v1 back. Play until the whistle.

**Station 4: Slingshot** – Have two groups of players ready with pucks and a cone on the dot. Drill starts with X1 passing to oncoming O1. O1 then one-touch passes back to X1. Once X1 receives this pass, he/she is activated & directly attacks the net 2v0 with O1. O1 skates around the cone and gets in position to receive pass or attack rebound from X1. After a play on goal is made, X1 repeats the drill by circling back around the cone and receiving a pass from X2. O1 moves out of the drill.

### Game: Nobles Transition Game (12/60)

Players play 3v3 in the end zone. One team is on offense, the other on defense. When the defending team steals the puck, they pass to their teammates who are waiting at the red line. The 3 that just passed to their teammates leave the zone, the 3 that were on offense gap up to play defense, and the 3 that received the pass attack on offense.

