

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

Drills/times: free play (5 min) SAG 10 mins, 3 stations @ 7min each (21 mins) 2 stations @ 7 mins each (14 mins) SAG @ 10 mins = 60 mins

Pearl 4 v 2 Cross Ice (10 mins)

Each team has a power play every other shift. Start off with 4 red vs 2 green. On the whistle, 2 new green join the play to make it 4 green. The 4 red players go for a change and 2 new red players come on making it a 4 v 2 for the green team. On every whistle the team with 4 changes and two new players from each team join the play. It will result in continuously changing 4 v 2's. Encourage the team on the penalty kill to push for shorthanded goals.

Concepts: puck support, line changes, powerplay, penalty kill, transition



3 Stations – (21 mins - 7 mins each)

TYH Shooting (7 mins)

Player 1 in line passes to player 2 at the goal line, player 1 opens up at the boards and gets a pass back. 1 then passes to 3 who is next in line and 1 opens up again towards the boards for a pass from 3. When 1 receives that pass he underhandles and shoots to score.

Skills & Concepts: passing, receiving, breakouts, shooting, scoring

Underhandle / Quick Pull Shooting (7 mins)

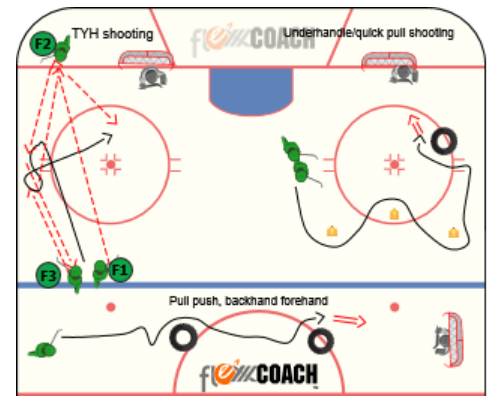
Player starts at the hash mark and goes around the 3 cones with the puck on his forehand only, after the 3rd cone, he drives to the tire. As he gets just past the tire, he gives a quick pull of the puck (backhand to forehand, or forehand to backhand depending on which side he is on) and tries to score.

Skills & Concepts: skating, puck handling, zone entry, shooting, scoring

Dangle Shooting (7 mins)

At the first tire player performs a pull / push move past the tire. At the second tire, the player makes a quick pull to the backhand, back to the forehand for a quick shot without stickhandling. Progression would be to add a give-and-go with a player standing next to the net before shooting.

Skills: Skating, puckhandling, passing, receiving, shooting, scoring



2 stations – (7 mins each, 14 mins total)

3 v 0 Zone Entry (7 mins)

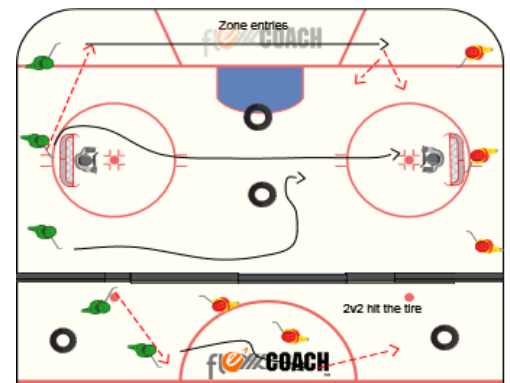
Center makes a pass to the wing. Wing drives wide, center drives the net, off wing buys time and finds space. Driving wing can either shoot, pass to driving center, or find late guy.

Skills & Concepts: zone entry, offensive zone play, passing, receiving, puck handling, puck possession, scoring

2 v 2 Hit the Tire (7 mins)

Play 2 v 2 in the neutral zone. The goal of the game is to hit the opponent's tire with a pass. Both offensive players must touch the puck before attempting to hit the tire.

Skills & Concepts: puck protection, offensive zone play, defensive zone play, game situations, passing, receiving, puck handling, body contact, scoring



Levels (10 mins)

Play 3 v 3 with a coach for support on both walls. The coach may skate up and down the wall to get open. Players must pass to a coach before they can attempt to score and they can score on either net to foster creativity and deception.

Skills & Concepts: puck support, deception, transition, offensive zone play, defensive zone play, power play, penalty kill

