



2021-Oct 25-SQPW

Date: Oct 10 2021

Time: 3:50 pm

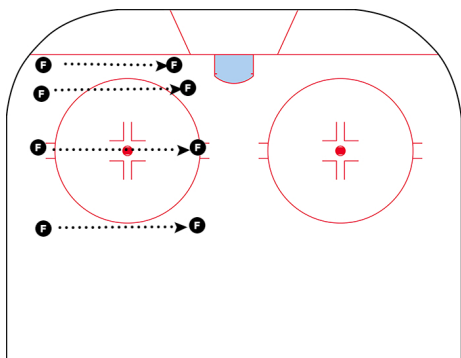
Duration: 60 mins

25 F/B Passing Challenge

0 mins

Stationary Passing

8 mins



Players space out in two separate lines and pass with a partner.

Key Points

Primary focus is on honing technique. Players begin to go through motions fairly quickly so need to do a progression.

- Forehands
- Backhands
- Forehand receive to Backhand pass
- Backhand receive to Forehand pass
- Skate to Forehand pass
- Skate to Backhand pass

Can also utilize lawnmower tires or stick handling balls to make players focus on certain aspects of technique.

P-I-G Shooting

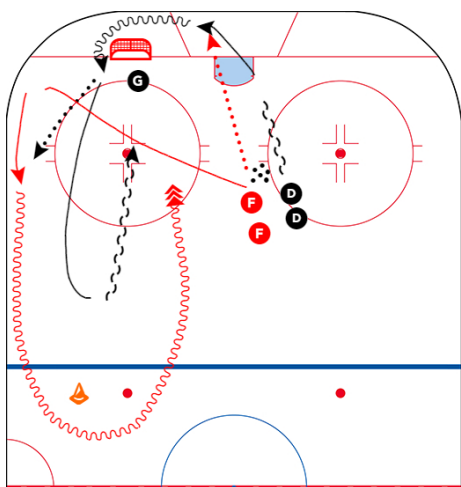
7 mins

1 Leg Stride/Glide & Stops

0 mins

Breakout 1 v 1

7 mins



F dumps puck in behind net. **D** goes to retrieve puck and does a shoulder check. **D** carries puck around net, turns up ice and makes a breakout pass to **F**. **F** goes around the cone before coming back in on a 1v1. **D** follows forward and gaps up to play 1v1.

Variations:

- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

Key Points

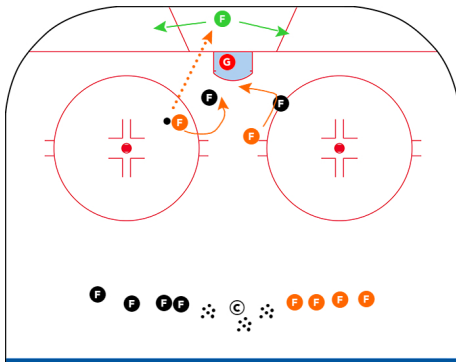
- Shoulder check every time
- D must turn up ice
- F always face puck & transition low to catch puck with feet moving
- D gap up

1v1 Protect the Dot

7 mins

2v2 Low Outlet

8 mins



Players compete 2v2 with an outlet player below the goal line. The outlet player must remain below the goal line at all times while Xs and Os must stay above the goal line. To go on offense, a team must pass to the outlet player. The outlet player has three seconds to do one of the following: pop out pass, whip, wrap, or jam. On a change of possession, the defending team then passes to the outlet player to flip the roles of offense and defense. Focus on quick plays, finding open ice, 2nd change opportunities, and getting pucks to the net. 15- to 30-second shifts.

Key Points

Defense

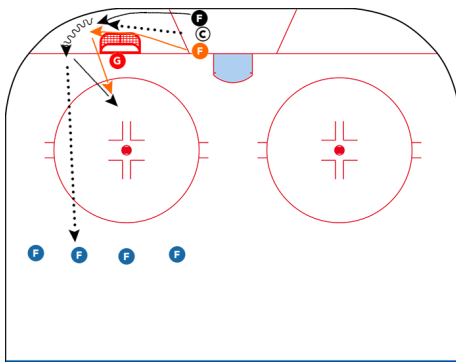
- Emphasize D-side positioning
- Head on swivel

Offense

- Positioning
- Find open ice - Timing
- 2nd chance opportunities
- Get pucks to net

1v1 Race to Net Front Tip

8 mins



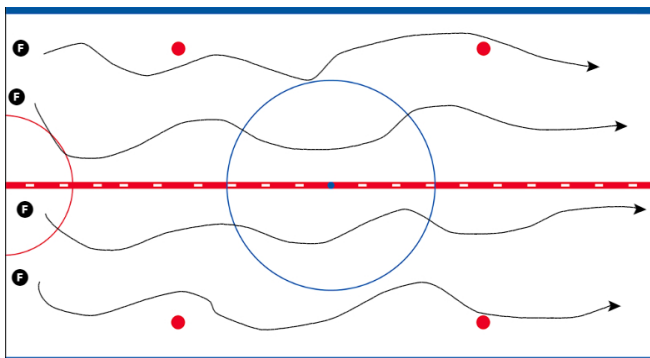
Create a 1v1 puck race below the goal line. Winner of the puck can pass to any of the players waiting above the top of the circle. After the pass is made, the black player heads to the front of the net for a screen and tip, and the orange player who loses the puck battle assumes a defensive role and defends the front of the net by boxing out and lifting stick. Play this drill out as desired.

Key Points

- Win the race
- Win body position

Technical Skating

7 mins

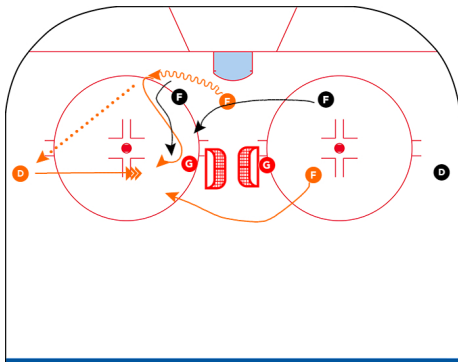


Players perform technical skating drills going cross-ice. Skills:

- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

- Good knee bend
- Chest, head up
- Full extension
- Full recovery



Place nets back to back in the middle of zone. Players compete 2v2 in the zone. Each team has a point player for support on their offensive side.

Variations - Can require a pass to point player to increase screens/tips/deflections

Key Points

- Utilize point support
- Attack the net from below the goalline