

Practice 1

9/14/2020

Theme: Agility/Overspeed/Shooting

Game: 2v2 Cross Fire (goalies participate) 8-10 Minutes

Technical: 4 lines (on each NZ Dot)/ 2 nets – 2 attack triangles back to back with each line (top of circle) 15 minutes – **Coaches work with players on their technique. Focus on bending knees and staying low in transition. Focus on accelerating out of turns with explosive movements and hard strides out of crossovers.**

*All finish with a shot – **Players switch directions each rep***

- Overspeed
- Face the net
- Mohawk
- Under Back Stick/Punch Turn/accelerate the top
- OS with only forehand/get feet around puck
- Face the net with escape
- PEP – Full around
- Under Stick/Punch Turn/Punch Turn

More Overspeed (2 nets) -use attack triangles for attack and move options before the shots 12 Minutes
Coaches push players to always move their feet. Never skate in a straight line or stop feet in the turn.

Important to keep feet moving and get on edges/no tight turns in these

- Bure Forwards and Backwards
- Tops and Bottoms – short pass/long pass
 - o Add give n go with line then long pass
 - o Get a pass from your line/ Crosby move then pass to far line
- Benedict 2 v 0 (use the triangles to create passing windows)

Game: 3 v 3 Neutral Zone Transition Game 8-10 minutes

3v3/if puck crosses the blueline regardless of who touched it last, the defending team gets the puck from a coach in their line. Players will be lined up on the corner of the blue line on opposite ends.

Coaches reinforce speed in transition.