



csaha KR week 7 - possession

Date: Dec 11 2021

Time: 6:28 pm

Duration: 60 mins

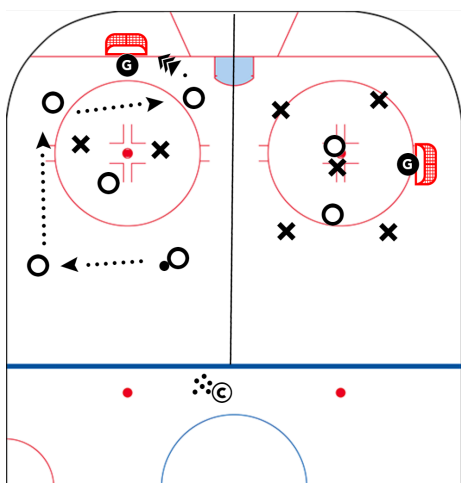
possession, PP, transition

Free play

5 mins

Romania 5v2 PP game

10 mins



Draw a line down the center of the zone. Nets as shown. There are two different 5v2 on either side of the zone. The X's are working together and the O's are working together. On the side where O is on the power play, they are trying to score. Players are encouraged to move around the zone and not be stagnant. If the defending team steals the puck, they look to transition it to their teammates on the other side of the line to start the power play on the other side. Players cannot cross the line but may use their sticks to reach over the line to disrupt opponents or pick up a loose puck. **Progression-** spot a puck on each side and create an urgency situation where whichever team scores first gets a point. In this scenario, if the defensive team steals the puck, they must try to play keep away to force the power play team to work on puck retrieval.

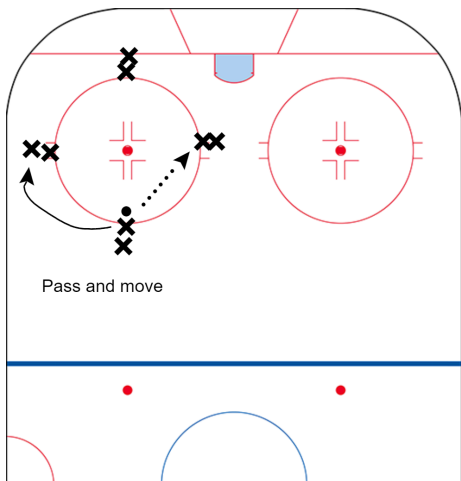
https://www.youtube.com/watch?v=E_8P5wVmXC8

Key Points

power play, penalty kill, puck possession, scoring

Pass and move

4 mins



X starts with a puck and passes to either the player to the left or right of them. Passes can only go to the line to the left or right, not across the circle. Whichever way the pass goes, the passer skates the opposite way to the other line. The drill continues is continuous.

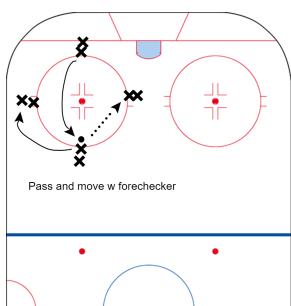
https://www.youtube.com/watch?v=WLDvp8n_v5g

Key Points

Passing, receiving, give and go

Pass and move w forechecker

4 mins



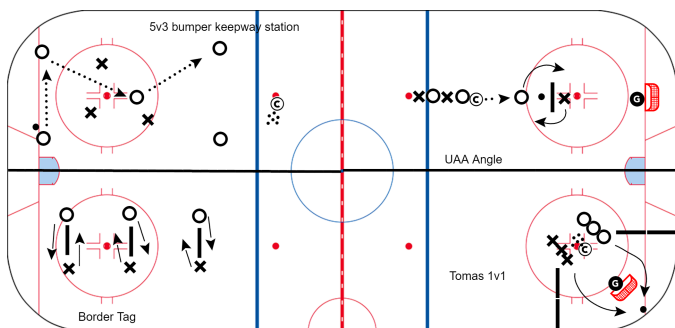
X starts with a puck and the player who is directly across from them creates an angle to force them to pass to either the player to the left or right of them. Passes can only go to the line to the left or right, not across the circle. Whichever way the pass goes, the passer skates the opposite way to the other line. The drill is continuous and each time a pass is made, the player directly across from the player with the puck initiates the forecheck.

<https://www.youtube.com/watch?v=fzgMTvkogg8>

https://www.youtube.com/watch?v=Q_a9EshRD6Y

Key Points

Passing, receiving, give and go, forechecking.



Bumper 5v3 keep away-This is a 5v3 keep away game where the O's are lined up in a box and one. They should try to stay stationary as possible to make passing quickly the priority. The defenders (X's) can skate wherever they would like to take away passing lanes. Emphasize good angles and taking away lanes with their sticks. If the defending team steals the puck, they make a pass to the coach and the coach then passes back to an O to start a new rep. Progression - move to two touch and one time passes. <https://www.youtube.com/watch?v=OEm1jX2hTCc>

UAA Angle-

Coach passes a puck between O's feet so that it hits the border. Once the puck hits the border, X must pick a side to flush O out and chase O. O picks up the puck goes around the border and attacks the net. X continues to chase O and the drill goes on until one of three things happen: O scores, the goalie makes a save and freezes the puck, or X can skate the puck over the blue line. Emphasize playing until one of those three events happens, for example X might win the puck but if O can steal it back before the blue line, the rep continues.

<https://www.youtube.com/watch?v=a-zZB5XogrI>

https://www.youtube.com/watch?v=KLR_kshAVgU

Tomas 1v1 - Coach spots a puck behind the net close to the boards. When coach says go, X and O race for the puck. The winner of the loose puck is on offense and tries to score a goal. The loser of the loose puck is defending. The rep ends in one of three ways. The offensive player scores a goal, the goalie makes a save and freezes the puck, or the player who lost the loose puck battle can make a transition pass to the coach.

Progression- offensive player can pass to their line and activate a second offensive player which would activate a second player from the defensive line to create a 2v2

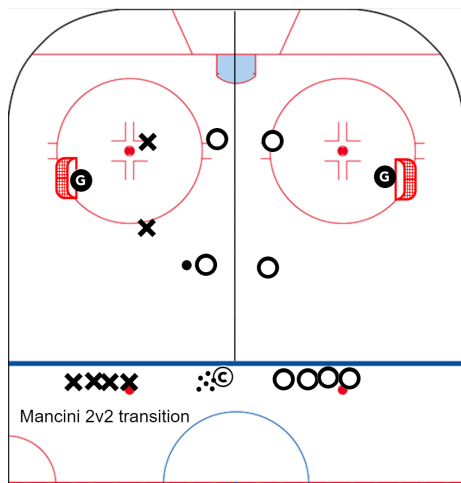
scenario. https://www.youtube.com/results?search_query=tomas+1v1

search_query=tomas+1v1

Border Tag - Players play tag around the border. Players are not allowed to jump over the border but may stop and start to change direction. Be sure to change whom players are going against every minute or so, so that they face different competition.

Mancini 2v2 transition

9 mins



This is a transition game where players go from defense to offense to out of the game. O starts with a puck and attacks the net which X's are defending. If O's score, they get another puck from the coach as a reward. If the goalie freezes the puck, O's back off and goalie makes a pass to his teammates X's. When X's get the puck, they transition to offense and attack the opposing net which has two O's ready to defend. The original O's can backcheck until the center line to try and steal the puck back. Once the other team crosses the center line, the players that were on offense leave the zone to get back in line.

https://www.youtube.com/watch?v=PtnvI0_ILxM

https://www.youtube.com/watch?v=C_sbbTXIM1Y

Key Points

transition, zone entry, o/z, d/z, breakouts