

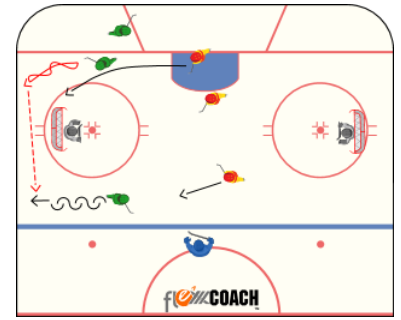
Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

Drills/times: free play (5 min) SAG 10 min, 4 corners 10 min, 2 stations @ 10 min each (20 min) SAG @ 10 min, quick score 5 min = 60 min

Breakout Game (10 mins)

Play 3 v 3 and before they can attack the opposing net, they must pass the puck behind their own net. The team without the puck must forecheck the team that is passing the puck behind their net. Emphasize good angles and reading and reacting.

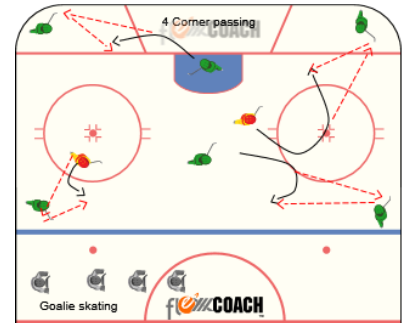
Concepts: puck support, regrouping, breakouts, forechecking, line rushes, transition



Four corner passing (10 mins)

4 players are stationary in the corners, while 4 are moving around the zone. The players that are moving with pucks must pass to the stationary players as often as possible while also always watching to see which corner is open.

Skills & Concepts: passing, receiving, skating, puck handling, spatial awareness, facing the puck, creativity, deception, support



2 Stations – (10 mins each, 20 mins total)

2 v 2 Pit Game (10 mins)

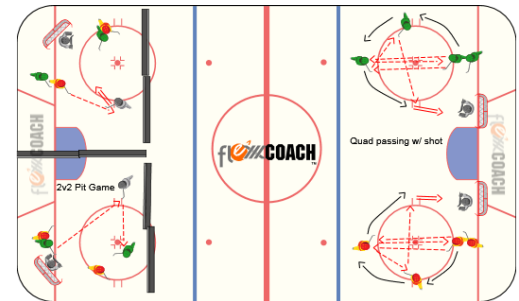
Players compete in a small area (2 v 2) - whoever has the puck is on offense. Players can use a designated point man as well to create an odd man situation.

Skills & Concepts: game situations, passing, puck protection, defending, offensive play, body contact, scoring, competing

Quad Passing w/ Shot (10 mins, Switch Sides After 5 mins)

Player at the bottom of the circle passes to player at top of circle, top of circle passes back to bottom of circle who passes a third time to top of circle. Top of circle passes to hash mark player and they execute a give-and-go for a shot. Hashmark player moves to top of circle and bottom of circle player moves to hashmark.

Skills & Concepts: passing, receiving, give-and-go, shooting, scoring, timing



2 Stations – (10 mins / 5 mins each)

Modified PP / PK Game (10 mins)

Players compete in a small area - 5 v 2 PP. The point men cannot move down below the top of the circles. Emphasize quick puck movement and outnumbering pucks.

Skills & Concepts: PP / PK, passing, receiving, shooting, scoring, game situations

Quick Score 2 v 0 (5 mins)

Teams go 2 v 0 and try to score 10 pucks quicker than the other team.

Skills & Concepts: game situations, passing, receiving, scoring, offensive concepts, defensive concepts, body contact, competing

