



2021-Oct 18-SQPW

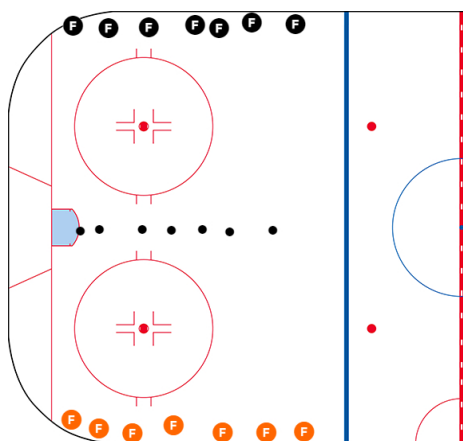
Date: Oct 10 2021

Time: 3:50 pm

Duration: 60 mins

Finders Keepers

8 mins



To set up the drill divide the players into 2 teams and use an odd number of pucks and less than half as many players. For example, if you have two teams of 7 players then use 7 pucks. If you have two teams of 6 players then use 5 pucks. You can play in one end from the blue line down, half-ice, or even full ice depending on the amount of players. Each team will start on the wall or on the end line. The coach will blow the whistle and shoot the pucks into play. The players will work in their teams to possess as many pucks as possible. The coach will decide on a length of time to play and then blow the whistle. On the whistle all the players must stop. The team that is in possession of the most pucks wins that round.

Key Points

- Puck protection & possession
- Puck support

Partner Passing, 1v1 Keep Away

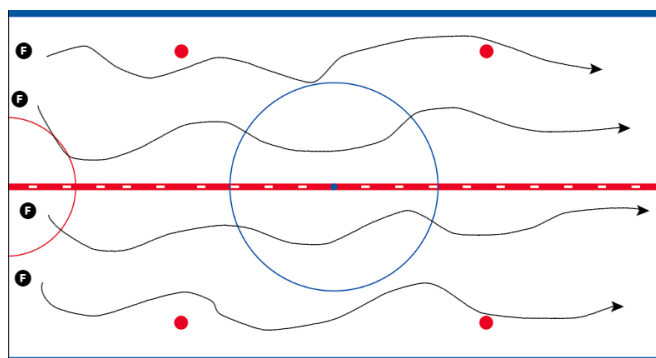
8 mins

Stance/Flat/Inside Edges

0 mins

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

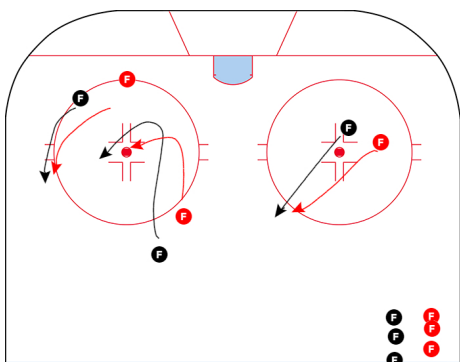
- Good knee bend
- Chest, head up
- Full extension
- Full recovery

Puck Retrievals (Shoulder Check)

7 mins

1v1 Tag

8 mins



Players compete in 1v1 tag. Adjust number of pairs and ice surface area based on number of players and skill level.

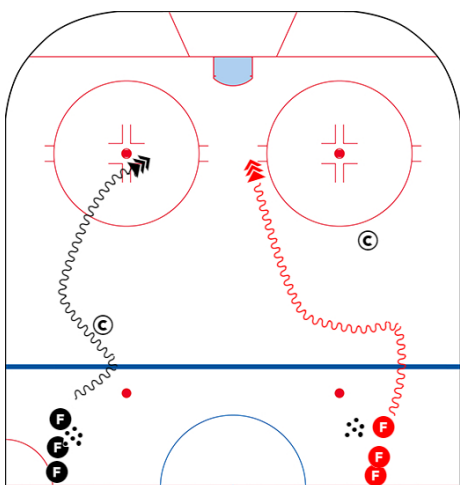
Key Points

Add rules to work on desired skating skills:

- Forward
- Backward
- Inside Edges

1v1 Zone Entry Reads

7 mins



Forwards start with puck in neutral zone. Player attacks with full speed and reads the defender. Can also have forwards do a swing pass to start the drill.

If defender has loose gap, cut to the middle.

If defender has tight gap, fake hard to the middle and try to beat to the outside.

Defender Progression:

- Stationary cones
- Coach
- Live action 1v1 (D start at dot)

Key Points

Attack with speed

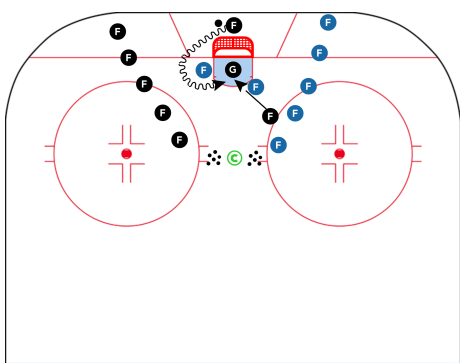
Emphasize the read and react component

Add deception as players advance

Discuss the soft spots where there are opportunities to shoot.

Goal Line Stand

7 mins



- This 2v2 drill takes place in a trapezoid extending from the slot down toward both corners. Coach should be in between the hashmarks with pucks. Resting players form a boundary and should prevent pucks from exiting the playing area.

- To attack, a player must take the puck below the goal line and then bring it back out to a scoring position. The opposing team must defend until they can win possession, at which point they need to carry the puck below the goal line before attempting to score.

- If a puck is scored, frozen or leaves the playing area, the coach adds a new puck below the goal line for the players to battle for.

- To play the game without a goaltender, attacking players should only be allowed to shoot with both feet in the crease.

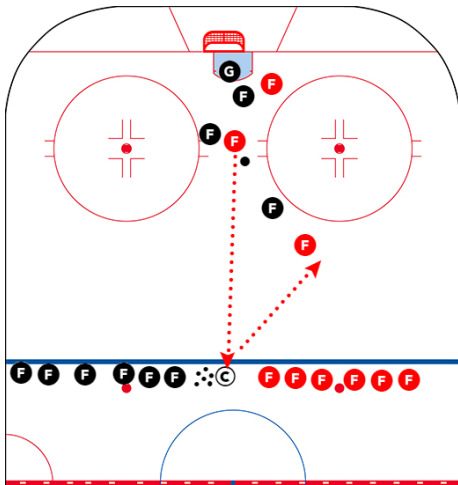
Key Points

On Defense:

- Battle for good body position
- Emphasize good stick position to eliminate passing and shooting lanes
- Neutralize net front chances by engaging the attackers' sticks and body

On Offense:

- Attack the net quickly after turnovers
- Get to the hard areas
- Win second chance opportunities



Basic 3v3 cross-ice game. Must pass to and receive return pass from coach to go on offense.

Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa