

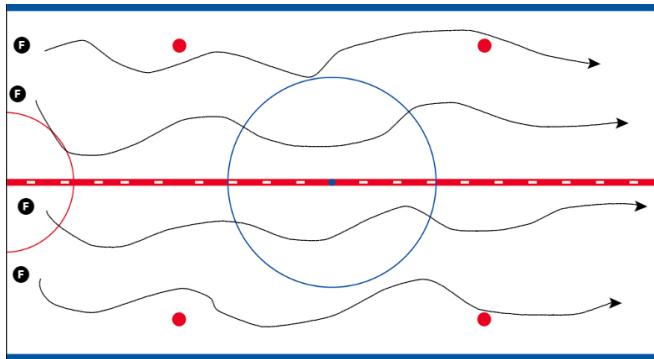
2021-Nov 1-Ban

1L Stride/Glide/Hops/Swivel

0 mins

Technical Skating

8 mins



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

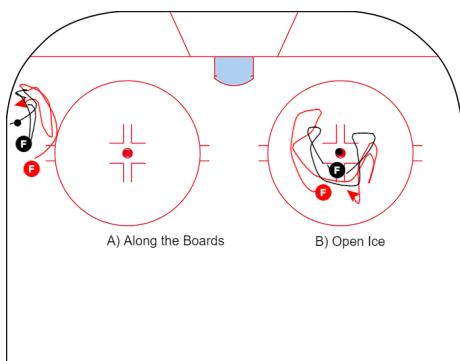
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

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

1v1 Protect the Puck

7 mins



● F tries to protect the puck with body position without playing it
● F tries to steal the puck. If successful, stop the puck and restart. 25-30 seconds on, give a break & rotate.

Key Points

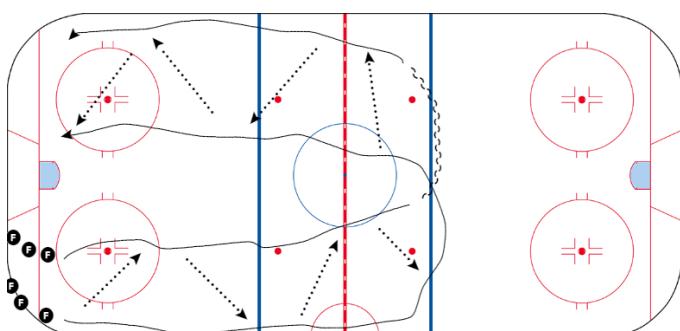
- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

U Partner - Pad Pass shot

0 mins

U Partner Passing

7 mins



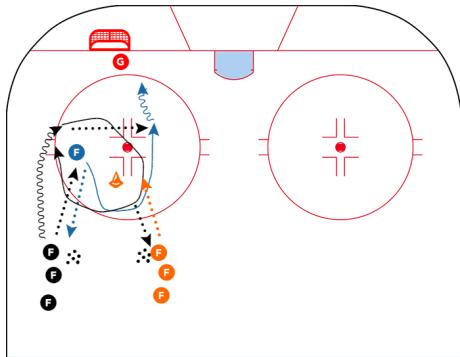
Players make a U-shape while partner passing.

Key Points

- Keep feet moving
- Lead partner with pass
- Always face partner/puck during transition

Oulu Slingshot

8 mins



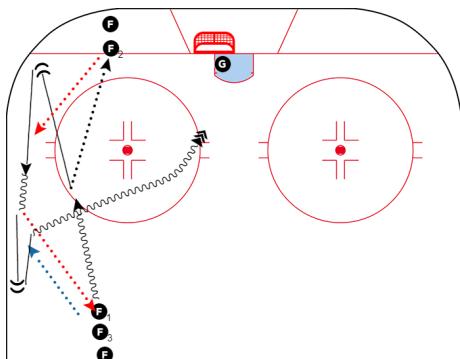
- F passes to F who one touches it back to F
- F swings around the cone as F jumps in the play with the puck
- F passes to F who takes quick shot
- F must swing below cone and receive pass from F to start the next sequence

Key Points

- Emphasize presentation & quick release
- Should have good tempo & flow

Hook N Slide Shooting

7 mins



F1 starts with puck and makes pass to F2. F1 does hook and slide like on a breakout. F2 makes breakout pass to F1. F1 repeats the same hook and slide give and go with F3 at the top of the zone. After receiving a pass from F3, F1 goes into take a shot. F1 > F2 > F3 > F1.

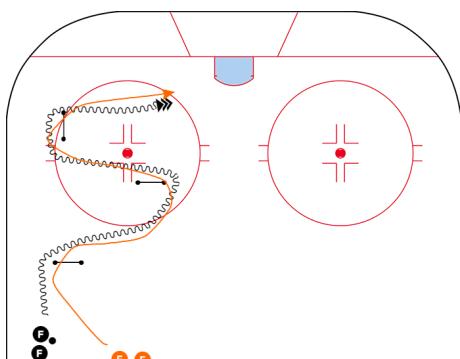
Can add a tip/screen/rebound at the end.

Key Points

- Always face the puck
- Give a good target
- Catch the puck with feet moving
- Explode after receiving pass

Attack Under Pressure

8 mins



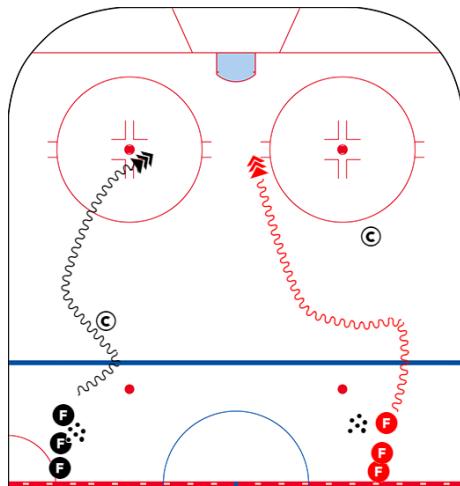
One player starts with puck and attacks the net around obstacles. A second player provides back pressure and attempts to catch them and steal the puck.

Key Points

- Offense - Protect the Puck
Defense - Inside hip, stick on puck

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

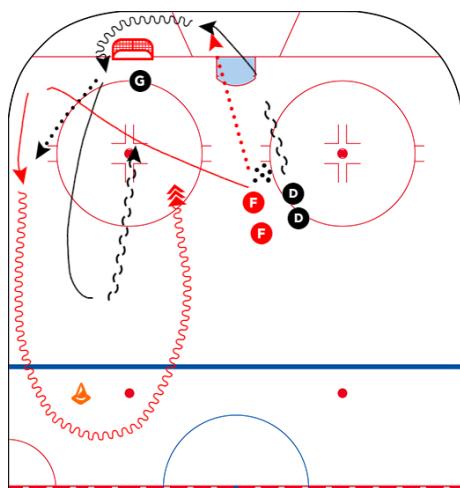
Emphasize the read and react component

Add deception as players advance

Discuss the soft spots where there are opportunities to shoot.

Breakout 1 v 1

8 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:

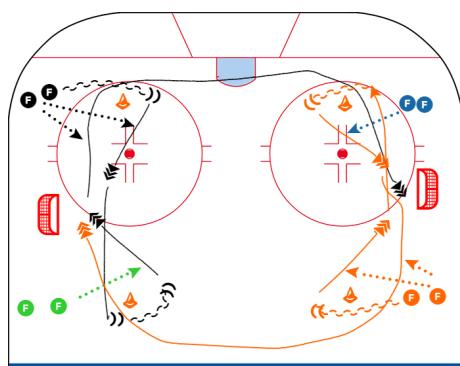
- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

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

Potulny Scoring

7 mins



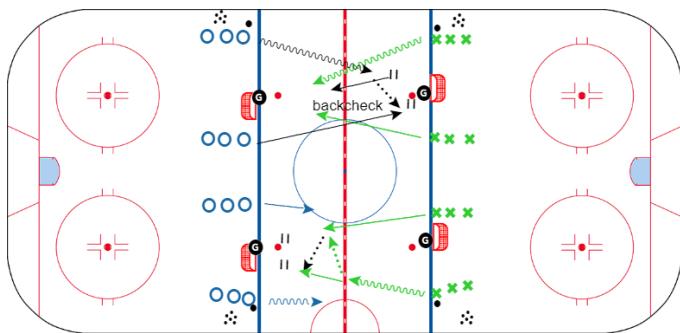
Start out of opposite corners. Backwards around first cone, receive pass from own line and shoot. Skate to other cone, transitions around cone, open up, receive pass and shoot. Skate towards first cone again, receive 3rd pass, go around far cone, cut in hard to net for 3rd shot.

Key Points

- Quick release
- Keep feet moving

2v0 Quick Attack w/ BC

8 mins



Put nets on blue line opposite each other or cross-ice in end zone. Have 4 lines around the net.

Have one team (X) of players attack net 2v0. O Players in opposite line are ready with puck. After X player shoots, coach blows whistle. On whistle:

- O players attack opposite way 2v0
- X players must tap post and then back check

Key Points

- Deception
- Back pressure with good stick