

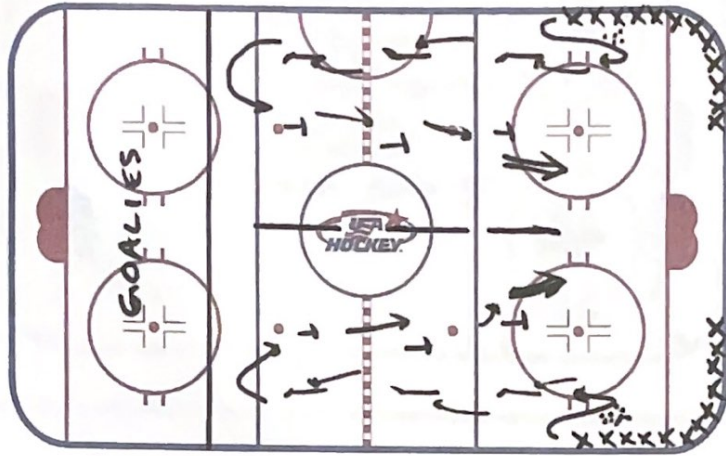


STERNS # 2

11/8/23

10U → 14U

# OFFICIATING DEVELOPMENT PROGRAM PLAYER

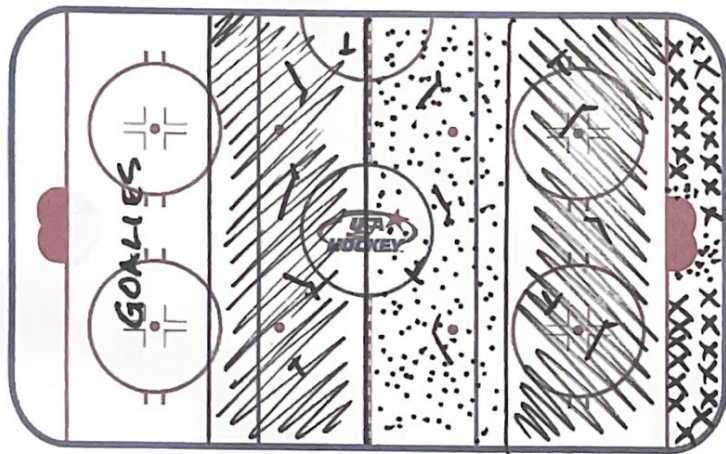


### Warm up (15 min)

Down along the outside, back up the middle. Middle is just triangle. No goalies. Adjust for level. 3 devices along boards facing the goalie end. 3 triangles on each side in the middle. Variations around PEP:

- 1) weight transfers
- 2) Slip through with weight transfer
- 3) On the fly (thru and crossover PEP)
- 4) Double tap
- 5) Crosby (Mohawk 360 around)
- 6) McDavid on the fly (360 w/ 2 sticks)
- 7) Transitions (stick at bottom of PEP)
- 8) Transitions with fake and ^ direction
- 9) On the fly with double tap

Line starts at hash and swings down to start. That keeps the back of line out from behind net. Freestyle thru middle triangles. Change shot lane when shooting and shoot from the top of circle. Skate hard to net after shot and look for own rebound or others. Heads up and shoot low. Shooting on shot board. NO HIGH SHOTS! LOW SHOTS.



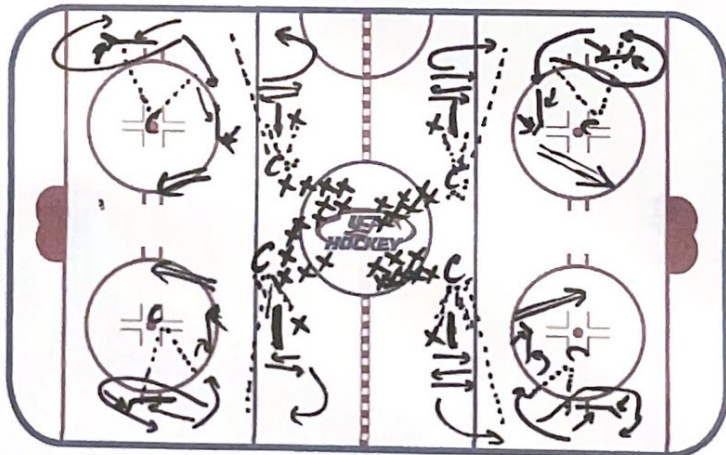
### Puckhandling/Passing (15 min)

(divide players into groups of 6-7)

The idea of this drill is to go through different variations of puckhandling and passing drills as their group moves from one zone to next. First group will start in near zone and go for 15-20 seconds. On whistle group one moves to middle zone and group 2 starts, and so on. PEP devices will be randomly spread around zones. They need to pass through them or sauce over them in passing drills (other than one touches) and if they can handle it. Otherwise they are just obstacles. Head up and make spontaneous decisions with puck while stickhandling.

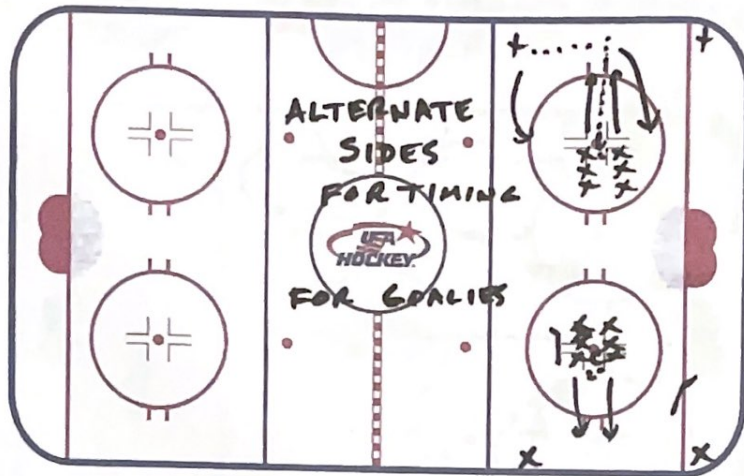
- 1) everyone has puck (heel stride/between feet)
- 2) Forehand only
- 3) 50%, 75%, 100% change directions)
- 4) Passing (1 puck, 2 pucks, 3 pucks)
- 5) One touch passes (anticipation and get open)

Players need to keep their heads up and communicate. This is a combination of chaos stickhandling and Finnish 5 puck. Vary depending on the level. Creativity is crucial. Also, they have to talk when passing.



### Huxley Hop w/ zone entry (teams split/both sides (15 min)

Goalies will be in the net for these drills so we need to alternate sides and figure out the timing of that. Send players accordingly. Usually after the player on the other side is receiving the pass, the other side can go. Coach passes in the neutral zone and at the end zone dot for give and go. The player starts on the neutral zone side of device. Toe caps always facing coach. They need to turn their upper body to get to backhand side, not turn skates. They should be square to the passer (coach) while hopping over with crossover motion, not stepping over. Asses to them to start drill. Always catching puck (presenting stick) away from the device. Player quickly passes back to coach and then crossover hops over device to other side as coach is passing back. Don't wait until they are there. Pass back right away forcing them to get back over again. Three passes total here...One to start, One on low side. One back on high side. After player passes back they peel away from coach towards boards and coach passes to them for their zone entry. Player drives deep into attacking zone and double taps thru device with powerturn toward the wall away from pressure. Then player passes thru device to coach on dot ves a one touch back to them before they get to the next device at top of circle. Angles are important. Place puck where you are going to go. Double tap thru the device at top of circle and then in stride. Follow shot to net. Do not peel off. Possibly stay in front for screen, tip, rebound of next player. Switch sides after 7 min



**Wall battle drill with low or high support (15 min)**

Two lines on either side of the end zone dots. Two other players are needed for this drill. One against boards on goal line. One at top of circle against boards. Coach at dot with pucks. Coach chips puck to half wall and the towel players on each side race to gain possession. If the player to the right of coach wins puck he/she passes to the high player waiting and then they go 2v1 on the player who lost battle. In this case the player down low just stays there until they are involved (maybe on next rep). If the player on the right side of coach (low player) wins battle, they pass to the player down low and they go 2v1 on the player who lost the battle. The result is 2 on 1s off the wall high and low. Teach to move off puck. They need to work through other players that's are in line. Keep lines tight. Sometimes the player who wins battle just needs to provide support on the wall. Give and goes. Read Defense. D, sticks in lanes and force bad angle shots. Communication is key. Use PEP device up high and down low to pass through or just use them as a guide as to where you want them to go (ex: hitting a seam)