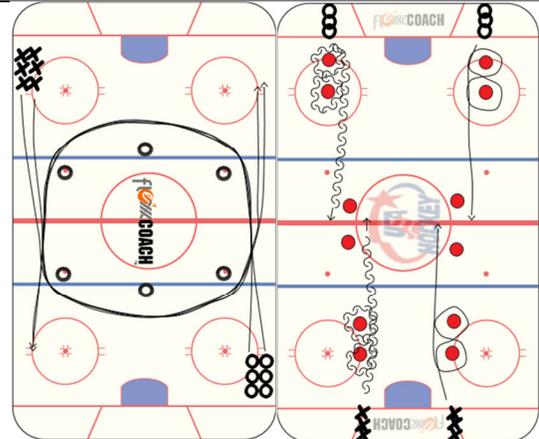


Small Area Game Day Weeks 1&2 (8/20/15 & 8/27/15)

34 Skaters & 4 Goalies - 80 Minutes



1) Puck-Handling/Goaltending Warm-Up (10/10) Not Diagrammed Goalie Warm-Up



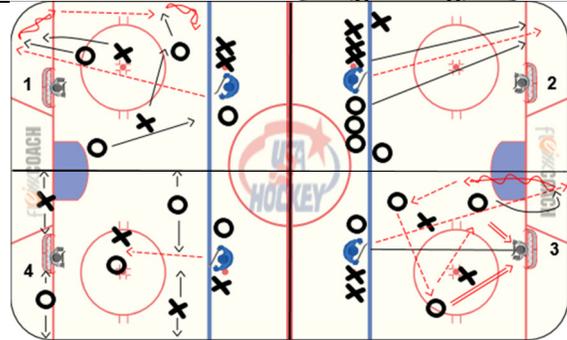
2) Over-Speed Training (20/30) - 16 Sprints @ 1 per 1:15

First two sprints in each drill are always without pucks/second two sprints are with pucks. Coaches remember to remind players if they lose puck they should leave it and continue at top speed through the drill.

- 1) Big Circle – Forward
- 2) Big Circle – Backward
- 3) Figure 8 Forward through Gates
- 4) Figure 8 Backward through Gates

Coaches remind the players to start explosively and sprint through the drill as fast as possible to failure.

Goaltenders – With Goalie Coaches



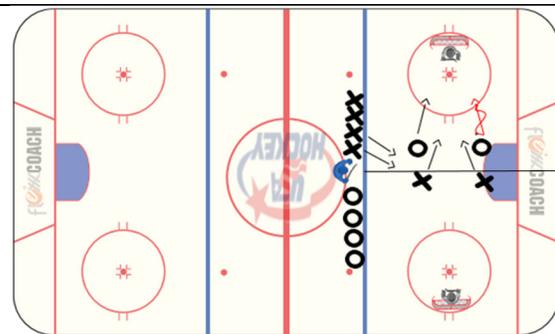
3) 4 Offensive SAG's @ 10 min per station (40/70)

1) **Lulea 3v2 Game** - Three O's vs two X's play 3v2 keep away with the object being for the three players on offense (O's) to move & support each other with & without the puck to maintain control vs the opponent (X's) while creating a quality shot on net. At least one defending player (X) must chase the puck carrier to create a puck protection & support scenario (no zone defense) Coaches should control the drill for short bursts of 10-15 seconds before switching player roles. If defenders get puck they must pass to coach, coach spots a new puck on goal.

2) **1v1 with D Activate** – Coach spots puck for 1v1 battle. Player who wins puck can activate teammate at point with pass to create 2v1. When defender wins puck, he must pass to his teammate to go on offense. Original point man must return to original position. 30 sec. shifts.

3) **Green Shot Game** – Coach draws line down middle of playing area as diagrammed & spots puck for battle. Three offensive players play 3v2 vs two defensive players. Offensive players must gain control of puck & work to create a shot by passing the puck across the mid-line. If defenders get puck they must pass to coach, coach spots a new puck on goal. 30 sec. shifts.

4) **1v1 Get Open** – Coach spots puck into pit for players to compete 1v1 with support players. (1 high & 1 diagonally across the playing surface low) Support players can only move laterally to create seams. 30 sec. shifts



4) Back-Check Game (10/20)

Players start by attacking 2v0 with 2 opposing players back-checking into defensive zone coverage concepts. When the back-checkers gain possession of the puck, they transition to breakout two new players on their team who have funneled into the play and are getting open on the defensive side of the blue line preparing to counter-attack. After the offensive players are stopped, they become the back-checkers. Players rotate in on offense then shift continues to back-check/defense then breakout then to change (go to the end of the line).

Concepts: puck support, breakouts, line rushes, backchecking, offensive zone play, defensive zone play, transition, line changes