

Skills & Drills - Weeks 5&6 - 9/21&9/28

34 Skaters & 4 Goalies - 80 Minutes

1) Stick-Handling Kaos or Sharks & Minnows (2/2)

2) Puck-Handling/Goaltending Warm-Up (10/12)

2) Dynamic Skating/Goalie World (10/22)

Quick Feet Transition Drills

- 2 Drills X 2 Reps Forward to Backward Without Pucks
- 2 Drills X 2 Reps Forward to Backward With Pucks
- 2 Drills X 2 Reps Backward without Pucks
- 2 Drills X 2 Reps Backward with Pucks

3) 5 Stations @ 8 minutes (40/62)

1) Escape Options - "Inside" O passes to "outside" O to start drill. O drives with puck wide & pushes Coach (simulates Def) back. O escapes below the hash mark & explodes up wall while partner O criss-crosses board side for drop pass. At the same time, but late with timing, X enters the zone & finds passing lane for either escaping O with puck or with partner O who is driving net wide with puck. Alternate sides that the puck starts.

2) Badminton - Either 1v1 or 3v3 over the red line or nets pushed together. **Focus: Quickness, agility & Edges**

3) Escape Options - Same as 1

4) Under-Speed Skating - Edge work, Balance & Coordination

5) - Puck Protection with Support - Coach sets up two gates as diagrammed by red barrels. O starts with puck with X close on defensive side. O must protect the puck along boards while partner O gets open & supports to the puck. Once pass is made to partner, O with puck must explode and skate through gate. **Focus: Protect the puck, make a play!**

GW (Goalie World)- Shots and/or Skating Patterns

4) Small Area Games by Team (18/80)

1) Point Shot Game Back to Back - Players play 2v2 as diagrammed with each team having two point-men. Each time the puck changes possession, offensive team must pass to points before they can go on offense. The 'D' can shoot, pass to F's or go 'D to D' but must do so quickly. Defensive players cannot defend the point men. On whistle, 2v2 pit players are out, point men become the 2v2 pit players & 2 new players enter game as point men

2) Point Shot game Side to Side - Players play 2v2 or 3v3 in the same conceptual game as above but with only 1 point man and with the transition (offense to defense & defense to offense) lateral across the zone.

**Coach can designate that point men must fake shot before each decision with puck*

Concepts: puck support, offensive zone play, defensive zone play, power play, line changes, transition

