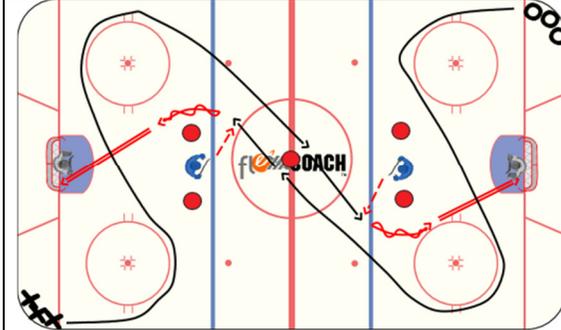


Skills & SAG's - Weeks 9&10

32 Skaters & 4 Goalies - 80 Minutes



1) Pre-Puck-Handling & Goalie Warm-Up (10/10)



2) Over-Speed Skating (10/20)

2.1) Russian Circles Forward (4x)

-2 reps without puck (coach pass* & shot)

-2 reps with puck (& shot)

2.2) Russian Circles FWD-BKWD-FWD (4x)

-2 reps without puck (coach pass* & shot)

-2 reps with puck (& shot)

*Coaches - pass hard or lay it in front of the player to keep his speed



3) Four Games @ 10 min/per(40/60)

3.1) Palmer 2v2 - Players compete 2v2 below the goal line...30 second shifts focusing on battles, puck protection & small area offense & defense.

3.2) Skating Under-Speed Technique -

3.3) Goal Line Game 2v2

Players compete 2v2 in a small area. Team with the puck is on offense. When defensive team steals the puck, they must carry or pass the puck below the goal line before they can then go on offense & attack. **Focus on: body contact, offensive zone play, defensive zone play, scoring, competing**

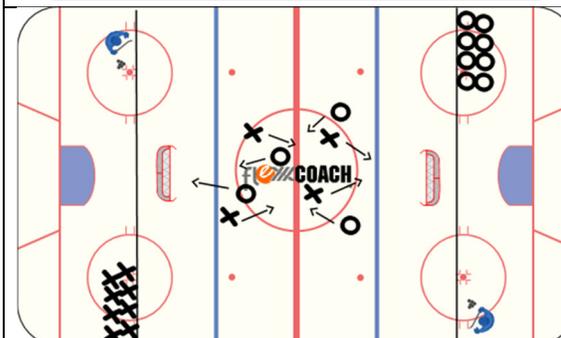
<https://www.youtube.com/watch?v=7TlfYW-i76A>

3.4) 2v2 Box Scoring - Players set up as diagrammed with defensive players set up on the inside of offensive players. Offensive players try to get open within the designated area and receive pass from coach for shot. Defensive players defend & try to clear the puck or by protecting puck & passing to one of the coaches. Coaches alternate side with which the pass comes from, players are in the game for 6 passes



4) Nobles Transition 3v3 (10/70)

Players play 3v3 in each zone. One team is on offense, the other on defense. When the defending team steals the puck they pass to their teammates who are waiting on the side boards. The 3 that just passed to their teammates leaves the zone, the 3 that were on offense become defense, and the 3 that received the pass attack on offense. **Concepts: Offensive zone concepts, Defensive Zone concepts**



5) 4v4 Extended Neutral Zone Game (10/80)

Position players in diagonal corners of the drill playing surface

- Coach for each team is in opposite corner of drill playing surface

- Coach spots puck in pit to start & keeps game moving by passing puck (offensive transition) to a player on their team anytime a goal is scored, the puck goes beyond their defending goal line or the goalie stops play

- 30 second shifts on whistle, puck is left & players change on the fly

- Head Coach is involved in directing the play, teaching & encouraging players to compete & play at desired tempo & focus on concepts of play.

POINTS OF EMPHASIS: - All elements of a regulation game are contained in a small area: transition to offense, attack, transition to defense, defensive play, offensive & defensive body position, puck protection, support, etc.



Skills & SAG's - Weeks 9&10

