

SAG/S&D November 6, 2015

32 Skaters & 4 Goalies - 80 Minutes

1) King of the Hill (2/2)

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

3) Peric Tight Turn with 8 Lines (8/20)

Players skate out from diagonal lines to red line, receive pass from opposite line and one touches puck back, tight turn to the inside, receives pass from line his original line and one touches back, tight turn to the inside, receives pass from opposite line to shoot on goalie....continuous with players alternating from opposite diagonal lines

4) Rotation of Three SAG's @ 10 Min (30/50)

4.1) 2v2 Transition – Coach draws two goal lines as diagrammed. Players compete 2v2 in pit with two support players behind the offensive goal. On turnover puck must be passed immediately to one of his support players behind the goal line to create offense. Support players may move laterally and pass to each other but the 'one second' rule applies and support players may not skate above the goal line.

4.2) 3v2 Royal Road - 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.

4.3) 1v1/2v2 with Support – Players compete 1v1 or 2v2 in the pit (depending on the number of players in the station) with a support player on each side of the game area. Players in the pit can pass to either support player (both on offense) making the game a 4v1 or 4v2 for the offense. Support players may move laterally & pass to each other but the 'one second' rule applies.

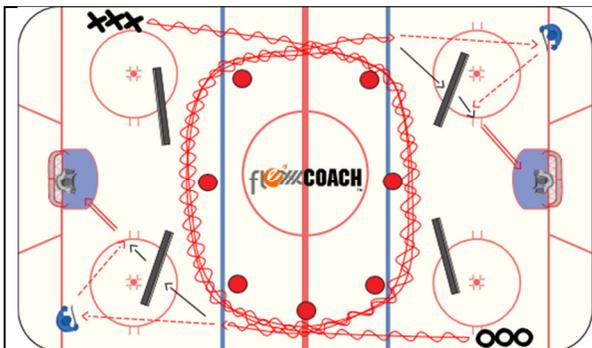
5) Nobles Transition Game – Both Ends (10/60)

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**

5A) Goalie World in NZ

6) 4v4 Extended Neutral Zone Game (10/70)

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.



7) Over-Speed/Under-Handle (10/80)

Players must keep puck do over-speed skating with puck on the forehand
2 Sprints without shot/2 Sprints with puck

7A) Transition Backward to Forward (4 Sprints)

Players start Backward & turn to forward at first blue-line keeping puck on their fore-hand around the big circle
2 Sprints without shot/2 Sprints with puck

7B) Transition Forward to Backward (4 Sprints)



Extra Drill:

Under-Speed Puck-Handling (Move/Counter Move)

