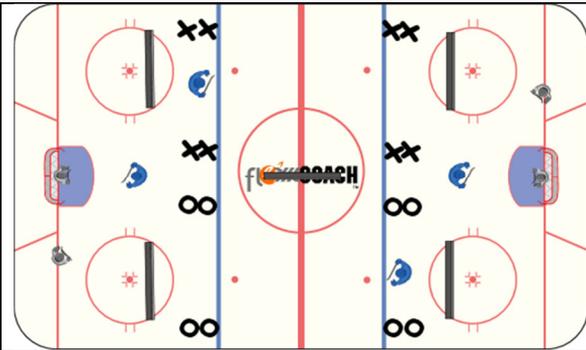


Practice 11-23-15

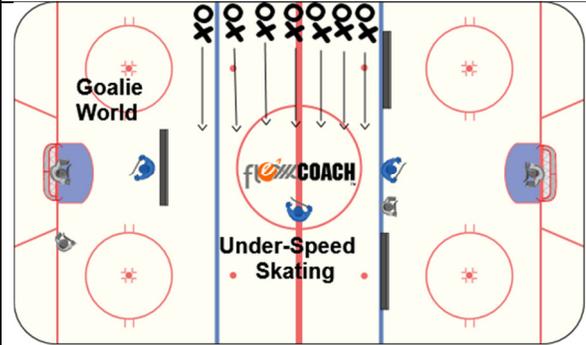
1) Trigger Drill: King of the Hill (2/2)



2) Shuttle Passing/Goaltender Warm-Up (8/10)

- a) **Fore-Hand** - Skate to red line with puck, fore-hand pass to first player in the opposite line who receives puck and continues drill.
- b) **Back-Hand** - Same as above with back-hand pass
- c) **One Touch** - Skate to red line with puck, fore-hand pass to first player in the opposite line who one touches back, original player one touches back & goes to the end of the line...continuous.
- d) **Opposite Corner**

3) Under-Speed Skating & Puck Skills (20/30)

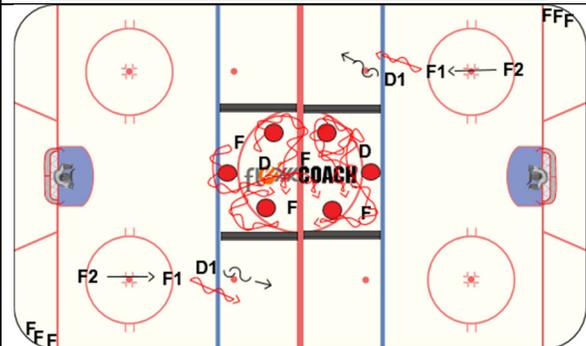


Under-Speed Skating

- a) Exaggerated Inside Edges b) Exaggerated Outside Edges c) Exaggerated Forward Stride d) Open & Close the gate e) Russian Stride & Kick

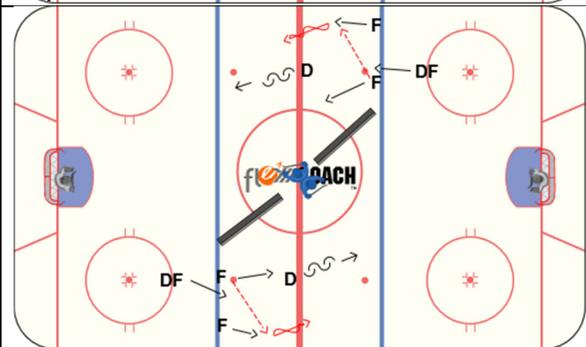
Puck Skills

4) 1v1 with Back-Pressure (10/40)



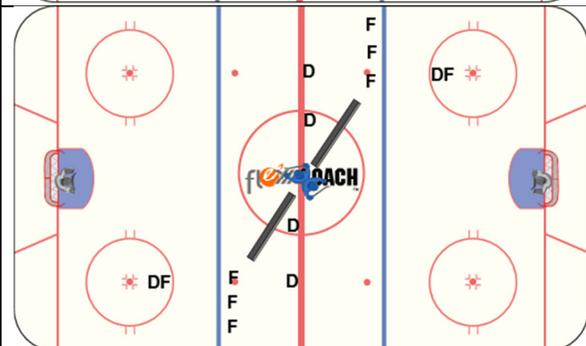
Drill is performed simultaneously out of diagonal corners with pucks in both corners and in the middle of the ice. F1 starts with a puck at the top of the circle, F2 starts at the bottom of the circle, D1 starts inside the blue-line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. When drill ends, players from both ends pick up a loose puck in the NZ and puck-handle around the tires until the whistle ending the next repetition, then return to lines in the corners of the rink.

5) 2v1 with Back-Pressure (10/50)



Drill is performed simultaneously out of diagonal blue-lines with extra players on the bench. F's start with a puck on the blue line, defensive forward (DF) starts at the top of the circle, D1 starts inside the red line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. Once the current repetition enters the offensive zone, new players enter ice surface in the NZ & line up for the next rep.

6) 3v2 with Back Pressure (10/60)



Drill is performed simultaneously out of diagonal blue-lines with extra players on the bench. F's start with a puck on the blue line, defensive forward (DF) starts at the top of the circle, D1 & D2 start inside the red line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. Once the current repetition enters the offensive zone, new players enter ice surface in the NZ & line up for the next rep.

Practice 11-23-15

8) Calls on The Net - Over-Speed (20/80)

All sprints start with player passing puck **hard & flat** to coach from a stand still before exploding out of the line & catching a **hard & flat** pass in stride. Do not allow the player to coast or 'wait' for the pass.

a) Dot Drive & Shoot (4x)

Player shoots in stride at the dot, not outside the dot...as diagrammed.

b) Lateral Move Top of the Circle (4x)

Player cuts laterally hard across the top of the circle for shot on net...as diagrammed.

c) Escape & Attack High Seam (4x)

Player attacks wide & simulates not being able to get to the net, escapes & attacks the high seam for shot on net...as diagrammed.

d) Drive Wide & Cut In (4x)

Player attacks wide & simulates beating the defenseman to the net either short side or long side for wrap or reverse shot....as diagrammed.

