

Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

Drills/Times: free play (5 min) SAG 10 min, 3 stations @ 7 min ea (21 min) 2 stations @ 7 min each (14 min) SAG @ 10 min = 60 min

4 v 3 PP Game (10 mins)

One team starts out on a 4 v 3 situation. On every whistle the 4 v 3 changes in favor of the other team. Powerplay goals are worth one point while shorthanded goals are worth 2 points.

Skills & Concepts: passing, receiving, puck support, power play, penalty kill, transition, line changes



3 Stations – Quad Passing, TYH Shooting, Piewot Shooting (21 mins - 7 mins each)

Quad Passing (7 mins)

Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who has rotated around the circle. 2 passes to 4 and gets to the back of the line. 1 becomes 3 and 3 becomes 2. 4 becomes 1.

Skills: passing, receiving, give and go's

TYH Shooting (7 mins)

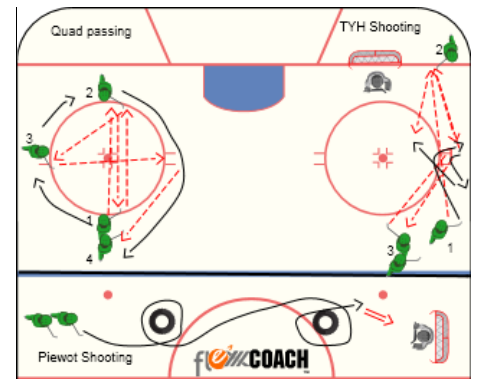
Player 1 in line passes to player 2 at the goal line, player 1 opens up at the boards and receives a return pass. 1 then passes to 3 who is next in line and 1 opens up again towards the boards for a pass from 3. When 1 receives that pass he underhandles and shoots to score.

Skills & Concepts: passing, receiving, breakouts, shooting, scoring

Piewot Shooting (7 mins)

Player carries the puck and does a 360 pivot around the tire always facing the net and does the same at the next tire. As they come out of the last pivot, shoot on net without stickhandling the puck. Progression is to add a give-and-go with a player standing next to the net before shooting.

Skills: skating, puckhandling, passing, receiving, shooting, scoring



2 Stations – (7 mins each, 14 mins total)

2 v 2 Clear Below Goal Line (7 mins)

Play 2 v 2 in a small area. Team with the puck is on offense. When defensive team steals the puck, they go on offense once they carry the puck below the goal line, they can then attack. Carrying puck below goal line should initiate body contact

Skills & Concepts: body contact, offensive zone play, defensive zone play, scoring, competing

Shark 1 v 1 (7 mins)

Offensive player starts on the offside dot and the defensive player starts on goal line. When coach says go the offensive player underhandles around the cones and the defensive player skates up and pivots around the cone to play a quick 1 v 1.

Skills & Concepts: 1 v 1 play, game situations, puck handling, defending, body contact, scoring



One Up and Hang On (10 mins)

The basic rule of this game is that you can only win by one goal. When a goal is scored, the team that is winning by one cannot score again until the game gets tied. They must try to keep possession until the match is over. If the game gets tied up, then players play normally.

Note: If the team that is winning does score again, the goal is disallowed and a penalty shot is given to the trailing team. If they score to tie the game, then either team can now score again to go up one. Play continues until time is up and one team wins by a goal.

Skills & Concepts: Puck support, offensive zone play, defensive zone play, transition, passing, strategy, puck possession, puck protection

