

2021-Nov 8-SQPW

Duration: 60 mins

Free Skate

5 mins

Skating: Inside/Outside Edges/Power Turns

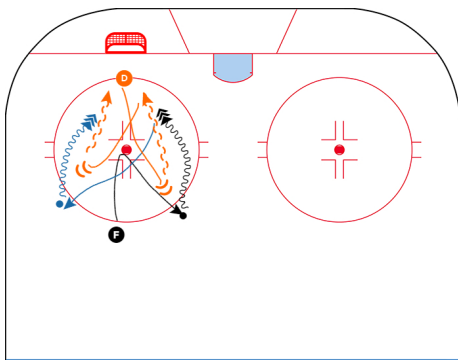
7 mins

Partner Passing Forward/Backward Skating

7 mins

1v1 Circle Gap Up

7 mins



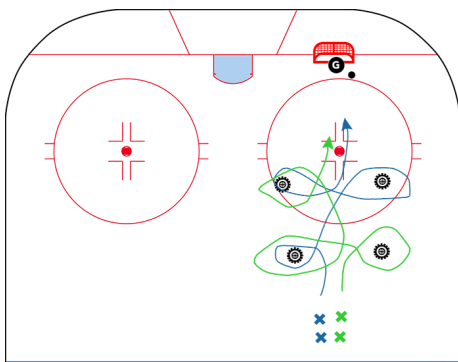
Coach sets up two pucks on opposite sides of the tops of circle. F starts on top of circle and skates to dot, stops, and grabs one of the pucks from either side of the top of the circle and attacks D 1v1. When F starts, D gaps up and plays 1v1. Make sure D gaps up stick on puck, body on body, giving F as little time and space as possible. Play quick 1v1 until coach yells "second puck" and F goes to opposite puck, D gaps up and they play 1v1 until F scores, goalie covers puck, or D steals puck and makes pass to next player in line.

Key Points

- COMPETE & PUCK POSSESSION
- Taking away time and space defensively
- Stick on puck.

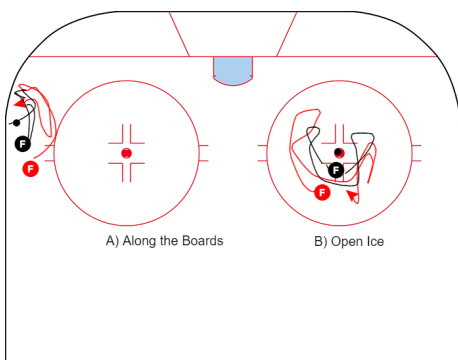
3 Tire Race

7 mins



1v1 Protect the Puck

6 mins



F tries to protect the puck with body position without playing it
D tries to steal the puck. If successful, stop the puck and restart. 25-30 seconds on, give a break & rotate.

Key Points

- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

