



12U Advanced: 2 – Team Practice

Practice Theme: angling, body and stick position

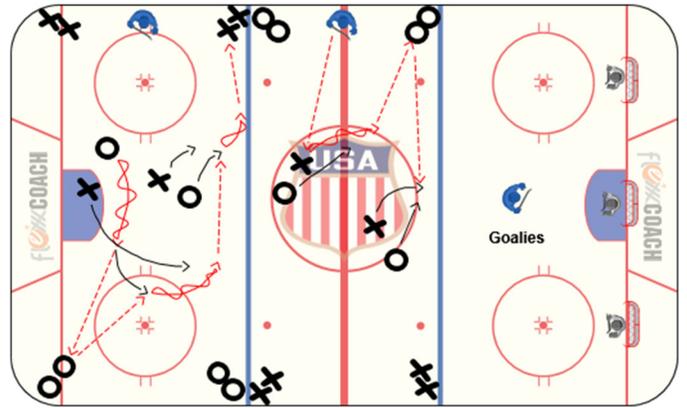
Equipment: divider pads, 4 nets

Number of Players: 30+ skaters & 4 goalies

Time: 60 minutes

4 Corners Support Game & Goalies (8/8)

2v2 competition in each zone. This is a puck possession game with two rules: First, the two Xs or Os must get the puck & give it to a player in the front of any of the four lines. The recipient then returns it back to the team that gave it. Team with possession then must give it to a player in the front of a line on the other side of the rink to score another point. 30-second shifts with the first player in each line becoming the competing players and the 4 who were in the middle going back to the end of their line.



Four Station Rotation @ 10 min (40/48)

A) 1v2 Forecheck – Offensive player with puck skates behind the net trying to break out by skating out of zone while two defenders work together to angle, defend & gain possession. On turnover, defenders transition to offense & attack 2v1 on net. The coach releases each X one at a time so there are different reads.

B) Transition Skate Angling – O with puck & X without puck start on whistle. O must skate completely around the first tire so he/she completes the full rotation skating out on the net side of the tire before skating through the middle of the two top tires as diagrammed. X skates forward to backward around the single tire as diagrammed as few (once) or as many times (up to the player) in order to create proper speed and gap with offensive player. O tries to score, X tries to protect the middle of the ice & angle O out of the play.

C) Guard the Gate 1v1 or 2v2 - Place tires 8 feet apart as diagrammed. The player starting with puck faces away from tires with defender behind. To start, the defender slides puck between Os legs. O reacts to puck and tries to carry puck between the two tires. Defender must use body & stick position to defend gate. Roles immediately reverse on change of possession. 30-second shifts.

D) 1v1, 2v2 Angling & Drive Drill - Coach spots puck in either corner or on net. X1 picks up puck, wheels net driving wide with X2 moving to support. O1 & O2 must tag up w/ skates touching inside opposite circle & angle X1 to deny middle ice with O2 picking up the open X2. O1 & O2 work together to re-gain possession & counter attack. Let counter attack play out, then alternate sides.

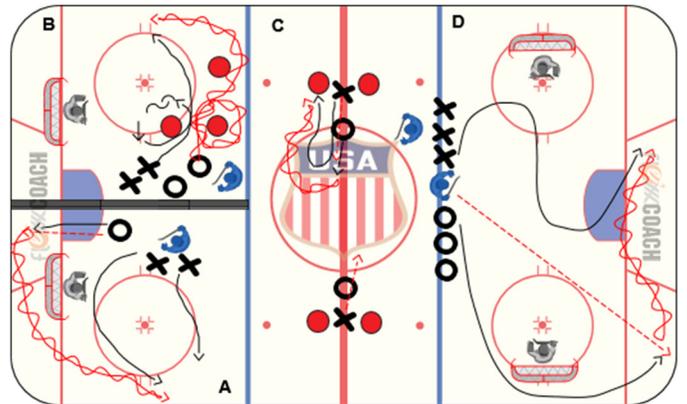
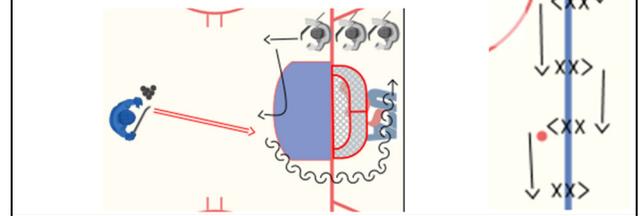
Goalie Movements - Lateral Release

1. (Long shuffle into a butterfly) 4x each way
2. Two puck recovery x4 each way

Goalie Fundamental Saves

Rotation Tracking

- a. Stick x5 each way
- b. Blocker x 7
- c. 5-Hole x8



Breakout or Forecheck Game (12/60)

Coaches identify which team is on offense & which team is on defense in each zone. One coach oversees each zone & game is played 3v3 simultaneously with one team attacking to score & one team defending to break out by skating the puck over the blue line. A new puck is spotted in once a goal is scored, a stoppage of play is earned or the defending team breaks the puck out over the blue line before passing to coach. Have players execute team forecheck. **Note:** Players in line need to pay attention to both zones and be ready to perform either defensive or offensive role depending on what zone the new puck is dumped.

