

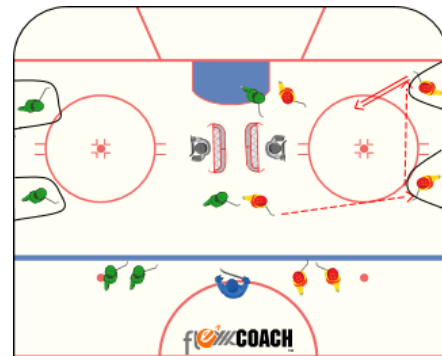
**Objectives:** skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

**Drills/times:** free play (5 min) SAG 10 mins, 3 stations @ 5mins each (15 mins) 2 stations @ 7 mins each (14 mins) SAG @ 15 min = 59 mins

**Designated Shooters Game**

Play 2 v 2 - Each team has two designated shooters (like d-men) that they have to pass to before they are on offense. The D have to pass D to D before shooting. Defensive players cannot defend the point men but have to pick up the players they are playing against. On whistle players playing are out of the zone, the D men become the 2 v 2 and 2 new players become the D-men.

**Concepts:** puck support, offensive zone play, defensive zone play, power play, line changes, transition



**3 Stations – Quad Passing 2x, Give & Go Shooting (15 mins - 5 mins each)**

**Quad passing (5 min x 2)**

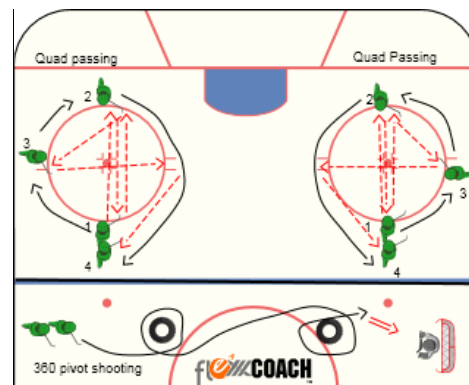
Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who has rotated around the circle. 2 passes to 4 and moves to the back of the line. 1 becomes 3 and 3 becomes 2. 4 becomes 1.

**Skills:** passing, receiving, give and go's

**360 Pivot Shooting (5 mins)**

Player carries the puck and does a 360 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 would be to add a give and go with a player standing next to the net before shooting.

**Skills:** Skating, puckhandling, passing, receiving, shooting, scoring



**Tomas 1 v 1 (7 mins)**

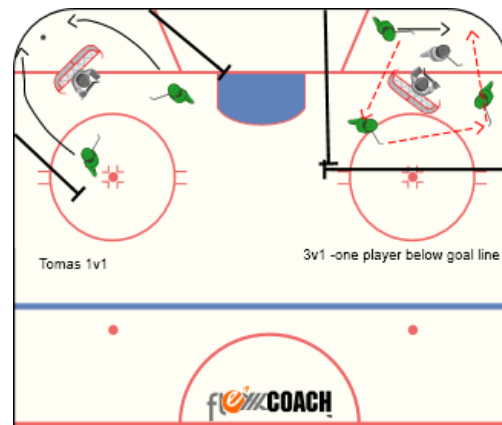
Coach spots a puck along the boards behind the net and tells the players to go. They each have to go around the opposite side of the net to take an angle at the puck, initiate body contact and battle for the loose puck. Whomever comes up with the puck is on offense and tries to score. Progression – players can pass to the next person in line for a shot.

**Works on:** skating,angling, loose puck battles, 1v1 play, body contact, shooting, scoring

**3 v 1 Pit Game (7 mins)**

Players compete to score in a 3 v 1 pit game but one of the offensive players always has to be below the goal line. The offensive players can rotate so that the player below the goal line can change mid-shift. Defensive player should apply all out pressure on the puck forcing the offense to make plays under duress.

**Skills & Concepts:** passing, receiving, team play, shooting, scoring, offensive zone play



**Pearl 4 v 2 Cross Ice**

Each team has a power play every other shift. Start with 4 red vs 2 green. On the whistle, 2 new green join the play to make it 4 green. The 4 red players go for a change and 2 new red players come on making it a 4 v 2 for the green team. On every whistle the team with 4 changes and two new players from each team join the play. It will result in continuously flip-flopping 4 v 2's. Encourage the team on the penalty kill to push for shorthanded goals.

**Concepts:** puck support, line changes, powerplay, penalty kill, transition

