

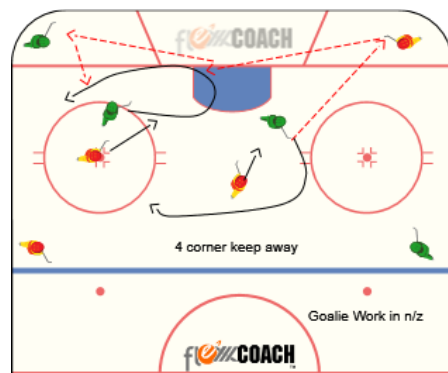
Objectives: skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches

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

4 Corner Keep Away (10 mins)

Lines in all 4 corners. Play 2 v 2 keep away in the middle. The players with the puck can use any of the 4 corners to pass with at any given time, in essence making it a 6 v 2 situation. Emphasize quick puck movement and puck support.

Skills & Concepts: puck support, offensive zone play, defensive zone play, power play, penalty kill, transition, breakouts



3 Stations – Give /Go Shooting, 3 Shot Unjam, Dangle Shooting (21 min - 7mins each)

Give-and-Go Shooting (7 mins)

Player 1 passes to player 2 who passes back to 1. Player 1 then passes to player 3 who gives it back to 1 for a one-timer on net. 1 becomes 3, 3 becomes 2, 2 goes back to line.

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

3 Shot Unjam Shooting (7 mins)

The player next to the net passes to the player at the top of the circle who shoots by two-touching the puck. That player then attacks the net and receives a second pass for a one-time shot. After the one-time shot, the player taps the goalies pads and backs out into the high slot for a third pass and shot (one-timer or catch and shoot). The shooting player becomes the passer and the passer goes back to the line.

Skills: passing, receiving, team play, shooting, scoring, offensive zone play

Dangle Shooting (7 mins)

Toe drag, backhand to forehand - At the first tire player toe drags the puck past the tire. At the second tire, the player makes a quick pull to the backhand, back to the forehand for a quick shot without stickhandling. 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



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

Loose Puck Race to 1 v 1 (7 mins)

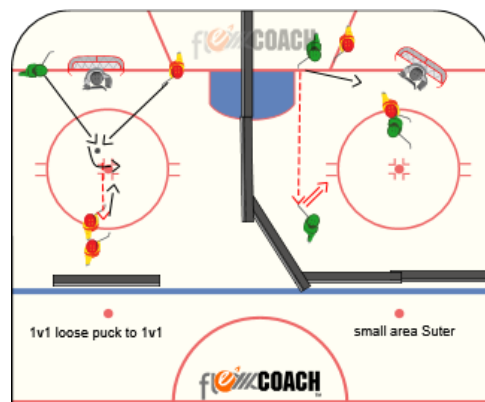
Coach spots a puck in front of the net equidistant to the two lines along the goal line. When coach says go, the two players on the goal line race to win the loose puck. The player that wins the puck passes to the player in line at the top of the circle. When that pass is completed, that player attacks the net and plays a 1 v 1 vs the player who lost the loose puck race. The player that won the 50 / 50 puck goes to the line at the top of the circle and the other two players go back to the goal line lines.

Skills & Concepts: skating, passing, receiving, loose puck battles, 1 v 1 play, shooting, scoring

Small Area Suter 1 v 1 or 2 v 2 (7 mins)

Play 1 v 1 or 2 v 2 in a tight area. One team is on offense the other on defense. The offense must get the puck to the point man for a shot on net and then crash the net for rebounds. The defensive team must defend the net front. If the defensive team gets the puck, they must try to play keep away.

Skills & Concepts: defensive zone play, offensive zone play, game situations, defending the net front, body contact, passing, scoring, competing



Breakout / Forecheck Modified Regroup Game

Play 3 v 3 cross ice - before you can attack the opposition's net, you must regroup with a player on your team who cannot go above the goal line. In addition the regrouping players must come below the line that goes across the hash marks closest to their net to ensure good breakout habits / support. The regroup player may move anywhere below the goal line but cannot come above it. One of the attacking forwards must pressure the regroup player as if he were forechecking. Move to get open on the regroup and stay below the line.

Skills & Concepts: puck support, breakouts, regroupings, line rushes, forechecking, transition

