

2021-Nov 22-SQPW

Duration: 60 mins

Need 4 Nets

0 mins

Goalies - Stick Control Rebounds (Aim for Nets)

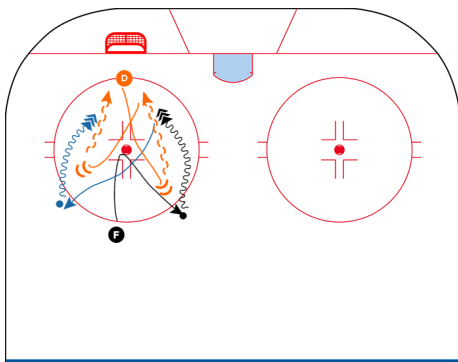
0 mins

3-Player, 2v1 Passing

10 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

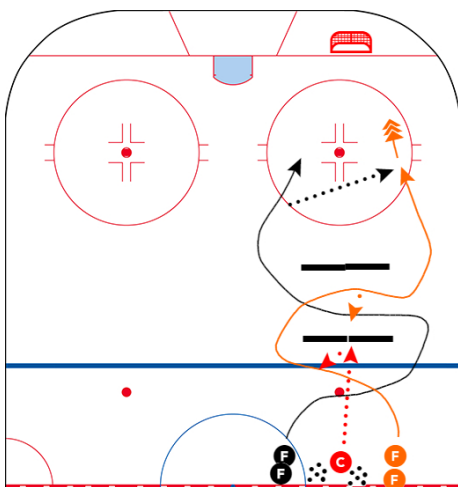
- COMPETE & PUCK POSSESSION
- Taking away time and space defensively
- Stick on puck.

Skating: Outside Edges, Stops

7 mins

2v0 Scissor Rush

7 mins



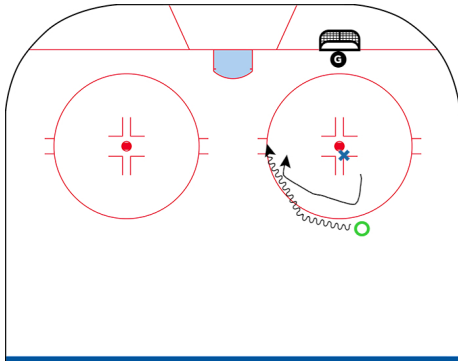
The drill begins with the coach passing a puck at the border. The puck will pop out and the players will communicate who is getting the puck. They must approach the puck in a way that allows them to either push or pull around the border with under handling. The player who did not pick up the puck must read off the puck carrier and go around the barrier the opposite direction. The players approach the next barrier and perform a scissor drop pass with the puck carrier using their body to protect the puck from the defender (the border). The puck carrier can either shoot using deception, shoot for a pass low pad, or pass for a quick shot from their teammate.

Key Points

- Communication
- Under handling
- Protecting the puck with the body
- Puck carrier goes in front
- Shooting, passing, deception, and quick release.

Defend the House

7 mins



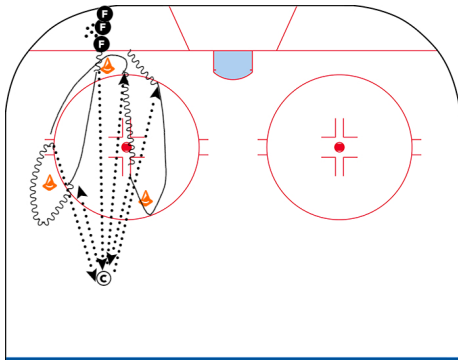
The defensive player X begins on the dot. Throughout the drill, X must remain in the circle. The Offensive player O must attack the grade A scoring area by moving inside the faceoff circle. Player O can only shoot from inside the circle.

Key Points

Attacker focuses on deception, 1v1 attack, puck protection and shooting in traffic while the defender works on defensive body and stick position, defending a defined area and working with the goalie.

3 Cone Passing

7 mins



Player starts with puck and passes with coach as players skate around the cones. Player should go through the cones twice before finishing the drill.

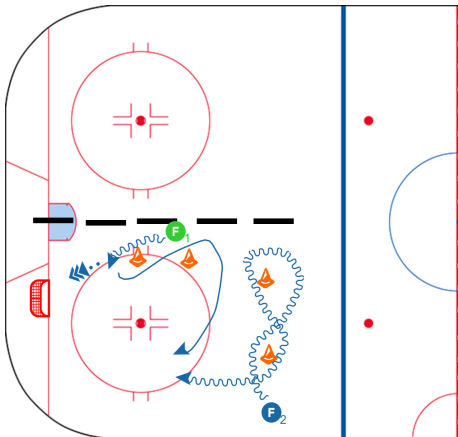
Can have the player do power turns or transitions around the cone to incorporate desired skating skill

Key Points

Encourage player to keep head up, present a good target and keep feet moving.

Shot Into 1v1 Angling

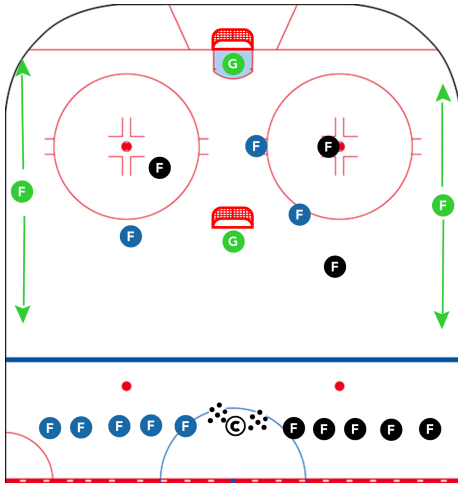
7 mins



- F 1 takes a shot while
- F 2 does a figure 8 and prepares to attach the net

Key Points

Good stick, body contact



Set one net in at its standard position in the crease and a second net between the circles, facing the blue line.

Play 3 vs 3 in the zone with a support player along each wall.

Players must pass to one of the support players on change of possession before attempting to score. Support players can move laterally along the wall and must pass back to the team that passes to them.

Teams can score on either net.

Key Points

Encourage offensive creativity and deception

Emphasize awareness, communication and puck support in quick transitions