



2022-Jan 10-SQPW

Duration: 60 mins

Free Skate/ TEAM Talk

10 mins

SQUIRTS

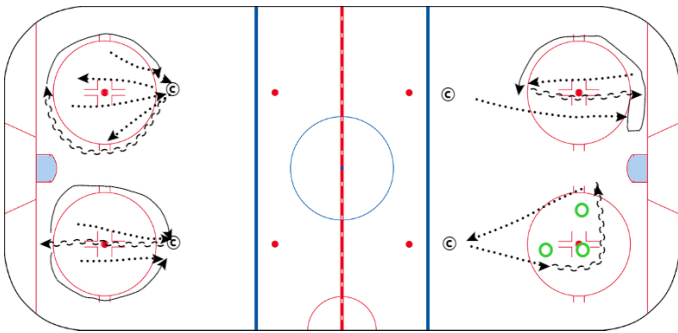
0 mins

Skating - BW Circles Inside/Outside

8 mins

Defense Transition Passing

8 mins



Circle Drill- Top Left, Continuous Passing
Escape: Upper Right
Butterfly Drill- Bottom Left
Forehand: Lower Right

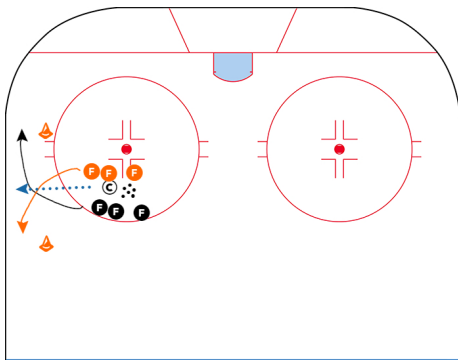
Half Circle w/
L Drill- Keep puck on

Key Points

Good sticks, head up, underhandle

Guard the Gate

8 mins



Drill starts with a 50/50 puck race. Players attempt to carry the puck past the far gate.

Variations:

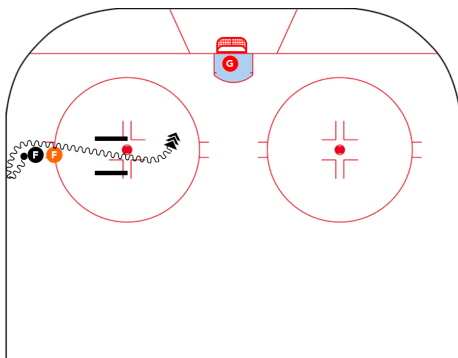
- Start close to boards to minimize speed
- Bring farther from boards to increase speed
- Stagger starting area to give players a chance to work on puck line & deception

Key Points

- Stick battle
- Gain puck line
- Stick & Skate deception

Board Escape & Attack

8 mins



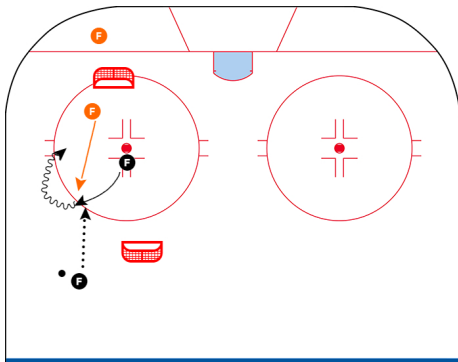
Start on the wall. Offensive player tries to beat the defender off the boards and through a gate before attacking the net.

Key Points

Use deception or power move to gain access to middle
Quick release once through the gate

1v1 with Low Outlet

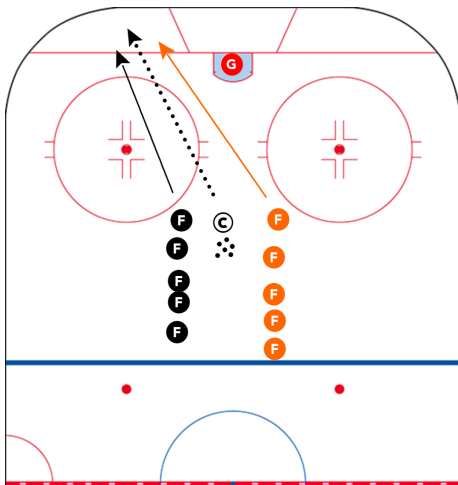
9 mins



Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.

1v1 Progression

9 mins



Start with two lines of different colors at top of the circle. Game starts out 1v1 and coach taps players on alternating lines to create odd man situations (2v1, 2v2, 3v2) down low.

Key Points

- Communication
- Head on swivel

PEEWEE

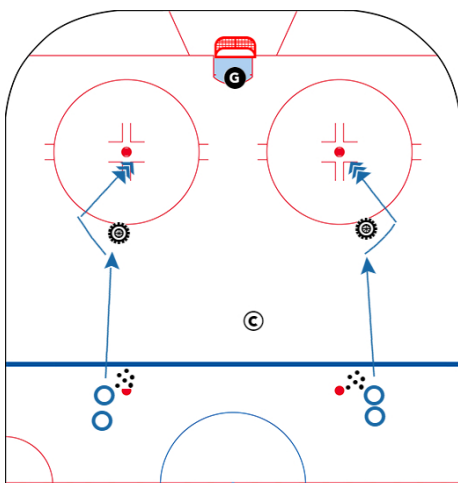
0 mins

Skating - BW Circles Inside/Outside

0 mins

Fake Shot Shooting Station

0 mins



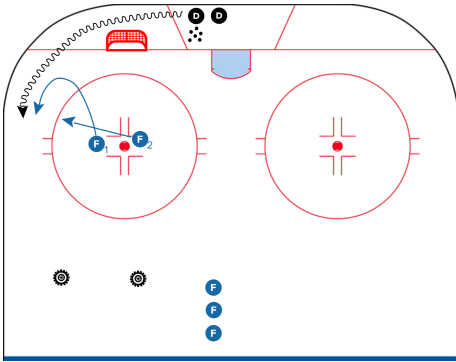
Players are in the line by which way they shoot. Rightys are on the right side and leftys to the left. Player drives towards the tire in front of them. As they near the tire, they fake a shot, take a quick stride to their forehand side and get a shot off as quickly as possible

Key Points

- Sell the fake
- Change the angle
- Quick release

Forecheck 2 vs 1

0 mins



D skates the puck around the net and attempts to skate the puck between two tires (or cones) at the top of the zone.

On coach signal, F1 forechecks, using good angling and stick on puck to force the defending player to the boards. On coach signal, F2 provides support on the forecheck. F1 & F2 attempt to create a turnover and attack the net quickly.

Variations:

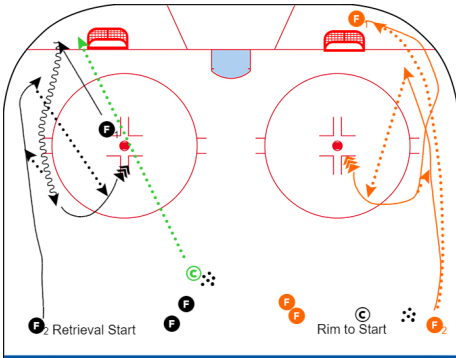
- Start all players higher and dump the puck in so the D must work on the retrieval as well.
- Use the full zone so the D can go to either side of the ice.
- Start the F at the same time so they must communicate F1/F2.

Key Points

- D should try to get feet up ice and have head up
- F1 work on timing, angling and body/stick positioning.
- F2 must read the play and provide appropriate support.
- F should attack the net quickly after turnovers.

High Scissor Shooting

0 mins



Player 1 gains possession and starts up the wall. The point man moves down the wall. The players with the puck stays to the middle and exchanges it with the point ma. The point man carries the puck low and hits the other player in the high slot for a scoring attempt.

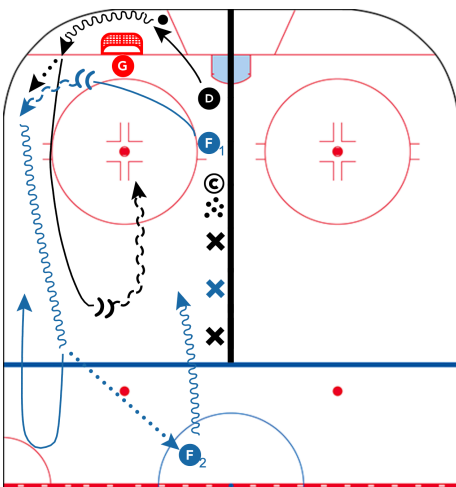
Options: Can start the play with a rim from the point player or a coach dumping the puck for a retrieval (force player to face the goal to start).

Key Points

- F1 goes to inside - Create space to outside
- Quick release

Breakout RG 2v1 Station

0 mins



Start by dumping a puck below the goal line. D retrieves the puck and carries around the net.

F1 gets wide and opens up for a breakout pass. F1 regroups with F2 who is in the neutral zone, and they attack the D 2v1.

Key Points

- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

