



2021-Oct 25-Ban

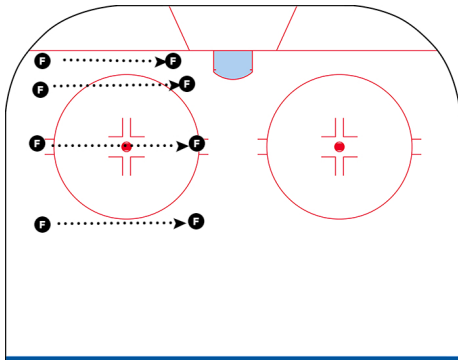
Duration: 60 mins

25 F/B Challenge

0 mins

Stationary Passing

7 mins



Players space out in two separate lines and pass with a partner.

Key Points

Primary focus is on honing technique. Players begin to go through motions fairly quickly so need to do a progression.

- Forehands
- Backhands
- Forehand receive to Backhand pass
- Backhand receive to Forehand pass
- Skate to Forehand pass
- Skate to Backhand pass

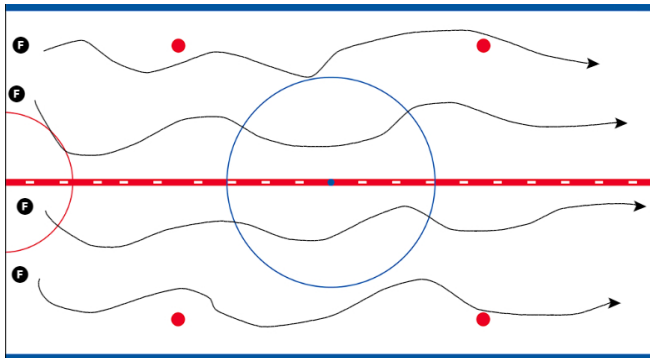
Can also utilize lawnmower tires or stick handling balls to make players focus on certain aspects of technique.

Flat/Inside/Outside Edges

0 mins

Technical Skating

8 mins



Players perform technical skating drills going cross-ice. Skills:

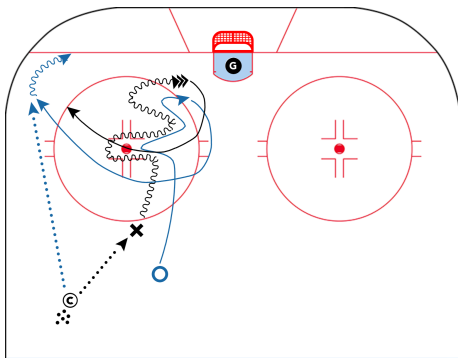
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

- Good knee bend
- Chest, head up
- Full extension
- Full recovery

Rodeo Puck Protect

8 mins



- Drill starts by **X** receiving pass from Coach and protecting puck inside the circle from **O**.
- On Whistle, **X** shoots under pressure from **O**. After shot, **O** then recovers puck in the corner and puck protects vs **X**.

Key Points

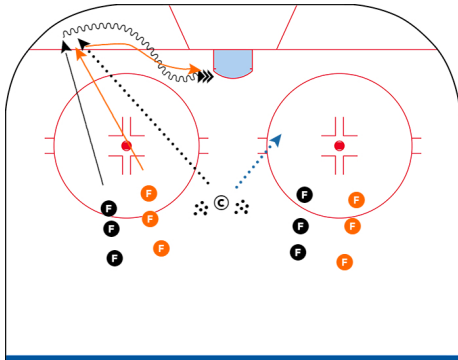
- Puck protection. Shooting under pressure.

Puck Retrievals w/ Coach Give & Go shot

7 mins

Red Wing 1v1

8 mins



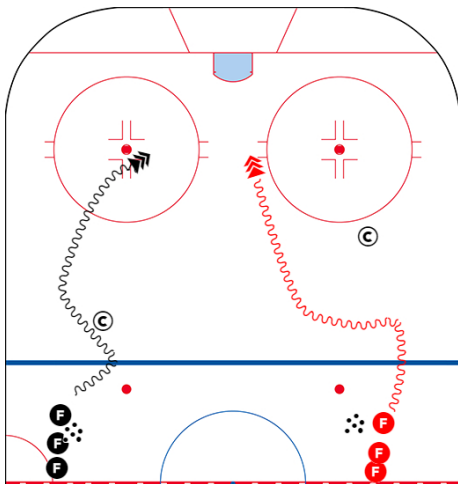
Coach chips puck into corner. Players race to puck and then try to score 1v1 coming out of the corner. Can have lines on one or both sides.

Key Points

- Puck races
- Deception
- Battle/Compete

1v1 Zone Entry Reads

7 mins



Forwards start with puck in neutral zone. Player attacks with full speed and reads the defender. Can also have forwards do a swing pass to start the drill.

If defender has loose gap, cut to the middle.

If defender has tight gap, fake hard to the middle and try to beat to the outside.

Defender Progression:

- Stationary cones
- Coach
- Live action 1v1 (D start at dot)

Key Points

Attack with speed

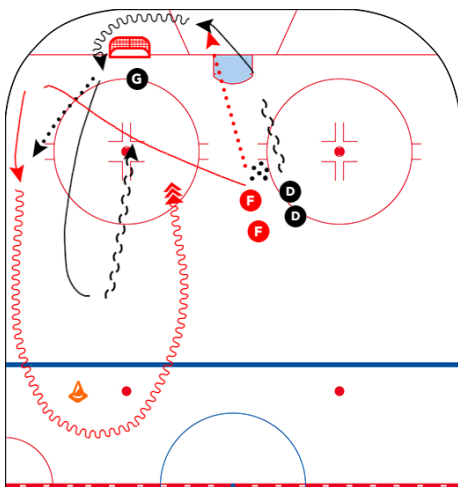
Emphasize the read and react component

Add deception as players advance

Discuss the soft spots where there are opportunities to shoot.

Breakout 1 v 1

8 mins



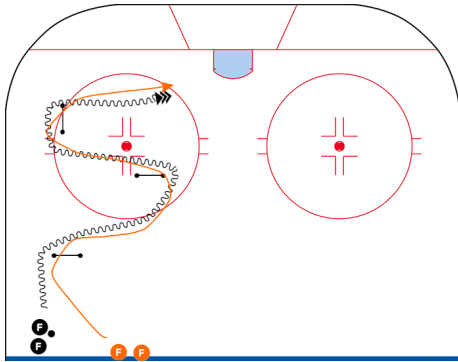
F dumps puck in behind net. **D** goes to retrieve puck and does a shoulder check. **D** carries puck around net, turns up ice and makes a breakout pass to **F**. **F** goes around the cone before coming back in on a 1v1. **D** follows forward and gaps up to play 1v1.

Variations:

- Have D start skating backward and transition to retrieve puck
- Have a coach apply pressure, forcing D to make a decision on if/when to pass

Key Points

- Shoulder check every time
- D must turn up ice
- F always face puck & transition low to catch puck with feet moving
- D gap up



One player starts with puck and attacks the net around obstacles. A second player provides back pressure and attempts to catch them and steal the puck.

Key Points

Offense - Protect the Puck

Defense - Inside hip, stick on puck