

2021-Nov 8-Ban

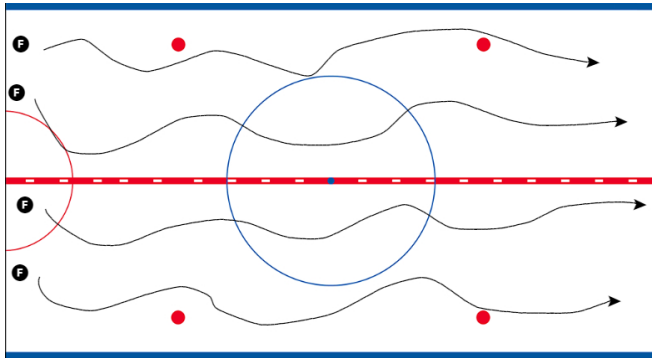
Duration: 75 mins

Skating: Inside/Outside Edges/Power Turns

0 mins

Technical Skating

9 mins



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

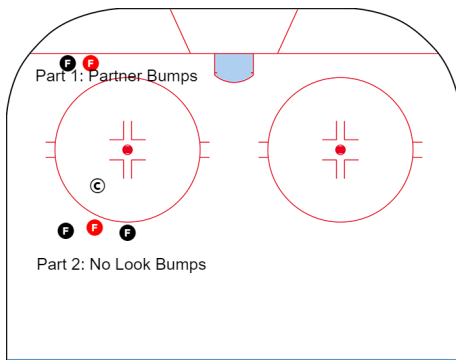
- Inside edges
- Outside edges
- E Cuts (In to out, Out to In)
- One leg C-Cuts (Forward & Backward)
- Russian Power Strides
- 45 Angle Slides

Key Points

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

Body Bumps

7 mins



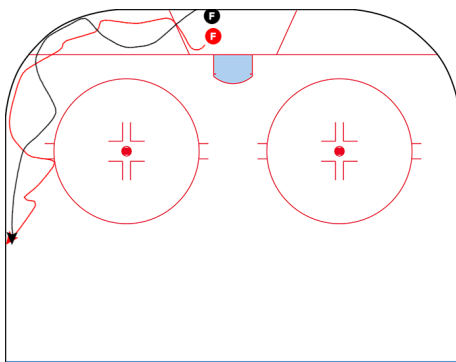
Part 1: Partners lock arms and bump shoulders every 3-4 seconds. Do this facing same direction, opposite directions and face to face.
Part 2: Middle player faces away from coach while other two face coach. Coach picks which player delivers bump. Middle player must be ready at all times.

Key Points

- Goal is to build contact confidence
- Good solid knee bend and stance
- Apply hit and reset balance
- Apply contact with shoulders/hips, not arms
- Keep head up at all times

Alternating Board Checks

7 mins



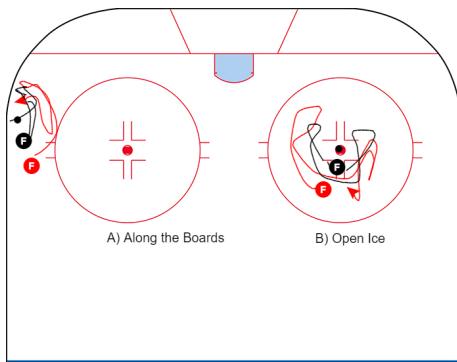
Two players take turns applying checks. Give a check then skate along boards and receive check. After receiving check, pull back skate out and apply check.

Key Points

- Discuss danger zones & importance of using the boards
- At low levels, have players practice hitting boards to get feel of contact and how to use the boards.
- Cut in at 45 degree angle
- Start by applying check on hands at younger levels
- Progress to applying full body check with shoulder in front, hip behind and step in front after making contact

1v1 Protect the Puck

7 mins



F tries to protect the puck with body position without playing it
F tries to steal the puck. If successful, stop the puck and restart.
25-30 seconds on, give a break & rotate.

Key Points

- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

Coach Moore with Goalies - First 30 minutes

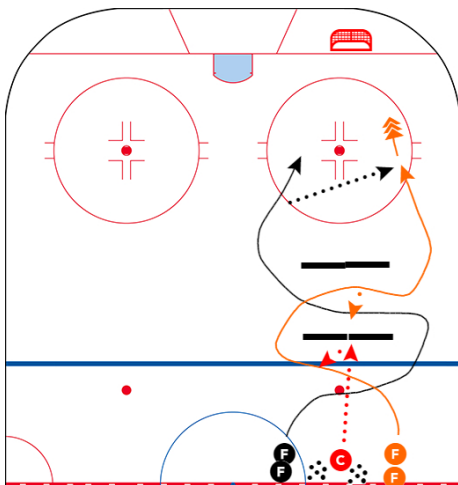
0 mins

2v0 Scissor: Pad Pass

0 mins

2v0 Scissor Rush

8 mins



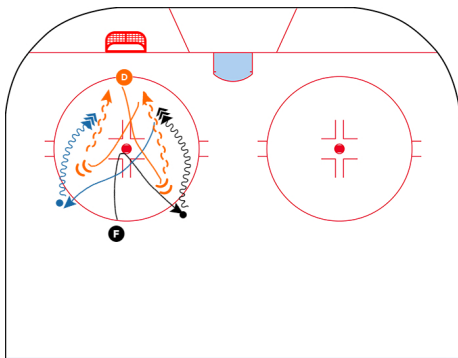
The drill begins with the coach passing a puck at the border. The puck will pop out and the players will communicate who is getting the puck. They must approach the puck in a way that allows them to either push or pull around the border with under handling. The player who did not pick up the puck must 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.

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.

