

2021-Nov 29-Ban

Skating - 1 Foot Stops In/Out - Zippers F/B

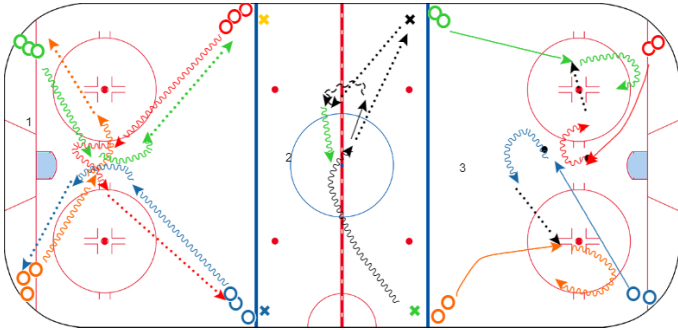
8 mins

4 Corner - F/B, Sauce

0 mins

4 Corner Passing

9 mins



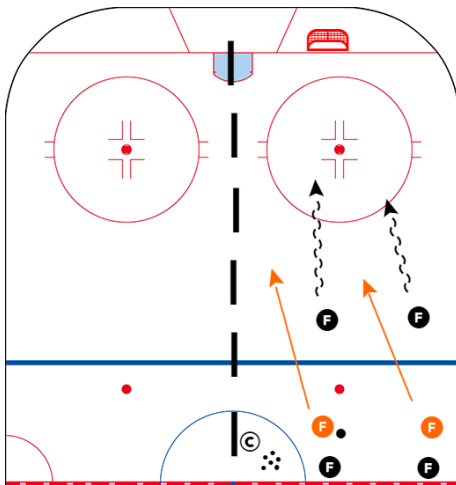
- On whistle, first player in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
- Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
- 2 pucks start in the middle. the first two players to reach the puck, in this case **○** and **○** grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks

Key Points

Eye contact, good targets. Flat hard passes.

2v2 Zone Entry

8 mins



Two X start on defense and two O start on offense. The two O start with a line rush and attempt to score. If they do score they get a new puck to remain on offense. The two X defend the zone entry and try to break the puck out to their teammates (next two X) at the red line. They cannot pass to their teammates until they can skate the puck over the blue line. Once the defensive team makes a pass to their teammates, they are done and leave the zone. The drill becomes continuous.

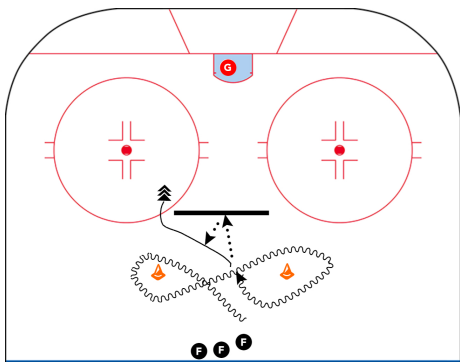
Variation: Set barriers on dot lines and run station in middle of the ice.

Key Points

- scan ice before receiving puck;
- be ready to go north as soon as possible;
- find and attack open space;
- move feet to play body on body
- work to get above the puck

Figure 8 Drag & Shoot

8 mins



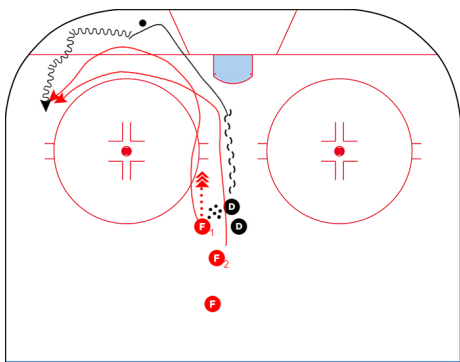
Player performs Figure 8 around cones (power turn or transitions) then throws puck off a bumper/barrier. Player must pick puck up and drag it around the rest of the barrier and then use a quick release.

Key Points

- Emphasize quick release
- Work on forehand and backhand sides

2v1 Forecheck

8 mins



F dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

F 1 forechecks and creates angle on **D** for body check. **F** 2 stays in middle in case D goes behind net before supporting on strong side. If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.

Key Points

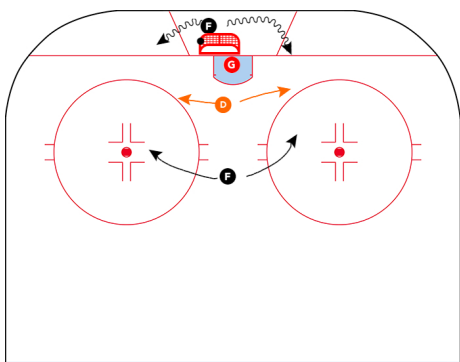
- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade
- Allow D to choose which side to go up.
- F must read/talk and apply F1/F2 of forecheck

Erik Anderson Circle Angling

8 mins

2v1 Heels to Net

8 mins



Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

Key Points

- D - Use shoulder checks and good body/stick positioning
- F - Work on deception, moving to open ice and plays from behind the net

