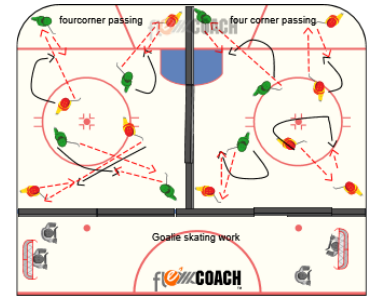


**Objectives:** skating, passing, receiving, body contact, hockey concepts, FUN **Equipment Needs:** 4 nets, pucks, tires, 4-8 coaches  
**Drills / Times:** free play (5 mins), 4 corner passing 8 mins, SAG 10 mins, 3 stations @ 7 mins each (21mins), SAG @ 10 mins, quick score 6 mins = 60 minutes

**Four Corner Passing (8 mins) Out of Both Corners**

4 players are stationary in the corner, while 4 are moving around the designated area. The players that are moving with a puck must pass to the stationary players as often as possible while watching to see which corner(s) is open. Progressions - two touch, keep away, add obstacles.

**Skills & Concepts:** passing, receiving, skating, puck handling, spatial awareness



**Pearl 4 v 2 Cross Ice (10 mins)**

Each team has a power play every other shift. Start with 4 red vs 2 green. On the whistle, 2 new green join the play to make it 4 green. The 4 red players go for a change and 2 new red players come on making it a 4 v 2 for the green team. On every whistle the team with 4 changes and two new players from each team join the play. It will result in continuously changing 4 v 2's. Encourage the team on the penalty kill to push for shorthanded goals.

**Skills & Concepts:** puck support, line changes, powerplay, penalty kill, transition



**3 Stations – (7 mins each, 21 mins total)**

**Underhandle Passing & Shooting (7 mins)**

Player makes a pass to the corner for a give-and-go, he / she then underhandles through the cones and does one more give-and-go before attempting to score. 1 becomes 2, 2 becomes 3, 3 goes back to line.

**Skills:** passing/receiving, puckhandling, offensive play, scoring

**Gretzky - Coffey Game (7 mins)**

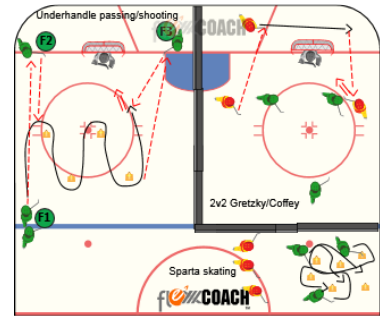
One team has to pass to Gretzky behind the net before attempting to score while the other team has to pass to Coffey before attempting to score. Defenders should not defend Gretzky or Coffey, rather their man at the net front.

**Skills & Concepts:** passing, receiving, give and go, shooting, scoring, offensive/defensive concepts, body contact, competing

**Sparta Skating (7 mins)**

Players skate as fast as they can in a small area around obstacles. Progression - no pucks, with pucks, only one puck with players passing it as often as possible. Shifts should be :30on/:30off.

**Skills & Concepts:** skating, puckhandling, passing, receiving, give-and-go, spatial awareness



**All Touch Game (10 mins)**

Play 3 v 3 cross-ice. Before any team can attempt to score, all 3 players must touch the puck at least once. After every transition from defense to offense, the same rules apply. This will promote puck support and communication.

**Concepts:** puck support, offensive zone play, defensive zone play, transition



**Quick Score 2 v 0 (5 mins)**

Teams go 2 v 0 and try to score 10 pucks quicker than the other team. Both players must touch the puck before they can score.

**Skills & Concepts:** game situations, passing, receiving, scoring, offensive concepts, defensive concepts, body contact, competing

