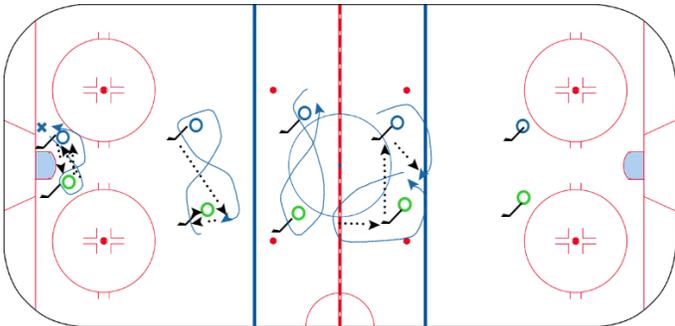


2021-Nov 15-SQPW

Duration: 60 mins

3-Man Figure 8 Passing

8 mins



Continuous passing drill, multiple passes from all sides and angles. **X** skates in a figure 8 pattern exchanging with the others. Rotate players every 45 seconds

Key Points

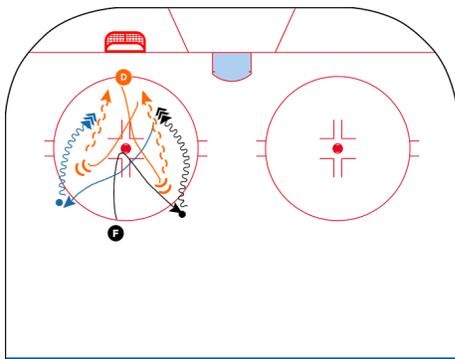
Flat passes, tape to tape, eyes up

Need 4 Nets - 2 / EZ - Skating/Passing in NZ

0 mins

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.

Skating: Inside/Outside Edges/Power Turns

7 mins

3 Tire Race

7 mins

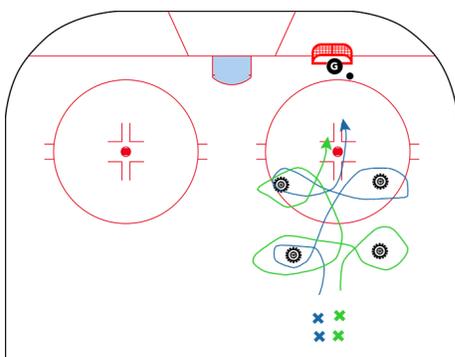
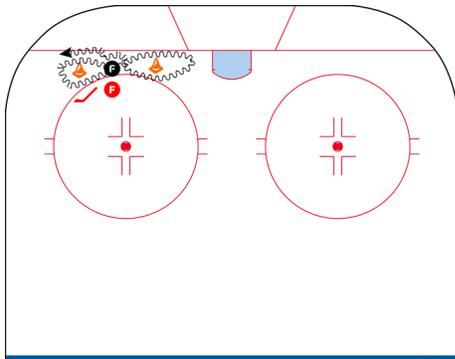


Fig. 8 Stick Checks - Finish with 1v1 attack the net

0 mins

Figure 8 Stick Checks

7 mins



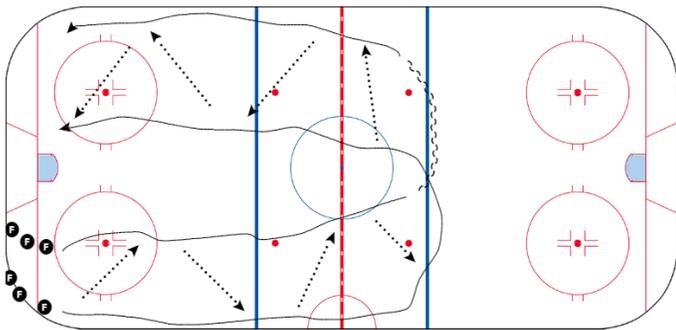
- **F** does figure 8 around cones while protecting the puck
 - **F** follows player with good stick on puck and eyes on body
- Can do without the cones and just have the player stick handle to each side.
Can add a J hook & check to the end

Key Points

- Stick on puck
- Eyes on body
- Use peripheral vision

U Partner Passing

7 mins



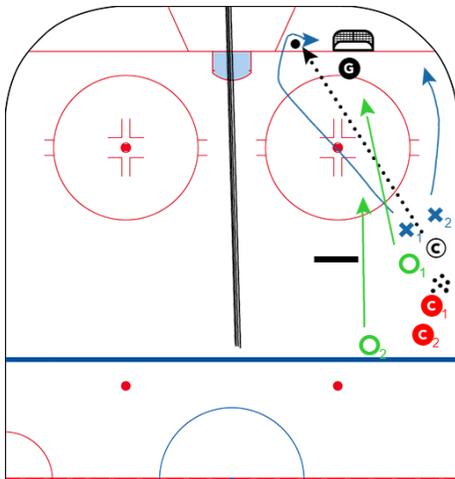
Players make a U-shape while partner passing.

Key Points

- Keep feet moving
- Lead partner with pass
- Always face partner/puck during transition

Breakout 2v2

7 mins



Coach spots pucks in different parts of the zone to create different situations. Defending team tries to break the puck out above the bumper. Offensive team tries to score.

When defending team gets the puck to the bumper, coach blows the whistle and dumps a new puck, which a new defensive team goes to retrieve. Offensive team is out. Defending team becomes the offensive team. One player must swing the bumper and one must touch the blue line before attacking.

Progression: Start with a wide playing area (full zone) which gives BO team more space and then progress to 1/2 the zone which increases the difficulty.

Key Points

- Quick retrieval
- Puck support
- Communication

