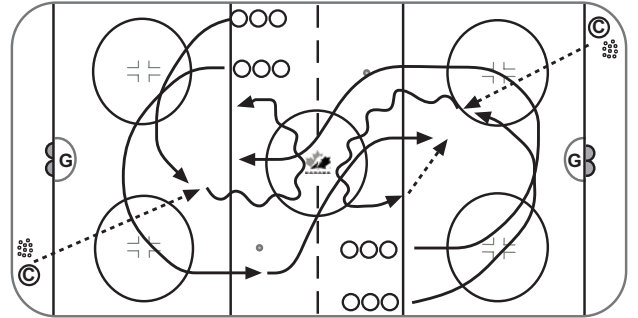
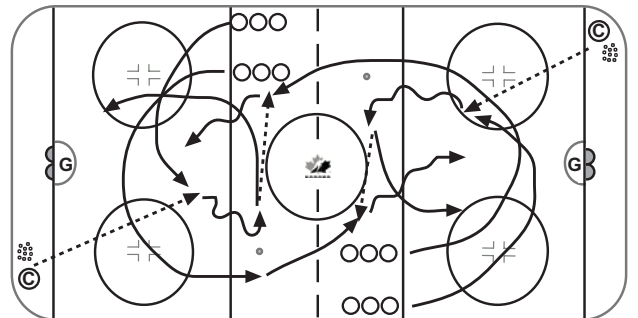


**Practice 8**

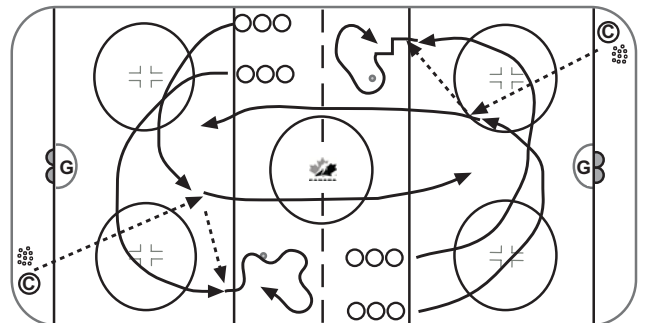
Drill Name & Description
<b>Warm – Up with Support - A</b>
<ol style="list-style-type: none"> <li>1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink</li> <li>2) On whistle, first 2 players from each line skate toward the coach. Coach passes to player on the inside who receives pass, then regroups to attack net at same end 2 on 0 with player from opposite end who didn't receive pass.</li> <li>3) Player on outside who does not receive pass, must time the skating route to attack 2 on 0.</li> <li>4) Call for passes, stop at net after shot, go on the whistle.</li> </ol>



Drill Name & Description
<b>Warm – Up with Support - B</b>
<ol style="list-style-type: none"> <li>1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink.</li> <li>2) On whistle, first two players from each line skate towards coach. Coach passes to player on the inside who receives pass, and immediately passes to player coming from the other end who should get puck in full stride. Attack the net 2 on 0.</li> <li>3) Player on outside who does not receive pass, must time the skating route to attack 2 on 0.</li> <li>4) Call for passes, stop at net after shot, go on the whistle.</li> </ol>



Drill Name & Description
<b>Warm – Up with Support - C</b>
<ol style="list-style-type: none"> <li>1) Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink</li> <li>2) Coach passes to player on the inside, who then passes to player on the outside.</li> <li>3) Player on the outside then delays, regroups and attacks the net 2 on 0 with player from other end.</li> <li>4) Call for passes, stop at net after shot, go on the whistle.</li> </ol>



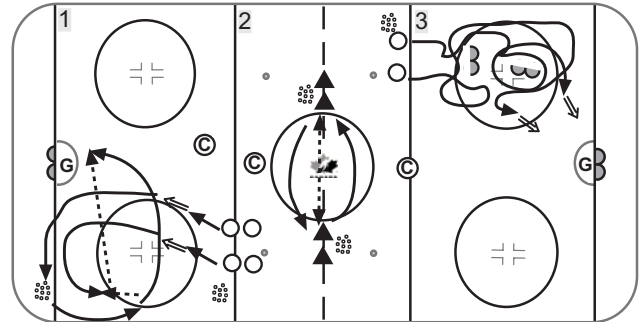
**Drill Name & Description**

**Skills Stations**

**1) Shooting / Scoring – Double Shot Corner Drop**  
Start with two lines at the blue line – each player goes in and shoots. First player skates to corner to retrieve puck. Second player supports, receives a drop pass from the first player who then heads to the net to get a pass back door. Do from both sides

**2) Quick Sprint Pass**  
Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

**3) Agility Nets – End Zone 1 on 0**  
Place two nets randomly in the corner and have players handle the puck around the nets in random fashion before taking a shot on net. Encourage deception, fast feet and fast hands

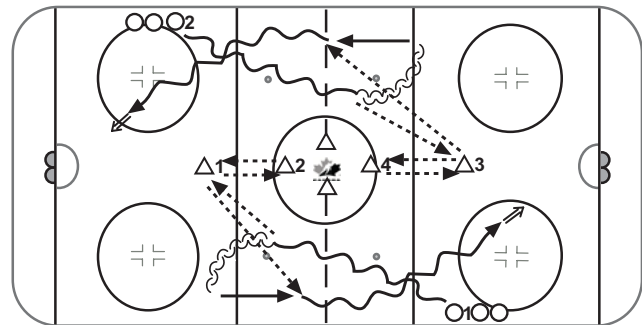


**Drill Name & Description**

**Plunger 1 Touch and Up - A**

- 1) O1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- 2) Δ1 passes to Δ2 then back to Δ1.
- 3) Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- 4) O2 goes at the same time passing to Δ3.

- Key Teaching Points**
- Pass with feet moving
  - Call for the puck
  - Stop at net after shot

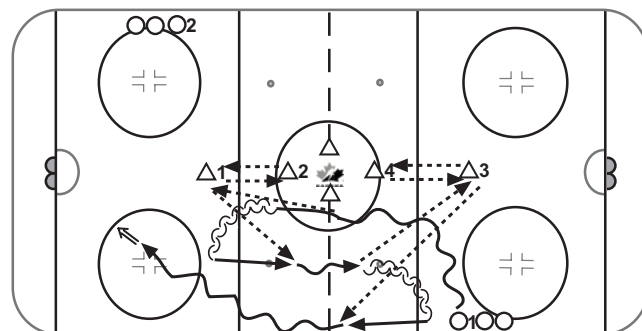


**Drill Name & Description**

**Plunger 1 Touch and Up - B**

- 1) O1 passes to Δ1 and skates toward the far blue line pivoting backward to forward, keeping eye contact with Δ1.
- 2) Δ1 passes to Δ2 then back to Δ1.
- 3) Δ1 passes to O1 who uses an open pivot to receive the pass up the boards. O1 then skates toward Δ3 makes a pass, opens up, receives return pass and then skates for opposite net for shot.
- 4) O2 performs the same pattern on the opposite side

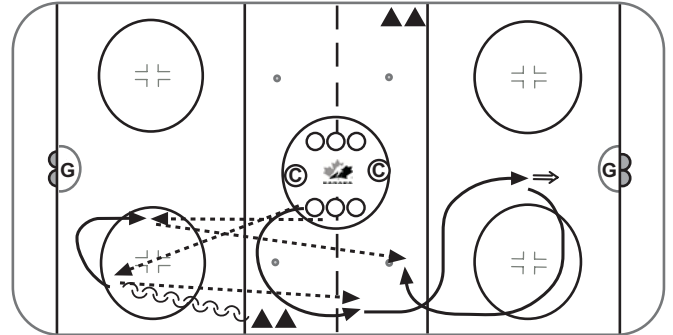
- Key Teaching Points:**
- Eye on the passer.
  - Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
  - Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.



**Drill Name & Description**

**NZ Double Stretch**

- 1) Fwds in the centre circle, D on the wall at opposite bluelines.
- 2) Drill starts, on whistle, with D skating bwds off of boards back towards end dot.
- 3) Fwd hits D with pass, then curls up ice to receive stretch pass. D must get feet going up ice before making pass. Fwd goes in for shot.
- 4) 2nd fwd in line then hits D with 2<sup>nd</sup> pass who must transition back toward own end and then move up ice to hit original fwd with 2<sup>nd</sup> stretch pass. D follow pass up ice for rebound



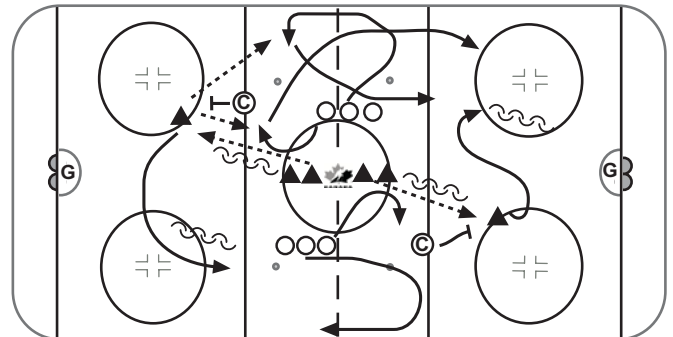
**Drill Name & Description**

**NZ Regroup 2 on 1 – With Pressure**

- 1) First D releases and gets pass from next D in line
- 2) F1 releases and stretches as far as possible staying on side
- 3) F2 supports low in the middle
- 4) Depending on Coaches position D passes to F1 or F2
- 5) First option is F1

**Key Points**

- D stay off boards to provide an angle for indirect pass
- F1 stay about stick length off boards to protect puck
- F2 save ice for support through middle and go with speed on stretch pass



**Drill Name & Description**

**Tracking**

- 1) O1 and O3 leave at same time, drive wide and shoot.
- 2) They recover with 5 hard strides to track thru middle and put backside pressure on O2 and O4 respectively.
- 3) Drill moves from end to end continuously

**Key Teaching Points**

- Recover on transition with 5 hard driving strides.
- Track back between dots.
- Stick on ice.

