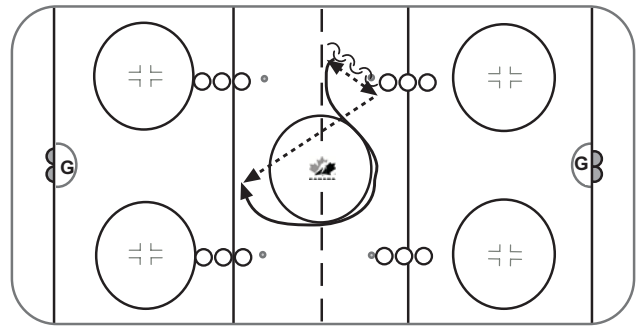
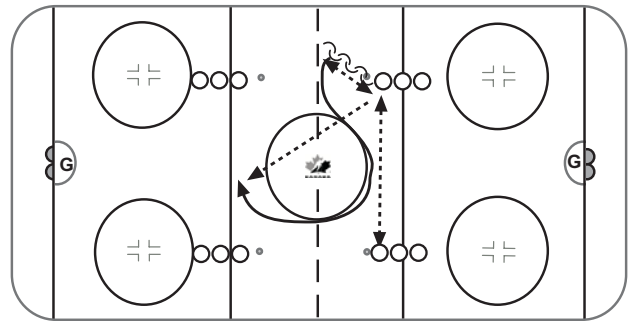


Practice 9

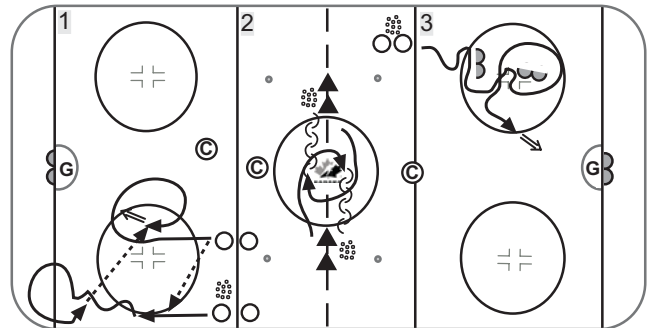
Drill Name & Description
NZ Support Warm – Up (A)
<ol style="list-style-type: none"> 1) Line up at each of the 4 dots in the neutral zone 2) On whistle, first person in line from opposite corners back peddles, receives pass from next person in line, then 1 touches it back. 3) Original skater then skates around bottom of circle towards far blue line to receive pass. 4) On whistle skaters from opposite dots go.



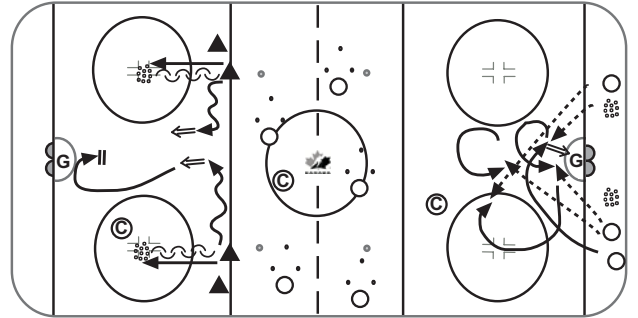
Drill Name & Description
NZ Support Warm – Up (B)
<ol style="list-style-type: none"> 1) Line up at each of the 4 dots in the neutral zone 2) On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back. 3) Person in line then passes along blueline to first person in adjacent line, who then gives it back. 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.



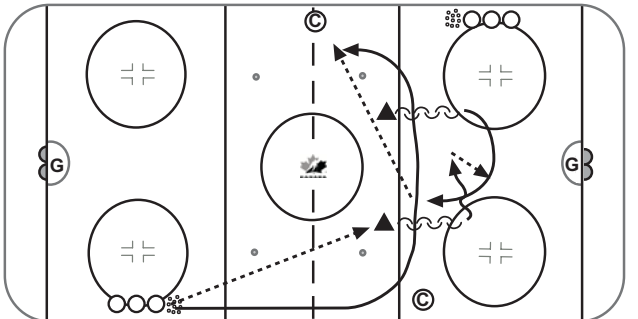
Drill Name & Description
Skills Stations 1
<p>1) Shooting / Scoring – Delay 1 Timer Two lines just inside blueline. Player closest to middle of ice, passes to player along wall who drives hard to corner with puck. Delays and then passes to player in middle for 1 timer. Inside player may have to delay as well to get in best shooting angle. Change sides</p> <p>2) Pairs Agility D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep, do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.</p> <p>3) Agility Nets – End Zone 1 on 0 Place two nets in corner as shown. Start with 1 player performing various moves around net to go in for shot. Add second player each with 1 puck, then 2 players 1 puck for give and go's.</p>



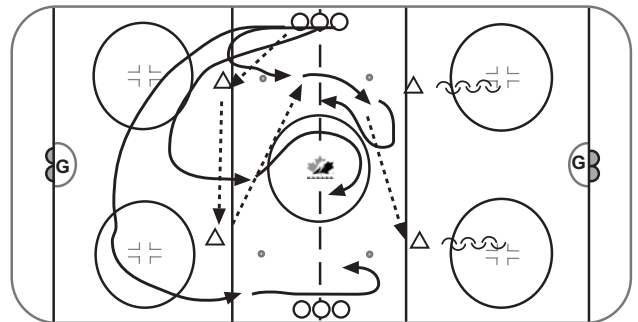
Drill Name & Description
<p>Skills Stations 2</p> <p>1) Screens and Tips Pucks on dots in end zone circles. D lines up at blueline. On whistle, D skate up to dot, pick up a puck, backpeddle to blueline, and either drag across blueline or sprint to middle for shot on net. After shot, follow to net for rebound, and or tip for player from other side doing same thing. Switch sides for each shot.</p> <p>2) 3 Puck Stickhandle Place 3 pucks in a triangle, stickhandle 4th puck in and around the 3 stationary pucks keeping feet stationary. Progress to skating in and around pucks while stickhandling</p> <p>3) Shooting – 4 Shot Drill Place a passer on each side of the net, below the goal line. Shooter can start from either side and skates to slot for pass from either side. Skater must get 2 passes from each side, for a total of 4 shots. Must keep feet moving and always face the passers. Can add defender to make more difficult</p>



Drill Name & Description
<p>NZ D to D Reverse</p> <ol style="list-style-type: none"> 1) Drill begins out of opposite corners, carries puck to 1st blue line and moves it to D1 who back peddles and carries puck across as if to draw an opposing player. 2) D2 supports below and moves toward middle receiving pass from D1. 3) D2 steps up and passes to O who has skated across ice, O then goes down for a shot. 4) D2 support from below puck. <p>Key Teaching Points</p> <ul style="list-style-type: none"> ▪ Protect puck and draw coverage. ▪ D2 communicate, receive pass, step up.



Drill Name & Description
<p>NZ Regroup on whistle</p> <ol style="list-style-type: none"> 1) Fwds start on boards at red line, D on blue line 2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner. 3) 3 Fwds then fill lanes going up ice, receive pass from do and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way. 4) Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



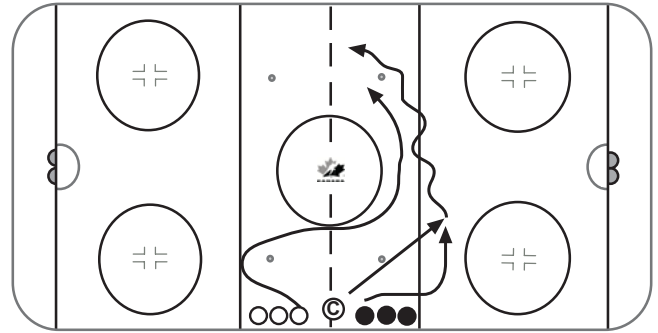
Drill Name & Description

Angling Gate Drill

- 1) Coach at center ice with pucks - spots a puck to either line.
- 2) Players react to spot.
- 3) Player on puck side retrieves puck and attempts to come up ice.
- 4) Other player touches up at blue line and closes the gap to angle outside.
- 5) As soon as first two players get past centre, Coach spots puck to other side
- 6) Repeat – can add 2nd player from each side to go 2 on 2

Key Teaching Points

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.



Drill Name & Description

Montreal 2 on 1 / 3 on 2

- 1) Fwds on wall at blueline, D in middle of ice at centre red line.
- 2) D backpeddles towards own zone, Fwd passes puck to D who goes behind own net makes breakout pass to 1 of 2 forwards who then regroup to attack 2 on 1.
- 3) Add 2nd D and 3rd fwd to make 3 on 2.
- 4) Both ends at same time

Key Teaching Points

- Communication and good support on breakout.
- Crisp outlet passes / timing on regroup
- Low support

