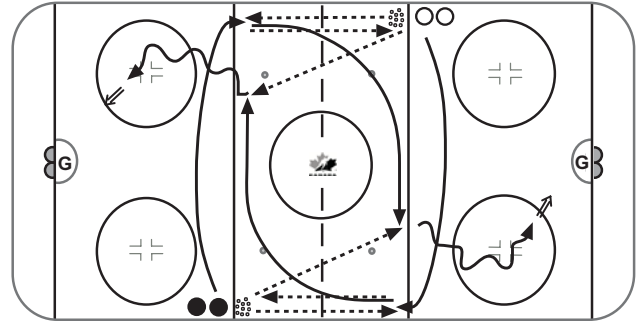
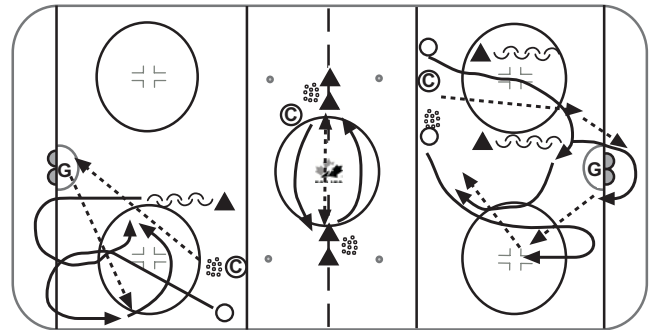


Practice 13

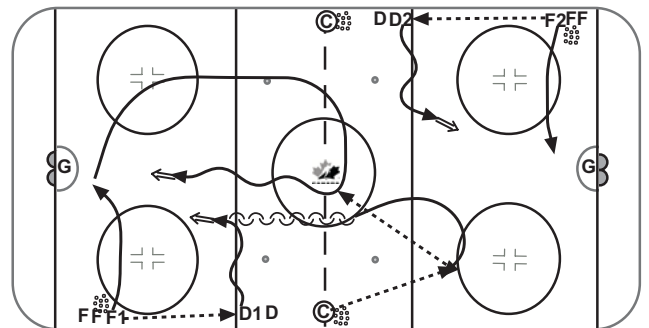
Drill Name & Description
<p>Quick Hit Warm Up</p> <ol style="list-style-type: none"> 1) Player O1 pivots to backwards and receives a pass from the next player in line. 2) Player O1 immediately one-touches puck back to passer. 3) Player O1 then pivots to forward and receives 2nd puck from ● 1 on opposite side. 4) Player O1 takes long warm-up shot on goal. 5) As soon as 2nd pass is initiated, player ● 1 on opposite side pivots to backwards and repeats the drill from the opposite side. <p>Key Teaching Points</p> <ul style="list-style-type: none"> • Rapid puck movement, soft hands, every contact before making returns pass, face the puck – be an option.



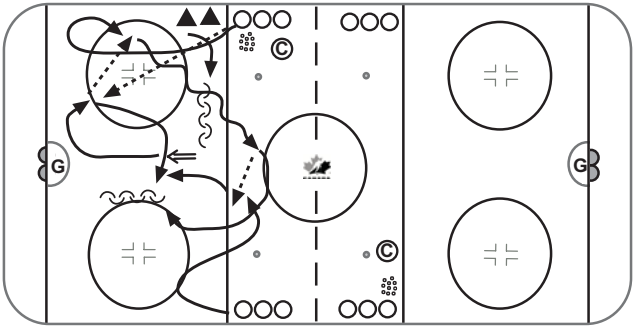
Drill Name & Description
<p>Skills Stations</p> <p>1) Goalie Outlet 1 on 1 Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.</p> <p>2) Quick Sprint Pass Have players line up in 2 lines opposite 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.</p> <p>3) 2 on 2 Goalie Set Puck Coach sets puck behind net for D to retrieve puck and make outlet pass to one of the 2 fwds. Fwds regroup and attack 2 on 2</p>



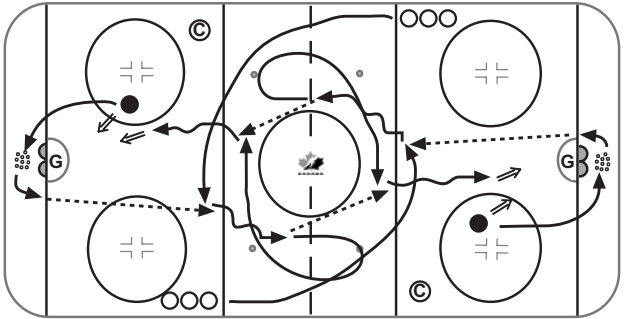
Drill Name & Description
<p>Penetrating Pass</p> <ol style="list-style-type: none"> 1) On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip. 2) F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle. 3) Run out of both ends at the same time.



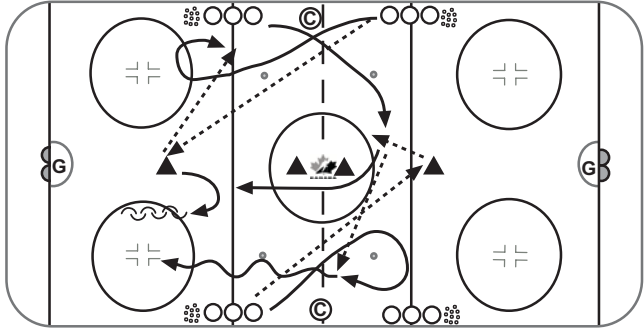
Drill Name & Description
Half Ice Regroup – 2 on 1
<ol style="list-style-type: none"> 1) D on the wall just inside the blue line. Fwds on wall just outside blue line on both sides of the ice. 2) D starts by skating to middle of the ice and takes shot on net. After shot, D skates toward bottom of circle and get pass from 1st fwd in line, D return pass to fwd who skates down wall to anchor for breakout pass. 3) Fwd then skates outside zone, passes to fwd from opposite side of ice, both fwds regroup and attack D 2 on 1



Drill Name & Description
Neutral Zone Exchange – Timing 1 on 0
<ol style="list-style-type: none"> 1) Skaters on wall at blue line on opposite sides and opposite ends. Skater to start drill starts near dot in end circle. Both ends at the same time. 2) On whistle, skater takes shot on net, skates behind net to pick up puck and makes pass to fwd who joins play from same side far blue line. After making pass, join nline on near side blue line. 3) After receiving pass, both skaters delay and the n exchange passes with each other in the NZ to go in for shot on net.



Drill Name & Description
Neutral Zone Transition – Regroup 1 on 1 / 2 on 1
A) 1 on 1
<ol style="list-style-type: none"> 1) Defense starts in middle of ice, just inside the blueline. Fwds on wall at each of the 4 blue lines. 2) On whistle, fwds skates towards D makes a pass, then opens up to receive return pass from D. Both ends at the same time. 3) After making pass, D must transition to play the fwd coming from the other side on a 1 on 1.
B) 2 on 1
<ol style="list-style-type: none"> 1) Drill begins same as 1 on 1 except, when original fwd makes the first pass, a second fwd from the opposite side – far blue line jumps in the receive pass, from D then makes quick 1 touch to original fwd and joins rush for 2 on 1 to opposite end. 2) Both ends at same time



Drill Name & Description

3 on 3 Communication

- 1) Place offensive players in 3 lines as shown.
- 2) Place 3 defensive players as shown in the Neutral Zone.
- 3) On whistle, offensive player skate around at random, on whistle, goaltender plays puck to one of the forwards who then attack far net.
- 4) Defenders have to communicate and support each other defensively in order to stop the attack.

