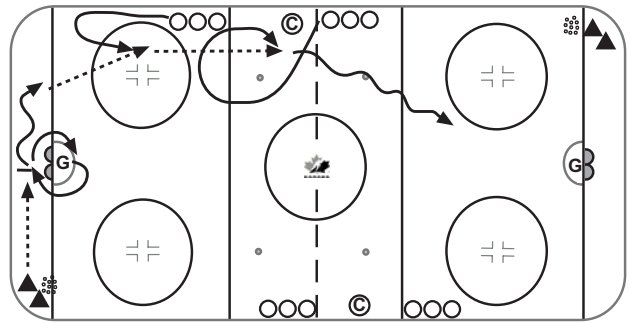
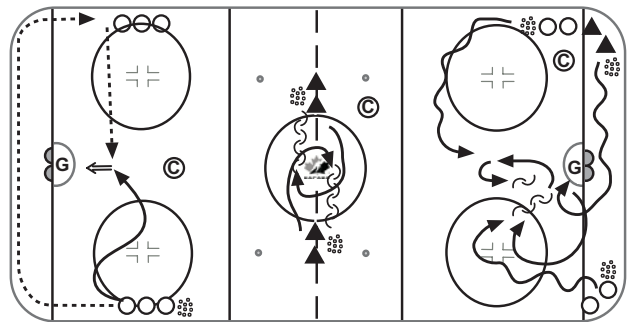


**Practice 14**

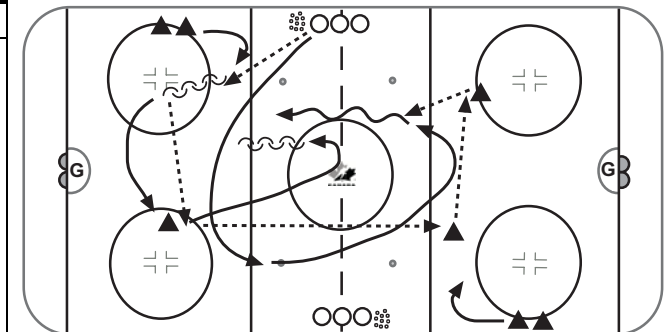
Drill Name & Description
<b>Timing – Goalie Set Puck - Outlet</b>
<ol style="list-style-type: none"> <li>1) D in corner spots puck behind net for goalie. Goalie sets puck for D who picks it up behind net and outlets to forward on wall.</li> <li>2) Second fwd from line at centre times skating route to receive pass in full stride and goes in for shot on net.</li> <li>3) 1<sup>st</sup> forward then goes to back of line at centre. Fwd that shoots stays at net for tip or rebound. Then goes to 1<sup>st</sup> line on opposite side.</li> <li>4) D follows play up ice, then transitions to play 1 on 1 coming back to original end</li> </ol>



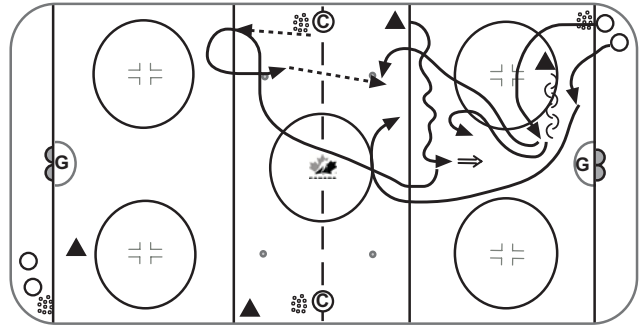
Drill Name & Description
<b>Skills Stations</b>
<p><b>1) Shooting and Scoring – Offensive Rim – 1 Timer</b> Fwds on wall at hash marks on both sides of ice. Near side fwd rims puck to far side and heads to middle of ice for pass and shot on net. Passer heads to net for rebound.</p> <p><b>2) Pairs Agility</b> 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><b>3) Shooting and Scoring – 3 Shot Traffic</b> Fwds in corners, D in one corner as well. D starts play by skating behind net and tries wrap around on goalie. After 1<sup>st</sup> shot, fwd from opposite corner attacks D 1 on 1. Then fwd from corner where D started attacks same D for 2 on 1</p>



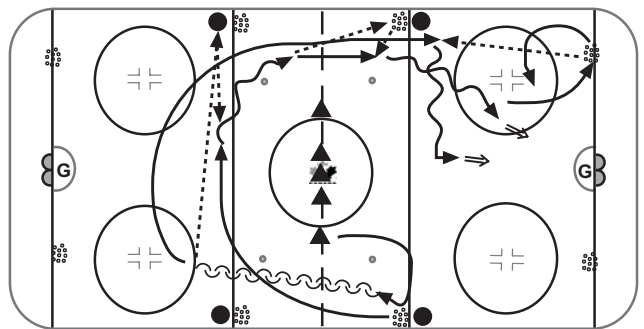
Drill Name & Description
<b>Transition Counter Attack</b>
<ol style="list-style-type: none"> <li>1) D1 receives puck from regrouping fwd, makes pass to D2 – D 2 passes to D3.</li> <li>2) D2 has to follow F1 and close gap to play the 1 on 1 coming back</li> <li>3) D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2</li> </ol>



Drill Name & Description
<b>2 on 1 Regroup</b>
<ol style="list-style-type: none"> <li>1) Fwds in Corner D at bottom of circle, and D outside blueline.</li> <li>2) D outside blue line starts play by moving to middle of ice for shot on net. 2 fwds from corner go to net, with defensive D trying to block them out and clear any loose pucks from point shot.</li> <li>3) After shot, offensive D retreats to pick up puck spotted by coach. 2 net front forwards, clear zone to receive pass and then attack 2 on 1 against net front D</li> <li>4) Both ends at same time</li> </ol>



Drill Name & Description
<b>All Purpose Drill</b>
<ol style="list-style-type: none"> <li>1) Opposite sides go together on the whistle. D gaps up to blue line, pivots to backwards and receives pass from O1 in line at near side blue line.</li> <li>2) D backpeddles with speed to the top of the face-off circle, steps out and passes to O2</li> <li>3) O1 times his skating to receive a return pass from O2 in the middle of the ice, then gets outside the dots. O1 immediately head mans the puck to O3 for a quick give and go, then shoots on net.</li> <li>4) Once O2 makes his pass to O1 he moves to the middle and provides backpressure on O1.</li> <li>5) After the first shot on goal, O1 retrieves a second puck in the corner and passes to D who has followed up the play.</li> <li>6) D quickly moves to the middle and shoots with O1 looking to screen or tip on the play.</li> <li>7) O2 attempts to box out O1.</li> </ol>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>• Players should under handle the puck, eliminating the extra stick handling prior to passing.</li> <li>• Movement should be timed, but with great speed.</li> <li>• Passes to the point should be done immediately low to high.</li> <li>• The D should begin wide and move explosively towards the middle to improve shooting angle.</li> </ul>



Drill Name & Description
<b>Cycle Attack – 3 on 2</b>
<ol style="list-style-type: none"> <li>1) 3 fwds start around circle, 2 D just inside blue line.</li> <li>2) On whistle, 3 fwds cycle puck, on coaches signal, they attack net, then pick up second puck and attack 3 on 2 to far end.</li> <li>3) Both ends at same time, must stay on own half of ice until centre rd line, then can spread out.</li> </ol>

