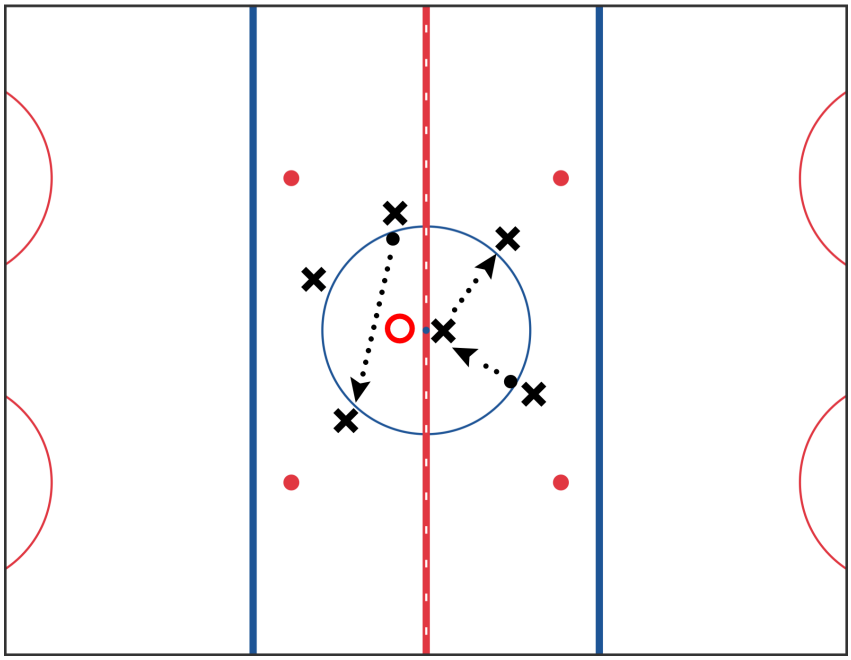
11-18

Duration: 60 mins

1 vs Many in Circle — 10 mins



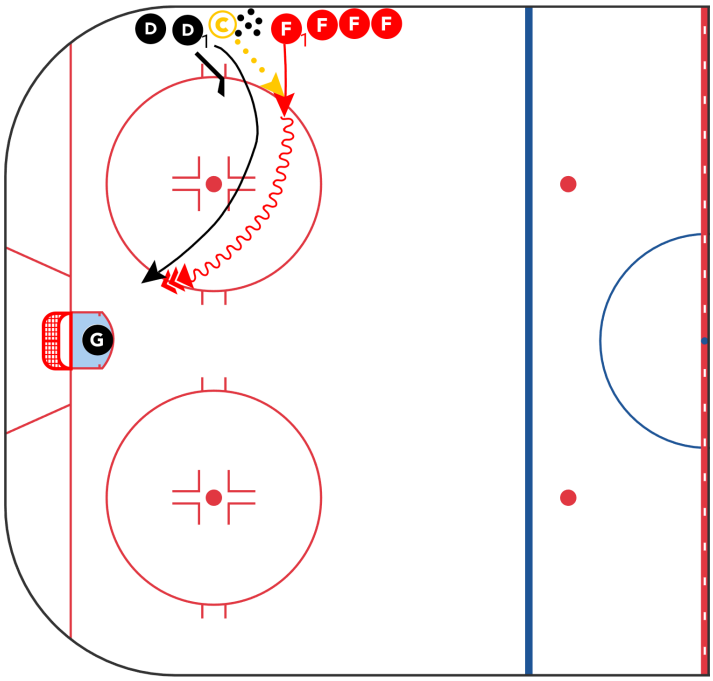
Description

- Working two pucks around the outside, keeping your eyes up and finding the open player.
- In the middle a 1 vs 1 trying to get in the position to receive the pass and move it to another player.
- Then proceed to the second puck, receive the pass and move it to another player.
- Following this go back to the first puck to continue drill.
- A great little warm-up exercise to get you engaged right away!

Key Points

- Maintain body position infront of the opposition player.

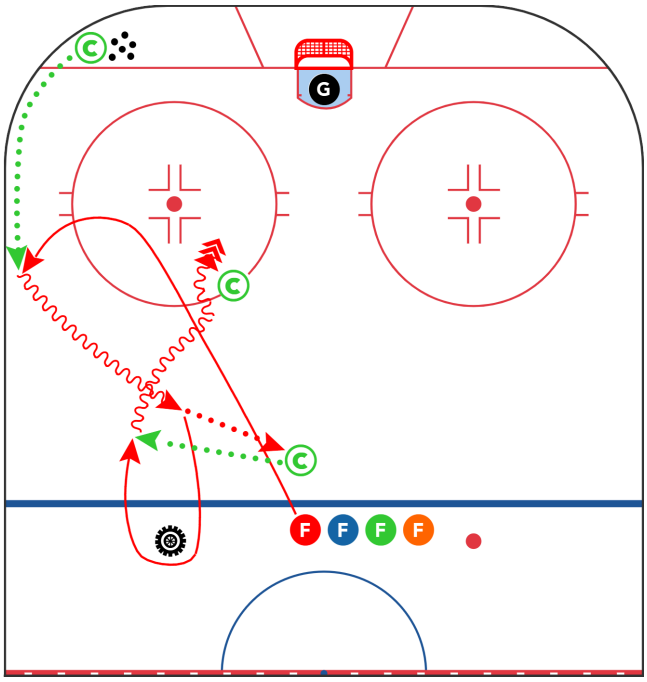
Brad Shaw: Bassen Stick on Puck — 10 mins



Description

- D 1 and F 1 start facing each other with one skate blade on the boards.
- Coach starts the drill by spotting the puck to give the offensive player an advantage. F 1 attacks net with speed while protecting puck.
- D 1 routes to gap up asap and use stick to deny play on net. Whistle ends the drill when the defender has broken up the play.
- Next 2 players ready to go.

Practice Like A Pro 10.0 - PSF Rims on Breakout 10 mins

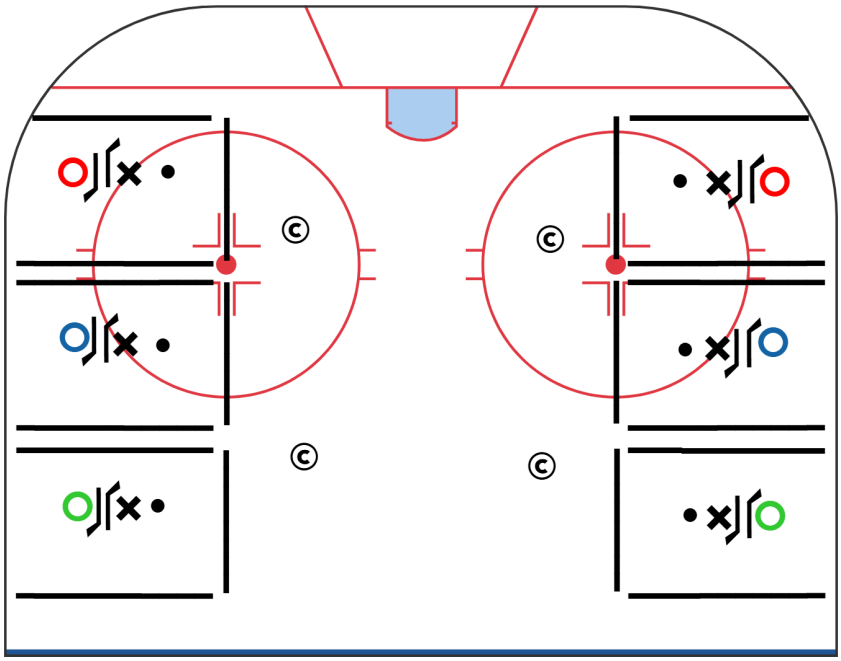


Description

- F comes low and picks up a rim from the C .
- Gets away from the wall and passes to the other C .
- Goes around the dot and receives the pass.
- Attack the C one-on-one.

MITCH GIGUERE BLOG - Practice Like A Pro 10.0
By Mitch Giguere
Instagram: @mitch_giguere <https://www.instagram.com/mitch_giguere?igsh=MTBoNHRxd205a2ViaQ==>

Aggressive Puck Protection 10 mins



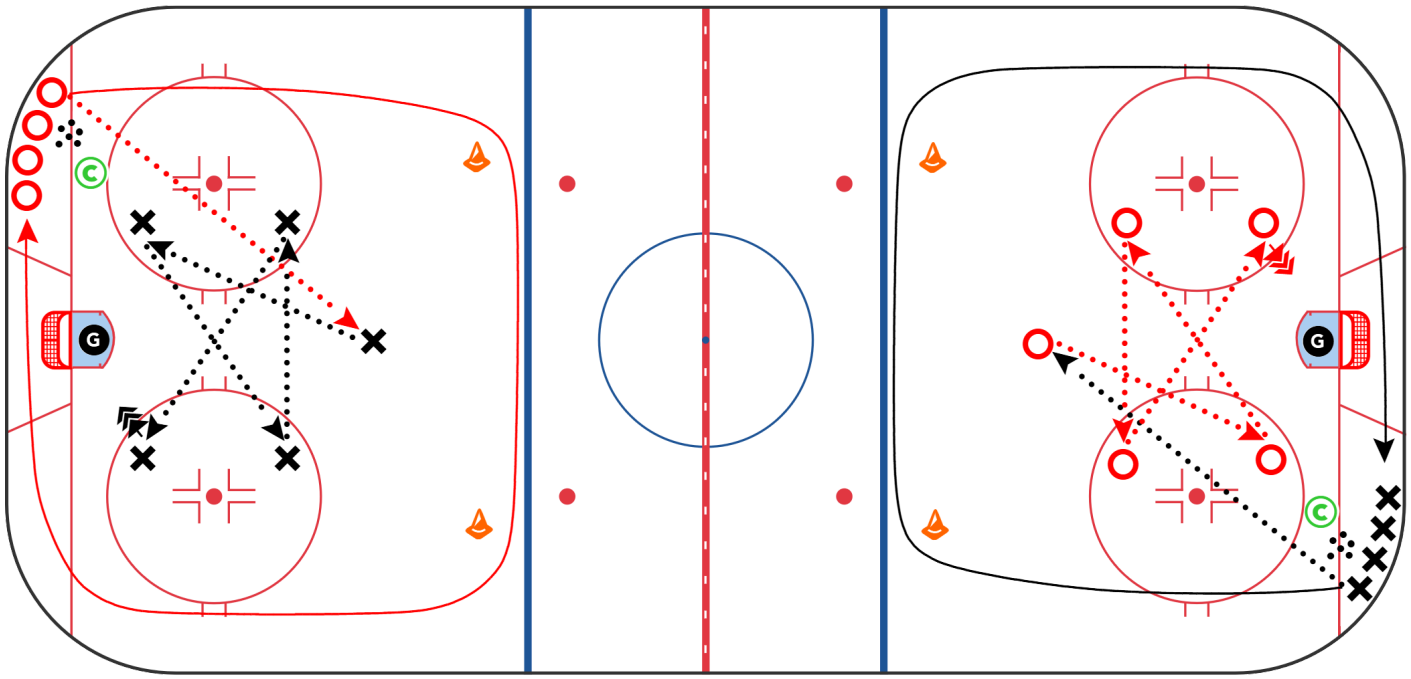
Description

- Players are opposite to each other with the stick, © allocates the puck to players.
- ✖ has to protect the puck from the player opposite to him
- Players aggressively fight for the puck.

VIDEO IN SKETCHPAD
Instagram: @minarik_hockeyskills

1 v 1 Pick you spot angling drill — 10 mins

Baseball - Version 2 — 10 mins



Description

- Divide players into two groups – one at each end of the ice and form two teams in each end.
- Place 2 pylons out near blue lines.
- Pick 5 players who are the fielders, and spread them out in the slot.
- On whistle player in corner must pass puck to one of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line.
- The fielders must pass to each other until all 5 players have touched puck before a shot is taken.
- If the fielders score before the skater gets back in line the skater is out.

Key Points

- Divide into teams and keep score.
- Teams change positions once 3 outs are made.