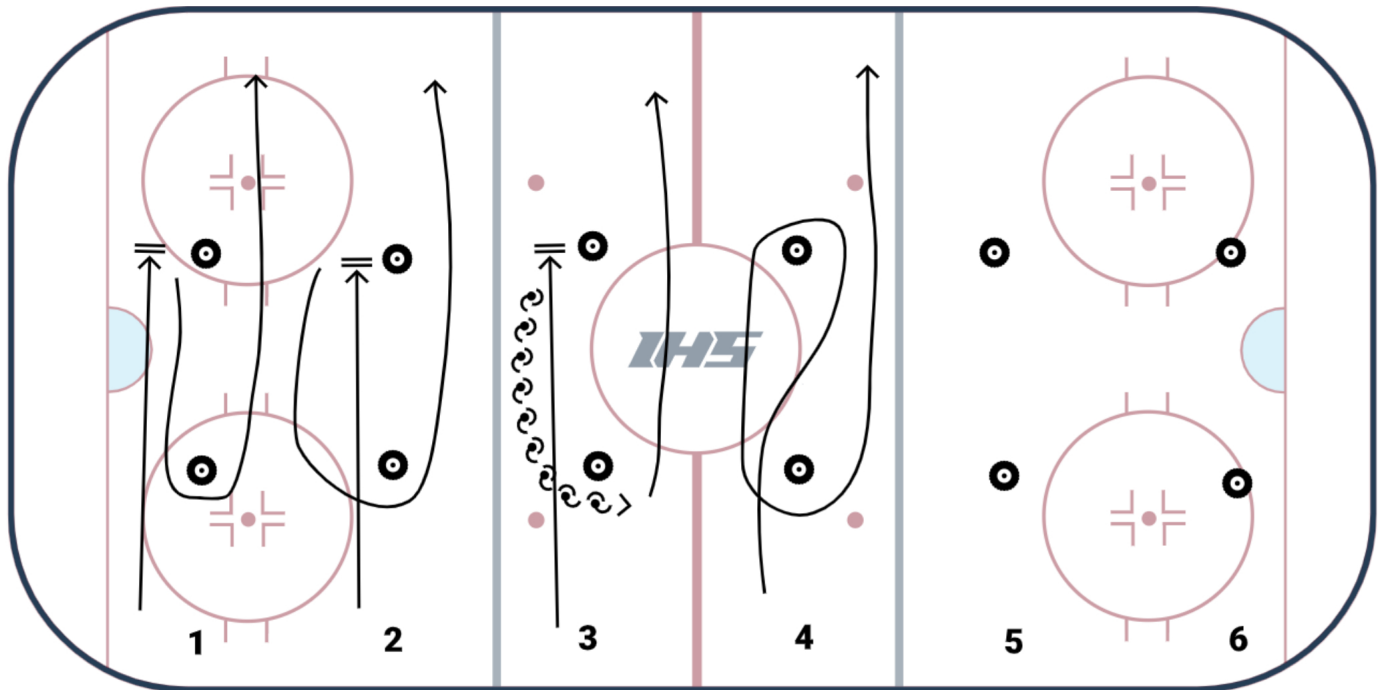


TWO TIRE SKATING WITH PUCKS VERSION #2 (15 MINUTES)



Time:

Station:



*Split players on-ice into six lines (each line does the same drills at the same time).

The different sequences are shown in the diagram but all lines are doing the same skating at the same time. Demonstrate each sequence.

ALL SEQUENCES WITH PUCKS. Do each sequence **1X** across (right side of tire) and back (left side of tire).

SEQUENCE #1 = stop facing tire, accelerate and build speed for a power turn around other tire.

SEQUENCE #2 = punch turn ([click here](#)) facing away from tire, accelerate and build speed for a power turn around other tire.

SEQUENCE #3 = skate forward to furthest tire and stop, transition to backwards to near tire, transition to forward and skate to wall.

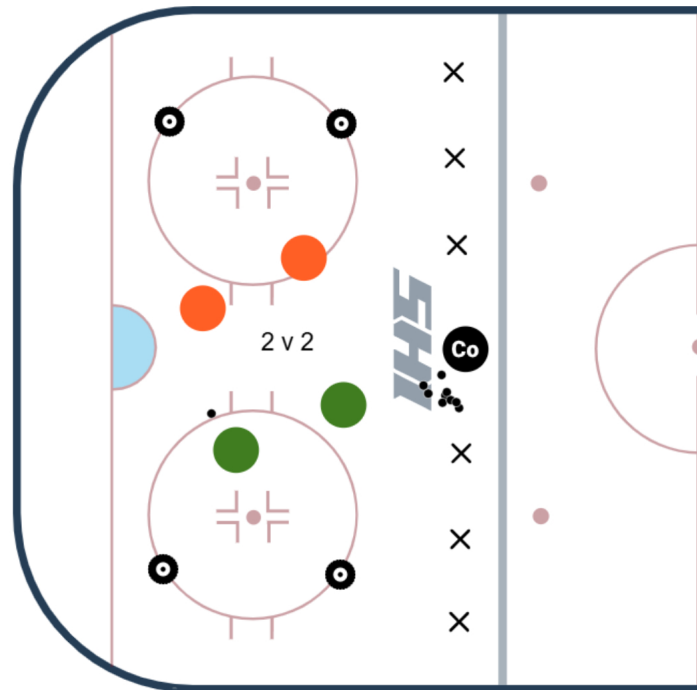
SEQUENCE #4 = power turn at furthest tire, accelerate and build speed and power turn at near tire and skate to wall (not a figure 8).

2V2 CORNER TIRE GAME - STATIONS (10 MINUTES)



Time:

Station:



*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

**Use the extra players that are resting to keep pucks in the zone. Anytime a puck goes out of play that puck is dead. The coach should spot a new loose puck into play.

2v2 Corner Tire Game

Each 2v2 game lasts approximately 1 minute (blow whistle to end game). To begin the game, the coach should spot a loose puck into play. The two teams battle to recover the loose puck. Points are awarded by hitting the tires on the offensive side of the ice for each team. After a team "scores" by hitting a tire with the puck, that puck is dead and the coach spots a new loose puck into play.

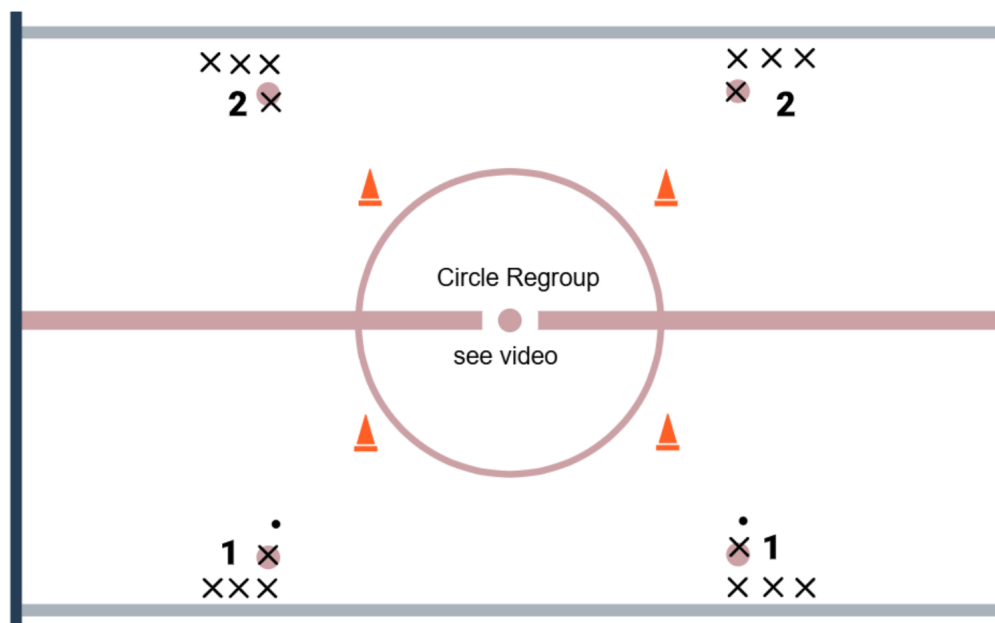
Coaching emphasis: Coaches should encourage puck protection and limiting turnovers. Use body, stick, and hips to protect puck. Do not throw pucks away - keep possession. Players should be moving to open spaces and being creative. Don't allow kids to be lazy and fire long range shots.

CIRCLE REGROUP PASSING - STATIONS (10 MINUTES)



Time:

Station:



*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

****Coaches make sure player heads are up, hands are out in front of body, feet are facing forward, knees are bent, and using a soft catch.****

Circle Regroup Passing - Sequence #1 - Watch this video first: [Circle Regroup](#)

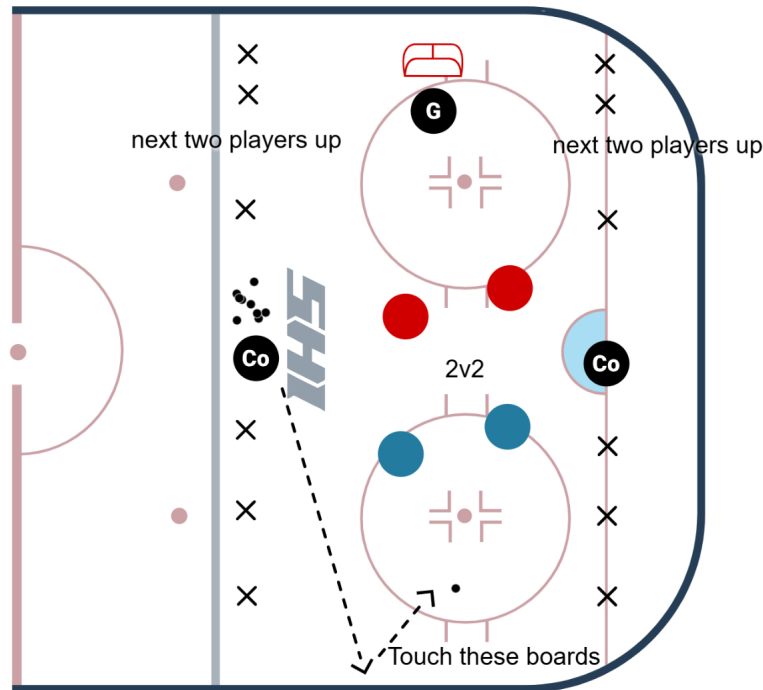
Line #1 starts with puck and skates toward Line #2 making a tape-to-tape pass at the cone. That player continues skating and pivots to receive a pass back from Line #2. After receiving the pass that player takes a couple strides to the cone and passes back to their original line. They again pivot and present with their opposite hand receiving another pass. After receiving the pass they get the puck back to the other line and their sequence is over.

2V2 TRANSITION ATTACK GAME - STATIONS (10 MINUTES)



Time:

Station:



*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

Use the extra players that are resting to keep pucks in the game field.

2v2 Transition Attack Game

Each 2v2 game lasts approximately 1 minute (blow whistle to end game). To begin the game, the coach should send a puck off the far boards or spot a loose puck. The two teams battle to gain possession. The team that recovers the puck is initially on offense while the other team is initially on defense. Offensive team attacks the net. Defensive team tries to create a turnover. If the defensive team gains possession of the puck they must pass it to one of the coaches to get on offense. THIS TRIGGERS THE TRANSITION - ALL 4 PLAYERS MUST SPRINT AND TOUCH THE FAR BOARDS WITH THEIR STICKS (defensive team becomes offensive while offensive team becomes defense). AS SOON AS THE NEW OFFENSIVE TEAM TOUCHES THE FAR BOARDS WITH THEIR STICKS THEY NEED TO GET OPEN AND EITHER PLAYER CAN RECEIVE THE PUCK BACK FROM THE COACH IN TRANSITION. This transition symbolizes a partial breakaway or rush opportunity for the offense while the new defensive players are scrambling and tracking back to the net after touching the far boards with their sticks.

Coaching Emphasis: Defensive team must pass tape-to-tape to a coach to get on offense. Bad passes should not count. Each offense/defense transition ALL 4 PLAYERS must sprint to the far boards and touch them with their stick. Coaches need to pay attention to which two players are the new offensive players and get them the puck during transitions.