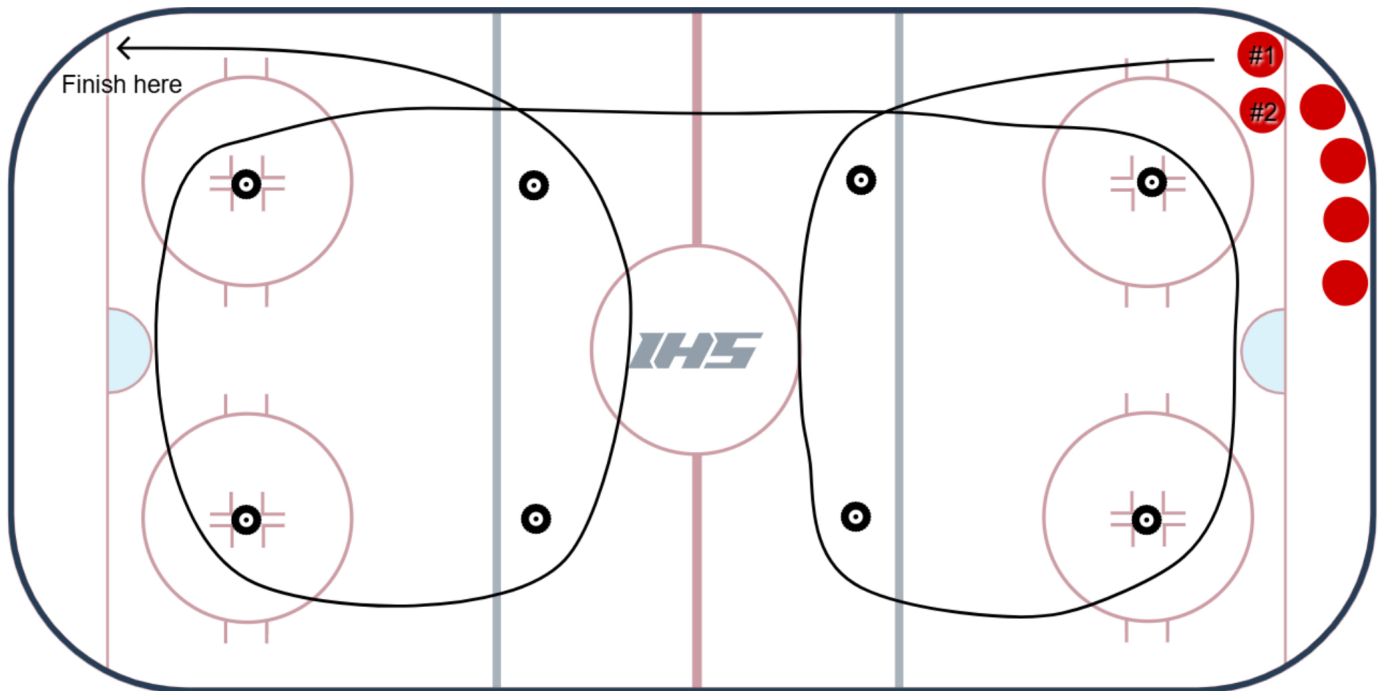


TWO CIRCLE SKATING



Time:

Station:



Two Circle Skating

All players line-up in a single corner (make sure players keep their heads up to avoid collisions).

REPEAT THIS DRILL 2X without pucks and 2X with pucks. Coach send next two players when the two players in front round the second tire.

Two players leave at the same time racing each other. Quick speed/acceleration on the straight aways and short overspeed crossovers around the corners. Make sure players avoid "galloping". We want a consistent high stride rate and a steady head. Finish at the opposite end of the ice in the corner.

Part 1 - 2X WITHOUT a puck racing against opponent using body positioning to round the corners.

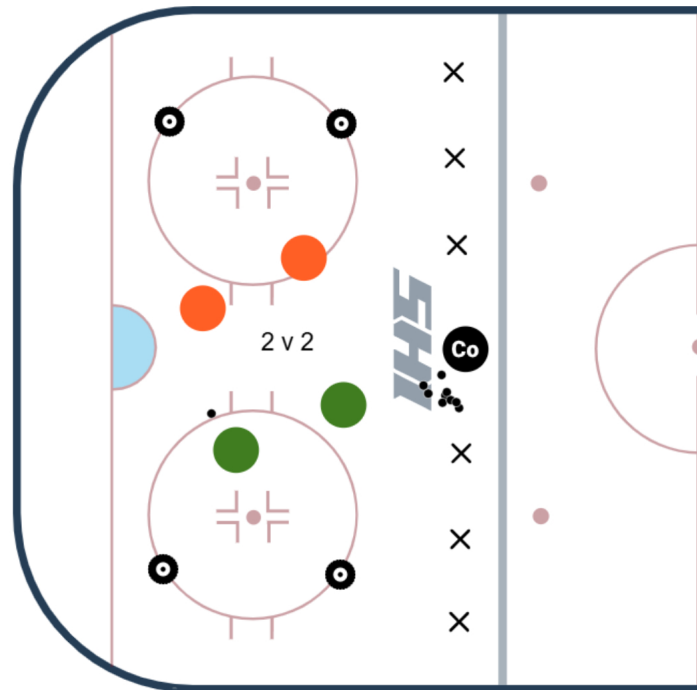
Part 2 - 2X WITH a puck controlling that puck at a high rate of speed.

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.

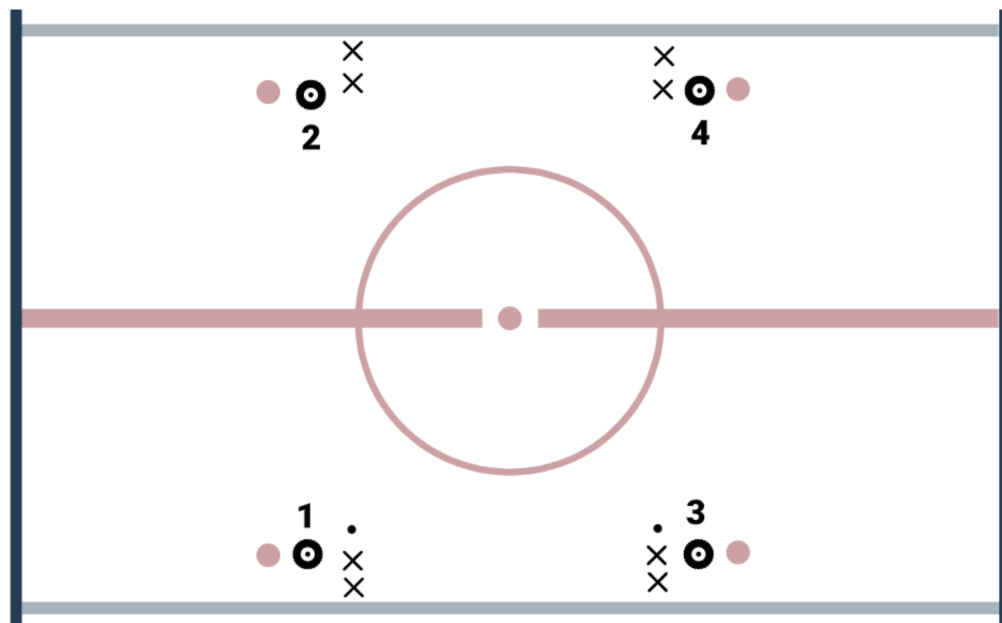
Coaching emphasis: Coaches should encourage puck protection and limiting turnovers. Use body, stick, and hips to protect puck. Do not throw pucks away - keep possession. Players should be moving to open spaces and being creative. Don't allow kids to be lazy and fire long range shots.

BOX PASSING SEQUENCE - STATIONS (10 MINUTES)



Time:

Station:



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

Place 4 tires to mark the starting point of the lines for Box Passing. **After each pass, the player should follow their pass to the back of that line.**

Sequence #1 (3 minutes)

Player takes two hard strides and passes to the line across (Line #1 passes to Line #2 and Line #3 passes to Line #4). Two pucks are active in this sequence.

Sequence #2 (3 minutes)

Player takes two hard strides and passes to the line diagonal (Line #1 passes to Line #4 and Line #3 passes to Line #2). Two pucks are active in this sequence.

Sequence #3 (4 minutes)

Player takes two hard strides and can pass to any line of the player's choice. Only one puck is used during this sequence. Players should be communicating and calling for passes.

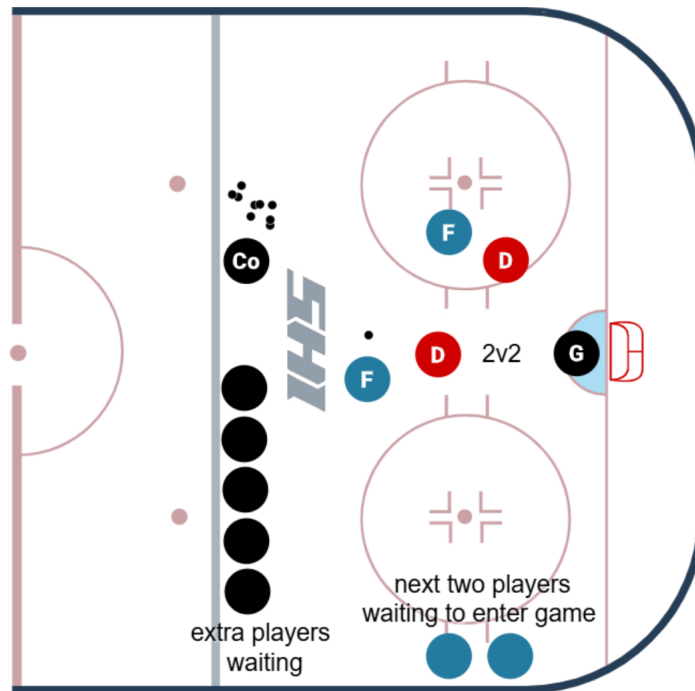
Coaching Emphasis: Coaches make sure player heads are up, hands are out in front of body, feet are facing forward, knees are bent, and using a soft catch. Also, make sure players are taking their two hard strides before making their pass. We don't want flat-footed passers.

2V2 CONTINUOUS - STATIONS (10 MINUTES)



Time:

Station:



*Split players on-ice by teams/small groups (each station last for 10 minutes). Need a goalie in the net.

2v2 Continuous Small Area Game

** Player Rotation is Offense, Defense, back in line. **

Two offensive players try to attack the net. Two defensive players try to force a turnover and pass the puck to the side boards (simulating breakout) where the next two players are waiting to activate and enter the game. When the defensive players pass the puck to the players waiting on the side boards, the defensive players are done and exit the game. The offensive players transition to defense and the two new players try to attack the net quickly. If a goal is scored or if the puck is covered by the goalie, the coach sends a new puck to the next two players waiting on the side boards and the transition from offense to defense occurs.

Coaching emphasis: Coaches should not dump any pucks into corners. The kids should control the passing and transitions of the game. Make sure a coach is monitoring the line of players waiting to keep the next two players ready to receive the pass and transition into the game. There should always be two players on the side boards ready to activate as offensive players into the game.