

BANTAM / U14 FULL ICE PRACTICE #2



Thursday, September 1st, 2016

Skating Drills

- Full Ice Overspeed Progression #2
- Full Ice Overspeed Progression #3
- 2 Dot skating drill

Skills

- Continuous skills warm up #1
- Continuous skills warm up #2
- Continuous skills warm up #3

2 on 1

- Quick turn up 2 on 1

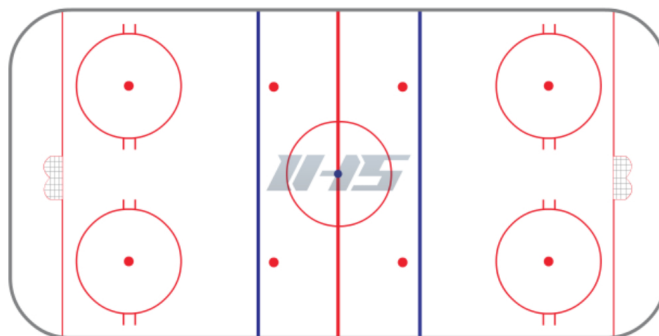
2 on 2

- Continuous 2 on 2

Game

- Westminster 3 vs 3

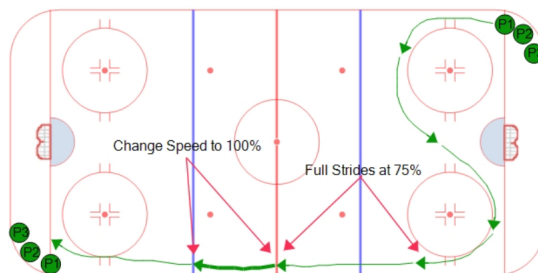
PRACTICE LAYOUT



Full Ice Overspeed Skating Progression #2

Details:

The overspeed variation works on changing speeds. Players can line up in opposite corners and go two at a time. The players need to have quick feet as do cross overs around the top of the circle then bottom of the other circle. Then they skate in a straight line down the ice at 75% focusing on good, hard, full strides. Between the red line and blue line they increase their foot speed to 100%, then back down to 75%.

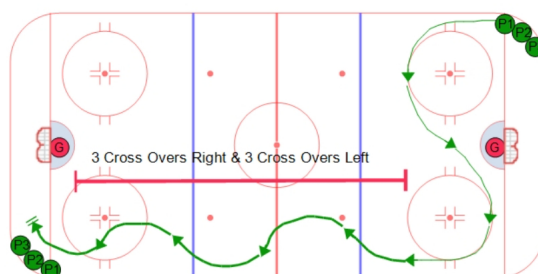


Full Ice Overspeed Skating Progression #3

Details:

This overspeed skating drill continues in the same format.

The players are split up into two lines, each on opposite corners. Two players from each line can go at the same time on the whistle. In this variation the players will move their feet as fast as they can around the top of the circle and then the bottom of the other circle as shown in the diagram. After they come out of the second turn they do 3 cross-overs towards the middle of the ice then three cross-overs back to the outside. They continue doing this while moving their feet as fast as they can all the way down the ice. It is important to stress to the players to get a full three cross-overs as many will try to get by with two. It is also key for the players to use the outside edge of the leg that is crossing under to deliver their lateral explosiveness.



Continuous Warm Up Skills Series #1

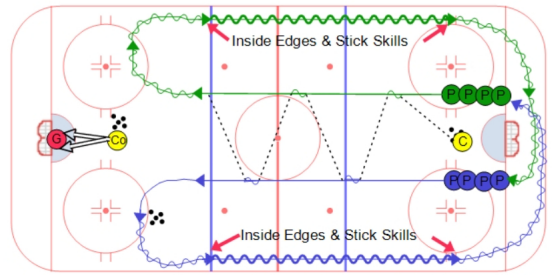
Details:

Start with two equal lines in the middle of the ice, each line just outside the hash marks as shown in the diagram. In this variation the coach starts each group with a pass to one of the first players in each line. The first two players go down the ice passing and receiving the puck IN STRIDE. When the players receive the puck they stick handle one time then make a good sweep pass. The player from Line #1 makes sure they have the puck at the far blue line and they turn to the outside and come back down the ice in the outside lane.

The player in line #2 makes sure that the other player has the puck at the far blue line and they turn towards the outside while picking up a puck from the the pile of pucks at the top of the circle as shown. This player also comes back down the ice in the outside lane. Both players work on their hands back down the length of the ice. You can set up specific skills such as around the world or "quick hands" depending on what you want them to work on.

When the players come back to the lines then they go to the opposite line. The coach dictates how often players go by starting each group with a pass. The goal is to get have the players almost going on a continuous basis with very little waiting in line.

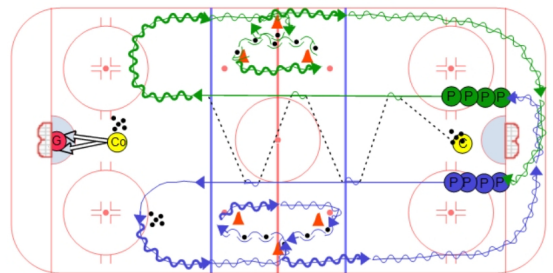
At the other end another coach can warm up the goalies.



Continuous Warm Up Skills Series #2

Details:

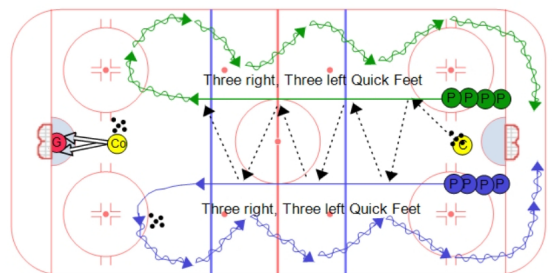
The second variation in this series works on **puck control** in transition and acceleration with the puck. As the players go down the ice they still receive the puck and make one quick stick handle before making a pass back to their partner. When the players turn to the outside they accelerate to the outside with a puck. At the cone they transition backwards with the puck to the inside cone. At the inside cone they transition forwards and again, emphasis is on accelerating to the next cone. At the third cone they transition backwards again to the first cone where they transition forwards and accelerate with the puck to the blue line. Players will switch lines for their next repetition so they have a chance to work on forehand and backhand passing.



Continuous Warm Up Skills Series #3

Details:

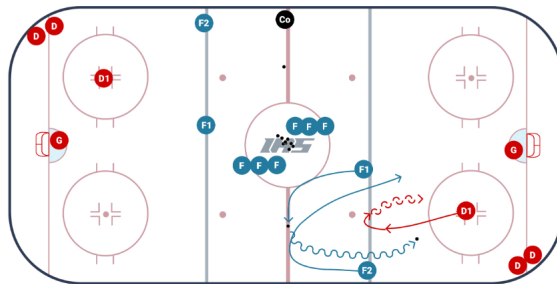
In this variation the players will make one-time passes down the ice. They should receive and pass the puck quietly without slapping the puck. When they turn to the outside they will make three cross-overs right and three cross-overs left while carrying the puck. Coaches should make sure players have their heads up while carrying the puck.



Quick Turn Up 2 on 1

Details:

This 2 on 1 drill sets up a situation that players often find in a game...a neutral zone turnover that creates a transition. If acted upon quickly, this turnover can create a great scoring opportunity for your team. The turnover develops into a 2 on 1 using half the width of the ice (a situation that is even common during a rush in 3 on 2 situations). Regardless of how you are teaching your players to react to 2 on 1, both offensively and defensively, this drill presents a great situation to practice.



Setup

To set up the drill place two lines of forwards at center ice as shown in the diagram. Two forwards from each line come out to the blue line, one along the wall and the other inline with the edge of the circles. One puck is placed inline with the dots at center ice. The defense is lined up under the hash marks along the wall and the defensive player that starts is at the top of the circles.

On the whistle, the forwards sprint up to the blue line, retrieve the puck, then **attack the defender 2 on 1**. The forward that starts on the inside will retrieve the puck. There are three options for the forwards to emphasize. First, have the puck carrier drive wide. If they do this then the inside forward drives hard to the net or stays high. Second, the puck carrier can cut to the middle towards the defender and either keep the puck or drop it as the inside forward cuts behind. All three options are shown in the animation. The players should play the puck until they score, the goalie freezes the puck, or the puck goes above the top of the circles.

Coaching Points

- Player without the puck should work to get open or drive the net
- Forward should try using deceptive techniques to create space, a couple of examples:
 - Change up skating pace
 - Look one way and pass or skate another way
- Defenseman should make sure to keep their stick on the ice to take away passing options and play a tight gap.

Variations

- Quick Turn Up 2 vs 2
- Quick Turn Up 1 vs 1

Continuous 2 on 2 Hockey Drill

Details:

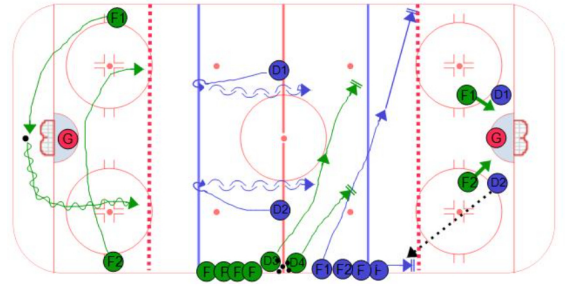
There are several defensive minded key points to this hockey drill. The first is the gap control. The defense should never give up the blue line because it is always a 2 on 2. Offensively, forwards need to make smart plays and chip the puck into the zone instead of trying to beat guys at the blue line.

Down low in the defensive zone the defense need to play tight man on man and make sure not to get beat back to the front of the net. The defense need to limit the time and space of the forwards. The forwards down low in the offensive zone need to maintain possession of the puck and be patient to limit turnovers.

The drill starts with two forwards in one zone at the hash marks and a puck behind the net. The defense start inline with the dots at center ice. On the whistle one forward swings behind the net and picks up the puck, the other swings in front of the net. The two forwards attack the two defense 2 on 2. Once they cross the offensive blue line, two new forwards sprint out to the breakout positions at the top of the circle (they cannot go below the top of the circle). Two new defense also come out to the blue line and should position themselves inline with the dots. Meanwhile, in the 2 on 2 down low, the defense will try to get the puck and make a breakout pass to one of the two new forwards. The two on two is then going the other way against the two new defense.

If the goalie freezes the puck or a goal is scored, the coach plays a new puck into the active zone.

View more of our [defensive hockey drills](#).



Westminster 3 on 3

Details:

This is a fun 3 on 3 game that works well if you have 9-12 players (not including goalies). For younger teams you could make this a 4 on 4 game as well. It is a typical 3 on 3 game where the teams play until there is a goal. The team that scores stays in the game and the losing team is replaced by the bumpers that are aligned on the blue line. The new team is the only team allowed to use the bumpers, therefore giving the new team a distinct advantage over the winning team. The idea is to move the puck to your advantage when the bumpers are available. It also levels the field of play so that one team is not always staying in the game.

In the diagram, if the yellow team scores then the green team will replace the blue team. The blue team then lines up on the blue line and are available for passes from the green team.

