

MAY 11

May 11, 2021



Practice Notes

<https://www.icehockeysystems.com/share/practice/417111>

Drills

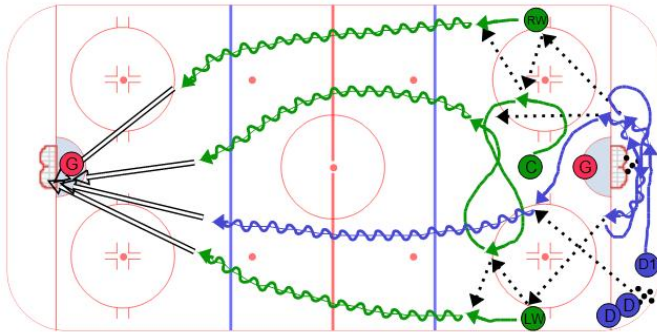
- Center Flow Breakout Drill
- Dig, Pass & Shoot!
- D to D to F3
- Shoot Around The Traffic!

CENTER FLOW BREAKOUT DRILL



Station #:

Time:



My Notes

Description

To start, get all defense in the corner with a group of pucks. There should also be a line for LW, C, and RW. Also place a bunch of pucks behind the net. To start, D1 skates behind the net, picks up a puck and makes a breakout pass to RW. The Center times their loop so they are available for a pass from the RW. The RW makes a quick pass to C and then breaks to receive a pass back from the Center. The Center and D1 then regroup. D1 picks up another puck behind the net and makes another breakout pass to LW. LW makes a pass to the Center and receives the puck right back, then continues down the ice for a shot on net. D1 and the Center then regroup again, this time D1 makes a breakout pass to the Center and the Center skates down the ice for a shot. After making the pass to the Center, D1 makes themselves available in the slot for a pass from the next Defense in line. D1 then goes down the ice for a shot and the second Defense start the new repetition.

DIG, PASS & SHOOT!



Station #:

Time:

Description

My Notes

A simple drill that focuses a player to dig the puck off of the boards, pass it to a player in the slot, who gets off a quick shot!

This can be set up in a variety of ways but the main goal is to get players comfortable with digging pucks off of the boards and passing to an open teammate. The teammate then quickly fires the puck on net. Shooting off of the pass is a great way to help your team score more goals.

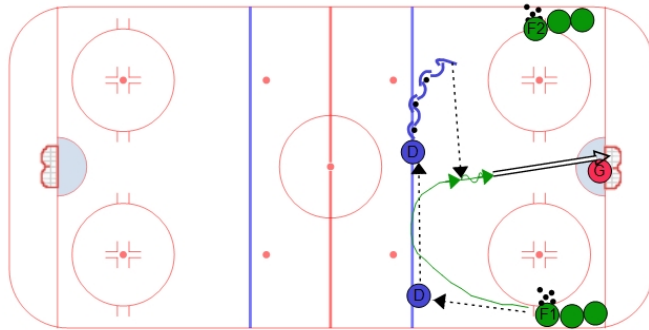
Learn 4 Techniques to Score More Goals (shooting off of the pass is one of them)!

D TO D TO F3



Station #:

Time:



My Notes

Description

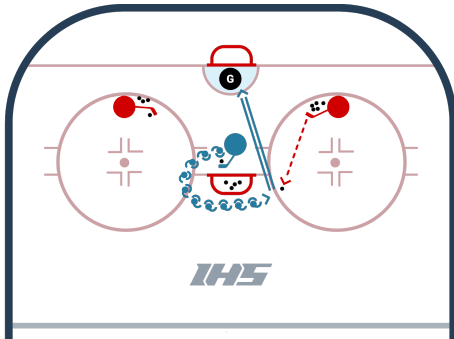
In this drill the defense will work on quick D to D passes at the blue line and then timing the third pass with the Forward (F3) in the high slot. The Forward starts the drill with a pass from the half wall to the strong side defense. The defense make a quick D to D pass to the middle of the ice. The defense who receives the pass in the middle of the ice needs to work to the outside of the dots to spread out the defense and create space for F3 in the high slot. Once the shot is taken from F3 they should follow their shot and then provide a screen for the next repetition. The defense will then slide over and do the same thing from the other side of the ice.

SHOOT AROUND THE TRAFFIC!



Station #:

Time:



My Notes

Description

An excellent shooting progression that works on getting shots on net around traffic from NewEdge Hockey. NewEdge Hockey calls this drill QS23 which is short for (Quick Start 3 Shots 2 Passes).

This progression forces players to get comfortable with the mechanics of pushing or pulling the puck around traffic (the net) in the offensive zone. Players must keep their head up to be successful. It is ok if players lose the puck while working on this drill. The goal is to be able to handle the puck while keeping your head up so you know your options and can shoot around traffic. The whole game changes when players can play with their head up. This drill is great for both forwards and defensemen.

Setup:

- Progression # 1: The shooter works on pushing or pulling the puck around the traffic (net).
- Progression # 2: The shooter works on 2 escape moves while pushing or pulling the puck around the traffic (net). 1st escape move is a stop while they are going backwards, and the 2nd escape move is a curl to protect the puck.
- Progression # 3: The shooter must work on their timing while they jump to the open ice to get a shot on net.

Coaching Points:

- Communication: Both verbal and non-verbal communication for receiving passes. Verbal with your voice, non-verbal is presenting your stick where you want the puck.
- Head up: Don't throw pucks at the net, get your eyes up and shoot to score, mix up your shot locations!
- Under Handle The Puck: Receive, move, shoot. Try not to stickhandle before shooting.
- Movement Tips: When moving backwards, pull the puck toward your toe caps and fire your shot quicker past the traffic (net). When moving forward, shoot when your stick clears the traffic, not your body (for a quicker shot). Practice being fluid, quick with your movements and shots.