

MAY 13

May 13, 2021



Practice Notes

<https://www.icehockeysystems.com/share/practice/417751>

Drills

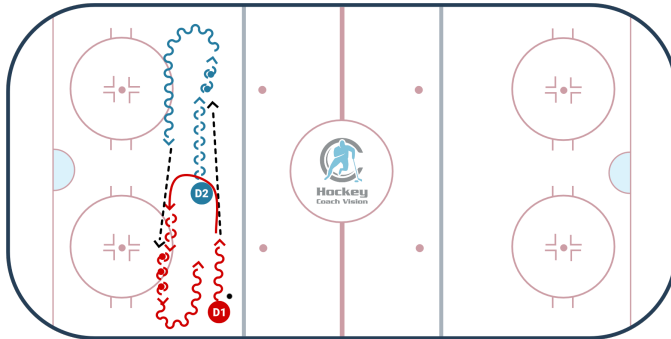
- D-Spinorama
- Shake off a checker
- Eagles Half Ice 2 on 1
- 6 vs. 3 Alley Game
- Continuous Breakouts with Designated Forechecker
- Long Stretch Flow Drill

D-SPINORAMA



Station #:

Time: 5 mins



My Notes

Description

In this drill players work in pairs. The player with the puck starts on the wall and the other player faces them about 20 feet away. The player with the puck skates forwards towards the player without the puck while they skate backwards. At about the center line of the ice the player with the puck passes to the other player. The player receives the puck and does an escape move to either side. Then they skate towards the other player with the puck and the player that just passed the puck transitions backwards.

This can be a great pre-game warm up as well for your defense.

Coaching Points

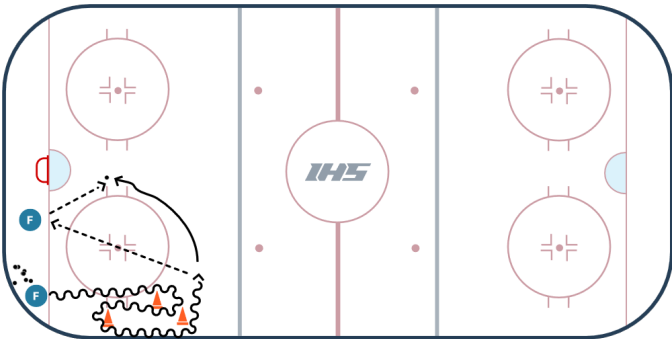
- use deception in the escape moves by using your eyes and stick position
- practice escapes to both sides
- practice escapes with a "fake" to one side

SHAKE OFF A CHECKER



Station #:

Time: 5 mins



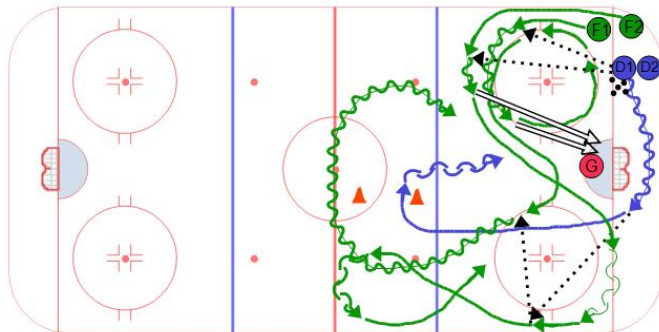
My Notes

EAGLES HALF ICE 2 ON 1



Station #:

Time:



My Notes

Description

This is a variation of the Eagles half ice 1 on 1 drill. Now we add a forward to make it a 2 on 1. The forwards all line up in the corner without pucks. The defense line up just inside the forwards with the pucks as shown in the diagram. To start the drill F1 skates up along the boards and receives a pass from D1. F1 receives the pass, skates around the circle and takes a shot on net. F1 then continues around the circle. F2 follows F1 out of the corner and also receives a pass from D1 out of the corner. After their shot, F2 transitions around the bottom of the other circle to receive a breakout pass from D1. F1 times their break into the slot to receive a pass from F2. F1 and F2 then continue outside the blue line and transition back against D1 in a 2 on 1 situation.

****Suggested Drill Lists****

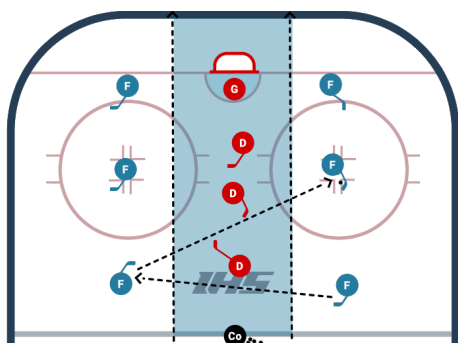
- Breakout Drills
- Half Ice Drills
- 2 on 1 Drills

6 VS. 3 ALLEY GAME



Station #:

Time:



My Notes

Description

The 6 vs. 3 Valley Game from Coach Steve Wiedler is used as a penalty kill drill that has many important concepts that players can work on.

Game Setup:

- 3 defenders in the "Alley" that work to disrupt passing
- 6 Offensive players that are outside of the "Alley" that work to score a goal. The offensive players must pass the puck across the "Alley" at least once before they are allowed to shoot.

Defensive Coaching Concepts:

- Angling: eliminate time and space with your body and stick.
- Disrupt Passing Lanes: identify passing lanes, close the lanes with your stick and when you are close, stick on puck!
- Keep Puck On One Side: work to keep the puck on one side of the ice.

Offensive Coaching Concepts:

- Head up: pay attention to where your teammates are and where the defenders are.
- Use Deception: Look one way to get the defenders to move their stick and pass another way.
- Get Open: if you do not have the puck, work to get open and out of a blocked lane.

Variations:

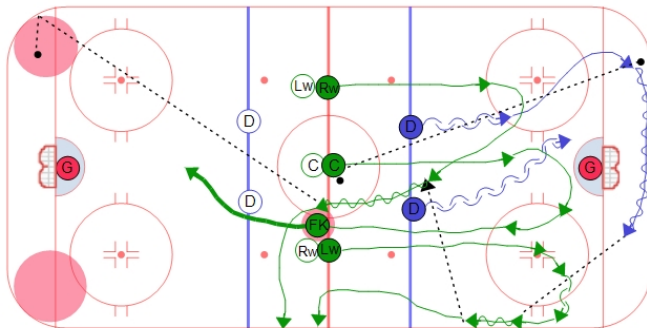
- Can set this up to be a 6 vs. 3 or a 4 vs. 2.
- Can require players to pass over the "Alley" 1, 2 or 3 times before they shoot.

CONTINUOUS BREAKOUTS WITH DESIGNATED FORECHECKER



Station #:

Time:



My Notes

Description

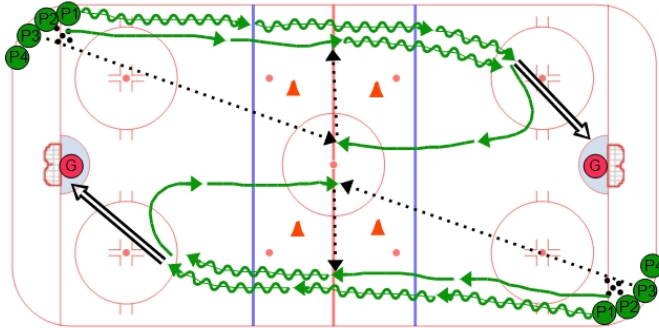
This variation of the Continuous Backcheck drill includes a designated forechecker. The coach will designate one of the forward positions to become the forechecker. This is also a good drill to simulate changing on the fly with one player applying pressure while the other two change. If the coach designates the Center to be the forechecker, then after the dump, the center will stay out and forecheck against the next breakout group.

LONG STRETCH FLOW DRILL



Station #:

Time:



My Notes

Description

This flow drill uses the entire ice and can be a good way to stretch the legs, get a feel for the puck, and get the goalies to see some warm up shots. Split up the team into two even lines in opposite corners of the rink. Cones can be placed in the neutral zone as shown in the diagram to help guide players and help dictate the timing but as players become more accustomed to the drill they are not necessary. The first player from each line simply skates down the outside of the ice and takes a shot on net. After their shot they swing back through the middle of the ice to receive a pass from the third player in line. The second player in line will have already started skating towards the neutral zone. Player #1 will try to make a one time pass into space for player #2 to skate into. Player #2 will retrieve the puck, take a shot on net, then swing back through the middle of the ice.