

MAY 16

May 16, 2021



Practice Notes

<https://www.icehockeysystems.com/share/practice/418906>

Drills

- Glove Save Drill # 2
- Goalie - trapping a dump in
- Angle Regroup 2 vs. 1
- Feed Or Lead
- Continuous Breakouts with Designated Forechecker
- Five Puck Scoring Race
- Four Corners Possession Game

GLOVE SAVE DRILL # 2



Station #:

Time:

Description

- Start on post
- Push to elbow of crease
- Catch shot in glove
- Recover to post

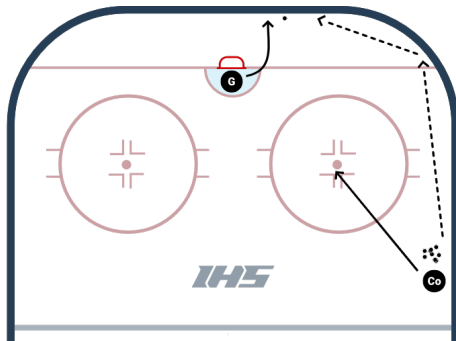
My Notes

GOALIE - TRAPPING A DUMP IN



Station #:

Time:



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Description

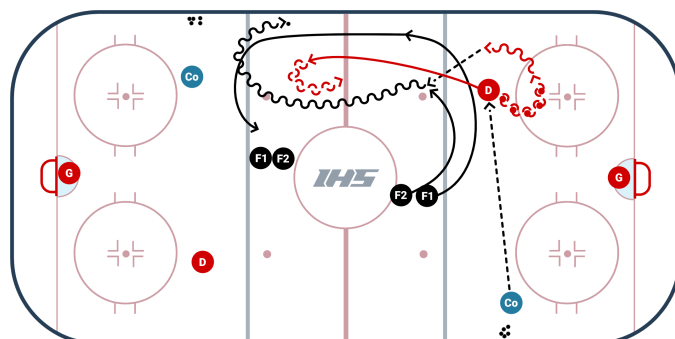
Wrap dump in around the wall. Goalie jumps out of net to stop the ball, then makes a pass to Coach

ANGLE REGROUP 2 VS. 1



Station #:

Time:



My Notes

Description

The Angle Regroup 2 vs. 1 is an excellent drill from Topher Scott that helps forwards work on angling while the defense practices getting the puck up ice. The second part of the drill finishes with a 2 vs. 1.

Setup:

- This is a full ice drill that runs out of both ends of the ice. The drill starts with a coach making a cross-ice pass to a defenceman.
- When the cross-ice pass happens, two forwards from center ice curl towards the defenceman. The first forward (F1) skates and angles to the defenceman and tries to prevent the defenceman from getting the puck to the second forward (F2). The defenceman can make a pass or chip the puck on the boards to get the puck to F2.
- When F2 gets the puck, both forwards swing down to the far blue line. They pass to the coach and regroup and head back up ice on a 2 vs. 1 or regroup on their own.

Coaching Points:

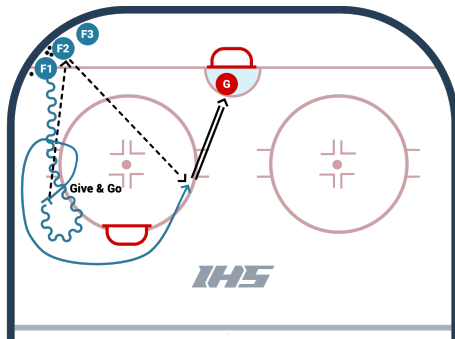
- ****Forwards:****
 - F1 Forward: When angling, do not go straight on. Take an angle with your stick on the ice to prevent easy passing lanes.
 - F2 Forward: Do what you can to be a good outlet for the defenceman. Stick on the ice and get open.
- ****Defense:****
 - Keep your head up so you can see where the pressure is and where your outlet is.

FEED OR LEAD



Station #:

Time:



My Notes

Description

The Feed or Lead hockey drill is a high tempo drill that works on passing, jumping to open space, receiving a pass from the corner and firing a quick shot on net in a high percentage scoring area. This drill gives coaches the opportunity to teach players about "Feed" hockey passes and "Lead" hockey passes. The basic descriptions are listed below:

- ****Feeds**** are passes that allow a player to quickly get a shot off.
- ****Leads**** are passes that allow the player to keep moving with forward momentum.

****Setup:****

- One net is placed at the normal crease area and a second net (or obstacle) is set up at the top of the circle.
- Player 1 skates up the boards and does a tight turn (protecting the puck) along the boards and passes to the next player in line (Player 2).
- Player 2 passes the puck back to Player 1 while Player 1 pivots up ice.
- Player 1 passes the puck back to Player 2.
- Player 1 jumps to open space around the net (or obstacle) and gives Player 2 a target to hit.
- Player 2 uses their hockey IQ to identify what hand they are (left or right) and where to hit them with a feed pass so Player 1 can quickly get a shot off.

****Coaching Points:****

- Player 1 should work on verbal and non-verbal (eyes, stick & body language) communication.
- Player 1 should focus on jumping to open space quickly and getting a quick shot off.
- Player 2 should identify the best place to give Player 1 a pass.

****Variations:****

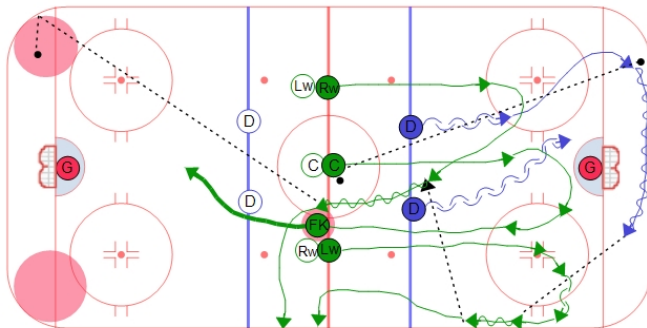
- Add in an obstacle or a defenseman (that is static) into the slot area so that Player 1 & 2 can work together to determine if a Feed pass or Lead pass is best. A Lead pass would be helpful to get around a defenceman or obstacle.
- If you use a static defenceman in the slot, they can move their stick in front of them or behind them just as Player 1 is coming around the net which will force both Player 1 and 2 to communicate the best place to pass to.

CONTINUOUS BREAKOUTS WITH DESIGNATED FORECHECKER



Station #:

Time:



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Description

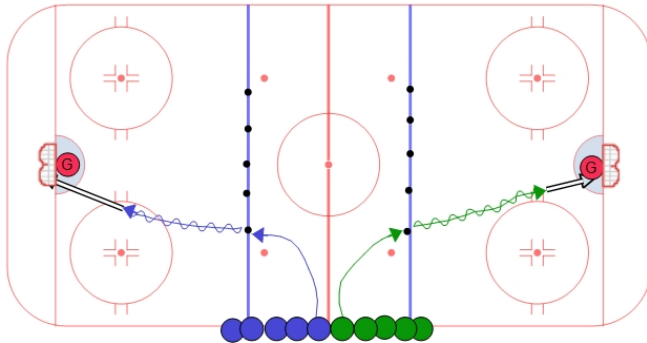
This variation of the Continuous Backcheck drill includes a designated forechecker. The coach will designate one of the forward positions to become the forechecker. This is also a good drill to simulate changing on the fly with one player applying pressure while the other two change. If the coach designates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

FIVE PUCK SCORING RACE



Station #:

Time:



My Notes

Description

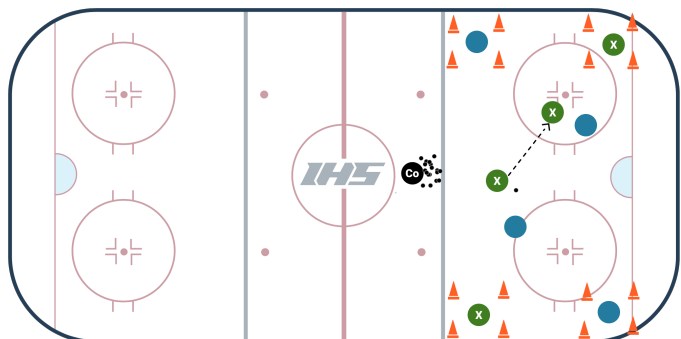
Five puck scoring race is basically a relay race. Place all the players on the bench divided as equal as possible. Five pucks go on each blue line spaced out evenly between the dots. On the whistle the first player from each team skates off the bench picks up a puck and goes in on a breakaway. If the player scores then they skate hard back to the blue line, the next player can skate off the bench once the player reaches the blue line. If the player misses they have to retrieve the puck and set it back up on the blue line. Once the puck is set up then the next player can skate off the bench. The first team to score all five pucks wins.

FOUR CORNERS POSSESSION GAME



Station #:

Time:



My Notes

Description

This is a possession game with 4 players on each team that can be set up in any of the zones. The goal is to pass to your teammates in the "cones" to get points.

Setup:

- Mark out 4 squares as shown in the diagram. Each square will have a player from one of the teams and the player is not allowed to leave that square. The two other players from each team will play 2 vs 2.
- Every time they make a pass to their teammate inside their square they will get a point. The pass must be received cleanly inside the square. A team can maintain possession for as long as they want and collect as many points as they want until the other team intercepts or takes the puck away.
- A coach should be stationed just outside the zone with pucks. Anytime a puck goes outside the zone the puck will play a new puck into space so players can battle for a loose puck.
- After 30-60 seconds the coach blows a whistle and the players that were in the game can rotate out of the playing area, or can switch with the players who are in the cones.

Coaching Points:

1. ****Head Up!**** Encourage players to play with their head up so they can look out for their teammate and other scoring options.
2. ****Protect the Puck:**** Protect the puck before you have time & space to make a good pass.
3. ****Communicate****: Practice verbal and non-verbal communication with your teammates.

Variations:

- This can be played in different areas of the ice.
- Coaches can add obstacles into the ice to force the players to pass around & over.
- Can be set up to be 1v1, 2v2, or 3v3 game.
- Add a goalie! After a certain # of passes, or a point, a team can shoot on net.