

MAY 2

May 2, 2021



Practice Notes

<https://www.icehockeysystems.com/share/practice/412391>

While goalies do the 1st three warm up drills, players will play 4-corner possession.

Drills

- Recovery Drill # 1
- Chest Save Drill # 1
- Passing & Puck Handling Drill # 1
- Four Corners Possession Game
- Tigers Half Ice Shooting Drill
- Bump Back
- Horseshoe Regroup One Goalie #2 (Hinge)
- Horseshoe Re-Group One Goalie - #1 (D to D to Center)

RECOVERY DRILL # 1



Station #:

Time: 3 mins

Description

- Start on post
- T-Push to top middle of crease
- Shuffle to opposite side
- Butterfly
- Recovery
- T-Push back to post where you started
- Repeat

My Notes

CHEST SAVE DRILL # 1



Station #:

Time: 3 mins

Description

- Start at top middle of crease in butterfly
- Take shots into the chest

My Notes

PASSING & PUCK HANDLING DRILL # 1



Station #:

Time: 4 mins

Description

- Start in net
- Move to outside of net on blocker side
- Catch puck on forehand
- Make pass back to coach

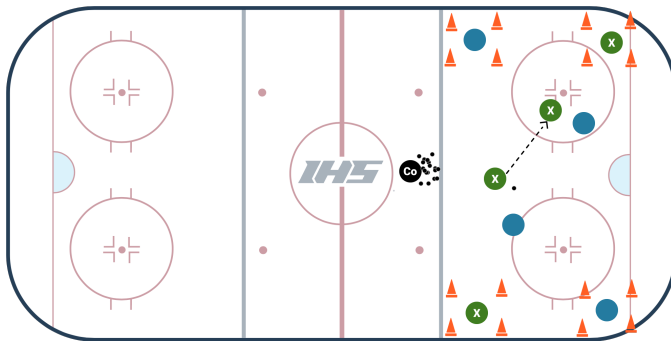
My Notes

FOUR CORNERS POSSESSION GAME



Station #:

Time: 10 mins



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.

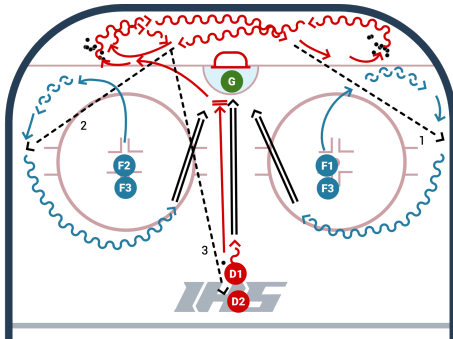
TIGERS HALF ICE SHOOTING DRILL



Station #:

Time: 10 mins

My Notes



Description

This is a great shooting half ice drill with a lot of good skill elements for defense, forwards, and goalies. It is also a useful drill for half ice situations / practices. To set up place a line of defense in the middle of the ice at the blue line and a line of forwards at each face off dot as shown in the diagram.

The drill starts with D1 taking a shot from the point and following it to the net for a rebound. After they stop at the net they continue to the corner to get a puck and carry the puck back around the net. While they are picking up the puck F1 curls towards the boards and gets in position to receive a breakout pass from D1. Once they receive the pass they curl into the slot behind the line of forwards and take a shot on net. F1 follows their shot for a rebound and then returns to the end of the line. D1 continues the drill by picking up another puck from the other corner and carrying it around the net to make another outlet pass to F2. F2 does the same thing as F1 on the other side. After D1 makes the second pass they continue to the corner one more time to retrieve a third puck. This time they make a pass out to the blue line to the next defense who starts the drill over again.

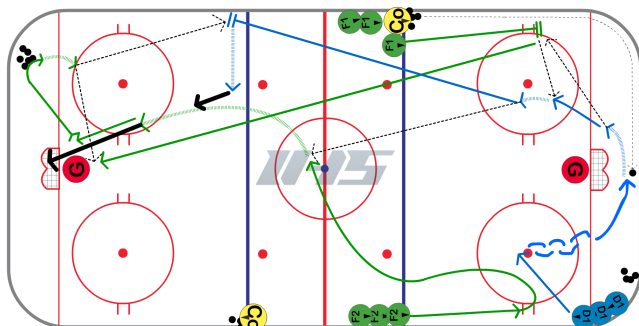
BUMP BACK



Station #:

Time: 10 mins

My Notes



Description

Set Up

This drill runs out of both ends at the same time.

- Place four equal lines of forwards at the blue lines.
- Opposite lines have pucks with coach as shown in diagram.
- Place pucks at opposite corners.
- Two lines of defense in opposite corners as shown in diagram.

Execution

- On the whistle the coach dumps a puck behind the net.
- D1 skates forward to the dot, transitions backwards, pivots, and retrieves the puck behind the net.
- F1 skates down the wall into breakout position receives a pass from D1 and give a pass right back to D1.
- D1 receives the puck back from F1 and makes a stretch pass to F2 in the neutral zone.
- F2 takes a shot on net, stops for any rebound, and then skates to the corner to retrieve puck #2.
- F2 carries puck up wall and makes a back door pass to F1 as they drive the net.
- F1 stop in front after receiving pass from F2 and then goes to retrieve puck #3 from the corner.
- F1 makes a pass to D1 at the blue line and then goes to the net for a screen or tip.

Coaching Points

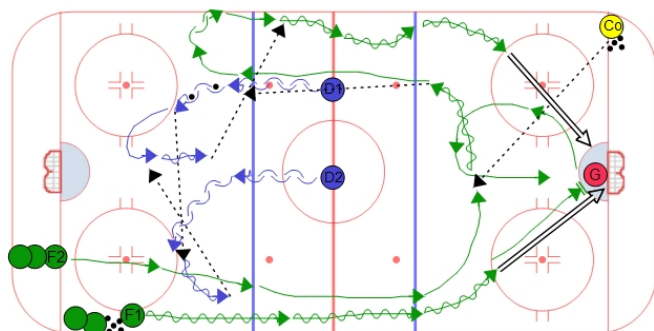
- Defense work on good footwork on transitions and pivots.
- Stay inside the dots for "Bump Back" from F1.
- F2 needs to control speed and have good timing for stretch pass from D1.
- F1 needs to have good net drive (stick on ice, strong bottom hand)
- F1 needs to take away goalies eyes on D1's shot

HORSESHOE REGROUP ONE GOALIE #2 (HINGE)



Station #:

Time:



My Notes

Description

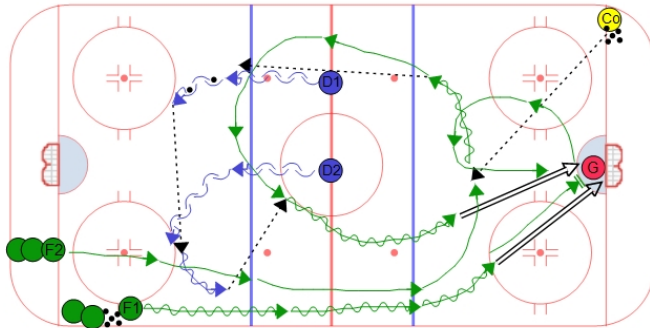
In the second variation the only thing that changes is the neutral zone transition. The defense will now hinge the puck back to the middle of the ice. So now F2 will make the pass to D1, D1 will make a pass to D2 as they get outside the dots, D2 will pass back to D1 in the middle of the ice, and then D1 will make a pass to F2 on the other side of the ice.

HORSESHOE RE-GROUP ONE GOALIE - #1 (D TO D TO CENTER)



Station #:

Time:



My Notes

Description

The first forward starts on the hash mark with a puck while F2 starts on the goal line and backchecks against all the way to the far blue line. If F2 can catch F1 and poke check the puck away they can do that. F1 has to make sure they are not caught from behind by F2. F1 will take a shot, stop at the net, and then circle back out into the slot and hunt a rebound from F2's shot.

At the far blue line F2 stops backchecking and swings through the slot to get a pass from the coach. F2 will receive the pass and skate back towards the defense. The defense will activate once F2 receives the puck. F2 will make a pass to D1, D1 will make a pass to D2, D2 will make a pass back to F2 as they swing through the neutral zone. F2 will then attack the zone and take a shot on net with F1 hunting a rebound.

In the second variation the only thing that changes is the neutral zone transition. The defense will now hinge the puck back to the middle of the ice. So now F2 will make the pass to D1, D1 will make a pass to D2 as they get outside the dots, D2 will pass back to D1 in the middle of the ice, and then D1 will make a pass to F2 on the other side of the ice.