

# MAY 30

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May 30, 2021



## Practice Notes

<https://www.icehockeysystems.com/share/practice/424061>

While goalies are doing their warmups, players are doing exercises 2,3 and 4 in the 6-cone drill

## Drills

- Glove Save Progressions
- Passing & Puck Handling Drill # 1
- 6 Cone Skills Series
- Bruins Transition Drill
- Loose Puck Transition 1 on 1
- Split Ice Full Length Backcheck Game

# GLOVE SAVE PROGRESSIONS

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Station #:

Time:

## Description

## My Notes

### ### Key Points:

- Take puck early
- Watch the puck all the way in, all the way out
- Finish every save with eyes

### ### Progression #1

- Start in butterfly at the top middle of crease
- Catch every shot in the glove

### ### Progression #2

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

# PASSING & PUCK HANDLING DRILL # 1

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Station #:

Time:

## Description

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

## My Notes

# 6 CONE SKILLS SERIES

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Station #:

Time:

## Description

## My Notes

The 6 Cone Skills Series is a simple yet highly effective setup to practice a variety of skills that are used over the course of a normal hockey shift (hard & soft direction changes, tight & wide turns, pivots and forward skating).

In this video, Rob Sedia of NewEdge Hockey runs a group through 5 unique skills that can be practiced with a small group or with two teams on the ice. These can be done with or without pucks. As players get comfortable with the movements, encourage them to keep their head up, sell their moves and increase skating pace.

### ## Coaching Points:

- Athletic hockey stance (knees bent and legs shoulder width apart, butt out, head & chest up).
  - A wide stance will help with explosive moves and make players harder to knock off the puck.
  - Shoulders and head should be square and not be moving all over the place. Anytime you turn your head and shoulders you change your vision on the ice. So be mindful with how you are moving them.
- Skills should be practiced on both sides of the ice.
- As players improve, encourage them to keep their head up!

### ## The 5 Skills Sequences in the video are:

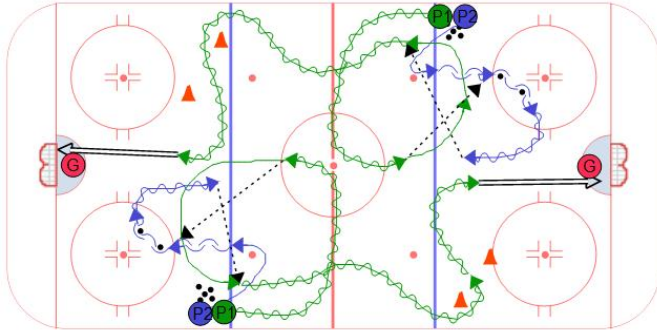
1. Hard direction change
2. Hard direction change into a tight turn
3. Figure 8 tight turns
4. Slide-out to shuffle
5. Slide-out to deceptive shuffle

# BRUINS TRANSITION DRILL



Station #:

Time:



My Notes

## Description

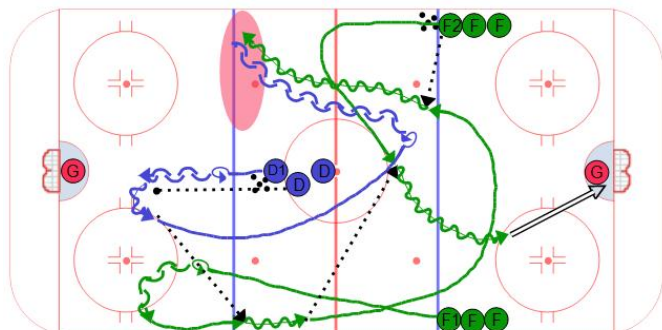
In this hockey drill the players focus on passing, timing, and attacking the offensive blue line. The players are lines up at the blue line along the boards with pucks. The first player in line will carry the puck in a circle out to the red line, center ice, then back through the middle of the ice. The second player in line will skate a few hard strides up ice and then transition backwards in line with the dots. The first player will give the second player a pass and continue to move their feet and cross over to the outside of the ice. The second player controls the puck and gain the middle of the ice while transitioning to forwards, then makes a horizontal pass to the first player. After they make the pass they go back in line to become the first player in the next repetition. The first player receives the pass and attacks the blue line with speed. In this example they attack inside to outside and then make a sharp cut to the middle of the ice for a scoring chance.

# LOOSE PUCK TRANSITION 1 ON 1



Station #:

Time:



My Notes

## Description

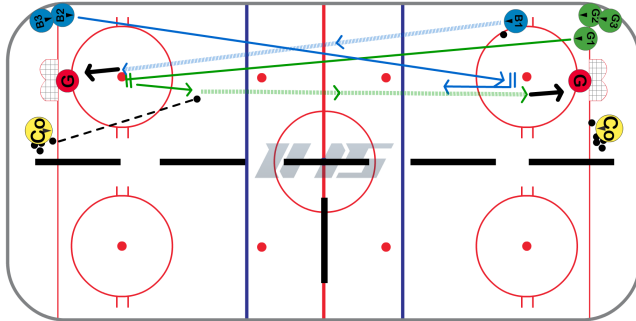
This drill replicates a situation in the neutral zone where the defense goes back to retrieve a loose puck. The forwards come back to provide support by moving inside out while facing the puck. F2 times their break to provide support to F1 through the neutral zone. F1 makes a pass to F2 and then F2 goes in for a shot. F1, after making the pass skates along the blue line to receive a pass from F2's line. F1 then attacks D1 back towards the other net. After D1 makes the pass to F1 they should regain their ice, the pass to F1 simulates a quick turnover, so the better position D1 is in, the easier it will be for D1 to make a play on F1.

# SPLIT ICE FULL LENGTH BACKCHECK GAME



Station #:

Time:



My Notes

## Description

Turn conditioning and backchecking into a competitive game. This game creates a situation in which players need to use a couple of concepts in order to be successful. To give players enough repetitions it can be good to split the ice in half the full length of the ice. Set up the game so that each team is in a corner on one side of the ice. Coaches will have the pucks on the other side of the net.

To start, the first player on one team will start on the hash marks with the puck while the first player (the backchecker) will start on the goal line. They will skate straight away towards the goal and try to not get caught from behind by the backchecker. When the backchecker gets to the dot they stop and look to retrieve the puck played by the coach. At the same time the player from the corner will now backcheck the other way. The play is continuous back and forth.

To make a game of it you can make it so that the first team to score 5 goals wins. This will increase the competitive level and add a little fun to it.

### ## Coaching Points

- Players should push the puck with one hand and not over stickhandle the puck.
- Backcheckers have to move their feet until their shoulders are even with the puck carrier (no reaching from behind).