

# MAY 9



May 9, 2021

## Practice Notes

<https://www.icehockeysystems.com/share/practice/415886>

Start practice in 3 groups: Goalie, Forwards, Defense

10-12 mins

Goalie does Blocker progressions followed by Passing & Puck Handling drill #4

D does Shoot around the traffic (modified to escape for checker and made breakout pass (4 balls) - 5 to 7 minutes

\- collect from front of the net and retreat behind goal R to L; as comes around net, makes pass up the wall

\- get 2nd ball from front of net and retreat behind goal L to R; as comes around net makes pass up wall

\- get 3rd ball from front of net and retreat behind net going R to L; turn when half way behind net and make breakout pass up the wall

\- get 4th ball from front of net and retreat behind net going L to R; turn when half way behind net and make breakout pass up the wall

D then does Timing jump to the slot

F does 3-player figure 8 passing - 5 to 7 minutes

F does Dig, Pass & Shoot - 5 to 7 minutes

Join groups

D to D to F3 10 -12 mins

## Drills

- Blocker Save Progressions
- Passing & Puck Handling Drill # 4
- Shoot Around The Traffic!
- 3 Player Figure 8 Passing
- Dig, Pass & Shoot!
- D to D to F3
- Finland 3 on 0 Re-Group

# BLOCKER SAVE PROGRESSIONS

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Station #:

Time:

## Description

## My Notes

### ### Key Points:

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

### ### Progression #1

- Start in butterfly
- Take shots to blocker
- Deflect pucks to corner

### ### Progression #2

- Start on post
- Push to elbow of crease
- Deflect shot off blocker to corner
- Recover to post on the same side where you deflected the puck
- Repeat

# PASSING & PUCK HANDLING DRILL # 4

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Station #:

Time:

## Description

- Catch puck on outside of pylon with forehand
- move to other side of pylon
- Make pass back to coach using backhand

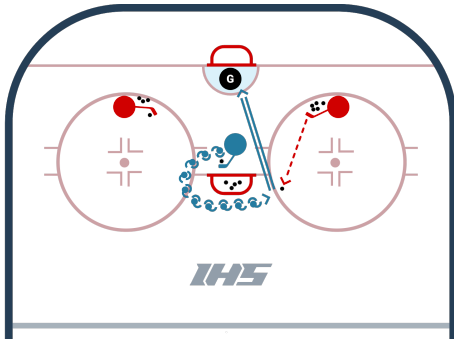
## My Notes

# 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.

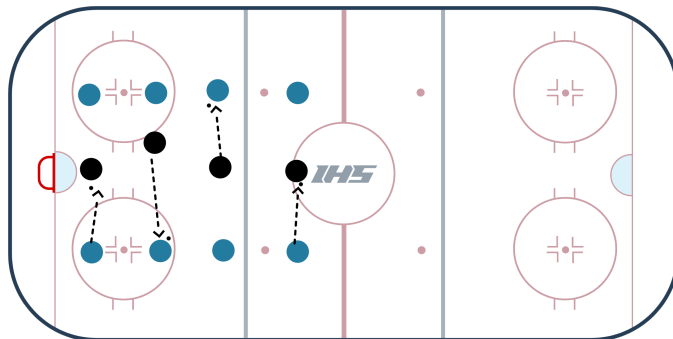


# 3 PLAYER FIGURE 8 PASSING



Station #:

Time:



My Notes

## Description

The 3 Person Figure 8 Passing Drill from The Battery Hockey Academy is a simple passing exercise that is great for practicing one touch passing and important habits like keeping your stick on the ice and your head up. This drill can also be modified so a variety of skills can be practiced.

### ## Setup:

- This can be set up as a small station, or a half-ice or full ice activity. The further the players are away from each other the more challenging it is because it requires longer passing and more skating.
- 3 Players are set up anywhere in the ice. The center player passes to the outside player and skates around them before passing to the 3rd player. After 15-30 seconds, or a set number of passes, players rotate.

### ## Coaching Points:

- Head up!
- Communicate verbally and non-verbally (put your stick on the ice where you would like to receive the pass).
- Hands away from the body so you can easily push with bottom hand and pull back with the top hand.

### ### Variations:

- Passing: practice one-touch passes, normal forehand passing, backhand receiving (have stationary passers pass to the backhand), saucer passes.
- Skating: can skate forward or skate backward.
- Obstacles: can add objects or cones that players must skate, pass or protect the puck around.

# DIG, PASS & SHOOT!

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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

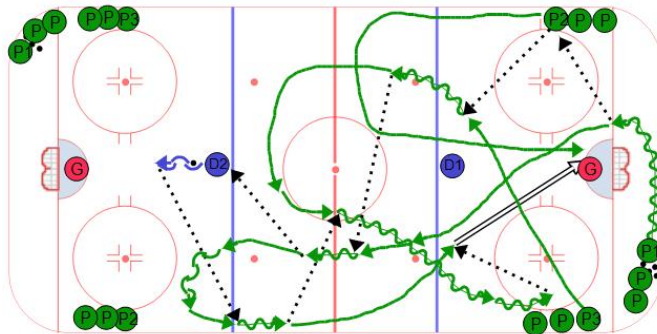
In this drill the defense will work on quick D to D passes at the blue line and then timing the third pass with the Forward (F3) in the high slot. The Forward starts the drill with a pass from the half wall to the strong side defense. The defense make a quick D to D pass to the middle of the ice. The 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.

# FINLAND 3 ON 0 RE-GROUP



Station #:

Time:



My Notes

## Description

In order for this hockey drill to work player need to focus on accurate passes and timing. Defense need to work on controlling the puck while moving backwards and keeping their feet moving. As the players attach the net remind them to drive the net and make sure all three player are stopping in front of the net.

This is a good flow ice hockey drill. It is a good one to use when you have a lot of players on the ice and you want to keep players moving with lots of puck touches. Designate two defense to start the drill, they will start in the middle of the ice at the blue line. The defense should take 5 - 10 reps and then switch out. The other defense should take reps with the forwards. P1 starts by carrying a puck around the net and making a pass to P2. At the same time P3 is timing his route through the slot to receive a breakout pass from P2. P1, after making the pass sprints up ice to catch up to the play, they have to work very hard to get in a good support position in the regroup. After receiving the pass from P2, P3 can either make a pass to P1 or make the regroup pass to the defense. The defense should be skating backwards as they receive the puck, control it, and make an outlet pass to P1. P3 is skating through the middle with speed and receives the puck from P1. P2, after making the breakout pass skates up to center ice and curl to become the stretch man and times their break into the zone so they hit the blue line with speed. P2 becomes the player driving to the net. P3 can either shoot for a rebound or make a drop pass to P1.