

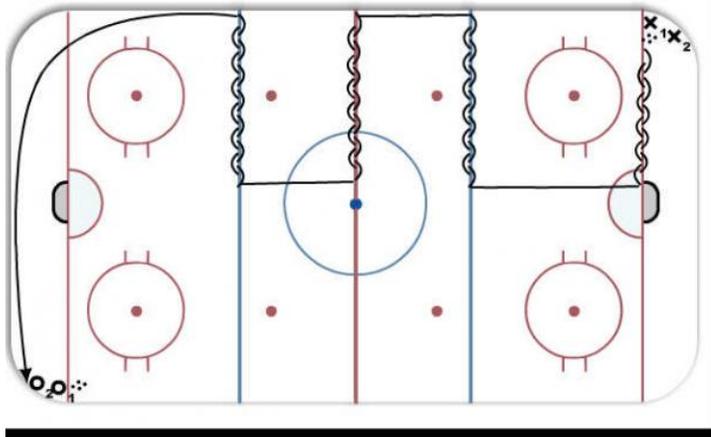


Date: 04/08/12 **Group:** _____
Length: 0 mins
Start Time: 7:00pm **Focus:** Practice
End Time: 7:00pm **Level:** _____

Length	Start	Drill Name	Category	Notes
10	7:00pm	Top Shelf Warm Up #1	Skating	
10	7:10pm	Top Shelf #2	Warmup	
10	7:20pm	Greyhound stretch phase 2	Warmup	
10	7:30pm	1/2 ice goalie warm up #1	Warmup	
10	7:40pm	1 vs 1	Competitive	
10	7:50pm	1/2 ice 1vs1 #1	Timing	
10	8:00pm	3 shot 2vs1	Competitive	
10	8:10pm	2vs1 half ice #1	Competitive	

Notes:PLEASE NOTE THE SYSTEMS ARE MANDATORY IN YOUR YEARLY PROGRAM.

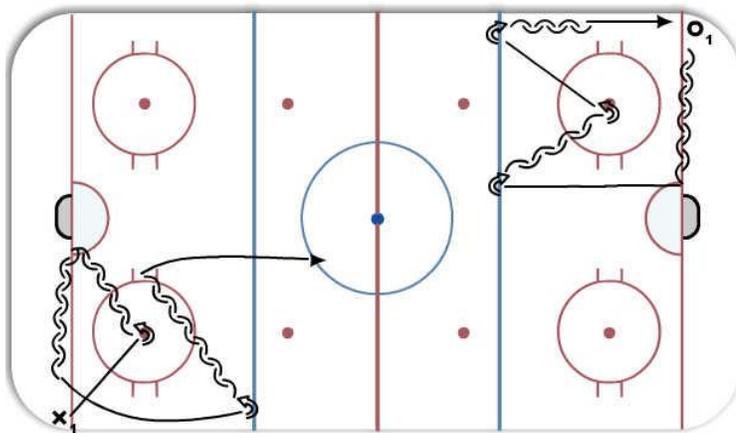
Drill Title: Top Shelf Warm Up #1 (1 Diagram)



Skating backwards with or without a puck along the goal line to the net, pivot to forward to the blue line then pivot to backwards and skate along the blue line. This continues along all lines. One player from opposite sides leave on the whistle

Key Points: quick transitions from backwards to forwards

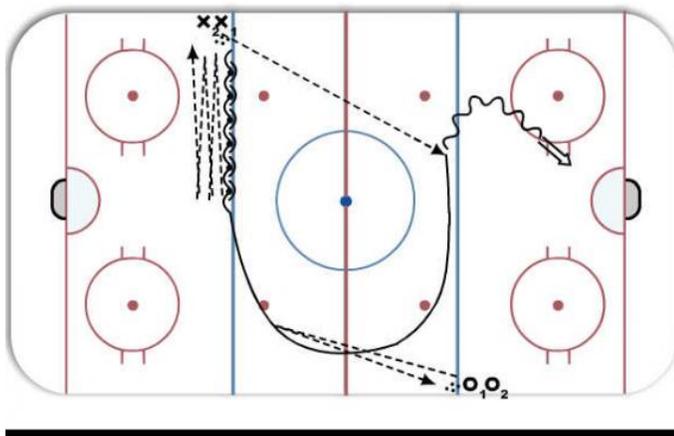
Drill Title: Top Shelf #2 (1 Diagram)



These two are half ice drills for teams without full ice practice. these drills can be done with or without pucks

Key Points:

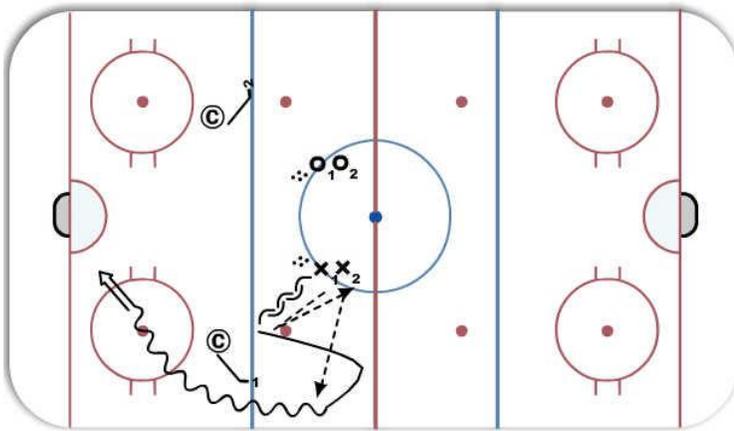
Drill Title: Greyhound stretch phase 2 (1 Diagram)



X1 skates backwards with a puck and gives X2 the pass back and forth 3x. X1 pivots to forwards and receives a pass from O2 and gives the pass back to O2. X1 continues the skate into stretch and receives a pass from X2 in stretch. X1 skates with the puck into the zone for a shot on net

Key Points: both sides leave at the same time, must skate backwards until the middle part of the blue line

Drill Title: 1/2 ice goalie warm up #1 (1 Diagram)



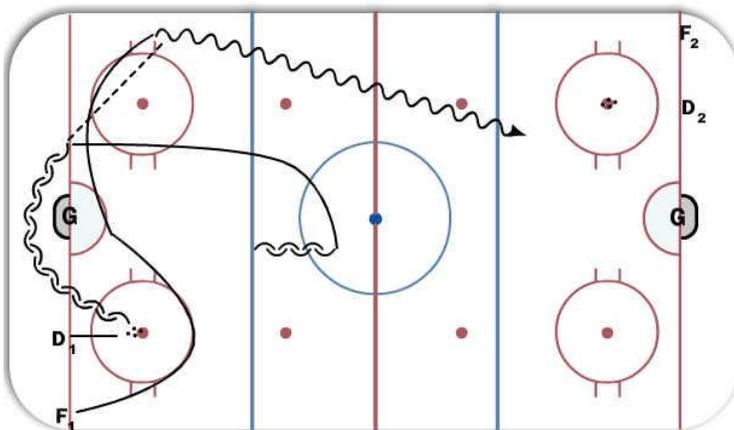
this drill can be done forward only or starting backwards. To introduce this drill it is best performed with just a give and go pass and as you skate to the center line and break to the outside, the coach forces the player to take an outside shot and go to the net for a rebound. As X1 starts the drill as soon as he/she pivots forward O1 line starts.

Option #1- as players understand the drill is to incorporate more passing and have the player wait at the front of the net for a screen and rebound.

Option #2- as the player skates to the center line he/she open pivots to the wall to receive the pass

Key Points:

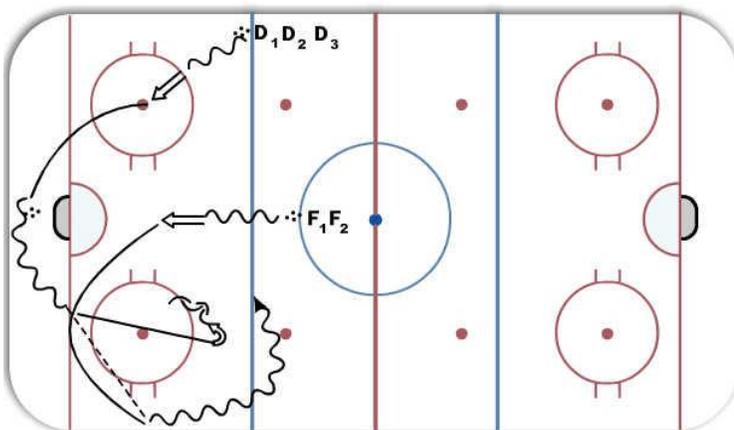
Drill Title: 1 vs 1 (1 Diagram)



D1,2 pick up puck and break behind the net. F1,2 skate around circles and receive pass from either D1 or 2. D1 and 2 skate between blue and center circle and play one on one.

Key Points:

Drill Title: 1/2 ice 1vs1 #1 (1 Diagram)



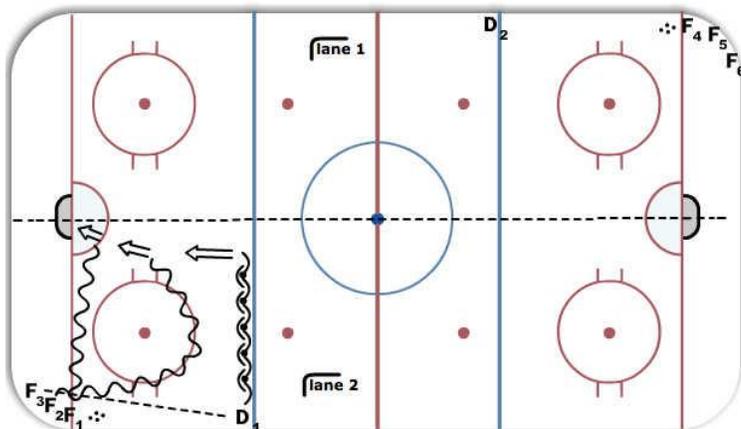
D1 shoots before the top of the circle and continues to skate behind the net. F1 times his skate and shoots between the blueline and slot and continues to the wall. D1 picks up a puck from behind the net and passes it to F1 who then leaves the zone. F1 re-enters the zone to face a 1vs1 with D1. D1 should try to close the gap and get at least a stick length away from F1.

Option #2- switch sides

Option #3 2 forwards leave. This is a timing drill and F2 will end up shooting just prior to D1 being behind the net.

Key Points: All players must hit the net on the shots

Drill Title: 3 shot 2vs1 (1 Diagram)



F1 drives to the net, F2 skates to top of circle and shoots. F3 pass to D1 who works his/her way along the blue-line for a shot from the middle. Both F1 and F2 swing back to the line and receive a puck from F3 and attack down there side of the ice. Once F1 and F2 have crossed the center line they can use the whole zone

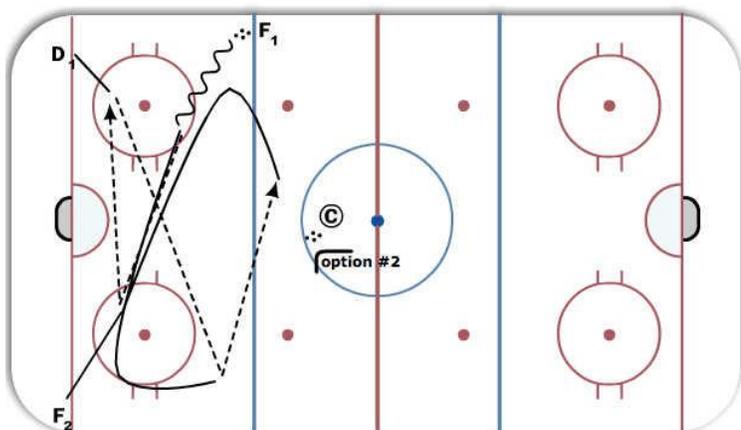
Option #2 have a D start from the dot and both F1 and F2 will play a 1vs1 against the D and then receive a breakout pass from the D and attack 2vs1

Option #3 same as option #2 however have the D engage in the drill and it becomes a 3vs1

Both sides leave on the whistle...

Key Points:

Drill Title: 2vs1 half ice #1 (1 Diagram)



F1,2 and D1 start the drill by skating. F1 passes to F2 who in turn passes to D1. Both F1 and F2 swing. D1 has an option to pass to either F1 or F2 as they are swinging and leaving the zone. D steps up to close the gap and plays the 2vs1.

Option #2 as seen on the diagram. Once the 2vs1 has been blown down the coach will then shoot the puck from the blue line for a tip and screen

Key Points: