

Title : Reverse Strong Side

Content elements: 20 mins

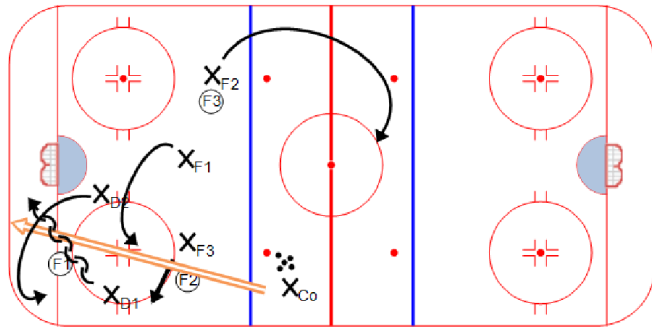
Components :

Description

D1 retrieves ball and begins to wheel behind net
D2 holds front of net and calls reverse, then leaves to get the ball
D1 reverses ball to D2 using boards, then returns to front of net
F3 anchors as F1 and F2 support, F2 has option to go for stretch pass

- ① puts pressure on ball and forces pass
- ② supports ①
- ③ support and watches F2

Offence breakouts and goes for 5 on 3 and tries to score



Title : Reverse Weakside Breakou

Content elements: 20 mins

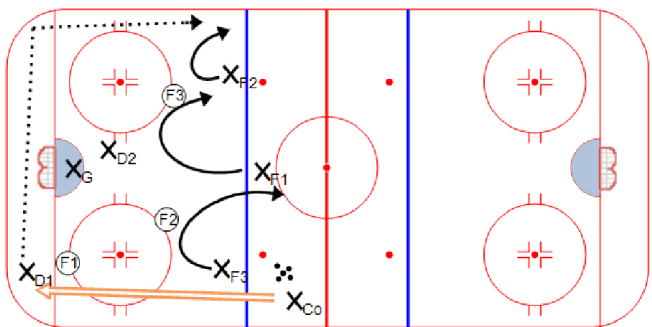
Components :

Description

D1 retrieves ball and reads pressure from (F1)
D2 holds front of net and protects middle
F2 reads rim and cuts off to support to go to blue line for ball
F1 supports below ball
F3 come hard across and stretches
(F1) goes hard and puts pressure on ball

- ② and ③ support and watch middle

Offence breakout and goes for 5 on 3, tries to score



Title : Power Play Entry

Content elements:

Components :

Description

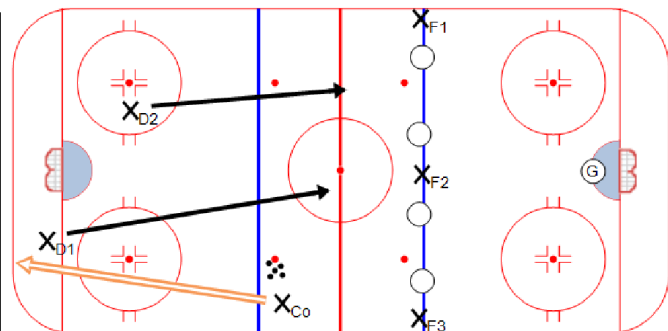
D1 goes to retrieve ball and runs out of zone
D2 runs alongside and is support for D1
F1, F2, F3 all spread out along blue line, anticipating pass

○ Is defense, players spread along blue line to protect entry into zone

D1 has option to pass to a F or run ball into zone

Once offence gains entry they set up in umbrella while defense boxes out.

Offence tries to score



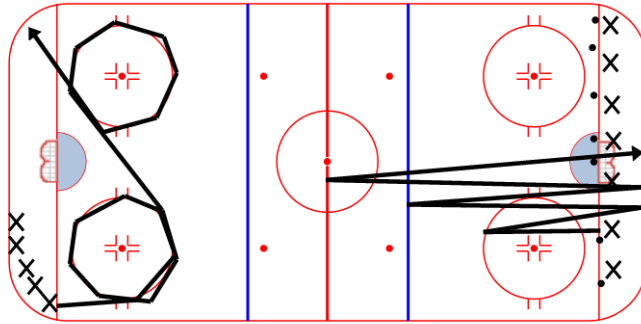
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
3. Run lines with ball x2



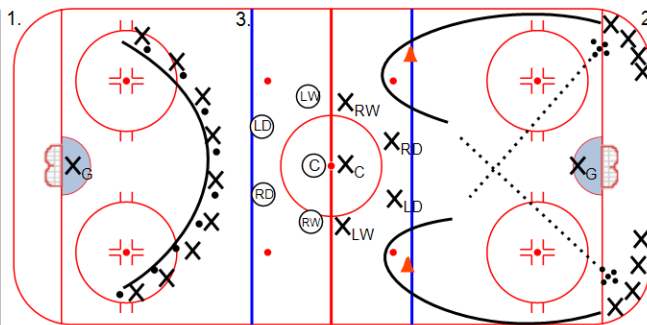
Title : Game warm up/Game play

Content elements: 20 mins

Components :

Description

1. Players form a half circle and take turns shooting at goalie, once they shoot player runs to centre line and back. Do this twice
2. St Louis drill. Players into either corner each side with balls. First player goes without ball around cone and receives pass from other corner. As soon as player passes ball they run around cone and receive pass, and so on
3. Take a faceoff dot and show players where to line up. Drop ball and have mini game, offence tries to score, defense tries to get ball out of zone up the boards. Those not involved line up at blueline



Title : Cross court game

Content elements: 20 mins

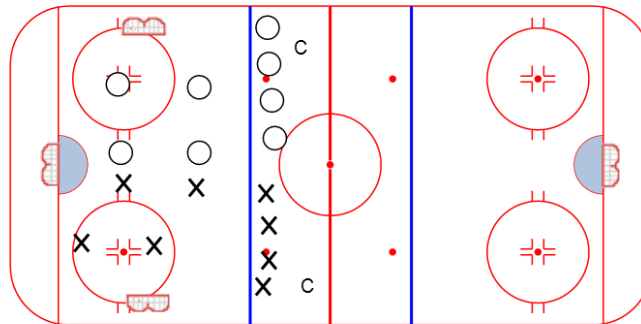
Components :

Description

Put net on either side of boards, can also use cone to play hit and score. 4 on 4 mini game, those not starting taking knee at blueline. Have players play a mini game, work on game play, passing, using boards. Also, work on changing on the fly. Use whistle if need to slow things down.

Option to play full court game with other team. Again working on changing on the fly

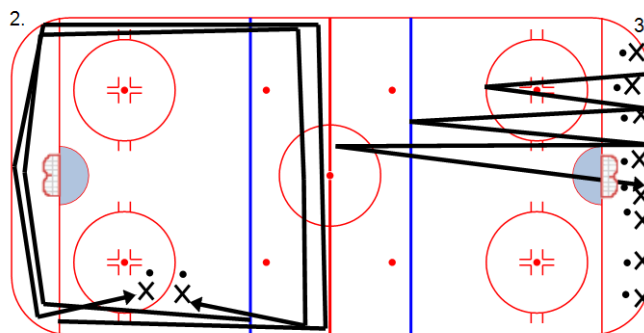
Go over offsides



Title : Running with Ball **Content elements:** 15 mins **Components :**

Description

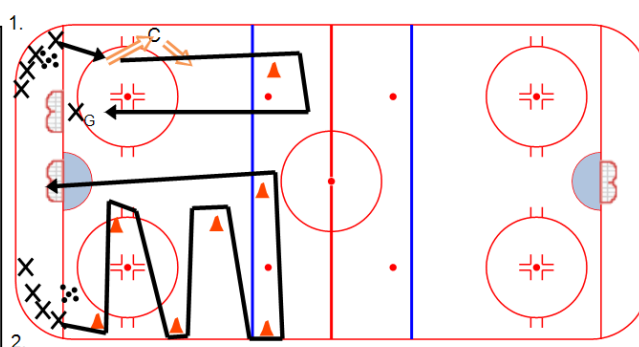
1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
2. Running half court with ball. Two laps in one direction, two laps in other
3. Running lines x2



Title : Split Up Pup **Content elements:** 20 mins, switch after 10 mins **Components :**

Description

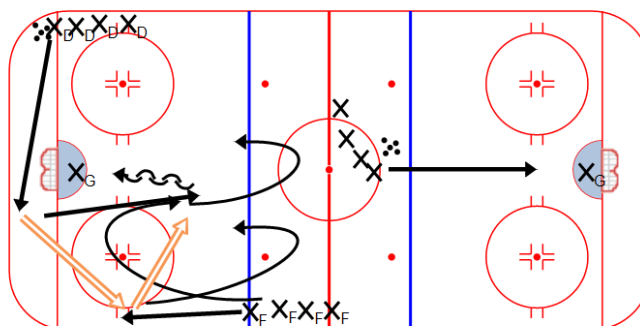
- Split into two groups, switch after 10 mins
1. Players line up in corner with balls, coach is at hash marks. Player runs with ball, passes to coach and then coach passes back. Player runs around cone and goes for shot on goalie
 2. Players line up in corner with balls, stick handle around cones



Title : Mini Breakout **Content elements:** 20 mins **Components :**

Description

1. Mini breakout. Defense line up in far corner, with balls. Forward line up outside blue line. On whistle, defense runs behind net with ball, two forwards run, first goes to hash marks and stops, second runs low and turns. Defense passes to forward at hash marks who then passes to next forward. Forwards leave blue line then come back in on a 2 on 1.
2. Shoot out



Title : Warm up3	Content elements: 15 minutes	Components :
<p>Description</p> <p>1. Free play. Let players play with balls; shoot, pass, stick handles, only rule is the must be moving.</p> <p>2. Players find a partner and line up across from each other with one ball. Practice passing back and forth</p> <p>3. Progress passing drill with movement. One walks forward, other walks backwards. once ball is passed, switch.</p> <p>Watch for position of hands on stick, cradle ball when receiving pass, give a target</p>		

Title : Ball Race	Content elements: 20 mins	Components :
<p>Description</p> <p>Ball race. Players in each corner, coach at centre ice with balls. On whistle player from each corner runs around cone, coach puts ball down the middle and players battle for it to shoot and score</p>		

Title : Mini Breakout 2	Content elements: 20 mins	Components :
<p>Description</p> <p>1. Mini Breakout/ 2 on 1. Forwards line up in either corner, defense lines up beside net with balls. On whistle Forwards starting running, defense passes ball. Forward run around cones pass blueline, defense runs pass cone before blueline. Go in on a 2 on 1</p> <p>2. Mini game. Players into two teams, how many times coach blows whistle is how many players from each team go. Coach shoots ball in, players play mini game trying to score</p>		

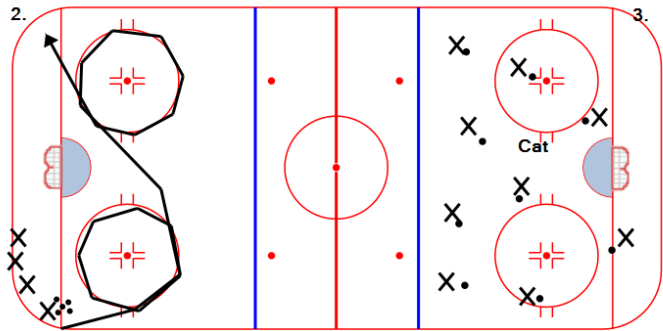
Title : Warm up 15 mins

Content elements:

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stick handle etc
2. Run around circles. Send three players at the time with ball. Watch for things to correct; hands on stick, head up, etc
3. Cat & mouse. Everyone player has ball they are mouse. Coach is cat and tries to take ball away, if ball is taken away then mouse beacome cate. Last player with ball wins. Keep them in the blueline in



Title : Skills

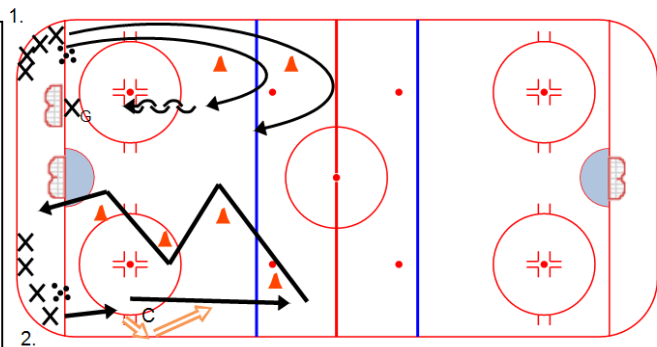
Content elements: 20 mins

Components :

Description

Split into two groups.

1. 1 on 1. Players go into corner with balls. On whistle two players go, first player with ball goes around far cone, second player goes around nearest cone and plays defense
2. Players into corner with balls. Coach at hash marks, players chips ball pass coach and gets ball. Player then goes around cone and stick handles through cones back



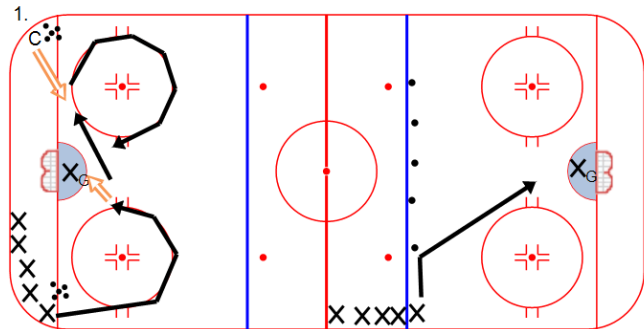
Title : Shoot and Pass

Content elements: 20 mins

Components :

Description

1. Players start in corner with balls, run around top of circle and take shot on net. After shot, coach passes ball from corner and player runs around top of circle and has another shot.
2. Shoot out. Line 5 balls at blueline, players on the bench. First player gets ball and goes in and shoots on goalie. If player scores then next player gets a ball, if goalie stops it then player passes to next player in line. Go until all balls are scored



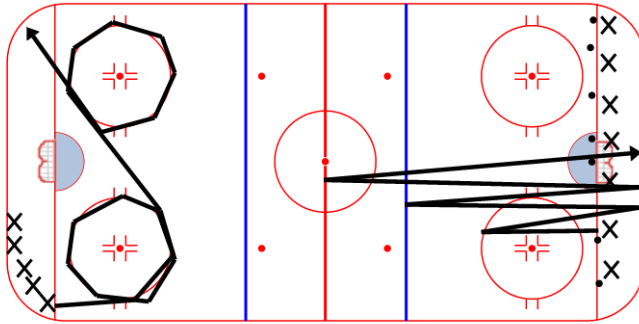
Title : Free Play and Running

Content elements: 15 minutes

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Run circles with ball x2
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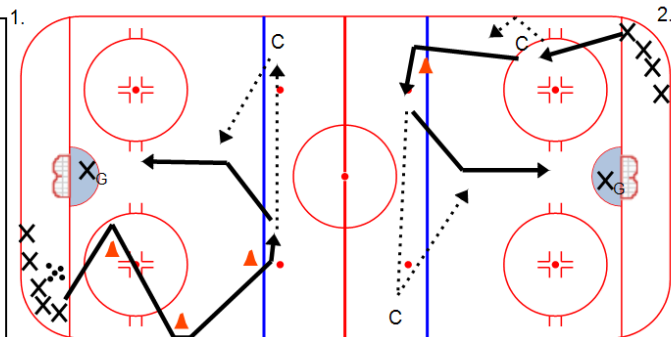
Title : Progression

Content elements: 20 minutes

Components :

Description

1. Players start in corner with balls, on whistle one starts and dekes around cones, when they get to blueline the pass to coach who is at the far boards. Player keeps running towards coach who passes ball back. Player goes in for a shot on net
2. Player in corner with balls, one coach on boards by hash marks. On whistle player goes with ball and chips ball by coach. Player runs by cone and passes to second coach who is at far boards, coach passes back and player goes for shot on net



Title : Breakout

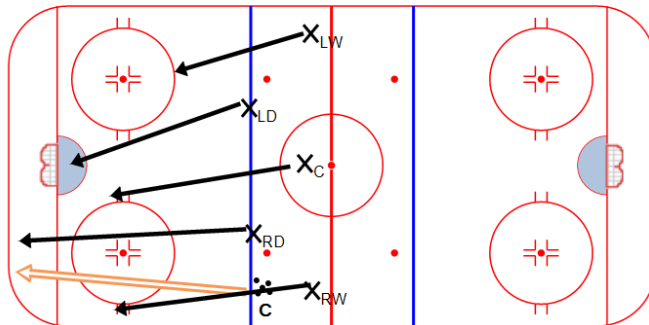
Content elements: 20 mins

Components :

Description

Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stops in neutral zone. Next line comes off of bench

After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2



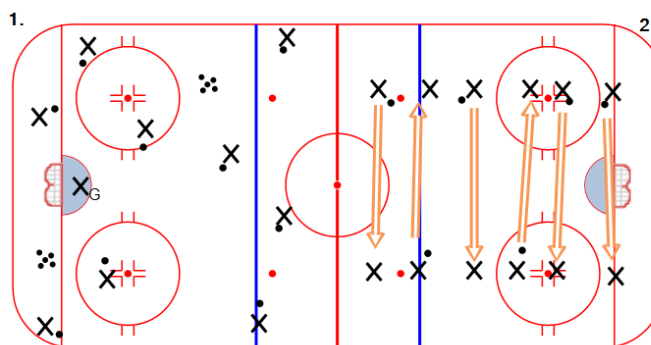
Title : Pass and Battle

Content elements: 15 mins

Components :

Description

1. Free play. Let players play with ball; shoot, pass, stickhandle, etc. Only rule is they are moving.
2. Pass and battle. Players find a partner and line up across from each other and pass ball back and forth. On whistle who ever doesn't have ball tries to get the ball and players battle back and forth. On whistler players go pack to passing



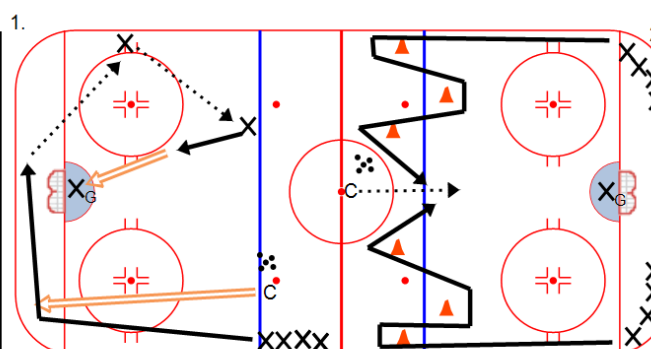
Title : Battles

Content elements: 20 mins, switch after 10 mins

Components :

Description

1. Players line up at blueline. One player at far hash mark, one at the blueline. Coach shoots the ball in and the player and blueline goes gets it, Coach calls Wheelhouse and player takes ball around net and passes to player at hash marks, who then passes to player and blueline. That player then walks in and shoots on goal. Players then rotate, 1st player to hash marks, hash marks to blueline, blueline to end of line.
2. Ball battle. Players line up in either corner, coach has ball at centre ice. On whistle players run through cones, coach puts ball in middle, players battle to shoot and score.



Title : Breakout

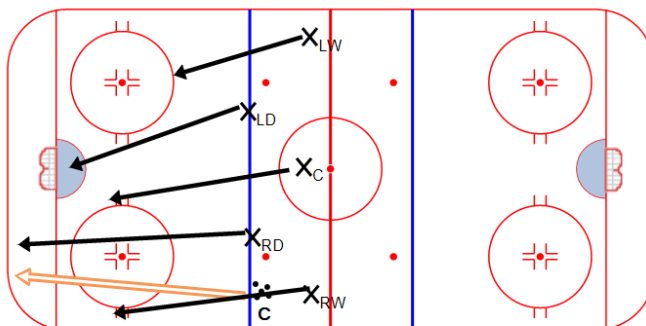
Content elements: 20 mins

Components :

Description

Players line up like in diagram, the remaining player go to the bench coach shoots ball in. Defense retrieves ball and passes to winger, winger then either chips it up boards or passes to centre. Leave defensive end and stops in neutral zone. Next line comes off of bench

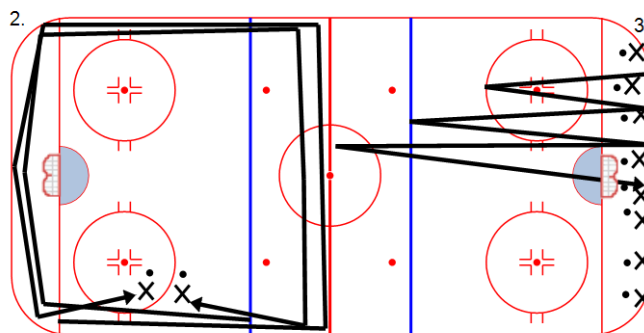
After a few successful attempts you can have the players regroup in neutral zone and go in on a 3 on 2



Title : Running with Ball **Content elements:** 15 mins **Components :**

Description

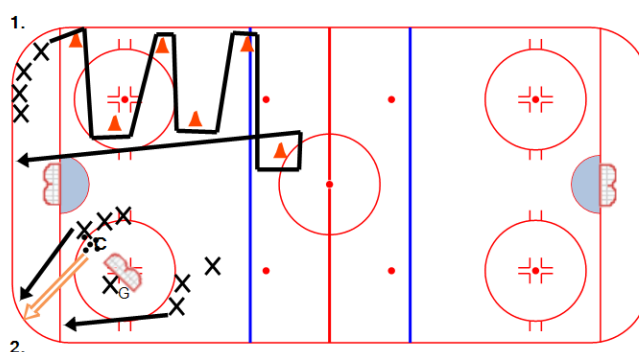
1. Free play. Let players play with balls; shoot, pass, stick handle, etc. Only rule is they must be moving
2. Running half court with ball. Two laps in one direction, two laps in other
3. Running lines x2



Title : Puck battles3 **Content elements:** 20 minutes, switch after 10 **Components :**

Description

- Split into two groups
1. Obstacle course. Kids line up in corner, run through cones with ball practice different ball contro and feet skills
 2. Battle drill. Turn net towards corner, have two lines on each side of net. Coach shoot ball into corner a player from each line will go into corner and will battle to shoot and score



Title : Special Teams **Content elements:** 20 mins **Components :**

Description

1. Line up 4 players on blueline, they are the short handed team. Have fiveplyers lineup at red line with ball, the are power play team. Have the pp team try and gain the blueline, remind them about the floating blueline. Once in th zone, shoe the horsehoe for the powerply team and the box for th defensive team.
2. Shootout, 5 mins. Lineup at red line and go on breakaway on goalie

