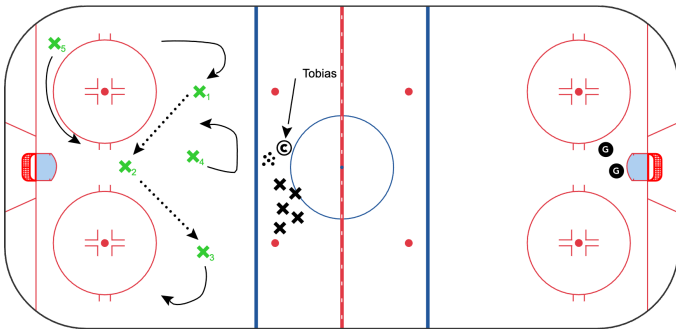




Hockey IQ: Offence to Defence

Norway Passing

8 mins



5 players enter the zone and pass a puck around in motion
Add progressions like backhand passing, push or pull passing, escape and pass

On whistle players track hard through middle, coach spots new puck for next 5 players

Key Points

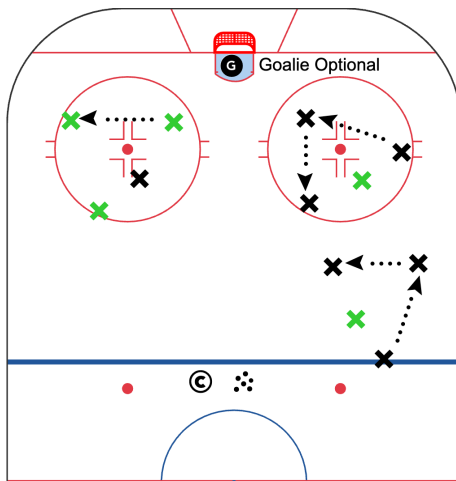
Switch from casual warmup situations to full-speed game situations

Call for the puck

Players with the puck are the present, players without the puck are the future

Norway Compete Passing

8 mins



Players play 3on1 keepaway inside a circle or small space

Areas:

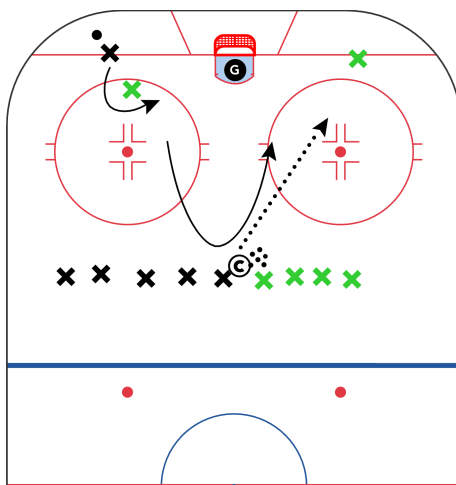
- Inside circle
- In slot
- Inside blue line along boards
- In corner

Key Points

- Slip passes under sticks, through feet, use board bumps
- Coach defensive habits as well
- Add shots for defensive player

Minnesota Offence to Defence Progressions

10 mins



Coach spots puck in corner for one offensive player

Player from other line defends

On whistle coach spots puck in other corner, offensive player switches to defence

Progression

- Add pass to offensive player's line
- Add a second offensive player

Add bonus scoring: a straight shot is worth 1, rebound worth 2, one-timer worth 3

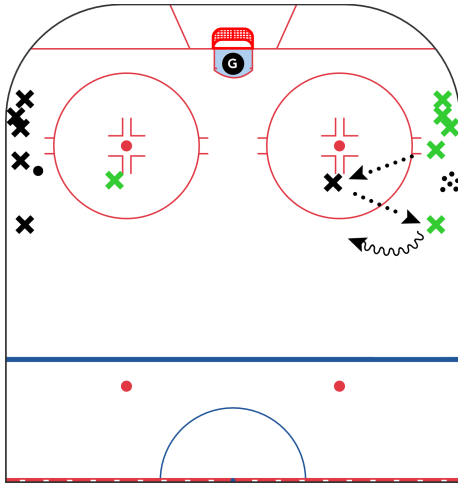
Key Points

Defending: dictate with your stick and feet when you're on your own, communicate when you have a teammate

Offence: come to the puck and move the puck quick

Minnesota Cross Zone 2on1 / 3on2

10 mins



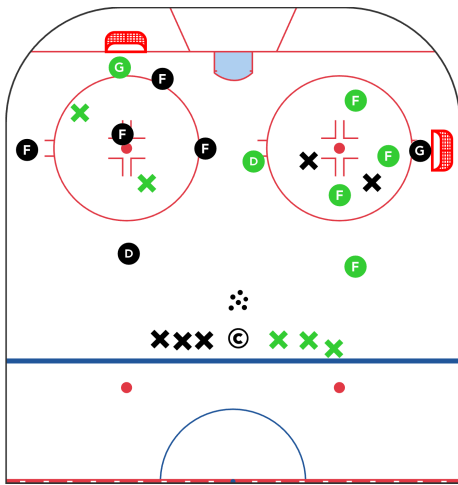
Two players start with a tag-up pass and play 2on1 against defender from previous rep
 After scoring chance or whistle, non-shooting player tags up with next two players to defend a 2on1
 Bonus scoring: 3 points for one-timer, 2 for rebound, 1 for straight shot
 Progress to 3on2

Key Points

On offence we want to see lots of cut-backs followed by quick passes or shots

Devils Small Ice Powerplays

10 mins



Each unit sets up in their formation in front of either net
 Start with two killers on either side, progress to three
 Use one puck, killers on one side can pass to power play on other side

Key Points

Formations can change, add killers, add powerplay positions, progress from 3v1 to 5v3, mix it up
 Focus on specific plays with each powerplay unit

- Low kickouts
- Change sides and hit middle
- Bumper shots
- Bumper fake and pass to far flanker
- One-timers from flank