

Adult Day 6 - W2025

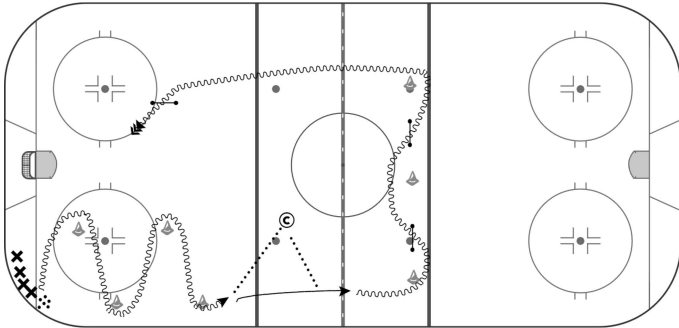
Date: Mar 24 2023

Time: 6:48 pm

Duration: 50 mins

Tight Turns & Give & Go Passing

10 mins



players start in corners, perform tight turns around the cones and hit the coach for a give and go in the neutral zone. Players then work on weaving through cones and deking the dangles and finish with a shot on net (shoot to score and pick a spot to shoot).

After dangling along blue line, make sure players explode out of last cone (emulating a fast break)

Progressions:

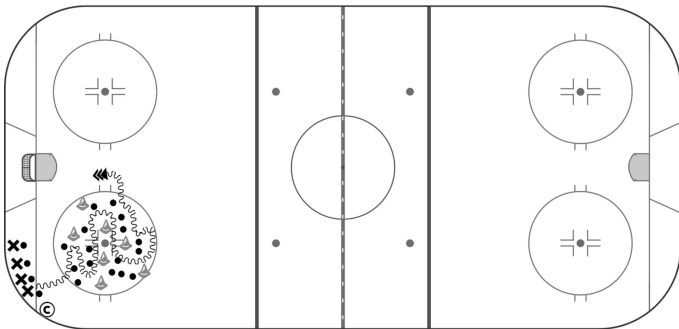
- backwards through cones
- pivots through cones
- specific edge control through cones
- specific deke around dangles
- wrist, snap and slapshots

Key Points

- Head Up
- Regain speed
- Good passes
- Edgework
- Shoot to score

Patty Kane Special

10 mins



Pucks will be placed within the circle. Players waiting in line will be performing narrow/wide/forehand/backhand stickhandling (active rest). When name is called, player will go inside the circle and deke around as many pucks/cones as possible keeping control of their own puck. On coaches cue, the player will then jump out of the circle and attack the slot for a shot on net before returning back into the line. Change them out consistently every 15-20 seconds.

Common Mistakes:

- Focusing on the other pucks and not the space where player should put their puck
- Not keeping head up
- Forgetting to keep the feet moving
- Hands/Elbow glued to hip
- Not keeping low COG

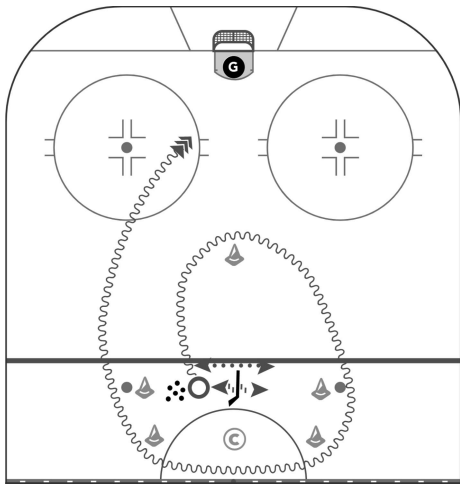
Encourage players to be creative and have fun with this drill. This is where they can work on quick reactive moves that can get them out of a tight situation.

Key Points

- Creativity
- Hands/Elbows away from hip
- Push puck to open space
- Head up
- Keep feet moving in all directions (not just in a circle)
- Low COG

Shooting In Stride Drill

10 mins



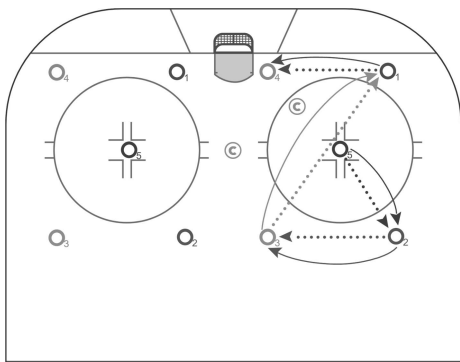
- On (G)'s whistle (O) works on stick handling by skating laterally on the stick at the blue line and then enters the zone.
- (O) skate in speed by working on crossovers around the cones placed in NZ and then drive towards the net by entering the zone.
- (O) finished by taking a shot on the net.

VIDEO IN SKETCHPAD

Instagram: @kyledutra hockey

5 Player Passing

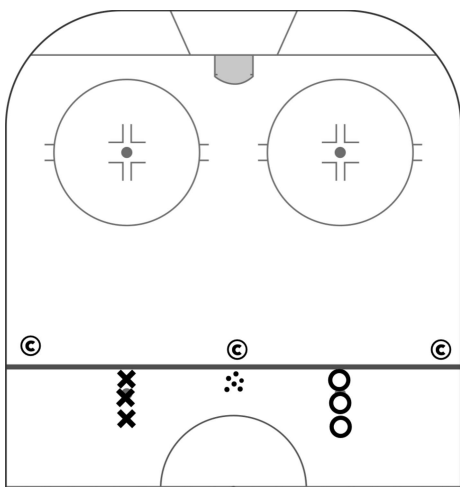
10 mins



- 5 passes to 2, 2 passes to 3, 3 passes to 1, 1 pass to 4, 4 passes to 5.
- Pass on both forehand and backhand.
- Players change positions.
- Repeat.

Joker

10 mins



Drill

-1v1, 2v2, 3v3.

-Players retrieve the puck, pass is to one of the coaches, and gets it back before they can shoot.

-If Defence steals the puck, passes it to the coach, gets it back, they're now on offence.