



CP U18 - Sept 28th

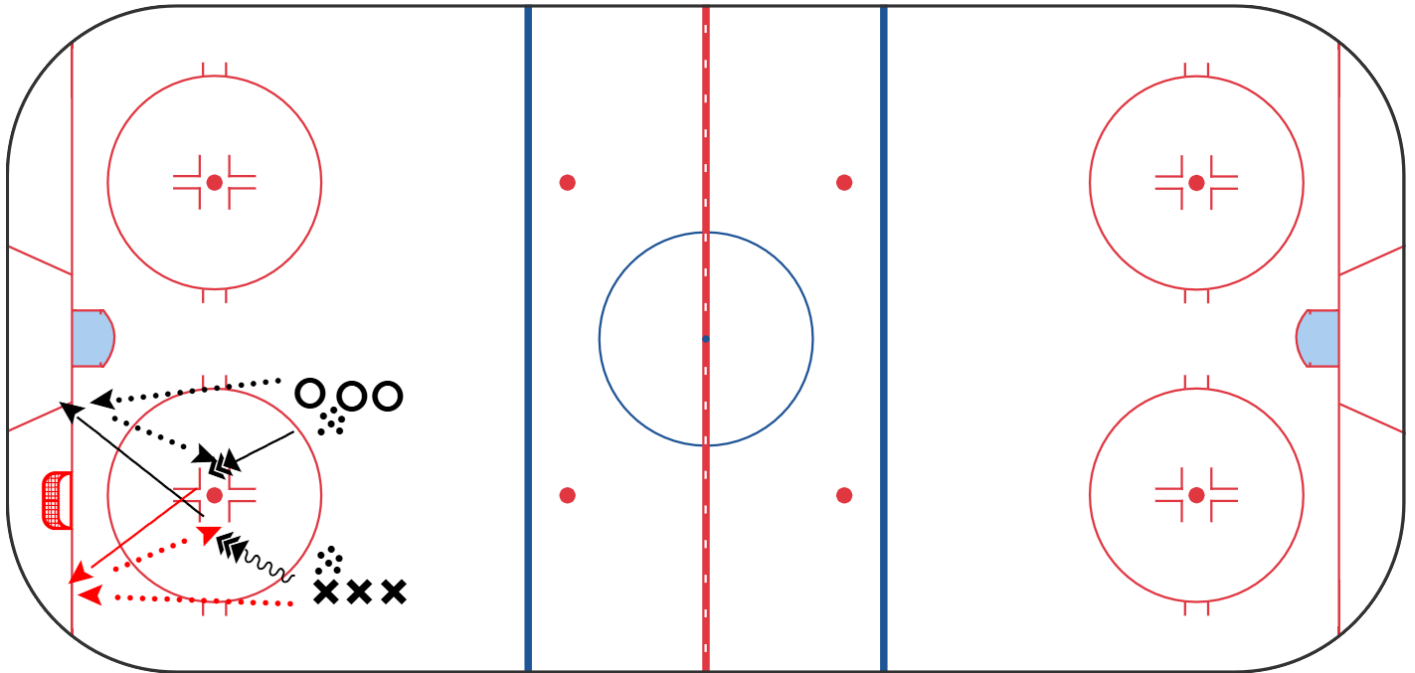
Date: Sep 28 2026

Time: 6:57 pm

Duration: 50 mins

[DS] Shooting/Net Drive - Ricky Bobby

10 mins



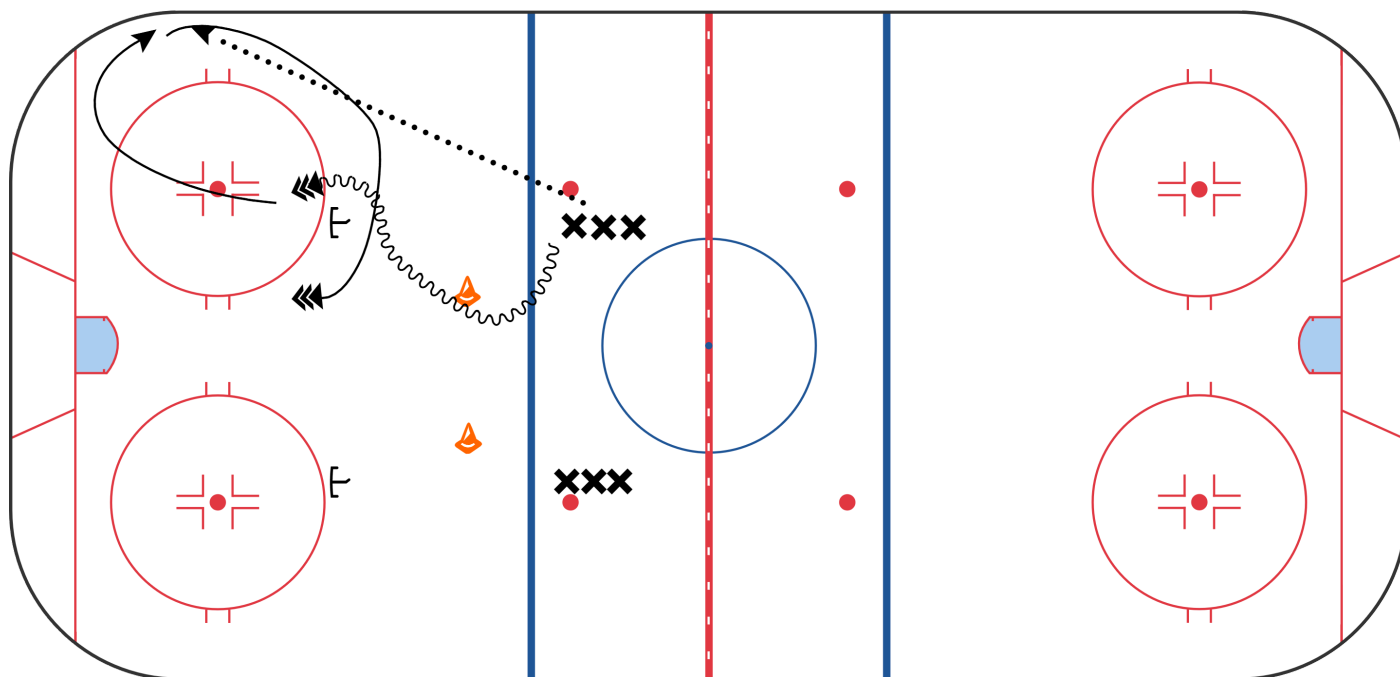
Description

Continuous Drill - Great for quick reps, net drive, in tight scoring

- Player X leaves with the puck, takes shot
- Sprint to weak side beside net, receive pass from O
- O sprints on a net drive, receives pass back for one-touch shot
- O continues to weak side beside net, receive pass from next X
- Continue on
- Progression: Player receiving pass rolls behind the net for change of angle shot

Key Points

- One timers/one touch shooting
- Net Drive
- Passing
- Sprinting to Space
- Finishing

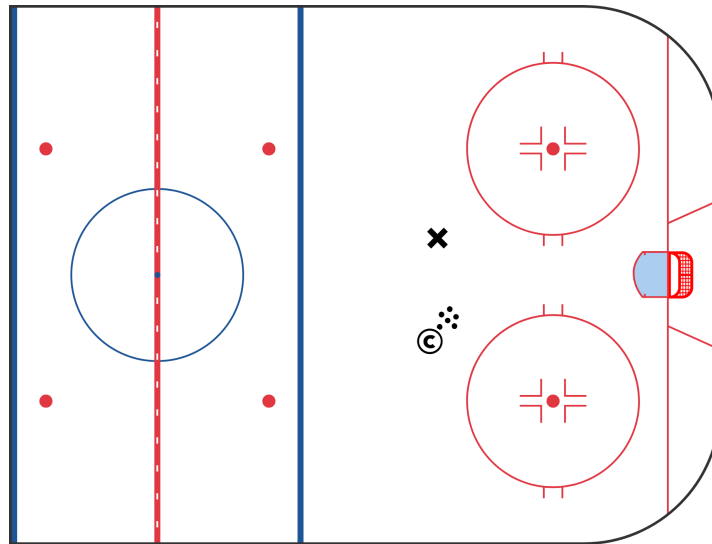


Description

- Players begin in two lines outside blueline
- Lines are directly in line with bottom dangler.
- Cone is set inside line/dangler - roughly in line with hashmarks
- Player X leaves, cutting to middle cone, then back outside dangler for a shot
- Shot MUST be
 - In stride
 - Immediately after a crossover/cut - NO FLAT FEET
- After shot, continue to corner
- Next player in line will rim a puck
- Original X performs wall pickup, attacks dangler, shot

Key Points

- Shooting in Stride
- Quick Release
- Underhandling
- Rim Pickup

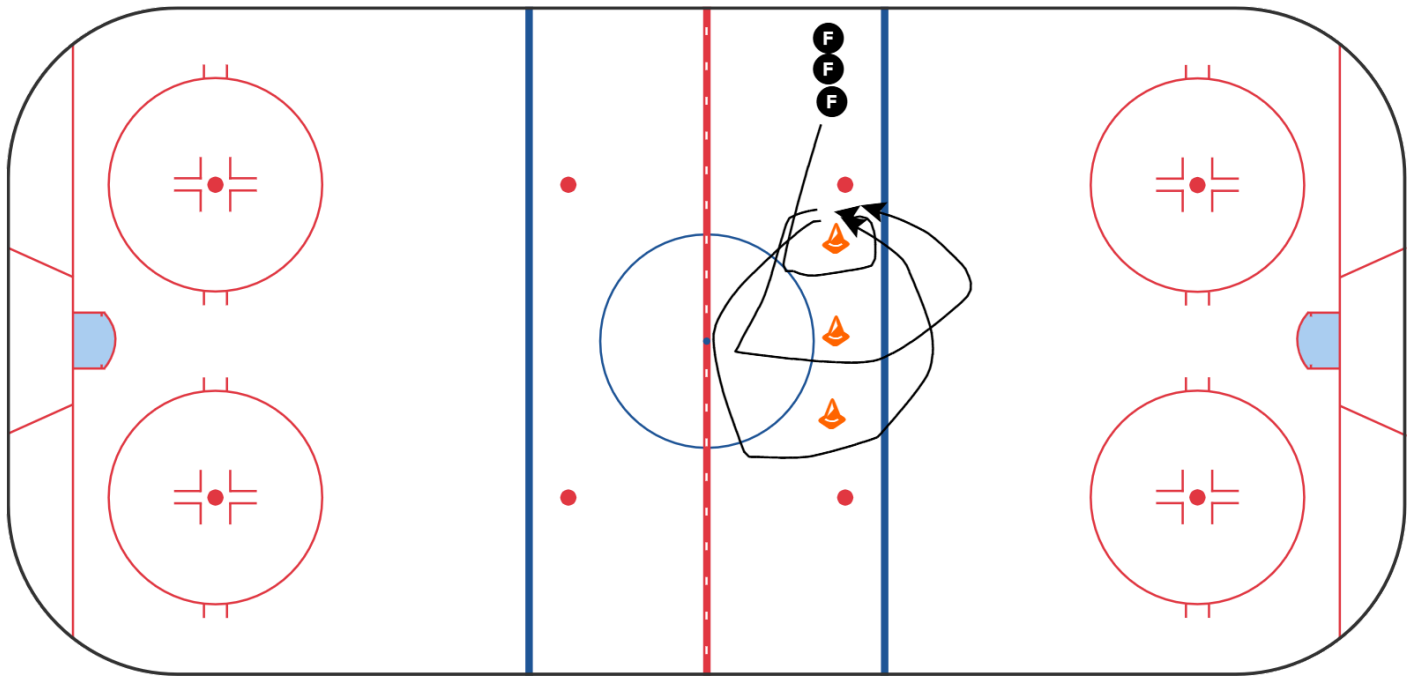


Description

- Coaches starts with pucks
- X will always shoot the black pucks and pass back the orange puck.
- Players will start by standing a couple feet away from coach
- Coach will pass black pucks and one orange puck
- Every time a black puck is passes, it will be shot
- Every time the orange puck is passed they will pass it back
- 2 pucks will be being passed at once
- It will be quick

Key Points

- Quick shots
- Shooting with a purpose
- Awareness
- Staying low
- Shooting hard when getting tired

**Description**

Players start backwards and pivot around the first cone while completing touch passes to the second player in line.

They then complete pivots around the second and third cones while touch passing the whole time.

After every pivot players must skate around the top cone.

Focus on under handling around the cones and on passes/pass receptions. The second player in line should also under handle on passes/pass receptions.

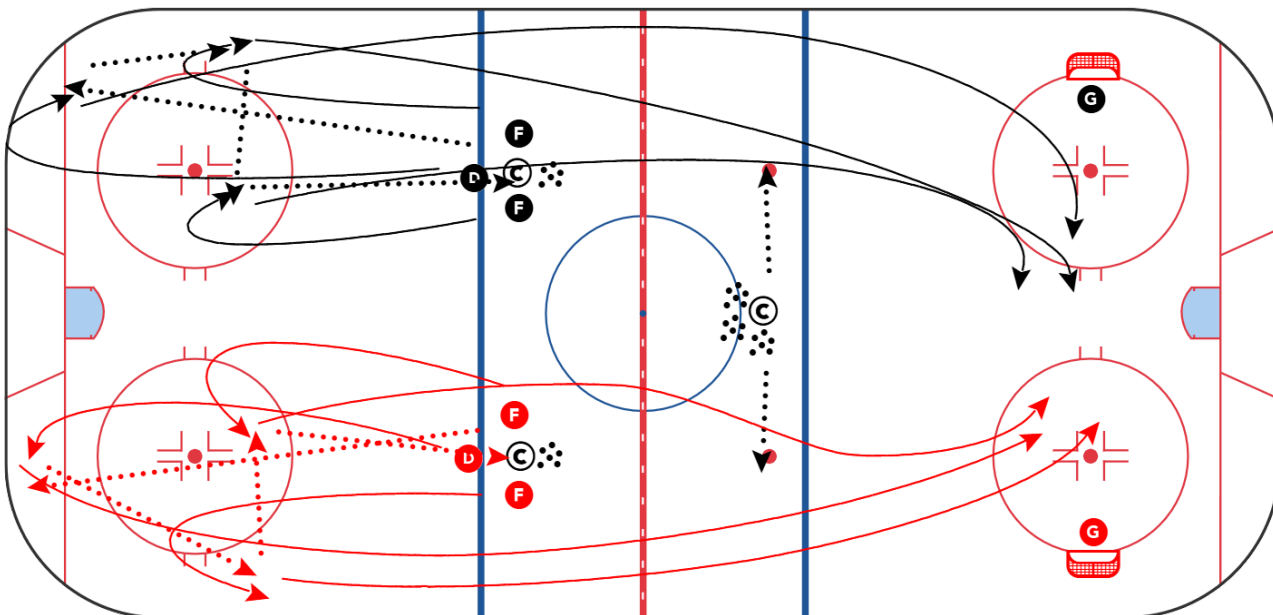
Key Points

Pivots

Passing

Under handling

Communication



Description

Small Area Game to Focus on Quick Transitions and Support Options on Breakouts

- 2 Forwards and 1 Defence on either coach
- Each group is racing against the opposition on other half of ice
- Both coaches dump a puck in below goal line
- D sprint back for a puck retrieval, looking for a quick up to either forward
- Forwards filling wall and centre positions to support breakout option
- All three players must touch the puck before passing back to coach
- First team to return the puck to their respective coach (ON TAPE), will receive the puck on their side of the ice as they race down for lateral 3v3 in opposing end
- 3v3 can play out for 10-15 seconds - meant to be quick attack

Key Points

- Quick Up breakout options -prescan and communicate, get toes up ice to make plays
- Transitioning fast up ice
- Tape to Tape passing to enable clean breakout
- Transition to offence/defence depending on who won race
 - Recognize situation/numerical advantage or disadvantage