

WEEK 5 PRACTICE 1- START OF BLOCK 2



Tuesday, October 1st, 2024

Beginning of Block Two- Focus will be offensive zone play. Defence should be active in the O-Zone and we need to be promoting them to jump in the rush whenever possible.

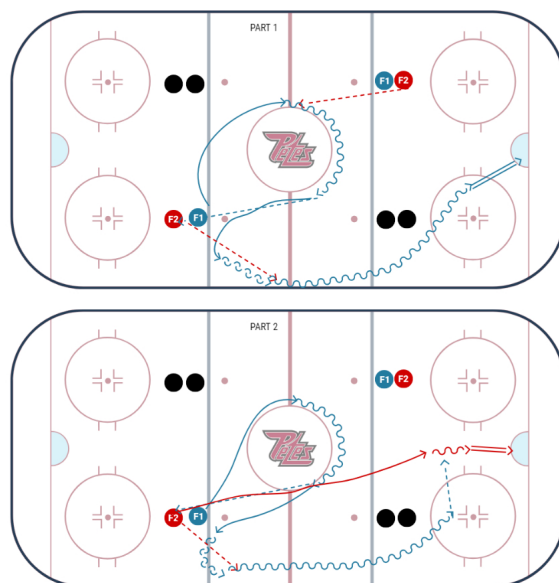
Ok for the first few reps to go at a slower pace as we introduce new drills but challenge the players to pick up the pace as they work through their reps.

Harley Overspeed

Details:

Part 1: F1 leaves without puck at full speed, gets pass from F2 in opposite line, passes to F2 in his line, skates down to blueline, pivots opens hips and gets pass back, hard down ice for shot in stride.

Part 2: Exact same but F2 joins the rush after they make second pass



Length Of Time: 5

Coach's Notes:

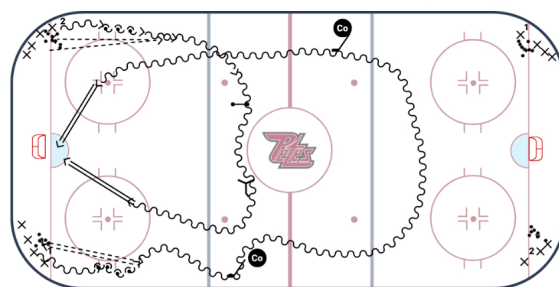
This is an absolute overspeed drill, if players eat it that's fine. This should be done faster than game speed. Shots should be quick and hustle back to the line.

Long and Short Overspeed by USA National Development Program

Details:

Similar to High Low but players start forward, pivot, pass to second in line who one touch back. X1 makes move around coach (deke or self pass off boards) and goes "high" around, dodging the coach on the other side as well. X2 goes "low" and makes moves around the danglers.

All 4 corners go at once.



FAST PACED OVER SPEED!!!!

Length Of Time: 6

Coach's Notes:

Conditioning portion to build off drill 1, pace should be very high with this drill. Get the legs and heart pumping.

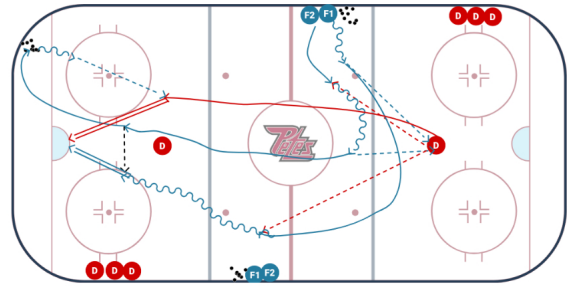
Drive Drill

Details:

Drill runs going both ways

F1 good hard pass to D who is moving their feet. D passes to F2 who skates by and drop passes to D who finds F1 at far blue line. F1 & F2 go in 2 on 0. F1 shoots and F2 peels off to corner to grab puck and feed a trailing D for a One time shot.

As soon as pass is made from D to F1 the next D group gets set up and drill starts again. Keep the pace up!



Length Of Time: 8

Coach's Notes:

Coach the forwards through an effective Zone Entry.

D get up quick in the rush and getting into shooting position, shoot off the rush! Hard low shot.

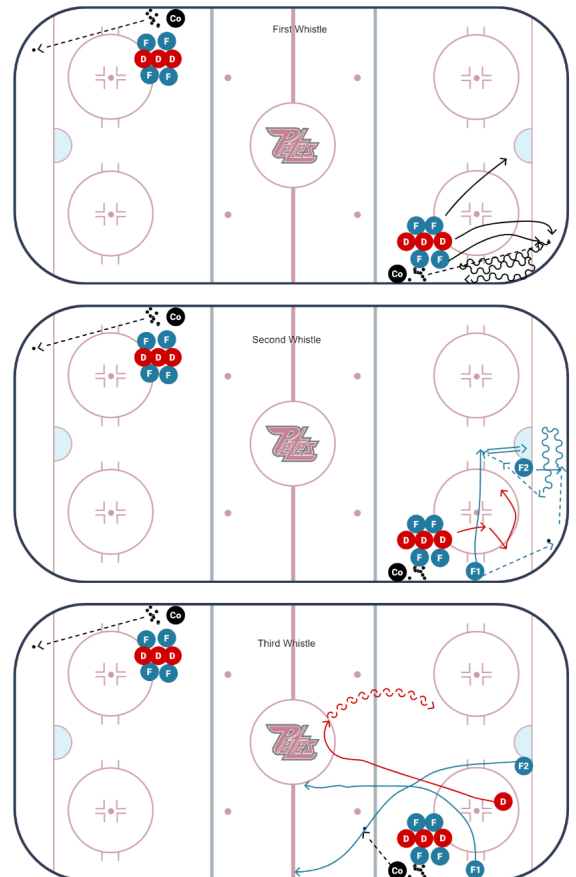
Big DAWG Cycle

Details:

First Whistle: F1 goes and gets puck. D puts pressure (no contact- give the forward space to work the boards) F1 works up and down the half boards. F2 hard to net and holds the post.

Second Whistle: F1 Cycles puck behind net, F2 comes behind the net to retrieve puck, using the net as a screen the 2 forwards cycle puck looking for high percentage shot.

Third Whistle: Two Forwards take off for puck on blue line that coach has put, they go 2 on 1 on the D from the other end.



Length Of Time: 8

Coach's Notes:

COMMUNICATION!!!!!! Forwards need to talk, even when F1 and D are battling on the boards, F2 should be moving around and letting F1 know where open ice is.

Cycle, Point, Regroup (Orlecki CPR 2 v 1)

Details:

Part 1

F1 leaves with puck, cycles back to F2 and cuts to far post.

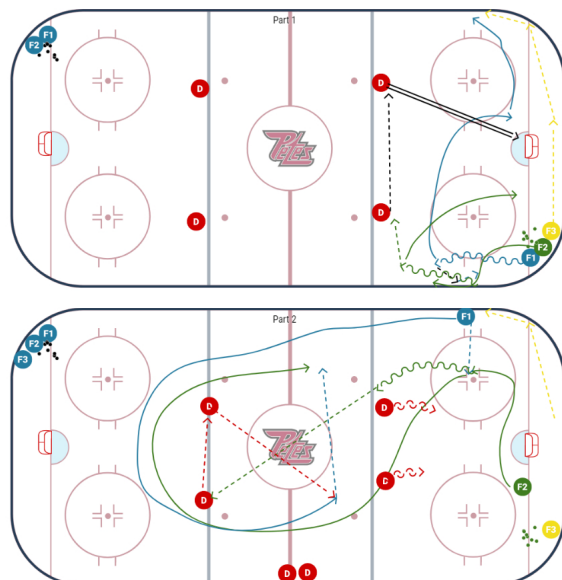
F2 one touches to the point, and then cuts to short side post.

D to D pass and then shot.

F3 rims puck to F1 who has cut to far board, one touch pass to F2 who has cut to far side.

F2 has eyes up ice and finds D at far blue line. D to D, F1 & F2 regroup with speed and come back 2 on 1 on original D partner.

As soon as D on far blue line make pass on the regroup, the drill starts going the other way.



Length Of Time: 8

Coach's Notes:

Good crisp passing, ok to slow down the first few reps to get the timing and skills correct. By the 5th or 6th rep through we should be full speed.

Defence and Forward Shooting Indy

Details:

Forwards: Zone Entry Options

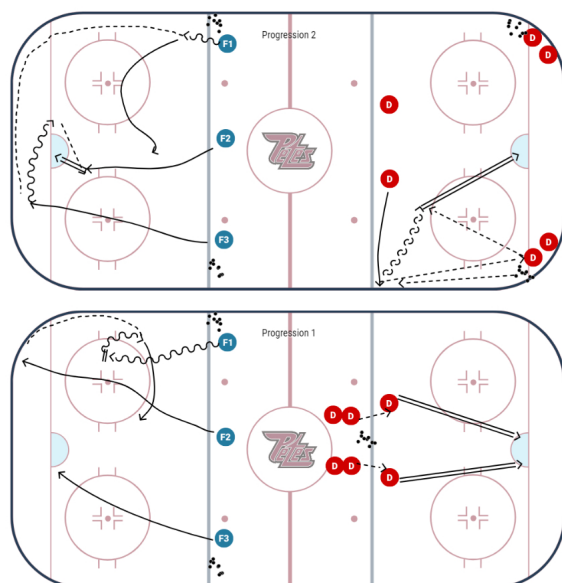
1: Punch Turn Cycle

2: Rim Option (If Defence Gaps Up At Line)

Defence: Point Shot Options

1: Quick One Time Options- Step out from line and get one time pass from second in line (this is rapid fire)

2: Sprint to boards to keep puck in- get pass back to line who one touches for one timer.



Length Of Time: 12

Coach's Notes:

Break down individual skills and make sure the players are getting solid reps through these drills. Coaches don't be afraid to pull players aside and 1:1 coach here, this is skill development.

Two Cone Drills: 3.Sprints (1:18)

Agility ladder 10 drill

- 1) Forward step
- 2) Sidestep
- 3) Side-run
- 4) Straddle Hops
- 5) Bunny Hops
- 6) Twist Hops
- 7) In and Out
- 8) Ali Shuffle
- 9) River Dance
- 10) Icky Shuffle