

# WEEK 2 BATTLE WEEK!!!! PRACTICE 1



Thursday, December 12th, 2024

- Welcome to Battle Week!
- 100% Compete in every rep of every drill
- Push the pace, push the intensity
- By battling and competing, not only are players giving themselves good reps, they are giving their teammates good reps!

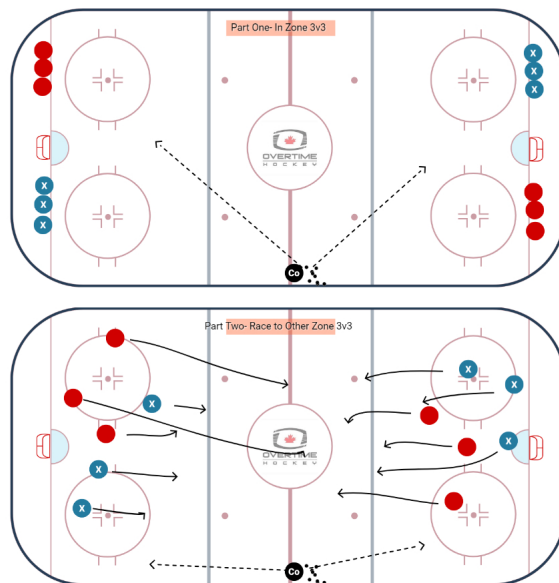
## Ramsay 3v3

### Details:

- Full Ice Set Up with goalies in both nets
- 6 players on each goal line (teams of 3 on each side)
- First Whistle** coach will dump pucks in both corners, players race for the puck
- Team that gets possession of the puck first is offense, they are trying to score
- Defense is trying to keep possession until the next whistle
- Second Whistle** players leave the puck, all 6 players race from their end to the other end and engage in another 3v3 using the puck left by the other group

### Coaching Points:

- Players need to compete and skate hard to the puck
- Offense support the puck and communicate
- Defense have good sticks and take away passing lanes, be physical **WANT THE PUCK**



Length Of Time: 10 Mins

## Corner Boards 1 V 1 Loose Puck Battle

### Details:

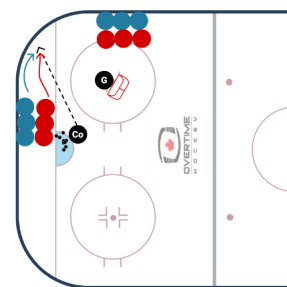
- On the whistle, 2 players battle in the corner for a loose puck.
- Whoever gets the puck off of the boards first is on offense and tries to score a goal while the other player defends.
- Defenders can knock the puck out of play or they can steal the puck, tag up at the goal line and then become an offensive player

### Coaching Points:

- Defending players need to keep their sticks on the ice and play the body.
- Offensive players should work to protect the puck with their body and utilize their edges to be strong on the puck and create space with tight turns.

### Variations:

- Can make it a 2v2 by adding a tag up (pass to their line to add a player)

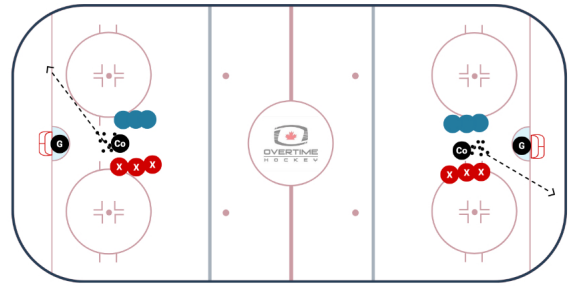


Length Of Time: 10 Mins

## Go Go

### Details:

- On the whistle, the coach chips the puck into the corner to start a 1 v 1. Whichever side the coach chips the puck into, that team will be on offense.
- Every time coach yells "Go" the first offensive player in line jumps into the play. The next "Go" will have the next defending player in line go. Alternate lines with each "Go."
- This game turns into various situations: 1v1, 2v1, 2v2, 3v2, 3v3, 4v3, etc.
- The offense tries to score while the defending team tries to skate the puck over top of the circle to end the rep.



### Coaching Points:

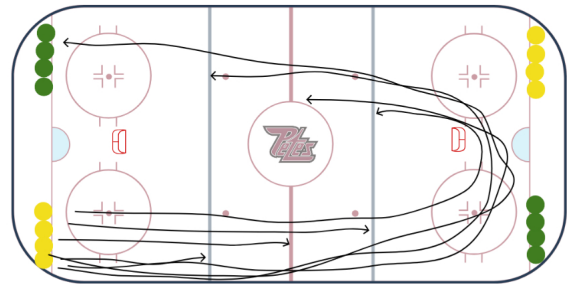
- Offensive players first to the puck should practice puck protection and cutting the hands of the defender.
- Players in line that are called into the game need to jump to support their teammates and communicate to let them know where they are

**Length Of Time:** 10 Mins

## Game 7

### Details:

Green and Yellow go together. This will suck but push the pace (Bring a speaker for this conditioning)



**Length Of Time:** 10 Mins

# Davos Game

## Details:

- Divide the rink up into 1/3 and have players separate and line up at center ice along the boundary (to help keep pucks in).
- On the whistle, a coach chips a puck into the playing area and 2 players from each team race to get the puck, this starts a 2 on 2 game.
- There are NO RULES and no offsides. Players need to work together and think creatively on how they can defend and score.
- If the puck goes out of play, the coach chips in a new puck.
- On the whistle, 2 new players from each team jump in.
  
- Plan ahead - coaches should encourage teams to come up with a game plan while they are waiting in line.
- Communicate! With no rules and the ability to go anywhere on the ice, teams need to work together to communicate when they are on the ice.
- Offensive team - try using passes off other boards and area passes to spring a fast break.
- Defensive team - keep sticks on the ice to angle and block passing lanes.
- Goalies - play the puck and look to make passes to your teammates

Can add offsides if players cheat.

Coach can call out how many players eg (1v1, 2v2, 3v3)

**Length Of Time:** 10 Mins

