

Team Canada World Junior Team • Practice Progression

Christmas time means two things for Canadians—minor hockey tournaments and the World Junior Hockey Championships. The following 4 drills provide a great progression from technical skill warm-up to game-situation decision-making tactical drill. All the drills focus on quick puck movement and puck support. Great stuff!

ONE-TOUCH WARM-UP

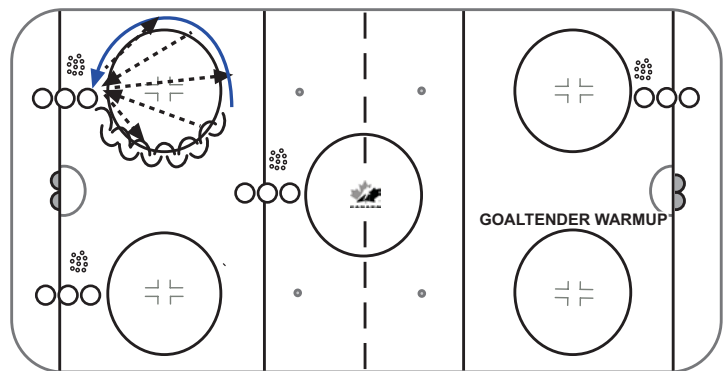
DESCRIPTION

Players line up at bottom of circle. 1st Player starts without a puck—and must always face the next player in line. Player skates around circle giving and receiving one-touch passes. Stop when completely around circle—full stop and return back to starting position.

Next player then goes.

KEP (KEY EXECUTION POINTS):

- Rapid puck movement
- Soft hands—eye contact before making return pass
- Face the puck—be an option



6 GROUP—PASS & SHOOT

DESCRIPTION

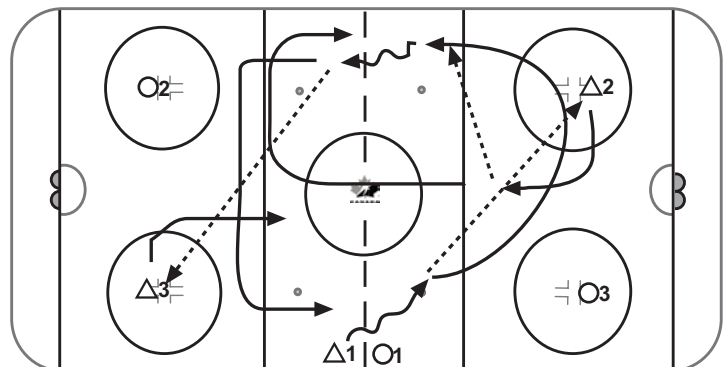
△1 passes to △2— △2 takes the pass and swings to the middle of the ice and passes to △1 who has skated wide to support △2.

△2 passes to △3 at the far circle—△3 breaks up the middle of the ice—△1 & △2 swing to support △3 and the break 3 on 0 up ice for play on net.

O1 initiates play in opposite direction

KEP (KEY EXECUTION POINTS):

- Quick feet
- Quick & close puck support
- Emphasize width & depth



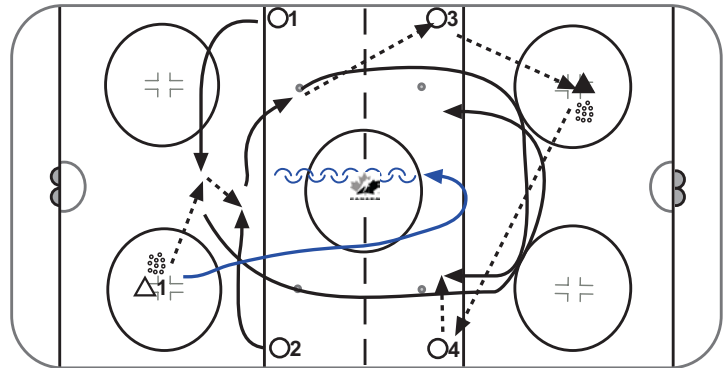
2v1 TRANSITION CONTINUOUS

DESCRIPTION

△1 passes to O1 to star drill. O1 touches to O2.
 O2 skates ahead to red line and passes to O3 who quickly moves puck to ▲ who stretch passes to O4 (1 touch passes)
 O1 and O2 go below far blue line and cross. O4 moves puck to O1 or O2 and they attack 2 on 1 against △2
 △1 must ensure to move quickly out of the zone, read the speed, and close the gap against F1, F2

KEP (KEY EXECUTION POINTS):

- Quick feet
- Be prepared for transition
- Communication



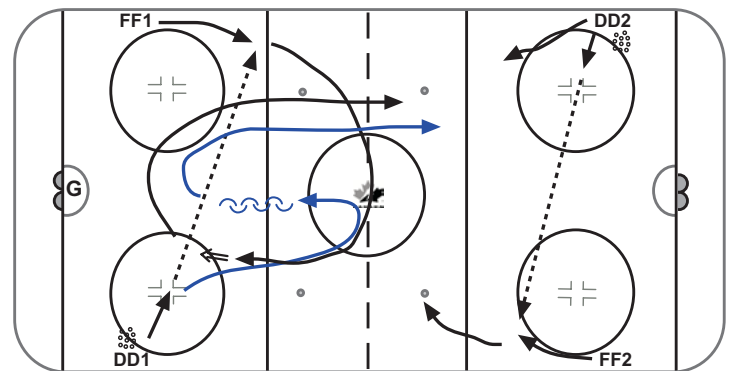
1v1 / 2v2 TRANSITION

DESCRIPTION

D1 passes rink wide to F1 to initiate drill. F1 skates to centre and turns back to attack D1—1v1
 On whistle—D2 initiates play from other end to F2. D1 skates hard up ice to create a 2 on 1 with F2 against D2. F1 backchecks hard to defend and create a 2 on 2 working with D2.

KEP (KEY EXECUTION POINTS):

- Quick feet
- Be prepared for transition
- Communication



3v1, 2v2 or 1v1 TRANSITION

DESCRIPTION

Drill starts at same time out of both ends. D1 passes to F1 who quickly touch passes to F3. Same out of other end—D2 to F2 to F4.
 After touch pass, F1 and F2 gain neutral zone with speed. F3 & F4 must decide which way they will go to create 2—2 on 1's or a 3 on 1 and a 1 on 1—communication is key.
 D1 & D2 after initial pass must get out between the blue line and centre to close the gap and face the 1 on 1, 2 on 1 or 3 on 1.

KEP (KEY EXECUTION POINTS):

- Communicate
- Close the gap
- Read & react

