

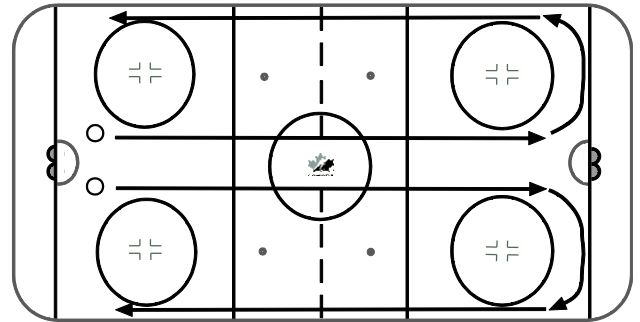


**PLAYER DEVELOPMENT**  
Développement des joueurs

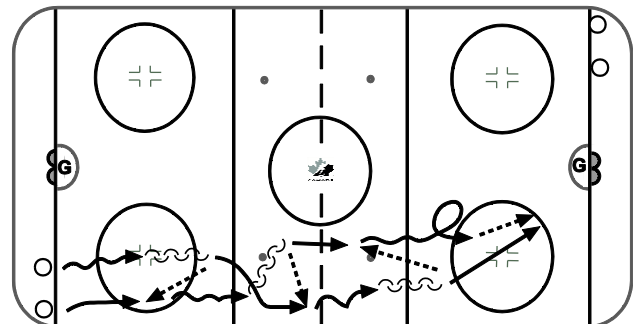
# Practice 1



Time	Description
	<b>Skating / PC Warm – Up 1</b>
	<p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.</p> <p>Skating – Can add pucks</p> <ol style="list-style-type: none"> <li>1) Stride and Bend</li> <li>2) Jump Stride</li> <li>3) Scissors – fwd / bwd / reverse</li> <li>4) Crossovers</li> <li>5) Knee Drops</li> </ol> <p>Puck control – can do confined space</p> <ol style="list-style-type: none"> <li>1) Quick Hands</li> <li>2) Forehand / Backhand only</li> <li>3) Scissors – fwd / bwd with puck</li> <li>4) Toe Drags</li> <li>5) Puck / Stick through legs</li> </ol> <p>Utilize a variety of skating / puck control skills. Also use each of them in between drills as technical laps.</p>
<b>Key Teaching Points (KTP)    Key Evaluation Points (KEP)</b>	
-correct mechanics -keep flow going	-watch for focus/correct technique

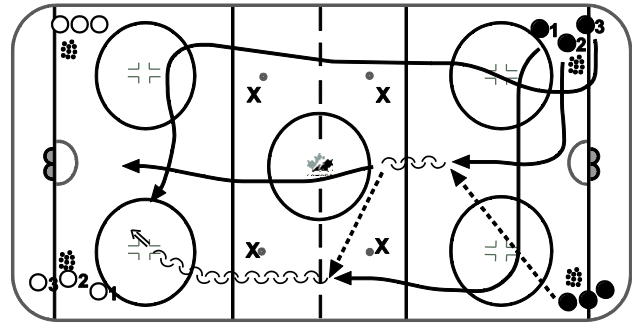


Time	Description
	<b>Passing Warm - Up</b>
	<p>Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up</p> <ol style="list-style-type: none"> <li>1) One touch</li> <li>2) Pass and Follow</li> <li>3) Cross and Drop</li> <li>4) 1 fwd / 1 bwd</li> <li>5) Transition skate and pass</li> </ol> <p>Finishes with a shot on net – non-shooter goes for rebound. Passer try fake shot - pass / look away</p>
<b>Key Teaching Points (KTP)    Key Evaluation Points (KEP)</b>	
-passing technique -support/communication	-non-shooter goes for rebound -passer try fake shot – pass -watch for look aways

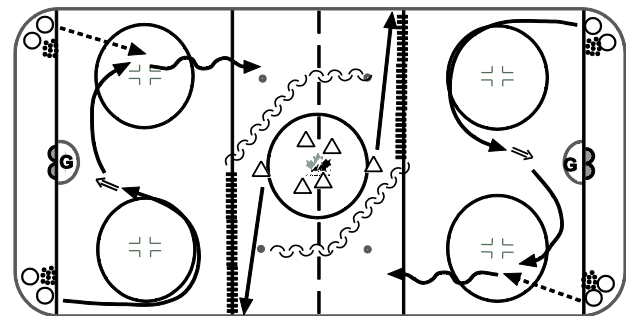




Time	Description
	<b>3-0 Mid Lane Drive</b>
	<ol style="list-style-type: none"> <li>1) Forwards and Defense line up in the corners.</li> <li>2) One side leaves and receives pass from other side.</li> <li>3) Make pass to middle attacker, get puck wide.</li> <li>4) Second attacker drives mid-lane and third attacker stays high.</li> <li>5) Get shot on net.</li> <li>6) Opposite corner at other ends leaves once attacking team crosses blueline.</li> </ol>
	<b>Progression: Add D in to play 3 on 1 and then 3 on 2</b>
Key Teaching Points (KTP)    Key Evaluation Points (KEP)	
-read and react with mid-lane -limit to 1 pass then shot in offensive end – go for rebounds	-spatial awareness/communication -support -ability to attack and read -scoring ability -can D play 3 on 1 or 3 on 2 contain



Time	Description
	<b>Olympic 1 on 1</b>
	<ol style="list-style-type: none"> <li>1) Forwards in all 4 corners, D at centre ice.</li> <li>2) On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.</li> <li>3) Fwd drives to net with puck for shot, then skates toward opposite corner to receive pass and attack 1 on 1 against D.</li> <li>4) Alternate sides on each whistle</li> </ol>
	<b>Progression - Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.</b>
Key Teaching Points (KTP)    Key Evaluation Points (KEP)	
-defense must move feet quick -forwards must attack net with speed and then D with speed	-forward must read D and adjust offensive tactics -D foot speed/agility/gap control/can D defend 1 on 1

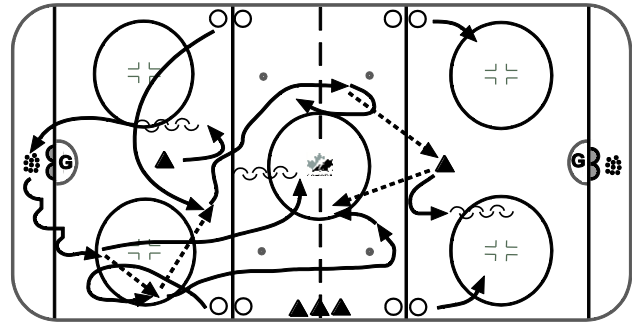




# PLAYER DEVELOPMENT

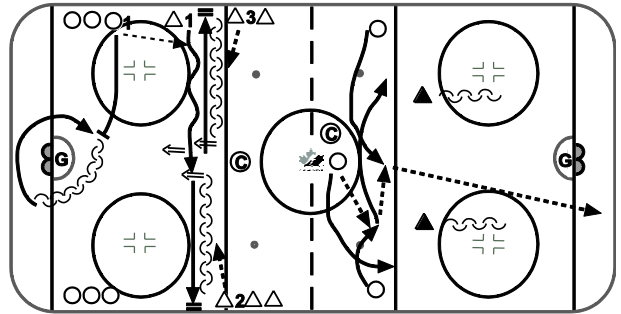
## Développement des joueurs

Time	Description
	<b>Continuous 2 on 1</b>
1)	D skates back towards net – pivots - picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
2)	Fwds, support puck and skate up ice 2 on 0
3)	Fwd with puck passes to far D, Fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
4)	D who started regroup then retreats to own end to start sequence from the other end
Key Teaching Points (KTP)	
-forwards must support/open up for passing options/timing -D shoulder check, good first pass -Weak side forward must not be ahead of D when coming across net front	Key Evaluation Points (KEP)
	-puck retrieval/first pass for D -do D follow play/transition pivots/NZ gap control to defend 2 on 1 -forwards – transition and attack options -forwards – support/timing -forwards – ability to create scoring chance

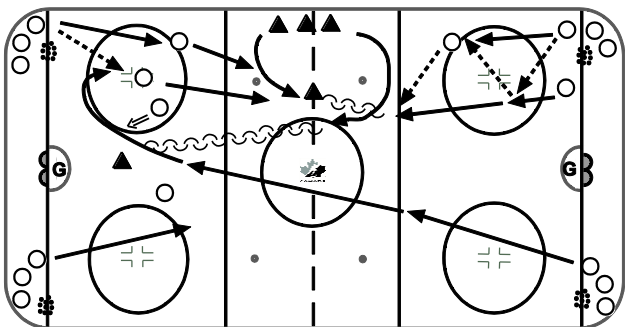




Time	Description
	<b>Wheel House Sprint and Shoot – 4 x Breakout</b>
A)	<b>Wheelhouse Sprint and Shoot</b> 1) O1 passes to Δ1. 2) Δ1 sprints to mid-ice and shoots with O1 screening or deflecting. 3) Δ1 touches the far boards, backwards to center, receives a pass from Δ2 and shoots. 4) Δ1 touches the boards again at the starting point, receives a pass from Δ3, moves to the middle and shoots. 5) Every time Δ1 touches the boards, O1 goes bwd to fwd around the net and gets ready for a deflection or screen.
B)	<b>4 x Breakout</b> 1) Breakout 4 times end with 3 on 2 2) Quick up – Wheel – Over – Reverse. 3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again 4) On dumps, alter so goalie can play puck in different situations (rims/on on net etc...)
<b>Key Teaching Points (KTP)      Key Evaluation Points (KEP)</b>	
-need 6 D to run – switch D from end to end as needed	-forwards – net front presence/back door options -D quick feet/pass receptions/release/shooting ability/read forward presence/shot selection -G watch for goalie awareness/reaction <b>Breakout</b> -D skating ability/support options/communication/passing -forwards – skating/timing/support/passing/attack options -G – puckhandling/communication/playing 3 on 2



Time	Description
	<b>Full Ice Backcheck - Continuous</b>
1)	Forwards in all 4 Corners, D at red line
2)	2 forwards start passing to each other, D jumps out from centre line skates to blue line, transition pivots to play 2 on 1.
3)	Backchecker waits until the 2 fwds get to top of circles, then back checks through the middle. Once backchecker gets to far end and finishes play they then go to whichever corner is calling the loudest and goes back down 2 on 1.
<b>Progression - Coach can determines if it is 2 on 1 or 3 on 1</b>	
<b>Key Teaching Points (KTP)      Key Evaluation Points (KEP)</b>	
-back checker needs to finish play before moving to offense -can be whistle controlled	-D gap control/reading backchecker -forwards must attack with speed/support/timing -forwards need to create scoring chance -G must read 2 on 1 / 2 on 2 odd or even rule/ communication





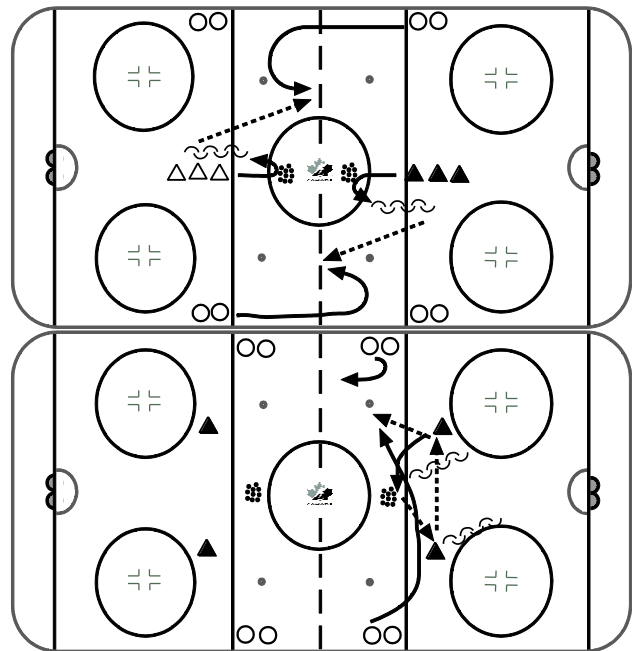
## Practice 2



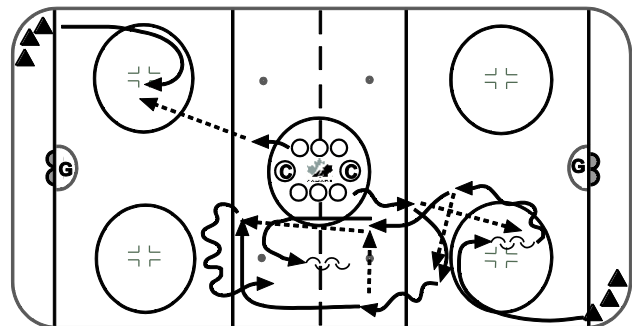
# PLAYER DEVELOPMENT

## Développement des joueurs

Time	Description
	<b>D Man Mobility Warm-up</b>
	Go both ends at same time, Sequence is Pass Left, Pass Right, Skate
	<ol style="list-style-type: none"> <li>1) Players start on 4 corners of Blue lines</li> <li>2) All the pucks are in the center circle.</li> <li>3) D start inside blueline in centre of ice</li> <li>4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.</li> </ol>
	Forward can open up and pivot towards the boards to get pass as well
	Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass
	<b>Key Teaching Points (KTP)      Key Evaluation Points (KEP)</b>
-keep flow going/shoot to warmup G -execution of pass and support -forwards stop at net after shot	-can D pivot both ways/make first pass -forwards timing/support/acceleration

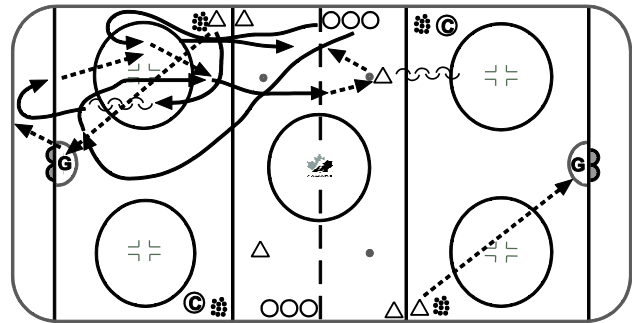


Time	Description
	<b>Support 1 on 1</b>
	Both sides at the same time.
	<ol style="list-style-type: none"> <li>1) Forwards start on centre circle / D start in corners</li> <li>2) On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.</li> <li>3) Steps up passes to forward and follows play up ice, and then receives return pass from fwd who sprints to stretch to far blue line to receive stretch pass from D</li> <li>4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back</li> </ol>
	<b>Key Teaching Points (KTP)      Key Evaluation Points (KEP)</b>
-heads up -change sides after 5 min	-D transition from defense to offense to defense – 1 on 1 -forwards support/timing/ 1 on 1 attack options -watch for players who can think/understand

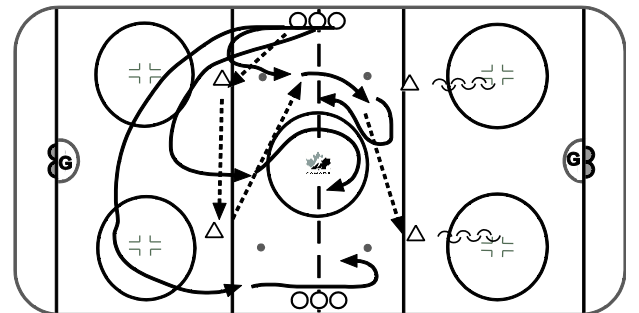




Time	Description
	<b>Double Regroup</b>
	<ol style="list-style-type: none"> <li>1) D starts with pass or rim to goalie, goalie spots puck to corner, D then breaks out 2 on 1, Fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.</li> <li>2) Go both sides at the same time. Can also add shot from D man to end sequence with Fwds in front of the net.</li> </ol>
	<p><b>Progression:</b> Can also add shot from D man to end sequence with forwards in front of the net (2 on 1 down low)</p> <p>Go from both sides has 8 guys moving at all times</p>
Key Teaching Points (KTP)      Key Evaluation Points (KEP)	
<ul style="list-style-type: none"> <li>-keep flow going</li> <li>-players need to stay on own half of the ice</li> <li>-pass or rim to goalies</li> </ul>	<ul style="list-style-type: none"> <li>-D puck retrieval/passing/gap control/pivots/puck support/defend 2 on 1</li> <li>-forwards – timing/support/passing/receiving – attack options/create scoring chances</li> <li>-G puckhandling ability</li> </ul>



Time	Description
	<b>NZ Regroup on Whistle</b>
	<ol style="list-style-type: none"> <li>1) Fwds start on boards at red line, D on blue line</li> <li>2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.</li> <li>3) 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then Fwds pass to opposing D, regroup and attack 3 on 2 back the other way.</li> </ol>
	<p>Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.</p> <p>Coach can use preference on re-group formations</p>
Key Teaching Points (KTP)      Key Evaluation Points (KEP)	
<ul style="list-style-type: none"> <li>-flow</li> <li>-coach needs to read play and know when to blow whistle</li> <li>-if forwards are attacking with speed let them go – if disjointed blow whistle for re-group</li> </ul>	<ul style="list-style-type: none"> <li>-forwards – timing/support/attack options/create scoring chances/using D in offensive zone</li> <li>-D gap control/reading rush/passing option on regroup/ D to D – stagger inside the dots</li> <li>-G odd – even rule/communication</li> </ul>



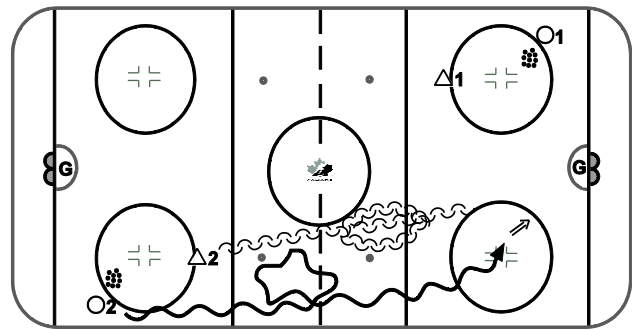




# PLAYER DEVELOPMENT

## Développement des joueurs

Time	Description
	<b>1 on 1 Oiler</b>
	<ol style="list-style-type: none"> <li>1) Opposite corners go at the same time.</li> <li>2) Fwd skates to NZ, turns to boards, back to blue, attacks 1-1.</li> <li>3) D skates backwards, transitions to close gap on fwd when delay happens, pivots backwards, takes 1 on 1</li> <li>4) Delay has to be with purpose (create space)</li> </ol>
Key Teaching Points (KTP)      Key Evaluation Points (KEP)	
<ul style="list-style-type: none"> <li>-D skate figure 8 pattern</li> <li>-forwards are doing oval and turn towards the boards</li> <li>-players stay to own side of the ice</li> <li>-change sides after 5 min</li> </ul>	<ul style="list-style-type: none"> <li>-forward – use creativity – deception to beat D 1 on 1</li> <li>-D – gap control/steering/take away middle</li> </ul>



Time	Description
	<b>2 on 2 / 3 on 3 Pick A Man</b>
	<ol style="list-style-type: none"> <li>1) 2 or 3 Defenders on boards at blue line, Attackers in 2 or 3 lines at centre.</li> <li>2) On signal Attackers take off, and Defenders have to react to each of the fwds and take a man</li> <li>3) If play gets broken up right away, coach dumps in new puck to continue. ( 20 - 30 secs max each group )</li> <li>4) Players must battle hard.</li> </ol>
Can play 2 on 2 or 3 on 3 – also go 2 on 1, or 3 on 2 for outmanned options	
Go out of both ends at same time	
Key Teaching Points (KTP)      Key Evaluation Points (KEP)	
<ul style="list-style-type: none"> <li>-mix up number of players</li> <li>-equal numbers for defense and offense during drill – players alternate from offense to defense</li> </ul>	<ul style="list-style-type: none"> <li>-communication/read and react on both sides of puck</li> <li>-attackers give and go's/change point of attack/cycling/drive net</li> <li>-defenders defensive side/switching/sticks in lanes</li> <li>-battle hard</li> <li>-G – communication/rebound control/read – react</li> </ul>

