

CoachThem

Name: Covid Skills #1

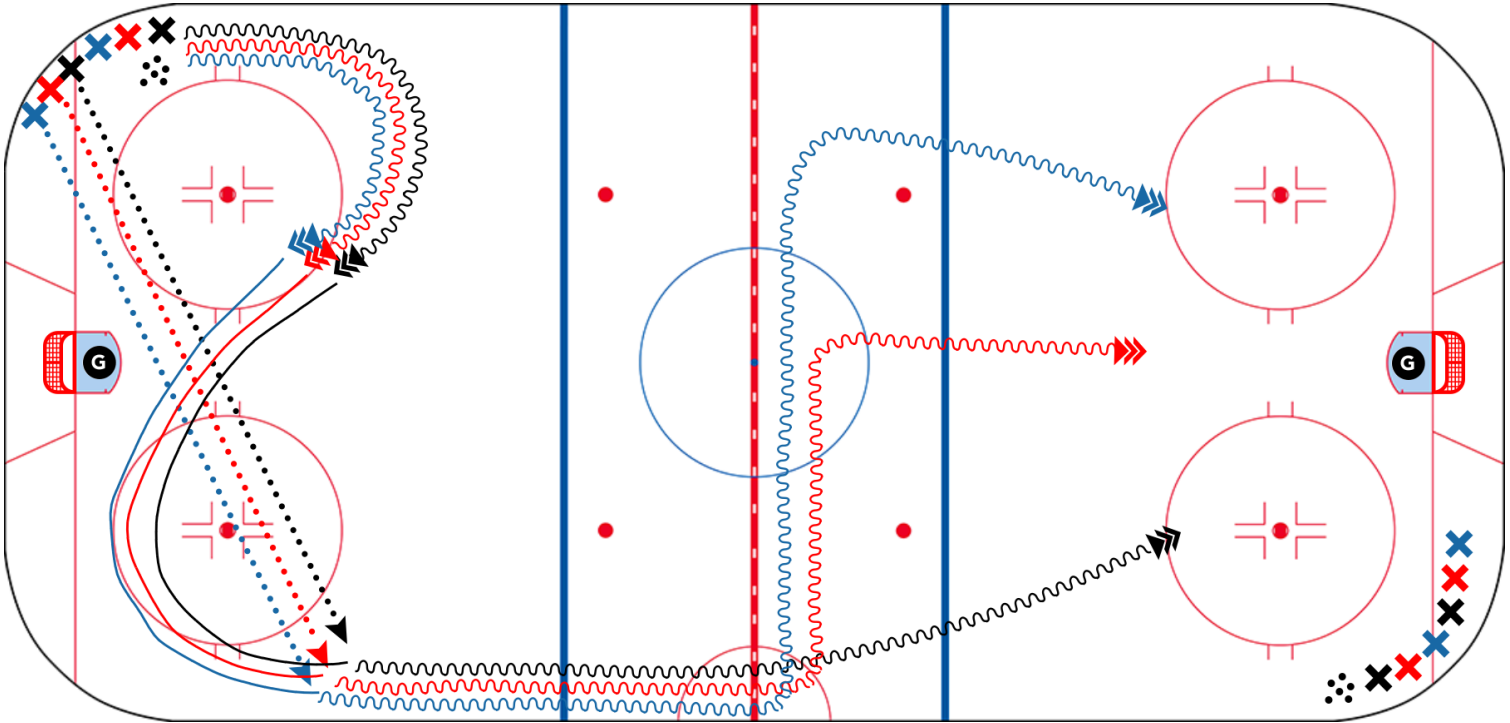
Dec-19-2020

Practice No:

Duration: 58 min

3 Man Full Ice Shots

8 mins

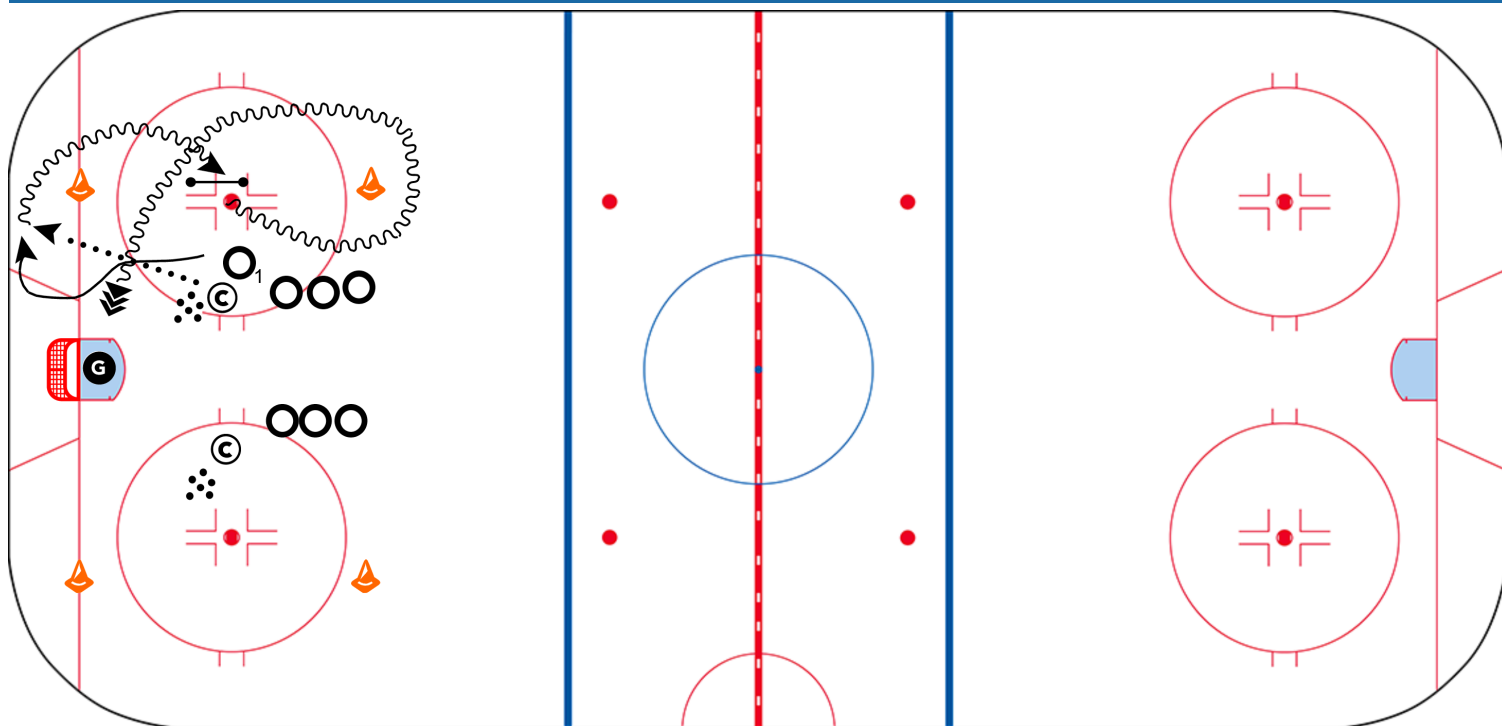


Description:

- On whistle First player goes and shoots from top of circle. Next player pauses then goes. It's quick.
- After shot continue to bottom of circle and open up for a pass.
- Next 3 players have to be ready in line. Nice crisp hard passes on tape!
- First player heads straight down and shoots at top of circle. Drives Net and stops.
- Second player cuts to middle for a shot at top of circle. Drives Net and stops.
- Third player cuts to the far side for a shot.

Key Points:

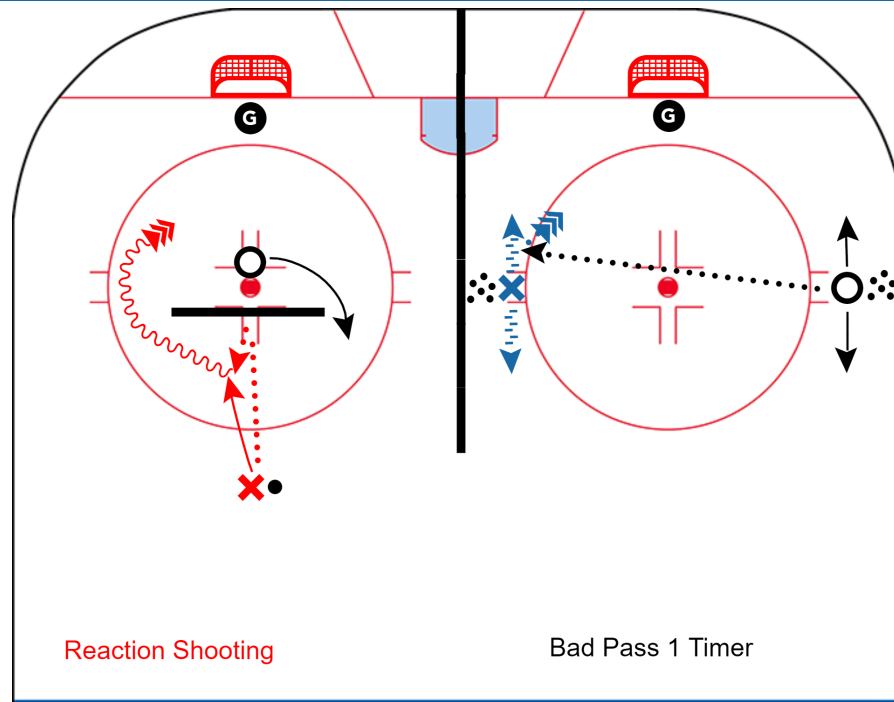
- You can put your rebound in the open net but don't shoot on goalie. They have to prepare for next shot.
- Drive and stop at net.
- Once drill is done exit net front immediately.
- Driving net creates a habit you want to happen in a game!

**Description:**

- Player starts on dot in circle, place two pylons near outside of circle
- Ⓢ spots puck in corner -- Ⓢ goes hard to puck, fakes one way and takes puck up the wall.
- Ⓢ turns inside out around cone and attacks net wide with speed. Fake outside drive and turn inside bottom pylon

Key Points:

- Good fake, quick feet
- Keep feet moving/ practice mohawks on turns
- Go hard to the net, protect puck



Description:

Drill 1: Reaction Shooting

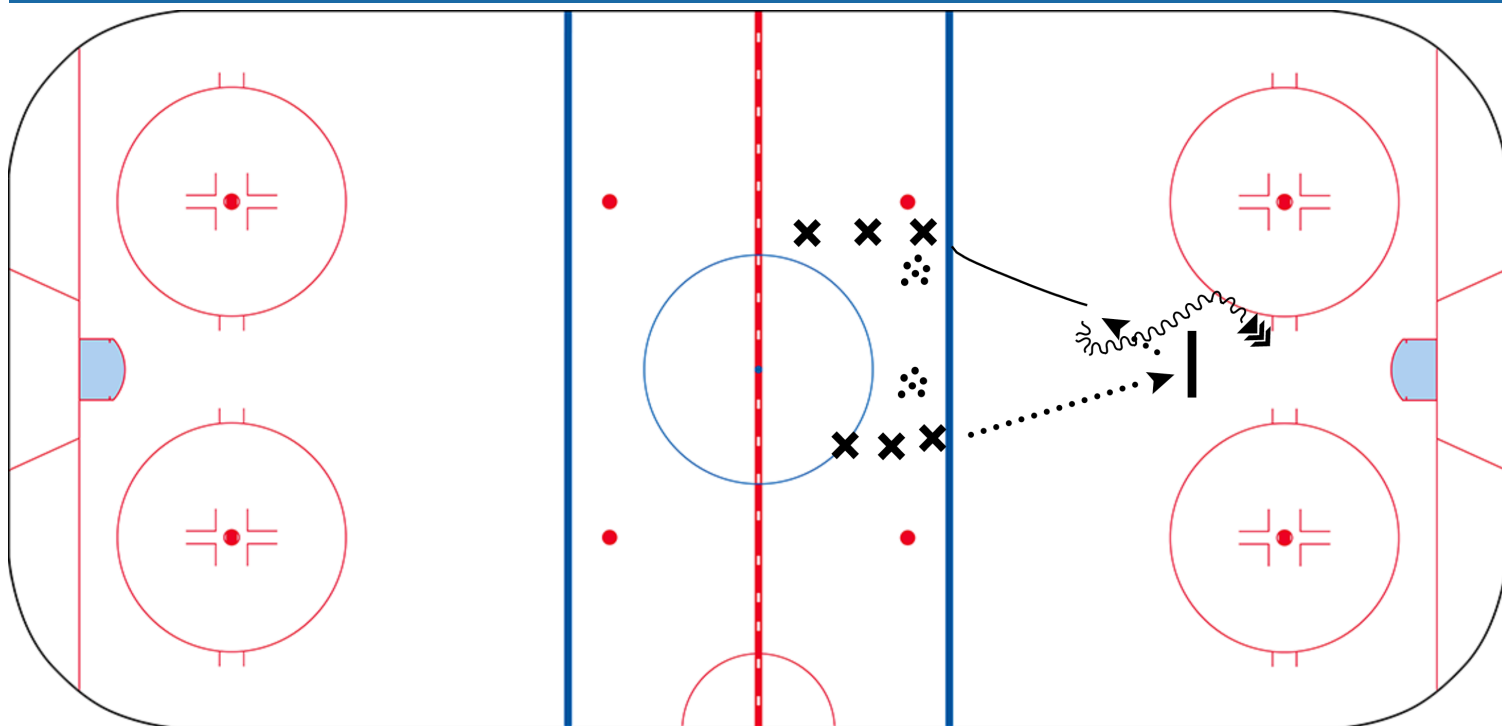
- **X** starts above circle with puck and banks pass off bumper, moving quickly to retrieve it
- **O** reads attacker and chooses which side they take away
- **X** must react to the defender and choose alternate route to net, taking a hard shot on goal
- Switch positions and repeat

Drill 2: Bad Pass 1 Timer

- **X** and **O** start on opposite sides of the zone, take turns making 1 timer passes to their partner
- Passes should purposely be either in front or behind partner.
- Aim of drill is to practice taking a one timer that's not in the perfect position

Key Points:

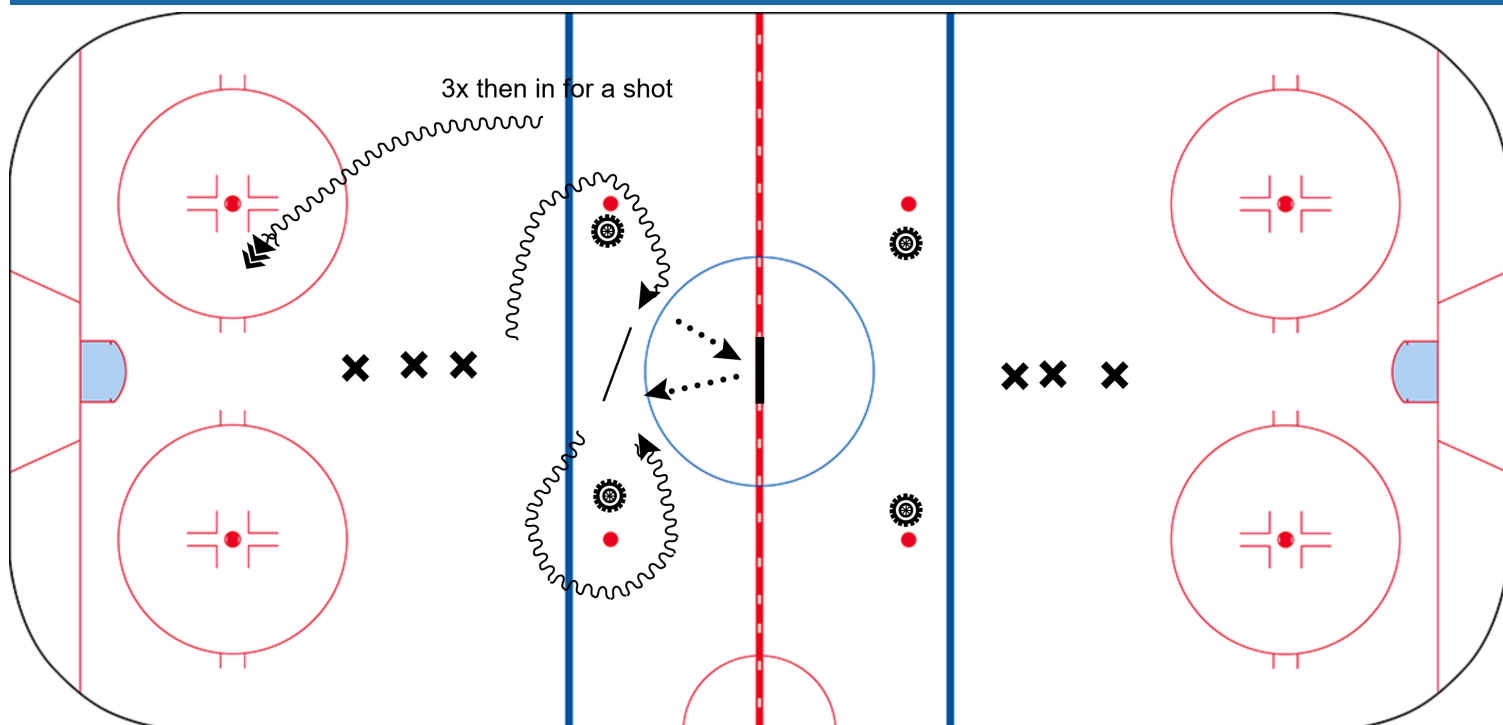
- Run drills in pairs
- Players should be aware of their position on the ice at all times and focus on shooting with a purpose

**Description:**

Player passes off rebounder to player in opposite line who dekes and shoots.

Key Points:

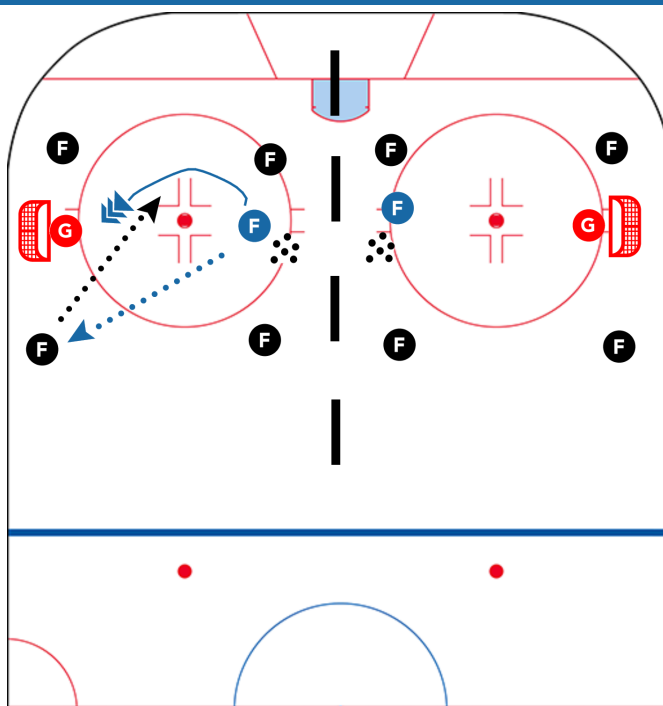
- Quick feet
- Lateral moves

**Description:**

Skate around tires/cones in a figure 8, 3 times, passing to rebounder, then in for a shot.

Key Points:

- Keep feet moving



Description:

- **F** starts with pucks in the slot
- 2-4 support players spaced out on each side
- Active player **F** has 30 seconds to take as many shots as they can while feet are moving. Player must pass and receive a pass from at least one support player.
- Utilize give n go's, one timer's, escape moves etc.

Key Points:

- High tempo
- Keep feet moving