

# CoachThem

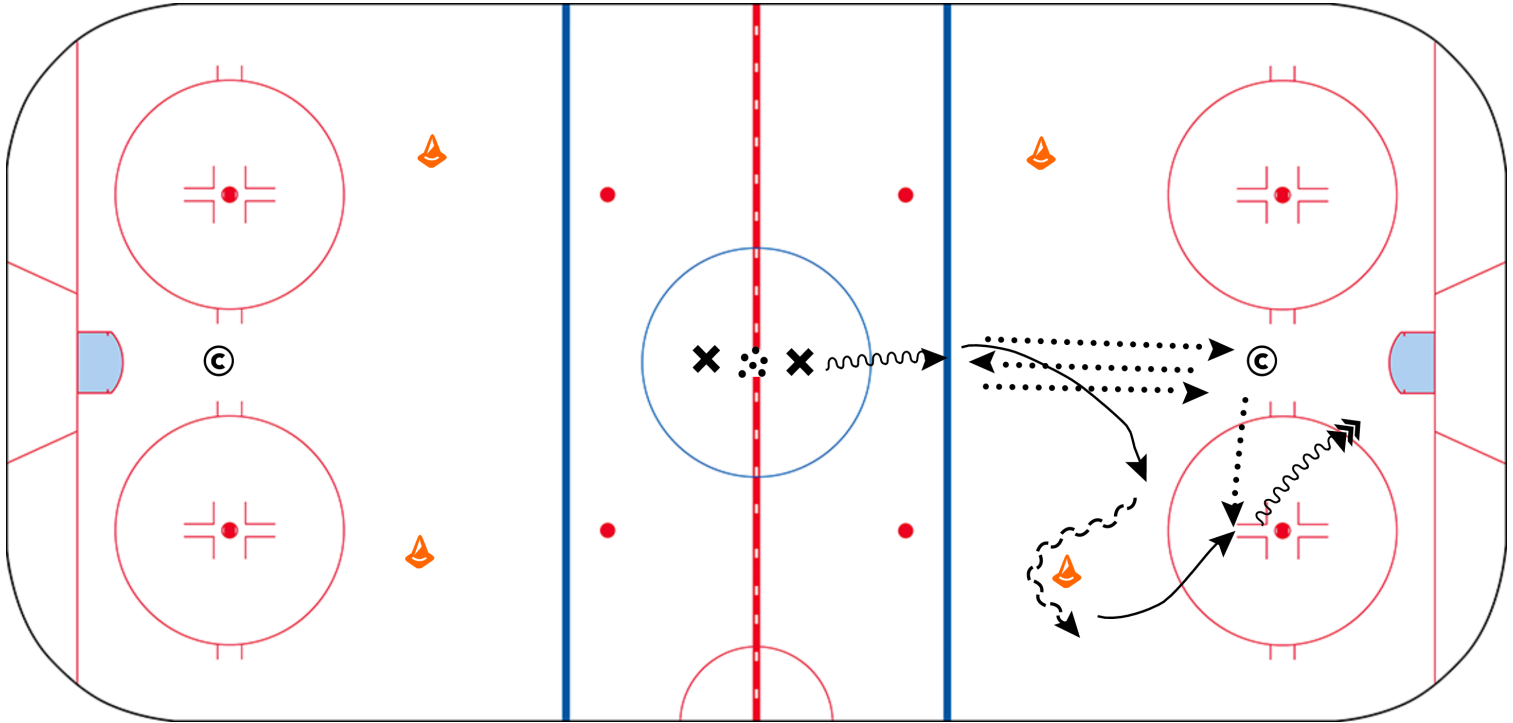
**Name:** Covid Skills #2

**Practice No:**

**Duration:** 65 min

**Warm Up w/ Transition Pivots**

**10 mins**



## Description:

Player bump passes with Coach, transitions around cone, receives puck back from Coach, shoots on net.

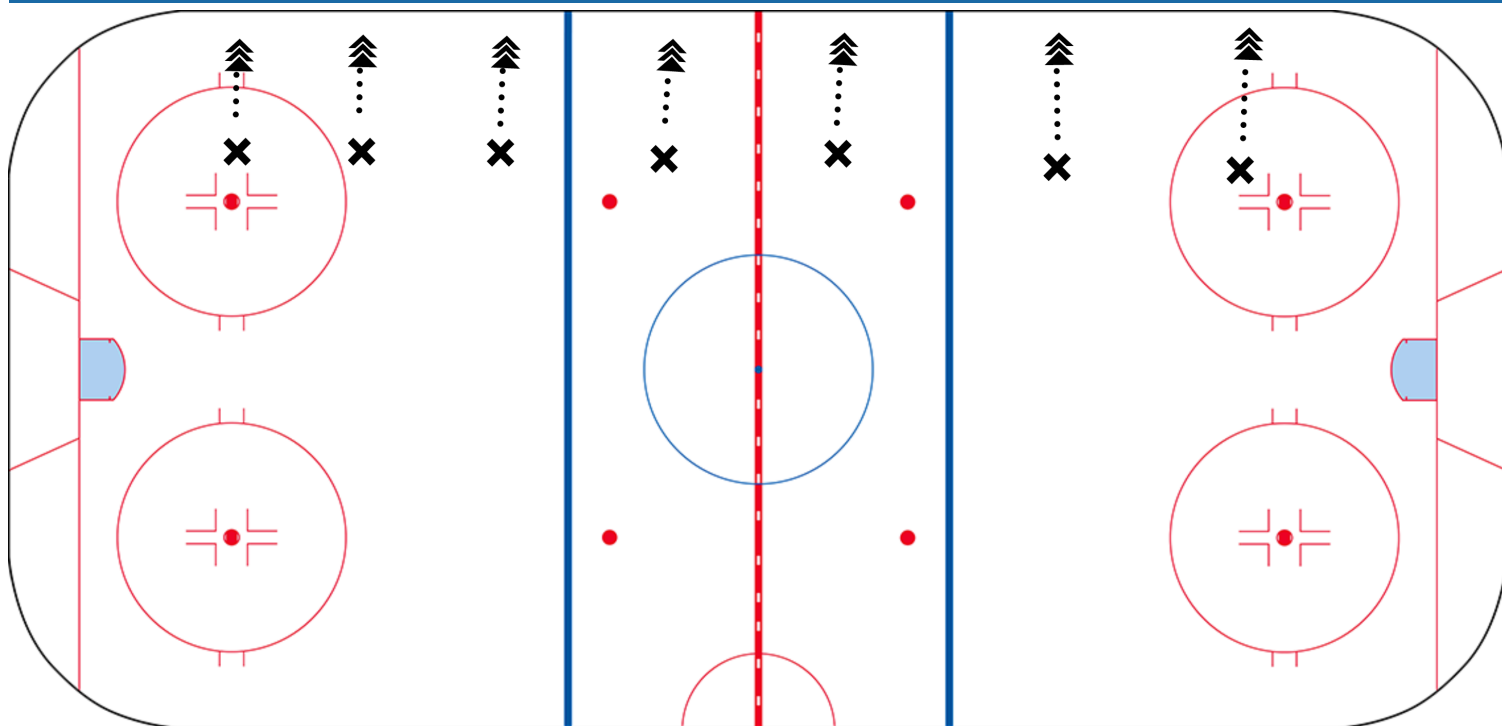
Alternate sides.

Run both ends of rink.

## Key Points:

Quick, accurate passes

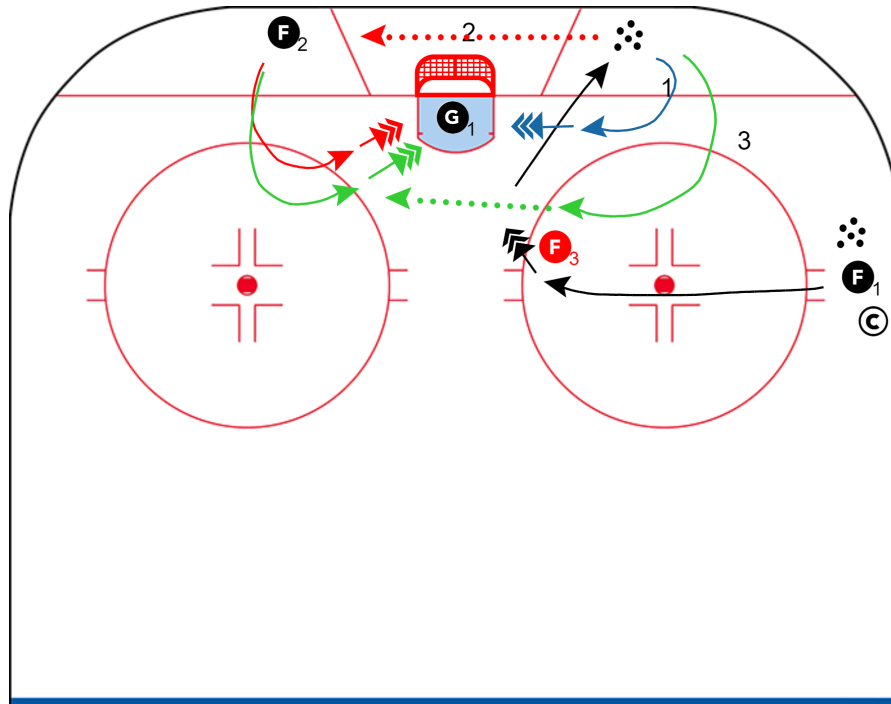
Quick feet

**Description:**

1. Players practice shot of the day on the boards.
2. Coaches give individual instruction

**Key Points:**

- Players practice in the same area to avoid being missed by coach.
- Following through to target
- Eyes up



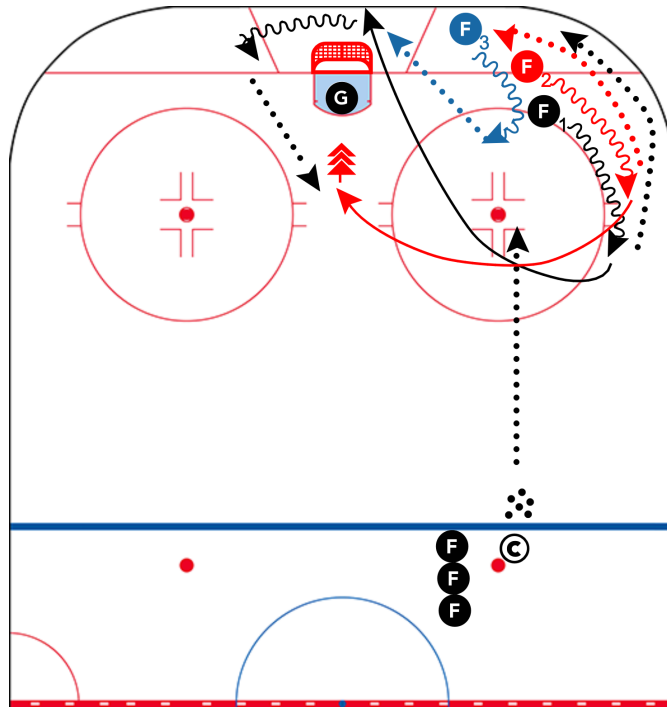
### Description:

1. F<sub>1</sub> walks puck off half-wall and shoots on G<sub>1</sub> using G<sub>2</sub> as a screen
2. F<sub>1</sub> then grabs a second puck below goal line and has three options:
  - Option 1 - walk out tight to the strong side and shoot tight post
  - Option 2 - pass to F<sub>2</sub> behind net who then can jam the puck or shoot far post
  - Option 3 - F<sub>1</sub> carries the puck inside the faceoff circle and passes to F<sub>2</sub> for backdoor play

### Key Points:

- G<sub>1</sub> must read the options F<sub>1</sub> begins to execute and react to the play
- Net awareness and depth is important
- G<sub>1</sub> must remain balanced and track puck all the way into body
- For Option 3, the potential for a pass interception is an option and so is the save
- For Option 3, G<sub>1</sub> should be aware of F<sub>2</sub>'s proximity to the crease before the pass

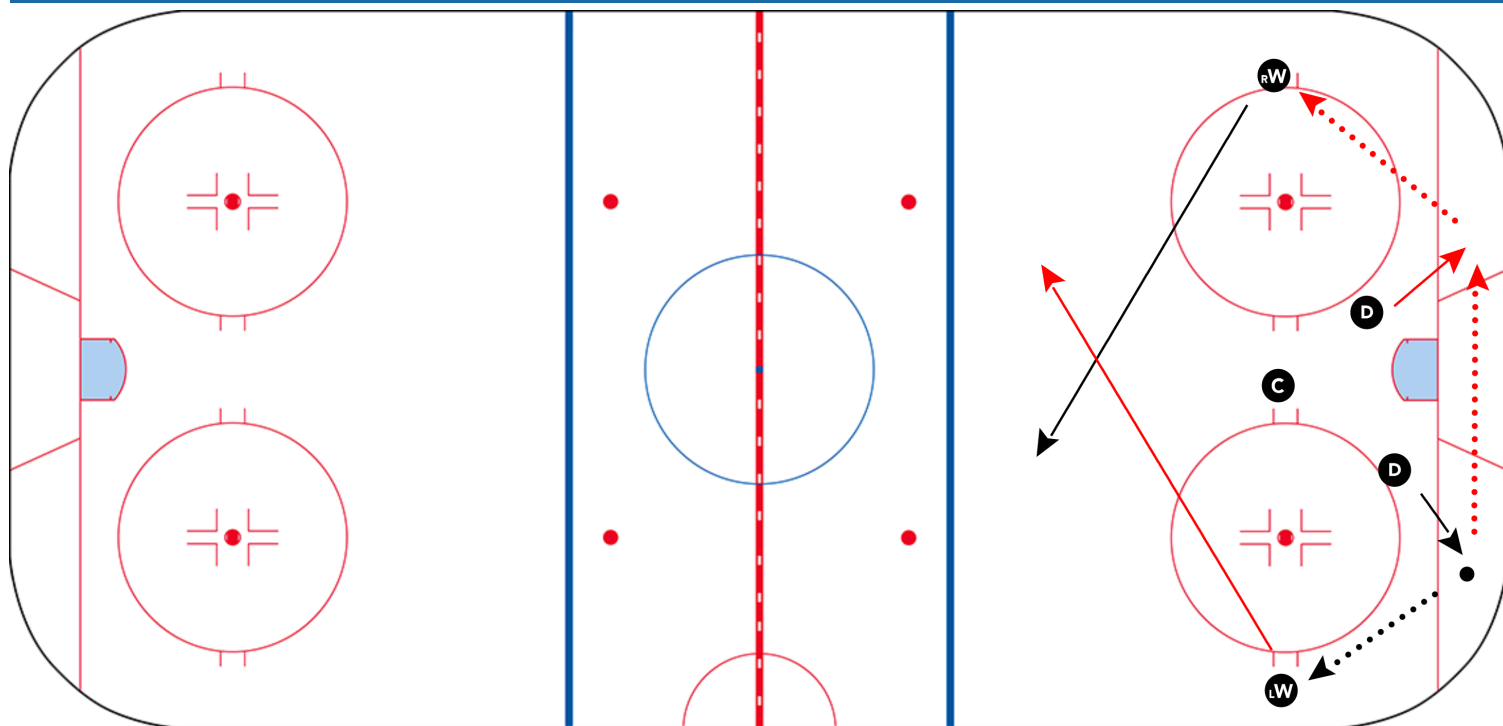
IMPORTANT: is positioned at the wall and will dictate which F<sub>1</sub> variation players will execute by calling the play to F<sub>1</sub> only.

**Description:**

- Pucks and players in middle of ice near blue line.
- © dumps puck in corner, three players follow puck, F 1 picks up puck and skates up wall, cycles puck for F 2, F 2 skates up wall and cycles puck for F 3.
- F 3 times the play and passes behind net to F 1, who skates around the net and passes out front for shot by F 2

**Key Points:**

- Communication, F 1 heads behind net to change the point of attack



**Description:**

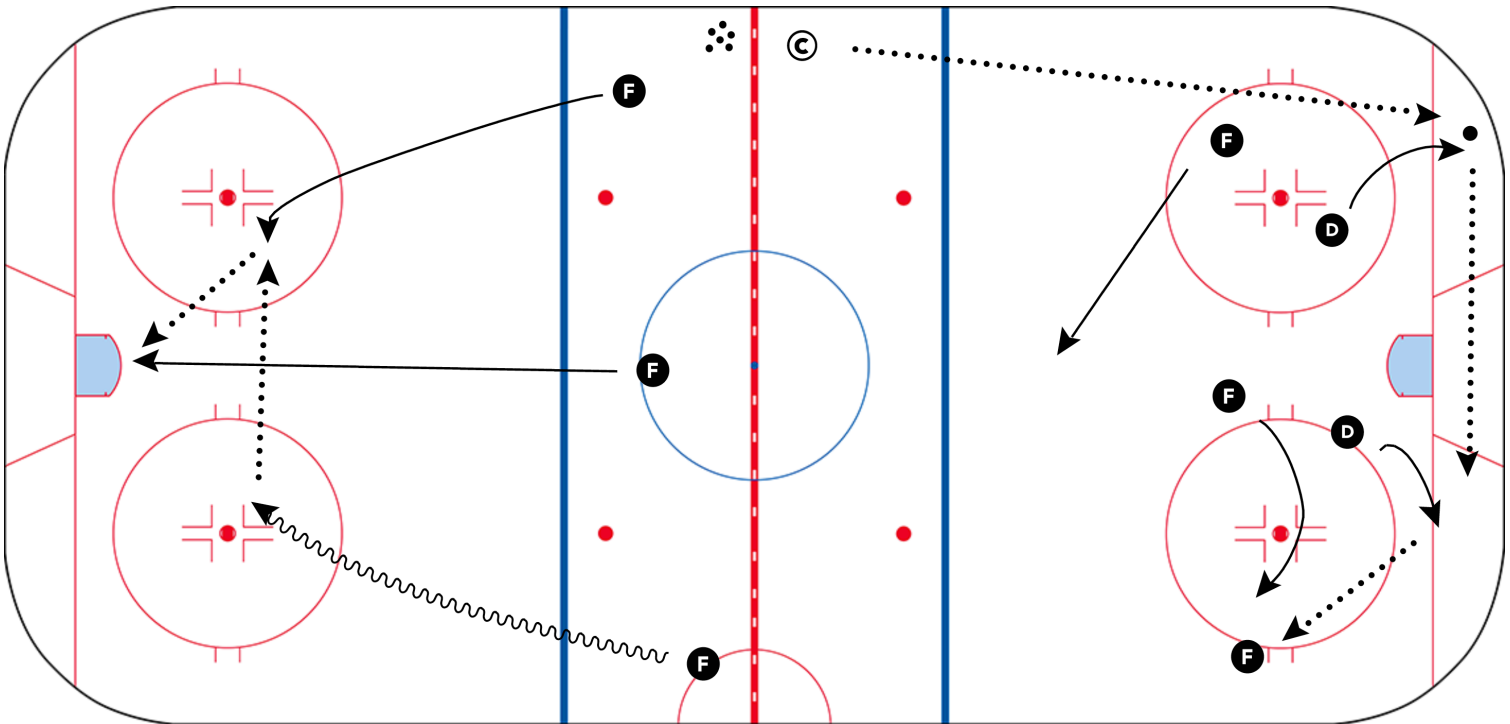
Quick Up: D immediately passes puck to strong side F

Over: D makes direct pass to partner for breakout weakside.

**Key Points:**

- C stays low in case of break down

- Weakside W supports the puck

**Description:**

Coach spots puck in the corner. Team must breakout and score in the opposite end as fast as possible. Cannot be offside and every player must touch the puck once.

Keep track of time needed to score. Slowest team gets extra skating.

**Key Points:**

- be efficient
- every player touches puck
- no offsidess