

CoachThem

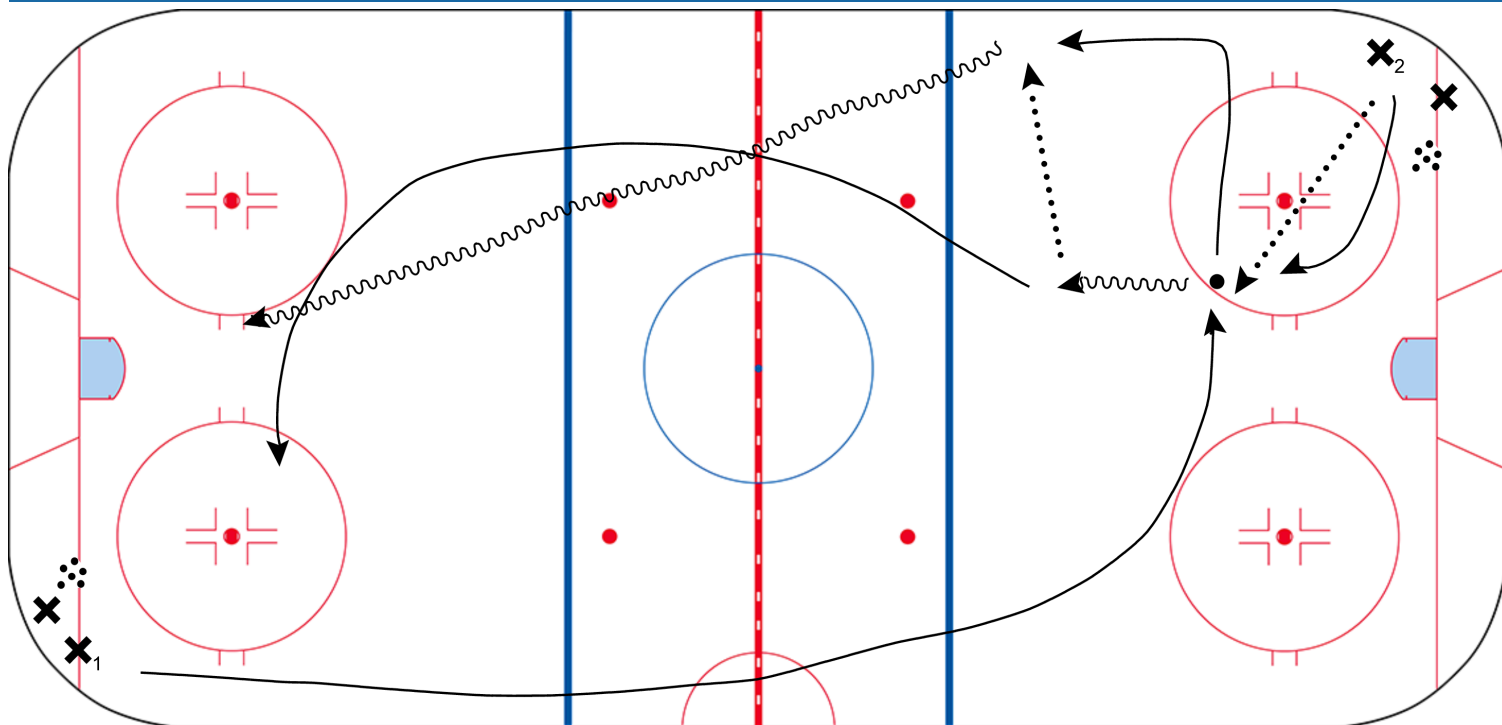
Name: Covid Skills #4

Practice No:

Duration: 73 min

St Louis - Give n Go

10 mins

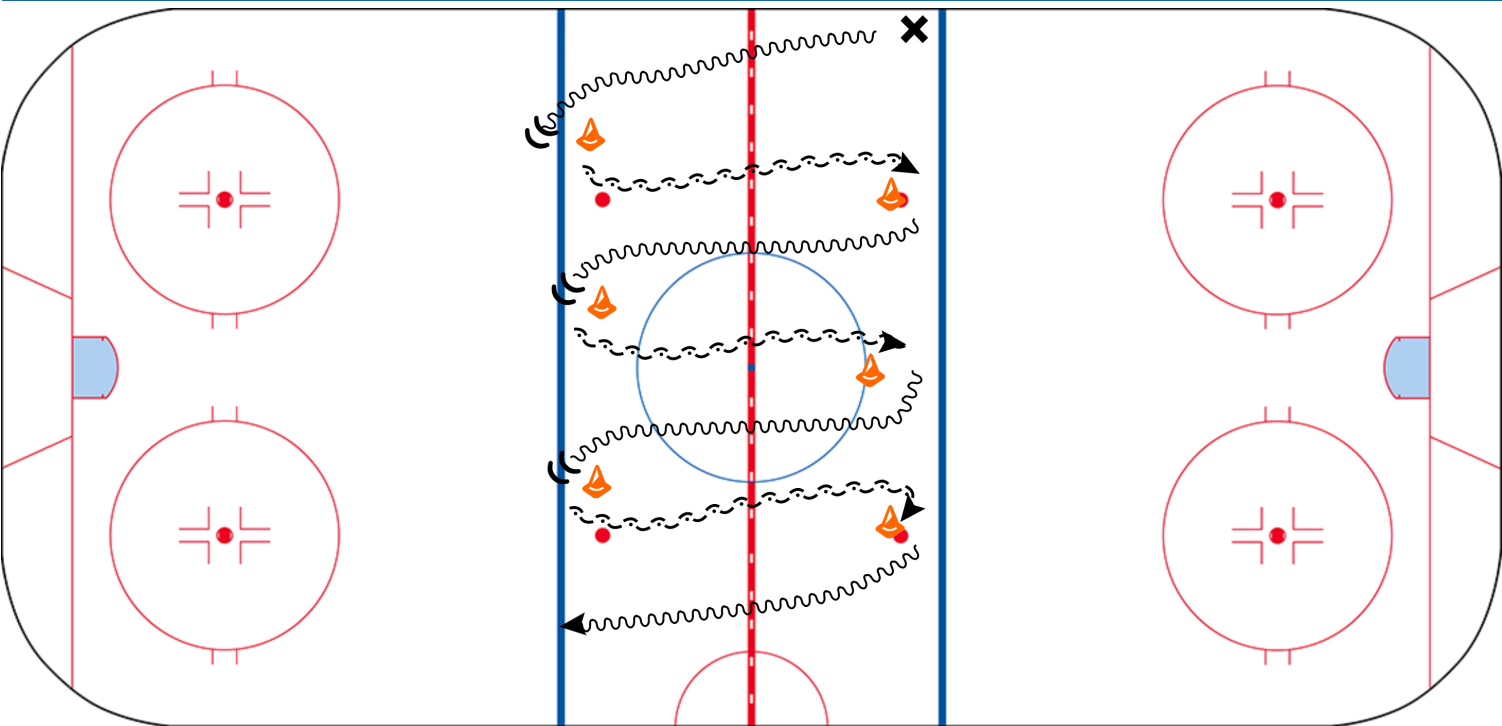


Description:

X1 skates and swing for pass from X2
X1 receives pass and leaves puck for X2
X2 picks up puck and passes back to X1
X2 repeats at other end.

Key Points:

- X1 must "save ice"
- X2 must pass in motion, not standing still.



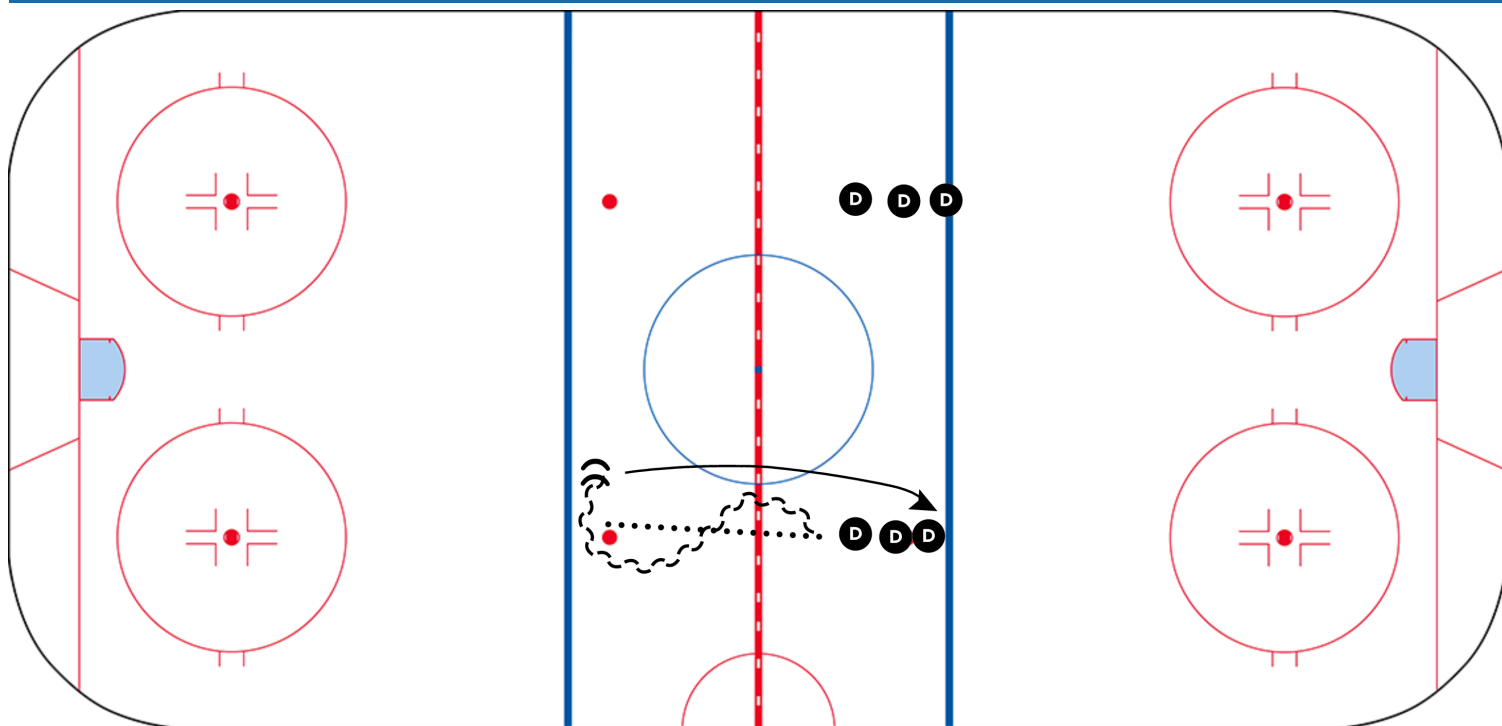
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Key Points:

- face up ice on pivot
- immediately begin quick crossovers on pivot

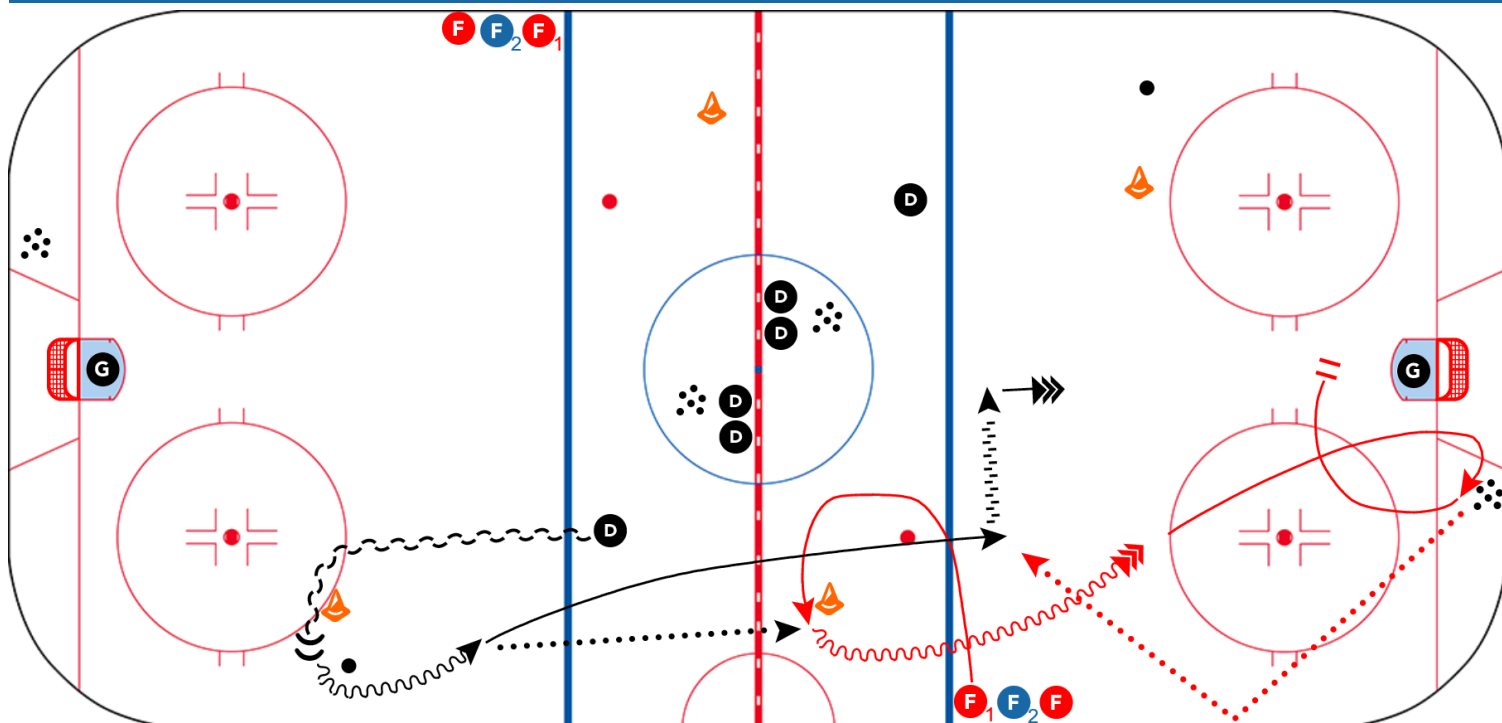
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 - immediately begin quick crossovers on pivot

**Description:**

- **D** Skates backwards using crossovers while giving and receiving passes with next player in line

Key Points:

- quick feet
- eyes up
- firm, accurate passes




Description:

- **D** backwards pivots retrieves puck, pass to **F** 1 inside dots
- **F** 1 shoot in stride, hide release point, after shot indirect pass low to high to **D** for 1T or slide blue & shoot
- **F** 1 head to net for screen & tip, depth is important

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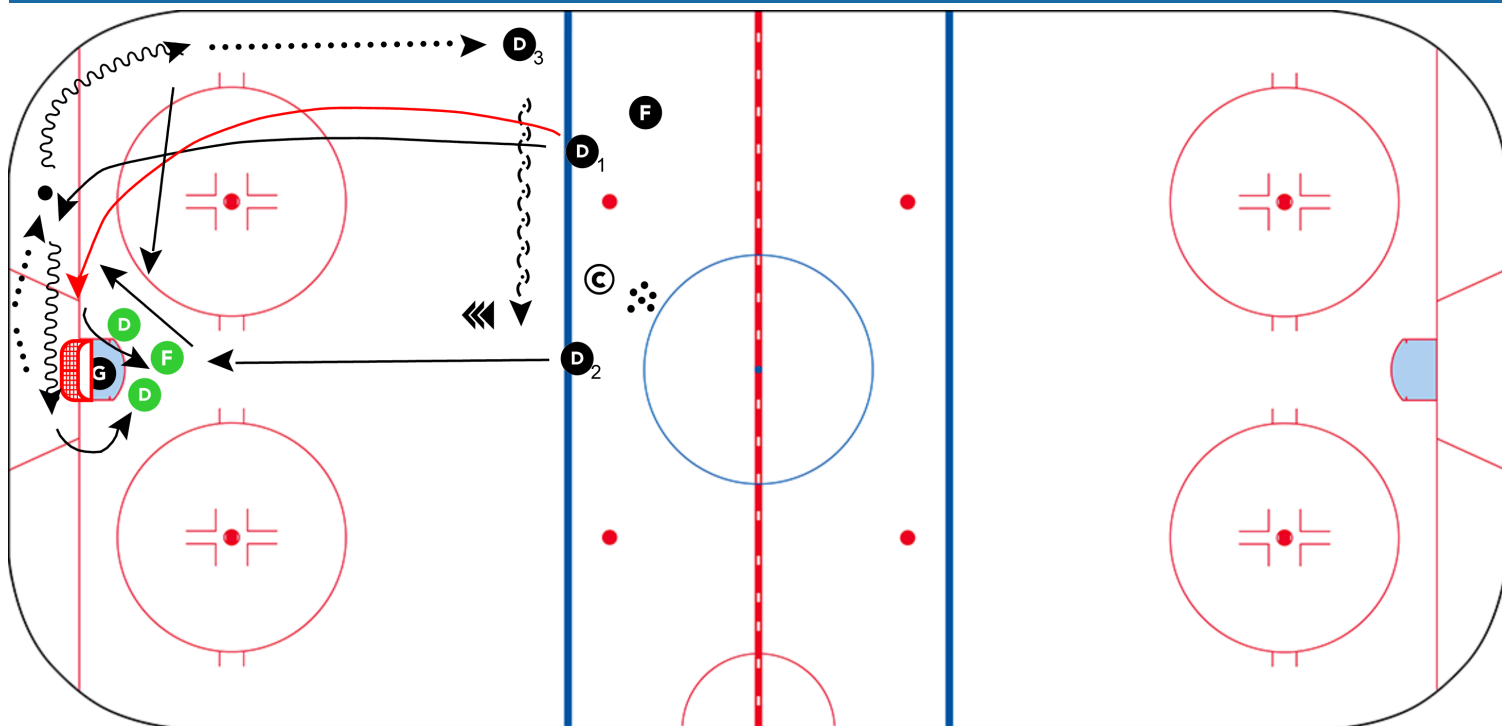
- Quick ups
- Playing with pace
-  support play inside dots through NZ

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- **D** support play inside dots through NZ

Variation B

- **D** repeats D up pass with **F** 2, **F** 1 tags up in middle, enter 2 v 0. On entry F can look for **D** on entry

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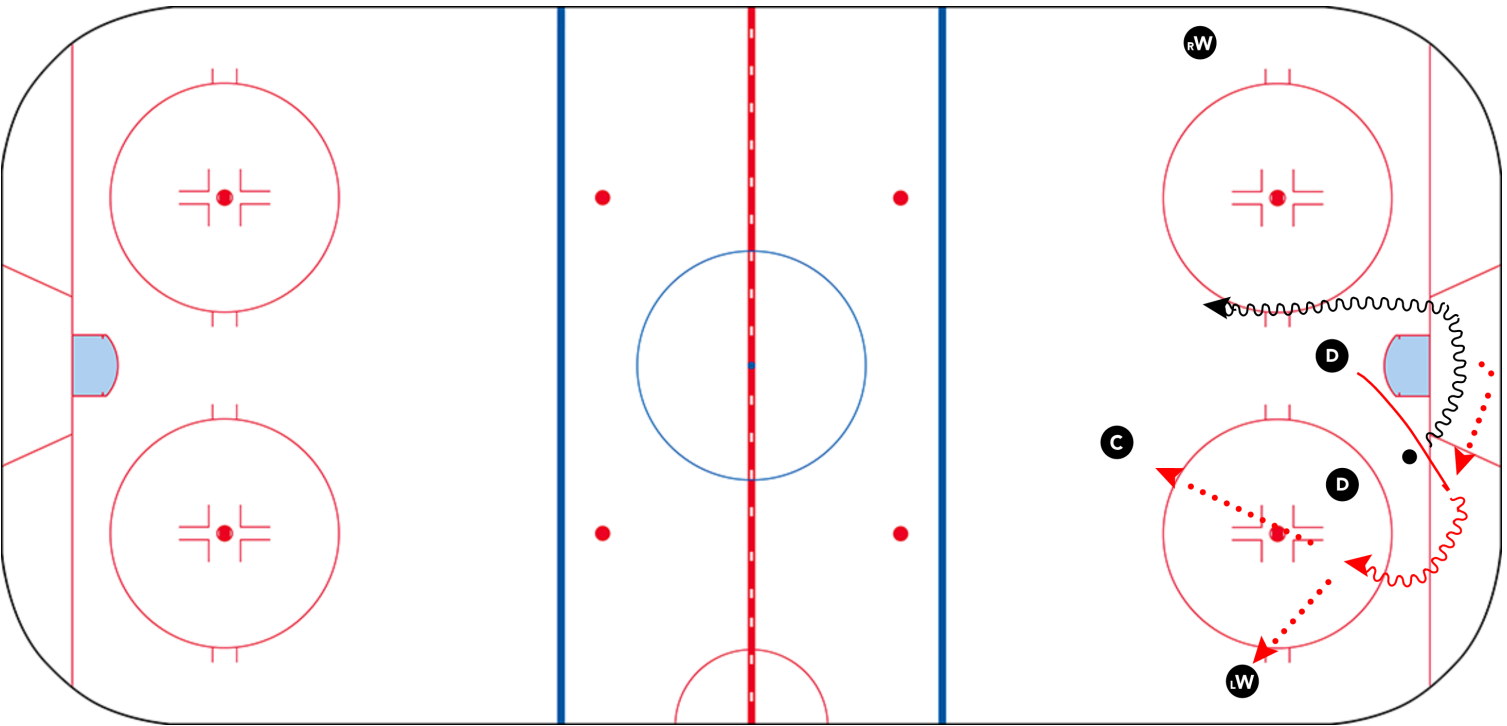
Coach spots puck in corner for D1 to retrieve with distanced pressure from F. D2 goes to net front. D1 reverses puck to D2 while drawing distanced pressure from F away from puck. D2 passes to D3 who walks blueline for a shot. F goes to high slot for tip option.

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Key Points:

- Timing
- Read & react
- Communication

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Description:

Wheel: D carries puck around net, up thru the middle

Reverse: D drags forecheck to one side and reverses puck to partner supporting

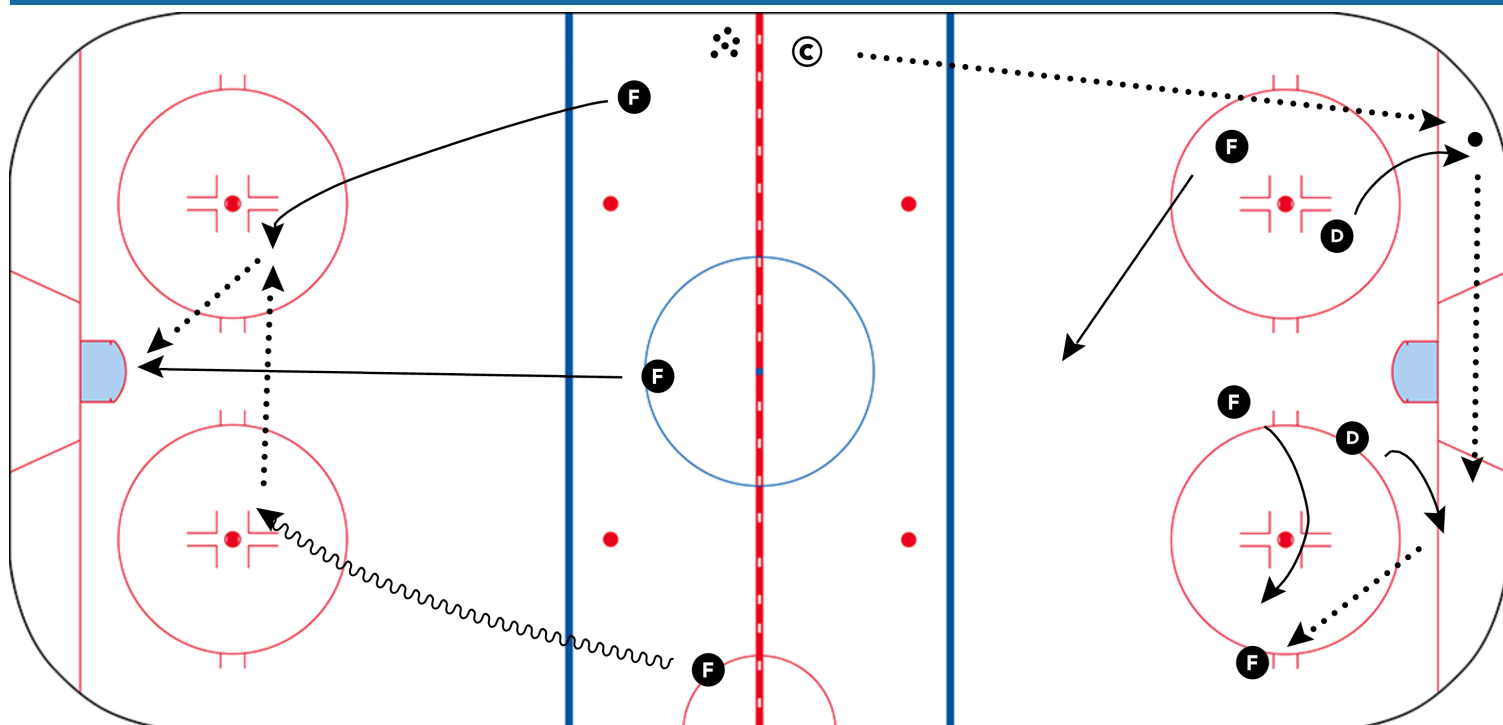
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**Description:**

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.

Key Points:

- be efficient
- every player touches puck
- no offside