

CoachThem

Name: Covid Skills #7

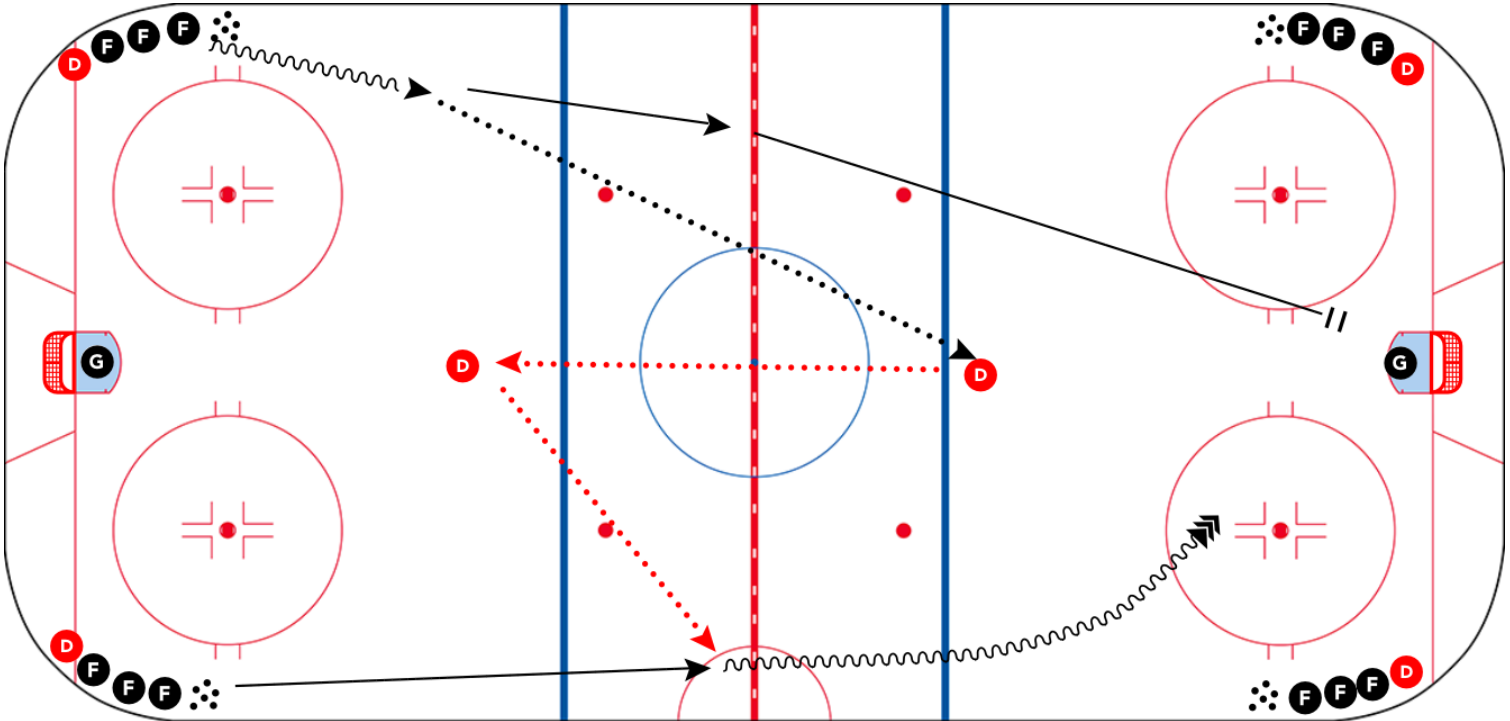
Dec-20-2020

Practice No:

Duration: 58 min

Boston Warmup

10 mins



Description:

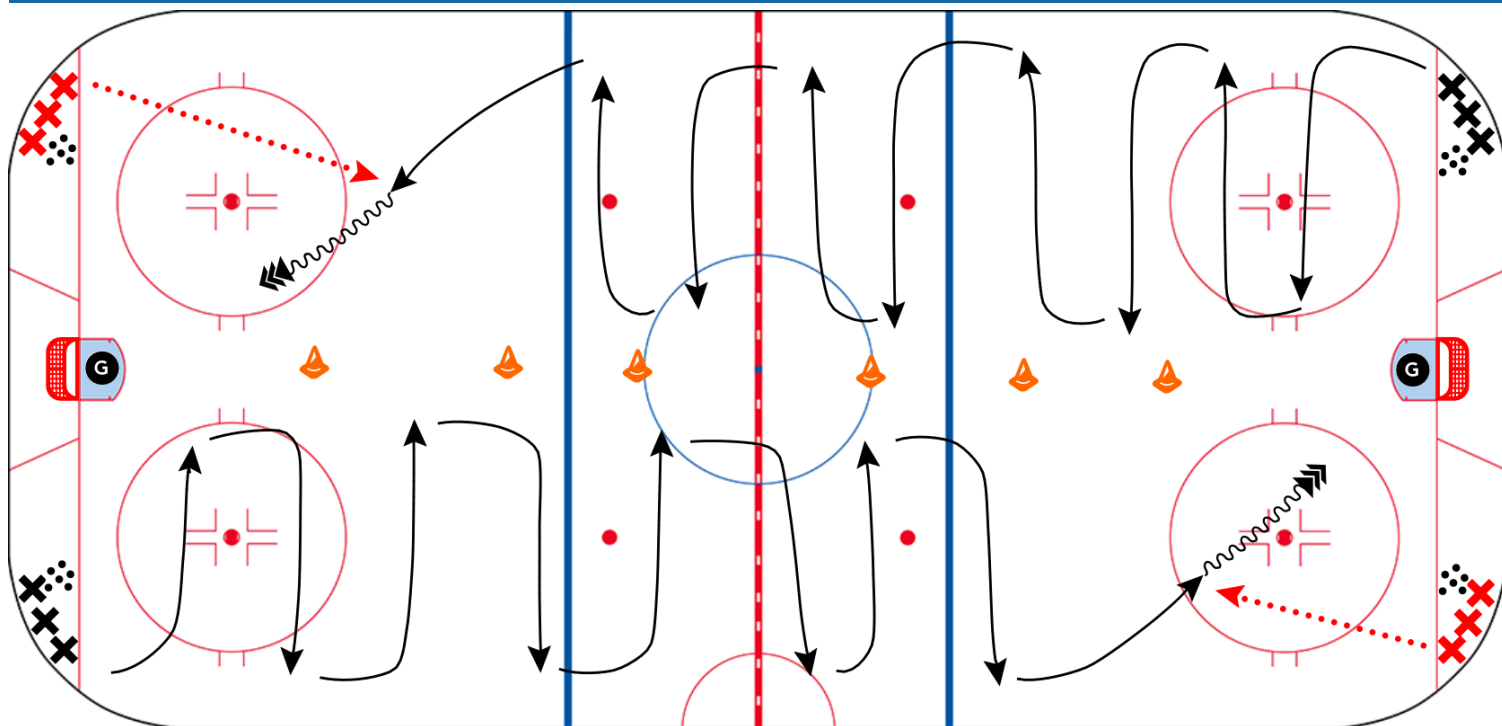
- **F** leaves skating with a puck, passing it to the far **D** man
- **D** passes the puck across to the other **D** then passes to the **F** skating wide down the ice
- **F** shoots the puck trying to score or create a rebound for the other **F** driving the net

Key Points:

- One end at a time
- Clean hard passing
- The shooter has to shoot the puck at the face-off dot
- Try to create rebounds

Part 2

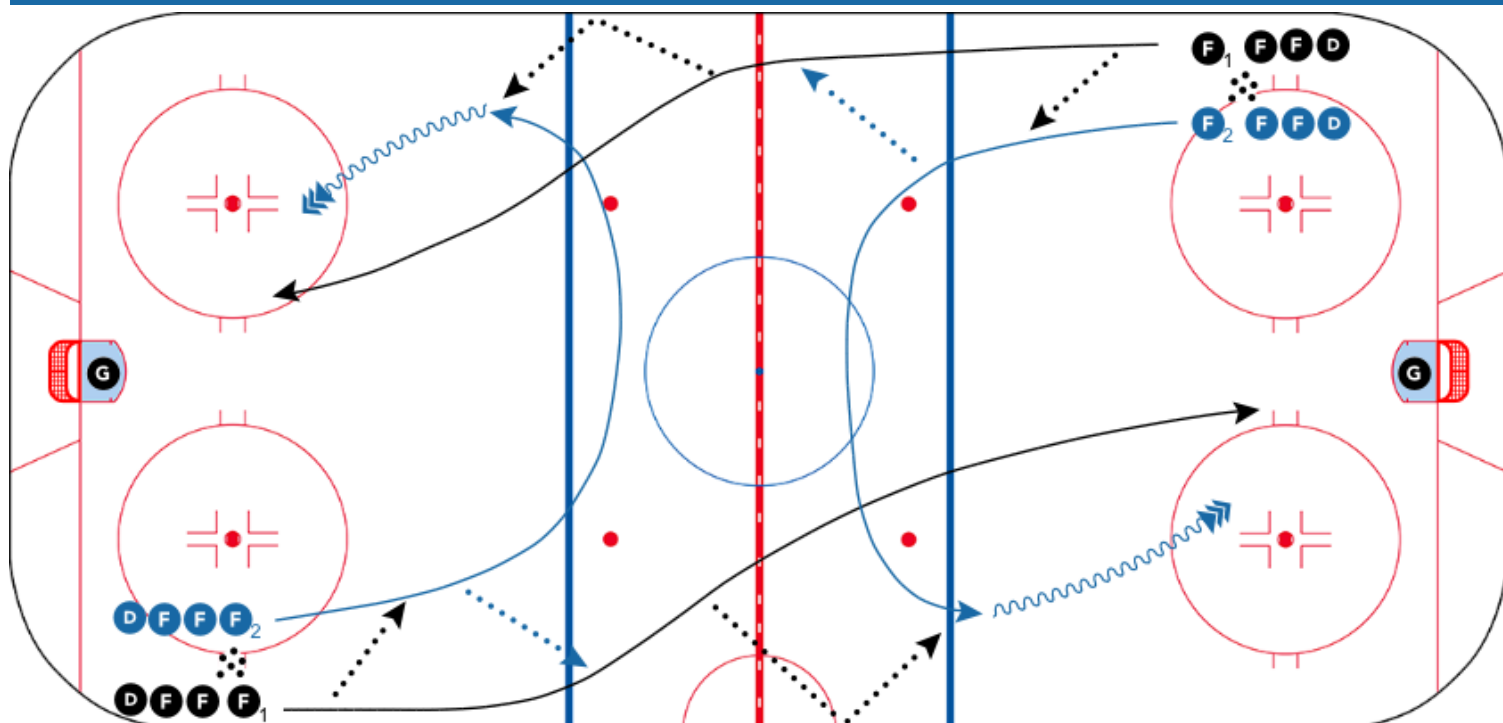
- the forward with that received a pass from the **D** **RED** can make a high pass after crossing blue-line

**Description:**

- Opposite corners run at the same time
- Players start drill, using only their inside edge. Rotate the upper body (head) first and the bottom will follow
- While the player is turning, they're only using the inside edge of their outside foot (one leg). Shoulders square to the board
- Run 6-7 turns down the ice. Option to add a pass at the end for a shot

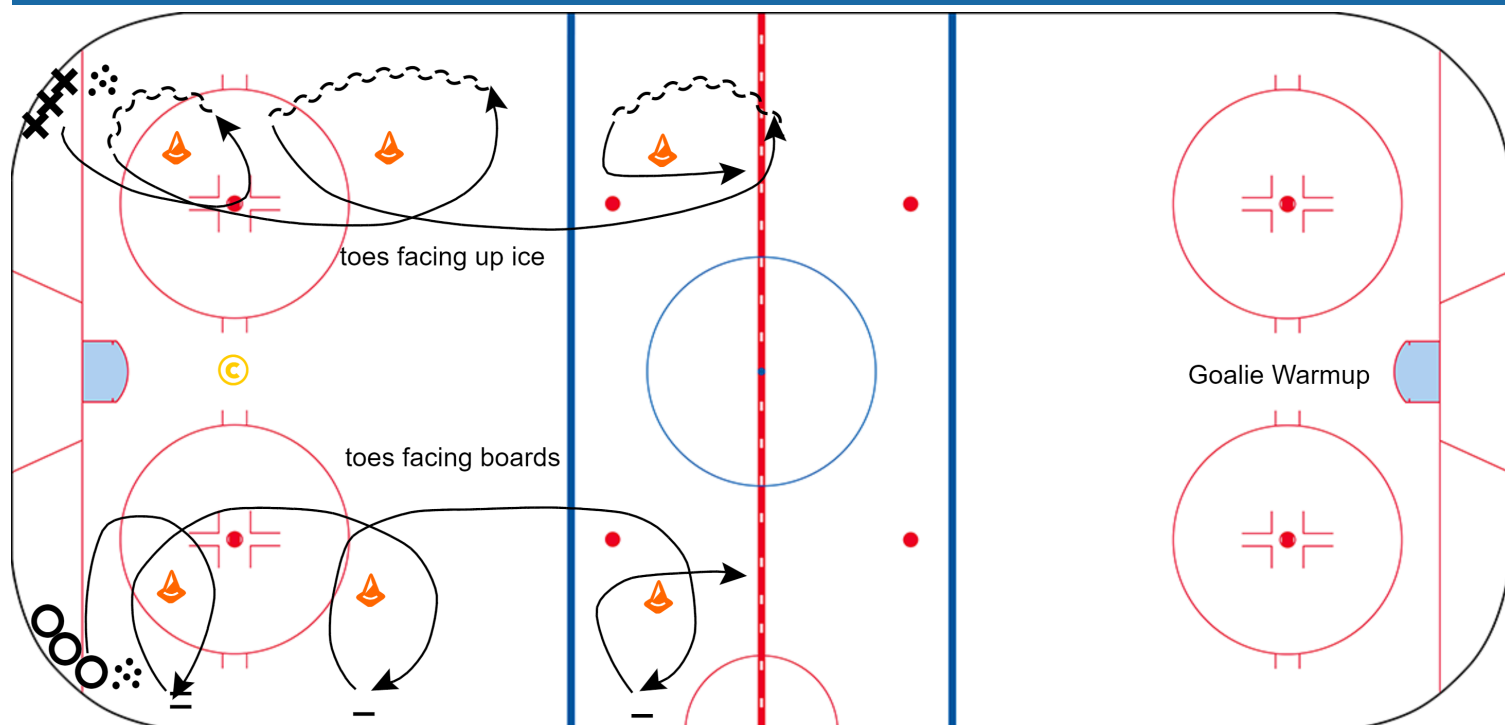
Outside edge

- Same as previous sequence, but player uses their inside skate and outside edge to turn



Description:

- Both side leave at same time on Whistle
- **F** 1 and **F** 2 leave together with a give and go
- **F** 1 chips puck to **F** 2 from the opposite end line
- **F** 2 skates in and shoots, **F** 1 drives the net , middle lane for a rebound

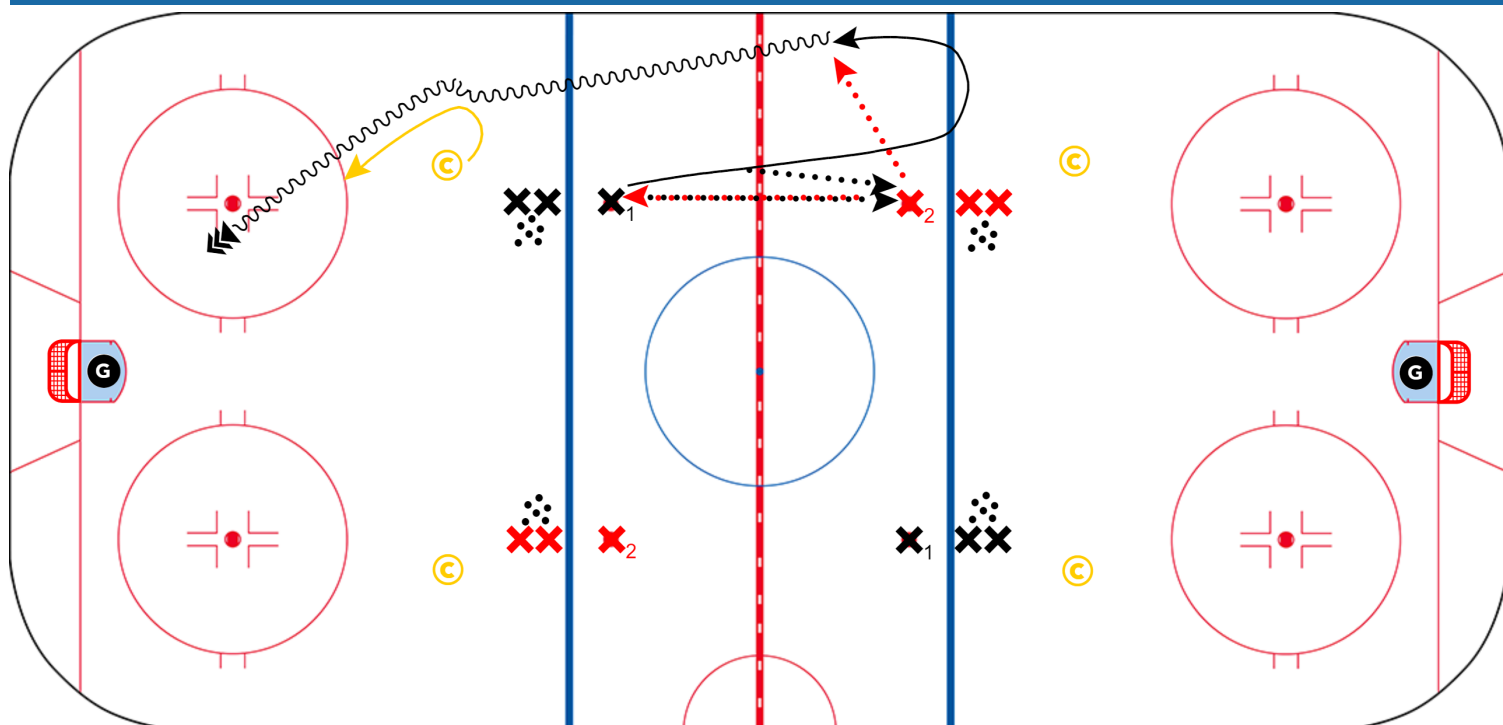


Description:

- Players start in corner
- Skate to first pylon, turn towards boards. Stop at boards, and accelerate out with 2 - 3 quick crossovers to next pylon and repeat
- Repeat with toes facing up ice entire time, grab ice and reach inside to accelerate out turn from backwards to forwards.
- Repeat with pucks.

Key Points:

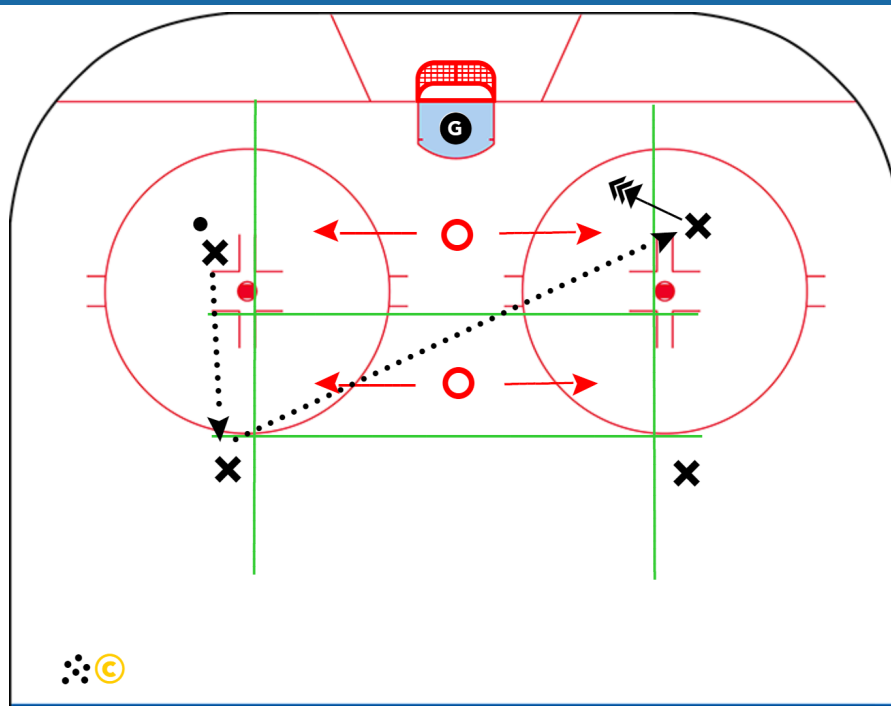
- Toes around, accelerate out
- Toes up ice as much as possible

**Description:**

- X 1 pass to X 2, they pass back and forth and X 2 ends up with puck
- X 1 opens up to receive the pass on the wall
- X 1 builds speed into the zone and get's entry pressure from the coach
- Attack the coach with the power push (high speed) and go in for a shot on net
- Opposite sides run drill at the same time

Key Points:

- Use body to shield puck from the coach
- Coach should vary the depth and length of pressure. Sometimes quick and high in zone, others low all the way to the net.

**Description:**

- 4 vs 2 keep away game in zone
- Mark lines with an ice or bingo marker to define player zones
- Coach spots puck for offensive team **X** to play keep away against **O** and try to score
- Add in rules like, must make 5 passes before a shot
- Keep score and make it competitive!

Key Points:

- Fun game to play to work on creating space in a tight area and opening up or a pass
- Defence must have active sticks and keep play away from the middle shot lanes