

Drill of the Week

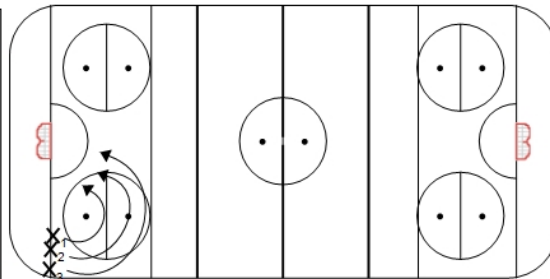


Title : Goalie Scramble Game Category #1 : Game Category #2 : Shooting

Description

X1 shoots and goes to opposite post.
X2 shoots: if there's a rebound then X1 and X2 can play it. They are allowed 1 shot and 1 pass.
X3 shoots: if there's a rebound all can play it; still only one pass and one shot.
If no goals are scored: three shooters skate hard to far blue line, back to red line, hard to far blue line and then back to the goal line.
If 1 or more goals are scored, then the shooters don't have to skate. They simply return to their line.

This is a fun little competition of goalies vs skaters. Depending on what you want to focus on can modify your rules. You can allow skaters to deke, or no dekes. You



Key points : Shoot for mesh Be ready for a rebound Fakes Compete!

1-2-3 Challenges –

Any level – Active Start should start without any D, then progress to a coach D, then other players. Game situations are great for practices as you can stop the play and work specifics or provide feedback after a group has gone.

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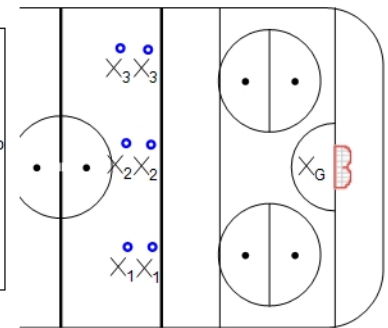
Week 3: Holiday Break is around the corner!

Goalie Scramble Game– any level – but modify the distance of skating required or number of goals scored for younger groups; great for challenging shooters and having goalies work on tracking the ring/not giving up rebounds; makes sure everyone is paying attention.

Title : 1, 2, 3 Challenges Category #1 : Offense Category #2 : Defence

Description

Have the players line up in three different lines. Ensure these lines are "labelled" and everyone is clear what line is labelled what
An instructor in each end will call out at least 1, 2 or 3 numbers/labels etc.
The first number called will be the player that will take the ring (make sure to pass over the blue line)
The players will go in and take a shot (tell players that they can pass the ring to each other)
After a shot is taken, those players will play defence and the coach will call out a new set of numbers to go in to play offense against the defence (offense to defence to back in line)
Instructor call numbers to have 1 v 1, 1 v 2, 2 v 2, 3 v 3, etc.



Key points: Offense Game Like Situations
Defense Decision Making