

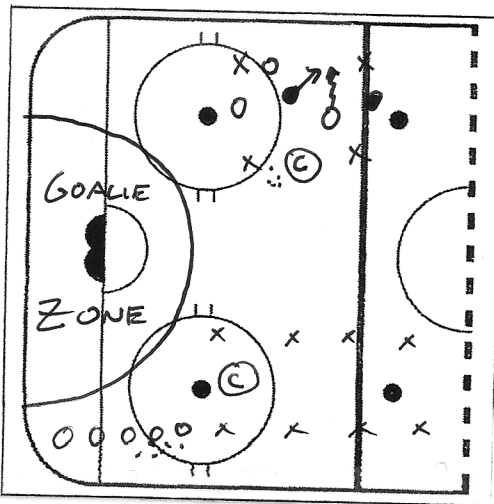
Week #: 23	Date: 5 Apr 14	Team: PW6 - Titans
Place: Carleton	Time: 1030	Comments: w/PW1

THEME = PASSING AND SHOOTING

In-Betweens – Hot Dog Rolls

Warm-Up – Full Ice
 Half-Ice - Goalie Zone **and** Get Open Drill **and** Puck Handling
 Three Pass to Slot Shot **and** Circle Passing
 SAG – 3 v. 3 Circle Shooter
 Races (Relay, Multi-Stick)

TIME: 5 **NAME:** Get Open Drill

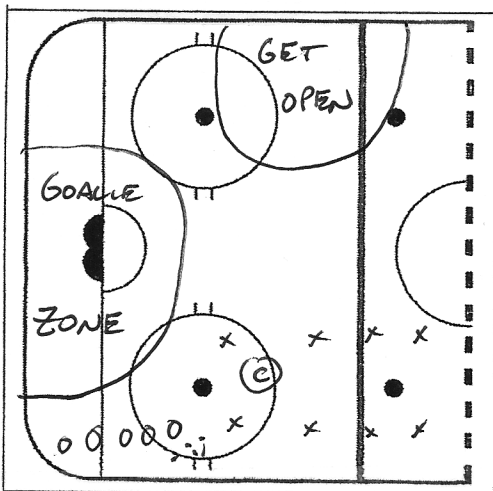


Goals: Improve ability to support puck (get open) in small space

Emphasize: – Keep feet moving to find open ice
 - Defender – stick on puck and take away passing lane

1. Played in small space defined by boards and cones
2. Two offensive players are trying to pass and receive while defender is attempting to steal the puck
3. Both offensive players must keep feet moving
4. If they fail to pass within 3 seconds, coach stops and defender gets a point.
A completed pass = 1 pt. supporting middle ice

TIME: 5 **NAME:** Puck Handling



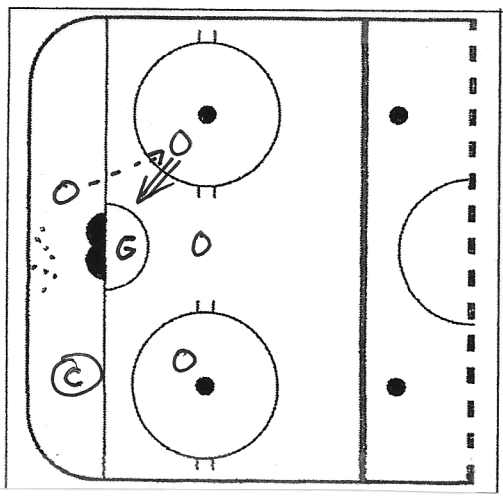
Goals: Improve puck handling around obstacles

Emphasize: – proper puckhandling stance
 - Quick hands, quick feet

1. Coach places cones in a pattern
2. Players work through cones using narrow and wide combinations:
3. Progressions – weave through pylons;
 - feet stay on one side -
 - puck on other;
 - toe drags;
 - two pucks
 - tight turns

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TIME: 5 **NAME:** Three Pass to Slot Shot

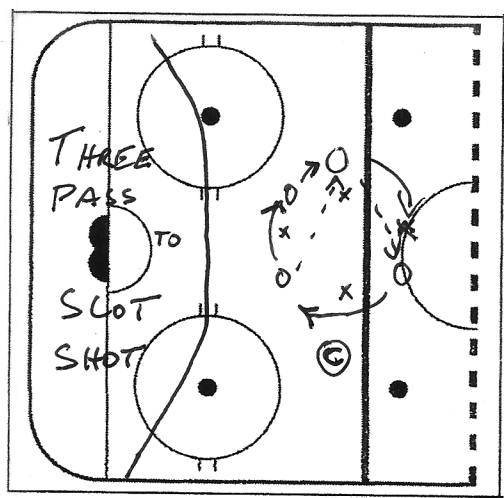


Goals: help goalies read and react to puck from behind the net

Emphasize: – Looking over shoulder –
 – T-push to line up on puck
 – Not rapid fire – players allow goalie to set up between shots
 – players must communicate

1. Three (or four) players in the slot
2. One player has pucks behind net and passes to any of the three for the shot
3. After each player shoots once, rotate and switch passer
4. Give goalie a break between rounds
5. Progressions – rebounds live; one pass after the rebound.

TIME: 5 **NAME:** Circle Passing



Goals: Improve passing in motion – leading the receiver

Emphasize: – proper puckhandling stance
 – Quick hands, quick feet
 – communication

1. Coach places cones to define a circle
2. Start with one puck. *Players skate circle*
3. Players must continuously be in motion
4. Players must lead the receiver and communicate
5. When ready, add a second puck