

Hockey Drill Planner – Half Ice Edition

Week #: 17	Date: 9 Feb 14	Team: TITANS : PW 6
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By: Page One

• WARM-UP (TBD)

- GOALIE ZONE AND 2 F 1 D BREAKOUT
- PAIRS PASSING TRANSITION TO 1 V. 1
- QUEEN OF THE COURT AND BEEHIVE GAME
- SAG : 3 V. 2 (TIME PERMITTING)
- SAG : SHOOT OUT SHOWDOWN

IN-BETWEENS : PARTNER PULL

<p>Drill Name: GOALIE ZONE AND 2 F 1 D BREAKOUT</p>	<p>Goals: <u>INTRODUCE</u> : BREAKOUT FROM D TO F, TO F₂ <u>REFINE</u> : DEFENCE PUCK RETRIEVAL : PASSING</p> <p>Emphasize: "LOOK-MOVE-LOOK-PASS" • SAFE ANGLE TO RETRIEVE PUCK (DEFENCE)</p> <ol style="list-style-type: none"> 1. (O) DUMPS PUCK LOW 2. Δ (DEF) RETRIEVES PUCK WHILE O₁ + O₂ GET IN POSITION ON BOARDS + SUPPORTING MIDDLE ICE 3. Δ MAKES PASS TO O₁ 4. O₁ PASSES TO O₂ 5. BOTH SIDES AT ONCE
<p>Drill Name: PAIRS PASSING TRANSITION TO 1 V. 1</p>	<p>Goals: <u>REFINE</u> : PASSING : 1 V. 1 OFFENSIVE + DEFENSIVE SKILLS</p> <p>Emphasize: "L-M-L-P" OFFENSE - MAKE MOVE, GET A SHOT DEFENSE - CONTROL GAP, FORCE ATTACKER OUTSIDE</p> <p>Additional Notes</p> <ol style="list-style-type: none"> 1. PLAYERS PAIR PASS UP BOARDS 2. AT LAST PYLON, INSIDE PLAYER PIVOTS AND PLAYS OTHER PLAYER 1 V. 1 (F.V. D.) 3. ALTERNATE ROLES AND SIDES 4. ONE SIDE AT-A-TIME

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<p>Drill Name: SAG :</p>	<p>#: QUEENS OF THE COURT</p>
	<p>Goals: PUCK PROTECTION; PASSING (PUCK SUPPORT)</p> <p>Emphasize: BODY POSITION - STICK ON PUCK - FIND PASSING LANES</p> <p>Additional Notes - PLAYED 2 V. 2 - KEEP AWAY WITH PARTNER - 30-45 SEC SHIFTS - WHEN WHISTLE GOES, TEAM WITH PUCK STAYS (QUEENS), NEW CHALLENGERS</p>
<p>Drill Name: SAG</p>	<p>#: BEEHIVE GAME</p>
	<p>Goals: READ + REACT IN TRAFFIC FOR GOALIES (AND PLAYERS)</p> <p>Emphasize: PLAYERS → HEADS UP → BE RANDOM GOALIE → FIND + TRACK PUCK QUICKLY</p> <p>Additional Notes 1. FIVE PLAYERS W/ PUCKS SKATE IN CIRCLE; ANY DIRECTION 2. COACH CALLS PLAYER NAME OR NUMBER; PLAYER LEAVES CIRCLE, SHOOTS ON NET 3. AFTER SHOT, PICK UP NEW PUCK, BACK TO CIRCLE 4. COACH HAS TO WAIT FOR GOALIE TO BE SET.</p>
<p>Drill Name: SAG</p>	<p>#: 3 V. 2.</p>
	<p>Goals: OFFENSE - PASSING - PUCK SUPPORT DEFENSE - ANGLE; COVERAGE; CLEARING PUCK</p> <p>Emphasize: OFFENSE - FIND PASSING LANES - PRESSURE LOOSE PUCK DEFENSE - CLOSE GAP - STICK IN PASSING LANE - <u>HARD</u> CLEARING SHOTS</p> <p>Additional Notes 1. COACH PUTS PUCK LOW: GAME ON! 2. DEFENSE DEFENSE GET PUCK TO BLUE LINE = 1 POINT. 3. OFFENSE SCORES = 1 POINT.</p>

4. 30-45 SEC SHIFTS
5. 3 F (O), 2 D (A)