

Week #: 18	Date: 15 Feb 14	Team: PW6 - Titans
Place: BSP	Time: 7 am	Comments: w/PW4 - Ninjas

THEME = COMMUNICATION

In-Betweens - Shooting

Warm-Up

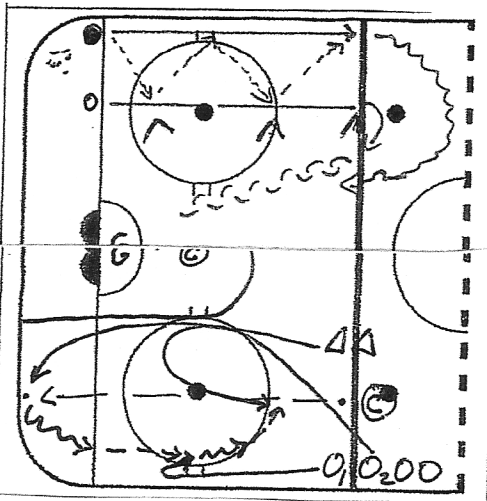
Review from 9 Feb – Breakout/Pairs Passing Transition to 1 v 1 (at same time)

Sweep the Porch (see attached) and Passing (Passing for Points; Queen of the Court)

End-Zone 3 v 2

Final SAGs (Options – Rebound Game, Crossover Race (see attached), 1 v 1 in the Box)

TIME: 5 **NAME:** 2F 1 D Breakout



Goals: Refine - Breakout from D to F1 to F

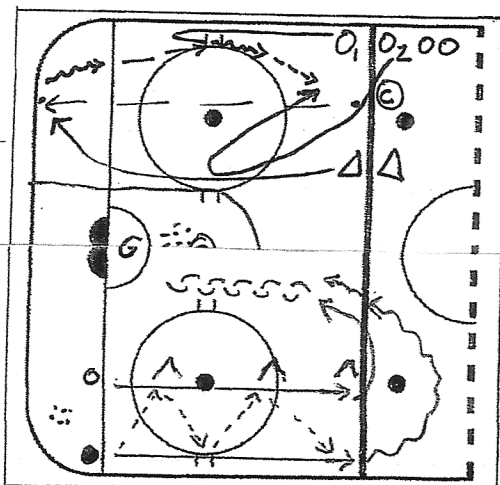
- Defence Puck Retrieval
- Passing

Emphasize – “Look-Move-Look-Pass”

- Call name of player passing to
- Safe angle to retrieve puck

1. Coach dumps puck low
2. Defence retrieves puck while O1 get in position on boards and O2 supporting middle ice
3. Defence makes pass to O1
4. O1 passes to O2
5. All three exit zone

TIME: 5 **NAME:** Pairs Passing Transition to 1 v 1



Goals: Refine – Passing

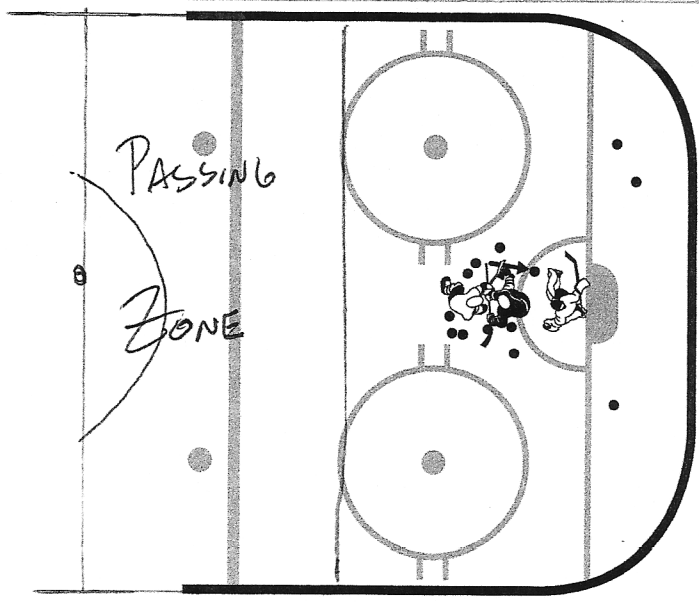
- 1 v 1 Offensive and Defensive Skills

Emphasize – “Look-Move-Look-Pass”

- Call name of player passing to
- Offense – make move, get a shot
- Defense – Control gap; force attacker outside

1. Players pair pass up boards
2. At last pylon, inside player pivots and plays other player 1 v 1 (F vs. D)
3. Alternate roles

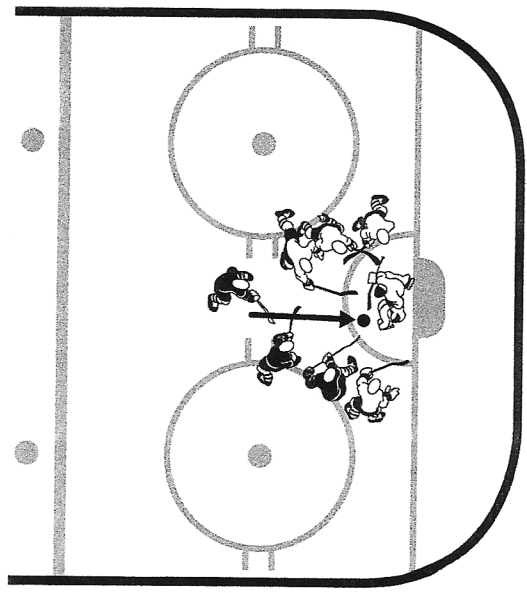
2/2



1-on-1 Sweep The Porch

Place a handful of pucks in front of the net. The defenseman turns his/her stick over so the butt end is on the ice. The forward tries to shoot the pucks into the net one at a time while the defenseman tries to stop him. The game ends when all the pucks have been used.

NOTES/COMMENTS
Develops solid 1-on-1 play.



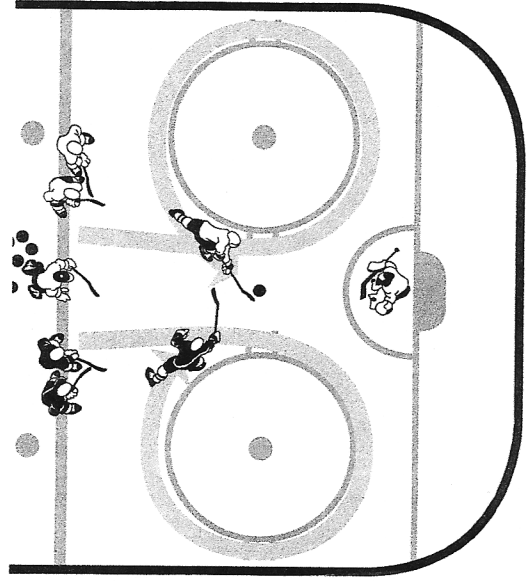
Rebound Game

Place five or more players around the net and crease area and one player at the top (between the hash marks and the top of the circles). The player at the top is the shooter. The shooter tries to score while the others try to score on the rebound, if any. The game is played to 10. If the goalie covers the puck or the puck goes wide and past the goal line, the goalie gets a point. Each time the goalie earns a point, the players rotate around the crease area.

OR OUT OF PLAY AREA
shot

Rebound = 1 Pass + 1 Shot

NOTES/COMMENTS
Fun way to end practice at one or both ends.



Crossover Relay Race

Designate two teams. On the whistle, a player from each team skates using crossovers around the circle one complete time and race for the open puck. The first player to the puck tries to score. The other player back checks, trying to prevent a score. Whichever team scores five times first wins. A new puck is placed in the middle each time.

NOTES/COMMENTS
Develops crossovers at a high tempo.