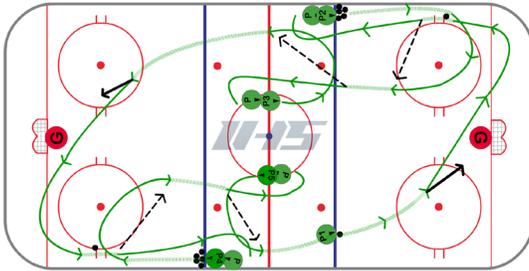


Full Ice Midget Practice #3

Age Level: Midget | Emphasis: high tempo 1 on 1's and 2 on 1's.

DOUBLE SWING FULL ICE FLOW DRILL



My Notes

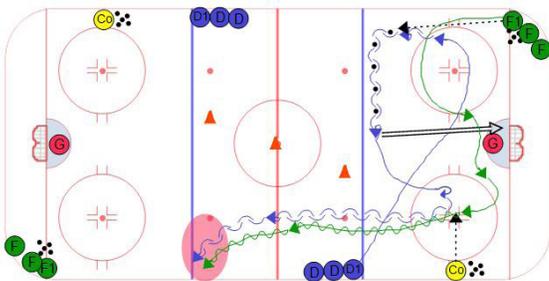
Setup

To start the drill have a player (P1) start at the blue line with a puck. On the whistle they go in and take a shot on net. After the shot they will go to the far corner and turn up ice. P2 will carry a puck down the wall and leave a puck for P1. P2 will turn towards the inside, face the puck, and receive a pass back from P1. P1 they goes to the end of the line where P2 started. As P2 starts to face up ice then P3 will swing towards the outside of the ice, face P2, and receive the pass from P2. P3 then goes down and takes a shot on net and continues into the corner. P3 now becomes P1 and goes to the corner before turning up ice to get a puck left by P2.

Coaching Points

- » When receiving passes players should always face the puck.
- » Timing is key, have players be patient and not get too far ahead.
- » Emphasize horizontal passes, not vertical passes.

SHOOT AND SHADOW 1 VS. 1



My Notes

Setup

Set up the hockey drill as shown in the diagram with pucks in the corner with the forwards and with the coaches along the wall. On the whistle the defense will skate across the ice and transition around the face off dot. The first forward in line will make a pass to the defense as they transition backwards. The defense will control the puck and walk the puck to the middle of the ice for a shot on net. The forward that made the pass follows the pass up the half wall and once the defense reaches the middle of the ice they skate towards the net hunting a rebound. After the shot the forward becomes the center in the breakout and provides an outlet pass for the coach on the wall. The forward needs to try and stay inside the dots and receive a flat (horizontal) pass from the coach on the wall. The forward wants to create separation from the defense so they have time and space coming out of the zone. If the forward gets too far ahead of the play and is looking back for the pass, then the defense can step up.

Coaching Points

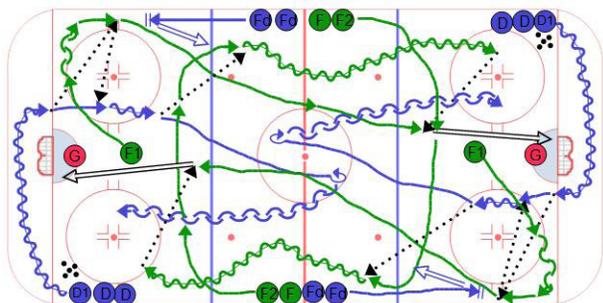
- » Defense needs to control puck as they walk the line with their head up.
- » When they shoot look for the forwards stick.
- » Forwards need to show stick blade as target for shot from defense.
- » After shot defense needs to gap up and take away space.



Full Ice Midget Practice #3

Age Level: Midget | Emphasis: high tempo 1 on 1's and 2 on 1's.

CRASH 2 ON 1



My Notes

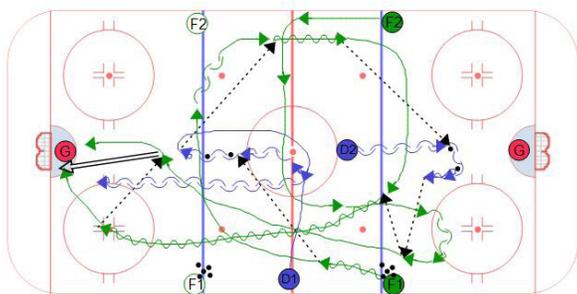
Setup

There are several points of emphasis in this hockey drill. First, it allows wingers to get familiar with another option when receiving a breakout pass along the boards. So many times the wings try to force the puck up the boards when there is pressure coming from the point. The defense in this drill provide support so the wings can give a pass back the defense. After they make that pass they try to beat the pressure up the ice to create an odd man advantage. The weak side forward needs to time their route to the middle so they are available for a pass from the defense and occupy the space vacated by the player applying pressure. The attacking forward can then read the ice as they attack the defense from the other side. Fd, after applying pressure becomes the backchecker. You can run this hockey drill out of both ends if you have enough players.

Coaching Points

- » Face puck when looking to receive pass from defense.
- » Defense be ready for return pass.
- » Center stay patient and have good timing for pass from defense.
- » Winger has to hustle up ice to create 2 on 1 after making pass.

SPEED 2 ON 1



My Notes

Setup

To set up the drill place four equal lines at the blue lines along the boards. In this diagram the F1 lines will have the pucks. The drill start with the defense jumping into the center of the ice, transitioning backwards, and calling for the puck from F1. F1 takes a couple of strides with the puck and makes a pass to D1. D1 controls the puck as they are skating backwards and transitions up ice using an escape move if they desire. F1 continues with speed to be an outlet on the opposite side of the ice while F2 times their break into the center of the ice so they can be a middle outlet as the defense turns up ice. D1 can pass to either F1 or F2 in transition. The forward that receives the pass then makes a pass to D2 for another regroup. After this regroup the forwards go against D1 in a 2 on 1 towards the other net.

Coaching Points

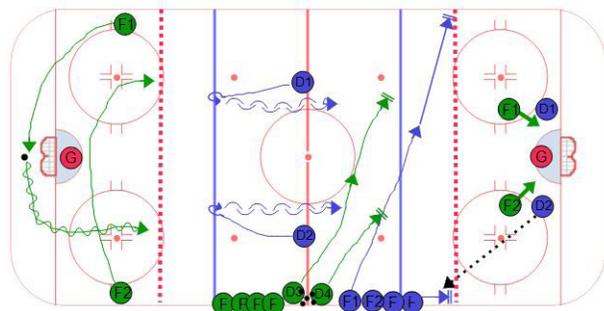
A couple of things for the players to work on in this drill. First, good 2 on 1 habits for both the forwards and defense. The defense should try to keep the forwards to the outside while still making the pass to the middle difficult. Forwards should either go hard to the net or stagger their attack so the defense cannot intercept the pass. In transition, F2 has to time their break to the middle so they are not looking back for a pass. The forwards should also try to be in position to make short passes through the neutral zone as opposed to long verticle passes.



Full Ice Midget Practice #3

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FIVE PUCK SCORING RACE



Setup

Five puck scoring race is basically a relay race. Place all the players on the bench divided as equal as possible. Five pucks go on each blue line spaced out evenly between the dots. On the whistle the first player from each team skates off the bench picks up a puck and goes in on a breakaway. If the player scores then they skate hard back to the blue line, the next player can skate off the bench once the player reaches the blue line. If the player misses they have to retrieve the puck and set it back up on the blue line. Once the puck is set up then the next player can skate off the bench. The first team to score all five pucks wins.

My Notes