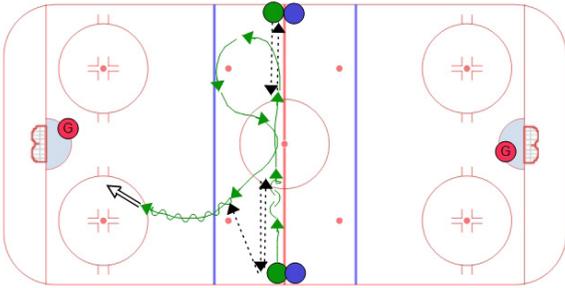




Full Ice Midget Practice #4

Age Level: Midget | Emphasis: D to D re-groups, gap control.

TRANSITION DOUBLE PASS



My Notes

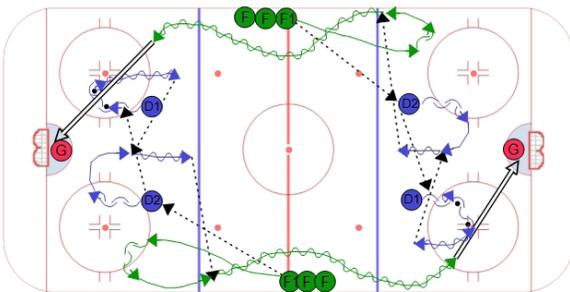
Setup

Run this out of both ends. Player 1 starts the drill by taking three hard strides off the wall and transitioning backwards to receive a pass from the next player in line. Player 1 passes right back to the player that passed the puck and then transitions forwards to receive a pass from the player in the other line. Again, player 1 passes the puck right back to the first player in line. Now the player will move their feet as fast as they can as they cross over to the blue line, out to the red line, and then call for a pass from the line where they started. Once they receive this puck they go in for a shot on net. Encourage players to call for every pass and make sure they are moving their feet through the neutral zone.

Coaching Points

- » Players should keep feet moving through the neutral zone.
- » Call for each pass.

QUICK HINGE WARM UP DRILL



My Notes

Setup

This can be a great high tempo flow drill hockey drill. A good one to add to your team practices once a week and maybe the practice before you play a game where you may be planning more flow drill. The drill depends on a quick hinge play by the defense. The forward who starts the drill has to provide support with good timing in their neutral zone transition. The key for the defense is to move the puck to the outside with the first pass and then back to the middle of the ice on the second pass. It is important the defense focus on receiving the second pass in the middle of the ice where they will pass the puck to the forward. The pass to the forward should not be a vertical pass if the forward's timing is good. After receiving the pass, the forwards attack the blue line and get a long shot on net.

Coaching Points

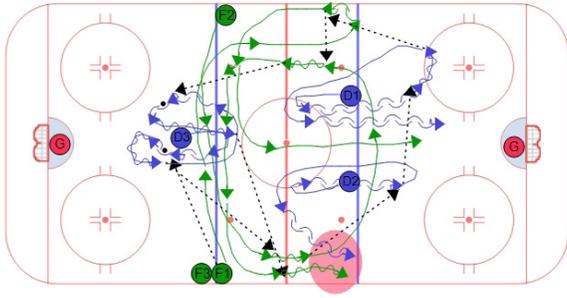
- » Defense need to keep feet moving.
- » Call for each pass.
- » Defense get wide outside dots and use "false information" before making hinge pass.
- » Forwards need to come low to support.
- » Emphasize horizontal passes, not vertical passes.



Full Ice Midget Practice #4

Age Level: Midget | Emphasis: D to D re-groups, gap control.

SPEED 2 ON 2 GAP UP DRILL



My Notes

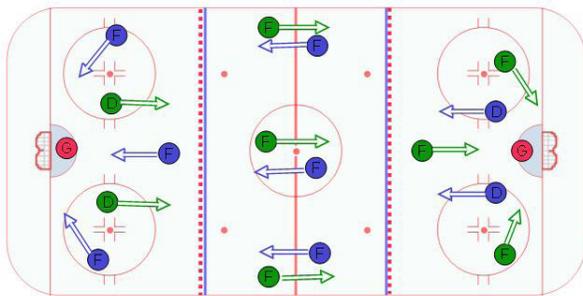
Setup

This drill works on defensive positioning and puck movement in the neutral zone. The forwards will work on good puck support in the neutral zone as they re-group 3 times. F1 and F2 start along the wall, F1 will start with the puck. D3 starts by taking three strides forwards, then transitions backwards and receives a pass from F1. D3 needs to control the puck (escape move is an option) then jump up ice and make a horizontal pass to F2. At the same time D1 & D2 skate up to the red line, transition backwards, and D2 will receive a pass from F2. D2 passes to D1 and D1 then passes up the strong side wall to F1. F2 needs to have good puck support and gets the puck from F1. F1 will transition once more with D3 and then they attack 2 on 2 against D1 and D2. D1 and D2 need to re-take their ice and make sure they have a good gap as F1 and F2 attack. D1 and D2 should try to force a dump before the blue line.

Coaching Points

- » Call for each pass.
- » Gap up as much as possible and try to not give up blue line.
- » Forwards focus on speed and giving good passing angles in transition.

3 ZONE 3 PUCK



Setup

This is not exactly a small area game unless you consider the fact that players are limited to each zone. Each team has 8 players on the ice at the same time. 2 defensive players in the defensive zone, three forwards or defense in the neutral zone, and three forwards in the offensive zone. Players have to stay in their zone. The game starts with one puck. Players have to move the puck up the ice by passing to players in the next zone. At any time the coach can add a puck to the game so that at any one time there are three pucks in play.

Coaching Points

- » Play with awareness and lots of communication.

My Notes