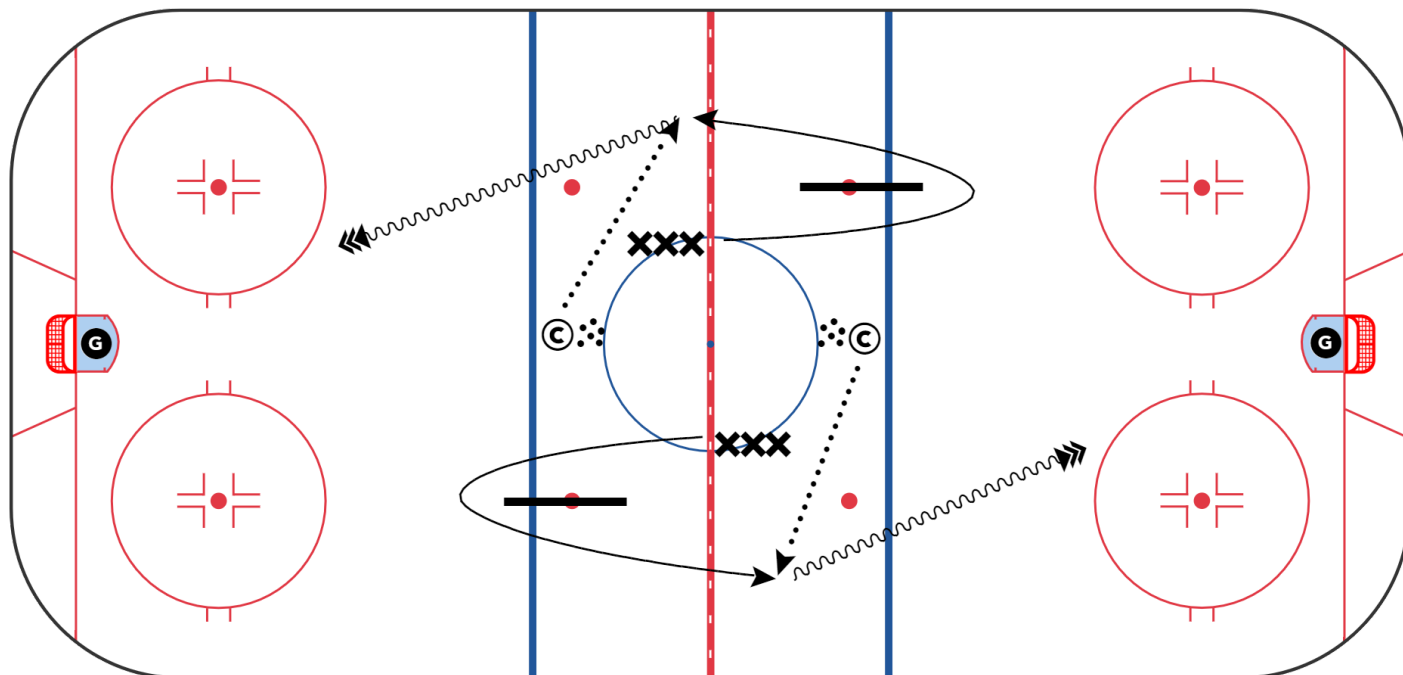


U11 AA Playing Defence - Forecheck

Duration: 100 mins

Barrier Skating Skills

20 mins



Description

Players split into two even groups and line up where the red line meets the center circle. Coaches will set up in the middle of the ice just above the blue line with pucks. Coach will then provide players with a variety of skating skills around the barriers. Once the barrier has been cleared the players will receive a pass from coach and continue into the end zone to shoot.

Skating Skills:

- Heel to Heel
- Transitions
- Transitions with evasive glide
- Ride n Glide

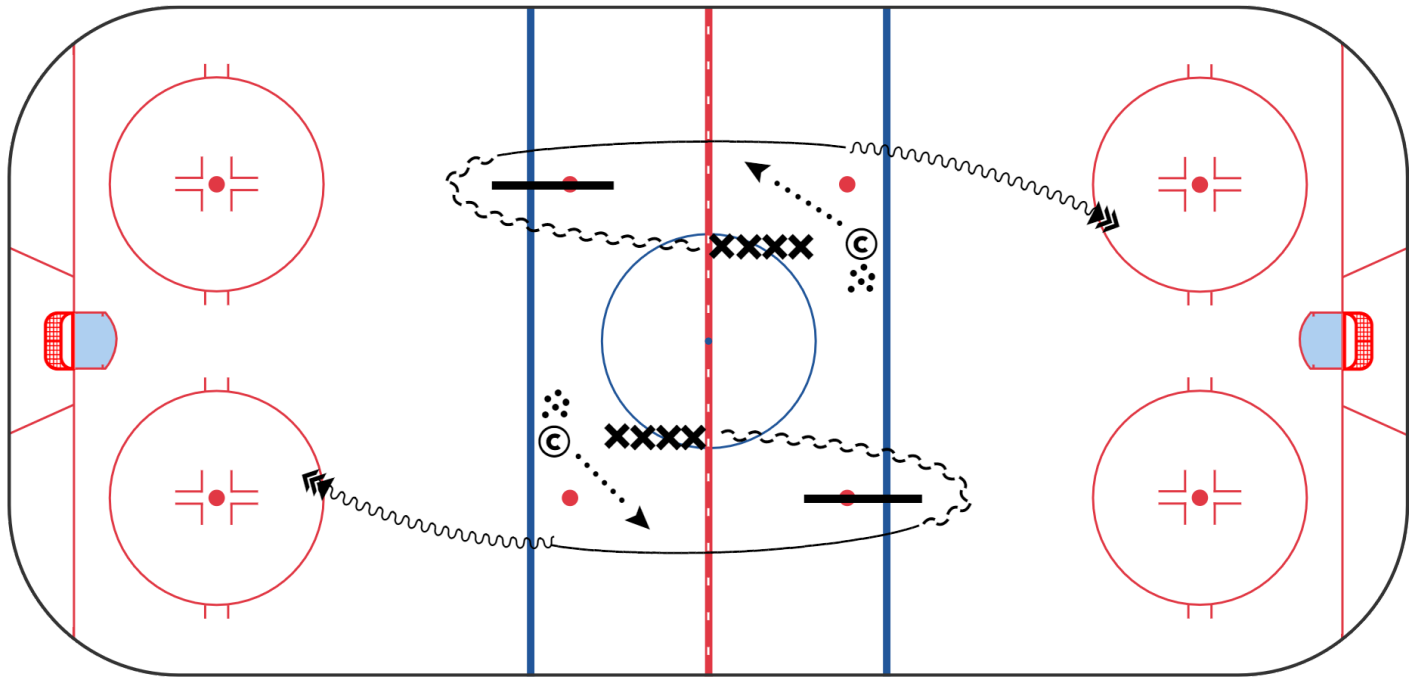
Shooting Skills:

- Pull
- Pull Push
- Pull Push Tap
- 123 Go

The goal is to get players receiving a lot of reps with the skating/shooting skills.

Key Points

- Weight transfer switching edges
- Stick position
- Micro skating movements
- Hand position/Puck Position



Description

Players split into two even groups and line up where the red line meets the center circle. Coaches will set up in the middle of the ice just above the blue line with pucks. Coach will then provide players with a variety of backwards skating skills around the barriers. Once the barrier has been cleared the players will receive a pass from coach and continue into the end zone to shoot.

Skating Skills:

- Heel to Heel
- Transitions
- Transitions with evasive glide
- Ride n Glide

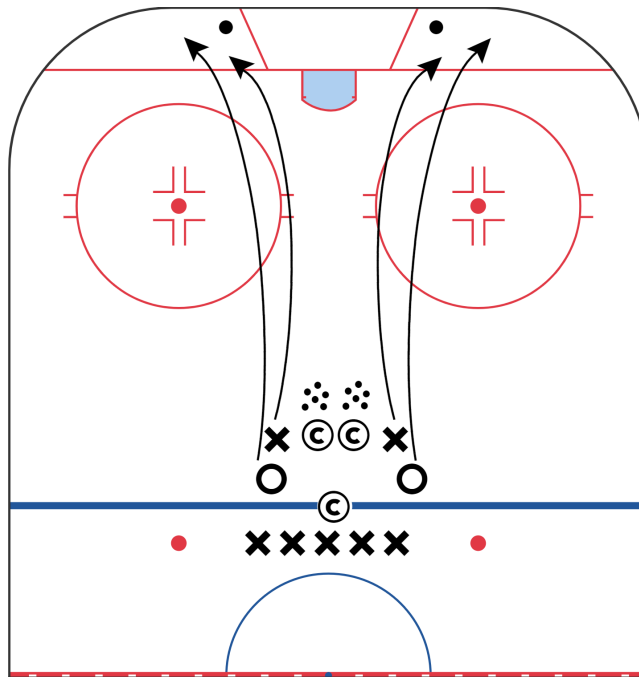
Shooting Skills:

- Pull
- Pull Push
- Pull Push Tap
- 123 Go

The goal is to get players receiving a lot of reps with the skating/shooting skills.

Key Points

- Weight transfer switching edges
- Stick position
- Micro skating movements
- Hand position/Puck Position
- Hip rotation

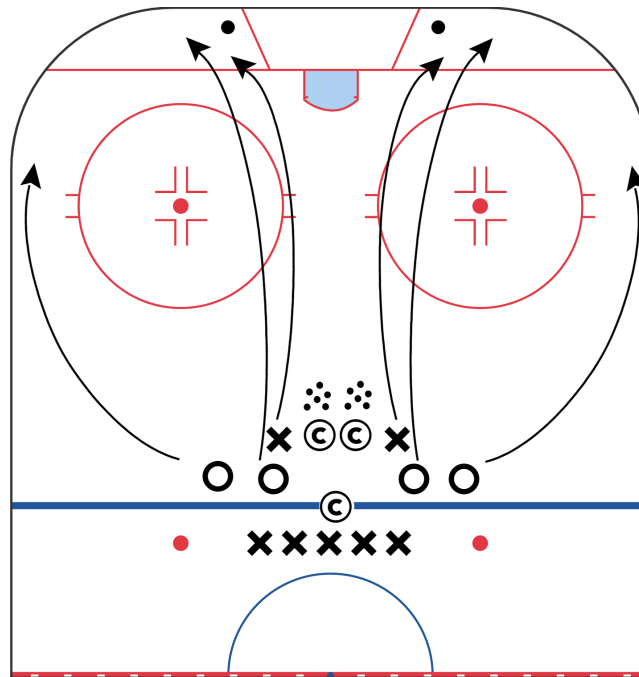


Description

Players line up outside blue line. An Offensive and Defensive Player step out beside the Coaches with the pucks (both sides go at the same time). The offensive player should be at least at stick length away from the defensive player on the start. Coach dumps a puck into the corner they are responsible for, the players react to the puck and leave on the dump. The defensive player is trying to skate the puck back over the blue line while the offensive player by using good checking skills angles off the defensive player and tries to take the puck from them. If the offensive player does get the puck from the defensive player they then play a 1 on 1 on their half of the ice. The goal of the offensive player is to maintain puck possession until the whistle blows to change while the defensive players goal is to skate over the blue line with the puck.

Key Points

- Effective Checking Skills
- Maintain Puck Possession
- Deceptive Skating
- Compete



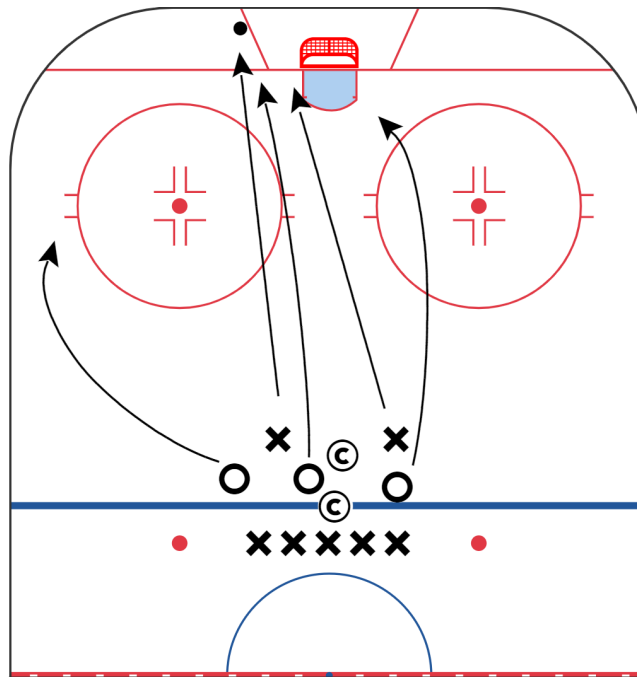
Description

Players line up outside blue line. An Offensive and Defensive Player step out beside the Coaches with the pucks (both sides go at the same time). The offensive player should be at least at stick length away from the defensive player on the start. Coach dumps a puck into the corner they are responsible for, the players react to the puck and leave on the dump. The defensive player is trying to skate the puck back over the blue line while the offensive player by using good checking skills angles off the defensive player and tries to take the puck from them. If the offensive player does get the puck from the defensive player they then play a 1 on 1 on their half of the ice. The goal of the offensive player is to maintain puck possession until the whistle blows to change while the defensive players goal is to skate over the blue line with the puck.

Progression to 2v1 - Drill is run the same way as the 1v1 with the progression being the addition of a second Offensive Player. This player takes a skating route down the boards and either engages in a battle as support to the first offensive player OR plays the defensive player if they beat the first offensive player OR supports the first offensive player if they get the puck from the defensive player. If the first offensive player does get beat they have to "reload" above the puck and help support the second offensive player in getting the puck back. The goal of the offensive players is to gain possession of the puck and then play a 2v1 with the defensive player. The goal of the defensive player is to skate the puck over the blue line.

Key Points

- Effective Checking Skills
- Maintain Puck Possession
- Deceptive Skating
- Compete



Description

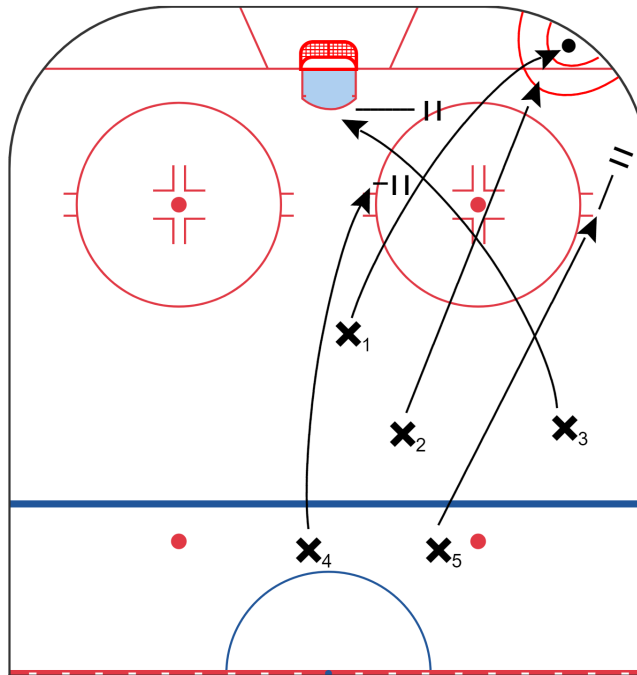
Players line up outside blue line. An Offensive and Defensive Player step out beside the Coaches with the pucks (both sides go at the same time). The offensive player should be at least at stick length away from the defensive player on the start. Coach dumps a puck into the corner they are responsible for, the players react to the puck and leave on the dump. The defensive player is trying to skate the puck back over the blue line while the offensive player by using good checking skills angles off the defensive player and tries to take the puck from them. If the offensive player does get the puck from the defensive player they then play a 1 on 1 on their half of the ice. The goal of the offensive player is to maintain puck possession until the whistle blows to change while the defensive players goal is to skate over the blue line with the puck.

Progression to 2v1 - Drill is run the same way as the 1v1 with the progression being the addition of a second Offensive Player. This player takes a skating route down the boards and either engages in a battle as support to the first offensive player OR plays the defensive player if they beat the first offensive player OR supports the first offensive player if they get the puck from the defensive player. If the first offensive player does get beat they have to "reload" above the puck and help support the second offensive player in getting the puck back. The goal of the offensive players is to gain possession of the puck and then play a 2v1 with the defensive player. The goal of the defensive player is to skate the puck over the blue line.

Progression to 3v2 - Drill is run the same way as 1v1 and 2v1 with the progression being the addition of one more Defensive Player and one more Offensive Player. The defensive players are trying to skate the puck over the blue line and the offensive players are executing a 3 man forecheck with X1 pressuring/pursuing the puck, X2 coming down the opposite side of the net and reading if they need to cut off the play behind the net or engage in a battle with X1 and X3 coming down puck side wall and going to honey hole if X's gain possession of the puck. In this progression a goalie is added and the offensive players can shoot on the net.

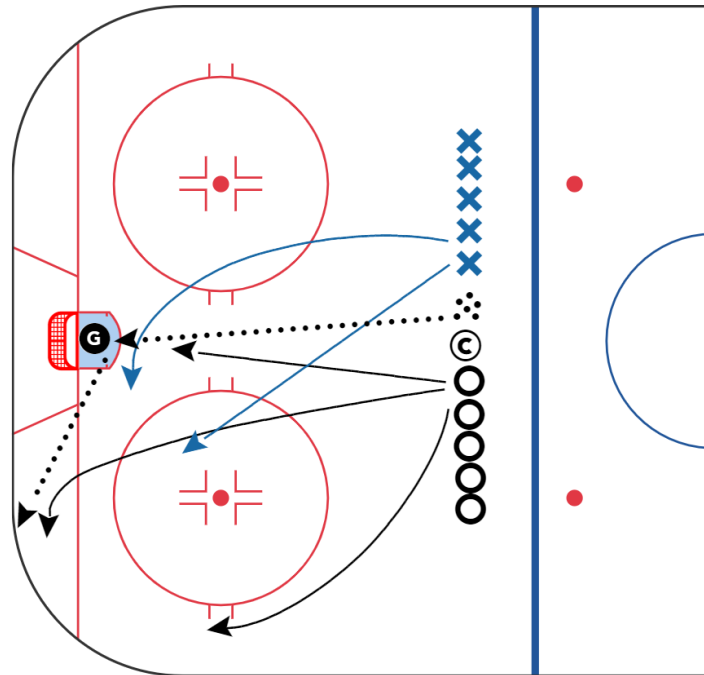
Key Points

- Effective Checking Skills
- Maintain Puck Possession
- Deceptive Skating
- Compete



Description

- X1 sprint to attack area
 - X2 widen out vs Soft Spot/Shrink
 - X3 Sprint to support layer
 - 2nd Quick
 - Piston Theory
 - X4 Sprint to Hashmarks, Stop in the House
 - Read "Contain vs Shrink"
 - Share Opposition High Forward
 - X5 Sprint to Board side Hashmarks, Stop
 - Read "Contain vs Shrink"
 - Nothing Directly to point player
 - Influence the puck downward
- "Always Five Players in the Camera"



Description

Both teams are lined up on either side of the Coach. The Coach is in the middle of the ice with pucks. If the puck is dumped or deflected into your teams corner, you are on offense and the opposite team is on defense. The offensive team will send three (3) players to retrieve a puck and attack the net as a unit. The defensive team will send two (2) players and sort out coverage to defend the net. The defensive team must skate the puck out past the tops of the circles or utilize their partner to pass the puck out of the zone when they get the puck first or take it away from the forwards. The offensive team is attempting to score after the offensive zone retrieval. Coach will mix cadences when spotting the puck to make players react to where the puck ends up.

Key Points

- Communication, passing, receiving, vision, movement
- creativity, agility, forechecking skills, retrieval skills
- puck support, defensive habits, zone exits, honey hole