

1) Goaltending_Puck Play_Inside

0 min.



OBJECTIVE

Development of playing the puck skills. Edge work warm-up.

ORGANIZATION

One goaltender begins on the face off dot, the other goaltenders set up along the outside edge of the circle.

The goaltenders on the outside of the circle make passes to each other. Goaltender on the dot in the middle rotates with the passes using inside edges.

VARIATION

V1: Normal two handed passing.

V2: Pass to BH and make FH pass.

V3: Pass to FH and make BH pass.

V4: Pass to glove, one handed pass FH or BH.

V5: Goaltender on dot is in butterfly and uses inside edge to rotate.

2) Goaltender_Skill_Inside

0 min.



OBJECTIVE

Using inside edges to rotate around the puck. Fake development.

ORGANIZATION

Goaltender pivots around the pucks in a figure 8 pattern using a heel to heel Crosby pivot.

VARIATION

V1: No Puck

V2: Puck

3) Goaltending_Puck Play_Inside

0 min.



OBJECTIVE

Development of playing the puck skills. Edge work warm-up.

ORGANIZATION

All goaltenders begin with pucks inside the circle.

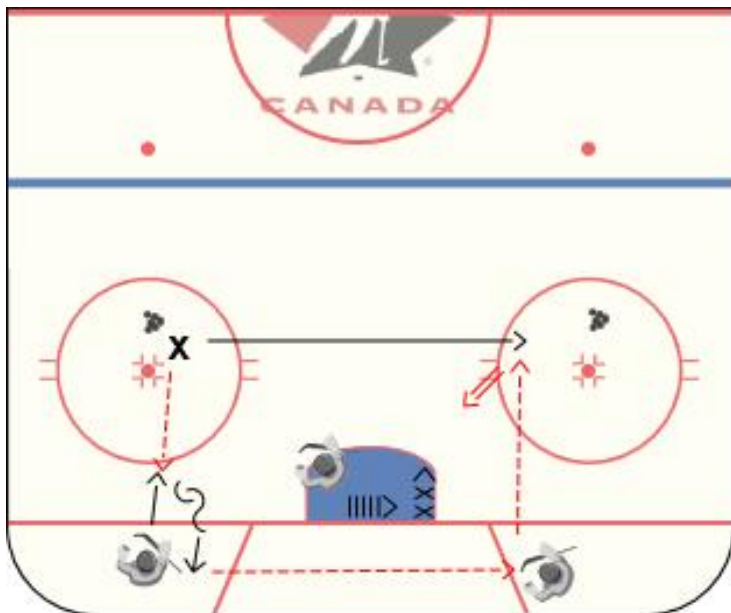
Goaltenders carry puck around within the boundary of the circle while in their stance and only using c-cuts.

VARIATION

- V1: Goalie carry in stance
- V2: Goalie carry in upright position
- V3: Goalie one handed passing while in stance
- V4: Goalie passing in upright position
- V5: Every goalie for themselves, last one with puck wins

4) Goaltending_Take it

0 min.



OBJECTIVE

Integrate tracking the puck with goaltenders playing the puck.

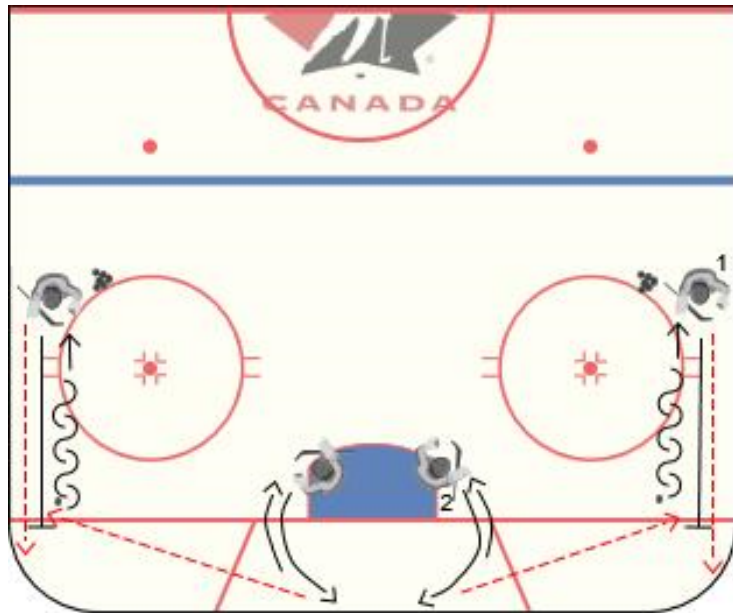
ORGANIZATION

X spots puck just above goal line.

G skates out to gain possession of the puck. Once possession is gained the G carries the puck below the goal line and makes a pass to the G opposite them. X skates across to receive a pass from the second G. G makes pass to X, X makes quick release shot.

5) Goaltender_Playing the

0 min.



OBJECTIVE

Active warm-up for the goalies and an opportunity for them to work on playing the puck and their skating.

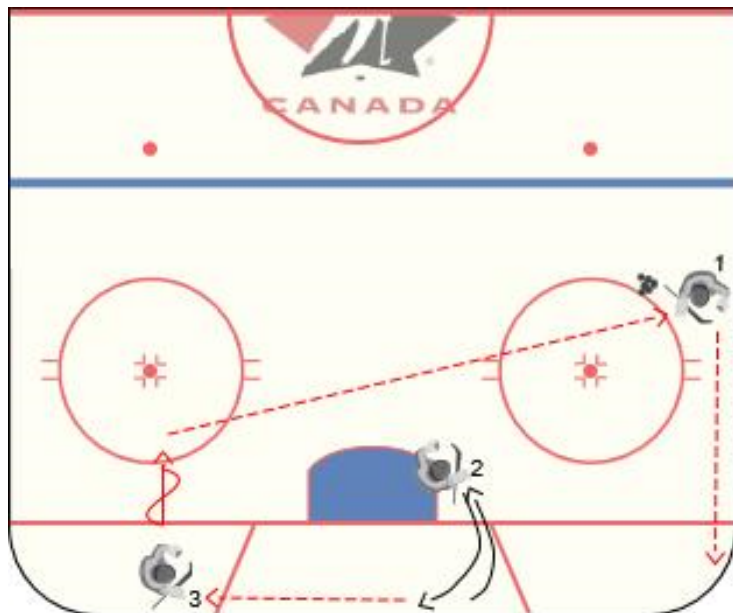
ORGANIZATION

If the number of goalies warrants, both sides can be going at the same time.

G1 has pucks up at the wall in line with the top of the face off circles. G1 will rim the puck and then skate to the corner (report to the corner) to receive a pass from G2. G2 will exit the net, stop the puck behind the net, gain control and make a pass to G1 in the corner. G2 completes pass and returns to their net for the next rim. G1 skates backwards to the top of the circles and rims the puck once again.

6) Goaltender_Playing the

0 min.



OBJECTIVE

Active warm-up for the goalies and an opportunity for them to work on playing the puck and their skating.

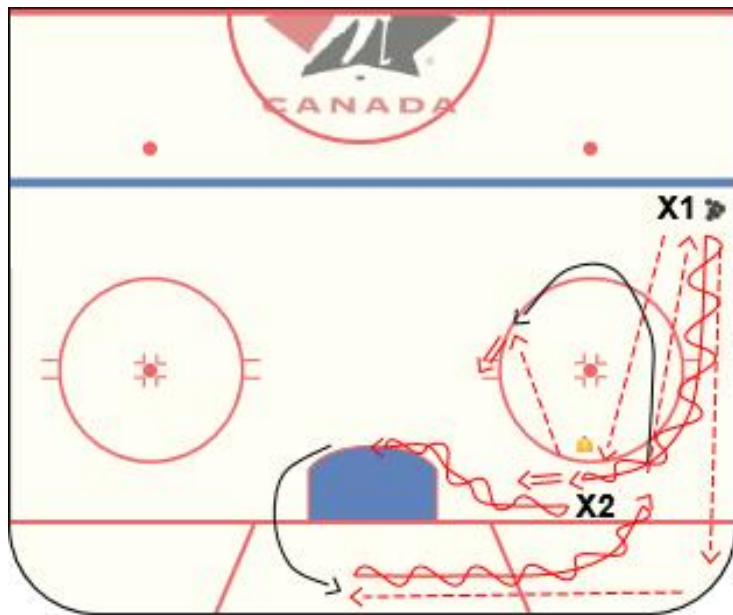
ORGANIZATION

If the number of goalies warrants, both sides can be going at the same time.

G1 has pucks up at the wall in line with the top of the face off circles. G1 will rim the puck. G3 then skates to the opposite corner (report to the corner) to receive a pass from G2. Once in corner G3 calls 'OVER'. G2 will exit the net, stop the puck behind the net, gain control and make a pass to G3 on the dot line. G2 completes pass and returns to their net for the next rim. G3 carries the puck to the bottom of the circle and makes a pass across to G1.

7) Net Drive_North-

0 min.



OBJECTIVE

Walking out from below the goal line to create scoring chances

ORGANIZATION

X2 start with their feet on the goal line and receives a pass from the X1.

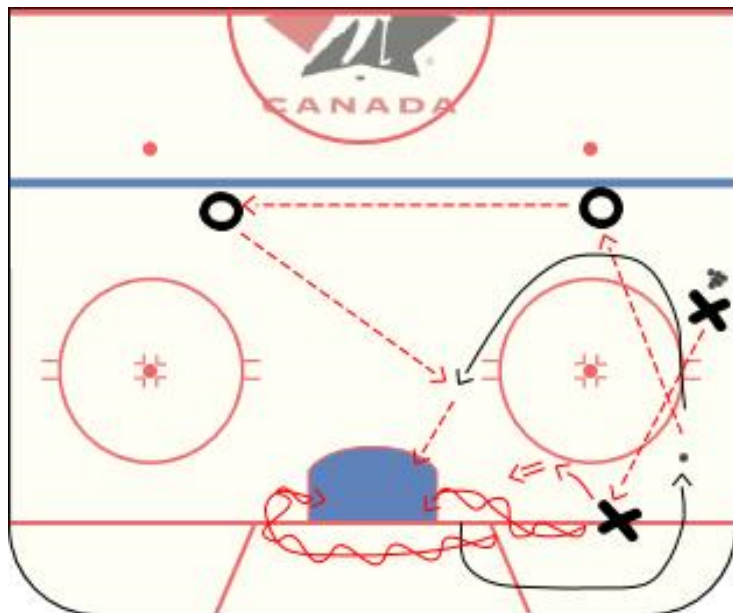
X2 drive directly to the net. X2 then skates behind the net and skates around the tire. X1 will start down the wall and once they get past the obstacle, they pass out to X2. If the goalie starts cheating, they can pass before the obstacle. If enough players, as soon as the goalie is set, the opposite side will start.

VARIATION

V: Place X3 in front, X2 shoots from dead angle to create a secondary chance. X3 becomes player picking up puck off wall and X2 becomes X3 in front for the next shooter.

8) Dead Angle_Deflection_D to D

0 min.



OBJECTIVE

Post Play, Dead Angle Shots, Wraps, Deflections

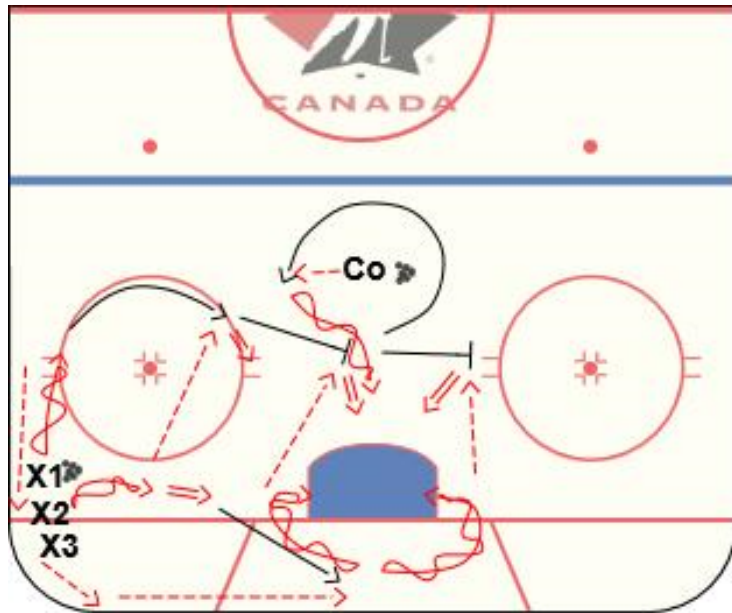
ORGANIZATION

X makes pass to X just above the goal line and below the face off circle. X must make quick move to the net.

Move to the net can be a shot or wrap to either post. After move to net X returns to the corner for a second puck. X makes pass up to O. O passes to the other O, X drives net with stick on the ice. O shoots for Xs stick.

9) Pasco's Multiple Scoring

0 min.



OBJECTIVE

Scoring situations; Dead Angle, North-South, Breakaway, Wraps and Rebounds

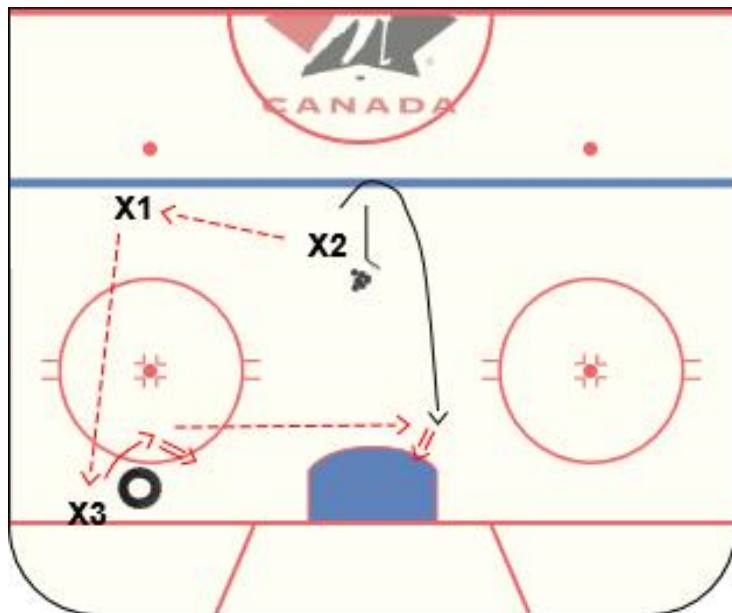
ORGANIZATION

X1 up boards and cycles puck down to X2.

X1 continues to the soft spot, X2 carries puck through the dead angle zone. X2 can shoot to create secondary chance for X1 or make a north-south to X1. Shot on goal. X2 looks for rebound and then reports to behind the net. X3 rims puck for X2. X2 can wrap either side or make a north-south pass to X1 in front. X2 returns to line. X1 skates around the coach, coach will spot a puck for X1. X1 attacks G on a breakaway.

10) Greener's Dead Angle_East

0 min.



OBJECTIVE

North south movement to east west movement.

ORGANIZATION

X2 makes pass to X1 at the blueline.

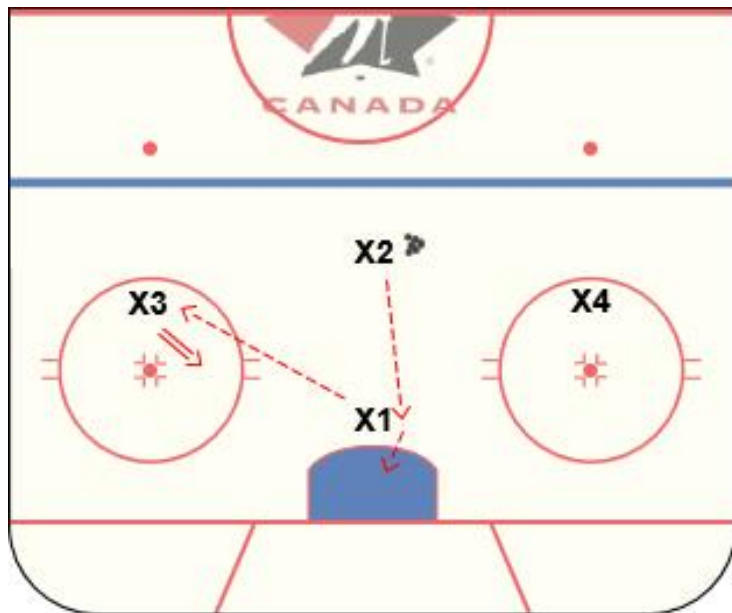
X2 skates around the stick to the back post. X1 makes pass to X3. X3 skates around the obstacle and makes pass to X2 driving back post.

VARIATION

V: Put pucks in opposite corner from X3. After initial shot from X2, X2 picks up puck from corner and takes a dead angle shot or makes pass to X3 driving the net.

11) Screens_Deflections_East

0 min.



OBJECTIVE

Net front presence with broken play simulation.

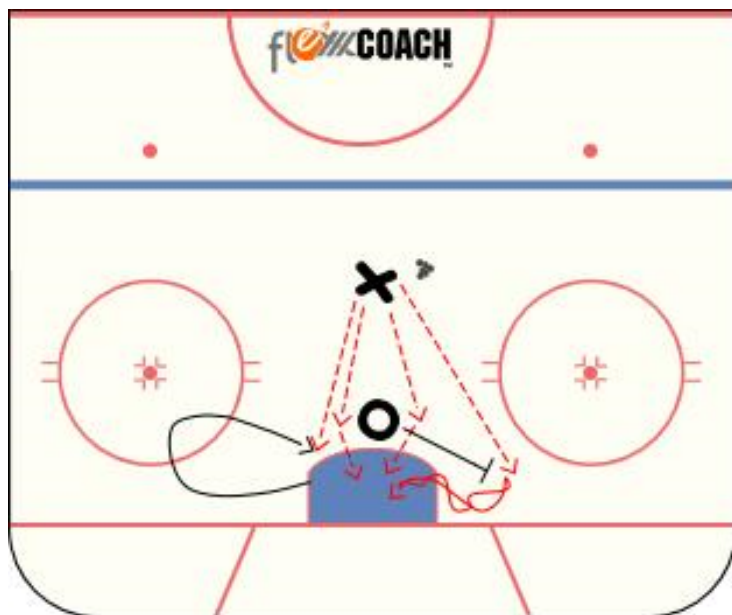
ORGANIZATION

X2 begins with pucks in the high slot.

X1 provide net front presence. X2 shoots, X1 can choose to tip or deflect the shot or can stop it and make a quick pass to X3 or X4 for a quick release shot. X1 plays rebound from their tips and the shots from X3 and X4.

12) Screens_Deflections_Net Drive

0 min.



OBJECTIVE

Green chance, net front presence

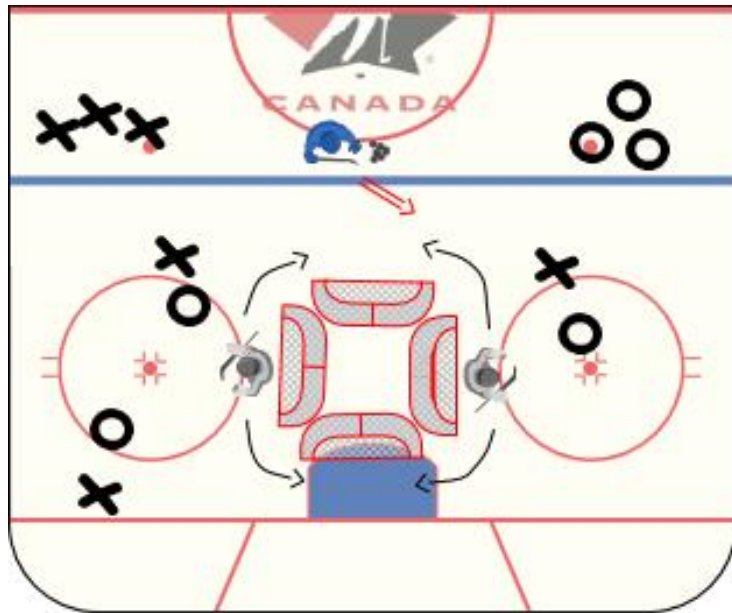
ORGANIZATION

O provides screen in front.

X shoots one shot to either side of the screen. Provide time in between shots. After the two screen shots, O will take a step to either side and receive a pass from X. O will spin to protect the puck and take it to the net. At the completion of that play, O will take a few strides to the boards and turn back. As O goes to the net, X shoots for O's stick.

13) SAG_Circling the Drain

0 min.



OBJECTIVE

To have fun. 3v3 where both the players and the goalies have to compete. Development of goalie's athleticism and skating

ORGANIZATION

3v3 in the end zone. Players can score on any net.

Goalies vs Xs vs Os. 2 goalies have to defend all four nets. On whistle all players change including goalies. Players can't leave until all are over the bluelines. Goalies have to hustle out and into the net, they however do not need to wait for the other goalies to be over the blueline. There should always be two goalies.

VARIATION

Can also go with three nets and 2 goalies.

Post-Practice Comments: