

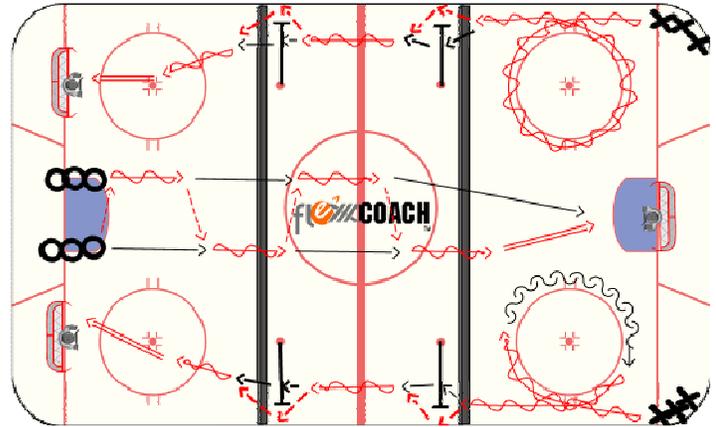
2014-15 Stations: Weeks 13 & 14

Equipment Needs: 6 Nets, 3 Target nets, 10 Barrels, 12 borders, pucks

1. Full-Ice Warm-Up – (7 min/7 total)

Four lines as shown in diagram. X's start with puck & skate circle (fwd or fwd/bkwd/fwd) pass to themselves off boards & jump over border, repeat over next border & shoot. O's start 2v0 through middle with agility between passes while player with puck must cradle puck (under-handle) Ex. O1 Passes to O2, O1 does a 360 while O2 cradles puck, repeat down the ice until blue line. 1st player over blue shoots & both players go to net for rebound. (Change agility ex: pass & touch each knee to ice, etc)

This Week's Agility: Jiri Jumps... at the end of every station, each station coach facilitates 'Jiri Jumps' (Heiden jumps with arm pump & forward elbow to inside of opposite knee)



1ST ROTATION: 5 STATIONS @ 8 MIN. (40/47)

Station 1: Puck-Handling with Colin (Lindsay)

Station 2: 1v1 Flank Game (McEwen/Shaw)

Flank players (always on offense), skate up & down their flank to support but cannot enter pit. Players competing 1v1 in pit do not have to pass to the flanks but can as much as they want. Flank players can pass or shoot. Change every 30 seconds. Pit players go to the end of the line. Flank players enter the pit to compete 1v1 with new flank players.

Station 3: Tika Taka Passing Step 2 (Kuphal/Schlappi)

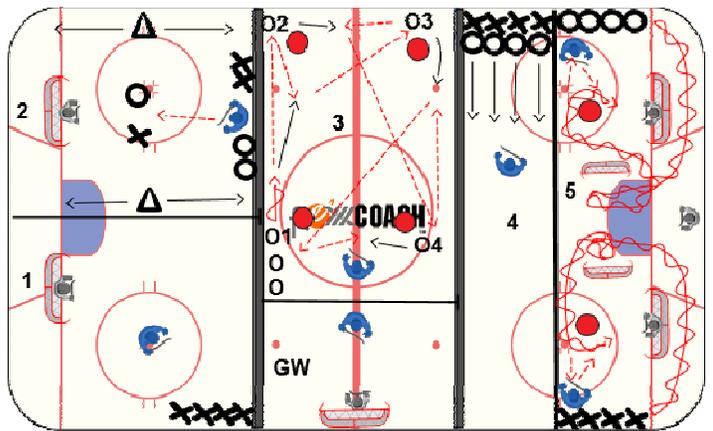
O1 starts with pass to O2 who returns it & skates around barrel toward O3. O1 controls puck & passes to O3 who passes to O2 & skates around barrel. O2 passes to O4 who passes to O3 (O4 skates around barrel toward line) O3 passes to line...repeat pattern. (Hint: Players only move 1 barrel at a time)

Station 4: Skating Agility, Balance & Acceleration (May)

Alternating wally-wally turns both forward outside edge & forward inside edges.

Station 5: Bukac Read & React with Dekes (Doyan/Teshka)

1 Player with puck from each line leaves on the coach's command & skates hard around the net to the far side of next net & makes escape move (or 360 – coaches choice) skates around barrel passes give & go with coach and makes a deke on goalie. (Dekes Only)



Zamboni Entrance

2nd Rotation – 3 Stations w/ Players Grouped by Team -Coaches rotate with their teams (33/80)

Station 1: 3v2 Transition Drill

Coach draws two lines to create NZ the width of the crease. Drill starts with O1 in NZ, O2 & O3 in own DZ, & 2 X's in own D Zone. Coach passes puck to either O2 or O3 who must pass to O1 to attack 3v2 vs X's. 2 new O's funnel in to defend counter attack and 1X enters the NZ for transition to offense. X's must get puck & pass to X in NZ to counter-attack. All 3 attacking O's drop off, 2 new X's funnel in DZ & 1 new O gets open in NZ.

Station 2: OZP 3rd Man High Game

2 O's & 2 X's are positioned behind their respective attacking goal line with 2 opponents on one knee in front of each net to defend. Coach starts drill by passing to an offensive player. Player must escape toward the boards & pass to teammate below the goal line to activate 3rd man high who joins play from line & live play. Defenders must get puck and pass the width of the ice to teammates below opposite goal line for their team to go on offense & activate 3rd man high & opposing D. 45 seconds shifts.

Station 3: 4v1/3v1/4v2 One Touch PP Progression

Draw line down the middle of the zone to represent two off/def. zones. Players compete 4 PP vs 1 PK at each end. Coach spots puck to PP who can only 1 touch puck for to pass and shoot. If PK gets puck, he must pass to his teammates in other zone. Coach can end PP at one end and give new puck to opposite PP if players do not one touch. (Coaches must determine when their team is ready to take the next step in difficulty from 4v1 to 3v1 to 4v2 throughout the season)

Derek's Goalie World Skating (Billis)

1 Goalie starts in Goalie World...Rotation is GW to 1 to 2 to 5 ...There are three goalies in station 5, rotating from net to net to rest after every 5 shots.

