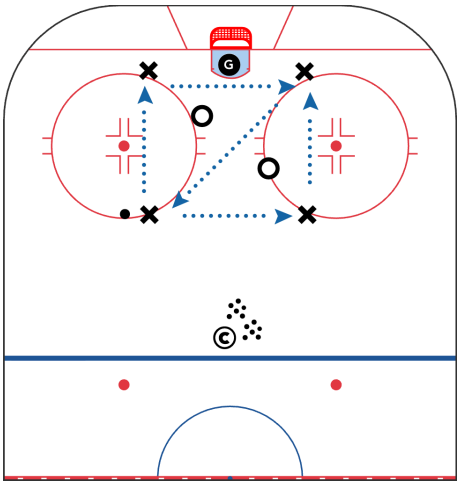
High Performance 1 - On Ice Teaching Session 4

Duration: 90 mins

4 vs 2 - Power Play Passing — 10 mins



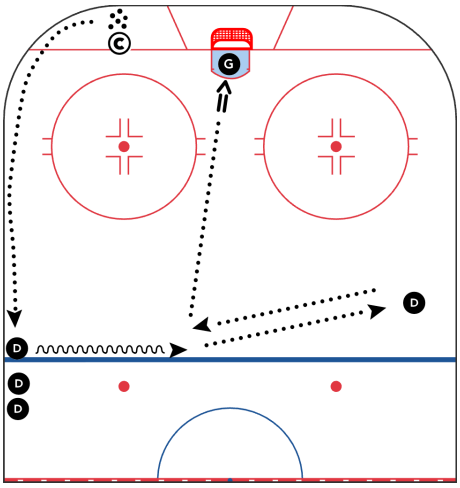
4 offensive players start vs 2 defensive players

- Offensive players are encouraged to move, but must stay in their quadrants
- Can pass to any of their teammates
- Must make 5 clean passes before they can shoot
- D can intercept passes, but cannot directly check the puck carriers (read the play)

Key Points

1. Communication
2. Be deceptive, use head, eyes, hands and body positioning to fake passes
3. Always in motion, find passing lanes

Defence Shooting - Walk the Line — 10 mins



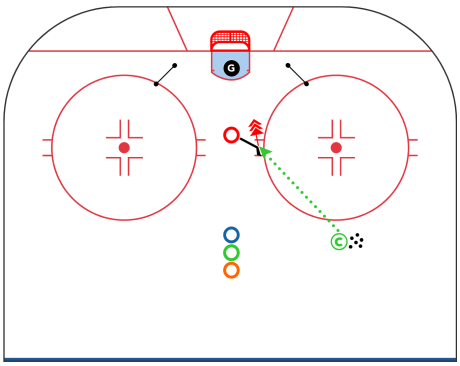
Defence gather the rimmed pucks and:

1. Walk the line and shoot on net
2. D-to-D Pass (One timer, quick shots, finding lanes)
3. D-toD back to D

Key Points

- Walk the line with head up, looking for shooting lanes
- Hard, low shots on net
- Use body and hands to knock down pucks at the blueline

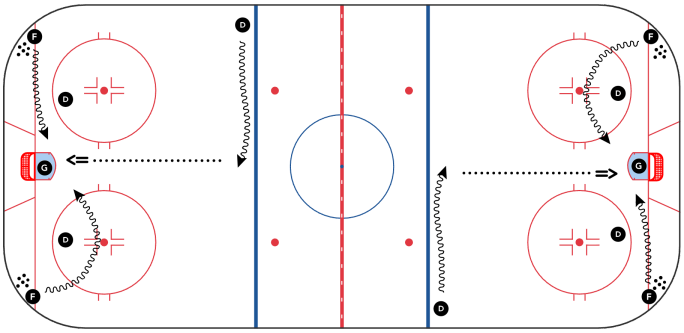
Crosby Tip Drill — 10 mins



- Ⓒ pass the puck to ○ in front of the net.
- ○ deflects the puck inside the net.

VIDEO IN SKETCHPAD
Instagram: @sutterskillsdevelopment

1 vs 1, 2 vs 2 to Net Front Battle — 10 mins

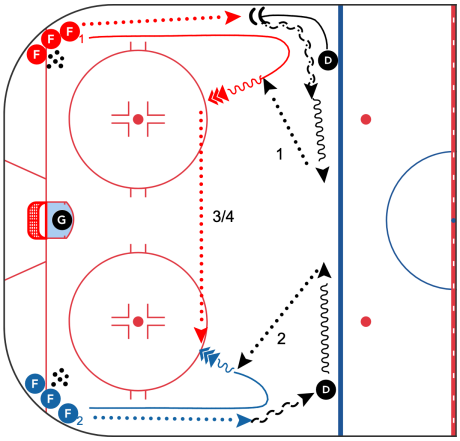


Forwards line up in each corner, with pucks. D lineup at the blue lines. Another set of D in front of the net. D not going will be in the NZ.
On the whistle, puck gets passed from the F to the D. D walks the line for a shot on net. F goes to the net and battles with the defensive D for positioning in front. Battle for rebounds.
After the shot, D sprints to the far side and receives a pass from the other line. Same thing happens, but it is a 2 vs 2 with the original line.
On the third whistle, a puck is spotted out and the F's go 2 vs 1 on the Offensive D.

Key Points

- Maintaining body position, battling for net front
- D, shooting hard and low, with head up
- F, stick on the ice and looking for deflections & rebounds
- Goalies, battling through traffic

QB + Flanker — 10 mins



- D skates down the wall and pivots backwards, as the D makes their pivot, F 1 passes them the puck
- D skates across the line with deception and F 1 follows the D up, getting inside the blue line dot.
- D gives it back to F 1, who then attacks downhill
- 2nd puck, same start as above, but on opposite side
- 3rd puck, same start as above but with both Fwds. Start on (1) side. Both Fwds are working on the seam pass
- 4th puck, same start as above but on second side.

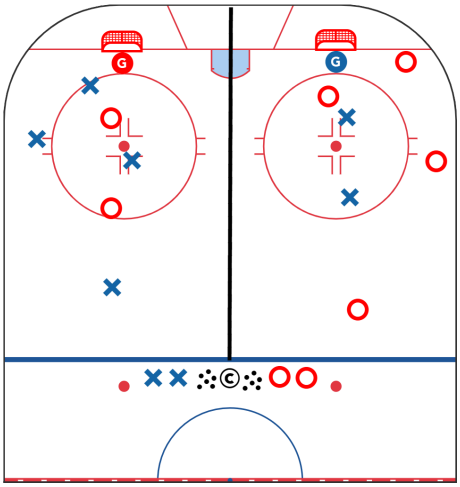
You can have 3 options with your flankers:

1. Double One-Timer
2. Single One-Timer
3. Strong Side

Key Points

Drill featured by Concordia Stingers coach, Mitch Giguere at the 2020 Virtual Hockey Summit.

4 v 2+2 Power Play Game — 10 mins



Coach draws a line down the middle of the zone. Both sides of the zone have four offensive players and two defending players.

The four offensive players utilize puck movement and power play concepts to create scoring chances and try to score. The two defending players must use good stick and body positioning to create a turnover. If a defending player gains possession of the puck, they much pass the puck across the zone to one of their four offensive teammates.

All players should take turns on offense and defense.

Point system:

- 1 point for a shot
- 1 point for a blocked shot
- 2 points for a goal
- More options: 1 point for a one-time pass, 2 points for a one-time shot on net

MINNESOTA DRILL OF THE WEEK

Created by: Mill McClellan, Coach of St. Paul Academy High School

Key Points

- Emphasize quick puck movement including one-time passes and shots
- Give passes to and receive passes on forehand and underhandle the puck

Power Play Breakout + PP & PK in Zone — 30 mins

