



High Intensity Training Session #1
10/08/2013

PW A1 Simon
PW A2 Crawshaw
PW A3 Furdak
PW B1 Youngen

Important Notes:

- It is essential we have at least one coach from each team attend each session
- Encourage as many of your players as possible to attend
- Please review your assigned station beforehand and come with any questions
- Keep kids moving as much as possible
- Be positive and have fun

Outline of Session

6:30 – 6:35 Warm Up / Stretch

- Coaches set up stations
- Joe/Trevor will lead kids in a warm up and split them into 5 groups

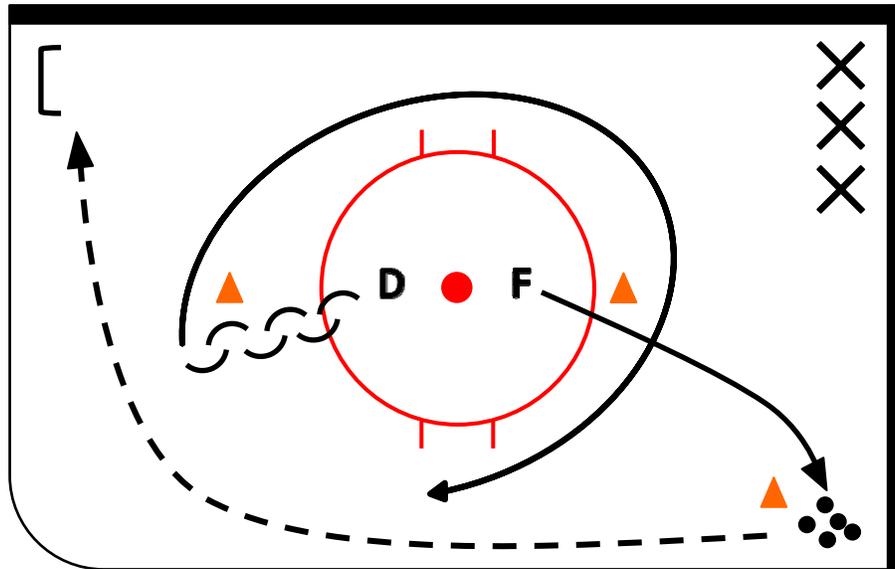
6:35 – 7:20 Skills Stations

- 8 minute stations, 1 minute in between
- 6:35-6:43, 6:44- 6:52, 6:53-7:01, 7:02-7:10, 7:11-7:20

2) Progressive Circles into Shot PW B1 Youngen	3) 1v1 in the Box PW A3 Furdak	4) Bourque 2v2 PW A2 Crawshaw
1) 1v1 Angling Oliveri	5) Continuous 2v1 PW A1 Simon	



1) 1 on 1 Angling - Oliveri



Set up cones, net, pucks, and dividers as shown

Start with two players on the dot, with the rest in a line at the blue line

On whistle:

F skates around cone and picks up puck, drives wide to the net (must go below bottom cone)

D skates backwards around bottom cone, pivots, skates forward around top cone and angles F / defends

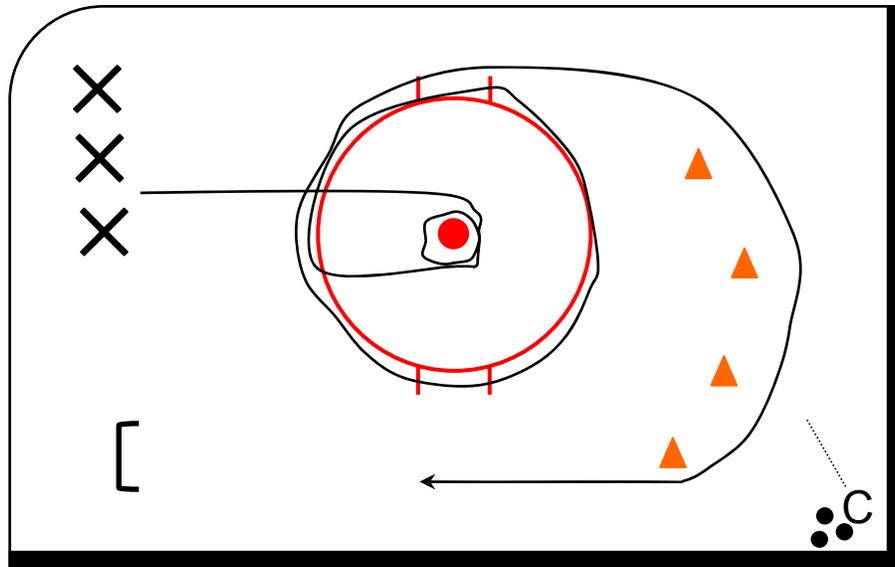
Play 1v1 to the net

Set up next two players

- Players should play both positions
- After one time through allow F to cut back (no longer needs to go below bottom cone) – this forces D to take good angles
- Half way through, change cones and net to make players go opp. Direction
- Encourage proper angling/body contact



2) Progressive Circles into Shot – PW B1 Youngen



Set up cones, nets, pucks, dividers as shown

Line Players up in corner

1st time through:

Player leaves without puck

Skates up to dot and performs a tight turn to the right around the dot

Skater leaves tight turn and performs crossovers around the circle

Skater sprints around cones, receive pass from coach, takes shot on net

2nd time through:

Same pattern, but player starts with puck and does not receive pass from coach

3rd-4th time through:

Same pattern, first player leaves with puck

Second player leaves on second whistle without puck and tries to chase down first player (simulating a backcheck)

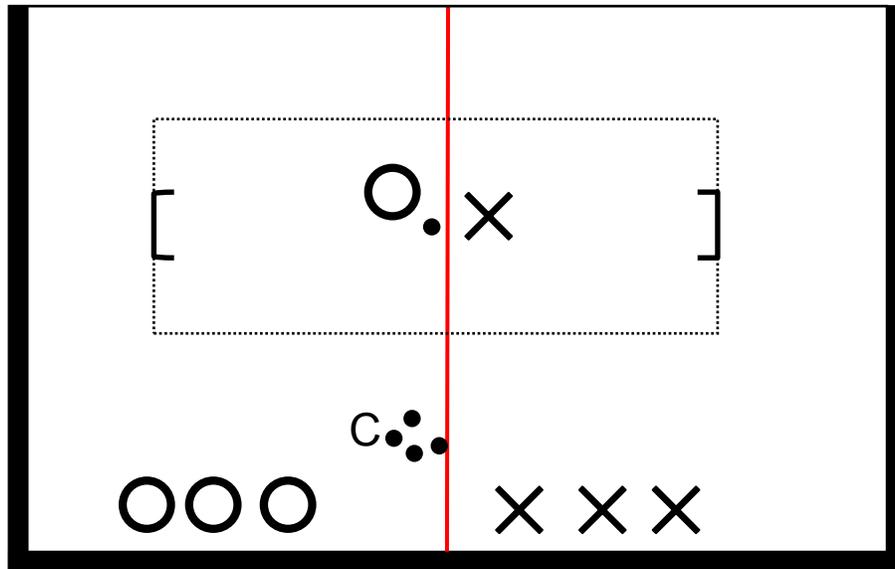
5-8th time through:

Same progression as above, but change net, player line, and cones so players are performing turns/crossovers in opposite direction

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- If there are > 8 players in group, start with backchecker right away
 - If extra time, or if it's a group that needs an additional challenge, have players perform tight turn and circle always facing same direction (pivot)



3) 1 on 1 in the Box – PW A3 Furdak



Set up nets, pucks, dividers as shown

Split players into 2 teams, one player from each team take position as shown

Throw a puck in, whoever has the puck is on offense

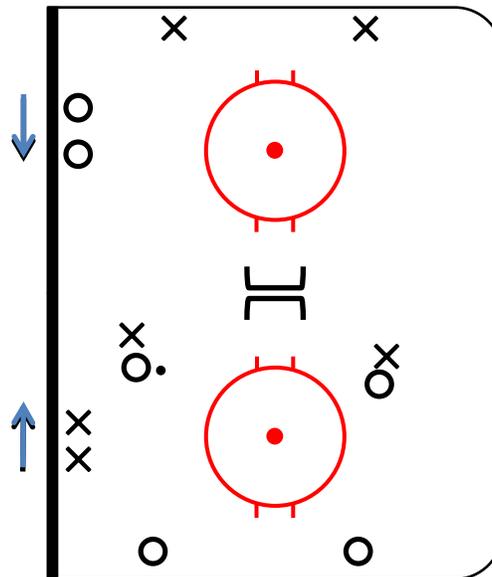
If X steals the puck, must pass to coach in transition

On a goal or if puck leaves zone (missed shot) dump another puck in

- Keep players playing in tight area
- 30-45 second shifts
- Half way through change drill to 2v2
- If there are >8 players in group start with 2v2 right away



4) Bourque 2 on 2 – PW A2 Crawshaw



Set up nets and dividers as shown

Split players into 2 teams and line them up as shown

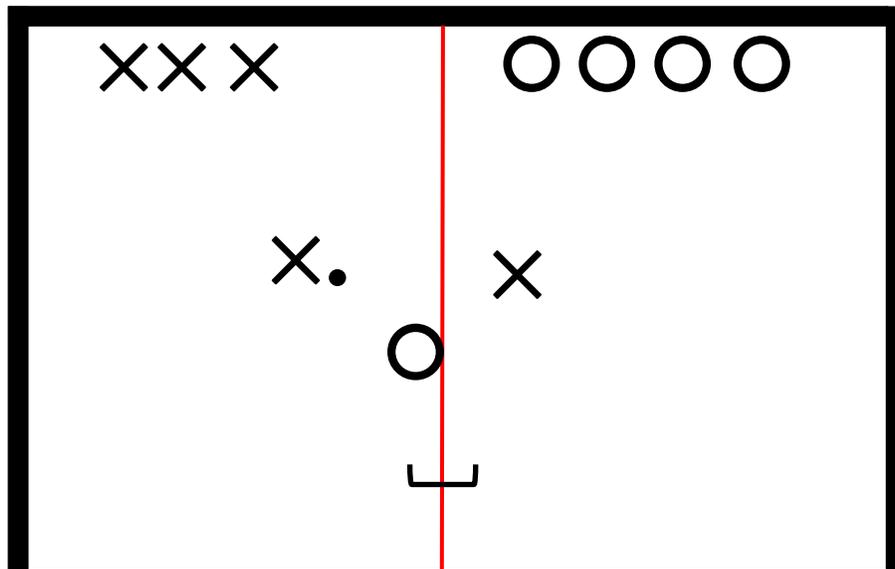
2 on 2 in the zone with 2 stationary players from each team positioned on boards in offensive zone

Players can use their teammates to create a 4v2

- On whistle, stationary players play 2v2, and 2 new players from each line become stationary players
- If <8 skaters in group, modify stationary players as necessary (ie if there are 6 players, play 2v2 with 1 support)
- 30-45 second shifts



5) Continuous 2 on 1 – PW A1 Simon



Set up nets and dividers as shown

Split players into 2 teams and line up as diagramed

Start with 2 X's and 1 O in the zone

Dump puck in and play 2v1

When O steals puck he passes to his line, first 2 players in O line go into zone, 1 X defends (3 players in zone go back to line)

Dump new puck in on goal

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- If players are struggling to understand the switch, change on the whistle alternating the team that has the 2v1
 - If >12 players in group, make it a 3v2