



High Intensity Training Session  
12/12/2013

Girls U14A Mullin  
Girls U14B Lynch  
Girls U12 Kurth

**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**

**8:40 – 8:50 Skating Warm Up**

- Trevor will lead Girls in a skating warm up

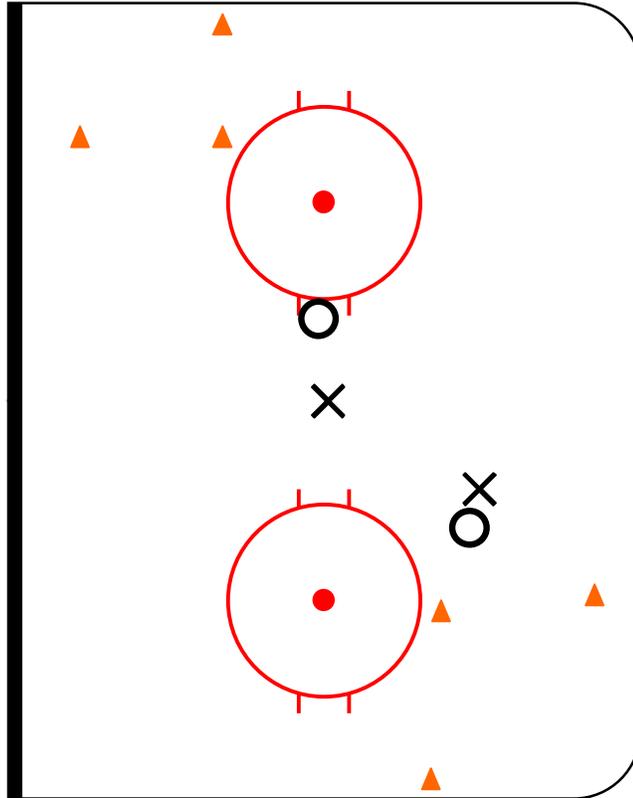
**8:50 – 9:30 Skills Stations**

- 13 minute stations, 1 minute in between
- 8:50-9:03, 9:04- 9:17, 9:18-9:30

1) Jailhouse Tag Girls U12 Kurth Oliveri	2) Relay Race Girls U14 A Mullin Dodds	3) Layered 3v3 Girls U14B Lynch
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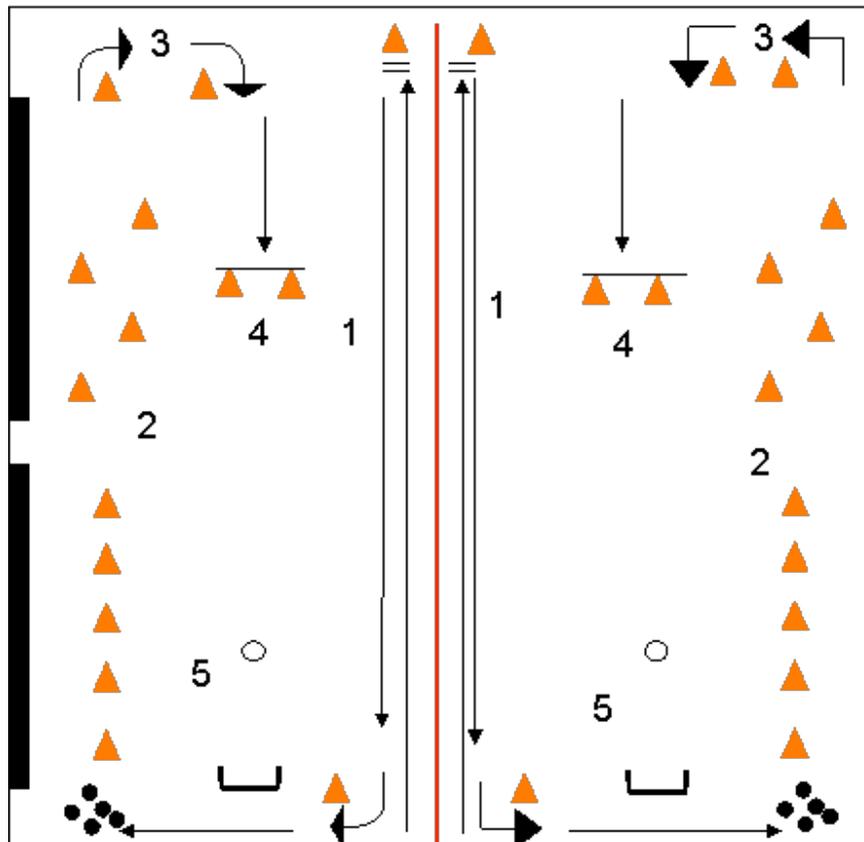
## 1) Jailhouse Tag - PW A1 Simon, PW A3 Furdak



- Split group into 2 teams
- Have players spread out around the zone (make sure teams are not clumped together)
- On whistle everybody skates around. If you are tagged you must go to your teams jail (see diagram above). Have coach in each jail zone
- Players can get out of jail if one of their teammates breaks in and tags them
- First team to get everyone from the other team in jail wins



## 2) Obstacle Course – PW A2 Crawshaw, Dodds



Set up cones/obstacles as shown

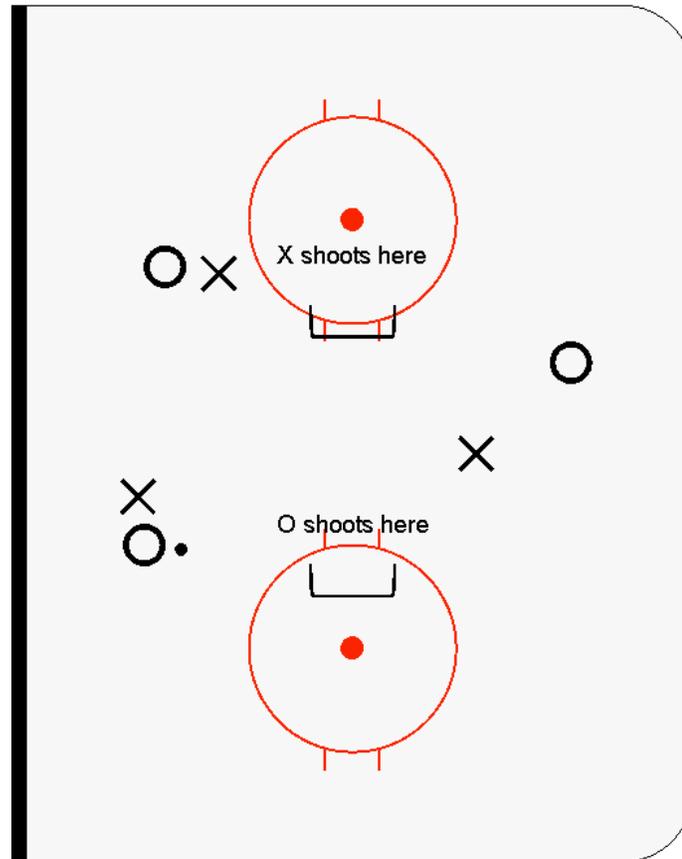
Split kids up into two teams – have one coach run each team and officiate

Have players split up onto 2 benches. On whistle, first player:

- 1) Sprint up to the cone (FULL STOP) and back
- 2) Pick up a puck and stickhandle through cones
- 3) Leave puck and round cones
- 4) Dive under cones with stick on top
- 5) Kick soccer ball into mini net (set up ball so it is not a tap in) – players cannot use their sticks
- 6) As soon as player scores on the goal, the next player can start
- 7) Have players go 2-3 times through to finish one ‘race’ – repeat as necessary to fill an 8 minute station



### 3) Layered 3v3 (Score on any net) – PW B1 Youngen



- Set up nets as shown
- Split kids into 2 teams (2 Pee wee teams will be at this station – try to mix the teams together, ie black vs. white)
- Play 3v3 or 4v4 depending on numbers
- Players can score on any net

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- This is a great drill to practice the breakout. The team shooting on the ‘high’ net will be forced to use many of the same concepts taught in the breakout to generate offense (low support, spread the ice, quick passes)
  - Likewise, the team shooting on the ‘low’ net is using many of the concepts taught on the forecheck (pressure the puck, support from other players, third man high)