



High Intensity Training Session #2
10/14/2013

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

7:30 – 7:35 **Warm Up / Stretch**

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

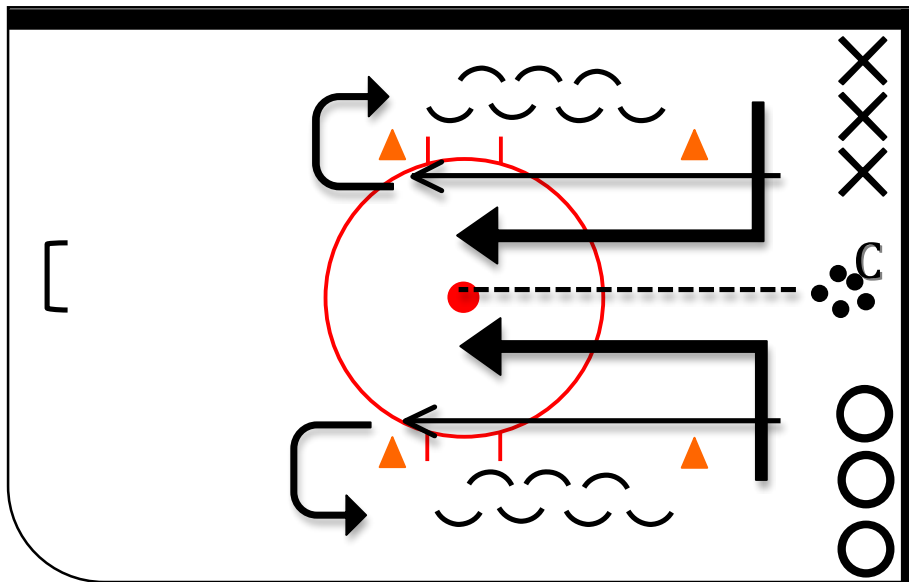
7:35 – 8:30 **Skills Stations**

- 8 minute stations, 1 minute in between
- 7:35-7:43, 7:44- 7:52, 7:53-8:01, 8:02-8:10, 8:21-8:20

2) Phone Booth 2v2 PW A1 Simon	3) 1v1 Keep Away PW A2 Crawshaw	4) Belmont Hill 2v2 with Support Behind Net PW A3 Furdak
1) 1v1 Race PW B1 Youngen	5) 2v2 Touchdown Game Oliveri	



1) 1 on 1 Race - PW B1 Youngen



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

Have players split up in two lines as shown

On whistle:

First player in each line skates up to second cone, pivots and skates backwards to the first cone, then skates forwards to the net

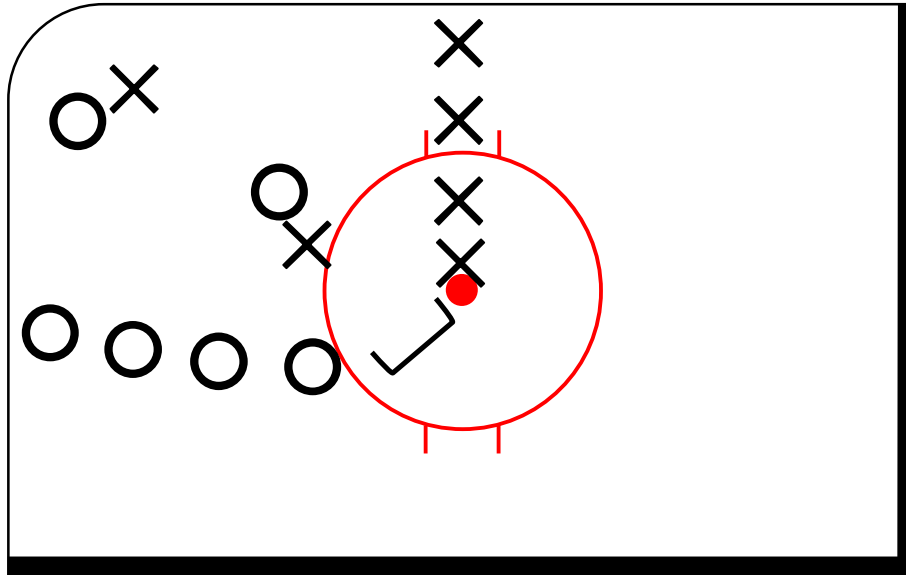
Coach throws puck out into middle as players round the cone

Play 1v1 to the net

- Have players switch lines every time to practice pivots both directions
- If an even amount of players in your group, make sure players go against different people
- Since only 2 players are going at a time, keep time in between reps as short as possible



2) Phone Booth 2v2 – PW A1 Simon



Set up net and dividers as shown

Set up:

2 players from each team line up in corner

Remaining players on each team line up between goal and boards to create a wall

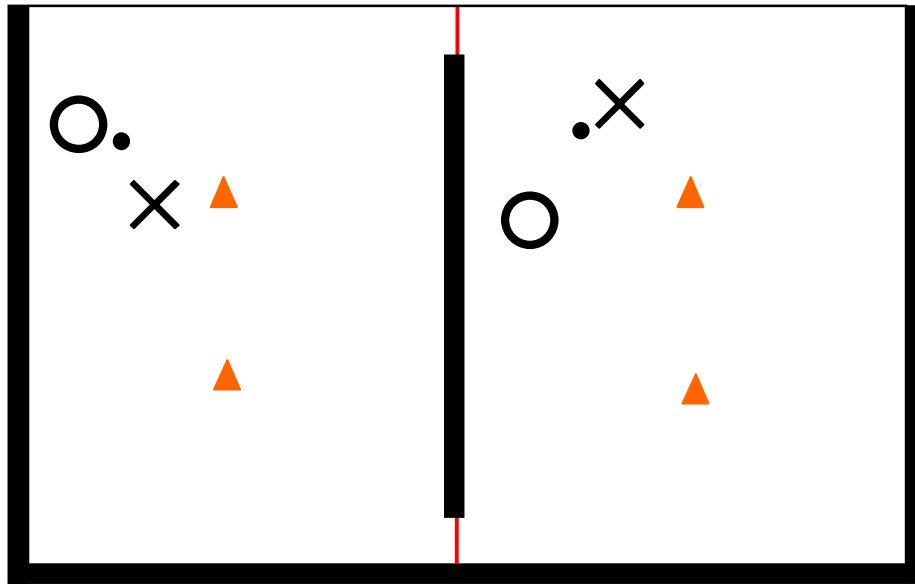
Coach dumps puck into corner and players battle 2v2

If puck goes into net or leaves area, coach dumps another puck in

Blow whistle every 30-45 seconds to change up



3) 1 on 1 Keep Away – PW A2 Crawshaw



Set up dividers and cones as shown

Divider on the red line splits zone, creating 2 game areas

2 players are in each area, playing 1v1 keep away

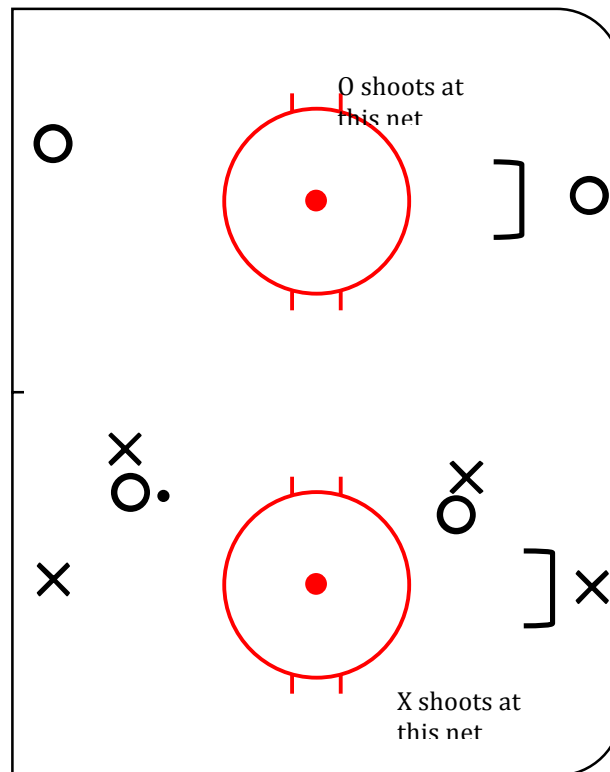
Object of the game is to skate the puck between the cones on your half

Players should keep playing until the whistle blows

- Keep players playing in tight area
- 30-45 second shifts
- Encourage proper puck protection when on offense, angling/stick positioning on defense



4) Belmont Hill 2v2 with Support Behind Net – PW A3 Furdak



Set up nets and dividers as shown

Set up 2 stationary players at the blue line and behind offensive net as shown

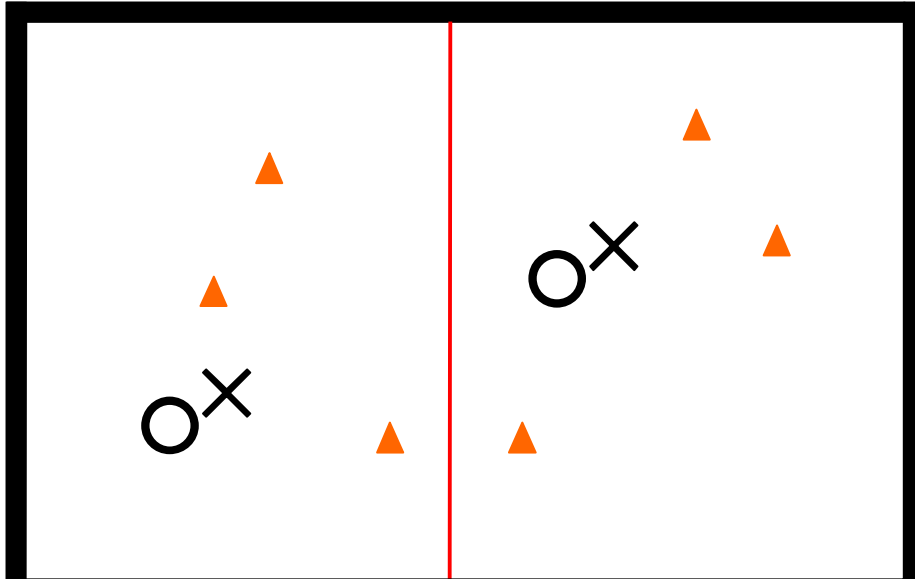
2 on 2 in the zone and can use either support player as a teammate

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) 2v2 Touchdown Game – Oliveri



Set up 3 'goals' of cones in the zone

Players play 2v2 in the zone

To score a goal, players must complete a pass to a teammate between the cones

Blow whistle every 45-60 seconds to change up

Remaining players should sit on the bench

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- The most important skill to learn in this drill is movement without the puck and learning how to properly support teammates. Pay close attention to this and assist/reinforce as necessary
 - If there is enough room, turn it into a 3v3 half way through