



High Intensity Training
12/10/2013

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

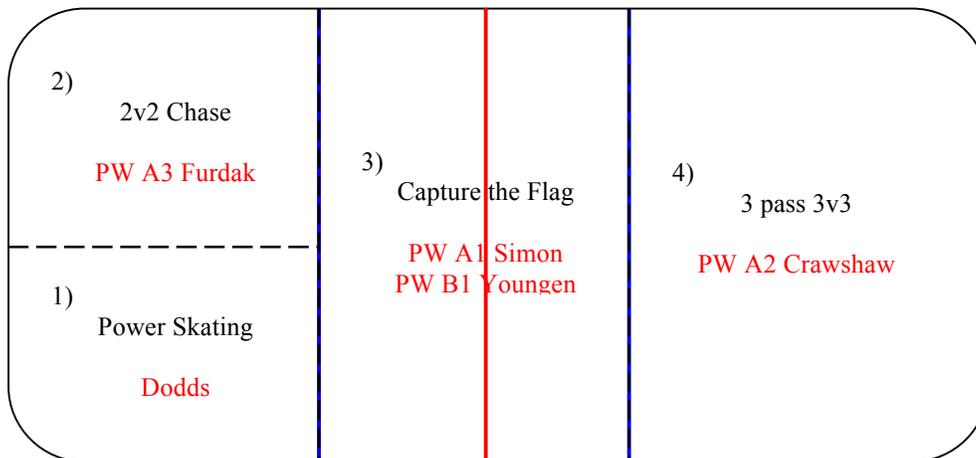
Outline of Session

7:30 – 7:40 **Warm Up / Stretch**

- Coaches set up stations
- Joe/Trevor will lead kids in a warm up and split them into 4 groups

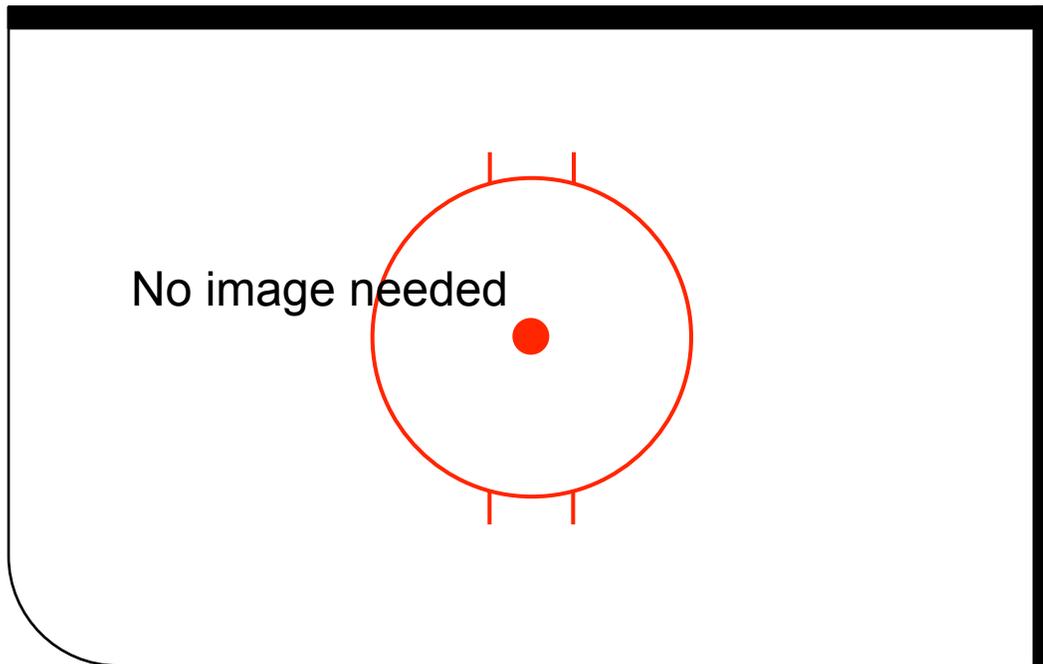
7:40 – 8:30 **Skills Stations**

- 10 minute stations, 1 minute in between
- 7:40-7:52, 7:53- 8:05, 8:06-8:18, 8:19-8:30





1) Power Skating - Dodds

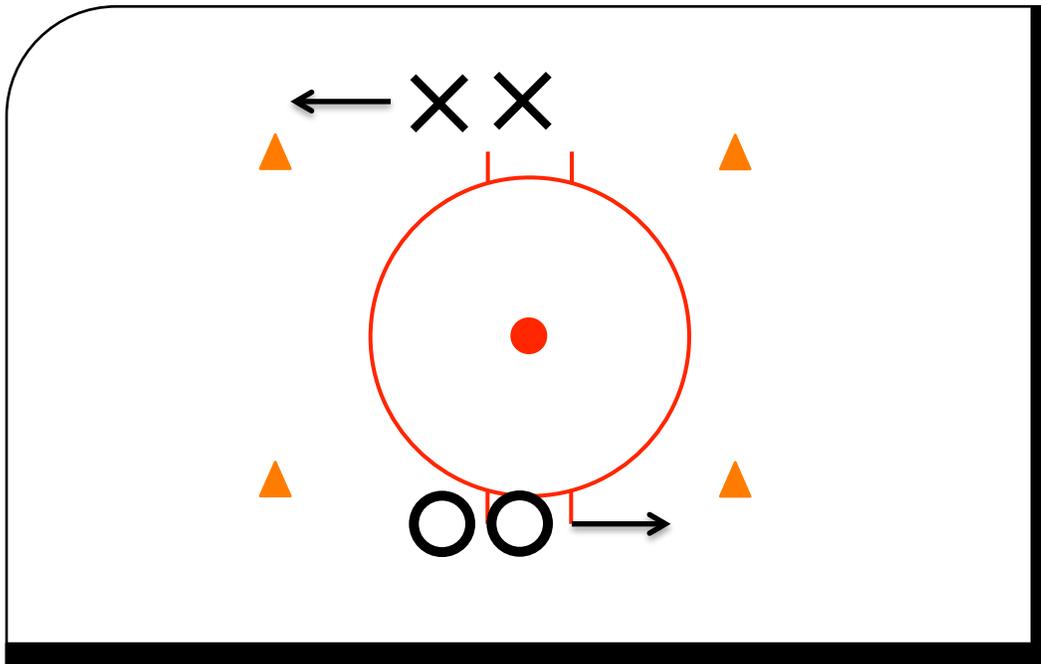


Run players through various edge drills

- 1) One Foot Scoot
- 2) 2 stride – pivot – 2 stride – pivot
- 3) Stick on the ice progression
 - a. Quick pivot
 - b. Overspeed outside edge
 - c. Inside edge bound



2) 2v2 Chase – PW A3 Furdak



Set up cones as shown

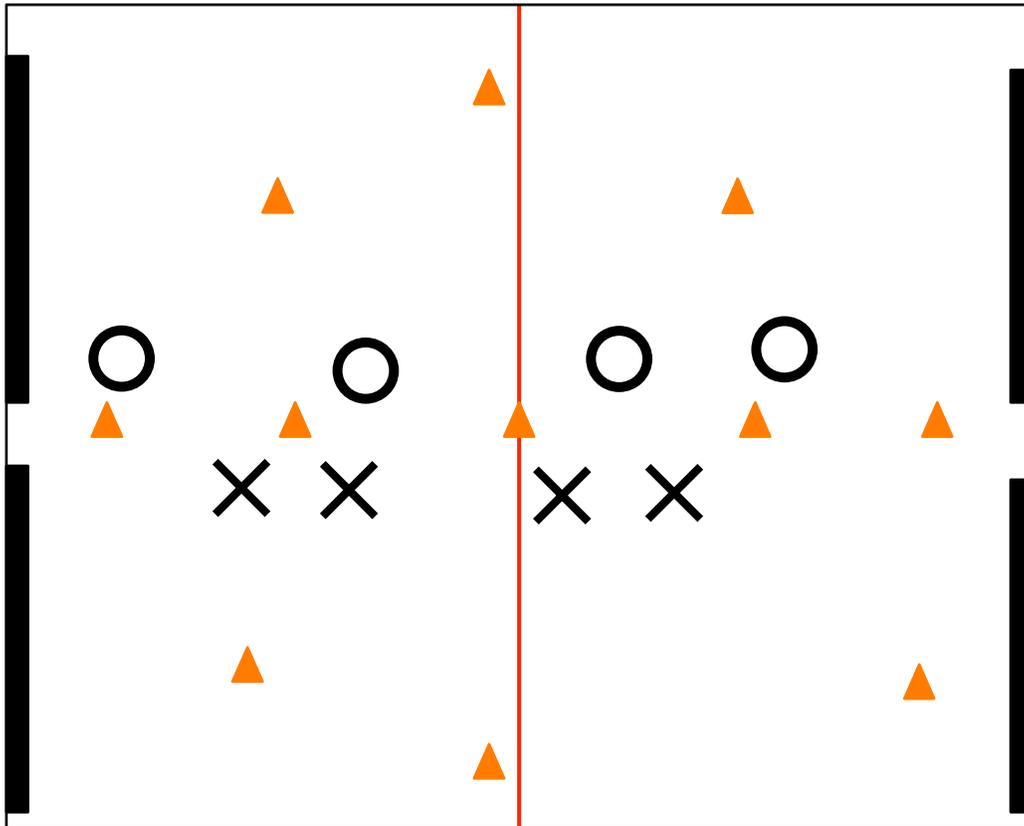
Line up two players on one side of cones, and two on the opposite side

On whistle each team chases the other, first team to catch the other wins

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- This drill is all about efficient crossovers and exploding out of turns, if kids are struggling explain proper crossovers



3) Capture the Flag – PW A1 Simon, PW B1 Youngen



Split group into 2 teams

Object of the game is to collect the 3 cones in the opposite team's half and bring them back to yours without being tagged

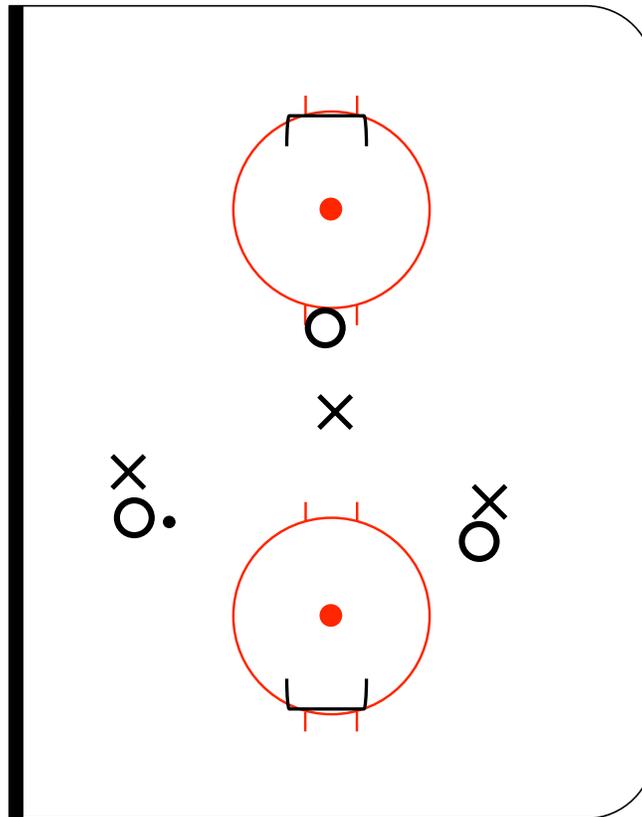
If player gets tagged he must retreat to his half of the ice

If player has cone when he gets tagged, he give the cone to a coach who puts it back in its original position

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- Coaches will be the referees who determine whether a player has been tagged, if the cone crossed half, etc.
 - Don't let kids stand at mid-line in a stalemate – if needed, count to 3 and make everyone cross the line



4) 3 Pass 3v3 – PW A2 Crawshaw



Cross ice small area game – split players into 2 teams

3v3 cross ice game – each team must complete 3 consecutive passes before they can shoot (make it 2 if players are having trouble)

Change players every minute

- The key to this game is close support, stress the importance of moving without the puck to get open for your teammate
- Turn into 4v4 if the group is large