



High Intensity Training
12/17/2013

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

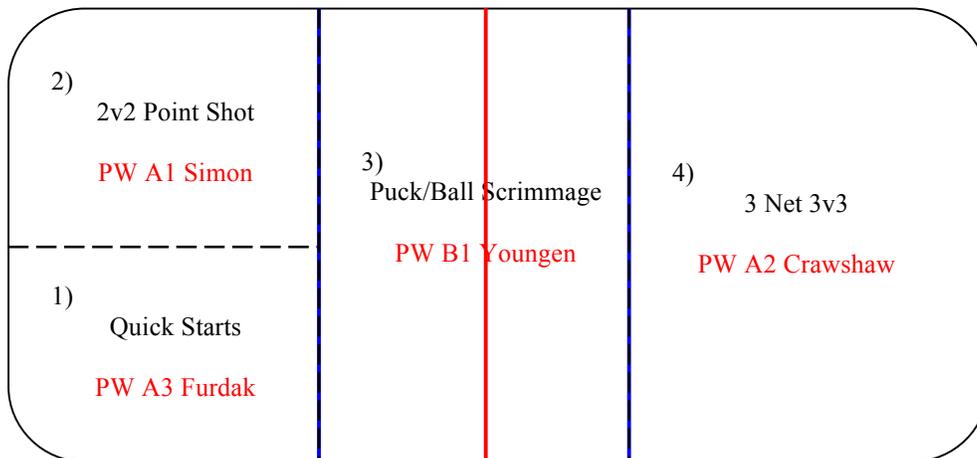
Outline of Session

6:30 – 6:35 Warm Up / Stretch

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

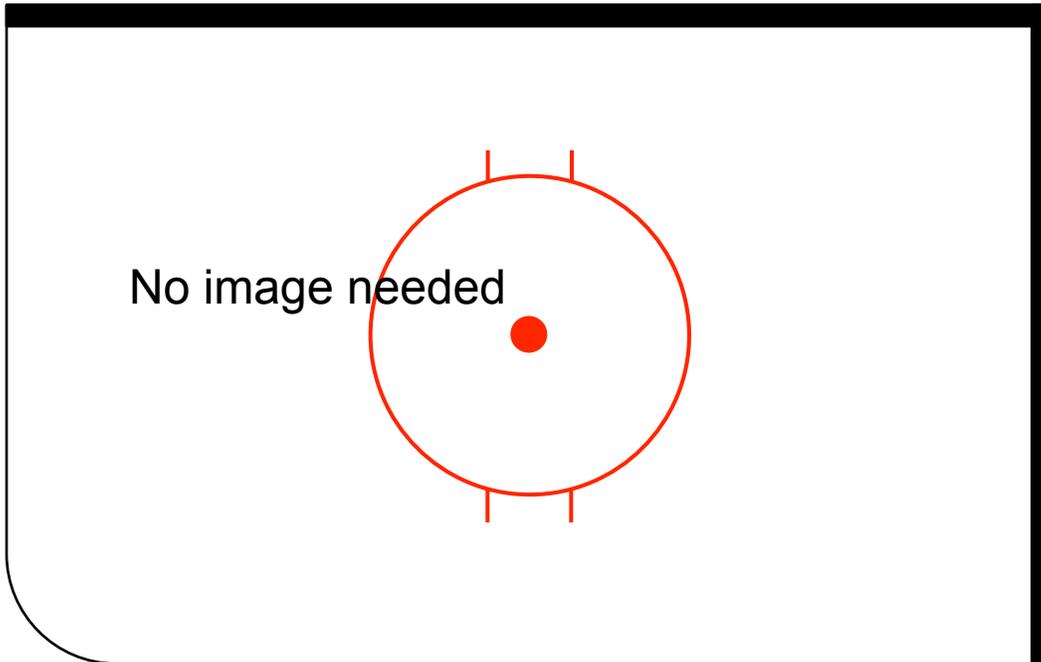
6:35 – 7:20 Skills Stations

- 10 minute stations, 1 minute in between
- 6:35-6:45, 6:46- 6:56, 6:57-7:07, 7:08-7:18





1) Quick Starts - PW A3 Furdak

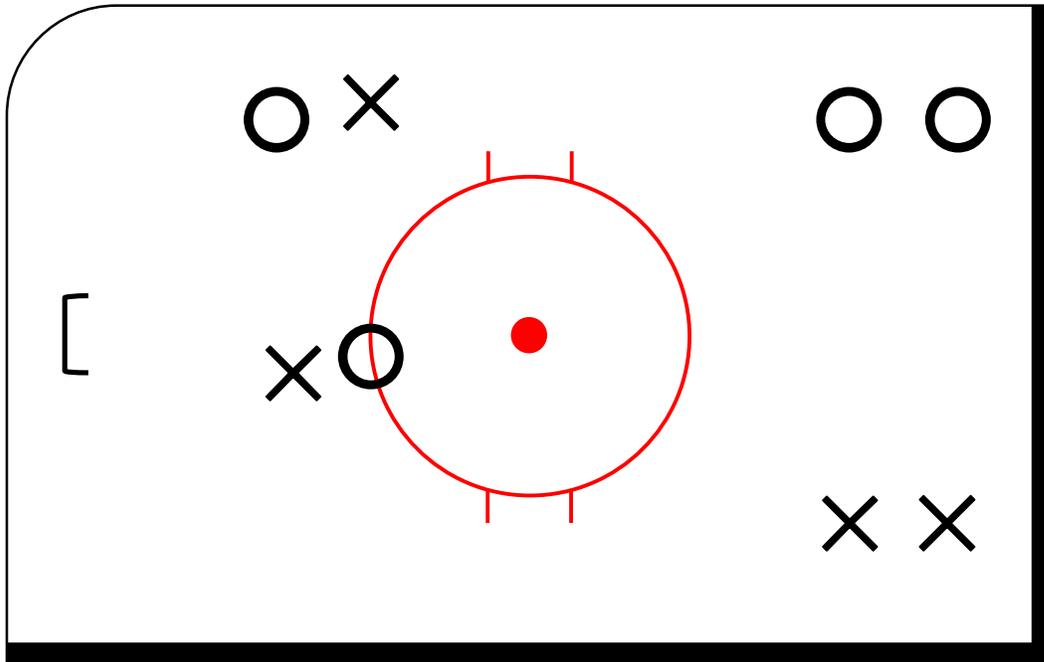


Run players through various quick start drills

- Start by teaching kids proper start technique (front and side)
 - o Front: Feet in a 'V', knees bent, explode out not up
 - o Side: Feet shoulder width, push off back leg crossover and explode out
- 1) 3 lines on goal line – 3 quick strides and glide to blue line (do front and both side)
- 2) Set up cones in zig-zag patten from corner to blue line – have kids sprint to cone, stop, sprint to next cone (emphasize explosive starts after each stop) 2-3x through
- 3) Stick Game
 - a. Have kids partner up and stand a few feet apart
 - b. Each kid should have his stick turned over (knob on the ice)
 - c. On whistle, both players let go of their sticks and sprint to try and catch their partners
 - d. Repeat, having kids back up to make the drill increasingly challenging (if they catch sticks repeatedly at same distance)



2) 2v2 Point Shot – PW A1 Simon



Set up goal as shown

Have kids play 2v2 attacking the net

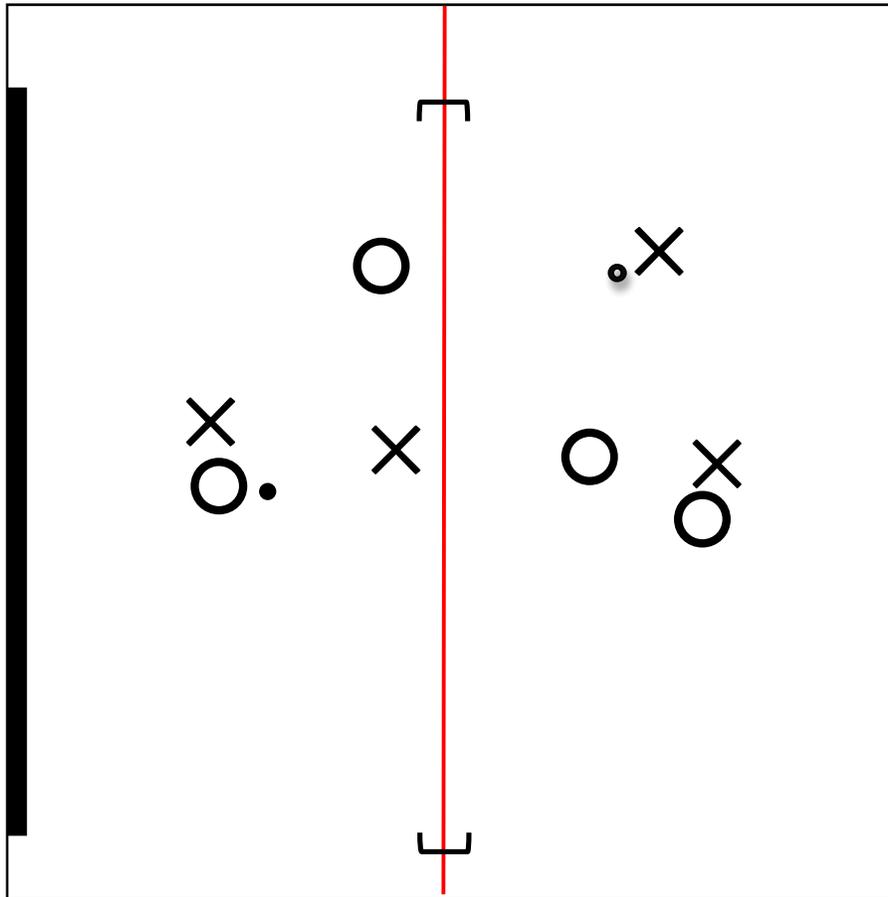
They must pass back to their line to transition from defense to offense

Blow whistle every 45 seconds to rotate

- If there is enough room, and the group is large, play 3v3



3) Puck/Ball Scrimmage – PW B1 Youngen



Split group into 2 teams and place mini nets cross ice

Play 4v4 (or 5v5 if large group) – put extra kids on the benches

Throw a puck and soccer ball out on the ice

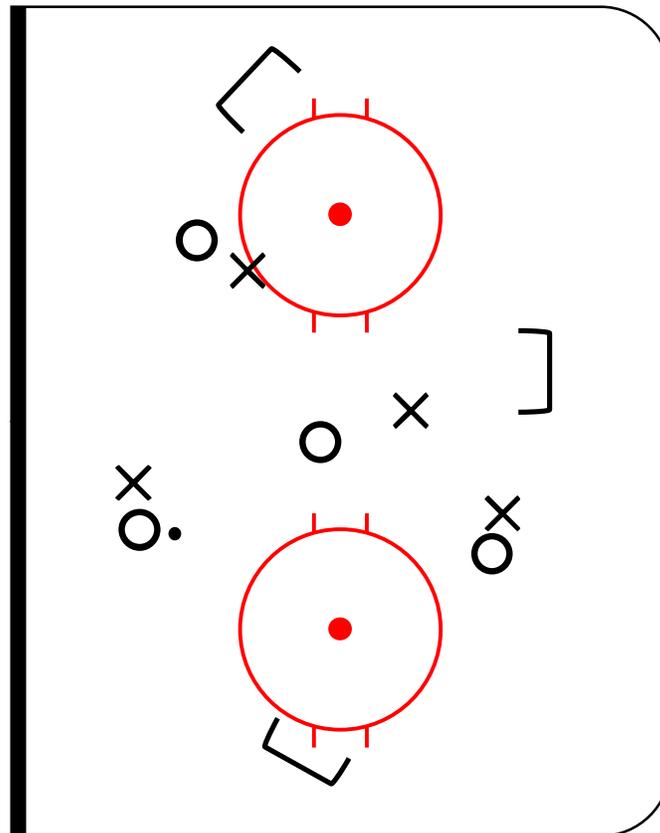
Players may score with either the puck or the soccer ball

- Soccer ball must be kicked with skates, sticks cannot be used

Blow whistle every 45 seconds to change



4) 3 Net 4v4 – PW A2 Crawshaw



Cross ice small area game – split players into 2 teams

Set up 3 nets as shown

Play 4v4 (or 5v5 if large group), you can score on any net

- After 6 minutes, throw a second puck out there so players are playing 4v4, scoring on any net, with 2 pucks
- Emphasize picking your head up, getting to open ice

Blow whistle every 45 seconds to change