



High Intensity Training  
11/19/2013

BN A1 Darcey  
BN A2 Corscadden  
BN B1 Griffin  
BN B2 Oliveri

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

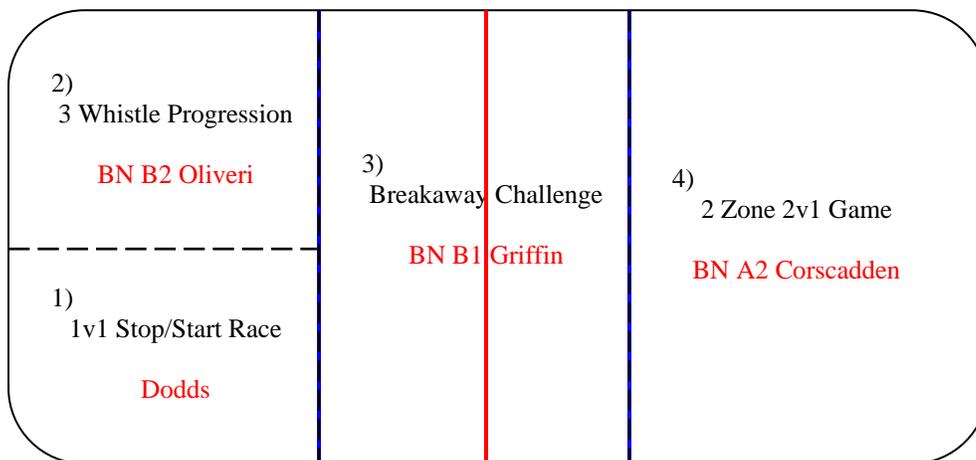
**Outline of Session**

7:30 – 7:40 **Half Ice Warmup**

- Joe/Trevor will lead kids in a half ice warm up
- Other coaches help out as needed and get equipment ready for stations

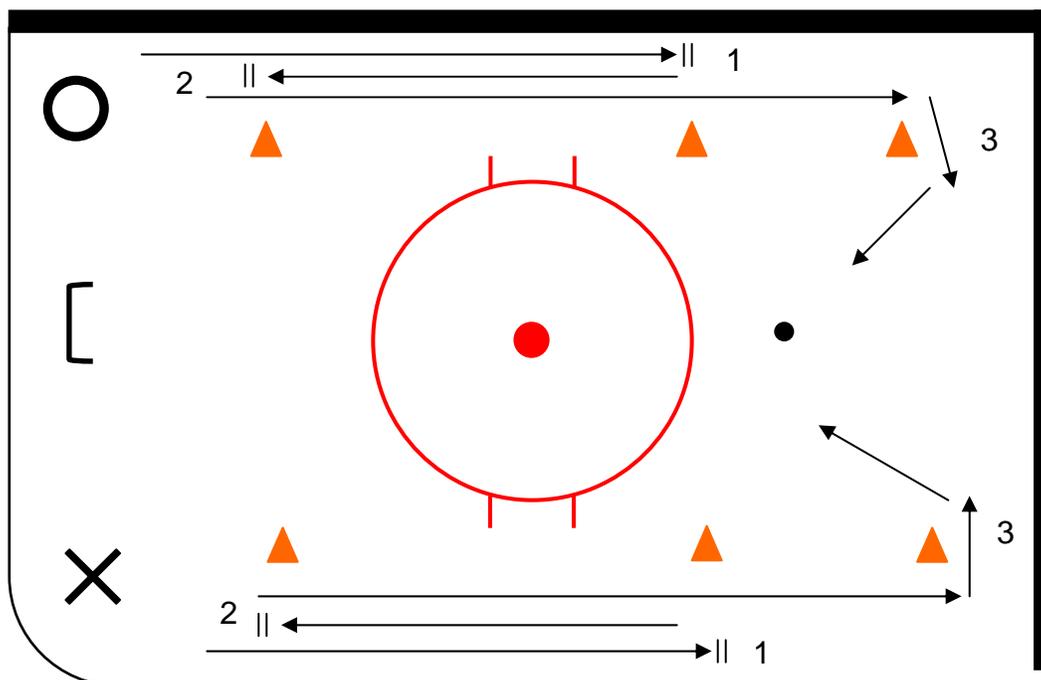
7:40 – 8:20 **Skills Stations**

- 10 minute stations
- 7:40-7:50, 7:50- 8:00, 8:00-8:10, 8:10-8:20





## 1) 1v1 Stop/Start Race - Dodds



Place cones at top of circles and inside blue line as shown

Line up players on goal line on each side of net

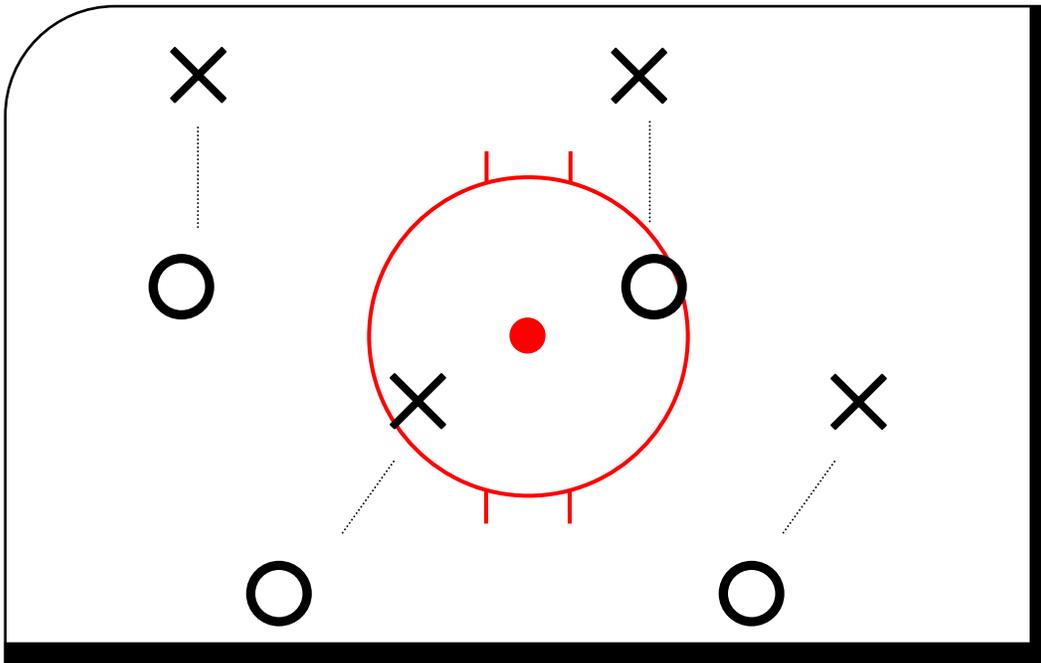
On whistle, each player completes course as shown (up and back from the first cone using complete stops, up to the second cone and race to the puck)

Player who wins race to the puck has a breakaway on the net, second player backchecks

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- Stress complete stops and explosive starts
  - The players who win the race aren't necessarily the fastest skaters, they are the quickest accelerating out of the stops



## 2) 3 Whistle Progression – BN B2 Oliveri



Have players pair up and spread out around zone

First whistle – stationary passing

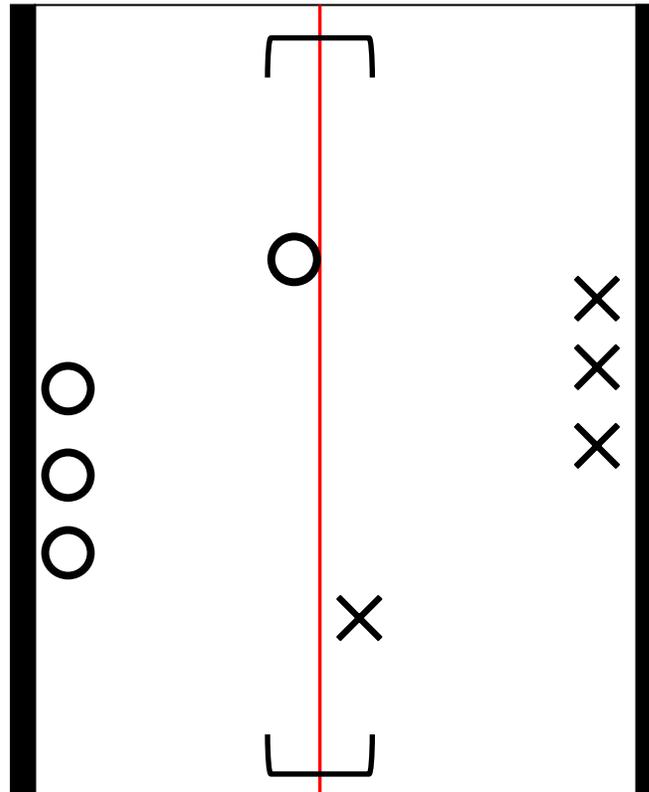
Second whistle – moving in a small area and passing back and forth

Third whistle – Keep away

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- First time through - forehand passes, second backhand, third saucer (if possible)
  - For second half of station if kids need a change, have them play monkey in the middle around circle with 2 players in the middle



### 3) Breakaway Challenge – BN B1 Griffin



Split group into 2 teams

Have players go in on goalie 1 on 0 or 2 on 0 (depending on how many kids are in the group)

If 1 on 0:

Player gets one shot on net:

If he scores, he sprints back to line and tags the next person who then goes

If he misses, he gets the puck and passes to next player in line who then goes

First teams to score 5 goals wins

If 2 on 0

2 players go in on net and stay in until they score

When they score, they sprint back to line and tag next 2 players who then go

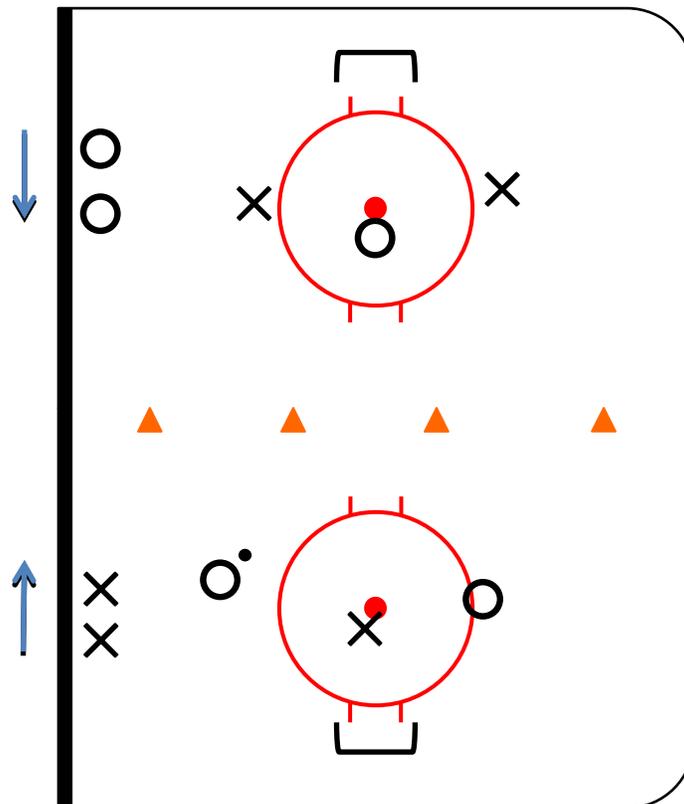
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Use discretion regarding which players shoot on which goalie

Try to avoid situation in which one player (or group) is in for too long without scoring

\*\*\*\*\* **IF WE ARE SHORT GOALIES I WILL ADAPT DRILL**



#### 4) 2 Zone 2v1 – BN A2 Corscadden



Cross ice small area game – split players into 2 teams  
2 X's and 1 O on one half of ice  
2 O's and 1 X on other half  
Players may not cross imaginary mid line of the game  
Change players every minute