



High Intensity Training Session
12/4/2013

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

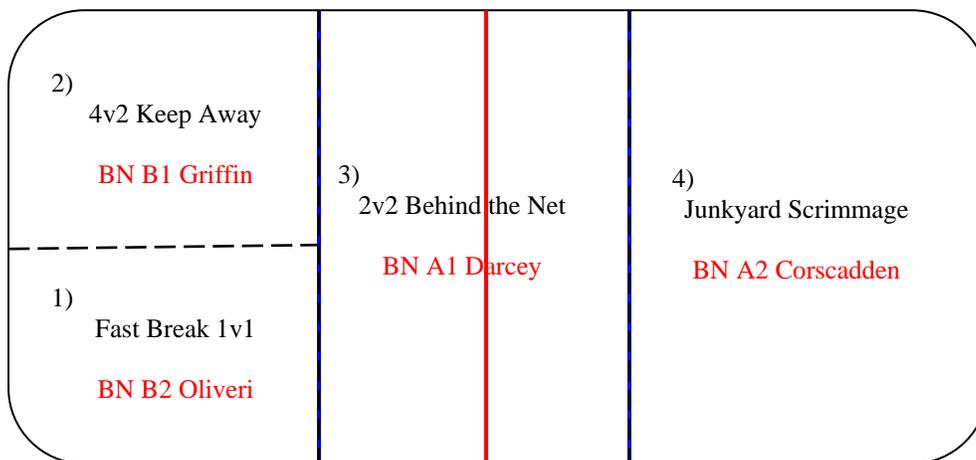
Outline of Session

8:40 – 8:45 Warm Up / Stretch

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

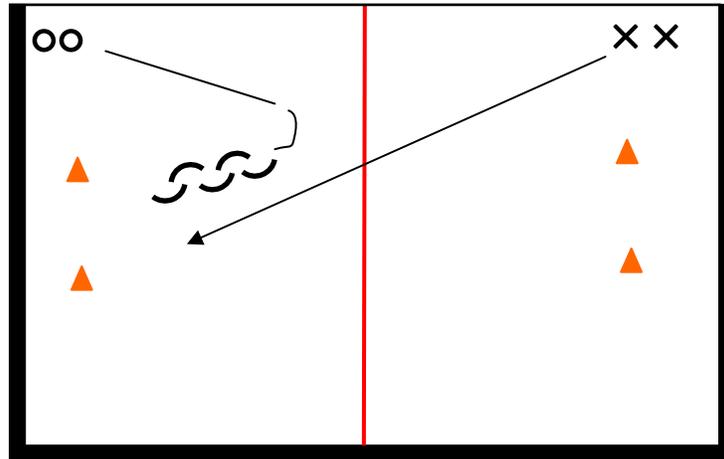
8:45 – 9:30 Skills Stations

- 10 minute stations, 1 minute in between
- 8:45-8:55, 8:56- 9:06, 9:07-9:17, 9:18-9:28





1) Fast Break 1v1 - BN B2 Oliveri

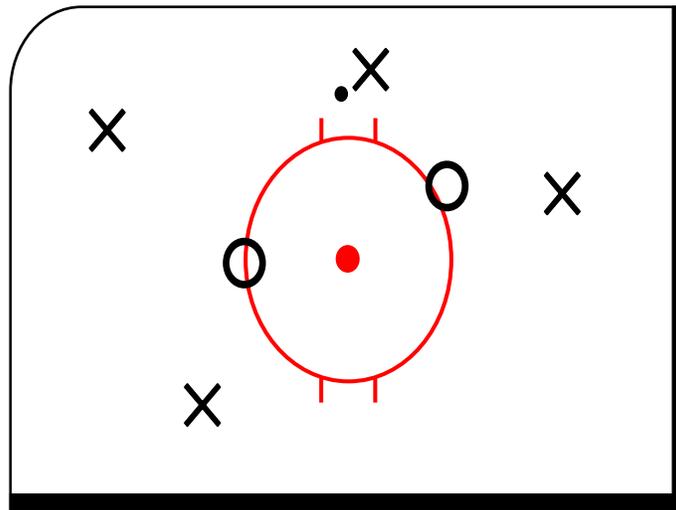


- Split kids up into 2 lines
- On whistle, X skates with puck and tries to skate in between opposite cones. At the same time, O gaps up and defends.
- Next whistle, the next O player in line leaves with a puck and tries to score on opposite cones – next X player jumps out and plays D.
- Continue alternating sides

Keep 1v1 short to minimize the amount of time kids are standing around. If player does not skate through cones on first or second try blow whistle for next group to go



2) 4v2 Keep Away – BN B1 Griffin



Set up 4v2 in the zone

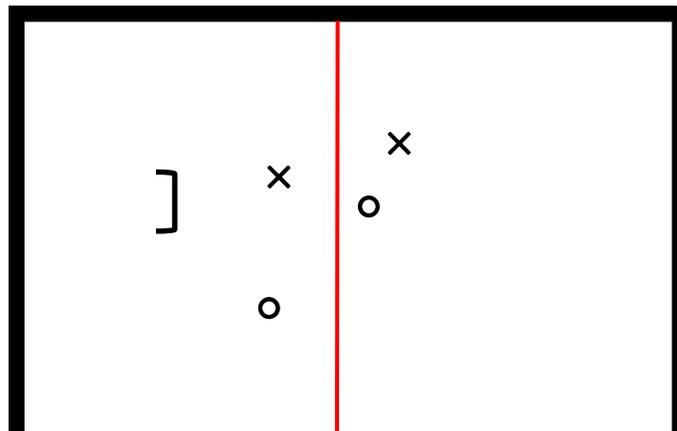
The team with 4 gets a point if they complete a pass between the 2 O's

The team with 2 gets a point if they steal the puck and complete a pass to coach

Switch groups every 30-60 seconds



3) 2v2 Behind the Net – BN A1 Darcey

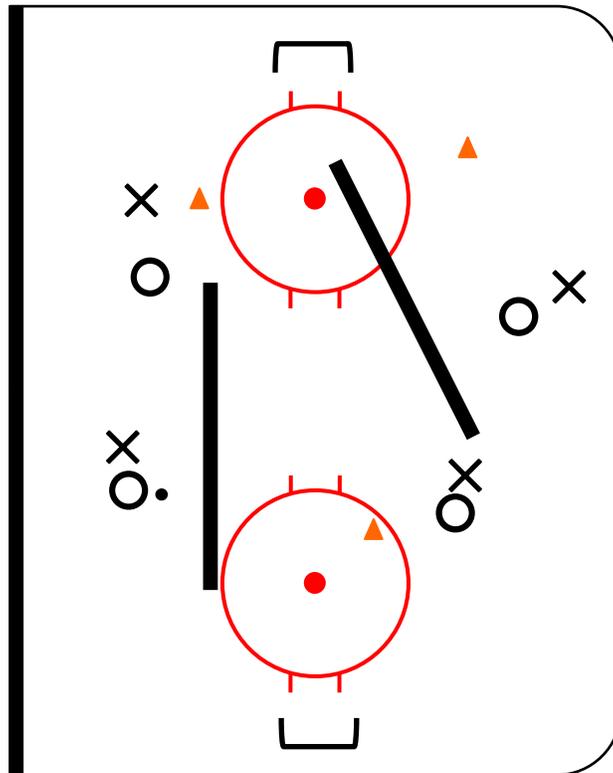


Set goal up facing away from players
Play 2v2 in the zone (other players sit on bench)
Object is to score on the goal

- Most of the open ice is behind the net, so this encourages creativity and develops skills to score from out of the corner or behind the net
- Good drill for goalies to work on tracking puck behind net



4) Junkyard Scrimmage – BN A2 Corscadden



Dividers, cones, tires, etc. strewn all over zone

Play 3v3 or 4v4 cross ice

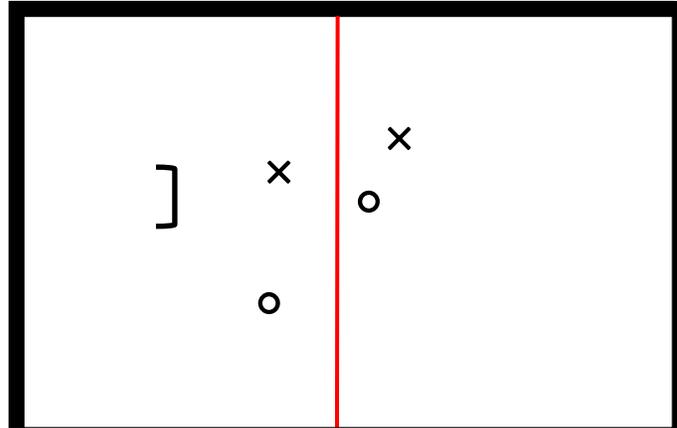
Obstacles force players to keep heads up and find open passing lanes

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- Stress moving without the puck
 - Show how moving around opens up passing lanes





5) 2v2 Behind the Net – SQ A2 Thomas



Set goal up facing away from players
Play 2v2 in the zone (other players sit on bench)
Object is to score on the goal

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- Most of the open ice is behind the net, so this encourages creativity and develops skills to score from out of the corner or behind the net
 - Good drill for goalies to work on tracking puck behind net