



High Intensity Training Session
11/26/2013

SQ A1 Madden
SQ A2 Thomas
SQ B1 McGraw
SQ B2 Taplin
SQ B3 Carpenter

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

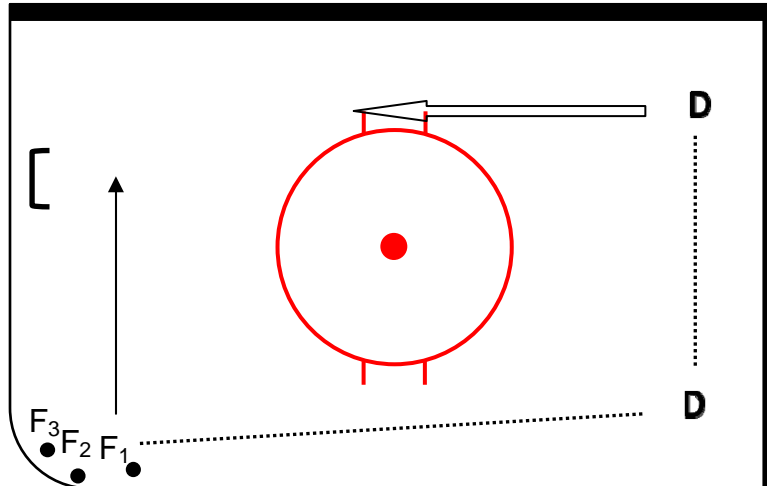
6:35 – 7:20 Skills Stations

- 8 minute stations, 1 minute in between
- 6:35-6:43, 6:44- 6:52, 6:53-7:01, 7:02-7:10, 7:21-7:20

2) 4v2 Keep Away SQ B2 Taplin	3) Fast Break 1v1 SQ B3 Carpenter	4) Junkyard Scrimmage Squirt A1 Madden
1) Point Shot 1v1 Progression SQ B1 McGraw	5) 2v2 Behind the Net SQ A2 Thomas	



1) Point Shot 1v1 Progression - SQ B1 McGraw



Have 2 'D' stand at point (rotate who this is, everyone should get a chance)

On whistle, F1 passes to D (who pass D-D) and goes in front to screen/tip

After shot, F2 passes to D and joins F1 in front – they battle 1v1 to try and tip/screen/score

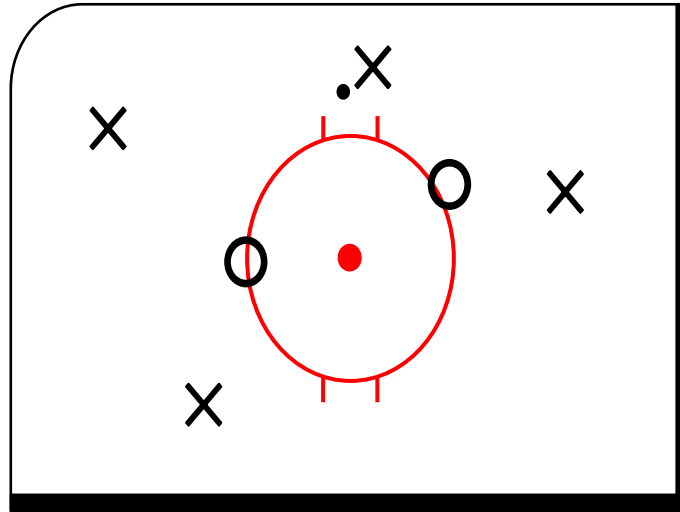
Next whistle, F3 passes to D and joins F1 and F2 in front – they all battle 1v1v1 to tip/screen/score

Next whistle, coach throws a puck in the corner and F1, F2, and F3 play 1v1v1 to try and score – they can use D as outlets

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- Stress good screens from forwards
 - Low shots from point
 - Battle in front



2) 4v2 Keep Away – SQ B2 Taplin



Set up 4v2 in the zone

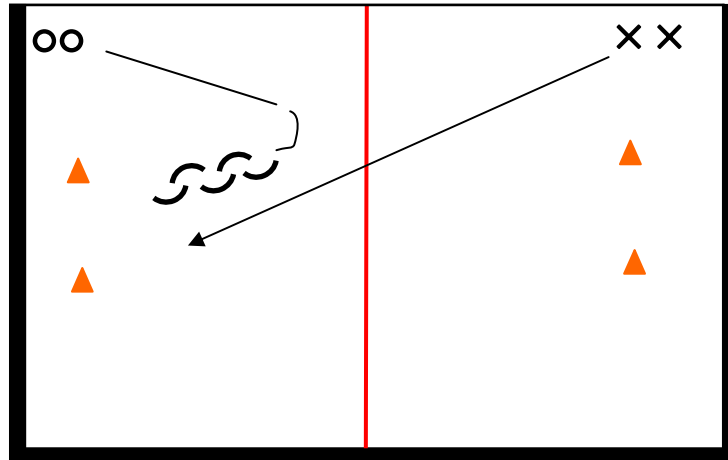
The team with 4 gets a point if they complete a pass between the 2 O's

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) Fast Break 1v1 – SQ B3 Carpenter

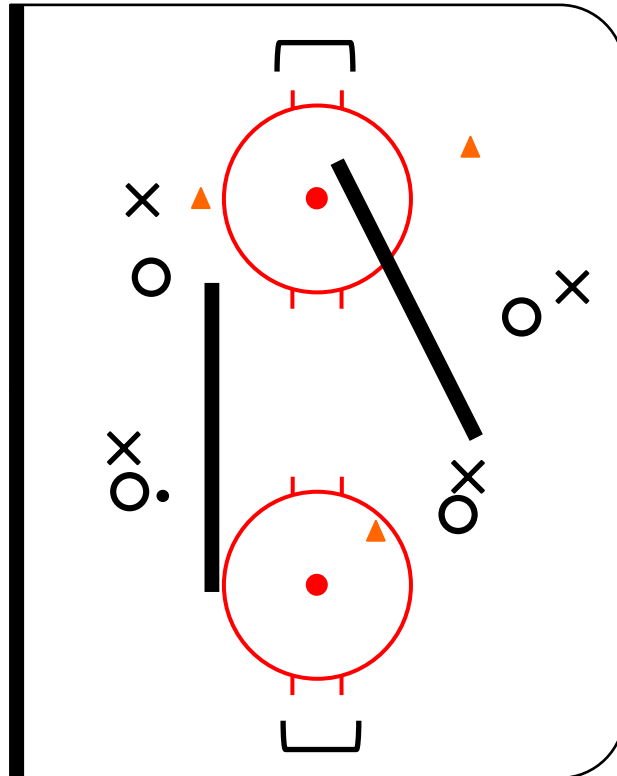


- Split kids up into 2 lines
- On whistle, X skates with puck and tries to skate in between opposite cones. At the same time, O gaps up and defends.
- Next whistle, the next O player in line leaves with a puck and tries to score on opposite cones – next X player jumps out and plays D.
- Continue alternating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



Junkyard Scrimmage – SQ A1 Madden



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

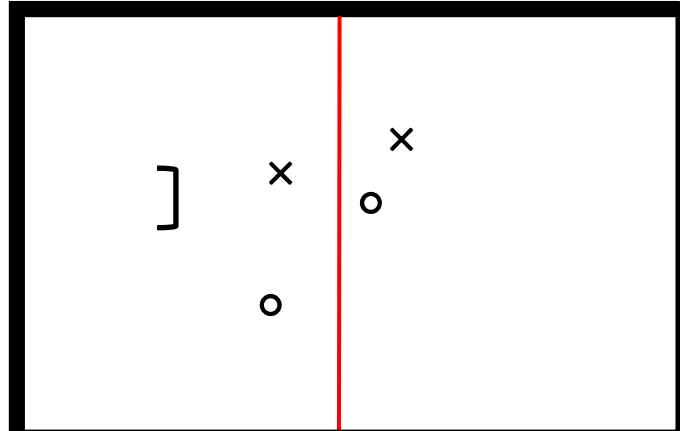
Play 3v3 or 4v4 cross ice

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

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



4) 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