



Date: September 10, 2009

To: Shrewsbury Youth Hockey Coaches – Mite 1, Squirt, PeeWee, Bantam

From: Patrick Nugent
General Manager & Hockey Director
Puckmasters Hockey Training Center- Marlboro

Herb Lade
SYHA Player Development
Program Director

Dear SYHA Coaches!

First let us tell you how excited we are to continue the partnership between Puckmasters and Shrewsbury Youth Hockey! The 2009-2010 season will be the sixth of our partnership in developing Shrewsbury player's skills!

This season we're continuing the Player Development approach to skill development. To assist in this, we've attached two important sections to this program binder:

1. The USA Hockey Atlantic District Player Development Model. Patrick, along with several other coaches created this model. Some of the terms may not be familiar to you yet, but over the course of the next four months through working together we are confident you'll understand and better learn to apply their use. The model is intended for novice and veteran coaches to use as a reference of what skills and concepts should be taught at each age level.
2. Session by Session Practice Plans. This year, we've provided you, in advance, with the week by week session plans that you'll be integral in running. Please take the time to review each week in advance of the session.

The Session by Session Practice plans break down as follows:

- Sessions 1-4: Address raw skill development including; skating mechanics, shooting, puck-control, and passing. For goalies, the focus will be on basic stance, angles, understanding the butterfly movement, and stick, pad, glove and blocker saves. We believe the skills presented in these practice plans are universal and applicable to all ages. What will differ however between ages will be the instructor's delivery of how the skills are implemented.
- Sessions 5-11: Leverage these basic skills into more complex, multi-skilled drills. They are designed in a full-ice format to better allow coaches to introduce offensive and defensive concepts in a more realistic game setting than the traditional half-ice format. Each session will consist of ten minutes of skating mechanics, followed by a shooting drill, a one-on-one drill, a two-on-one drill and a fun game to finish. Some of the drills will be more advanced than anything your players have ever done. Rest assured that that each of these drills can be successfully implemented, even at the mite levels. In order to succeed however, we ask that the coaches actively participate by learning the drills and taking responsibility for one line of players within each drill. Many include a timing element where multiple lines activate on one whistle. This may be a new concept for your players, therefore coaches will need to



assist them to know exactly where to go, what to do, and when to do it.

The goalies will reinforce the basic concepts listed above, while at the same time learn to track the puck, understand recovery and rebound control. The goalie coaches will no longer teach the separate station, but rather within the context of the drill. They will be encouraged to keep up with the pace of the drills both mentally and physically.

- Puckmasters Staffing: Over the first 6 sessions Puckmasters will staff six coaches at each of these skills sessions (including 1 goalie coach). For the next 5 sessions, Puckmasters will staff three coaches at the each session (including 1 goalie coach).
- SYHA Coaches Staffing: Each team on the ice must also provide at least 2 coaches for these sessions as well (minimum 4 team coaches). It will be critical that the coaches understand the drills so they can help guide the players and emphasize the key teaching points during the drills. Our goal is to work collaboratively with you to ensure your ability to implement these skills into your regular practices.

In closing, I'd like to reiterate how excited we are to be working together again this year. Patrick Nugent has offered the Puckmasters Hockey Training Center of Marlboro office as a resource to you for coaching materials. If at any point during the season you have a question or need an idea to help address a need for your team, please don't hesitate to contact Puckmasters!

Sincerely,

Patrick Nugent

Herb Lade



AAHA Player Development Model

Proper Interpretation & Use

The following is a model designed by the USA Hockey Atlantic District Player Development committee. The cadre of coaches has pooled their collective experience and knowledge, reflected on past success and failures and derived this model as a footprint for coaches and organizations in the Atlantic District to follow. It is designed for use in creating short and long range goals for their players and to use as an evaluation tool at the end of each season for their coaches.

Utilized properly, this model can provide sufficient material from which coaches at all levels can draw when planning their season and daily practice plans.

Proper practice to game ratio is at the heart of sound development. Without sufficient repetition and opportunity to improve in a comfortable environment, success cannot be achieved. Focus needs to be on the process (practice) rather than the product (games).

As you go through this model, please note that "*" indicates a training habit that transcends age levels. That is to say that these skills are the building blocks upon which a player's development relies. As you will see, these habits are best attained and retained when they are introduced at the youngest levels. Waiting to make these training habits part of a players repertoire only serves to retard their progress.



Mite/Squirt: The most important level for learning basic skills. Do not spend ice time working on "X's" and "O's." Utilize locker and bench time for such brief discussions. Teach players individual skills and empower them to play. Let them figure out how to play with each other. Do not pigeon hole a player into a certain position.

- *Communication
 - Call for the puck
 - Become more difficult to defend
 - Become more of an offensive threat
- *Skating With One Hand on the stick without the Puck
 - Keeps the target on the ice
 - Easier to teach proper skating technique
 - Improved passing and reception
 - Will eventually deter high hits
- *Stopping and starting both sides and changing directions stick first without the puck
 - Emphasis will lead to quicker and more effective transition play
 - Develop an understanding of how to take away or create passing lanes
 - One hand for speed; two hands for power
- *Proper Stride Elements
 - Flexion
 - Extension
 - Glide
 - Recovery
 - Knee Bend
 - Heel/Toe
 - Center Mass
- *Demand Appropriate Use of Backhand
 - Helps to develop proficiency at older ages of providing false information
 - *Stick on Stick Defense
 - Taking an opponent's options away with your stick
 - First step to proper angling and checking
 - Beginning phase of spacial relationship
 - Passing lanes vs. shot lanes
 - *Strong Foot Shooting
 - Weight transfer
 - Upper/Lower body-follow through
 - Point the stick/point the toe
 - Finishing vs. turning off
 - *Forehand/Backhand Passing & Receiving
 - Upper hand/lower hand relationship
 - Handcuffing
 - Wrist roll
 - Bottom hand slide
 - *Equipment
 - Stick length
 - Lie
 - Curve
 - Skate care/lacing
 - Respect
 - *Respect, Appreciation and Understanding of Rules
 - Sportsmanship



Pee Wee: 70/30 second generation skills to conceptual learning ratio. Begin position specific training but do it with all players. Those better suited to the demands of certain positions will show themselves to the watchful eye. Keep the system work limited to off-ice and bench discussions or find a pond.

- *Touch the Puck First Mentality
- *Checking vs. Hitting
 - Purpose
 - Stick Checks
 - Body Checks
- *Step Outs
 - Right and left side
 - No crossing over
 - Lead with stick
- Understanding puck-pull
 - Shooting
 - Passing
- *Wheelhouse
 - Center of the Universe
- *Puck Protection
 - Along the walls
 - In open ice
 - First step toward successful cycling
- *Skates Up in Defensive Zone Coverage
 - Head on a swivel
 - Awareness without the puck
 - Avoid "puck starring"
- *Funneling
 - Playing inside the dots
- *Understanding lane philosophy
- *Offensive triangulation
 - Sweet spot/Grade A
- Backward skating efficiency
- Cossunders
 - Turning head and stick for rotation
- *Agility Skating
 - Balance
 - Edge Control
 - Inside/Outside
- *Closing on your opponent
 - Time and space
- *Angling
 - Stick on stick
 - Containment
 - Purpose
- Puck Distribution
 - Carrying vs. handling
 - When, How, Why
 - Headmanning
- *Off-Ice
 - Nutrition education
 - Athleticism
 - Cardiovascular training
 - Flexibility
 - Sport specific training
 - Anerobic
 - Plyometric
- Zone Entry
 - Middle Lane Drive
 - Net front position offensively
 - Screening
 - Deflections
 - Reading without the puck on rushes
 - How to play offensive odd-man rushes
- *Communication
- Faceoffs
 - Mentality
 - Position
 - Reaction to win/loss
- Defense specific
 - Move the puck before you have to mentality
 - Gapping
 - Defensemen following the rush
 - Providing rear support
 - First step to neutral zone counter
 - Setting stage for change point of attach on entry
 - Closing
 - 1X1 play
 - Playing odd man rush against
 - Playing even man rush against
 - Jumping the rush
 - Playing inside the dots
- Offensive and Defensive Side Positioning
- *Puck Support
 - All over the ice



BANTAM: Assess competitiveness and passion. Begin reaping what you've sewn. If the coaches before you have done a good job for the past four plus years you can begin to challenge your more mature players with team concepts and system elements. Players will begin to separate themselves by talent level. Be realistic in where they stand in the development process. No more than 60/40 third generation skills to theory.

- *Establishing a physical commitment
 - Finishing checks
 - Sustaining checks
 - Beating opponent off the wall
 - D side positioning
 - Hip checks
 - When not to finish
 - Receiving checks
- *Shooting
 - Distinction between A and B area shots
 - In stride
 - Release
 - Accuracy
 - Off wing play
 - One timers
 - Using D as a screen
- *Spacial Relationships
 - Making ice big offensively
 - Making ice small defensively
 - Creating/taking away time and space
- *Cycling vs circling
 - Timing
 - Support and picks
- Indirect area passing
 - Front ice/back ice reads on zone entry/exit
- Defending against the cycle
 - Man on man
 - Box plus one
 - Mistake management
- *Pressure/Contain decision
 - When
 - How
- Neutral zone decisions
 - Transition vs counter attack
 - Red line rule with and without puck
- *Gray zone appreciation
 - 80/8 turnover rule
 - chipping and counter pinching
 - Side away
- Pinch rule (puck or man both don't get by you)
- On-ice awareness
 - Anticipation
 - Play without the puck
 - Tracking
 - Getting available/representing yourself
 - Reading the rush offensively and defensively
 - Hold ups
 - D partner breakout options
 - D joins
 - Protecting space
- Gain an appreciation for key shifts
 - First and last shift of period
 - Shift after PP/PK
 - Shift after goals for/against
- Power play elements
 - No set breakout with lateral support
 - Zone entry
 - Hi/low support
 - Releases
 - PK reads
 - Outnumbering
 - Pursuit-possession-position-pace
- Penalty kill elements
 - Splitting the ice
 - D staying up
 - 200' clears
 - Fronting
 - Contain/pressure read
- Line changes
 - Shift length
 - Puck location
 - Long change
 - Far side breakout
 - F/D opportunities
- Introduce pre-game mentality
 - Preparation
- Focus
- Identify position player is most suited for



Midget: Your job is to put the finishing touches on the final product. Attention to detail becomes a focus as does competition and understanding of the team game.

- Providing false information
 - Setting up the D
 - Looking off at a pass
- Overlapping
 - Neutral zone
 - Offensive zone
- Waves/layers
 - Offensively
 - Defensively
- Stretching the opposition
 - Flat passes
 - Indirect passing
 - Area passing
 - Redirect passing
- Appropriate dumping
 - Purpose
 - When
 - Where
- Bench awareness
 - Playing the shifts you're not on the ice for
 - Mental toughness
 - Playing with a lead or from behind
 - Playing on the road
 - Understanding and accepting roles
- Sweet Spot Offense
 - Five man attack vs three man attack
 - Scissor cycling
 - Weak sided reads
 - Strong side D runs
 - Doubling up
- *Step and SAG
- *Shot blocking
- 6X5/5X6 play



Goaltending

MITE/SQUIRT

- Skate
- Proper equipment
 - Correct pad length
 - Junior stick
 - Regular helmet/cage
- Stay on feet
- Watch puck
- Stance
- Have fun

PEE WEE

- Wear goal skates
- Crease movements
- Angels
- Glove positioning
- Glove usage
- Recovery from:
 - Knees
 - Rear end
- Rebounds
- Mental Approach
- Poise
- Arriving Square

BANTAM

- Support backchecker
- Breakaway rules
- Have a style
- Read the rush
- Stick work
 - Passing
 - Setting
- Butterfly
 - Single leg
 - Double leg
- Desperation
 - Head first
 - Two pad slide

MIDGET

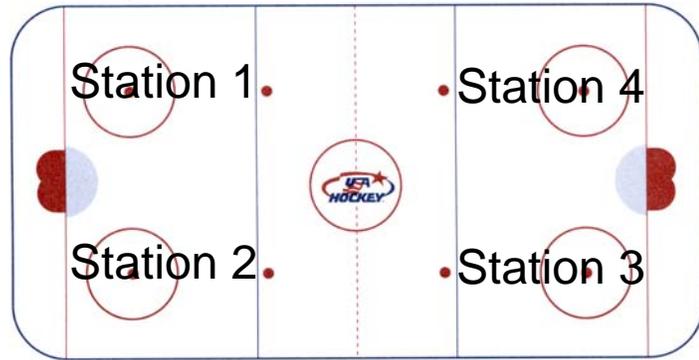
- Wrap arounds
- Hybrid styles
- PK situations
- Read puck off stick



SYHA Player Development Session # 1

Schedule: 10 min - Group Skate
40 min - 10x4 Stations

Needs: Pucks (orange & black);
Nets (2); Cones (6);
Goalies/Shooter Tutor (2)

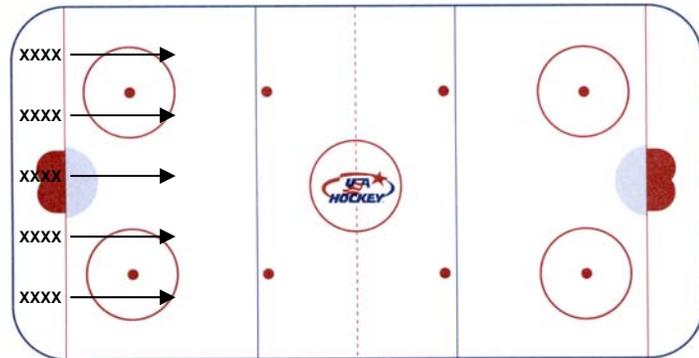


Group Skate: Knee Bend, Edge Control, Stride

1. 2 foot glide (90 Degree Bend)
2. Shoot the duck (right/left)
3. 2 foot scull (hour-glass)
4. 1 foot scull (right/left)
5. 1 foot scull alternating right/left
6. 3 count recovery, alternating feet

Keys:

1. Consistent Knee Depth
2. Good posture (chest up aligned with hips)
3. Complete extension of leg; full recovery under body

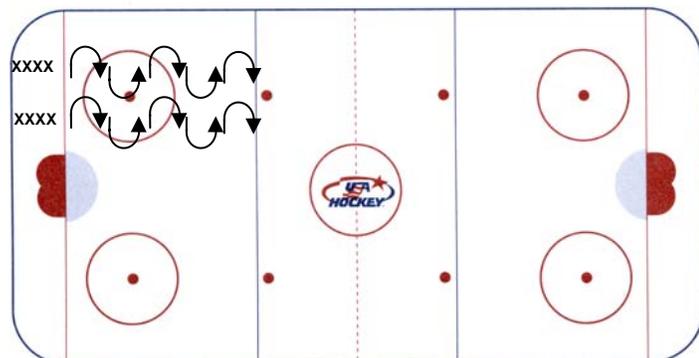


Station 1: Skating/Edges (Forward & Backward)

1. Inside Edge semi-circles
2. Outside Edge semi-circles no crossover
3. Outside Edge semi-circles crossover (on backwards - cross in front of glide skate)

Keys:

1. Weight is on middle-back of skate blade
2. Knees bent over toes of skates
3. Look for smooth control





SYHA Player Development Session # 1

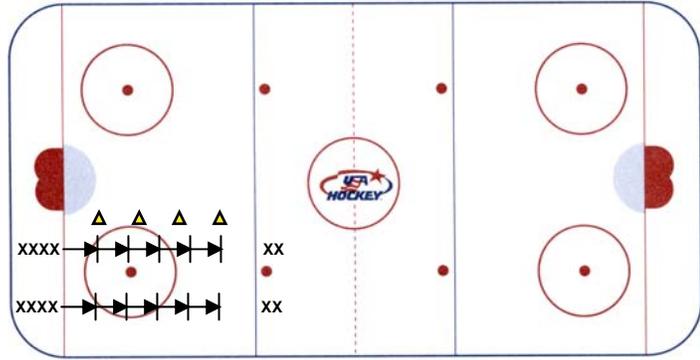
Station 2: Stopping (Both sides)

Always face same direction; repeat each step 3 times; stop at each cone.

- 1 foot inside edge (right & left)
- 1 foot outside edge (right & left)
- 2 foot hockey stop
- Follow direction of coaches stick stopping at each change in direction (forward, back, right, left)

Keys:

1. Turning progression should be: head, shoulders, hips.
2. First shave ice; then stop
3. Knees bent & good posture (chest up)



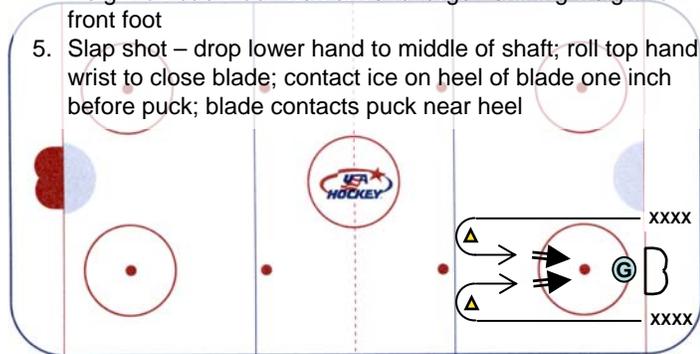
Station 3: Puck Control/Shooting

Execute each element followed by a shot –
½ drill wrist; ½ drill slap
(use black/orange pucks):

1. One hand (alternate arm swings)
2. Narrow dribble in front
3. Wide dribble in front
4. Combination of wide and narrow in front
5. Dribble forehand only
6. Dribble backhand only
7. Dribble all around body
8. Toe drag
9. Pull through legs

Keys:

1. Roll wrists (blade of stick should cover/cup puck)
2. Use shuffle stride
3. Keep head up (feel puck on stick; peripheral vision)
4. Wrist Shot – start puck on heel of blade; wide stance; weight on back foot then drive to target shifting weight to front foot



Station 4: Small Game

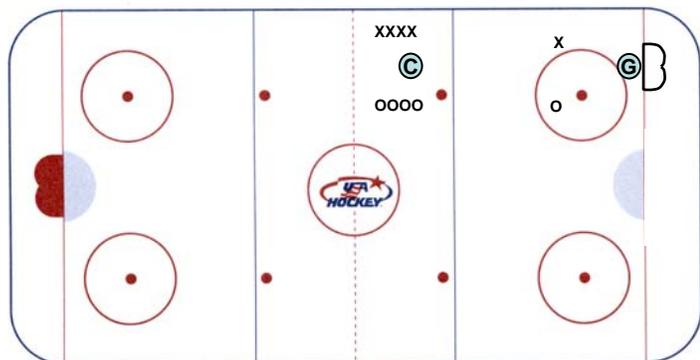
Once Defensive player gets puck, they must regroup with coach to switch to offense.

Progress through the following:

1. 1 vs 1
2. 2 vs 2
3. 3 vs 3

Keys:

1. Use body to protect puck
2. Man without puck should move to open ice



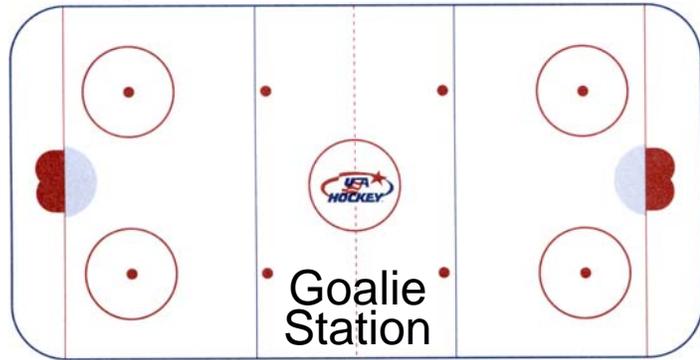


SYHA Goalie Development Session # 1

Schedule: 10 min – Group Skate

40 min – Skills Station
(substitution with skater stations if possible)

Needs: Net (1), Pucks



Skill 1: Stance

1. Feet 1-1.5 ft apart
2. Stick 6-8 inches away from toes; directly in front of 5-hole
3. Knees bent comfortable (not too low; not too tall)
4. Glove open facing shooter, very slightly angled down (not facing ceiling or ice)
5. Back & shoulders tall, not hunched over.

Keys:

1. Both hands in front of pads for full range of motion
2. Chin forward for faster reaction into butterfly

Skill 2: Butterfly

1. Toes flared out
2. Knees together closing 5-hole
3. Stick moves 8-14 inches (on ice) in front to cover 5-hole
4. Keep blocker square and armpits closed (elbows tight)
5. Butt off heels; stand tall (straight line through knees, hips, shoulders)

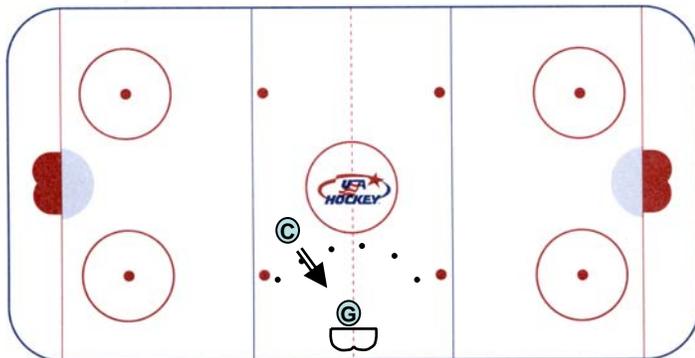
Keys:

1. Gloves move forward to close off holes under arms
2. Chin forward to keep rebounds under control

SYHA Goalie Development Session # 1

Skill 3: Angles

1. Goalie comes off post to challenge shooter SQUARE TO PUCK.
2. No shot if goalie is not square



Keys:

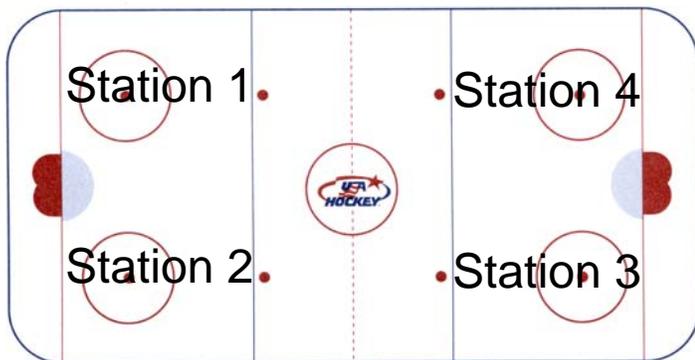
1. Know where you are in the net at all times
2. Challenge on top of crease to cut down angle
3. Square to puck NOT PLAYER.
Have the goalies stand behind the puck, then the shooter to see the difference
4. Glove open facing shooter
(not facing ceiling or ice)



SYHA Player Development Session # 2

Schedule: 10 min - Group Skate
40 min - 10x4 Stations

Needs: Pucks; Nets (4); Cones (8);
Goalies/Shooter Tutor(2)

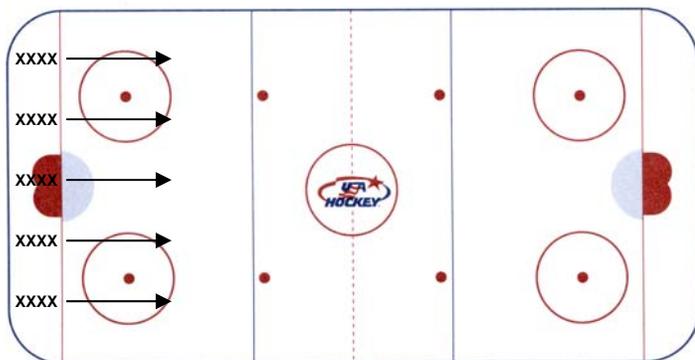


Group Skate: Knee Bend, Edge Control, Stride

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Keys:

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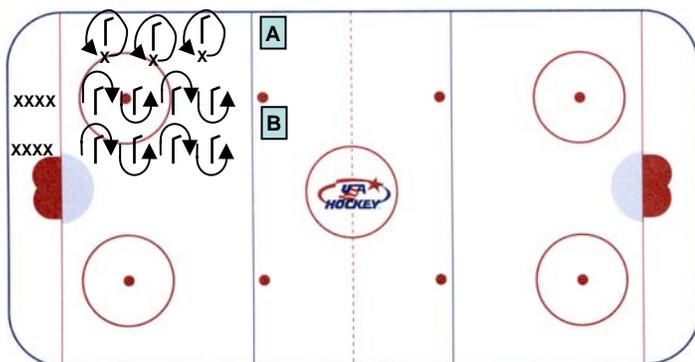
Station 1: Skating/Edges (Players drop sticks on ice)

- A** Individual player around their stick
1. Forward inside edge around stick
 2. Backward inside edge around stick
 3. Forward outside edge around stick
 4. Backward outside edge around stick

- B** Same progression around "lined up sticks"

Keys:

1. Good posture – knee bend
2. Full leg load to generate enough power (extend leg as you transition between feet.)





SYHA Player Development Session # 2

Station 2: Pivots / Transitions

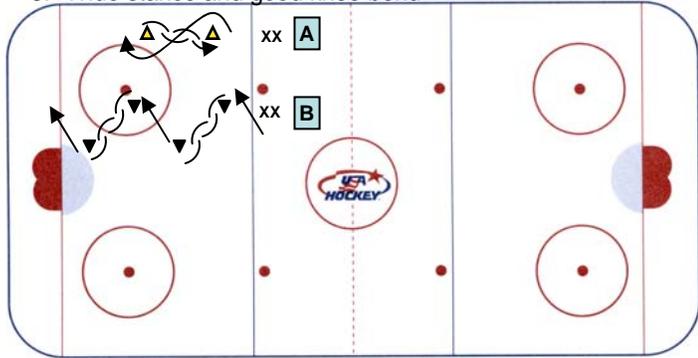
A Individual front to back and back to front around 2 cones

B Progression:

1. No pucks
2. Add puck carry
3. Race (set up second set of cones)

Keys:

1. Heels to direction of pivot; shoulders away
2. Accelerate out of front to back pivot; cross-under push is key.
3. Wide stance and good knee bend



Station 3: Front Fakes/Spin Moves

Half way through, reverse nets to reverse spins/fakes

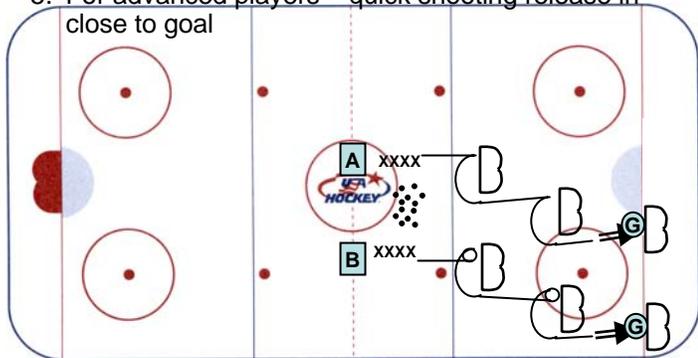
A Single front fake (left to right)

B Spin left post to right post

NOTE: use pucks for more advanced players

Keys:

1. Dip head & shoulder to sell the fake
2. Keep possession of puck in front of body
3. Move sharp and quick
4. Stay square to middle post at start of fake/spin
5. For advanced players – quick shooting release in close to goal



Station 4: Small Game

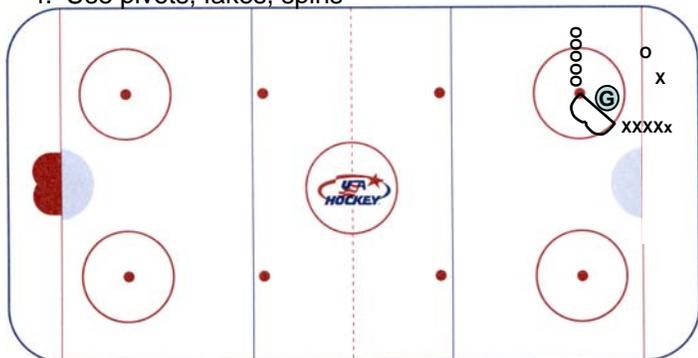
Net faces corner; extra players form boundary of playing area

Progress through the following:

1. 1 vs 1
2. 2 vs 1

Keys:

1. Use body to protect puck along boards
2. Bury rebounds
3. Let the puck do the work for you (in 2 v 1)
4. Use pivots, fakes, spins



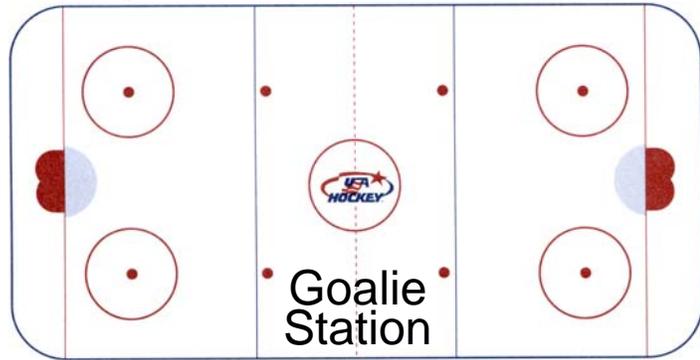


SYHA Goalie Development Session # 2

Schedule: 10 min – Group Skate

40 min – Skills Station
(substitution with skater stations if possible)

Needs: Net (1), Pucks



Skill 1: Stance

1. Feet 1-1.5 ft apart
2. Stick 6-8 inches away from toes; directly in front of 5-hole
3. Knees bent comfortable (not too low; not too tall)
4. Glove open facing shooter, very slightly angled down (not facing ceiling or ice)
5. Back & shoulders tall, not hunched over.

Keys:

1. Both hands in front of pads for full range of motion
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Skill 2: Butterfly

1. Toes flared out
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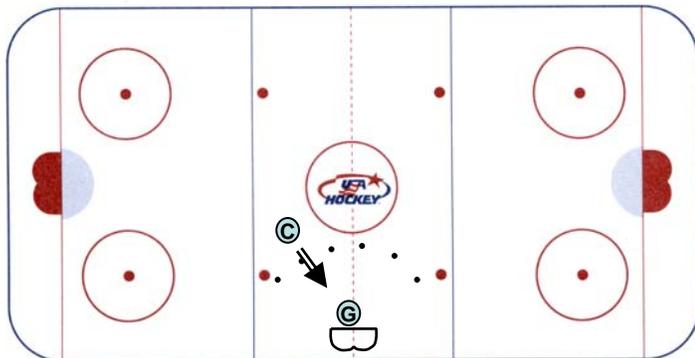
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SYHA Goalie Development Session # 2

Skill 3: Angles

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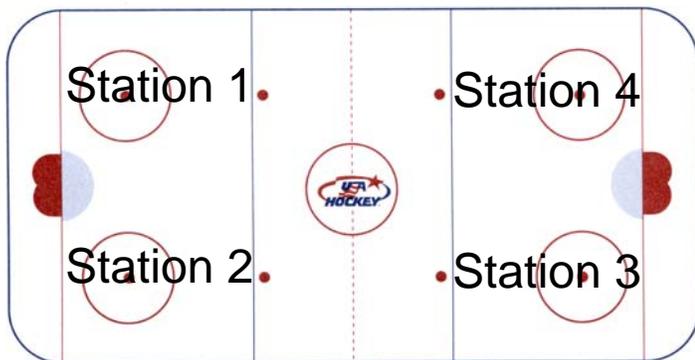
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4. Glove open facing shooter
(not facing ceiling or ice)



SYHA Player Development Session # 3

Schedule: 10 min - Group Skate
40 min - 10x4 Stations

Needs: Pucks (orange & black);
Nets (2); Cones (20);
Goalies/Shooter Tutor(2)

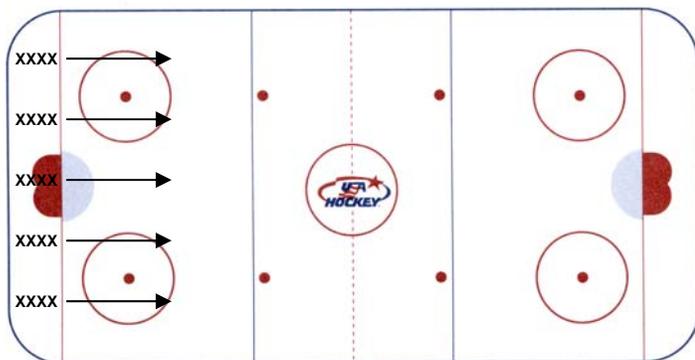


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. 2 foot scull
5. Leap frog
6. Full stride with 3-count recovery
7. Long stride, alternate arm swing

Keys:

1. Balance – weight in middle back of blade
2. Smooth glide
3. Stick is steering wheel



Station 1: Edge Control (Use cones)

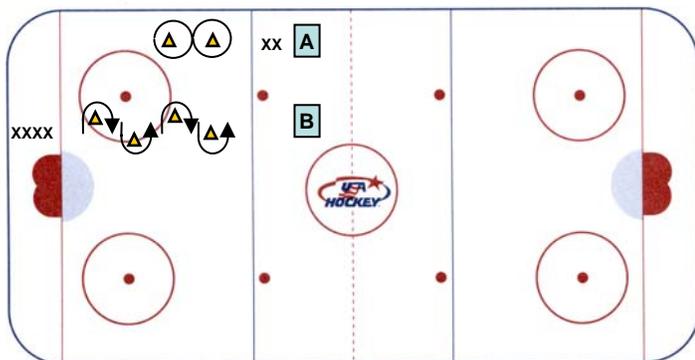
A Individual player make figure 8 passes around cones

1. Inside edge (fwd & bkwd)
2. Outside edge no crossover (fwd & bkwd)
3. Outside edge crossover (fwd & bkwd)

B Same progression around 4 lined up cones.

Keys:

1. Good posture – knee bend
2. Full leg load to generate enough power (extend leg as you transition between feet).





SYHA Player Development Session # 3

Station 2: Passing & Puck Protection

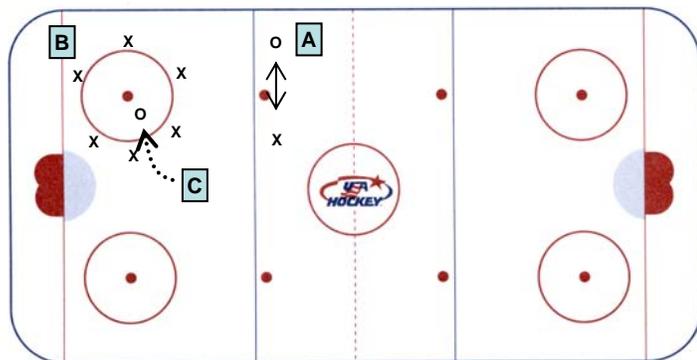
- A** Cat & Mouse - pass with partner until whistle, then keep away until whistle
- B** Circle Passing
- C** Monkey in the middle

Passing variations

1. Forehand, Backhand,
2. Saucer, On-touch,
3. Pass to feet, Flip to hands

Keys:

1. Passes tape-to-tape with speed!
2. Head on partners stick when making a pass
3. Use body to shield puck from opponent (Side & Back)



Station 3: Dribbling /Shooting

Use Orange Pucks & Shooter Tutor
- execute dribbles then take a shot (wrist or snap for older players)

1. Straddle Cones
2. Feet on forehand side
3. Feet on backhand side
4. Toe Drag (NO BACKHANDS!)
5. Body on opposite side from puck
6. Relay Races

Keys:

1. Head up – feel puck on stick; use split vision
2. Roll Wrists
3. Transitions from forehand to backhand should be SHARP
4. Snapshot (PW/Bantam) – drop lower hand midway down shaft to increase flex; start puck on the toe then pull to heel and release to net; keep the face of the blade closed at release.



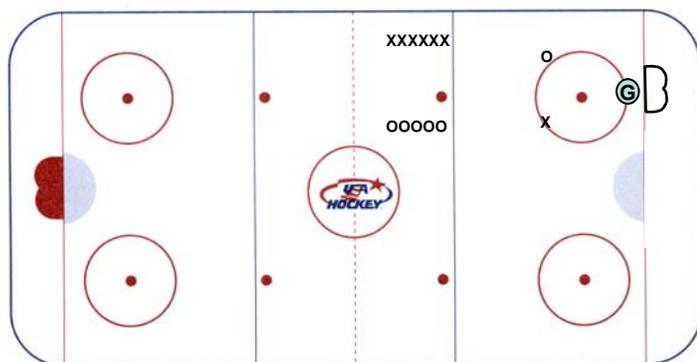
Station 4: Small Game

Pass Active – Objective is to get an odd-man advantage by passing the puck.

1. Play begins as 1 vs 1
2. Player with puck must either attack net or move below goal line BEFORE they can activate another team mate.
3. Once 2 is complete, they can activate another team mate by passing to the next player in line
4. Max 3 players per team, then whistle dead and re-start

Keys:

1. Player without puck MUST MOVE TO OPEN PASSING LANE!
2. Use odd numbers to your advantage



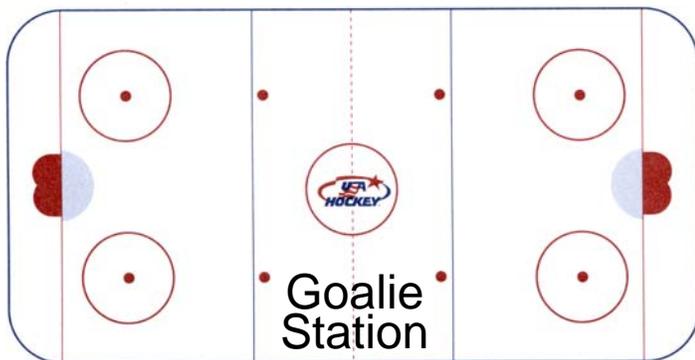


SYHA Goalie Development Session # 3

Schedule: 10 min – Group Skate

40 min – Skills Station
(substitution with skater stations if possible)

Needs: Net (1), Pucks

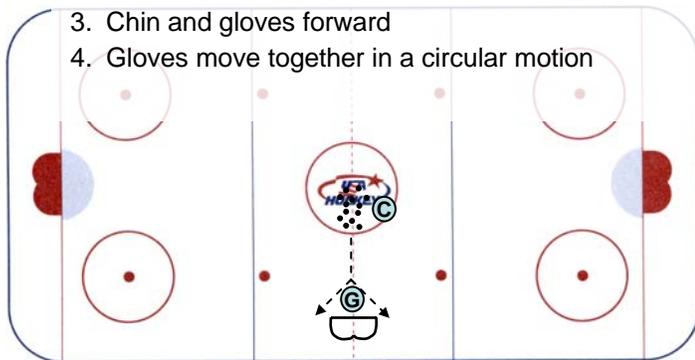


Skill 1: Standing Stick Saves

1. Medium Speed Shots
2. Shots should be just outside of “goalie skates” to develop good form
3. Rebounds direct to corner

Keys:

1. Stick 8-14 inches in front of toes
2. Stick should move in half circle to keep stick flat on ice
3. Chin and gloves forward
4. Gloves move together in a circular motion

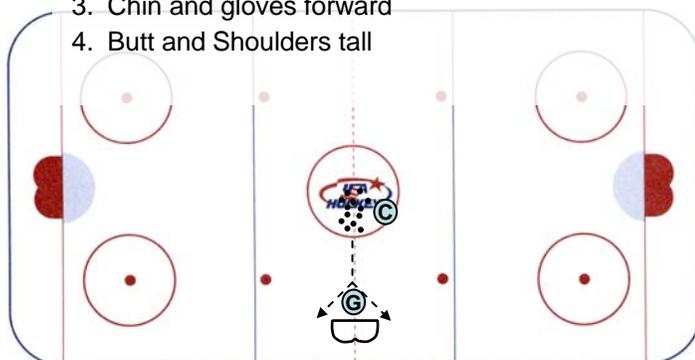


Skill 2: Butterfly Stick Saves

1. Medium Speed Shots
2. Shots should be at toes of goalie
3. Rebounds direct to corner

Keys:

1. Stick 10-14 inches in front of 5-hole
2. Stick moves in half circle to keep stick flat
3. Chin and gloves forward
4. Butt and Shoulders tall





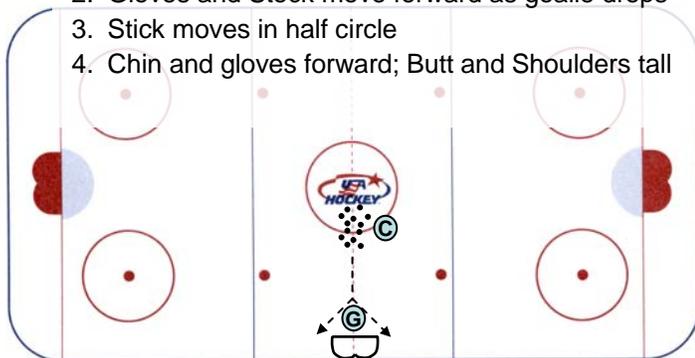
SYHA Goalie Development Session # 3

Keys:

Skill 3: Dropping to Butterfly Stick Saves

1. Medium Speed Shots
2. Shots should be just outside goalies skates (as they stand)
3. Rebounds direct to corner

1. Stick 8-14 inches in front of toes
2. Gloves and Stock move forward as goalie drops
3. Stick moves in half circle
4. Chin and gloves forward; Butt and Shoulders tall

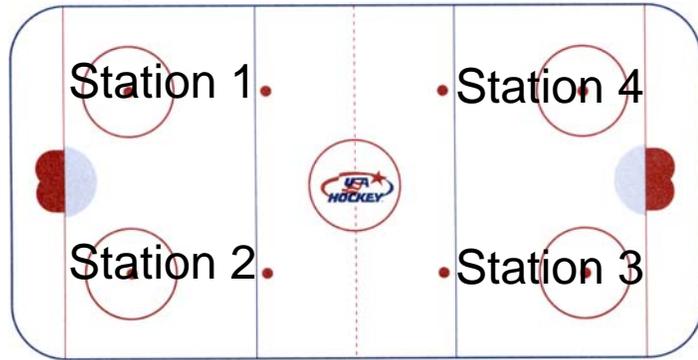




SYHA Player Development Session # 4

Schedule: 10 min - Group Skate
40 min - 10x4 Stations

Needs: Pucks (black); Nets (2);
Cones (10);
Goalies/Shooter Tutor(2)



Group Skate: Knee Bend, Edge Control, Stride

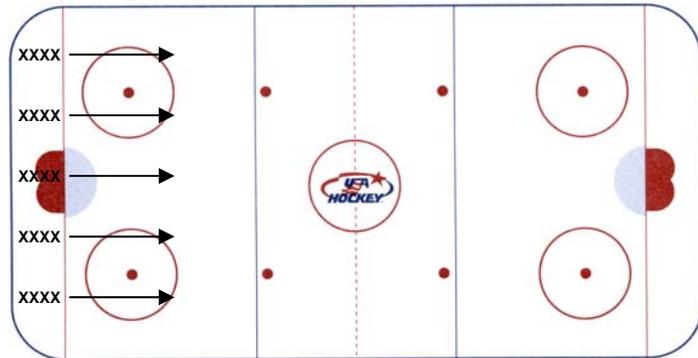
1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. 2 foot scull
5. Leap frog
6. Full stride with 3-count recovery
7. Long stride, alternate arm swing

More Advanced Groups introduce:

1. 3 Quick cross-overs to start (fwd, bkwd)
2. Leg loading
3. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Smooth glide
3. Stick is steering wheel

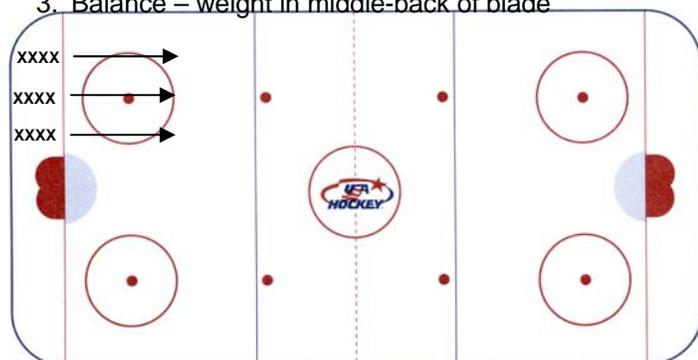


Station 1: Total Skating Review

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. 2 foot scull
5. Leap frog
6. Full stride with 3-count recovery
7. Long stride, alternate arm swing

Keys:

1. Good posture – knee bend
2. Full leg load to generate enough power (extend leg as you transition between feet).
3. Balance – weight in middle-back of blade



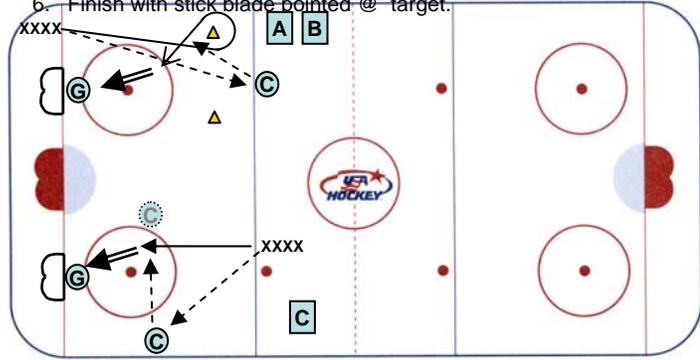
Station 2: Give&Go Pass/Shooting

Passing progression with Coach; alternate lines. Minimize the “dribbling” – quick efficient passing and shooting

- A** Tight Turns
- B** Transitions (face coach the whole time by using transition around cone)
- C** Straight catch & release
 - shoot puck upon receipt of return pass from coach
 - “off-side” shooters should “open up” to receive pass
 - Run drill twice – coach should change positions to other side of ice

Keys:

1. Full speed with NO Dribbling
2. Present good target when receiving pass
3. Be efficient with touches
4. For shooting, start puck near heel of stick;
5. Load weight on back foot and drive to front foot
6. Finish with stick blade pointed @ target.



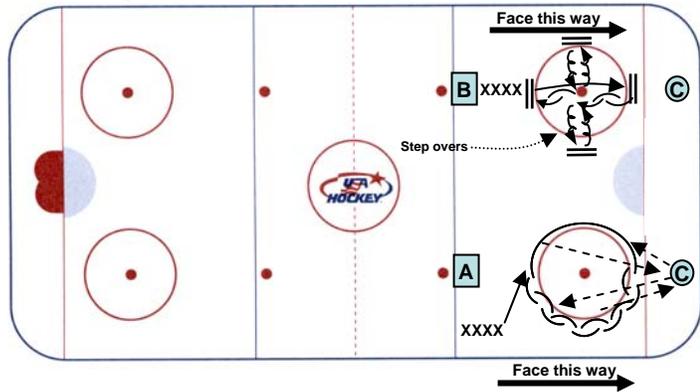
Station 3: Pivots / Iron Cross

Always face same direction during drill

1. 2x clockwise (no puck)
2. 2x counter clockwise (no puck)
- A** 3. 2x clockwise (with puck)
4. 2x counter clockwise (with puck)
5. Repeat 3 and 4 with give & go pass to coach
- B** 6. Iron Cross (stop at face off dot each time you cross) with puck
7. Iron Cross (give and go pass to coach)

Keys:

1. Shoulders turn away from pivot; heels turn towards pivot
2. Use backhand to pull puck when transitioning to backward and skating backward



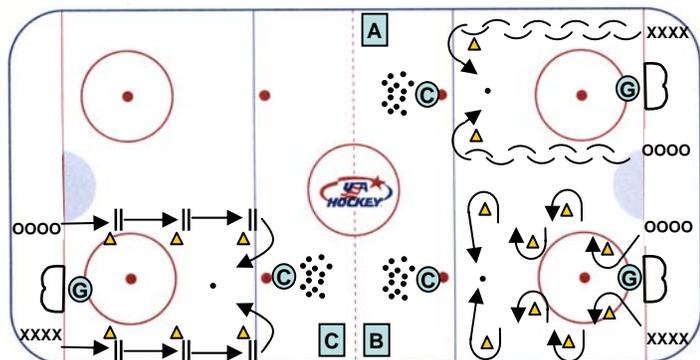
Station 4: Small Game

Loose Puck Races

- A** 1. Backskate to cone and pivot forward to get loose puck
- B** 2. Tight turns around cones to get loose puck
- C** 3. Stop/Start at each cone (always face middle) to get to loose puck

Keys:

1. COMPETE!



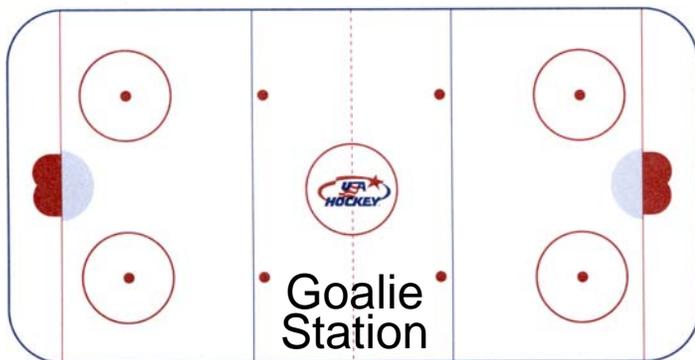


SYHA Goalie Development Session # 4

Schedule: 10 min – Group Skate

40 min – Skills Station
(substitution with skater stations if possible)

Needs: Net (1), Pucks

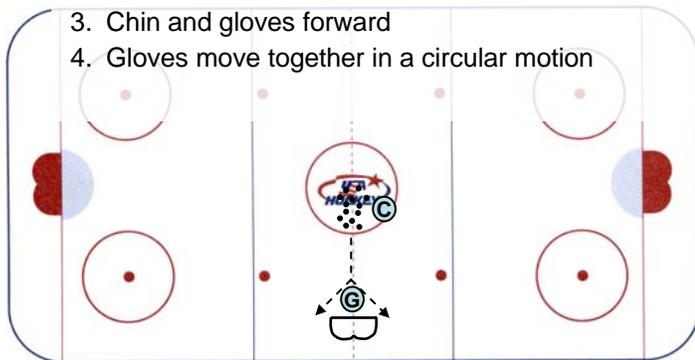


Skill 1: Standing Stick Saves

1. Medium Speed Shots
2. Shots should be just outside of “goalie skates” to develop good form
3. Rebounds direct to corner

Keys:

1. Stick 8-14 inches in front of toes
2. Stick should move in half circle to keep stick flat on ice
3. Chin and gloves forward
4. Gloves move together in a circular motion

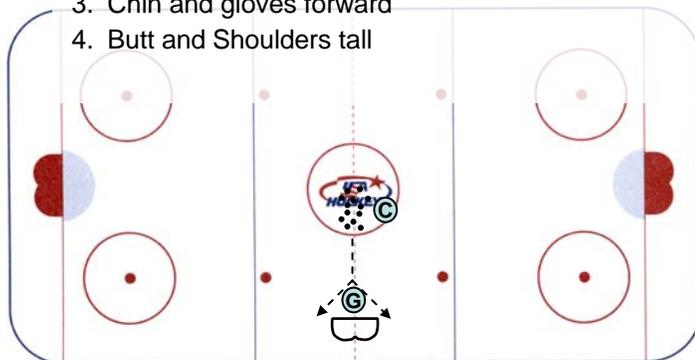


Skill 2: Butterfly Stick Saves

1. Medium Speed Shots
2. Shots should be at toes of goalie
3. Rebounds direct to corner

Keys:

1. Stick 10-14 inches in front of 5-hole
2. Stick moves in half circle to keep stick flat
3. Chin and gloves forward
4. Butt and Shoulders tall





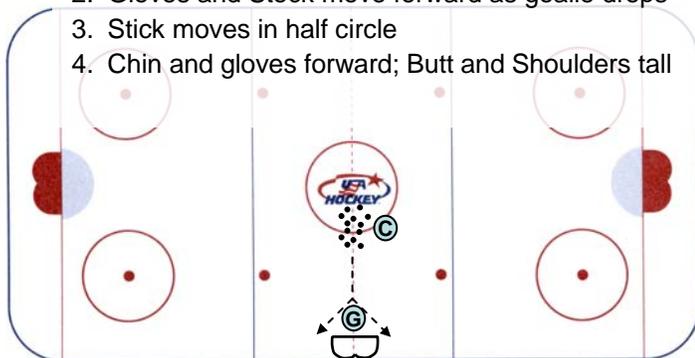
SYHA Goalie Development Session # 4

Keys:

Skill 3: Dropping to Butterfly Stick Saves

1. Medium Speed Shots
2. Shots should be just outside goalies skates (as they stand)
3. Rebounds direct to corner

1. Stick 8-14 inches in front of toes
2. Gloves and Stock move forward as goalie drops
3. Stick moves in half circle
4. Chin and gloves forward; Butt and Shoulders tall

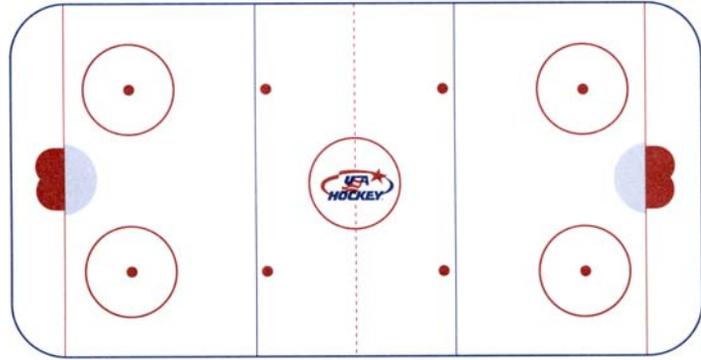




SYHA Player Development Session # 5

Schedule: 10 min - Group Skate
40 min - 10x4 Full-ice Drills

Needs: Pucks (black); Nets (2);
Cones (4);
Goalies/Shooter Tutor(2)



Group Skate: Knee Bend, Edge Control, Stride

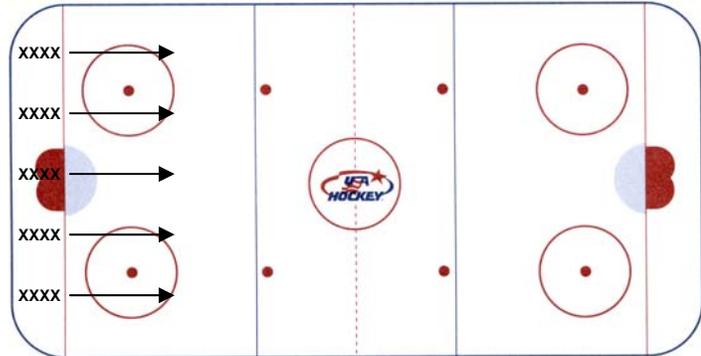
1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. 2 foot scull
5. Leap frog
6. Full stride with 3-count recovery
7. Long stride, alternate arm swing

More Advanced Groups introduce:

1. 3 Quick cross-overs to start (fwd, bkwd)
2. Leg loading
3. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Smooth glide
3. Stick is steering wheel



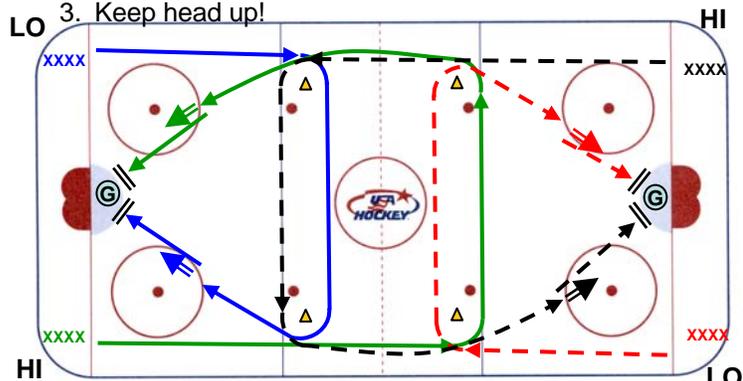
Drill 1: Full Ice Hi/Lo Overspeed Shooting

Note: all 4 players start on whistle

1. Full speed skating and shot
2. Follow shot at full speed to net and stop

Keys:

1. Push puck with one hand to promote speed (two hands around cones)
2. Shoot from top of circle (NO DEKES)
3. Keep head up!





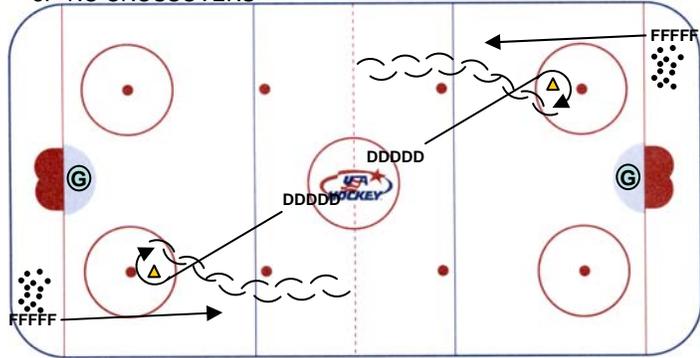
SYHA Player Development Session # 5

Drill 2: Full Ice 1 vs 1

1. D starts the drill by driving to the cone and pivoting
2. F starts when D pivots on cone
3. F attacks with Speed
4. D remembers 5 keys (see keys)

Keys:

1. Focus on belt, not puck/stick of attacker
2. Align outside shoulder with attacker's inside shoulder
3. Manage gap
4. Active stick (stick is active and steering attacker)
5. NO CROSSOVERS

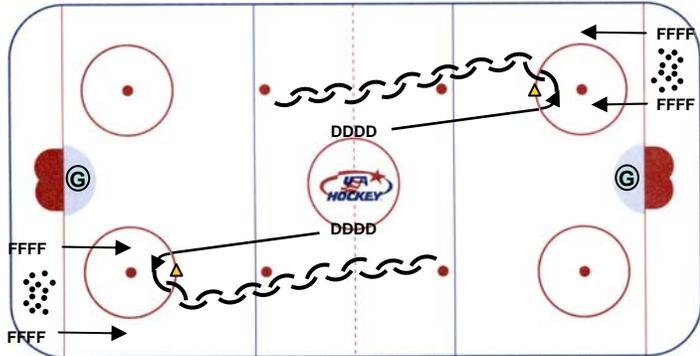


Drill 3: Full Ice 2 v 1

Forwards cannot leave until D has transitioned around cone.

Keys:

1. Speed is key for forwards MOVE THE PUCK
2. Speed & gap is key for defense.
3. Defense should always pivot with heels to middle of ice (want to position so D is closer to middle ice than the forward). ALWAYS PROTECT MIDDLE ICE.

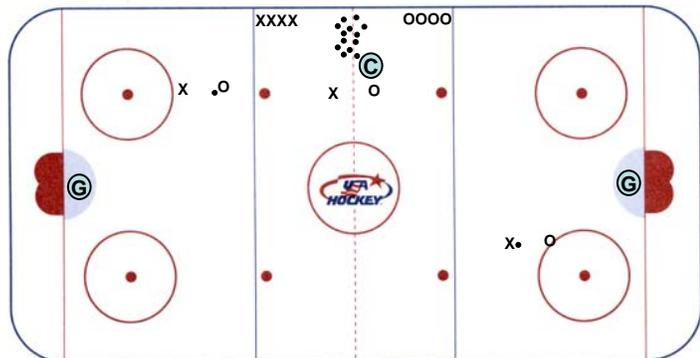


Drill 4: Survivor 1 vs 1

Run 3 simultaneous 1 vs 1 games full ice

Keys:

1. **COMPETE!**
2. Losing player does 10 pushups (5 for younger players)



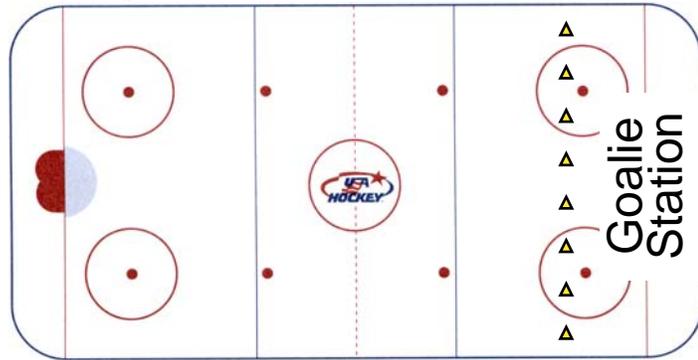


SYHA Goalie Development Session # 5

Schedule: 10 min – Skills review

40 min – Skills Practice in Goal during full-ice drills

Needs: Net (2), Pucks, Cones (8)

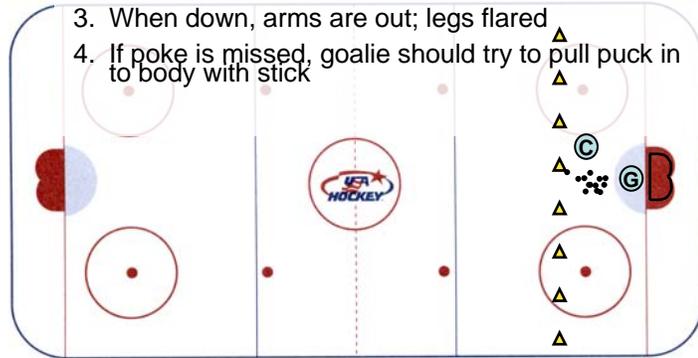


Skill 1: Poke Check from Stance

1. From standing position goalie poke checks puck away
2. Goalie recovers quickly and plays shot / breakaway as determine by coach
3. Rebounds direct to corner

Keys:

1. Goalies slides hand up to top of stick for poke check
2. Shoots entire body forward and past puck
3. When down, arms are out; legs flared

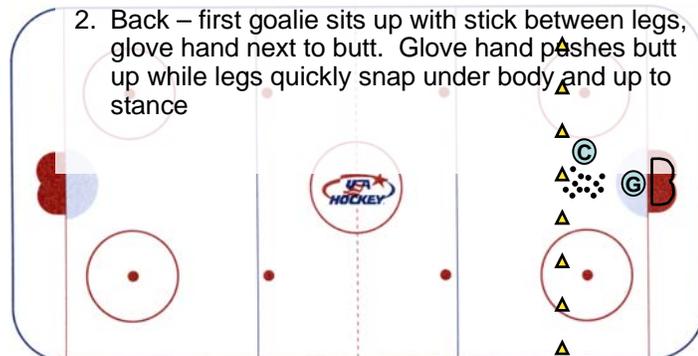


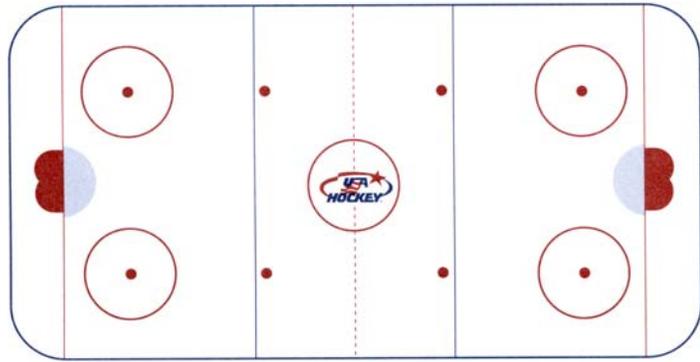
Keys:

1. Stomach – first recover to knees/butterfly, then to feet
2. Back – first goalie sits up with stick between legs, glove hand next to butt. Glove hand pushes butt up while legs quickly snap under body and up to stance

Skill 2: Knees, Stomach, Back Recovery

1. Goalie starts on knees, stomach or back
2. When coach slaps stick, goalie quickly recovers to feet for shot/rebound



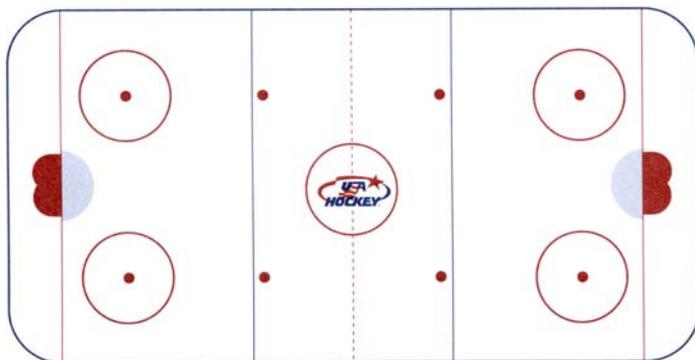




SYHA Player Development Session # 6

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (4);
Goalies/Shooter Tutor(2)

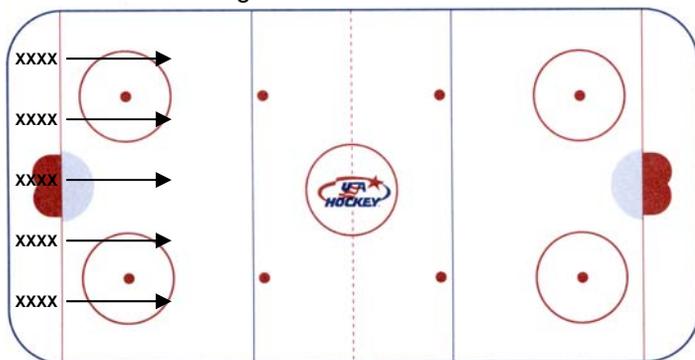


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



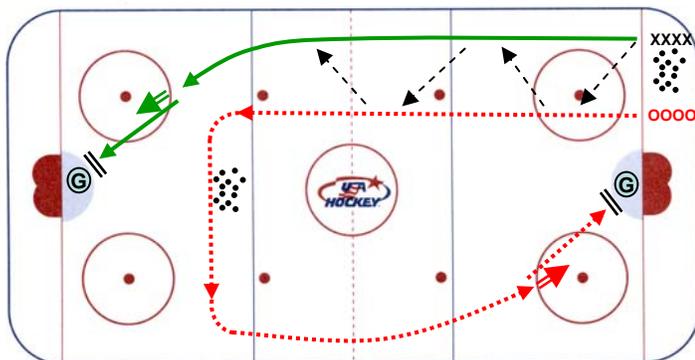
Drill 1: Give & Go Passing / Shooting

Run drill out of both ends of ice

1. Give and Go passes up to second Blue Line
2. At second blue line, outside players takes puck in for a shot
3. Inside player picks up loose puck and heads back for shot on opposite net

Keys:

1. Require players to use backhand receipt of pass
2. Keep spacing (maintain width and receiver should get ahead of passer)

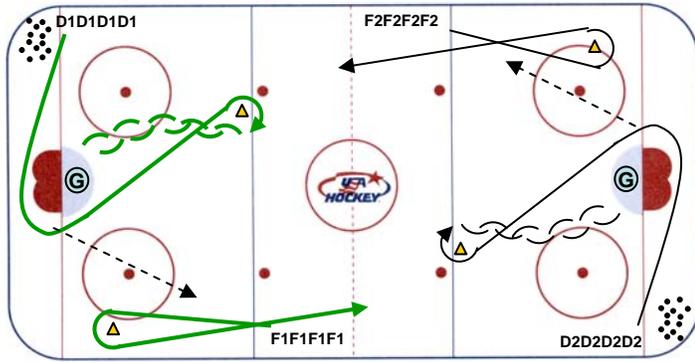


Drill 2: Full Ice 1 vs 1

1. Forwards (F1 & F2) begin drill by skating to cone and pivoting to receive pass from Defense (D1 & D2).
2. Defense (D1 & D2) begin skating with puck at same time as Forward (F1 & F2), passing puck to forward as they pivot around cone.
3. Forward (F1) proceeds to play 1 v 1 with Defense (D2) from opposite end of ice. Forward (F2) proceeds to play 1 v 1 with D1.
4. Defense (D1) skates up and transitions around cone to pick up F2 and play 1 v 1. Defense (D2) skates up and transitions around cone to pick up F1 and play 1 v 1.

Keys:

1. Forwards attack with speed
2. Defense must sprint to re-take ice and establish gap with forward



Drill 3: Full Ice 2 v 1

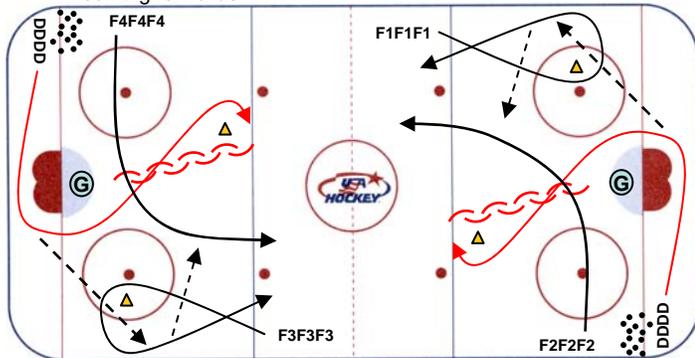
Defenseman breaks out puck behind net to F1. F2 cuts ahead for pass. F1 & F2 regroup in Neutral Zone and break in 2 v 1 on D

Play is out of both ends of ice.

1. D takes puck behind net and makes breakout pass to F1
2. At same time, F1 cycles down below cone to receive breakout pass
3. F2 cuts across ice to receive additional pass from F1
4. D skates up to cone and transitions to establish gap on F1 and F2 who break puck in 2 v 1.

Keys:

1. Require players to use strong breakout passes & puck movement (receive passes on backhand)
2. Forwards – speed is critical; stress timing (come up ice together) & puck movement
3. Defense – after outlet pass, re-take ice and establish gap with incoming forwards



Drill 4: 3 vs 0 Passing Game

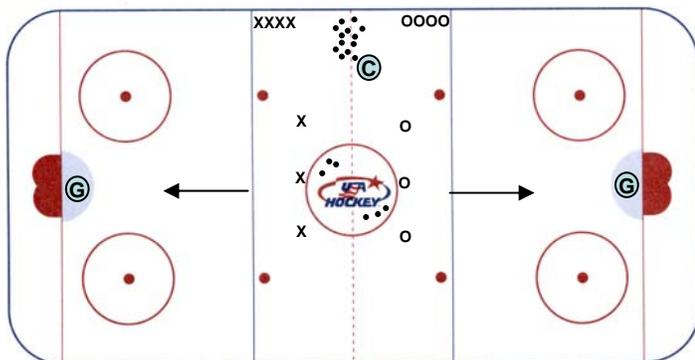
1st Team to score all 3 pucks wins

Rules:

1. Goals must be scored one puck at a time
2. All 3 players must touch the puck
3. Must stay on-side

Keys:

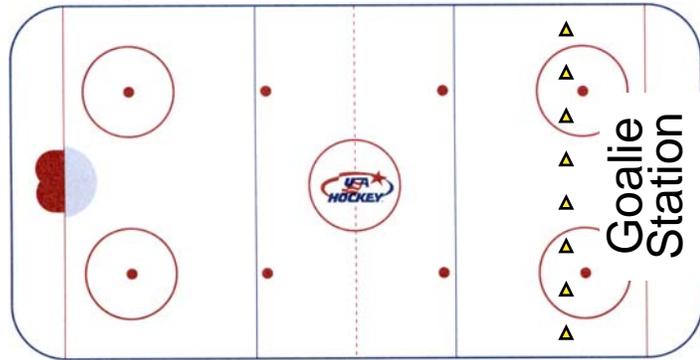
1. Move to open space without the puck
2. Force the goalie move laterally and score using “back-door” passes.



Schedule: 10 min – Skills review

40 min – Skills Practice in Goal during full-ice drills

Needs: Net (2), Pucks, Cones (8)

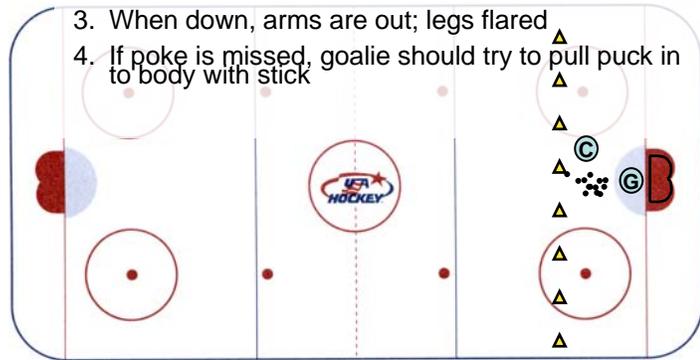


Skill 1: Poke Check from Stance

1. From standing position goalie poke checks puck away
2. Goalie recovers quickly and plays shot / breakaway as determine by coach
3. Rebounds direct to corner

Keys:

1. Goalies slides hand up to top of stick for poke check
2. Shoots entire body forward and past puck
3. When down, arms are out; legs flared

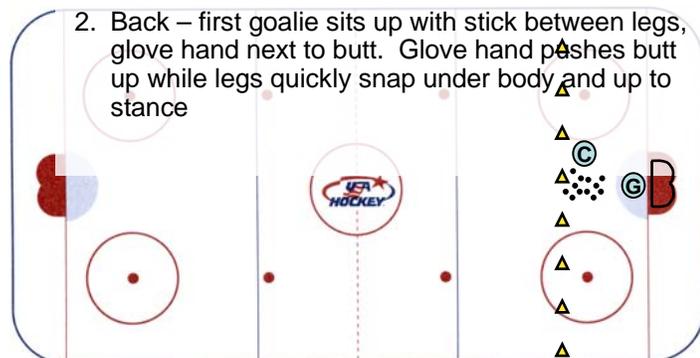


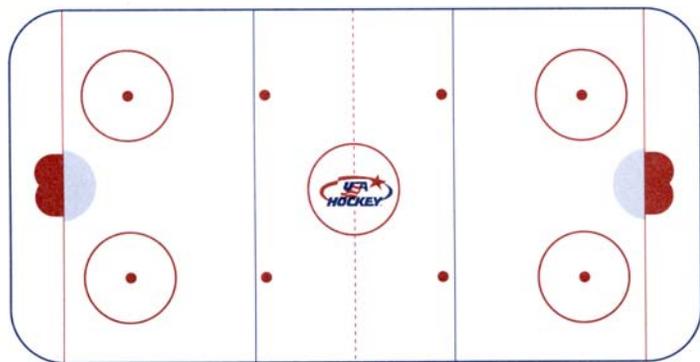
Keys:

1. Stomach – first recover to knees/butterfly, then to feet
2. Back – first goalie sits up with stick between legs, glove hand next to butt. Glove hand pushes butt up while legs quickly snap under body and up to stance

Skill 2: Knees, Stomach, Back Recovery

1. Goalie starts on knees, stomach or back
2. When coach slaps stick, goalie quickly recovers to feet for shot/rebound



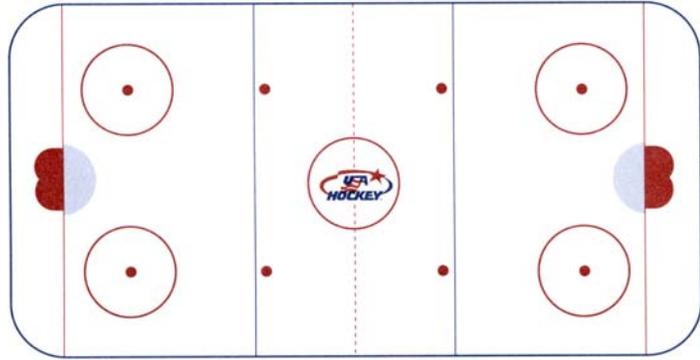




SYHA Player Development Session # 7

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (4);
Goalies/Shooter Tutor(2)

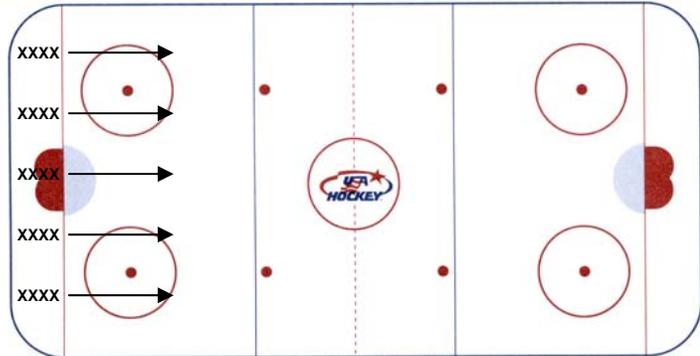


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



Drill 1: 3 Circle Skating & Shooting

Run drill out of both ends of ice

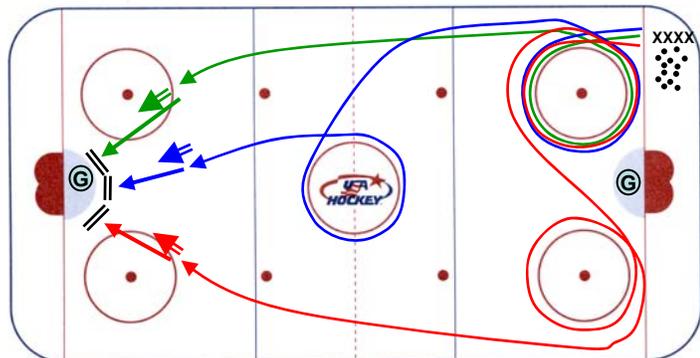
Players should be skating at full speed

All 3 players start on same whistle

1. Near circle only
2. Near + Centre circle
3. Near + Far circle

Keys:

1. Full speed
2. Shoot from top of circle
3. Crash the net full speed; stop on net (stay in front!)





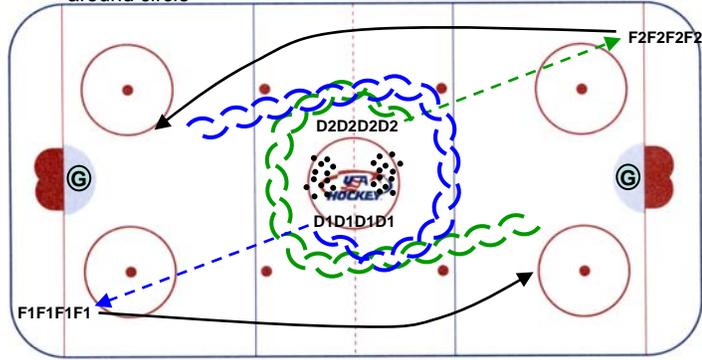
SYHA Player Development Session # 7

Drill 2: Wagon Wheel 1 vs 1

1. D1 and D2 start at red line and pass to F1 and F2 respectively.
2. F1 and F2 cannot leave until they receive puck. When they receive puck, they attack at full speed.
3. D1 and D2 backskate and pick up F2 and F1 respectively 1 v 1.
4. Both sides leave on the same whistle.

Keys:

1. Forwards – speed is critical; read defensive gap position. If D has good gap then take “back ice”. If D has bad gap, drive to “front ice” (ie beat the D)
2. Defense – speed and gap is critical – use backwards cross-overs around circle

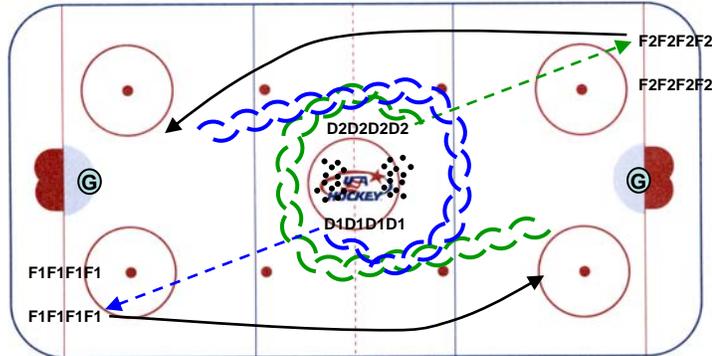


Drill 3: Wagon Wheel 2 vs 1

1. D1 and D2 start at red line and pass to F1 and F2 respectively.
2. F1 and F2 cannot leave until they receive puck. When they receive puck, they attack at full speed.
3. D1 and D2 backskate and pick up F2 and F1 respectively 2 v 1.
4. Both sides leave on the same whistle.

Keys:

1. Forwards – move the puck to keep defense off balance and out of position.
2. Defense – speed and gap is critical – use backwards cross-overs around circle



Drill 4: Scoring Game

1st Team to have every player score wins

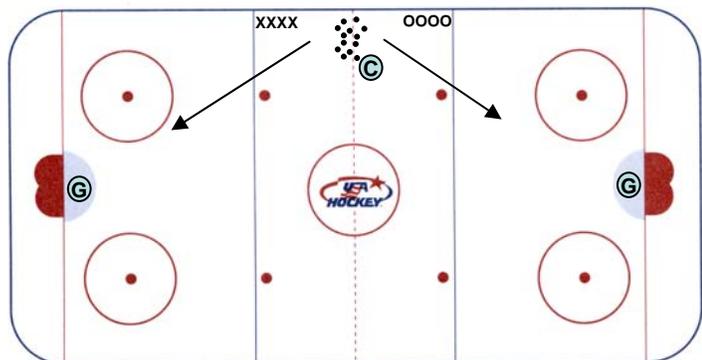
Rules:

1. Next Player cannot leave until previous player has scored

Goalies should clear pucks to outside as needed

Keys:

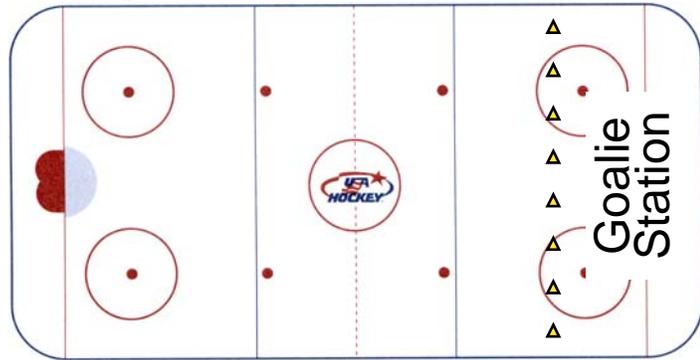
1. COMPETE!



Schedule: 10 min – Skills Review

40 min – Skills practice in Goal during full-ice drills

Needs: Net (2), Pucks, Cones (10)



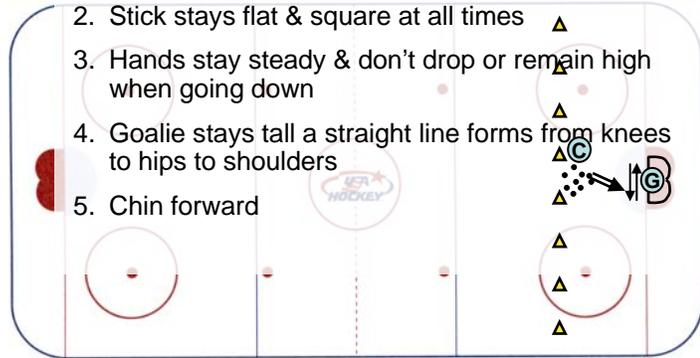
Skill 1: Butterfly Slides

1. Goalie starts on one side of net and butterfly slides across
2. Then pick up OUTSIDE leg first to full stance; then pushes back across
3. Continue sliding back and forth
4. Once goalie has rhythm, coach shoots at 5-hole & toe on the side the goalie is sliding toward.

Keys:

1. Both pads flat on ice, knees snap together to close 5-hole

2. Stick stays flat & square at all times
3. Hands stay steady & don't drop or remain high when going down
4. Goalie stays tall a straight line forms from knees to hips to shoulders
5. Chin forward



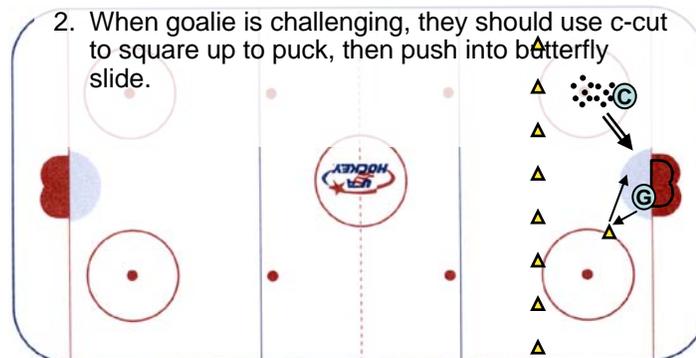
Skill 2: Challenge to Back Door Butterfly

1. Goalie starts at post and challenges cone
2. Then turns, squaring up to puck, and butterfly slides to post for shot at post area.
3. Goalie should finish 8-10 inches in front of post.

Keys:

1. Don't let goalie cheat or rush. Movement is most important, not shot.

2. When goalie is challenging, they should use c-cut to square up to puck, then push into butterfly slide.





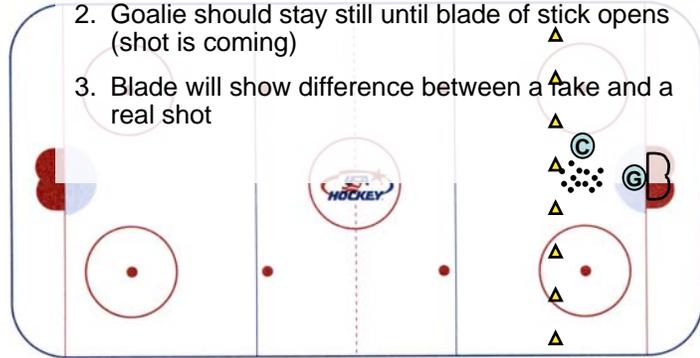
SYHA Goalie Development Session # 7

Keys:

Skill 3: Reaction – reading the play

1. Goalie on top of crease
2. Coach 3-5 feet in front of goalie
3. Coach can't move feet; goalie can't poke check
4. Coach stick handles and takes a quick shot.

1. Goalie watches blade of stick
2. Goalie should stay still until blade of stick opens (shot is coming)
3. Blade will show difference between a fake and a real shot

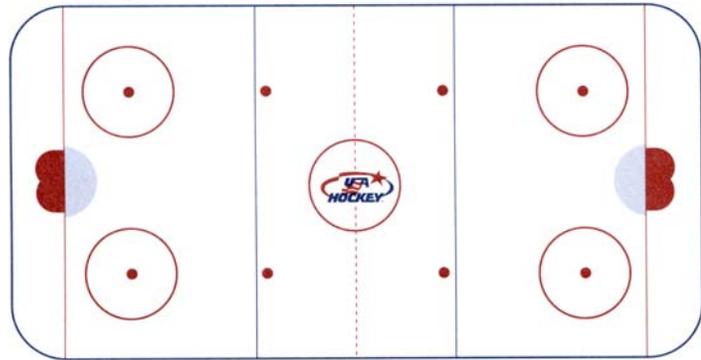




SYHA Player Development Session # 8

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (6);
Goalies/Shooter Tutor(2)

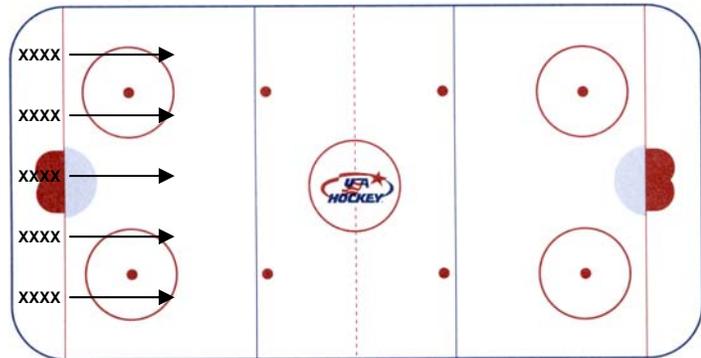


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



Drill 1: 3 Lane Shooting

Run drill out of both ends of ice

Players should be running at full speed with minimum dribbling.

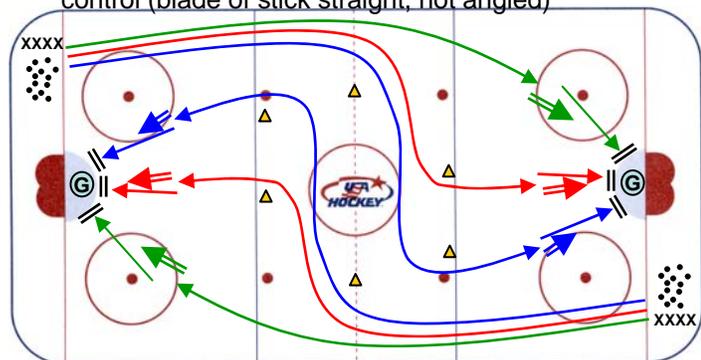
Players must cross centre ice redline before cutting to cone

Shoot from top of circle and stop at net.

All 6 players leave on same whistle

Keys:

1. Head up!
2. Push puck with one hand to promote speed. Note that pushing puck with one hand they should maintain control (blade of stick straight, not angled)





SYHA Player Development Session # 8

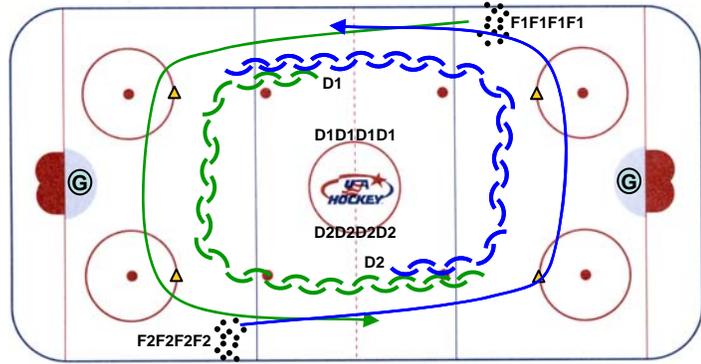
Drill 2: Hold the Line 1 v 1

This drill should be done overspeed.

1. F1 and F2 start with pucks and sprint down around cones at top of far face-off circles
2. D1 & D2 follow pick up F1 and F2 respectively at the center line and shadow them skating backwards
3. As F1 and F2 pass the 2nd cone, D1 & D2 respectively pick them up 1 v 1.

Keys:

1. Speed is key for forwards
2. Speed & gap is key for defense



Drill 3: 1/2 ice 2 vs 1 with regroup from Coach (run at both ends of ice)

Forwards start out from corner with puck;
Defence follows out transitioning near blue line

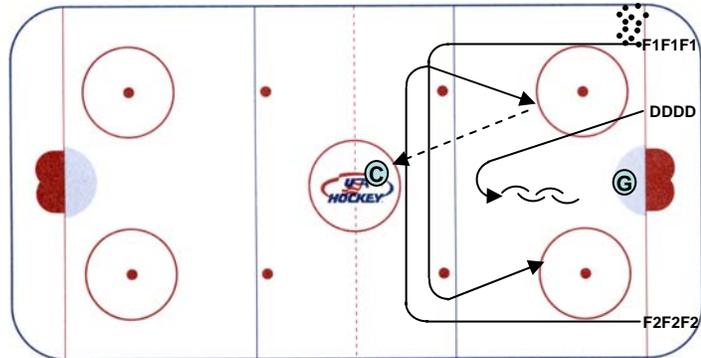
F1 passes to F2 and they break into zone

On coaches whistle, forwards pass back to coach and re-group in the neutral zone;
Defense re-sets for new attack

Coach passes puck to F1 or F2 who break in and complete play

Keys:

1. Defense should take most dangerous man
2. Forwards should attack with speed
3. Forwards should re-group by cycling back to center ice



Drill 4: 3/4 Ice 3 vs 3

45 second shifts

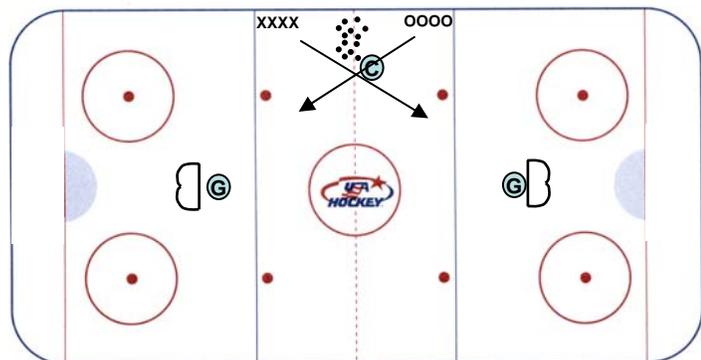
Emphasize puck movement

Alternatives

1. Start as 1 v 1 and add one player each 10 seconds (alternating teams). Creates odd-man situations.

Keys:

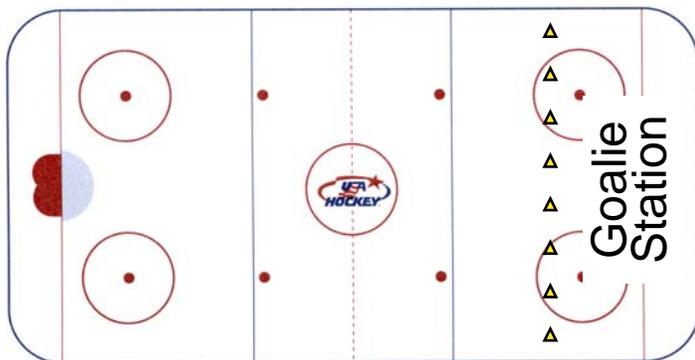
1. **COMPETE!**
2. Stress puck movement which means player WITHOUT the puck must get to open passing lane!



Schedule: 10 min – Skills Review

40 min – Skills practice in Goal during full-ice drills

Needs: Net (2), Pucks, Cones (10)

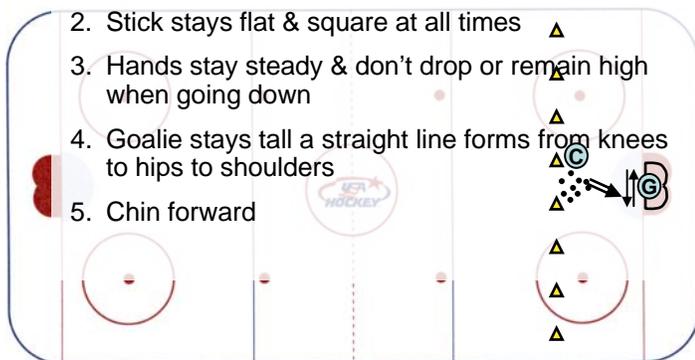


Skill 1: Butterfly Slides

1. Goalie starts on one side of net and butterfly slides across
2. Then pick up OUTSIDE leg first to full stance; then pushes back across
3. Continue sliding back and forth
4. Once goalie has rhythm, coach shoots at 5-hole & toe on the side the goalie is sliding toward.

Keys:

1. Both pads flat on ice, knees snap together to close 5-hole



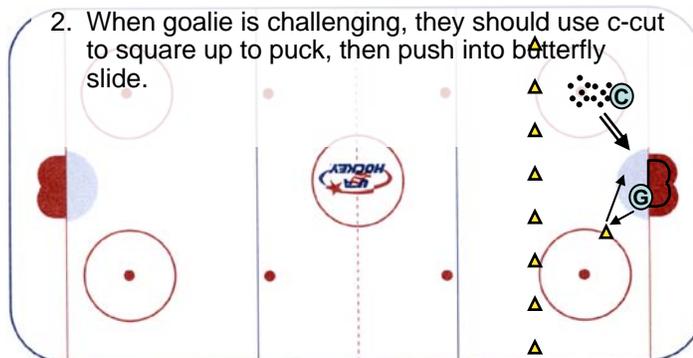
2. Stick stays flat & square at all times
3. Hands stay steady & don't drop or remain high when going down
4. Goalie stays tall a straight line forms from knees to hips to shoulders
5. Chin forward

Skill 2: Challenge to Back Door Butterfly

1. Goalie starts at post and challenges cone
2. Then turns, squaring up to puck, and butterfly slides to post for shot at post area.
3. Goalie should finish 8-10 inches in front of post.

Keys:

1. Don't let goalie cheat or rush. Movement is most important, not shot.



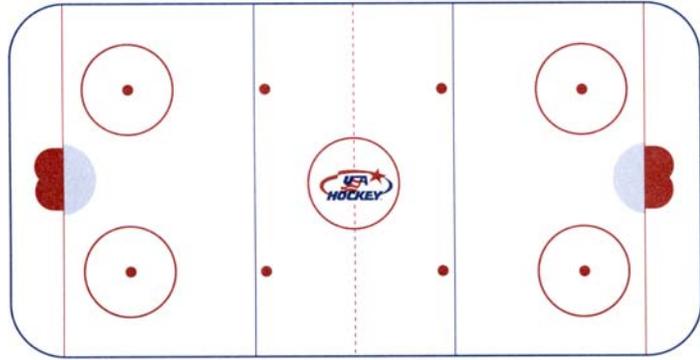
2. When goalie is challenging, they should use c-cut to square up to puck, then push into butterfly slide.



SYHA Player Development Session # 9

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (6);
Goalies/Shooter Tutor(2)

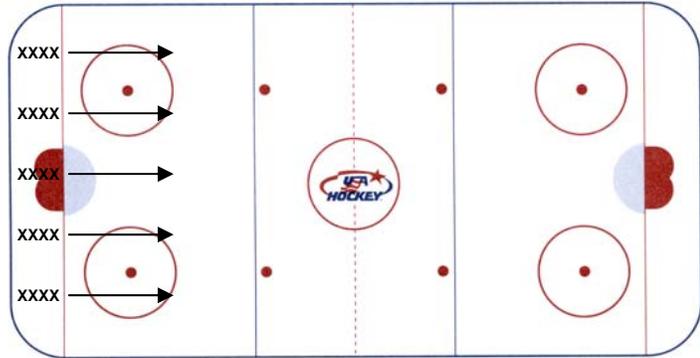


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



Drill 1: 3 Line Shooting (use Shooter Tutor)

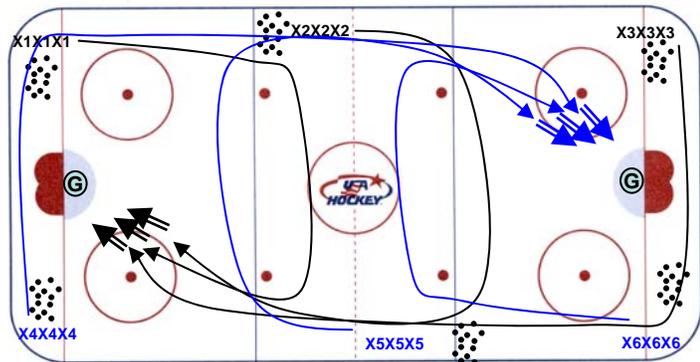
On whistle, all lines move in same direction at full speed.

X1, X2, X3 shoot on one net

X4, X5, X6 shoot on other net

Keys:

1. Require





SYHA Player Development Session # 9

Drill 2: Full Ice 1 v 1

This drill should be done overspeed.

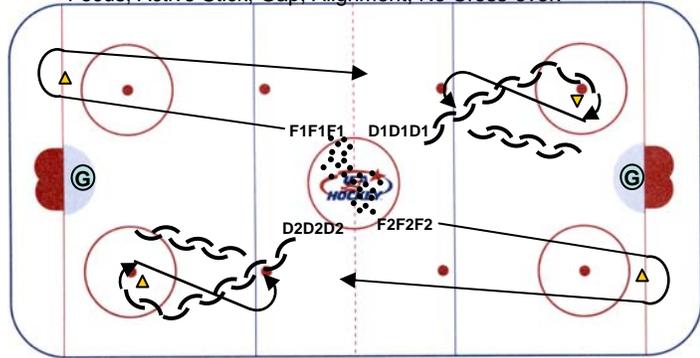
All lines leave on whistle.

Defense back skates around cone, and transitions to set gap

Forward sprints down around cone to attack 1 v 1 at other end

Keys:

1. Forwards recognize what the defense is giving up (tight gap vs. loose gap). If gap is tight, then attack back ice, if gap is loose, attack front ice.
2. Defense remember five keys to playing one-on-ones (FAGAN): Focus, Active Stick, Gap, Alignment, No Cross-over.



Drill 3: Full Ice 2 v 1

This drill should be done overspeed.

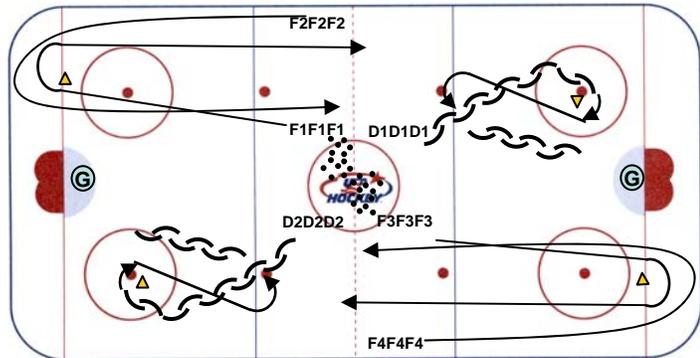
All lines leave on whistle.

Defense back skates around cone, and transitions to set gap

Forwards sprint down around cone to attack 2 v 1 at other end

Keys:

1. Forwards attack with speed and move the puck to the "most dangerous player." Recognize shooting vs. passing opportunities.
2. Defense, work on gap control and pivots and remember to take away the "most dangerous" player (not always pass or shot).



Drill 4: Half ice 2v2 and 3v3

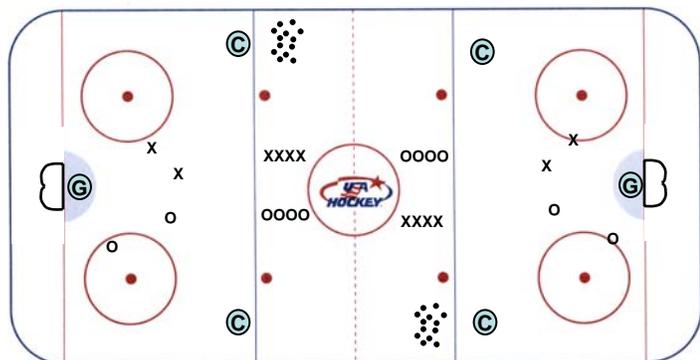
Players must pass to coach to switch from defense to offense. Position 2 coaches as "defensemen in offensive zone"

Alternatives

1. Start as 1 v 1 and add one player each 10 seconds (alternating teams). Creates odd-man situations.

Keys:

1. COMPETE!



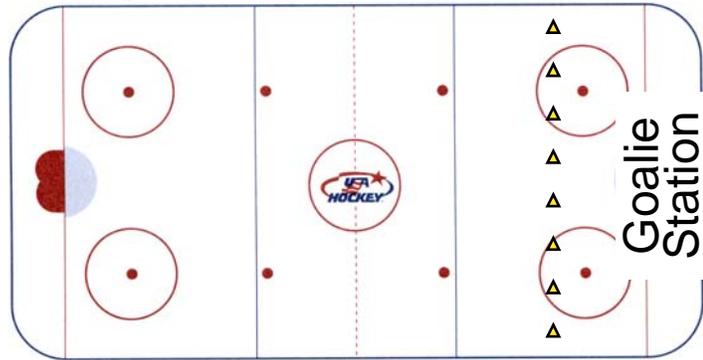


SYHA Goalie Development Session # 9

Schedule: 10 min – Skills Review

40 min – Skills Practice in Goal during full-ice drills

Needs: Net (2), Pucks, Cones (10)

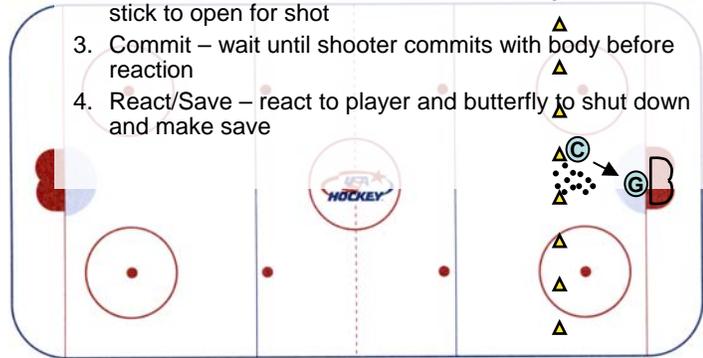


Skill 1: Breakaways

1. Goalie challenges 3-5 ft on top of crease.
2. Coach makes move to both sides and shoots (sometimes shoot, sometimes deke)

Keys:

1. Retreat - Goalie doesn't retreat until shooter is on top of circles; 2 c-cuts only to get momentum going back
2. Stall – Goalie stalls and is patient watching blade of stick to open for shot



Keys:

1. Retreat - Goalie doesn't retreat until shooter is on top of circles; 2 c-cuts only to get momentum going back
2. Stall – Goalie stalls and is patient watching blade of stick to open for shot

Skill 2: Low/Bad Angle Drives

1. Coach alternates sides.
2. Goalie challenges 3-5 ft on top of crease at same side as coach.
3. Coach makes move to both sides and shoots (sometimes shoot, sometimes deke)





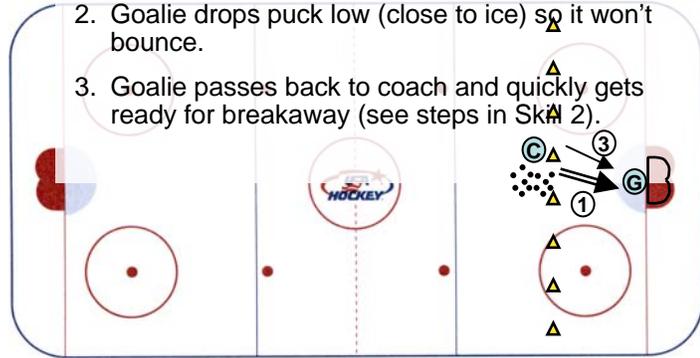
SYHA Goalie Development Session # 9

Keys:

Skill 3: Glove save, Pass, Breakaway

1. Coach shoots at glove (medium hard shot)
2. Goalie makes glove save, drops puck and passes to Coach
3. Coach makes breakaway move on goalie

1. Goalie turns head and watches puck into glove
2. Goalie drops puck low (close to ice) so it won't bounce.
3. Goalie passes back to coach and quickly gets ready for breakaway (see steps in Skill 2).

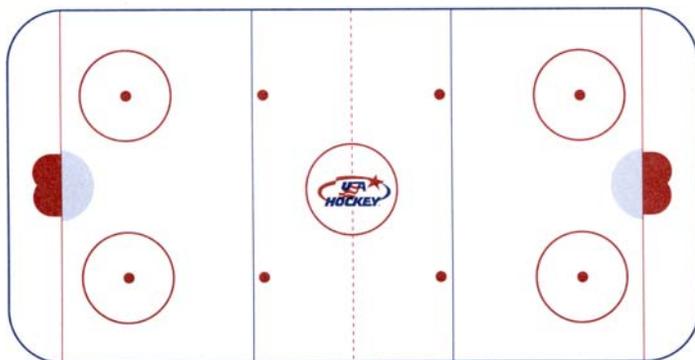




SYHA Player Development Session # 10

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (6);
Goalies/Shooter Tutor(2)

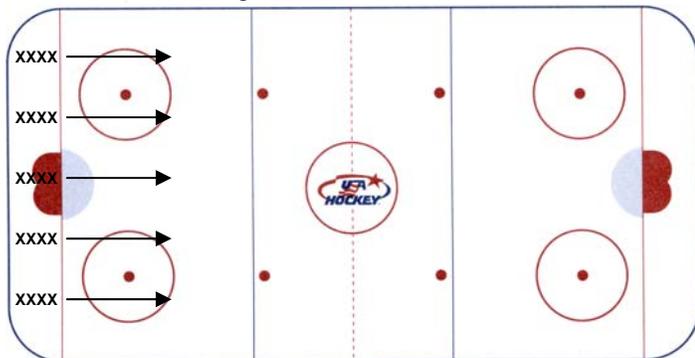


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



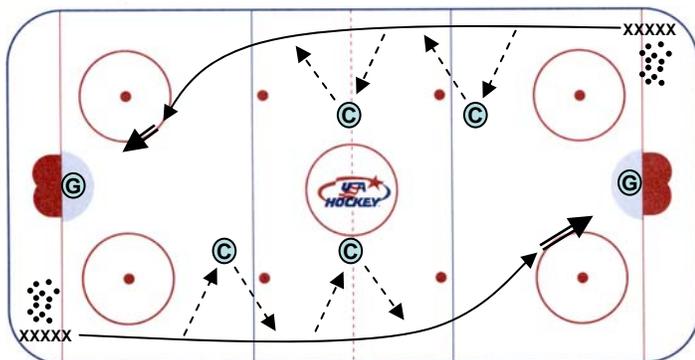
Drill 1: 3 Give & Go Passing w/ Shot

Quick whistles to keep lines moving

2 give and go passes (1 to each coach),
followed by shot on net.

Keys:

1. Stress hard passes and full speed

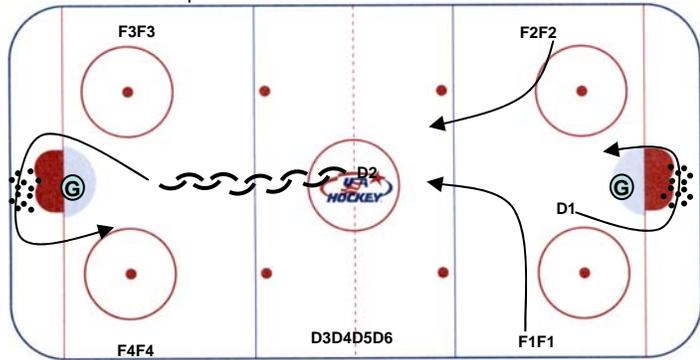


Drill 2: Continuous Full Ice 2 v 1

1. Defense (D1) takes puck below net and makes breakout pass to forward. D1 then goes to end of "D" line
2. Forwards break out puck 2 v 1 on D2 toward opposite end.
3. When play finishes D2 picks up loose puck and goes below net to initiate breakout with F3 and F4
4. D3 picks up F3 and F4 at half ice and the drill continues

Keys:

1. Use good timing to put yourself in position to receive breakout passes in stride.
2. Move the puck to the most dangerous player.
3. Attack with speed.



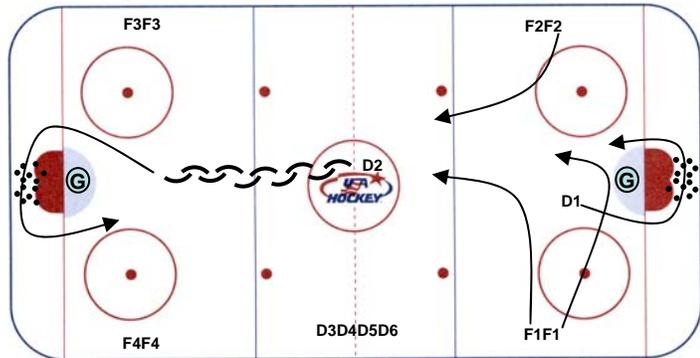
Drill 3: Continuous Full Ice 3 v 1 (or 3 v 2)

Drill can be run with one D or two.

1. Defense (D1) takes puck below net and makes breakout pass to forward. D1 then goes to end of "D" line
2. Forwards break out puck 2 v 1 on D2 toward opposite end.
3. When play finishes D2 picks up loose puck and goes below net to initiate breakout with F3 and 2 players from F4
4. New D picks up F3 and 2 players from F4 at half ice and the drill continues.

Keys:

1. Use good timing to put yourself in position to receive breakout passes in stride.
2. Move the puck to the most dangerous player.
3. Attack with speed.
4. Move to open space without the puck.

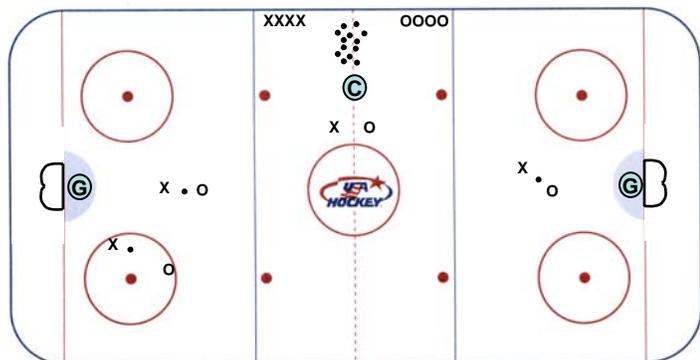


Drill 4: Survivor Full Ice 1 v 1

3 to 4 full ice 1 v 1 battles going at once

Keys:

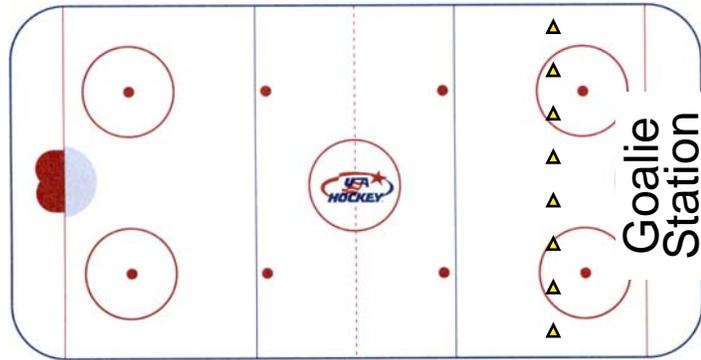
1. COMPETE!



Schedule: 10 min – Skills Review

40 min – Skills Practice in
Goal during full-ice drills

Needs: Net (2), Pucks, Cones (10)

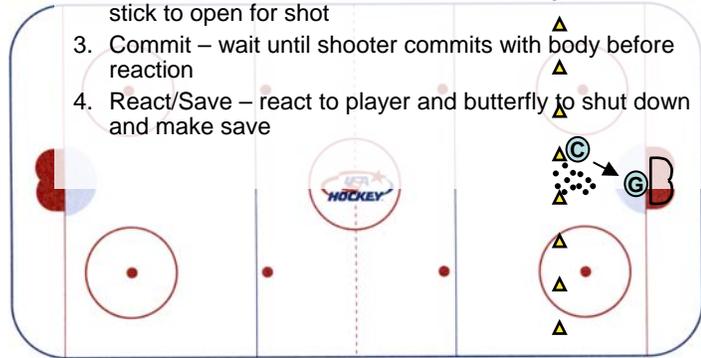


Skill 1: Breakaways

1. Goalie challenges 3-5 ft on top of crease.
2. Coach makes move to both sides and shoots (sometimes shoot, sometimes deke)

Keys:

1. Retreat - Goalie doesn't retreat until shooter is on top of circles; 2 c-cuts only to get momentum going back
2. Stall – Goalie stalls and is patient watching blade of stick to open for shot



Keys:

1. Retreat - Goalie doesn't retreat until shooter is on top of circles; 2 c-cuts only to get momentum going back
2. Stall – Goalie stalls and is patient watching blade of stick to open for shot

Skill 2: Low/Bad Angle Drives

1. Coach alternates sides.
2. Goalie challenges 3-5 ft on top of crease at same side as coach.
3. Coach makes move to both sides and shoots (sometimes shoot, sometimes deke)





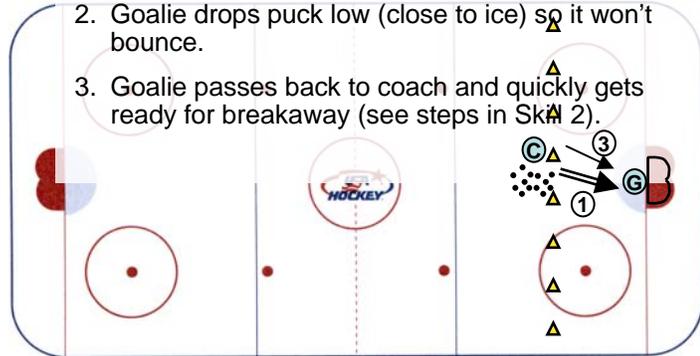
SYHA Goalie Development Session # 10

Keys:

Skill 3: Glove save, Pass, Breakaway

1. Coach shoots at glove (medium hard shot)
2. Goalie makes glove save, drops puck and passes to Coach
3. Coach makes breakaway move on goalie

1. Goalie turns head and watches puck into glove
2. Goalie drops puck low (close to ice) so it won't bounce.
3. Goalie passes back to coach and quickly gets ready for breakaway (see steps in Skill 2).

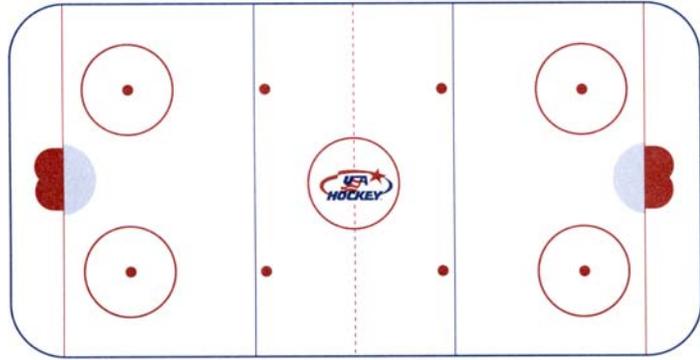




SYHA Player Development Session # 11

Schedule: 10 min - Group Skate
40 min - 10x4 Drills

Needs: Pucks (black); Nets (2);
Cones (6);
Goalies/Shooter Tutor(2)

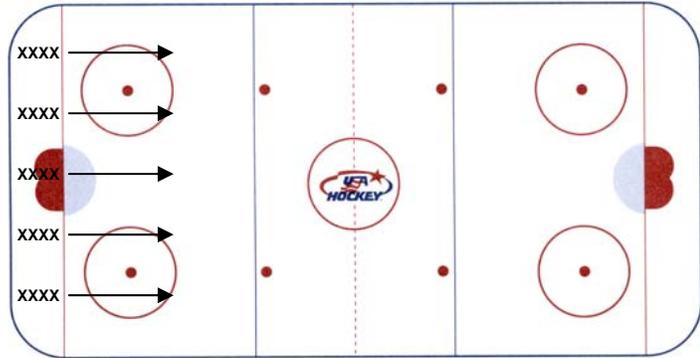


Group Skate: Knee Bend, Edge Control, Stride

1. Inside Edge (fwd, bkwd)
2. Outside Edge no crossover (fwd, bkwd)
3. Outside Edge crossover (fwd, bkwd)
4. Full stride with 3-count recovery
5. Long stride, alternate arm swing
6. 3 Quick cross-overs to start (fwd, bkwd)
7. Leg loading
8. Single foot inside and outside edge

Keys:

1. Balance – weight in middle back of blade
2. Full leg extension and return completely under torso
3. Smooth glide
4. Stick is steering wheel



Drill 1: 3 Lane Shooting

Run drill out of both ends of ice

Players should be running at full speed with minimum dribbling.

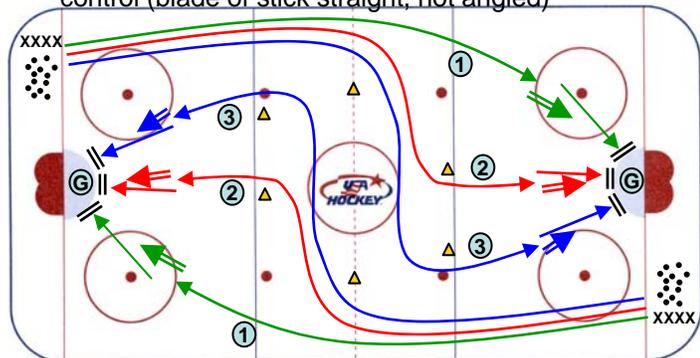
Players must cross centre ice redline before cutting to cone

Shoot from top of circle and stop at net.

All 6 players leave on same whistle (in order lane 1, 2, 3)

Keys:

1. Head up!
2. Push puck with one hand to promote speed. Note that pushing puck with one hand they should maintain control (blade of stick straight, not angled)





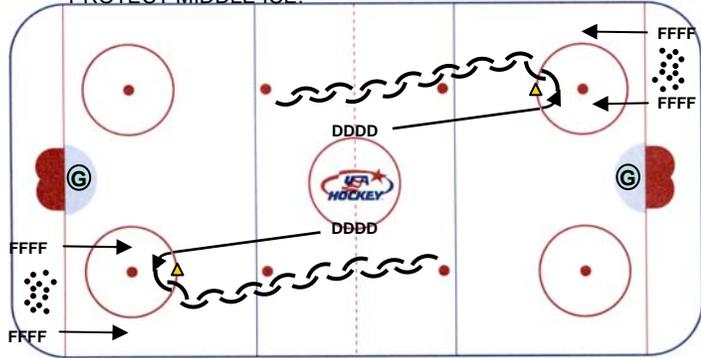
SYHA Player Development Session # 11

Drill 2: Full Ice 2 v 1

Forwards cannot leave until D has transitioned around cone.

Keys:

1. Speed is key for forwards MOVE THE PUCK
2. Speed & gap is key for defense.
3. Defense should always pivot with heels to middle of ice (want to position so D is closer to middle ice than the forward). ALWAYS PROTECT MIDDLE ICE.

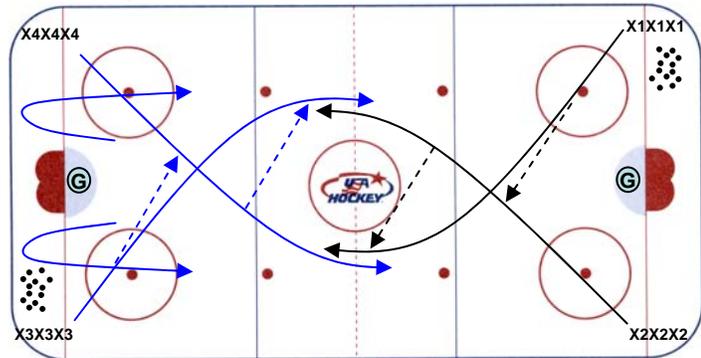


Drill 3: Continuous Full Ice 2 v 0 with backcheck

1. X1 & X2 start play with 2 v 0 breakout
2. Once play ends, X1 and X2 must cycle down below goal line
3. X3 and X4 take off once X1 and X2 hit goal line
4. X1 and X2 must backcheck X3 and X4 through neutral zone.
5. X3 and X4, once play is dead, then must backcheck new X1 and X2..

Keys:

1. Pressure the puck on the back check defensively.
2. Head man the puck offensively.
3. Let the puck do the work for you!



Drill 4: 3/4 Ice 3 vs 3

45 second shifts

Emphasize puck movement

Alternatives

1. Start as 1 v 1 and add one player each 10 seconds (alternating teams). Creates odd-man situations.

Keys:

1. **COMPETE!**
2. Stress puck movement which means player WITHOUT the puck must get to open passing lane!

