

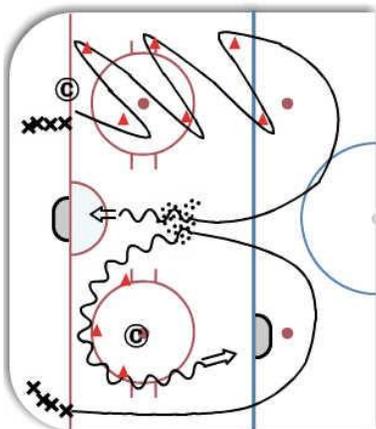


**Date:** 01/04/16 **Group:** \_\_\_\_\_  
**Length:** 60 mins \_\_\_\_\_  
**Start Time:** 11:57am **Focus:** \_\_\_\_\_  
**End Time:** 12:57pm **Level:** MITE

Length	Drill Name	Category	Notes
12	Czech Agility Cones	Agility	
12	stops and starts + attack + evasive move	Skating	
12	Race 1	Competitive	
12	4 Net battles	Competitive	For Novice/Initiation move nets to top of circles. (After 4 Net battles drill, coaches can split teams in half and plays 2 cross ice games for last 10 minutes)

**Notes:**

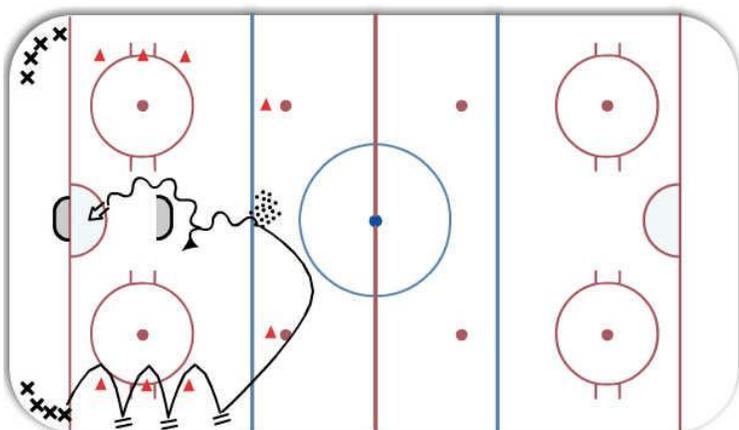
**Drill Title:** Czech Agility Cones (1 Diagram )



Can have them pick up pucks in high slot to start. Later have the players start with pucks. Coaches add resistance were needed. Make the players have to deke around you.

Key Points: Agility Balance Coordination

**Drill Title:** stops and starts + attack + evasive move (1 Diagram )

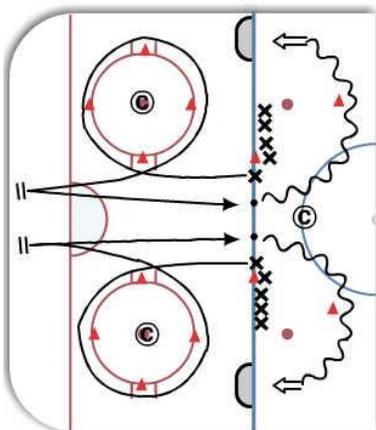


on whistle player leaves and follows cone sequence, tight turns then two foot stops facing up ice. then picks up a puck at middle ice and attacks the backwards net or other object and makes a fake or evasive move and then attacks goalie for a shot on net. stagger sides so they are about 5-7 sec apart.

cone sequences: tight turns, inside edges, 360's, pull backs, fakes, (make sure players lead with their stick when turning)

Key Points: , stops and starts , evasive moves , puck handling , edges

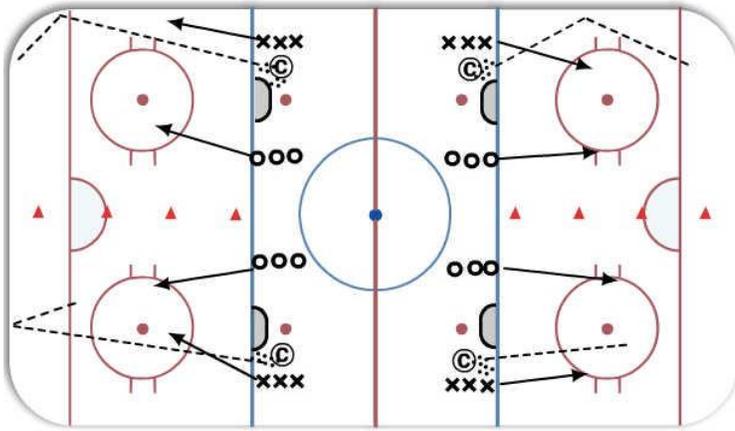
**Drill Title:** Race 1 (1 Diagram )



spot two pucks at blue line. on whistle 2 players race around cones and have to touch boards then explode through middle ice to pick up puck and shoot on net.

Key Points:

**Drill Title:** 4 Net battles (1 Diagram )



on whistle coach spots a puck and one player from each group battles for possession and a scoring opportunity. 4 simultaneous 1on1 battles taking place. each shift should be a maximum 30sec long.

- 1on1s
- 2on2s
- 2on1s

Key Points: , Lo to High , Stick on Puck , Body Positioning , Puck Protection