

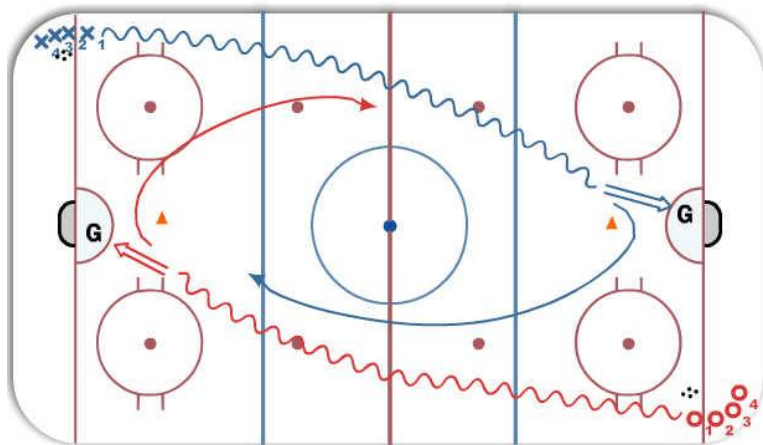


Date:	08/15/17	Group:	_____
Length:	60 mins		
Start Time:	7:40pm	Focus:	_____
End Time:	8:40pm	Level:	MITE

Length	Start	Drill Name	Category	Notes
15	7:40pm	Skating		Edges, pivots, tight turns with pucks and cones, and then suicides
10	7:55pm	Admiral Drill	Backchecking	
10	8:05pm	Admiral Drill - 2nd progression	Backchecking	<p>Building on Kevin's Admiral Drill - I'm not sure if I've diagrammed the progression as he intended (specifically, where the second attacker should be starting), but I believe this structure should work. The downside I'm seeing here is that the effort level from the two corners is very unbalanced, but it may be beneficial to alternate between the high intensity and low-intensity sides (especially if the time between reps isn't long enough for full recovery).</p> <p>I'll see what happens when I try to do the third progression (with D starting at centre ice).</p> <p>I've included notes on where the players should go after they are finished the rep, and I'd encourage others to do the same when diagramming their drills. The reason I think it's important is that I attend a lot of sessions with adult players who don't practice very often, so they often don't know where to go when they're done. In drills like this where the players in each corner do different things, the result is that the players miss reps on one or more of the skills being drilled.</p>
10	8:15pm	2 on 0 center ice	2 on 0	lots of pucks needed, coaches will need to pay attention and retrieve pucks
10	8:25pm	2v2 small area	Competitive	
5	8:35pm	Suicide sprints		

Notes:

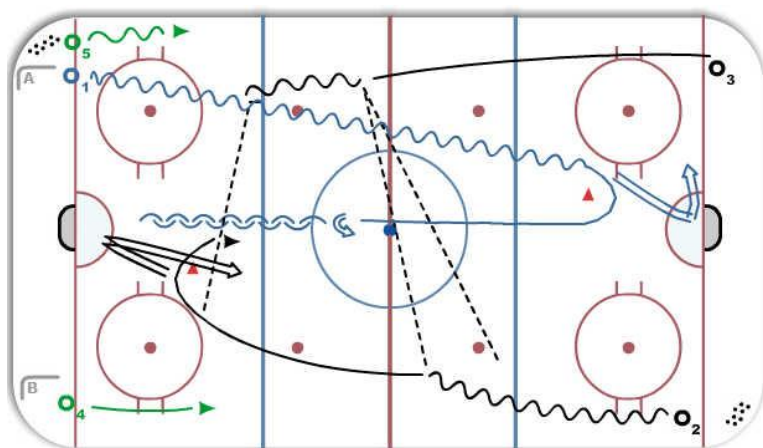
Drill Title: Admiral Drill (1 Diagram)



- 1) 1 leaves with puck skating full speed down the ice
- 2) 1 shoots on goal
- 3) 2 leaves with puck as soon as 1 shoots
- 4) 1 begins pursuit of 2 down the ice (backchecking)
- 5) 2 shoots
- 6) 3 leaves down ice
- 7) 2 pursues 3
- 8) Drill continues in this cycle

Key Points: , Full Speed Puck Control & Shooting , Backchecking , Conditioning

Drill Title: Admiral Drill - 2nd progression (1 Diagram)



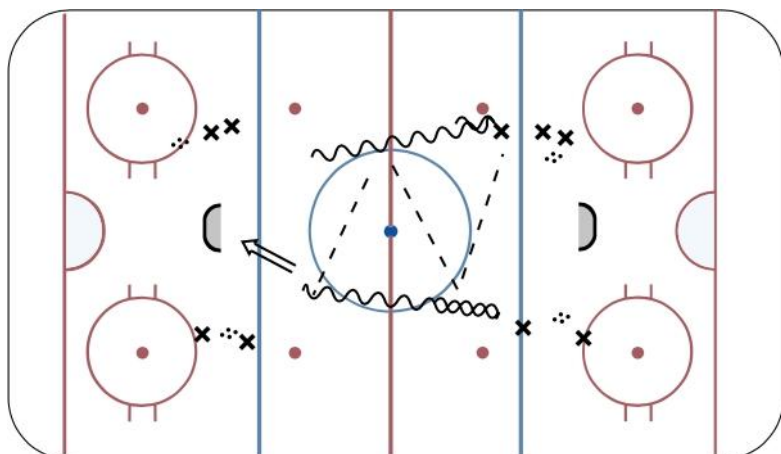
After running the Admiral drill with one shooter/one backchecker, the next progression is to add a second attacker.

Split players equally between the four corners. With the extra bodies and cross-zone passing, it may be necessary to remove the cones, but the shot still has to wait until the attackers reach the spot where the cones were. This is to ensure that full-out effort is required to catch up with the attackers.

- 1) 1 leaves with puck skating full speed down the ice
- 2) 1 must reach cone before shooting
- 3) 1 shoots on goal
- 4) 2 & 3 leave as soon as 1 shoots, 2 carrying puck
- 5) 1 turns and pursues to defend the 2 on 1, pivoting to skate backwards as soon as possible
- 6) 2 passes to 3 after exiting zone, but preferably before 1 can get into proper defensive position
- 7) 3 gains offensive zone, passes to 2 and then goes to corner A
- 8) 2 shoots on goal (after passing cone)
- 9) 4 & 5 leave as soon as 2 shoots, 5 carrying puck
- 10) 2 turns and pursues to defend the 2 on 1
- 11) 1 goes to corner B
- 12) Drill continues in this cycle
- 13) at both ends of the rink, the second attacker ((ie, not the shooter) stays on same side of ice when they end their rep and return to the corner, and the backchecker returns to the other side (ie, the side the shooter was on).

Key Points: , Full Speed Puck Control & Shooting , Backchecking , Conditioning

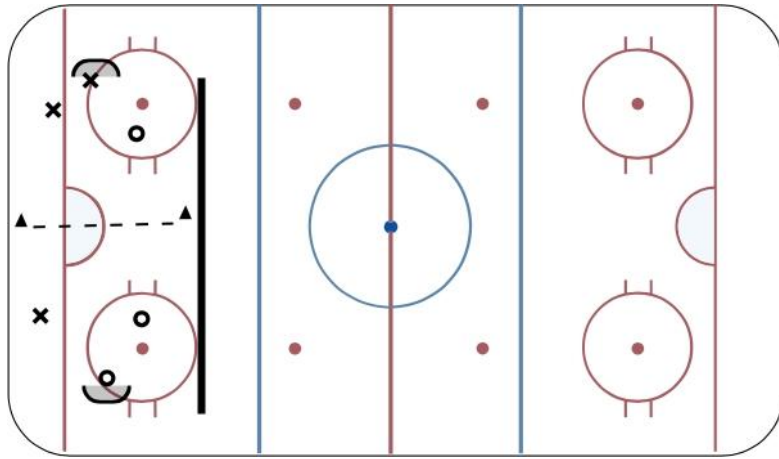
Drill Title: 2 on 0 center ice (1 Diagram)



Players make a few quick passes and take a one-timer or quick shot. After the shot is taken, the next 2 players go immediately. The goal is to get a few quick passes and a quick shot at a fast pace.

Key Points: touch passes one, timers quick release a lot of reps

Drill Title: 2v2 small area (1 Diagram)



An X and O on each side of the line. They each are playing 1v1 and can't cross the line, but can pass the puck to each other. X's and O's rotate, so they will play defense first, then play offense, then go back into line. Play at both ends if enough players/goalies. blow whistle for rotation every 30-45 seconds.

Key Points: 1v1 puck possession offense/ defense