

AVS B SUNDAY 19/01/2025 TRAINING



Sunday, January 19th, 2025

Mega Horseshoe

Details:

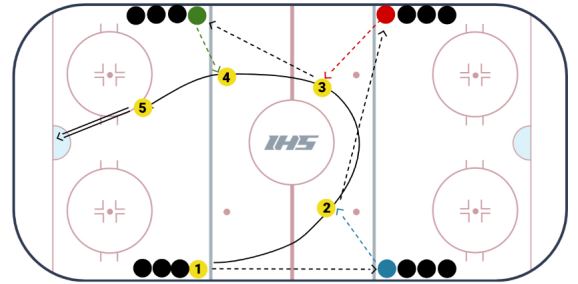
Yellow circle is the example, Drill to be run from opposite corners simultaneously:

Position 1: make a pass to the line ahead of you, and start skating around the centre circle. (yellow to blue)

Position 2: receive the pass back, and pass to the next line, whilst skating around the centre circle (blue to yellow to red)

Position 3: receive pass back, and pass to the next line, still skating around the circle. (red to yellow to green)

Position 4: Receive puck back before the blue line, carry into the zone, and shoot before the hash marks. (green to yellow)



Around the world

Details:

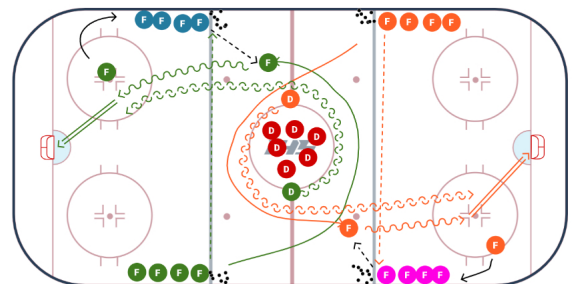
1. D at centre ice. 4 lines of F on corners of blue.

2. diagonally opposite F make a pass to line opposite them. e.g. Green F to blue F. and Orange F to Pink F.

3. F then skate round centre ice. Simultaneously 2 D step out on red, and shadow F around the centre ice. Following the F that started on your side of ice, E.G. Green D and green F. Orange D and orange F.

4. Line F skating passed to, passes back, (before the blue to avoid offside) E.G. Blue F pass back to Green F.

5. D still shadows the F, F now has to beat the D and shoot.



Alterations:

1 on 1

2 on 1

2 on 2

3 on 2

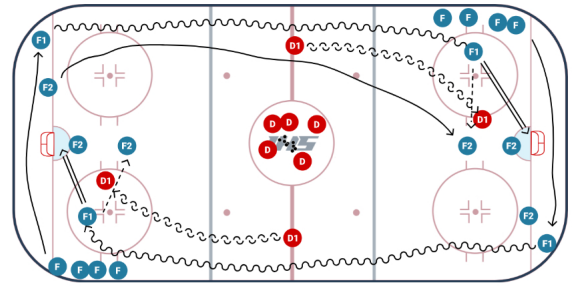
3 on 3.

Avs B 2 on 1 Full ice horseshoe

Details:

Avs B 2 on 1 Full ice horseshoe

- 1: D start at centre ice with pucks. F start in diagonally opposite corners of the rink.
- 2: D dump puck into corner where F aren't
- 3: F1 and F2 skate, one collects loose puck, other supports puck carrier.
- 4: D step out at red line, and skate backwards, trying to cut off passing lane.
- 5: F1 can pass to F2 or take a shot. F2 should make space for pass, or crash net.



Screening drill

Details:

Set up:

- 1: 3 lines of forwards on the goal line. 1 in each corner and 1 between the line in the corner and the goal. 2 D on the blue line.
- 2: F1 passes to D1. F1 then skates in front of the goalie, to cause a screen.
- 3: D1 shoots (low, preferably)
- 4: F2 then passes to D2, and skates in front of the goalie. (there are now 2 Forwards in front of the goalie.)
- 5: D2 shoots
- 6: F3 passes to D1 and skates in front of the goalie. (now 3 players are in front of goalie)
- 7: D1 shoots.
- 8: F4, now makes a breakout pass to any of F1,2 or 3, and will break out 3 on 2 against D1 and 2
- 9: The break out ends when: a goal is scored at the other end, the puck is saved, or the puck misses the net and crosses the goal line.

