

PG Advanced 2 – Lesson Plans

Day 1 – Friday (9:00-11:00 pm)

❖ Warm up (10 min)

- Dynamic skating drills
 - Sculling
 - Wide & In
 - Giant Step-overs
 - Inside edges
 - Outside edges
 - C-cuts alternating Cross-unders
 - Exaggerated stride

❖ Individual Skating drills (20 min)

- Transitions
 - Dot drills
 - Partner transition with evasive move

- Crossovers
 - Dot Drills
 - Circle crossover drills

❖ Individual Skills (30 min)

- Shoot on goalies (10 min)
 - 3 Line drill
 - Figure of 8 drill
 - Drop pass drill

- Puck Control drills (20 min)
 - Partner Short/Long passing
 - Circle passing
 - Shorten your pass drill

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❖ **Ice cleaning (10 min)**

❖ **Individual Skills (10min)**

- Passing (10 min)
 - Swing Timing drill

❖ **Individual/Team Tactics/Team Systems (40min)**

- Net Drive (10 min)
 - Drive Wide drill (3 crossovers)
 - 1 on 0
 - 1 on 1

- 1,2,3 Attack (Triangulation) (10 min)
 - 2 on 0 Net Drive drill
 - 3 on 0 Net Drive drill

- Drive Delay(10 min)
 - Low Drive (walk off boards)
 - High Drive (look for trailer)

- Breakouts (10 min)
 - Center Swing

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Day 2 – Sat (6:00-9:00 pm)

❖ Warm up (10 min)

- Dynamic skating drills
 - Sculling
 - Wide & In
 - Giant Step-overs
 - Inside edges
 - Outside edges
 - C-cuts alternating Cross-unders

❖ Individual Skating drills (35 min)

- Transitions (10 min)
 - Dot drills
 - Partner transition with evasive move
 - Circle Agility drill

- Crossovers (10 min)
 - Dot Drills
 - 5 Circle crossover drills

- Pivoting(5 min)
 - Face the Clock Circle drill

- Tight Turns (10 min)
 - Dot Drill
 - Evasive Move drill (Turn-backs)
 - Circle Agility drill

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❖ Individual Skills (20 min)

- Shoot on goalies (7 min)
 - Figure of 8 drill
 - Drop pass drill

- Puck Control drills (13 min)
 - One Touch/Keep Away drill
 - Shorten your pass drill
 - Face the Passer drill

❖ Individual/Team Tactics (25 min)

- Net Drive (10 min)
 - Drive Wide drill (3 crossovers)
 - 1 on 0
 - 1 on 1
 - 2 on 0 Net Drive drill

- 1,2,3 Attack (Triangulation) (5 min)
 - 3 on 0 Net Drive drill

- Drive Delay (10 min)
 - Low Drive (walk off boards)
 - High Drive (look for trailer)
 - 3 on 0
 - 5 on 0

❖ Ice cleaning (10 min)

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❖ Individual/Team Tactics/Team Systems (80 min)

➤ Breakouts (30 min)

- *Center Swing – with Drive Delay & Triangulation*
- *Anchor - with Drive Delay & Triangulation*
- *Stretch Pass*

➤ Cycling the Puck (30 min)

- *3 Man Cycle (passing option)*
- *3 Man Cycle (D-man pass or Walkout)*
- *3 Man (D-man joins cycle)*

➤ Regroups (20 min)

- *3 Man Breakout – Center Swing with quick up*
- *5 Man Breakout – with Regroup /Attack 5 on 2*

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Day 3 – Sun (9:00-noon)

❖ Warm up (10 min)

➤ Dynamic Skating drills

- Sculling
- Wide & In
- Giant Step-overs
- Inside edges
- Outside edges
- C-cuts alternating Cross-unders

❖ Individual Skating drills (30 min)

➤ Transitions (10 min)

- Partner transition with evasive move
- Drag the line drill

➤ Crossovers (10 min)

- 5 Circle crossover drill
- Expanding Circle drill

➤ Pivoting (5 min)

- 3 Man Pivot/Pass drill

➤ Tight Turns (5 min)

- Dot Drill
- Evasive Move drill (Turn-backs)

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❖ Individual Skills (20 min)

- Shoot on goalies (5 min)
 - Figure of 8 drill
 - Drop pass drill

- Puck Control drills (15 min)
 - Swing Timing drill
 - Shorten your pass drill
 - Face the Passer drill

❖ Individual/Team Tactics/Team Systems (30 min)

- Breakouts with Regroups (30 min)
 - Center Swing – with Drive Delay & Triangulation
 - Anchor - with Drive Delay & Triangulation
 - Stretch Pass
 - Wheel Option

❖ Ice cleaning (10 min)

❖ Individual/Team Tactics/Team Systems (30 min)

- 1-2-2 Aggressive Forecheck (30 min)
 - Early Pass
 - F2 as support
 - D1 as support
 - Late Pass
 - F1 as support
 - D1 as support

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❖ Individual/Team Tactics/Team Systems (50 min)

- Breakouts with Regroup & Quick Transition to Offence (15 min)
 - Center Swing - Quick Up, Gain Center Line – dump-in (Wide Rim)
 - Anchor - Quick Up, Gain Center Line – dump-in (Cross-ice)
 - Wheel Option – with dump & change

- Man on Box Behind – Defensive System (10 min)
 - Magic Puck with breakout/Triangulation & Drive Delay

- Power Play (13min)
 - High/Low Overload
 - Back Door play

- Penalty Kill (12 min)
 - 5 on 4
 - 5 on 3