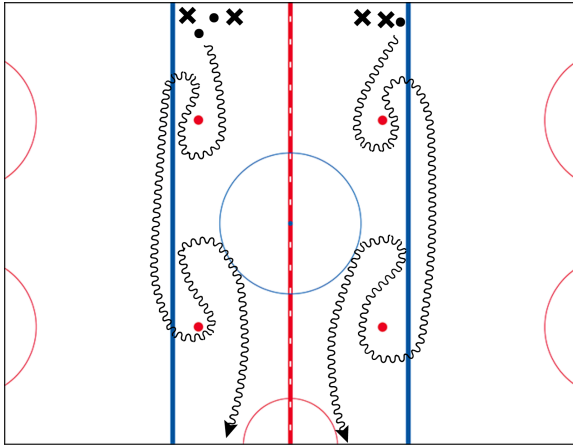




TFH Off Wall Attack Skills - Advanced

Figure 8 Tight Turns with Puck

10 mins



Players carry puck around dot and perform tight turn with crossover to exit & then immediately another tight turn in opposite direction with crossover out. Repeat starting on other side at far dot.

Variations:

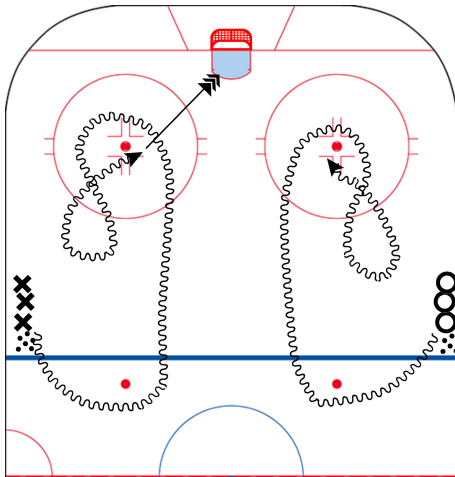
- Start without puck to focus on skating (regression)
- Can be done down the ice as well - 4 figure 8s instead of 2
- Add scanning/awareness - must call out numbers held up by fingers of next player in line

Key Points

- Transfer weight into & out of turn - outside leg/inside edge, inside leg/outside edge, crossover with outside leg
- Upper body control and quick acceleration

Off Entry Turnbacks Figure 8 To Shot

10 mins



Players carry puck to enter zone along dot line and tight turn back into wall and crossover immediately to cut back into towards middle. Tight turn back into escape route along the wall and crossover out to get back towards middle of ice for shot.

Progression:

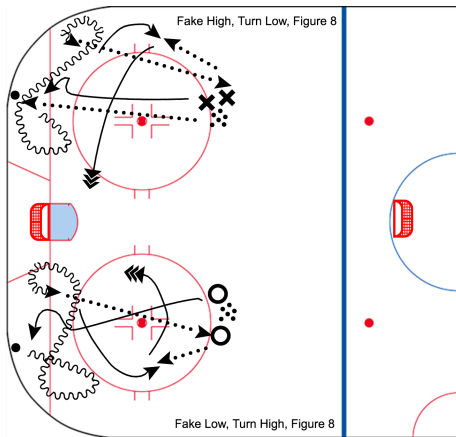
- Players shoot strategically based on their handedness and what side of the ice they are on
- Add pressure - players attack based on stick position or defender plays full out

Key Points

- Scanning/awareness - look towards middle
- Ensure skating details are executed cleanly
- Shoot with feet moving and with strong weight transfer from foot to foot

Off Wall Tight Turn Figure 8 Pass & Shoot

10 mins



Players retrieve puck off wall using a fake beforehand. They tight turn/crossover, then tight turn back and crossover. Pass to next player in line and open up for return pass. Receive return pass & go in for shot. Variations:

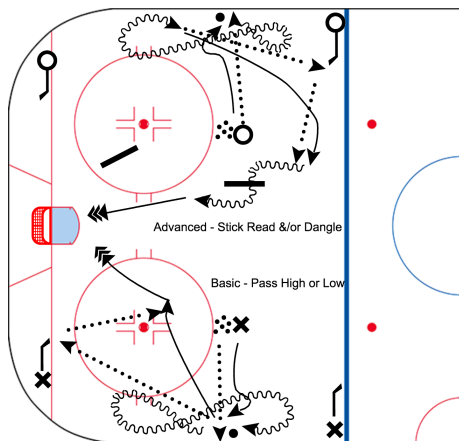
- Move passer: player receiving pass can move anywhere they want in the zone and puck retriever must find them to execute give n go
- Add pressure: coach places stick to dictate which way player turns initially
- Breakout version: instead of heading in for shot, pass into net placed in neutral zone

Key Points

- Scanning/awareness
- Get above goalline with feet
- Great targets for pass receive
- Weight shift foot to foot on shot

Off Wall Give & Go - Reads & Moves

10 mins



Players dump a puck into wall and execute a fake followed by a figure 8 (tight turn with crossover out).

In basic version, coach scripts pass to either low or high outlet for give n go to shot OR player chooses their own outlet to pass to for give n go. In advanced version(s), pass receivers can choose to have stick in air or on ice. Puck carrier must read whether they have any passing options and make a read based on that information (if no sticks on ice, take it straight to net). Can also add defenders or short stick to dangle before shot taken.

Variations:

- Change placement of pucks and passers
- Add pressure and need to make more reads

Key Points

- Scanning/Awareness
- Clean skating executing
- Creativity and Communication