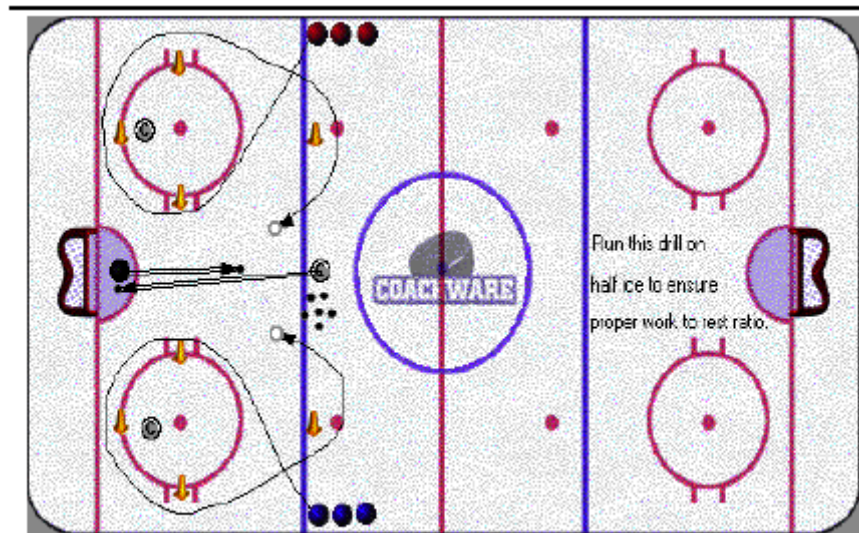


Cardiac Battle



Description

"Cardiac Battle" is a competitive drill that generates tremendous intensity. Use one or two ends of the ice depending on the number of players. The drill involves two battles. Each battle ends when a goal is scored or the Coach blows the whistle after 20 seconds. To begin, the Coach simultaneously passes the puck to the goaltender and blows the whistle. This signals the players to begin the race/battle. The goaltender stops the puck, controls it, and spots it as close as possible to the top of the circle. While this is occurring, the players race around the circles and pylons to the spotted puck. Players battle until a goal is scored or the whistle sounds at which point the Coach spots the second puck just inside the blue line. Both players must hustle to the blue line, two foot stop (skates touching the line) and then battle again for the second spotted puck. On the next whistle, both players backcheck to the end of the opposite line. Two new players begin on the whistle.

Key Teaching Points

- The Coach must put the puck on the net. If the goaltender cannot control the puck, the Coach blows the whistle and the players quickly return to the end of their line.
- Ensure players follow the whistle sequence to ensure proper rest between turns.
- Monitor the two foot stop at the blueline.
- Coaches move with players to encourage intensity and key teaching points.

Key Execution Points

- PLAYERS: Starting, crossovers, acceleration, puck protection and battling 1vs1 skills.
- GOALTENDERS: Control rebounds, be square to shooter on all shots and rebounds.