

USA HOCKEY

Select 15

Player Development Camp

July 30 - August 5, 2005
National Hockey Center
St. Cloud, Minn.



Drill Book

USA Hockey Select 15 Festival

Coaches

Black Team

Troy Jutting
Leigh Mendelson

Minnesota State-Mankato
Vierumaki Sports Institute

Gold Team

Colin Muldoon
Jamie Rice

Director of Hockey, Impact Athletics
Babson College

Green Team

Todd Knott
Sean Tremblay

Fargo-Moorhead Jets
New Hampshire Jr. Monarchs

Grey Team

Scott McConnell
Tom Rudrud

Billings Bulls
Tri-City Storm

Maroon Team

Bruce Johnson
Steve MacSwain

Armstrong (Minn.) High School
Player Development, Wasilla (Alaska) Spirit

Navy Team

Joe Burcar
Jon Cooper

Finlandia University
Texarkana Bandits

Orange Team

Sean Goldsworthy
Brian Riley

St. Olaf College
U.S. Military Academy

Purple Team

Scott Hambly
Tarek Howard

White Bear Lake (Minn.) Bantams
Grand Forks Central High School

Red Team

Mike McNeill
Andy Slaggert

Former NHL/Nat. Team Player
Notre Dame

Royal Team

Mike Corbett
Brian Meisner

U.S. Air Force Academy
Wichita Falls Wildcats

Teal Team

Matt Bertani
Toby O'Brien

Johnstown Chiefs
Johnstown Chiefs

White Team

Chris Lonke
Lou Santini

Simley High School, Minn.
Sacred Heart University

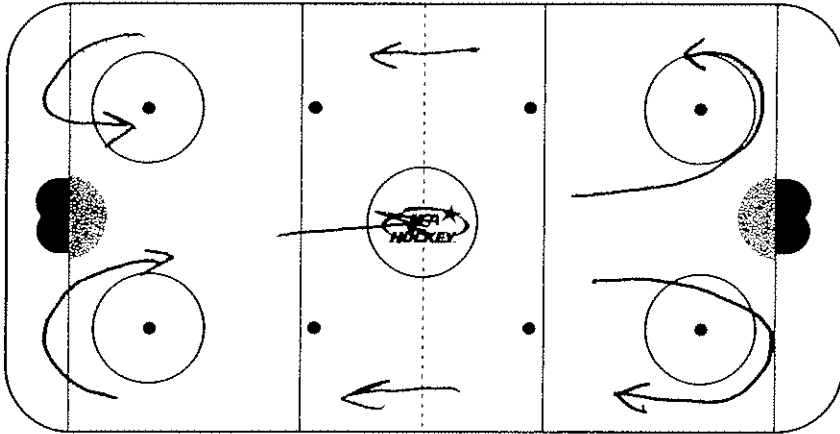
Flow Drills



SYSTEM/DRILL

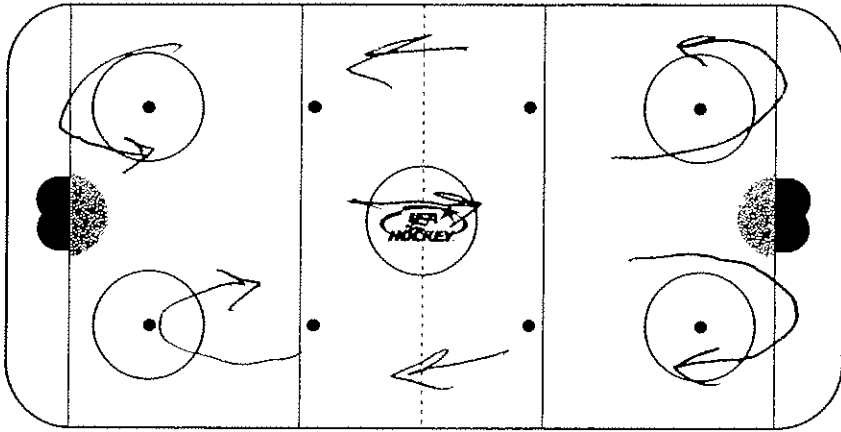
Saturday Flow

Gold
Muldoon/Rice
Skating



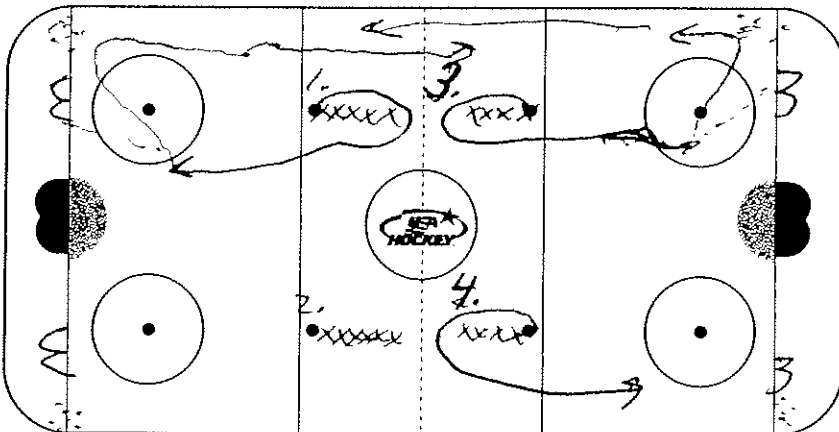
- Description W/Pucks
1. inside edges
 2. outside edges
 3. change speeds
 4. three crossovers
 5. Backwards
 6. Backwards crossover

Notes/Systems _____



- Description Stick handle
1. quick to the front
 2. quick to the side
 3. long to the front
 4. long to the side
 5. Through the legs

Notes/Systems _____



- Description _____
1. skate around the line and shoot from a wide angle. Pick up a puck out of the corner and sprint to the far end and take another shot
- Change direction of skating and shot

Notes/Systems _____

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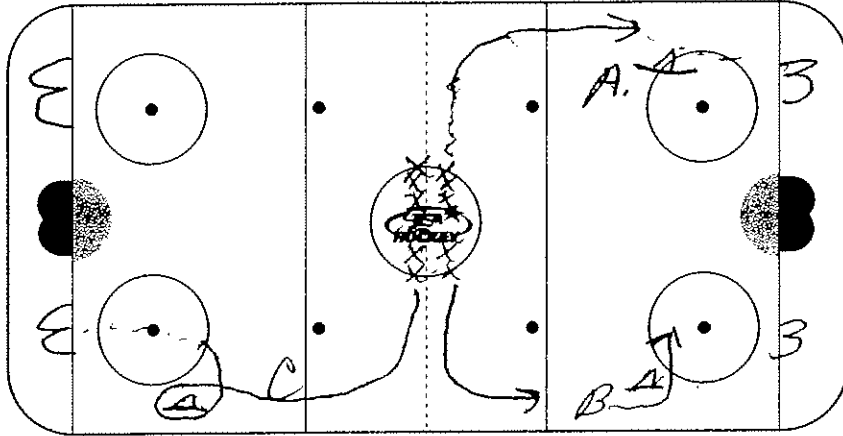




SYSTEM/DRILL

Saturday flow

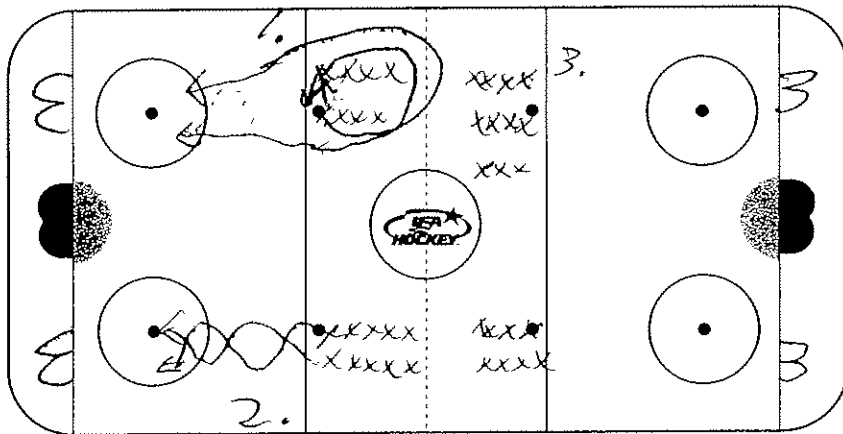
Muldoon/Rice



Description

1. pass-n-go
 - player starts backwards and receives pass from the second man
 a. Drive wide
 B. cut to the middle
 C. escape

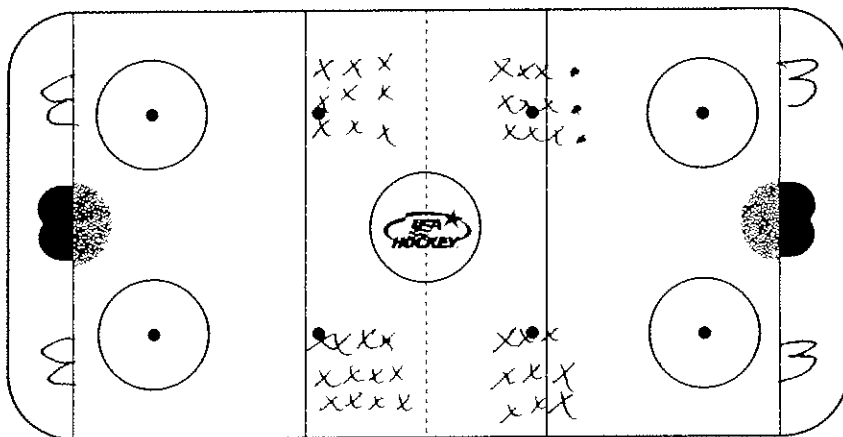
Notes/Systems



Description

- give-n-go then go around the back of the line, pass the puck as many times as you can
 2. 2-0 weave
 3. 3-0 weave

Notes/Systems



Description

3-0 SCORING Contest
 - Three pucks
 - everyone needs to touch the puck before you can shoot
 - pucks sit on the blue line
 - everyone must be on sides

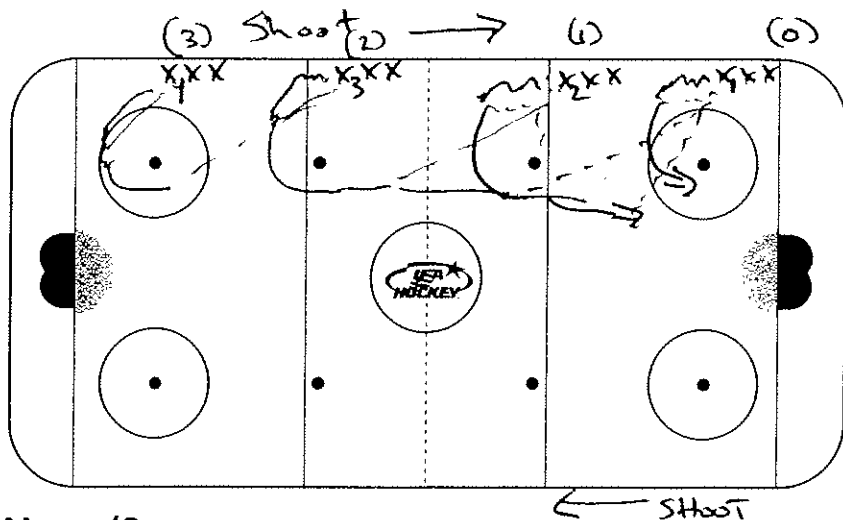
Notes/Systems

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SYSTEM/DRILL TREMBLAY, KNOTT, JUTTING, MENDELSON



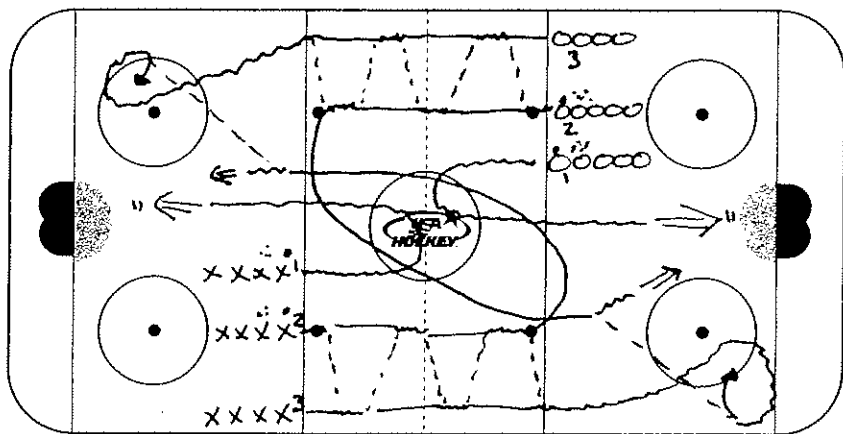
Description

Shooting Warm-up

X₁ Leaves Backwards w/out puck
 receives pass from same line
 Quick shot around dot
 X₂ Leaves Backwards w/out puck
 around dot passes to X₁ gets
 puck back, shoots
 X₃ Same as X₂ but makes
 passes w/ X₂ line & X₁ line
 X₄ Same as w/ passes to
 X₃, X₂, X₁, (#) = passes to make

Notes/Systems

Both sides together

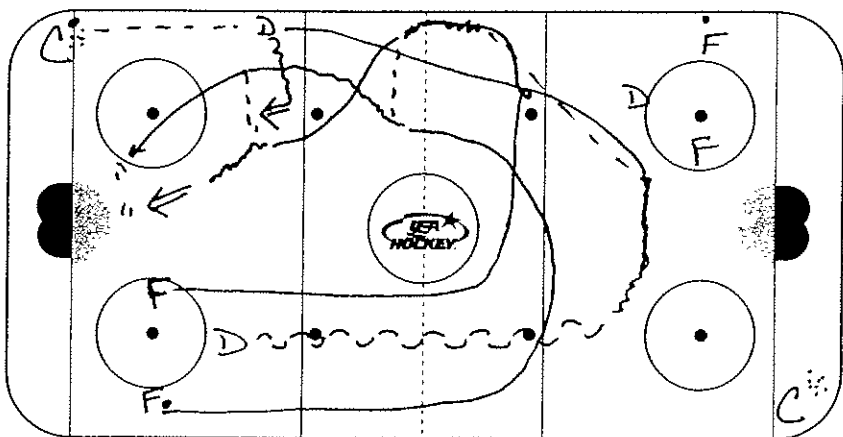


Description

X¹+0¹ → carry puck to red, curl
 + take shot on goal + stay in front
 X²+0² → pass with X¹+0¹ to blue
 line, curl to opposite end +
 receive back diagonal pass from
 X³+0³
 X³+0³ → pass with X²+0², keep
 puck + enter zone, Gretzky turn +
 hit X¹+0¹ + head to net

Notes/Systems

Gretzky Turn Variation



Description

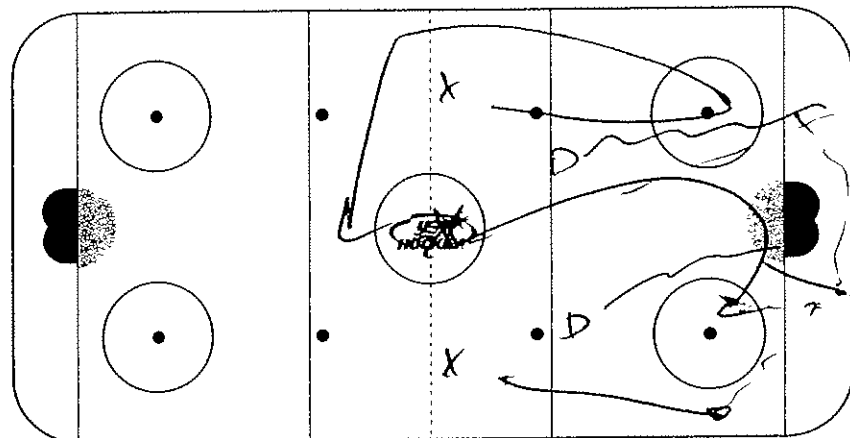
F+D one touch puck from top of
 circle to far blue, at far blue
 D keeps puck + carries to the
 middle. F get to other side
 of ice + receive pass from D +
 head in 2x0. Stop + stay in front
 of net as D will come to blue
 receive pass from coach, walk
 blue line + shoot.

Notes/Systems





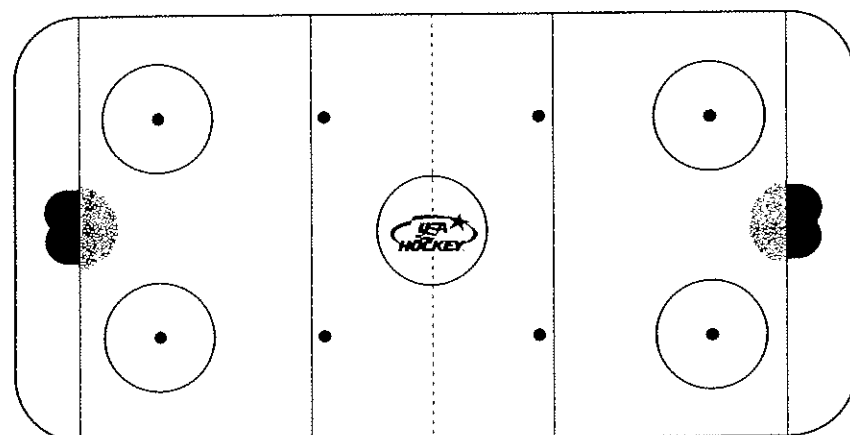
SYSTEM/DRILL _____



Description 5v0 B/O
 with regroup D-D before
 Attacking.
 2nd puck ↓ D, D-D & shot
 2 F low 1 F high

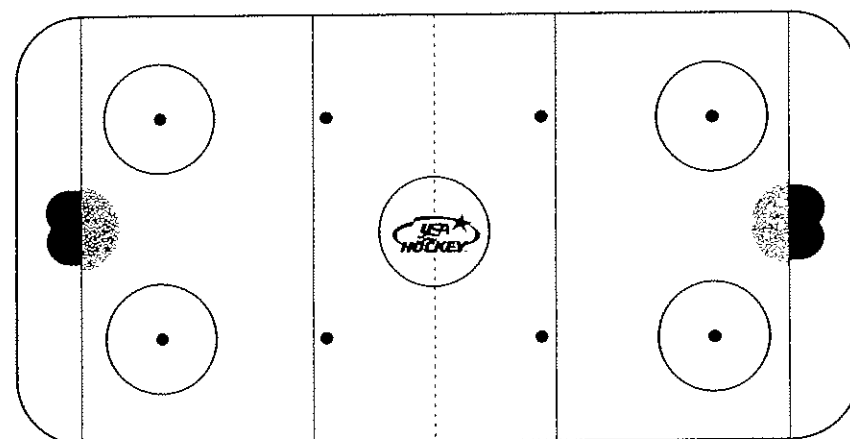
B0/B0N2/2nd shot

Notes/Systems Change Direction of B/O
each time



Description _____

Notes/Systems _____



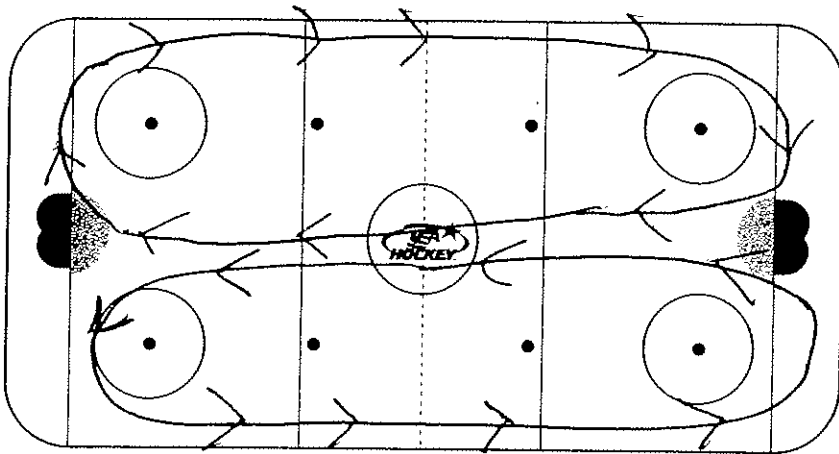
Description _____

Notes/Systems _____



PRACTICE #1 RED AND WHITE SYSTEM/DRILL

SANTINI Slaggett
LONKE McNEILL



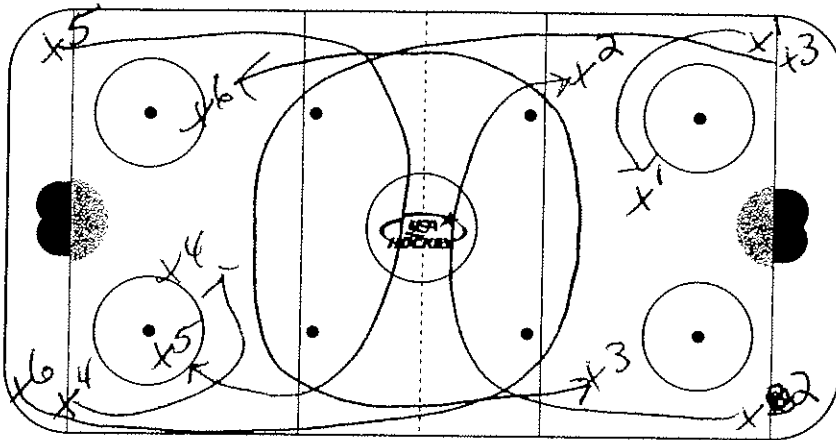
Description BUTTERFLY
STRETCH AND WARM UP

① Long Strides/Skating Down
MIDDLE BETWEEN ~~BLUE~~ BLUE LINES

② Dynamic Stretches ON
OUTSIDE

③ Change EXERCISES

Notes/Systems _____

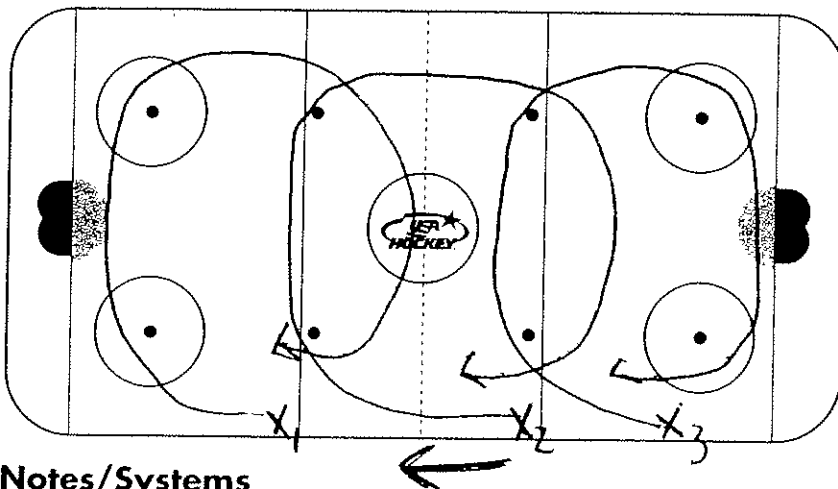


Description BROWN 6 SHOOTER
ALL SIX PLAYERS LEAVE @ SAME TIME

X¹ - TOP CIRCLE / SHOT
X² - AROUND NEAR DOTS / SHOT
X³ - FAR DOTS / SHOT

X⁴ - SAME AS X¹
X⁵ - " " " X²
X⁶ - " " " X³

Notes/Systems _____



Description 4 DOT SHOOT

X₁ - skate 4 DOTS
1st SHOOTER

X₂ - skate 4 DOTS
2nd SHOOTER

X₃ - skate 4 DOTS
3rd SHOOTER

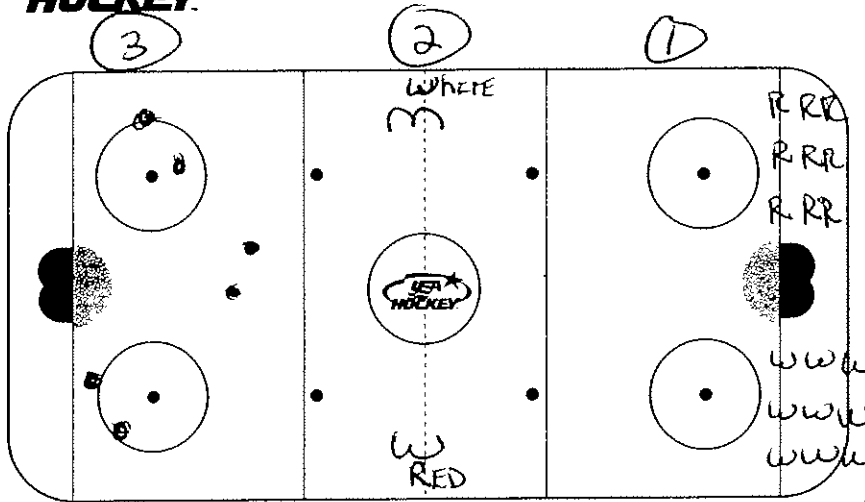
X₂, X₃ create time/space

DRILL CAN BE DONE WITH
6 SHOOTERS

Notes/Systems _____

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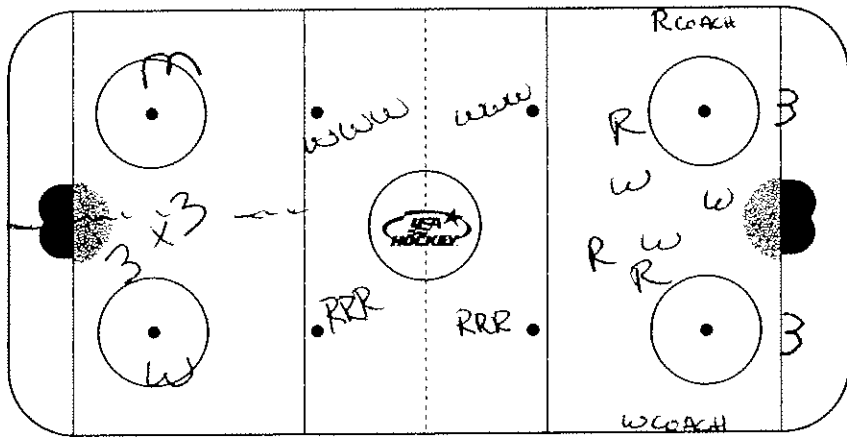


Description

3 ZONE ACTIVITY

- ① 3 lines on EACH SIDE of GOAL CREASE (RED AND WHITE)
- ② EACH GROUP STARTS AND MOVES UP A ZONE w/ WHISTLE
- ③ 1st zone 3-0 Passing w/ ~~FE~~
2nd zone (NEUTRAL) 3+3 CROSS TEAM
3rd zone Gate Game / MAKE PASS thr GATE

Notes/Systems ○ = TIRES OR CONES



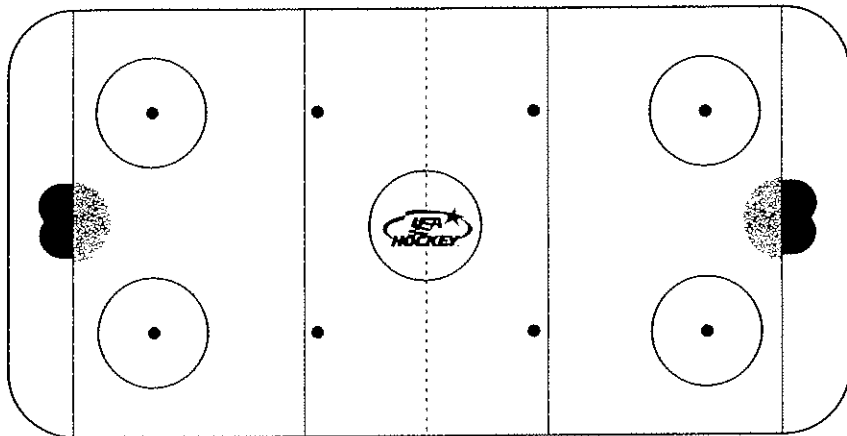
Description

Small Games

- ① Brown 3+3
- * EACH TEAM HAS A Support COACH
- NEXT to OFFENSIVE NET
- * Players MUST Pass to COACH and get back Puck before SHOT
- * Support COACH can move up and down wall, etc

Notes/Systems

- ① 1 Player must STAY ON O side
- ② 3+3 w/ MED LINE
- * Players can only defend the SIDE



Description

Notes/Systems



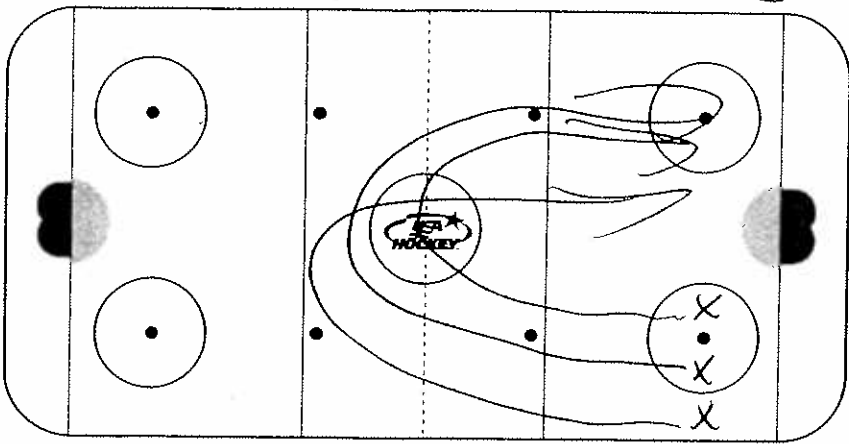


Flow Drills

SYSTEM/DRILL

Saturday, July 30th, 2005

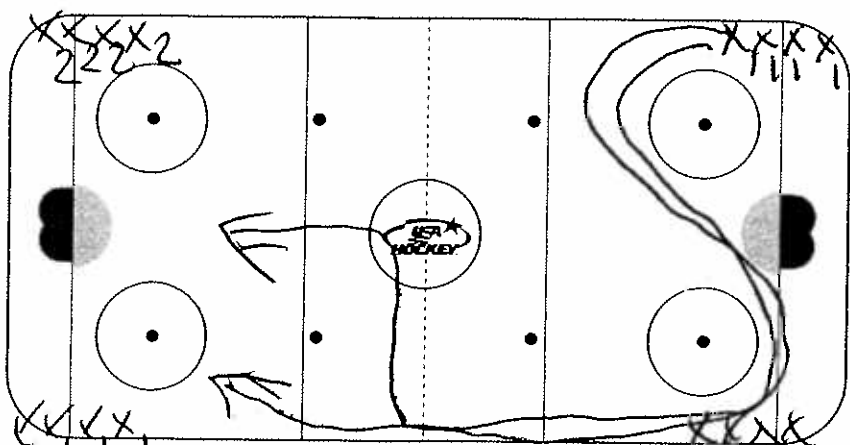
Grey & Royal - Page 1



Description 3 lower Skaters

Various skating skills, patterns

Notes/Systems

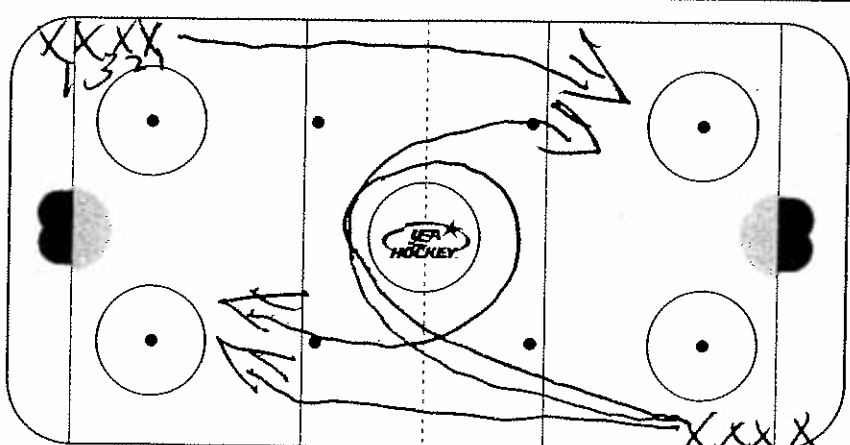


Description Goalie w/Army
THREE players play X1
Lines allowed top of
first circle, bottom
of second circle

First X - straight down wall
for shot
Second X - After Red line
cuts to middle for shot
Third X - After Red line
cuts to far wall for
shot

SN whistle X2's will go

Notes/Systems



Description

X1 straight down wall
for shot

X2 loops center
circle for shot at own
End

X3 loops complete
center circle for
shot at far End

Notes/Systems



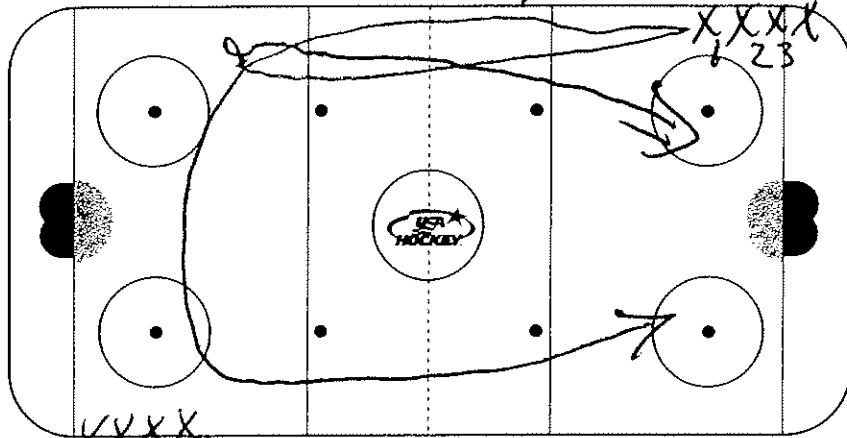


Flow Drills

SYSTEM/DRILL

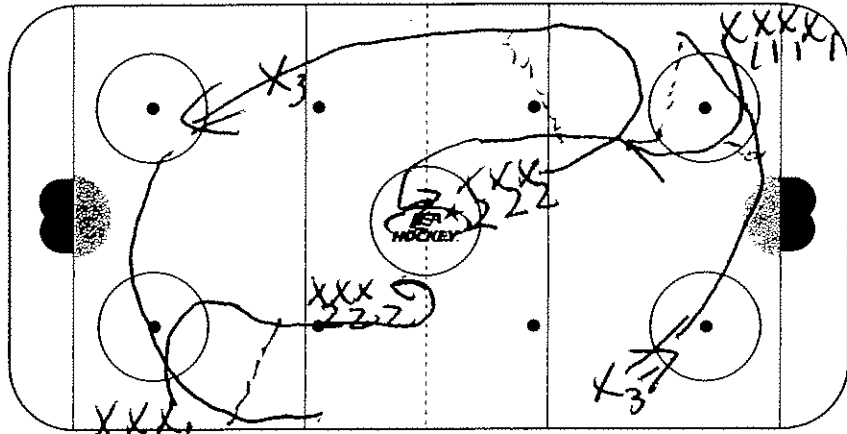
Saturday July 30th, 2005

Gray & Royal Page 2



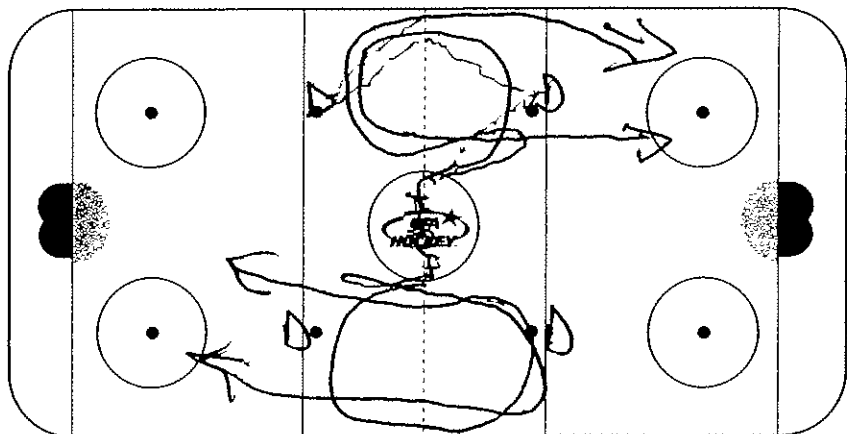
Notes/Systems

Description Out of Both Ends at same time
 X₁ with puck skates up wall and swings at far end passing to X₃
 X₂ without puck trails X₁ pivoting keeping body open the puck receives pass from X₃
 X₁ & X₂ head to own end 2 on 0 top shot



Notes/Systems

Description
 - X₃ shoots puck swinging wide behind X₁ for drop pass
 - X₃ gives return pass to X₁
 - X₃ goes to End of line (X₁)
 - X₂ swings at times to wall receiving pass from X₁, X₂ will shoot and become known as X₃
 - X₁ goes to End of line (X₂)



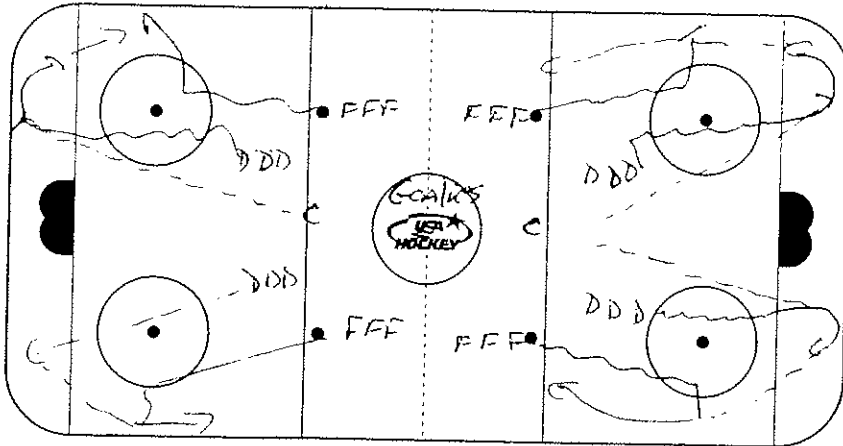
Notes/Systems

Description
 D on Blue at FAH
 2 on 0
 Forwards swings two on zero - Regroups w/ far distance for 2 on 0 at original end





SYSTEM/DRILL Teal / Purple 45 min -> Flow
1st DAY.



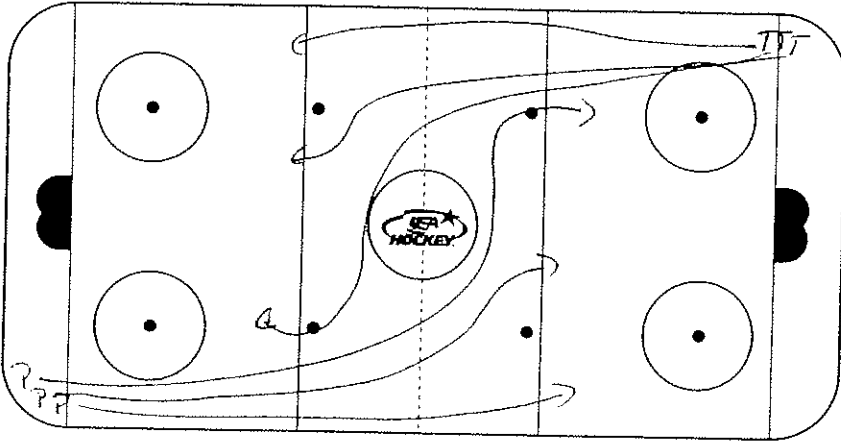
Description _____

Both ends

Quick up
wheel
D TO D 2-0 w/ Support

F Fly out
D Follow Pass Protect
middle

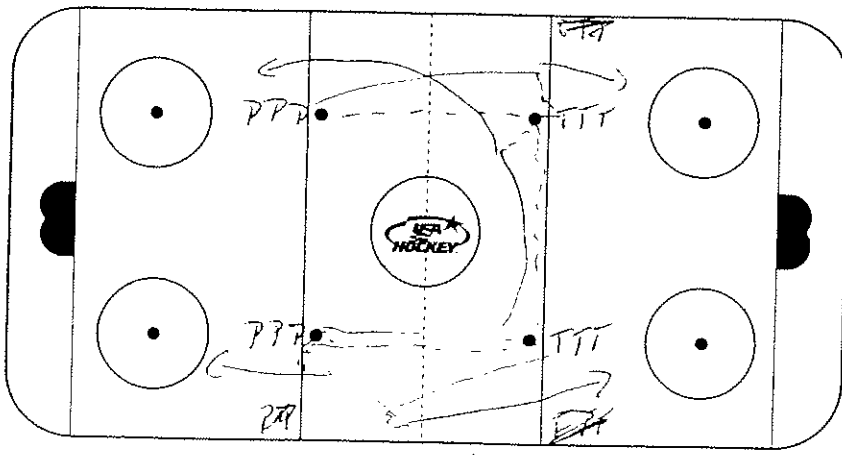
Notes/Systems D-BO WARM UP
Goalies in middle



Description _____

on whistle 3 man
shooting

Notes/Systems 3-0 Flow
Lanes



Description _____

Blue line Progression
1-0 Draw w/ Touch
1-0 Post up Back
Same way
2-0 Post / support
line to line
2-0

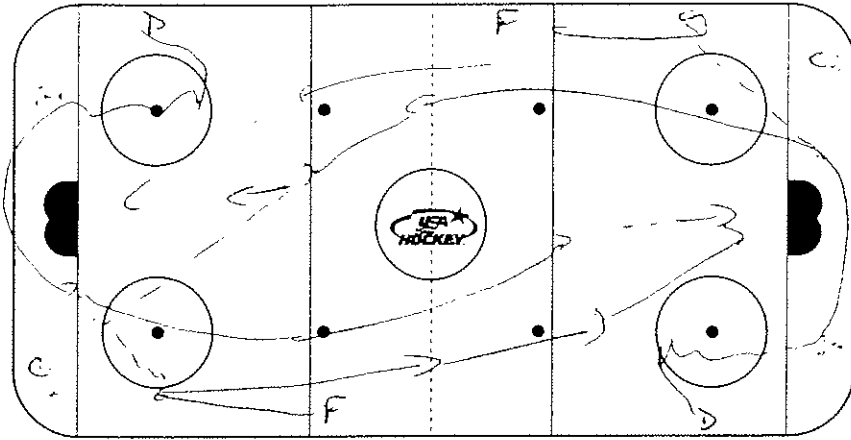
Notes/Systems 4 Blues





SYSTEM/DRILL

Teal/Purple 45 minute
Flow



Description

F For Blue line

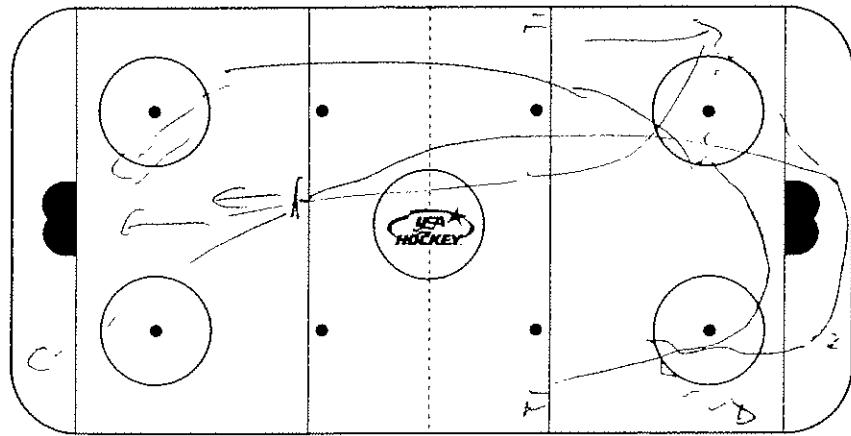
D low corner on whistle

B-out + follow

D Follow For 2nd shot
TALK c to d

Notes/Systems

D-BO 1-0 2-0
2nd shot



Description

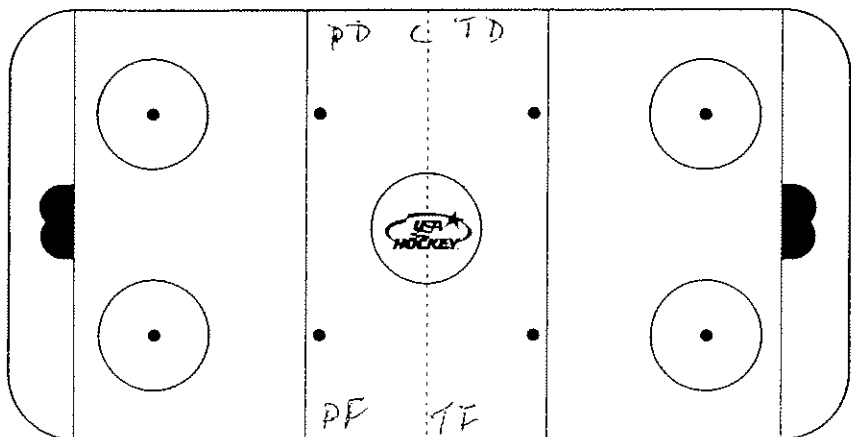
F's on both
Blues F Time it

D Follow For
2nd shot

GO TO NET
HAVE BALLS

Notes/Systems

2-0 Progression



Description

3-0

3-1

3-2

Quick Dept + width
one good chance

Notes/Systems

3-0 - 3-1 - 3-2

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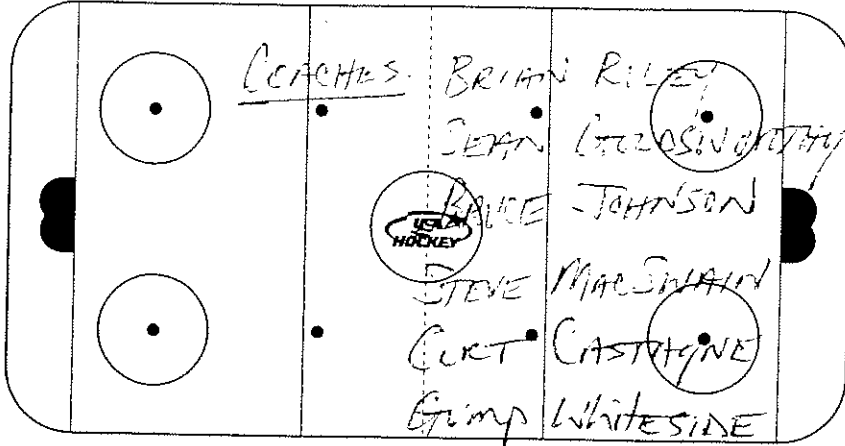




SYSTEM/DRILL

Team Orange / Maroon

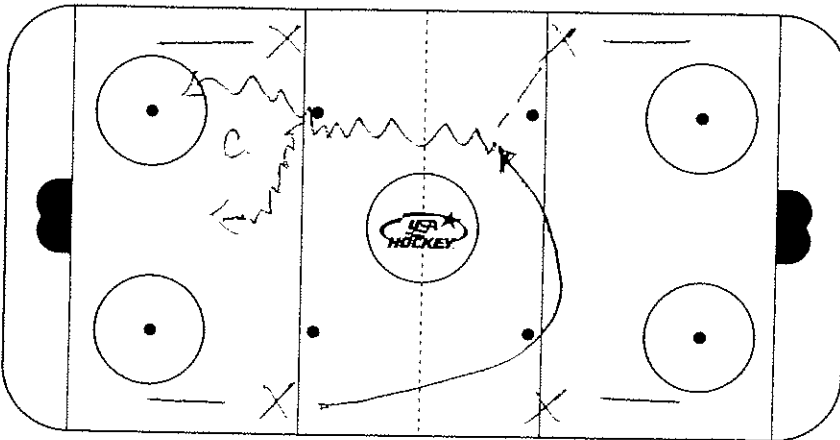
SAT 7
JUNE 14 / 1
Ri-900-945



Description PRACTICE PLAN

- 5 - Stuck in / Bottom Play
- 10 - Eggbeater 1-0 w/ puck
- Eggbeater 1-0 w/ PASS
- 10 - 4 Blues Give/Go Timing
- 20 - 4 Blues 2-0 Timing
- DIRECT
- Scott Allen
- Drop

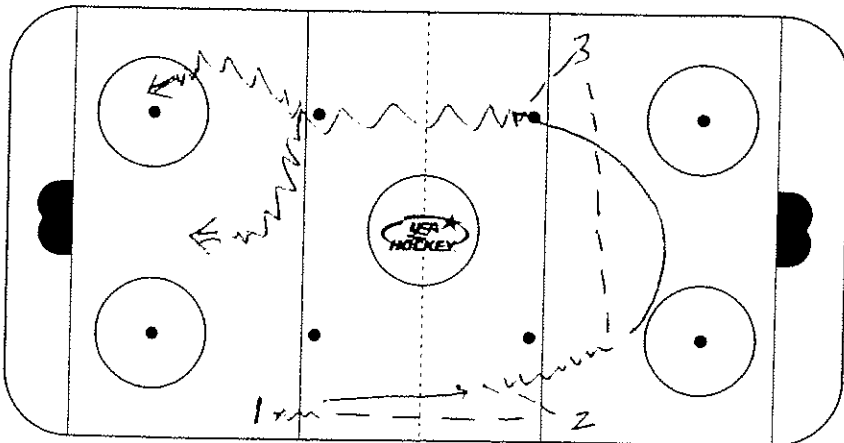
Notes/Systems Timing & Spacing



Description

- Eggbeater 1-0
- w/ Puck
- w/ Puck & PIVOT
- Wide / Middle Shot
- Eggbeater 1-0
- w/ PASS
- Wide / Middle Shot

Notes/Systems Eggs 1-0



Description

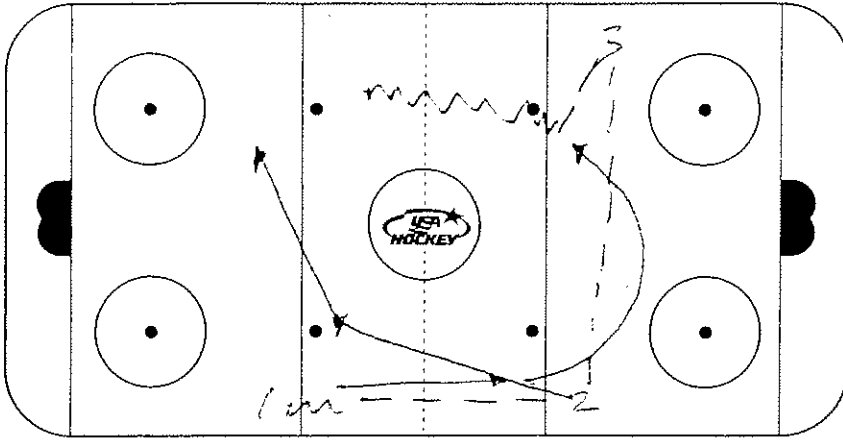
- 4 BLUES Give/Go Timing
- 1-2 Give/Go
- 1-3 Give/Go
- Timing
- Accelerate thru Pass
- Wide / Middle Shot

Notes/Systems Give & Go (2X)





SYSTEM/DRILL _____



Description 4 Blues

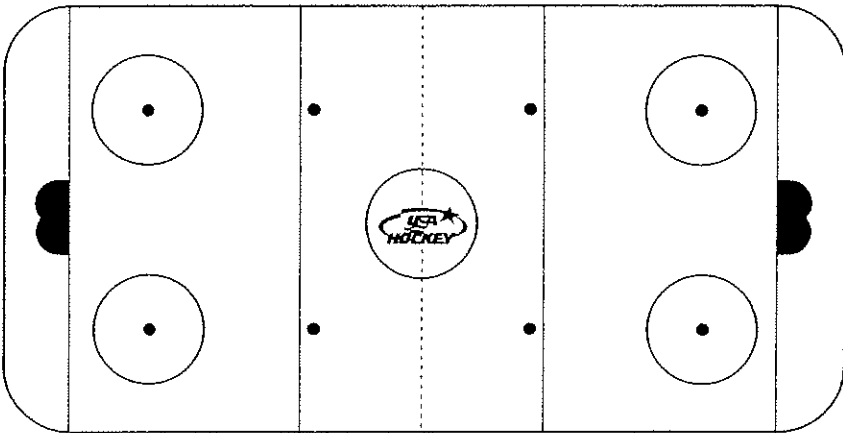
2-0 Trail

Player #1 - Support & Swing

Player #2 - Stuck to Flood Zone
(Split Def.)

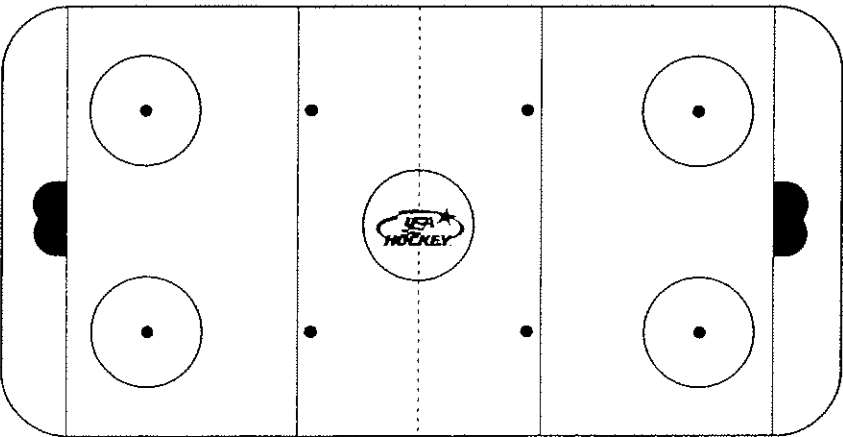
2-0 Direct Pass
Soft Run Pass
Drop Pass

Notes/Systems 2-0 Trail (4 Blues)



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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