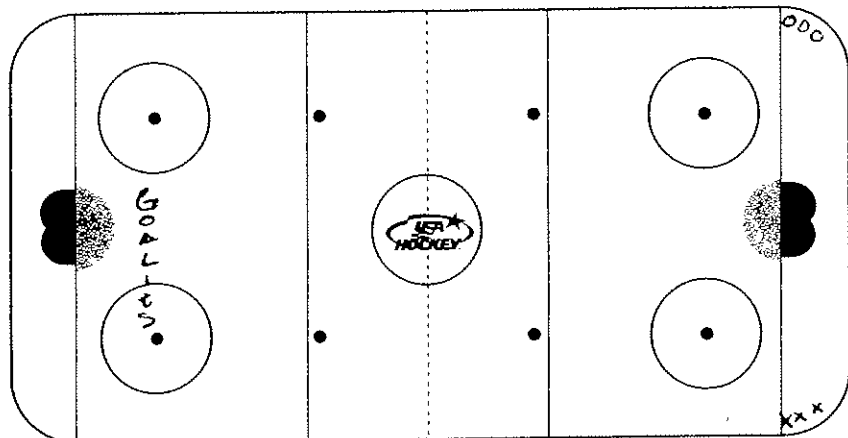


# Offensive Concepts



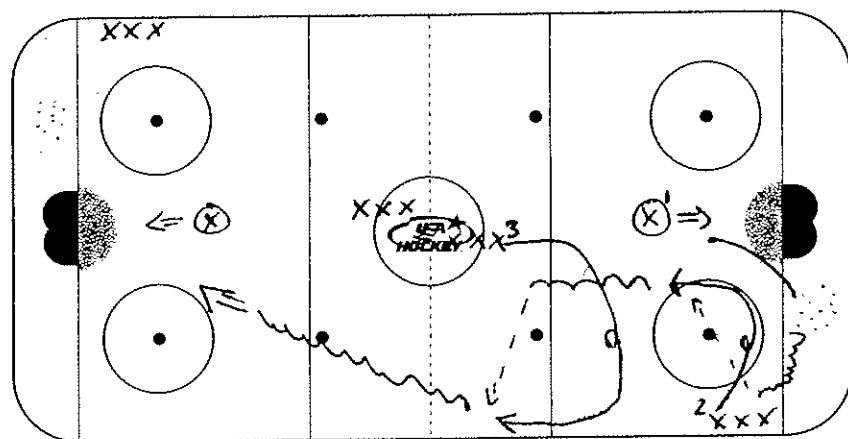


Notes/Systems \_\_\_\_\_

Description Russian Pairs  
+ Goalie warm-up

1. follow leader w/out pk
2. follow leader w/ pk
3. backwards w/out, forwards w/ pk
4. keep-a-way

Goalies - crease work, shots

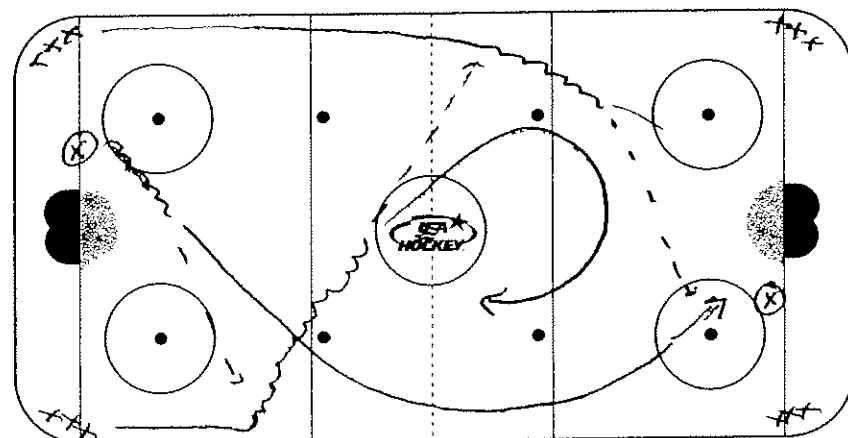


Notes/Systems (X) Starts drill only - becomes continuous - players fill next line

Description Coquihala Swing Drill

Players work on  
Timing - Proper Angles

- Initial shot
- player gathers loose puck
  - pass to wall player who has taken middle ice
  - player (X<sup>2</sup>) now carries
  - passes to middle player (X<sup>1</sup>) who has taken wide ice

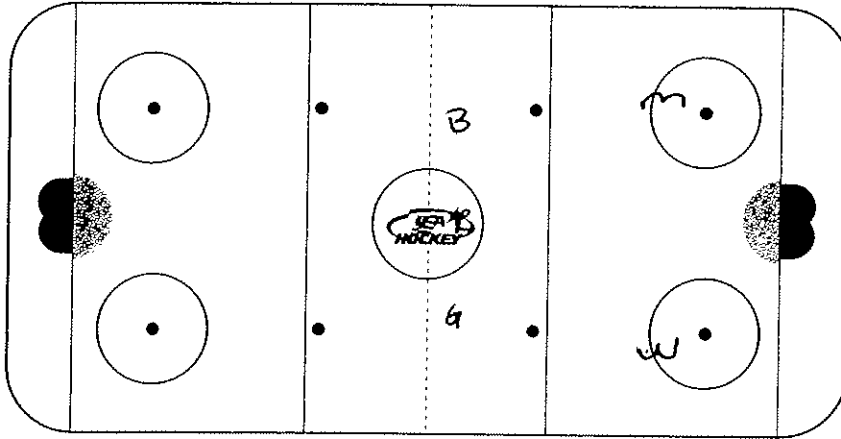


Notes/Systems (X) to start drill, then only 2 lines @ each end - continuous

Description P.E.T. 3 v 0

players go 3 v 0 down ice - both ends highest man on rush returns to original end to start new 3 v 0

- \* Players must create depth on return
- \* Do not "trap" same player high all the time
- \* communicate



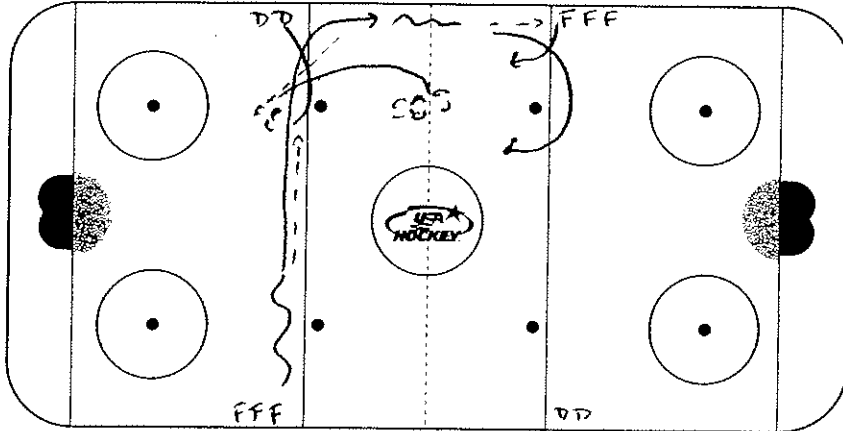
Description Richardson 4 v 2  
Offensive support game

3 Teams Black-Red-Gold

Play w/ designated team  
always on offense

2 players each color  
shoot @ designated nets

Notes/Systems \_\_\_\_\_



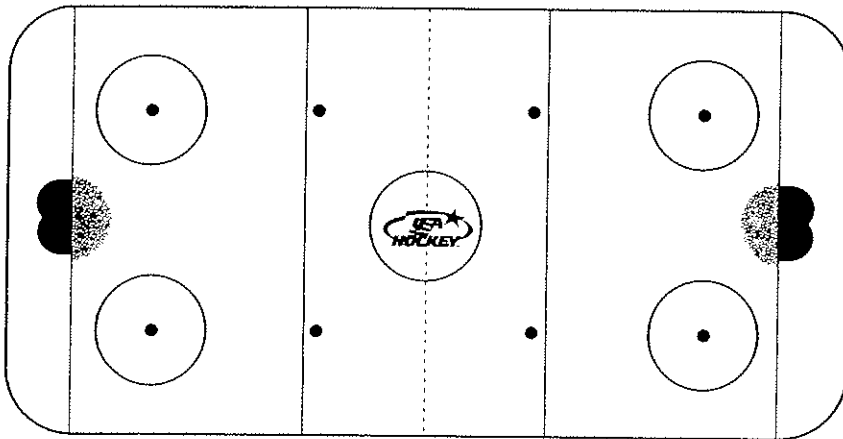
Description Catamount 2 v 1

F skates across blue  
exchange pass w/ D

D steps of wall, collect pass  
back skate to create passside  
angle - pass to F

F exchanges w/ F, regroup  
attack D 2 v 1

Notes/Systems \_\_\_\_\_



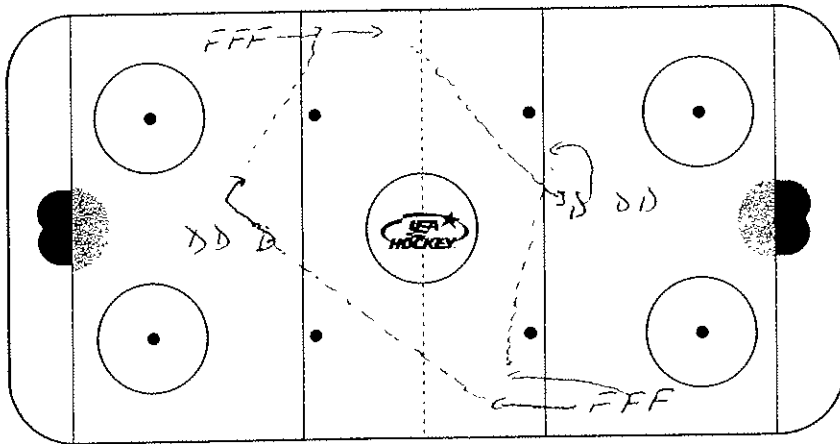
Description \_\_\_\_\_

Notes/Systems \_\_\_\_\_





SYSTEM/DRILL Select 15 Day II Offensive Concepts  
Teal



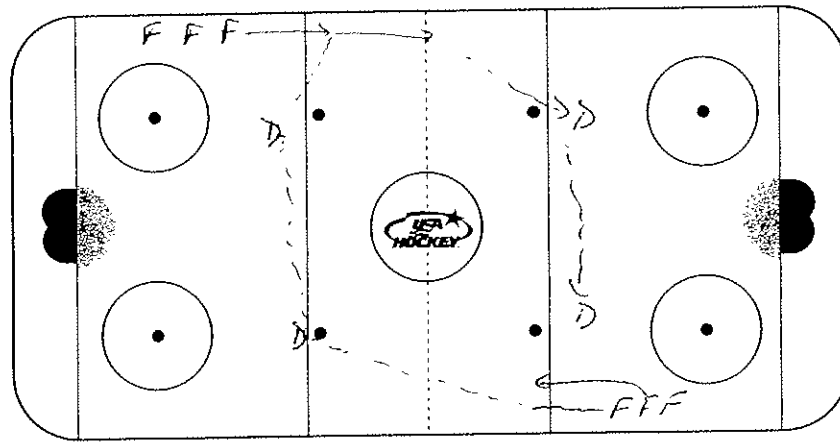
Description \_\_\_\_\_

D → Fwd WARM UP  
continuous N-Zone  
TRANSITION

D Rotate

F's go to 1 in 1 then the  
other 1 puck

Notes/Systems N-Zone WARM UP  
1 D

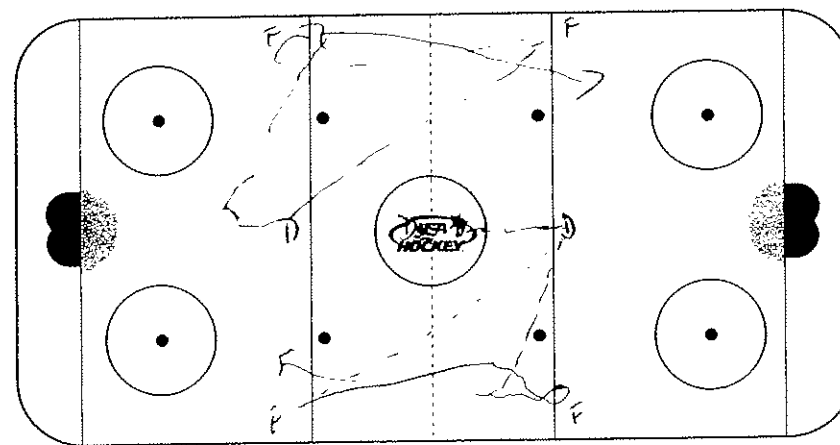


Description \_\_\_\_\_

Progression 2 def

same as A-Zone

Notes/Systems N-Zone WARM UP  
Z D



Description \_\_\_\_\_

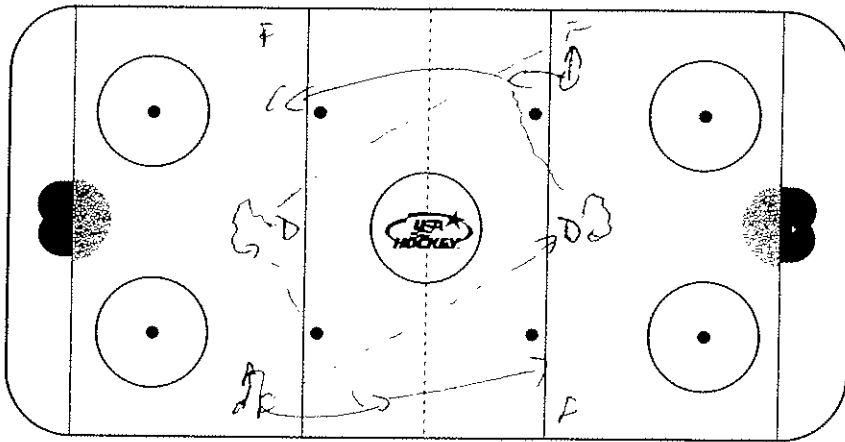
F to D D move feet  
F go wide swing up/  
speed D out let for shot

Notes/Systems D-Square WARM UP





SYSTEM/DRILL Teal Day II cont



Description \_\_\_\_\_

\_\_\_\_\_

E to D D move feet  
E move feet come out  
wide w/ speed.

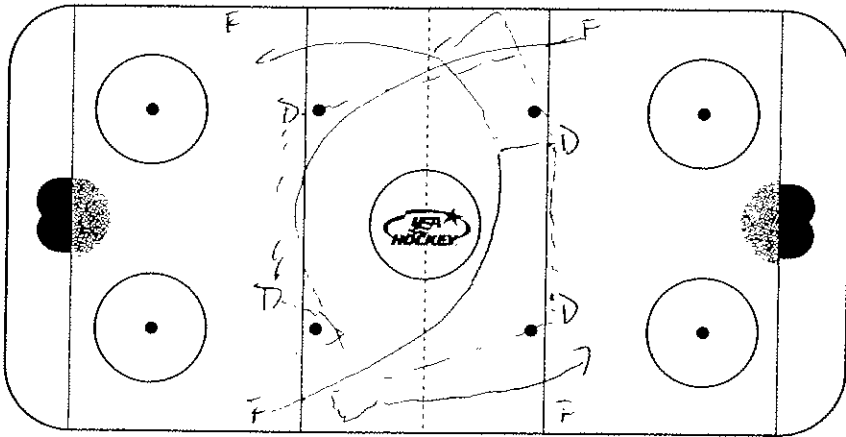
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes/Systems 2-0 sequence II



Description \_\_\_\_\_

\_\_\_\_\_

F to D  
D to D  
E swing w/ speed  
get return from F/D  
w/ shot

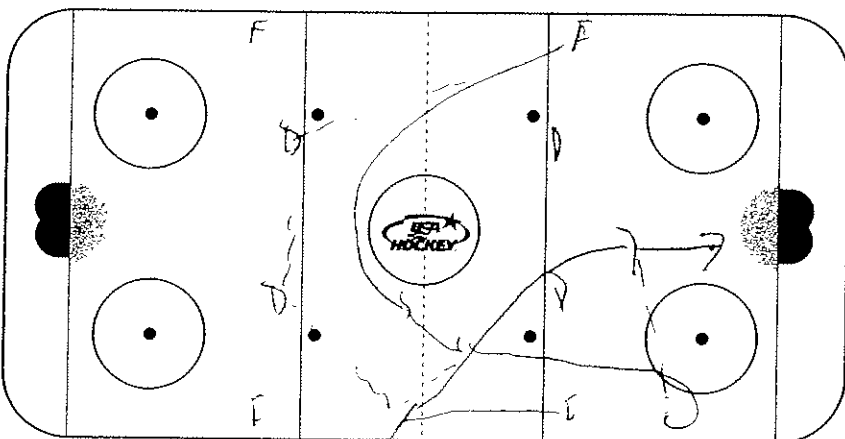
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Notes/Systems w/ speed III



Description \_\_\_\_\_

\_\_\_\_\_

2-0 D to D  
Post - Support  
get by turn to  
middle, shot

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

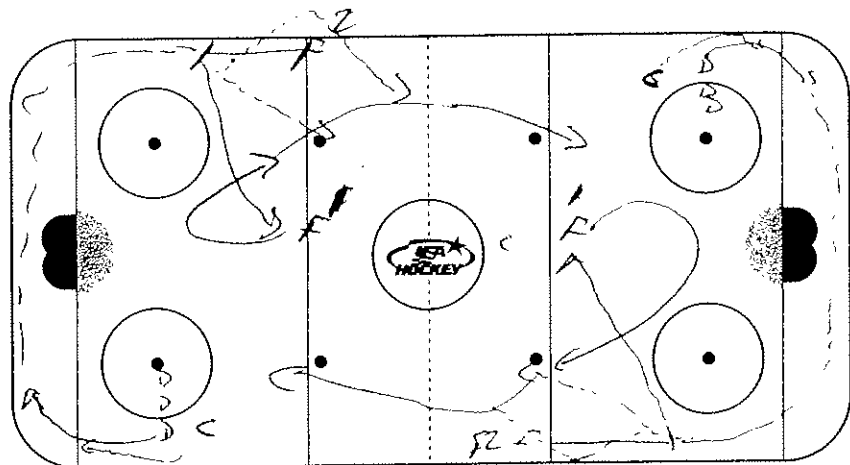
\_\_\_\_\_

Notes/Systems IV 2-0



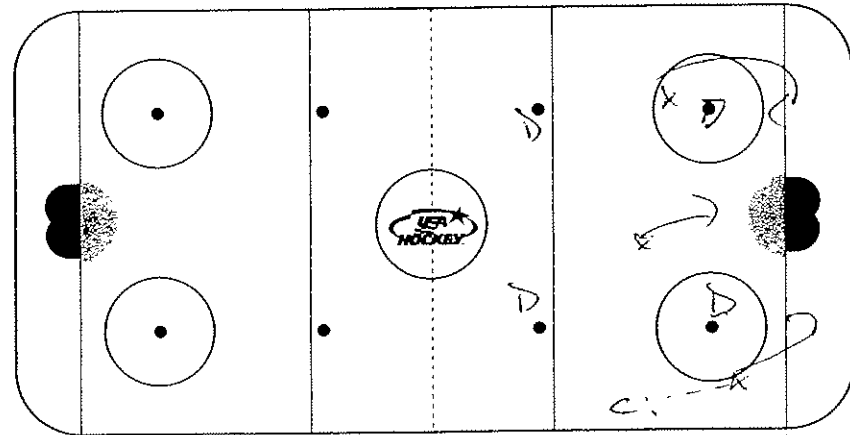


SYSTEM/DRILL DAY 11 PART III



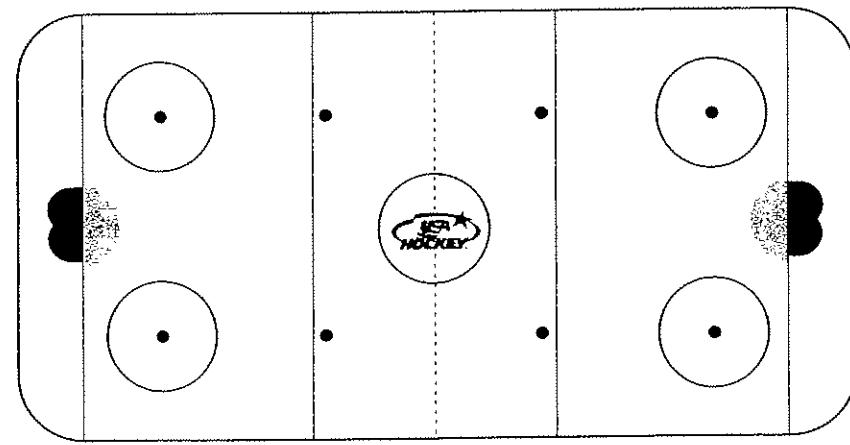
Notes/Systems chip off Rim shot

Description \_\_\_\_\_  
\_\_\_\_\_ colliss puck to D  
\_\_\_\_\_ D gets + Rims  
\_\_\_\_\_ L2 form blue line  
\_\_\_\_\_ gets puck + stops  
\_\_\_\_\_ P1 circle low then  
\_\_\_\_\_ Breaks F2 chips off  
\_\_\_\_\_ wall or to N-zone dot  
\_\_\_\_\_ F1 shot  
\_\_\_\_\_ F2 Becomes F1



Notes/Systems 3-2 low 3-2 long

Description \_\_\_\_\_  
\_\_\_\_\_ x's play 3-2 Below  
\_\_\_\_\_ Circles on Break  
\_\_\_\_\_ C gives 2nd puck  
\_\_\_\_\_ and play go Full  
\_\_\_\_\_ Ice 3-2  
\_\_\_\_\_ 4BO'S Entry???  
\_\_\_\_\_ Wide shot, center drive  
\_\_\_\_\_ Wide drive, F5 drive w/d??



Notes/Systems BO RG Dump 2 cycle

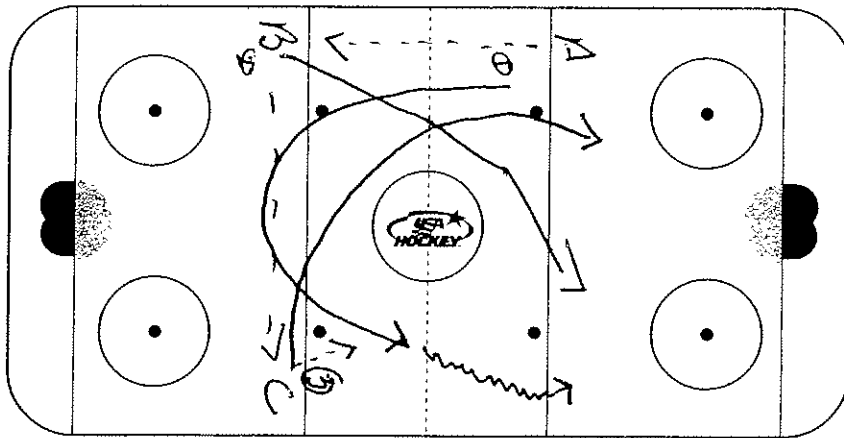
Description \_\_\_\_\_  
\_\_\_\_\_ EC -> D zone  
\_\_\_\_\_ N-zone  
\_\_\_\_\_ Dove.





Sunday July 31 Morgan Team  
 SYSTEM/DRILL 9:20 - 10:20

Brown Johnson  
 Steve McSwain



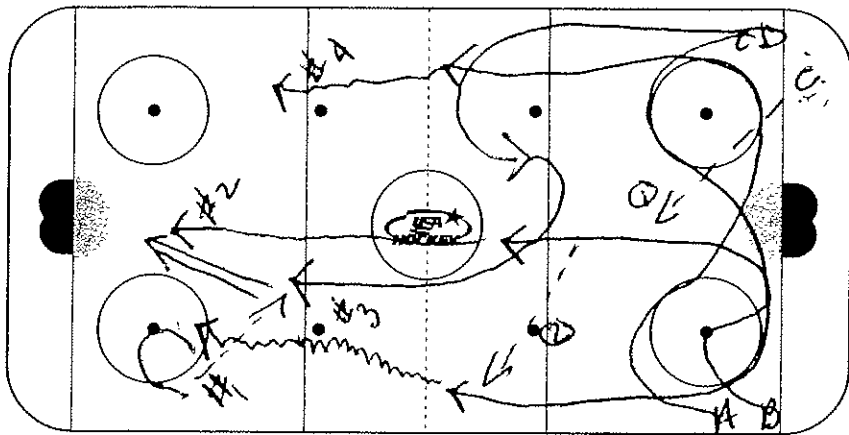
Notes/Systems

Description

9:00 - 9:25  
 Stretch & warm-up

9:25 - 9:35 4 Blue lines  
 3-0 Zone Entry

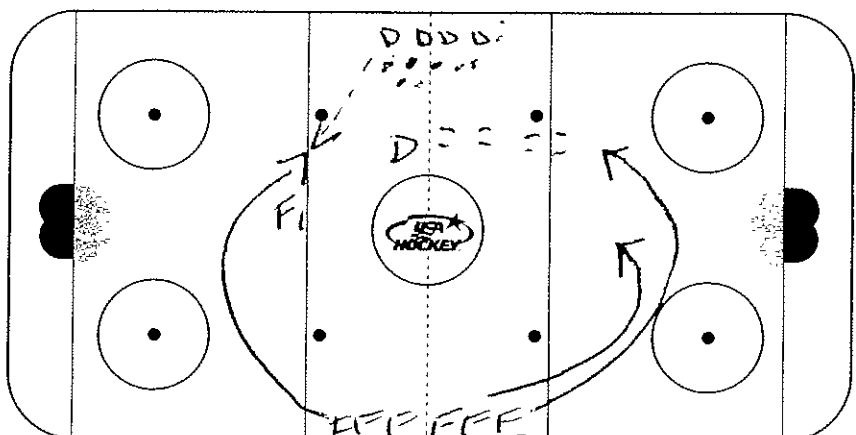
9:35 - 9:45 4-0  
 Zone Entry Attack  
 Emphasize pass to  
 late attacker #3 or #4



Notes/Systems

Description

A & C skate toward bottom  
 of circle; B skate  
 dot to goal line; D  
 skates to center Red &  
 loops back to puck;  
 Coach may pass to  
 A, B, C, or D who  
 all attack the offensive  
 zone



Notes/Systems

Description

9:45 - 9:55  
 1-1, 2-1, 3-1

Drill begins as 1-1  
 w/ D passing to  
 F1, As soon as  
 F1 completes play  
 F2 & F3 swing &  
 receive pass from  
 D, Now D plays 2-1  
 F2's 4, 5, & 6 swing to  
 3-1, & start again 1-1

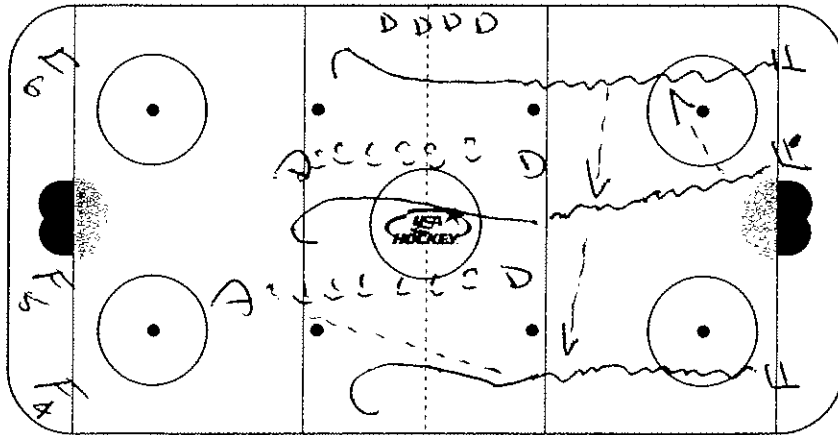
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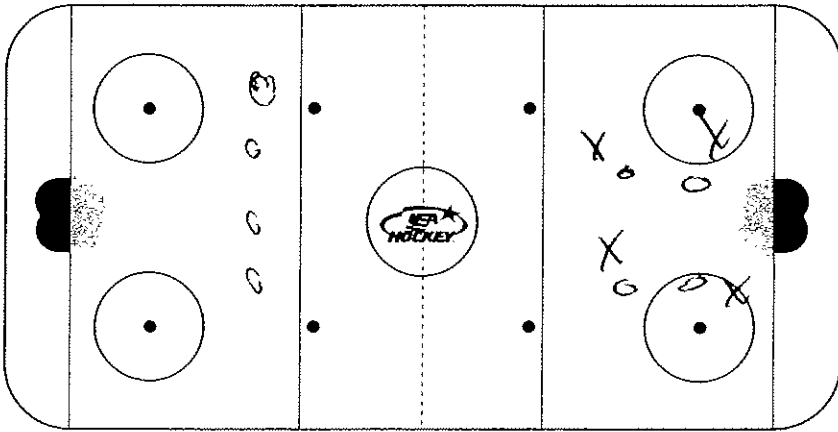
SYSTEM/DRILL



Notes/Systems

Description

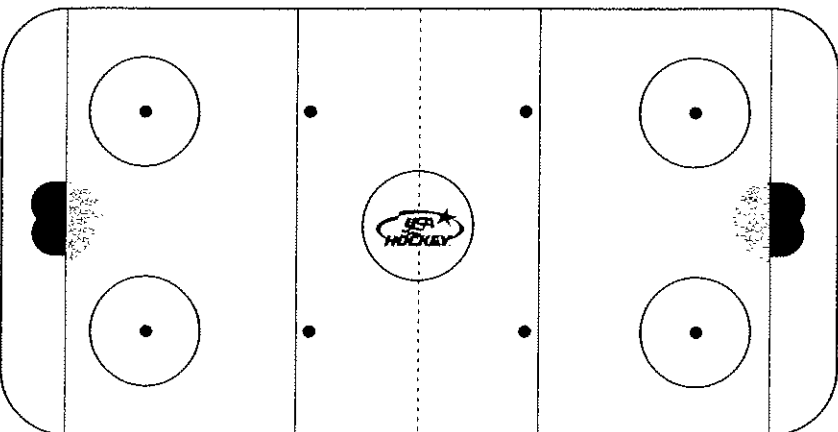
9:55 - 10:05  
 5-0 Regroup w/ emphasis on zone entry chips & D jumping into play. 3 F's move on ice passing 3-0, F passes to D skating backwards through Neutral. F's regroup w/ D & Attack w/ D 5-0, 2 new D & F's 4, 5, 6 repeat



Notes/Systems

Description

10:05 - 10:20  
 4-4 Attack w/ no Neutral ice Defense  
 Drill starts as 4-4 w/ X Defending & O attacking in zone. X must gain neutral zone & Attack the 4 O's at for zone. As soon as X enter neutral zone new X pops into D zone

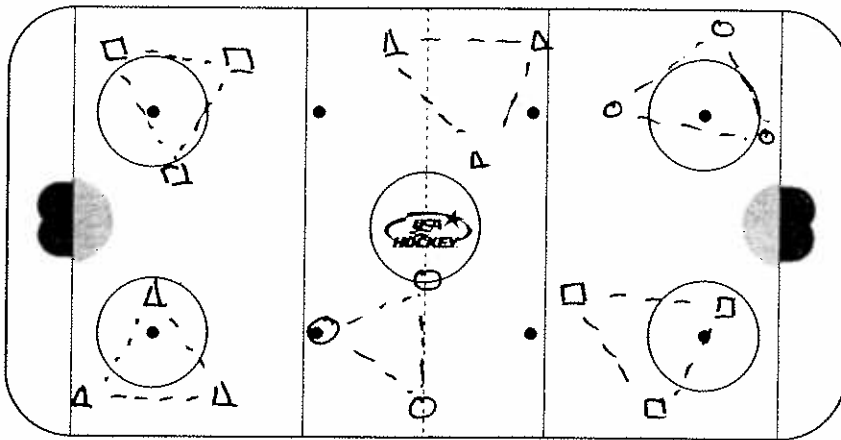


Notes/Systems

Description to await other

by OS. Drill emphasizes on chips & indirect passes to gain neutral ice & offensive zone





Notes/Systems Three Person Passing

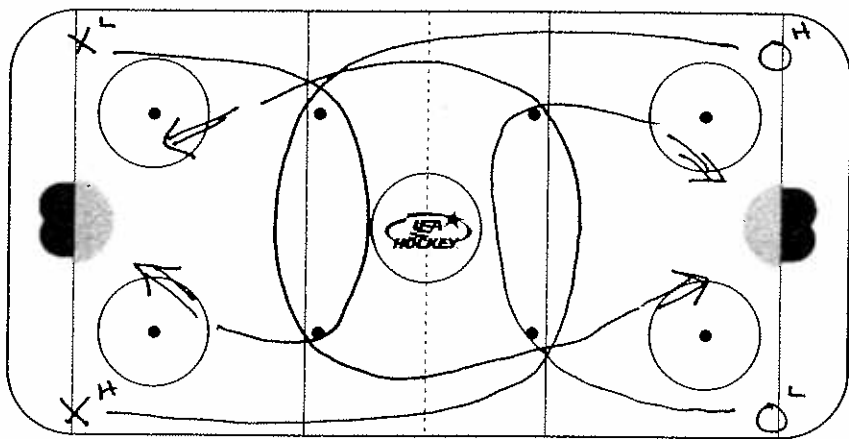
Description \_\_\_\_\_

1<sup>st</sup> whistle - pass

2<sup>nd</sup> whistle - move + perform pass

3<sup>rd</sup> whistle - 2x1 over keepaway

Double whistle - coach calls out a new pass + repeat



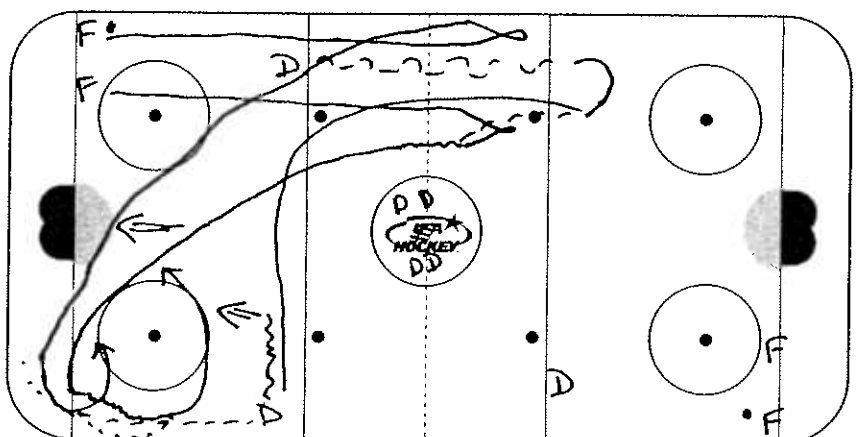
Notes/Systems Mullet shooting

Description \_\_\_\_\_

$X^H + O^H \rightarrow$  carry puck around far N-Zone dots

$X^L + O^L \rightarrow$  carry puck around near N-Zone dots

H = high  
L = Low

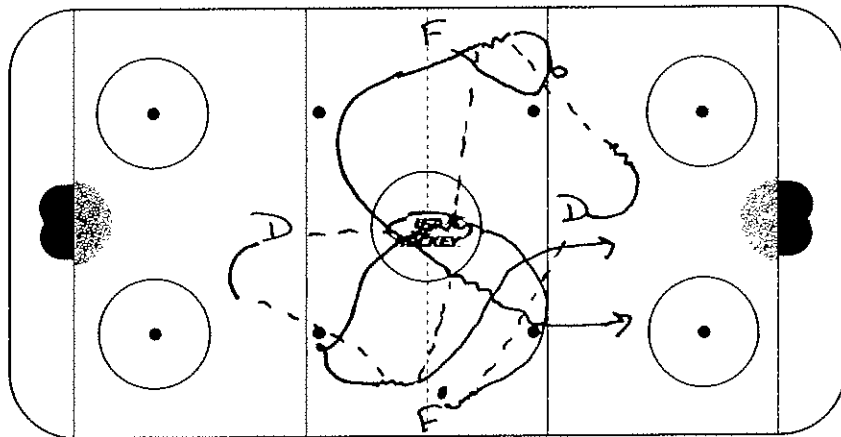


Notes/Systems 2x0 into cycle/Pt shot + 2x0 into cycle/high roll

Description \_\_\_\_\_

F<sup>1</sup>s skate + pass to red + give puck to D. D gives it back + they go in 2x0  
F<sup>1</sup> picks a puck in corner + carries it along wall + cycles to F<sup>2</sup>. F<sup>2</sup> passes to D  
D walks blue + can either shoot through F<sup>1</sup> in front of net. fire a tip shot to F<sup>2</sup> going to net

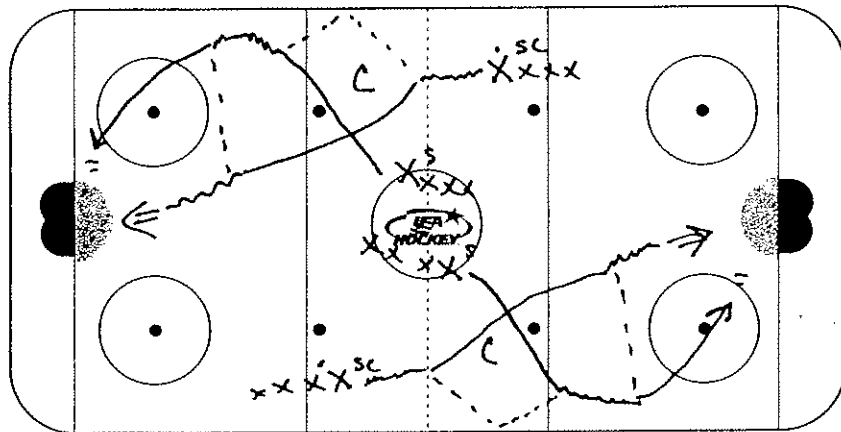
Variation - F<sup>2</sup> + D perform high roll



**Description**

F passes to D, D steps out either direction F's must support the side D steps to + receive pass then give it to D on other blue. D steps F supports again + head down 2x1 w/ original D. Two new F's begin right away + go the other direction

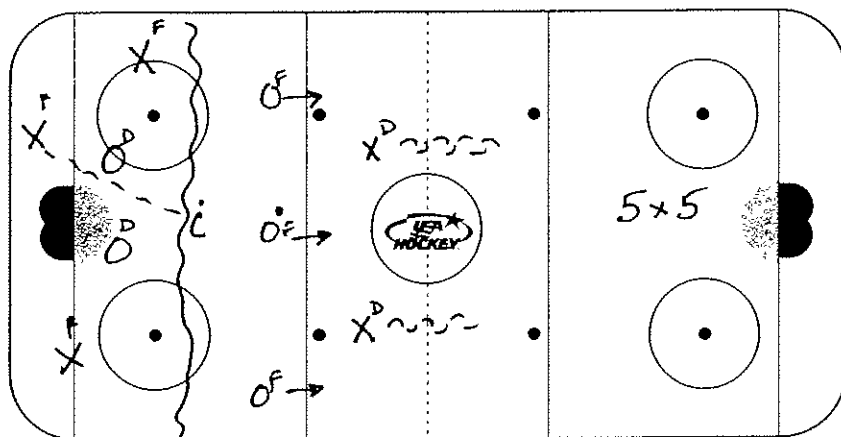
Notes/Systems Transition 2x1



**Description**

X<sup>SC</sup> → skates towards coach + soft chips puck along wall + cuts inside, drives midline for shot  
X<sup>S</sup> → slashes behind coach + gives it back to X<sup>SC</sup> + heads towards net

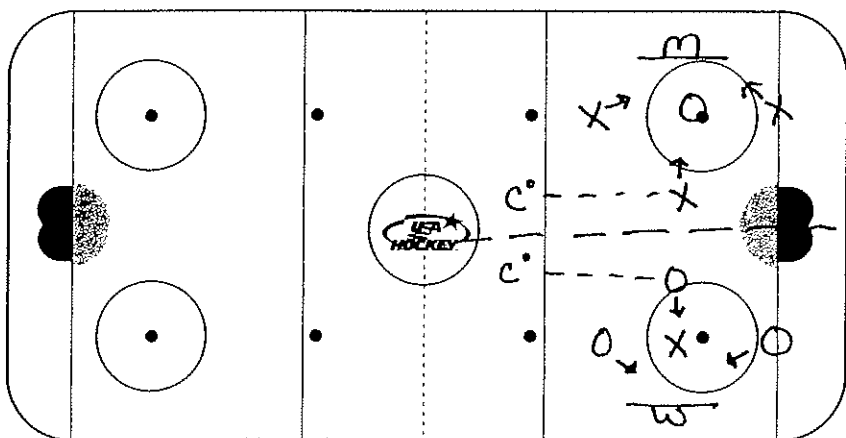
Notes/Systems Soft chip/slash



**Description**

C passes to any X<sup>F</sup>, they play 3x2 low for 8-10sec. On whistle O<sup>F</sup> take off 3x2 vs X<sup>D</sup> while X<sup>F</sup> backcheck + O<sup>D</sup> jump up to blue line + play in zone 5x5 for 10-15sec

Notes/Systems 3x2 into 5x5

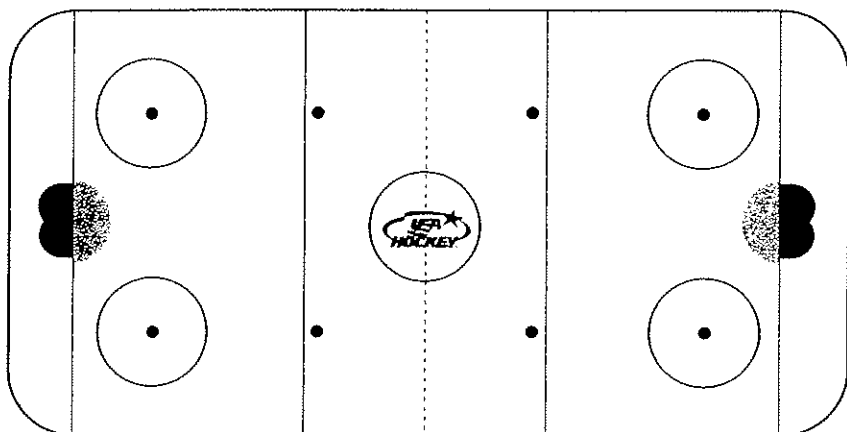


Description

Coaches pass in puck @ same time 3x1 game in each half until one team scores  
 The player on D cannot clear puck. He must protect + escape to by some time.

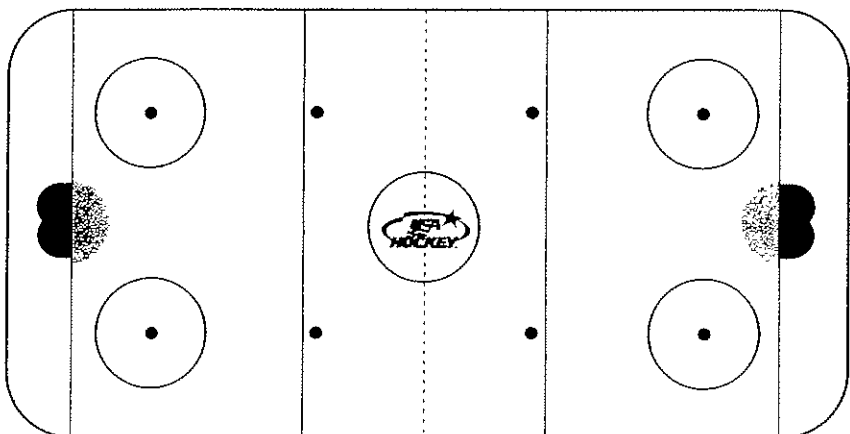
First team to 10 goals wins

Notes/Systems 3x1 vs 3x1



Description

Notes/Systems



Description

Notes/Systems





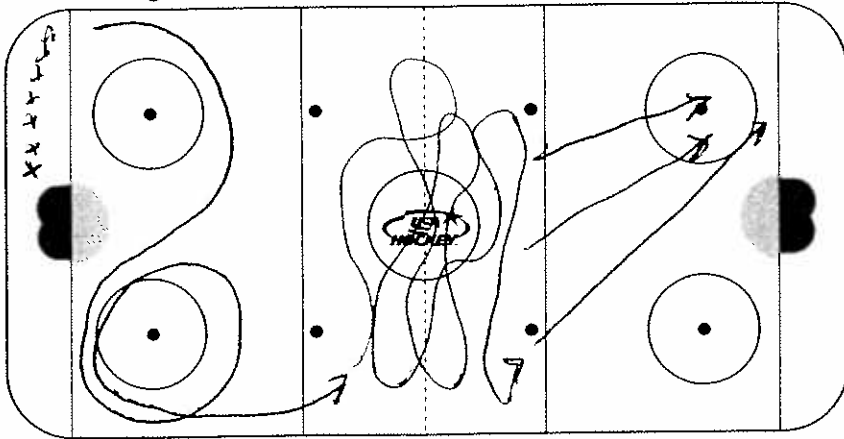
SYSTEM/DRILL

PURPLE TEAM'S SUNDAY PRACTICE 11:40

3-4 PLAYERS AT A TIME

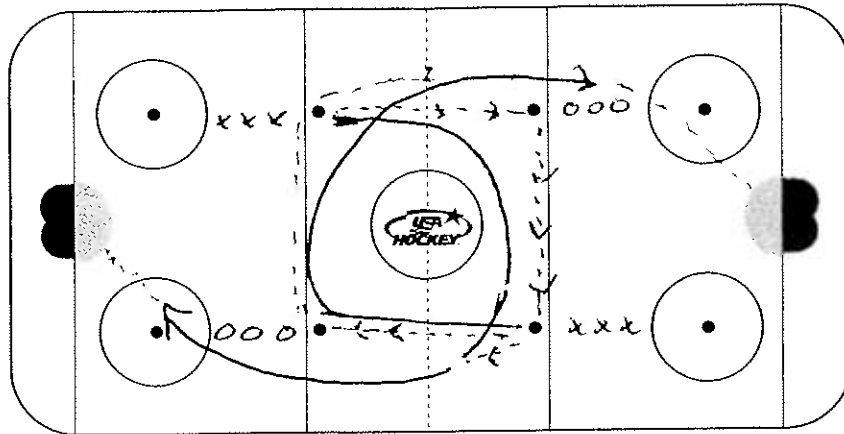
SCOTT HAMBLY

Description WARMUP w/PUCKS



- PLAYERS START/END ON WHISTLE
- ① PLAYERS SKATE AROUND CIRCLES USING WIDE ANGLE TO GENERATE SPEED
- ② SKATE IN ANY DIRECTION IN NEUTRAL ICE w/PUCK
- ③ GO HARD ON WHISTLE TO CORNER

Notes/Systems

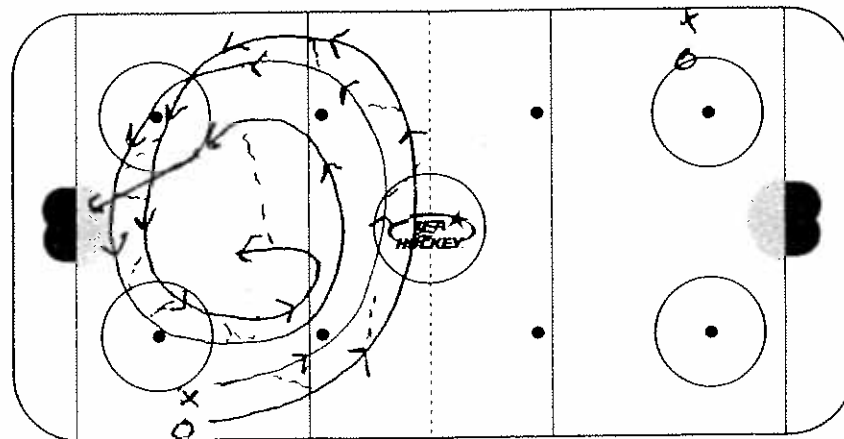


Description

1-0 PASSING/SHOOTING

- ① X'S GO FIRST
- A. PASS TO O'S
- SKATE THRU CENTER ICE
- TAKE WIDE ANGLE
- B. O'S PASS TO NEXT X
- IN LINE
- C. X CUTTING THRU ICE
- GETS PASS, GOES IN WIDE FOR SHOT

Notes/Systems



Description

2-0 BIG CIRCLE PASSING

- EMPHASIZE CONSTANT MOVEMENT -
- ALWAYS MOVE PUCK TO TEAMMATE -
- FACE PUCK WHEN NOT IN CONTROL OF IT -
- SHOOT FROM TOP OF CIRCLE
- LOOK FOR REBOUND

Notes/Systems

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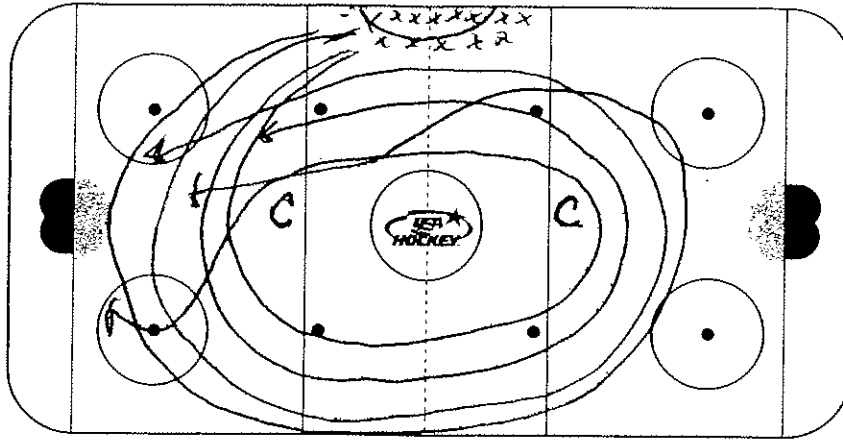




SYSTEM/DRILL

PURPLE TEAM: SUNDAY 11:40 PRACTICE

SCOTT HAMBLY



Description 4-0 BIG CIRCLE

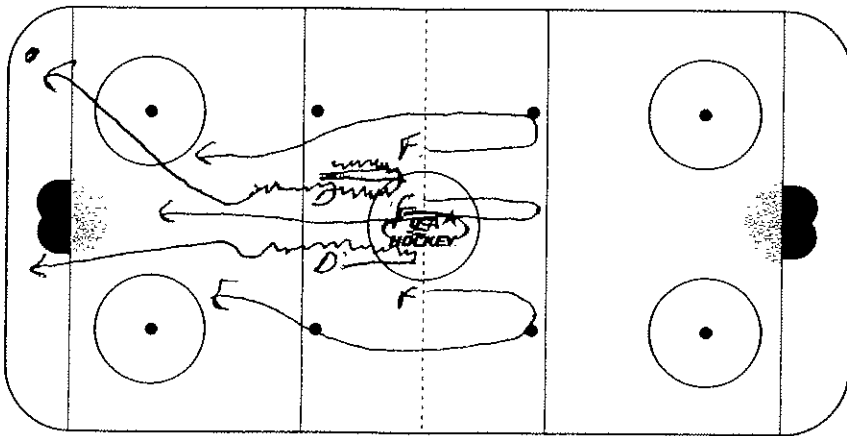
4 PLAYERS AT A TIME

(1) ALL 4 MOVE TOGETHER IN A BIG CIRCLE AROUND COAC

(2) ALWAYS MOVING PUCK WHETHER FORWARD, SIDWAYS, OR BACK BU ALWAYS SKATING FORWARD

(3) ATTACK ZONE W/4 PLAYER

Notes/Systems EMPHASIZE: WHEN PLAYER DOES NOT HAVE PUK, MAKE SURE YOU FACE PUK/DO NOT TURN BACK TO PUK



Description 5-0 BREAKOUT

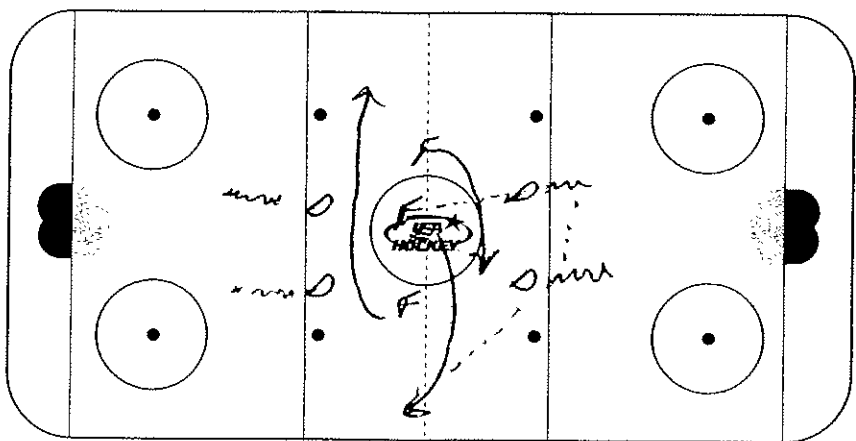
(1) FORWARDS SKATE TO FAR BLUE THAN TURN TO 'D' ZONE DEFENSE SKATE TO RED THAN BACKWARDS INTO ZONE

(2) ALL 5 PLAYERS TOUCH PUK BEFORE REENTER ICE RED

(3) ALL 5 TOUCH PUK IN OFFER ZONE BEFORE SHOT

(4) STOP ON WHISTLE OR GOAL

Notes/Systems D - MAKE FORWARD TO BACKWARD TRANSITION TO MIDDLE OF RIN F - START FROM MIDDLE OF 'D' ZONE BEFORE GETTING PASS



Description NEUTRAL ZONE REGROUP

(1) GO BACK AND FORTH IN NEUTRAL ZONE REGROUPING

(2) ON WHISTLE FORWARDS ATTACK 3-2

(3) BRING IN A BACKCHECKY LATER ON

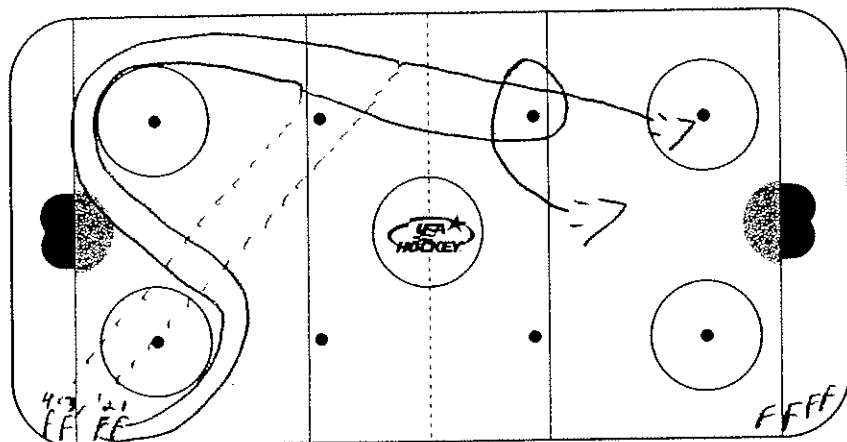
(4) MAKE SURE OFFENSIVE 6 MOVE UP QUICKLY TO OFFENSIVE ZONE

Notes/Systems \_\_\_\_\_





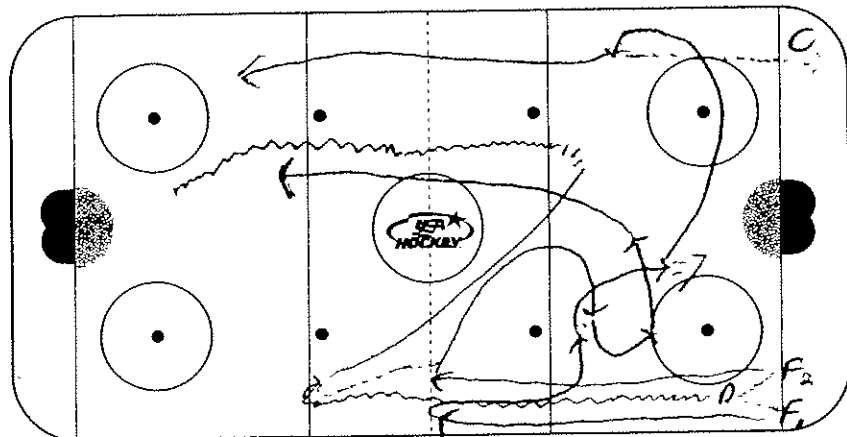
# SYSTEM/DRILL OFFENSIVE CONCEPTS - WHITE TEAM



Notes/Systems PRO 200

## Description

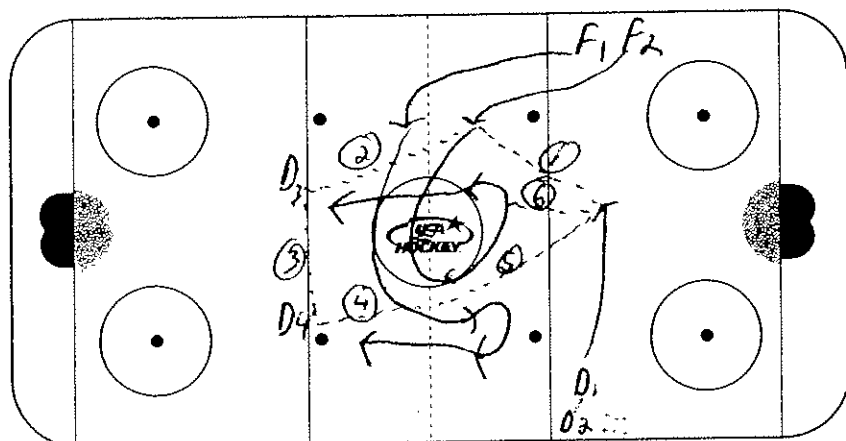
F1 & F2 SKATE  
 AROUND HALF OF FIRST  
 & CIRCLES F3 PASSES  
 PULL TO F1 AND F4  
 PASSES PULL TO F2 - GO  
 DOWN TAKE SHOT WITH  
 F2 DOING A DELAY  
 MOVE BEFORE HIS SHOT.



Notes/Systems FLYER 200 INTO 201

## Description

F1 & F2 ONE TOUCH PUCK  
 WITH DEFENSEMAN.  
 REGROUP & MAKE A CROSS  
 AND DROP ATTACK PLAY  
 INSIDE BLUE LINE. AFTER  
 SHOT GET PASS FROM  
 COACH AND GO DOWN  
 2V1.



Notes/Systems NEIL REGROUP

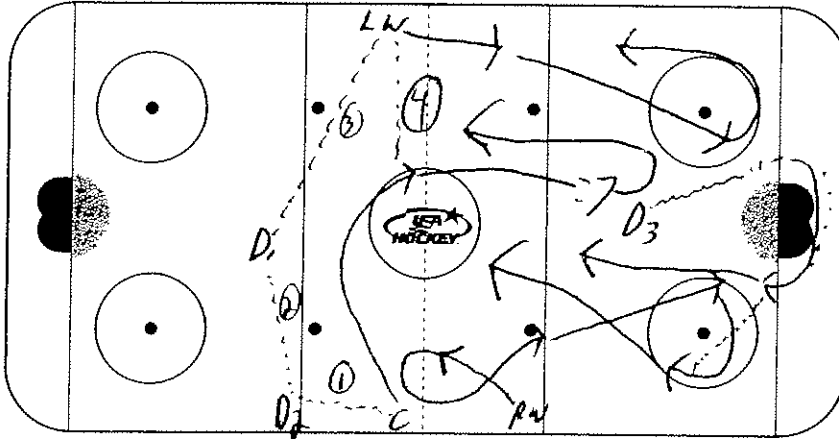
## Description

P2 PASSES PUCK TO P1. P1  
 PASSES PUCK TO F2 - F1 & F2  
 REGROUP WITH P3 & P4.  
 THEN REGROUP WITH P1 & P2  
 AND ATTACK 2V2 FOR  
 SHOT.





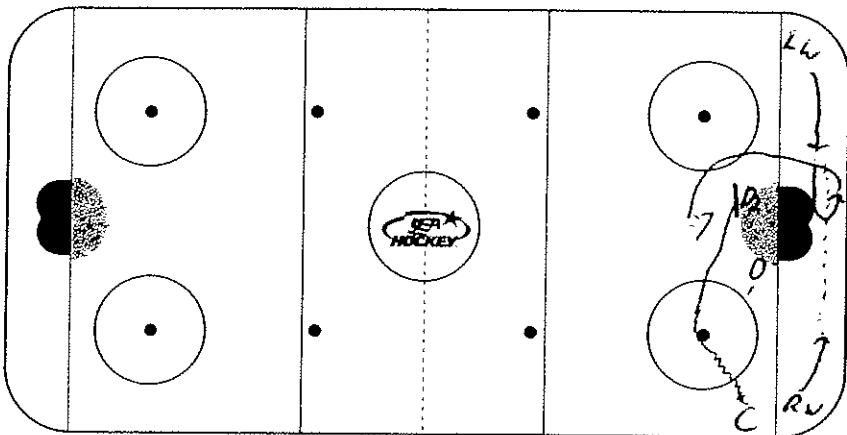
# SYSTEM/DRILL OFFENSIVE CONCEPTS - WHITE TEA.



### Description

MAKE FOUR PASSES ON REGULAR PATTERN AND ATTACK D3 ON A 3V1 RUSH. AFTER RUSH D3 JOINS THE FORWARDS AND BRINGS OUT THE PUCK FROM BEHIND THE NET. ATTACK ON THE END WITH A FOUR AGAINST TWO RUSH.

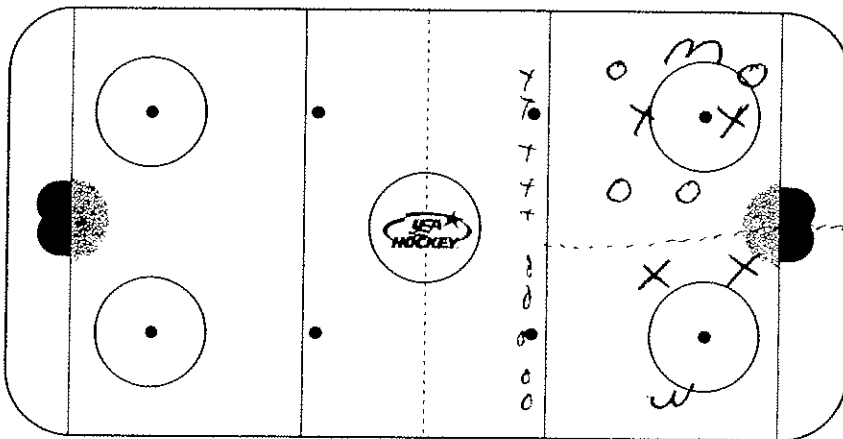
Notes/Systems MIDD REGROUP WITH A 3V1 & 4V2 ATTACK



### Description

RW PASSES PUCK TO LW. LW GOES BEHIND NET AND SPINS AROUND. THE LW CUTS OUT INTO THE MIDDLE FOR A SHOT. THE CENTER DELAYS HIS SKATING AND PICKS UP PUCK.

Notes/Systems SCISSORS CYCLE



### Description

PLAY WITH A MIDLINE ONLY 2 PLAYERS CAN DEFEND THEIR NET. 4 PLAYERS ATTACK TEAMS GOAL UNTIL TURNOVER.

Notes/Systems SMALL ICE GAME 4V4 WITH MID LINE ONLY TWO PLAYERS CAN DEFEND

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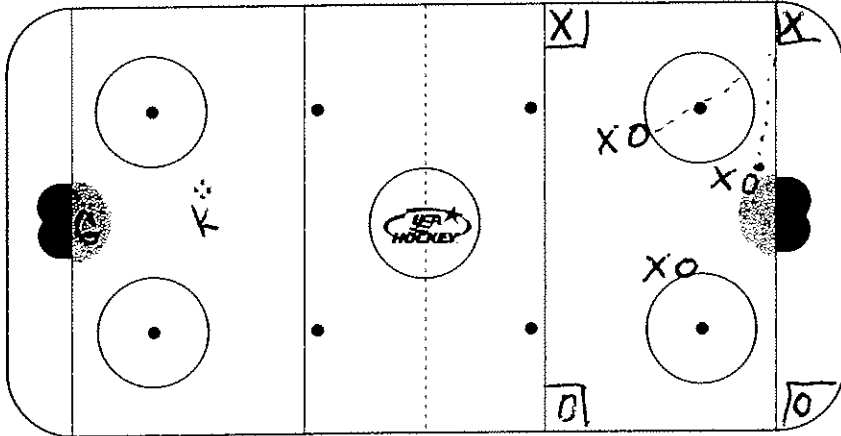


RED



SYSTEM/DRILL

# PRACTICE 1 - OFFENSIVE CONCEPTS



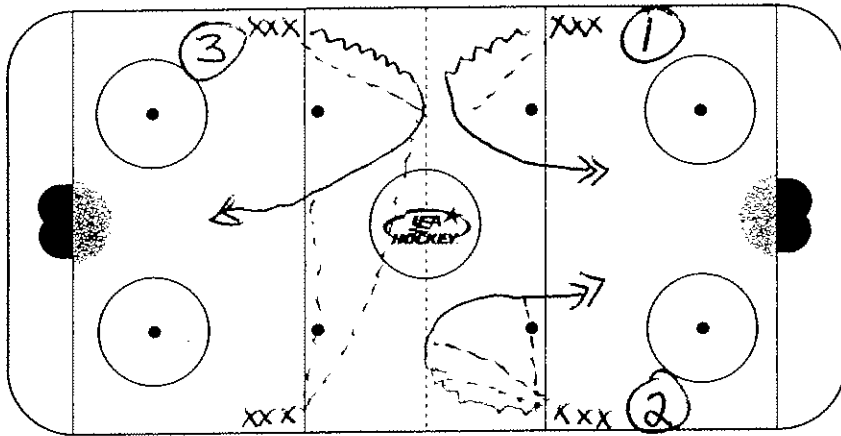
Notes/Systems

7 on 3  
(Goalie Warm-up at other end)

## Description

4 Players - 2 from each team - are stationary at corners

3 on 3 Keep away in the middle  
Team with the puck can use ALL 4 stationary players  
Creating 7 on 3



Notes/Systems

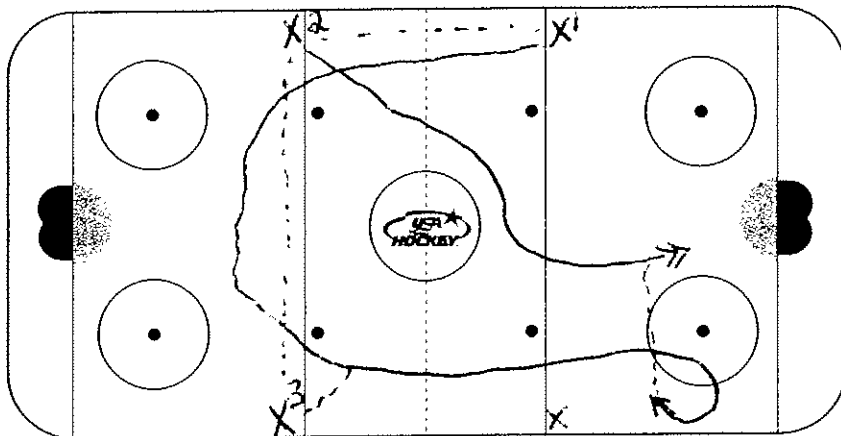
SWEDISH SHOOTING

## Description PROGRESSION

① X skates backward gets pass from line + shoot

② X skates backward + makes 3 passes w/ next player in line + shoots

③ X skates backward gets pass from line passes to opposite line gets return pass + shoots



Notes/Systems

St. Olaf 2 on 0

## Description

X<sup>1</sup> passes to X<sup>2</sup> who passes to X<sup>3</sup>  
X<sup>1</sup> supports puck deep + gets puck from X<sup>3</sup>

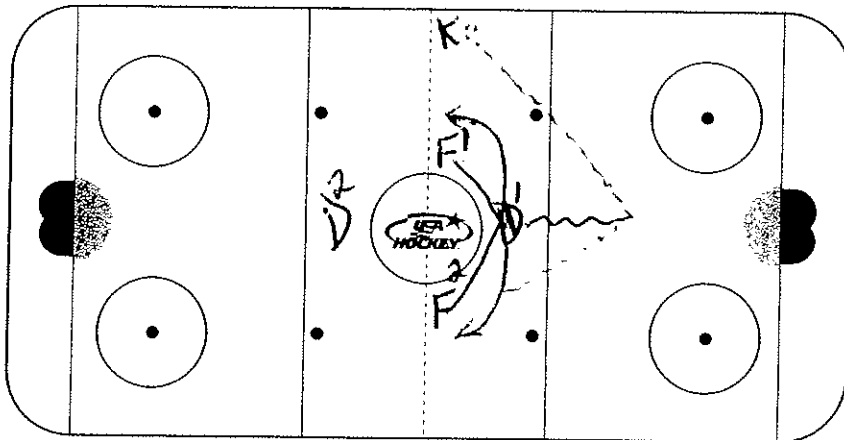
X<sup>1</sup> escapes + passes to X<sup>2</sup>

KED



SYSTEM/DRILL

# PRACTICE 1 - OFFENSIVE CONCEPTS



Notes/Systems

RANDOM REGROUP  
(2 on 1, 2 on 2, 3 on 2)

Description

Coach (K) passes to either D<sup>1</sup> or D<sup>2</sup>

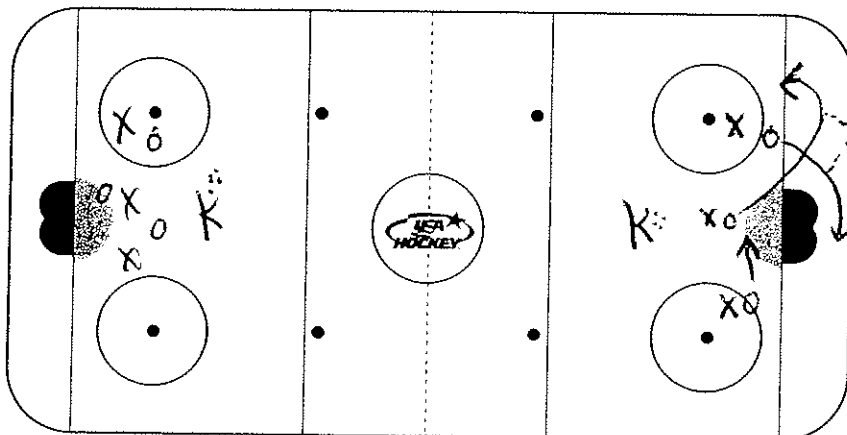
F<sup>1</sup> + F<sup>2</sup> Regroup w/ D<sup>1</sup> and D<sup>2</sup> until WHISTLE

Attack D 2 on 1

PROGRESSIONS:

2 on 2

3 on 2



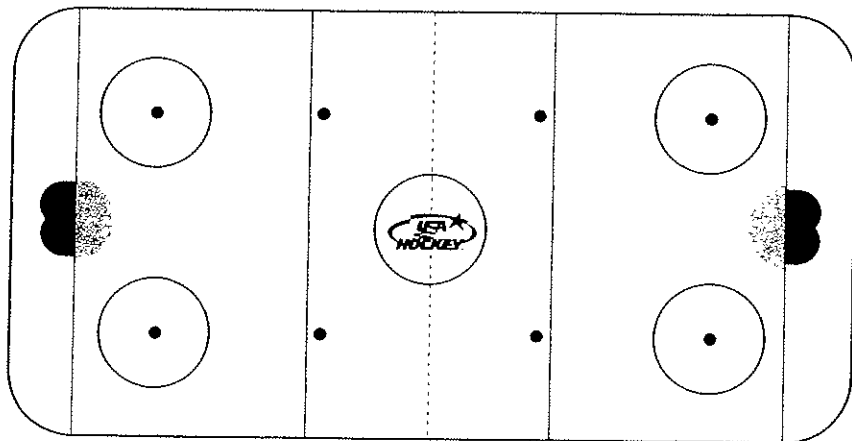
Notes/Systems

3 ON 3 BANK PASS GAME

Description

3 on 3 Low

Make "BANK" pass to teammate on change of possession



Notes/Systems

Description

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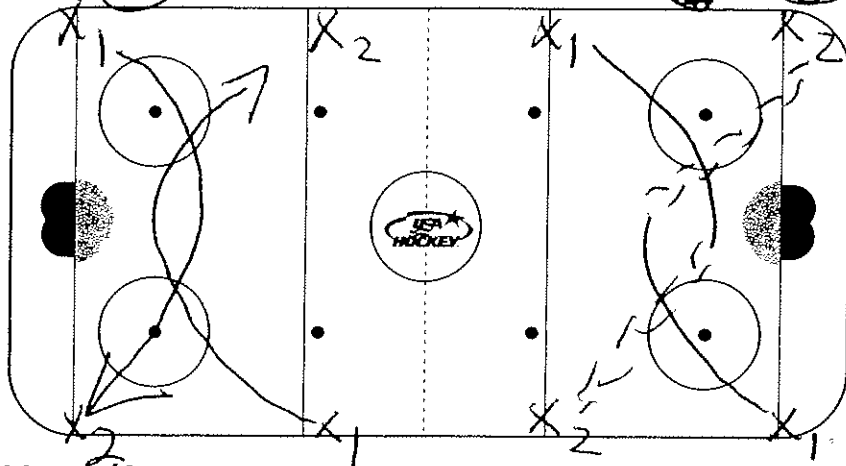
Offensive Concepts

SYSTEM/DRILL

Sunday, July 31<sup>st</sup> 2015

Page 1

GREY



Notes/Systems

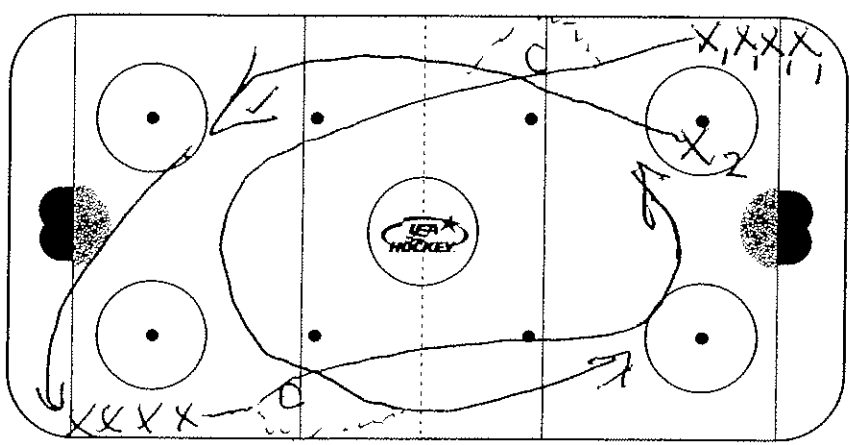
Description

Stretchy-skate  
8-10 fast skates

X1 work together  
X2 work together

- 1 - forward skate  
crossing over
- 2 - forward pivot to  
backward

3. Create other options

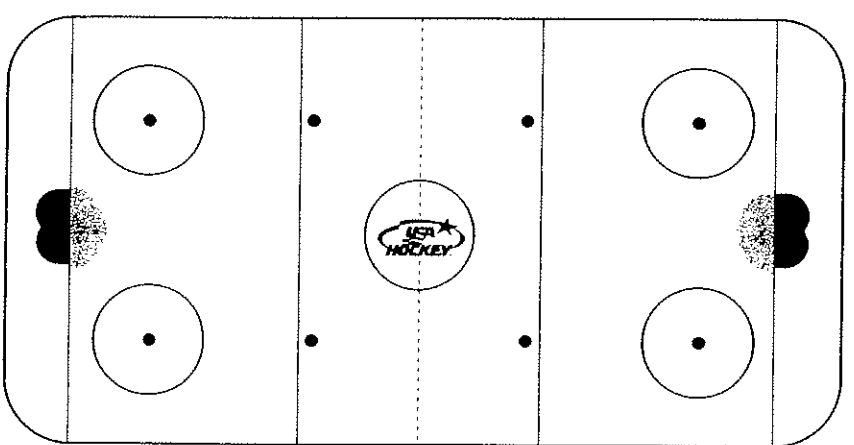


Notes/Systems

Description

Creative warm up  
w/ chips

X1 start up ice with  
puck, chips puck  
past coach X1 to  
far end to become X2  
X2 takes chip off  
wall for shot.  
End of X1 line



Notes/Systems

Description

Goldie Drill  
2-0, 2-0 drop pass  
3-0

SEE your HAND  
out





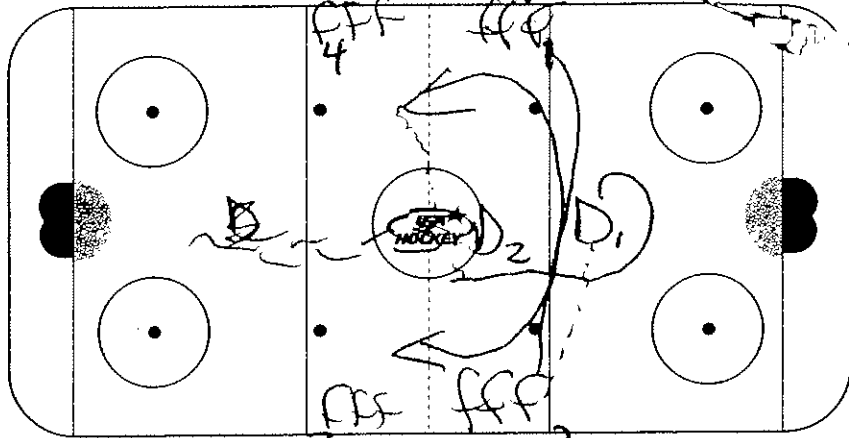
SYSTEM/DRILL

OFFENSIVE CONCEPTS

Scout Aug July 31st 2005

Grey

PAGE 2

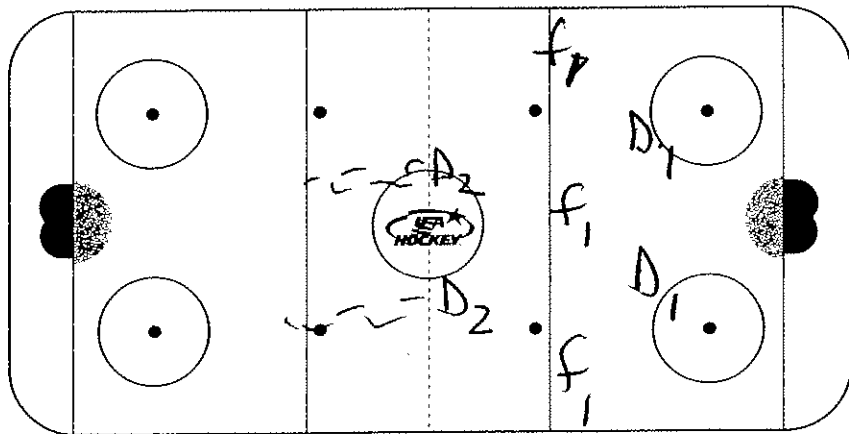


**Description** 2-1 B. ORL  
 F<sub>1</sub> PASSES TO D<sub>1</sub>

- F<sub>1</sub> & F<sub>2</sub> SWING WIDE  
 D<sub>1</sub> ~ BABBY ORL SPIN-2  
 RAMA MOVE MOVING  
 UP ICE PASSING TO  
 F<sub>1</sub> OR F<sub>2</sub>  
 F<sub>1</sub> & F<sub>2</sub> ATTACK D<sub>2</sub> 2ND

NEW DEFENSE STOPS TO  
 START DRILL OTHER WAY  
 AGAINST D<sub>1</sub>

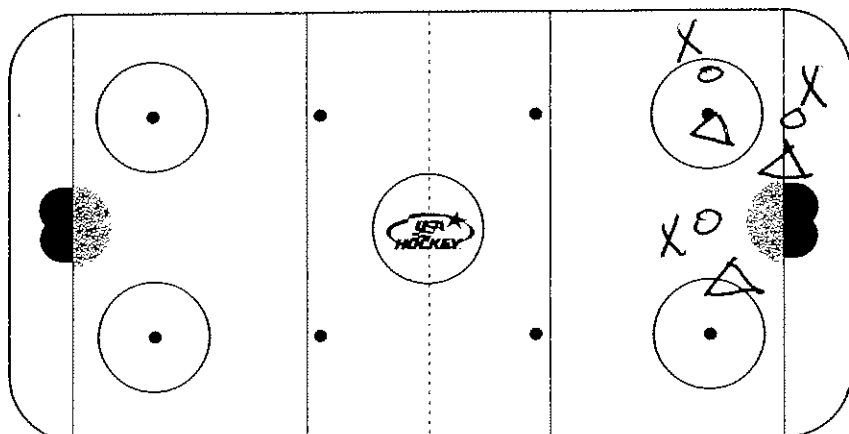
Notes/Systems



**Description**  
 5 ON 0 Breakout  
 REGROUP 3 ON 2 ATTACK  
 F<sub>1</sub> & F<sub>2</sub> BREAKOUT 5 ON 0

F<sub>1</sub> PASSES TO RESTRICTION  
 D<sub>2</sub> FOR REGROUP TO  
 ATTACK AGAINST D<sub>1</sub>

Notes/Systems



**Description**  
 3 ON 3 HALF ICE  
 WITH PICKS  
 X'S WITH PUCK ATTEMPT  
 TO SCORE  
 O'S DEFEND

Δ ADDITIONAL PLAYERS  
 STATIONARY TO BE  
 USED AS PICKS

Notes/Systems

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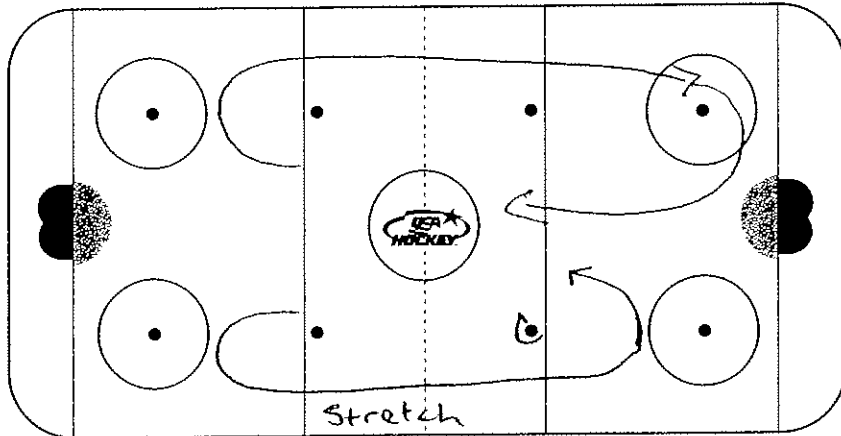


SYSTEM/DRILL

Royal Blue Corbett/Meisner

Sunday 7/31/05

OFFENSIVE Concepts



Description WARM-UP

- Stretch Along Boards

- Agility between

Blue Lines

1 Long Strides

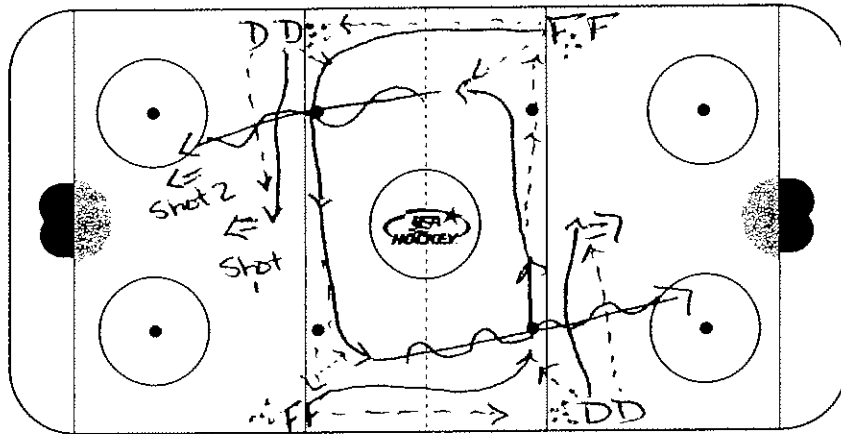
2 1 v-over Right + 1-left

3 Backwards

4 Carioca (Quick Feet)

5 Top Speed -

Notes/Systems



Description Team Canada

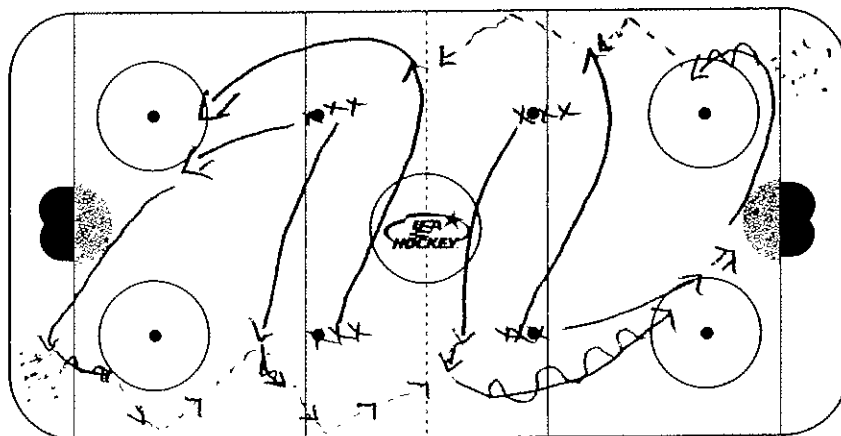
1 Both Sides @ same time on whistle

- Fwd Pass to D + 1 touch Back

- Fwd Pass to other Fwd Line - 1 touch Back - Forward will shoot @ his same end he started @.

- D - After the one touch you will go laterally across blue line for a shot - (D) is the first shot -

Notes/Systems



Description Miami Double Chip

1 Continuous Drill/Both S.

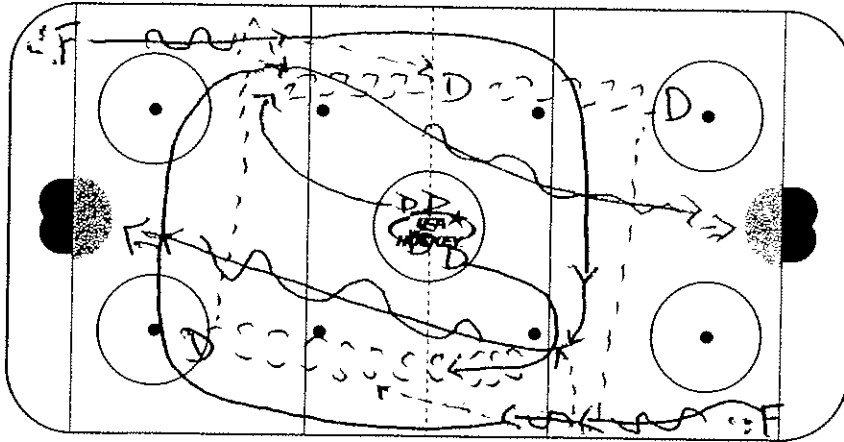
- Start w/ a shot + Pick up a puck - Opposite side Lines support for chip -

1 Low support

2 High Support

- Timing is important

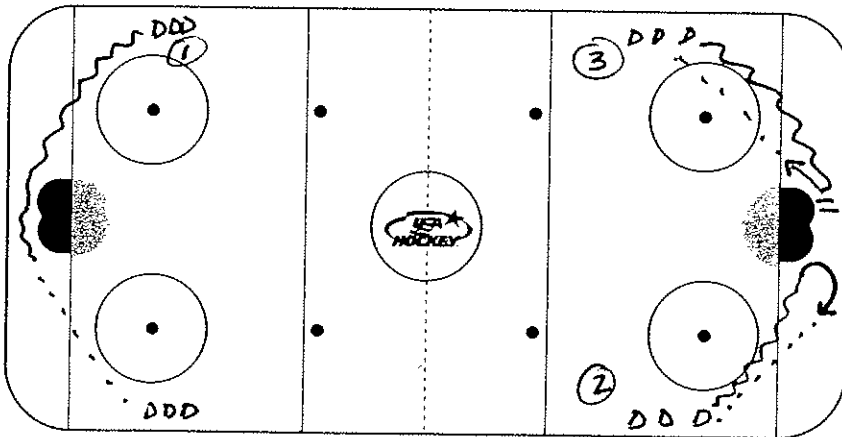
Notes/Systems



**Description** 1-0-2-0 Indirect  
Forward Skates @ D-man  
 + passes him the puck  
 - D-man retreats w/puck  
 + makes an indirect pass  
 off boards to Fwd -  
 - Fwd Full speed when  
 gather in puck -

Notes/Systems

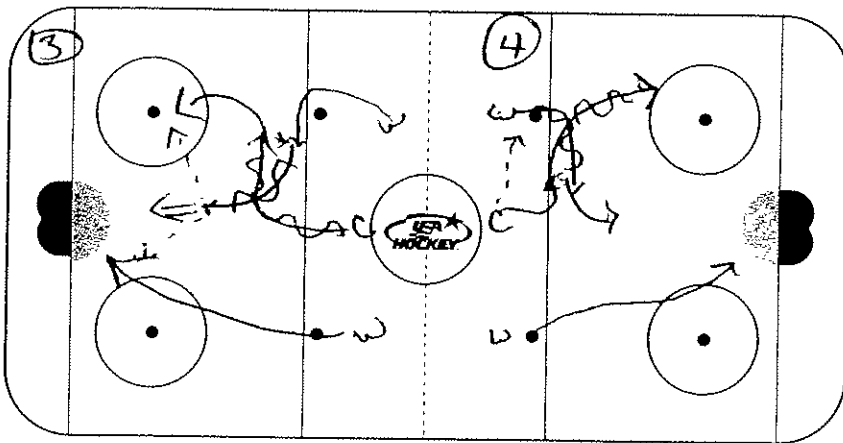
(2-0) 2ND Forward cuts  
 at the near blue line +  
 receives a 2ND Indirect  
 Pass - ON Whistle - Both Sick



**Description** FWD/D SPLIT  
DEFENSEMAN PASSING PROGRE

- (1) QUICK-UPS CONTINUOUS
  - (2) ESCAPES BACK TO SAME SIDE
  - (3) STOPS/STARTS BACK TO SAME SIDE
- ALL ARE CONTINUOUS

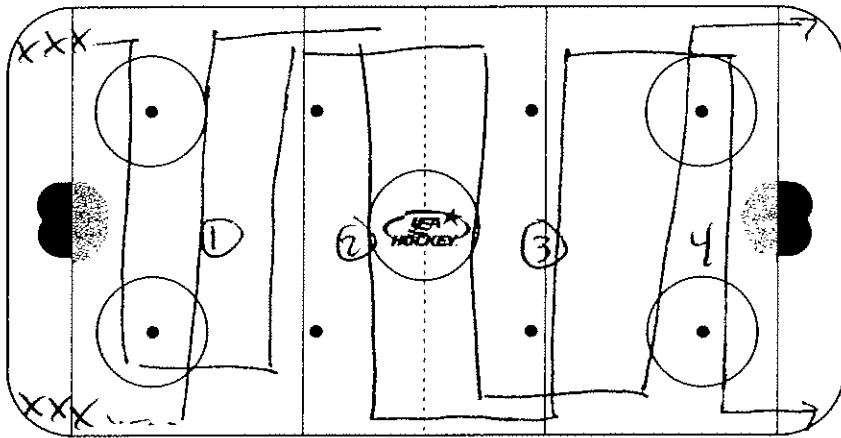
Notes/Systems



**Description** Fwd/D Split -  
END LINE RUSH OPTIONS -

- (1) CENTER LANE DRIVE
- (2) WEAK LANE DRIVE
- (3) INSIDE/OUT DROP
- (4) OUTSIDE/IN DROP

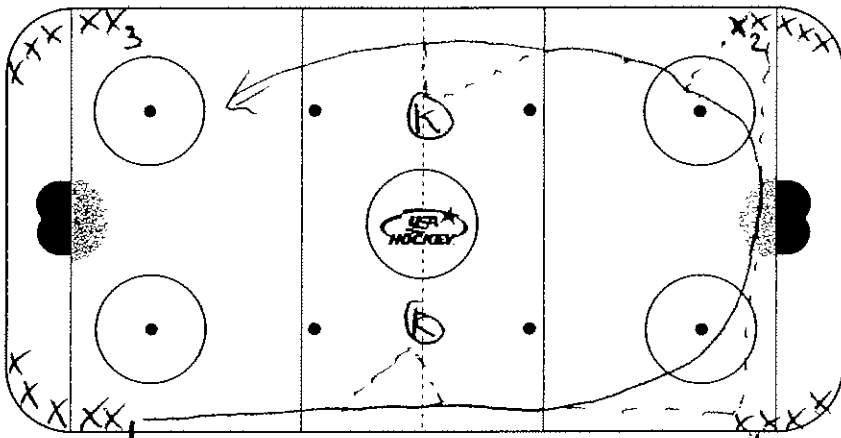
Notes/Systems



**Description**

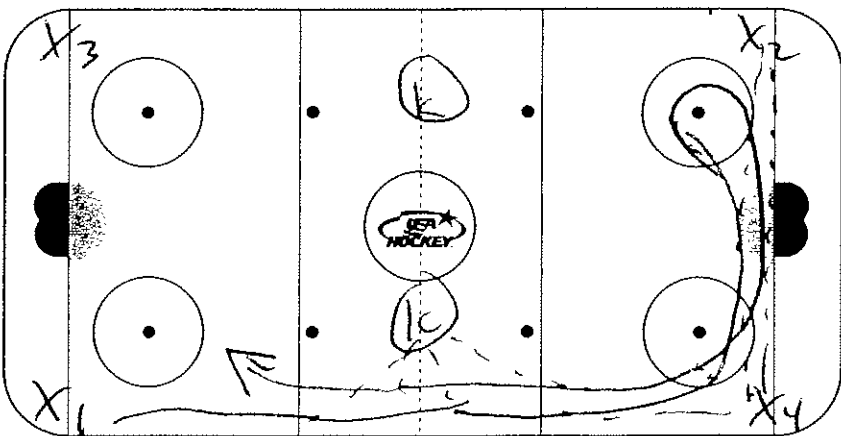
WARM-UP Puckhandling  
 HALF IN EACH CORNER  
 N-S - puck from stick -> SKS  
 EW: Both sides same time  
 1. forehand side narrow  
 2. forehand side wide  
 3. in front narrow  
 4. in front wide  
 5. backhand side narrow  
 6. BACKHAND side wide  
 7. TOE DRAGS / 8. BACKHAND POUNDING

Notes/Systems No speed, just handle puck when skating E-W, N-S  
 Players kick puck to stick, etc.



**Description** 3 PASS / 4 pass +  
 X<sub>3</sub> leaves w/ puck - gives to go with (K). Then to X<sub>4</sub> line who passes to X<sub>1</sub> line. X<sub>1</sub> times it underneath gets return pass from X<sub>2</sub> give & go w/ (K) long wrist / snap shot

Notes/Systems X<sub>1</sub> & X<sub>2</sub> leave at same time

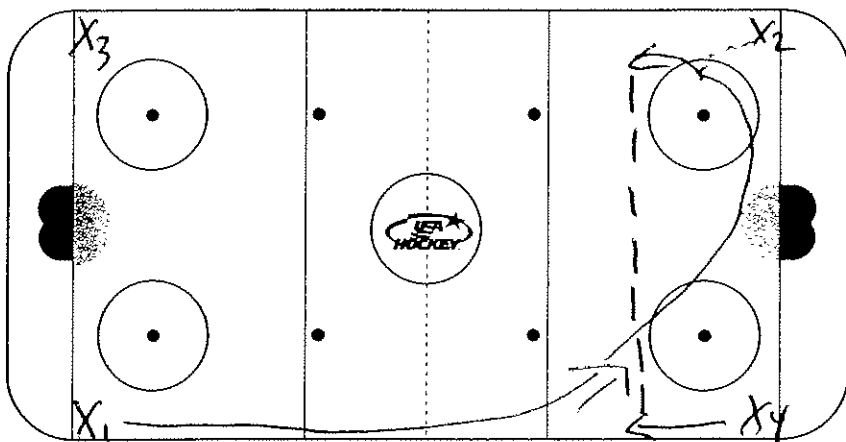


**Description** 4 pass +

Same start as above but X<sub>2</sub> returns puck to X<sub>4</sub>, X<sub>1</sub> has to face puck and come from underneath

Notes/Systems Both sides same time

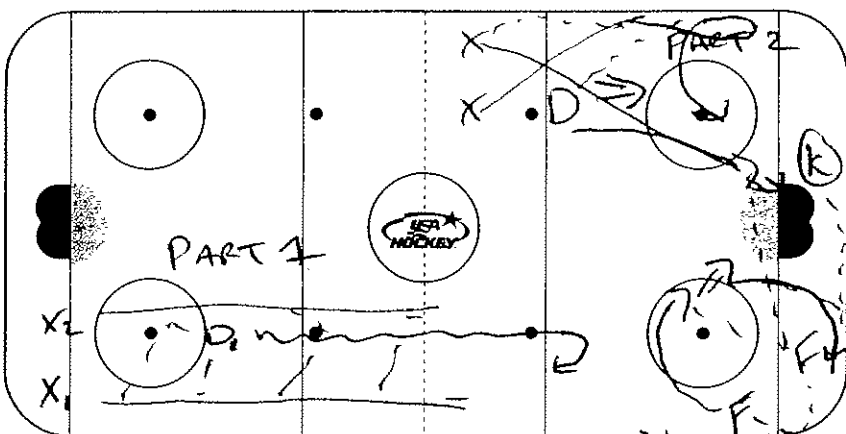




**Description "Rowka"**  
X<sub>1</sub> leaves w/puck  
Down wall, takes  
Long wrist / snap shot  
Curls to X<sub>2</sub> corner, rec  
pass. X<sub>4</sub> times it, and  
leaves to receive FLAT  
Pass from X<sub>1</sub>,  
X<sub>4</sub> Down wall, Long Shot  
Curls to X<sub>3</sub>, passes to  
X<sub>2</sub> who times it.

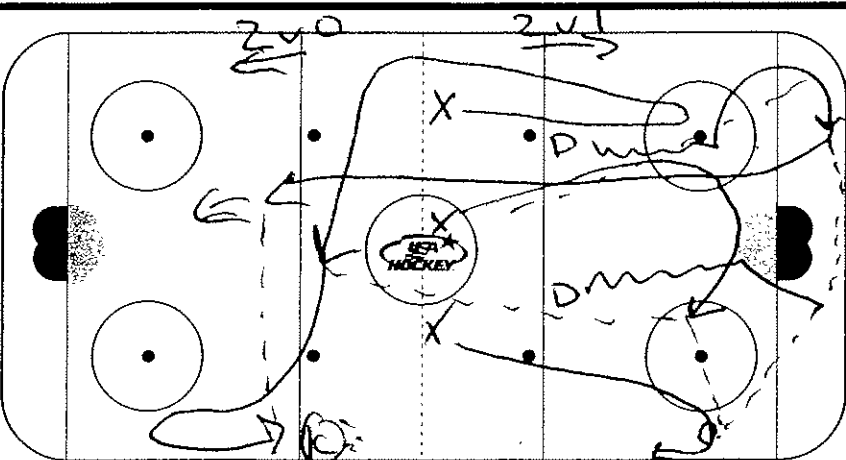
Notes/Systems X<sub>1</sub>/X<sub>2</sub> Start same time

CONTINUOUS DRILL



**Description "TREMBLAY"**  
X<sub>1</sub> & X<sub>2</sub> exchange puck  
with D, as he backs  
off to far blue, D  
begins 2v0 Attack  
passing to either F.  
F1's exchange puck  
& enter zone w/ wall pass,  
one F goes to net, other  
F turns back & hits L.  
D who shoots quickly. (K)  
chips 2 pucks into opp. Corn  
1st cycle F → F shot 2nd cycle  
WEST SIDE O

Notes/Systems LATE D on strong side shot  
WEEK D w/ sneak off cycle.



**Description "TORONTO 2v0/2v1"**  
F Dumps puck to corner  
to start breakout D-D  
PASS.  
D-W-C- stretchman  
WEAKSIDE D GET UP 1st  
UP D to stretchman  
turn up to find him late  
LW + C skate to far bl  
get puck from (K) Attack  
remaining D 2v1

Notes/Systems







SYSTEM/DRILL

SUNDAY 31 JULY

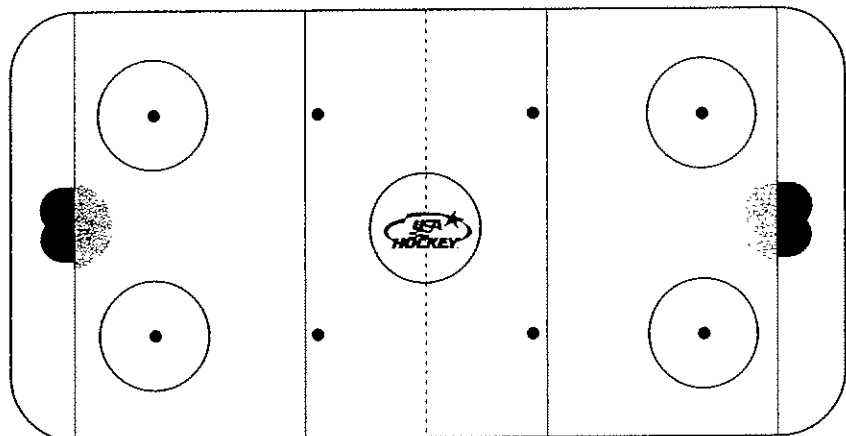
TEAM Black

JUTTING / MEMOLSON

OFFENSE

PAGE 3

1-57

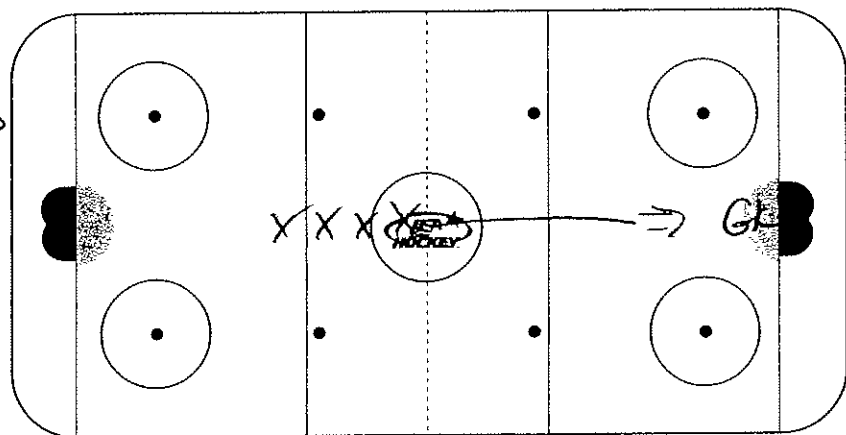


Notes/Systems \_\_\_\_\_

Description

5v0  
 BREAKOUT →  
 REGROUP →  
 ATTACK →  
 2nd puck DD → SHOT

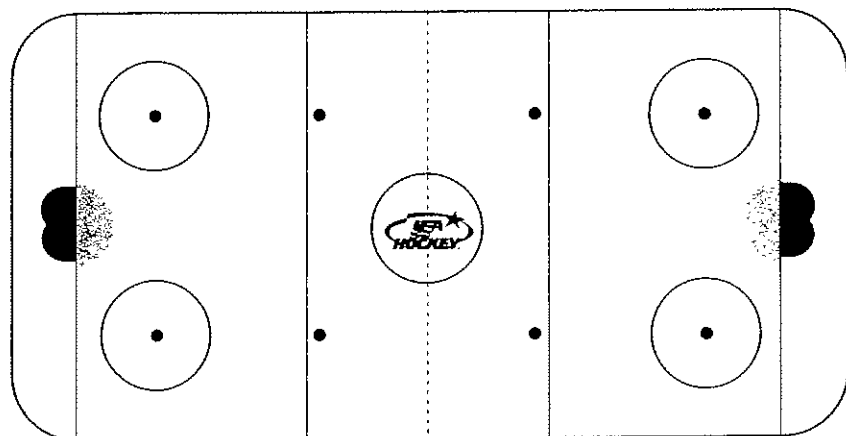
8-60



Notes/Systems \_\_\_\_\_

Description

SHOOTDOWN



Notes/Systems \_\_\_\_\_

Description

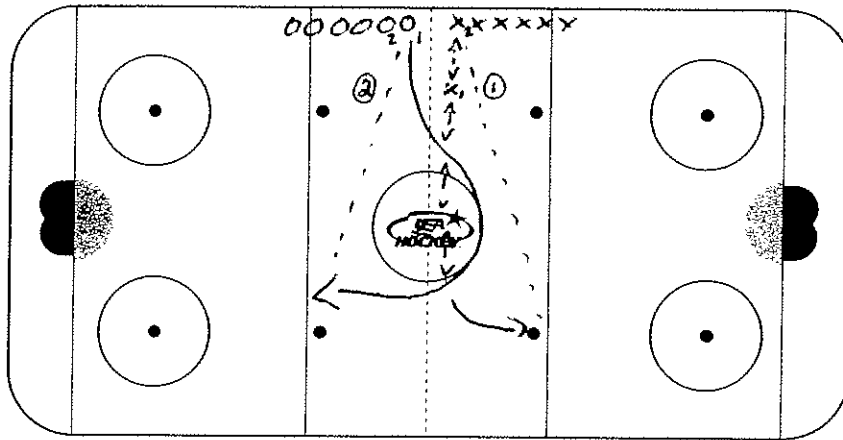




Sunday 7/31

# SYSTEM/DRILL OFFENSIVE CONCEPTS - COOPER + BURCAR

TEAM NAVY



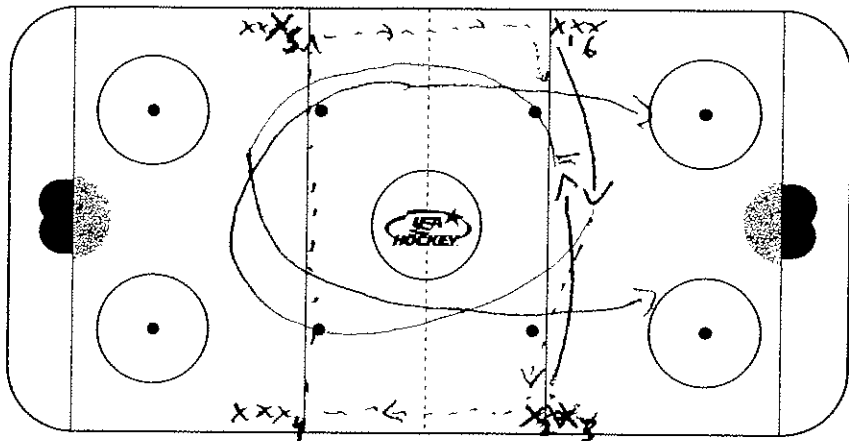
## Description BANDIT SIDEWALL

Warm-up

- ① X<sub>1</sub> plays line + go with stationary X<sub>2</sub>. When X<sub>1</sub> reaches far dot he pivots to net, receives pass for shot
- ② O<sub>1</sub> skates fwd around 1/2 circle receives pass from O<sub>2</sub> for shot
- ③ O<sub>1</sub> skates ~~BACK~~ around 1/2 circle receives pass from O<sub>2</sub> for shot

<sup>s</sup> Both lines do same drill at same time

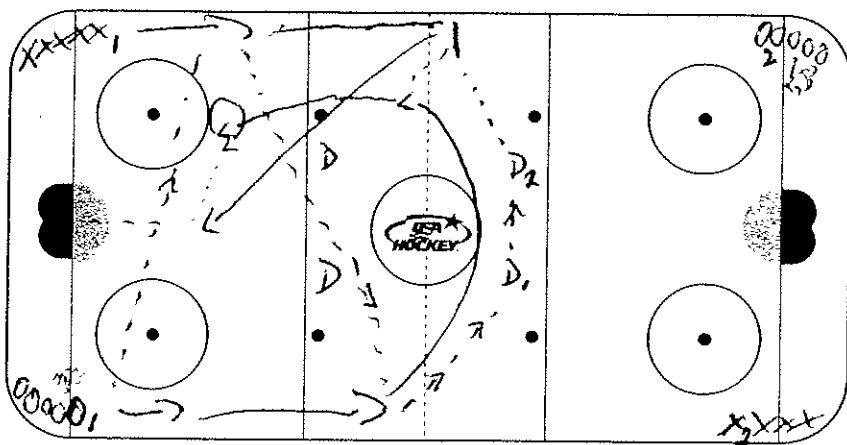
Notes/Systems



## Description 'All Touch' 2-0

X<sub>2</sub> starts with puck and skates along blue line towards X<sub>1</sub>. X<sub>1</sub> = X<sub>2</sub> drops puck to X<sub>1</sub>, who passes to X<sub>2</sub>. X<sub>1</sub> + X<sub>2</sub> skate w/out puck around N/2. Puck goes from X<sub>3</sub> to X<sub>4</sub> to X<sub>5</sub> to X<sub>6</sub> who passes to X<sub>1</sub> as he enters zone 2 on 0 with X<sub>2</sub>. 2 players from opposite lines go next

Notes/Systems



## Description Goal Reorg 2-0

O<sub>1</sub> passes to X<sub>1</sub>, who passes back to O<sub>1</sub>. (Must make 2 passes). O<sub>1</sub> gives to D<sub>1</sub> to D<sub>2</sub> to X<sub>1</sub> posted on wall. X<sub>1</sub> passes to an accelerating O<sub>1</sub>. O<sub>1</sub> enters zone 1 and does a Gretzky curl and hits X<sub>1</sub> going to net for shot.

Notes/Systems

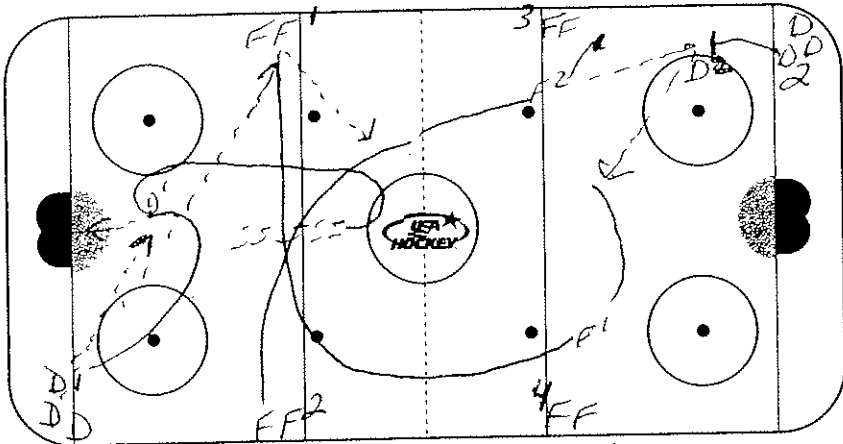


SUNDAY 7/31

SYSTEM/DRILL

"OFFENSIVE CONCEPTS" Team Navy

Cooper + Burcan

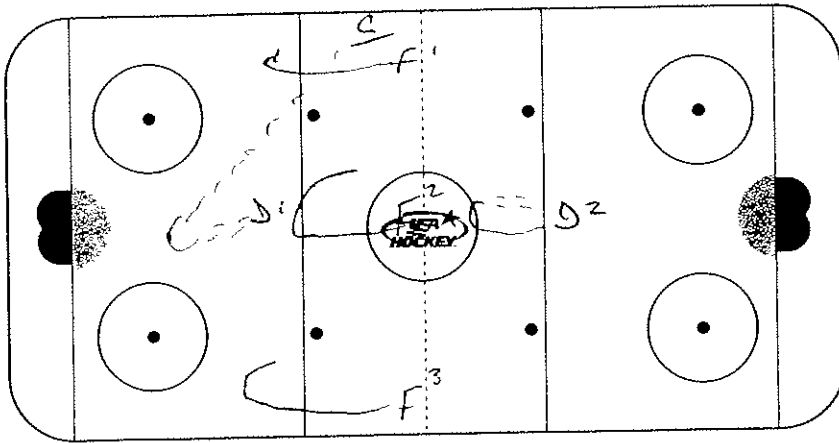


**Description**

- D1 PASS to F1 - F1 to F2
- F2 skates towards D2 PASS & Post - F1 Loop thru NZ
- Receiving PASS From D2 - F1 & F2 ATTACK D1

- CONTINUE DRILL ON THE OPPOSITE END

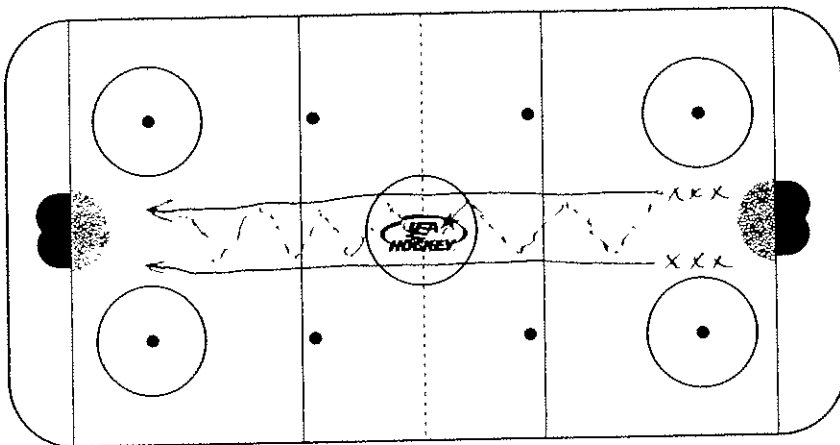
Notes/Systems BEAR 2 ON 1 PUCK SUPPORT



**Description**

- Start Drill - Shoot puck behind D1 - D1 retrieve PASS to F1 - F2 or F3
- ATTACK D2
- C whistle - shoot 2nd puck behind D1 - Regroup w/ support from F1's
- ATTACK D2
- Same AGAIN 3rd time

Notes/Systems 3 PUCK REGRUP



**Description**

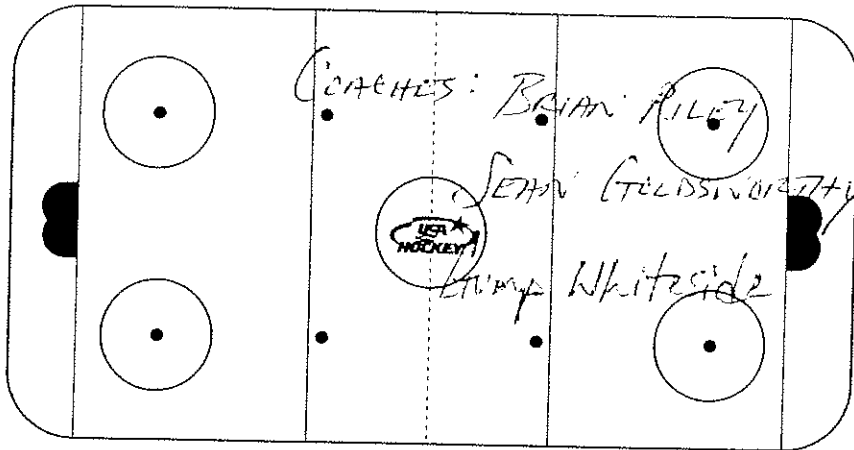
- 2-Lines - Keep Lines tight - 2 players Attack 2 on 0 - moving feet, passing many times

Notes/Systems 2 ON 0



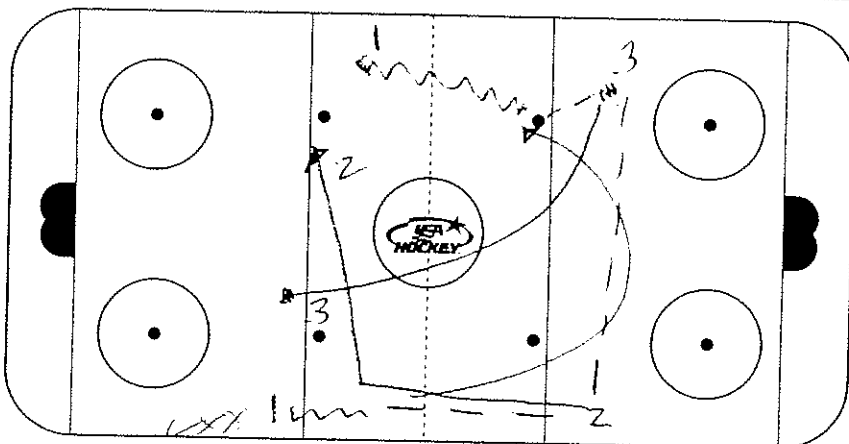
SYSTEM/DRILL TEAM DRANGE

SUNDAY 7/31  
1045-1145 RZ



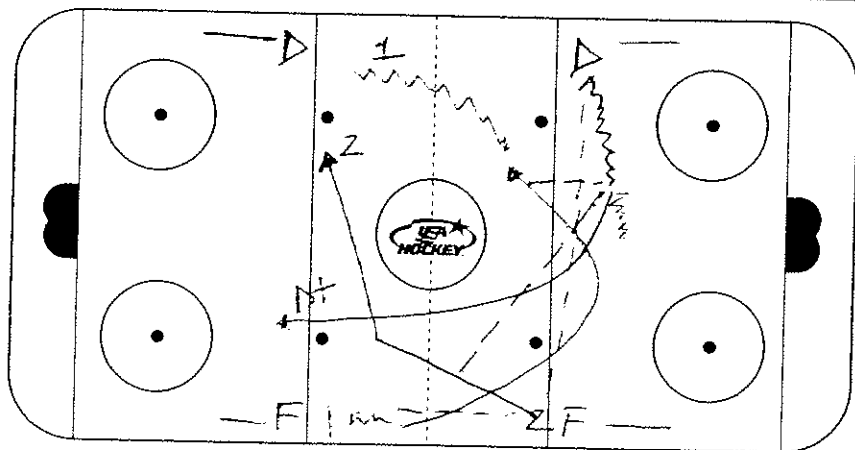
- Description** PRACTICE PLAN
- 5 - Stretch / Butterfly
  - Drop Passes
  - 15 - Off. Zone Entry
  - 15 - Regrouping / Trans.
  - 10 - Low Offense
  - 2-c @ Corners (dt)
  - 15 - Full Ice Timing
  - 2 min Timing

Notes/Systems \_\_\_\_\_



- Description** OFF ZONE ENTRY
- 2-c TRAIL (DIRECT)
  - 3-c TRAIL } SOFT AREA
  - } DROPS
  - P1 PASSES P2 (Support)
  - P2 PASSES P3 (P1 Support)
  - P3 PASSES P1
  - P2 - Stretch & Flood
  - P3 - TRAIL & Support

Notes/Systems Timing & Pick Support  
4 PLAYS



- Description** REGROUP / TRANSITION
- 2-c TRAIL w/ dt
  - } TRAIL
  - DIRECT
  - SOFT AREA } F1, F2
  - DROP
  - DEFENDERS MUST
  - FILL LANE & TRAIL

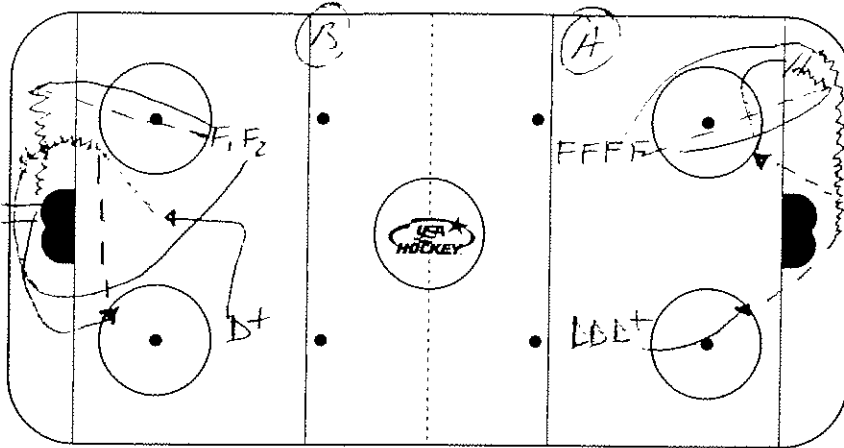
Notes/Systems \_\_\_\_\_

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SYSTEM/DRILL



Notes/Systems Split Ice / BOTH ENDS

Description Low Offense

2-0 @ CORNER LROP

F1 - Swings & Escapes w/ Pick

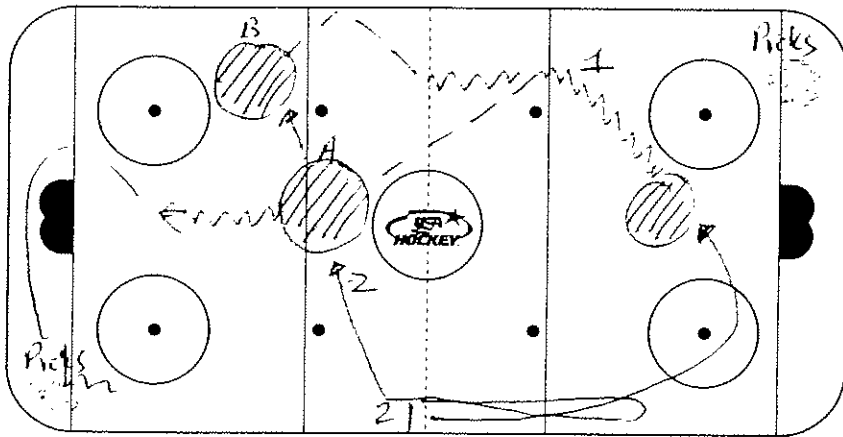
F2 - Support Pick

A - Side Bonus

B - @ NET

A+ - A - Backdoor @ Dot

B - Middle Slot



Notes/Systems Timing! BOTH ways?

Description Full Ice Timing

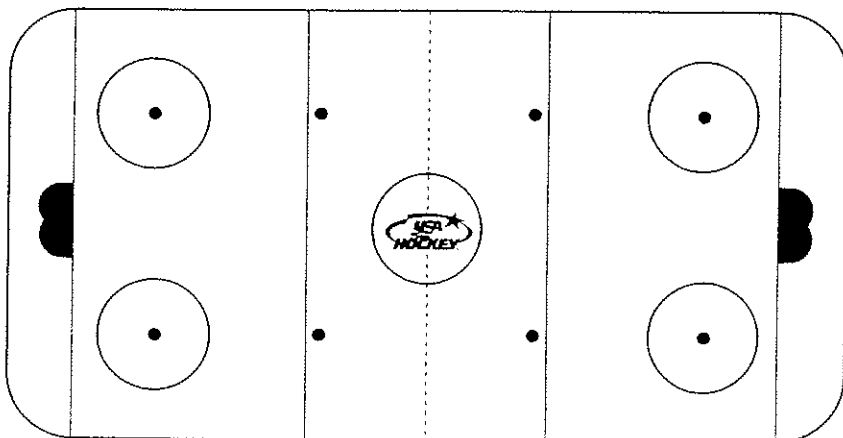
2 man Swing

P1 Swings low & receives  
PASS in Designated  
Area

P2 - Times P1 & pivots,  
strikes ice & splits  
dots in Designated  
Area

A - Direct Pass

B - Soft Area Pass



Notes/Systems

Description



