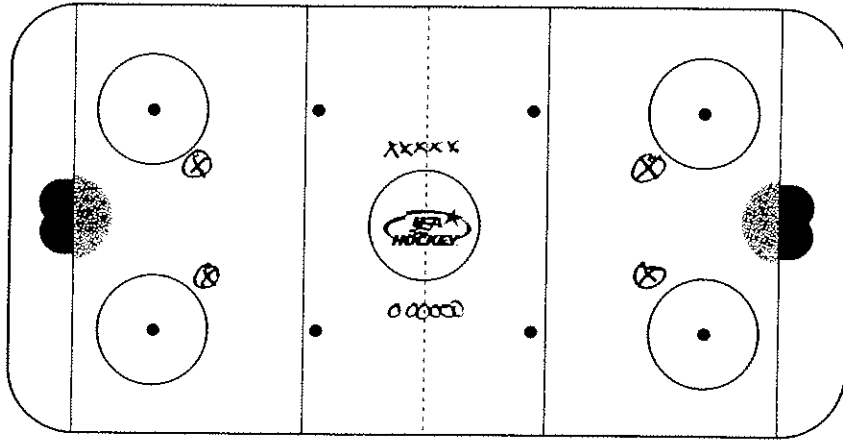


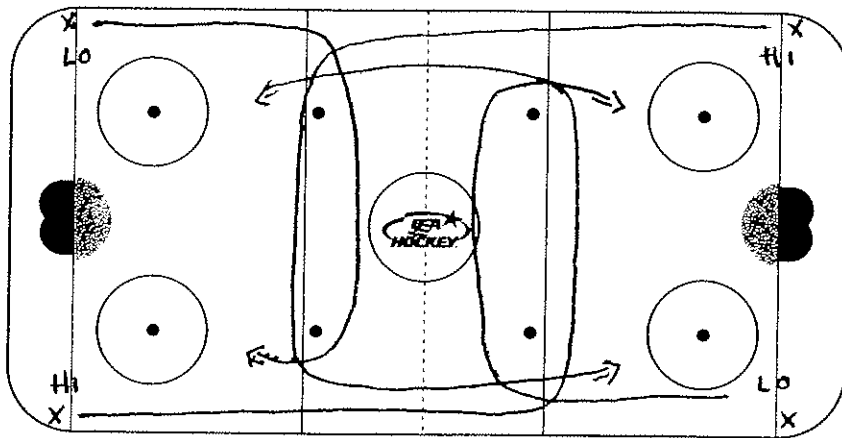
Defensive Concepts



Description Beasey Warm Up

- ① players play 1v.1
try to skate puck through tire
- ② players play 2v.2
1 point skate through
2 points pass through tires
- ③ players play 3v3 full ice

Notes/Systems Dside - inside - stick to puck!
* Goalies play too *



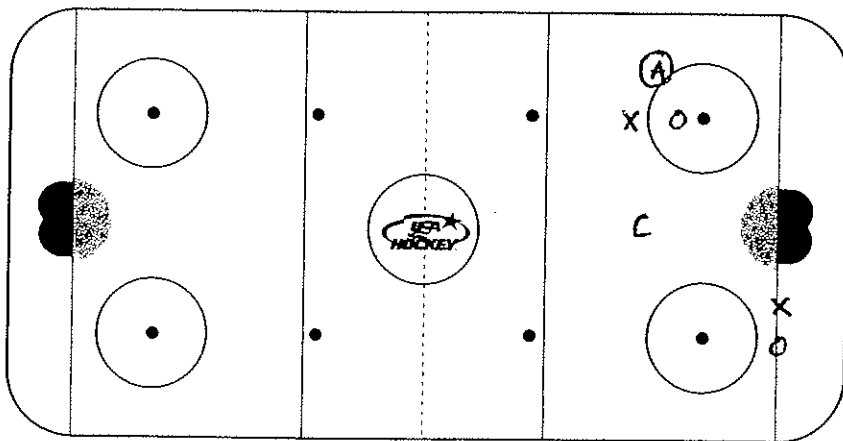
Description Niagara Hi-Lo

players skate outside dots

- going w/ puck
- 2 x fake shot → shot
- 2 x wrist
- 2 x backhand

after go with out puck
getting pass from live
you skate towards

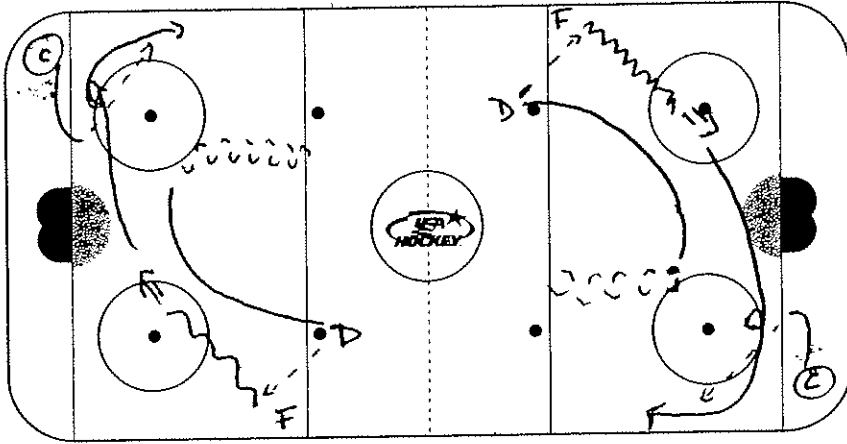
Notes/Systems _____



Description Team Canada
Tight 1v1

- Ⓐ coach passes to either player
offensive player tries to
attack ice
defensive player denies ice
- Ⓑ same as Ⓐ, different
point of attack

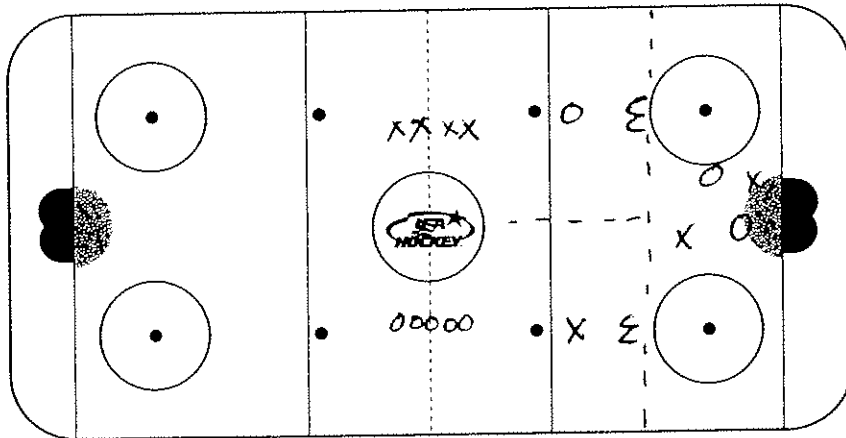
Notes/Systems _____



Description Coenell Blizzard
1v1

D passes to F
D takes pursuit angle and pressures F who drives to net
F continues to wide low mohawk turn
C steps to middle, pass to F
D gaps - plays 1v1

Notes/Systems D - good pursuit
inside position on 1v1



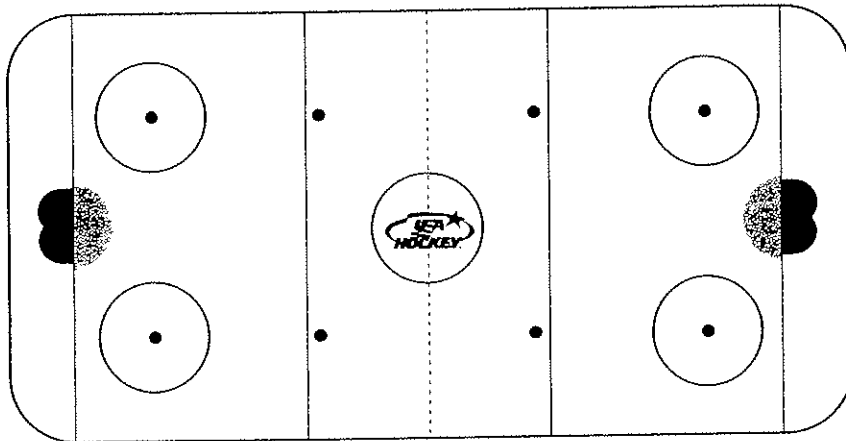
Description New Gretzky

game is 3 v 3
with Gretzky having to stay below imaginary goal line and cannot cross imaginary half ice

Keys - Gretzky is interchangeable
someone must always be in that spot

Notes/Systems Defuse attacking puck smartly
maintain good defensive positioning

* Also good offensive support/scis/cepte



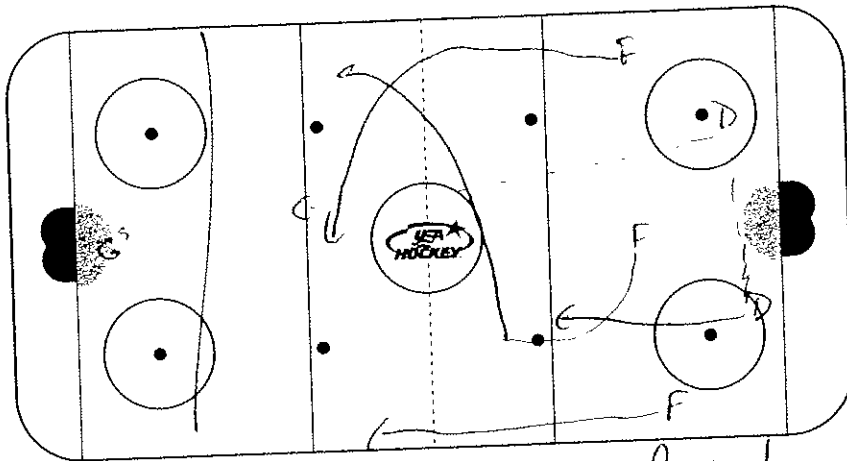
Description _____

Notes/Systems _____





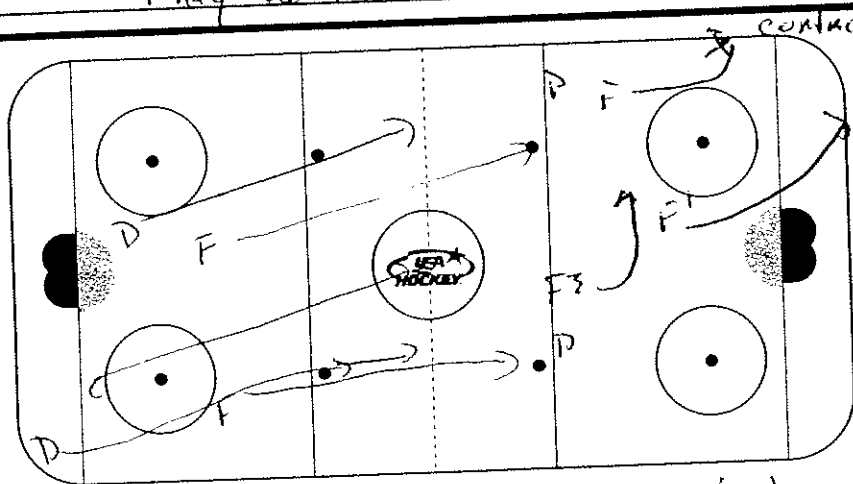
SYSTEM/DRILL Day III Teal Defensive Concepts



Notes/Systems Warm up Review of Yesterday
Play we missed

Description _____

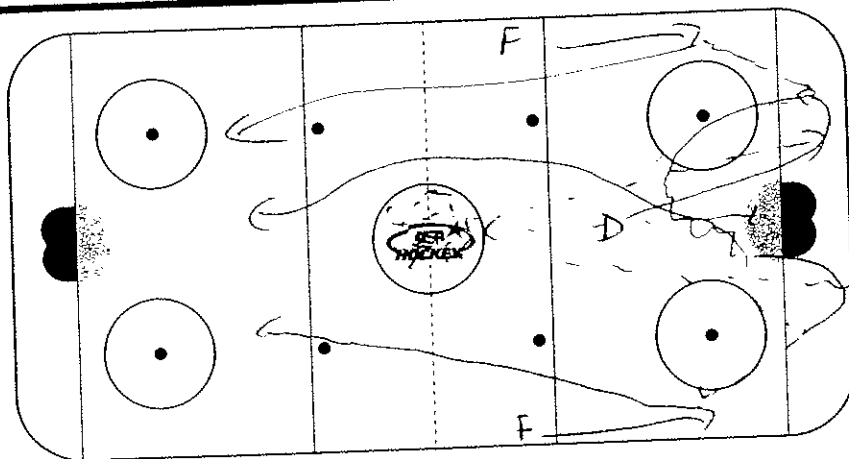
 D Activating S S
 SSE LAU
 WSF stretch option
 C wide angle option
 C/W/F to S/SF option
 Dump w/ H's
 G's w/ switch



Notes/Systems 3 Zone Coverage Skate

Description _____

 FC
 D-Zone
 N-Zone
 2-3 FC BACK
 Zone D-Zone
 2 in AN Aggressive
 N-Zone
 3 ACCROSS N-Zone



Notes/Systems D-BO WARM UP

Description _____

 D BO F SHUT
 D Follow Pass
 D BO opposite F
 C -> GOALIE
 Goalie BO D shut

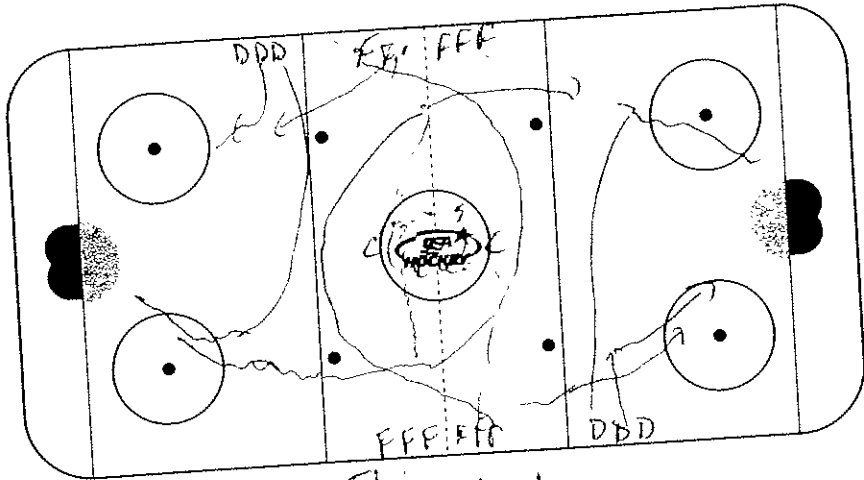
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SYSTEM/DRILL

Day II Teal Court



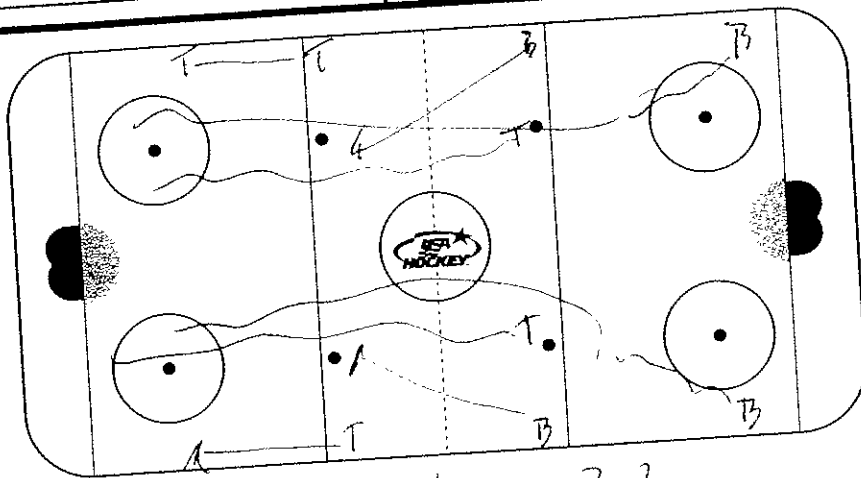
Notes/Systems

Elying 1-1
Tight 1-1

Description

Pucks in middle
F1 Both sides
wheel N-20K
get puck D From SAU
side go w/ him + Angle

2ND 1-1 Tight
straight down



Notes/Systems

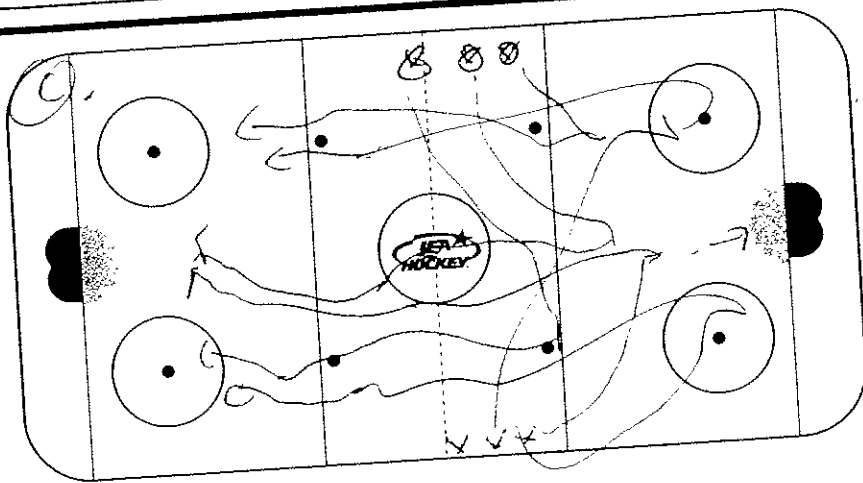
continuous 2-2

Description

continuous 2-2

Back + Forth

Each Team Breaking
other's out



Notes/Systems

Description

3-0 x Down 3-0

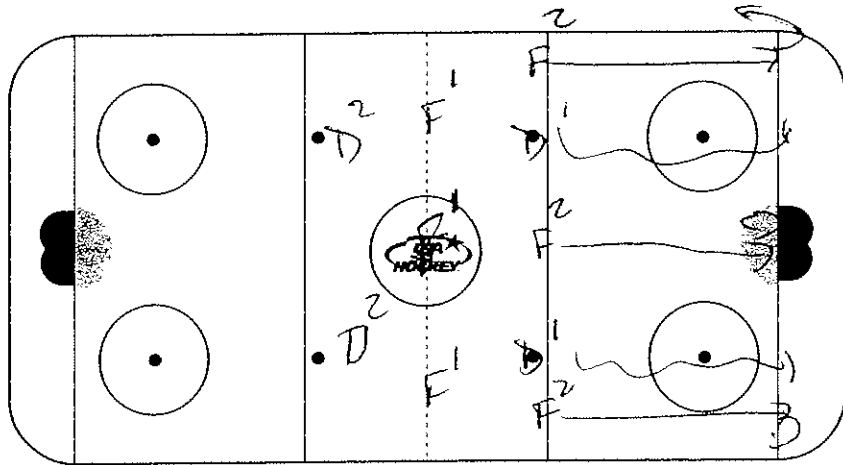
3-3 O's All way PH
Playing MAN

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SYSTEM/DRILL Teal DAY III cont.



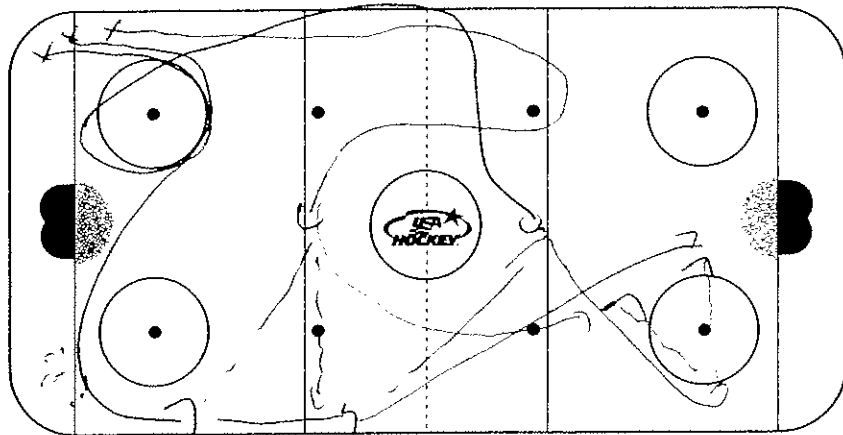
Description _____

F1/D1 Break in/out

F2 TO GOAL line AND
Back check to
D-zone cover

D-2 TO Blue line
D-zone cover

Notes/Systems 3-0 W / 3C



Description _____

3-0 1 Touch

F1 FAR End circle Back

F2 High Low Exercise

F3 360 Faceoff

F1 Touch → F2

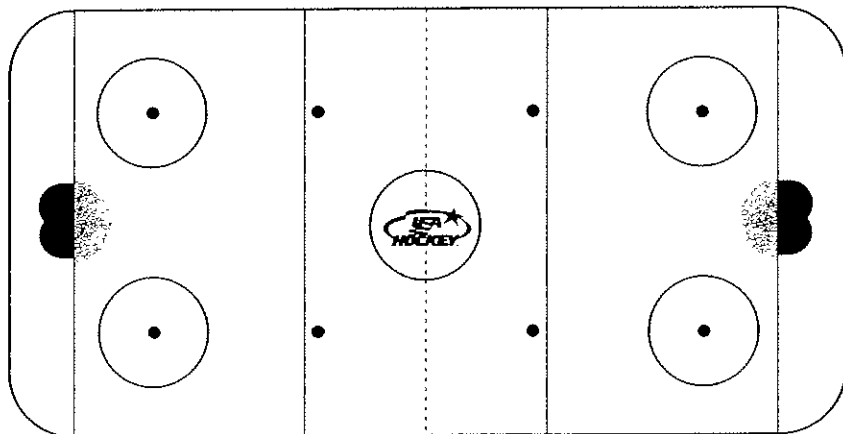
F2 1 Touch → F1

F3 Slush support

F3 to net of

F3 to wall find F2/F1

Notes/Systems 3-0 1 Touch



Description _____

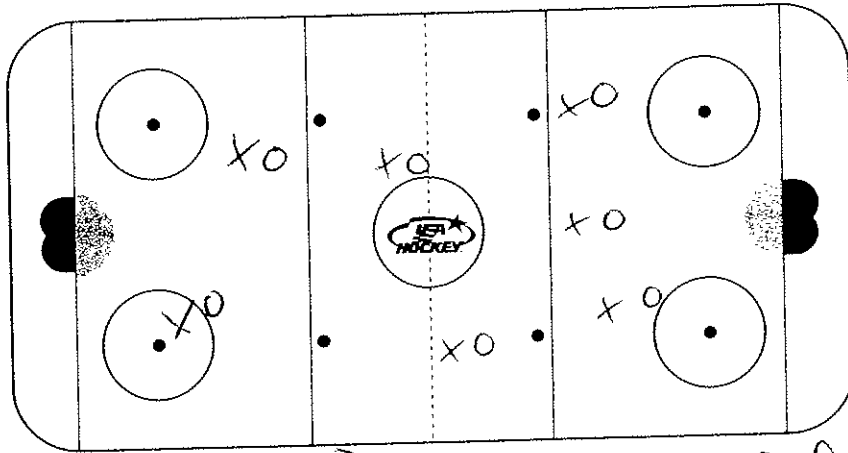
Notes/Systems _____





PRACTICE #3 MONDAY August 1st "DEFENSIVE CONCEPTS"
SYSTEM/DRILL

WHITE TEAM LONKE/SANTINE

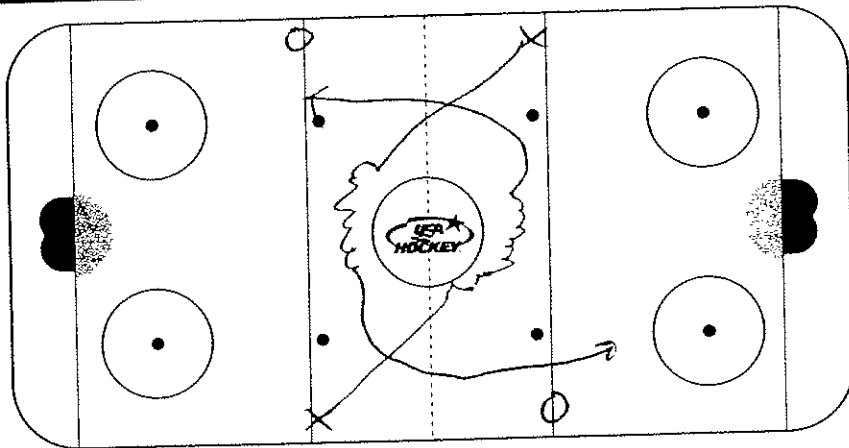


Description

- 1) PARTNER KEEP AWAY
- 2) PARTNER PASS IN BETWEEN REPS

Notes/Systems

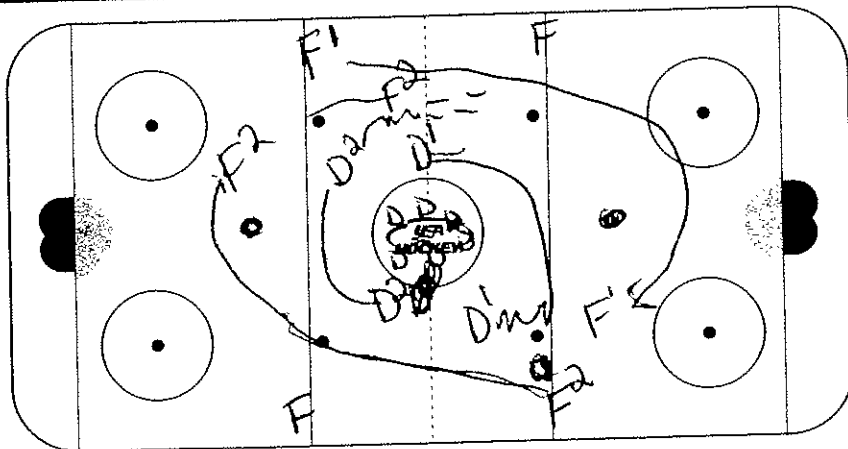
BUTTERFLY STRETCH BEFORE THIS WARM UP DRILL



Description 4 Blue Pivot "SHOOTING DRILL"

- 1) X'S GO AT SAME TIME
- 2) O'S " " " "
- 3) PIVOT - OPEN UP TO USA HOCKEY (CENTER DOT)
- 4) SHOOT EARLY AND FROM OUTSIDE DOTS

Notes/Systems



Description

CENTER ICE 1x1/2x2

D mirror forward going AROUND TIRE 1x1 DOWN ICE

CHANGE 2x2

Notes/Systems

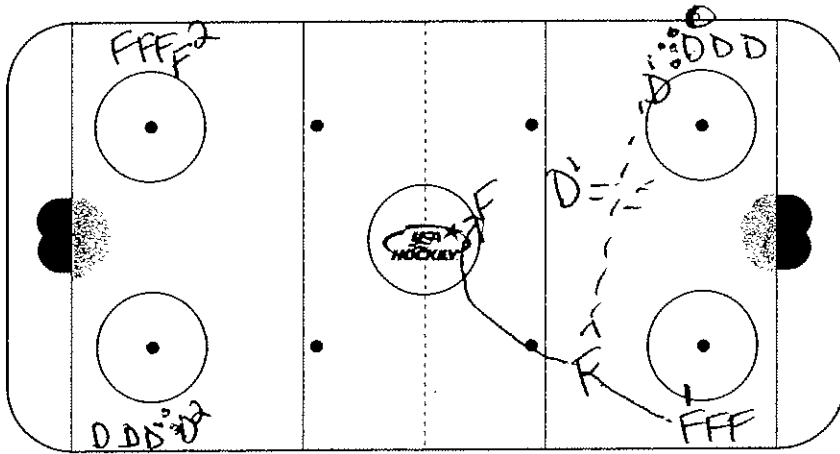
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SYSTEM/DRILL

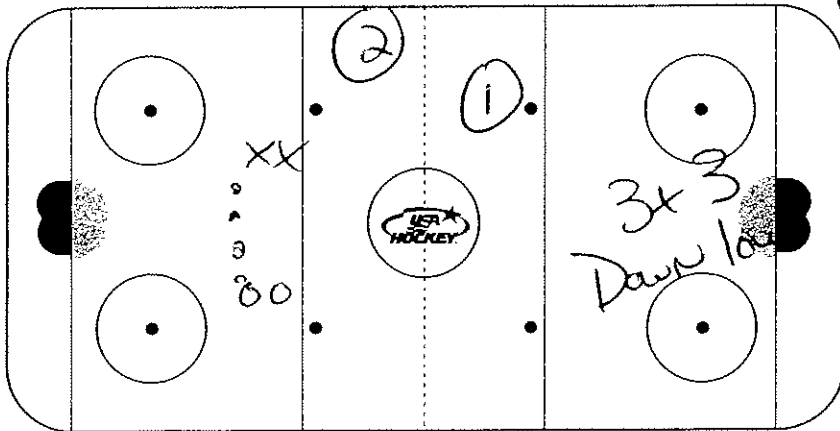
Monday August 1st 1 TEAM WHITE



Description MANE 1x1/2x1

- (1) D Passes to F
- (2) F takes Puck outside zone thru center circle (Bottom)
- (3) D gaps up and takes F 1x1
- (4) D & F Anticipate
- (5) ON COACHES WHISTLE 1x1 IS OVER
- (6) D² Passes to F² NOW
- (7) D Jumps up and F Backchecks
- (8) Continuous from there!!

Notes/Systems

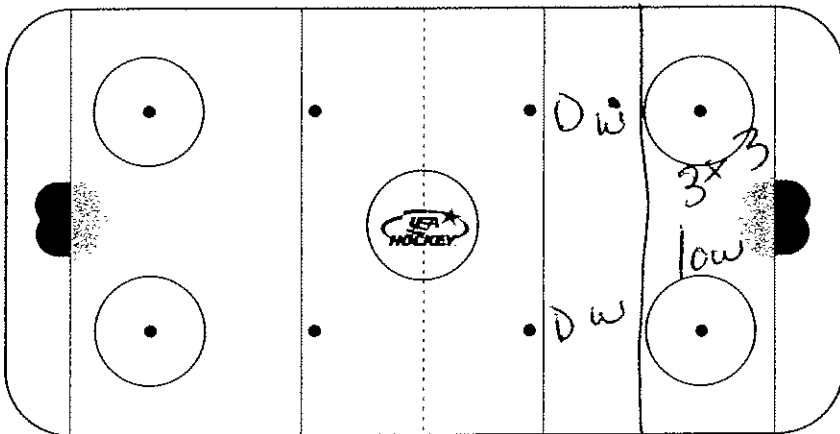


Description

- (1) 3x3 low - Change situations
 - (2) Wind 1x1 Empty NET 2x2
- ~~Player~~ Player w/ Puck IS trying to score, NO COALIE

Notes/Systems

2x2 - Cant be more than 2 stick length AWAY



Description

LA King 5x5

- (1) Starts 3x3 low
- (2) 1 wing waiting w/ Puck
- (3) OTHER D can be active offensively (wing must watch)
- (4) whistle go other way 5x5 (Play it out)

Notes/Systems





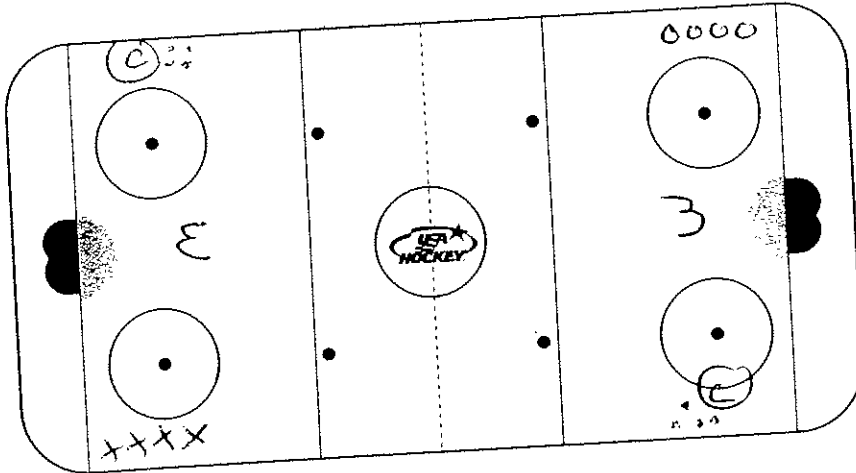
SYSTEM/DRILL

WHITE TEAM

SANTINI

MONDAY August 1st

Description 4x4 Transition GAME

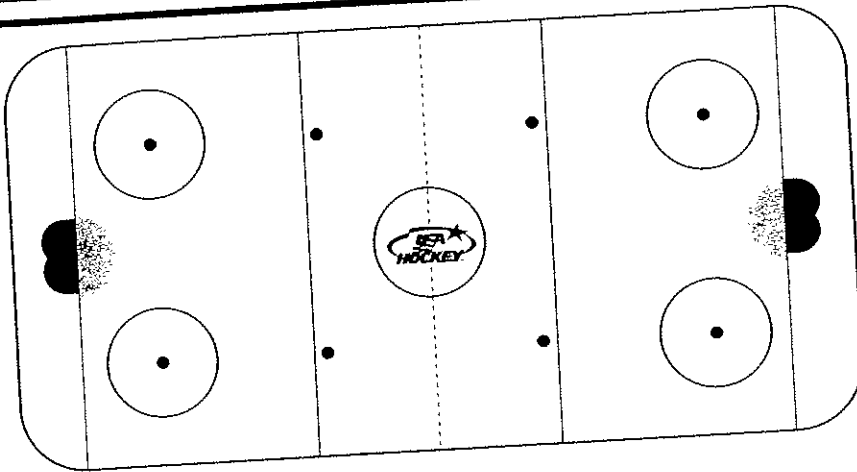


① Move NETS up between top of Circles

② 4x4 Hockey between NETS

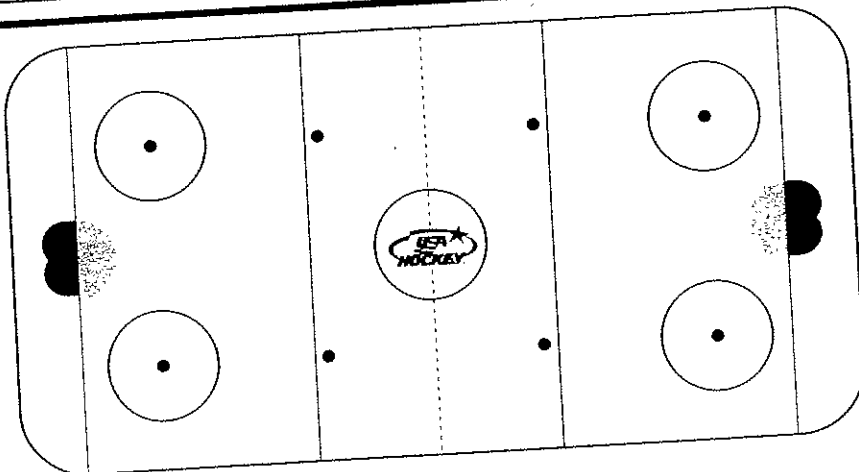
③ Puck passes imaginary GOAL ~~LINE~~ Line, COACH calls new Puck and it goes to the other team going the other way.

Notes/Systems



Description

Notes/Systems



Description

Notes/Systems

The USA Hockey Coaching Education Program Is Presented By

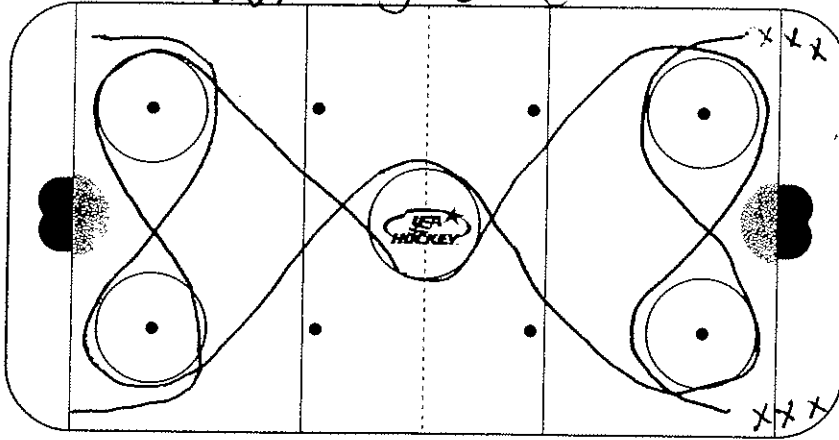




SYSTEM/DRILL PRACTICE 3 MONDAY Defensive ①

W.U. Long-circle Concepts - PURPLE - Howard

①



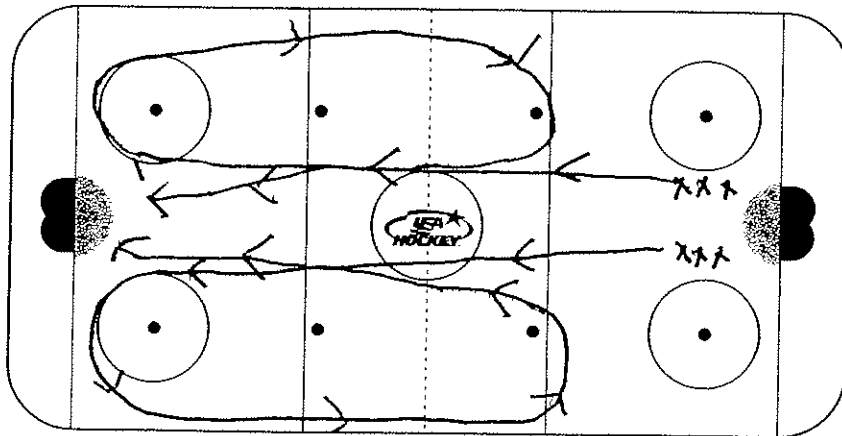
Notes/Systems W.U. Long-circle
4 minutes

Description

Each line starts at same time, skate top-bottom circles; - Next two players leave when players ahead of them clear their line

- PROGRESSION - Transition from Fwd to BCKWD Skating by making players always face one end of rink.

②



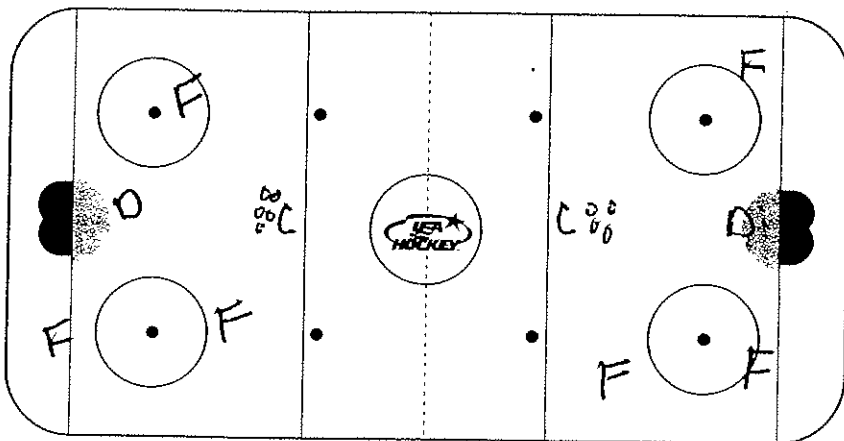
Notes/Systems W.U - Middle-out
4 minutes

Description

Each line (1 at a time) leaves on the whistle straight up middle board bottom of circle up the wall and clear off-side ~~circle~~ f.o. dot then back through middle to far end.

PROGRESSION - Always face one end - fwd to backward skating

④



Notes/Systems 1 on 1 Spot
13 minutes

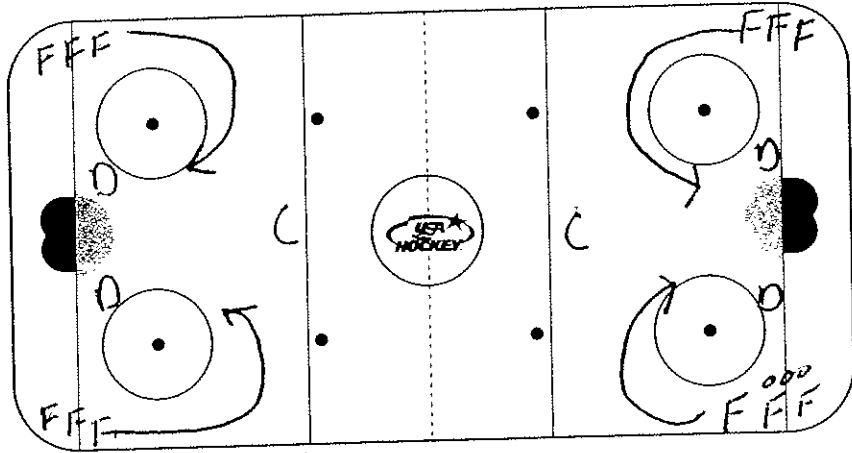
Description

On whistle, coach passes to any one of the Forwards whom attacks the net. The net started drill on knees in front of net and reacted to fwd with puck; 1 on 1 is played till coach blows whistle and throws second pass to one of 2 remaining fws; continue with 3rd 1 vs 1. USE FWD LINES



SYSTEM/DRILL PRACTICE 3 MOUNTAIN DEFENSIVE 2
CONTACTS - PURPLE - FORWARD

5

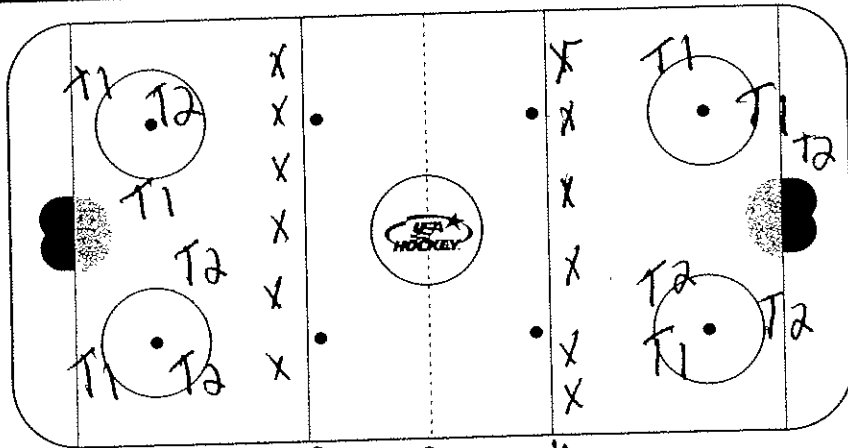


Notes/Systems 2-US-2 - BATTLE
8 minutes

Description

Forwards start out of corner pass to coach at point and then forward goes up wall and around top of circle; Defense tries to keep forward to outside; coach allows players to battle for position and then shoots puck; allow the play to finish after shooting puck.

6

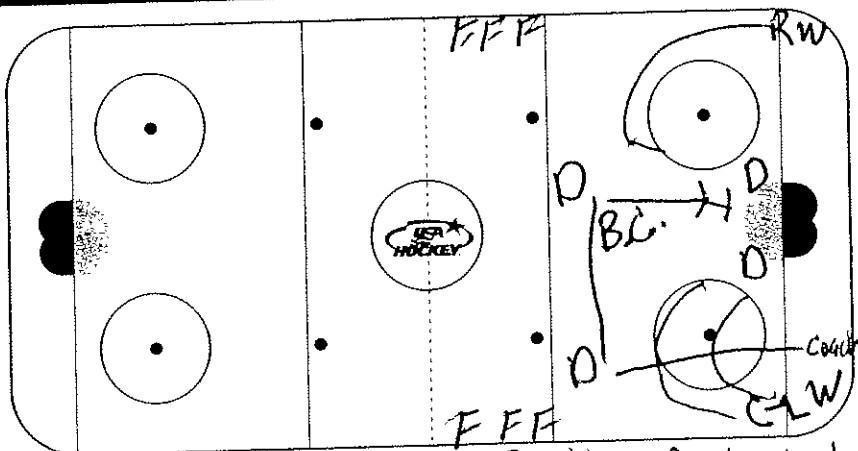


Notes/Systems 3 us 3 in the zone
10 minutes

Description

Simple 3 on 3 in zone, on possession change, most pass puck out to players on blue line before attacking net; - IF PLAYER ON BLUE LINE MAKE BAD PASS HE HAS 10 PUSH-UPS.

7



Notes/Systems 3 on 2 - Battle - Back-check
13 minutes

Description

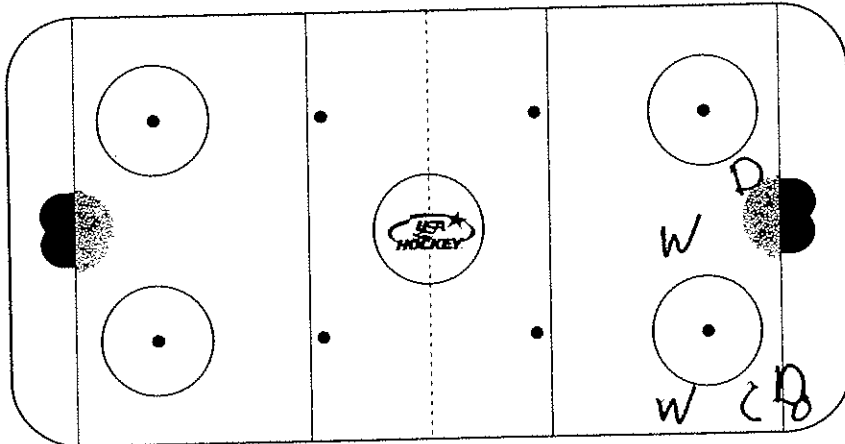
- Coach starts by passing to point; same time forwards come up wall round circle to front of net and battle for position; players battle then coach blows whistle, dumps puck behind net and defense in B.O. those forwards who go all the way down 3-2; one back-checker starts in middle of rink and back checks all the way down





SYSTEM/DRILL

8



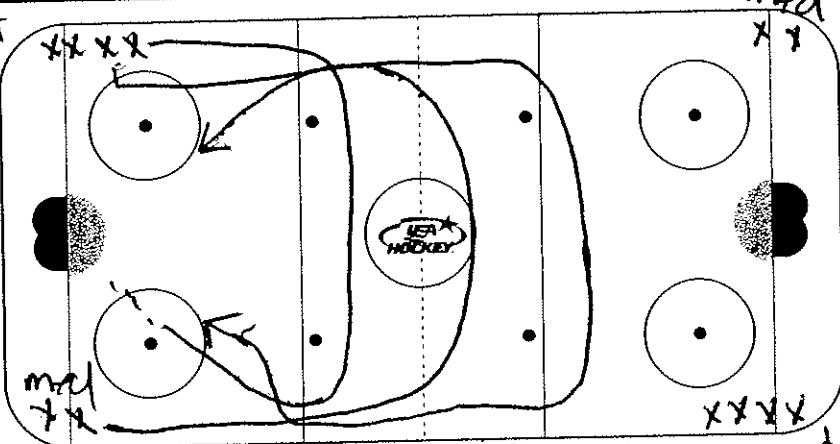
Description

-WALK-THROUGH 5 vs 5
D-Zone coverage

Notes/Systems

3

short
long



Description

all three keep together
and come in on angle
and shoot; on whistle
other side goes

Notes/Systems

Short-middle-long short-long

Description

Notes/Systems

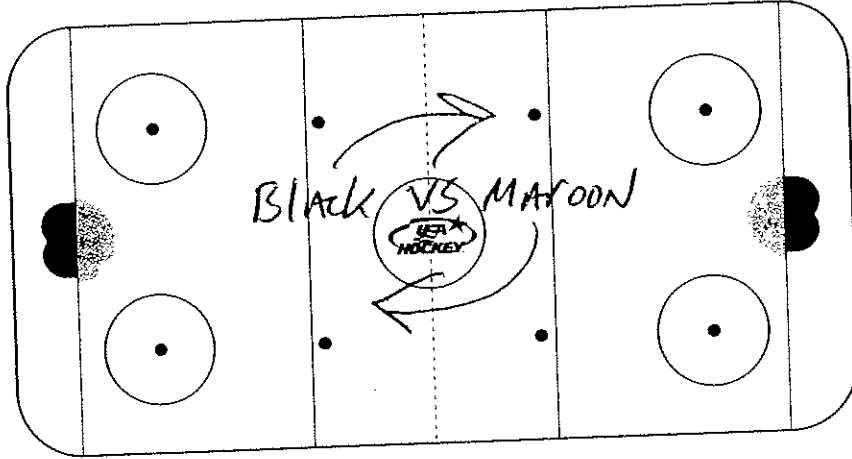
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Monday 8-1-05 MAROON 1:00-2:00
SYSTEM/DRILL 8:10-9:10 A.M.

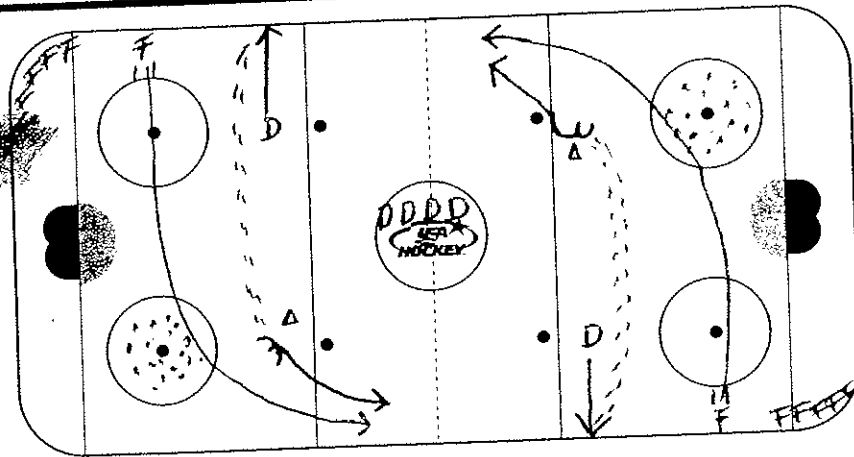
DRIVER V...
STEVE MACSWAIN



Description

① Alie - Alie - Game to 3
2 Teams - No Rules except
No checking - Play Full Ice
1/2 Team vs 1/2 Team. Use AS
A Warm up. 6 to 8 min

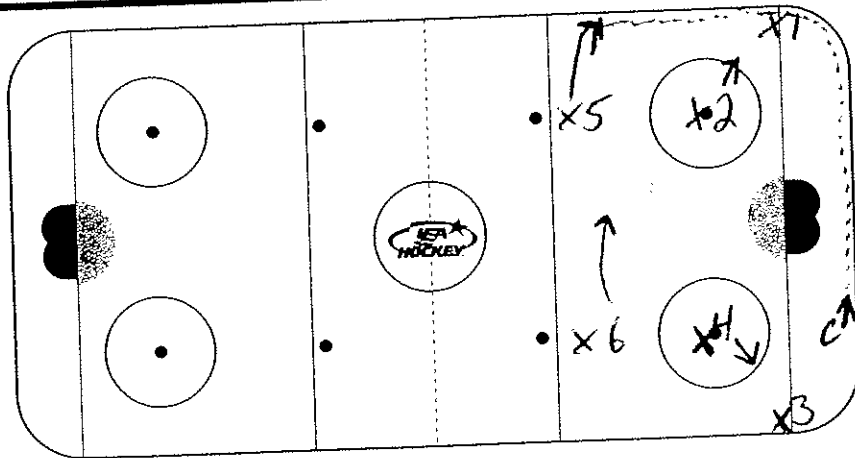
Notes/Systems



Description 1 on 1

ON whistle "D" take off
Fwd's hit Boards with stick
Activates Fwd who takes
off Acceleration thru circle
picking up puck "D" Backpedals
to cone pivots and tries
to Angle off Fwd.

Notes/Systems



Description (1 on 1 - 2 on 2 - 3 on 3)

ON whistle Activates x1 &
x2 For 1 on 1.
ON 2nd whistle Play Dead
Activates x3 & x4 - x3 & x1
Against x2 & x4 Defensive
Role.
ON 3rd whistle Play Dead -
Also Activates Coach to Ring Puck
Around Boards For x5 - x6 on H
defensive goes after x5 - so its now 3 on 3.

Notes/Systems

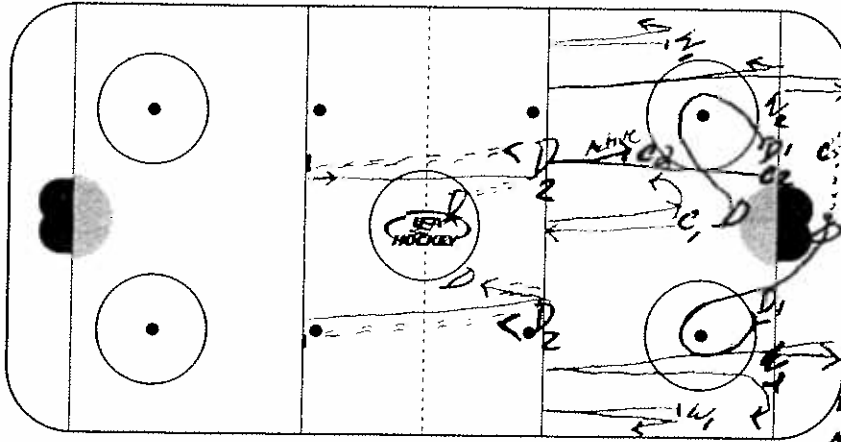
(X1-X3-X5) VS. (X2-X4-X6)
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8-105 MAROON TEAM
 SYSTEM/DRILL
 8:10-9:10 A.M.

Brice Johnson
 Steve MacSutin

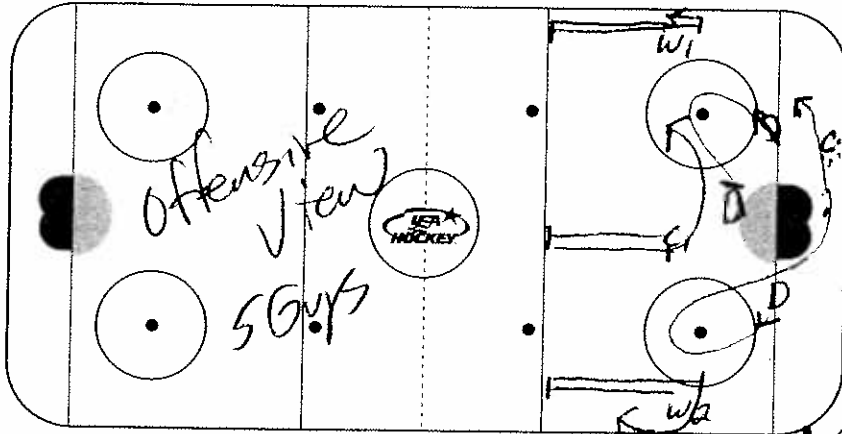


Description "JACK Blatherwick"
 "SONS SKATE/BACKCHECK"

ON whistle:

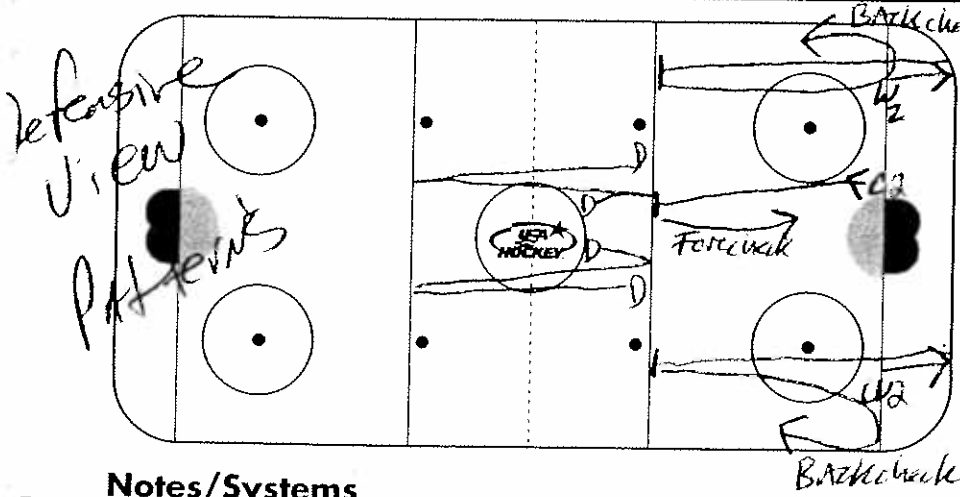
W1-C1-W1-Hard to Blue stop
 And BACK to Dots stop receive
 PASS FROM D1-Attack 5 and 2 with
 BACKCHECKERS COMING.
 *D2s BACKWARDS to the BLUE FWDS to
 BLUE-BACKWARDS FOR 3 and 2 COMING
 AT them.

Notes/Systems *W2's - SKATE hit End Boards stop skate to Blue stop BACK to goal line tight
 TURN and BACKCHECK. *C2 start at Goal-line skate to Blue and Forecheck D1!



Description *D1's - start on
 GOAL/LINE skate AROUND Dot
 outside in. Pivot open up
 AROUND Dot 1 D1 Go track DAW
 Puck FROM Catch and Break-out
 W1-C1-W1 OTHER D1 GO to Home
 BASE in Front of Net. SOIN Play
 ON Break-out. D1's react FAST
 C-1 Active on Forecheck - E W-2
 ON their way BACKCHECKING
 After skate pattern.

Notes/Systems NO Cheating Got to
 Assigned Spots.



Description

Notes/Systems

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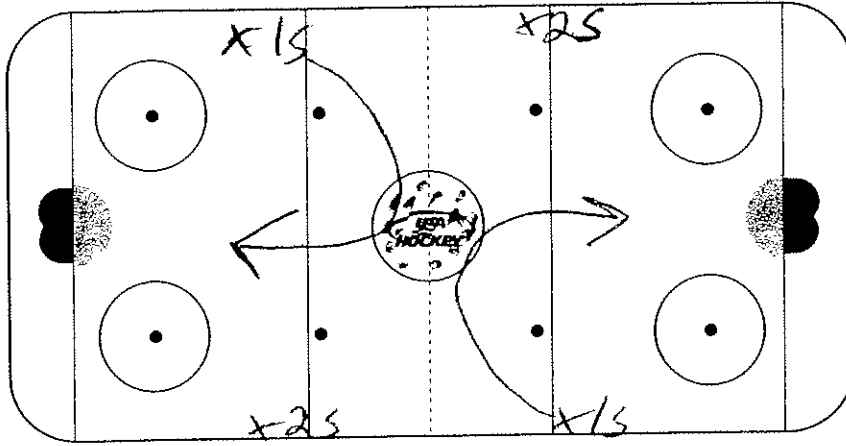


Monday Aug 1st MAROON TEAM

JOHNSON
MACSWAN

SYSTEM/DRILL 2005

8:10-9:10 A.M.

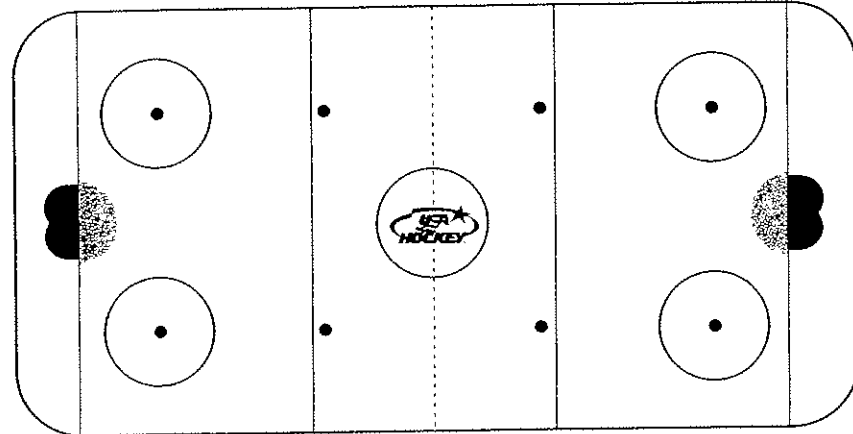


Description "Willy Skate"

x15 go AT SAME TIME
 IF your Group scores Goalie
 Hand to Blue = Back. IF your
 skater doesn't score your
 Puck Goes 1 Hand Up.
 x25 go when coast is clear
 New skater in line each
 shoot FUN game and
 challenge

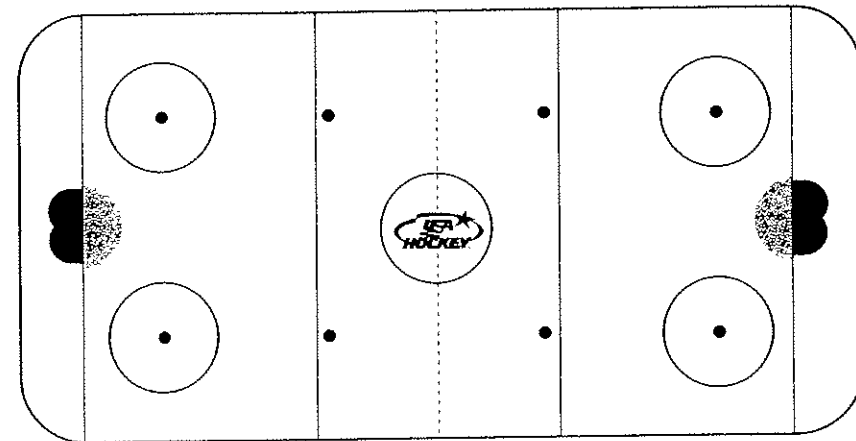
Notes/Systems #56

*Moms Birthday Today - phone Her!!!



Description

Notes/Systems



Description

Notes/Systems

The USA Hockey Coaching Education Program Is Presented By



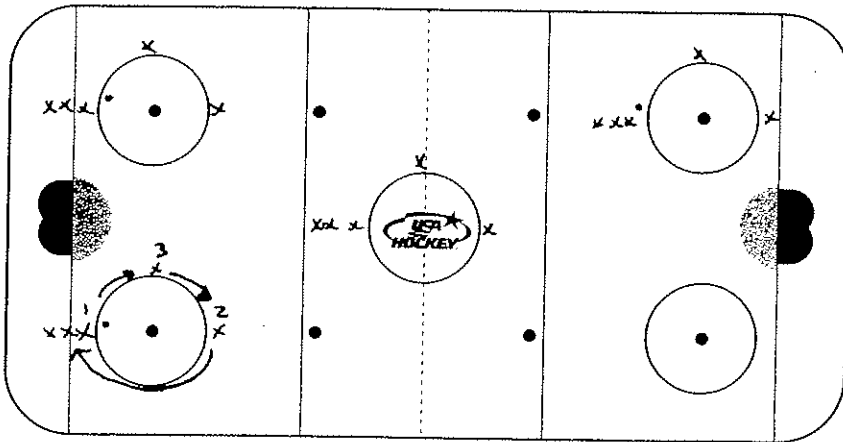


TEAM GREEN

SYSTEM/DRILL

Knott/Tremblay

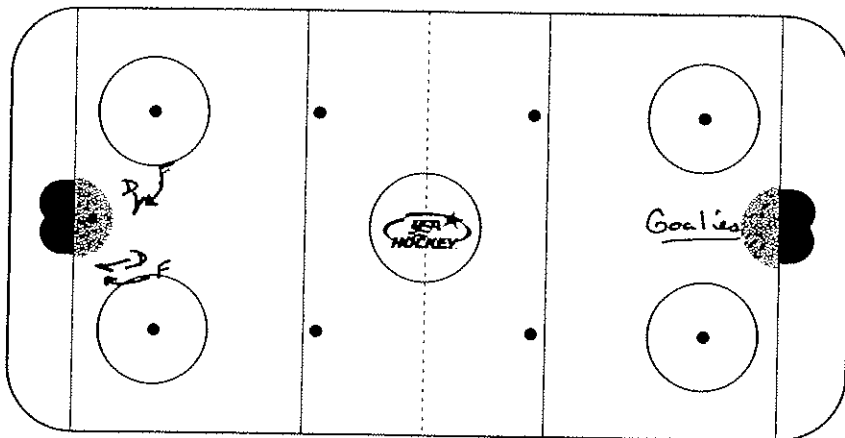
August 1, 2005 Defensive
Page 1 of 3 Concepts



Notes/Systems Qued Passing

Description

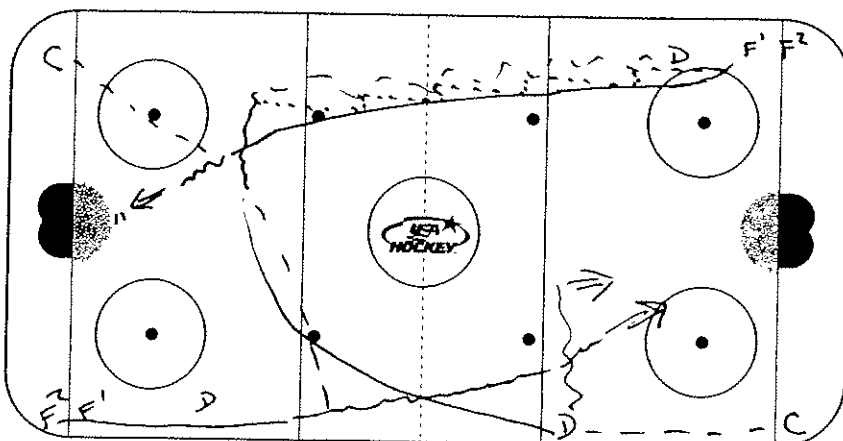
Puck starts w/ x^1
 x^1 passes to x^2
 x^2 passes to x^1
 x^1 passes to x^2
 x^2 passes to x^3 + skates to line
 around the circle
 x^3 passes back to x^2
 x^2 passes to a new x^1
 x^1 goes to x^3 + x^3 goes to x^2
 + drill repeats itself



Notes/Systems Blocking Out

Description

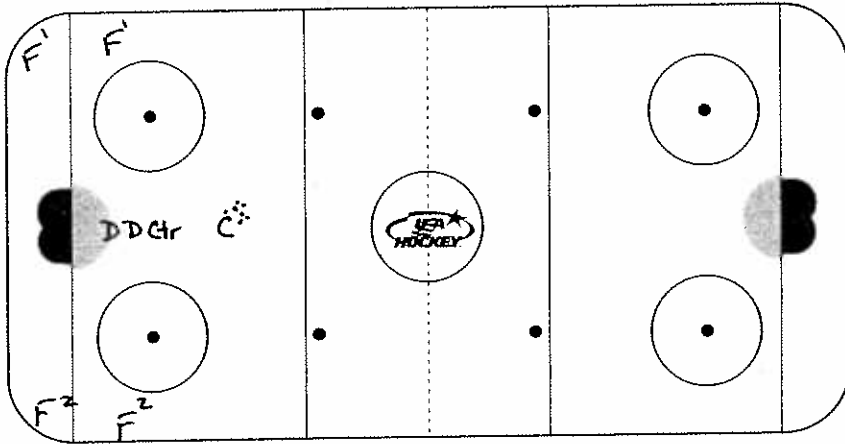
F^1 on hardmarks
 D tight on F
 Puck in crease
 On whistle F^1 try to score
 while D Block out - there is
 no goalie in net.



Notes/Systems Yale 1, 2, 3 x 0

Description

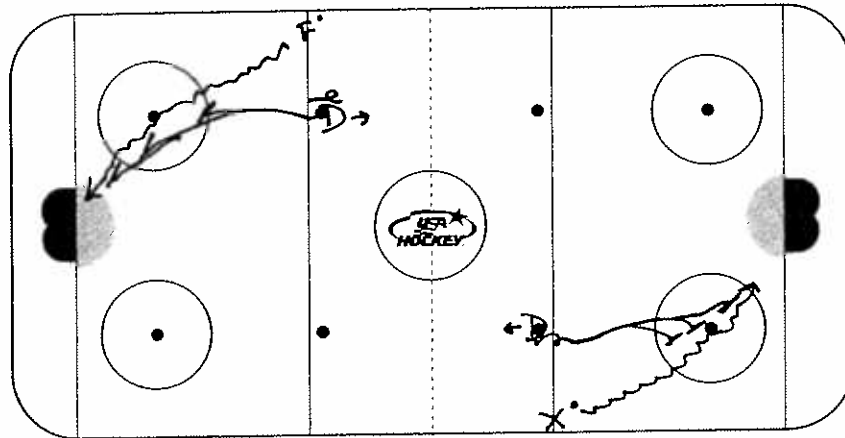
F^1 + D pass back + forth to blue line
 At blue line D keeps puck + opens to
 middle + passes to F^2 streaking
 down wall. F^1 gets a pass from C +
 goes to net. F^2 then goes to net, both
 stay in front. D follows pass to
 F^2 + gets to blue - receives a pass
 from C + shoots w/ F^1 + F^2 in
 front of net
 Both sides go @ same time



Description

Coch passes to F¹, D+Ctr
play 2x2 w/ other D in front of net
On whistle Coch passes to F²
+ D in front + center play
2x2 against F²'s
Coch then goes to F¹ etc
+ drill lasts 25-35 sec.

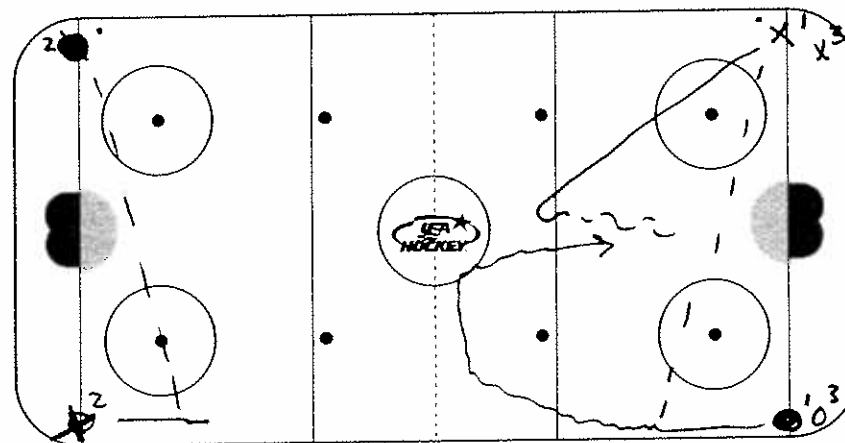
Notes/Systems T K D Zone



Description

Work on angling

Notes/Systems New Post Drill

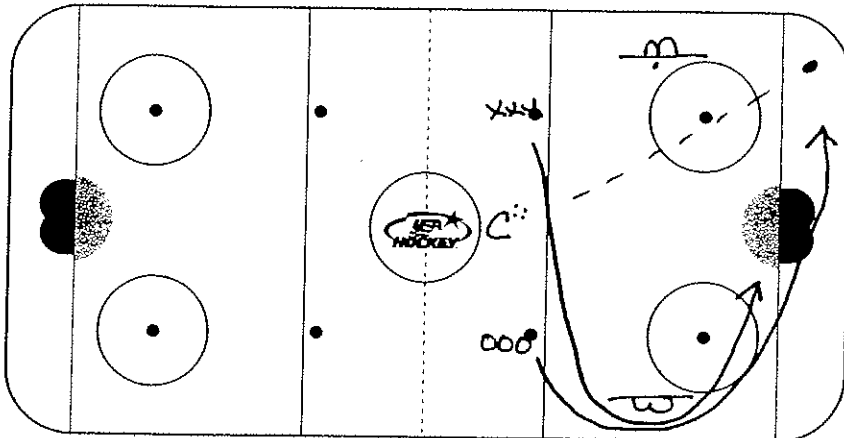


Description

X¹ passes to O¹, O¹ must gain blue
+ then can head in 1x1 vs X¹
On whistle X¹ jumps up ice as
a F + joins X², O¹ backchecks
+ plays def with O² to make
it a 2x2 as O² + X² take
off on that whistle.
Next whistle X² + O² go up ice
w/ O³ + X³ + drill repeats
itself each whistle

Notes/Systems Walshie 1x1, 2x2





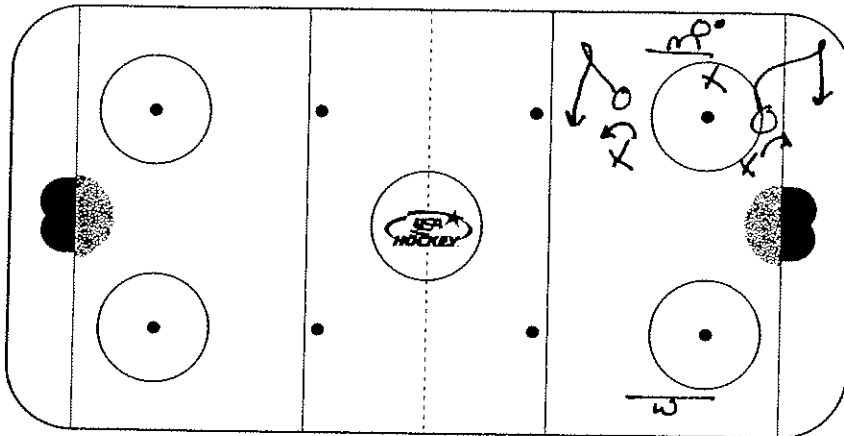
Description

Coach dumps puck into either corner

Both teams must skate around the net away from the puck

X's score on net closest to them as well as O's score on net closest to them

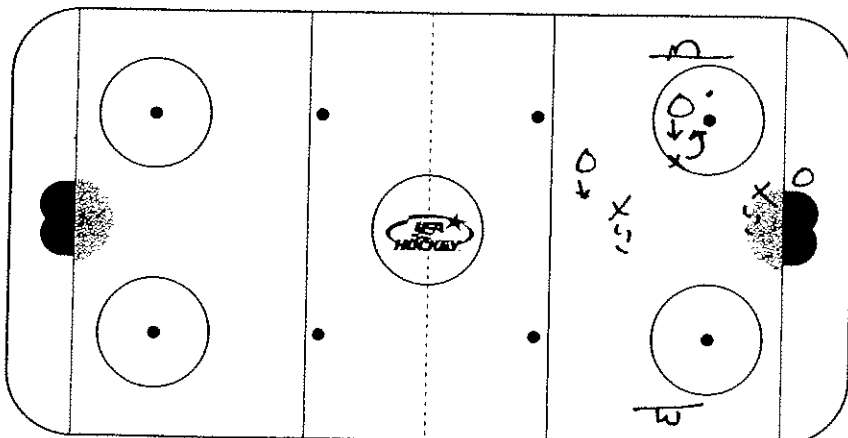
Notes/Systems Breakout - Forecheck 3x3 (Step 1)



Description

O's pick up puck + breakout while X's set up forecheck

Notes/Systems Breakout - Forecheck 3x3 (step 2)



Description

X's vs O's 3x3

Notes/Systems Bout - Check 3x3 (Step 3)

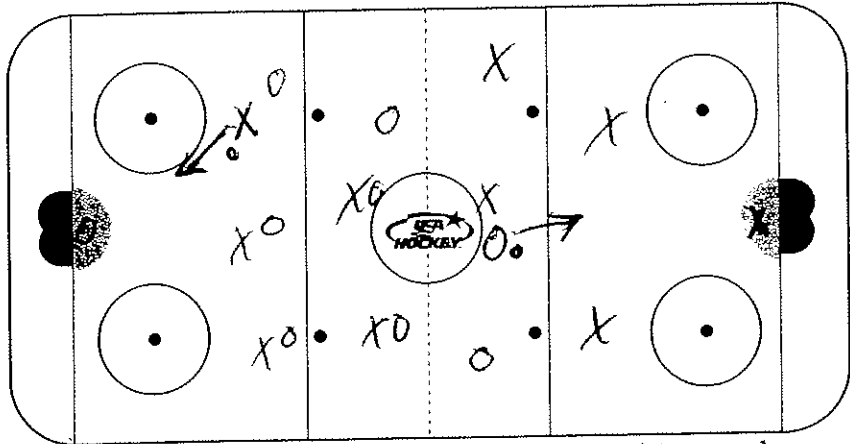


RED



SYSTEM/DRILL

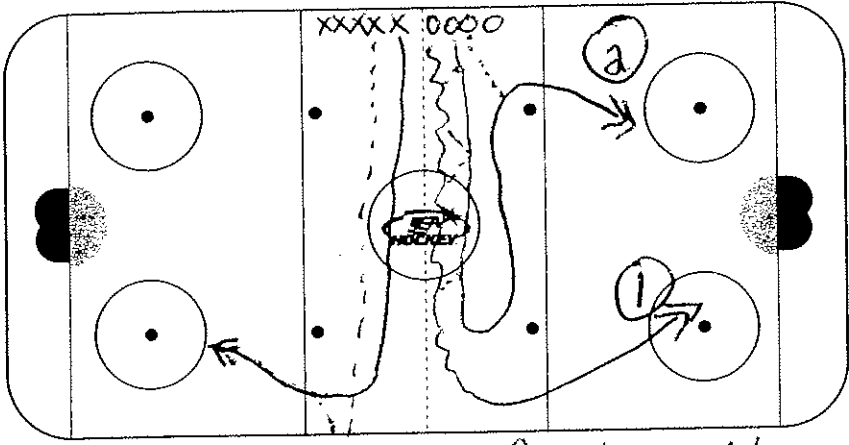
PRACTICE 2 - DEFENSIVE CONCEPTS



Notes/Systems 9 on 9 OPPOSITE HAND GAME

Description

FULL ICE
TWO PUCKS
CHANGE HANDS
EVERYBODY PLAYS

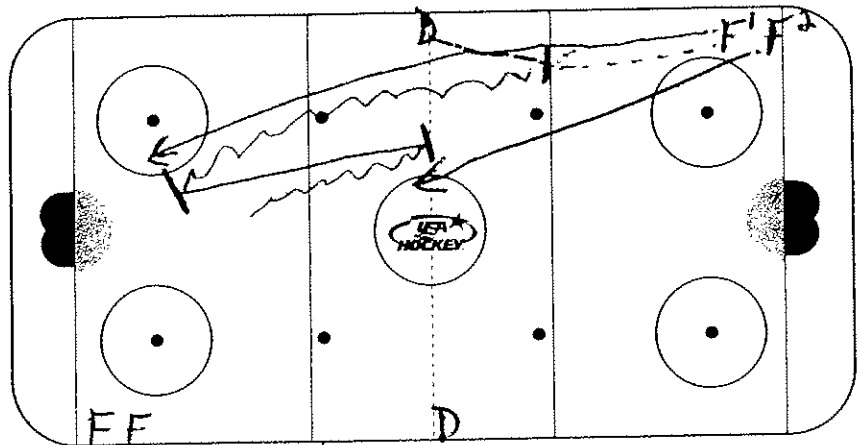


Notes/Systems SAME-SIDE RED LINE WARM-UP

Description

1st Man collects puck shot against far wall by 2nd man + shoots

PROGRESSION:
2 men pass across ice the player skating backward shoots + the skater skating forward returns to the line for a pass + shoots



Notes/Systems DOUBLE 1 on 1

Description

D skates from Red to Blue + stops E passes to D and picks up puck D lets / on /
WHISTLE
D stops + gaps up F takes off Full speed / on /

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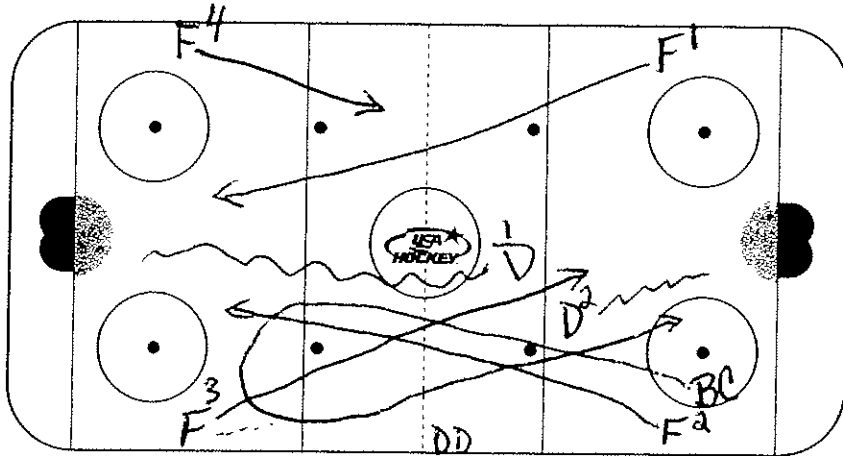


RED



SYSTEM/DRILL

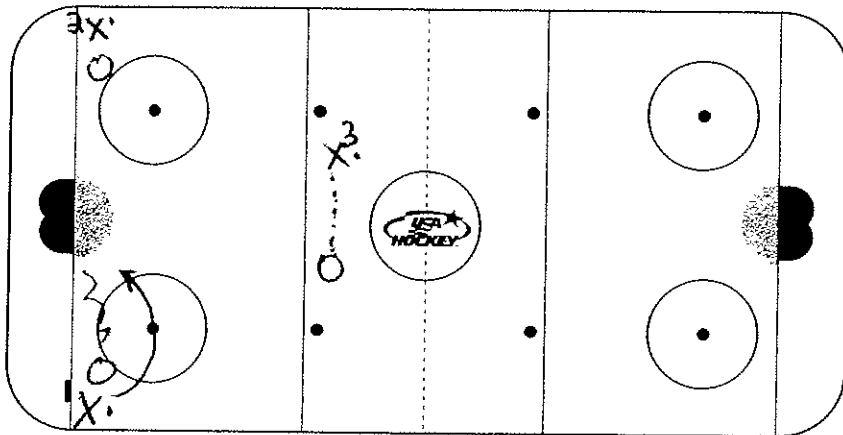
PRACTICE 2-DEFENSIVE CONCEPTS



Description

F1 + F2 go 2on1 vs D1
 BC backchecks until whistle
 WHISTLE
 BC swings to either side + goes 2on1 with F3 vs D2
 F4 Backchecks until whistle

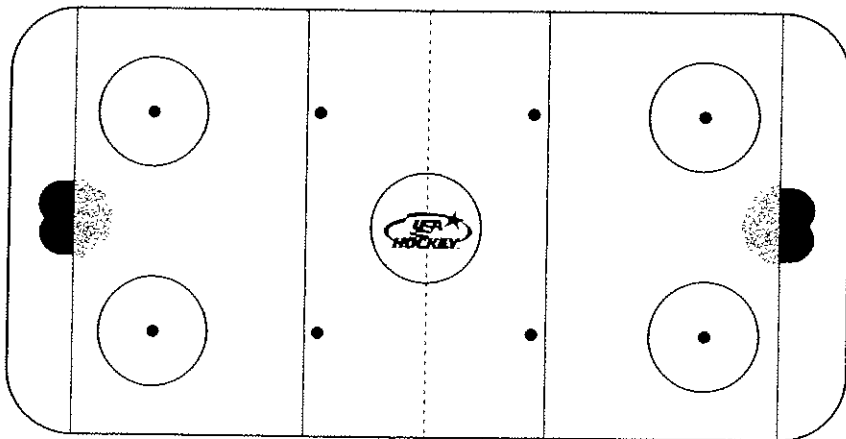
Notes/Systems CONTINUOUS Back-check



Description

X1, X2 + X3 all have a puck
 WHISTLE
 X1 attacks net 1on1
 X2 puck protects
 X3 passes w/o
 WHISTLE
 X2 joins X1 2on2
~~X3~~
 X3 plays keep-away w/o
 WHISTLE
 X3 joins X2 + X1 3on3

Notes/Systems 1on1, 2on2, 3on3



Description

Notes/Systems D-ZONE COVERAGE

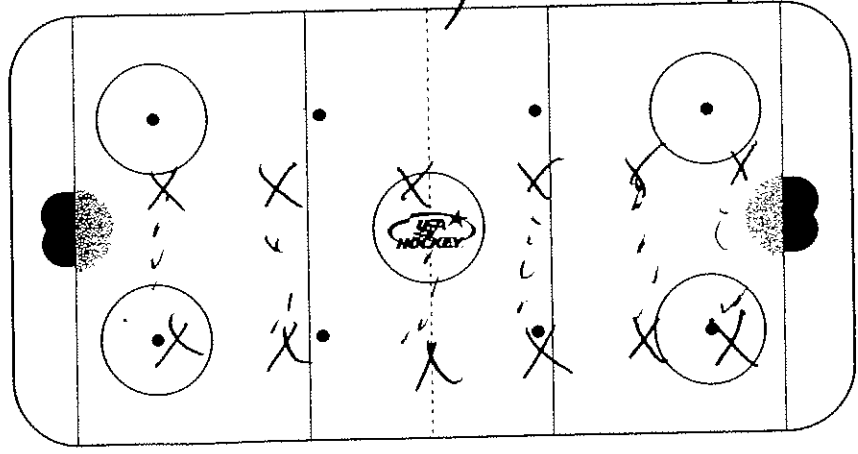
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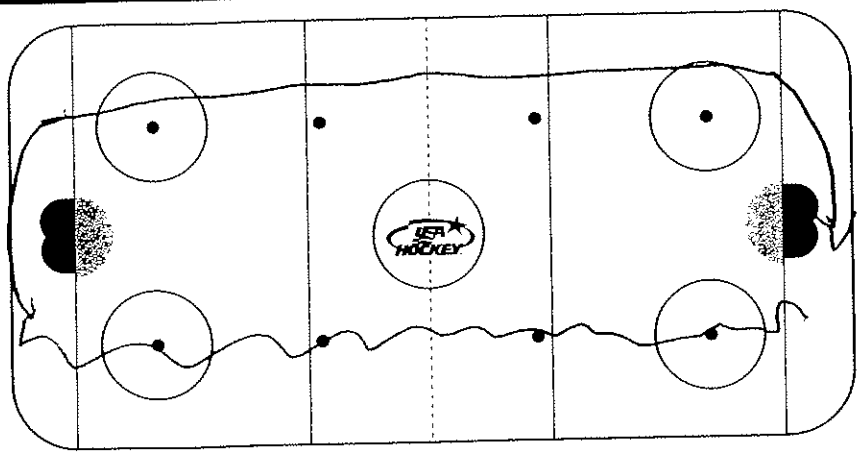
Defensive Concepts SYSTEM/DRILL Monday, August 1, 2005

Glory Page 1



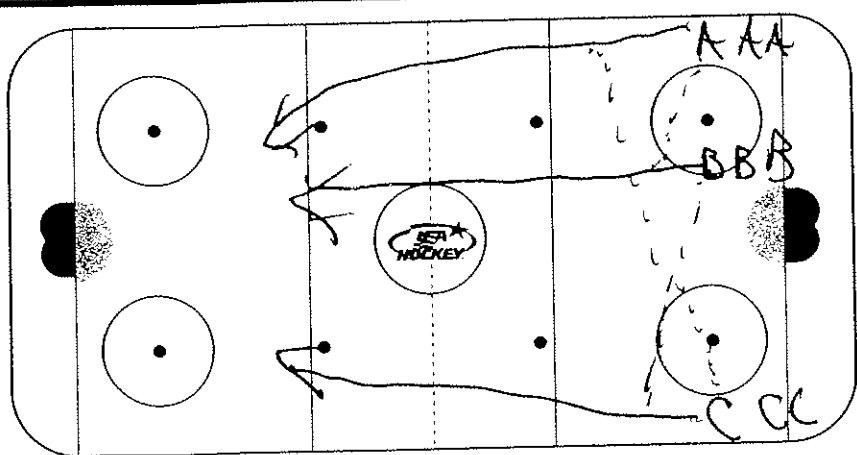
Description Stationary Pass
- 25, 25, 25
Forward
Backward
Catching Backward pass
4 hand

Notes/Systems _____



Description Dual Skate
- Inside Edges 2 FORWARD
- Outside Edges
- Inside Edges BACKWARD
- Outside Edges
- 1 leg 4 FORWARD
- 1 leg BACKWARD
- Russian walk
- Pivots
- 1 leg turns

Notes/Systems _____



Description 3 Line
WARM UP
A PASSES to B → B shots
B PASSES to C → C shots
C PASSES to A → A shots

Notes/Systems _____





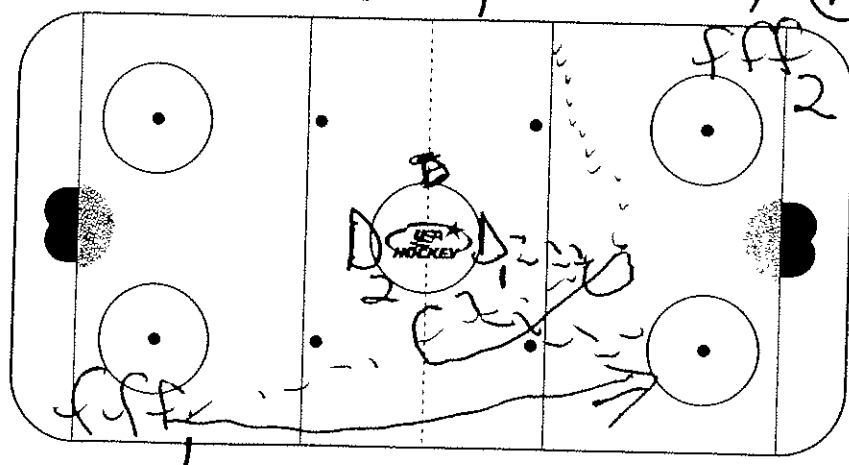
DEFENSIVE CONCEPTS

SYSTEM/DRILL

Monday, August 1, 2005

Grey

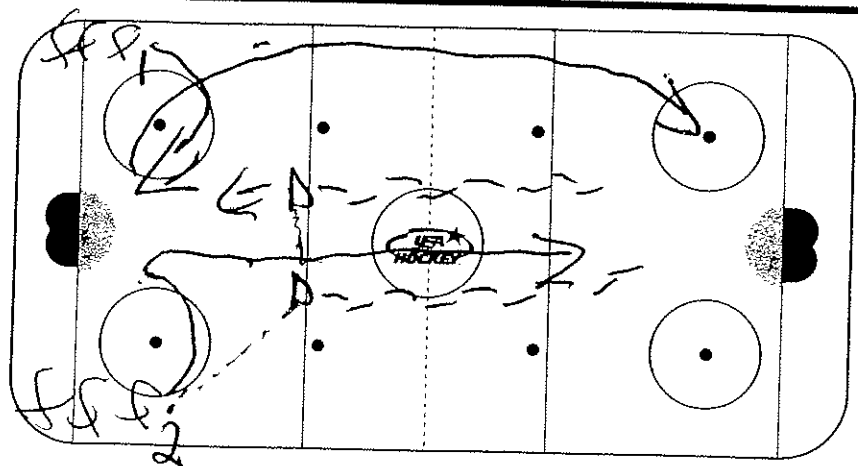
Page 2



Description Bulls 2 on 2
 F₁ PASSES to D₁ - D₁ DOES SPIN AROUND AND PASS to F₂ moving up ICE.
 D₁ REGARDS AND PLAYS LOW w/ F₁

F₂ PASS to D₂ → SAME AS ABOVE,

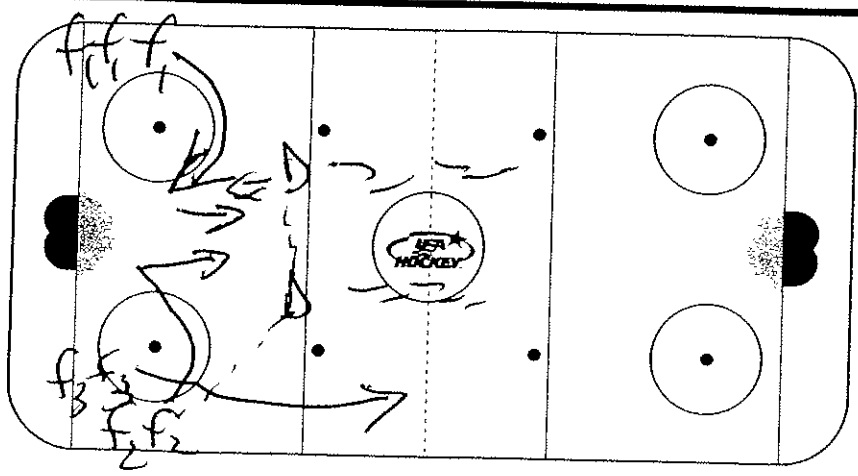
Notes/Systems



Description 2 on 2 tight GAP

- F₁ skates top of circle for shot
- D₁ PASSES to D for shot
- F₂ picks up second puck
- F₁ & F₂ ATTACK 2 on 2 AGAINST D
- D ATTEMPT TIGHT GAP AND PLAY BY FORWARD BEFORE DEFENSIVE BLUE

Notes/Systems



Description 3 on 2

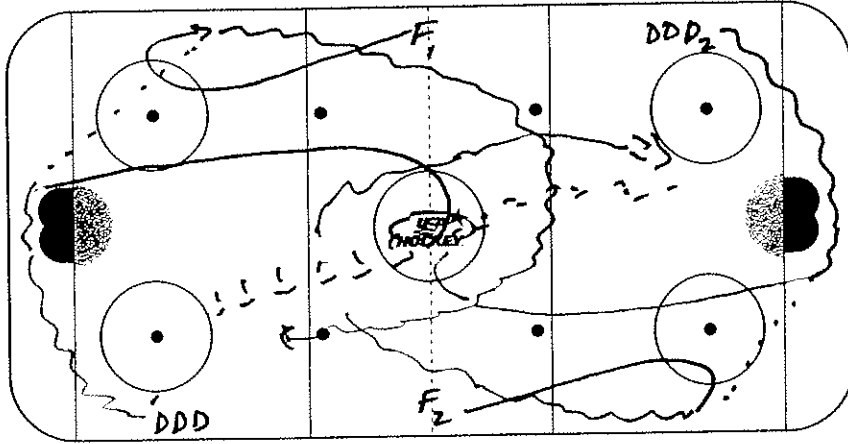
SAME AS ABOVE, but F₃ will start with ATTACK PUCK.

Notes/Systems





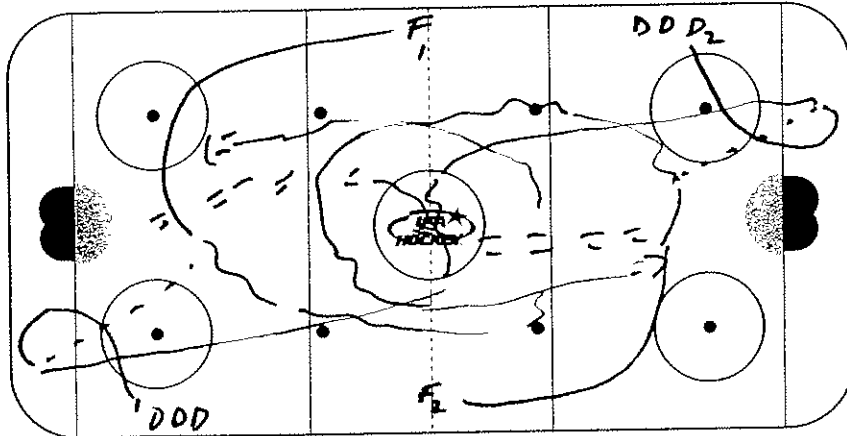
SYSTEM/DRILL MONDAY / ROYAL "DEFENSIVE CONCEPTS"



Notes/Systems _____

Description | ON | 'HOOK-SLIDE'

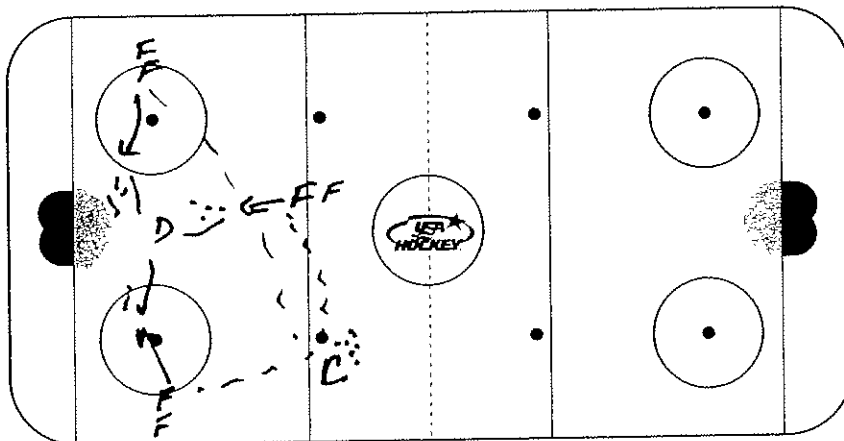
D BREAKS OUT F WHO OPENS UP TO RECEIVE PASS. F MUST TOUCH FAR BLUE WHILE D CLOSES GAP AND TAKES SAME SIDE F BACK 1 ON 1.



Notes/Systems _____

Description | ON | 'ESCAPE'

SAME AS HOOK-SLIDE BUT FWD SWINGS THRU ZONE & D ESCAPES WITH PUCK IN CORNER.



Notes/Systems _____

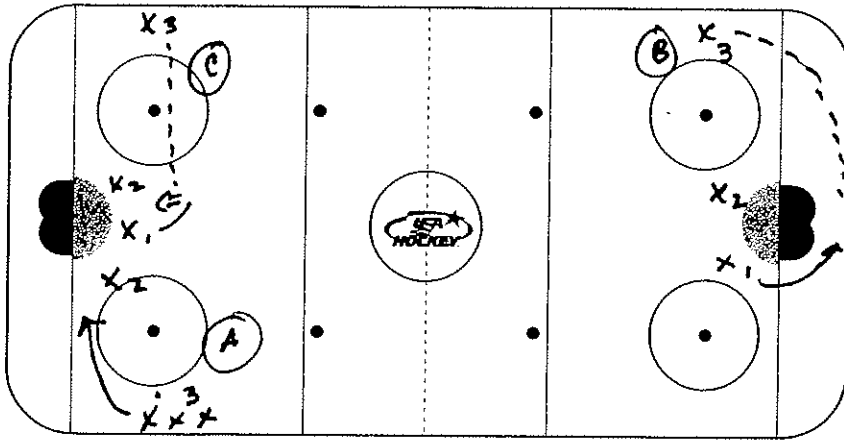
Description 3 1 ON 1'S

D STARTS IN MIDDLE OF ZONE. COACH HAS PUCKS OUTSIDE BLUE LINE STARTS BY PASSING TO ANYONE OF 3 F'S. D TAKES F 1 ON 1 CLOSING GAP, WHISTLE, THEN PASS TO ONE OF THE REMAINS. FORWARD - D CLOSES ON HIM WHISTLE, PASS TO LAST FWD.



SYSTEM/DRILL MONDAY - ROYAL "DEFENSIVE CONCEPTS"

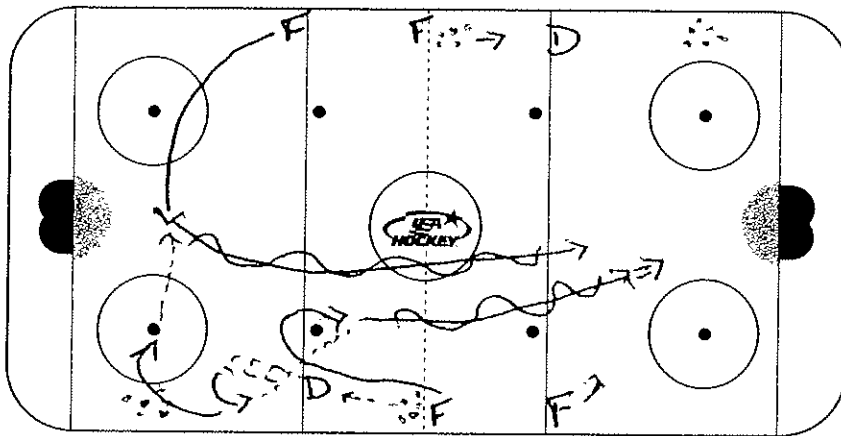
CORBETT / MEISNER



Description ON / DOWN
LOW THREE PUCK.

- (A) X1 STARTS W/PUCK, TRIES TO BEAT X2 GOING TO NET
- (B) WHISTLE, X3 OR COACH THROWS 2ND PUCK X1 TRIES TO SCORE X2 DEFENDS
- (C) WHISTLE, X3 PASSES 3RD PUCK TO X1, IN SLOT, WHO TRIES TO GET OPEN. X2 TRIES TO GET BODY + STICK CONTROL

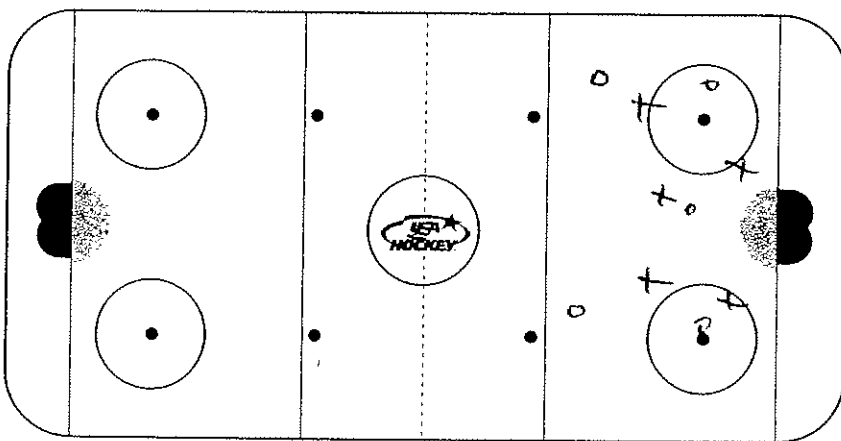
Notes/Systems _____



Description WARM-UP SHOOTING
BOTH SIDES @ SOMETIMES
& ON WHISTLE.

Forward Passes to D & D back up with the puck. Forward opens up & does a small quick loop & catches a pass. HE is the 1st shot.
D - then backs up & picks up a puck & hits the Forward timing it from the BLUE line. This is the second shot.

Notes/Systems _____



Description 5 on 5
D-ZONE COVERAGE.

- Keys - hitting & pinning
- taking away space
- communicating
- support
- READING ICE.

Notes/Systems _____

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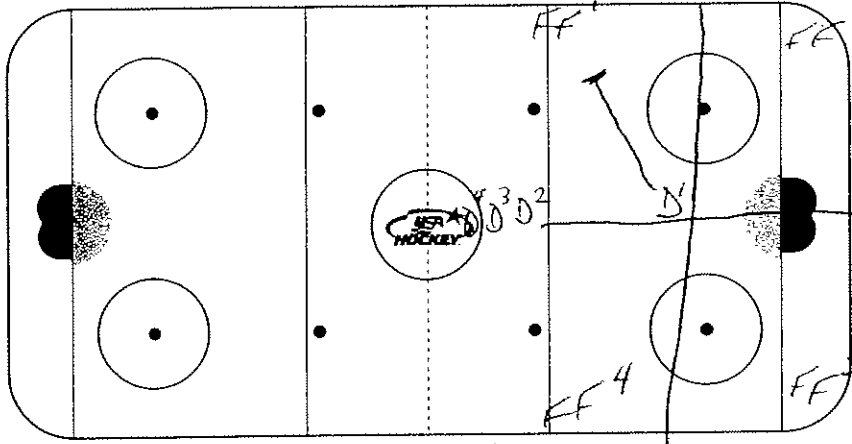
Monday 8/1

SYSTEM/DRILL

"Defensive Concepts" Team Navy

101 - 202 - 303

COOPER + BUCKW

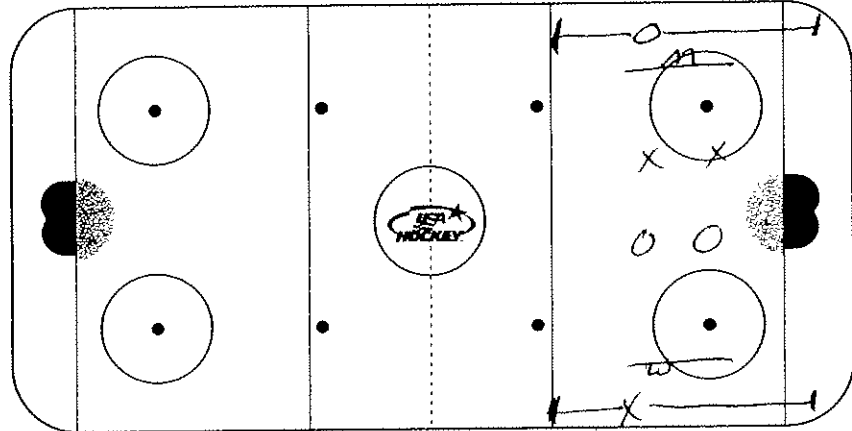


Description

- D¹ Starts From middle of ice - Skates within stick length stops - F¹ attacks D¹
- NEW D² - Skates at F² F² vs D²
- Same For D³ - D⁴
- "use small areas"

Notes/Systems

1 on 1 Around the world

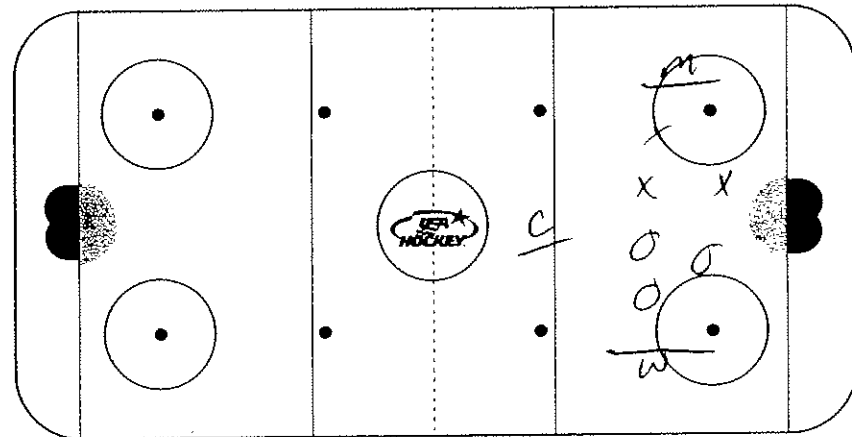


Description

- 2 ON 2 with OFF. Support
- X can use X behind net for OZ
- players behind net cannot be attacked or can they leave from behind net

Notes/Systems

2 ON 2



Description

- 3 ON 3 in Zone
- Coach Neutral
- For Offensive Support

Notes/Systems

3 ON 3

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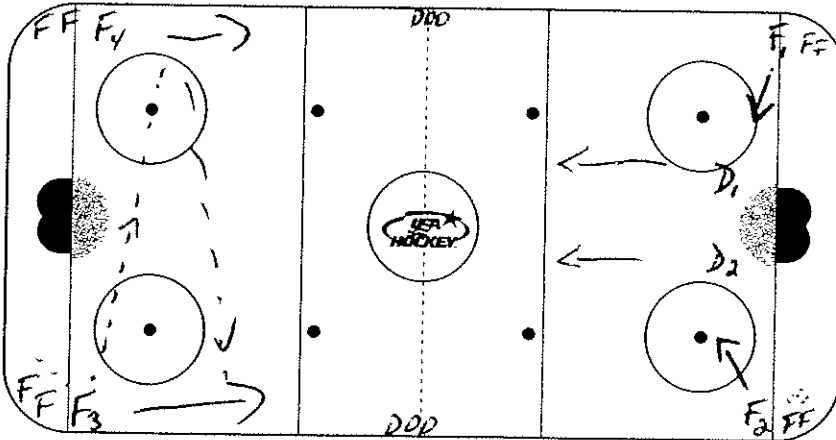


MONDAY 8/1

SYSTEM/DRILL

DEFENSIVE CONCEPTS - COOPER + BURCAR

TEAM NAVY

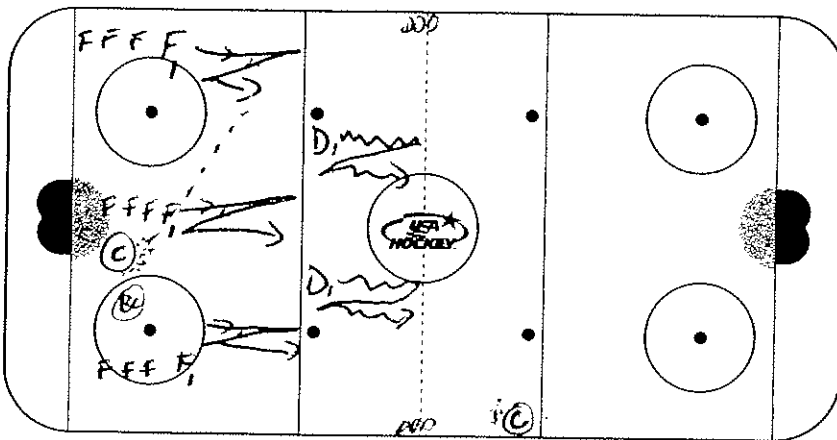


Description 2 on 2 low/HIGH

ON 1st whistle F₁ + F₂ ATTACK
D₁ + D₂ For "low" 2 on 2.

ON 2nd whistle D₁ + D₂ get
up ICE AND GAP UP ON
F₂ + F₁ for a full ICE
"HIGH" 2 on 2
(F₂ + F₁ must make 2 passes
going up ICE)

Notes/Systems

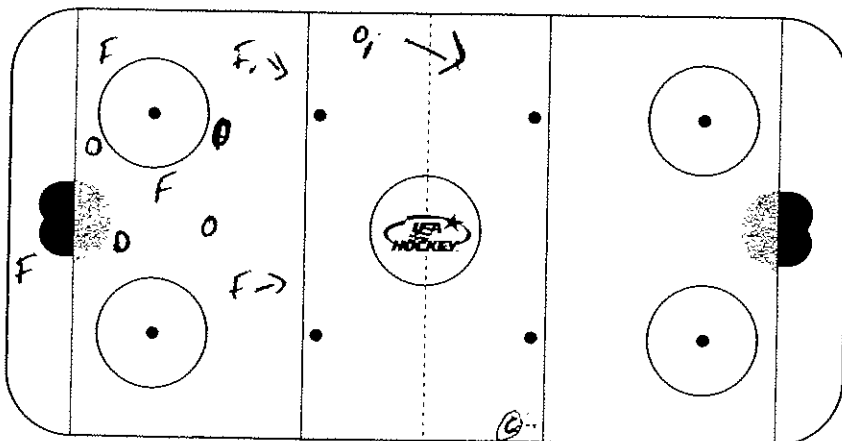


Description 3 on 2 / 3 on 3 w/ BC

ON whistle F₁'s skate to Blue line,
Back to top of circle and go
Receiving a pass From Coach. At
same time D₁'s skate Backwards
to Red, Forwards to Blue and
play 3 on 2. Coach sends a backcheck
once he makes the pass creating a
3 on 2 with Back pressure.

ON 2nd whistle Coach at Far Blue
Dumps another puck and Group plays
3 on 3. (Alternate lines as Backcheckers)

Notes/Systems



Description Funnel Drill
5 on 5 DZ.

ON whistle 5 F's Play 5 on 4
in Zone vs 4 O's. ON Next
whistle O₁ (who has a puck) takes
OFF for Far end. 5 F's All
Backcheck while the 4 O's are
NOW ON OFFENSE. *O₁ must carry
puck around Net on 1st rush.
Have 2nd Coach Dump pucks to
keep 5 on 5 going in other
END.

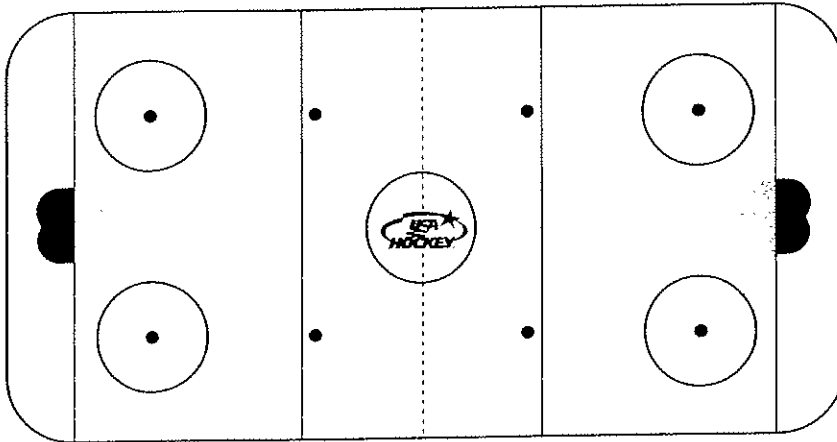
Notes/Systems

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TEAM - BLACK COACHES JUTTING + MENDELSON
 SYSTEM/DRILL MONDAY 8-1-05 "DEFENSIVE CONCEPTS"



Description WARM-UP

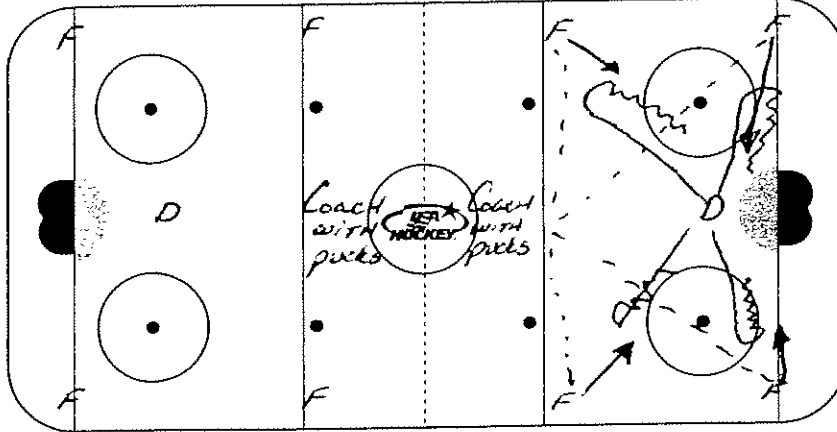
0-5 MIN

WITH PUCKS

- Fig 8 FORWARD
- Fig 8 BACKWARD
- Fig 8 1/2 For 1/2 B.

STRETCH AFTER INITIAL
MUSCLE WARM-UP

Notes/Systems _____



Description 4 ANGLE DEFEN
5-15 MIN

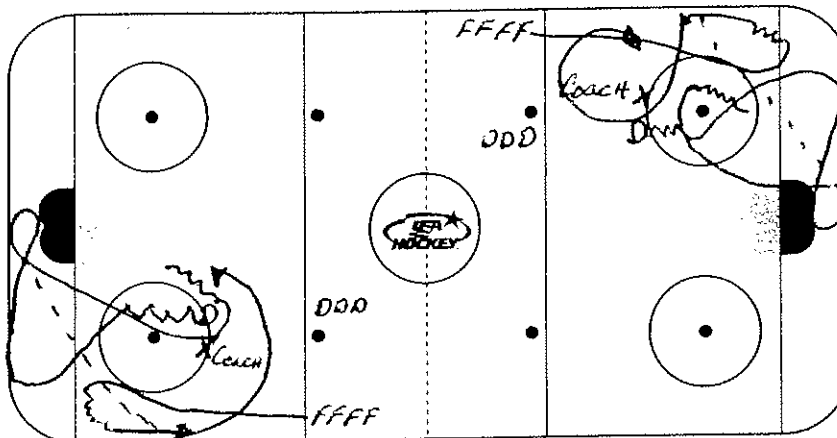
BOTH ENDS

- COACH MOVES PUCK TO ANY OF 4 FORWARDS - IN MOVES TO DEFEND 1 ON 1 AFTER 1 ON 1 WHISTLE DEF GET BACK TO NET FRONT AND REPEATS UNTIL ALL 4 FORWARDS HAVE GON.

Notes/Systems _____

- COACHING POINTS

- A. ANGLING B. GAP CONTROL C. STICK POSITION



Description 1 VS 1 LOW
15-25 MIN

BOTH ENDS

- DEF STARTS BACKWARD, COACH DUMP TO CORNER DEF PIVOTS AND PICKS UP PUCK GETS TO BACK OF NET AND REVERSES TO HIT FORWARD IN BREAKOUT FORWARD MUST GET AROUND G AND THEN ATTACKS. DEFENDER MUST GAP UP AND DEFEND ONE TIME TO WAIT + ONE TIME TO MIDDLE FOR FORWARDS SWITCH SIDES.

Notes/Systems COACHING POINTS - PIVOT, PUCK PICK-UP, REVERSES, WING POSITION, GAP CONTROL,

Hitting + Pinning

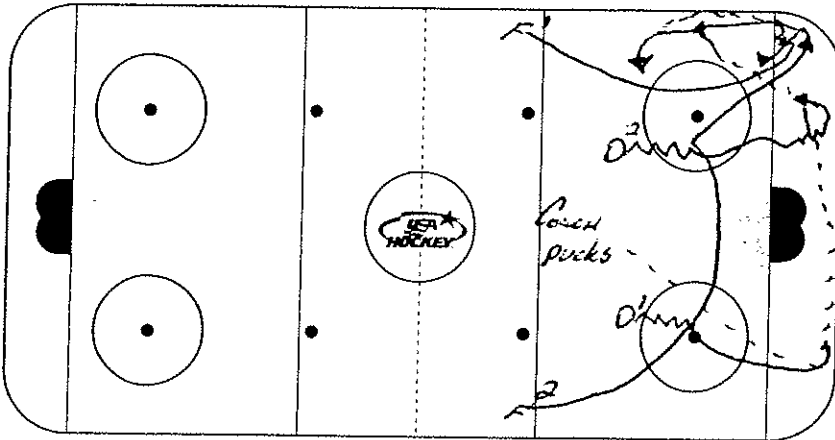
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BACK CONT.

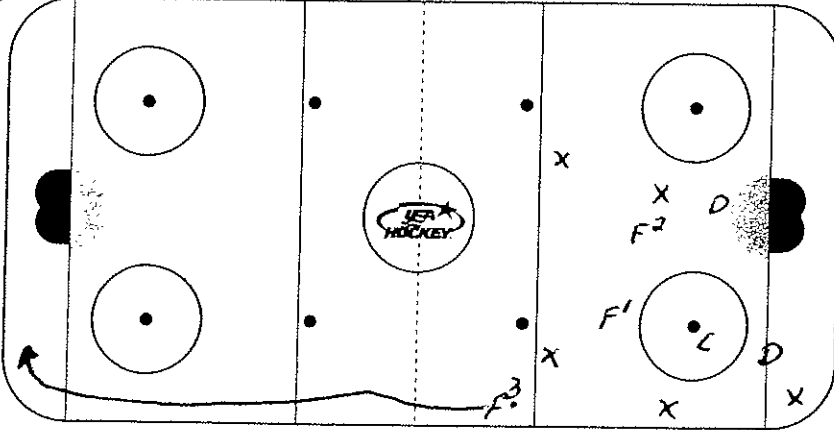
SYSTEM/DRILL "DEFENSIVE CONCEPTS"



Description 2 vs 2 Low
25-32 min

BOTH ENDS
- Coach dumps D¹ REL AND POTA
to D² USE DIRECT AND INDIAN
D² GIVES TO F¹ WHO IS IN
BREAK-OUT MODE F² COME
ACROSS LIKE CENTER THEN
RELEASES TO COACH TO
BECOME CYCLE SUPPORT
F¹ BUMPS PUCK BACK TO
F² AND ATTACKS NET WITH
F² DEF 1+2 GET UP +
DEFEND

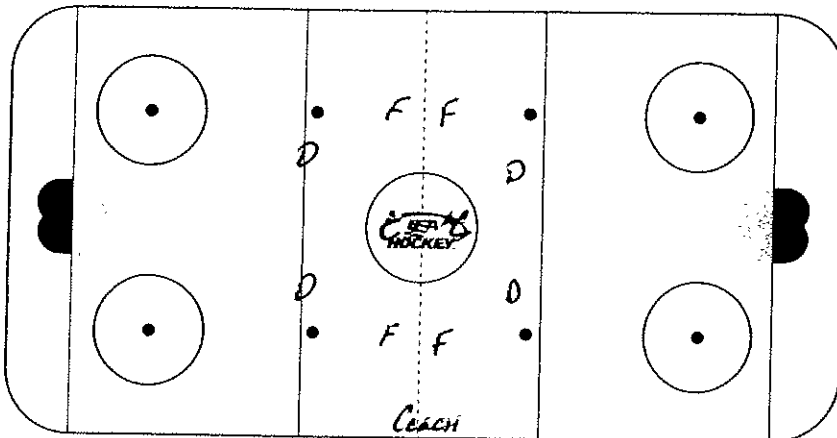
Notes/Systems COACHING POINTS - PIVOT, PUCK
PICK UP, INDIRECT PASS, DEF FOOT WORK ON RETENTION, GOAL
CONTROL & COMMUNICATION



Description DEF ZONE TO BACKCHECK
32 min - 45 min

- PLAY 5 ON 5 DEF ZONE
ABOUT 15 SEC COACH BOUNDS
WHISTLE, FORWARD³ OUTSIDE
BLUE TAKE'S OFF AND MUST
STAY WIDE ALL THE WAY TO
OFF CORNER, DEFENDERS JUMP
UP INTO DEFENSE + ATTACK
NOW BECOME BACKCHECKER

Notes/Systems DEFENSIVE ZONE COY INTO
BACKCHECKING



Description 1/2 DEFENSE
45-55 min

- Coach dumps puck to
ONE SIDE THEY PLAY
1/2 OFF OTHER SIDE
PLAY 1/2 DEF

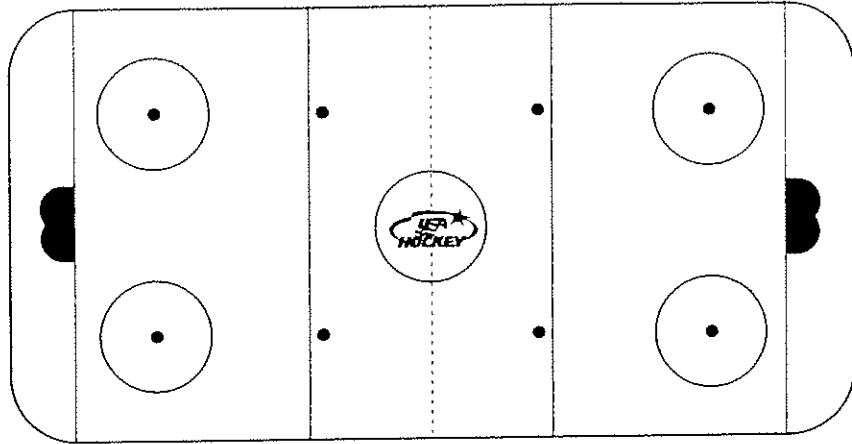
Notes/Systems



SYSTEM/DRILL

ORANGE 8/1 DEFENSIVE CONCEPTS
RILEY/GOLDSWORTHY PRACTICE #3 8:25-9:25

FLOW



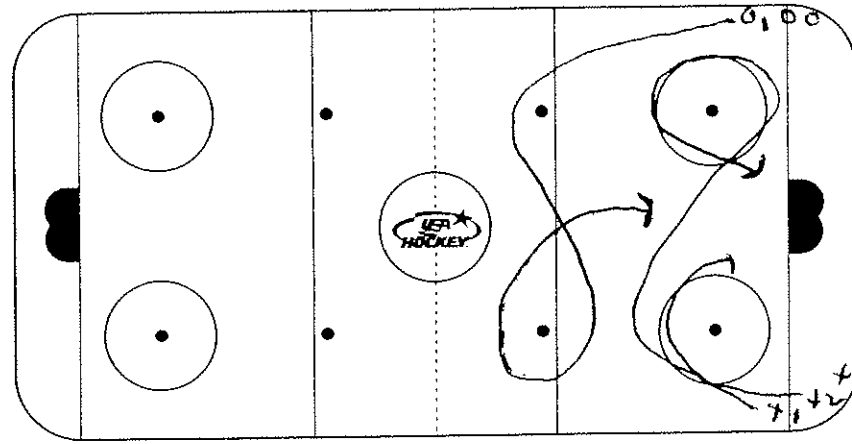
Description

BUTTERFLY WARM UP
(WITH PUCKS)

LONG STRIDES UP MIDDLE
CROSSOVERS & PIVOTS
UP SIDEDOARDS

SKATE HARD W/ PUCKS
SKATE THE CORNERS TOP OF
FACEOFF CIRCLE TO OPPOSIT
TOP OF FACEOFF CIRCLE

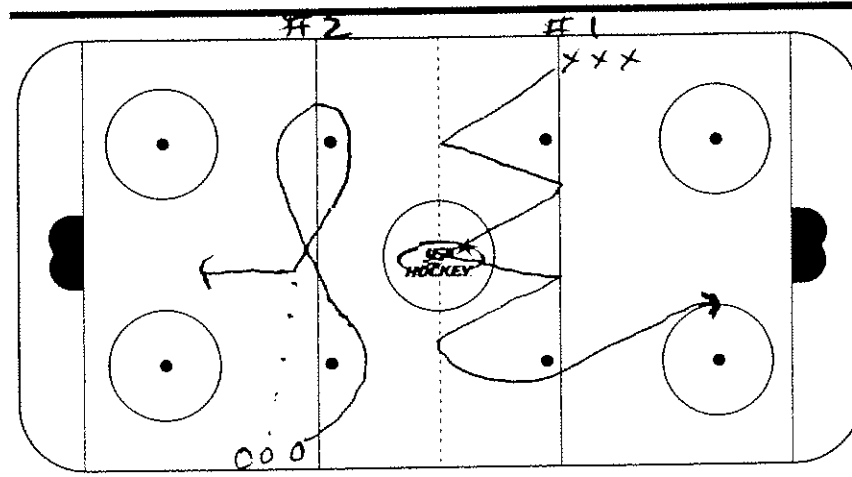
Notes/Systems 8:25 - 8:30



Description GOALIE WARM UP
HIGH LOW 3 SHOTS BOTH S

X, GOES AROUND TOP OF CIRCLE
& TAKES QUICK SHOT, X, WILL
GO AROUND BOTH CIRCLES &
SHOOT & O, WILL DO A FIG
8 AROUND NEUTRAL ZONE
DOTS & THEN GO IN
FOR A SHOT

Notes/Systems 8:30 - 8:37



Description NEUTRAL ZONE
SHOOTING

#1 - X, & O, GO AT SAME TIME
WITH PUCK, THEY WORK ON
QUICK PAST BETWEEN RED &
BL LINE & FINISH WITH
SHOT

#2 O, & X, GO AT SAME TIME
DO FIGURE 8 THROUGH DOTS
& GET PASS FROM NEXT GO
IN LINE & GO IN & SHOOT

Notes/Systems 8:37 - 8:45

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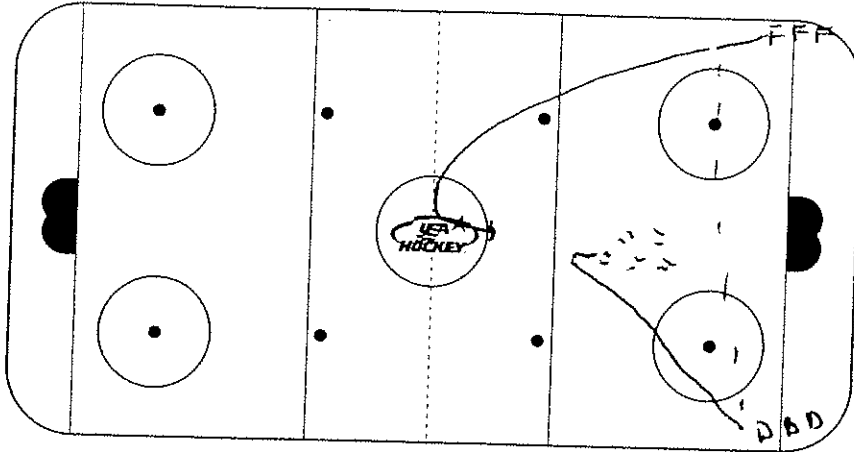




SYSTEM/DRILL

ORANGE 8/11
RILEY/GOLDSWORTHY

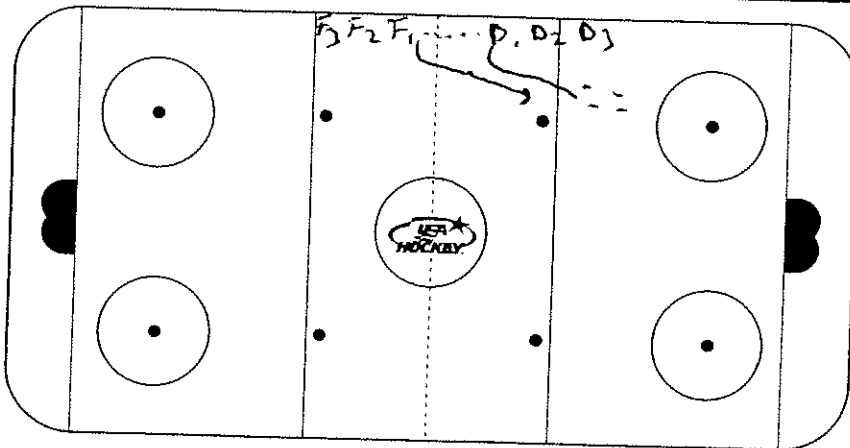
DEFENSIVE CONCEPTS (CONT.)
PRACTICE # 3 8:25-



Description 1-1/2-2 w/ Backch.

D₁ WILL PASS ACROSS TO F₁ TO STOP
DRILL F₁ MUST GAIN RED LINE
& COME BACK IN ON A 1-1. ON
WHISTLE OPPOSITE END STARTS
& THE ORIGINAL D WILL JUMP
IN ON OFFENSE & THE ORIGINAL
FORWARD WILL BACKCHECK
MAKING IT A 2-2

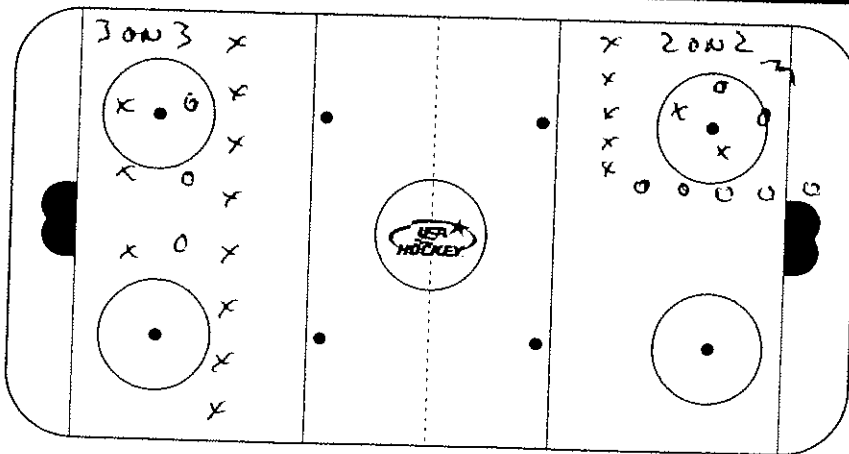
Notes/Systems 8:45 - 8:58



Description 1-1/2-2/3-3

D₁ PASSES TO F₁ & THEY PLAY
1 ON 1 UNTIL WHISTLE AT THAT
TIME D₂ PASSES TO F₂ WHO
WAITS FOR F₁ TO CLEAR ZONE
& THEY ATTACK 2-2 ON NEXT
WHISTLE F₃ RECEIVES PASS
FROM D₃ & HE WAITS FOR
F₁ & F₂ TO CLEAR ZONE
& THEY ATTACK 3 ON 3

Notes/Systems 8:58 - 9:07



Description 2-2/3-3 Below Circles

ON WHISTLE TEAM W/
PUCK WILL ATTACK NET &
TRY TO SCORE WHEN DEFEN
ING TEAM GETS PUCK THEY
MUST GET IT TO TOP OF
CIRCLE & THEN THEY WILL
ATTACK

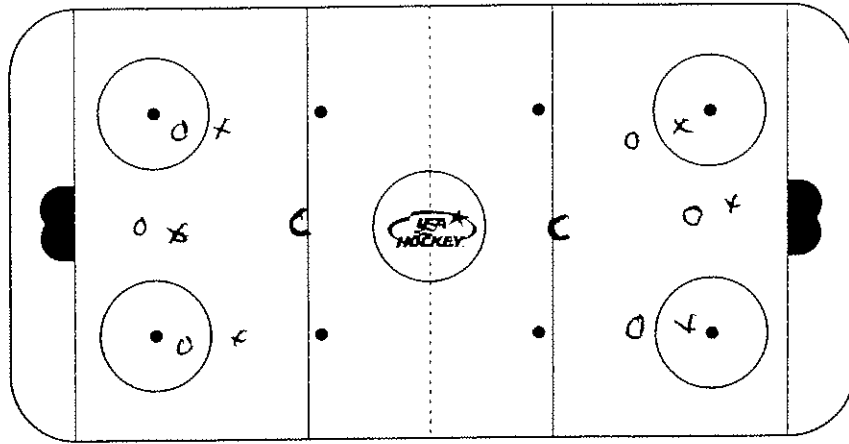
Notes/Systems 9:07 - 9:17





SYSTEM/DRILL

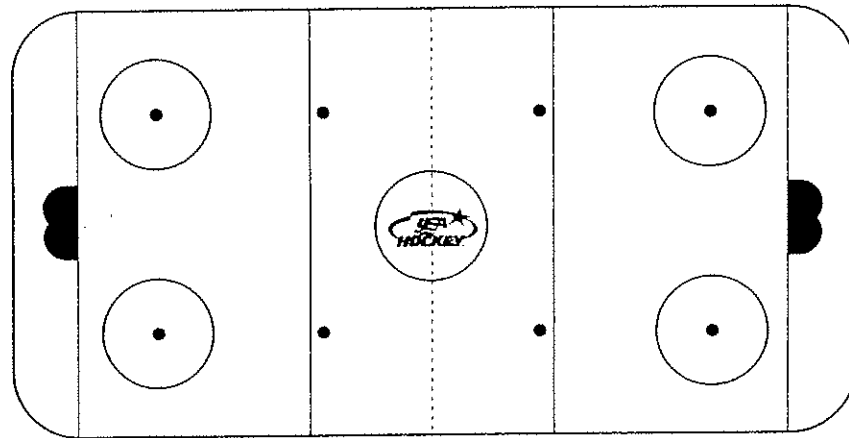
ORANGE 8/1 DEFENSIVE CONCEPTS (601)
RILEY/GOLDSWORTHY PRACTICE #3 8:25



Description 3 ON 3 GAME

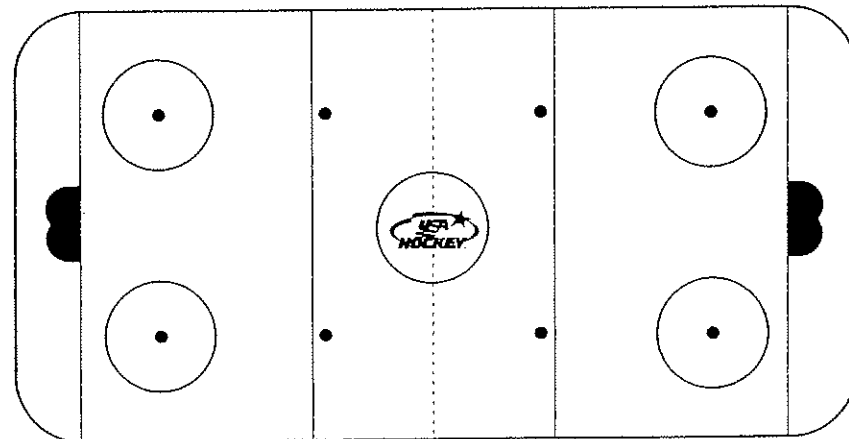
3 ON 3 GAME IN OFFENSIVE
ZONE. ATTACKING TEAM WILL
TRY + SCORE WHEN THE DE-
ENDING TEAM GETS BACK
THEY CLEAR IT TO COACH
+ THEN THEY GO ON OFFEN.

Notes/Systems 9:17 - 9:24



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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