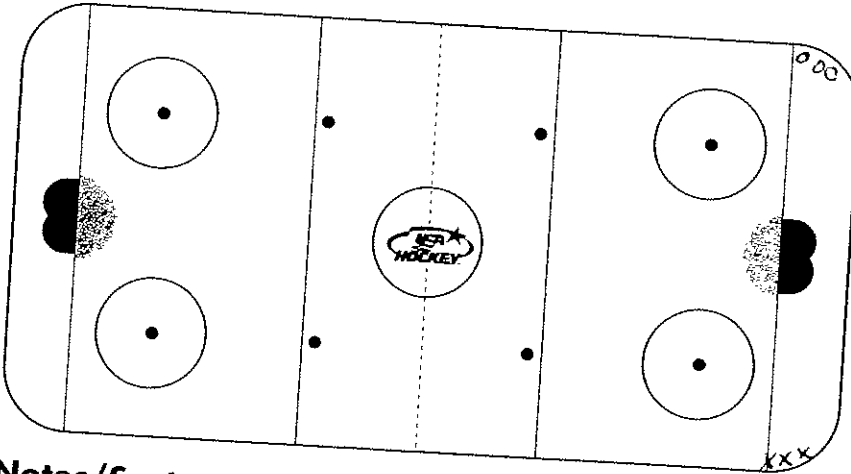


# Position Specific Skills

## (Forwards)



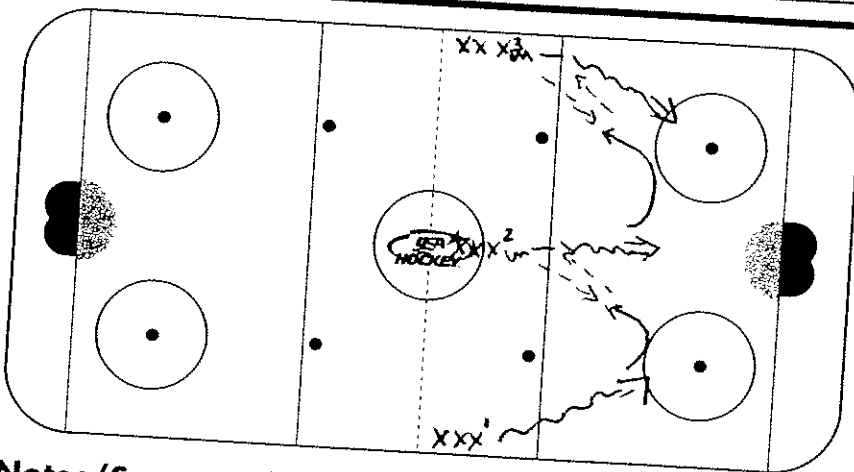


Description Dallas Stars  
Warm-up

3 players from each corner  
at a time  
whistle @ 30 sec

1 v 0 6 players 3 x ea  
1 v 1 first 0 vs. first x, etc  
3 x ea  
3 v 3 x vs. 0 3 x ea

Notes/Systems

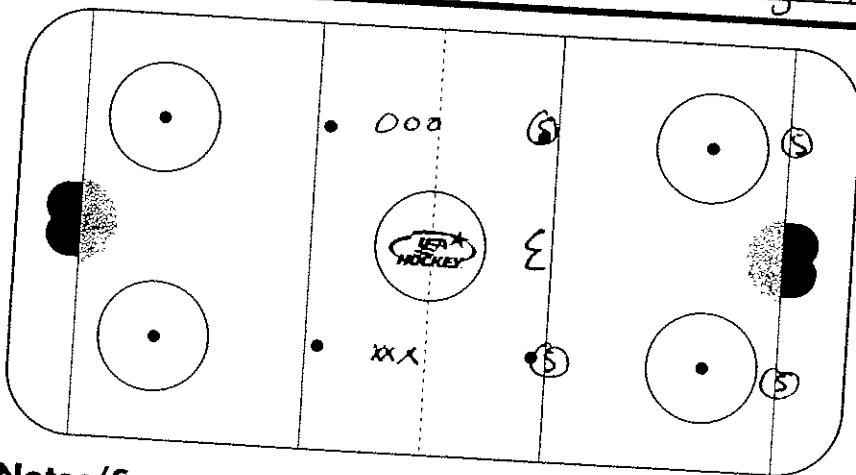


Description Czech Goalie  
Shooting

Continuous with constant  
on - 1 touch passing  
presentation to receive pass  
different shots

1. fake shot, lat cut shot
2. back pressure after pass
3. 2 v 0 attack

Notes/Systems  $x^1$  shoot, exchange w/ $x^2$   
 $x^2$  shoot, exchange with  $x^3$   $x^3$  shoot, exchange w/ $x^1$



Description 1 Touch game

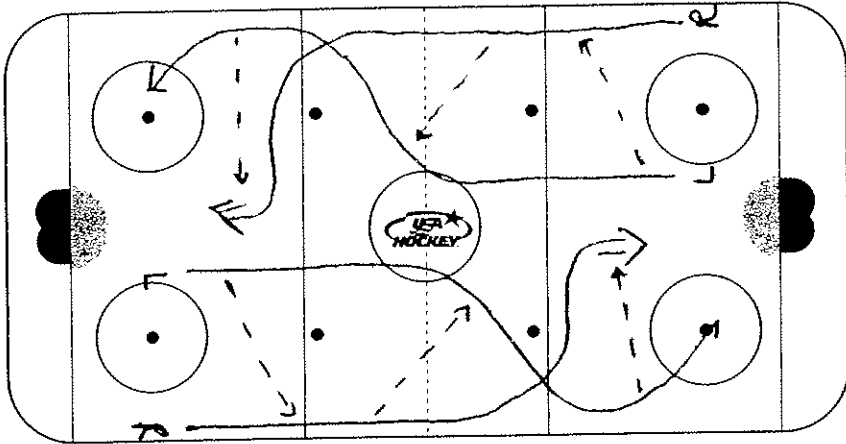
Play 3 vs. 3  
Score @ either net

Everything must be a  
1 touch  
(Passing + Shooting)

(S) Support Players Play  
for both teams

Notes/Systems



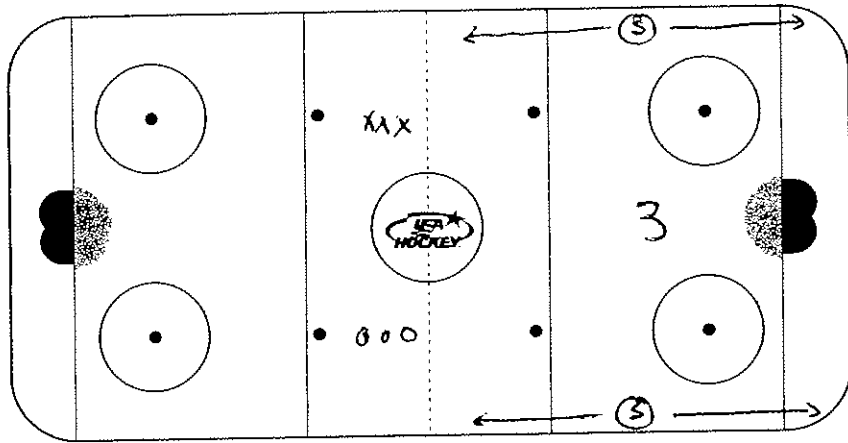


Notes/Systems players line up by shot R/L

Description M. Morris 1 time Shooting

Players work on creating a proper angle and depth to receive pass for 1 time  
Player who passes follows for rebound

Hitting the net is key



Notes/Systems Support players movement should open up new angles of attack

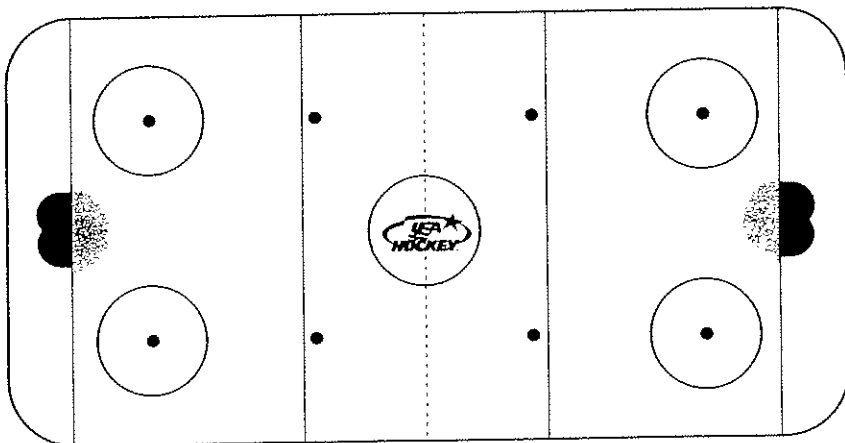
Description LEVELS GAME

Play 3 v 3

Score on either net must use support players on transition

Support players can go from end boards to red line, stay within 10' of boards

CREATE OFFENSIVE SPACE



Notes/Systems

Description



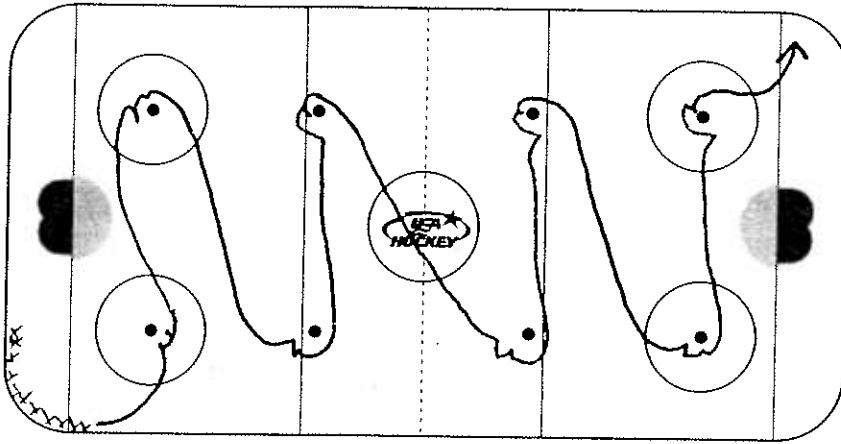


SYSTEM/DRILL Haroon/White

Steve MacSartin

8-2-05

8-9:15 AM

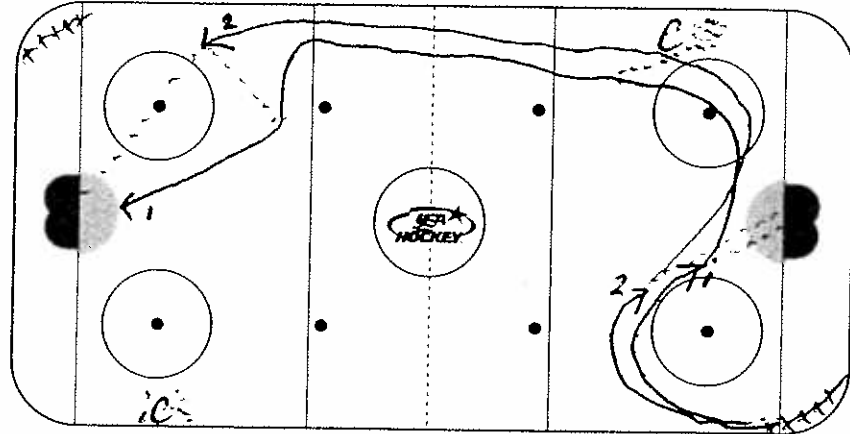


Description 5 to 8 min

1) Warm up - "Open up Dot Drill"

Footwork & stick-position work drill. Each player opens up to face dot on their forehand. Player faces each of the 8 dots. Work on good open up pivot with balance and correct active hockey hands with head up.

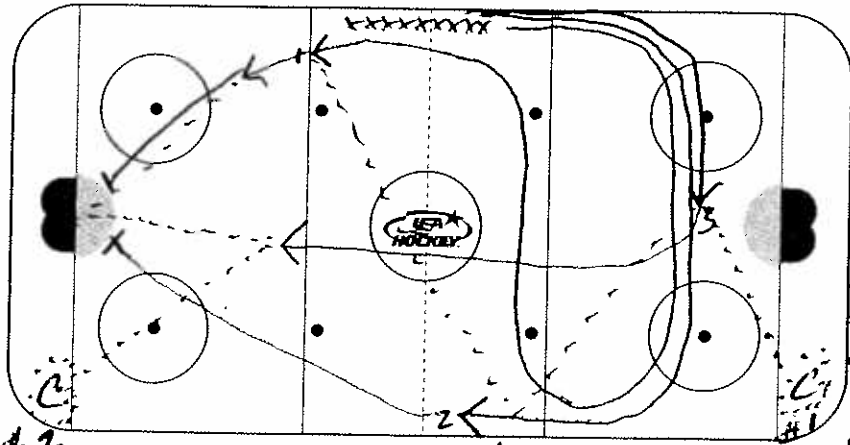
Notes/Systems \_\_\_\_\_



Description "Catsy Drill"

on whistle 2 players go from each corner shot on goalie 2 shots. Player 1 receives pass from coach goes up ice cuts inside blue line and chips wide for player 2. Player 2 shoots with player 1 going to net.

Notes/Systems Both sides go on whistle 4 at a time.



Description "Joe's Drill"

3 players go at a time at 1 end.

#1 - skate top of circles cut back at blue to players in line go wide with speed  
#2 - Top of both circles & up the boards  
#3 - Top of 1st circle receive pass from coach - hit player #2. #2 hit player #1 who shoots. #2 is #1 drive net. After shot & stay for #3 to come high & get 2nd shot. From pass from

Notes/Systems After 1st rotation 3 more guys come from coach #2 side.

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SYSTEM/DRILL

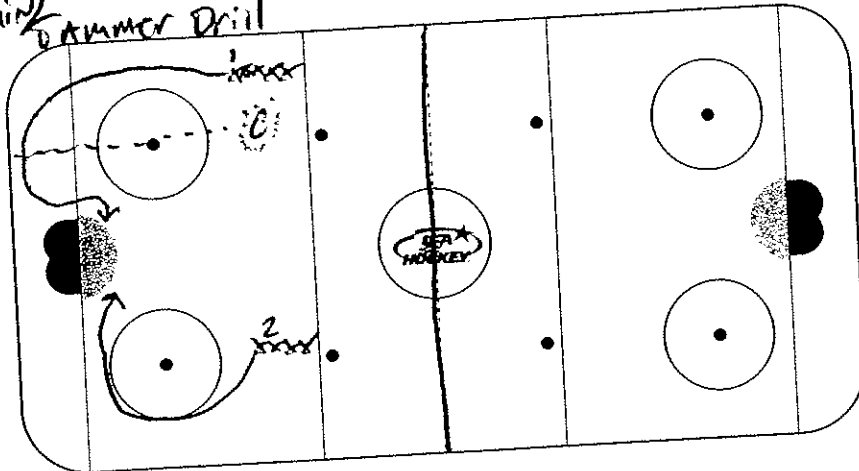
MARSON/WHITE

Steve MacSutton

8-2-05

8-9<sup>15</sup> A.M.

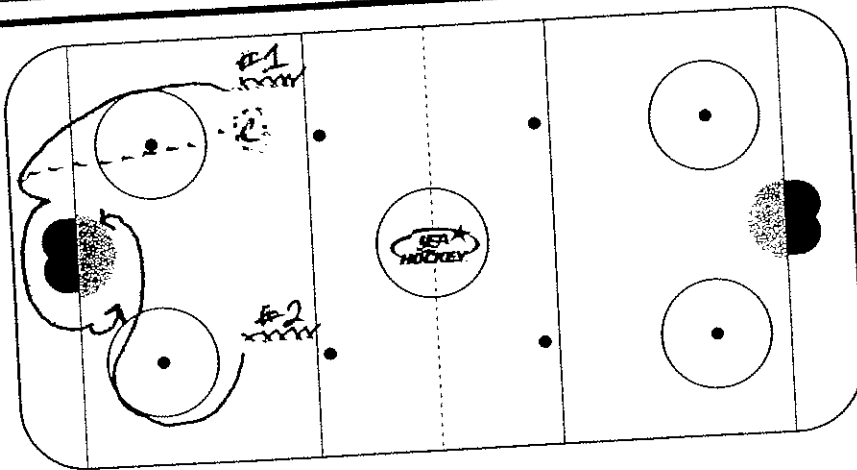
(12 min) Hammer Drill



Notes/Systems

Description 2 Groups/5pl

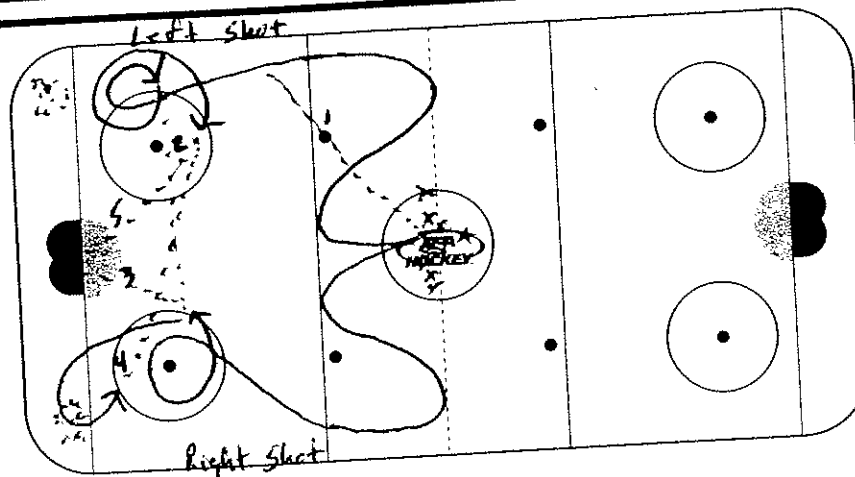
Group 1 - Part A) Hammer Dr  
 Coach dumps puck in for play  
 #1 to retrieve and cut back  
 short side for stuff shot or  
 pass to #2 player who leaves  
 at same time around circle.



Notes/Systems

Description

Group 1 - Part B) Hammer Dr  
 with inside FAKE and open up  
 Pivot move on far side of N  
 stuff shot or pass to #2  
 player.



Notes/Systems

Description

Group 1 - Part C) T-Drill 17

Both players go at same Ti  
 Hit Blue line & back to red-1  
 Get pass from group in line. the  
 skates in Dns escape move  
 hits partner who goes around  
 inside cut and opens up for  
 Timmer. After 1 Timmer ret.  
 2nd puck in corner and passes  
 original 1st passer who does A-7  
 circle and open up's for another 1 Tim.

Try to get players on off hand sides

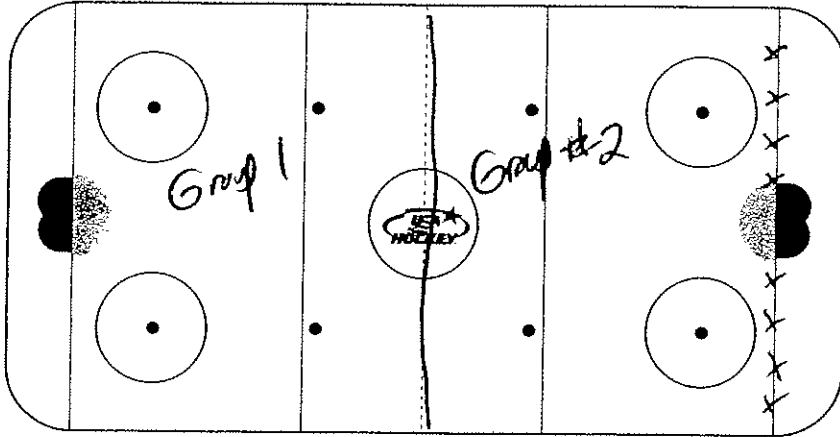
The USA Hockey Coaching Education Program Is Presented By





8-205  
 SYSTEM/DRILL Maroon/white  
 8:00-9:15 AM

Steve MacSwain



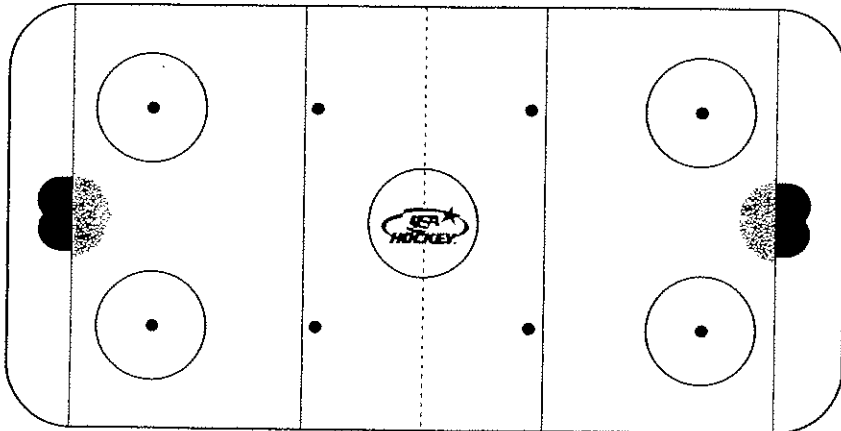
Description

Group #2

Golf Ball Taped Puck and Attacking Triangle station

- 1) Spin Ball between skates
- 2) stick handle toe to toe
- 3) stick handle to the left
- 4) stick handle to the right
- 5) stick handle wide thru middle
- 6) knee traps while stickhandling
- 7) stick handle umbrella style

Notes/Systems

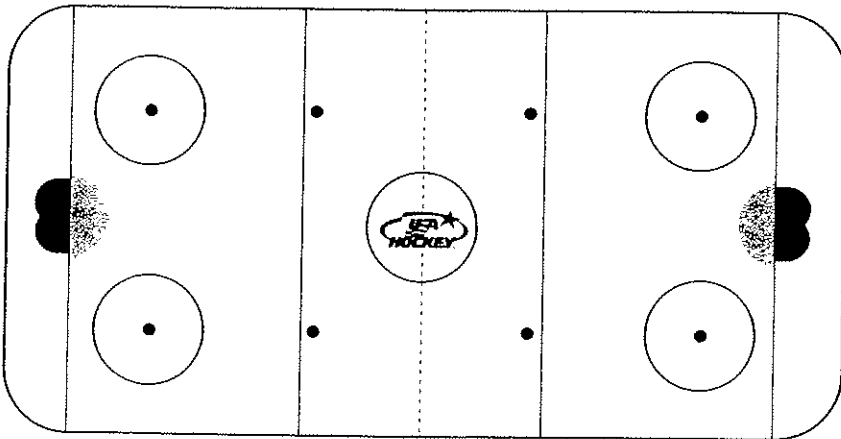


Description

- 1) stick handle window wiper style
- 2) stick handle thru the legs
- 10) stick handle thunder bolt style

\* Get Partner 1 at a time  
 45 sec - stick handle thru  
 skaterway/partner - Good  
 speed

Notes/Systems \* Use A lot of Ken Markels USA Dry Land C.D.  
 For this and Be creative. Have FUN with it.



Description

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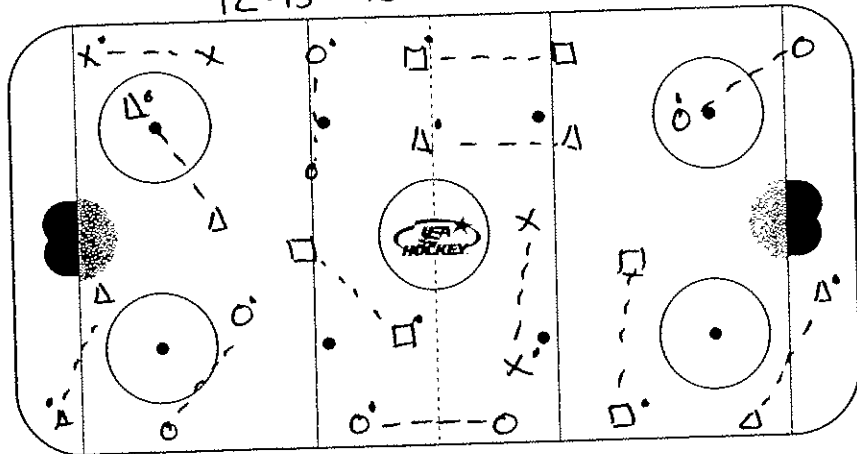
Notes/Systems

The USA Hockey Coaching Education Program Is Presented By





12:15 - 12:20

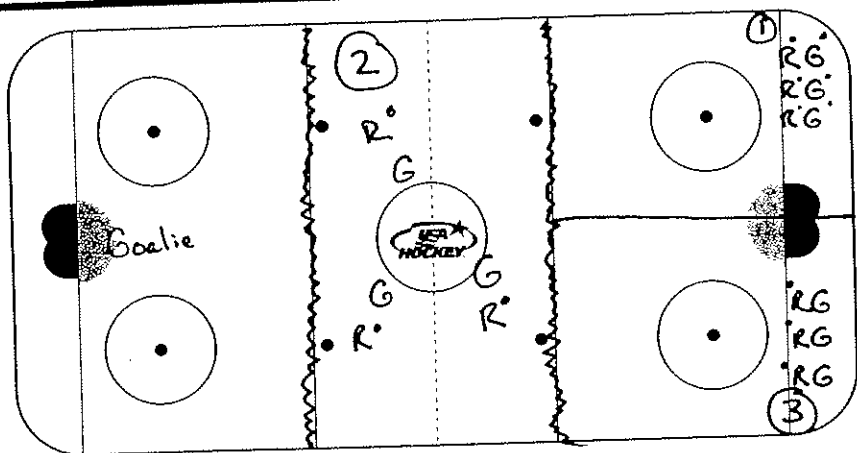


**Description**

- Coach yells out a pass
- 1<sup>st</sup> whistle → Perform pass stationary
- 2<sup>nd</sup> whistle → Perform pass moving
- 3<sup>rd</sup> whistle → small area puck protect

Notes/Systems 3 Whistle Partner Passing

12:20-33

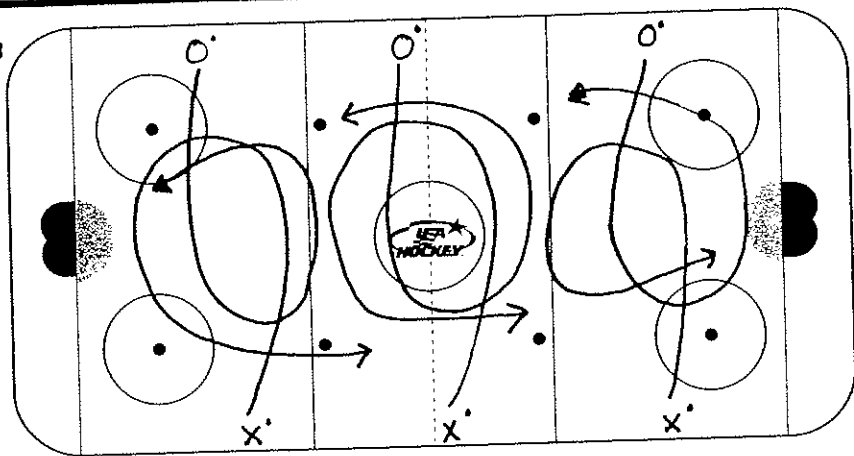


**Description**

- Zone 1 → Russian shadows
- Zone 2 → Buttend pokecheck
- Zone 3 → 1v1 Keep Away

Notes/Systems Three Zones

12:33-38



**Description**

- All 6 on whistle
- Warm up goaltenders

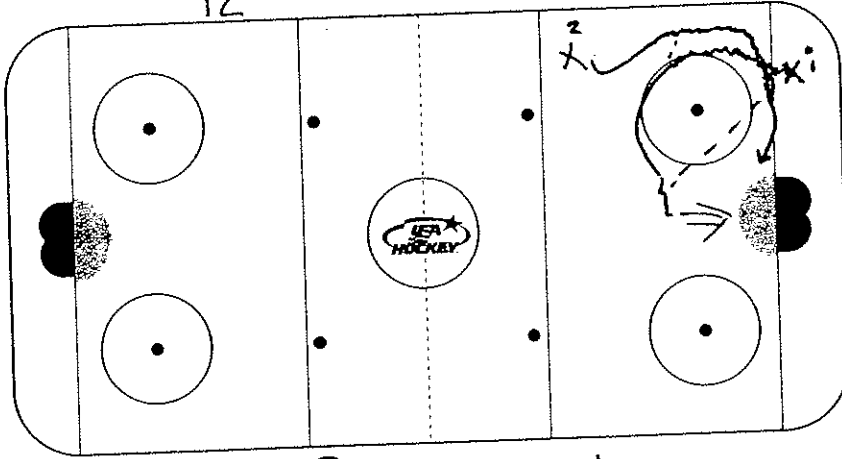
Notes/Systems Hylm<sup>2</sup>







12 39-45



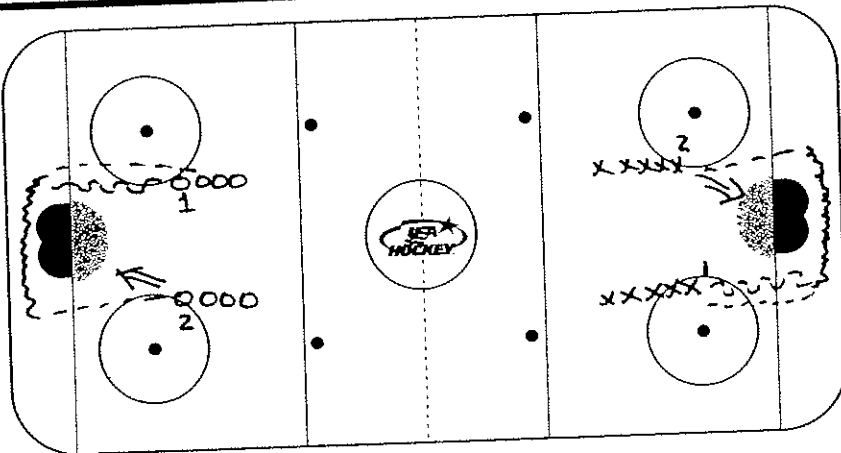
Description

X<sup>1</sup> carries puck out of corner + leaves puck for X<sup>2</sup> who skates toward X<sup>1</sup> X<sup>2</sup> passes back to X<sup>1</sup> for a shot

- Protect puck on scissor
- X<sup>2</sup> go to net after pass
- pass to Forehand

Notes/Systems Scissor cycle

12 45-50

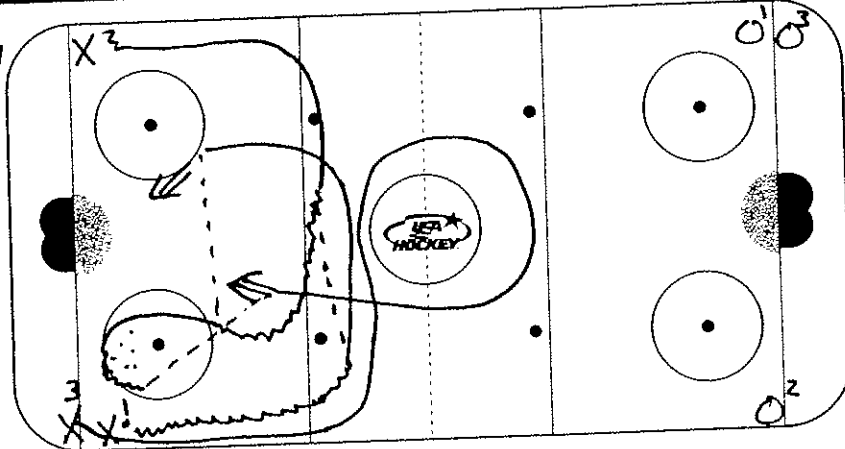


Description

X<sup>1</sup> skates backwards behind goal line + receives pass from next player in line X<sup>1</sup> carries puck behind net + passes to X<sup>2</sup> for quick release or one timer X<sup>2</sup> does same thing after shoot

Notes/Systems L Drill

12 50-57



Description

X<sup>1</sup>, X<sup>2</sup>, X<sup>3</sup> all leave on whistle

X<sup>1</sup> carries puck + passes to X<sup>2</sup> X<sup>2</sup> receives pass, carries into the zone + passes to X<sup>3</sup> for quick release or one timer

X<sup>2</sup> Gretzky turns as he picks a puck + passes to X<sup>3</sup> who skated around center circle + zone late for a second shot

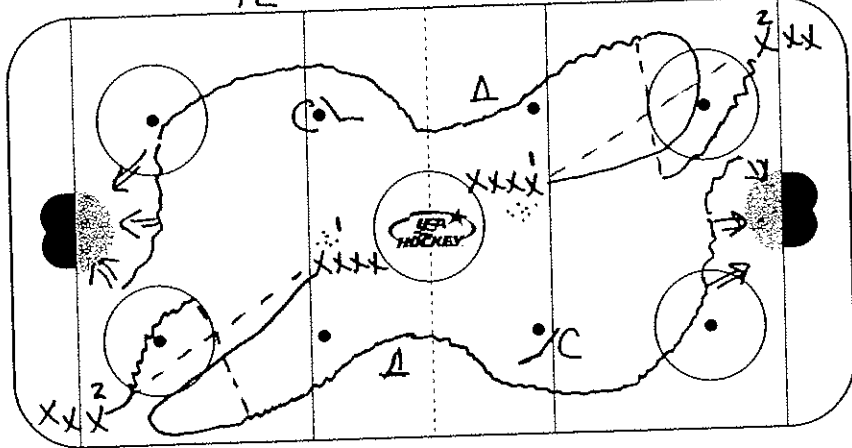
Notes/Systems Scissor - Gretzky

O<sup>1</sup>, O<sup>2</sup>, + O<sup>3</sup> go @ same time as





1257-105

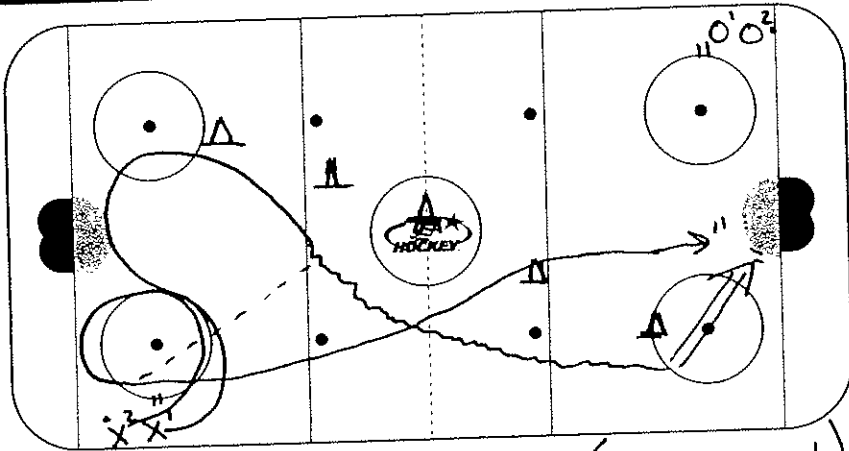


Description

X<sup>1</sup> passes to X<sup>2</sup> in corner  
X<sup>2</sup> jumps to middle of ice + passes to X<sup>1</sup>  
X<sup>1</sup> cuts in, cuts out + drives wide w/ speed. He can shoot, go 5-hole, or deke + go around.

Notes/Systems Wide speed + net drive

105-12



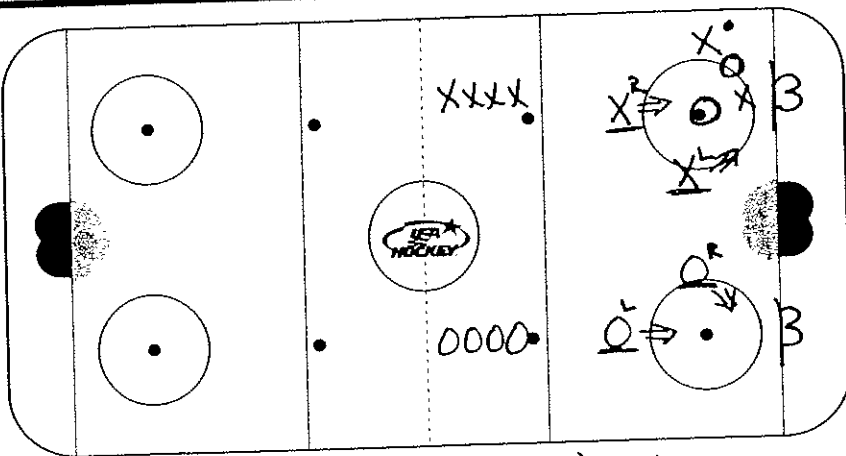
Description

X<sup>1</sup> + X<sup>2</sup> go on whistle  
X<sup>1</sup> skates top of circle + loops up ice before comes  
X<sup>2</sup> skates around the circle w/ puck + passes to X<sup>1</sup>  
X<sup>1</sup> carries wide + shoots to create a rebound w/ X<sup>2</sup> driving the mid lane.

Notes/Systems Flow 2 x O (Shoot to create)

O<sup>1</sup> + O<sup>2</sup> go on same whistle

12-21



Description

X<sup>L</sup>, X<sup>R</sup>, O<sup>R</sup>, + O<sup>L</sup> are stationary  
2 more X<sup>'s</sup> + 2 more O<sup>'s</sup> are in zone + free to move  
Play for 30-45 seconds + switch players

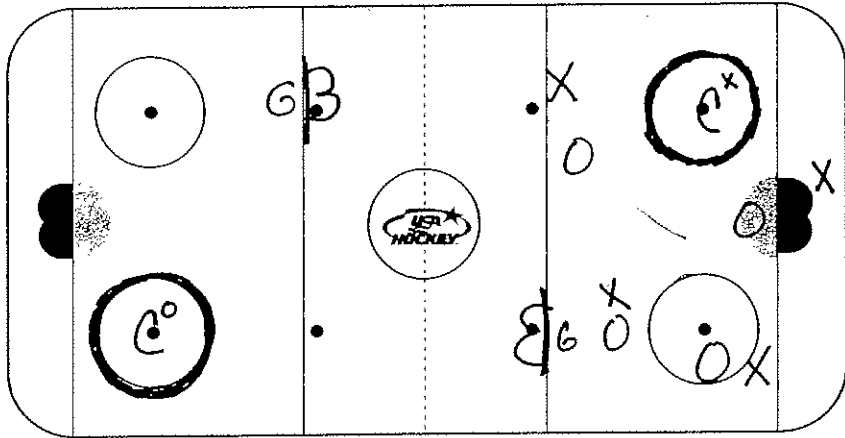
Notes/Systems Designated Shooters





21-30

Page 4 of 4



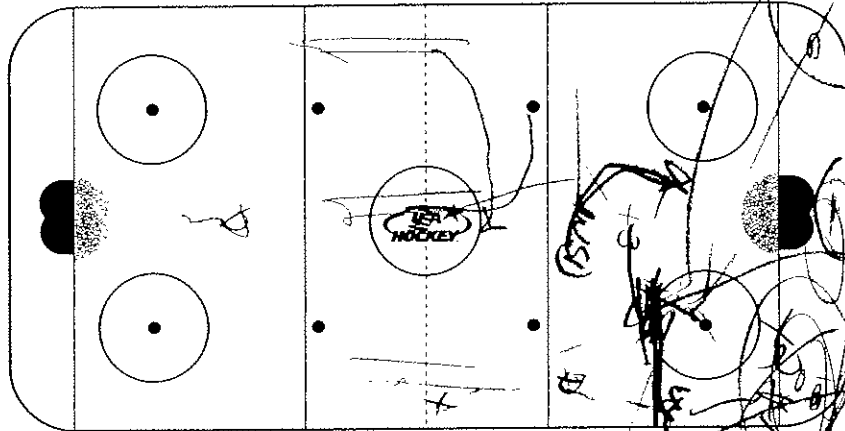
Description

Play 4x4 40-50 sec shifts

Players must pass to their coach before scoring. They can always use the coach. Players cannot enter coaches circle

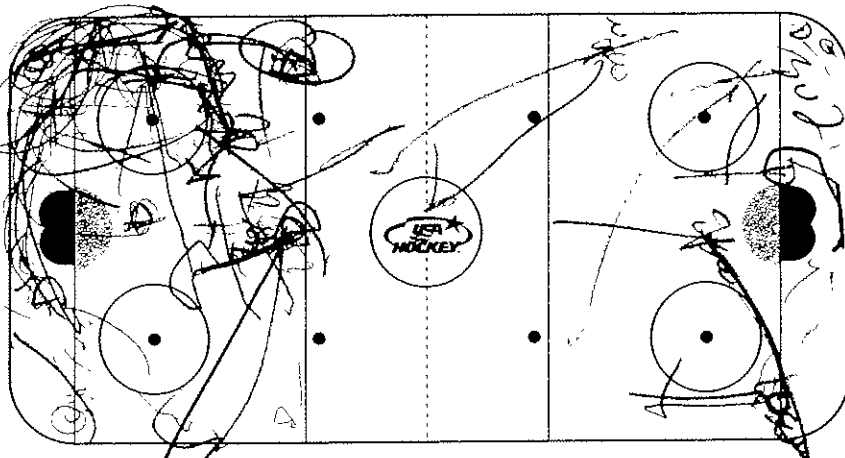
Notes/Systems

TC Scrimmage



Description

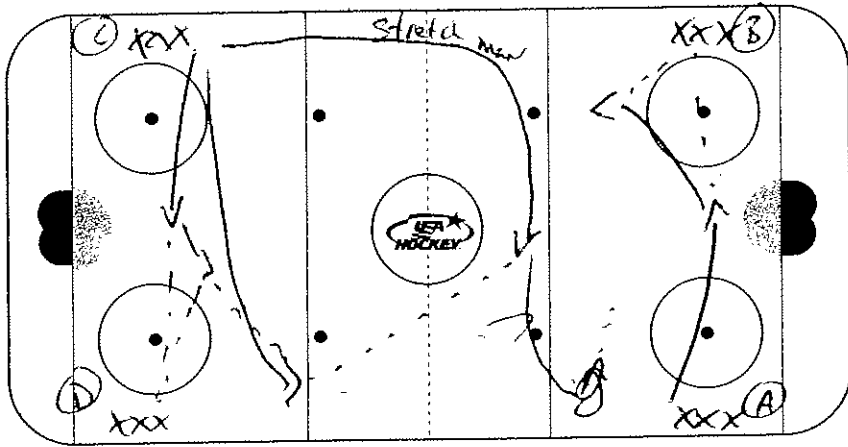
Notes/Systems



Description

Notes/Systems

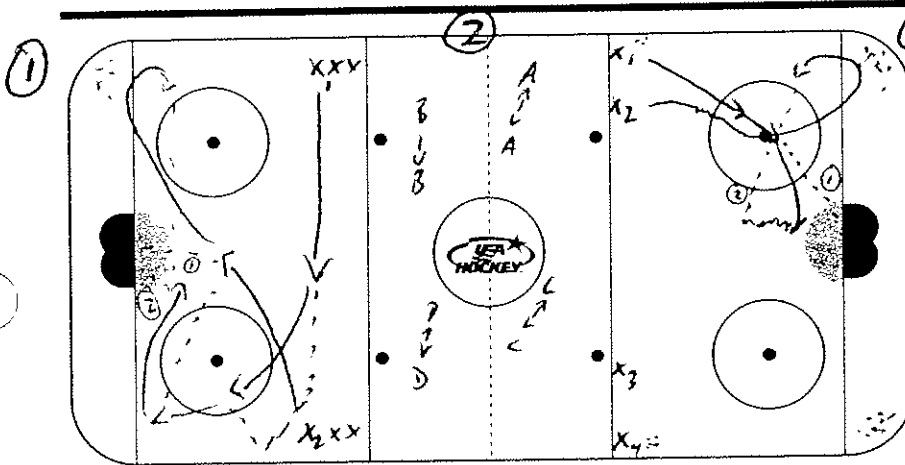




Notes/Systems Davoser 1-0, 2-0, 3-0

Description

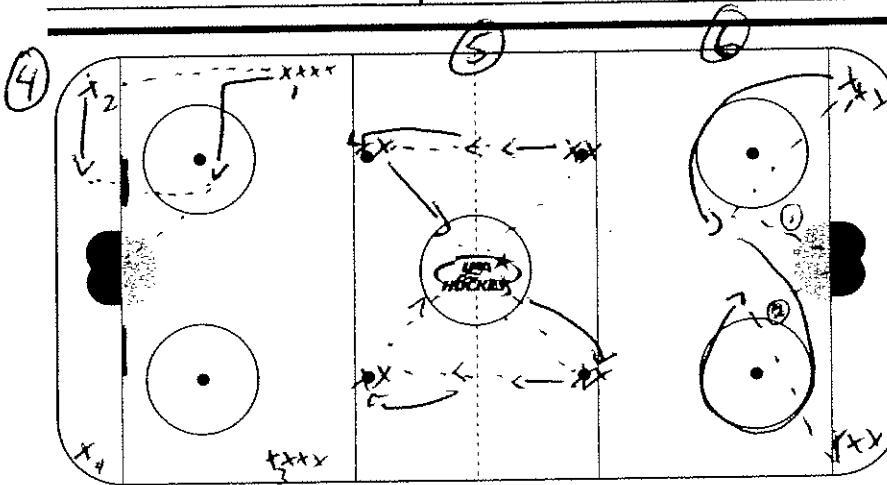
- 1-0 - A + C lines Go same time and Give + Go (A w/B and C w/D) for 1-0.
- 2-0 2 players from each line Go.
- 1-0 and 2-0 Both ends Go together
- 3-0 Same as 2-0 But a Stretch Man Goes (one Corner at a time).



Notes/Systems Fwd Skill sessions  
7 minutes each

Description

- ① X<sub>1</sub> Drive across Blue line and pass to X<sub>2</sub>. X<sub>2</sub> Band pass to X<sub>1</sub>. X<sub>2</sub> attacks net gets pass from X<sub>1</sub> shot. X<sub>2</sub> continues gets puck out of corner hits X<sub>1</sub> for shot.
- ② Give + Go pass while moving on whistle stop and Pick Protect.
- ③ X<sub>1</sub> Drive w/ X<sub>2</sub> in pressure. X<sub>1</sub> shot stop at net. X<sub>2</sub> Go to corner Hit X<sub>1</sub> who has stopped and Batted out for shot.



Notes/Systems Fwd Skill sessions

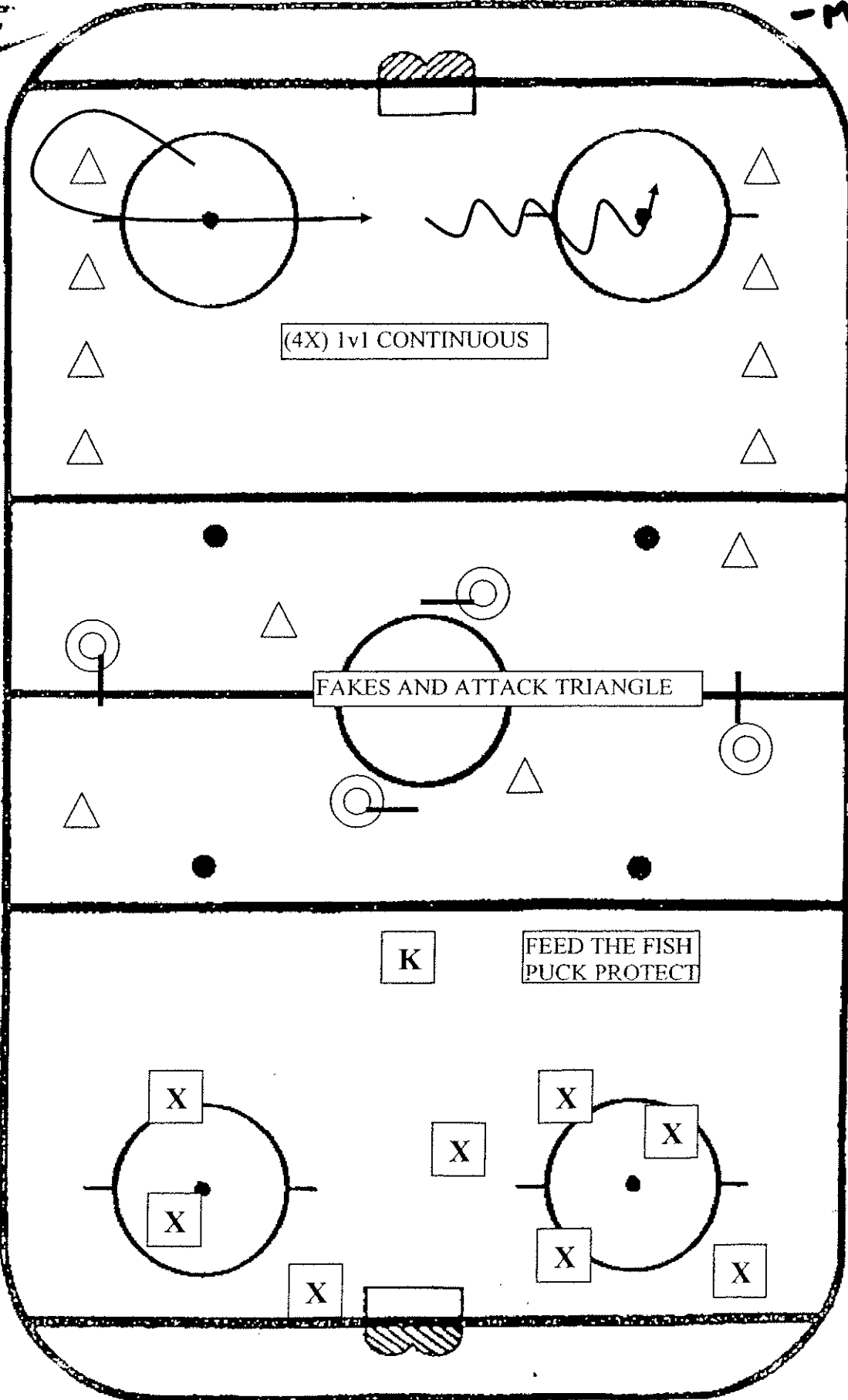
Description

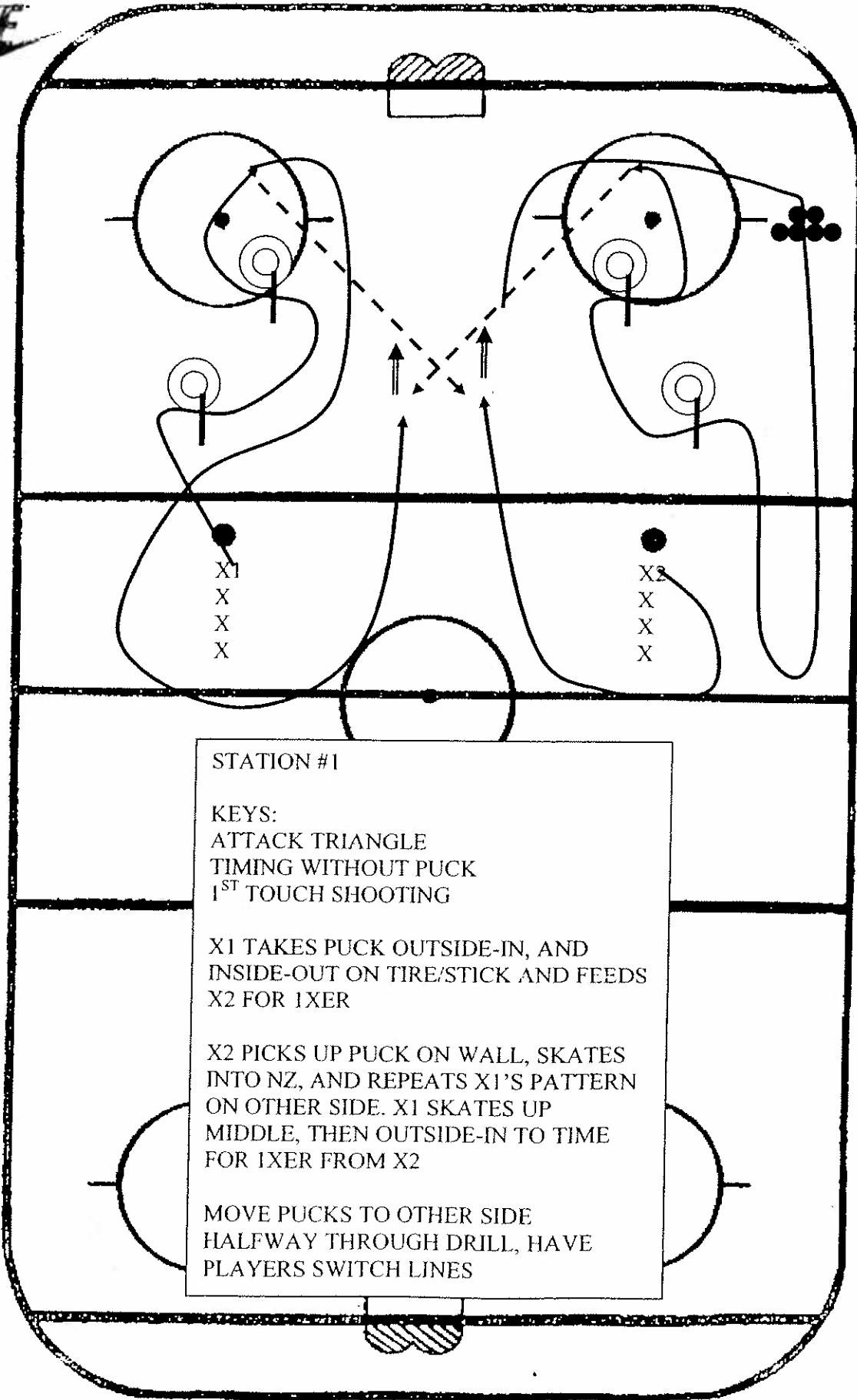
- ④ X<sub>1</sub> skate + pass to X<sub>2</sub>. X<sub>2</sub> slide with puck and saucer pass over a stick on goal line to X<sub>1</sub> for shot. X<sub>1</sub> replace X<sub>2</sub>.
- ⑤ Skate - pass - skate Follow pass. ADD More pucks as Drill Goes ON.
- ⑥ One Time shooting from out of corner. 2 shots for each player.



# 2. August - TUESDAY BLACK/GRAY FWDS

- MENDELSON





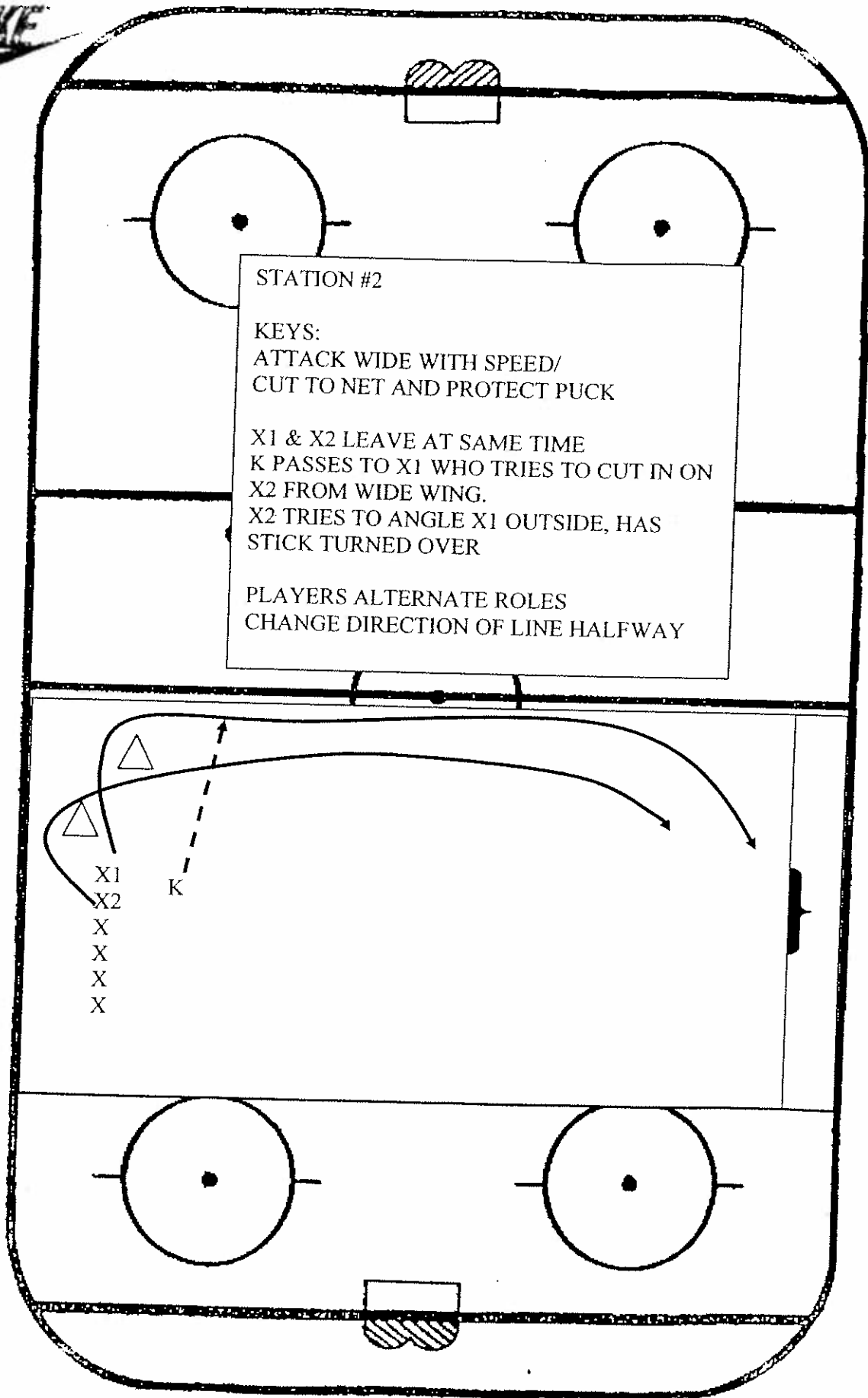
STATION #1

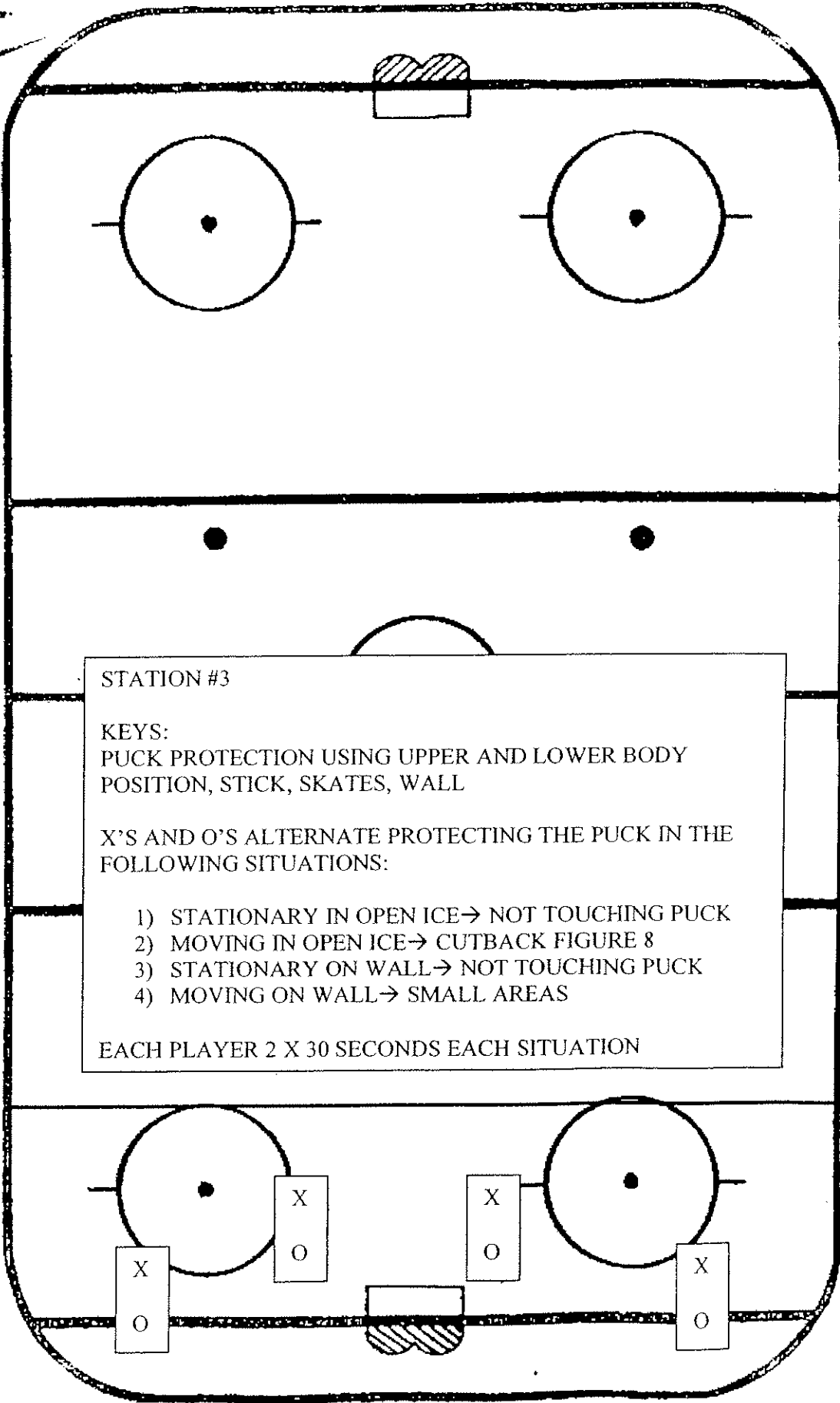
KEYS:  
 ATTACK TRIANGLE  
 TIMING WITHOUT PUCK  
 1<sup>ST</sup> TOUCH SHOOTING

X1 TAKES PUCK OUTSIDE-IN, AND INSIDE-OUT ON TIRE/STICK AND FEEDS X2 FOR 1XER

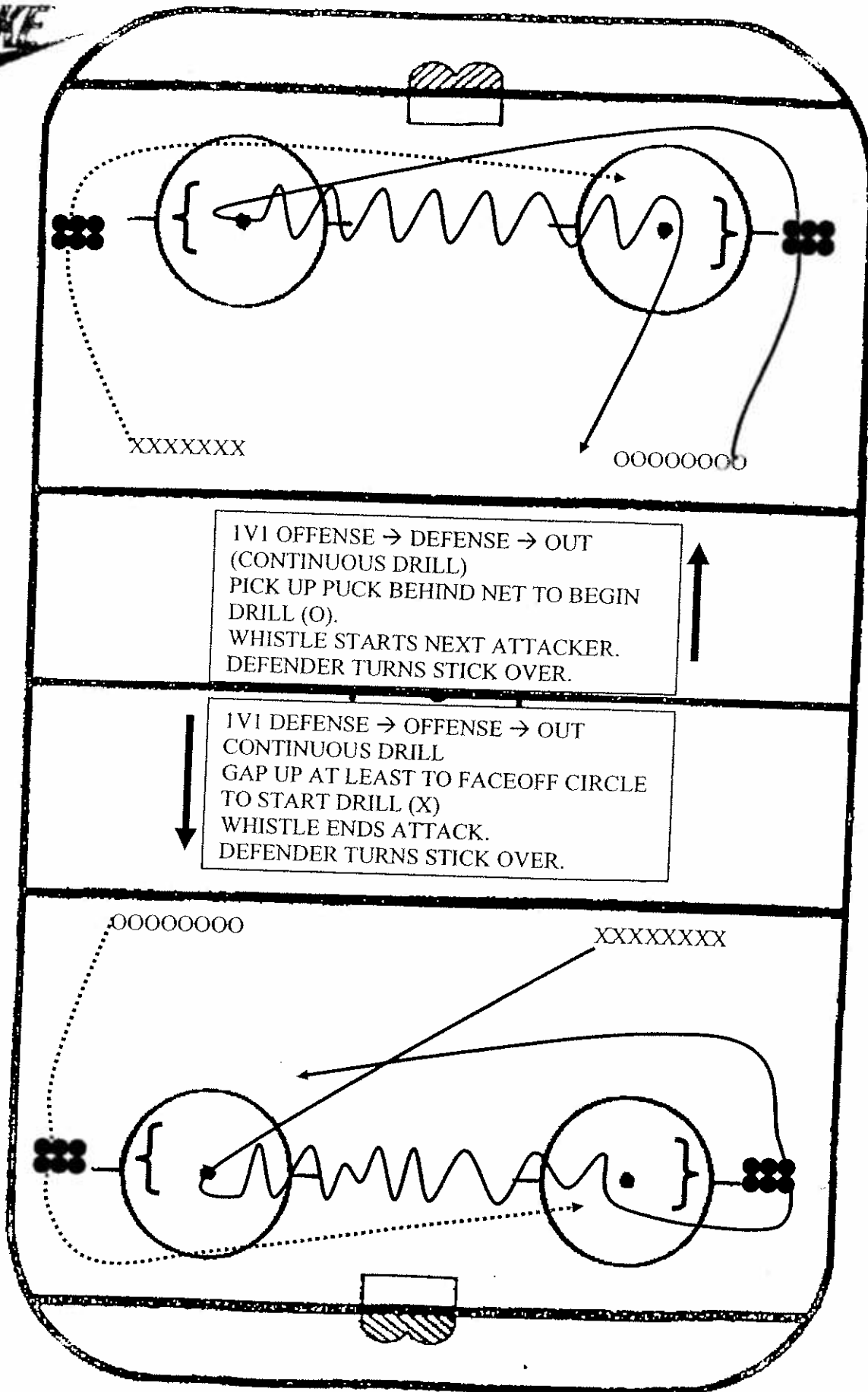
X2 PICKS UP PUCK ON WALL, SKATES INTO NZ, AND REPEATS X1'S PATTERN ON OTHER SIDE. X1 SKATES UP MIDDLE, THEN OUTSIDE-IN TO TIME FOR 1XER FROM X2

MOVE PUCKS TO OTHER SIDE  
 HALFWAY THROUGH DRILL, HAVE PLAYERS SWITCH LINES



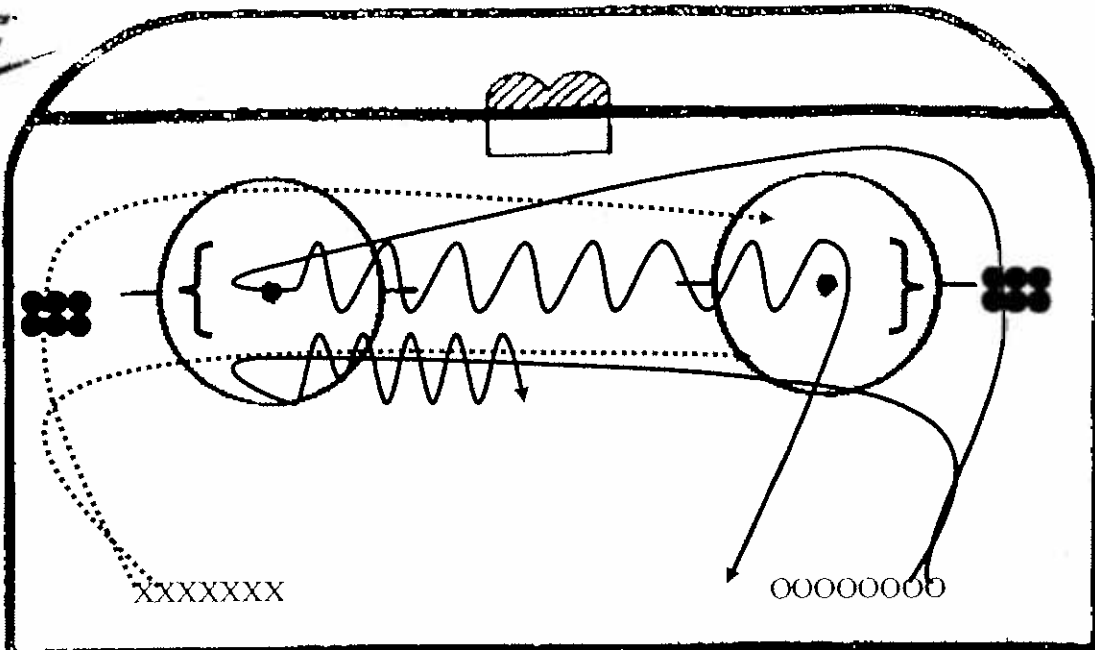






1V1 OFFENSE → DEFENSE → OUT  
 (CONTINUOUS DRILL)  
 PICK UP PUCK BEHIND NET TO BEGIN  
 DRILL (O).  
 WHISTLE STARTS NEXT ATTACKER.  
 DEFENDER TURNS STICK OVER.

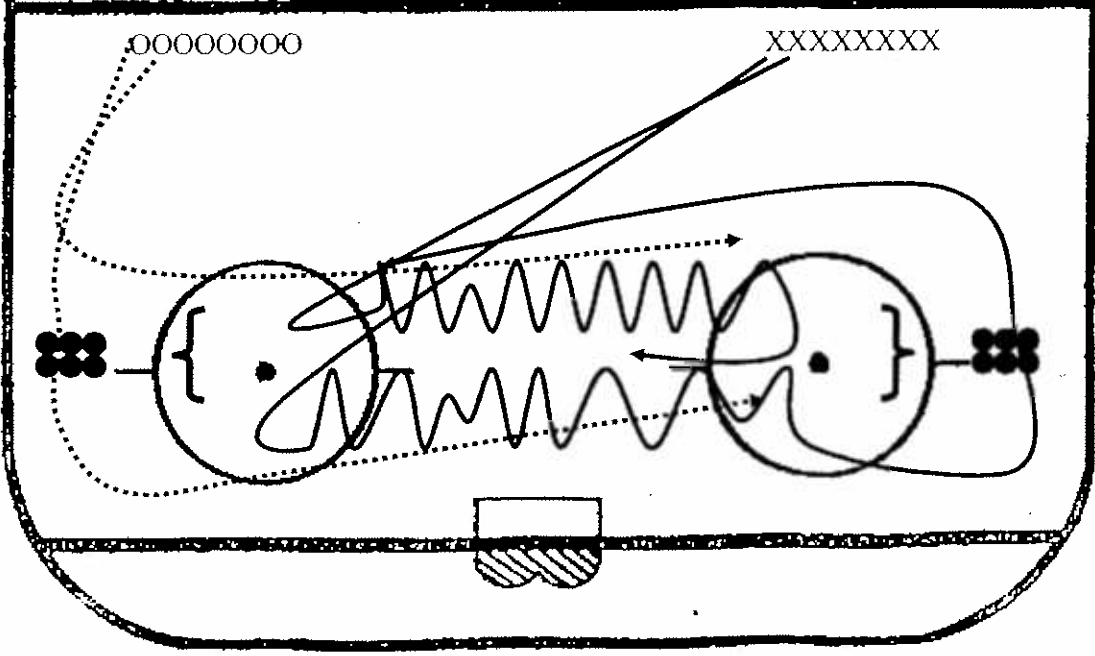
1V1 DEFENSE → OFFENSE → OUT  
 CONTINUOUS DRILL  
 GAP UP AT LEAST TO FACEOFF CIRCLE  
 TO START DRILL (X)  
 WHISTLE ENDS ATTACK.  
 DEFENDER TURNS STICK OVER.



2V2 OFFENSE → DEFENSE → OUT  
 (CONTINUOUS DRILL)  
 1 PLAYER PICK UP PUCK BEHIND NET TO BEGIN DRILL (O)-ONE STRETCH/PICK.  
 WHISTLE STARTS NEXT 2 ATTACKERS.  
 DEFENDERS TURN STICKS OVER.



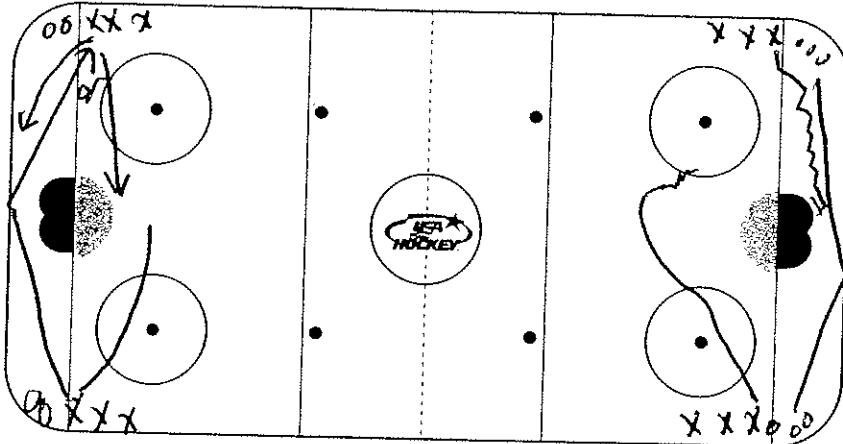
2V2 DEFENSE → OFFENSE → OUT  
 (CONTINUOUS DRILL)  
 GAP UP AT LEAST TO FACEOFF CIRCLE TO START DRILL (X).  
 1 PLAYER PICK UP PUCK BEHIND NET-ONE STRETCH/PICK  
 WHISTLE ENDS ATTACK.  
 DEFENDERS TURN STICKS OVER.





# SYSTEM/DRILL WRO-FWDS - PURPLE-GRAY

2

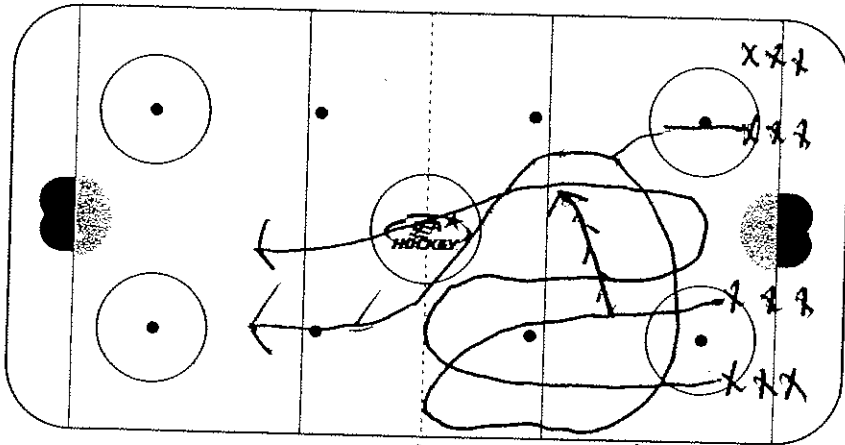


### Description

2-0 pass puck behind net to other line; defl spot - seem in front of net for shot; passing for ward cannot come out front at first; progression passing for ward can comp out; progression 1 defender in front.

Notes/Systems 2-0 Down-low  
2-1 Down-low

1

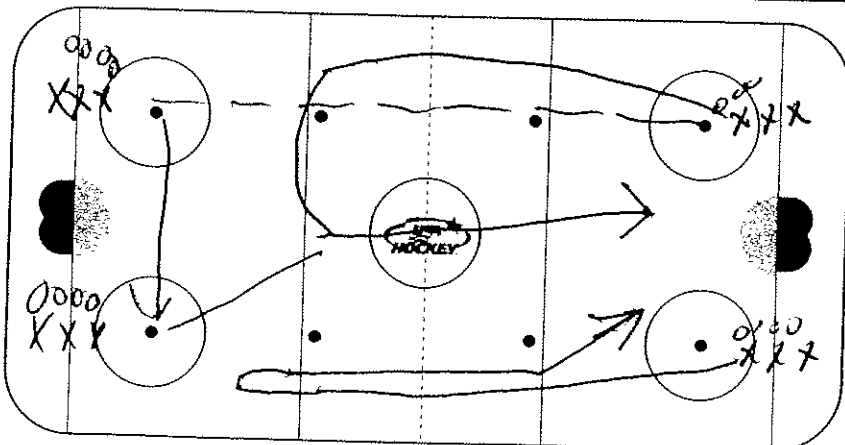


### Description

4 column shot; W/L. goal - make player skate to red line then come back into zone to get pass; passer must take off at full speed make pass and proceed to red line and camp back to pass. Can go wherever you want to receive make pass but must shoot from original alley

Notes/Systems 4 column shot

3



### Description

alternating ends; throw long pass to far forward who rotate it and give return pass, then attack back 2-0  
PROGRESSION: Passer jumps into the play and breaks trailer  
Progression: Player comes up with 2 forwards and takes 3-1 back into zone

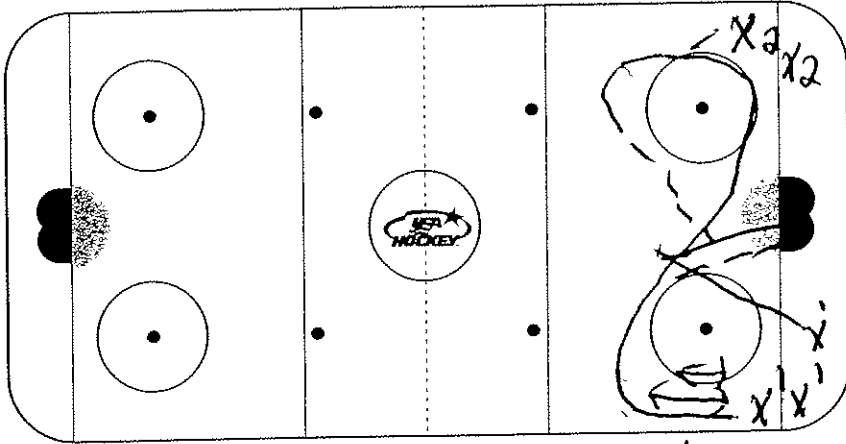
Notes/Systems 2-0 long Pass, 3-0 long Pass  
3-1 long Pass





# SYSTEM/DRILL WED - FWD - PURPLE-GREY

4

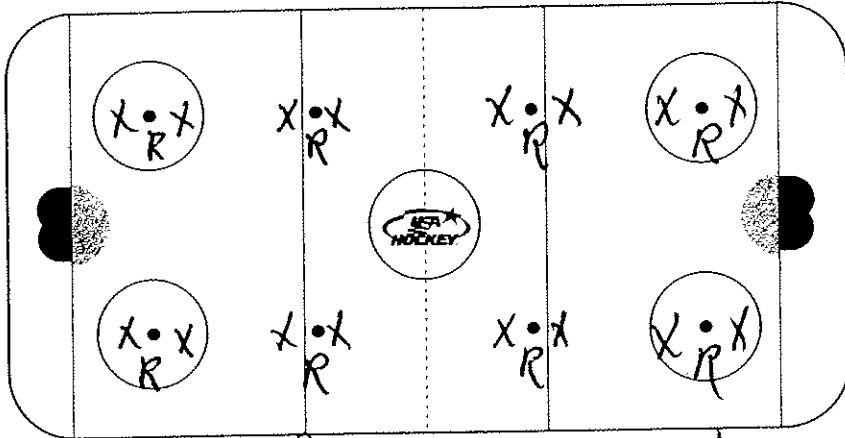


Notes/Systems Half-eight back down

### Description

X1 start backwards round the top of circle making touch passes with next X1 in line, one in slot X1 shouts then he heads around bottom of circle gets pass from X2 heads up well and then cuts back to net when another X1 has started toward slot for 2-0; 1-timer?

5

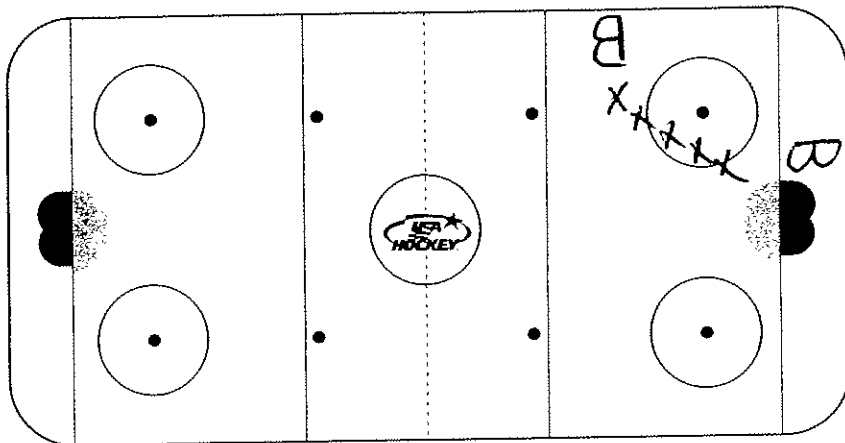


Notes/Systems face-off tournament

### Description

in three lines, players take 5 face-offs against each of their line mates - Each line declares a winner. REF IS JUDGE! - The winner of each line proceeds to play-offs. 8 winners so against each other the the two winners, then the two - GO AGAINST OWN TEAM UNTIL FINAL RECKON

6



Notes/Systems Small game - Pit

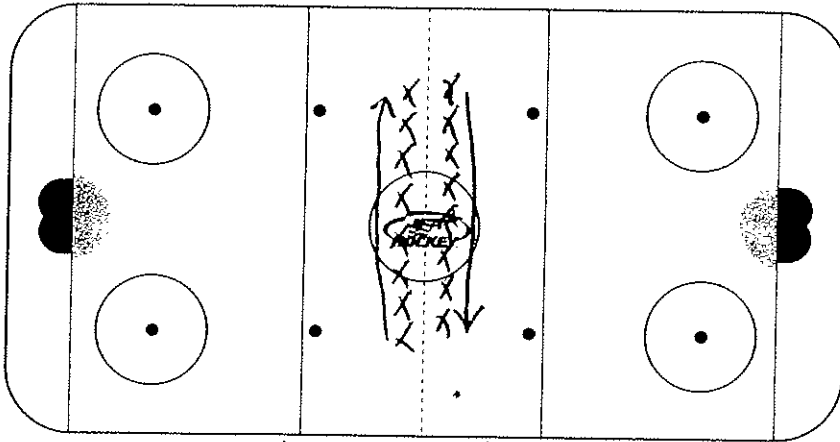
### Description

3-3 battle for possession and allow only clean plays then when blows whistle ~~and 3 more~~ ~~plays end~~ and send new puck into corner.





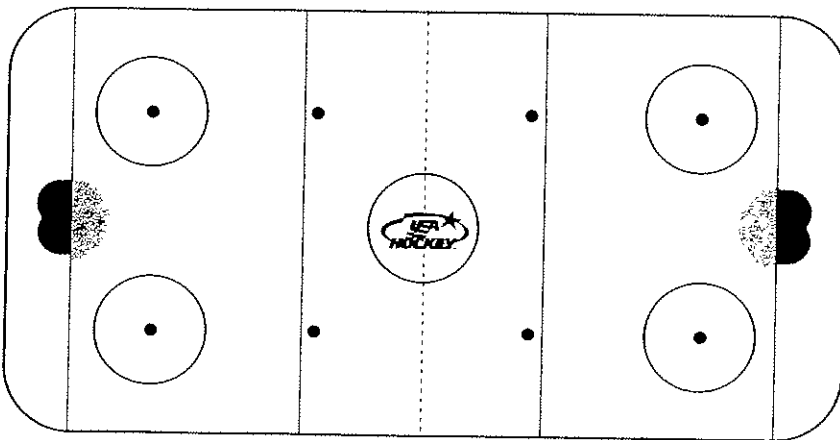
# SYSTEM/DRILL WRO - FWD - PURPLE- GREY



Notes/Systems C.C. Shoot-out relay

### Description

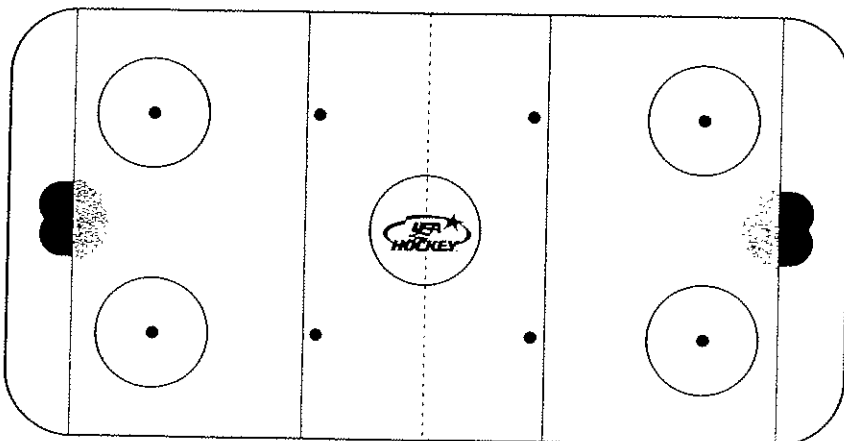
1 at a time to start  
 relay from both teams;  
 if you score, back to  
 center ice and now 2-0,  
 if you score back to  
 center and now 3-0.  
 Sure game, back to 1.  
 If you miss, resets  
 to 1 player  
 1 point for 1 player goal  
 2 points for 2 player goal  
 3 points for 3 player goal



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

### Description

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

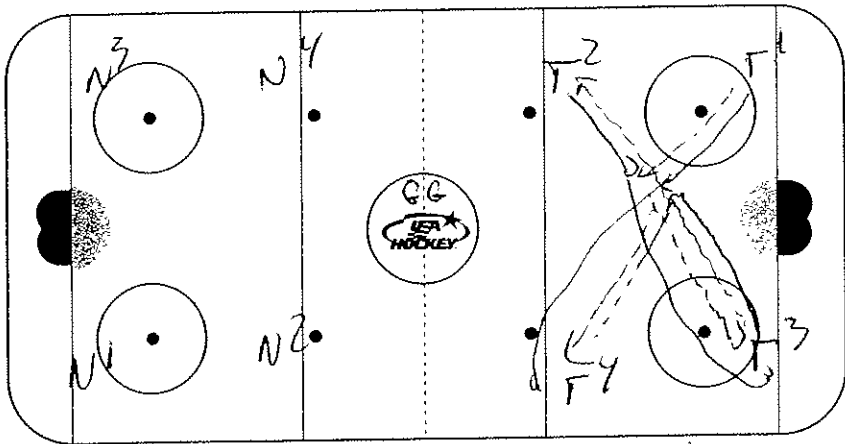
### Description

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SYSTEM/DRILL Forwards Teal/Navy (w/) O'Brien

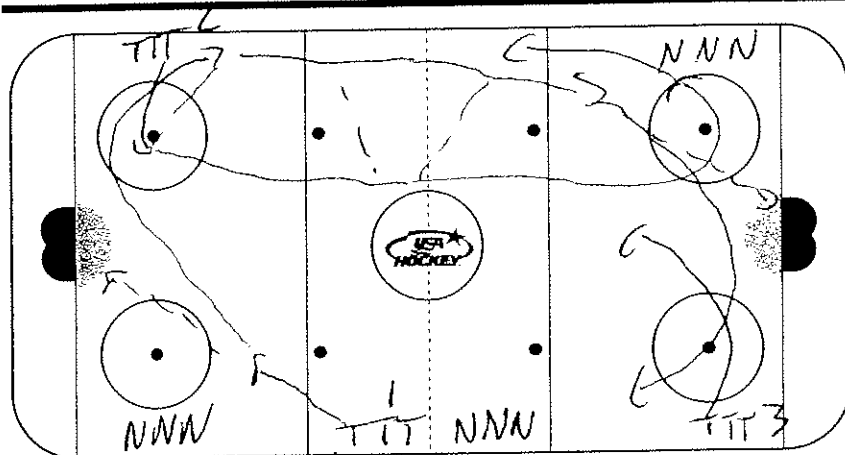


Description \_\_\_\_\_

T1 to T2  
 T2 to T3  
 T3 to T1  
 T1 to T4  
 T4 to T3

3 A new / Navy

Notes/Systems Windsor 1 Touch

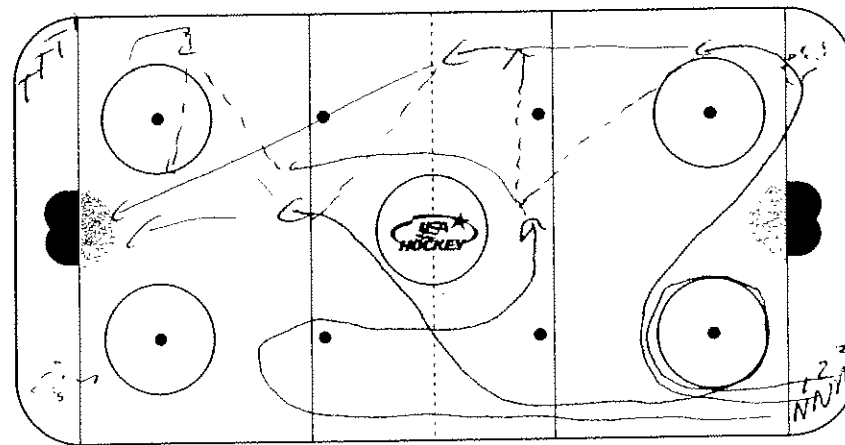


Description \_\_\_\_\_

T1 From center in shot  
 T2 off wall or dot  
 T2/T1 play 2-0  
 T2/T1 fill wide lanes  
 T3 up middle 3-0  
 Enter dept + width

N same 1st shooter  
 go when 3-0 passes  
 N-Zac  
 pucks All lines

Notes/Systems 1/0, 2/0, 3/0 Progression



Description \_\_\_\_\_

N1 Far Dot Circle  
 Below Faceoff Circle  
 N2 High Low DO Circles  
 Pick up Puck  
 N3 360 Near circle

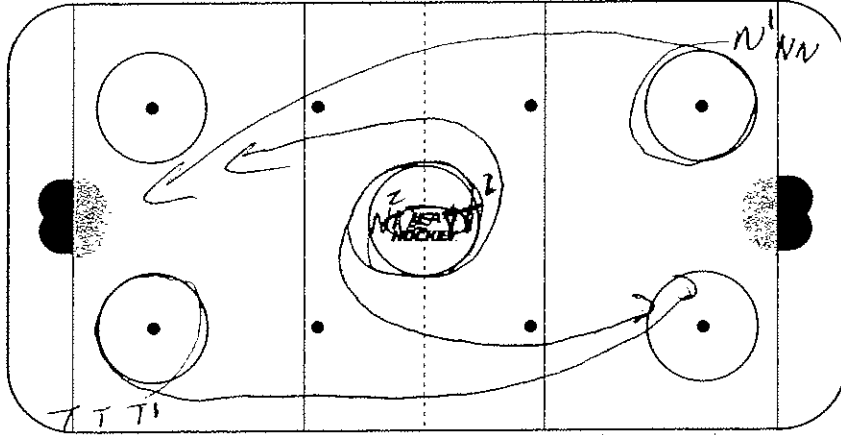
N2 to N1 1 Touch to N2  
 N2 hit N3 slash support  
 N3 to net or Gatchy and  
 look for late entry  
 or wet Drive

Notes/Systems 3-0 1 Touch





SYSTEM/DRILL FWDS CONTINUED TEAL/WARR



Description \_\_\_\_\_

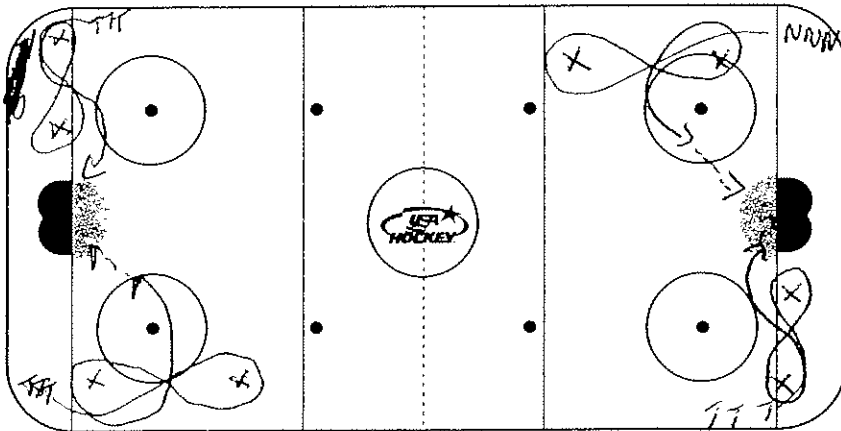
N1/T1 Start on whistle  
at D-Zone circles

N2/T2 START Bottom of  
Center Ice circle

All go on whistle

T1/N1 wide drive shoot in stride  
T2/N2 bk to angle keep outside

Notes/Systems Fall Ice Back Check  
Wide Drive

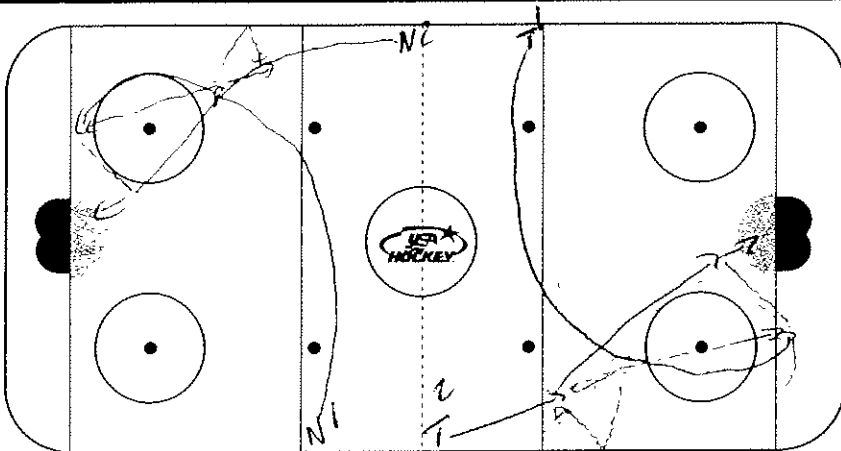


Description \_\_\_\_\_

start high  
N/T Figure 8's to  
net off "cycle"

Low Net Drive

Notes/Systems Figure 8 High Low



Description \_\_\_\_\_

T1/N1 From FAR  
Blue line w/puck  
Cross Ice

T2/N2 From Red Line  
Support entry

T1/N1 Drop or in direct

T2/N2 get Puck AND find

T1/N1 low for give & go

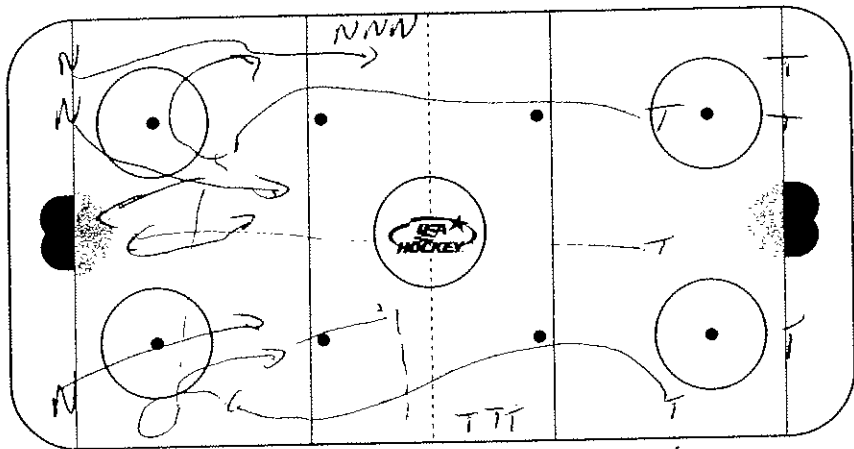
Notes/Systems High Support Give/Go





SYSTEM/DRILL

FORWARDS Teal/Navy (WED) cont.

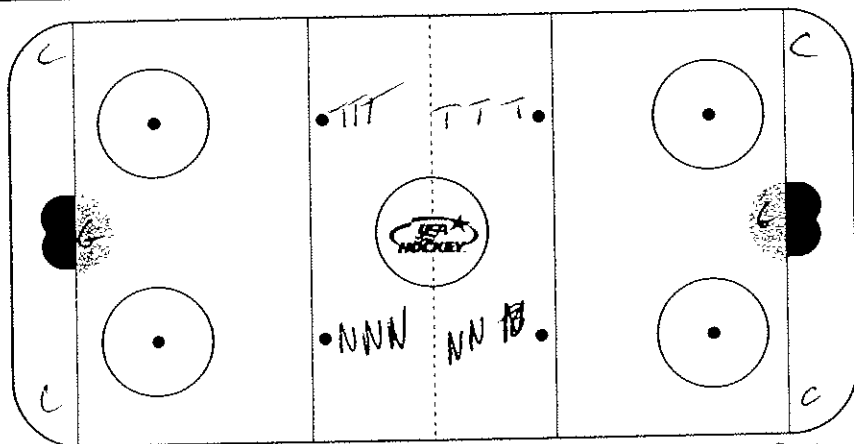


Notes/Systems Entry 3-0 w/B/C

Description

T<sup>1</sup> T<sup>2</sup> T<sup>3</sup> START 3-0  
N<sup>1</sup> N<sup>2</sup> N<sup>3</sup> on goal line

T<sup>1</sup>-T<sup>2</sup>-T<sup>3</sup> Enter face to stay  
off shot they go back  
N goes w/ them B/C 'ing  
1 shot  
N turns to offense MAX 3  
3 Teal B/C  
continues



Notes/Systems 3-3 Common Man Plus

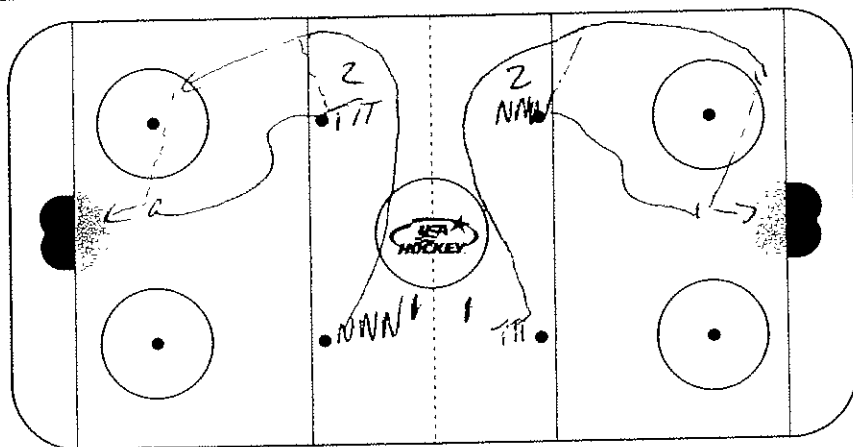
Description

3-3 COMMON MAN

Same as common man  
change on fly  
you can your line  
to change poss.

you can you use your crowd  
to change poss.

change on fly



Notes/Systems Two / 0 1-Timed  
Reflection

Description

T<sup>1</sup> w/o Puck  
N<sup>1</sup> w/o Puck

go wide get PASS ROOM  
N<sup>2</sup>/T<sup>2</sup>

T<sup>1</sup>/N<sup>1</sup> go wide to slot  
1 timer T<sup>2</sup>/N<sup>2</sup> or Redirect

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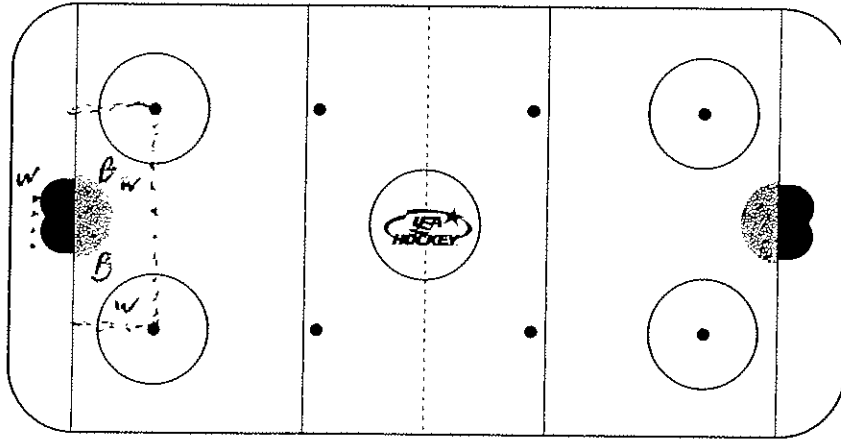




# SYSTEM/DRILL POSITION SPECIFIC PRACTICE

WED AUG 3 WHITE & BLACK

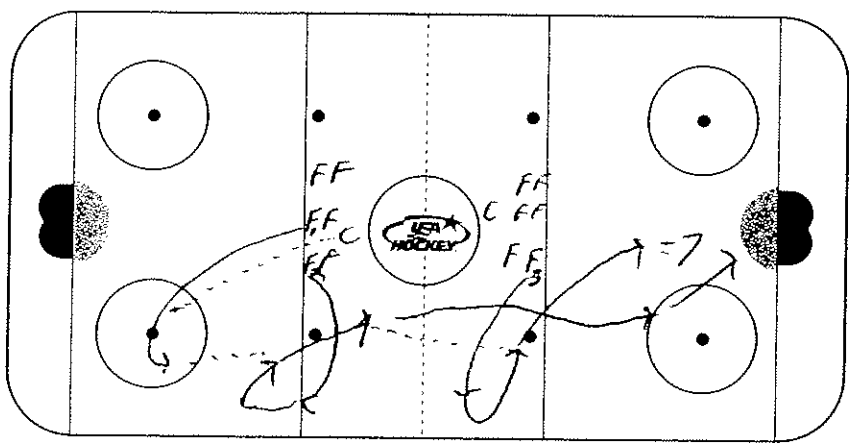
FORWARDS  
Description



PLAY 3V2 IN AREA SHOWN. ONLY RULE IS THE 2 FORWARDS ON OFFENSE CAN NOT GO OUTSIDE OF BOX UNLESS A DAB PASS IS MADE. PLAY ALL FOUR PUCKS.

Notes/Systems 4 PUCK LOW ZONE  
TAKE OVER DRILL

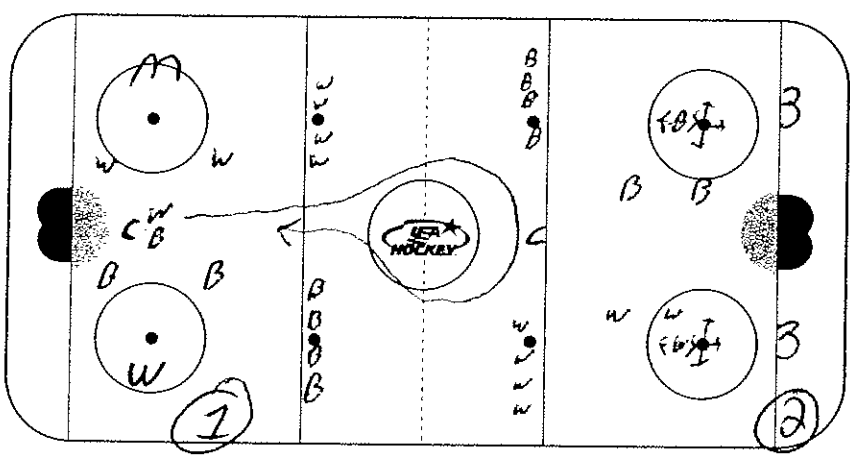
Description



COACH PUMPS PUCK INTO CIRCLE F1 PICKS UP PUCK PASSED TO F2. F2 SKATES UP ICE AND PASSES PUCK TO F3 FOR A 2V0 RUSH. BOTH SIDES CAN GO AT THE SAME TIME.

Notes/Systems MID 2V0 ATTACK

Description



(1) FACEOFF - COACH POPS PUCK. TEAM WHO LOST DRAW MUST HAVE CENTER SKATE AROUND CENTER ICE CIRCLE AND TOWN BOARD.  
(2) EACH TEAM HAS A MAN ON FACEOFF DOT. HE CAN MOVE ONLY 2 FEET ANY WAY. TEAM MUST PASS PUCK TO HIM TO SCORE.

Notes/Systems SMALL ICE GAMES  
FACEOFFS & PRIME SCORING AREA

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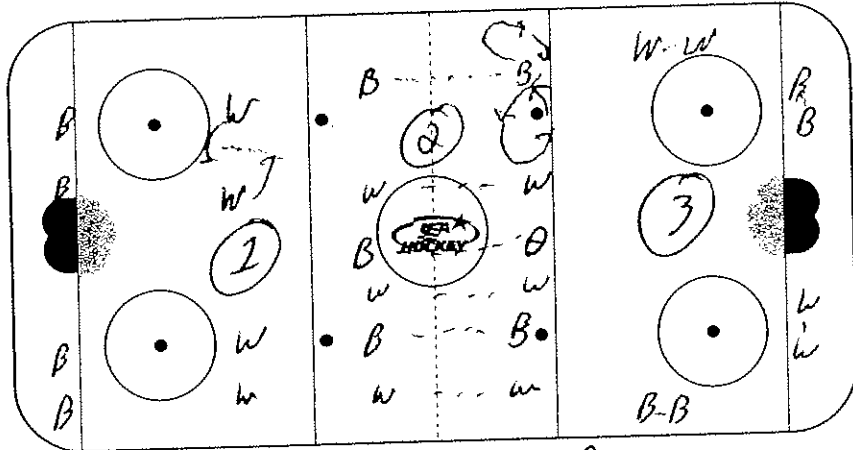


SYSTEM/DRILL

# POSITION SPECIFIC PRACTICE

WED AUG 3 WHITE & BLACK  
FORWARDS

Description



① PASSING WITH MOVEMENT

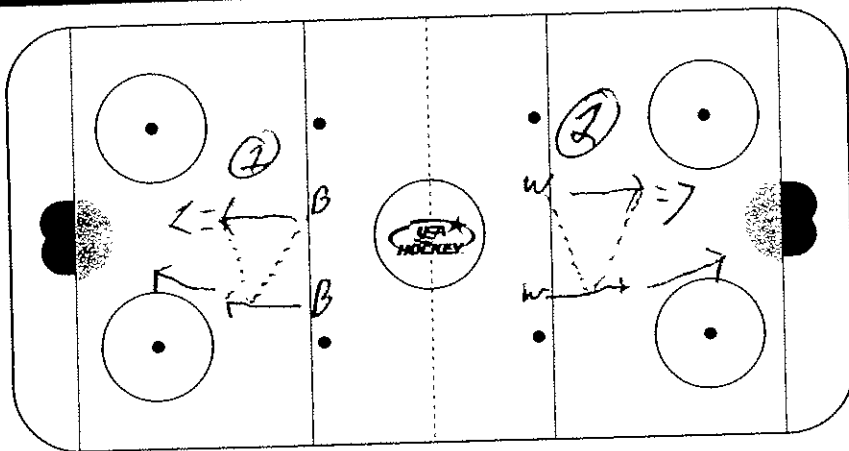
② PASS INTO FIG 8 WITH UNDER HANDLING

③ KEEP AWAY

Notes/Systems SERIES

## PARTNER PASSING

Description

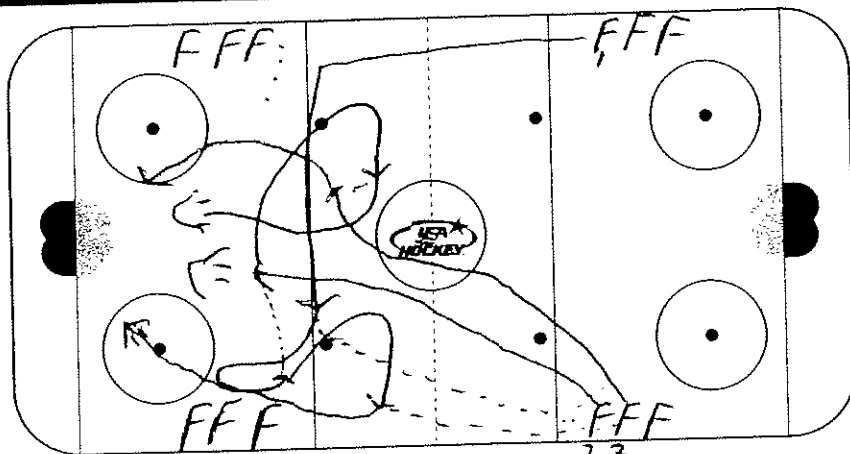


① MAKE 2 QUICK PASSES GET PUCK TO FOREHAND FOR SHOT.

② MAKE 2 PASSES SET UP MAN FOR ONE TIMER

Notes/Systems 2 PASS SHOT DRILL  
ADD ONE TIMER

Description



F1 SKATES TO BLUELINE AND GETS PASS FROM F2. HE SKATES INTO THE ZONE MAKE A RELAY SPIN AND PASSES PUCK TO F3 FOR SHOT. F3 WILL PASS NEXT PUCK TO F1 WHEN HE COME OUT OF THE ZONE FOR A REBOUND SHOT AND BREAKAWAY. F2 REBOUNDS WITH F3 AND ATTACK ZONE.

Notes/Systems MULTI ATTACK

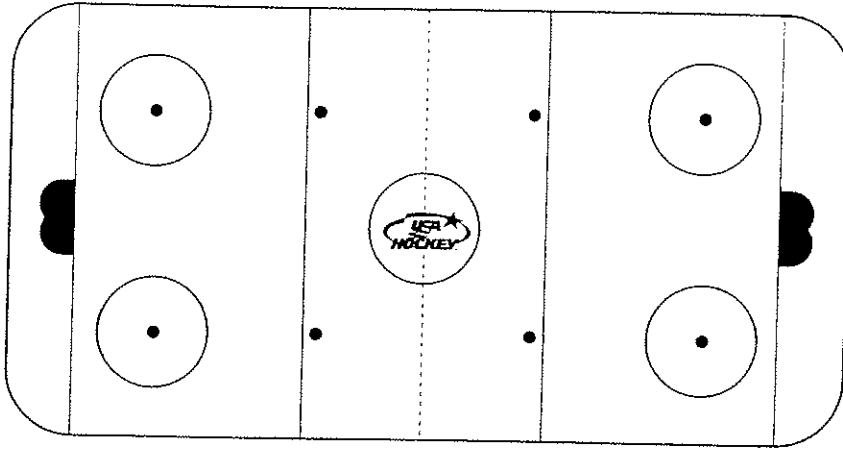
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SYSTEM/DRILL

INDIVIDUAL SKILLS - FORWARDS 8/3 - WED  
RILLY/GOLDSWORTHY 10:50 - 12:05



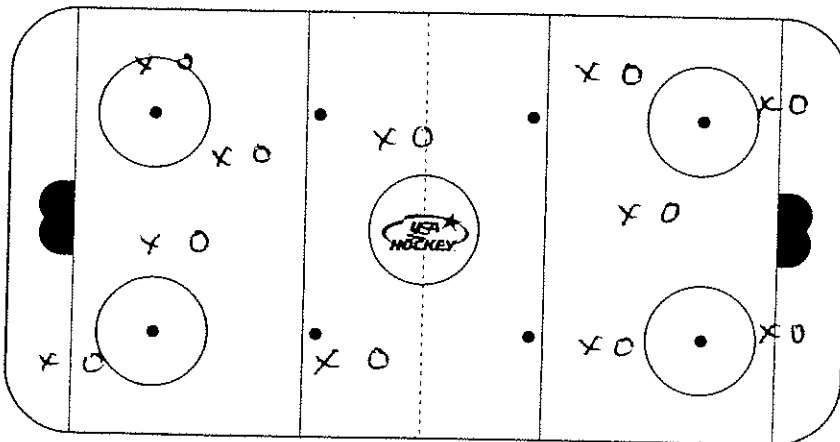
Notes/Systems 10:50 - 10:55

Description

BUTTERFLY WARM UP  
(WITH PUCKS)

LONG STRIDES UP MIDDLE  
CROSSOVERS & PIVOTS  
UP SIDE BOARDS

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

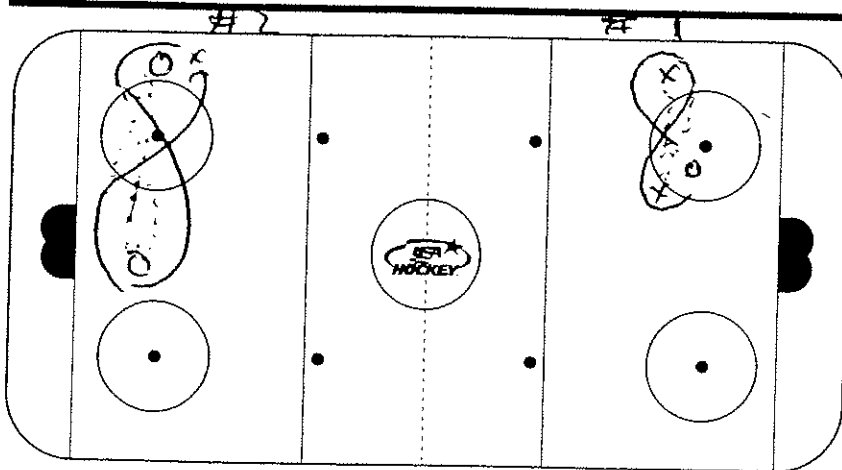


Notes/Systems 10:55 - 11:08

Description

PUCK PROTECTION DRILL

- 1) PUCK IN FRONT OF PLAYER BUT HE CANT TOUCH IT
- 2) KEEP AWAY IN A SMALL AREA
- 3) PUCK PROTECTION ON WALL



Notes/Systems 11:08 - 11:16

Description

PASSING SKILLS

- 1) GET IN GROUPS OF 3 MAKE ONE TOUCH PASSES IN SMALL AREA
- 2) SAME GROUPS OF 3 BUT NOW MAKE THE AREA BIGGER STILL WORKING ON ONE TOUCHES

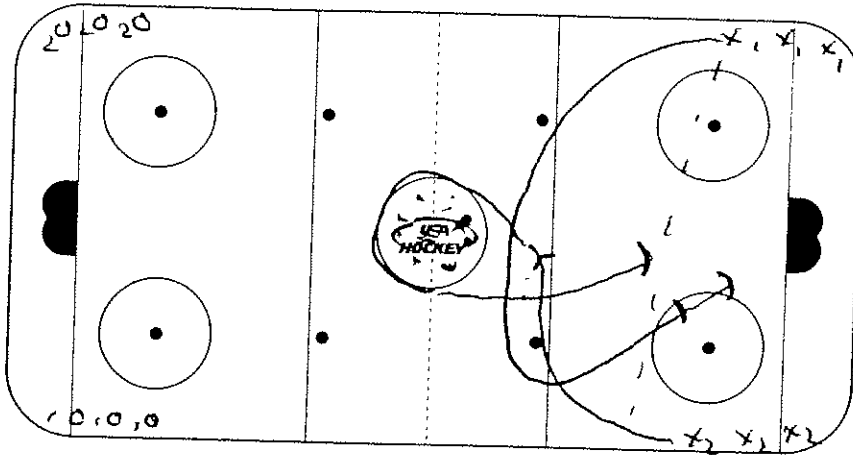
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SYSTEM/DRILL

INDIVIDUAL SKILLS - FORWARDS 8/3-1  
RILEY/GOLDSWORTHY 10:50-12:

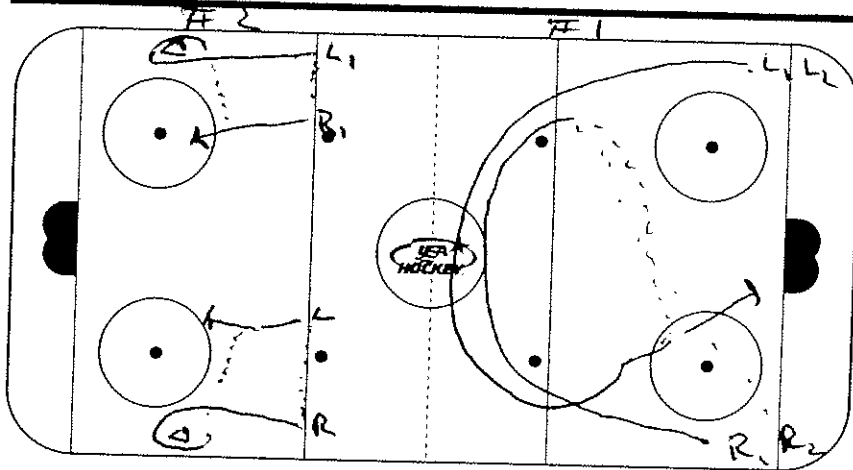


Description

SWEDISH CROSS CRN  
X1 PASSES TO X2  
X2 CARRIES PUCK ALONG BC & LEADS FOR X1, X1 AT ZONE FOR SHOT, X2 SW ROUND CIRCLE PICKS UP FOR 2ND SHOT

BOTH ENDS SAMETIME

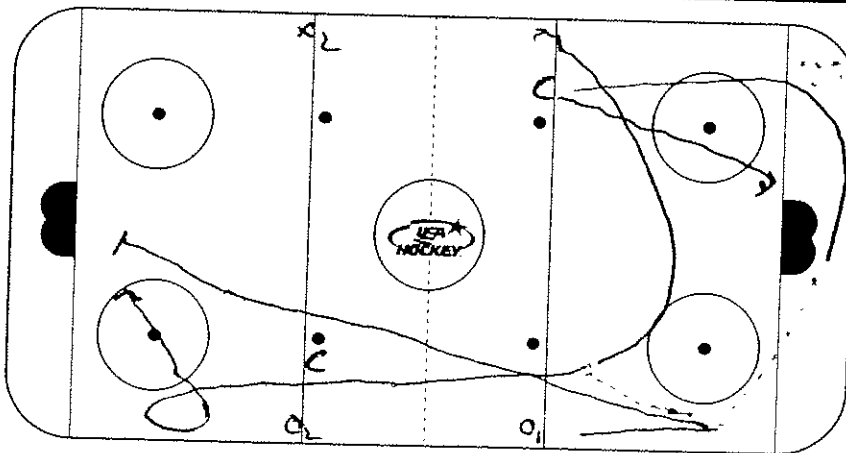
Notes/Systems 11:16 - 11:26



Description

- ONE TIMERS
- 1) R1 & L1 START IN OPPOSITE CORNERS. R1 MAKES PASS TO R2 COMING AROUND FACLOFF DOT WHO 1-TOUCHES PASS TO L1 FOR ONE TIMER
  - 2) R1 PASSES TO L1, DOES ESCAPE AROUND COWE & PASSES TO R1 FOR ONE TIMER

Notes/Systems 11:26 - 11:36



Description

ESCAPE/PASS/SHOOT  
COACH WILL SHOOT PUCK, AF SHOT HE WILL GO INTO CORNER & SWING NET & MAKE BU PAS TO O1, O1 GETS PASS & LOOKS TO HIT X1 WHO SWINGS TO HIS SIDE, X1 DRIVES PUCK INTO OPPOSITE ZONE & ESCAPE W/ PUCK HE CAN PASS OR SHOOT, O1 EITHER RECEIVES PASS & SHOTS OR ELSE PRIORS THE NET FOR REBOUND

Notes/Systems 11:36 - 11:46

(BOTH ENDS)

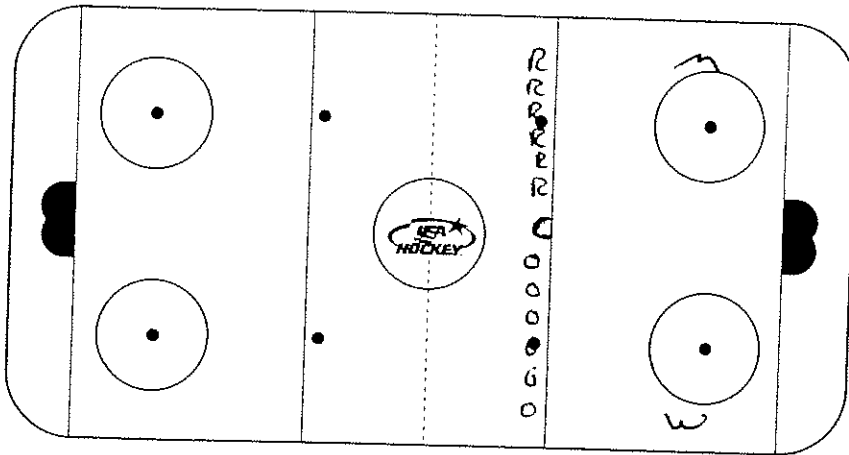
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SYSTEM/DRILL

GRINDLE/KLD  
INDIVIDUAL SKILLS FORWARDS 8/3-WED.  
RILEY/GOLDSWORTHY 10:50-12:00

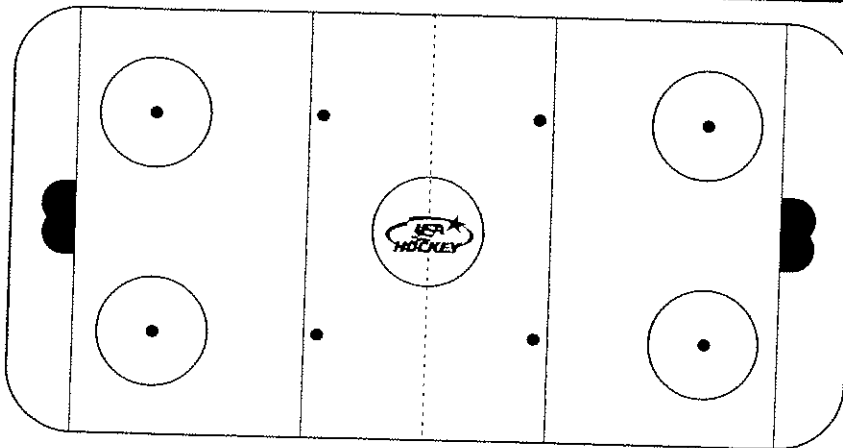


Description  
COMPETITION DRILL

SERIES OF 3 GAMES  
DRAWS US RED, KEEP SCORE  
LOSERS SKATE, CHANGE EVERY  
40 SECONDS

- 1) 3-3
- 2) 3-3 W COACH ALWAYS ON OFFENSE
- 3) 3-2 NETS IN MIDDLES  
"BACK TO BACK"

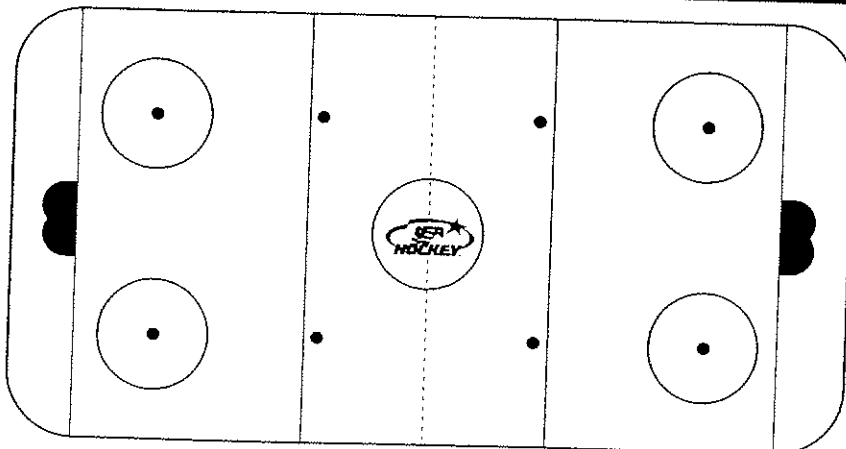
Notes/Systems 11:46 - 12:02



Description

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Notes/Systems



Description

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Notes/Systems



