

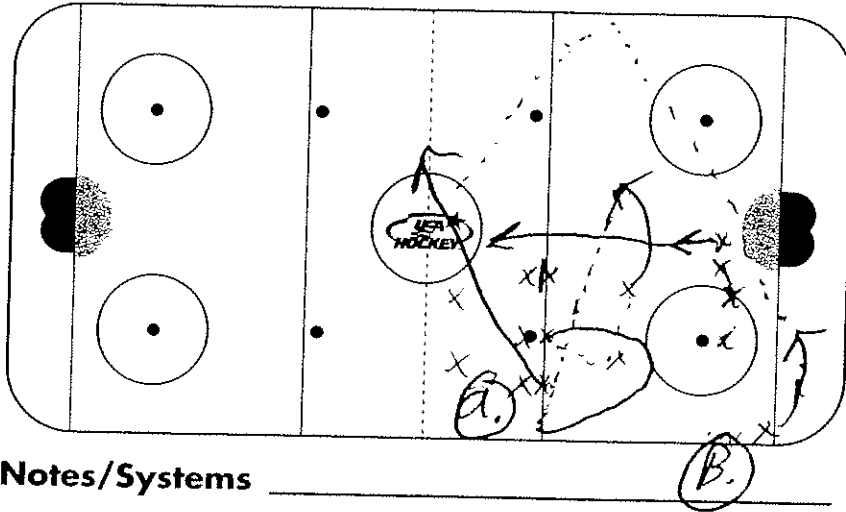
Situational Concepts



SYSTEM/DRILL

Gold
Team Practice
"Situational Concepts"

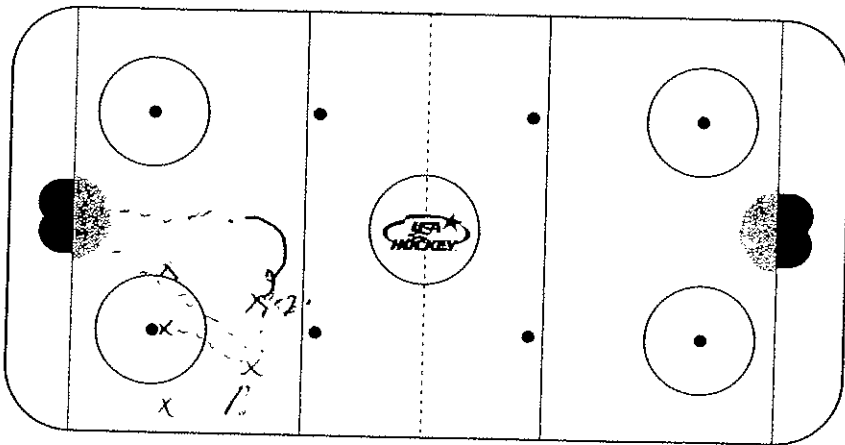
Muldrew/Rice



Description Face-off plays - neutral zone and in own end
 A. - center delay face off play

B. In Zone breaks away play

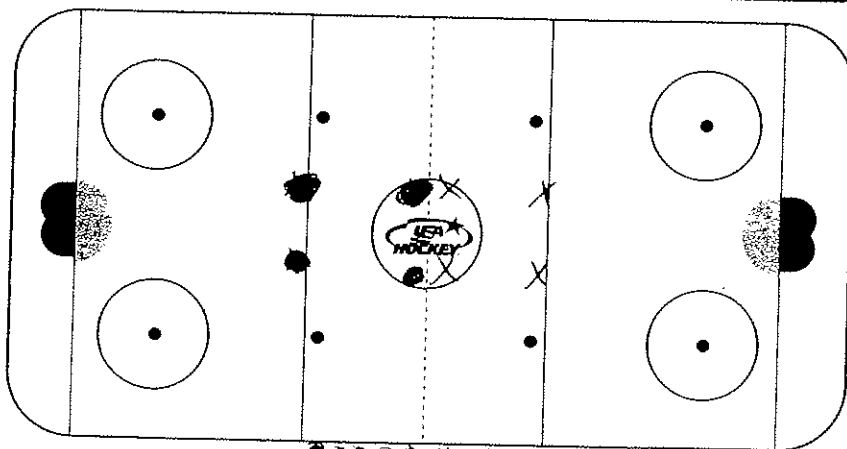
Notes/Systems



Description Face-offs in our offensive end

- holding up responsibilities
- 1. - quick shot
- 2. - OD - roll out

Notes/Systems



Description Supporting the puck.

- 4 on 4 no dump or turnover by chipping the puck away
- If there is a turnover the coach blows the whistle and the next four on the bench from each side go

Notes/Systems

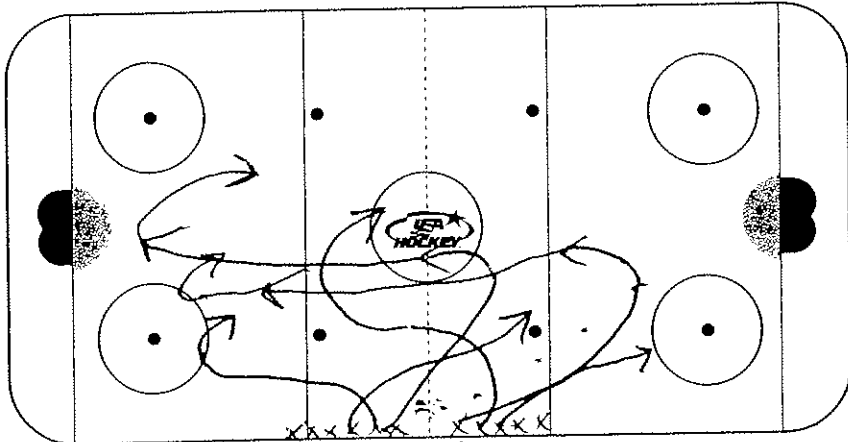
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SYSTEM/DRILL

Gold
Team Practice Muldoon/Rice
"Situational Concepts"



Notes/Systems

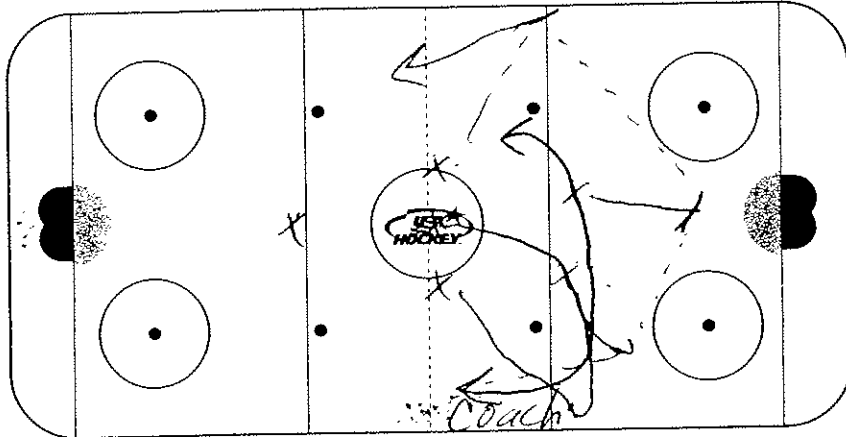
Description

Even Man
Rushes

1 on 1

2 on 2

3 on 3



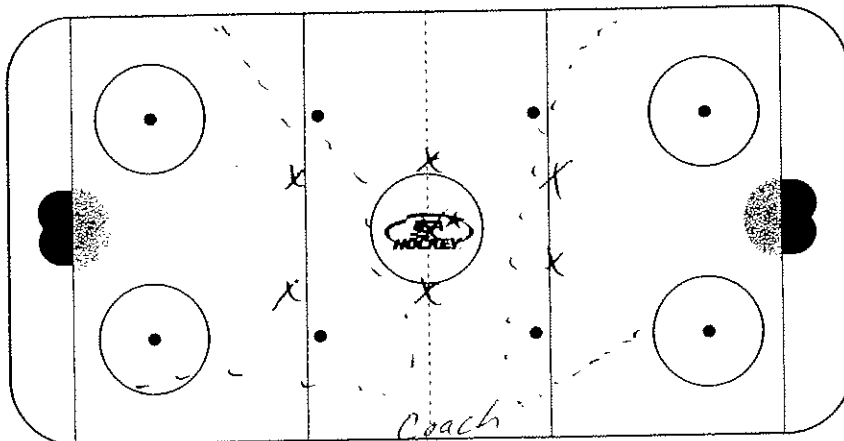
Notes/Systems

Description

Transition to
3 on 1 then 3 on 2

- Coach pushes out
a puck, D-D
with near support
attack 3-1

- Coach blows
whistle and breath
out for a 3 on 2



Notes/Systems

Description

3-2 transitions

- quick ups

- D-D and up

- Coach has pucks
in hand

- while on 3-2
Coach can blow
the whistle at
any time and
throw out another
puck

- Players have to make
transition to support

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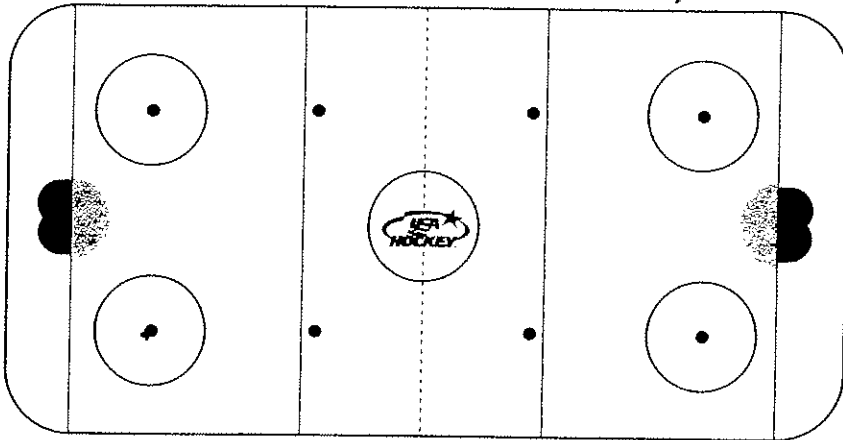




SYSTEM/DRILL ORANGE

THURSDAY 8/4/05

RILEY/GOLDSWORTHY



Description

BUTTERFLY WARM-UP
(WITH PUCKS)

- LONG STRIDES UP
MIDDLE

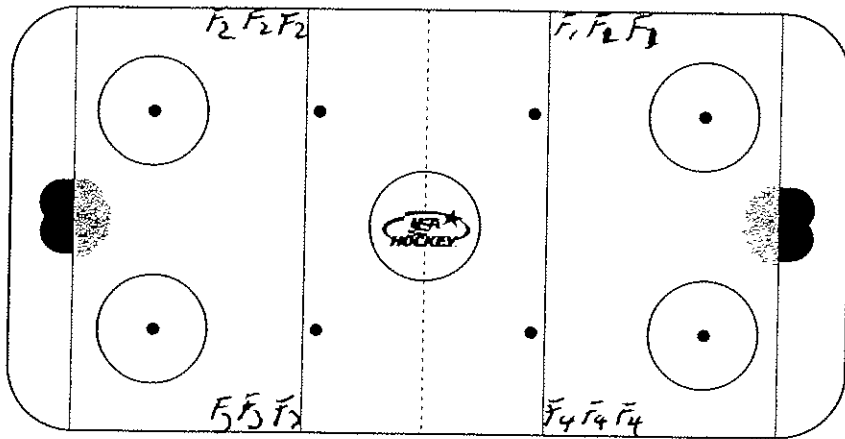
- QUICK FEET UP MIDDLE

- BACKWARDS UP MIDDLE

- PARTNER PASS UP MIDDLE

STRETCH

Notes/Systems 9:35 - 9:40



Description

GOALIE WARM-UP
CENTER CIRCLE PASS

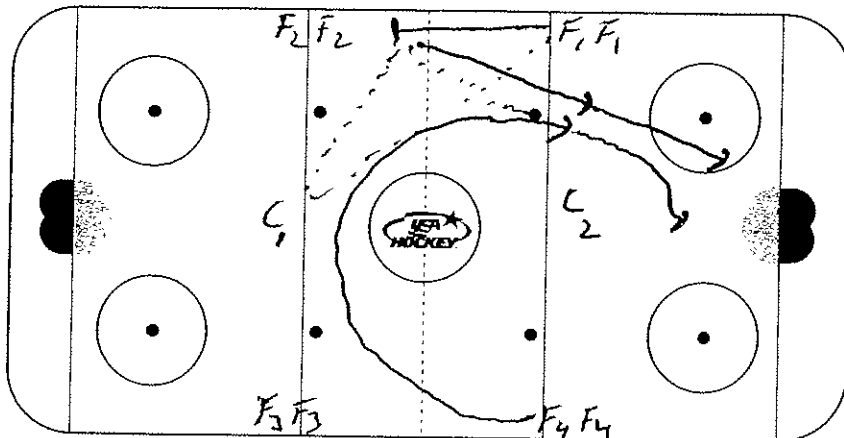
① F₁ & F₃ GO AT SAME TIME &
RECEIVE PASS FROM THEIR SAME
LINE AFTER GOING AROUND CIRCLE

② (F₂ & F₄ GO AFTER THEM)

③ F₁ & F₃ RECEIVE PASS FROM
OPPOSITE LINE

④ ADD ANOTHER PASS

Notes/Systems 9:40 - 9:47



Description

2-0 INDIRECT

F₁ MAKES PASS TO C₁ &
POSTS INSIDE RED LINE
FOR RETURN PASS FROM COACH
AFTER HE RECEIVES PASS FROM
COACH HE GIVES F₄ INDIRECT
PASS & THEY GO IN 2-0.

DO THE SAME THING FROM
OPPOSITE END

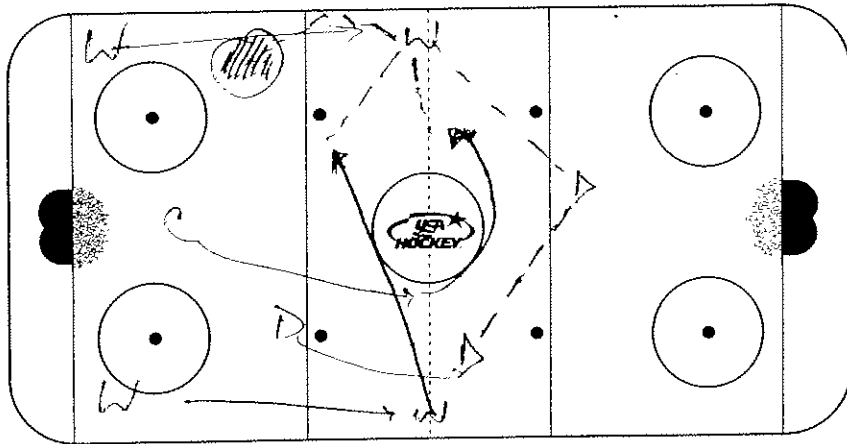
Notes/Systems 9:47 - 9:52

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SYSTEM/DRILL



Notes/Systems Puck Movement (East-West)
9:55 - 10:15

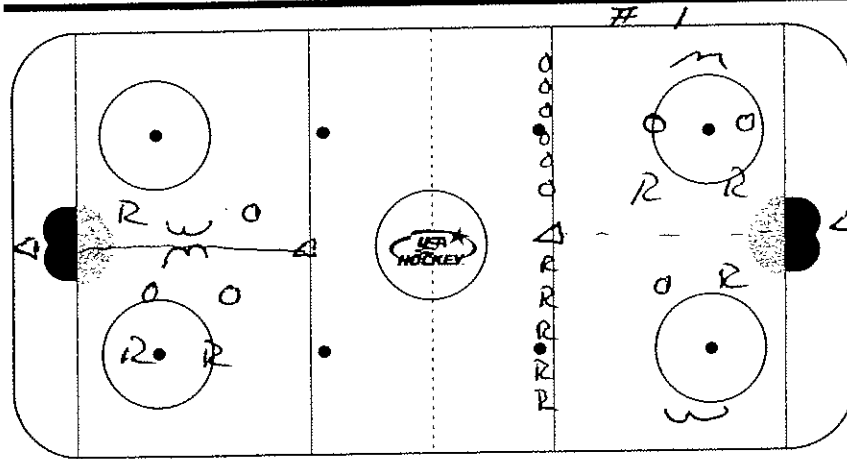
Description N-ZONE ✓ LIST

NZ Reentry
D-D-W-C
D-D-W-W Direct
" " Soft

(10) 3-0 w/#2 shot
Points

(10) 3-2
MISDIRECTION/TIP

(20) 20 minutes



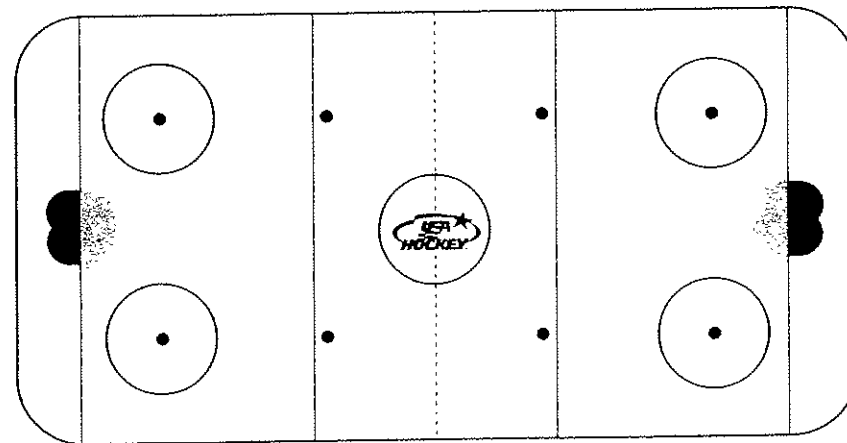
Notes/Systems 10:15 - 10:35

Description

CROSS ICE GAMES

① 3-3 GAME ORANGES
RED. YOU CAN ONLY HAVE
2 DEFENSIVE PLAYERS OR 2
OFFENSIVE PLAYERS IN A ZONE
AT THE SAME TIME

② SAME GAME EXCEPT NOW
YOU PLACE THE NETS
BACK TO BACK



Notes/Systems

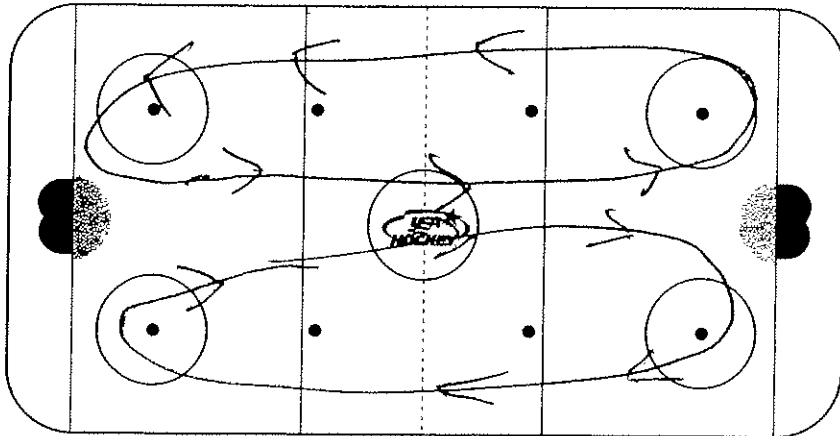
Description



SYSTEM/DRILL White Team
 Thursday August 4th 11:5

LONKE
 SANTIENE

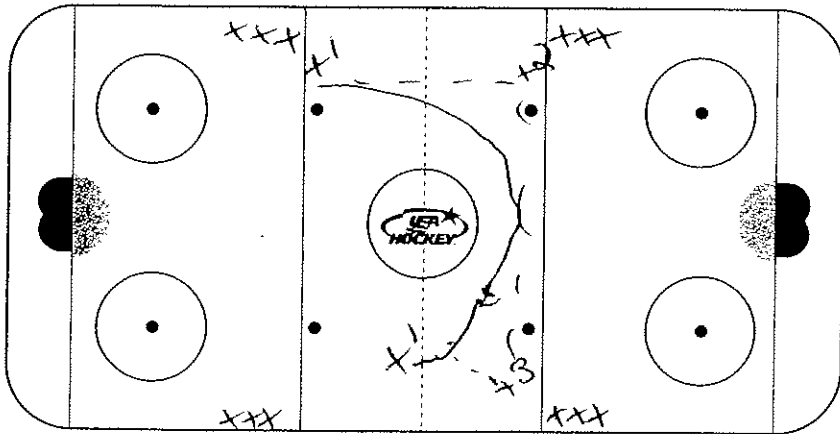
Situational Concepts¹⁶



Description

BUTTERFLY WARM-UP

Notes/Systems



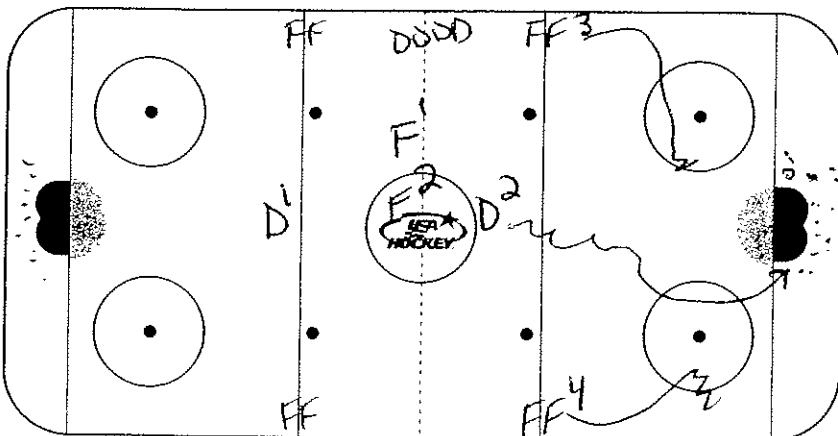
Description

4 Blue Passing AND Shooting

x1 pass to x2
 x2 to x3
 BACK x1

Both Diagonal lines go at same time

Notes/Systems



Description MSU 2x1/2+2

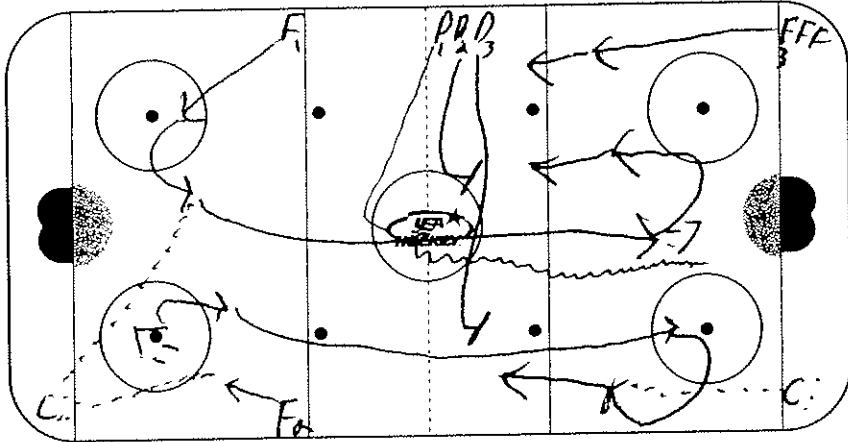
- (1) Forwards AND D as shown
- (2) F1 F2 Regroup w/ D1
- (3) Then Regroup w/ D2
- (4) F1 F2 Attack @ D1 2x1
- (5) After Regroup D2 Skates Backwards then Pivots and Breakout F3 FF w/ Pucks behind net
- (6) NEW D Steps out for D1
- (7) Drive IS Continuous from there
- (8) Variation IS 2x2

Notes/Systems



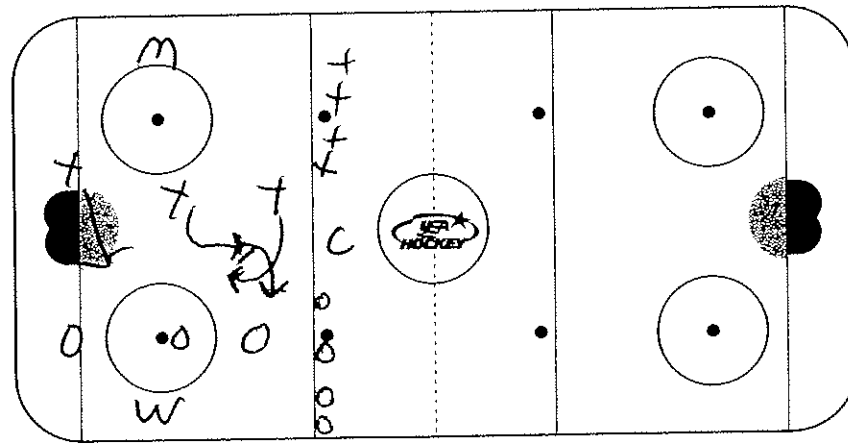


SYSTEM/DRILL SITUATIONAL CONCEPTS
WHITE TEAM THURSDAY AUG 4



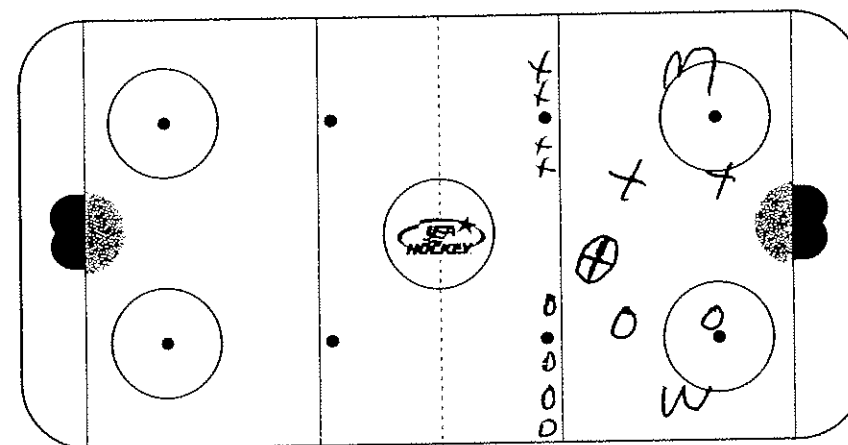
Description
 F1 & F2 GO TO NET GET PASS FROM COACH FOR SHOT. COACH PASSES SECOND PUCK TO F1 & F2 FOR 2ND RUSH DOWN ICE. AFTER 2ND RUSH F1 & F2 GET ANOTHER PASS FROM COACH AND HAVE F3 JOIN THEN IN RUSH UP ICE AGAINST D2 & D3 FOR A 3 ON 2 PLAY.

Notes/Systems MULTI RUSH DRILL



Description
 MUST MAKE A TAKEOVER PASS PLAY BEFORE YOU CAN SCORE. PLAY BOTH WAYS IN A GAME.

Notes/Systems SMALL ICE GAME 3V3 TAKEOVER



Description
 3V2 GAME X-PLAYER IS ON OFFENSE FOR BOTH TEAMS.

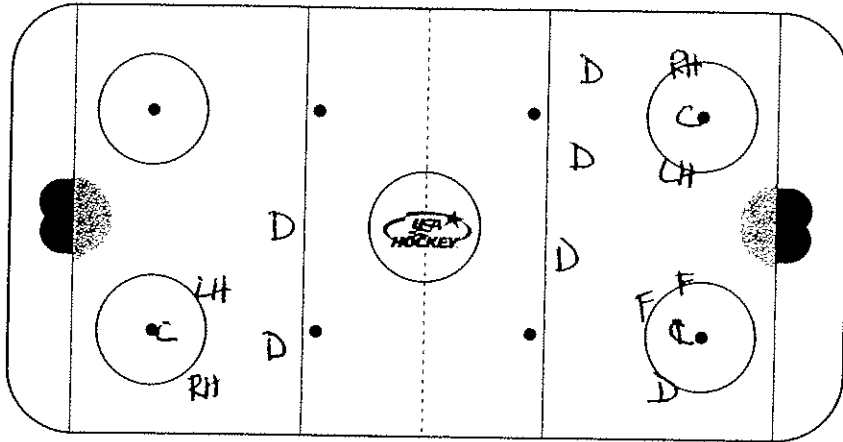
Notes/Systems SMALL ICE GAME 3V2 ONE PLAYER PLAYS FOR BOTH TEAMS ON OFFENSE





SYSTEM/DRILL

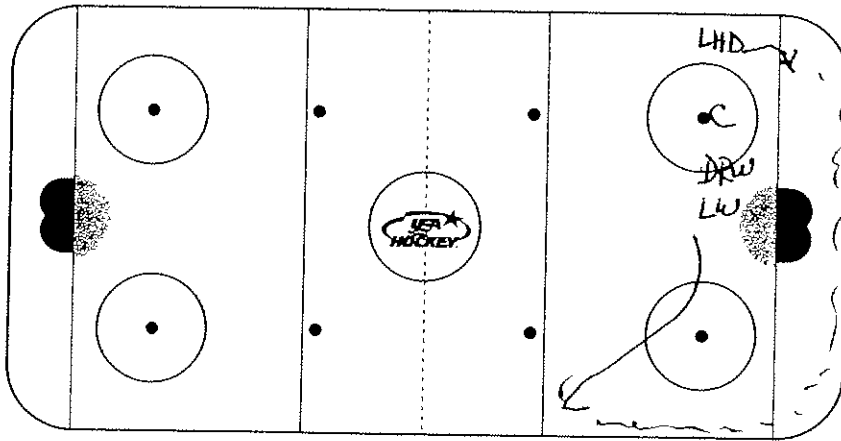
WHITE TEAM



Description FACE-OFFS
OZONE

- ① Pick
- ② wings Flipped
- ③ OVERTAKE

Notes/Systems

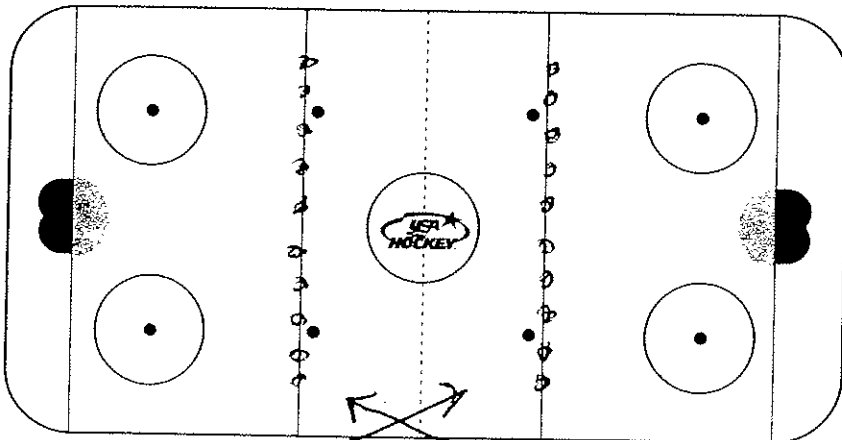


Description FACE OFFS
DRONE (Regular AND Fire Play)

- ① FIRE Play
- Clean WIN
- LHD Fires Puck Around
- LW Protects From D and chips by him

Notes/Systems

Center, Right wing, other D Support for a quick odd man push



Description 10 Puck Breakaway
DRILL

- ① 10 Pucks Across Each BLUE
- ② TEAM A on one bench
TEAM B on other
- ③ Player goes in on BO
- ④ If you ~~score~~ Score hustle to bench, next guy goes
- ⑤ Don't Score, get Puck and Bring Back to Blue line, Next Player goes
- ⑥ TEAM that Scores all

Notes/Systems

Can be ANY amount of Pucks / Good line change Drill

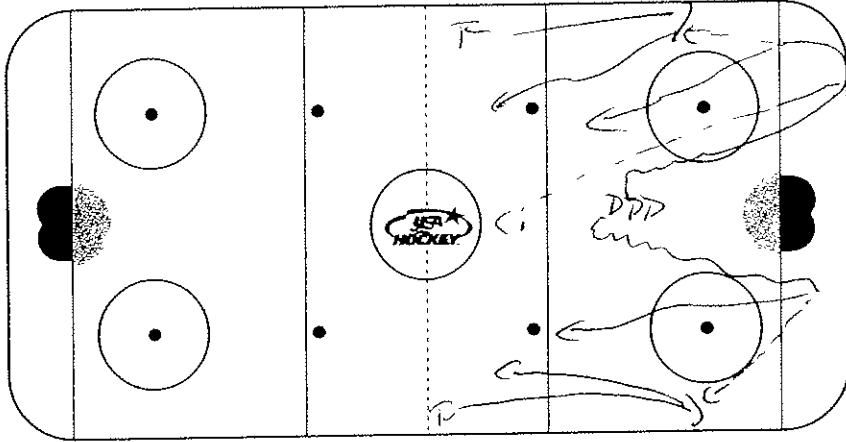
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WINGS



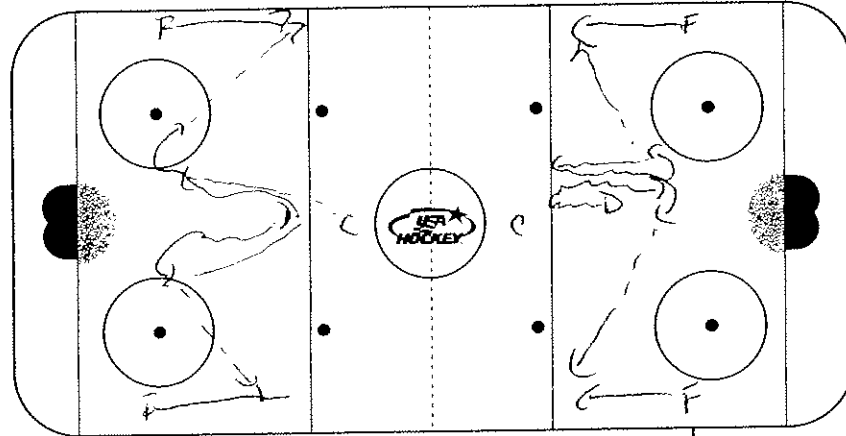
SYSTEM/DRILL THURSDAY Teal O'Brien / Berlingi



Notes/Systems D-BO WARM UP

Description _____

- ① quick up
- ② wheel
- ③ w/goalie

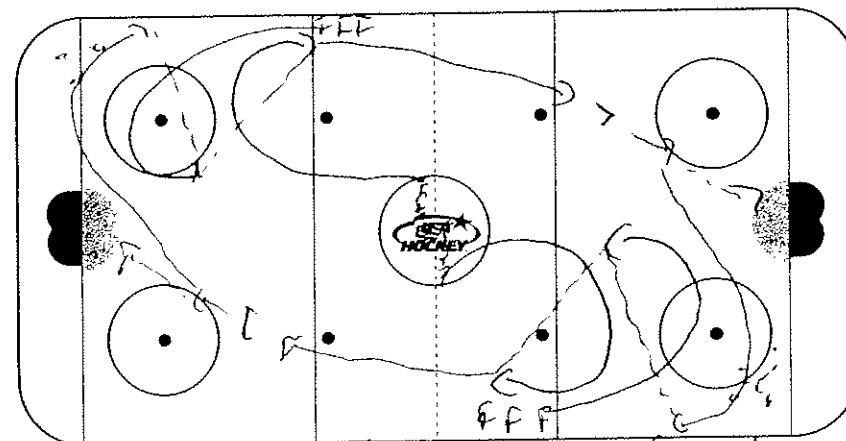


Notes/Systems N-Zone Movement

Description _____

Don't be back to
wide/quick

Gain Blv some other
side both ends



Notes/Systems TEAM CANADA (sorry)

Description _____

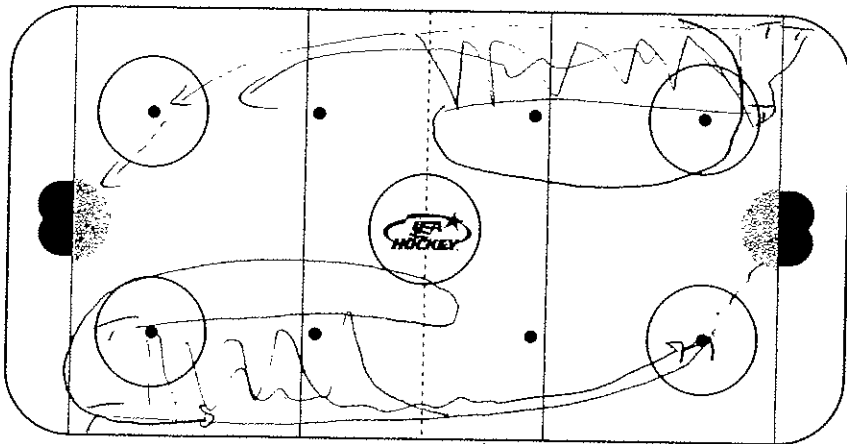
2 PASS N-Zone

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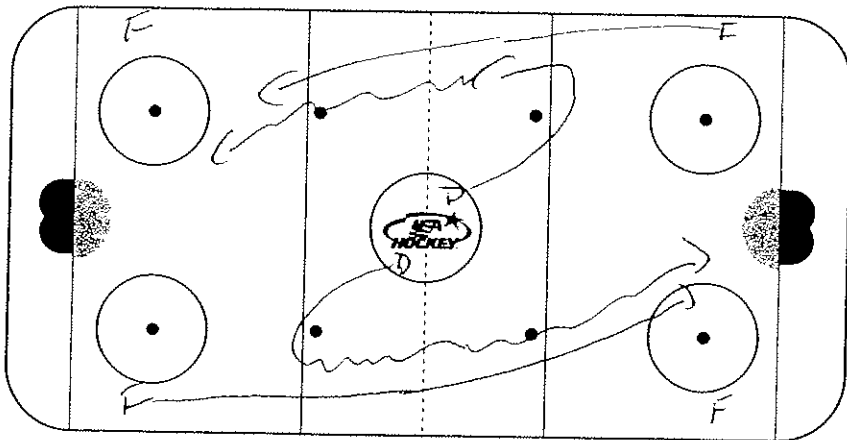
SYSTEM/DRILL Teal (Thurs) O'Brien / Ben Jani



Description _____

2-0 w/out side
man releasing
for shot
in side man. Red like
circle back
Netman in line on
DPT.
MAN circle below MAN
2-0 release
conditions.

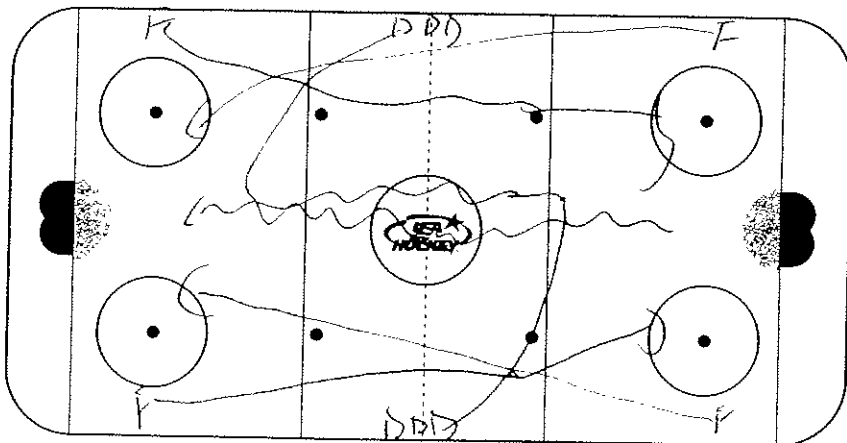
Notes/Systems 2-0 Release



Description _____

1-1
2-1
Switch Sides

Notes/Systems 1/1 From Hash
& center



Description _____

2-1 when 1st
group passes top
of circles next group
closes
1 whistle 1 punt
constant flow.

Notes/Systems 2-1 From Hash
continuous flow

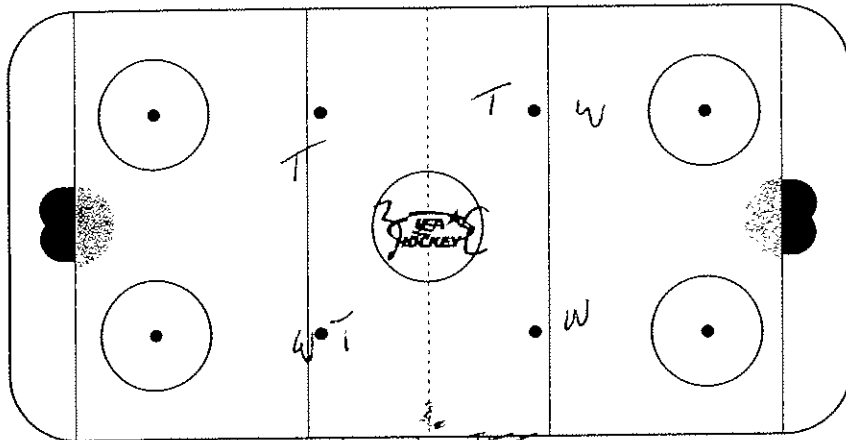
speed -> shot & crash





SYSTEM/DRILL

THURS TEAL O'Brien Pavilion



Notes/Systems

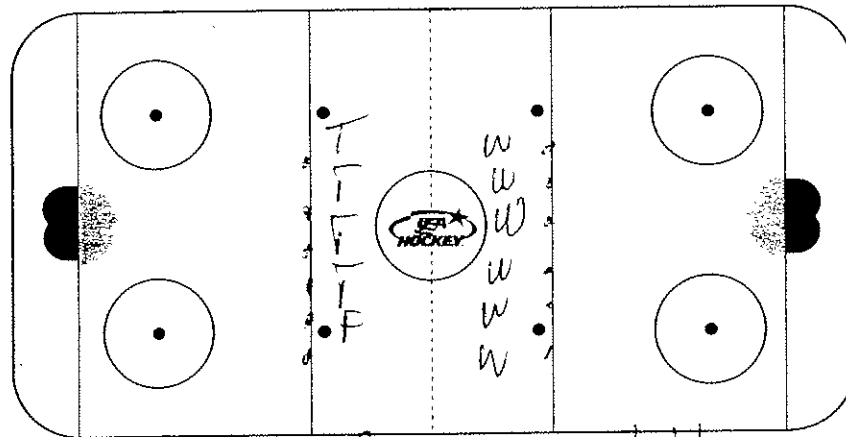
Description

3-3 CAN

nets in center on circle

3 on 3 or 4 on 4

change on fly all puck at wall can shoot any net play to 10



Notes/Systems

if time white teal 3A progression

Description

play to 10

start 1/0

if miss clear zone

2/0

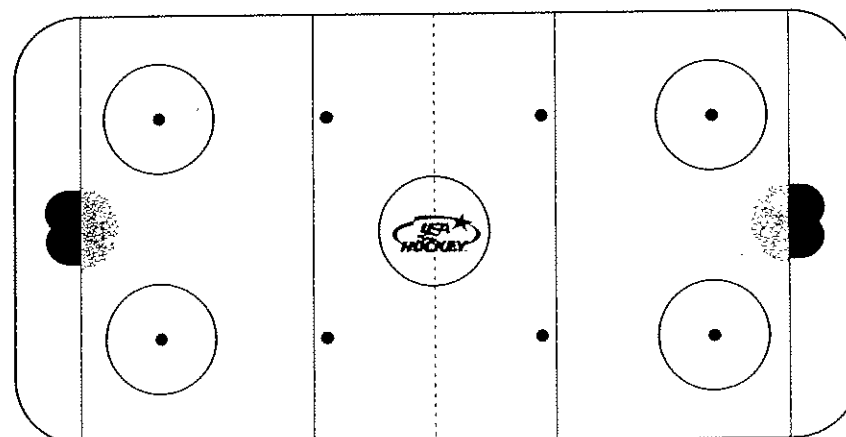
" 3/0

" 4/0

up to whole team

All must touch puck

1 chance -> to 10



Notes/Systems

Description



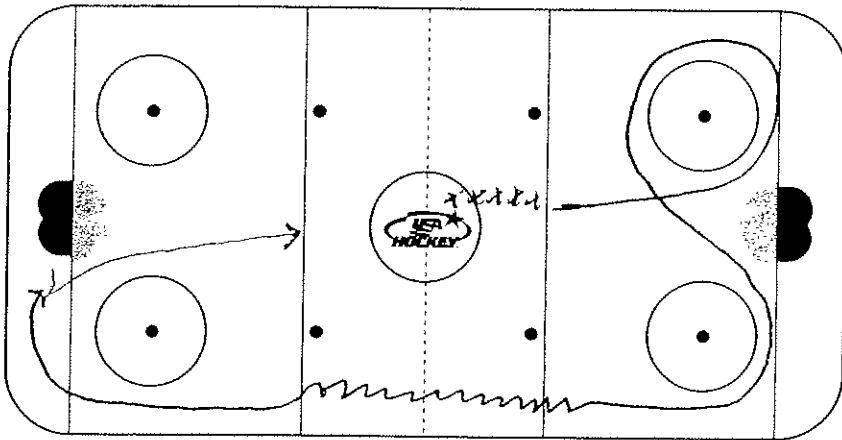


SYSTEM/DRILL

PURPLE

C: SCOTT HAMBLY

THURSDAY 7:00 A.M.

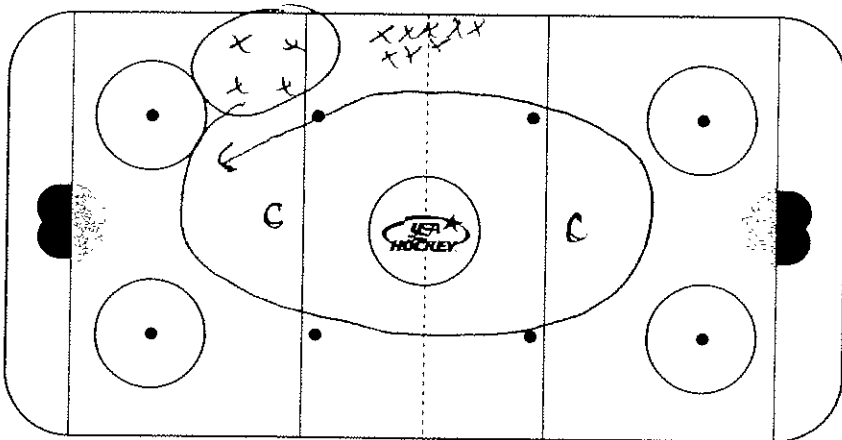


Description

WARMUP SKATE W/PUCK

- ① FORWARD TO BLUE
BACKWARD BETWEEN BLUE
FORWARD BLUE TO CORNER
DOWN & BACK
- ② SAME AS ABOVE ONLY
FACE FAR END SO
PIVOTING IS INVOLVED

Notes/Systems



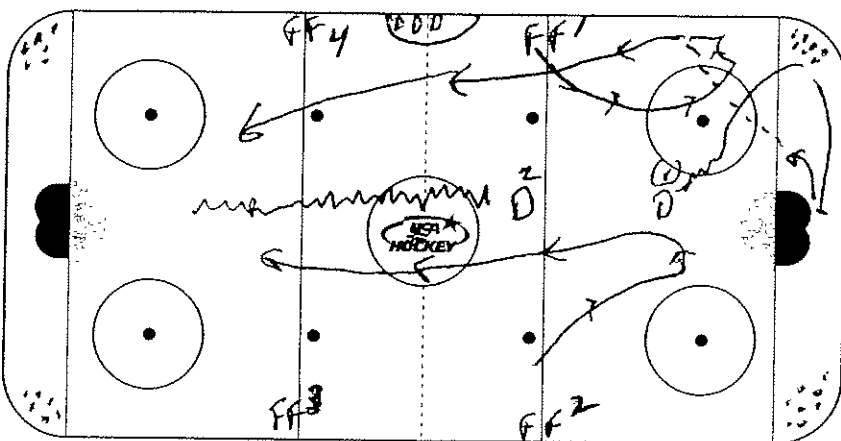
Description 4-0 BIG CIRCLE
PASSING/SKATING - SHOOT

4 PLAYERS CONTINUOUSLY MOVING
IN A BIG CIRCLE, GOING
BEHIND BOTH GOALIES -
CONSTANT PUCK MOVEMENT

EMPHASIZE CHEST TO PUCK
WHEN NOT IN CONTROL
OF PUCK

Notes/Systems

WHEN 1ST GROUP GOES BY, 2ND
GROUP GO IN OPPOSITE DIRECTION



Description 2-1, 2-2, 3-2, 3-3

D¹ PICKS UP PUCK IN CORNER
THAN SKATES & MOVES BEHIND
NET - BREAKS OUT TO
FORWARD'S F¹ & F²
ATTACK D² 2-IN-1
ON WHISTLE D² GETS PUCK
FROM CORNER AND BREAKS
OUT F³ & F⁴ TO ATTACK
OPPOSITE DIRECTION

ADD 2-2, 3-2, 3-3
3-2 w/BACKCHECKER

Notes/Systems EMPHASIZE DEFENSEMAN
MAKE MOVE BEHIND NET BEFORE PASSING

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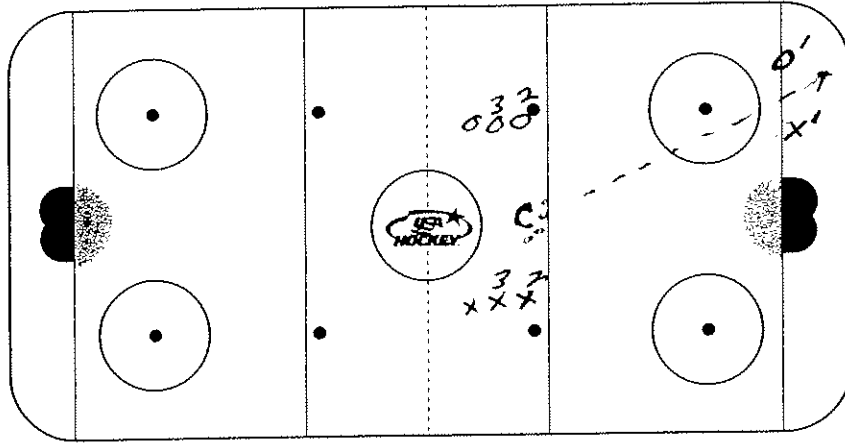




SYSTEM/DRILL PURPLE

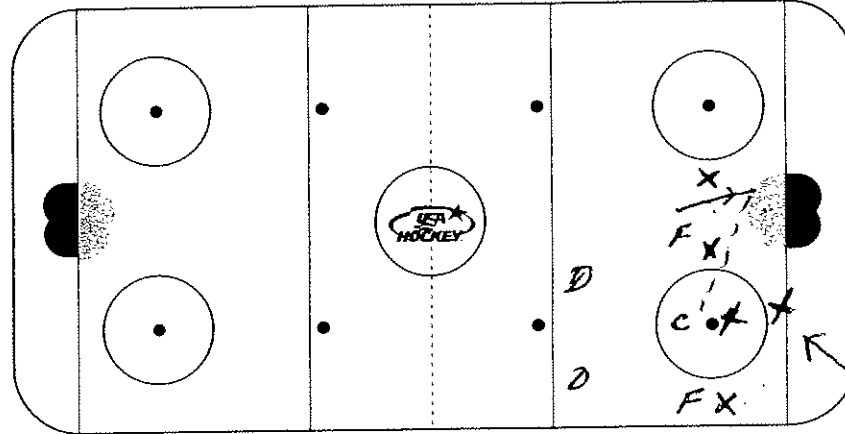
C: SCOTT HAMBLY

THURSDAY 7:00 A.M.



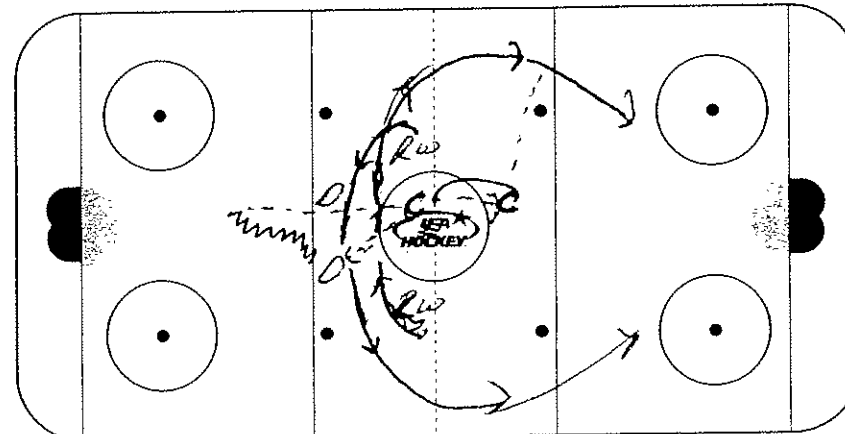
Description 1-1, 2-1, 2-2, 3-2, 3-3
 COACH SHOOTS IN PUCK - X¹, O¹
 PLAY PUCK
 COACH SENDS ~~FA~~ X² FOR
 A 2-1
 COACH THEN SENDS O² FOR
 2-2
 COACH SENDS X³ FOR 3-2
 " " O³ FOR 3-3
 45 SECS. MAXIMUM PER
 SET

Notes/Systems _____



Description FACE-OFF
OFFENSIVE ZONE
 RIGHT HAND CENTER FOR RIGHT
 CIRCLE FACEOFF
 LEFT HAND CENTER FOR LEFT
 CIRCLE FACEOFF
 CENTER PUSH PUCK TO FAR POST
 LEFT HAND SHOT BUST FOR FA.
 POST TO TIP
 USE THIS WHEN OPPOSITION
 WERE TO SETUP AS X'S
 ARE

Notes/Systems _____



Description NEUTRAL ZONE
FACEOFF LATE IN GAME
 ① CENTER PULLS PUCK BACK TO 'D'
 ② 'D' BACKS INTO 'D' ZONE
 ③ CENTER POSTS UP ON OFFENSE
 SIDE OFF CENTER REDLINE
 ④ WINGS CROSS WIDE OF EACH
 OTHER THRU CENTER ZONE
 ⑤ 'D' FIRES UP TO CENTER WHO
 REDIRECTS PASS TO EITHER
 BUSTING WING

Notes/Systems _____



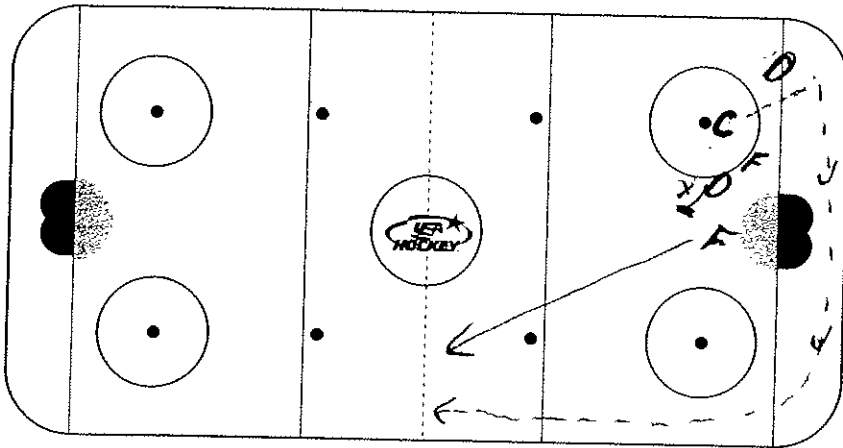


SYSTEM/DRILL

PURPLE

C: SCOTT HAMBLY

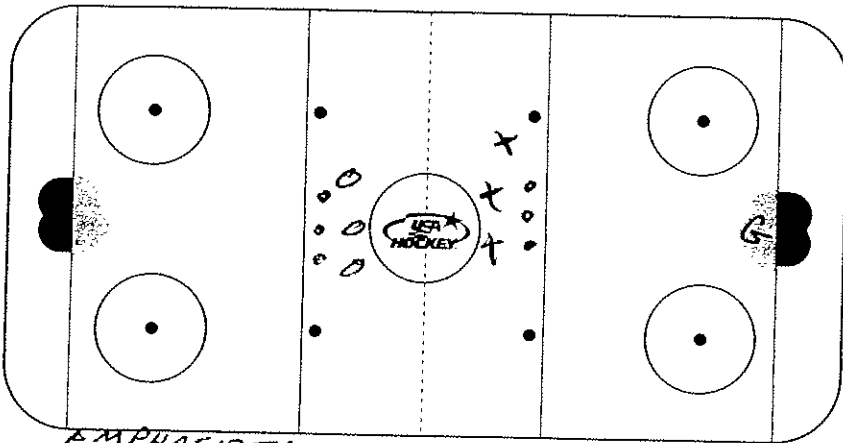
THURSDAY 7:00 A.M.



Description DEFENSIVE ZONE FACEOFF LATE GAME

- ① CENTER DRAW BACK -
- ② FORWARD FLY FOR FAR BLUELINE -
- ③ D' WING PUCK AROUND BOARDS
USE LEFTHANDED 'D' ON RIGHT SIDE -
RIGHTHANDED 'D' ON LEFT SIDE

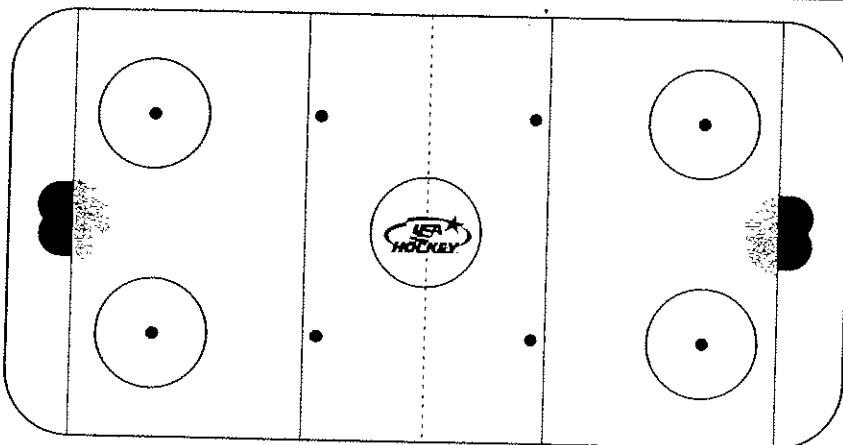
Notes/Systems



Description 3 PUCK DRILL

- 1) 3 PUCKS AT BLUELINE =
- 2) 3 PLAYERS AT EACH BLUELINE -
- 3) ON WHISTLE, PLAYERS ENTER ZONE AND ALL 3 NEED TO TOUCH PUCK BEFORE SHOOTING
- 4) WHEN GOAL IS SCORED, COME BACK AND GET PUCK #2 AND ALL 3 PLAYERS TOUCH PUCK BEFORE SHOOTING AGAIN
- 5) CONTINUE UNTIL 3 GOALS SCORED

EMPHASIZE! Notes/Systems ALL PLAYERS NEED TO KEEP MOVING - GOALIE CAN SHOOT PUCK OUT - ALWAYS STAY ON SIDE



Description

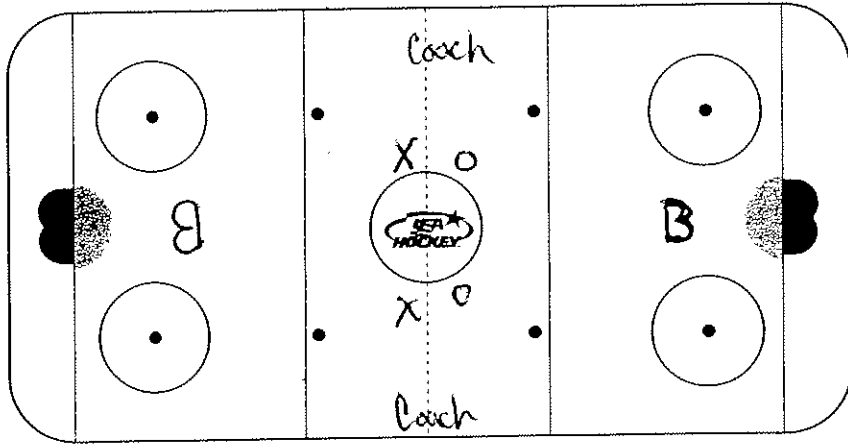
Notes/Systems



RED



SYSTEM/DRILL FINAL PRACTICE - SITUATIONAL CONCEPT



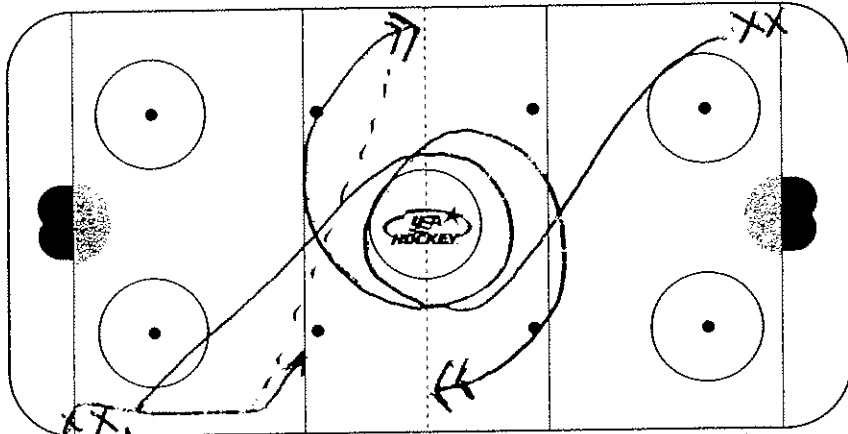
Notes/Systems 4 on 2

Description

2 on 2 with Coach
always on offense
making it 4 on 2

PROGRESSION:
3 on 3 to 5 on 3

Note: Coaches can move
anywhere



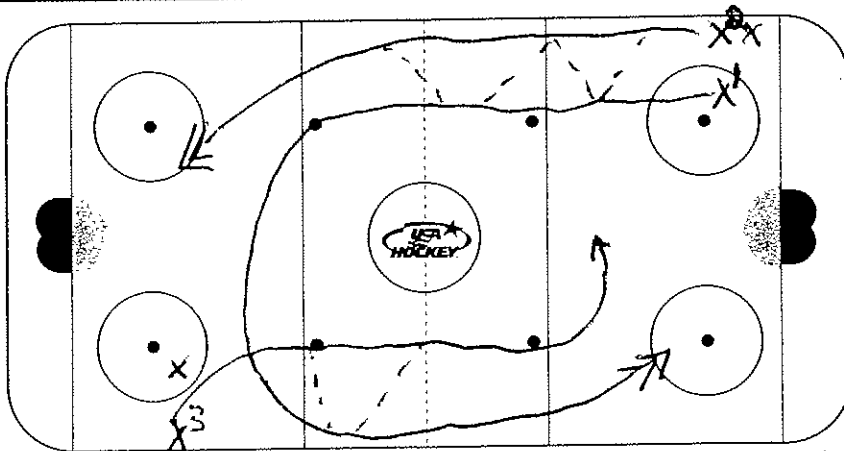
Notes/Systems REVERSE CENTER CIRCLE

Description

X₁ skate without puck
around center circle
X₂ Begin skating, pass
the puck wide to X₁

Goal: X₂ should make pass
to X₁ around center
red line

Drill is done out of both
ends



Notes/Systems 2 on 0 continuous shooting

Description

X¹ + X² go 2 on 0 down
the ice
At the far blue line:
X² takes shot
X¹ swings to outside lane

X³ steps to middle and go
2 on 0 with X¹ to far
end - swing to outside
lane at far blue line.

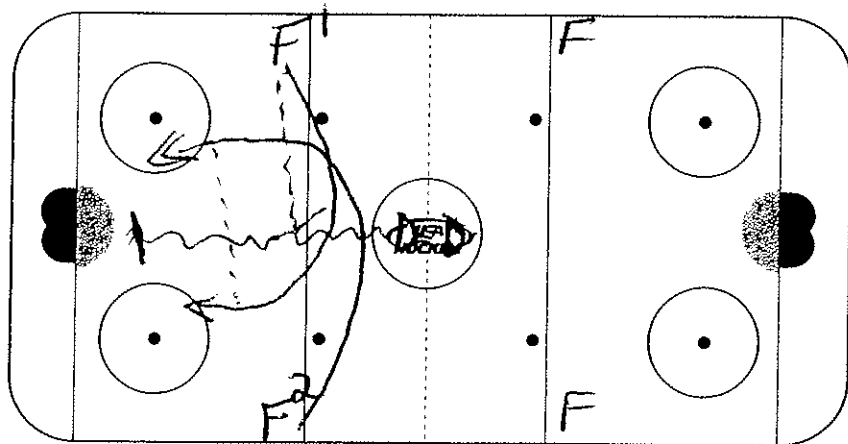
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RED



SYSTEM/DRILL FINAL PRACTICE - SITUATIONAL CONCEPT

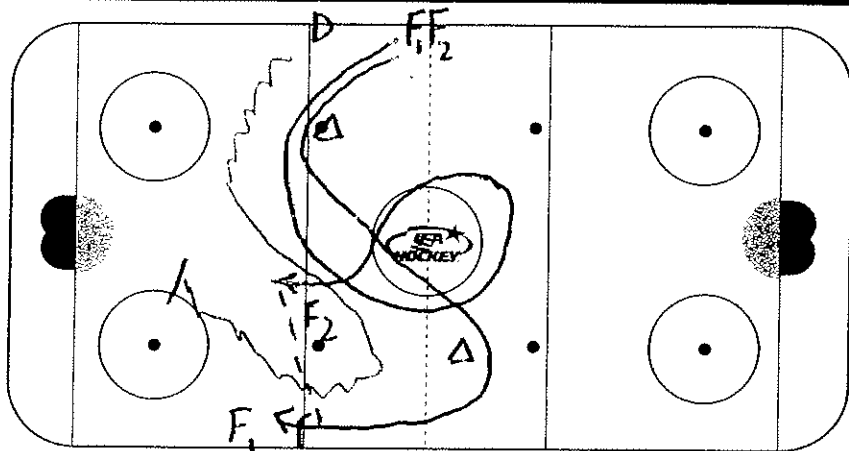


Notes/Systems Quick 2on1

Description

D at center ice
 retreat to blue line
 leave pass from F1
 at Blue line and handle
 2on1

F1 + F2 Cross, pickup
 puck left by D and
 go 2on1



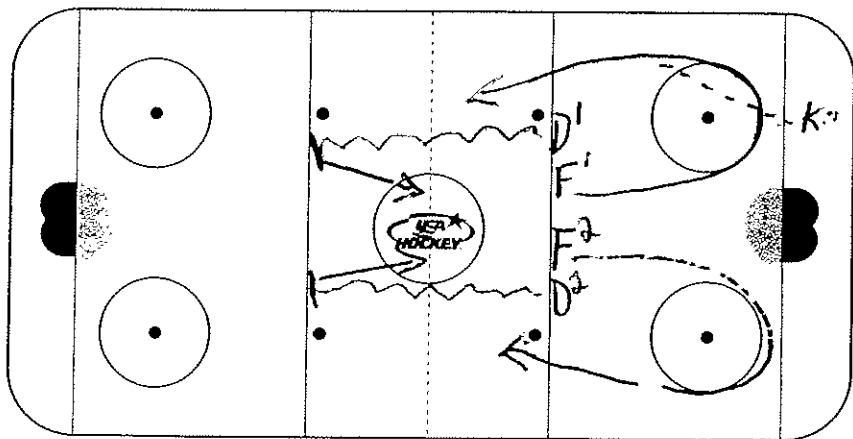
Notes/Systems OVERSPEED 2on1

Description

F1 - skate around both corners
 enter zone wide with puck

F2 - follow F1 to center circle
 skate around center circle
 and enter zone as late
 attacker

D - mirror F1 and play
 2-1 into your defensive
 zone



Notes/Systems PLYMOUTH 2on2

Description

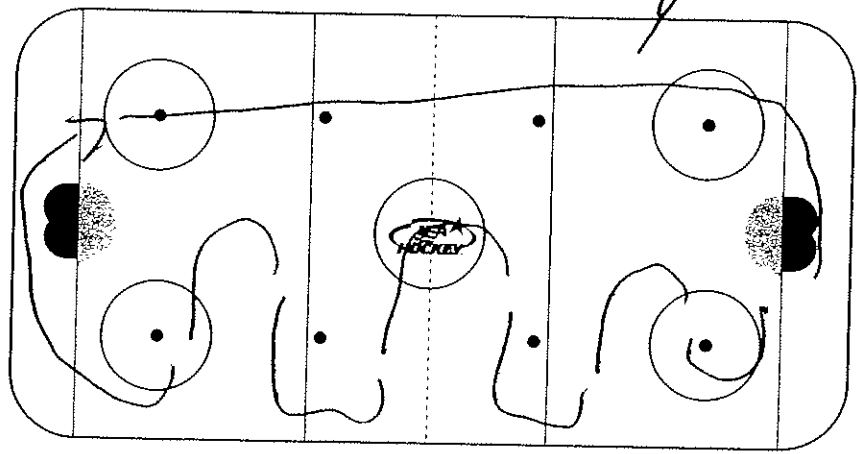
F1 + F2 skate around
 bottom of the circles
 and receive pass from
 Coach (K) in corner
 Go 2on2 vs. D1 + D2

D1 + D2 retreat to
 blue line - stop + gap up
 to handle 2on2

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Grey

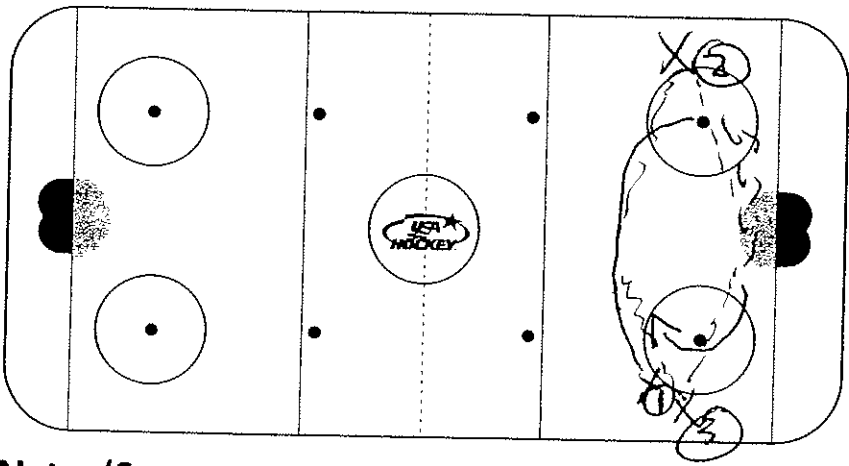


Description Owl Skat

Edges work

Pivots

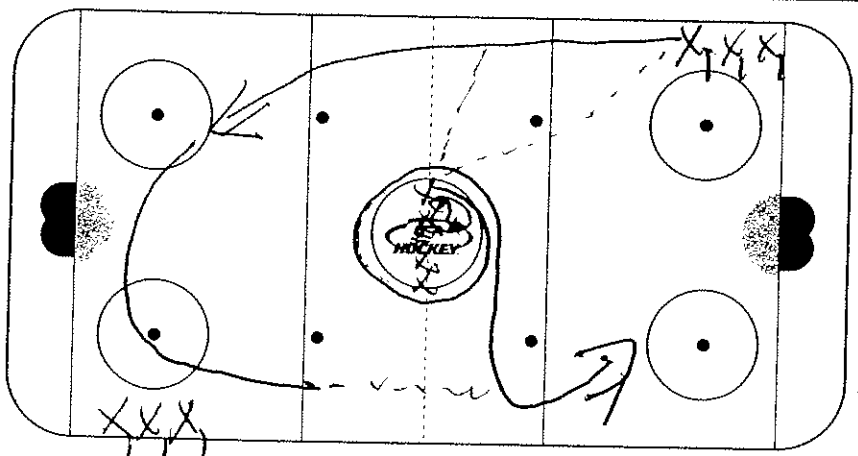
Notes/Systems _____



Description Shuttle Passes
Lines on each side
Board

X1 Skates Forward Pass
with X2 Pivots Back
ward passing with
Both X2's X3

Notes/Systems _____



Description _____

Wings warm up

X1 Pass to X2 / Touch
back to X1, Raising
up ice

X2 circles around
center supports X1

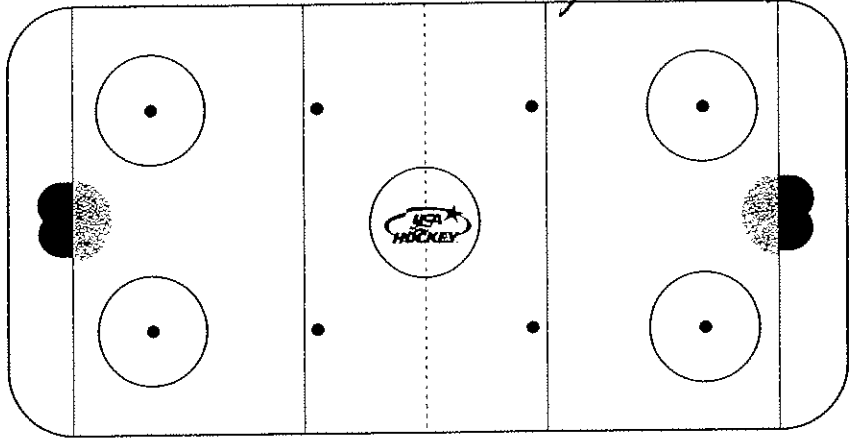
X2 receives long pass
for shot

Notes/Systems _____



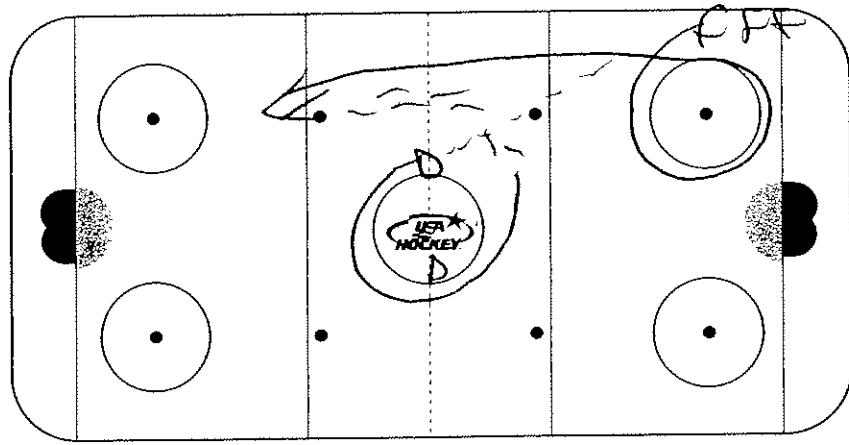
Grey Plays 2

Description FACE OFF PLAYS



Notes/Systems

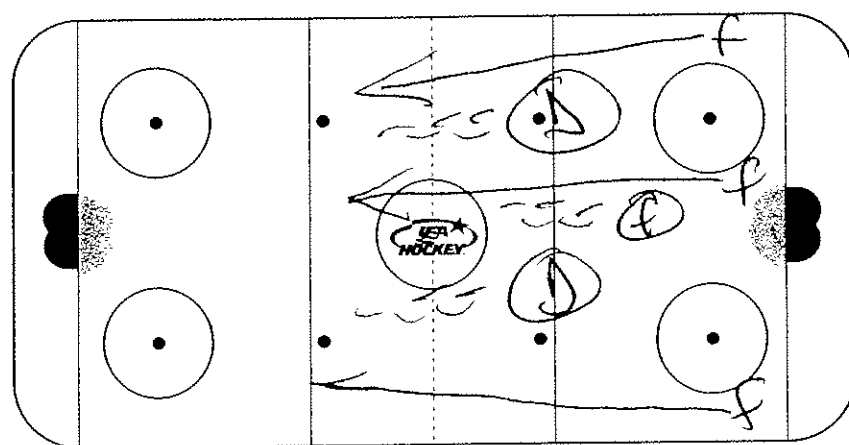
Blank lined area for notes.



Description LOW / FIGHT
DEFENSE PASSES TO FORWARD
FORWARD ALLOWED CIRCLE
AND ATTACK LOW
A - AFTER PASS, SKATER
COUNTER CIRCLE PLAYS
TOP 1

Notes/Systems

Blank lined area for notes.



Description ZONE 2 w/
BACK VOLS
Ⓞ must skate BACK-
WARDS to CENTER
CIRCLE Pick up 1 of
the ATTACKERS

Notes/Systems

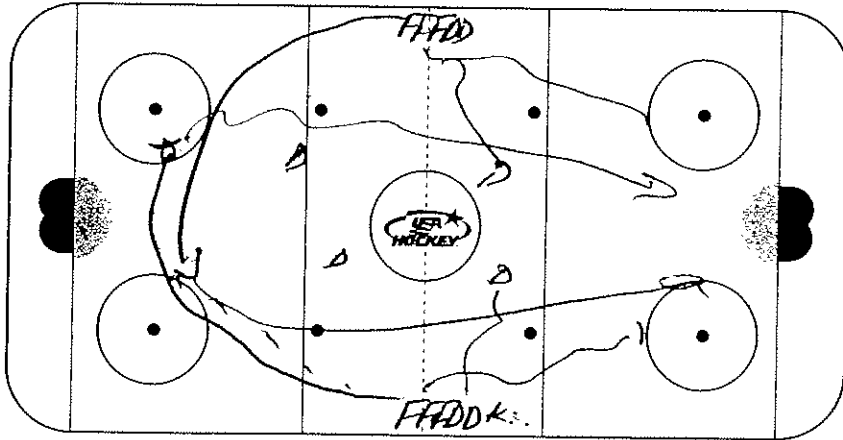
ZONE 3 GAME





MEISNER / CORBETT
 SYSTEM/DRILL ROYAL BLUE "SITUATIONAL CONCEPTS"

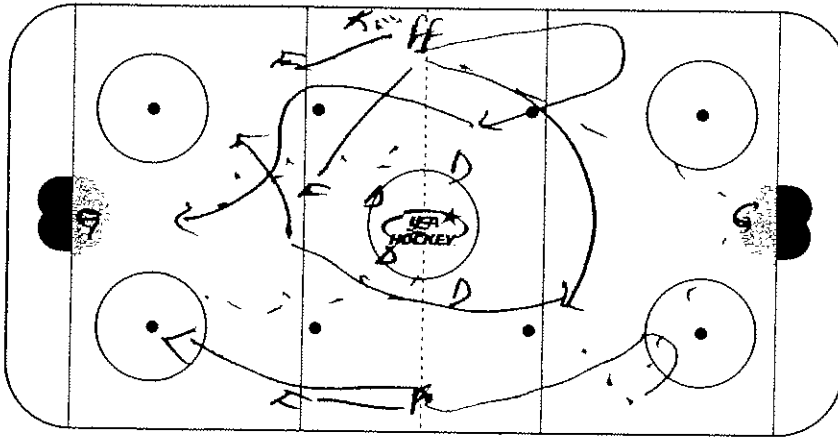
THURSDAY



Description 2 ON 2 CONT.

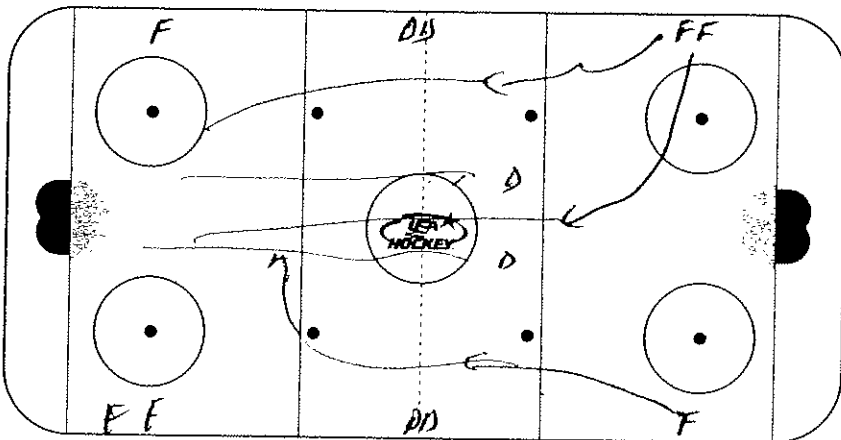
F'S PICK UP DUMPED PUCK GO DOWN 2 X 2 WHEN CROSS RED-LINE NEXT 2 F'S ENTER ZONE STAY @ TOP OF CIRCLES ONCE PUCK GOES PAST TOP OF CIRCLES THEY HEAD DOWN OTHER WAY 2 ON 2. CONTINUOUS.

Notes/Systems _____



Description 3 ON 2 CONT...
G' BREAKS OUT F'S DOWN 3 X 2 WHEN THEY ENTER ZONE, NEXT LINE & SET OF DEFENSEMEN STAY @ BLUE LINE UNTIL THEY SCORE OR WHISTLE ON WHISTLE, COACH PASSES PUCK TO GOALIE WHO B/OUT THE NEXT LINE. OPTION: COACH YELLS "HELP" LINE @ BLUE LINE PLAYS DEFENSE IN ZONE UNTIL PUCK CROSSES TOP OF CIRCLES THEN THEY GO 3-2.

Notes/Systems _____



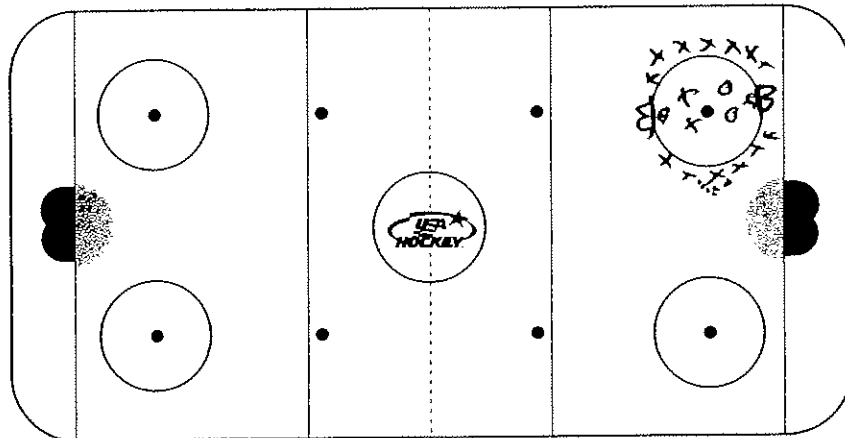
Description 3X2 BACK CHECKER
DRILL STARTS EITHER WITH F'S HAVING PUCK OR G BREAKING TH OUT. GO DOWN 3-2, GET SHOT & INITIAL REBOUND. NEXT LINE @ HIGH MARKS WITH PUCK GOES ON WHISTLE. TOP END ON OFFENSE BACK CHECKS THAT LINE. CONTINUOUS BUT HARD TO KEEP MOVING WITH ONLY 4 LINES.

Notes/Systems _____



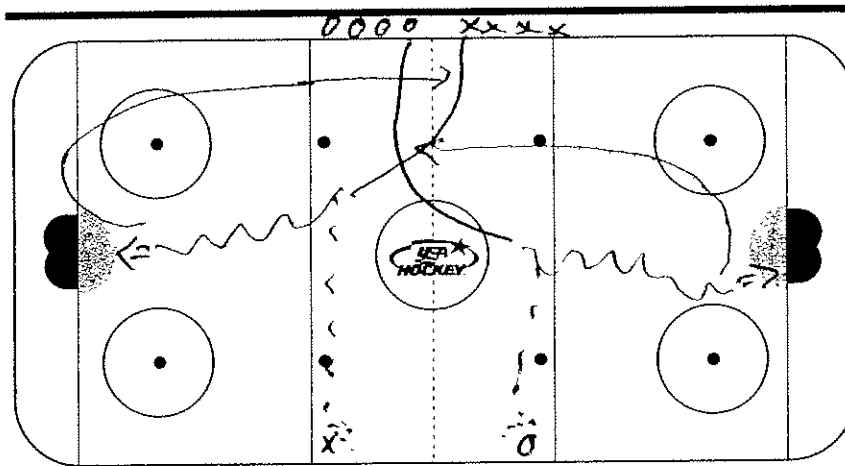


MEISNER / CORBETT
 SYSTEM/DRILL ROYAL BLUE "SITUATIONAL CONCEPTS"
 THURSDAY



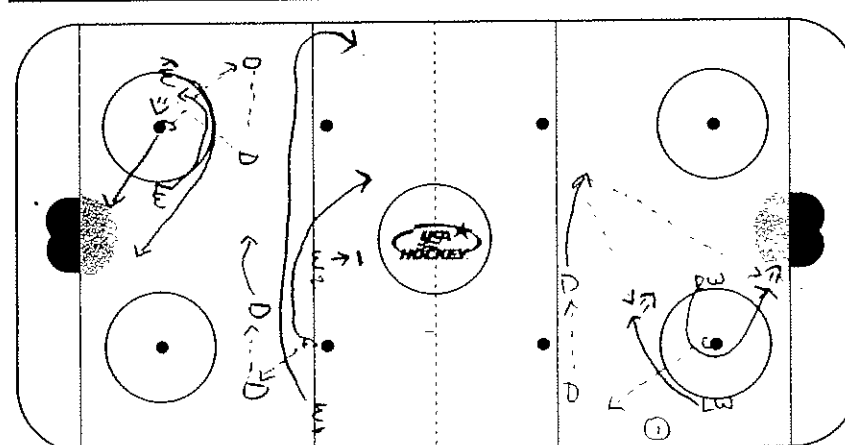
Description 2 X 2 IN CIRCLE
QUICK REACTION TO TURN-OVERS
AND GETTING Puck TO NET WHILE OFFENCE & DEFENSE ROLLS SWITCH QUICKLY.
X'S GO & SHOOT ONE WAY
O'S OTHER WAY 20-30
SECOND SHIFTS. K THROUGH
ANOTHER Puck IN IF THE
LOSE ONE.

Notes/Systems _____



Description BREAKAWAY RELAY RACE
: PLAYERS START IN
BOX WITH ONE PLAYER FROM EACH
TEAM ON OPPOSITE BLUE LINE
GET ONE SHOT THEN MUST SKATE
THRU RED LINE BEFORE NEXT
PLAYER LEAVES BENCH. LAST
PLAYERS TO SHOOT ARE PASSERS
WINNER MUST SKATE THRU
RED LINE 1ST! GET ONE PT.
FOR EVERY GOAL & ONE PT.
FOR FINISHING FIRST!

Notes/Systems _____



Description FACE OFF PLAYS

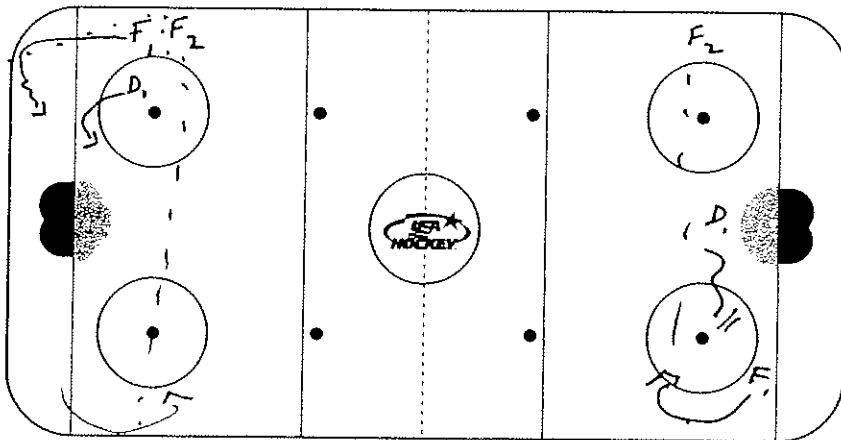
- ① 2 option Play-
 - Hit RW on Backdoor
 - Hit LW For 1timer
- ② N-Zone Movement
 - W1 - goes to the weakside wide
 - C → Holds & Releases to center
 - W2 Holds & Releases to weakside
- ③ 1 timer-
 - Wingers criss cross for a weakside one timer

Notes/Systems _____





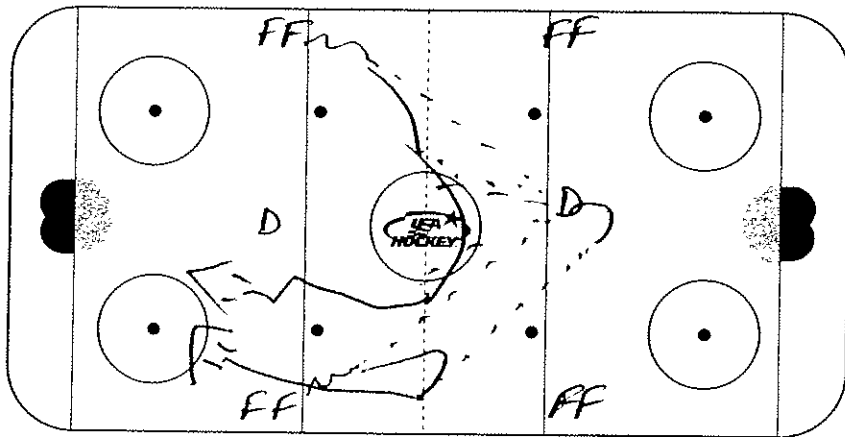
CORBETT / MEISNER
 SYSTEM/DRILL ROYAL "SITUATIONAL CONCEPTS"
 THURSDAY



Description 1x1 IN ZONE PROGRESSION

- ① AREA PASS TO CORNER
D - TIGHT (CONTAIN)
- ② CROSS-ICE PASS
D - ANGLE, CLOSE GAP
- ③ DIRECT PASS IN FRONT
D - COVER, MAN TO MAN

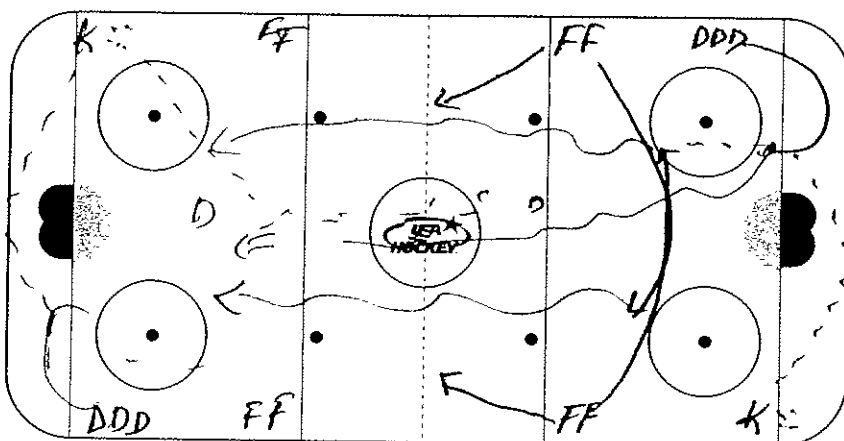
Notes/Systems _____



Description KINGS

- ① D TO WING
- ② D TO F GIVE & GO
F CONTINUES THRU
- ③ 2-0 AROUND D
ONE SIDE @ A TIME AS MANY PASSES AS THEY CAN MAKE. MUST SUPPORT PUCK IN NEUTRAL ZONE.

Notes/Systems QUICK WHISTLES MAKES DEFENSEMEN PASS PUCK QUICKER W/OUT STICKHANDLING.



Description 2 ON 1 SCREEN/T. DRILL STARTS WITH PLAYERS ON FAR BLUE SKATING TO HASH MARKS IN ZONE. K (GOAL) PASSES BEHIND NET TO D WHO B/OUT F'S DOWN 2 ON 1, GET SHOT D FOLLOWS UP GETS PASS FROM K IN CORNER D SHOOTS FOR SCREEN/TIP. K PASSES ANOTHER PUCK TO D BEHIND NET WHO BREAKS OUT BACK CHECKING FWD'S, D ON 2x1.

Notes/Systems CAN ADD A GIVE/GO WITH D ON B/OUT + B V FWD CAN BLOCK SHOT FROM PT.



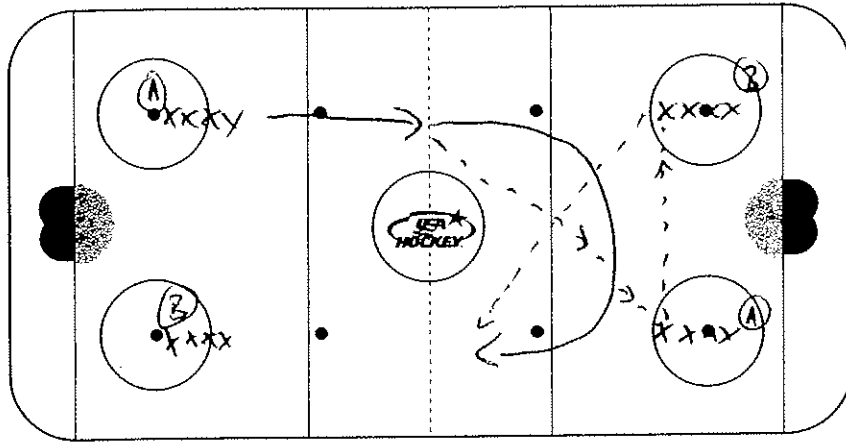


Thurs 8/4

SYSTEM/DRILL

"Situational Concepts"

Team Navy
Cooper/Boreca

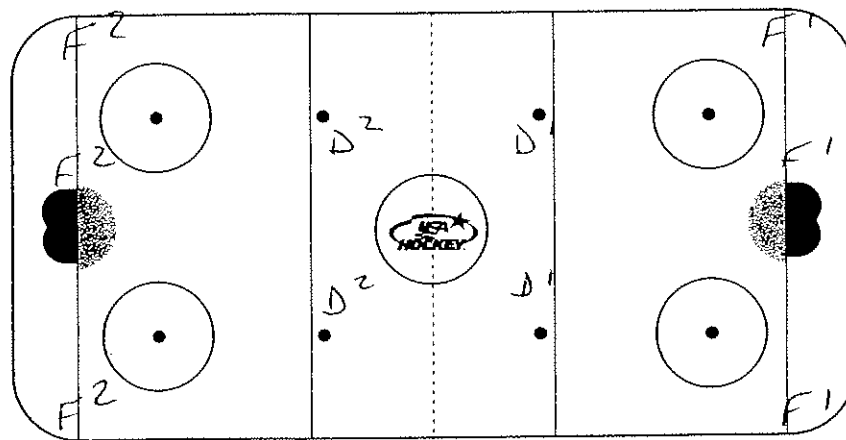


Notes/Systems Zero Box - warmup

Description

A line go at same time; B line go at same time.

Skate w/ puck pass diagonally across to 'A' who passes to 'B' line who passes back to skating player. - Go in for shot or goal



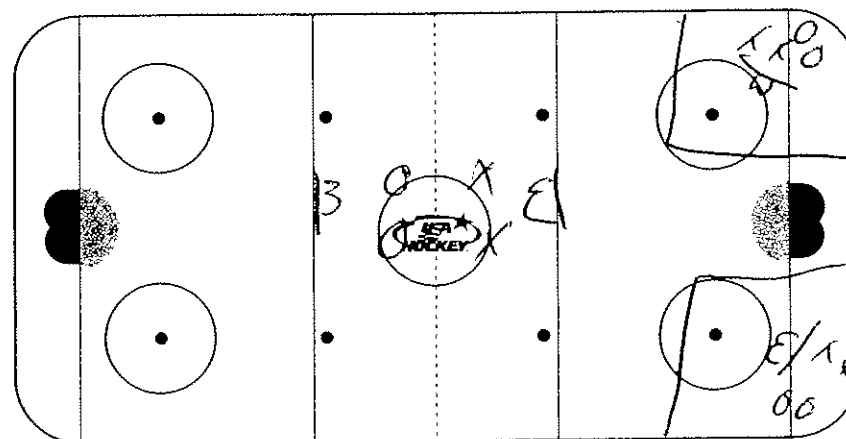
Notes/Systems New Jersey 3 on 2 w/ Regroup

Description

F1's carry puck into NZ pass to D2 - Regroup - Attack D1 - on whistle Regroup w/ D1 Attack D2 5 and

Add/options

- many regroup
- Attack 3 on 2



Notes/Systems Small Game

Description

X2 on 2 out of corner - Confined space

X2 on 2 NZ w/ nets towed



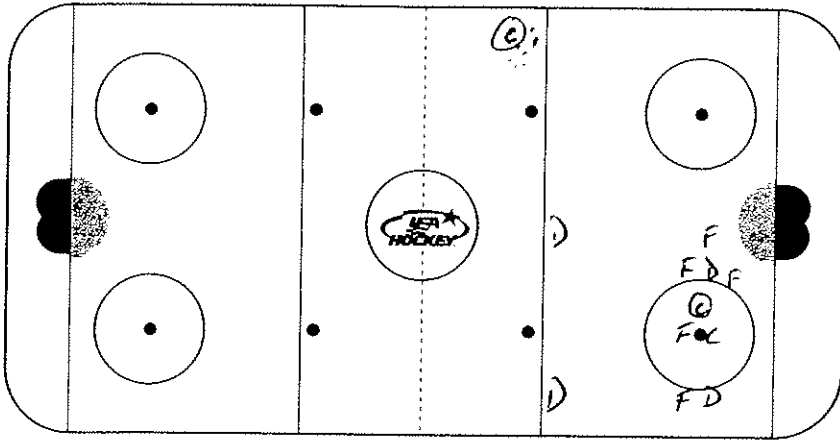


TLUTS. 8/4

SYSTEM/DRILL

Situational Concepts

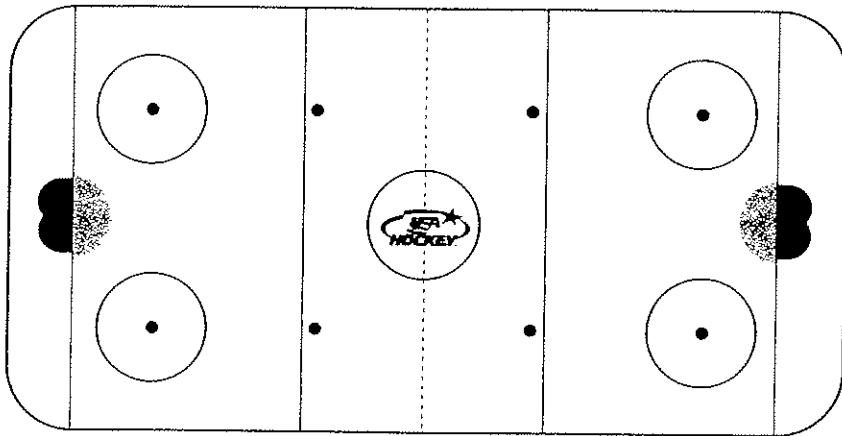
Team Name
Cooper + Burcar



Description

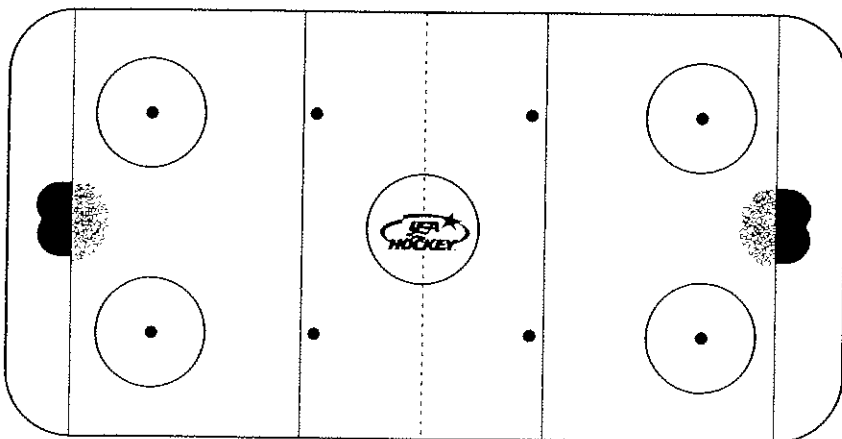
1st puck off a face off
 once puck cleared or
 a goal - C at Blue Dumps
 a puck; players react
 Both offensively + Defensively

Notes/Systems 5 on 5 play off Face off
 (3 pucks)



Description

Notes/Systems



Description

Notes/Systems

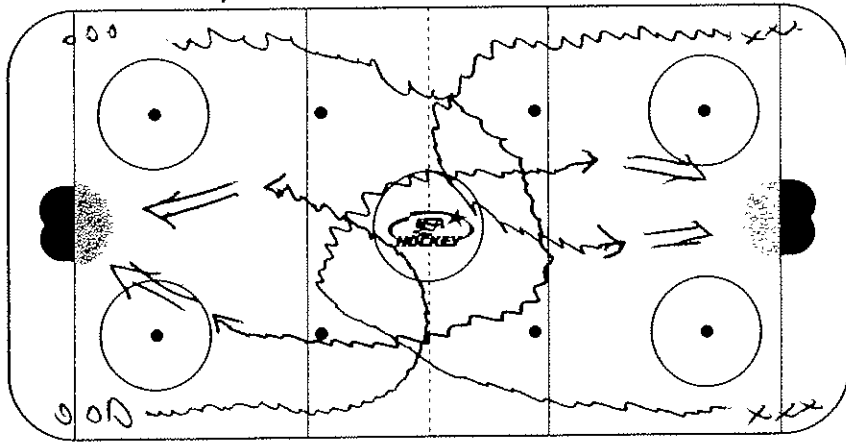
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SYSTEM/DRILL Maroon Practice

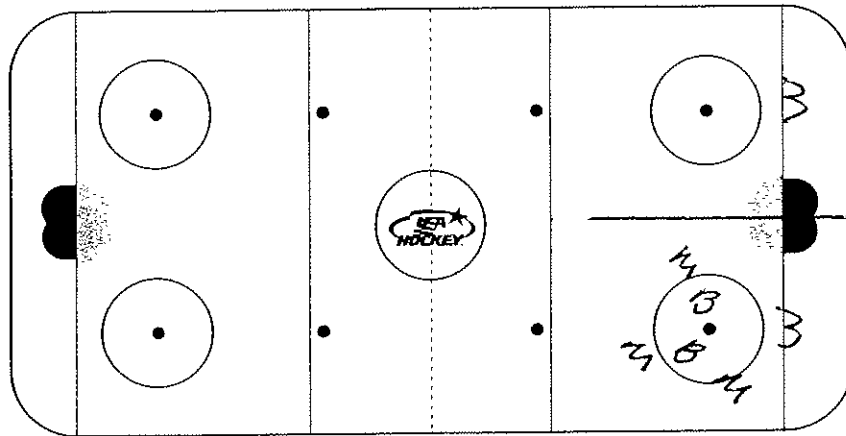
Aug 4, '05 11:40-12:40



Description

- ① Stretches Warm-up
- ② 4 Corner Shooting Skills & Goalie warm-up. All 4 corners start at same time on whistle (5 mins)

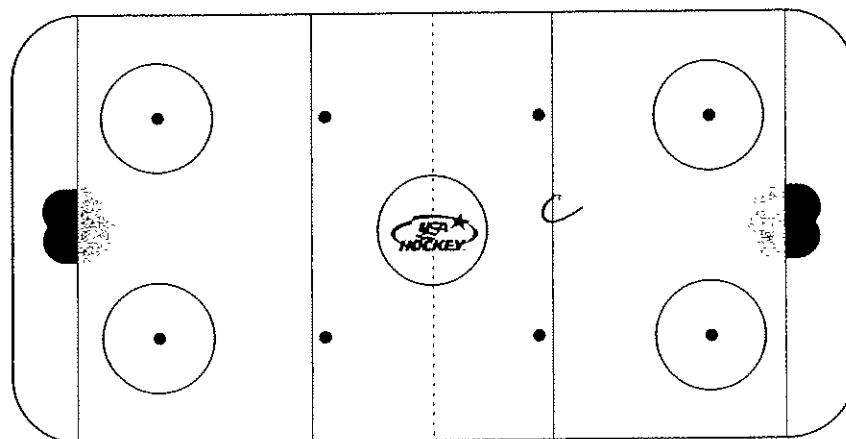
Notes/Systems



Description

- ③ 3-2 1/2 zone wide to tops of circles - Maroon vs. Black (use marker to draw line down middle of zone) Maroons begin drill 3-2 in 1/2 zone. Black plays Defense. Black must chip pass into neutral or pass to neutral teammates on far side of drawn line. Either the

Notes/Systems objective: to practice small even offensive & defensive skills in competition



Description

- chip out or pass will activate a real 3-2 (3 blacks vs 2 Maroons) on other 1/2 of zone (12 min)
- ④ Black 5 vs. 1. Pass to coach @ for goalie who gives puck back to black 1 who then regroup forwards who attack 5-3 (forechecking forwards & 2 wingers) 10 min

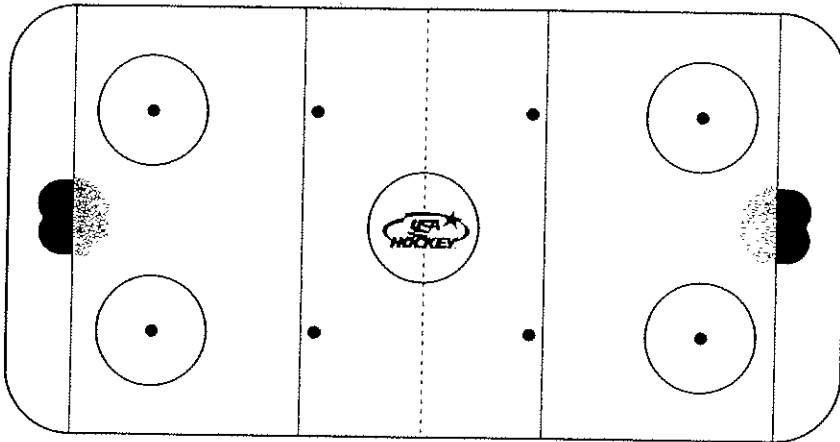
Notes/Systems

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SYSTEM/DRILL



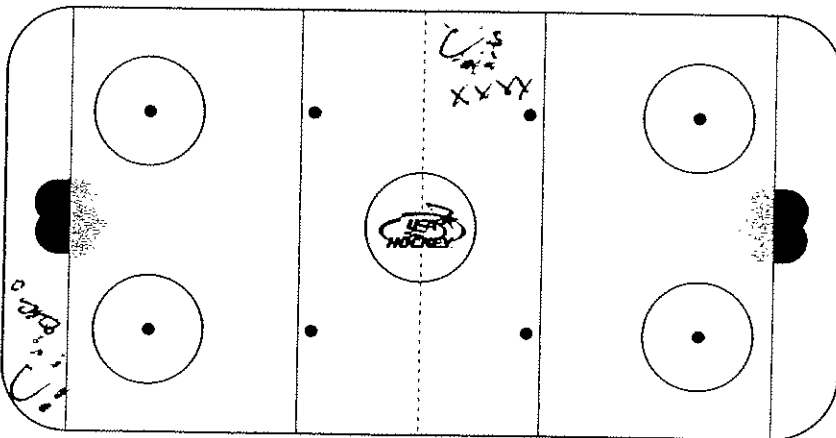
Notes/Systems _____

Description

5 Face-off Scrimmage.
5-5, Practice face-off plays in all 3 zones. players have received instructions on face-off plays to run in previous chalk-talk.
(10 min)

(6) 4-4 Transition

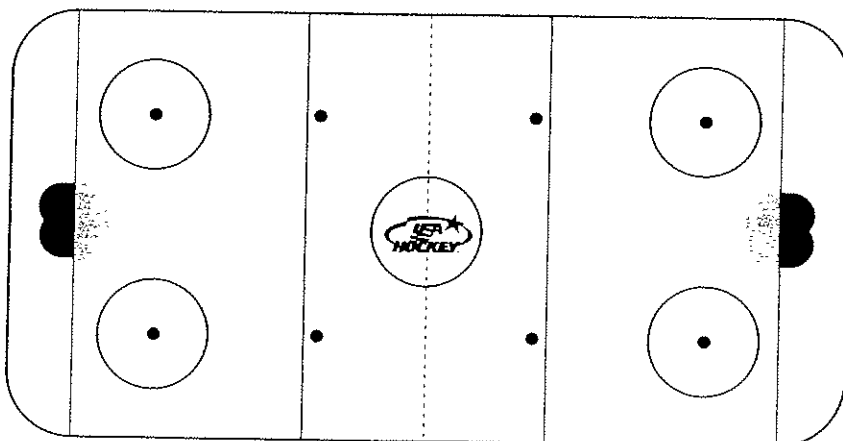
Drill: 1/2 Ice Drill



Notes/Systems _____

Description

emphasizes quick transition
4 offensive & defensive
5-ports AS SOON AS puck is shot past the offensive goalline (or center redline by the offensive team or passed behind the defensive goalline by the defensive team the coach will pass a puck to an open



Notes/Systems _____

Description

member of his team who will try to score. AS soon as the attacking team shoots the puck past its offensive goalline or the defensive team passes the puck past their defensive goalline the 2nd coach will pass a new puck to his team
(45 sec shifts) (10 min)

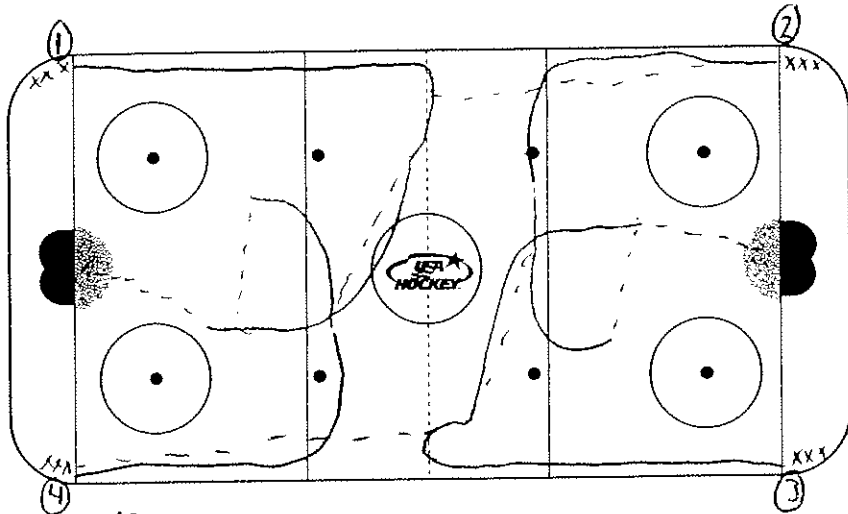
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TEAM GREEN
SYSTEM/DRILL Tremblay/Knott August 4, 2005 Practice 6

Drill #3



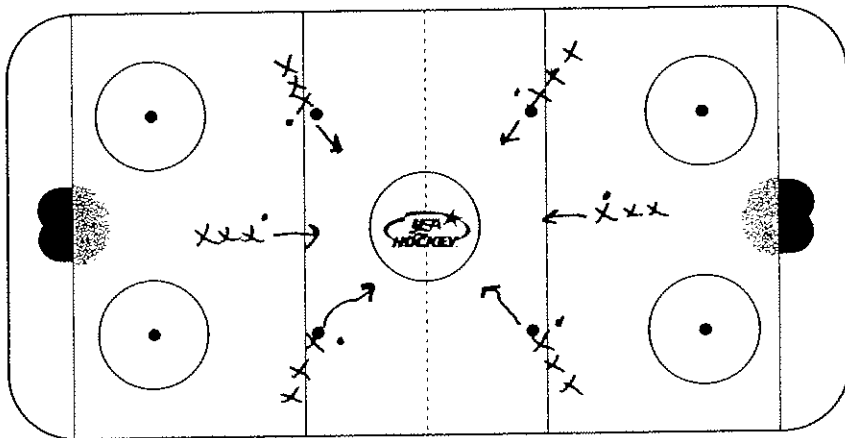
Notes/Systems _____

Description _____

2 vs 0 leg/arp

- players in all 4 corners with pucks
- player 1 and 3 sprint to the red line
- 2 passes to 1 and then has to get blue line
- 4 passes to 3 and then has to get blue line
- it is then a quick transition from the side you came from.

Drill #1

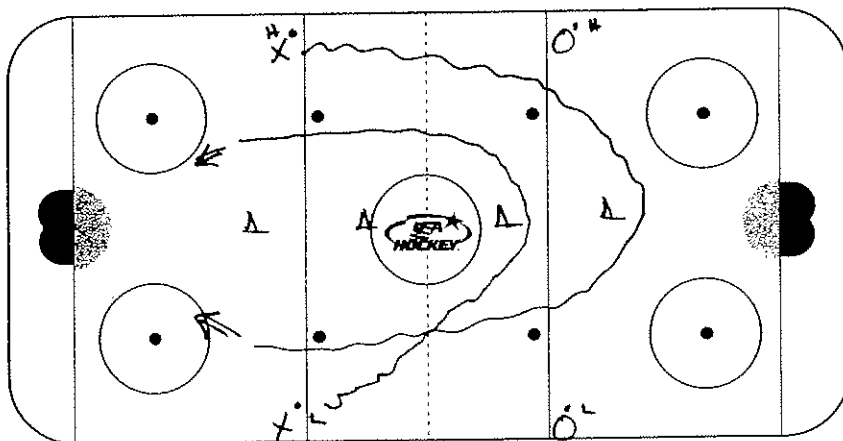


Notes/Systems Who's Open

Description _____

On whistle, 1st player in each line moves w/ puck - they must pass to an open player in any of the 6 lines + set it back - they make as many give + go passes as possible in 15-20 seconds.

Drill #2

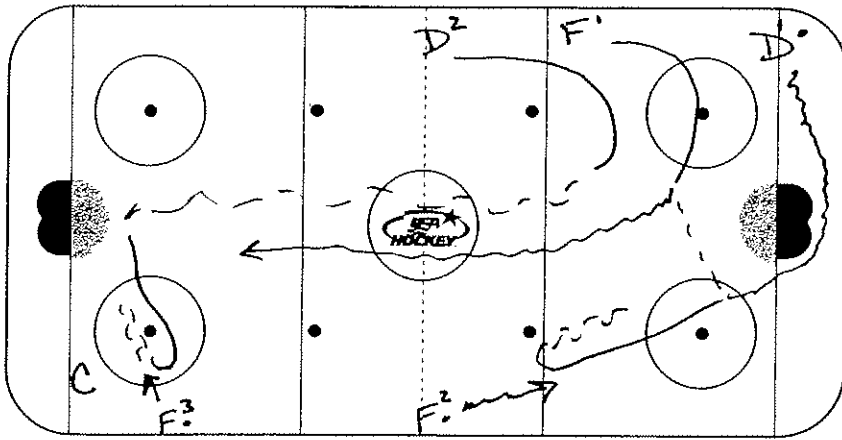


Notes/Systems _____

Description _____

X^S go at same time X^L goes around 1st come on other side of red X^H goes around far cone. long shots to warm up goalies



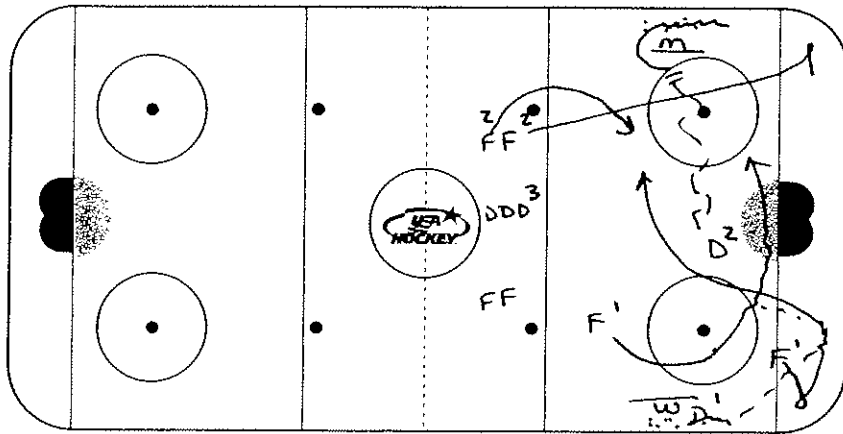


Notes/Systems Triple 1x1

Description

D¹ carries puck around net + passes to F¹ → D¹ then gets to Blue line + plays F² 1x1. F² cannot leave until D¹ gets to blue.

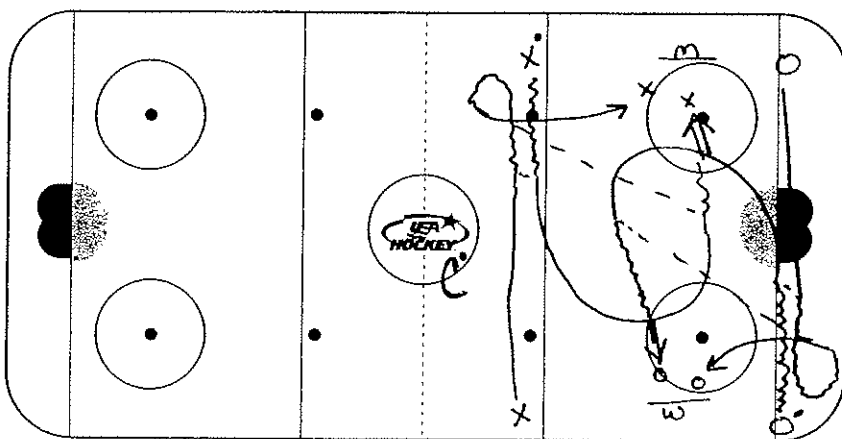
D² gaps up on F¹ + plays him 1x1. Coach yells to D² who then plays F³ 1x1.



Notes/Systems Cross Ice 2x1

Description

D¹ hits F¹'s + go 2x1 w/ D² after 2x1 D² goes behind gets a puck + hits F²'s who time + support him. D³ steps out to play them 2x1. Drill goes back + forth.

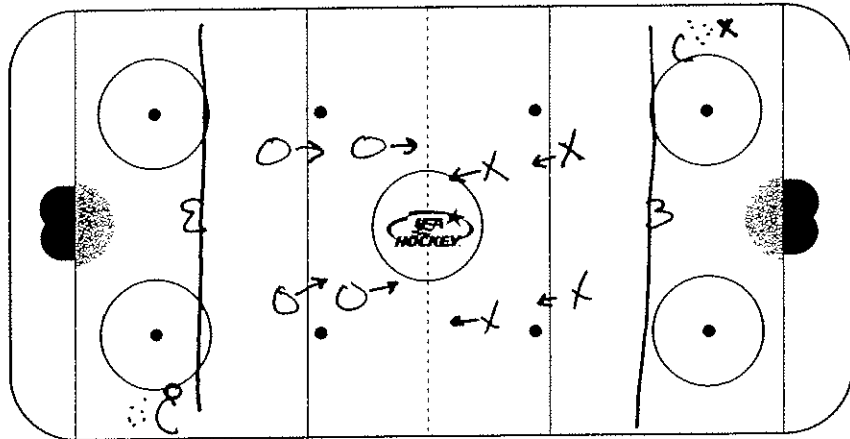


Notes/Systems Scissor, shot, 2x2

Description

On whistle X¹'s + D¹'s scissor + pass back for shot on goal. At this point X¹'s are at one end + O¹'s at the other.

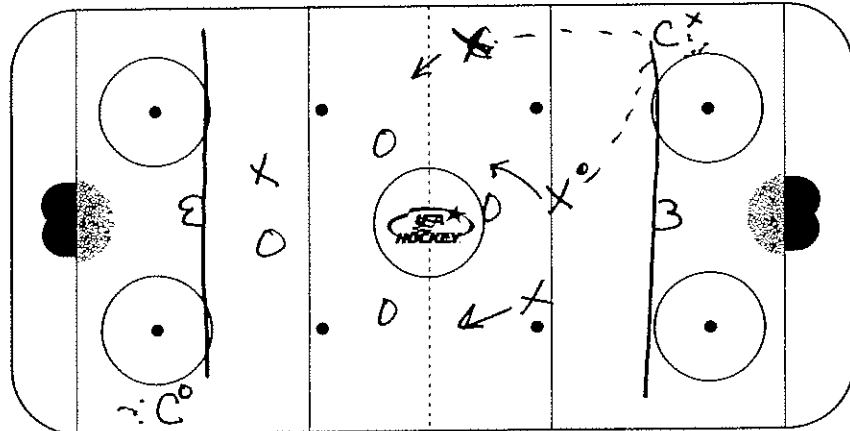
C can dump a puck + they play 2x2 for 20 seconds.



Notes/Systems Mid Ice Transition 4x4 or 3x3

Description

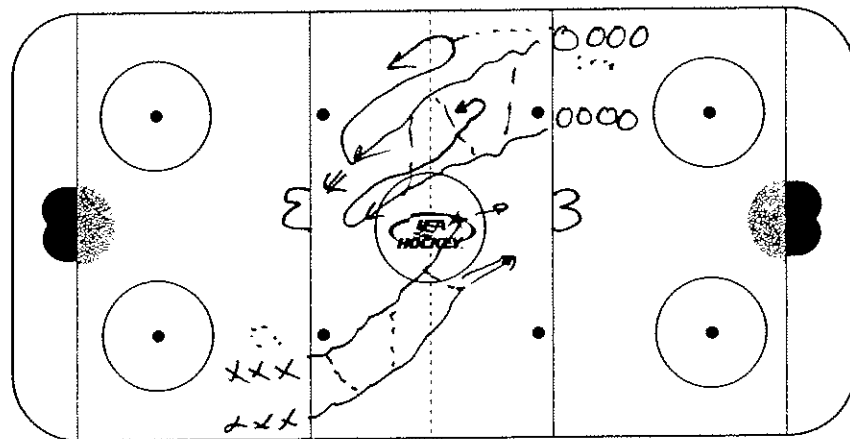
Nets @ top of circles w/ imaginary goal line. If puck goes beyond goal line the coach springs a player with the team he is on



Notes/Systems Mid Ice Transition w/ Re-group

Description

same drill except players must 1st get puck to their coach & then to opposite coach before they can shoot. Work on supporting puck & player movement



Notes/Systems 2x0 2 goals

Description

X's + O's go 2x0, they must score & then both cross back over the red & score again. On 2nd goal they sprint to their blue line & next 2 go.

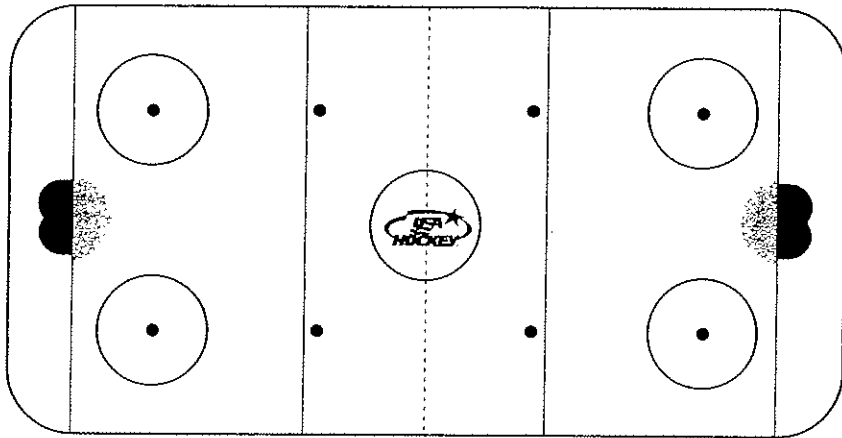
Play until a certain # of goals or # of minutes



SYSTEM/DRILL Thursday 4 August

TEAM BLACK

COACHES Jutting & MENDELSON



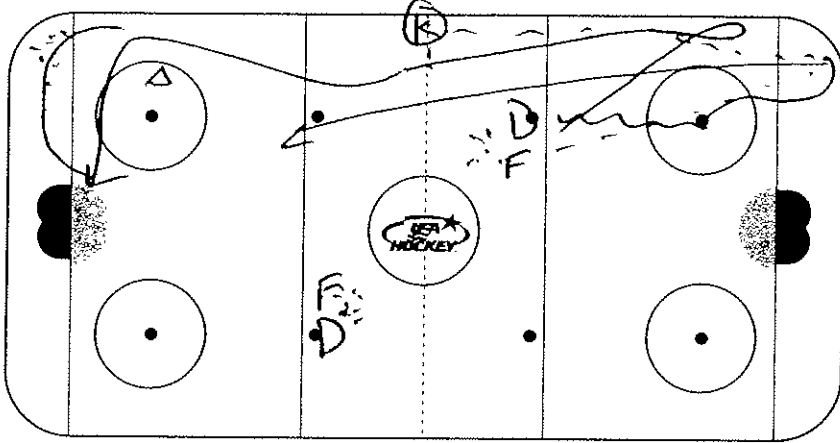
Description WARM-UP
LEFT HAND HOCKEY

FULL ICE 9v9

LH players turn sticks
to RH & VICE VISA

2 pucks in play
at a time

Notes/Systems



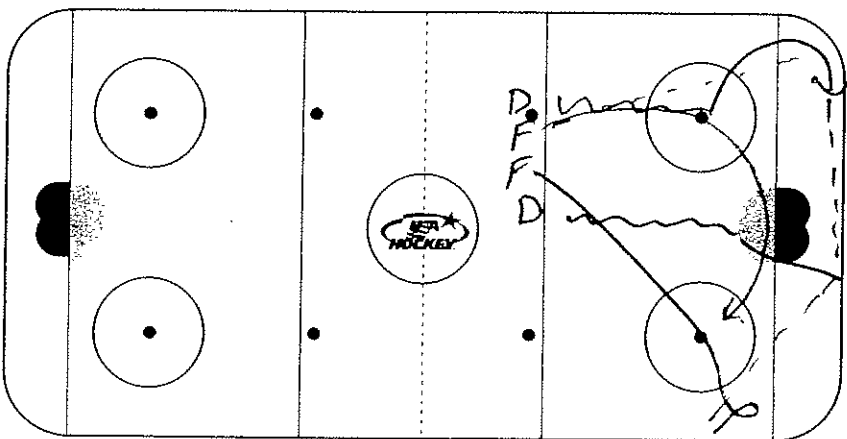
Description Dump/retrieve/bs

1v0 - F chips puck to
corner - D BACKSKATES
pivots - Shoulder check
quick up to F

Who posts up
F 9v90 w/ (C)

Drive wide around core
D gets up ice &
takes 2nd shot from
F pass in corner

Notes/Systems Both ends same time



Description Dump/retrieve/bs

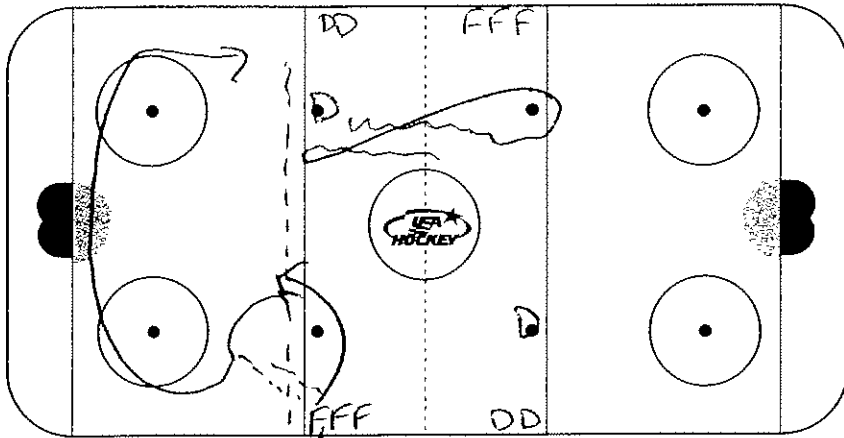
Same but w/
and 2 F.
2v0 WALL PASS & CROSS
to BLUE LINE

D stay @ same end

Notes/Systems Both ends same time

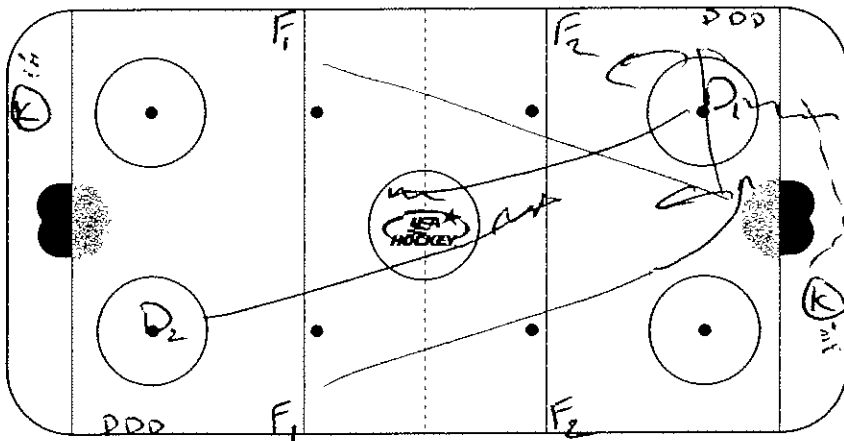
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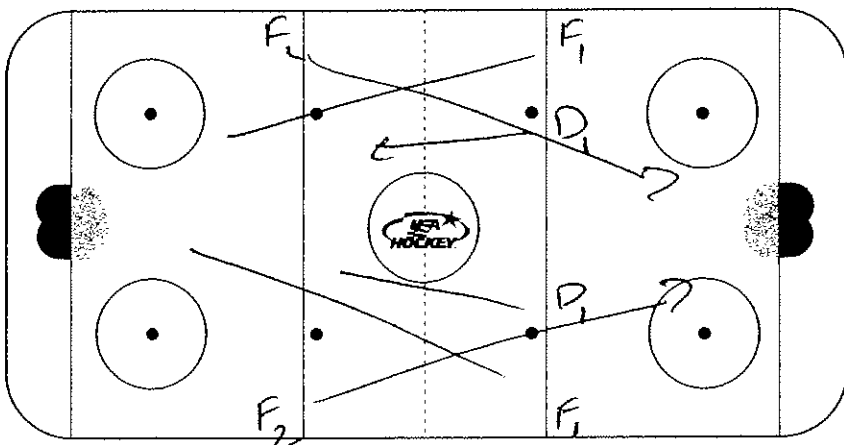
Description 1/1 KLESLA
 F1 leaves ground NZ D1
 takes long shot.
 F1 curls back & 1 touches
 puck back to line.
 F1 skates under D1 &
 gets FLAT pass from
 Line. As F1 makes touch
 at same pass, D1 backs to
 inside-out for NZ D1
 gaps w/ plays 1/1

Notes/Systems Both sides



Description 2/1 Continuous
 (B) begins with indirect
 to D1
 F1's backcheck to hash
 marks & get B/O pass
 from D1, ATTACK
 D2 2/1
 F2's backcheck to
 hashmarks after 2/1
 crosses red - whistle
 starts next (K) → D
 Pass - B/O F1's vs D1

Notes/Systems



Description 2/2 1 puck
 F1's backcheck to hash
 get pass from CL to
 start drill.
 D1 gap - w/ play 2/2
 After 2/2 crosses
 red, F2 backcheck
 to hash - when D1
 breaks - w/ 2/2
 B/O F2
 2 new D gap w/
 play F2 2/2
 - continuous

Notes/Systems Only 1 puck