

# **USA HOCKEY Boys Select 16 Player Development Camp**

June 21 - 27, 2008  
ESL Sports Centre  
Rochester, N.Y.



## **Practice Plans**



**2008 USA Hockey Player Development Camps  
Practice Plan Topics**

**Practice 1 Saturday — Team Practice (shared ice) - "Flow Drills" -**

- A. Flow drills - get everybody moving and touching pucks -use the whole ice...skating/movement, handle pucks, passing and receiving, lots of shooting

**Practice 2 Sunday — Team Practice - "Offensive Concepts" -**

- A. Attacking the offensive zone - create width and depth, drive the net, creating time and space, cut backs, looking for the late attacker, defensemen jumping into the rush
- B. Regrouping - quick transitions - defense to offense
- C. Cycling - east/west movement, attack the net, involve D-man
- D. Chips and indirect passes

**Practice 3 Monday — Team Practice - "Defensive Concepts" -**

(Containment - stick positioning, gap control, angling, support, hitting and pinning and play away from the puck)

- A. Low zone play - 1 v 1, 2 v 2, 3 v 3
- B. D - Zone coverage - 5 v 5
- C. Back checking - roles and assignments

**Practice 4 Tuesday — Position Specific Practices - "Individual Skills" -**

- A. Forwards - goal-scoring, understanding the 'prime scoring area', catch and shoot, under-handling the puck, creating space, getting to forehand/body position in slot/push offs, one-timing the puck
- B. Defensemen - picking up the loose puck, direct pass, indirect pass, very quick transitions, going D to D, shooting from the point, one-timing the puck
- C. Goalies - stance, balance, movement, agility, recovery, angles, save technique, pad save, glove save, blocker save, screen shots, deflections, controlling rebounds, clearing the puck

**Practice 5 Wednesday — Position Specific Practices - "Individual Skills" -**

- A. Forwards - puck protection, attacking the triangle, fakes, changing speed, going wide with speed, face-offs (understanding where you are, winning, not losing, etc.)
- B. Defensemen - angling, gap control, playing a 1 v 1, 2 v 1, 3 v 2, 3 v 1, play in front of the net, along the boards, pinching
- C. Goalies - stance, balance, movement, agility, recovery, angles, save technique, pad save, glove save, blocker save, screen shots, deflections, controlling rebounds, clearing the puck

**Practice 6 Thursday — Team Practice - "Situational Concepts" -**

- A. Even man rushes
- B. Odd man situations - on line rushes, in small spaces, in-zone game situations
- C. Face-off plays - all three zones
- D. Supporting the puck



# PRACTICE 1

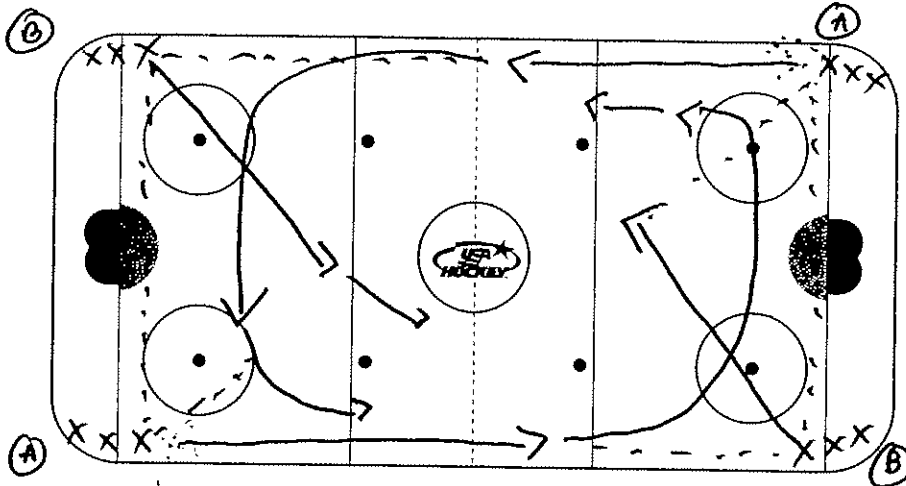
TEAM PRACTICE (SHARED ICE)

**“FLOW DRILLS”**



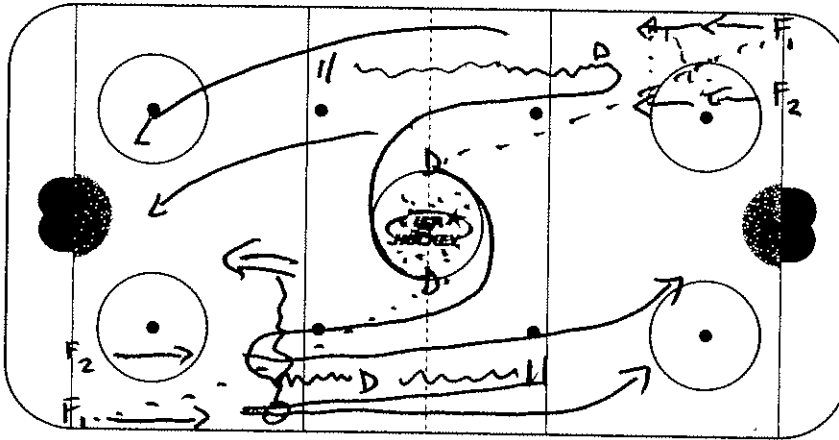


# SYSTEM/DRILL SATURDAY TEAM PRACTICE / FLOW (RED/GREY)



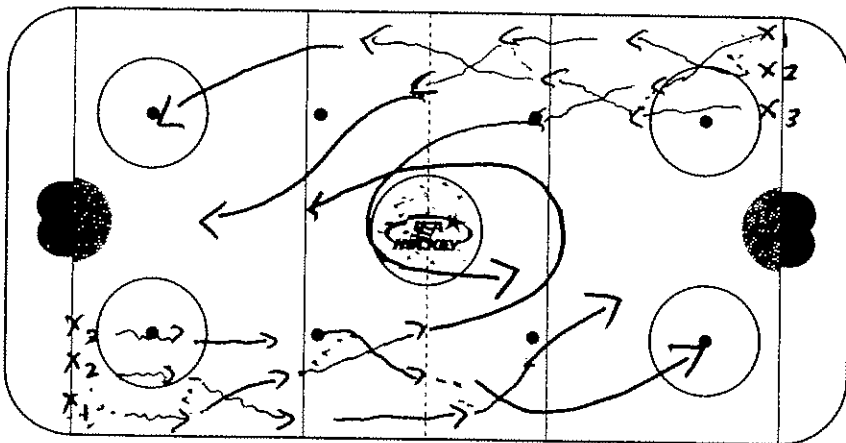
**Description NIAGARA 2 on 0**  
**CONTINUOUS (OPP SIDE)**  
 \* **6 MIN** - opp lines leave at same time w/ (P)  
 - move puck to opp lines (B), follow puck  
 - line (B) then moves puck across to line (A) & joins play for a full ice 2v1  
 - stay on your 1/2 of ice and attack net.  
 - stay for REBOUND

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



**Description WAGON WHEEL 3v0**  
 \* **8 MIN** w/ PT SHOT  
 - D moves (P) to F<sub>1</sub> in cone and cones around circle for goal.  
 - F<sub>1</sub> + F<sub>2</sub> + D move puck in Δ to far blue (P) for blue D stops then speed to blue  
 - F<sub>1</sub>/F<sub>2</sub> shoot (2v0) th stay for SCREEN/TIP  
 - D shot from blue

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



**Description 3v0 wave → 2v0**  
 \* **8 MIN** w/ BREAKAWAY  
 - X<sub>1</sub>, X<sub>2</sub>, X<sub>3</sub> start drill now in a wave w/ puck after passing red INSIDE X peels off & attacks other end on BREAK  
 - OTHER 2 'X' go in on a 2v0 moving puck

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

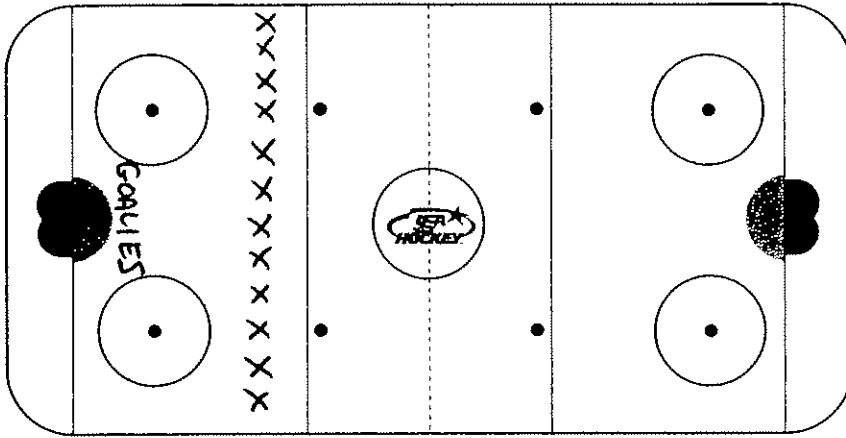
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SYSTEM/DRILL SATURDAY

TEAM PRACTICE / FLO.  
(RED / GREY) \* 45 MINS \*



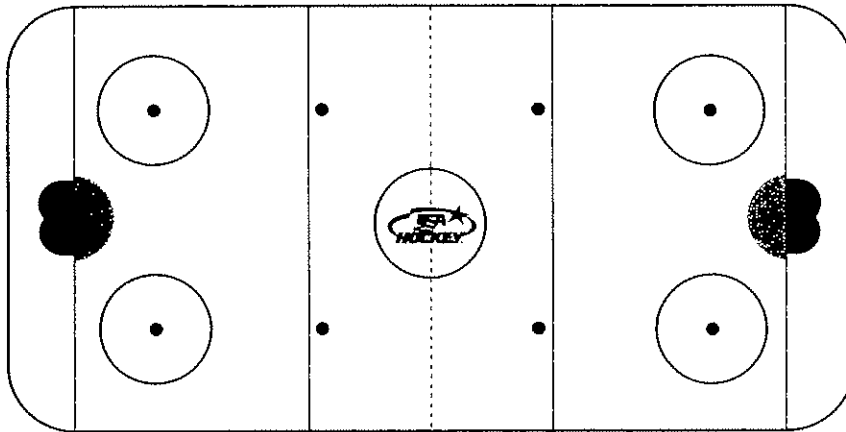
Description

\* 7 MIN (GOALIE SPECIFIC)

\* 7 MIN (PLAYER EDGES,  
- STICK HOPS (SINGLE  
LEGG)

- MOUNTAIN CLIMBERS

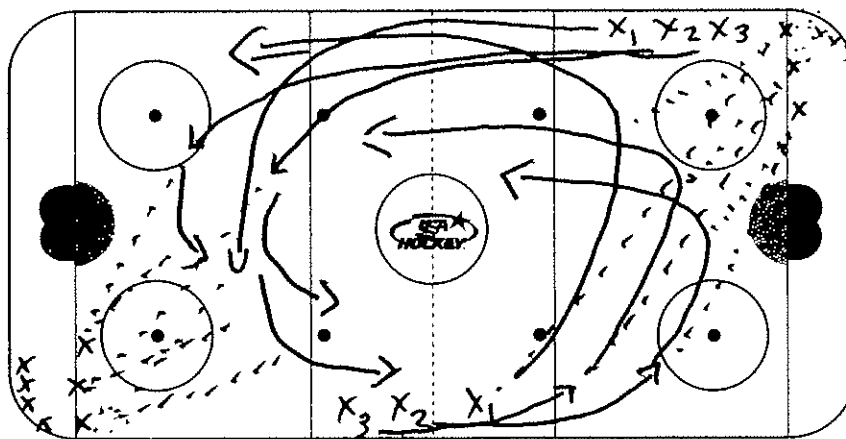
Notes/Systems \_\_\_\_\_



Description GOALIE DRILL

\* 8 MIN - JOE EXTER  
GOALTENDING DRILL

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



Description 6-MAN ONE TOUCH

\* 8 MIN  
- X<sub>1</sub>, X<sub>2</sub>, X<sub>3</sub> all leave @  
the same time w/ (P)

- move puck at blue to opp  
line for 1-touch pass

- three players (X<sub>1</sub>, 2, 3)  
fill lanes & shoot, then  
continue to net

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

- ALT CORNERS

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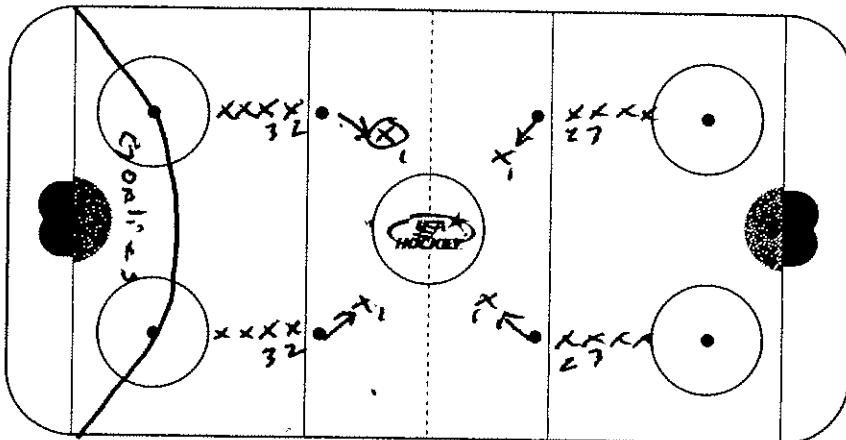


SYSTEM/DRILL

Saturday

(Black/Green)

#1 Practice



Description

15 Goalie warm up / shooting

Team warm up →

4 Dots - 4 in middle

and next 4 in line

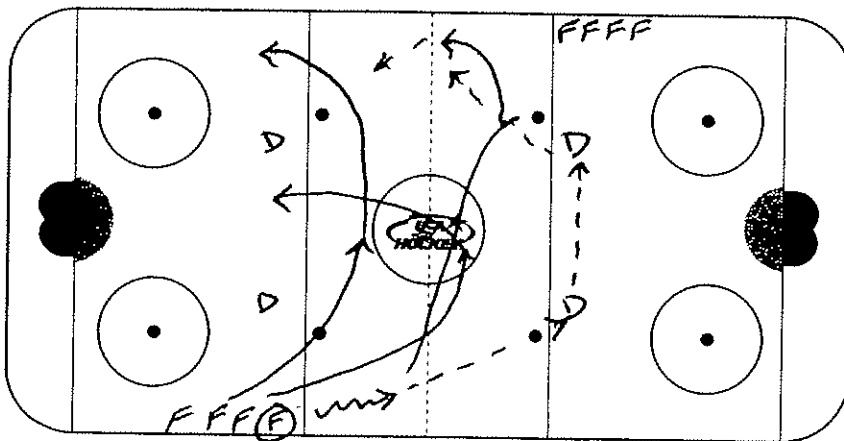
move 2 pucks for

20 on whistle X2 go

to middle and work with

X3

Notes/Systems



7 Description Quick-ups (continuous)

3-0 Quick up from D-D

pass, when puck

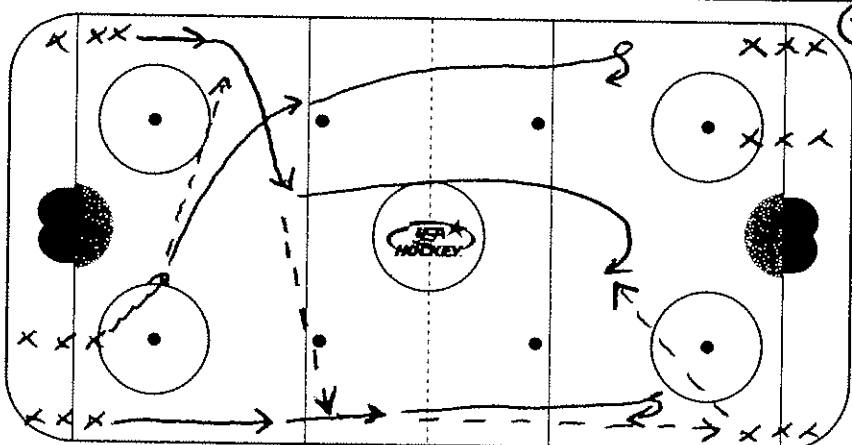
crosses blue next

group goal.

All 3 FWDs touch

puck before shot.

Notes/Systems



7 Description 3-0 Continuous

3-0 WEAVE or Follow your

pass/when puck crosses

red line move it to

opposite player lines (any

regroup by lane → next

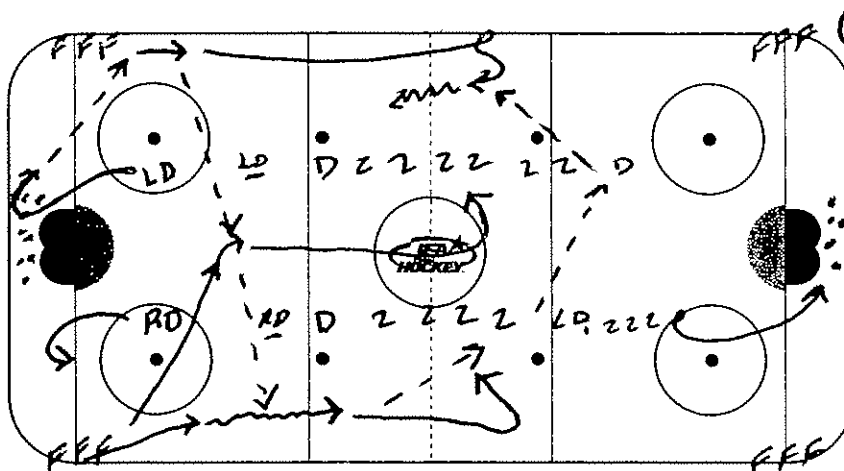
group goal).

Notes/Systems



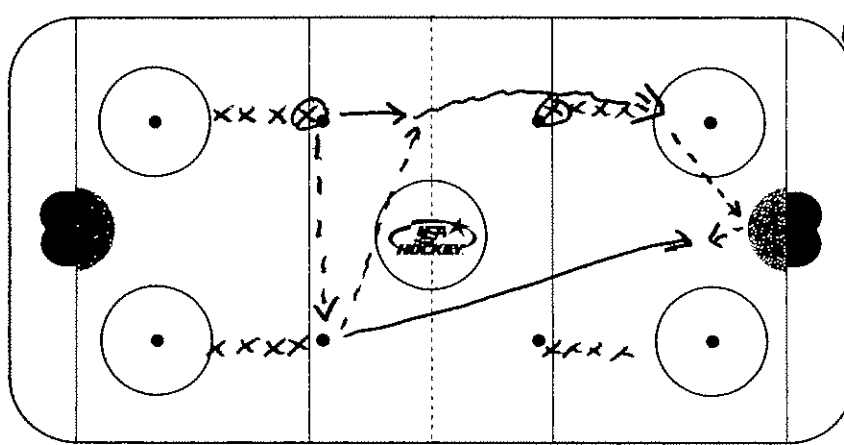


SYSTEM/DRILL SATURDAY (Black/Green)  
#1 PRACTICE



10 Description Western Mich 3-2  
D bout; F's 2 players leave  
from nonpuck side. F's  
move puck with each other  
into NZ pass to opposite  
D cgroup and attack  
original D. D who  
regroup then breakout  
next F's from opposite  
end. Drill continues.

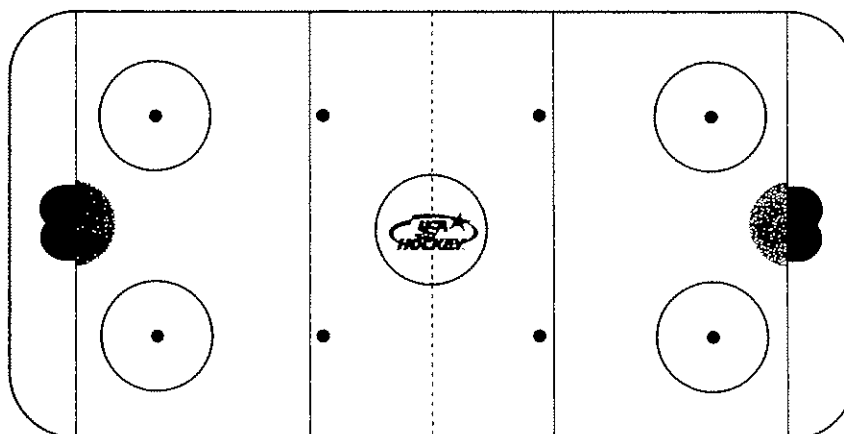
Notes/Systems D - Regroup / Bout / play  
3v2



5 Description 2nd Shot  
2 pass take puck wide  
for off angle shot, 2nd  
drive net for  
rebound. When puck  
crosses line other side  
goes.

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

"Monarch Shooting"



Description \_\_\_\_\_

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

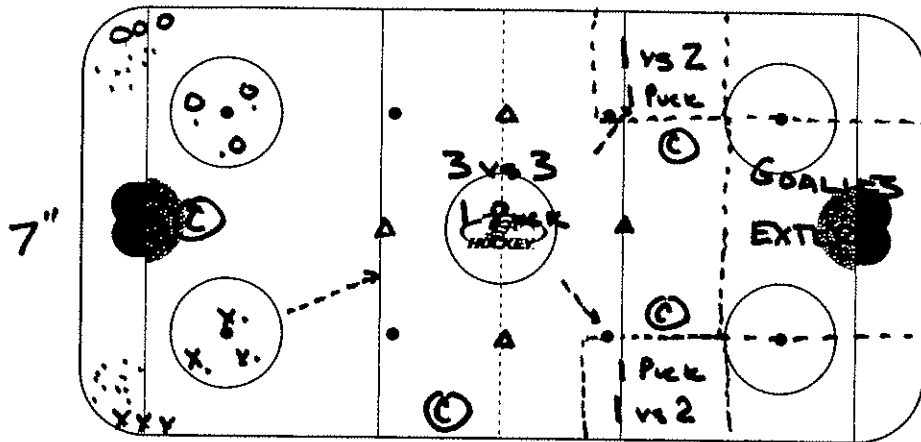


1/3



# SYSTEM/DRILL SATURDAY - FLOW / PUCK HANDLING MAROON : WHITE

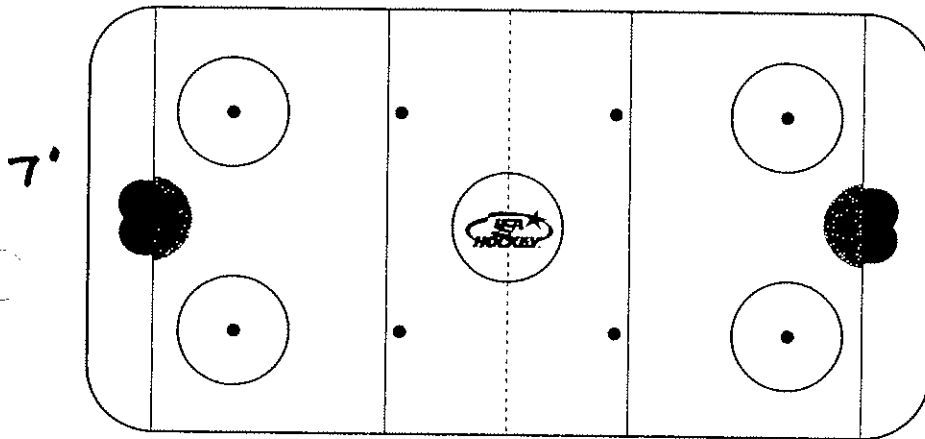
# 1



Description  
Whistle Controlled

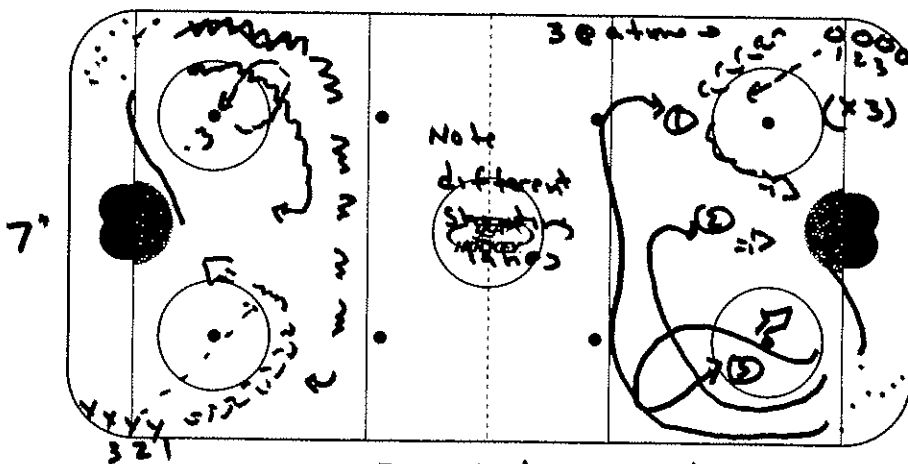
3 PLAYERS 3 PUCKS  
INSIDE CIRCLE - PUCK CONTR  
CREATIVITY - QUICKNESS

Notes/Systems PUCK HANDLING / PROTECTION  
ATB



Description  
GOALIE SHOOTING DRILL

Notes/Systems



Description 1/2 ICE STAY ON YOUR HALF...

- 3 SKATERS AT A TIME
- 1ST SKATER START BKWD W/O PUCK RECEIVE PASS FROM NEXT IN LINE - OPEN UP QUICK SHOT - FOLLOW
- PICK UP PUCK OPPOSITE CORNER - SHOOT FROM LANE AS SHOWN.

Notes/Systems 3 Shot Variation

BOB

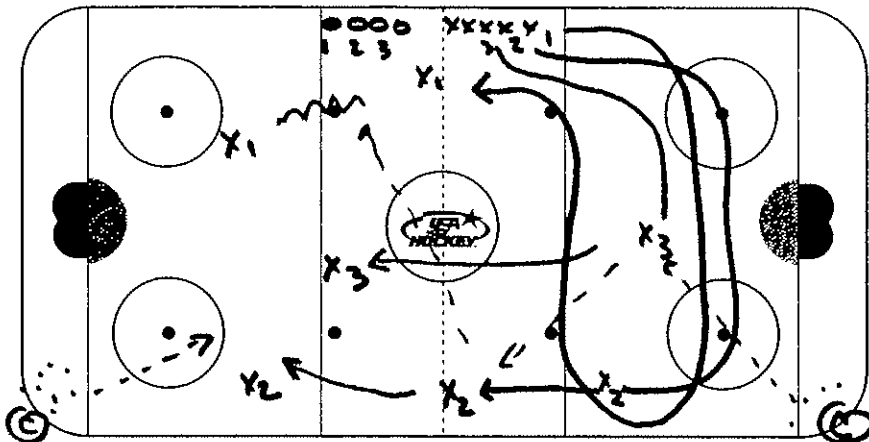
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SYSTEM/DRILL SATURDAY FLOW

7"



Notes/Systems "Joe's Drill"

STEVE

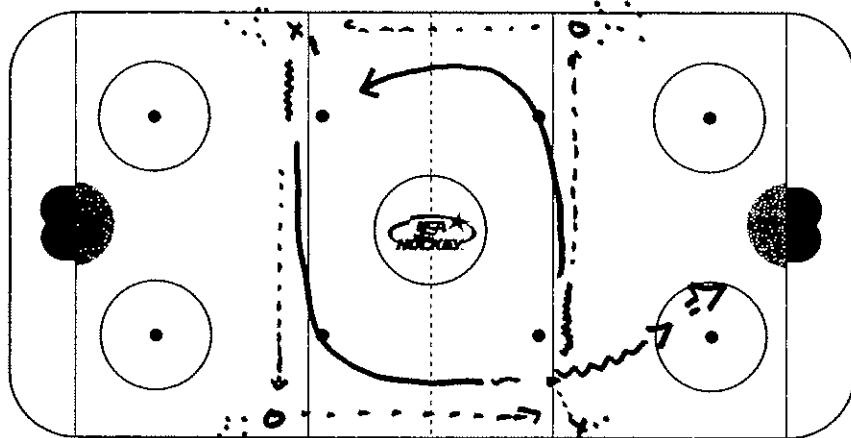
Description

- Puck Movement - Timining 3vs 0, two shots

- X1, X2, X3 - follow pattern  
pass to X3 -  
X3 to X2 - X2 to X1  
ATTACK - 2 vs 0; FAR G  
Gives Pass to X3 Comi  
late

- Communicate - Create  
Follow shot

5"



Notes/Systems RUSSIAN 4 CORNER

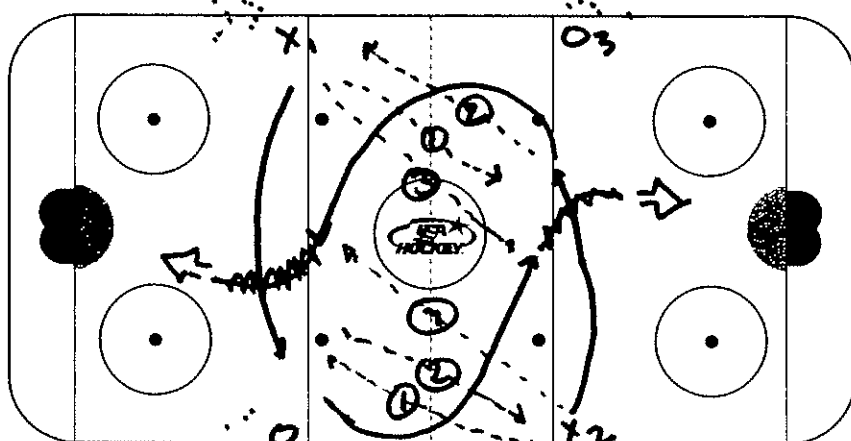
Sean

Description

X's go at same time.

Puck outside the  
box - pass to corners  
follow....

5"



Notes/Systems Swedish 3 PASS  
Variation of above

ATB

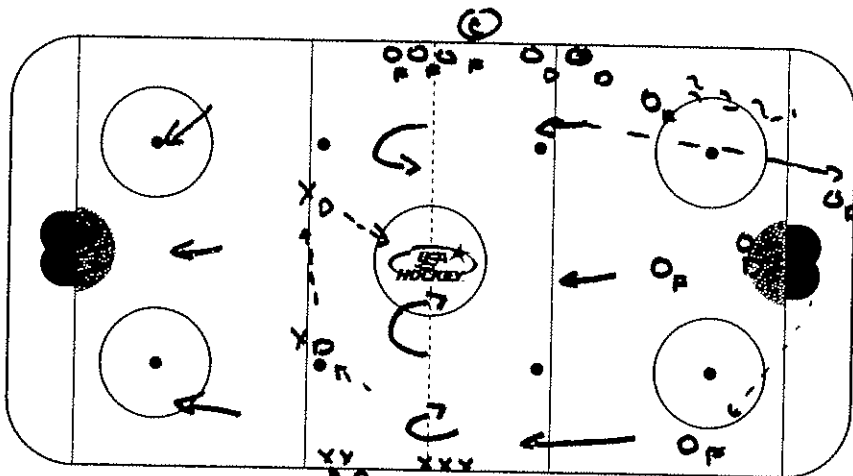
Description

VARIATION OF above  
depending on time



SYSTEM/DRILL SATURDAY Flow # 1

7"



Notes/Systems Breakout Regroup xz

Bob

Description

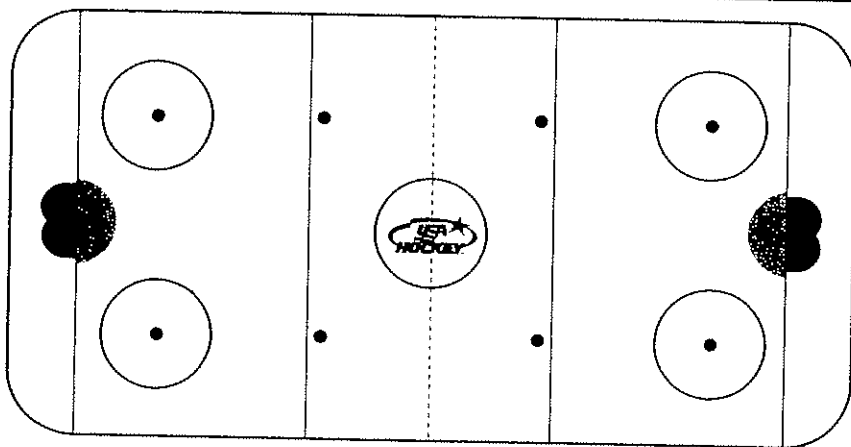
Op Break out of

Op Regroup with  
xp and attack back  
Regroup again with  
Op and then attack  
3 vs 0 -

Puck movement -

Support.

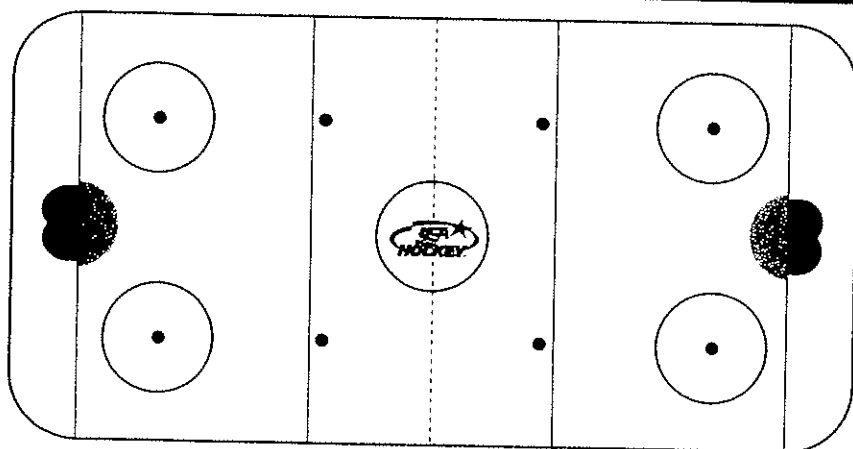
center line drive



Notes/Systems

Description

Cool Down



Notes/Systems

Description

Prepared by:

Bob Corkum

Sean Walsh

Steve MacSwain

Al Bloomer





\* 4 NETS  
\* 14 CONES

# SYSTEM/DRILL

Smith/Herr - Moore/Murray

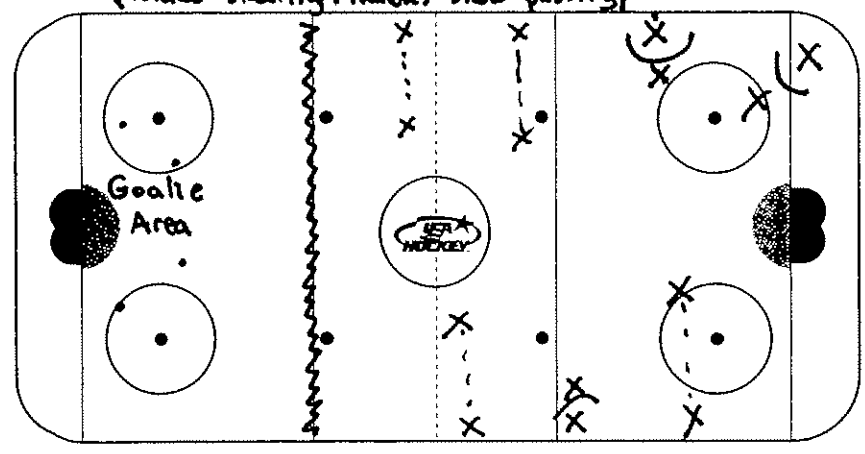
Royal/Teal

9:00 - 9:45 pm

**SATURDAY PRACTICE**

Flow drills

(touches • skating • handles • shots • passing)



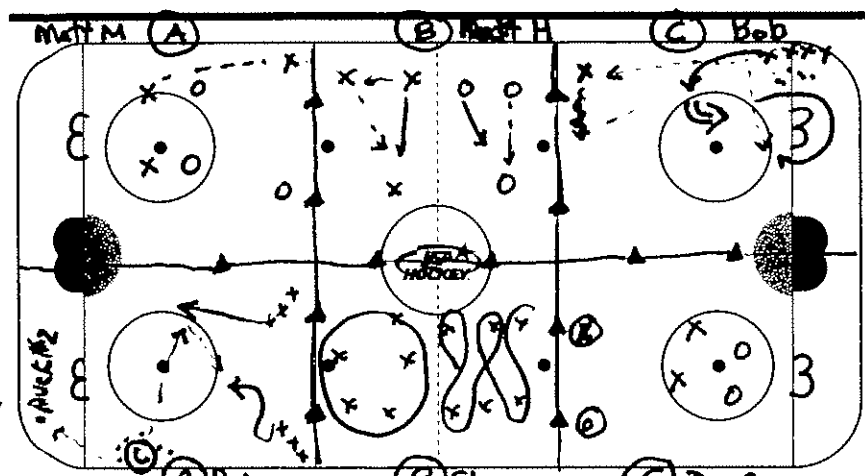
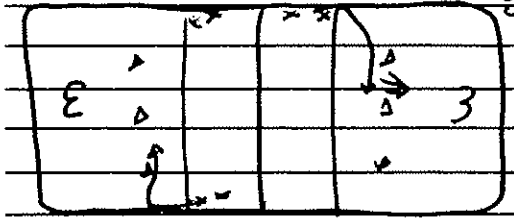
### Description

- ⑦ Goalies w/ goalie coach
- partner pass & puck protect
- ① Forehand/F ② F/B ③ B/F ④

### Notes/Systems

### ⑩ Goalie Drill

shoot in zone - 8-10 reps each goal



### Description ⑮ 3x5 minutes

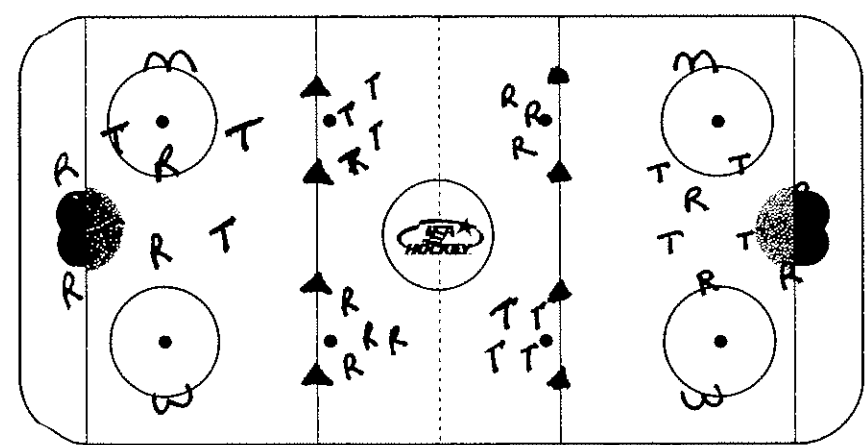
3 stations x 2 sides

- Station 1A - 2v2 game - pass in offense
- B - Puck Protect
- C - Shooting
- 2A - shooting
- B - Passing
- C - 2v2 Game - Common rule most pass to teammate by goal

### Notes/Systems

\* STAY ON SAME SIDE OF ICE

\* goalies rotate in opposite directions



### Description ⑩ 4v4 Cross Ice

- movement encouraged
- wrong hand
- communication a must.

### Notes/Systems

Stay @ same end w/coach

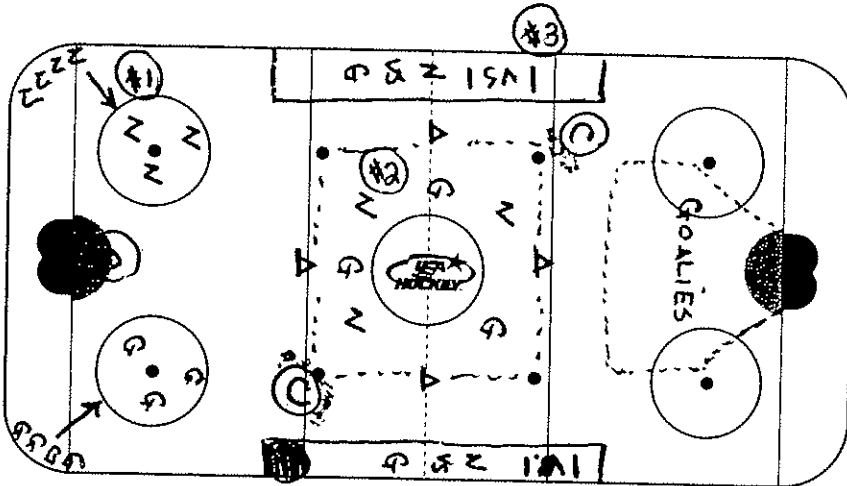


SATURDAY, JUNE 21ST.



SYSTEM/DRILL GOLD/NAVY PRACTICE

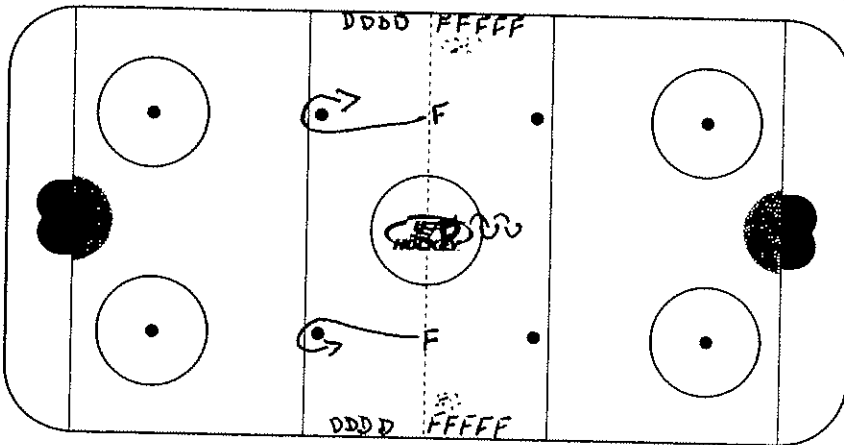
(FLOW DRILLS)



Notes/Systems 7-MINUTE WARM-UP  
"Goalies Working w/Goalie Coach"

Description (3) Stations

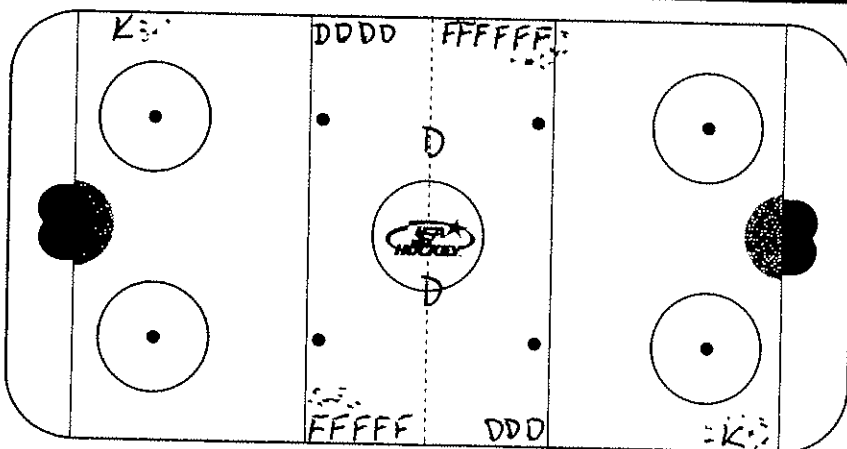
- (1<sup>st</sup> whistle) ~ 3 each from ten carry puck and stick handle inside face-off circle. (leave puck in F/O circle for next group.)
- (2<sup>nd</sup> WHISTLE) ~ 3 vs 3 Keep away with one puck in the Neutral Zone.
- (3<sup>rd</sup> WHISTLE) ~ 1vs1 along the boards in Neutral Zone "Gold vs. Navy"



Notes/Systems

Description PHANTOM 3 ON 3

- 1. WHISTLE STARTS DRILL, F'S CIRCLE INSIDE AROUND DOTS ATTACK ZONE.
- 2. ONCE F'S PASS CENTER RED NEXT 2 F'S AND D SLIDE OUT.
- 3. ON WHISTLE ORIGINAL F'S BACKCHECK ORIGINAL D JUMP UP ON OFFENSE.
- 4. NEW F'S LOOP AROUND OPPOSITE DOT AND ATTACK CONTINUOUS.



Notes/Systems

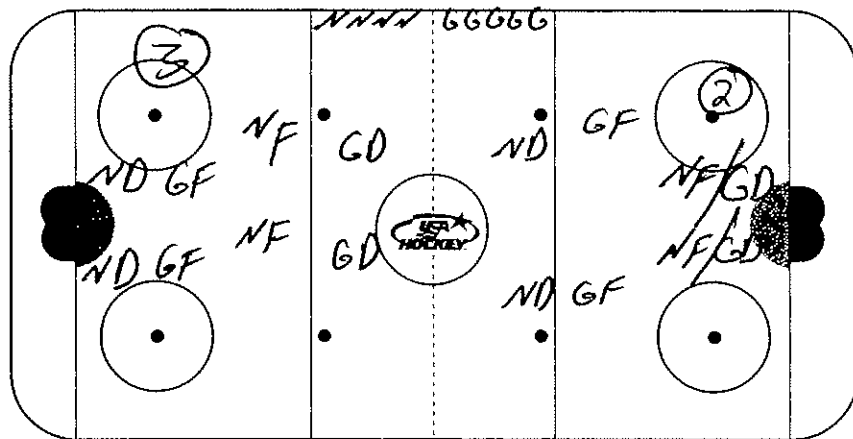
Description QUEBEC 3 ON 2

- 1. 3 F'S ALL LEAVE AND TAKE SHOT ON NET.
- 2. COACH (K) FEEDS BREAKOUT PASS TO F'S
- 3. F'S REGROUP WITH 2 D WAITING IN NEUTRAL
- 4. 2 D SLIDE OUT TO TAKE F'S 3 ON 2
- 5. OPPOSITE END REPEATS





SYSTEM/DRILL GOLD/NAVY PRACTICE

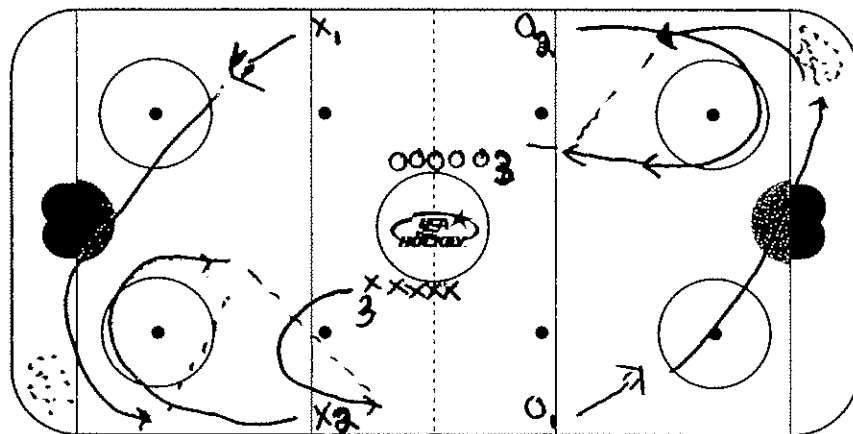


Description OSU 2X2/3X3  
CONTINUOUS

- ① ALL TEAM MEMBERS BETWEEN RED LINE & BLUE LINE
- ② NAVY STARTS ON OFFENSE W/ GK DEFENDING / WHEN GK GETS PK MAKE PK PASS TO GF WHO ARE WAITING ND
- ③ DRILL CONTINUES AT OTHER END WITH ND NOW DEFENDING & MAKE PK PASS TO NF WITH GK DEFEND

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

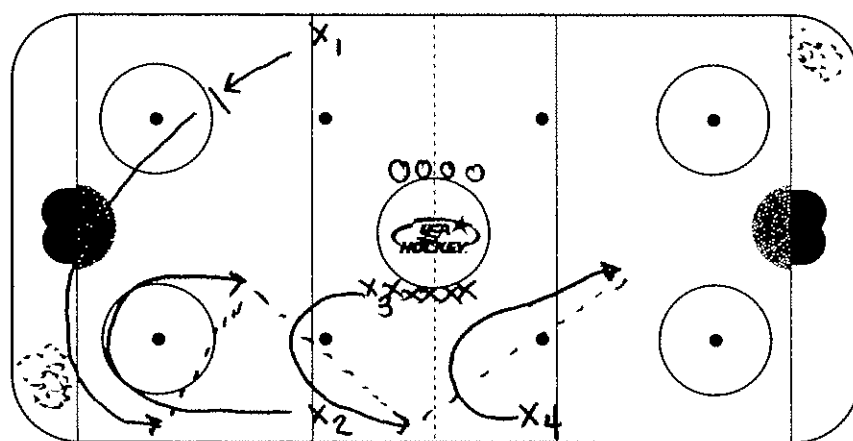
- ④ ADD A PLAYER TO EACH SIDE TO MAKE 3X3



Description

Continues 1v0  
"North to Alaska Drill"  
X<sub>1</sub> starts with long shot on net then skates for puck corner making B/O pass to X<sub>2</sub>.  
X<sub>2</sub> swings low opening up for pass from X<sub>1</sub>, then makes pass to X<sub>3</sub>.  
X<sub>3</sub> carries puck down wall for shot top of circle then goes for B/O pass from corner

Notes/Systems X's are Gold  
O's are Navy



~~Description~~ X<sub>1</sub> becomes X<sub>2</sub> but X<sub>3</sub> and X<sub>3</sub> becomes shooter who starts the drill over again  
(Alternate Corners/Sides)  
Same Drill now adding X<sub>4</sub> one more pass and shot from the middle slot area.

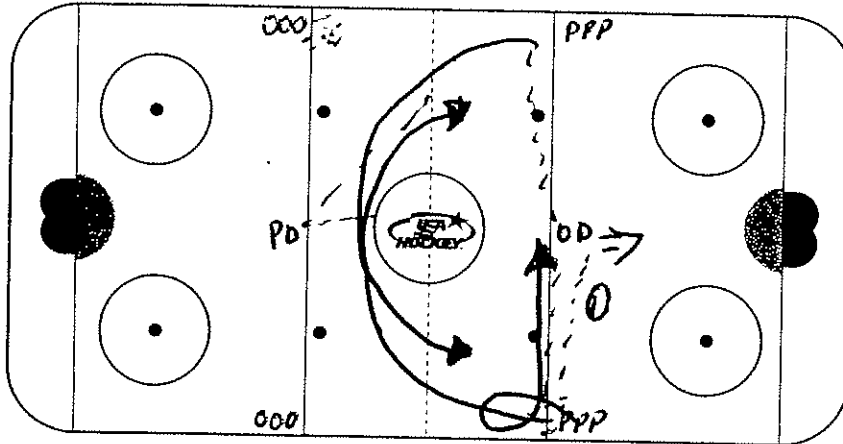
Notes/Systems X's are Gold  
O's are Navy







SYSTEM/DRILL ORANGE and PURPLE SAT.

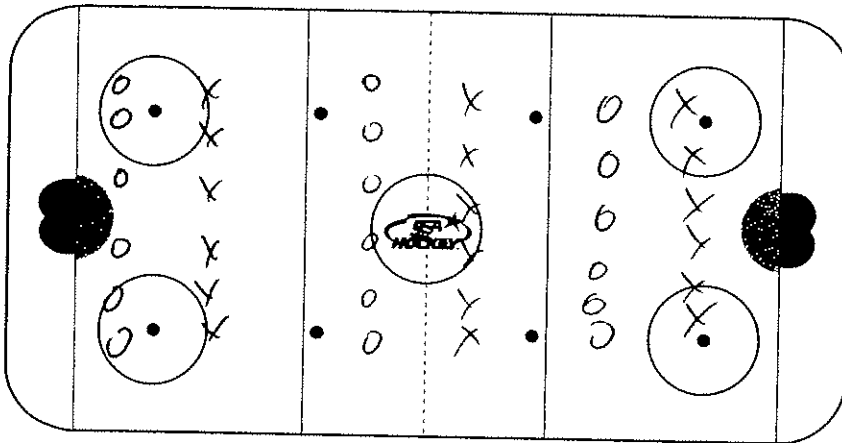


Notes/Systems 3v1 FLOW CONT.

Description

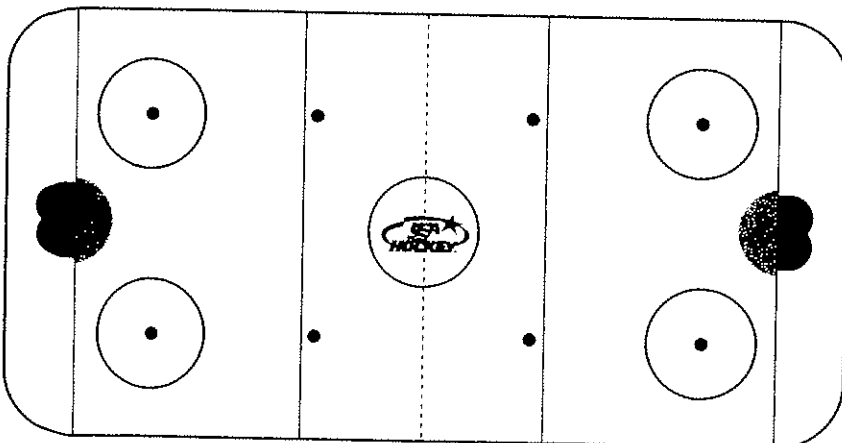
- ① PASS TO D SHOT
- ② OD gets 2nd puck and breaks out PF<sub>1</sub> & PF<sub>2</sub> they regroup with PD and attack with PF<sub>3</sub> against OD

STARTS AGAIN w pass and shot with PD



Notes/Systems

- Description Tennis Hockey
- Split each team up into the 3 zones.
  - X's score in near end, O's score in far end.
  - Puck needs to be touched in all 3 zones. O-N-O
  - 3 puck at once.



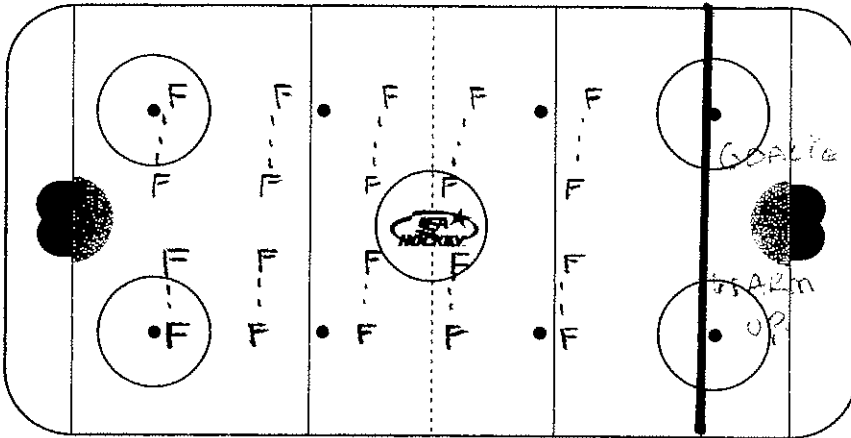
Notes/Systems

Description





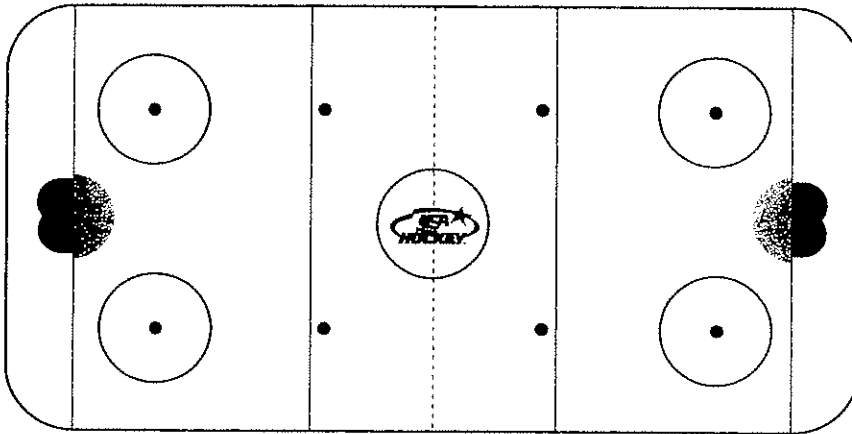
**SYSTEM/DRILL SAT 6-21 Purple Team**  
 Coach's Reardon / Jones / Anzelone



**Description** 0-7 MIN  
 GOALIE'S WARM-UP.

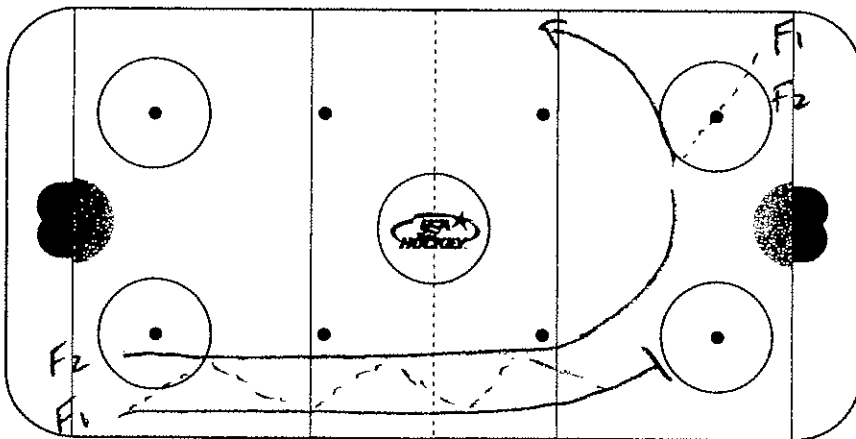
- A. ALL PLAYERS PASSING DRILL
- B. ALL PLAYERS. PLAYER WITH puck skates toward other players Skating Around + MAKES PASS Repeat
- C. ALL 1V1 Repeat B + B- Repeat C

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



**Description** 7-15 MIN  
 GOALIE COACH WITH PUCK WARM-UP FLOW DRILL

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



**Description** 15-22 MIN  
 2-shot Flow Drill with Rebound  
 Players start from Corners  
 F1-F2 skate wine passing Back + Forth.  
 Shot come from F1  
 F2. Supports + Gets pass from F1 out of corner  
 After shots stay in front of net for Rebound.

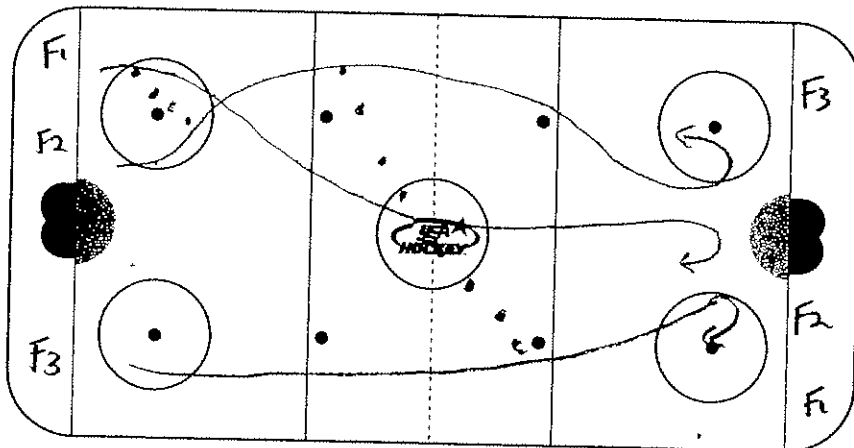
**Notes/Systems** \_\_\_\_\_





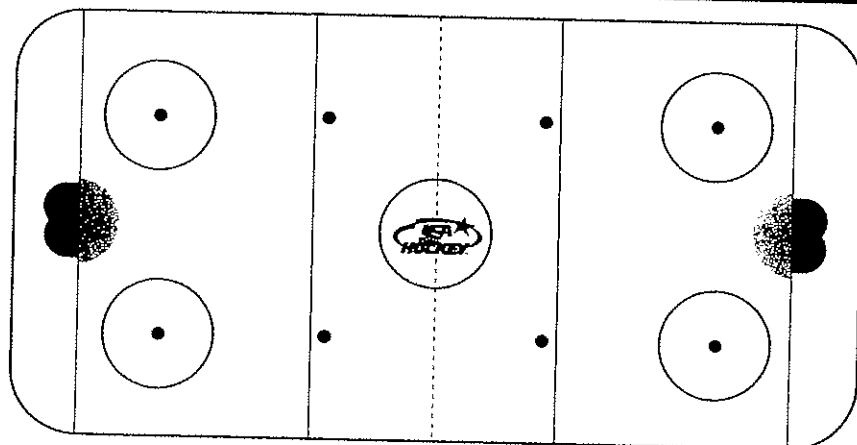
# SYSTEM/DRILL SAT. 6-21. Purple Team

Coach's REIROD/JONES/ANZELONE



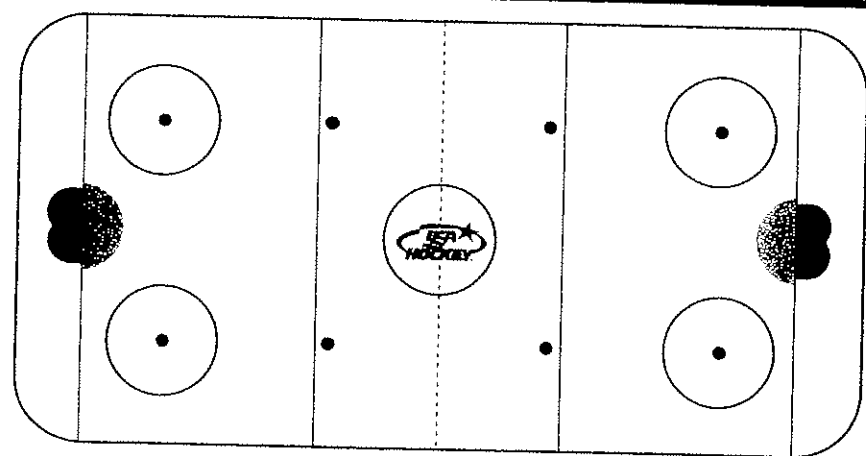
**Description** 22-30 min  
 3v0 with Backcheck.  
 F. 1,2,3 START Passing up Ice  
 entering 0/2 for shot -  
 on whistle opposite F. 1,2,3  
 Start other way while 1<sup>ST</sup>  
 Forwards transition to Backche  
 Repeat

**Notes/Systems** Coach Controls GAP of Bk/ck on  
 Timing of whistle



**Description** 30-45  
 ORANGE TEAM RUNS  
 Flow Drills.

**Notes/Systems**



**Description**

**Notes/Systems**







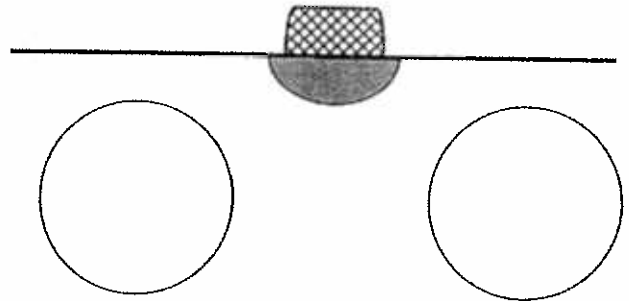
# USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE ONE

*“Quality repetition is more important than quantity.”*

## *First Seven Minutes of the Team Practices*

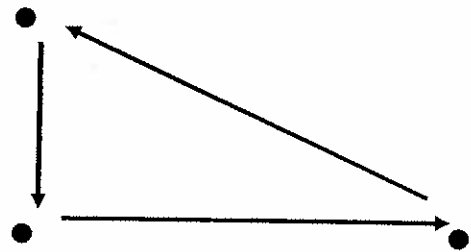
*allows for the goaltenders to perform a series of movement drills and one technical drill.*

*An additional ten minutes of each practice is set aside for a specific goaltender drill involving the entire team. The designated drill can be inserted into the practice where it fits best within the flow of the practice.*



## *Three Puck Movement – T-push*

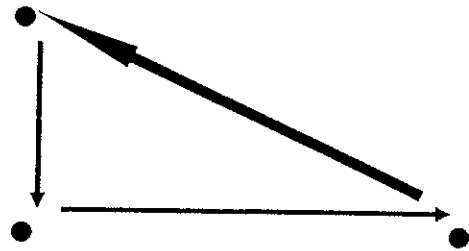
*Puck placement: Puck 1 is the post (Drill begins from Puck 1). Puck 2 is the near side corner of the top of the crease. Puck 3 is the far side corner of the top of the crease. Goalie Movement: T- push or C – cut out to Puck 2 and set feet. T- push across to Puck 3 and set feet. T- push back to Puck 1 and set feet.*



3 Reps

## *Three Puck Movement – Butterfly Slide*

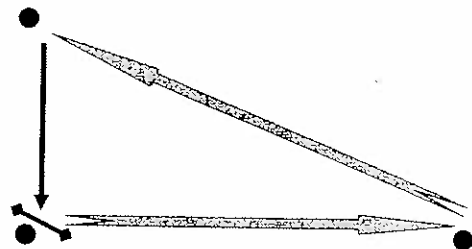
*Puck placement: Puck 1 is the post (Drill begins from Puck 1). Puck 2 is the near side corner of the top of the crease. Puck 3 is the far side corner of the top of the crease. Goalie Movement: T- push or C – cut out to Puck 2 and set feet. T- push across to Puck 3 and set feet. Butterfly slide back to just outside of Puck 1, fully recover and set feet.*



3 Reps

## *Three Puck Movement – On Ice Recovery*

*Puck placement: Puck 1 is the post (Drill begins from Puck 1). Puck 2 is the near side corner of the top of the crease. Puck 3 is the far side corner of the top of the crease. Goalie Movement: T- push or C – cut out to Puck 2, set feet and butterfly. On ice recover across to Puck 3 and catch edge. On ice recover back to just outside of Puck 1, catch edge and fully recover.*



3 Reps



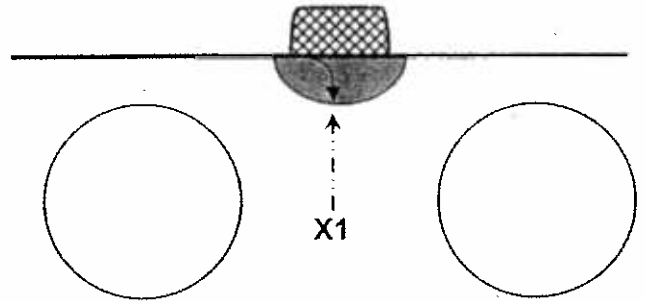


# USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE ONE

*“Quality repetition is more important than quantity.”*

## Middle Out Stick Work

X1 stands with pucks 2 feet above the hash marks in the middle of the slot. Goaltender is positioned on the post. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet. X1 shoots on the ice at the goaltender’s five hole. Goaltender directs puck into corner and recovers to rebound.



6 Reps

## Lateral Cut Drill

Phase 1: Shooter (S1) begins at red line and skates down the boards. Just before the 1<sup>st</sup> cone, S1 cuts to the middle and shoots somewhere prior to arriving at the 2<sup>nd</sup> cone (middle cone).

Phase 2: S1 begins at the red line and skates down the boards. Just before the 1<sup>st</sup> cone S1 cuts to the middle. S1 has the option to shoot between

1<sup>st</sup> & 2<sup>nd</sup> cone or to continue the path and shoot at some point between the 2<sup>nd</sup> & 3<sup>rd</sup> cone (low cone).

