

PRACTICE 2

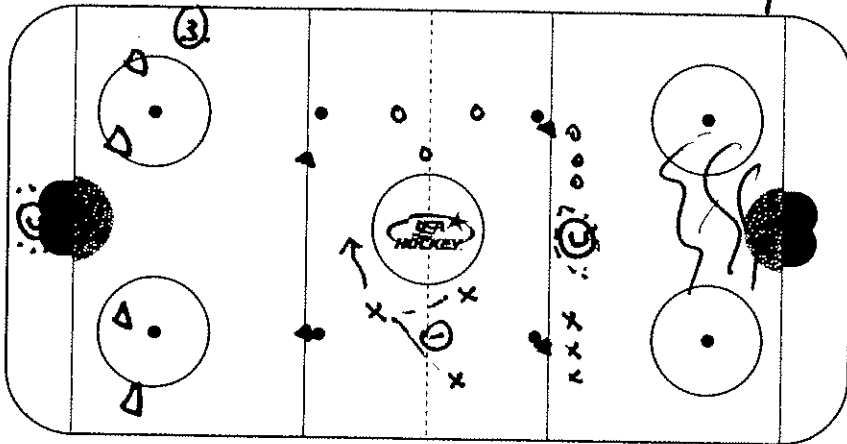
TEAM PRACTICE

“OFFENSIVE CONCEPTS”



SYSTEM/DRILL

Teal Sunday
Smith/Herr

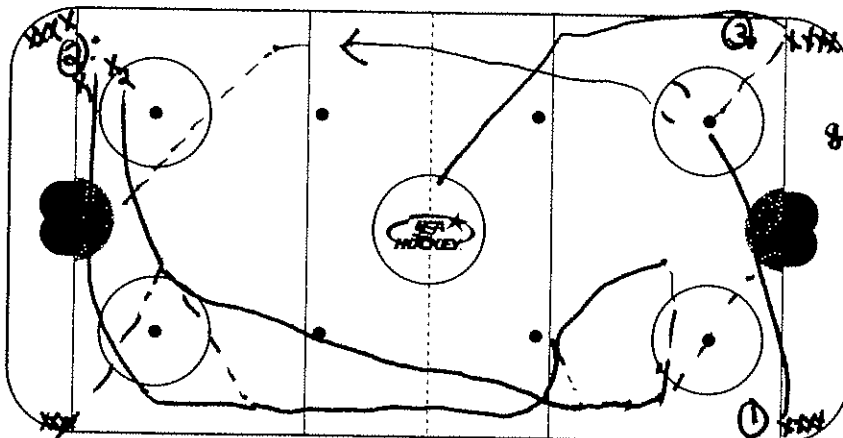


Description

7 min Goalie

- ①. 3guys passing 1 puck - both tea
- ②. 3V3 keep away
- ③. Field Goal
pass through cones for point
3V3.

Notes/Systems

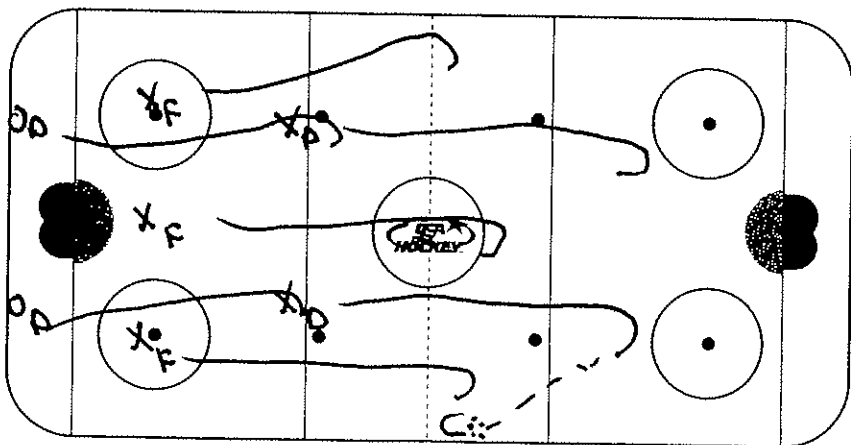


Description

7 min Goalie Drill?

- Michigan/OSU passing progress
- ①. 1 wide shot } both ends
 - ②. 2V0 delay }
lane exchange
area pass. go to net
pass across crease.
 - ③. 3V0 same as ② but hit high
A. stretch
B. curl

Notes/Systems



Description 3V2 Counter
elements

- passing/shooting/attacking
zone/transition
- Coach places puck
at far blue or deeper
2 D go back/forwards support
for quick attack
- O₁ Gap up. Run from both
ends.
- Fly weak side forward
support puck strong side.

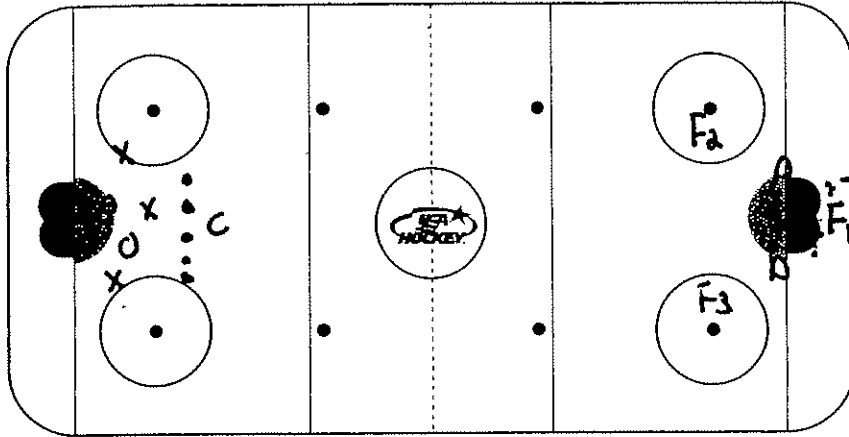
Notes/Systems

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SYSTEM/DRILL

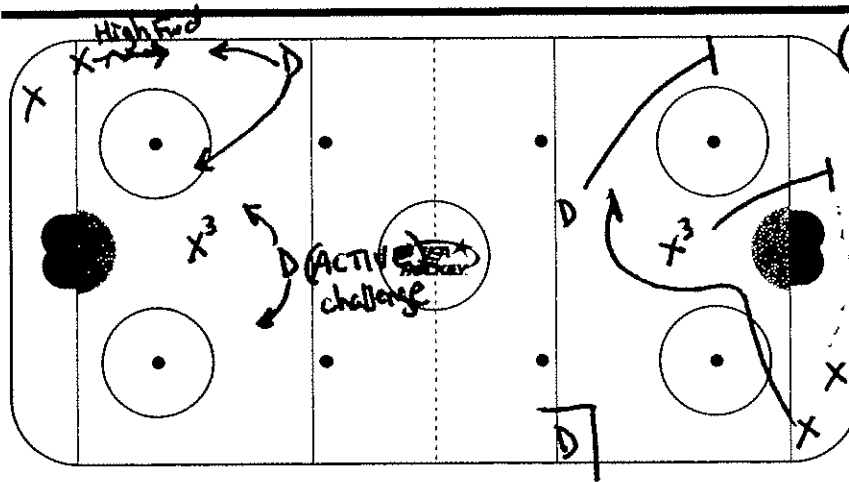


Description

① F 2 on one goals D-push-ups
1 Goal tie
10 min
Start with five pucks
3 v 2
+

Notes/Systems

②. TARSIA
D-have to stay on post
F1 pass to F2 & F3

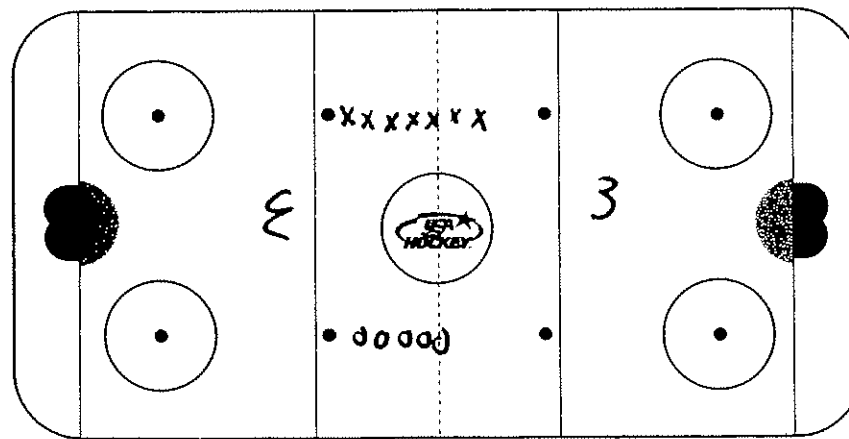


Description

① D Low for outlet → filter high two to slot
10 min

* only 1 Def cycle @ time
* puck carrier becomes high end on cycle
X³ makes open space

Notes/Systems



Description Mini-Game

2 v 2
on whistle new players enter on D side
line can shoot pucks on net.

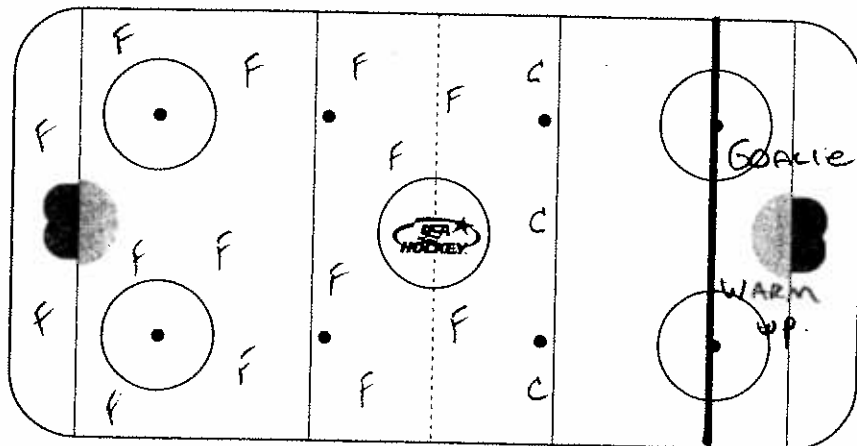
Notes/Systems





SYSTEM/DRILL Sun 6:22 Purple Team

COACH'S Reardon/Sones/Anzelone



Description 0-7 min

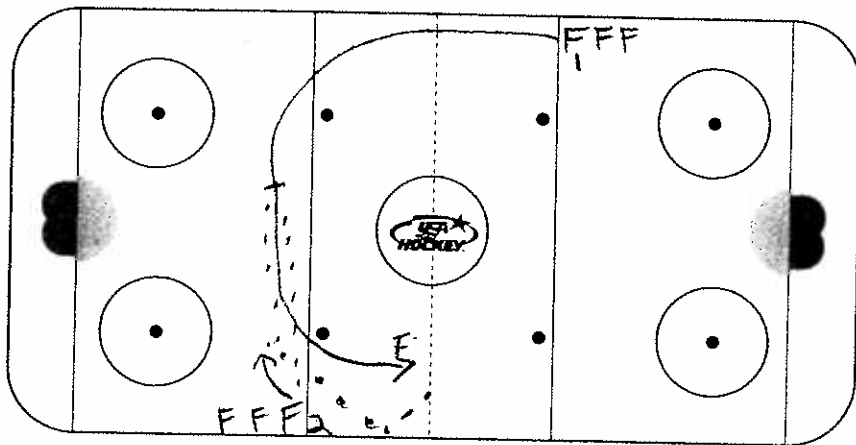
Zone Push - WARM-UP.

ALL PLAYERS SKATE w/puck IN, O/Z + N/Z stickhandling COACH'S push them into Low Area of O/Z

Puck protection
ESCAPE MOVES

2nd Time PASSING one touch.

Notes/Systems _____

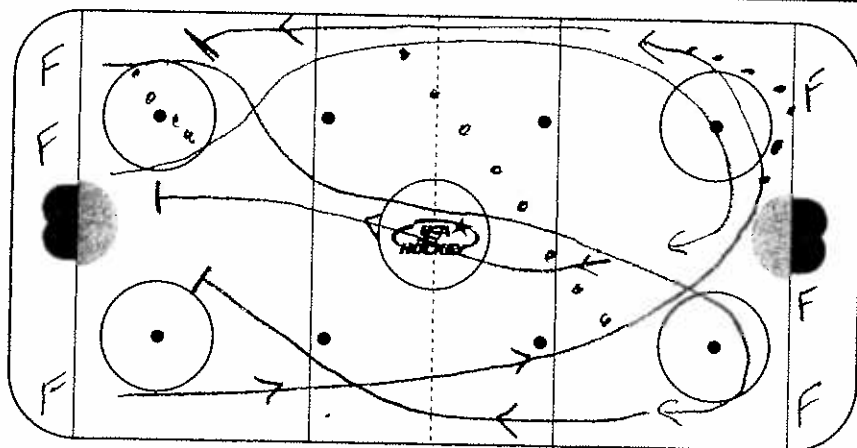


Description 8-15 min

One Touch Indirect PASS.
F1 skate through N/Z w/o puck
F2 gives F1 pass.
F1 give Back to F2.
F2 steps out AND BOARD
pass to F1.

Repeat

Notes/Systems _____



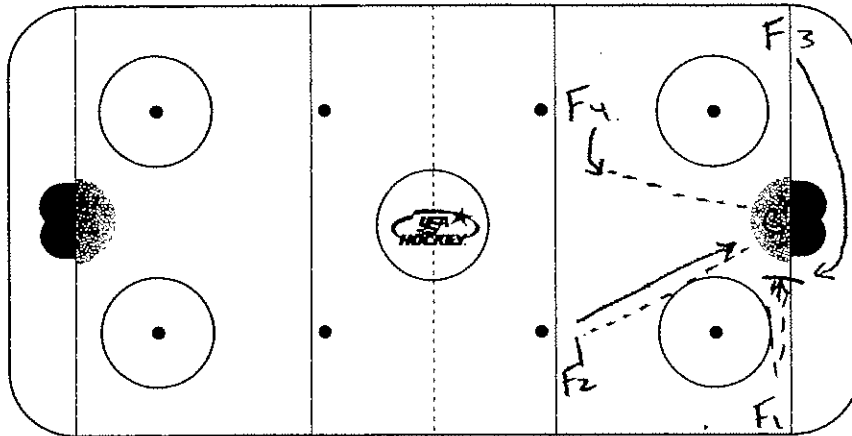
Description 15-25 min

3v0 Breakout with wide
shot for rebound.
3 Forwards pass through N/Z into
O/Z AND PASS to any player on
line. Breakout 3v0 - take
puck wide for hard angle
shot creating rebound for
other forwards.

Whistle starts other way.

Notes/Systems _____

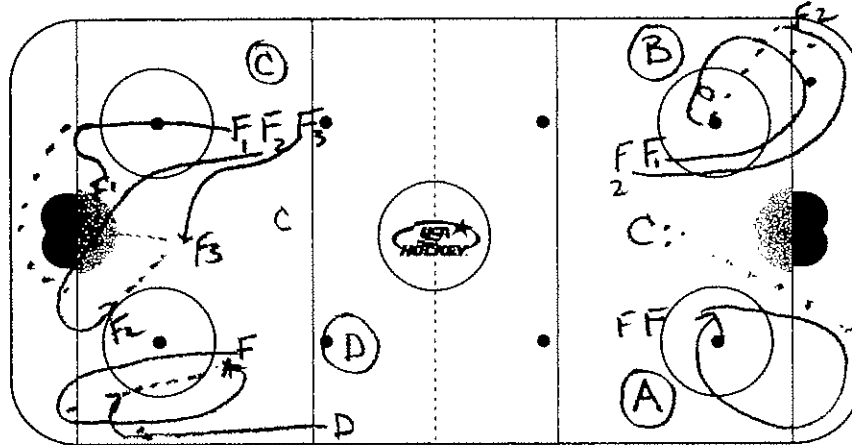




Description 25-32 min
Goalie warm-up.

First 4 shot Drill.

Notes/Systems



Description 32-45 min
Cycling Progression.

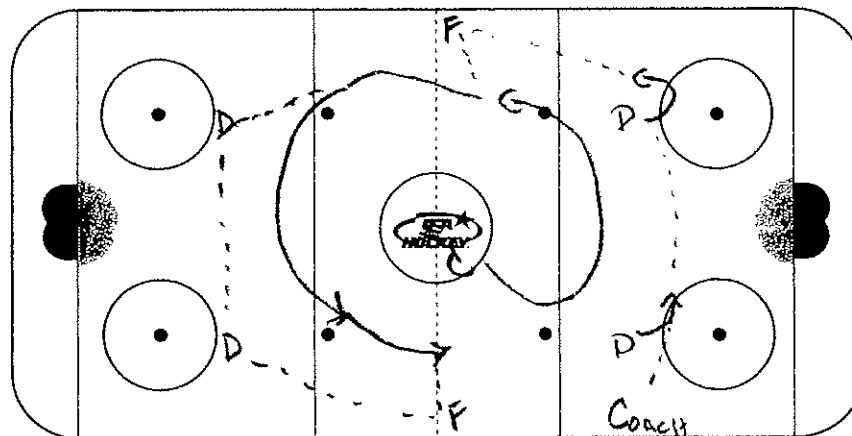
A- 1 player out of corner

B- 2 skaters F1 chips to F2.
F1 finds soft area receives pass
from F2

C- Behind net chip to F2 - F2
option step out/ F3 pass/ Back
to F1.

D- F1 to D. Reverse with pass
Back to F1.

Notes/Systems



Description 45-55.

Regroup Into 3v2.

Coach places puck/dump.

D- Retrieves and goes D to F

D- to F on board

F to Center.

Center to D

Repeat + Attack 3v2.

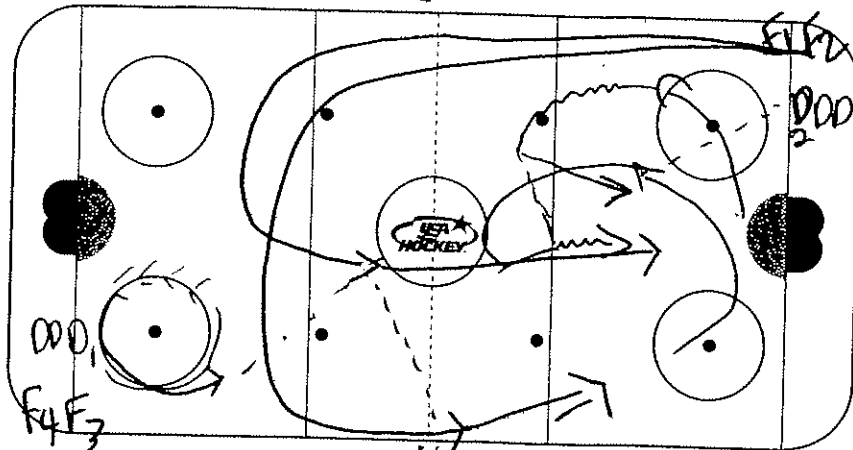
55-60

Shutdown.

Notes/Systems

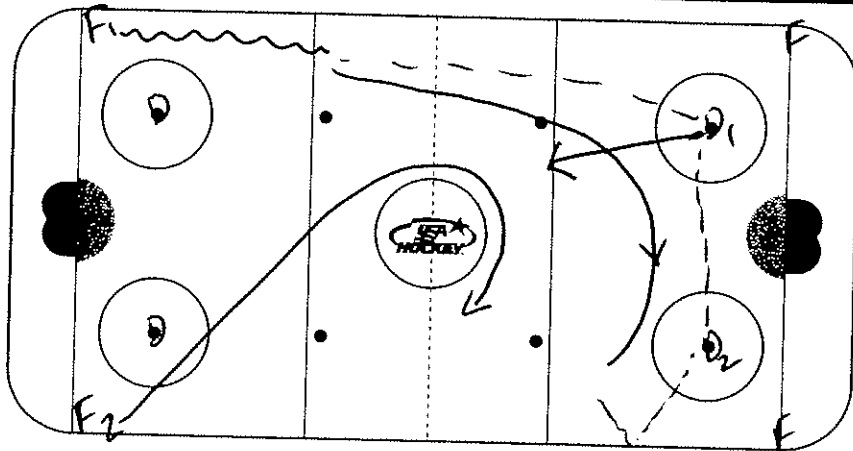


SYSTEM/DRILL Sun. - Offensive Concepts
Page 1 - Orange -



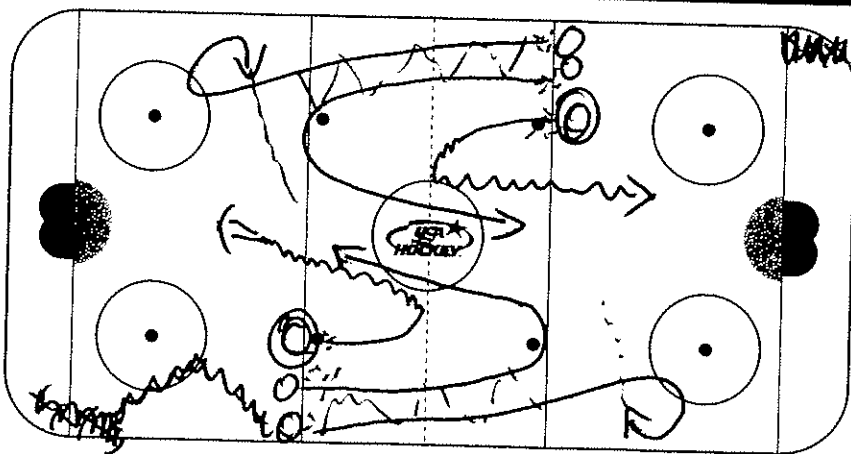
Notes/Systems * Both sides at same time

Description D¹ F¹ F² / D² F³ F⁴
all take off at the same time. D¹ up & back paddle around circle w/ puck
- F¹ & F² are skating from off end in a horseshoe motion, staggered.
- D¹ passes to F¹
- F¹ passes to F²
- F² reads either shot or Gretzky escape + hit F¹ lat
- F¹ & F² receive pass from D² as they curl inside & reenter



Notes/Systems

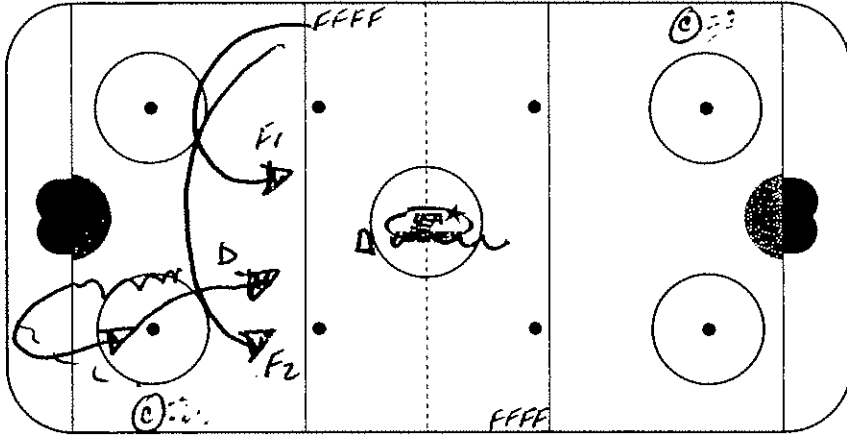
Description D-Activation D¹ / F¹ + F² leave at same time, F¹ skates down ice at red line passes to D¹
- F¹ cont. and mirrors the puck
- D¹ passes to D²
- D¹ jumps into the rush
- F² times his skating at center
- D² chips to F¹
- F¹ has 3 options
* chip off wall to F²
* pass to D¹ on backside
* skate off F²'s backside



Notes/Systems

Description Deleted Chip ~~Monarch 3000~~
Monarch 3000
- Inside touches red line & shoots
- Middle & outside pass until blue, wall player drive & escapes
- Middle peels & looks for late pass on other end
- Escape player gets outside & gets a pass from near zone





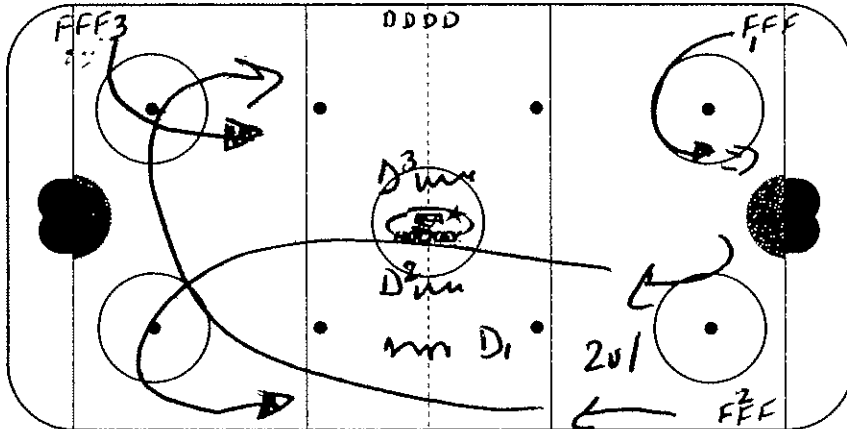
Description

COACH SETS PUCK TO
BO DEFENDING D

F1 & F2 Support BO with
D Jumping

- D - 1) Defend
- 2) BO
- 3) JOIN RUSH

Notes/Systems 2v1 D Jump CONT.



Description

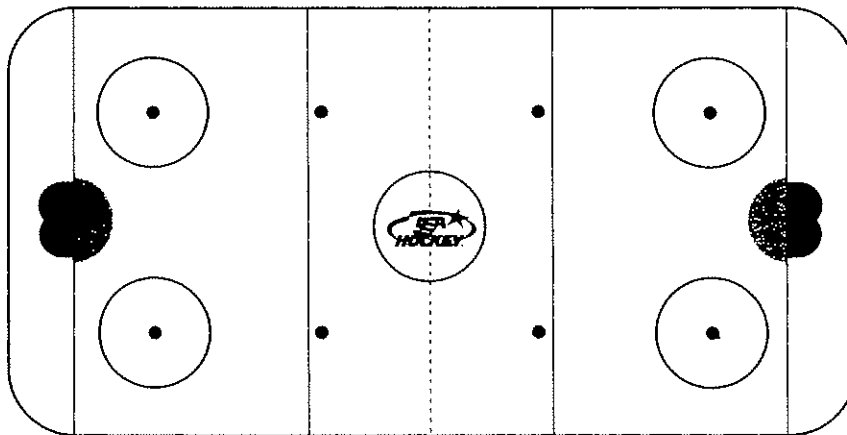
F1 AROUND CIRCLE SHOT

F1 & F2 2v1 against D

F1, F2, and F3 3v2 against

D2 & D3

Notes/Systems 1vD, 2v1, 3v2, and Breakaway F3 Returns to line on a breakaway



Description

Notes/Systems



1/2

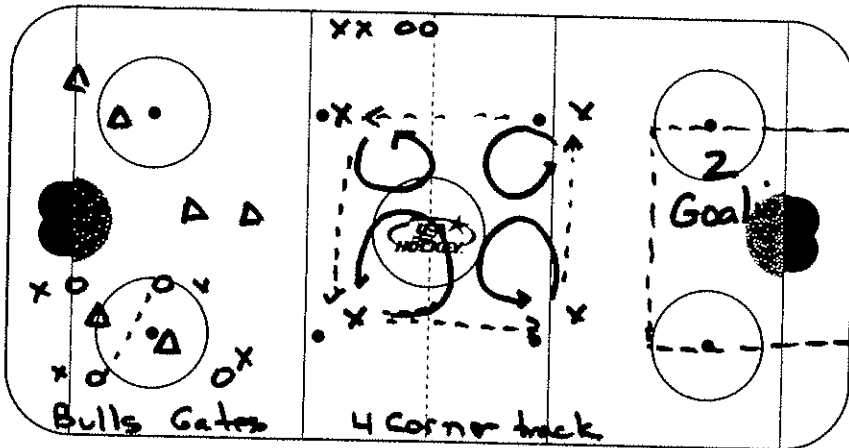


SYSTEM/DRILL Offensive Concepts

#2

Maroon - 60"

7"



Description

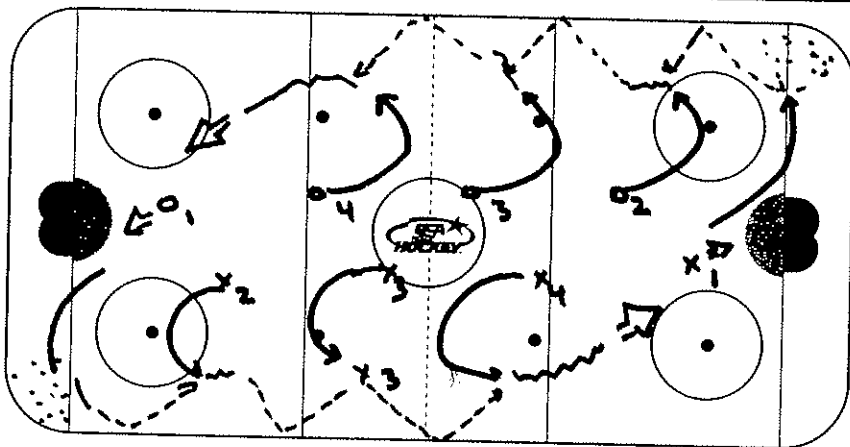
Need Pennies (most)

Bulls Gates: 3 vs 3
Keep away... score a pt when complete a tape to tape pass thru "Gate"

4 Corner track - each corner makes pass to his right down loop - stick ready and returns to original spot

Notes/Systems STATION WARM-UP.

7"



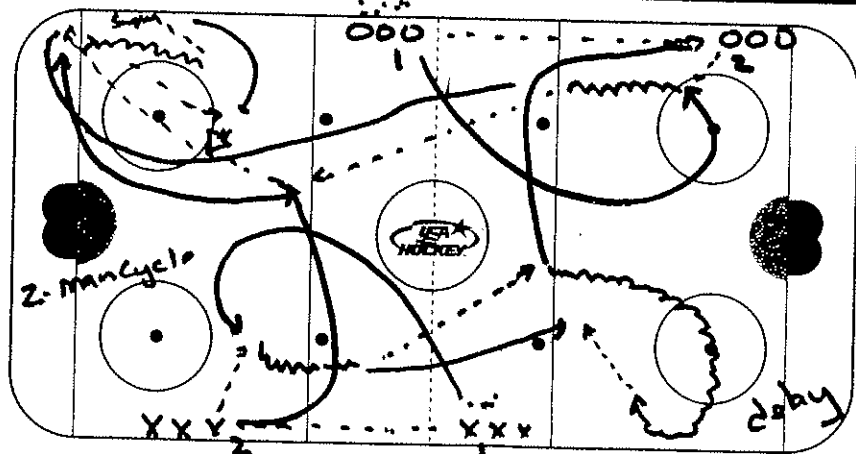
Description

X1: O1 START drill w/ shot on net. X1: O1 then go to respective corners pick up puck and chip back X1 to O2, O2 to O3, O3 to O4 - O4 shoots and drill continues..

- Follow shot - change shooting angles

Notes/Systems Climb the ladder
Chip passes

7"



Description Pushes @ Red line;
O1 Pass to O2 down wall;
X1 to X2 down wall; O1 & X1 take an inside out route - set return pass from O2 & X2 respectively.. O2 & X2 then stretch along B.L. getting pass from O1: X1...

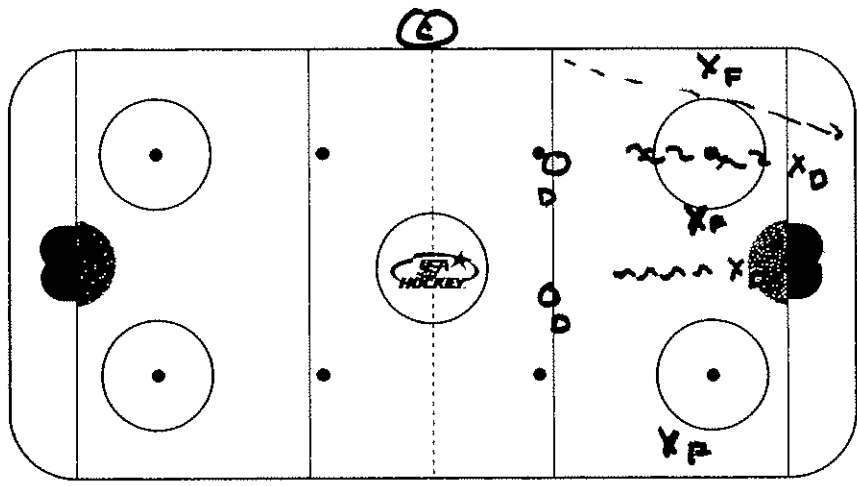
Options: escape/delay
3 vs 0
2 man cycle - bump.

Notes/Systems Bulls Transition - Stretch
w/ options -





10"

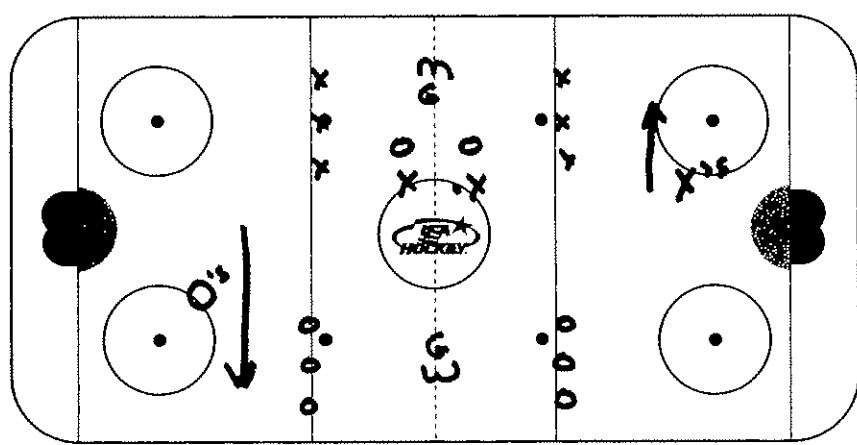


Description _____

X's BO VS O's
 5 vs 2; move thru
 NZ - regroup with
 O's ... attack X's;
 Regroup w/ X's and
 attack O's 5 vs 2...
 ATTACK - WITH
 width/depths
 MID LINE DRIVE →
 D - work side jump up
 into play.

Notes/Systems 5 vs 2 Double
Regroup - alternate ends

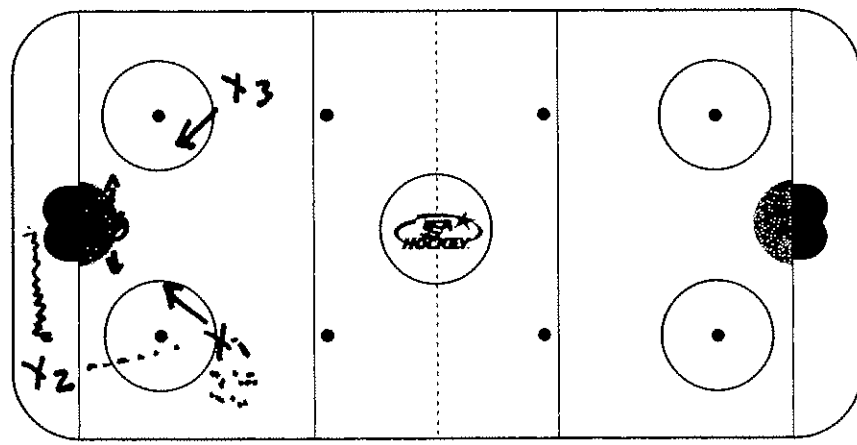
10"



Description _____

2 vs 2 with
 lateral support ...
 Players on blue line
 can shoot or pass to
 hammers ... they cannot
 be checked

Notes/Systems 2 vs 2 Lateral Support



Description _____

Goalie shooting drill
 beginning of practice

At Blaine
 MIKE MacSwain

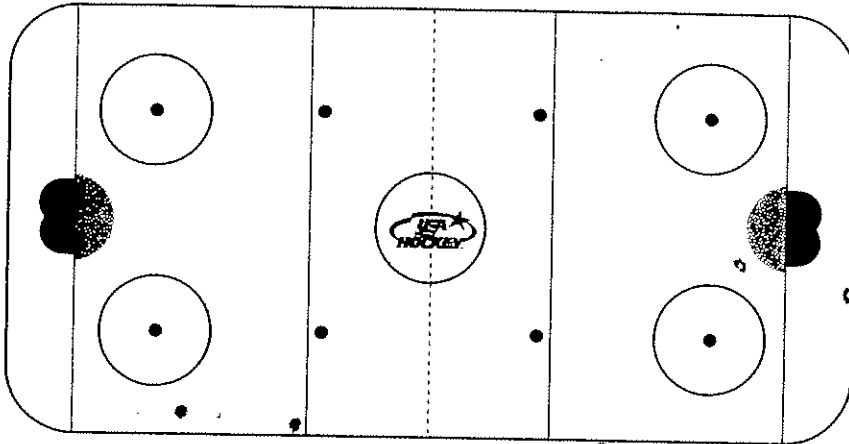
Notes/Systems _____





SYSTEM/DRILL

SUNDAY ROYAL



Notes/Systems 7 min Goaltenders

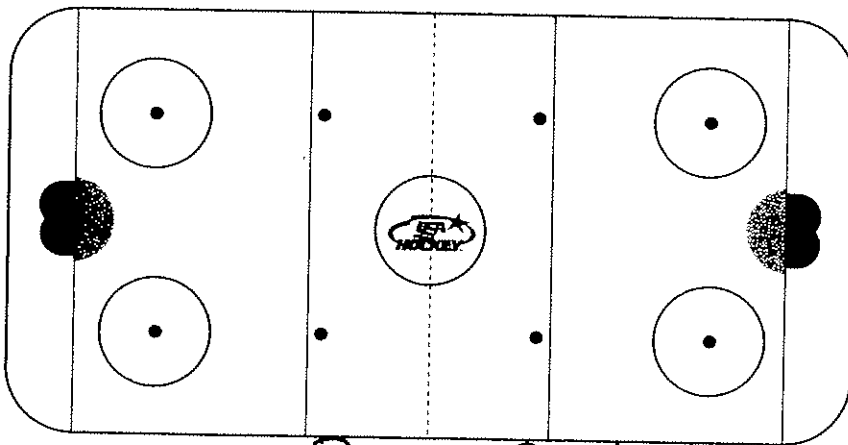
Description 2-0 passing Serie

Straight Passing

Drop Passing

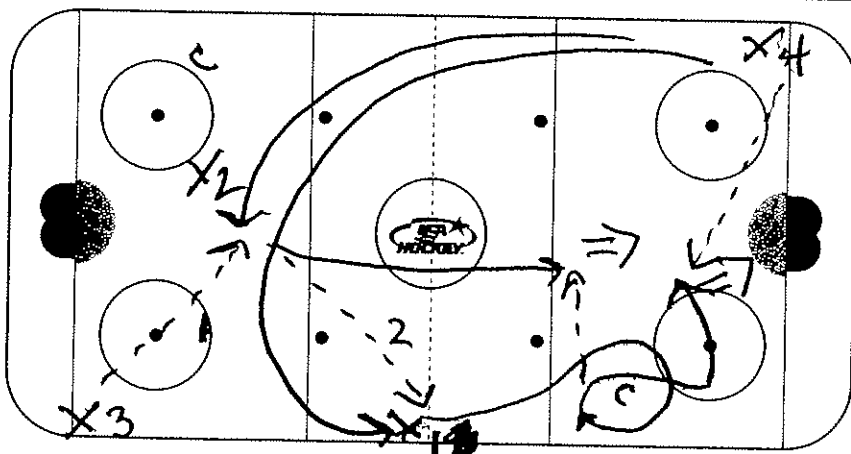
Headman Passing

fwd/bkwd Touches



Notes/Systems 8 min Goaltenders

Description Pause



Notes/Systems

Description Gretzky 2-0

2 Shot (Redirect/Bank)

Neutral Zone X1 hucks wall & receives a redirect from X2 - X1 turns out inside blue line and passes to X2 for shot X1 proceeds low to high for a second pass from line for a second shot (BANK)

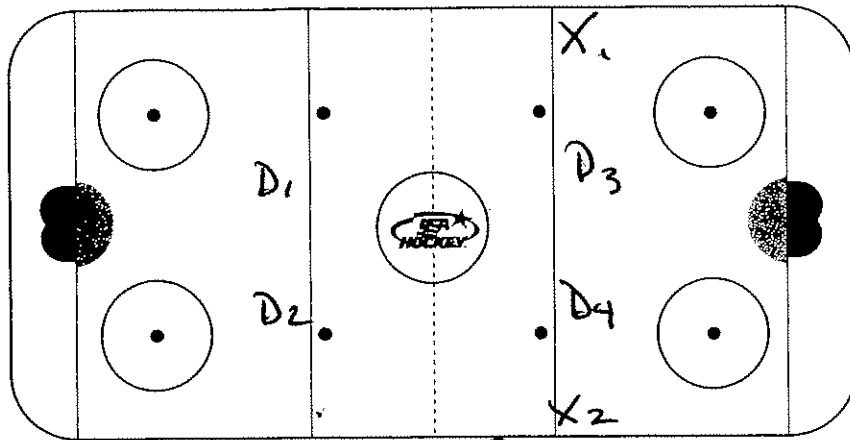
Next

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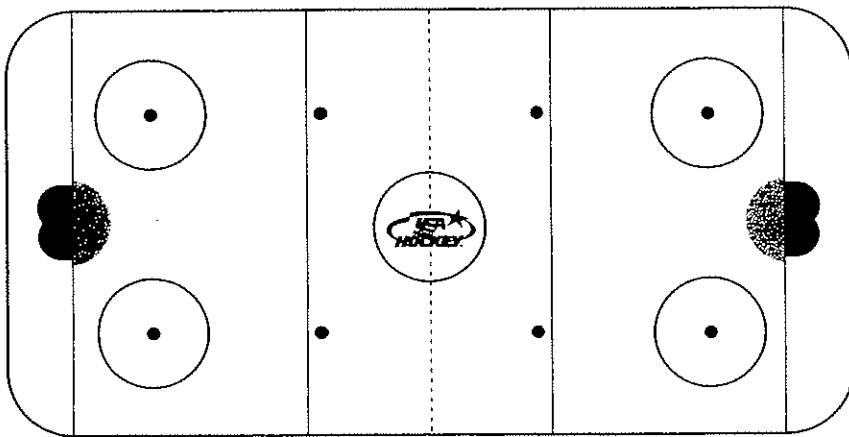


SYSTEM/DRILL



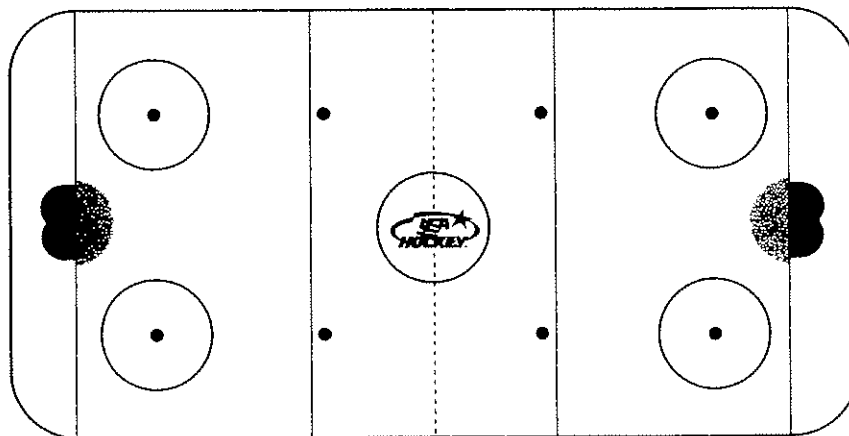
Notes/Systems 2-0 Regroup

Description X_1 to D_1 to D_2
 to an opened up X_2
 X_2 passes to X_1 / Repeat
 process with D_3 & D_4
 for live attack on
 D_1 & D_2 or a 2-0
 push.



Notes/Systems

Description Cycle Series
 ① 2 bump - hi furl shot
 ② 2 bump - D down wall
 w/ pass to hi furl.
 ③ 2 bump D to D shot
 ④ 2 bump - pass to far crash
 d.
 ⑤ 2 bump wrap to net o
 far D goes to net cycles
 out. furl then passes
 to second D for shot



Notes/Systems

Description 3-3 Wrong
 Way Corrigan
 ① Merge the pack
 ② " You feet
 ③ Communicate

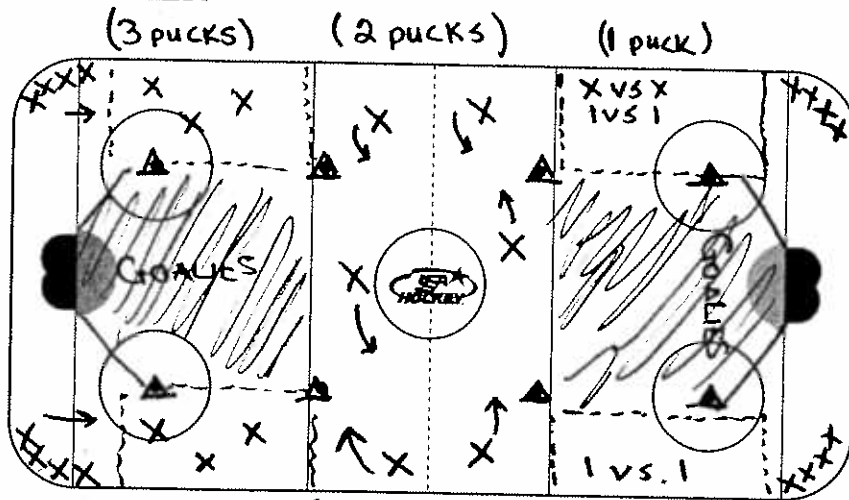




(Gold PRACTICE)

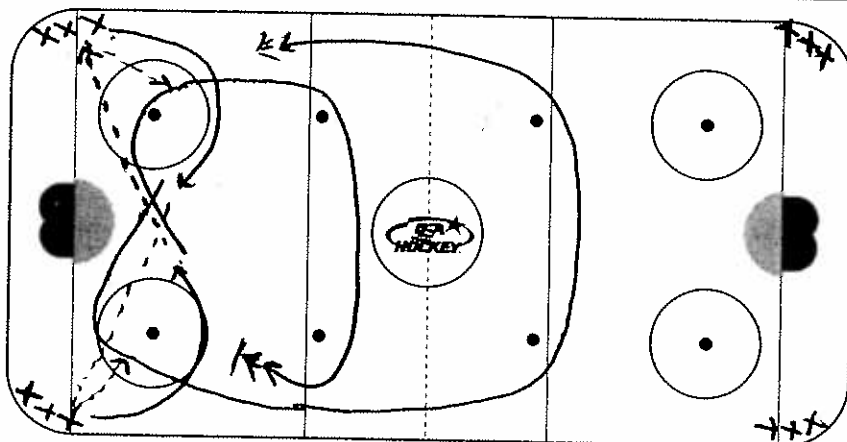
SYSTEM/DRILL

SUNDAY, JUNE 22 (RINK #3)



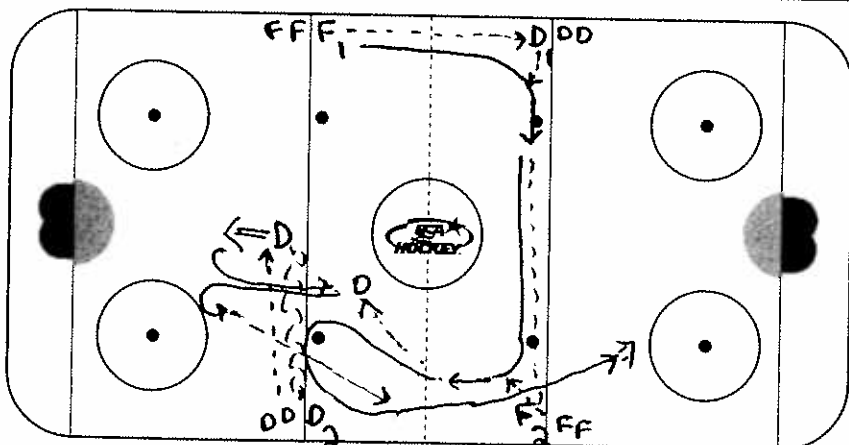
Description 7-Minute Warm-up
 (1st Whistle) 3 each from each line enter zone for stick handling. (Leave pucks)
 (2nd Whistle) Move to Neutral Zone for 2 puck passing with all 6 players
 (3rd Whistle) 1vs1 on the walls, Keep feet moving and create puck possession on the walls.
 OR 3vs.3 Keep away 11 puck

Notes/Systems Keep Feet Moving
 Head-up, Communicate & Get open



Description Gold Rush Warm-up
 * 1st player in each line carry puck to top of circles and pass to player in front of line, Give-N-Go pass.
 * One corner designated as close F/O dots and the other corner far F/O dots. Shots from top of circles.
 * Run at both end sometime

Notes/Systems Shooting warm-up
 Give-N-Go passing



Description
 F₁ passes to D₁ for Give N Go then passes to F₂ for Give-N-G
 F₁ looks for D₂ for Regroup pass. Skate inside out far F/O dot. F₁ receives pass and carries down wall for shot. D₁ after pass skates backwards inside the B/L and gets pass from D-man in line and shoots. Turn around quick looking for pass forward. Receive pass turn around with puck and make pass to F₁

Notes/Systems 1v0
 Give-N-Go's with Regroup

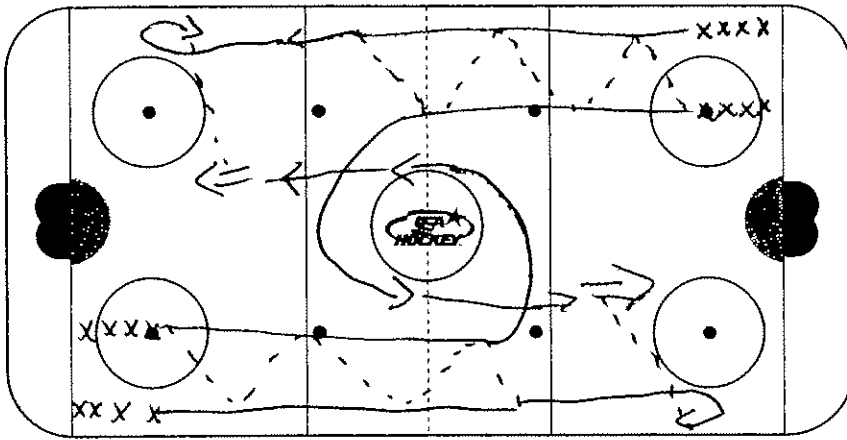
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(GOLD PRACTICE)
SYSTEM/DRILL

SUNDAY, JUNE 22 (RINK #3)

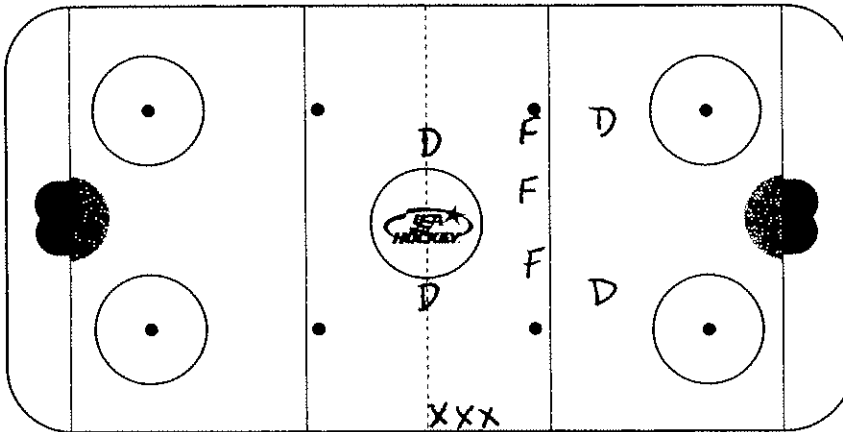


Notes/Systems GRETZKY 2-0

Description

1. PLAYER EXCHANGE PUCK UNTIL FAR BLUE.
2. BOARDS PLAYER DRIVES WIDE AND GRETZKY ESC.
3. INSIDE PLAYER TURNS UP ICE AND RECEIVES PASS FROM F1, SHOOTS IMMEDIATE.

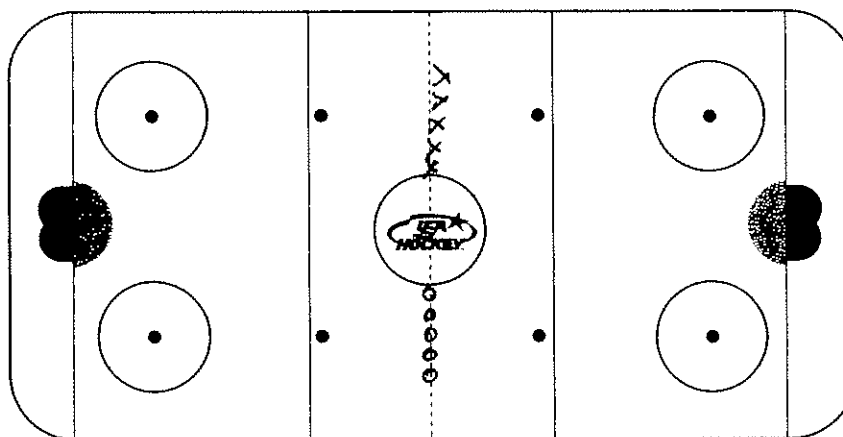
VARIATION: BOARDS FWD CHIPS TO SPACE AND INSIDE FWD OVER LAPS.



Notes/Systems PHANTOM BREAKOUT

Description

1. X1 DUMPS PUCK AND FORECHECK
2. F'S BREAKOUT OF ZONE
3. ON WHISTLE X2 DUMPS AND FORECHECKS, F'S RET. TO D-ZONE BREAKOUT AGAIN.
4. WHISTLE X3 DUMPS AN FORECHECKS.
5. F'S BREAKOUT AND ATTACK 5 ON 2 WITH BACKCHECK



Notes/Systems 1-2-3

Description

1. FIRST X AND O GO ON BREAKAWAY.
2. IF MISS PLAYER MUST RETRIEVE PUCK AND PASS IT TO NEXT IN LINE.
3. IF PLAYER MAKES IT, HE CIRCLES BACK AND ATTACKS 2 ON 2 WITH NEXT PLAYER.

SAME RULES APPLY, TEAM GETS POINT FOR SCORING 1-0, 2-0, 3-0 IN SUCCESSION.

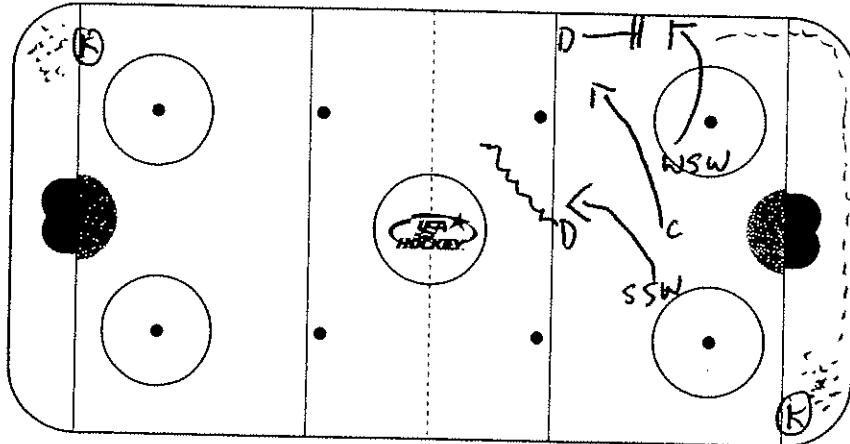
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SYSTEM/DRILL SUNDAY "OFFENSIVE CONCEPTS"

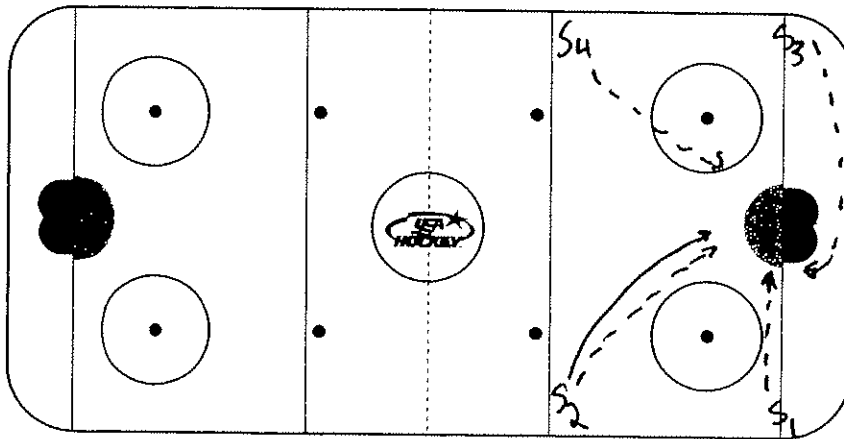
(RED - 9³⁵AM - 10³⁵AM)



Description CHICKEN WING
3v2 → 2v1

- * 10 MIN - (K) = Coach wraps pucks for NSW - D confrontation.
- NSW chips pucks, i joins play
- C support w/ SSW for a full ice 2v1

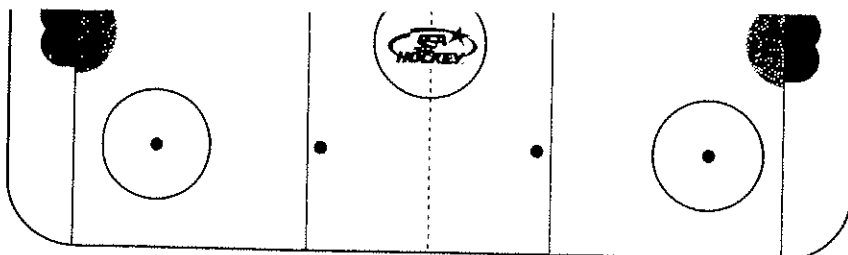
Notes/Systems _____



Description Flint 4 Shot
S1 - attacks along goal line and attempts to score. After shot S2 screens goalie for point shot by S4. After point shot, S2 sprints to front of net and covers S1. S2 then attacks by skating behind net. S2 has 3pp pass to S1 for shot, walk out and shoot or wrap around. After play S4 takes shot from point. S1 + S2 green and try to tip while S2 defends

Notes/Systems Harris / Rudrud / Springer
Red - Sunday Practice 9:35 - 10:35am

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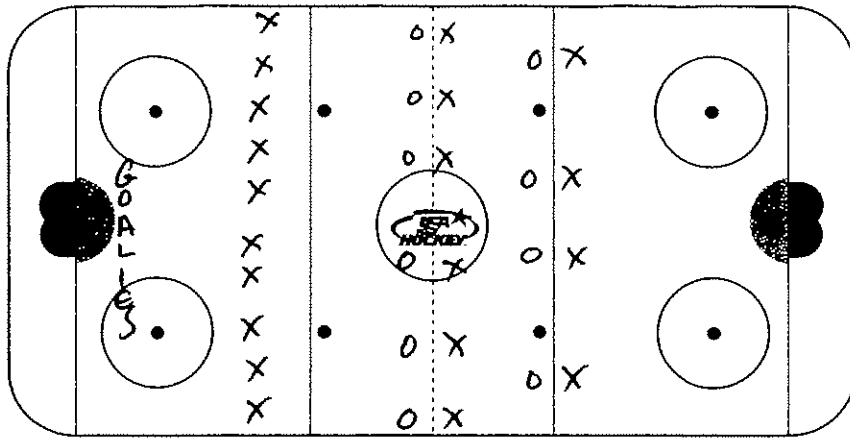
Notes/Systems _____

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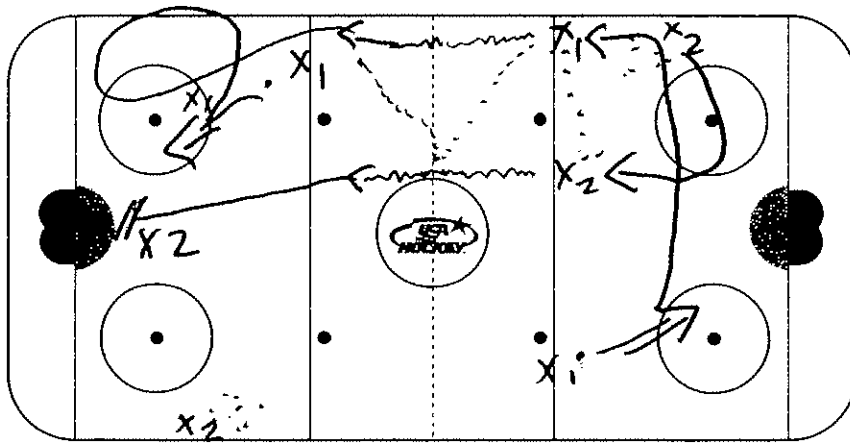
SYSTEM/DRILL SUNDAY · "OFFENSIVE CONCEPTS"
(RED - 9³⁵AM - 10³⁵AM)



Description GOALIE DRILLS/
7 MIN → COMPETITION

- STICK TUGS
- 1v1 GRAPPLING

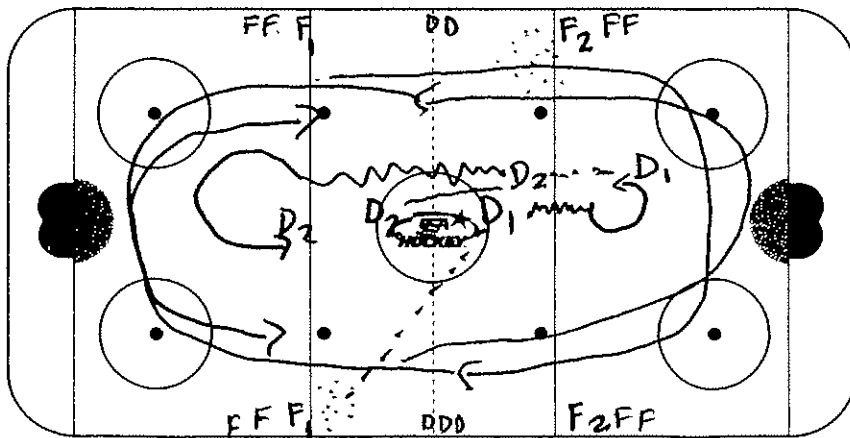
Notes/Systems _____



Description 1v0 Step Out
into 2v0 w/ Escape
8 MIN → (BOTH SIDES)

- X₁ begins drill w/ shot then curl
- X₂ steps out w/ 1 touch and attacks 2v0 on off net w/ 1-touch passes
- X₁ (after Red) take puck, drives wide and escape
- X₂ drives net for redirection or rebound

Notes/Systems _____



Description 2v1 → 2v2
w/ D puckhandling regrow
8 MIN → (CONTINUOUS)

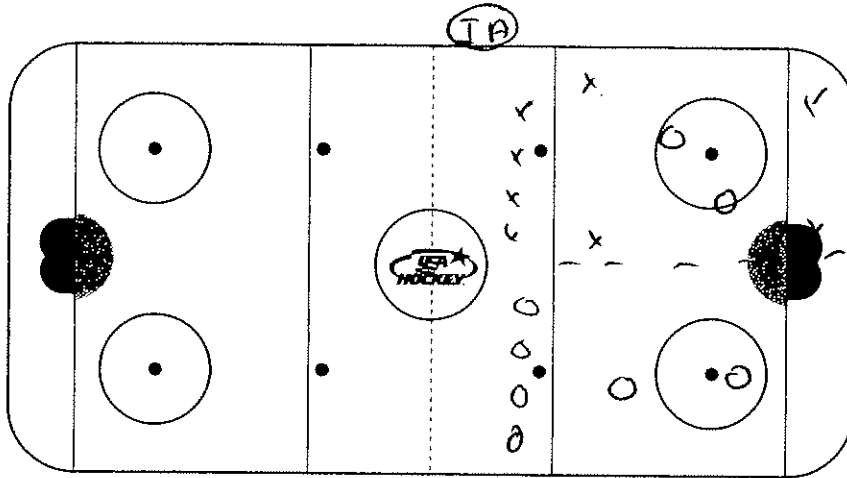
- F₁ passes to D₁ who backs up w/ puck & escape
- At the same time F₂ gaps & mirrors → D₁ pass to D₂ who then backs up w/ puck, escapes & passes to (2) F₁ who attack D₁ → 2v1
- Add 2nd DEF @ 4m mark

Notes/Systems _____





SYSTEM/DRILL Day 2 offensive Concepts
Navy



Description

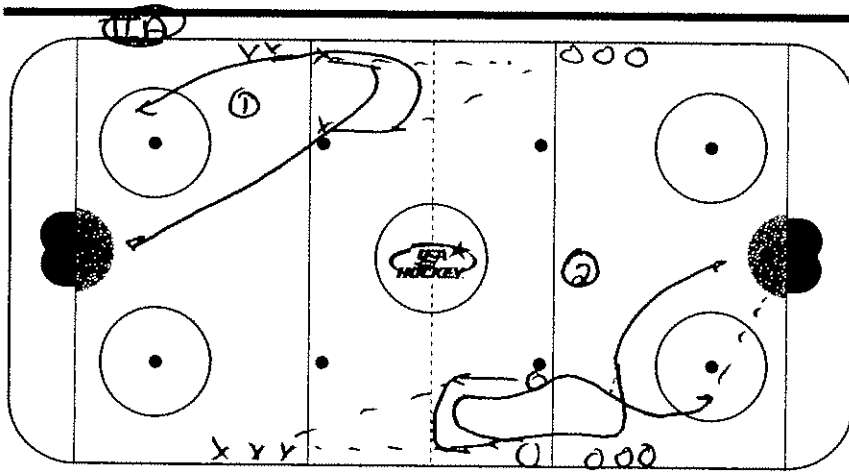
- I. Warm-up
 ① 4v2+2 keep away
 ② Flint Four Short

Notes/Systems

II. Transition Offense

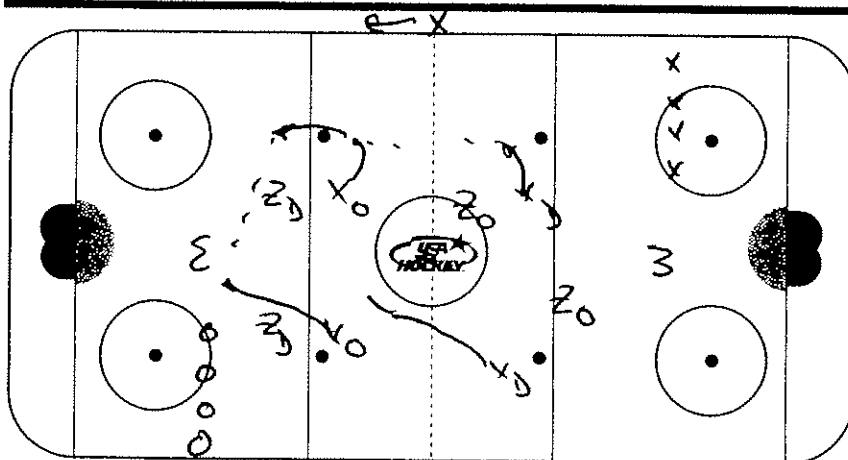
- ① 2v0
 ① Drive the Net
 ② Cross & Drop
 ③ Gretzky Turn

- ③ 3v0 Line Rushes



- Description**
 ① Drive the Net
 ② Cross & Drop
 ③ Gretzky Turn

Notes/Systems



Description

III. N-Zone Games

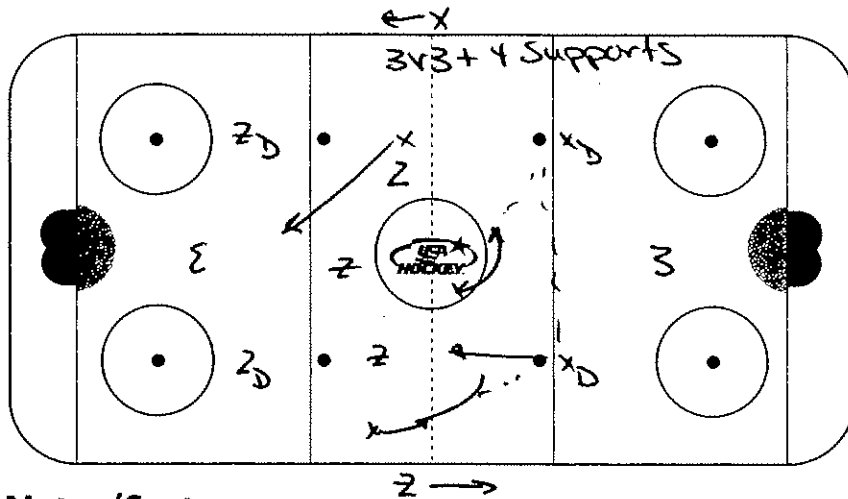
- ① 2v2+2v2
 - D must pass across to O
 - One D can add to create a 3v2
 - Red line is mid
 - Play top of circles to top of circles

Notes/Systems





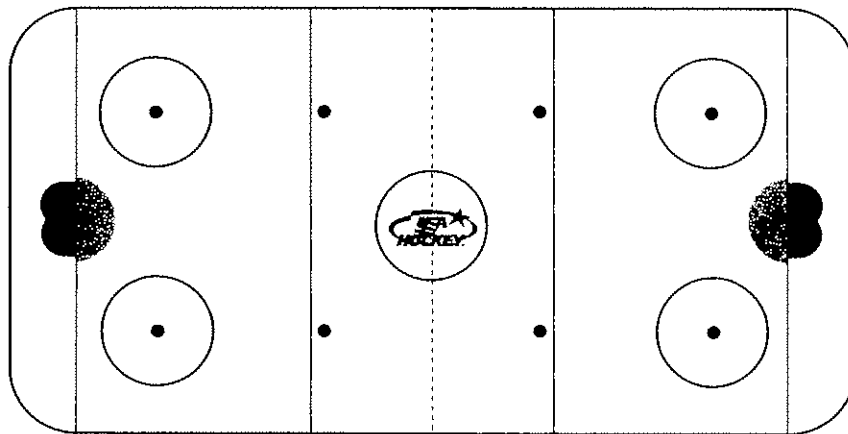
SYSTEM/DRILL



Description

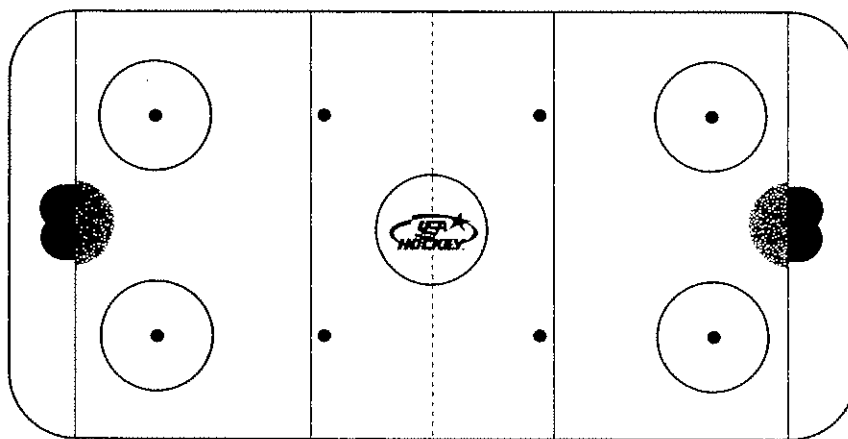
② 3v3+4 Supports
 - must regroup to go on offense
 - Support activated off D to D regroup
 Playing area top of circle to top of circles

Notes/Systems



Description

Notes/Systems



Description

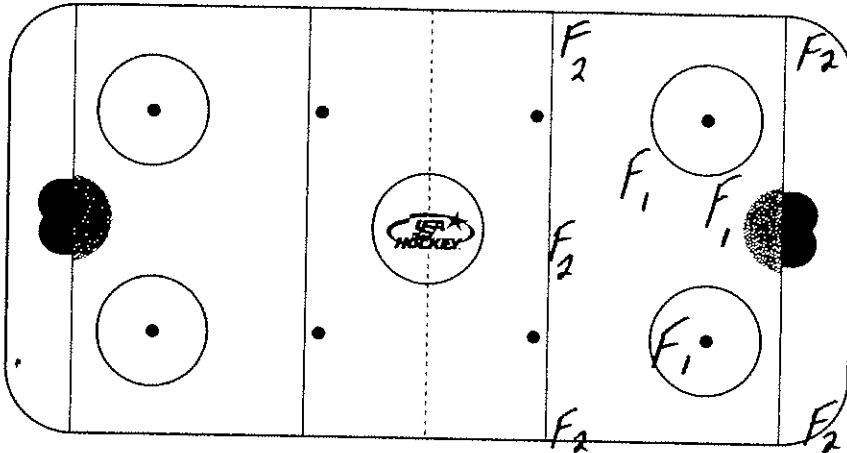
Notes/Systems

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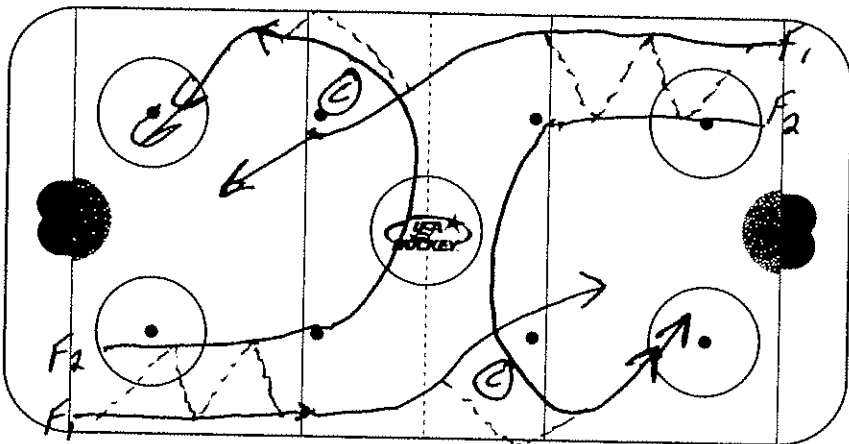
SYSTEM/DRILL "Grey" 6/22/08 10:30-11:30



Description "Zone Passing"
 3 F₂ skate around zone with puck passing to 5 F₁. Keep feet moving and always face the puck!!

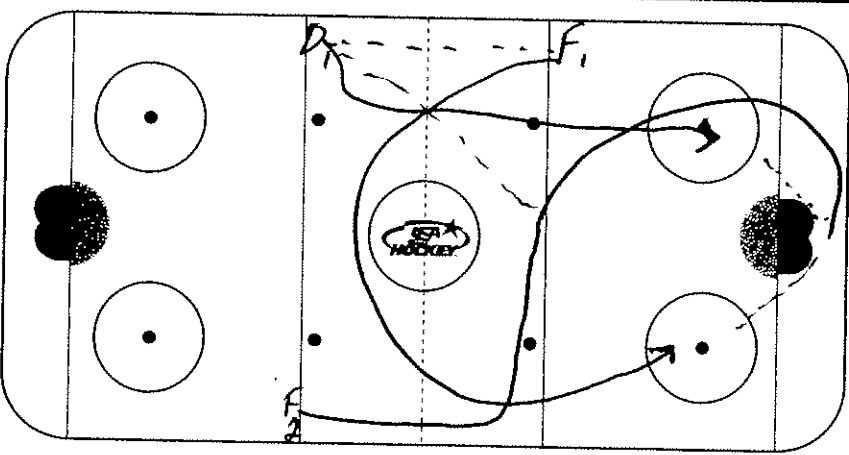
Pass it hard. Progress to 4 players with pucks. Also run in the Neutral zone.

Notes/Systems Warmup 7 min.



Description "Bank Pass Shooting"
 F₁ and F₂ line up in corner and make 2 or 3 exchanges. F₁ cuts to middle and banks chips puck off boards at offensive blue line and F₂ who came from other end skates onto chip. F₂ shoots and F₁ drives net for rebound. Stop at Net!!

Notes/Systems



Description "3 on 0 Drive"
 F₁ passes to D₁ who then passes to F₂ who skates up and across offensive blue line. F₂ drives behind goal line and makes play for F₁ or D₁ who followed for one time shot from dots.

Notes/Systems Timing!! Show your stick when receiving passes.

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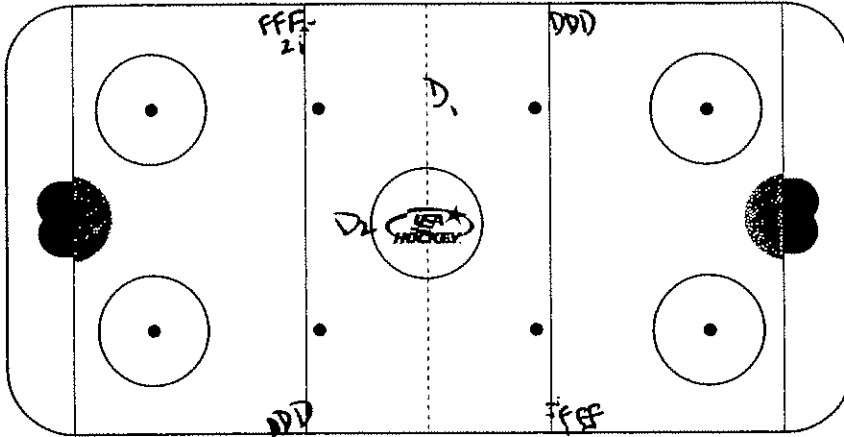




SYSTEM/DRILL

"Grey"

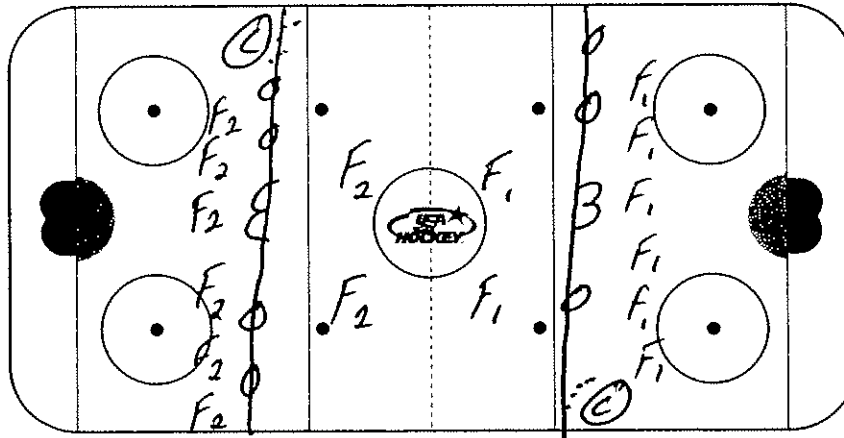
6/22/08 10:30-11:30



Description F'S AND D'S START ON OPPOSITE BLUE LINES. P'S HAVE PUCKS AND ON THE WHISTLE F₁, F₂ FROM ~~OPPOSITE~~ ONE LINE PASS THE PUCK TO D₁, F₁ AND D₁ DO 2 a. TUCK PASSES AND F₂ HAS 1 ON TUCK, D₁ ONE TUCKER TO D₂. D₂ RE-GRAB F₁ AND ATTACK D₁ 2 ON 1. AFTER D₂ RE-GRABS HE WAS AWAY TO THE OTHER FORWARD LINE TO BEGIN DRILL FROM THE OTHER SIDE.

*PROGRESSION: AFTER D RE-GRABS P'S ACTIVATES OFFENSIVELY. TO BECOME 3 on 1

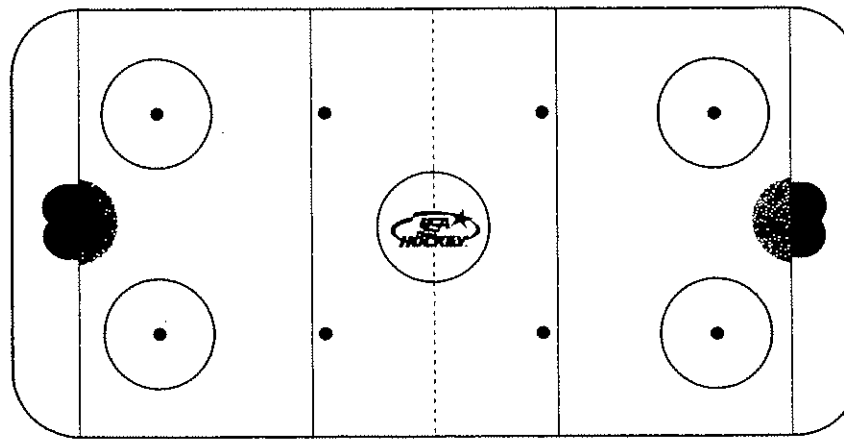
Notes/Systems Quick Transitions - Regrouping (2 on 1) PROGRESSION 3 - 1 ACTIVE D



Description "Neutral Zone 2 on 2" Play out 2 on 2 until the whistle. After every goal or missed shot, coach from that end passes puck to his team.

Use lines for goal lines on each end - just outside of NZ.

Notes/Systems Think transition to offense and defense on new puck.



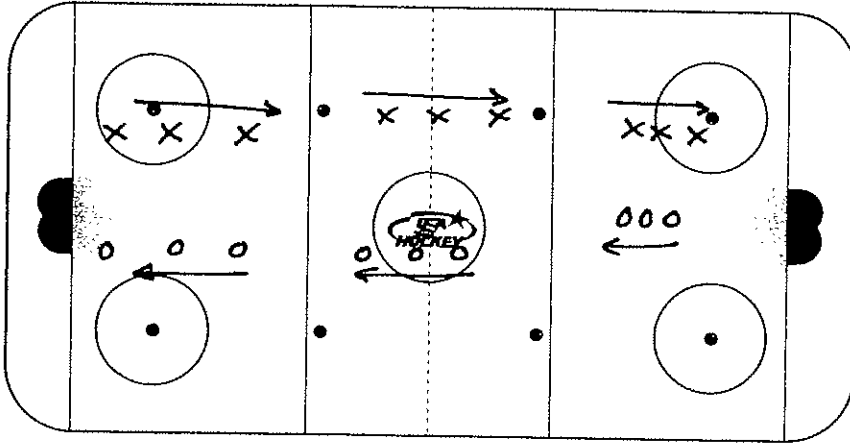
Description

Notes/Systems





SUNDAY
 SYSTEM/DRILL Maatof (Black) Schodzinski/Mattila/
Van over



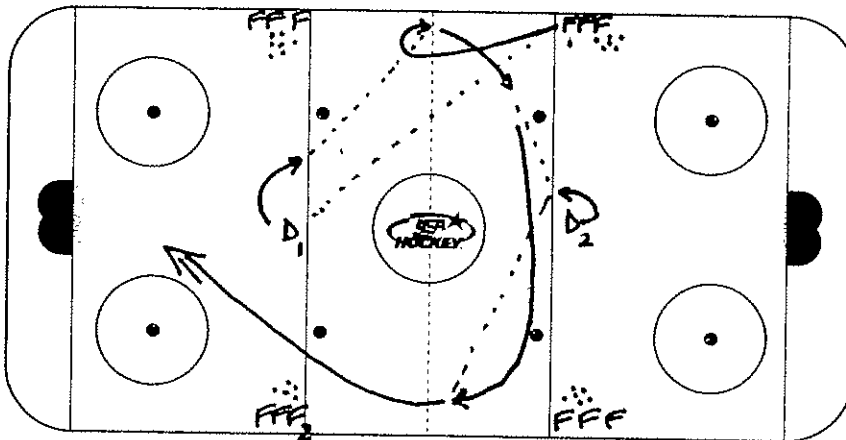
Description

3-Zone Game ...

- 3v3 inzone games
- Rotate every :30 secs.
- X's trying to get puck to their offensive zone

* USE MULTIPLE PUCKS

Notes/Systems



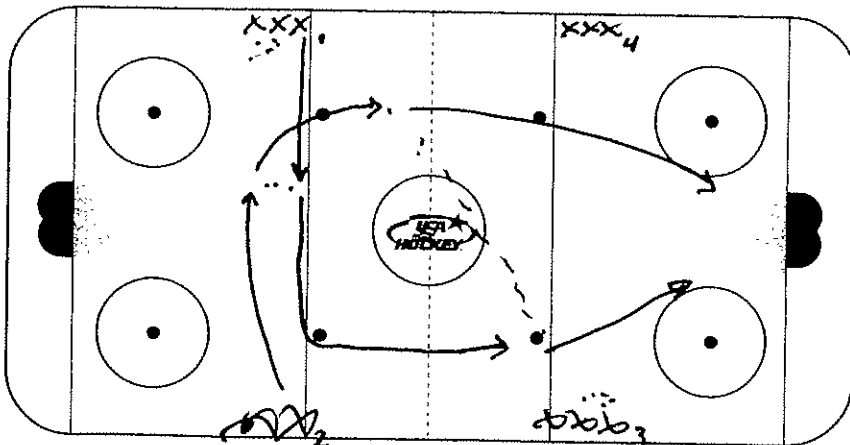
Description

- F₁ feeds D₁ + POSTS UP!
- D₁ feeds F₁ (same thing is happening opposite way.)
- F₁ then feeds D₂... + gains speed to get a return pass

• F₁ receives passes + goes to shoot

• D go 4 reps!

Notes/Systems LEETCH 1-0, 2-0, 2-1, 1-1



Description

- X₁/X₂ work together
- X₁ starts w/ puck + drops it to X₂
- They attack 2-0

→ Make sure players stay outside DOTS!

• X₃/X₄ begin when 2-0 passes them

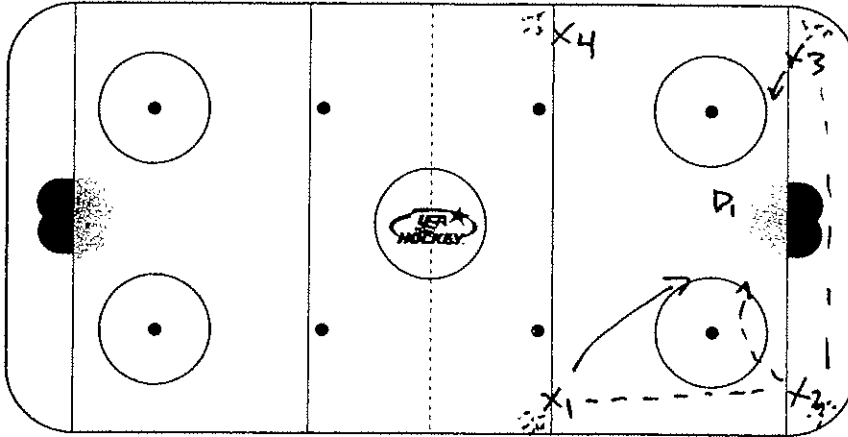
Notes/Systems Cut-n-Deep 2-0





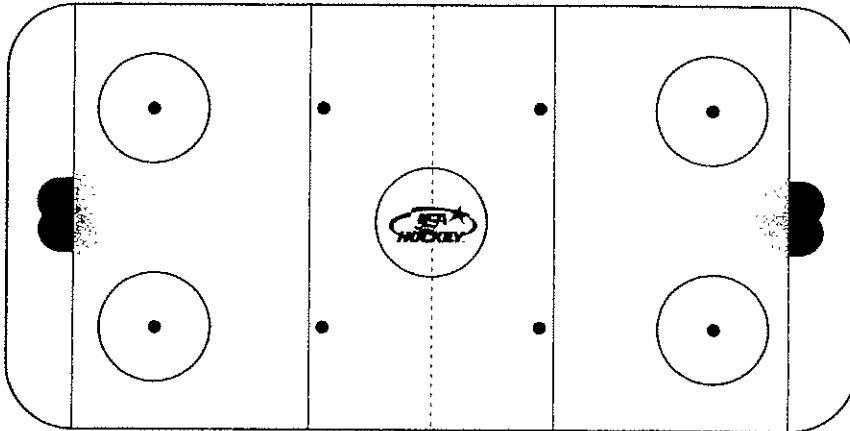
SYSTEM/DRILL Black - Monday 1:05 pm - 2:05 pm

Mattila / Szkodzmiski / Vanover



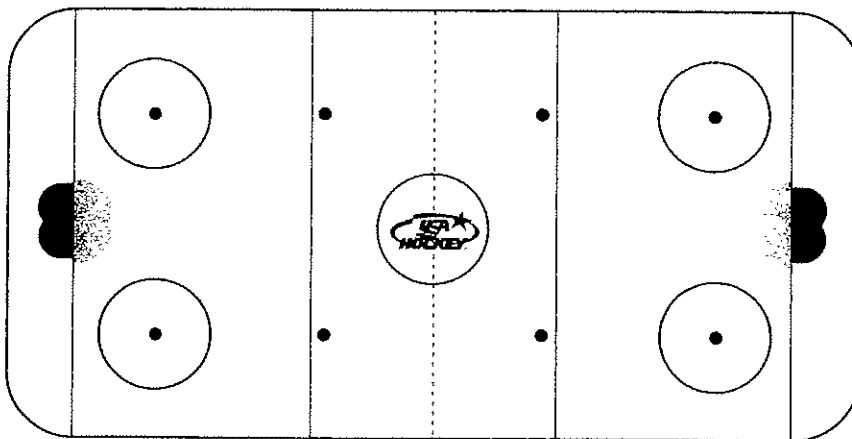
Description Game Like Drill 10 min
X1 passes to X2. Both attack
net vs D1. On whistle puck is
dead, Next Player in X2 line
passes to X3 and both attack
the situation w/ D1 depending
On Second whistle, X4 passes
to next X3 for 2nd 2vs1
The 3rd Whistle initiates pass
from X3 line to X2 for 4th
2 vs. 1 attack. D1 stays for an
4 2vs 1 attacks.
Pucks @ each line.

Notes/Systems Quick Strike 2 vs. 1



Description _____

Notes/Systems _____



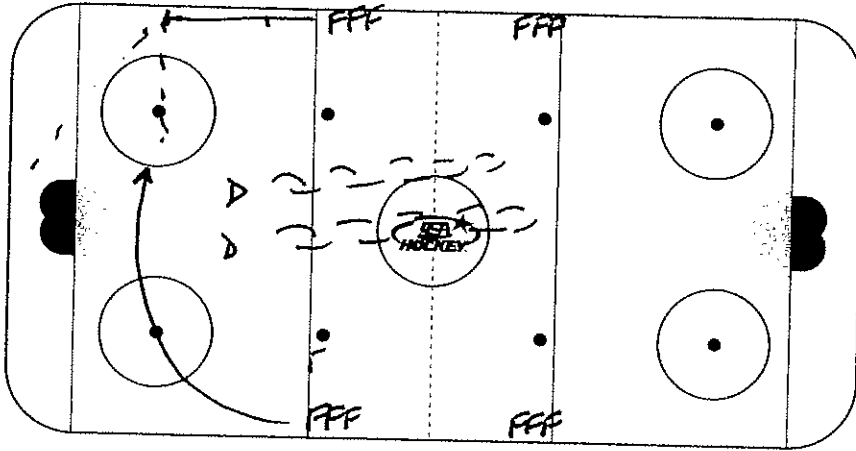
Description _____

Notes/Systems _____





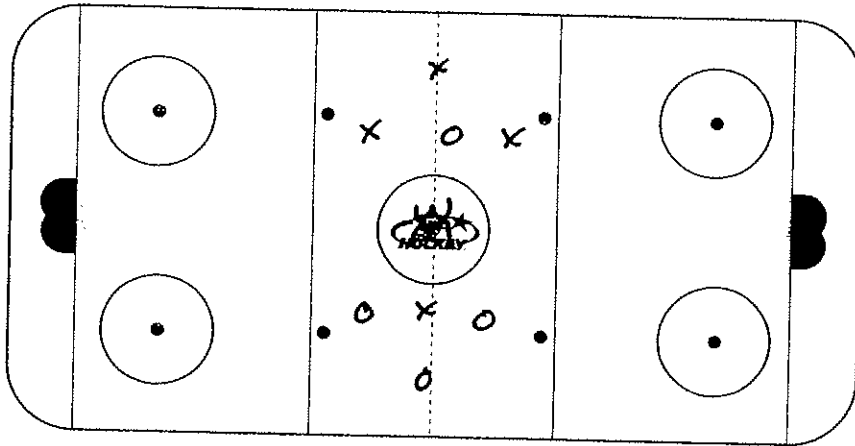
SYSTEM/DRILL Monday (Black) Skodzinski Nutella/
Van over



Description _____

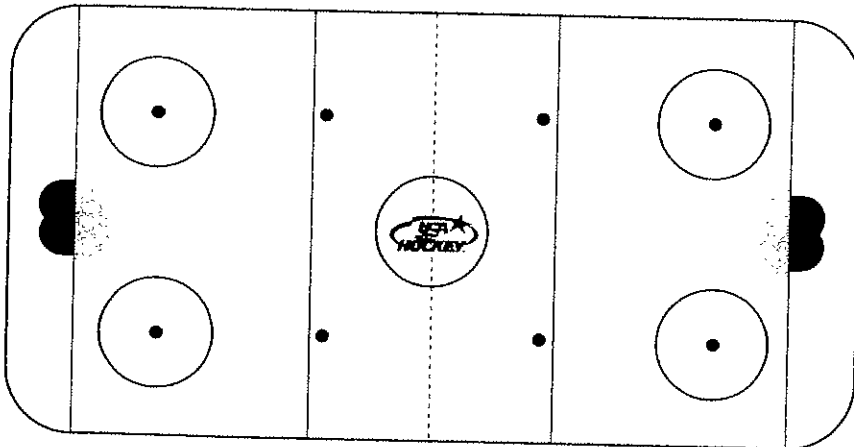
2v2 continuous

Notes/Systems _____



Description 2v1
Back-to-Back
Nets

Notes/Systems _____



Description _____

Notes/Systems _____

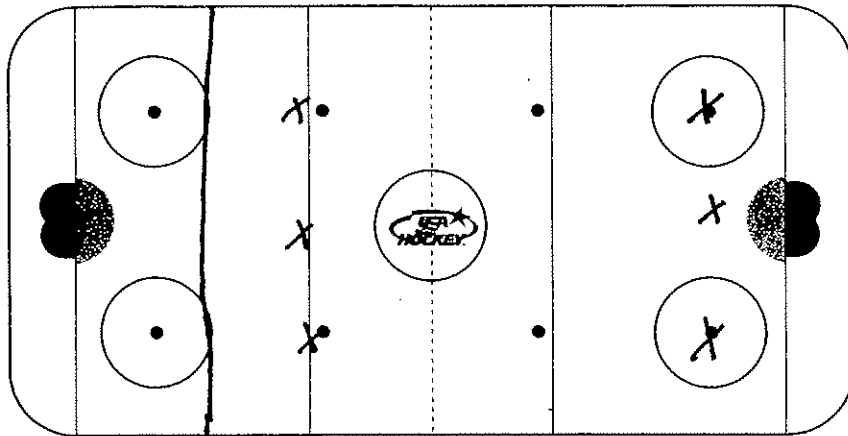




SYSTEM/DRILL

Sunday

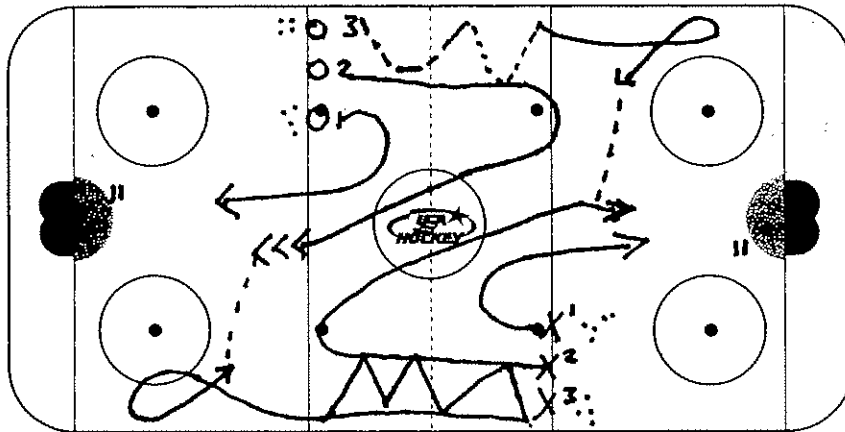
TEAM White " OFFENSIVE CONCEPTS "



Description

- North Dakota 7 min
- 1) 6 man chaos
 - 2) 1 touch passing
 - 3) 1x1 Keep Away
 - 4) 3x3 Keep Away
 - 5) 3-0; one puck

Notes/Systems 3 circle warmup/N.D Warmup

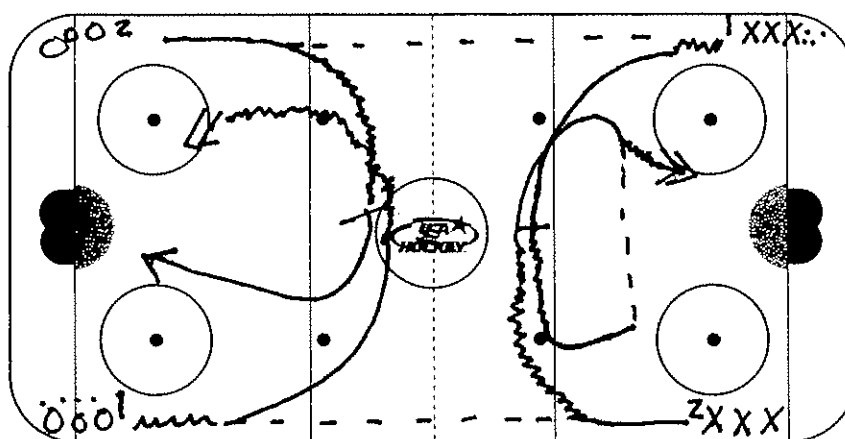


Description - All 3 X's + O's go @ same time.

X' + O' tight turn, head into zone for long shot-stop in front

- X² + X³ and O² + O³ play. Catch (pass) toward far end.
- final pass to O² + X³ @ far blue. receive pass, entering zone and performing escape move, finding X² + O² coming in late..

Notes/Systems Gretzky Variation



Description X' and O' begin by taking a few strides, then passing the length of ice to O² + X².

- AFTER PASS X' + O' join O² + X² respectively for N.Z. regroup and quick play on net (shot or 1 pass only) finish by getting rebound.

Notes/Systems Swedish Cross 2-0

- underhandle, quick release crisp passing

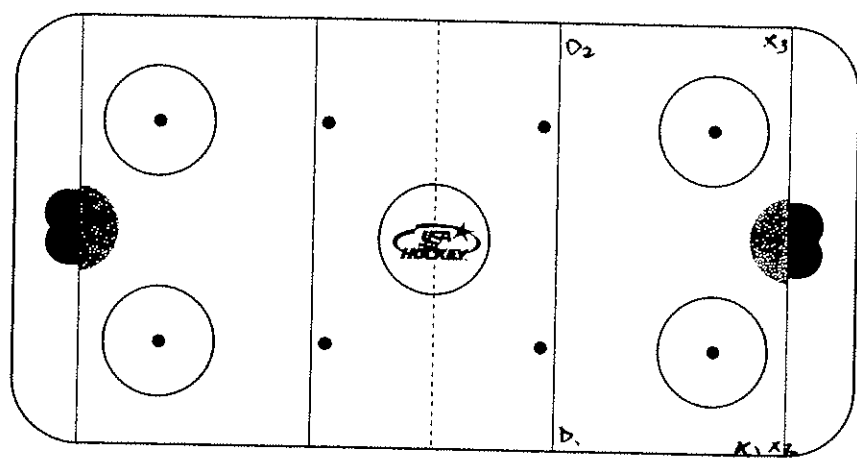
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Sunday



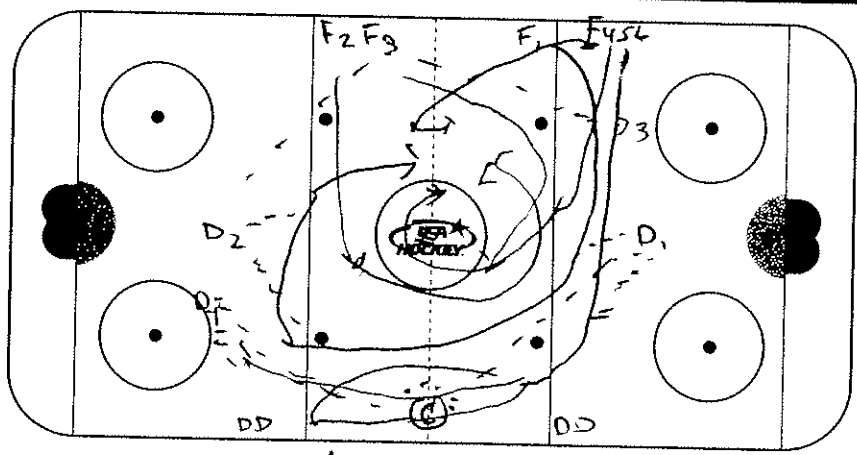
SYSTEM/DRILL Tip Drill 3-1



Description X₁ starts by passing to D₁ who slides it over to D₂ in the middle of the ice. Meanwhile X₁ goes straight to the net, X₂ + X₃ go around the circle.

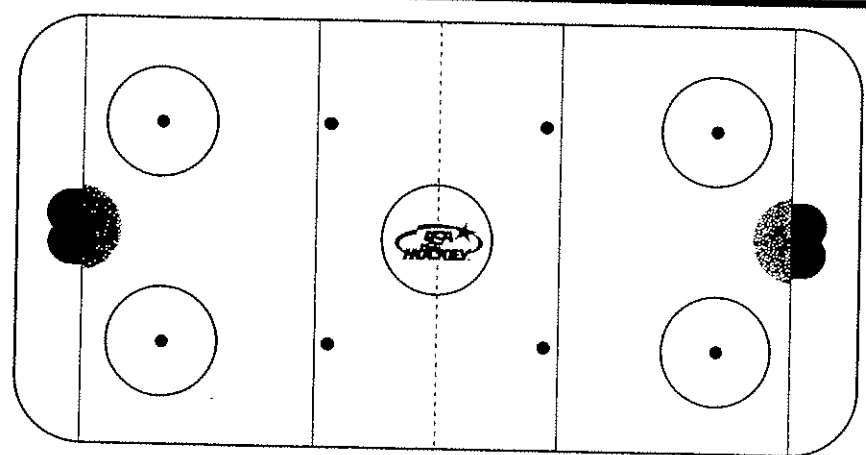
- Play your rebounds
- D keep shots low
- On whistle get pass from opp corner and go 3 on 1 the other way

Notes/Systems _____



Description C passes to D₁ who back paddles and passes to F₁ who swings across, and receives the pass from D₁, F₁ passes to D₂ & receives pass back and goes 1-1 vs D₁. C passes to D₂, F₂ swings across F₃ post up D₂ passes to either regroup with D₃ + come back 2-1 vs D₁. C passes to D₃, F_{4,5,6} go + receive pass from D₃ regroup with D₄ + come back 3-2 - 1 D has to pop out - Continuous -

Notes/Systems Hornet 1-1, 2-1, 3-2



Description _____

Notes/Systems _____

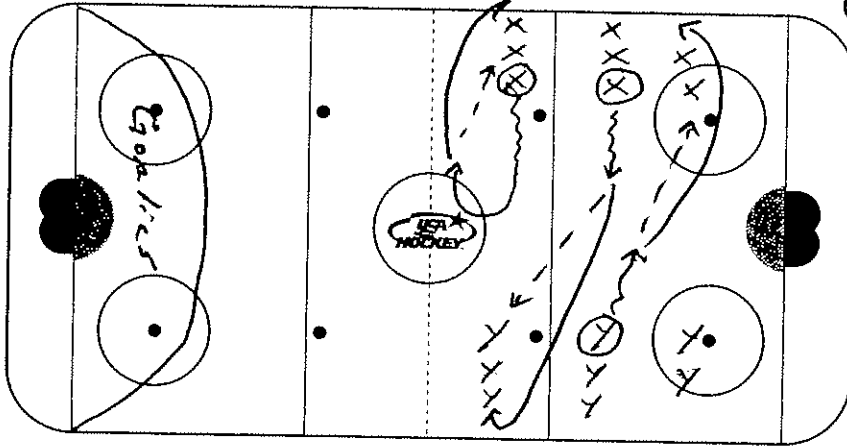




SYSTEM/DRILL Offensive Concepts - Green

Borek, Rose, Bartell

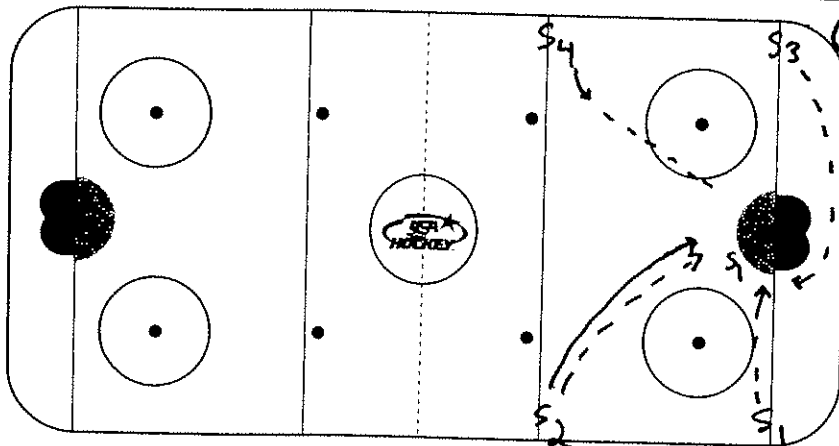
* Goalie warm-up



⑦ Description 3-4 puck

3 pucks 1st pass + follow your pass to any of the 6 lines. DO IT WITH 3 FOR 3:00 and the 4 puck for 3:00

Notes/Systems _____

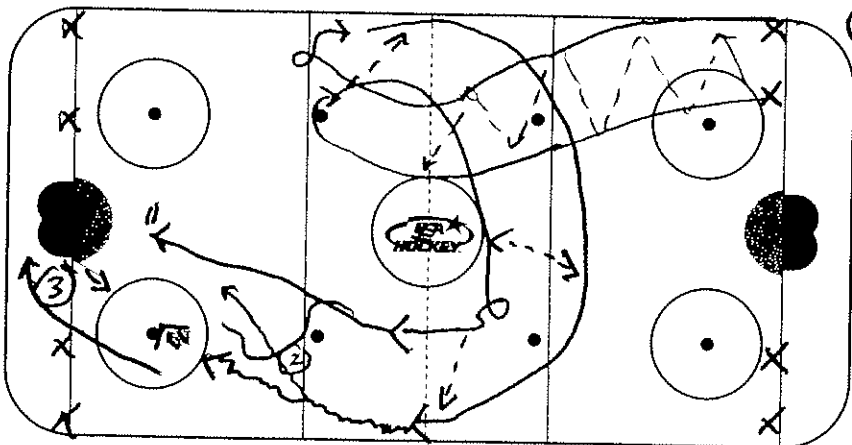


⑧ Description Flint 4 shot

S₁ - attacks along goal line and attempts to score. After shot S₁ screens goalie for point shot by S₄. After point shot, S₂ sprints to front of net and covers S₁. S₃ then attacks by skating behind net. S₃ has 3 options: Pass to S₄ for shot, Walk out and shoot or wrap around. After play S₄ takes shot from point. S₁ + S₂ screen and try to tip while S₂ defends

Notes/Systems Borek/Rose/Bartell

Green - Sunday Practice 8:25 - 9:25 am



⑩ Description Entry Sequence

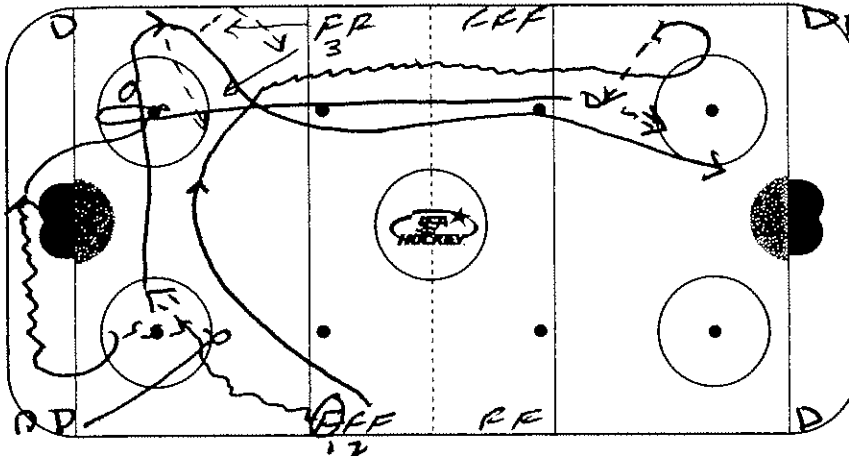
2-0 passing loop then center zone + drive up opposite side. Execute the three options. Opposite corners go at same time - All sides on coaches whistle

Notes/Systems ① Drive + Rebounds

② Cross + Dump ③ Strong side

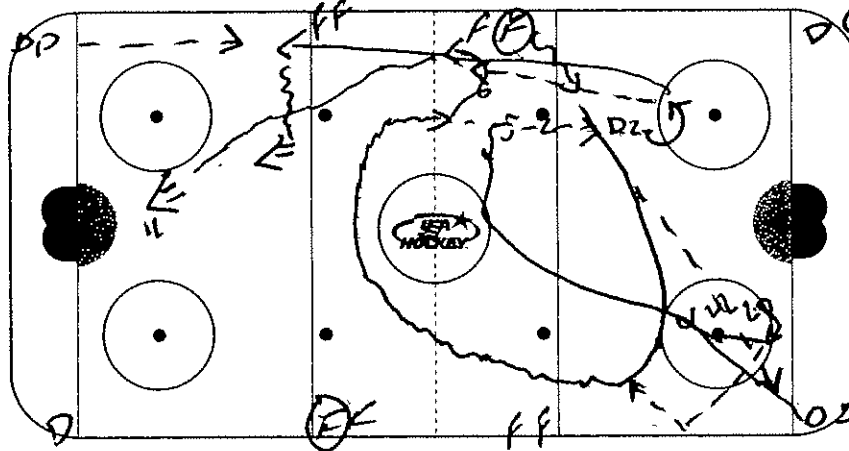
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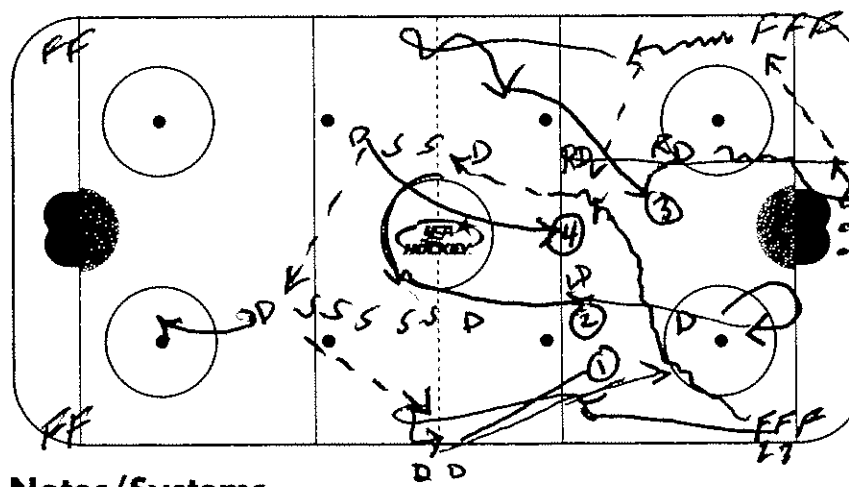
Notes/Systems Opposite sides same time - D executes skating delay in circle.

⑩ Description "Taken Shooting"
 D gap over circle F₁ drive w/acc + shoot; D retrieve puck pass to F₁ who is opened up on belt low! F₂ supports through middle F₃ mimics a Dman take away wall of low. F₁ pass direct or indirect to F₂. Puck drives to top of circle and cuts back F₁ not drive D follow get delay pass and shoot



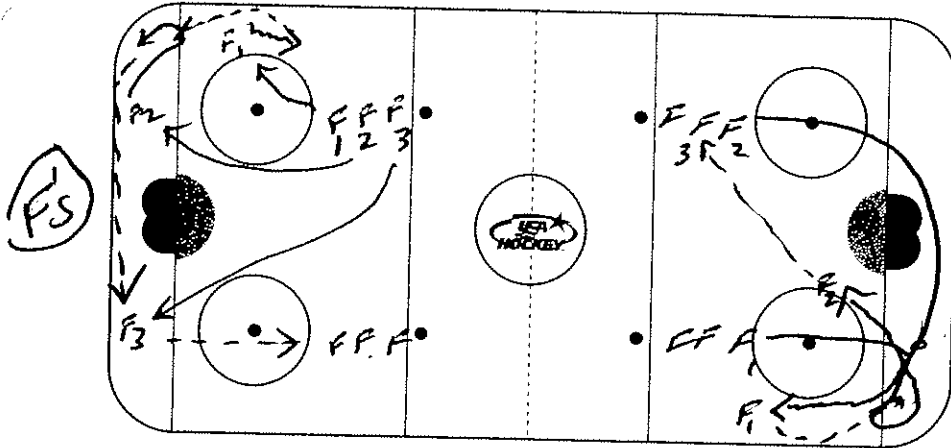
Notes/Systems Alternate sides

⑩ Description "Transition - Square"
 F₁ long pass to stationary who does a figure 8 in circle or receptive F comes thru middle collect indirect fro. D; loops thru N2 w/D mirroring gets puck to red gives it to D and passes - D escape and transition to powered F. D get to bl line for 2nd shot w/screen.



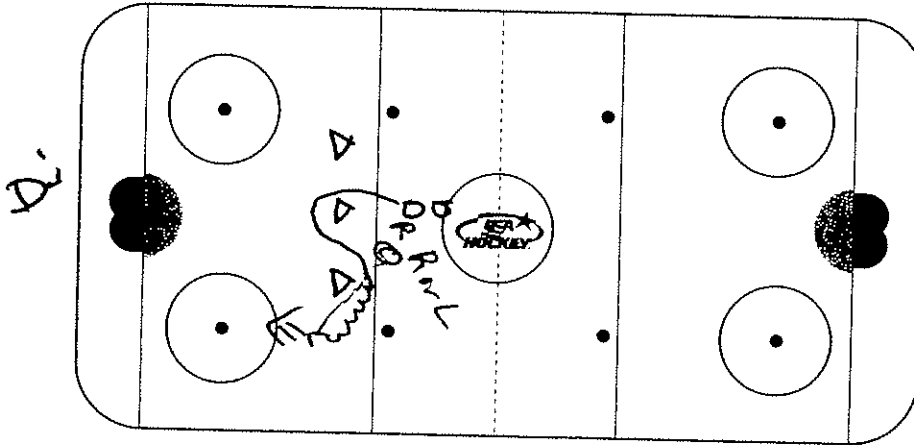
Notes/Systems

⑧ Description Western Mech. 4-2
 Same as Practice #1 BUT we add D as 4th man. D-D AND D who passes breaks out next group WSD fills high hole above slot!
 Recognize #5



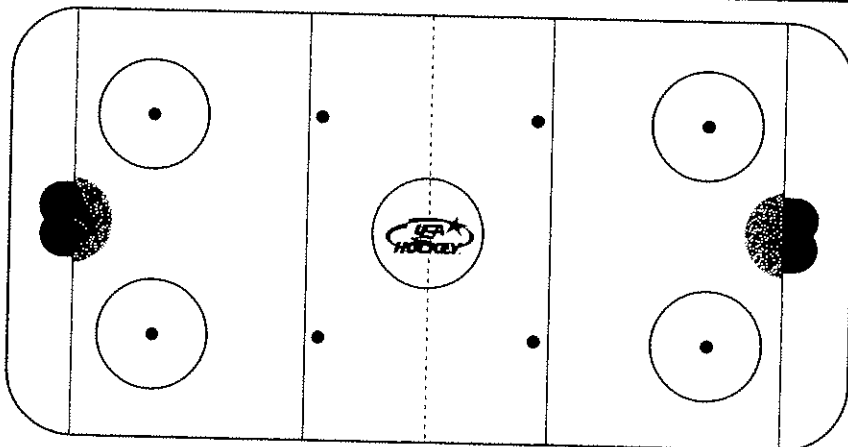
Description F/D Split
 F- ① CONTINUOUS 2-0 cycle
 F1 up wall F2 underneath get
 puck cut back + out pass
 to F3 who dumps F2
 receive F3 underneath
 CONTINUE
 ② F2 passes below
 goal to F3. F1/F2
 go from same side F3 pass
 to other line dump and
 go to F1 / F2 / F3
 SPOTS

Notes/Systems _____



Description DR or left thru the
 cores open up for shot. Pass
 from coach for a quick wrist
 shot.

Notes/Systems _____



Description _____

Notes/Systems _____

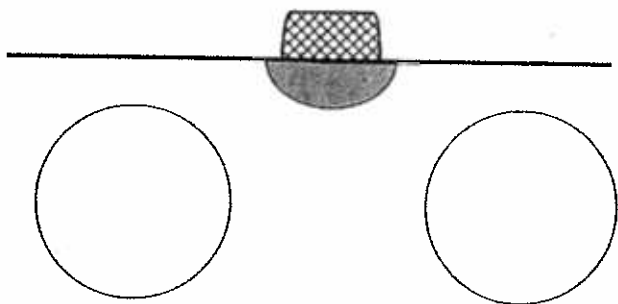


USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE TWO

“Quality repetition is more important than quantity.”

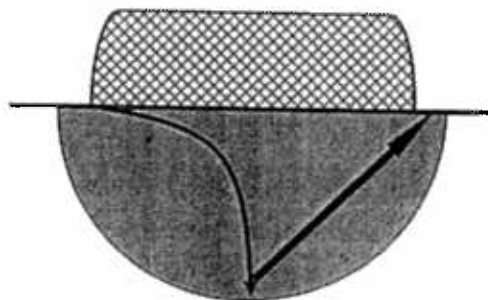
First Seven Minutes of the Team Practices allows for the goaltenders to perform a series of movement drill.

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.



Middle Out Butterfly Slide

T - push or C - cut out to the middle of the top of the crease and set feet. After setting feet the goaltender butterfly slides back to just outside the opposite post from where he/she started. Off post the lead leg should be placed in the middle of the net. Butterfly slide, rotate hips, lead with stick and gloves, and push hard with the inside edge of the outside leg.

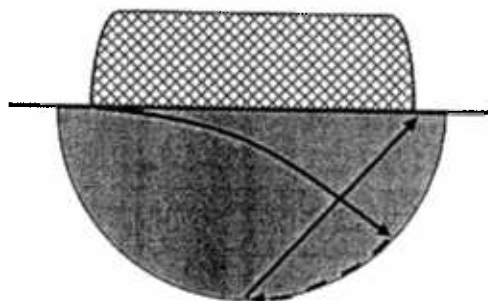


6 Reps

Off Post Small Shuffle Work

The goalie comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet. The goalie small shuffles across the top of the crease until he/she reaches the puck in the middle of the slot. The goalie then rotates hips and T - pushes back to opposite side post.

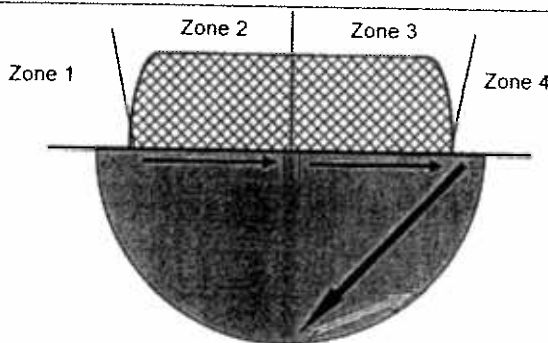
Repeat drill from opposite post.



4 Reps

Zone Work Butterfly Slide

Start on post with head looking over right shoulder into zone 1. One small shuffle push into middle of net. Look over right shoulder into zone 2, pause, and then turn head and look into zone 3. One small shuffle push to post, head turned looking into zone 4. Butterfly slide to the middle of the top of the crease. Catch edge and butterfly slide to the corner of the top of crease.



4 Reps

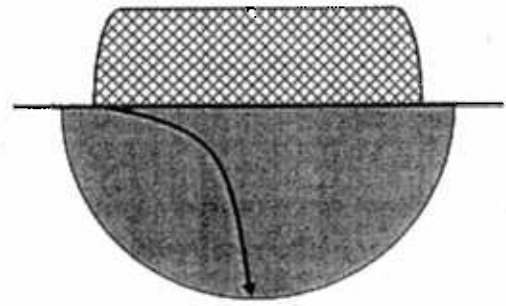


USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE TWO

“Quality repetition is more important than quantity.”

Middle Out Chest Saves

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 at the goaltender's chest once he/she sets his/her feet. Goaltender smothers puck with chest and fully recovers back to opposite post to begin sequence again.



6 Reps

Flint Four Shot

S1 attacks along the goal line and attempts to score. After the shot S1 screens the goalie for point shot by S2. After the point shot, S2 sprints to the front of the net and covers S1. S3 then Attacks by skating behind the net. S3 has three options: Pass out to S1 for a shot. Walk out for shot. Wrap around. After the play by S3, S4 takes a shot from the point. On this shot S1 & S3 screen and attempt to tip shot while S2 defends.

