

PRACTICE 3

TEAM PRACTICE

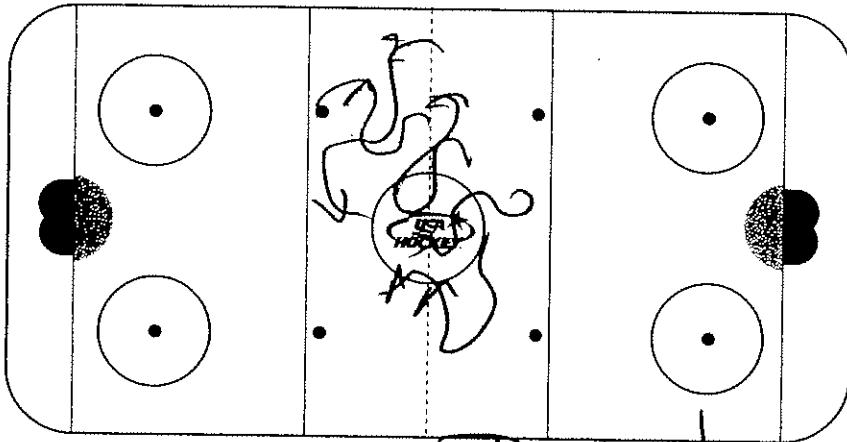
**“DEFENSIVE CONCEPTS”**





SYSTEM/DRILL

Monday Royal w/ Cheese



Notes/Systems

w/ Pucks

Description

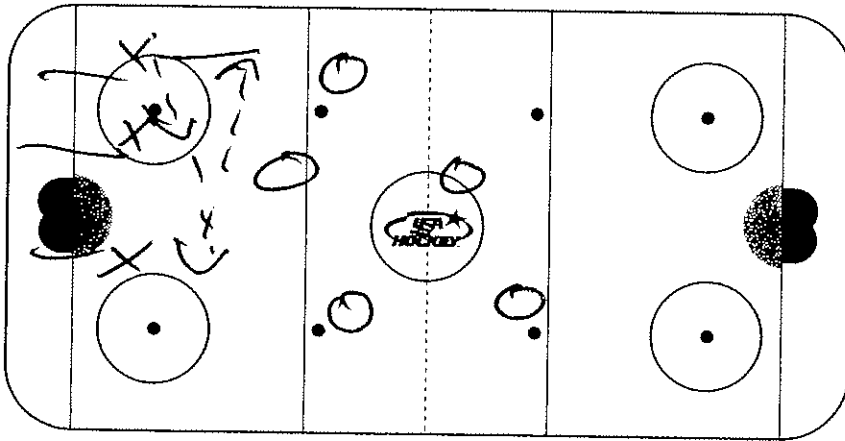
Spiders

A departure from the conventional Racetrack

Warmup i Players

adjust speed on whistle and heat up mentally

and physically (Fuel/bkwe



Notes/Systems

passes, good availability and target COMMUNICATION

Description

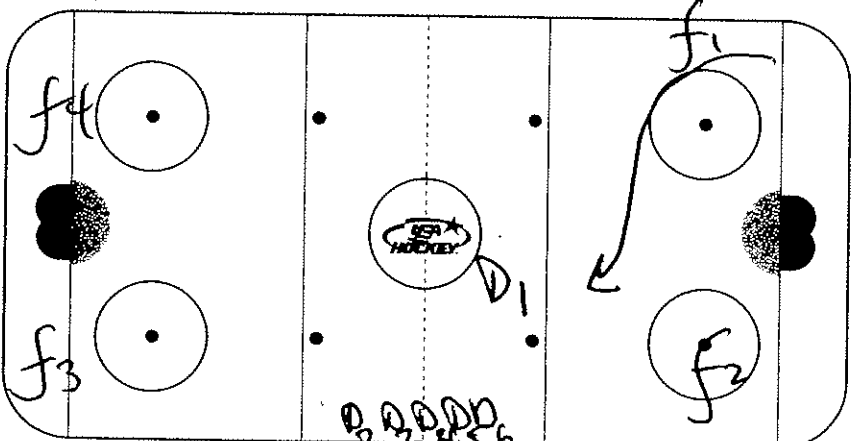
Fire Passing

3-0 engages fire

obstacles and must pass to another before the

puck passes the fire.

focus on readiness, goal



Notes/Systems

CONTINUOUS

Description

1-1 w/ backcheck

One whistle to start fuel crosses top of circle on breakout to activate f2 back checker

Attempts to funnel

and close while f2

positions himself for

puck recovery

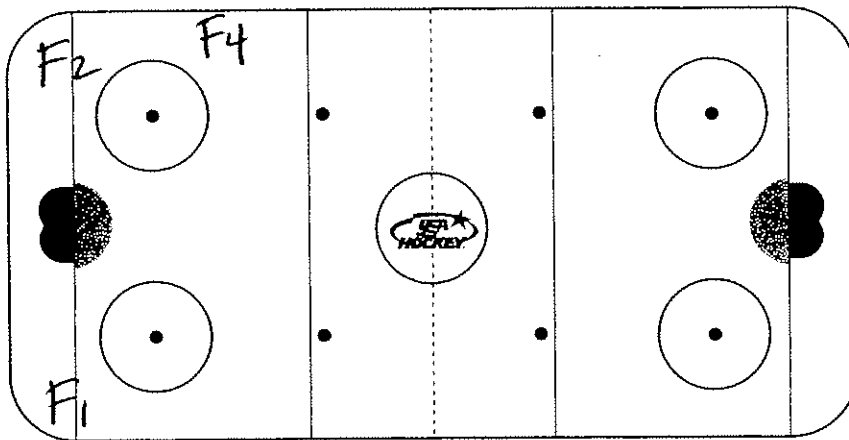
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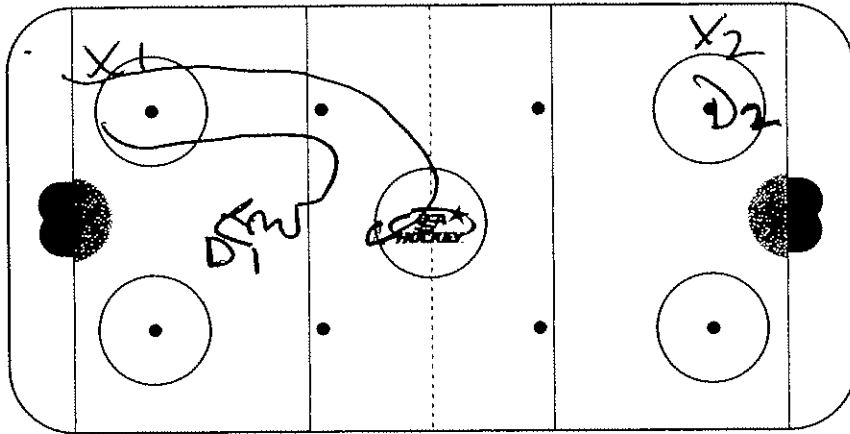
SYSTEM/DRILL

Monday Royal



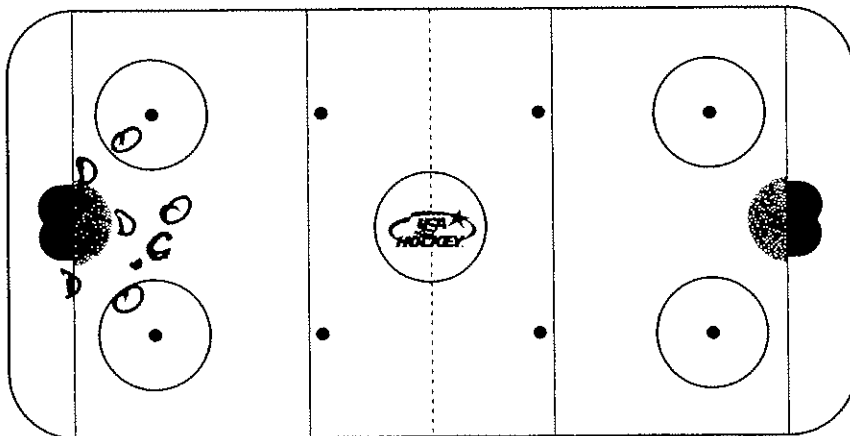
Notes/Systems

Description 1 on 1 down low -  
 each player fields 13 separate 1 on 1's  
 2 from corners  
 1 from 1/2 board  
 Xing, closure,  
 leading w/ stick



Notes/Systems

Description 2 on 1 w/ backchecker  
 X1 scales to neutral zone and turns to attack D1  
 On whistle, the attack breaks off and D1 jumps to join X2 who attacks D2. X1 attempts to backcheck



Notes/Systems

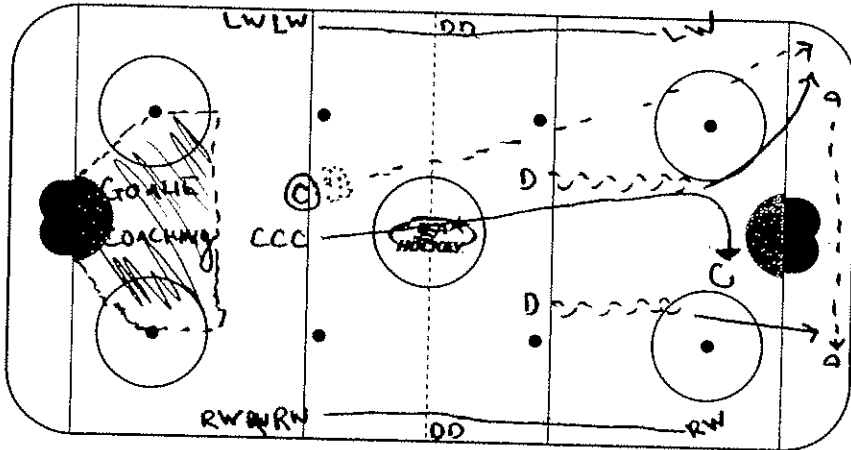
Description 3-3 net protect  
 3 Defenders, 3 Offenders  
 Coach passes/shoots puck to Goaltender. When puck hits the stick, all Defenders turn to engage Offenders crash into the net

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# GOLD PRACTICE SYSTEM/DRILL MONDAY, JUNE 23<sup>RD</sup> (RINK #3)



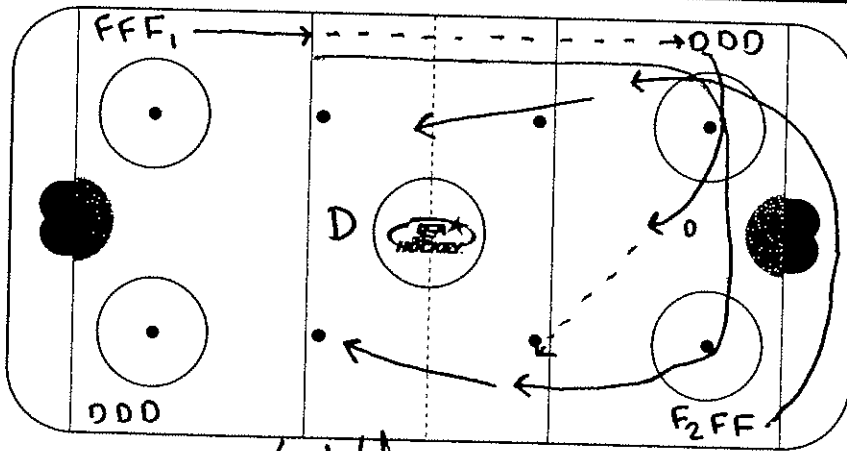
**Notes/Systems** 7-MINUTE WARM-UP  
"Goalies w/ Goalie Coaches"

**Description** (Breakout Options)  
Coach starts with soft dump into corner. 3 Breakouts then 5 New players jump in.

- \*1) D to D up to a Winger
- \*2) D to D up to a Winger
- \*3) D to D up to the Center

\* All Forwards need to touch the puck and pass to Coach for Regroup & Dump-in for each Break-out.

\* Defense follow each play out to 1/2  
\* End with stick handling for each 2



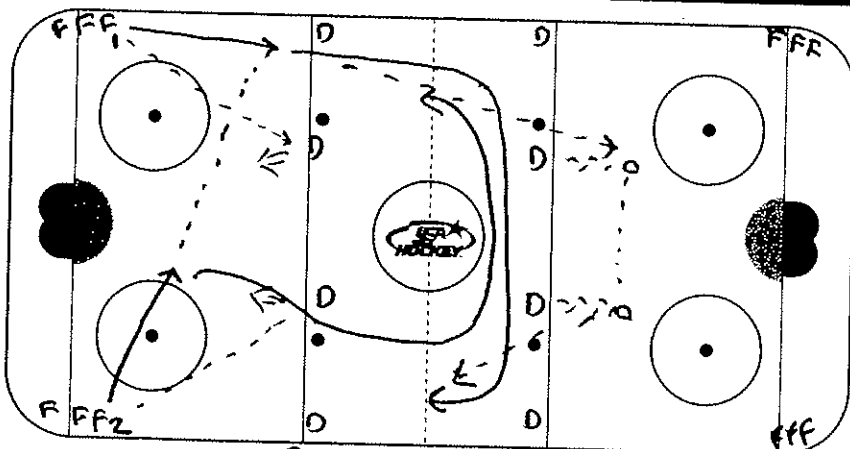
**Notes/Systems** Sea Wolves 2 vs 1  
"Forwards must time the B/O, attacking together"

**Description**

F<sub>1</sub> carries puck to B/L passes to D-man, F<sub>1</sub> skates past for F/O sets looking for pass from D-man.

F<sub>2</sub> waits till D-man receives pass then skates below net and up the wall looking for pass from D-man. F<sub>1</sub> & F<sub>2</sub> attack the zone vs.

\* Play starts from other end when the 2vs1 passes the B/L.  
\* D-man that made B/O pass now goes up and wait for 2 vs 1 coming.



**Notes/Systems** Aces 2 vs 2  
"Continues"

**Description**

F<sub>1</sub> passes to D-man who takes shot.

F<sub>2</sub> passes to other D-man who takes shot.

Either F<sub>1</sub> or F<sub>2</sub> carries puck to middle making pass to Forward. Forwards carry puck through N/Z making pass to Defense on B/L & Regroup coming back on 2 vs 2.

\* After Regroup pass, D-man turn around looking for Pass and shoot then wait for 2 vs 2 coming at them.

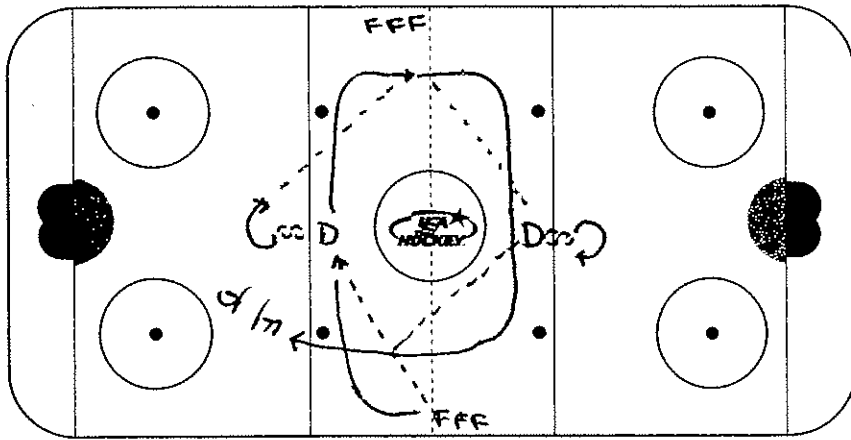
2 New Def. slide out after 2 vs 2 passes the B/L.





# GOLD PRACTICE SYSTEM/DRILL

MONDAY, JUNE 23<sup>RD</sup> (RINK #3)



Notes/Systems Phantom N/Z Regroup  
1 vs. 1

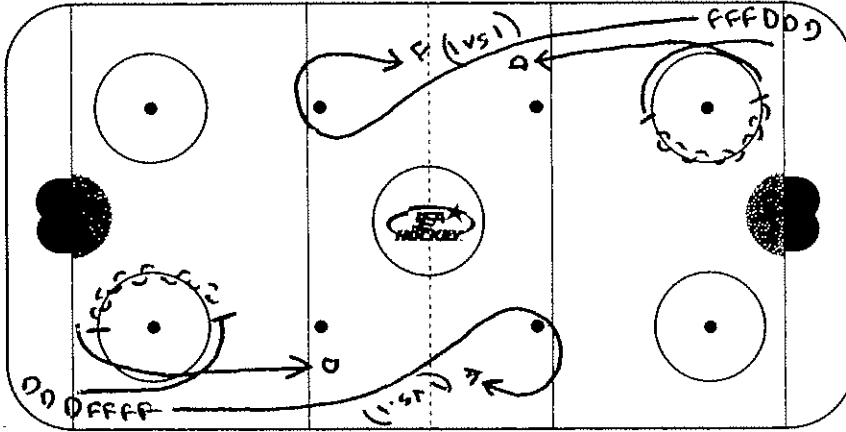
### Description

Forward pass to Defense  
Skate across Blue-line  
waiting for pass from D-man.  
Receive pass and pass to D-man  
at other Blue line, Regroup  
come back 1vs.1 at the  
first D-man.

\*Alternate sides

\*Def gap-up on 1vs.1

\*Forwards attack the zone.

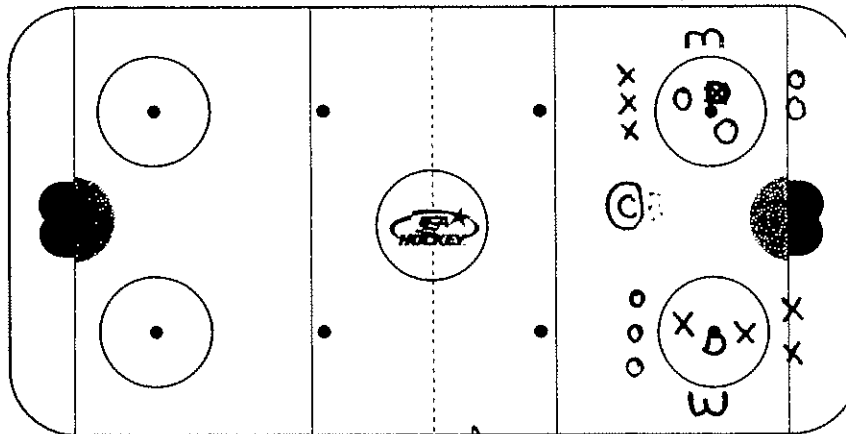


Notes/Systems Phantom 1vs.1

### Description

Forward carry puck to far  
N/Z face-off inside up the wall  
attacking the zone 1vs.1.

Defense skate top of circle  
pivot skate backwards to  
bottom of circle, open-up  
and skate out to N/Z  
Gap-up and play forward  
1vs.1.



Notes/Systems Phantom Small Area  
Game. (2 vs. 1 inside circles.)

### Description

2 vs. 1 inside the circles  
Defense playing the 2vs.1  
Defense trying to have good  
stick position, knocking puck  
out of circle or intercepting  
pass and passing to team in  
other circle.

X players outside the circle  
are waiting for puck and pass  
to team in circle.

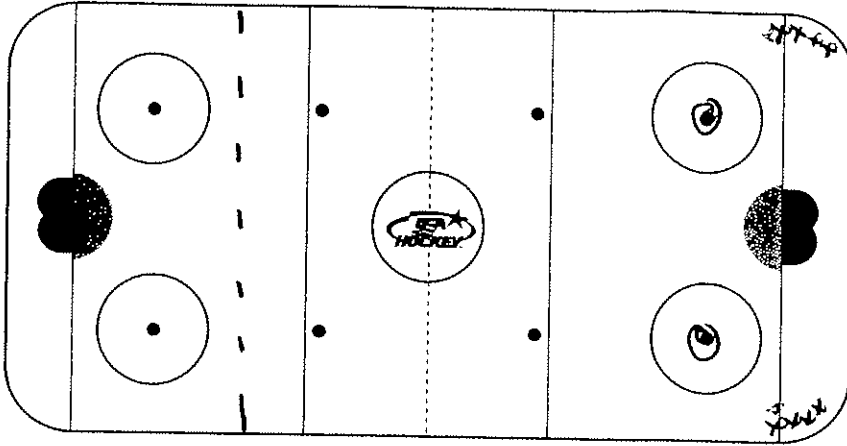
O players passing to team  
and trying to score.

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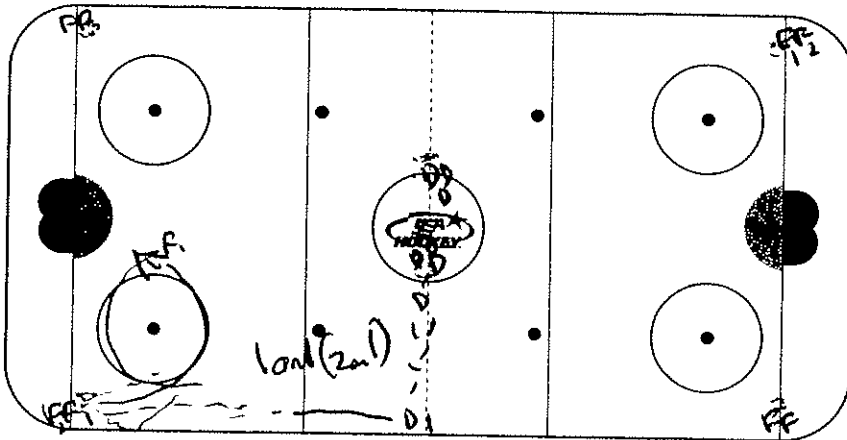
SYSTEM/DRILL MONDAY 6/23/08 7:15-8:15 AM GLEY



**Description**

ON THE LAISSE THE FIRST 2 PLAYERS IN EACH LINE (CLOCK A PUCK INSIDE THE CIRCLE, CHANGING DIRECTIONS, MOVING HANDS ON PIST. NEXT WAISTE THOSE 4 GUYS GO TO CENTER ICE CIRCLE AND THE DRILL REPEATS UNTIL ALL PLAYERS HAVE DONE DRILL IS REPEATED IN REVERSE.  
\* COACHES CAN PROVIDE SOME TOWN ASSIST TO PLAYERS IN THE CIRCLE.

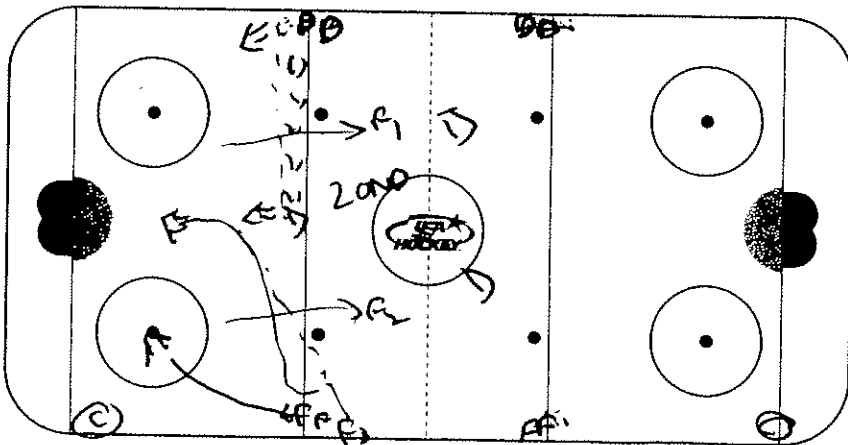
Notes/Systems 7-MIN WARM UP  
"DANGLE WARM-UP"



**Description** F1'S AND ALL 4 CORNERS D AT CENTER ICE, ALL LINES W/ PUCKS. ON THE LAISSE F1'S ON OPPOSITE SIDES SKATE WITH THE PUCK AROUND THE CIRCLE IN SHOOT D BACK PUCK AND DO 2 ONE TACK PASSES WITH STAYS WAY IN LINE. D SKIPS TO BLA LINE AND MAKES A PASS TO STAYS F2 IN LINE WHO ONE TOUCHES TO F1, F1 AND D1 GO 1 ON 1. F1 WHOLE BLA) BEFORE FAR BLUE LINE F1 PASSES TO F2 AND HE THEN GOES 1 ON 1 W/ D1. D1 MUST GET GAP.

Notes/Systems 1 on 1 2 on 1 WITH SHOT

\* PROGRESSION. AFTER F1 MAKES PASS TO F2 HE GOES 2 ON 1 W/ D1



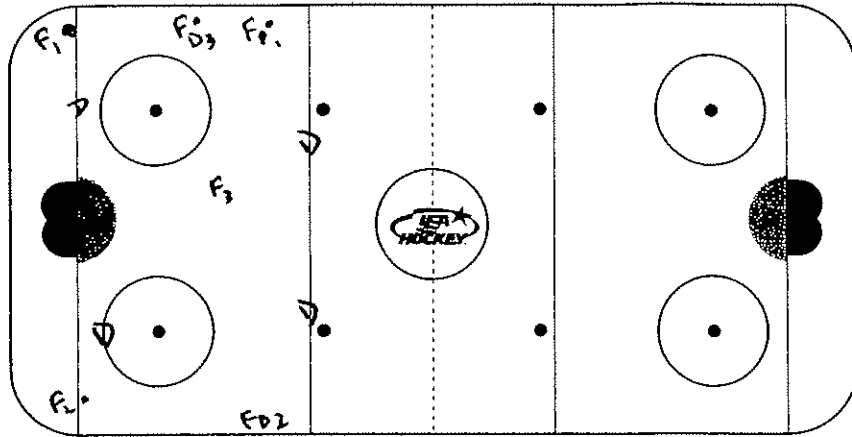
**Description** F1'S ON ONE SIDE, D ON THE OTHER ALL W/ PUCKS. WHILE F1'S SHOT (WIDE, MIDDLE) D PASS TO MIDDLE D SHOT, WIDE SHOT FROM D, (F1'S TIP/ROUND). F2 PASSES TO F3, F3 ATTACK D 2 ON 2 IF COACH BLA) WHILE F1'S RE-USE W/ COACH. DOUBLE LAISSE F1'S DRILL. DRILL REPEATS FROM OTHER END.

Notes/Systems 2 ON 2 FOUR BLUE



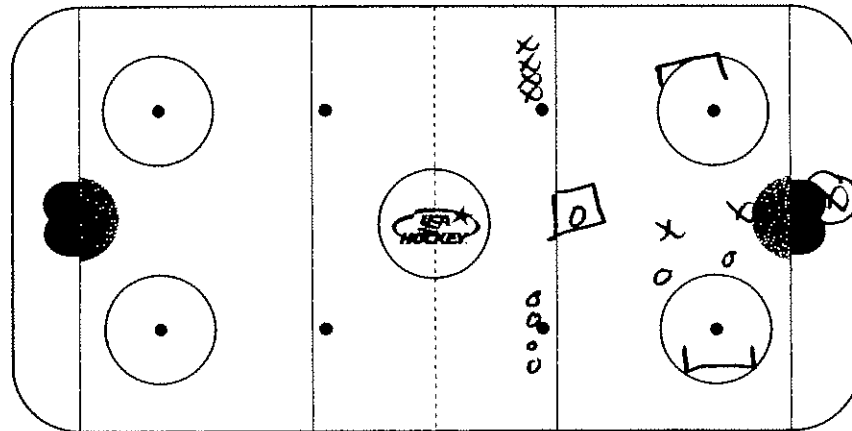


SYSTEM/DRILL MONDAY 6/27/08 7:15-8:15 AM (GREY)



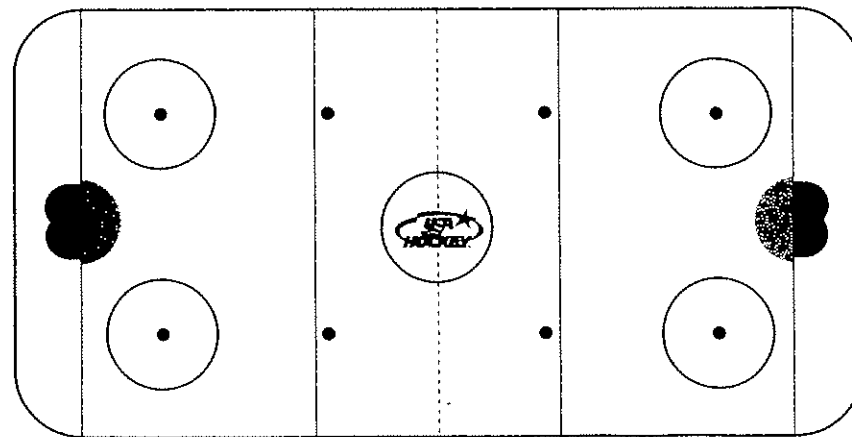
**Description** PLAYERS ARE DIVIDED AS SHOWN. ON WHISTLE P, AND D PLAY 4 ON 1, NEXT WHISTLE F, E, PLAY DO 2 ON 2, NEXT WHISTLE F, D, PASSES TO F, AND PLAYS 3 ON 3, NEXT WHISTLE P, F, D, F, D, F, D, ATTN D, D WITH F, E, F, BACKCHECKING AND PLAY OUT 5 ON 5.

**Notes/Systems** 1 ON 1, 2 ON 2, 3 ON 3, 5 ON 5  
W/ BACKCHECK.



**Description** PLAYERS WILL PLAY 2 ON 2 CROSS-ICE. IF PLAYERS GO TO EXTRA TEAM MORE, HE ENGAGES AND IT BECOMES 3 ON 2. IF THE OTHER LETS CONTROL AND PASSES TO THEIR TEAMMATE THEN THEY BECOME 3 ON 2.

**Notes/Systems** 2 ON 2 or 3 ON 2.  
SMALL GAME



**Description**

**Notes/Systems**

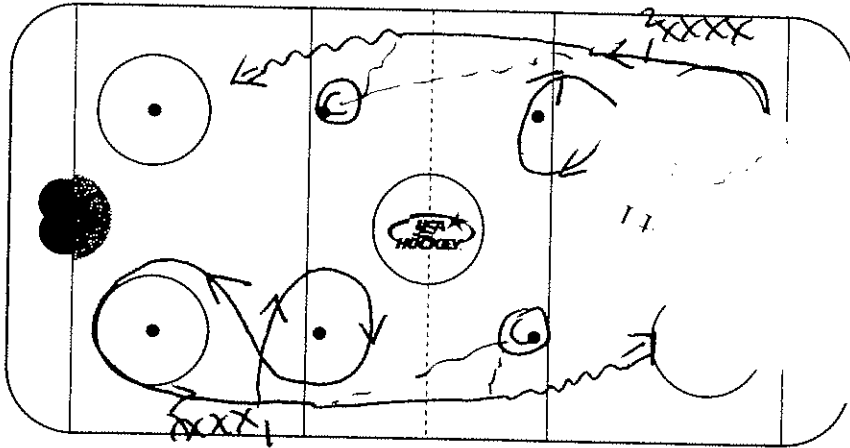
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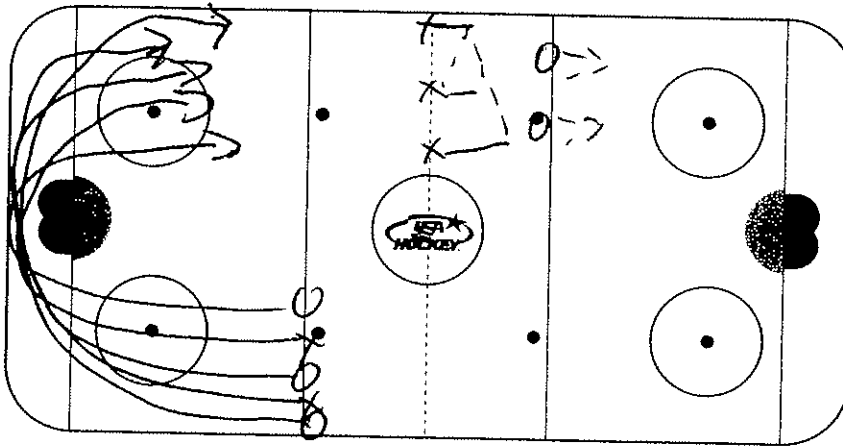


# SYSTEM/DRILL Mon. - Defensive Concepts - Orange



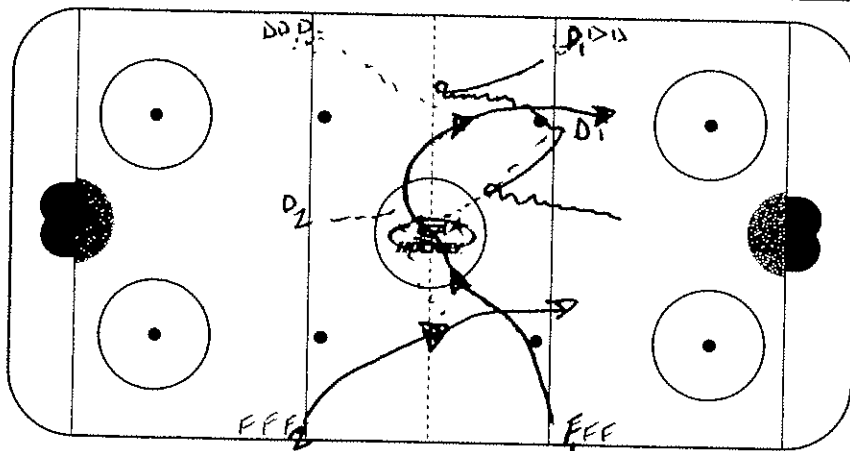
**Description** Small/Big Warming  
 - x & x take off at the same time  
 - small circle, big circle lead up ice  
 - drive & go w/coach & a of

Notes/Systems



**Description** 3v2/5ons  
 - On whistle 3 x's play quick 3v2  
 - At the same time x's & o's race around the net & into the zone  
 - x's & o's communicate & play 5ons in zone  
 - If there is a quick goal, coach will shoot another puck.

Notes/Systems



**Description**

D1 skates to ~~red~~ receives pass from opp. line backs up with puck and hits F1 who touches to D2. F2 supports D2 and joins F1 2v1 against D1

Starts over with D2 skating to red.

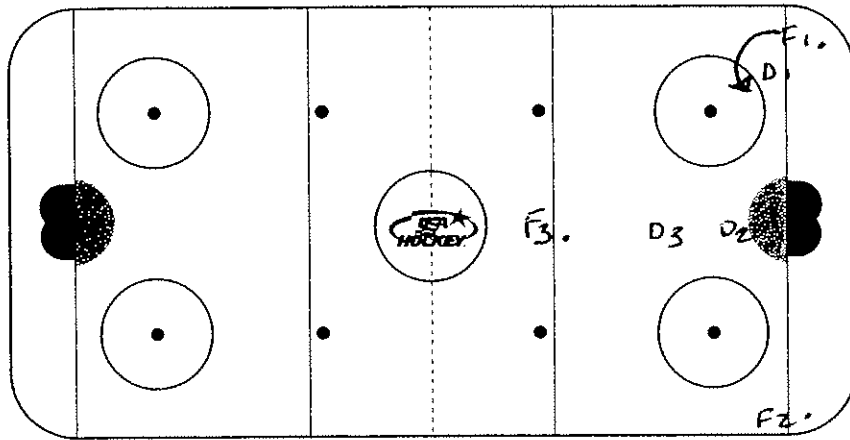
Notes/Systems

Komm 2v1 Timing  
 Cont.





SYSTEM/DRILL Monday Def. Concepts Drang



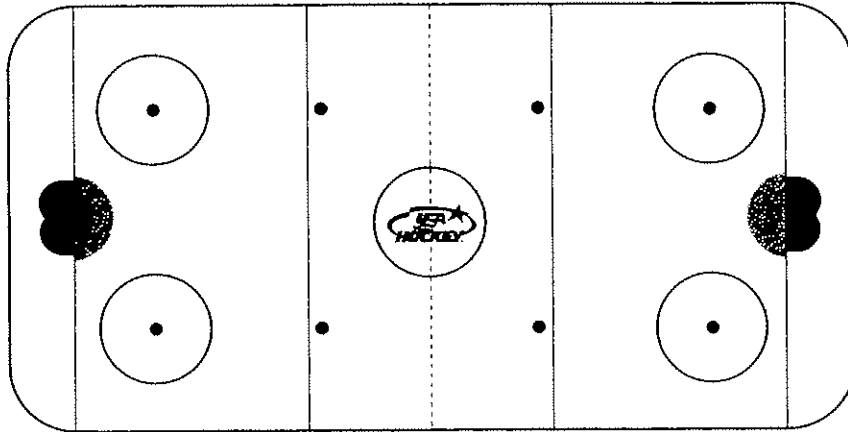
**Description** \_\_\_\_\_  
 START: ① F1 vs D1  
 Tight gap  
 (WHISTLE)

② F2 vs D2  
 BAD GAP  
 (WHISTLE)

③ F3 vs D3  
 SPEED GAP

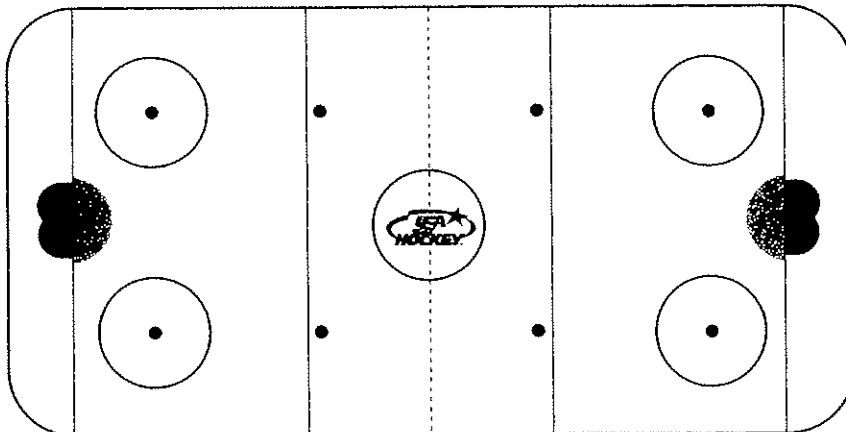
Notes/Systems 1v1, 2v2, 3v3 gaps  
Inzone

Incourege D to control  
 attack angle



**Description** \_\_\_\_\_

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



**Description** \_\_\_\_\_

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

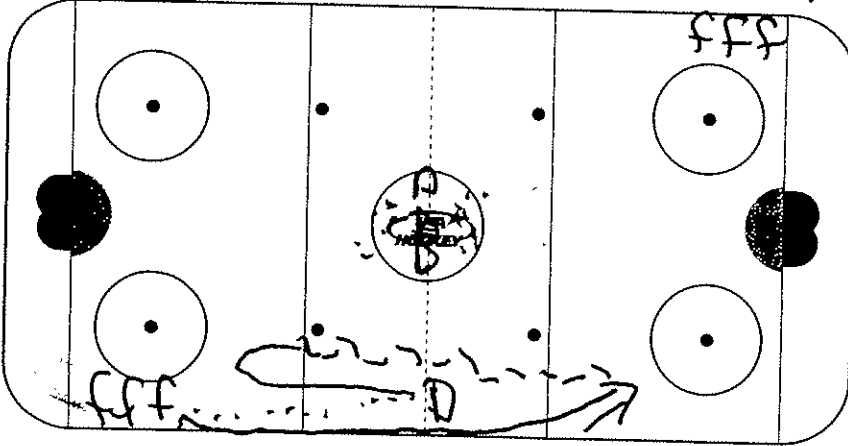
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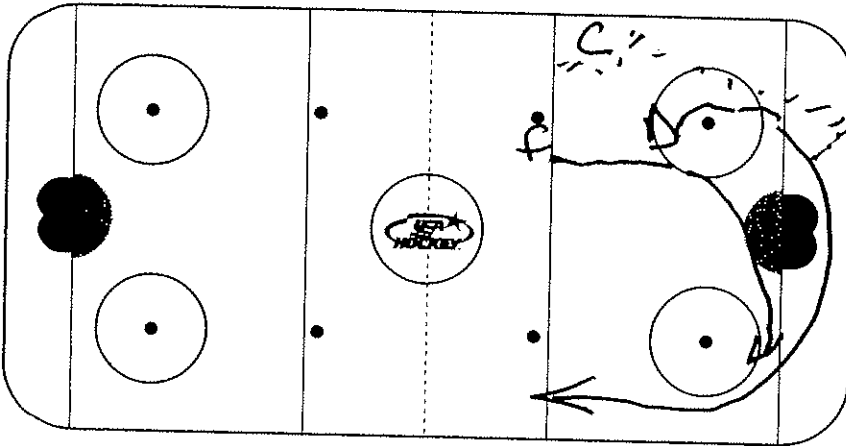
SYSTEM/DRILL Monday 6-23-08 Ragin Red  
Defensive Concepts

1-1



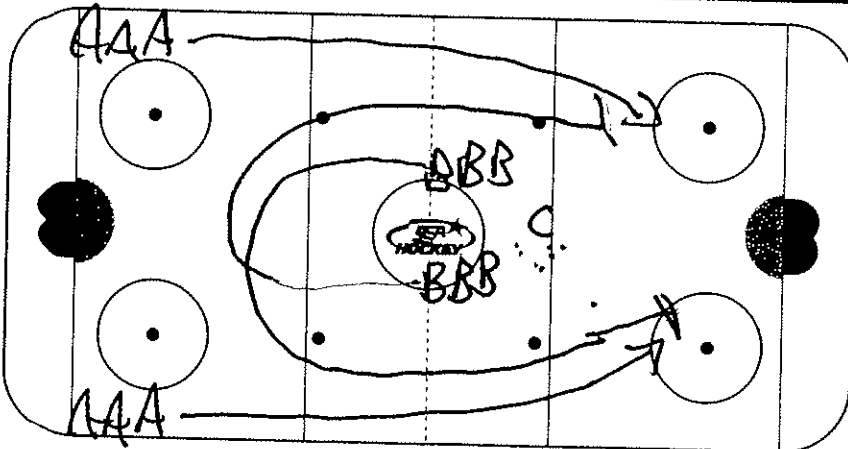
0-15 Goalies (NATS)  
 Description  
 15-23 Low  
 D passes to F on receive  
 F attacks length of ice  
 D takes away ice and  
 plays attack

Notes/Systems



Description  
 23-30 Angling Drill  
 Coach dumps puck to wall  
 D picks puck up and  
 attempts to circle north  
 and out to Blue  
 F angles D and stops  
 him with stick on back  
 and shoulder or on skates

Notes/Systems



Description  
 30-38 Back ✓ Drill  
 B - Back ✓ or  
 A - Attackers  
 C will pass to B's skate to  
 Blue and circle toward  
 attacker  
 Attacker take off when  
 B cross Blue  
 C will pass to open A or  
 shoot for rebound

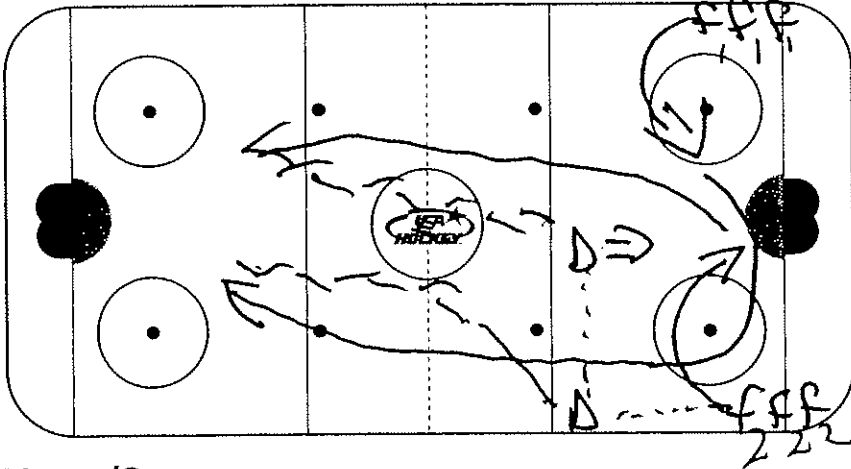
Notes/Systems

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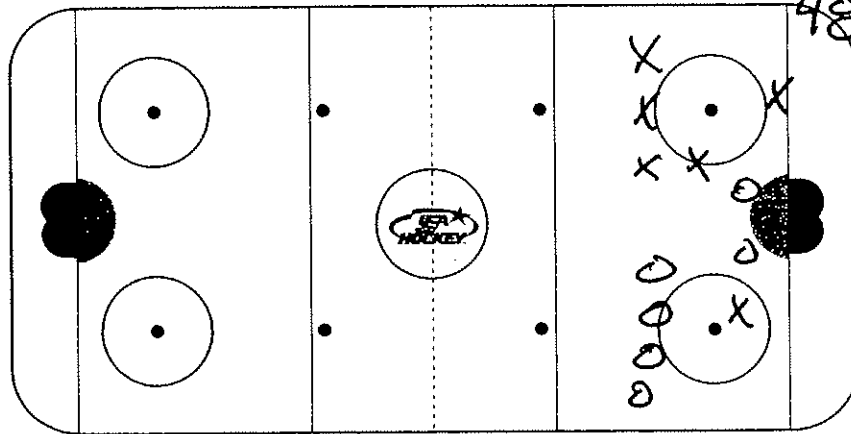


SYSTEM/DRILL Monday 6-23-08 Ragnard Page  
 Defensive Concepts



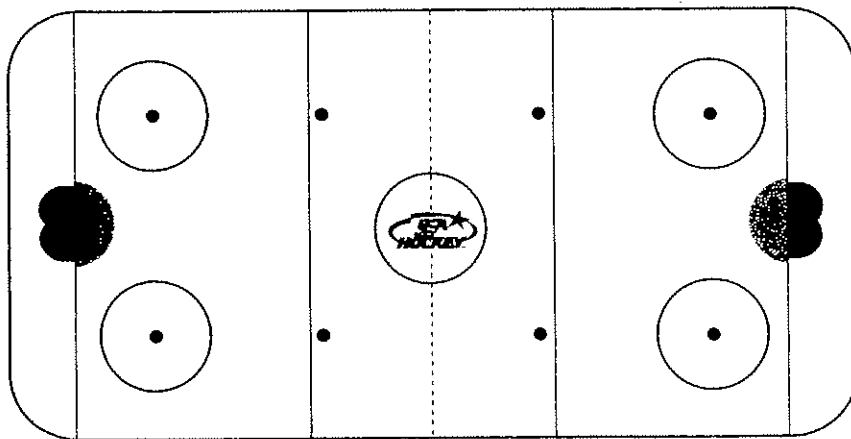
Description  
 2 on 2  
 F1 circles and shoots  
 F2 passes to D for D  
 D shot F1 & F2 in front  
 for rebound.  
 F1 & F2 Attack Length  
 of ice against D.

Notes/Systems



Description  
 3 on 2  
 X's & O's across top  
 of circles 3 X's across  
 2 O's. When O's get  
 puck they activate  
 3rd O by passing to  
 them. 1 of X's fall  
 out to make a 3 on 2  
 for O's.

Notes/Systems



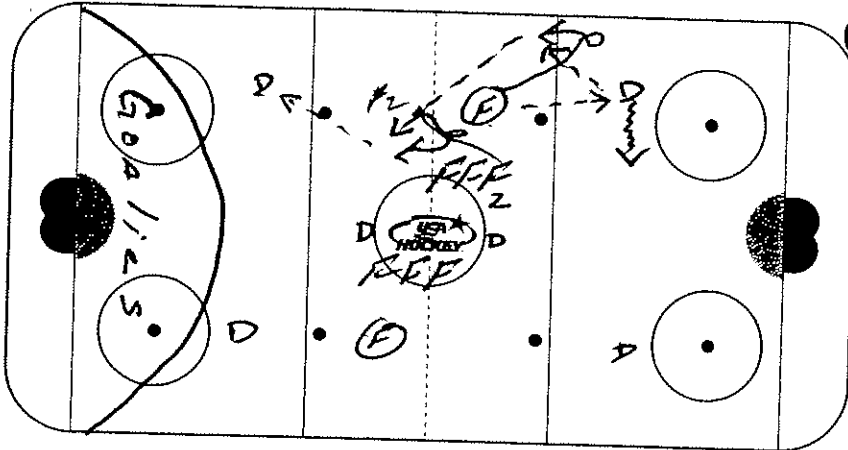
Description  
 5 on 5  
 Backward thru  
 Neutral Zone  
 - 3 on 3 - PLAYERS  
 must all skate back  
 through Neutral Zone

Notes/Systems





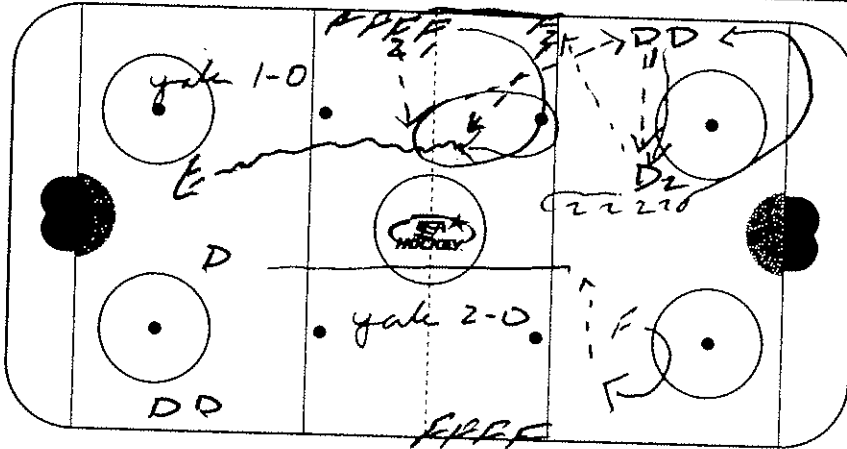
SYSTEM/DRILL Defensive Concepts - Green  
Borek, Rose, Barlett Practice 3



⑦ Description Goalie/Team warm up

"Minnesota N2 Skippin"  
F<sub>1</sub> to D, D pick side  
F<sub>1</sub> support, F<sub>2</sub> support  
F<sub>1</sub> pass to opposite D  
Drill continues.

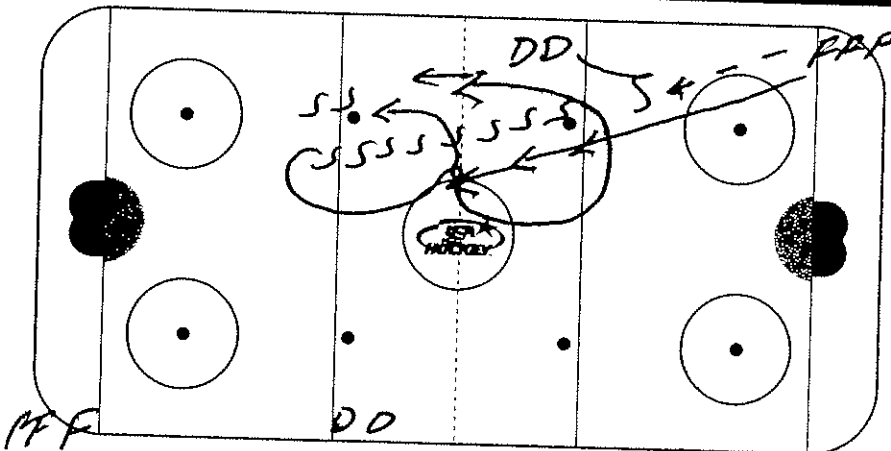
Notes/Systems F's must be congruence of passing angles.



⑧ Description "Yuk Shooting"  
1-0/2-0

F<sub>1</sub> circle back to line  
get pass from F<sub>2</sub> quick  
pass to D<sub>1</sub> → D<sub>2</sub>, F<sub>2</sub>  
now at blue line D<sub>2</sub> → F<sub>2</sub>  
F<sub>2</sub> passes to F<sub>1</sub>, then  
repeats/continues by  
circling back to original  
line. D on 1-0 transition  
skate on 2-0 follow  
and fill holes.

Notes/Systems All passes on F hand!



⑨ Description ReGap 1-1

D/F play catch until  
F gets to redline who  
circles back to gain  
speed - D must  
maintain gap and  
1/1 into opposite zone

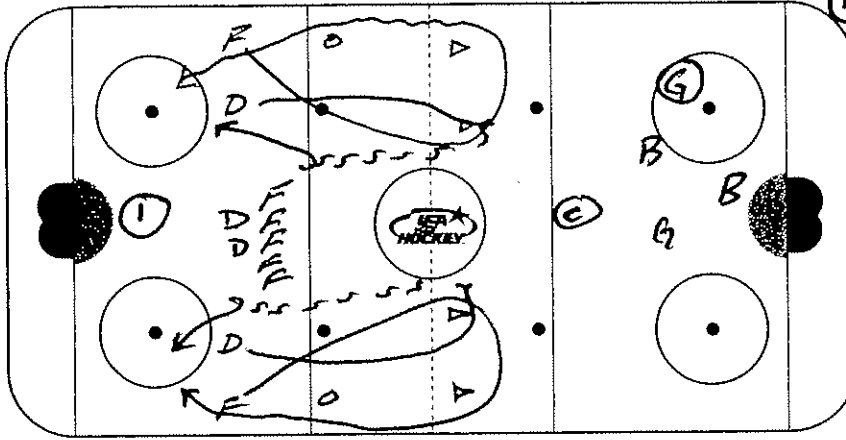
Notes/Systems F's try 1st to beat D with wide speed.





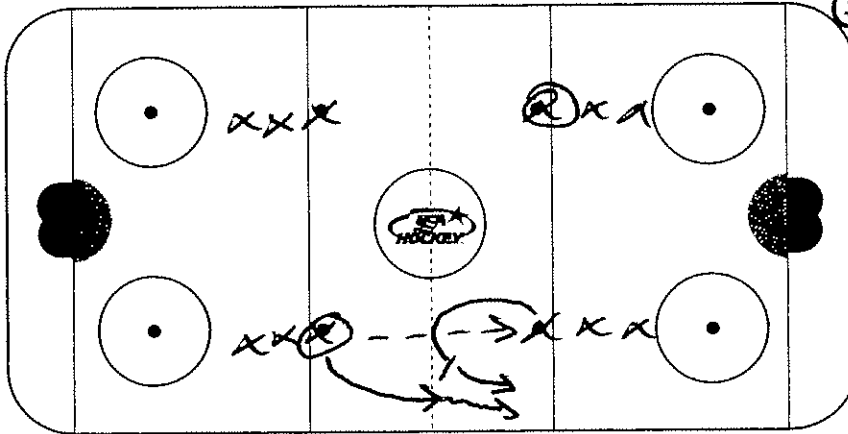
SYSTEM/DRILL Defensive Concepts - Green

Practice ③



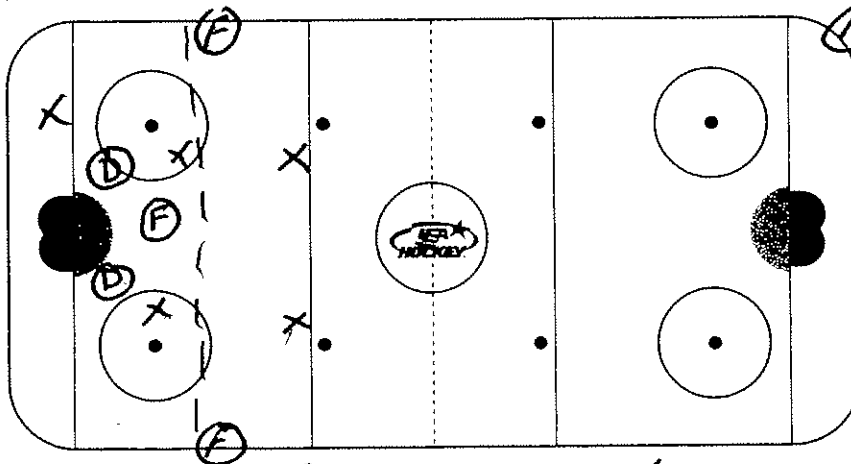
- ⑩ Description
- ① NARROW 2-2 Gap Drill  
F's go around all cones  
1 F has puck and that  
D plays puck side 2v2 and  
other F works to space D's  
plays 2-2 off of puck.
  - ② Transition 2v2 INZONE  
chg of possession pass to  
③ to chg to offense -  
MUST touch wall anywhere  
1st.

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



- ⑤ Description N2 Angling
- ① pass to opposite  
line, ② leaves only  
after receiving pass  
X take away middle  
lane. ③ drive wide  
X hip on hip stick on  
stick.

Notes/Systems ① Forward control  
the ice for the puck



- ⑩ Description UNH Back/5-5
- ① puts puck into 3v3 low  
X's pass to points for  
shot 3v3 plays out  
on ② 2nd puck is give  
to one of the ③ wings  
and we play 5v5 Full  
ice into opposite  
end

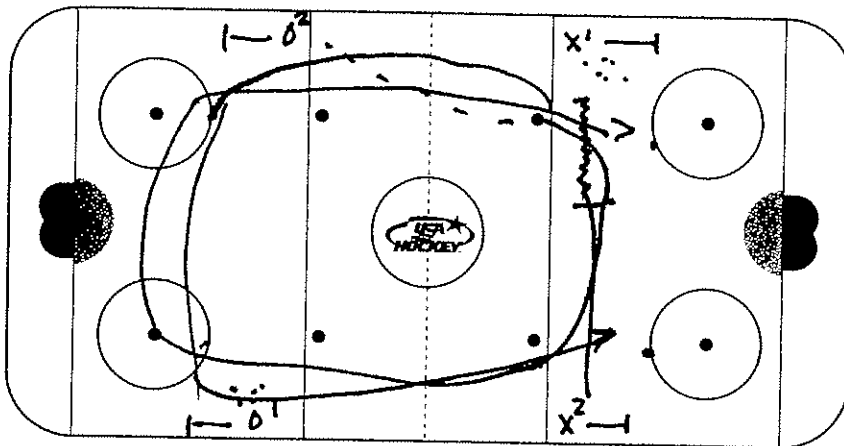
Notes/Systems ① 3v3 ② Back/ing  
③ 5v5 ④ Zone





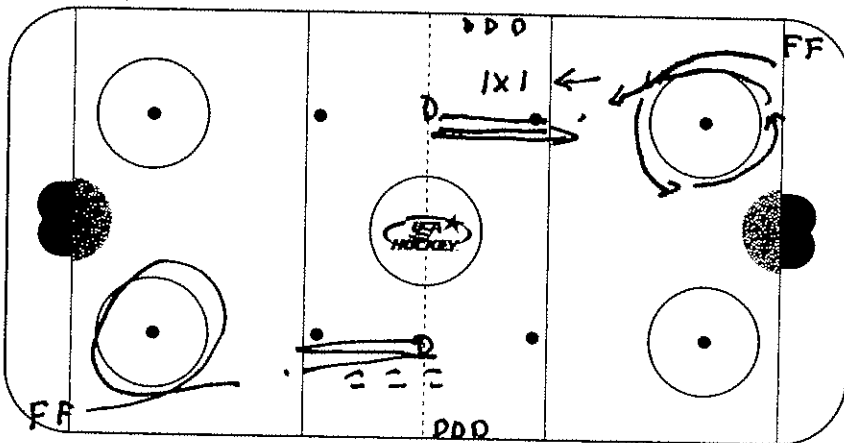
SYSTEM/DRILL

Monday 6-23-08 White  
"Defensive Concepts"



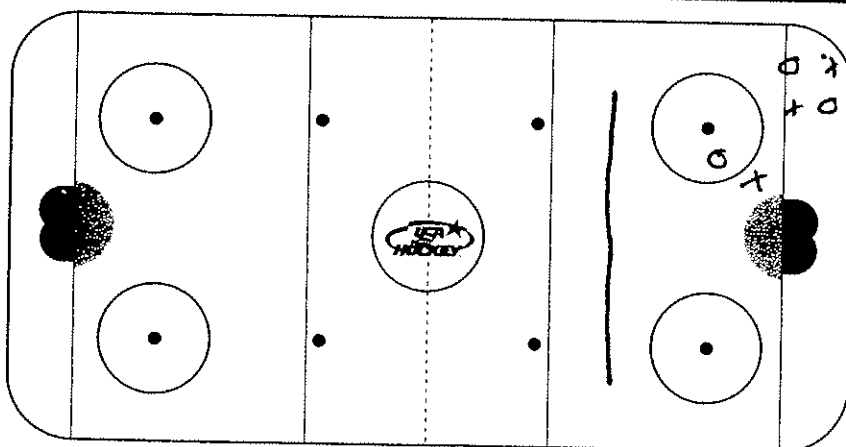
Notes/Systems 2-0 Any Pass

Description 4 lines @ blues.  
One side @ time. Pucks w/  
X1 and O1, X1 + X2 begin by  
skating at each other, simpl  
exchange, then can pass to  
any line as they counter to  
the far end around tires placed  
@ top of circles. receive puck  
in pass (staying inside) attending  
2-0



Notes/Systems Speed Circle 1x1

Description D @ Red with  
puck, D's start by skating  
w/puck to blue line, back  
pedaling back to red, forward  
to blue. and leave puck for  
forward who has skated out-  
side face-off dot w/out  
puck. F's pick up puck  
that is left by D-men.



Notes/Systems 3x3 Down low

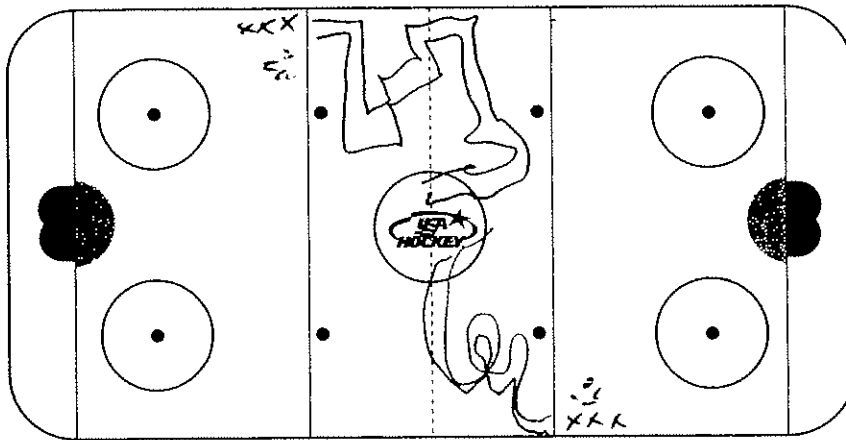
Description  
Simply 3x3 down  
low, coach designate  
3 on offense, 3 on  
defense.

Coaches make adjustments.





# SYSTEM/DRILL Warm up



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

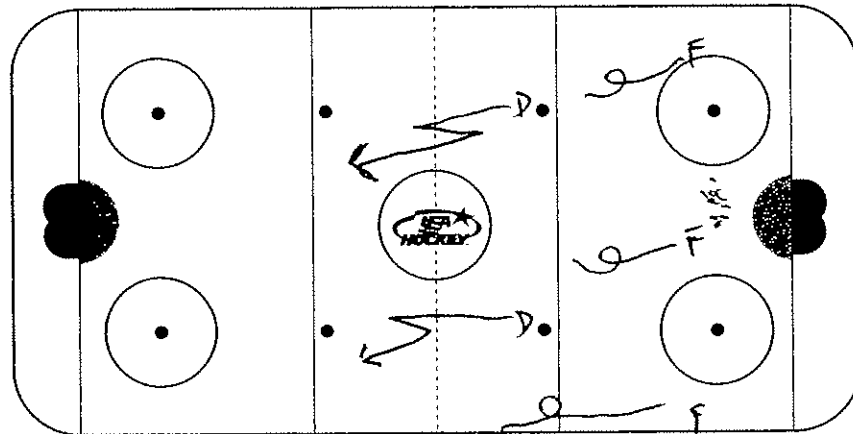
## Russian Shadow

**Description** 2 guys from each line go at a time. 1<sup>st</sup> guy can do anything 2<sup>nd</sup> guy is follow him copying every move.

Protect puck/pass

Everyone pairs up, 1<sup>st</sup> whistle guys protect puck from each other 2<sup>nd</sup> whistle partners pass to each other. - "Continuous"

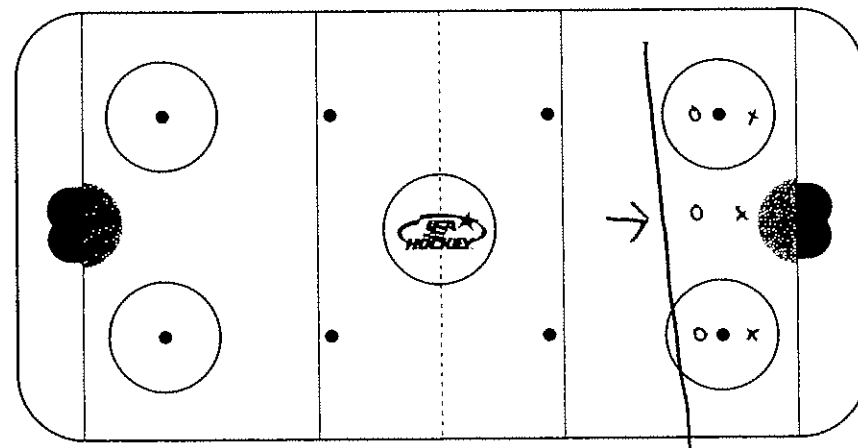
1 puck per group



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

## Gap drill

1<sup>st</sup> whistle F's take off  
2<sup>nd</sup> whistle F's head back to line in a quick regroup + attack the D. D have to control their gap



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

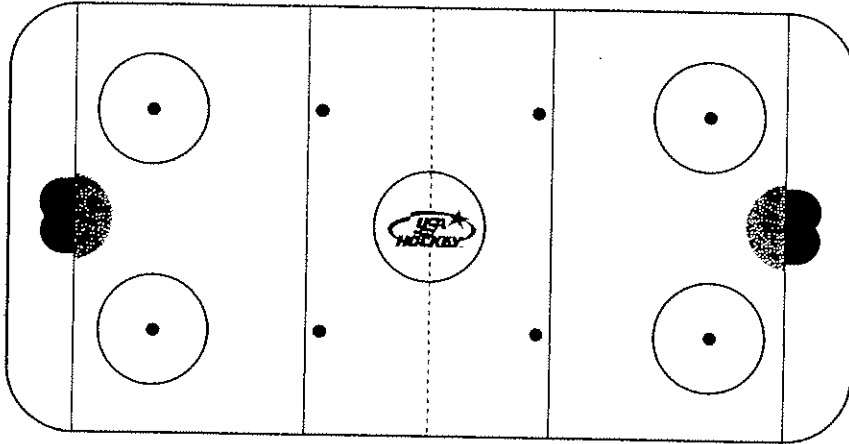
## 3 on 3 below top of circles

5 on 5 in zone





# SYSTEM/DRILL Practice #3 Defensive Concepts



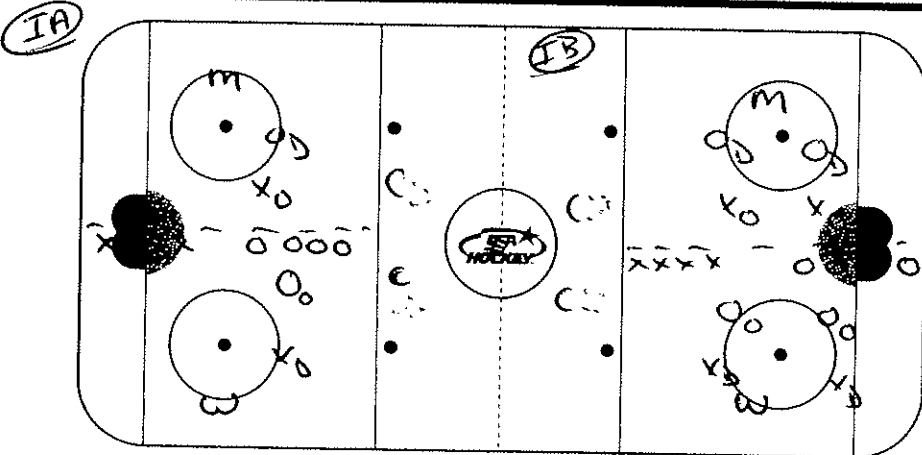
**Description**

I. Warm-up

A) 4v2 + 2  
 { 2 touch  
 { move the puck quickly }

B. Goalie drill

Notes/Systems



**Description**

II Low Zone Play

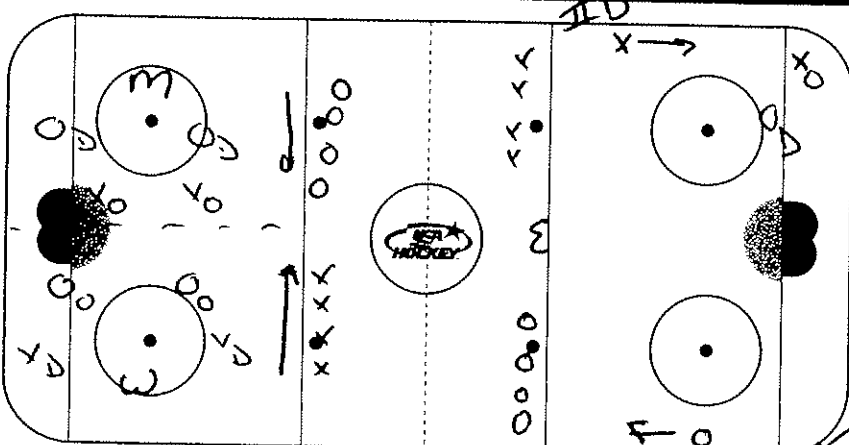
A) 1v1 + 1v1

B) 2v2 + 2v2

- D play keep away pass to coach to end
- O try to score - cycle out of corners

Coach will give puck to O if a goal is scored or goes out of play

Notes/Systems



**Description**

IC) 2v2 + 2v2

- D try to breakout to O's
- can not skate puck across mid-line
- D can shoot puck from defensive side

ID) 1v1 -> 2v2 -> 3v3

low zone play w/ two nets  
 defensive team can score on net at blue line if they break forecheck

Notes/Systems

15sec shifts

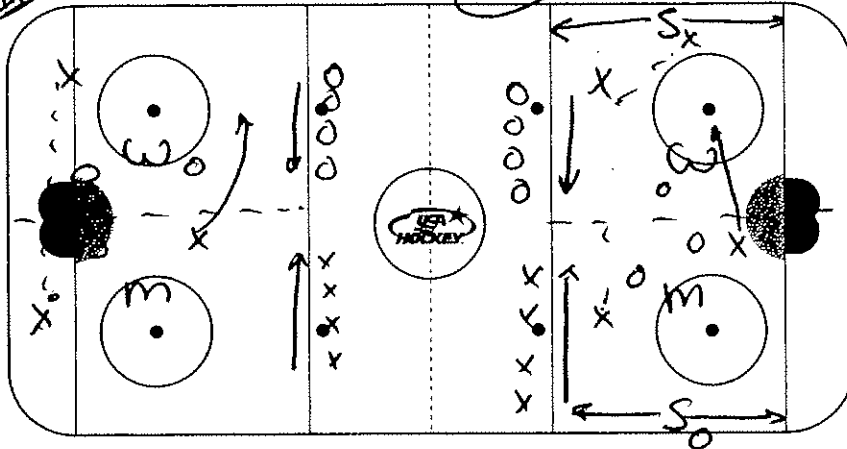




# SYSTEM/DRILL Practice #3 Defensive Concepts

Nov 4

III A



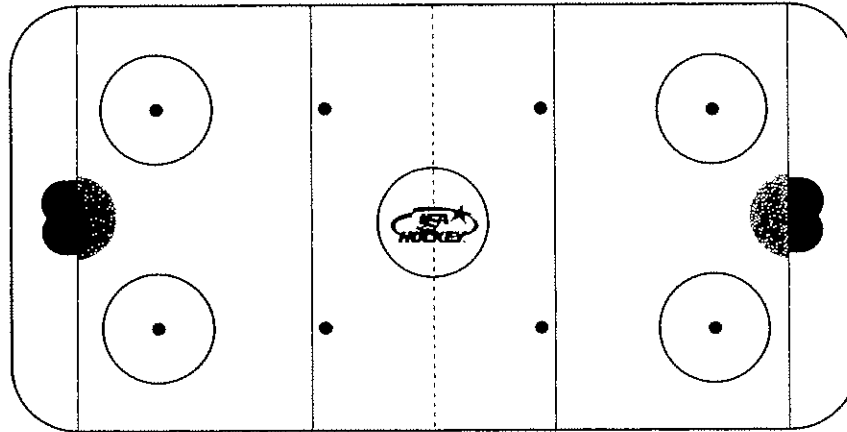
III B

## Description

*Picking up in*  
 III Thinking the Game/transition  
 (A) 3v3 w/nets turned  
 two players in a zone

III B 3v3 + 2 Supports  
 - Support can pass or shoot the puck  
 - 2 in a zone not including Support  
 - Support can move b-line to Goal line

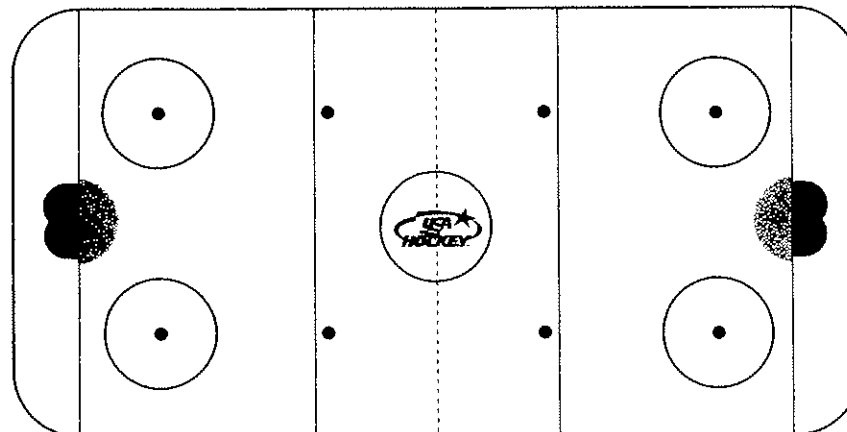
Notes/Systems



## Description

IV D-Zone Coverage

Notes/Systems

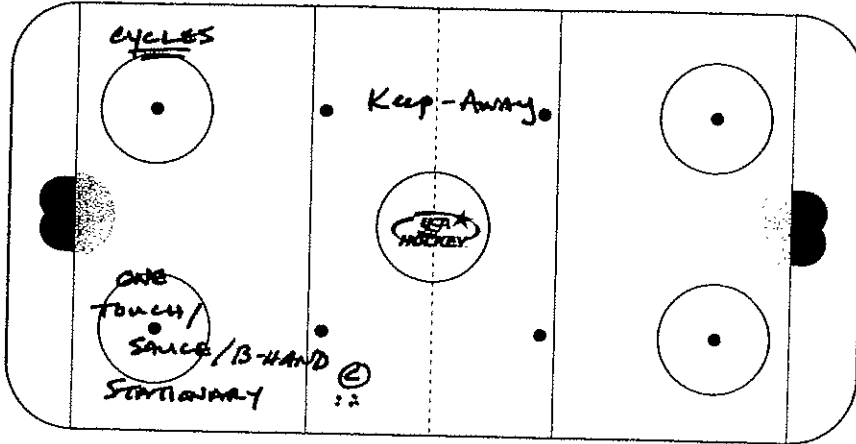


## Description

Notes/Systems



SYSTEM/DRILL Monday (Black) Schodzinski/Matt, 12/Vanover



Description 7-MINUTE WARM-UP

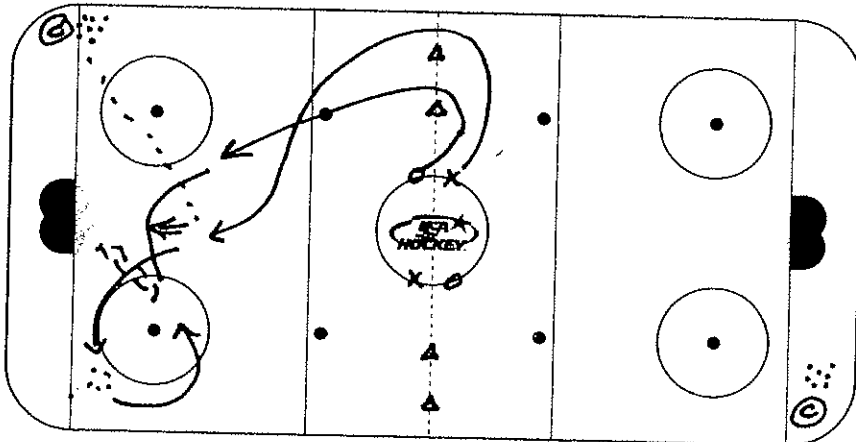
Rotate every 30 seconds...

PASSING

CYCLES

KEEP AWAYS

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



Description \_\_\_\_\_

- O is defensive player

- X is offensive player

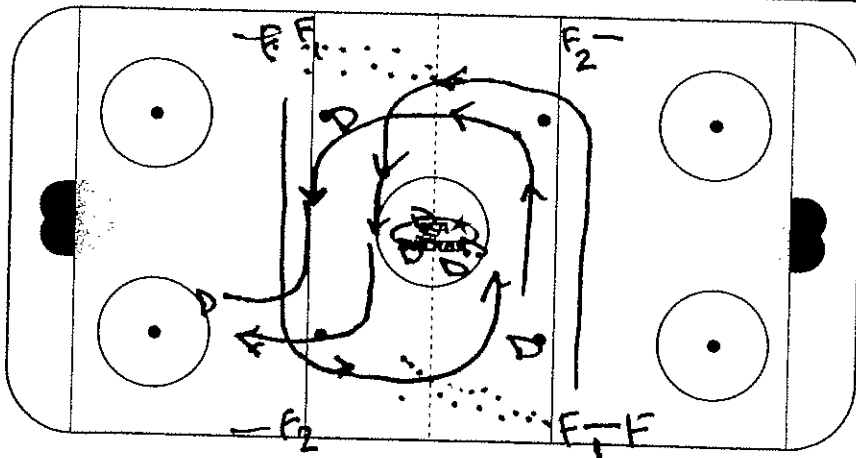
\* ON WHISTLE...

they race to net + X is trying to get open while O is defending a pass from coach

Notes/Systems "Viking 1-1"

- X continues to come for 2nd 1v1 against O

\* BOTH SIDES SAME TIME



Description \_\_\_\_\_

F On Whistle - Opposit forwards go - across blue line stay outside dots, defenseman tracks

Forwards receive pass & one touch back and then receive pass thru middle. Defenseman has to track, gap central and defend.

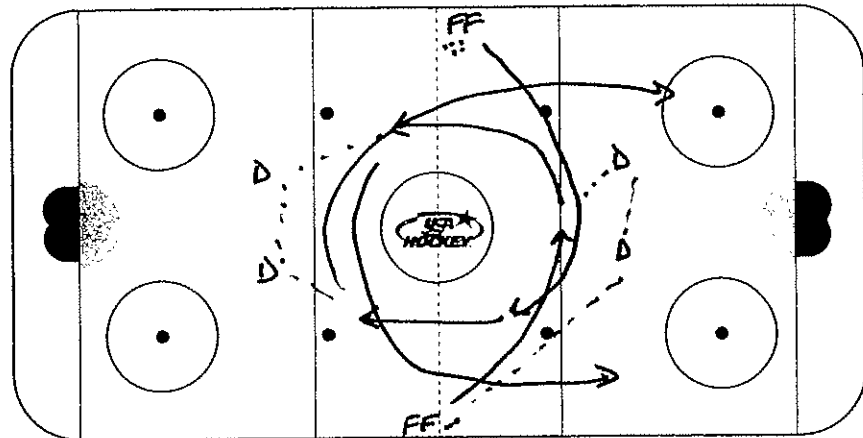
Notes/Systems Black Attack 1v1

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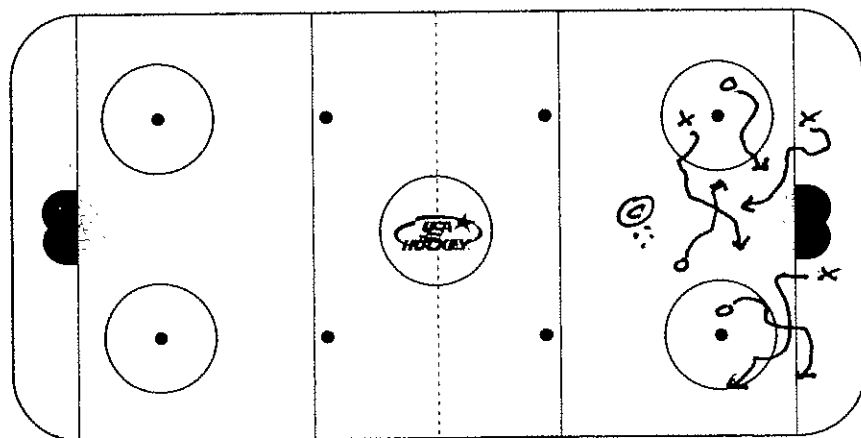
SYSTEM/DRILL Monday (Black) Schodzinski/Mattila/  
Vanover



Description

- FFs pass to D who rotate puck + return it to FFs
  - FFs regroup a second time + attack original D
- 2v2/2v1

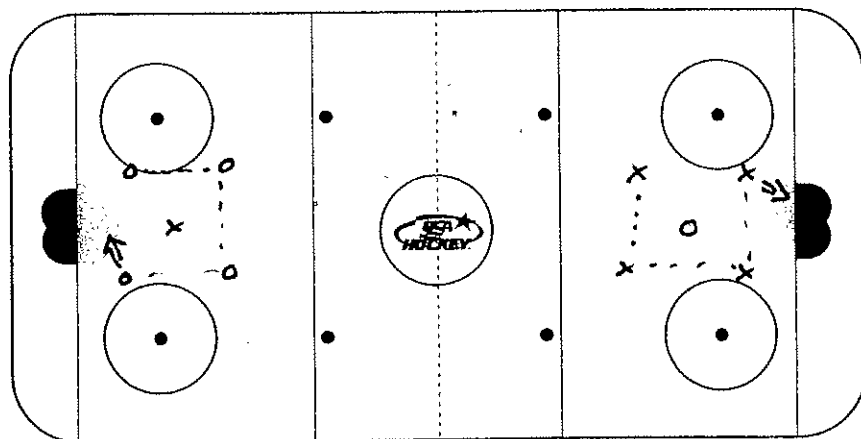
Notes/Systems Double Regroup 2-1/2-2



Description

- O's vs X's
- Play keep-away low for :30 secs.
- On whistle...
- team w/ puck attacks and team w/o defends

Notes/Systems 3v3 Keep Away + Attack



Description

- Both ends @ same time...
- :30 secs → 4 offensive guys vs. 1 defensive guy
- Score goals!!!
- Fun!!!

Notes/Systems

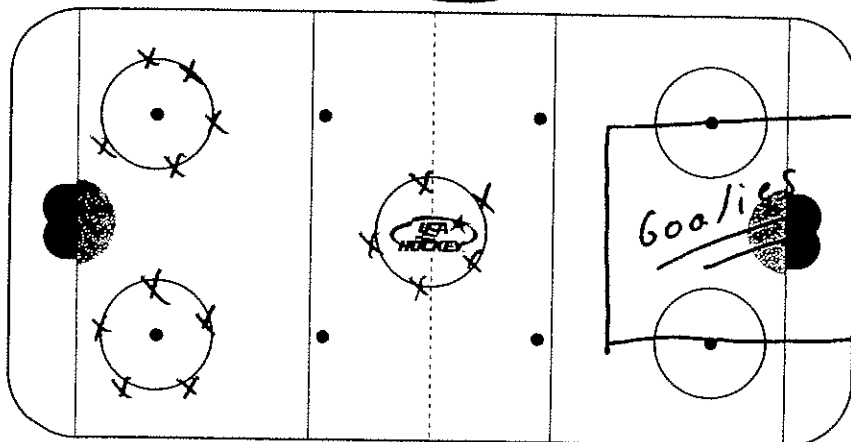




SYSTEM/DRILL SMITH/HERZ

MONDAY 8:25A to 9:25

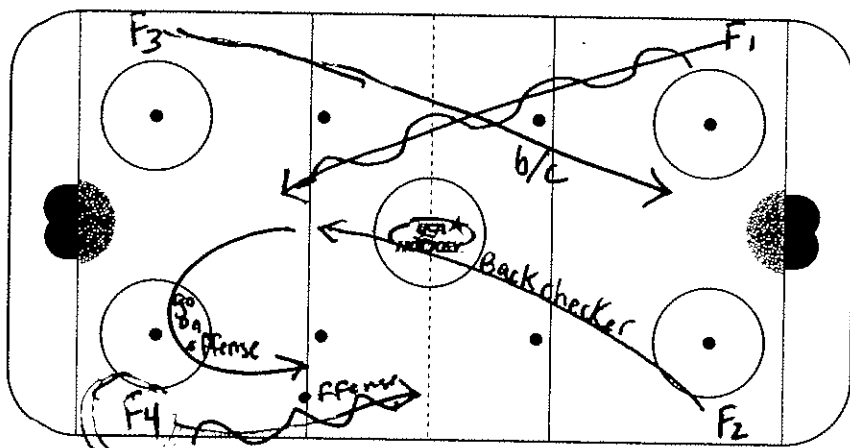
TEAL



Description WARM-UP

- ⑦ Goalies  
Skaters - 3 circles  
Star Passing - forehand, backhand  
1V1, 2V1 in circle.
- ⑧ Goalie Drill  
- see attached sheet

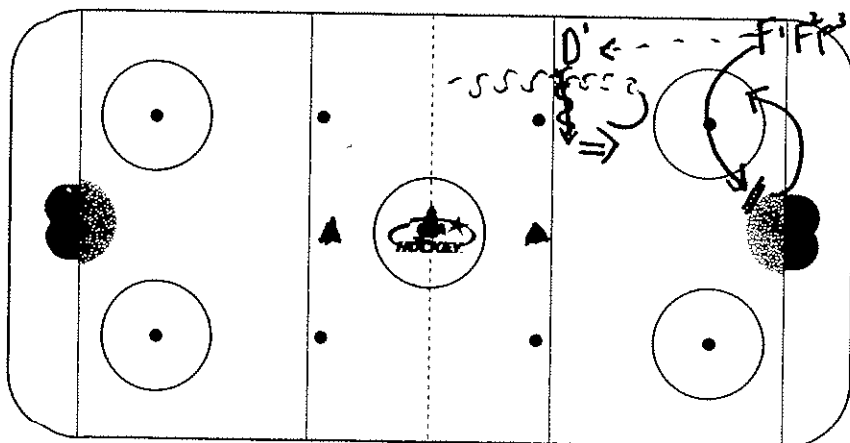
Notes/Systems \_\_\_\_\_



Description \_\_\_\_\_

- ⑧ Chase B/C  
F1 starts on offense  
F2 b/c  
↳ F2 turns to one side  
and joins last player on  
offense (F4)  
F4 attacks w/F2  
F2 b/c

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



Description CC 1v1 From pt skt

- ⑦ F1 pass to D1  
D1 pulls/shoots - F1 g/d/p  
D1 swings back to same  
corner for pass & picks  
up pass to attack D1

\* stay on same side

Notes/Systems Both ends @ same time



2

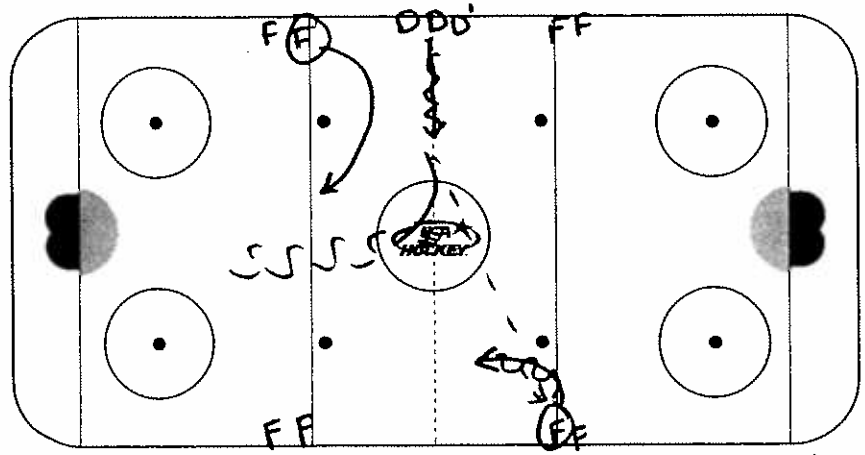


SYSTEM/DRILL

Smith/Herr

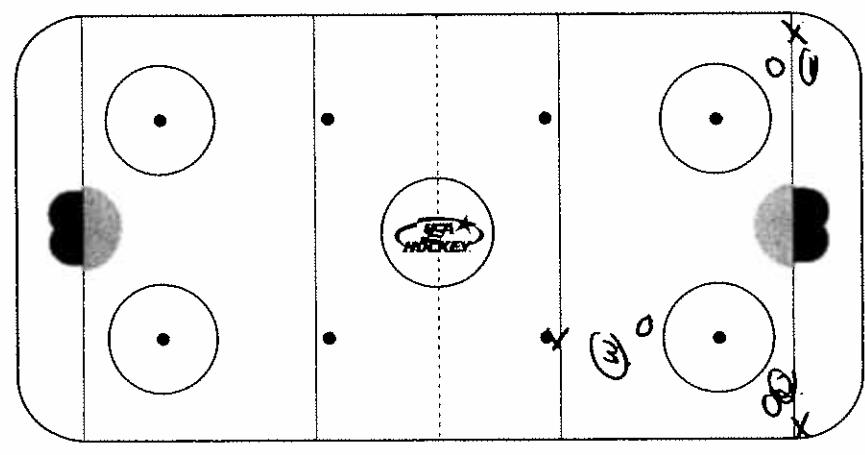
Teal

8:25-9:25 AM



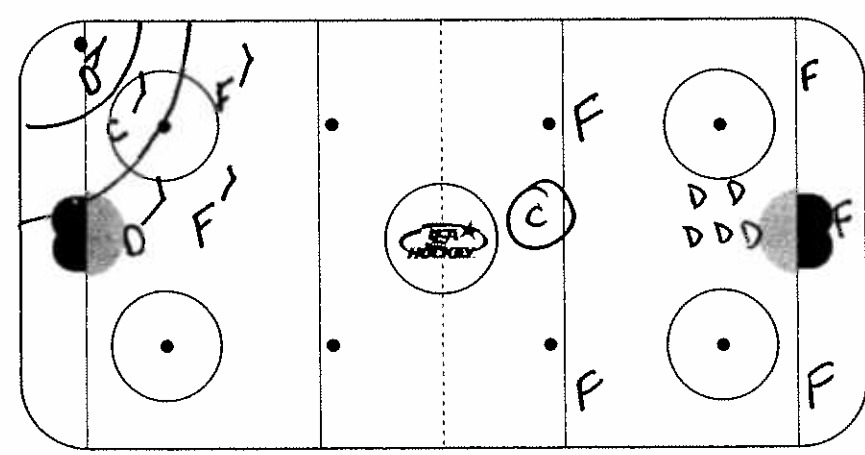
Description 2v1 JL  
 (8) Jacques Lemaire 2v1 NZA  
 D carries puck into centre circle  
 D passes to any F  
 F and opposite attack  
 D-2v1

Notes/Systems Alternate sides to attack



Description 1v1-2v2-3v3  
 (8) on whistle

Notes/Systems



Description 5v5  
 (7) Start w/ 5 defensive players close together  
 (C) throws multiple puck  
 \* Keep playing life

Notes/Systems



3

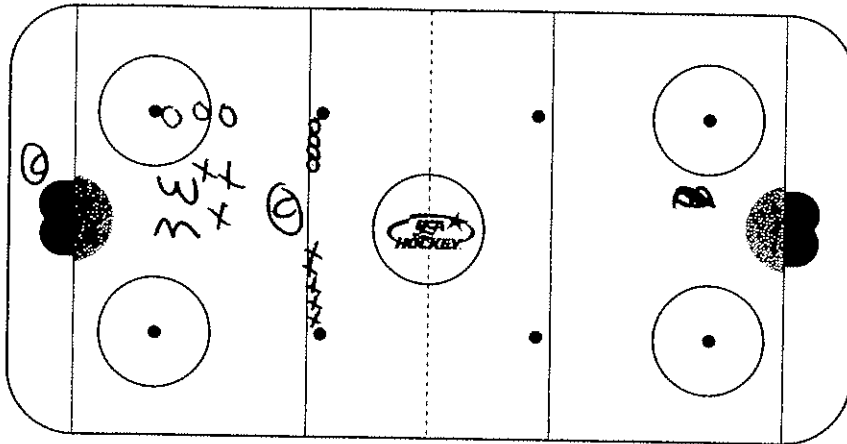


SYSTEM/DRILL

Smith/Herr

Mandy Teal

825.925  
AZ



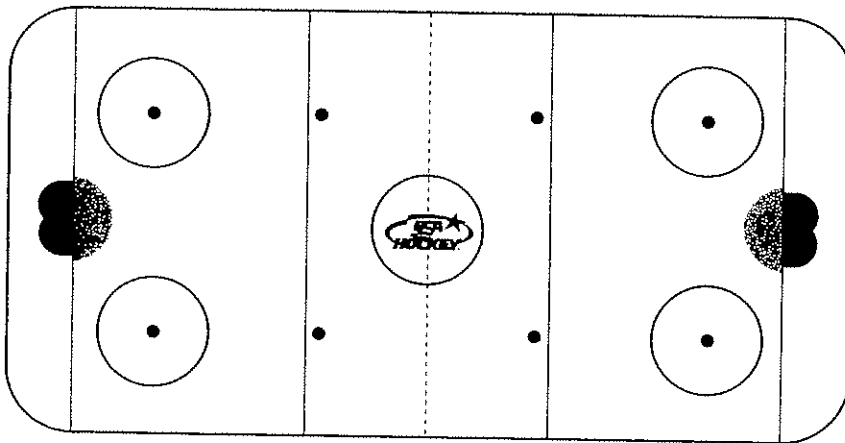
Description

303 JOKER

7) Score on both nets  
have to make pass to  
Coach after turnover

Themes: movement w/ w/o puck.  
staying with man

Notes/Systems

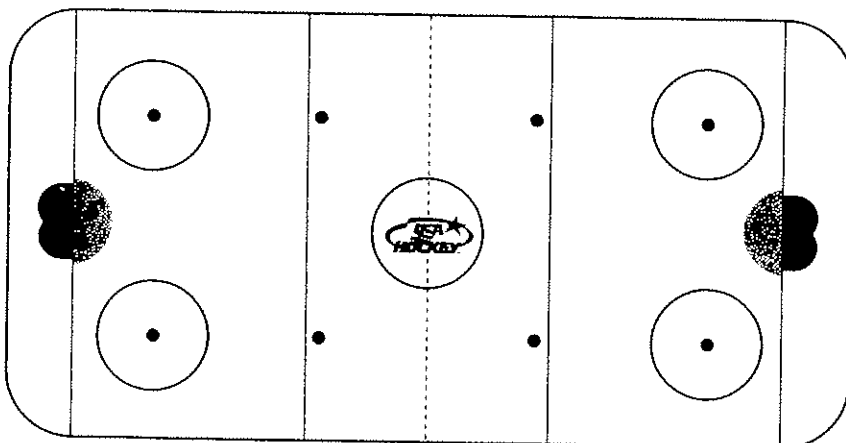


Description

DZ NOTES

- sticks on ice
- extend w/ 1 hand to puck
- battle w/ 2 hands on puck
- always face puck.
- make a quick transition

Notes/Systems



Description

Notes/Systems

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1/3



# SYSTEM/DRILL Defensive Concepts #3

## Maroon

Description \_\_\_\_\_

Goalies w/ Goalie Gurus

PLAYERS: 1 vs 1

2 vs 1

2 vs 2

3 vs 2

Keep away - one Puck

Notes/Systems WARM-UP ...

Description \_\_\_\_\_

Enter

Notes/Systems Goalie Specific drill

Description \_\_\_\_\_

X1 carries up well chips to X2 coming down (scissor)... X2 shoots

After shot X2 loops puck up puck in corner and passes to X3 for shot...

X2 goes to net for rebounds -

Notes/Systems Gonshire drive (STEVE)





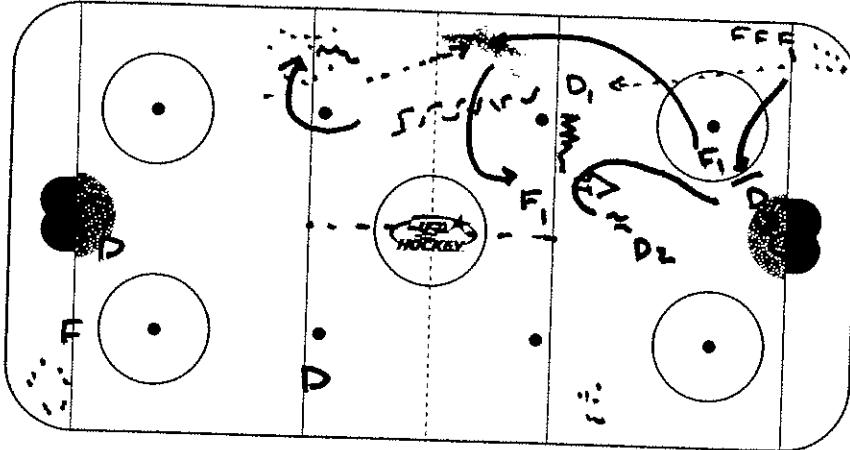
2/3



SYSTEM/DRILL

Defensive Concepts # 3

MARION

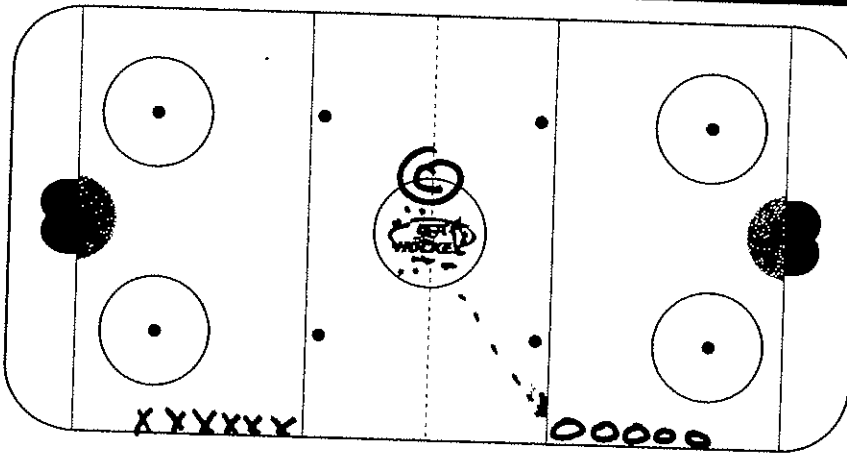


Description

F<sub>1</sub> pass to D<sub>1</sub> - D<sub>1</sub> takes puck to middle. Shoots → F<sub>1</sub> goes to net screen/deflect. D<sub>2</sub> covers F<sub>1</sub>.

D<sub>2</sub> skates BKWDS to Red line - pivots picks up Puck. Passes to F<sub>1</sub> who has "Posted" up. F<sub>1</sub> then attacks D<sub>2</sub> 1v1.

Notes/Systems Winneseg 1v1  
2 shots

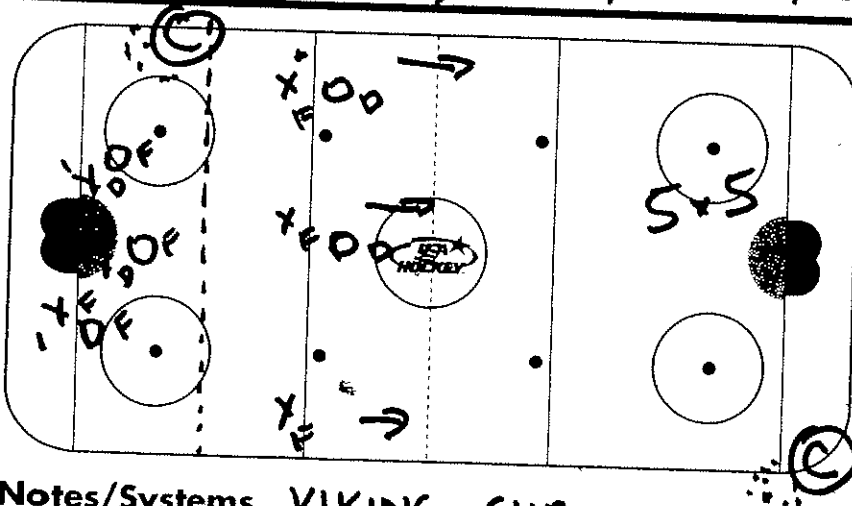


Description

Attack options - (O) Passes to X or O's. Vols - 1v1, 2v2, 2x1, etc...

alternate sides - Coach control who is on offense with Pass -

Notes/Systems ATTACK options -  
1v1, 2x1, 3x1, 3x2, etc.



Description

• 3x3 low - 3 F's against X<sub>2</sub> (2 D + 1 F) Play below Top Circle... (O) ... can throw in additional Pucks

X<sub>2</sub> F's are at B.L. with 1 Puck... (O) blows whistle X<sub>1</sub> F attack  
O<sub>p</sub> 2x2 ...  
O<sub>F</sub> back check -  
Play Svs in for en

Notes/Systems VIKING CUP -  
3x3 - Svs

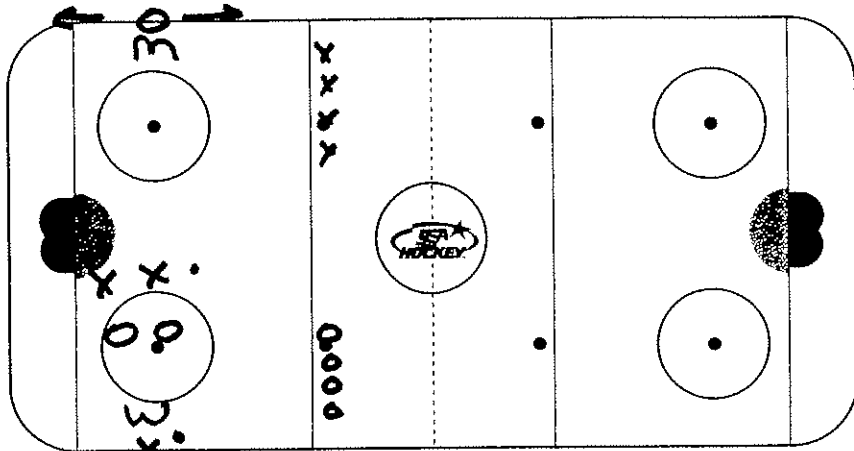


3/3



SYSTEM/DRILL

Defensive Concepts #3  
Maroon



Notes/Systems Gretzky. Game Stop

Description Concepts

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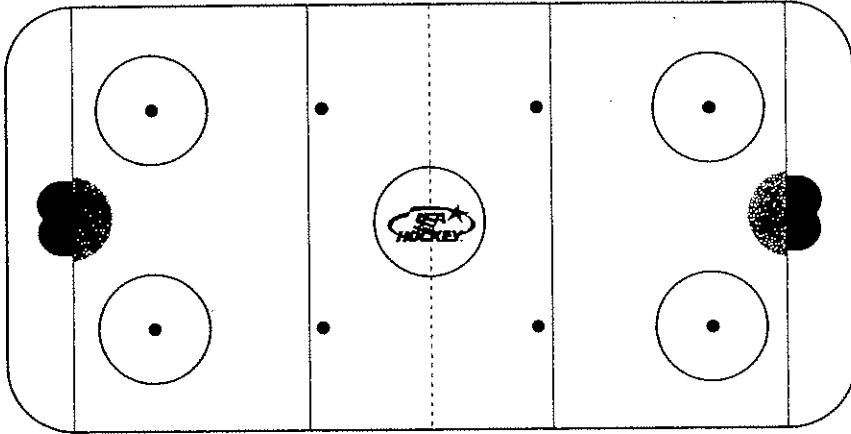
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Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

Cool Down

STEVE MacSWAIN

AL Blouner

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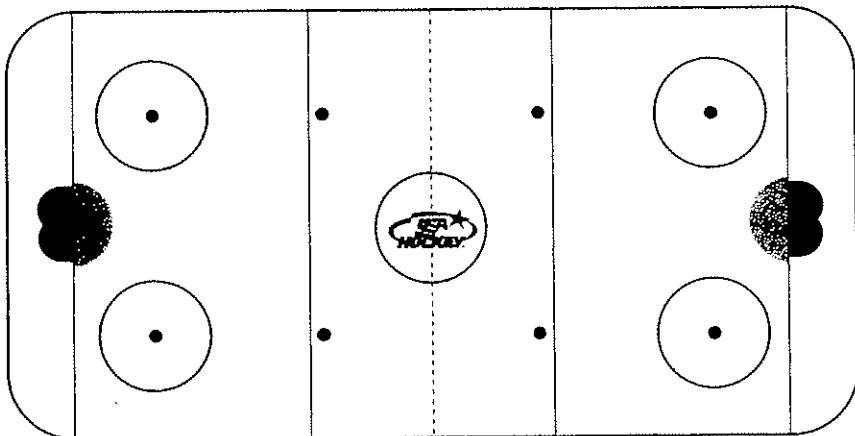
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Notes/Systems \_\_\_\_\_

Description \_\_\_\_\_

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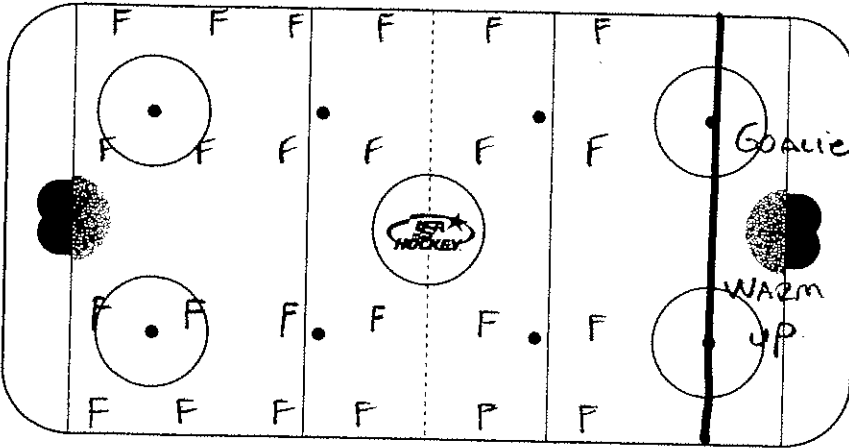
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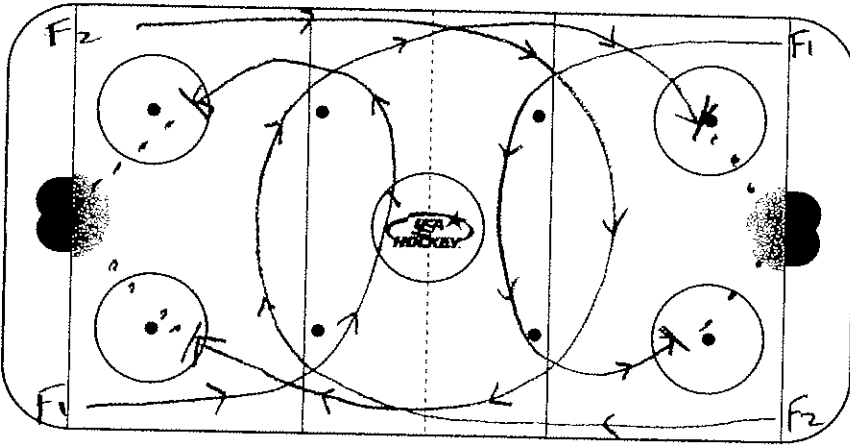
# SYSTEM/DRILL Mon 6-23 Purple Team

COACH'S REVIEW/SON'S/ANZELONE



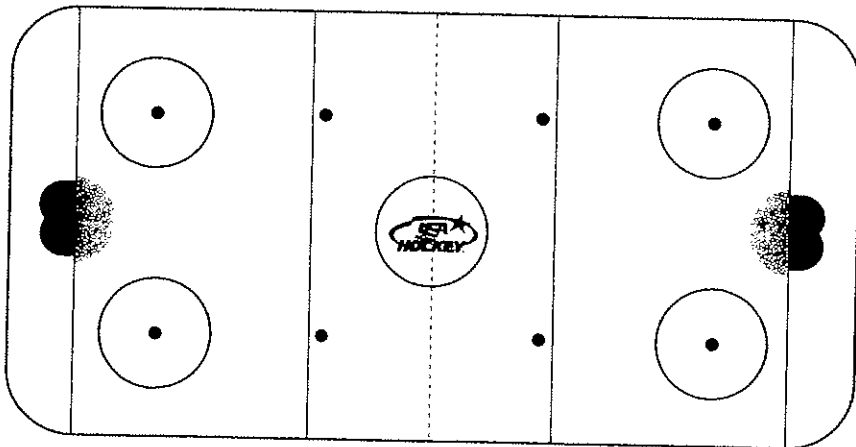
- Description** 0-7 min  
 Passing Drill + 1v1 Puck Protection
- 1- Passing Forehand to Forehand
  - 2- 1v1 Puck Protect
  - 3- Passing Forehand to Backhand
  - 4- 1v1
  - 5- Backhand to Forehand.
  - 6- 1v1
  - 7- Backhand to Backhand
  - 8- 1v1
  - 9- Pass into skate Direct to Forehand.

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



- Description** 7-15 min  
 Hi Low WARM-UP Shots

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



- Description** 15-23 min  
 GOALIE WARM-UP  
 Flow Drill

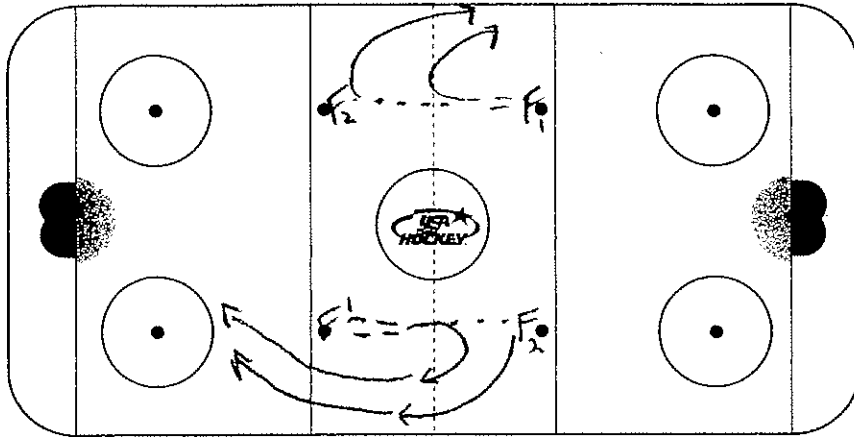
Notes/Systems \_\_\_\_\_





SYSTEM/DRILL MON 6:23 Purple Team

COACH Reizoon / Jones / Anzelone



Description 23-33

Angling Drill

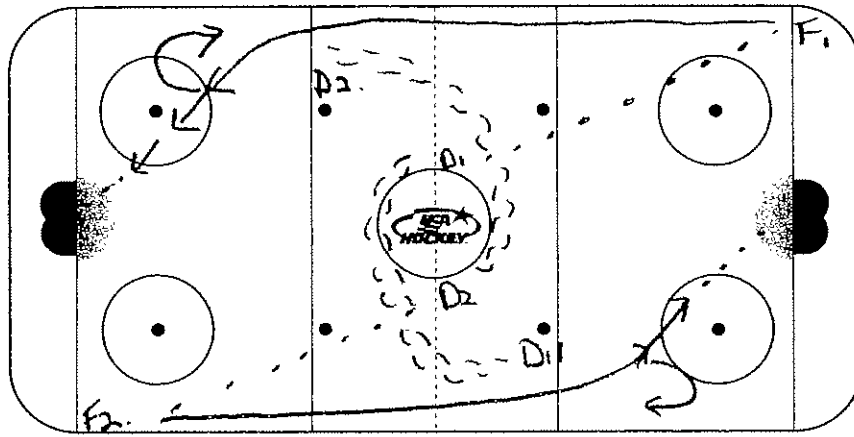
F1 - pass to F2

F2 Receives and takes puck  
wide

F1 Angles player off puck

Repeat to F2 to F1

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



Description 33-40

1v1 with GAP up

D1 - D2 pass to F1 F2

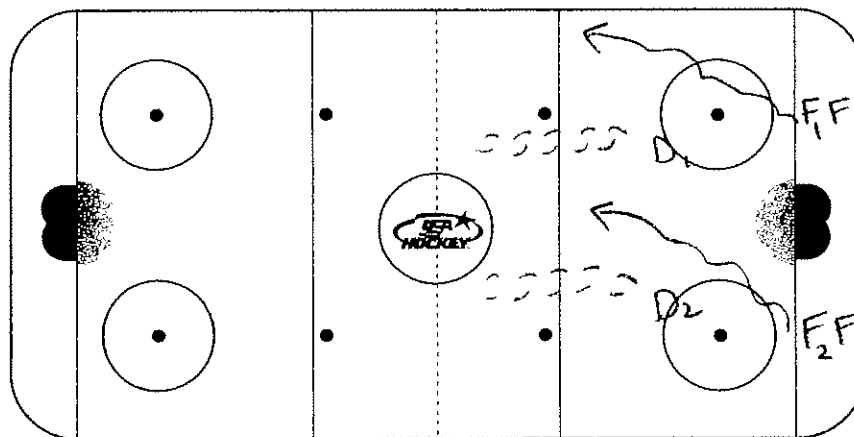
F1 - F2 skate up BOARDS

D1 skate Rkwn around c/Ice to  
play F2 1v1

D2 skate Rkwn around c/Ice  
to play F1 1v1

on whistle - player CAN come  
BACK curling to BOARDS while  
opposit D Release + Gaps up  
to FAWAN cross Ice

Notes/Systems IF Puck Carrier + D, Do not hear  
whistle they continue a 1v1 to net.



Description 40-45

2v2 Contest

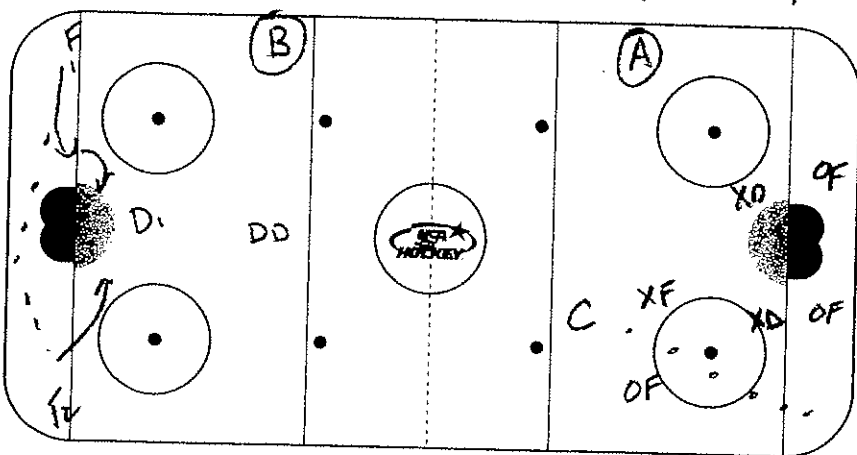
on whistle 1<sup>st</sup> 2 Fwos  
go 2v2 on 1<sup>st</sup> 2 D  
up Ice

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



SYSTEM/DRILL MON 6:23 Purple Team

Coach's Reinson/Jones/Anzerone



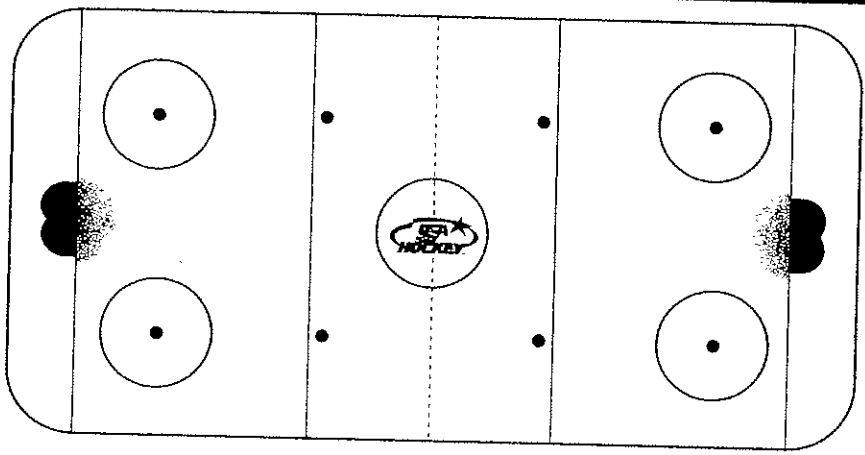
**Description** 45-60.

**(A)** 3v3.  
Coach dumps puck  
players perform 3v3.  
until goal or whistle

**(B)** 2v1.  
Focus at corners. D starts  
in front of net.  
F1 indirect/direct pass to F2  
Attack net with D playing  
2v1

Switch at 6-7 min.

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



**Description** \_\_\_\_\_

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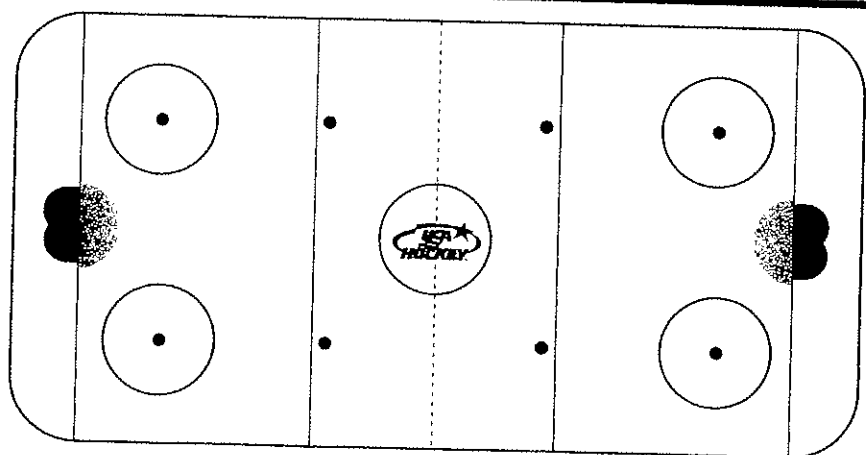
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Notes/Systems \_\_\_\_\_



**Description** \_\_\_\_\_

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





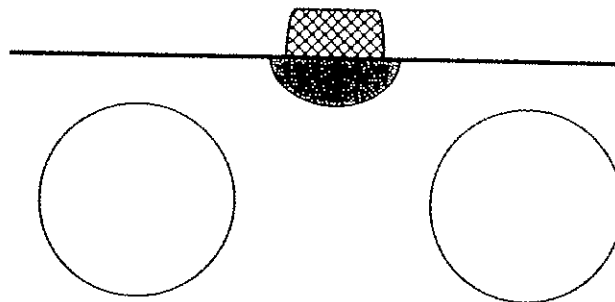


# USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE THREE

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

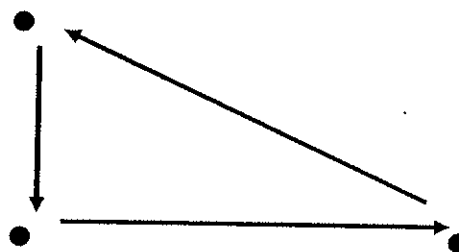
*First Seven Minutes of the Team Practices allows for the goaltenders to perform a series of movement drills and one technical drill.*

*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*

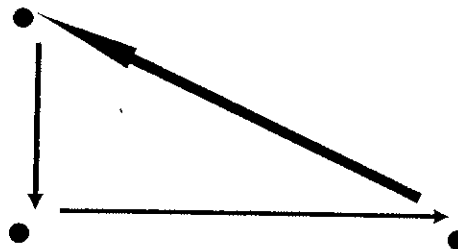
*Puck placement: Puck 1 is the post (Drill begins from Puck 1). Puck 2 is the near side corner of the top of the crease. Puck 3 is the far side corner of the top of the crease. Goalie Movement: T- push or C – cut out to Puck 2 and set feet. T- push across to Puck 3 and set feet. T- push back to Puck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



3 Reps

### *Three Puck Movement – Butterfly Slide*

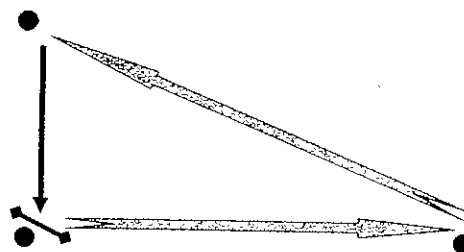
*Puck placement: Puck 1 is the post (Drill begins from Puck 1). Puck 2 is the near side corner of the top of the crease. Puck 3 is the far side corner of the top of the crease. Goalie Movement: T- push or C – cut out to Puck 2 and set feet. T- push across to Puck 3 and set feet. Butterfly slide back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

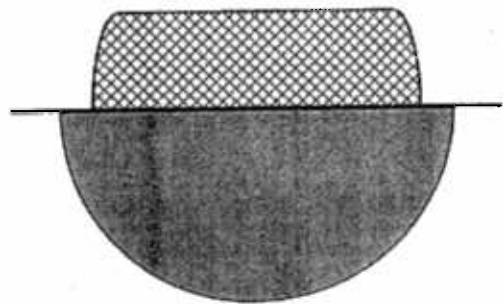




# USA HOCKEY 2008 NATIONAL CAMP – TEAM PRACTICE THREE

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

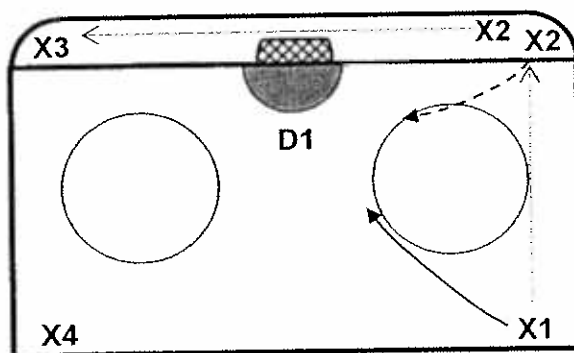
**Triggered Movement Half Butterfly & Stick Saves**  
 X1 begins in middle of slot 2 feet above hash marks. Goalie stands on right corner angle at top of the crease. X1 commands (uses word “Push”) goalie to move to middle of top of the crease. Goalie small T – pushes to middle angle top of the crease & sets feet. X1 shoots low to goalie’s left side. Goalie extends leg to half b-fly position to make save & recovers to location of rebound.



4 Reps Each Side

## Quick Strike 2 vs. 1

X1 passes to X2 and both players attack the net with D1 defending. On the whistle the first puck becomes dead. The next player in the X2 line passes to X3 and both attack the situation with D1 defending. On the second whistle, X4 passes to the next X3 for the third 2 vs. 1 attack. The third whistle initiates a pass from the X3 line to X2 for the fourth 2 vs. 1 attack – all against the same defenseman D1.



Handwriting practice lines for notes.

