

## PRACTICE 4

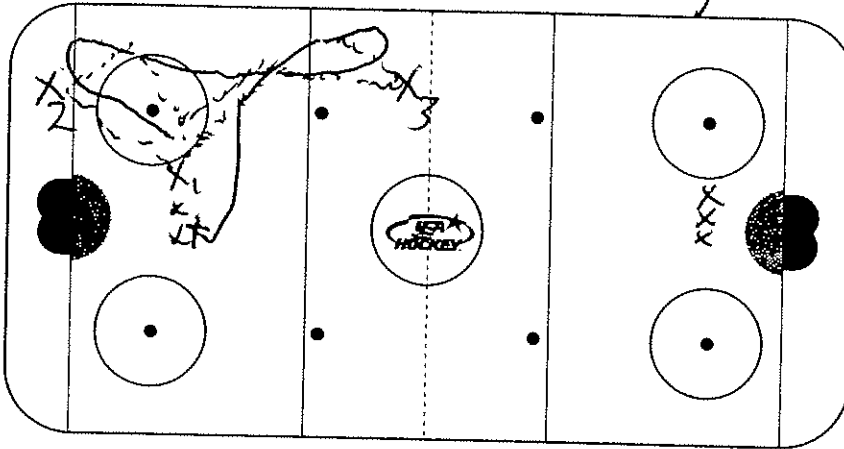
POSITION SPECIFIC PRACTICE

**“INDIVIDUAL SKILLS”**





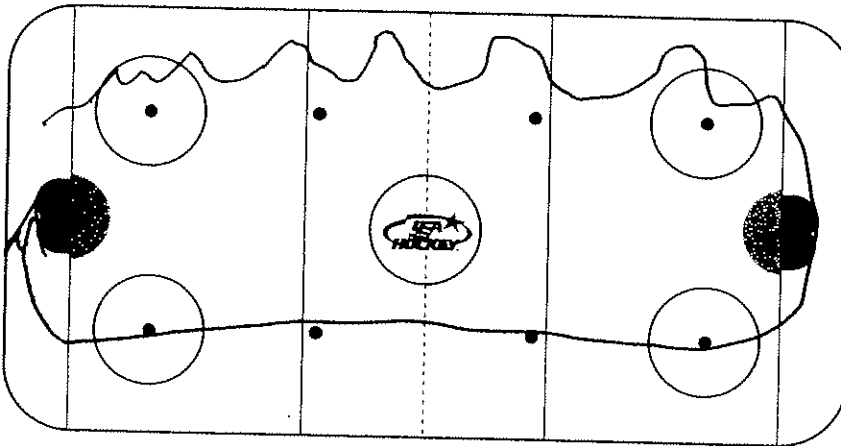
SYSTEM/DRILL Tuesday, June 24, 2008  
 Forwards - Red, White



**Description**

0-5 PASSING Pivot  
 RECVRS  
 X<sub>1</sub> PASSES TO X<sub>2</sub>, X<sub>3</sub>, OR X<sub>4</sub>  
 FOR RETURN PASS FROM X<sub>2</sub>  
 X<sub>2</sub> PASSES TO X<sub>3</sub>, X<sub>1</sub> SPOTS  
 FOR RETURN PASS FROM X<sub>3</sub>  
 X<sub>1</sub> PASSES TO NEXT X IN  
 LINE FOR THEIR TURN.

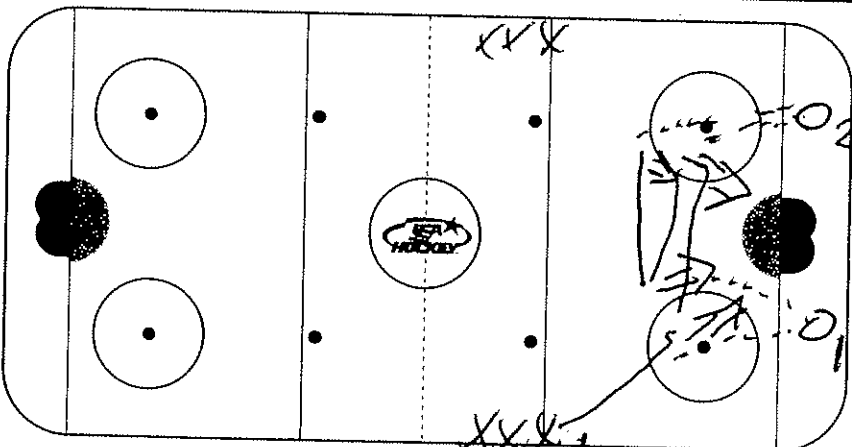
Notes/Systems \_\_\_\_\_



5-Description DUAL SKATER  
 ONE SIDE OF ICE IS  
 USED TO PERFORM SKA  
 DRILLS.

1. Inside Edges only
2. Outside Edges only
3. Inside Edges Backward
4. Outside Edges Backward
5. 1 kg prodder using  
 out & inside edges
6. Same as above Back

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



**Description**

15-25 Body Position  
 Shot Shots  
 X<sub>1</sub> RECVRS PASS FROM  
 O<sub>1</sub> FOR QUICK SHOT  
 X<sub>1</sub> MOVES THROUGH SLAT  
 SPURS UP FOR PASS  
 FROM O<sub>2</sub>  
 CONTINUES FOR 2 SHOT  
 FROM O<sub>1</sub> & O<sub>2</sub>.

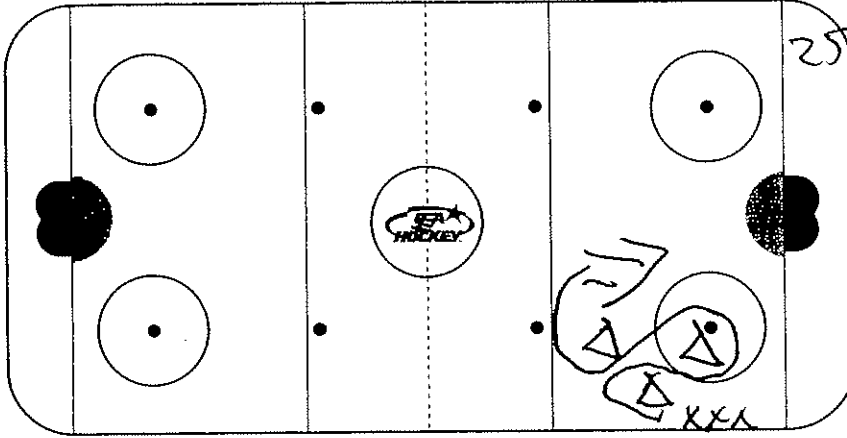
Notes/Systems \_\_\_\_\_





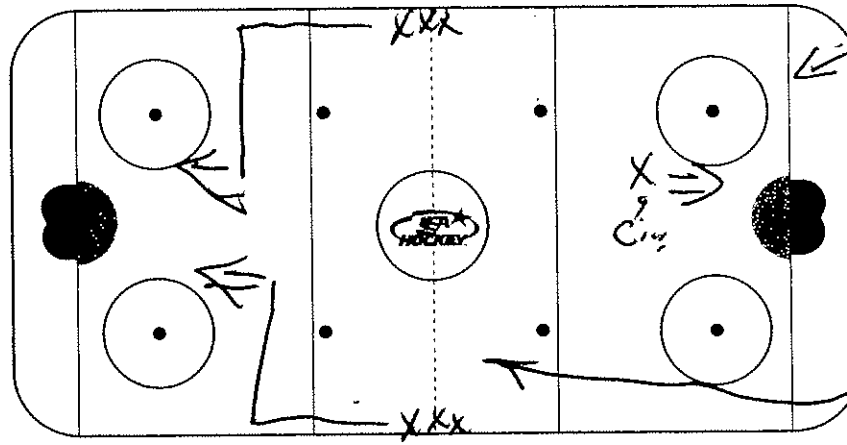
SYSTEM/DRILL

Tuesday, June 23, 2008 PAGE 2  
FORWARDS - Red, White



Description  
25-35 Under handling -  
SKATING AROUND 3  
CONES with Puck  
ON Forwards only  
Take shot NEVER  
using BACKHAND.

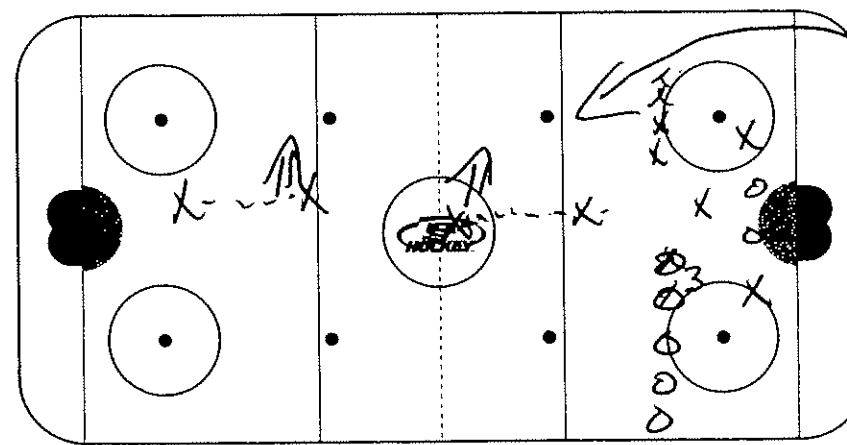
Notes/Systems



Description  
35-45 Puck Bounce  
Partners Bounce  
pucks At Feet, Mayor  
gathers if not shot  
quickly

45-55 Cut Across

Notes/Systems



Description  
55-65 Timers - Partner  
65-75 3 on 2 game.

X<sub>1</sub>, X<sub>2</sub>, X<sub>3</sub> AGAINST O<sub>1</sub>, C.  
When O<sub>1</sub> and O<sub>2</sub> get  
puck, they pass to O<sub>3</sub>  
to activate O<sub>3</sub>.

X<sub>1</sub> cross to End of X line  
for O's must 3 on 2

ADVANTAGE

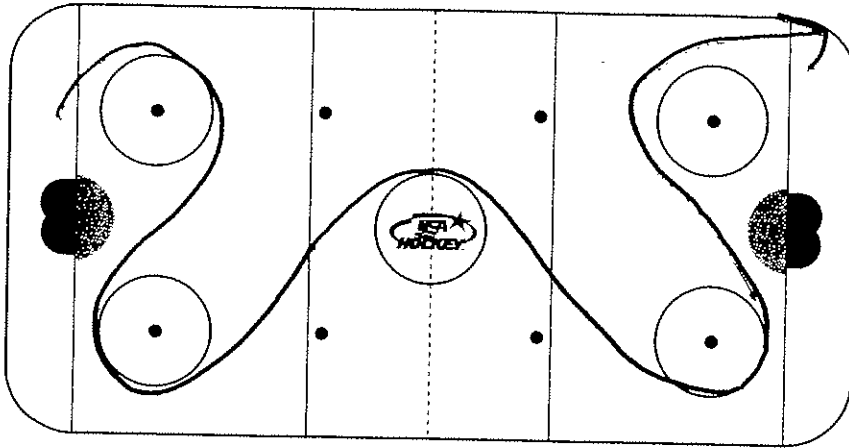
Notes/Systems





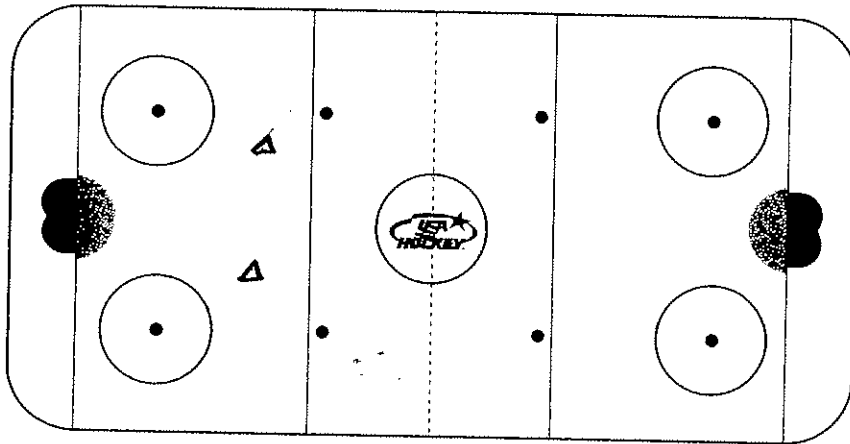
SYSTEM/DRILL

~~Monday~~ Tuesday Fuchs Moore



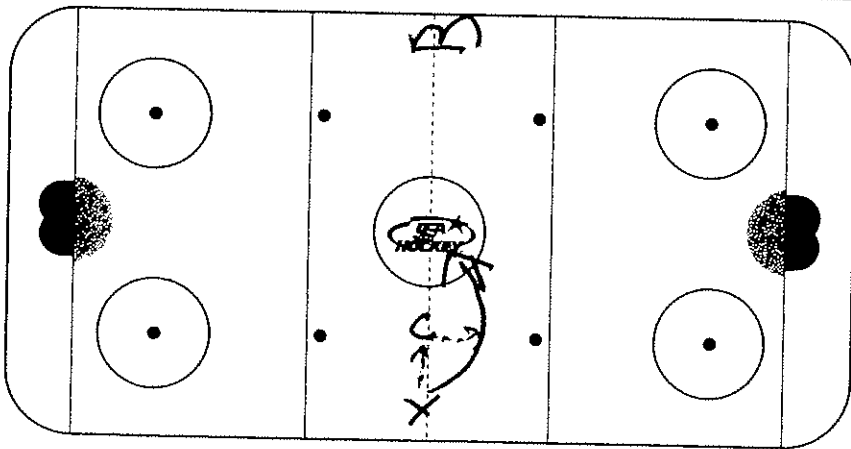
Notes/Systems

Description Underhanding Skate 5 circles w/ top/bottom/both hands on stick to accentuate feet over hands & Puck stays on Forehand >



Notes/Systems

Description Blue Line In Hash Marks In Players Skate across ice, call for pass, then accelerate around cone for shot/rebound. Puck stays on forehand



Notes/Systems

Description Bad Pass Shooting Drill. Player Passes to Coach Coach chips puck to on side and player accelerates to receive puck on forehand for shot

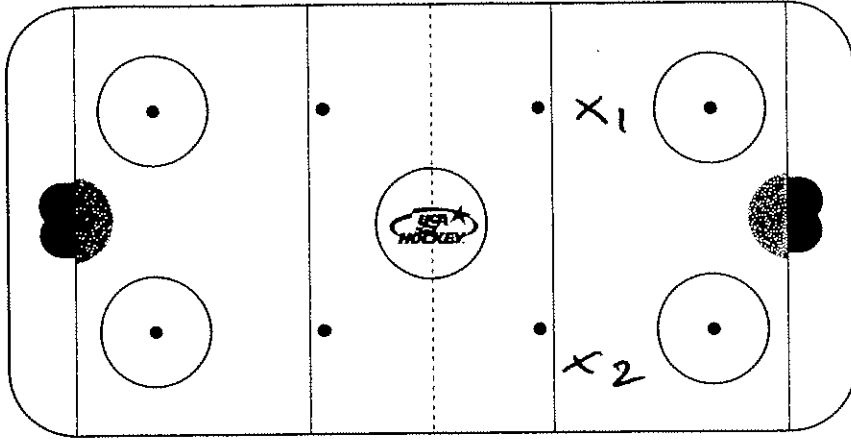
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SYSTEM/DRILL

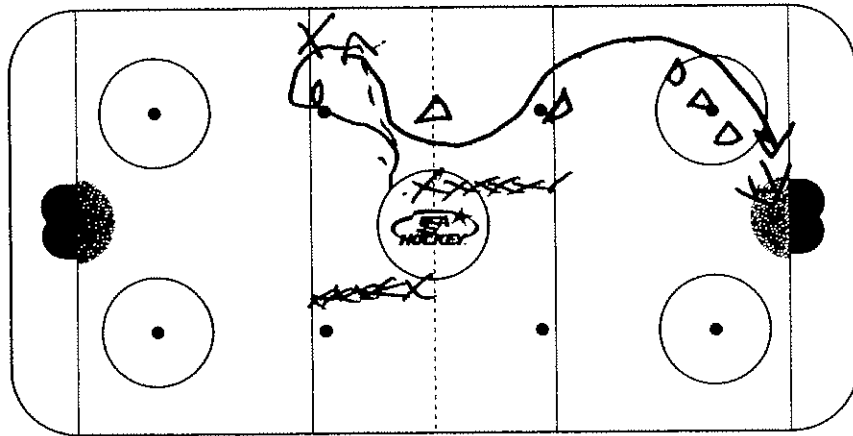
Tuesday Forwards S. Moore



Net Drive  
Description ~~Shooter~~

Redirects/Tips  
x1 passes to x2 and breaks to the net.  
x2 fires hard pass to x1 for appropriate shot

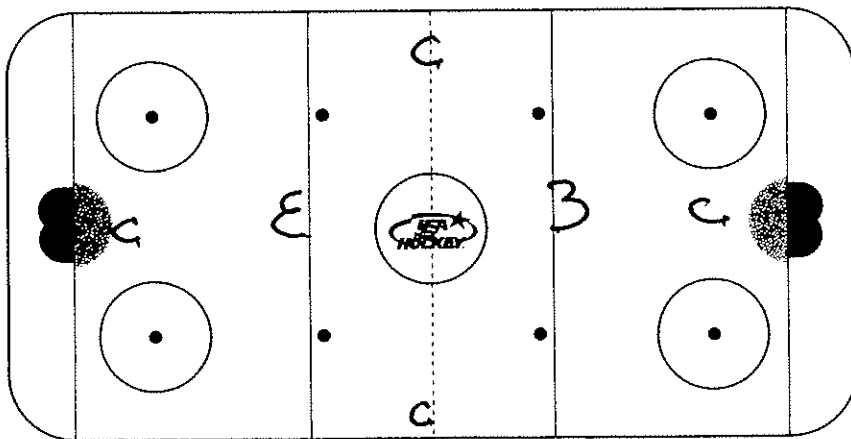
Notes/Systems



Description Topak

Shooter Drive By  
Players open up at blue for a break-in pass, weaving through cones to the outside for a hard drive to the net

Notes/Systems



Description 3-3 Score-1

3-3 designed to foster/encourage think out of the box. Once a puck crosses mid-line teams may attack either net. Defending team can

Notes/Systems

score on the offensive team's rebound.

\* Side Board Coaches help offense but cannot score

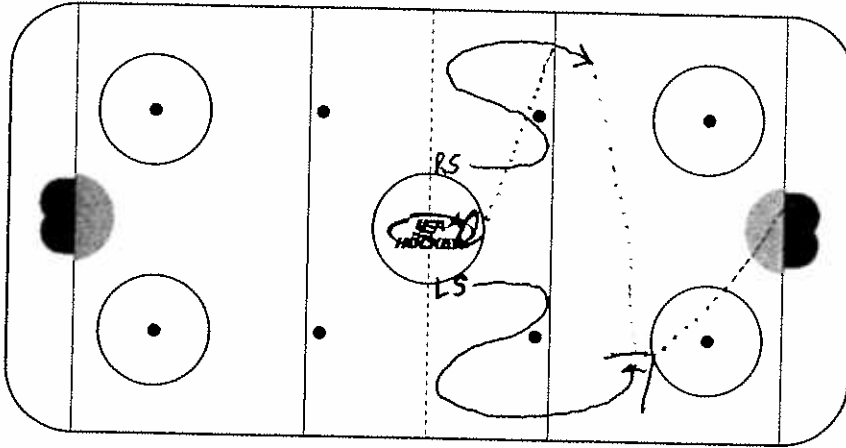
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SYSTEM/DRILL Forwards  
"Goal-Scoring"

12:15 Forwards  
Mikesch/MacSwain 6-24-08



Description "1 TIMER"

Coach hits RS or LS

Who passes to opposite

Player in wheelhouse

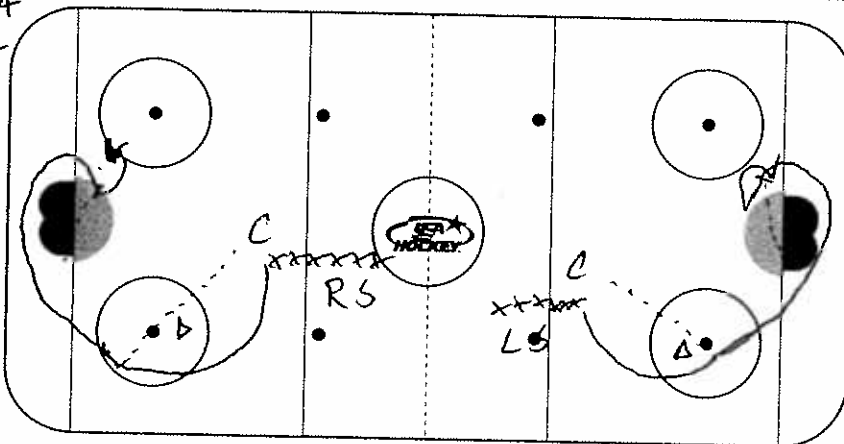
for 1 TIMER. Player

who passes changes Net

For Rebound.

Notes/Systems

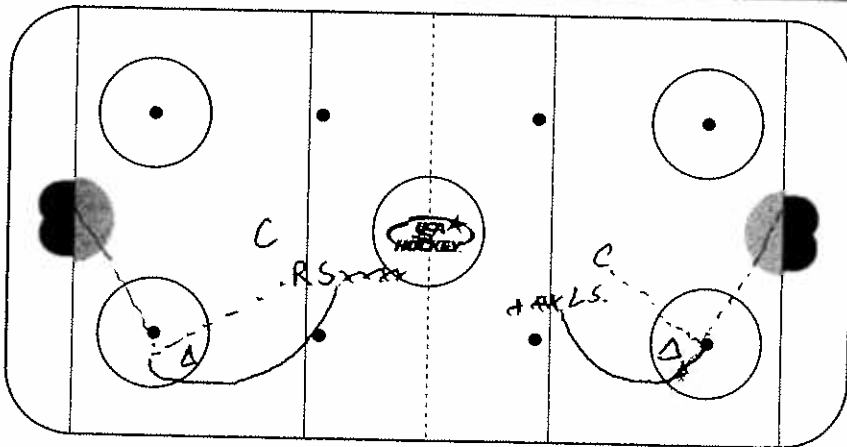
Need  
1 Extra  
Net



Description Ovechkin Spin  
Wrap.

Player Right or Left shot  
receives pass from coach on  
Backhand - Drives behind net  
with body protecting puck &  
stick - lean into slot spin  
opposite way on Forehand  
and shot far side or  
send 2nd guy for Backhand  
pass/Rebound

Notes/Systems



Description "Catch & Release  
in 1 sec"

Catch puck on Backhand  
in 1 motion pull to  
Forehand and SWAP  
the puck with quick  
hands

Notes/Systems if Any Last Pass  
Go Far side wrap

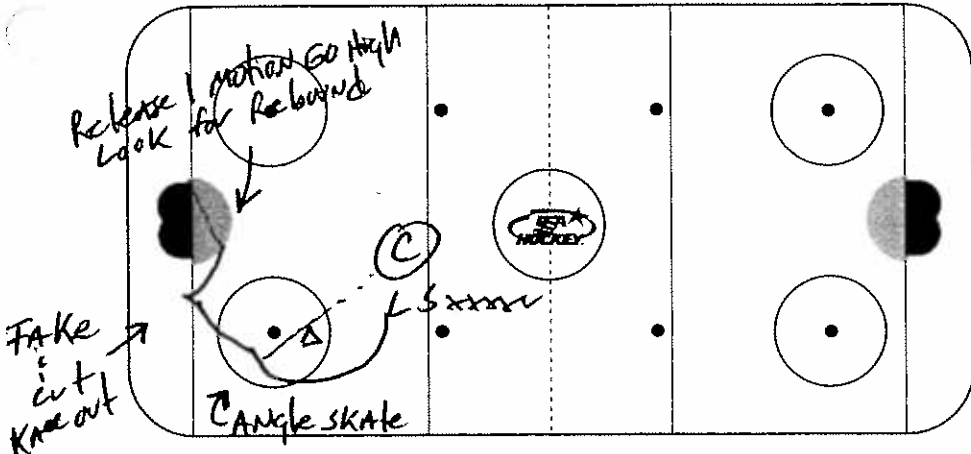
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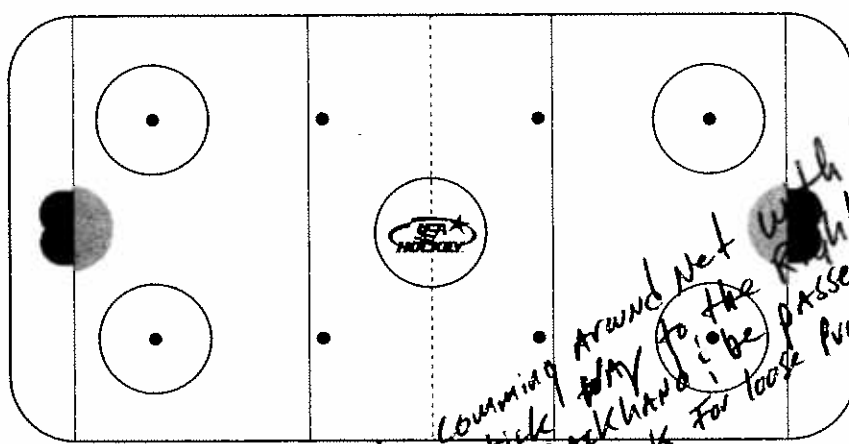
SYSTEM/DRILL Forwards Mike Sch/McGowan 6-24-08  
 "GOALS"

"Puck in Skates Drill"  
 Description \_\_\_\_\_



Left Hand shooters  
 Catch Puck off Right  
 Skate with Good Angle  
 so Puck Advances to stick  
 Drive Net FAKE Going wide  
 protect Puck at last second  
 cut in front of Net and  
 release in 1 motion Far  
 side High. It should be  
 A reaction or habit to  
 release quick

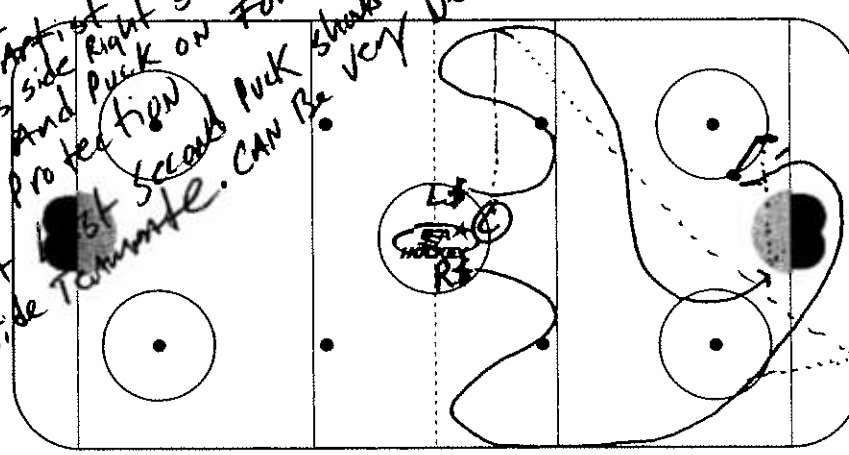
Notes/Systems \_\_\_\_\_  
 Right Shots same opposite side



Description ~~\_\_\_\_\_~~  
 Left knee side of Body  
 Hard legs to far  
 if puck doesn't make it thru cleb

Notes/Systems \_\_\_\_\_  
 would be coming around net with right hand to the backhand. Look for loose pucks

- Tips
- 1) In No Antist
  - 2) For this side And Puck on Forehand of stick
  - 3) At side Turnout. CAN Be very Deceit



Description "AK 49ER"  
 L/R shot go same  
 Time. Coach hits either one  
 Player who Gets puck from  
 Catch Dumps Far side And  
 makes way to net on off  
 Hand side, Gets ready for  
 surprise PASS to put in net

Notes/Systems \_\_\_\_\_  
 Player who shags Dump in Puck  
 skates Around net at D with Puck  
 protected Sends Puck thru legs to oppo

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 To have in Bag of Tricks. Works with pulled Goalie  
 O.C. + saw the Dallas class drill it off.  
**EASTON**





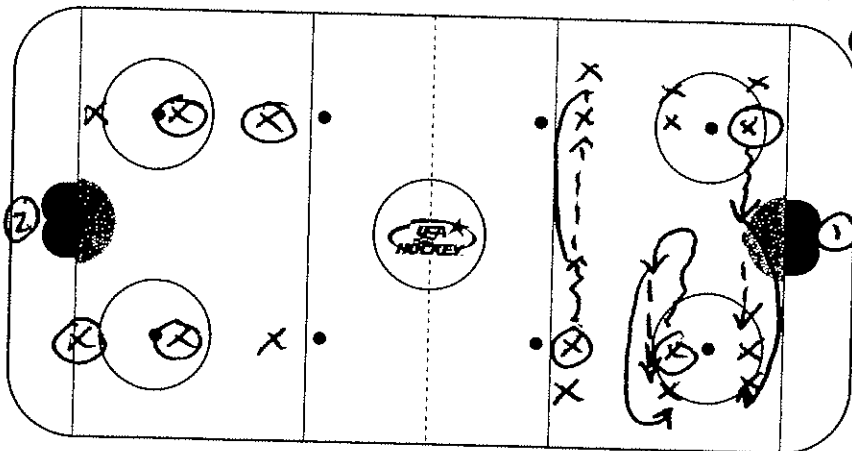
SYSTEM/DRILL

210 FORWARDS

FORWARD Skills - Tuesday

Bocek, Fortin  
(Green) (Grey)

Practice ④

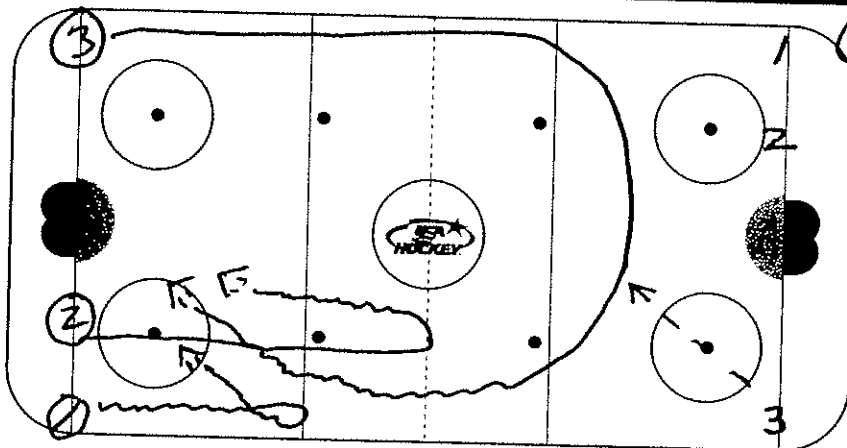


④ Description Wm. up  
3 to 4 puck w.m. up

Pass puck to any of the six lines and follow to end of that line. Everyone needs to be ready to receive!

This drill is first done with 3 pucks and then four.

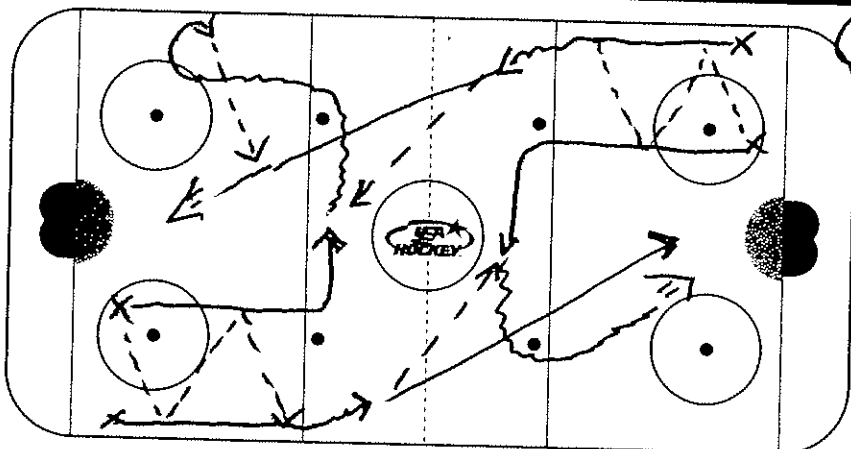
Notes/Systems



⑤ Description Shooting  
Both ends SAME time ON ① all players leave 1+2 carrying puck 3 skating to pt. pass from opposite 3 drive. ① cutback to outside at blue ② turn to inside at red line ③ get pass; drive wide shoot on move.

\*Chg lines after each shot

Notes/Systems



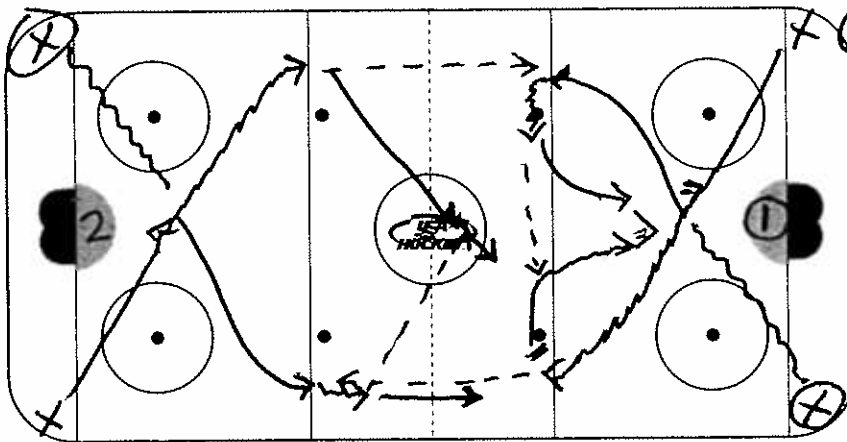
⑦ Description Heads up shooting  
2-0 passing from opp. corners; outside player has puck as he crosses blue and passes to inside player at opposite end. that player goes around dot + can drive and shoot or cutback and use other player joining rush.

Notes/Systems



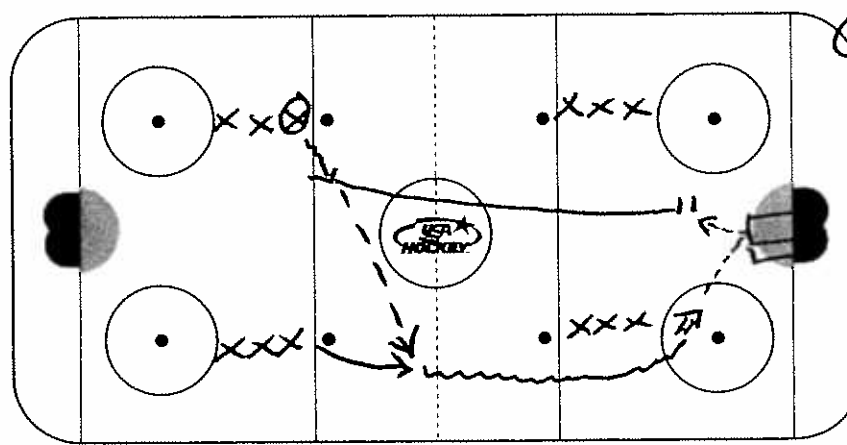


SYSTEM/DRILL Forward Skills - Tuesday  
Bank / Part 2 Practice 4



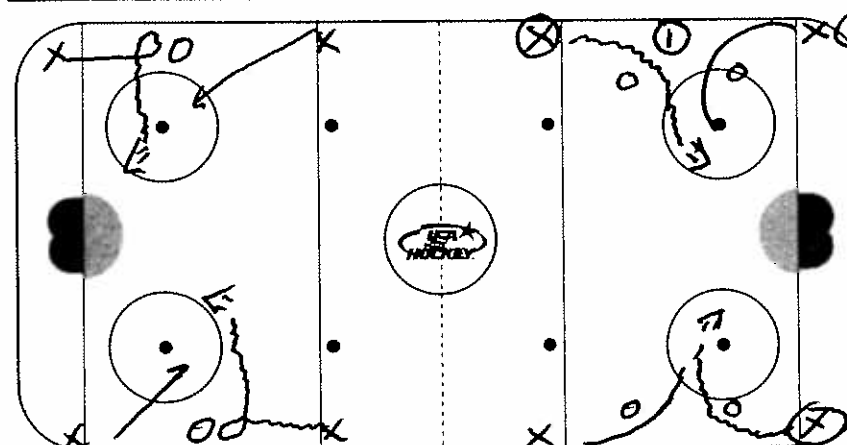
- 4** Description Transition
- ① Same end; X's reacting as if receiving a quick turnover in NZ → come to, puck and attack
  - ② Opposite ends; Attack; thru NZ by leading manning the puck

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



- 5** Description Rebound
- OFF angle Far PAD for second shot when puck crosses blue near group goes.

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



- 10** Description Protect to net
- ① puck drives thru tires defender trying to get stick on stick on rebound 1st player to puck makes quick pass + play for 2nd shot = PK go 1st up top then from goal line
  - ② Cut backs and accelerate!

Notes/Systems B lines on cones



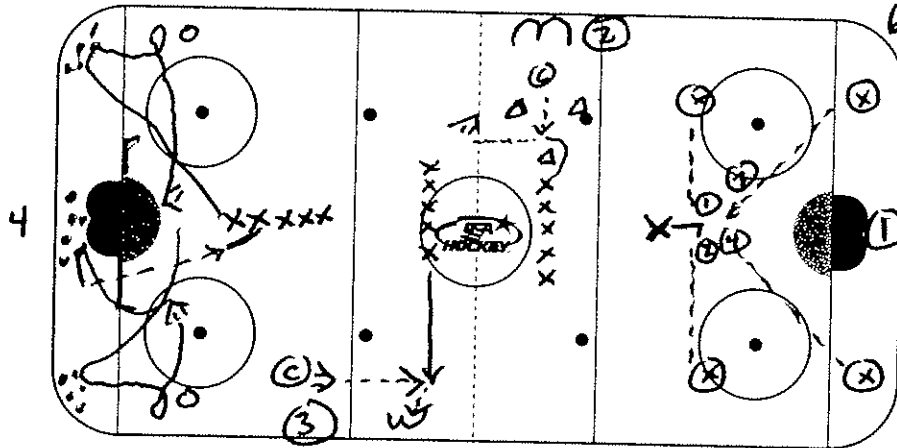


SYSTEM/DRILL Forward Skills - Tuesday  
Bomb / Forward

Practice 4

6x4 (24)

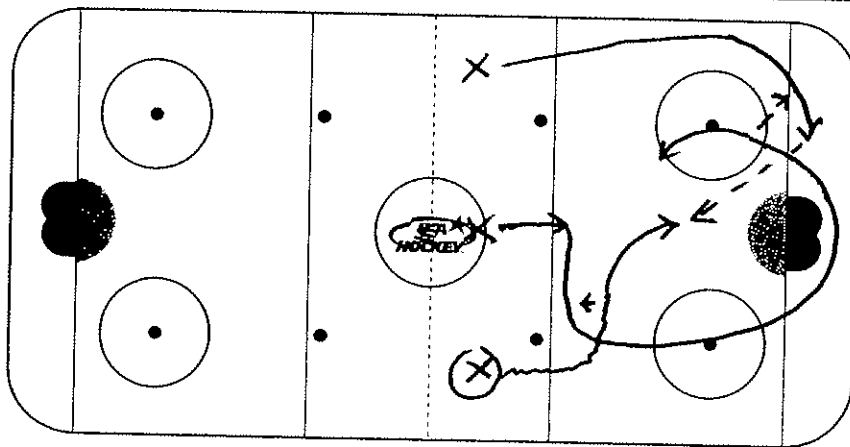
Description Stations of 5



Notes/Systems 4 NETS 5 CONES 2XTRN  
Sticks

- ① X, Facing NET catches 4 different angle passes must rotate hips to get around puck - shooting, a gap.
- ② two touch, bump it outside cone next touch is a shot Forward / hand
- ③ DRIVE NET !! Beat G to pass
- ④ Dbl cutback, then saucer pass to start next player!

if time



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

Description Breakaways /  
Overlaps

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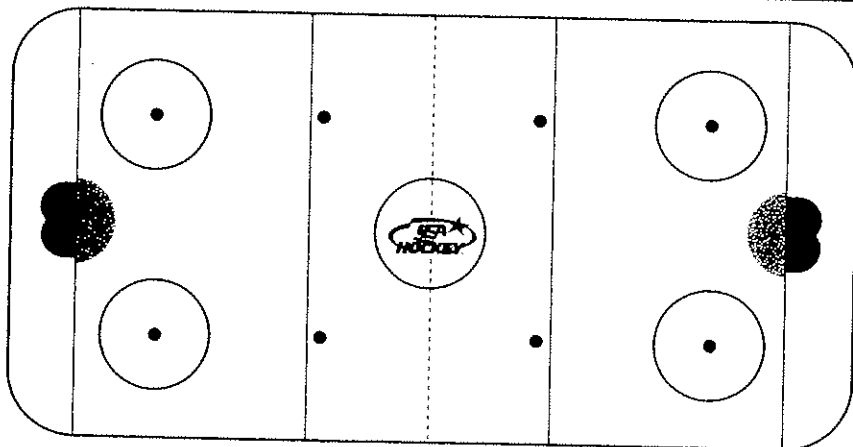
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if time



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

Description Overlaps

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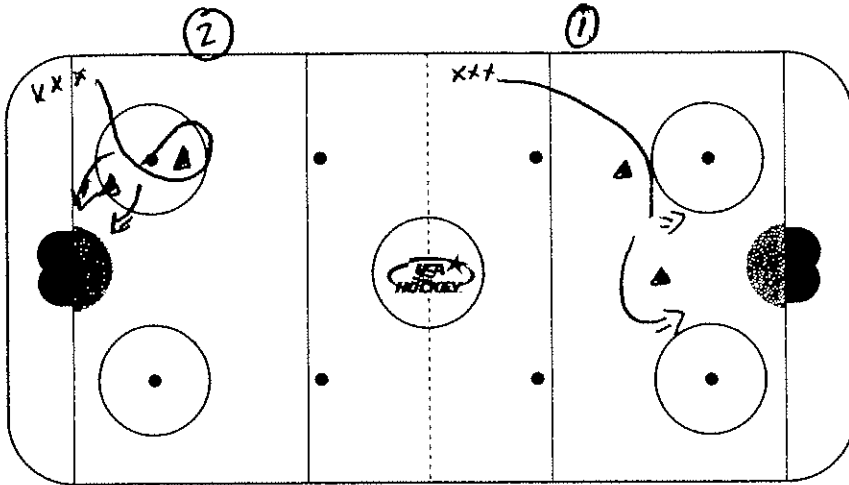
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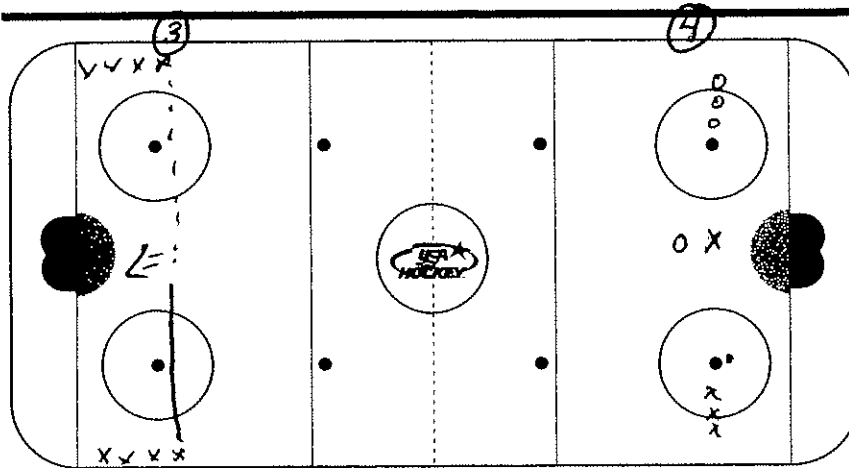
SYSTEM/DRILL Orange and Maroon Tues. Fwds



Description \_\_\_\_\_

Keep puck in a shooting position at all times

Notes/Systems UNDERHANDLING

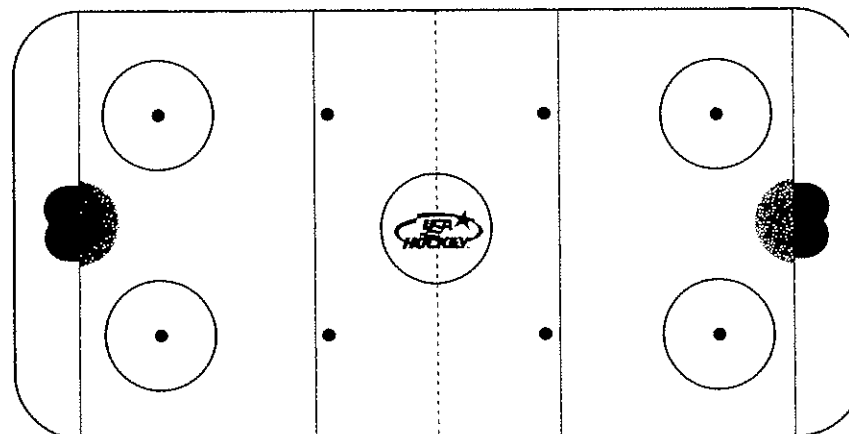


Description \_\_\_\_\_

#3 passer throws a bad pass that needs to be handled and shot quick.

#4 O defends without a stick. X fights for position

Notes/Systems Scoring Area



Description \_\_\_\_\_

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

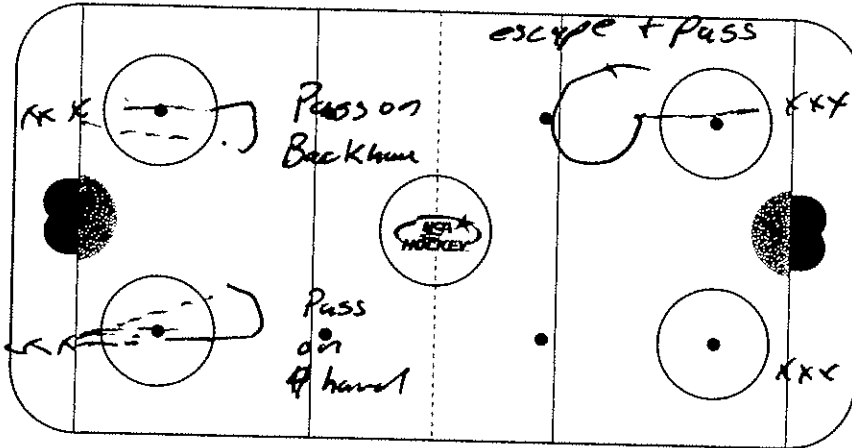




Ward + FWD SYSTEM/DRILL

Tuesday

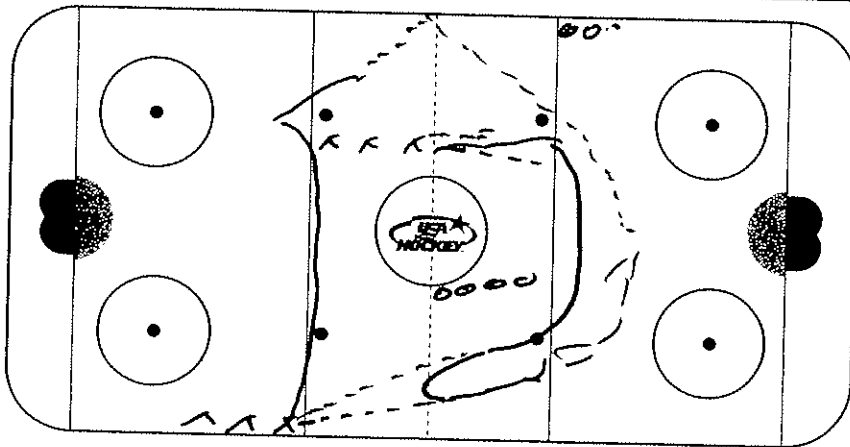
FWD



Description

4 corner different passes

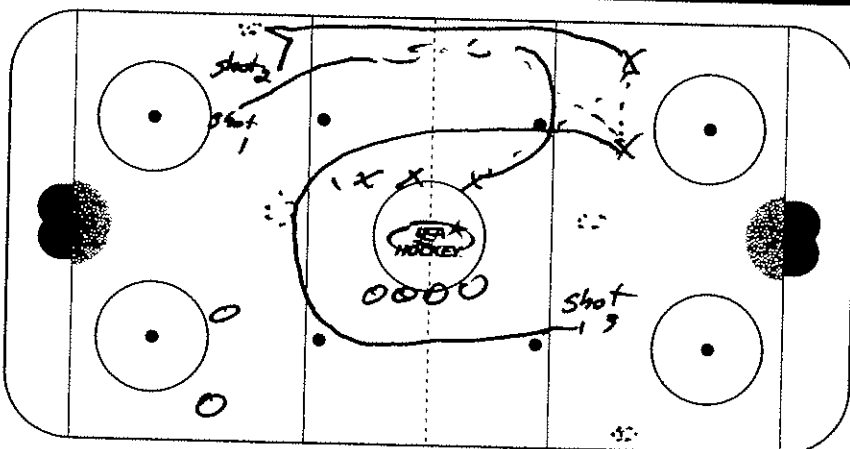
Notes/Systems



Description

Indirect passing  
Both sides at once

Notes/Systems



Description

3 shots  
Both sides at once

Notes/Systems

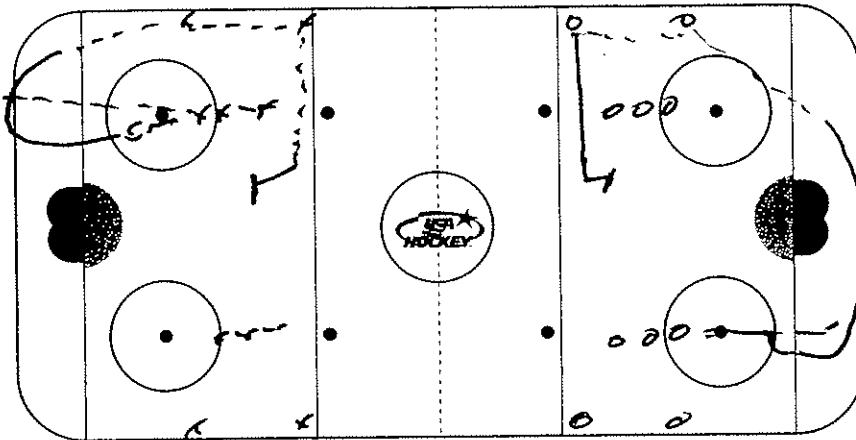
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SYSTEM/DRILL

Tuesday D-Men

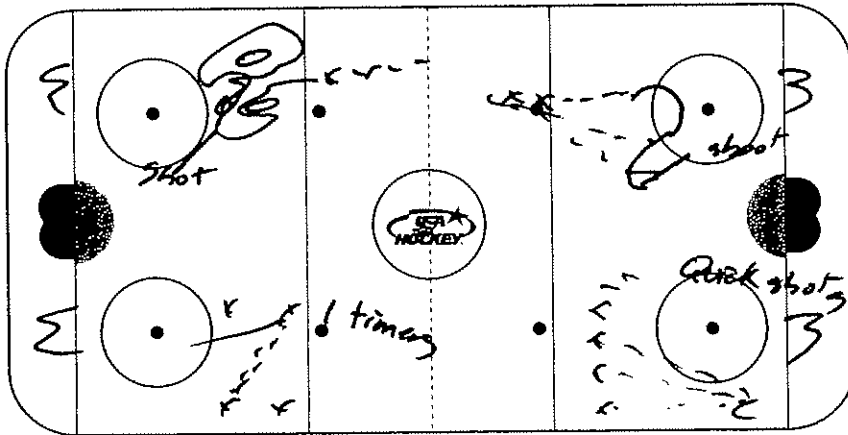


Description

Surround puck  
 Breakout pass to  
 wing then to point  
 walk + shoot.

~~then shoot~~  
 Right up then  
 wheel in net

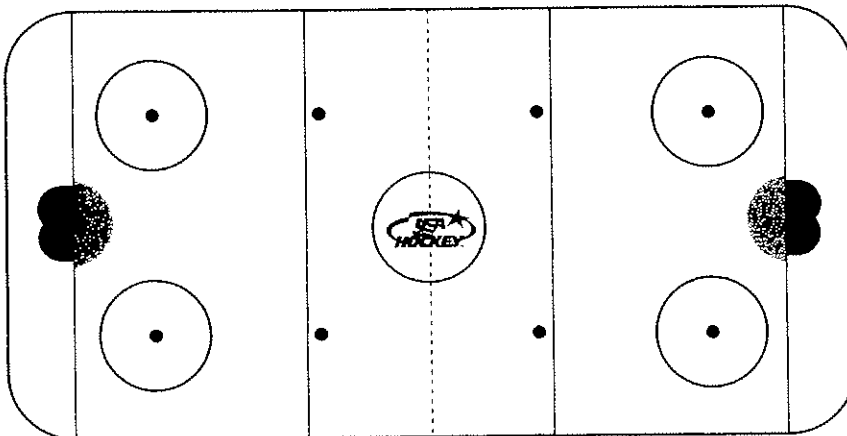
Notes/Systems



Description

4 starting 93

Notes/Systems



Description

Notes/Systems

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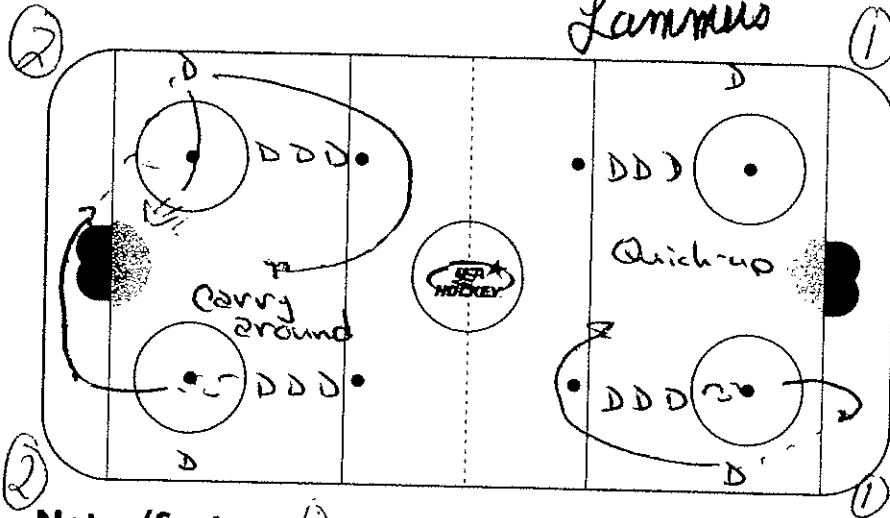




SYSTEM/DRILL

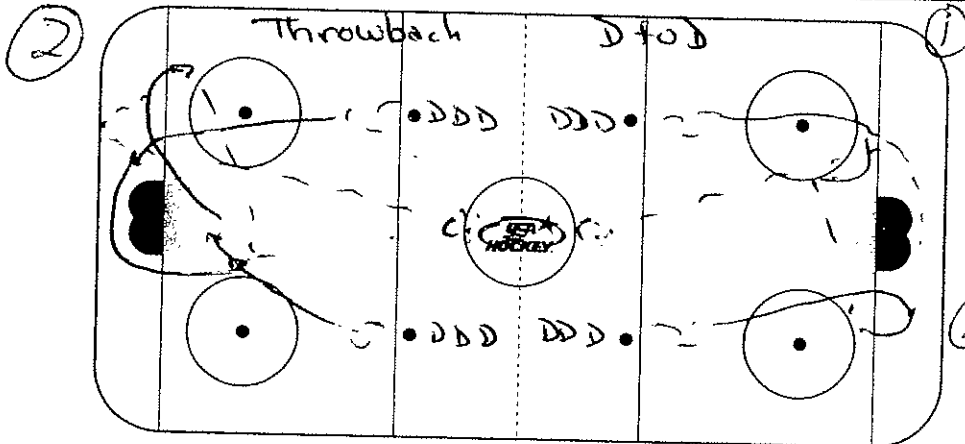
DEFENSEMAN SKILLS Tree

Lammers



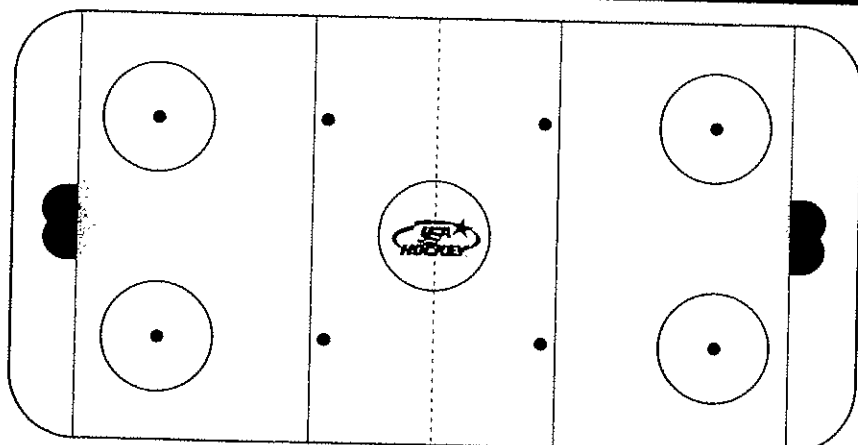
Notes/Systems ①

- Description** BO PROGRESSION
- ① D BACK PEDALS / PUCK CHIPPED IN BEHIND HIM  
D SURROUNDS PUCK ON FRETWORK & MAKES PASS TO ① / W ON WALL HE GOES AROUND PILE & S KICKS
  - ② D BACK PEDALS / PUCK CHIPPED IN BEHIND HIM  
D SURROUNDS PUCK ON RESTAND & ~~MAKES PASS TO ①~~ MAKES PASS TO ① / W ON WALL  
D ATTACKS OFF HALF WALL FOR SHOT



Notes/Systems ②

- Description** BO PROGRESSION 2x1
- ① PUTS PUCK IN / D BATTER PUCK OUTSIDE DOTS & MAKE D-D PASS THAT MADE ORIGINAL PASS JUMPS UP ICE / THEY REGROUP WITH CORNER & ATTACK 2x0
  - ② ① PUTS PUCK IN / D GET PUCK INSIDE DOTS & AS NEAR POST REVERSE PUCK / PARTNER PICKS UP PUCK & MAKES RETURN PASS TO ORIGINAL D / BOTH D REGROUP WITH CORNER & ATTACK 2x0



Notes/Systems

**Description**

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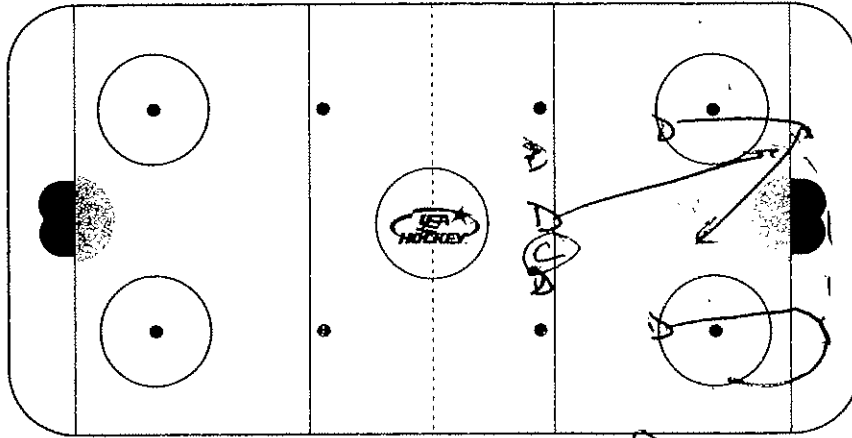


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# SYSTEM/DRILL DEFENSEMAN SKILLS



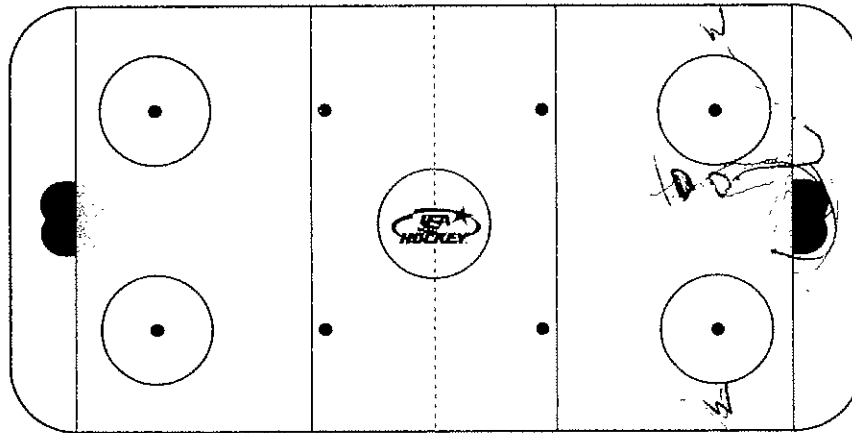
**Description** 1 vs 2 BO  
 (C) Dumps in puck 2 D MK. STAY AT TOP OF CIRCLE WITH F. FORWARD STARTS NEXT TO CO.

D GO BACK & GET PUCK & USE EACH OTHER TO BO VS FORWARD

D THAT BO FORWARD W/ CONTACT & ATTEMPT FORWARD 2-1

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

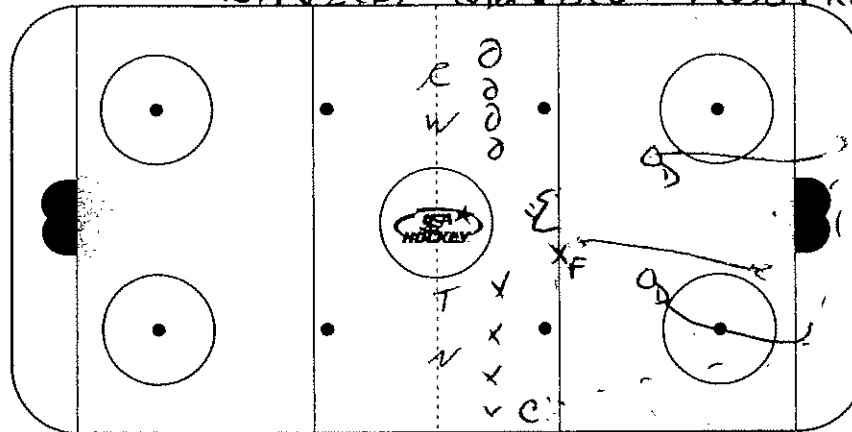
(4)



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

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

(A) 1V2(D) → (B) 2V3(D) → (C) 3V4(D)



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

Game 30 SECS TO 1/2 OR GOAL

(A) 1V2

(B) 2V3

(C) 1V2 → 2V3

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

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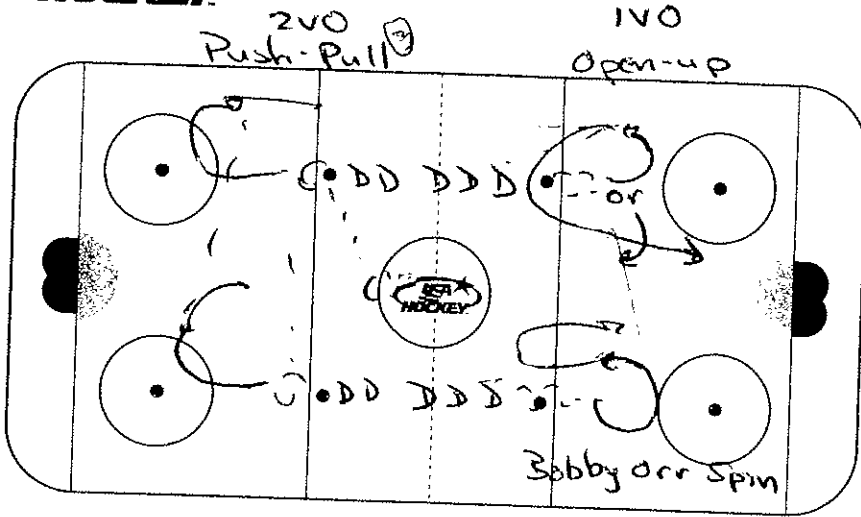




SYSTEM/DRILL

DEFENSEMAN SKILLS ZONE

(5)



Description \_\_\_\_\_

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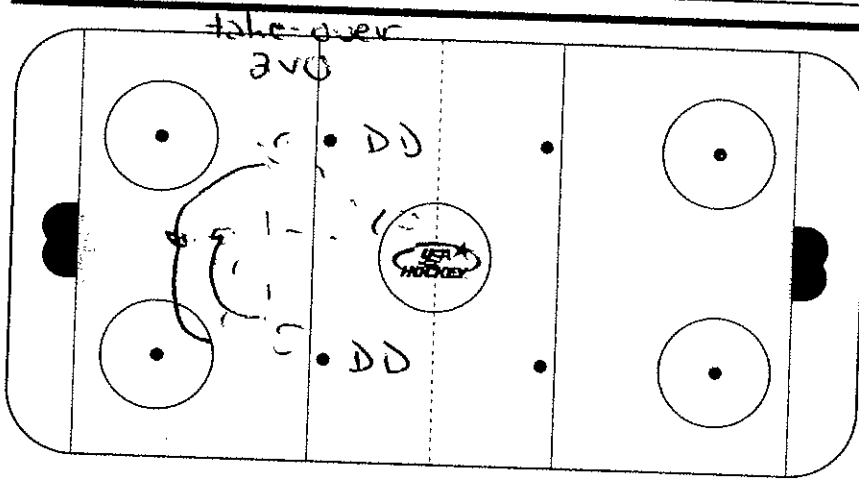
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Notes/Systems \_\_\_\_\_



Description \_\_\_\_\_

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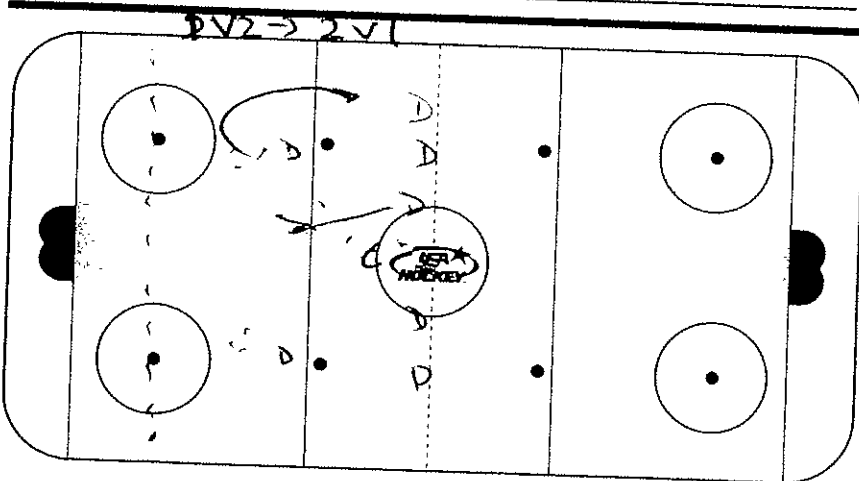
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Notes/Systems \_\_\_\_\_



Description \_\_\_\_\_

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

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# USA HOCKEY GOALTENDER PRACTICE – 2008 NATIONAL CAMP

“Quality repetition is more important than quantity.”

90 Minute Practice (Time on Clock)

Equipment Required:

- pucks, 12 cones, 8 nets, ice markers.

Practice Structure:

Time

Movement Drills – All Zones

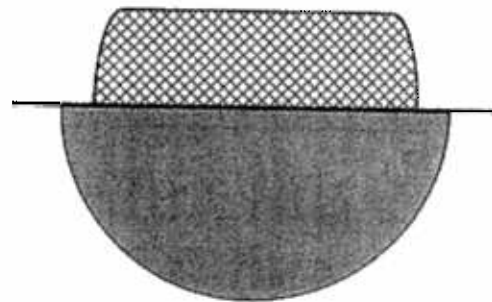
10/10

Station Work – 4 Stations, 15 minute each

15/70

Competition Drill – 2 End Zones

20/90



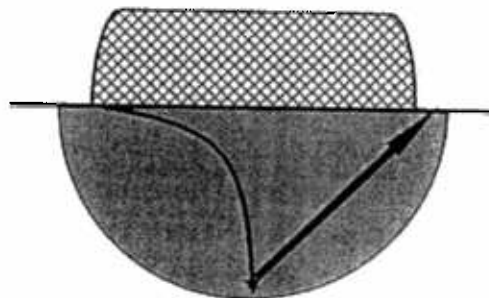
Movement Drills 1 – 3 (All Zones)

10/10

1. Middle Out Butterfly Slide – 6 Reps

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.

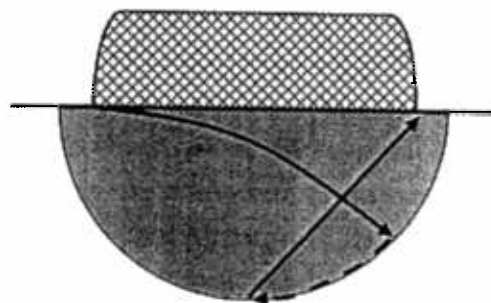
Off post the lead leg should be placed in the middle of the net. Butterfly slide, rotate hips, lead with stick and gloves, and push hard with the inside edge of the outside leg.



2. Off Post Small Shuffle Work – 4 Reps

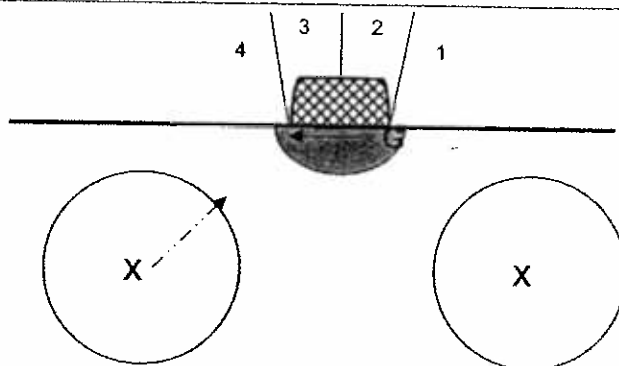
The goalie comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet. The goalie small shuffles across the top of the crease until he/she reaches the puck in the middle of the slot. The goalie then rotates hips and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

Repeat drill from opposite post.



3. Zone Work with Chest Shot – 6 Reps

X1 and X2 are standing on the face-off dots with pucks. Goaltender starts on the post and travels to opposite post along the goal line while looking into all 4 zones behind the net. After arriving at opposite post the goaltender C - cuts out and sets feet on angle with the shooter. X1 or X2 shoot at goaltender's chest after he/she sets their feet.





# USA HOCKEY GOALTENDER PRACTICE – 2008 NATIONAL CAMP

“Quality repetition is more important than quantity.”

Station Work – 4 Stations, 15 minute each 15/70

Zone 1:

- Triple Option Load, 3 Cone Angle Shooting

Zone 2:

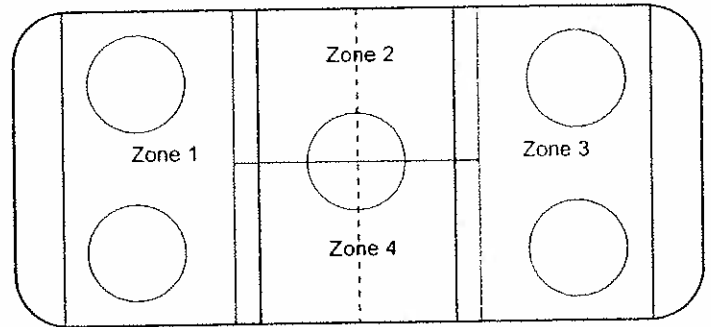
- Middle Out 2 Puck, Glove & Tracking One

Zone 3:

- Berard 4 Puck, Berard Back Door

Zone 4:

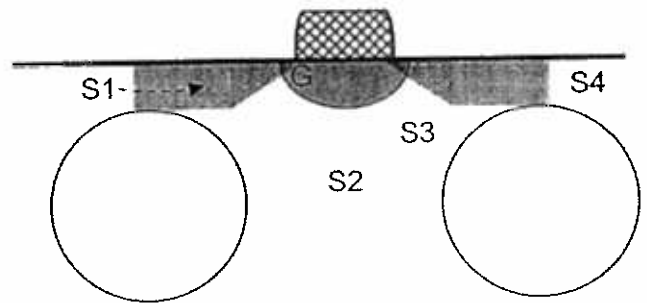
- Barrasso, Colorado



15 Minutes Per Zone

Triple Option Load (Zone 1)

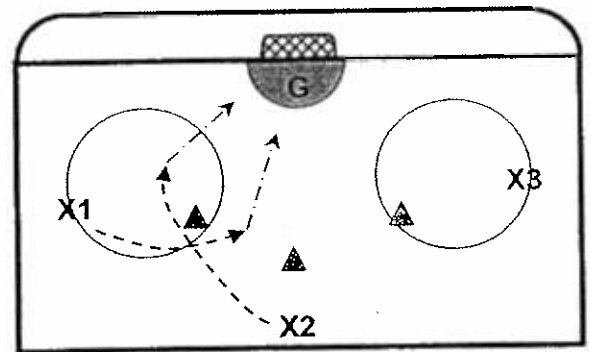
The shooter S1 begins with the puck just above the goal line and S2 and S3 in slot as indicated as passing options. S1 starts by skating the puck into the post load zone and then has three options. 1) Shoot to score or create rebound 2) Take puck to net on jam play 3) pass to S2 or S3 for back door play. Shooters play out rebounds.



Goalie moves into the post load position as the puck moves into load zone and reacts accordingly.

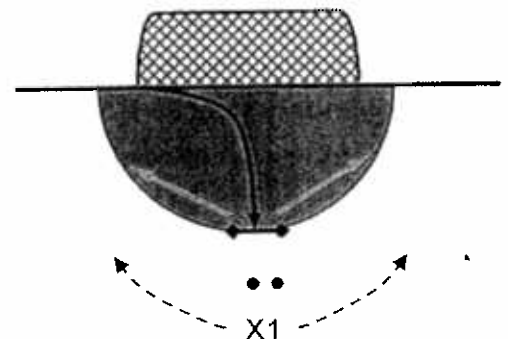
Three Cone Angle Shooting (Zone 1)

Players start on wall above each circle and in the middle of the blue line. On the whistle X1 carries the puck beyond the cone that is directly in front of X1 and shoots from the slot. X1 follows the shot to the net. The goaltender plays the first shot, once finished returns to the middle of the net and sets feet. When goalies feet are set, X2 drives wide of either cone for angle shot with X1 staying in the slot for a potential rebound.



Middle Out Two Puck (Zone 2)

The goalie moves off the post through the middle to top of the crease and sets feet. Once the goalie sets feet, X1 shoots to score through the five hole. The goalie drops into butterfly position to make save. X1 then immediately takes 2<sup>nd</sup> puck and attacks to either forehand or backhand side. Player cannot change direction once committed.



Playing the 2<sup>nd</sup> puck the goalie stays in butterfly position using on ice recovery to make the save.

National Player Development Camps

