

PRACTICE 5

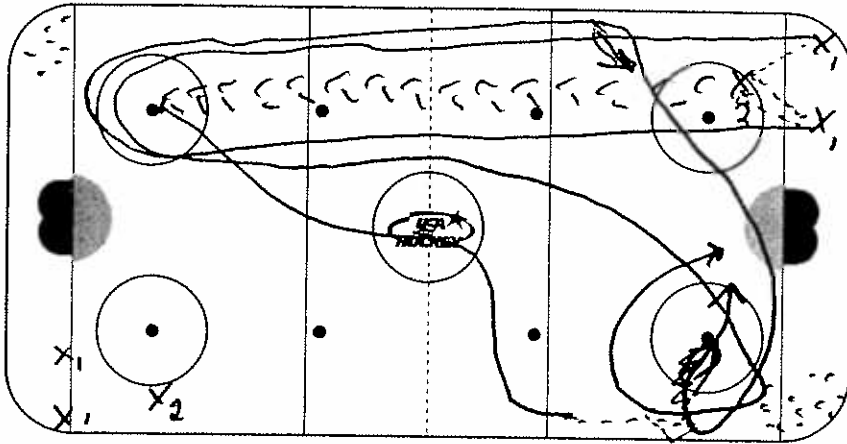
POSITION SPECIFIC PRACTICE

“INDIVIDUAL SKILLS”



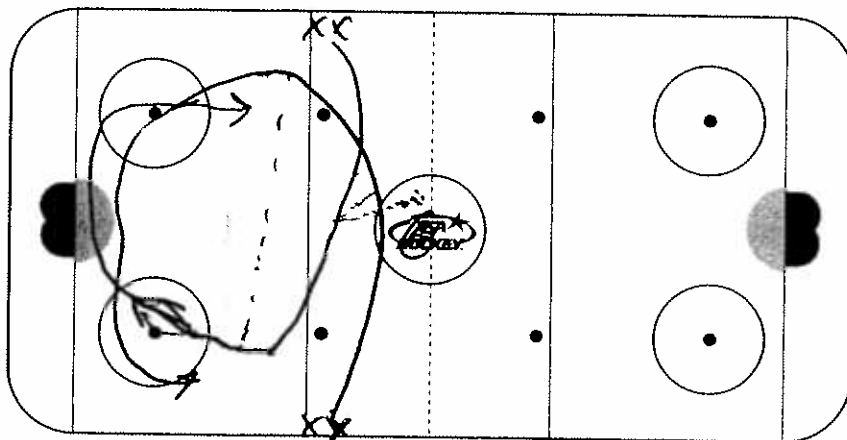
SYSTEM/DRILL

Wade Forwards - Forton
Gray/Navy June 25 3:15 - 4:30



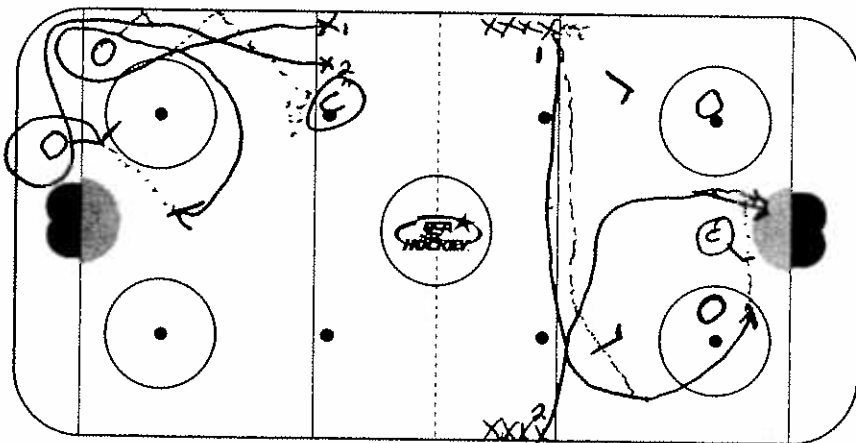
Description "Buc Shooting"
2 X's bump puck up ice with X2 who is skating backwards. When they reach far end X1 curl and receive pass from X2. Long shot by outside X1 and other X1 picks up second puck and cycles to shooter who passes to X2 who followed up play to blue line. Drag & shoot and two X's go to net far tip.

Notes/Systems



Description "Overspeed 2 on 1"
Each chips puck in NZ. 2 players make one exchange in NZ and one pass inside blue line. Puck shot and both players curl back in front of net and repeat drill w/ second puck.

Notes/Systems Keep feet moving!



Description "Double Sauce"
X1 passes to X2 who saucers over stick to area far X1 who skated behind X2 to skate onto X2 drives around tree for shot (rebound) or second saucer over coaches stick to X1. X1 then chips (or indirect) to X2 who drives not and escapes around second time. X2 quick stuffs or pass to X1 who times his roll.

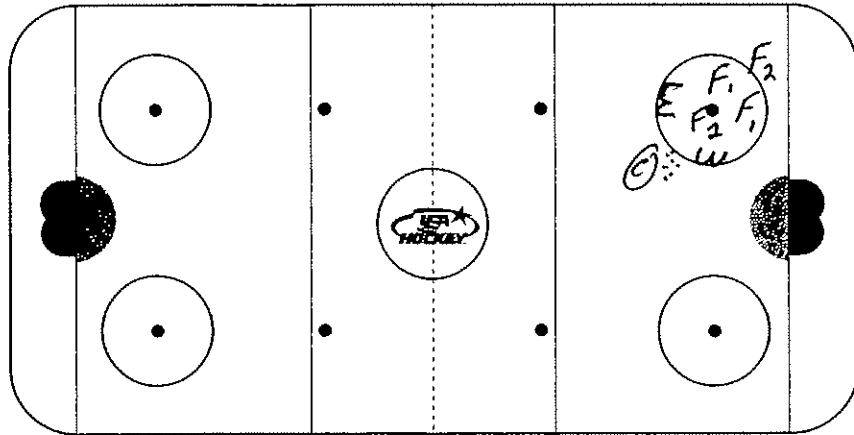
Notes/Systems Timing!!

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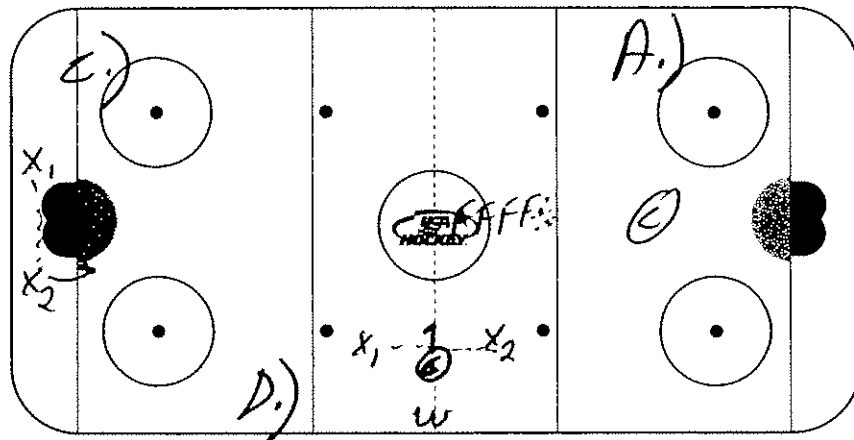
SYSTEM/DRILL Grey/Navy June 25 - Farton



Description "Le Clair"

F₁ vs F₂ in tight area - shoot at either net. Strong sticks & protect puck!

Notes/Systems _____

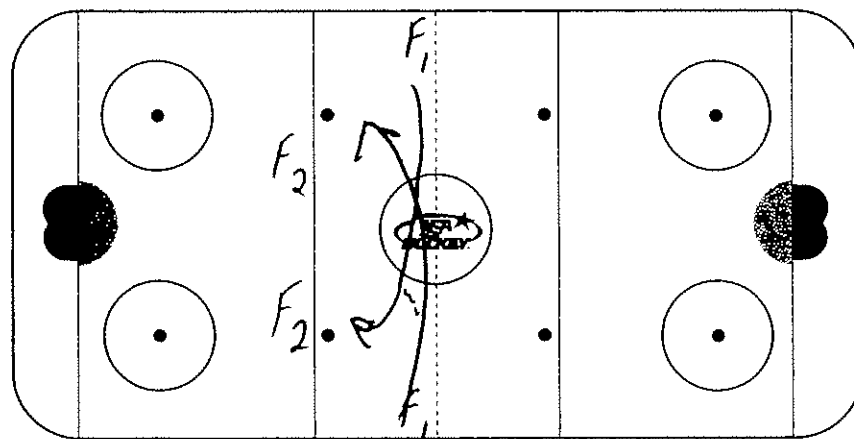


Description "Split Groups"

A.) Shooting w/ feet moving & B.) protect puck drill

C.) Kanyes
D.) One → Two Touch shooting

Notes/Systems _____



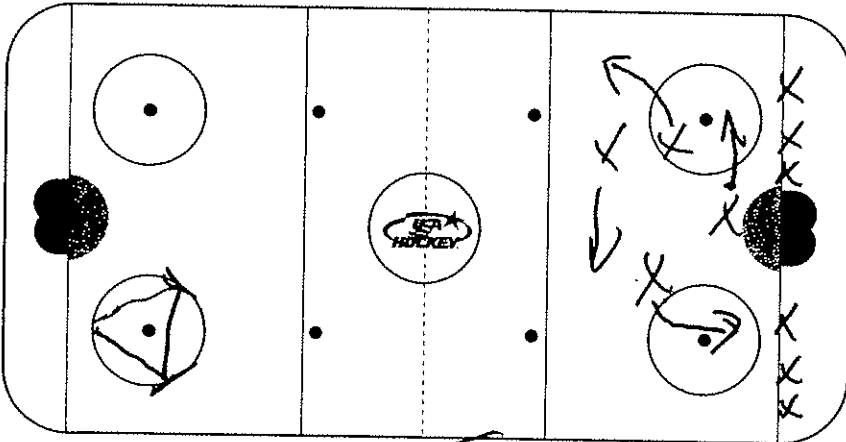
Description "Continuous 2 on 2"
F₁ exchange puck & attack 2 on 2 against F₂. After goalie freeze puck, a goal, or if puck is cleared from zone; F₁ gap up and play defence vs next 2 forwards.

Notes/Systems _____





SYSTEM/DRILL Wednesday, June 25, 2008
 Position Specific - FORWARDS - GOON/MARKOV

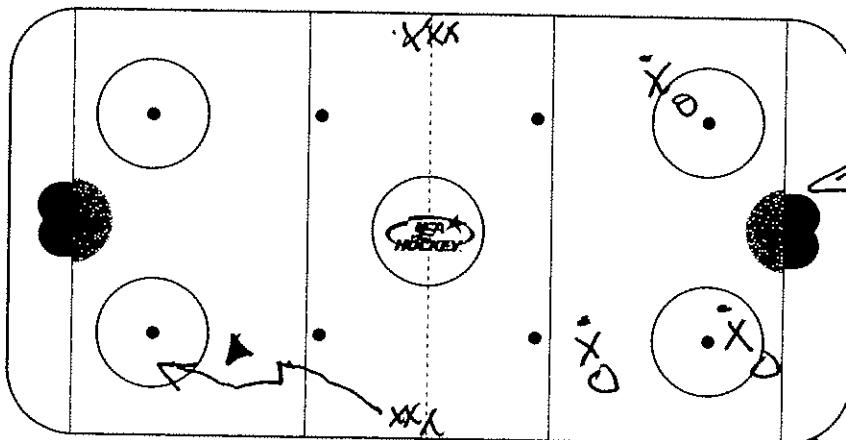


Description

- 1 touch passing
- 4 players in zone
- moving 1 touch pass

Notes/Systems

- circle skater
- use all 5 circles
- pivot keep on the circle
- pivot facing inside

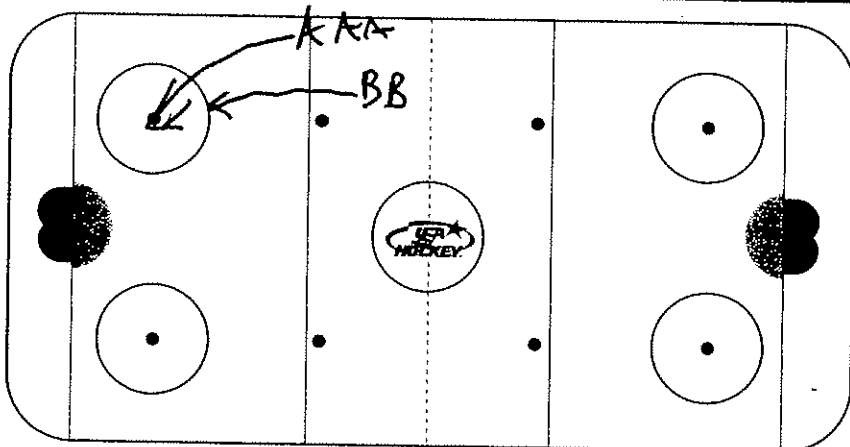


Description Pivot facing outside

- Puck PRO facing
- keep puck between
- Puck and opponent

Notes/Systems

- Fake shots
- using weight transfer
- for to freeze
- opponent



Description

- Attacking wide -
- A attacks net with
- resistance.

Notes/Systems





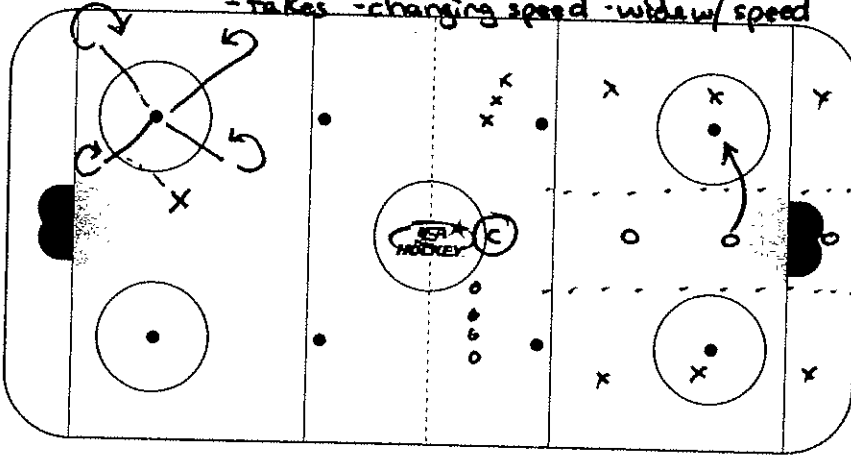
SYSTEM/DRILL

4:40-5:55 pm

- puck protect
- attack the Δ
- fakes
- changing speed
- wide w/ speed
- faceoffs (where/winnest)

**RED/TEAL
FORWARDS ONLY**

10



Notes/Systems Key = quick puck movement

Description

6v3 Puck Possession

O = 1 F/C

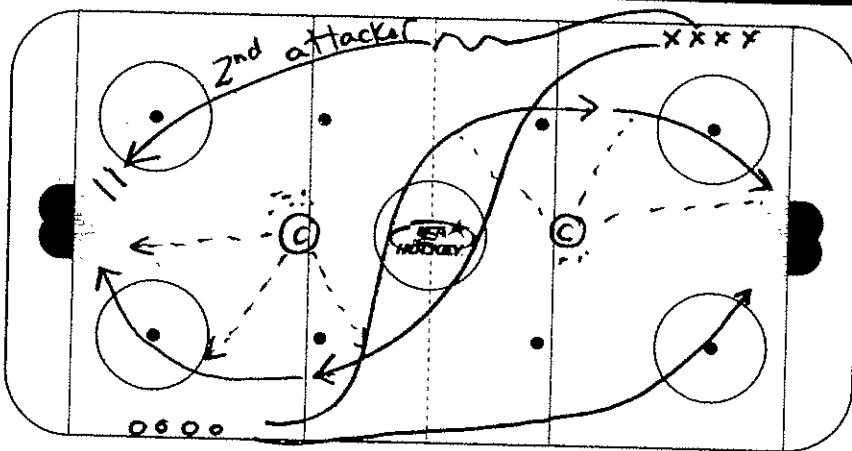
X's must move puck to open man



STAR DRILL - 4 CORNERS

- w/ speed
- always pass to next player

10



Notes/Systems Both sides

Description WIDE SPEED *

① has choice on when to give puck

① early

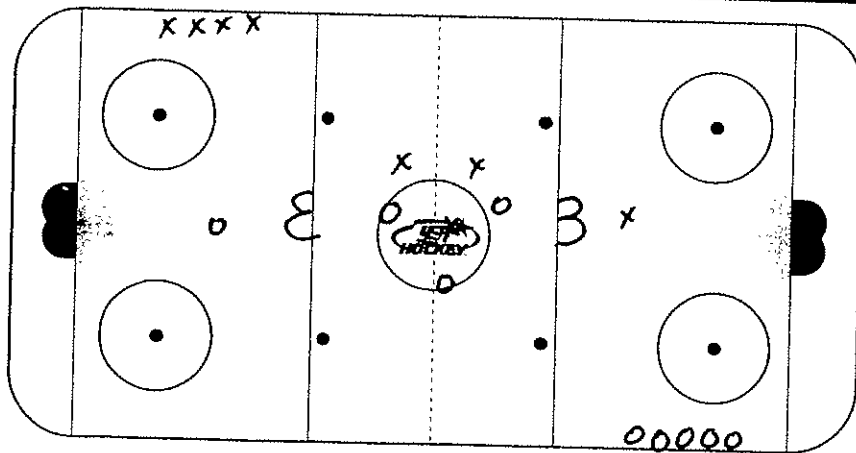
② middle

③ late

fwcs should stop at net

Phase 2 - add 2nd attacker down wall - timed speed

10



Notes/Systems pressure defense is important

Description Attack the net

- 1 player must remain behind net at all times

- 3 support players must get open

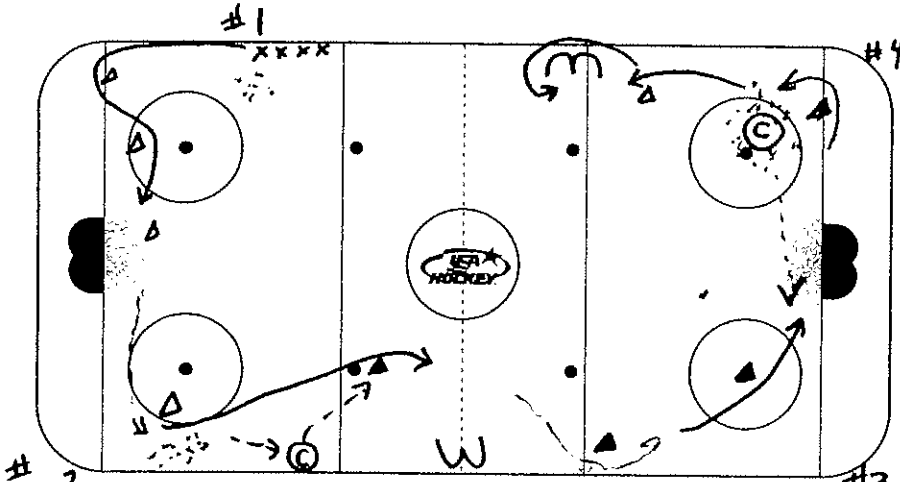
- once puck is to support players must attack quickly

*key middle lane attack or wide lane attack



SYSTEM/DRILL FULL ICE STATIONS

10



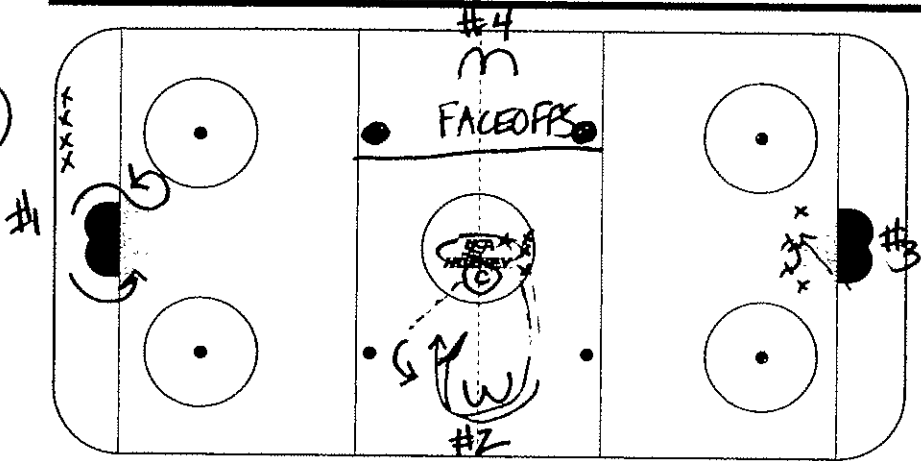
Description

- NET #1 - Low attack
 - puck protection
- NET #2 - Give/Go w/coach
 - body position -
- NET #3 - BACK DOOR REDIRECT
 - stick target
- NET #4 - Low across or rap are

Notes/Systems important to have finishing cone to slow down player

*Player tempo drill moment slow down in between

20

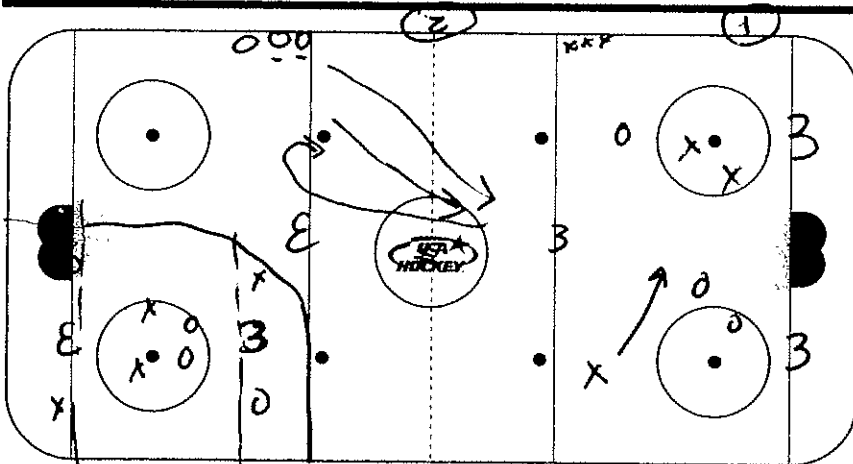


Description STATIONS

- #1 - RAP AROUNDS
 - feel body pressure
- #2 FACEOFFS
 - strategy - technique
- #3 - IN TIGHT HANDCUFFS challenge - under handle / pr
- #4 - PUCK PROTECT
 - use angles
 - defender on back
 - puck to one side

Notes/Systems

30



Description

- (1) BRUIN 3v2
 - with possession
 - make 3v2
- (2) NZ attack 2v0
 - must score 2 before other side
 - return red line
- (3) 4 CORNER NZ
 - b/out pass
 - attack pass

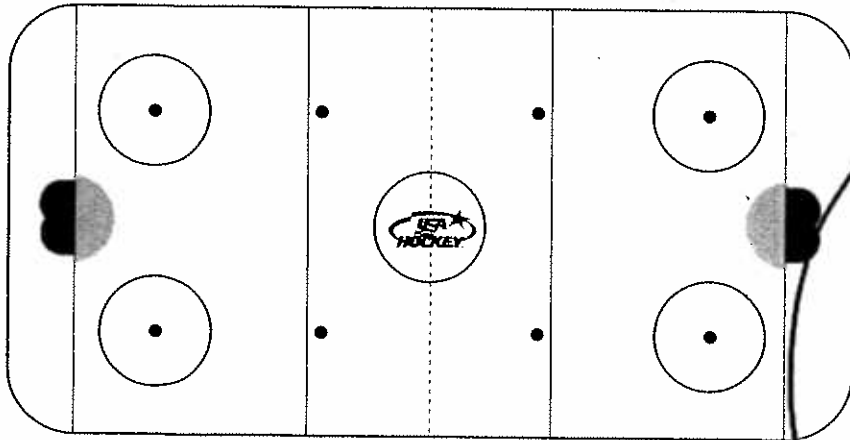
Notes/Systems

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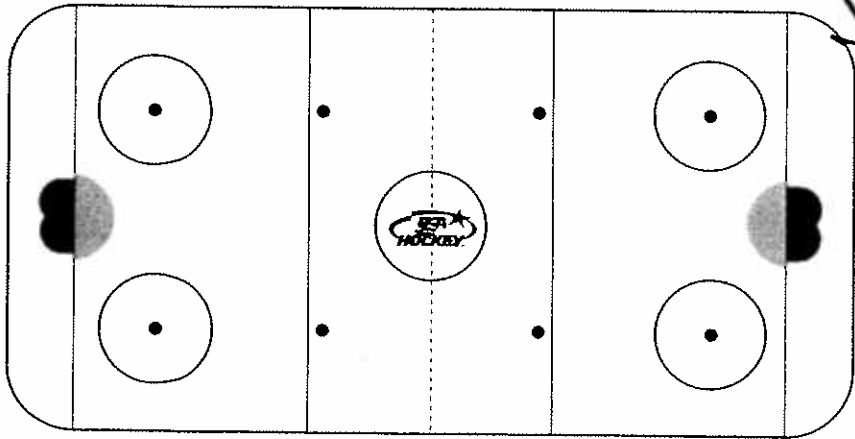
SYSTEM/DRILL Wednesday Forwards (Moore)



Description Underhanding
5 circles skated
w/ top hand only
bottom hand only
both hands
Puck stays on
forehand.

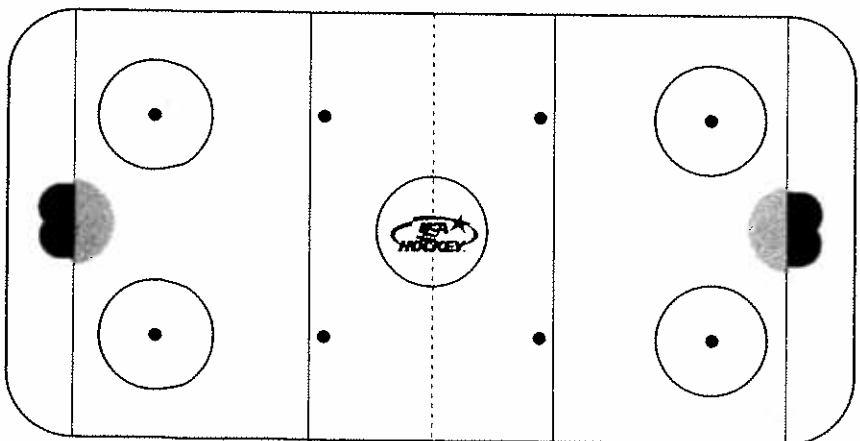
Notes/Systems _____

Emphasis on Feet
& Readiness



Description Keepaway
Direct Passes, Indirect
Space Passes, Screens
w/ all passing options
Emphasis on Movement
Communication

Notes/Systems _____

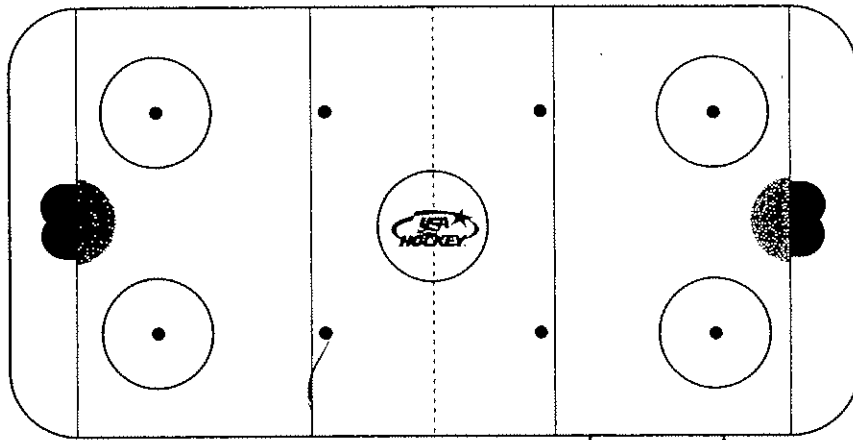


Description Protect
X₁ puck handles w/
foot movement around
X₂'s triangle
on whistle X₁ turn
and protects puck
from X₂ in a small
area. Exchange/
Repeat.

Notes/Systems _____

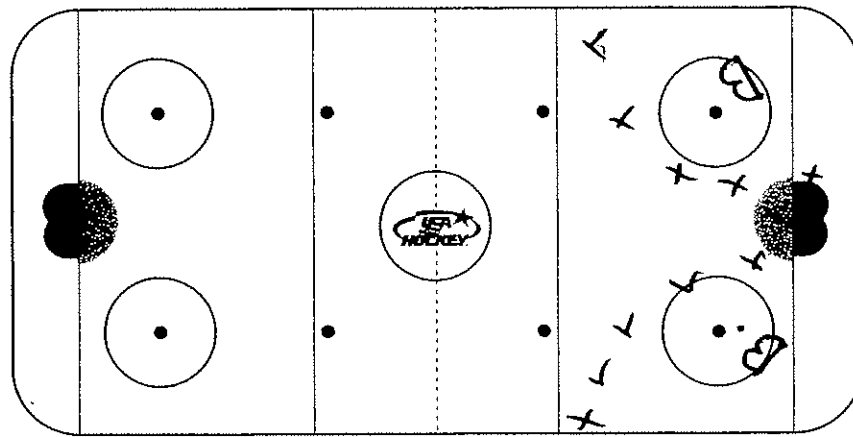


SYSTEM/DRILL Wednesday Forwards (Moore)



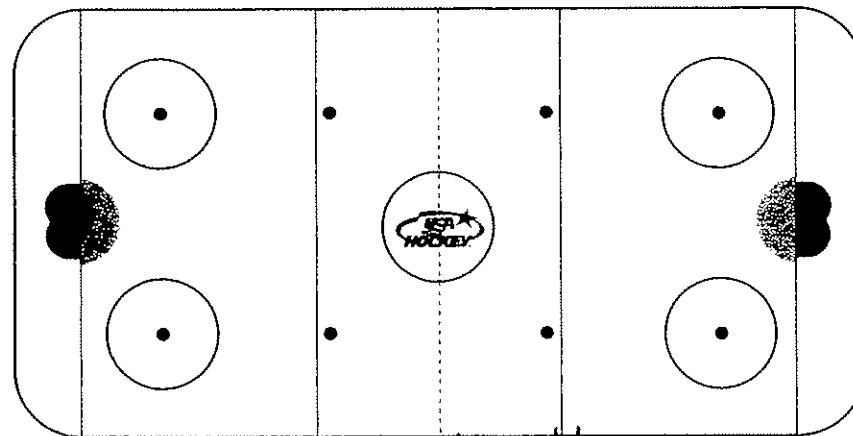
Description NZ Wave
X₁ skates around circle keeping puck on forehand and drives to net for a shot. X₁ proceeds to next circle for a second puck from X₂. Sequence is repeated again out of same/corner from both ends. On second shot X₂ makes

Notes/Systems an inside/outside move for a shot at the far end net. Change sides for 2 reps.



Description Corner 2-2
2 vs 2 Coaches & players on the perimeter support to keep the puck active while the four competitors work to cycle, screens, switch, and always communicate to defend or score a goal.

Notes/Systems _____



Description 2-0 shoot ~~with~~ options. C
3 pass on third pass shooter makes a backhand move to create a shot alley. Next, a full backhand handle to the front to create shot alley.
2 pass drop

Notes/Systems Underhandle often

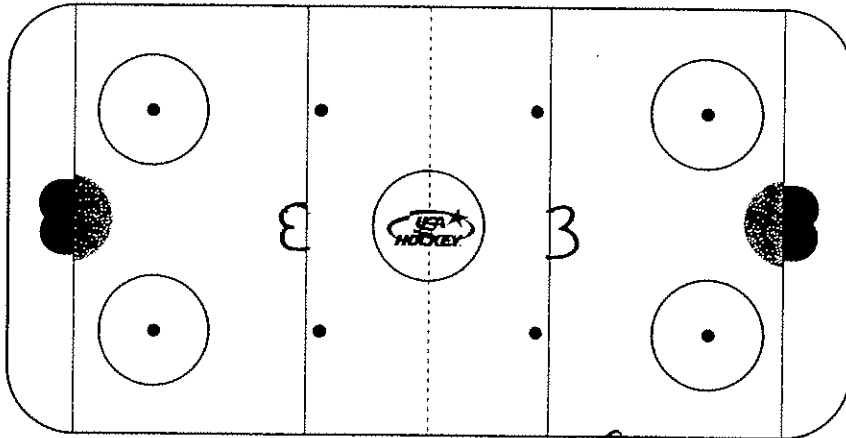
2 pass headmen





SYSTEM/DRILL

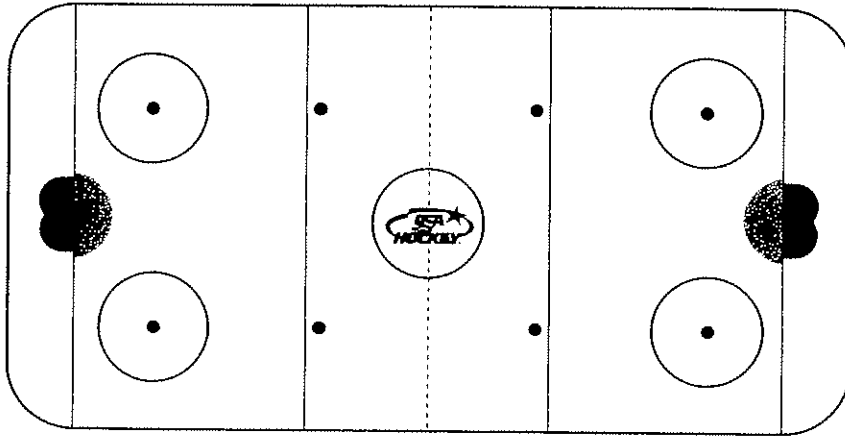
Wednesday Forwards (Moore)



Description 3-3 Score

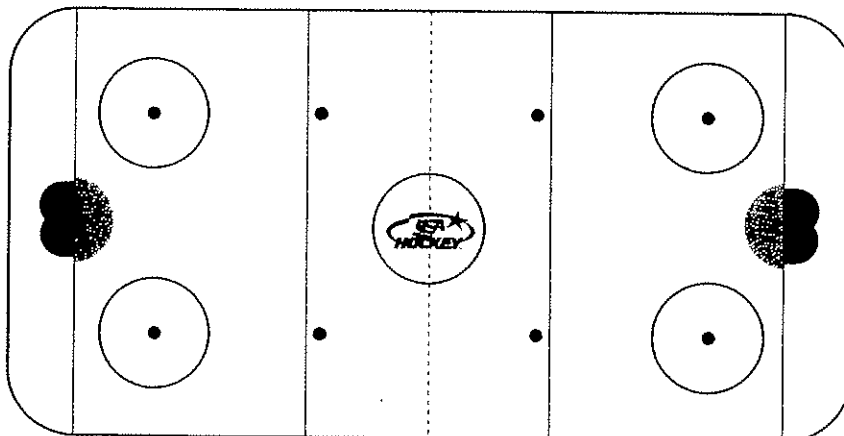
On either net. To
shoot at either net,
puck must cross the
red line. Rebounds
are available for either
team. Coaches support
offense only on the
sideboards, but they
players cannot defend

Notes/Systems cannot score (only pass)
coaches, only other players



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

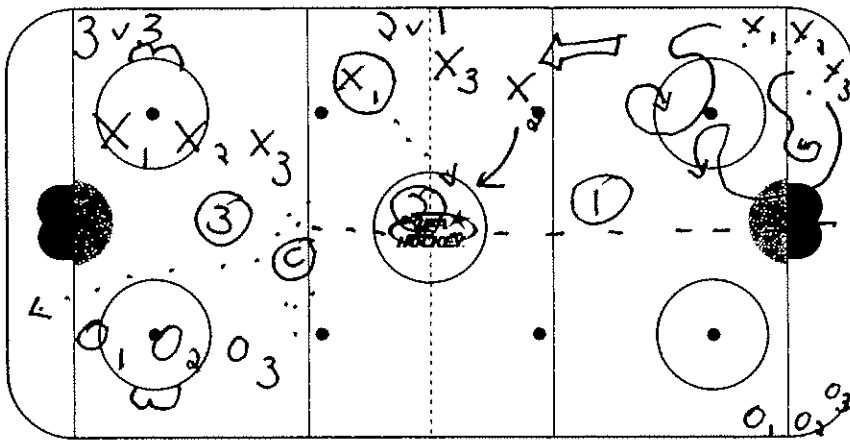
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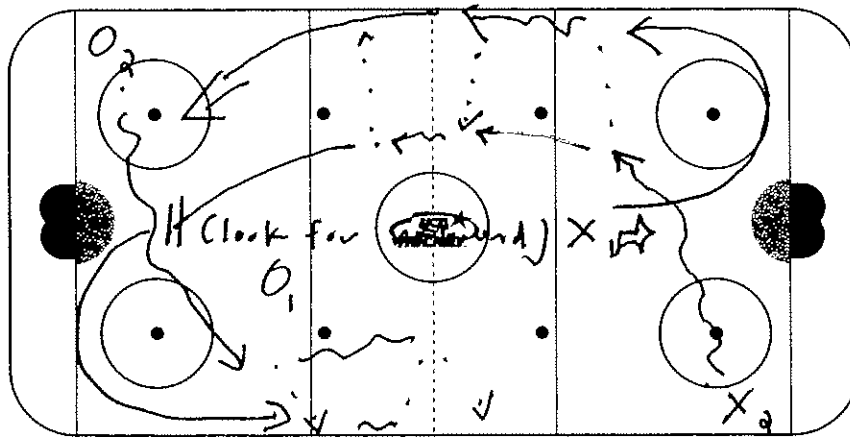
SYSTEM/DRILL D skill

Wade Brendon
2:20 - 3:30



Description 3 zone warmer
① X's choose skating
stay in zone on
your half ice (O's see
② 2 v 1 keep away
③ 3 v 3
progress on whistle

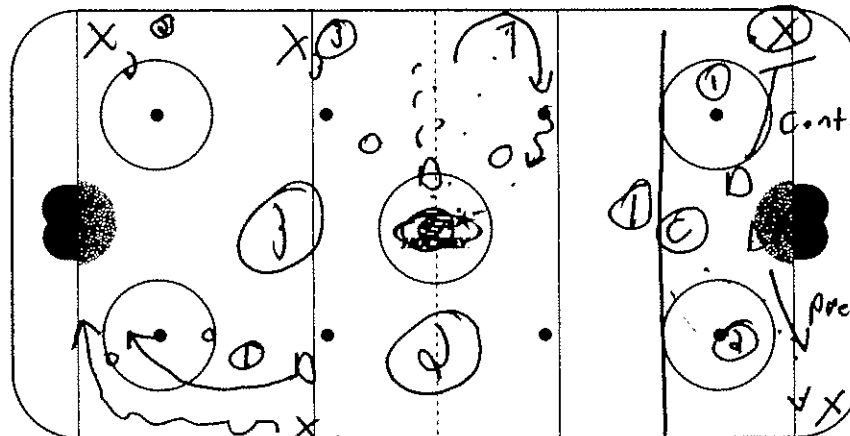
Notes/Systems



Description Double drive
shooting
X1 starts w/ shot
X2 has puck - X1
skates bottom circle
and up boards
X2 pass w/ X1
X1 shot at far
end X2 look rebounding
then become outside

Notes/Systems

Continuous drill



Description 3 Zone
stations
① slot corner
1x1's
Contain/1st - X w/ puck
attack net front
① on whistle
aggressive
X get pass ②
② pivot - regroup -
breakout

Notes/Systems

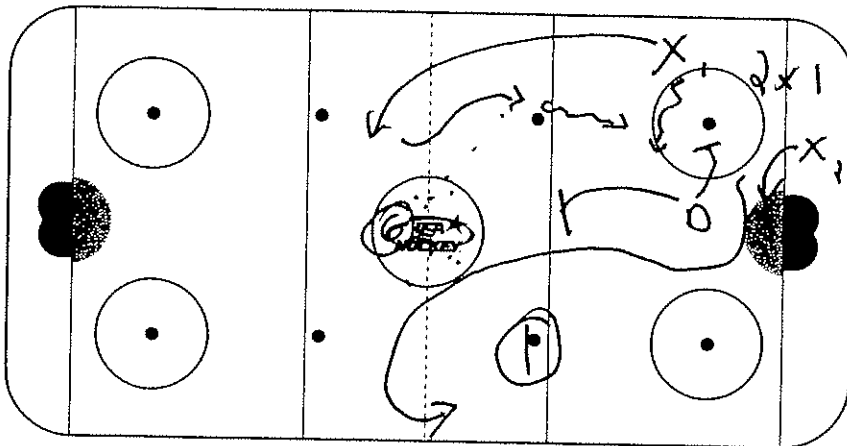




SYSTEM/DRILL

0 skills

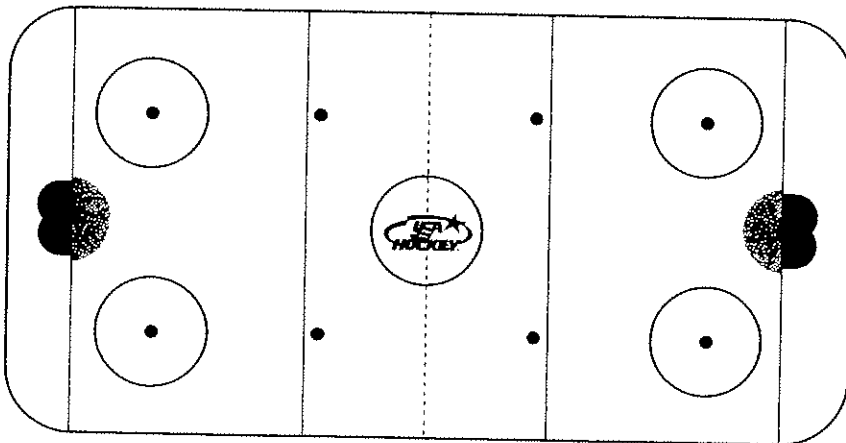
2:20 - 3:25



Description of stations

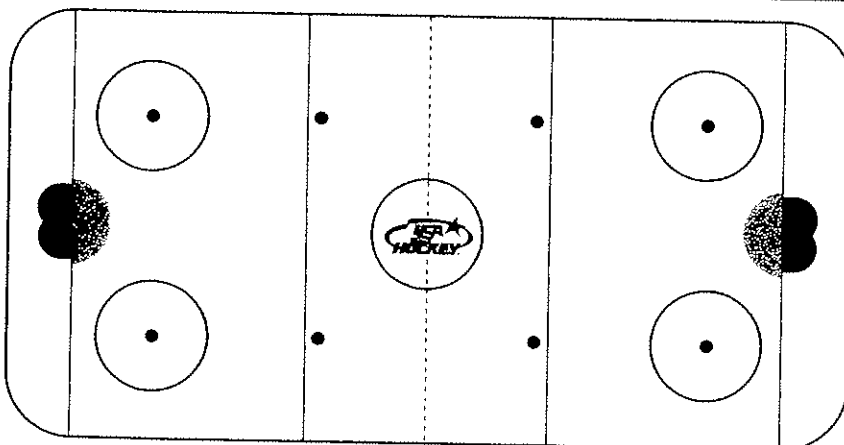
① 2v1 multi
low
to
re-group in 2x1

Notes/Systems



Description

Notes/Systems



Description

Notes/Systems

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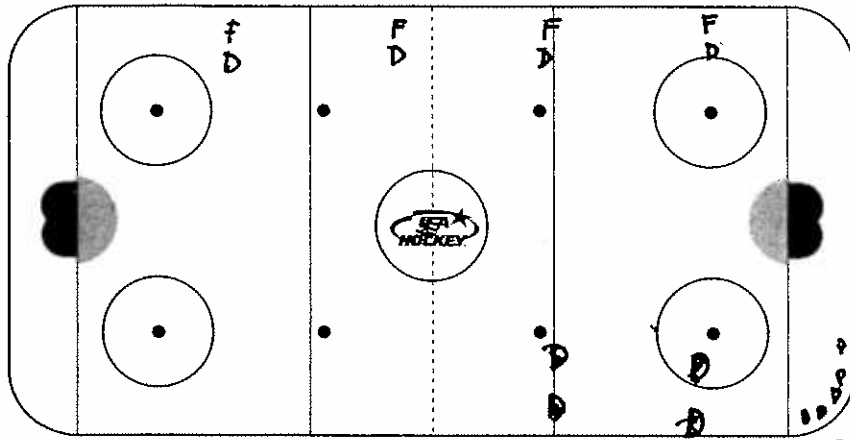




SYSTEM/DRILL

Wed
Defensesman Specific Coke

1



Notes/Systems

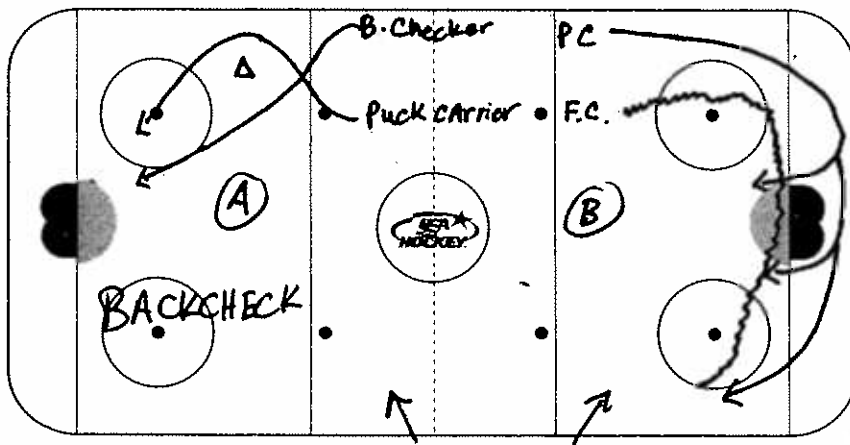
WARM-UP 4min
4min

Description Defender uses his
Agility and low center of
gravity to press FWD on
Hips to disrupt balance and
tries to recover puck

Defenders stick blade must
remain low to ice

Simply skate all 5 f.o. dots
pivoting every time you
get to 6+12 on clock. 2X
then 2X w/ Pucks.

2

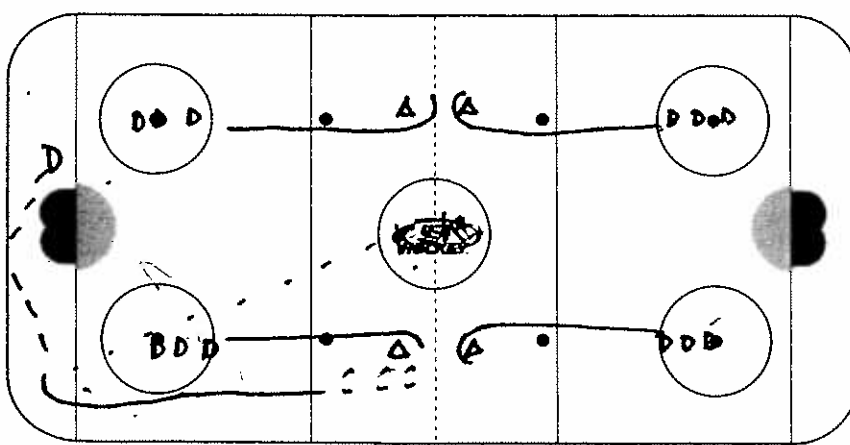


Notes/Systems BACKCHECK / Forcheck Angling
6 min each side

Description Backchecker works
to skate to near post to
head off puck carrier, he
must stay low and coiled w/
feet moving

f.c. must work to mirror
the puck carrier, and try to
neutralize him, gap speed
Adjustment, stick placement
are essential

3



Notes/Systems Gap/Support

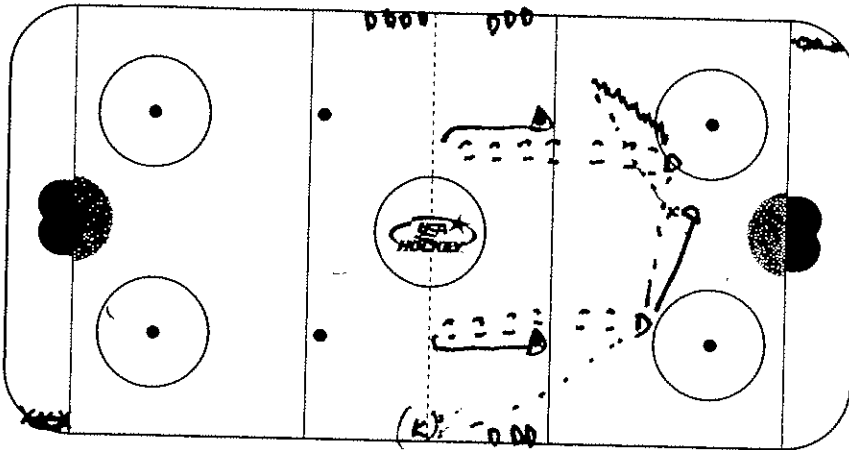
Description K's(2) in middle
w pucks. 4 cones just inside
red line. 4 lines of D-men
@ Tops of circle. On whist.
1 D from each line sprints and
transitions around N.Z. cone.
K spots a puck inzone. Stro
side D retrieves and passer
to other who is supporting
- use both sides of cones
- Reverses
- Deception on retrieval
- D MAN who recieves puck takes
shot





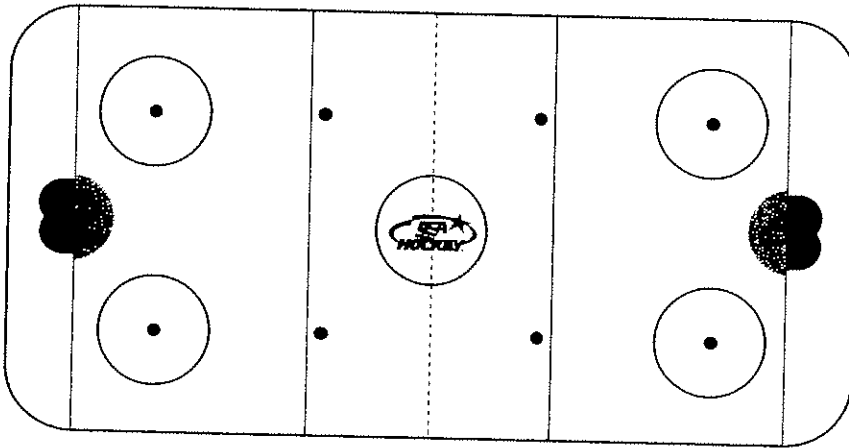
SYSTEM/DRILL

4



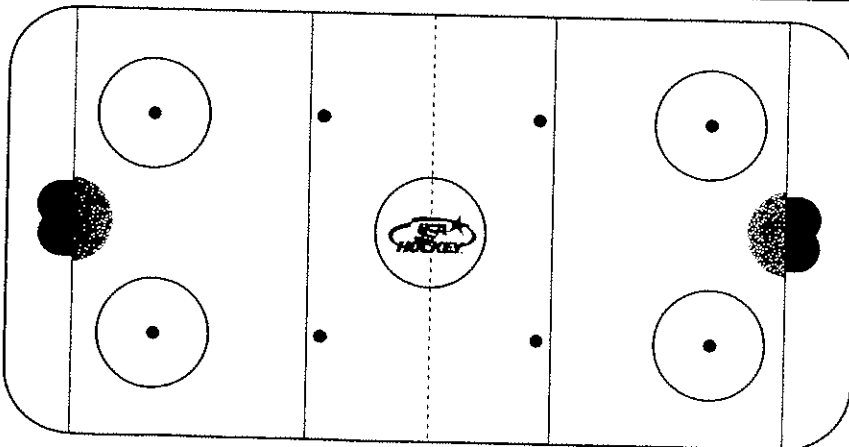
Description On whistle, 1st set of D skate to red line, mouth turn to back wards. D receive pass from coach. Weakside D² supports and receives D to D pass. After pass is received D heads up ice with WSD support under net on back diagonal. After pass received finds new D on wall for 2 on 0 with D coming in late.

Notes/Systems D to D Support 2-0 (D-jump)



Description _____

Notes/Systems _____



Description _____

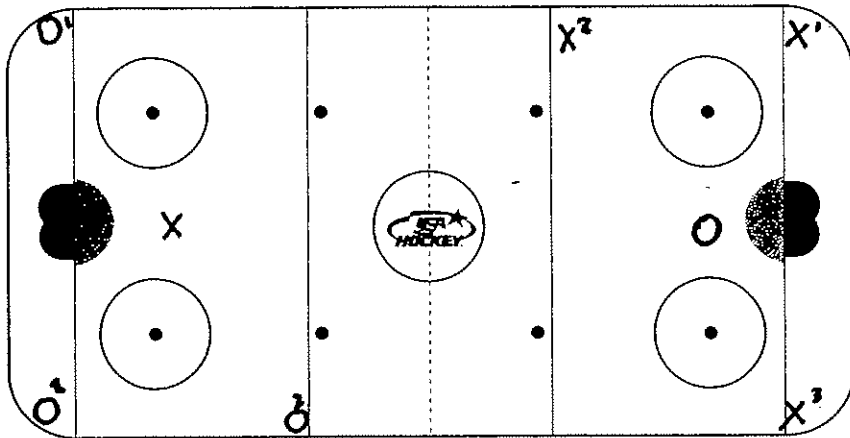
Notes/Systems _____





SYSTEM/DRILL

5

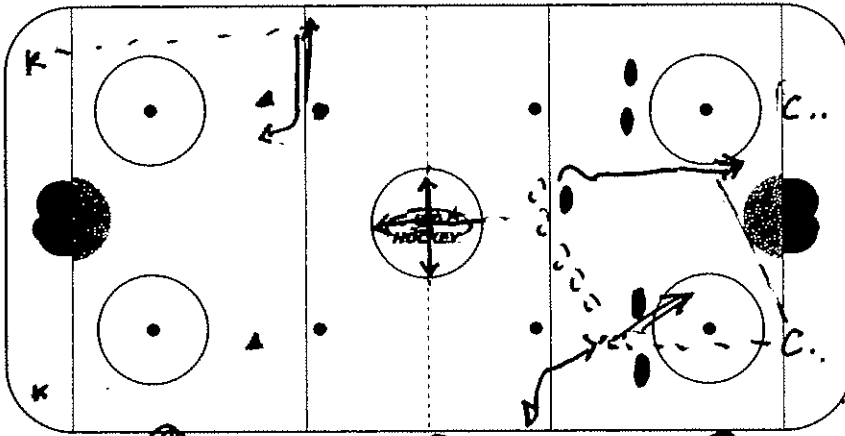


Notes/Systems

1v1 3X

Description Coach will pass to Any one of 3 X's to str 1 on 1. Play out for a few seconds. Coach slaps stick and passes to Another X beginning 2nd 1v1. followed by 3rd 1v1.

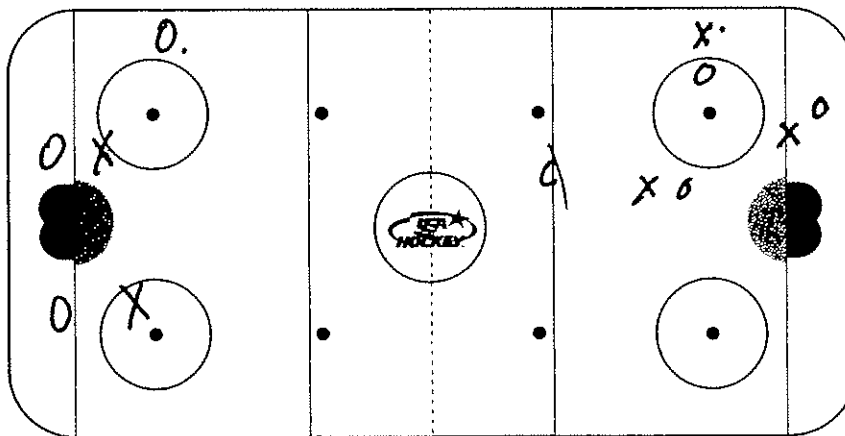
6



Notes/Systems

Description 3 Stations
1) drag + shoot walk to middle (wrist + slapshots)
2) fiery cross
3) D presents self receives pass from coach. Fake Slapshot or quick wristor between cones. After shot, back skate + open up for back door pass from same coach
Alternate sides

7



Notes/Systems

Description 3x3 Low 1
2) Into 3x3 D to O w/ Coach
Both ends.
3) Finish w 4x4 full ice game, players can only skate backwards.





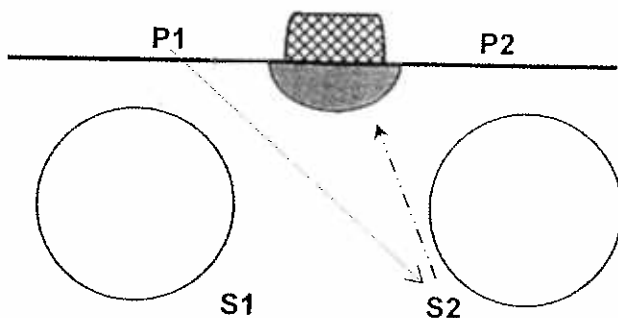
USA HOCKEY GOALTENDER PRACTICE – 2008 NATIONAL CAMP

“Quality repetition is more important than quantity.”

Glove & Tracking One (Zone 2)

Shooters S1 & S2 are placed inside at the top of the circles in line with the hash marks, passers P1 & P2 below the goal line. The goalie begins on the post near P1. P1 passes to either S1 or S2.

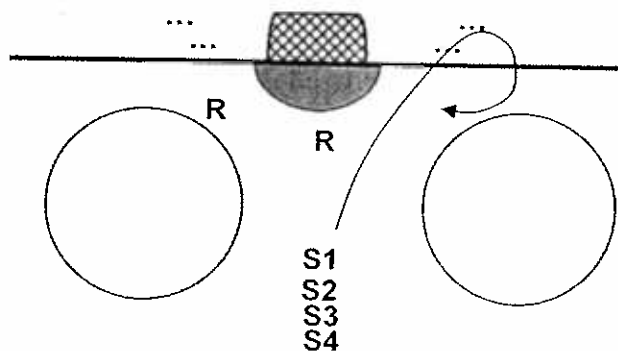
The shooter catches & shoots to score, with the majority of shots high to test the goalies hands. It is important for the goalie to explode off the post, moving center out and setting feet for shot.



Berard 4 Puck (Zone 3)

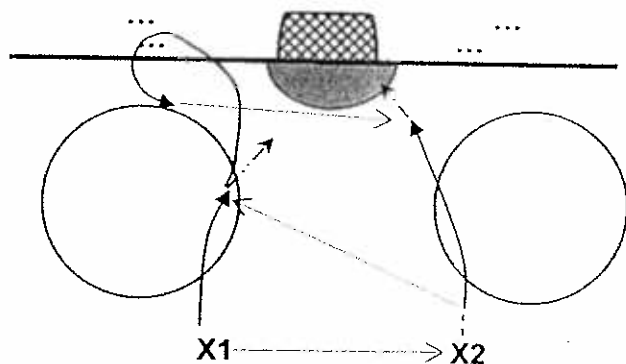
S1 retrieves puck and attacks net. S1 shoots immediately or tries to attack across crease.

Once S1 shoots, S1 & the rebounders (R) look for 2nd chance plays. Play continues until goalie smothers puck, clears rebound below goal line or beyond shooters, or goal is scored. When the play ends, the goalie fully recovers, gets to top of crease and begins to play S2. S2 picks up a puck from the opposite side and starts to attack.



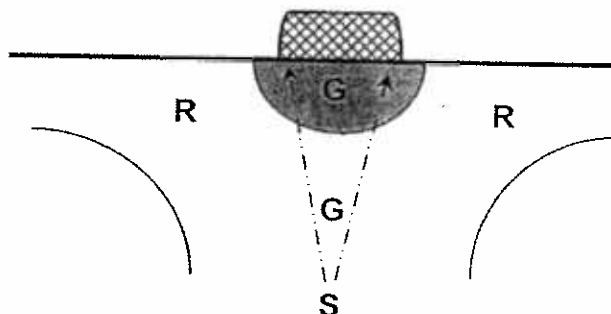
Berard Back Door (Zone 3)

X1 passes to X2 and then attacks the net. X2 takes a step towards the net and passes back to X1 near the hash marks. X1 collects the pass and shoots on net, 1 timer if possible. After shooting, X1 picks up a 2nd puck and attacks above the goal line. X2 stays high and delays movement until X1 retrieves puck, then drives to weak side post. X1 hits X2 with flat back door pass for a one touch shot on goal. Play out any rebounds.



Barrasso (Zone 4)

The shooter begins with ten pucks in the slot between the hash marks. The goaltender is in the butterfly position in the middle of the crease simulating a point shot coming at the five hole. A second goaltender is standing five feet above the crease with legs stretched wide providing a screen for the goaltender. The shots are taken through screen at either post. Part two, add in rebounders.



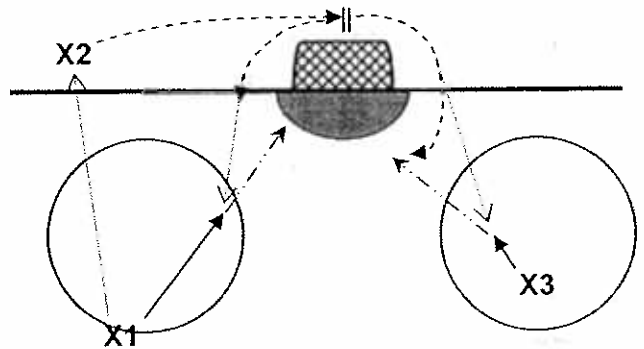


USA HOCKEY GOALTENDER PRACTICE – 2008 NATIONAL CAMP

“Quality repetition is more important than quantity.”

Colorado Drill (Zone 4)

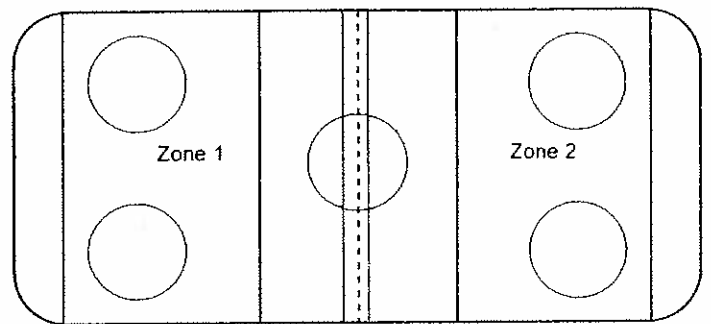
X1 starts at top of circle with pucks, X2 in the strong side corner and X3 is three feet inside top of the weak side circle. X1 starts by passing to X2 in the corner and then moving to the net. X2 carries the puck behind the net (stopping in the middle most of the time). X2 can reverse direction and pass to X1 or continue around the net and pass to X3. X2 also has the option to attempt a wrap around shot on either side.



Competition Drill

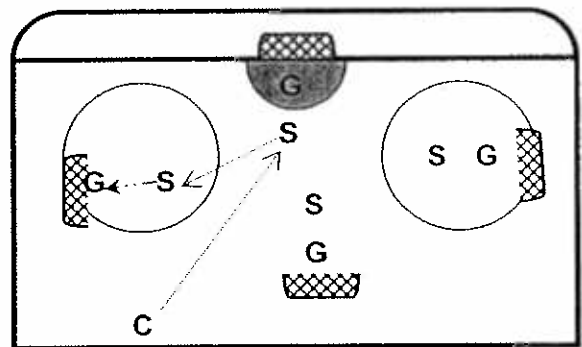
75/90

Split into 2 groups playing out of each end



King of the Net (Zone 1 & 2)

A goalie is in each net with a shooter in front. Coach is on the side with pucks. Coach passes to one of the shooters. The shooter can attempt to score on his/her net or pass to another shooter. Note: If the goalie makes a save and there is a rebound that puck is still in play. If the puck is smothered by goalie, goal scored, or goes out of play the coach will spot a new puck



in play. When a goalie gives up 2 goals he/she is eliminated and his/her shooter can then roam and score on any of the other nets. The King of the Net is the last goaltender remaining without giving up 2 goals.

