

**USA Hockey Inc**  
**Coaching Education Program**

Massachusetts District

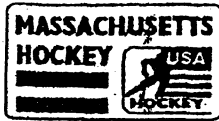


**2007 - 2008**

**Level -III**

**Intermediate Coaching Clinic**

Educating Coaches in Pursuit of Excellence in Hockey



## USA Hockey Coaching Education Program

### Hockey Dynamics Practice Outline

#### The outline

#### **1. The Start**

Let your players use the first few minutes as free time. This will serve as a warm up. Have pucks on the ice. Your player's will either shoot around or play keep away.

**Time: 4 minutes - Elapsed Time 4 min.**

#### **2. Organized warm-up**

Now that the body is ready the coach can do some balance or stretching type drills, for example, leg kicks, squats, trunk twist etc.

**Time: 4 minutes - Elapsed Time 8 min.**

#### **3. Interval Sprints**

Drills done at full speed with a work to rest ratio. No sprint lasting longer than 15 seconds. Be sure to include pucks, shots and passes. Leave loose around so that if a player loses a puck he will not have to slow down to handle the puck, he can just pick up another. For examples of drills, the Peanut, a Circle, Figure 8, or for more patterns look in Jack Blatherwick's book or make them up your self

**Time: 12 minutes - Elapsed Time 20 min.**

#### **4. Interactive Drills**

These are drills also done at high speed. There is a combination of open ice and tight area situations. There is competition.

For example; 1 on 1, 2 on 1, 2 on 2, situations etc. you can probably do 2 or 3 different drills in the allotted time.

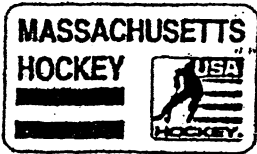
**Time: 20 minutes - Elapsed time 40 min.**

#### **5. Rock and Roll Time**

It's to compete, to get in each other's way, to be physical, to make tight area plays, to beat someone, to get beaten, to shoot, to score, to save, to play shinny hockey.

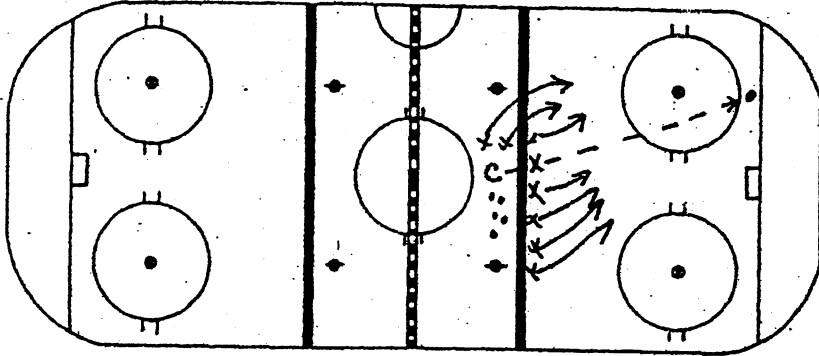
3 vs. 3 Competition, Place the nets on the sideboards in one of the zones, or anywhere for that matter, and play across the ice. For example separate your players by color (jerseys or helmets)  $\frac{1}{2}$  white and 1/2 dark, play 3 on 3 for 30 seconds. At the end of 30 seconds blow the whistle, have players change on the fly. Or even play 6 on 6 with out a time limit, or what comes to mind.

**Time: 10 minutes - Elapsed time 50 min.**



## PLAYER DEVELOPMENT PROGRAM

### 1. Warm Up - KEEP AWAY

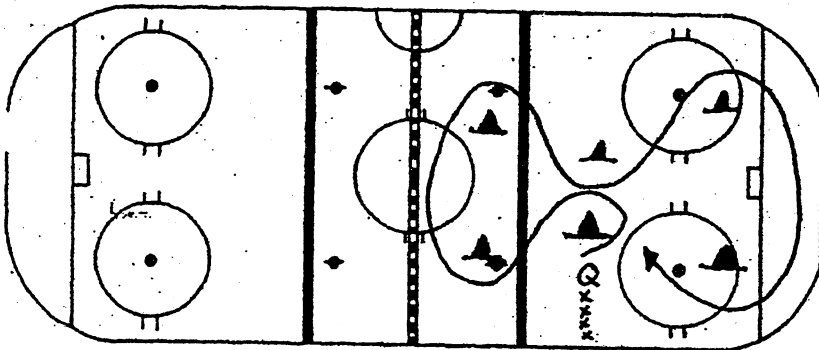


Players are restricted to a specific size area, in this case inside the blue line. Instructions are no checking and that the coach will change pucks. When skating jams to a scrum, whistle and throw in a new "puck".

Work to Rest Ratio 4 - 1. Do drill without puck, then with puck, one time in each direction/from each way/side.

### SPRINT INTERVALS

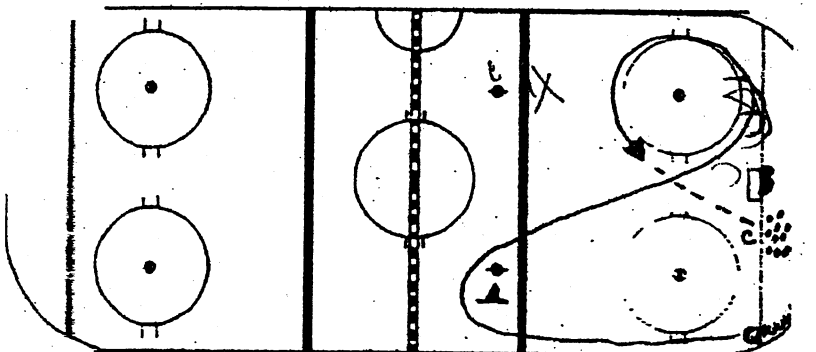
#### 2. PEANUT



6 Cones and 4 pucks per player required. Players queue as shown, divide the number of players by minimum of 4, and sent skaters in groups of that number. Players can go around once or at times interval. Go in each direction, frontwards, back, without and with pucks, littering the area with additional pucks. Players should not slow, but pick up a new puck if original is lost.

Work to Rest Ratio 4 - 1. Do drill without puck, then with puck, one time in each direction/from each way/side.

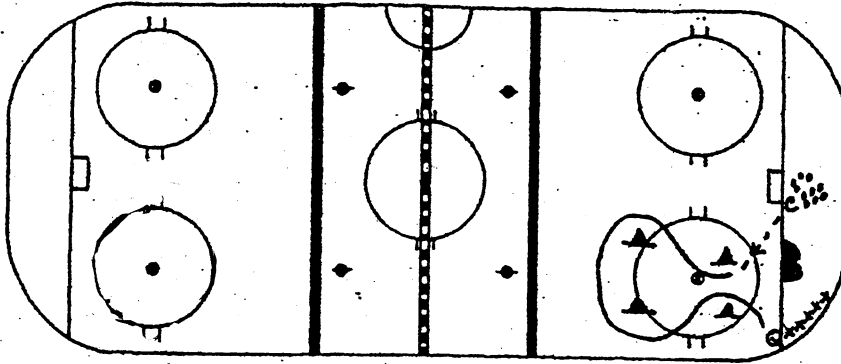
#### 3. U - O SPRINT



1 cone, pucks with coach and queue as shown. Players sprint out to cone then across around lower circle. As they come over the top, coach hits - then with pass for a shot. You can vary passing spots and players can also carry pucks, do give and go-Is etc.

Work to Rest Ratio 4 - 1. Do drill without puck, then with puck, one time in each direction from each way/side.

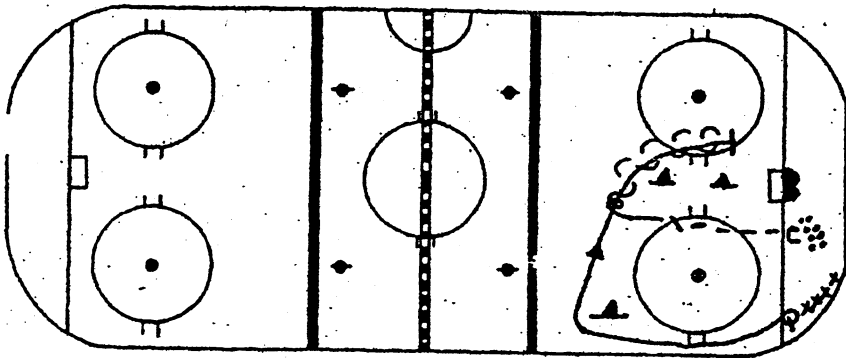
4. 2/3 PEANUT -CUT BACK



Work to Rest Ratio 4 -1. Do drill without puck, then with puck, one time in each direction from each way/side.

4 cones, pucks with coach, net to the side. Players sprint inside of first cone, around the outside of the next two, and back inside the fourth where coach hits with a pass for shot. Stress- that players feet should never stop moving until after the puck is shot.

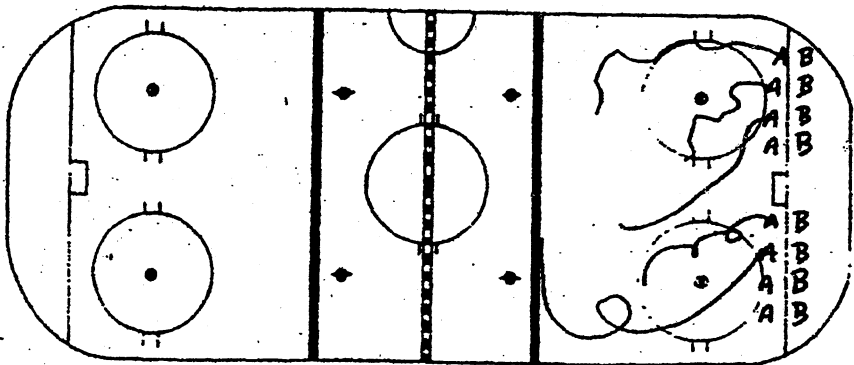
5. SPRINT TRANSITION OPEN



Work to Rest Ratio 4 -1. Do drill without puck, then with puck, one time in each direction from each way/side.

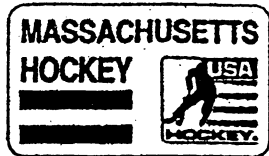
3 cones, pucks with coach. Players sprint close around the outside of the cones, stopping at the last cone & immediately transition to backwards skating. Rounding the top of the second cone, they transit back to forwards on the inside and get pass from coach for a shot.

6. RUSSIAN SHADOWS



Work to Rest Ratio 4 - Do drill without puck, then with puck,

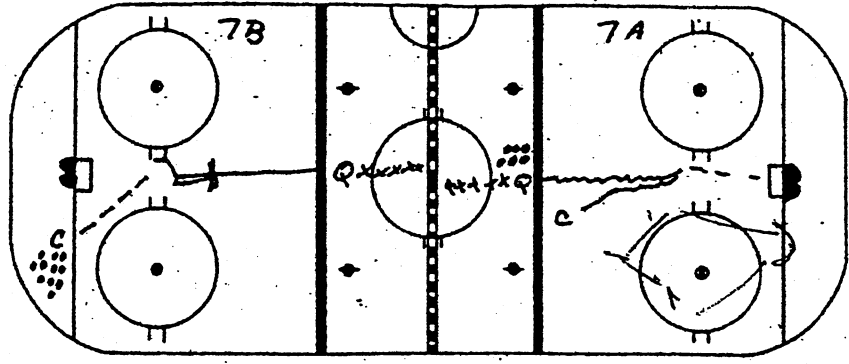
Players are divided into groups/partners. Letters, Colors, etc. can be used. A. will. lead first and B will follow. On whistle, leader is to go as fast as possible anywhere within the area designated, B must follow as close as possible. Whistle end of interval, rest, then switch leaders. May be done without pucks, leader only with pucks, both with pucks, backwards, etc. As with any speed/puck drill, litter the area.



# PLAYER DEVELOPMENT PROGRAM

## INTERACTIVE - SKILLS

### 7. OBSTRUCTED SHOOTING

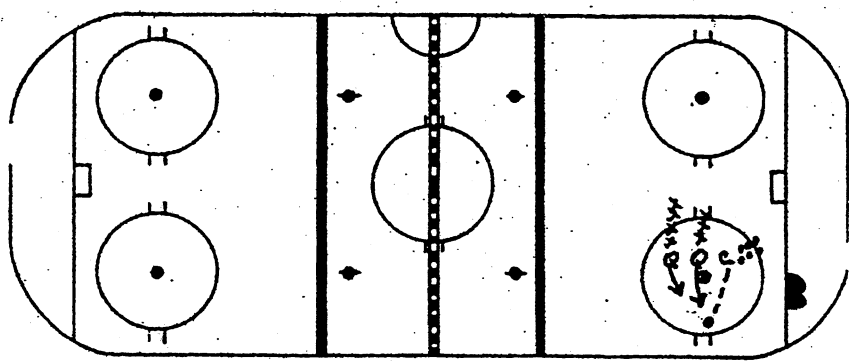


7A. (Right Side) Player line up with puck. at qu shown. On command player: go to net with puck while coach obstructs/impedes/hook. off player. Pressure varied to age/ability.

7B. (Left Side) Player. line up at Que., coach with puck: as shown. On command player. go to .net, al circles, drop to knee. coach then passes for player .hot from knees.

Notes/Comments \_\_\_\_\_  
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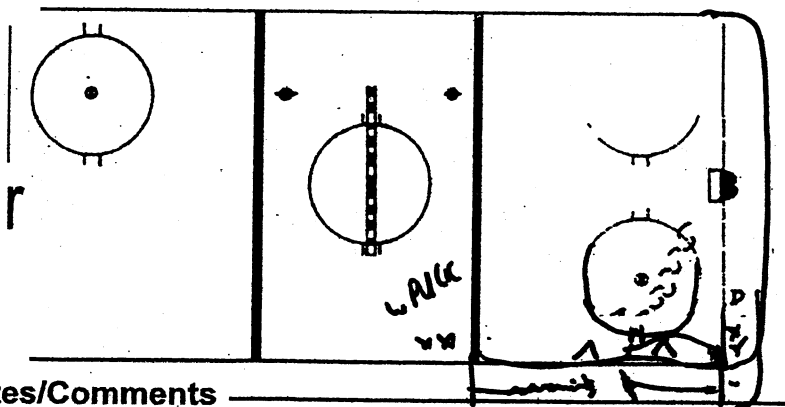
### 8. LOOSE PUCK 1 ON 1



Players line up in two Que., coach with pucks. a. shown. Coach slides puck out, but away from board.. On command front player in each line race. to puck. First man on offense, second man becomes "D". Continue till one .hot or whistle. Variations include .tartinc on knees, belly, back, etc.

Notes/Comments \_\_\_\_\_  
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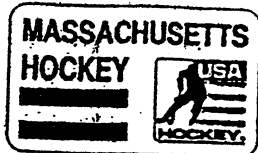
### 9. SHARK 1 ON 1



### Description \_\_\_\_\_

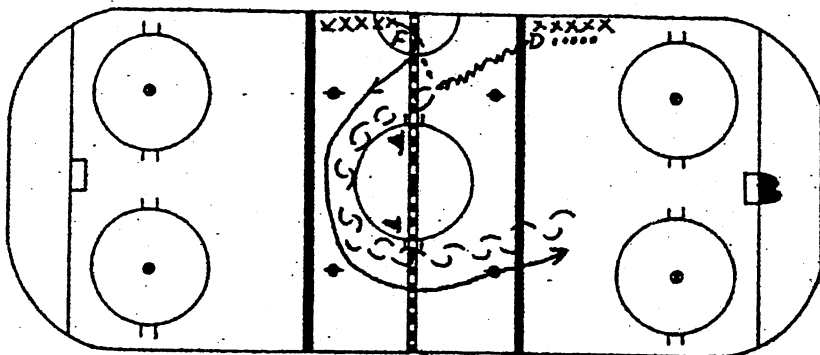
2 cone.. Player. line up a: shown. Line at blue line ha. puck.. On command, both player. break, to go ii between the two cones and go to net. Continue till on. .hot or whistle. All player: should alternate in both line.. Variation include: puck. being placed between after cone. and first one is "O", second "D".

Notes/Comments \_\_\_\_\_  
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# PLAYER DEVELOPMENT PROGRAM

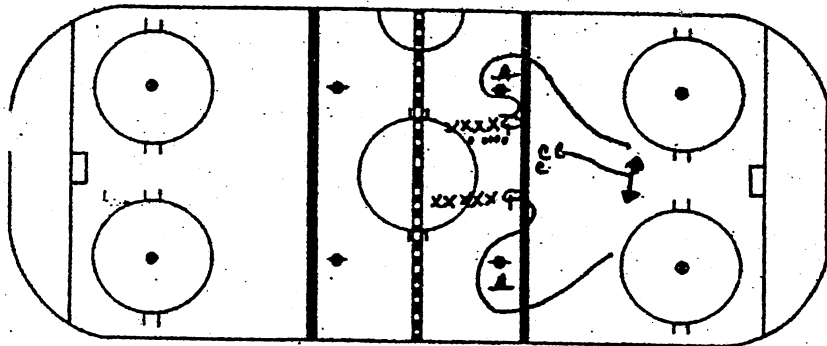
## 10. CIRCLE 1 ON 1



Cones as shown. D at blue line with pucks, F at center line. on command D carries puck, passing to F while turning backwards, both go around circle and in on net 1 on 1.

Notes/Comments \_\_\_\_\_  
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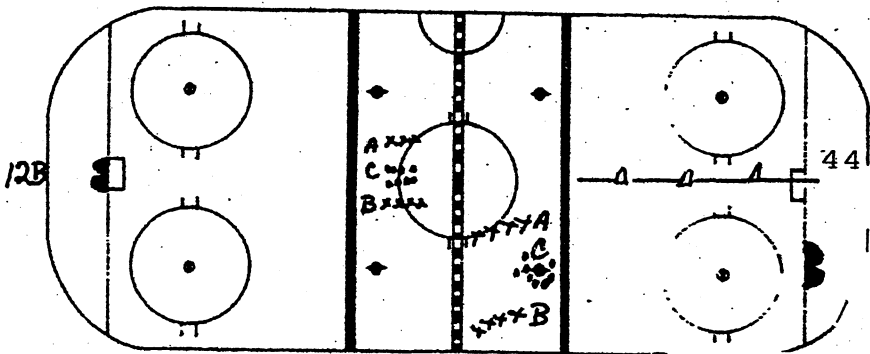
## 11. READ & REACT 2 ON 1



Players line up as shown, either line with pucks. On command, skaters cut back and to the outside of cones and go in 2 on 1 at coach. A top of circles coach commits to cover puck carrier or open wing. Puck carrier must read and react by passing or going to net. Coach is passive based on age/skill.

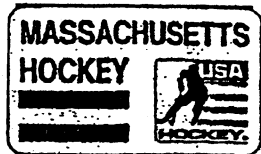
Notes/Comments \_\_\_\_\_  
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## 12. 2 ON 2 CLEAR



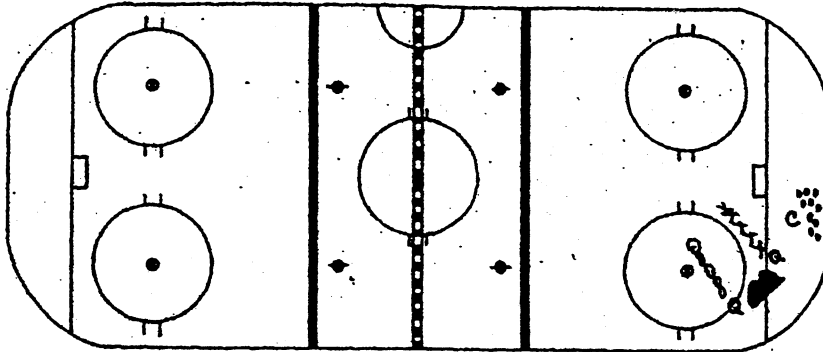
Players Que. into two teams, coach with pucks as shown. Coach dumps puck in. On command, first two in each line sprint to puck. First team to touch is offense and has possession. If puck possession changes, the team must clear (pass) the puck back to coach and get a return pass in order to then go on offense. A timed interval- drill, players change on the fly.

Notes/Comments \_\_\_\_\_  
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# PLAYER DEVELOPMENT PROGRAM

## 13. 2 ON 2 TIGHT



**Notes/Comments**

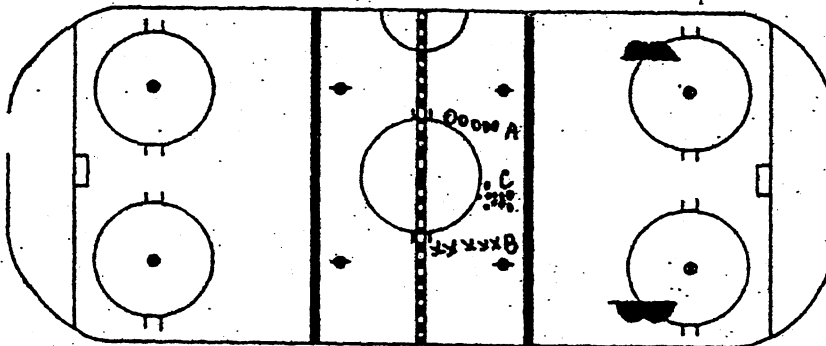
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Two teams Que., coach with many pucks as shown. One line is designated as O the other as D. Goalie in net. Instruct players that if the puck squirts out of area or in net, you will put a new puck in play. Players take position. Slide puck in, players start on command. A timed interval drill, players change on the fly. Allowable contact varies with age. D can have sticks turned around.

## 14. 2 ON 2 EITHER NET



**Notes/Comments**

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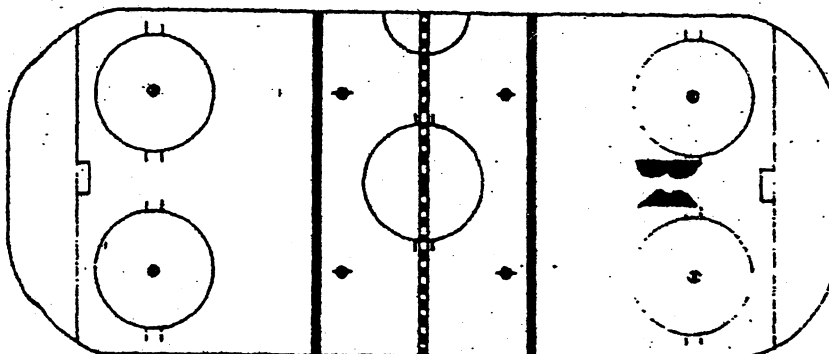


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14 & 15: Two teams Que., coach with many, pucks as shown. Instruct players that if the puck squirts out of area or in net, you will put a new puck in play. Slide puck in, players start on command. A timed interval drill, players change on the fly. Allowable contact varies with age.

14. Players can shoot at either net, changing direction anytime they feel like it.

## 15. 3 ON 3 PIGGY BACK



**Notes/Comments**

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15. Designate a net for each team to defend.

There are many variables to this type of small area "cross ice" style of scrimmage.

Be creative, Have Fun !!!