

Full Ice - 9/16/15

1) 3v3 NZ Game (10/10)

Position players in diagonal corners of the drill playing surface

- Coach for each team is in opposite corner of drill playing surface
- Coach spots puck in pit to start & keeps game moving by passing puck (offensive transition) to a player on their team anytime a goal is scored, the puck goes beyond their defending goal line or the goalie stops play
- 30 second shifts on whistle, puck is left & players change on the fly
- Head Coach is involved in directing the play, teaching & encouraging players to compete & play at desired tempo & focus on concepts of play.

POINTS OF EMPHASIS: - All elements of a regulation game are contained in a small area: transition to offense, attack, transition to defense, defensive play, offensive & defensive body position, puck protection, support, etc.

2) 2nd Man Middle Lane Drive 3v2 (10/20)

Push the nets to the top of the circle & the red line acts as the blue line for each rush. On the whistle, O2 & O3 gap up to the red line to defend the 3v2, while O4 skates behind net with puck. O4 skates up ice & passes to either O5 or O6. (Both O5 & O6 must time rush to come up ice together & should not leave until O4 gets puck & starts up ice. The 2nd O over the 'blue' line goes hard to net while the 3rd O stays dot wide for lateral pass. Options for puck carrier include shot, direct pass to teammate driving the net, pass to teammate dot wide or pass off pads. When play is over (whistle) O2 & O3 (who played rush against) come back deep & open up flat to attack with O1 who behind net and starts play over with new outside X's gapping up to play the rush...play is continuous.

3) Red Wing Fore-Check & BO Scrimmage (10/30)

Five defending players stand DZ as diagrammed in both ends. Five attacking players begin in NZ moving randomly with puck. On whistle, players attack one end by chipping the puck off the boards & creating a race for the puck & a good fore-check situation. Defending five react to chip & try to BO against fore-checking team. On whistle or successful BO, attackers stop & position themselves as diagram while breakout team attacks up the ice, gains the red line & chips the puck to continue drill. Continuous.

4) Kuortane 5v5 DZ Battle & BO Scrimmage (10/40)

Coach sets up different 1v1 battles on puck in DZC/OZP situations. On whistle, play is live until natural stoppage or 30-40 second shift. Allow each set up to play out into scrimmage. Focus: DZC, BO, OZP are the initial focus of the drill with all other aspects of specific team concepts coming into play.

5) 3v2 Back-Pressure Scrimmage (10/50)

OF's are skating randomly in the NZ passing puck between them while XD's are randomly skating forward to backward transitions as diagrammed. On whistle, OF's attack XD's 3v2.

- XF's start drill as diagrammed and funnel into DZ while OD's join the play on offense.
- Drill is a live scrimmage from attack & Back-check set up until natural stoppage or 30-40 second shift.

Focus: 2v2 Attack & D Join/Defend, DZC, BO & Attack with Speed