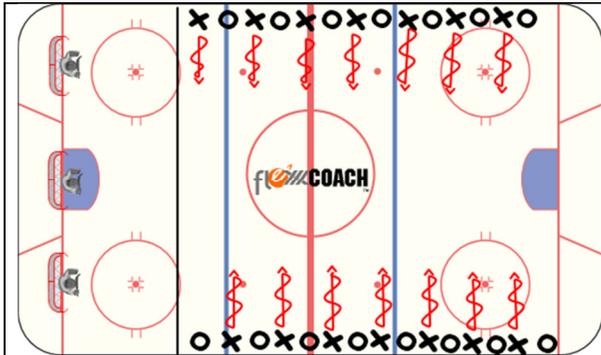


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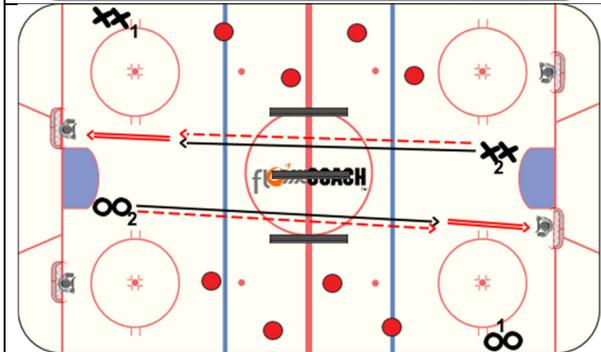


1) Trigger Drill: Shuffle Feet Passing (2/2)

Not Diagrammed – Players pair up approximately 10' apart and stand with shoulders square to their partner. Shuffle feet while passing & receiving with partner. Pass should be made with strong side foot forward when passing. Pass should be received with strong foot behind body. Be sure to have players keep their body square working on hard flat passing & receiving.

2) Puck-Handling East-West/Goaltender Warm-Up (8/10)

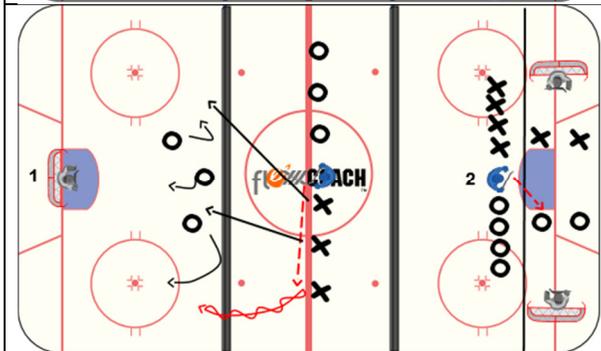
Players are separated into two halves & line up on each side-boards. On whistle, half the players from each side make the moves designated by the coach...next whistle is for the remaining players. Players must make the moves while having to avoid opposing players from the opposite side-board.



3) Move/Counter Move & Gretzky Carry (10/20)

Move/Counter Move out of Corners - X1 & O1 starts by making a deke to the middle of the drill layout (fore-hand or back-hand depending on which way he shoots) at the first tire, then performs the corresponding fake to the middle of the drill layout (back-hand or fore-hand depending on which way he shoots) each time he goes through two tires.

Gretzky Carry out of Middle – O2 & X2 cradle the puck until the blue line emphasizing & exaggerating fore-hand carry then move the puck to the back-hand side of the blade & push the puck in front while skating to catch up to puck & repeat, gaining speed in open ice.

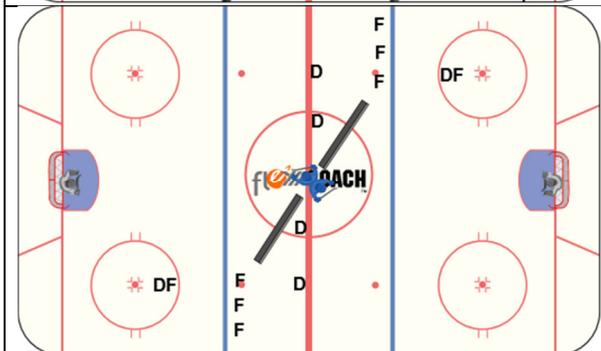


4) Two SAG's @ 10 min (20/40)

4.1) Nobles North/South 3v3/4v4

One team is on offense, the other on defense. Offensive players attack 3v3 (or 4v4) When the defending team steals the puck they pass to their teammates who are waiting on the side boards. (offensive players cannot leave the red line until they receive the puck) The players that just passed to their teammates leave the zone, and the players who were on offense must try to gap up to the blue line to defend the new attack. **Concepts: Rush offenses, rush defense, offensive zone concepts, defensive Zone concepts**

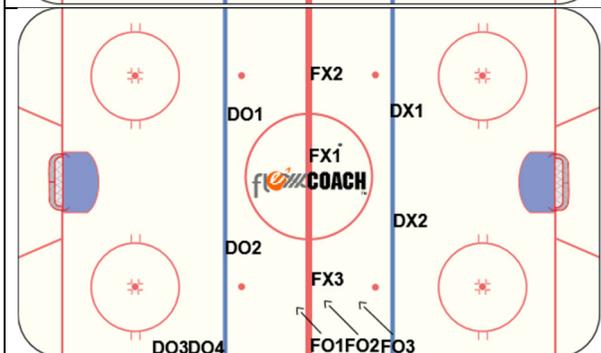
4.1) Palmer 2v2 – Coach draws line across the bottom of the circles as diagrammed. Players compete 2v2 below the line...30 second shifts focusing on battles, puck protection & small area offense & defense.



5) 3v2 with Back Pressure (10/50)

Drill is performed simultaneously out of diagonal blue-lines with extra players on the bench. F's start with a puck on the blue line, defensive forward (DF) starts at the top of the circle, D1 & D2 start inside the red line no more than 2 stick lengths away from puck carrier. Drill begins and ends on the whistle. Once the current repetition enters the offensive zone, new players enter ice surface in the NZ & line up for the next rep. *Allow play to continue until goal, stoppage or defensive players breakout to the top of the circles.*

Emphasis: Rush Defense-defensemen & back-checking forwards working together to read & defend the rush. Rush Attack – forwards reading open ice & creating a 2v1 to score.

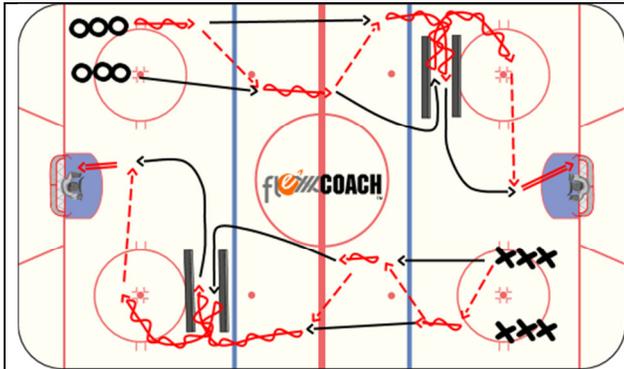


6) 3v2 Continuous w/Join (10/60)

On whistle, FX1 with puck, FX2 & FX3 attack DO1 & DO2
 -FO1, FO2 & FO3 come off the bench (**when puck crosses the offensive blue line to help promote offensive creativity**) back-pressure & funnel into DZC with DO1 & DO2 (DX1 & DX2 come off bench to play next attack)
 -O's defend to breakout & attack new XD with either DO1 or DO2 joining the attack (FO's & 1OD are done once puck passes top of the circle)
 -When puck goes across the blue line, three new FX's come off the bench & back-pressure with funnel into DZC
 -The D that joins, reads the play and is done when initial rush & reasonable play is over...Continuous

Focus: 3v2 Attack & D Join/Defend, DZC, BO & Attack with Speed

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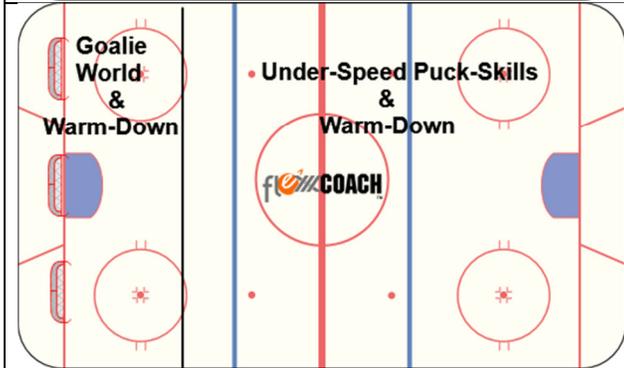


7) Making Calls on the Net 2v0 (10/70)

*On the whistle...1 sprint per minute...Total 8 Sprints
Complete 4 sprints as diagrammed, then move borders & players to opposite corner to complete 4 additional reps.*

Czech Play - Players explode out of the line & pass 2v0 as diagrammed with puck carrier taking the puck wide before cutting laterally across the tops of the circles (use borders to force players to cut laterally) Puck-carrier drops (leaves) puck for teammate & attacks 2v0.

Whistle every 7 seconds, & the goal is for the players to complete play in 7 seconds from start to finish



8) Under-Speed Puck-Handling/Goalie World (10/80)

Emphasis on technical skills at under-speed tempo to focus on perfect technique & provide warm-down for the players.

