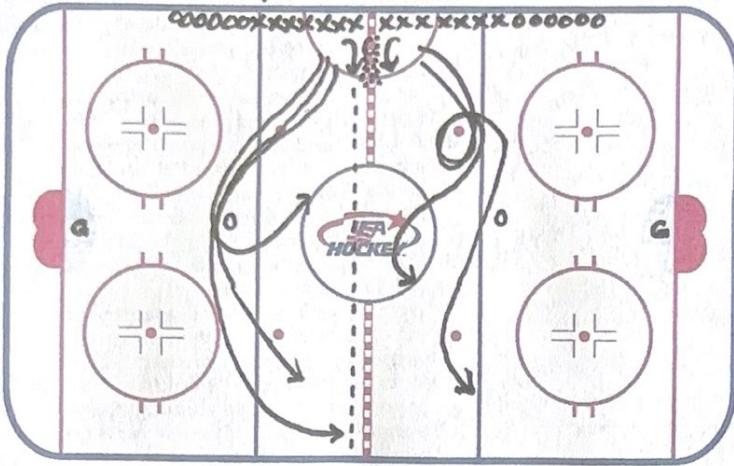


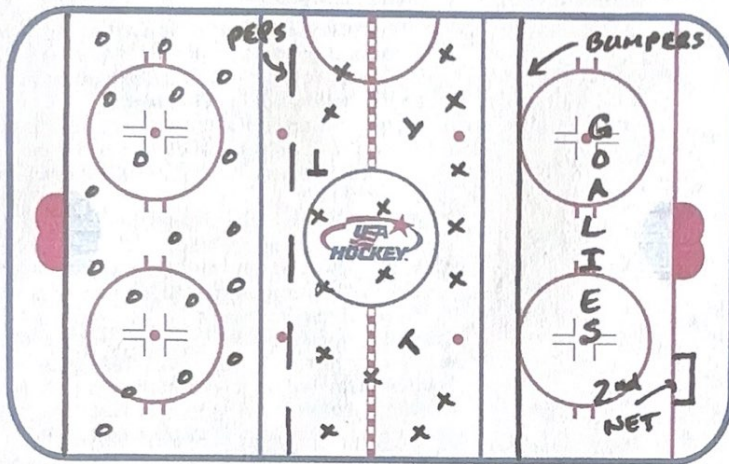
MUZZY DRILL



MUZZY DRILL- Competition Drill 15 min

This drill starts with players forming two lines facing each other by penalty box. With two teams sharing practice I would have each team split in half and have one team go first and another team go second. Try to have same team against each other. Coach has pucks in ref crease. There are markings on ice to indicate where the offensive team has to go around and the D team will have to make 360 powerturn around near neutral zone dot. Coach calls out any combo from 1v1, 2v1, 3v1, 2v2, etc and tells the players who's on D and who's on O. Coach shoots/chips puck across ice and O players have to go around the dot six feet inside blue line in middle of ice (use big sharpie). Defensive players have to make a full circle around the near neutral zone dot and then angle and play the rush. Coach alternates side that is going on offense and D as to switch ends for drill to alternate ends. The players get one shot and a rebound or two and then they are out. Stay out of way when done. Work on zone entries and D closing gap and angling. Goalies change every couple.

WARM UP - INDIVIDUAL



WARM UP-Last player/team standing, gates (25 min)

Split teams and ice surface (goalies have top of circles down in one end). Use PEPs to divide surface in half and small PEPs scattered in each zone as obstacles.

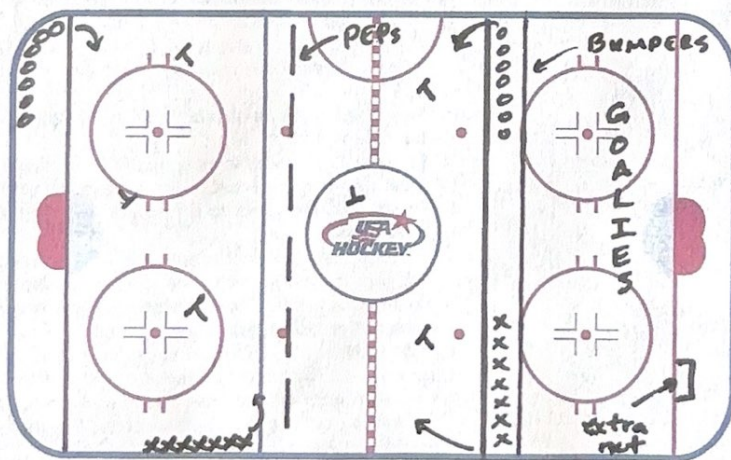
INDIVIDUAL

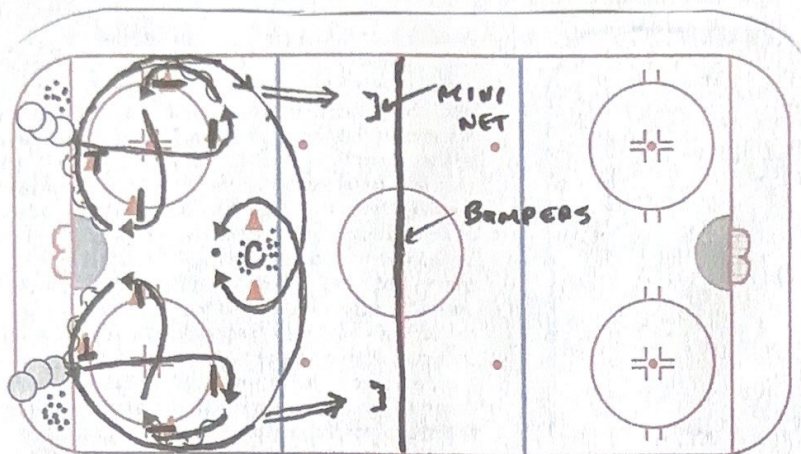
- #1-all players go at 50%, 75%, 100% x 3 (30 sec)
- #2-all players backwards with pucks x 3 (30 sec)
- #3-all players forehand only x 3 (30 sec)
- #4-all players freestyle x 3 (30 sec)
- #5-last player standing x 3 (tighten space as fewer in)

TEAM

- #1- 3 Offensive players from one side leave with one puck each. They try to possess at least one puck for as long as possible. Try to keep yours, and then support others. At same time 3 D players leave from opposite side and they try to get all pucks out of zone (out if hits bumper). Communication, move to support, go to puck to support.
- #2- Gates of buffalo- need to pass through PEPs to score. Players go in groups of 3 for 45 sec then switch. One coach keeps score. What do you do away from puck

WARM UP- TEAM

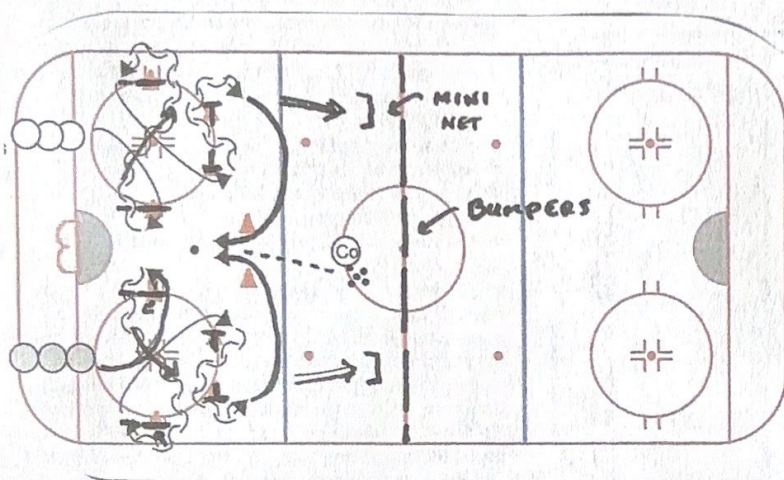




Slovakian Agility Race-Competition (7-10 min)

1. Players start at bottom of circle. On the whistle they carry puck to top of circle PEP. Slip through and powerturn towards the boards.
2. At PEP at half wall player will slip through again and turn toward inside and head for inner PEP.
3. They will slip through and go down to bottom of circle and then wheel around mini PEP at bottom of circle and continue up around half wall.
4. Player will shoot at the mini net until they score (hopefully the first try)
5. Then the players will go around their respective mini PEP (by coach in middle).
6. The first player that wins the race, gets to shoot the puck that the coach leaves there
7. Second player backchecks

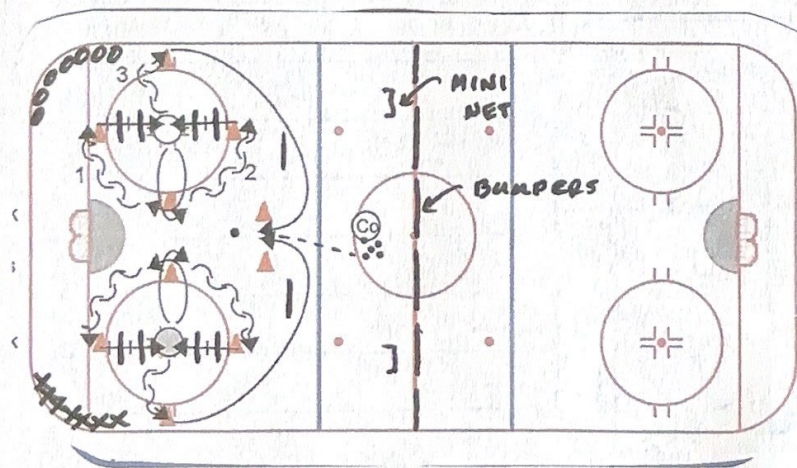
Coaches make sure players don't cheat. Next two can go on whistle after the previous clear the circle. Should be every 15-20 seconds. Make sure pucks get from mini nets back to corners and to coach on middle.



Slovakian Pivot Race-Competition (7-10 min)

1. Players start on bottom of circle with puck. On the whistle they go forward to the top of the inner PEP. They will pivot to backwards and slip through the stick on bottom side of PEP (straight)
2. Players open up back to forward and track across to the outside PEP. They will go to top of PEP and then pivot backwards and slip through the stick on bottom of PEP
3. Players will a figure 8 around the mini PEPs and then shoot/pass into mini net
4. After making it in the mini net, the players will continue the race to the middle for the loose puck the coach has placed there.

Coaches make sure they aren't cheating and get pucks to players in line and to coach in the middle of ice. Bumpers across red line to keep pucks from going across to the other end. Players finish hard down middle lane. Switch lines. Puck placement crucial.



Circle Agility Race (no pucks for this one) 7-10 min

1. Players start on dots facing each other
2. On whistle, player skates forward to the inner mini PEP, pivots, and goes backward to the bottom mini PEP
3. Player performs side-step crossovers over 2 PEPs back to middle dot
4. Player skates forward to inner mini PEP, pivots the other way and skates backward to the top mini PEP
5. Player performs side-step crossovers over 2 PEPs back to middle dot
6. Player skates backward to outer mini PEP (or cone), then opens up toward blue line and race around PEP to the puck that the coach places in the middle.
7. First player shoots, second player backchecks
8. Change lines and come down through middle

Coaches should make sure players are not cheating. Also, after players exit the circle area the next group can go so they are going every 15-20 seconds. Coaches also have to get pucks to coach in middle.