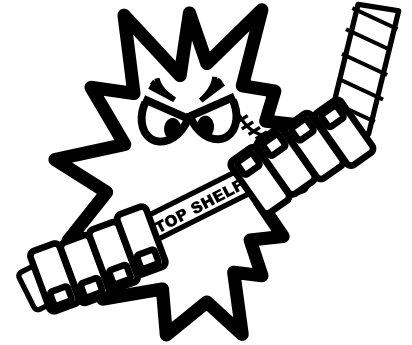


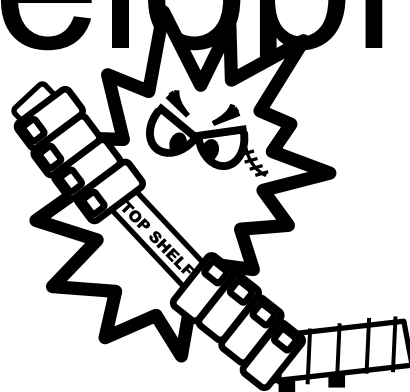
2012

Elite

Player



Development



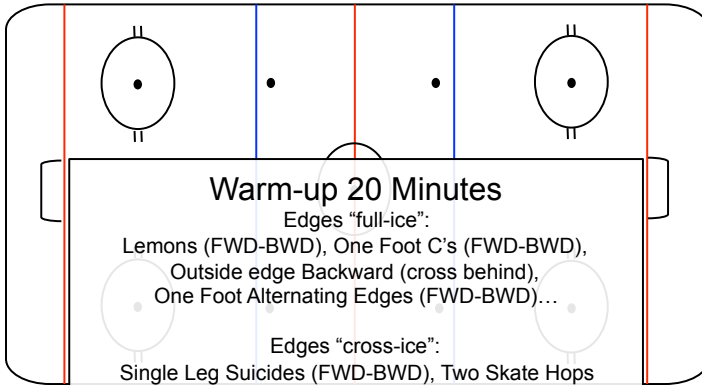
Practice

Plans

\$23.95 US  
\$27.95 CAN

2012 SME  
 Saturday, August 25<sup>th</sup>

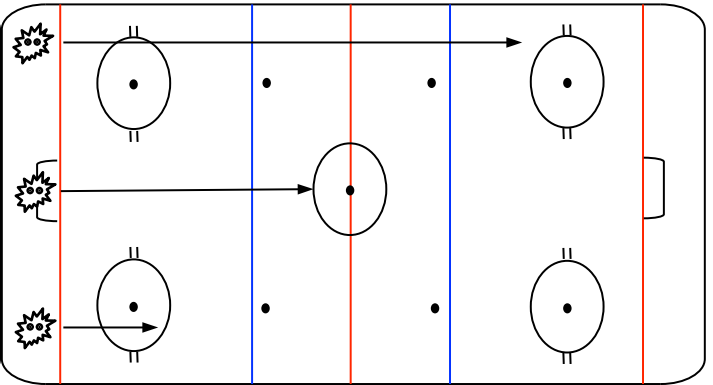
minor @ 3:30 PM – 4:30 PM / Major @ 5:45 PM – 6:45 PM



**Warm-up 20 Minutes**  
 Edges "full-ice":  
 Lemons (FWD-BWD), One Foot C's (FWD-BWD),  
 Outside edge Backward (cross behind),  
 One Foot Alternating Edges (FWD-BWD)...

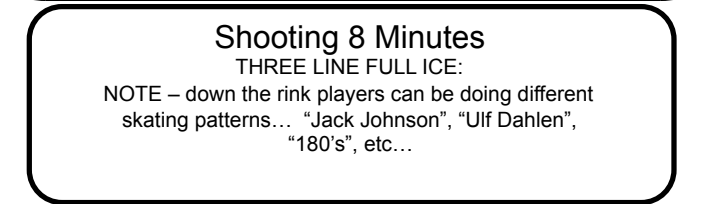
Edges "cross-ice":  
 Single Leg Suicides (FWD-BWD), Two Skate Hops  
 (FWD-BWD), Two Skate 180 Hops,  
 Edge 180 (NOTE: start backward, 180 hops)

Ninety Degrees "full-ice":  
 {stick in hands, out front} single leg, slow stride  
 {stick normal} slow stride, medium, fast

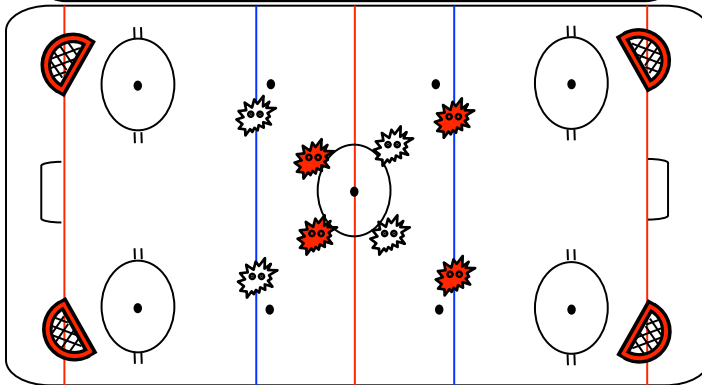
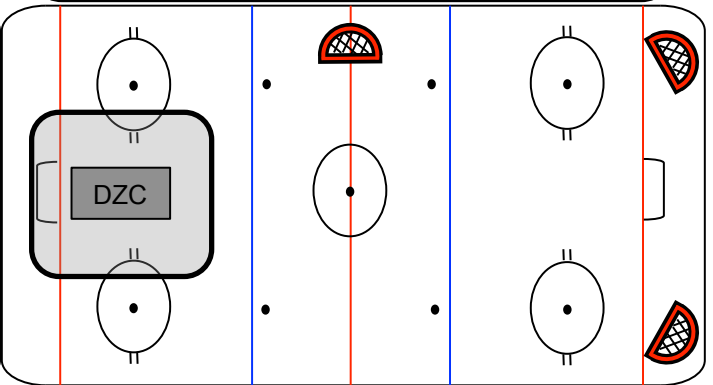


**Shooting 8 Minutes**  
 THREE LINE FULL ICE:  
 NOTE – down the rink players can be doing different  
 skating patterns... "Jack Johnson", "Ulf Dahlen",  
 "180's", etc...

**One-vs-One 10 Minutes**  
 Play a one-on-one from different areas of the rink,  
 use different start positions (knees, belly, good gap,  
 poor gap, etc...)

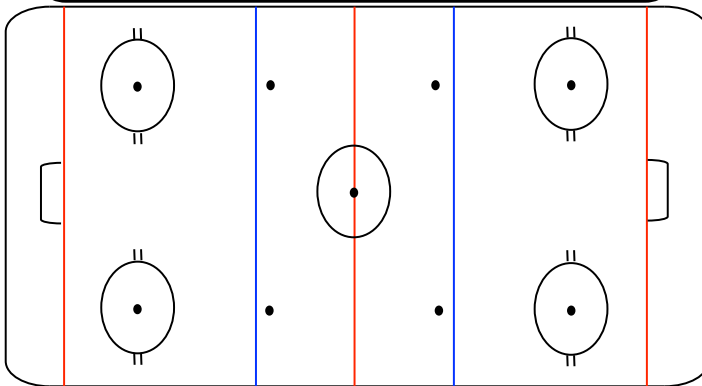
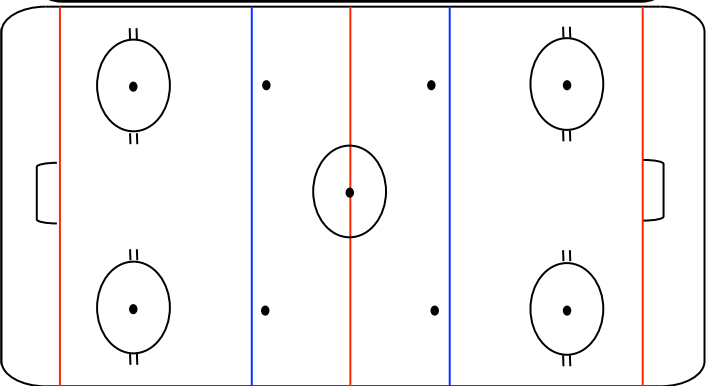
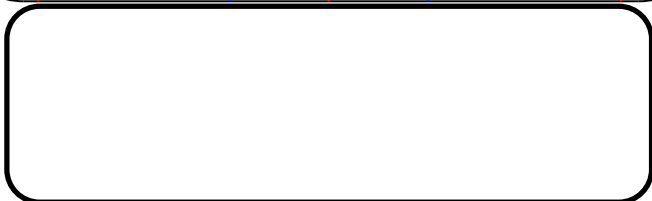
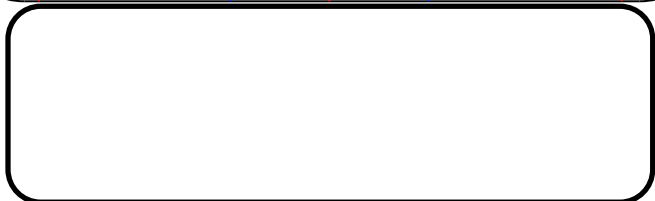


**DZC / Small Area Game 22 Minutes**  
 DZC: Introduce DZC to each line  
 Small Area Game: Colorado College, Brett Hull  
 (activate), 2-on-2 cross-ice or 3-on-3 cross-ice

**One-vs-One 10 Minutes**  
 Play a one-on-one from different areas of the rink,  
 use different start positions (knees, belly, good gap,  
 poor gap, etc...)

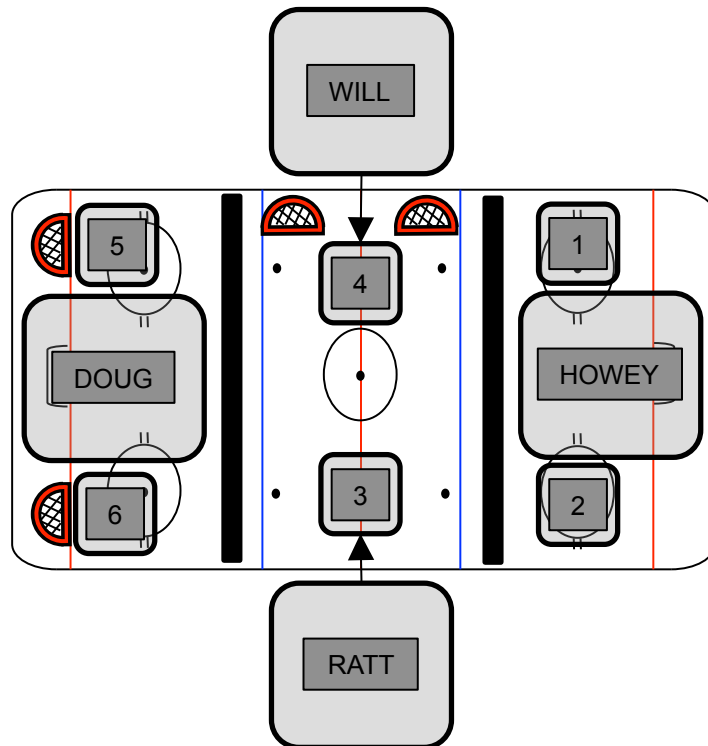
**DZC / Small Area Game 22 Minutes**  
 DZC: Introduce DZC to each line  
 Small Area Game: Colorado College, Brett Hull  
 (activate), 2-on-2 cross-ice or 3-on-3 cross-ice

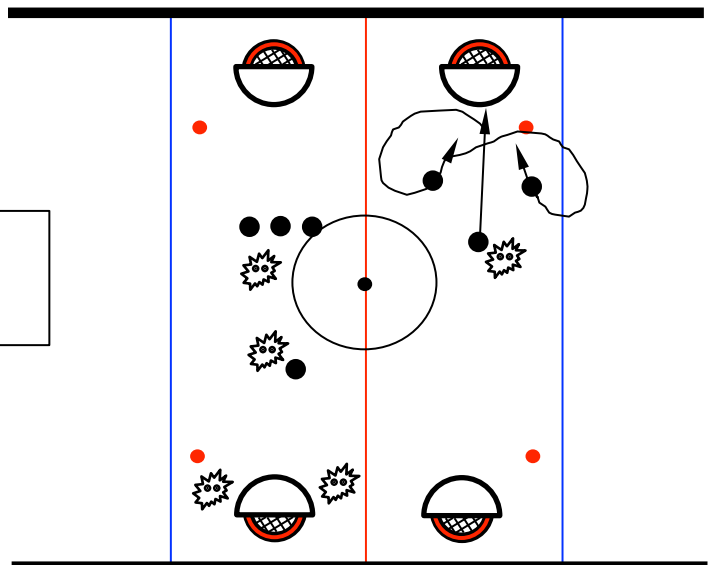
2012 SME  
 Saturday, August 25<sup>th</sup>  
 minor & Major @ 4:45 PM – 5:30 PM

WARM-UP: edges & hands, edges & passing  
NOTE: does not matter how they are split

- [1] handle catching pucks along wall
- [2] handle catching pucks along wall (opposite side)
- [3] power 8's (FWD-BWD)
- [4] goal scoring games "see ideas below"
- [5] one timers
- [6] shooting pockets



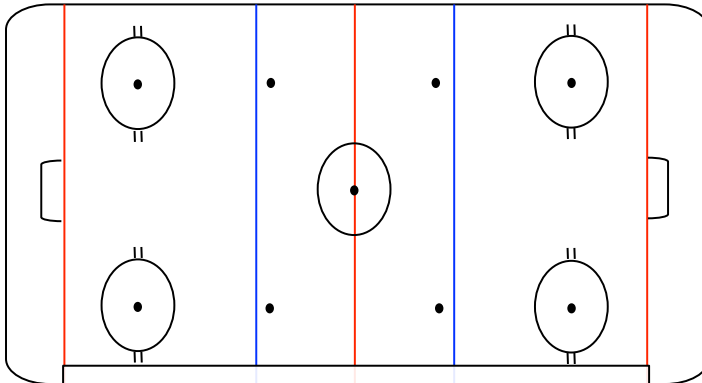
[4]  
 Any type of goal scoring / puck stopping competition works.  
 Three puck breakaway relay. Triangle race (most goals in the shortest amount of time). Rebound game.



2012 SME

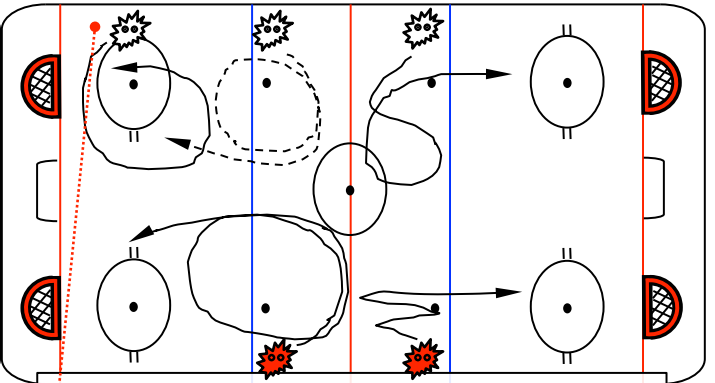
Monday, August 27<sup>th</sup>

minor @ 6:00 PM – 7:00 PM / Major @ 8:15 PM – 9:15 PM



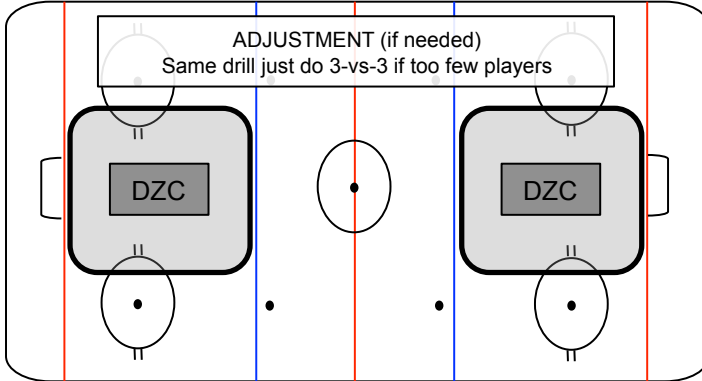
### WARM-UP 8 Minutes

Edges & Passing "full-ice":  
three passing... "forehand-forehand",  
"forehand, pass backhand", "backhand, pass  
forehand", "forehand, saus, forehand", "forehand,  
saus, backhand", "look-off",  
"drop shoulder"



### SHOOTING 12 Minutes

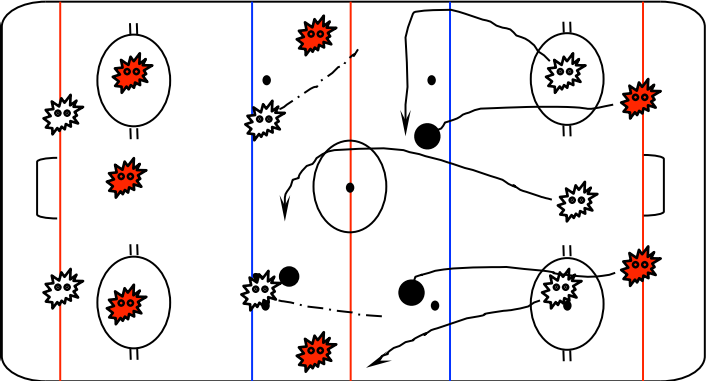
FOUR GROUP – 1] big circle FWD, 2] big circle BWD,  
3] power turn, lil' circle, 4] shuffles, then sprint  
NOTE: make sure they are doing both sides  
ADDED PLAYER: can have rebound line @ hash marks  
skating something prior to driving net for rebound  
if we are dealing with a lot of players



ADJUSTMENT (if needed)  
Same drill just do 3-vs-3 if too few players

### TEAM "DZC Work" 10 Minutes

"...work DZC out of both ends, defensive team, no  
sticks..." "...then move to 'LIVE'..." "...then move  
to offensive team, sticks over, defensive team learn  
how to breakout from DZC, enter NZ, drill over..."

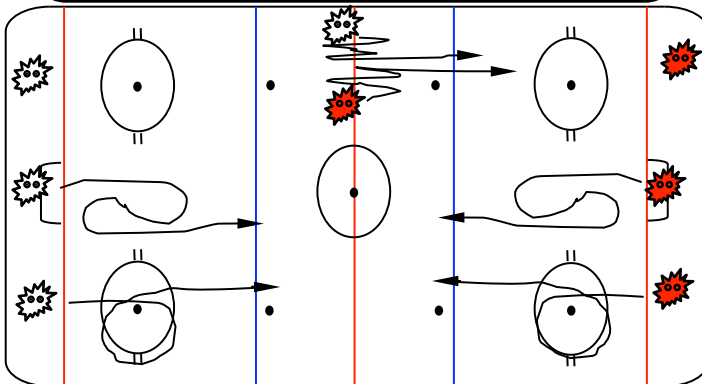


### TEAM "Zone Entries" 15 Minutes

"...three-on-two continuous re-groups out of both  
ends..." "...white three re-group every 'single whistle',  
red group re-group every 'double whistle'..." "...try  
to use the 'resting' defencemen for re-grouping..."  
"...defencemen move the puck up right away, coach  
in 'NZ' make sure re-group puck is near far blue  
line with each new re-group..." "...drill can last  
as long as you want, important that they maintain  
good intensity for 30-to-40 seconds!..." "...if  
defencemen break up play early, offensive unit  
second chance right away, if defence break it  
up again, other end goes..."

NOTE – easiest when you have one coach watching  
one end (and blowing whistle) and second coach  
watching other end (double whistle). Two other  
coaches must be ready in 'NZ' with re-group pucks.

THOUGHTS – soft area dumps if needed...shots  
on net are important too fancy = no shot!...  
drive net hard battle in the tough area!...



### LEG BUILDING 15 Minutes

"...quickness drills..."  
1] NZ mirror and release (without / with pucks)  
2] quick feet / agility drills  
NOTE: set up out of both ends, three lines, do  
different skills at full speed...EXAMPLES TO RIGHT:

### QUICK FEET / AGILITY

A] full speed step outs and pivots  
B] full speed power turns  
C] full speed FWD, power pivot, full speed BWD

2012 SME  
Monday, August 27<sup>th</sup>  
minor & Major @ 7:15 PM – 8:00 PM

WARM-UP: edges and pucks, ninety degree work  
"cross-ice" – hops = double leg (high and quick),  
single leg (high and quick), single leg suicides,  
edge 180

COMPETE!

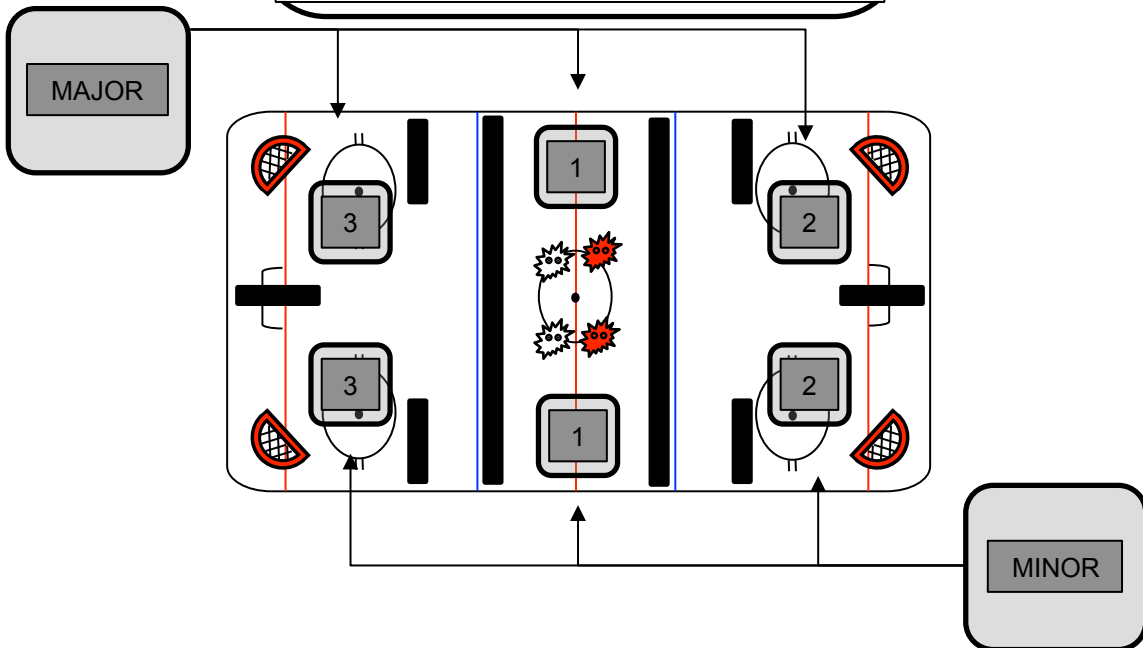
NOTE: split Major / Minor teams into three groups

[1] KING ME: "bring the puck back to the coach"

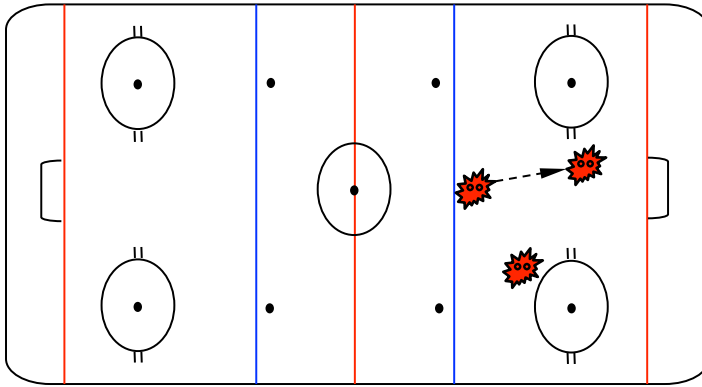
NOTE: one option, set defensive player no stick, makes offensive player fight through body, makes defensive player use body!

[2] one-vs-one and two-vs-two tight area touch up

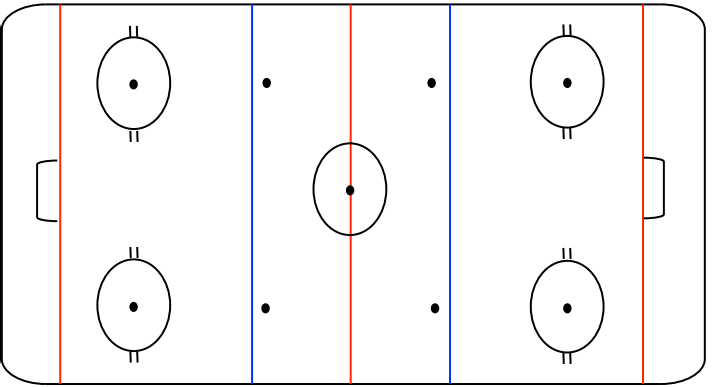
[3] odd man (two-vs-one or three-vs-two) tight area work



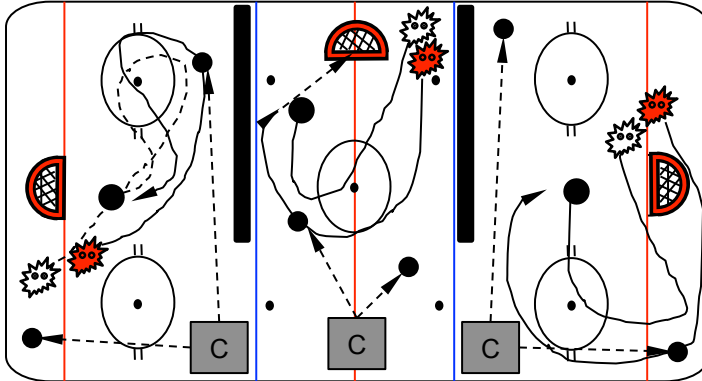
2012 SME  
 Wednesday, August 29<sup>th</sup>  
 minor @ 6:00 PM – 7:00 PM / Major @ 8:15 PM – 9:15 PM



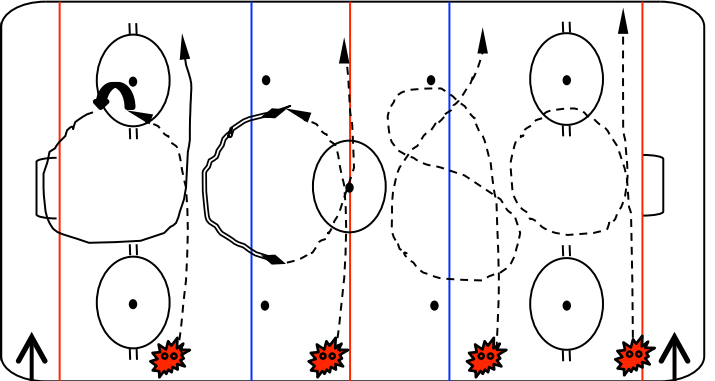
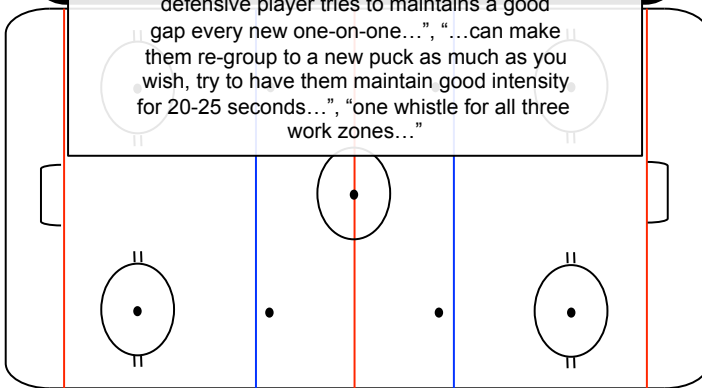
**WARM-UP 6 Minutes**  
 PASSING:  
 stationary & tight area moving (three or four in a group)



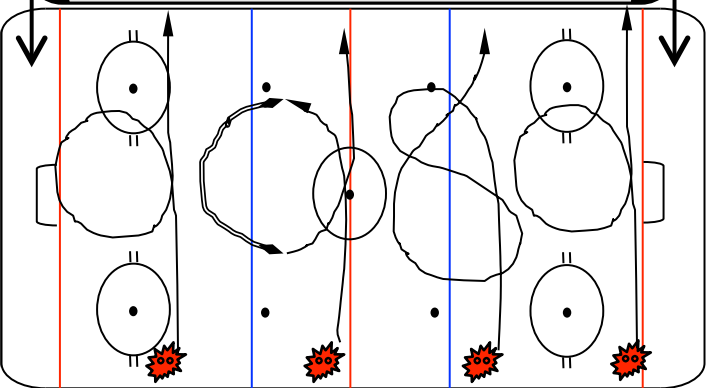
**SCRIMMAGE 22 Minutes**



**WAR "One-on-One" 10 Minutes**  
 "...a coach places a puck somewhere in the game area... on the whistle the offensive player comes to the puck and attacks the net... with each new whistle, a new puck enters the playing area and the one-on-one starts over... defensive player tries to maintains a good gap every new one-on-one...", "...can make them re-group to a new puck as much as you wish, try to have them maintain good intensity for 20-25 seconds...", "one whistle for all three work zones..."



**CONTROLLED SKATING 22 Minutes**  
 mini-circles "controlled cross-over's" (BWD), set up cross-ice style (shown above)  
 "controlled cross-over's" (FWD), (shown below)  
 NOTE: go over some set your wing examples



2012 SME  
Wednesday, August 29<sup>th</sup>  
minor & Major @ 7:15 PM – 8:00 PM

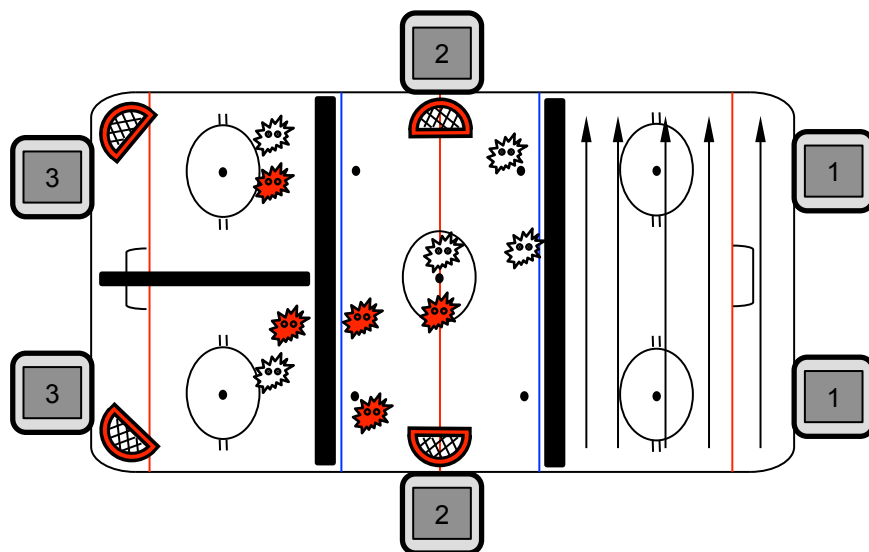
WARM-UP: edges & hands, edges & passing  
NOTE: split Major / Minor

[1] agility / edge work together (major&minor):  
squat jumps, single leg squat jumps, Russian walk,  
jump 180, single leg suicides, Jack Johnson,  
Ulf Dahlen

[2] "GOALIE WORK" – square up left side,  
square up right side.

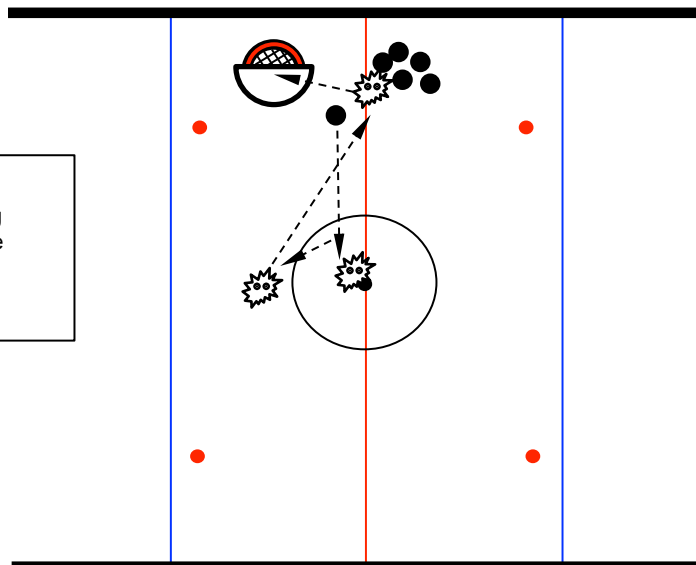
NOTE: on [3] push-up tree for shooters,  
when waiting to shoot

[3] one-vs-one activation "shot on goal"... OT  
style (first goal wins, play best-of-seven or  
something like this). Get them to compete hard!



[2]

Players are able to pass or shoot the puck at any point during this drill. Goalies are to maintain good stance and stay square to the puck. Limit where the players set up so that the goalie has a realistic chance to make saves. With every shot a new puck starts at the lowest player (closest to the net).



2012 SME

Wednesday, September 5<sup>th</sup>

minor @ 6:00 PM – 7:00 PM / Major @ 8:15 PM – 9:15 PM

### Warm-up 8 Minutes

Edges "full-ice":

Lemons (FWD-BWD), One Foot C's (FWD-BWD),  
Outside edge Backward (cross behind),  
One Foot Alternating Edges (FWD-BWD)...

Vision / Set Wings "full-ice":

Gather speed up at some areas down the rink,  
player sets their feet, glide for 15 to 20 feet,  
quick strides out, set feet again...

NOTE: talk about changing speeds to create poor gap...  
also when wings are set sometimes power C so you  
can keep some type of speed

### SCRIMMAGE NOTES

FORWARDS: zone entries, finish checks - no B.S.  
hit and get out - attack, attack, attack, offensive  
zone play... "third guy center field, defencemen wide at  
blueline, can hard rim with  
a forward to weak side defencemen play"...

DEFENCEMEN: need to play physical, need to help each  
other out all over ice, communicate, set wings!, quick  
net plays from point, spread offensive blue line and stay  
active keeping pucks in OZ...

TEAM: good DZC, if not, stop and communicate what  
is needed...

SCRIMMAGE 12 Minutes  
DZC 6 Minutes... out of both ends (20  
guys at a time)...

### SPLIT "D" / "F" 20 Minutes

### FORWARDS - 20 Minutes

[1] 3-vs.-3 down low

NOTE: work on third guy coming from center field

[2] goalie work / conditioning: work a rebound  
type game...

[3] shooting pockets

### DEFENCEMEN - 20 Minutes

[A] shooting - lobs, quick wrist, quick move,  
quick wrist, quick slap-drive, move - slap drive,  
8-foot wide for board pass play

[B] regroup work

[C] breaking out from DZC & use wall, area passing

### CONTROLLED SKATING 14 Minutes

mini-circles "controlled cross-over's" (BWD)  
(FWD) as shown in mini-version above rink  
NOTE: looking for good technique over quickness  
and speed



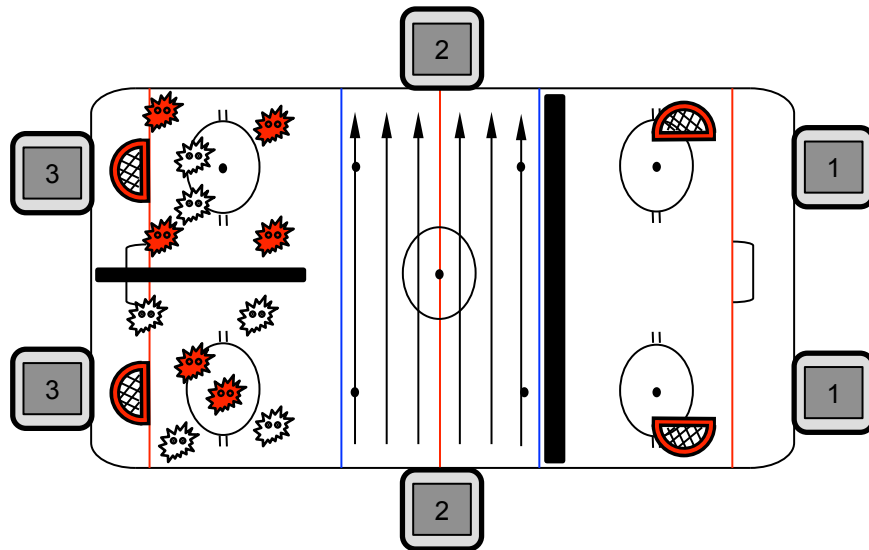
2012 SME  
 Wednesday, September 5<sup>th</sup>  
 minor & Major @ 7:15 PM – 8:00 PM

WARM-UP: set wing skate with pucks  
NOTE: split Major / Minor

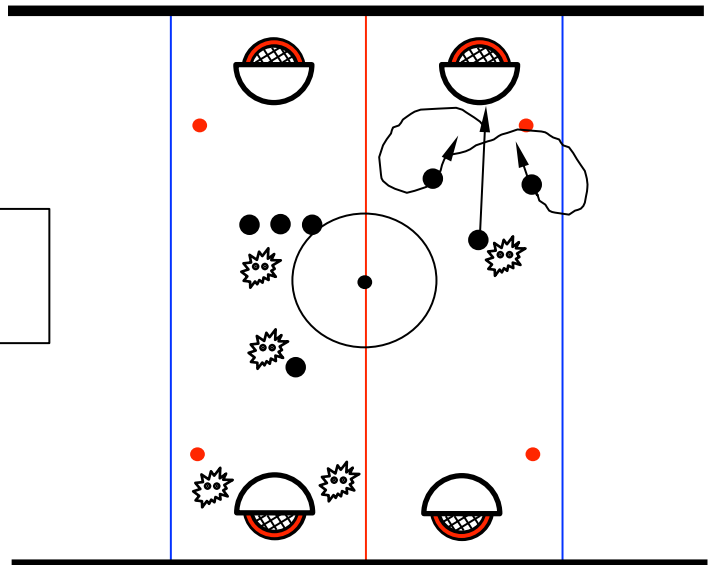
[1] Goal Scoring / Puck Stopping Games  
 NOTE: ideas below

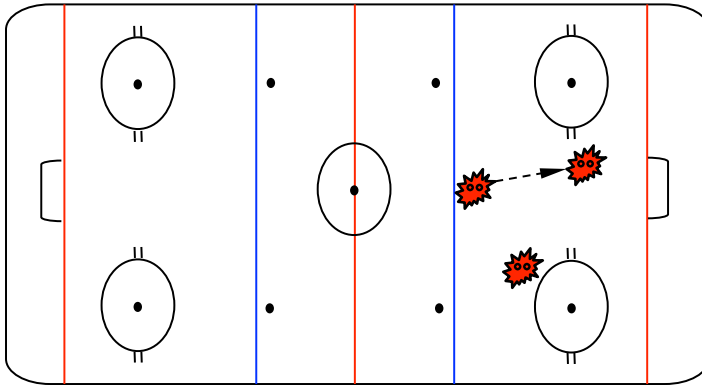
[2] agility / edge work together (major&minor):  
 squat jumps, single leg squat jumps, Russian walk,  
 jump 180, edge 180, single leg suicides,  
 power 8's, Jack Johnson, Ulf Dahlen,  
 NOTE: try "Bryce", backward sprints

[3] Power-Play Game, but adjusted so that both  
 units are playing at the same time, no intra-mixed  
 play, put pads across to keep pucks in game play

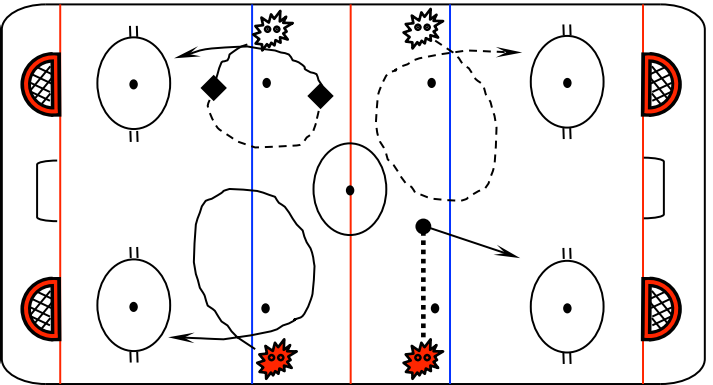


[1]  
 Any type of goal scoring / puck stopping competition works.  
 Three puck breakaway relay. Triangle race (most goals in the  
 shortest amount of time). Rebound game.

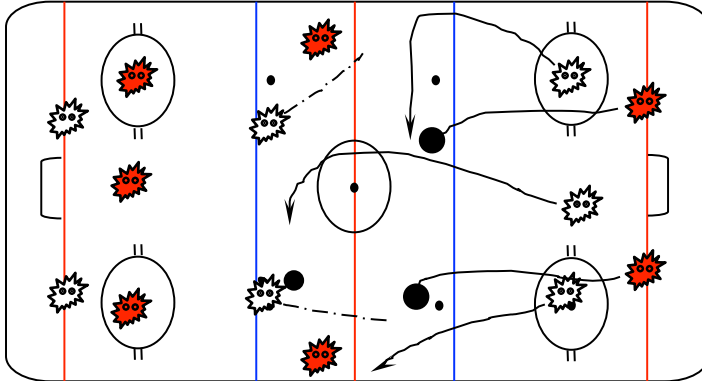




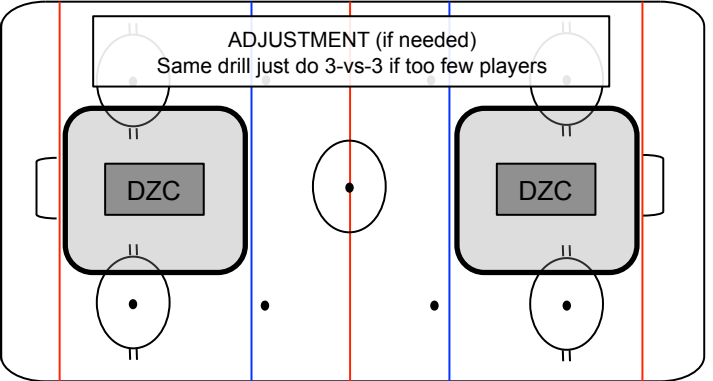
**WARM-UP 10 Minutes**  
 PASSING:  
 stationary & tight area moving (three or four in a group)



**Skate-N-Shoot 20 Minutes**  
 [1] nice big cross-over circle  
 [2] shuffle-n-sprint...shoot in stride  
 [3] pivot and step out...shot  
 [4] nice big backward cross-over circle



**TEAM "Zone Entries" 10 Minutes**  
 "...three-on-two continuous re-groups out of both ends..."  
 "...white three re-group every 'single whistle', red group re-group every 'double whistle'..."  
 "...try to use the 'resting' defencemen for re-grouping..."  
 "...defencemen move the puck up right away, coach in 'NZ' make sure re-group puck is near far blue line with each new re-group..."  
 "...drill can last as long as you want, important that they maintain good intensity for 30-to-40 seconds!..."  
 "...if defencemen break up play early, offensive unit second chance right away, if defence break it up again, other end goes..."

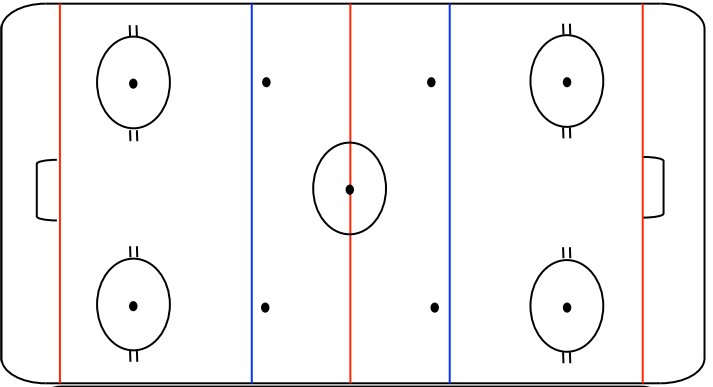


**ADJUSTMENT (if needed)**  
 Same drill just do 3-vs-3 if too few players

**TEAM "DZC Work" 10 Minutes**  
 "...work DZC out of both ends, defensive team, no sticks..."  
 "...then move to 'LIVE'..."  
 "...then move to offensive team, sticks over, defensive team learn how to breakout from DZC, enter NZ, drill over..."

**NOTE** – easiest when you have one coach watching one end (and blowing whistle) and second coach watching other end (double whistle). Two other coaches must be ready in 'NZ' with re-group pucks.

**THOUGHTS** – soft area dumps if needed...shots on net are important too fancy = no shot!... drive net hard battle in the tough area!...



**SMALL AREA GAMES 10 Minutes**

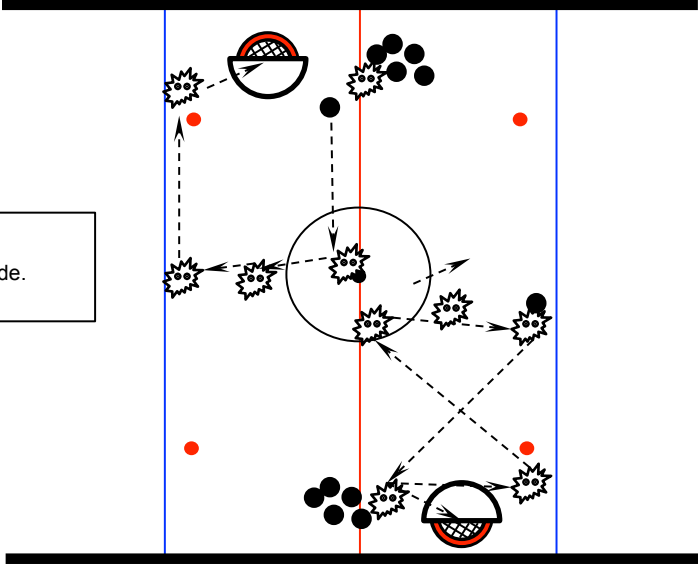
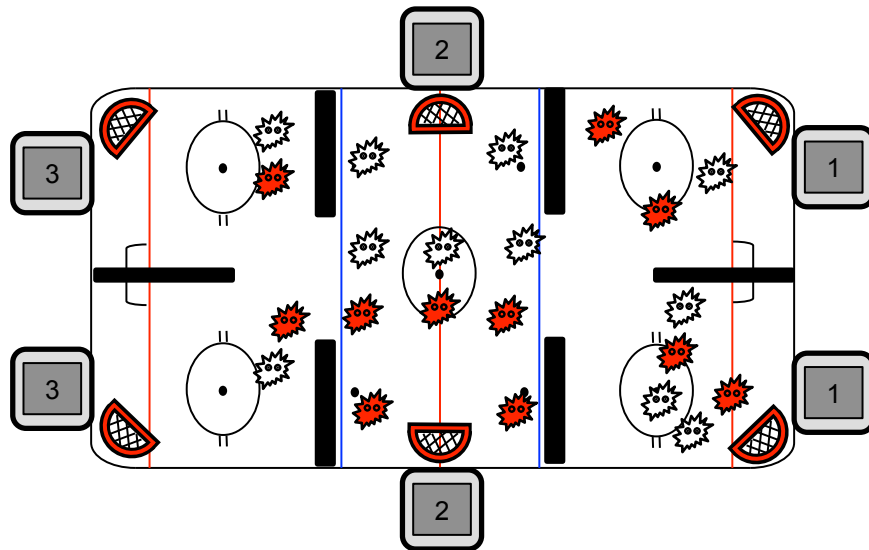
2012 SME  
 Saturday, September 8<sup>th</sup>  
 minor & Major @ 4:45 PM – 5:30 PM

WARM-UP: set wings progression with pucks  
 NOTE: split Major / Minor

[1] 2-vs-1 & 3-vs-2 small area

[2] "GOALIE WORK" – square up  
 NOTE: must go through top to get to opposite side,  
 but shot can be taken at anytime  
 NOTE TWO: four passes and a shot, puck can be  
 moved in any direction, but shot only on the fourth  
 pass, goalie tries to stay square

[3] one-vs-one activation "shot on goal"... OT  
 style (first goal wins, play best-of-seven or  
 something like this). Get them to compete hard!

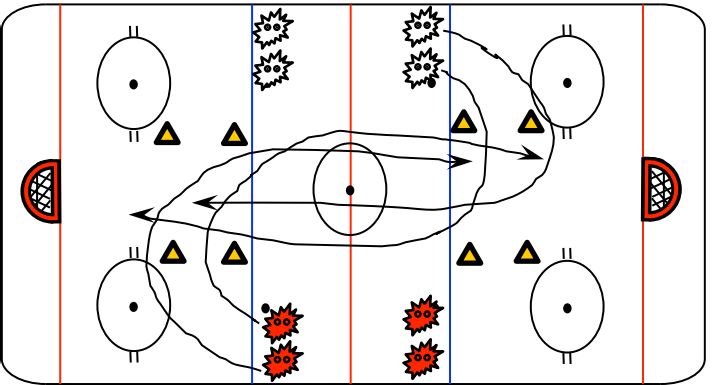
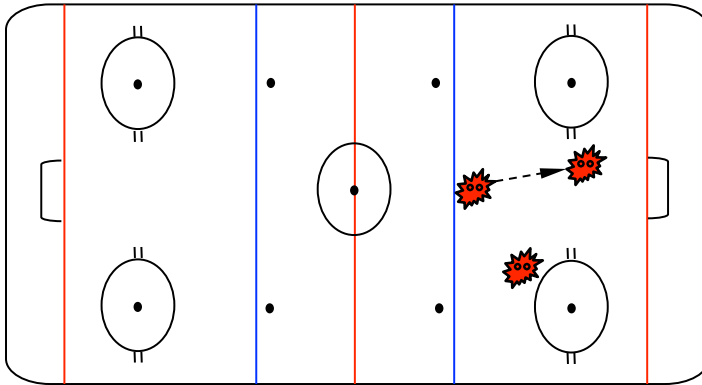


[2]

One showing "must go to top shooter" before going to opposite side.  
 One showing four passes and a shot.

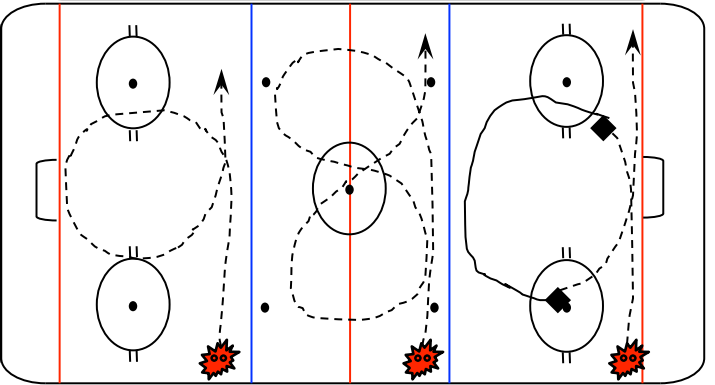
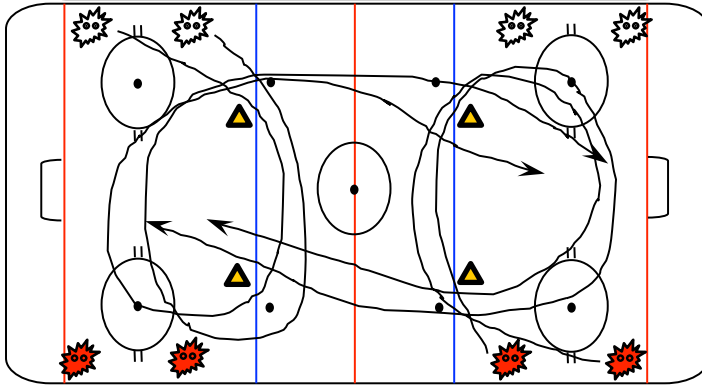
2012 SME  
Monday, September 10<sup>th</sup>

“Hands-n-feet” - Group 1 @ 6:00 PM – 7:00 PM / Group 2 @ 8:15 PM – 9:15 PM



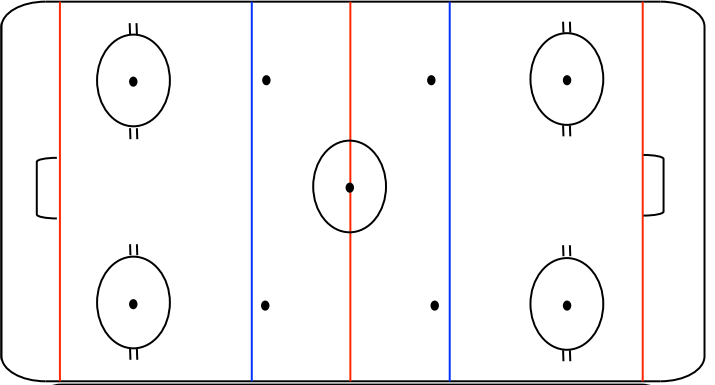
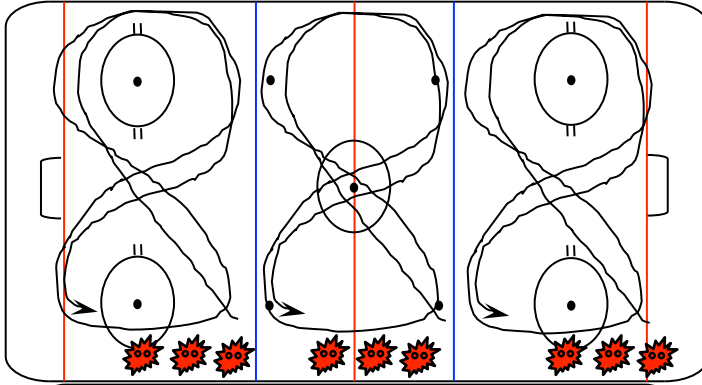
**WARM-UP 10 Minutes**  
[1] PASSING:  
stationary & tight area moving (three or four  
in a group)  
[2] SHOOTING  
“three line shooting”

**OVER-SPEED CHASE 15 Minutes**  
[1] as shown above  
[2] continued next rink “as shown”  
NOTE: coach give them a pass or have them carry  
a puck



**(Cont.) OVER-SPEED CHASE 15 Minutes**  
[2] as shown above  
NOTE: start points, top of circle, bottom of circle  
NOTE: coach gives them a pass or have them carry

**CONTORLLED TECHNIQUE SKATE**  
15 minutes



**CONTORLLED TECHNIQUE SKATE**  
20 minutes  
NOTE: with pucks, then without  
30 seconds on – 60 seconds off

2012 SME  
Monday, September 10<sup>th</sup>  
minor & Major @ 7:15 PM – 8:00 PM

WARM-UP: set wings progression with pucks  
NOTE: no need for split, individual skill work

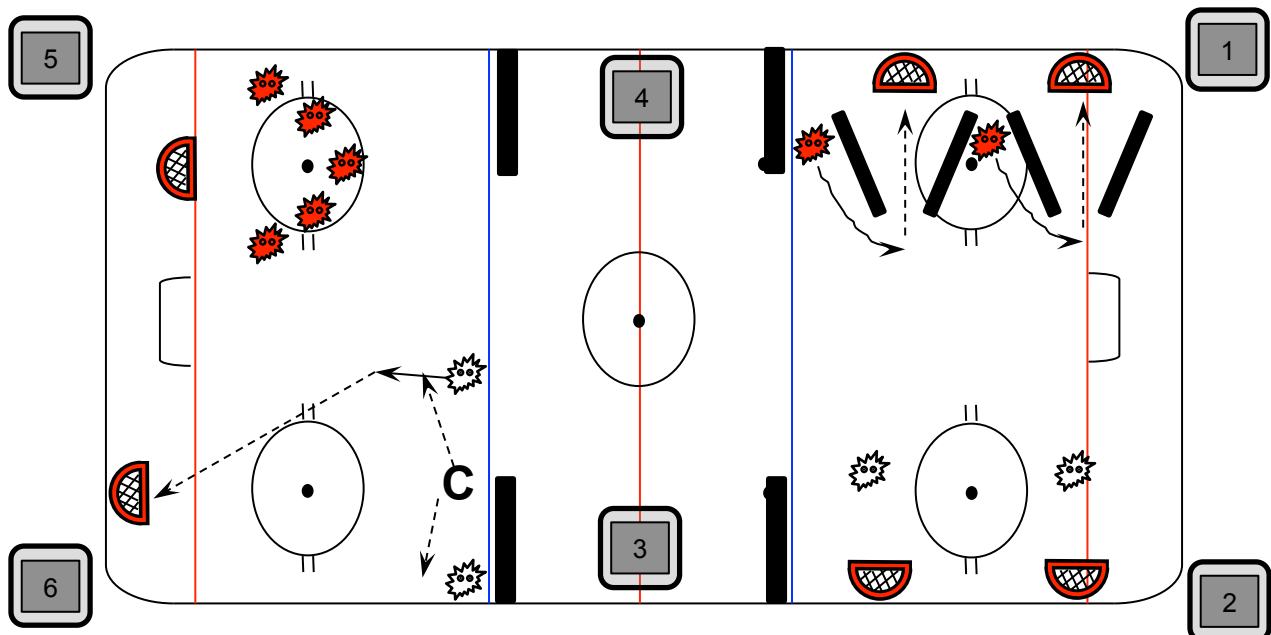
[1] agility shooting

[2] catch and release – “call the shot”  
NOTE: bad pass, good pass, start from knees  
up & shoot, belly, back, etc...

[3] & [4] edge work: single leg hops, suicides,  
edge 180's, power 8's, big C hops FWD & BWD,  
Russian Kicks

[5] Christmas Tree Elimination  
NOTE: catch pass from coach try to score on a  
breakaway...failed shooters do push-up tree

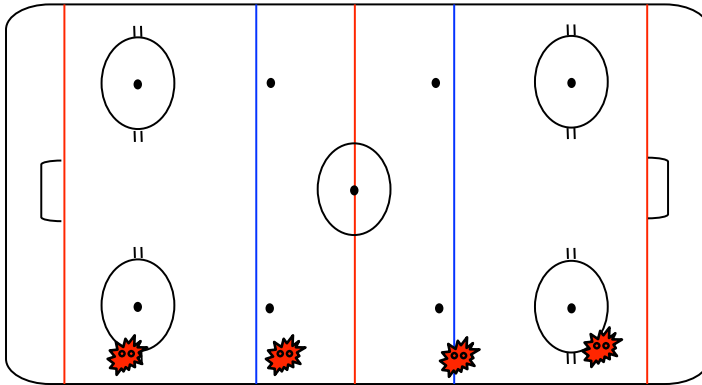
[6] touch it and shoot it in stride, catch it and slapper  
(no higher than calf),



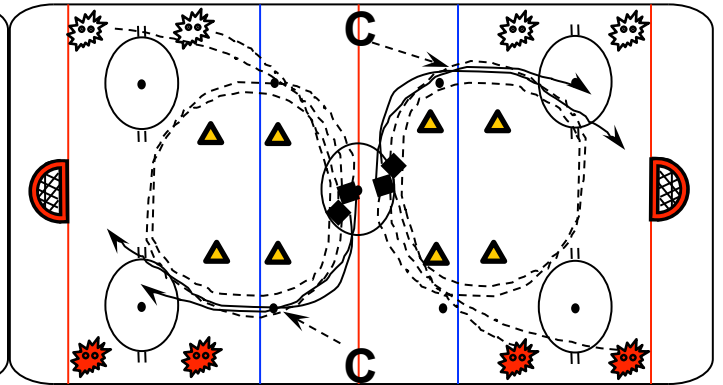
2012 SME

Wednesday, September 12<sup>th</sup>

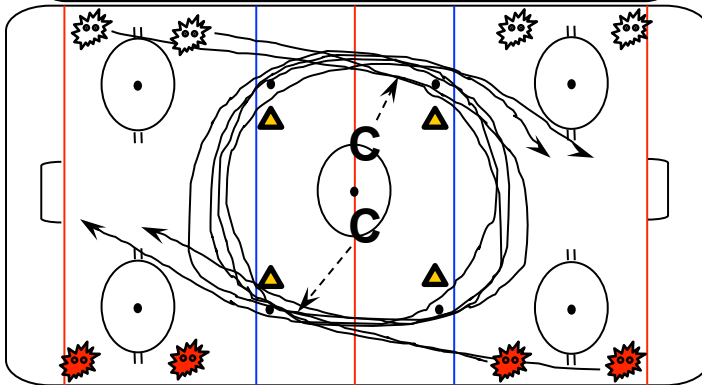
“Hands-n-feet” - Group 1 @ 6:00 PM – 7:00 PM / Group 2 @ 8:15 PM – 9:15 PM



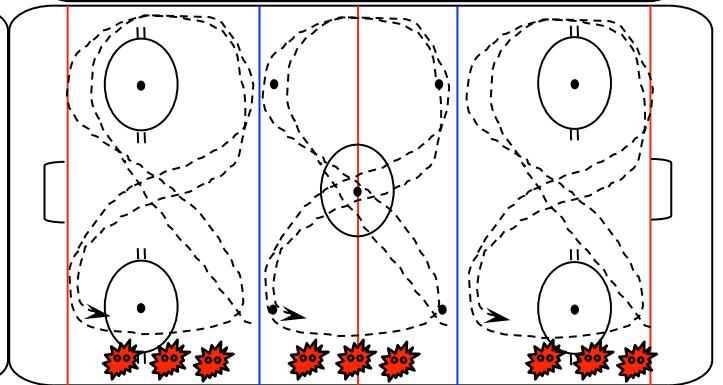
**WARM-UP CROSS-ICE SKATE 15 Minutes**  
[1] edges: big C's, single leg suicides, edge 180,  
[2] one foot hops: FWD & BWD  
[3] handle pucks: puck progression, end with two puck carry  
NOTE: goalies warm-up on their own



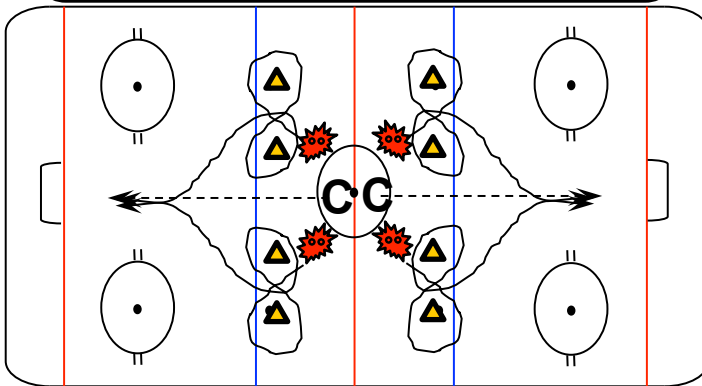
**OVER-SPEED CHASE 15 Minutes**  
[1] as shown above



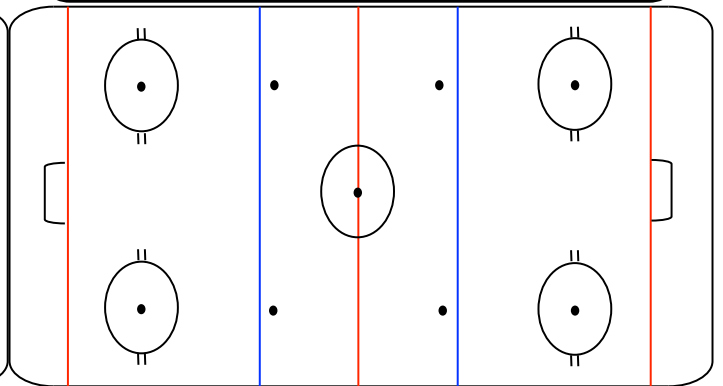
**(Cont.) OVER-SPEED CHASE 15 Minutes**  
[2] as shown above



**CONTROLLED BWD TECHNIQUE SKATE**  
20 minutes  
30 seconds on – 60 seconds off



**TIGHT AREA CHASE 10 Minutes**  
[1] as shown above



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minor & Major @ 7:15 PM – 8:00 PM

WARM-UP: set wings progression with pucks  
NOTE: no need for split, individual skill work

[1] pull pucks off wall right side  
NOTE: finish with shot, even if practicing breakout wall play

[2] pull pucks off wall left side  
NOTE: same as [1] NOTE

[3] one-timers

[4] Two Goal Gallow  
(first to score two goals, players keep coming back to pile of pucks until they score two goals or their opponent scores two, winner keeps the court)  
NOTE: power 8's while waiting their turn

[5] touch it and shoot it in stride, catch it and slapper  
(no higher than calf),

