

Full Ice - Weeks 1&2 – 8/20 & 8/27 2015

1) Lulea 2v1/3v1 & Goalie Warm-Up (8/8)

-Skaters in groups of 3 play 2v1 keep away in square areas approximately the size of a restraining circle (dotted lines in diagram) with the object being for the two players on offense (X's) to move and support each other with and without the puck to maintain control vs the opponent (O).

-Coaches should control the drill for short bursts of 10-15 seconds before switching player roles.

2) Side-Away Passing with Barrels (8/16)

A) As Diagrammed - O1 & X1 leave at the same time cutting diagonally across the ice to receive pass from O2 & X2 respectively. O1 & X1 continue across the ice and cut around the barrel to skate laterally across blue line & shoot through the barrels down the middle of the ice.

B) Decoy & Indirect to Far Blue

3) 3v3 NZ Game (9/25)

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.

4) Split Ice – Forwards/Defense (15/40)

A) Forwards – Cycle Patterns

1. 2v0 Bump & Attack
2. 2v1 Bump & Attack
3. 3v0 Cycle
4. 3v1 Cycle

B) Defensemen – Puck Retrieval & B.O. Patterns

1. Turn it Up
2. Wheel The Net
2. Dink Net/Dink Boards

5) Vierumaki 1v1/2v1 (10/50)

Begin with F1 attacking D1 as a 1v1, when F1 crosses the offensive blue line, F2 funnels in as defensive F and D2 reports to blue line gapping up to play counterattack vs F2. F2 puts backside pressure on F1 working together with D1 to create a turnover and breakout (F1 is done when F2 gains the top of the circle extended) The Breakout determines what side of the ice the counterattack 1v1 is played and D2 must adjust to the breakout accordingly. Play is continuous.

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6) 2nd Man Middle Lane Drive 3v1 (10/60)

On whistle, O1 gaps up to play rush against...O2 skates behind net with puck & passes to either O3 or O4 (O3 & O4 must wait until O2 rounds the net before leaving line) 2nd man over the red line (simulates blue line in game) goes hard to net (middle lane drive) and looks for pass...other O without the puck fills lane wide & flat to complete rush options...on whistle O5 gaps up to play new rush while O1 picks up new puck rounds the net and is joined by two new offensive O's. Drill is continuous on the whistle.

7) 2v2 Continuous (10/70)

On whistle, F1 with puck & F2 attack D1 & D2
 -F3 & F4 funnel into DZ and play DZC to BO with D1 & D2
 -D3 & D4 gap up to play next attack
 -F3 & F4 breakout & attack D3 & D4 (F1 & F2 are done)
 -When F3 & F4 pass the red line, the next set of F's (F5 & F6) funnel into DZ and play DZC to BO with D3 & D4
 -Continuous

Focus: 2v2 Attack/Defend, DZC, BO & attack with speed

8) Red Wing Fore-Check (10/80)

Five defending players begin on one knee in both ends. Five attacking players begin in NZ moving randomly. On whistle, C dump in puck and NZ X's FC. Defending five, get up and try to BO against FC team. On whistle or successful BO, attackers take a knee in zone and breakout team moves up ice to NZ, make pas to C. C dumps in puck against far side defenders. Original BO unit becomes FC unit. Play is continuous back to other end.