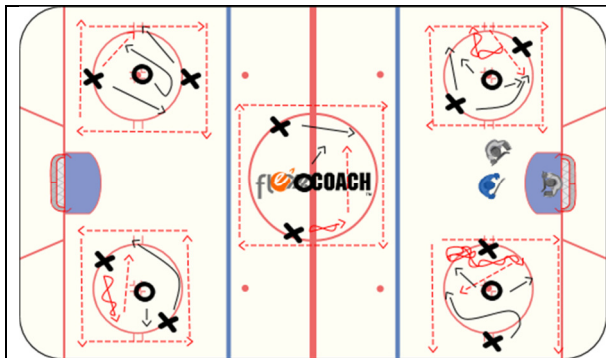
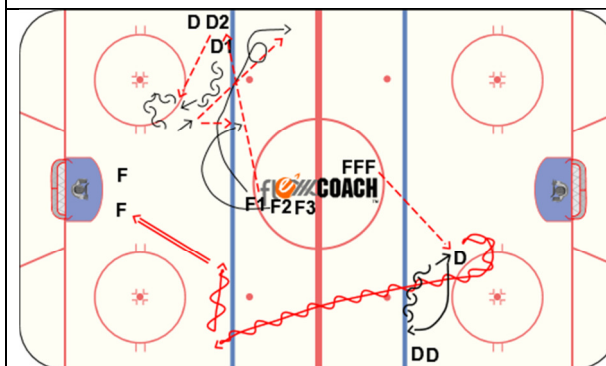


## Full Ice – Week 7



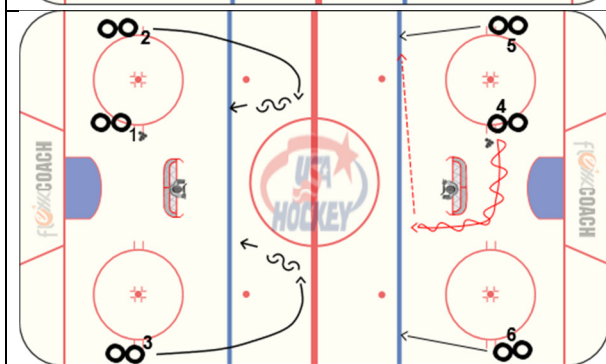
### 1) Lulea & Goalie Warm-Up (7.5/7.5)

- a) Lulea 2v1 Keep Away** - Groups of 3, play 2v1 deception game staying in areas the approx. size of circle, (dotted lines in diagram) the object is for the 2 X's, on offense, to move & support each other w/ & w/o puck & maintain control vs opponent (O) using fakes & deception to create passing lanes. Defending players are free to defend any way they like.
- b) Lulea 3v2 Puck Protection** - Groups of 5 play 3v2 puck protection, the object being for three players on offense (X's) to move & support each other w/ & w/o puck to maintain control vs the opponent. Defending players must attack the puck carrier (no zone defense) & offensive players must bring the defender to him before protecting for 1 sec., then move the puck.
- Coaches should control the drill for short bursts of 10-15 seconds before switching player roles. (Note that diagram shows 2v1 version)**



### 2) Minnesota 3 Shot Goalie Warm-Up (7.5/15)

- On whistle, D1 skates backward out of line and hinges off of D2. F1 passes to D2 who passes to D1. D1 uses deception & passes to F1 who has supported play by opening up low & wide. F1 takes a look up ice, receives pass and skates down ice for shot outside the dots. F1 stays net front to play reasonable rebound. D1 gaps up to the blue-line & hinges again. F2 passes to D2 who passes to D1. D1 uses deception & passes to F2 who has supported flat through the middle of the ice. F2 receives pass & skates down the ice for a shot from inside the dots. Both F1 & F2 stay net front for reasonable rebound. D1 gaps up again & receives pass from F3. D1 uses escape move, skates up ice & reports to blue-line at the boards, stops & then explodes laterally to get inside dot lane before shooting on net.
- Coaches place tires for D1 to gap between on each pass.**



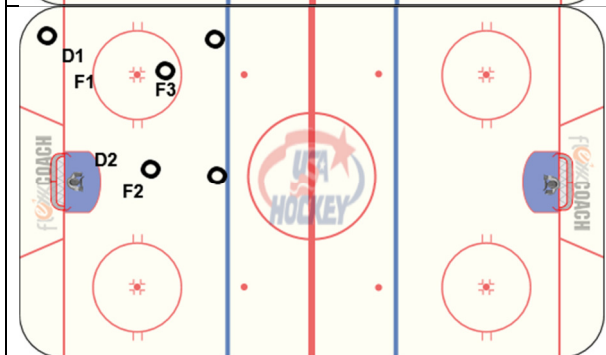
### 3) 2<sup>nd</sup> Man Middle Lane Drive 3v2 with D Join (7.5/22.5)

- Nets at goal line. (not diagrammed) 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 2<sup>nd</sup> O over the 'blue' line goes hard to net while the 3<sup>rd</sup> 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.
- Add D to make BO pass and then join rush as 4<sup>th</sup> attacker**



### 4) 3v3 NZ Game (7.5/30)

- 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.



### 5) Kuortane DZ Battle & BO vs 2 Defense (15/45)

- Coach sets up different 1v1 battles in the DZ to start live DZC and transition to BO/Attack. Allow each set up to play out into scrimmage. DZC, BO, OZP are the initial focus of the drill with all other aspects of specific team concepts coming into play.
- Focus: Deception on the BO in all situations: Wheel, Dink Boards, Dink Net, and Reverse**

## Full Ice – Week 7

### 6) Red Army Re-Group vs 2 D w/back pressure (15/60)

Two defensemen start on the end zone face-off dots 5 attacking players moving randomly in the NZ passing puck. On whistle, attacking players re-group while defensemen gap up to play rush & defensive forwards back pressure when released from bench. Offensive players attack as appropriate on rush, with chip or re-group...play is live...on successful breakout by defending team (fore-checking team is done when BO team gains the ice at the top of the circles), 2 new defensemen take the ice to play counter attack while new back-checkers are released to continue drill.....play is continuous end to end with players reporting to bench after each shift.

### 7) NZ Roll-Over Drill - Re-Group vs 1-1-3 (10/70)

Two units of 5 (3 Fwds. & 2 Def.) line up at center face-off dot, each Center has puck. On whistle, centers spot puck deep into opposing team's end and each team breaks out of their respective end zone. Coach reads the breakouts/attack and blows 2<sup>nd</sup> whistle...players ignore the puck they are playing and **STOP**, drop & roll wherever they are on the ice at the time of the whistle. Coach waits until players are getting up and spots a new puck anywhere on the ice for players to read and react to new puck...play continues as a scrimmage for 20-30 seconds or when coach stops play for teaching point.

### 8) 2v2 Doyle Continuous (10/80)

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 work together with D1 & D2 to breakout & attack D3 & D4 with either D1 or D2 joining the attack (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  
 -The D that joins reads the play as 5v5 and is done when initial rush & reasonable play is over  
 -Continuous

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

