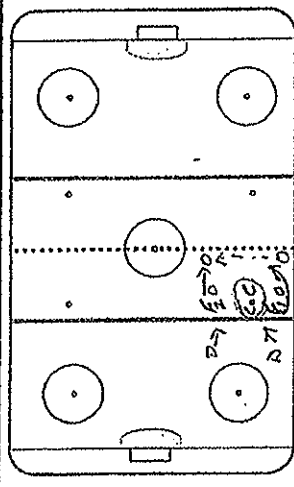
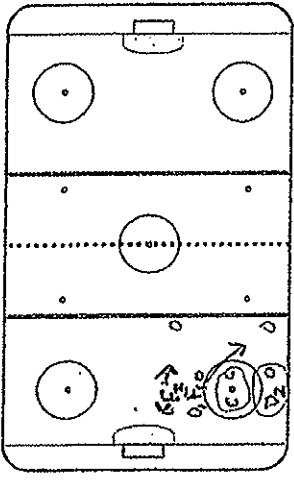


**D.Z. WIN**



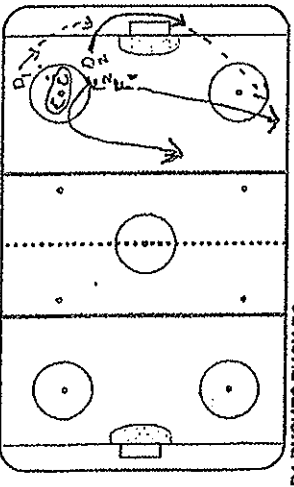
D1 PUSHES PUCK D2  
 F1 GOES TO WALL FOR OUT  
 F2 STARTS TO PT. & THEN GOES TO  
 SUPPORT F1  
 C STAYS WITH C THEN JOINS

**D.Z. LOSS**



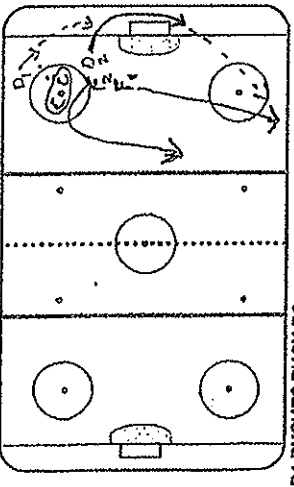
F1 GOES TO WALL FT.  
 C STAY WITH THEIR C  
 F2 STAYS IN FRONT & GOES I & FOLLOWS PUCK  
 UP OR DOWN  
 D1 IN FRONT FINDS THEIR F IN FRONT  
 D2 STAY WITH F ON WALL

**N.Z. OUR END LOST**



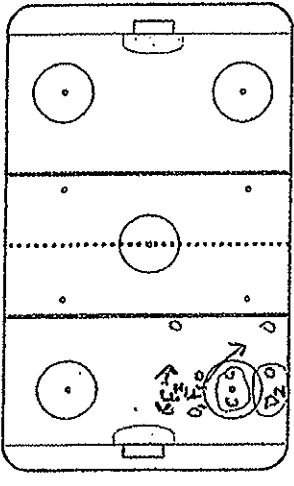
F1 PUSHES  
 IF THEY GO D TO D THAN F2 JUMPS  
 OTHER D  
 C STAYS WITH THEIR C  
 D WATCH THEIR WINGERS

**WIN O.Z.**



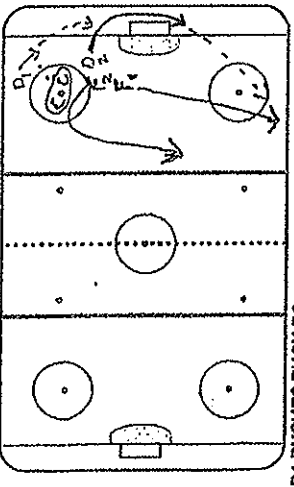
F1 SKATES OUT IN FRONT OF F GOING  
 TO PT. THEN PEELS OFF TO BOARDS  
 F2 JUMPS TO NET  
 C FINDS SPOT IN FRONT OF NET

**N.Z. THEIR END LOST**



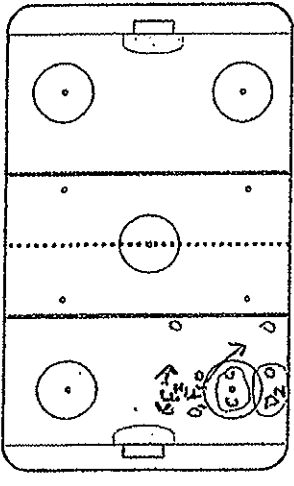
F1 JUMPS & PRESSURES WALL D  
 F2 JUMPS D IN FRONT  
 D1 PINCHES DOWN ON WEAK SIDE  
 D2 COMES ACROSS  
 C WATCH C & COMES BACK THROUGH MIDDLE

**P.K. OUR ZONE WIN**



C GOES OUT TO PT.  
 F1 STAYS IN MIDDLE FOLLOWING PUCK ON WALL  
 UP & DOWN. ALWAYS PROTECTING THE MIDDLE  
 LANE

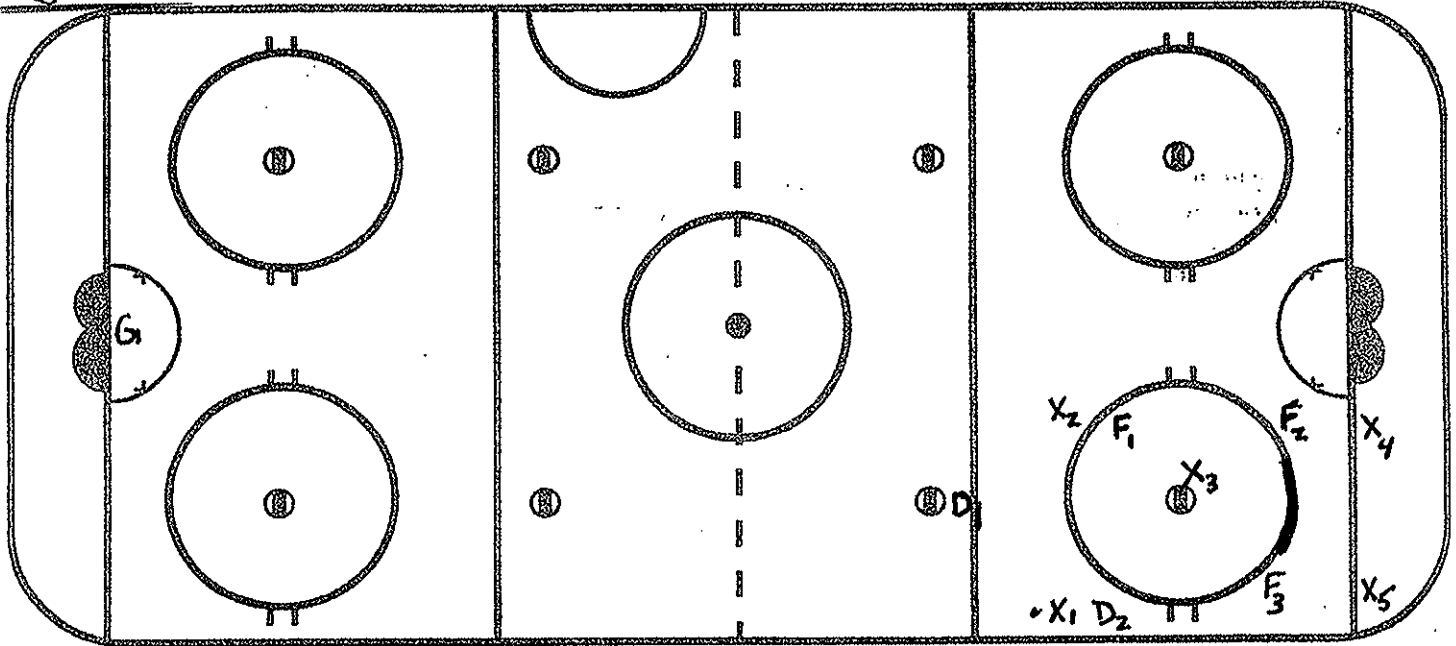
**P.K. OUR ZONE LOSS**



D1 BUMPS PUCK TO FAR CORNER  
 F1 GOES TO CORNER TO GET PUCK  
 REVERSE IS NEEDED SOMETIME WITH D2 IN  
 FRONT



# LONG 2 VS 1 SORT OUT



- DRILL STARTS ON WHISTLE

- X1 & X2 ATTACK 2 VS 1 ON D1. X3 IS JOINING LATE

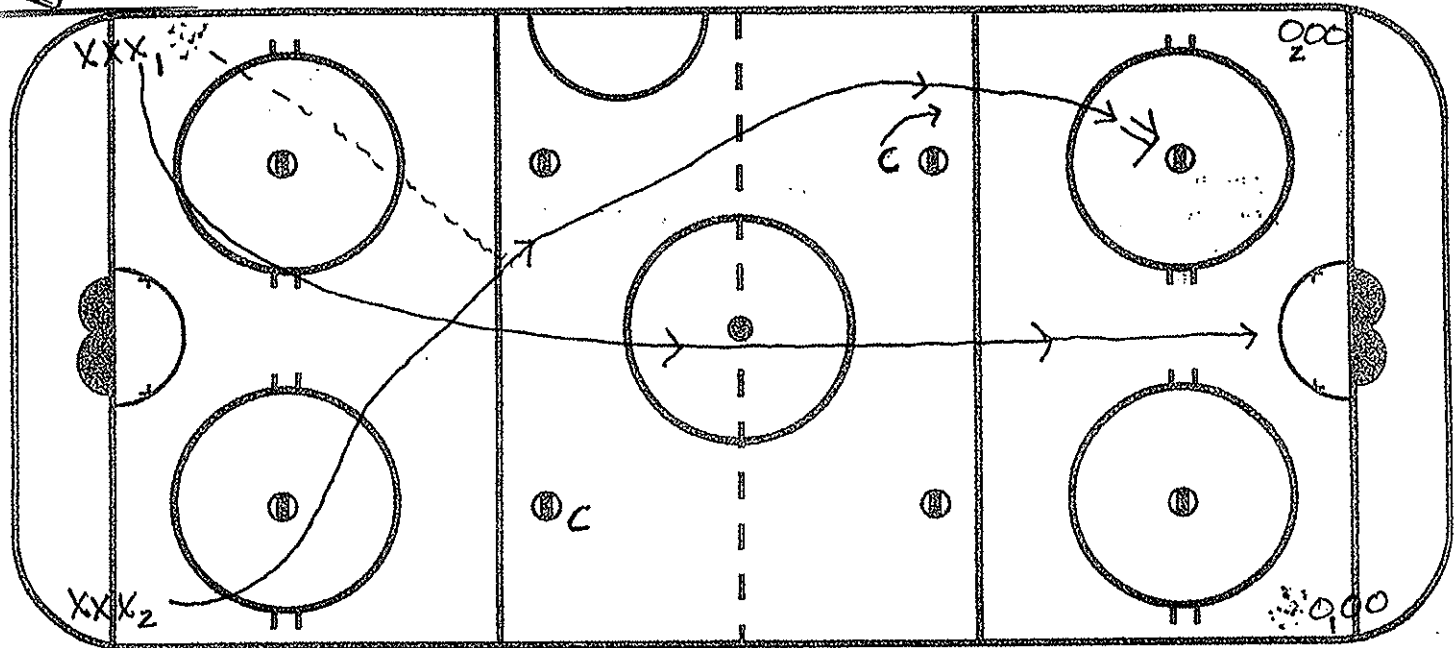
- D2 & F1 MUST BACKCHECK & SORT OUT WITH D1 WHO'S MAN IS WHO'S.

- IF X1 & X2 DON'T SCORE ON RUSH ALL PLAYERS PLAY 5 VS 5 IN ZONE.

\* - IT IS IMPORTANT FOR EVERYONE TO COME BACK HARD & TO COMMUNICATE WHO THEY HAVE IN THE COVERAGE.



# DRIVE DRILL

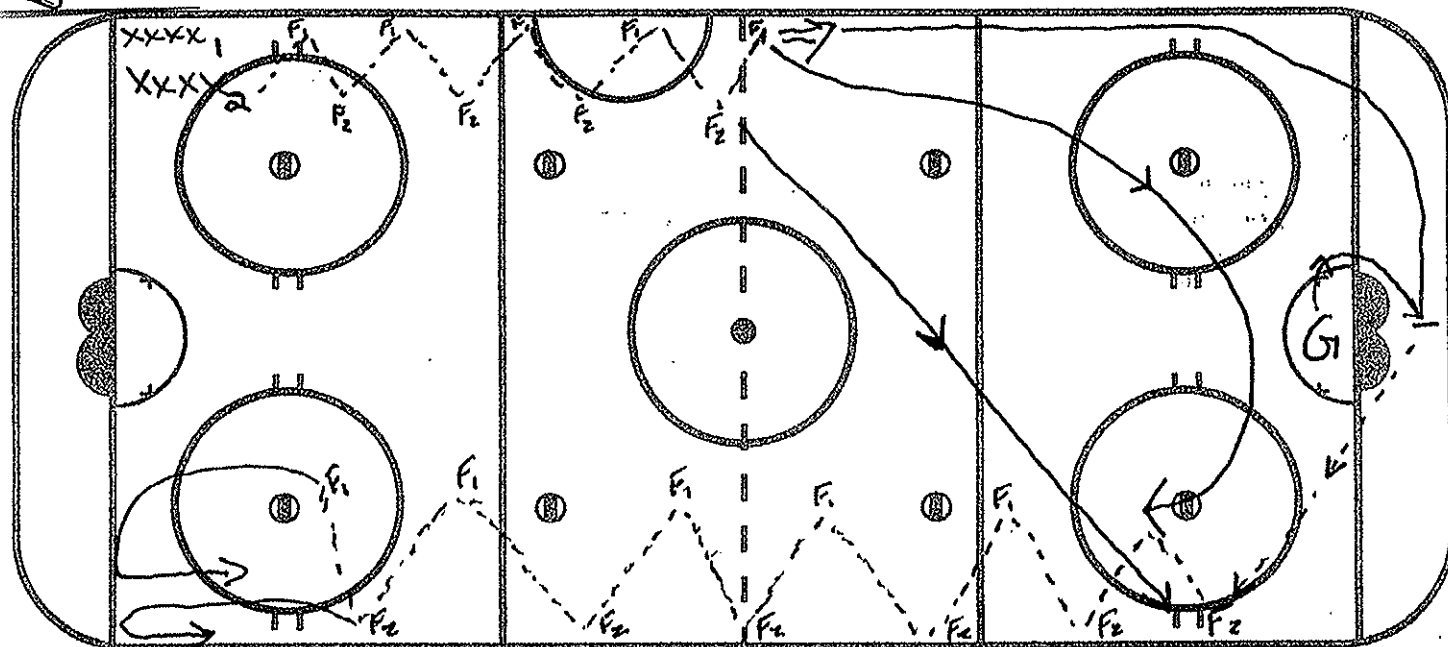


- PLAYERS IN ALL 4 CORNERS
- PUCK ARE IN X1 & O1'S CORNERS
- ONE END AT A TIME
- X2 SKATES ACROSS ZONE & RECEIVES PASS FROM X1
- X2 THEN SKATES AROUND COACH WHO PUTS TOKEN PRESSURE ON & THEN X2 MAKES A PLAY AT THE NET.
- AFTER X1 MAKES PASS HE THEN SKATES HARD TO NET LOOKING FOR LOOSE PUCKS.
- THEN THE OTHER END GOES AFTER X'S HAVE GONE BYE

\* IT IS IMPORTANT FOR ATTACKING PLAYERS TO BE CREATIVE ON THE ATTACK  
- ALSO X1 HAS TO DRIVE NET HARD!



# WARM UP

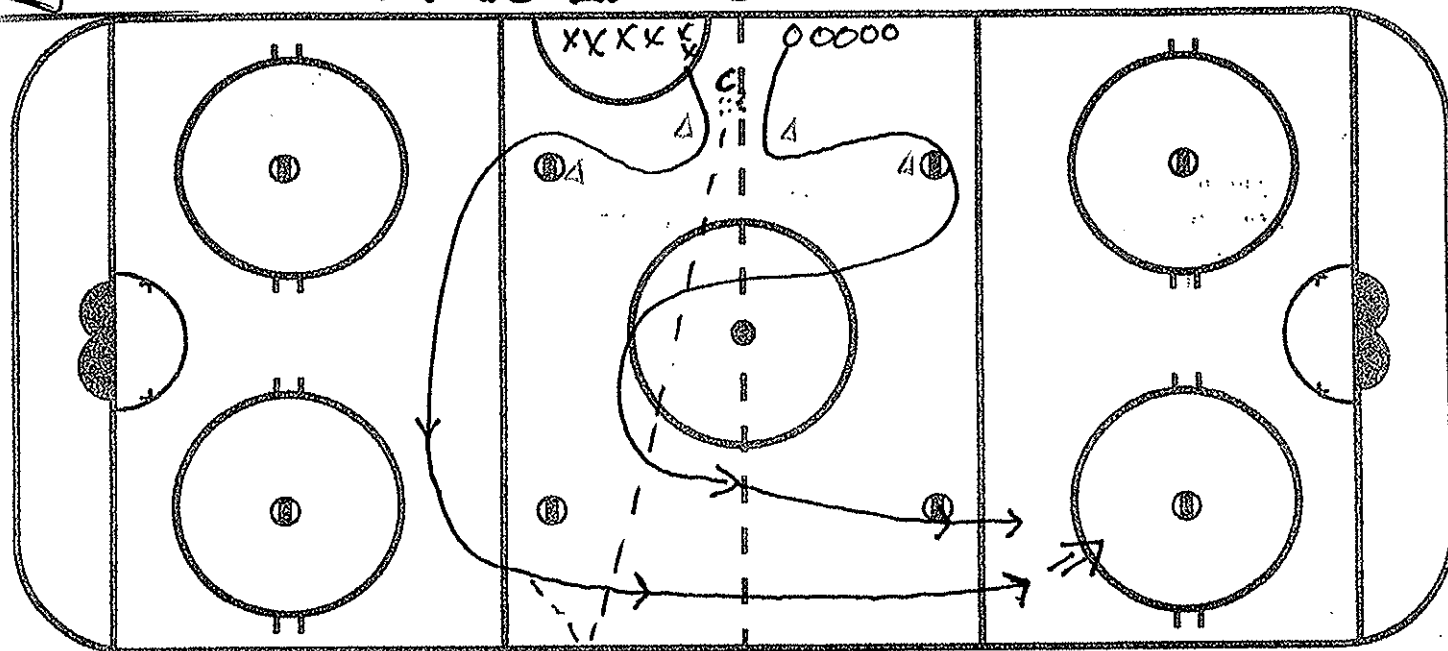


- GOALIES IN NET
- PLAYERS ALL IN ONE CORNER IN TWO LINES  $\rightarrow$  X1 + X2
- X1 + X2 PASS PUCK BACK & FORTH TO THE RED LINE & THEN RIM THE PUCK W.
- X2 THEN SKATES HARD TO FAR SIDE HASH + OPENS UP TO RECEIVE A PASS FROM GOALIE WHO HAS COME OUT & STOPPED THE RIM.
- X1 SUPPORTS PASS & THEN X1 + X2 GO BACK DOWN PASSING PUCK BACK & FORTH.

\* IT IS IMPORTANT TO ALLOW PLAYERS TO GET A PROPER WARM-UP. PLAYERS & GOALIES ARE ALLOWED TO HANDLE THE PUCK FOR THIS WARM-UP DRILL.



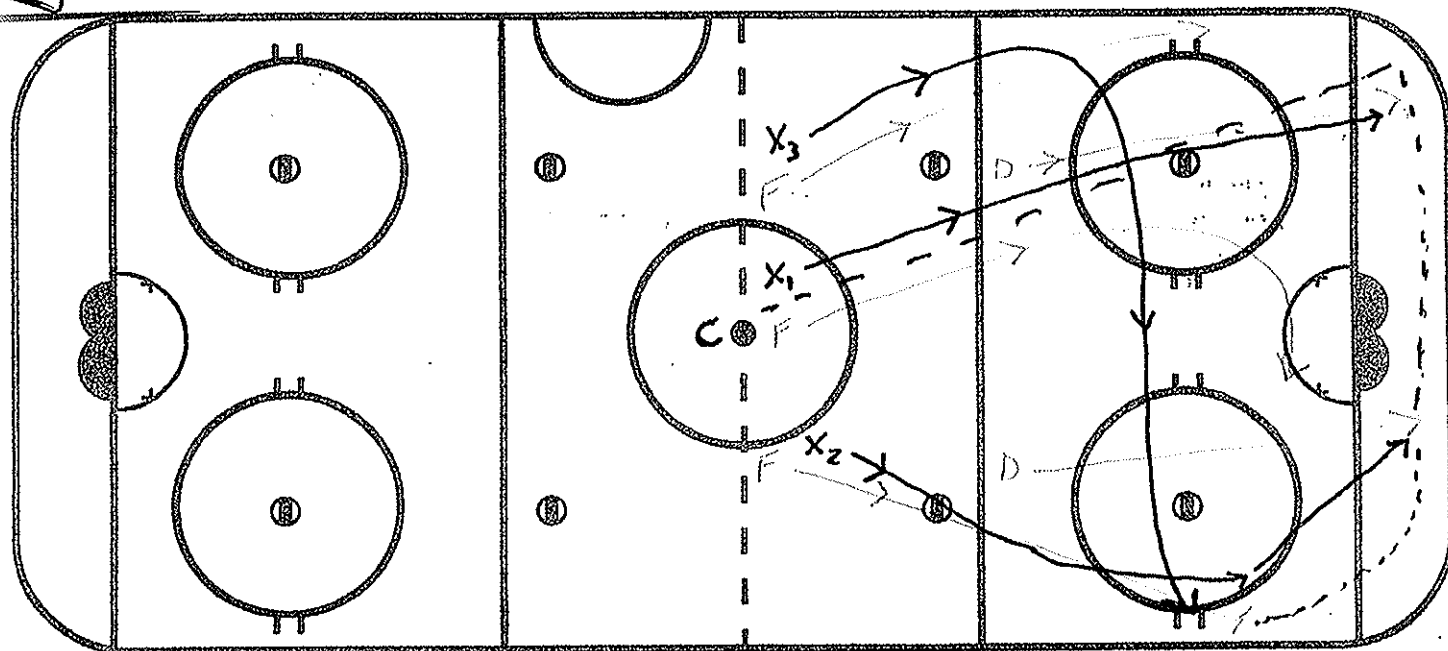
# ANGLE DRILL



- 2 LINES ON EITHER SIDE OF RED LINE.
  - ON WHISTLE ONE PLAYER FROM X LINE GOES & ONE PLAYER FROM O LINE GOES AROUND PYLONS.
  - COACH THEN PICK A SIDE & THROWS PUCK TO FAR SIDE
  - X THEN PICKS PUCK UP & GOES DOWN WALL FOR A SHOT ON GOAL
  - AT THE SAME TIME O'S WILL ANGLE PLAYER X NOT ALLOWING HIM TO CUT BACK TO MIDDLE OF ICE. IF PLAYER X IS ABLE TO CUT BACK THEN PLAYER O HAS TAKEN A BAD ANGLE
- \* IT IS IMPORTANT FOR PLAYER O TO PICK UP SPEED SO THAT PLAYER X CANNOT GO AROUND HIM.



# FORECHECK DRILL



PART I → COACH DUMPS PUCK INTO A CORNER → X1 ATTACKS WHERE PUCK GOES - O'S ARE BREAKING OUT.

PART II → COACH DUMPS PUCK → X1 & X2 GO → X1 ATTACK PUCK - X2 GOES TO WEAK SIDE WALL & READS PLAY. IF O'S GO D TO D THEN X2 ATTACKS WHERE THAT 1ST PASS GOES.

PART III → COACH DUMPS PUCK → X1 & X2 DO SAME AS PART II. → X3 GOES DOWN STRONG SIDE WALL. IF D GO D TO D THEN X3 HAS TO SKATE HARD ACROSS TO OPPOSITE BOARDS → X1 COMES BACK HARD THREW MIDDLE → X2 ALSO GETS BACK TO BACKSIDE

# ROAD WARRIORS

## 1) PREPARATION

### ✓ MENTAL

- Know who you are playing against – OHL website
- *Think 3-2 Win*
- Focus on short increments of time...Shifts, Period... Target to be up one or tied going into third period.
- Target 3 personal game goals that you must achieve for team to win.

### ✓ PHYSICAL

- Proper sleep, fluids, nutrition before games.
- Attention to pre-game prep – ladder
- Efficiency in warmup

## 2) PENALTY KILL

✓ Reduce Penalties from 5.6/game... TARGET 4.5 KILLS/GAME

✓ Increase Efficiency... TARGET 80% EFFICIENCY

- Aggressive Forecheck
- Strong Retrievals
- Good Force/Contain Decisions
- Outwork Opposition PP

**BY REDUCING KILLS TO 4.5/GAME & IMPROVING EFFICIENCY TO 80%, WE REDUCE OUR GOALS AGAINST BY .9 TO 3.0!**

## 3) THINK DEFENSE...THINK SAFE...TARGET 5 ON 5 G.A OF 2.0

- Better reads, quicker to backside, tighter gaps & screen-outs, harder battles, safer puck play, more dump-ins than at home.

**BY REDUCING OUR 5 ON 5 G.A. BY .4/GAME, WE HAVE REDUCED OUR ROAD GAME G.A. TO 2.6....WE NOW HAVE GIVEN OURSELVES A CHANCE TO WIN!**

19

## 4) GOALS FOR...TARGET 3.0/GAME

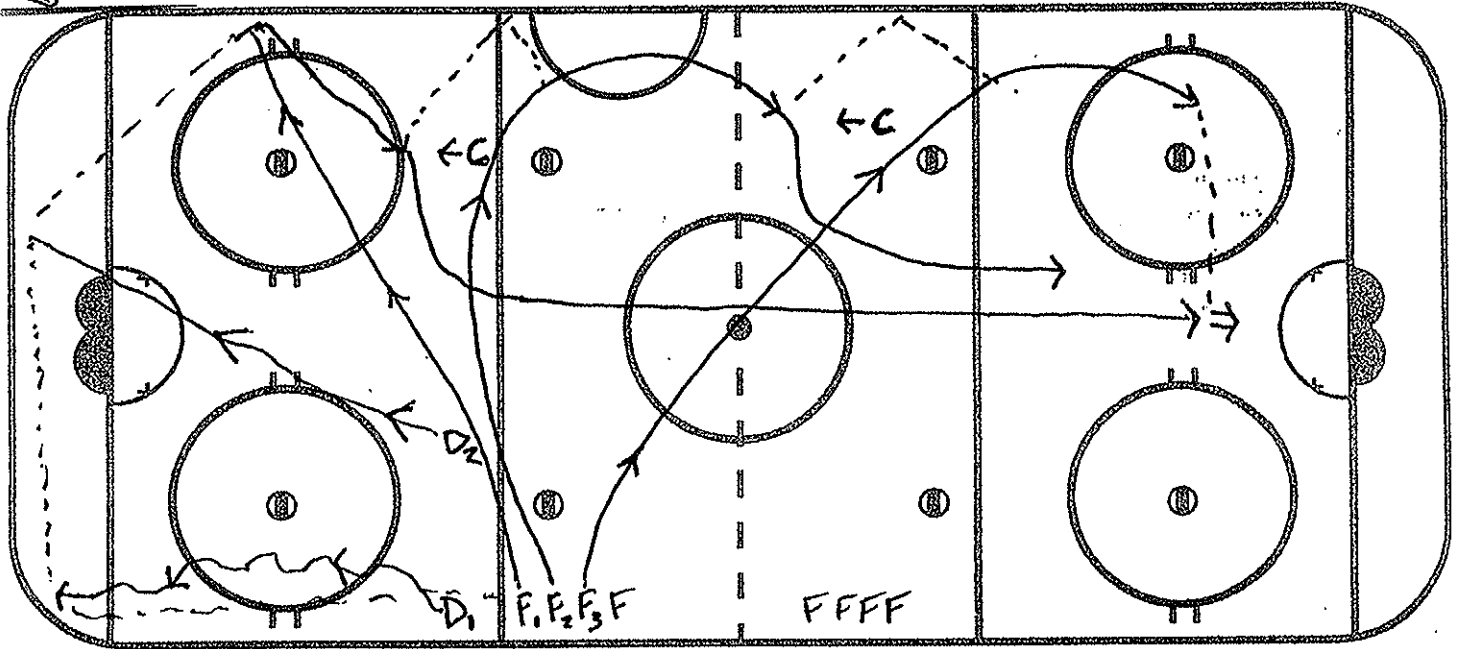
- Retain PP performance of one goal per game average
- Keep offense simple – pucks & people to net!
- Better defense creates counter-attacks...our strength!

**FINAL SCORE.... BARRIE 3**

**OPPOSITION 2**



# CHIP DRILL

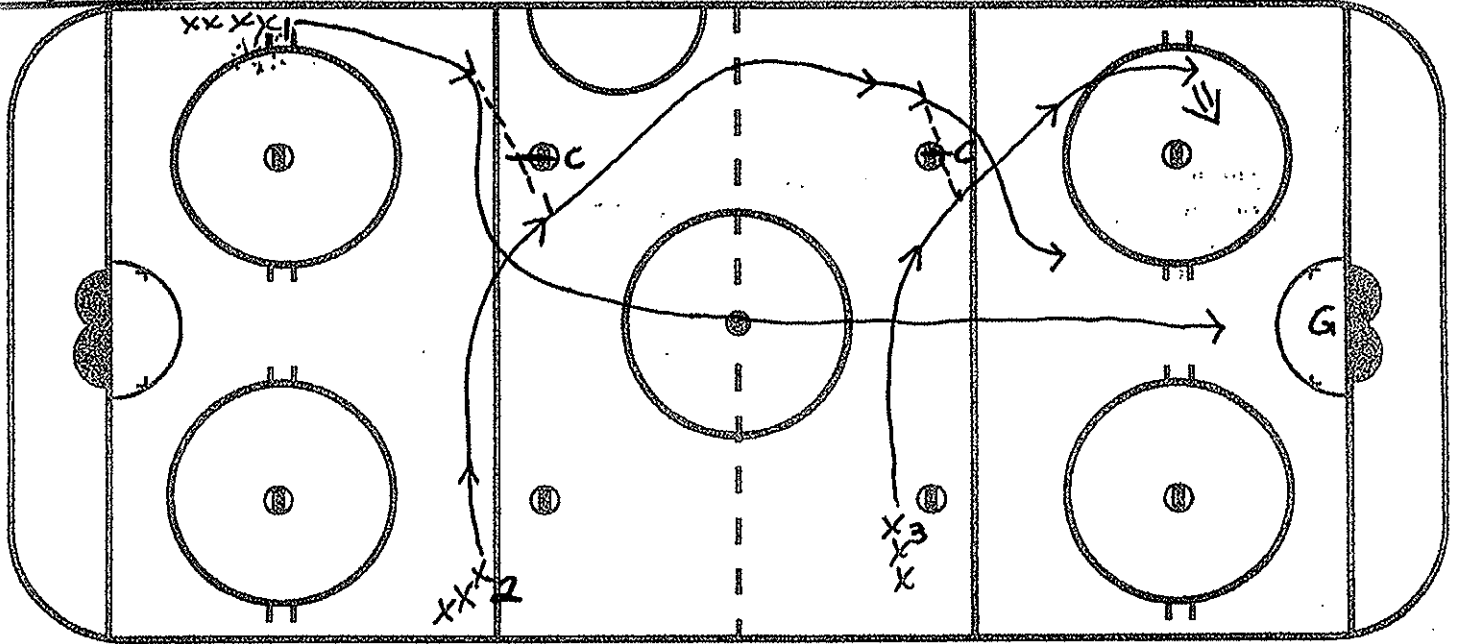


- F1 DUMPS PUCK TO D1 CORNER
- D1 THEN PASSES TO D2 FOR BREAKOUT
- WHEN PUCK IS DUMPED F1 RACES TO FAR HASH TO RECEIVE A PASS FROM D2. F1 WILL THEN SKATE UP ICE UNTIL PRESSURED BY COACH. F1 THEN CHIPS PUCK OFF WALL TO F2 WHO IS IN A SUPPORT POSITION
- F2 THEN SKATES UNTIL PRESSURED BY 2ND COACH. F2 THEN CHIPS PUCK OFF WALL TO F3 WHO IS IN A SUPPORT POSITION.
- THEN ALL 3F ATTACK 3 VS. 0
- THEN OTHER END GOES.

\* - IT IS IMPORTANT FOR F2 + F3 TO HAVE GOOD TIMING & FOR ALL F'S TO MAKE GOOD CHIPS



# SUPPORT DRILL



- ON WHISTLE X1 START WITH PUCK
- X1 SKATES TOWARD BLUELINE + THEN PASSES A PUCK UNDER THE COACHES STICK TO X2
- X2 THEN SKATES ALONG WALL + SLIDES PASS UNDER THE 2<sup>ND</sup> COACHES STICK TO X3
- ALL X'S THEN ATTACK 3 vs. 0

- \* - IT IS IMPORTANT FOR X2 + X3 TO PUT THEMSELVES INTO A GOOD LANE FOR SUPPORT.
- ALL X'S HAVE TO HAVE GOOD TIMING + FEET HAVE TO BE MOVING
- X1 HAS TO CATCH UP TO PLAY + DRIVE NET
- AGAIN IT IS IMPORTANT FOR PLAYERS TO BE CREATIVE ON ATTACKS