

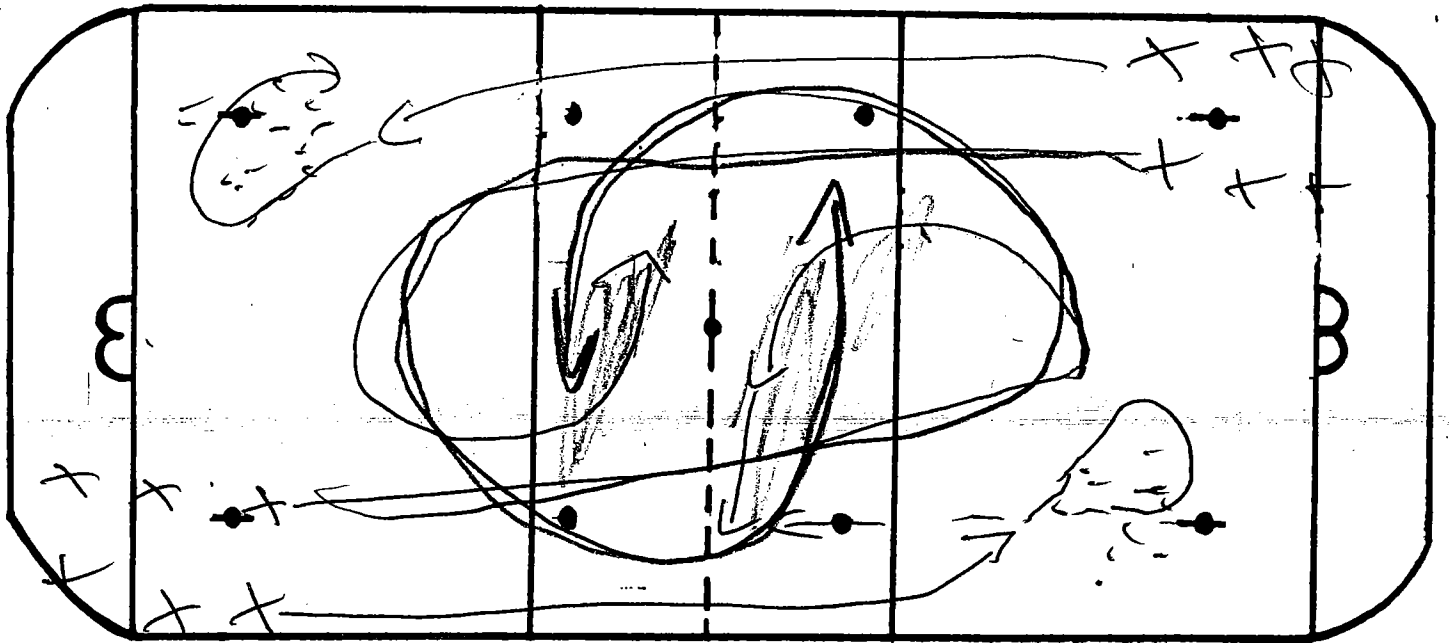
2.014.0

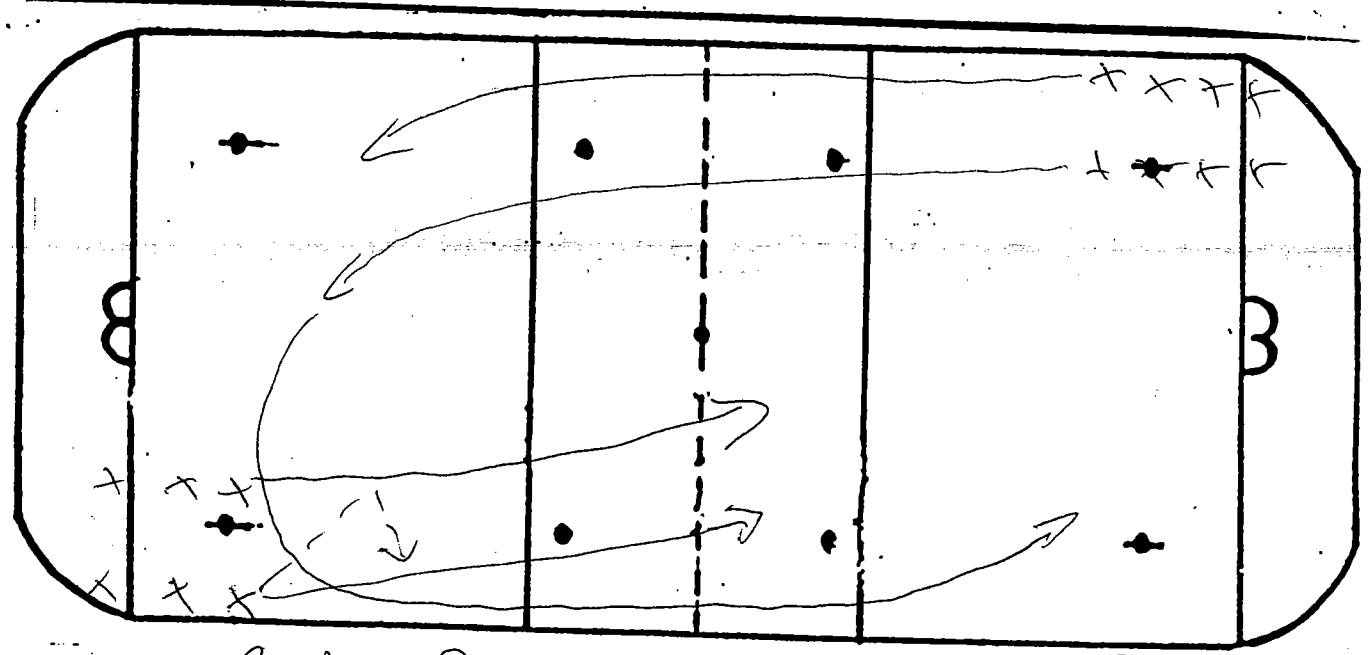
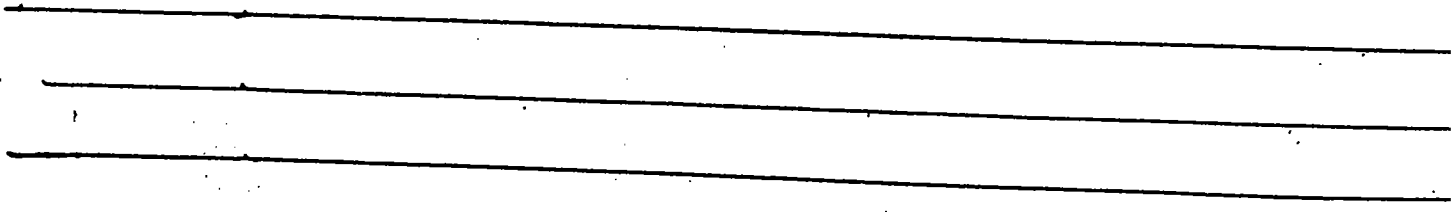
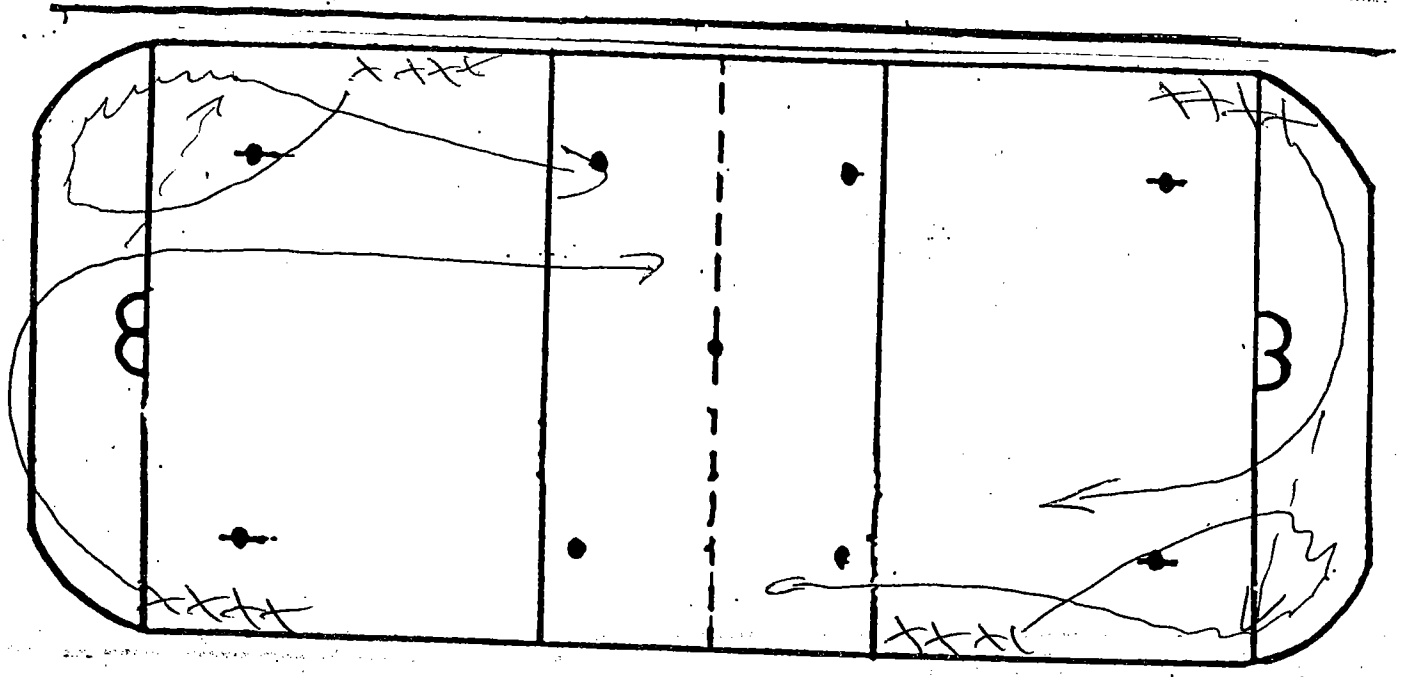
Name of Drill:

Description: Same Time Both Ends

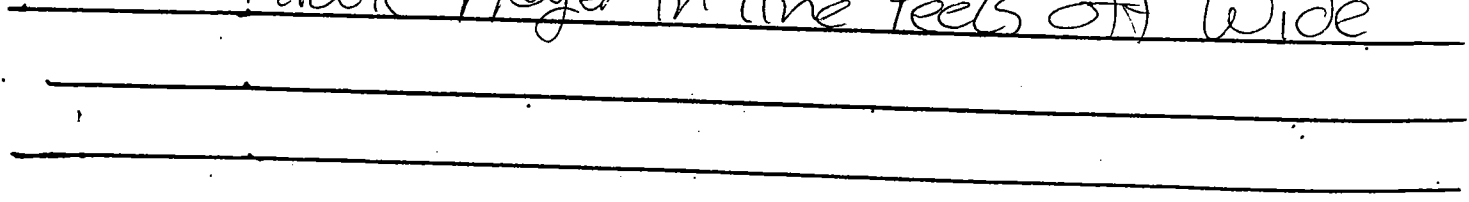
Board Player Brings Puck into Zone - Shoots

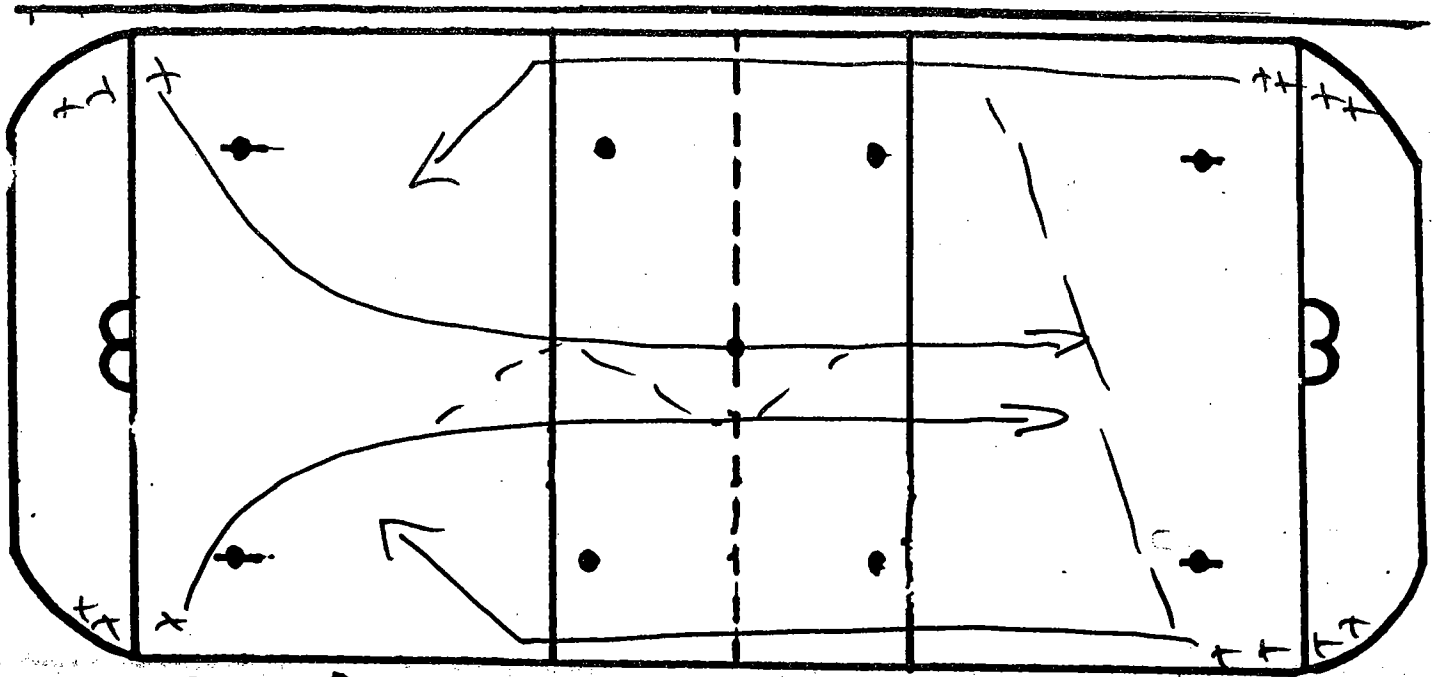
Swing pick up puck - Pass to middle guy
who is Stretch

**Comments:**



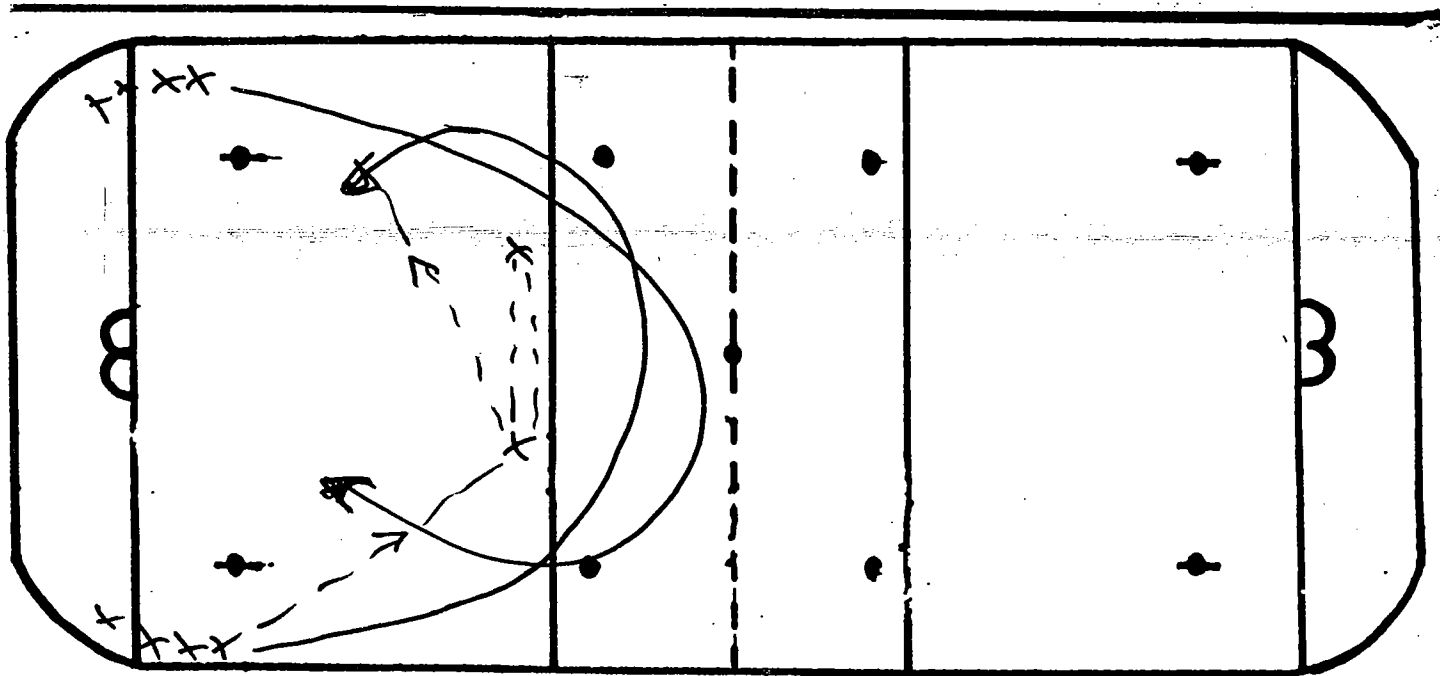
Middle Player in line peels off wide





Zero Narrow & Wide

Same time

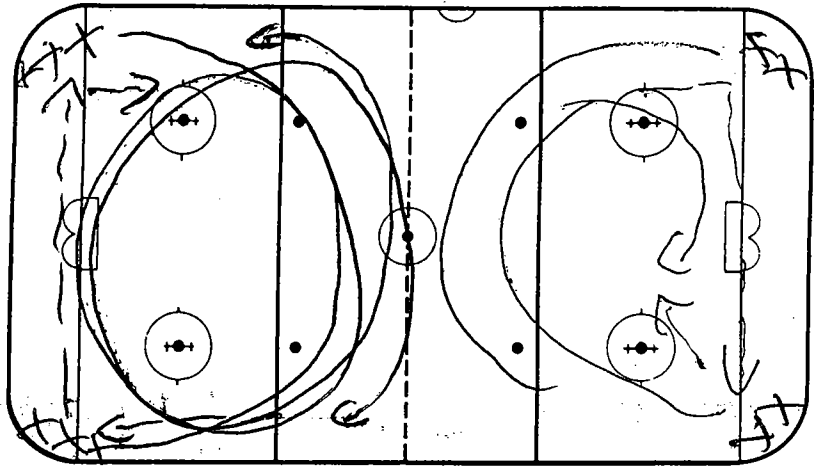


① Swing behind D after passing to them.

D makes as many passes as possible

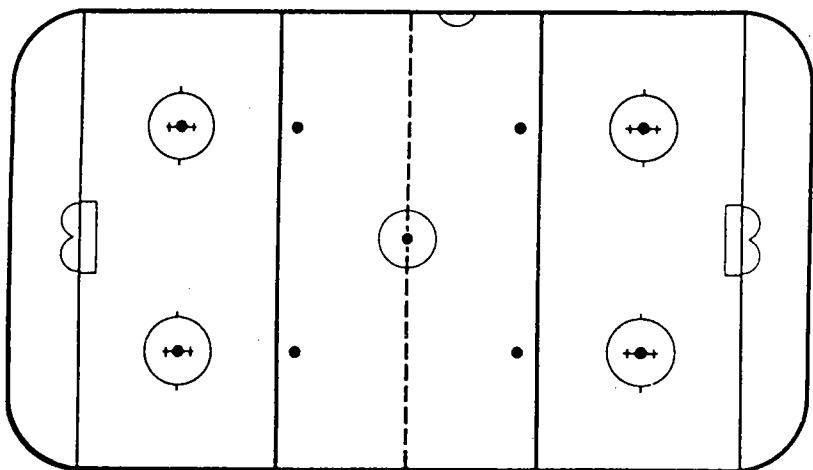
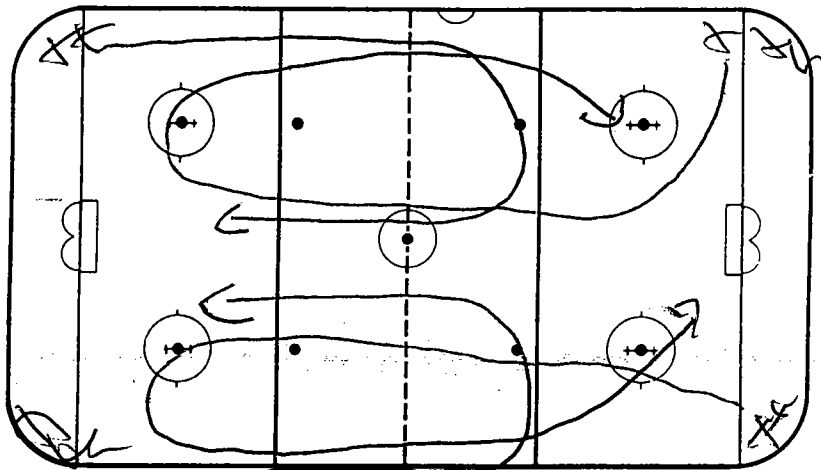
1/2 Ice 2-0

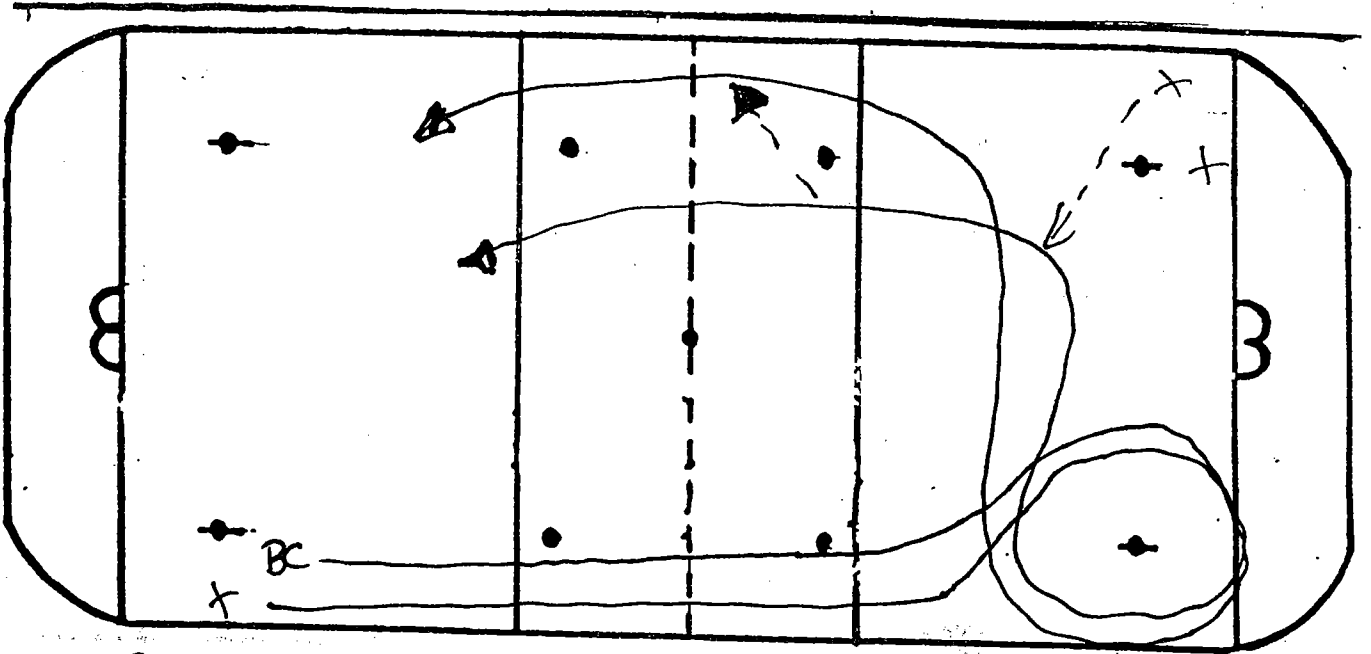
2-0 out to Blue
w/ Pick
In-Pass to 1st Guy in
Line
HE CAN Pass across
to Next Guy in line
& Back to 2-0 Guys



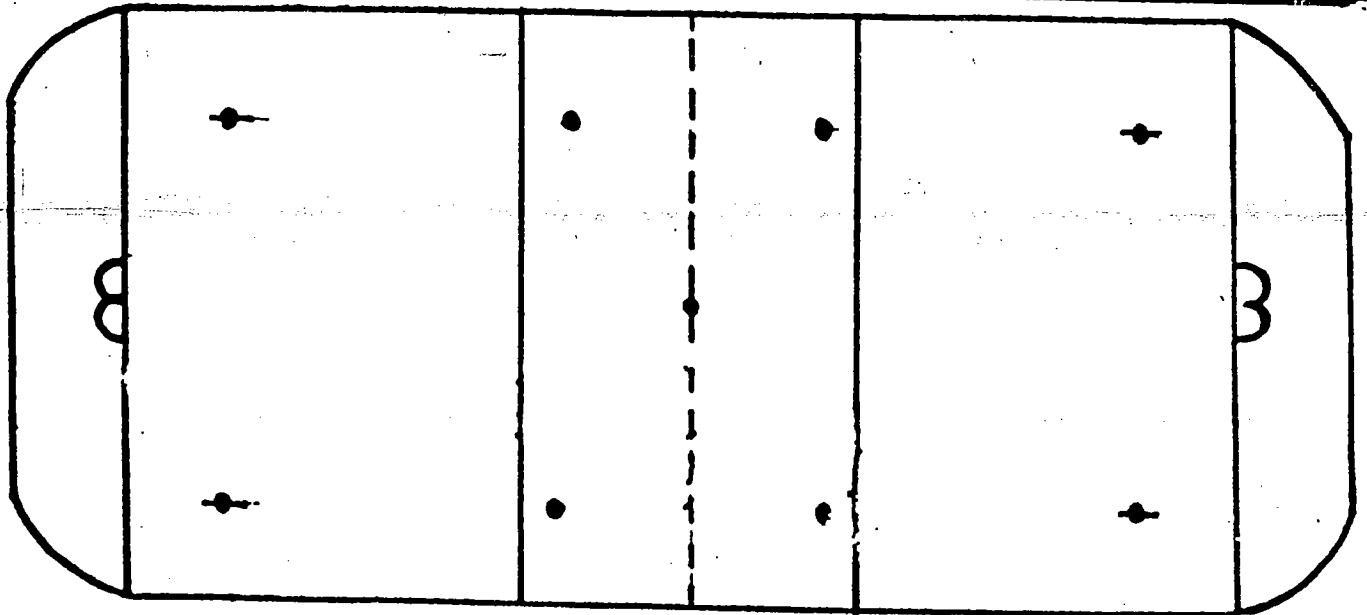
2-0 Narrow
Wide

Attack same end
2-0 started





Both ways - BC keeps x to outside - when they get to far end skate circle - catch pass from next line
 2-0 Rush up Ice!



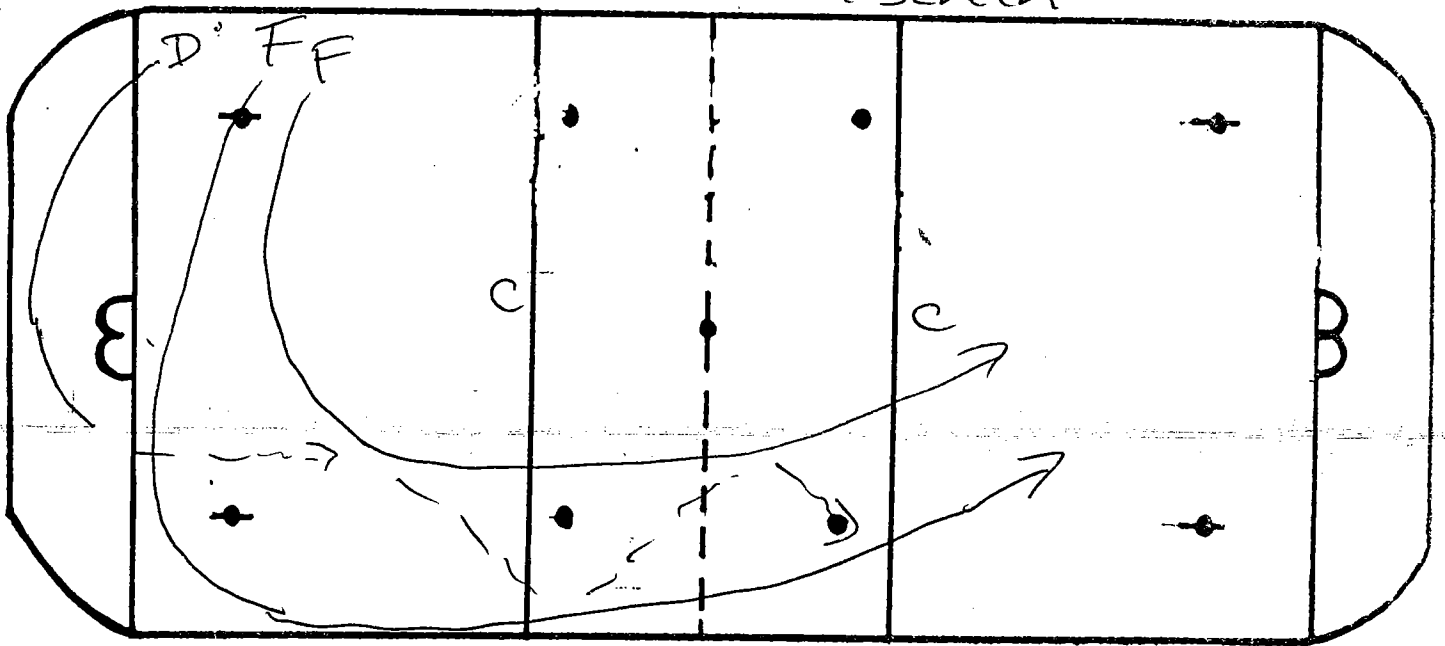
Name of Drill:

Description: Auggie B-out Skill

D - Breaks out 2F (2-0 w/ shot)

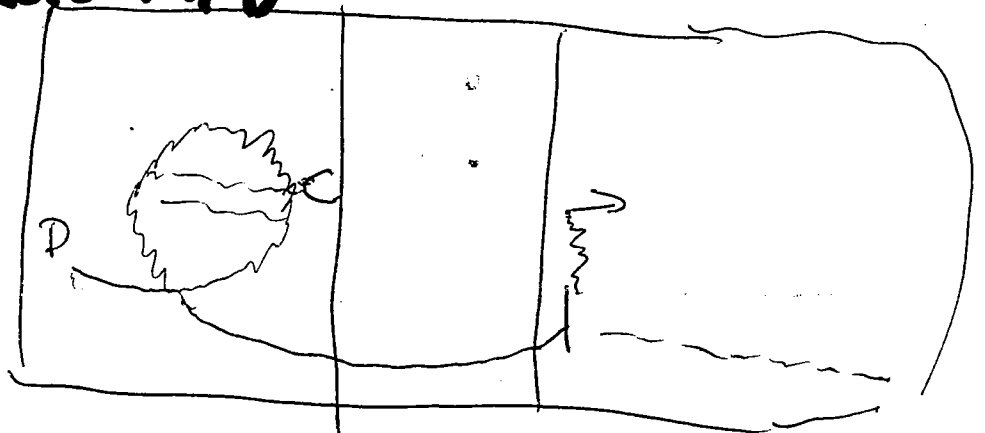
D - Circles facing coach Plays catch w Coach
(Give Pack Back to coach)

D - Hustle to Blue catch pass from Line Low
Shoot & Screen

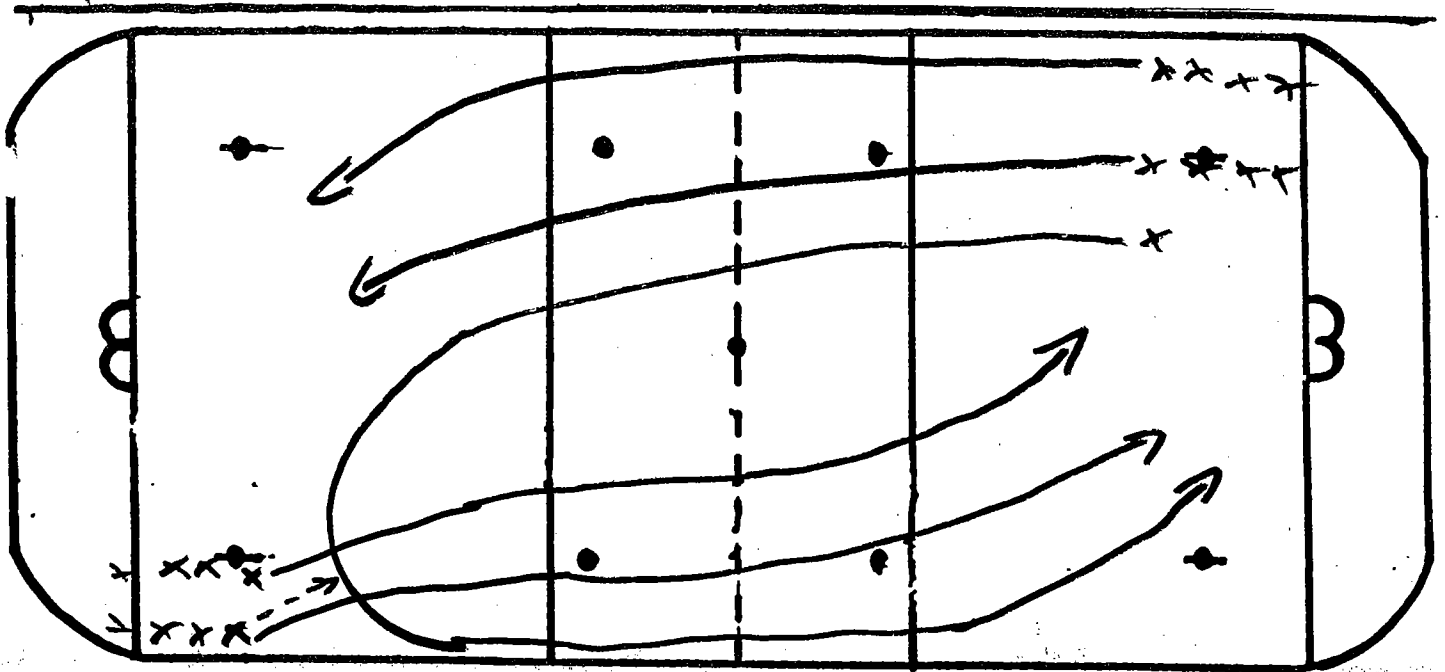


Also good late w/ D-

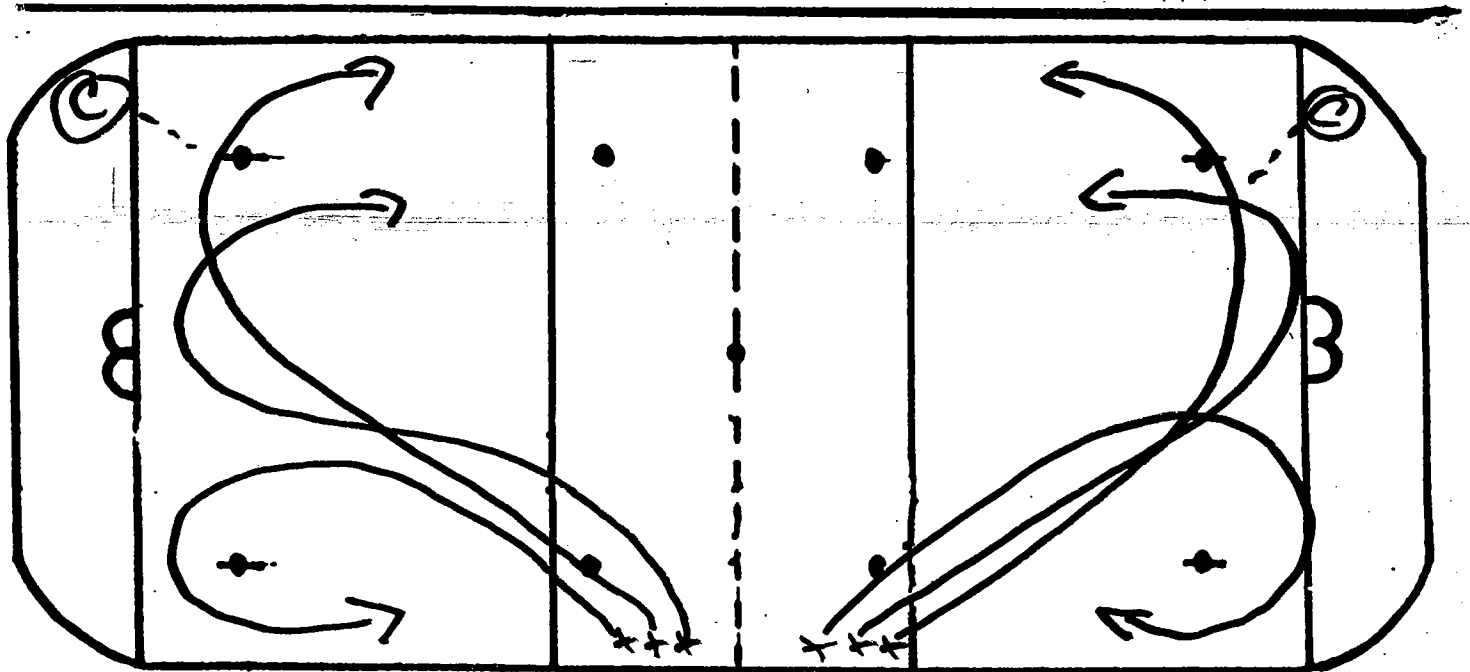
Comments:



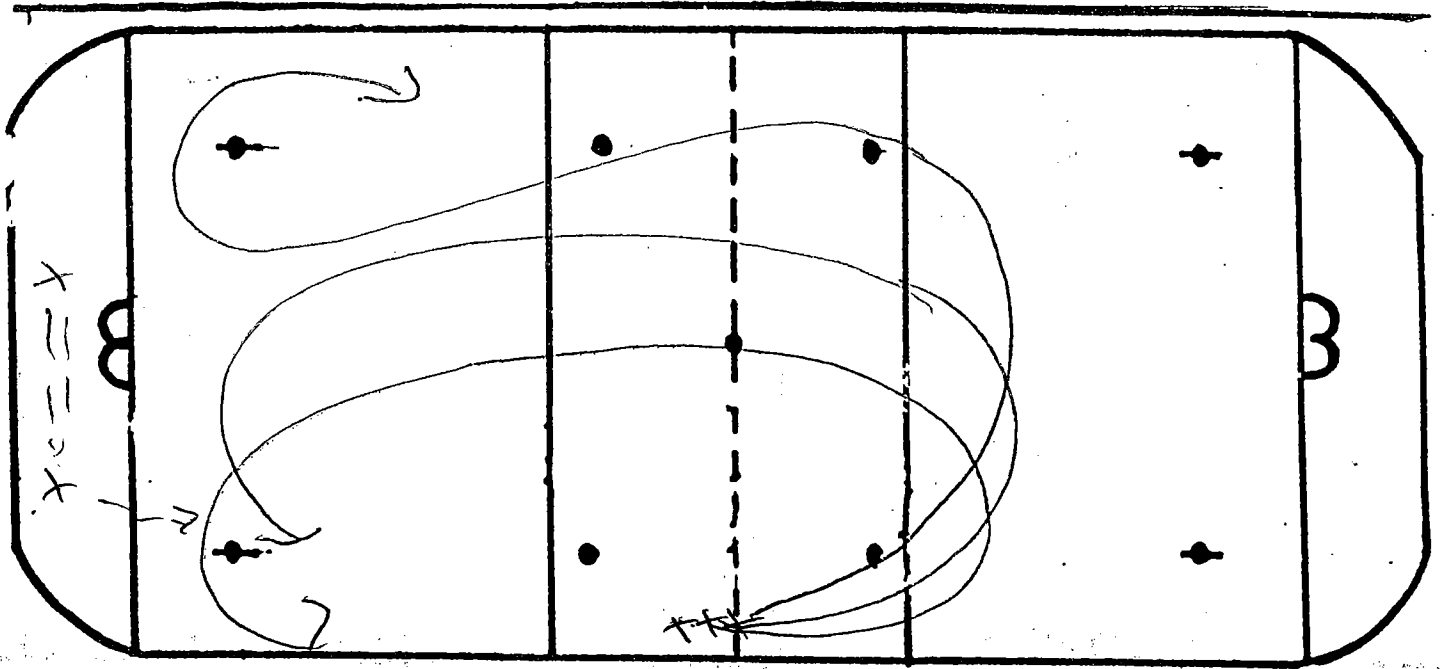
3-02-0



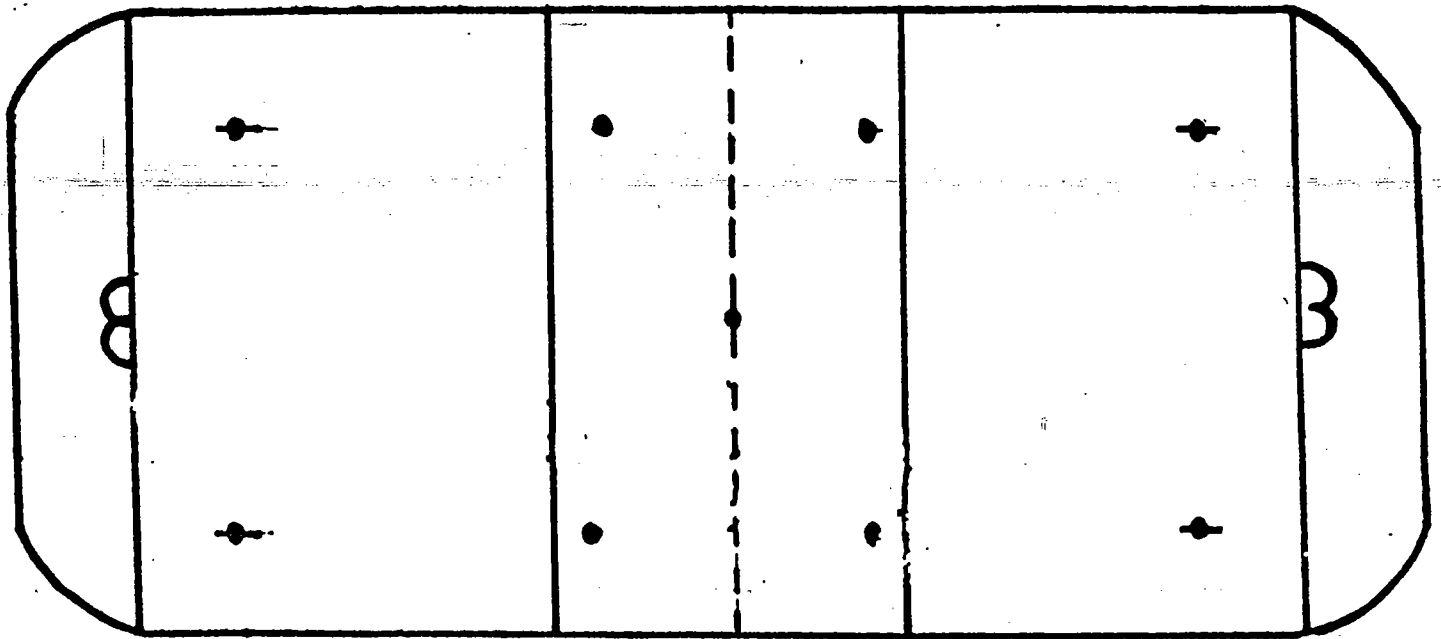
2-0 - The inside guy always swings to the outside on the far end.

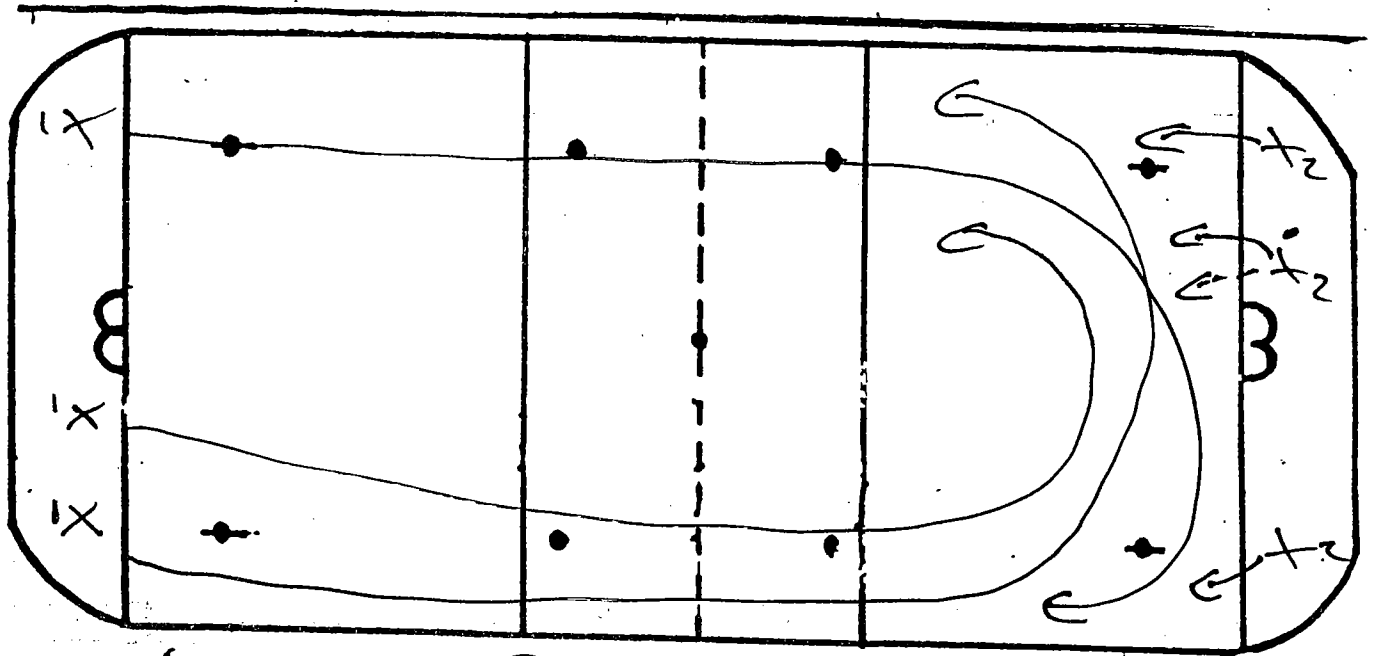


3-0 Heads up! Swing into zone catch pass from coach - attack far end.

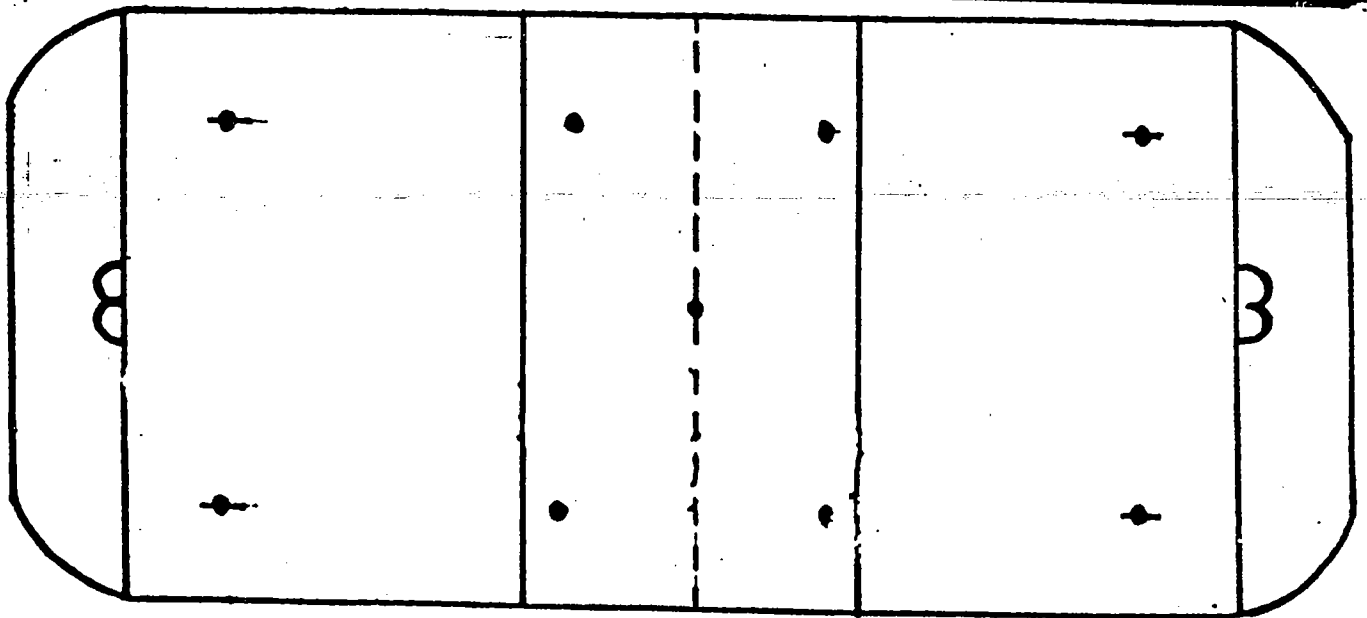


3-0 → Touch one Zone / Breakout of other
 After Rush Go Behind Net Make Passes &
 Breakout next 3.





X^1 's take off Regroup Deep in far zone - X^2 's
 Pass to X^1 & Backchecker (or pressure) then down
 the ice. X^2 then Regroups - Backfurther 3-0



5-000-0

Name of Drill: 5-0 Bout Thru

The Team as Cones!

Description: 4 Lines or 3

X - Just made rush and offense. Stay in OZ.

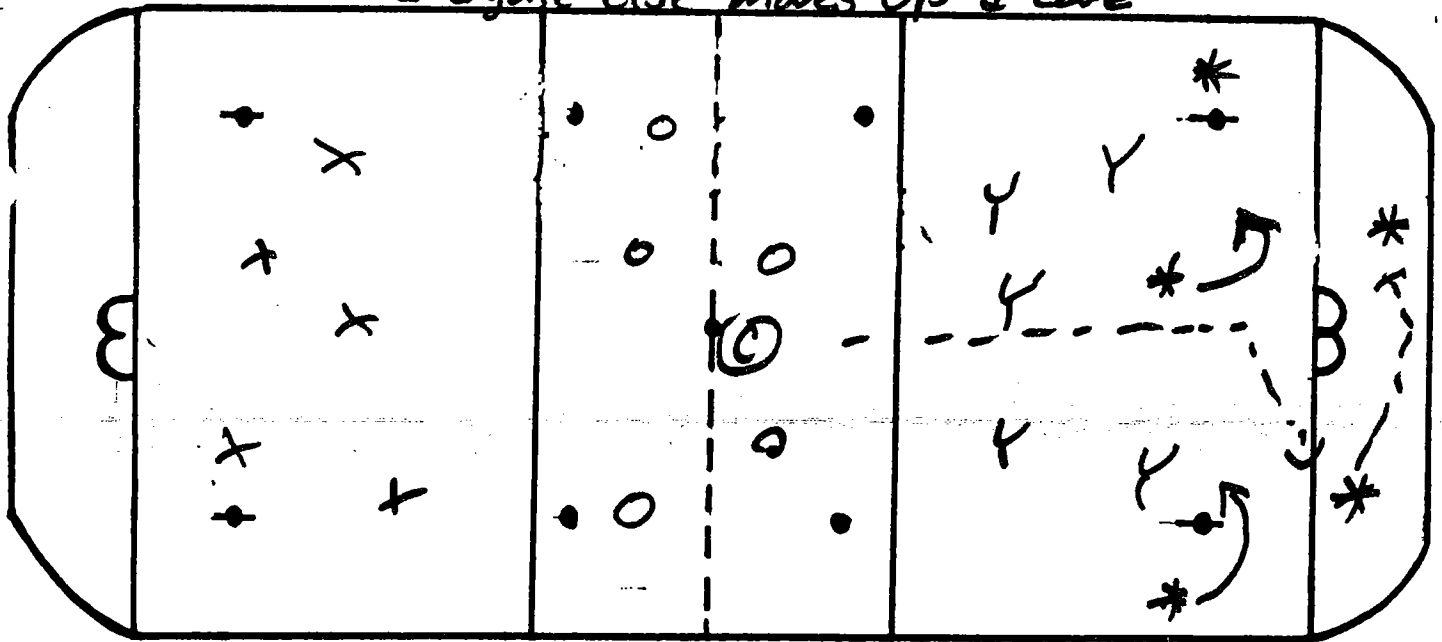
O - Stand in NZ

Y - Stand in DZ

* - Break out thru everyone & Run offense in OZ.

- after rush * Stay in OZ -

Everyone else moves up 2 zone

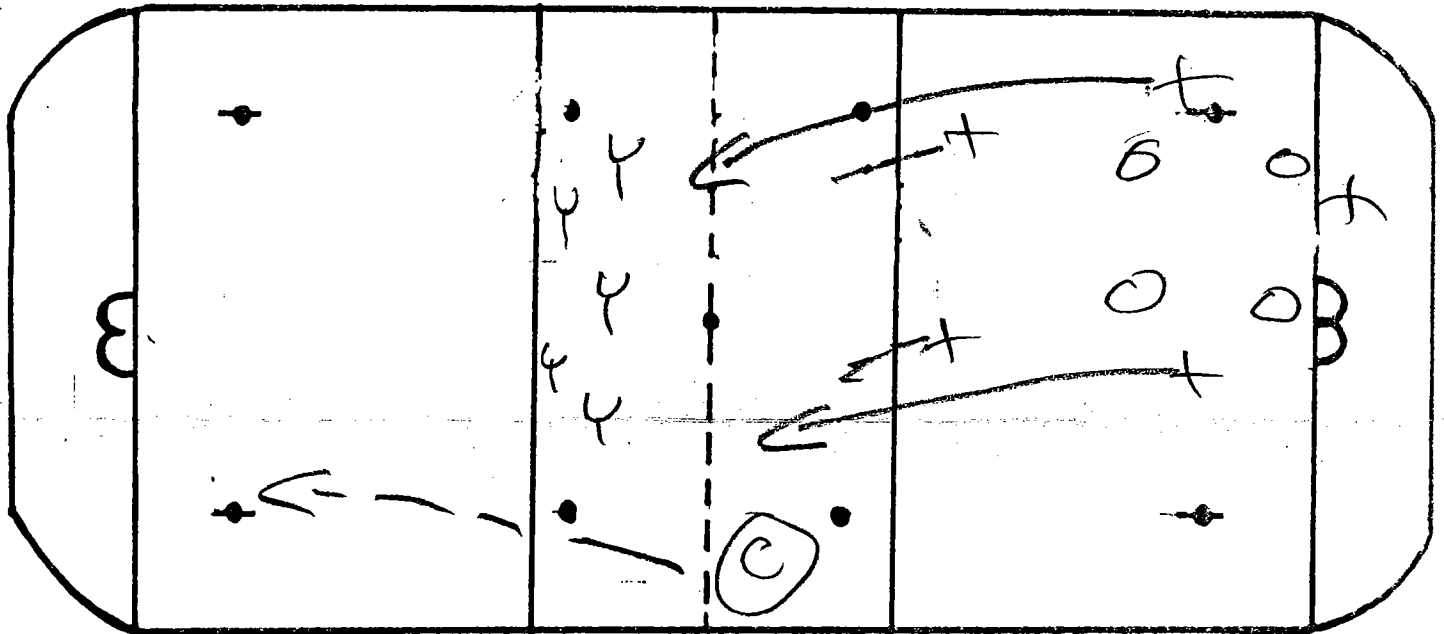
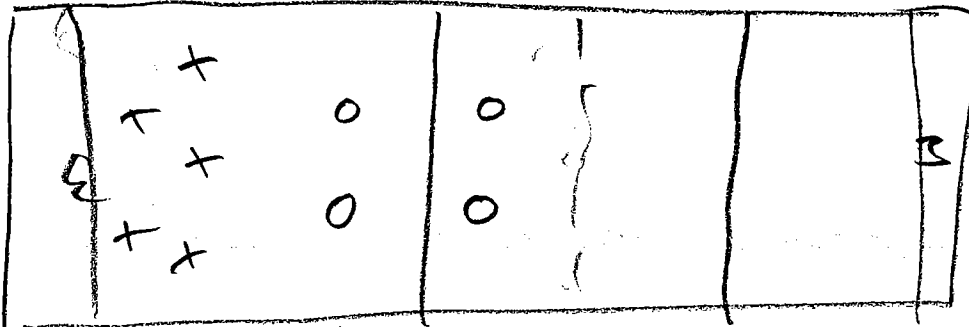


Comments: Line that is breaking out sprint out past coach - then "coach" dumps

- Obstacle Players can move their sticks. that's all.

Name of Drill: Breakout vs Pressure

Description: X's B-out vs 4 O's 2F 2D

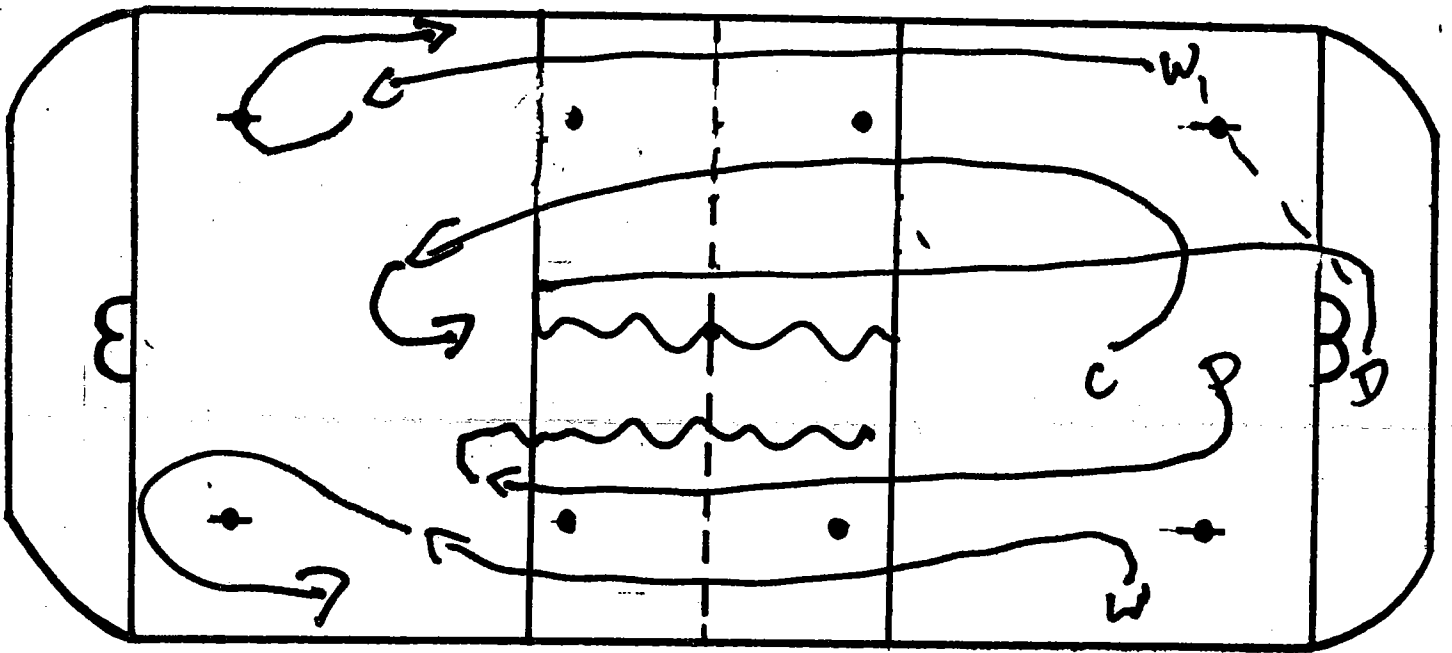


Comments: ON Whistle Y's B-out vs

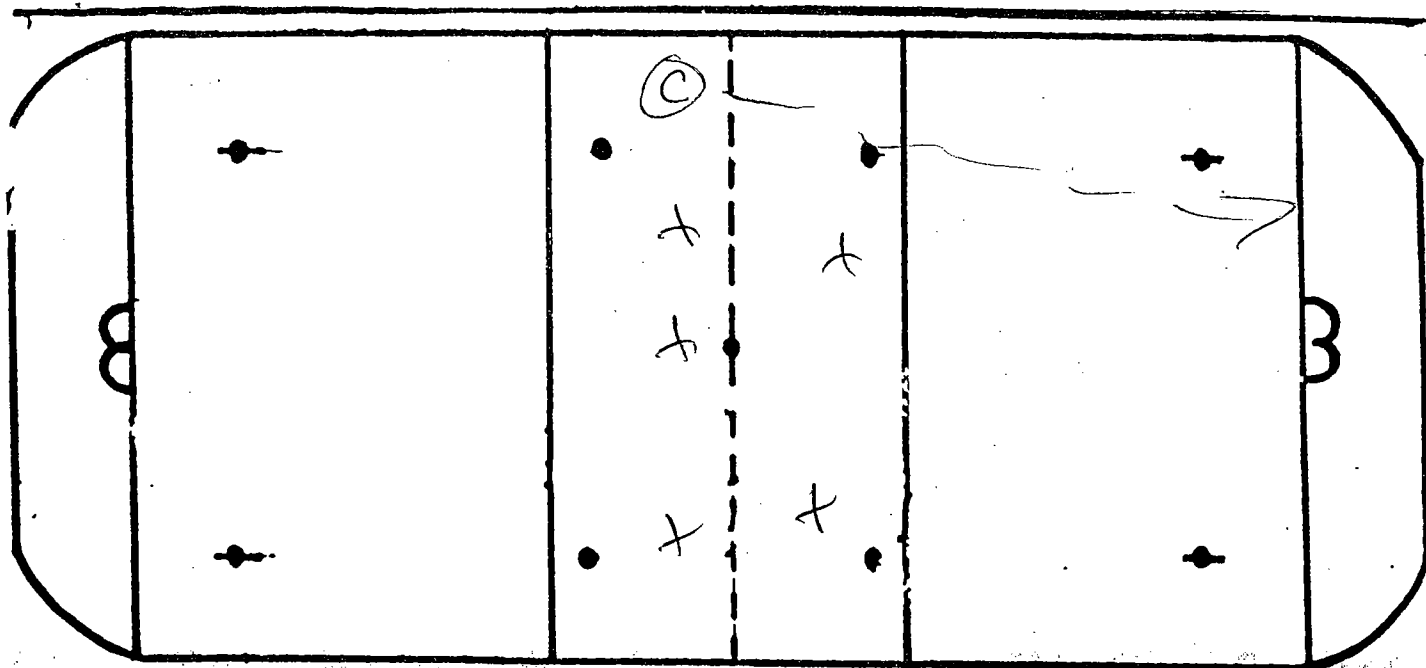
2 X D's & 1st 2 X F out of zone

Name of Drill: 5-0 - Backcheck Drill | 0

Description: B-OUT
5-0 Attack (Regroup if you want)
on Whistle Backcheck in Lanes

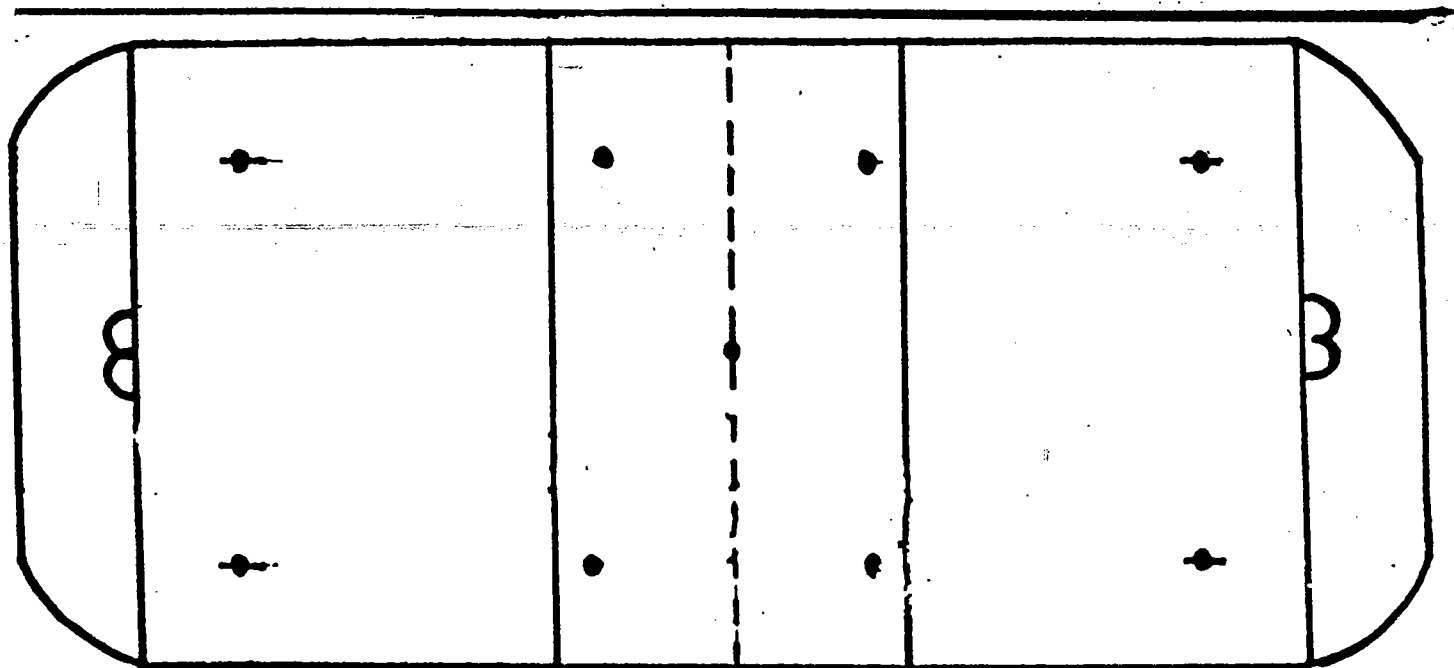


Comments:



5-0 Line Change Drill

Conditioning



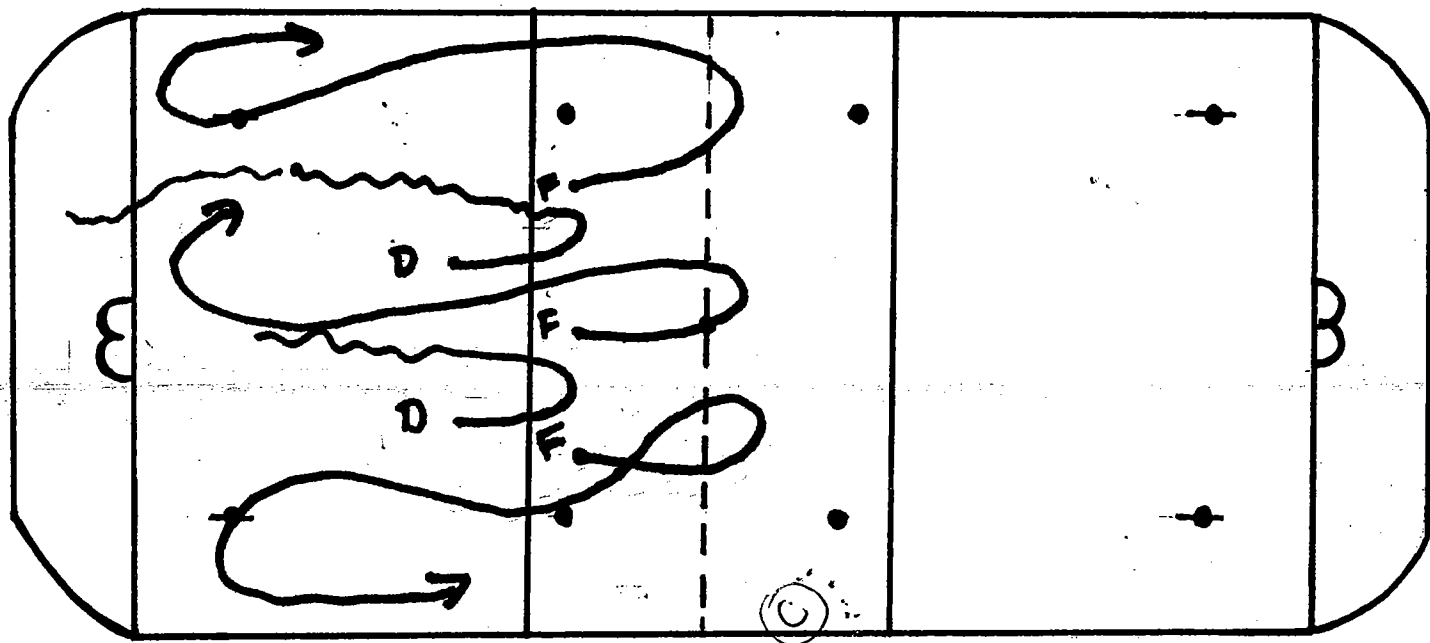
Breakout 5-0 on (1-Whistle) New Puck (go get it)

2-Whistles line change next opp. Dump Deep & change next line chases that puck!

Name of Drill: 5on0 Attack-Regroup w/ Extra Puck.

Description:

Do 5on0 ~~the~~ Breakout & Attack Far end,
When Coach wants to throw out New Puck
at Center Ice & ReGroup & Attack again.

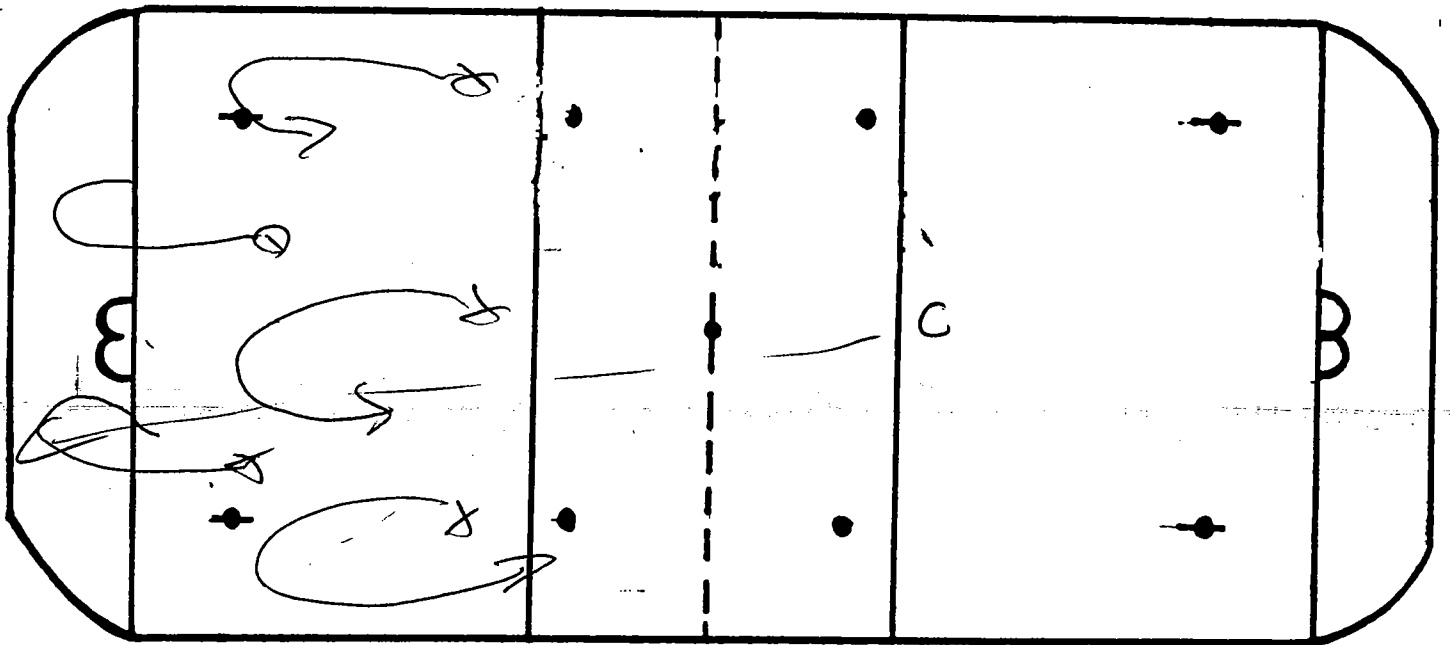


Comments:

5-0 Bat

Name of Drill: Continuous 5-0 Regroup/Bat

Description: Bat 5-0 Pass to Coach
Coach Passes to D - Regroup - Dump -
Next Line Breakout



Comments:

Flow

Name of Drill:

MARTY'S

2-0

2-1

3-2

2-0

Description:

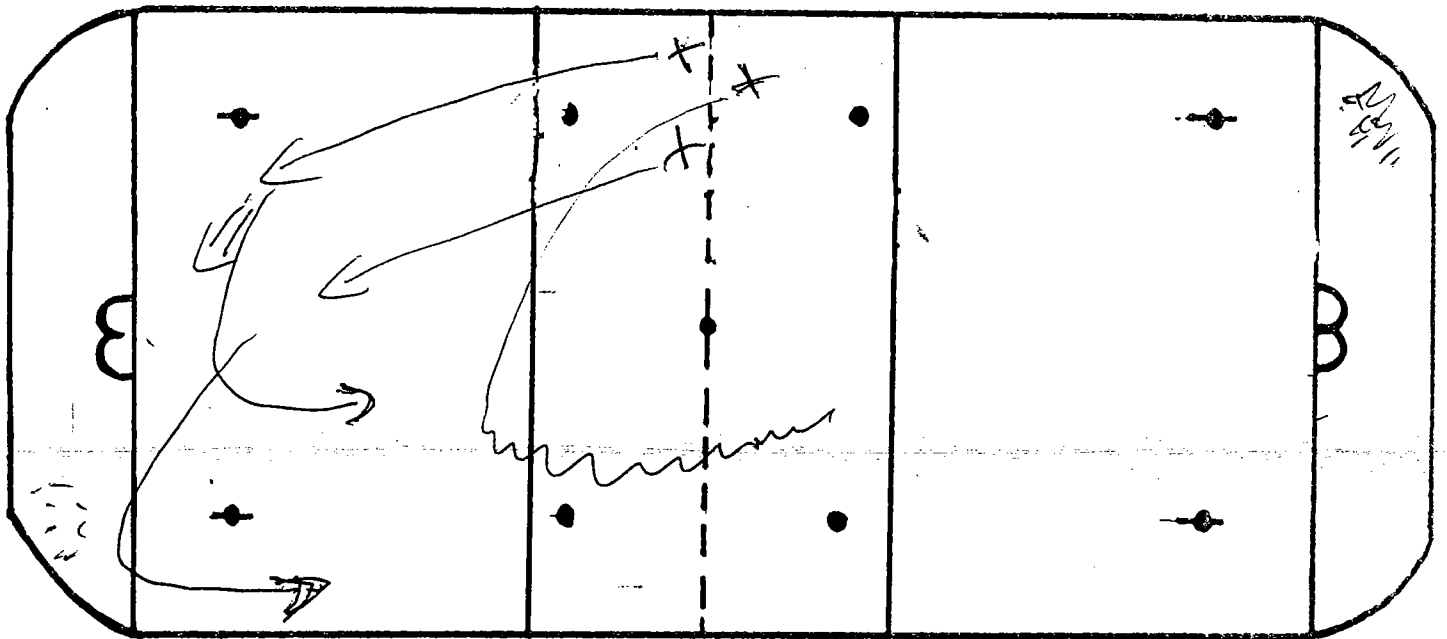
No Forwards or D - Everyone Plays everything

2-0 Shoot get puck

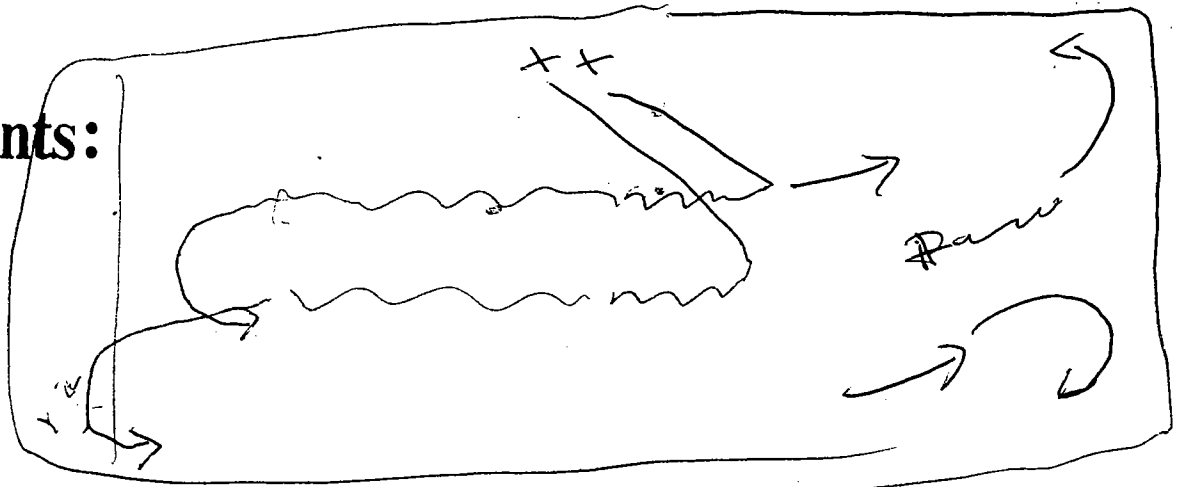
New guy out 2-1 - Shoot Those 3 get puck

2 New guys out 3vs2 Shoot

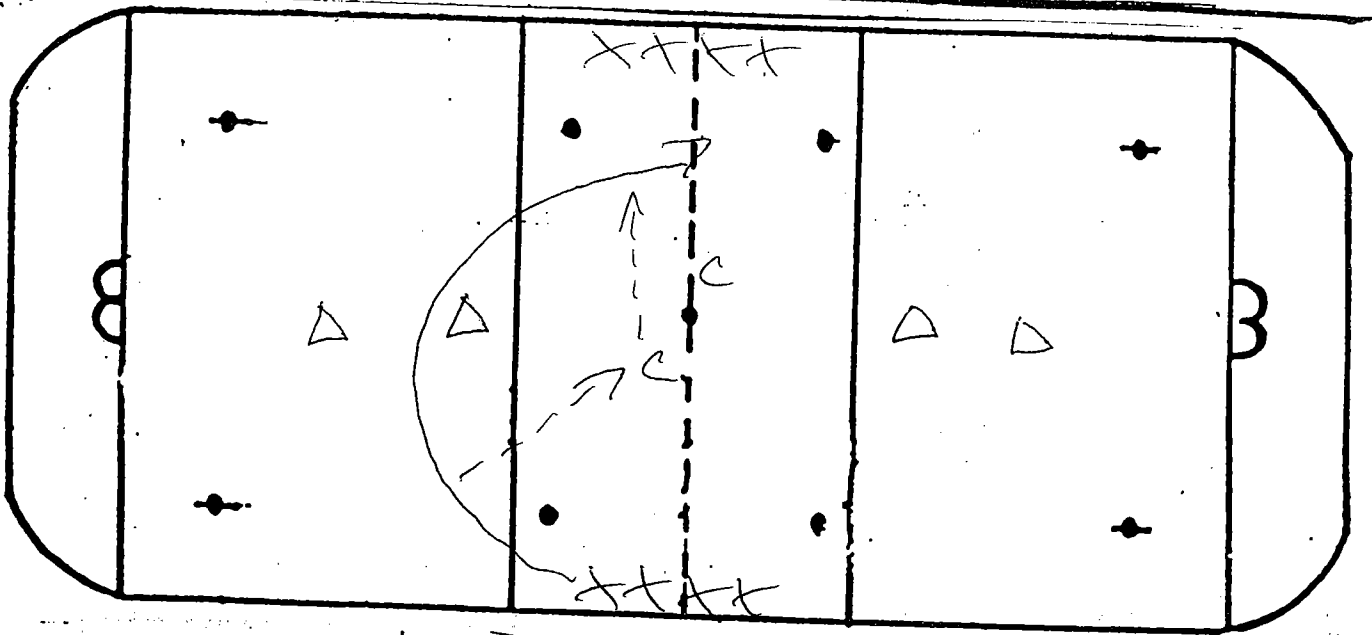
2-0 guys get puck 2-0 starts over ↓



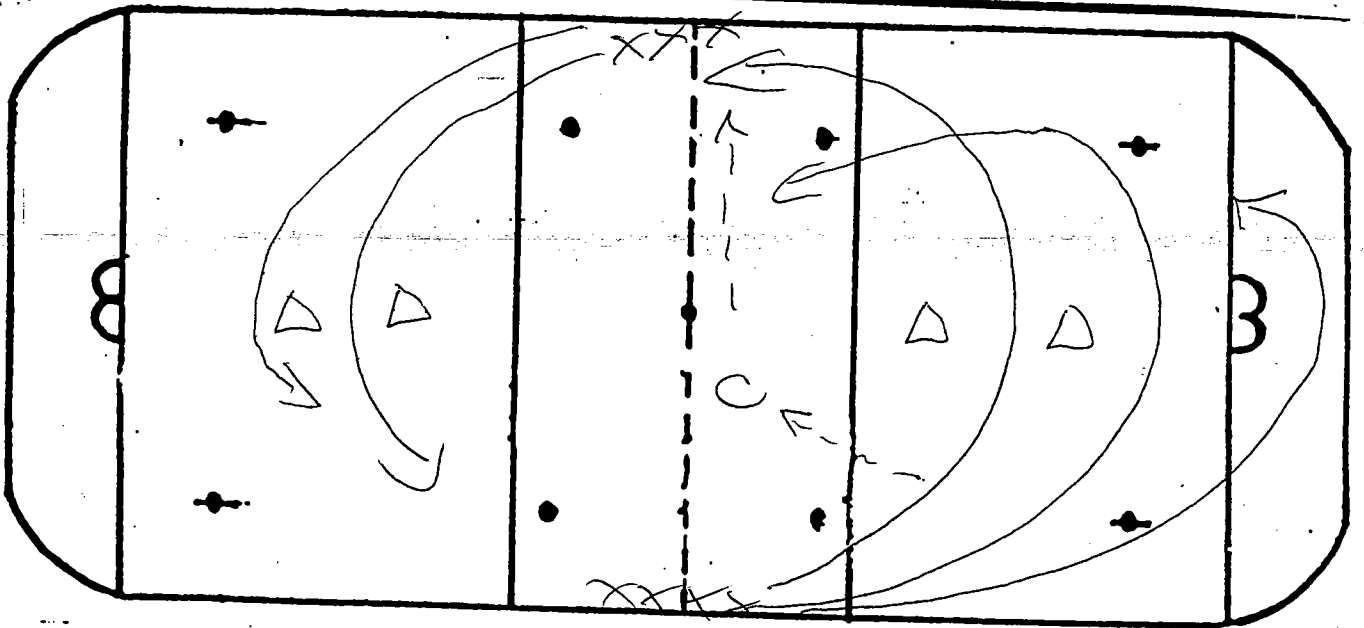
Comments:



Flow 1-0 2-0 3-0



1-0



2-0

3-0 Escape

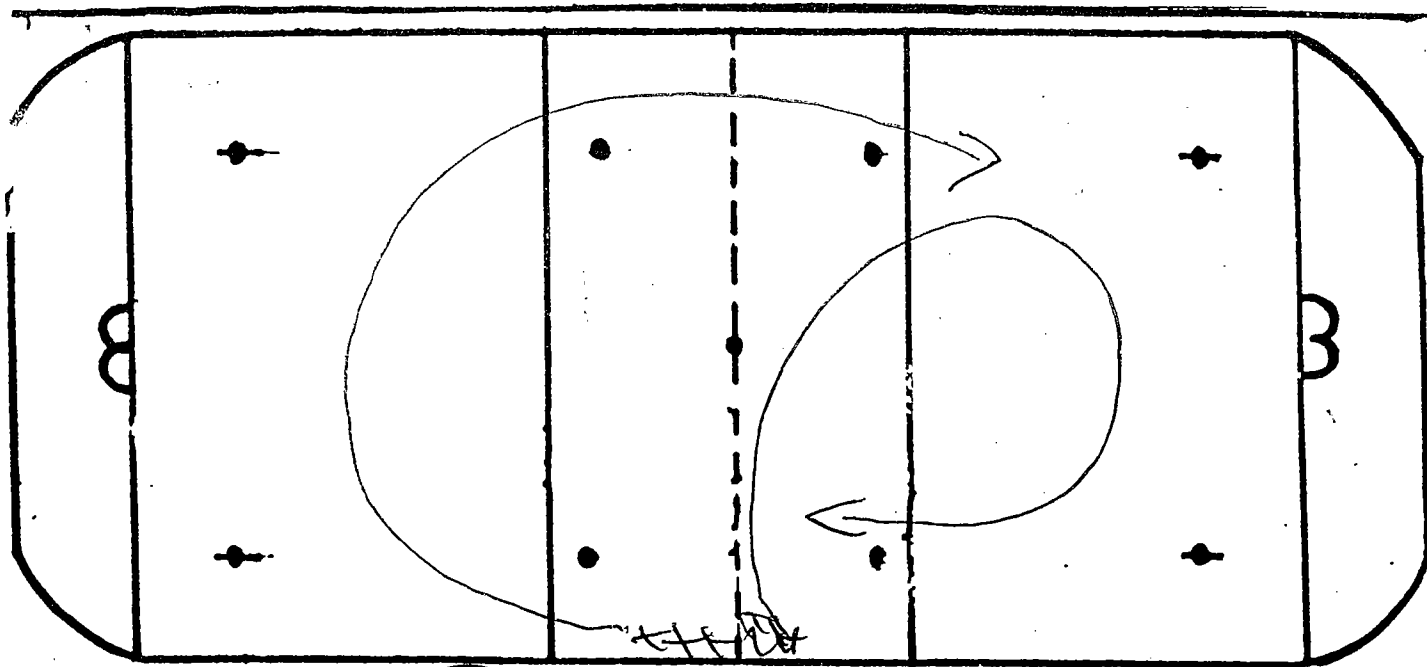
1- Check over Shoulder

Drive Wide

1st Player Escape

2nd Net

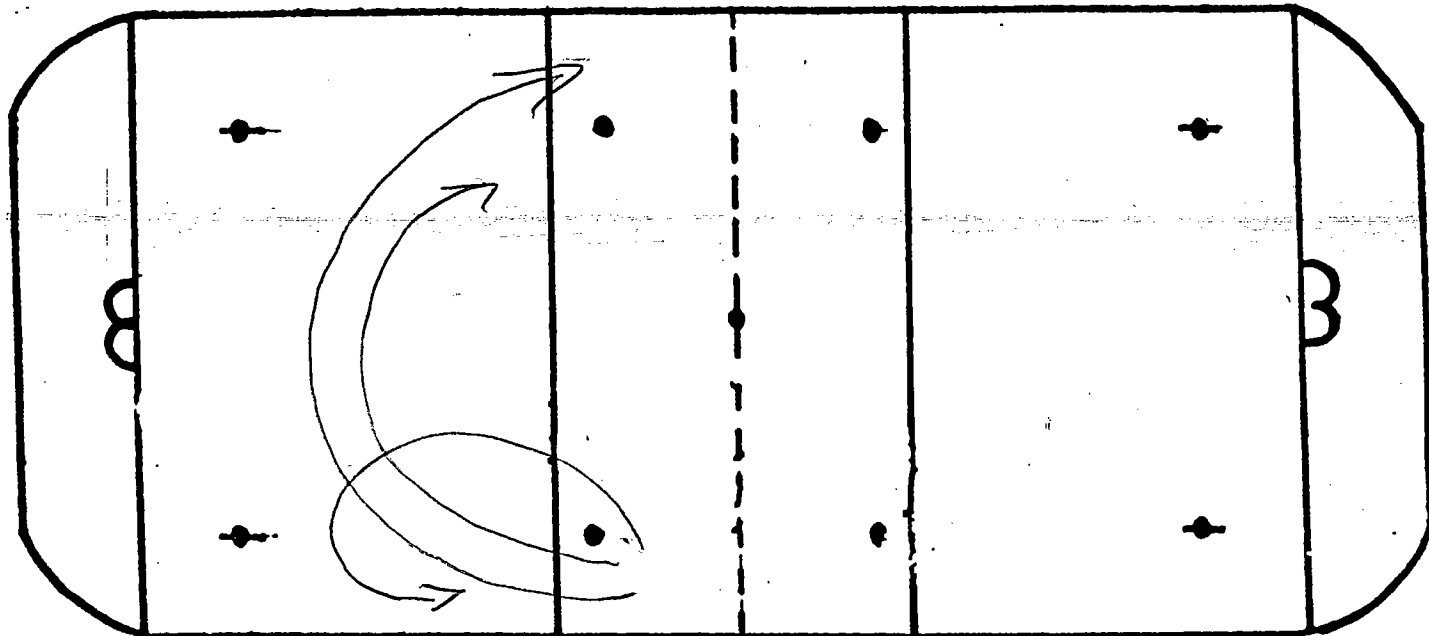
3rd Late for Shot!



Charles Big Flaw (Both sides 27 time)

1-0 2-0

1-1

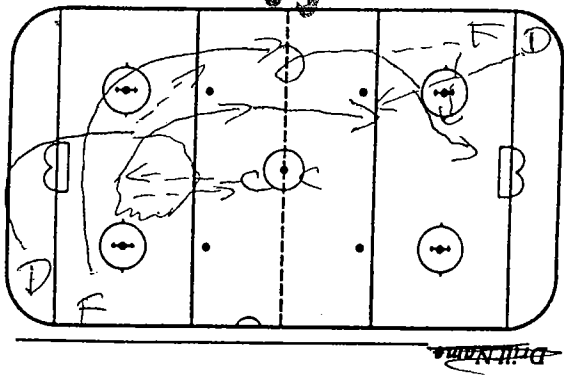


Flaw 70 3-0 (one side 27 time)

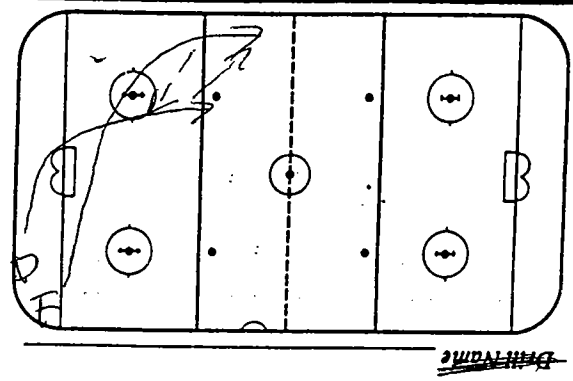
2-1 2-2 3-2 3-3

5-0 (B-07) Regraps - - - -

Stagger 1-0 2-0 3-0 3-1

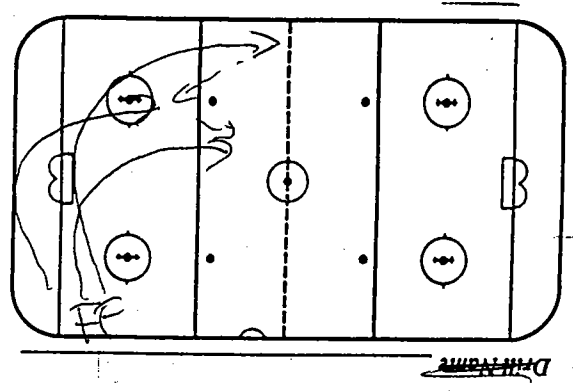


- D- BOUT F
- F- Skill at Center
- F- Pass low & Get Return
- F- Shoot thru Screen
- D- Circle Play catch w/ coach
- D- To Blue - Stop catch Pass from Come

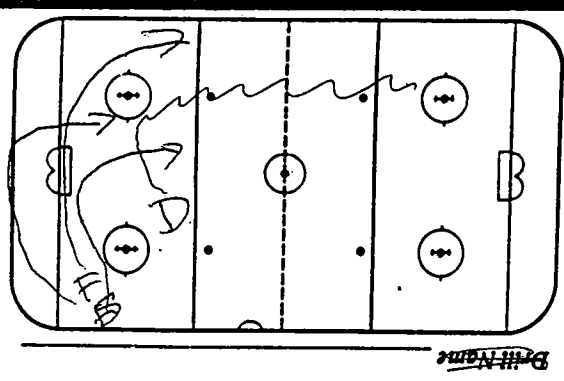


1-0 2-0 3-0 Stagger
w/ D

Come up Staggered

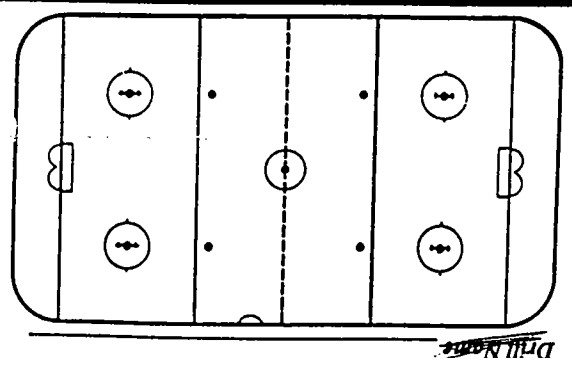


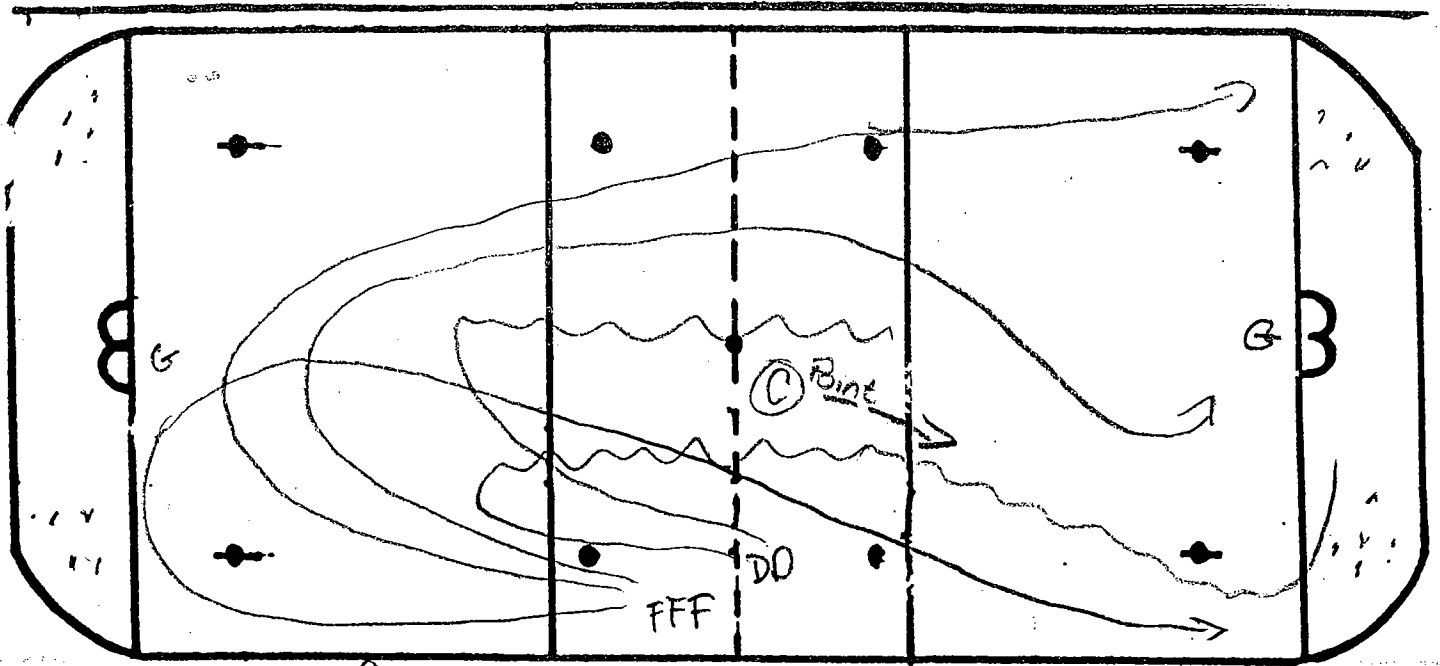
2-0 w/



3-1

All 4 Play catch until
~~Red~~ Red
Then 3-1

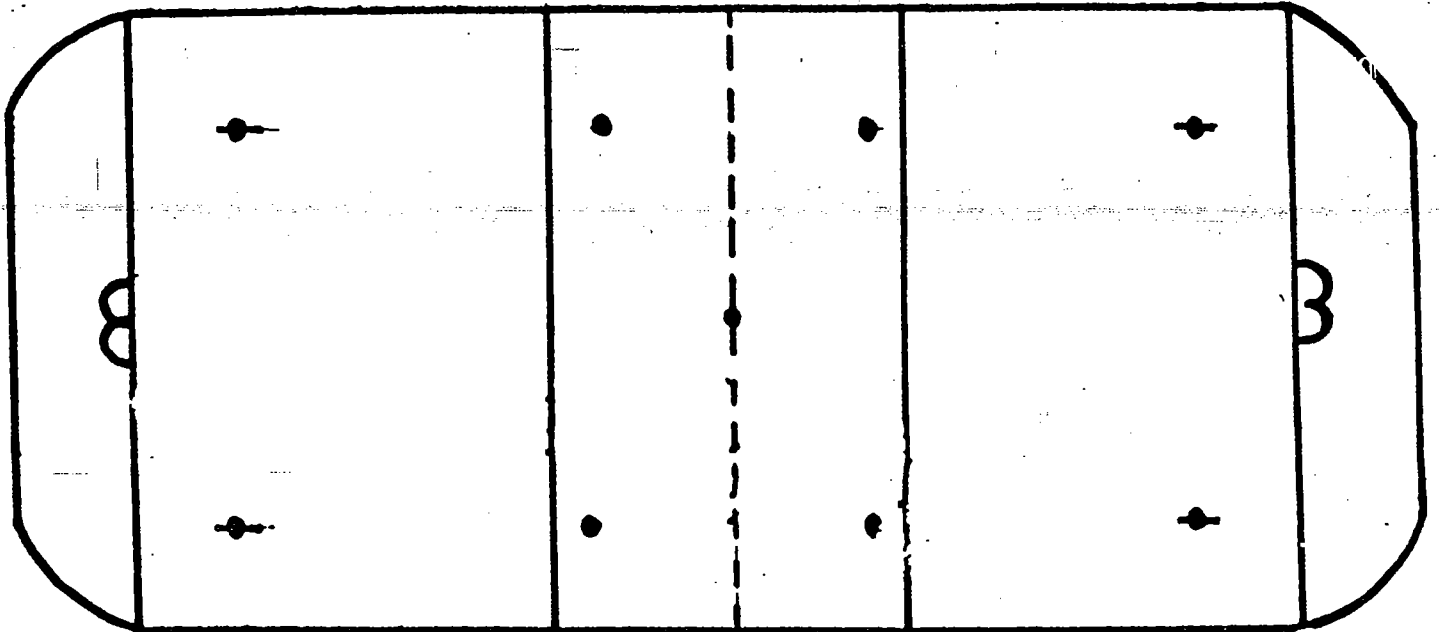


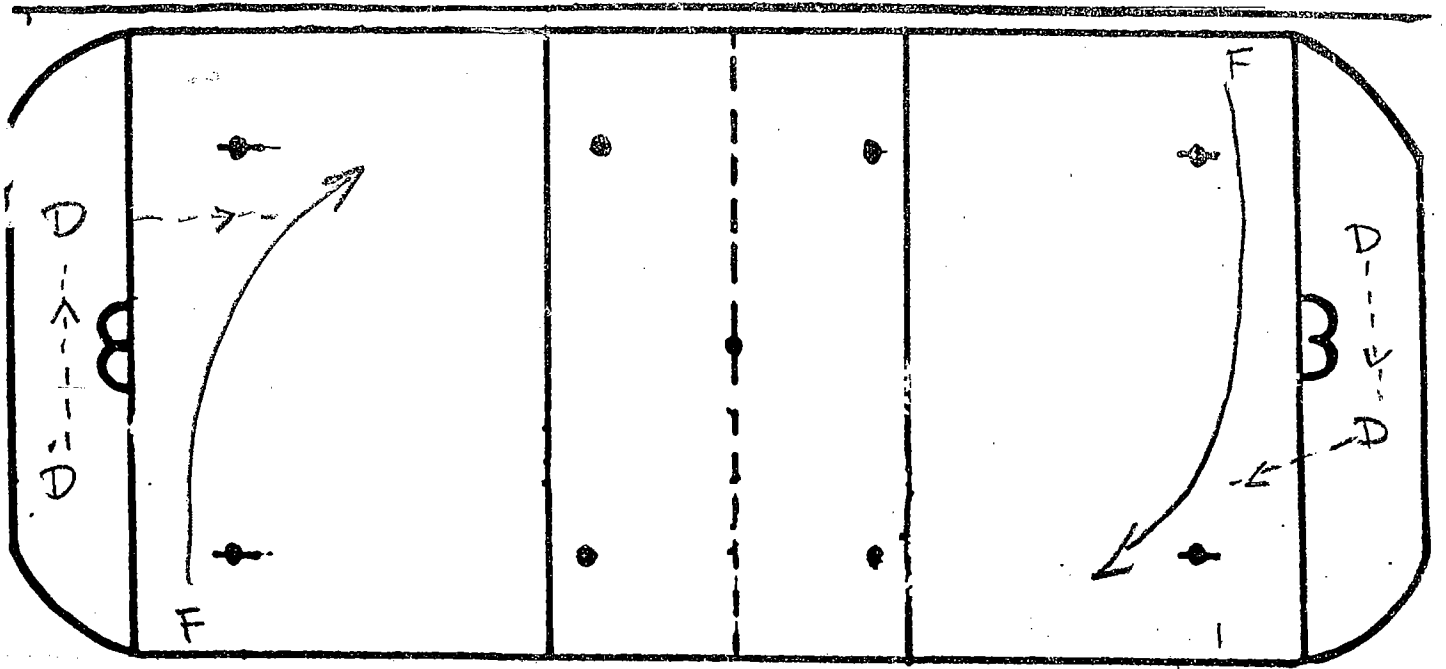


400 ft flw

~~300~~ 5-0 then 5-0 Regroup 5-1 5-2

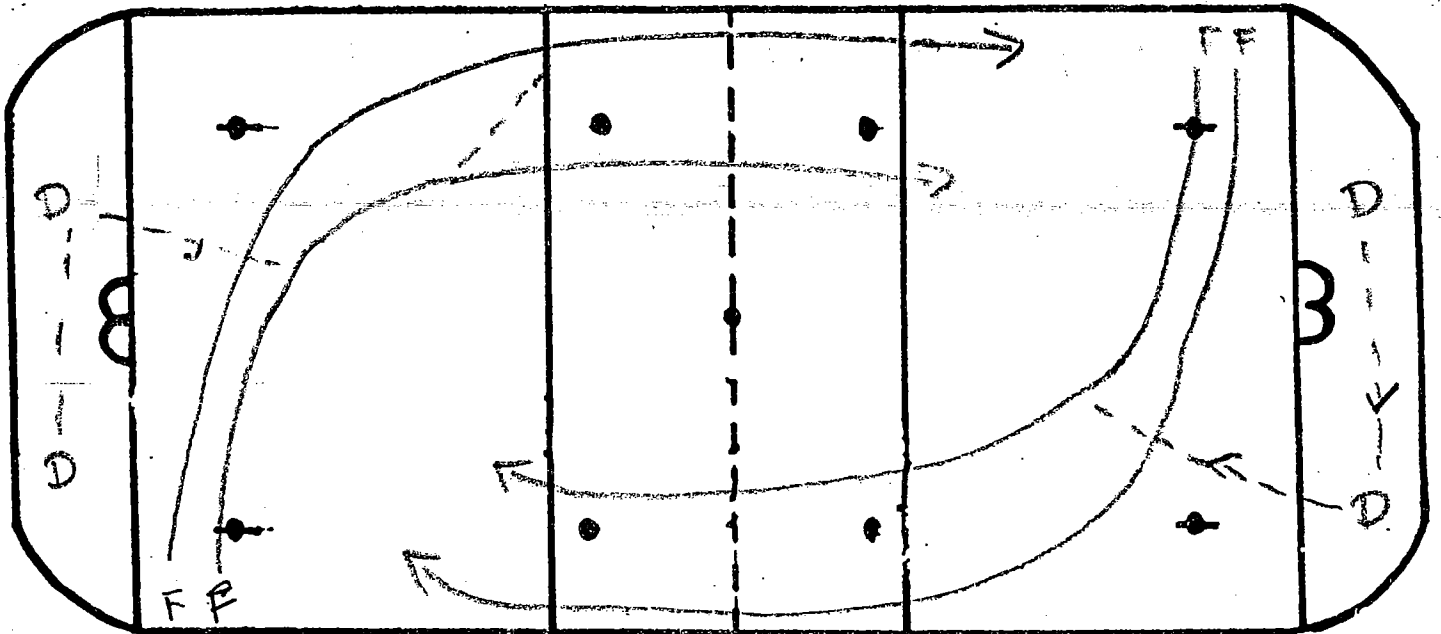
5-4 (20) Excellent Good Conditioning too!

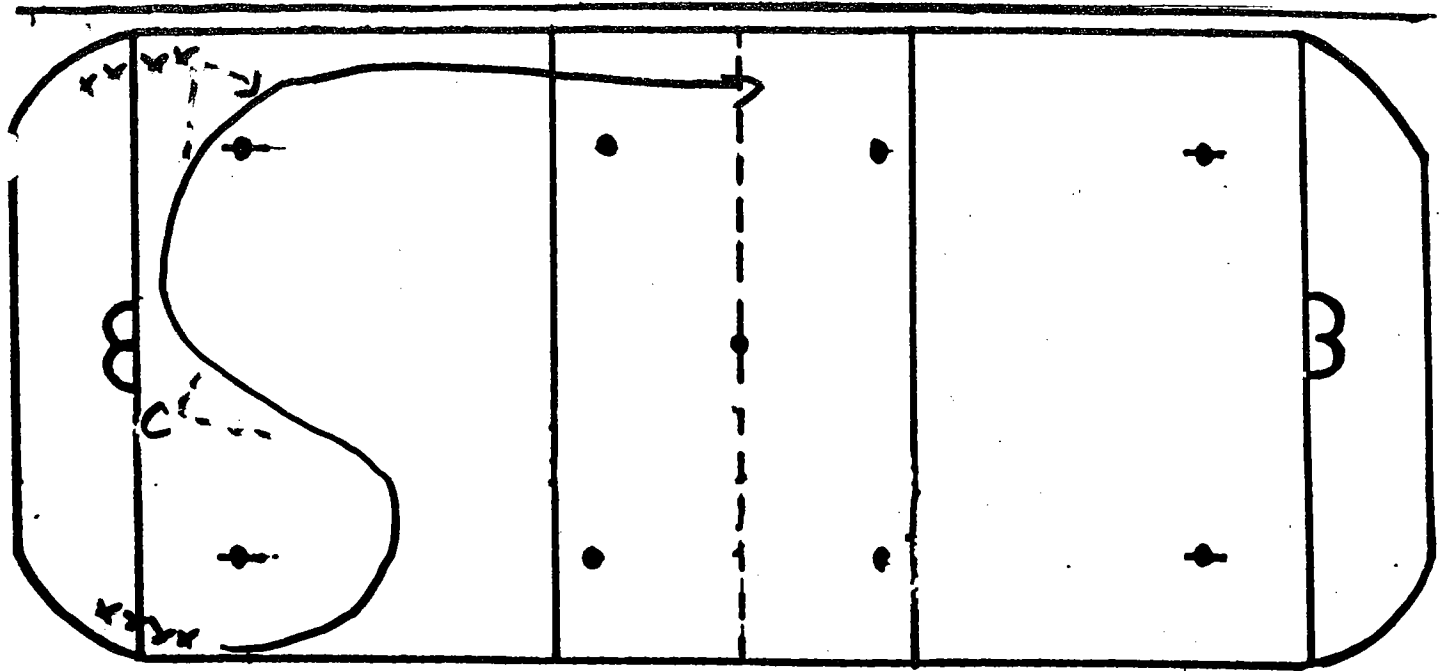




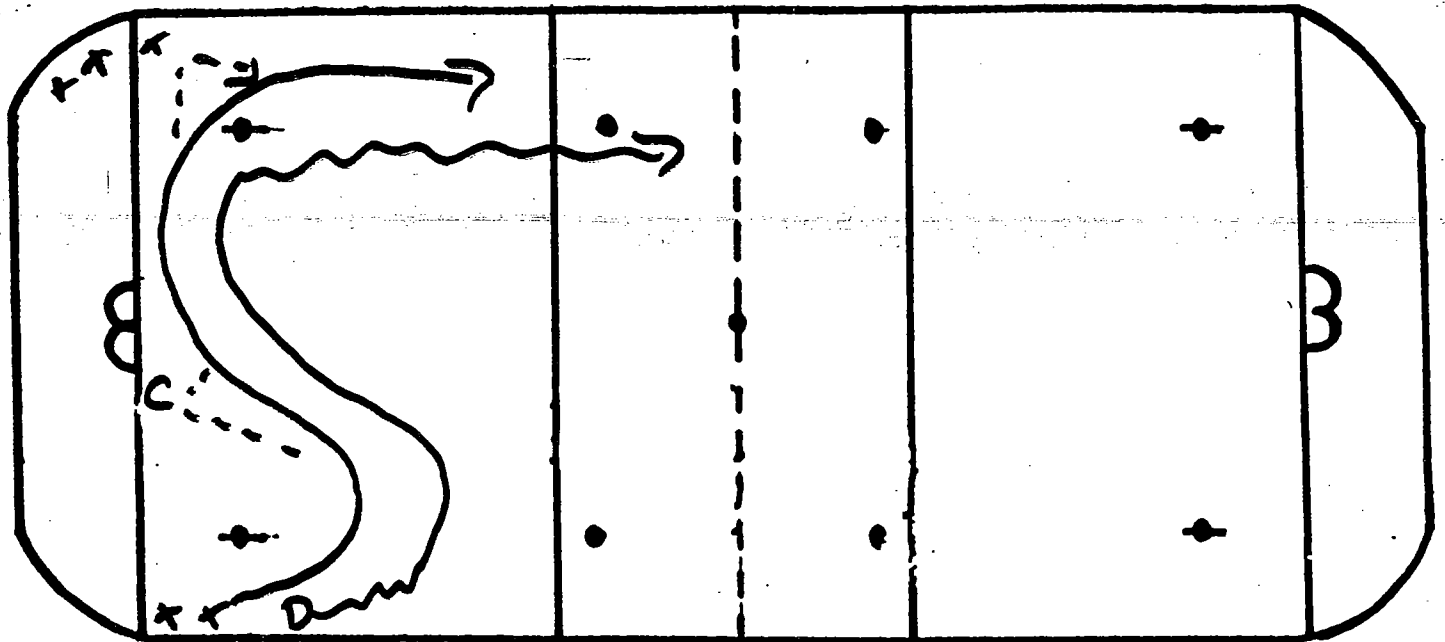
1-0 2-0

Work on Pink Support

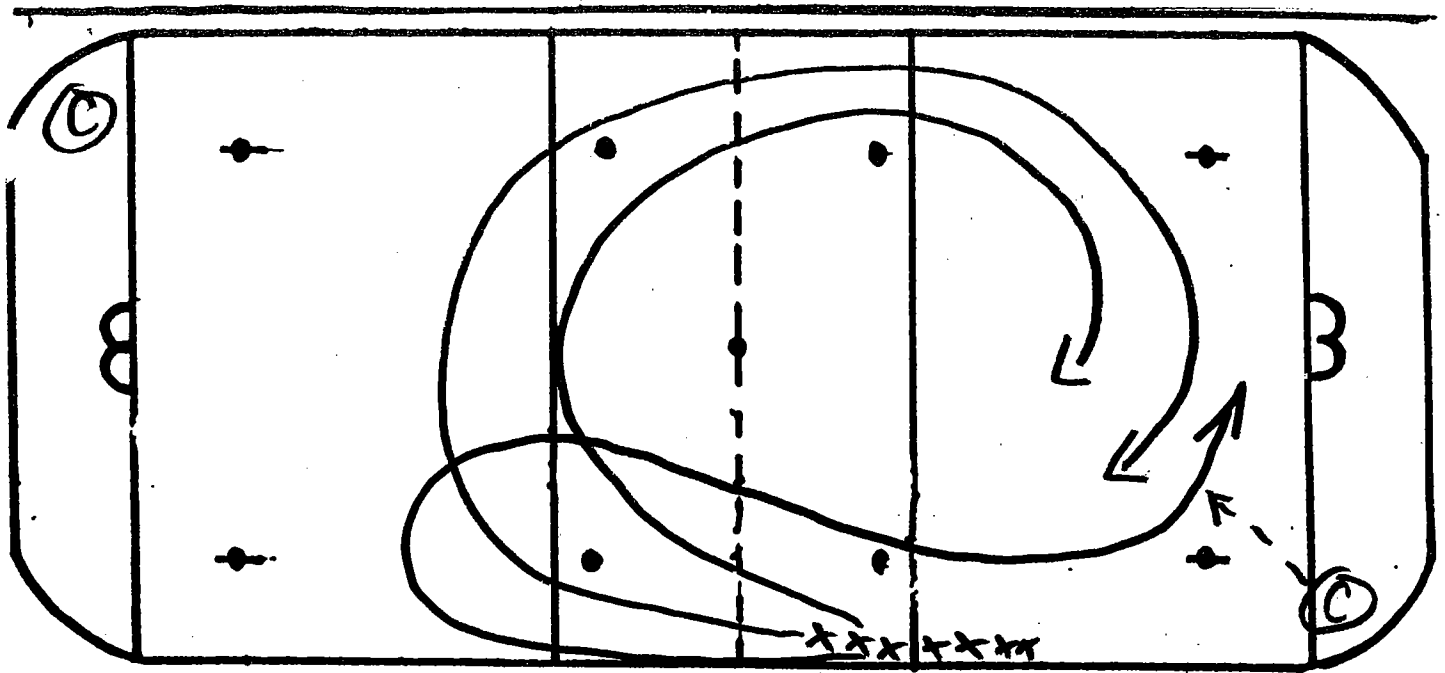




1-0 2-0 3-0 4-0

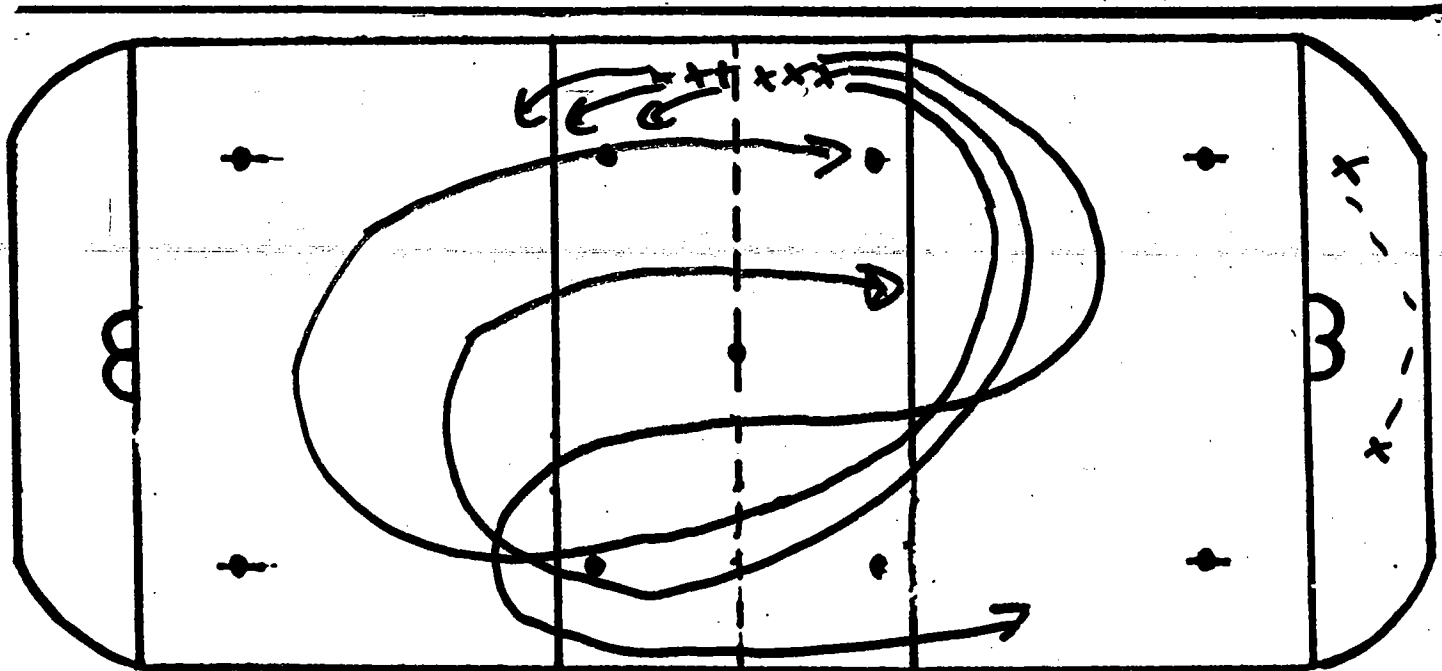


1-1 2-1 2-2 3-2 3-3



2-0 3-0 4-0 5-0 Flow Conditioning

Swing into far zone, back to other zone
 catch pass from Coach, Next line goes opposite way.

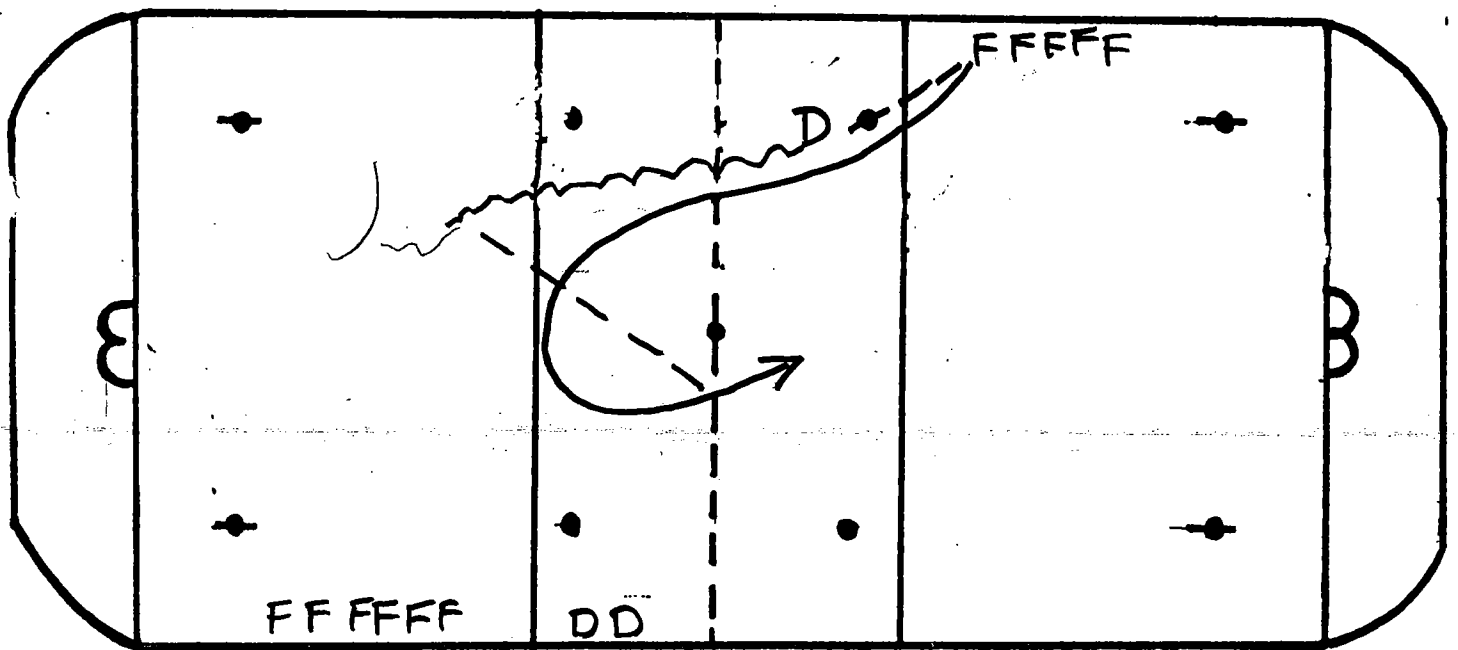


3-0 - on After Rush listen for whistle on
 whistle 2-players do Slides behind the net & break
 out the next line.

Name of Drill: 1 on 0 UDFM

Progress to 2-0, 3-0, 4-0, 5-0.

Description: Pass to D. D backs up Passes to forward swinging

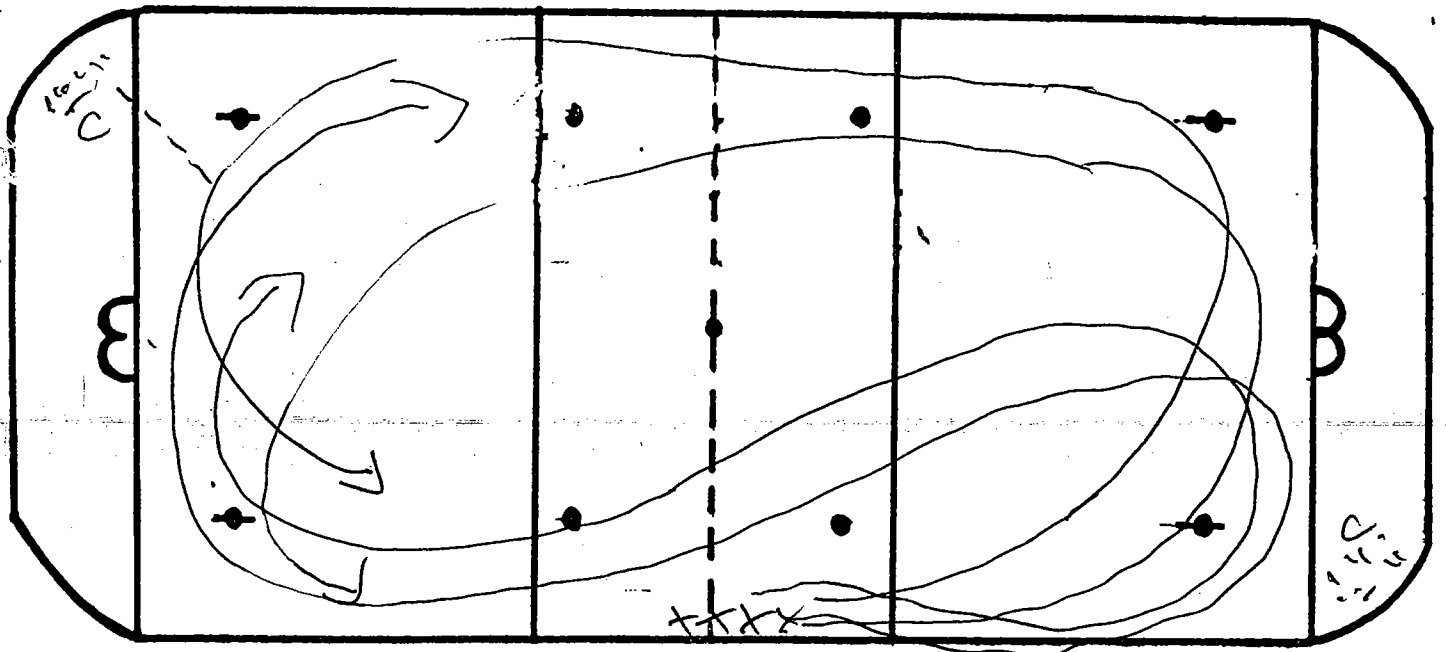


Comments:

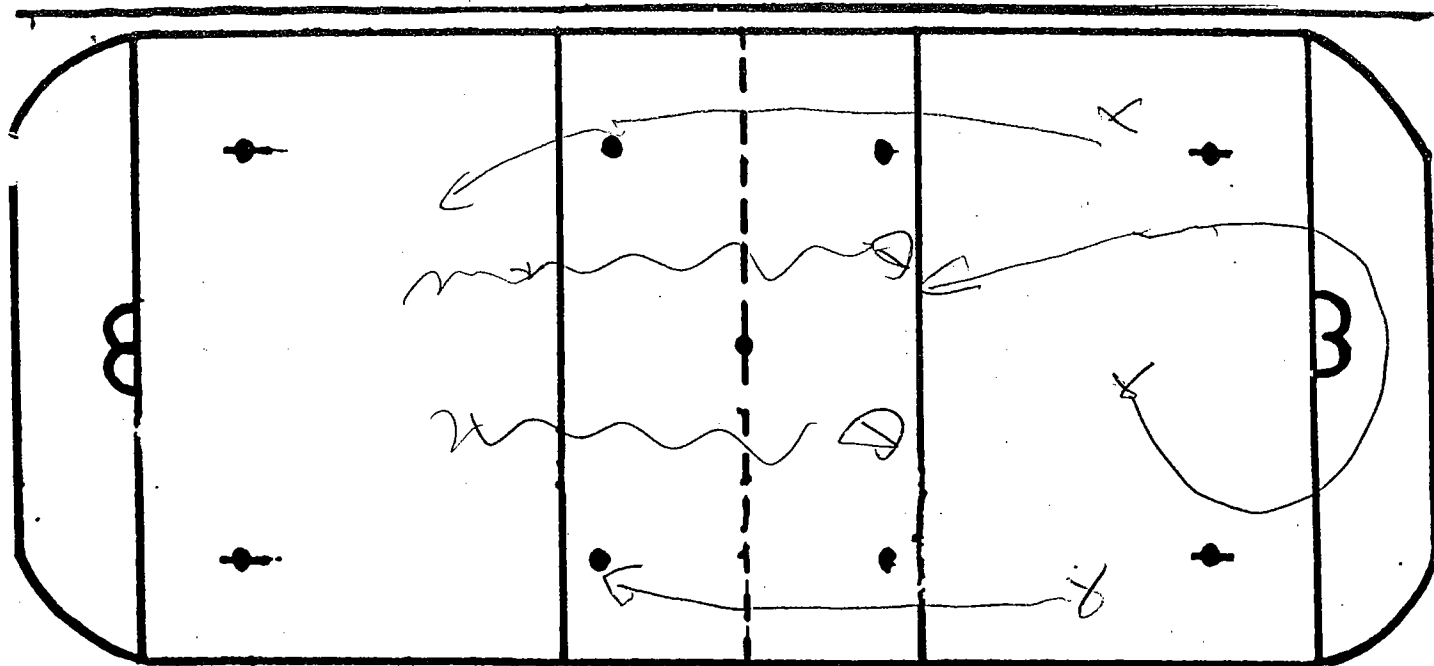
Name of Drill: 2-0 3-0 4-0 5-0 Flow

Description: Swing below dots & Full Speed into other zone, catch Pass & Attack other end.

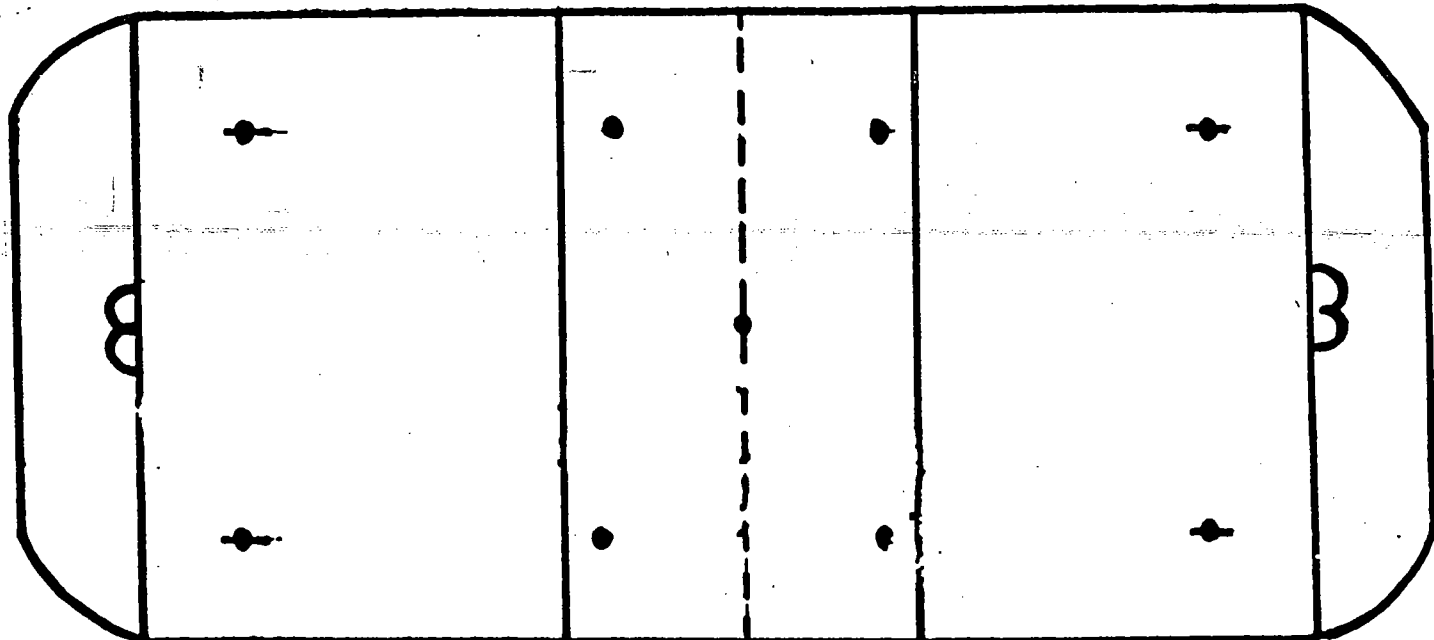
3-0 to 2-1 2-0 to 1-1
4-0 to 3-1 5-0 to 3-2 } }

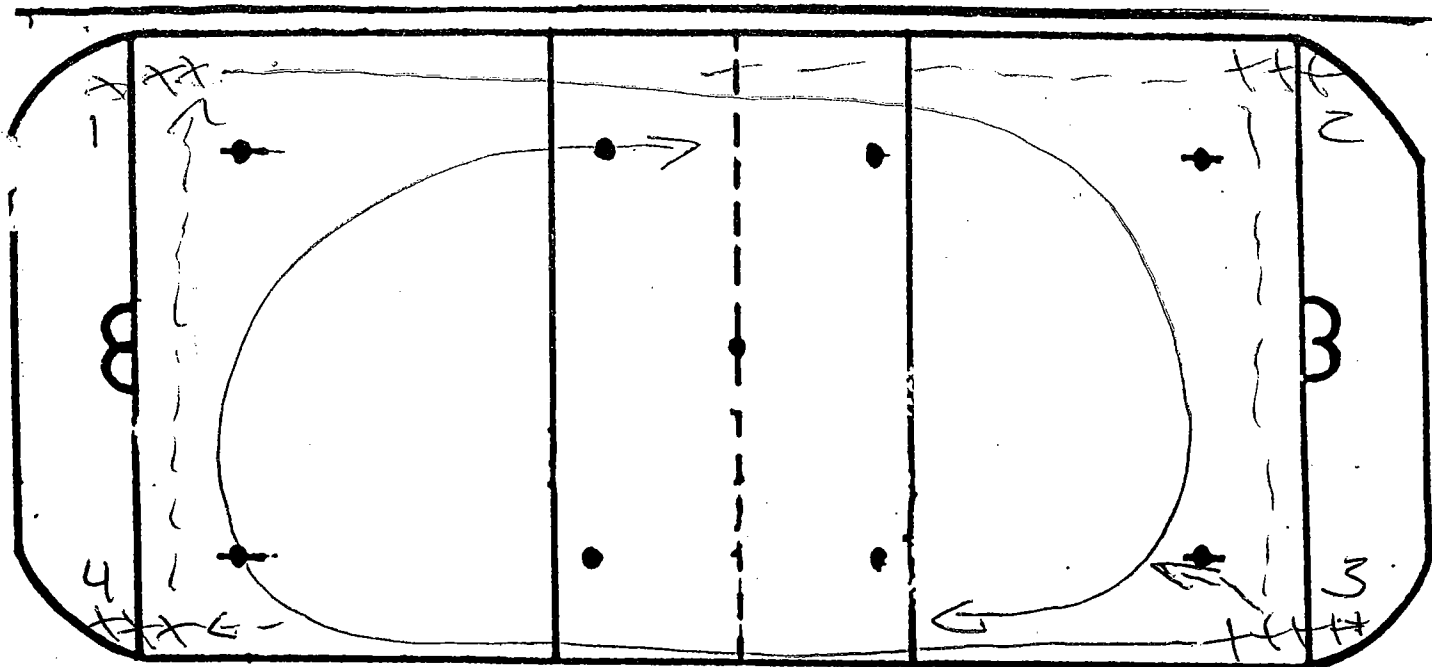


Comments: Skate Hard!
x Good work out



3-2 Down - 5-0 out - Regroup in N on Whistle.

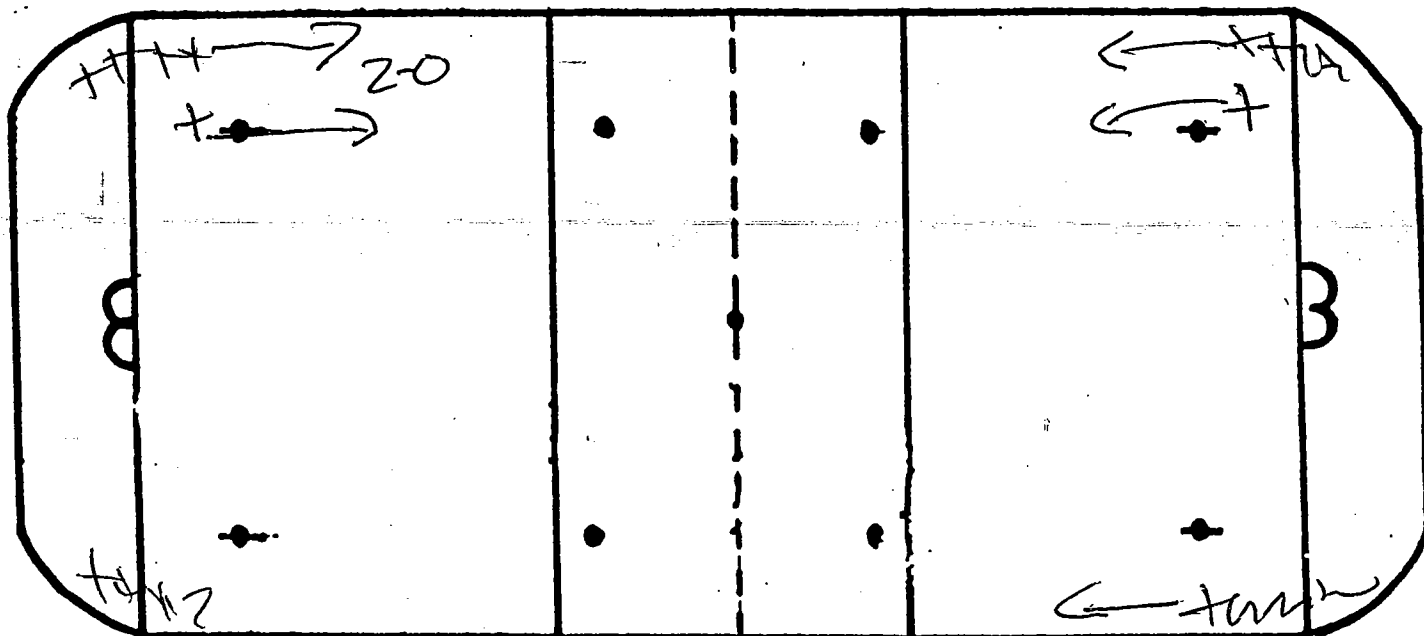




1 passes to 2 / 2 to 3 / 3 back to 1 (1 & 3 go together)

1 and 2 to 2 and 3 / 3 and 2 to 2-1

4 and 0 to 2 and 2 FUN!



2-0 ↵

3-0 ↵

FORWARDS

Name of Drill:

Cycle Passing

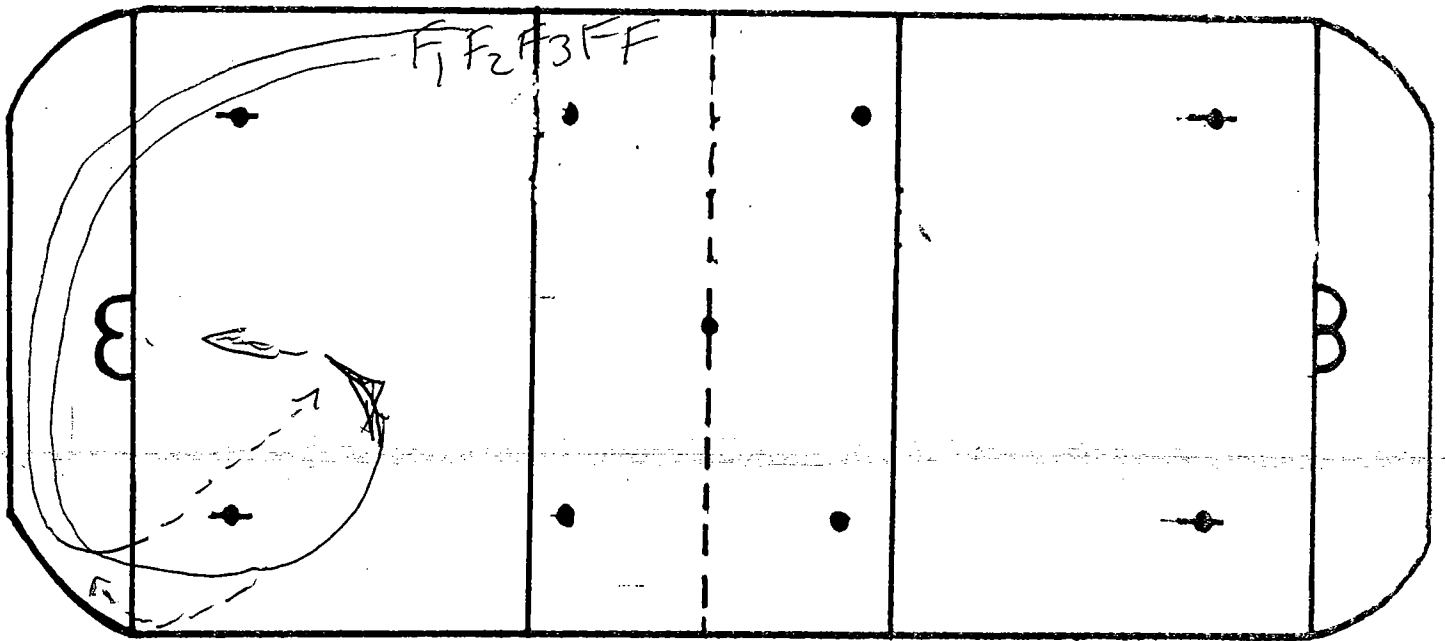
Description:

F1 Down F2 Trails - Backpass to F2

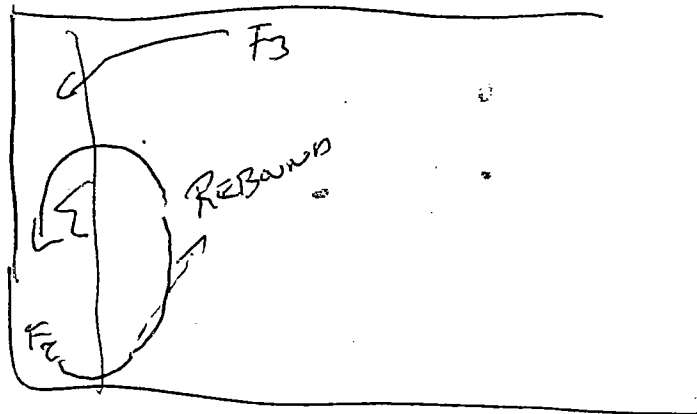
F2 Passes to F1 / F1 Shoots F2 Rebounds

After shot F2 goes behind F3 Follows

F2 Backpass to F3

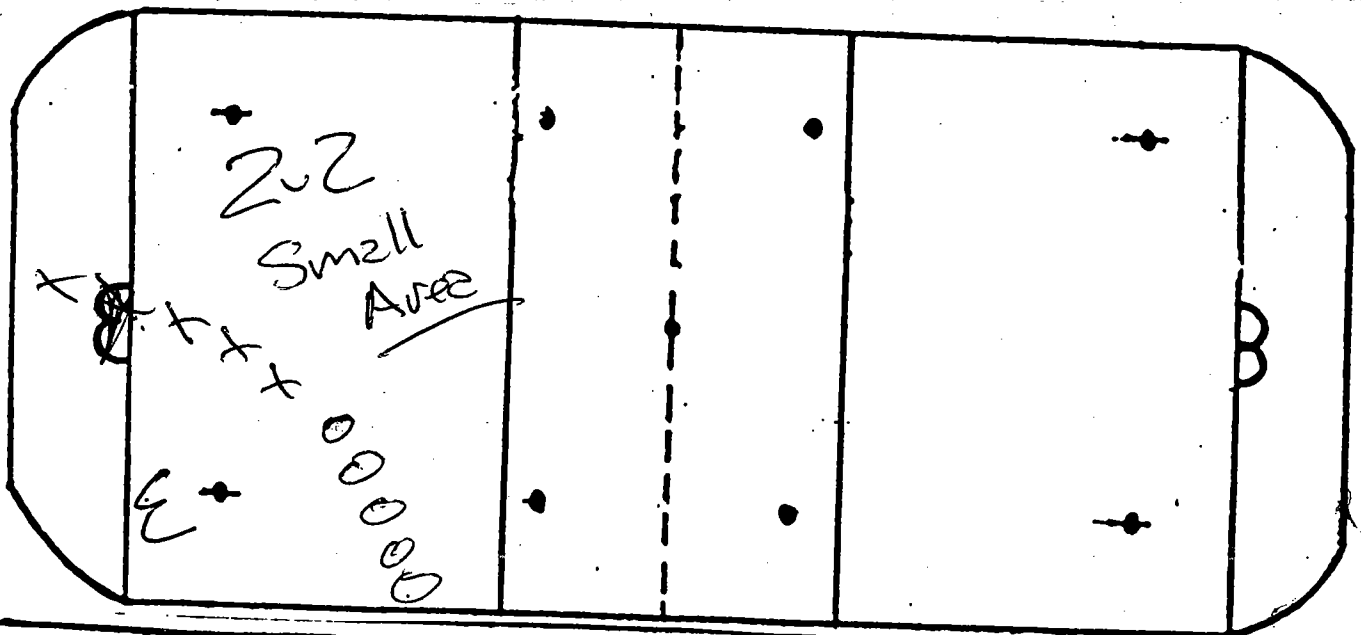
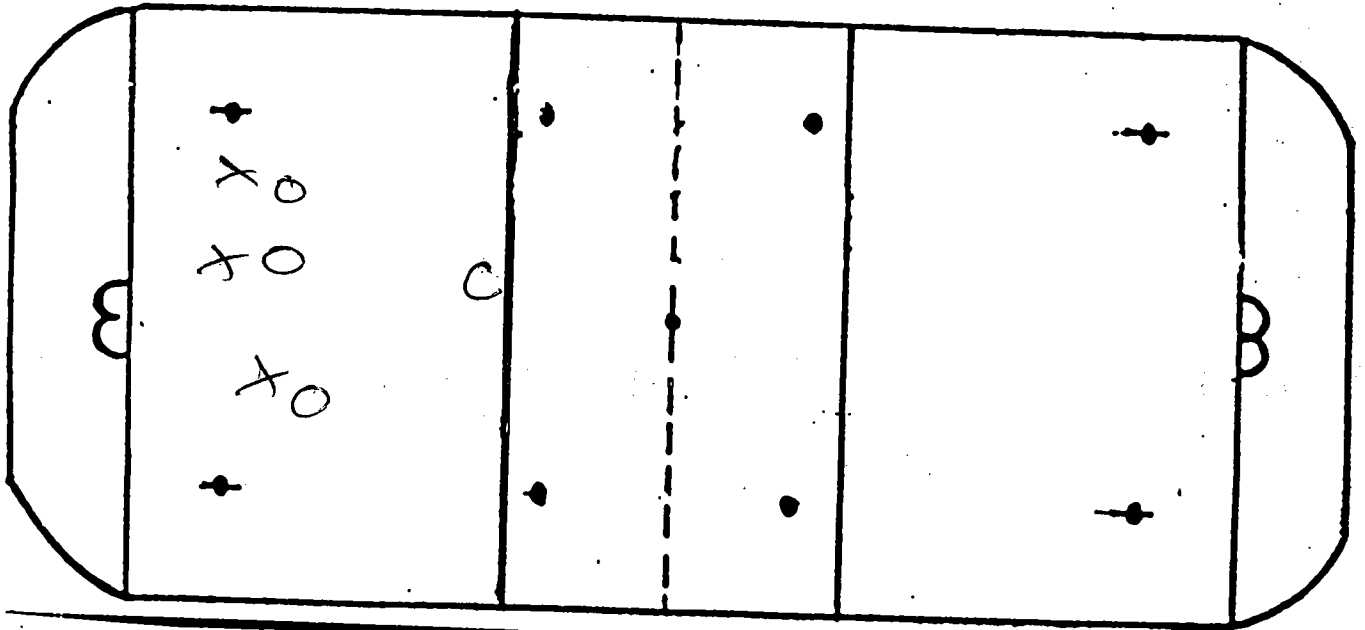


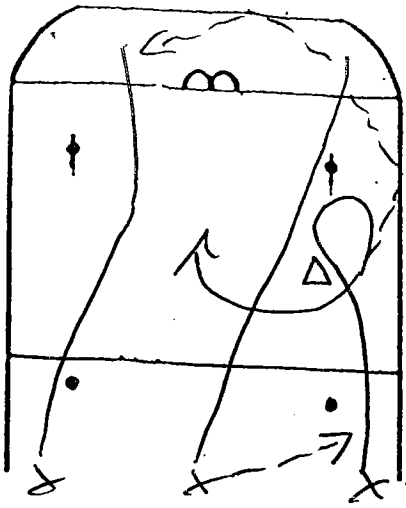
Comments:



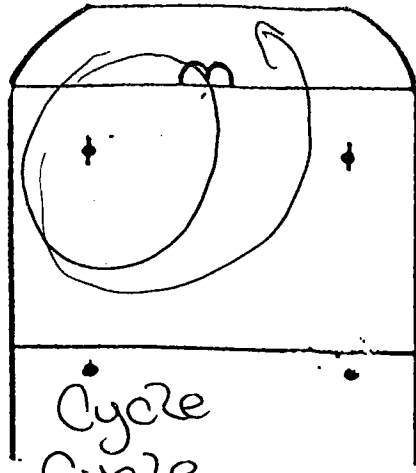
Forwards

3v3 when your team gets puck it must pass to coach on Blue line

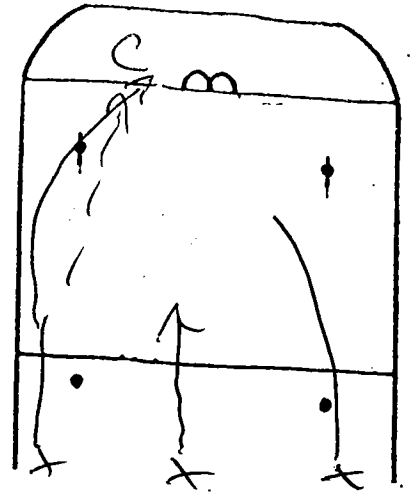




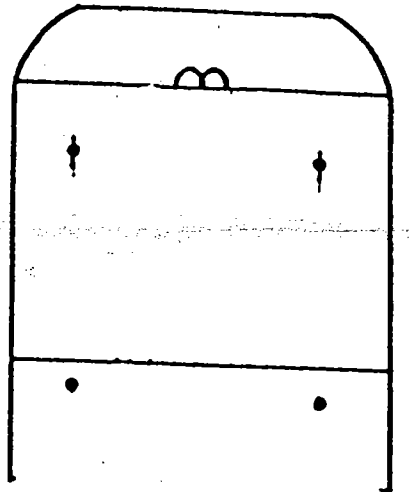
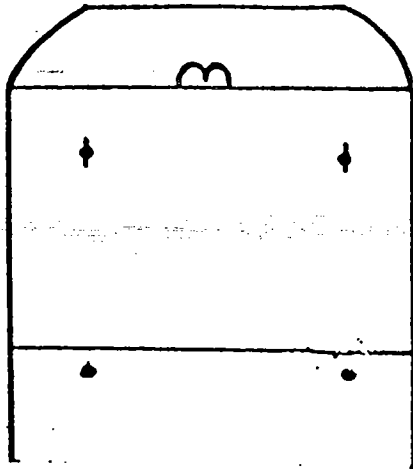
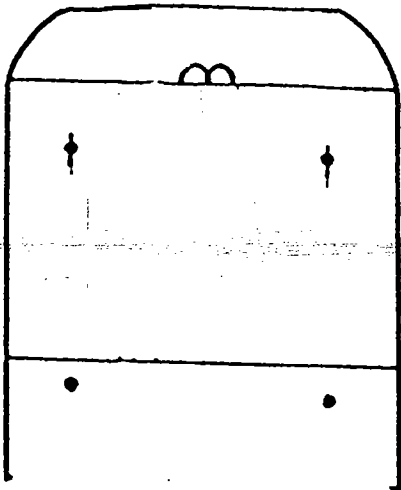
Forward Cycle

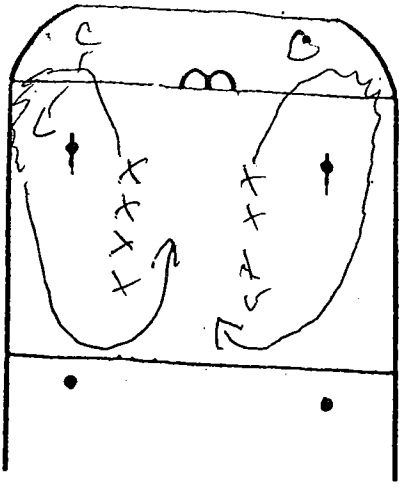


Cycle
Cycle
Behind Net

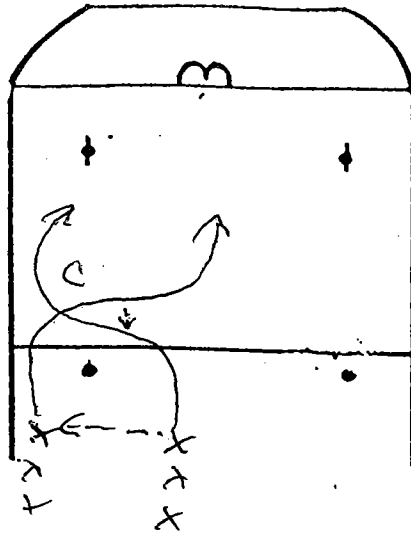


Check Coach
Run Forever

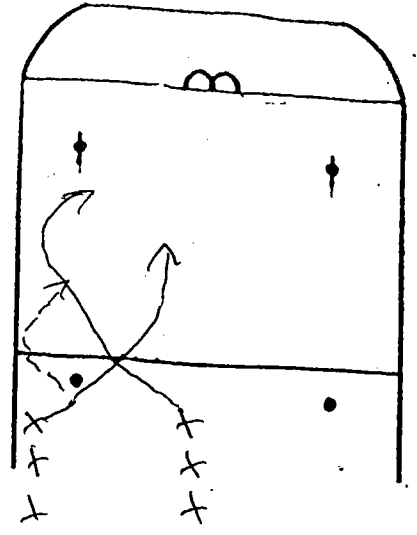




Forwards

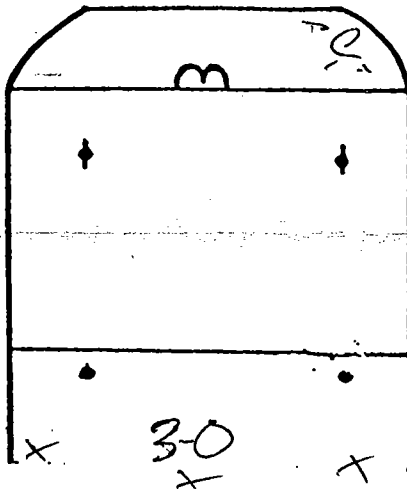
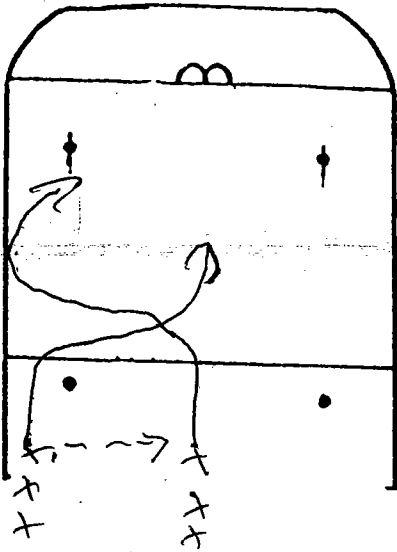


Cross



Soft Dump

Breakout Progression

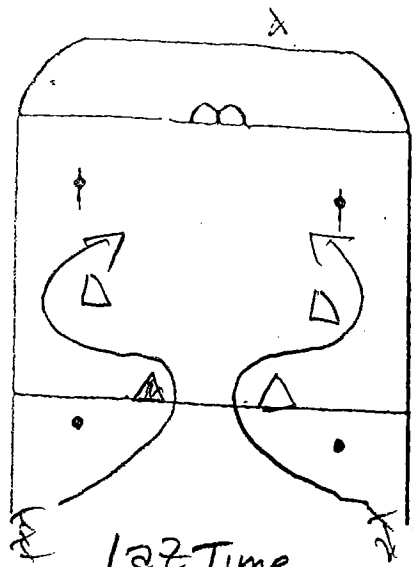


3-0 Down

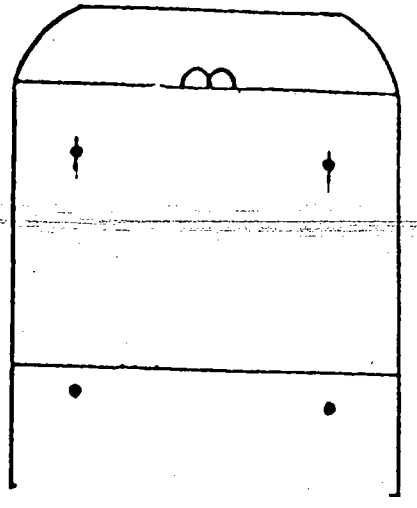
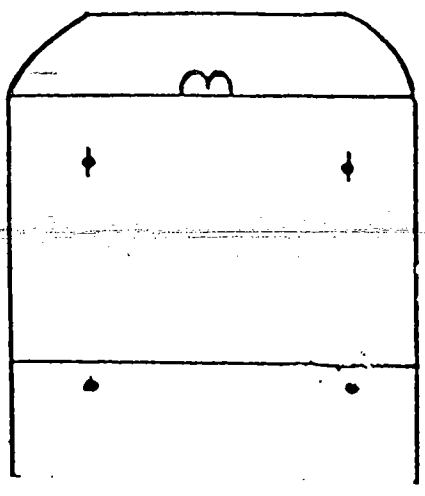
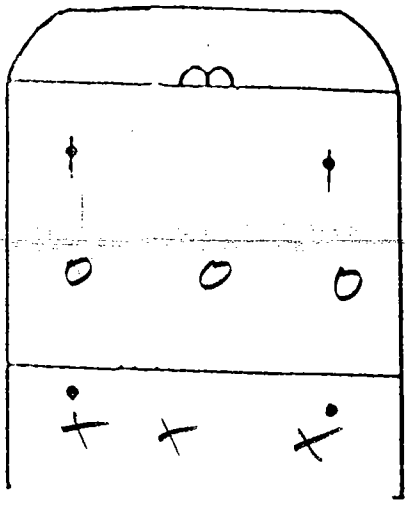
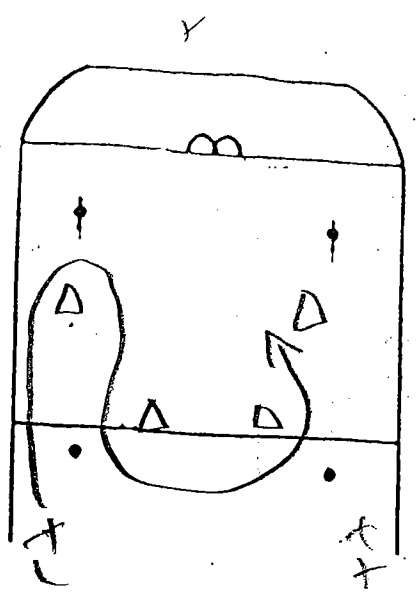
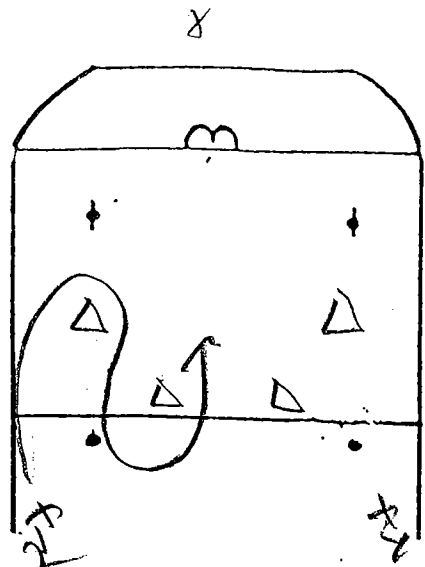
Pass from Coach

Regroup Blue Line

Attack 3-0 Again



128 Time
Forwards



Bus 3

0's try to Beat
x's Forecheck

99-00 Coaches

Minnesota Gophers

TIME:

Appert / Guentzel

DAY:

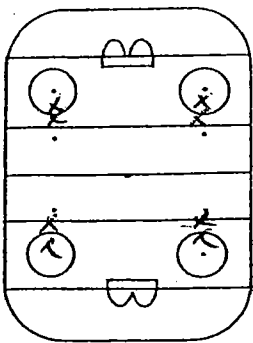
D. Lucia
M. Guentzel
J. Hill

LOCATION:

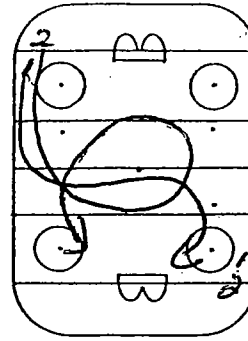
DATE:

NEXT OPPONENTS:

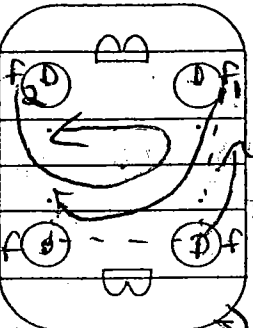
WARM-UP SHOOT



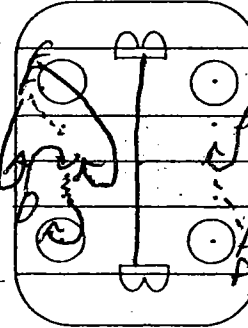
- ① Shuttle Passing with shot
- 1) Pass to line across from you - or touch back for shot
 - 2) Pass to line across - hand off over fed line receive pass to shoot @ end goal



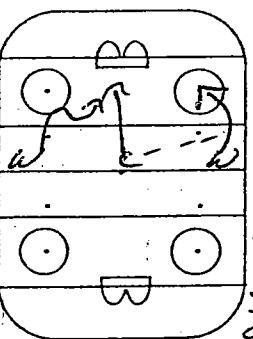
- ② Both sides Same Time
- #1 weaves through to shot @ far end
 - #2 does quick feet to #1 for shot @ far end



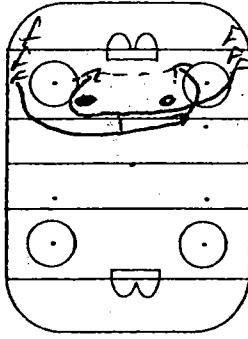
- ③ Defense Activation
- one end at a time
- F1 passes to Def @ other end whizzes D to D back to F1 - F1 has 3 options
 - 1) hit F2 stretching
 - 2) cut off F2's back to defense
 - 3) hit Def jumping up weak side



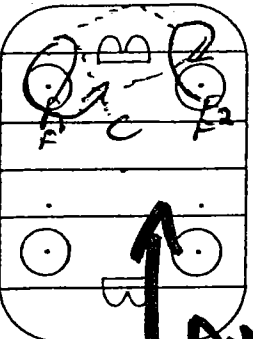
- ④ Defense Regroup
- D gets to fed line & rec pass from F, D back to F to Blue & does escape move & headman's put for 2v0 w/ follow up point shot



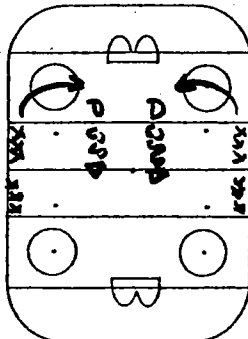
- ⑤ SPLIT Ice feeds
- Line Rush Sequence
- 1) Pass wide for shot w/ C driving net
 - 2) Pass wide & hit C for Redirect
 - 3) Pass wide to escape move & hit Trailer in High Slot



- ⑥ Forwards Exchange
- Puck cutting above T in front of Puck & back to partner driving Net to netmer or Redirect on Goal

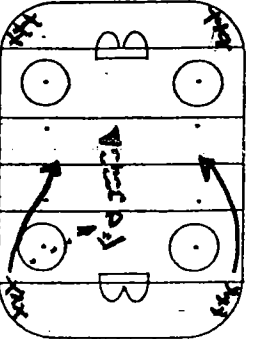


- ⑦ Dump Puck in corner F1 picks up & cycles to backside F1 moves his feet & drives High above T of circles to receive pass from F2 for shot - both men go for rebound

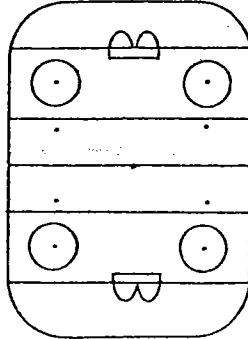


- ⑧ 2v2 1-Puck str
3v2 1-Puck str
- Furds attack us D. A Cwds move in Pand y to receive puck from D all they receive strip puck away from attacking furds

Cycle Drill out 0



- ⑨ 2v1
- Pass to D for point shot. F takes 2nd puck and immediately starts 2v1 rush vs. D. D must shoot quickly and backside to receive 2v1 rush



- ⑩ 1/2 ICE BREAK
⑪ 3v3 Low Play
⑫ 5v5 SCRIMMAGE

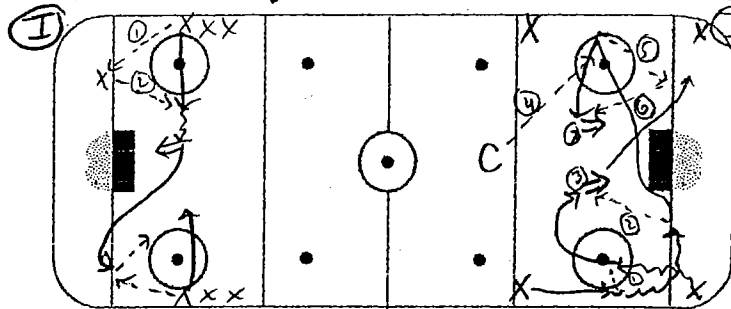
POSITION SPLITS:

FORWARDS: CYCLING/ATTACKING THE SLOT SKILLS

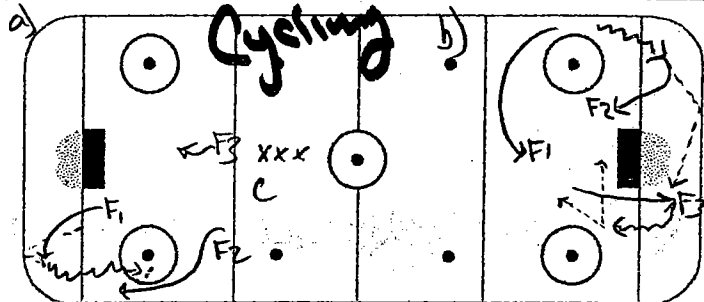
Scissors

Drill 1: Attack the Slot (Continuous)
 Split players on wide hash marks
 Make give/go with player on goalline/attack for shot
 Follow shot to opposite goalline to make next give/go pass

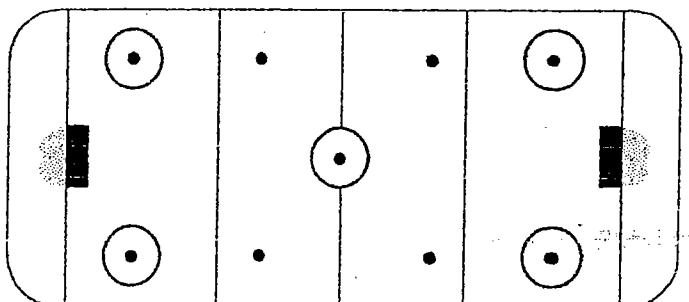
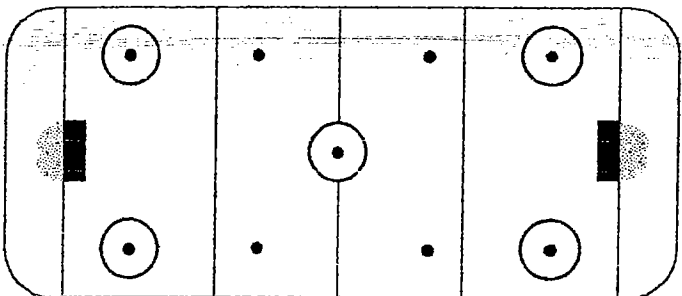
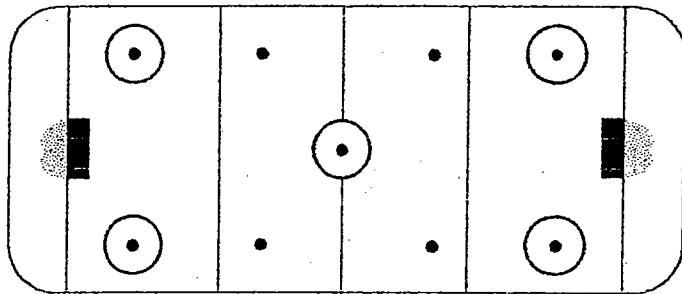
Drill 2: 1/2 Board Scissors
 Players at 4 corners of zone, pucks start in corner
 Make scissor exchange, attack net
 Coach give quick counter second puck for give and go



Drill 3: Cycling off Forecheck/Use Space behind Net
 F1 and F2 make scissors play from puck dumped in corner
 F3 delays, then drives to net and off far post behind net
 F2 gives puck to F3 behind net, F1 rolls across high slot
 F3 has several options to attack net
 After shot/rebound, unit loops into high slot and coach dumps puck in second corner – work cycles from both corners
 Can use 2nd goalie, coach, or another player as resistance



DEFENSEMEN:



FINISH WITH SMALL GAME: 3ON3 CROSS ZONE – 1) SCORE ON OPP. NET, 2) SCORE ON EITHER NET

