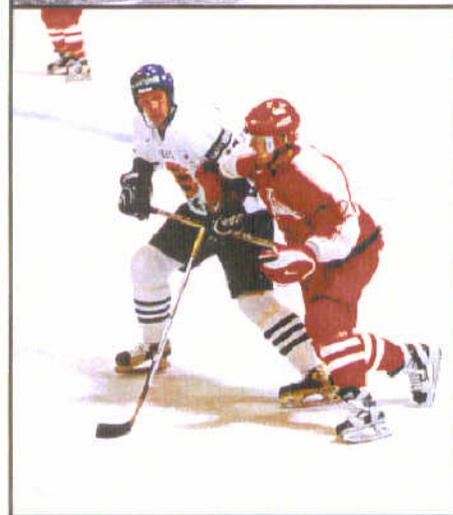




**Juhani
Wahlsten**

**Tom
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Das **ABC** des internationalen Eishockey



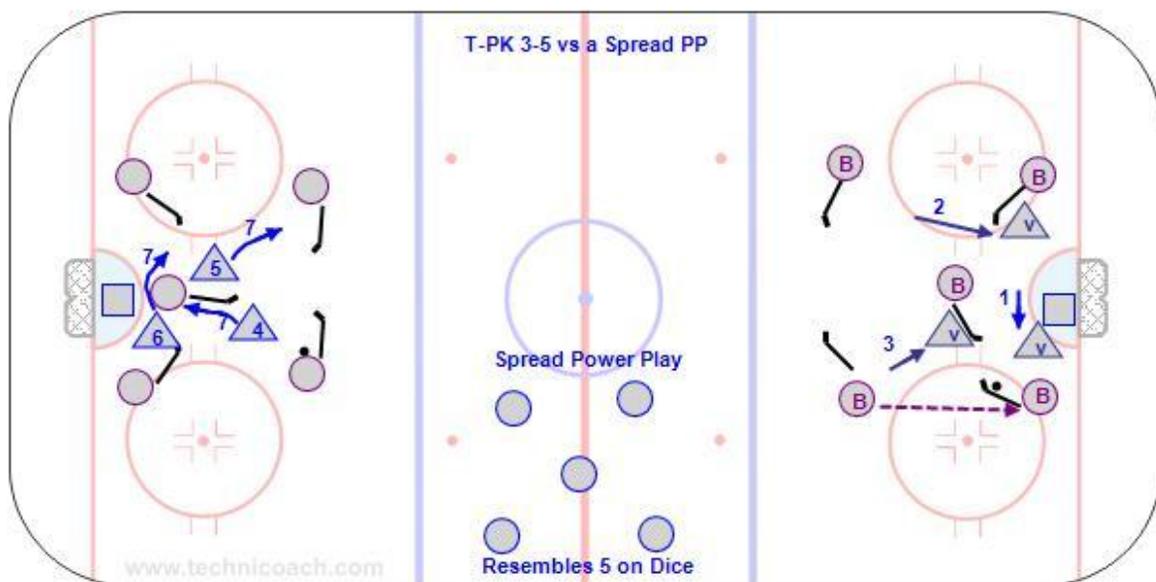
T-PK 3-5 vs a Spread PP

Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.



T2-4 D100 Specialty Team Practice - 1

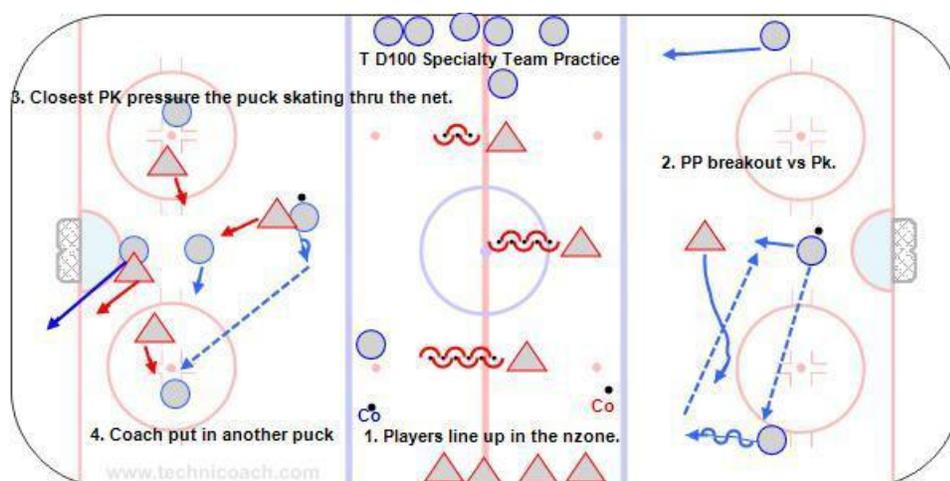
Key Points:

PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.
PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

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T2-4 D400 Attack and Dzone-Detroit

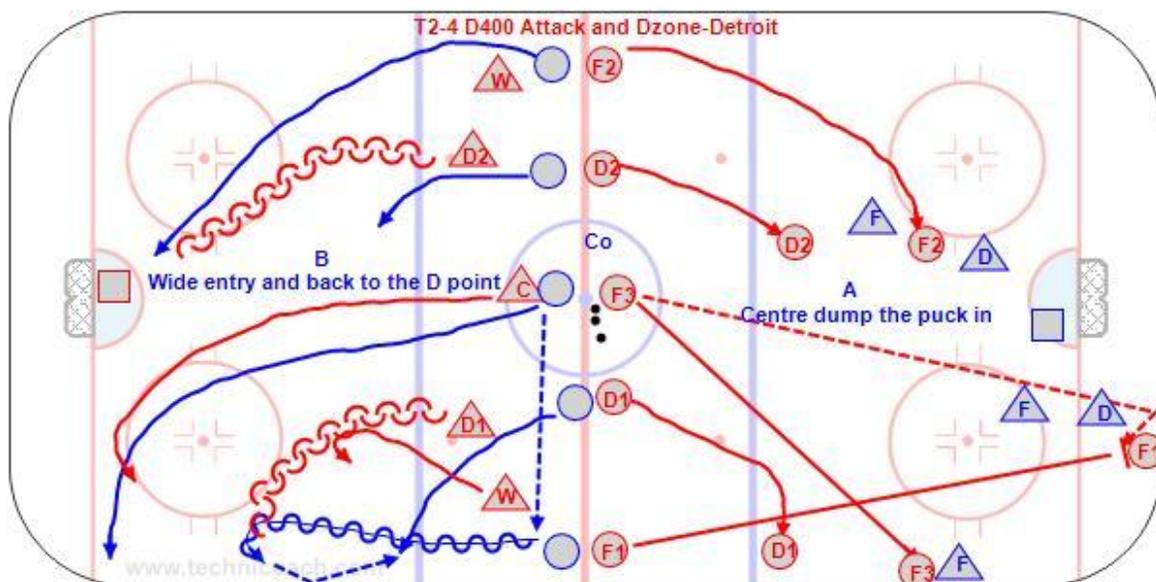
Key Points:

Practice the forecheck, offensive entry wide and dump in. defensive zone coverage, breakouts.

Description:

1. Players start from the neutral zone.
2. Do some reps starting with the C dumping the puck in and forecheck.
3. Switch to the C pass to the W who gains the zone and then pass back to the point.
4. The coach can focus on any part of the attack or defense.
5. Alternate ends and the resting group switch from offense to defense for the next rep.
6. A progression into a game is for the defensive team to break out into the nzone and all touch the red line then attack the original offensive group.

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T2-4 D400 PK and PP Rotation-Detroit

Key Points:

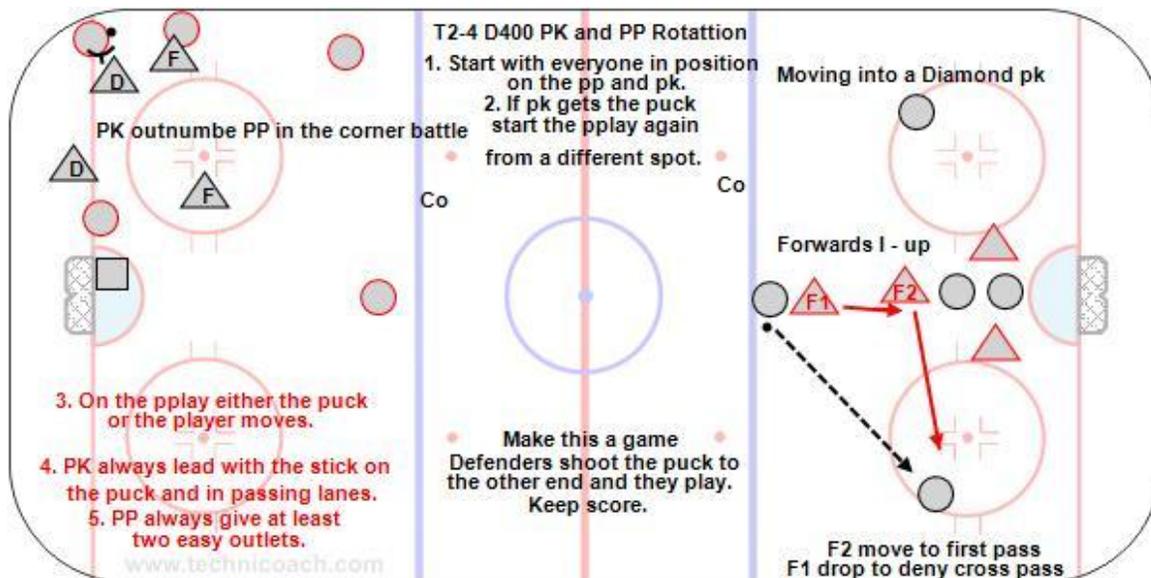
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

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T2-4 D400 Specialty Team Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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T2-4 D400 Specialty Team Practice – Pro

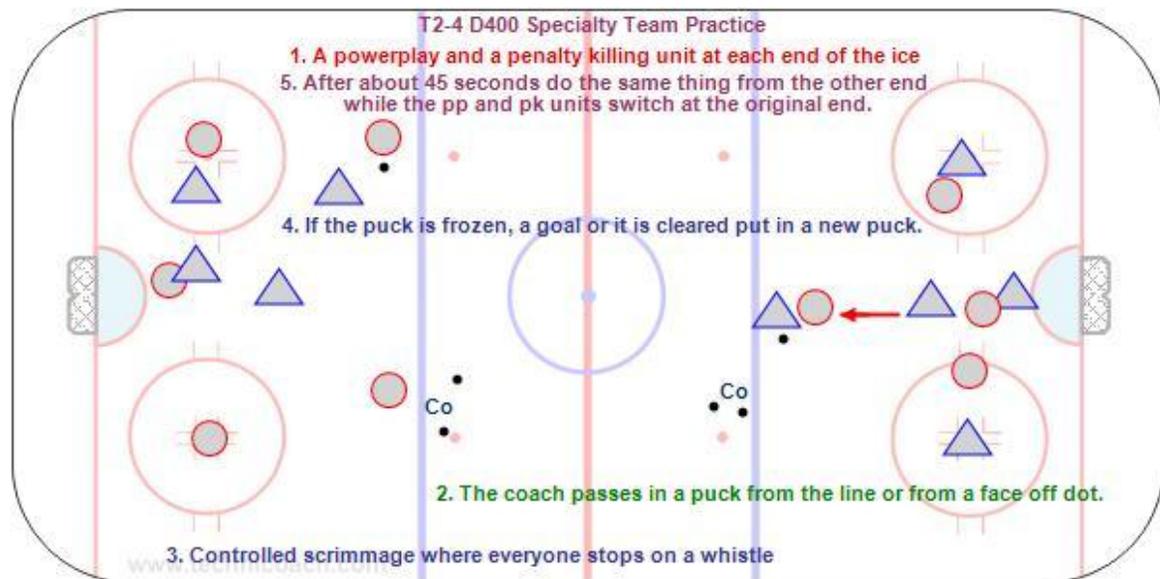
Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

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TD400 Specialty Team Scrimmage

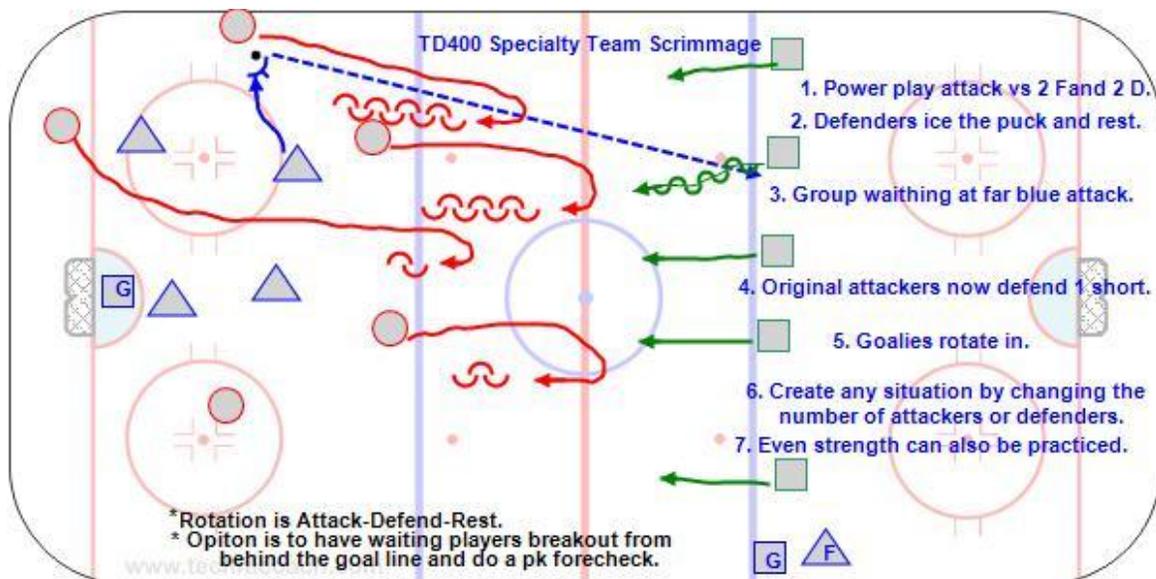
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



T2-4 Power Play and Penalty Killing Philosophies

Specialty Team Practices

I have made video of Detroit, Salzburg Red Bulls and the Flames practicing specialty teams. They all have a common way to practice specialty teams but have their own philosophies on the power play and penalty kill. The Red Bulls are coached by a long time NHL coach Pierre Page and the assistant coach is Reijo Routsalainen who was an offensive defenseman in the NHL for Edmonton, NY and the Devils. He led the Rangers in scoring one season.

They all start with either an overload or a slot set power play and move into a 1-3-1.

Here are some of the philosophies I see.

Detroit:

Power play has lots of motion and rotating positions. They always have a good screen in front of the goal and will move the puck from side to side behind the net.

Penalty killing they overload the corner with all four players if the puck is dumped in and there is a battle. A D on the puck, puck side F drops down along the wall, middle F is near the dot and the net D stays with his man. The forwards stay on their side of the ice and the middle F will go to the puck side if the pass is to that side and the weak side F will be in the middle. They pressure on loose pucks with the stick always leading and on the puck. Good sticks all of the time.

Detroit specialty team practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20101206083505234>

Detroit coach talking about the PK.

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on ice demo

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080719161205559>

Red Bulls

The Red Bulls want to move the puck as quickly as possible and always shoot when there is an opening. On the pk the closest defender pressures with the stick on the puck and they constantly rotate, so a D could end up at the point. They skate in straight lines always from the net out and have sticks in the passing lanes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090806144404128>

The Flames move into a 1-3-1 diamond but don't have as much rotation of positions or one touch passing.

On the penalty kill they try to do a fall under when the puck is at the mid-point and the forward will chase a puck sideways and get caught when the pp passes right back to the middle because the F's are constantly switching sides. They play solid when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130313091238819>

So every team has similarities and differences.

I like the way Detroit overloads the play in the corner and the weak side F covers the player in the mid slot when the puck is at the half wall. I like the way the Red Bulls skate in straight lines and pressure the puck. My view is when the puck is passed to the side for the one timer that either the F or the D on that side block and the player who covered mid point drop down to cover the middle player and take away the pass across.

So the question is: What is your philosophy and why and then 'How do you teach it to your team.'

T2-4, D100 Breakout vs Nzone Trap-Detroit

Key Points:

Forwards support from three lanes. Strong side forward on boards face the puck. Middle forward mirror puck movement and wide forwards be open for a cross ice pass. Give targets. Defenders try to steer the puck wide and outnumber the attack in the neutral zone.

Description:

1. Coach pass the puck to a defenseman.
2. Defense pass to D partner or any of the forwards.
3. On a D to D they should hinge to pass below the trap.
4. Offense gain the zone.
5. On the whistle repeat with the original defenders now on offense vs original attackers.
6. After one or two reps new players repeat.

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T2 5 vs 2 Coaches - Canada U20

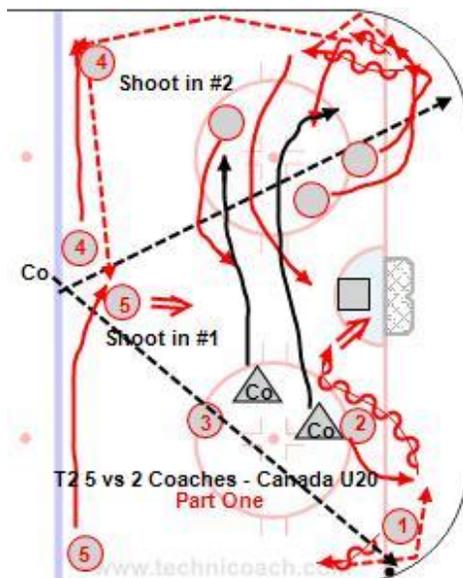
Key Points:

Get the defender to commit before passing. Coaches give passive resistance. Attackers keep the feet moving.

Description:

- A. Coach dumps a puck into the corner.
- B. #1 get the puck and drive skate.
- C. #1 pass into corner when checker has a good angle.
- D. #2 drive to the net and shoot while 2 and 3 crash for a rebound.
- E. Repeat on the other side but #2 pass to #4 at the point who passes across to #5 for a one timer.
- F. #'s 1-2-3 screen, tip and rebound.

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T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game.
Always two on the loose puck. Seal off the boards.

Description:

6 on 5

First get the puck deep into the offensive end.

a. Make sure there are 2 on the puck

b. one player take away the wide rim.

c. one player behind net and one in front.- d

e. point player on the puck side. Keep it deep

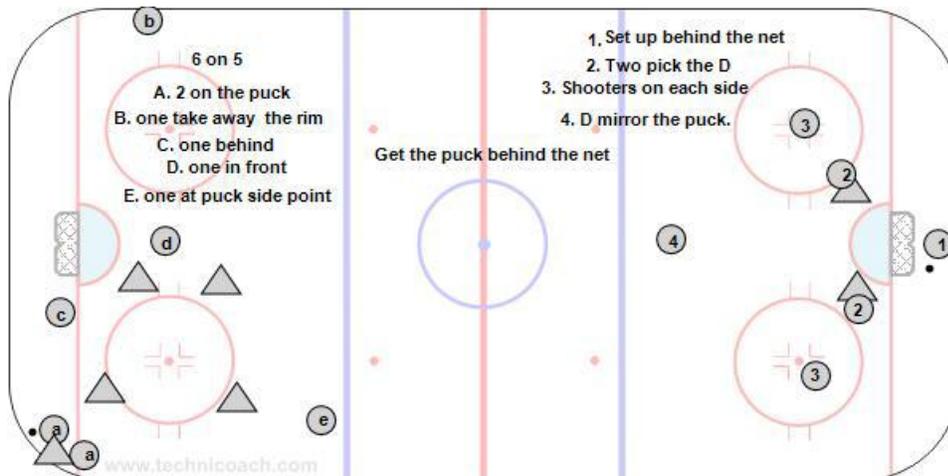
1. Try to walk out and score after picks set.

2. Two players pick the defense.

3. Two players get into scoring areas.

4. Defense mirror play and keep it deep unless there is a clear shot to the net.

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T2 - 1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

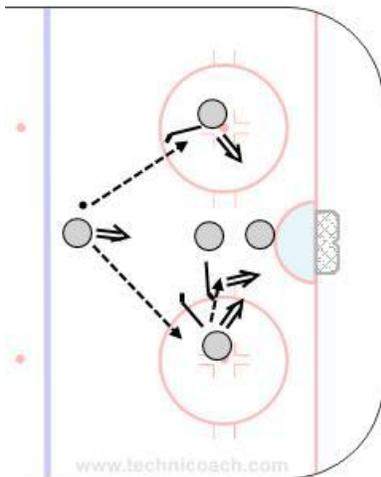
Description:

The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.

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T2 - B5 Breakout 5-0 Attack 3-2 - Kazakstan W

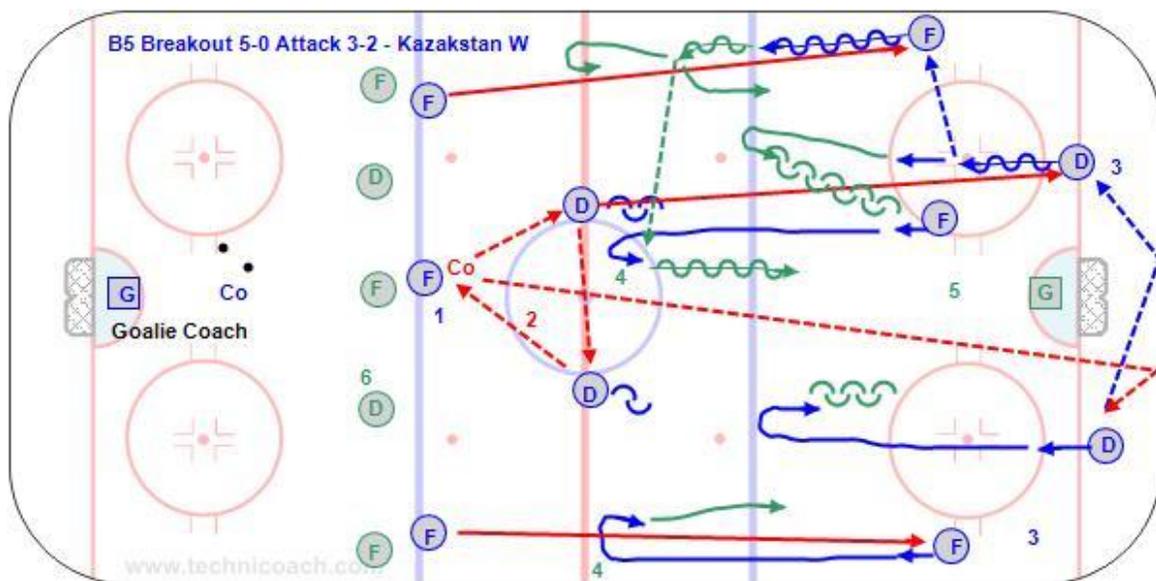
Key Points:

On the breakout either the player or the puck moves right away. Face the puck and give a target.

Description:

1. Line up at far blue line.
2. Coach pass to D who go D to D and back to coach who shoots puck in.
3. Five players breakout.
4. Turn back at the red line and the three F attack the two D 3 on 2.
5. Play out the 3-3 until the whistle.
6. Next group repeat.

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T2 - D400 - Spread 2-1-2 Power Play 5 on 3 - Pro

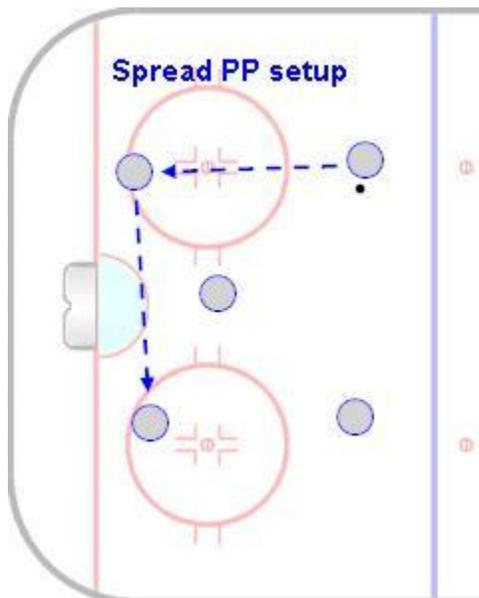
Key Points:

Either the player or the puck moves. Set up on the off wing for one timer. Rotate positions. One touch passes, one timer shots, pouncing on rebounds produce goals.

Description:

1. Start with a face-off and allow the offense to win the draw.
2. Set up with two players just above the goal line, two at the top of the circles and one in the middle.
3. Point men can start on the strong side and cross to the off wing side to set a moving one timer.
4. The player in the middle should screen when the puck is at the point and slide back near the hash marks when the puck is low to set up for one timer and allow room for back door pass.
5. The key is to become a threat when you have the puck and switches and screens away from the puck.
6. Some teams have the two low players below the goal line. This causes the pk. to turn their backs and is very effective for setting up one timers and walk-outs.
7. Make passes that beat one defender or through seams to the other side for one timers.
8. Outwork the penalty killers.
9. The goal when practicing the PP is for a shot every 3 seconds. It is not keepaway. The purpose of a power play is to Produce Rebounds.

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T2 – D400 – Diamond 1-3-1 Power Play

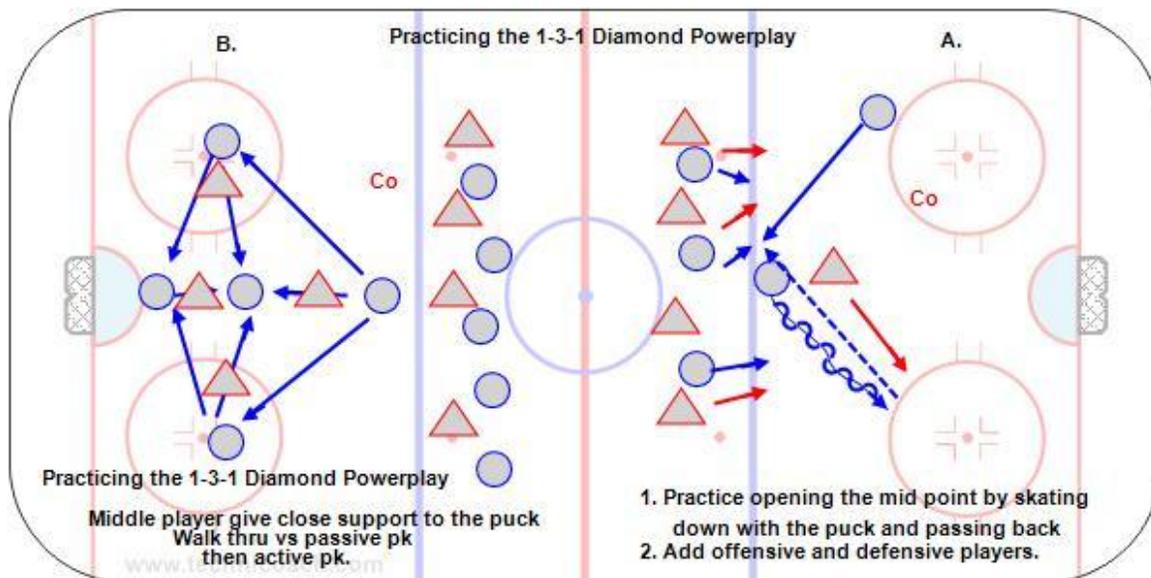
Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

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T2 – T4 Team Play Practice Buildup

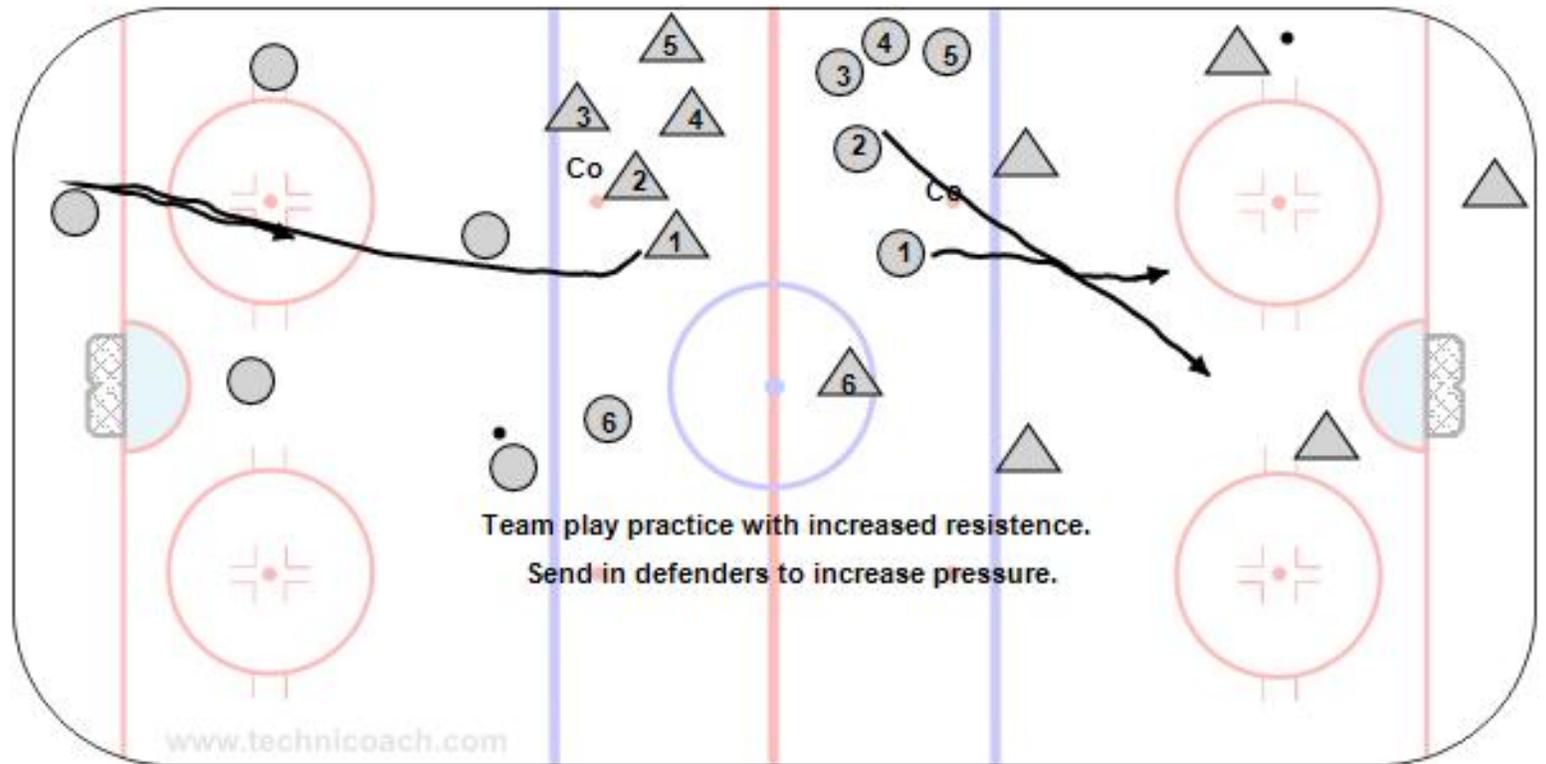
Key Points:

Play from 5-0 to 6-5

Description:

Practice with no resistance and then send in players to create resistance. You can practice even or odd man and with the goalie pulled.

You can also use this technique to practice skills like cycling and add defenders.



T2 B5 5-0 Breakout Practice – U18

Key Points:

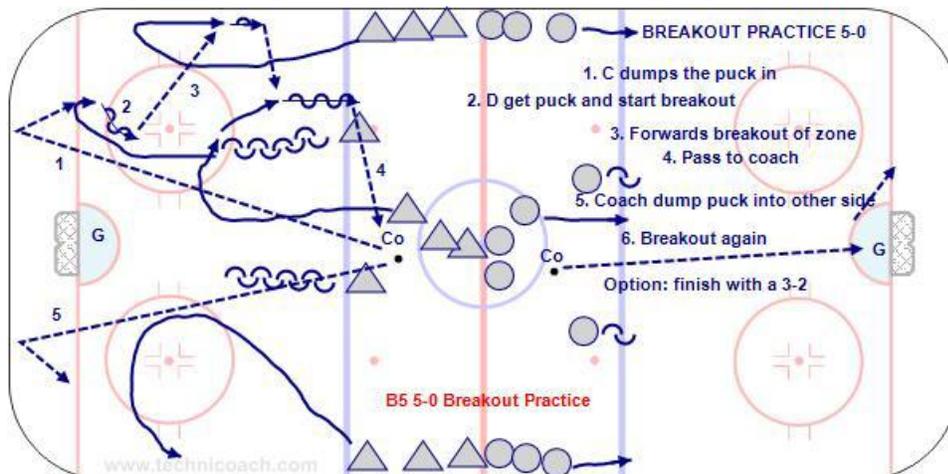
Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards breakout.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

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T2 Breakout with Stretch Pass

Key Points:

Wing be ready for a quick up and see the puck at all times. Come back thru the middle to touch pass back to flying teammates.

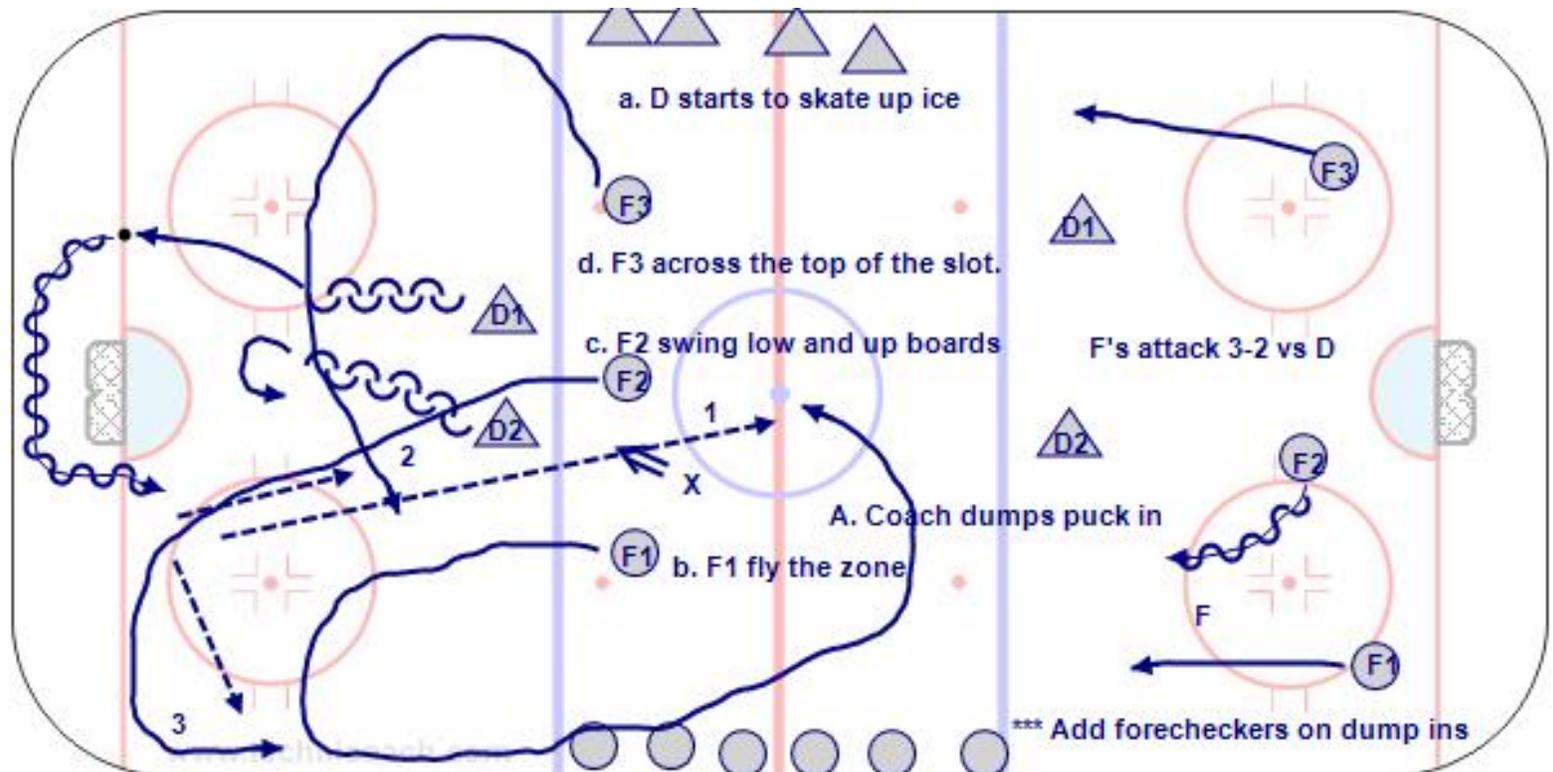
Description:

Players are lined up along the boards in the C3 Formation.

A. Coach dumps the puck in for a 5-0 breakout. After rush come back 3-2.

B. Player dumps the puck in and forechecks breakout 1 on 5 and then backchecks to create a 3-3.

C. Options: add one or two more forwards to to create 2-5 or 3-5 forecheck. High player come back to make a 3-3 or 2 F come back to create a 3-4 and give backpressure and the D stand up.



T2 D100 Controlled Breakout Reads-U20

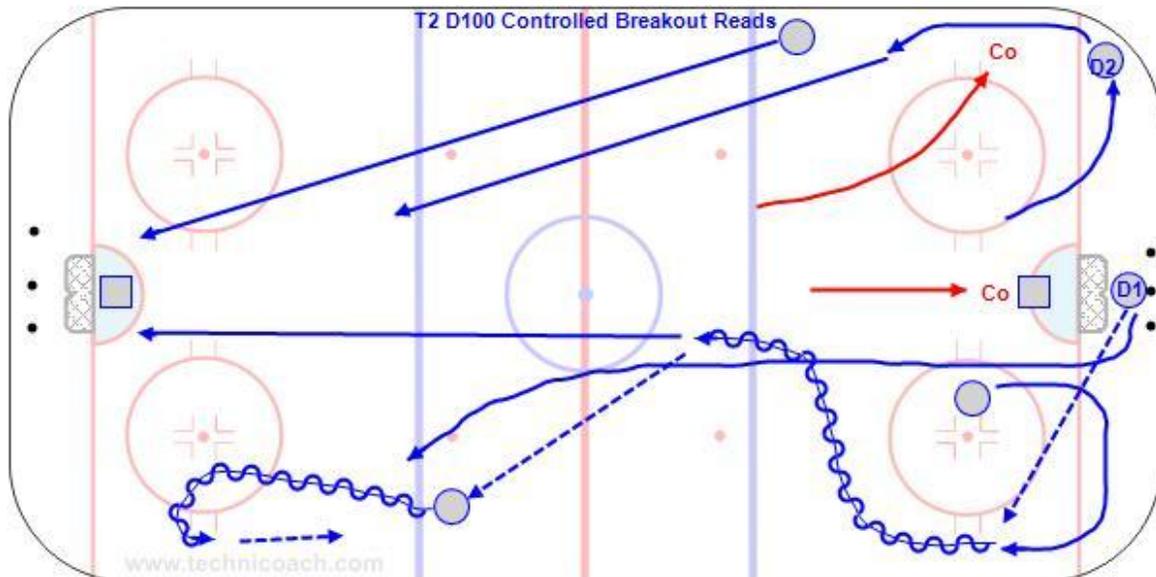
Key Points:

Defenseman behind net must read the forecheck and pass low if they are high and high if they are low.
Forwards must move into open areas.

Description:

1. D1 skates to a puck placed behind the net.
2. Offensive team go into their controlled breakout with either one, two or zero players stretching.
3. Two coached forecheck either one, two or no one deep.
4. D1 must read to carry the puck or pass low or high.
5. Attack with 4 players and create a scoring chance.
6. Alternate directions so everyone knows the controlled breakout. This coaching technique can be used for power play or even strength.

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T2 D100 Power Play

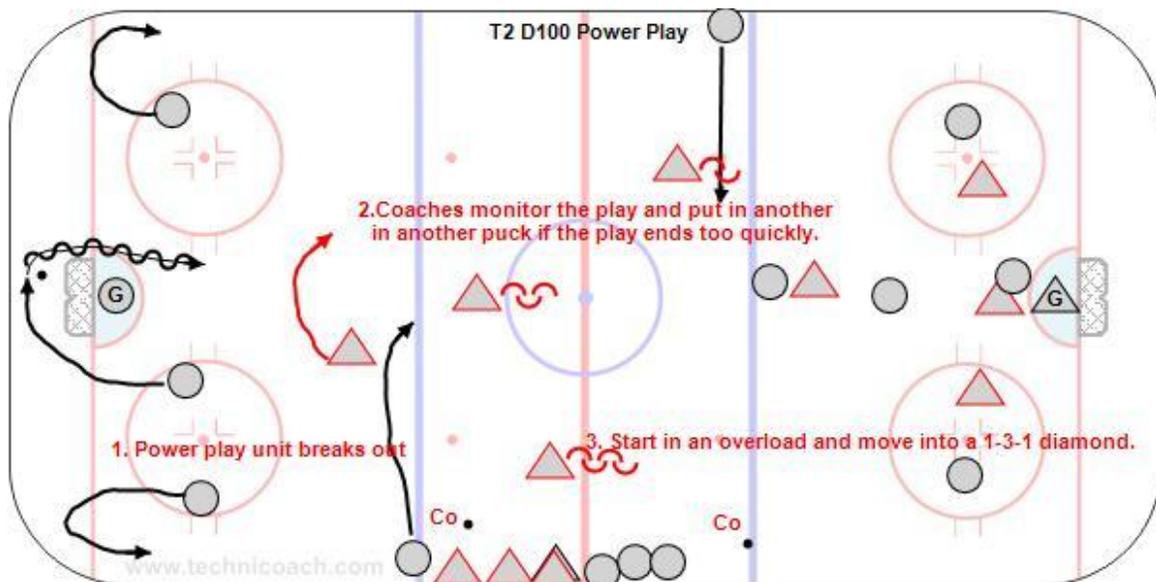
Key Points:

Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

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T2 Kingston Power Play and Team Play Rotation

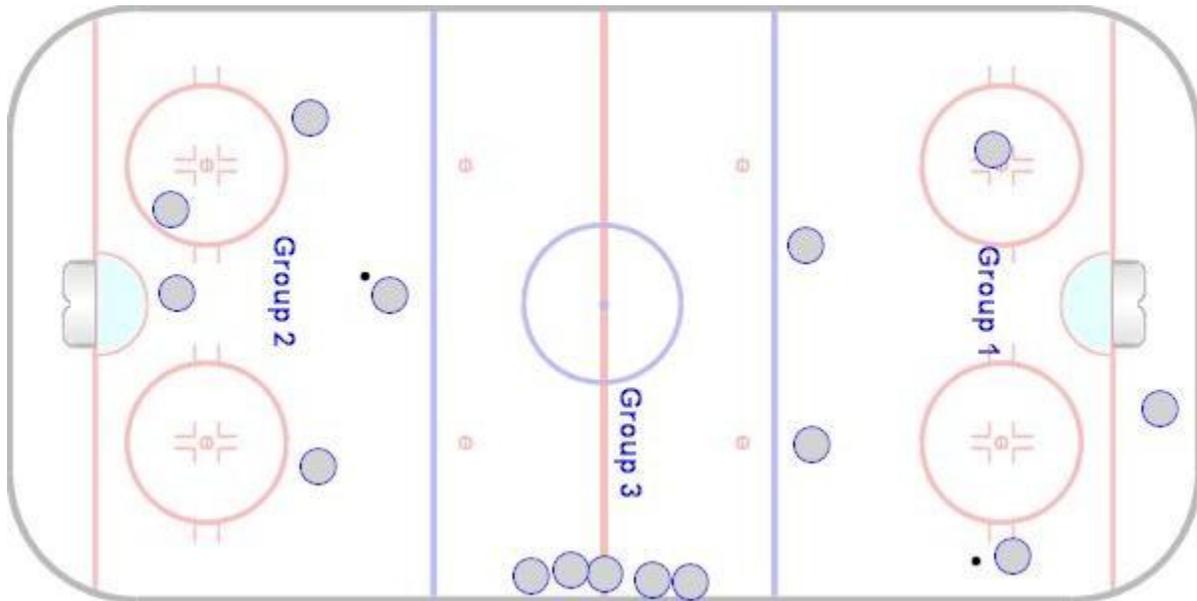
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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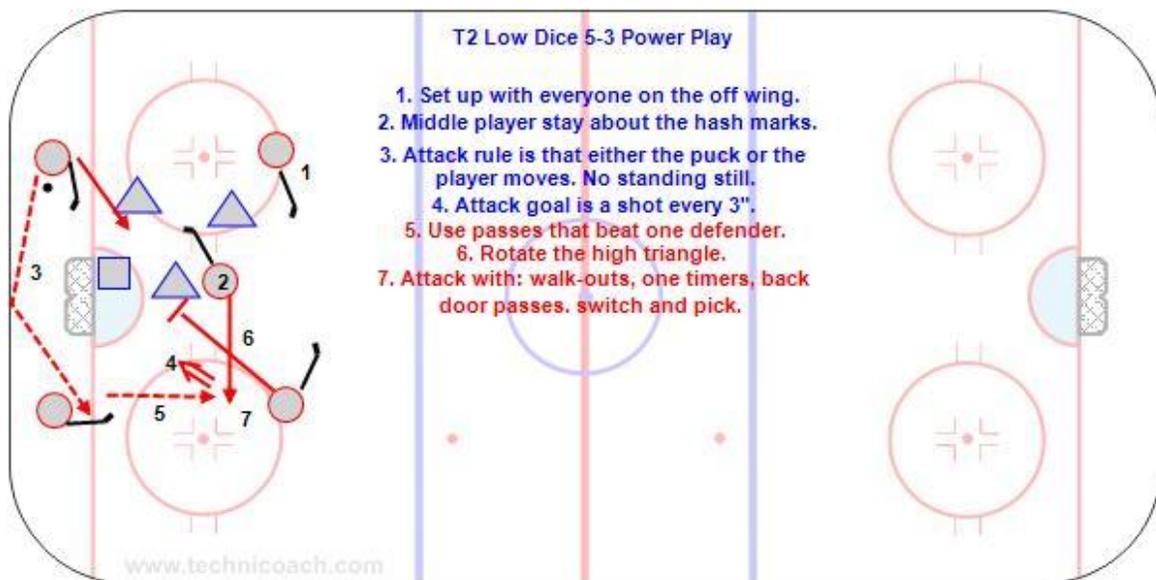
T2 Low Dice 5-3 Power Play

Key Points:

Right shooters play on the left side and left on the right to enable quick shots and forehand passing. Quick passes and attacks spread the defensive triangle.

Description:

1. Set up with everyone on the off wing.
2. Middle player stay about the hash marks.
3. Attack rule is that either the puck or the player moves. No standing still.
4. Attack goal is a shot every 3".
5. Use passes that beat one defender.
6. Rotate the high triangle.
7. Attack with: walk-outs, one timers, back door passes. switch and pick.



Power Play Options: Overload to a Diamond

Option One:

Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again.

Option Two:

-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.

-In the Diamond we have 4 triangles for one timers, a middle one timer option.

-If the puck is loose always outnumber the defenders and start the same sequence.

RULES and READS

-When you get the puck either you or the puck moves. No standing still.

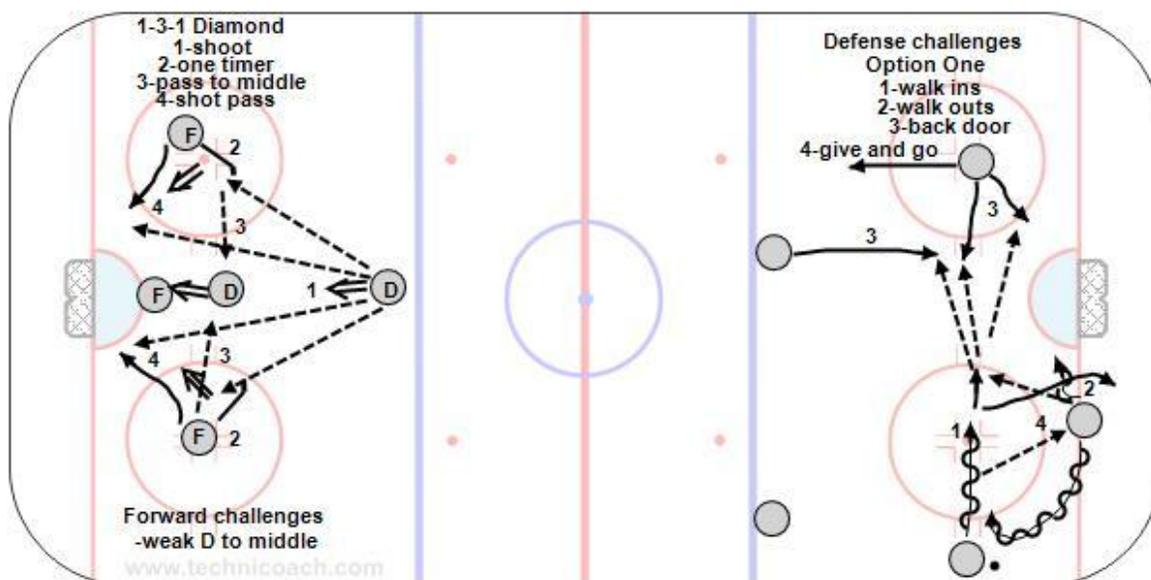
-If the weak side D comes down to back door the weak side F slide back. Look for defenders

staring at the puck and move into the passing seams behind them.

-Create 2 on 1's.

-Short passes that only beat one defender.

* Progress to a high cycle.



T2 Stretch Pass from the D Zone

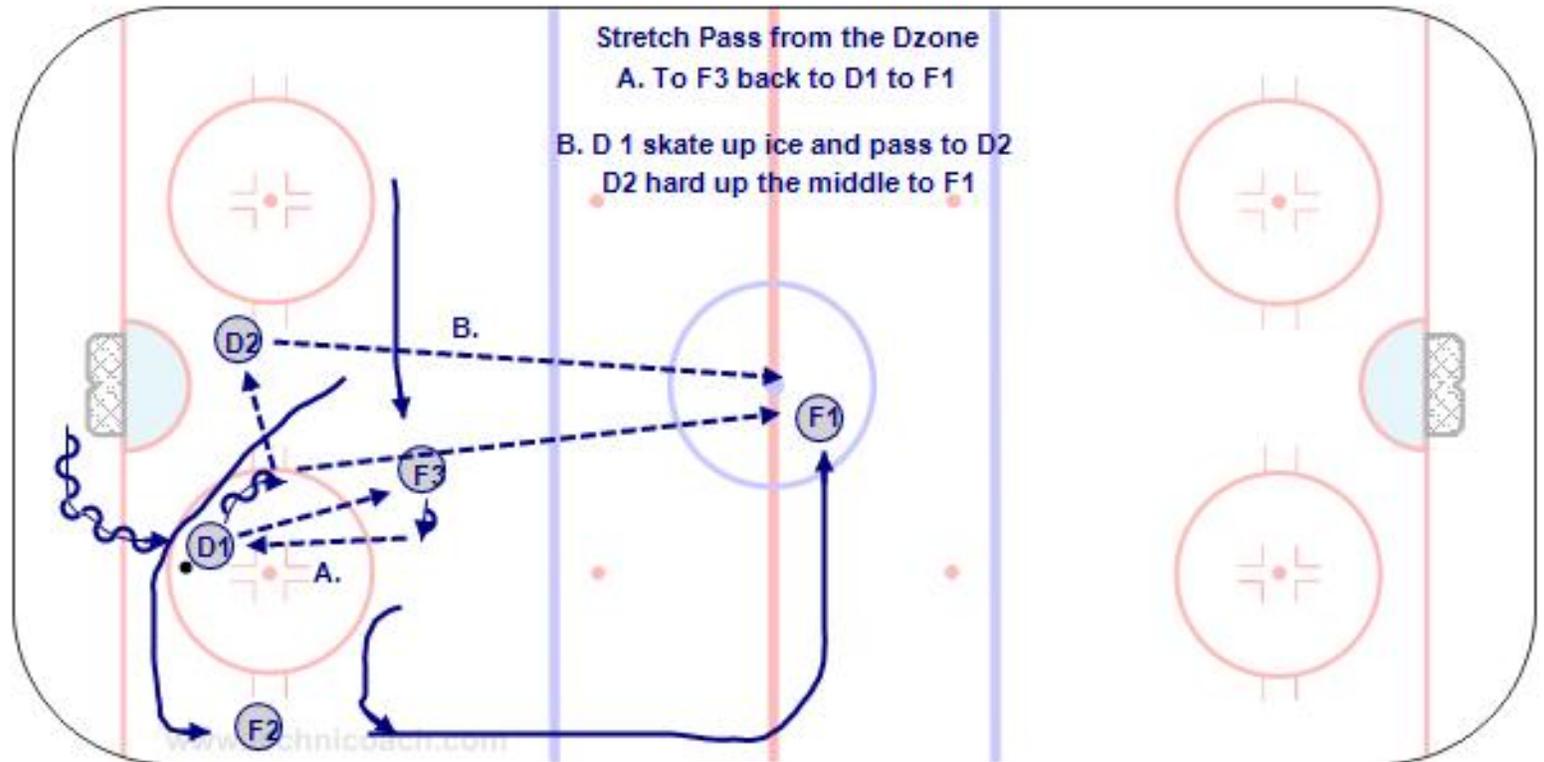
Key Points:

Make sure the D have full control with their toe caps facing up ice before flying the zone.

Description:

A. D1 to F3 back to D1 and stretch to F1.

B. D1 skate up the ice and pass to D2 in the middle. D2 pass hard up the middle to F1.



T2 T4 D100 Controlled Scrimmage

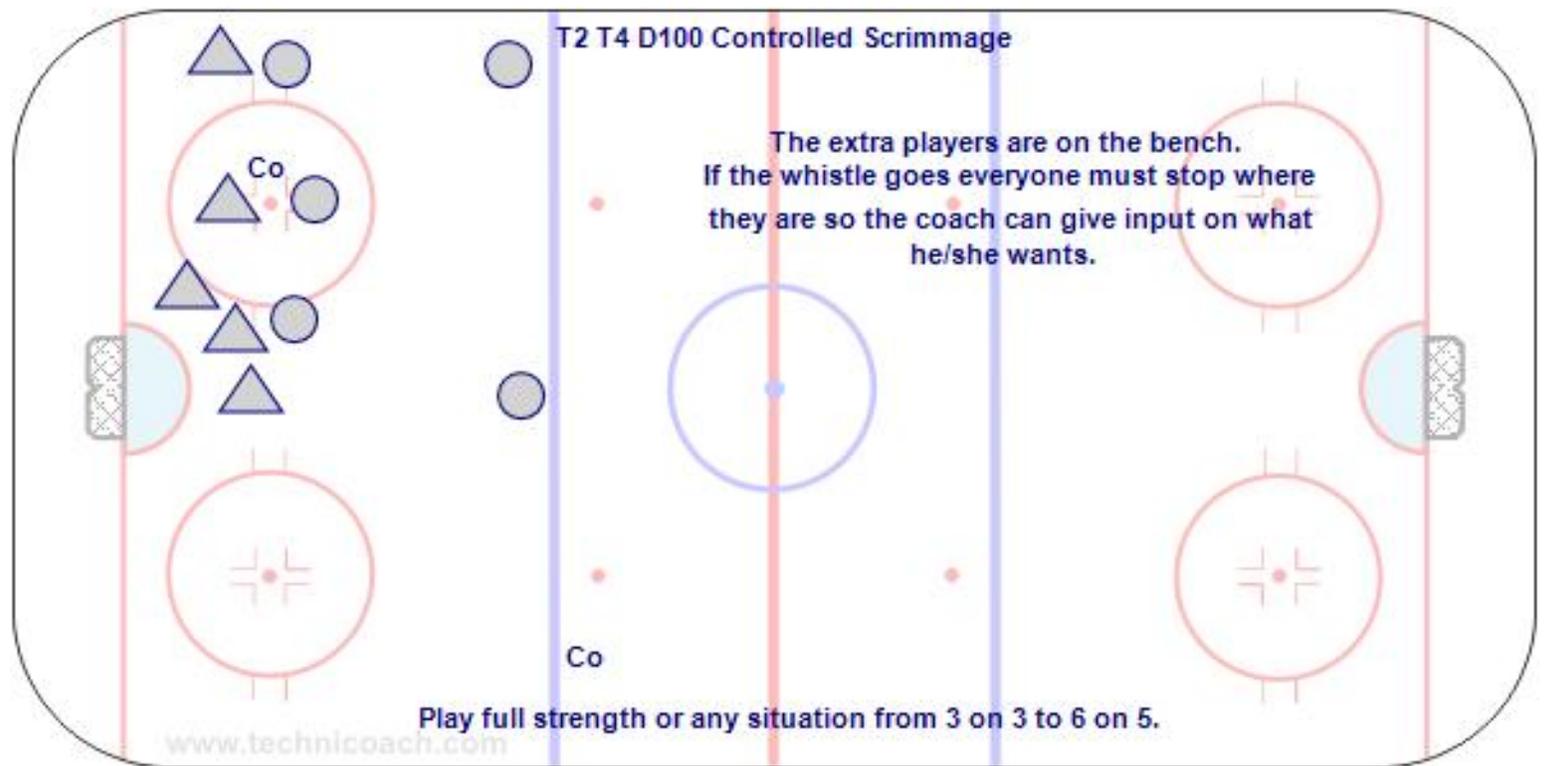
Key Points:

Work on team play concepts with the coaches on the ice.

Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

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T2 Take the Ice Behind to Create 2-1's

Key Points:

When the defenders are using a contain forecheck and are ahead of the puck you cannot beat them skating in straight lines. You must continually isolate the wide player and create 2 on 1 situations. Support by taking the ice behind the puck carrier.

Description:

1. Practice with a 2 on 2 situation and isolate a defender by crossing.

a. Cross drop and #1 screen weak side D.

b. Cross, drop 1 to net, 2 wide.

c. Cross and fake drop. 1 through middle 2 go to the net.

Create 3 on 3 situations in drills and games.

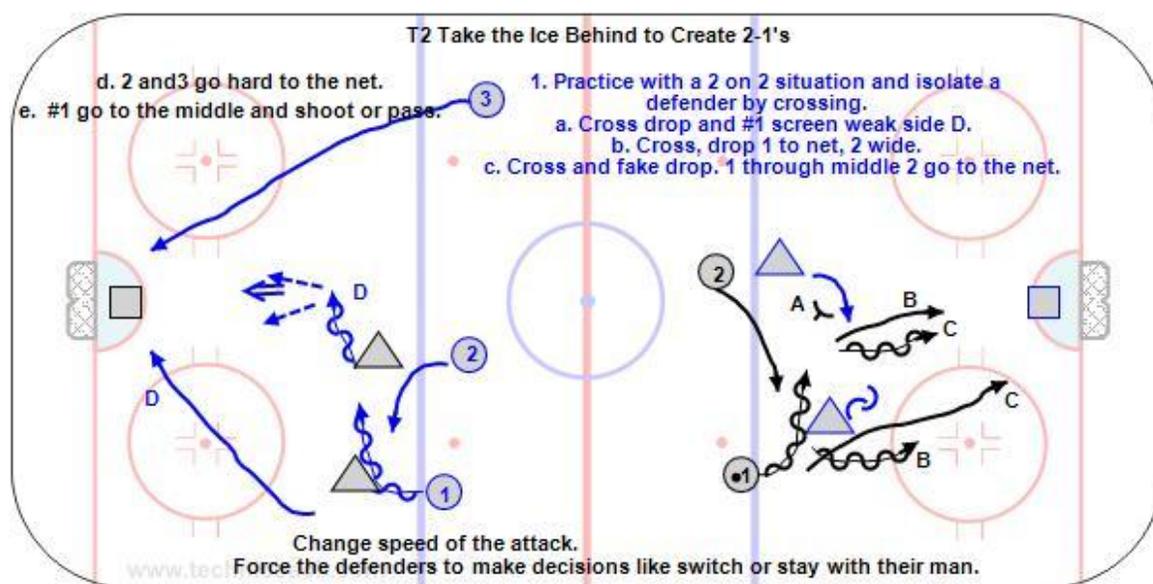
d. #'s 2 and 3 go hard to the net.

e. #1 go to the middle and shoot or pass.

* Other options are another cross behind or pass back to the 4th and 5th supporting attackers.

Important is to change the speed and angle of the attack and force the defensive decisions like switch or stay man to man.

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T2, C3 Breakout 5-2 Regroup 5-3

Key Points:

Breakout 5 vs 2 defenseman and then regroup on the whistle 5 on 3. Give support on the strong side boards and the middle. Weak side forward can stretch. Attack with 4 in the scoring area. Weak side D jump into the rush.

Description:

A.

1. D1 and D2 shoot from the blueline.
2. Five players in the zone breakout vs D1-D2

B

3. Attack 5 on 2 until a scoring chance.

C

4. Coach whistle and attackers regroup with pass from the coach in the neutral zone.
5. Attack again 5 on 3 vs. original D and a new forward.
6. Repeat with a new group and original D the other direction.

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T2-B600 Isolate Wide D on 2-2 – Pro

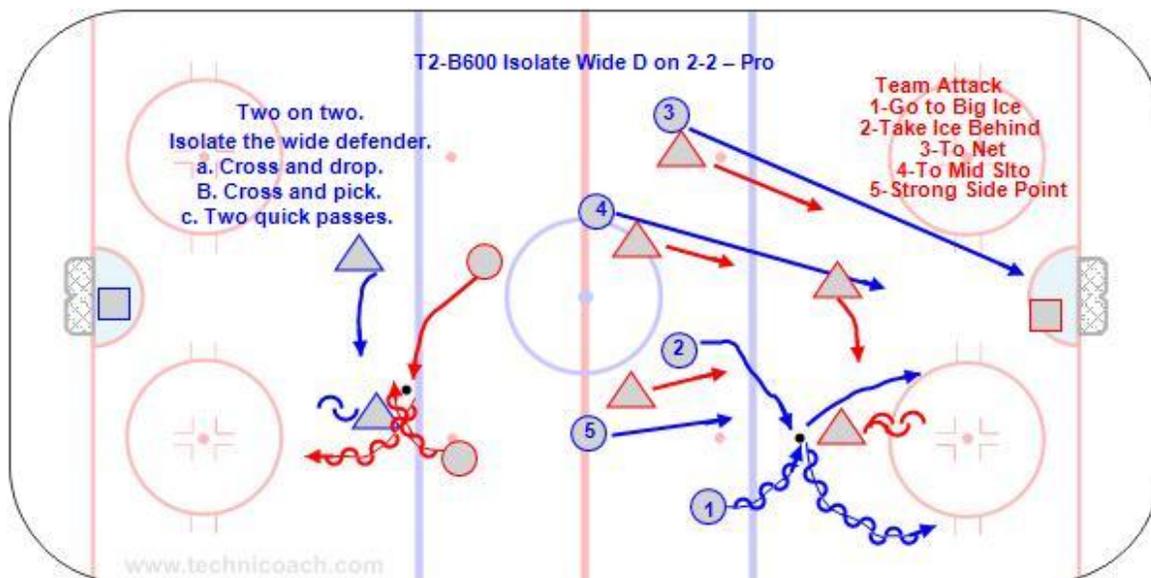
Key Points:

Create 2 on 1's on attacks when the defenders are on the defensive side.

Description:

1. Two or more attackers approach an equal or outnumbered situation such as a 2-2, 2-3, 3-3.
2. Isolate a wide defender by attacking with two players.
3. Force the defenders to decide to stay man or man or switch.
4. The player without the puck cross and take the ice behind.
5. The next player over the blue line go to the net and the fourth player join the attack in the mid slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121114085725881>



T2-C3, 5 on 2 Four on Attack Pt 2

Key Points:

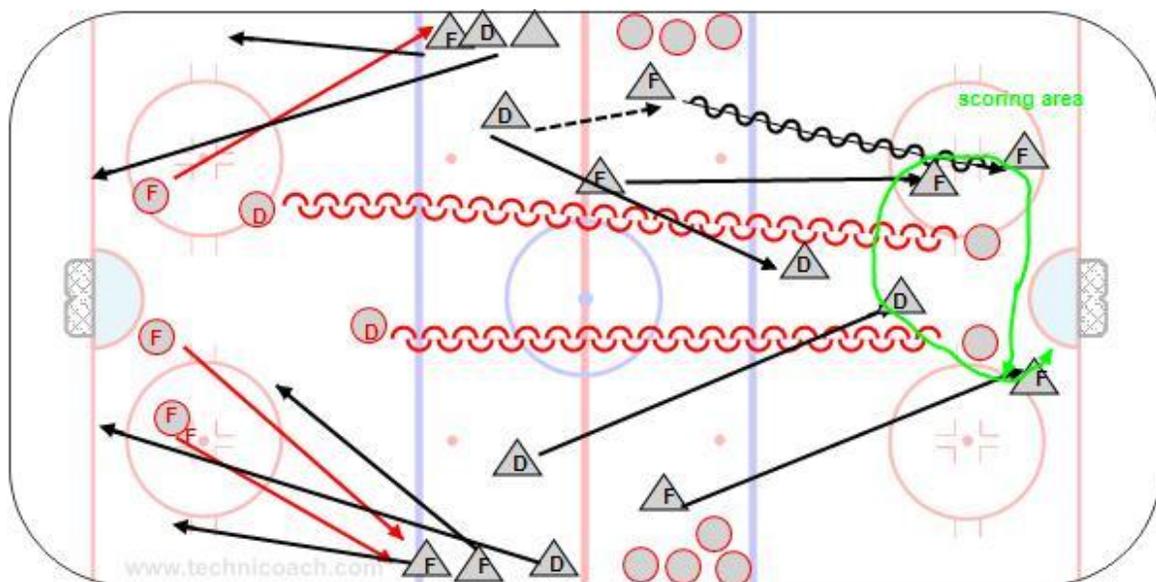
Attack with 4 in the other direction.

Description:

B Part of the 5-2 Drill

1. When the attack is over the coach blows the whistle.
2. Five new players attack vs the 2 D who were just on offense.
3. One D join the rush at least to the top of the circle.

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T2-T4 Defensive Zone Coverage or Offensive Zone Attack Practice

Key Points:

It is a combined man to man – zone defense. Tight man to man on the player with the puck and any player in the slot. Zone defense with the head on a swivel, stick in the passing lane and a Man-You-Puck triangle to stay aware of your man. If someone loses a 1-1 then the support player plays a 2-1 defending the puck carrier and his man.

Description:

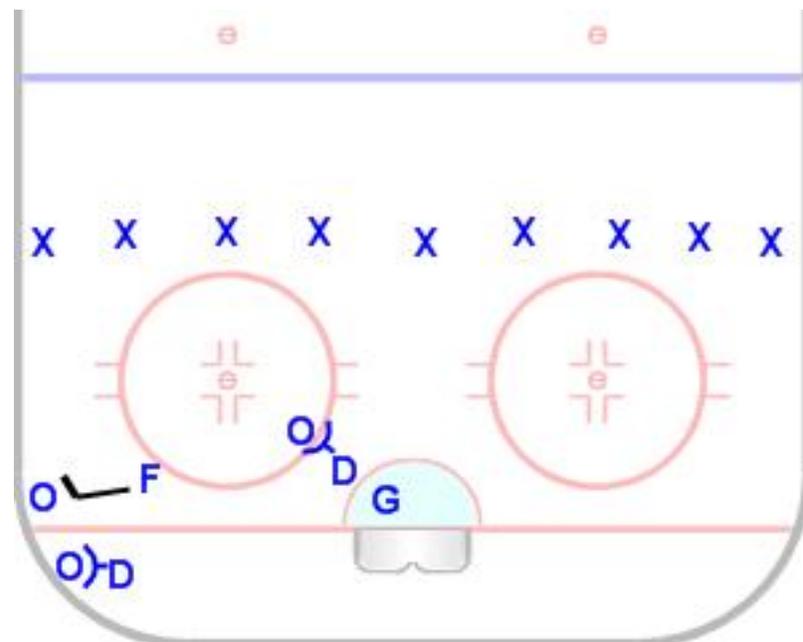
1. On the 3-3 the players line up at the top of the circle and shoot in any puck that is dumped out or if they can't the coach shoots in another puck for a 30 second shift.

Players must communicate all of the time.

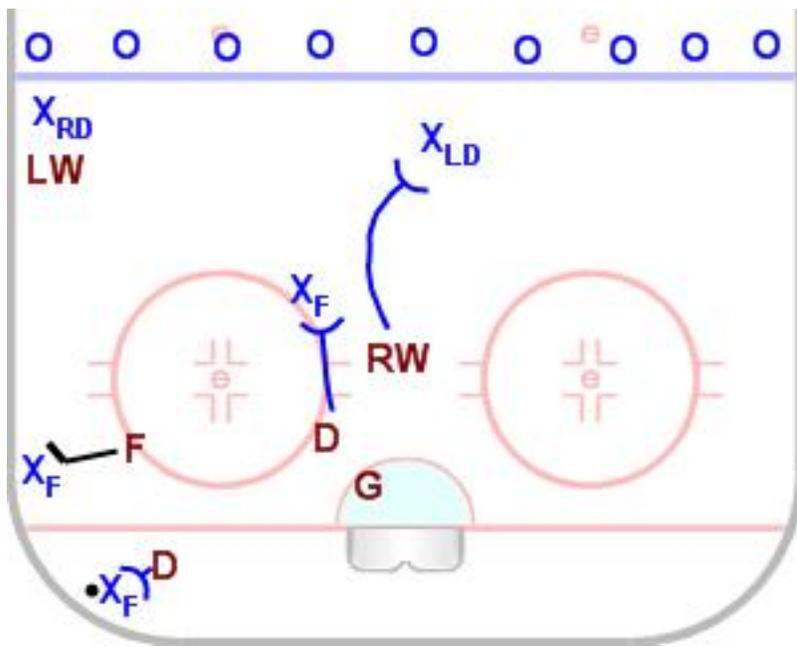
2. On the 5-5 the players keep the puck in from outside of the blue line and coach add a new puck if it is fired down the ice. Play 30 second shifts and switch.

The players freeze where they are if the coach blows the whistle to give instruction.

3 on 3 Low Zone



5 on 5



T3 Playing a Defensive 2-1

Key Points:

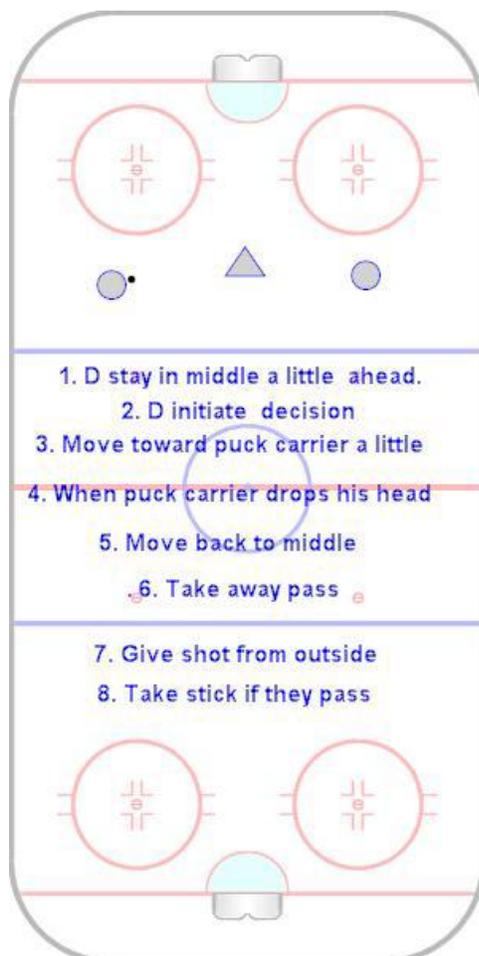
- A 2-1 is really a 2-2 because it is between the two attackers one defender and one goalie. (goalies are people too)
- The defender has to realize that he/she doesn't have to get the puck or make a check but instead recognize the most dangerous play and take that play away.
- Goalie should be saying he has the shooter.

Description;

1. Defender stay in the middle a little ahead of the attack with the stick in the passing lane.
2. Initiate the decision.
3. Move toward the puck carrier a faking you are going there to see if it make him rush and see if he drops his head and throws the puck across (many players panic and do this) then drop back into the middle and block the pass.
4. Deny the pass across and the goalie takes the shooter if he is outside. If the stick is in the inside lane the shooter may be the most dangerous player and you have to play him more.
5. Don't allow the puck carrier to go in alone; cut the ice in half.
6. Take non shooters stick on a shot.

Option: Slide outside the post to deny the pass if the attackers are parallel.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=68>



TB500 Body Contact Clinic

Key Points:

Start with a good athletic position of knee bent, back straight, seat low with the head on top of the shoulders and not hanging over the ice. Follow this instruction with 1 on 1 drills and transition games.

Description:

A. Partners bump

1. Hook wrists and bump standing then skating. Come back using other shoulder.
2. Skate apart one stride then back and bump

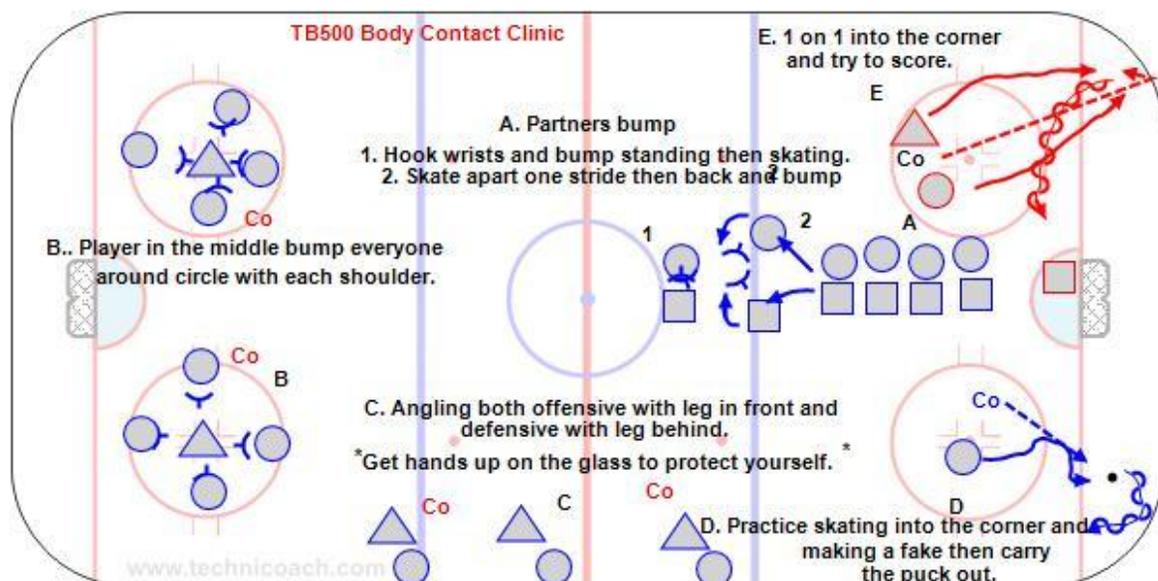
B. Player in the middle bump everyone around circle with each shoulder.

C. Angling both offensive with leg in front and defensive with leg behind. Get hands up on the glass to protect yourself.

D. Practice skating into the corner and making a fake then carry the puck out.

E. 1 on 1 into the corner and try to score.

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T4, 1-2-3 Forechecking Practice

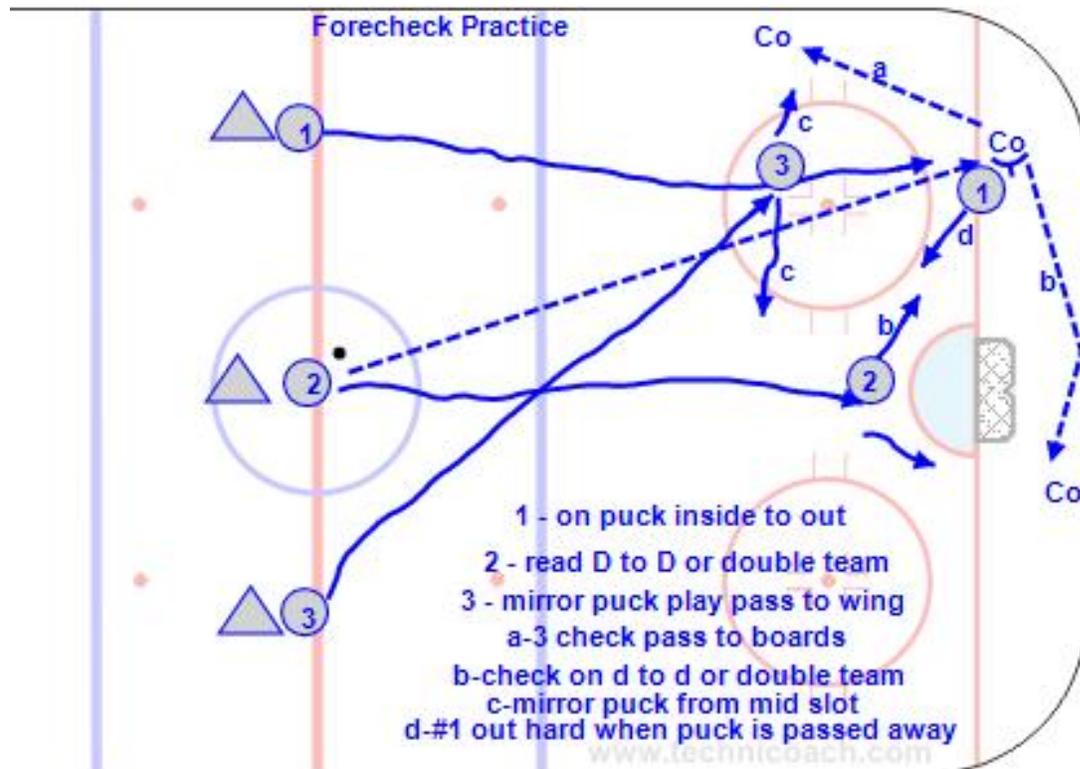
The coaches can or other players can stand in the places of the breakout team while the coach says where to move the puck. If the coach is alone he can simply point to the area the puck is going. This instruction is to let the players understand the read and react of an aggressive 3 man forecheck.

Players line up in 3 lines behind the red line.

#1 - on the puck inside to out.

#2 - 2 read help #1 if loose puck is created and check D2 on D to D pass.

#3 - mirror the puck from the mid slot. Check wing on pass to the boards and mirror D to D from the mid slot. Don't forecheck but mirror the puck from the mid slot until you become #1 or #2.



T4 1-3-1 Forecheck

Key Points:

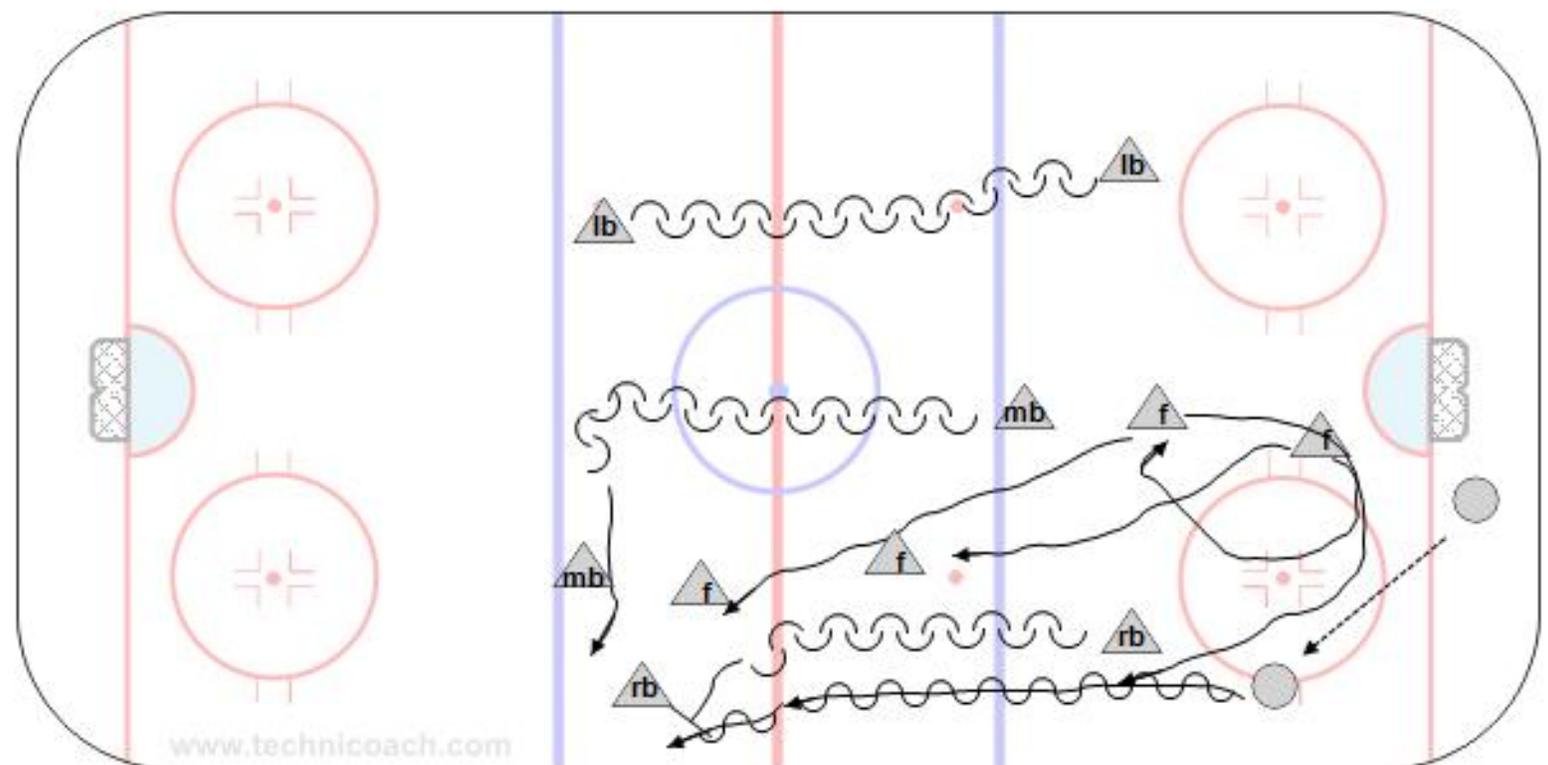
The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them
Middle back support from behind.

Description:

In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.
Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure



T4 1-3-1 Torpedo

Key Points:

- T1 create inside to outside pressure.
- Always have 4 on the attack.
- Strong side Torpedo stretch.
- Right and left backs forecheck 1-2-3 with torpedoes on the stron side.
- Middle Back play on the puck side point with weak side back middle point.

Description:

Diagram 1 Forecheck

1. Torpedoes forecheck in a tandem I. Pressure inside to out and return to the middle lane.
2. Right and left backs play their half of the ice. Join the rush deep on the strong side and mid slot when on the weak side. Play the weak side point and always look for the back door play when it is there.
3. Backs play the low 3-3 and Torpedoes cover the points and stretch on possession.
4. Backs fill the low 3 lanes on breakout. strong side torpedo stretch and weak side give middle support.
- 5 In the neutral zone the backs play their lanes and torpedoes back pressure.



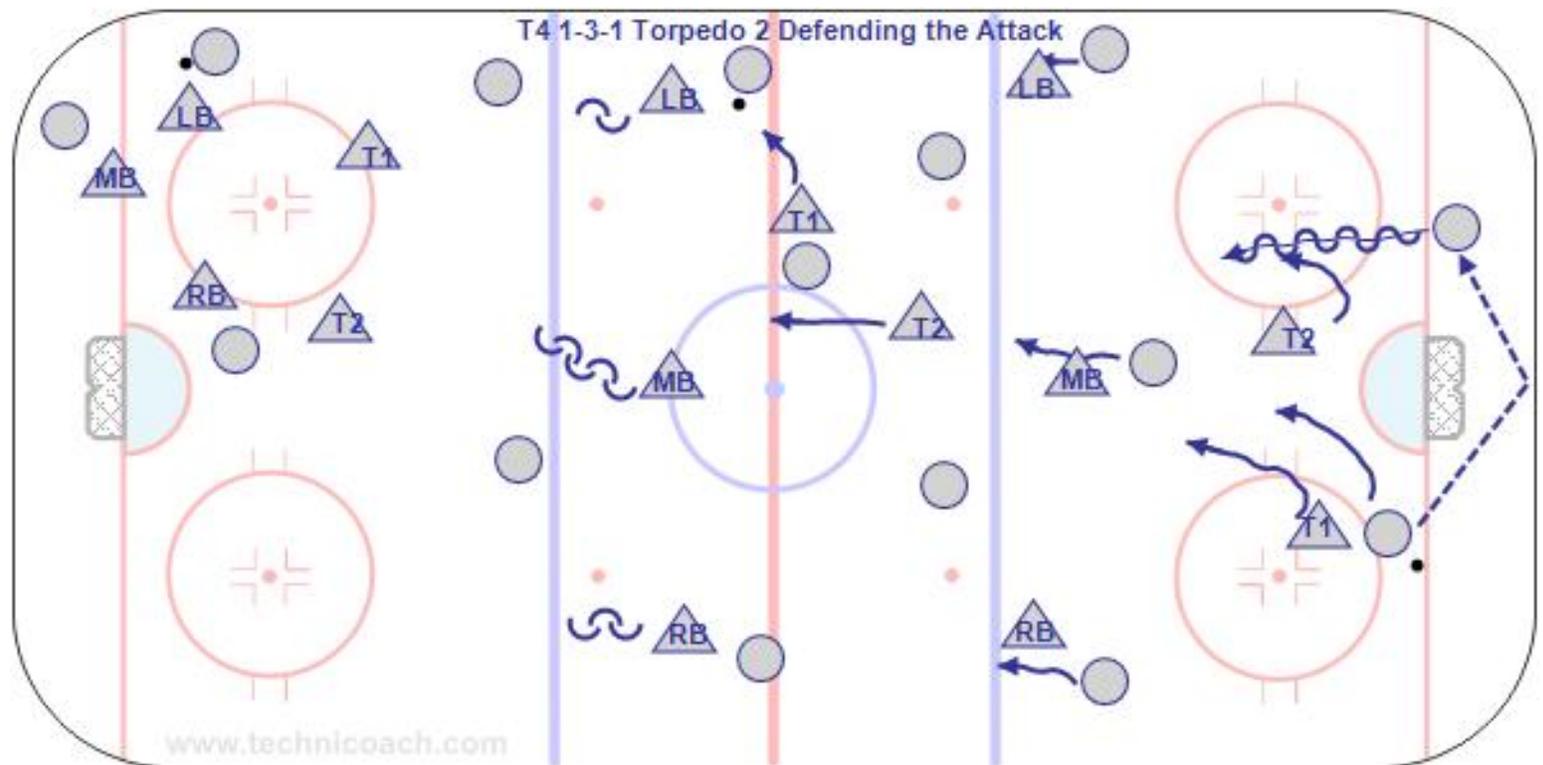
Diagram 2 Defending the Attack With a 1-3-1 Torpedo

Key Points:

Defensive Play. Fill the three lanes, Keep tight gaps. Torpedoes back pressure.

Description:

1. On forecheck Torpedoes check the 2 lowest players and backs fill the 3 lanes.
2. In Nzone Backs fill the 3 lanes and Torpedo 1 back pressure while T2 come back through the middle.
3. In defensive zone the backs play the low 3 on 3 with MB supporting on both sides.



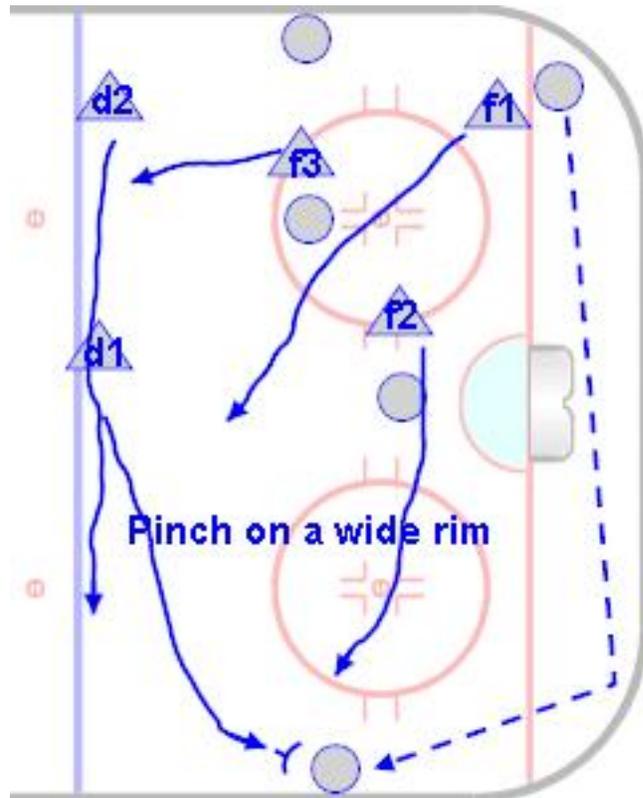
T4 2-1-2 Pinch on a Wide Rim

Key Points:

The middle D get to the puck as or before it is being received.

Description:

1. F1 make contact and skate thru the middle when the puck is rimmed.
2. F2 pressure the pass receiver.
3. F3 cover original strong side point.
4. D1 pinch down on pass receiver.
5. D2 slide across and fill in behind the pinching D2.



2-2-1 Pressure Forecheck

Key Points:

Overload the strong side and pinch on the weak side.

Description:

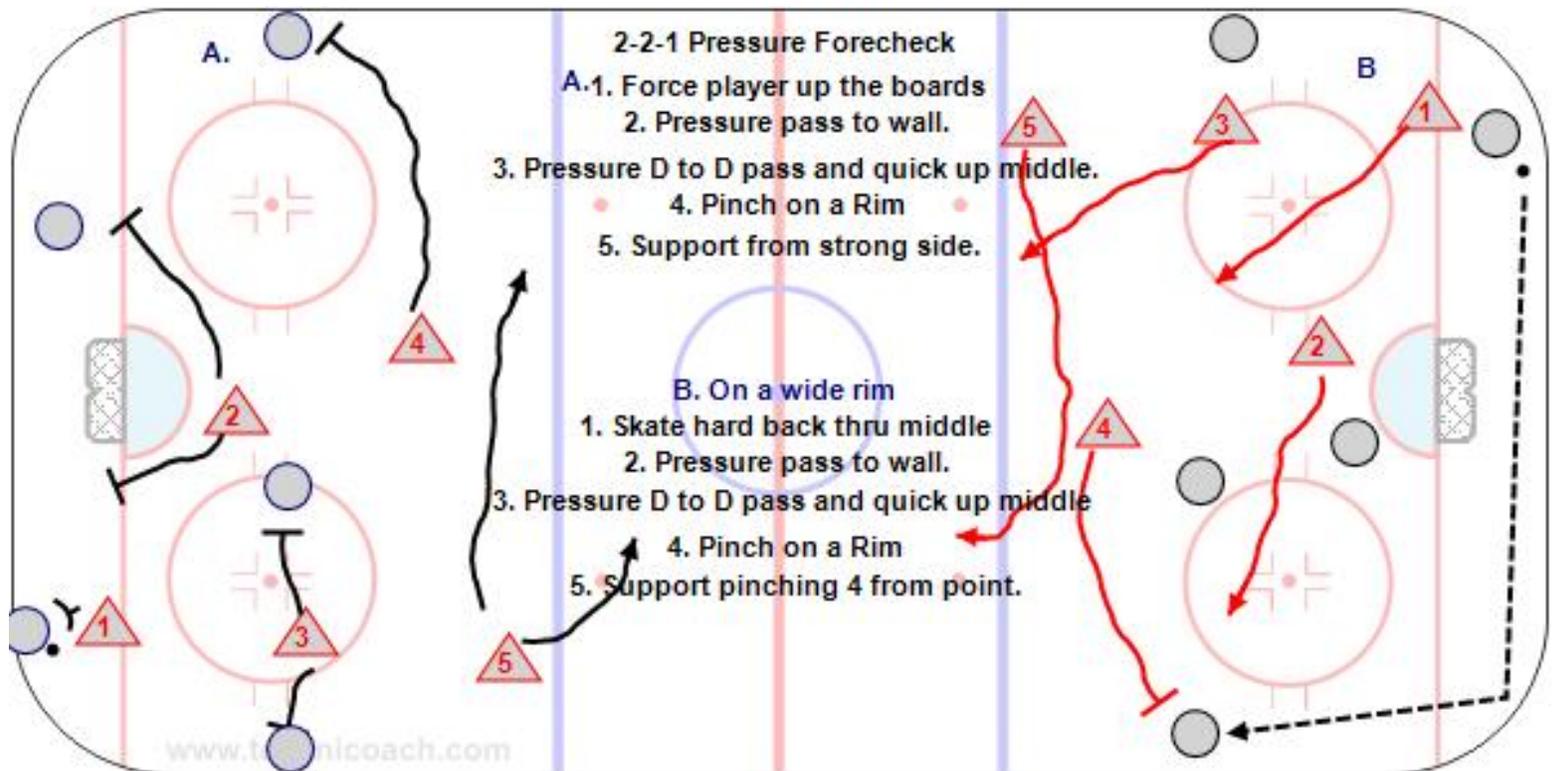
2-2-1 Pressure Forecheck

The first player forces the puck carrier.

1. Force player up the boards.
2. Pressure pass to wall.
3. Pressure D to D pass and quick up middle.
4. Pinch on a Rim
5. Support from strong side also lock on the middle forward if high in the slot..

B. On a wide Rim

1. Skate hard back thru middle
2. Pursue puck
3. Cover middle point.
4. From pre pinch position pressure boards
5. Support pinching 4 from point.



T4 2-2-1 Pressure Forecheck - Puck Behind the net

Key Points:

A turnover in the offensive end results in a scoring chance about 25% of the time while a nzone turnover gets a scoring chance about 10% and a rush from the defensive zone less than 5% of the time. So a passive trap may prevent goals against but doesn't create near as many scoring chances.

Pinch comes from both sides.

On possession overload the puck side with weak side back door option.

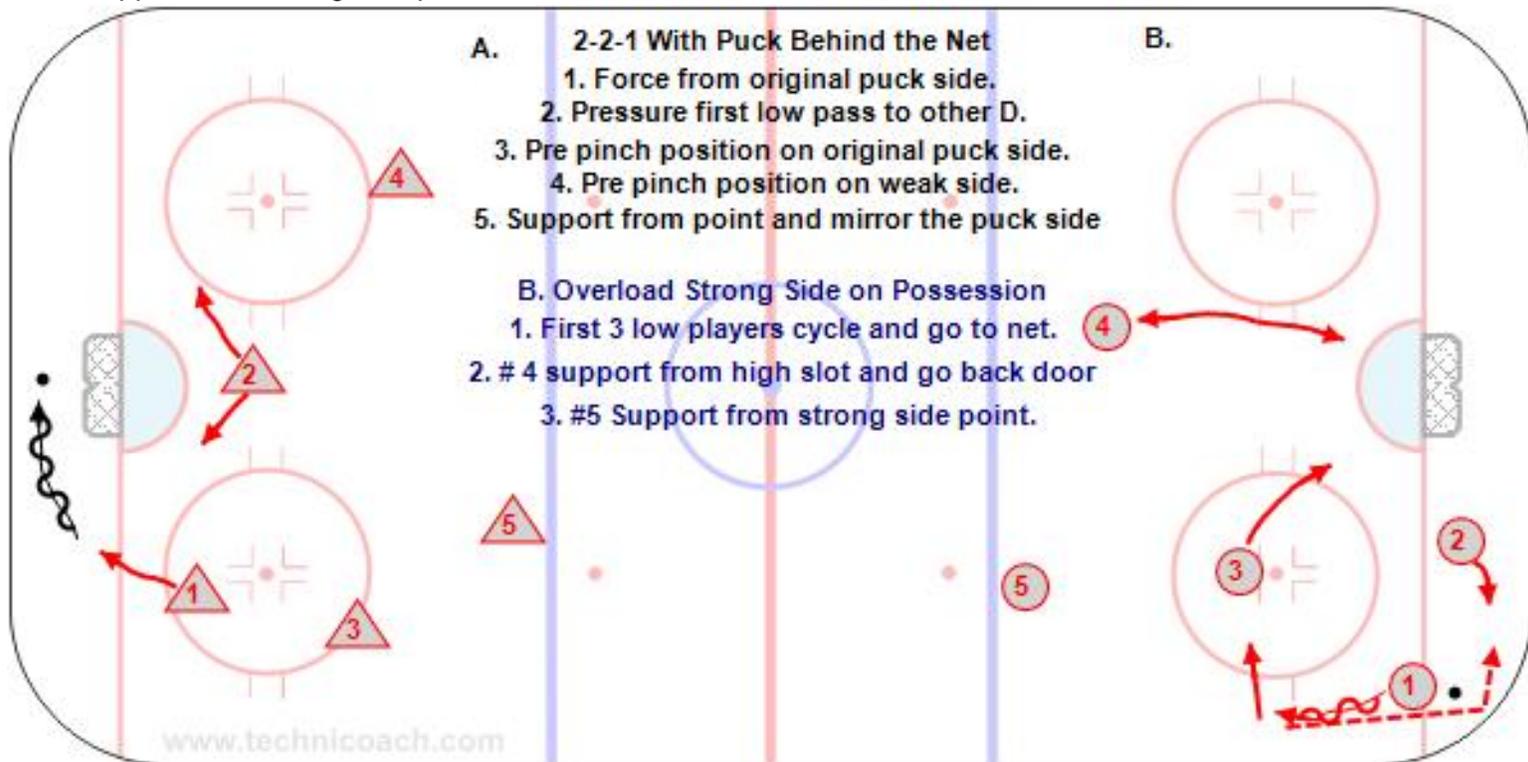
Description:

2-2-1 With Puck Behind the Net

1. Force from original puck side.
2. Pressure first low pass to other D.
3. Pre pinch position on original puck side.
4. Pre pinch position on weak side.
5. Support from point and mirror the puck side

B. Overload Strong Side on Possession

1. First 3 low players cycle and go to net.
2. # 4 support from high slot and go back door
3. #5 Support from strong side point.



6) Have your head on a swivel. In the defensive zone, players must consistently look around to identify gaps in coverage (open players). Players cannot get caught watching the puck and losing track of their responsibility.

T4 - Penalty Kill vs. Diamond - Fall Under

Key Points:

Top two players I-up with the first player blocking the shot and the second player falls under. D block shots when the puck is on their side. Defenders never get tied up and skate in straight lines.

Description:

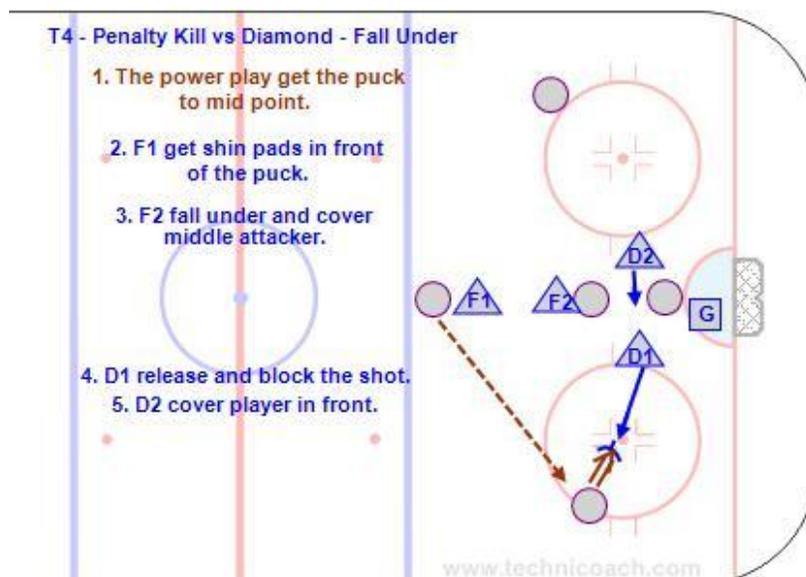
Defending vs. the Diamond 1-3-1

1. The power play gets the puck to mid point.
2. F1 get shin pads in front of the puck.
3. F2 fall under and cover middle attacker.
4. D1 release and block the shot.
5. D2 cover player in front.

Defending vs. the Umbrella

If it is a high umbrella and there isn't an attacker in the mid slot, then F2 can move to the side the puck is passed and block the shot.

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Pounce 1-3-1 Hard Trap Forecheck

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time.

My truth of hockey is.

Forecheck

- 2 in deep
- only pinch on the strong side when positive you will get the puck.
- lock the strong side boards on breakouts with the LW on one side and the RD on the other.
- 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD.
- Backpressure all the way to the net.
- always tight gaps.
- angle off the back shoulder with the stick on the puck.
- check from the defensive side always.
- always 4 on the attack.
- tight 3 man triangle and a D high on the rush to the net.
- shoot when inside top of circles unless someone is wide open.
- always give the puck to someone in better position than you and keep it if you are in the best position.

Example of my college women's team vs. U of Calgary at the Olympic Oval – international size ice. I now start with a 1-3-1 with either the RW or C 1 and 2 deny the pass up the middle and then force the first pass.

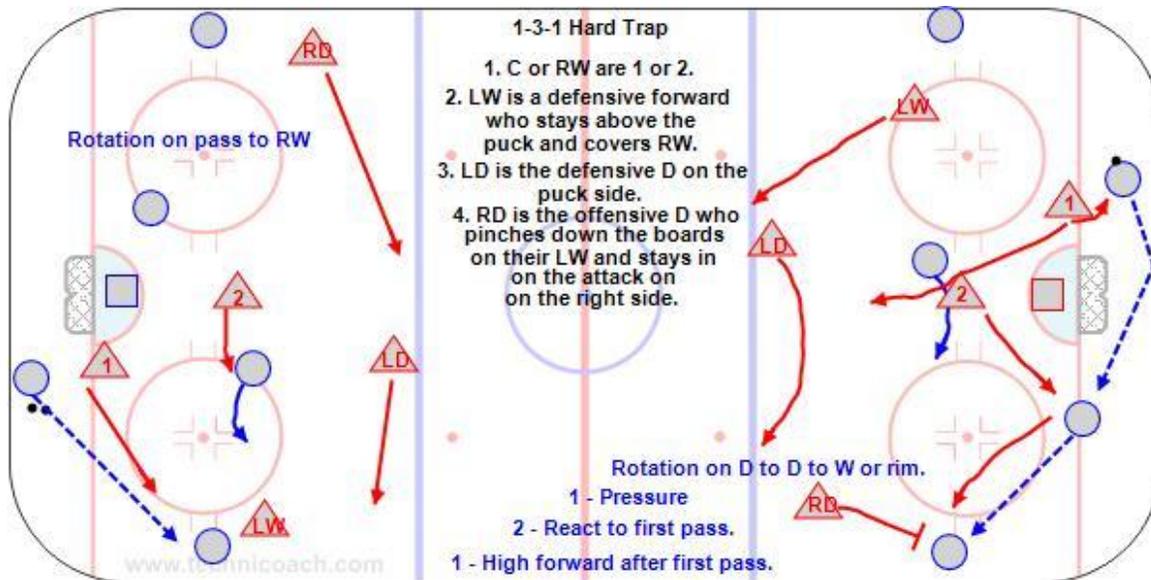
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A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game. We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

Some clips of the Forecheck with my U18 Female team.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121229225643619>



T4 - Teaching Total Hockey in the Defensive Zone

Key Points:

The game is played 1-2-3-4-5. Players must have the skill to count to 5 and recognize where they are on the ice in relation to teammates and the zone they are in.

Description:

A. Players line up and enter the defensive zone calling out their number.

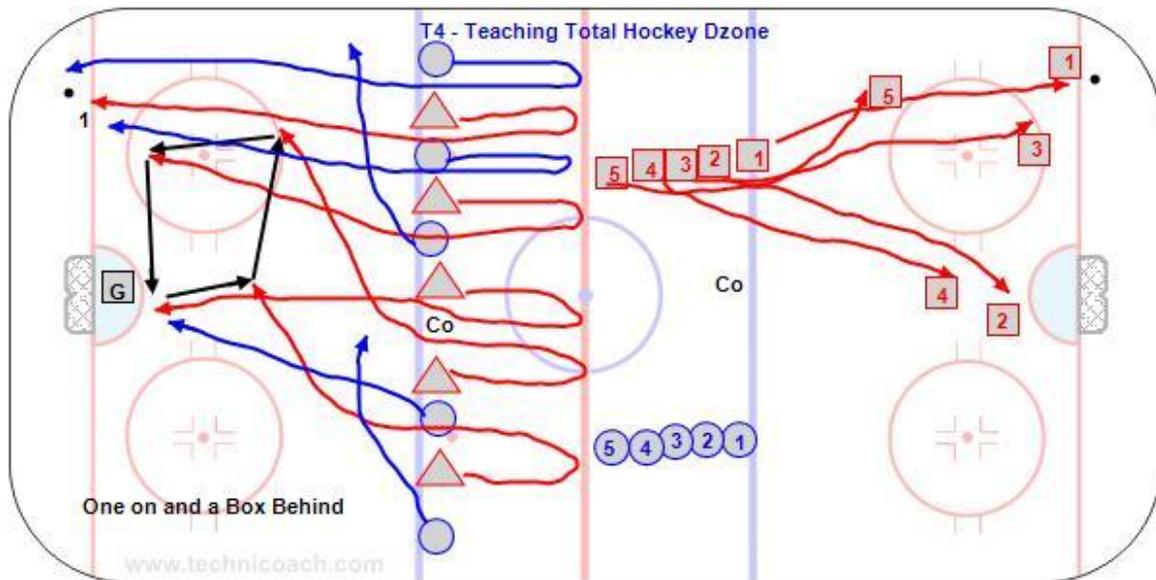
- The coach places the puck in various areas.
- Progress to all leaving in random order and calling out their number and going to that area.

B. Offensive and defensive player skate from the blue to the red line while the coach shoots the puck in.

- Players go to defensive responsibilities 1-2-3-4-5 in a combined man to man zone defense of ONE on one and a BOX BEHIND.

- Blue try to score and Red defend and pass to coach on turnover.

- Alternate between attacking and defending.



T3-4 Tsunami Forecheck

Key Point:

Attack with 4 players and create constant pressure on the puck.

Description:

In the 'Tsunami' forecheck when the D pinches on the weak side they stay in and forecheck on that side and work the triangle. When the puck goes to the other side they return to the point. We want the wing to stay on their side when the puck is moved to the other side and play high slot ready to play the mid-point if they get possession or jump down back door or to the corner if the puck comes around. They are responsible for the weak side on the rush. So if the puck starts on the left side and moves to the right side then the RW and C and RD will be low. If the RW was 3 on the original attack then stay on that side and switch with the LW and play the high slot. So whichever wing was 3 become the mid-fielder. C go to the side the puck is on.

The LD will have slid over to cover the point and the LW will be at the top of the circle. So it is like a high umbrella. If the puck is moved back to the left side the three forwards attack from there. The LD is back on the left point and RD on the right point. So once the original penetration is made and the puck moved to the other side it is basically man on man responsibility until the puck leaves the zone.

It is like having the Pounce on both sides. The Pounce has only the RD pinching and the LW as a midfielder. The Tsunami has both D pinching when the puck is moved to the weak side and the wing on the original side becomes a midfielder ready to go back, support a weak side pass or attack back door. When it is 50-50 whether we will gain the puck or not they have to fall back and play middle D. So when we have possession there are 4 on the attack.

Diagram Description:

Key Points:

The start of the forecheck is 1-2-3-4-5 and when the puck moves to the other side on a D to D or rim a wing stays on that side and becomes a midfielder and the C and Wing who's side it is moved to skate there and attack with 4 who has pinched wide.

Description:

- 1 - on puck inside to outside.
- 2 - cover weak side D.
- 3 - on D side of strong side W.
- 4 – mid-point weak side W responsibility.
- 5 - strong side point cover middle forward.

On a D to D or rim to weak side.

1 - C and Wing on that side pursue. If the weak side wing was 3 on the original forecheck then they switch with the other wing and stay on the weak side when puck is moved to the other side.

2 - Weak side W read play from top of circles

3 - Mid-point pinch down on weak side wing and join the low attack.

4 - Original strong side D slide across and support new strong side point.

5 - Weak side wing read back door, low outlet or play mid D on a rush.



T4 Back Pressure

Key Points:

Back pressure allows the D to really play a tight gap on the attacker and stand up on him if you have an angle. The forward coming back can pick up the loose puck or a chip behind. Also if the attacker delays he is skating into the back pressure. (Remember Crosby's big hit on Ovechkin when they played in the world jrs. about 4 years ago).

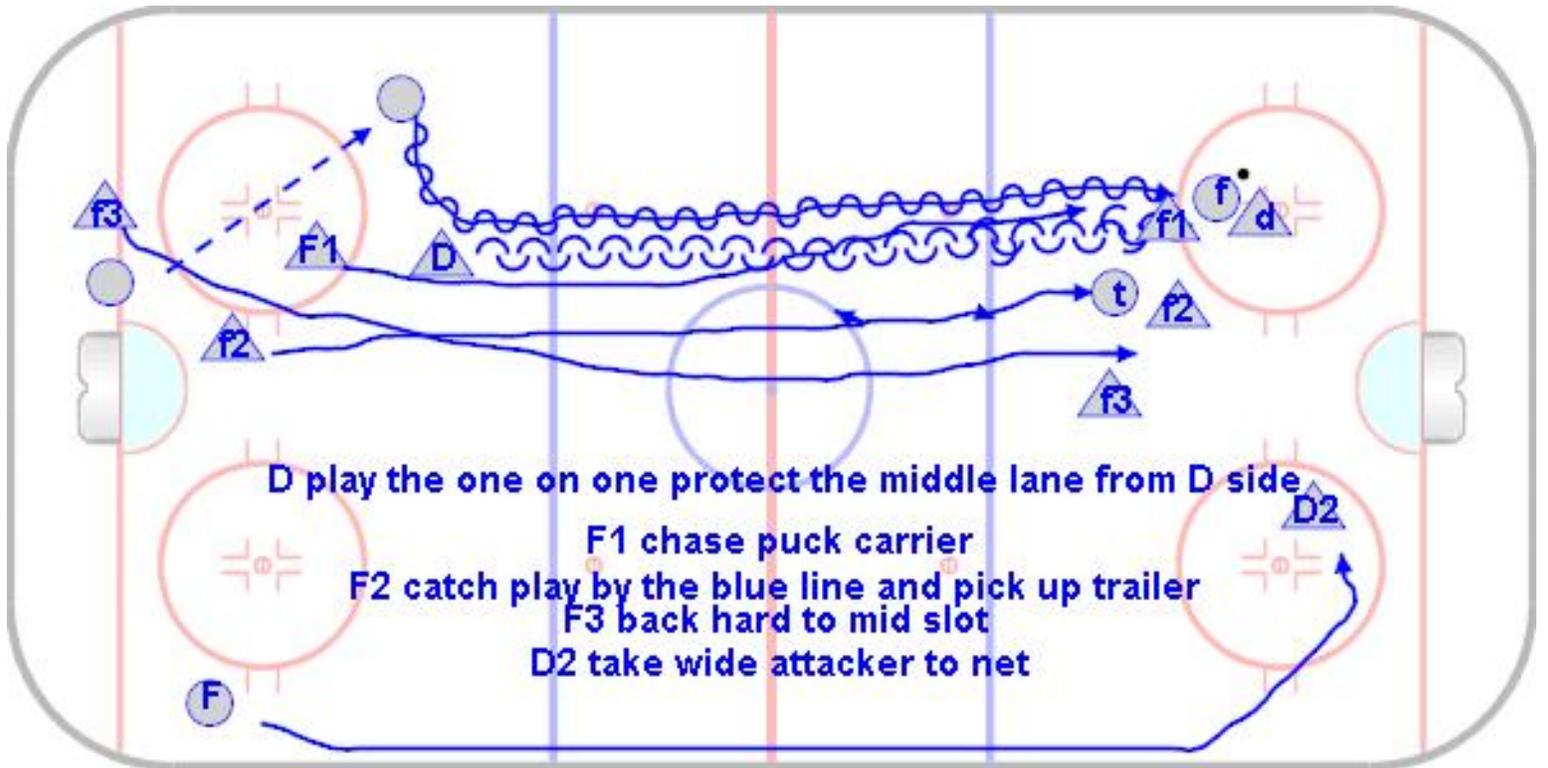
Some teams only back pressure thru the nzone and then peel off. I think it is best to create the defensive 2-1 and only peel off if you are out numbered. Creating offensive and defensive 2-1's is the key to the game.

D1 play a good gap and F1 pursue from behind. If it is an odd number situation where another attacker is not covered then F1 and D1 communicate and F1 pick him up.

Description:

1. D1 play a 1-1 with the puck carrier from the D side.
2. D2 play the second attacker in the middle or wide lane.
3. F1 pursue the puck carrier from the inside if possible.
4. F2 come back to cover the trailer.
5. F3 come back to the mid slot.

After the attack F1 stay in the zone and play the low 3-3.



T2-T4 Cougar Pounce System (2-2-1 or 1-3-1)

Key Points:

Constant pressure from the defensive side. Back pressure, Offensive and defensive 2-1's. Man on box behind in Dzone. 2-2-1 forecheck when close pressure or 1-3-1 when offense has total control with skates up ice.

Description:

This system combines the left wing lock and the torpedo. There are two offensive forwards the C and RW. The left wing plays like a left wing in the offensive end and a left D in the defensive zone and lines up on lw at the faceoff. The LW and RD stay on their side of the ice. The right D plays like a RW in the offensive zone and a RD in our end. The LD is really a middle D and is on the puck side in the offensive end and is the support player low in the defensive zone, always on the puck side. The RW and C cover the points in the D zone and force the puck on the attack. They can forecheck either in a 2-2-1 or a 1-3-1 formation. There are always 4 players on the attack.

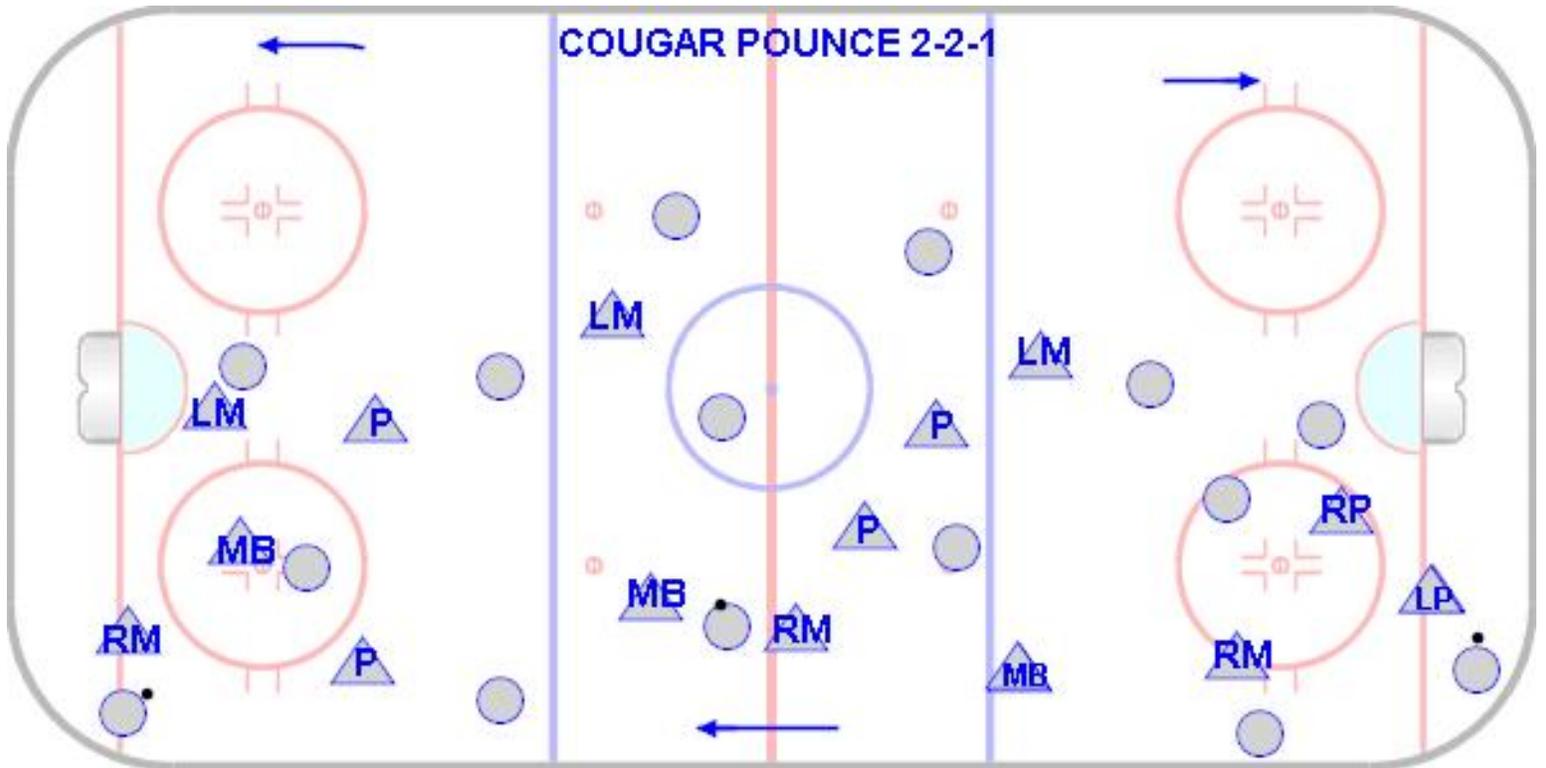
I used a large rink on the floor to go over the system and my trainer took a video of the instruction. The video was taken early in the season before an exhibition game in the Olympic Oval. The videos are in the team play section of the ABC site.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

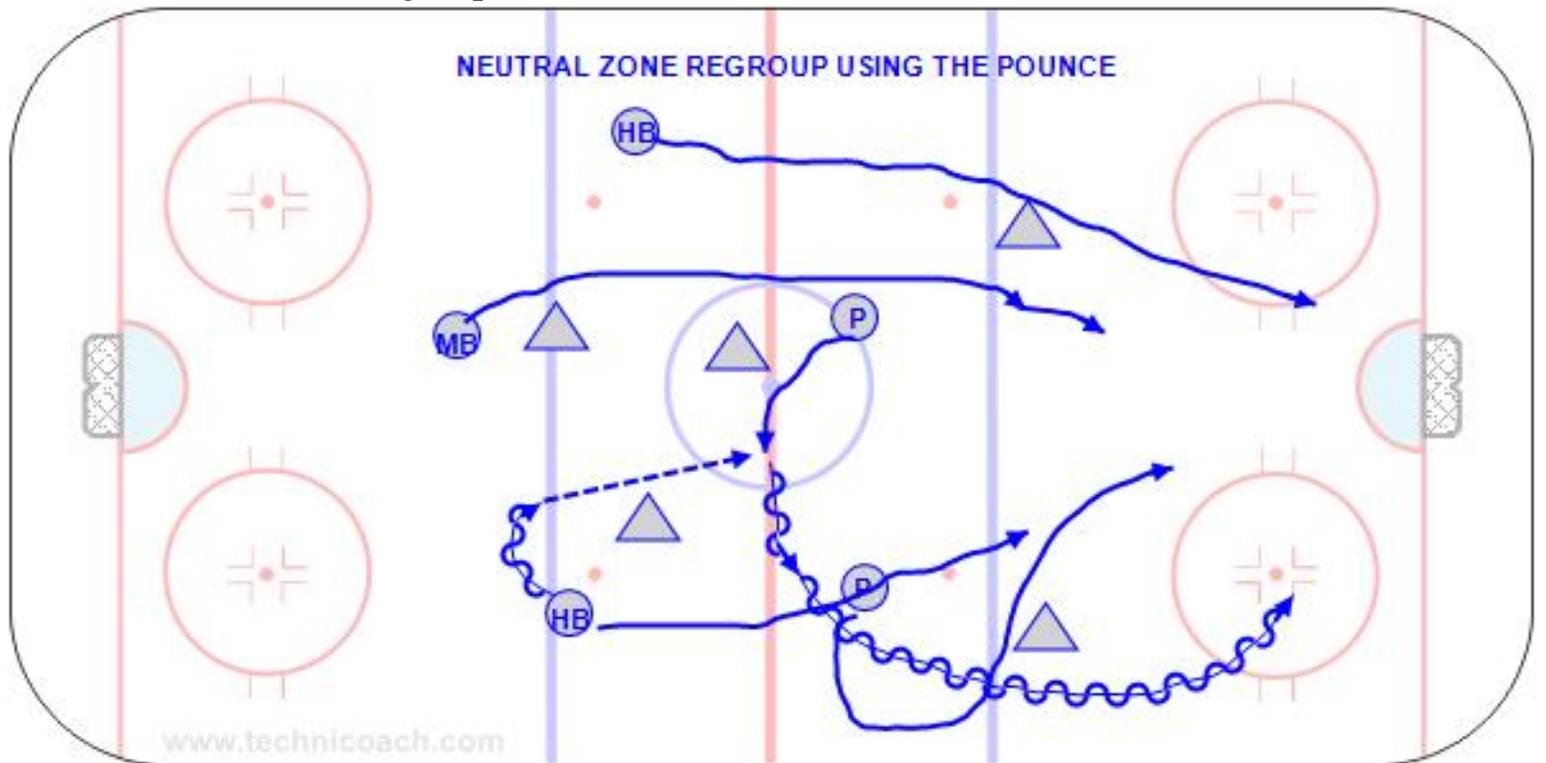
This video shows a clip of the forecheck in a game situation.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110408764>

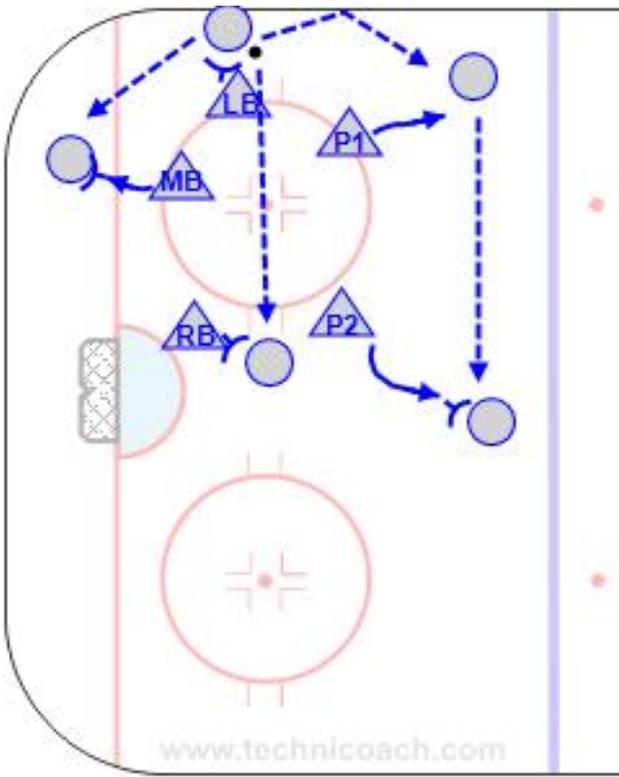
Cougar Pounce (LW, LD and RD are called Midfielders in this diagram)



Pounce Neutral Zone Regroup (LW and RD are called Halfbacks here, LD middleback)



Pounce vs Pass to the middle. MB could also lock on early.



T4 D400 - 2 on 2 Below the Goal Line - Pro

Key Points:

The attackers create scoring chances with speed, deception, give and goes, crosses and picks.
Defenders must talk, stay net side, sticks in lanes and one the puck.

Description:

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts.
Play for 5-10 seconds.

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D400 Penalty Killing Practice

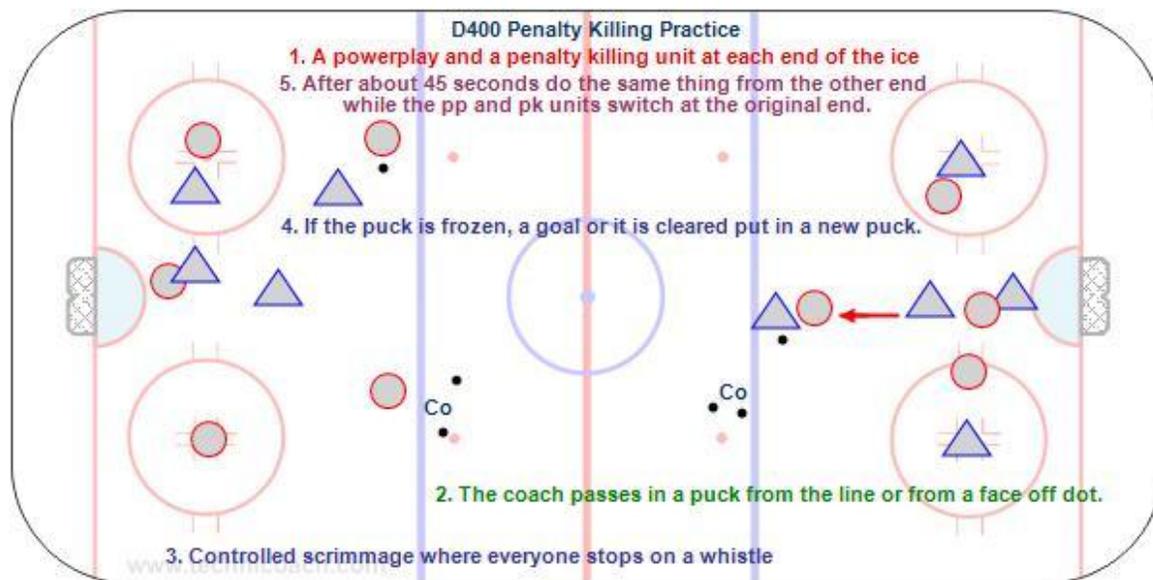
Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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video



T4 D400, 3 on 3 Attack and Defend

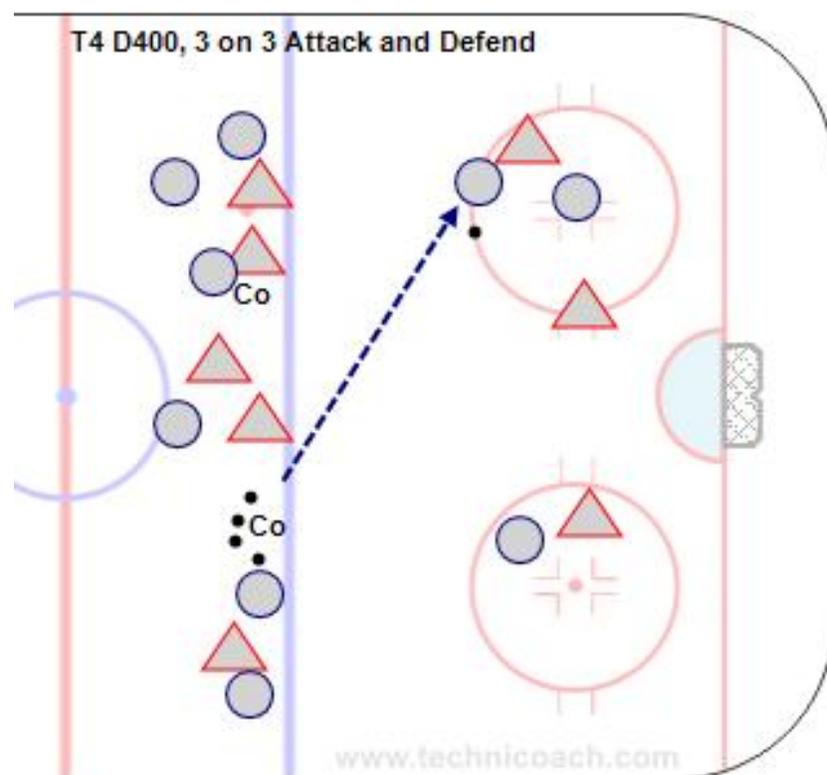
Key Points;

On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

Description:

1. Players wait outside the blue line. 3 offensive and 3 defensive players go into the zone and the coach passes to an attacking player or dumps the puck in. Play about 20”.
2. Defenders try to skate the puck out and attackers to score. On a quick goal or shootout the coach puts in another puck.
3. Coaches can focus on any aspect of the attack or defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>



T4 Forecheck 2-1-2 Wide Pinch

Key Points:

This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On the wide pinch the original strong side D must support the pinching D and 3 fill.

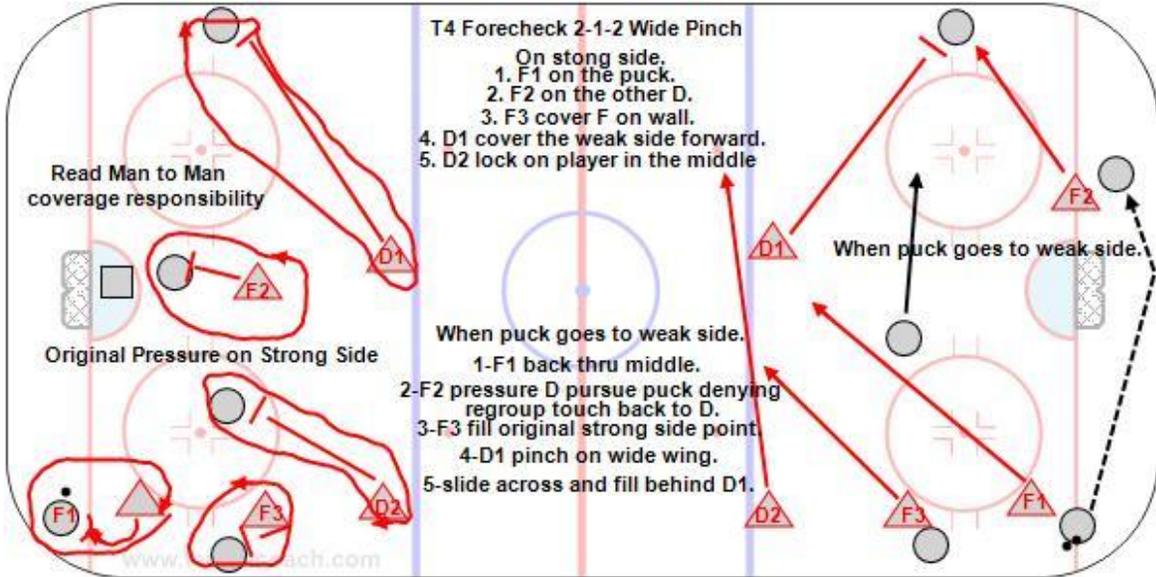
Description:

Original Pressure on Strong Side

1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.

When puck goes to weak side.

- 1-F1 back thru middle.
- 2-F2 pressure D pursue puck denying regroup touch back to D.
- 3-F3 fill original strong side point.
- 4-D1 pinch on wide wing.
- 5-slide across and fill behind D1.



T4 Forechecking Practice 1-2-2 Hard Trap

Key Points:

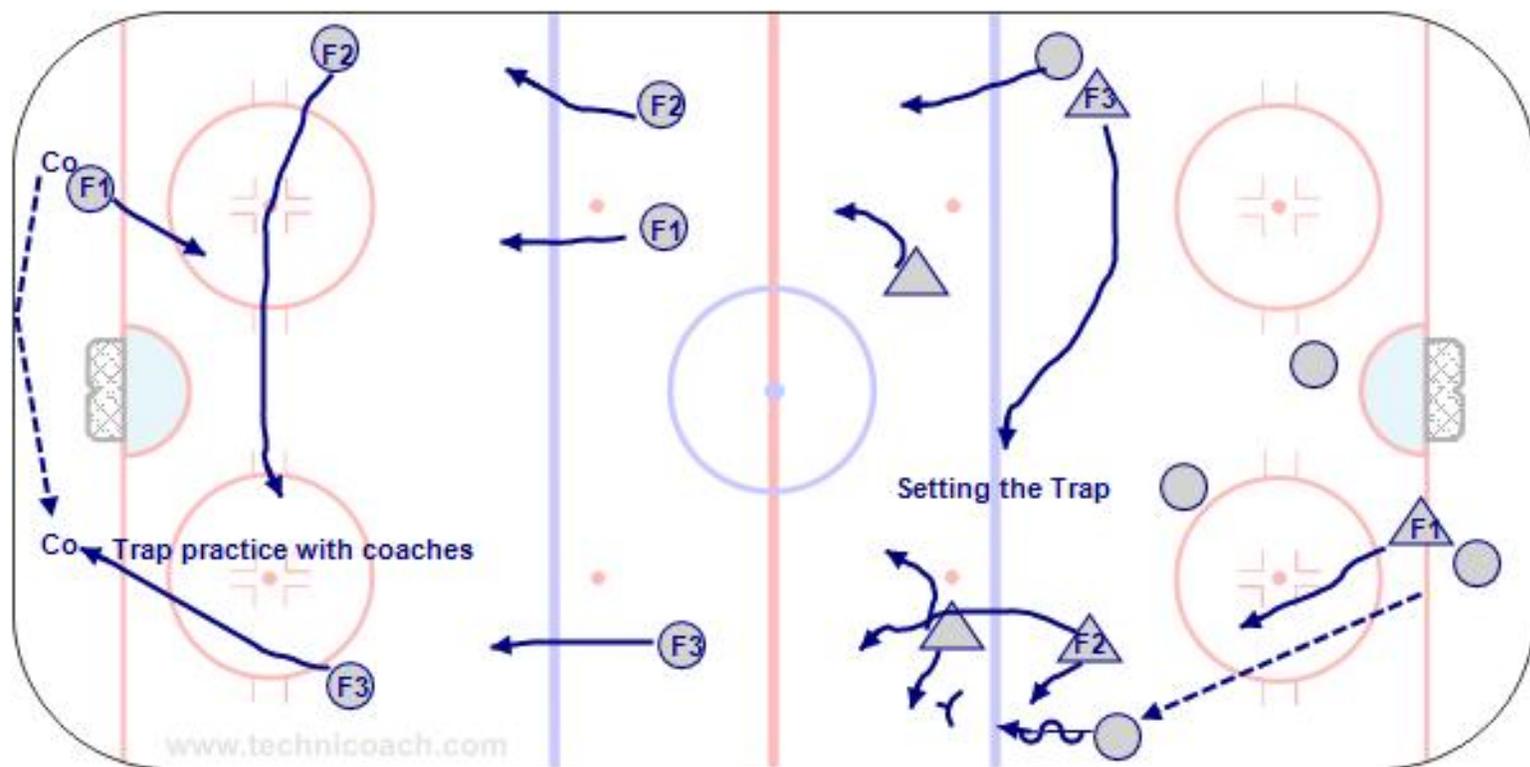
F1 on the puck from inside out, F2 and F3 take away walls first. F2 and F3 cover the wings first.

Description:

1. Forwards dump in the puck from above the blueline to a coach.
2. F1 skate hard from inside to outside with stick denying pass to middle.
3. F2 take away quick pass up the wall,
4. F3 take away rim.

If they make the first pass F2 pressure, D1 stand up, F3 come across, F1 pursue in passing lane and D2 cover the wide lane.

On a D to D F3 pressure, F2 come across and F1 finish and skate hard back thru the middle.



T4 Penalty Kill Two Short vs Diamond or Umbrella

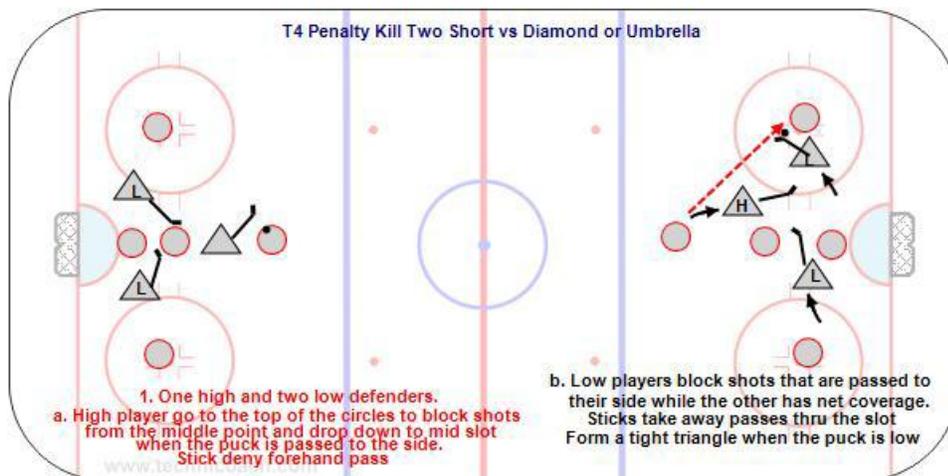
Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots.

Description:

1. One high and two low defenders.
 - a. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.
 - b. Low players block shots that are passed to their side while the other has net coverage. Sticks take away passes thru the slot. Form a tight triangle when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>



T4 Penalty Killing 2 Short vs. the Spread Power Play

Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

Description:

-5 vs 3 versus a Spread with the Puck at the Point

1. High 1 only go as far as the top of the circles.
2. High 2 watch middle player and be ready to cover other point on pass across.
3. Low defender be on puck side always moving side to side.
4. When puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low or if the middle player stays at the top of the crease cover him.

Sticks take away passes thru the slot.

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A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germany if he would discuss his thought on specialty teams with me. Last year I was coaching with Pierre Page and he used a very aggressive PK that they used together as assistants on the Flames. So I wanted to compare their ideas. Mud agreed to meet with me and we went to an empty dressing room after our over 55 morning game and I listened for an hour.

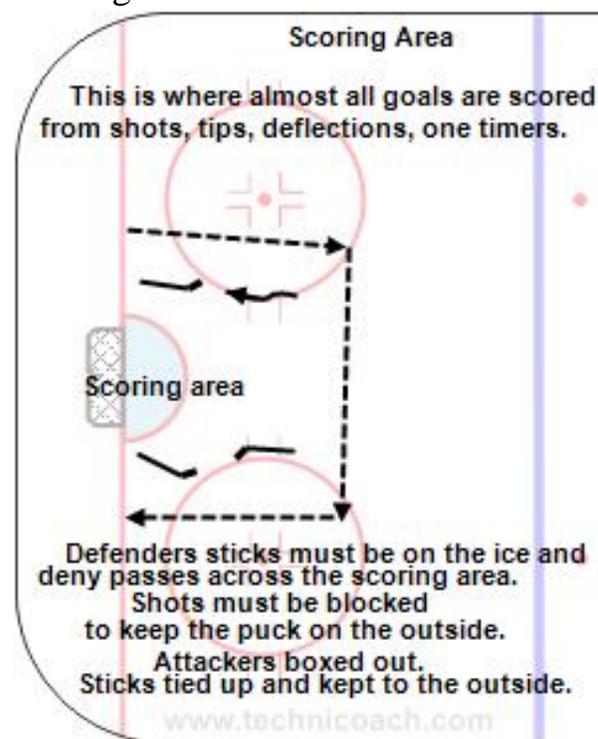
<http://hockeydb.com/ihdb/stats/pdisplay.php?pid=3847> is his hockey db profile and he played for legends like Fr. Bauer, Scotty Bowman and coached with Bob Johnson who he thing was the best teacher.

So here are the thoughts that we talked about and drew on the coaching board.

Penalty Killing:

Murdoch has gone away from the ultra aggressive penalty kill rotation that Pierre uses with the Red Bulls. He thinks it works great if all 4 players move together every time but if they don't rotate or over rotate then it leave players open in scoring positions.

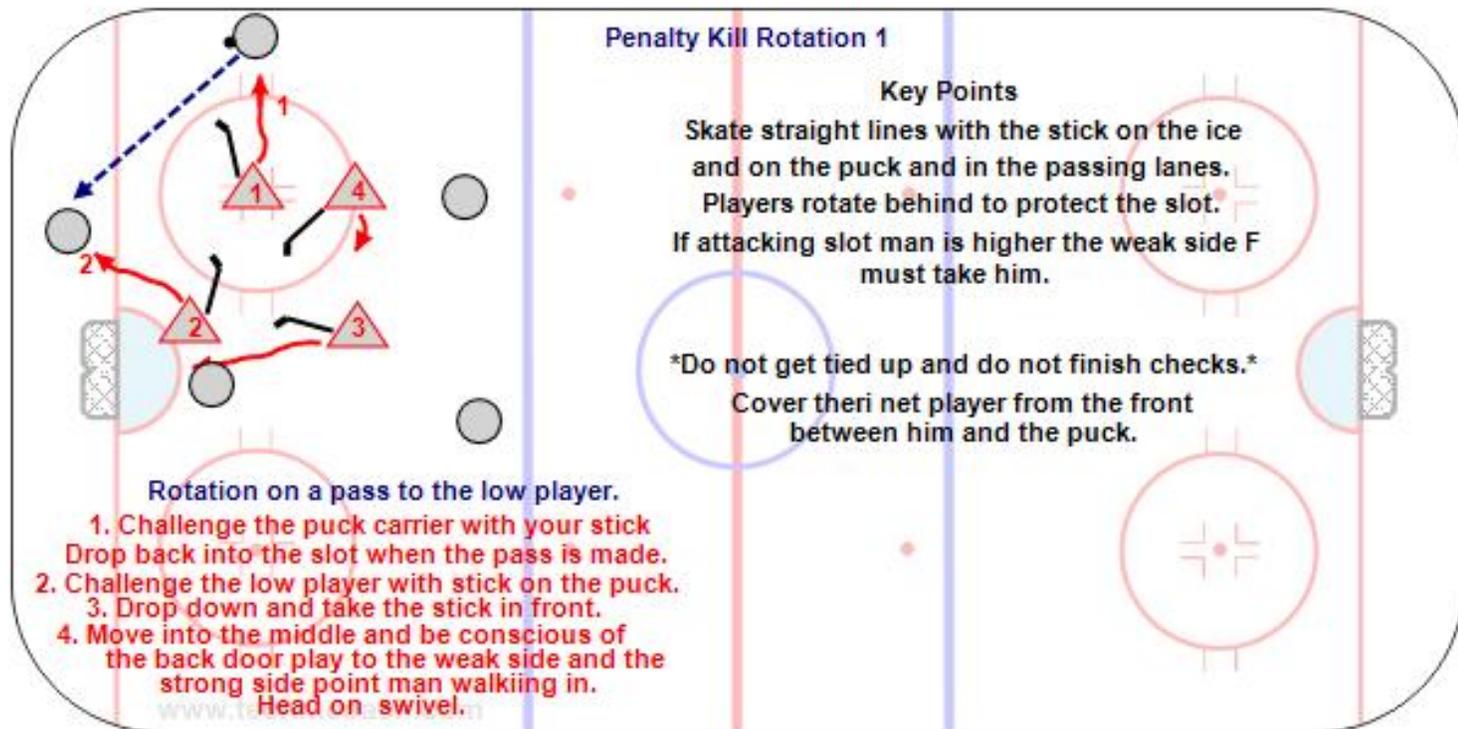
Scoring Area:



Guidelines:

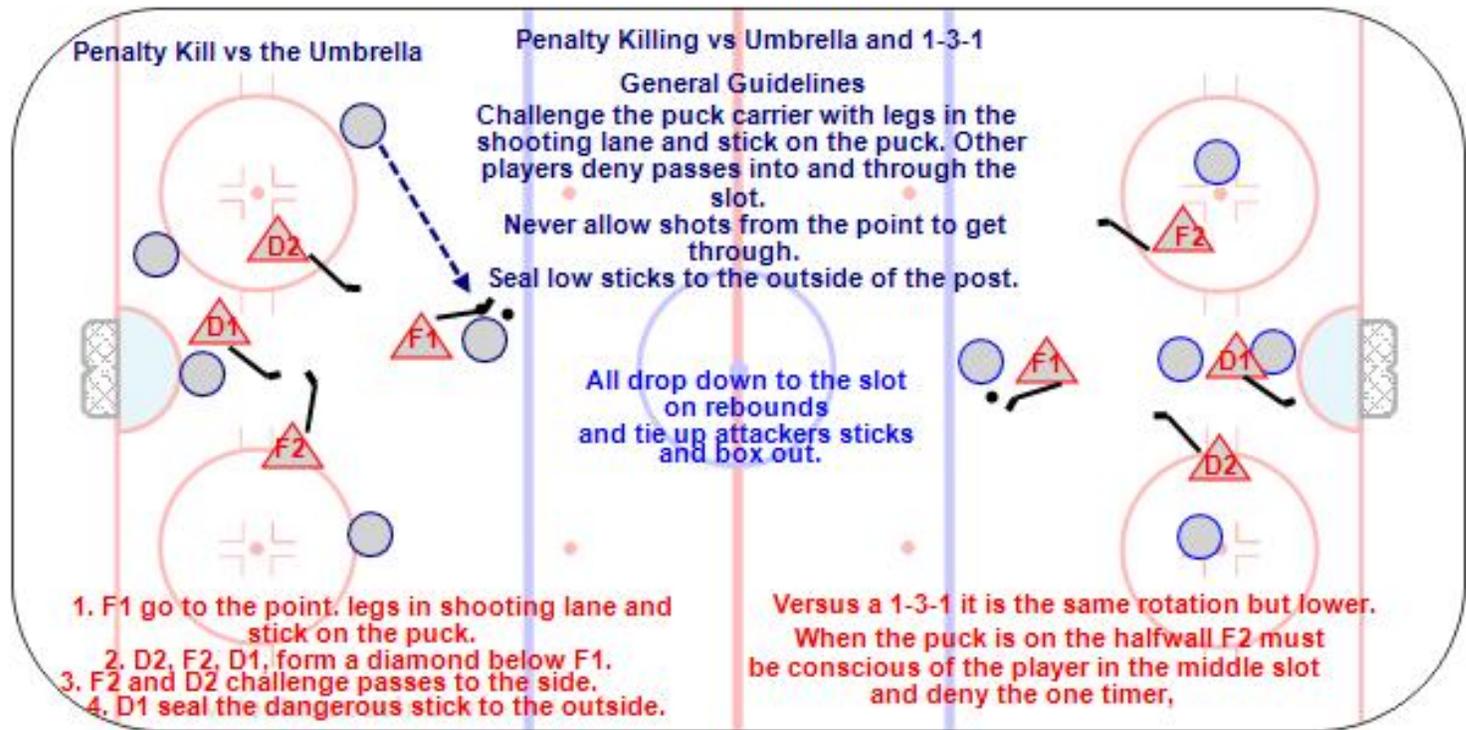
- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.
- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.
- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.

- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.
- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.
-



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- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.
- Don't finish checks on the pk. It takes you out of the play and you can't rotate.
- Skate in straight lines up and back and Don't Chase to the Outside.
- D should not go to the point.
- Don't rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can't pass behind you. It is the most dangerous play.

Penalty Killing Rotation vs the Umbrella and 1-3-1



Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.



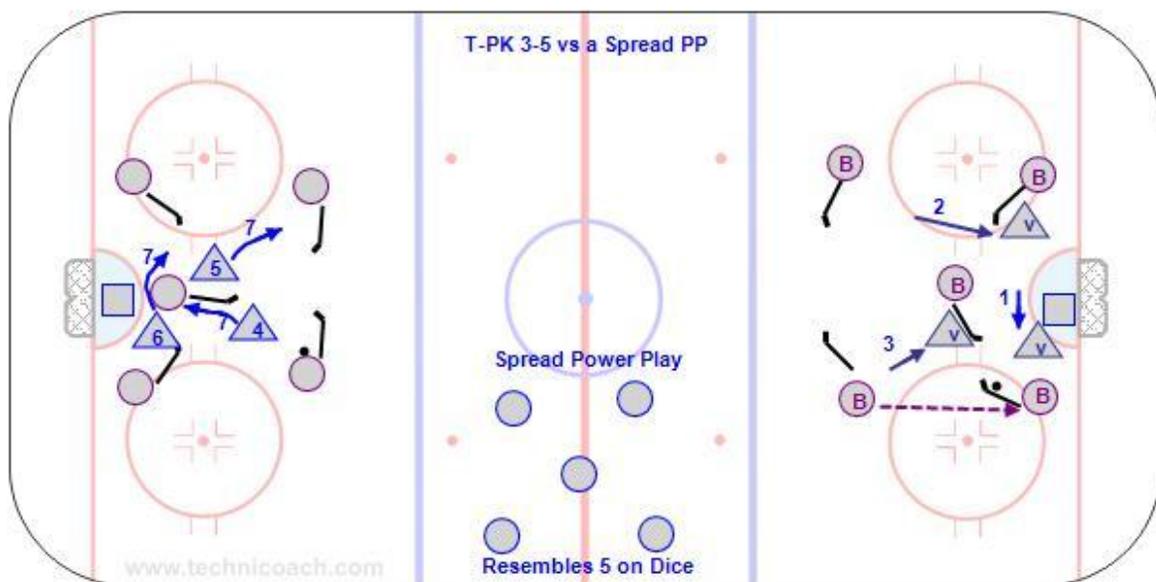
T-PK 3-5 vs a Spread PP

Key Points:

The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.



T4 Swarming in the Defensive Zone

Key Point:

When the puck is loose in the defensive zone along the boards or in the corner the defenders collapse and outnumber the attackers by swarming.

Description:

Defense Swarm when the offensive player is facing the boards.

Puck at the half-boards

- F1 the low forward plays the puck carrier.
- D1 cover support player.
- F3 slide down along boards to get loose puck.
- D2 support from near the dot.
- F3 has net and mid point coverage.

Puck in the corner.

- D1 play the puck carrier and F1 support and - D2-F2-F3 have the same coverage.

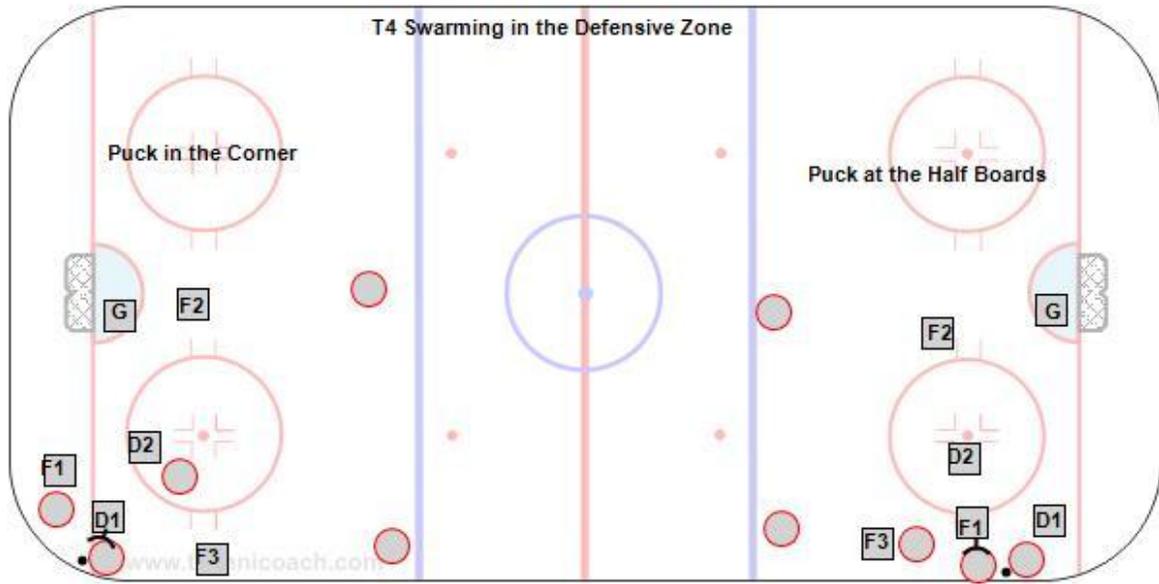
Ottawa - <http://www.youtube.com/watch?v=xggV1IQSgWA>

Phoenix - <http://www.youtube.com/watch?v=nZ5K9wqoihk>

Washington - <http://www.youtube.com/watch?v=1AGxbzYINg0>

U of Wisconsin - http://www.youtube.com/watch?v=SxXavoQBT_M

T4 Swarming in the Defensive Zone



T4 Teaching Defensive Zone Coverage 2-1-2

Key Points:

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

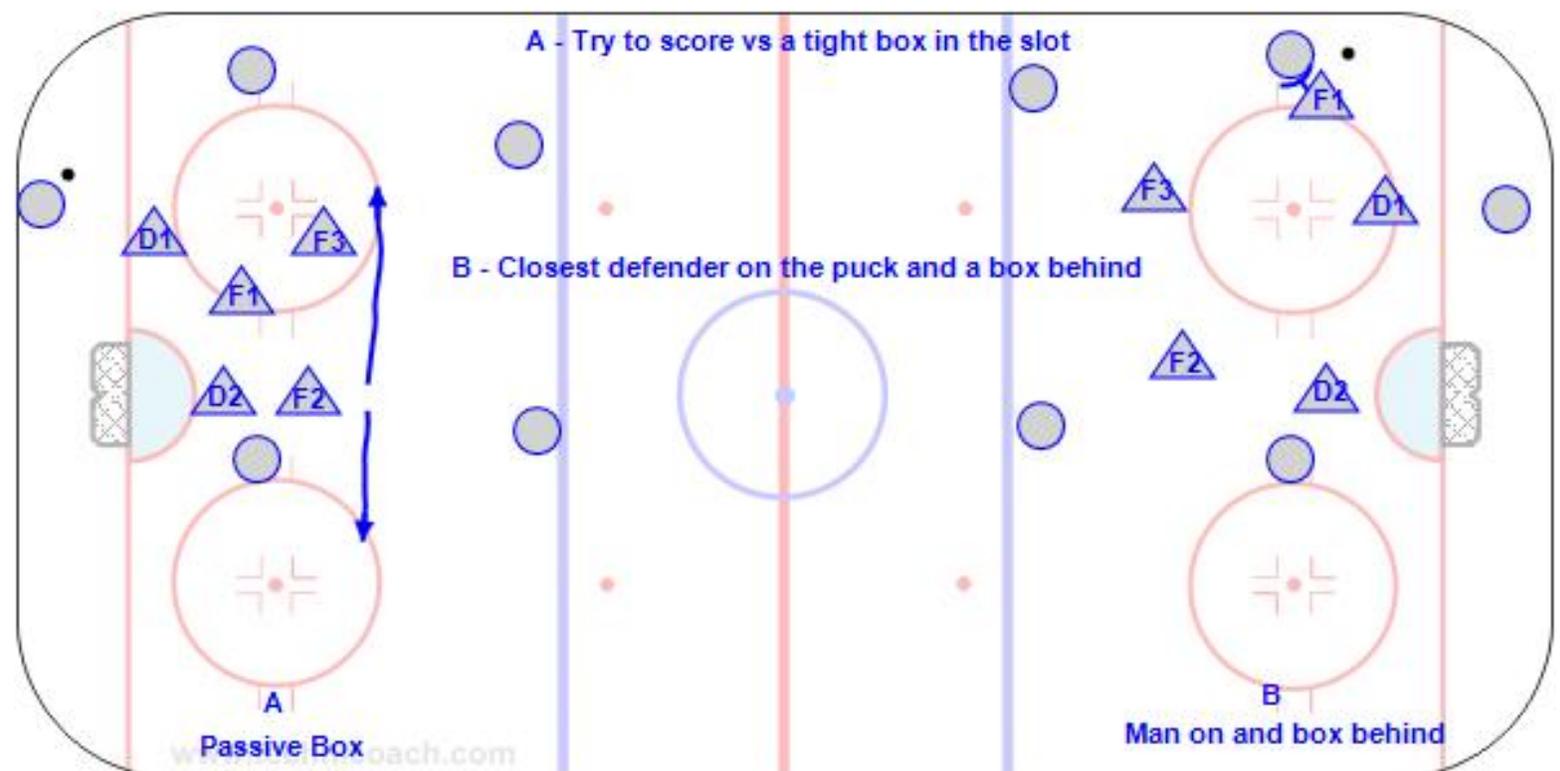
When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

Description:

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind. When the puck is passed away drop to a corner of the box or take the player to the net. If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.



T4 - TSUNAMI Forecheck 2-1-2 Wide Pressure

Key Points:

This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On a rim or any pass to the weak side wing the middle D pressures hard and the strong side D must support the pinching D and F3 fill. The pressuring D stays low and joins the attack. If the puck is moved across to the original side then F3 who covered the middle point now pressures the weak side boards. "THERE IS NO ESCAPE FROM THE TSUNAMI."

Description:

Original Pressure on Strong Side

1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.

When puck goes to weak side.

- 1-F1 back thru middle.
- 2-F2 pressure D pursue puck denying regroup touch back to D.
- 3-F3 fill original strong side point.
- 4-D1 pinch on wide wing.
- 5-D2 slide across and fill behind D1.

**D1 stay low in the offensive end and join the F1 and F2 cycling and attacking.*

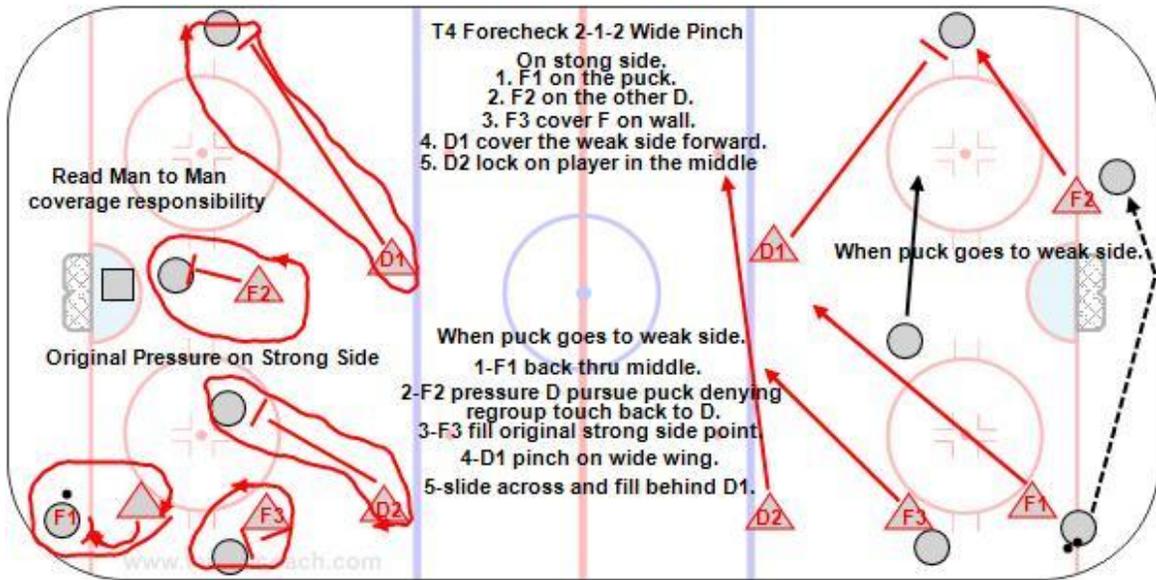
The puck goes back to the original side.

- 1- Original F3 who is covering the mid-point pressure the weak side winger.
- 2- Original D2 slide across to support pinching F3.
- 3- #3 on the forecheck cover the middle point.
- 4- #2 pressure the puck denying pass back to their D.
- 5- #1 come hard back thru the middle and become the new #3.

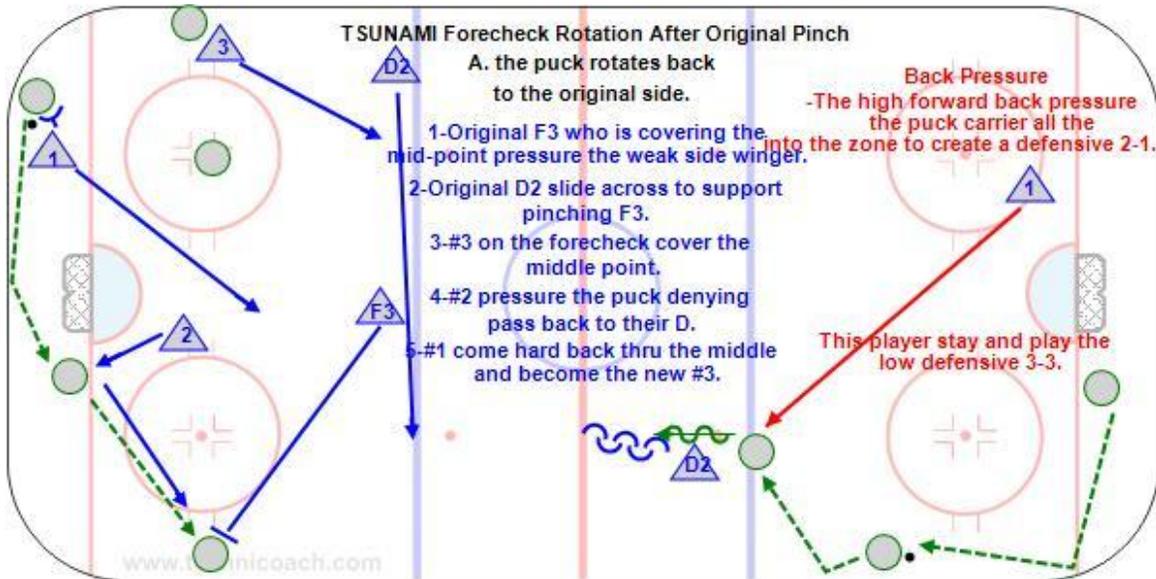
Back Pressure

-The high forward back pressure the puck carrier all the way into the zone to create a defensive 2-1. This player stay and play the low defensive 3-3.

TSUNAMI man to man responsibilities and rotation on the weak side pressure or pinch.



TSUNAMI rotation if the puck is moved back to the original side and BACK PRESSURE responsibility.



T C3- 5 on 2 Breakout vs a Trap x 3

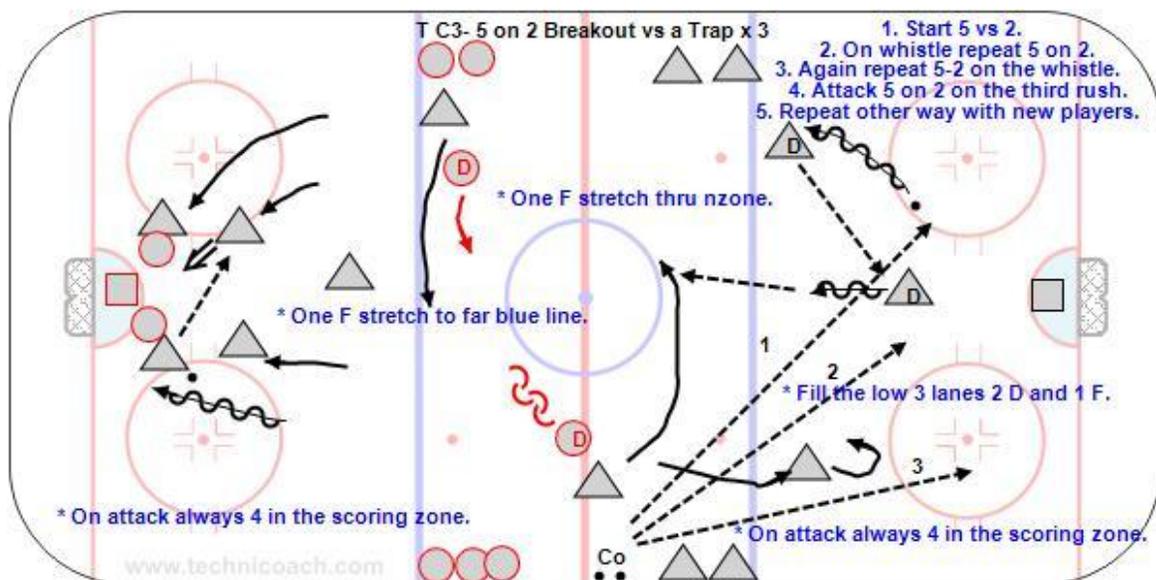
Key Points:

This is total hockey. The 2 players back, usually D fill 2 lanes and one F comes back to fill the other. The farthest F stretches to the far blue line and the other forward supports from the neutral zone. Constant switching of lanes and depths.

Description:

1. Start 5 vs 2.
 2. On whistle repeat 5 on 2.
 3. Again repeat 5-2 on the whistle.
 4. Attack 5 on 2 on the third rush.
 5. Repeat other way with new players.
- * Fill the low 3 lanes 2 D and 1 F.
 - * One F stretch to far blue line.
 - * One F stretch thru nzone.
 - * On attack always 4 in the scoring zone.

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T D100 Specialty Team Practice

Key Points:

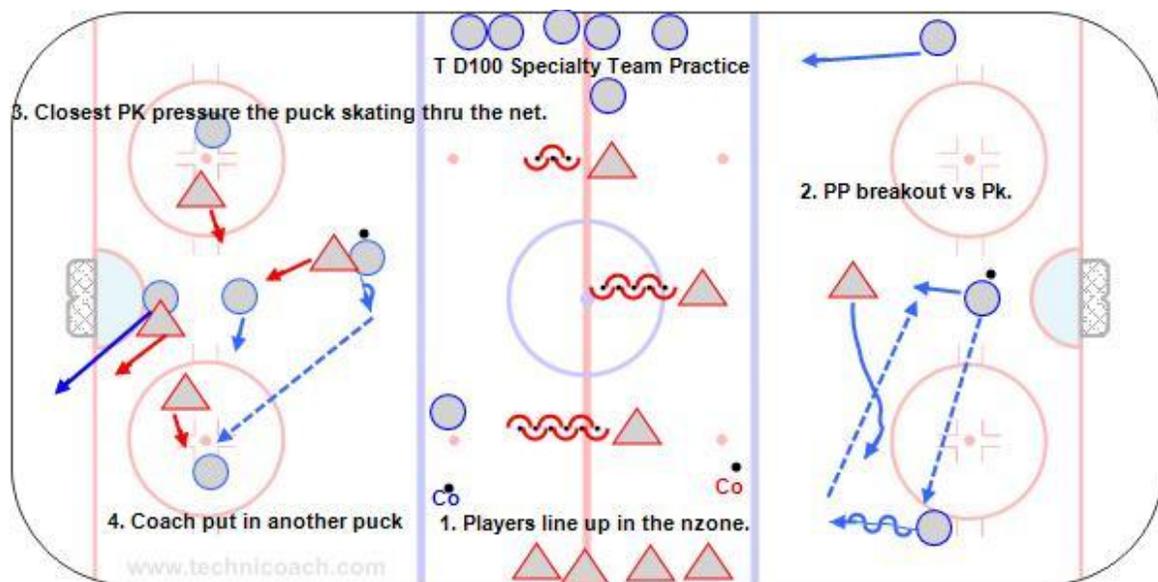
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

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D100 - Roles 2 and 4 Specialty Team Scrimmage

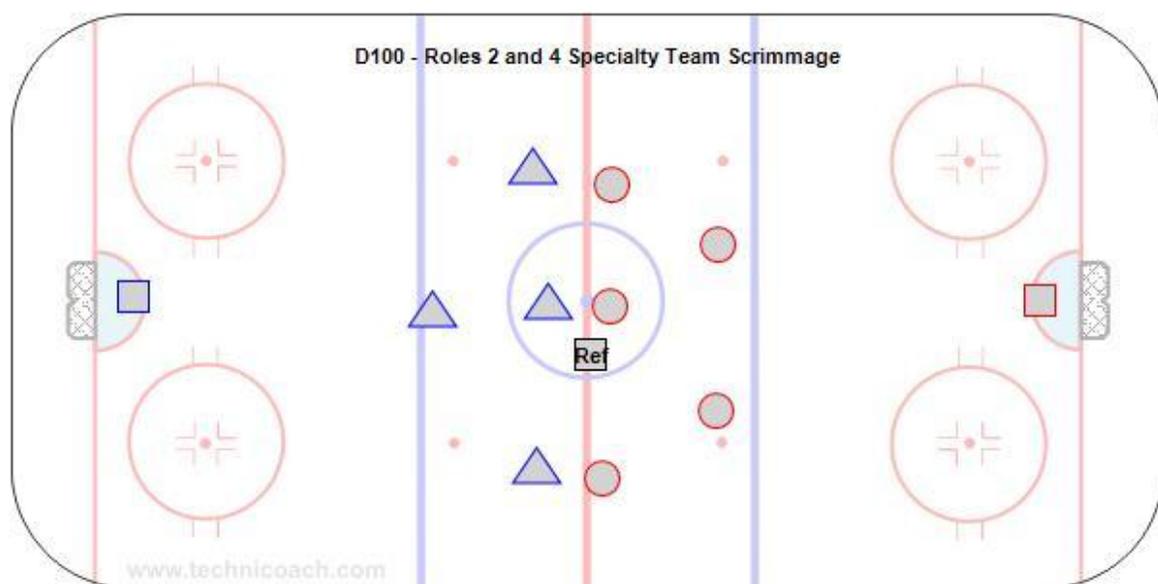
Key Points:

Divide the team into two groups and each gets a 5 min. power play with a ref. Great to play other teams in a specialty team game. Play all odd number situations 5 on 4, 5 on 3, 4 on 3. It is also a good method to practice even strength 3-3, 4-4 and 5-5.

Description:

1. Arrange a scrimmage with another team.
2. Take turns with all numerical situations that happen in a game.
3. Suggested rotation with a 3 minute time out before each segment for coach to go thru the team play situation at the bench.
 - a. Ten minute warm up.
 - b. 3 minute time out 5 on 4 for 5 minutes each.
 - b. 5 on 3 each team and then 3' time out.
 - c. 4 on 4 each team and then a 3' time out.
 - d. 5 on 5 each team and then a 3' time out.
 - e. Coaches agree on a situation they want to focus on.

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TD100 Breakout PK and PP

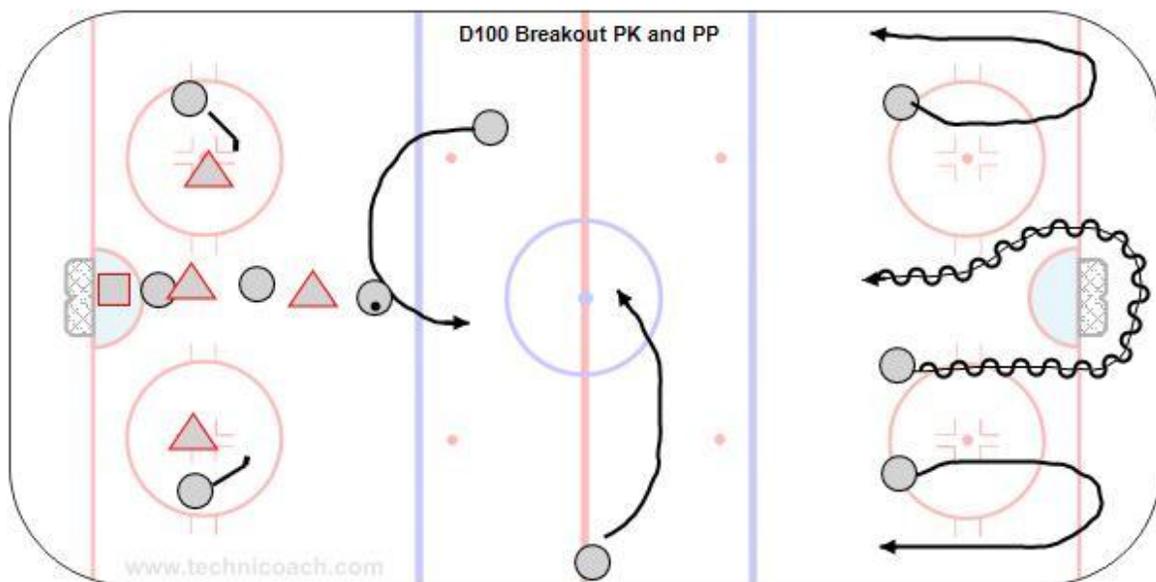
Key Points

Fill the 3 lanes on the controlled breakout with one player stretching to the far blue line and the other in the middle. Always outnumber the defenders on a shoot-in.

Description

1. Coach dumps the puck in use a double swing with two stretching.
2. Move the puck to an open player who carries in the zone or rims the puck hard.
3. Forecheckers must outnumber the pk on loose pucks.
4. The pk pressure the puck at an angle thru the net and not from the side.
5. PK rotate the diamond box always denying a shot from the middle and having one defender in front.

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TD100 Continuous 2-1, 2-2 –Detroit

Key Points:

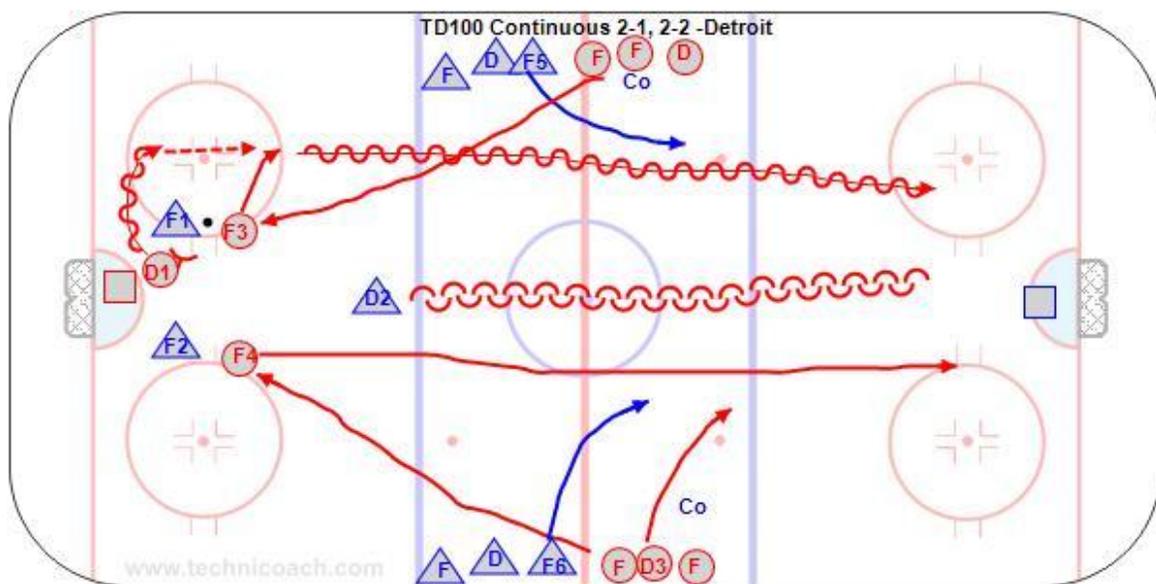
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

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TD400 Aggressive PK - Both Ends - Pro

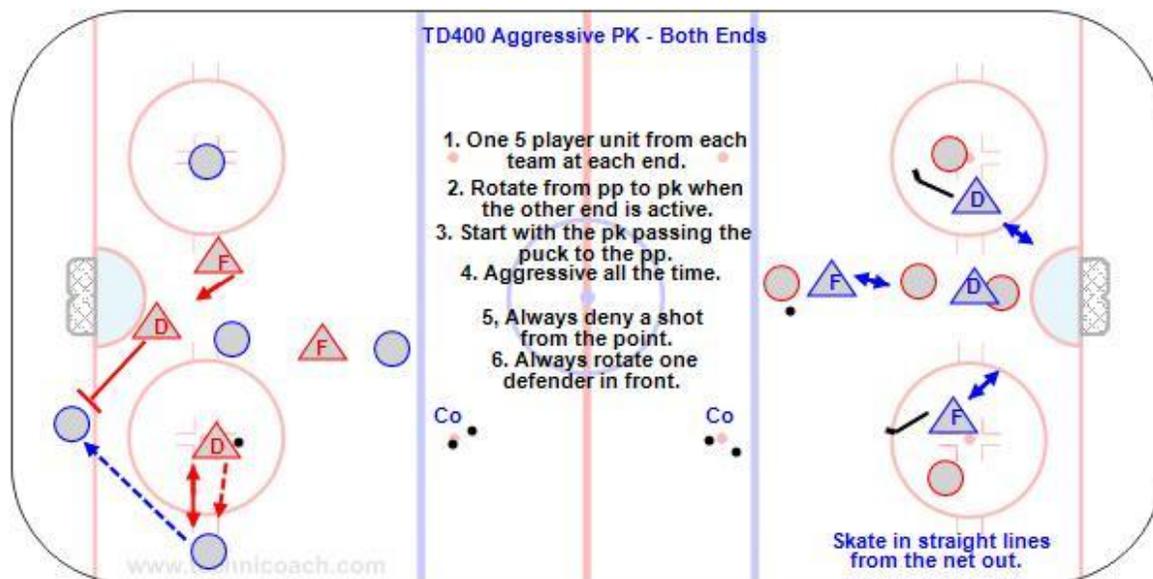
Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

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TD400 Specialty Team Scrimmage

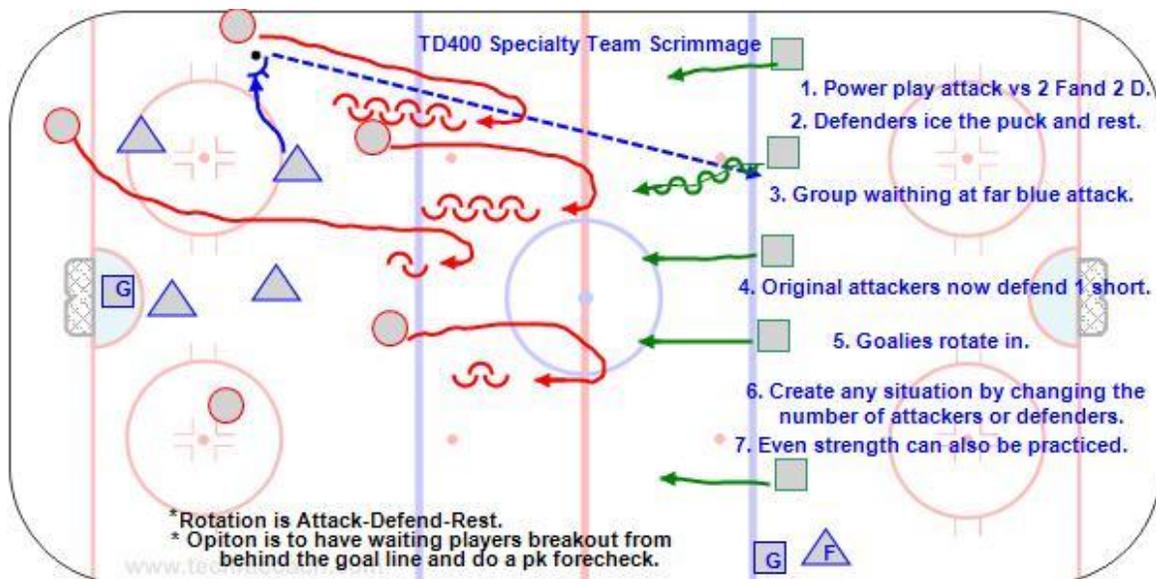
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



D400 Team Play Scrimmage

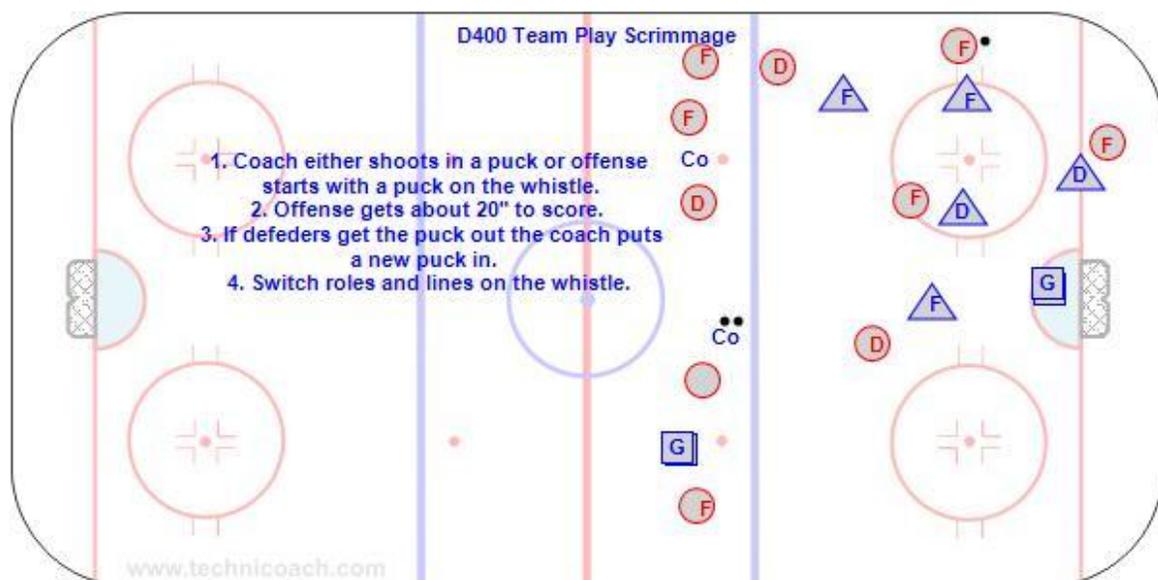
Key Points:

On offense try to create 2 on 1's and constantly go to the net and change the point of attack. On defense play from the defensive side with the stick on the puck, communicate and everyone cover one attacker.

Description:

1. Coach either shoots in a puck or offense starts with a puck on the whistle.
2. Offense gets about 20" to score.
3. If defeders get the puck out the coach puts a new puck in.
4. Switch roles and lines on the whistle.

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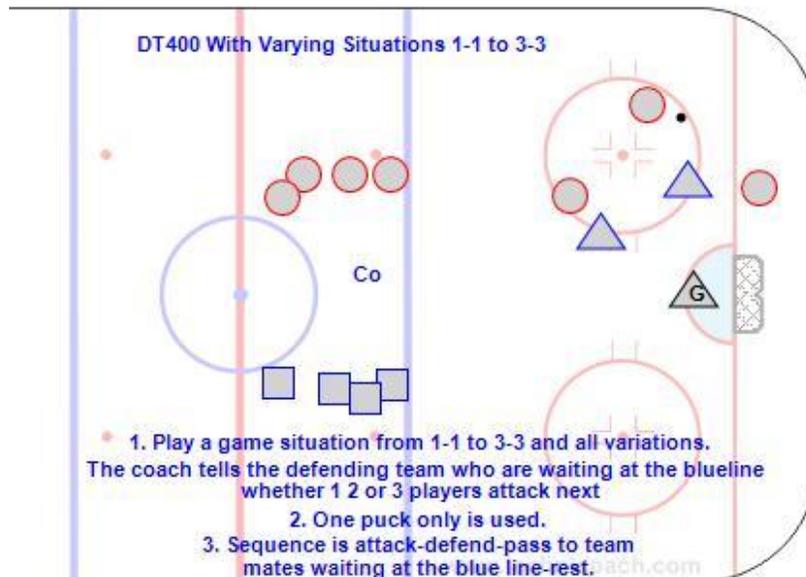
TD400 With Varying Situations 1-1 to 3-3

Key Points:

The defenders have to recognize the new situation and communicate 3 on 1 or 2 on 2 etc. Vary situations from 1-1, 1-2, 2-1, 1-3, 2-3, 3-3, 3-2, 3-1.

Description:

1. Play a game situation from 1-1 to 3-3 and all variations. The coach tells the defending team who are waiting at the blueline whether 1 2 or 3 players attack next vs the attackers who must defend when they lose the puck.
2. One puck only is used.
3. Sequence is attack-defend-pass to team mates waiting at the blue line-rest.



T2-4 D100 Breakout and Forecheck U20

Description:

Defenders funnel back from inside to outside. D shoulder check before getting the puck. Talk to each other. Attackers read if F1 can make contact then pressure. If they turn up ice with control then contain.

Key Points:

1. Each team start from their blue line.
2. On whistle defenders skate to the red line and back.
3. Attackers leave when the defenders start back to their zone.
4. Defenders breakout and attackers forecheck.

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