

One on One's



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Doug Hogg

Team: Sicamous PEE WEE "AA"

Country: B.C. Canada.

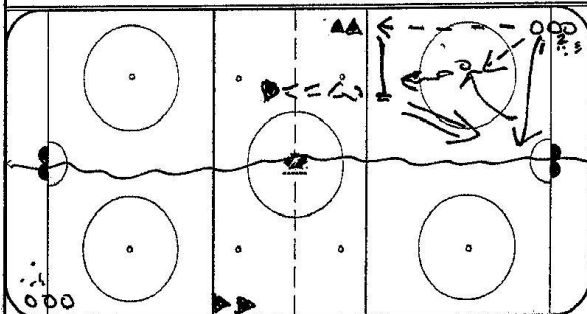
DRILL THEME: ONE ON ONE'S

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⬢	Pucks	→	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME:

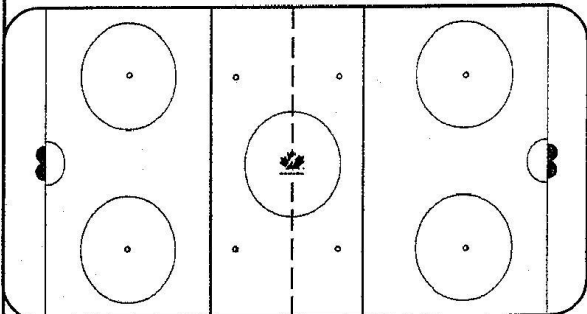


KEY TEACHING POINTS:

- ① D-man must lateral to centre of ice for better shooting angle.
- ② Forward has to focus on positioning in front of net to tip puck or screen goalie.
- ③ Run drill from both ends.

DRILL DESCRIPTION:

Forward passes puck to D-man at point then goes to net for tip. D-man uses lateral slide to enter shooting area. After tip Forward receives pass from next forward in line and goes down ice low.



ADDITIONAL TEACHING POINTS:

- ④ D-man tries to keep Forward to outside.
- ⑤ Forward utilizes speed and deking ability to try to beat D-man.

PROGRESSION / OPTIONS:



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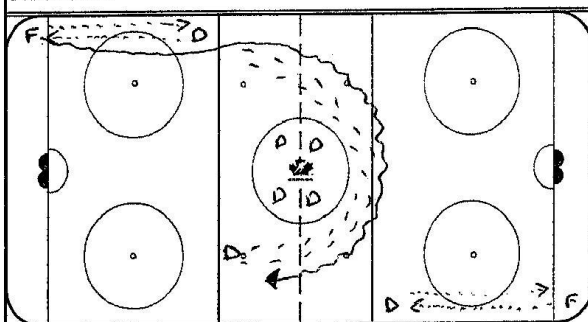
2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Brian Wozniakowski
Team: Semiakhmoo
Country: Canada
DRILL THEME: ONE ON ONE'S

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME:



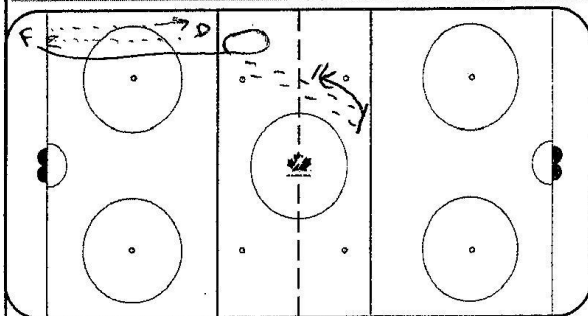
KEY TEACHING POINTS:

Defense: lap control, body position, quick feet.

Forward: puck control, protect puck, read play (drive outside or cut to middle).

DRILL DESCRIPTION:

Forward passes to Defence, Defence back to Forward Drill begins. Defence skate backwards around center ice circle control gap as Forward gains speed. Play one on one. Drill operates from both sides on whistle. ALTERNATE STARTING SO NO CONFUSION IN CENTRE ICE AREA.



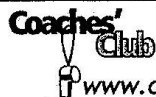
ADDITIONAL TEACHING POINTS:

Defense: close gap

Forward: head on a swivel

PROGRESSION / OPTIONS:

Coach can add a whistle having Forward turn back and do a tight turn keeping head on a swivel. Defence must close gap and get feet moving again quickly.



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Good one



Coach: KEN PAULY

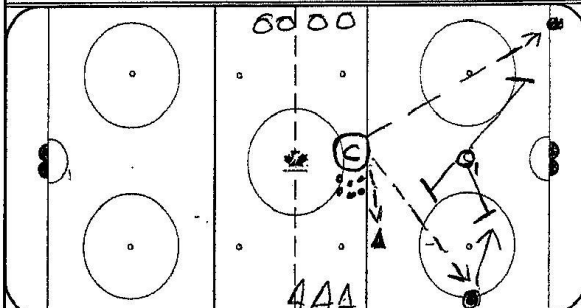
Team: BEN LODE High School

Country: USA

DRILL THEME: ONE ON ONE'S

LEGEND	⊙	Coach	~	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	↔	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure
	○	OFFENSIVE	⊗	DEFENSIVE

DRILL NAME: ONE ON ONE SURVIVAL

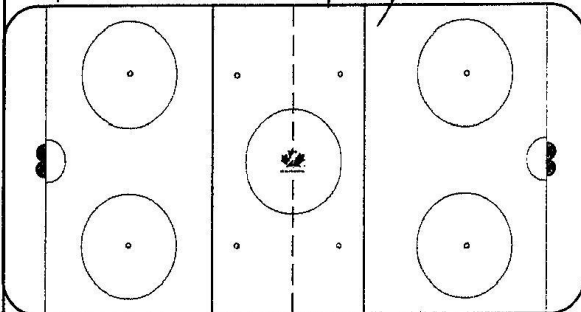


KEY TEACHING POINTS:

- O₁ moves his feet to play defense
- O₁ forces defenseman down boards.

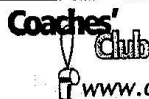
DRILL DESCRIPTION:

1. ⊙-coach chooses which player ^{he}wants to pass to. Coach will pass to each of the three players in ANY order. O₁ moves BACK to middle After each 1 on 1.
2. As soon as the player Passed to receives the Puck, O₁ moves in to play the ONE ON ONE.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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HOCKEY CANADA
Calgary, Alberta



Coach: *Mark Howell*

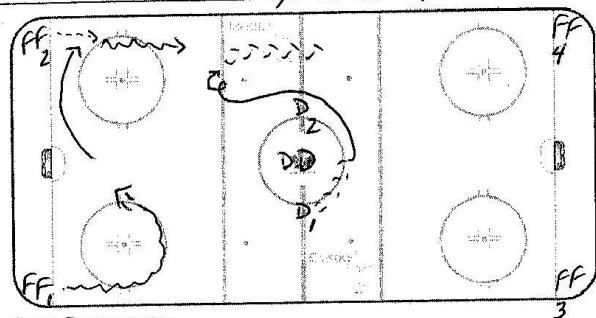
Team: *Drayton Valley Thunder JR A*

Country:

Drill Theme: **One on One**

LEGEND	Coach	Puck Carrying
	Forwards	Shooting
	Defenders	Pass
	Goalie	Drop Pass
	Stop	Backward Skate
	Pylon	Lateral Movement
	Pucks	Defensive Pressure

Drill Name: *1vs1 Loop De Loop*

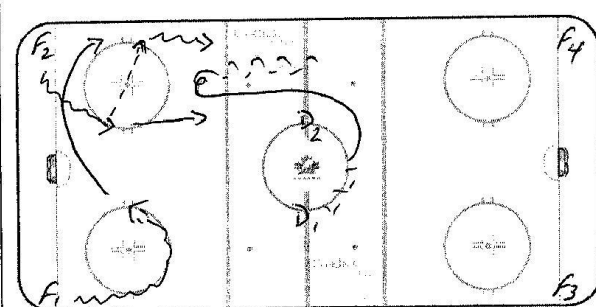


KEY TEACHING POINTS:

*F - OK let to shot for shot. Accelerate to push D-man backwards. Attack the net with speed.
D - square to F @ all times. Establish tight gap quickly. Quick feet back to play the F by the far blue.*

DRILL DESCRIPTION:

F1 plays 1vs1 against D1. On whistle F1 leaves with puck, skates up and around circle for shot on net. Then skates under circle - gets end puck and goes up ice for 1vs1. D1 in the middle, skates under circle and then up to blue line (or deeper) - pivots and plays F1 on a 1vs1 situation. Go till next whistle (switch sides each time) F1 + F4 go together vs D1 + D2



KEY TEACHING POINTS:

F2 Take puck to middle with speed and timing.

DRILL DESCRIPTION:

Progression -> 2vs1

*F2 will skate with p to the middle and pass outside to F1
F1 + F2 attack D1
F3 + F4 attack D2*



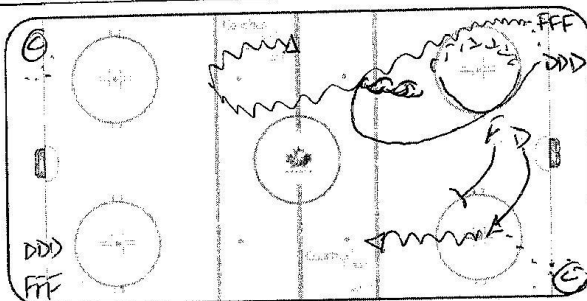
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HOCKEY CANADA
Calgary, Alberta



Coach: CRAIG BEDARD
Team: PENTICTON VEES
Country: CANADA
Drill Theme: **One on One**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: AGILITY ONE ON ONE TRANSITION



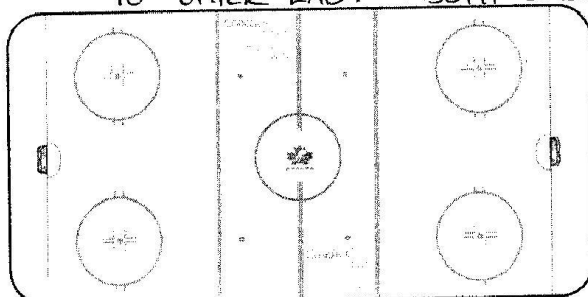
KEY TEACHING POINTS:

- QUICK FEET
- PROTECT PUCK ON NET DRIVE
- QUICK TRANSITION

DRILL DESCRIPTION:

FWD AND D START TOGETHER. D - FWD, BWD, FWD AROUND CIRCLE. FWD STATES WITH PUCK AROUND FAR OFFSIDE DOT AND DRIVES ONE ON ONE VS D WHO HAS DOUBLE TOUCHED BL. GO UNTIL WHISTLE / ON WHISTLE D TRANSITION TO OFFENSE / FWD TRACK BACK TO OTHER END. BOTH ENDS AT ONCE.

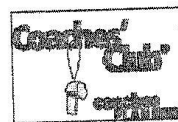
KEY TEACHING POINTS:



DRILL DESCRIPTION:



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Coach: KIRK KELLY

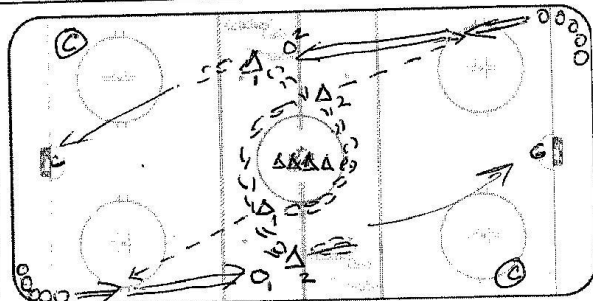
Team: MIDGET 'AA' REDMEN

Country: NEWMARKET, ON, CANADA

Drill Theme: One on One's

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	●	Pucks	→	Defensive Pressure

Drill Name:

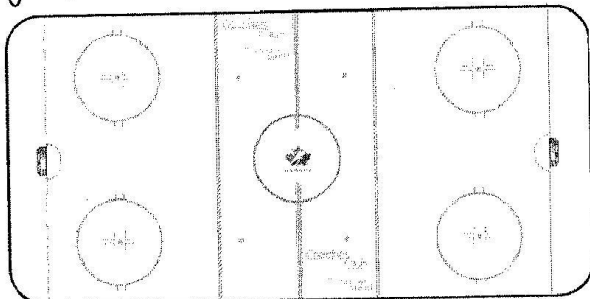


KEY TEACHING POINTS:

- One on one with a shot on net
- defensive skating, positioning and gap control.
- forward work on skating, puck control and inside, outside moves

DRILL DESCRIPTION:

Drill starts w/ def and pucks in neutral zone. Δ_1 moves puck to \odot_1 . \odot_1 moves up ice at speed. Δ_2 has moved his puck to \odot_2 then Δ_2 skate backwards around the centre ice circle to catch the rushing forward coming down the opposite wing going one on one into the net on their side of the rink



KEY TEACHING POINTS:

- Coaches control drill starts by def movement.

DRILL DESCRIPTION:

the drill ends with a shot on net, or defensive play to stop forward. Forwards must start low, near goal line or defence will not get around.



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Calgary, Alberta



Coach: KATHY BERG

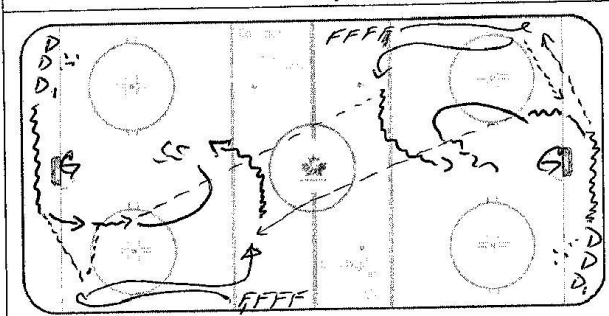
Team: ONAI PROGRAM

Country: CANADA

Drill Theme: **One on One**

LEGEND	●	Coach	~~~~~	Puck Carrying
	○	Forwards	==>	Shooting
	△	Defenders	→	Pass
	G	Goalie	→→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

Drill Name: SHORT PASS / LONG PASS 1:1



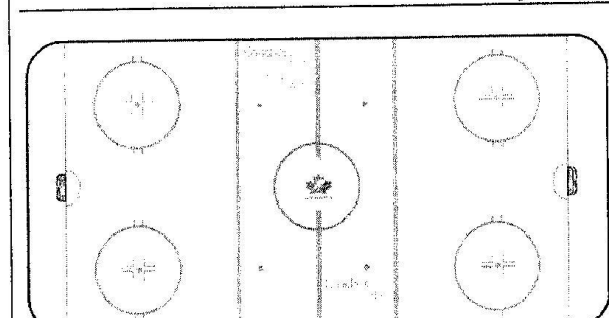
KEY TEACHING POINTS:

FWD - good timing, low support
- 1 touch passing to D.
- when on off. fake/dere short to score.

DEF - Give the G in low support
- long LBER pass to F.
- step up & eliminate a touch FWD.

DRILL DESCRIPTION:

OPERATES BOTH ENDS SAME TIME
D₁ wheels and passes to supporting F₁ • F₁ one touches back to D₁ who is looking up ice for stretch (opposite F₁) Step up & play 1:1 with opposite FWD.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: MORRIS LUKOWICH (LUKE)

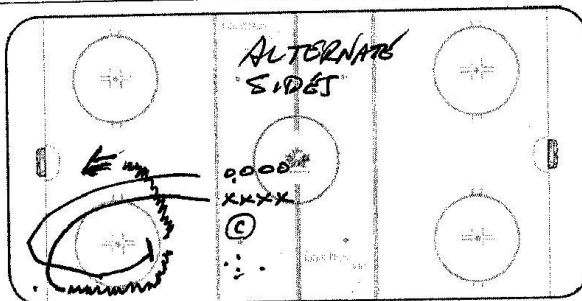
Team: MAXIMUM GOAL SCORING PROGRAM

Country: CANADA (CSCU) 403 660-3006

Drill Theme: One on One

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	→	Shooting
	△	Defenders	→	Pass
	△	Defenders	→	Drop Pass
	G	Goalie	→	Backward Skate
	—	Stop	→	Lateral Movement
	X	Pylon	—	Defensive Pressure
	•	Pucks		

Drill Name: CORNER CYCLE MAXIMIZER



KEY TEACHING POINTS:

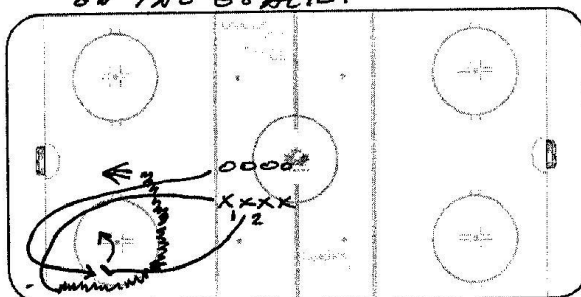
- DRIVE SKATE FROM CORNER TO TOP OF CIRCLE + TO THE NET
- TWO HANDS ON STICK
- DISCOVER WHICH SIDE THE DEFENDER IS STRONGER / WEAKER IN DRIVING OUT + TO THE NET
- DISCOVER WHICH SIDE O₁ (DEFENDER) IS WEAKER / STRONGER

DRILL DESCRIPTION:

X₁ IS OFFENSIVE PLAYER WHO PICKS UP PUCK IN CORNER + DRIVES ~~ACROSS~~ FROM CORNER + ACROSS TO P OF CIRCLE + DRIVES FOR SHOT ON NET

O₁ IS DEFENDER + DOES BEST TO STOP X₁

IF O₁ IS SUCCESSFUL, ADD A PASS TO EACH PLAYER FOR A SHOT ON THE GOALIE.



KEY TEACHING POINTS:

NOTE: ADD X₂ WHO SETS PUCK IN CORNER FOR X₁ (PUCK + ROBE TO MIDDLE FOR X₂)

ADD A PASS + SHOT FOR O₁ (WHO IS ELIMINATED TO OUTSIDE DURING PASS)

DRILL DESCRIPTION:



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Calgary, Alberta



Coach: Bob Baumuller

Team: Notre Dame

Country: Canada

Drill Theme: **One on One**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	— —	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	— —	Defensive Pressure

Drill Name:

KEY TEACHING POINTS:

D man 1) work on gap control
2) Pressure on the puck
3) Keep puck in front
4) Stay D side on the Forward
5) clear and hold in front of the net

DRILL DESCRIPTION:

on the whistle Dman goes out to forward 1. Forward 1 moves to the net playing a lonl with the D man. on the second whistle the D man stops his lonl with F1 and goes and plays F2 as a lonl till the whistle. At the whistle the D man goes to play F3 on a lonl

KEY TEACHING POINTS:

Forward - 1) Drive to net
2) Puck Protection
3) Battle with the D-man

DRILL DESCRIPTION:

battle. The drill then ends on the 4th whistle. note: it is the same Dman who plays all 3 Forwards



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Calgary, Alberta



Coach: MARTIN LAPERRIERE

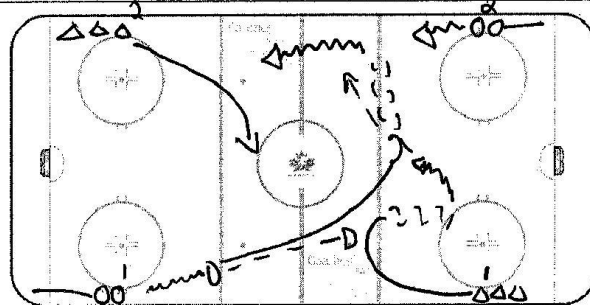
Team: BAIE-COMEAU DRAGONS (LHJM)

Country: CANADA

Drill Theme: **One on One**

LEGEND	● Coach	~ Puck Carrying
○ Forwards	→ Shooting	
△ Defenders	→ Pass	
G Goalie	→ Drop Pass	
— Stop	~ Backward Skate	
X Pylon	Lateral Movement	
• Pucks	— Defensive Pressure	

Drill Name: REACTION 1 on 1

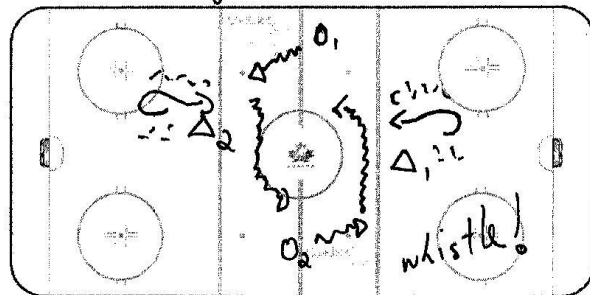


KEY TEACHING POINTS:

- Solid pass
- Face play
- close gap

DRILL DESCRIPTION:

- ① O₁ REGRUOPS w/lt Δ₁ & O₂ REGRUOPS w/lt Δ₂ SIMULTANEOUSLY
Pattern: O leaves w/lt puck & feeds active def (Δ). After regroup, Off attacks 1vs1 as def. close gap.



KEY TEACHING POINTS:

- Read & React
- gap control
- speed

DRILL DESCRIPTION:

- ② Coach can blow whistle after regroup so that attackers circle back & attack other def. Def must RE-close the gap.



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Coach: Mike Eagles

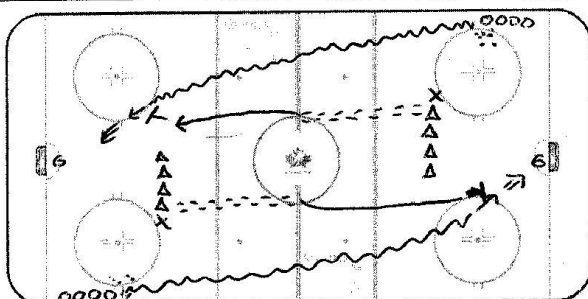
Team: St. Thomas University

Country: Canada

Drill Theme: **One on One**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
		Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name:

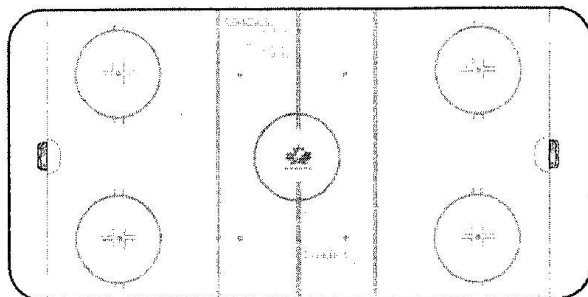


KEY TEACHING POINTS:

- Practice explosive starts
- Practice pivoting for D
- do not use crossover pivot
- F skate hard to net in the offensive zone - gain the middle
- D keep F to outside, stick on stick to defend shot.

DRILL DESCRIPTION:

Fs + D start from a dead stop. D must skate backwards to the red line, also must go straight back. F must stay outside Dots till the far blue line.



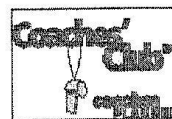
KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Calgary, Alberta



Coach: ROB BOYLE

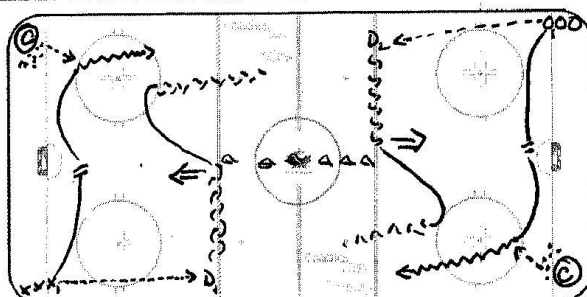
Team: UNIVERSITY OF VIRGINIA

Country: USA

Drill Theme: 1 on 1

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	⋯	Pucks	→	Defensive Pressure

Drill Name: 1 on 1 TIP IN

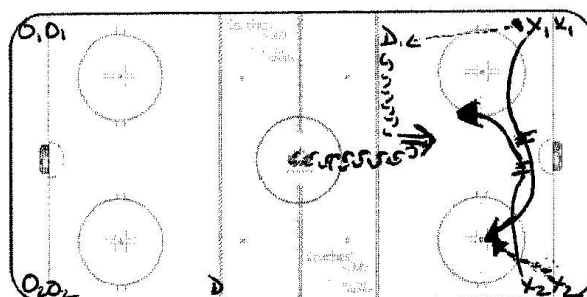


KEY TEACHING POINTS:

- * DEFLECTION REBOUND SKILLS
- * POINT SHOT
- * GLAC CONTROL
- * GOALTENDERS SQUARE UP TO SHOT

DRILL DESCRIPTION:

X₁ + O₁ GO AT SAME TIME - X₁ + O₁ PASS OUT TO D. DMAN WALK THE BLUE LINE, X₁ + O₁ ATTACK NET, SCREEN GOALTENDER, DMAN TAKE SHOT, O₁ + X₁ TRY TO DEFLECT, PLAY REBOUND FOR 2ND SHOT AFTER SKATE TO OPPOSITE CORNER GET PASS FROM (C) GO 1VS1 AGAINST DMAN. - PLACE PLYONS UP MIDDLE TO SPLIT 1CS



KEY TEACHING POINTS:

- * 2VS1 - HAVE GOALTENDER TALK TO 'D'

DRILL DESCRIPTION:

PROGRESS 2VS1 - ONE SIDE @ A TIME, GET A PASS FROM 2ND PLAYER IN LINE.



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Calgary, Alberta



Coach: MIKE FOLIGNO

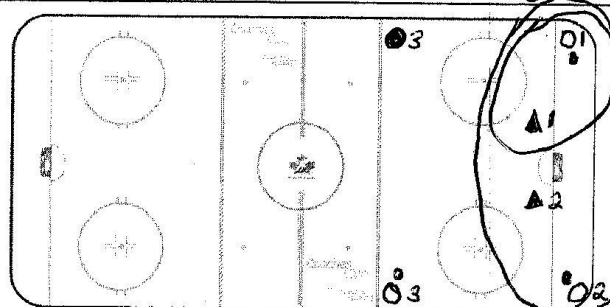
Team: SUDBURY WOLVES (OHL)

Country: CANADA

Drill Theme: 1on1, 2on2, 3on3 DZC.

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: SITUATIONAL DEFENSIVE ZONE COVERAGE

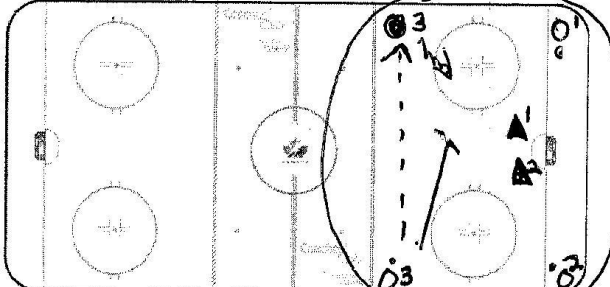


KEY TEACHING POINTS:

ON WHISTLE (01) GOES 1ON1 VS (A1) BATTLE IT OUT UNTIL WHISTLE. WHEN YOU HEAR WHISTLE FORGET FIRST PUCK. NOW (02) JOINS ATTACK AND MAKES IT 2ON2 WITH (01) VS (A1) AND (A2)

DRILL DESCRIPTION:

THE IMPORTANCE OF D.Z.C. IS COMMUNICATION. HAVE PLAYERS TALK & USE SPEED TO PRESSURE. GOOD STICKS ON ICE & TAKING AWAY PASSING LANES. READ SWITCHES & PICK PLAYS. IF SWITCHES ARE DONE HIGH, ~~STAY IN ZONE~~ STAY IN ZONE, IF DONE LOW STAY WITH YOUR MAN.



KEY TEACHING POINTS:

PART 3 OF DRILL IS TO WORK 3ON3 COVERAGE. 03 PASS PUCK TO 03 + DECIDES TO PRESSURE 03 OR COME INTO SLOT AND PICK UP FOR A DEFENSEMAN THAT MAY BE IN A BETTER POSITION TO PRESSURE 03.

DRILL DESCRIPTION:

1ON1, 2ON2, 3ON3, ARE 3 QUICK WHISTLES LASTING BETWEEN 30-40 SECONDS AND THE FOCUS IS ON THE NEW PUCK CARRIER AFTER EACH WHISTLE. INTERCHANGE FORWARDS FOR DEF → GIVES EVERYONE A CHANCE TO PLAY DIFFERENT POSITIONS.

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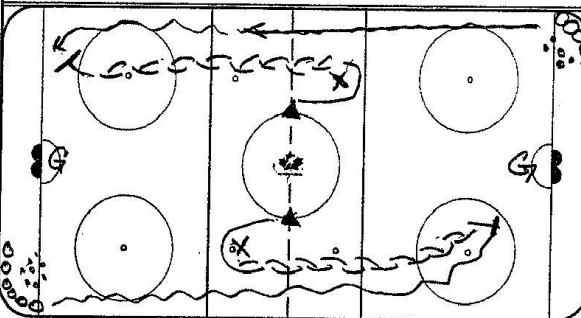
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Vancouver, British Columbia



Coach: MIKE JOHNSON
Team: BANTAM AA
Country: WHITEHORSE, YUKON, CANADA
Drill Theme: ONE ON ONE'S

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	⇒	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	✱	Pucks	→→→→	Defensive Pressure
	⊙	OFFENSIVE	⊙	DEFENSIVE

Drill Name:



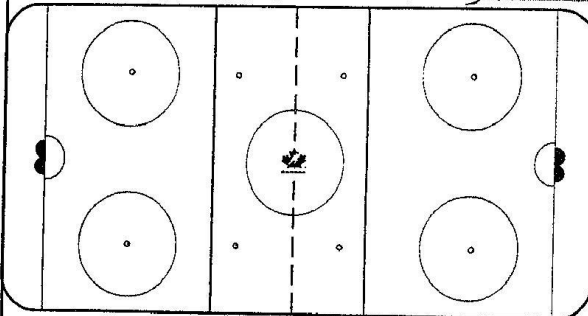
Key Teaching Points:

OFFENSE - NOTE ROOM DEF. GIVES you - TOO MUCH, CUT TO THE MIDDLE. ✓

DEFENSE - SEPARATION IS IMPORTANT. MAKE FORWARD BELIEVE HIS BEST OPPORTUNITY IS TO THE OUTSIDE

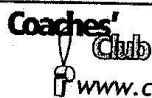
Drill Description:

DEFENCE ON BOTH KNEES @ CENTRE RED LINE. ON WHISTLE DEF. GET UP, GOE TO PYLON, TRANSITIONS TO BACKWARD SKATING AND PLAY. FORWARDS COMING OUT OF CORNERS WITH PUCKS. AT THE START, FORWARDS CAN'T OUT TO MIDDLE (ie. STAY OUTSIDE OF NEUTRAL ZONE DOTS) TILL IN OFF ZONE



Additional Teaching Points:

Progression / Options:



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Coach: KEITH FARNAN

Team: CALGARY BENTON 'AAA' BLAZERS

Country: CANADA

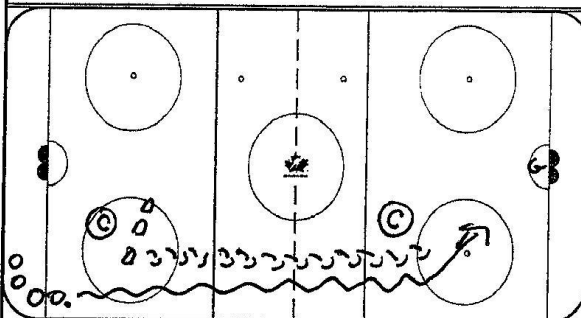
DRILL THEME: ONE ON ONE'S

LEGEND	⊙ Coach	~> Puck Carrying
	○ ● Forwards	⇒ Shooting
	△ ▲ Defenders	→ Pass
	G Goalie	~> Drop Pass
	— Stop	~> Backward Skate
	X Pylon	Lateral Movement
	⊗ Pucks	— Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME:

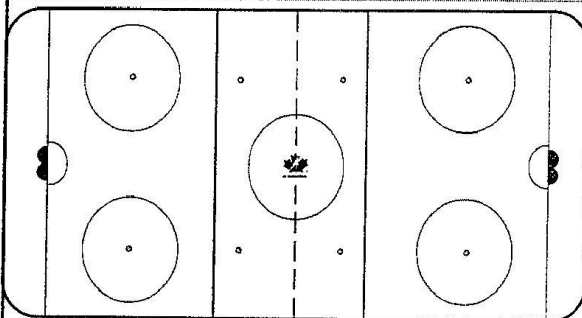


KEY TEACHING POINTS:

- A-C-CUT For Powerful START
- A-Heel to Heel Pivot At For blue line
- A-Accelerate hard backward's
- ⊙ Ensure A does NOT Pivot
- ⊙ Ensure O does NOT CUT TO middle till Ringette line

DRILL DESCRIPTION:

on ⊙ WHISTLE O skates up the boards full speed AT the For Ringette line cuts to the goalie shot on NET,
A starts Backward's and Remains skating backward's till The For blue line,



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

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2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: ROD MACDONALD.

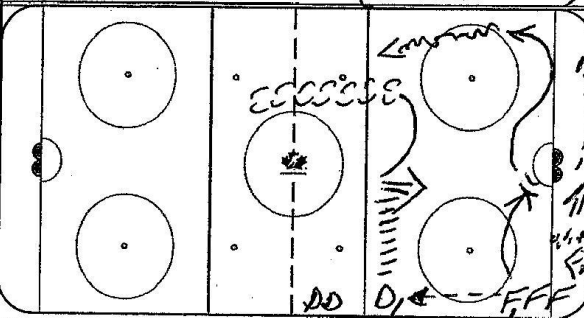
Team: KV HIGH SCHOOL N.B.

Country: CANADA

DRILL THEME: ONE ON ONE'S

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure
	⊙	OFFENSIVE	⊙	DEFENSIVE

DRILL NAME: STAPLETON (MODIFIED)

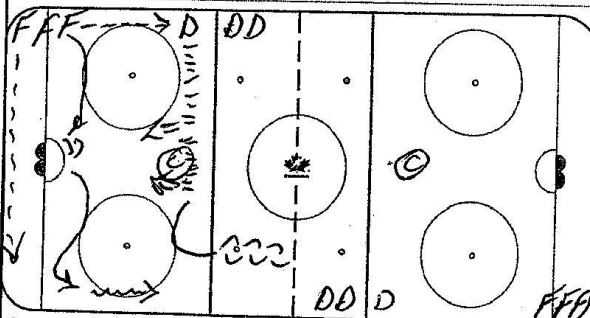


KEY TEACHING POINTS:

- ① Dman drag puck past mid ice & shoot back (head up to read pressure).
- ② correct positioning of tip man (face shooter) & his stick.
- ③ Dman play body on low & or force F4 wide to buy time.

DRILL DESCRIPTION:

- ① F1 passes to D1 & D1 drag puck to middle for low shot (pass)
- ② F1 sprints to front of net & positions for tip, after play.
- ③ F4 runs puck (last man in line) F1 measures run picks up puck & attacks D1 one on one

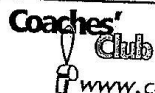


ADDITIONAL TEACHING POINTS:

- ① Show Dman the punch.
- ② on whistle have forwards turn & attack opposite Dman (or perform a regroup maneuver) forcing Dmen to recapture ice & play tight gap.
- ③ Show forwards evasive maneuvers

PROGRESSION / OPTIONS:

- ① Run from both ends
- ② C apply token pressure to Dmen when they shoot
- ③ after Dmen shoot and prepare to play the one on one have them turn their sticks over.



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