

Timing



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





2004 INTERNATIONAL COACHES' CONFERENCE

HOCKEY CANADA
Calgary, Alberta



Coach: RON CHATELAIN

Team: _____

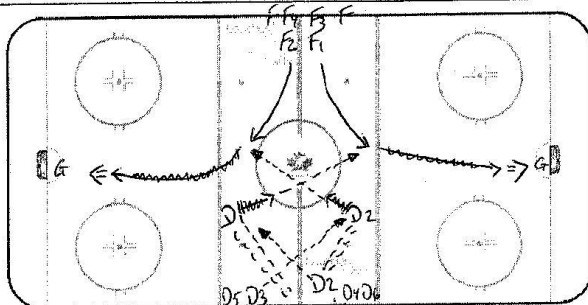
Country: CANADA

Drill Theme: **Timing**

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

Drill Name: TIMING D-UP

(JOHN CHABOT)

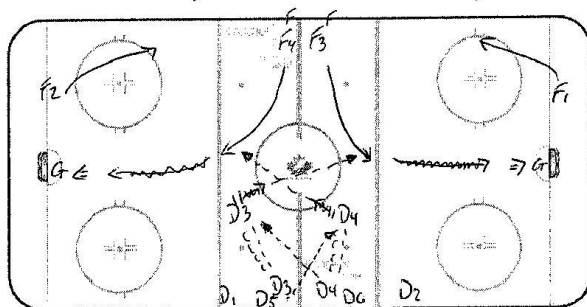


KEY TEACHING POINTS:

- TIMING
- EYE COMMUNICATION WITH D-MEN
- ACCELERATE IN PASSING LANE
- TAPE TO TAPE PASSES

DRILL DESCRIPTION:

FORWARDS AGAINST SIDE BOARDS ON R-LINE - D-MEN AGAINST OTHER SIDE BOARDS ON L-R
ON START, D1 SKATES BUNDS OUT FROM SIDE BOARDS, F1 TIMES HIS START AND SKATES THRU THE MIDLANE, D2 PASSES TO D1, D1 STOPS, STEPS UP AND QUICKLY PASSES TO AN ACCELERATING F1, D2 THEN SKATES BUNDS OPPOSITE WAY OF D1, D3 PASSES TO D2, D2 STOPS, STEPS UP, PASSING TO AN ACCELERATING F2



KEY TEACHING POINTS:

- D-MEN STAY SQUARE WITH D PASSING
- STICK AVAILABLE WHILE SKATING BUNDS
- STOP AND QUICKLY TAKE A FEW STRIDES UP ICE (YOUR MOMENTUM MUST BE GOING UP ICE)
- SWAP PASS, LEAN INTO IT

DRILL DESCRIPTION:

ACCELERATING THRU THE MIDLANE IN OPPOSITE DIRECTION OF F1 - NEXT D4 PASSING TO D3, D3 TO F3 ... CONTINUOUS DRILL
- FORWARDS SWITCH DIRECTIONS NEXT TIME - D-MEN ALSO SWITCH, PASSING IN OTHER DIRECTION NEXT TIME AROUND.



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Calgary, Alberta



Coach: ROB BELL

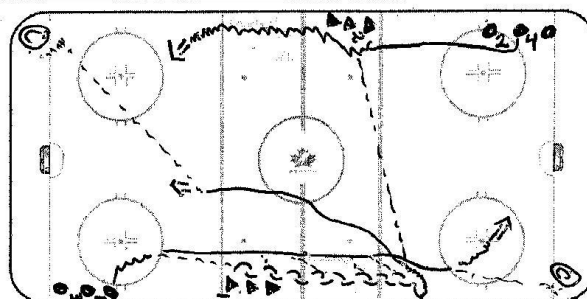
Team: UNIVERSITY OF MANITOBA BISON

Country: CANADA

Drill Theme: Timing

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

Drill Name:

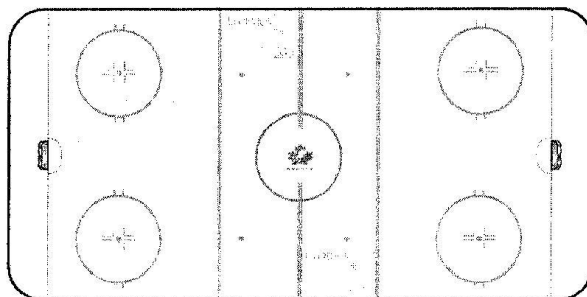


KEY TEACHING POINTS:

- CRISP ONE TOUCH PASSES
- DEFENCE KEEP FEET MOVING WHEN PASSING
- F₂ MUST TIME PASS SO IT IS MORE LATERAL THAN VERTICAL
- FORWARDS MUST KEEP FEET MOVING WHEN SHOOTING AND DRIVE NET FOR REBOUND.
- DEFENCE JOIN RUSH LATE AND QUICK RELEASE TO NET.

DRILL DESCRIPTION:

- F₁ AND D₁, F₂ AND D₂ LEAVE ON WHISTLE EXCHANGING ONE TOUCH PASSES THROUGH NZD.
- AT FAR BLUE LINE F₁ AND F₂ CONTINUE AND RECEIVE PASS FROM (C) AND SHOOT.
- D₁ AND D₂ PIVOT AND TURN PUCK UP ICE LOOKING FOR WIDTH PASS TO F₃ AND F₄ WHO TIME PASS SO ITS LATERAL. F₃ AND F₄ DRIVE WIDE AND SHOOT EARLY
- D₁ AND D₂ JUMP UP LATE INTO RUSH AND RECEIVE PASS FROM (C) AND SHOOT QUICK AND ACCURATE.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: HOWIE DRAPER

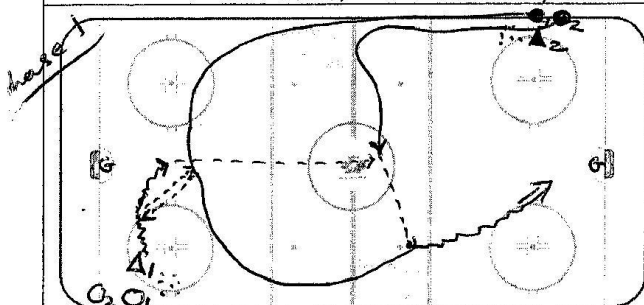
Team: U OF A PANDAS

Country: CANADA

Drill Theme: **Timing**

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

Drill Name: STRETCH-TAP - 1 v 1

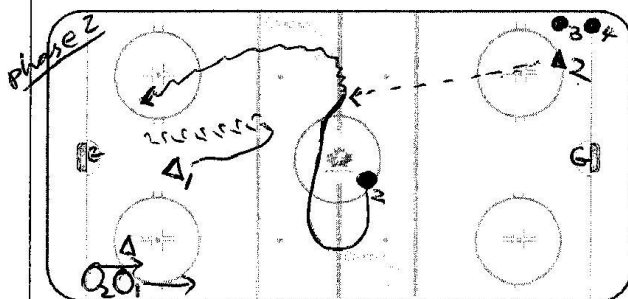


KEY TEACHING POINTS:

TIMING; ONE TOUCH TO SPEED;
D CLOSE GAP; CRISP STRETCH
PASS

DRILL DESCRIPTION:

●1 begins - swings low beyond far blueline. A1 passes to ●1
who returns puck back to A1. ●2 time skates and
stretches - A1 gains and passes to ●2 who one touches
puck to ●1 who is at top speed - ●1 shoots



KEY TEACHING POINTS:

PROGRESSION:

*As a progression ●3 can jump
up to join rush with ●2
to create a 2 v 1

DRILL DESCRIPTION:

●2, after touch pass, returns through neutral zone
for stretch pass from A2 - ●2 "1v1" on A1 who
closes gap.
●1 and ●2 begin as soon as A2 makes first stretch pass



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HOCKEY CANADA
Calgary, Alberta



Coach: MILAN DRAGICEVIC

Team: UBC-VANCOUVER

Country: CANADA

Drill Theme: **Timing**

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

Drill Name: AREA PASS WITH BACKCHECK

KEY TEACHING POINTS:

① Leave the puck in an area to pick up with speed.

② Good AREA PASS

③ Good SKATING DRILL with backchecking through middle

④ Good DRILL without red line

- Go out of both ends

DRILL DESCRIPTION:

F1 leave from corner without puck, go to blue line turn and come back, receive pass from coach in the corner

F2 cut across to front of net and drive wide without puck

F1 get pass and put it around red line where F2 picks it up with speed and go in for shot. F1 become backchecker

KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Julie Healy

Team: University of Calgary (women)

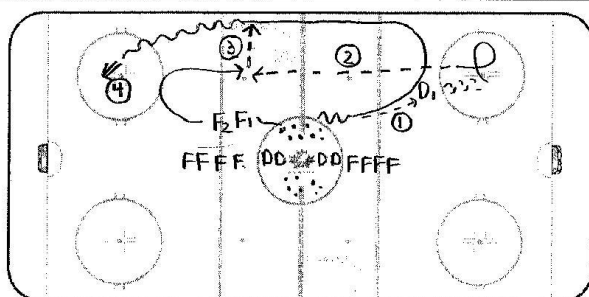
Country: Canada

Drill Theme: **Timing**

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

Drill Name: Swedish multi timing

Both ends, begin on whistle

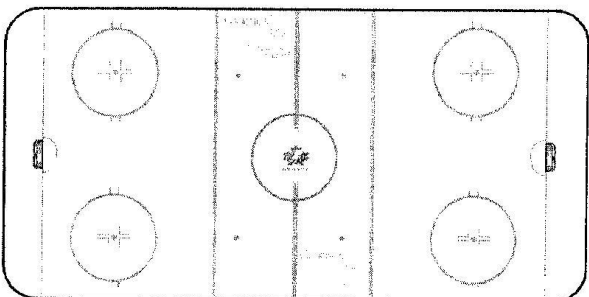


KEY TEACHING POINTS:

Timing: F₁ + F₂ provide good support + accelerate into space w timing by reading position + puck control of puck carrier
Pass into space (outside lane) so player can pick up puck w speed
Eye contact before passing
F₁-F₂ to wait for D₁ to be ready (backing up + good target) before passing

DRILL DESCRIPTION:

① F₁ picks up a puck in C-ice circle, passes to D₁ backing up, F₁ supports D₁.
F₂ skates below offensive blueline, skates into the NZ with timing to receive pass from D₁ (D₁ can incorporate evasive moves before passing) ②
F₂ touch passes to outside lane to F₁ ③, F₁ attacks 1-D ④
Drill continues but F₂ + F₁ reverse roles: F₂ passes to retreating D₁.... F₁-F₂ + D₁ attack 3-0



KEY TEACHING POINTS:

3-0 attack: good width + depth + activate D into attack
3-0 attack → puck carrier must read offensive support + use appropriate tactics: delay, carry behind net, direct attack, shot for rebound ect.
Finish + stay @ net → scoring drill not a shooting drill

DRILL DESCRIPTION:

Progressions: add D₂ to create 1-1, 2-1, 3-1 situations
add another puck after initial 3-0 attack + work cycle off initial attack
pass to D₁ @ offensive blue + second shot after F₁-F₂ attack 2-0 to start drill + have F₁-D₁ exchange puck a couple of times to work passing skills, timing skill



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Coach: Brent Arsenault

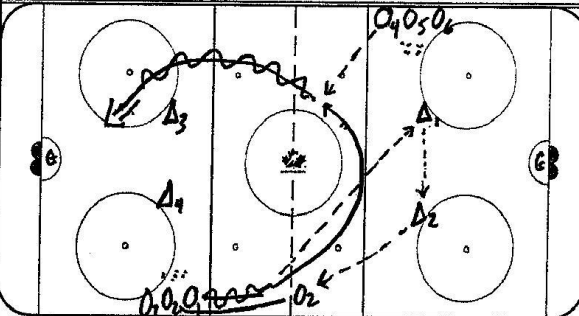
Team: Prince George Midget AAA

Country: Canada

DRILL THEME: TIMING

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: Renney 3 Pass

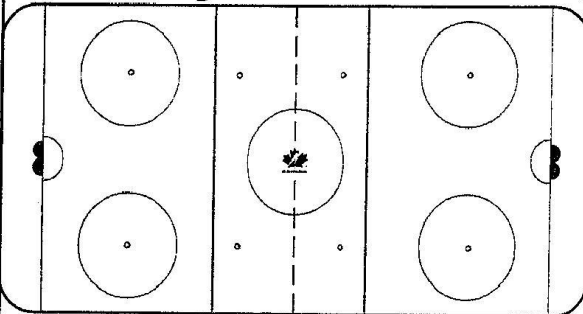


KEY TEACHING POINTS:

- Timing → Always keep the puck moving
- Defence Keep feet moving

DRILL DESCRIPTION:

O₁ jumps out with puck, passes to D₁, passes to D₂; D₂ to O₂ who continues the pattern. O₁ receives pass from O₄ - shot on goal. Once O₃ goes + passes to D₁, he/she picks up pass from O₆ and shoots on goal. D₁ passes to D₂ for shot on goal. O₄ & O₆ then go.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

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Coach: Kevin Sullivan

Team: Thayer Academy

Country: U.S.A.

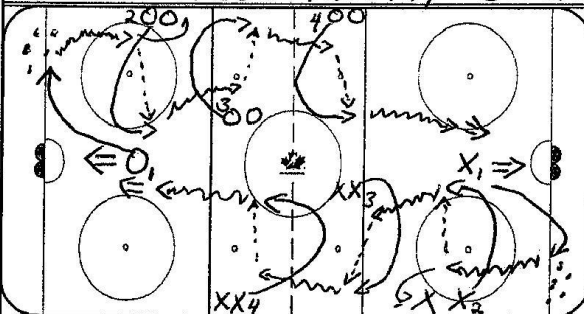
DRILL THEME: TIMING

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: Timed Passing-Shooting

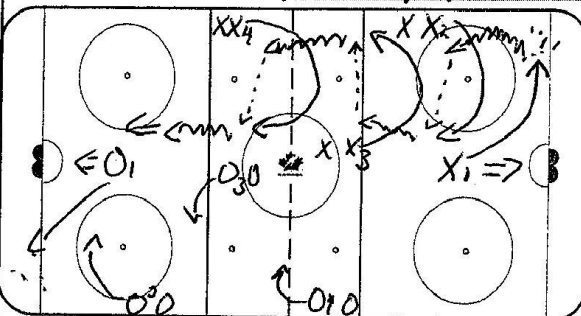


KEY TEACHING POINTS:

Passing + Receiving,
Puck Support
Timed Movements
Non-verbal Communication
Head on a Swivel
Skating To Open Ice
Buying Time (Control Skate)
Crossover Skating
Accelerate with the Puck

DRILL DESCRIPTION:

X₁ shoots the puck on goal to start the drill, skates into corner, picks up a puck and passes to X₂, who has come off the boards and times his curl. The Progression Continues: X₂ passes to curling X₃; X₃ passes to X₄; X₄ shoots and picks up puck in corner to continue drill on the other side.



ADDITIONAL TEACHING POINTS:

Every body moves up to next position:
X₁ → X₂,
X₂ → X₃,
X₃ → X₄,
X₄ → Shoots

PROGRESSION / OPTIONS:

Change sides/Direction



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Coach: MICHAEL HENRY

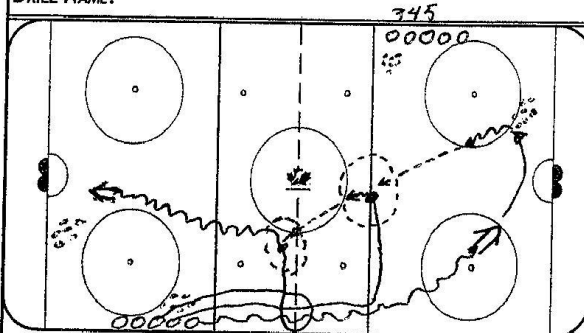
Team: ALDERGROVE MINOR

Country: CANADA

Drill Theme: TIMING

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:

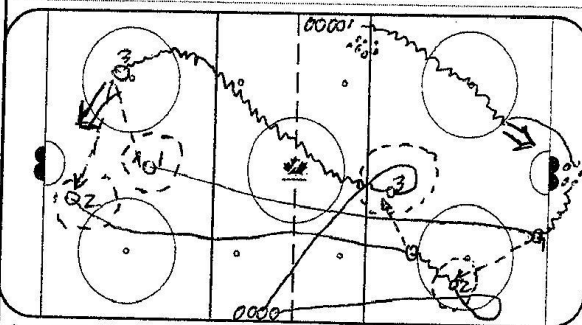


Key Teaching Points:

TIME SKATING PACE
TO RECEIVE PASS
IN RECEPTION AREA.

Drill Description:

01 SKATES WITH PUCK SHOOTS ON NET 02 & 03 LEAVES
LINE ON ANTICIPATION OF 01 PASS TO 02 AND FINALLY
TO 03 WHO SKATES IN ON OPPOSITE GOAL FOR A SHOT.
ALTERNATE SIDES



Additional Teaching Points: DRILL 2

02 03
TIME SKATING TO RECEIVE
PASS FROM 01. 03
CARRYS PUCK WIDE
ALLOWING 02 & 01 TO
JOIN OFFENSIVE ATTACK

Progression / Options:

01 SKATES WITH PUCK SHOOTS ON GOAL. 01 PICKS
PUCK UP BEHIND NET & PASSES TO 02 WHO TIMES TURN
ACCEPTS PASS AND PASSES TO 03. 03 CARRYS PUCK
WIDE INTO OFFENSIVE ZONE 02 & 01 JOIN ATTACK

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Coach: Pat Cortina

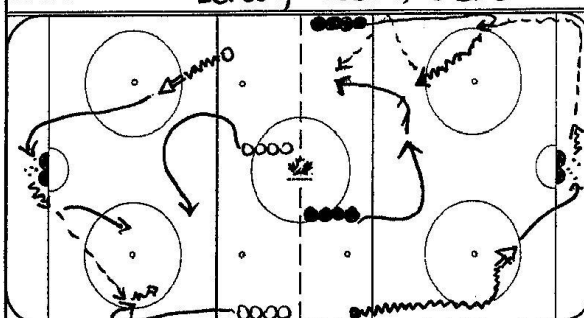
Team: ASUGO Hockey

Country: ITALY

Drill Theme: TIMING

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: Leafy Swing Drill

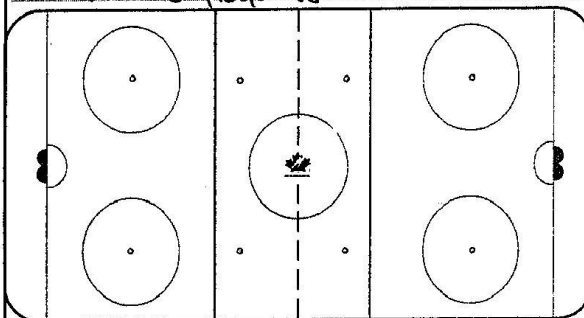


KEY TEACHING POINTS:

- time swing in order to receive puck in speed and proper body pos'n.
- follow your pass in order to support and be a return pass option
- encourage players to use different pass options i.e. direct pass, chip or run off boards
- have players vary shooting angle on the goaltenders

Drill Description:

- both ends go simultaneously; drill is continuous
- drill starts with players moving in for shot from blue line / after shot / ret'd retrieve new puck and start up player who has made himself available down the boards. Players move to line they passed to
- shooter is player who has started from center line



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Rob Rice

Team: Columbia Valley Rockies

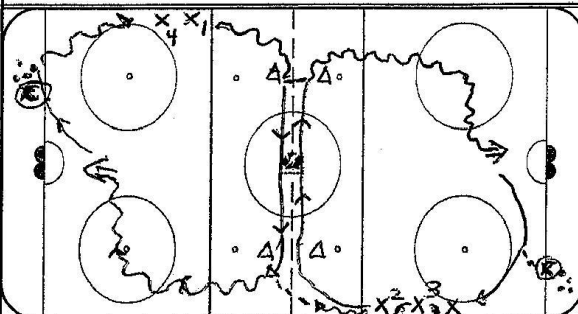
Country: CANADA

DRILL THEME: TIMING

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

☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME:

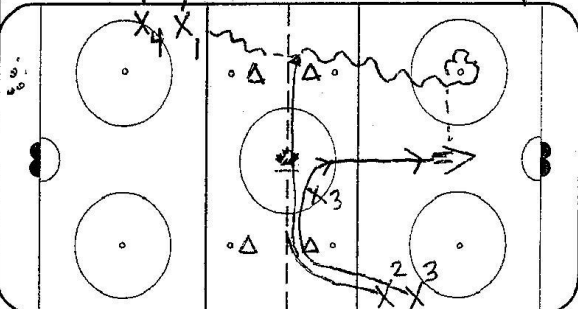


KEY TEACHING POINTS:

- Communication
- Timing
- quick passes (Neutral zone)
- drive to net w/ puck
- puck protection

DRILL DESCRIPTION:

X1 starts with a puck & X2 starts without a puck. X1 will delay until X2 is in halfway. X1 passes to X2 who drives to the net for a shot - must protect the puck. X1 skates across the ice below the red line and receives a pass from X2 (3 seconds behind X2). After the shot the player skates into corner picks up a puck and joins the line.



ADDITIONAL TEACHING POINTS:

- creative in attacking

PROGRESSION / OPTIONS:

Progression - having X2, X3 going at same time. X3 cutting to the middle. X3 must hold the line, until X2 crosses the blue line.
options: puck carrier can shoot, drive, delay & make a pass to their teammate.



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Coach: CHRIS WITERITY

Team: HOCKEY DIRECTOR AT THE ICE CENTER

Country: (US) EUGENE, OREGON

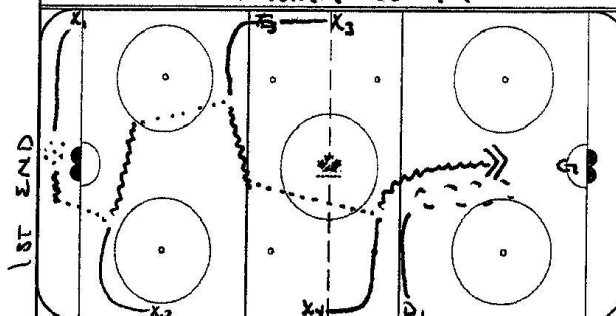
DRILL THEME: TIMING

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: HEAD MAN TO 1-1



KEY TEACHING POINTS:

FORWARDS: X

DEFENSE: D

- HEAD MAN BREAKING PASSES

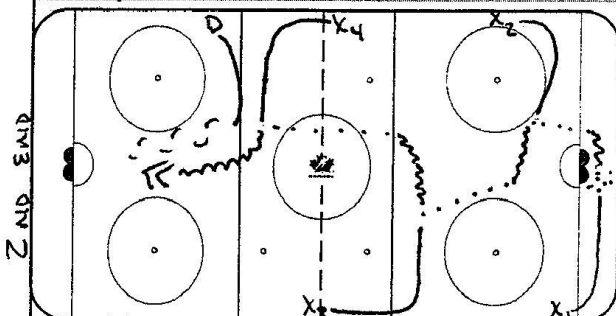
- TIMING IS IMPORTANT TO PROPER FLOW

- PLAYERS RECEIVING PASS

SHALL BEGIN MOTION WHEN PASSING PLAYER RECEIVES PUCK.

DRILL DESCRIPTION:

X₁ SKATES BEHIND NET, PICKS UP PUCK IMMEDIATELY HEADMANS PUCK TO X₂. X₂ CHANGES FOCUS TO UP ICE AND PASSES TO X₃. X₃ THEN MOVES ACROSS AND PASSES TO X₄. X₄ BEGINS ATTACK ON GOAL D₁. FOLLOWS X₄ FROM INITIAL MOVEMENT TO PLAY A GAP CONTROLLED 1 ON 1.



ADDITIONAL TEACHING POINTS:

- THIS CAN BE WORKED OUT OF BOTH ENDS AT THE SAME TIME.

- INTENSITY & PASS

PLACEMENT IS CRUCIAL.

- PASSING PLAYER CANNOT

CONTROL PUCK FOR TOO

LONG, IF THEY DO THEN

PASSES WILL HAVE TO BE

PASSED AND RECEIVED FROM BEHIND!

PROGRESSION / OPTIONS:

PLAYERS X₁ - X₄ ROTATE PROGRESSIVELY THROUGH THOSE POSITIONS. DEFENSE STAY IN 1 ZONE AND ROTATE THROUGH.

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Coach: PETER SMITH

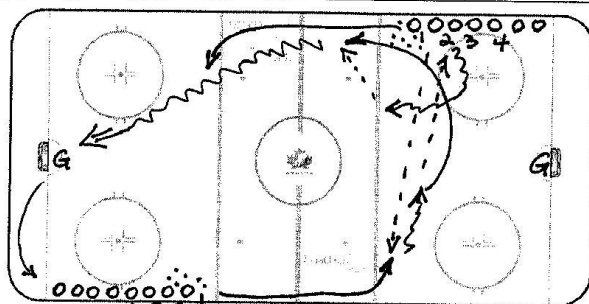
Team: MCGILL MARTLETS (CIS)

Country: CANADA

Drill Theme: **Timing**

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

Drill Name: MARTLET TIMING DRILL



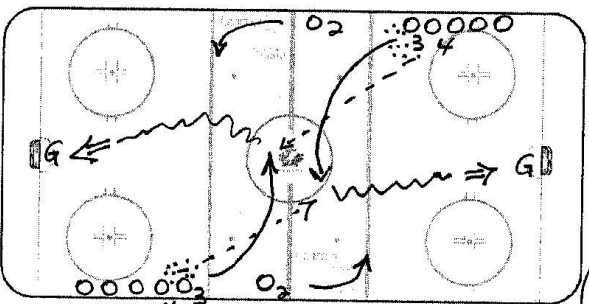
DRILL DESCRIPTION:

KEY TEACHING POINTS:

O₁ skates up the wall + flat across the B/L + exchanges puck w O₂.
O₂ steps out to puck + return passes to O₃ for SOG.
O₂ now skates up the wall

Stress: communication + good timing

- Both sides @ once
- Drill is continuous



DRILL DESCRIPTION:

KEY TEACHING POINTS: (STEP 2)

after O₂ leaves, O₃ cuts to the middle to receive pass from O₄ + SOG.
O₄ now exchanges puck w O₂

Stress: O₂ timing

- All the players in line must be aware of their role - THINK IN ADVANCE!



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Coach: R. Kennedy

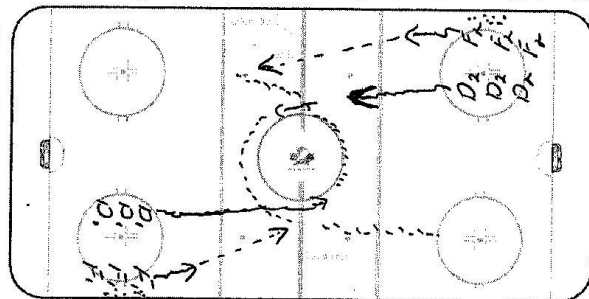
Team: Ingolstadt Panthers

Country: Germany

Drill Theme: **Timing**

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

Drill Name: Around the Horn

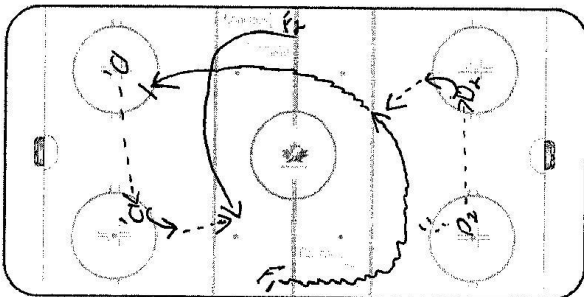


KEY TEACHING POINTS:

- agility, passing, communication especially for defense
- timing, passing, speed, shooting for forwards

DRILL DESCRIPTION:

- on 1st whistle, D₁ + D₂ skate forwards to Neutral Zone, then pivot backwards around centre faceoff dot
- F₁ + F₂ (each with puck) start skating + hit D₂ + D₁ with a pass (as they are skating backwards)
- D₁ + D₂ skate backwards, then hit next D in line with cross-ice pass (communication)



KEY TEACHING POINTS:

- that D then hits F₁ or F₂ with pass (timing)
- forwards, use speed through neutral zone + in for a shot
- both D follow up for rebound + join opposite D group.

DRILL DESCRIPTION:



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Coach: Blaine Sautner

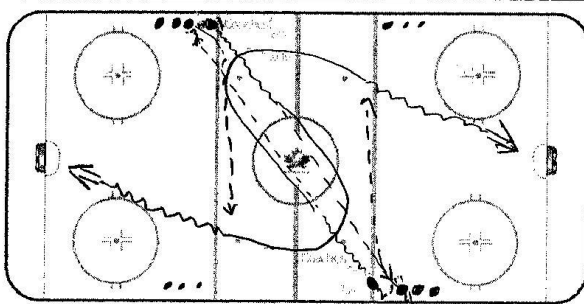
Team: Battlefords North Stars

Country: Canada

Drill Theme: **Timing**

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

Drill Name:

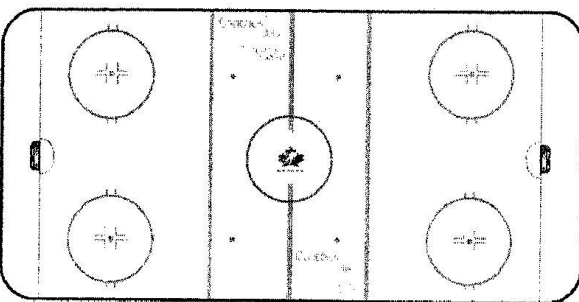


KEY TEACHING POINTS:

- Players must leave at the same time. Deliver a crisp pass on the tape, accelerate on regroup, stick on ice to receive the pass.

DRILL DESCRIPTION:

●₁ + ●₂ leave at the same time & pass to ●₃ + ●₄. ●₁ + ●₂ swing back and receive a pass from ●₃ + ●₄. Opposite side would then go.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Calgary, Alberta



Coach: BRYAN BOYCE

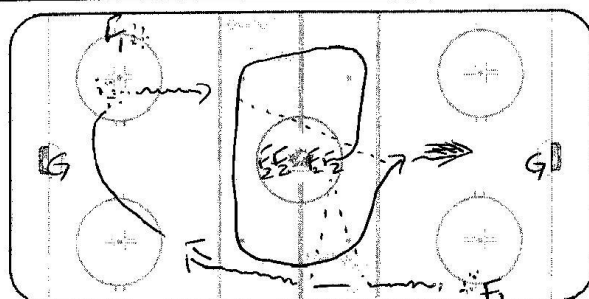
Team: SEMIAHMDO PEEWEE "AAA"

Country: CANADA

Drill Theme: **Timing**

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

Drill Name: TWO MAN TIMING

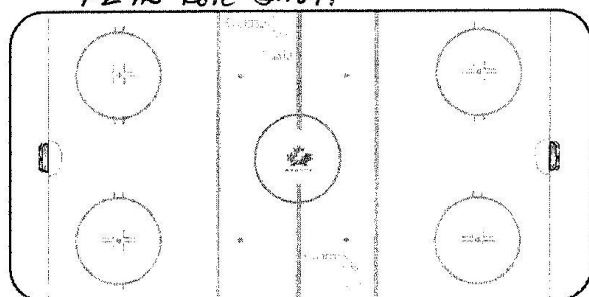


KEY TEACHING POINTS:

- GIVE GO PASS
- TIMING - TAKE BACKICE - SEAM
- EYE CONTACT
- COMMUNICATION
- PASSING IN STRIDE
- LATERAL PASS RECEIVE.

DRILL DESCRIPTION:

F₁ INITIATE WITH PUCK, PASS TO F₂ WHO GIVES A RETURN TOUCH PASS TO F₁. AS F₁ DRIVES B/L FOR LONG SHOT, F₂ CURLS AWAY TO TAKE BACKICE, SKATE THRU TIMING ZONE AND STRETCH FOR B/L. F₁ HAS PICKED UP A SECOND PUCK, LOOKS FOR OPEN F₂ AND HITS F₂ WITH TAP TO TAP PASS THRU SEAM, (BOTH SIDES AT THE SAME TIME - ON WHISTLE.) F₂ IN FOR SHOT.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: DREW PRITCHARD

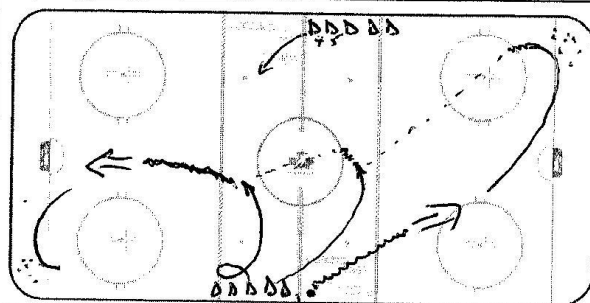
Team: NORTH YORK RANGERS JR 'A'

Country: CANADA

Drill Theme: TIMING

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

Drill Name: "QUICK-UP TIMING"

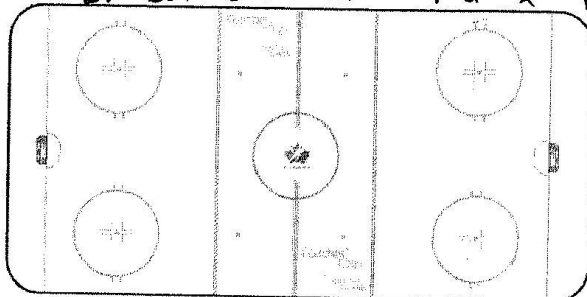


KEY TEACHING POINTS:

- STICK TO STICK PASSES
- TIMING OFF THE PUCK
- QUICK ACCELERATION AFTER PASS RECEIPT
- ACCURATE SHOT
- COMMUNICATION

DRILL DESCRIPTION:

- D1 STARTS DRILL WITH A SHOT, RETRIEVES A LOOSE PUCK DOWN LOW + HITS D2 WITH AN ACCURATE PASS.
- D2 HAS TIME SKATED TO RECEIVE A NEUTRAL ZONE PASS WITH SPEED
- D3 GIVES ICE AND ALSO TIME SKATES TO RECEIVE PASS FROM D2, THEN ACCELERATES INTO "C" ZONE FOR A SHOT.
- D3 RETRIEVES LOOSE PUCK + D4, D5 CONTINUE DRILL.

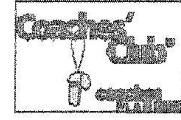


DRILL DESCRIPTION:

KEY TEACHING POINTS:



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Coach: horne Mollekens

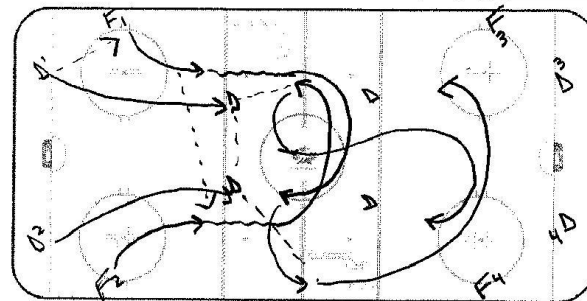
Team: Saskatoon Blades

Country: _____

Drill Theme: _____

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

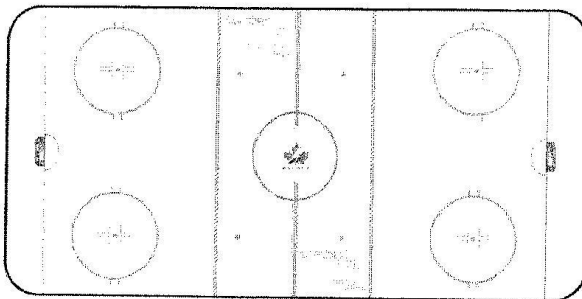
Drill Name: 2vs2 Double Regroup.



KEY TEACHING POINTS:

D1 starts with puck - passes to F1 to start attack - F1 passes to F2 - F2 exchange lanes with D2 - pass back to D1 to D2 - F1 opens for pass F2 supports attack through far circles - swing + attack back 2vs2 - next end starts.

DRILL DESCRIPTION:



KEY TEACHING POINTS:

DRILL DESCRIPTION: