



CANADA

2004 International Coaches Conference

Calgary, Alberta

REGROUPS



Coaches' Club®





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Donna Reaburn

Team: University of Saskatchewan

Country: Canada

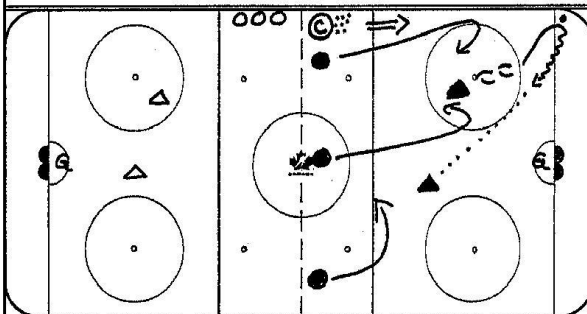
DRILL THEME: REGROUPS

LEGEND

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

○ OFFENSIVE ○ DEFENSIVE

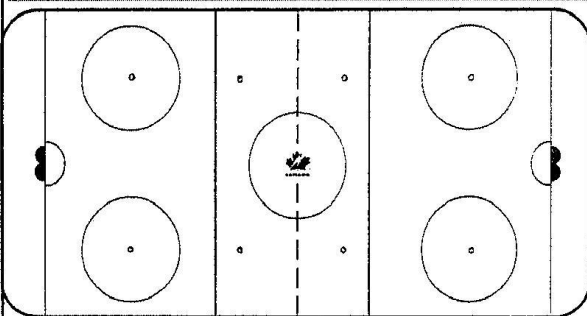
DRILL NAME: BO - Re - Re - 3 on 2



KEY TEACHING POINTS:

- coach dumps puck into corner
- defense retrieves, forwards come back & team breaks out
- forwards regroup with other set of defense △
- forwards regroup with original set of defense ▲
- forwards go for 3 on 2 versus other set of D △
- new line jumps on, drill goes continuously

DRILL DESCRIPTION:



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Sean Meyerhoffer

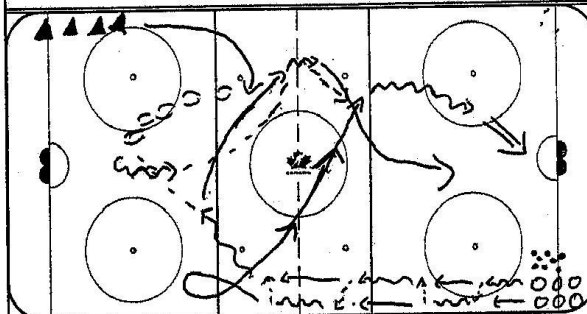
Team: University of Colorado Women

Country: USA

DRILL THEME: **REGROUPS**

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:

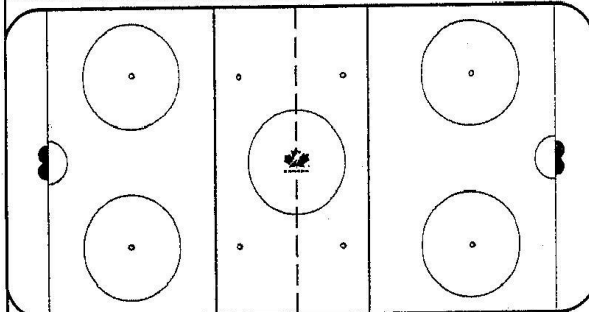


KEY TEACHING POINTS:

- Speed
- Accurate Passes
- Constant Motion

DRILL DESCRIPTION:

Forwards start together at one end passing together 2-0 down the boards. A defenseman starts at the same time out of the opposite corner skating forward to the face-off dot and turning backwards toward the high slot. The inside forward passes to the defenseman at the blue line and curls to the far boards for a pass. The outside forward



ADDITIONAL TEACHING POINTS:

curls toward the near boards and then cuts across the ice at full speed for a pass in the neutral zone. The forwards then go in 2 on 0.

PROGRESSION / OPTIONS:

- Add a defenseman for 2 on 1
- Add another forward for 3 on 0 or 3 on 1



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Coach: MARTIN RAYMOND

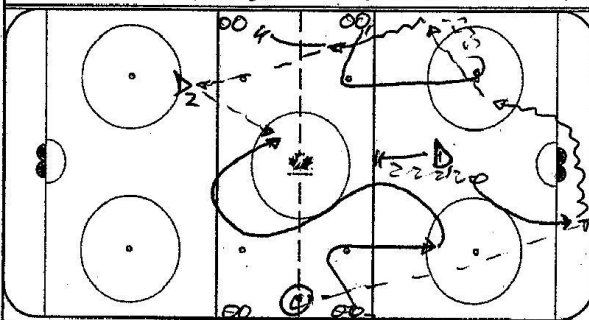
Team: MCGILL UNIVERSITY

Country: CANADA

DRILL THEME: REGROUPS

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: CONTINUOUS REGROUP 2 vs 1

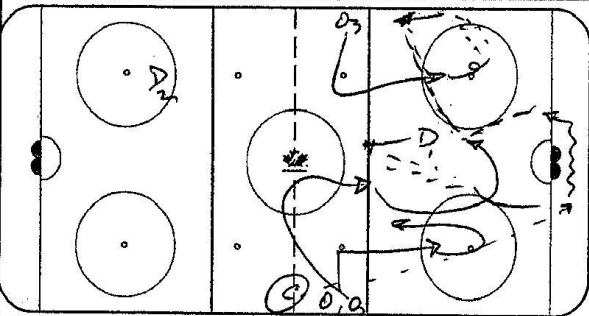


KEY TEACHING POINTS:

- D FACE Puck AT ALL TIMES (I.E. PIVOT)
- FORWARDS BACK THROUGH DOTS
- CLOSEST FORWARD PARKS ON BOARDS FOR NZ SUPPORT
- HEAD MAN Puck ON B/G + RUSH THROUGH NZ
- TIMING

DRILL DESCRIPTION:

COACH DUMPS Puck IN. D₁ RETRIEVES DUMP AND B/G O₁ + O₂ backcheck THROUGH DOTS AND B/G W D₁. Puck CARRIER PASSES TO D₂ WHO CAN BE ON EITHER SIDE OF ICE (TOP OF CIRCLE). CLOSEST O PARKS ON BOARDS. 2ND O SUPPORTS THROUGH MIDDLE (SAVE ICE). O₁ + O₂ ATTACK D₁ WHO CLOSES GAP. D₂ TAGS BLUE LINE FOR NEXT DUMP IN FROM COACH.

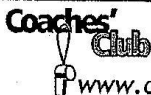


ADDITIONAL TEACHING POINTS:

- WINGERS STILL BACK THROUGH DOTS
- FIRST FORWARD BACK: PARK ON BOARDS
- 2ND FORWARD BACK: FAR BOARDS
- 3RD FORWARD BACK: MIDDLE SUPPORT
- TIMING

PROGRESSION / OPTIONS:

PROGRESS TO 3 vs 1 AND 3 vs 2. USE 1 OR 2 D'S ON REGROUP.



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Vancouver, British Columbia



Coach: **FRANK "TRAP" TRAPUZZANO**
Team: _____
Country: **U.S.A**
Drill Theme: **REGROUPS**

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

Drill Name: "DEAD MAN DRILL"

Key Teaching Points:

- FIND OPEN ICE TO SUPPORT
- ATTACK ZONE IN POSSESSION OF PUCK (NO DUMPS)
- BE AWARE OF LOCATION OF DEFENDERS WHEN PASSING BACK TO DEFENCE
- DEFENDERS CONSTANTLY PRESS ATTACKERS IN NEUTRAL ZONE
- QUICK CRISP PASSES

Drill Description:

"DEAD MAN DRILL" - COACH SHOTS ON GOALIE WHO CLEARS TO ONE CORNER, OFFENSIVE TEAM BREAKS OUT. DEFENSIVE TEAM HAS STICKS TURNED AROUND JUST FOR LIMITING PASSING LANS, ALL DEFENDING PLAYERS ARE DEAD. ONCE ATTACKING TEAM HITS ~~THE~~ NEUTRAL ZONE, DEAD PLAYERS BECOME ALIVE AT 5 SECOND INTERVALS FORCING PUCK

Additional Teaching Points:

- CARRIER TO RETURN PASS TO DEFENCE AND FIND OPEN ICE FOR SUPPORT.

Progression / Options:

- ADD "STINGER" IN DEFENSIVE END TO LIMIT BREAKOUT OPTIONS AND POSSIBLY FORCE A REGROUP IN OWN END.
- ADD TWO MAN PUCK PRESSURE (INSIDE OUT) IN NEUTRAL ZONE



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














Coach: Mike Cople

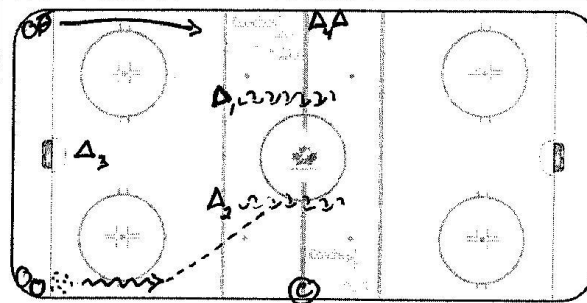
Team: Cobracb Jr. Eagles

Country: U.S.A.

Drill Theme: **Regroups**

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

Drill Name:



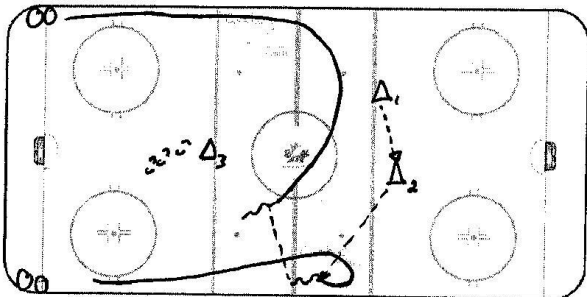
KEY TEACHING POINTS:

- Speed out of Zones
- D puck support low in N.Z.
- 1 touch passing
- Communicate via "heads up"

DRILL DESCRIPTION:

Wds in corners D on Blue Line and in front of net

- On Whistle / Fwd starts out of the zone to puck full speed while D on Blue Line move
- Bwls through N.Z. D (A₂) moves with the Fwd's up the ice preparing to play 2nd back
- Fwd's hit D to pass, D to D pass while Fwd's either post up or change lanes
- preparing to receive pass back from N.Z. Defence and Attack 2vs1 to some Zone



KEY TEACHING POINTS:

- Efficient passing via timing
- Get out of the N.Z. w speed and attack hard to the net

DRILL DESCRIPTION:

- After Regroup and Attack D rotate A₁ to A₂ to A₃ to A₄ to A₁
- Variations 2vs2 3vs2 to 1 regroup to 2 regroups etc.
- 1/2 ice or Full ice from both ends



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Coach: FLECK / RIBALTA

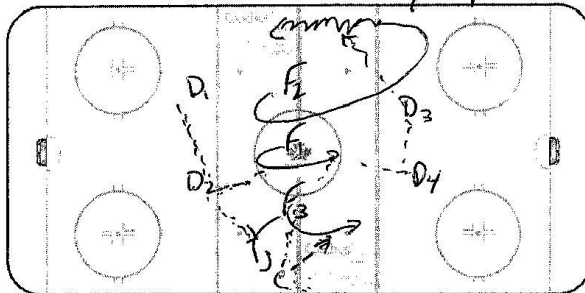
Team: KODIAKS

Country: CANADA

Drill Theme: **Regroups**

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

Drill Name: Neutral Zone Regroup 1-2-2-2

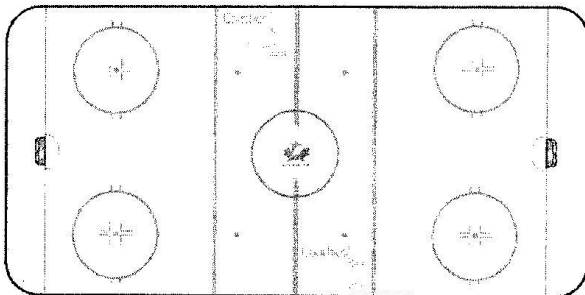


KEY TEACHING POINTS:

Communication, Support,
F. Anchor on strong side with D.
Stagger support with D on
Regroup.
Fill all 3 LANES
Regroup as team plan requires

DRILL DESCRIPTION:

One line of forwards on ice, 4 D, Coach with pucks at middle ice.
Forwards continue regrouping with 4 D in neutral zone.
On whistle Fwd with puck goes 1 on 2 against the 2 D men the same
way he is going. The other 2 Forwards get another puck from Coach
and go 2-2 with the other 2 D men.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: RON CHATELAIN

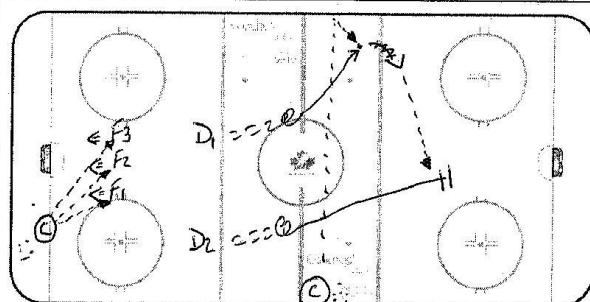
Team: _____

Country: CANADA

Drill Theme: **Regroups**

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

Drill Name: NEUTRAL ZONE SORT OUT (COMPLIMENTS OF ROGER NEILSON)

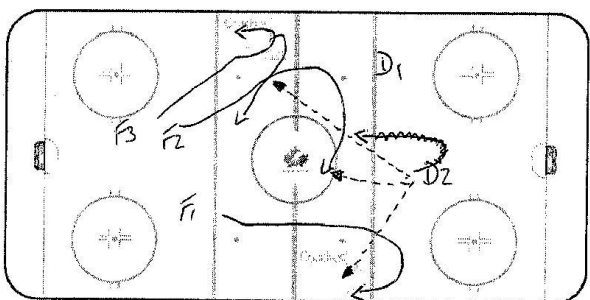


KEY TEACHING POINTS:

- 1) SHOOT TO SCORE
- 2) CONTROL YOUR SKATING
- 3) SAVE YOUR ICE
- 4) D → D PASS - STAGGERED SUPPORT
- 5) WIDTH & DEPTH IN NZ

DRILL DESCRIPTION:

PRESET FORWARD UNIT (F1 F2 F3) IN SLOT AREA. 2 D-MEN (D1 D2) ON B-L. (C) PASSES 3 PUCKS SUCCESSIVELY TO EACH FWD, FOR 3 QUICK SHOTS ON GOAL. AFTER FWDS SHOOT THEY REGROUP IN NZ. (C) IN NZ SPOTS A PUCK FOR EITHER D1 OR D2 TO RETRIEVE - FWDS REGROUP WITH D1 & D2 AND ALL RETURN BACK TO SAME GOAL FOR A SHOT ON NET.



KEY TEACHING POINTS:

- ON ENTRY ATTACK WIDE
- 1, 2, 3 ATTACK OR 1, 2 (DOUBLE DRIVE)
- D-MAN JUMP INTO RUSH AS 4TH MAN
- 1ST MAN BACK REGROUPING PROVIDES LOW SUPPORT - 2ND MAN MID-ICE SUPPORT - 3RD MAN STRETCH

DRILL DESCRIPTION:

OPTIONS: (1) D1 → D2 → F1; LOW SUPPORT ALONG WALL (2) D1 → D2 → F2; MID-ICE SUPPORT (3) D1 → D2 → F3; STRETCHMAN (4) D1 QUICKLY TURNS UP ICE, MAKES HIS PASSING DECISION WHILE INITIATING TRANSITION (5) D1 OR D2 GAIN R-LINE, DUMP PUCK IN, SKATE THROUGH FORECHECK FORMATION
PROGRESSIONS: ADD FORECHECKERS (PRESSURE) ON D1 AND D2, LIMITING THEIR OPTIONS

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Coach: STEVE KOOK

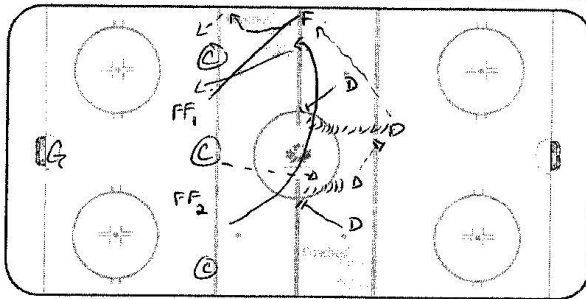
Team: SAIT TROTAN HOCKEY

Country: CANADA

Drill Theme: **Regroups**

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

Drill Name: NEUTRAL ZONE QUICK STEP

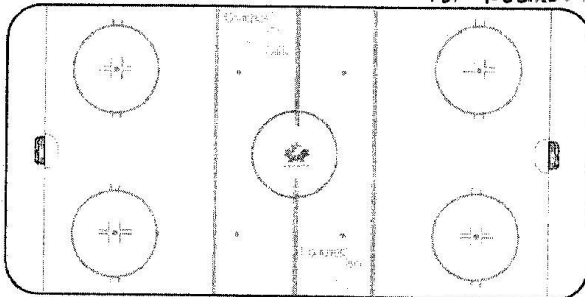


KEY TEACHING POINTS:

- EACH D PAIR GETS 4 REGROUPS
- QUICK REPS
- SAG ? SUPPORT D. PARTNER
- COMMUNICATION BETWEEN D.
- F2 (SUPPORT) INDICATES CHIP OR PASS OR CARRY.
- BASIS FOR D-D NZ REGROUP
- ATTACK 2-6.

DRILL DESCRIPTION:

- ON WHISTLE ~~D~~ D SKATE TO R/L STOP+BACK PEDAL. C DUMPS PUCK TO NZ
- D COLLECT AND REGROUP (SAG ? SUPPORT PARTNER)
- F1 ON WEAK SIDE LOOKS ON BOARDS FOR SUPPORT
- F2 IS CLOSE SUPPORT.
- C AT B/L CHALLENGES OR SAGS. - DECISION IS CHIP OR CARRY D
- ALTERNATES SIDES FOR REGROUP.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



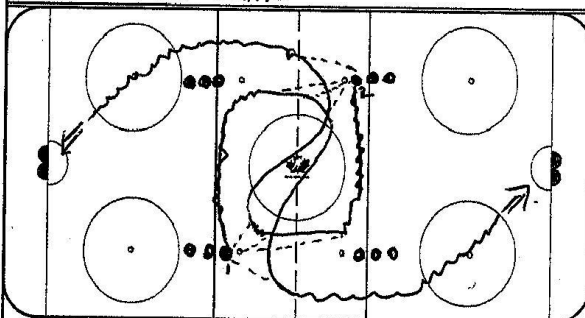
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Coach: SIMON HUDSON
Team: WHISTLER WINTERHAWKS
Country: CANADA
Drill Theme: REGROUPS

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: FLAT SKATE

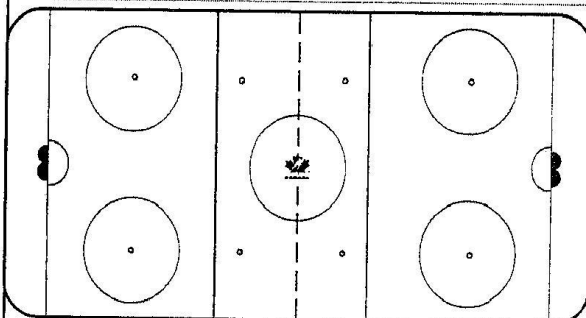


KEY TEACHING POINTS:

COMMUNICATE IN PAIRS
BE AWARE
SHARP PASSING

Drill Description:

① + ② LEAVE TOGETHER WITH PUCK / TRAVEL ACROSS BLUE LINE / PASS
TO DIAGONALLY OPPOSITE LINE / TOUCH PASS BACK / TOUCH PASS BACK TO
NEXT IN LINE / CURL ACROSS MIDDLE RECEIVE PASS FROM
SAME LINE YOU LEFT FROM.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

- VARIATIONS
- ① AFTER SHOT STAY IN FRONT FOR SCREEN ON NEXT
 - ② PASS OFF BOARDS
 - ③ AFTER SHOT, DEFEND NEXT ATTACKER 1on1



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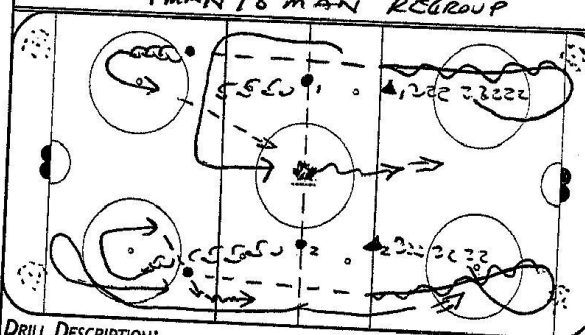
Coach: PETER MARTIN
Team: NORTH SHORE WINTER CLUB ATOM
Country: CANADA
Drill Theme: REGROUPS

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: 4 MAN / 6 MAN REGROUP



KEY TEACHING POINTS:

- F1, F2 don't start until D1, D2 gain blue line
- F1, F2 are encouraged to practice backwards skating w/ puck
- D1, D2, once turning to becoming forwards should look to get into good receiving zones
- players save ice so that shooters don't shoot at same time

DRILL DESCRIPTION:

D1, D2 skate backwards (4 steps), pivot + pick up puck in corner, carry to blue line. F1, F2 begin backwards skate when F1, F2 reach blue line, D1, D2 pass to F1, F2. F1, F2 transition skate inside own blue line, D1, D2 become forwards + skate to create space, F1, F2 pass to D1, D2 respectively who go in and shoot. F1, F2 then turn, pick up pucks in corner and repeat, 2 new D1, D2 jump in at center.

ADDITIONAL TEACHING POINTS:

Progression:

- have 1st pass receivers pass puck to each other before passing to receivers
- have 1st pass receivers pass only to player who didn't pass to them
- introduce low zone, mid zone + stretch skater.

PROGRESSION / OPTIONS:

- add 3rd player on each side
- have receiving players pass to someone other than person who passed to them.



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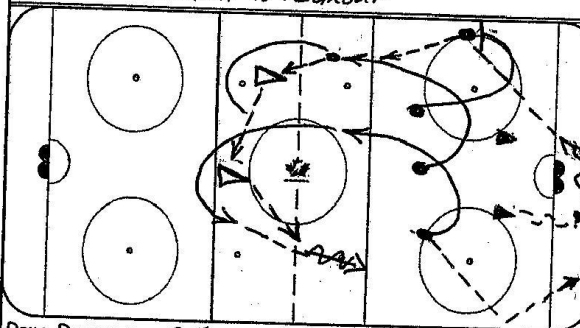
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Vancouver, British Columbia



Coach: MURRAY SYE
Team: MARKHAM ISLANDERS MIDGETS
Country: TOR. ON CANADA
Drill Theme: REGROUPS

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	<input type="radio"/> OFFENSIVE		<input type="radio"/> DEFENSIVE	

Drill Name: Breakout to REGROUP

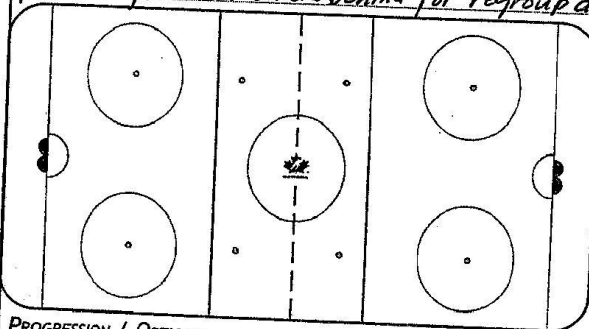


KEY TEACHING POINTS:

- ① quick tempo - fast pace
- ① tape to tape, crisp passing
- ① Forward must support puck carrier
- ① D in regroup should be moving
- ① Forwards regrouping come in 'attack' with speed...
- ① '... and drive the net (for one shot) aggressive
- ① Defending 'D' control gap - take man - finish check

Drill Description: 3 Forwards 2 sets of D

- ① Forwards start b/o by dumping puck for D to retrieve behind net
- ① Winger 'posts up' for quick b/o pass from Dman ① Wingers turn up to puck side - be there for support ① supporting forward receives from winger
- ① that forward forwards' puck to 'D' in opposite zone for regroup ① D to D pass as forwards circle behind for regroup and forecheck against the 2 'D'



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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