

MIDGET

AGES 16 -17

"ENJOY THE GAME"

Practice 1

10 minutes

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with one forward in the middle. The defenders are only allowed to take one step. The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes. Have the same thing going on at both ends. The offense gets one minute to score, then switch and allow the defense to attack.

(add at back of practice card)

The main principle of defending is simple, it is to control the slot area in front of your goal. When teaching defensive zone coverage the coach should show the players where to skate back to in order to protect the slot area. Defend from inside out, always staying between the opponent and the net. As the puck gets closer to the goal more man to man coverage is used on players without the puck. The slot area is where the defenders skate to on defense trying to force the puck to the outside.

10 minutes

B2, 100 Module 3

G1, 07 - poke check, hook check, recovering balance.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

B2, 105 - cut in and shoot using any shot.

10 minutes

D1, 92, 3-3+, FACE-OFFS:

In a controlled scrimmage have face-offs in all areas and teach offensive and defensive responsibilities.

10 minutes

B5 Module 1

B5, 01 - stationary shield puck with the body protecting it from your partner

B5, 02 - keepaway with partner protecting the puck by shielding it with the body.

B5, 03 - neutralizing or controlling the opponents stick and hands by pressuring his hands with the blade of your stick, then get the loose puck.

10 minutes

Module 1

C2, 01, 2-0, ASKING FOR A PASS IN THE HIGH SLOT:

The players are lined up along the boards in the basic C2 formation. Two players leave. Number one takes a shot on goal and looks for a rebound. He then picks up a new puck in the corner. Number two saves ice by slowing down and skating a wide arch in the high slot area. When number one has a new puck number two speeds up and asks for a pass, giving his stick and skates for a target. Number one takes the pass and skates to the other end for a shot. Number one picks up a new puck at the blueline following number one for a new shot on goal.

C2, 02, 2-0, ASKING FOR A PASS AS THE STRETCH MAN

This exercise is very similar to C2. In this drill the number one player shoots, then picks up a new puck and skates to his blueline where he passes through the neutral zone to number two who has saved ice on the far wing and then sped up timing his skating so he can take the pass at full speed in the middle of the ice at the opponents blueline. After passing, number one picks up a new puck at the red line and skates in for a shot.

C2, 03, 3-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and asks for a pass in the high slot area, he carries it over the blueline while number three has timed his skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both pick up new pucks and shoot on goal.

10 minutes

D1, 77, 5-5, 5-3, CLEARING THE FRONT OF THE NET:

The D1, 64 game of full ice 5-5 with 5-3 inside the bluelines can be modified to practice clearing out the front of the net. The rule is that the attacking defensemen cannot come closer than the top of the circles. The three defenders play 3-3 against the offensive forwards. Goals only count on shots from the point, tip-ins, deflections or rebounds. The defenders must learn to clear the opponents out so the goalie can see the shot and the attackers sticks are tied up.

Practice 2

10 minutes

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at the blueline. One defensive player from one corner pressures the puck from the inside. When he does this the middle forward rotates to his place on the corner of the box and the box slides from one side to the other overloading an area of the ice. The remaining four players have sticks in the passing lanes and are on the defensive side of the offensive players. When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack from the inside.

When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover one attacker.

10 minutes

B2, 100 Module 4

G1, 08 - using stick to block shots, shoot, place puck.

B2, 105 - cut in and shoot using any shot.

B2, 106 - cut in and shoot, then follow shot for your rebound.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

10 minutes

D1, 78, 5-5, GAME PRACTICING THE DEFENSEMEN READING THE QUICK COUNTER ATTACK:

In the same game as D1, 77, with two forwards floating in the neutral zone. Have the defending team try long passes to the forwards in the neutral zone. The defensemen at the blueline will have to read and react when to cover for the long pass to the forwards in the neutral zone.

10 minutes

C1 Module 1

C1, 00, 1-1,

"One on One" defenseman without stick or the stick held upside down.

C1, 01, 1-1,

One on one, "playing the gap" in the neutral zone, denying the mid ice lane and forcing the player wide. Close the gap by the blueline and play off the attackers back shoulder so he cannot cut in front of you.

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside. Mohawk turn to the outside with the angle at the back shoulder.

10 minutes

Module 2

C2, 02, 2-0, ASKING FOR A PASS AS THE STRETCH MAN

This exercise is very similar to C2. In this drill the number one player shoots, then picks up a new puck and skates to his blueline where he passes through the neutral zone to number two who has saved ice on the far wing and then sped up timing his skating so he can take the pass at full speed in the middle of the ice at the opponents blueline. After passing, number one picks up a new puck at the red line and skates in for a shot.

C2, 03, 2-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and asks for a pass in the high slot area, he carries it over the

blueline while number three has timed his skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both pick up new pucks and shoot on goal.

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net. Number two and three follow, skating up the ice in triangular formations while passing back then trailing while the pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

10 minutes

D1, 59, 5-5, OFFENSIVE POSSESSION BEHIND THE OPPONENTS NET:

When the puck is behind the opponents net number two and three should move to the face-off dots where it is hard for defenders to cover. A defenseman can move into the slot for a pass if the defenders backs are turned.

Practice 3

10 minutes

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation. They are in a tight box with one forward in the middle. The defenders are only allowed to take one step. The offensive team can do anything it wants to score. The defenders keep their sticks in the passing lanes. Have the same thing going on at both ends. The offense gets one minute to score, then switch and allow the defense to attack.

10 minutes

B2, 100 Module 5

G1, 09 - using blocker and catching glove to block shots.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 108 - cut in and shoot, shoot any rebound, tip for next shooter.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

10 minutes

D1, 60, 5-5, USING DEFENSEMEN IN THE OFFENSIVE ZONE:

At the higher levels players avoid being forced into the corner, but instead pivot at the hashmarks and pass back or across to the defenseman. These plays have a certain amount of high risk because the fourth and fifth man can easily give up outnumbered counter attacks if they mishandle the puck, so only safe passes should be made and shots from the point must go past the first wave of defenders.

10 minutes

C1 Module 2

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside. Mohawk turn to the outside with the angle at the back shoulder.

C1, 03, 1-1,

FORECHECKING: The players are lined up in the basic C1 formation. Pucks are placed behind the face-off dots at each end. The first skater picks up the puck, and turns towards the strong side boards, the second skaters delays, then forechecks.

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a defenseman. He skates just over the offensive blueline and then skates backwards defending against the attacking skater.

10 minutes

C2 Module 3

C2, 03, 3-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and asks for a pass in the high slot area, he carries it over the blueline while number three has timed his skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both pick up new pucks and shoot on goal.

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net. Number two and three follow, skating up the ice in triangular formations while passing back then trailing while the pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new puck and carries it down against number two and three who are playing as defensemen and want to stop him before their blueline.

10 minutes

D1, 61, 5-5, GAME WITH ONLY DEFENSEMEN SHOOTING:

Play a game where only goals scored by direct or deflected shots from the blueline or from passes from the defense are counted. This promotes the players tight turning and passing to the point, as well as screening and tipping. Defensemen should only shoot if they can miss the first checker, otherwise they should pass or put the puck behind the net. The other defenseman supports from the middle and one forward should come back toward the puck on the strong side.

10 minutes

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at the blueline. One defensive player from one corner pressures the puck from the inside. When he does this the middle forward rotates to his place on the corner of the box and the box slides from one side to the other overloading an area of the ice. The remaining four players have sticks in the passing lanes and are on the defensive side of the offensive players. When pressuring the puck the defender skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack from the inside. When the play goes to another area the closest player forces the play in the same way. All players are responsible to cover one attacker.

10 minutes

B2, 100 Module 6

G1, 10 - using body to block shots.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

10 minutes

D1, 58, 5-5, ATTACKING WITH THE 1-2-3-4-5 PRINCIPLE:

By counting teammates ahead of them, players learn to read and react to the play.

Number one is the first player to cross the blueline. Number two supports by driving to the far post or crossing with number one. Number three should trail from the mid slot area if two goes to the post. If one and two have crossed then number three should drive to the far post. Number four is the weak side defenseman and should join the attack as far as the top of the face-off circle. Number five supports the attack from the blue line on the strong side. This gives a three wave 2-2-1 attack with two players deep, two in the high slot area and one back at the blueline.

10 minutes

C1 Module 3

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a defenseman. He skates just over the offensive blueline and then skates backwards defending against the attacking skater.

C1, 05, 2-0,

GIVE AND GO: In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others lanes. The idea is to come drive to the middle with the puck when space is given by the defense. This middle position allows the puckcarrier more passing options.

10 minutes

Module 4

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net. Number two and three follow, skating up the ice in triangular formations while passing back then trailing while the pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new puck and carries it down against number two and three who are playing as defensemen and want to stop him before their blueline.

C2, 06, 2-3, 3-4, EVEN OR OUTNUMBERED SITUATIONS

Read that the defenders have backed in or are standing up at the blueline, if they back in take the free ice in the middle, if they are standing up, go wide, if they outnumber you or have an advantage dump the puck in.

10 minutes

D1, 62, 5-5, CONTROLLED SHOOT-INS

Shoot-ins are used to drive the puck deep into the offensive zone . They are used when changing on the fly, giving the team time to have fresh players on the ice and with aggressive forechecking they can be an effective way to tire the oppositions defense and to cause turnovers.

This strategy only works if the players are skating fast before the puck is shot in. The forecheckers then have the chance to play the defenseman's body before he can turn up ice.

Another strategy is to rim the puck around the net and force a goalie, who may be a poor puckhandler to make plays.

When forechecking the first man gives immediate pressure and the second man must read whether to support by double teaming or react to a quick outlet pass.

A two man cycle has the original puckcarrier move to the front of the net. A three man cycle moves the third man to the front of the net as the original puckcarrier takes a position in the high slot.

Practice 5

10 minutes

D4, 13, 3-3+, ***BACKWARD SKATING:

Everyone must skate backwards at all times. Teach players to slide backwards into good scoring position. Another option is that only the puckcarrier must skate backwards.

10 minutes

B2, 100 Module 7

G1, 11 - playing the short side.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

B2, 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after screening stay at side of net to tip the second shot.

10 minutes

D1, 63, 5-5, GAME WITH CYCLING IN THE OFFENSIVE CORNER:

To create space from the corner the puckcarrier skates up the boards, if he is pressured he passes back to the corner where his teammate cycles from the front of the net. makes taking hard backhanded passes easier.

10 minutes

C1 Module 4

C1, 05, 2-0,

GIVE AND GO, : In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others lanes. The idea is to come drive to the middle with the puck when space is given by the defense. This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

10 minutes

Module 5

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new puck and carries it down against number two and three who are playing as defensemen and want to stop him before their blueline.

C2, 06, 2-3, 3-4, EVEN OR OUTNUMBERED SITUATIONS,

Read that the defenders have backed in or are standing up at the blueline, if they back in take the free ice in the middle, if they are standing up, go wide, if they outnumber you or have an advantage dump the puck in.

G1, 21 - Goalie practice passing to teammates to start breakouts.

10 minutes

D1, 65, 5-3, GAME OF 5-3 WITH 10 CONSECUTIVE PASSES:

Play the same game as D1, 64 with the rule that at least 10 consecutive passes must be made before a goal counts. This is good practice for both passing and offensive support.

Practice 6

10 minutes

D4, 14, 3-3+, BACKHAND PASS AND SHOOTING GAME:

Half ice game practicing the backhand passing and shooting skills.

10 minutes

B2, 100 Module 8

G1, 12 - playing hard slap shots.

B2, 106 - cut in and shoot, then follow shot for your rebound.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from side of net.

B2 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after screening stay at side of net to tip the second shot.

10 minutes

D1, 66, 3-3+, GAME WITH OFFENSIVE SCREENING:

The puckcarrier is not allowed to pass, so his teammates must create space by screening the defenders. You could also say the player must carry the puck through one zone before passing.

10 minutes

C1 Module 5

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others lanes. The idea is to come drive to the middle with the puck when space is given by the defense. This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

10 minutes

Module 6

C2, 07, 2-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 2-0, starting with; a shot on goal, rim or dump-in.

C2, 08, 3-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 3-0, starting with; a shot on goal, rim or dump-in.

C2, 09, 4-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 4-0, starting with; a shot on goal, rim or dump-in.

10 minutes

D1, 67, 5-5+, FOUR PLAYERS FORECHECK:

Pressure forecheck, the first four forecheckers cover four lanes while the fifth player is at the blueline. All checks must be completed.

Practice 7

10 minutes

D4, 15, 3-3+, GAME ALLOWING ONLY ONE PASS:

By allowing only one pass the player must try to score and teammates must support by screening and going to the net.

10 minutes

B2, 200 Module 1

G1, 13 - playing; tip-ins and deflections.

B2, 200 - skate to top of circle and take a sweepshot on goal.

B2, 201 - skate to top of circle and take a wristshot on goal.

B2, 202 - skate to hash marks and take a backhand shot on goal.

10 minutes

D1, 70, 5-5, DEFENSIVE TEAM PLAY: (explanation at back of teaching card)

The team must have a style of play that allows for simple transition from offense to defense and defense to offense. the most efficient way to do this is to have the last three players defending in a triangle, with two men back. If the backchecker can force the puckcarrier wide before the red line he should do this. If the puckcarrier is in front of the backchecker he should let the defenseman play him and cover a trailer. The 2-3-4 rule should apply; 2 players are always at the offensive blueline, 3 are back deflecting the play wide by the red line and 4 are back by the defensive blueline, this fourth player will fill the middle if the first backchecker has taken the puckcarrier wide or he will cover the far

wing if the defense are playing the puckcarrier. This style protects the middle lane and allows the backchecker to; force the puck wide, play 2-2 crossing situations with the defenseman or pick up the trailer on a rush. The other defenseman covers the man going to the far post. In this way you avoid two defensemen in one corner with a forward covering the front of the net, as happens when the forward backchecks on the weak side winger. The triangle also prevents the attacker from going to the middle when the defense backs in too fast. Transition is also easy from this triangular positioning, as the breakout pattern is easily begun. If passive forechecking 1-2-2 was used because of a set up behind the net then the first two backcheckers pick up the players in the outside lanes and the defense challenge by the red line. The neutral zone is the best area to create turnovers and to go into offensive transition.

10 minutes

C1 Module 6

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0,

PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

10 minutes

Module 7

C2, 08, 3-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 3-0, starting with; a shot on goal, rim or dump-in.

C2, 09, 4-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 4-0, starting with; a shot on goal, rim or dump-in.

C2, 10, 5-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a shot on goal, rim or dump-in.

10 minutes

D1, 71, 5-5, GAMES TEACHING FORECHECKING WITH DEFENSIVE
TRANSITION COVERAGE:

When attacking in the offensive zone and the puck is loose, players must support thinking both offense and defense. The first man pressures the puck, the second man reads either double team, react to the pass or backcheck, the third player reacts to the pass to the boards, covers for a pinching defenseman or backchecks. The fourth player supports from the far post at the blueline, and the fifth player either supports the play from the blueline or takes a pre-pinch position, depending on what forechecking system is being used. The third man would play high in the slot when pinching, lower when he is reacting to the boards pass.

Practice 8

10 minutes

D4, 16, 3-3+, ALL PLAYERS MUST TOUCH PUCK BEFORE SCORING:

This game requires that players support the attack and the puckcarrier learns to look around, it also encourages better communication.

10 minutes

B2, 200 Module 2

G1, 14 - playing screen shots.

B2, 201 - skate to top of circle and take a wristshot on goal.

B2, 203 - skate to top of the circle and take a snapshot on goal.

B2, 204 - skate over blueline and take a slapshot on goal.

10 minutes

D1, 72, 3-3, GAMES STRESSING WINNING LOOSE PUCKS IN THE OFFENSIVE
ZONE:

The closest player must go after "loose pucks" as quickly as possible. The other players support according to their distance from the puck.

10 minutes

C1 Module 7

C1, 08, 2-0 LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0, PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks can be moved to various locations to enhance any drill. Move the pucks into the offensive corner. Two players leave at the same time. The first player picks up the

puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

10 minutes

Module 8

C2, 09, 4-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 4-0, starting with; a shot on goal, rim or dump-in.

C2, 10, 5-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a shot on goal, rim or dump-in.

C2, 09, 5-1, BREAKOUT 5-1

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

10 minutes

D1, 73, 5-5, ACTIVE FORECHECKING:

The closest player forechecks from the inside out, preventing passes up the middle and forcing the play wide, always playing the body. The other players must read whether they must; force the play, double team, backcheck, pinch or fill for a pinching defenseman. As long as the opponent is not facing up ice forechecking is effective.

Practice 9

10 minutes

D4, 17, 3-3+, ONLY 3 TOUCHES OR 3 STRIDES BEFORE PASS OR SHOOTING:

By only allowing the player to carry the puck for a short time the coach promotes offensive support and the puckcarrier must finding open teammates.

10 minutes

B5 Module 2

B5, 03 - neutralizing or controlling the opponents stick and hands by pressuring his hands with the blade of your stick, then get the loose puck.

B5, 04 - play corners in defensive zone. Immediate pressure on the puckcarrier. Playing off his back shoulder if his back is to the play.

B5, 05 - in defensive corner if the puckcarrier is moving toward the goal and the defenseman is late use controlled skating to close the gap from the defensive side, changing from forward to back skating.

10 minutes

D1, 74, 5-5, PASSIVE FORECHECKING:

When the opposition has full control of the puck and can see up ice the first player forechecks passively, forcing the puck to the outside while his teammates cover the pass receivers.

10 minutes

C1 Module 8

C1, 09, 2-0, **PLAYING THE WALL:** From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

C1, 10, 2-0, **PLAYING FROM BEHIND THE OPPONENTS NET:** In the C1 formation the pucks can be moved to various locations to enhance any drill. Move the pucks into the offensive corner. Two players leave at the same time. The first player picks up the puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

C1, 11, 2-1, **TWO OFFENSIVE PLAYERS VERSUS CHECKERS:** Two offensive players and a forechecker leave from the basic C1 formation. The first man picks up the puck behind the face-off dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

10 minutes

Module 9

C2, 10, 5-0, **BREAKOUTS**

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a shot on goal, rim or dump-in.

C2, 11, 5-1, **BREAKOUT 5-1**

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

C2, 12, 5-2, **BREAKOUT 5-2**

The same as C 200 when five men leave but two defensemen play against the unit. Continue to play 5-2 in the offensive zone until a goal is scored or the puck is cleared out of the zone.

10 minutes

D1, 75, 5-5, **DEFENSIVE ZONE COVERAGE; 1-2-3-4-5 PRINCIPLE:**

As the players come back into their zone they cover the opposition according to their closeness to the play. Number one covers the puck carrier, number two the front of the net, number three supports the play from the mid slot area covering 3-3 with the first two players back (usually defensemen). Number four covers the mid high slot area where the far defenseman may come in as the fourth man on the attack. Number five covers the strong side defenseman. Everyone stays on the "defensive side" of their man with their sticks on the ice in the ice denying passes to the slot. When the puck is in deep the first three players play man to man coverage and four and five have zone coverage high. When the puck is at the point, everyone covers man to man.

Practice 10

10 minutes

D4, 18, 3-3+, ALL PASSES MUST BE OFF THE ICE:

This is good practice for lifting the puck over sticks, work on making the puck land flat on the ice.

10 minutes

B5 Module 3

B5, 04 - play corners in defensive zone. Immediate pressure on the puckcarrier. Playing off his back shoulder if his back is to the play.

B5, 05 - in defensive corner if the puckcarrier is moving toward the goal and the defenseman is late use controlled skating to close the gap from the defensive side, changing from forward to back skating.

B5, 06 - playing tag with partner in a reduced space or placing a puck on the ice and having a contest to see who can touch the puck.

10 minutes

D1, 76, 3-3+, GAME WITH STICKS UPSIDE DOWN IN THE DEFENSIVE ZONE:

A good teaching technique is to practice defense while holding the sticks upside down in the defensive zone. This helps the players to focus on staying between their check and the net, with their shoulders square. They must stop and start and learn to always play the body deep in their own zone. The coach can blow the whistle and signal that the sticks may be held properly and the other team can defend with their sticks upside down.

10 minutes

C1 Module 9

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks can be moved to various locations to enhance any drill. Move the pucks into the offensive corner. Two players leave at the same time. The first player picks up the puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

C1, 11, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS: Two offensive players and a forechecker leave from the basic C1 formation. The first man picks up the

puck behind the face-off dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

C1, 12, 2-2, TWO ON TWO / DEFENSEMAN AND WING ON TWO FORWARDS:
The first two players are offensive forwards, they leave and pick up a puck, while the third man delays and then forechecks the puckcarrier forcing the puck towards the boards. The fourth player to leave plays defense. The second man should support the puckcarrier from behind from the middle lane. This is a 2-2 situation.

10 minutes

Module 10

C2, 11, 5-1, BREAKOUT 5-1

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

C2, 12, 5-2, BREAKOUT

The same as C 200 when five men leave but two defensemen play against the unit. Continue to play 5-2 in the offensive zone until a goal is scored or the puck is cleared out of the zone.

C2, 13, 5-3, BREAKOUT

The unit breaks out against three defenders waiting in the neutral zone. When the first attack is finished continue to play 3 on 3 deep in the zone, with the offense trying to pass to the uncovered point men who take shots from the blueline, while the three defenders play three one three in front of their net.

10 minutes

D1, 77, 5-5, 5-3, CLEARING THE FRONT OF THE NET:

The D1, 64 game of full ice 5-5 with 5-3 inside the bluelines can be modified to practice clearing out the front of the net. The rule is that the attacking defensemen cannot come closer than the top of the circles. The three defenders play 3-3 against the offensive forwards. Goals only count on shots from the point, tip-ins, deflections or rebounds. The defenders must learn to clear the opponents out so the goalie can see the shot and the attackers sticks are tied up.

Practice 11

10 minutes

D4, 19, 3-3+, GOALS ON PASSES FROM BEHIND NET:

Individual and team skills of playing from behind the net are improved. The forwards can pick the defense, and point men move in for a shot.

10 minutes

B5 Module 3

B5, 04 - play corners in defensive zone. Immediate pressure on the puckcarrier. Playing off his back shoulder if his back is to the play.

B5, 05 - in defensive corner if the puckcarrier is moving toward the goal and the defenseman is late

use controlled skating to close the gap from the defensive side, changing from forward to back

skating.

B5, 06 - playing tag with partner in a reduced space or placing a puck on the ice and having a contest

to see who can touch the puck.

10 minutes

D1, 56, 3-3+, GAME WITH NO "GIVE AND GO PASSES":

In this game the player is not allowed to return the pass so he must look for a third player.

This

promotes looking around with the head on a swivel, as well as supporting the puckcarrier by all

teammates.

10 minutes

C2 Module 1

C2, 01, 2-0, ASKING FOR A PASS IN THE HIGH SLOT:

The players are lined up along the boards in the basic C2 formation. Two players leave.

Number one

takes a shot on goal and looks for a rebound. He then picks up a new puck in the corner.

Number

two saves ice by slowing down and skating a wide arch in the high slot area. When

number one has

a new puck number two speeds up and asks for a pass, giving his stick and skates for a target.

Number one takes the pass and skates to the other end for a shot. Number one picks up a new puck

at the blueline following number one for a new shot on goal.

C2, 02, 2-0, ASKING FOR A PASS AS THE STRETCH MAN

This exercise is very similar to C2. In this drill the number one player shoots, then picks up a new

puck and skates to his blueline where he passes through the neutral zone to number two who has

saved ice on the far wing and then sped up timing his skating so he can take the pass at full speed in

the middle of the ice at the opponents blueline. After passing, number one picks up a new puck at

the red line and skates in for a shot.

C2, 03, 3-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number

one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and

asks for a pass in the high slot area, he carries it over the blueline while number three has timed his

skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both

pick up new pucks and shoot on goal.

10 minutes

D1, 57, 5-5, GAME WITH REGROUPING IN THE NEUTRAL ZONE:

Play a game where the offensive team must pass the puck back and regroup at least once before

they enter the offensive zone. The same principles of the 1-2-3-4-5 breakout are used whenever the

last two players have the puck.

10 minutes

C3 Module 1

C3, 00, 2-0, Breakout 2-0

One player shoots the puck in the corner or at the net so the goalie can set it up. The first player gets

the puck and the second player supports from the front of the net and they practice working together

by communicating.

1. GO - the first player should drive skate and move up the ice with the puck.

2. Reverse - first player drives skate with puck and bounces puck off boards back to partner.

3. Behind - the first player bounces the puck off the boards behind the net to his partner.

After the first pass the two defenseman skate down and shoot at the other net.

Practice 12

10 minutes

D4, 20, 5-5, 5-4 WITH ONE PLAYER IN NEUTRAL ZONE:

This allows two units to work on power play and penalty killing. Alternate who waits in the neutral

zone.

10 minutes

C1 Module 1

C1, 00, 1-1,

"One on One" defenseman without stick or the stick held upside down.

C1, 01, 1-1,

One on one, "playing the gap" in the neutral zone, denying the mid ice lane and forcing the player wide. Close the gap by the blueline and play off the attackers back shoulder so he cannot cut in front of you.

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside.
Mohawk turn to the outside with the angle at the back shoulder.

10 minutes

D1, 58, 5-5, ATTACKING WITH THE 1-2-3-4-5 PRINCIPLE:

By counting teammates ahead of them, players learn to read and react to the play.

Number one is the

first player to cross the blueline. Number two supports by driving to the far post or crossing with

number one. Number three should trail from the mid slot area if two goes to the post. If one and two

have crossed then number three should drive to the far post. Number four is the weak side

defenseman and should join the attack as far as the top of the face-off circle. Number five supports

the attack from the blue line on the strong side. This gives a three wave 2-2-1 attack with two players

deep, two in the high slot area and one back at the blueline.

10 minutes

C2 Module 2

C2, 02, 2-0, ASKING FOR A PASS AS THE STRETCH MAN

This exercise is very similar to C2. In this drill the number one player shoots, then picks up a new

puck and skates to his blueline where he passes through the neutral zone to number two who has

saved ice on the far wing and then sped up timing his skating so he can take the pass at full speed in

the middle of the ice at the opponents blueline. After passing, number one picks up a new puck at

the red line and skates in for a shot.

C2, 03, 2-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number

one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and asks for a pass in the high slot area, he carries it over the blueline while number three has timed his skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both pick up new pucks and shoot on goal.

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net. Number two and three follow, skating up the ice in triangular formations while passing back then trailing while the pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

10 minutes

D1, 61, 5-5, GAME WITH ONLY DEFENSEMEN SHOOTING:

Play a game where only goals scored by direct or deflected shots from the blueline or from passes from the defense are counted. This promotes the players tight turning and passing to the point, as well as screening and tipping. Defensemen should only shoot if they can miss the first checker, otherwise they should pass or put the puck behind the net. The other defenseman supports from the middle and one forward should come back toward the puck on the strong side.

10 minutes

C3 Module 2

C3 01, 3-0, Breakout

Two players leave from one side and one from the other. The puck is shot in; the first player gets the puck, the second player goes to the front of the net and makes the call, the third player support.

Boards - this means that the puck is pa

C3, 02, 4-0, Breakout 4-0

Two players leave from each side shooting the puck in. The first player gets the puck, the second player goes to the front of the net, the third player supports from the puck side boards, and the fourth player supports by mirroring the puck from the middle of the ice near the hash marks. 4. Middle - the first player passes up the middle to the fourth player.

Practice 13

10 minutes

D4, 21, 3-3, 5-3 WITH TWO PLAYERS IN NEUTRAL ZONE:

This game allows two units to work on the power play and penalty killing.

10 minutes

Module 2

C1, 02, 1-1,

One on one, defender should skate backward toward the far post forcing the play to the outside.

Mohawk turn to the outside with the angle at the back shoulder.

C1, 03, 1-1,

FORECHECKING: The players are lined up in the basic C1 formation. Pucks are placed behind the face-off dots at each end. The first skater picks up the puck, and turns towards the strong side

boards, the second skaters delays, then forechecks.

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a defenseman. He skates just over the offensive blueline and then skates backwards defending against the attacking skater.

10 minutes

D1, 60, 5-5, USING DEFENSEMEN IN THE OFFENSIVE ZONE:

At the higher levels players avoid being forced into the corner, but instead pivot at the hashmarks and

pass back or across to the defenseman. These plays have a certain amount of high risk because the

fourth and fifth man can easily give up outnumbered counter attacks if they mishandle the puck, so

only safe passes should be made and shots from the point must go past the first wave of defenders.

10 minutes

C2 Module 3

C2, 03, 3-0, FLYING ATTACKS

This exercise combines the timing practiced in the other C2 drills. Three players leave now; number

one shoots, looks for a rebound, then picks up a new puck in the corner. Number two saves ice and asks for a pass in the high slot area, he carries it over the blueline while number three has timed his skating from the wide wing and asks for a pass at the offensive blueline. Number one and two both pick up new pucks and shoot on goal.

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net. Number two and three follow, skating up the ice in triangular formations while passing back then trailing while the pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new puck and carries it down against number two and three who are playing as defensemen and want to stop him before their blueline.

10 minutes

D1, 59, 5-5, OFFENSIVE POSSESSION BEHIND THE OPPONENTS NET:

When the puck is behind the opponents net number two and three should move to the face-off dots where it is hard for defenders to cover. A defenseman can move into the slot for a pass if the defenders backs are turned.

10 minutes

C3 Module 3

C3, 02, 4-0, Breakout

Two players leave from each side shooting the puck in. The first player gets the puck, the second player goes to the front of the net, the third player supports from the puck side boards, and the fourth player supports by mirroring the puck from the middle of the ice near the hash marks. 4. Middle - the first player passes up the middle to the fourth player.

10 minutes

D4, 22, 4-4, HALF ICE 4-4:

Forwards cover defense and defense cover forwards. Use the 1,2,3,4 principles.

10 minutes

C1 Module 3

C1, 04, 1-1,

ONE ON ONE: The same as in forechecking except that now the second player takes on the role of a

defenseman. He skates just over the offensive blueline and then skates backwards

defending

against the attacking skater.

C1, 05, 2-0,

GIVE AND GO: In the basic C1 formation two skaters leave at the same time. The first player picks

up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others

lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

10 minutes

D1, 62, 5-5, CONTROLLED SHOOT-INS

Shoot-ins are used to drive the puck deep into the offensive zone . They are used when changing on

the fly, giving the team time to have fresh players on the ice and with aggressive forechecking they

can be an effective way to tire the oppositions defense and to cause turnovers.

This strategy only works if the players are skating fast before the puck is shot in. The forecheckers

then have the chance to play the defenseman's body before he can turn up ice.

Another strategy is to rim the puck around the net and force a goalie, who may be a poor puckhandler

to make plays.

When forechecking the first man gives immediate pressure and the second man must read whether

to support by double teaming or react to a quick outlet pass.

A two man cycle has the original puckcarrier move to the front of the net. A three man cycle moves

the third man to the front of the net as the original puckcarrier takes a position in the high slot.

10 minutes

Module 4

C2, 04, 3-0, USING BACKPASSING

Three players leave; number one takes a shot and picks up a new puck behind the net.

Number two

and three follow, skating up the ice in triangular formations while passing back then trailing while the

pass receiver drives ahead. A shot is taken from the slot while the man in front tips or screens.

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new

puck and carries it down against number two and three who are playing as defensemen and want to

stop him before their blueline.

C2, 06, 2-3, 3-4, EVEN OR OUTNUMBERED SITUATIONS

Read that the defenders have backed in or are standing up at the blueline, if they back in take the free

ice in the middle, if they are standing up, go wide, if they outnumber you or have an advantage dump

the puck in.

10 minutes

D1, 63, 5-5, GAME WITH CYCLING IN THE OFFENSIVE CORNER:

To create space from the corner the puckcarrier skates up the boards, if he is pressured he passes

back to the corner where his teammate cycles from the front of the net.

makes taking hard backhanded passes easier.

10 minutes

C3 Module 4

C3, 03, 5-0, Breakout

Three players from one side and two from the other side leave and shoot the puck in. The first player

gets the puck, the second goes to the front of the net, the third player goes to the strong side boards,

the fourth player mirrors the puck from the mid slot area, the fifth player goes to the far boards. The

second player makes the call.

5. Rim - The first player shoots the puck hard around the boards to the fifth player.

The original number three now becomes the wide winger and should support the play by filling the

middle lane.

C3, 04, 5-1, Breakout

Players line up in two rows in the basic C3, formation. A long shot or rim is taken, so the goalie must make the first play by passing or setting the puck up for a defenseman. Breakout situations are played versus one forechecker.

Practice 15

10 minutes

D4, 23, 4-4, Half ice 4-3 WITH ONE PLAYER IN NEUTRAL ZONE:

Good game to work on power play and penalty killing.

10 minutes

Module 4

C1, 05, 2-0,

GIVE AND GO, : In the basic C1 formation two skaters leave at the same time. The first player picks up a puck and the skate down the ice while give and go passing, they shoot and rebound.

C1, 06, 2-0,

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first players skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

10 minutes

D1, 78, 5-5, GAME PRACTICING THE DEFENSEMEN READING THE QUICK COUNTER

ATTACK:

In the same game as D1, 77, with two forwards floating in the neutral zone. Have the defending team try long passes to the forwards in the neutral zone. The defensemen at the blueline will have to read and react when to cover for the long pass to the forwards in the neutral zone.

10 minutes

Module 5

C2, 05, 1-2, ONE ON TWO

Three players leave from the C2 formation. Number one shoots and rebounds. He picks up a new puck and carries it down against number two and three who are playing as defensemen and want to stop him before their blueline.

C2, 06, 2-3, 3-4, EVEN OR OUTNUMBERED SITUATIONS,

Read that the defenders have backed in or are standing up at the blueline, if they back in take the free ice in the middle, if they are standing up, go wide, if they outnumber you or have an advantage dump the puck in.

G1, 21 - Goalie practice passing to teammates to start breakouts.

10 minutes

C3 Module 5

C3, 04, 5-1, Breakout

Players line up in two rows in the basic C3, formation. A long shot or rim is taken, so the goalie must make the first play by passing or setting the puck up for a defenseman. Breakout situations are played versus one forechecker.

C3, 05, 5-2, Breakout

Same as C3, formation, but now two forecheckers against the breakout situation. The forecheckers force the play wide to gain time for the defense. When they backcheck they must pick up the two most dangerous players in front of their eyes.

10 minutes

D1, 91, 5-5, DEFENDING 3-3, 2-2, IN DEFENSIVE ZONE:

In a full ice game each team leaves two players in the neutral zone. When the defending team gets the puck they pass to the neutral zone and there will be a 2-2 situation at the other end. □

Practice 16

10 minutes

B4 Module 2 Skating with puck and shooting.

G1, 16 - stand up style.

B4, 02 - "skating/movement routines", using a puck.

- forward
- backward
- crossover forward
- crossover backward
- pivots on the circles and lines
- tight turns on the lines and "the walls"

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

10 minutes

D4, 24, 3-3+, GAME ATTACKING WITH SHOOT IN AND FORECHECK:

The offensive and defensive individual and team skills such as screening the forechecker can be worked on.

10 minutes

Module 5

C1, 06, 2-0, □

WING AND CENTRE SWITCH: Now the players switch positions, crossing and filling each others

lanes. The idea is to come drive to the middle with the puck when space is given by the defense.

This middle position allows the puckcarrier more passing options.

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the

blueline. The first player skates for a puck and turns up ice. He crosses the blueline and quickly

passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane

where he passes back to the stretch man who drives to the net.

10 minutes

D1, 97, 3-3+, DEFENSE STRESS GETTING A TIGHT GAP BEFORE THE RED LINE:

By playing a tight gap the defense can control the rush. The defensemen must move up and down

the ice controlling the distance between them and the puckcarrier. By moving and locking on their

coverage early, they will not be caught standing still, and can check the player in the neutral zone,

instead of backing in.

10 minutes

C3 Module 6

C3, 05, 5-2, Breakout

Same as C3, but now two forecheckers against the breakout situation. The forecheckers force the play wide to gain time for the defense. When they backcheck they must pick up the two most dangerous players in front of their eyes.

C3, 06, 5-3, BREAKOUT

The breakout is against three defenders. The coach decides how many forecheckers or defensemen he wants to use; two forecheckers one defenseman, one forechecker two defensemen, three forecheckers.

10 minutes

D1, 80, 3+, GAME STRESSING FORWARDS FINISHING CHECKS:

In this game a point is given every time the offensive team makes a give and go pass.

The defense

stops this by finishing checks after passes.

When a forechecker forces the play he should finish his check in order to eliminate the "give and go"

and to force the opposition to play under the pressure of "getting hit". A player shouldn't take himself

out of the flow of the play by chasing the opponent recklessly. Finishing checks tires both the

offensive and defensive players. The guiding principle is "the closer the player is to your goal the harder the bodycheck."

Practice 17

10 minutes

B4 Module 2 Skating with the puck and shooting.

G1, 17 - playing breakaways.

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

10 minutes

D4, 25, 3-3+, GOALS FROM CYCLING IN CORNERS:

Offensive and defensive roles involved in cycling in the offensive corners can be worked on.

10 minutes

Module 6

C1, 07, 2-0,

PASSING TO THE STRETCH MAN: From the basic C1 formation place the pucks just inside the blueline. The first player skates for a puck and turns up ice. He crosses the blueline and quickly passes to the second player who has become the stretch man up at the offensive blueline.

C1, 08, 2-0,

LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0,

PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a direct shot is taken by the second player.

10 minutes

D1, 82, 5-4, **FULL ICE 5-5 ONE DEFENSIVE PLAYER STAYS IN NEUTRAL ZONE:**

Power play and penalty killing practice. One defensive player stays in neutral zone, the specialty team can practice. The player is free for a long pass, this is similar to a player coming out of the penalty box.

10 minutes

C2 Module 7

C2, 08, 3-0, **BREAKOUTS**

From the C 2 formation the breakout can be taught and practiced. Breakouts of 3-0, starting with; a shot on goal, rim or dump-in.

C2, 09, 4-0, **BREAKOUTS**

From the C 2 formation the breakout can be taught and practiced. Breakouts of 4-0, starting with; a shot on goal, rim or dump-in.

C2, 10, 5-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a shot on goal, rim or dump-in.

10 minutes

D1, 83, 5-3, 5-5 TWO DEFENSIVE PLAYERS STAYS IN NEUTRAL ZONE:

Five on three power play and penalty killing can be worked on at each end. Alternate who stays in neutral zone.

Practice 18

10 minutes

B4 Module 3 Skating with the puck and shooting.

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

10 minutes

D4, 26, 3-3+, GOALS FROM GIVE AND GO PASSES:

This rule forces the players to break into the opening after passing.

10 minutes

Module 7

C1, 08, 2-0 LATERAL FEED: The first player carries the puck up the ice and gains the blueline in the middle lane where he passes back to the stretch man who drives to the net.

C1, 09, 2-0, PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside when he is about halfway into the defensive zone. The number two player skates down the middle lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a

direct shot is taken by the second player.

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks

can be moved to various locations to enhance any drill. Move the pucks into the offensive corner.

Two players leave at the same time. The first player picks up the puck and skates behind the goal

line towards the net. The second player delays and saves ice timing his skating so that he arrives at

the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct

shot is taken.

10 minutes

D1, 79, 3-3+, GAME PRACTICING DEFENDING THE PLAY OUT OF THE CORNER:

In this game the rule is that goals only count if they are started by plays out of the offensive corners.

The closest player defends the attack out of the corner. If he reads that the opponent is not in full

control of the puck, has his back to the play or is within half a stick length of the player, the defender

should play the body and pin the man to the boards. If the player is under full control and is facing up

ice, the defender should stop and skate backwards, maintaining his "defensive side" and close the

gap so that he can make contact with the player by the face-off dot. If the player passes the defender

stays with him eliminating the give and go. "Both the man and the puck cannot come out of the corner."

10 minutes

C2 Module 8

C2, 09, 4-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 4-0, starting with; a

shot on goal, rim or dump-in.

C2, 10, 5-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a

shot on goal, rim or dump-in.

C2, 09, 5-1, BREAKOUT 5-1

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

10 minutes

D1, 85, 4-4, PLAY 4-4 FOCUSING ON TEAM PLAY CONCEPTS:

Forwards cover the defense and defense cover forwards. Centre goes to point on faceoff.

Practice 19

10 minutes

B4 Module 4 Skating with puck and shooting.

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They

should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 minutes

D4, 27, 3-3+, GAME WITH NO PASSING ALLOWED IN OFFENSIVE ZONE:

This game is designed to work on going to the net. It also force the defense to stay on the defensive side.

10 minutes

C1 Module 8

C1, 09, 2-0, PLAYING THE WALL: From the C1 formation, the first player picks up a puck at the

top of the face-off circle and skates down the boards gaining the blueline and pivoting to the outside

when he is about halfway into the defensive zone. The number two player skates down the middle

lane and supports the puckcarrier by getting open for a pass. After the pivot the pass is made and a

direct shot is taken by the second player.

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks

can be moved to various locations to enhance any drill. Move the pucks into the offensive corner.

Two players leave at the same time. The first player picks up the puck and skates behind the goal line towards the net. The second player delays and saves ice timing his skating so that he arrives at the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct shot is taken.

C1, 11, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS: Two offensive players and a forechecker leave from the basic C1 formation. The first man picks up the puck behind the face-off dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

10 minutes

D1, 86, 6-5, PLAY 6-6 ONE DEFENSIVE PLAYER STAYS IN NEUTRAL ZONE: Practice for when the goalie is pulled. The extra man stays in front and screens the goalie.

10 minutes

C2 Module 9

C2, 10, 5-0, BREAKOUTS

From the C 2 formation the breakout can be taught and practiced. Breakouts of 5-0, starting with; a shot on goal, rim or dump-in.

C2, 11, 5-1, BREAKOUT 5-1

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

C2, 12, 5-2, BREAKOUT 5-2

The same as C 200 when five men leave but two defensemen play against the unit.

Continue to play

5-2 in the offensive zone until a goal is scored or the puck is cleared out of the zone.

10 minutes

D1, 87, 3-3+, CHANGE ON FLY, DEFEND, ATTACK, DEFEND, SHOOT-IN:

Practice for changing lines on the fly. When a new line goes out they defend, attack, defend then shoot the puck in. If they have trouble getting the puck out on the first rush, then dump the puck in on first rush and change.

Practice 20

10 minutes

B4 Module 5 Skating with the puck and shooting

G1, 20 - combination style.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They

should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

B4, 11 - turn from forward to backward skating and backward to forward.

B4, 13 - do tight turns alternating from backhand to forehand.

B4, 14 - do stops on the lines, both with and without pucks.

10 minutes

D4, 28, 3-3+, ALL GOALS MUST BE TIP-INS OR DEFLECTIONS:

Screening and tipping are worked on. The defenseman must clear the front of the net.

10 minutes

C1 Module 9

C1, 10, 2-0, PLAYING FROM BEHIND THE OPPONENTS NET: In the C1 formation the pucks

can be moved to various locations to enhance any drill. Move the pucks into the offensive corner.

Two players leave at the same time. The first player picks up the puck and skates behind the goal

line towards the net. The second player delays and saves ice timing his skating so that he arrives at

the face-off dot just as the puck carrier begins to go behind the net. The pass is made and a direct

shot is taken.

C1, 11, 2-1, TWO OFFENSIVE PLAYERS VERSUS CHECKERS: Two offensive players and a

forechecker leave from the basic C1 formation. The first man picks up the puck behind the face-off

dot and is forced wide by the forechecker. The second player delays saving ice in the middle lane so he can take a pass from the first player. When the pass is made the defensive player now backchecks. The puckcarrier must read the 2-1 situation and decide if he can drive to the net for a shot or if he should pass to his teammate who supports him by getting in the clear for a pass or driving for a rebound.

C1, 12, 2-2, TWO ON TWO / DEFENSEMAN AND WING ON TWO FORWARDS:

The first two players are offensive forwards, they leave and pick up a puck, while the third man delays and then forechecks the puckcarrier forcing the puck towards the boards. The fourth player to leave plays defense. The second man should support the puckcarrier from behind from the middle lane. This is a 2-2 situation.

10 minutes

D1, 70, 5-5, DEFENSIVE TEAM PLAY: (explanation at back of teaching card)

The team must have a style of play that allows for simple transition from offense to defense and defense to offense. the most efficient way to do this is to have the last three players defending in a triangle, with two men back. If the backchecker can force the puckcarrier wide before the red line he should do this. If the puckcarrier is in front of the backchecker he should let the defenseman play him and cover a trailer. The 2-3-4 rule should apply; 2 players are always at the offensive blueline, 3 are back deflecting the play wide by the red line and 4 are back by the defensive blueline, this fourth player will fill the middle if the first backchecker has taken the puckcarrier wide or he will cover the far wing if the defense are playing the puckcarrier. This style protects the middle lane and allows the backchecker to; force the puck wide, play 2-2 crossing situations with the defenseman or pick up the trailer on a rush. The other defenseman covers the man going to the far post. In this way you avoid two defensemen in one corner with a forward covering the front of the net, as happens when the forward backchecks on the weak side winger. The triangle also prevents the attacker from going to the middle when the defense backs in too fast. Transition is also easy from this triangular

positioning, as the breakout pattern is easily begun. If passive forechecking 1-2-2 was used because of a set up behind the net then the first two backcheckers pick up the players in the outside lanes and the defense challenge by the red line. The neutral zone is the best area to create turnovers and to go into offensive transition.

10 minutes

C2 Module 10

C2, 11, 5-1, BREAKOUT 5-1

One defender dumps the puck in and forechecks. The offensive team must read the pressure and pass to an open player.

C2, 12, 5-2, BREAKOUT

The same as C 200 when five men leave but two defensemen play against the unit.

Continue to play

5-2 in the offensive zone until a goal is scored or the puck is cleared out of the zone.

C2, 13, 5-3, BREAKOUT

The unit breaks out against three defenders waiting in the neutral zone. When the first attack is

finished continue to play 3 on 3 deep in the zone, with the offense trying to pass to the uncovered

point men who take shots from the blueline, while the three defenders play three one three in front of their net.

10 minutes

D1, 80, 3+, GAME STRESSING FORWARDS FINISHING CHECKS:

In this game a point is given every time the offensive team makes a give and go pass.

The defense

stops this by finishing checks after passes.

When a forechecker forces the play he should finish his check in order to eliminate the "give and go"

and to force the opposition to play under the pressure of "getting hit". A player shouldn't take himself

out of the flow of the play by chasing the opponent recklessly. Finishing checks tires both the

offensive and defensive players. The guiding principle is "the closer the player is to your goal the

harder the bodycheck."

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