



Date: 09-07-21

Time: 6:15-7:45

Arena: SAIT

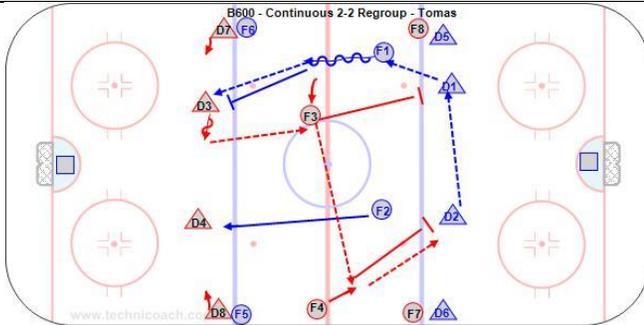
Lines:

3 G – 8 D – 10 F

Notes:

Passing, regroup, breakout options

Shots, 2-1, 2-2 3-3, 4-4 5-5



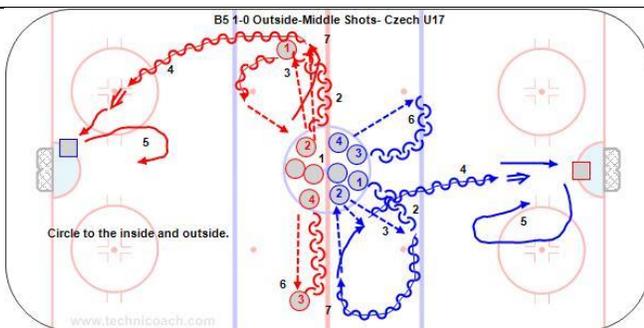
15' Tom – Mel G

B600 - Continuous 2-2 Regroup – Tomas Key

Points: Forwards support with timing and a good target. Anchor low or high. Take what they give you. Jump across, get open. D look for a quick up before an automatic D to D. Goalies can be warm up at one end. Description: 1. D1-D2 pass to F1-F2. 2. F1-F2 regroup with D3-D4. 3. F1-F2 forecheck vx. D3-D4. 4. F3-F4 support D3-D4. 5. D3-D4 make a regroup pass to F3-F4. 6. F3-F4 now regroup with D5-D6 and forecheck. 7.

Continue the regroup and forecheck sequence. * Add dump in, breakout with a low 2-2 where the attackers forecheck to get the puck and score. * Use one or two D and from one to three F. A great way to practice quick regroup and if you dump the puck in the breakout, forecheck and on the regroup the neutral zone forecheck.

<https://youtu.be/dB6DPGuHn3s>



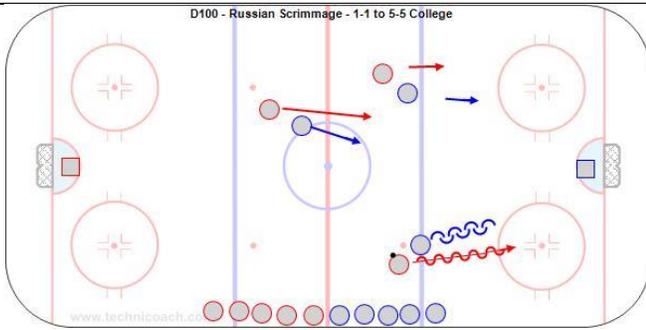
10' – Mike run this one

B4 1-0 Outside-Middle Shots - Czech U17 and

Two Pro Key Points: Keep skating, give a target and pass hard and pass while moving. Hit the net and follow the shot. Rebound for the next shooter.

Description: 1. All players and pucks are in the middle. 2. One player leave from each side. 3. Player 2 pass to player 1 who circles between the red and blue line. 4. Player 1 skate in and shoot after the third pass. 5. After shooting player 1 circle back and rebound for the next shooter. 6. Alternate sides and player 3 leaves after the first pass. 7. Circle left and right so shots come from both in the middle and the outside lanes. * The first video demo is the Czech National U17 Team and the next two are with pro players.

<http://www.hockeycoachingabcs.com/mediagaller>



15' Tom

D100 - Russian Scrimmage - 1-1 to 5-5 College M

Key Points:

Players must recognize the game situation they are in and play accordingly. Everyone plays both forward and defense and they must *FIO – Figure It Out*.

Description:

1. Players line up against the boards along the lines on either side of the red line, Blue and Red.
2. Coach either yells out a number or blows a number of whistles and that many players play.
3. Shifts 30-40”.
4. Touch up at the red line if you score.
5. If scored on get the puck out of the net and attack.
6. Keep score.

** Play hard – ‘Enjoy the Game’, Let the ‘Game be the Great Coach’, Have Fun.*

<https://youtu.be/z5vxH8Z-iV8>

20' TJ

Muse Transition Drill

NEUTRAL ZONE COUNTER 5V3 (5V4/5V5) PART 1

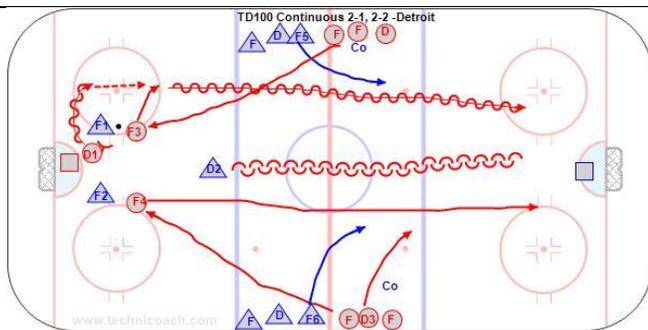
- Start 5v3 in zone
- Play it 3v3 low with Dmen staying at the blue line
- Play in zone for set amount of time
- Next group is waiting below the top of circles at far end. They need to stay low in zone but ready to get set after 1st group is finished.

NEUTRAL ZONE COUNTER 5V3 (5V4/5V5) PART 2

- On whistle/coaches command, the coach in NZ with pucks will spot a puck somewhere in NZ.
- The 5 players that were on offense recover puck and quickly counter
- The forward that was on defense will pressure puck and Dmen will gap

NEUTRAL ZONE COUNTER 5V3 (5V4/5V5) PART 3

- Quick strike from NZ
- After the first group enters zone, the group at the far end will get set to start with counter play
- Keep score
- Play the puck in good so that offensive team has success
- Can add members or start with different numbers using same set up- 3 v 4 or 5v5
- Can also start from face off, go into counter play and then into NZ counter
- Can manipulate options by moving defencemen forward, perimeter back or full back



15'
DT100 Continuous 2-1, 2-2 Detroit - Pro

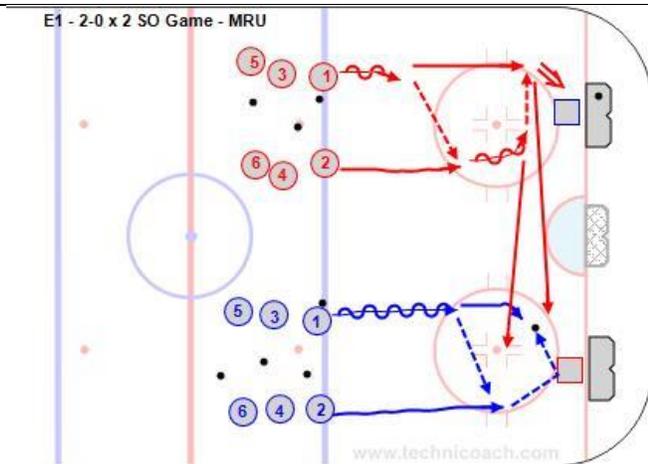
Key Points:
 Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

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

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

<https://youtu.be/UgqvSingLsU>



- 13' Mike run**
- E1 - 2-0 x 2 SO Game – MRU Key Points:** Use many variations on the 2-0. One timers, cross and drop, drop and screen, fake pass and shoot, etc..
- Description:** There is one point for every goal and each contest gets 15".
- A - 1 and 2 attack 2-0 from each line-up.
 - B - If both teams score each team gets a point and 3-4 go on the next whistle.
 - C - If only one team scores then they race across to defend and steal the puck from the other team and try to score.
 - D - Scoring team gets a point.
 - E - 15" next rep. F - First team to 20 wins

2' meet in middle

