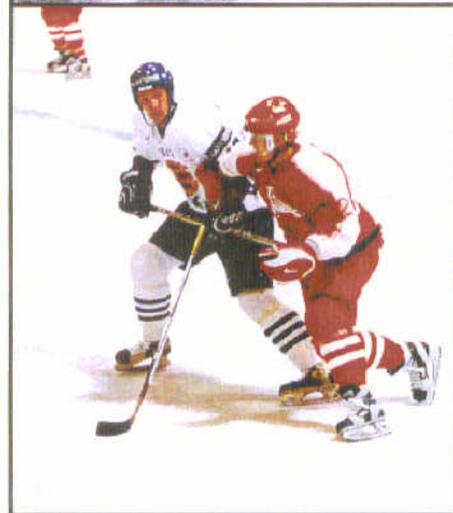




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey





T2-4 D100 Power Play and Penalty Kill Scrimmage

Key Points:

Practice the full ice power play vs penalty killers. Controlled scrimmage style with coaches shooting the puck in and stopping the play. Short passes, get the puck behind the defense, and quick feet are the keys.

Description:

1. Divide the team into two groups and everyone takes a turn at the power play and penalty kill.
2. In this video the breakout is 3 coming up the ice with one in each lane and a stretch man in at the red line and far blue lines.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144407276> is the video link.



T D100 Specialty Team Practice

Key Points:

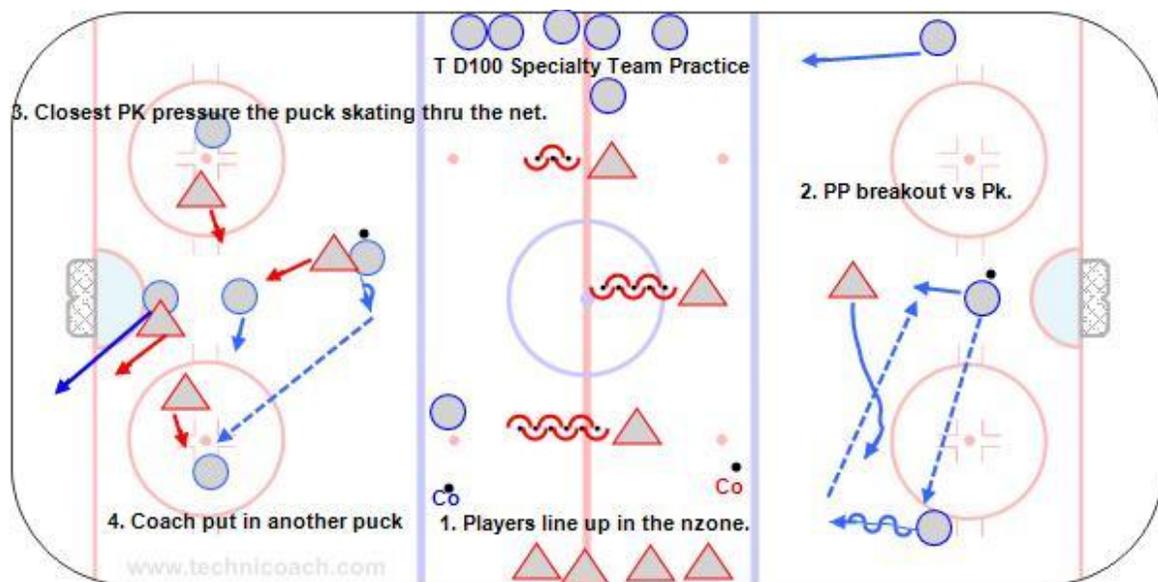
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>



T2-4 D400 Attack and Dzone-Detroit

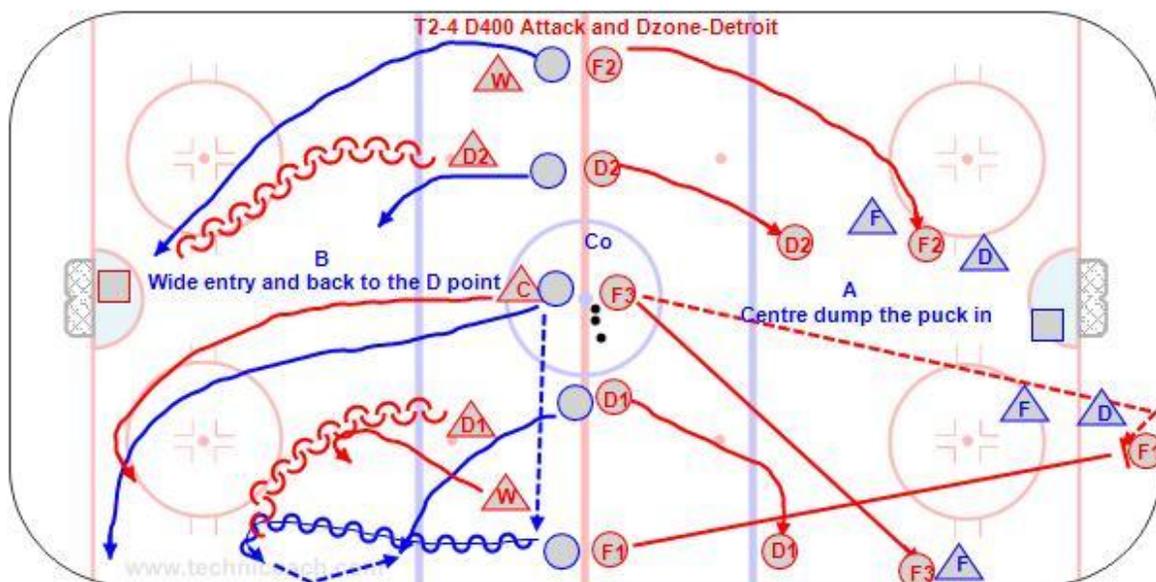
Key Points:

Practice the forecheck, offensive entry wide and dump in. defensive zone coverage, breakouts.

Description:

1. Players start from the neutral zone.
2. Do some reps starting with the C dumping the puck in and forecheck.
3. Switch to the C pass to the W who gains the zone and then pass back to the point.
4. The coach can focus on any part of the attack or defense.
5. Alternate ends and the resting group switch from offense to defense for the next rep.
6. A progression into a game is for the defensive team to break out into the nzone and all touch the red line then attack the original offensive group.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101203105712291>



T2-4 D400 PK and PP Rotation-Detroit

Key Points:

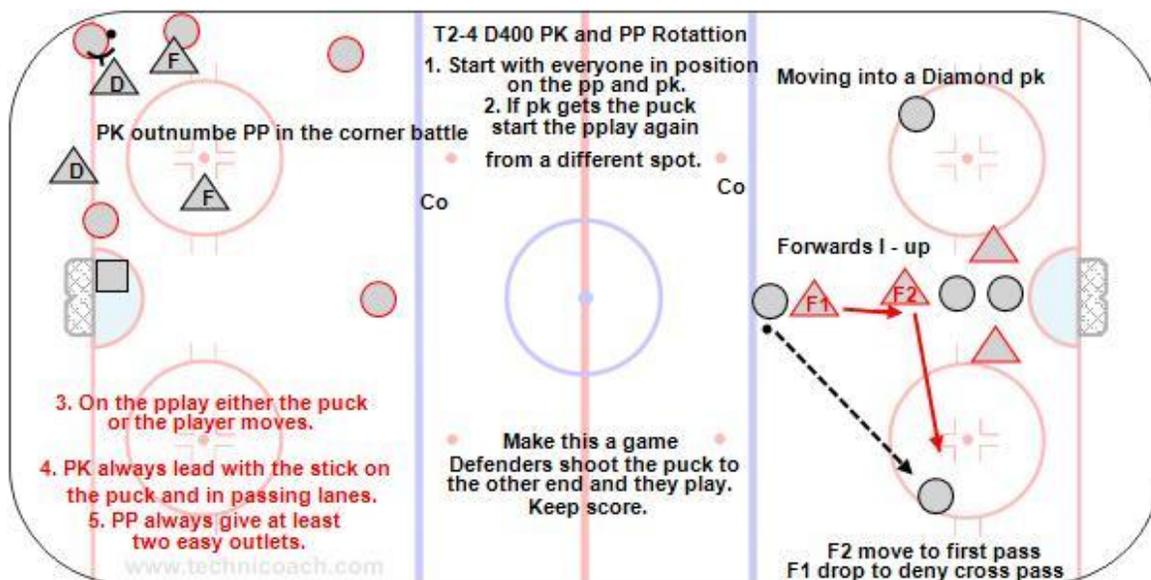
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

*Game situation: defenders shoot puck to other end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101206083505234>



T2-4 D400 Specialty Team Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144404128>



T2-4, D100 Breakout vs Nzone Trap-Detroit

Key Points:

Forwards support from three lanes. Strong side forward on boards face the puck. Middle forward mirror puck movement and wide forwards be open for a cross ice pass. Give targets. Defenders try to steer the puck wide and outnumber the attack in the neutral zone.

Description:

1. Coach pass the puck to a defenseman.
2. Defense pass to D partner or any of the forwards.
3. On a D to D they should hinge to pass below the trap.
4. Offense gain the zone.
5. On the whistle repeat with the original defenders now on offense vs original attackers.
6. After one or two reps new players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101207105916272>



1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

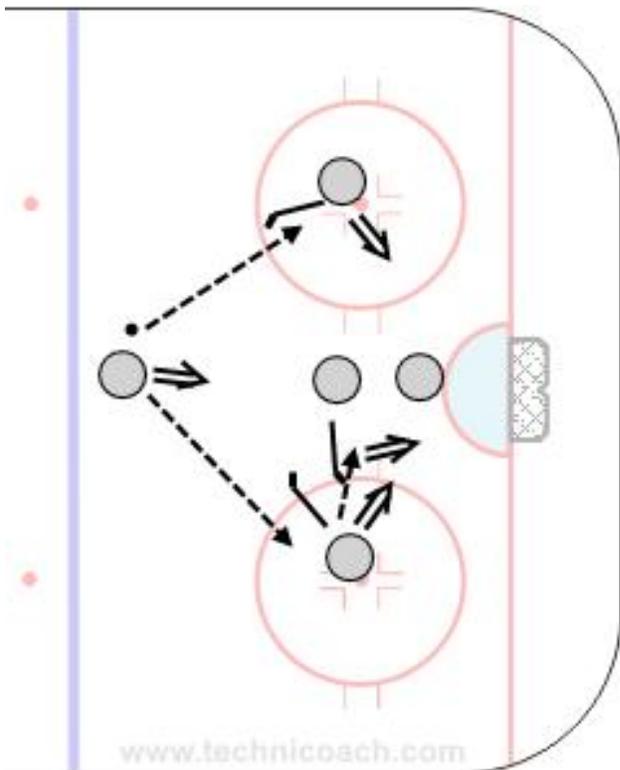
You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

Description:

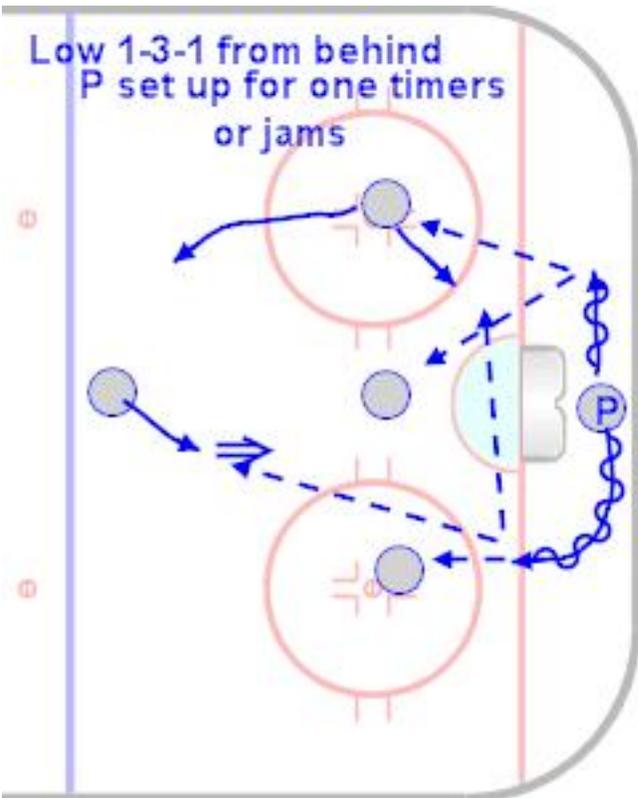
The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

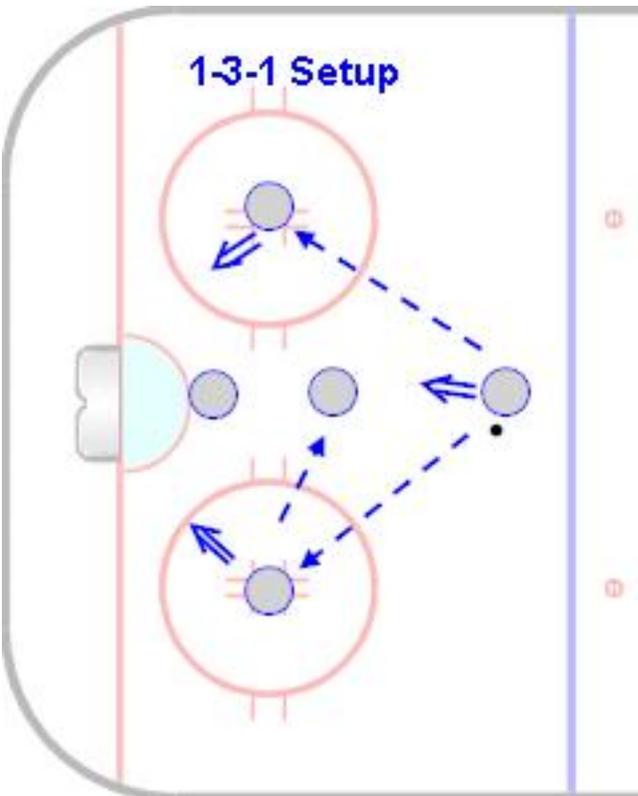
Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.

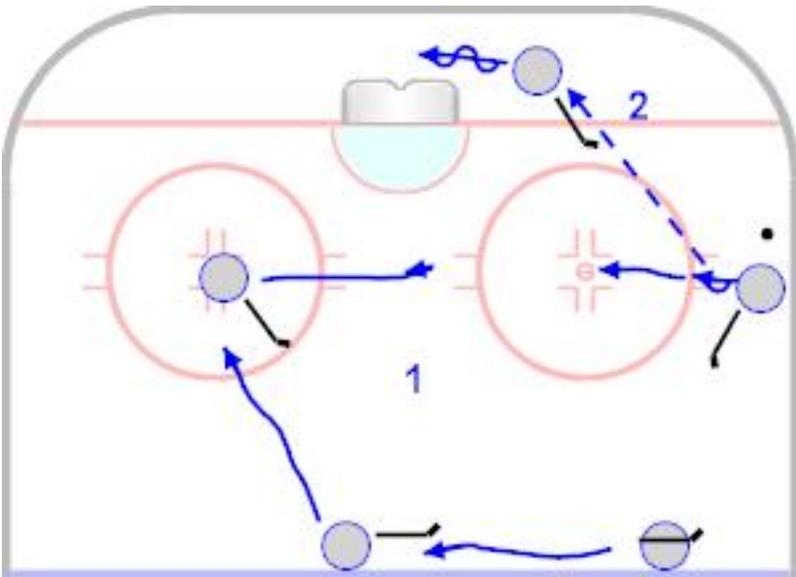


Low 1-3-1 from behind
P set up for one timers
or jams



1-3-1 Setup





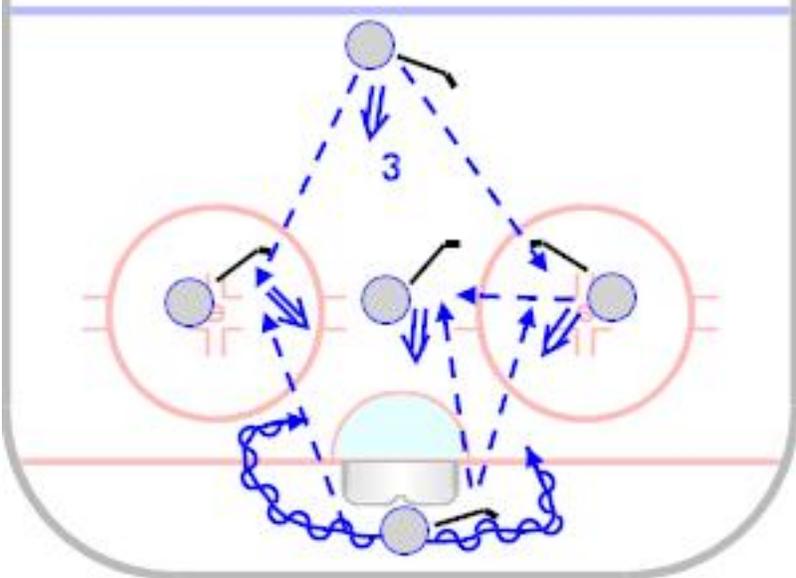
1. Start in the overload PP
2. Pass low and go behind
3. Rotate into a 1-3-1

4. Use one timers and four triangles

5. Interchange positions

6. Low player walk and shoot or pass

7. Use overload on loose puck battles



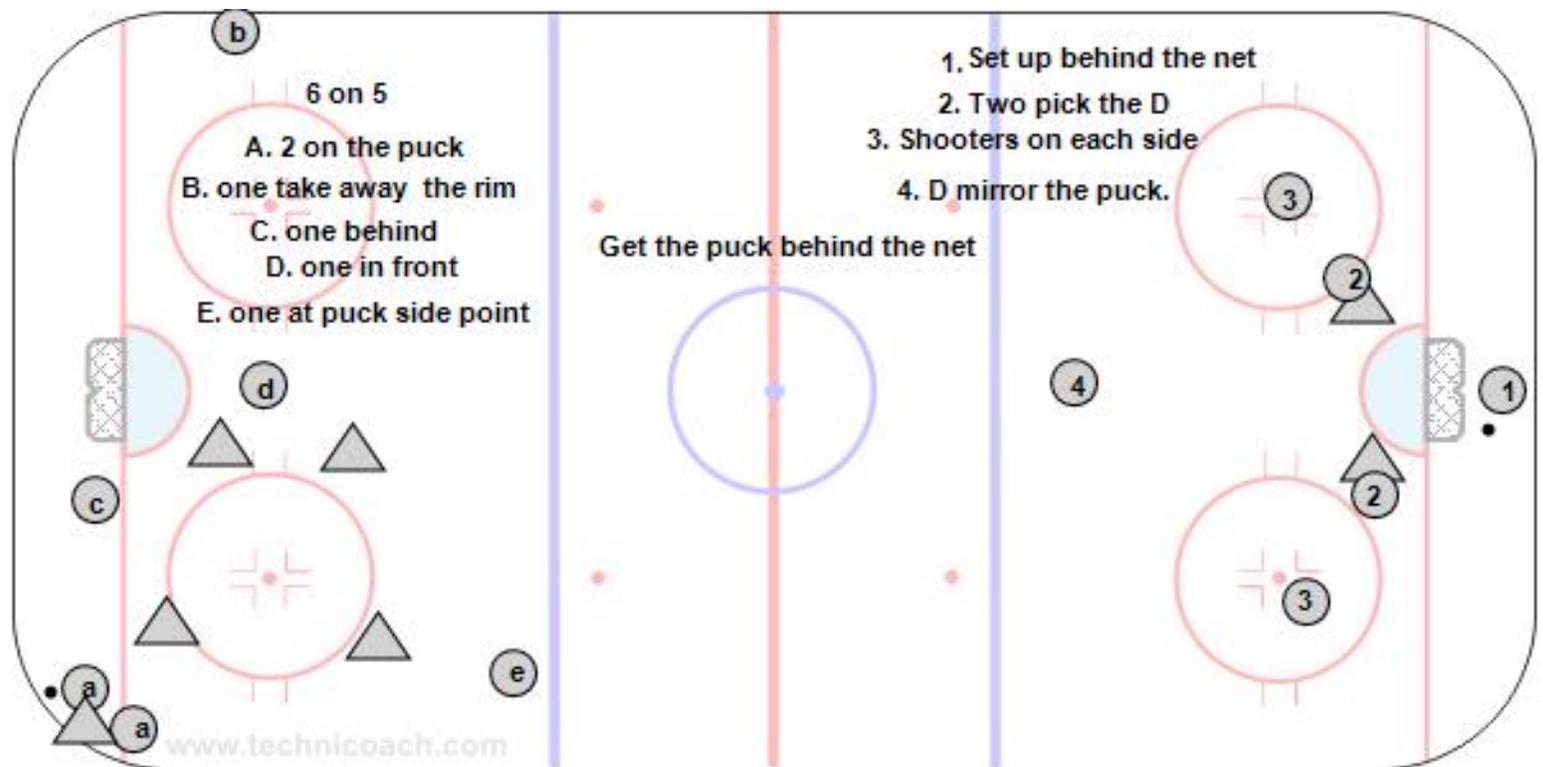
T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game.
Always two on the loose puck. Seal off the boards.

Description:

- 6 on 5
- First get the puck deep into the offensive end. a. Make sure there are 2 on the puck
b. one player take away the wide rim.
c. one player behind net and one in front.- d
e. point player on the puck side. Keep it deep
1. Try to walk out and score after picks set.
 2. Two players pick the defense.
 3. Two players get into scoring areas.
 4. defense mirror play and keep it deep unless there is a clear shot to the net.



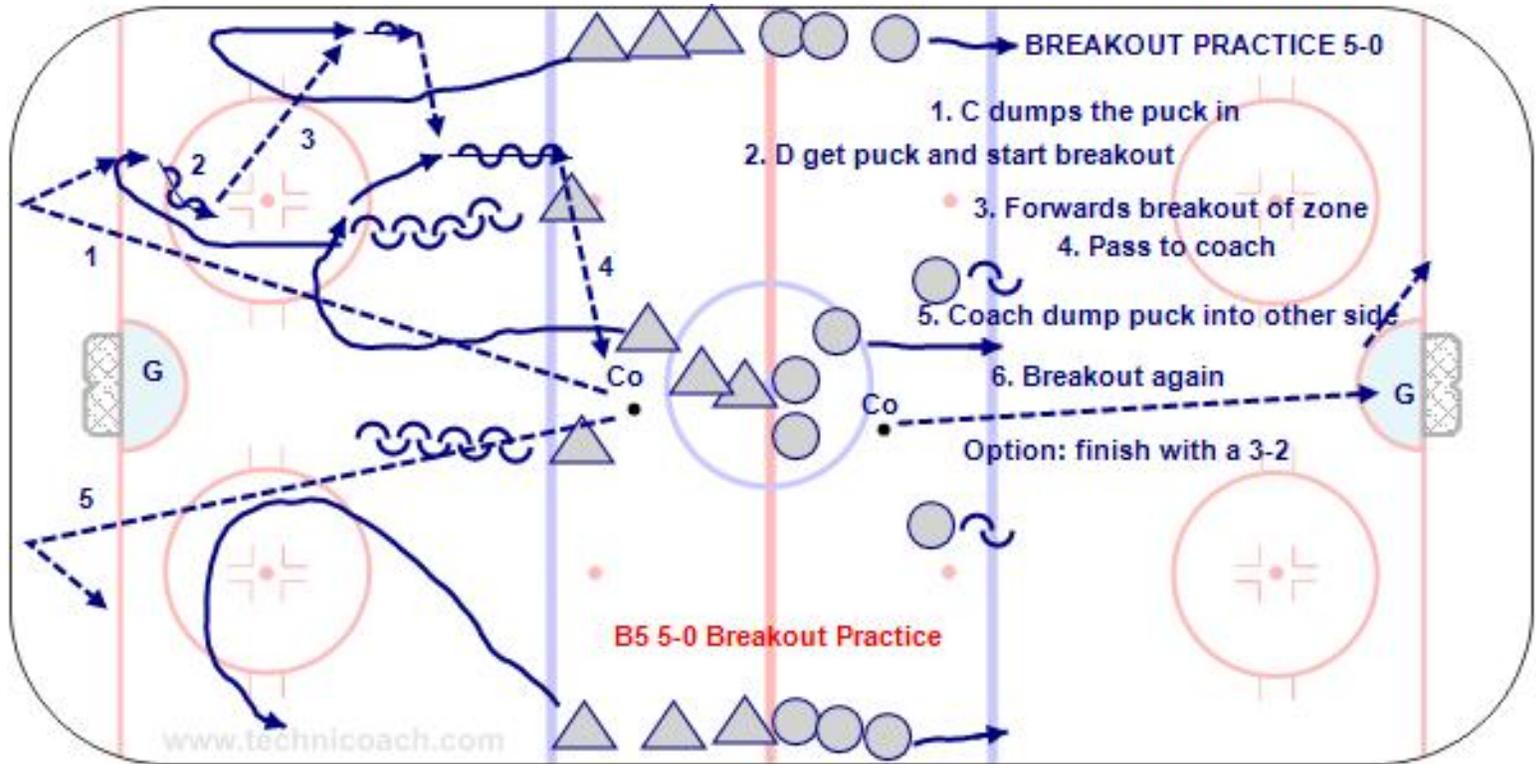
T2 B5 5-0 Breakout Practice

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
 2. D go back and get the puck, move between the dots and pass or go D to D.
 3. Forwards breakout.
 4. Pass the puck to the coach.
 5. Coach dumps the puck in the other corner for another breakout.
 6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.



B5 Breakout Options 5-0

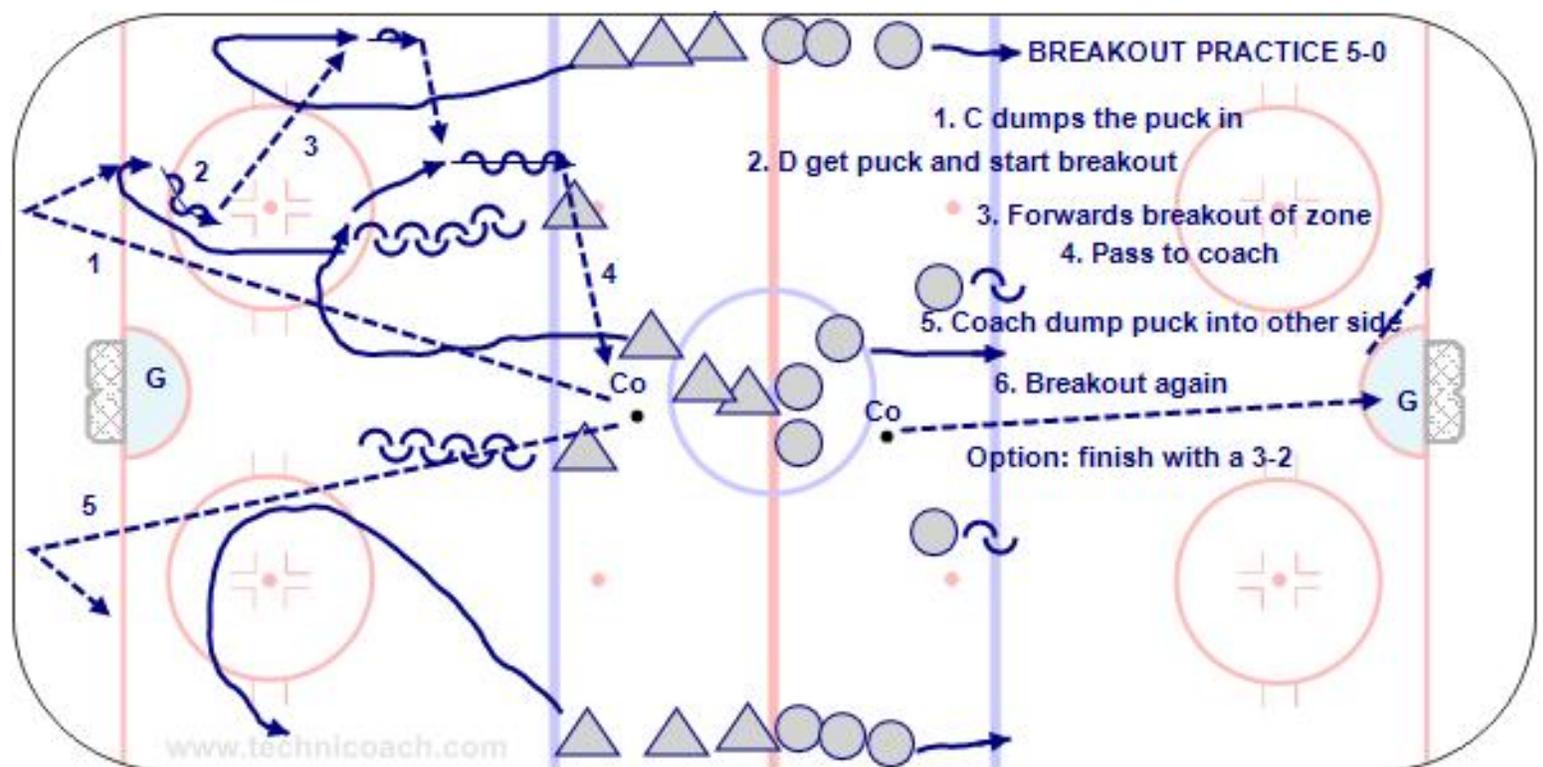
Players come all the way over the blue line between reps.
 You can have one or two lines doing reps at each end.

B5 Breakout Options 5-0

1. Coach shoots the puck into the zone and 5 players follow for a breakout.
2. When over the blue line pass back to the coach. Coach shoots on both sides so each D gets a rep.
3. Start with breakouts with D passing to F's.
 - a. tight turn and up
 - b. Wheel around net and up.
 - c. Counter to back of net, stop and out original side.
 - d. Boards-reverse to the strong side wing.

Progress to D to D passes first then to the F's.

- e. Reverse D to D and up.
- f. Bank - D to D off boards behind.



T2 Breakout with Stretch Pass

Key Points:

Wing be ready for a quick up and see the puck at all times. Come back thru the middle to touch pass back to flying teammates.

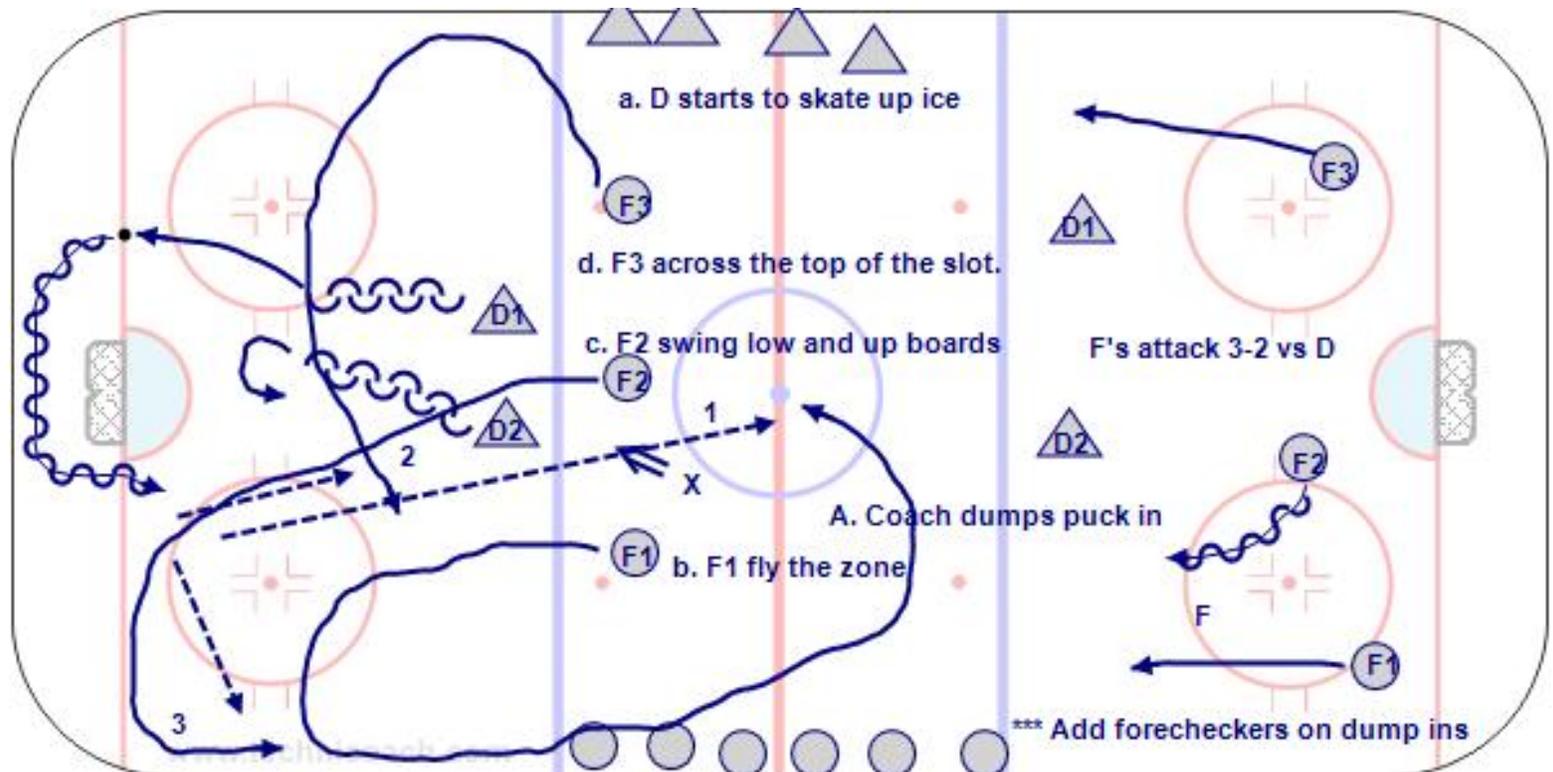
Description:

Players are lined up along the boards in the C3 Formation.

A. Coach dumps the puck in for a 5-0 breakout. After rush come back 3-2.

B. Player dumps the puck in and forechecks breakout 1 on 5 and then backchecks to create a 3-3.

C. Options: add one or two more forwards to to create 2-5 or 3-5 forecheck. High player come back to make a 3-3 or 2 F come back to create a 3-4 and give backpressure and the D stand up.



T2 D100 Controlled Breakout Reads-U20

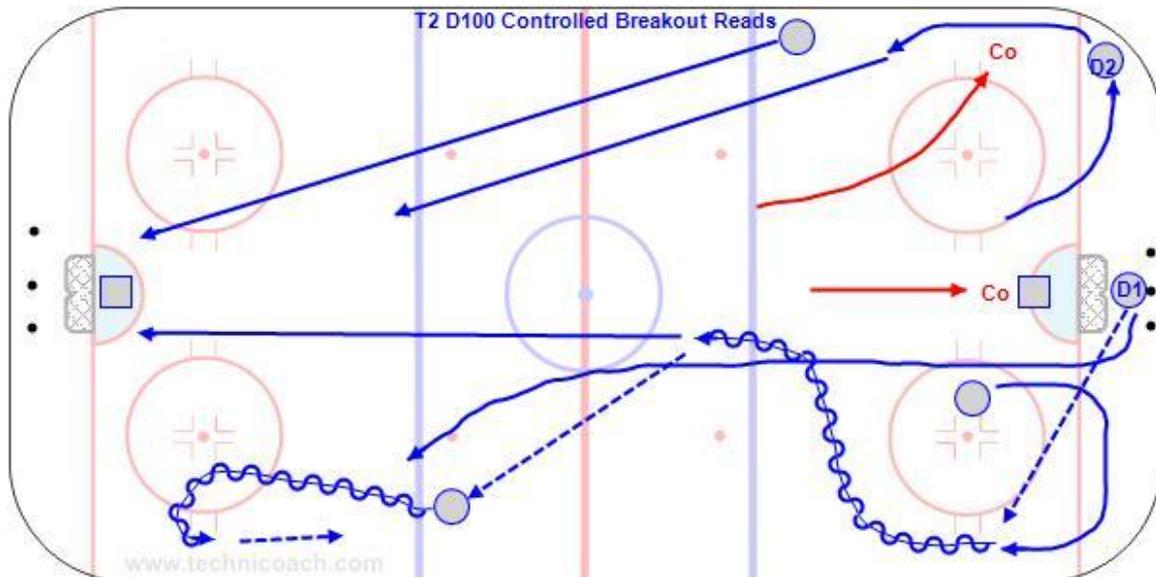
Key Points:

Defenseman behind net must read the forecheck and pass low if they are high and high if they are low. Forwards must move into open areas.

Description:

1. D1 skates to a puck placed behind the net.
2. Offensive team go into their controlled breakout with either one, two or zero players stretching.
3. Two coached forecheck either one, two or no one deep.
4. D1 must read to carry the puck or pass low or high.
5. Attack with 4 players and create a scoring chance.
6. Alternate directions so everyone knows the controlled breakout. This coaching technique can be used for power play or even strength.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101215071220323>



T2 D100 Power Play

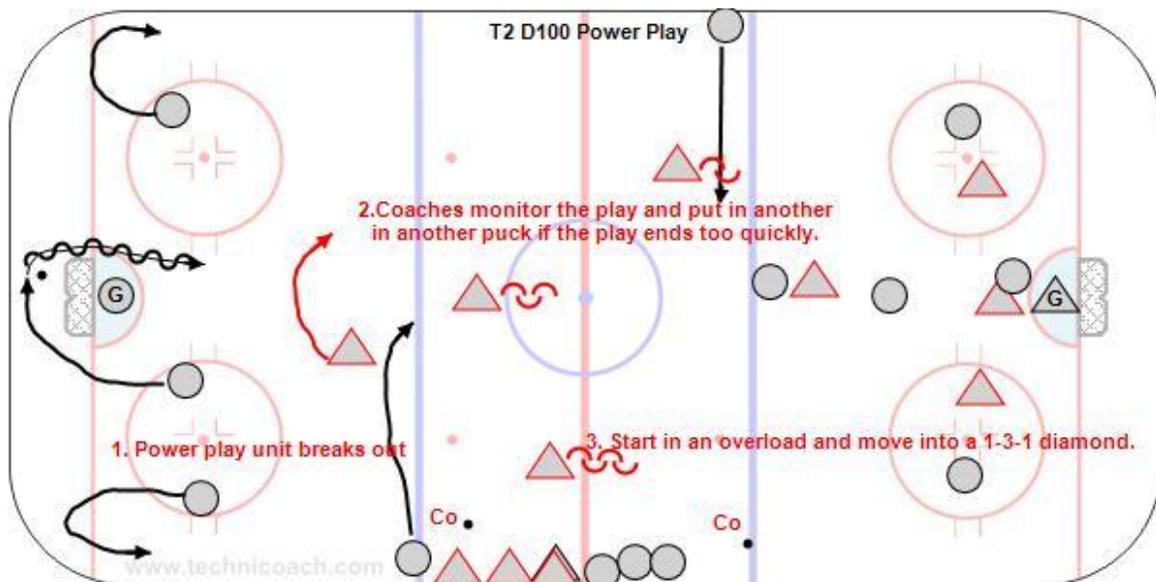
Key Points:

Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223032670>



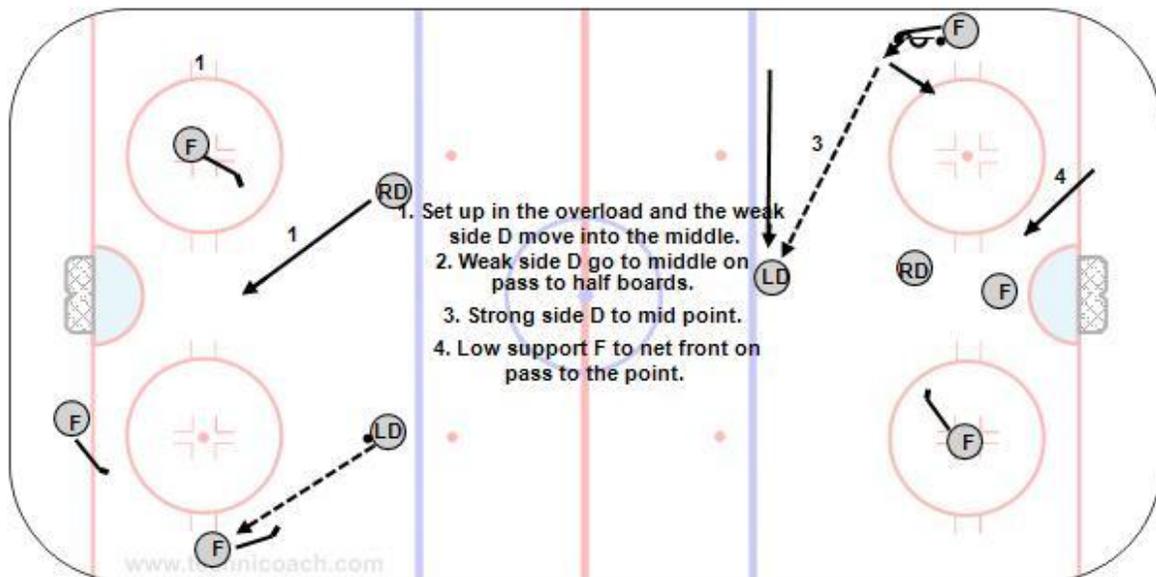
PP Rotation Overload to Diamond

Key Points:

Players on the sides should be on the off wing for one timer options. Low support when puck is on the half boards. The player in the middle support the other 4 players.

Description:

1. Set up in the overload and the weak side D move into the middle.
2. Weak side D go to middle on pass to half boards.
3. Strong side D to mid point.
4. Low support F to net front on pass to the point.



T2 Stretch Pass from the D Zone

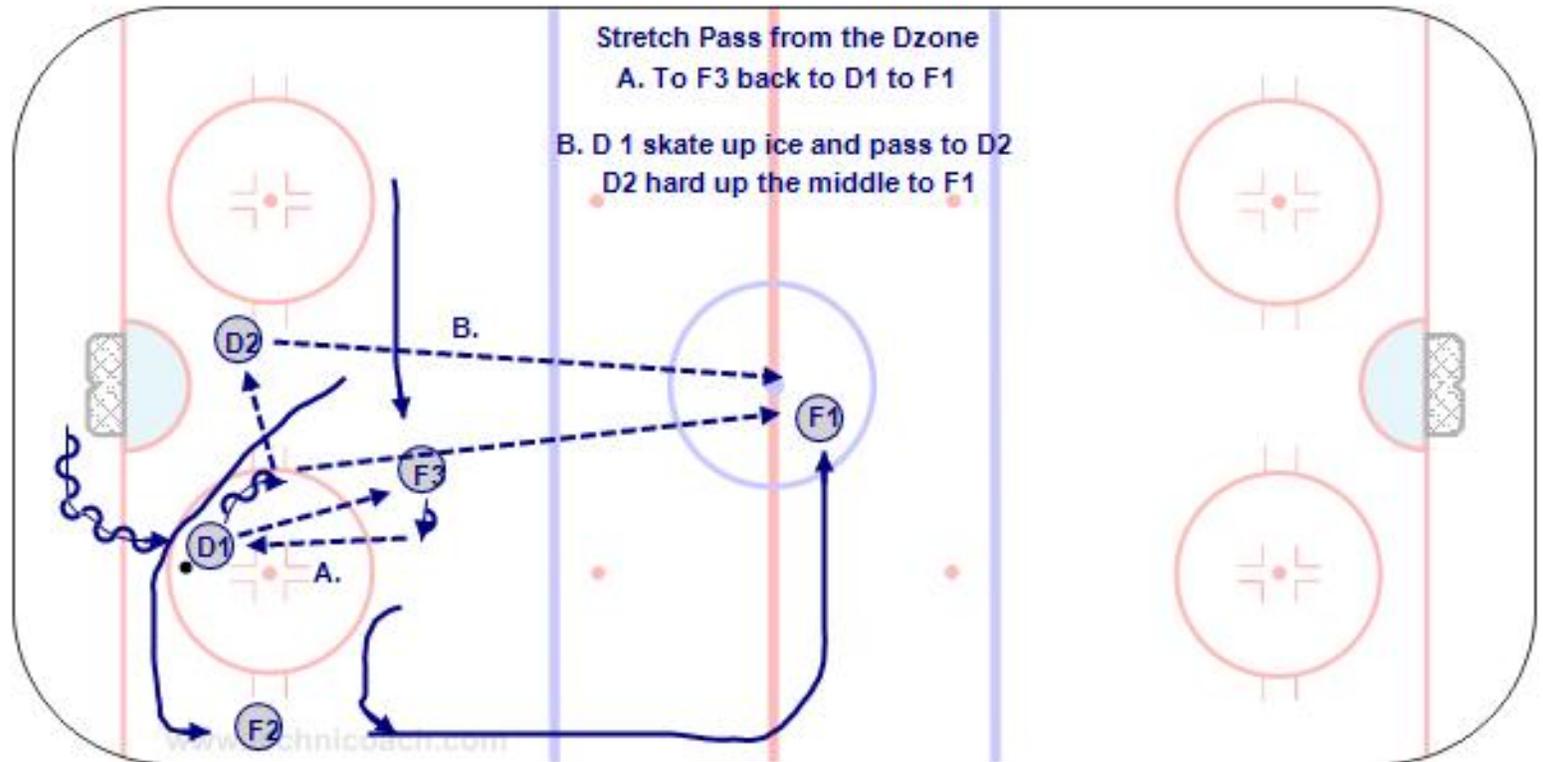
Key Points:

Make sure the D have full control with their toe caps facing up ice before flying the zone.

Description:

A. D1 to F3 back to D1 and stretch to F1.

B. D1 skate up the ice and pass to D2 in the middle. D2 pass hard up the middle to F1.



T2-T4 Cougar Pounce System (2-2-1 or 1-3-1)

Key Points:

Constant pressure from the defensive side. Back pressure, Offensive and defensive 2-1's. Man on box behind in Dzone. 2-2-1 forecheck when close pressure or 1-3-1 when offense has total control with skates up ice.

Description:

This system combines the left wing lock and the torpedo. There are two offensive forwards the C and RW. The left wing plays like a left wing in the offensive end and a left D in the defensive zone and lines up on lw at the faceoff. The LW and RD stay on their side of the ice. The right D plays like a RW in the offensive zone and a RD in our end. The LD is really a middle D and is on the puck side in the offensive end and is the support player low in the defensive zone, always on the puck side. The RW and C cover the points in the D zone and force the puck on the attack. They can forecheck either in a 2-2-1 or a 1-3-1 formation. There are always 4 players on the attack.

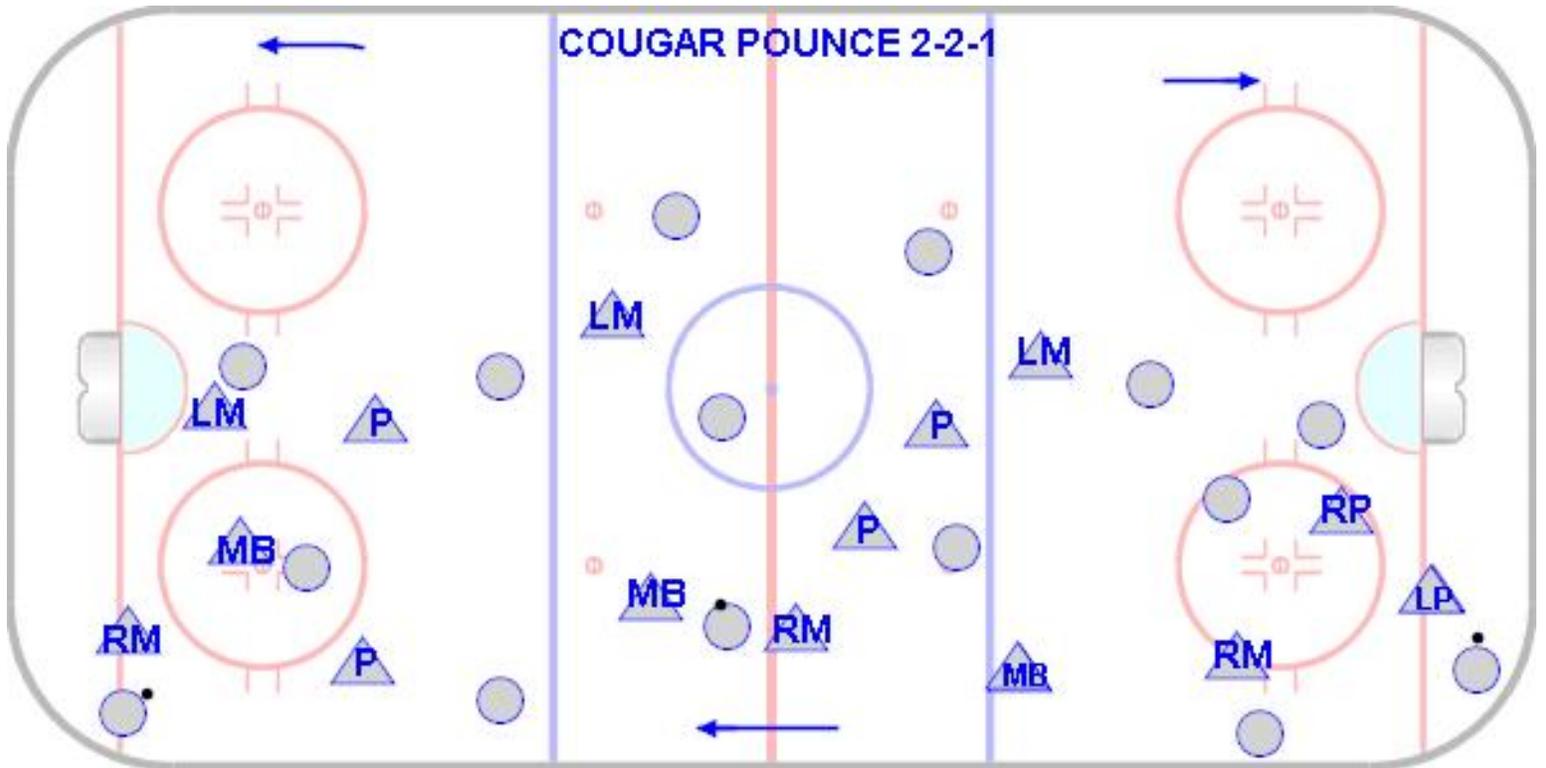
I used a large rink on the floor to go over the system and my trainer took a video of the instruction. The video was taken early in the season before an exhibition game in the Olympic Oval. The videos are in the team play section of the ABC site.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

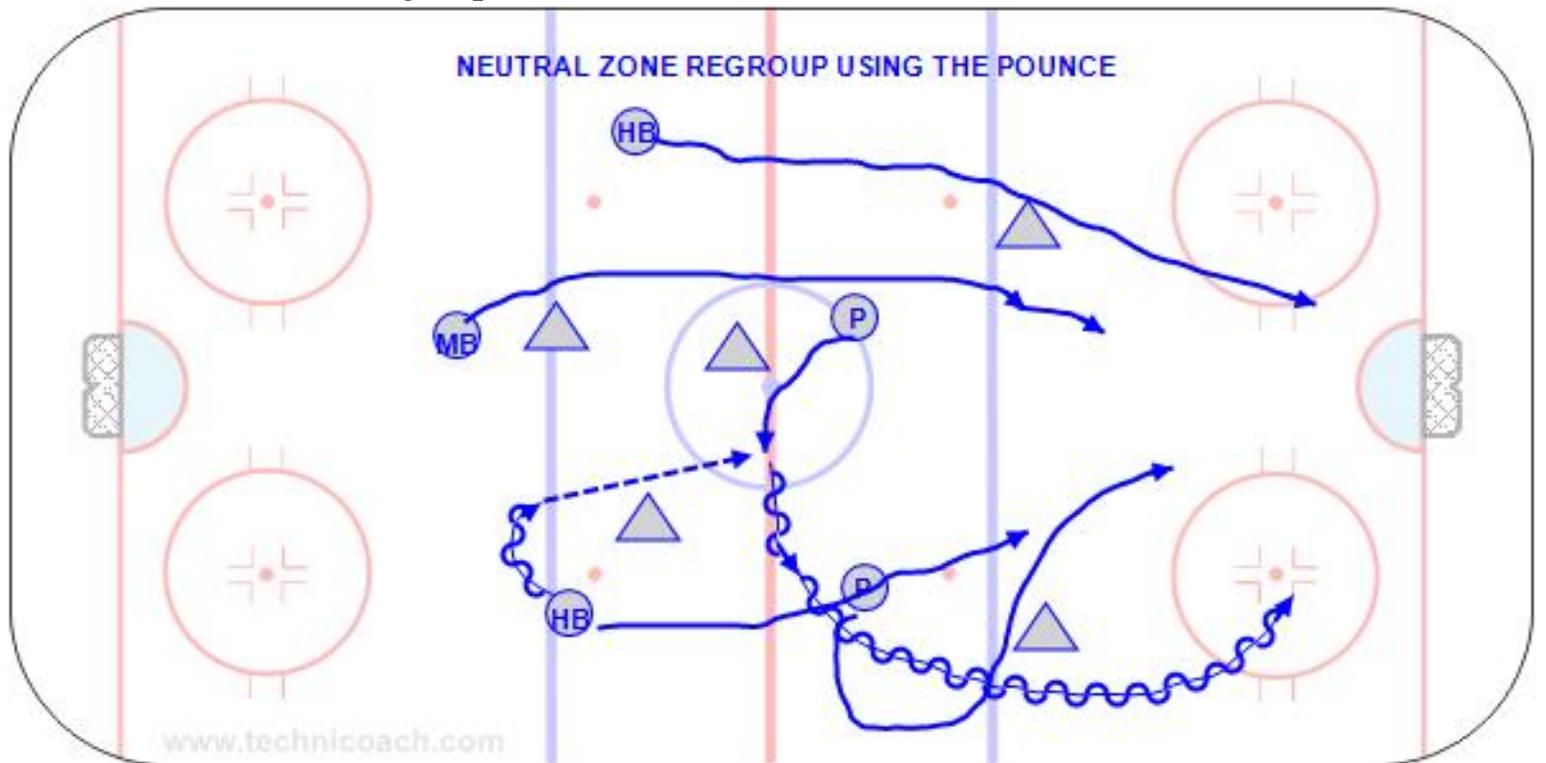
This video shows a clip of the forecheck in a game situation.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110408764>

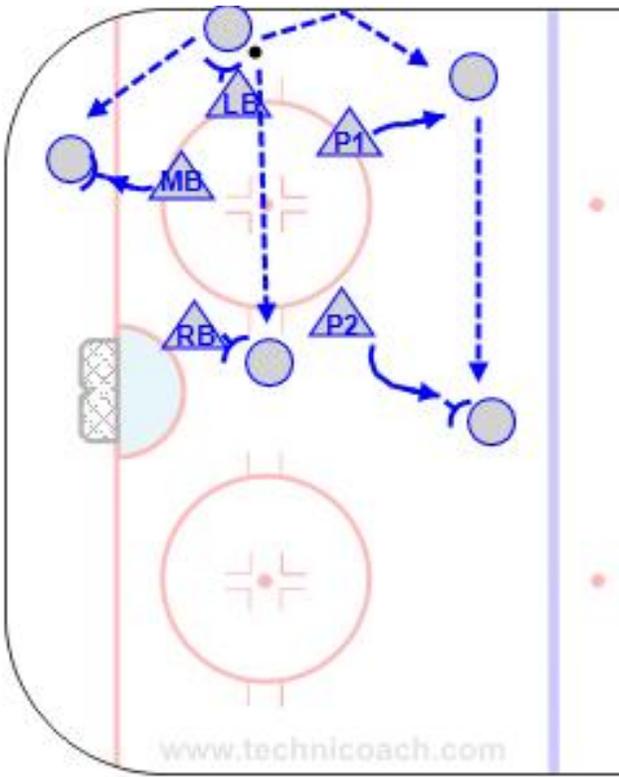
Cougar Pounce (LW, LD and RD are called Midfielders in this diagram)



Pounce Neutral Zone Regroup (LW and RD are called Halfbacks here, LD middleback)



Pounce vs Pass to the middle. MB could also lock on early.



T2 T4 D100 Controlled Scrimmage

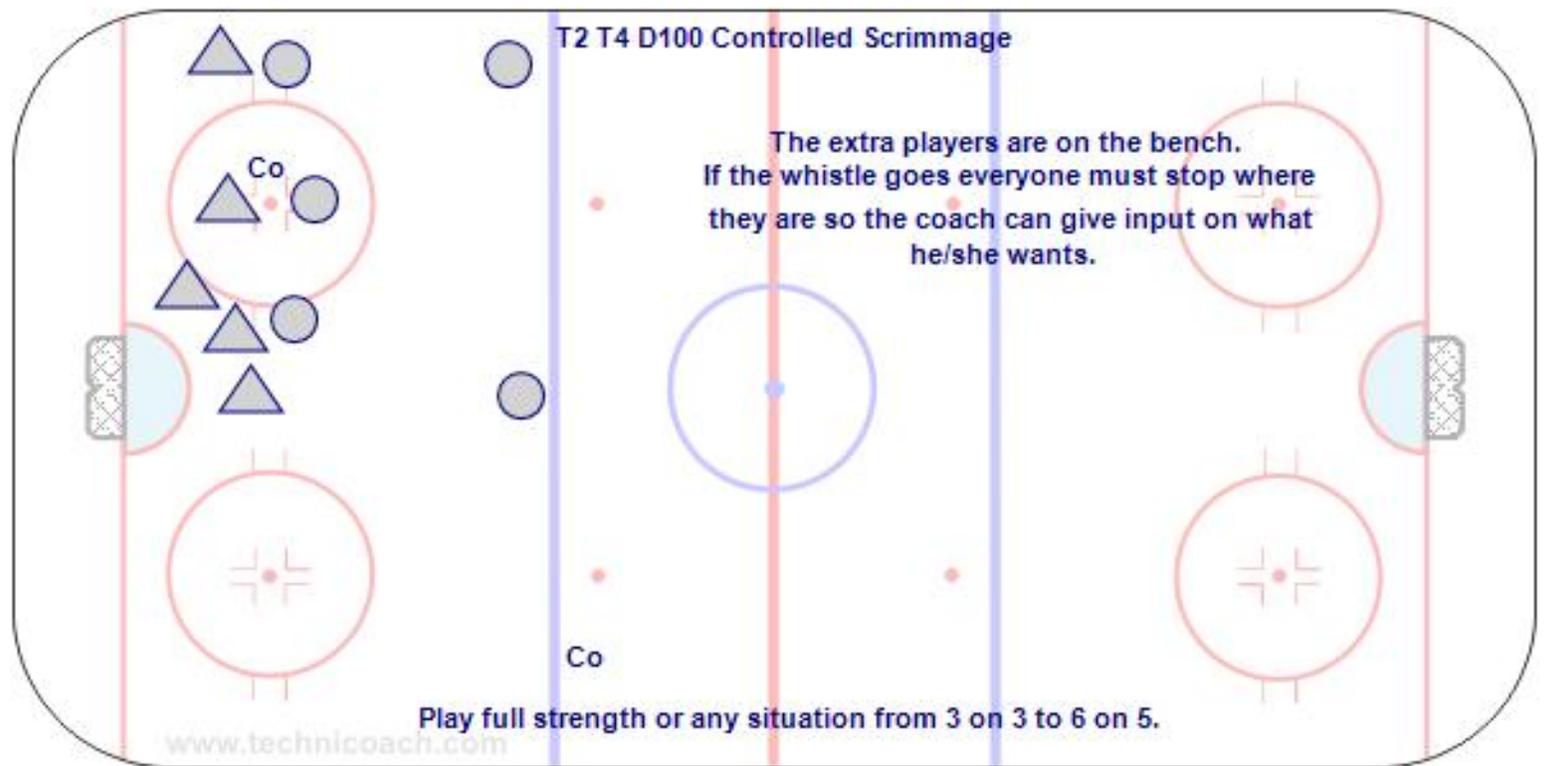
Key Points:

Work on team play concepts with the coaches on the ice.

Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123912842>



T2 The New Attack Triangle

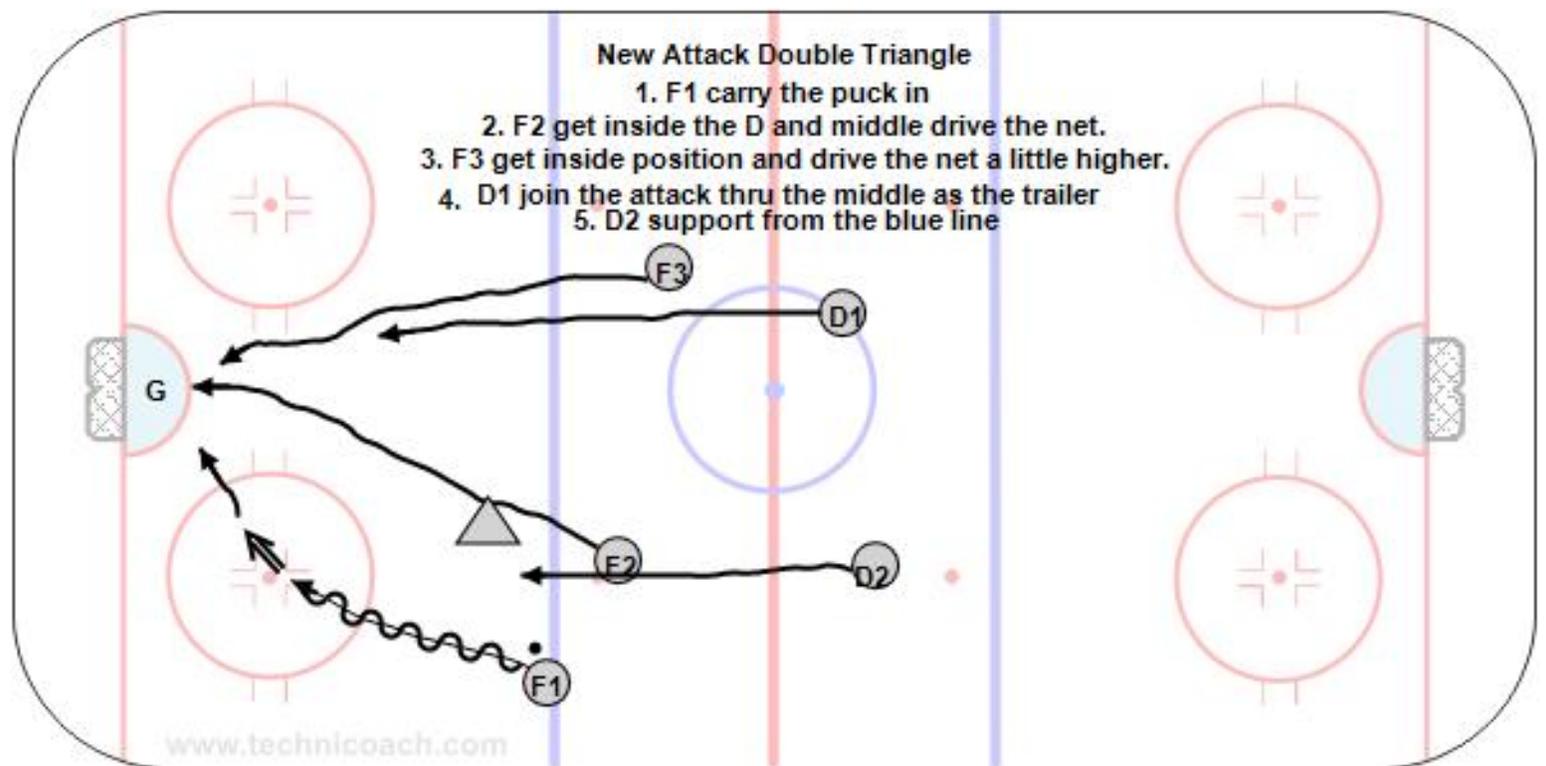
Key Points:

Hard middle drive and D join play as the trailer.

Description:

A new philosophy of attacking on the rush is to have F2 and F3 go to the net. F2 get inside position on the D and drive to the middle of the crease. F3 be right behind F2 while D1 jump up and complete the double triangle. D2 hold the blue line. So you have a small and a larger triangle

Coaches should incorporate the D joining the attack in their drills and transition games



T2, C3 Breakout 5-2 Regroup 5-3

Key Points:

Breakout 5 vs 2 defenseman and then regroup on the whistle 5 on 3. Give support on the strong side boards and the middle. Weak side forward can stretch. Attack with 4 in the scoring area. Weak side D jump into the rush.

Description:

A.

1. D1 and D2 shoot from the blueline.
2. Five players in the zone breakout vs D1-D2

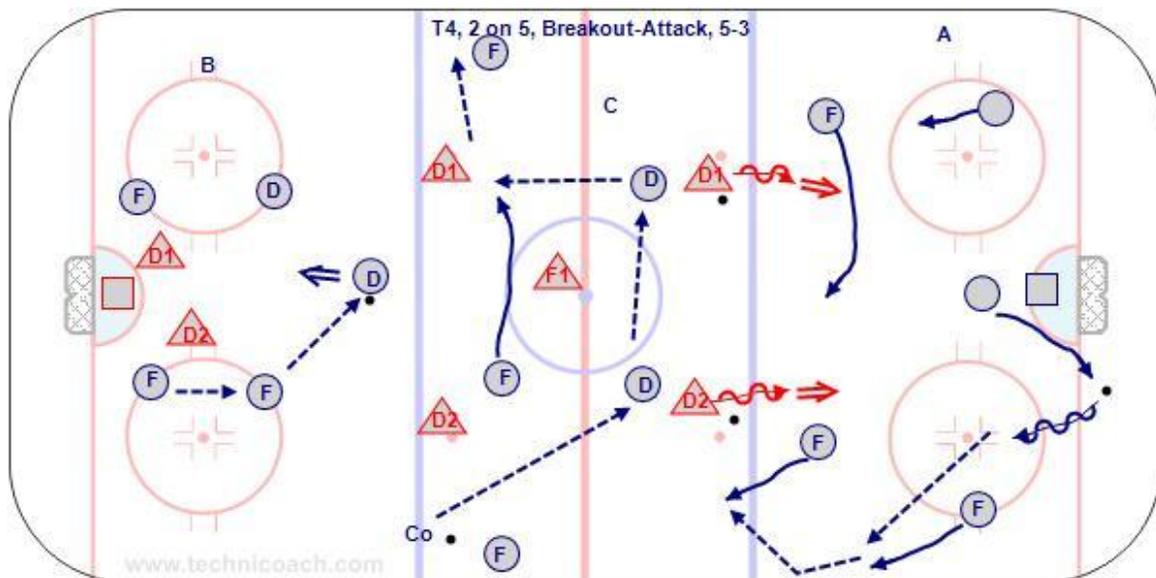
B

3. Attack 5 on 2 until a scoring chance.

C

4. Coach whistle and attackers regroup with pass from the coach in the neutral zone.
5. Attack again 5 on 3 vs. original D and a new forward.
6. Repeat with a new group and original D the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155502564>



T2-C3 Breakout the Beat the Passive Trap

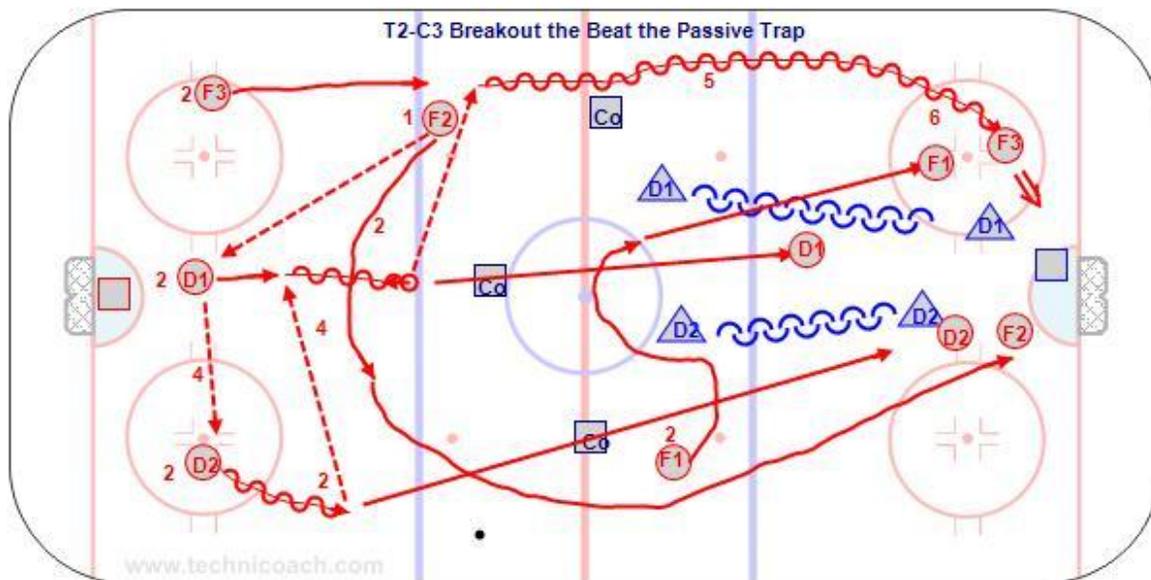
Key Points:

Attack 5 on 2 but 3 coaches are in the neutral zone lanes to mimic the nzone trap. Get the puck deep behind the defenders. Play 5-2 in the zone.

Description:

1. C pass back to middle D.
2. F1 Stretch, F2 low middle support, F3 and D2 in wide lanes, D1 in middle.
3. Hinge wide and back to the middle.
4. Pass wide and make a wide entry.
5. Attack with 4 players in the scoring zone.
6. Repeat in the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073711288>



T2-C3 Breakout the Beat the Passive Trap

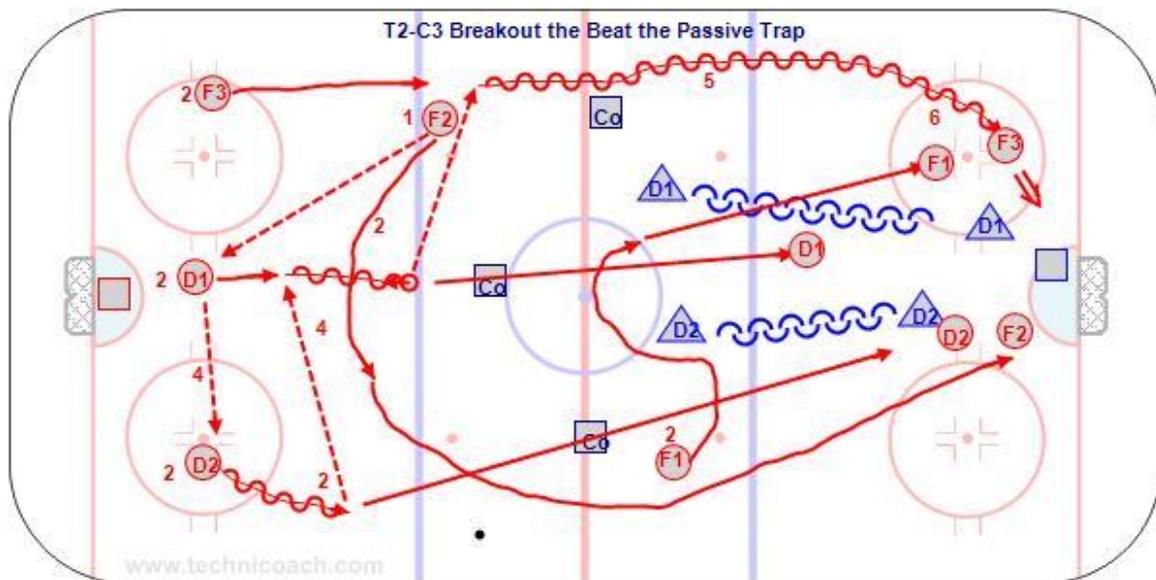
Key Points:

Attack 5 on 2 but 3 coaches are in the neutral zone lanes to mimic the nzone trap. Get the puck deep behind the defenders. Play 5-2 in the zone.

Description:

1. C pass back to middle D.
2. F1 Stretch, F2 low middle support, F3 and D2 in wide lanes, D1 in middle.
3. Hinge wide and back to the middle.
4. Pass wide and make a wide entry.
5. Attack with 4 players in the scoring zone.
6. Repeat in the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073711288>



T2-C3, 5 on 2 Four on Attack Pt 1 and Pt 2

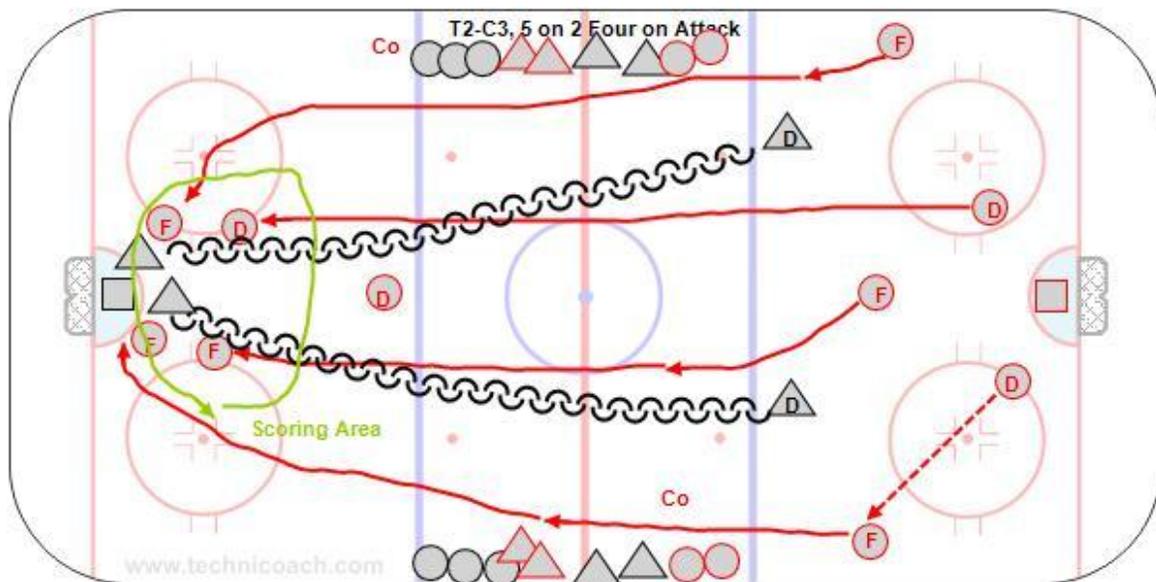
Key Points:

There must be 4 on the attack to be effective. One D must read good possession and then join the play.

Description:

A Part of the 5 on 2

1. Breakout 5 vs 2.
2. Usually the weak side D reads good possession and join the rush inside the circle.
3. The other D support from the strong side middle point.
4. If it looks like a turnover the rushing D or high forward drop back to the point.



T2-C3, 5 on 2 Four on Attack Pt 2

Key Points:

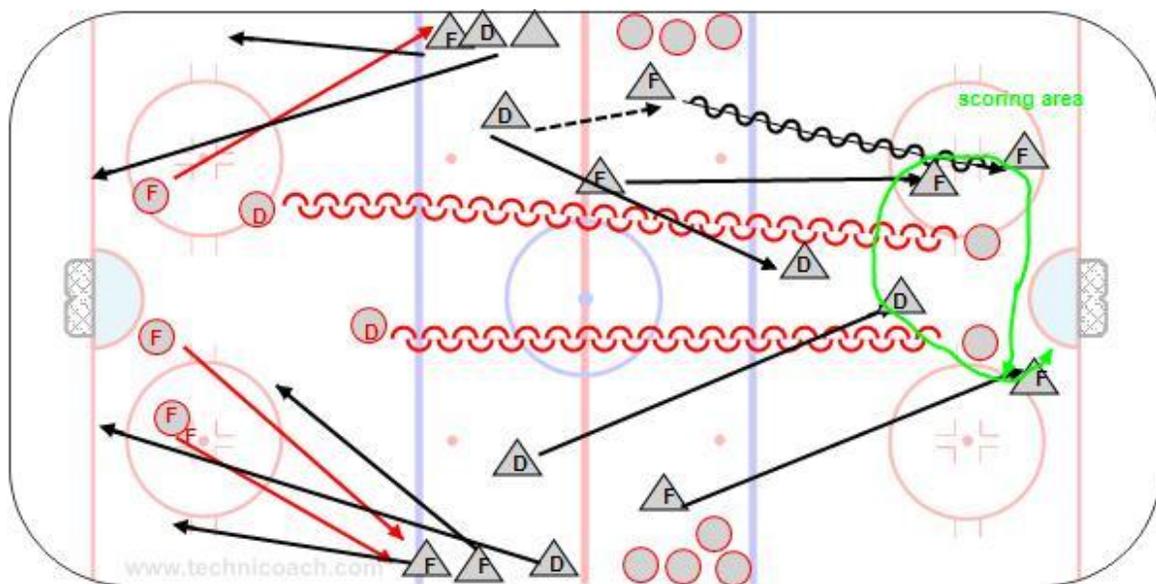
Attack with 4 in the other direction.

Description:

B Part of the 5-2 Drill

1. When the attack is over the coach blows the whistle.
2. Five new players attack vs the 2 D who were just on offense.
3. One D join the rush at least to the top of the circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163950468>



T2-T4 Defensive Zone Coverage or Offensive Zone Attack Practice

Key Points:

It is a combined man to man – zone defense. Tight man to man on the player with the puck and any player in the slot. Zone defense with the head on a swivel, stick in the passing lane and a Man-You-Puck triangle to stay aware of your man. If someone loses a 1-1 then the support player plays a 2-1 defending the puck carrier and his man.

Description:

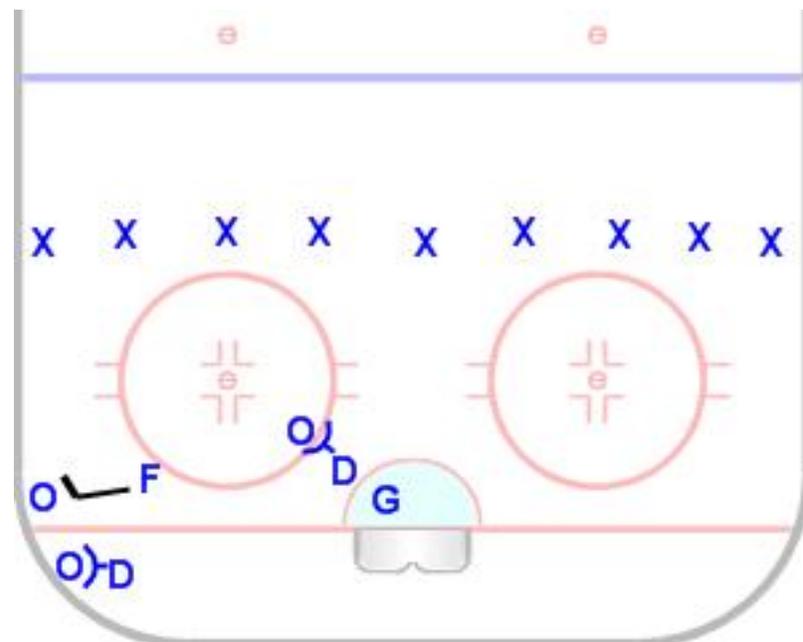
1. On the 3-3 the players line up at the top of the circle and shoot in any puck that is dumped out or if they can't the coach shoots in another puck for a 30 second shift.

Players must communicate all of the time.

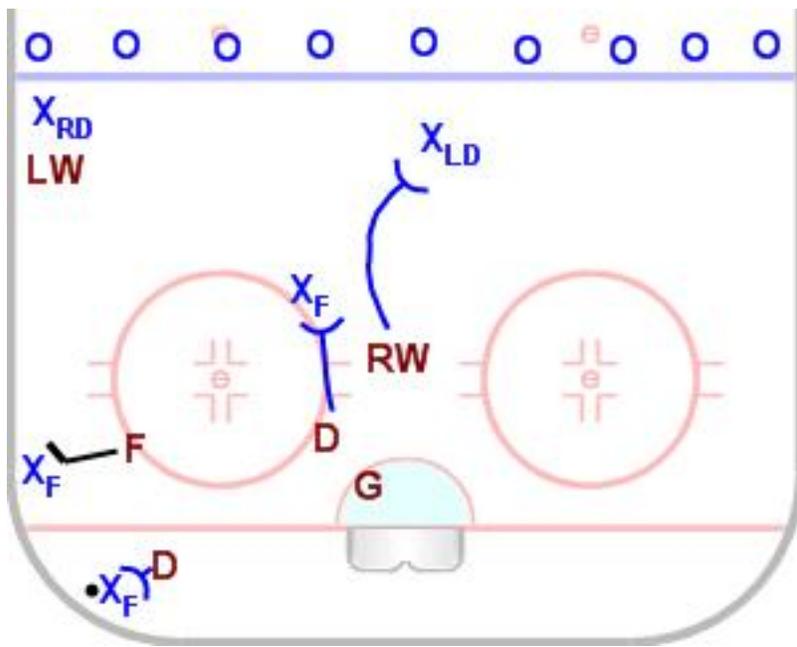
2. On the 5-5 the players keep the puck in from outside of the blue line and coach add a new puck if it is fired down the ice. Play 30 second shifts and switch.

The players freeze where they are if the coach blows the whistle to give instruction.

3 on 3 Low Zone



5 on 5



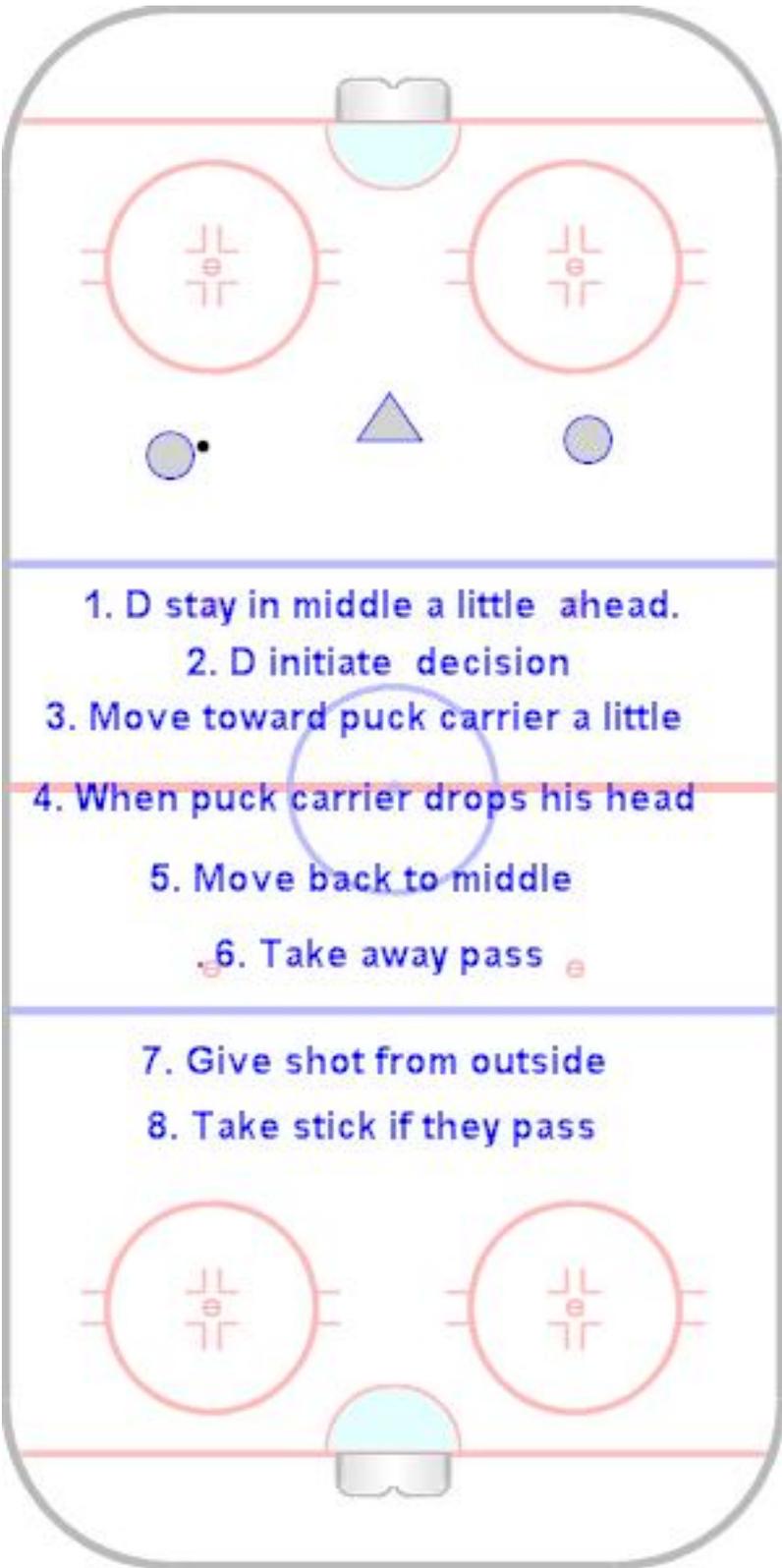
T3 Playing a Defensive 2-1

Key Points:

- A 2-1 is really a 2-2 because it is between the two attackers one defender and one goalie. (goalies are people too)
- The defender has to realize that he/she doesn't have to get the puck or make a check but instead recognize the most dangerous play and take that play away.
- Goalie should be saying he has the shooter.

Description:

1. Defender stay in the middle a little ahead of the attack with the stick in the passing lane.
2. Initiate the decision.
3. Move toward the puck carrier a faking you are going there to see if it make him rush and see if he drops his head and throws the puck across (many players panic and do this) then drop back into the middle and block the pass.
4. Deny the pass across and the goalie takes the shooter if he is outside. If the stick is in the inside lane the shooter may be the most dangerous player and you have to play him more.
5. Don't allow the puck carrier to go in alone; cut the ice in half.
6. Take non shooters stick on a shot.
 1. Slide to deny the pass if the attackers are parallel.



T4, 1-2-3 Forechecking Practice

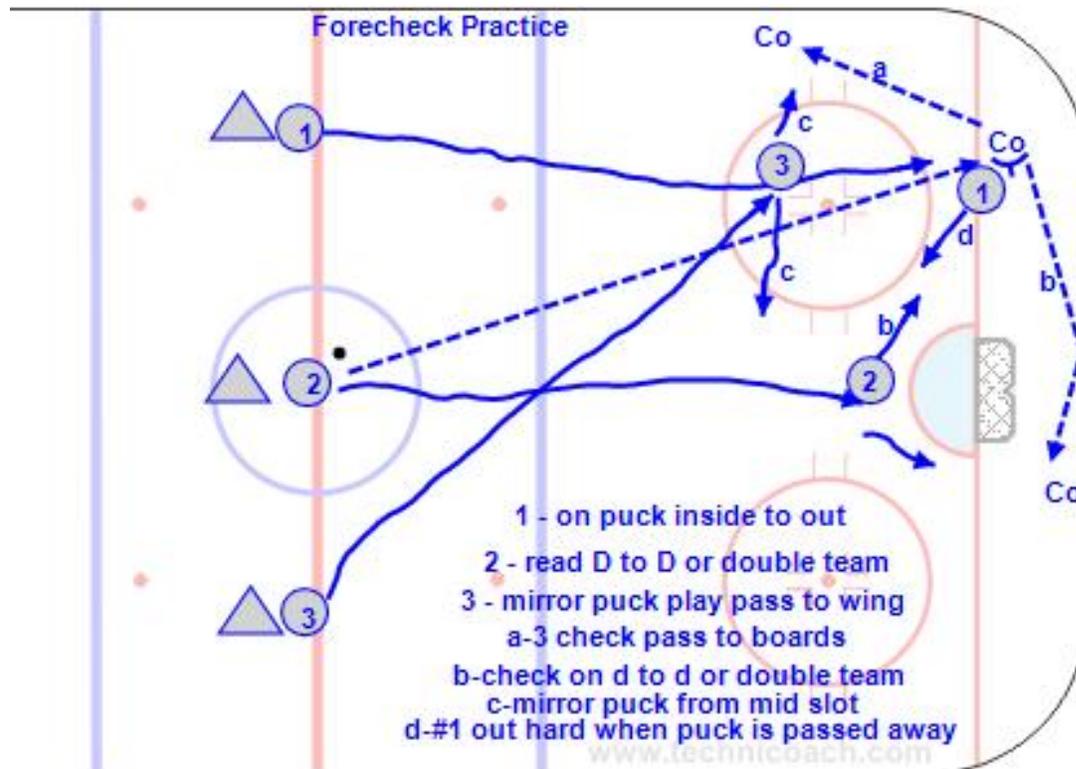
The coaches can or other players can stand in the places of the breakout team while the coach says where to move the puck. If the coach is alone he can simply point to the area the puck is going. This instruction is to let the players understand the read and react of an aggressive 3 man forecheck.

Players line up in 3 lines behind the red line.

#1 - on the puck inside to out.

#2 - 2 read help #1 if loose puck is created and check D2 on D to D pass.

#3 - mirror the puck from the mid slot. Check wing on pass to the boards and mirror D to D from the mid slot. Don't forecheck but mirror the puck from the mid slot until you become #1 or #2.



T4 1-3-1 Forecheck

Key Points:

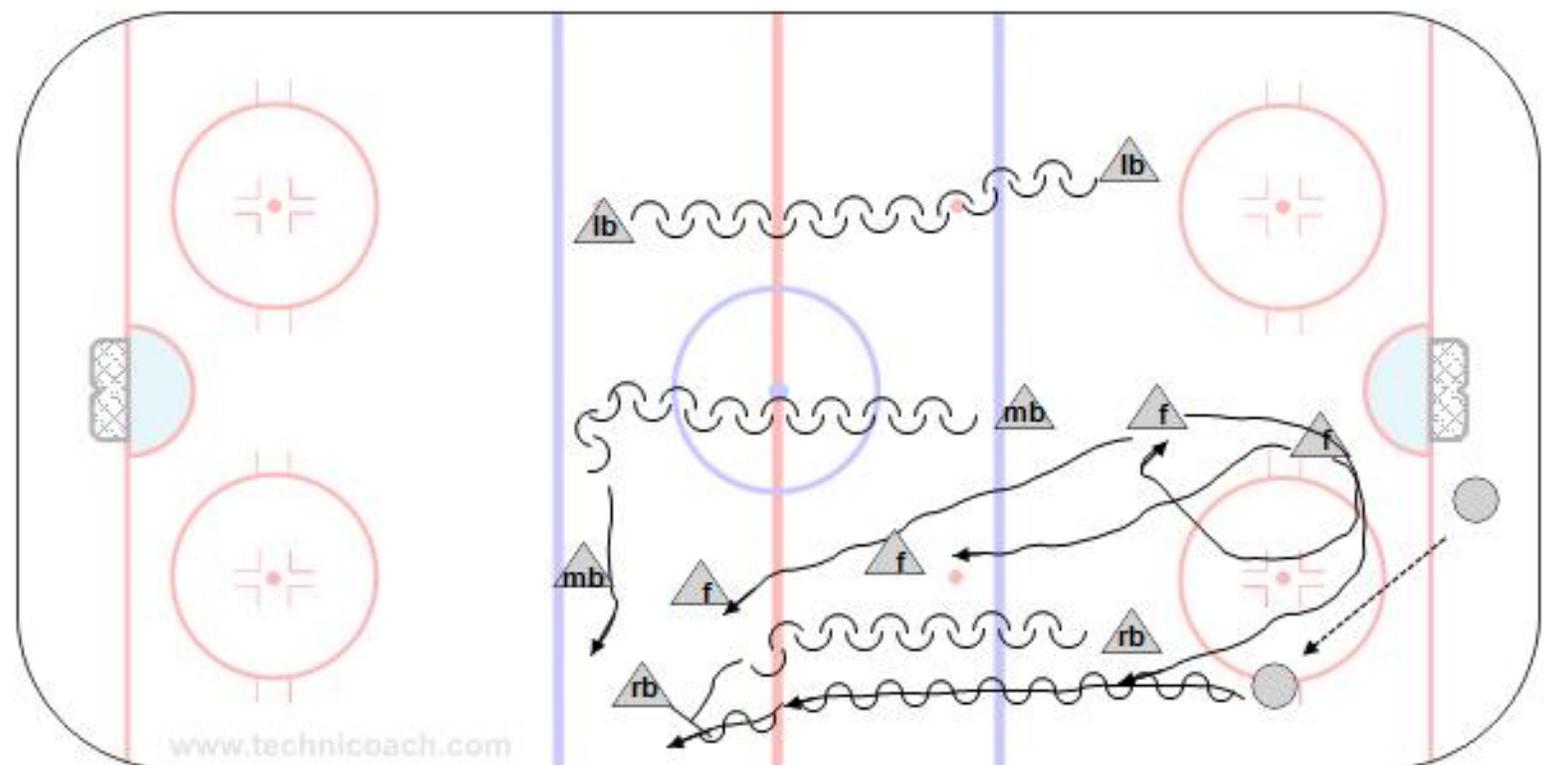
The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them
Middle back support from behind.

Description:

In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.
Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure



T4 1-3-1 Torpedo

Key Points:

- T1 create inside to outside pressure.
- Always have 4 on the attack.
- Strong side Torpedo stretch.
- Right and left backs forecheck 1-2-3 with torpedoes on the stron side.
- Middle Back play on the puck side point with weak side back middle point.

Description:

Diagram 1 Forecheck

1. Torpedoes forecheck in a tandem I. Pressure inside to out and return to the middle lane.
2. Right and left backs play their half of the ice. Join the rush deep on the strong side and mid slot when on the weak side. Play the weak side point and always look for the back door play when it is there.
3. Backs play the low 3-3 and Torpedoes cover the points and stretch on possession.
4. Backs fill the low 3 lanes on breakout. strong side torpedo stretch and weak side give middle support.
- 5 In the neutral zone the backs play their lanes and torpedoes back pressure.



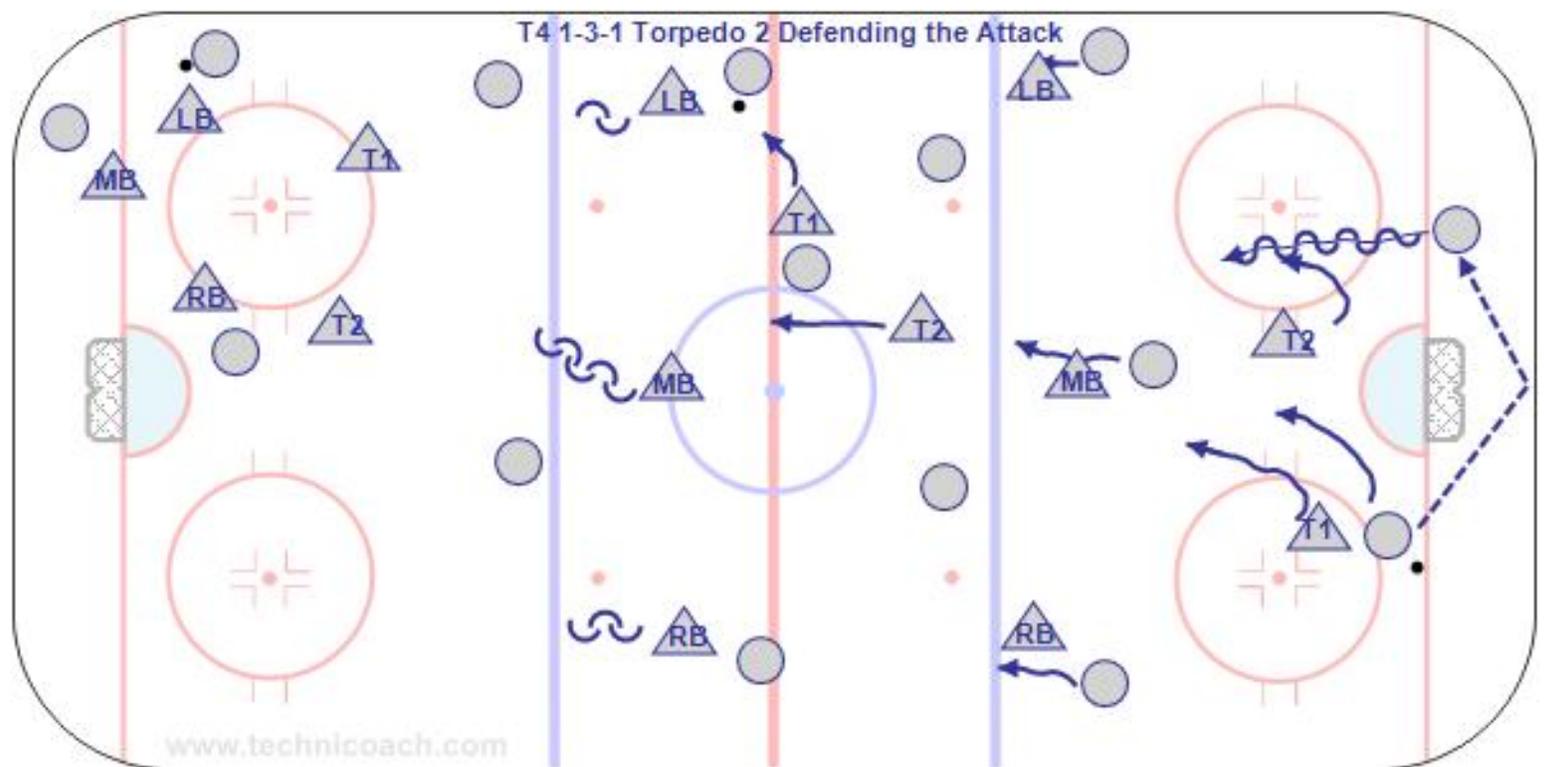
Diagram 2 Defending the Attack With a 1-3-1 Torpedo

Key Points:

Defensive Play. Fill the three lanes, Keep tight gaps. Torpedoes back pressure.

Description:

1. On forecheck Torpedoes check the 2 lowest players and backs fill the 3 lanes.
2. In Nzone Backs fill the 3 lanes and Torpedo 1 back pressure while T2 come back through the middle.
3. In defensive zone the backs play the low 3 on 3 with MB supporting on both sides.



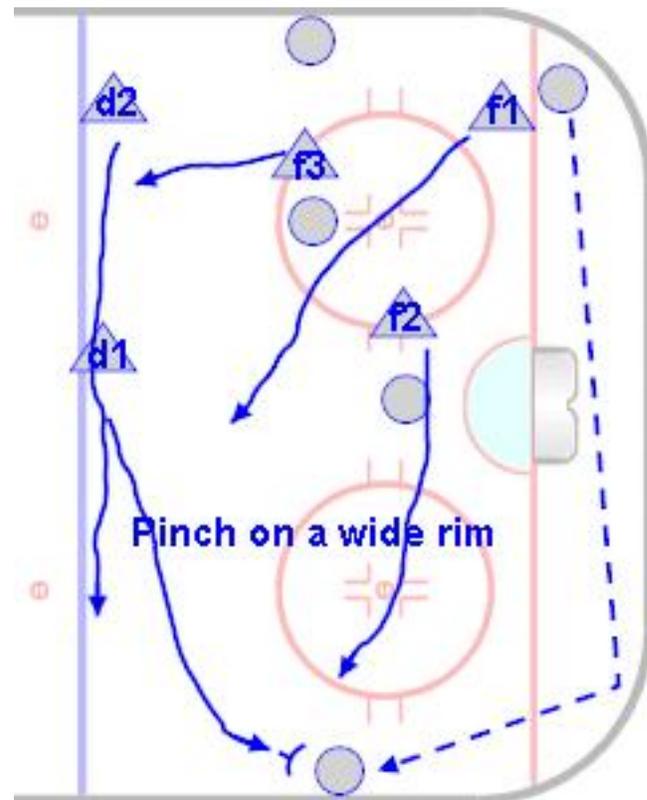
T4 2-1-2 Pinch on a Wide Rim

Key Points:

The middle D get to the puck as or before it is being received.

Description:

1. F1 make contact and skate thru the middle when the puck is rimmed.
2. F2 pressure the pass receiver.
3. F3 cover original strong side point.
4. D1 pinch down on pass receiver.
5. D2 slide across and fill in behind the pinching D2.



2-2-1 Pressure Forecheck

Key Points:

Overload the strong side and pinch on the weak side.

Description:

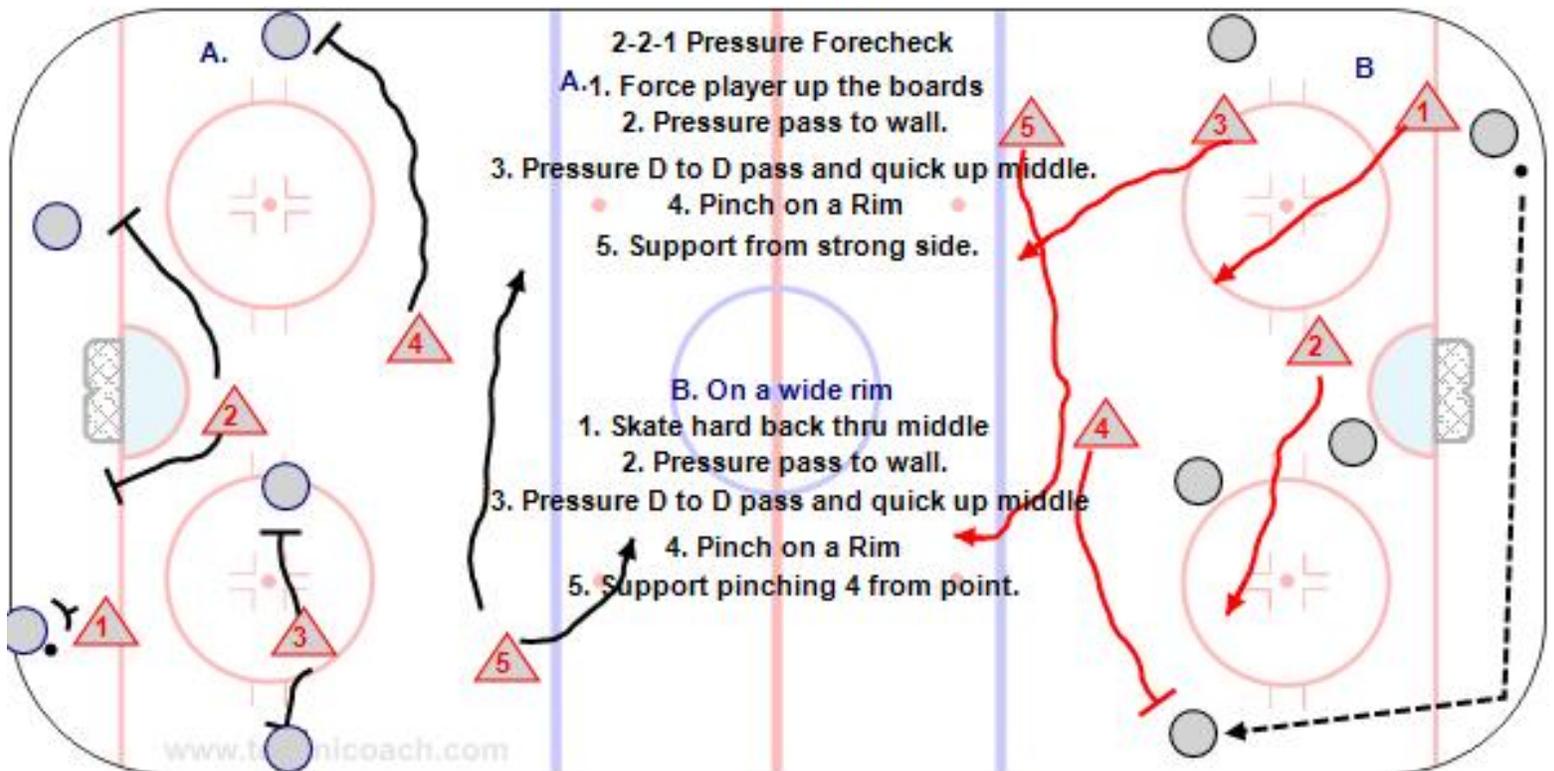
2-2-1 Pressure Forecheck

The first player forces the puck carrier.

1. Force player up the boards.
2. Pressure pass to wall.
3. Pressure D to D pass and quick up middle.
4. Pinch on a Rim
5. Support from strong side also lock on the middle forward if high in the slot..

B. On a wide Rim

1. Skate hard back thru middle
2. Pursue puck
3. Cover middle point.
4. From pre pinch position pressure boards
5. Support pinching 4 from point.



T4 2-2-1 Pressure Forecheck - Puck Behind the net

Key Points:

A turnover in the offensive end results in a scoring chance about 25% of the time while a nzone turnover gets a scoring chance about 10% and a rush from the defensive zone less than 5% of the time. So a passive trap may prevent goals against but doesn't create near as many scoring chances.

Pinch comes from both sides.

On possession overload the puck side with weak side back door option.

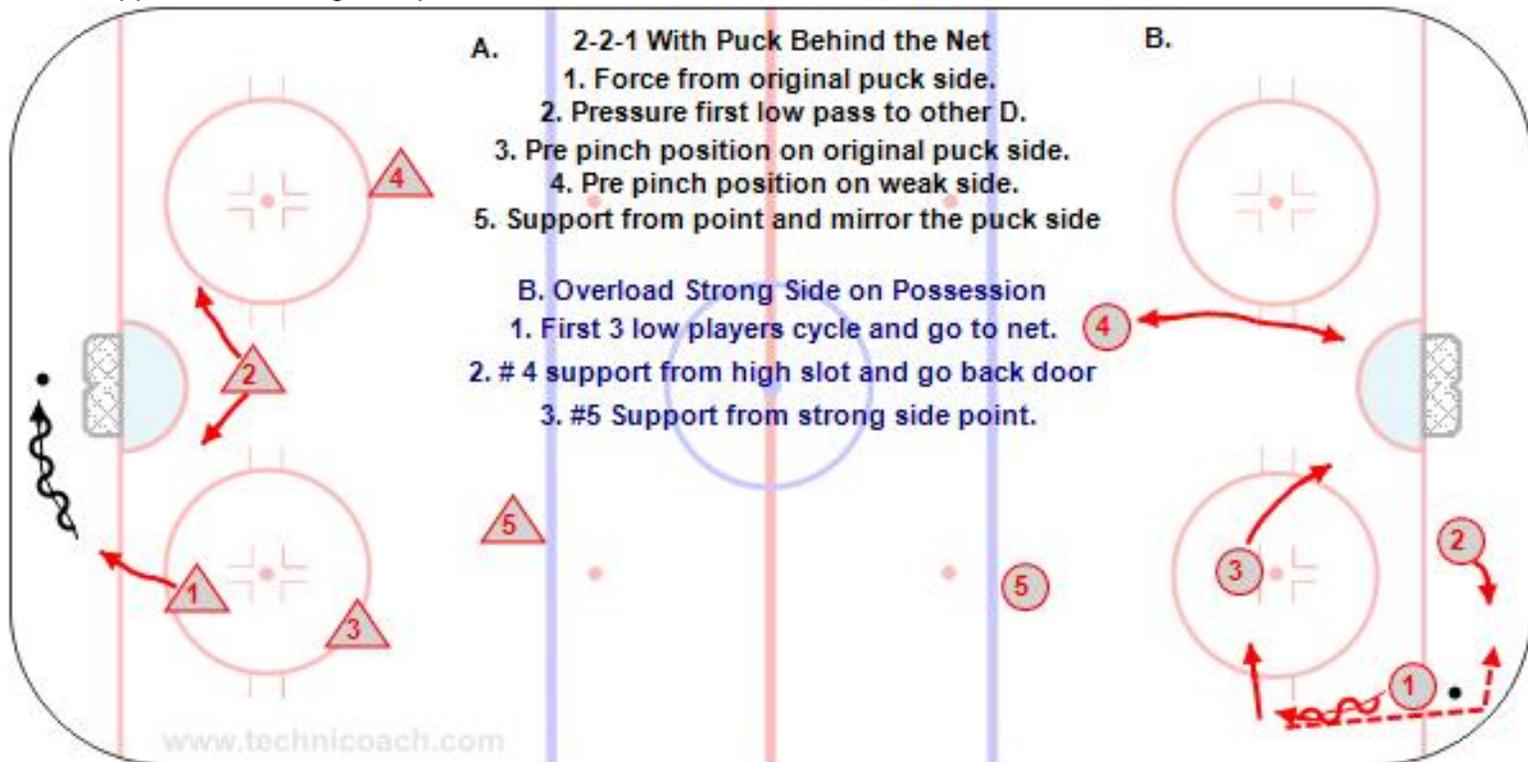
Description:

2-2-1 With Puck Behind the Net

1. Force from original puck side.
2. Pressure first low pass to other D.
3. Pre pinch position on original puck side.
4. Pre pinch position on weak side.
5. Support from point and mirror the puck side

B. Overload Strong Side on Possession

1. First 3 low players cycle and go to net.
2. # 4 support from high slot and go back door
3. #5 Support from strong side point.



T4 Back Pressure

Key Points:

Back pressure allows the D to really play a tight gap on the attacker and stand up on him if you have an angle. The forward coming back can pick up the loose puck or a chip behind. Also if the attacker delays he is skating into the back pressure. (Remember Crosby's big hit on Ovechkin when they played in the world jrs. about 4 years ago).

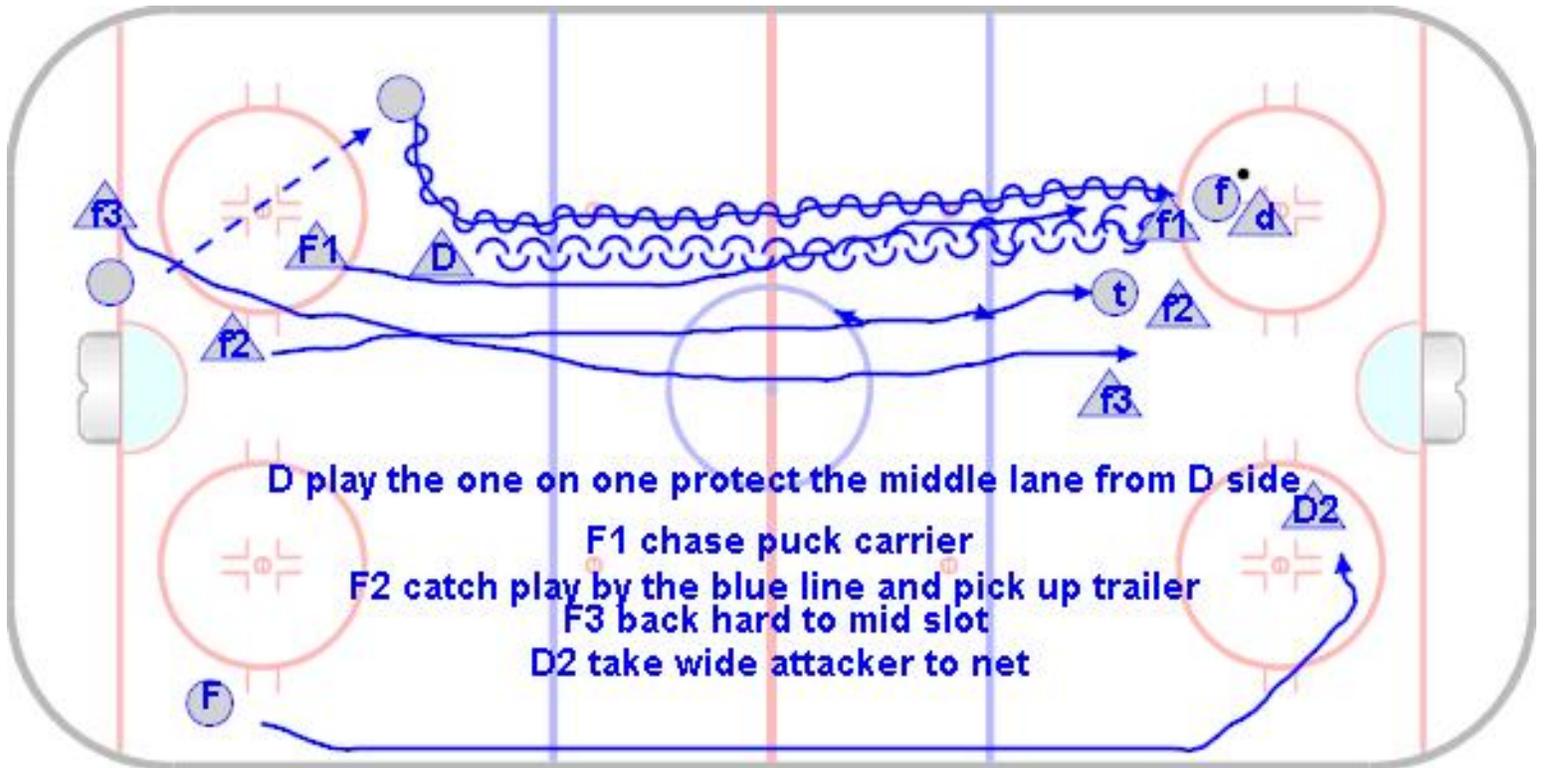
Some teams only back pressure thru the nzone and then peel off. I think it is best to create the defensive 2-1 and only peel off if you are out numbered. Creating offensive and defensive 2-1's is the key to the game.

D1 play a good gap and F1 pursue from behind. If it is an odd number situation where another attacker is not covered then F1 and D1 communicate and F1 pick him up.

Description:

1. D1 play a 1-1 with the puck carrier from the D side.
2. D2 play the second attacker in the middle or wide lane.
3. F1 pursue the puck carrier from the inside if possible.
4. F2 come back to cover the trailer.
5. F3 come back to the mid slot.

After the attack F1 stay in the zone and play the low 3-3.



T4 C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes and communicate. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

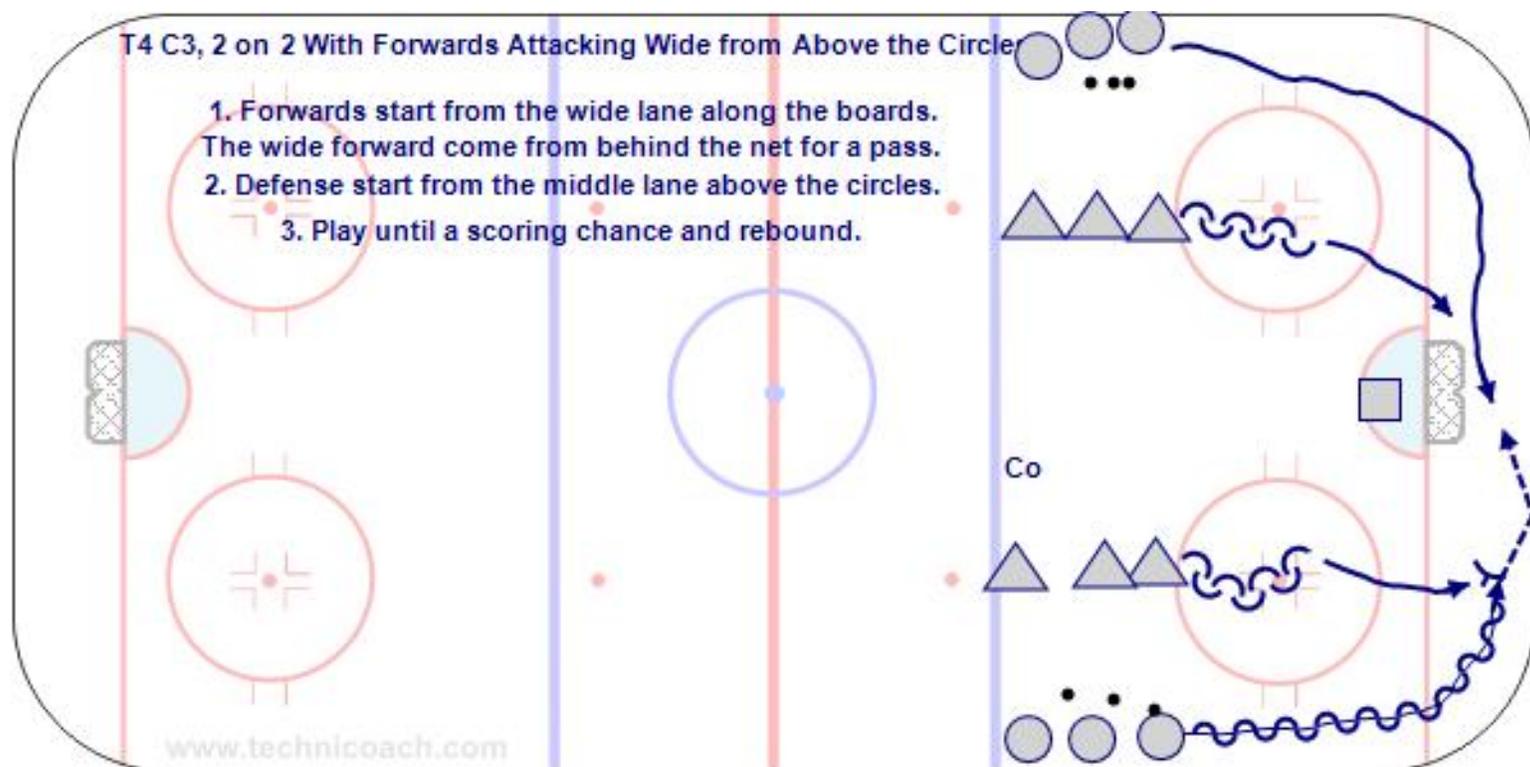
Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting above the circles. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards. The wide forward come from behind the net for a pass.
2. Defense start from the middle lane above the circles.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090903113821934>



T4 D400 - 2 on 2 Below the Goal Line

Key Points:

The attackers create scoring chances with speed, deception, give and goes, crosses and picks.
Defenders must talk, stay net side, sticks in lanes and one the puck.

Description:

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts.
Play for 5-10 seconds.



D400 Penalty Killing Practice

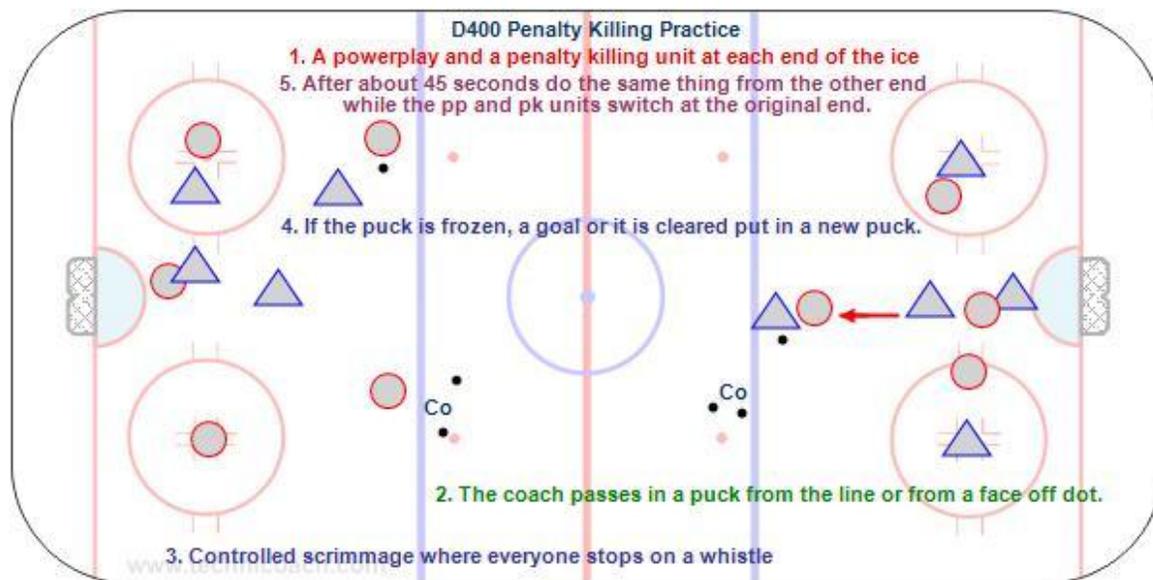
Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

<http://hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20090806144359357>
video



T4 D400, 3 on 3 Attack and Defend

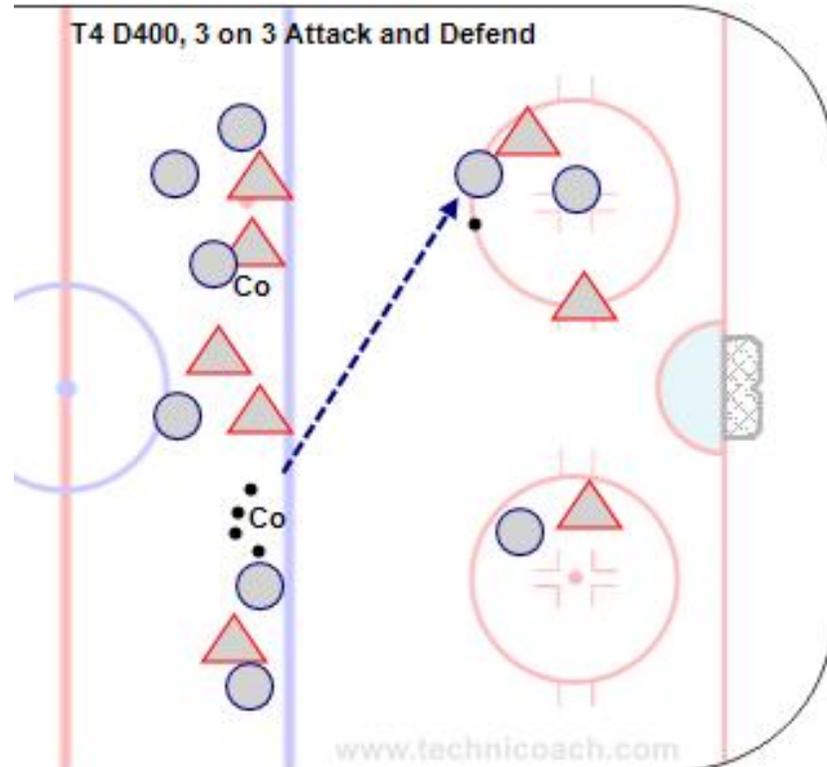
Key Points;

On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

Description:

1. Players wait outside the blue line. 3 offensive and 3 defensive players go into the zone and the coach passes to an attacking player or dumps the puck in. Play about 20”.
2. Defenders try to skate the puck out and attackers to score. On a quick goal or shootout the coach puts in another puck.
3. Coaches can focus on any aspect of the attack or defense.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>



T4 Forechecking Practice 1-2-2 Hard Trap

Key Points:

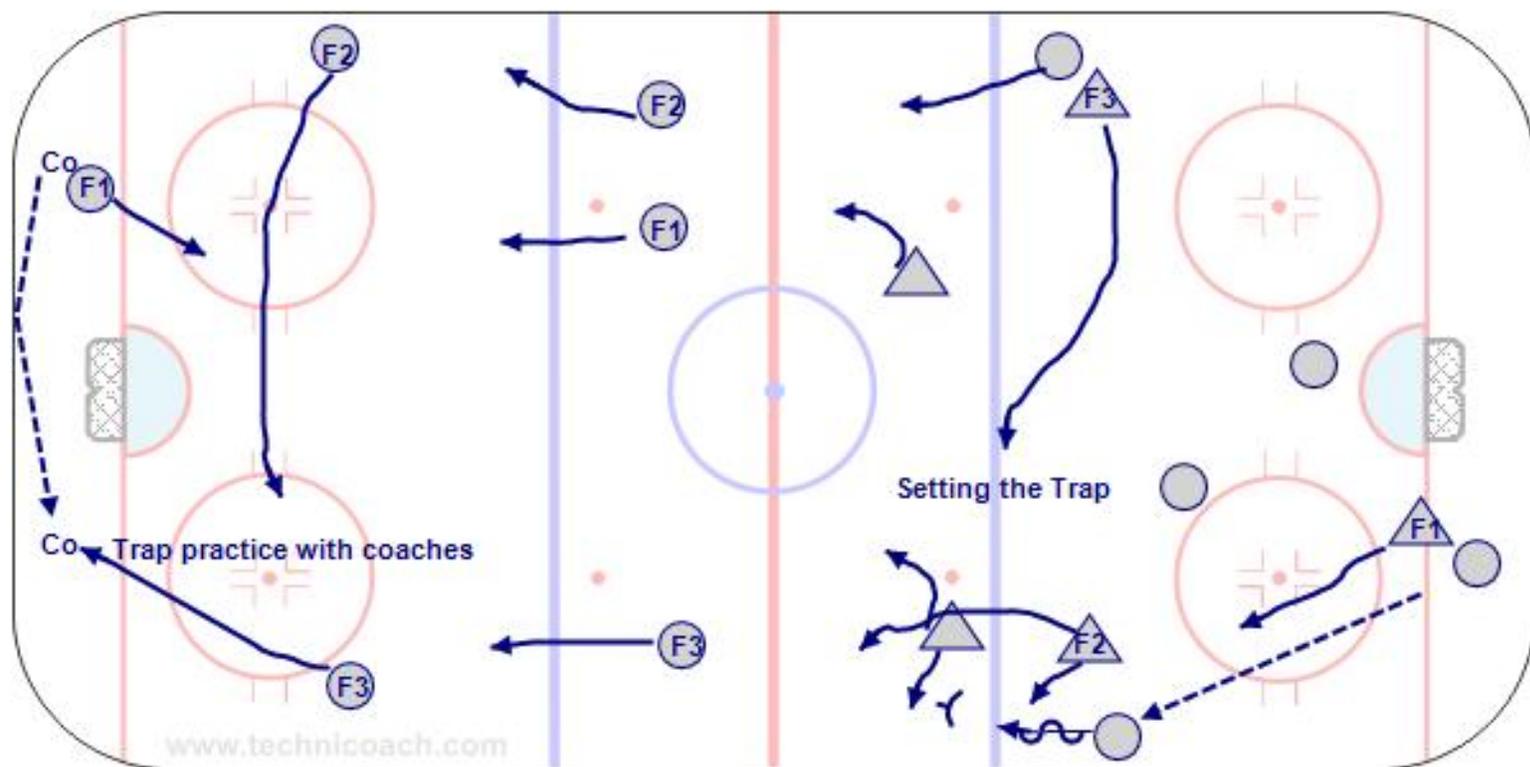
F1 on the puck from inside out, F2 and F3 take away walls first. F2 and F3 cover the wings first.

Description:

1. Forwards dump in the puck from above the blueline to a coach.
2. F1 skate hard from inside to outside with stick denying pass to middle.
3. F2 take away quick pass up the wall,
4. F3 take away rim.

If they make the first pass F2 pressure, D1 stand up, F3 come across, F1 pursue in passing lane and D2 cover the wide lane.

On a D to D F3 pressure, F2 come across and F1 finish and skate hard back thru the middle.



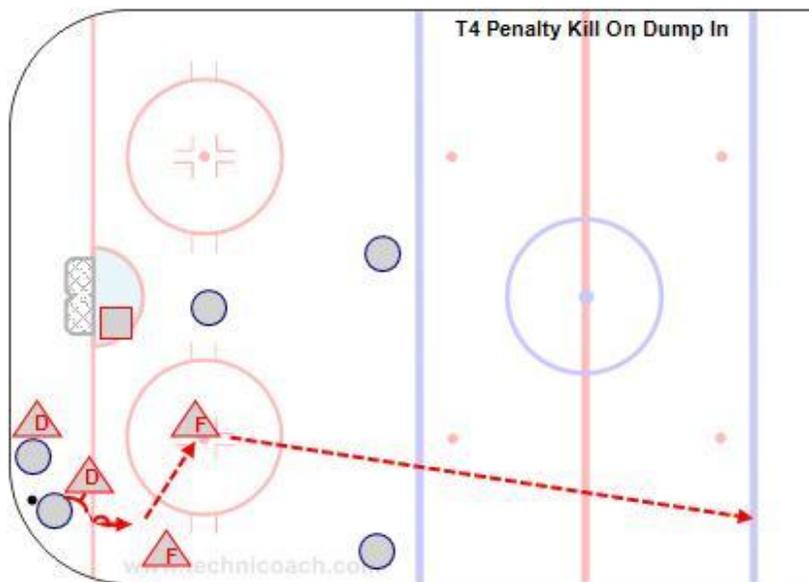
T4 Penalty Kill On Dump In

Key Points:

Overload the attackers on loose puck situations and cut off blind passes.

Description:

1. Defenders read loose puck situations.
2. Closest D battle for the puck.
3. Supporting D cut off pass behind or join 2 on 2 in the corner.
4. Strong side forward cut off pass up the wall.
5. Weak side forward support from the dot and cut off passes to the front of mid point.



T4 Penalty Kill Two Short vs Diamond or Umbrella

Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots.

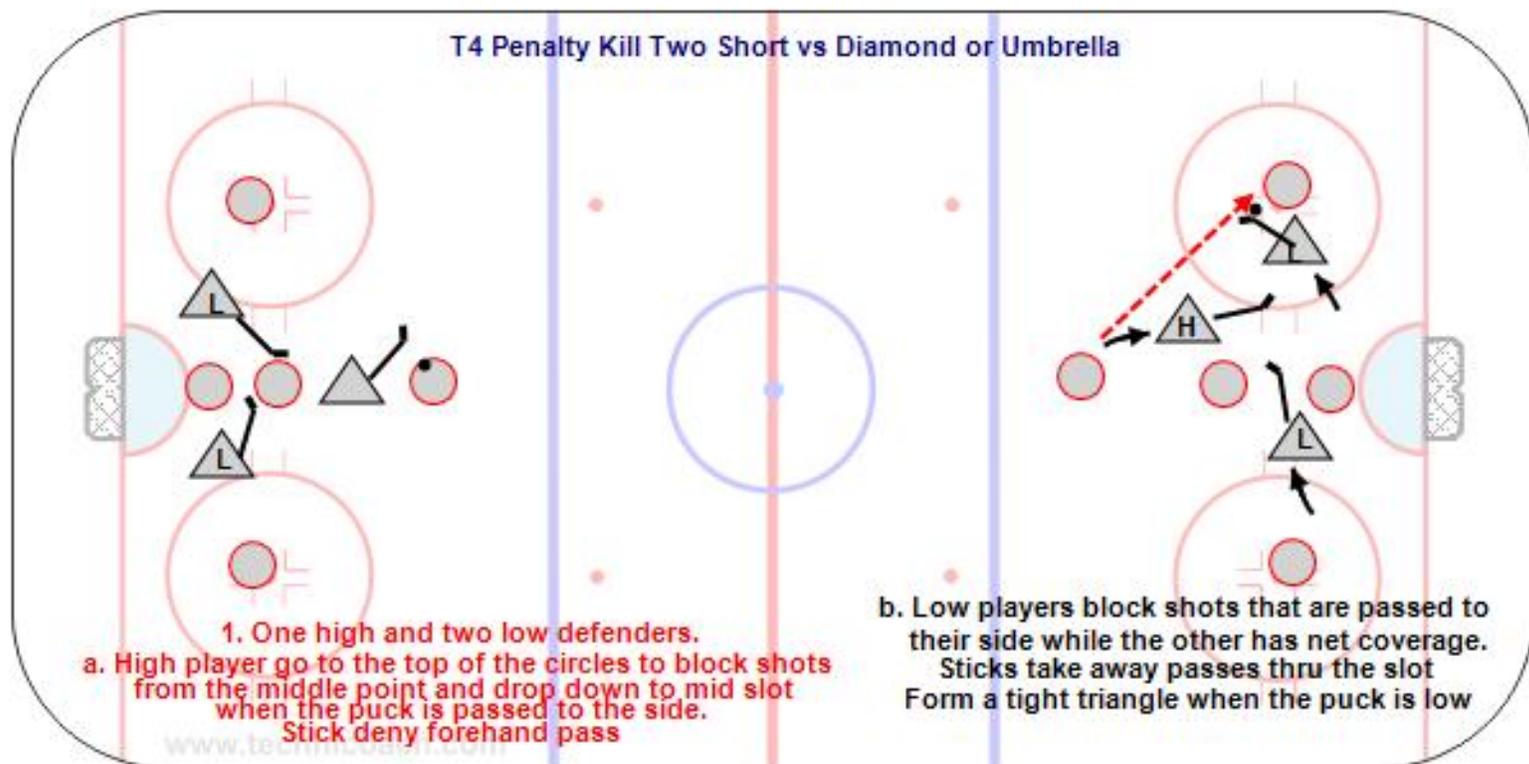
Description:

1. One high and two low defenders.

a. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.

b. Low players block shots that are passed to their side while the other has net coverage.

Sticks take away passes thru the slot. Form a tight triangle when the puck is low.



Penalty Killing 2 Short vs the Spread Power Play

Key Points:

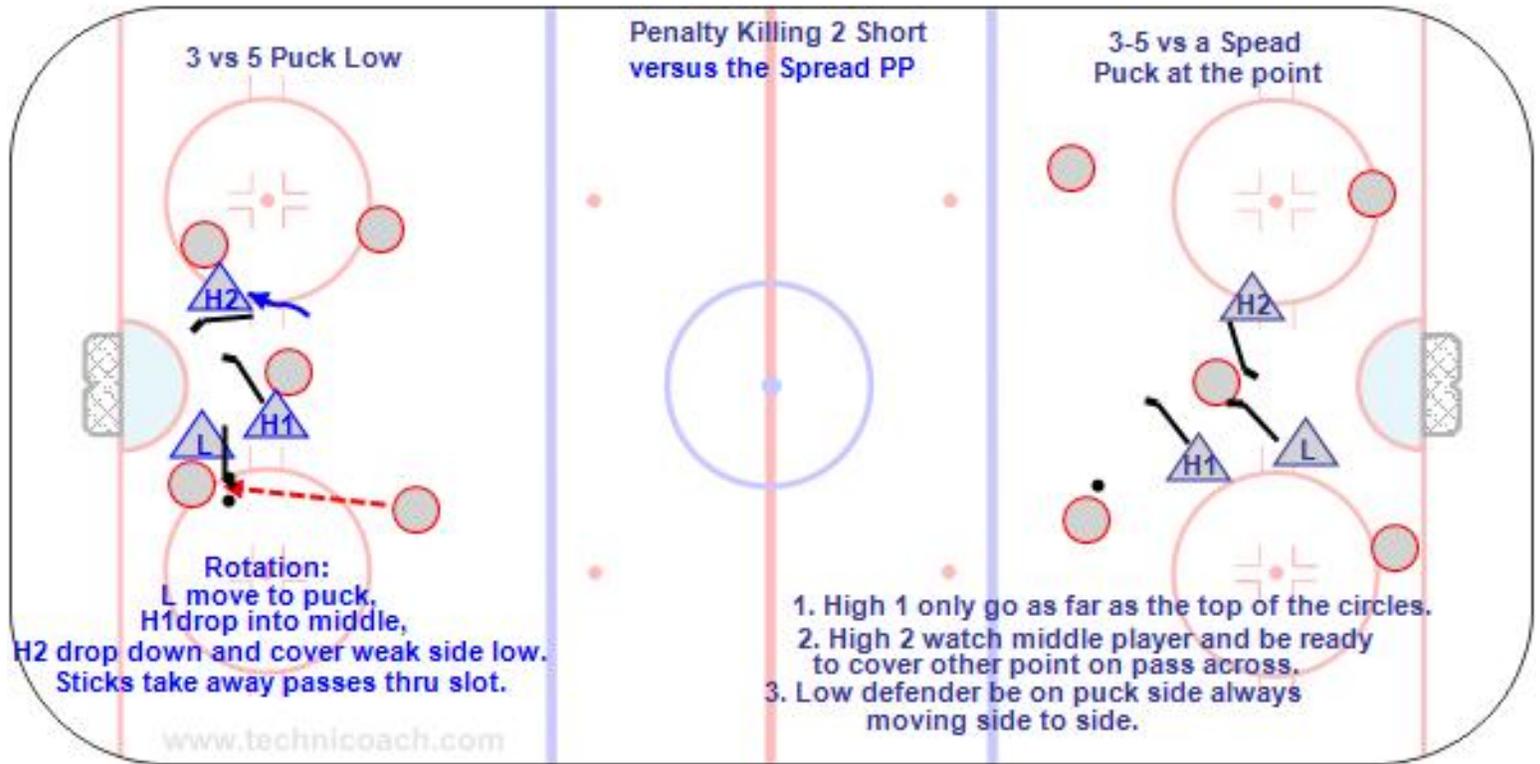
- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

Description: 3-5 vs a Spread with the Puck at Point

1. High 1 only go as far as the top of the circles.
 2. High 2 watch middle player and be ready to cover other point on pass across.
 3. Low defender be on puck side always moving side to side.
- 3-5 when puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low.

Sticks take away passes thru the slot.



A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germany if he would discuss his thought on specialty teams with me. Last year I was coaching with Pierre Page and he used a very aggressive PK that they used together as assistants on the Flames. So I wanted to compare their ideas. Mud agreed to meet with me and we went to an empty dressing room after our over 55 morning game and I listened for an hour.

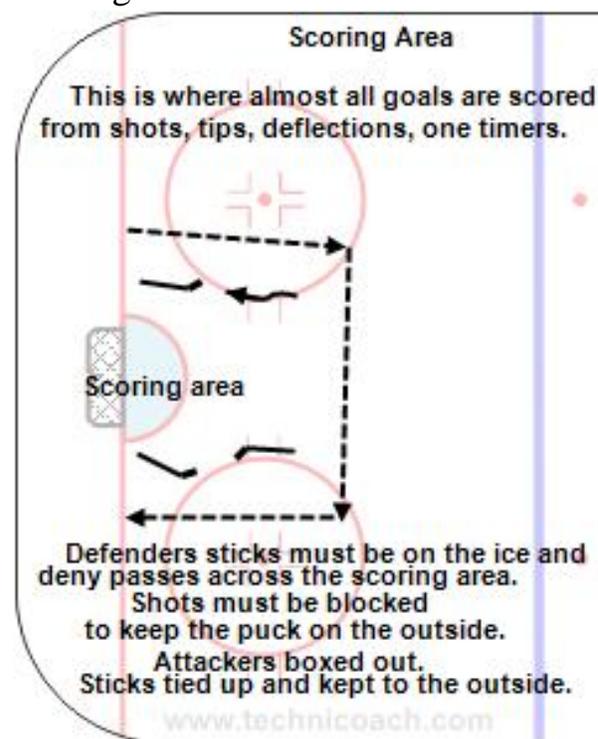
<http://hockeydb.com/ihdb/stats/pdisplay.php?pid=3847> is his hockey db profile and he played for legends like Fr. Bauer, Scotty Bowman and coached with Bob Johnson who he thing was the best teacher.

So here are the thoughts that we talked about and drew on the coaching board.

Penalty Killing:

Murdoch has gone away from the ultra aggressive penalty kill rotation that Pierre uses with the Red Bulls. He thinks it works great if all 4 players move together every time but if they don't rotate or over rotate then it leave players open in scoring positions.

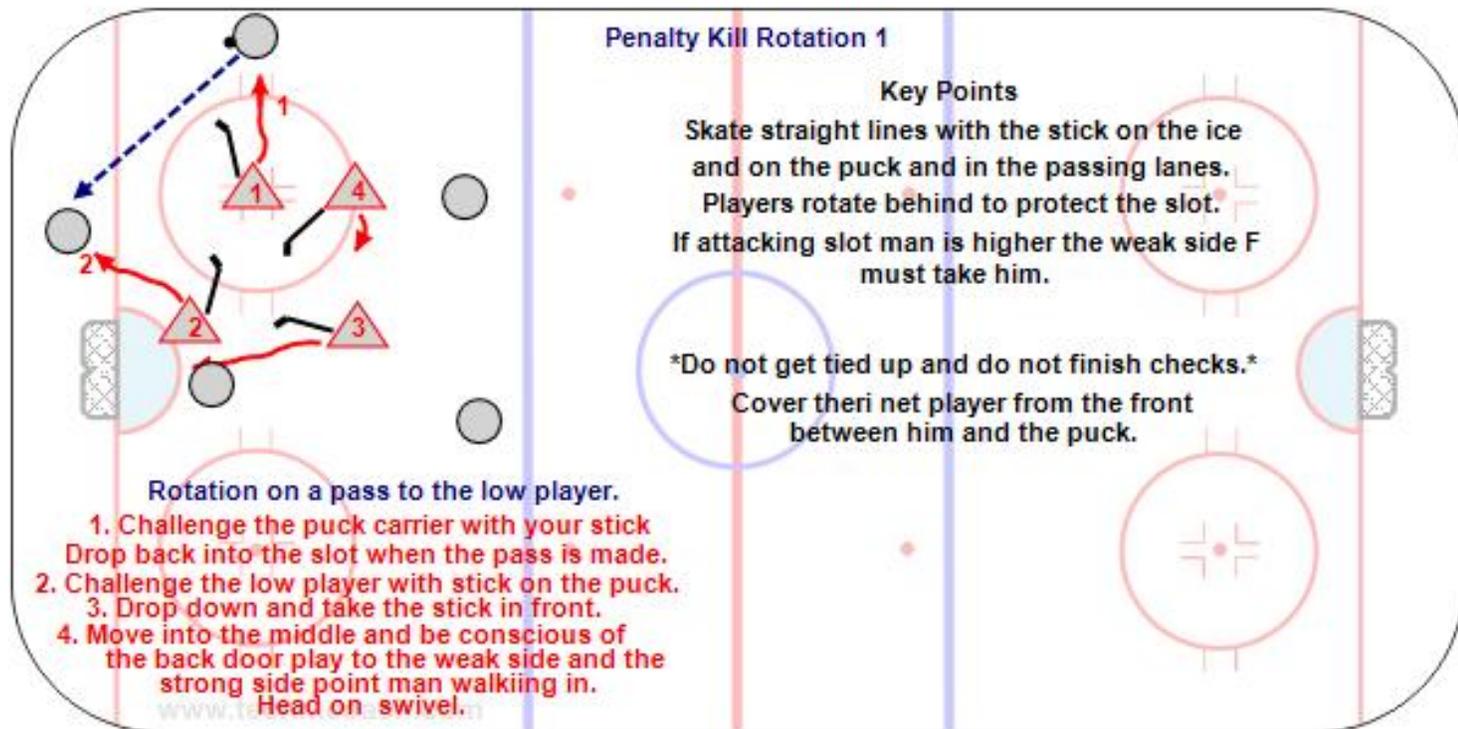
Scoring Area:



Guidelines:

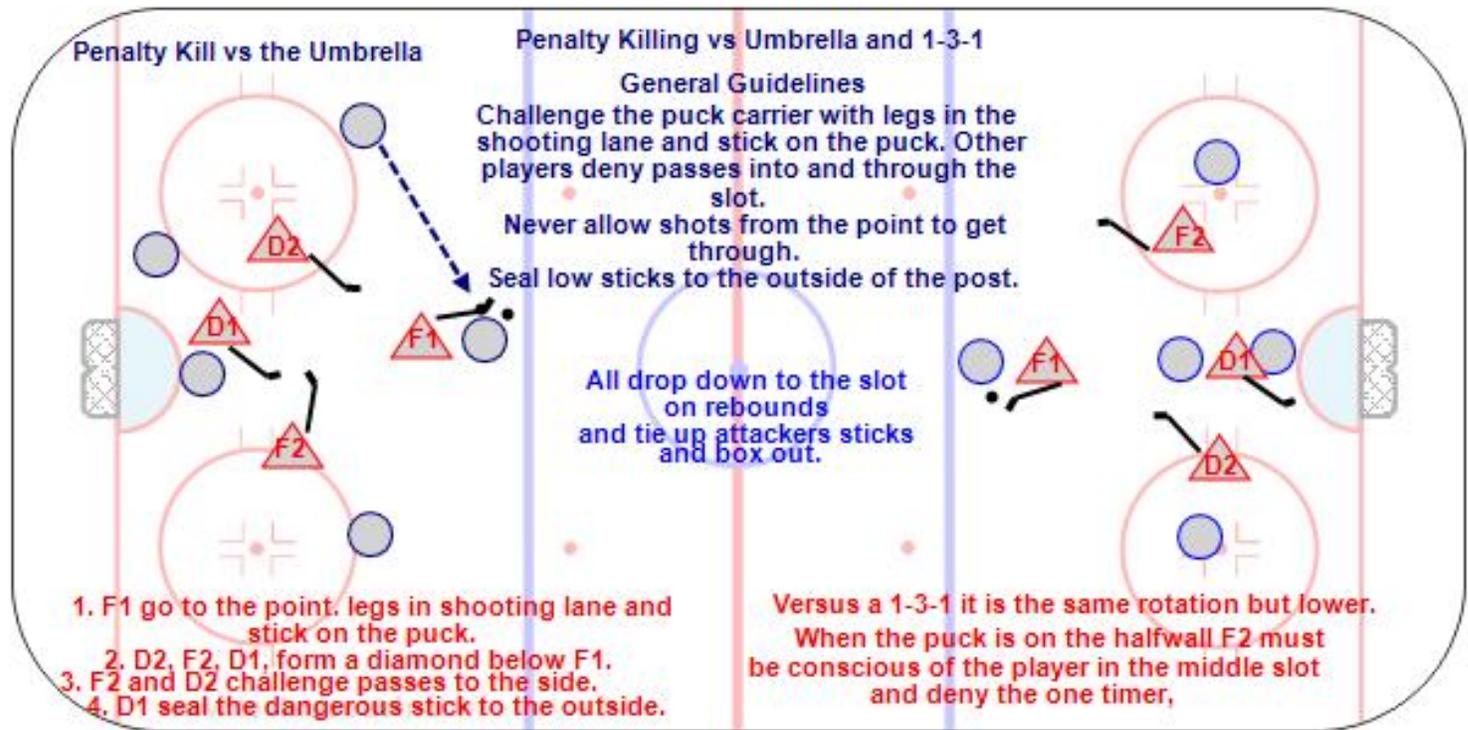
- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.
- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.
- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.

- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.
- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.
-

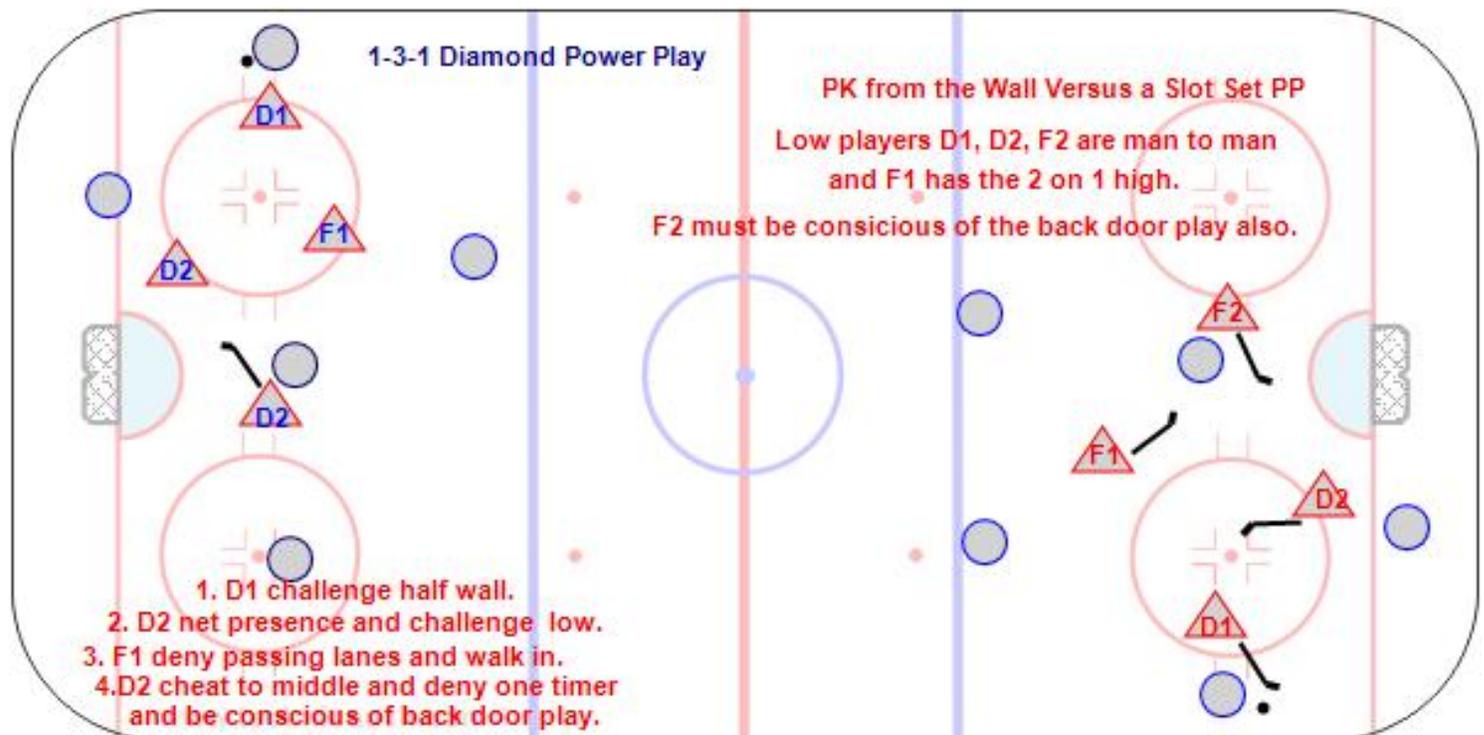


-
- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.
- Don't finish checks on the pk. It takes you out of the play and you can't rotate.
- Skate in straight lines up and back and Don't Chase to the Outside.
- D should not go to the point.
- Don't rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can't pass behind you. It is the most dangerous play.

Penalty Killing Rotation vs the Umbrella and 1-3-1

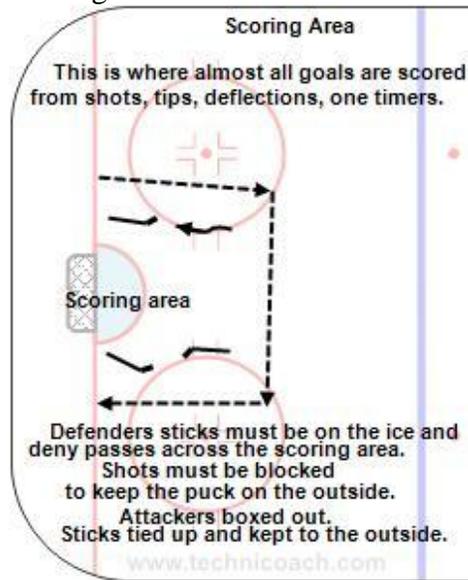


Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.



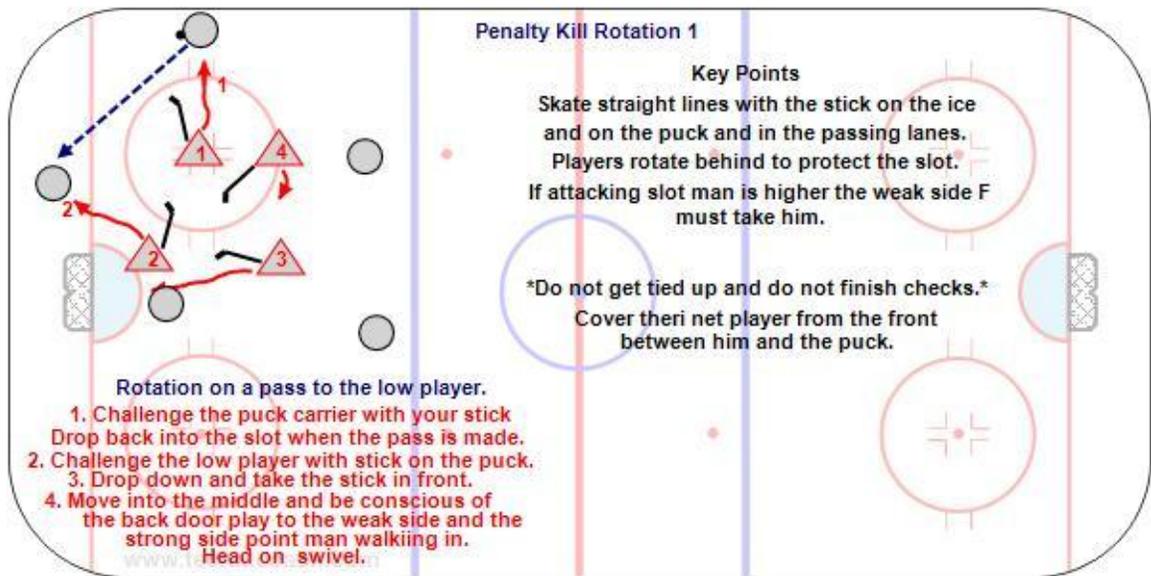
Penalty Killing:

Scoring Area:



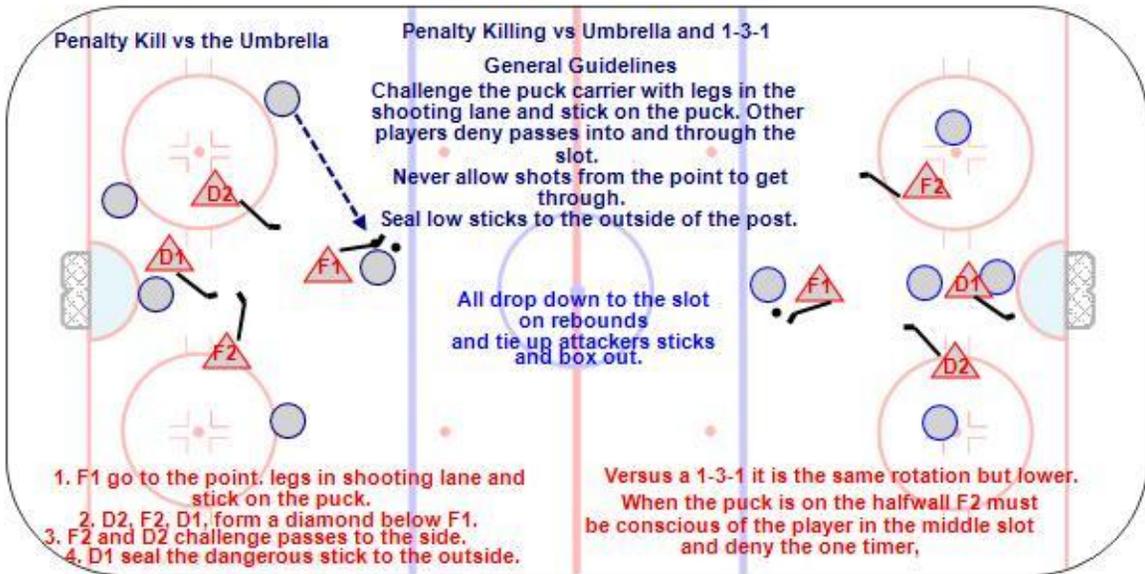
Guidelines:

- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.
- Go to the puck “through the net” in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.
- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.
- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.
- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.



-
-
- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.
- Don't finish checks on the pk. It takes you out of the play and you can't rotate.
- Skate in straight lines up and back and Don't Chase to the Outside.
- D should not go to the point.
- Don't rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can't pass behind you. It is the most dangerous play.

Penalty Killing Rotation vs the Umbrella and 1-3-1



Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.



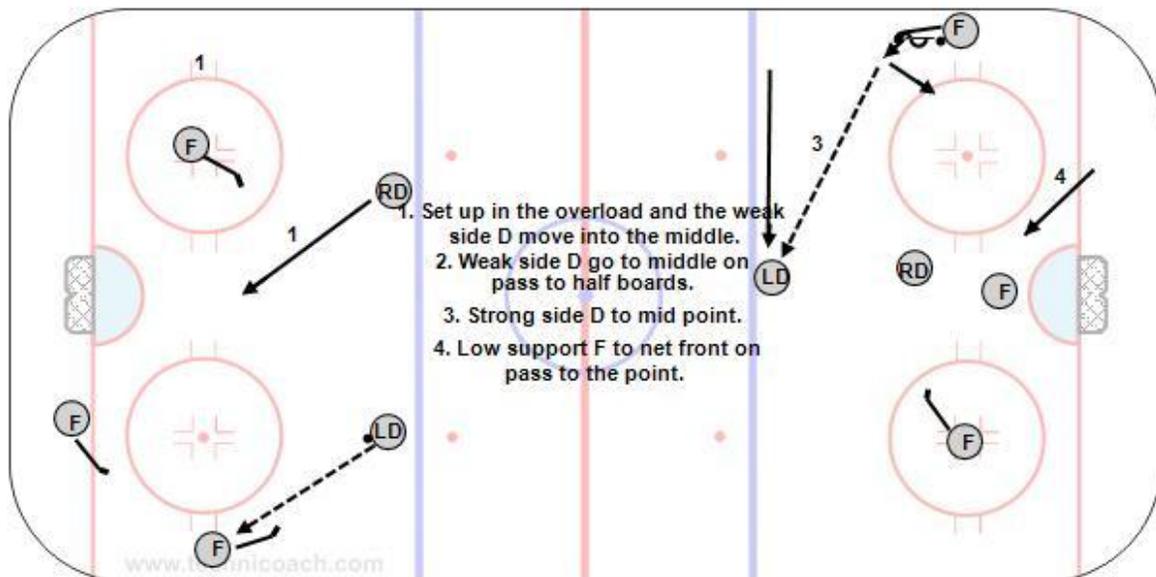
PP Rotation Overload to Diamond

Key Points:

Players on the sides should be on the off wing for one timer options. Low support when puck is on the half boards. The player in the middle support the other 4 players.

Description:

1. Set up in the overload and the weak side D move into the middle.
2. Weak side D go to middle on pass to half boards.
3. Strong side D to mid point.
4. Low support F to net front on pass to the point.



T4 Teaching Defensive Zone Coverage 2-1-2

Key Points:

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

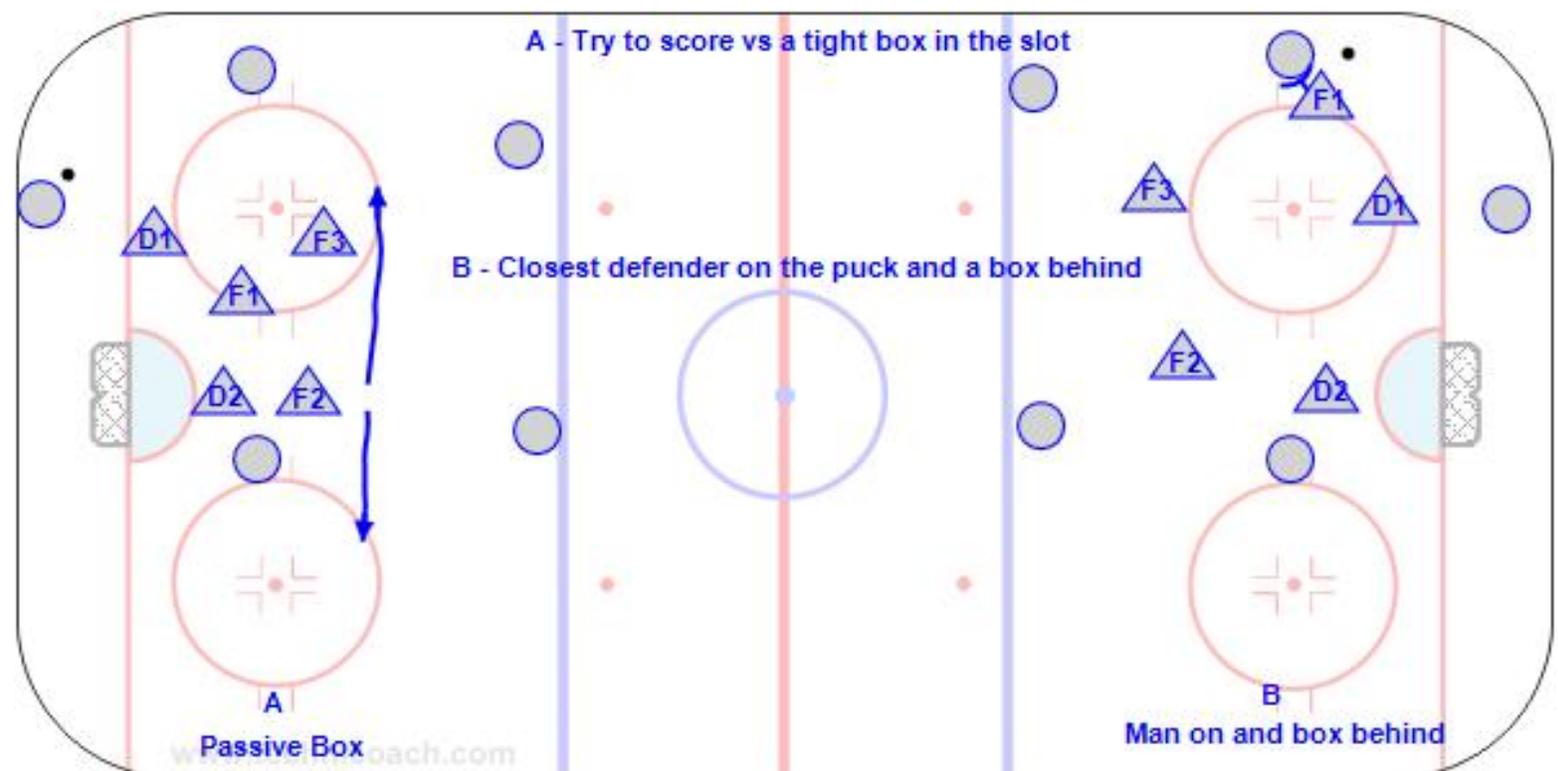
When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

Description:

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind. When the puck is passed away drop to a corner of the box or take the player to the net. If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.



T2-4 D100 Breakout and Forecheck U20

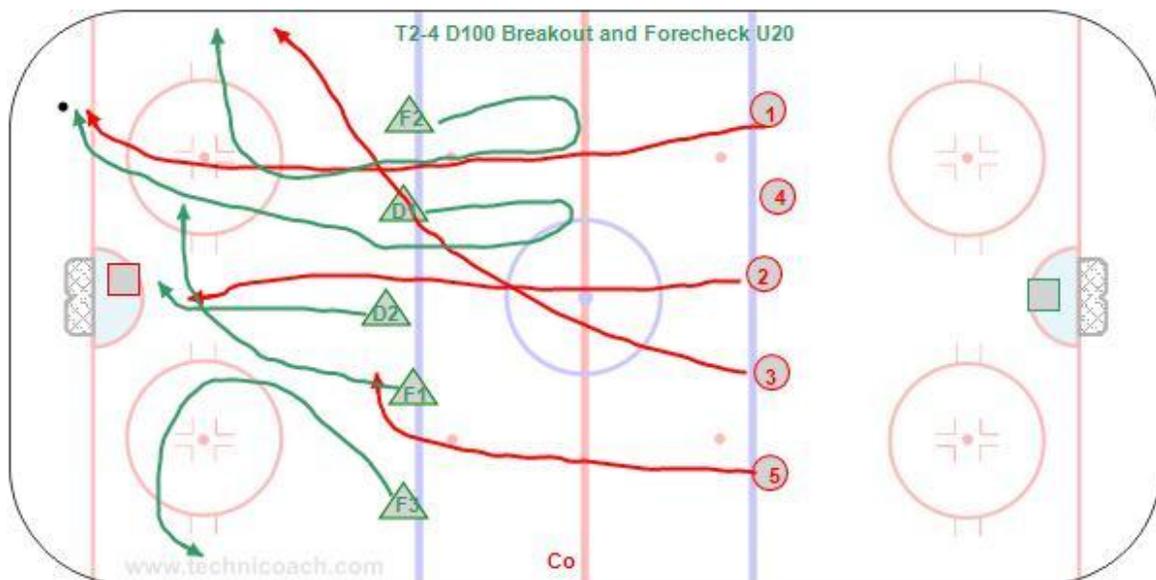
Description:

Defenders funnel back from inside to outside. D shoulder check before getting the puck. Talk to each other. Attackers read if F1 can make contact then pressure. If they turn up ice with control then contain.

Key Points:

1. Each team start from their blue line.
2. On whistle defenders skate to the red line and back.
3. Attackers leave when the defenders start back to their zone.
4. Defenders breakout and attackers forecheck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101214091456609>



T D100 Specialty Team Practice

Key Points:

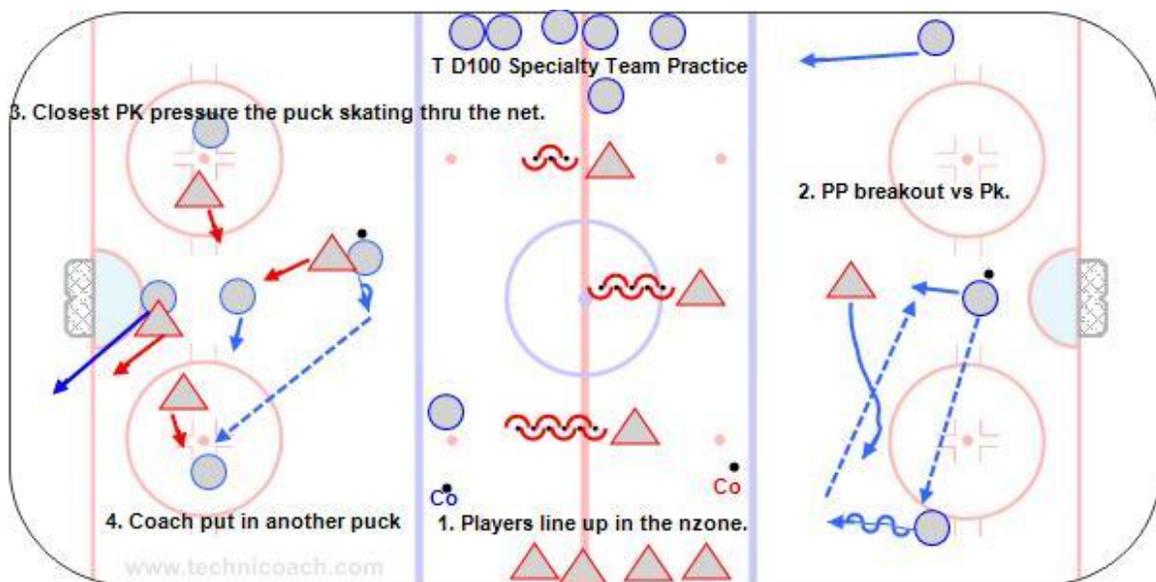
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>



TD400 Aggressive PK - Both Ends

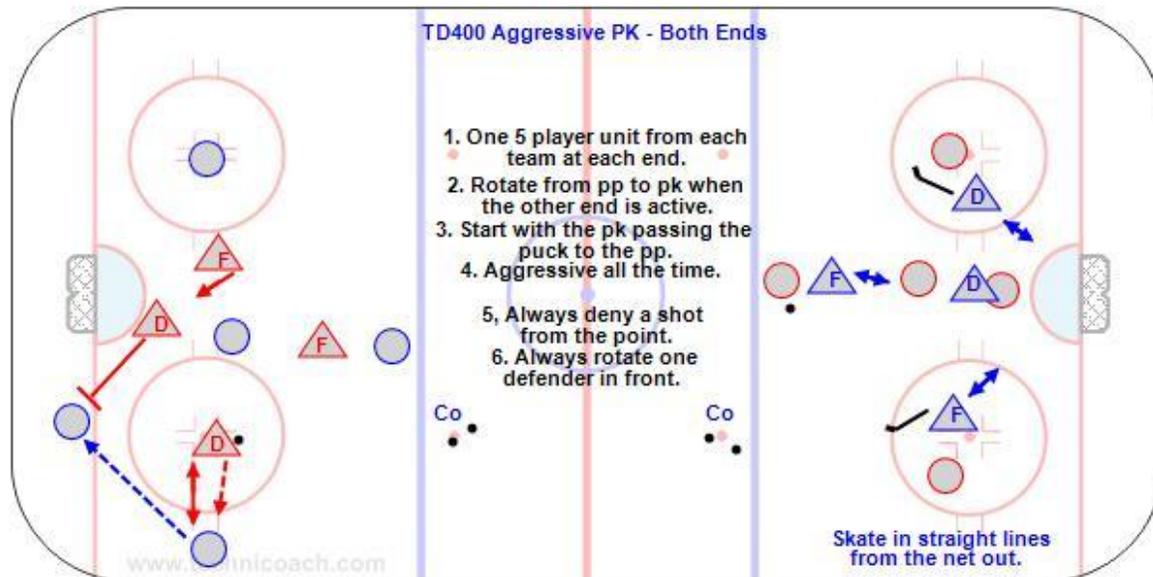
Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822220057310>



TD100 Continuous 2-1, 2-2 –Detroit

Key Points:

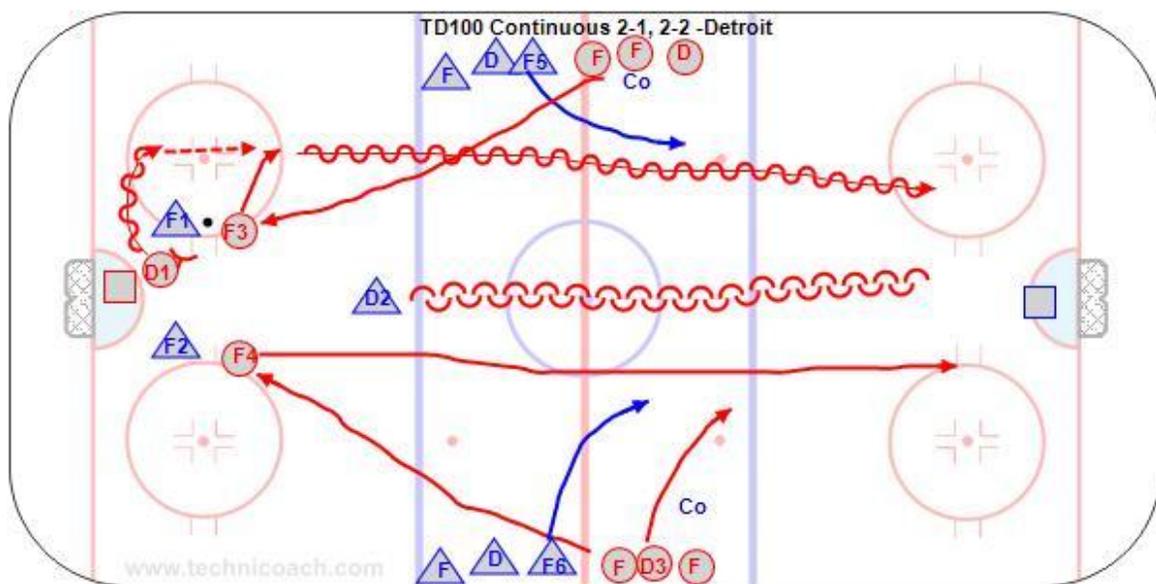
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

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>



TD100 Breakout PK and PP

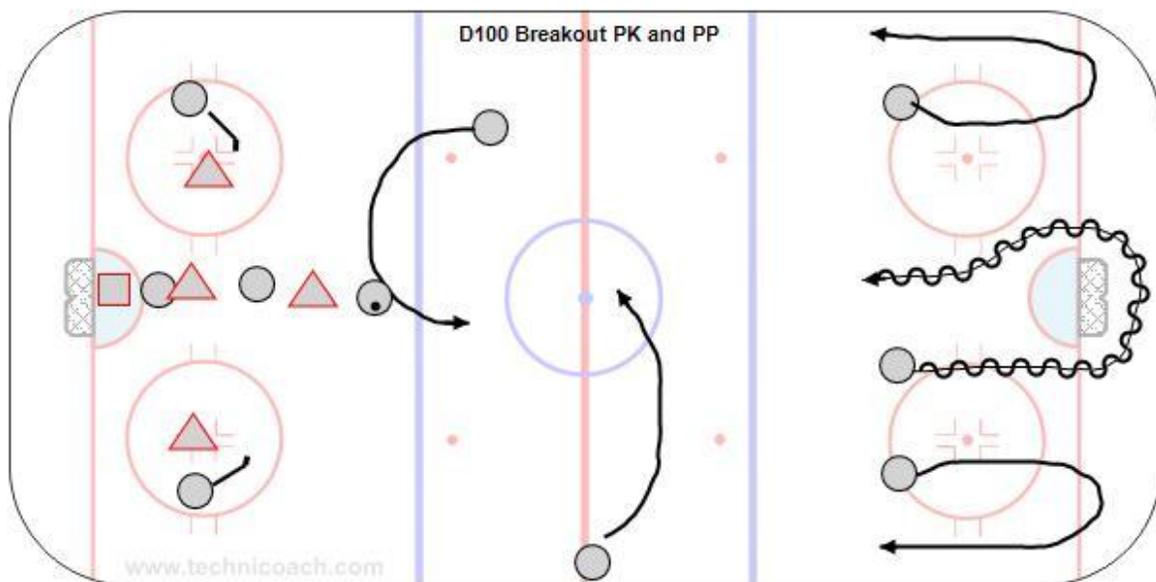
Key Points

Fill the 3 lanes on the controlled breakout with one player stretching to the far blue line and the other in the middle. Always outnumber the defenders on a shoot-in.

Description

1. Coach dumps the puck in use a double swing with two stretching.
2. Move the puck to an open player who carries in the zone or rims the puck hard.
3. Forecheckers must outnumber the pk on loose pucks.
4. The pk pressure the puck at an angle thru the net and not from the side.
5. PK rotate the diamond box always denying a shot from the middle and having one defender in front.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223028594>

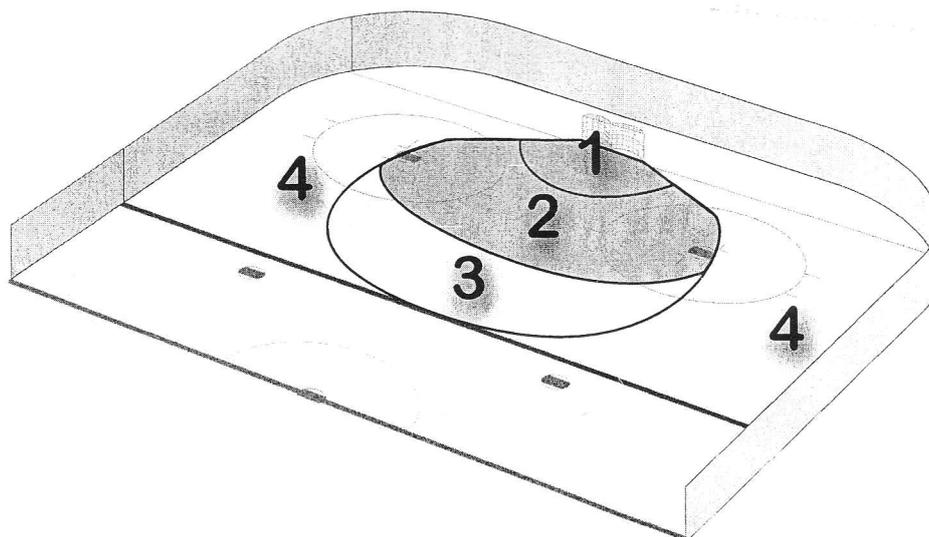


Numbers of Playing Situations in the Hockey Game

Analysis of data collected from Finnish National Team games
2005 - 10.4.2007 (43 games, 184 goals)

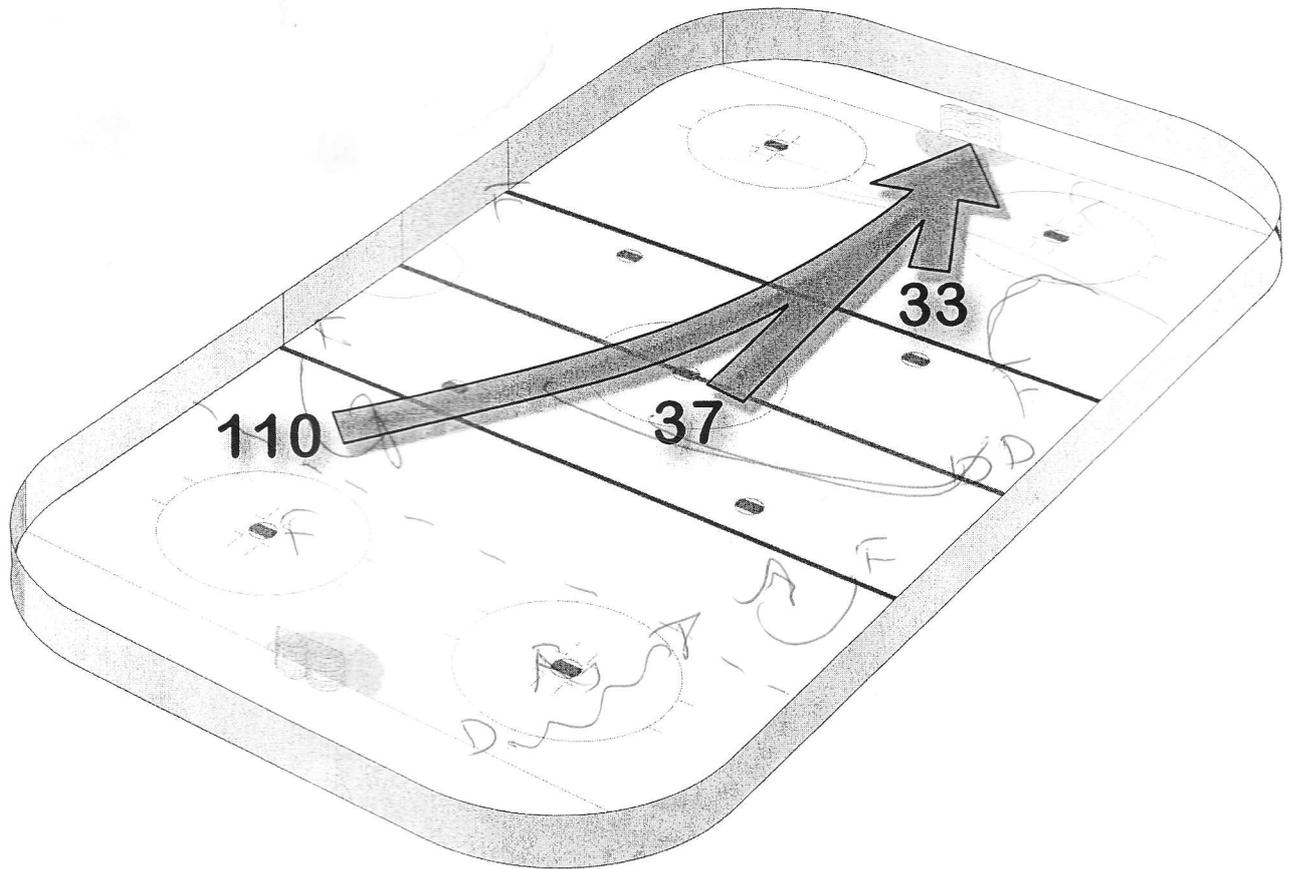
There are per team approximately
180 attacks in a game
2.1 goals
45 shots
28 shots on net

Shooting Areas



Areas 1 and 2 are defined as the SCORING AREA

Starting Zone of the Attack



60% goals from OFFENSIVE ZONE attacks

15% goals from NEUTRAL ZONE attacks

25% goals from DEFENSIVE ZONE attacks

Ways of Gaining Possession

25%

goals from 80 STOLEN PUCKS

20%

goals from 45 OPPONENT'S CLEAR or DUMP

45%

goals AFTER 20 SHOTS

10%

goals off of 35 FACE OFFS

Quality of Attacks

60%

goals from 30 COUNTER ATTACKS

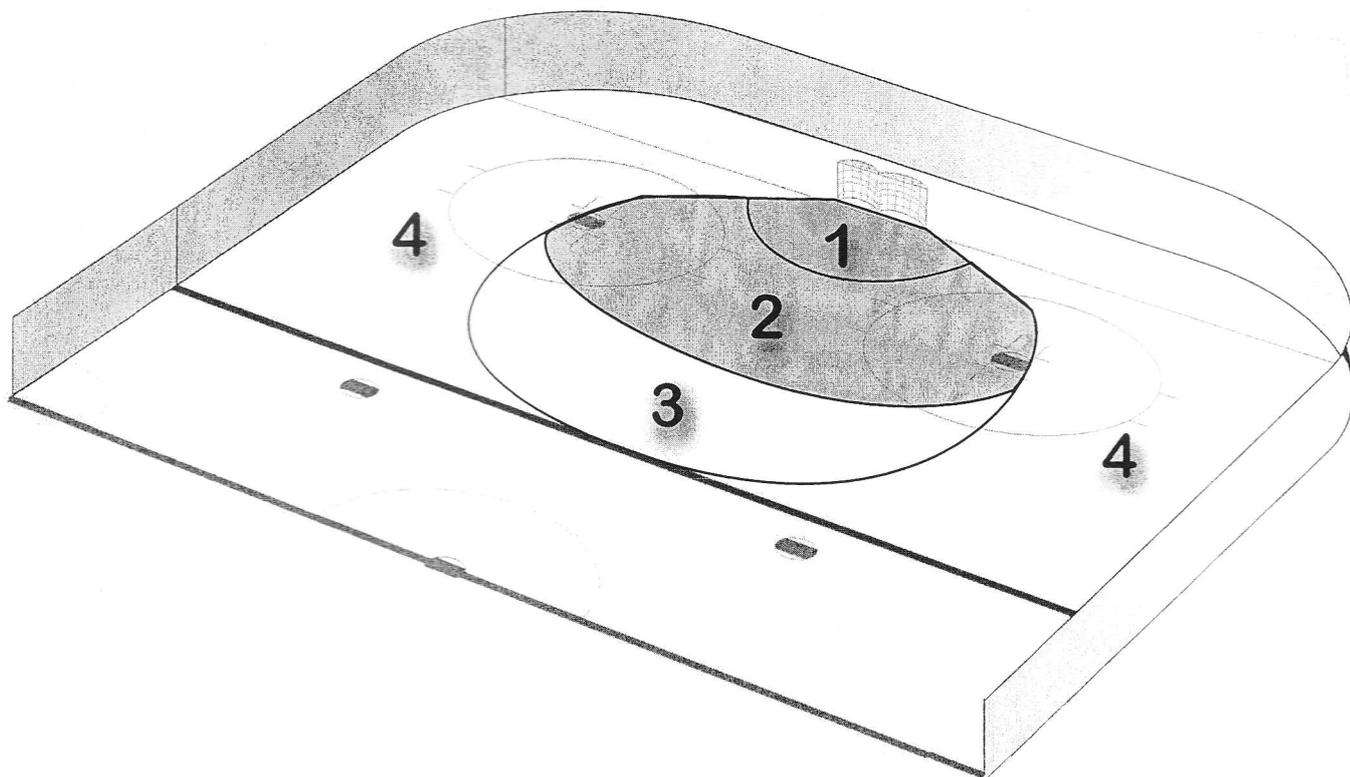
40%

goals from 120 ORGANIZED ATTACKS

0%

goals from 30 PUCK CLEARS

Shots from Different Shooting Areas

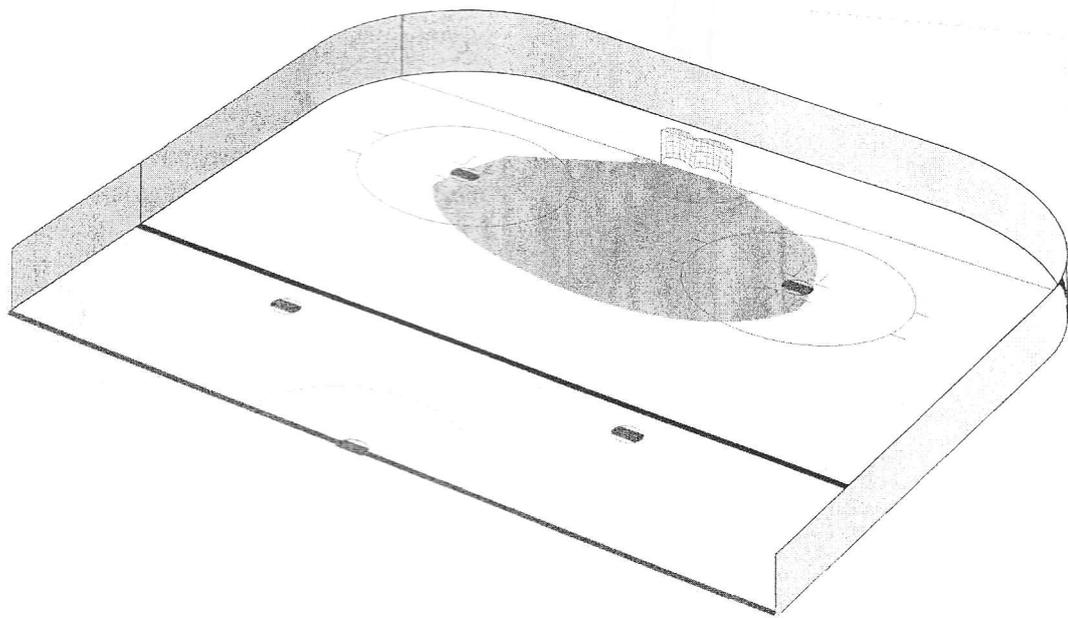


75% goals from **15** shots in ZONE 1-2

20% goals from **20** shots in ZONE 3

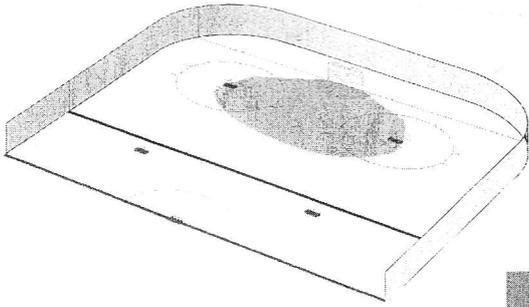
5% goals from **10** shots in ZONE 4

Result of the Shot



	SCORING AREA	OUTSIDE SCORING AREA
GOAL	1.5	0.5
SAVE by GOALIE	9	16.5
BLOCKED SHOT	1	6
WIDE SHOT	3.5	7
Total	15	30

Type of Shot in the Scoring Area



5% goals from **0.5** BREAKAWAYS

35% goals from **4** SHOTS OFF a PASS

30% goals from **7** SHOTS FROM SKATING

30% goals from **3.5** REBOUNDS or DEFLECTIONS

SCORING AREA

OUTSIDE SCORING AREA

BREAKAWAYS

.05

0

SHOTS OFF a PASS

4

5

SHOTS FROM SKATING

7

25

REBOUNDS or DEFLECTIONS

3.5

0

Total

15

30

Variables in a Team's Offensive Efficiency

Scoring Efficiency

The number of goals the team can score
divided by the number of shots from the scoring area

Offensive Efficiency

The number of attacks ending in a shot from the scoring area
divided by the number of attacks from the defensive zone,
neutral zone, or offensive zone

Offensive Risk

The number of attacks that end in losing the puck to the opposing team
divided by the number of attacks from the defensive zone,
neutral zone, or offensive zone

Offensive Readiness

The number of counter-attacks the team is able to make
divided by the number of attacks from the defensive zone,
neutral zone, or offensive zone

Variables in a Team's Defensive Efficiency

Goaltending Efficiency

The number of saves the goalkeeper makes divided by the number of all shots from the scoring area

Defensive Security

The number of attacks the defense is able to prevent the opponent from finishing with a shot from the scoring area divided by the number of attacks from the offensive zone, neutral zone, or defensive zone

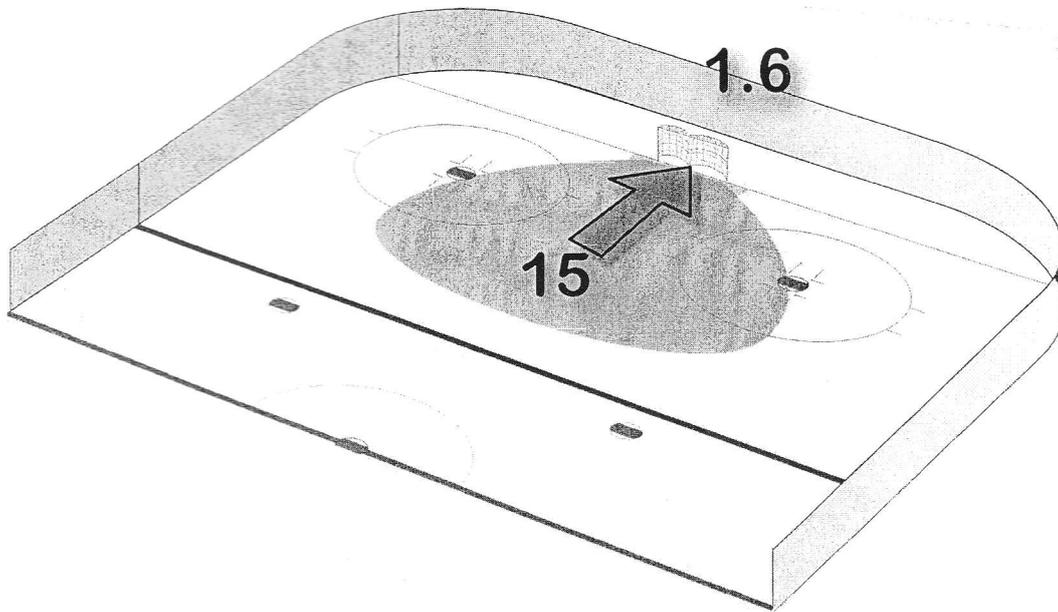
Defensive Efficiency

The number of attacks that the team is able to steal the puck from the opponent divided by the number of attacks from the offensive zone, neutral zone, or defensive zone

Defensive Readiness

The number of counter-attacks the team is able to prevent divided by the total number of counter-attacks from the offensive zone, neutral zone, and defensive zone

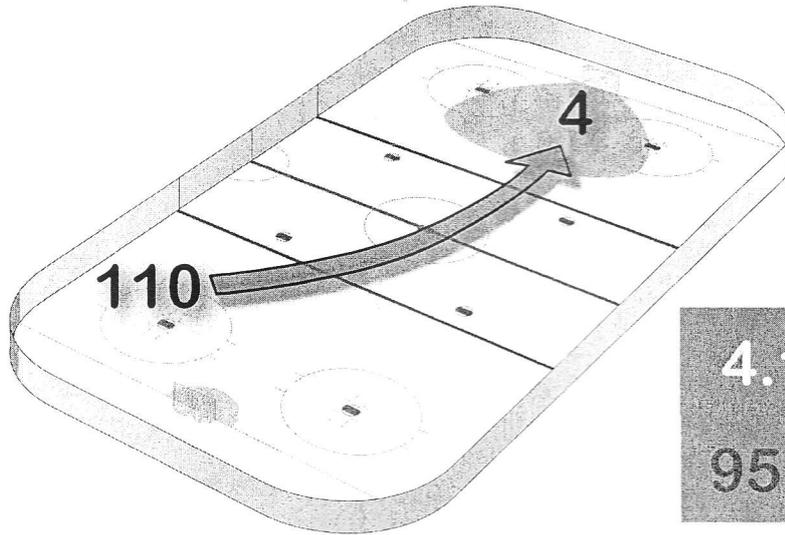
Scoring Efficiency - Goaltending Efficiency



10.8% goals / shots from scoring area

89.2% saves / shots from scoring area

Offensive Efficiency - Defensive Security

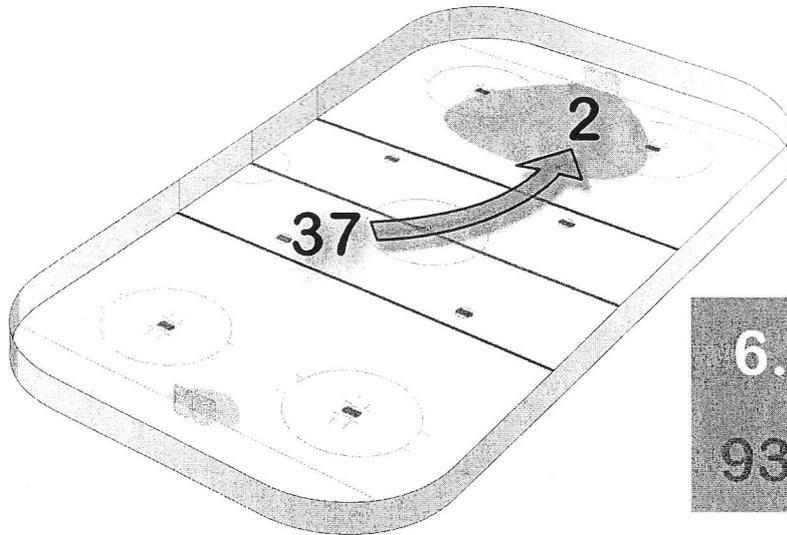


4.1%

offense from defensive zone

95.9%

defense from offensive zone

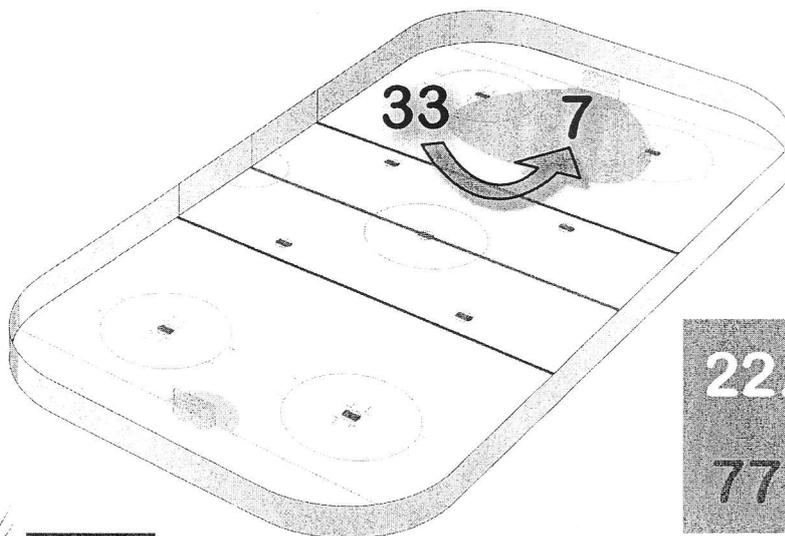


6.8%

offense from neutral zone

93.2%

defense from neutral zone



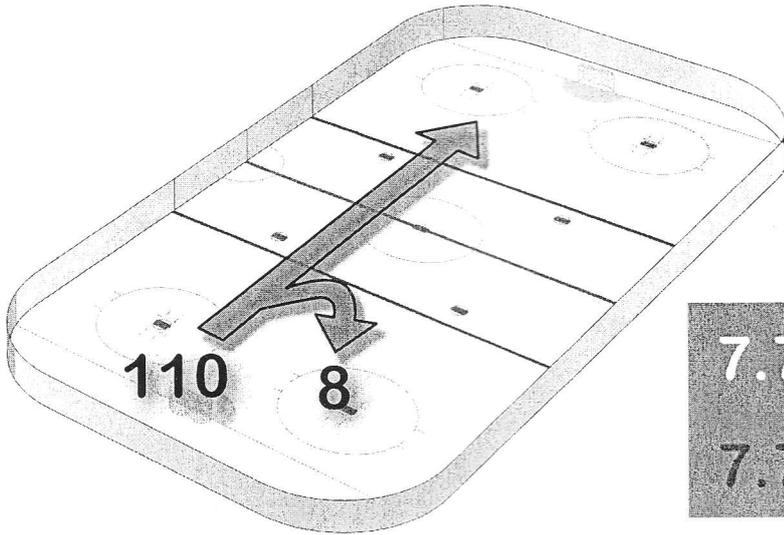
22.4%

offense from offensive zone

77.6%

defense from defensive zone

Offensive Risk - Defensive Efficiency

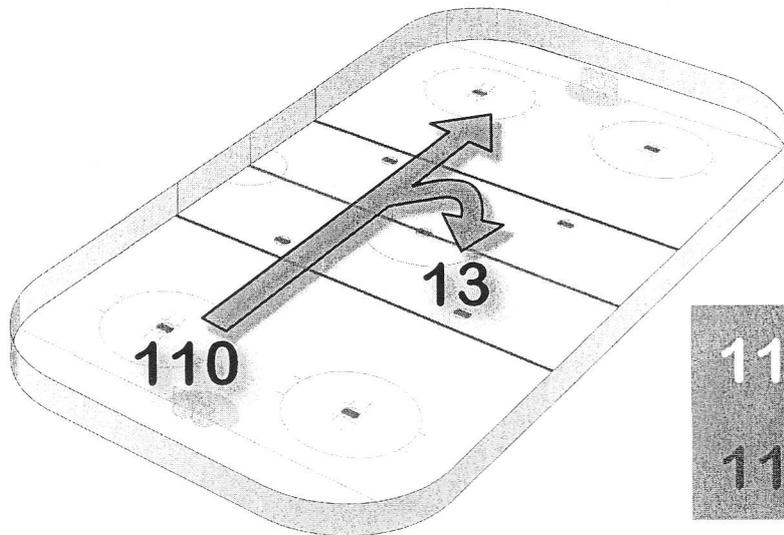


7.7%

offense from defensive zone
- risk in defensive zone

7.7%

defense from offensive zone
- efficiency in offensive zone

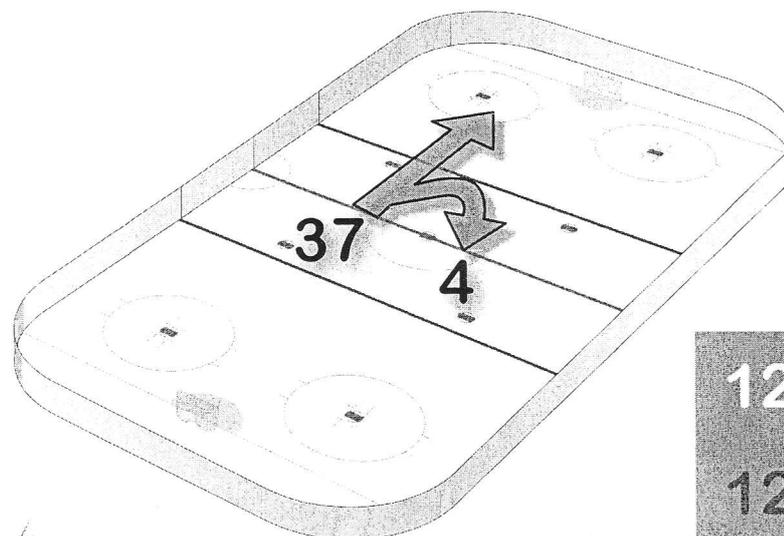


11.8%

offense from defensive zone
- risk in neutral zone

11.8%

defense from offensive zone
- efficiency in neutral zone



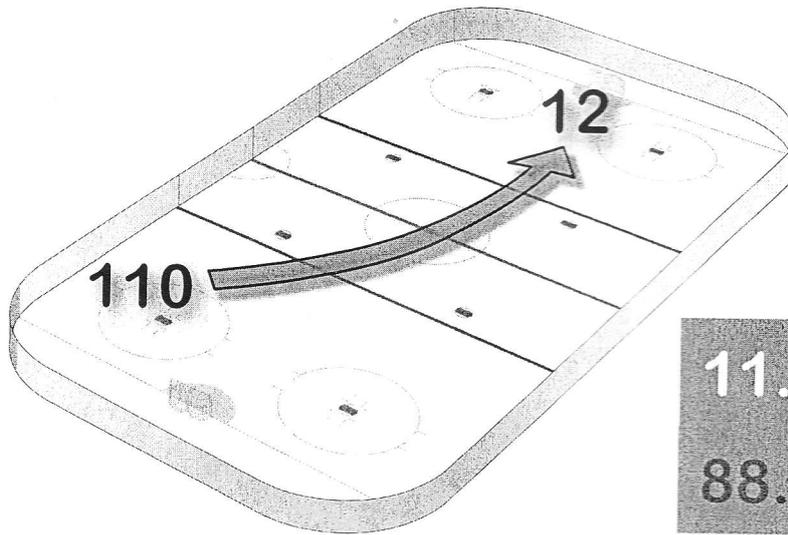
12.2%

offense from neutral zone
- risk in neutral zone

12.2%

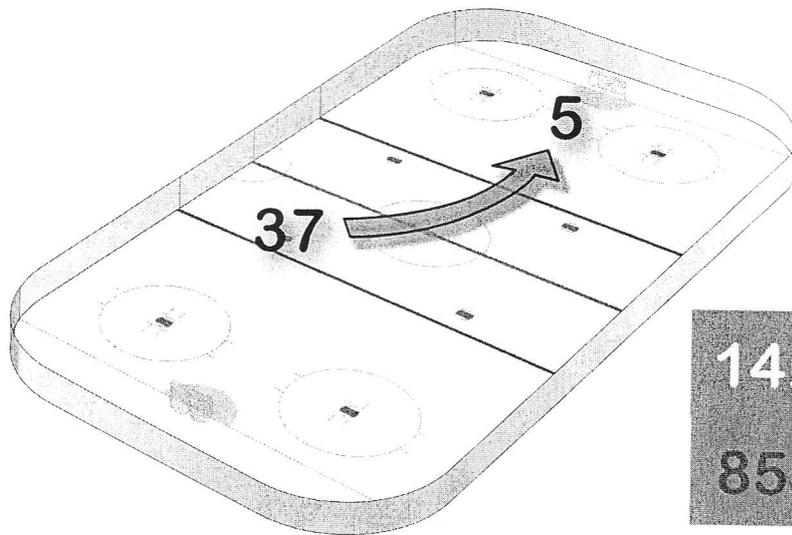
defense from neutral zone
- efficiency in neutral zone

Offensive Readiness - Defensive Readiness



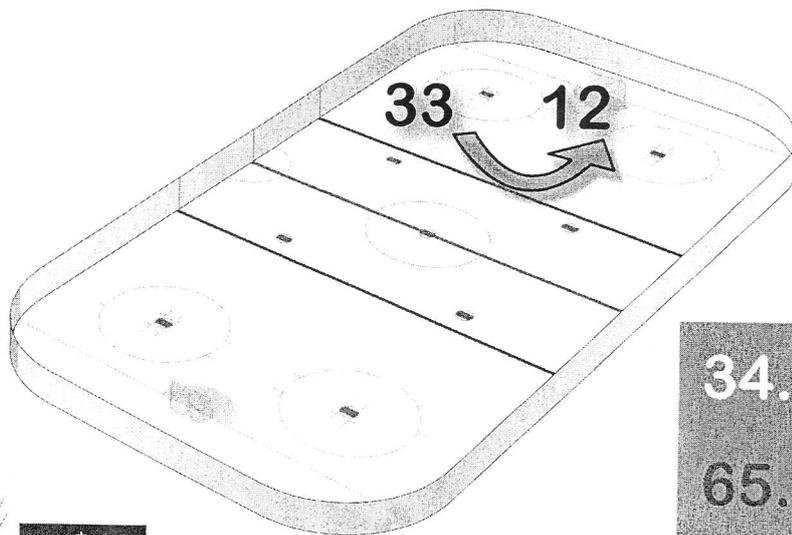
11.3% readiness from defensive zone

88.7% readiness from offensive zone



14.9% readiness from neutral zone

85.1% readiness from neutral zone



34.3% readiness from offensive zone

65.7% readiness from defensive zone

D2 King's Court Tournament

Key Points:

I used this tournament rotation a lot teaching sports like volleyball, badminton, basketball. Use nets, small nets, pylons or blue and red lines on the boards as nets.

After about 4 rotations you end up with the best players at one end playing each other so it is a good way to select teams as well.

You can play from 1-1 to 5-5 depending on how many games are going on at once. Have jokers that must be passed to for regroup or one timers or pass to a joker to rest.

Description:

1. At least two cross ice games at once are required.
 2. Play cross ice games of 1-1 to 5-5 and keep score.
 3. Add skill rules, regroup, player rotation rules etc.
 4. When the game is over follow these steps.
 - a. Put the pucks in the middle lane.
 - b. Winners go to the King's Court side of the ice.
 - c. Losers go to the other side, if tied stay on the same side.
 - d. Now rotate clockwise but the team at the King's Court stay where they are.
 - e. Start the next game with a 3 stick touch NHL face-off.
- * if there is a dispute about who won then the winner is decided by Rock-Paper-Scissors.

King's Court game of 1-1 with a regroup with joker team mate on a turnover.

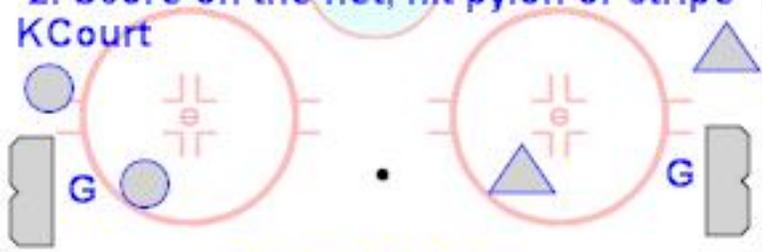


Another example:

Kings Court Tournament

1. Play 30" pass to your partner

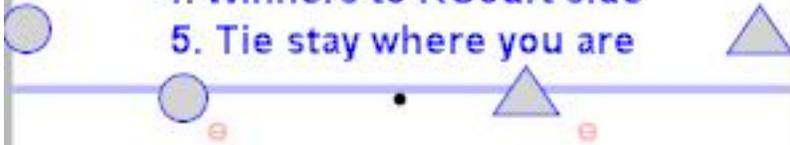
2. Score on the net, hit pylon or stripe
KCourt



3. Play a 3' game

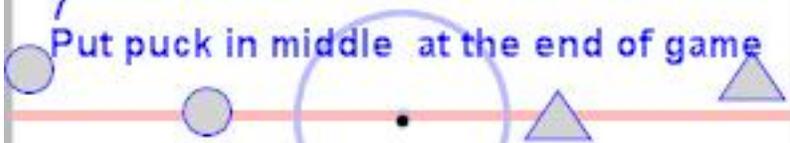
4. Winners to KCourt side

5. Tie stay where you are



6. All but KC rotate clockwise

7 Put puck in middle at the end of game

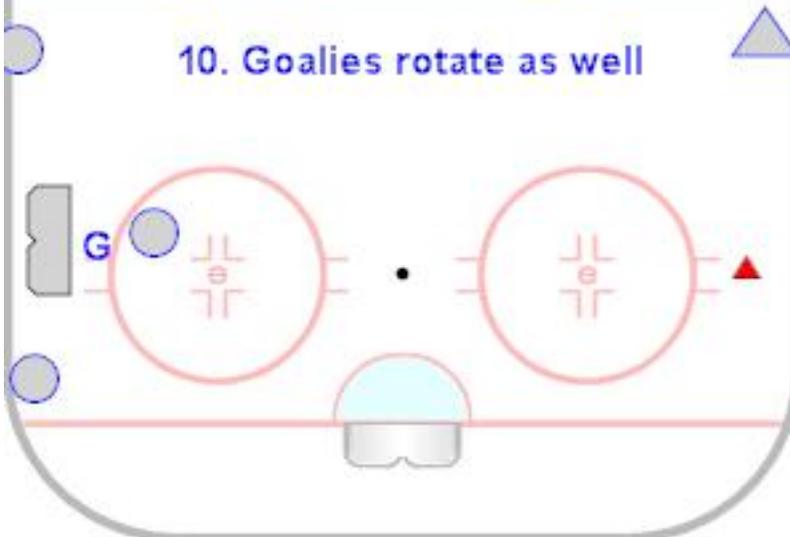


8 Add a pass to teammate on each turnover

9. You can add players and rules etc.



10. Goalies rotate as well



Player Development: The 10,000 Hour Rule

The Problem:

There are some constants when we want to become a maestro in music, dance, coaching, playing or basically anything in life. One of these constants is the 10,000 hour rule. It has been found that to be amongst the best requires that we spend a lot of time to acquire the skills and understanding of any discipline.

The rule states that it takes 10,000 hours spread over 10 years but most of this time must be put in before the onset of puberty.

To focus on hockey this means that you must start as a child and learn the proper techniques and habits early in your development because we get good at what we practice. It also takes 10,000 repetitions to develop movement patterns that become entrenched i.e. after you learn to walk you no longer have to think about it like a toddler does. So we get very good at what we practice and if we practice with good technique we do things efficiently and if we practice with poor technique we get really good at being really bad. i.e. Most players my age were never shown how to handle the stick properly and are Bottom Hand dominant. This causes the shoulders to be tight, makes moves such as a toe drag almost impossible, causes problems taking passes and makes shooting very inefficient.

Now players get on the ice with teams and depend on the coach to design practices that are efficient and supply enough repetitions with good technique to develop these individual skills. The players who want to excel will take the lessons they learn in practices and do a lot of reps on their own because not many teams get enough practice time for all that individual work.

To play the game well doesn't only require individual skill development, a player also needs good playing habits and game understanding as well as a high fitness level.

Hockey specific development has to address both Health and Skill Related Fitness. If you aren't healthy it doesn't matter how good or strong you are and if you are very healthy and fit you also require the hockey specific training.

Health related fitness includes; ideal body weight, flexibility, muscular strength, muscular endurance, cardiovascular fitness.

Skill related fitness includes; speed, power, reaction time, agility, coordination, balance.

To play hockey we need a good aerobic base (the blood carries lots of oxygen and food to nourish

the body and remove wastes) because the game is mostly anaerobic (a hockey shift is too hard for the aerobic system to supply the energy so stored energy is used but it is limited and produces waste products that tire the muscles). A player needs to recover between shifts and a good aerobic base does two things; one, is that he/she can do more work before dipping into the anaerobic energy and two, aerobically fit people recover more quickly between shifts and between games.

We also have a huge problem in organized youth sport. The children are quitting hockey and other sports when they become teenagers. In hockey it is about 80% who stop playing by 14 years of age. There are lots of reasons but the second biggest reason given by both girls and boys in Bob Bigelow's research (Just Let Them Play) is that they hate going to practice.

What is the Solution?

The first thing is that a youth coach does not have the mission to produce world class players but he/she does have the responsibility to:

1. Create a good environment so that the players and parents want to be there.
2. Instruct good technique so the players are working on the right things and don't have to unlearn and then relearn later.
3. Strive for efficient practices that follow the IAM Rule. 10% instruction, 10% maintenance - moving from place to place, 80% activity.

4. Practices should include:

- a. *Warm up activities that reinforce individual skills such as skating, shooting, passing.*
- b. *Goalie specific warm up.*
- c. *Individual or team play instruction.*
- d. *Drills to practice the proper technique.*
- e. *Transition games to isolate the technique at full speed.*
- f. *Games to reinforce the technique under pressure.*
- e. *Shoot-out or contest to end practice.*

4. The practices should relate to the skill level and cover the 4 Game Playing Roles.

- *Role One – individual offensive skills.*
- *Role Two – team offensive skills.*
- *Role Three – individual defensive skills.*
- *Role Four – team defensive skills.*

Of course the individual skills are emphasized more at the younger ages as the tools need to perform the team skills later.

I don't know of any existing hockey program that can supply the time needed and it doesn't have to be all in hockey. The 10,000 hours in 10 years also includes other sports whether individual or team. Any activity that enhances either the health or skill related fitness contributes to development.

Activities like gymnastics are great for balance, agility, strength, coordination, power. Soccer develops game sense, aerobic fitness, reaction time, speed, agility, etc. Baseball requires reaction time, speed, coordination, agility, power. Football needs a lot of muscular strength, agility, power, reaction time. Dance needs flexibility, agility, coordination (also helps you meet girl's later in life)

After Sweden won the 2006 Olympics they asked their team to list what sports they played growing up. The average player participated in 6 sports. Most played tennis, soccer, a form of floor hockey and various other sports. I think there is a danger in the trend to specialize in hockey too early and not do other activities.

Summary:

The goal is not to develop elite athletes but instead to make their hockey experience a good experience and something they want to continue for the rest of their lives. We don't want 80% of the children to quit our sport by the time they are 14. We need to help them acquire the skills so that when they step on the ice they "want the puck and are able to do something constructive with it." The top 1% of the players will go on to the top high school, junior, college and 10% of that 1% on to professional.

We need to change the trend that is in Canada. They quit and stay out of the game until they are adults and then a lot return and play in their own leagues with no coach and no outside pressure to ruin it for them. They love the game. They just want it to be fun again. We have lots of rinks for adults. In most countries they just quit and never play again.

Hockey is a game you can play all your life. It is easy on the joints compared with other sports. I was just at a tournament in Victoria and they had divisions 55+, 60+, 70+, 75+. The oldest player was Mario Marasco who is 87.

If the players we coach are still playing at 87 then we have done one hell of a job.

Credits:

I haven't cited where I got my information from but it has been accumulated over the years in hundreds of hours of attending coaching seminars, nine years of college and university with 3

degrees in education, teaching over 20,000 PE classes from elementary to college, coaching every level since 1972 from 5 year olds to professionals and coaching with people from 3 continents who have played and coached in the NHL, college, Olympics and World Championships.

The goal of the Hockeycoachingabc's site is to develop more Mario's who love the game and to help and not hinder players like Dany Heatley and Mason Raymond along their journey to be elite players.



CORE COVENANT

- **No matter what - FAMILY FIRST !**
- **To believe that you as an individual can make a difference.**
- **To treat your teammates and coworkers with respect and compassion.**
- **To play each practice and game with a passion and not treat it like a job.**
- **To have faith in your teammates, trainers and coaches that they are doing the best that they can and not to judge them.**
- **To be accountable for your own actions on and off the ice.**
- **To believe and have confidence that we are able to win every game.**
- **To believe that the team is more powerful than the sum of the strengths of it's individuals.**
- **To have a burning desire to go beyond being just a good team. To have the will and the yearning to be great.**
- **To believe in our Core Covenant and to judge only ourselves honestly in adhering to it.**

B6 Shots Wide and Middle-Washington

Key Points:

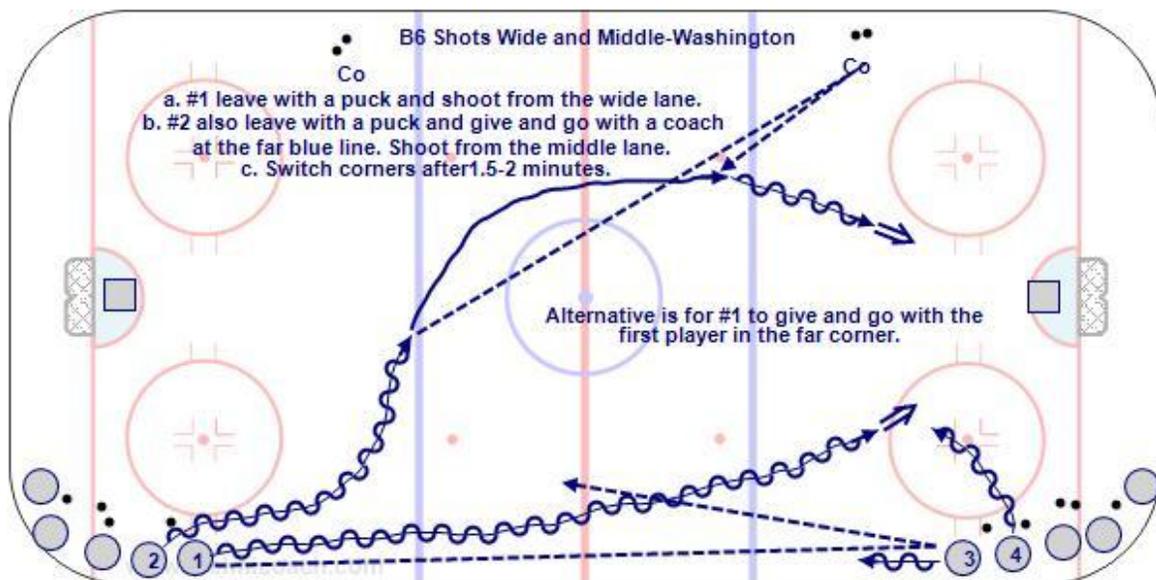
Shoot while skating. Hit the net. First player look for rebounds from second shooter. This is a good warm up for the start of practice.

Description:

- #1 leave with a puck and shoot from the wide lane.
- #2 also leave with a puck and give and go with a coach at the far blue line. Shoot from the middle lane.
- Switch corners after 1.5-2 minutes.

*Alternative is for #1 to give and go with the first player in the far corner.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101121083329655>



C2, 2-0, 2-1, Washington

Key Points:

Give a target, time skating to be available, face the puck.

Description:

A.

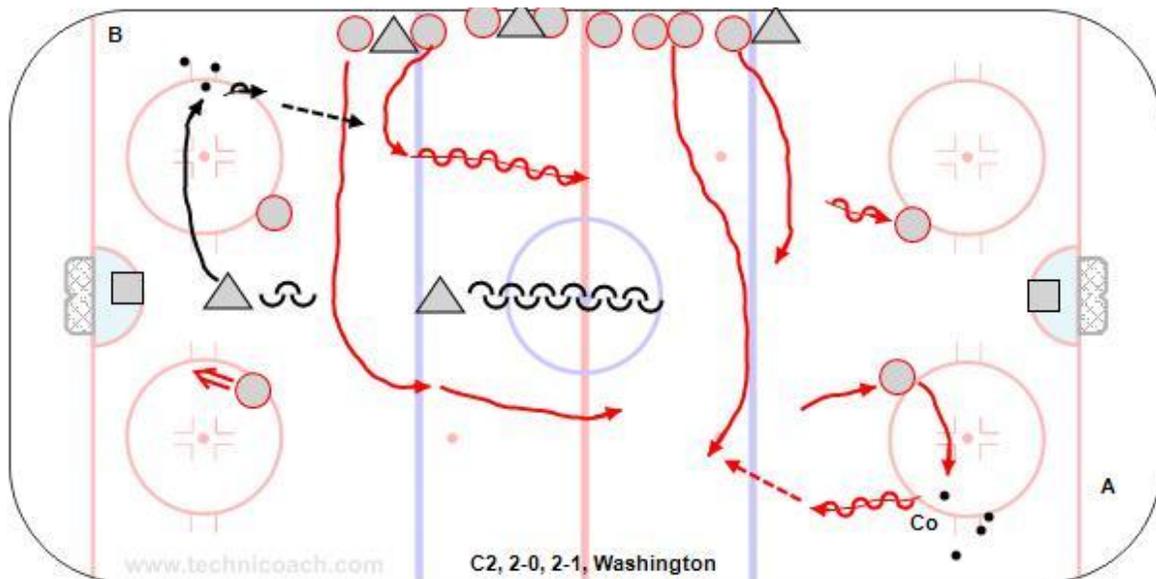
-Two players rush 2-0 and attack the far end.

-The non shooting player pass to the next 2 who skate in from the lineup on the boards.

B

- Progress to a D making the pass then follow the play up the ice.

-The D defends a 2 on 1 and then make a pass to the next 2 F who attack the original D.



C2, 2-0, 2-1, Washington

Key Points:

Give a target, time skating to be available, face the puck.

Description:

A.

-Two players rush 2-0 and attack the far end.

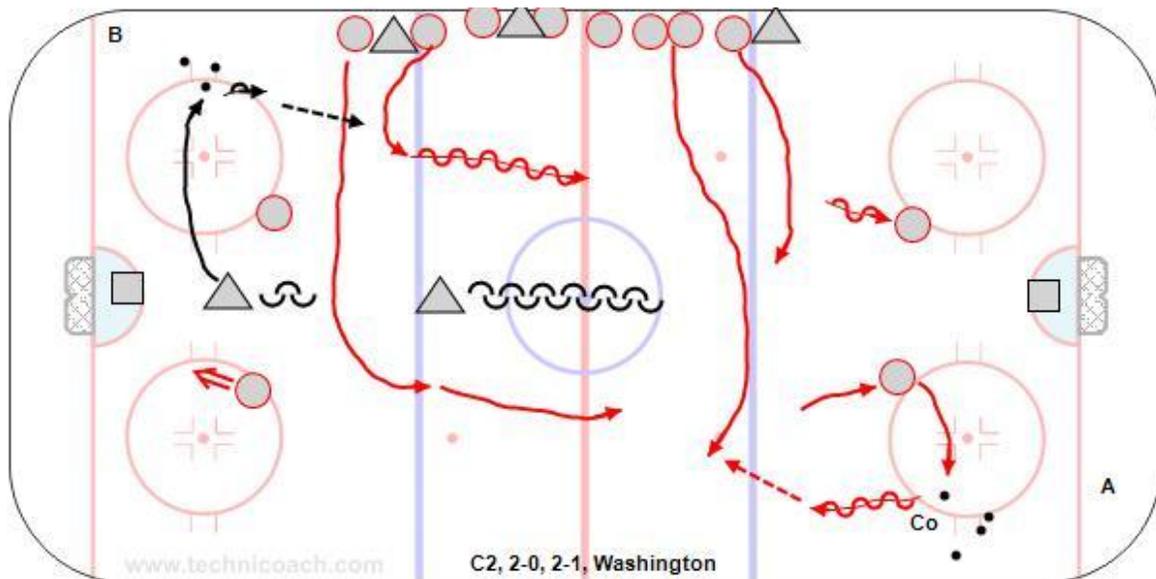
-The non shooting player pass to the next 2 who skate in from the lineup on the boards.

B

- Progress to a D making the pass then follow the play up the ice.

-The D defends a 2 on 1 and then make a pass to the next 2 F who attack the original D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101124090608783>



B2 Cross and Drop Shooting-Washington

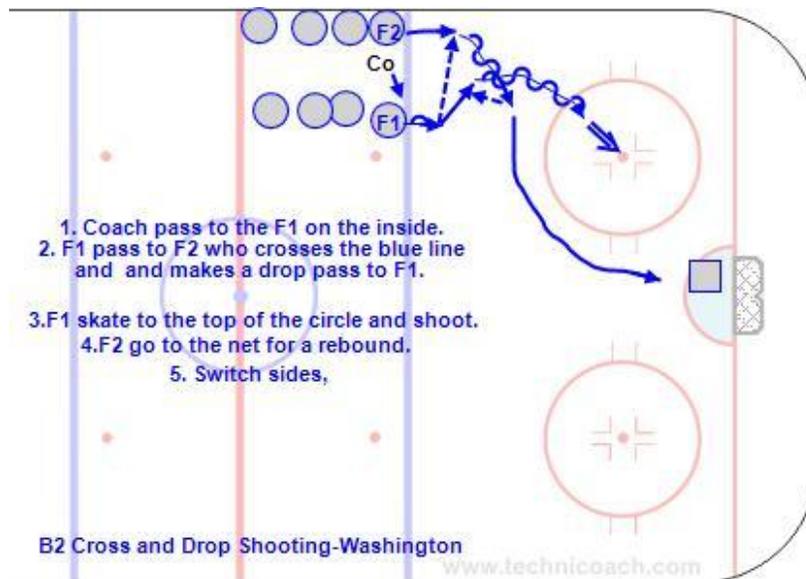
Key Points:

Quick feet. Make the cross and drop then head to the net for a rebound. Shooter must hit the net. If no shot go five hole or shoot low to the far side to produce a rebound.

Description:

1. Coach pass to the F1 on the inside.
2. F1 pass to F2 who crosses the blue line and makes a drop pass to F1.
3. F1 skate to the top of the circle and shoot.
4. F2 go to the net for a rebound.
5. Change sides.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101125101220861>



B7 Face-off Practice-Washington

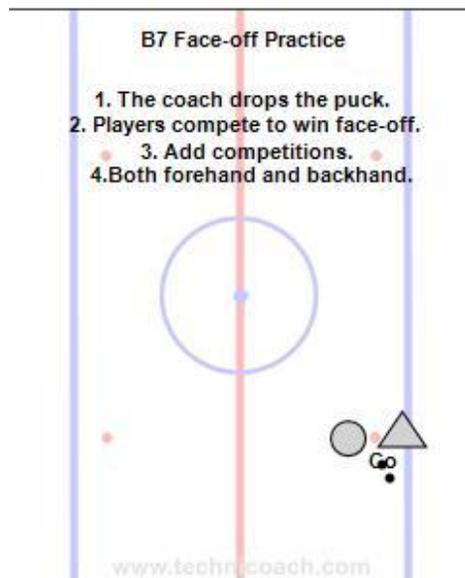
Key Points:

Watch the puck all the time. Read what the other player is going to do by how they hold the stick and where their team mates are. Practice winning clean and scrambling the draw.

Description:

1. Either a coach or another player drop the puck for a face-off.
2. Players compete to win the face-off.
3. Add competitions.
4. Practice both forehand and backhand.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084123920>



D4 End of Practice Game-Washington

Key Points:

Everyone plays at the same time. Great way to end a practice and many teams use this to end the pre game warm up.

Description:

1. Defensemen and goalie vs the forwards and maybe the coaches.
2. Use one puck and whomever scores wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101210084232659>



B600 1-0 F Regroup with Both D-U20

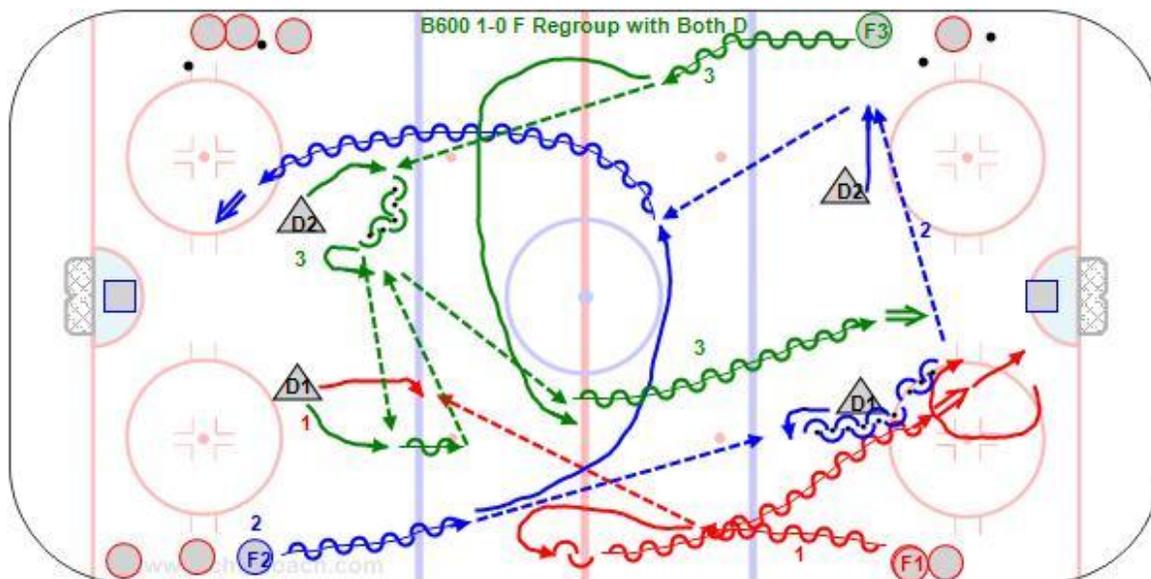
Key Points:

Forward always give a target face the puck and call for the pass. Shoot and rebound for the next shooter. Coach could add give and goes and one timers with the original shooters. Could also add 1-1 or 2-1 with the 3rd player attacking vs original two F's.

Description:

1. F1 regroup with the D1 on the strong side and get a return pass up the boards.
2. F2 regroup with strong D1 who hinges to D2 and up to F2 mirroring the puck in the middle.
3. F3 pass to weak side D2 who passes D1 who hinges wide and then passes back to D2 in the middle and up to F3 who has mirrored the original D to D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101212075342864>



C3, 2-1 with Regroup - Major Junior U20

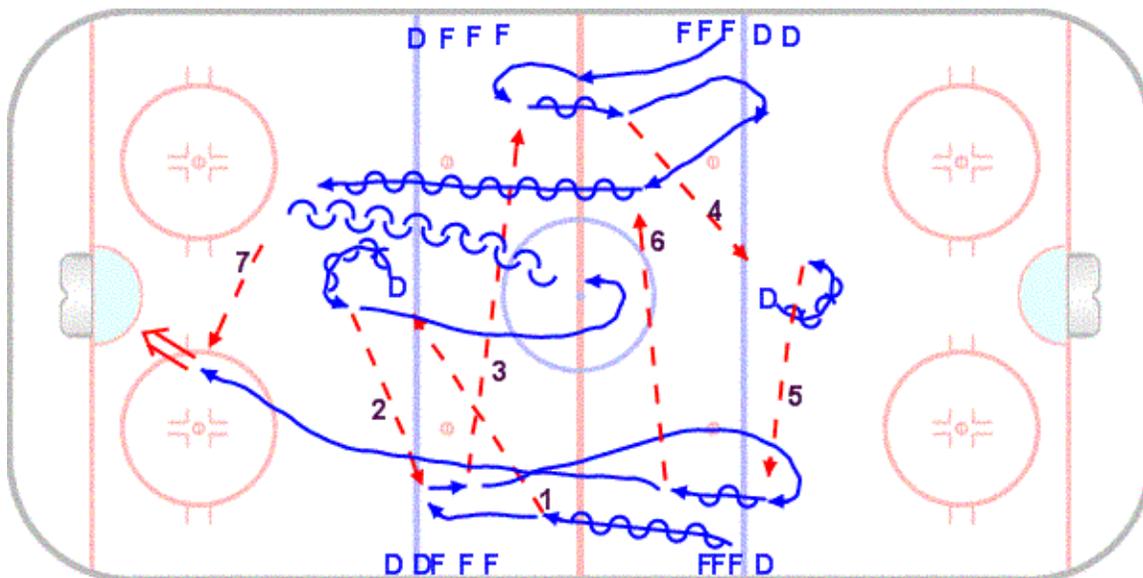
Key Points:

Pass hard and face the puck giving a good target. D pivot when they get the regroup pass. This sequence can be done in all situations from a 1-1 to a 3-2. It is probably the most common pro drill I have seen around the world.

Description:

1. F1 and F2 leave from both sides and regroup with the far D.
2. D1 pivot and pass to the forward while skating.
3. F1 pass across to the other F2 in the Nzone.
4. F's regroup with the D2 at the other blue line.
5. D2 pivot and make a pass to F1.
6. F1 pass across to F2.
7. F's attack 2-1 vs. D1.
8. Players leave from the other blue line and start the sequence again regrouping with D2. D3 join the play at the far blue line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101213075703151>



T2-4 D100 Breakout and Forecheck U20

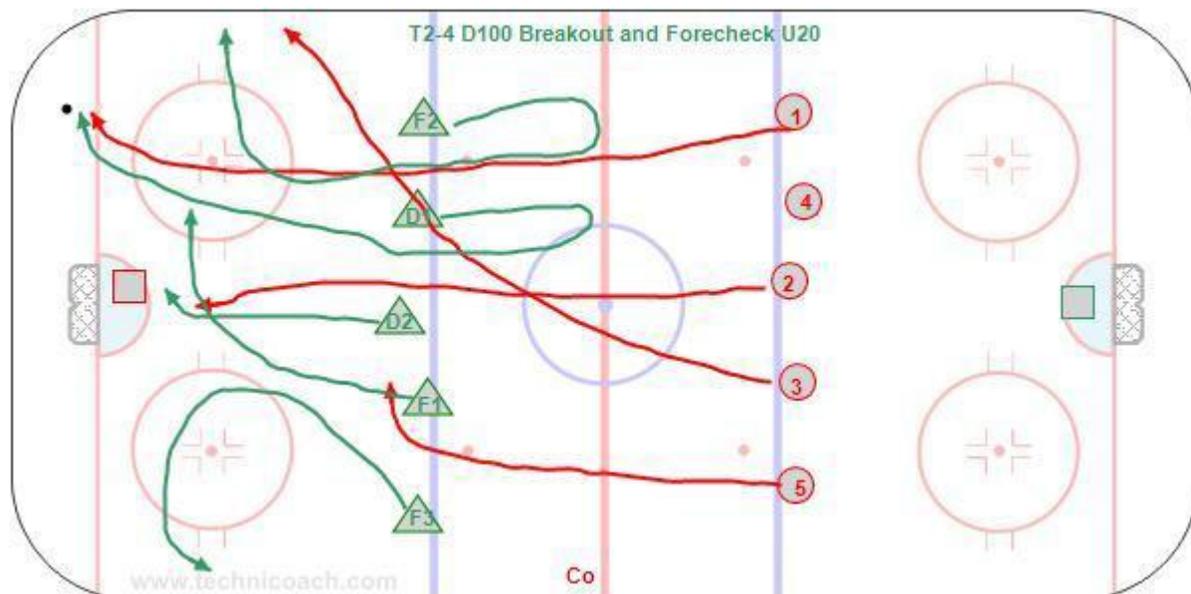
Description:

Defenders funnel back from inside to outside. D shoulder check before getting the puck. Talk to each other. Attackers read if F1 can make contact then pressure. If they turn up ice with control then contain.

Key Points:

1. Each team start from their blue line.
2. On whistle defenders skate to the red line and back.
3. Attackers leave when the defenders start back to their zone.
4. Defenders breakout and attackers forecheck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101214091456609>



T2 D100 Controlled Breakout Reads-U20

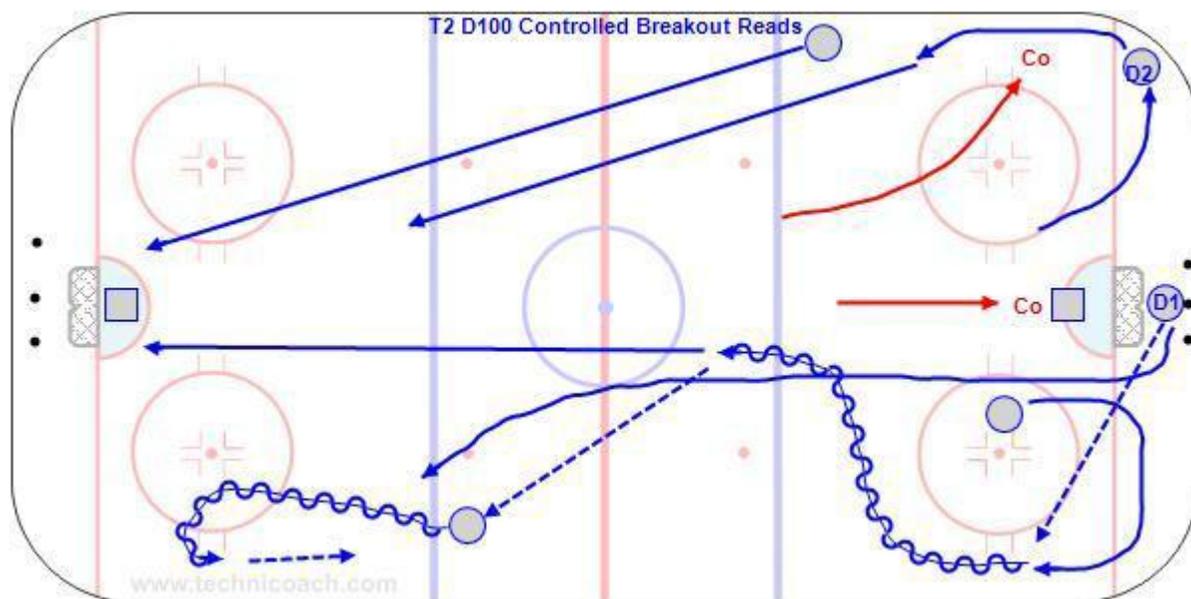
Key Points:

Defenseman behind net must read the forecheck and pass low if they are high and high if they are low.
Forwards must move into open areas.

Description:

1. D1 skates to a puck placed behind the net.
2. Offensive team go into their controlled breakout with either one, two or zero players stretching.
3. Two coached forecheck either one, two or no one deep.
4. D1 must read to carry the puck or pass low or high.
5. Attack with 4 players and create a scoring chance.
6. Alternate directions so everyone knows the controlled breakout. This coaching technique can be used for power play or even strength.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101215071220323>



Coaching and skating kits every rink should have for practice and public skating.

I saw this sort of equipment at many of the rinks I have been at in Europe. There are small nets, balls, pylons, obstacles, tires, skating aids and 4x4 hollow boards that can divide the ice into 2 rinks down the middle or across the red line, or into 3 rinks at each blue line or into 2/3 and 1/3 across one blueline.

Coaches have equipment for their practice that they check out (or just use if everyone is honest) and then return for the next person.

At public skating they divide the ice for hockey and skating depending on how many of each show up.











Swedish U13 Practice

D2 Cross Ice Game – Sweden

Key Points:

Face the puck and give good support. Use nets, tires, small nets, the line on the boards etc., for a goal.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.

Anders Ottosson is a development coach in Sweden. He is running a skills practice for 12 year old players in Stockholm.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>



B500 Swedish Stickhandling in Circles

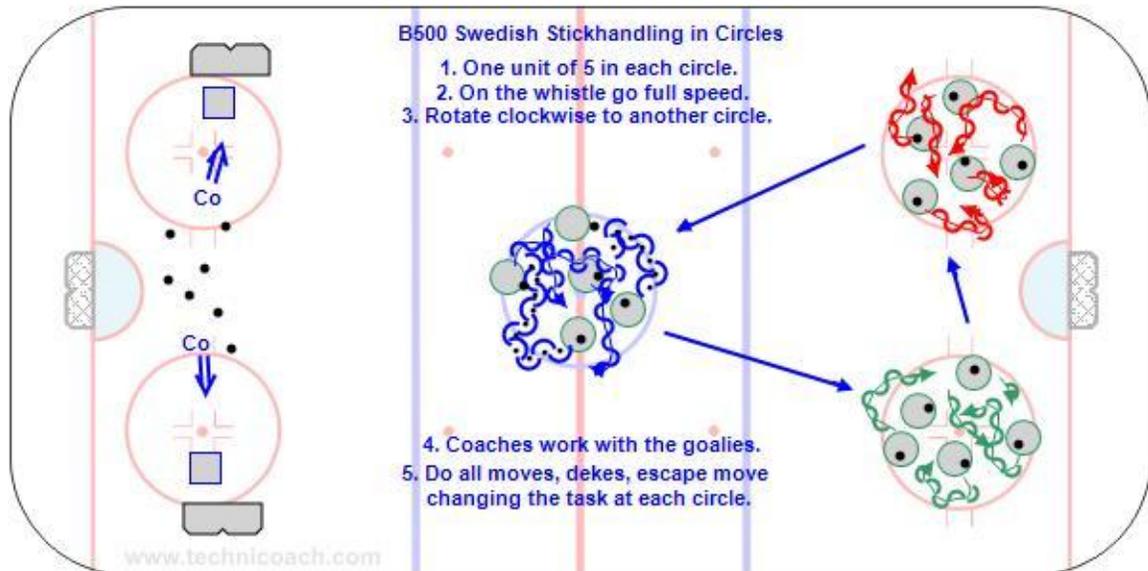
Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20100415165806324>



D200 Swedish Cross Ice Game of 1-1

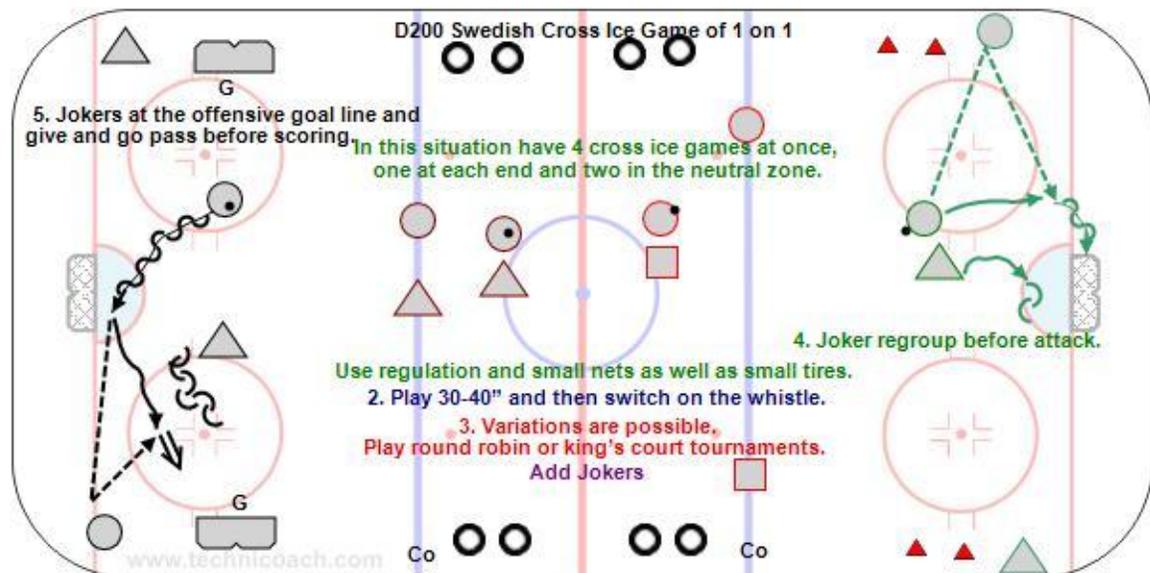
Key Points:

Players use the moves in a game situation that they just practiced in drills. Encourage the players to be creative and remember that the key to stickhandling is to protect use the body to protect the puck. Sell the fakes to make the defender straighten his/her knees or turn or lunge for the puck and use this instant to go around them and then block their recovery with your body.

Description:

1. Use regulation and small nets as well as small tires. In this situation have 4 cross ice games at once, one at each end and two in the neutral zone. This varies with the amount of players.
2. Play 30-40" and then switch on the whistle.
3. Variations are possible. Play round robin or king's court tournaments.
4. Add jokers, i.e. resting player at defending goal line and regroup when you get the puck
5. Jokers at the offensive goal line and require a give and go pass before scoring.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010041707210734>



B500 Passing Technique from Sweden

Key Points:

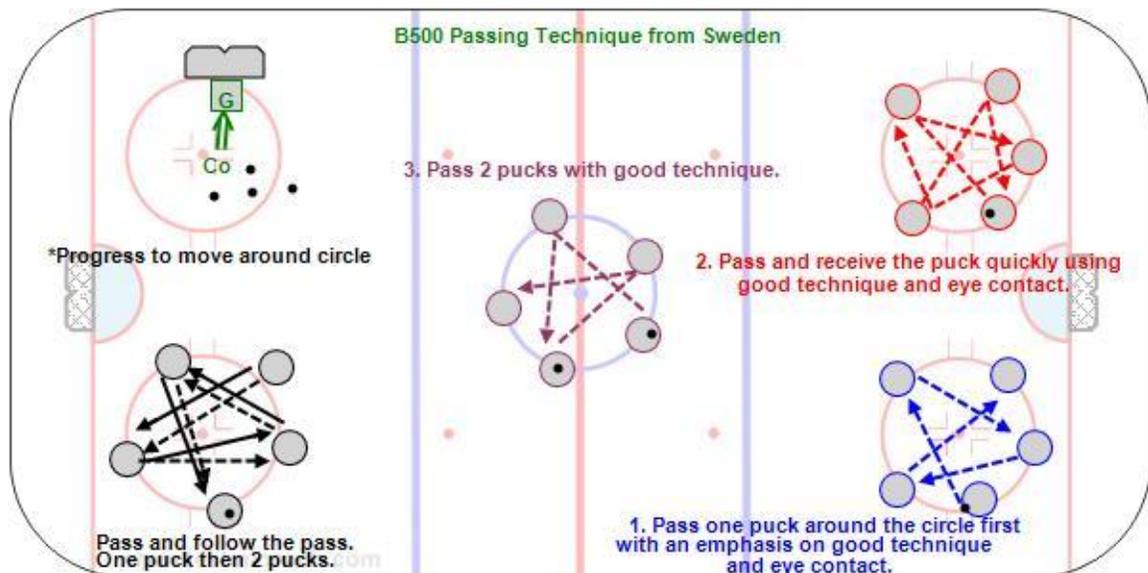
Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

Description:

1. Pass one puck around the circle first with an emphasis on good technique and eye contact.
2. Pass and receive the puck quickly using good technique and eye contact.
3. Pass 2 pucks with good technique.
4. Coach work with goalies at the far end.

*This can progress to pass and follow the pass or all players moving around the circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100416075633158>



DT 100 Swedish Transition 1-1

Key Points:

Players lined up in the neutral zone give passive support.

Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

Description:

A. #1 offensive player attack vs #1 defensive player.

B. After a goal or on a turnover # 2 from each team support in the neutral zone.

C. Defender pass to teammate and #2 attack other way.

D. #3 from each team support.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>

