

BANTAM

AGES 13-14

"ENJOY THE GAME"

Practice 1

10 minutes

D2, 25, 3-3,* Game of cross ice 3-3. Review the four playing roles. All players must handle the puck before a goal counts.

10 minutes

B2, 100 Module 1

G1, 05 - maneuvers; splits, layouts.

B2, 100 - cut in and shoot using a sweepshot.

B2, 101 - cut in and shoot using a backhand.

B2, 102 - cut in and shoot using a wristshot.

10 minutes

D1, 09, 5-5, SUPPORTING THE PUCK ON OFFENSE BY ATTACKING AS A TEAM
TRANSITION TO DEFENSE

In order to give more options for the puck carrier, "when the team has the puck, everyone supports the attack". A game with the rule that a goal only counts if everyone is in the attacking zone can emphasize this offensive support. This can be encouraged by not allowing a goal until all players on the team have handled the puck.

10 minutes

Module 1

B3, 100 - keep the stick on the ice and square to the puck to take a pass.

B3, 101 - forehand passing.

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

10 minutes

D1, 20, 5-5, BREAKOUTS / 1-2-3-4-5 PRINCIPLE

Although the C drills are designed to teach the breakout, giving the players numbers adds more structure to the breakout. "Number one" is the defenseman who goes after the puck first. "Number two" is his defensive partner who screens, forecheckers, tells number one where to pass and moves into position for an easy outlet, "number three" the strong side winger who comes back to the depth of the puck in order to give support and width to the attack, "number four" the centre who supports from the middle lane, "number five" the far winger who is in position for a rim or will be the stretch man looking for the long pass, if he reads that his team will gain control of the puck.

10 minutes

Module 1

B7, 100 - draw back.

B7, 101 - shoot.

B7, 102 - neutralize opponent.

B7, 103 - push ahead.

B7, 104 - stick tap and draw.

B7, 105 - neutralize stick and kick with skate.

Practice 2

10 minutes

D4, 00, 1-1+, Game of 1-1 stressing using head and shoulder fakes. Goals are set up across the ice using nets, pylon, or the stripes on the boards. The players play each other and use head and shoulder fakes when stickhandling. The game can last two minutes and then one side moves down to the next goal and the end person moves to the first goal. Now start another game against a new opponent. This technique can be used in all D4, 00 games.

10 minutes

B2, 100 Module 2

G1, 06 - using skates for low shots.

B2, 102 - cut in and shoot using a wristshot.

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

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

10 minutes

D1, 21, 5-5, TRANSITION FROM DEFENSE TO OFFENSE; SUPPORTING THE ATTACK

As we have stated before, the first player back must be supported by his teammates when he is going for a loose puck. If his back is to the play it is very important that he is able to give a safe outlet pass to someone who can see up ice.

(put on back of practice card)

The second player back must support the first player from the front of the net. If possible he should screen to hold up forecheckers. Because the second player can see up ice he must tell the first player if he has a man on him, or where the quick outlet pass should go. His calls are;

1. GO- meaning the player has time to turn with the puck and skate up ice.
2. SETUP-against passive forechecking or when the puck has been dumped in for a line change the first player can carry the puck behind the net for a setup breakout.
3. BANK-the second player skates to the other side of the net and takes a pass that is banked off the boards behind the net.

4. REVERSE-the first player skates hard one way and when he feels the forechecker pressuring he puts the puck off the boards behind him where the second player picks it up and skates the other way.

5. BOARDS-a short pass to the third player coming back along the boards on the strong side.

6. MIDDLE-a quick pass to the fourth player who is mirroring the movement of the puck from the mid slot area.

7. RIM-a hard pass around the boards to the fifth man who picks the pass up along the weak side boards.

It is important that the players coming back think support until possession of the puck is certain. As soon as the puckcarrier is able to see up ice the transition to offensive support begins. It is critical that the first outlet pass is done quickly so the transition to offense can be done before the opposition defense has reacted. If the first outlet pass is quick, or the first player turns and can see up ice, a fast break can develop if the puck is moved up ice within the first three seconds. This is the first option if total puck control is gained.

10 minutes

Module 2

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

B3, 104 - receiving a pass on the forehand.

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

10 minutes

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, 30, 5-5, DEFENSIVE PRINCIPLES: PLAYING ON THE "DEFENSIVE SIDE" OF A CHECK

The simple goal of defensive hockey is to stop the opponent as early as possible and regain possession of the puck. The more defensive players that are back, the harder it is to score. When defending there are two important principles. First the defenders always

stay between the offensive players and the net, this is the "DEFENSIVE SIDE". Secondly the puck should be forced to the outside lanes where there are fewer passing options and poor shooting angles.

Practice 3

10 minutes

D4, 01, 1-1+, Game of 1-1 with hands held close together near the top of the stick. Now play a cross ice game of 1-1, the rule is the hands must be close together at the top of the stick. This enables the

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, 35, 3-3+, ATTACK USING OFFENSIVE TRIANGLE

The attacker skates wide with the puck, the second player skates hard to the far post, and the third player trails in the high slot. If the puckcarrier goes to the middle then the second player should cross behind and the third player goes hard to the post.

10 minutes

Module 3

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

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, 40, 3-3+, CREATING SPACE AND TIME

The puckcarrier needs space to move and time in order to control the puck. Space and time are created by movement by the puckcarrier and his teammates without the puck. Players without the puck must move to open ice for a pass to support the puckcarrier. Many times the puckcarrier must create his own time by quickly skating to open ice with the puck, often using his body to shield the puck and skating back a few strides. The key is to make the first move in transition quickly: "either the puck or the player moves".

Practice 4

10 minutes

D4, 02, 1-1+, Game of 1-1 with legs wide apart when faking. The player tries to combine the lessons learned in the other games. When he approaches the opponent he should spread his legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly.

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, 41, 2-2, 3-3, FULL ICE GAMES

Playing in small groups for 30 second shifts is a good way to practice support on offense and defense.

10 minutes

Module 4

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

10 minutes

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, 42, 3-3+, TAKING FREE ICE WITH THE PUCK

While playing the full ice games in small units, make the rule that the puckcarrier must drive to free ice at top speed as soon as he gets the puck. By taking at least 3 skating strides.

Practice 5

10 minutes

D4, 03, 1-1+, Game of 1-1 stressing moving quickly when you get the puck. The coach has the rule that the player must take at least three quick strides as soon as he gains possession of the puck.

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, 43, 2-2+, PUCK SUPPORT IN TRANSITION FROM DEFENSE TO OFFENSE:

Using the same 2-2, 3-3, games emphasize that the last player with the puck must be backed up in a tandem, the third player should give width to the counter attack.

10 minutes

Module 5

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

B3, 111 - passing while driving sideways.
B3, 112 - passing while driving hard out of a tight turn.

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 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, 44, 2-2+, LEARNING DEFENSIVE PRINCIPLES:

The defending players; stay between the puck and the goal, force the puck wide, finish checks, cover their checks, immediate pressure on the puck from inside to outside.

Practice 6

10 minutes

D4, 04, 1-1+, Game of 1-1 stressing the defensive side. The players play half or cross ice but now the defender learns that he knows where the puckcarrier is going. He is going to the net. The coach teaches the defender to always stay between the puckcarrier and his own goal. This is the first step in teaching good defensive technique. When backchecking the defender must get his shoulder in front of the puckcarrier to get on the defensive side.

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, 45, 2-2+, PRACTICE COMING BACK DEEP IN 2-2, 3-3:

The instructor emphasizes that the closest checker gives immediate pressure on the puck and deflects the attack from the middle.

10 minutes

Module 6

B3, 111 - passing while driving sideways.

B3, 112 - passing while driving hard out of a tight turn.

B3, 113 - pass to a partner and follow the pass, he skates to the passers position pivots or turns and returns the pass.

B3, 114 - long hard wrist passes.

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 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

D1, 50, 3-3+, OFFENSIVE TEAM PLAY:

All players must focus on their tasks in offensive hockey. An offensive player is either carrying the puck or supporting the puckcarrier by; breaking for a pass, screening or backing up the play. The individual strengths of players should be utilized in the offensive plan of a team. The defensive style and individual weaknesses of the opposition should also be considered when the game plan is made.

Practice 7

10 minutes

D4, 05, 2-2+, Face the puck game. Divide the players into teams of two or three. Set up goals on both sides of the ice using regular or small nets. Pylons or the blue and red lines

on the boards can also be used. The rule is that the players must always face the puck during the game.

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, 51, 5-5, PLAYING A PUCK CONTROL GAME:

To develop a flow type of team offense, play games that concentrate on puck control. In this scrimmage the point is not to score until all players have handled the puck in the offensive zone, while the players interchange positions following the principles of offense; using width, depth and support at all times. This game teaches the players to read the play and move into open lanes and supporting positions.

10 minutes

Module 7

B3, 113 - pass to a partner and follow the pass, he skates to the passers position pivots or turns and returns the pass.

B3, 114 - long hard wrist passes.

B3, 115 - same sequence of passes but lifting the puck in a way that it lands flat in front of the pass receiver.

B3, 103 - practicing eye contact between the passer and the receiver.

Passing 3-4 pucks across to different players in the opposite line, making sure there is eye contact before passing.

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, 52, 3-3+, **TWO OR THREE TOUCH GAME**

Only allow two or three stick touches, or two or three seconds with the puck. This helps the players to develop split vision, and to look around before they get the puck, and also forces everyone to support the puckcarrier.

Practice 8

10 minutes

D4, 06, 2-2+, - Game with at least one pass before a goal counts. This teaches the player without the puck to support the puckcarrier by getting open for a pass.

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, 53, 3-3, **PASSING TO THE CLOSEST TEAMMATE:**

The player with the puck must pass to his closest teammate. This causes players to come back to the puck or support the puckcarrier more closely.

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 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, 54, 3-3+, **GAME WITH WRIST PASSING ONLY:**

Wrist passes are more deceptive and easier to control than slap passes. Teach wrist passing by playing a full ice game where only backhand or forehand wrist passes are allowed. If a slap pass is made the other team gets the puck.

Practice 9

10 minutes

D4, 07, 2-2+, - Game with at least one pass but the puckcarrier must take three quick strides before passing.

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, 55, 3-3, **GAME WITH ONLY BACKHAND PASSING AND SHOOTING:**

As in D1, 54 we take an individual skill and practice it in a game context. This not only promotes backhand passes and shots but also changes the way the supporting players move. More back passing and crossing will happen and players learn to protect the puck with their body when shooting backhands. A tip on receiving a backhand pass is to keep the outside leg forward, this closes the players stance and makes taking hard backhanded passes easier.

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

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, 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.

Practice 10

10 minutes

D4, 08, 2-2+, - Game stressing the four playing roles; one player must cover the pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also covered by one player from the defensive side. Now we have taught all of the four basic playing roles. 1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

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, 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

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

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, 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 11

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 12

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 13

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.

Practice 14

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.

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 16

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 17

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 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

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 18

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 19

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 20

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.

_ on the ice.

10 minutes