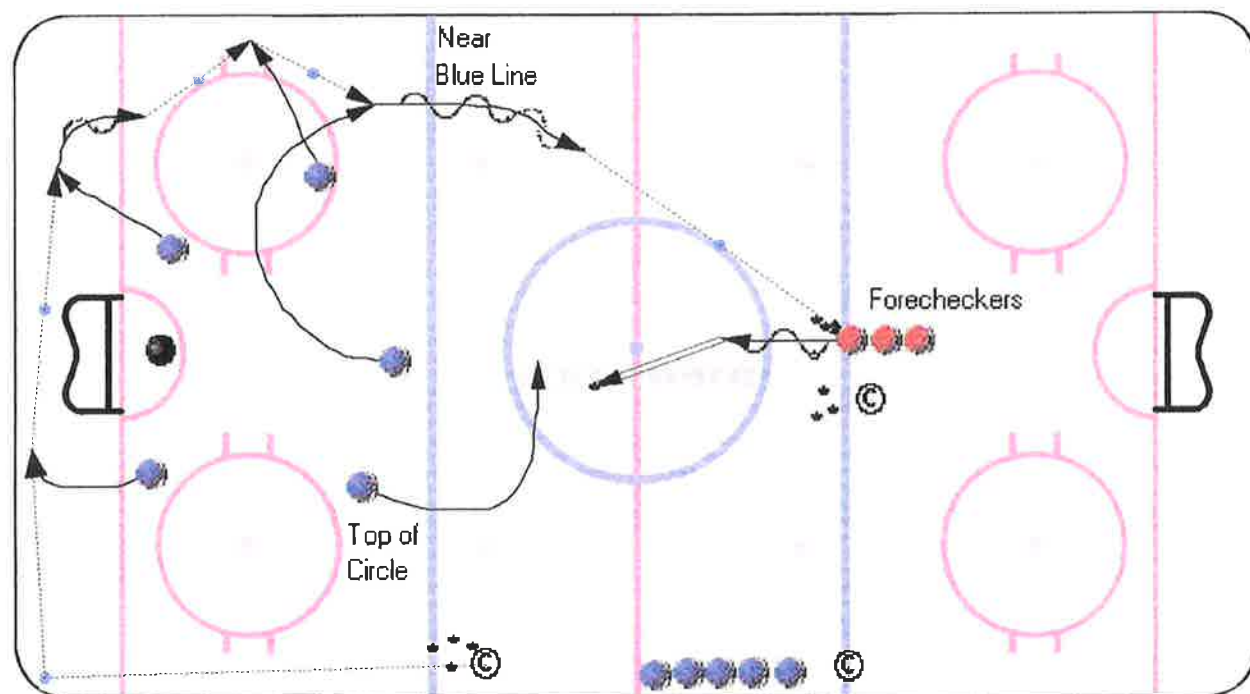


Chicago 1-2-3 Forecheck

TEAM DRILL



Age Group: PeeWee, Bantam, Midget, Junior, Professional

Category: Tactics, Team Play

Focus: Checking, Offensive, Defensive

Description

"Chicago 1-2-3 Forecheck" emphasizes: A) Effective breakouts under forechecking pressure.

B) Forechecking strategies. The Coach "dumps" a puck into the corner for five players to retrieve who then breakout. As soon as the puck is moved out of the defensive zone the player with possession of the puck passes it to the first forechecker in line who immediately, prior to centre ice, "dumps" the puck into the zone and forechecks. The same five players retrieve the puck and attempt to break out 5 vs 1. When the puck is moved out of the defensive zone again, the player with possession of the puck makes a pass to the next forechecker in line who again "dumps" the puck, prior to centre ice, into the zone. The five players now breakout 5 vs 2. Repeat one more time to include a third forechecker and a 5 vs 3 breakout. It is important that the forecheckers return and be on side at the centre ice red line before each puck is "dumped" in, thus, giving the opposition an opportunity time to set up the breakout. If the five players cannot breakout on any attempt, they continue to try until they are successful. On the final 5 vs 3 breakout continue down the ice and take a shot on goal. The three forechecking forwards are the three forwards breaking out on the next shift.

Key Teaching Points

- **FORECHECKERS:** Take away the mid-ice lane (forecheck inside out), limit time and space of puck carrier, anticipate pass options and react, pressure vs contain. **BREAKOUT:** Close puck support, use width and depth and change the flow if required, communication, read pressure and react, go to open ice, pass or carry the puck depending on pressure from the forecheckers.

Key Execution Points

- All players not in the drill are tight against the boards and out of the way.
- Extra pucks are spotted near the forchecking line in case of a missed pass.
- The "dumped" puck must be played on the goaltender who passes it to a teammate or the puck must remain below the goal line on the "dump".
- On the breakout the forecheckers backcheck only to the near blue line but hustle back to the centre ice red line to be "on side".
- The defensemen must get to the top of the faceoff circles before they can retrieve the "dumped" puck.

To those who are playing,
good luck and stay healthy.

Regards,

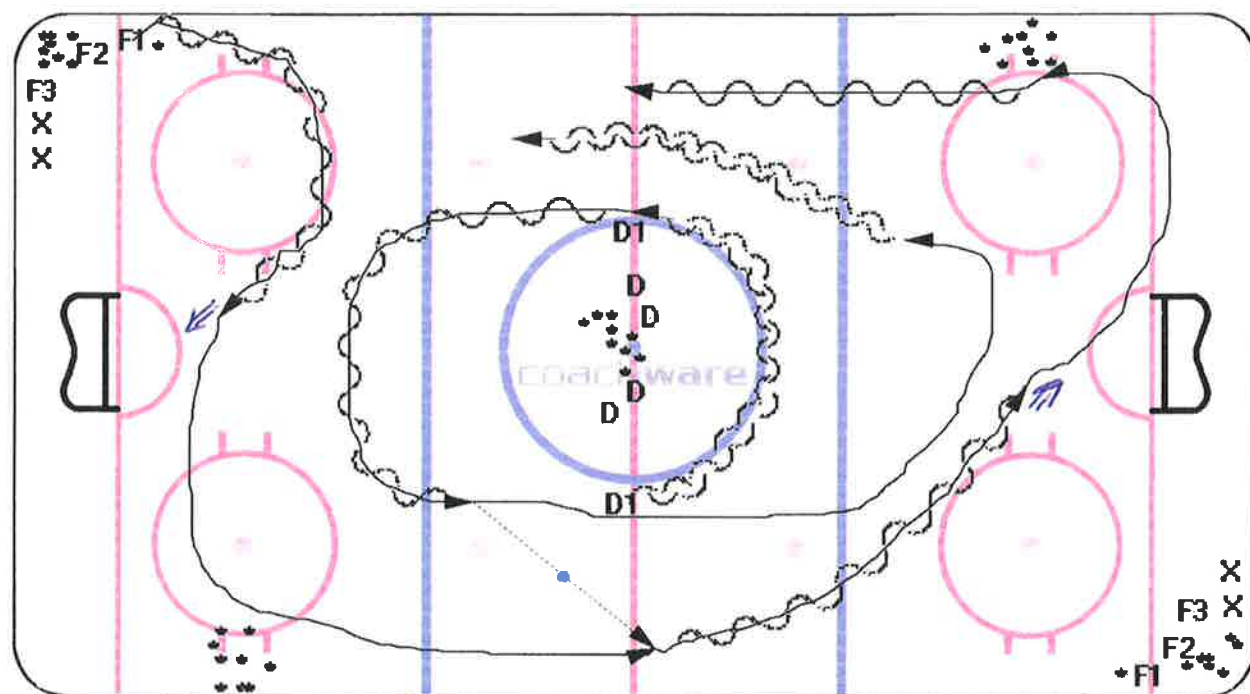
Jan Finge

" Be who you are and say what you
feel because those who mind don't
matter and those who matter don't
mind."

Dr. Seuss

Whaler 1x1

SKILL DRILL



Age Group: All

Category: Technical Skills

Focus: Skating, Passing, Shooting, Puck Control, Checking, Offensive, Defensive

Description

On whistle, F1 skates around the top of the circle with puck and takes a quick shot on goal. At the same time, D1 skates with puck backwards around 1/2 the center ice circle from red line to red line, pivots from backward to forward, then comes into zone with puck. After shot, F1 stays wide and takes a pass on the fly in the neutral zone from D1, enters zone for shot on goal. D1 control skates, following up and mirroring, and establishes gap on F1. After shot, F1 picks up puck and attacks D1 for 1x1. The drill with F1's and D1's runs at the same time from opposite ends of the rink. In diagram, I have shown just one set of D1 and F1 executing drill.

Key Teaching Points

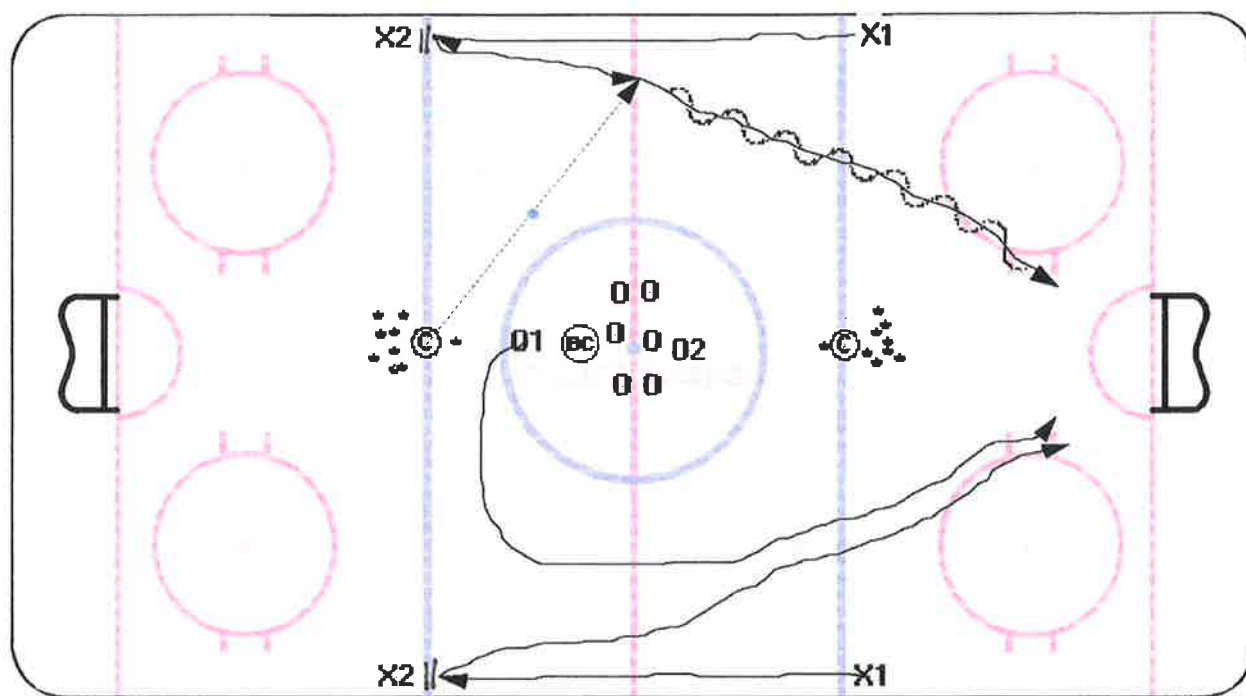
Quick feet for both F and D. Good tape to tape passes while moving feet. Take pass on the fly.

Key Execution Points

Timing is important. Communication - yell for the puck. Eye contact. Quick shots. Good gap control.

Providence Back Check

SPECIALTY DRILL



Age Group: Atom, PeeWee, Bantam, Midget, Junior, Professional

Category: Technical Skills, Tactics

Focus: Skating, Shooting, Puck Control, Checking, Offensive, Defensive

Description

On whistle, two X1's skate to opposite blue line and STOPS on blue line. The player who yells loudest for the puck gets a pass from coach. 0 players in the middle are back checkers, and once coach passes puck, O1 must curl and back check player who doesn't receive pass from coach, all the way back to the net. Once they cross blue line which they started from, coach blows whistle to start two X2's, whom O2 will then back check. Drill is continuous and ends once all players go through the middle to back check at least once.

Key Teaching Points

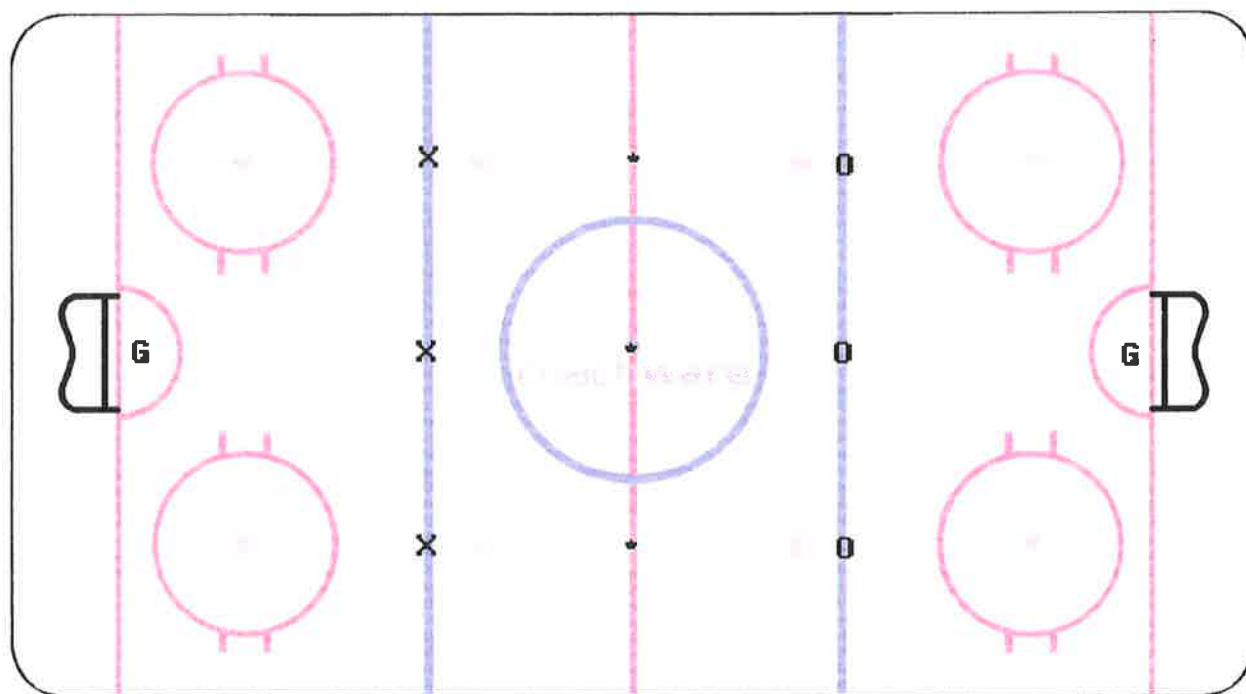
Back checker must keep offensive player on the outside and take him all the way to the net. -Do not let him get inside you relative to the puck. Puck carrier can shoot or pass.

Key Execution Points

Must stop and start on blue line. Yell for the puck. All players must go through center ice once or twice to back check - coach decides.

Simultaneous 1x1 Game

TEAM PLAY DRILL



Age Group: Novice, Atom, PeeWee, Bantam, Midget, Junior, Professional

Category: Technical Skills, Tactics, Team Play, Goaltending

Focus: Skating, Shooting, Puck Control, Checking, Offensive, Defensive

Description

Three O's and 3 X's must lie face down with your belly button on the blue line. Three pucks are placed in between them on the red line. These three pucks are marked 1, 3, and 5 respectively, indicating the number of points they are worth. The players have no idea which puck is which and pucks should be placed with number facing down. On whistle, players must get up and race to their puck to gain control. Goalies are in nets and you have 3 1x1's occurring simultaneously. Once three pucks are in nets, record points scored for each team.

Key Teaching Points

- You cannot score from outside the blue line.
- You cannot play or interfere with other 1x1's.
- Extra players are on bench.
- First team to 21 points wins.

Key Execution Points

- Have extra numbered pucks available in case one goes into the stands.
- DO NOT interfere with other 1x1's.