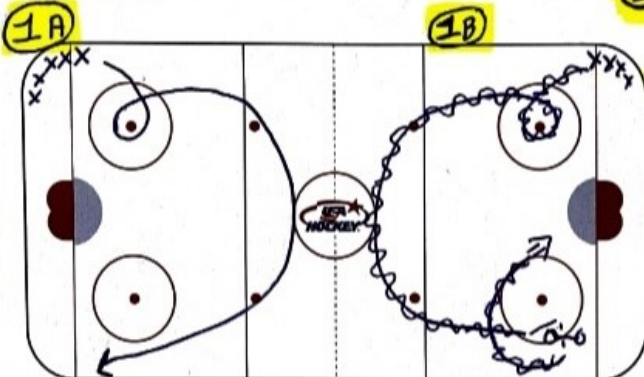




SYSTEM/DRILL

Neil Mulcahy
Assistant Coach
Southern New Hampshire University

① Small Group Skill Before or After Practice

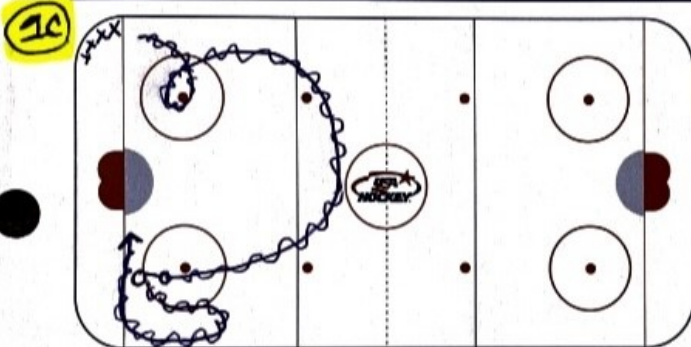


Description

1A) High Speed continuous forward crossovers (Work Both Sides, without puck then with puck)

1B) Same as 1A but add in a slide thru cut back up wall / high roll for a shot

Notes/Systems



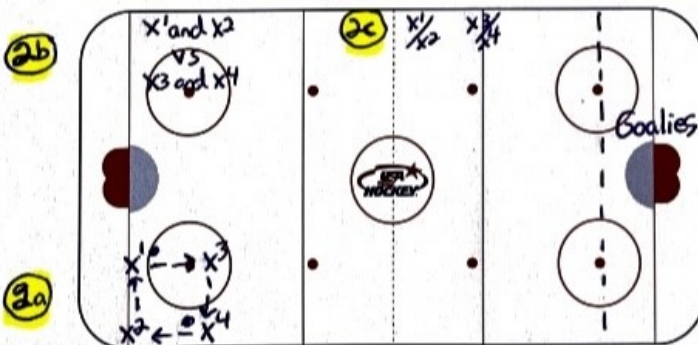
Description

1C) Same as 1B but after coming up wall make another cutback coming back down wall and taking the puck to the net driving goal line

KEY POINTS

- * Works High Speed Continuous forward cross overs
- * Under handling the puck
- * Slide thru's and cut backs
- * Shooting / Fake

Notes/Systems



Description

2) Team Skill warm up drill (Goalies doing Goalie skating)

Box Passing

2a) Split into a Box spread out through the rink

Each Box is passing two pucks Work Forward and Backhand

2b) (X1 and X2) vs (X3 and X4) playing keep away in small area

2c) (X1 vs X2) and (X3 vs X4) Puck Protection / V1

Notes/Systems Box Passing, Keep Away, Puck Protection

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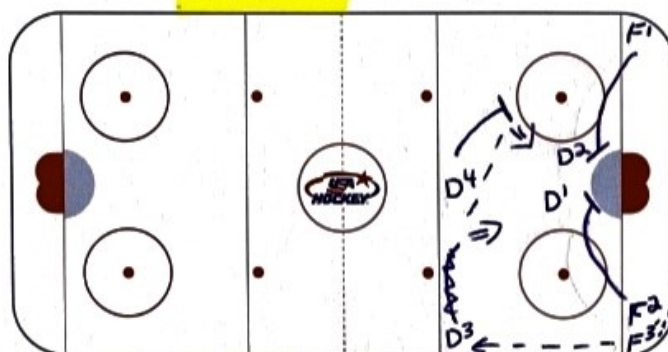
③ Offensive/Defensive Team Play Drill



SYSTEM/DRILL

we call it
Boston Battle

2v2, 3v2, Breakout, 3v2 Full Ice / Regroup

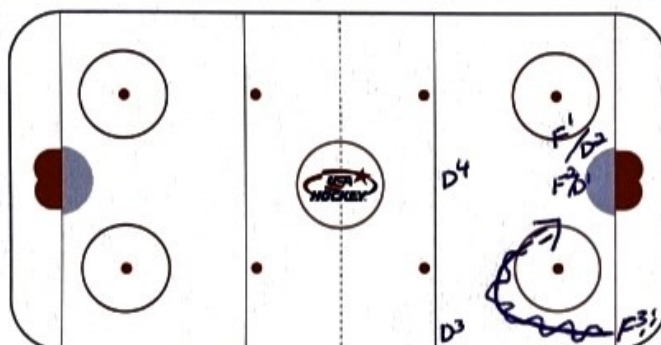


Description

(A) First Whistle, F³ passes low to high to D³ while F¹ and F² Battle for Net Front Position. D³ walks to middle while D⁴ slides to top of circle. D³ can either shoot or pass to D⁴ to shoot. Play out for rebound or low to high getting to net front again

Play out 20 seconds or goal

Notes/Systems Battle, Net Front, Low to High

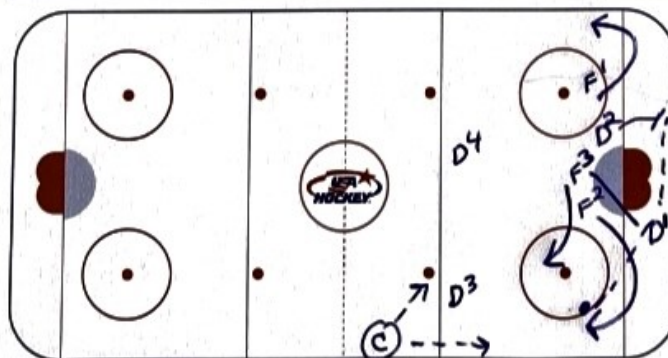


Description

(B) Second Whistle, F³ carries puck up well for a high roll shot. Play out rebound for a 3v2 Battle down low. Forwards can still use D³ and D⁴ for low to high shot and establishing net front presence

Play out 20 seconds or goal

Notes/Systems



Description

(C) Third whistle, Coach will dump or roll puck in. D¹ and D² will now breakout F¹, F² and F³ (center will be low)

① F¹, F² and F³ will now either go down FULL ICE on D³ and D⁴ (3v2) with D¹ and D² getting up ice

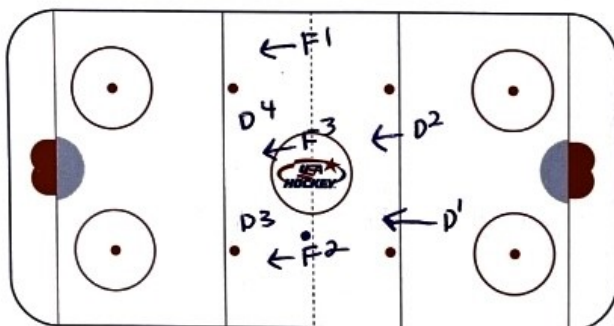
Notes/Systems

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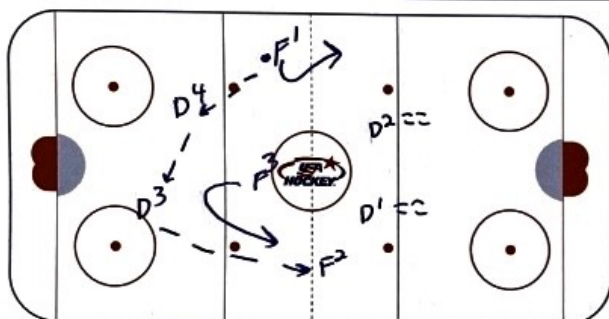
SYSTEM/DRILL



Notes/Systems

Description
① Option

FULL ICE 3v2

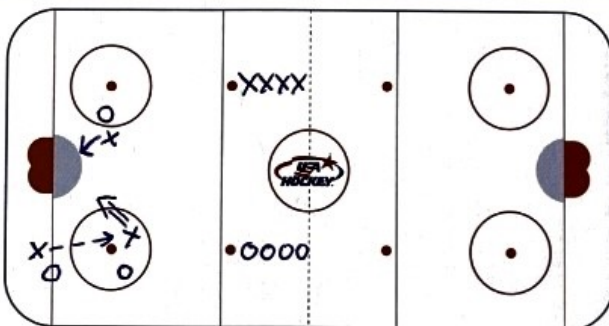


Notes/Systems

Description
② Option

F1, F2 and F3 can Regroup deep with D3 and D4 then come back and attack D1 and D2 where the drill started

After 3v2, D1 and D2 come out, D3 and D4 go to D1 and D2 spot, change out forward line and have a new D3 and D4 come in



Notes/Systems

Description ④ Game to Develop Competitiveness

(3v3 Shoot from circle)
You can only score a point if the shot goes in from a shooter in the circle or if it's a rebound goal.

Teaches finding soft ice, Quick Release, Net Drive, Support

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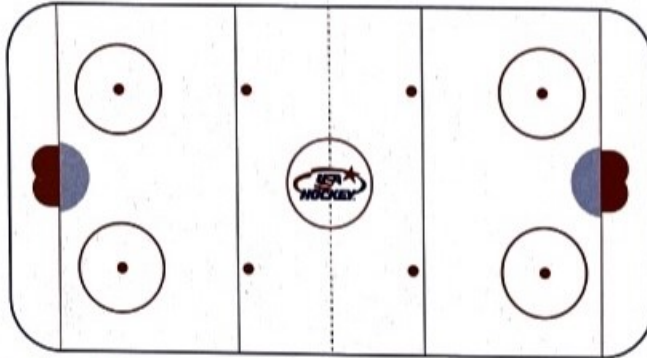


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SYSTEM/DRILL _____

One of my favorite quotes _____

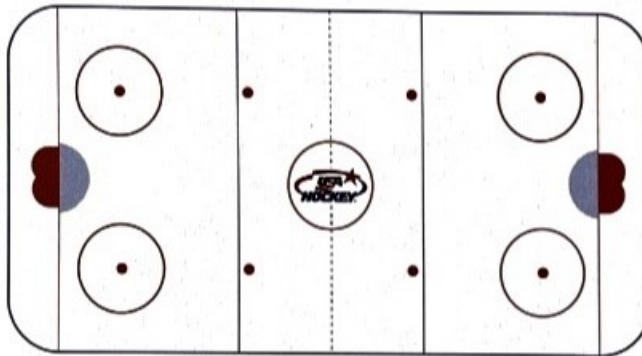


Description _____

"On a team, it's not the strength of the individual players, but it is the strength of the unit and how they all function together."

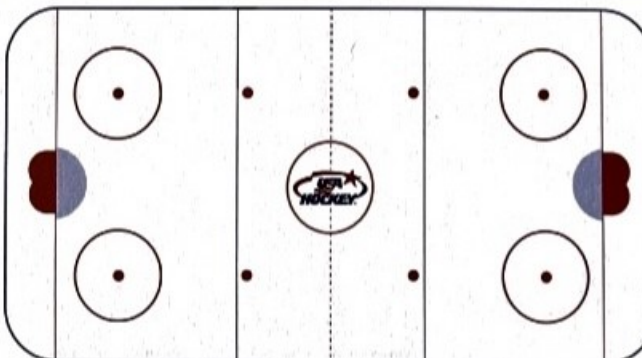
Bill Belichick

Notes/Systems _____



Description _____

Notes/Systems _____



Description _____

Notes/Systems _____

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