

## ПЛАН ТРЕНИРОВОК

### TEAM PLAY DRILL

#### BOX OUT 3-2

Two lines of Fwds in diagonal corners (LW-C-RW)

Dmen on blueline at boards.

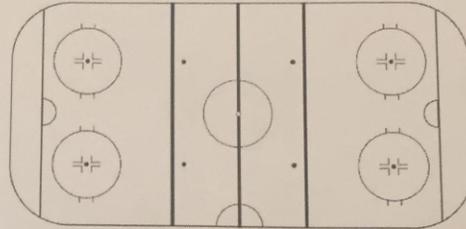
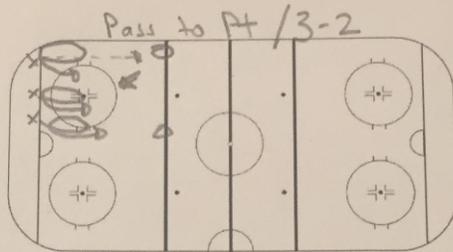
F123 start on goal line - all 3 on same side of net.

D12 on blueline.

F passes puck to Dman - Dman shoots.

As soon as pass, F123 skate to hash mark, tight turn back to goal line, pick up a puck and attack 3-2. On whistle, these 3 Fwds battle for net front position while D12 box out. F456 activate by pass to D34 for shot and then F456 attack 3-2.

At original end they keep playing puck until whistle at other end. Now finished and get out of the way. Coach may need to spot in 2nd puck.



### COMPETE DRILL

#### FIRST TO 5 WINS

Fwds on bluelines - one colour / one blueline, other colour other blueline - same side.

Opposite coloured D on other side at blueline.

On whistle, F12 touch centre ice circle and

attack 2-1. On whistle, other end goes (Coach

determines when to blow whistle - usually after

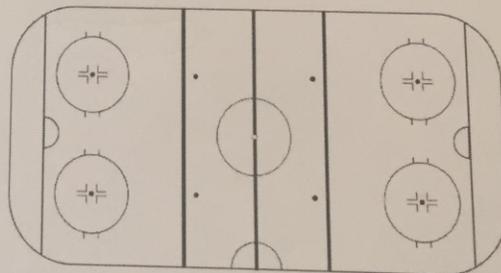
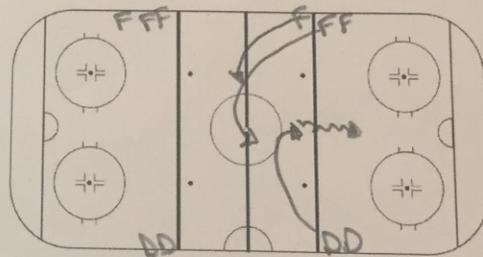
attack. On that whistle, original D tries to join

rush, original Fwds back check. Continuous.

Keep track of score. If D scores, it is worth 2 goals.

First to 5 wins. Losers do 5 laps plus one for

each differential in the score.



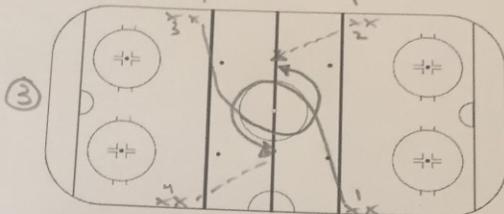
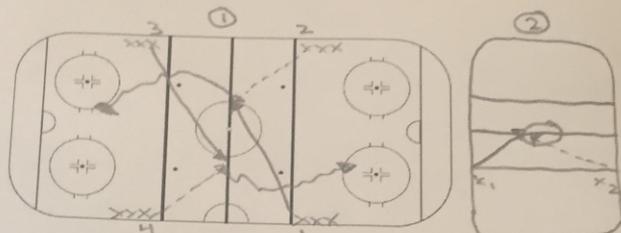
After  
rush  
F<sub>1</sub>, F<sub>2</sub> + D<sub>1</sub>  
go  
other  
way.

**"NEVER EVER CONFUSE A SINGLE  
DEFEAT FOR A FINAL DEFEAT!!!"**

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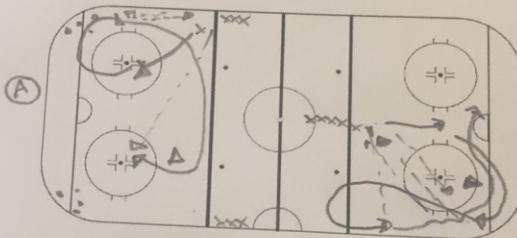
### TEAM WARMUP SHOW ME THE MONEY

- 4 groups at the bluelines on the boards.
1. Diagonal sides go. X1 and X3 explode off line and receive pass from X2 and X4 right on centre ice line where RW lines up. (Where RW lines up) Go around outside of dot.
  2. Same as 1 but now get pass where LW lines up. Go around outside of dot nearest you.
  3. X1 and X3 explode around centre ice circle, curl back towards their own side and get pass from X4 and X2. Go around outside of dot.
  4. X1 and X3 go around centre ice circle (same side) and get stretch pass from X2, X4. Go right down the middle.
  5. X1 goes. Explodes and gets pass right on centre ice FO dot. ON THE MONEY. Go right in. As soon as he goes, X3 goes, then X2, then X4



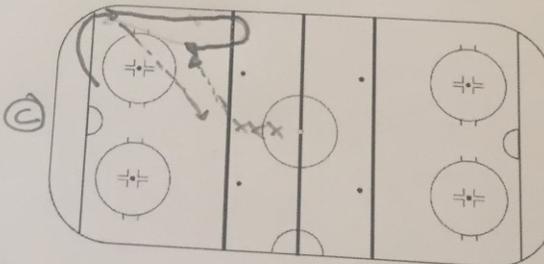
### SMALL GROUP SKILL DRILL SHOOT TO SCORE

Group on blueline - both sides. X1 goes first. 5 shots. X1 drives in from blueline and shoots to score - shot 1. After shot, picks up puck in corner, same side, passes to point, gets it back right away, passes again to point...curls along blueline, around pylon, drives in, gets pass and shoots quickly. Looks for rebound. Now picks up puck in other corner...does same on that side. Goes back to corner 1 for shot 4 and then to other corner for shot 5. Now X2 goes.



cut deep

Part B.  
Players start from middle of ice. X1 drives in right from middle. Picks up puck in corner, pass to middle guy, gets it back, gives it back and now curls towards boards, driving deep and wide and cutting to net. Same as in Part A - alternate sides.



Part C.  
As in B...but now X1 tight curls and stays wide (as on a pp half wall)...drives and shoots.