



## ПЛАН ТРЕНИРОВОК

### TEAM SKILL WARM UP DRILL LOOPER DELAY

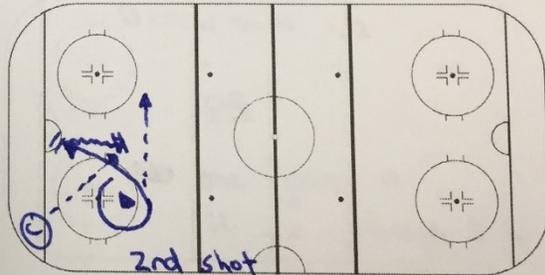
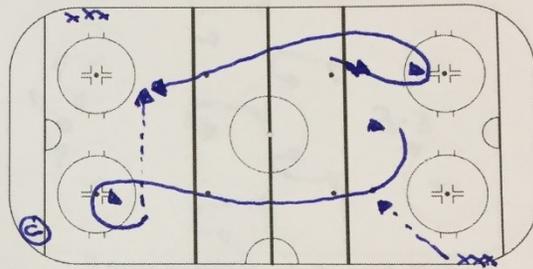
Players in diagonal corners, below hash marks. Two players from each line go at the same time. X1 curls around tire / cone set up inside of blueline, gets pass from first player in other line. Drives down the ice and 'delays' around cone / tire set in end zone circle. Makes pass to X2 who is driving into zone.

X2 has left the line behind X1 and skates around cone / tire set up at other end and returns to his own end. Gets pass from X1 and shoots.

X1, after pass, has driven the net looking for a rebound. Stops hard net front, then backs off into slot to get pass from the coach in the corner for a second shot.

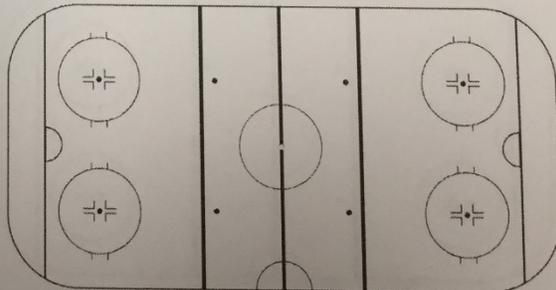
### OPTION

Send 3 players from each end. X1 does the same as he did above while X2 and X3 both skate around cone / tire and drive to make it a 3 man attack. First player over the blueline drives hard to the net while second player, saves some ice and comes into high slot. 'Delay' passer (X1) can pass to either X2 driving the net or X3 who is in the slot. reverse cycling.



**REPITITION IS THE MOTHER OF LEARNING'**

**Russian Proverb**





## ПЛАН ТРЕНИРОВОК

### SMALL GROUP SKILL DRILL.....FORWARDS REVERSE CYCLE SERIES

**SKILL** - cycle the puck to a teammate, reverse cycle to pick it up and attack the net.

F1 picks up puck in the corner.....walks up wall with puck and cycles it back to teammate. F1 continues up wall a stride or two and then turns towards the boards and skates back to the corner. Gets 'hand off' or cycle from teammate and then attacks the net.

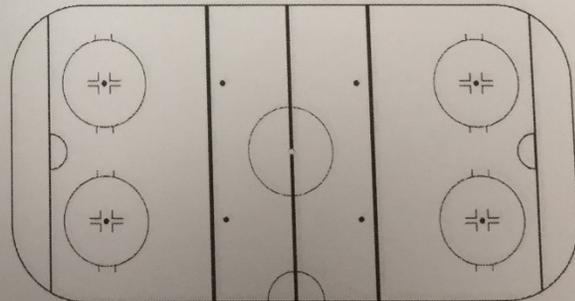
**OPTIONS**...can attack the net directly with a jam, can circle the net for a wraparound, can pass back to teammate who has now driven the net, can find F3 in the slot for a pass.

Forwards line up above of top of circle and are in the slot. F1 goes to pick up puck dumped into corner by coach, and F2 goes to net...ready for cycle. After attack, F1 becomes net front guy and F3 initiates cycle. Use the same corner.....easier for the goaltender.

If 3 man attack, put F3 in high slot - let all 3 forwards get a turn at picking up spotted puck in corner and reverse cycling.

**A SOLDIER WHO DOES NOT WANT TO BE A  
GENERAL IS NOT A GOOD ENOUGH SOLDIER'**

**Russian Proverb**

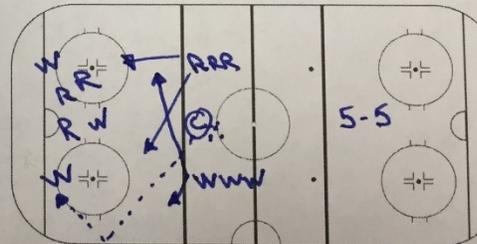
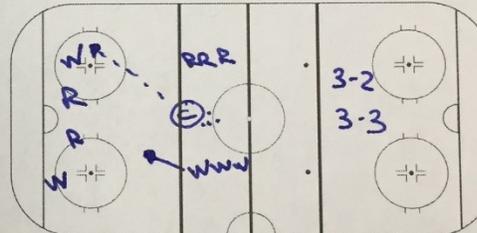
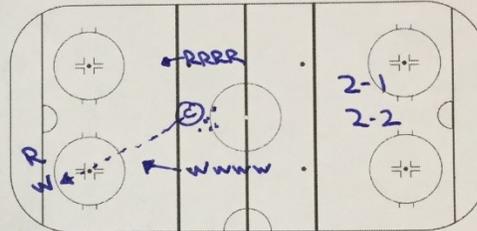




# ПЛАН ТРЕНИРОВОК

## COMPETITIVE DRILL AVANGARD ADD ON BATTLE

One end of rink only.  
 Red team is lined up behind one faceoff dot outside the blue line and the white team is lined up behind the other offside face off do.  
 Coach has pucks in the middle of the two lines on the blueline. Drill starts by coach making a pass to the first white forward. As soon as he makes the pass, white forward attacks the net to score while red defender pressures him. Coach with pucks will throw in a new puck any time he likes letting the players know with a quick whistle. In the meantime, a coach sends a second forward in any time to make it a 2-1. Other coach sends in a second defender so it is 2-2. Now coach one sends in a third attacking player... coach two responds with a defending forward. Now coach one sends in his two offensive dmen while coach two sends in his two defensive forwards to create a 5-5 in zone. Keep track of goals. Always a new puck when the previous puck is out of play (goal, out of the zone, goalie covers, etc). Play for 30 seconds or so. Next time through, red is on offense, white on defenses. Play until 5 goals or 10 minutes.



**IT IS BETTER TO BE SLAPPED BY THE TRUTH  
 THAN KISSED WITH A LIE!**

Russian proverb



## ПЛАН ТРЕНИРОВОК

### OFFENSIVE / DEFENSIVE TEAM PLAY DRILL 3-2 TAG UP into 5-5

Offensive line always starts on centre ice line.

Two defensemen defending start on face off dots in neutral zone. Coach stands in neutral zone with a puck. On whistle, F1 F2 F3 touch up on blue line and turn around ready for a 3-2 attack. Same whistle, D1 D2 touch centre ice line with their sticks and then retreat to take on 3-2. Coach gives puck to any of the three forwards for the attack. Play continues until whistle. This whistle activates next forward line waiting at centre ice line to attack the other way against two dmen. Coach gives new puck to these forwards as they attack the other end. When the whistle blows, the original three forwards neutral zone. Coach stands in neutral zone with a defending dmen join the rush to make it a 5 vs 5. When the whistle blows to end this group, the original five are finished and the second attackers and second defenders back check and join the rush respectively.

#### OPTIONS

Also works very well if you limit it to only 3-2 on each attack and do not have any back checkers. Adjust from there... maybe have both Dmen join the rush. Maybe have only one forward back check to create a 3 on 3 in the defensive zone. Try different things.

**WITHOUT REST EVEN THE HORSE DOESN'T GALLOP'**

Russian Proverb

