



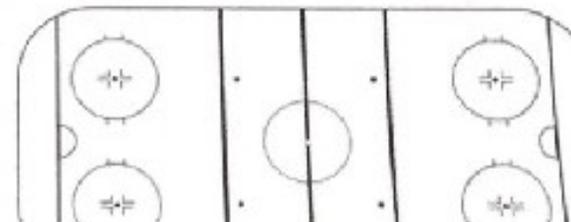
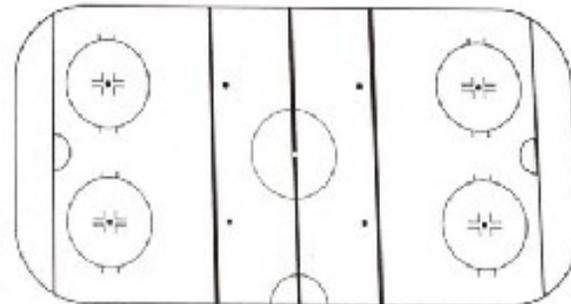
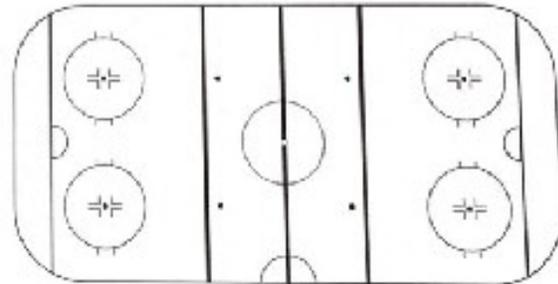
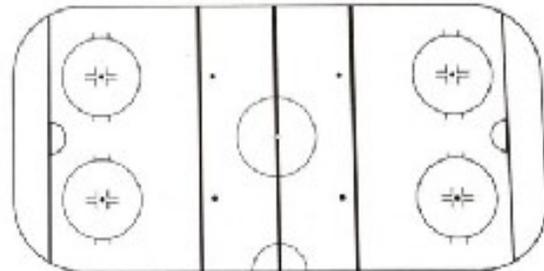
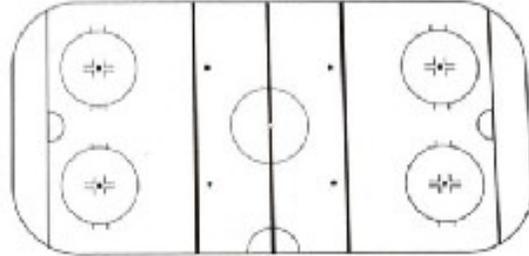
ПЛАН ТРЕНИРОВОК

Дата: 2017-18
4

Время: DRILL of the WEEK

DRILL of the WEEK....2017-18

'Don't concern yourself with things that you can't control.....just wake up every day with the attitude that you are going to have a great day.....that you are going to the best you absolutely can in anything you try.....and most importantly that you are going to make it a day for you and those around you to enjoy!'





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DRILL of the WEEK...2017-18

CANDY (competitive drill)

Players at centre line, outside of centre ice circle

2 groups... one on each side.

1 vs 1

X1 has puck and is on LW spot for opening face off. O1 on RW spot. On command, X1 passes puck to O1. Now O1 attacks either net and X1 defends. O1 can go direct to net or can 'dake' and go other way. O1 must determine end before crossing blueline. Cannot cross blueline and then go other way.

Each player goes one time on offense and one time on defense. Keep track of goals scored. Winning team gets recognized (ie losers do 2 laps plus additional lap for each goal differential in competition net front after D1 has taken two).

OPTION:

Put players on boards. X1 and O1 step out a metre or so and drill goes the same way. Only this time player who gets puck either jumps immediately towards end he determines, or can have only a head fake to try and shake defender.

2 + 2 vs 2 + 2 (competitive game)

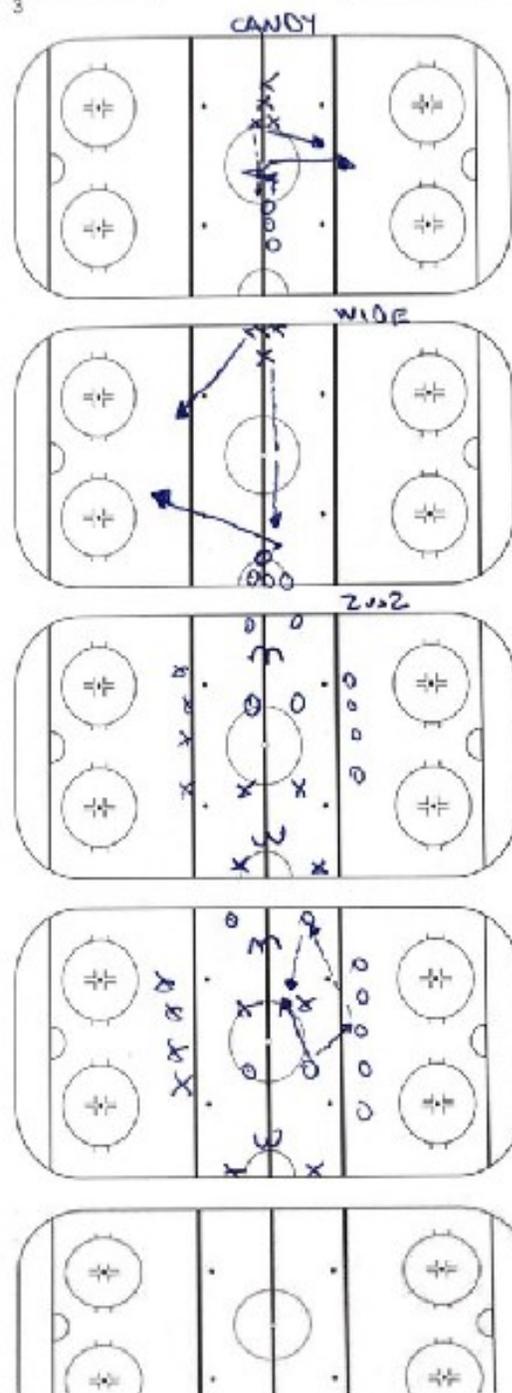
Play cross ice in NZ. Nets a metre or two from boards. 2 X's behind offensive net, 2 O's behind other net (O's offensive net). 2 X's and 2 O's in middle of ice. Other players along bluelines - one colour on each blueline.

To score, pass must originate from player behind goal line' (player behind net). Players on blueline can keep puck in play and can pass to their own colour. Puck out of play, Coach chips in new puck.

ROTATION...on whistle, the two players behind each net jump to middle of ice and receive new puck from coach while 2 new players of each team set up behind their respective offensive nets.

KEY POINTS:

To score, pass must come from behind net initially. After pass is made, puck is live.... rebounds, one touch passes, etc allowed. Goaltender is not allowed to intercept pass from front of net to players behind but can deny pass from back of net





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DRILL of the WEEK....2017-18

LOOPER 2 ACROSS (skill drill for warm up)

2 Groups....Diagonal sides...top of circle on boards.
X1 leaves with puck, X2 follows. Same from other end with O1, O2. X1 to O3 and X1 curls wide. O3 to X2 who curls up mid ice. X2 to X1 who drives and shoots while X2 curls around to get pass from own line. Drives in for shot.

OPTIONS:

1. Instead of X2 curling towards own line for his/her own shot, now X2 drives to net creating a 2-0 with X1.
2. Now instead of X2 getting pass from own line, X2 continues on and creates 2-0 with O1. O1 takes puck deep and looks to pass to X2 either off of a delay, or taking puck behind net while X2 stays patient in high slot, or O2 short side passes puck before going behind net.

DOUBLE GAPPER (offensive / defensive drill)

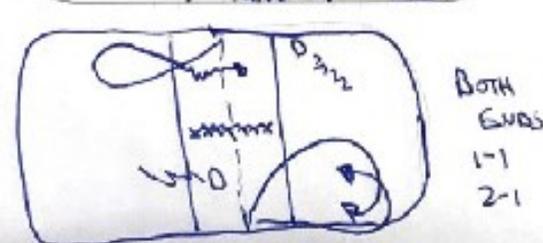
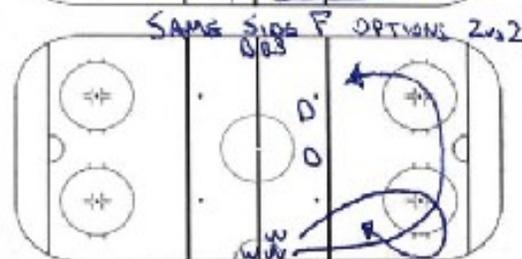
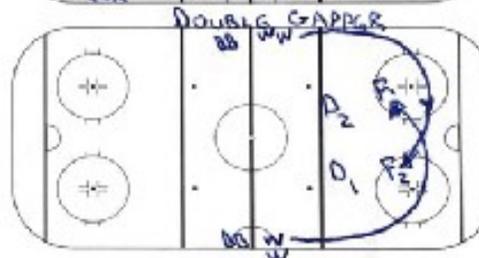
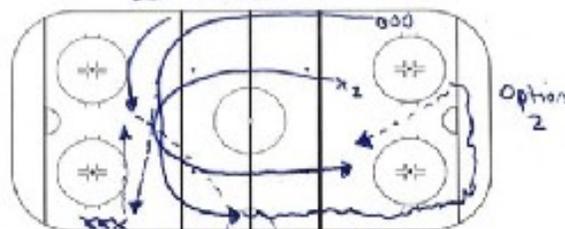
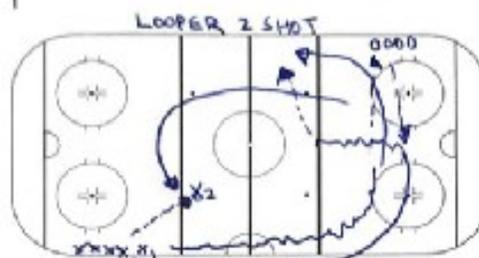
Fwds at centre ice line along boards (1/2 colours on each side). F1 and F2 (one from each side) take off towards own end and curl (either below dots or at least cutting top of circle). Come back and attack D1 D2 2 vs 2. Play continues until whistle. Immediately on whistle, F3 and F4 (one from each side repeat what F1, F2 did while D1, D2 get back up ice in a hurry to close the gap and face F3, F4 2 vs 2. On whistle, other end goes.

OPTIONS:

1. 3 vs 2 2x, or 3 vs 2 first group and 2 vs 1 second group (try different combos)
2. Add a defensive F so it is 3 vs 3.
3. Put same Fwds (all RED fwds) on same side of ice for 2 vs 2 or 3 vs 2, etc.
4. Keep same Fwds on same side of ice, and go both ends at the same time 1 vs 1 Double Gapper or 2 vs 1 Double Gapper.

KEY POINTS:

D get back up ice to close gap and keep strong gap.
Fwds attack with speed. Get puck deep, especially if 2 vs 2 or 3 vs 3.
Play until whistle....compete.





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DRILL of the WEEK....2017-18

SHORT SERIES (small group / individual skill)

One end of ice.

Fwds - 2 groups, 1 in each corner.

D - front of net, top of circles.

Try various combos.... 2 vs 1, 2 vs 2, 1 vs 1, 3 vs 2.

2 vs 1 SHORT

D1 starts net front. F1 starts net front. On command, F1 jumps to team mate in corner. F2 (team mate) has give and go with F1 and now F1 and F2 attack D1 2-1. Quick attack to net. On whistle, F2 who was in corner with puck, jumps towards opposite corner to team up with F3 for a 2-1 short vs same D1. Drill is continuous with each D taking two 2-1's. (New D2 jumps to net front after D1 has taken two). Coach can dictate where F1 comes from for start of each attack. Net front...or below goal line...or from above top of circle. Different situations.

2 vs 2 SHORT

Same as 2-1 except now 2 D start net front and play two 2-2's. Two new D jump in after 2 plays.

3 vs 2 SHORT

Same set up with 2 D net front and 1 F net front. Whistle, F1 jumps to F2 corner for give and go, and F3 comes from other corner (F2 can pass back of net to F3). For drill to continue F2 will start with other side as in 2-1 above. Can also do 3-1 to give offense more confidence.

1 vs 1 SHORT

Now all F's net front as well. On whistle, Coach chips puck into corner for F1 to get while D1 plays him. At same time, F2 goes to opposite corner. On whistle, D1 jumps to F2 and Coach passes puck to F2 for a second 1 vs 1. Coach dictates how much time F2 has and makes pass accordingly.

KEY POINTS:

D - stick on puck, good feet, close gap quickly with puck carrier

F - attack with speed, get to net

COMPETE

