

① DOWD 2016-17. PAUL HEAVEY QB-U-20 NATIONAL TEAM.

OFFENSIVE ZONE PLAY

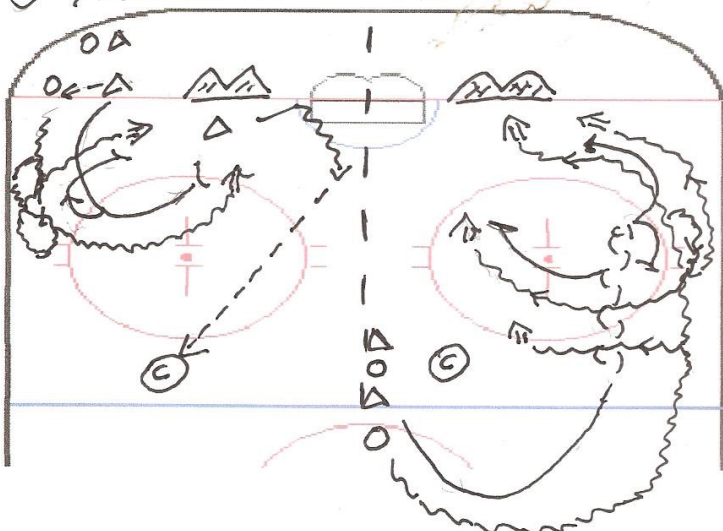
OFF & DEF

INDIVIDUAL SKILL DRILLS

① 1-1 LOW FROM CORNER

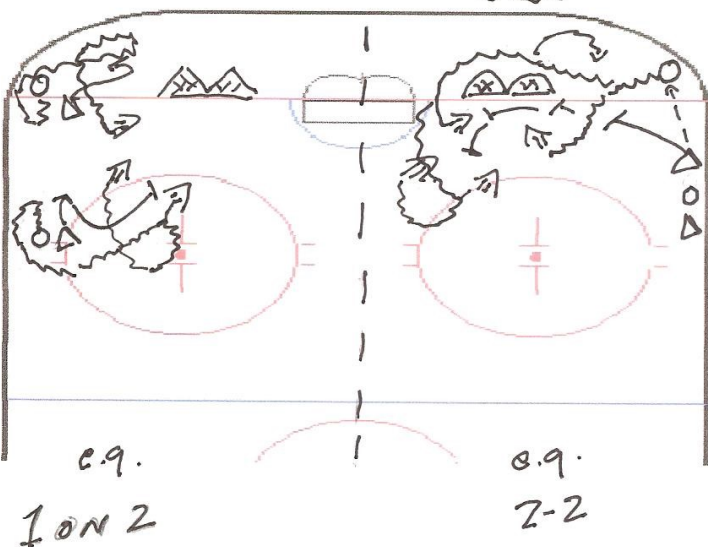
② 1-1 ENTRY TO O-ZONE

1 NET OR 2 NETS $\frac{1}{2}$ ZONE.

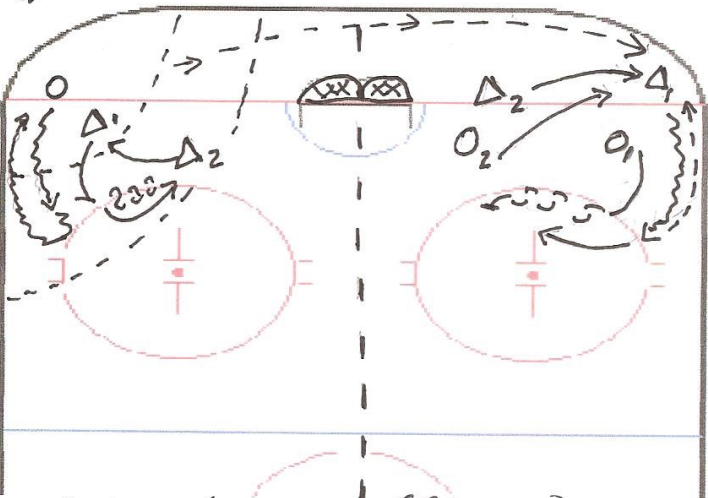


O - Puck Control, 1-2 hands, stiff arm, protection, body, skating, deception, turnbacks, stutter steps, scooting, drives, pucks to net, shooting, 2-3 efforts

Δ - Def side, agility, mobility, gap, stick on puck, body on body
* Make transition drill - Δ Brout pass to ©, O forecheck. ?



start 1-1's from $\frac{1}{2}$ wall, corner, below goalline.
All off & def skills. Must get pucks to net, shoot off, turnbacks etc, 2-3 efforts, 1-1 battles ... progress to 2-2, 3-3 etc... Transition def → off, off → def: ? Def player has stick up side down option?



Split Ice D2C, 1 on 2, 2-2, 2-3, 3-3 etc.

start Def players have man advantage initially to develop D2C, Layers of defence etc.
O's - as above, Indv skills etc.
add offensive support & tactics
Δ's - as above, Indv skills etc.
Communication, Layers, pressure v Contain, pins, support, Transition, passes etc.

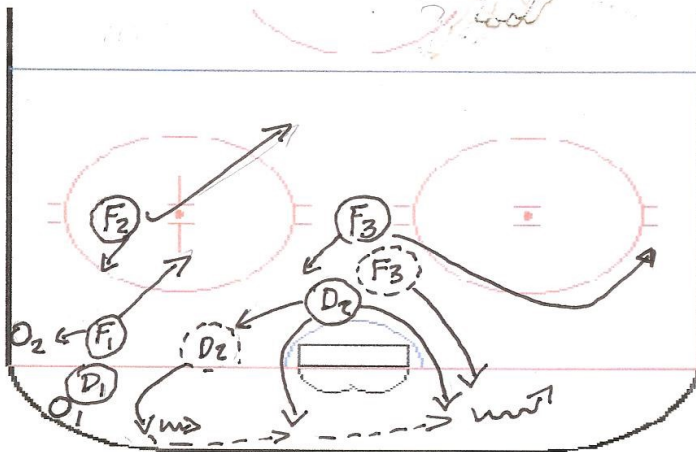
DEFENDING TEAM (PLAYERS)
PLAY WITH OFFENSIVE TEAM (PLAYERS)
ON OTHER SIDE. ONE NET $\frac{1}{2}$ ZONE PLAY.

②

DEFENSIVE ZONE

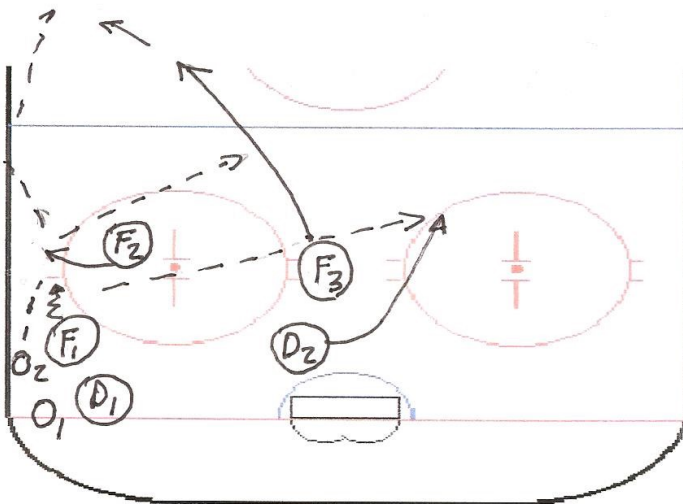
DEF TEAM PLAY.

DZC → TRANSITION TO B-OUT.



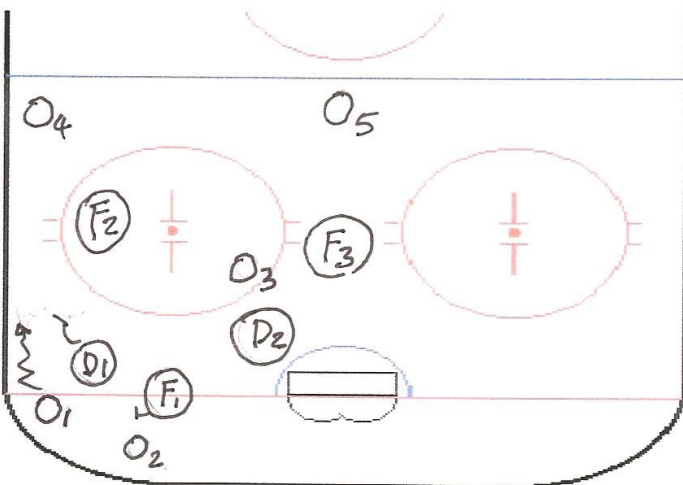
Start drill 2 on 5 in Def Zone. Depending on philosophy-system (Zone, man-man, combo, swarm etc) play DZC until puck is won by defending team.

- Triggers, Reads, Support, execution etc. Transition to break-out.



Using 2 on 5 advantage develops confidence by DZ team and enables easier execution of transition to break-outs. & any set plays etc

i.e stretch, chips
DZ activation



Progress to 3 on 5, 5-5 DZC.

Drill can start in variety of ways i.e.

- From end zone on whistle
- Full ice rushes with 5 players defending rush.
- 5 players waiting in DZ at other end to start drill.

• DZ face offs ?

Main Focus is the Transition !!



3

Date:

Practice Theme / Goals:

Equipment Required / Set-up:

Number of Players: 20.

Time:

Warm Up Drill. ESPOO 3 ZONE.

The players love it !! (1)
So do I !!

- Split team in 2 colours into even numbers if possible in 3 zones. i.e. 3-3, 3-3, 4-4.
EACH SET OF PLAYERS HAVE APPROX.

5 mins in each zone.

i.e. OZ, NZ (off & def) DZ.

PLAYERS MUST NOT LEAVE THEIR ZONE !!

PUCK HAS TO BE PASSED FROM DZ → NZ → OZ BEFORE SHOOTING ON NET. CAN WORK WITH VARIOUS RULES i.e. 2 PASSES IN EACH ZONE BEFORE

PASSING TO NEXT ZONE OR SHOOTING. FORCES SKILL, PUCK PROTECTION ETC. • DEFENDING AT PUCK.

• AWAY FROM PUCK.

• OFFENCE WITH PUCK.

• OFFENCE WITHOUT PUCK.

(2) 4 on 2 SPLIT ICE GAME.

OVS X'S ON ONE SIDE X'S VO'S ON OTHER SIDE.

• JUST TOO MANY PP & PK SKILLS TO MENTION.

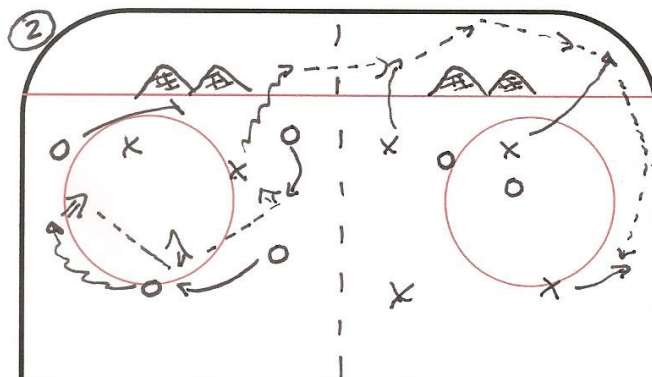
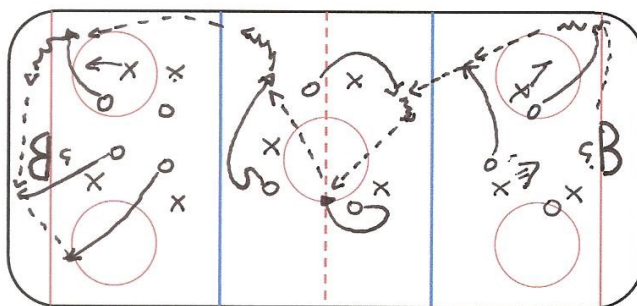
(3) POINT SHOT JOKER GAME. (2 NETS)

2-2, 3-3 IN ZONE WITH SHOTS FROM POINT. CAN PLAY (i) 3-3 FULL END ZONE WHERE O'S DEFEND ANET & X'S DEFEND A NET. ON POSSESSION PUCK GOES

TO THE POINT OF THE NET YOU ARE ATTACKING.

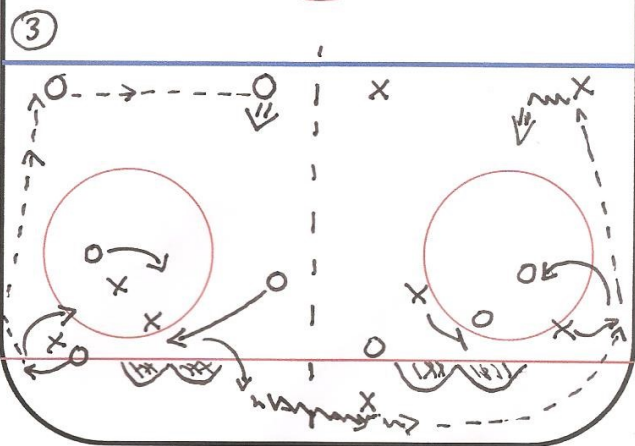
(ii) 3-3 IN EACH 1/2 ZONE WITH PASSES ACROSS ZONE.

(1) ESPOO 3 ZONE.



"HABIT IS EITHER THE BEST OF SERVANTS OR THE WORST OF MASTERS"

Nathaniel Emmons.



- POINT SKILLS !!
- NET PRESENCE - SCREENS, TIPS ETC.
- NET COVERAGE - BLOCK OUT ETC.
- SELKS, FRONTING,
- REBOUNDS
- LOOSE PUCK RECOVERY
- ETC !!