

THE THREE MUSTS IN A GAME

1. INTENSITY, 2. WORK ETHIC, 3. DISCIPLINE

“If everybody can find a way to put their **own personal agendas** aside for the **benefit** of the **team**, ultimately they will **gain** for **themselves** in the **long run**. But what often happens, people think they have to **take care of themselves first** and the **team second**! This is totally **incorrect**!

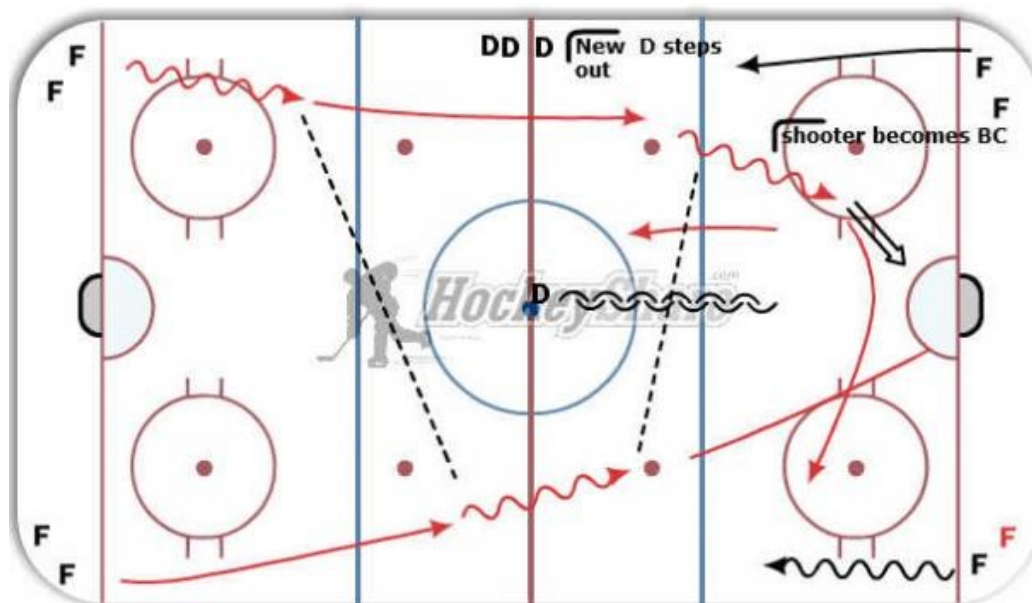
Then the infrastructure breaks down and nobody’s **accountable**. You have to be able to **sacrifice yourself** for the **good of the team**, no matter what **role you play** on the team – whether you’re playing 30 minutes or 2 minutes a game.”

MARK MESSIER – SIX TIME STANLEY CUP WINNER

A Good Book To Read:

The Champion's Mind: How Great Athletes Think, Train, and Thrive – Jim Afremow, PHD

2 on 1 With Backcheck Drill



Description

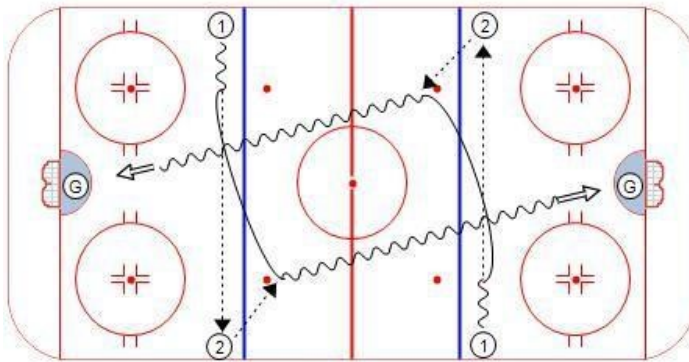
1. 2 on 1 full ice rush with a backchecker.
2. Shot is taken from the high slot.
3. New 2 on 1 starts with shot is made, and the shooter becomes back checker. The other forward drives to the net.
4. Forwards need to try to make a couple passes while heading up ice.
5. A new Defenseman steps in to cover the return rush.
6. Play is continuous.

Key Points: Communication, back checker can pressure the puck carrier, defenseman read and react the 2 vs 1 with the back checker, and recognition of the play.

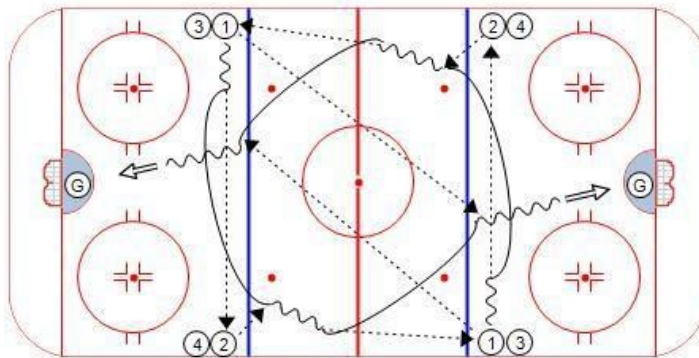
Notes: Coaches will be watching for clean passes, and communication. Also watch for off-sides. Pucks are in opposite corners so players on each side get a chance to start out with the puck. If players go to the corner they end the previous drill.

4 Blue line Warm-Up Drill

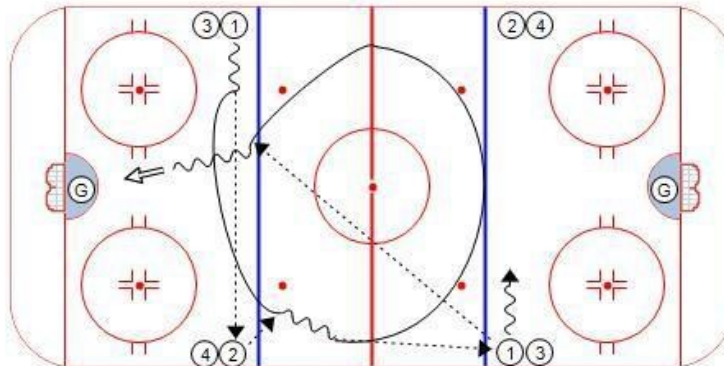
Drill 1



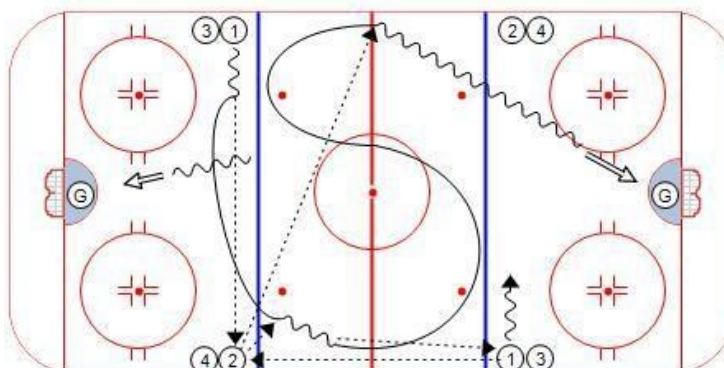
Drill 2



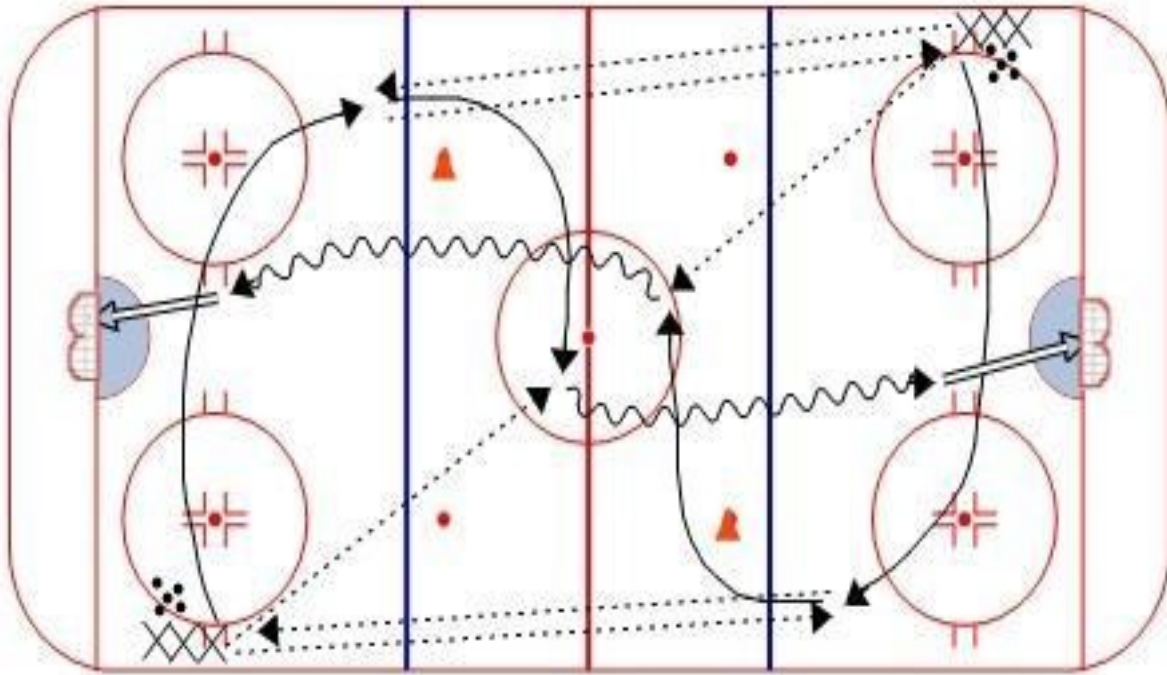
Drill 3



Drill 4



Full-Ice 3 Pass & Shot Drill

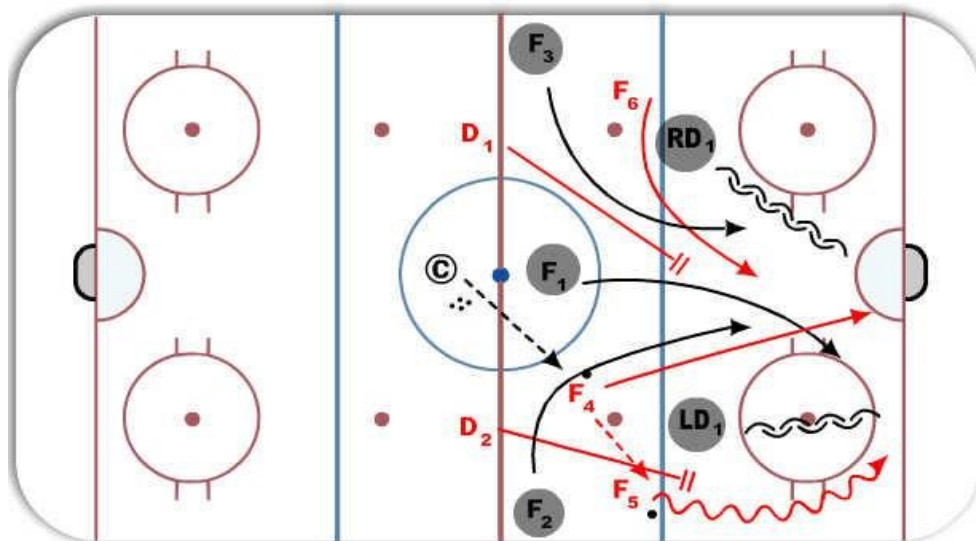


Description

1. Players leave respective lines and skate across the ice.
2. Receive a pass from next player in line, and quickly return the pass.
3. Loop to receive the final pass from the same line they each player left from - receive the puck IN FRONT of the red line.
4. Cut up ice and take a shot.

Key Points: Communication, hard passes, accuracy, and timing.

Maine Black Bears Funnel Drill



Description

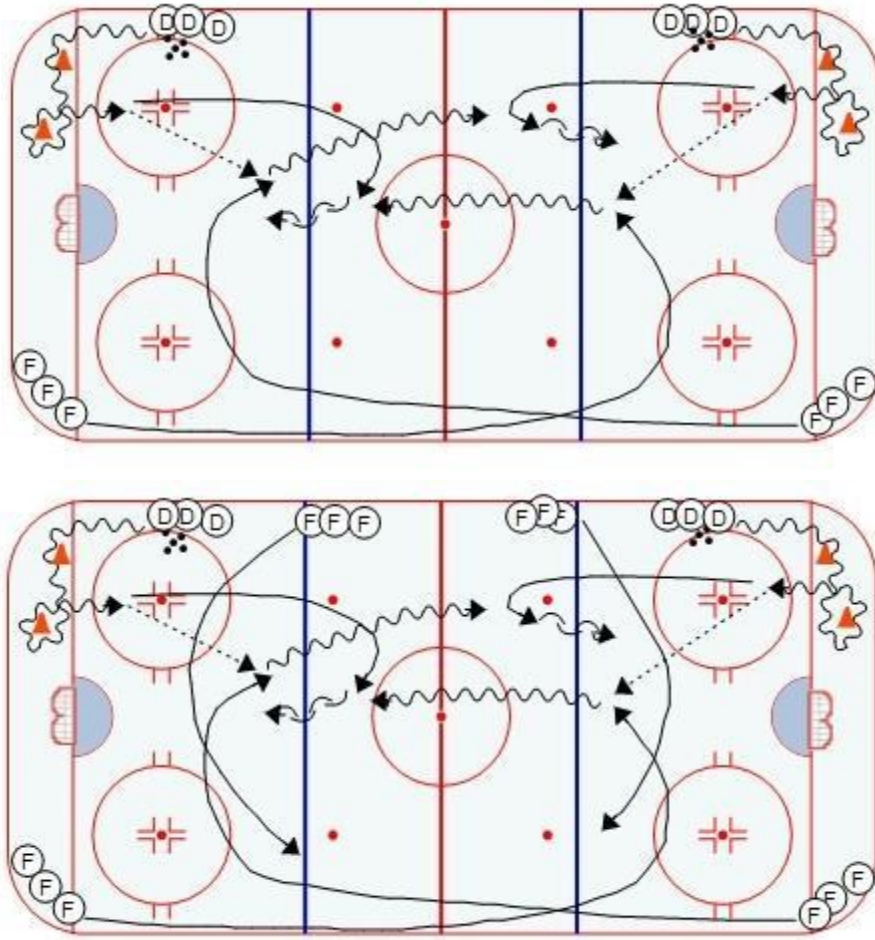
The purpose of this drill is to teach players how to funnel back into their defensive zone coverage responsibilities off a back-check situation.

1. All players start in the area around the center red line.
2. On the Coaches whistle and pass to F4, the offensive unit of five (RED) attacks against two defenseman (BLACK).
3. After the offensive unit players have started the attack, a unit of three forwards (BLACK) back-checks by coming through the middle of the ice protecting the slot first before moving into defensive zone coverage responsibility.
4. On the next whistle, all ten players come back to the neutral zone.
5. The offensive forwards have to come as far as the blue line and the defensive forwards must two touch the center circle with their skates.
6. The coach will either pass a puck to the attackers (RED) at the blue line or dump the puck into the zone. This will now start the transition back into the offensive zone.
7. The defensive forwards (BLACK) will now funnel back into the zone and play 5 vs 5.
8. Play like a game situation.

Three repetitions per line to complete the drill or a 30 to 40 second shift.

Key Points: Good communication, stick positioning, defensive side positioning, strong on the puck, read and reacting (recognition of play), good gap control by the defenseman, and good tight support by the defensive forwards into the DZ slot.

Michigan Tech 1 on 1 Drill



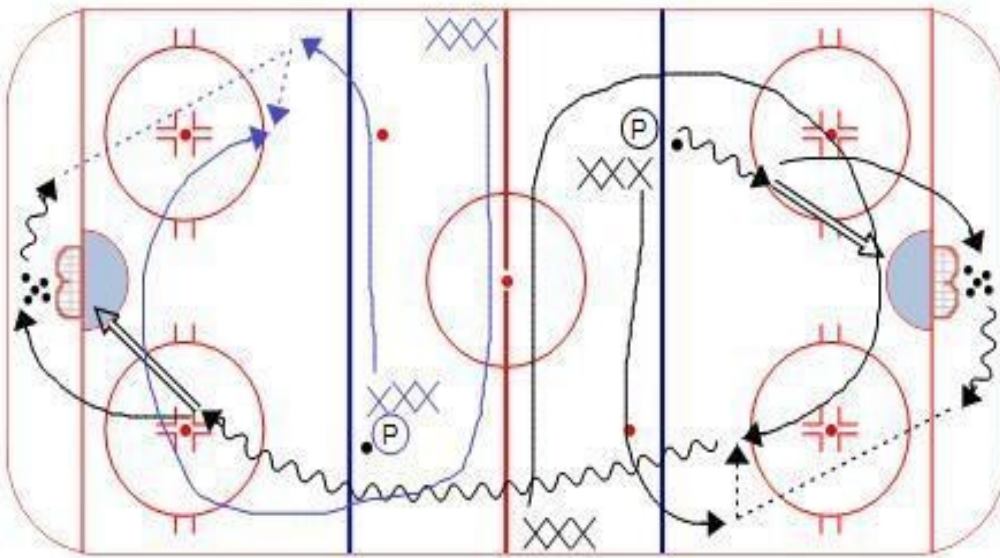
Description

1. On whistle, (D) and (F) leave from each side of the ice (4 players at the same time).
2. (D) do a figure 8 around the cones, then make a breakout pass to the (F) swinging through.
3. After making the pass, (D) closes gap on the (F) from the opposite line to play him 1 on 1
4. If coach blows the whistle twice, the (F)'s change direction and play the 1 on 1 with the other (D).
5. Coach can blow the whistle multiple times during the same turn. (D) must continue to close the gap with each switch.

Key Points: Passing, gap control, puck support, heads up, and transition play.

Notes: This drill can also be run as a 2 on 1 - see second diagram.

Perpetual Breakout Drill



Description

1. "Ghost man" passers start the drill by shooting then picking up a puck behind the net to initiate the breakout.
2. Low forward simulates winger, and swings in to pick up board-side breakout pass.
3. High forward swings through and acts as the centerman providing middle support.
4. Winger one-touches to center, who attacks and shoots, then initiates breakout in far zone.
5. Winger moves to middle line.

Key Points: Communication, timing, touch passes, and low puck support.

NOTE: Winger can swing from top down, or from bottom up, depending on your team's breakout set up.