



## ПЛАН ТРЕНИРОВОК

Дата: 23.09.2014

Время: \_\_\_\_\_

### DRILL OF THE WEEK

#### HI/LO BREAKAWAYS

2 cones set up... 1 at top of each end zone circle.

Glump of pucks in middle at near blueline, and glump of pucks in middle at far blueline.

X1 starts with a puck from centre ice dot. Goes in on a breakaway. If he scores, he gets to pick up next puck from near blueline. If he does not score, he picks up puck at far blueline. Drill continues this way for a total of 5 shots. Score and get puck from near blue, no goal - far blue. However for each breakaway now, player must come in from outside the cones.

**OPTION**....same concept except now a total of 10 shots and the two glumps of pucks are at the top of the circle if a goal is scored, and at the blueline blueline if no goal. Players do this drill at top speed.

#### CONTINUOUS BREAKOUT

Coach dumps puck in to start drill. 5 players break out of end zone. All 5 touch puck and then give to coach who dumps in to opposite corner, same end the 5 broke out. Now on second breakout, all 5 touch puck and then chip into opposite end for the next group of 5 to break out of that end two times. Drill continues with all lines going through 2 breakouts and then chipping puck in. Go through all break out options... quick up, wheel, D to D over, reverse, stop and turn back... and any other options you want to incorporate.

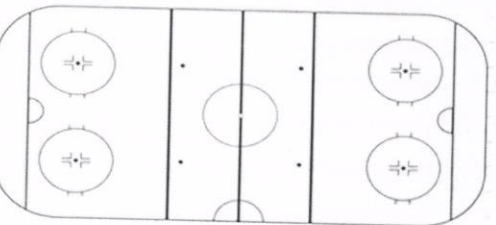
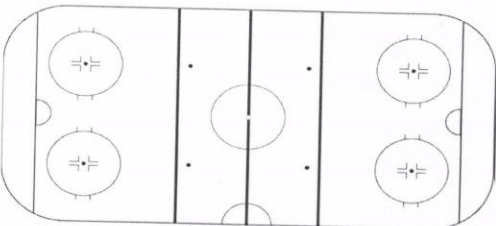
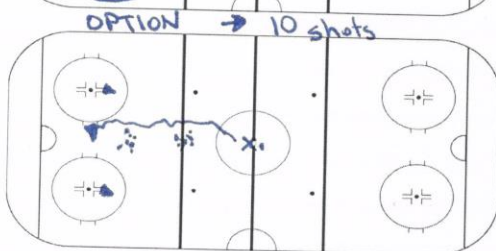
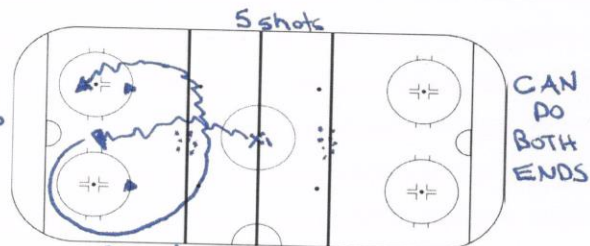
**OPTION**....only one break out at a time and then chip puck in for next group. D can call breakout options and do whichever one they want, trying to get through all the breakout options.

#### QUOTE:

"Correction does much.....  
.....but encouragement everything."

INDIVIDUAL /  
SMALL GROUP

TEAM SKILL  
WARM UP



Old Russian Proverb...

"Prepare your sleigh in the summer."



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### DRILL OF THE WEEK

#### ROGER

##### NZ Regroup Series

All players on ice. Half D and half Fwds at each blueline along the boards. Pucks at the top of the circles at all four circles.

On whistle, 2 D on the defensive blueline pop out and skate back into own zone to top of circle to retrieve puck spotted by coach. On same whistle, 3 Fwds from far blueline (offensive blueline) come back towards own end and towards puck for a NZ regroup.

D move puck up to F1, F2, F3 who attack net on a 3-0. Incorporate various options - middle drive, dot lane attack, cross and drop, chip in or dump

in and cycle, etc. As soon as forwards enter zone, other end goes with D3, D4 popping out and then initiating regroup other way.

Go through various options... D up to any of 3 forwards, D to D and up, D to D hinge, etc. Alternate sides for each D to initiate regroup.

**OPTION**.....start off of DZ coverage drill. 5 offensive players vs 3 defensive players in zone. At any time, whistle blows, puck spotted somewhere in NZ, and the offensive group retreats out of Oz to regroup and attack again vs the 3 defenders. Now other end starts with DZ play and then regroup. Two units at each end and switch each time.

#### RUSSIAN ROULETTE

X1 vs O1 battle in corner. 1 vs 1 puck protection / keep away. Battle hard. On whistle, they leave puck and race to a second puck spotted on centre ice line. Race for breakaway with first to puck going in to score, and player chasing applying pressure. Do from both ends simultaneously (opposite corners) Next pair start immediately on whistle that releases original two players.

**OPTION**....can battle 2 vs 2 in corner but only X1 and O1 take off to race, while X2 and O2 remain to be joined by X3 and O3 for a 2 vs 2 battle. Continue.

#### QUOTE: Inuit Proverb

An Inuit child learns early in life, you do not take it easy when harpooning, because if it escapes, you and your family die.  
Be a great hunter.....do not die.

OFFENSIVE TEAM  
PLAY

