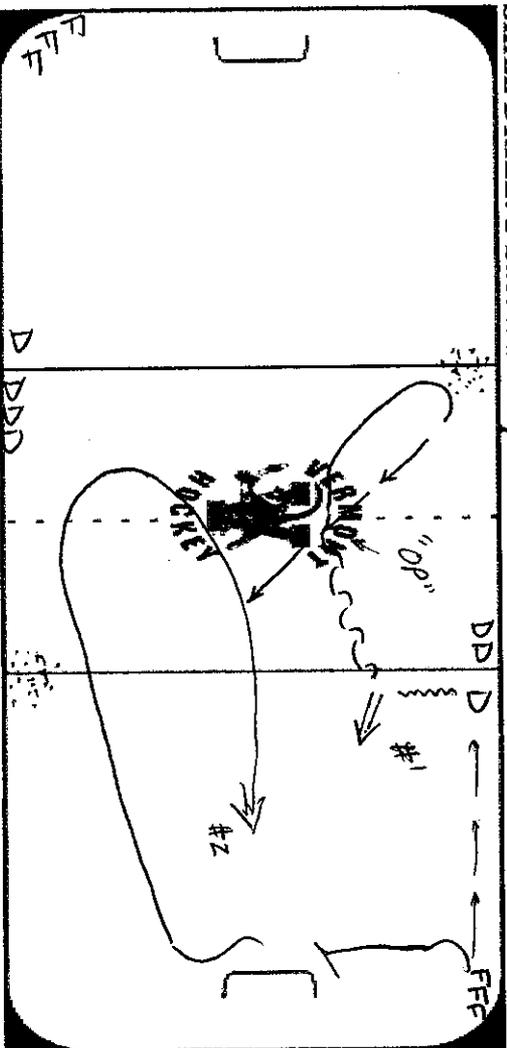
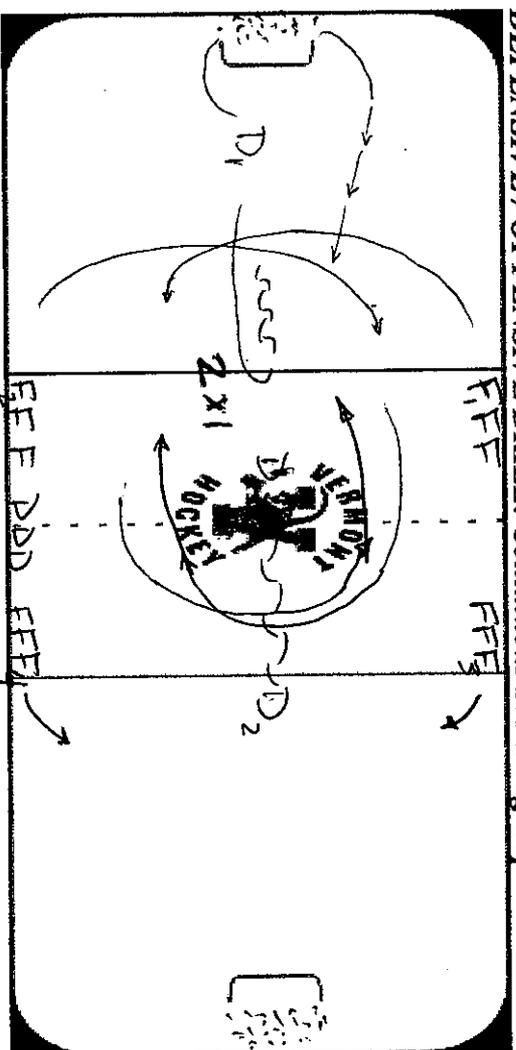


UNIVERSITY OF VERMONT HOCKEY

SKILL DRILL: 2-Shot Warm Up



DEFENSIVE / OFFENSIVE DRILL: Continuous 2v1 w/regroup

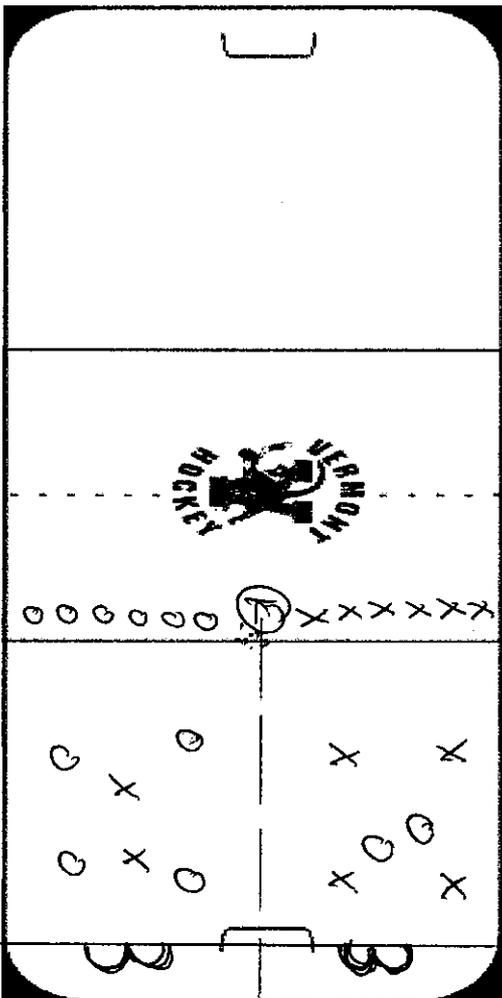


- Drill is the same on both ends, starting on whistle
- Forwards pass to defenseman who walk the line and shoot
 - F's - mirror pattern of defenseman along the goal line, collect any rebounds and get a quick shot
- After 1st shot, DMan back-peddles to the NZ circle and then open-pivots to retrieve the 2nd puck
 - Make sure DMan looks over shoulder to find outlet prior to retrieving the puck
- After rebound, F's work hard back up-ice then receive a stretch pass through the middle for the 2nd shot
 - Forwards should beat the DMan up ice and not be in their way
- * *Emphasize forwards timing, giving the defenseman a target, & attacking blue line with speed.*
- * *Emphasize defenseman collecting the puck and delivering it quick and hard without any stick handling.*

- Drill starts on a whistle, but then becomes continuous
- To start drill, Defenseman breakouts out two forwards
 - Forwards need to get to below the top-of-the circle
- Two forwards then regroup with Defenseman
- Forwards then attack original Defenseman who broke them out
- D2 gaps the red line 7 then back-peddles to retrieve a puck to breakout F3 & F4 who will regroup with a new Defenseman
- * *Emphasize defenseman to work on footwork and stick-on-stick to more effectively accept speed.*
- * *Emphasize forwards identify the situation and gap. Exploit every sagging gap with speed or movement. Make sure they continue to move the puck through the neutral zone and look to change lanes with each other to create better offensive options.*

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OFFENSIVE DRILL: 4v2 – Small Area Attack Drill

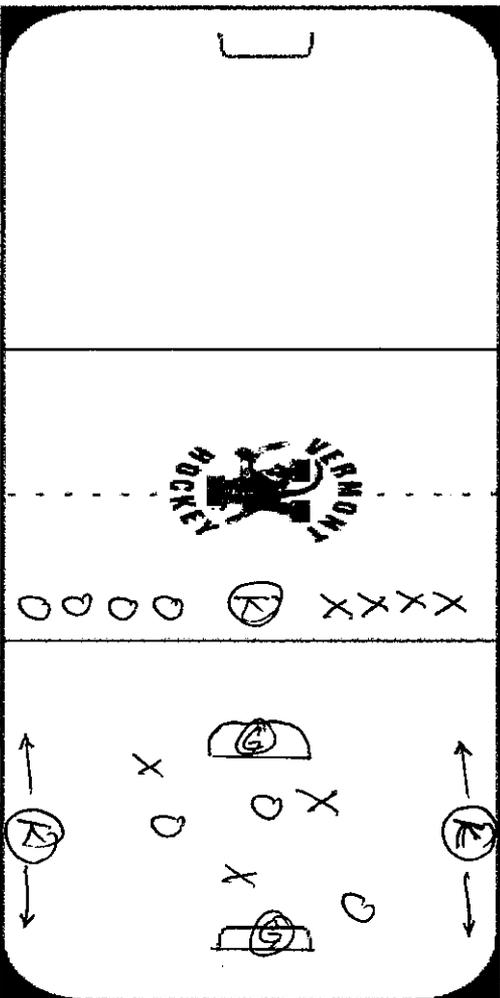


- Split players into 2 teams (X's and O's)
- 2 – X's play with 4 – X's on the other half of the ice & vice versa
- Any goals scored means the offensive team gets the new puck.
- Shifts are normally 35-45 seconds

**Emphasize quick offensive movement and attack mentality. Every position is interchangeable – puck & player movement is key to exploiting defenders.*

NOTE: This can be a very effective power play warm up drill. Also, you can add additional offensive or defensive players to the game.

SMALL GAME: 3v3 – Transition/Support Small Game



- Split players into 2 teams (X's and O's)
- Players play the game 3v3 and can score on either net
- Players must "touch-up" with Coach at each change of possession
 - Players can use Coaches as support as much as they would like
- Shifts are normally 35-45 seconds

**Players are to transition with speed and attack off the initial change of possession.*

NOTE: Any time the puck goes outside the DZ – Chip a new puck