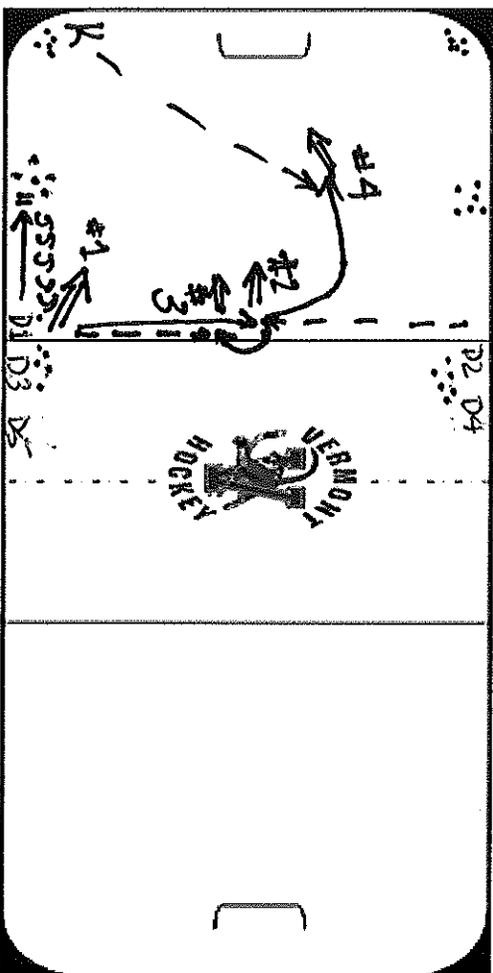


UNIVERSITY OF VERMONT HOCKEY

BOOK: *Made To Stick*; C. Heath and D. Heath
 QUOTE: "I hated every minute of training, but I said, "Don't quit. Suffer now and live the rest of your life as a champion." " --
 Muhammad Ali

SKILL DRILL: Four shot - for Defensemen:

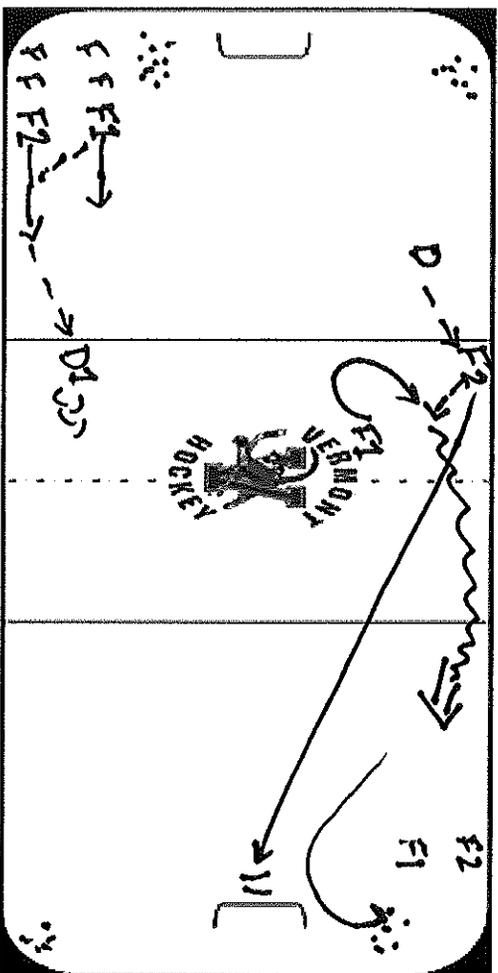


- D1 retrieves puck down wall, backpeddles to blue for shot #1
- D1 sprints to middle, calls for pass from D2; shot #2
- D1 swivels while holding spot; calls for pass from D3; shot #3
- D1 buys space, drops in calling for pass from Coach; shot #4

On shots 2 and 3, D should hit one-timer when receiving pass on off-side or should get "hips around" quickly when on his proper side and shoot it.

Key - economy of movement; try to shoot pucks 2 and 3 while holding that position

TEAM DRILL: CJ 3-Shot



- F1 and F2 (skating fwd) and D1 (skating bwd) one touch passing
- When D reaches top of circle, outlet to posted F2; F2 touch to F1
- F1 gets shot #1 and goes to near corner to retrieve 2nd puck (Fig. A)
- F2 drive net & stop; F1 pass to D1 for shot #2 w/ F2 screen (Fig. B)
- F2 release to opp. corner & retrieve 3rd puck; D1 sprint across blue
- As F2 rolls up wall, D1 scissor cycle down, accepts drop pass
- D1 pass behind net to F1; F1 pass to F2 in high slot; shot #3 (Fig. C)

Fig. A

UNIVERSITY OF VERMONT HOCKEY

TEAM DRILL: CJ 3-Shot

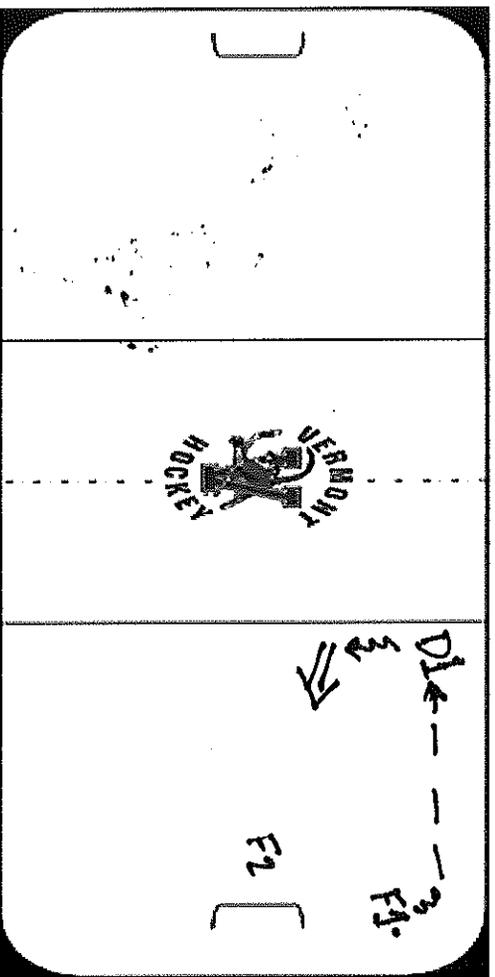


Fig. B

TEAM DRILL: CJ 3-Shot

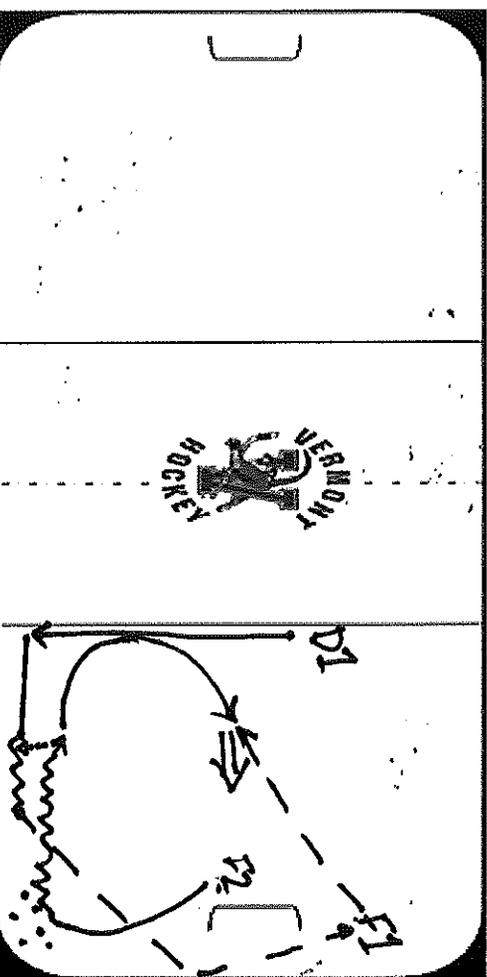
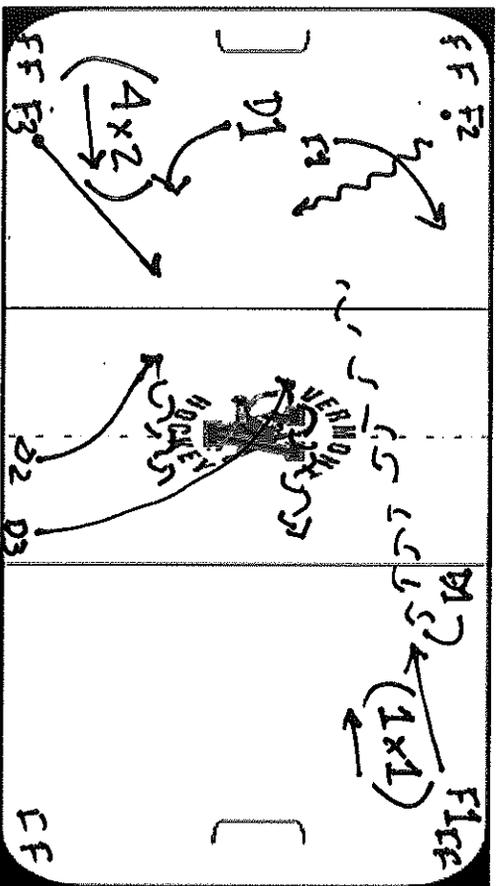


Fig. C

UNIVERSITY OF VERMONT HOCKEY

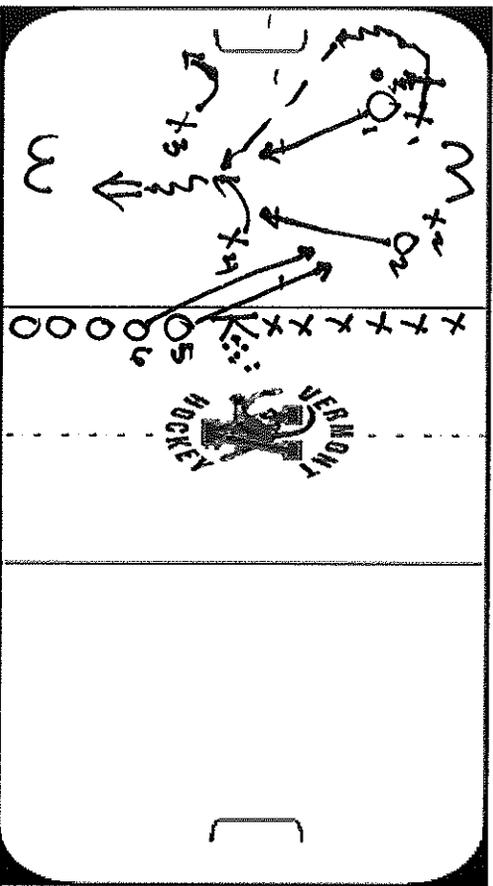
FAVORITE DRILL: 1x1/4x2



- F1 goes length of ice 1x1 against D1
- D2 & D3 slide out behind 1x1
- On whistle, F1 & D1 transition to offense with F2 (new puck) & F3 for full length 4x2 against D2 and D3

** good drill for transition/rush options*

SMALL GAME: CONTINUOUS 2-ON-2



- Split players into 2 teams lined up across blue line (X's and O's)
- Game will be played in one zone, cross ice
- Game starts with 2 O's (1, 2) on offense and 2X's (1, 2) on defense in one half of the zone
- There are 2 additional X's (3, 4) waiting in the other half of the zone
- O's attempt to score
- When defensive X's get possession of puck, attempt to outlet to X3 or X4; O1 and O2 backcheck and play defense.
- X1 and X2 jump out; O3 and O4 jump in and are now waiting
- When O1 or O2 get possession of puck, attempt to outlet to O3 or O4; X3 and X4 backcheck and play defense
- O1 and O2 jump out; X5 and 6 jump in and are now waiting

**Players get a little of everything: 2x0 rush, 2x2 offense, backcheck into defensive play; transition pass*

**Easy way for players remember the rotation: offense to defense, then out*