

PAUL HEAVEY.

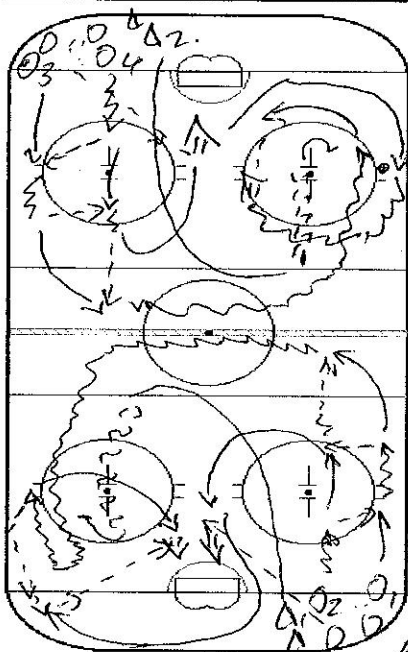
# BEST OF BRITISH ICE HOCKEY CAMPS

Day \_\_\_\_\_ Practice # \_\_\_\_\_ Group \_\_\_\_\_

Topic DOWC 2011-12. Duration \_\_\_\_\_

DRILL	DESCRIPTION	TOTAL TIME	COMMENTS
1	To ENID & ALL DOWC MEMBERS --- THANKS		
2	FOR ALL THE GREAT DRILLS & BEST OF		
3	LUCK FOR THE REST OF THE SEASON.		
4			
5	BOOK "THE POWER OF NOW" EKHART TOLLE		
6			
7	QUOTE "WE ARE WHAT WE REPEATEDLY DO."		
8	EXPERIENCE, THEN IS NOT AN ACT BUT A HABIT		

DRILL 2-1 CYCLE PT 1 TIME

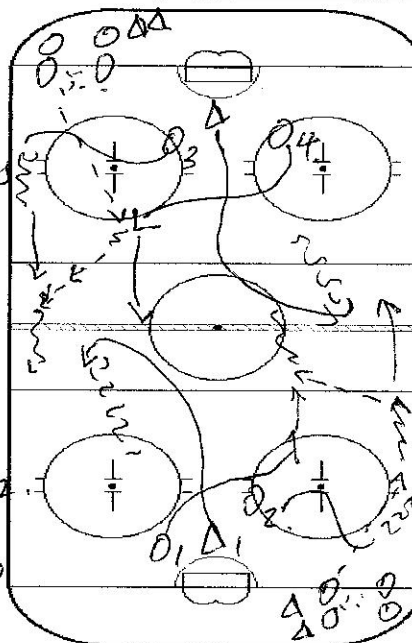


## DESCRIPTION-

O1 & O2 Exchange passes from corner to bl/line. O2 turns back to slot, receives pass from corner & shoots. O2 then jumps to corner to support O1 who has delayed out at wall & cycles puck. A1 gaps up on O1 & defends 2-1 v O1 & O2 go 2-1 to net.

Vary cycle options!!  
Both ends same time

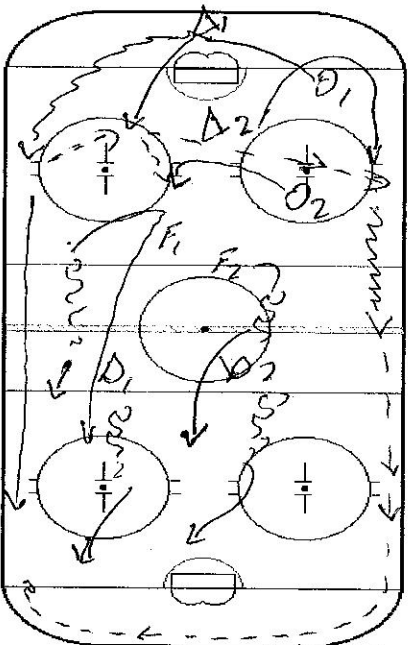
DRILL 2-1 OPEN ICE PT 2 TIME



## DESCRIPTION

Play 2-1 until whistle then O1 & O2 receive pass from corner - close support & go 2v1 on A1 who has gapped up from opposite end. O3 & O4 same v A1. Vary broot entry. 2v1. - repeat 2-1. cycle from entry.

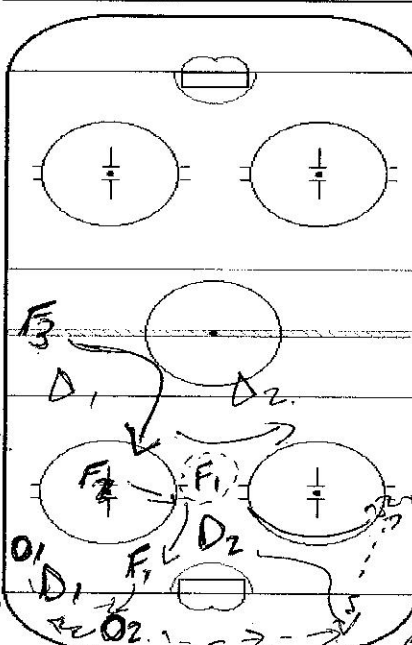
DRILL 4v4 B'out - Forecheck TIME PT. 1



## DESCRIPTION

O1 & A1 B-out. 4-4 broot options. F2 D12. forecheck 4-4 options (passive) (live). O's get possession in zone & play 4v4 in D2. Rules man-man etc. talk - switches can allow free entry or dump etc.

DRILL 2v5 DZL SORT OUT TIME PT 2.



## DESCRIPTION

O1 determines when F2 enters DZL (i.e. out of penalty box) rules etc. All 3 PS & D must communicate on low F2. & D2 coverage. Play. 2v5 or 4-5.

Can continue DZL to work on transition to break-out & go on rush back other way. v A1 + A2.



# WARM UP SKILLS

Date:

Number of Players:

Practice Theme / Goals:

Equipment Required / Set-up:

Time:

Warm Up NZ CHAOS, SKILLS  
2 LINES OF PLAYERS ACROSS  
BLUE LINES, ALL PUCKS @ B/LINES

#1 3 PLAYERS FROM EACH B-LINE  
NOS 1, 2 & 3 ENTER NZ WITH A PUCK  
EACH... REMAINING PLAYERS  
SPREAD OUT ACROSS BLUE LINES

THE 6 PLAYERS IN NZ PERFORM  
VARIOUS SKATING, PUCK CONTROL -  
PROTECTION, PASSING SKILLS FOR APPROX  
15-20 SECONDS... THEN (C) WHISTLES  
& CALLS OUT PLAYERS ①, ②, ③

WITH SHORT DELAY BETWEEN... EACH  
PLAYER THEN SHOOT ON GOALIE  
FROM END THEY STARTED &  
GO TO END OF LINE (HELP BRING  
PUCKS BACK TO B-LINE) 3 NEW  
PLAYERS FROM EACH LINE ENTER NZ

IND SKILLS - CHAOS VARIATIONS

- SPECIFIC MOVES, PAKES
- BACKWARD SKATING ONLY
- TIGHT TURNS, PIVOTS, KNEE DROPS
- TOP HAND OR BOTTOM HAND ONLY  
ON STICK.
- EXCHANGE PUCKS WITH PLAYERS  
IN NZ
- PASSING WITH (LIVE & GO) PLAYERS  
ON BLUE LINES

\* BE CREATIVE - IMAGINATION !!

#2 IND / TEAM TACTICS

- PROTECTION, SUPPORT
- 4 PLAYING ROLES ETC.

SAMPLES

- 3 x 1v1 KEEP AWAY @ SAME TIME

2v2, 3v3 KEEP AWAY

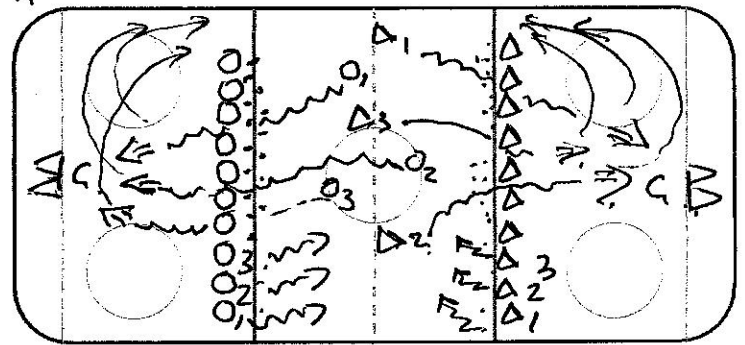
INITIALLY NO PASSES TO OUTSIDE  
PLAYERS, THEN PROGRESS TO PLAYERS

IN NZ CAN PASS TO THE SUPPORT  
PLAYERS ON THE BLUE LINES &  
FIND SPACE FOR RETURN PASSES

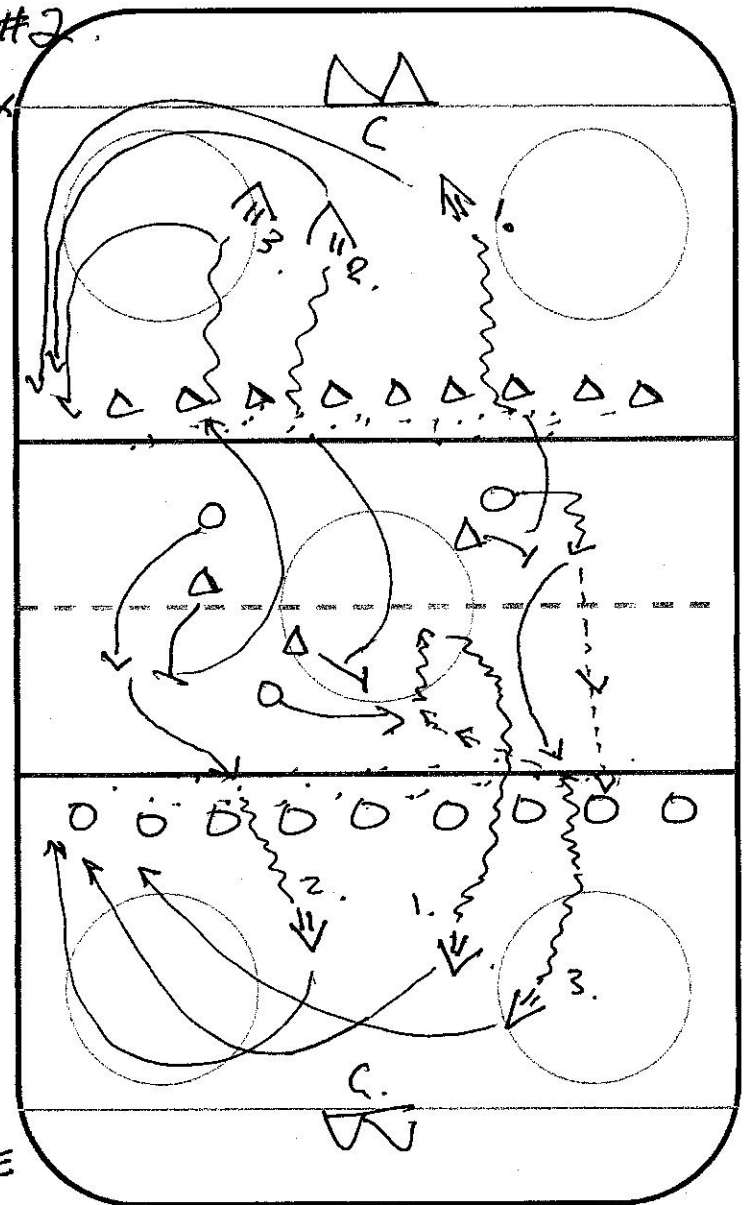
PLAY FOR 15-20 SECS

\* GOOD TO PRACTICE SKILLS, TACTICS, FUN ETC  
WHILE WARMING UP (GOALIE)

#1 IND SKILLS



#2



WHEN (C) WHISTLES THE PLAYER(S)  
WITH PUCK SHOOT @ THEIR END... OTHER  
PLAYERS PICK UP PUCK @ BLUE LINE  
& SHOOT. HEADS UP AWARENESS  
AFTER SHOT STAY @ NET FOR REBOUND  
THEN GO TO END OF LINE



3

Date:

Practice Theme / Goals:

Equipment Required / Set-up:

### Warm Up

DONL 2011-12.

GAME: "ONE CHANCE - LINE CHANGE"  
2 TEAMS LINE UP ON EACH SIDE OF BLUE LINE.  
GAME STARTS (C) PASSES TO O1

WHO GOES 1 ON 0 V GOALIE... HE ONLY HAS 1 CHANCE TO SHOOT OR DEKE (NO REBOUNDS) AS SOON AS O1 TAKES HIS CHANCE (C), ACTIVATES IMMEDIATELY AND GOES FOR THE LOOSE PUCK QUICKLY AND

GOES 1 ON 0 OPPOSITE WAY. O1 MEANWHILE HAS TO SPRINT BACK TO HIS LINE (BENCH) TO ALLOW O2 TO ENTER THE ZONE "CORRECT LINE CHANGE" NO CHEATING.

DEPENDING ON WHERE (C) IS WITH PUCK O2 WILL EITHER DEFEND 1-1 IF (C) CHANGED QUICKLY ENOUGH OR BACKCHECK (C) AND COLLECT ANY LOOSE PUCK AND CONTINUE 1 ON 0... WITH (C),

SPRINTING BACK BACK TO LINE (BENCH) TO ALLOW (C) TO ENTER ZONE... AND CONTINUES.

IF GOAL IS SCORED (C) SPOTS NEW PUCK IN ZONE OFF BACK BOARDS IF PUCK GOES OVER B/LINE NEW PUCK

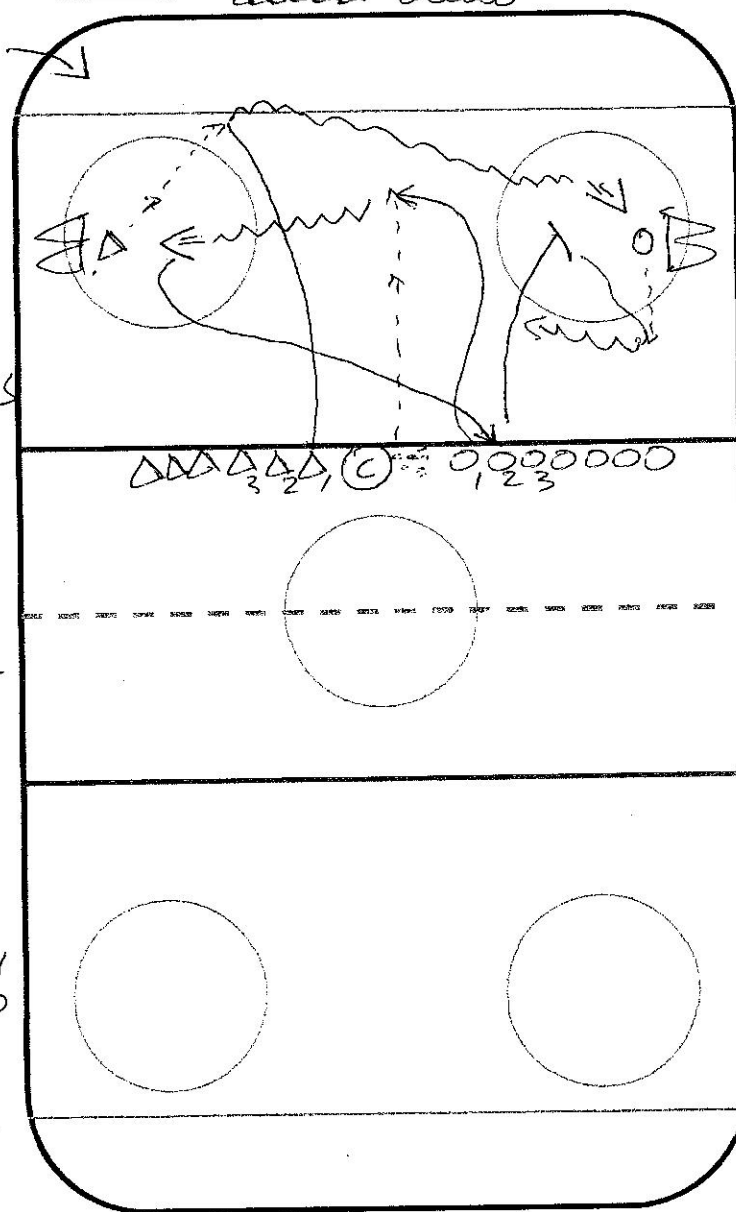
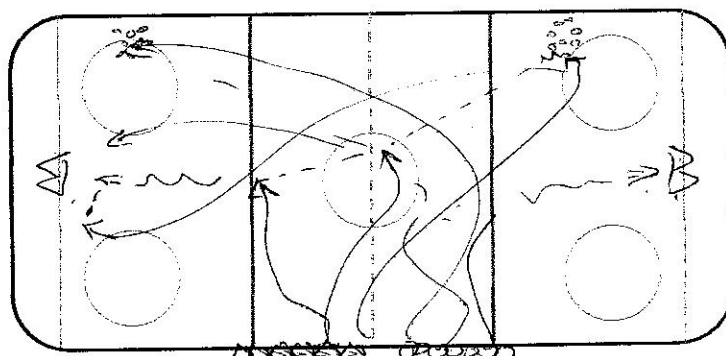
CAN PLAY 2-2 IF LOTS OF PLAYERS

LINE CHANGE

Number of Players:

3 ON 0 OPTION FULL ICE  
1st TO SCORE 10 PUCKS

Time:



KEY POINTS: HIGH TEMPO / ENERGY

- SHOOT TO SCORE - GET CHANCE
- QUICK CLEAR LINE CHANGE
- 1-1 OFF & DEF.
- BACKCHECKING
- WATCH FOR CHEATING