

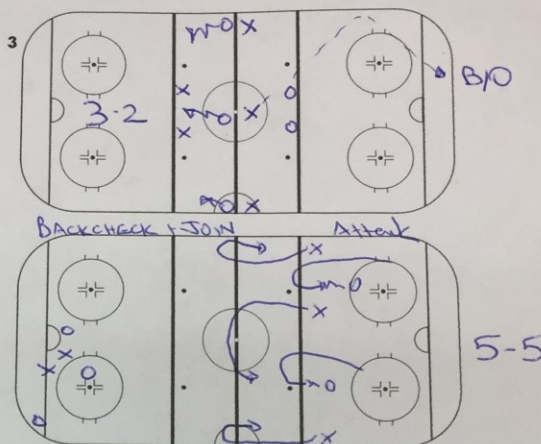


## LOKOMOTIV HOCKEY

Team....Come Together - BO / Attack / 5-5  
Compete.....Both Ways Battle 1-1 / 2-2 / 3-3

### COME TOGETHER - BO / ATTACK / 5-5

A line of white Fwds and a line of red Fwds are on the centre ice line. Opposing D are on the blueline. White Fwds dump puck into end against red D and break out with them. Coach's call on the BO. This group breaks out to centre ice line and then turns back to attack the D 3 vs 2. In the meantime, other end has the 3 red Fwds attack the 2 white D 3 vs 2. On the whistle, this group turns and goes the other way. The 3 red Fwds back check into DZ coverage while the 2 white D try to join the attack. Play it out 5 vs 5 in the end...can add second puck if necessary. Good transition drill. Good competition as well.



### BOTH WAYS BATTLE 1-1 / 2-2 / 3-3

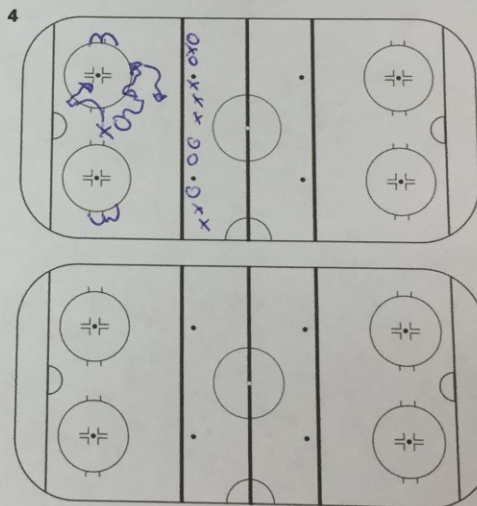
Play in end zone, cross ice, with two nets and two goalies. All players line up across blueline. Coach determines if it will be 1-1, 2-2, 3-3 or can change it up each time the whistle blows. Play each shift for 15-20 seconds.....possibly longer when 2-2 or 3-3.

\*\*\*\*\* **MOST IMPORTANT** \*\*\*\*\*

Can attack any net anytime....1-1 / 2-2 / 3-3.

GREAT drill for puck possession skills....great for quickness, creativity...for everything offensive!!! lots of fun and battle level.

Keep score....losing team has to do something at the conclusion of the drill.....ie. Laps, boards, pick up pucks, etc.



"We all need to be more often reminded, than informed!!"

A "Nothing changes.....nothing changes"

B "If nothing changes.....nothing changes"

C "Nothing changes if nothing changes"

\*\*\*\*Take your pick of the above and know  
if you want to change something  
you must change something!\*\*\*\*



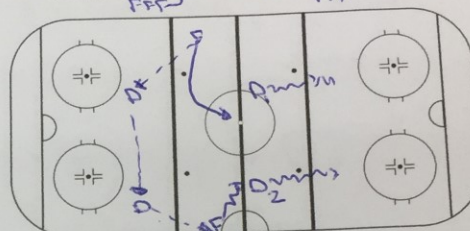
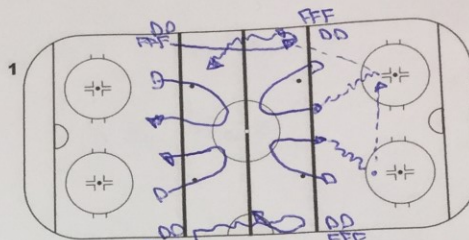
## LOKOMOTIV HOCKEY

### Team Skill....Around the Horn 2-1 Regroup Individual / Small Group.....Angle Series

#### AROUND THE HORN 2-1 REGROUP

White D, Red Fwds on the boards, both sides at one blueline. Red D, White Fwds on other blueline. D1 D2 pop out, touch centre ice circle, retreat for spotted puck at top of circle. F1 F2 from far blue skate towards D looking for pass. D1 passes to D2, up to F2, and then to D3 D4 who have popped out other end and now retreat as F's drive them back. After F2 passes to D3....D3 to D4 up to F1 who attacks D1 or D2 (one has dropped out) for 2-1 with F2. Now D3 D4 start other end with F3 F4. Pucks always on same side. Half way through drill move pucks to other side.

Can also do 2-2 by not allowing D to drop off. Can do 3-2 or 3-1 by adding third F @ who can skate through the middle.



This is 2-2  
D<sub>1</sub> could drop  
out to  
make a  
2-1

#### ANGLE SERIES

X1 with puck. O1 is the 'angler'. Both players at bottom of centre ice circle facing each other. On whistle, both curl back towards their own end and touch blueline. X1 tries to beat O1...O1 angle checks. PROGRESSION.....

1. X1 needs to go wide up left side of ice. Starts to cut up ice after going around offside dot.
2. X1 needs to wide up right side of ice, past dot.
3. X1 needs to stay between dots.
4. X1 can go anywhere whenever.

Teaching points.....'Angler' needs good stick. Angler' needs good feet...cannot skate backwards, but can continually pivot, especially for 3 and 4 above. Better to encourage forward skating entire time. DO NOT SKATE BACKWARDS.

Difficult skill, but critical in developing good defensive players....F or D.

**"A LION SHOULD NOT HAVE TO TELL YOU HE IS A LION!!"**

**"Nine Lessons Learned From My Father"**  
by Murray Howe

**"Warrior Leadership"**  
by JB Spisso

