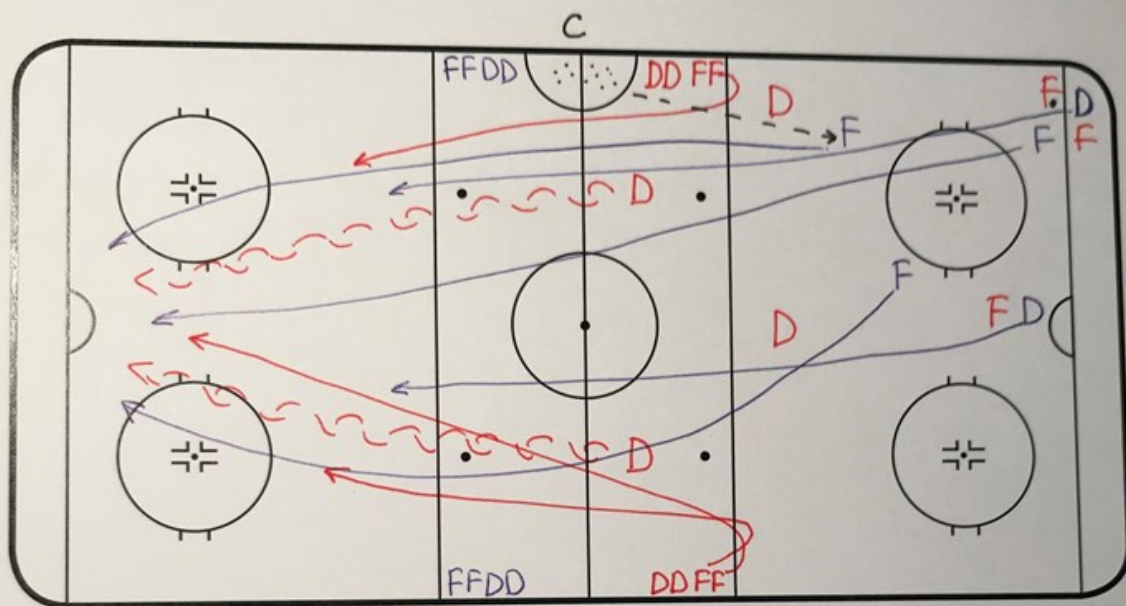


Offensive and Defensive Team Play Drill

DRILL & PLAY DIAGRAMS

Drill: _____

Skill: _____



Explanation: Start 5on5 in zone red vs blue. Red on offense, blue on defense. Play till whistle. On the whistle coach passes the puck to one of blue F. Two new red D ready in N2. Blue F attack new red D 3on2 with 2 blue D joining attack. Soon as blue F crossed red line new 3 red F back checking. Play in zone 5on5 till whistle. ~~then~~ On the whistle coach will pass the puck to one of red F, two new blue D ready in N2. Drill continue.

KEY:

Shot — — — — —>

Pass - - - - ->

Skating —————>

Stopping —————|

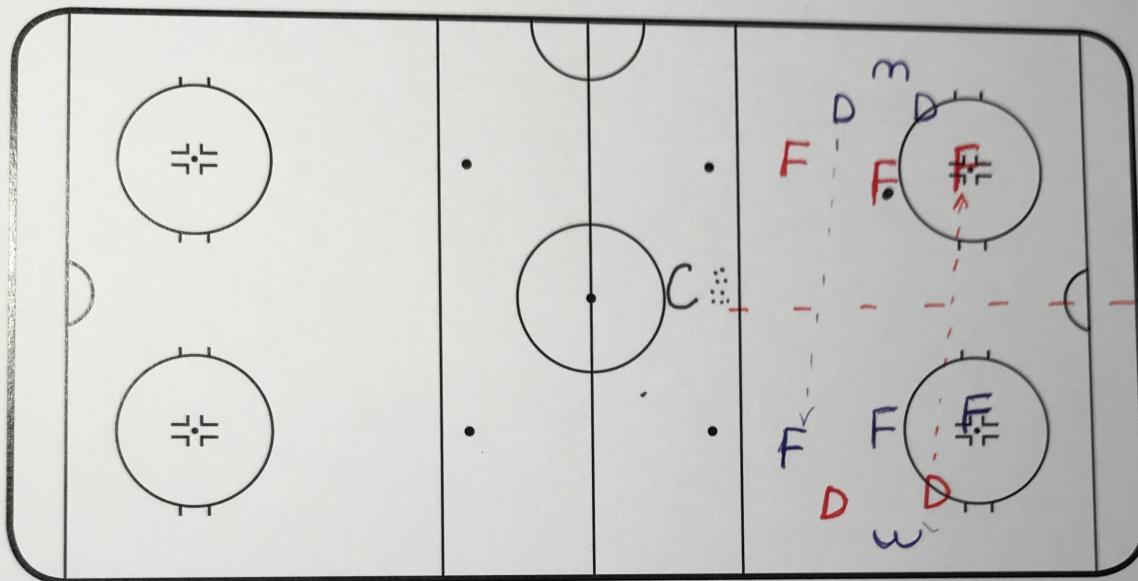
Possession ~~~~~>

Backwards < < < <

DRILL & PLAY DIAGRAMS

Drill: Competitive Game

Skill: _____



Explanation: Two teams (blue and red). 3F and 2D on each team. Forwards on offense, D-man on defense.

In one zone, two nets, one puck. Play 3 on 2, forwards trying to score, D defend. When D get the puck they need to pass to their forwards. If forwards score they getting new puck from Coach. Keep the score. Stay on your side of the zone. Can be four teams. Play around 1 minute then rest or change teams.

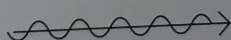
KEY:

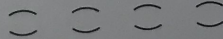
Shot — — — — —>

Pass - - - - ->

Skating —————>

Stopping —————|

Possession 

Backwards 

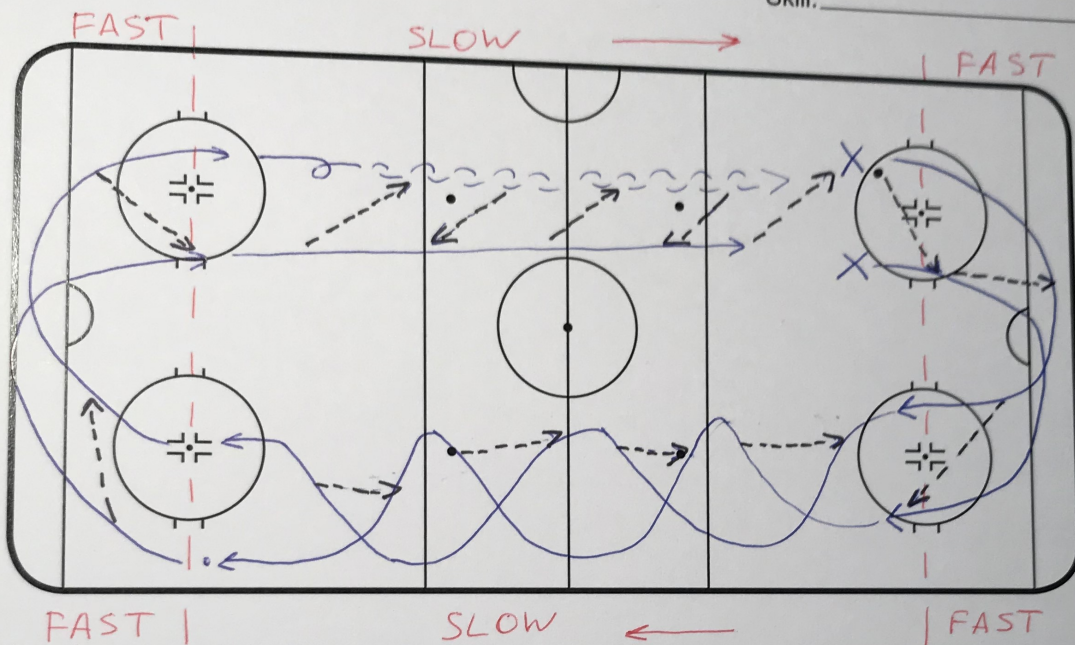


ХОККЕЙНЫЙ КЛУБ
ЛОКОМОТИВ
Ярославль

DRILL & PLAY DIAGRAMS

Drill: Team Warm Up Drill

Skill: _____



Explanation:

Players in pairs, One puck for each pair → Skate Around
→ From Hash Mark Do Sprints around the net till Hash
Marks, try to pass the puck all the time → Then Slow →
On one Slow Strait do drop passes → Sprint around the net →
On another Slow Strait one player skates backwards another
skates forwards, pass the puck back and forth.
Do two times each direction

KEY:

Shot — — — — →

Pass - - - - - →

Skating —————→

Stopping —————|

Possession ~~~~~→

Backwards ○ ○ ○ ○

Individual or Small Group Skill Drill

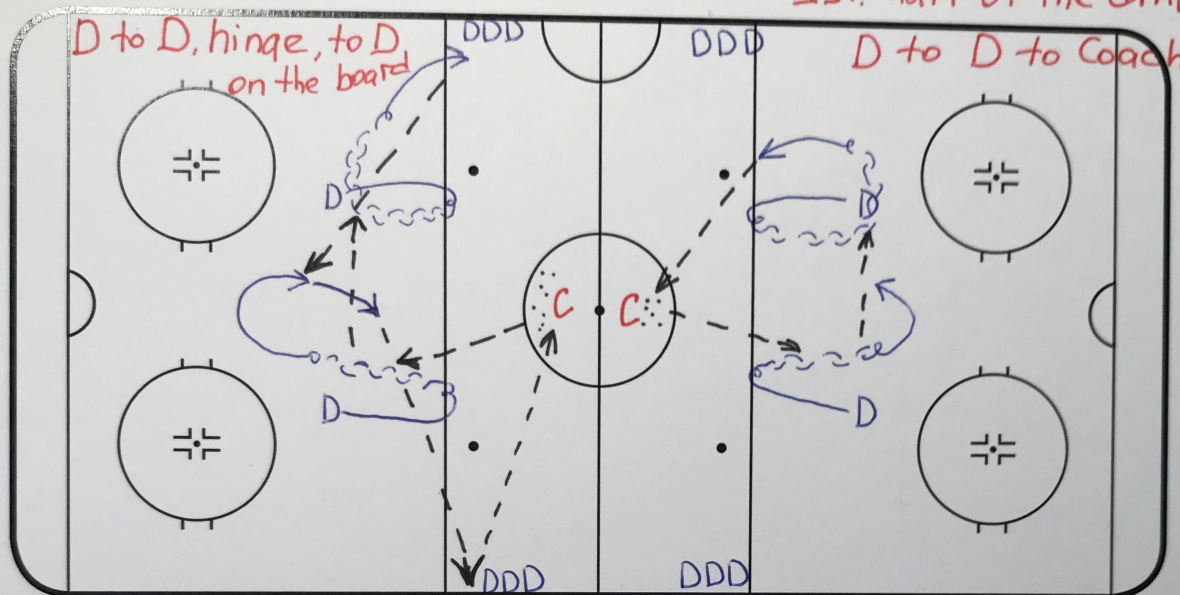
DRILL & PLAY DIAGRAMS

Drill: _____

Skill: D Regroup

2nd half of the drill

1st. half of the drill



Explanation: Coach with pucks in centre ice circle,

D work in pairs, Ds start below blue line → Ds skate to the blue line turn back and skate backwards → Coach passes puck to one of the D → D to D → **IMPORTANT!** soon as D makes D to D pass he have to stay below his partner to cover him or to be open for hinge pass → D with the puck skate forward and pass to Coach → repeat from other side → and same Ds will do hinge play once for each side → that part starts the same way as 1st. part, only difference after hinge D with pass the puck to board side D and that D will pass to Coach.

KEY:

Shot — — — — →

Pass - - - - - →

Skating —————→

Stopping —————|

Possession ~~~~~→

Backwards = = = =

