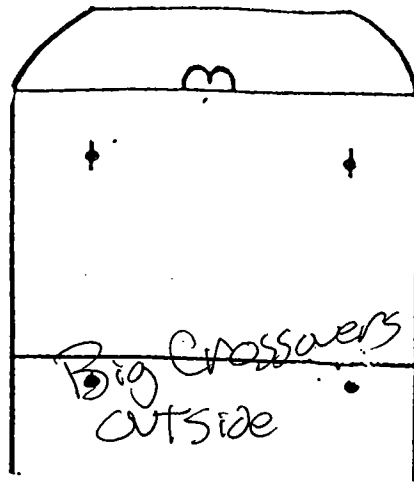


Big cs

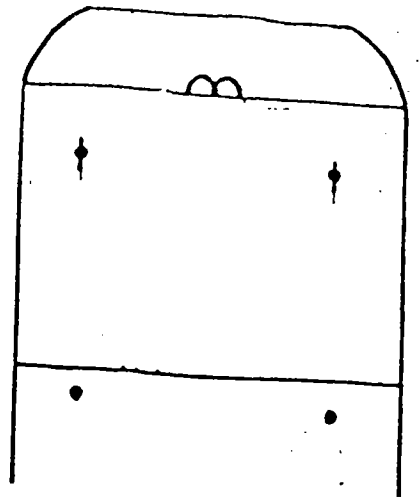
Forward & Back



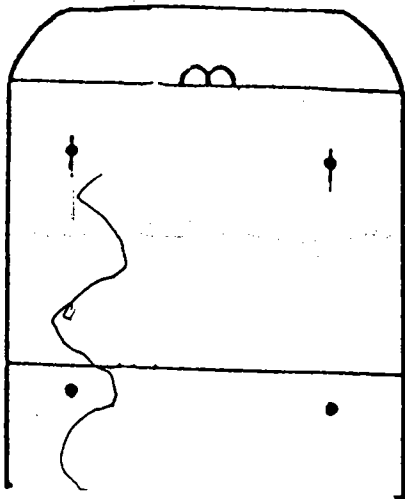
Big Crossovers  
outside

Warm-up Skate

Forward & Back

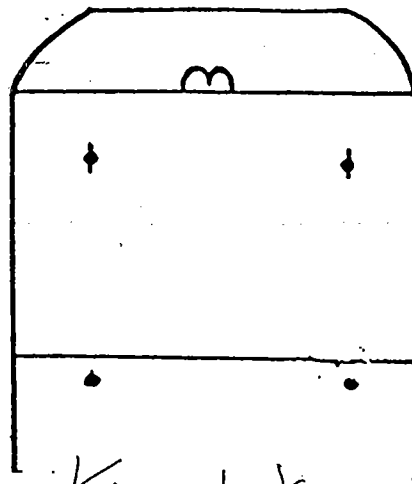


1-Leg Skate

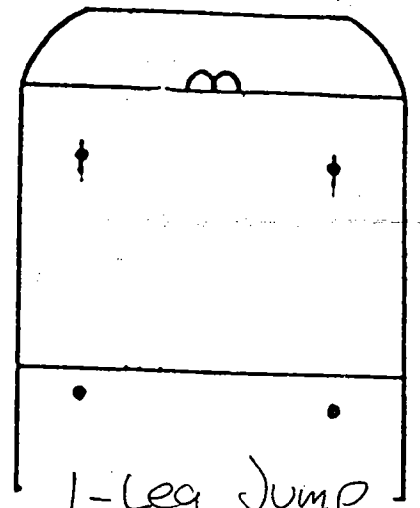


2 Foot cs

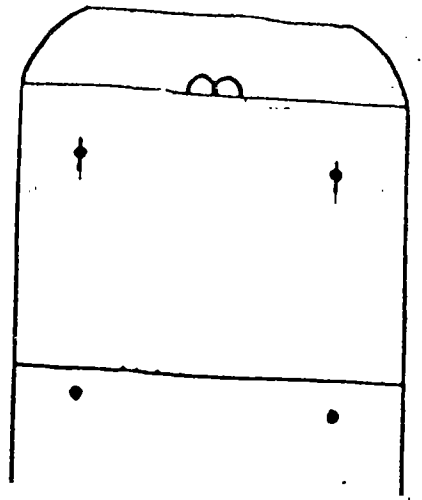
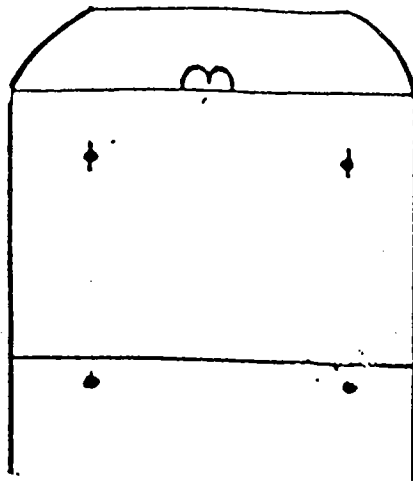
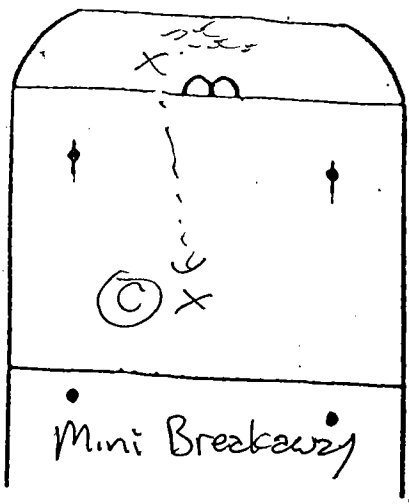
Ski Slalom



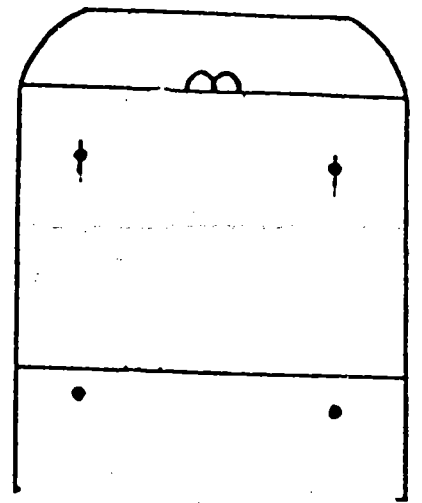
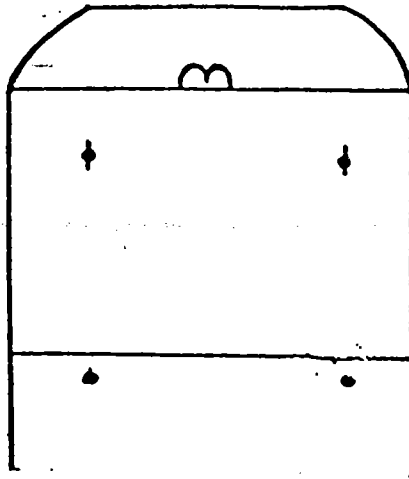
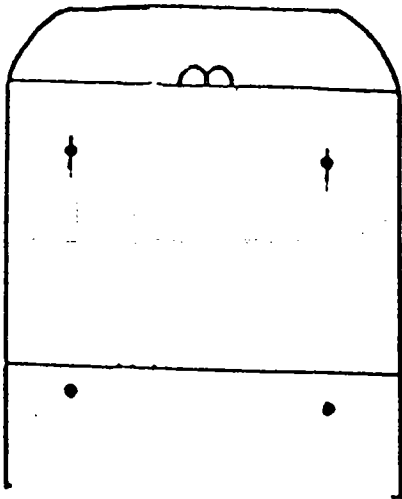
Knee to knee  
Forward & Back

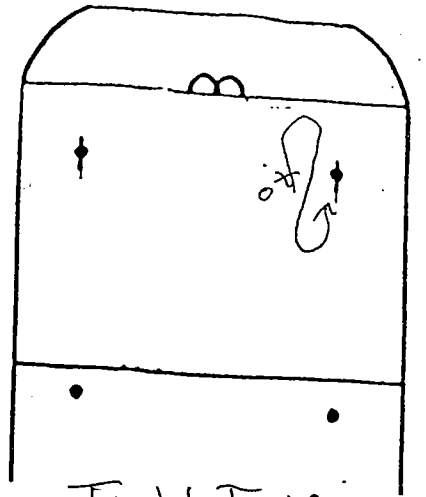
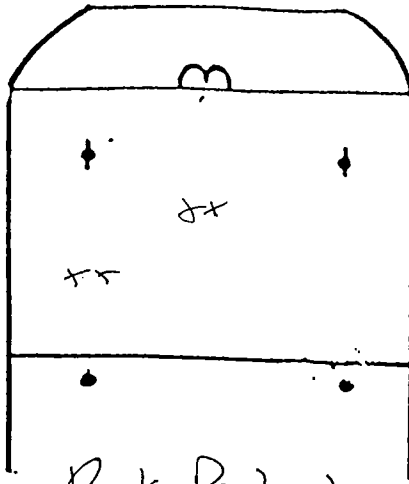
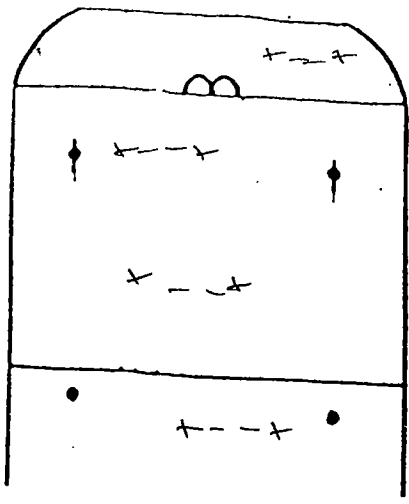


1-Leg Jump  
from forward to  
Back then Back  
to forward



Stay even w/coach  
After Baway pass  
to next guy  
Get Randoands!





Keep Away

Pick Protect

Fight Turn

Passing then

Back to opponent

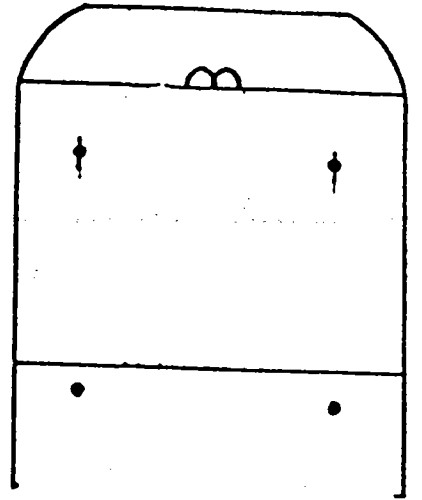
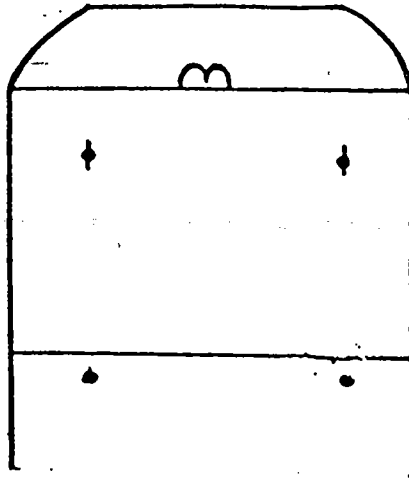
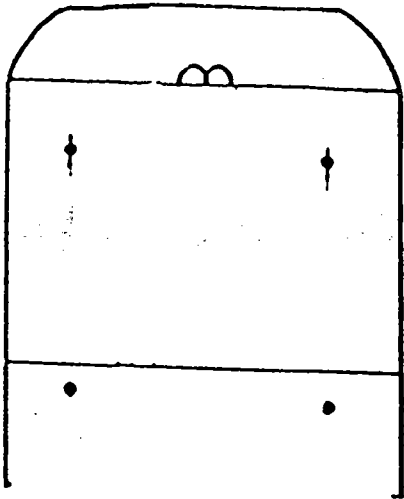
Feel pressure

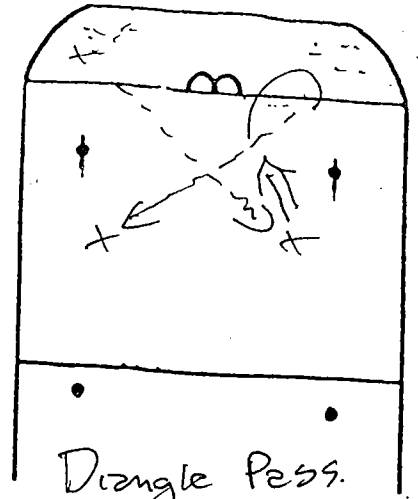
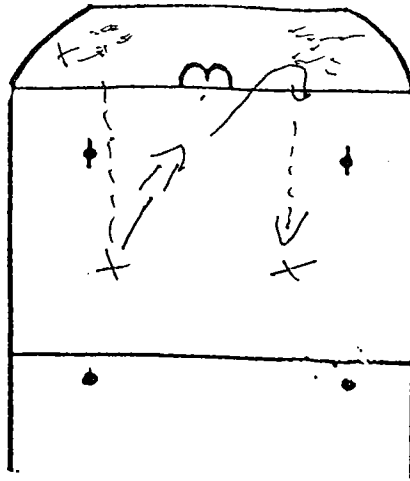
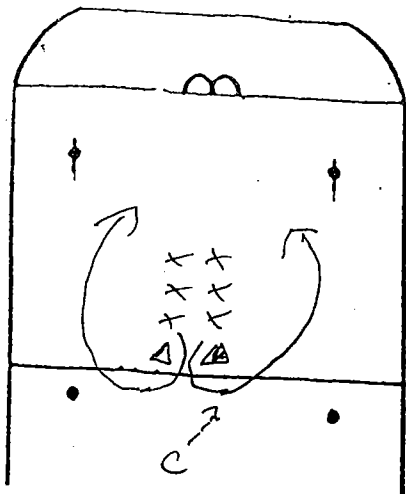
Small Area

Passes et Break

Spin out of it!

Keep Away





Shooting

C-Passes to either  
guy - other guy  
Rebounds

Get Rebound then  
go corner & Pass

Swing to pick in  
same corner after  
Shot!

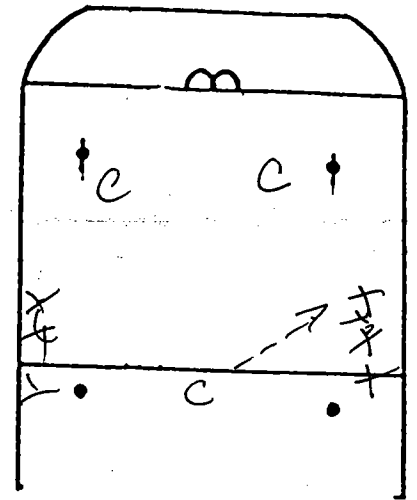
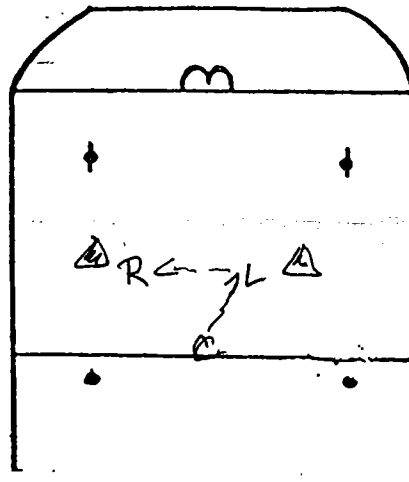
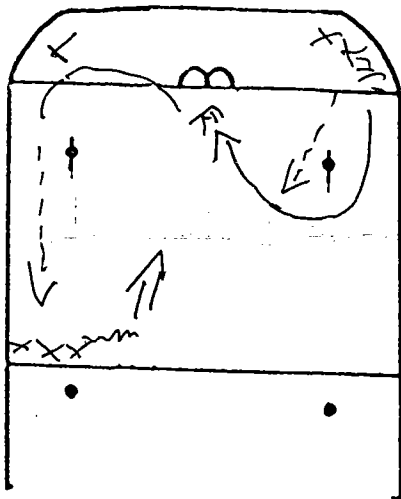
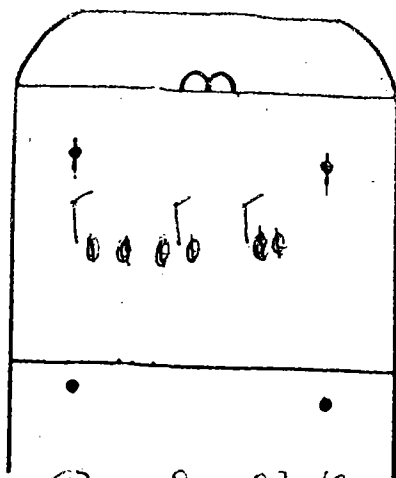
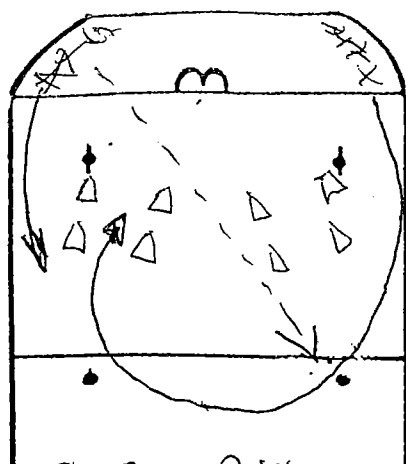
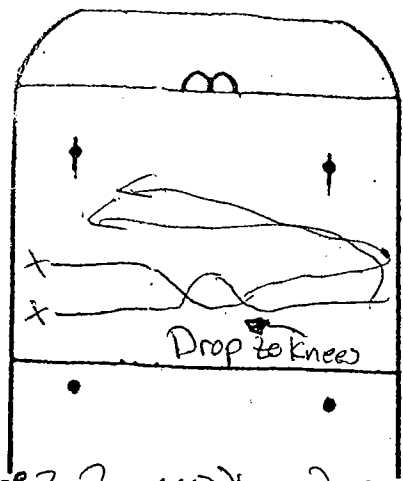


Fig 8 Shooting

Timers

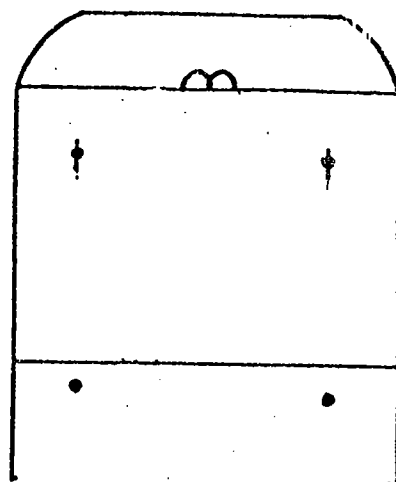
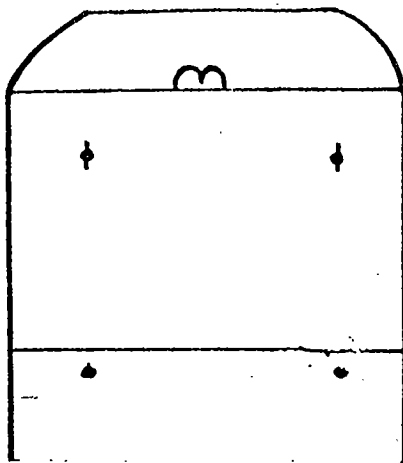
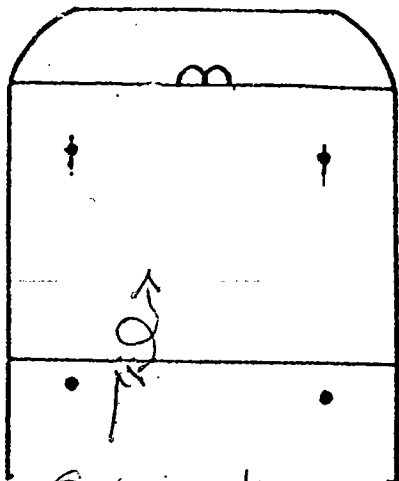
Must Play Rebound  
or get & and pass  
back to Coach



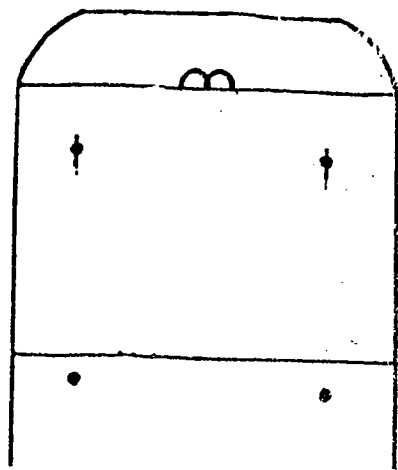
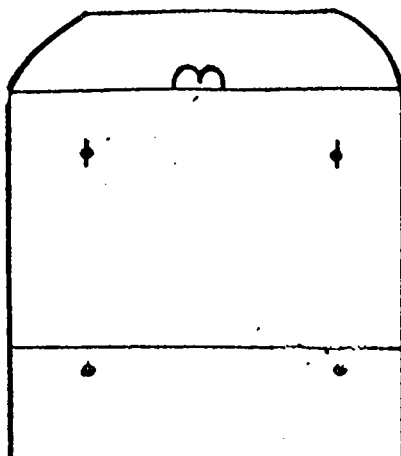
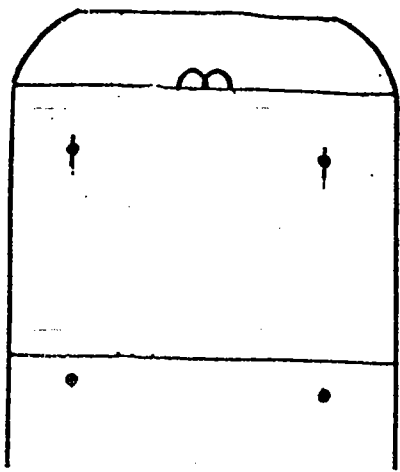
Spin to middle - drop  
to your knees - Do Twirl  
get up & spin in.

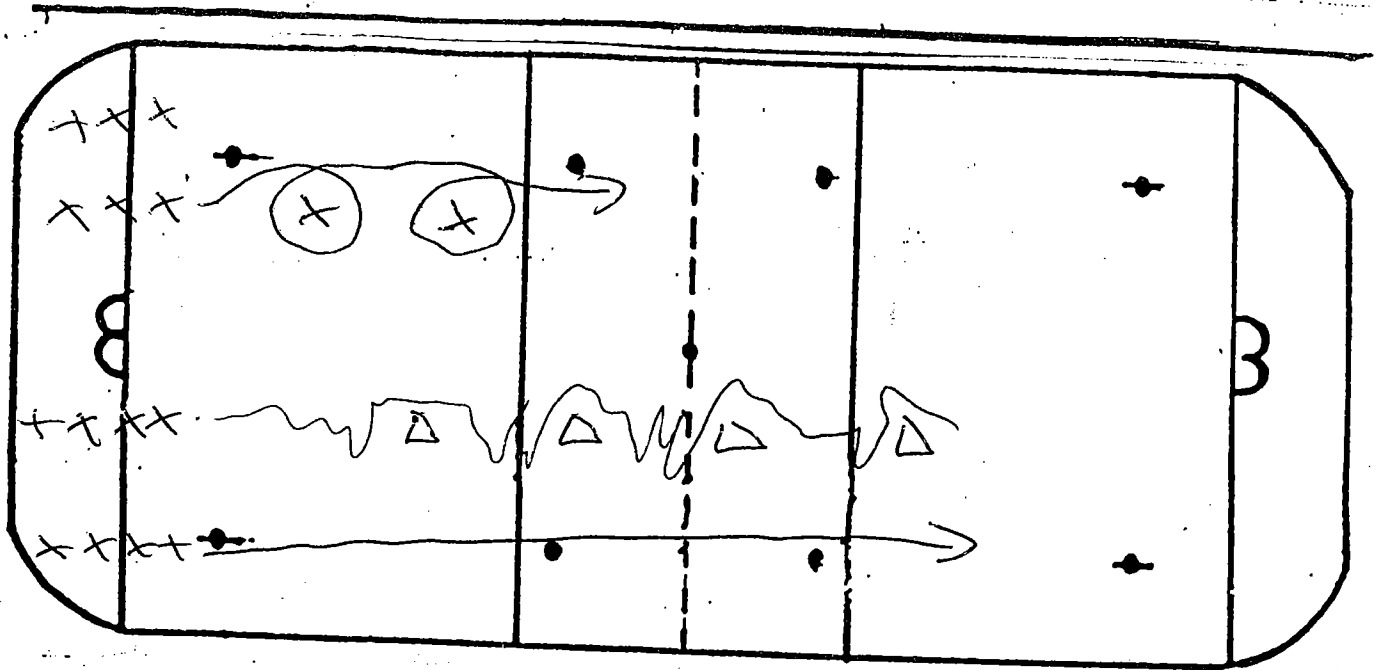
Shooting Drill -  
good face - must shoot  
in the middle of the  
box (center).

Step over stick  
Switch Hands holding st

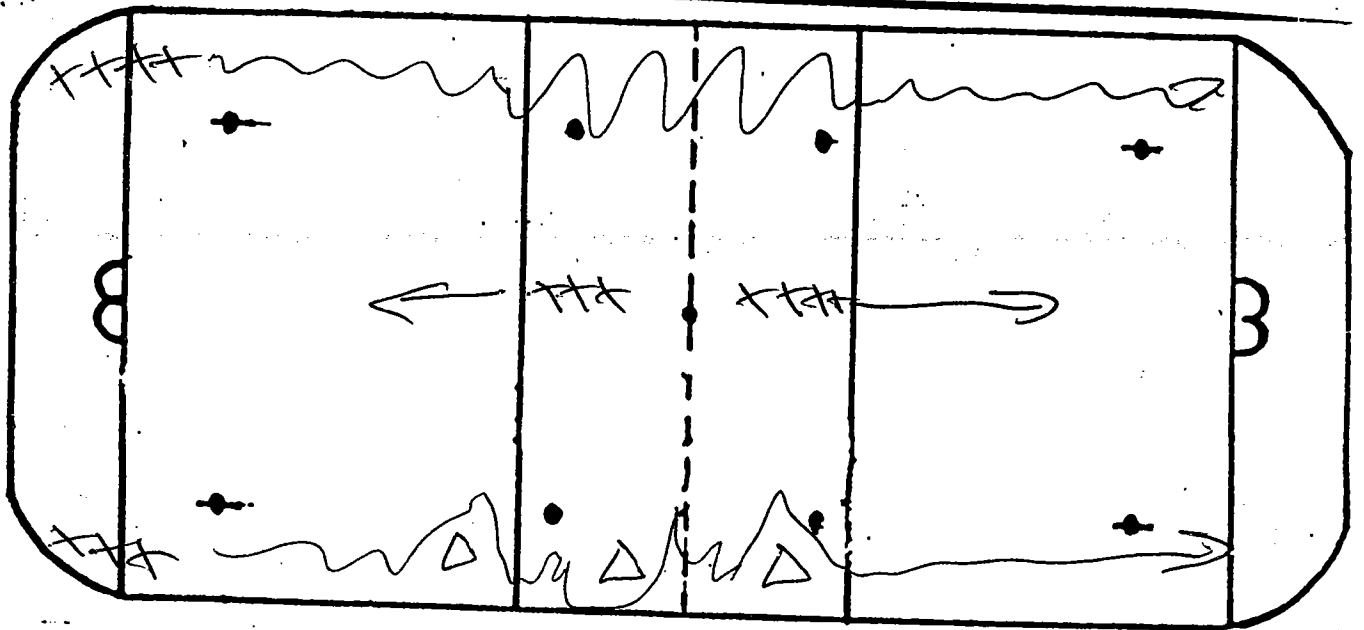


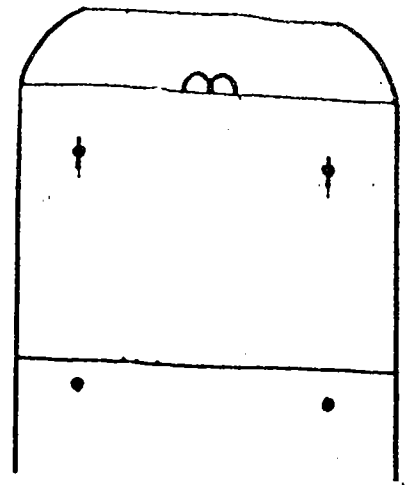
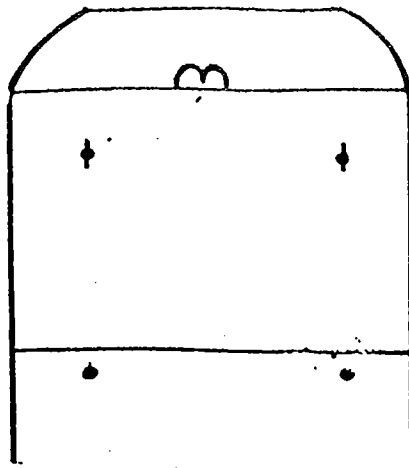
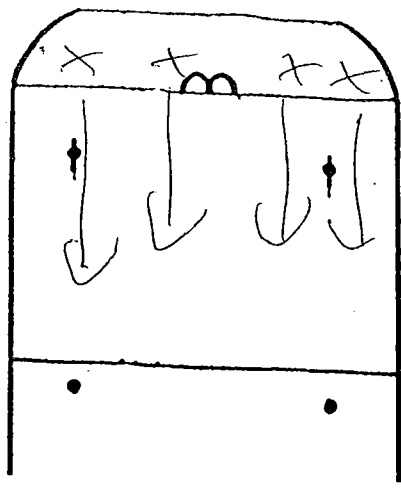
Spin on knees  
get up & skate





Diff ways to run Line Drills

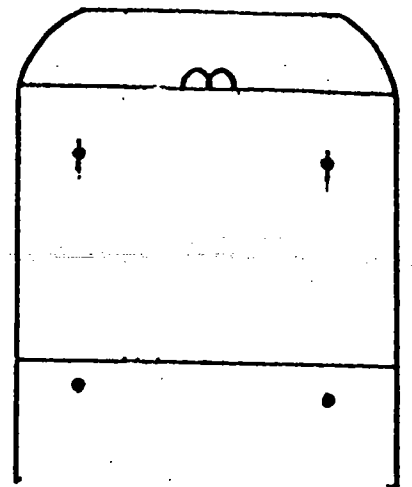
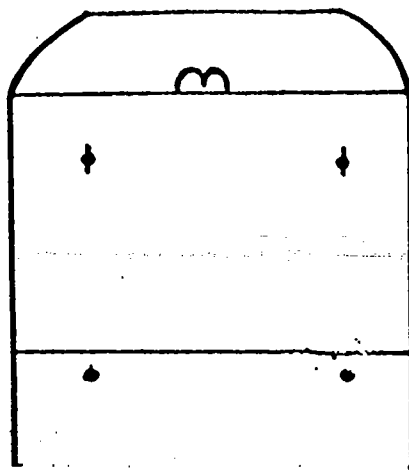
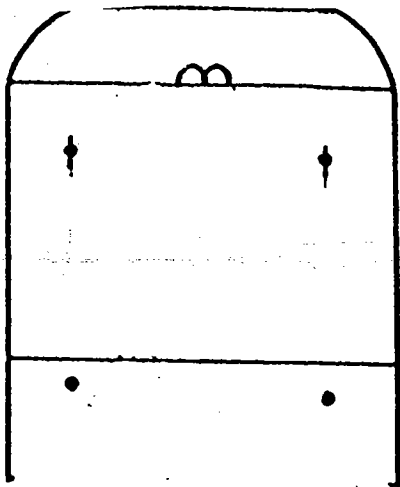




## Mohawk on Ice

Short/Short Long (2 cones also) Kick heel up  
Side Toe Move

Back toward feet Forward out to Backhand Reach



Take Slap Shot - Move to Backhand (Move to forehand  
360° spins - Forehand/Backhand

Toe Move Back forehand - up thru feet (E to Backhand)

leave Puck Between Feet - Spin & Pick-up

Toe move off side of feet

Mohawk spin with Puck (Both sides)

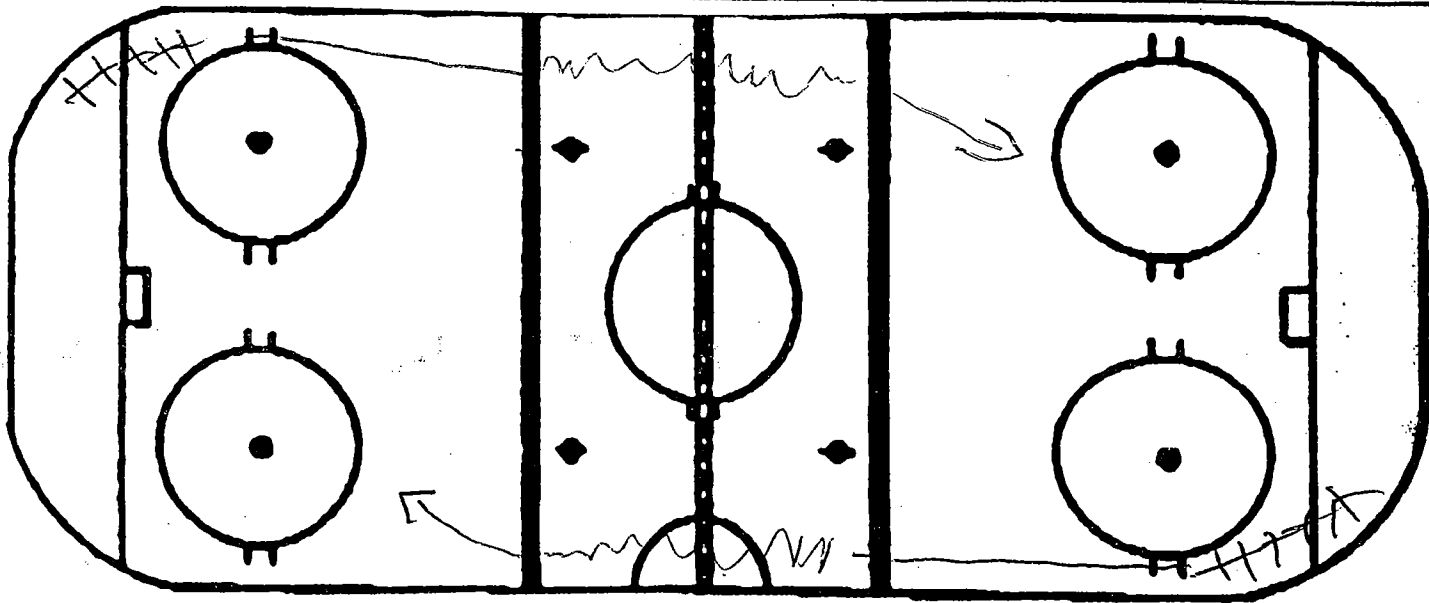
1/2 spin around cone  
Full spin around cone



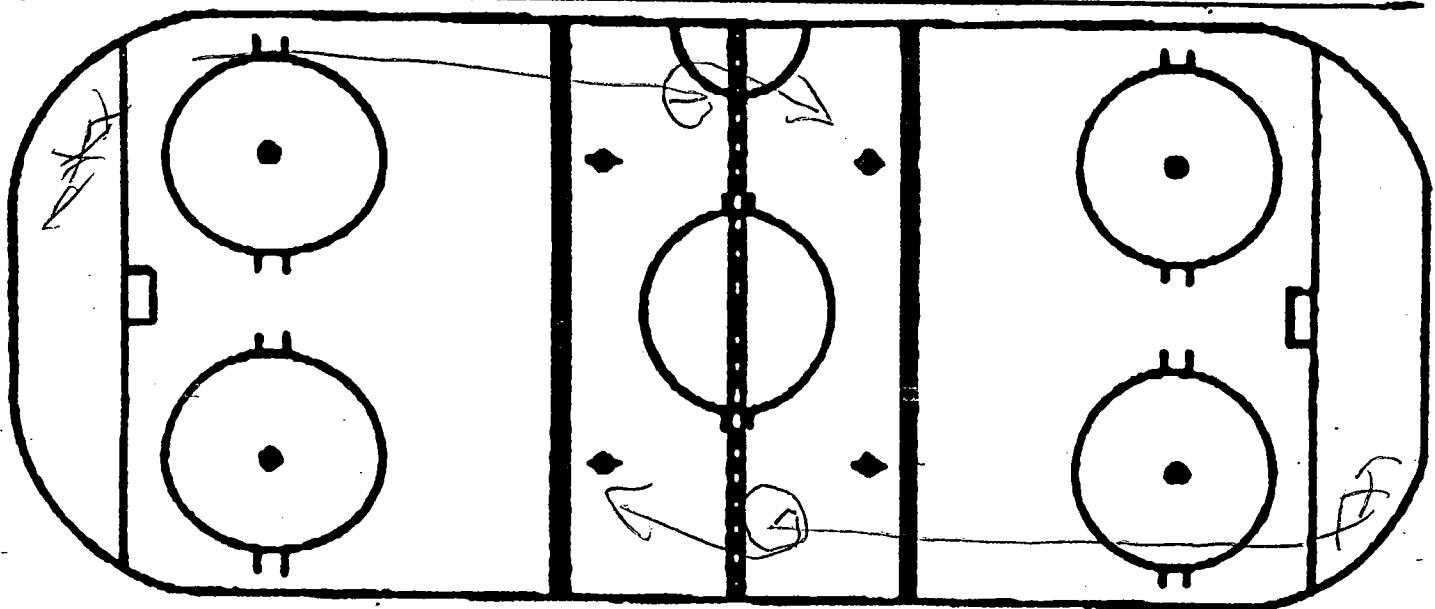
also 1/2 Full



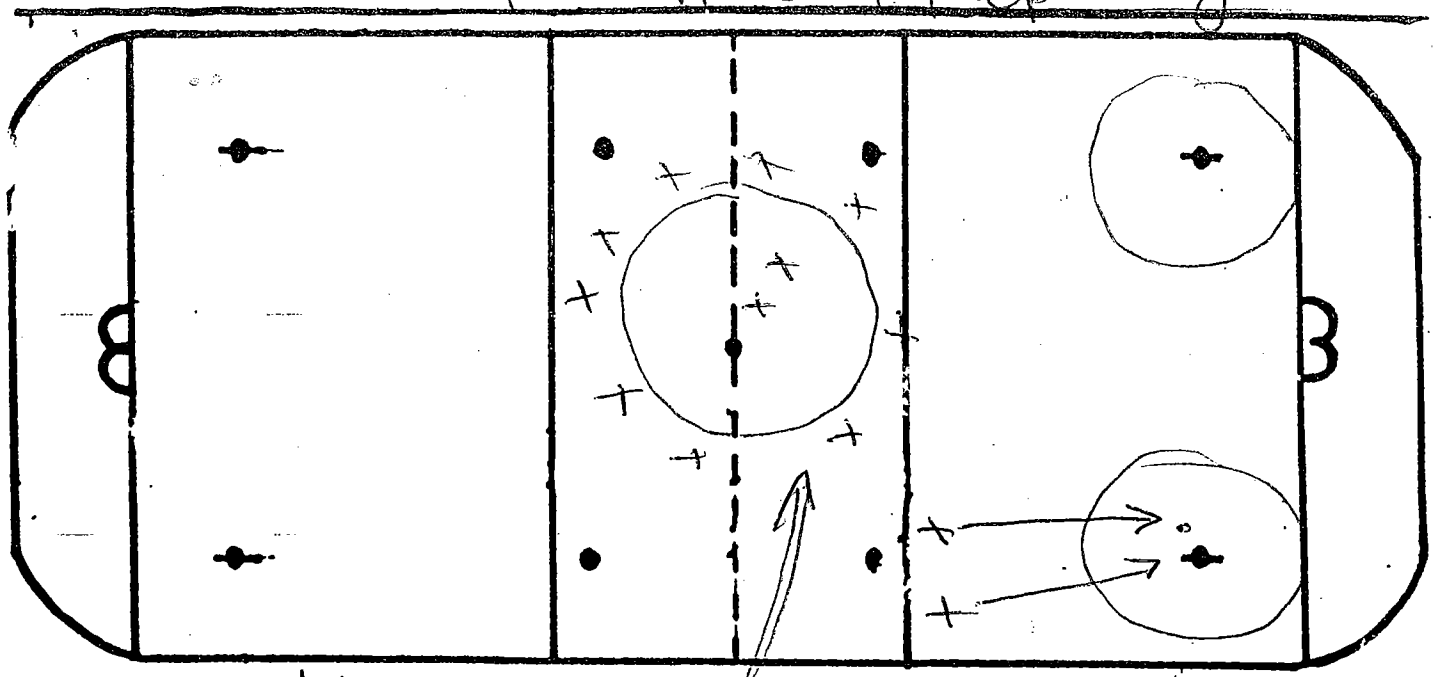
Feet only Between Blue Lines



Drop Puck Between Legs Swing around pick it up and go.



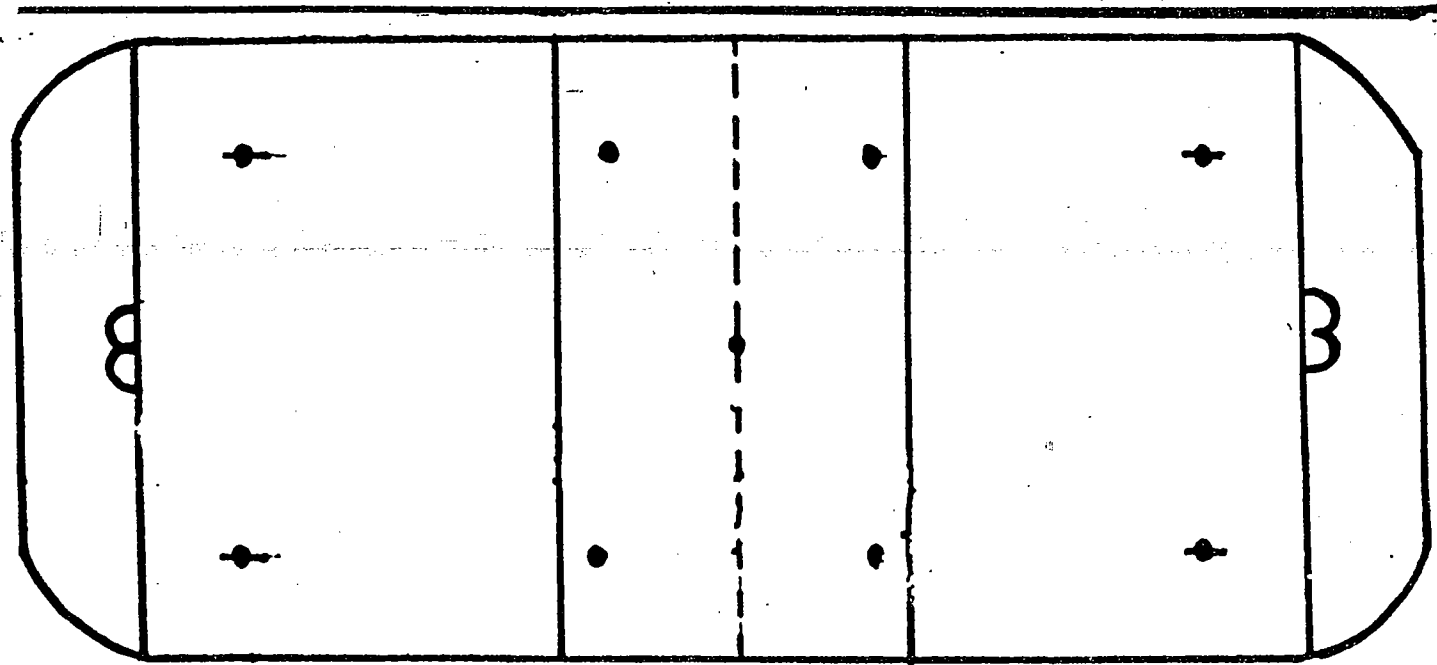
# Fuck Protect / Keep away



Keep away  
2 players in middle

Race to puck  
stay in circle

Keep away - Whistle next 2



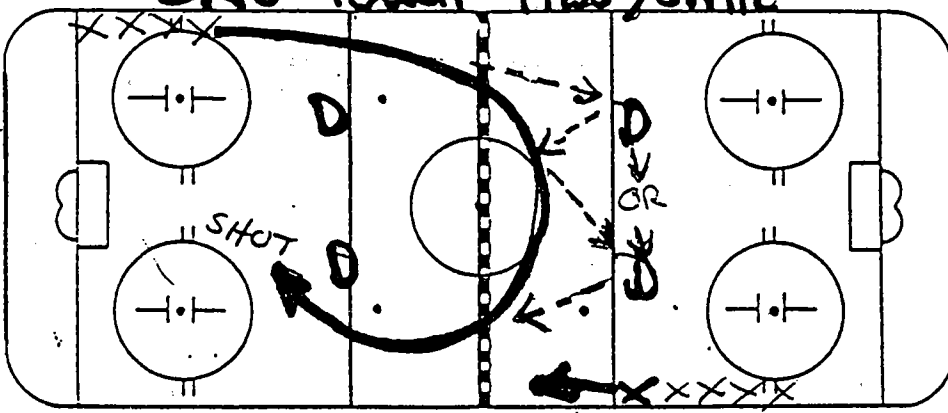
### WOODS FREE SKATE



2 TURNS EACH WAY

5 PUCKS OR  
1 PUCK OR  
2 PUCKS

### ONE TOUCH PASS, SKATE

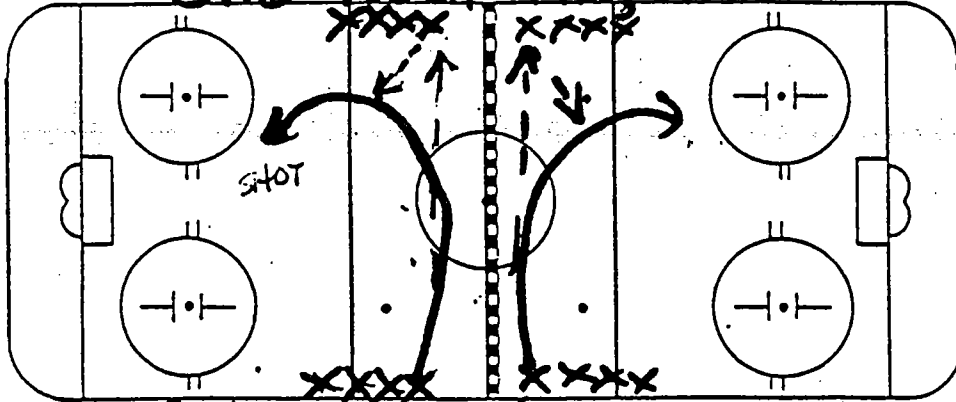


BOTH ENDS AT SAME TIME. USE 1 OR 2 D ON EACH END

CAN GO D to D

WARM UP

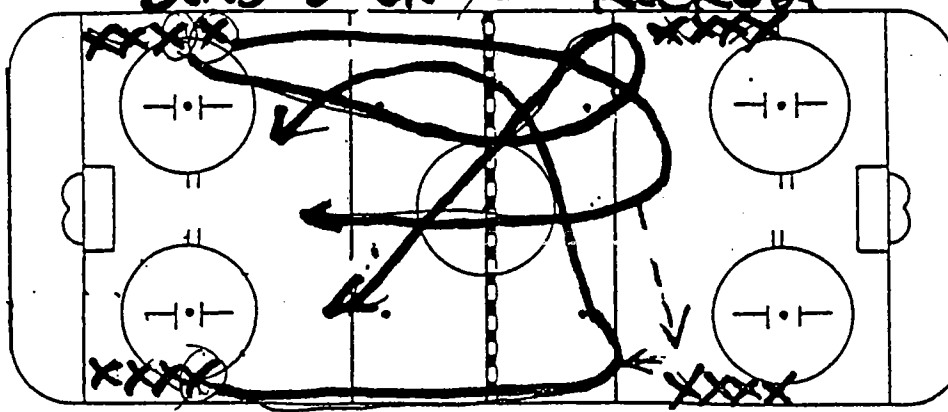
### ONE TOUCH PASS SKATE



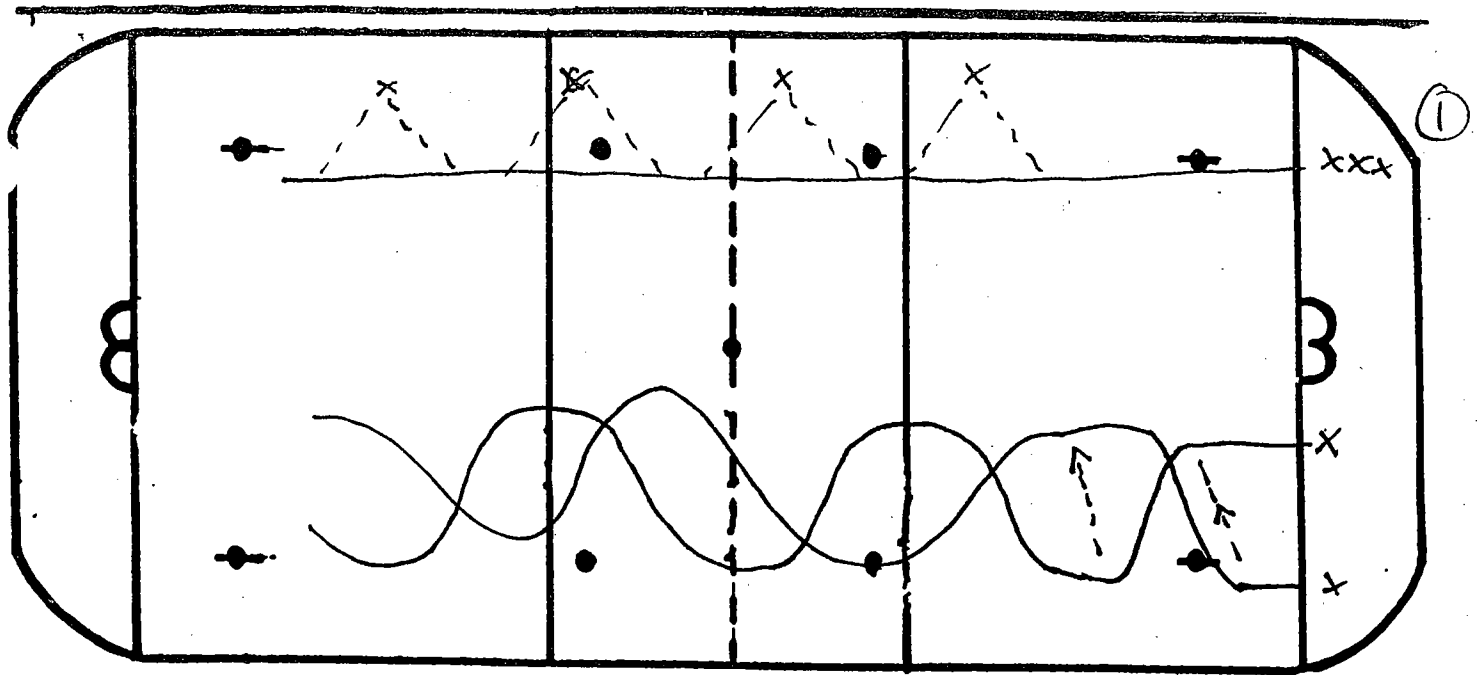
BOTH ENDS

ONE TOUCH, THEN G

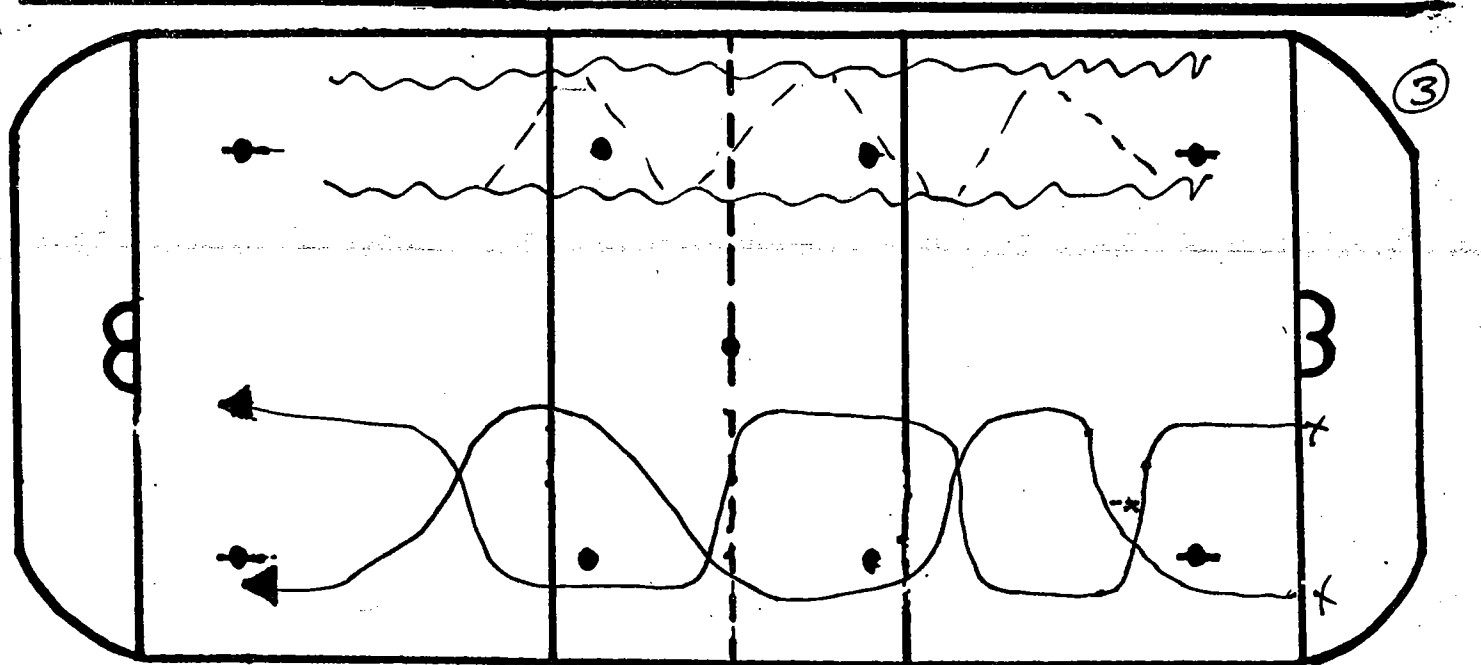
### BENS 3 ON 0 REGROUP



AFTER X SERVES A D FOR FIRST 3 (X) TO REGROUP, HE AND 2 OTHERS GO DOWN AND REGROUP.



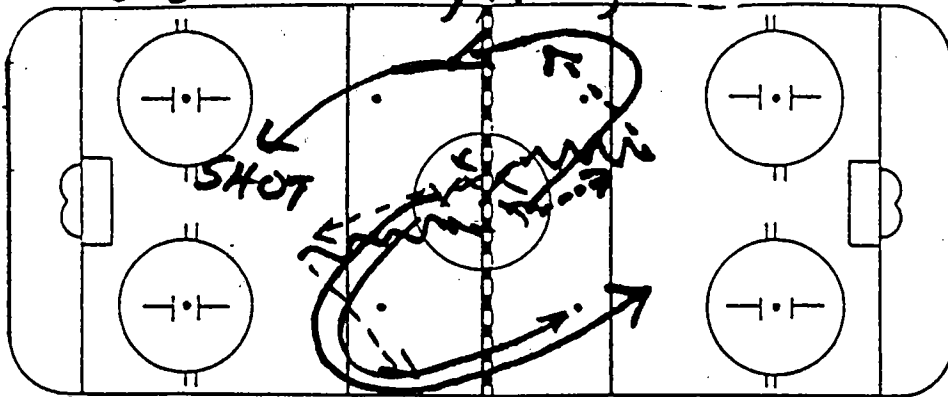
Good Warm up Drill (practice) 3 groups of 5  
 ① One Touch Passing ② Follow your pass



③ Backwards Skating & Passing  
 ④ Criss Cross drops

# WARMUP, PASSING, SHOOTING

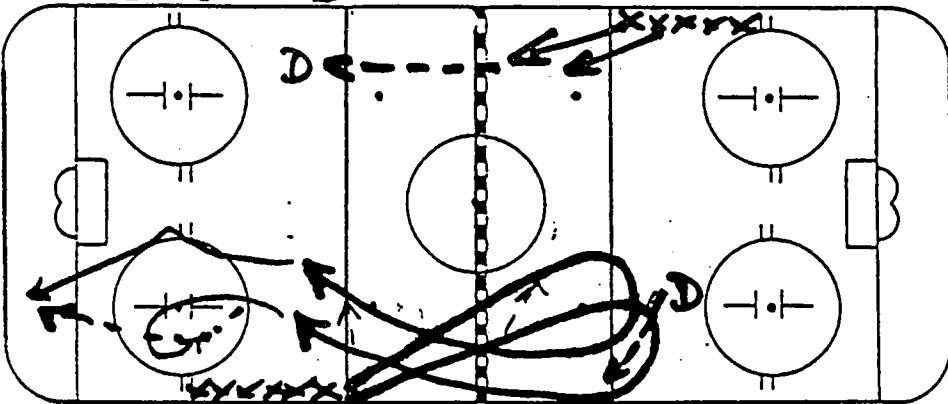
## BEN'S BACK-UP, PASS LOOP



FIRST IN LINE BACKS  
RECEIVES PASS FROM  
#2 AND RETURNS.

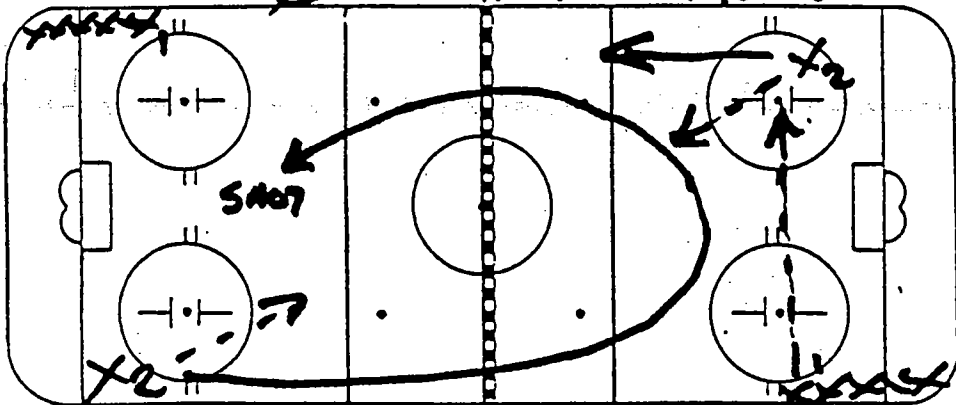
WITH OR W/O  
TOKEN CHECKER TO  
HURRY THE SHOT.

## BEN'S 2 ON 0



OPTIONAL ESCAPE,  
TO BACK WALL, SLOT

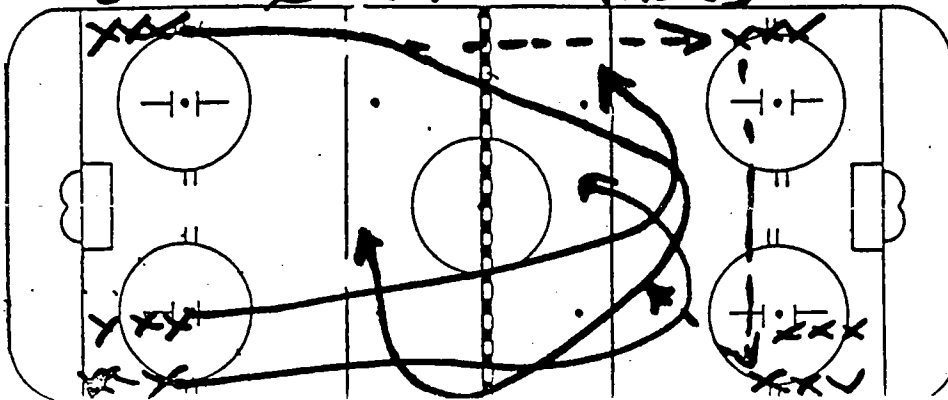
## 1 ON 0 WITH TWO PASSES



## BOTH ENDS

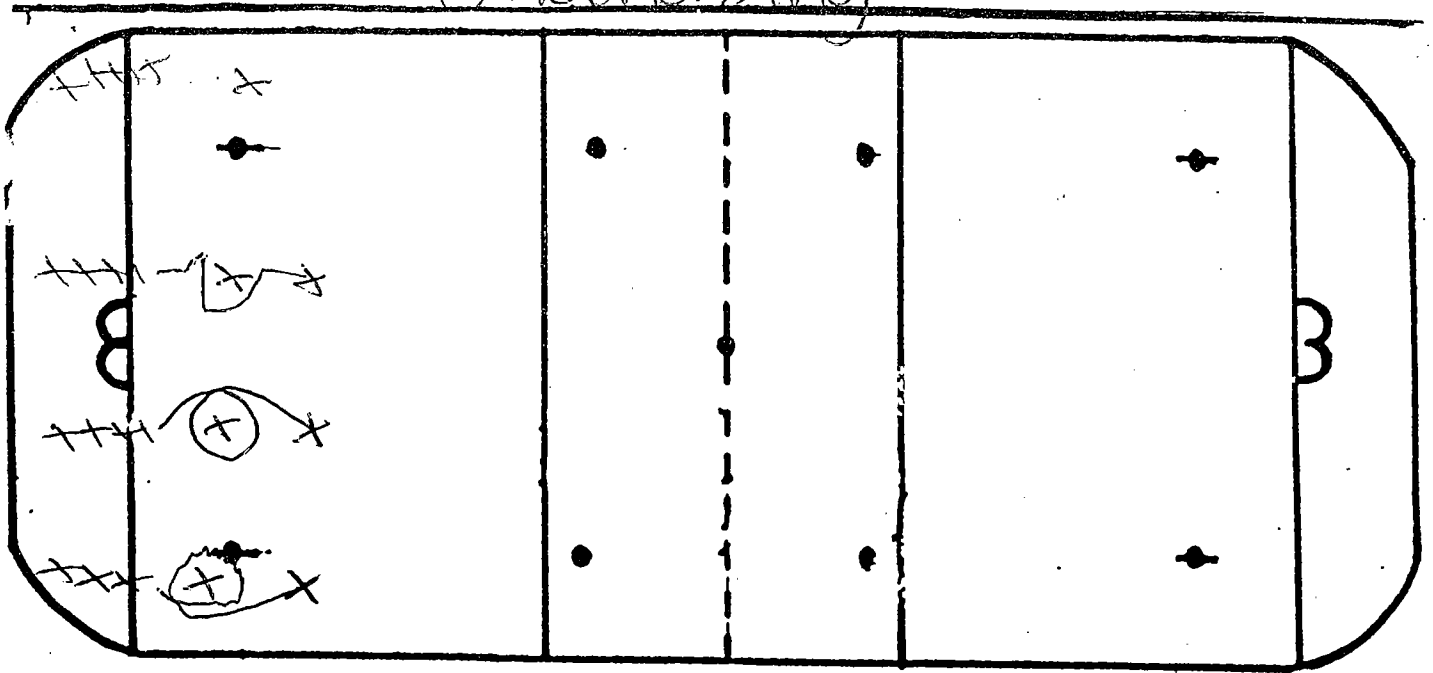
X<sub>1</sub> SKATES TO X<sub>2</sub>  
AFTER PASSING

## 3 ON 0 W. TWO PASSES



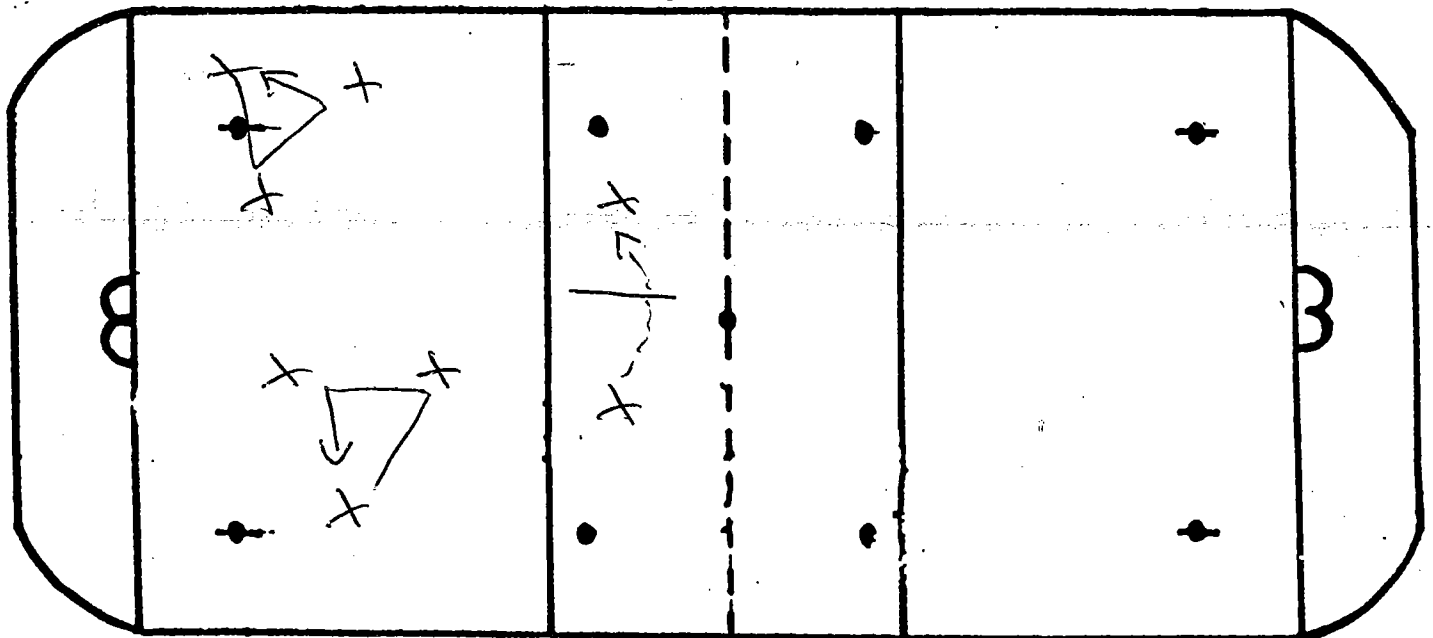
## BOTH ENDS

# Stickhandling

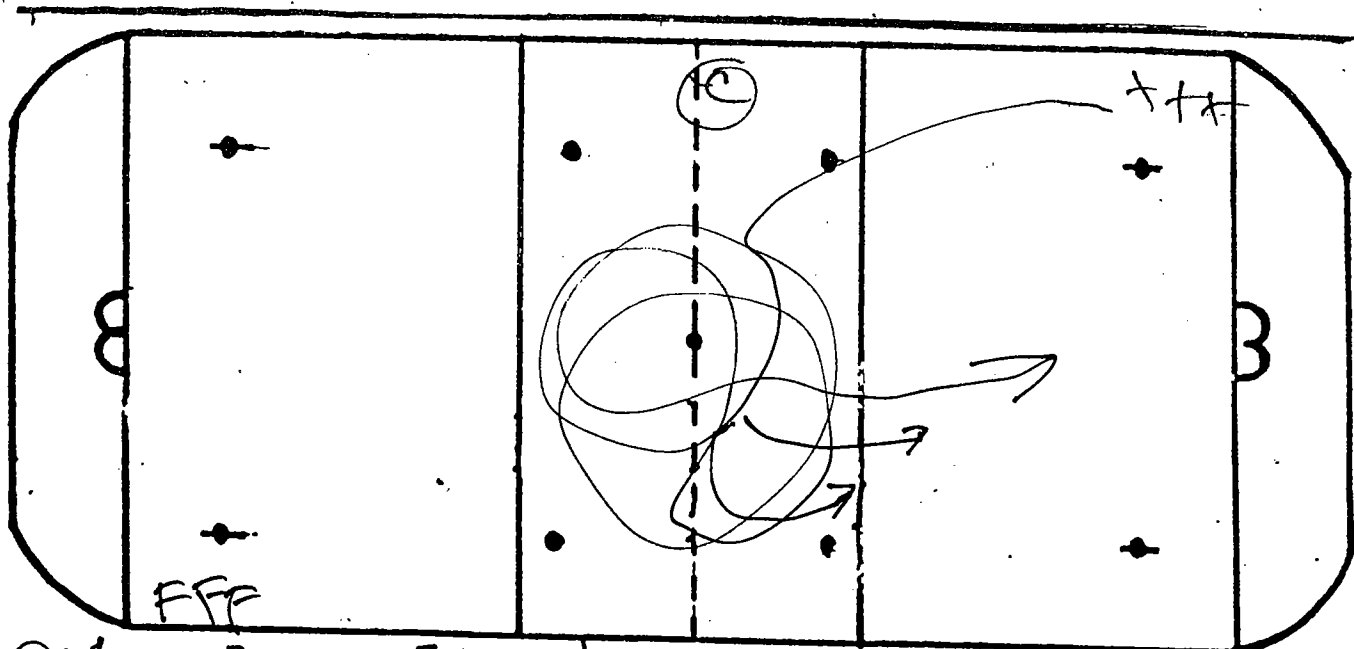


- Use players in line to go around!  
 Short/Short Long Circle Players 1/2 round full Round  
 in & out Through there legs

# Passing



Graps-3 one touches / Goon Passes  
 Sausers over player

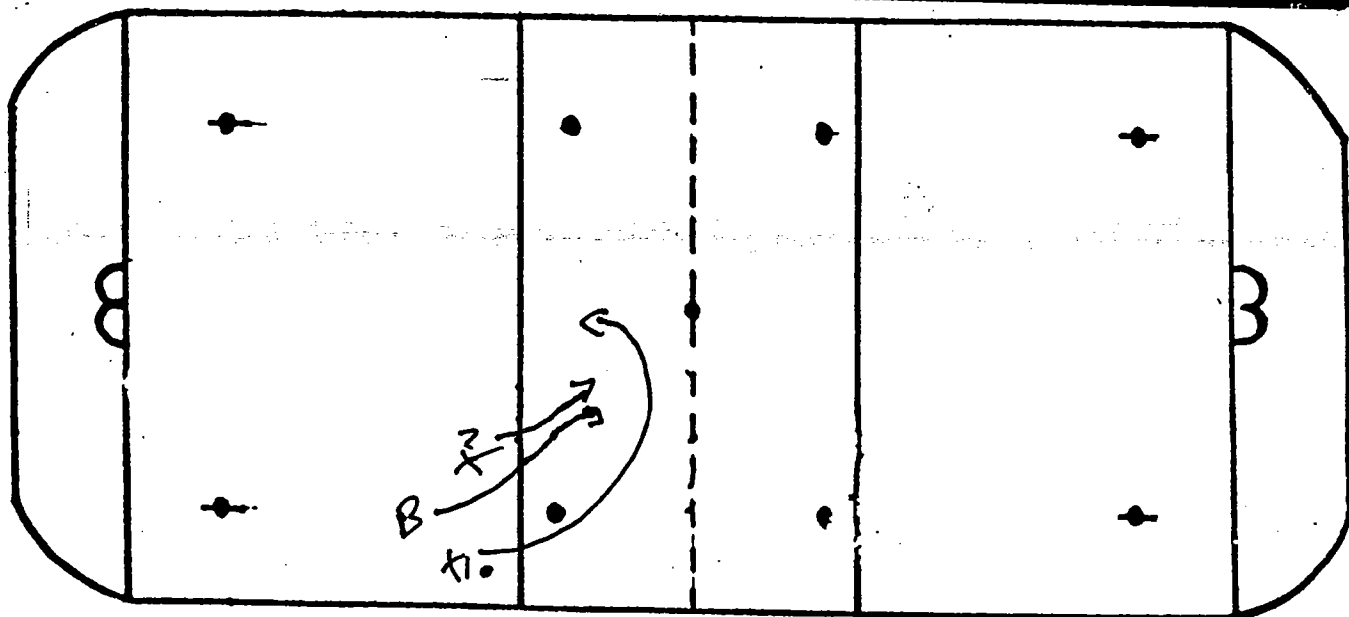


Slap <sup>1</sup> Snap <sup>2</sup> & Deke <sup>3</sup>

Go when C stick is up - Freeskate  
Attack zone w/ stick is down

1. Freeskate /

2. 1 Puck / Extras inside Blue  
Passing 3-0



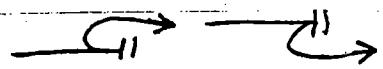
3 Players w/ Puck X<sup>1</sup> - B Tries to get  
X<sup>1</sup>, X<sup>2</sup> must hold up B. Slap Snap & Deke  
when stick Drops

① OUTSIDE EDGE CROSSOVERS

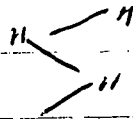
~~①~~ CROSS PUMP PUMP w/ UNDER FOOT

- 2 STEP CROSSOVERS

① STOP, PIVOT, CROSSOVER



① 2 STRIDES STOP



① STICK-UP QUICK KNEES

① EXAGGERATED ARM MOVEMENT SPRINT

TAKE YOUR TIME!

Have them make ice  $\frac{1}{2}$  way through.

Did some line drills backwards

Hour 1 & 2

LINE DRILLS 2 X LENGTH OF ICE

① RUN ON SKATES

- DROP TO BUTT AT BLUE LINES

- DROP TO BUTT & ROLL OVER

② KEEP SKATES ON ICE BETWEEN BLUES

③ 3 STEPS TO RIGHT 3 TO LEFT

TOUCH LEFT HAND TOUCH RIGHT HAND

④ 3 CROSSOVERS RIGHT 3 LEFT

⑤ ALTERNATE CROSSOVERS

⑥ QUICK CROSSOVERS

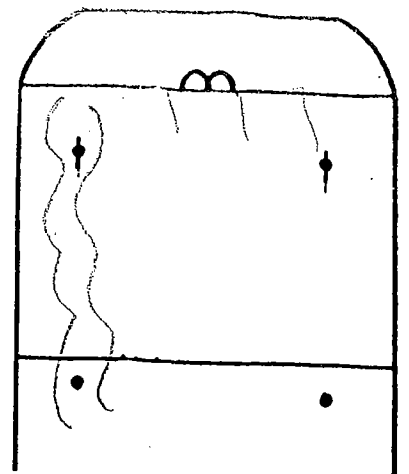
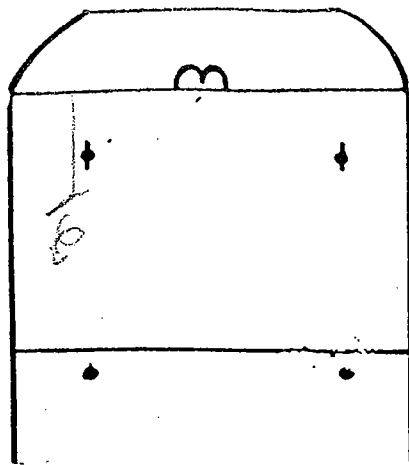
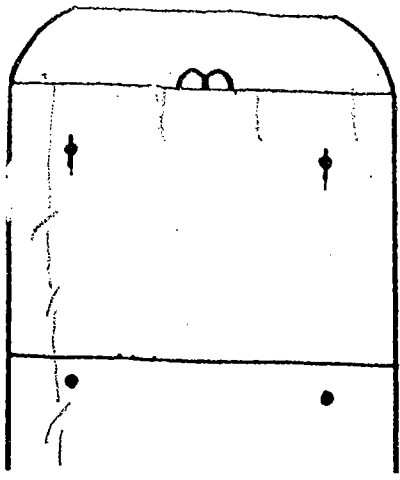
⑦ BIG C'S (INSIDE EDGE)

? ⑧ SHIRT WEIGHT QUICKLY

⑨ MOHAWK CORNERS

⑩ MOHAWK CORNERS Pump Pump

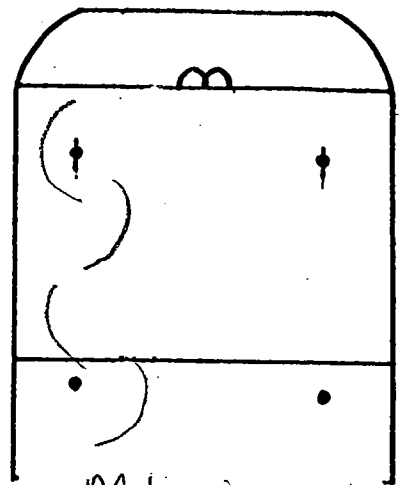
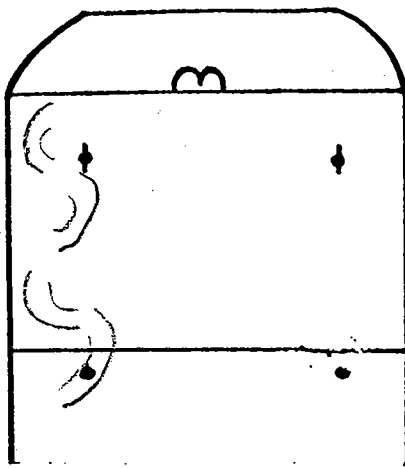
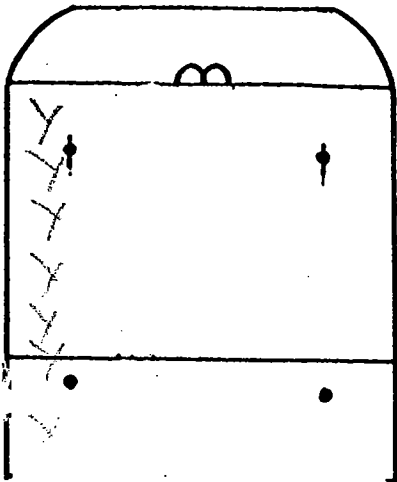
⑪ 2 FOOT HOPS FRONT TO BACK



Land on Butt  
Get up

Land on Butt  
Roll over  
Get up

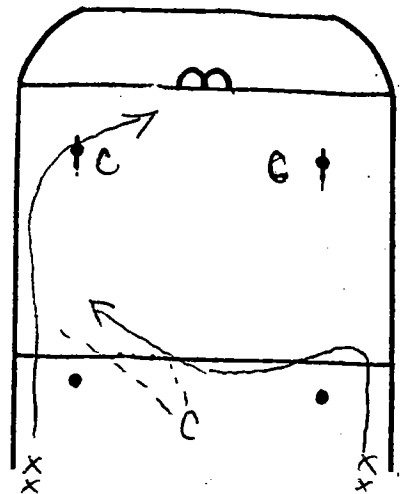
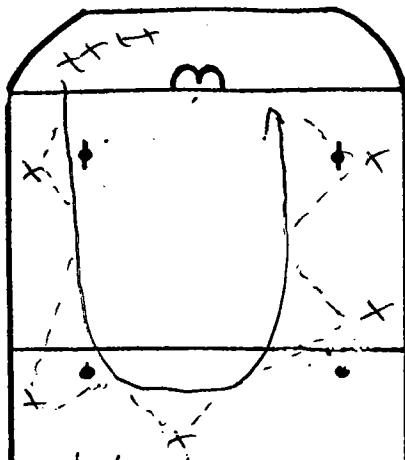
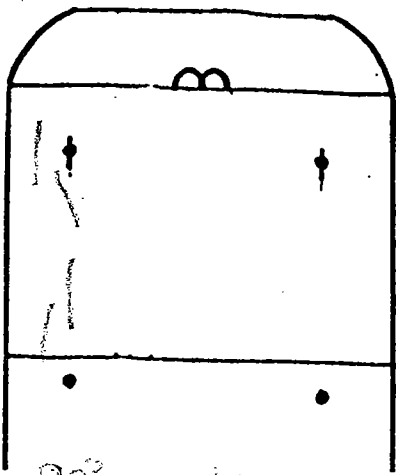
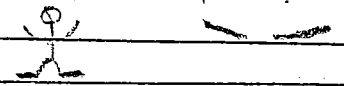
Inside Edges only.



Cross feet over feet

One Glove on Ice  
One on stick  
Push Three Times on  
Inside Edge

Mohawk  
Two Feet open



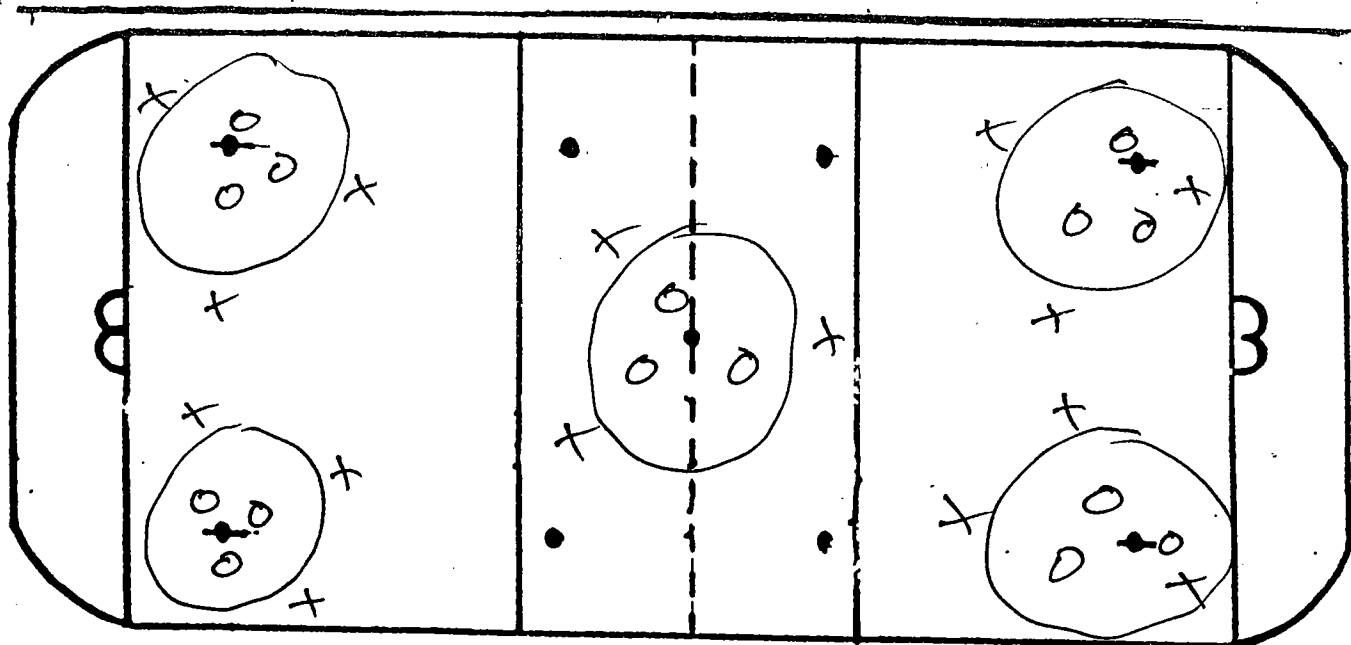
90° one leg

1 turn

Catch Pass on boards or  
Stable line. Kick low 'c' stick  
and drive to net.

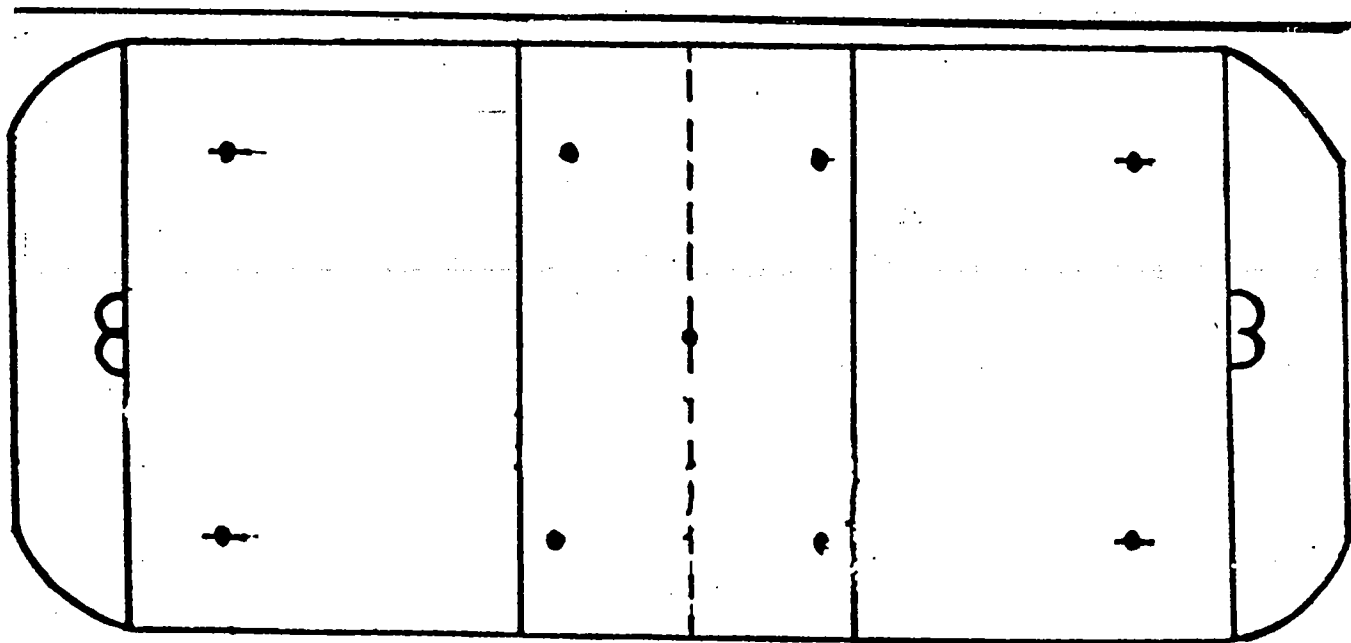
# Warm-ups - Skaters

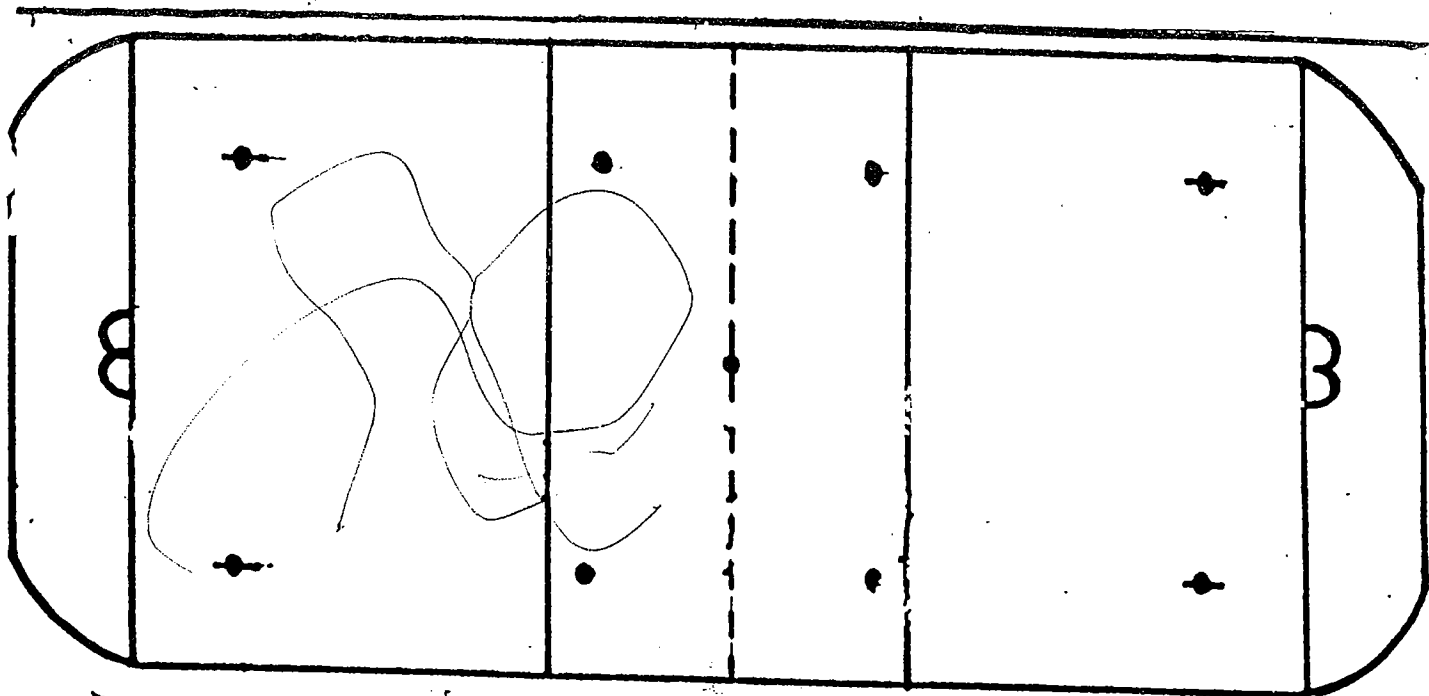
# Skills



## INSIDE CIRCLES

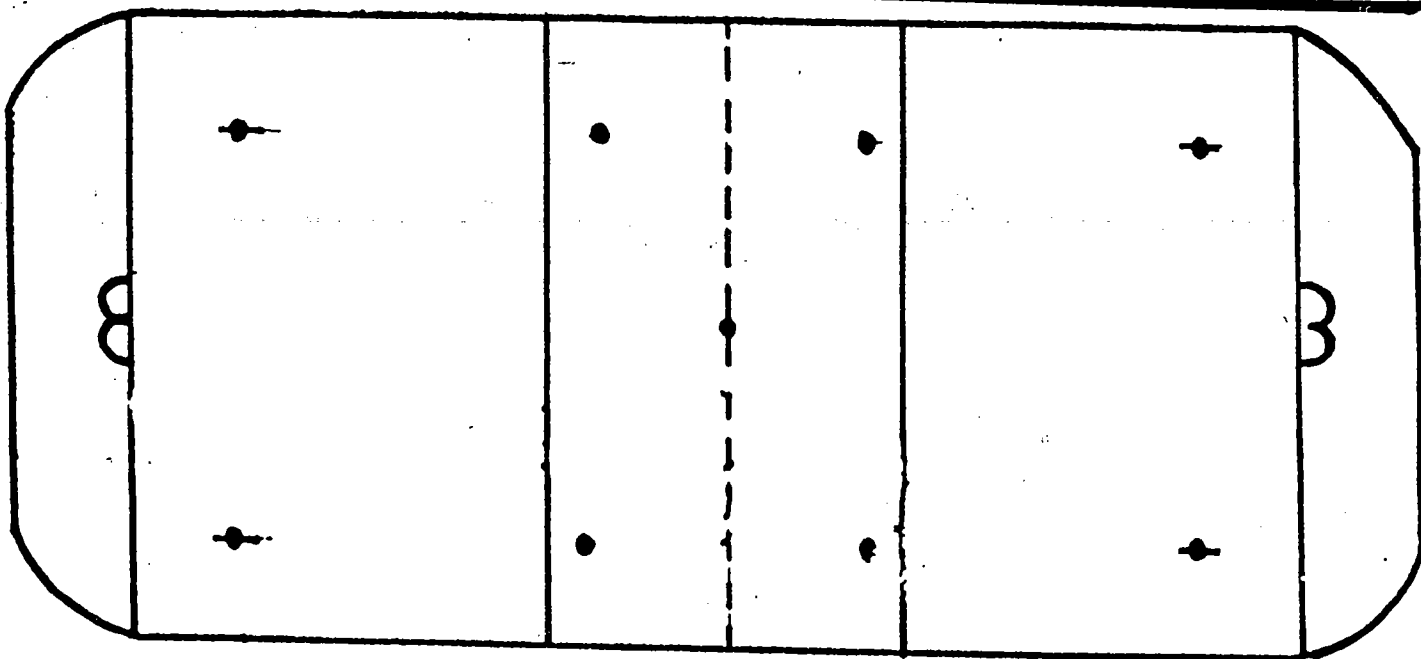
1. Freeskate
2. 1-Touch Passing
3. 2v1 Keep away





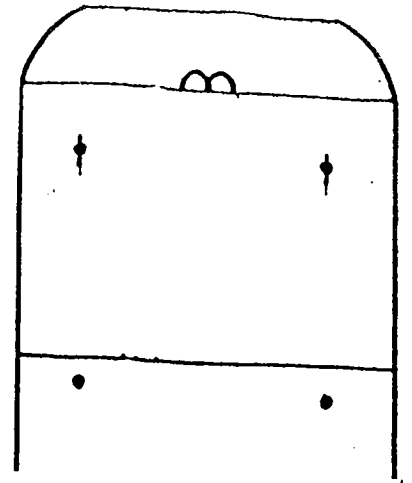
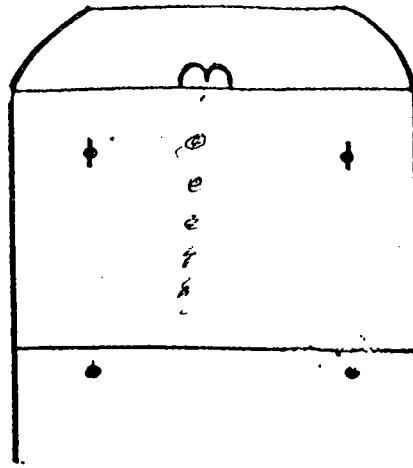
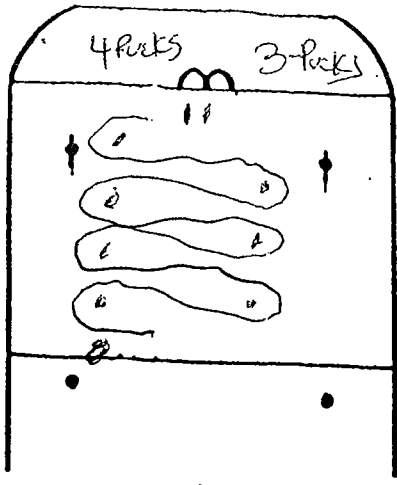
Freeskate - & Stop.

1- Line freeskate, on whistle stop & stickhandle while the other line goes.



Freeskate passing. Same as above

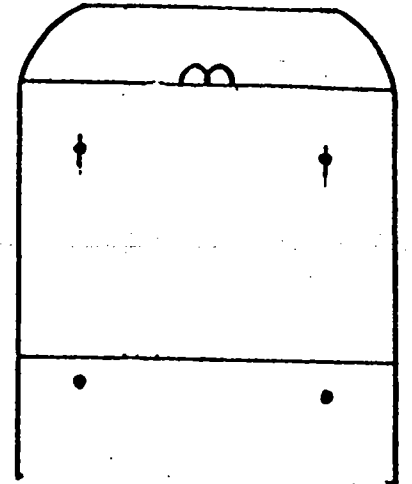
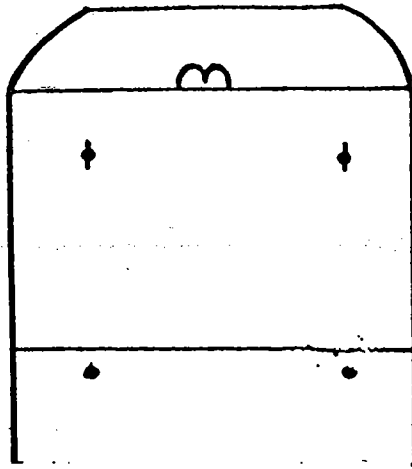
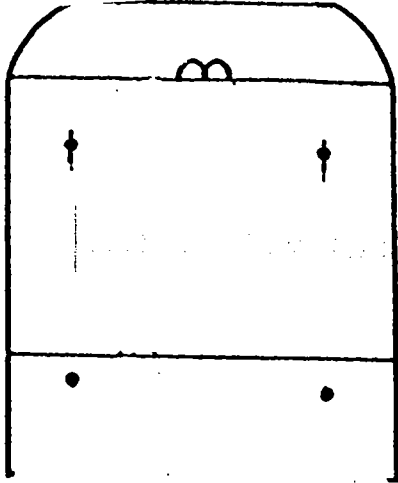
1 Puck per line - Full speed passing - on whistle stop & pass with your group - while other group goes



Body in Middle

Speed Thru  
Body down Middle

DRYLAND J



ON ICE

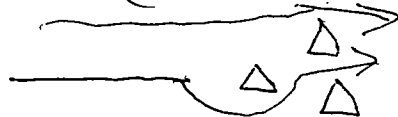
Move on one side of cones → ^ ^ ^ ^ ^ (Then other side)

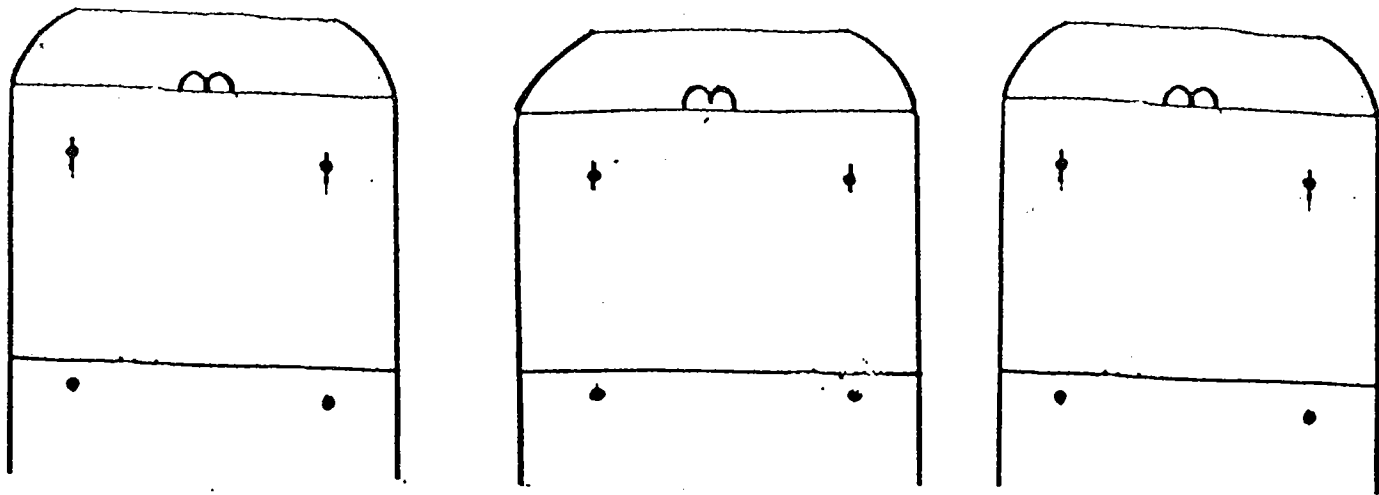
Through cones → ^ ^ ^ ^ ^

Spin around Down cones → ^ ^ ^ ^ ^ ⊙ ⊙

Body on 1 side of cones (pull thru) → ^ ^ ^ ^ ^

Through 3 cones  
Body one side



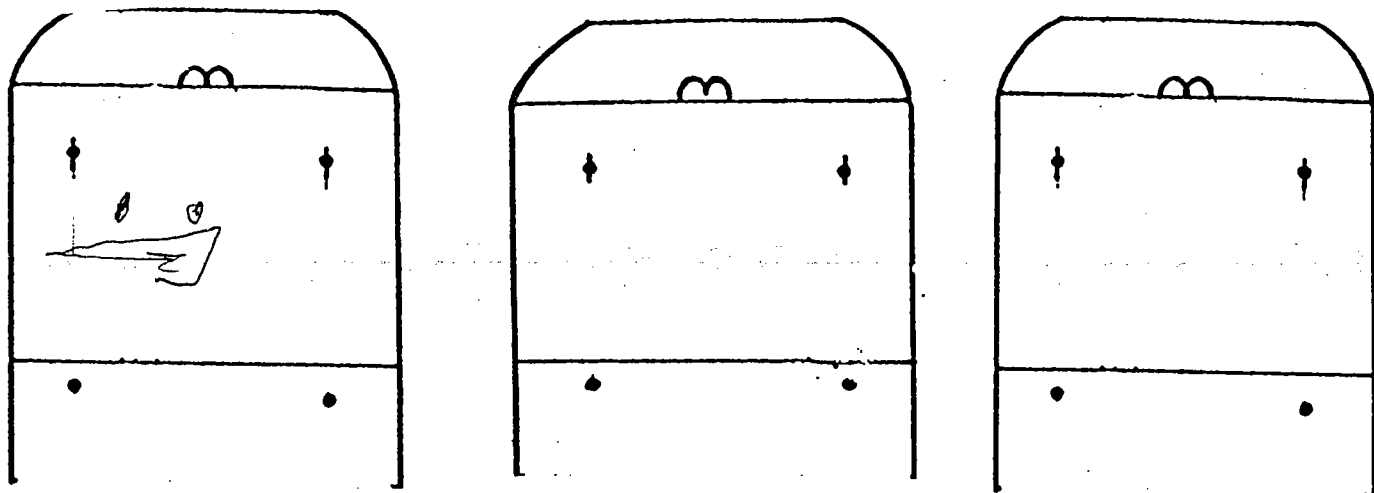


## Mouthhead Stickhandling

\* Long-Long-Release Backhand

\* Short/Short-Long

\* Side-Short/Short/Pull Toe



\* Short/Short-Toe Back to Forehand-Long to backhand

\* Long Fig 8-

\* Fig 8 in front :

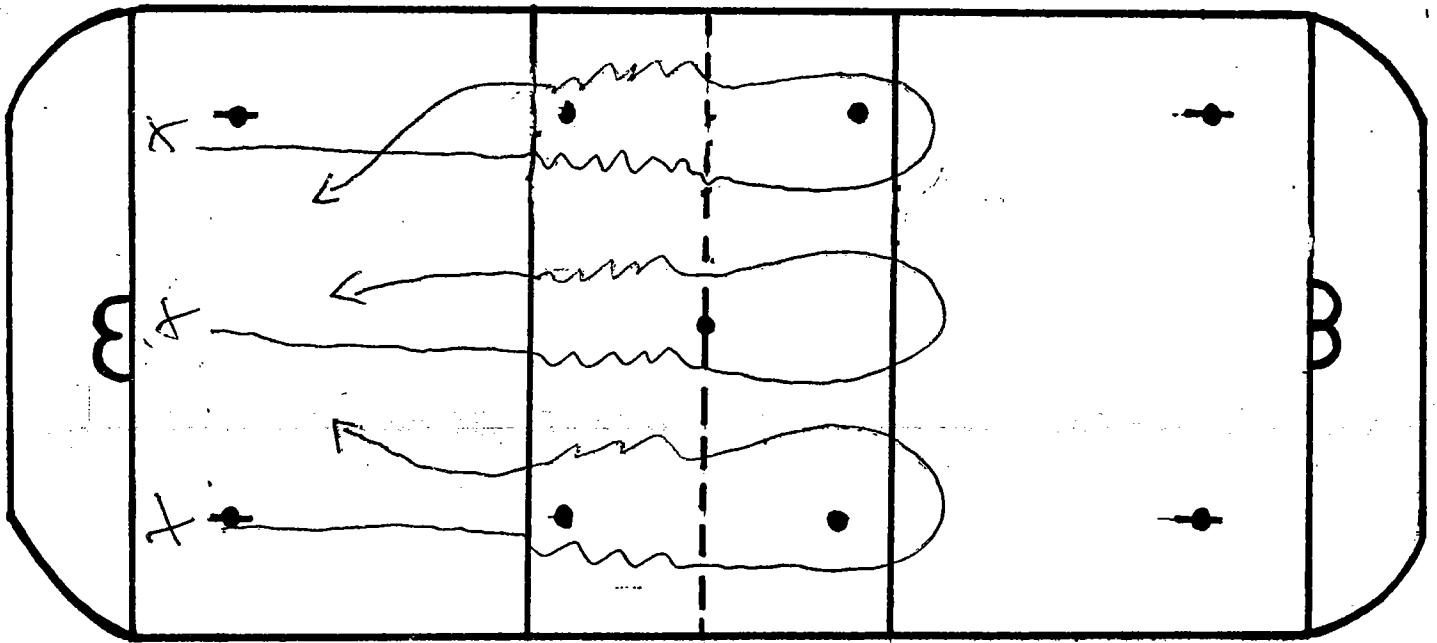
## DRY LAND

**Name of Drill:**

Warm-up

Skating w/Rocks

**Description:**



**Comments:**

CHOOSE 6-7 LINES DRILLS  
FOR BEGINNING OF SESSION

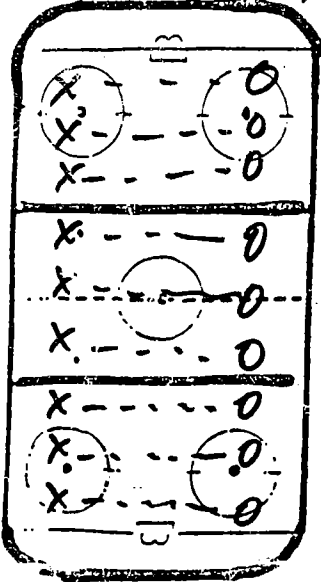
ALWAYS GO DOWN AND BACK

351110  
STRAUSS  
\$15.99

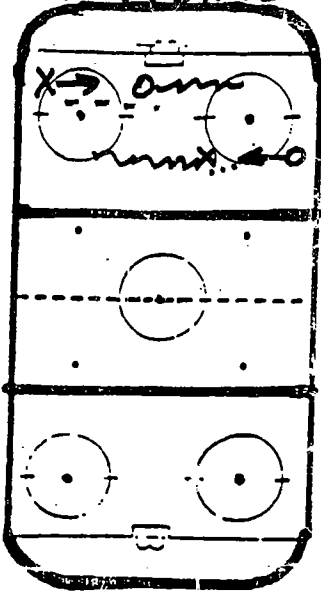
- ① LONG EXAGGERATED STRIDES FULL LENGTH ICE
- ② INSIDE EDGES ONLY LENGTH OF ICE
- ③ OUTSIDE EDGE CROSSOVERS - LEFT KNEE HIGH
- ④ ONE LEG SWIZZLES BETWEEN BLUE LINES
- ⑤ JUMP AT EACH LINE WITH ONE SKATE AND GLIDE, HOP AT NEXT LINE AND GLIDE
- ⑥ 3 STRIDES LEFT, 3 STRIDES RIGHT
- ⑦ LONG STRIDES BACKWARDS
- ⑧ MOHAWKS
- ⑨ ~~SKATE~~ QUICK KNEES - TOUCH ONE KNEE THAN THE OTHER TO ICE
- ⑩ RIGHT KNEE BLUE LINE, LEFT KNEE RED LINE, BOTH KNEES FAR BLUE LINE
- ⑪ QUICK CROSSOVERS
- ⑫ LONG EXAGGERATED STRIDES TO BLUE LINE, PICK UP SPEED BETWEEN BLUE, THEN LONG STRIDES

# Hour 4 Passing Drills

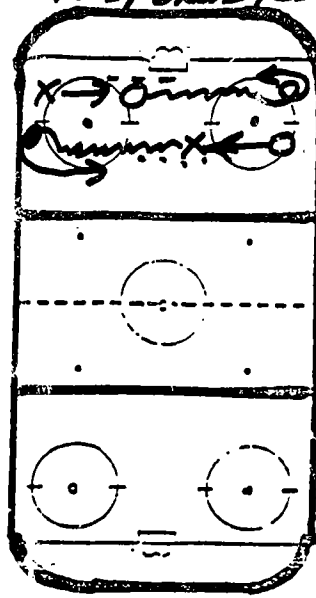
STATIONARY



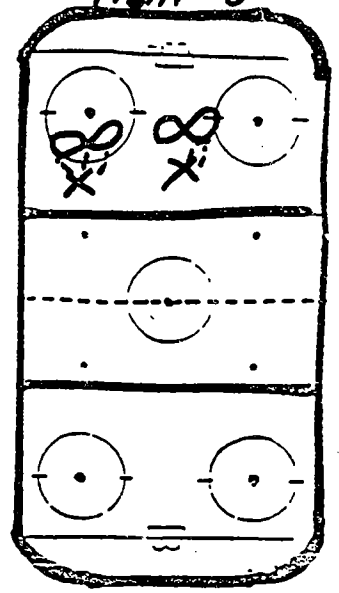
FWD/BKWD



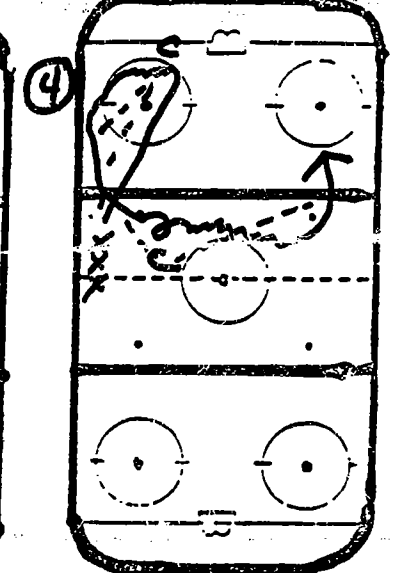
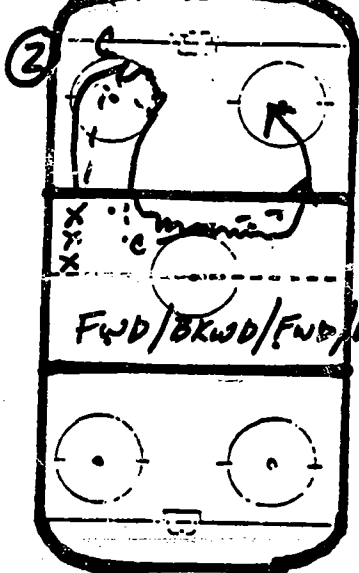
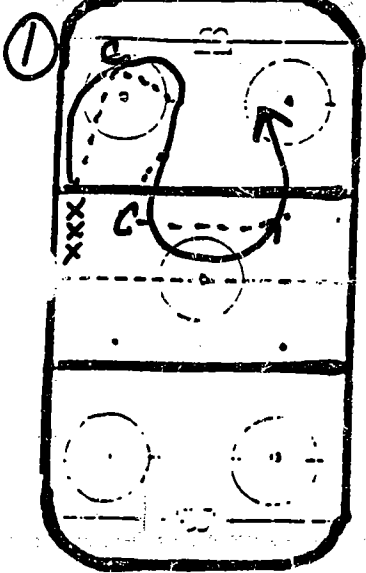
FWD/BKWD/ESL.



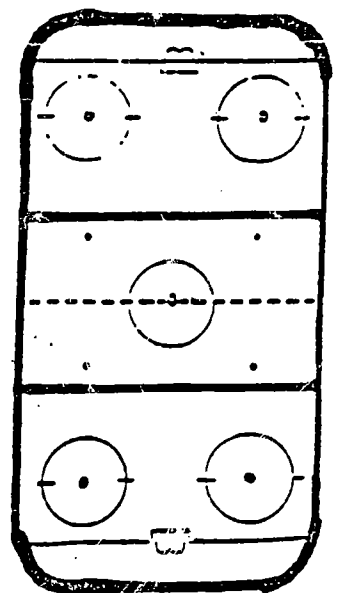
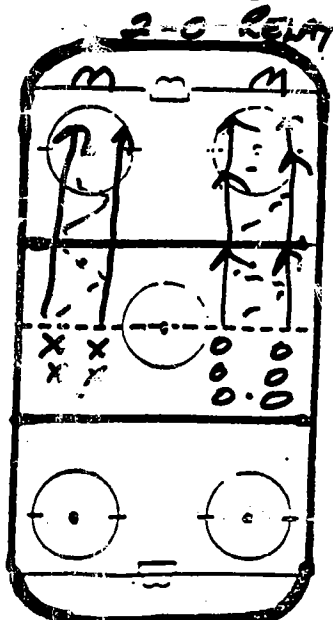
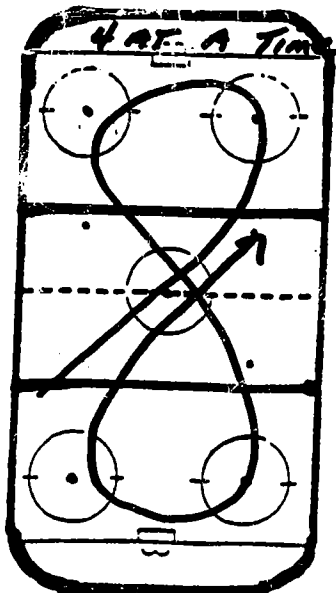
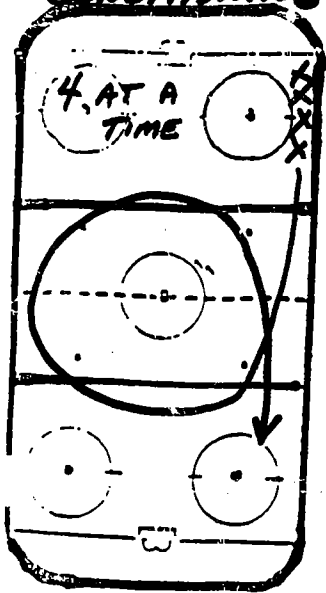
TIGHT 8 PASS



PASS/RET/PASS RET

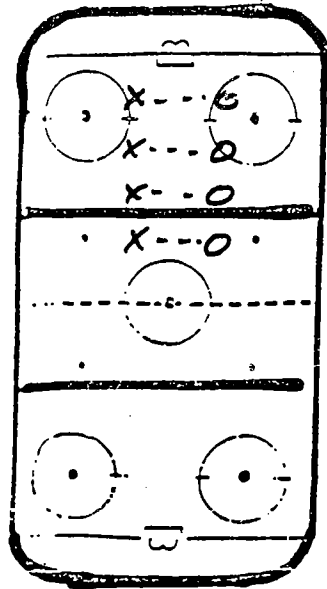


CONDITIONING

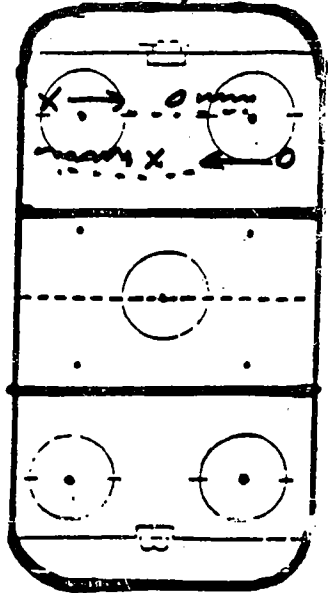


Hour 2

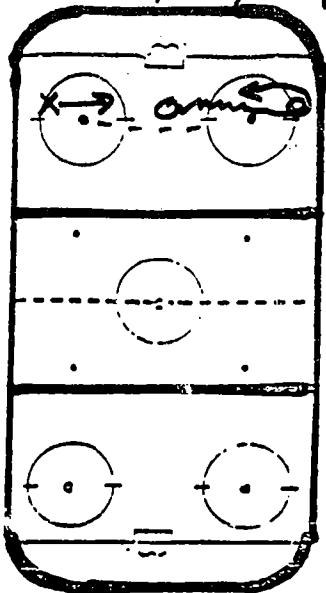
SHORT PASS



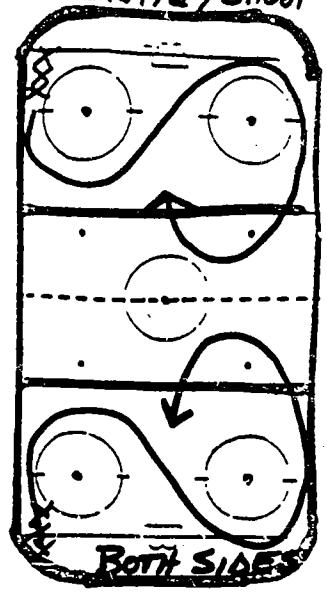
SKATE/PASS



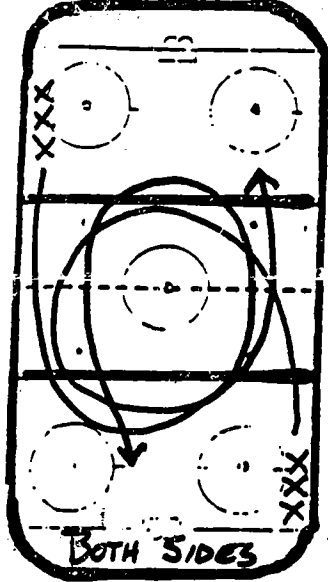
SKATE/PASS/ESCAPE



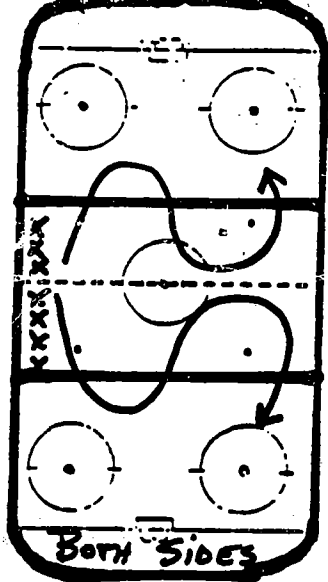
SKATE/SHOOT



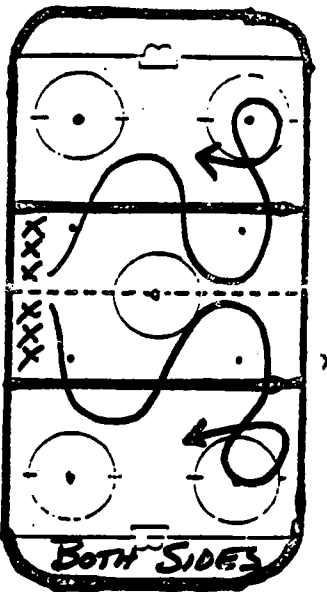
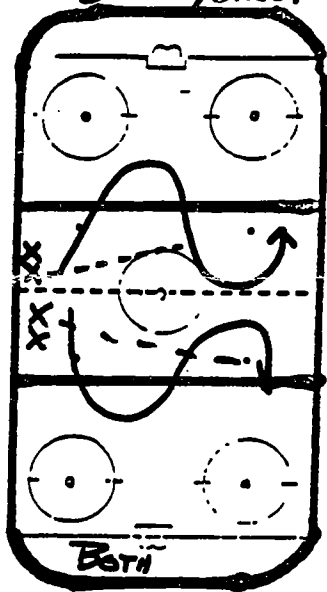
SKATE/SHOOT



SKATE/SHOOT



SKATE/SHOOT

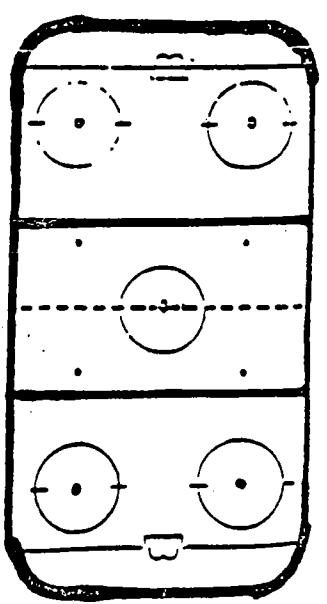
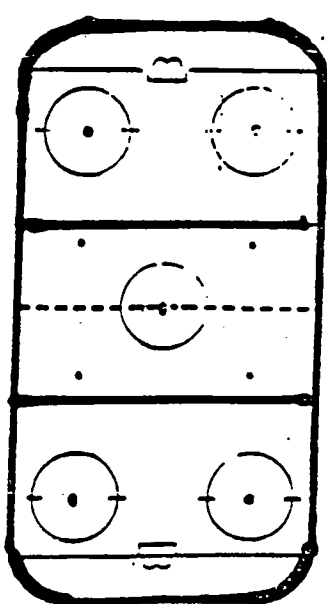
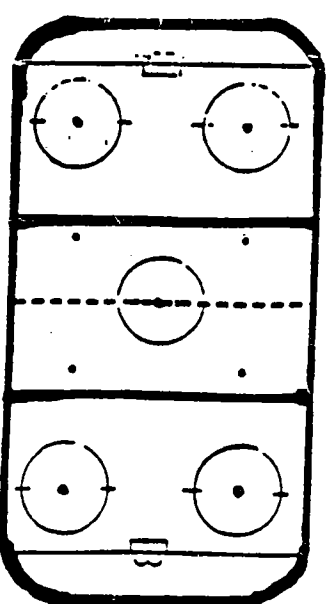
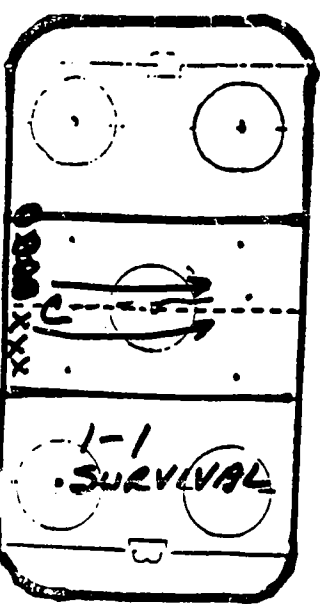


BOTH SIDES

BOTH SIDES

BOTH

BOTH SIDES



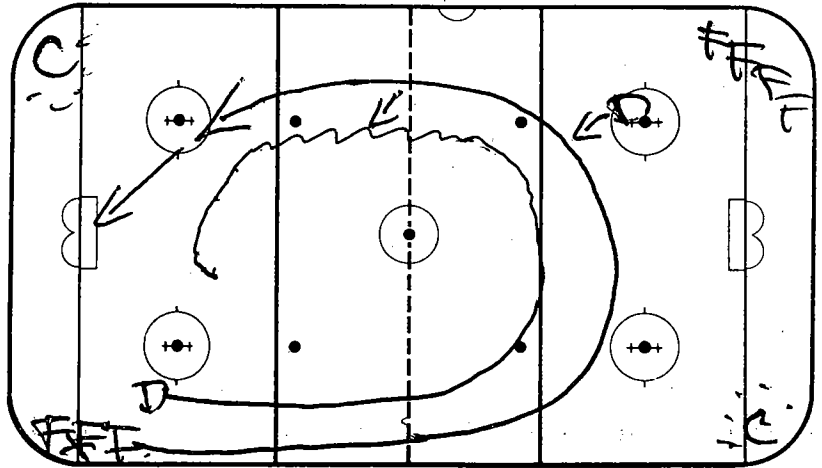
1-1 SURVIVAL

1-ON-0

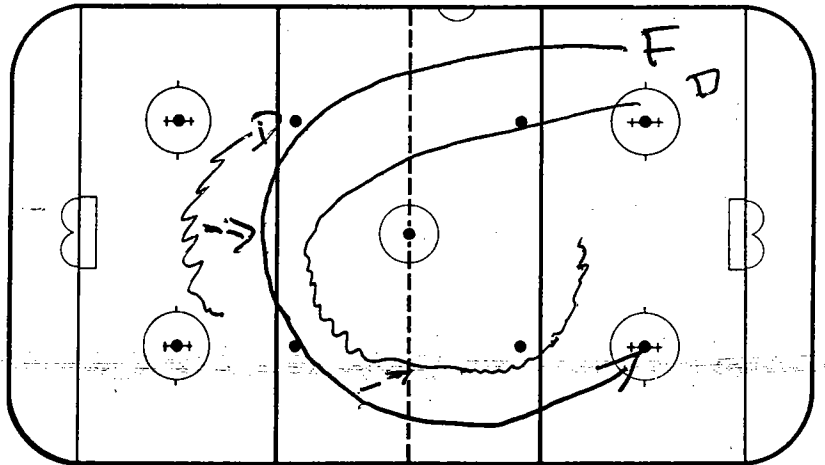
# Drill Form

Flin Flin  
Wild Thing

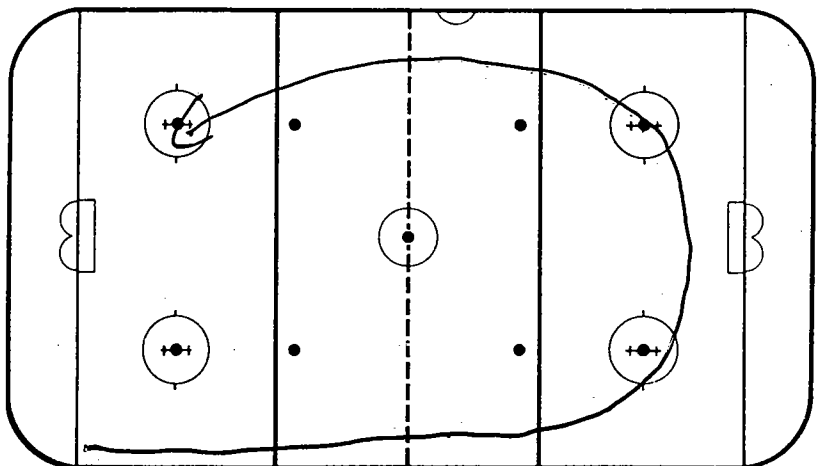
Drill Name STEP #1



Drill Name STEP 2



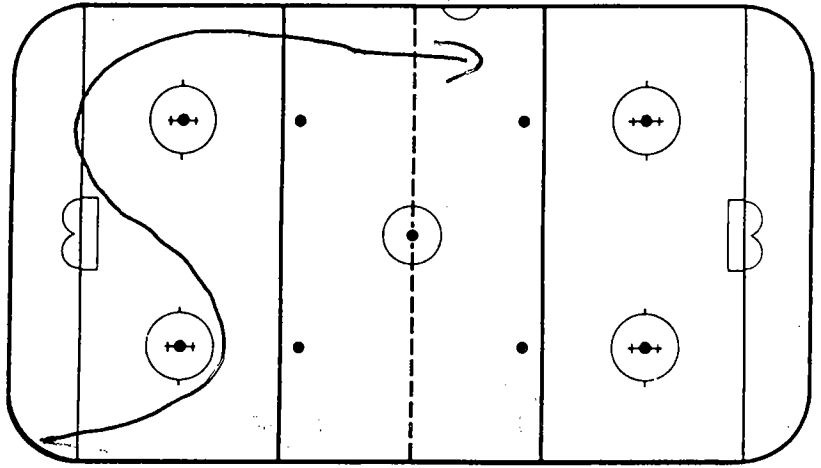
Drill Name STEP #3



# 3 Shooting

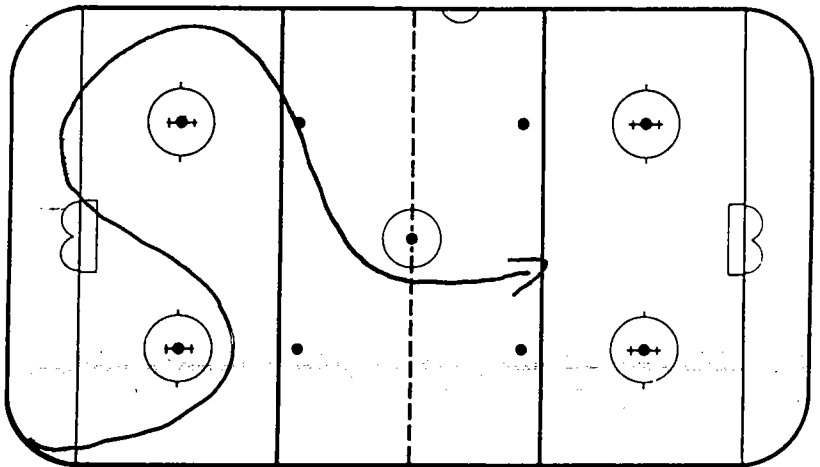
3 at a Time

#1 Wide  
Snap Shot



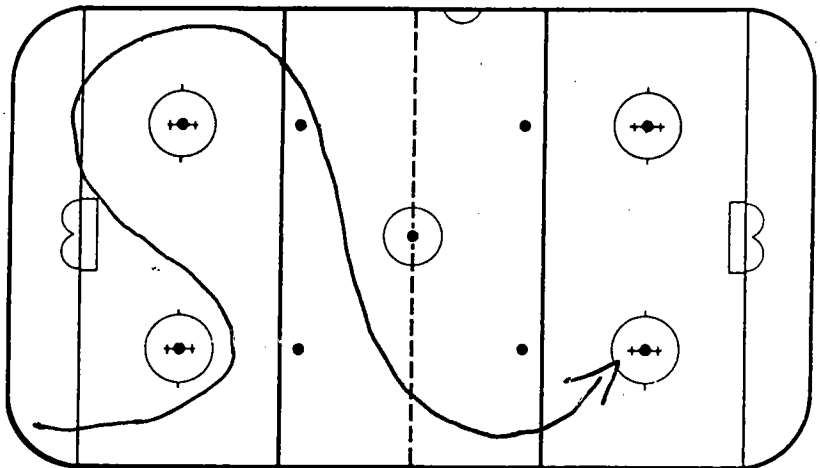
#2

Middle  
Snap Shot



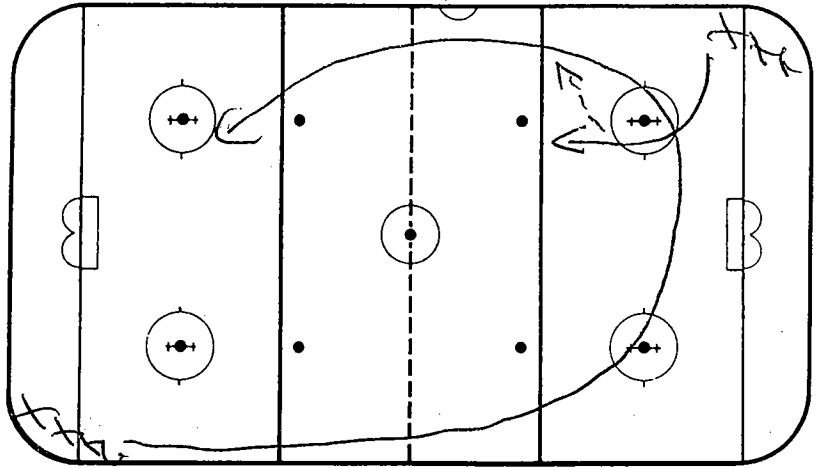
#3

Wide  
Snap Shot

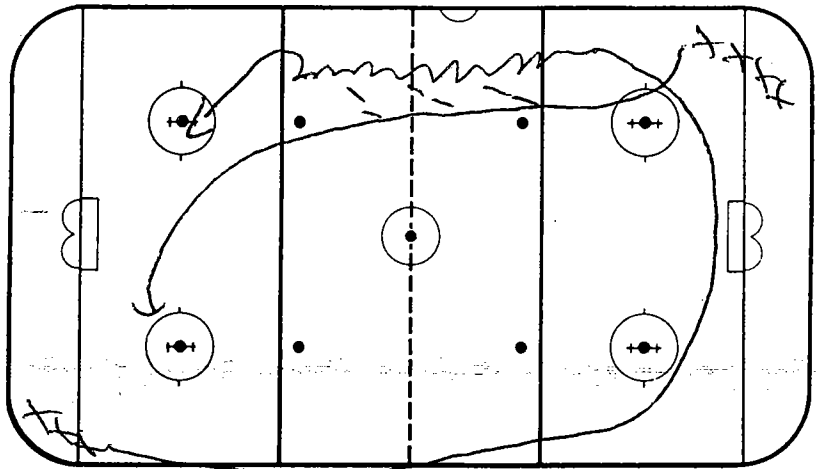


# Drill Form

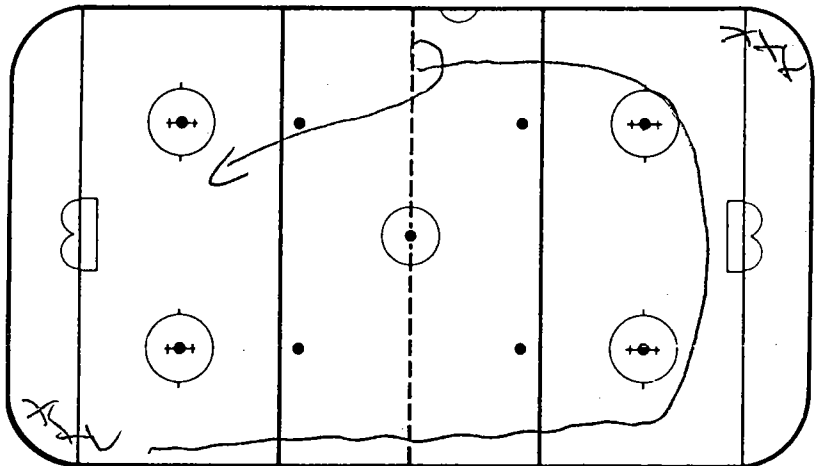
Drill Name Flin Flam



Drill Name Flaw #2 one Backwards



Drill Name Flaw #3 Skills at Red Line



— Pick a Skill —

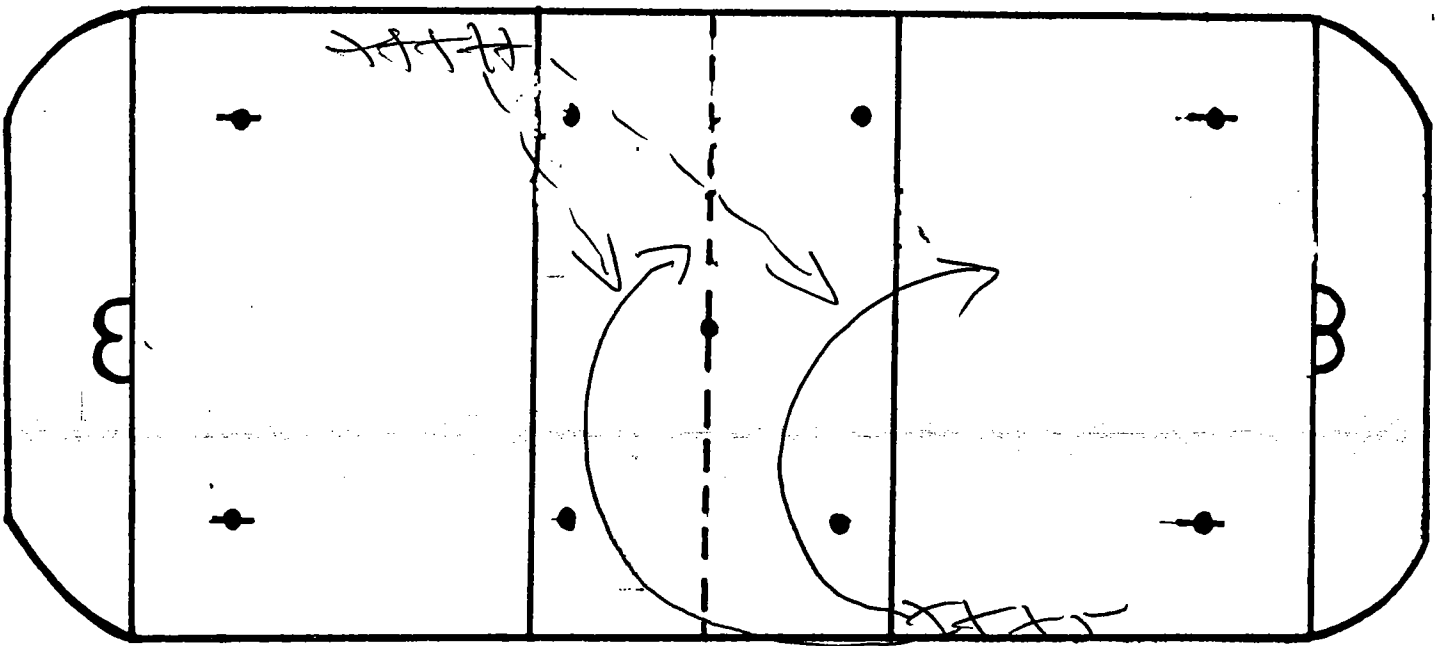
\* Escapes

\* Around Coach

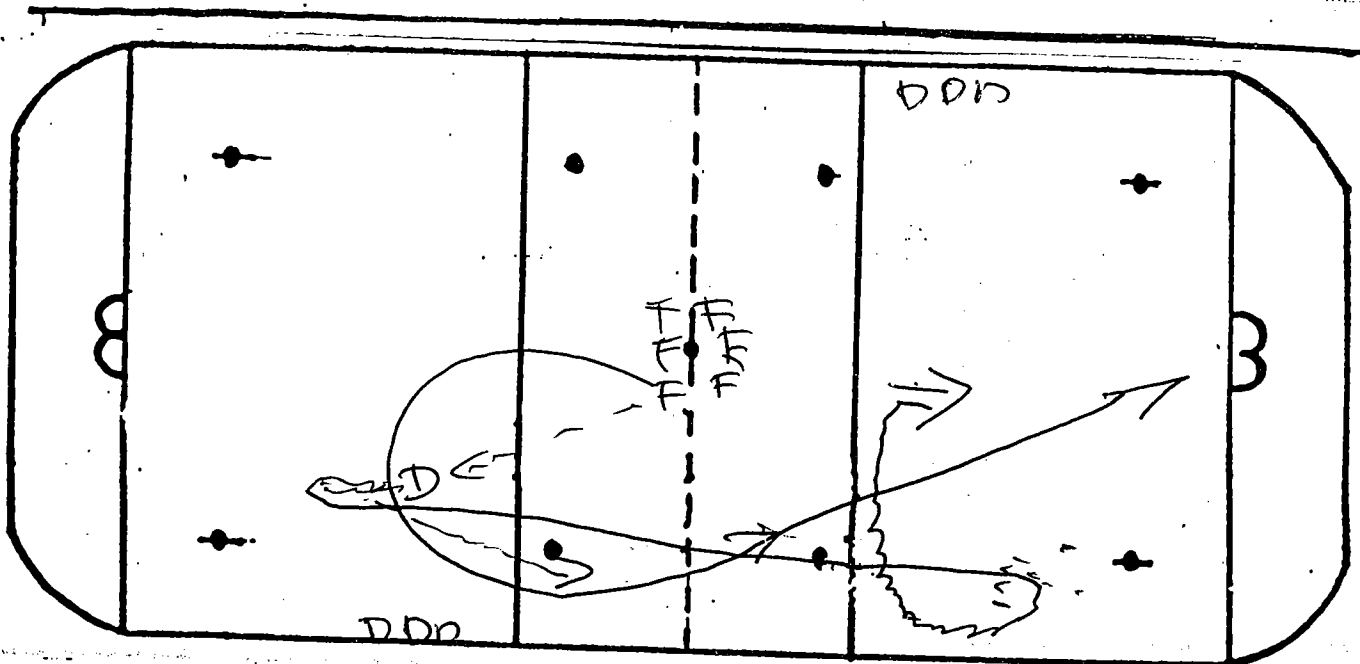
\* Pick A Skill

**Name of Drill:** 1-0  
2swing

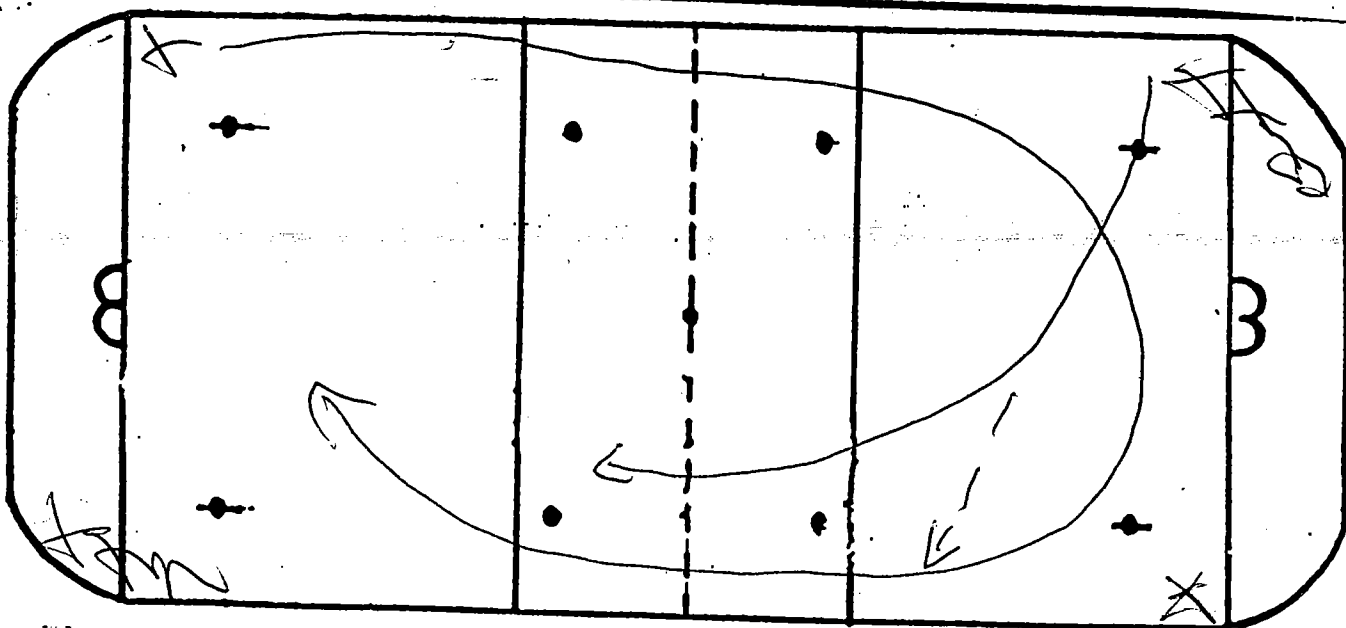
**Description:**



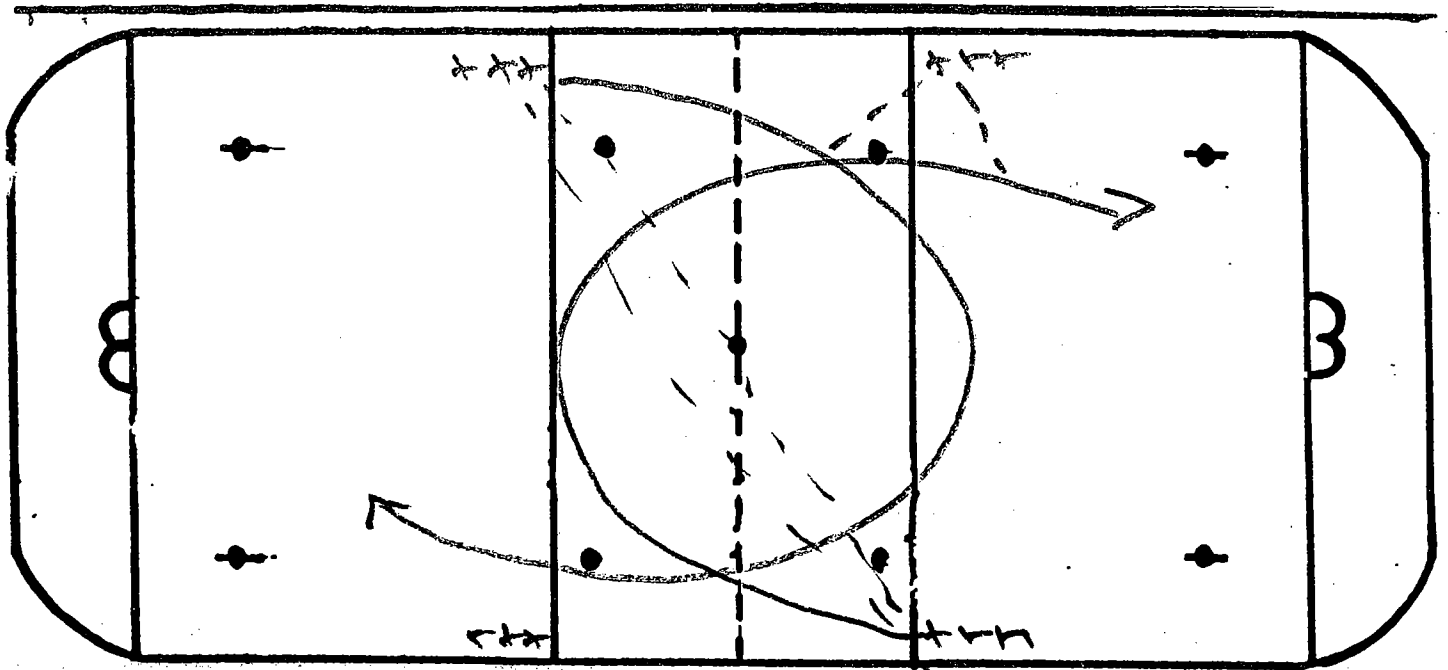
**Comments:**



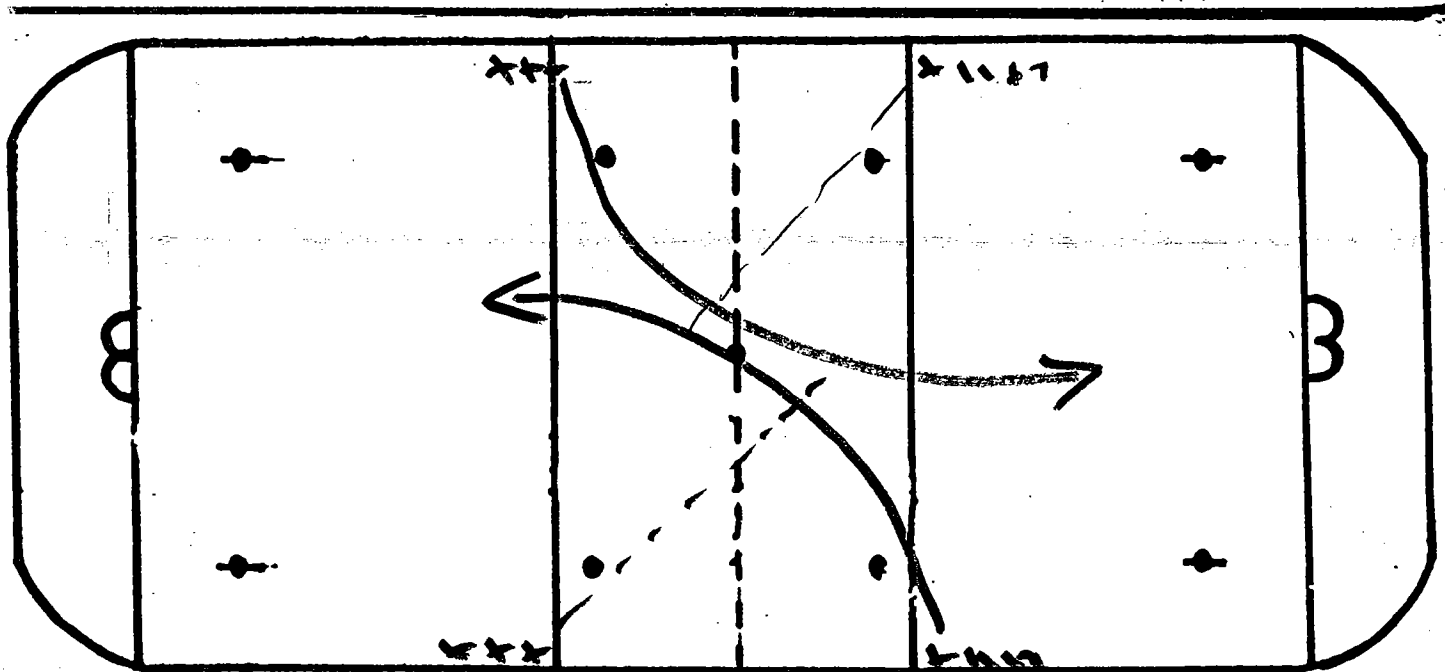
D-Out Forward - Forward swing shoot's  
 Tip - D @ Sprint up pick up puck back  
 & Shoot -



Flam Flam w/ SPEED GOOD

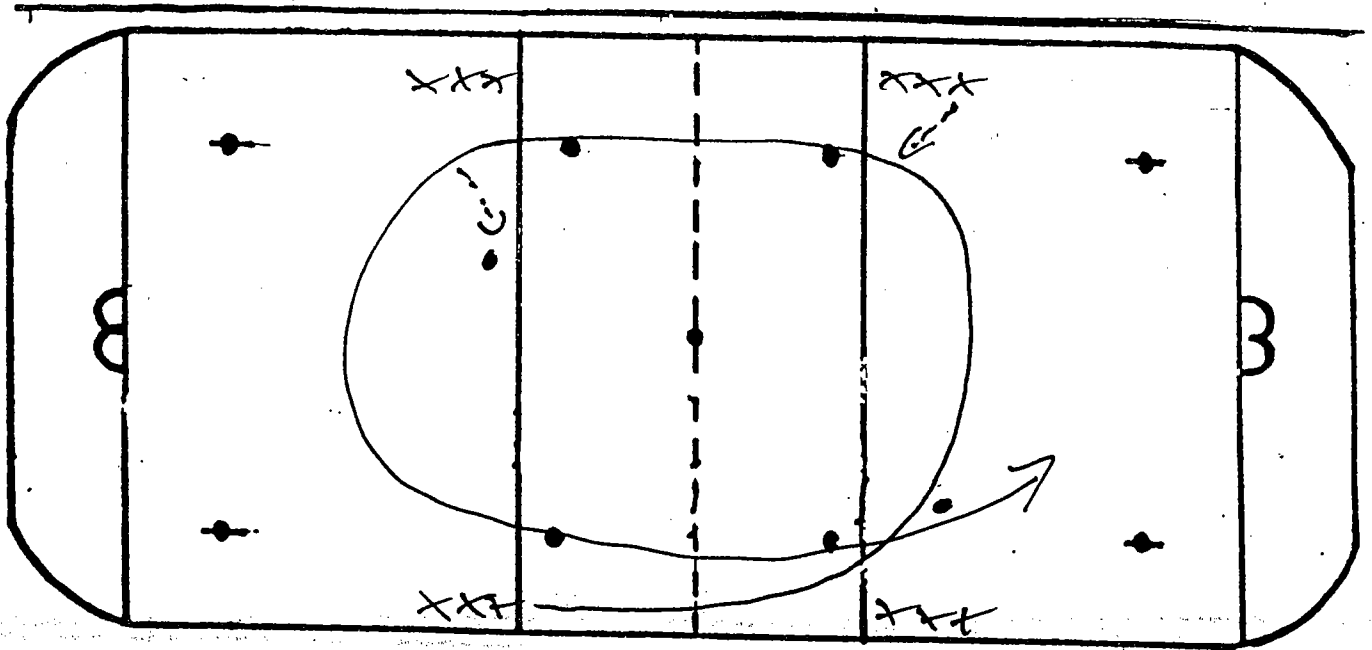


Pass to line across from you then circle, pass to other line & get return

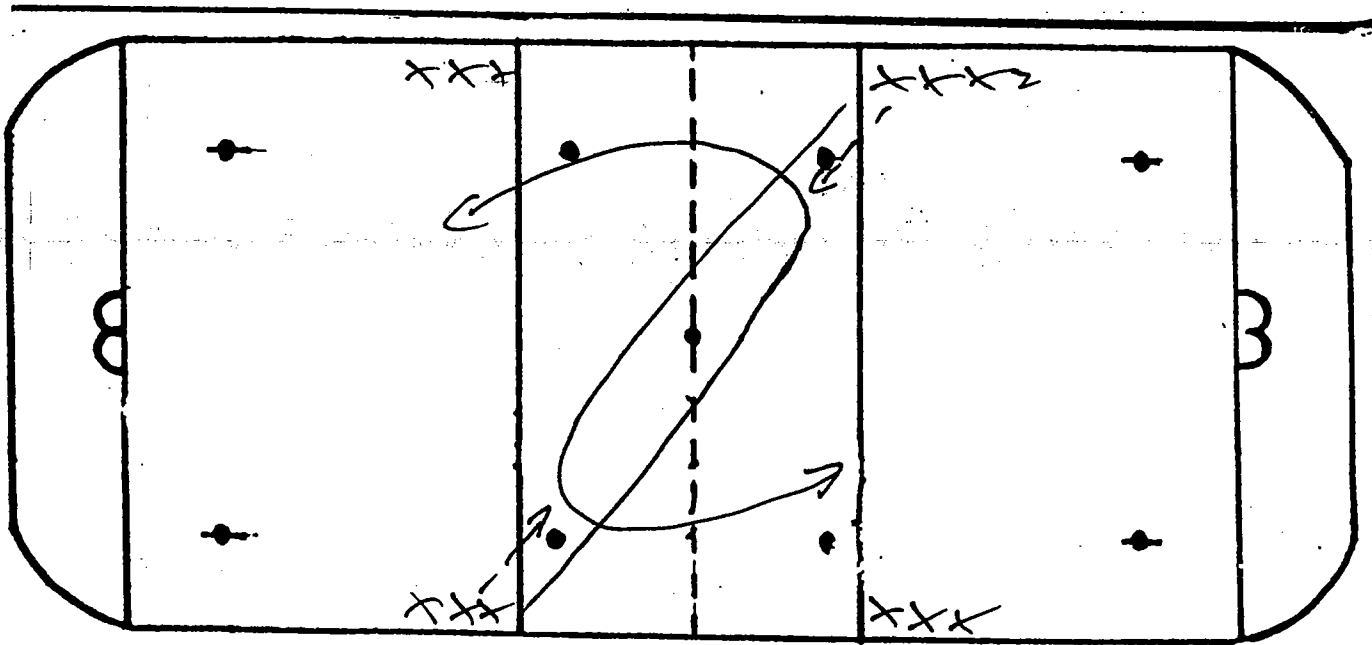


Always go at same time (2 at once) always catch pass from line across from you.

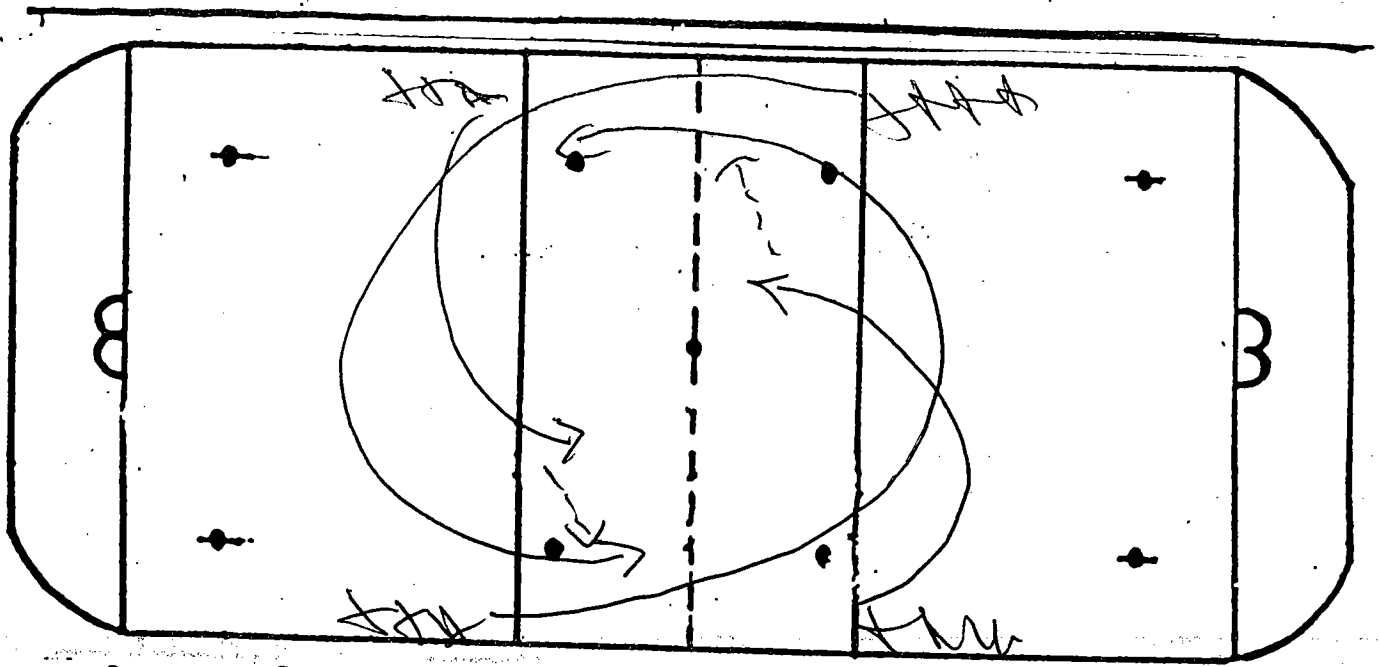




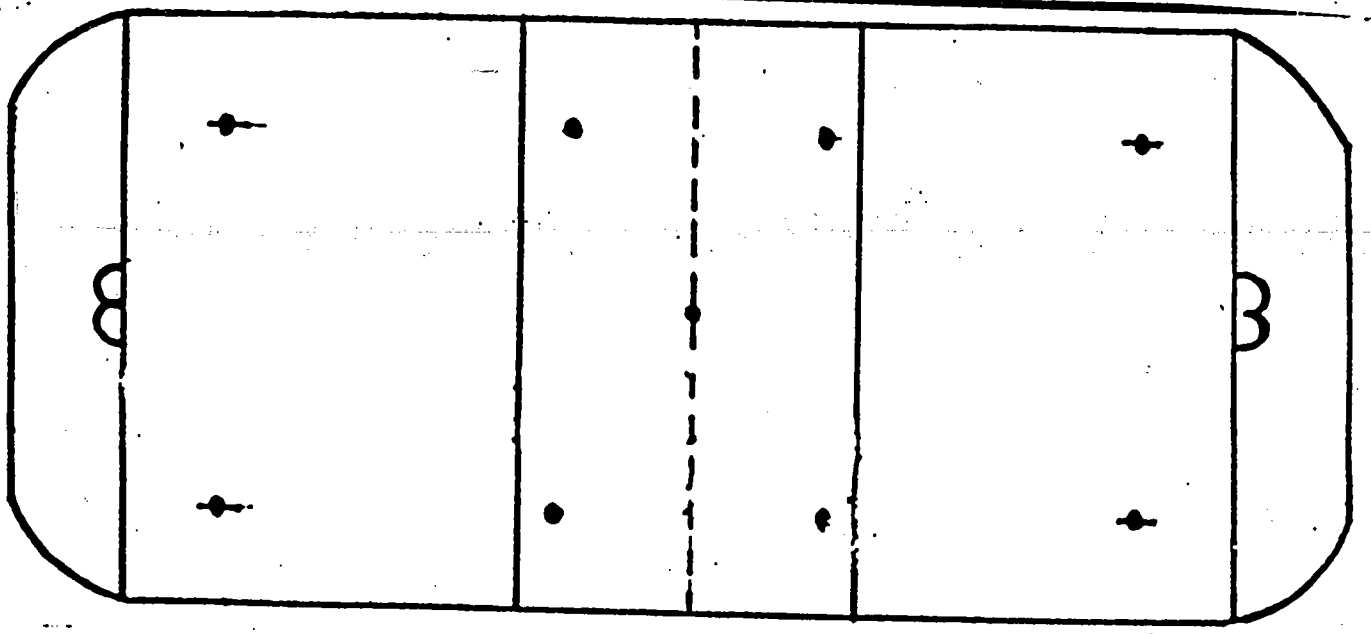
Leave Soft Drop Pass-continue skating  
 Pick-up Drop left By far line

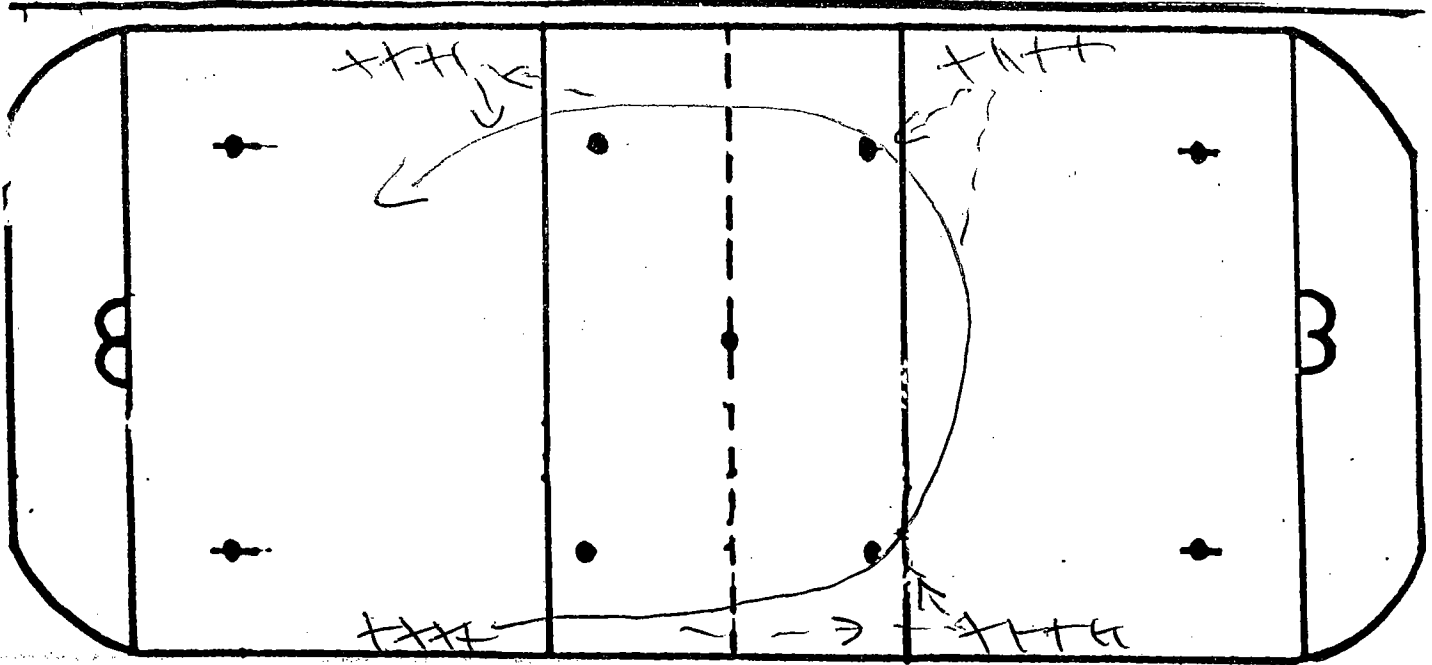


Skate Straight at Faceoff Dot



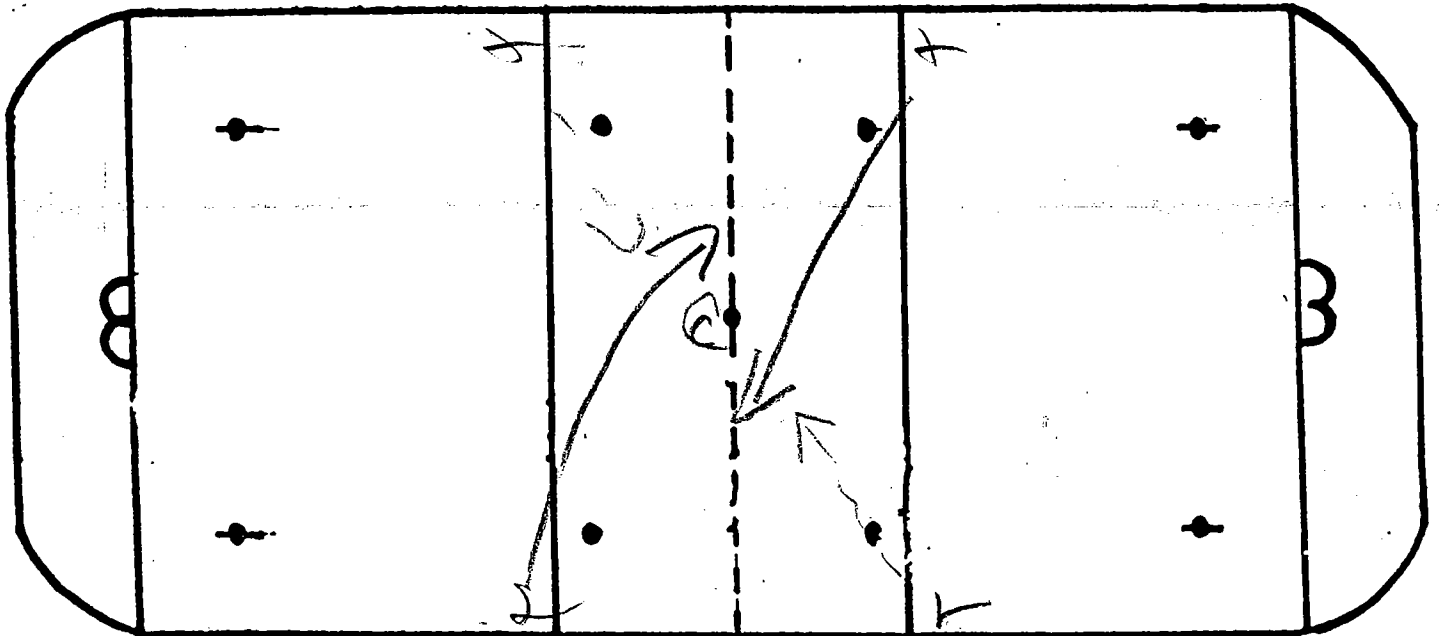
After Pass go to Shoot line  
after Shot go to Pass line





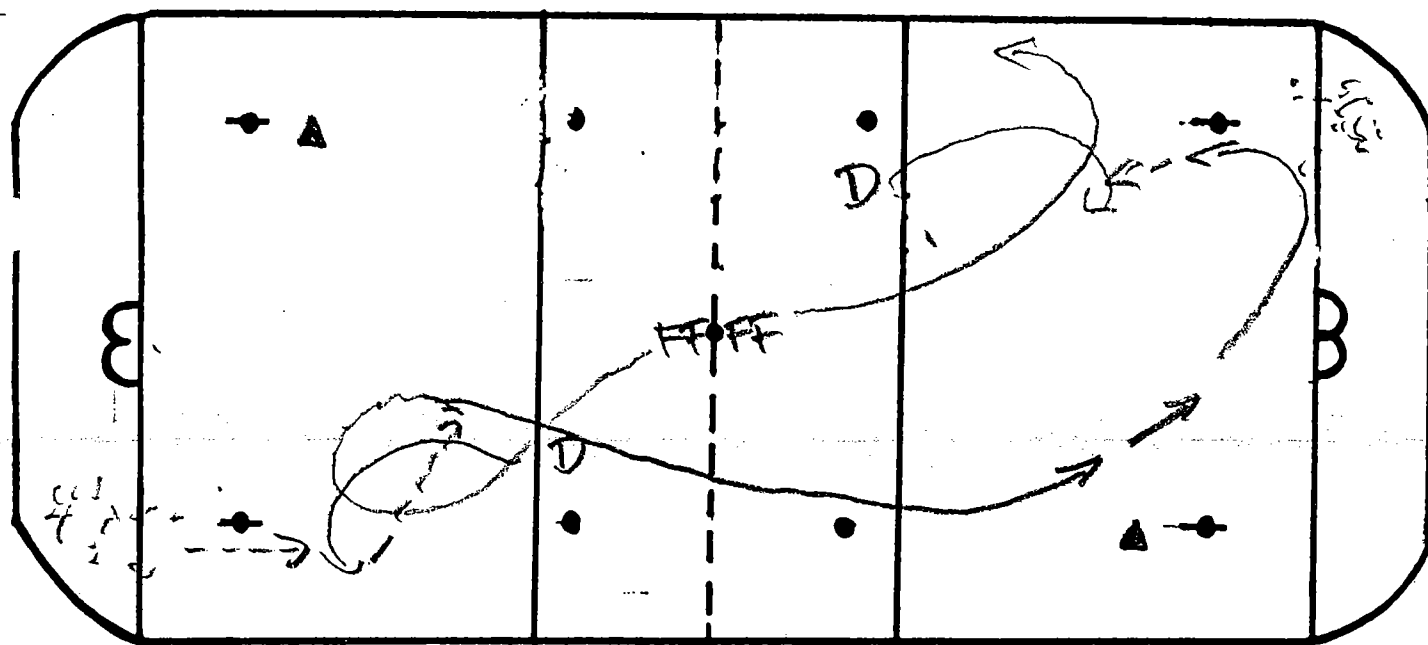
1 Touches all the way around

Invent stuff out of this SET-UP



**Name of Drill:** Give & Go w/ D 1-0

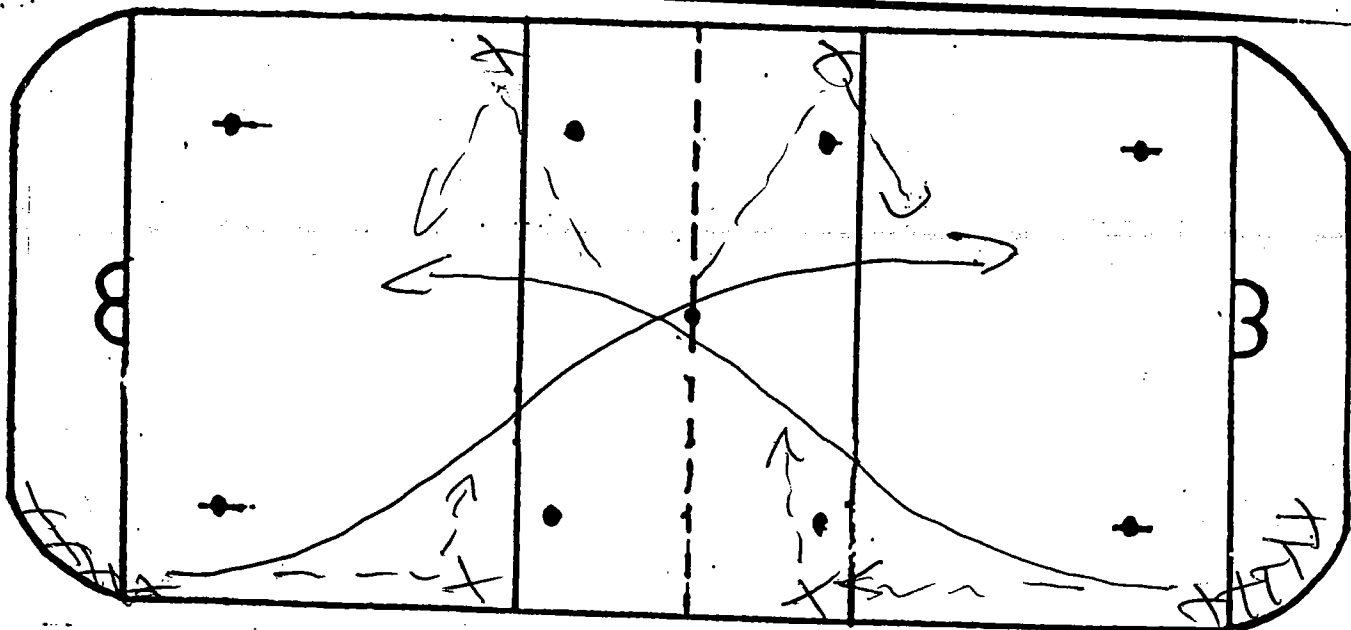
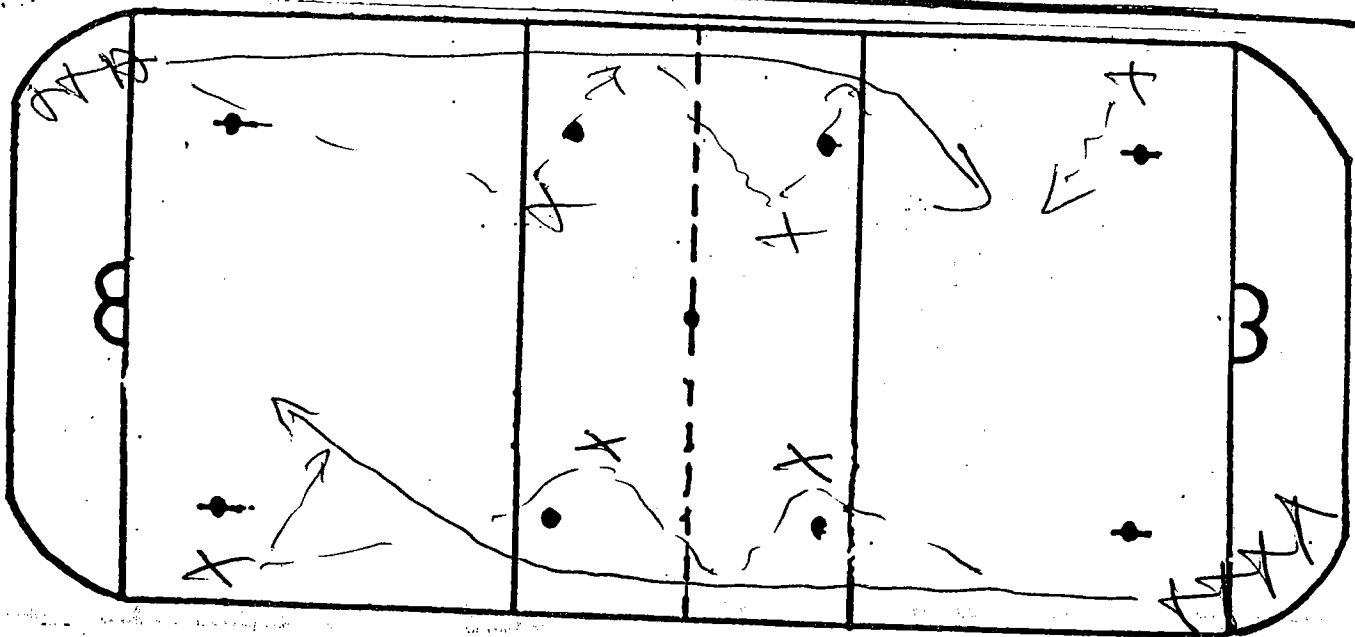
**Description:** After F shoots go to corner get kick  
Pass to D - D can pivot (go) either way  
F - React - get low opposite of D

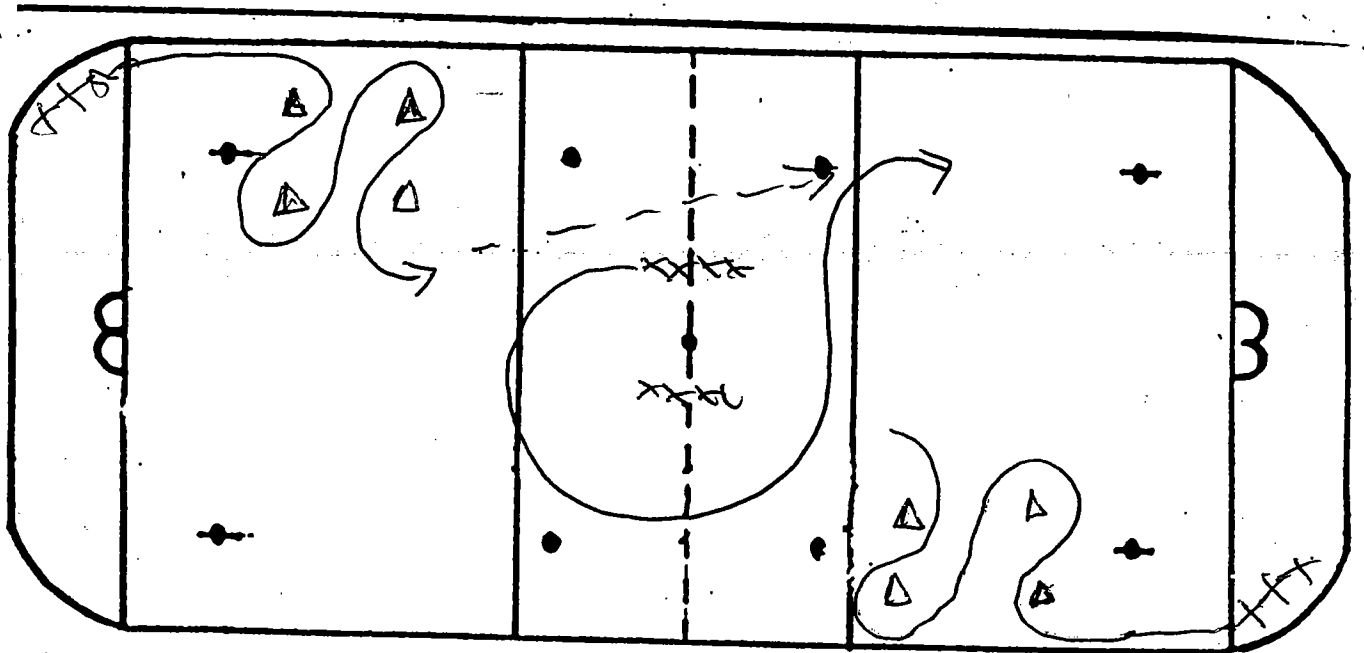
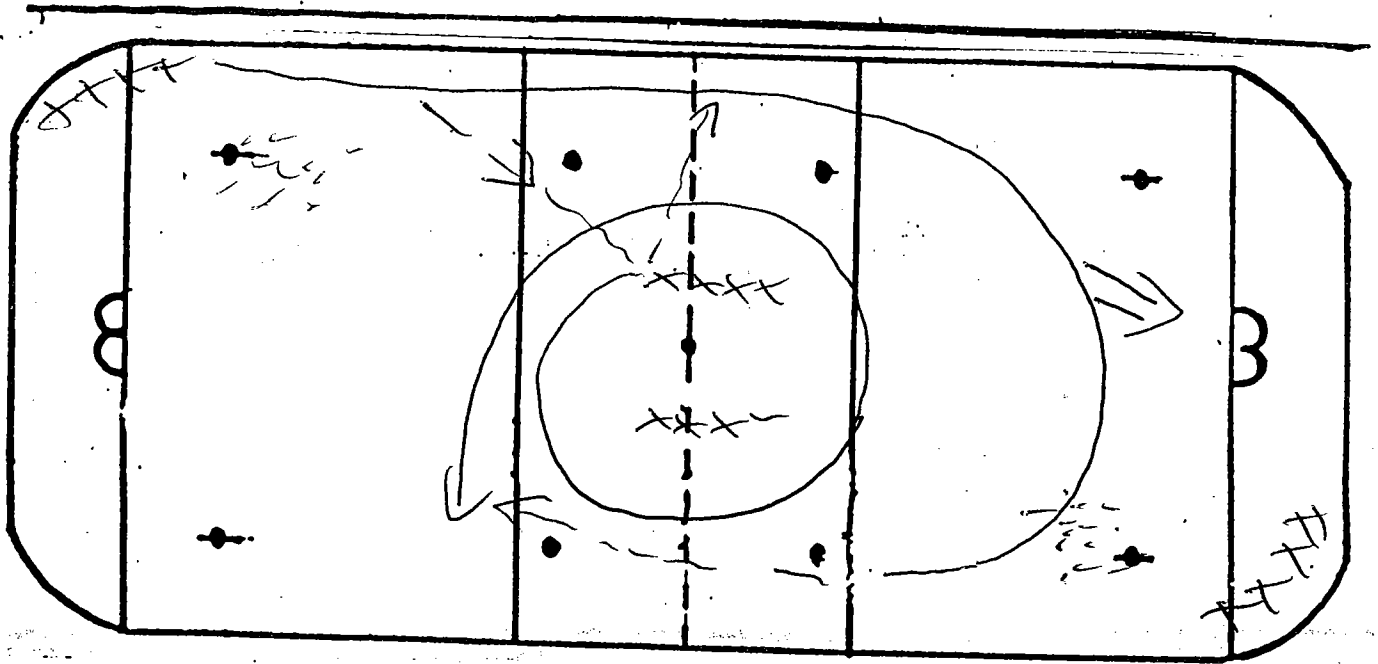


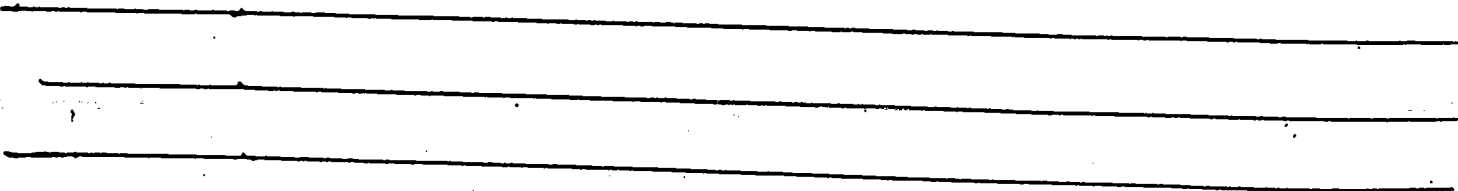
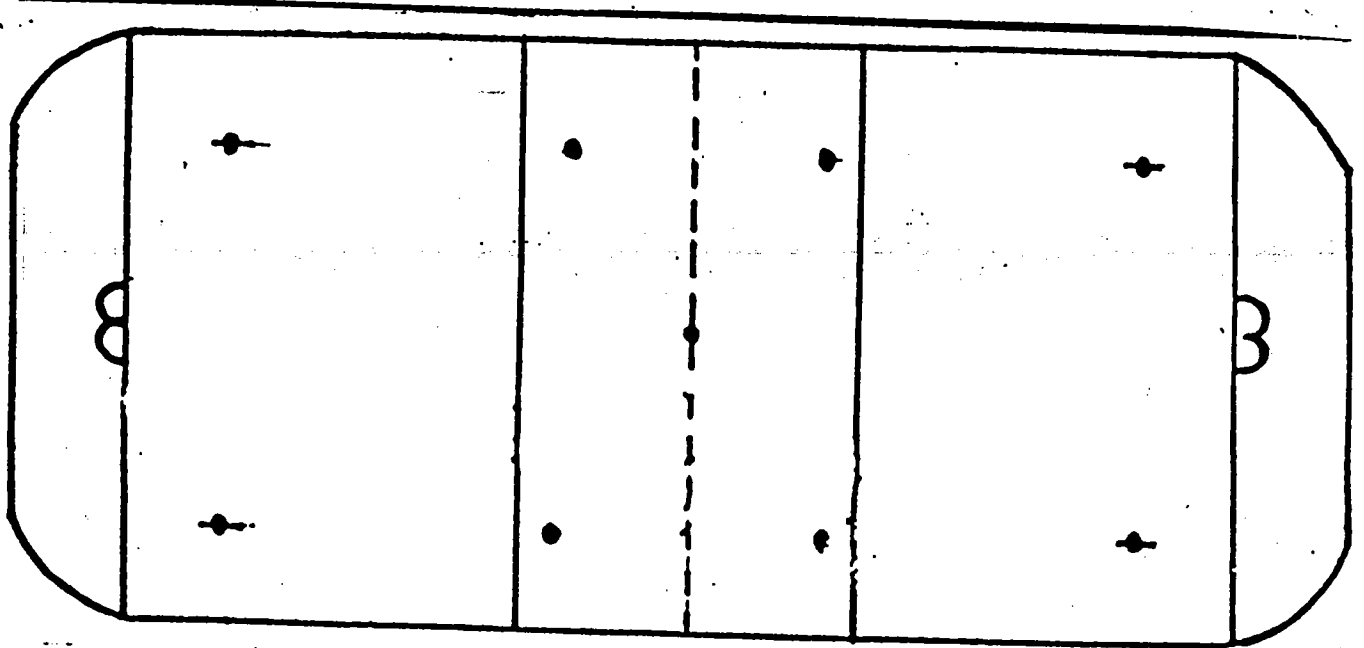
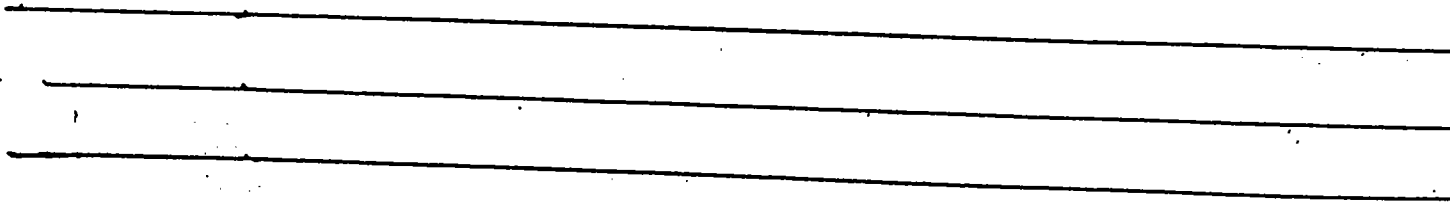
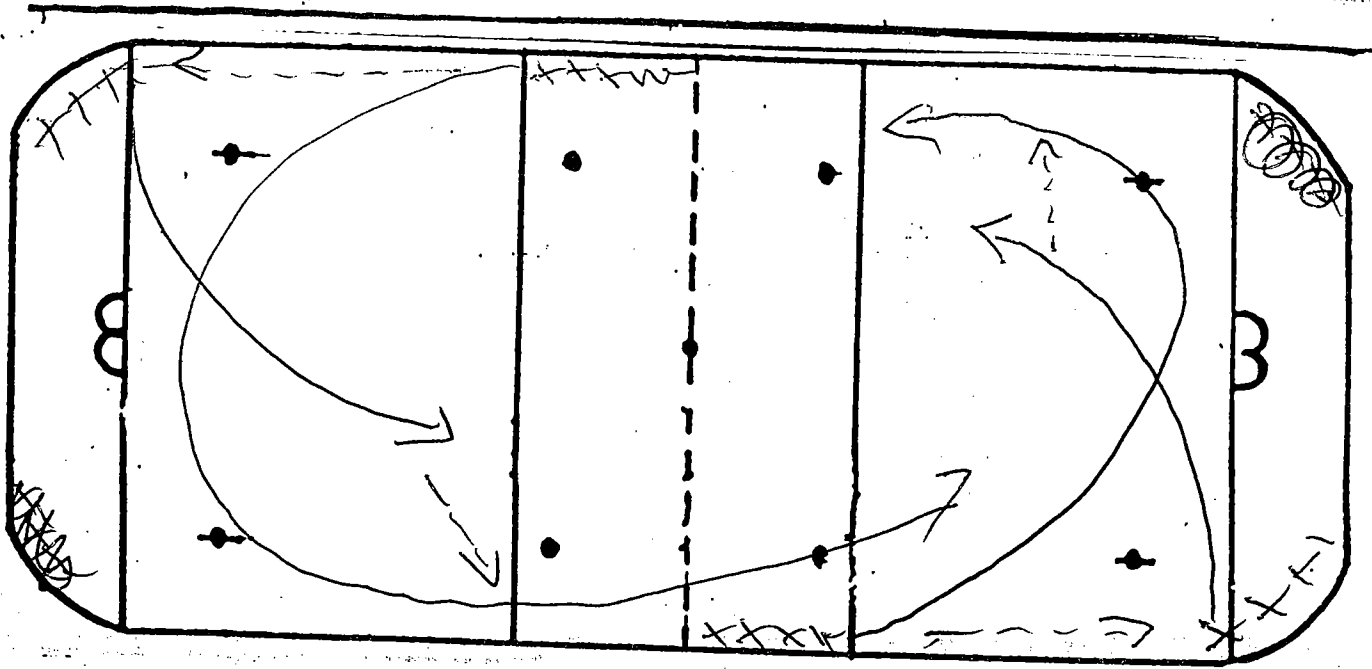
Add (F) Escape Pass to D

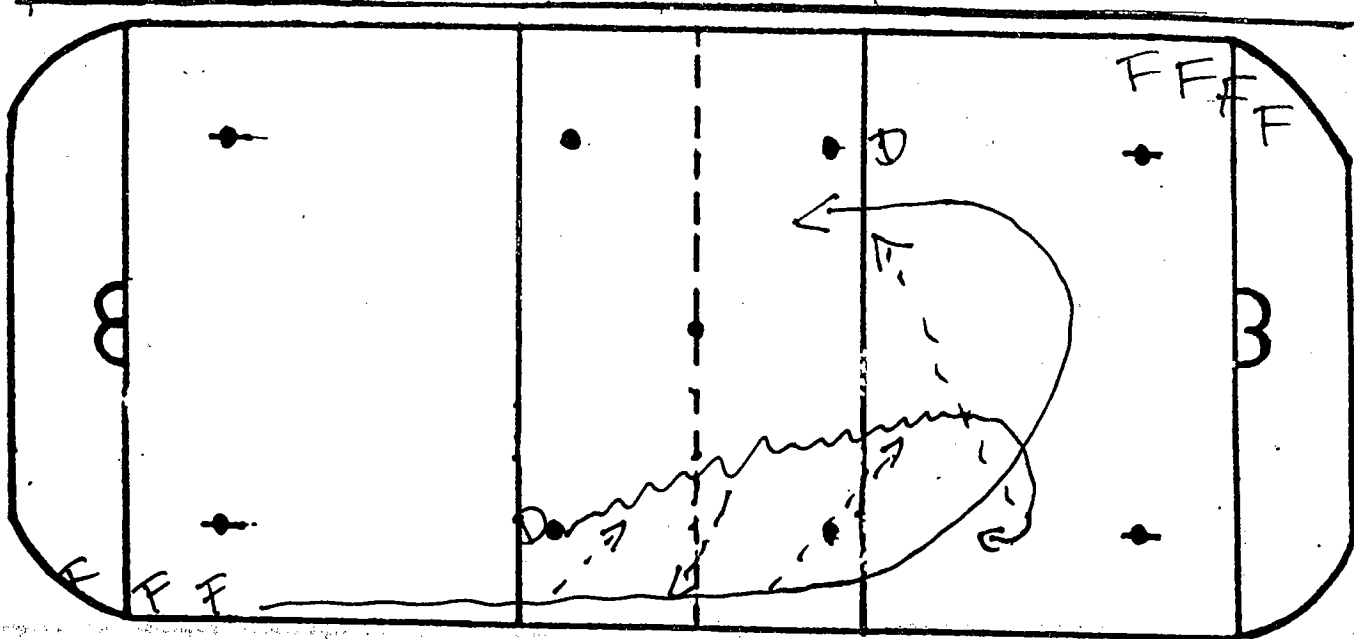
**Comments:**

Etouch

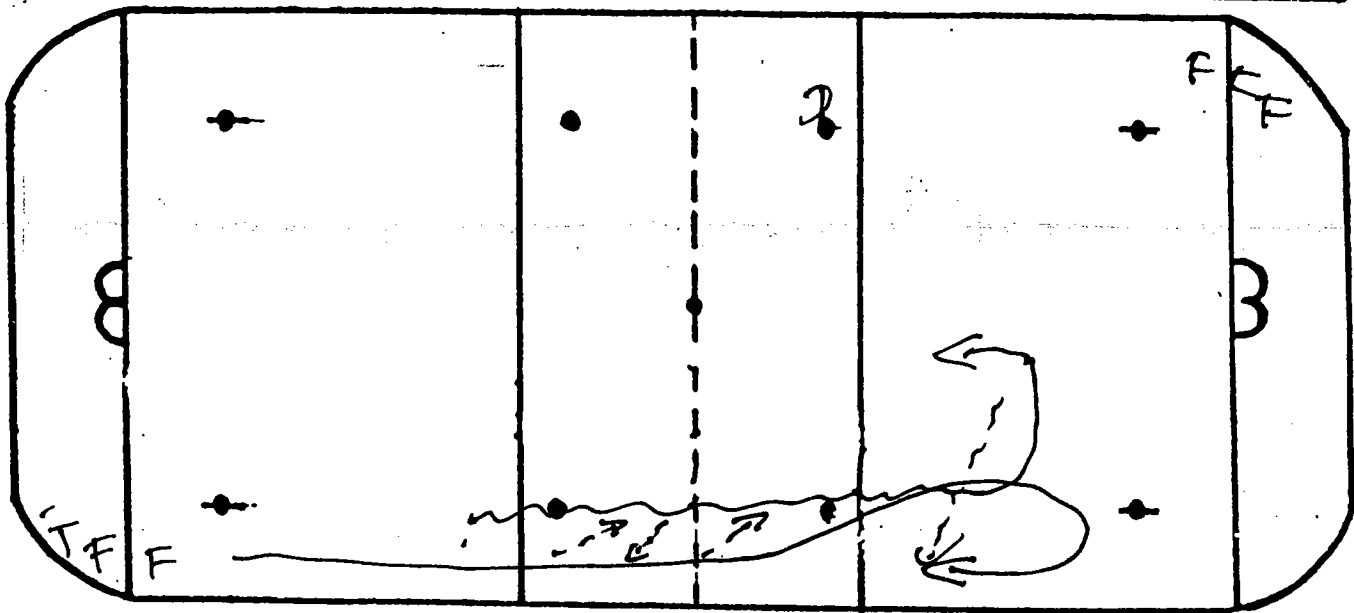








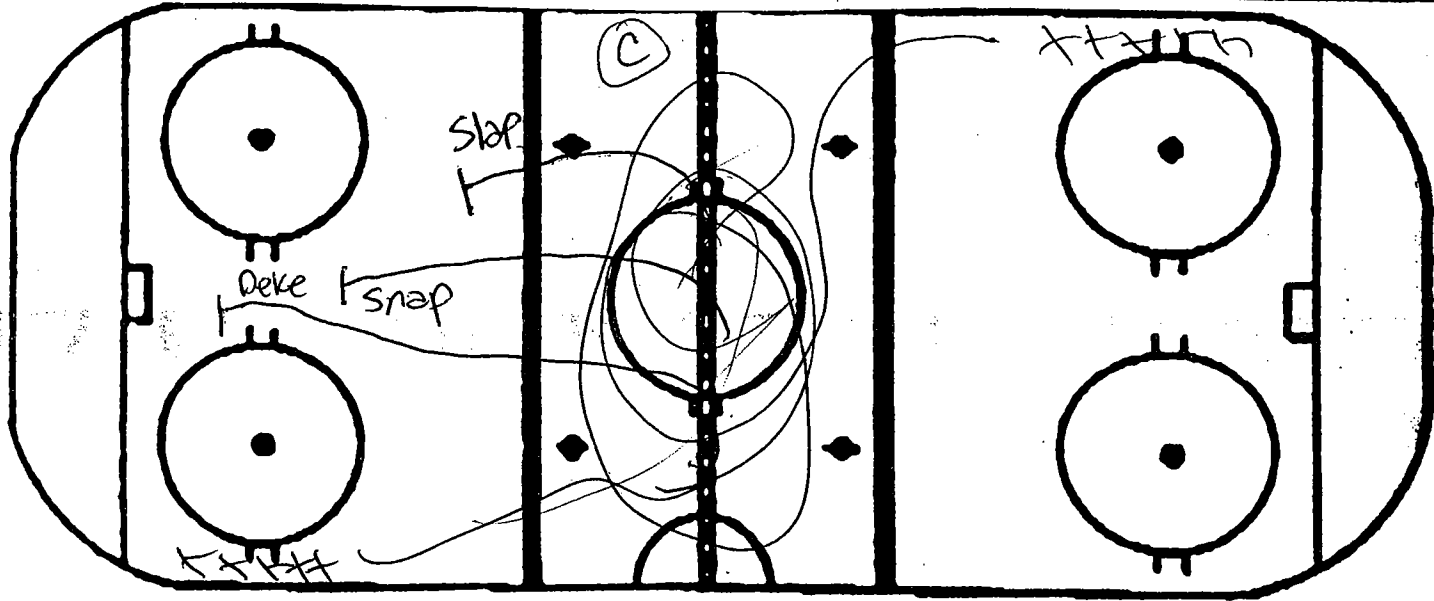
1-0 D-Steps to Boards F Swings wide  
 F<sup>s</sup> Give D a pass at Blue Line - F who shot Now  
 Tips.



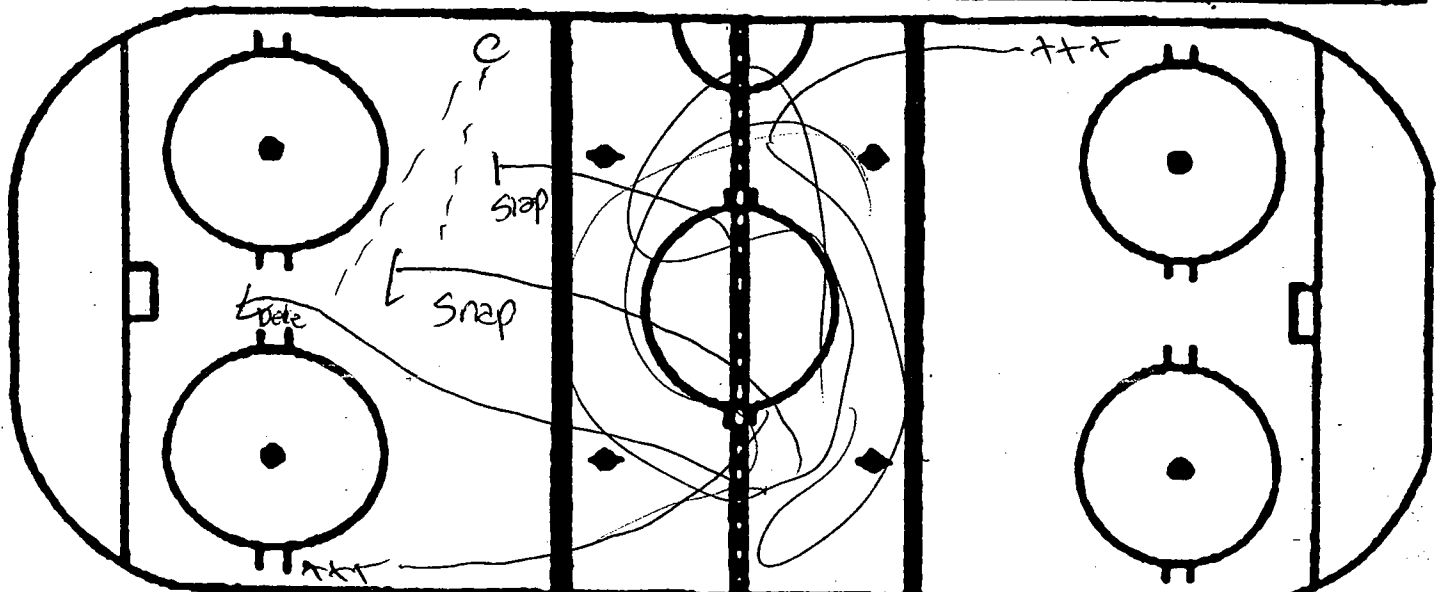
1-0 D-Steps to Middle F-Swings to Boards

# Slap-Snap-Deke

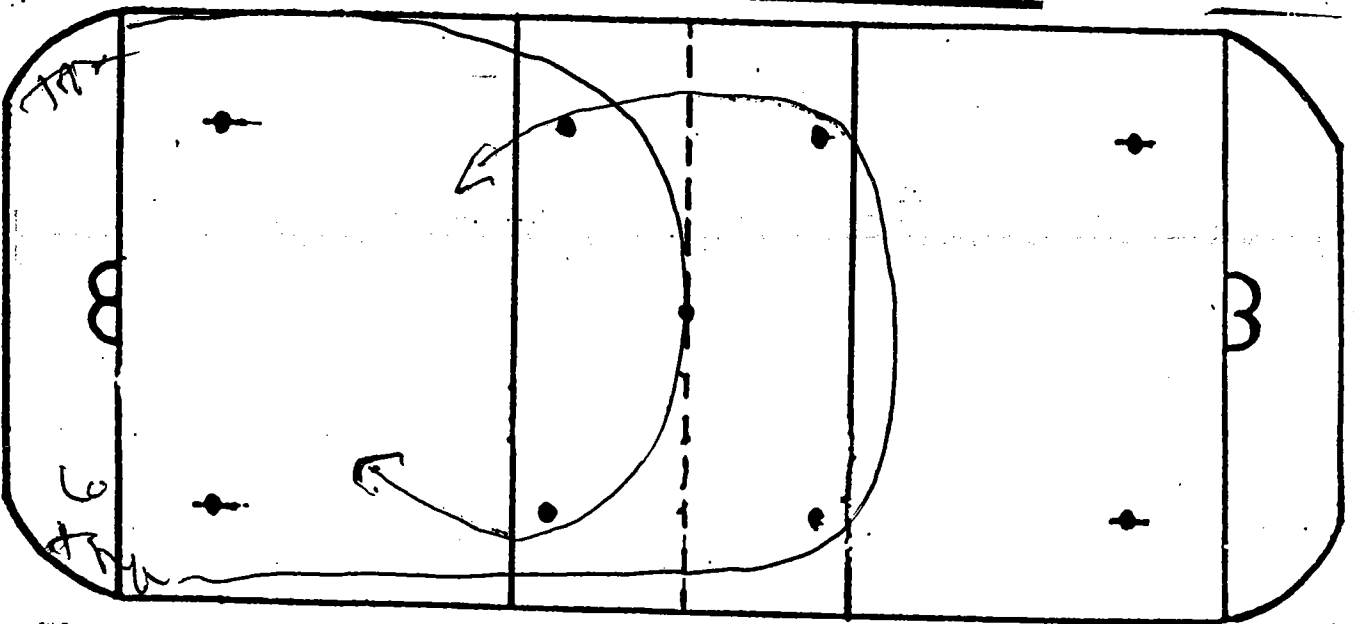
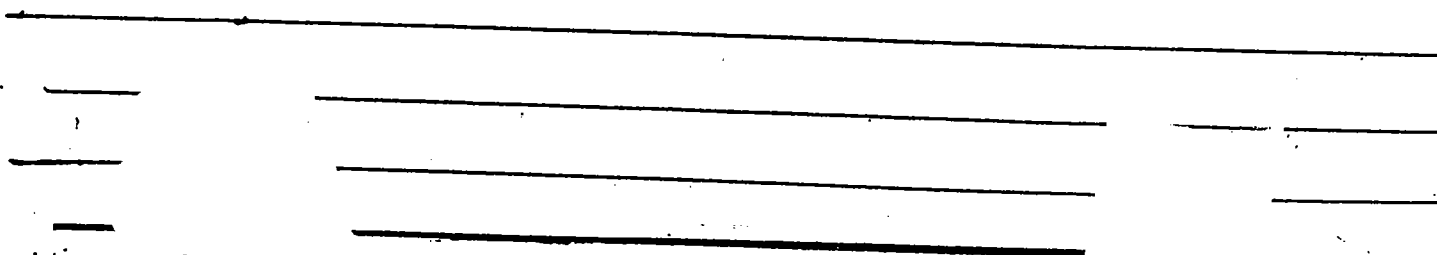
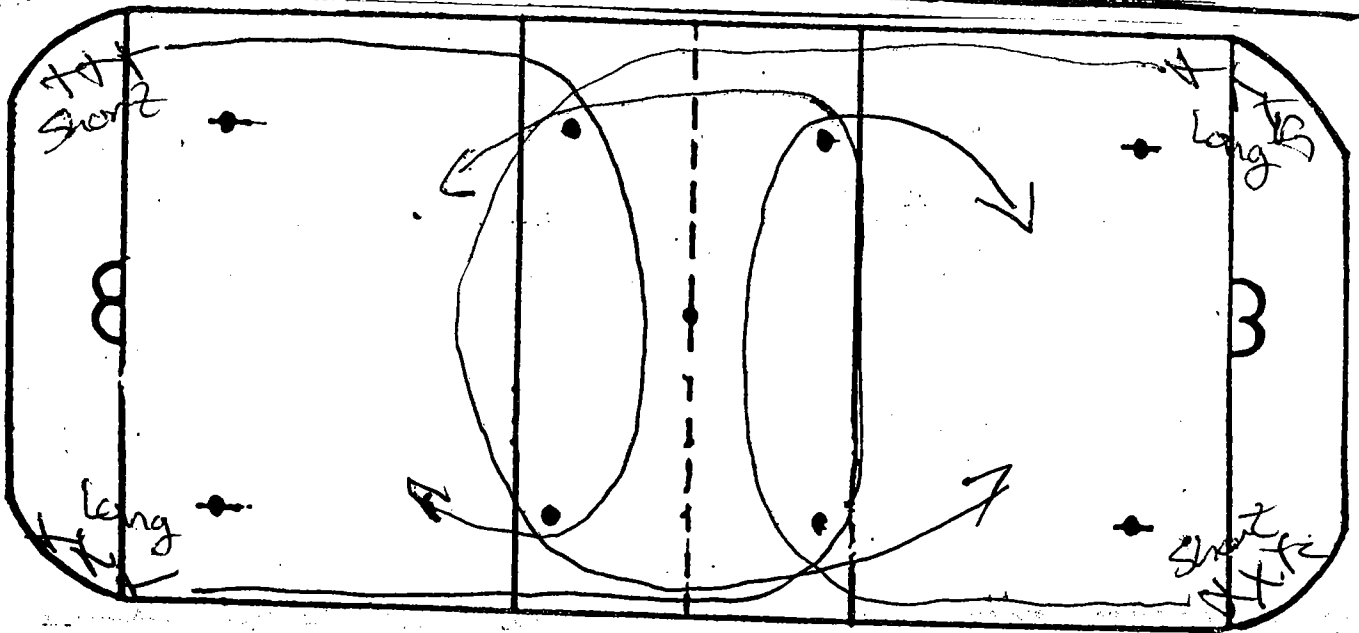
3 guys go when Coach's stick is up.  
Free skate between Blues. When Coach drops stick  
1st in Slap 2nd - Snap 3rd Deke.



Each group of 3 brings in 1 puck & Passes  
on Cue-guy with puck is Slap - Coach passes to next 2.

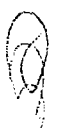


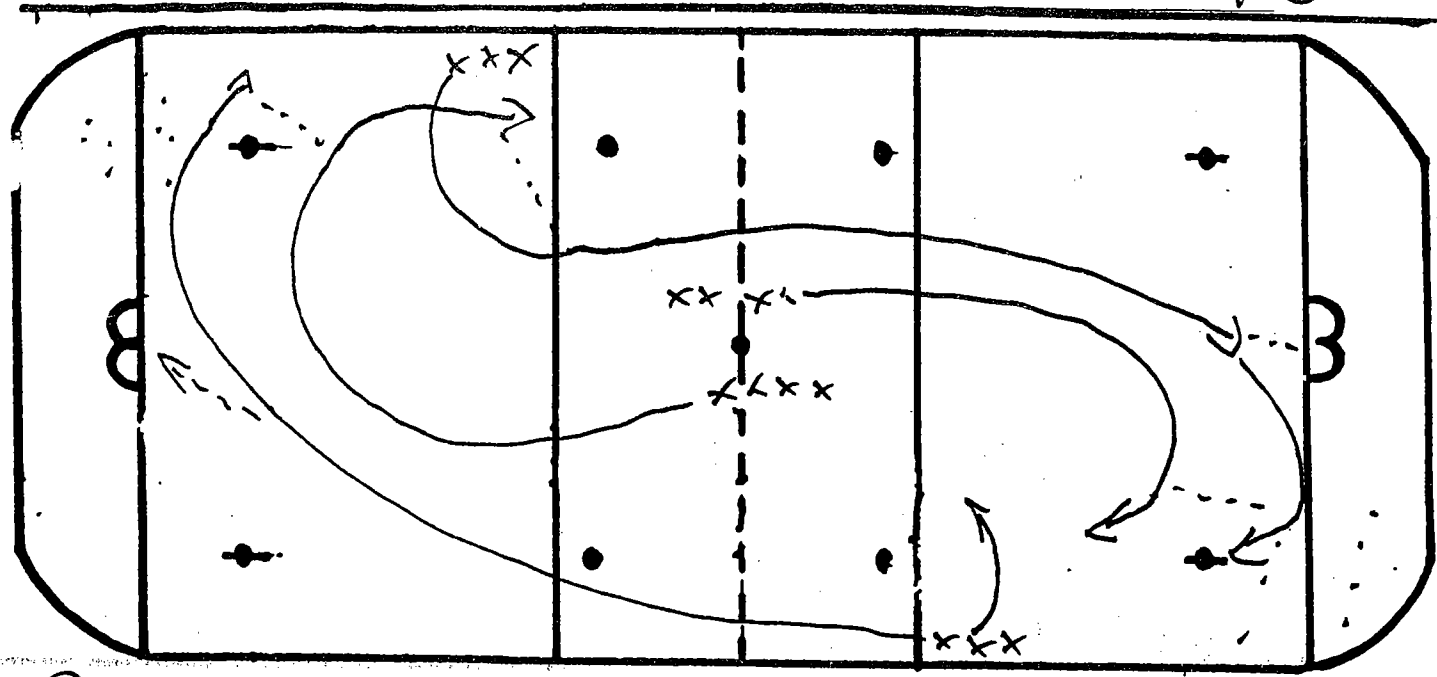
10



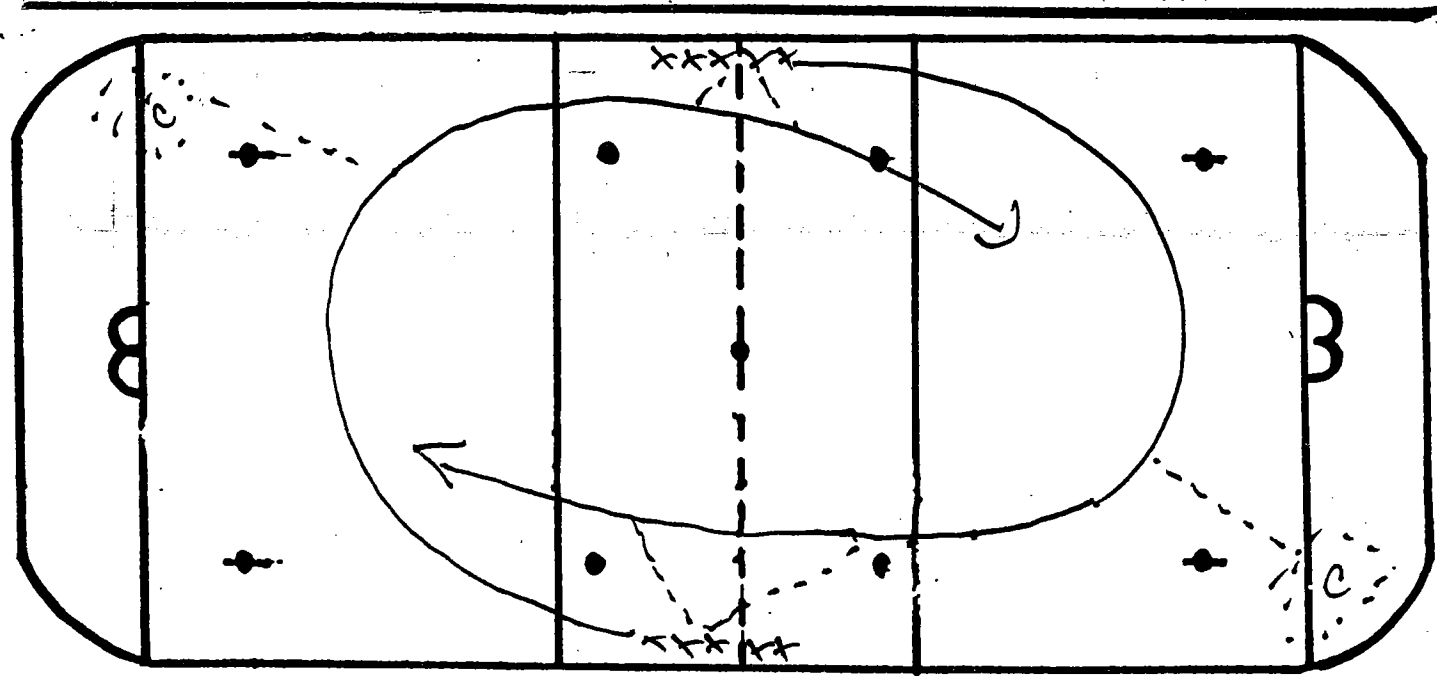
Short - 1<sup>st</sup> Dots

Long - 2<sup>nd</sup> Dots





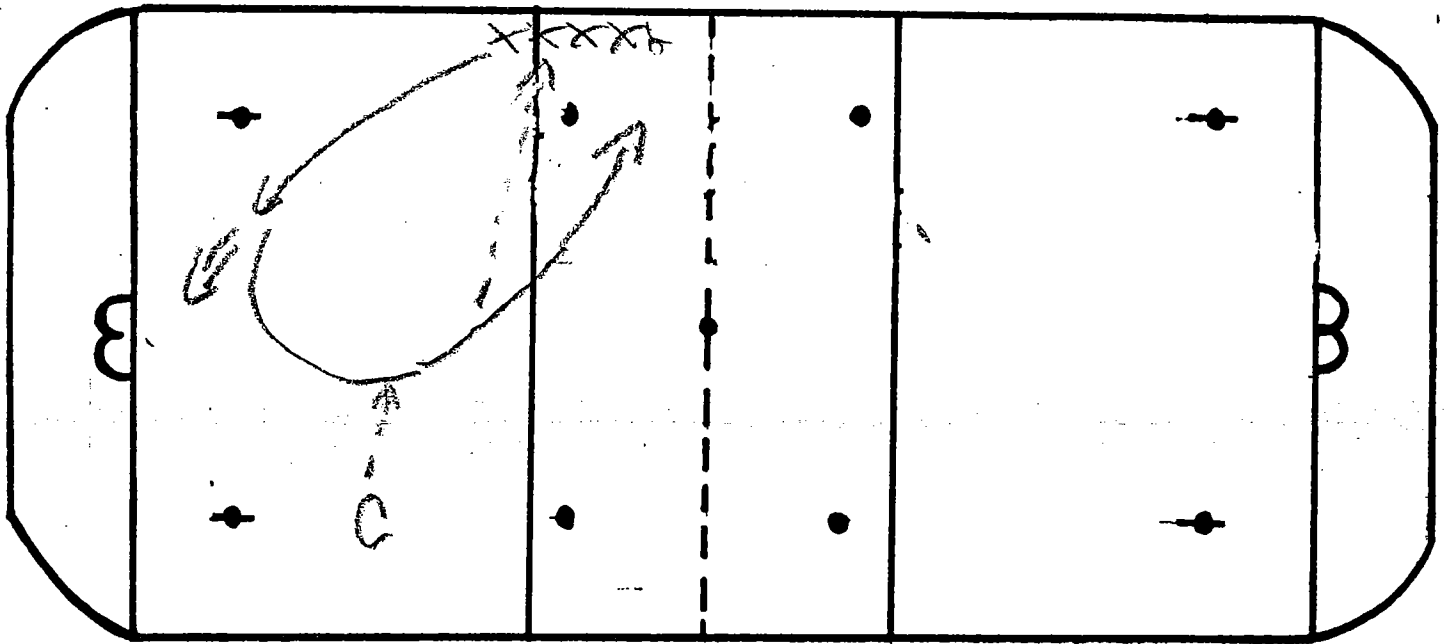
Spartan Special - Both ends - 1 Shoots goes into corner picks up puck, passes to trailer who headmans it to Far line.



Russian X-Over Catch pass from corner, then pass to 1<sup>st</sup> man in line, and receive a/touch return.

**Name of Drill:**

**Description:** 1/2 Ice

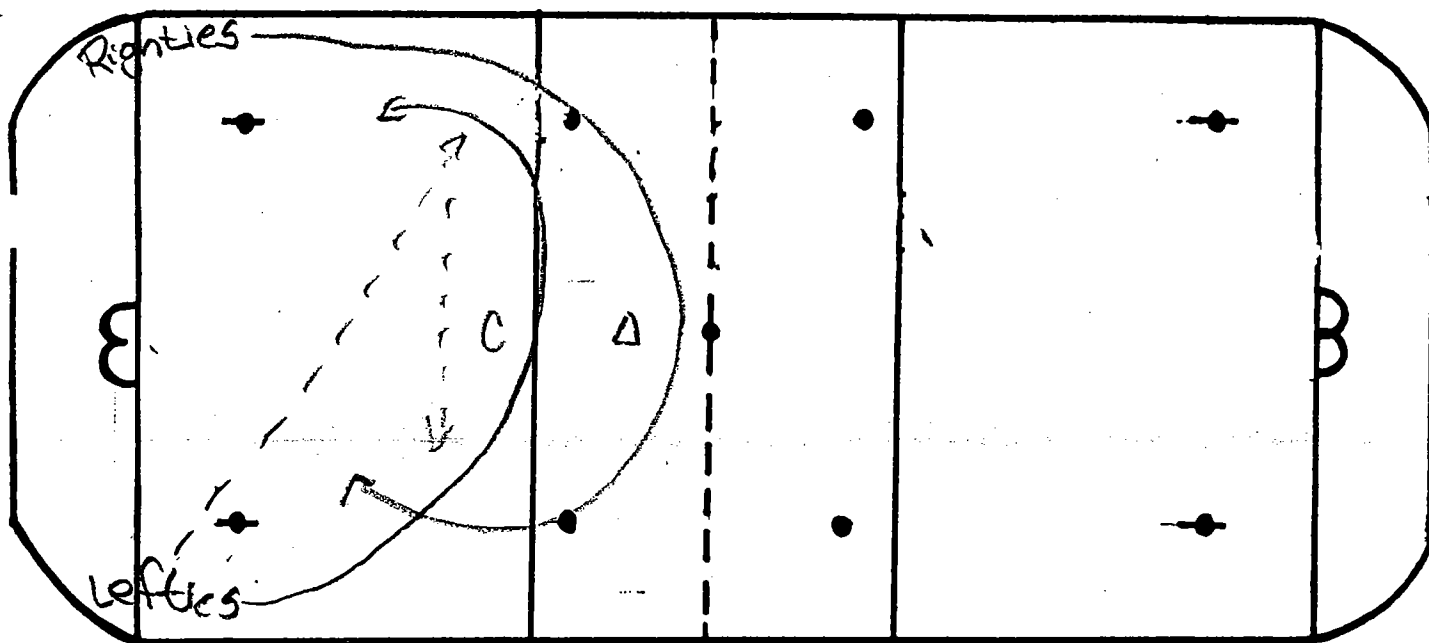


**Comments:**

Name of Drill: 1/2 Ice 1-Timer

Description:

1-Line Skates Lower (around coach)  
Other line to center  
Low line Passes to ---  
Return Pass for 1-Timer (or Return)



Comments: ANDY LIKES

**Name of Drill:**

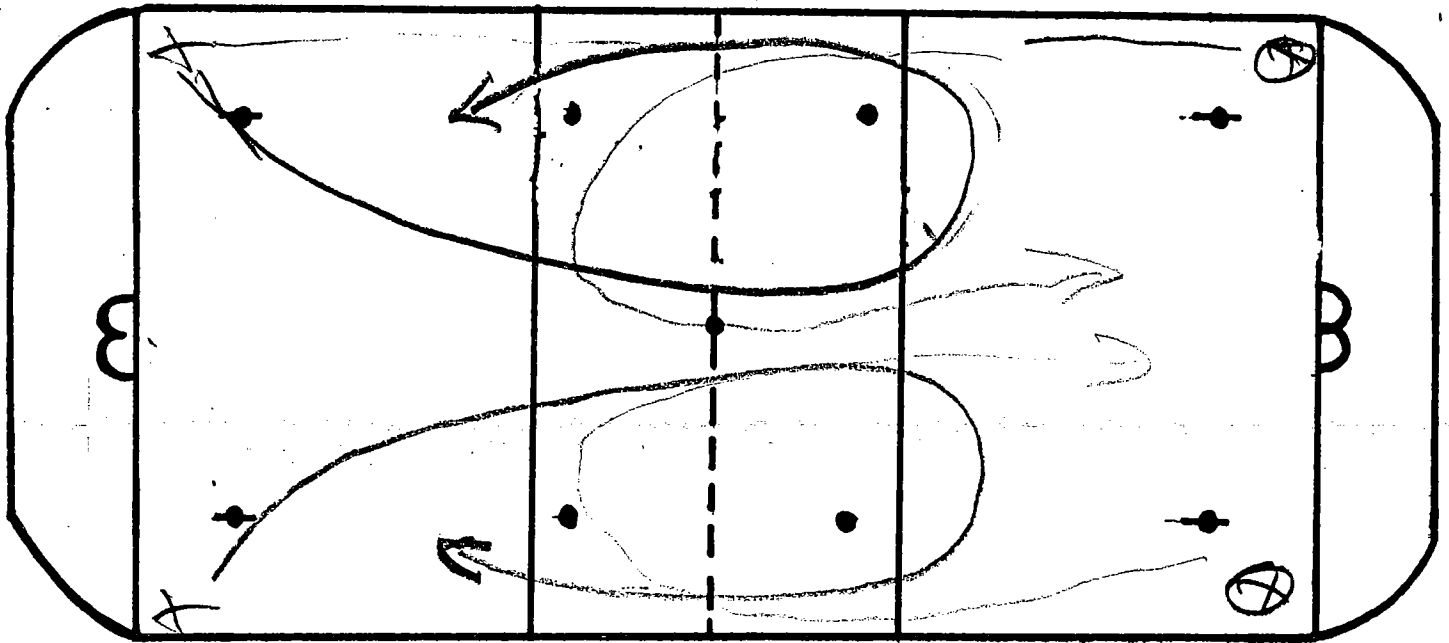
Chaos  
Narrow Wide

200

**Description:**

X - Narrow to Far Blue  
wide in

O - Wide to Far Blue  
Narrow in

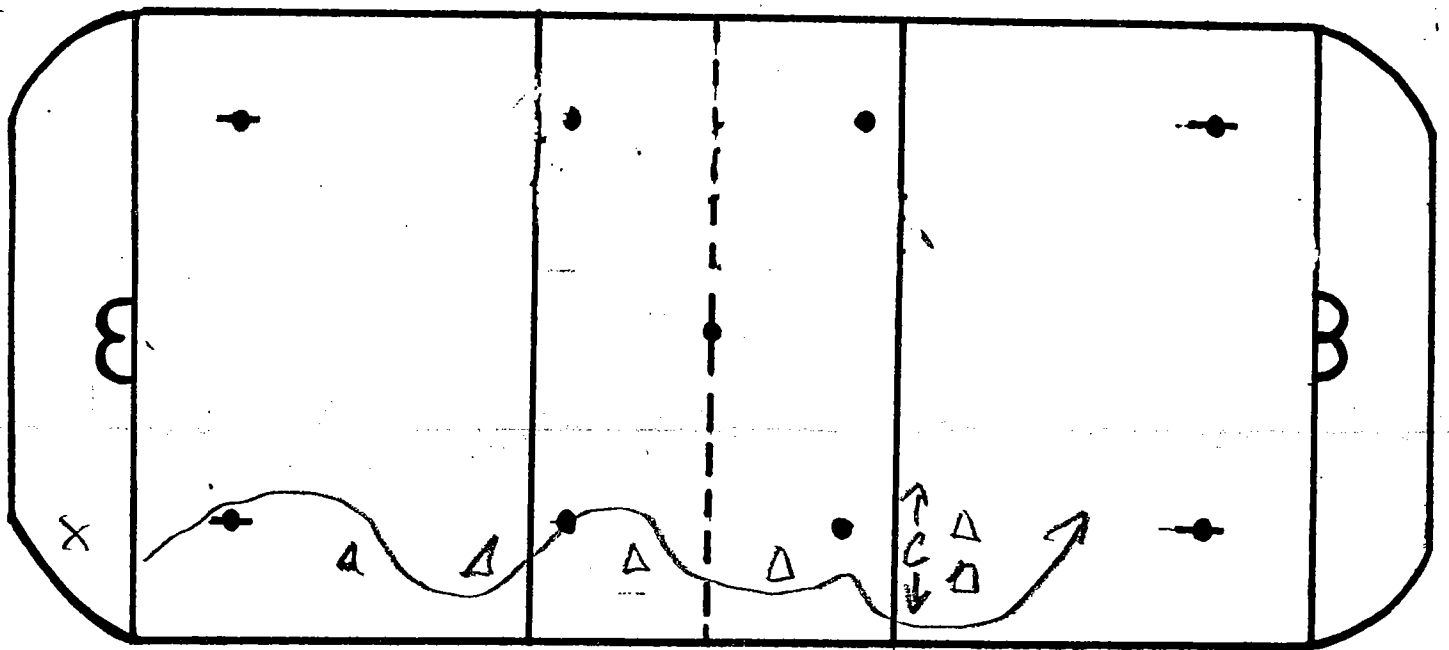


**Comments:**

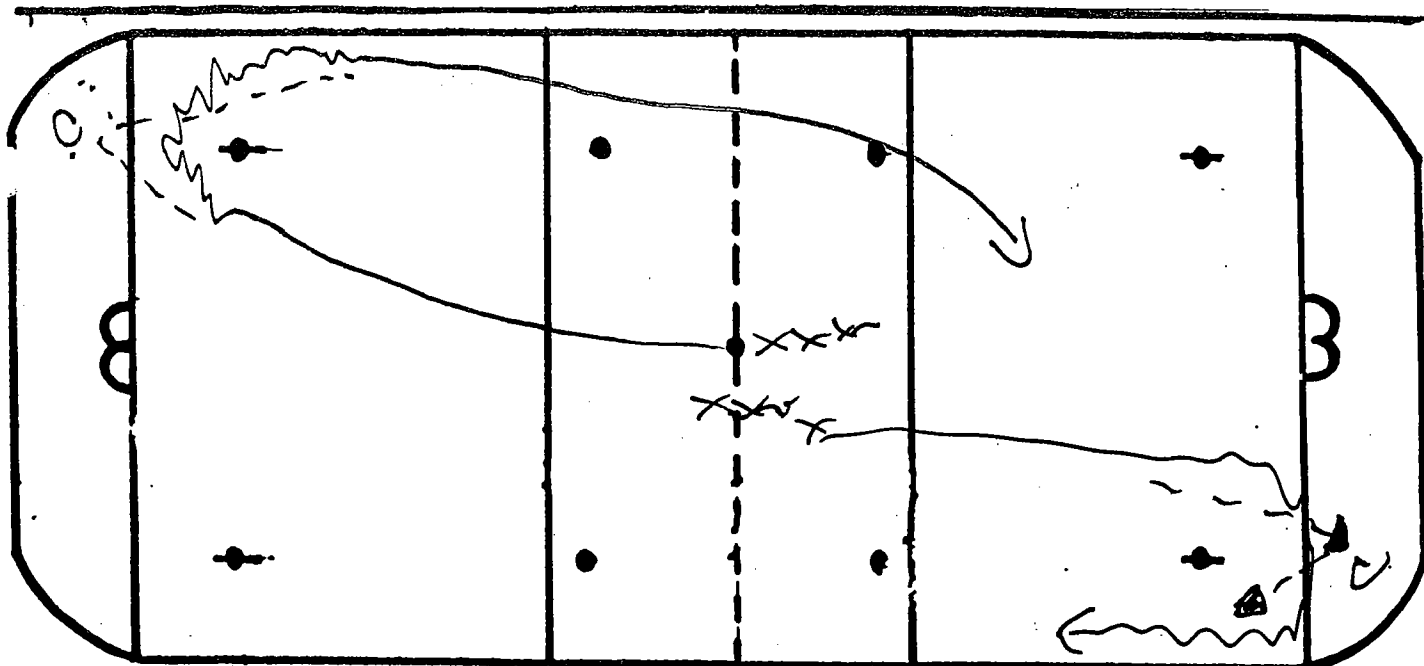
**Name of Drill:**

**Description:**

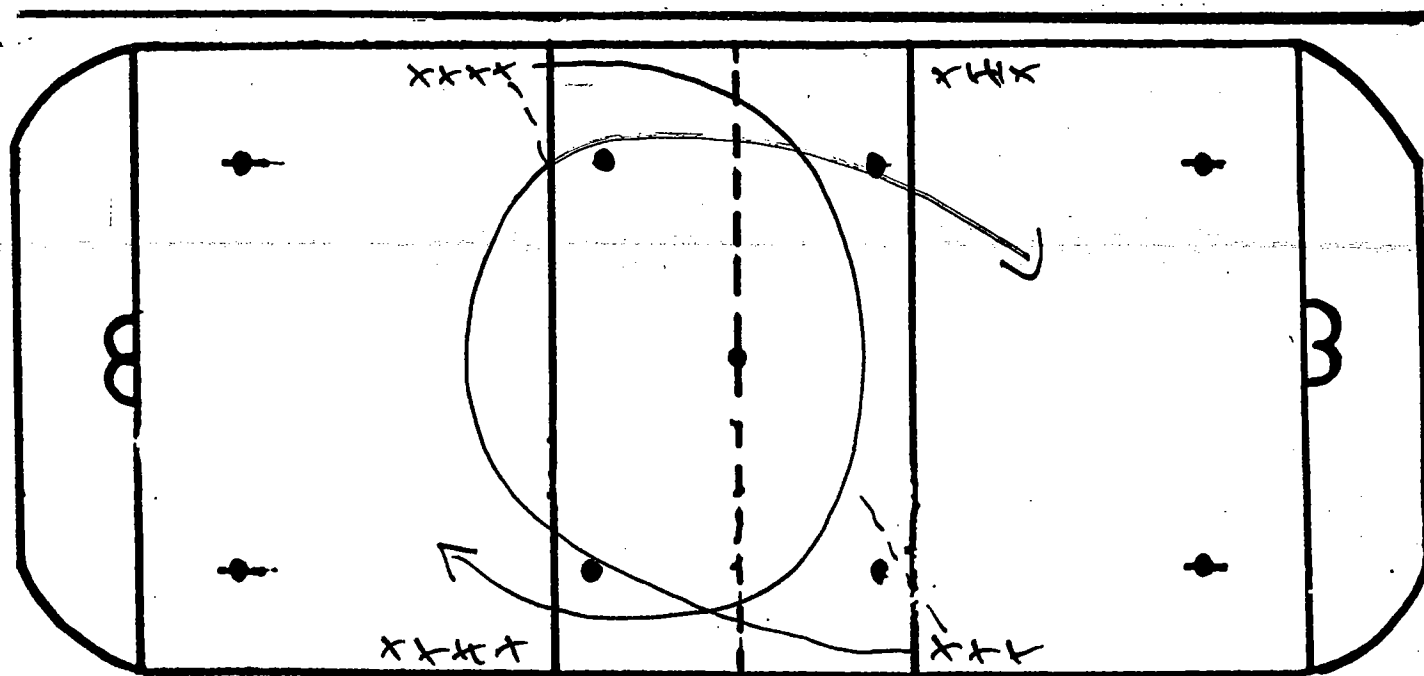
*Reed which way coach points*



**Comments:**



Pivot - Skate towards corner, pass to coach  
pivot backwards, receive return pass.

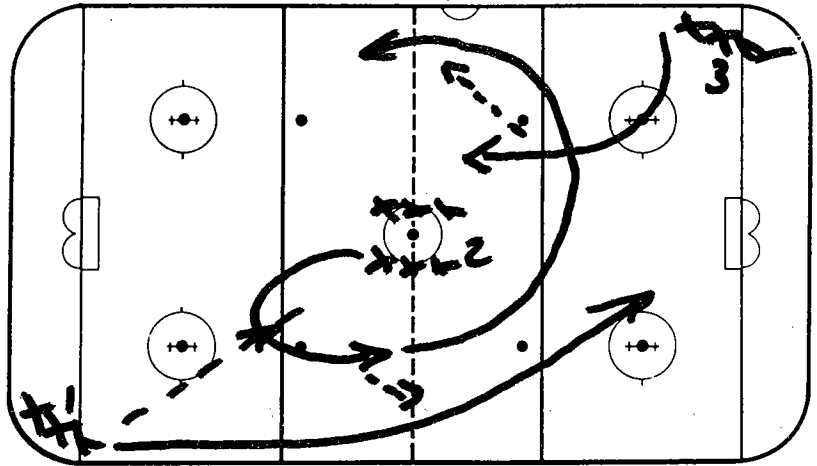


Opposite sides go at same time arch Deep  
Yell name & catch pass!

# Drill Form

Drill Name \_\_\_\_\_

x<sup>1</sup> passes to x<sup>2</sup>  
x<sup>2</sup> moving  
x<sup>1</sup> gets return from  
x<sup>2</sup> - Shoots  
x<sup>2</sup> follows Deep  
x<sup>3</sup> Steps out Passes



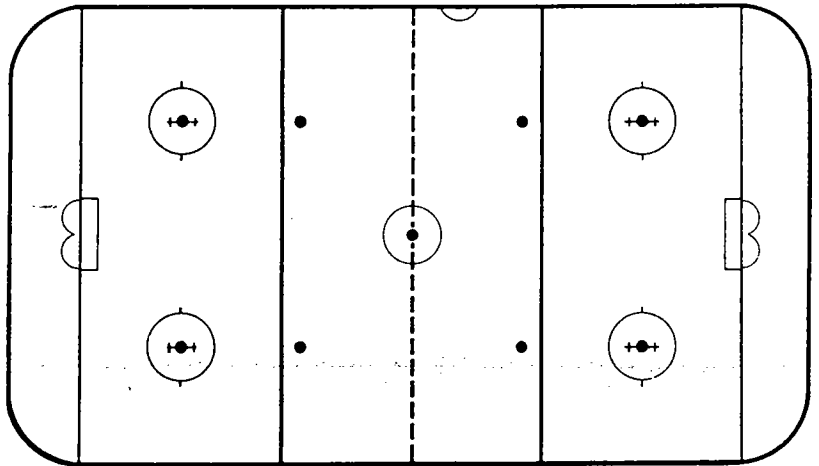
x<sup>3</sup> goes to end of

x<sup>2</sup> Line

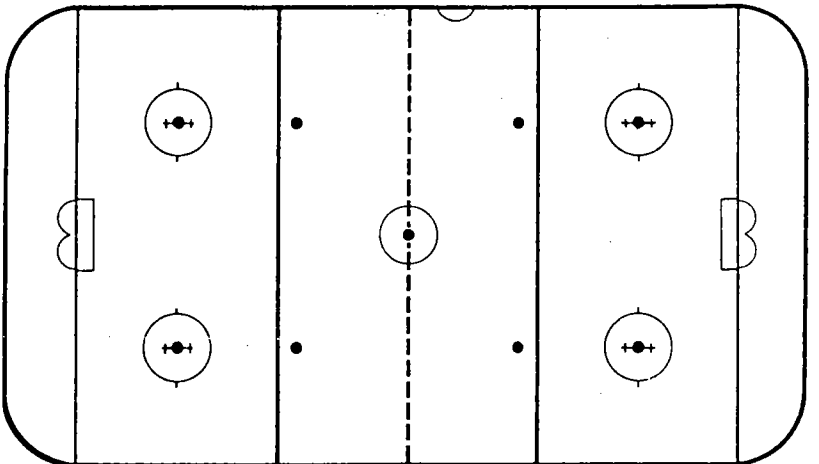
x<sup>1</sup> to x<sup>3</sup>

x<sup>2</sup> to x<sup>1</sup>

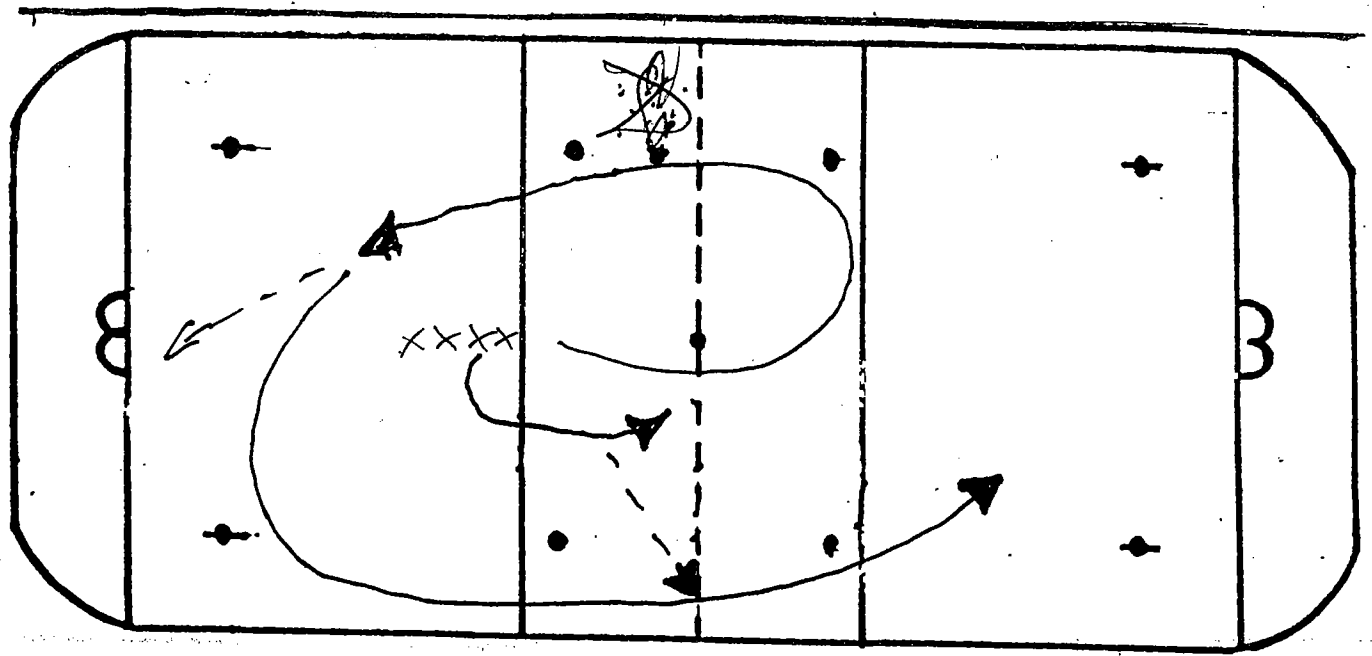
Drill Name \_\_\_\_\_



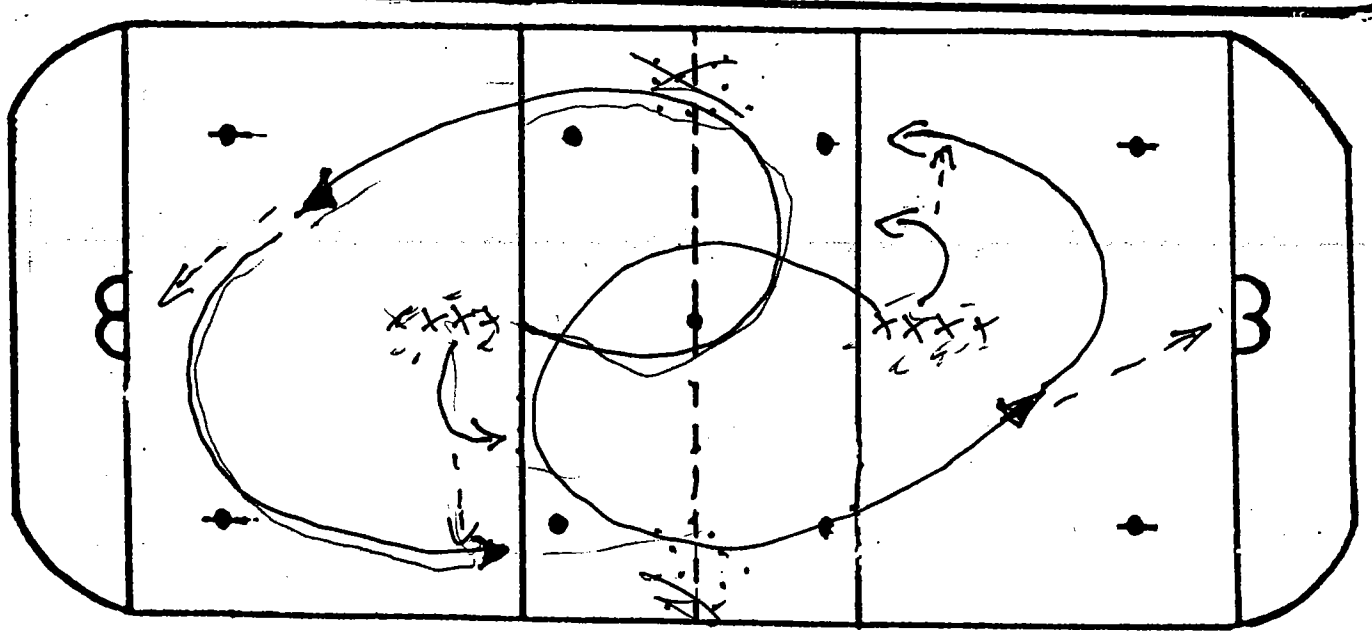
Drill Name \_\_\_\_\_



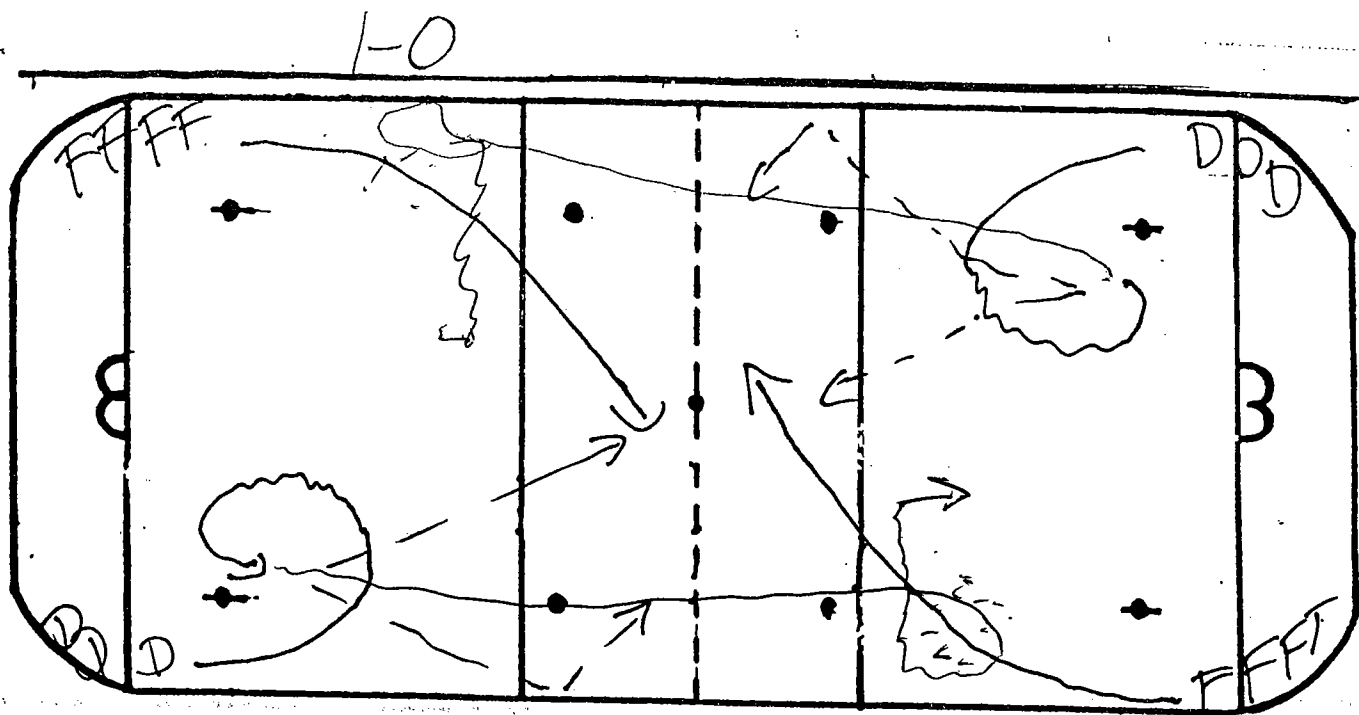
1-0



1-0 Shot Drill

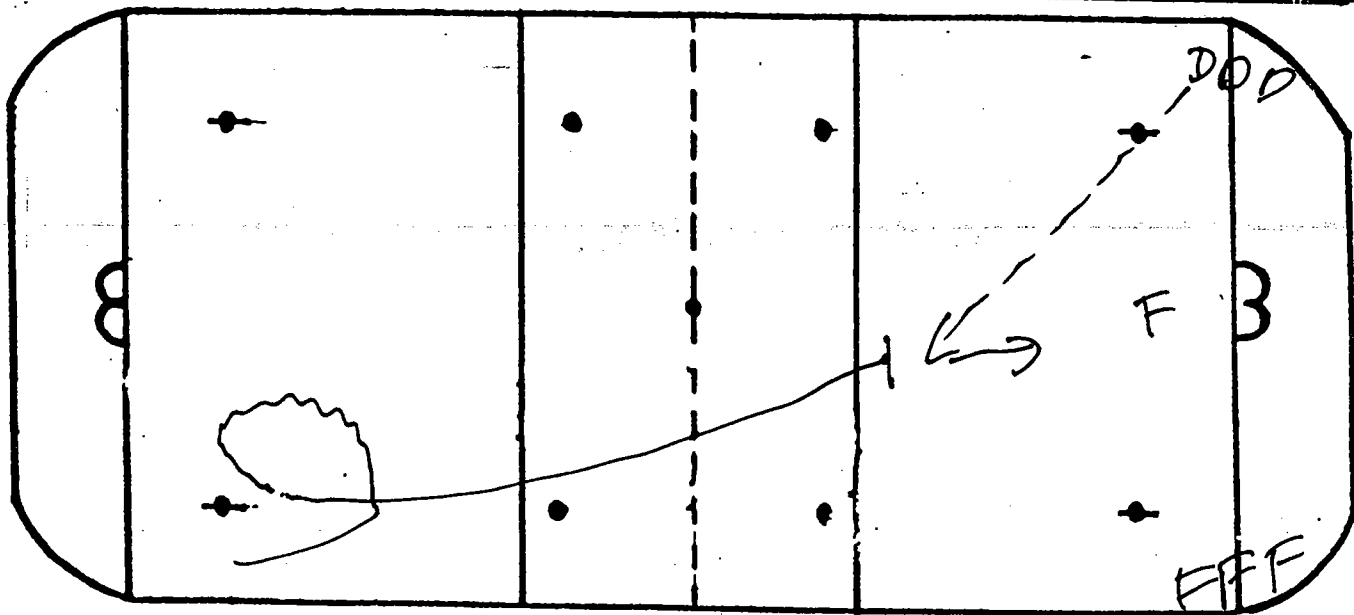


Player feet must be moving when making pass.



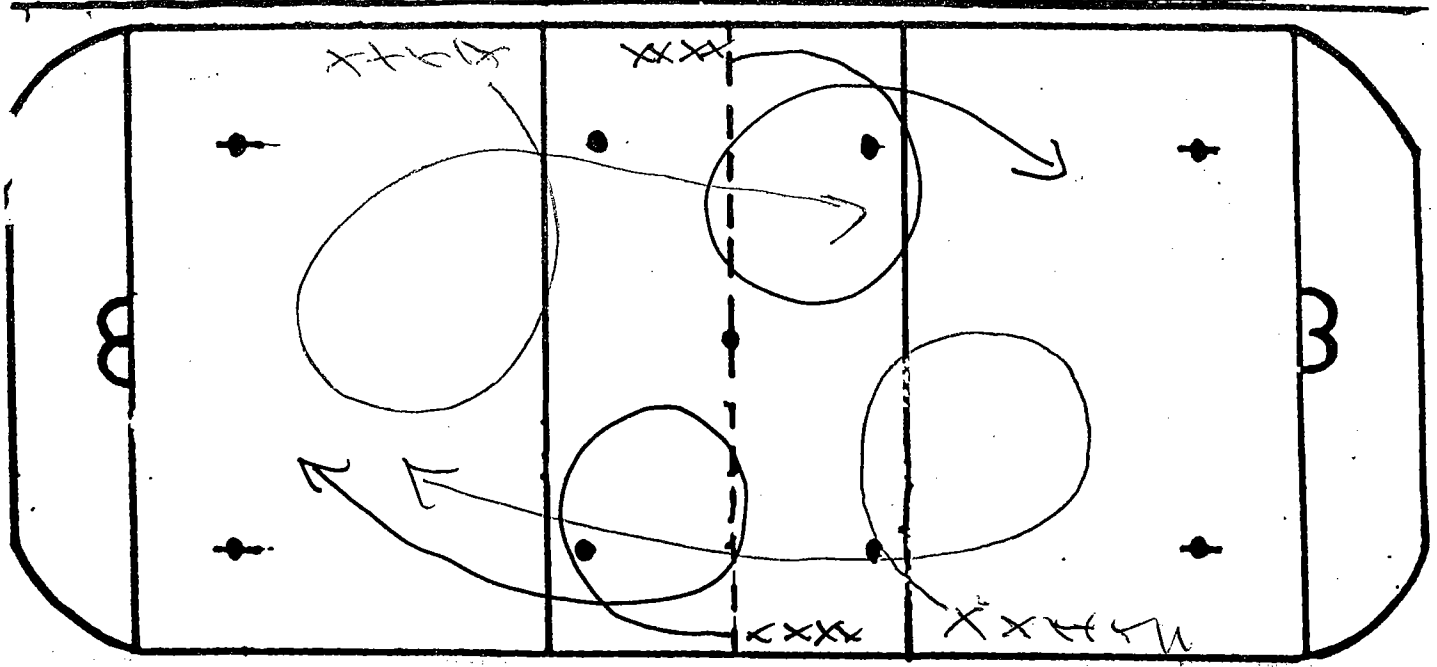
2nd Puck for D inside blue line

Back up & Shoot or Pass from F next in line!

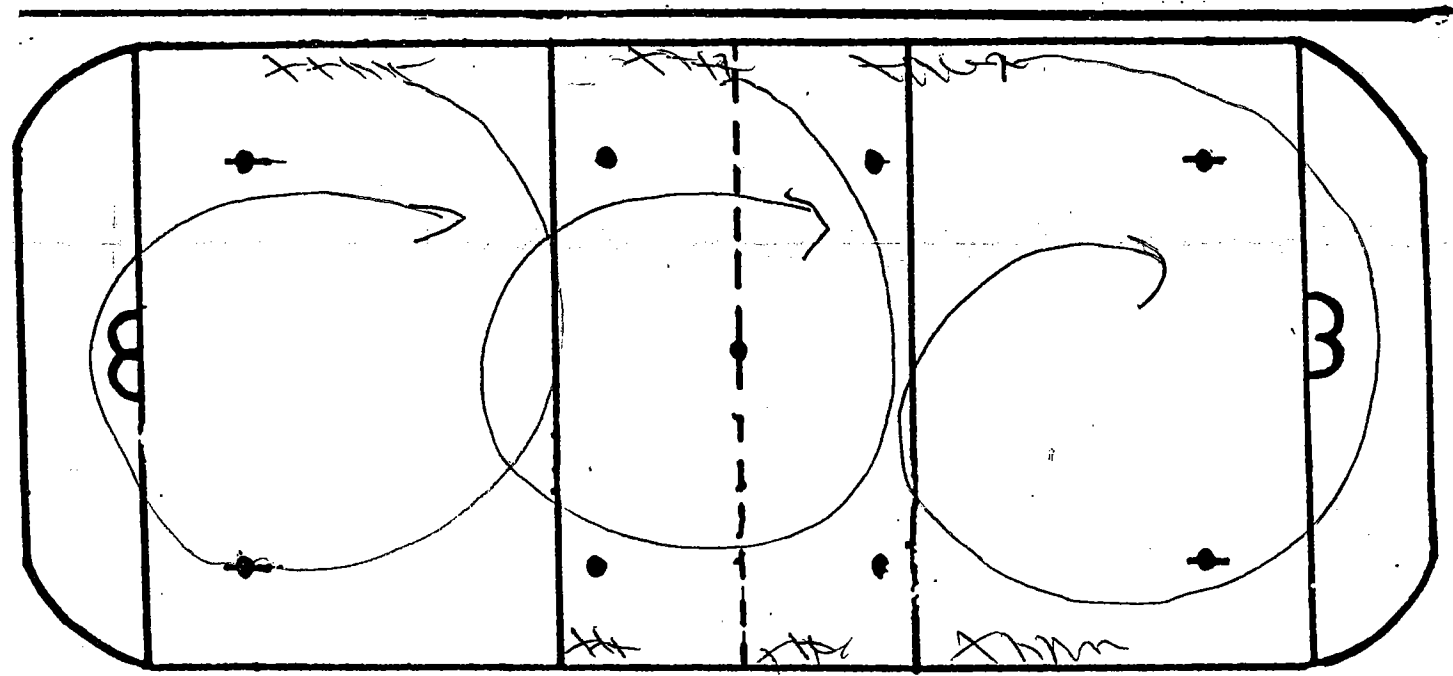


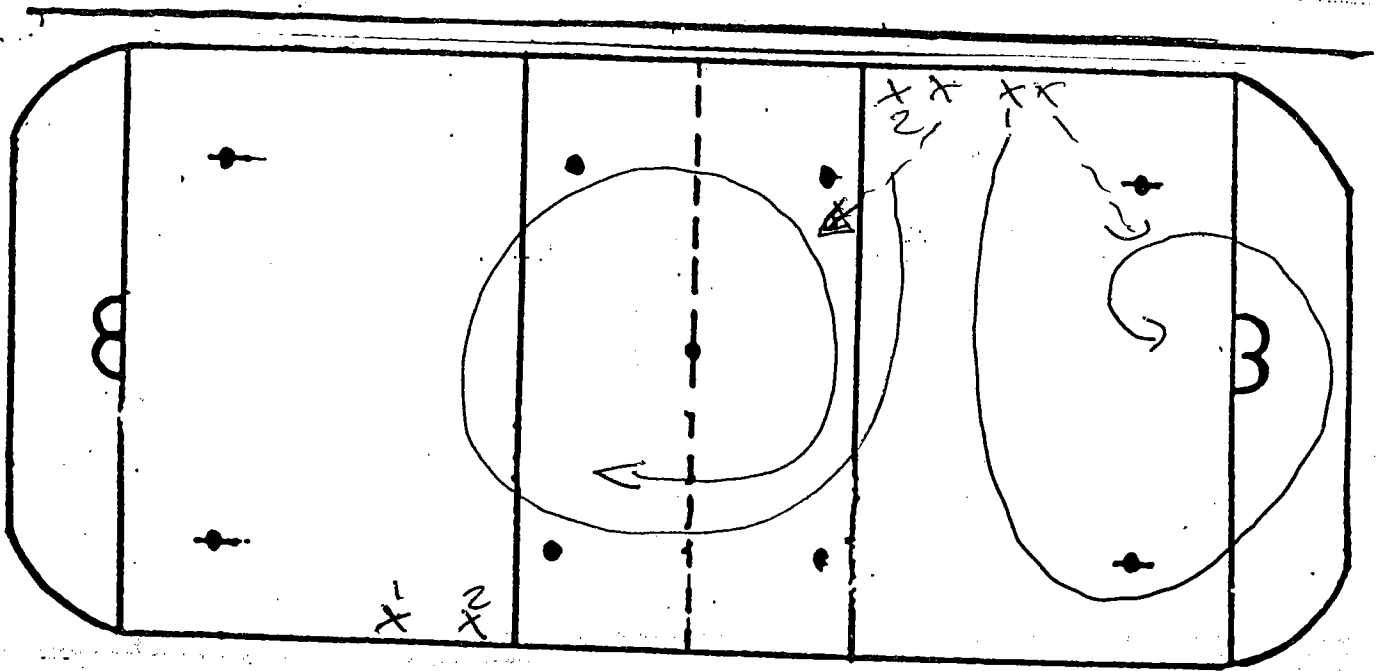
After Pass D up to line F-Screens  
"Hustle"

1-0



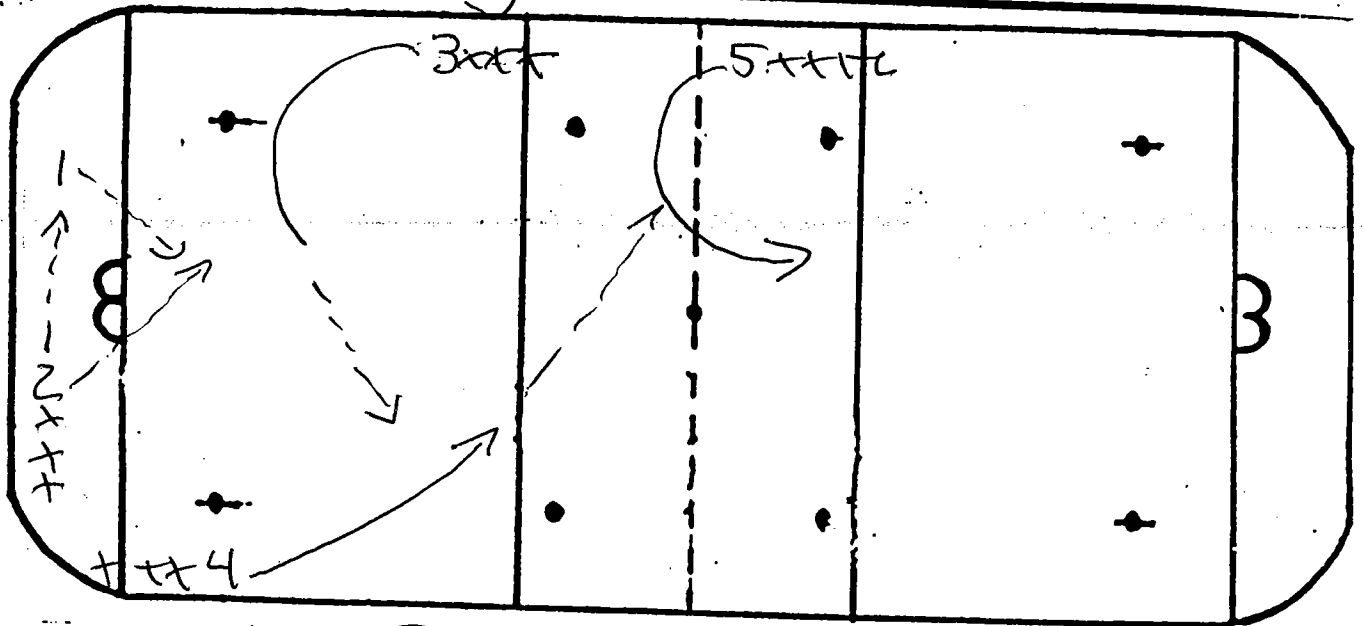
1 on 0 on whistle (same time)



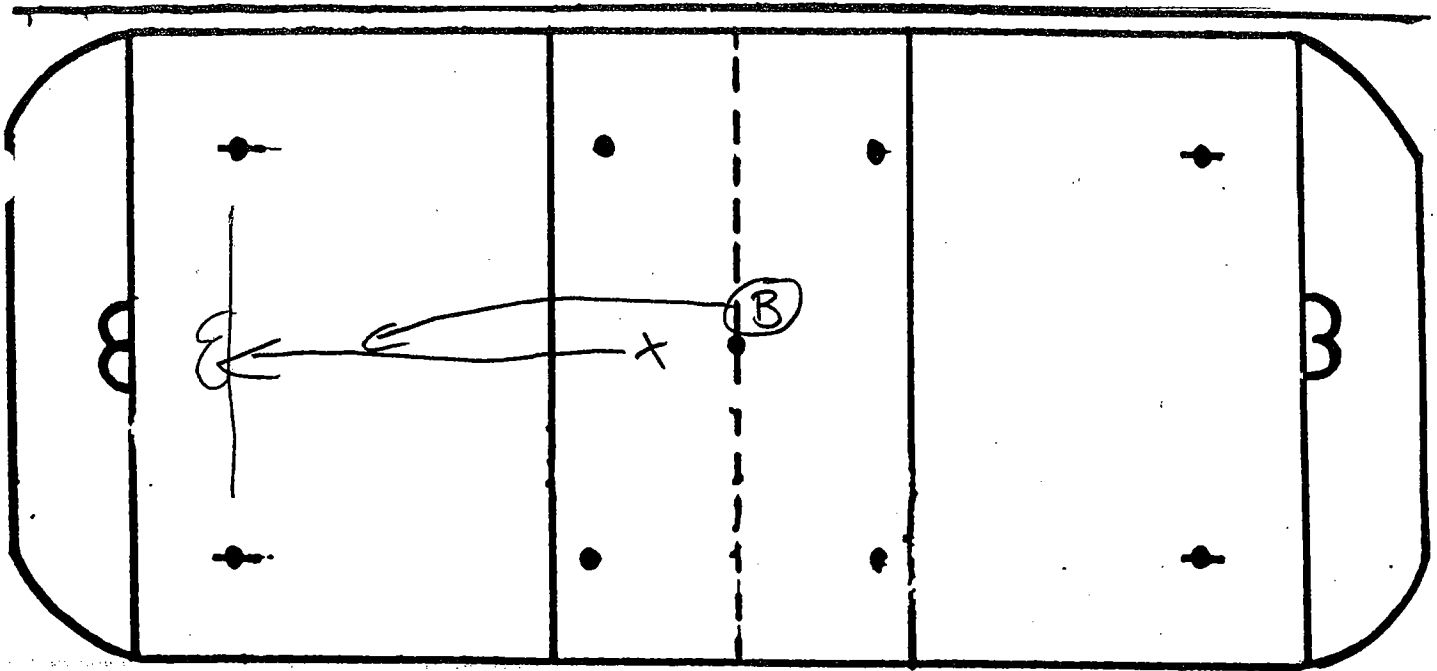


Both Ends go on Whistle

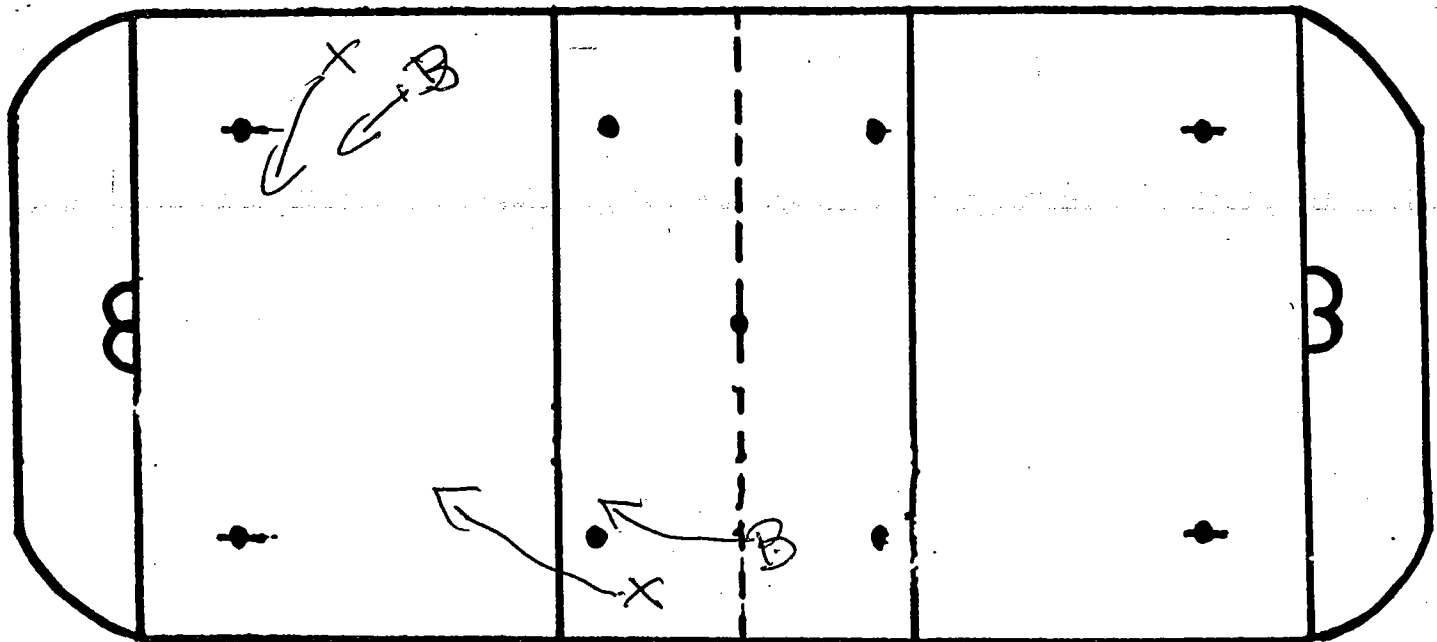
HEY HEY



Follow Pass - REDIRECT TO AREA -

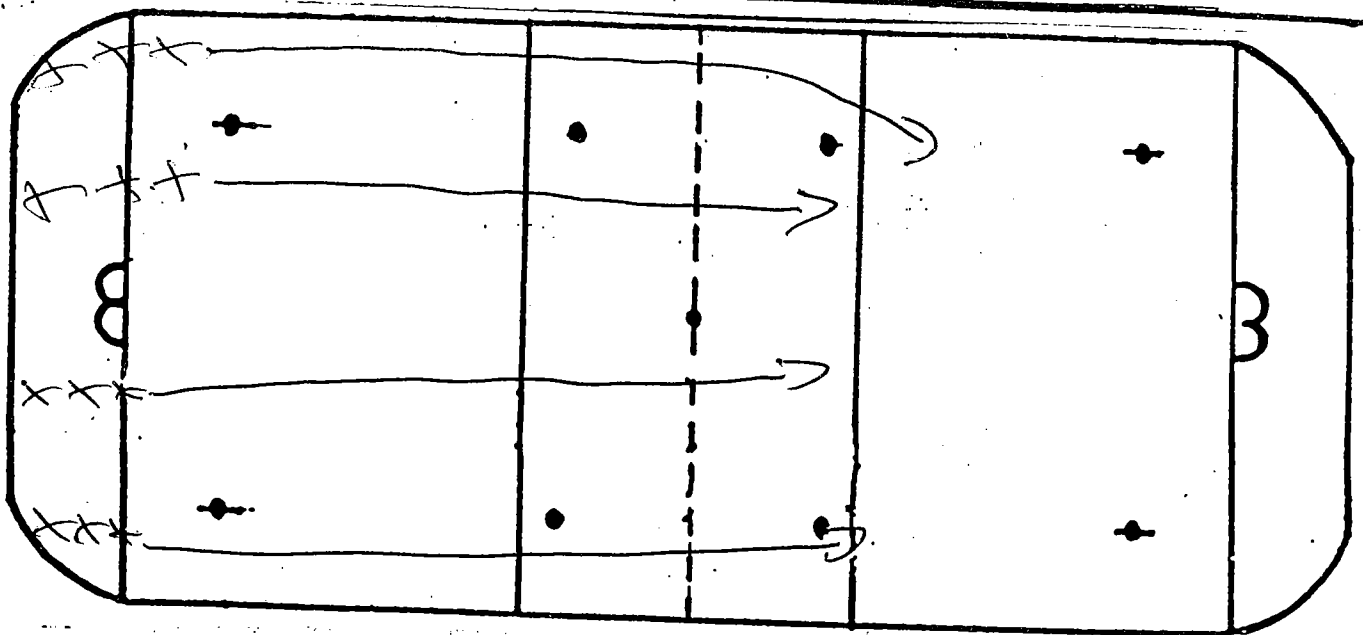


1-0 Breakaway w/ Backcheck pressure  
 \* Move Net up!

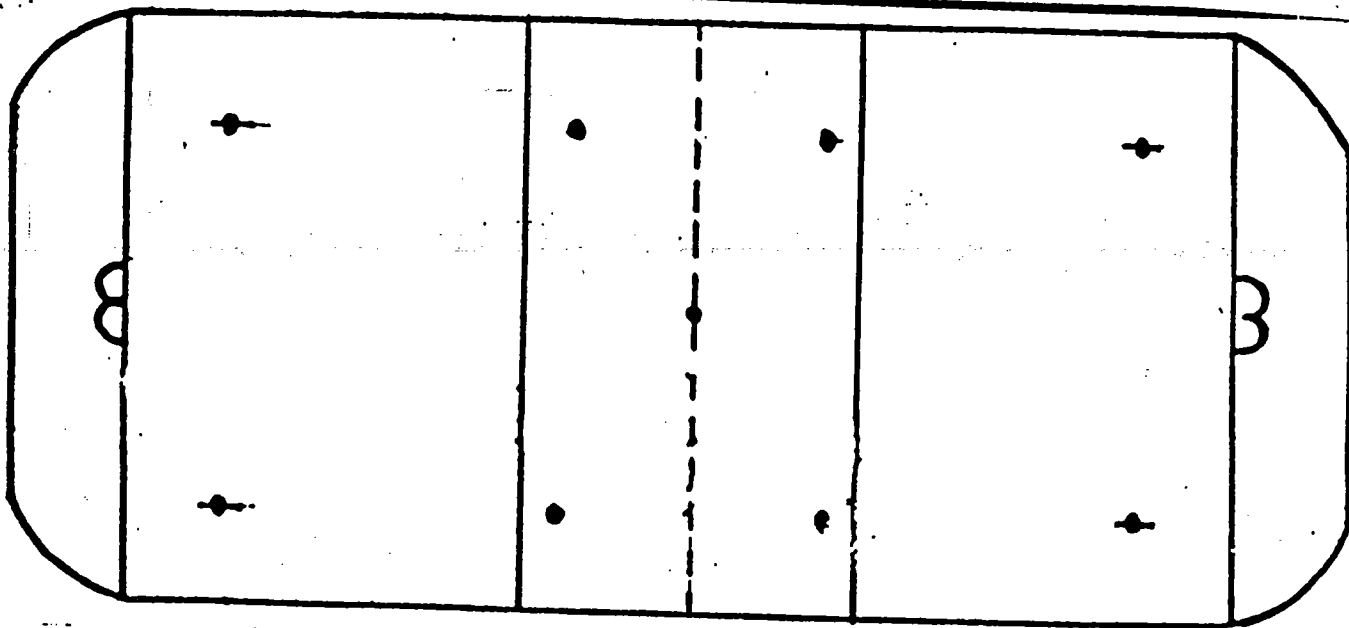


Use Diff Areas of Zone

# 4 Line - Rip IT.

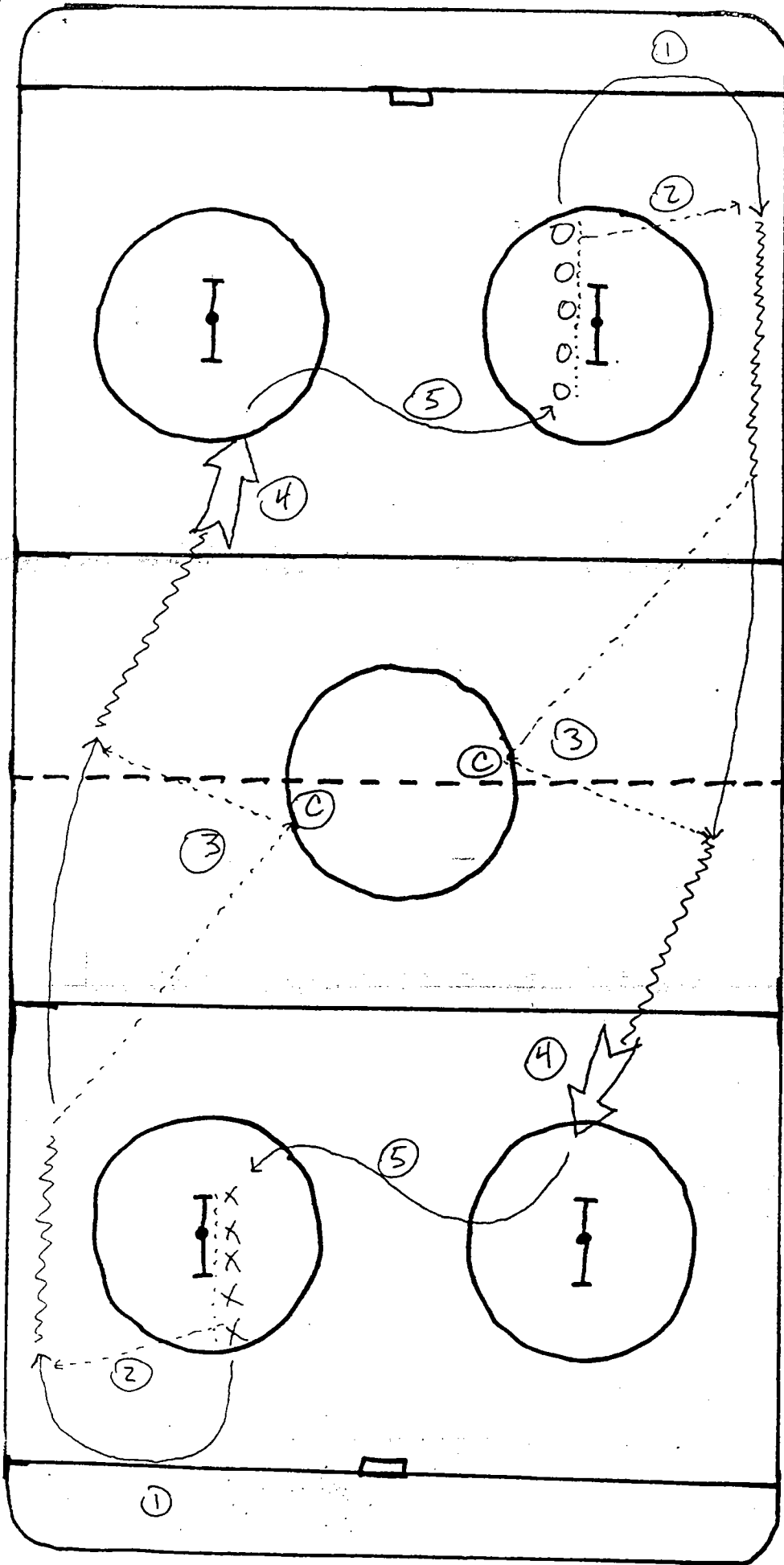


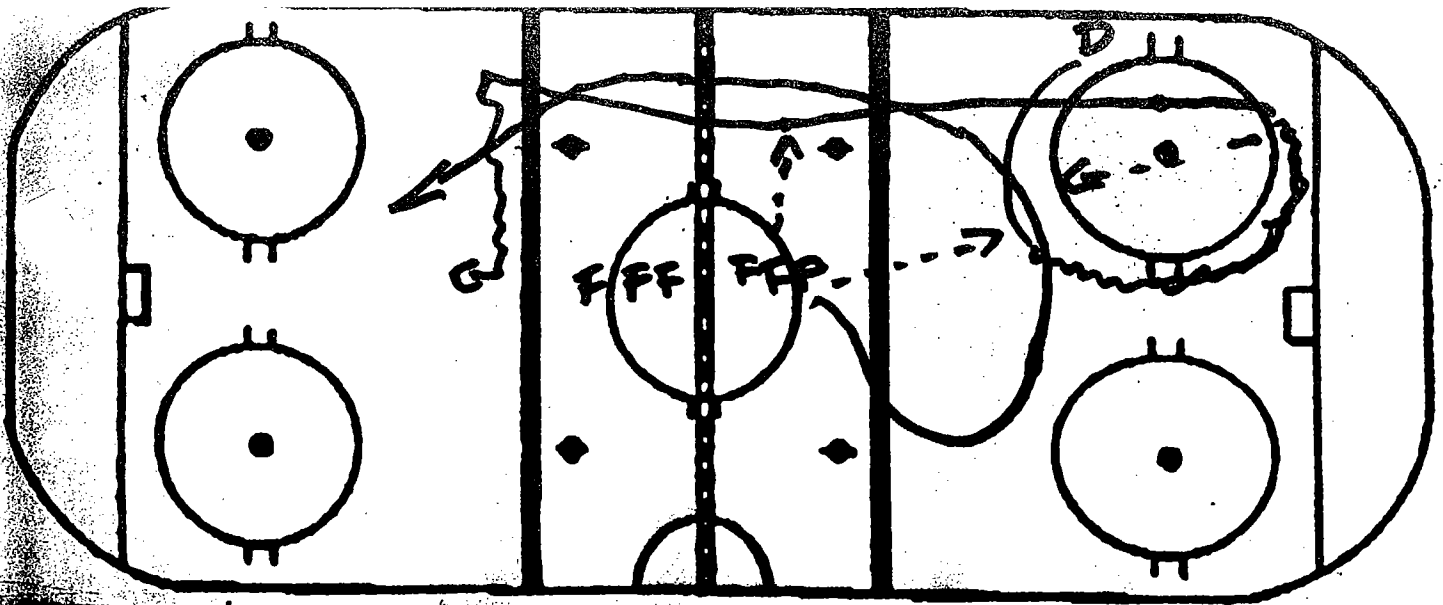
4 Lines - Shoot from lane go when 1<sup>st</sup> guy hits Blue line



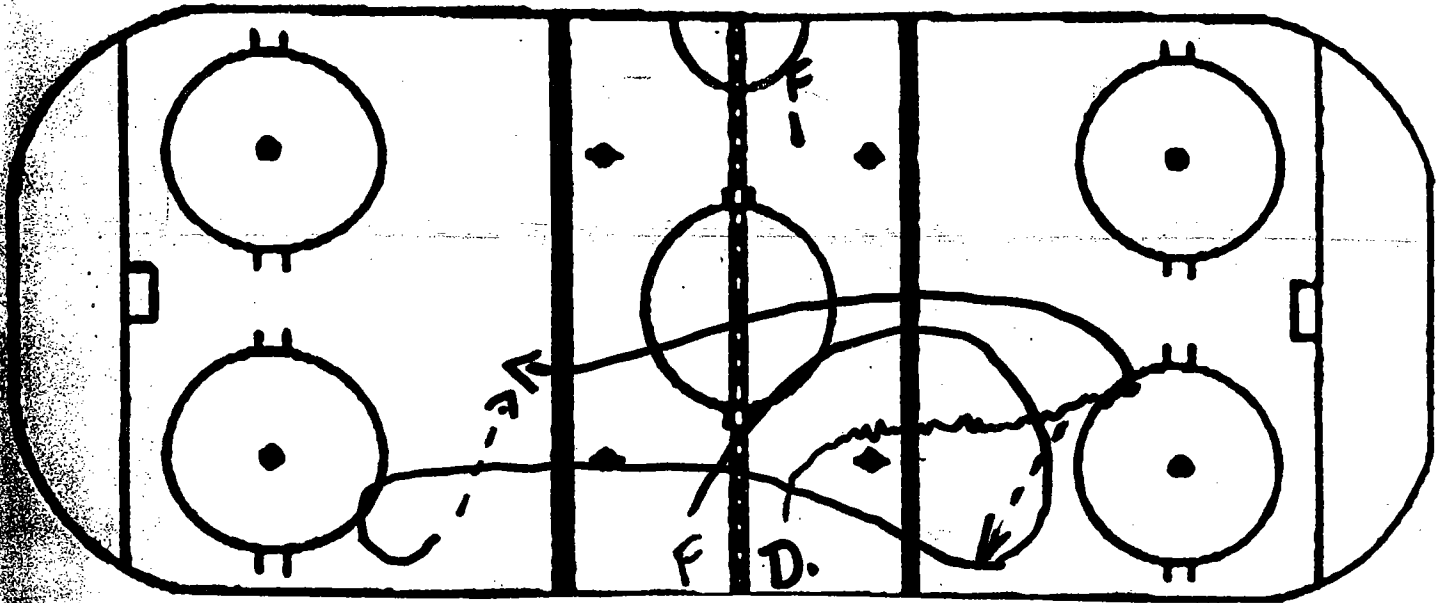
FULL - ICE

1. CROSSOVERS DOWN AROUND GOAL LINE
2. PASS FROM NEXT PLAYER IN LINE
3. GIVE & GO WITH COACH
4. SHOOT
5. TO NEW STARTING POSITIONS



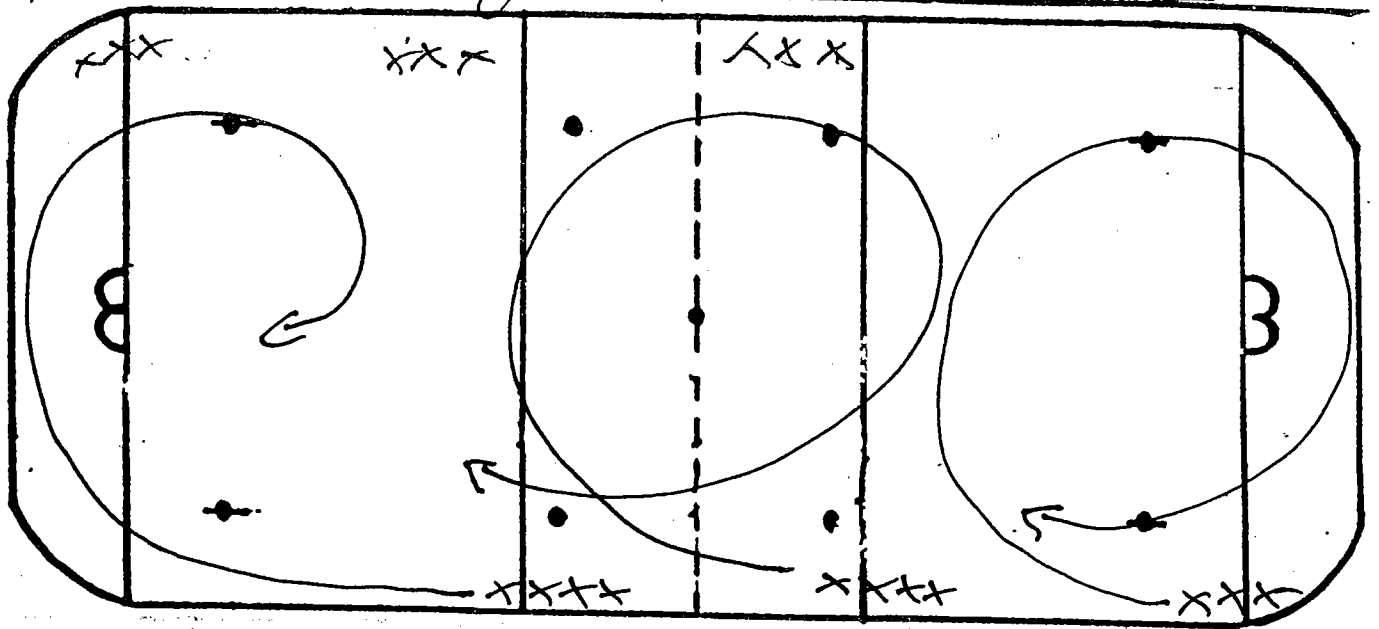


F-Passes to<sup>D</sup> skating circle - F loops and catches  
 a pass from D - skates & shoots  
 D - Circles Backward - makes a pass to F -  
 skates up ice - catches a pass from F in line - Stop  
 on Blue & Shoot (F - Must Screen)

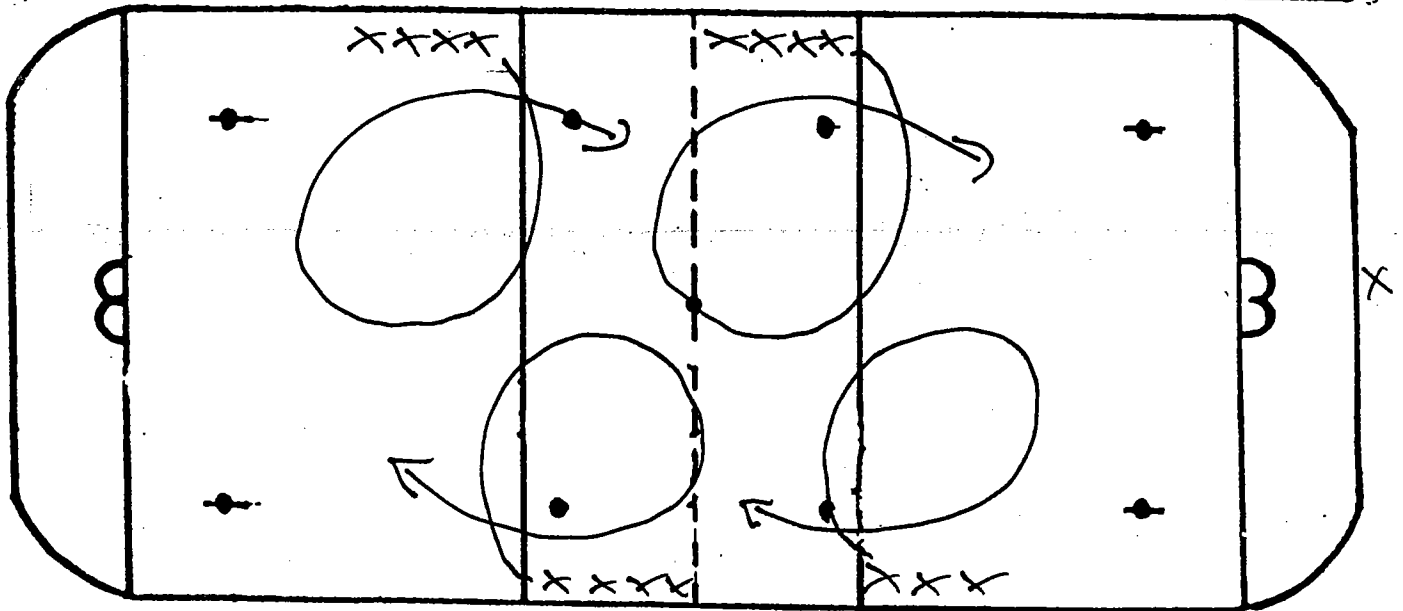


D Backs up with Ruck - F - swings D gives  
 pass.

# Shooting



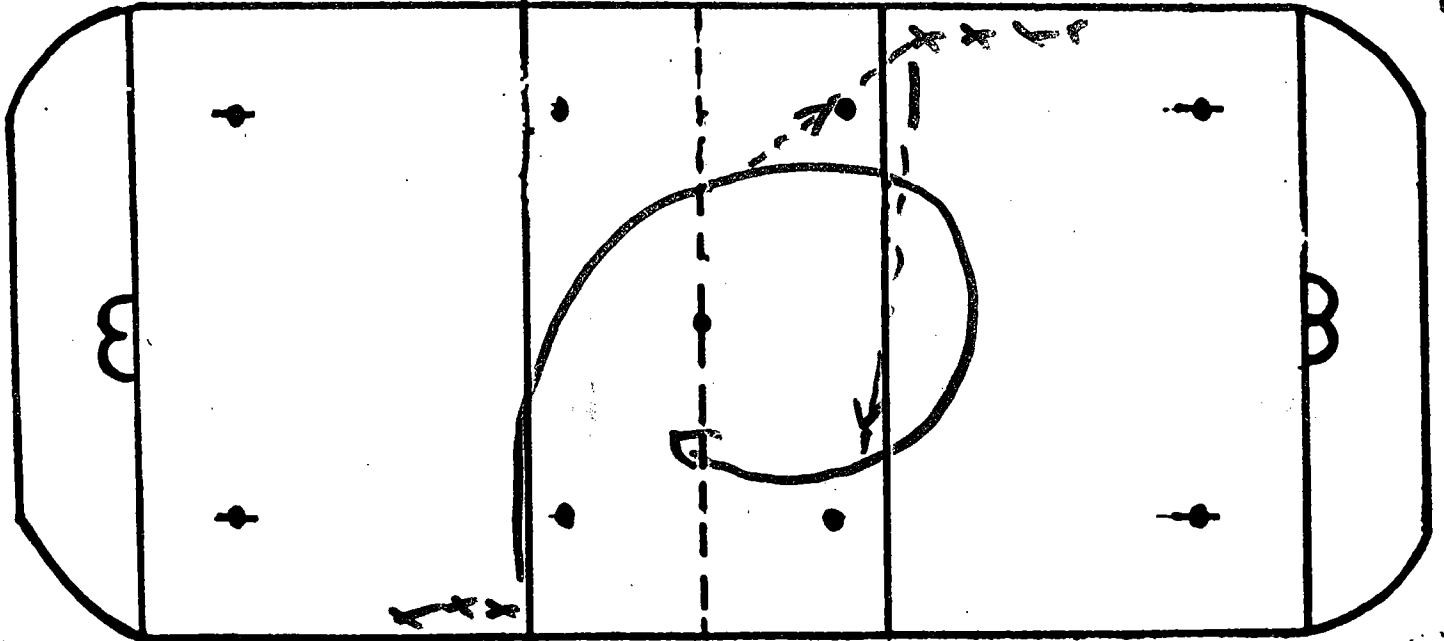
3-Zone Shooting Carry Puck & Shoot.



4 Players go at the same time - Carry Puck & Shoot.

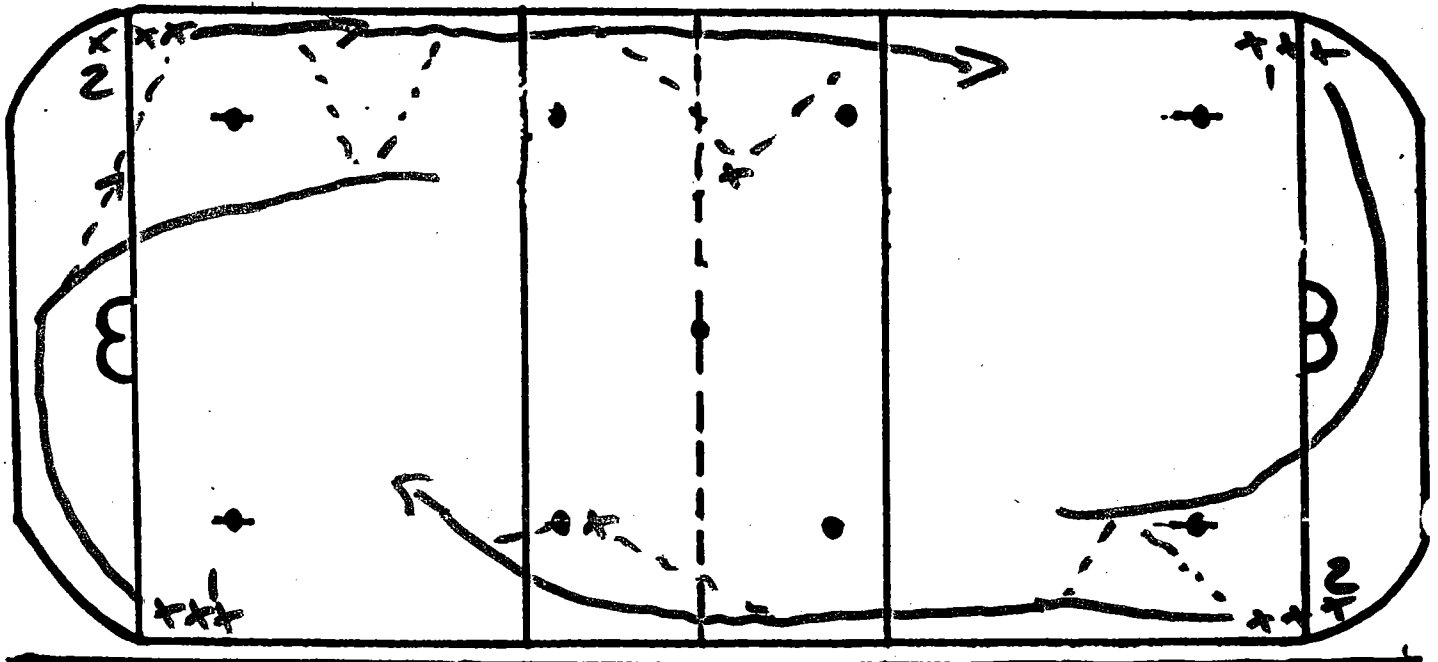
Center Ice Swing - 2 at once, Carry puck  
pass to 1<sup>st</sup> guy in far line skate loop catch  
Return

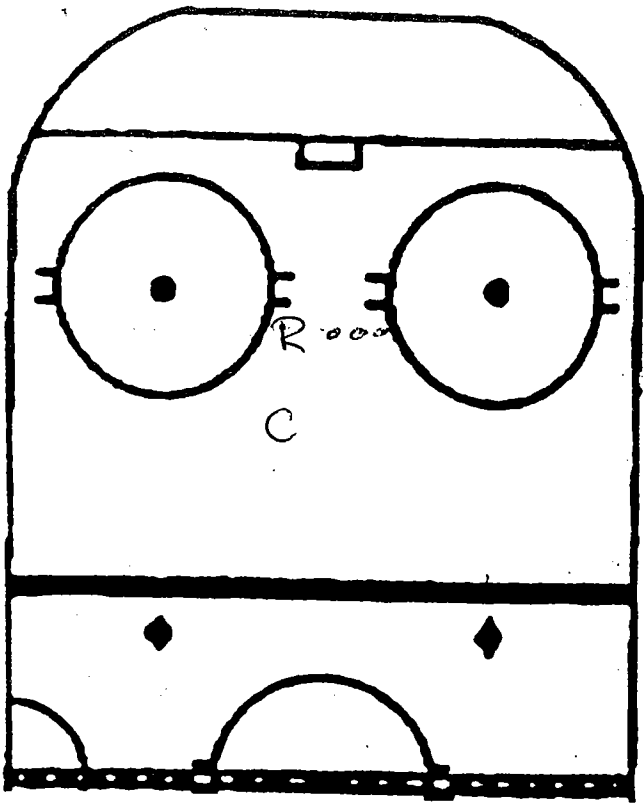
\* Hit Pipe w/ stick after shooting - Go to NET!



### Breakout Passing

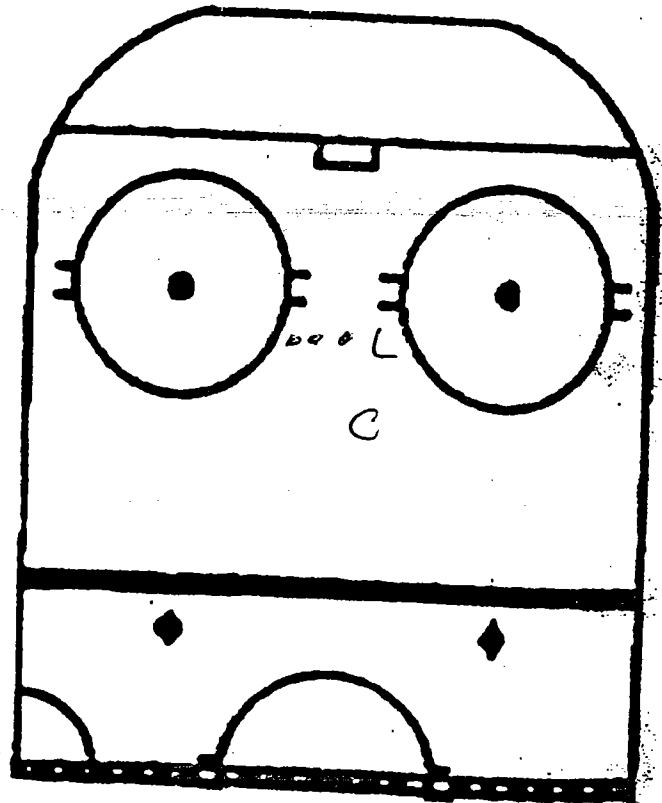
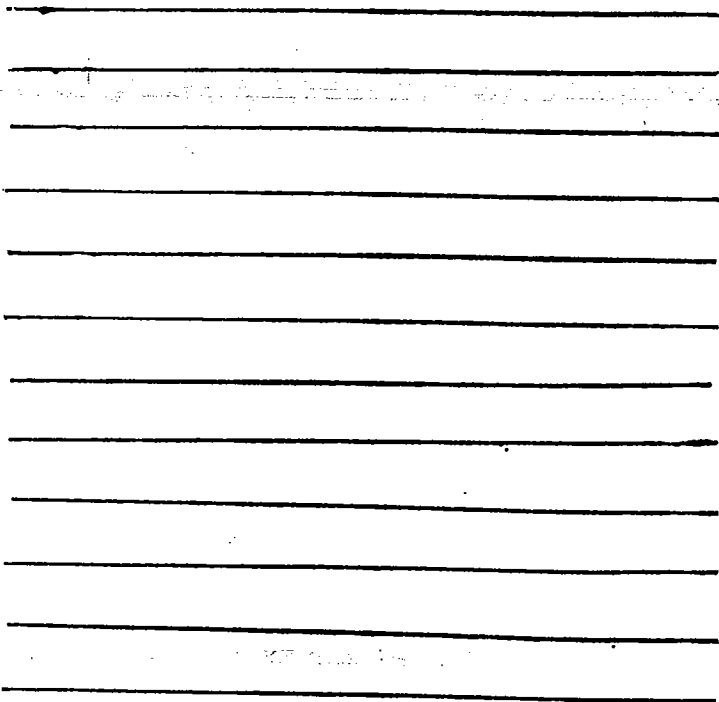
1 passes - 2, 2 back to 1, 1 back to 2.  
2 to Coach & shoot. After shooting go to line 1.  
1 goes to 2.



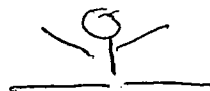
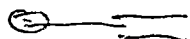


- Shooter lines up w/ Pucks
- on his side
- Faces Coach
- Goalie gets set in a
- Still Position - Have Fun!
- Cannot Move
- Coach says go
- Shooter turns & Fires
- wrist/snap shot
- \* Look for NET

## SNIPERS EYES



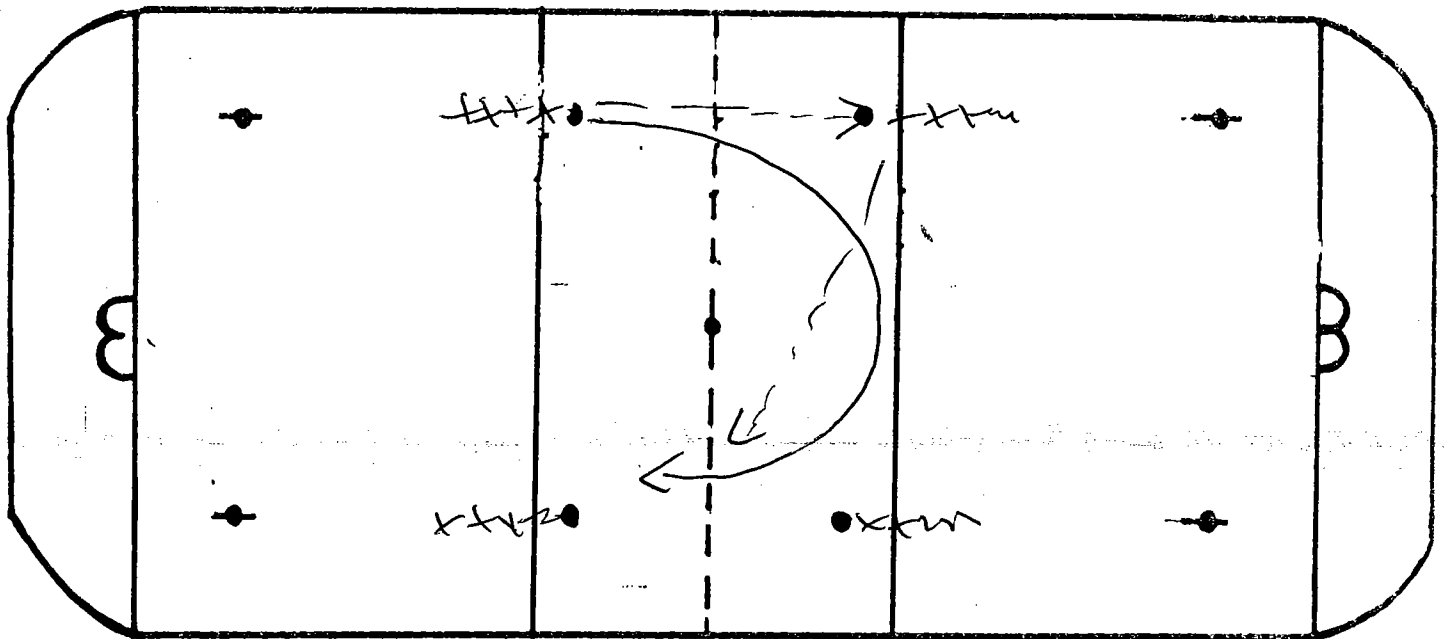
Goalie →



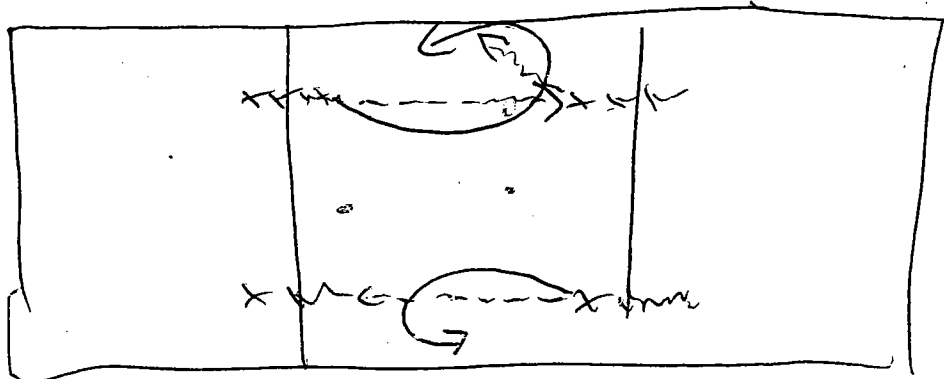
**Name of Drill:**

**Description:**

2 AT ONCE



**Comments:**





**Name of Drill:**

Irish 3 Shooter

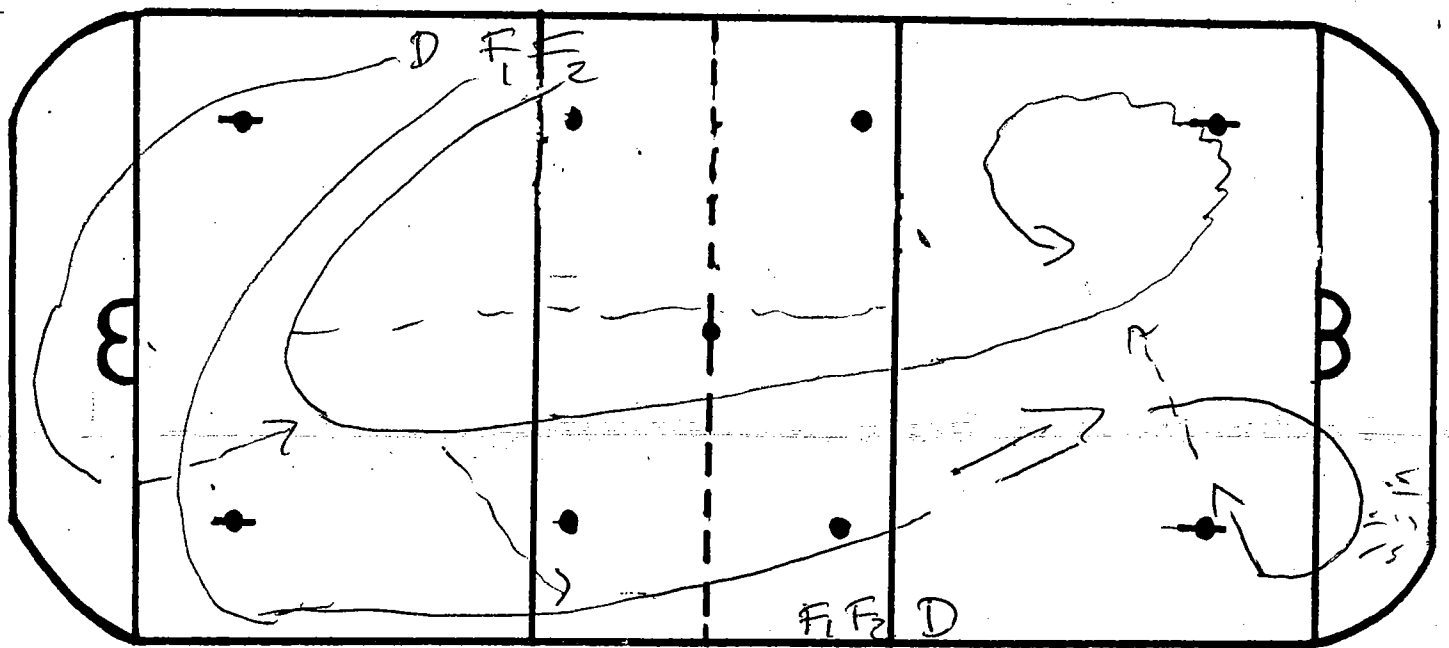
**Description:**

Really Good!

D - Breaks out F1 F2

F1 Shoots - After shot go to near corner get puck

F2 Hides wide F1 Passes to F2

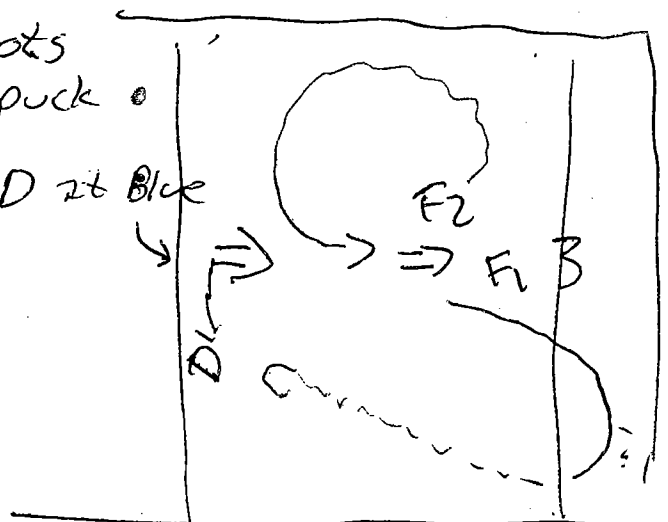


**Comments:**

After F2 Shoots  
he goes gets puck

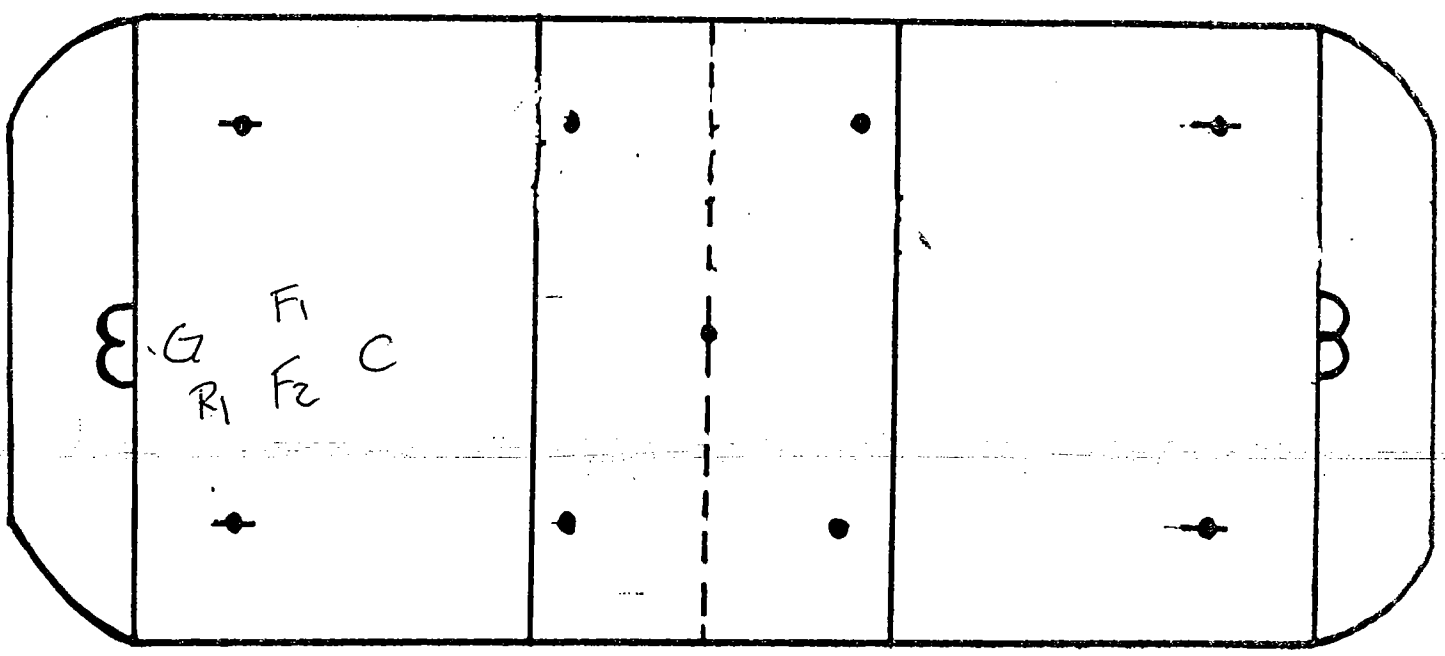
F2 Passes to D at Blue

F1 F2 Screen



**Name of Drill:** Goalie Drill

**Description:** Goalie starts in a Diff Position ez time!  
F1 F2 Face Coach  
Coach Throws or Bounces puck at F1 or F2  
Turn & Fire



**Comments:**

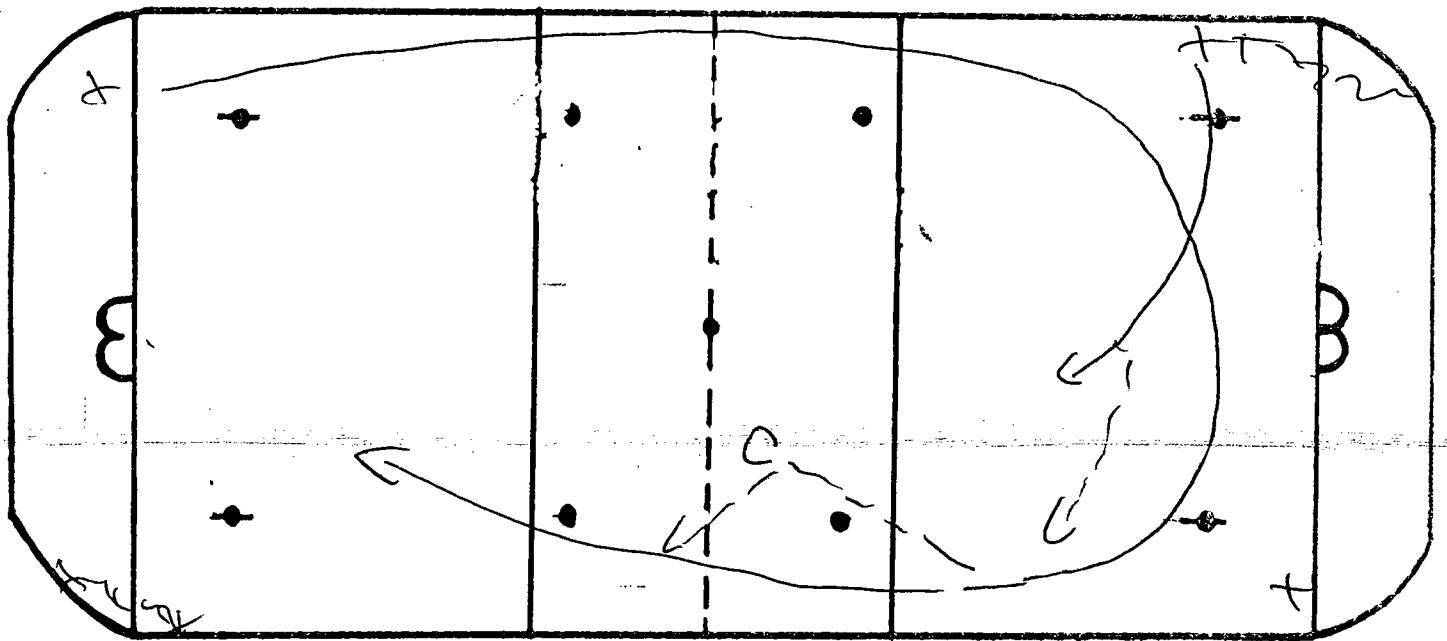


**Name of Drill:**

*Flin Flan X-Pass*

**Description:**

*Both Sides at Once*

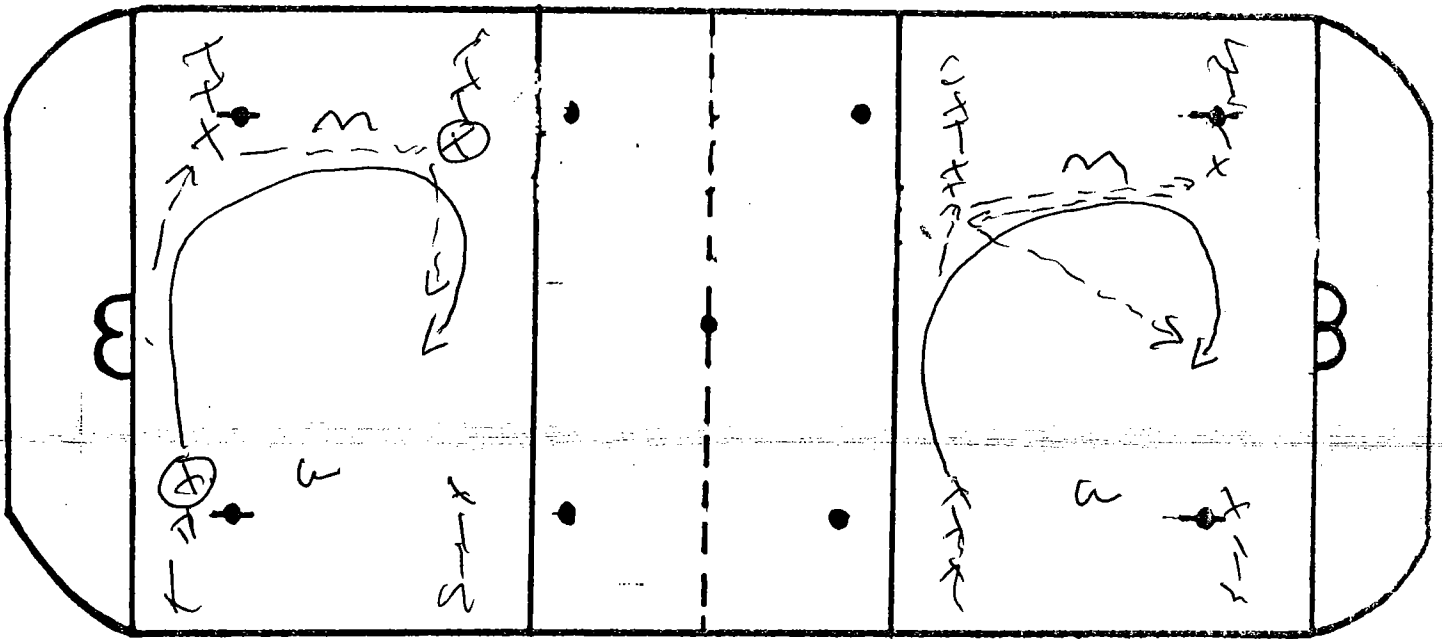


**Comments:**

**Name of Drill:**

Small-Area Skills

**Description:**

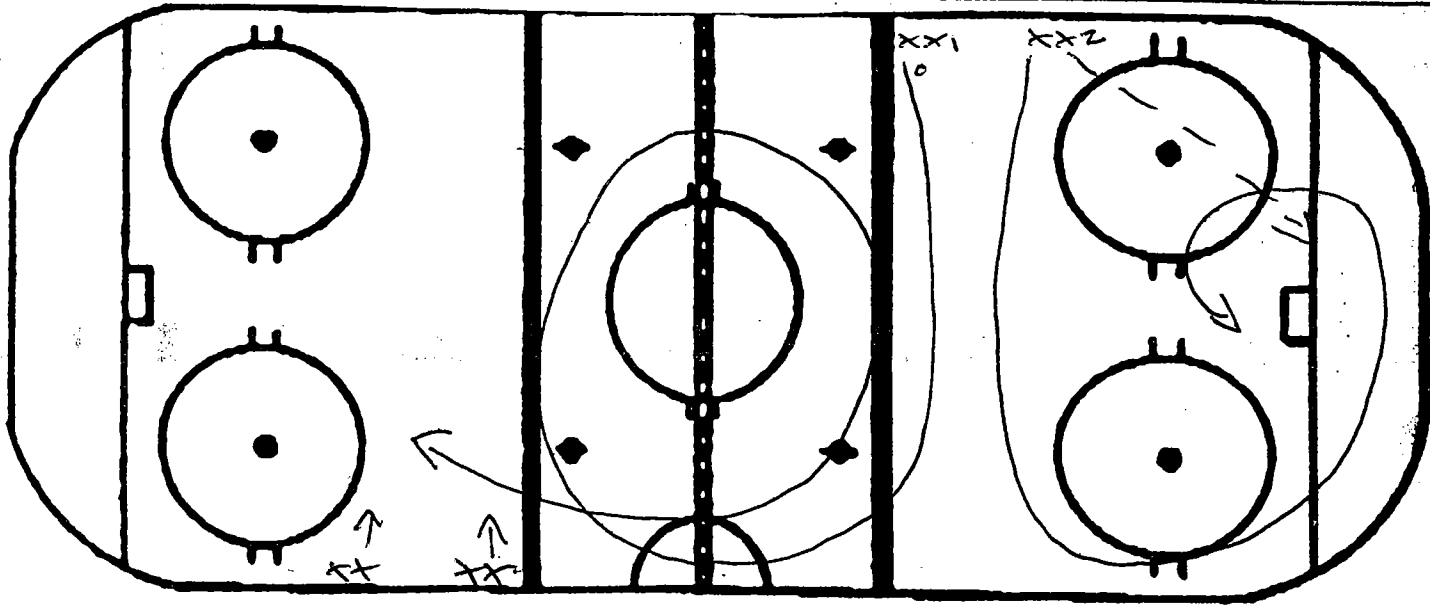


**Comments:**

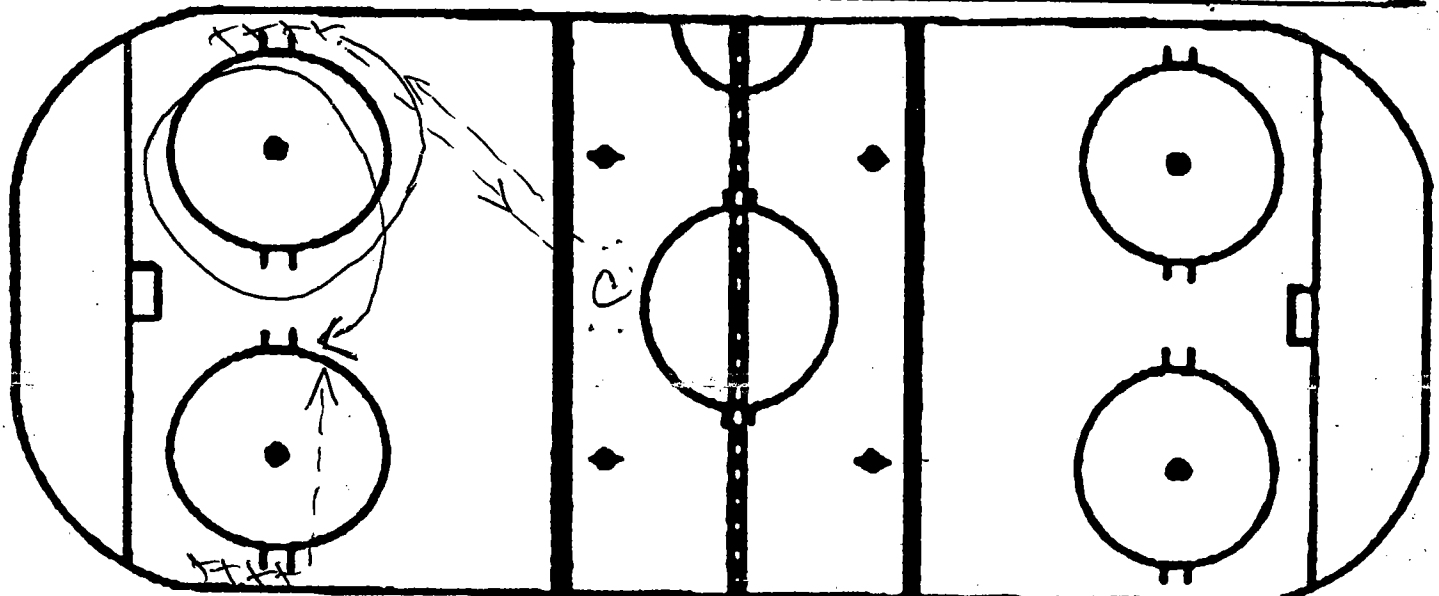
Tough -  
2 Low Passes

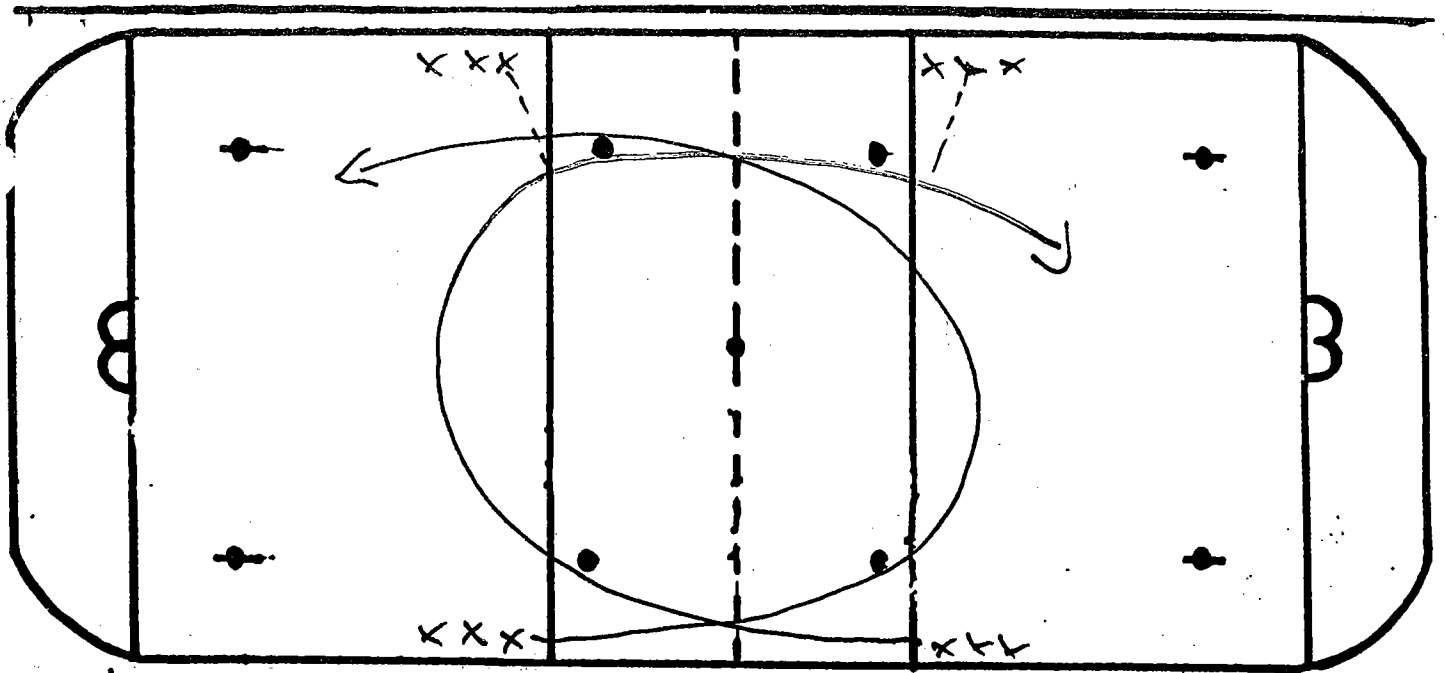
4 go at once

X<sup>1</sup> carries puck & skates circle  $\frac{1}{2}$   
X<sup>2</sup> skates around net, 2<sup>nd</sup> player in 2<sup>nd</sup> line passes  
to him. X<sub>1</sub> goes to 2<sup>nd</sup> line, 2<sup>nd</sup> to 1<sup>st</sup> line.

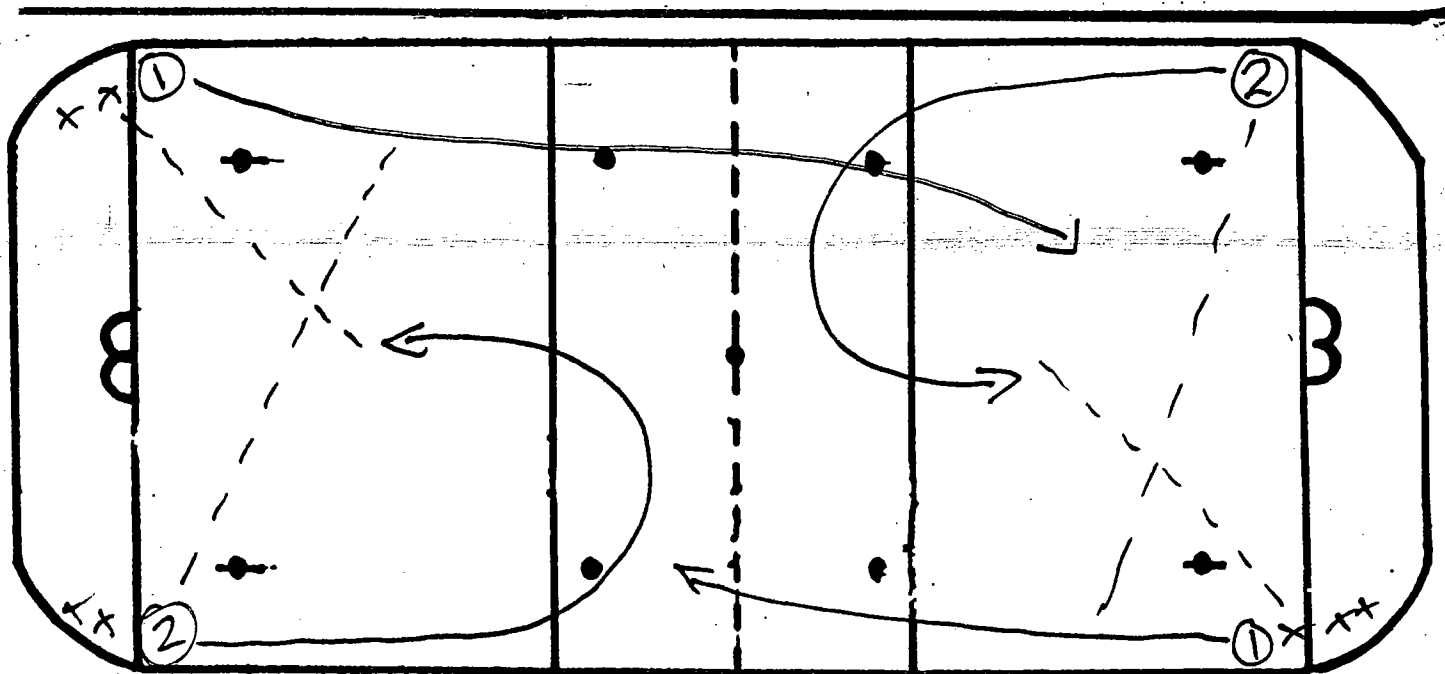


Coach passes to 1<sup>st</sup> player, player returns  
pass to coach & skates the circle. He then  
catches a pass from the 1<sup>st</sup> guy in next line!



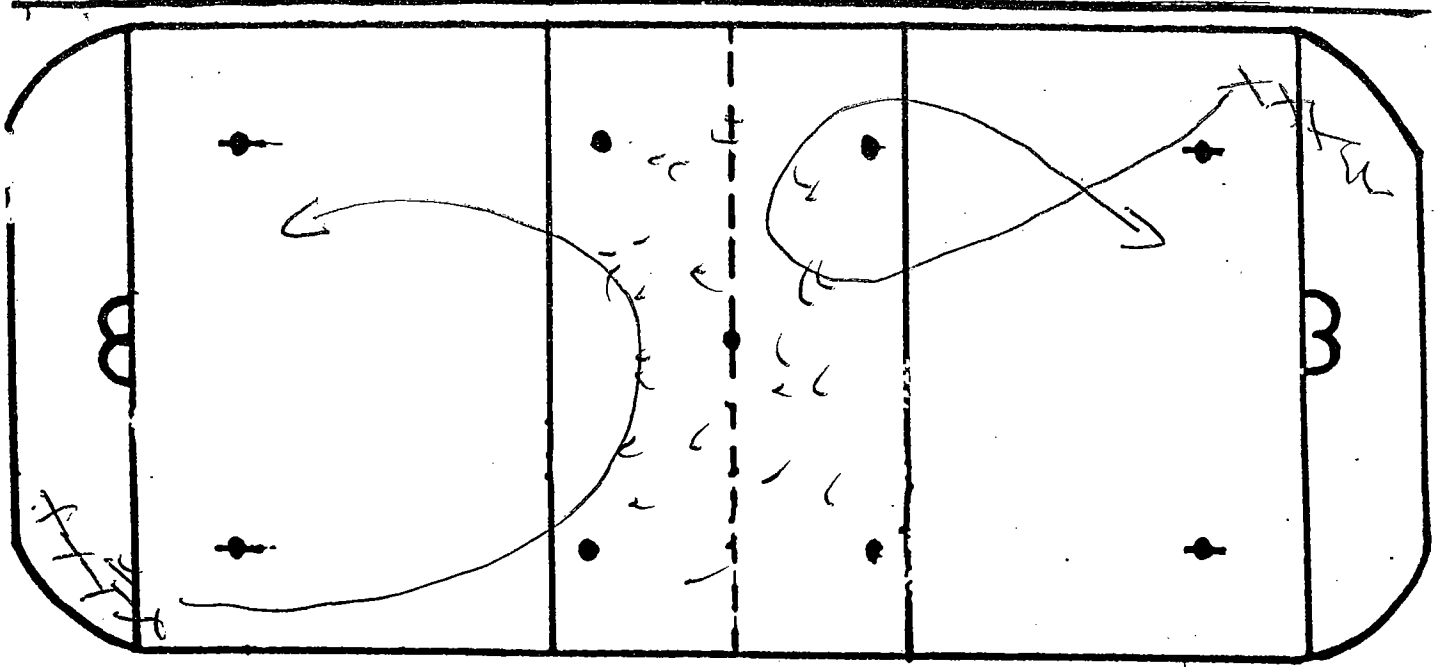


Heads up - same side goes at same time.

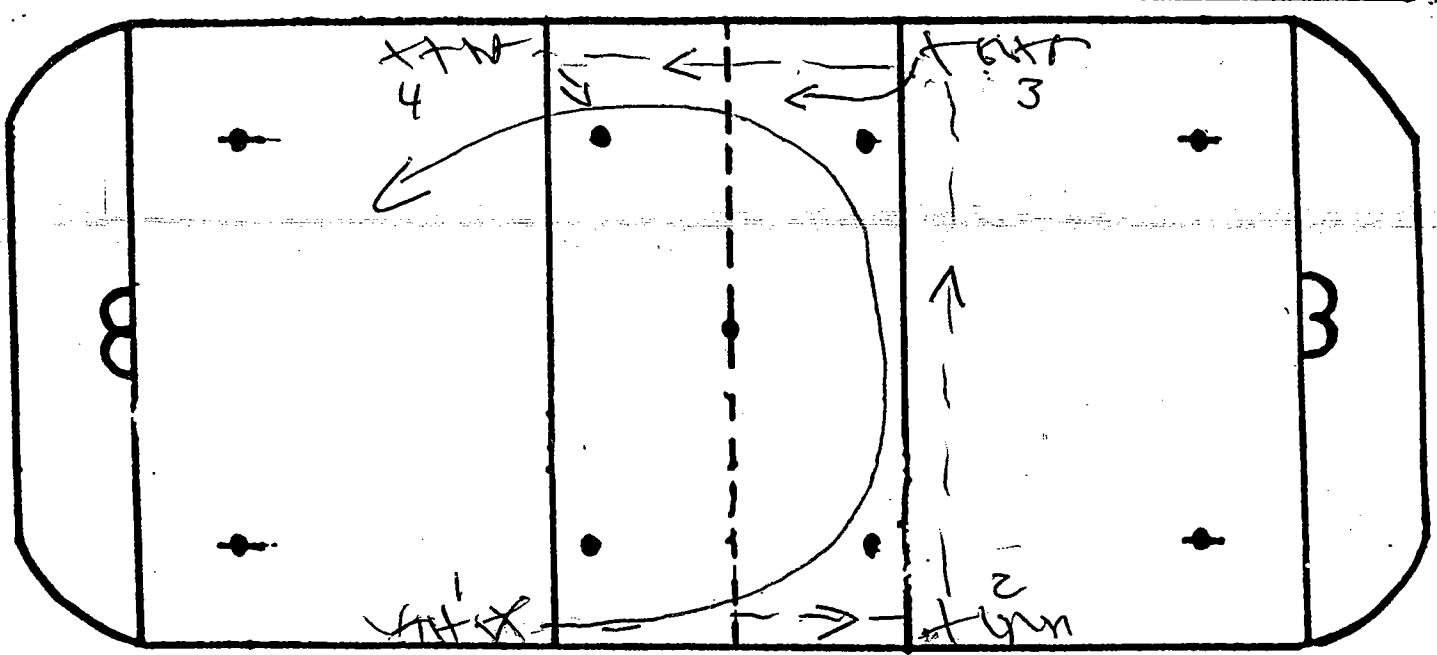


2 passes to 1. Then 2 swings out past Blue line & catches a pass from the next guy in #1 Line

1-0



1-0 Picks in center



1 passes to 2 / 2 to 3 / 3 to 4 / 4 one  
touches back to 1

1 & 3 go at the same time

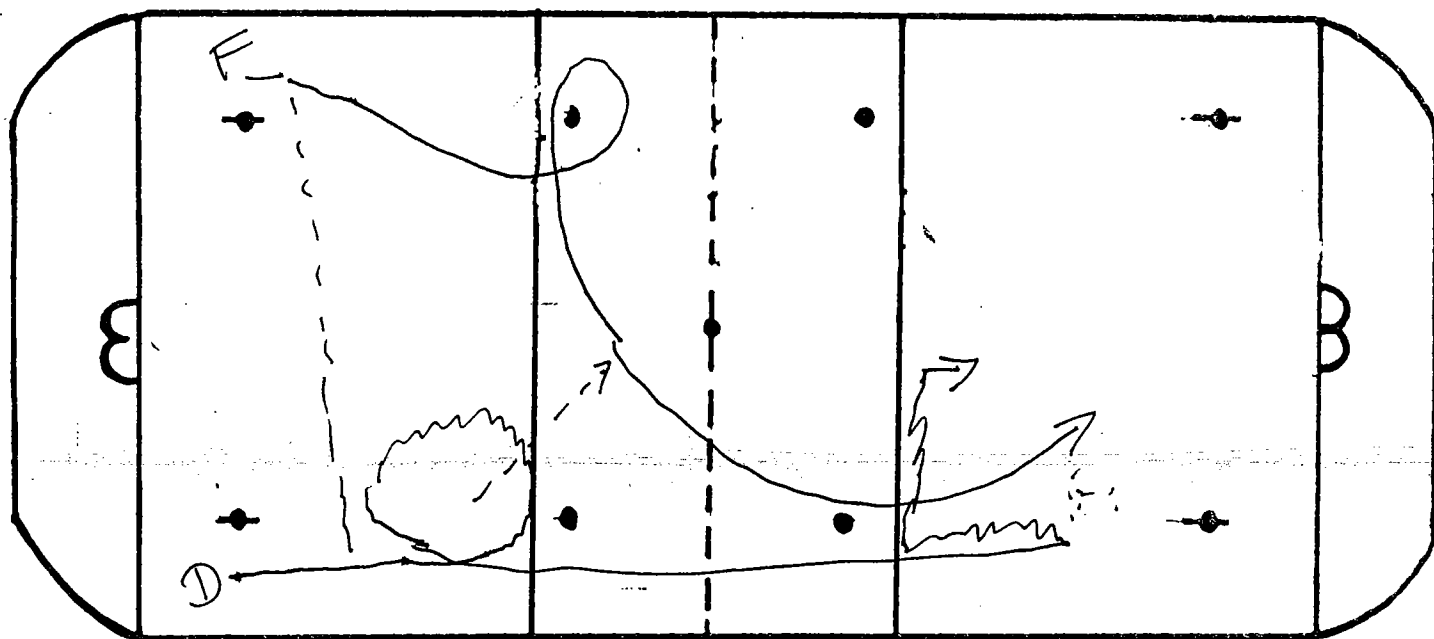
**Name of Drill:**

1-0

**Description:**

D/F Skill

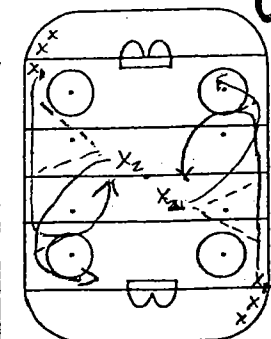
Both Side



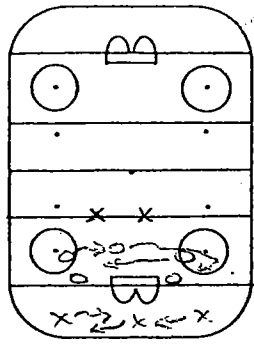
**Comments:**

99-00 Coaches D. Lucia M. Guentzel J. Hill	Minnesota Gophers	TIME:	DAY: THURSDAY
	LOCATION:	DATE: 14 JUN 01	NEXT OPPONENTS:

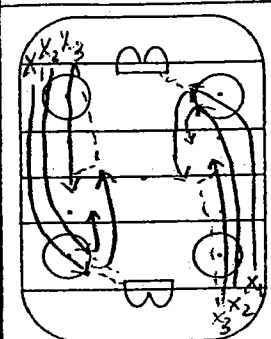
# Warmup Shoot



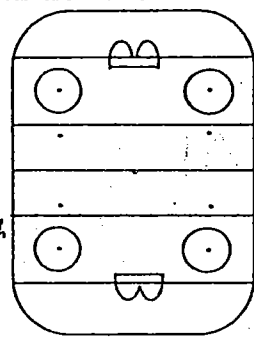
- ① LAKE STATE
- ON WHISTLE, X<sub>1</sub> PASSES TO X<sub>2</sub> - X<sub>2</sub> ONE TOUCHES BACK TO X<sub>1</sub> IN NZ
  - X<sub>1</sub> GAINS OBL, CUTS TO MIDDLE + DROPS PUCK TO X<sub>2</sub> TRAILING FOR SHOT
  - X<sub>1</sub> BECOMES X<sub>2</sub>



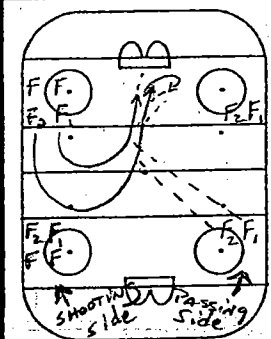
- ② 5 ON 5 FUNNEL DRIVE
- START W/ 5 OFFENSIVE PLAYS (3F-2D) MOVING UNDER TOPS OF CIRCLE
  - (2) DEFENDING 'D' ON + 3 DEFENDING FWDS. @ THE GOAL LINE (MOVING)
  - ON WHISTLE, 5 OFF. P ATTACK (2) 'D' -- DEFEN. LINE MUST FUNNEL SA INTO D-ZONE COVERAGE.



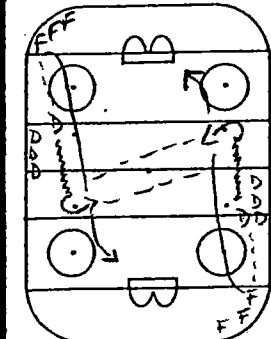
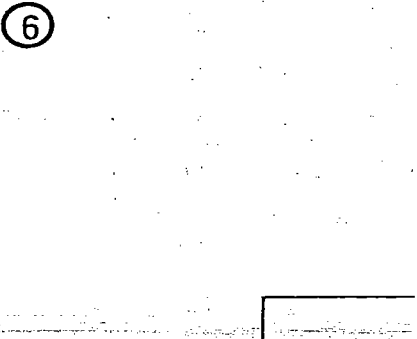
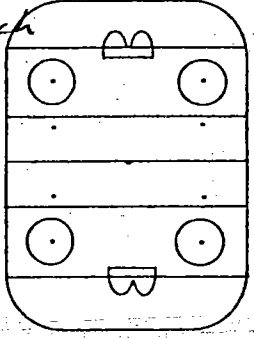
- ③ DENVER 1-Touch
- X<sub>1</sub> GOES LENGTH + TAKES SHOT
  - X<sub>2</sub> BREAKS WHEN X<sub>1</sub> HITS RL
  - X<sub>1</sub> LOOPS BACK AFTER SHOT - WHEN HE CROSSES FAR BL, X<sub>3</sub> TAKES OFF, MAKES PASS + GETS 1-TOUCH BACK
  - X<sub>2</sub> LOOPS BACK + DOES SAME W/ X<sub>4</sub> -- ON + ON →



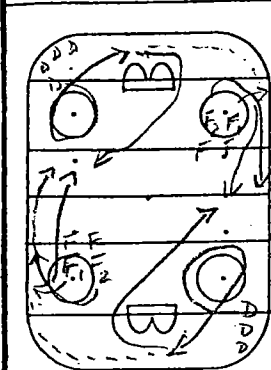
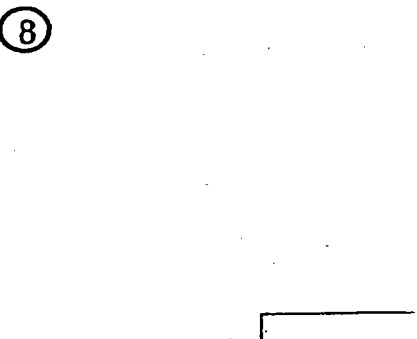
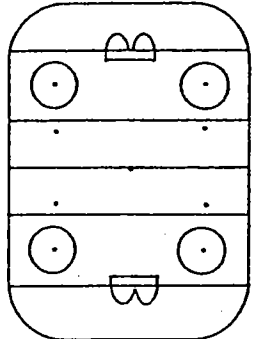
- ④
- ⊗ Work 3 on 2/ rushes
  - ⊗ Communicate between 'D' + checking fwd.
  - ⊗ Establishing coverage



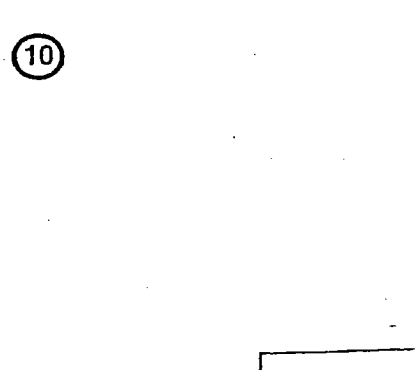
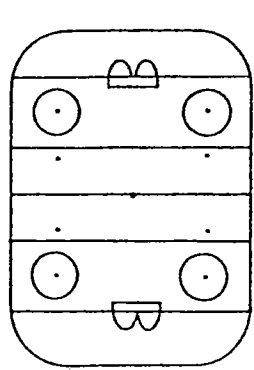
- ⑤ NIAGARA PASS SHOOT / 1-TOUCH
- ON WHISTLE, F<sub>1</sub> TO F<sub>1</sub> DRIVE + SHOOT
  - F<sub>2</sub> TO F<sub>2</sub> LATE DRIVE -- GIVE + GO W/ F<sub>1</sub> FOR 2<sup>ND</sup> SHOT
  - STAY ON YOUR OWN END - GO FROM PASSING SIDE TO SHOOTING SIDE, ETC.



- ⑦ MARTEL STRETCH 'D'
- ON WHISTLE
  - F<sub>1</sub> GIVES TO D + BREAKS
  - D STRETCHES W/ PUCK, OPENS UP, + GIVES CROSS ICE PASS TO F<sub>1</sub>



- ⑨ MURRAY 'D' AROUND CIRCLE - RAP - 2-1
- D SKATES AROUND CIRCLE W/ PUCK + SENDS HARD WRAP
  - F<sub>1</sub> GOES TO BOARDS + CHIPS OR PASSES TO F<sub>2</sub>
  - F<sub>2</sub> "BELLIES" WIDE, F<sub>1</sub> GOES HARD FOR A 2-1 --
  - D ON FRAME FOR END HURTLER TO TAKE AWAY TIME + SPACE + PLAN BACK



99-00 Coaches

Minnesota Gophers

TIME: ~~10:30~~ 10:30

DAY: MONDAY

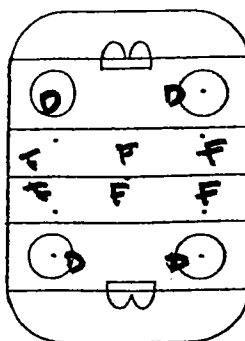
D. Lucia  
M. Guentzel  
J. Hill

LOCATION:

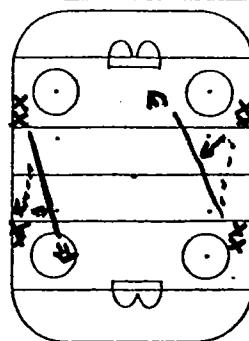
DATE: JUNE 18, 2001

NEXT OPPONENTS:

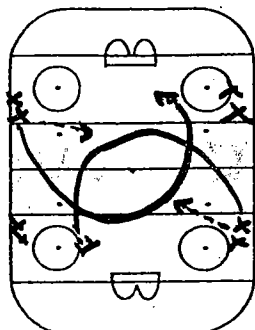
# GUENTZEL/PETERSEN



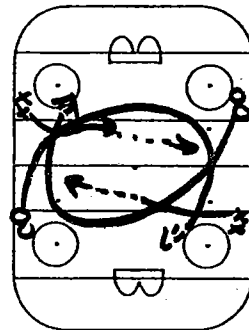
① WARMUP  
500 DULUTH  
B.C. WARMUP  
CONTINUOUS B.O. to  
feed and dump at  
next line to  
breakout



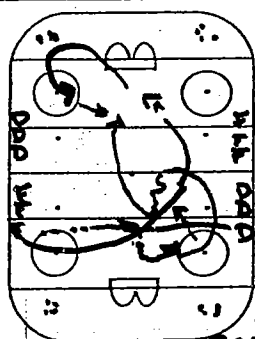
② CENTER  
ZONE  
SHOOTING  
4 line  
rush



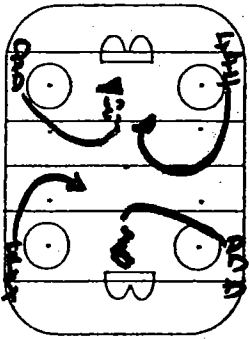
③ CENTER ZONE



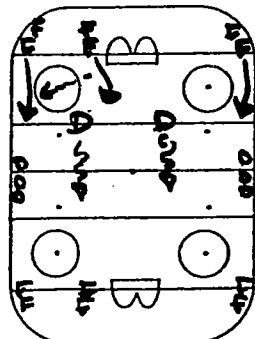
④ SHOOTING



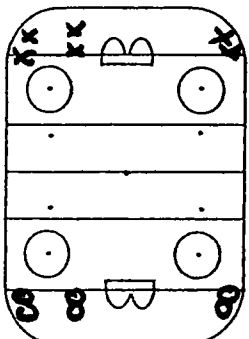
⑤ ST. JOHN WARMUP  
DRILL  
F to D who pulls and  
then step up to make pass  
to cutting fwd. fwd shoots  
then picks up puck in  
corner. D with spring to red  
line fwd to blue and step  
out and enter cor  
pass from F and shot



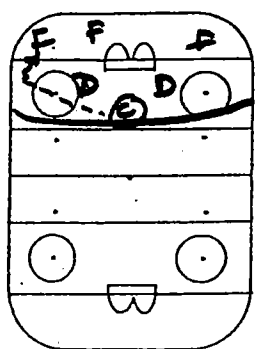
⑥ MAINE  
1 vs. 1  
CONTINUOUS 1v1 turning  
into 2v1 or 2v2 rush  
at goal.



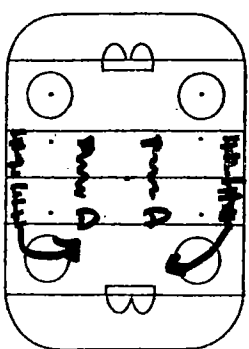
⑦ SWEDEN 3v2  
FULL ICE 3v2  
RUSHES ON  
WHISTLE



⑧ 3v0 FULL ICE  
TRANSITIONS WITH  
PASS FROM COAST



⑨ 2v2 / 3v2  
IN ZONE



⑩ 2v2, 3v2  
1-PUCK TRANSITIONS  
FROM TURNOUTS

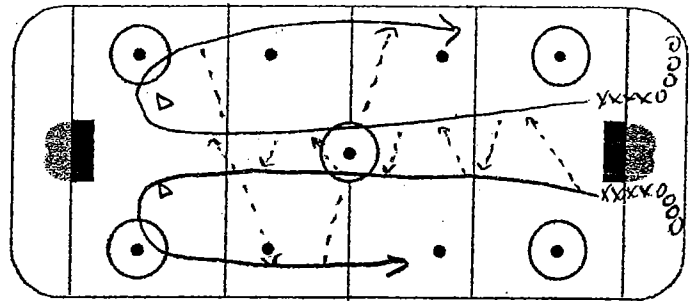
⑪ 4v4 FULL ICE  
SCRIMAGES

HAMRE/BONIN

**Passing Warmup – Narrow & Wide Pairs**

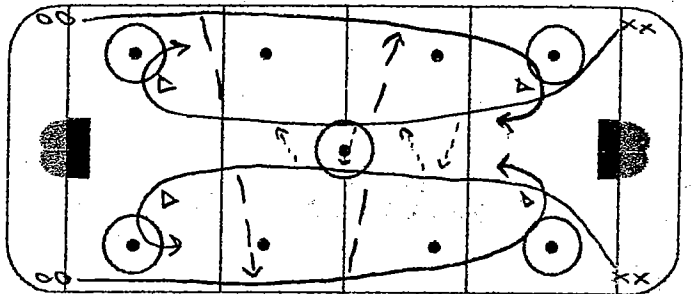
From one end go down middle in pairs passing, at far faceoff circle turn back up wide lanes

- a. Both skating forwards
- b. One skating backwards, one forwards up middle, both skating forwards back up outside lane



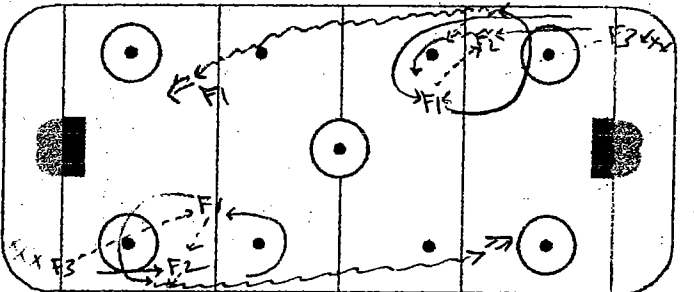
**Wide/Narrows**

One team skates up middle, back outside lanes, in pairs passing  
 Finish with shot from top of circle  
 Other team skates up outside lanes from opposite end, returns through middle in pairs passing, finish with shot



**Loop and Tip Passing/Shooting Warmup**

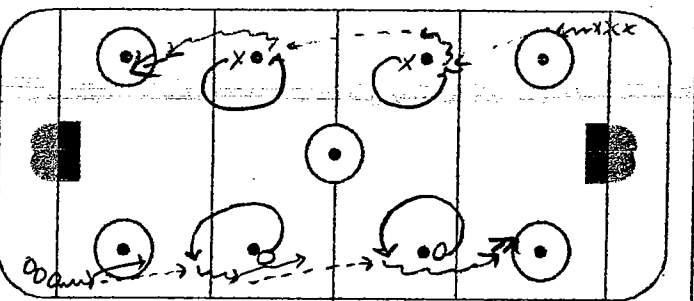
Player 1 skates out of corner, loops around first NZ dot and receives pass from player 3  
 Player 2 has followed player 1 with enough gap so that player 1 can catch and pass, or tip puck to player 2  
 Player 2 leaves a drop pass off boards for Player 1, Player 1 goes in for shot at far end, drill is now continuous  
 Can do out of opposite diagonal corners at same time



**Lollipop Shooting Drill**

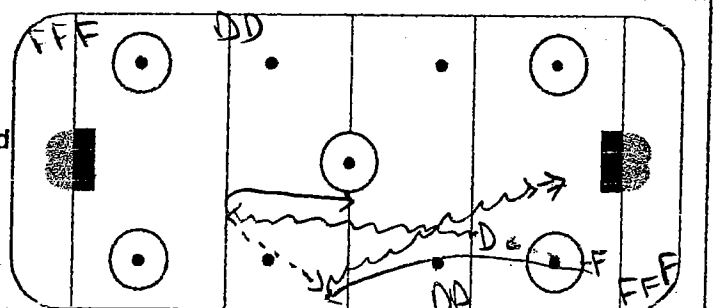
*\* Warm-up Shoot*

Teams in opposite diagonal corners  
 A player on each of NZ dots on both sides of NZ  
 Player at first NZ dot loops into middle and presents for pass from first player out of line, catches pass and headmans puck to player looping at far NZ dot  
 Player at far NZ dot times loop to catch puck as starting in on net  
 Players follow their pass, drill is continuous



**1 D/ 1 F – NZ Regrouping Skills**

Teams in opposite diagonal corners, D on blue line  
 F1 gives pass to D1, D1 backpeddles with puck to far blueline  
 D1 and F1 can make exchange passes, F1 works to get back and support D on opposite side of redline  
 D1 regroups F1, F1 goes in for shot 1on0, D1 follows up play to blueline, coach gives D1 second puck for point shot with F1 screen/tip/rebound



99-00 Coaches

Minnesota Gophers

TIME:

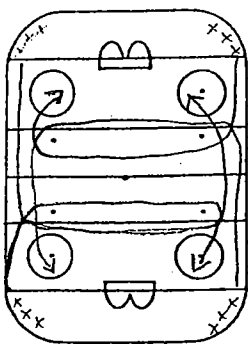
DAY: WEDNESDAY

D. Lucia  
M. Guentzel  
J. Hill

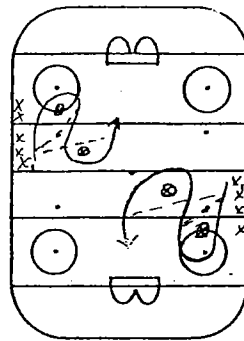
LOCATION:

DATE: 13 Jun 01

NEXT OPPONENTS:

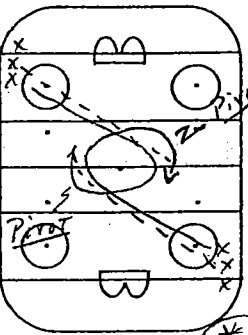


- ① CARRY AROUND DOTS
- ON WHISTLE
  - opposite corners
  - Run same Route.

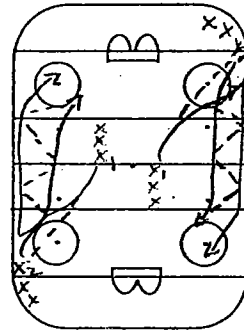


- ② Roseville Give + G
- X<sub>1</sub> carries Puck - Tight turn around Center, Pass to X<sub>2</sub>
  - X<sub>1</sub> Pivots around 2<sup>nd</sup> corner, Receive Pass from X<sub>2</sub> + SHOOT
  - X<sub>2</sub> becomes X<sub>1</sub>

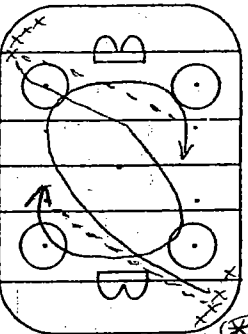
**new. shoot**



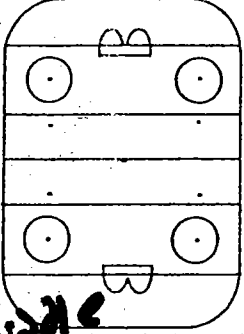
- ③ WHALER Give + Go Pivot
- @ SAME TIME, 1<sup>st</sup> guy in each line breaks w/ PUCK.
  - Go around center Circle - Pivot - Receive PASS + SHOOT
  - PASSER RUNS SAME Rte.
- \* Passers SKATE + Give.



- ④ WARD Double Give +
- X<sub>1</sub> skates + moves to X<sub>2</sub>
  - X<sub>1</sub> opens up @ board + goes w/ X<sub>2</sub> for a 2-0, 1-Touch PASSING ON WAY d.

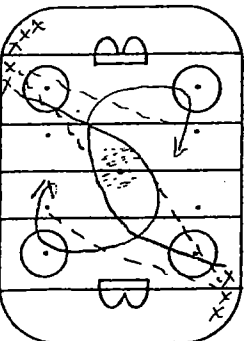


- ⑤ SKATE-PIVOT-Rx PASS-SHOOT
- F<sub>1</sub> in each line runs route, Pivots, + Receives Pass - SHOOT
  - F<sub>2</sub> becomes F<sub>1</sub> + drill runs itself

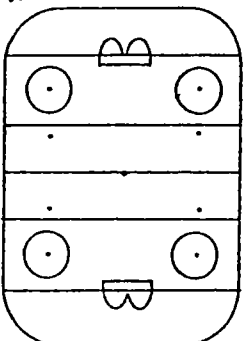


⑥

**Warmup Shoot Pucks middle**

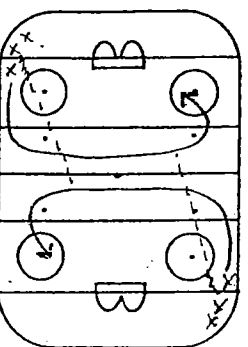


- ⑦ McSORLEY
- X<sub>1</sub> Retrieves Puck @ center + Passes to X<sub>2</sub>
  - X<sub>1</sub> loops, Pivots, Rx PASS from X<sub>2</sub> + SHOOT
  - X<sub>2</sub> becomes X<sub>1</sub> - drill runs itself

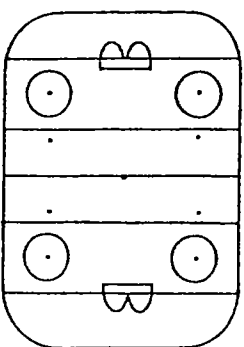


⑧

\* Can Run 1-0 or 2-0



- ⑨ MARTEL CRISP Drill
- X<sub>1</sub> breaks from each line + receives ~~long~~ Long PASS from X<sub>2</sub>
  - X<sub>2</sub> becomes X<sub>1</sub>



⑩

\* X<sub>2</sub> must begin skating before making PASS

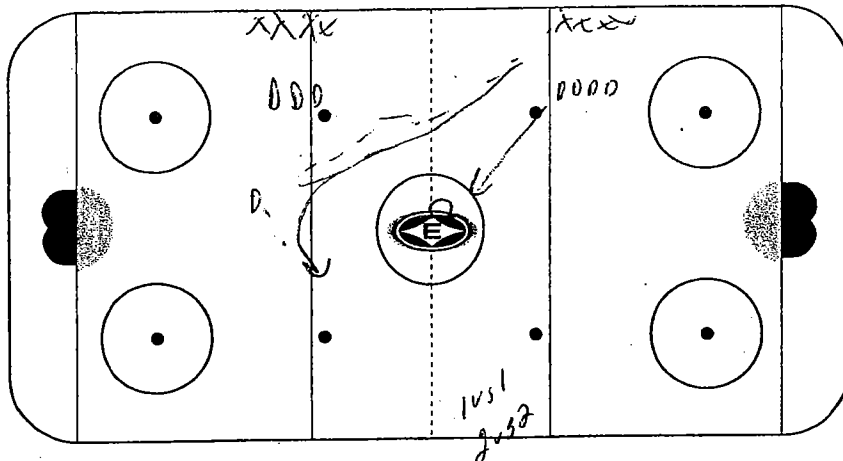
have 2nd



SYSTEM/DRILL \_\_\_\_\_



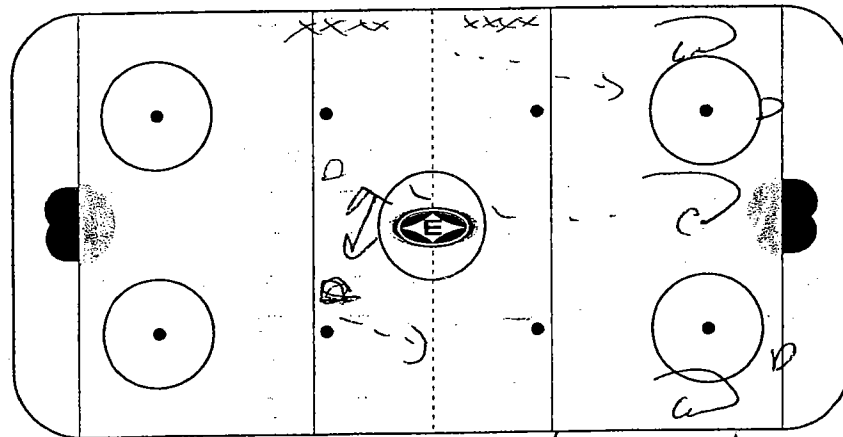
STROBEL  
DAY 3



Notes/Systems \_\_\_\_\_

HOMER'S DRILL

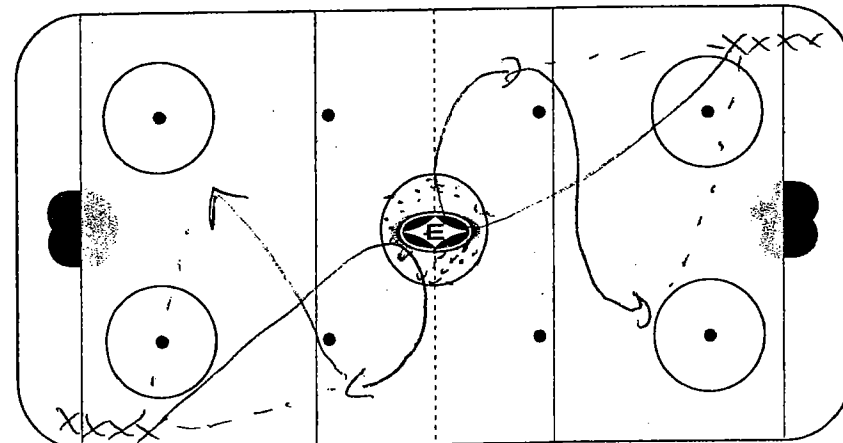
Description \_\_\_\_\_



Notes/Systems BREAKOUT 5-0 / REGROUP w/ 2 DEF.  
E COME BACK 3-2 ON D THAT BROKE YOU OUT

Description \_\_\_\_\_

Did Not  
Do!



Notes/Systems L.A. SIZZLE w/ PASS  
OPEN UP FOR A ONE-TIMER IF YOU CAN

Description \_\_\_\_\_

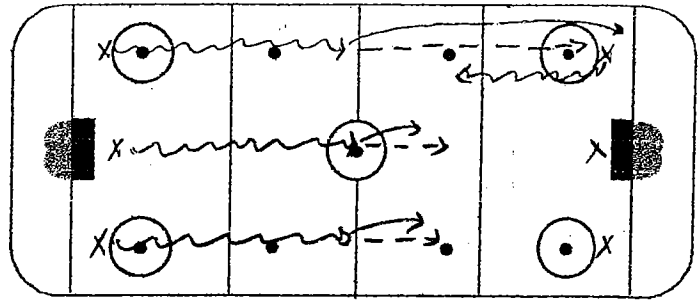
Warm-up  
Shoot!



GUENTZEL/HAMRE

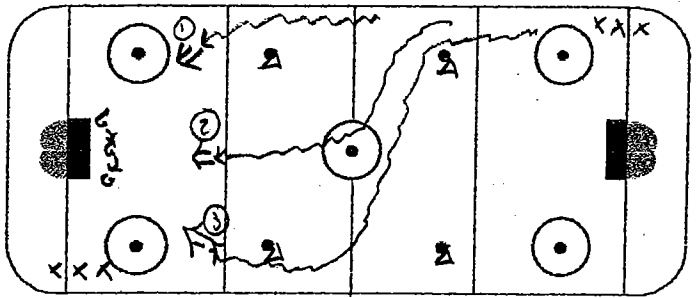
**Warmup: Passing Drill**

Each team in one end, each team makes 3 lines  
 Player will skate to redline, make pass to first player in opp. Line  
 Follow pass to line, player receiving pass will return to other end  
 Passes used: 1) flat/hard forehand  
 2) forehand saucer  
 3) backhands



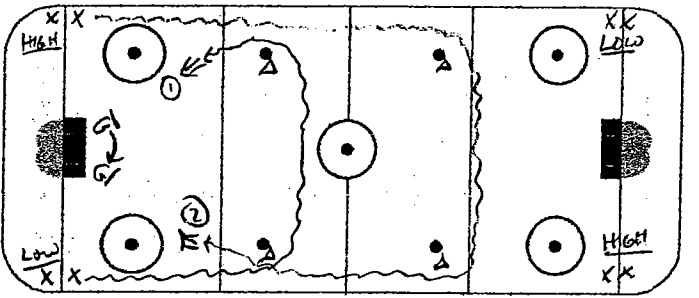
**Shooting Drill 1: 3 Lanes/Fan for Goalies Warmup**

Each team in an opposite diagonal corner  
 Gloves on the 4 NZ dots to force pattern  
 On whistle 3 at time from one end go, alternate ends  
 X1 stays on board lane/shot 1  
 X2 skates to middle lane/shot 2  
 X3 skates through middle to far lane (around glove)/shot 3



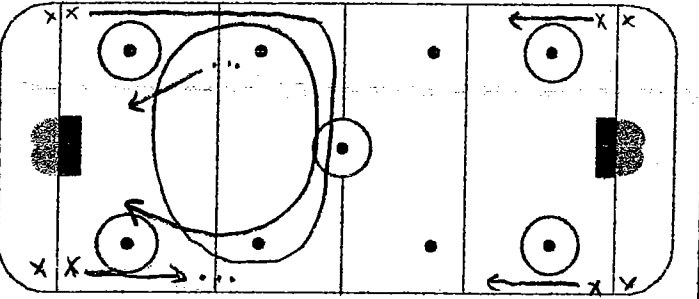
**Shooting Drill 2: Hi/Lo Shooting**

Each team in opposite end, teams each split evenly to corners  
 Gloves on four NZ dots  
 In each end one corner will make loop around near dots, one corner will make loop around far dots  
 Goalie will get two shots from opposite side angles



**Shooting/Passing: 2 on 0 Double Loops**

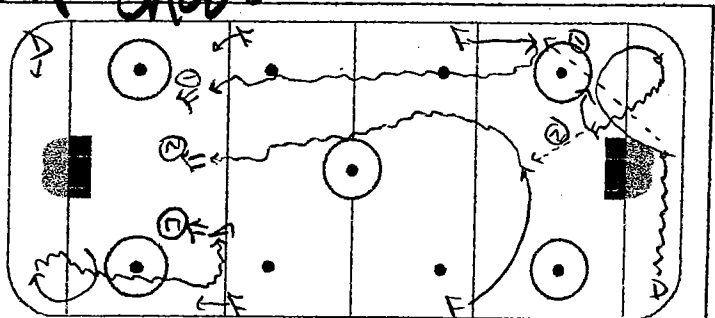
Each team split in opposite ends evenly in corners  
 1 player from each corner skate to red line, passing between  
 At red line "loop" back into zone (stay on own side of red)  
 Make pass to one of lines, receive pass back, loop back towards red line  
 Make second criss cross/loop back in at red line and attack 2on0



**1 D/ 2 Fs - Breakout/Shooting Drill**

*Loop Warm-up Shoot*

D in opposite diagonal corners, Forwards at all four blue lines, pucks in all four corners  
 On whistle D skates behind net and hits F1 with breakout pass, F1 goes to far end for shot and stays in front of net  
 D loops back into corner for puck, hits F2 with Center breakout, F2 goes to far end for middle lane shot  
 D loops back into corner for puck, drags puck to blueline for 3rd shot at near end // Both ends go at same time



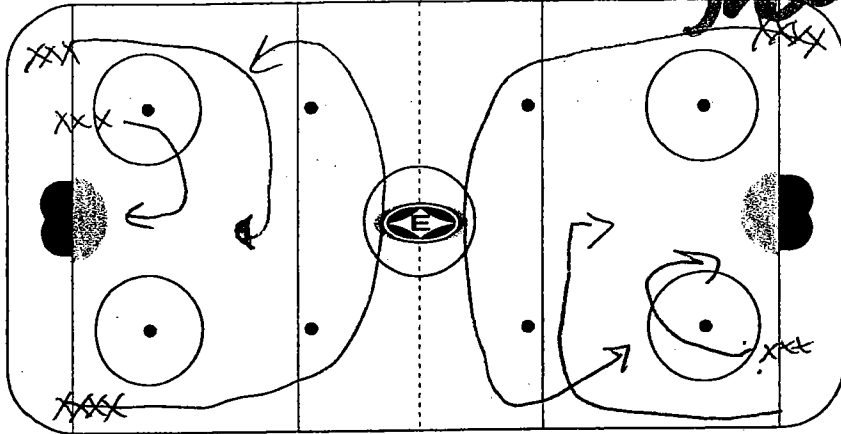


SYSTEM/DRILL



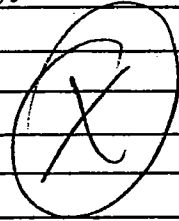
Warm up  
Shoot

STROBEL/PETEY  
DAY 8

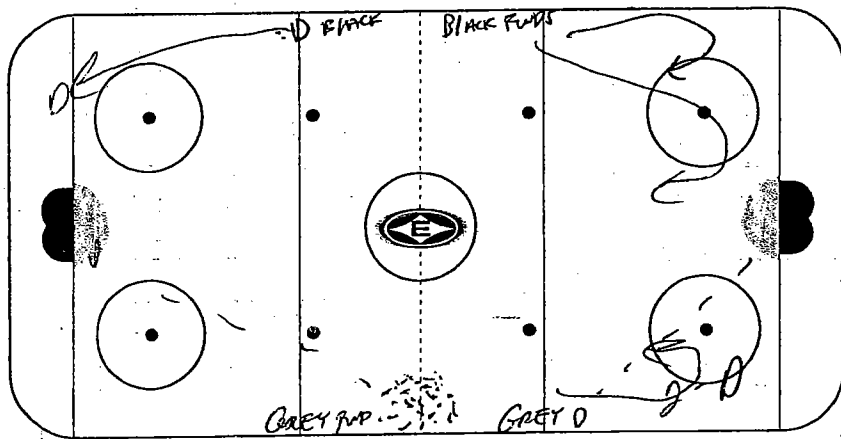


Description

3 SHOT WARM-UP  
SHORT  
MID  
LONG

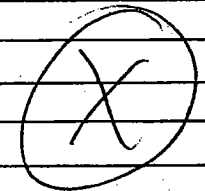


Notes/Systems

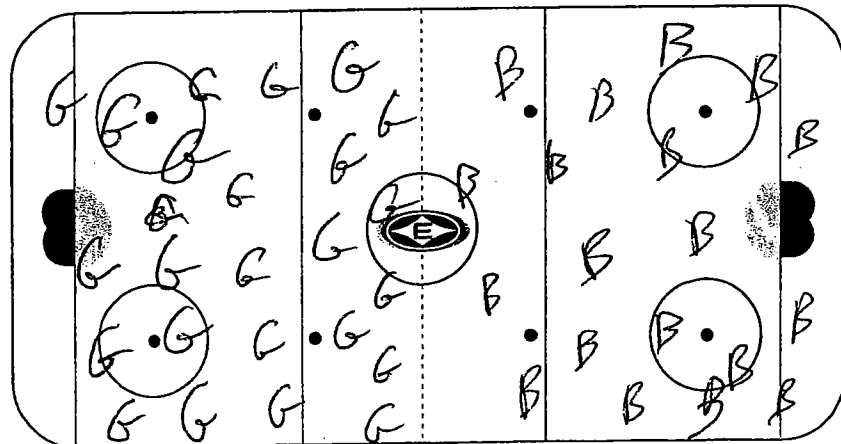


Description

5-0 BREAKOUT  
REGROUP 3-2  
WITH COACH



Notes/Systems



Description

BLACK VS  
GREY  
ONE PUCK  
NO RULES!

Notes/Systems



**About the AHCA**

- What is the AHCA?
- How to Join
- Scale of Membership
- AHCA By Laws
- AHCA Constitution
- AHCA Master Checklist

**AHCA History**

- All American Teams
- Outstanding Awards
- Coach of the Year
- Other AHCA Awards

**Current News**

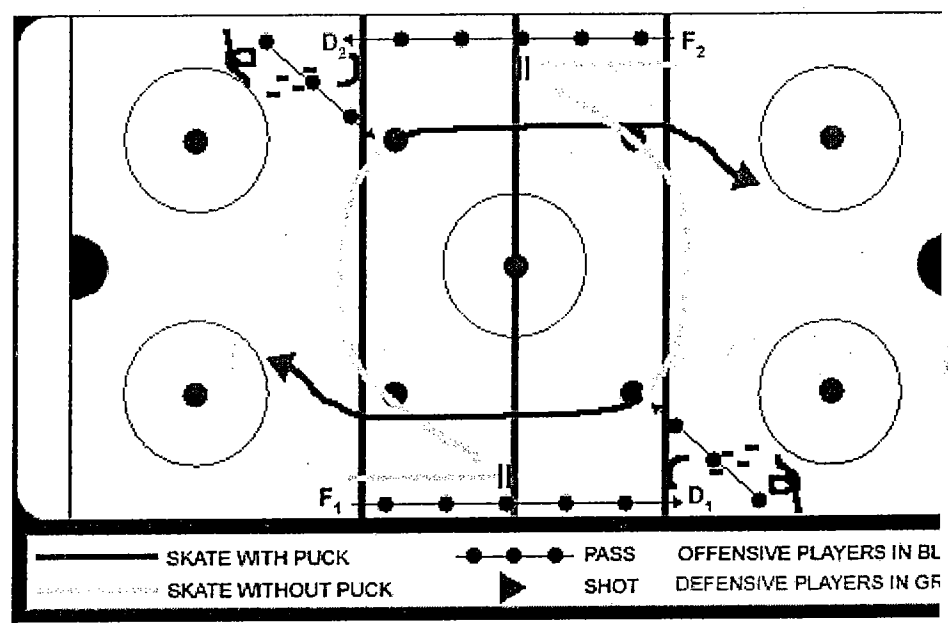
- News and Notes
- From the League Director

**Special Features**

- Ask the Coach
- Drill of the Week



**Drill of the Week - February 13, 2002 - "Denver Double 1-on-1"**  
 Submitted by the University of Denver



- F1 passes to D1; F2 passes to D2
- F1 and F2 skate to red line and stop
- D1 and D2 take pass, pivot to backwards and do an escape move towards blue
- D1 passes to F2 coming across; D2 passes to F1 coming across
- F1 and F2 1-on-0 for shots
- Ds follow their passes and take pass from opposite D for 1-on-0
- End up with two shots from same lane

For the remainder of the 2001-2002 season, the AHCA will be presenting a Drill of the Week. Beginning in September 2002, this feature will only be available to AHCA Members. [You can learn more about membership by clicking here.](#)

The "Drill of the Week" will occasionally feature animations and videos along with image descriptions.

**Check back here every week for more great drills!!!**

*WARM-UP SHOOT*



**About the AHCA**

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**Current News**

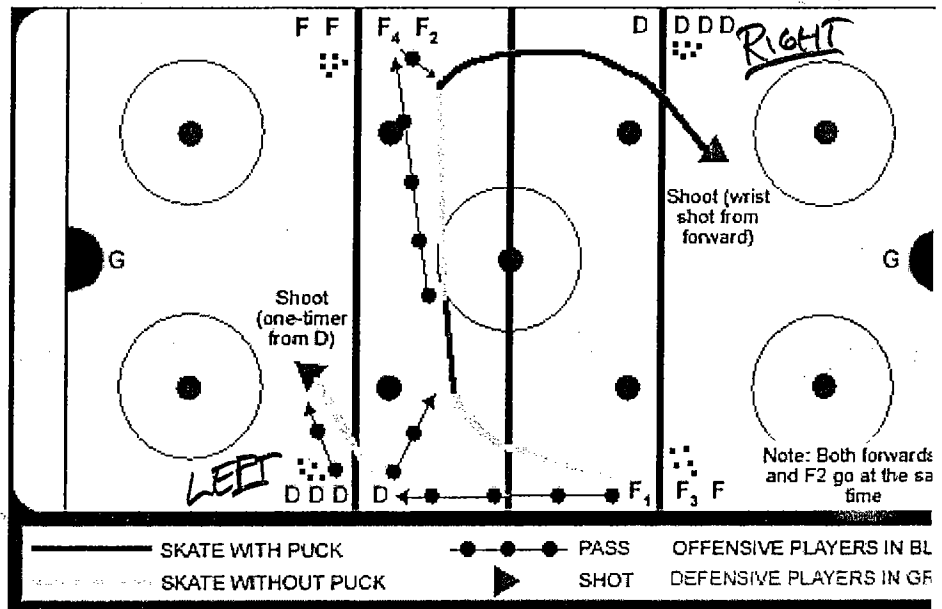
- News and Notes
- From the Press Director

**Special Features**

- Ask The Coach
- Drill of the Week



**Drill of the Week - February 27, 2002 - "2-Touch Pass and Shoot"**  
Submitted by the Trinity College



**Objectives:** A good warmup drill for forwards, defensemen, and goalies. Focus on puck movement and shots on net.

**Design:** Defense split into two groups and form lines at opposite sides of both blue lines. Forwards form two lines at opposite sides of both blue lines with pucks. The drill starts and is continuous. On the whistle, the first player in both forward lines makes a direct pass to the defenseman at the opposing blue line and then follows. The defenseman gets a return pass from that same defenseman. The forward, upon receiving the pass, skates across the blue line and makes a direct pass to the second forward in the other forward line and gets a return pass. He then skates into the offensive zone (into the end that he is from) and takes a wrist shot from just inside the blue line. The same thing should occur simultaneously at the other end with the first forward from the other line. The first forward makes the first pass to the defenseman and gets the return pass, that defenseman backs off the blue line and gets a pass from the second defenseman in line and then takes a wrist shot from the blue line. The goalie is seeing two shots: the first from the defenseman, the second from the on-rushing forward.

For the remainder of the 2001-2002 season, the AHCA will be presenting a Drill of the Week. Beginning in September 2002, this feature will only be available to AHCA Members. You can learn more about membership by clicking [here](#).

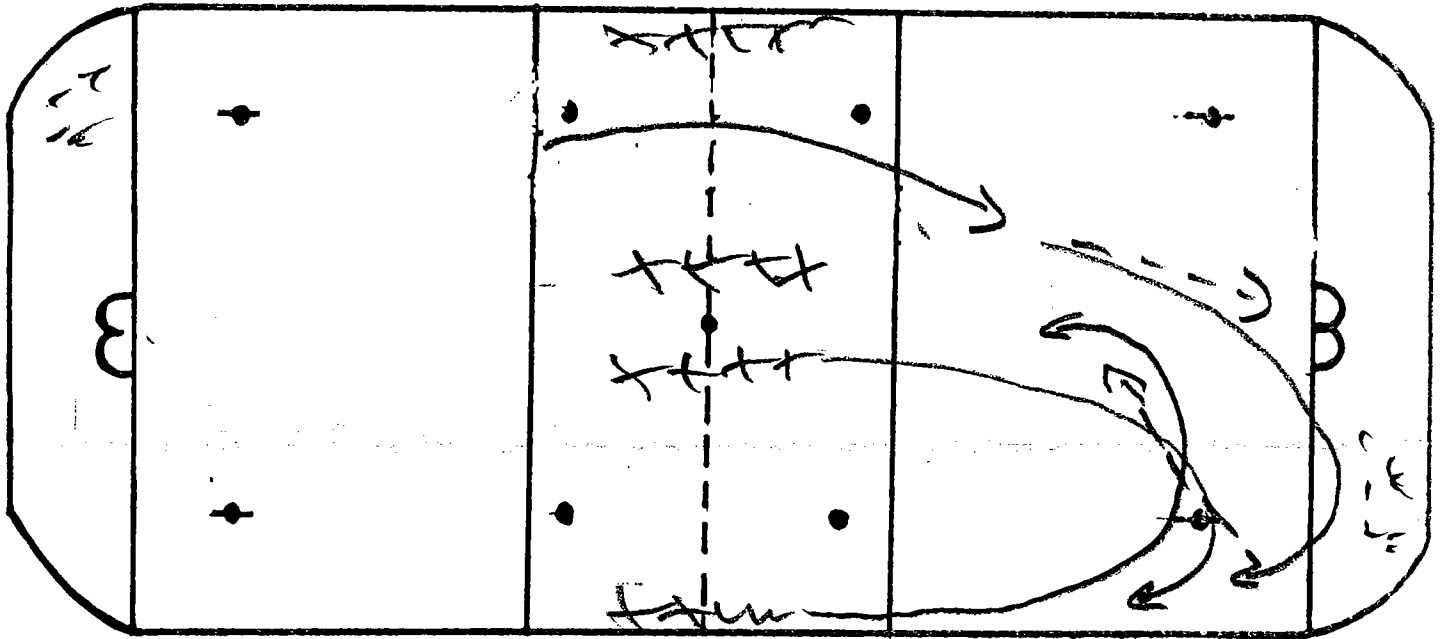
The "Drill of the Week" will occasionally feature animations and videos along with image descriptions.

**Check back here every week for more great drills!!!**

*WARM-UP SHOOT*

Name of Drill: FUBAR

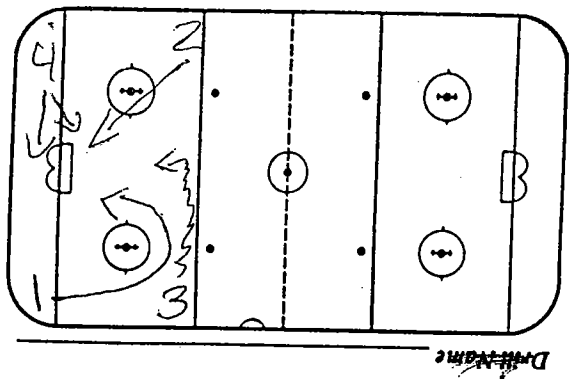
Description:



Comments: Hit Middle "Hot" on Boat

# WARM-UP Shoot

1- Circle & Shoot



2 Breakaway

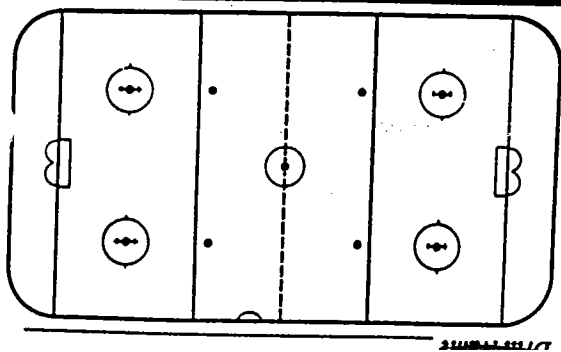
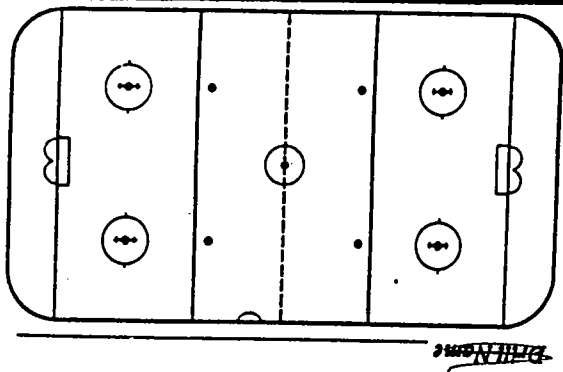
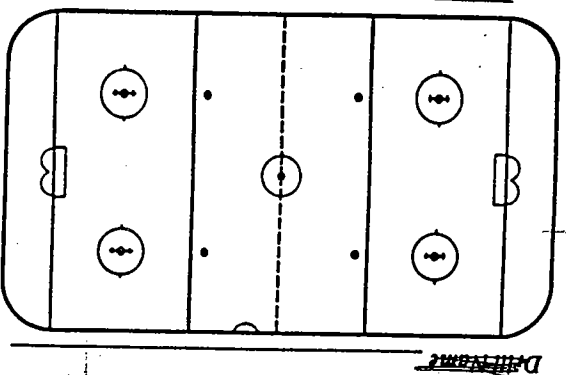
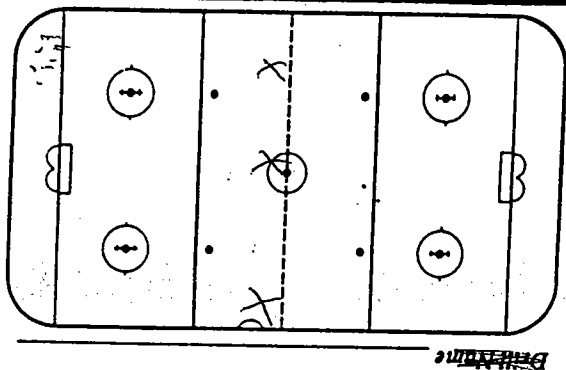
3 Walk Line Shoot

4 Breakaway Corner

1/2 Ice Rebound

Shoot - ~~Be~~ Play off Rebound

get puck from corner pass to  
any 3.



# 2003 Rocky Mountain District

ADVANCED CLINIC  
Salt Lake City, Utah

Coach: Corky Brown

Team / Level: Squirts + up

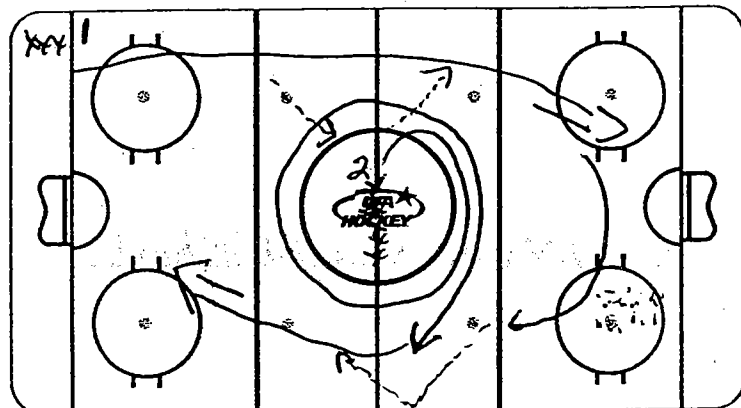
State: Texas

Drill Category: Timing

Drill Name: Center ice curl with direct/board pass

LEGEND			
⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	---→	Pass
G	Goalie	⇄	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

## Warm-up Pass - Both Sides



### KEY TEACHING POINTS:

1. Solid give-n-go passes
2. Time board pass
3. Communicate

### KEY EXECUTION POINTS:

1. head the give-n-go pass
2. full speed.
3. Player takes a wrist shot, plc 2 takes a slapshot.

### DRILL PURPOSE:

To generate passing both direct and indirect at full speed with timing

### DRILL PROCEDURE:

- Line 1 takes off (full speed), passing to line 2 @ center ice.
- Player 1 receives pass back from Player 2 (full speed)
- player 1 shoots.
- Player 2 takes off (clock wise) and does a complete circle around the center ice circle
- Player 1, (after shooting) picks up a puck from the corner and makes a board pass to player 2 who has completed the circle.
- It is important for player 2 to time the circle to receive the pass from player 1

### DRILL PROGRESSIONS:



Esprit de Sport Technologies Inc.  
www.espritdesport.com



# 2003 Rocky Mountain District

ADVANCED CLINIC  
Salt Lake City, Utah

Coach: NICK VACHON

Team / Level: MIDGET AA | MITE A

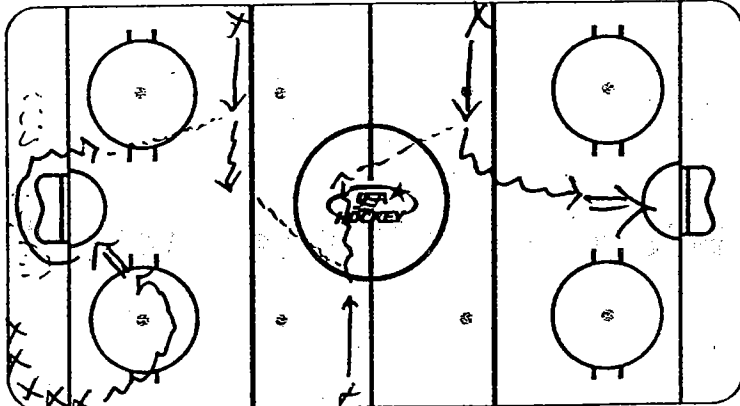
State: CALIFORNIA

Drill Category: TIMING

Drill Name: THE BUTTRES 3 MAN TIMING DRILL

LEGEND			
⊙	Coach	~~~~~	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	-----	Pass
G	Goalie	⇄	Drop Pass
—	Stop	~~~~~	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

## NEW HEY HEY



KEY TEACHING POINTS:

PATENCES, PASSING

KEY EXECUTION POINTS:

- MOVE WHEN MAKING PASS
- BE PATIENT TO NOT GET AHEAD OF PLAY.

DRILL PURPOSE:

SHOOTING, PASSING, TIMING

DRILL PROCEDURE:

SET UP:  
PLAYERS BEGIN IN CORNER. (3) PLAYERS START IN NEUTRAL ZONE. ONE ON OPPOSITE BLUELINE. ONE ON RED LINE. ONE PLAYER ON FAR BLUELINE.

DRILL:  
PLAYER COMES OUT OF CORNER FOR SHOTS. PLAYER CONTINUES BEHIND NET AND PASSES TO PLAYER 2 ON OPPOSITE BLUE. HE SKATES MAKES PASS TO PLAYER 3 ON RED. HE RECEIVES PASS AND MAKES PASS TO PLAYER 4 WHO THEN SKATES IN FOR SHOT.

DRILL PROGRESSIONS:



Esprit de Sport Technologies Inc.  
www.espritdesport.com



# 2003 Rocky Mountain District

ADVANCED CLINIC  
Salt Lake City, Utah

Coach: DAVE GALLIVAN

Team / Level: BANTAM / MIDGET

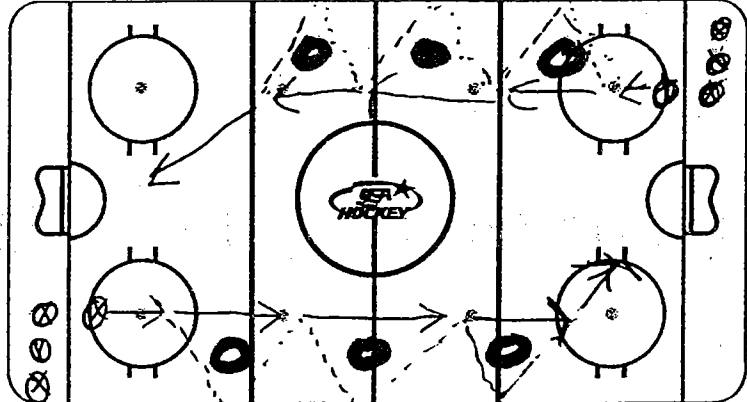
State: TEXAS

Drill Category: TIMING

<b>LEGEND</b>	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: Board Passing

## TIRES / BOARDS



KEY TEACHING POINTS:  
Angle the puck goes to the board is the same it will come back

KEY EXECUTION POINTS:

DRILL PURPOSE:  
Time off the boards

DRILL PROCEDURE:  
Players in two lines go the length of the ice passing the puck off the boards & receiving the puck back then shooting on net

DRILL PROGRESSIONS:

# 2003 Rocky Mountain District

ADVANCED CLINIC  
Salt Lake City, Utah

Coach: Michael GAFFNEY

Team / Level: BANTAM B

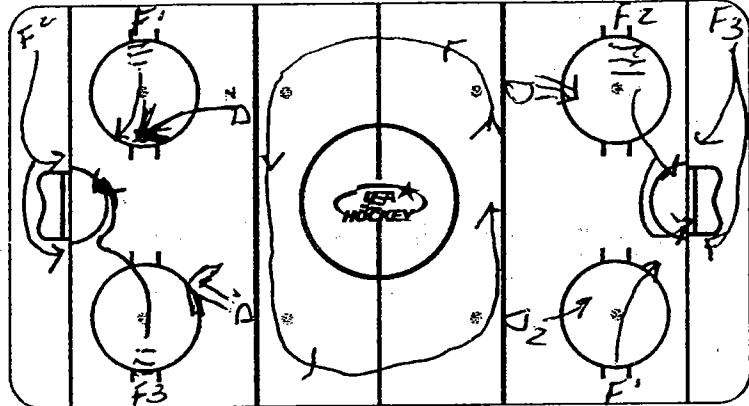
State: COLORADO

Drill Category: Shooting

LEGEND			
⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	---→	Pass
G	Goalie	↔	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

Drill Name: SHOT VARIATIONS

Schwartz 4 corner shoot



**KEY TEACHING POINTS:**

SLAP SHOT, WRIST SHOT, DEKING  
WRAP AROUND

**KEY EXECUTION POINTS:**

Quick lateral movement, quick  
SHOTS,

**DRILL PURPOSE:**

WORK out of 2 ends, TO Get Familiarized with Every  
SHOT.

**DRILL PROCEDURE:**

D' starts the DRILL with a SLAP SHOT - D2 moves in for  
a wrist shot from top of the circle. F1 WALKS out from side  
boards with a SLAP SHOT from bottom of circle. F2 moves off the  
side boards with 3 lateral chucks and TRYS TO DECK GOALIE.  
F3 TRYS a WRAP AROUND OR a short side goal

**DRILL PROGRESSIONS:**

(Add this)

After each group shoots have them SPRINT outside  
the dots @ center



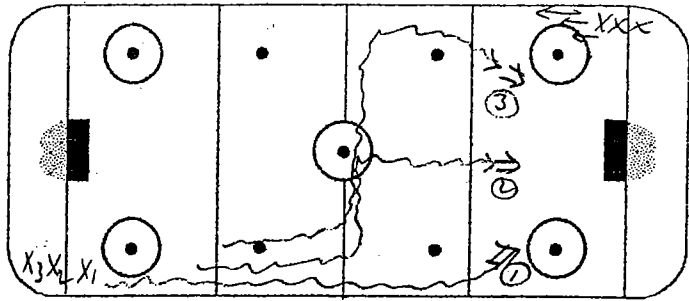
Esprit de Sport Technologies Inc.  
www.espritdesport.com



HAMRE/SCHOOLEY (FOR DELICH)

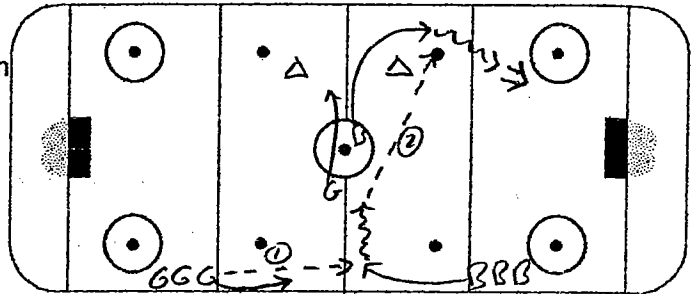
**I. Warmup Skating:**  
 Laps carrying puck, On whistle speed up  
 Forwards both ways, Backwards both ways, Power turns to the boards plus three hard strides

**II. Warmup Shooting: "Fan Shooting Drill"**  
 Teams in opposite diagonal corners, On whistle 3 from each corner go  
 F1 down near lane and shot, F2 cut to middle at red and down middle lane shot, F3 cut at red to far lane and in for shot



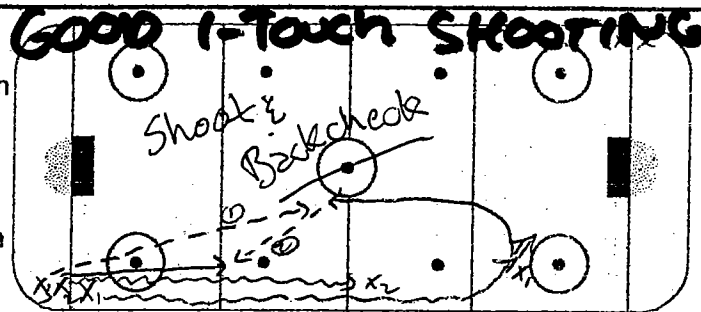
**Passing/Shooting Skill Drill: "Yale Alternating 1on0"**

Team line up on blue line opposite of each other, one player from blue team on center dot, one team from green team on near wing of center ice circle  
 On whistle movement begins - continuous - first player in blue line skate to red, receives pass from green, collects it and passes to first blue player going in for shot  
 Green player quickly follows pass, receives pass and sends his green teammate in for shot



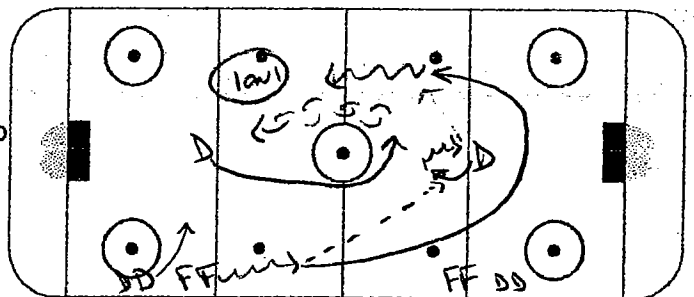
**Passing/Shooting Drill 2: Derek's 1-Touch Tip-Pass/Shot Drill**

Team's in opposite diagonal corners, First player from each team skate up boards with puck for shot  
 When F1 gets to far blue, F2 carries puck to far end for shot  
 After shooting player loops back down middle towards own team's line, next player give pass to player near redline and begins skating - will get a touch pass back and go in for shot - Drill is now continuous/works-off both sides



**"Chicago 1on1, 2on1, 2on2 Series"**

Blue D and Green Fs on one blueline, Green D and Blues Fs on Other blueline  
 1 Blue D and 1 Green D in middle on blueline, a Blue F passes to Blue D regroups and attacks Green D 1on1 - D work on Gapping up to receive/make pass and gapping up to Take rush  
 After rush goes by, new Green D jumps out and Green F goes  
 Drill becomes 2on1, then 2on2



**Hammer Full Ice 3on2**

Blue forwards in one end corner, Green forwards in other end Corner, all D in middle/NZ  
 3 Blue Forwards begin on whistle - F1 goes top and bottom of circles, F2 goes top of circle and behind net with puck, F3 goes around near circle  
 2 D start on redline, on whistle skate to blue, back to red and then gap up to blueline again  
 3on2 Rush develops - Fs work on net drive and trailer options

