

**S W E D I S H  
H O C K E Y  
D R I L L S**

**BOOK 2**

## SWEDISH HOCKEY DRILLS

The drills are a collection of hockey drills from energetic coaches at different levels also the result of the work of the Swedish Ice Hockey Association's organized instruction.

The drills are divided into sections with regard to the aim of the respective drill, but of course comply with other training purposes. Thus i.e. are found under the heading "skating drills", drills suited for both conditioning training as well as technique training. You therefore as the coach must review what you above all will attain with respective drill.

Plan the practice period in good time and have a clear objective with each training period. When you plan your training session, consider varying the intensity in the drills during the whole training period, so that easier drills, i.e. rest drills come after more difficult drills.

As a suggestion the planning of a practice session on ice can be done according to the following:

---Warm-up and limber up

Note: When you choose the drills for the warm-ups, which naturally don't have to occur on the ice, you should think of the following:

- A) Large muscle groups should be activated
- B) Easy first and last part
- C) No fast starts or abrupt stops in the beginning

---Individual drills:

- A) Skating in all its forms with or without the puck
- B) Dribbling, fakes
- C) Shooting
- D) etc.

---Combined drills

- A) One-on-one, two-on-one, etc.
- B) Different loops over several instants.  
i.e. passing, shooting occurs

---Game drills (instances of play)

- A) Break out
- B) Forecheck
- C) Two goal play (Scrimmaging)
- D) etc.

---Aerobic--alternative--An<sup>a</sup>erobic

---Relaxation (Cool Down)

- A) Gymnastics
- B) Easy skating

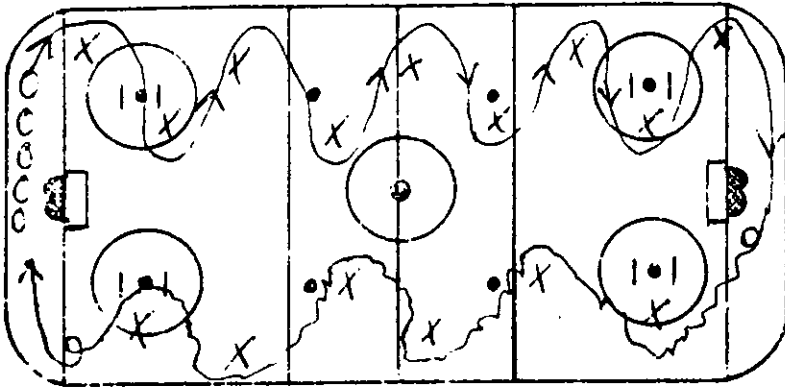
Of course other groupings can also be found but essentially to warm-up/limber up and relax (cool down) is placed first and last respectively in a training session.

#### Summary

- Explain the aim of the drills
- Give more time to team drills as the season proceeds, but never forget the individual skill practice.
- Show patience

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SWEDISH ICE HOCKEY ASSOCIATION  
Development Committee



Crossover skating around pylons  
forward and backward

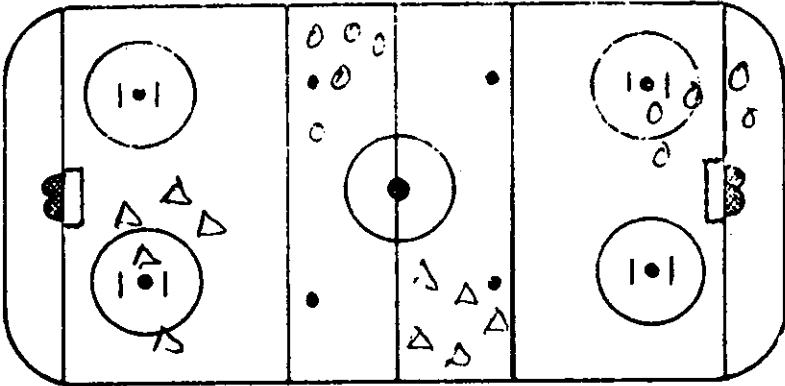
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Groups of five "Follow John".

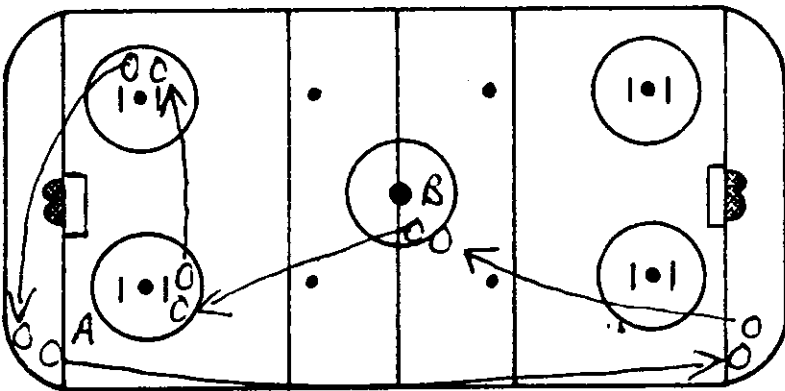
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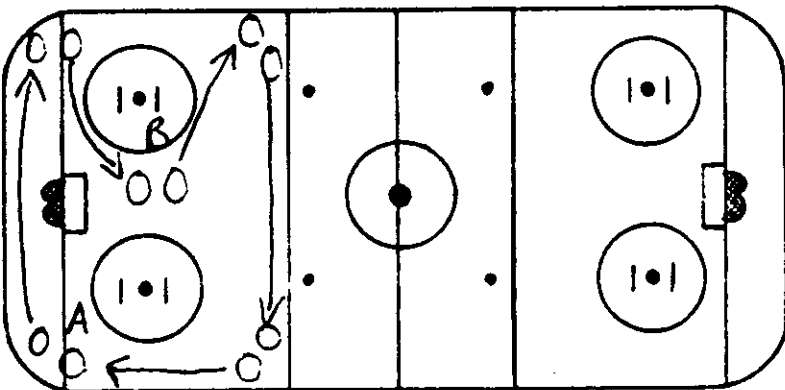


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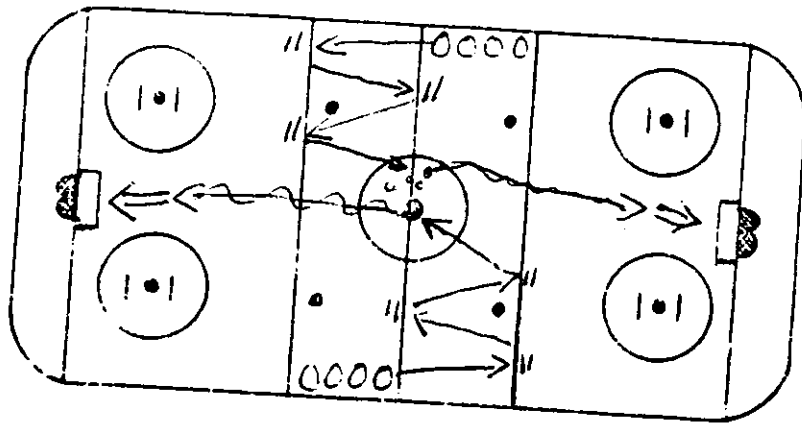
Start pairs according to drawing  
Maximum skating according to the  
arrows. A & B start simultaneous  
ly.

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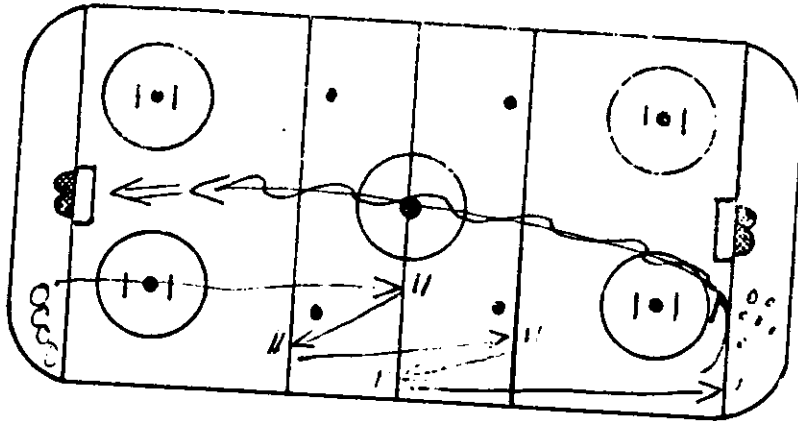


Start pairs according to drawing.  
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arrows. A & B Start simultaneous  
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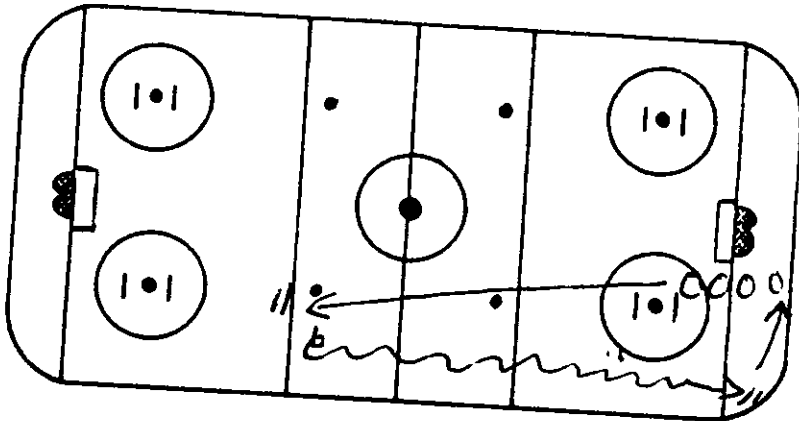
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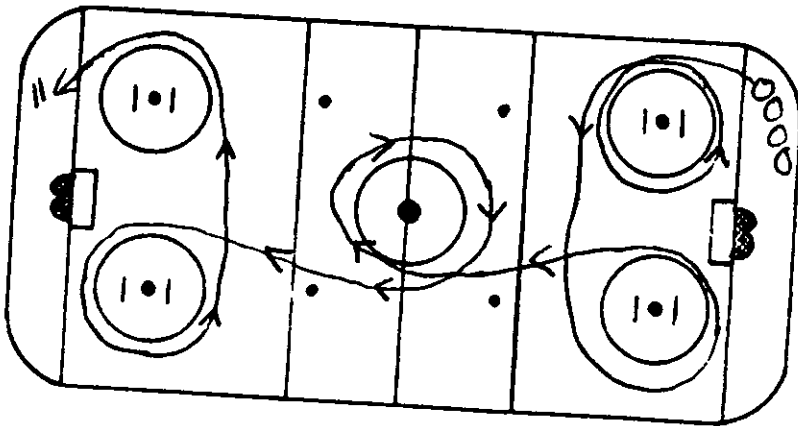
Start and stops  
Pucks in the center circle  
Finish up with a shot.



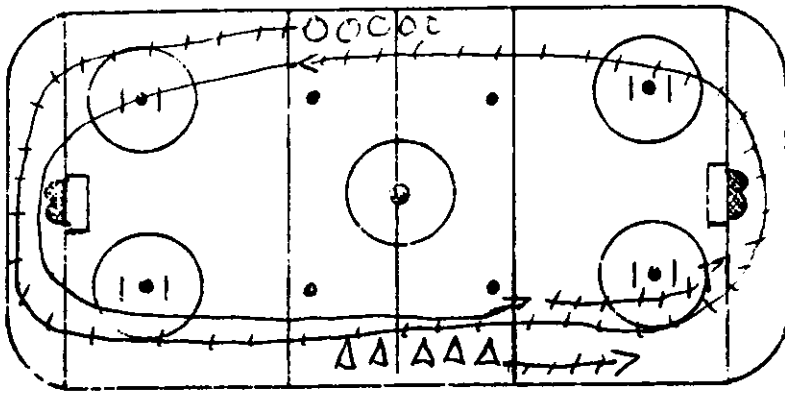
"the Idiot"  
with shot on goal



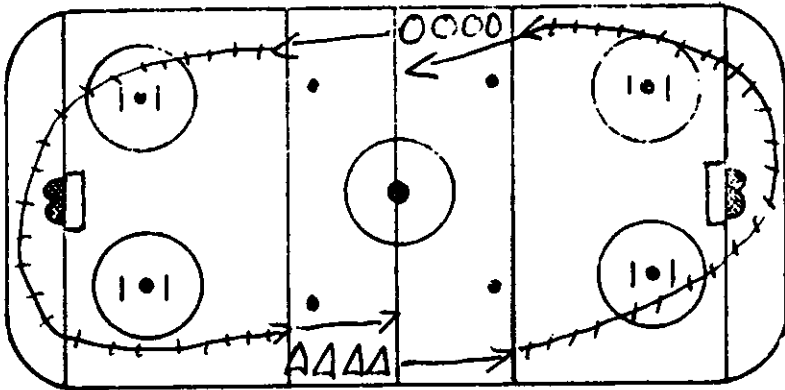
Turning (pivoting) drill for  
the defensemen.



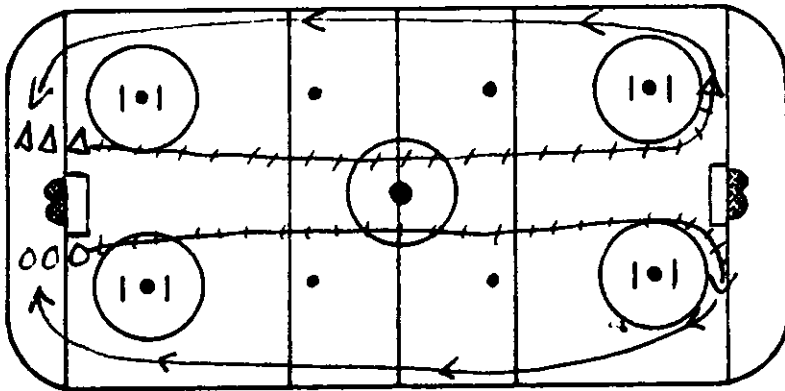
Cross-over skating



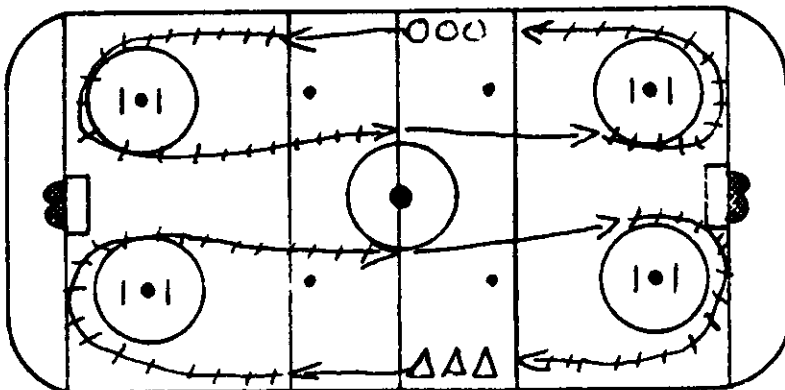
Two 5's are at respective blue lines. Full speed for one lap.  
Glid to next blue line. Full speed next lap.



Cross-over skating from the blue line around the goal to next blue line.

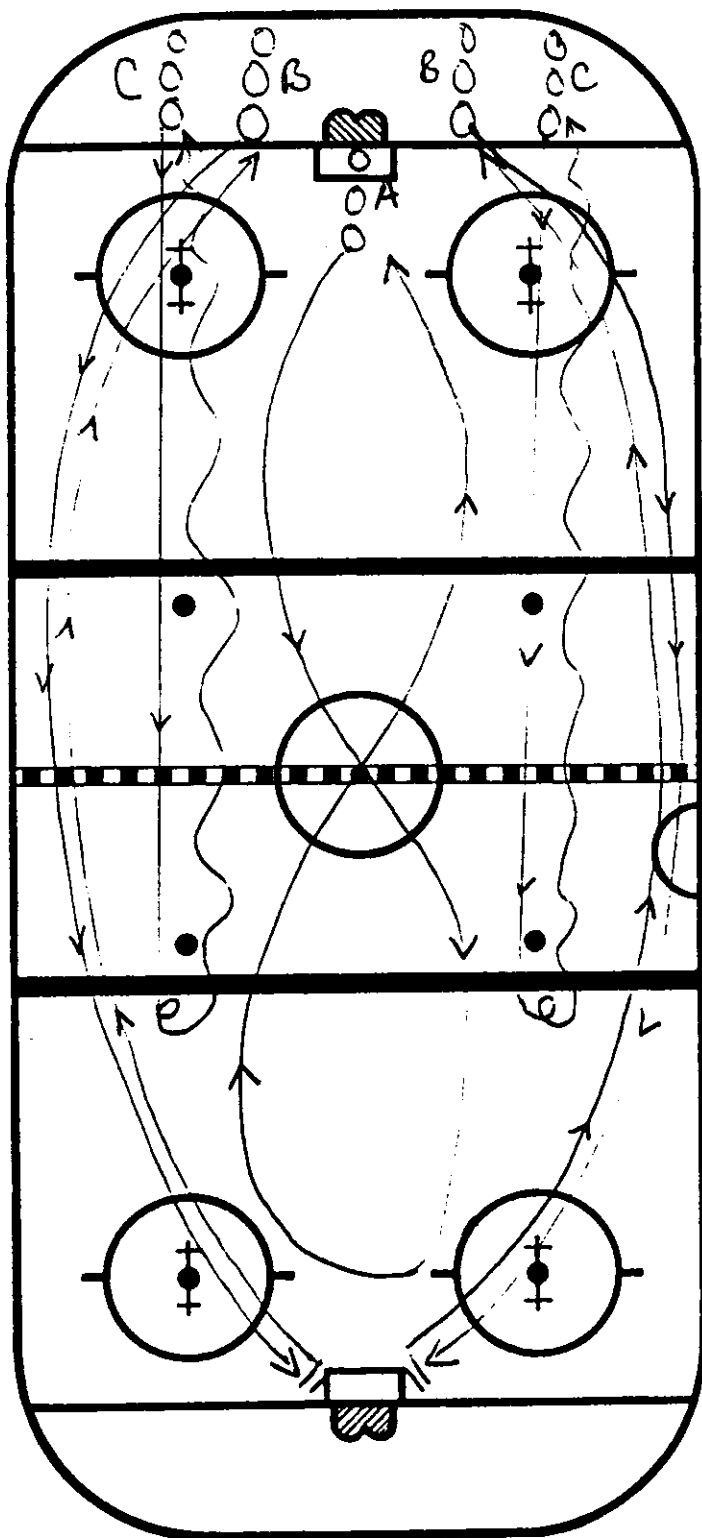


Pairs skate over the whole rink.  
Easy skating back along the edges.

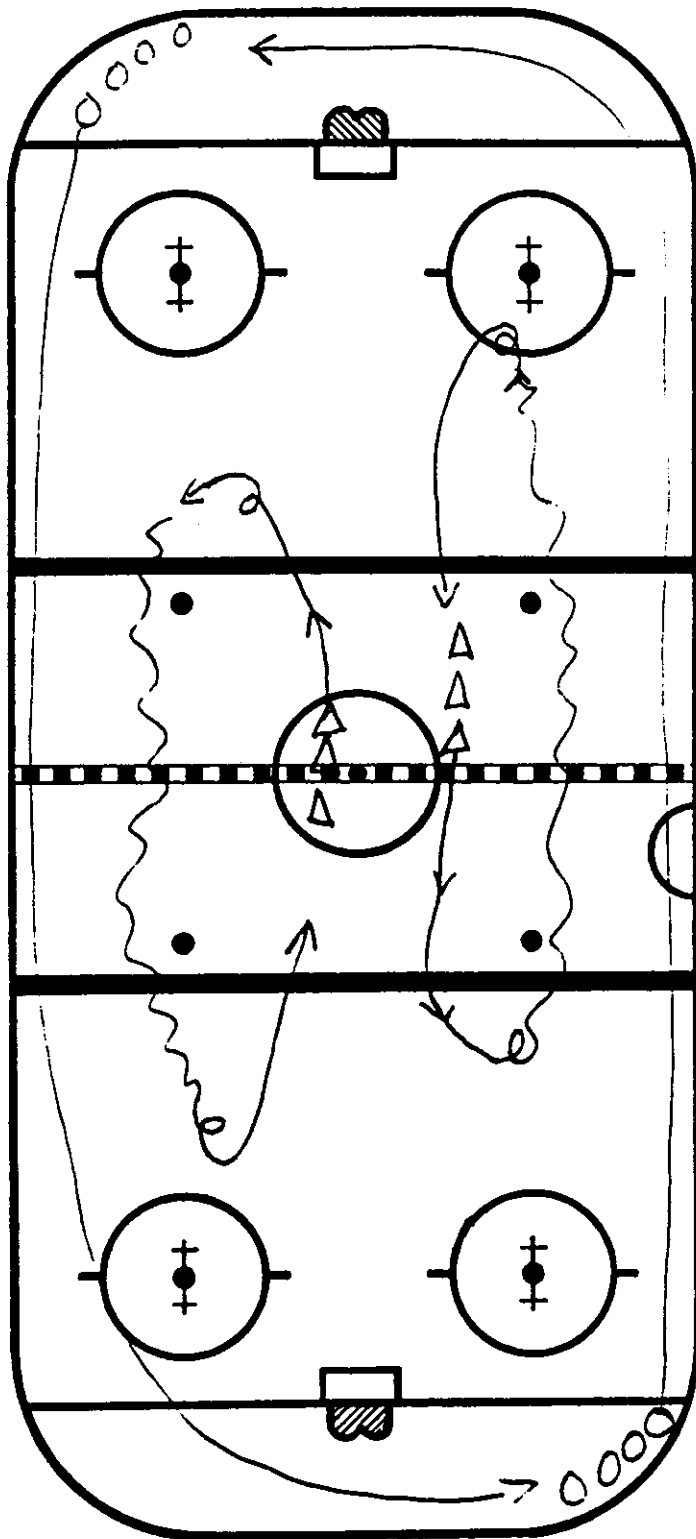


Pairs cross-over skating around the face-off circles.

Unit (groups of five) skating  
Centerman according to A  
Wingers according to B  
Defensemen according to C

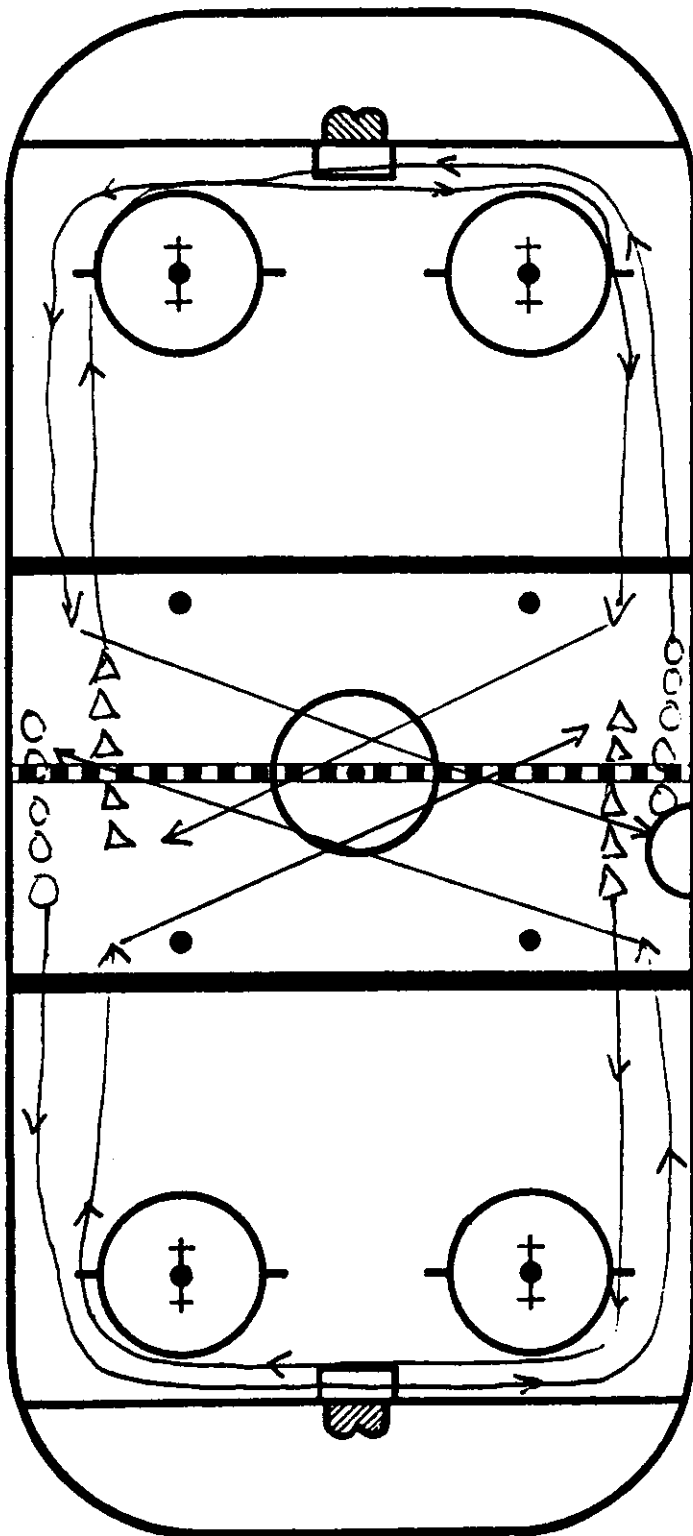


Start for forwards in diagonal corners. Start for the defensemen in the center circle. The Defensemen meet the forwards at the blue line, turn (pivot) to backward skating and try to press the forward so that he cannot cut in front of the goal.



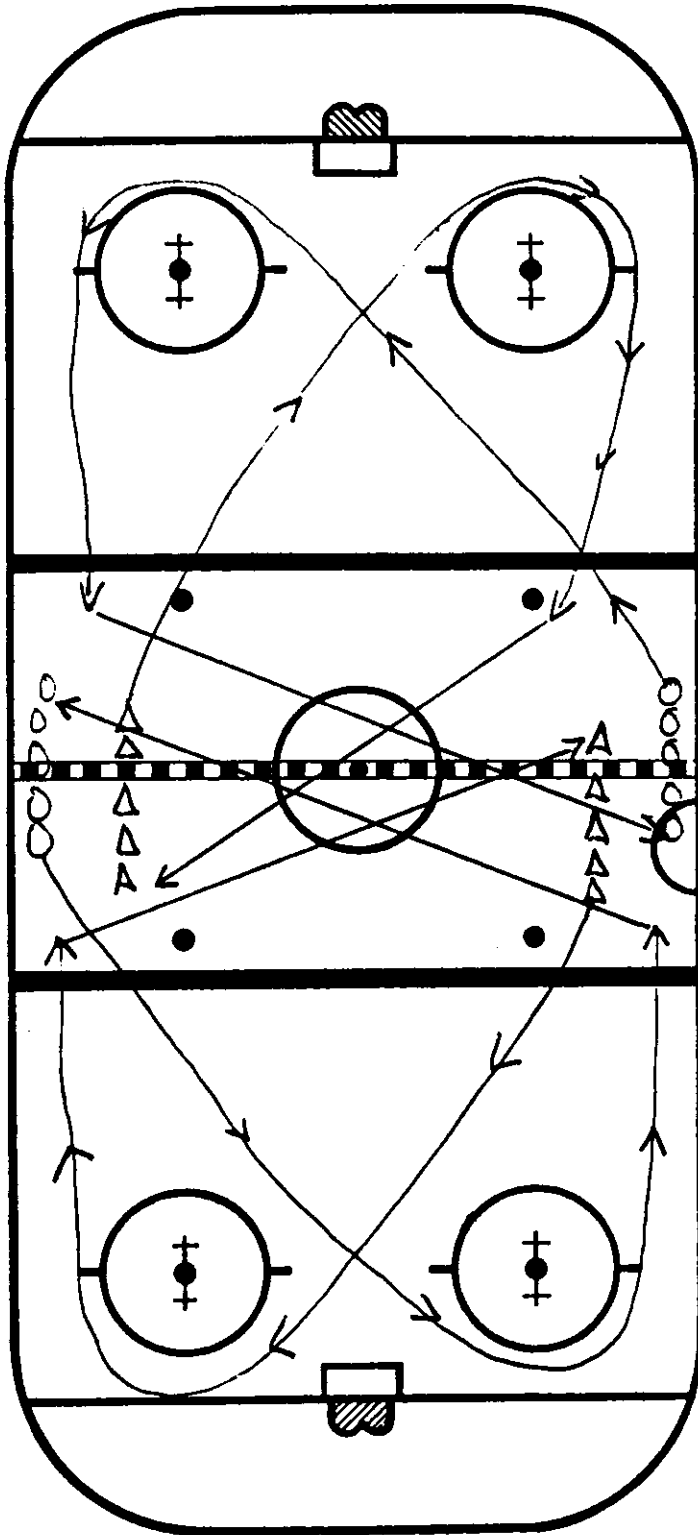


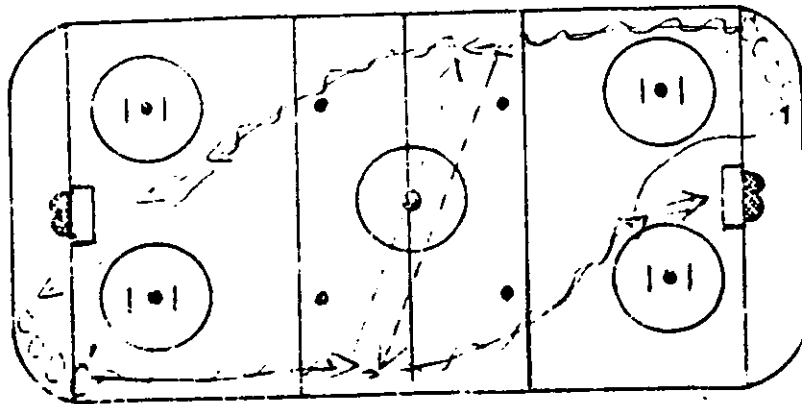
Units of five players cross-over skating around face-off dots to the other side. Two units start at the same time and meet in front of the goal. Easy skating back diagonally across the rink to new starting point.



Starting point--Two units at the centerline along respective board

Same as the previous drill but skate diagonally to the circles and up along the boards.



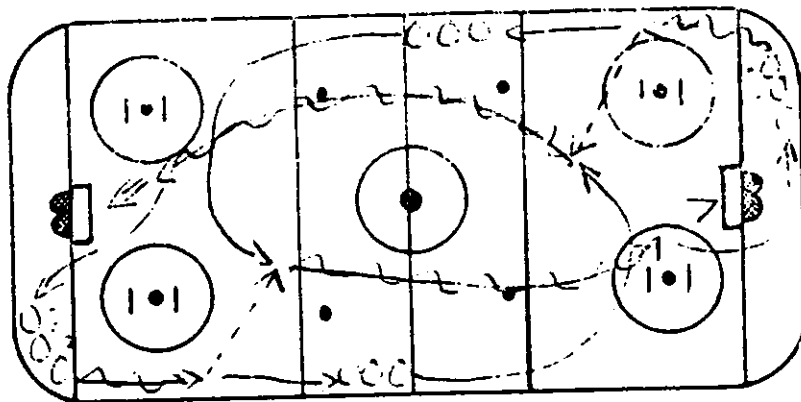


exchange puck in the center zone.  
skate--pass---receive new puck---  
skate---shoot.

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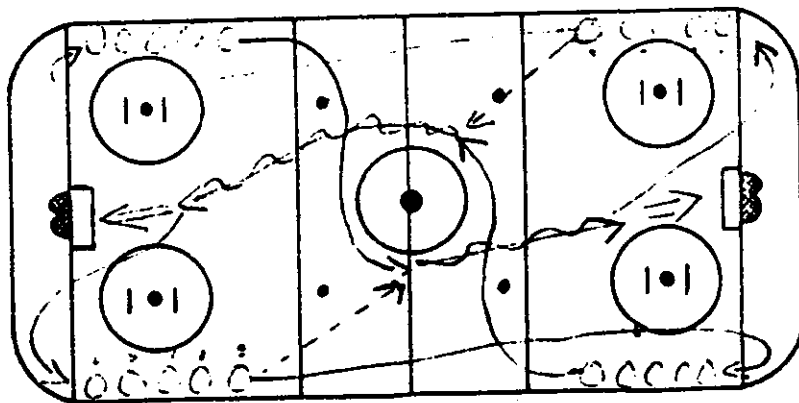


start--diagonal to net and in the  
center zone. Skate in own zone--  
receive break out pass---skate---  
shoot.

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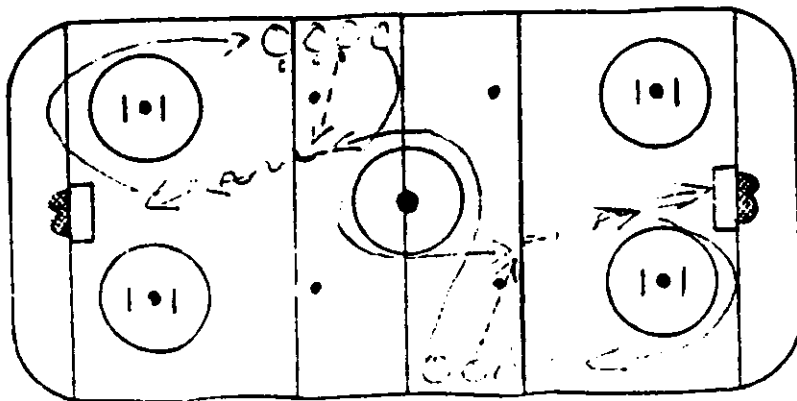


start--group of lines in respec-  
tive zones. Skate--receive break  
out pass in center zone---skate---  
shoot.

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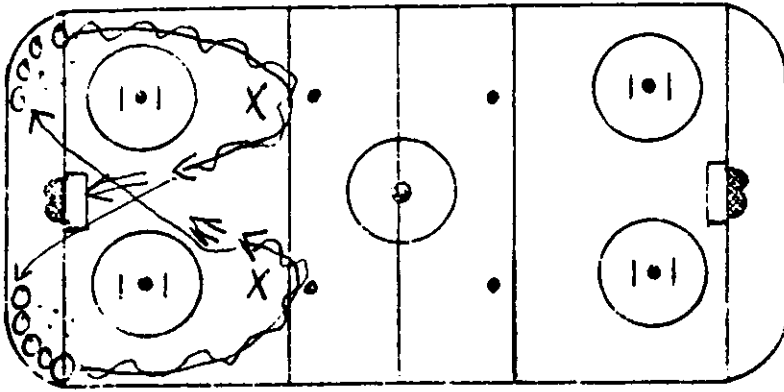


Skate around the circle in center  
zone, receive a pass--skate--  
shoot.

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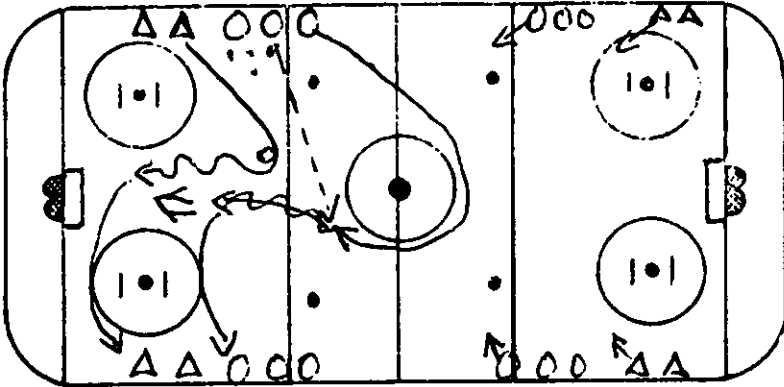


Start from the corner. Shoot  
immediately after rounding the  
pylon.

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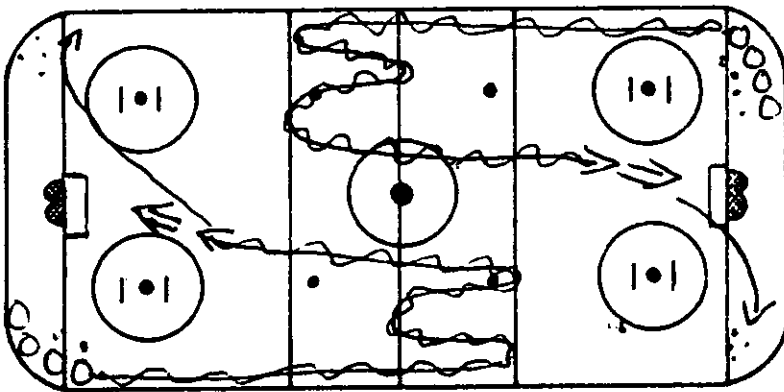


Forwards skate full speed around  
the center circle. Second for-  
ward passes. Defenseman moves up  
to the blue line turns and defend  
Start diagonally.

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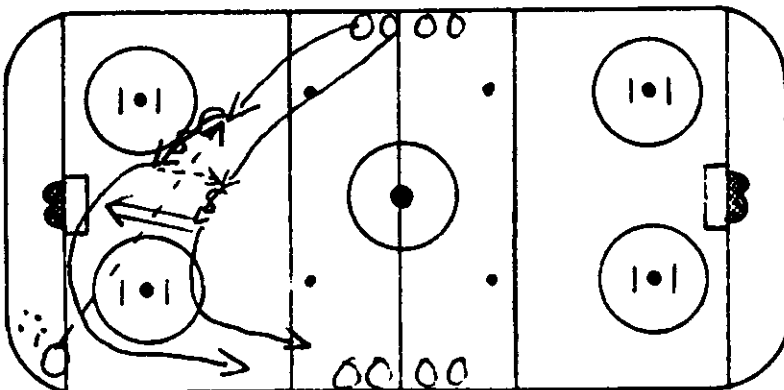


Two units (fives) in respective  
ends. Skate---Finish off with  
shot.

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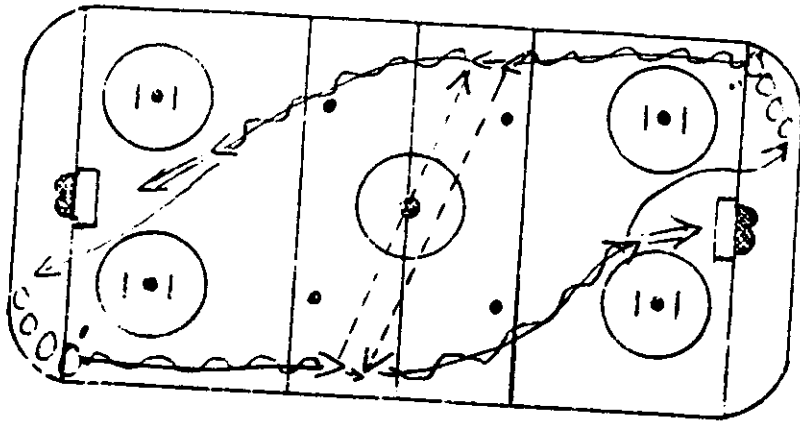


Skate in. Pass from the corner,  
diagonally. A man trails for  
drop pass.

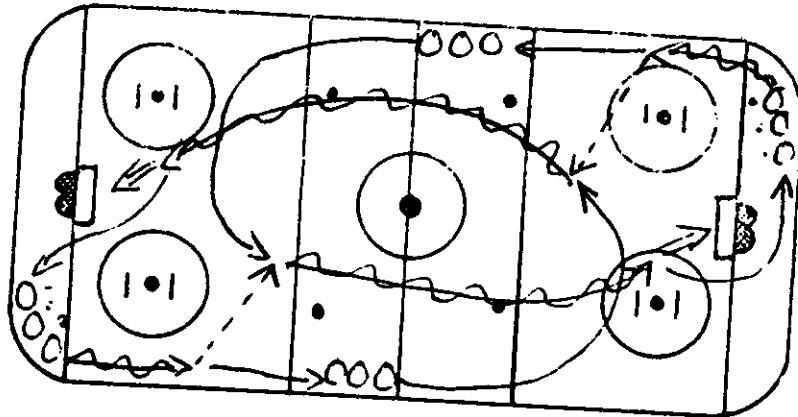
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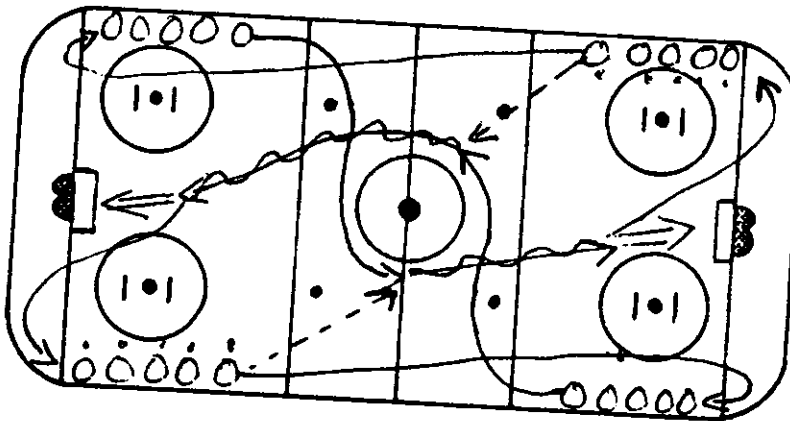
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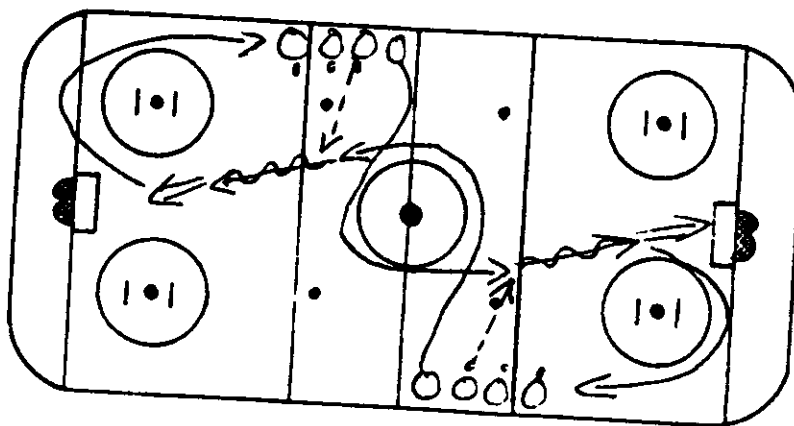
Exchange pucks in t  
 Skate--pass---recei  
 skate---shoot.



Start--diagonal corne  
 center zone. Skate i  
 receive break out pas  
 shoot.

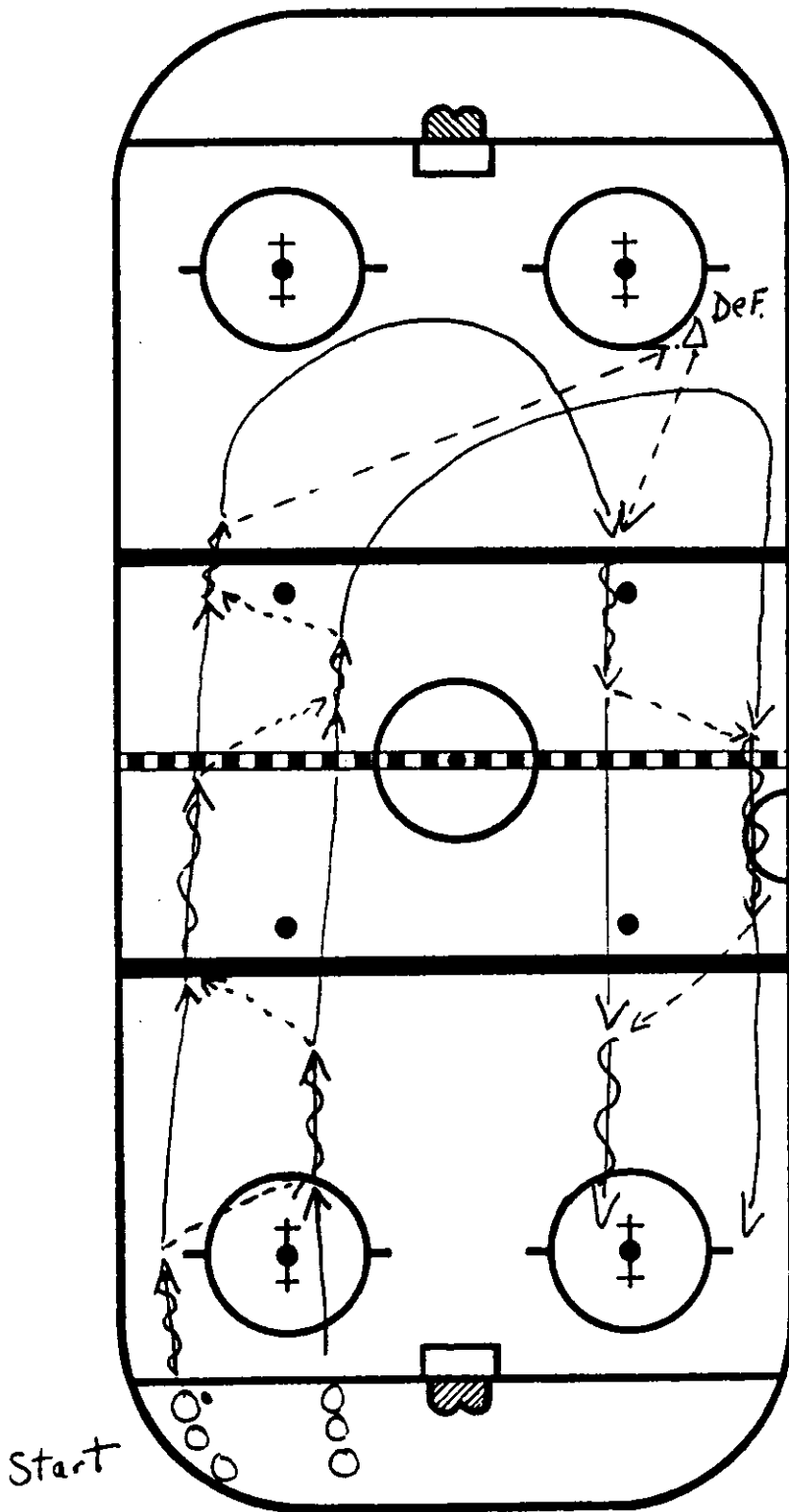


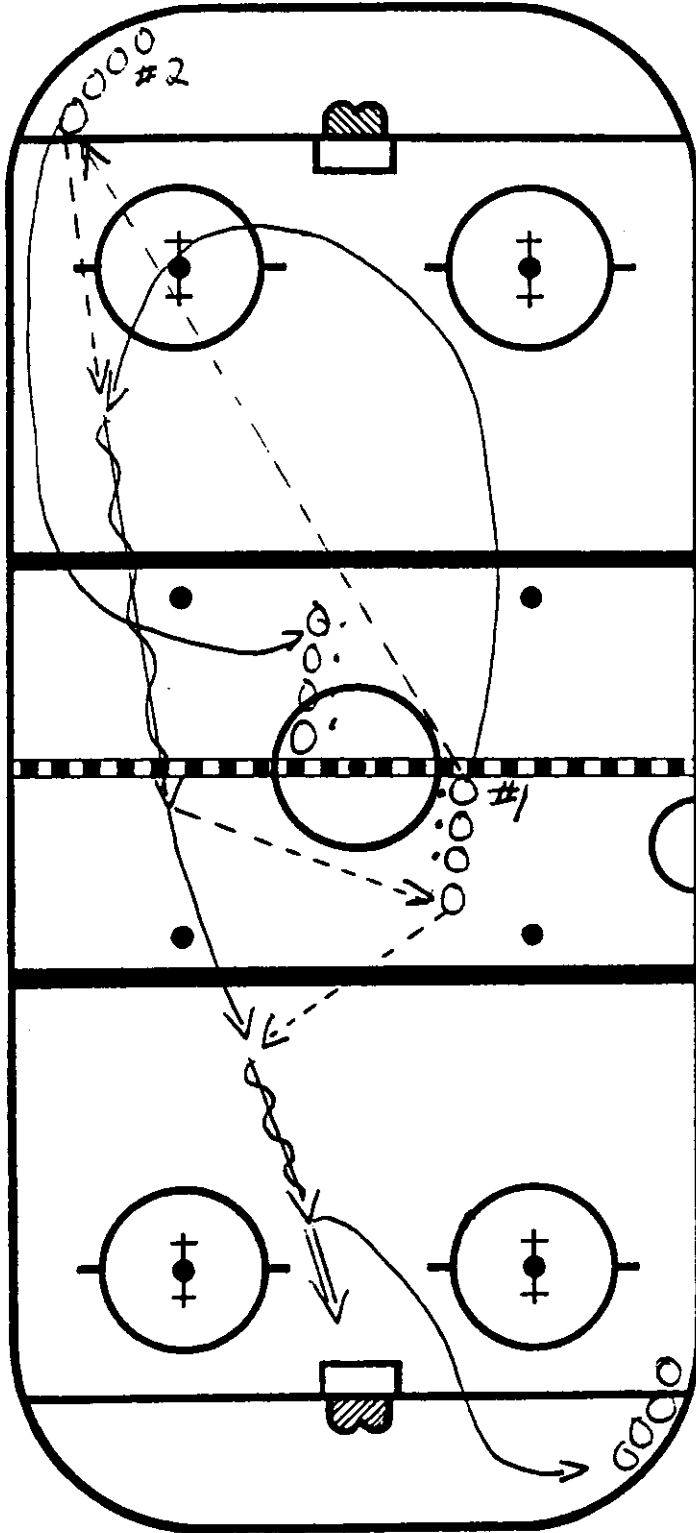
Start--group of fives  
 tive zones. Skate--rec  
 out pass in center zone  
 shoot.



Skate around the circle  
 zone, receive a pass--sk  
 shoot.

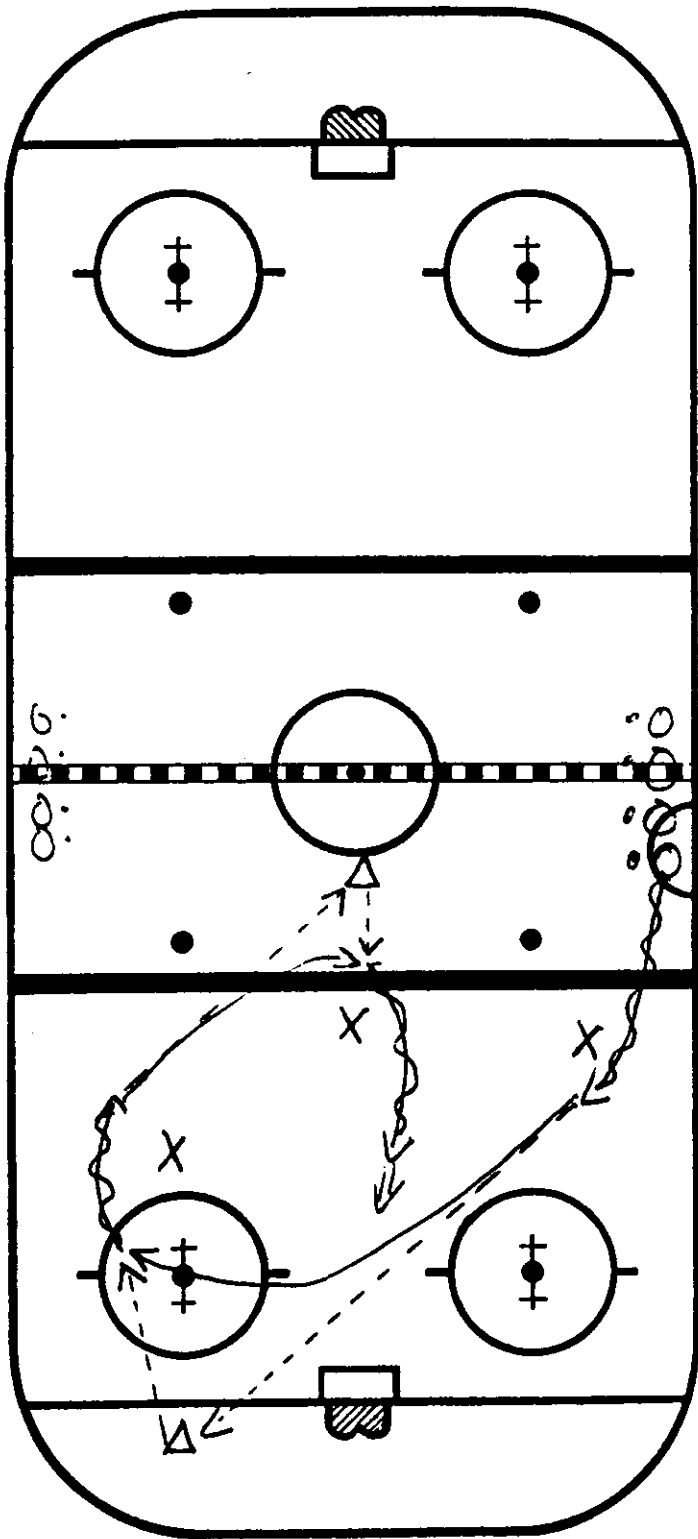
Start a two man rush from the starting position. The pair pass between each other. Pass to the defenseman. Change sides and receive a pass from the defenseman. Pass---skate---pass.





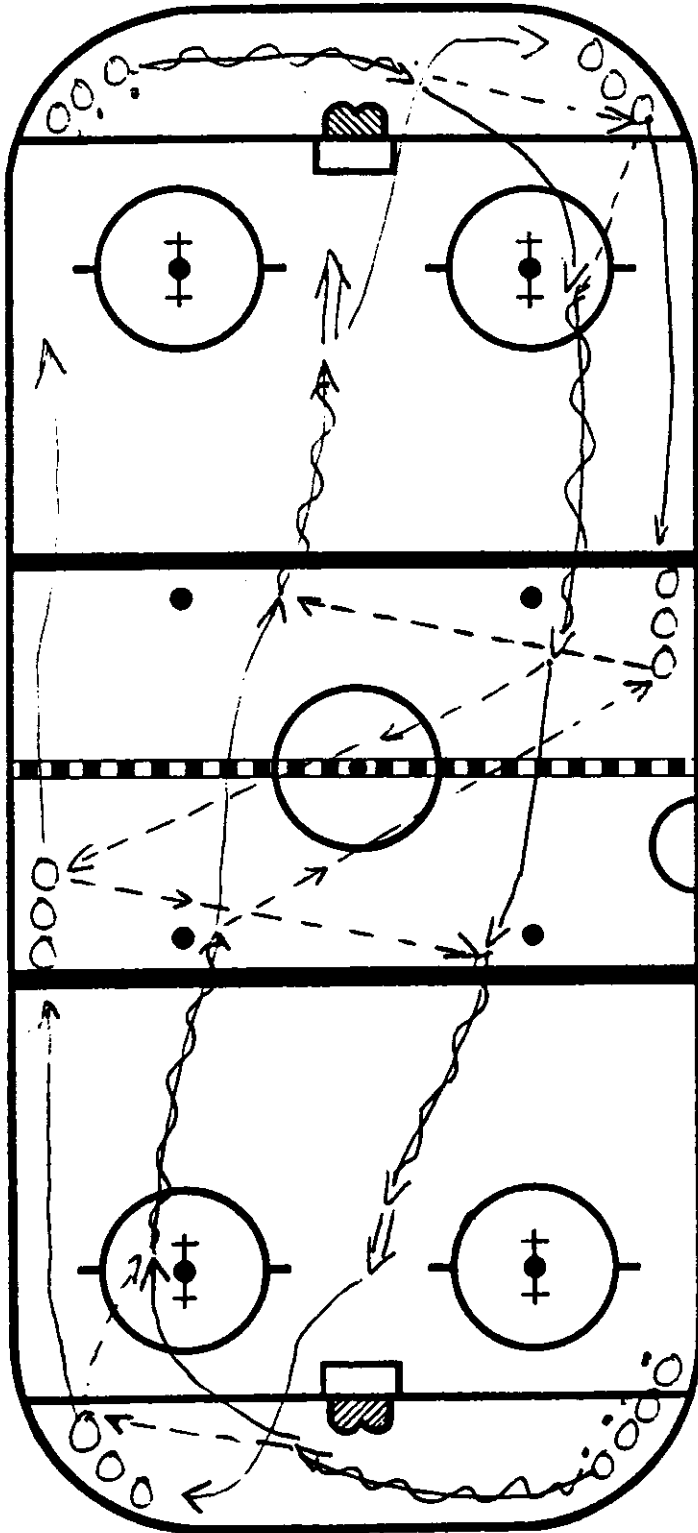
The player at starting position #1 passes to the player at starting position #2. Then skate in an arc to receive a break-out pass. Long relay pass to the last man in starting position #1. After getting a return pass go in for a shot on goal.

Skating drill for forwards.  
Shooting and passing. After shot  
on goal skate to diagonal corner.

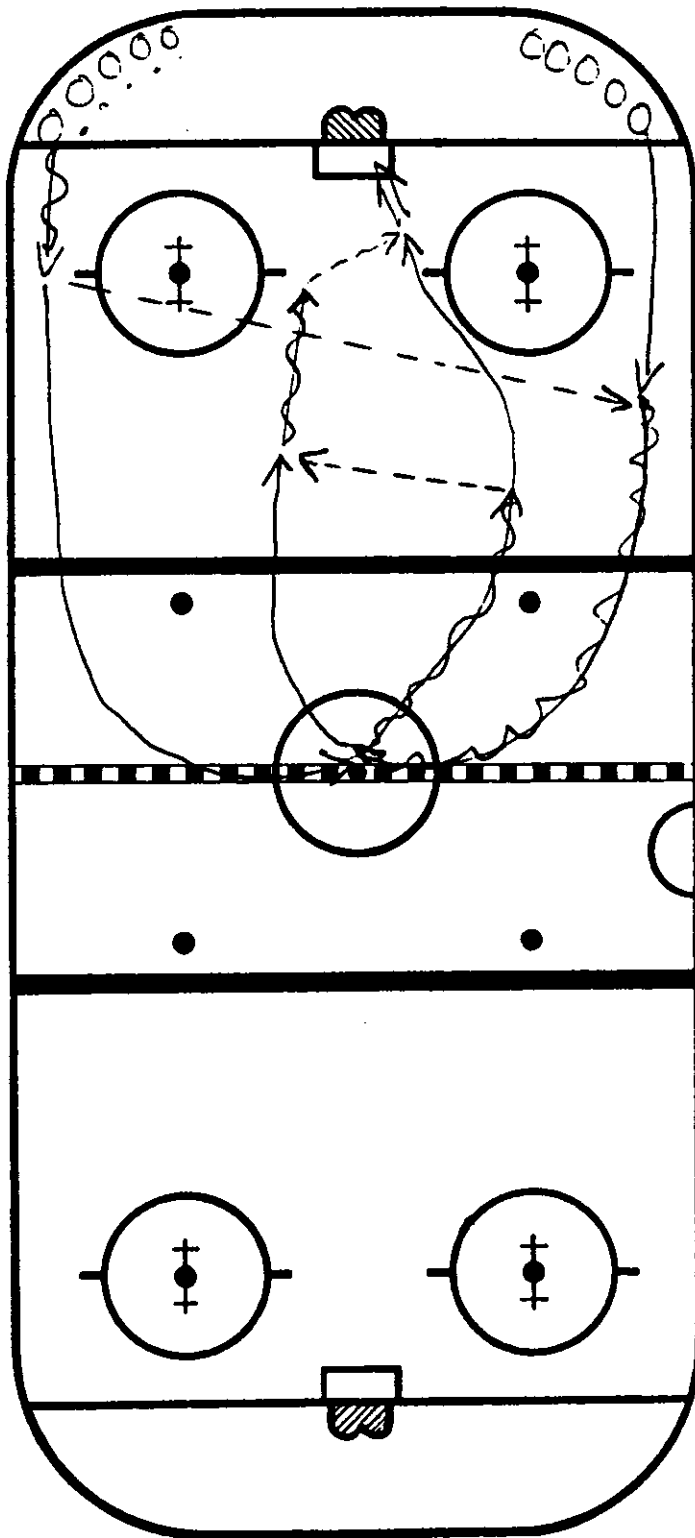




Passing and shooting drill.  
Change the tempo on the move  
(change of pace). Next man start  
when player ahead of him receives  
the puck.

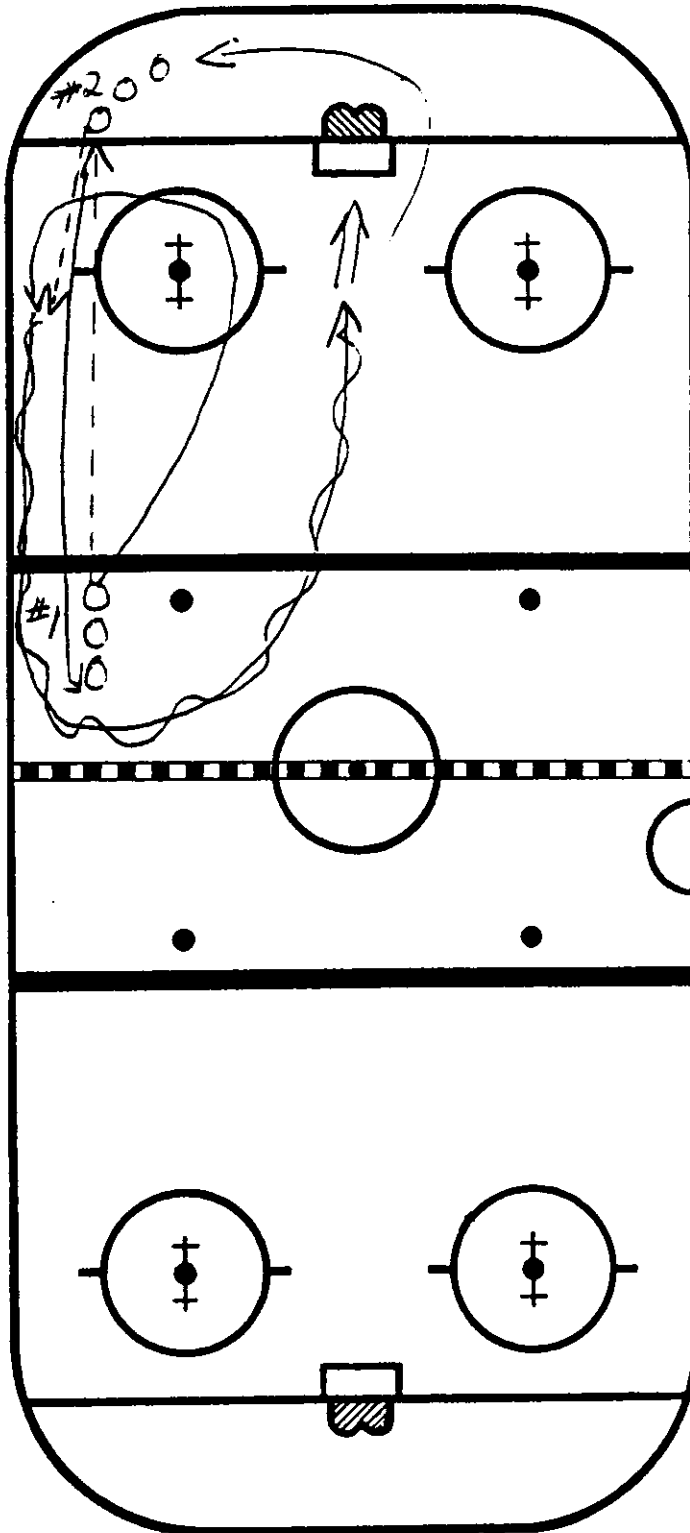


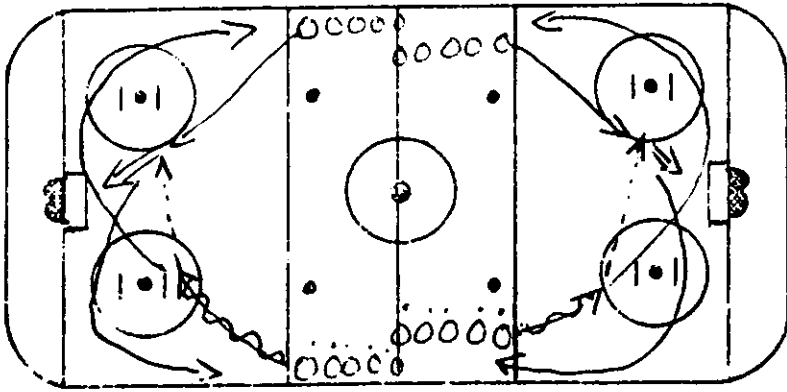
2--0 Two groups of five are in each zone. Start from the corner. Diagonal pass. Skate up to the center circle. Change of sides and puck. Pass--skate--pass--shoot.



Start---Blue line and goal line.  
#1 passes to #2 and then skates in  
a deep arc, receives break-out pass  
Goes into the zone and shoots on  
goal. Players change lines after  
each turn.

Four units simultaneously.



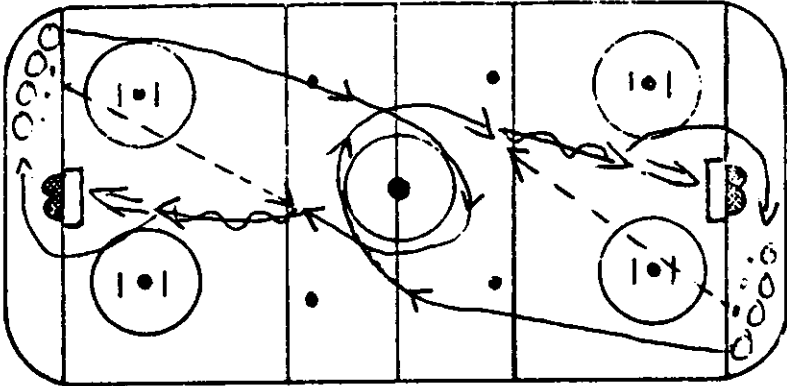


Start--a unit at respective blue line. 2--0. Skate in with the puck---pass---direct shot---change sides.

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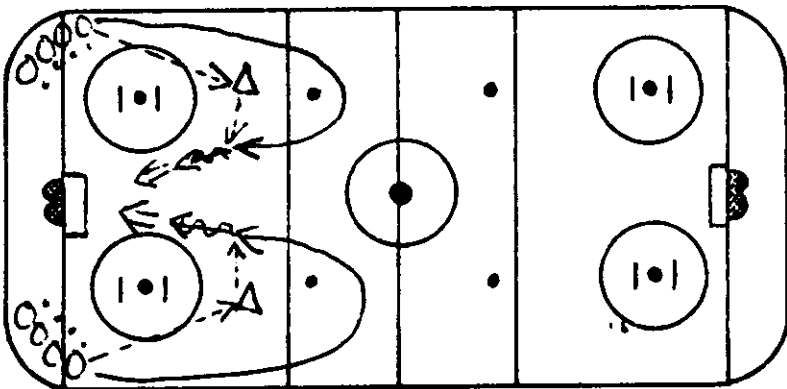


Start--diagonal corners. Long pass---shoot.

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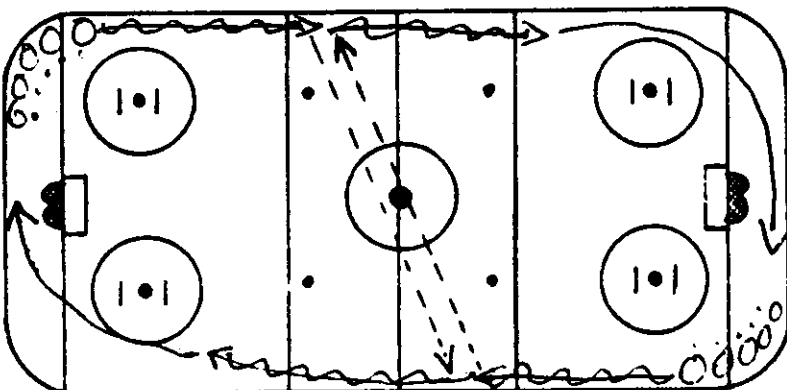


Start--all four corners and with stationary defensemen. Pass--skate---pass---shoot.

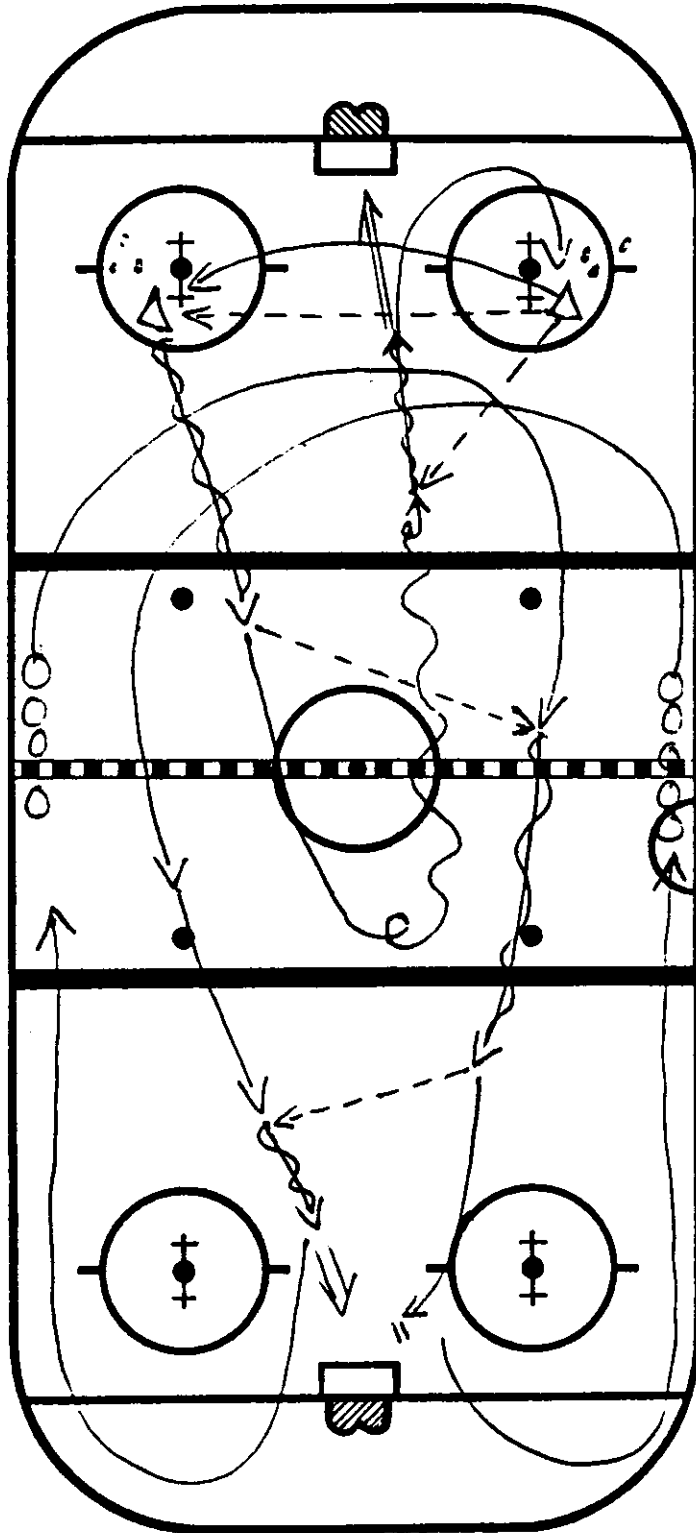
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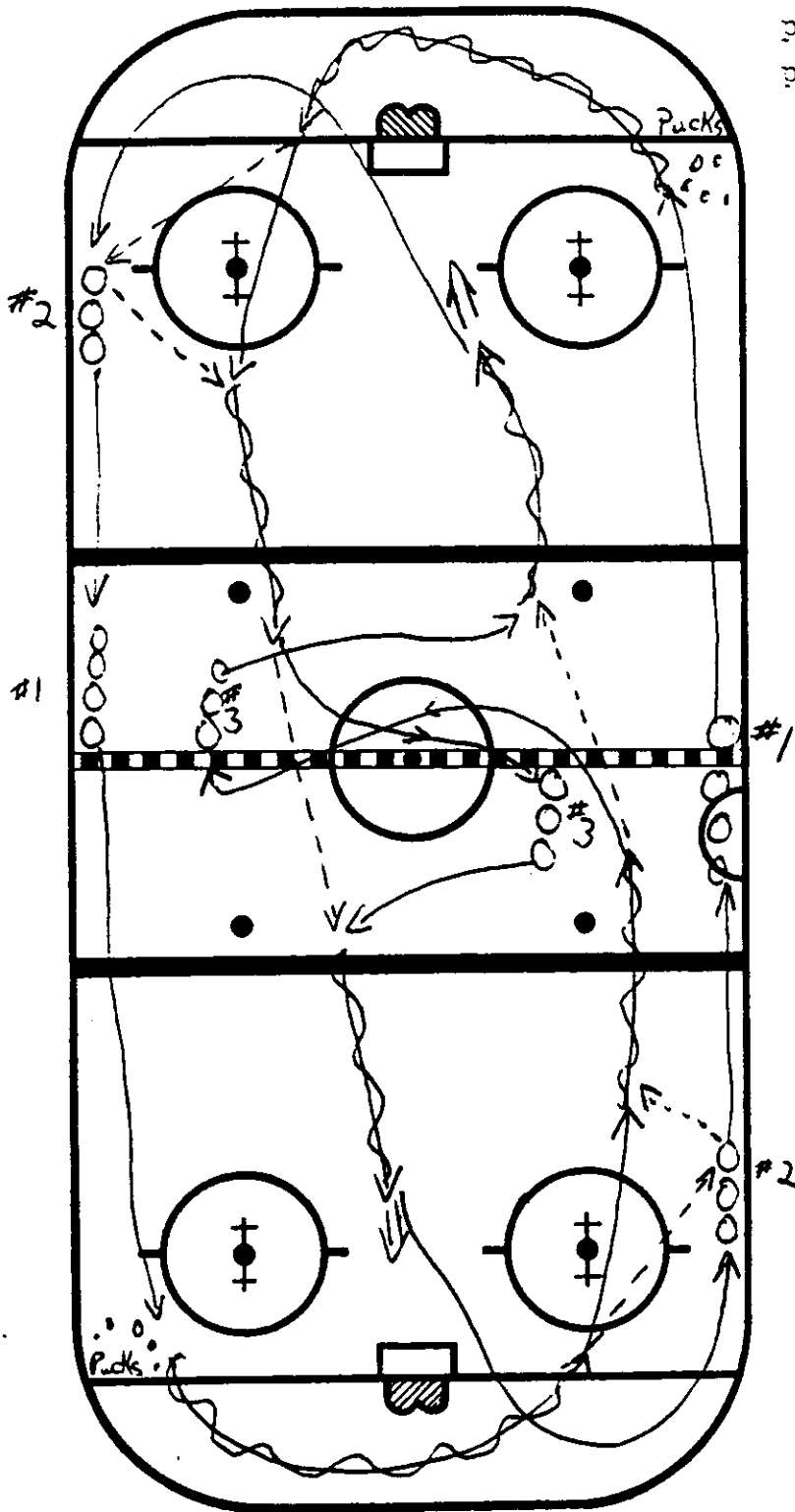


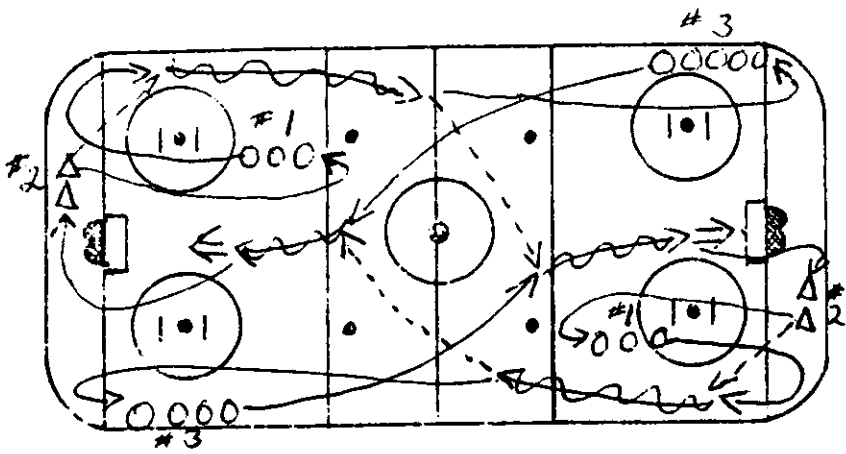
Start with puck from respective starting positions. Diagonal pass at the blue lines. Change of pace between the blue lines. Easy skating with the puck to starting position.



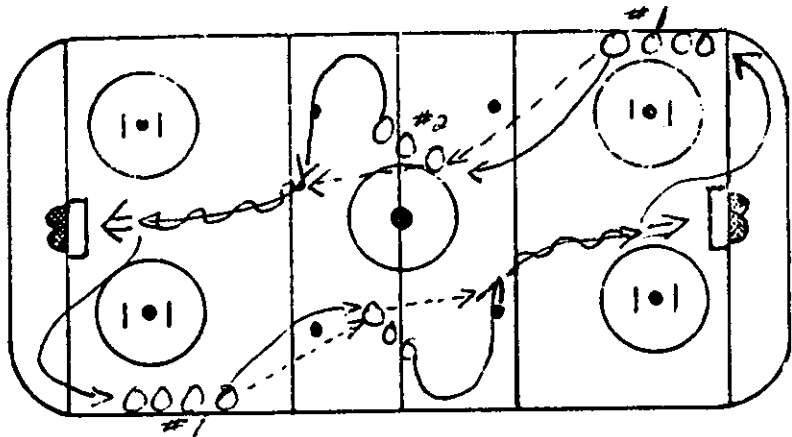
Defenseman passes over to other defenseman, who skates out of the zone and passes to one of the forwards. the forward completes the attack with a shot. The defenseman continues to the blue line--skates backwards--- receives a pass---shoots.

The player at starting point #1 gets a puck, skates around the goal cage. Makes a give and go pass with #2, then makes a long pass in center zone to player #3.

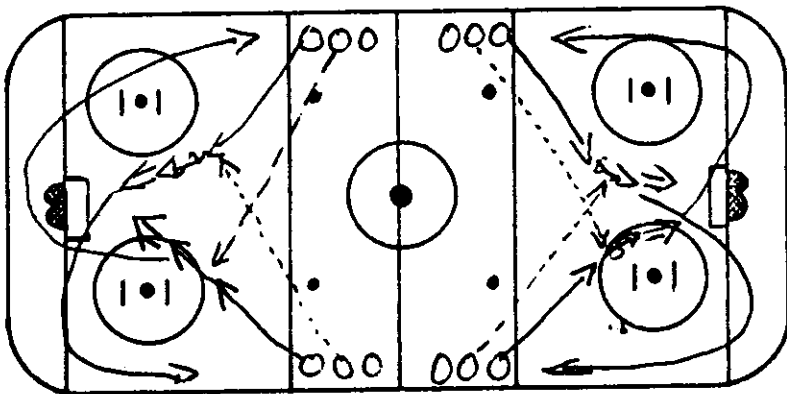




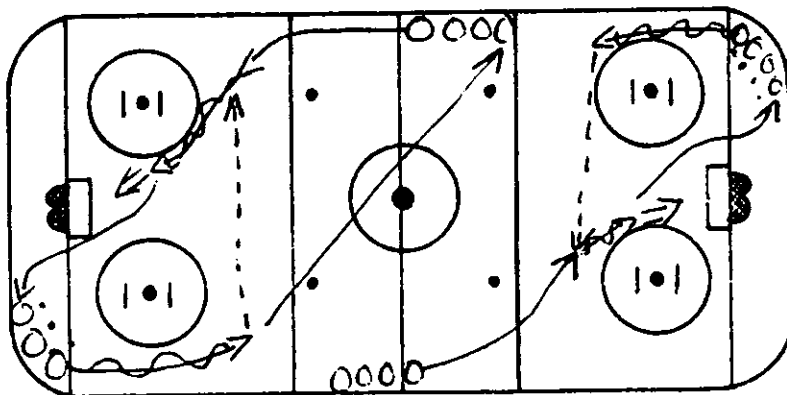
Player from starting point #1  
skates in arc, gets a break-out  
pass from #2--passes in center  
zone to player from #3---skate---  
shoot.



Player at starting point #1  
passes to #2. #2 skates in a  
deep arc--receives pass--breaks  
in---shoots.



Start--group of four in the center  
zone. Skate--receive pass--  
shoot.



Pass---skate---shoot

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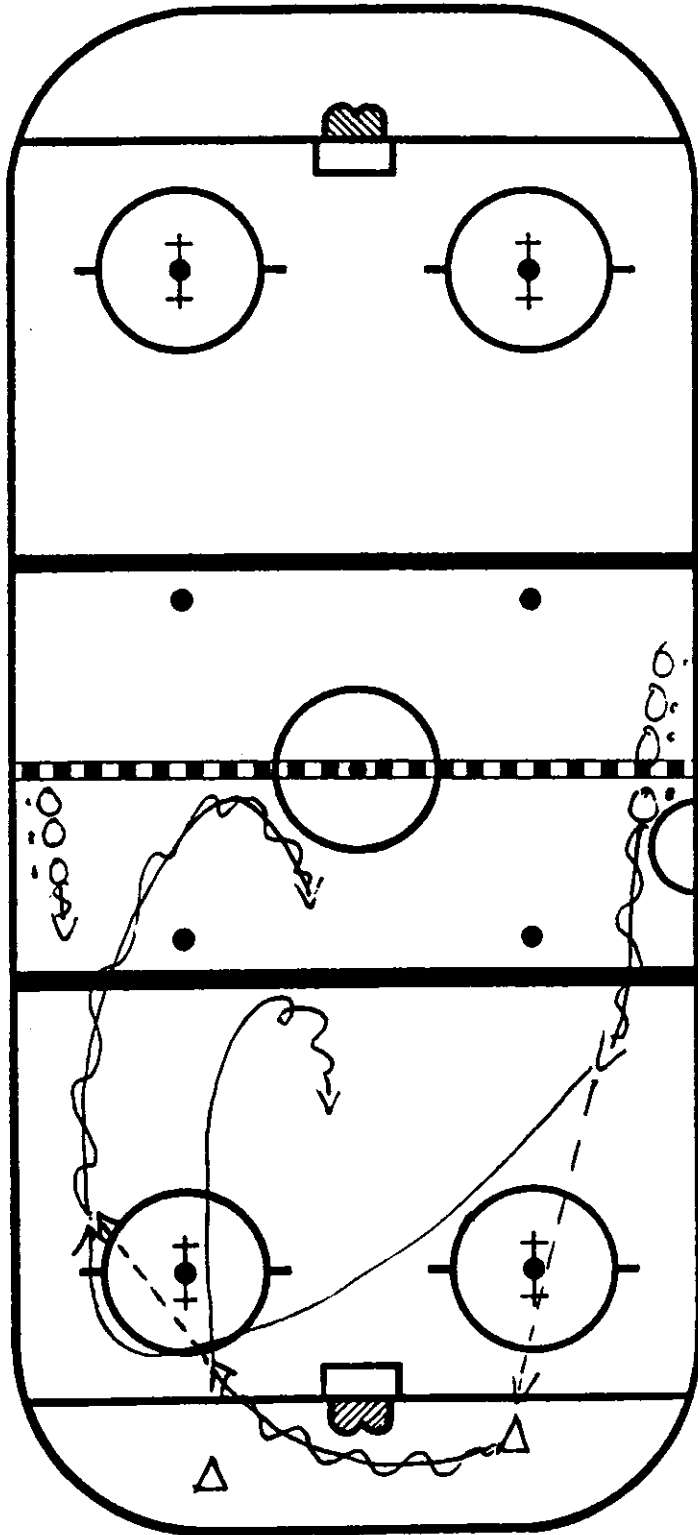


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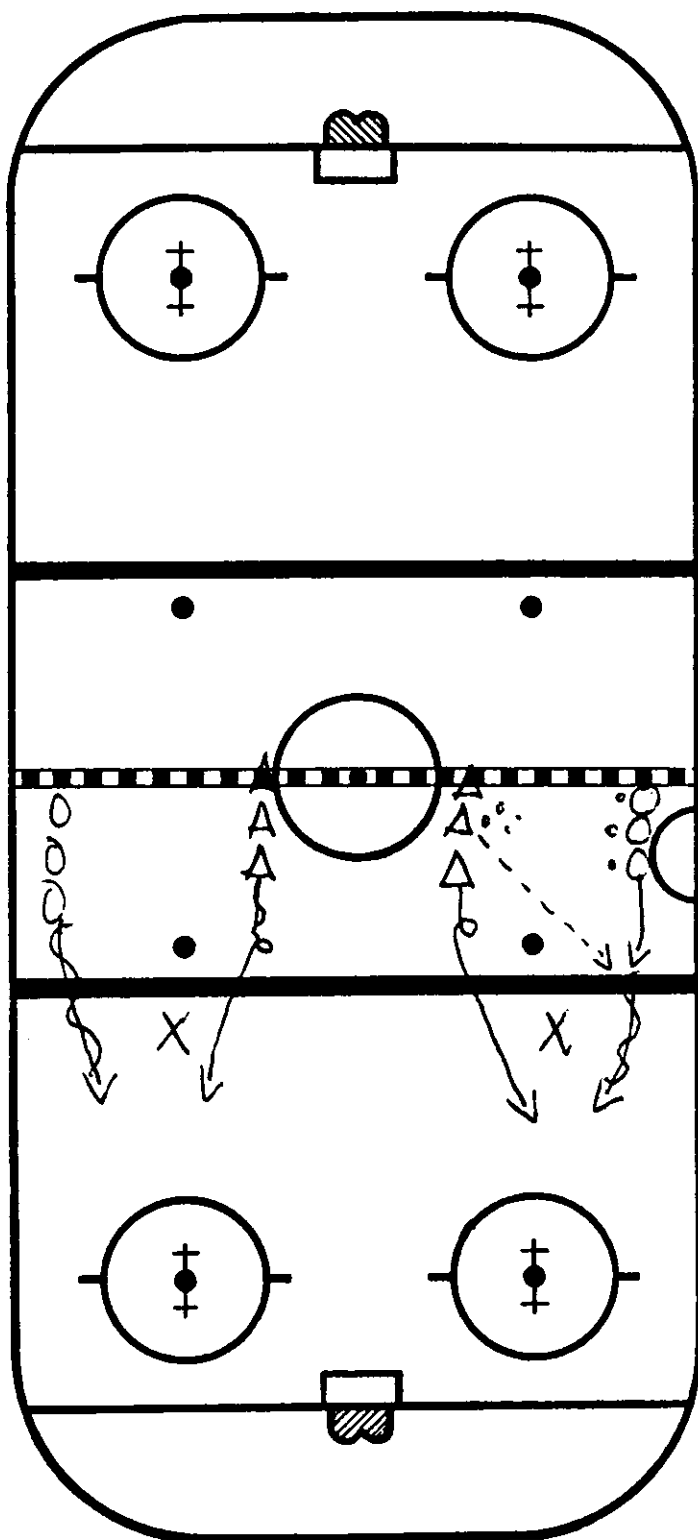
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1--1 Half ice from both sides

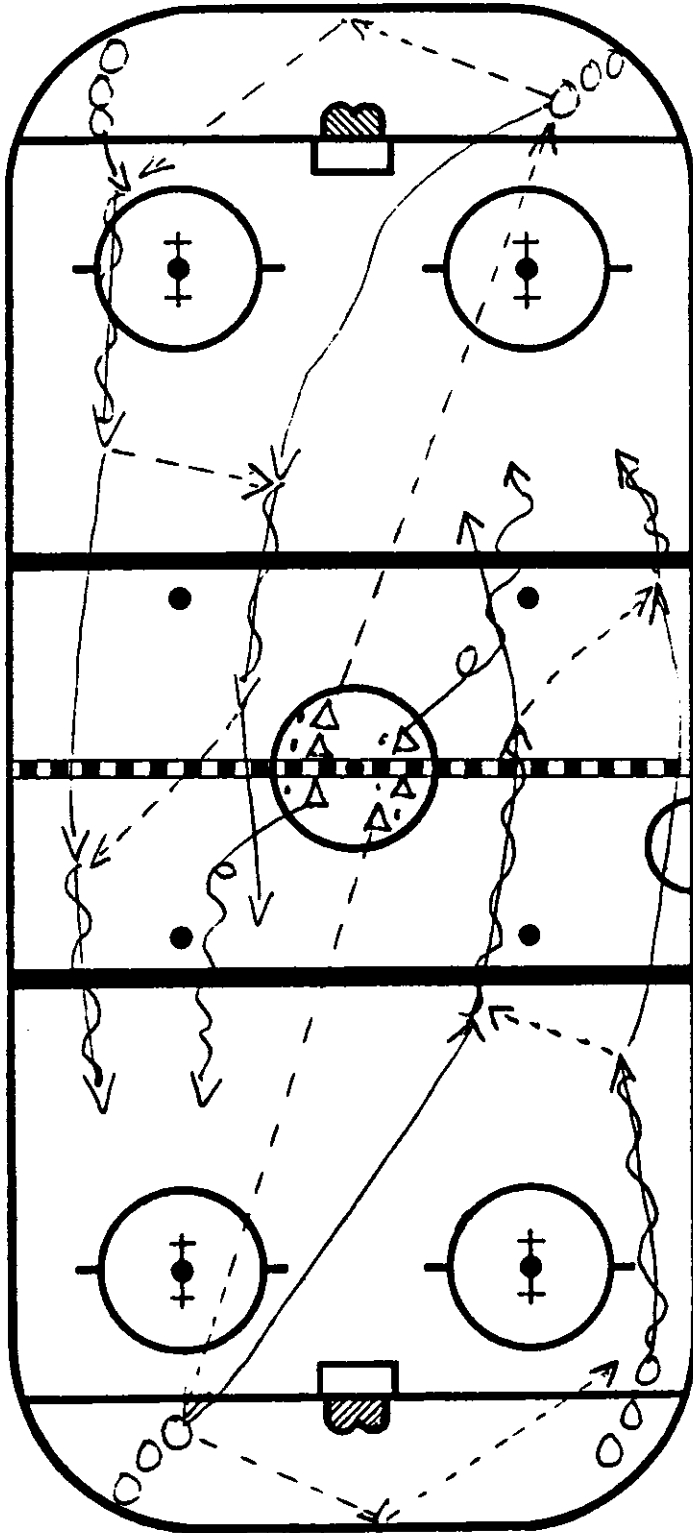




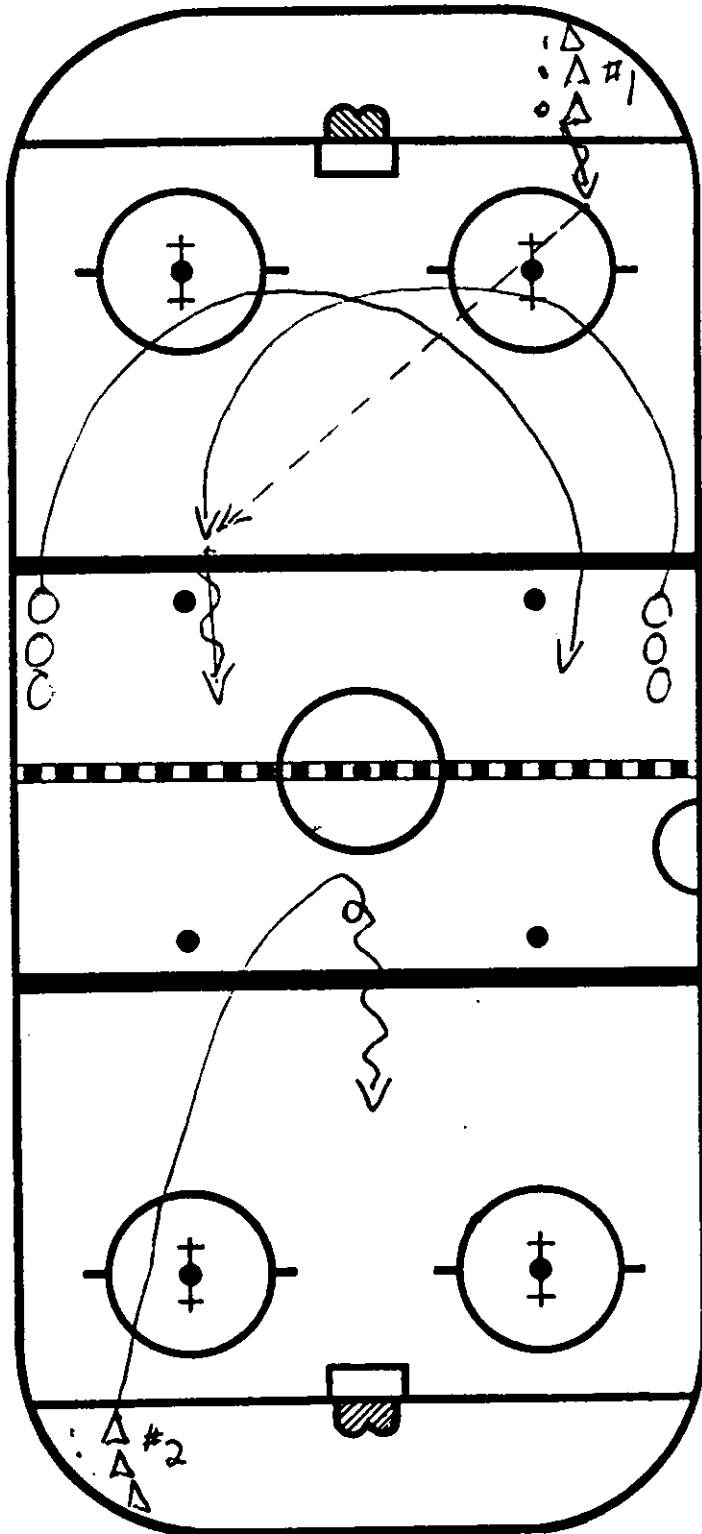
1--1 Half ice from both sides.  
Defenseemen start with backs to  
the goal at the same time as the  
attacker starts.



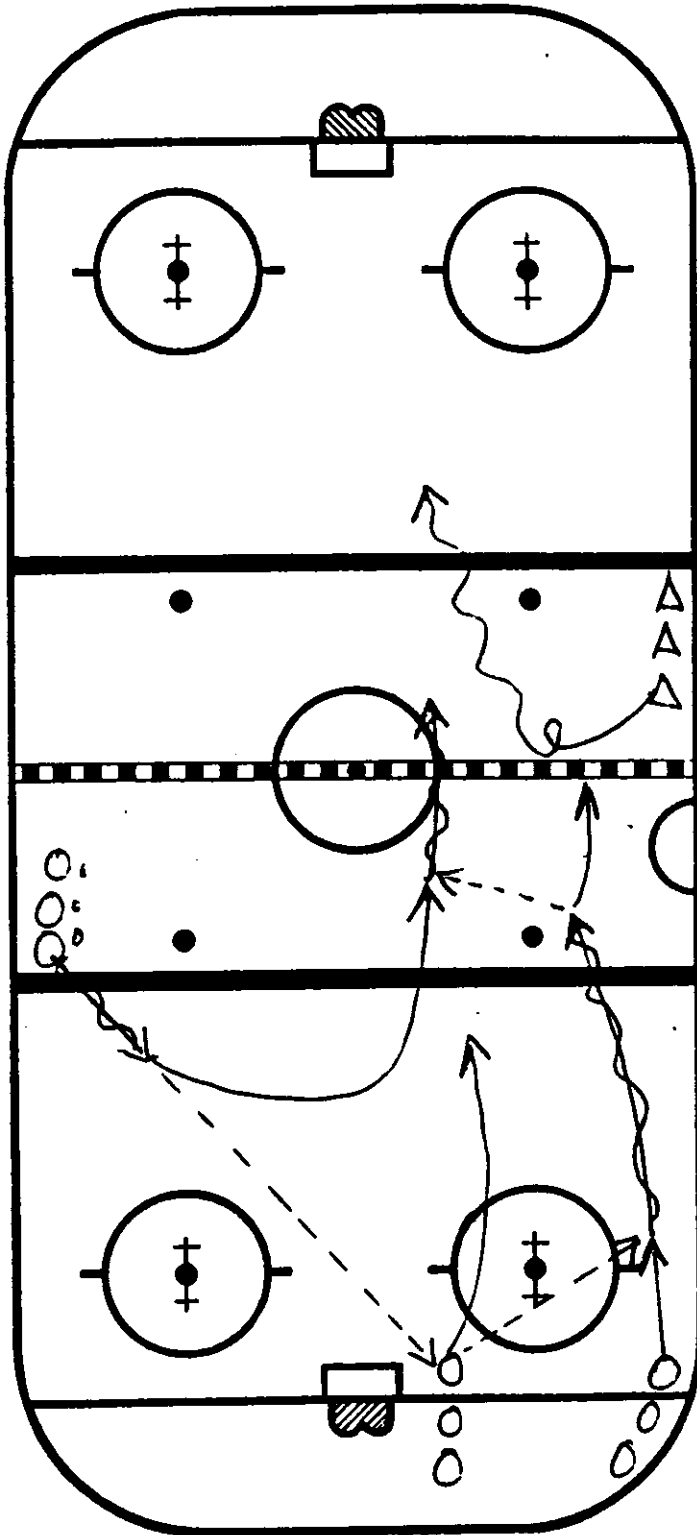
2--1 Defenceman starts the  
break out from the center circle.



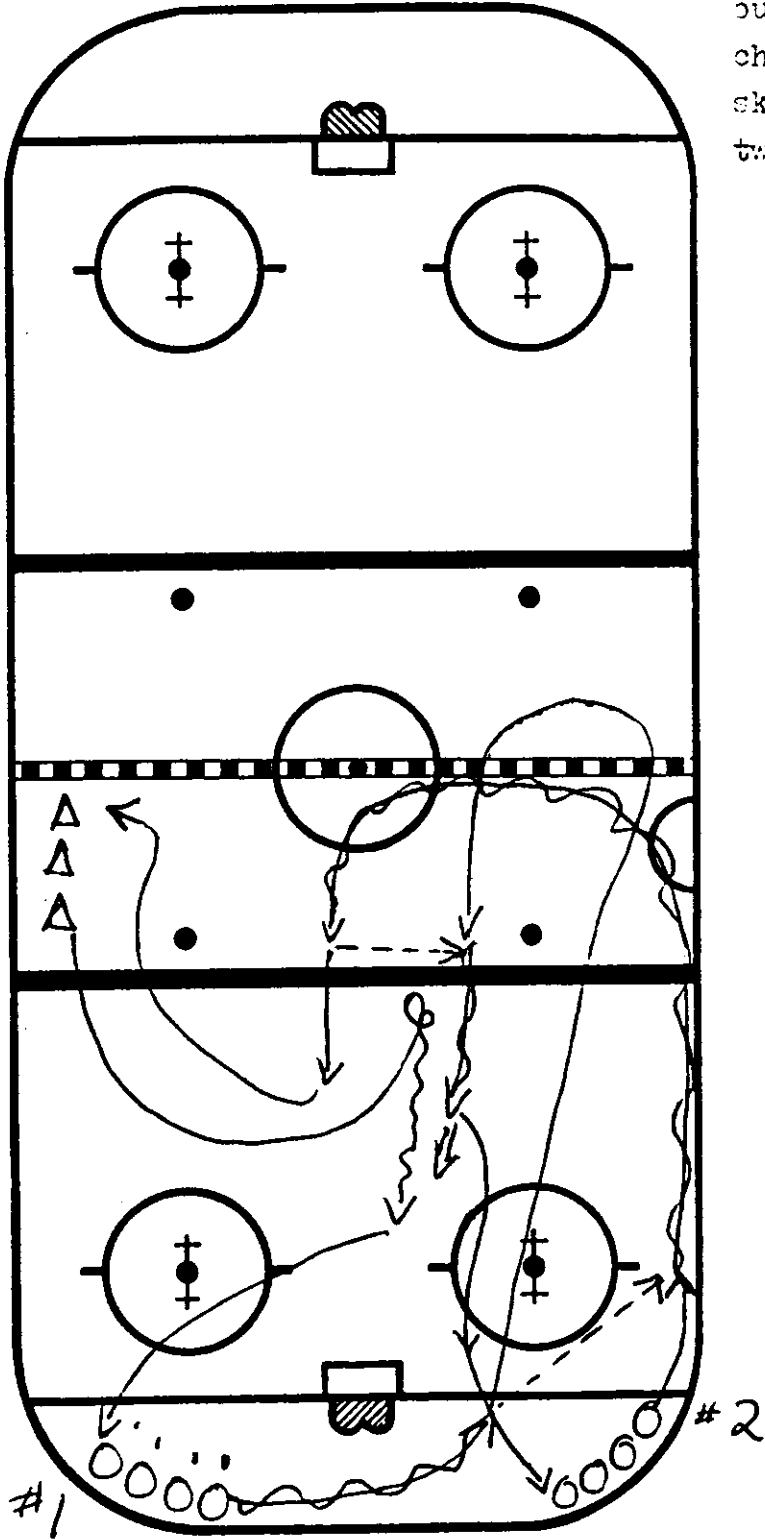
2--1 Defenseman plays forward 1  
Defenseman in #2 plays up when the  
forwards have arrived.  
(suitable for small practice  
groups)



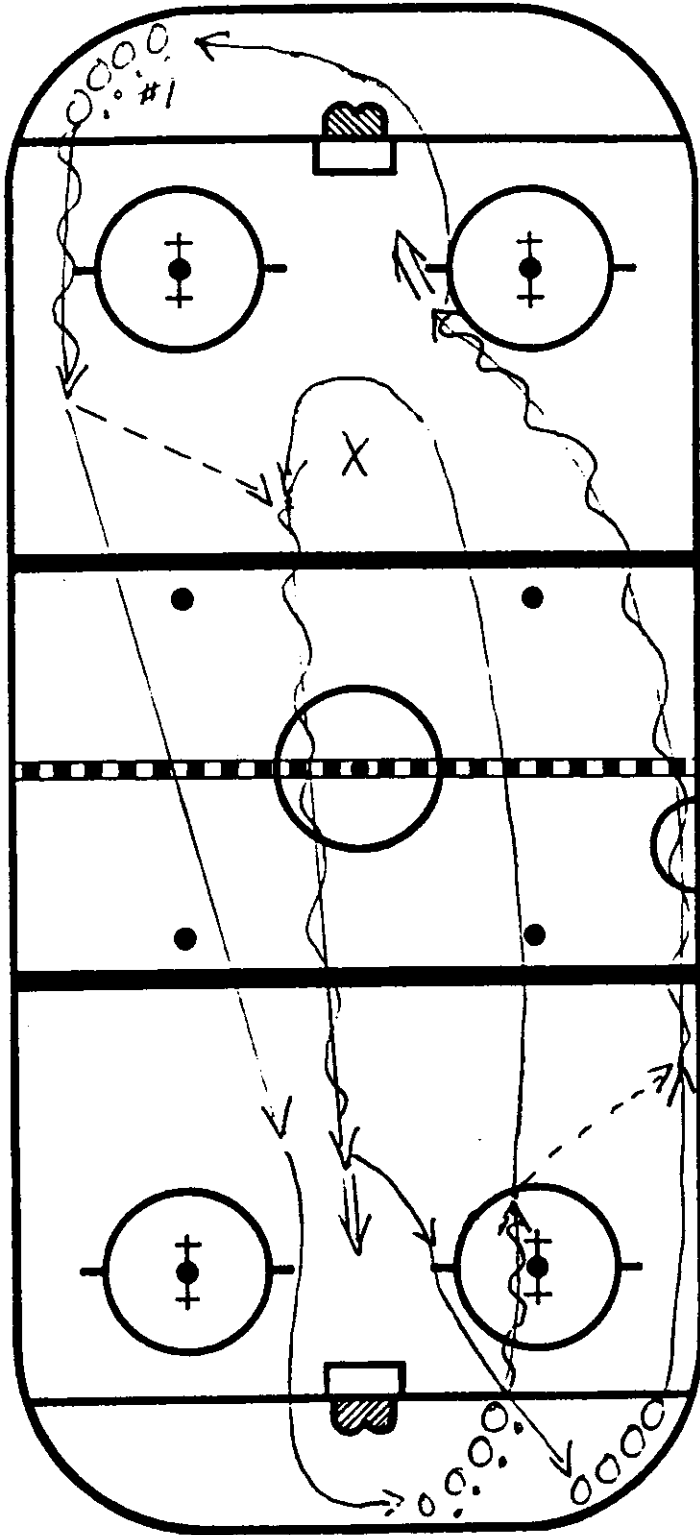
3---1 the whole sink



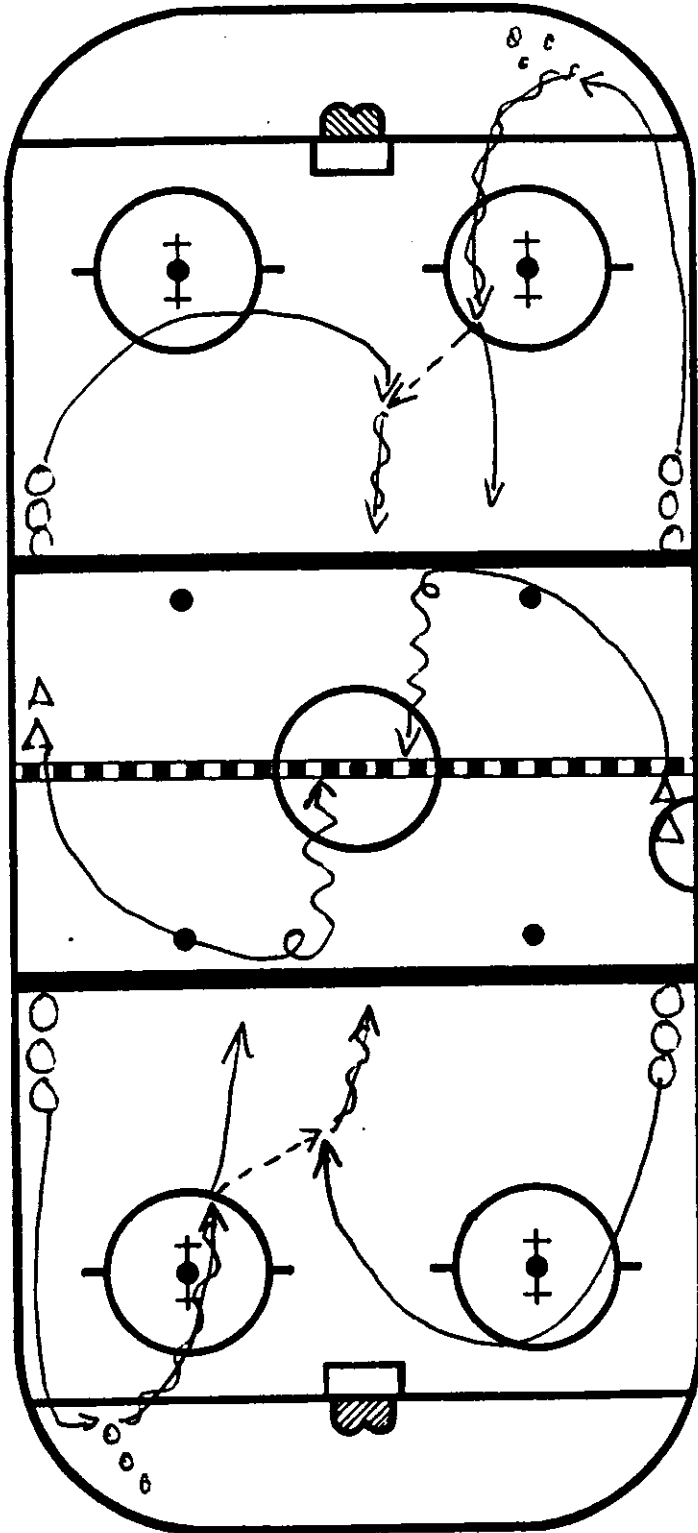
2--1 In one zone Start from the corner with puck 1. Break out pass to #2. Follow with change of positions. The defender skates into an arc and plays the two attackers.



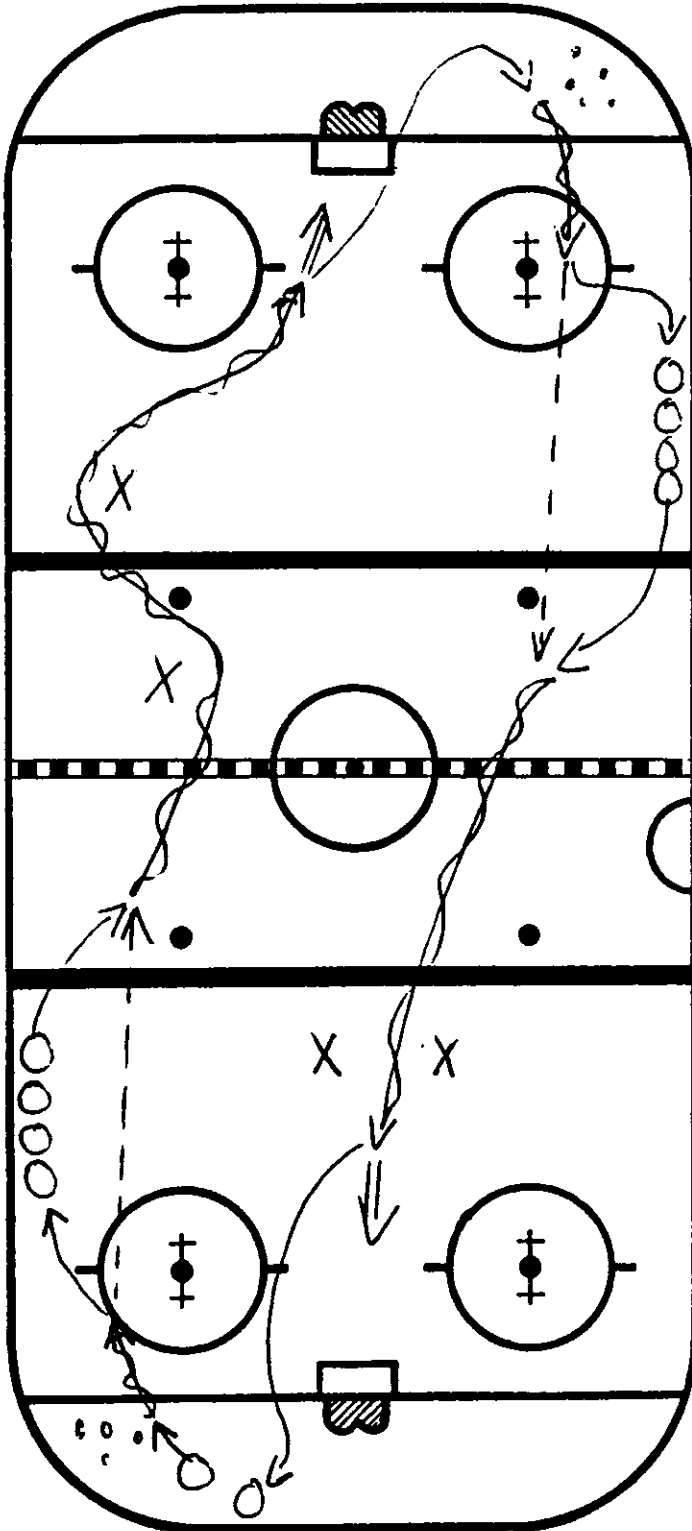
Passer from the corner #1 chases  
(pursues) the puckcarrier the  
whole way.



2---1 Forward skates down in the corner, and picks up a puck. The other forward skates in an arc. The defenseman moves in from the center zone.

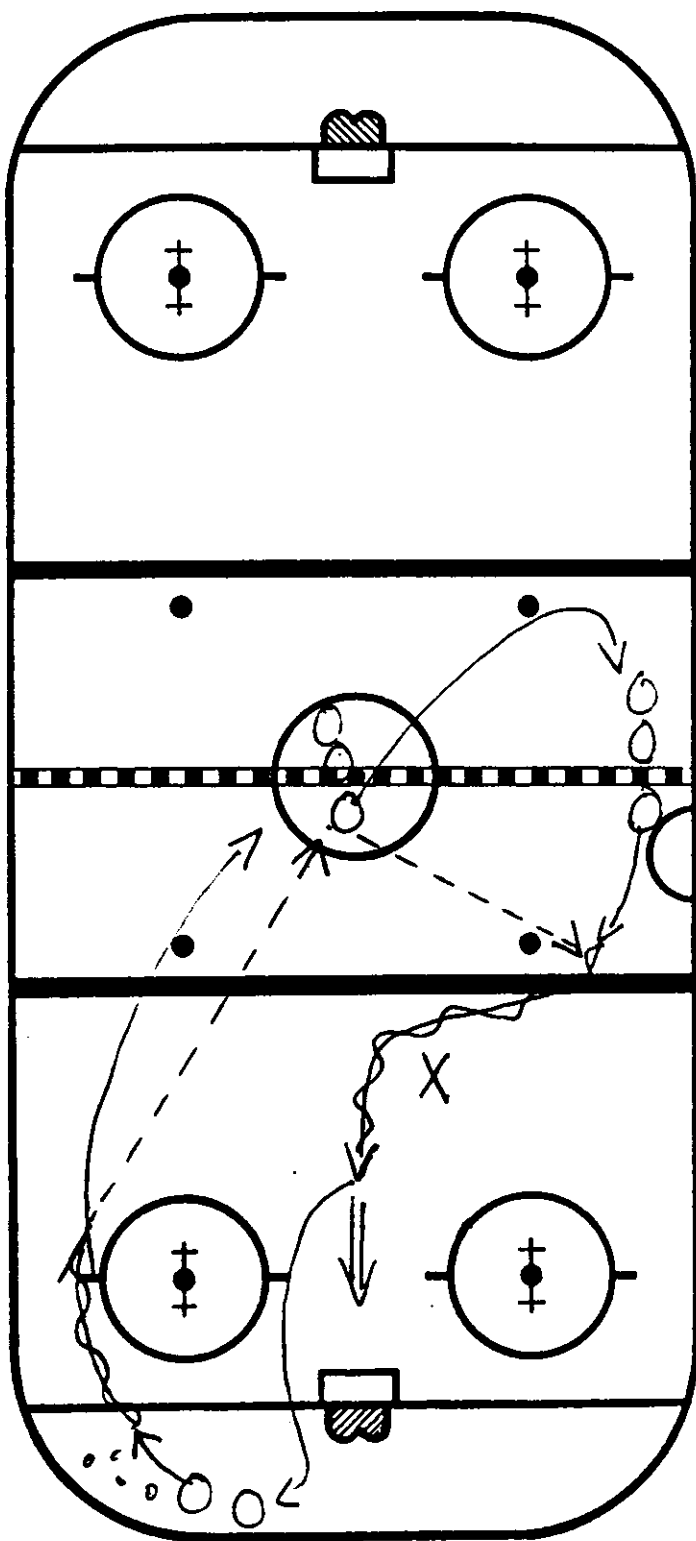


The pass receiver "times" start  
so that he doesn't stand still.  
Second time with an opponent  
(defensenan).

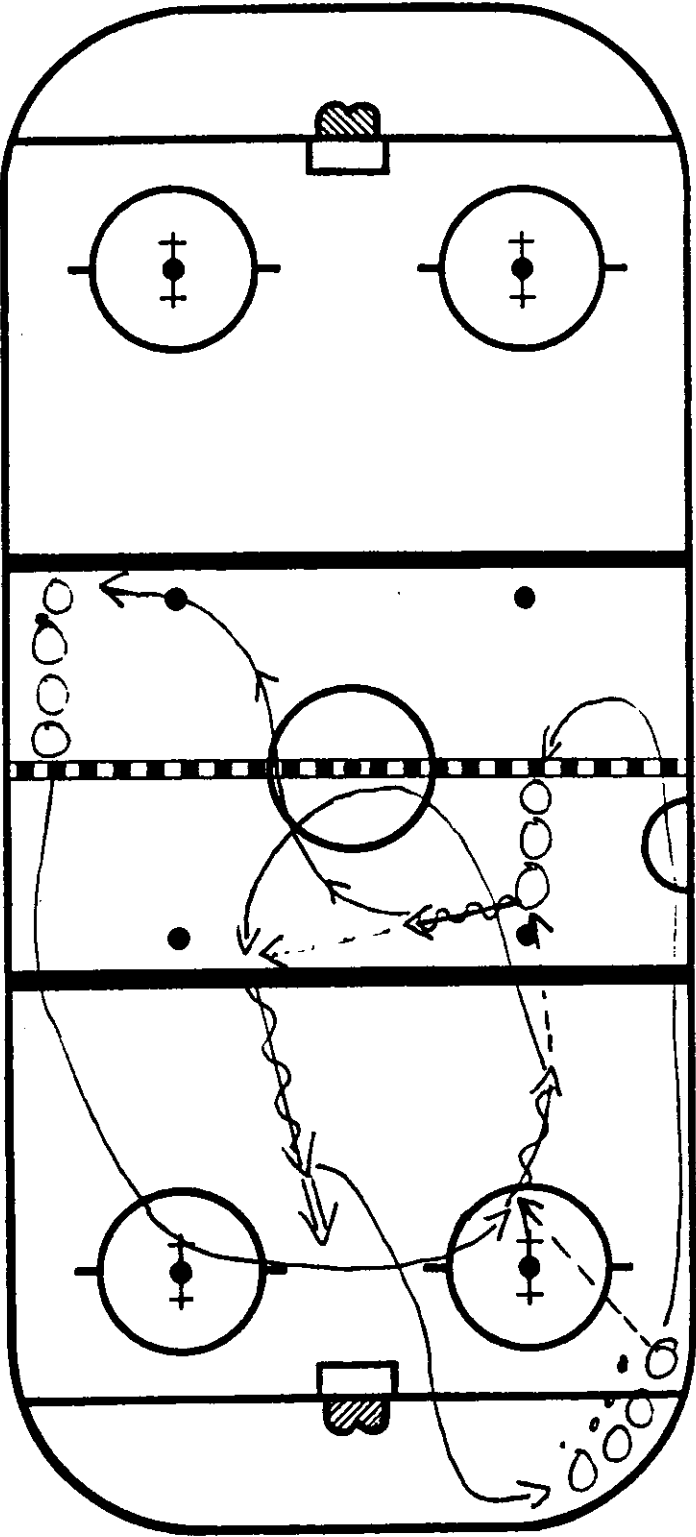




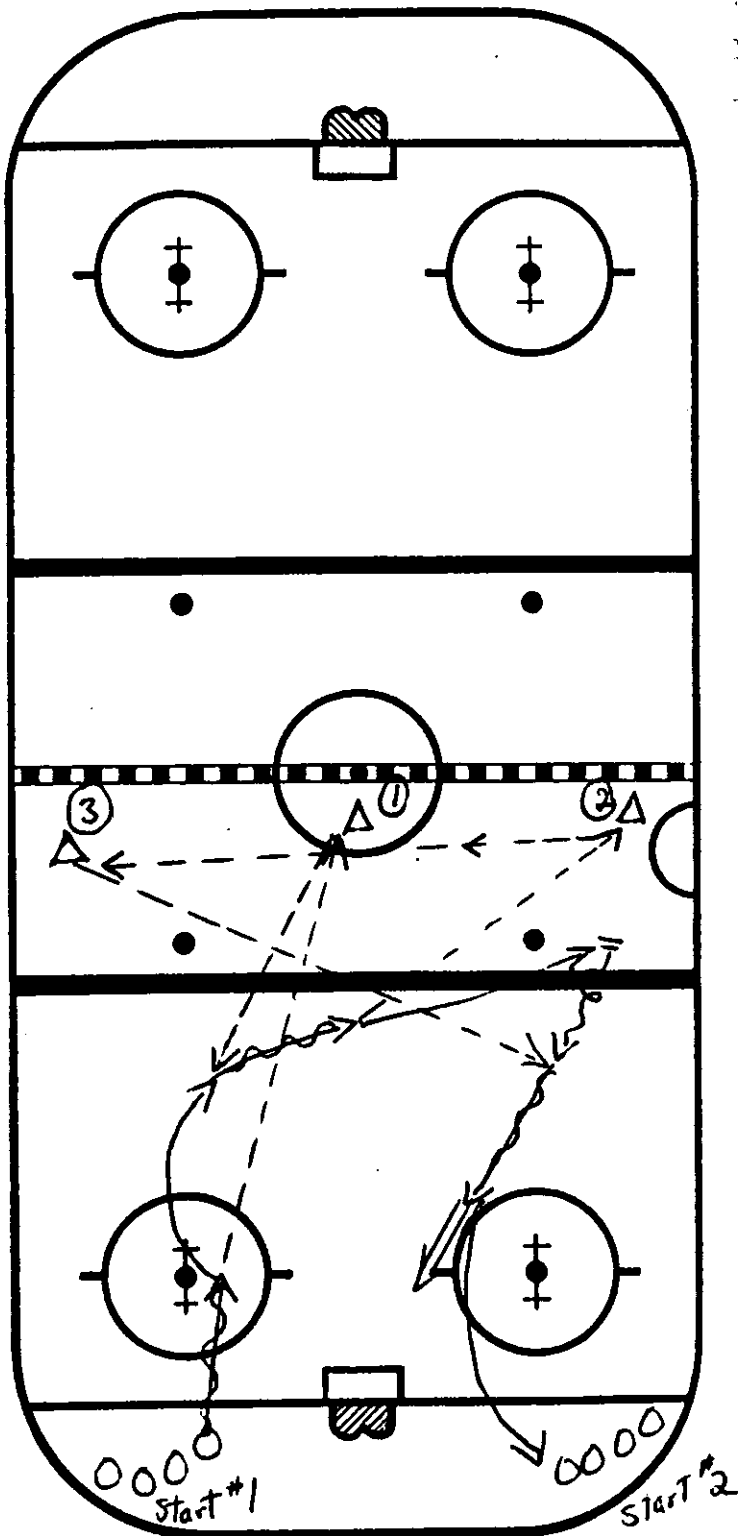
Hard pass to the center zone.  
Direct pass out to winger who  
goes around the pylon and shoots  
on goal.

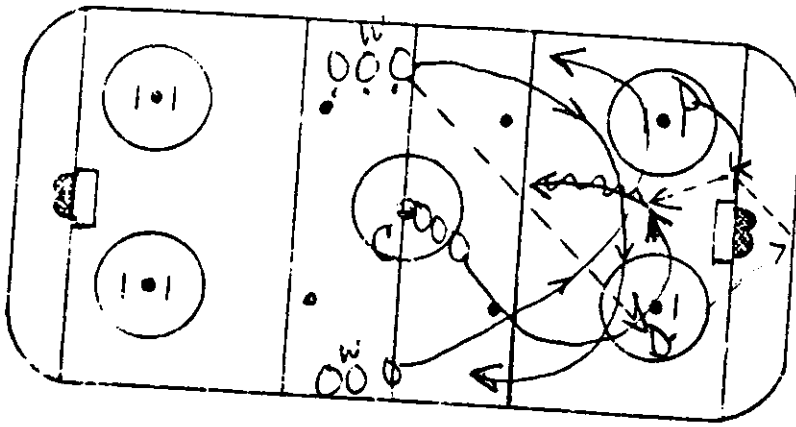


Skate loop. Passes and shot.  
Quick out between passes.

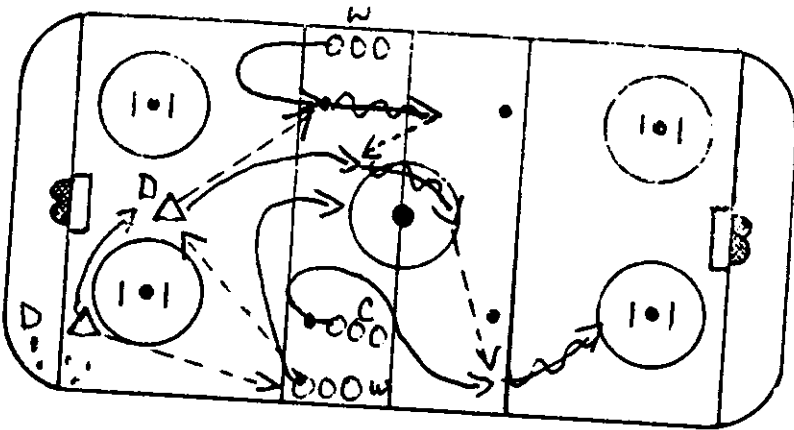


Skate loop. Start from 1.  
Pass to ① and back. Pass to ②  
who passes to ③ and back to the  
player. After the first pass  
from ①, start from ②.

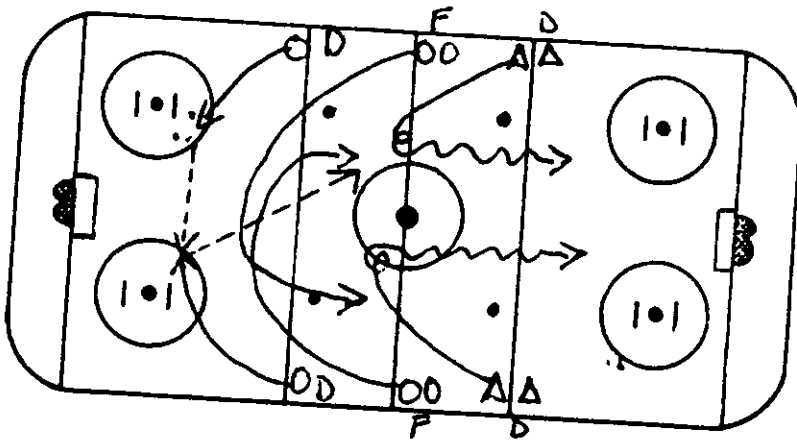




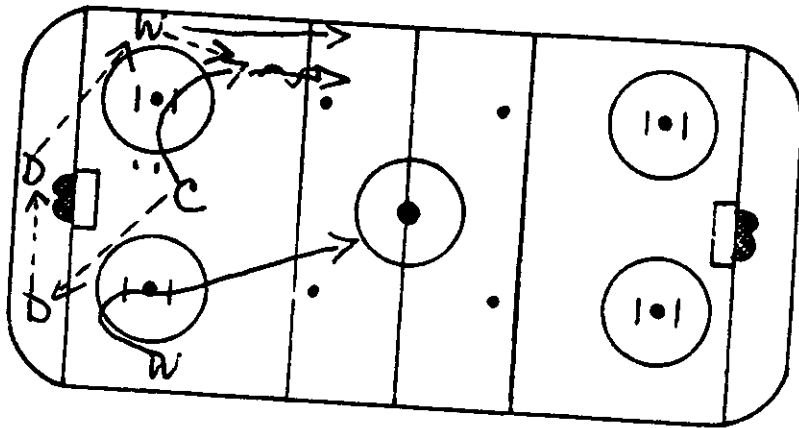
Winger with the puck passes  
 diagonally to the defenseman.  
 Board pass to the other de  
 fenseman  
 passes directly to centerma



Defenseman passes to forward  
 passes to the other defense  
 man and makes play and also roll  
 up the attack. Near defense  
 goes into the center and beco  
 me the trailer.

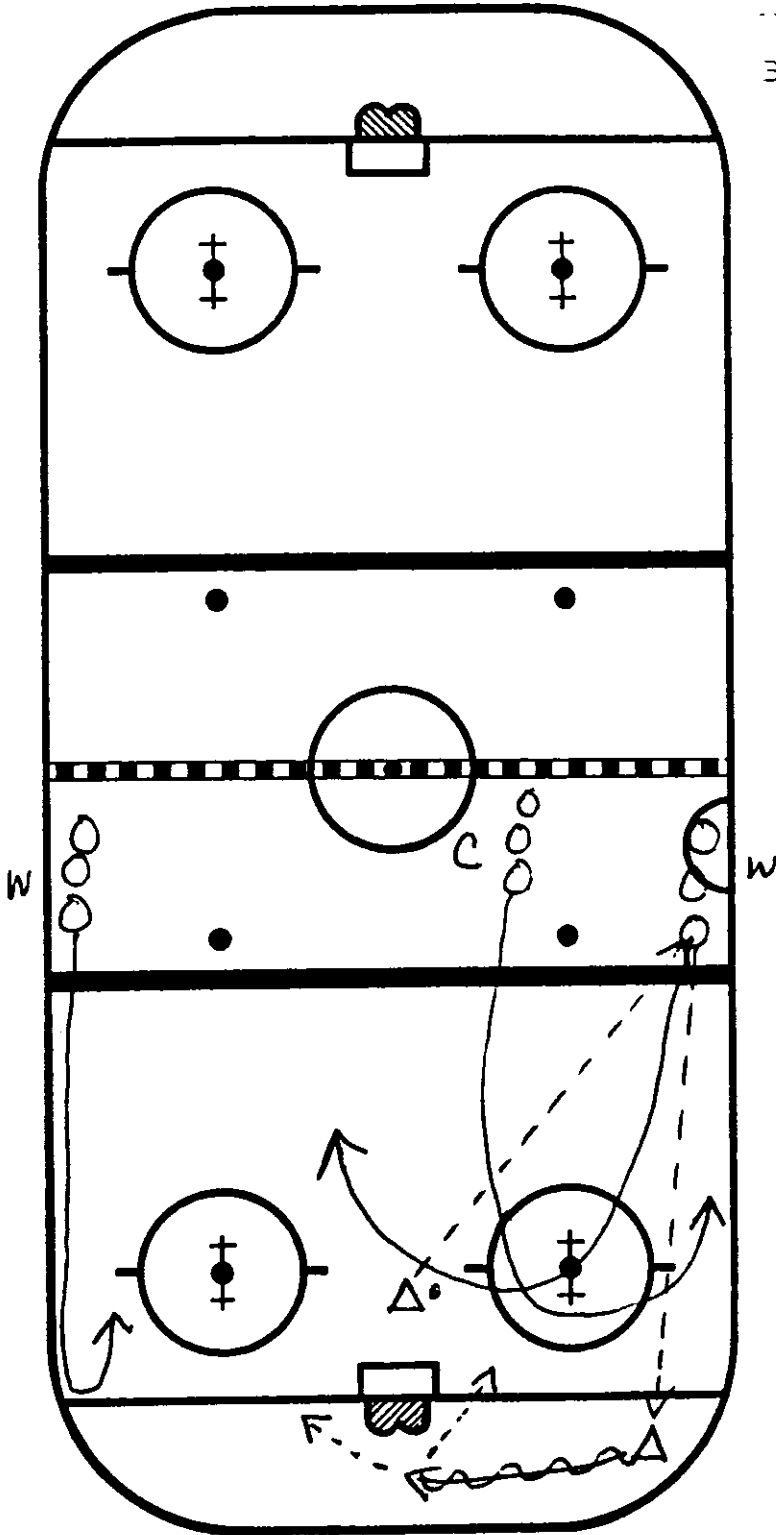


Break out play from the center  
 the zone from both directions  
 Breaking out defenseman become  
 defenders in 2--2 attack.

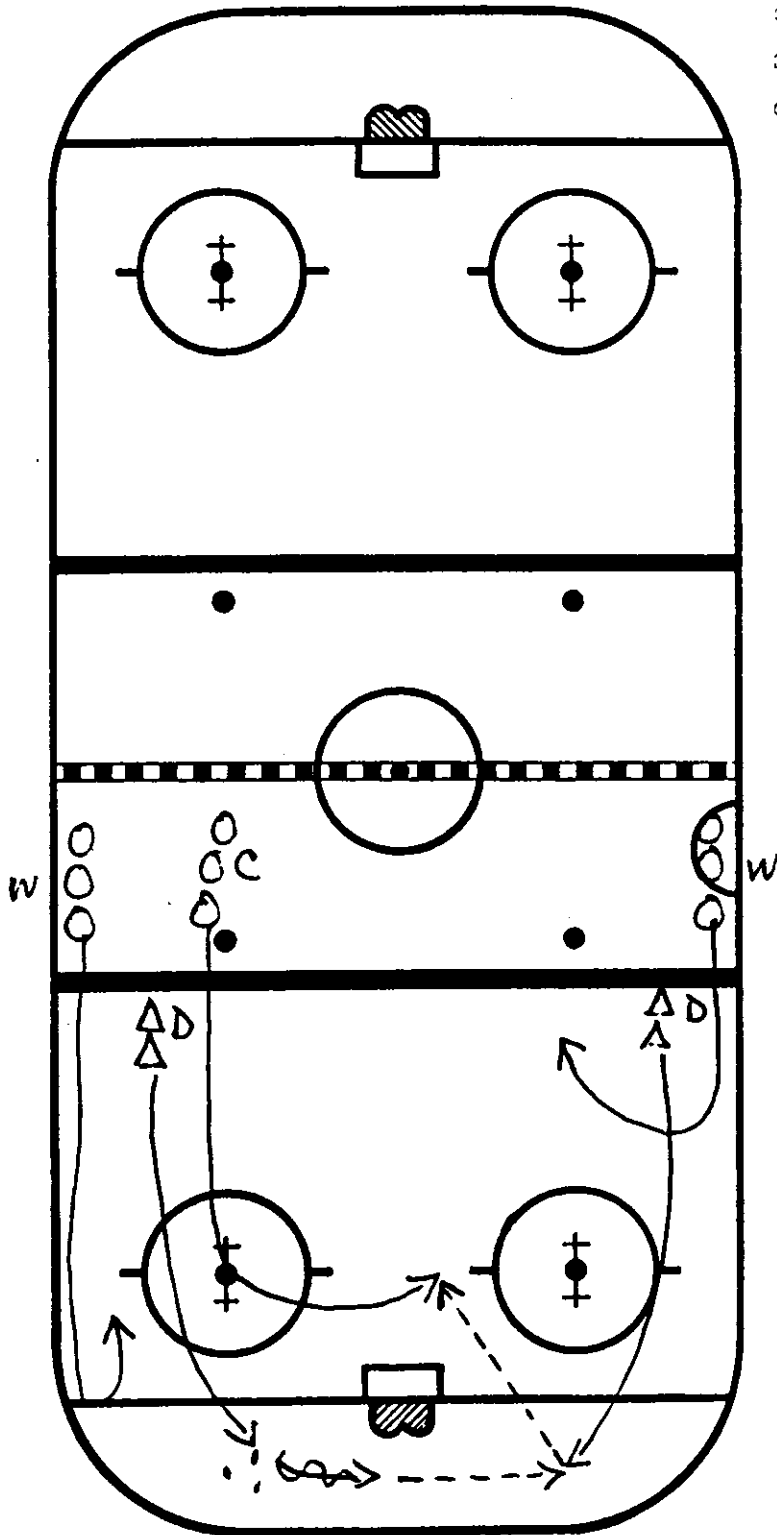


Start from in front of the goal  
 Pass to the defenseman, across  
 other defenseman. Pass up to the  
 left winger who passes directly  
 to the centerman---attack.

Pass to winger who passes to def-  
enseman in the corner. The def-  
enseman uses the goal as a screen.  
Winger and centerman shift places.  
Break out from the defenseman.

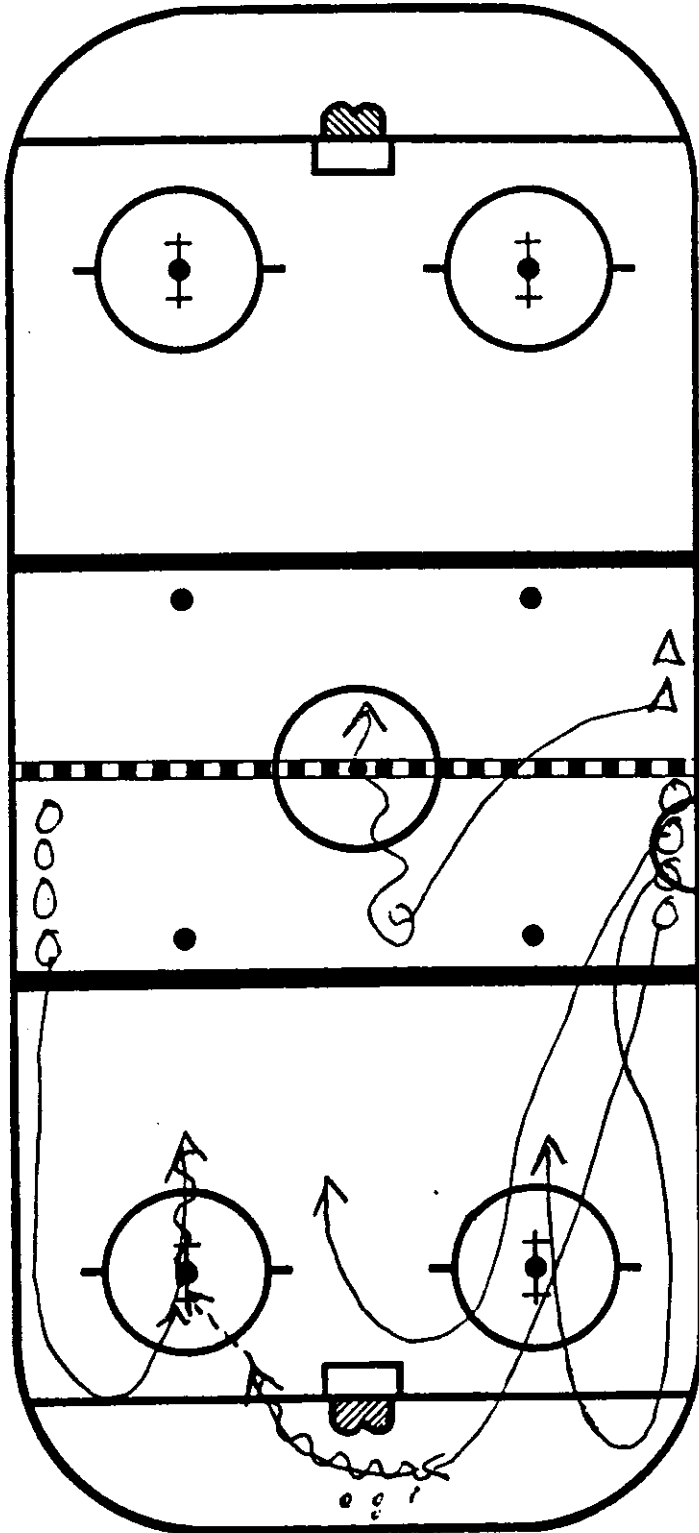


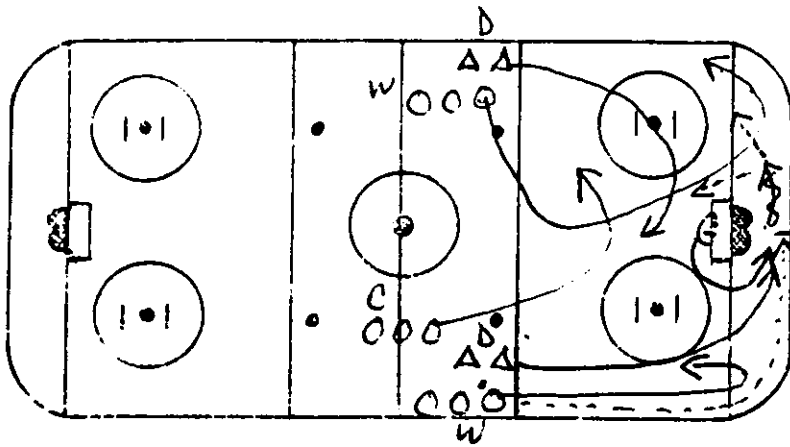
Defenseman skates down and gets the puck. Passes it over to the other defenseman. Forwards skate in arc. Break out from the defenseman.



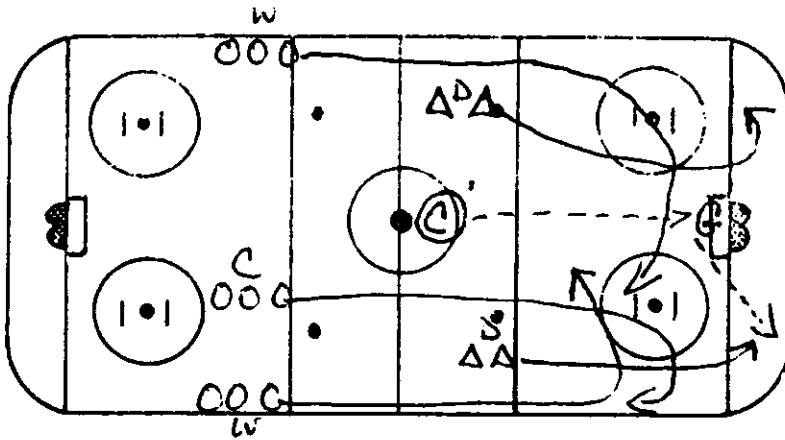
3 against 1

Defenseman gets the puck behind the cage, plays it up to the forwards, who attack 3 against 1. The break out defenseman can backcheck.

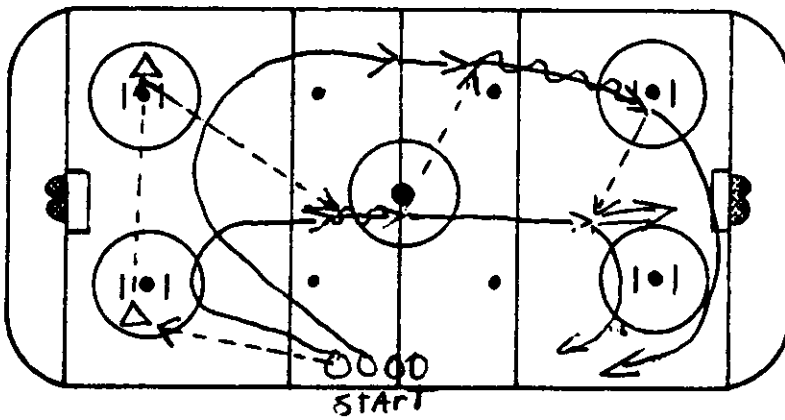




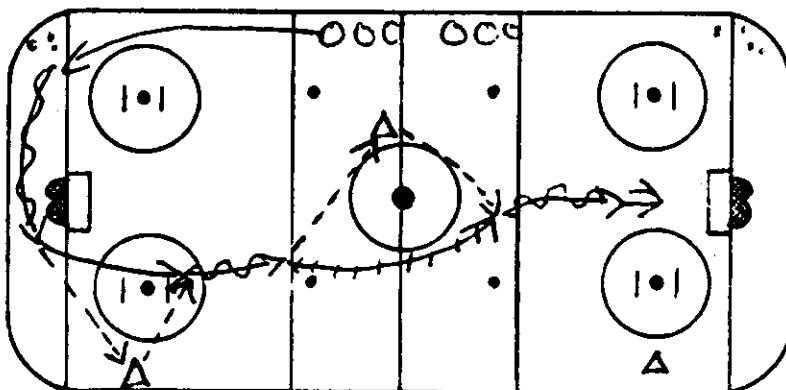
Forward plays the puck in. Goalie  
stops the puck behind the goal.  
Defenseman gets the puck and  
breaks it out.



The coach shoots a puck in on the  
goalie, who plays it out to one of  
the defensemen. The defenseman  
works break out alternating.



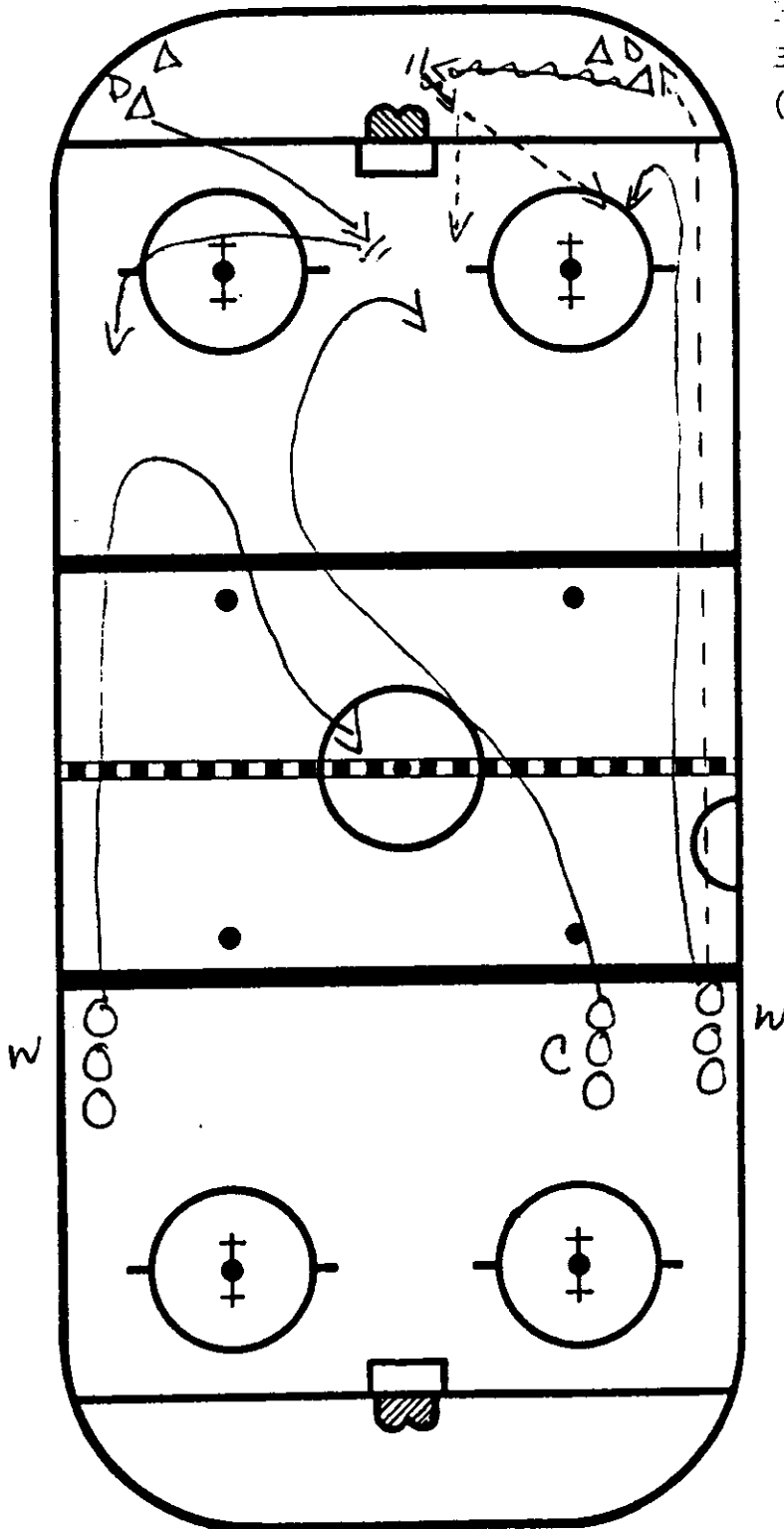
Two stationary defensemen. Start-  
ing position---forwards one side.  
Forwards pass to defenseman. Fo-  
ward skater in arc and receives  
break out pass. -Skate--pass--skate  
shoot.



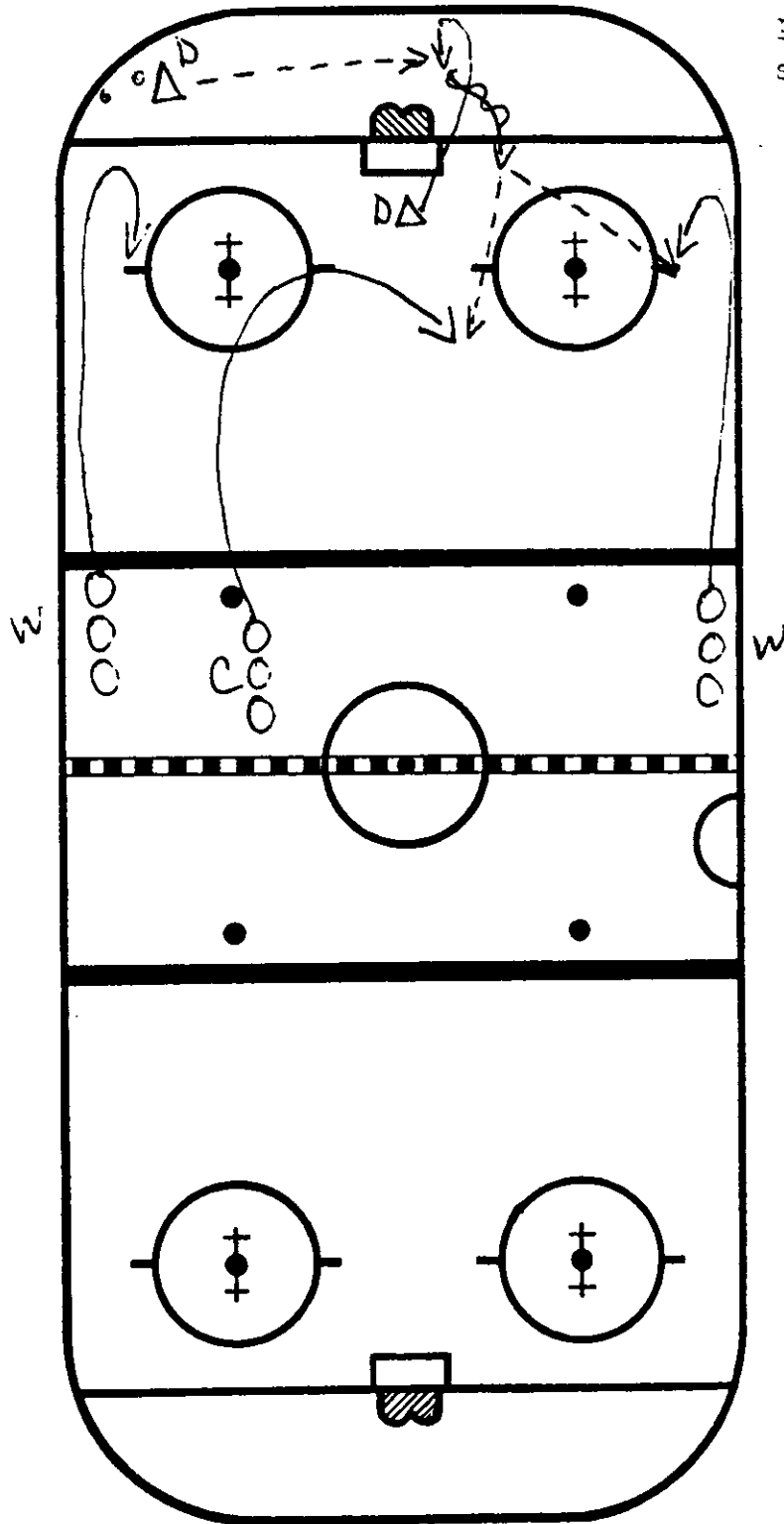
Forward gets puck, goes around the  
goal. "give and go" pass to  
player inside. Pass to the  
player in the center zone. Puck  
in.



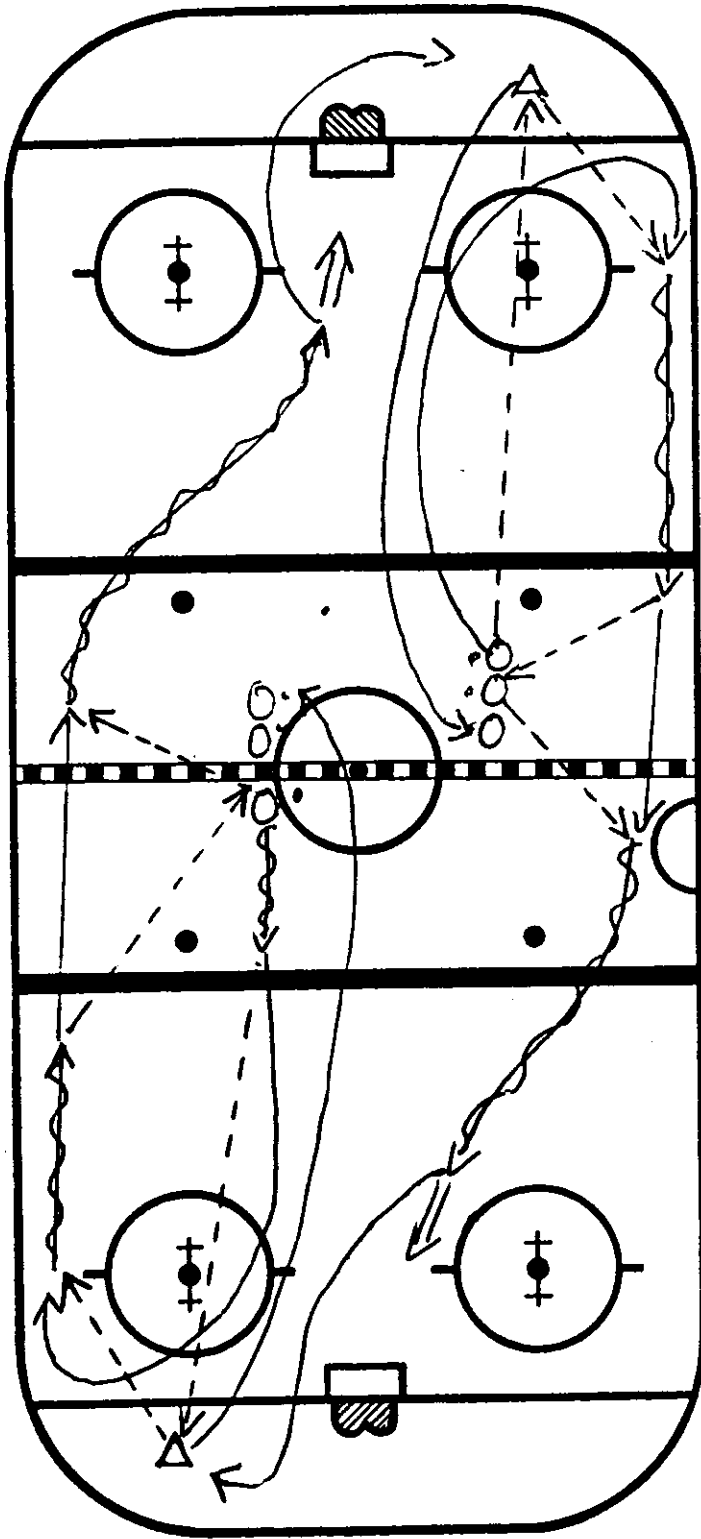
Winger passes to the defenseman  
who tries to get behind the goal.  
Forwards skate into position.  
Break out to correct option.  
(Free choice)



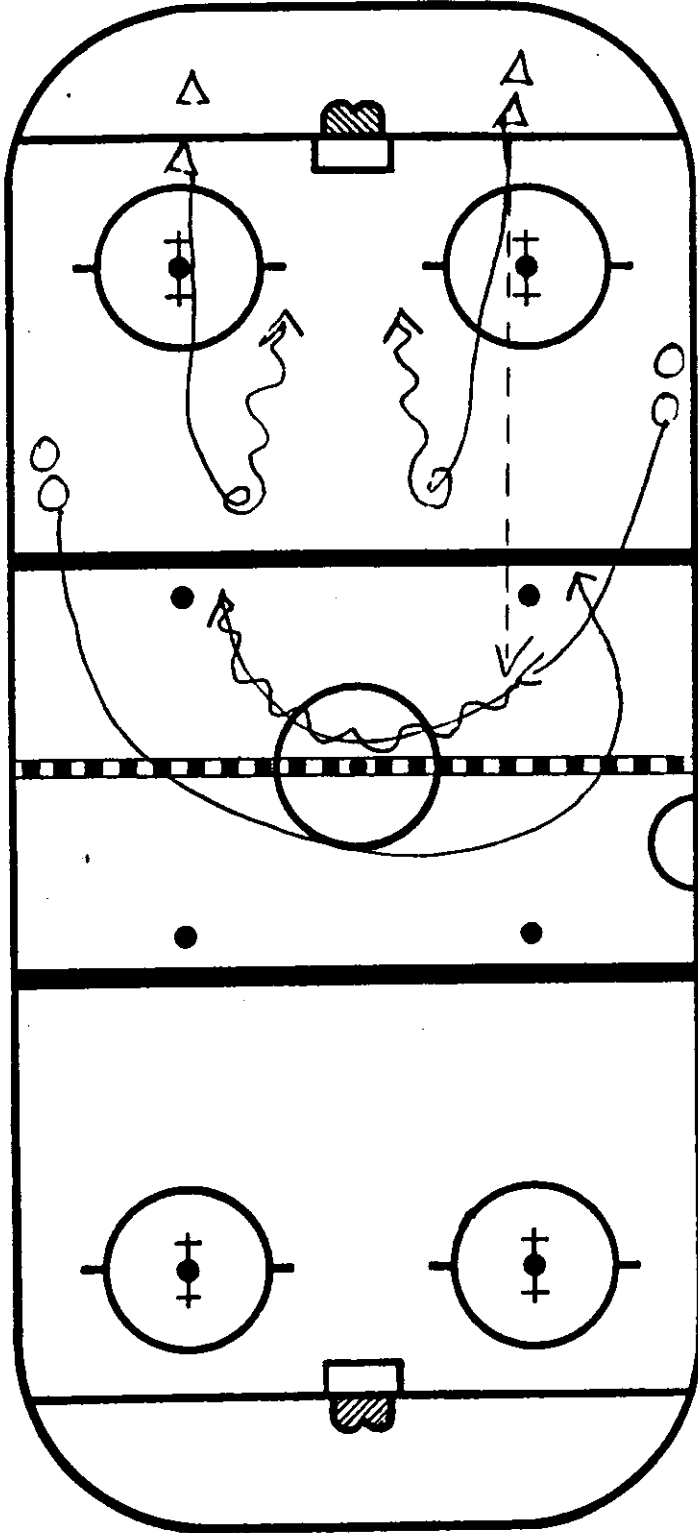
Defenseman in front of the goal skates to position behind the goal. Receives pass. Break out pass to forwards according to several alternatives.



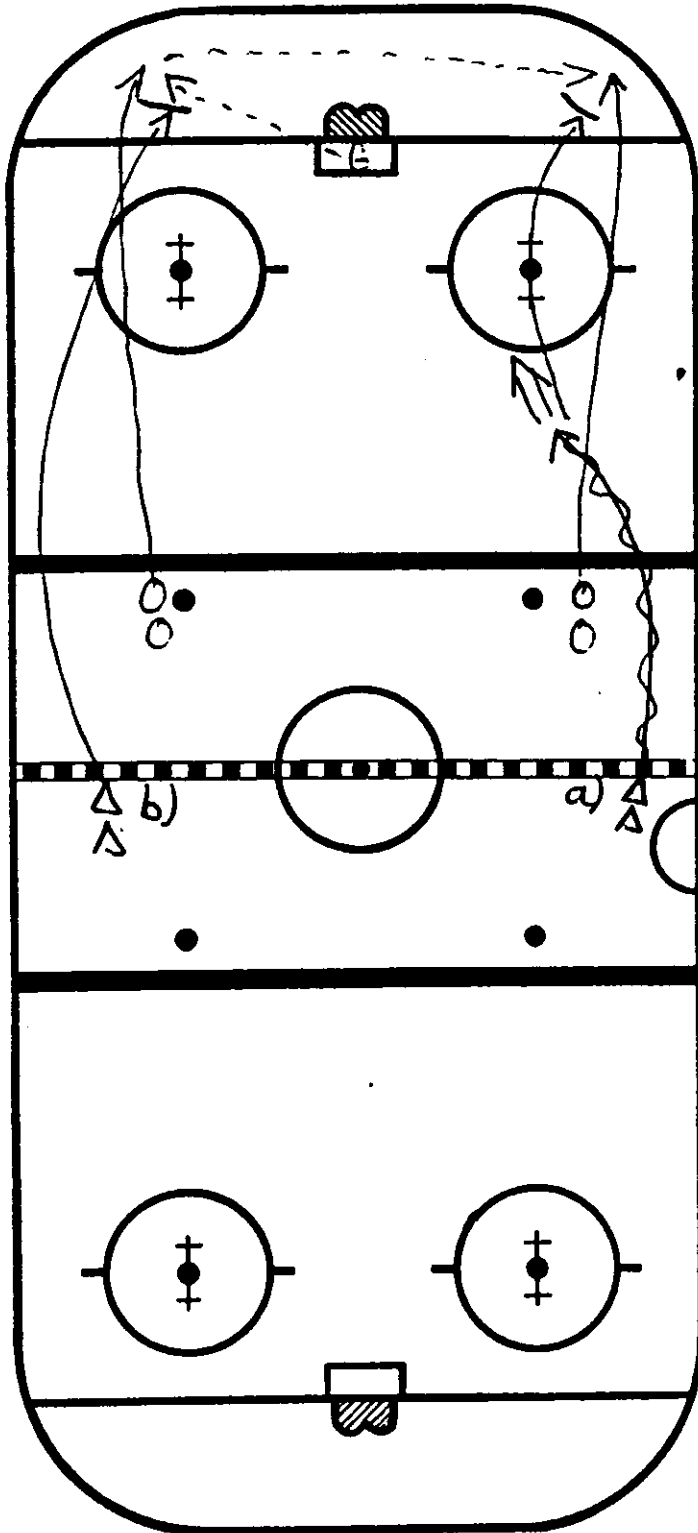
Break out. Passing. Skate in deep arc. Receive pass. Stick-handle. Pass--pass--shoot.



Two-against-two---defending  
defensemnen play up.



A WAY TO CHECK WIDE WITH TWO  
TOP FORWARDS



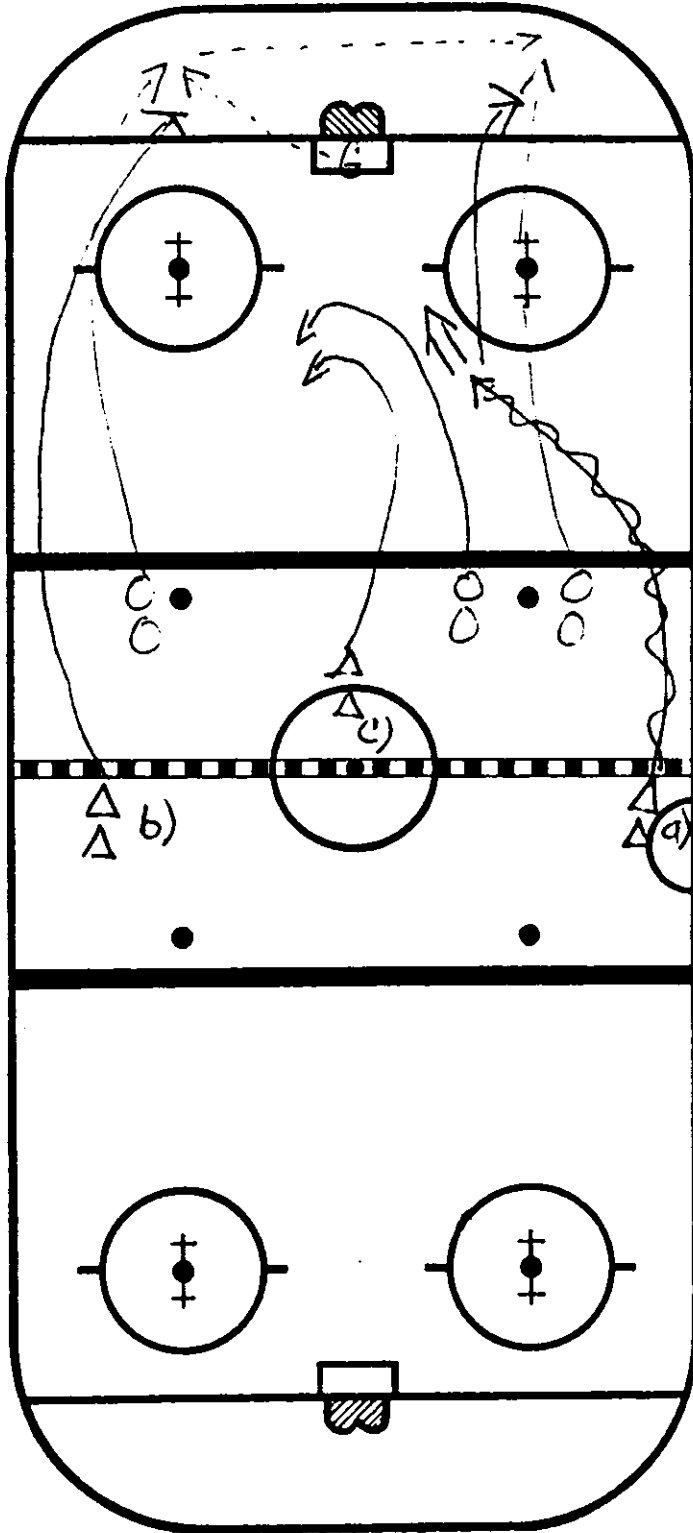
1) Two-against-two

Two top forwards check two defensemen. Forward goes into the zone and shoots. The goalie steers the puck out to his defenseman, who passes it over to the other defenseman.

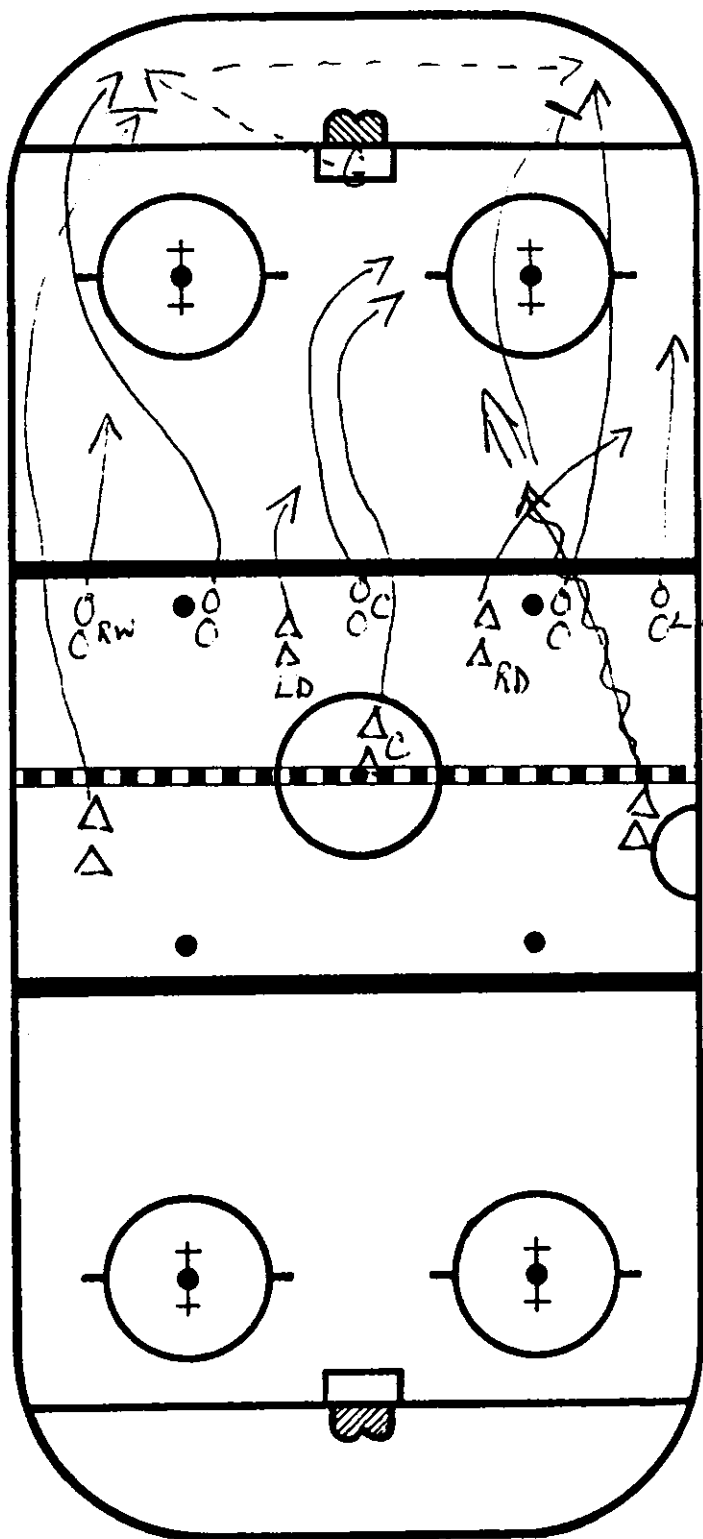
Top forwards a & b check aggressively to prevent the defensemen breaking out or carrying it out of the zone themselves.

FORECHECKING

2) Three-against-three---  
a & b check the defencemen. c/  
centerman covers the opposing  
center. The top forwards steer  
the forechecking inward.



BORECHECKING



2) Five-against-five---

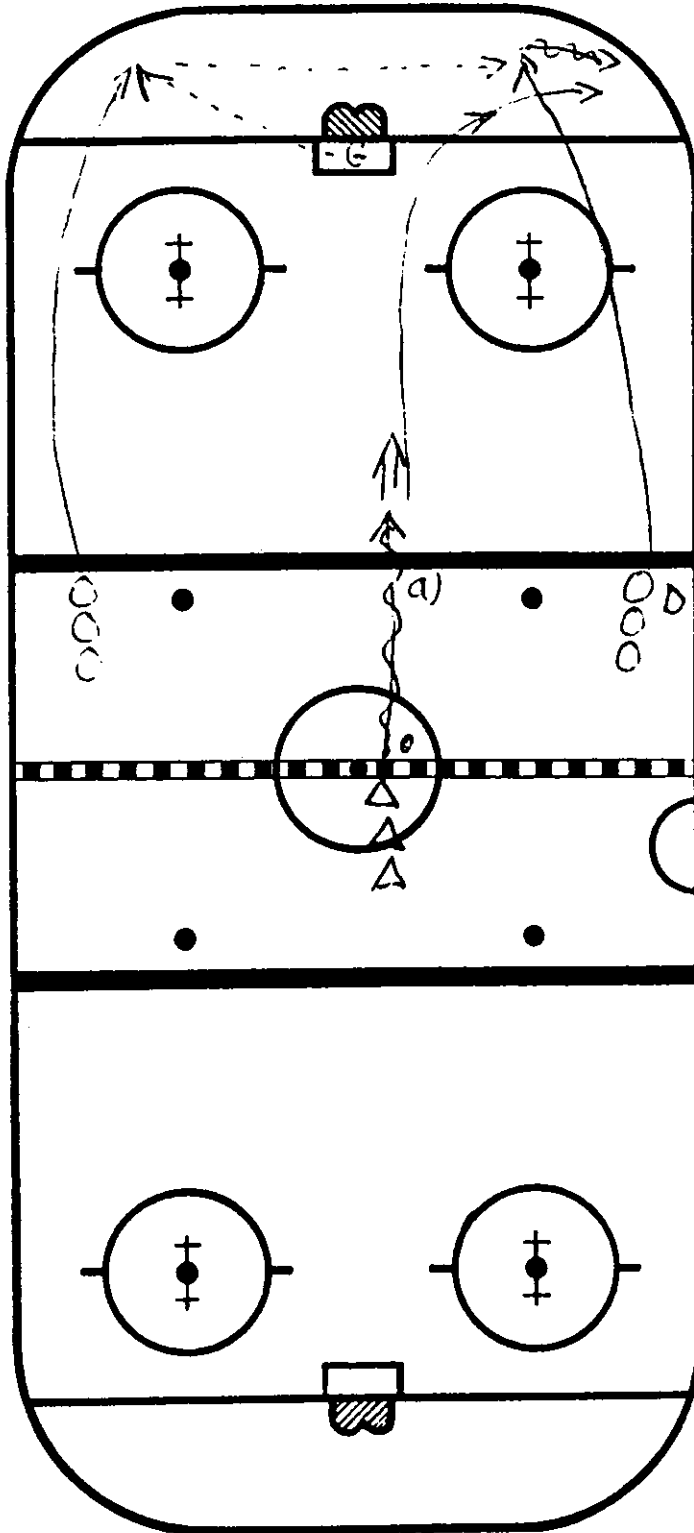
Attacking left winger goes in to receive break out pass. Defending **Right** defenseman "bumps" (checks)

Defending **Left** defenseman serves as "libero" (defensive-minded defenseman). Start in the center zone.

With successful borechecking in drill 3) can be a nuisance continuing until the coach changes.

A WAY TO O HOCKEY WITH TWO TEAMS

- Every system starts with a defensive play
- Defensive play starts with forechecking
- First man steers (guides) the forechecking
- In this system the forechecking is steered to the corner



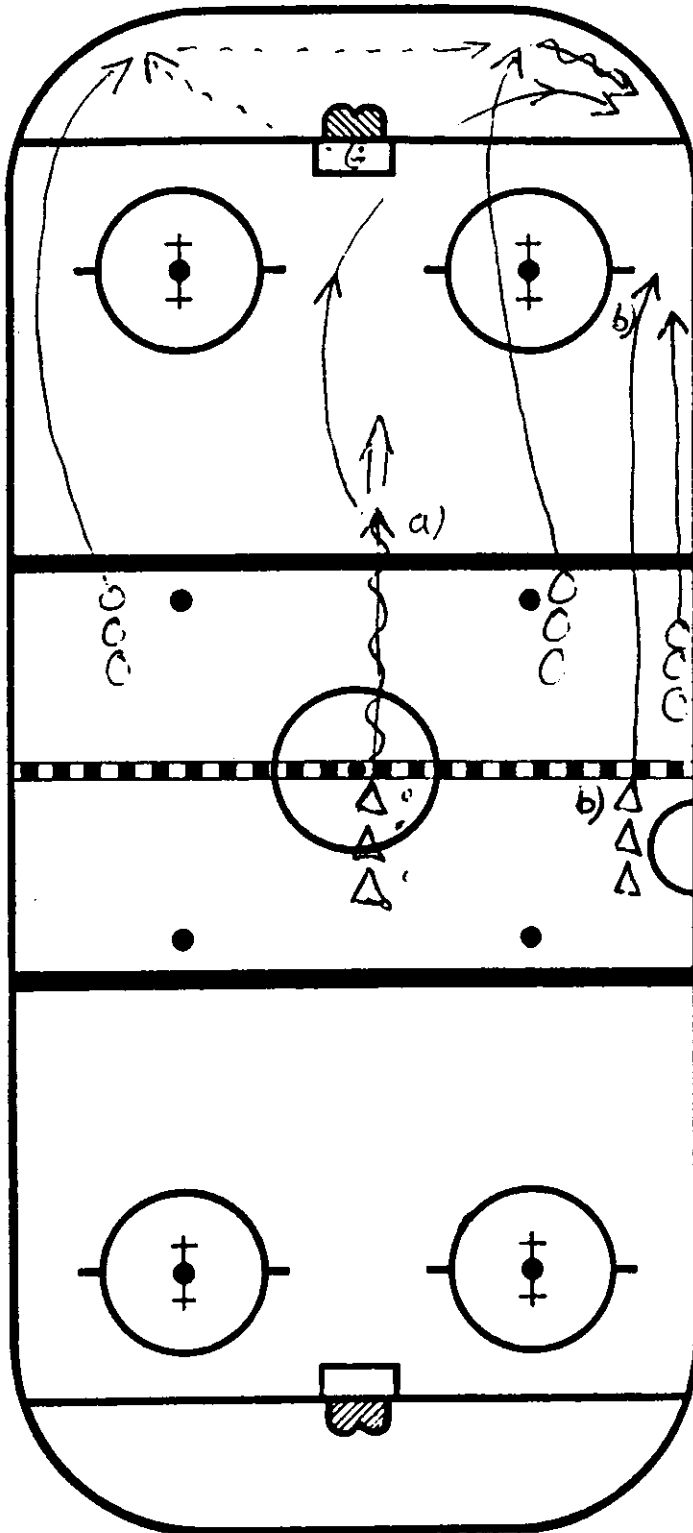
- 1) One-against-one---
- a) The forward (Forechecker) goes slowly toward the goal. Shoots. The goalie steers the puck out to a defenseman. Aggressive forechecking and steering the puck-carrier toward the corner.

\*Defending team (forecheckers) are marked with a triangle  $\Delta$

\*\*One who is forechecked has as a rule different alternatives to play out of the zone.



2) CHECKING



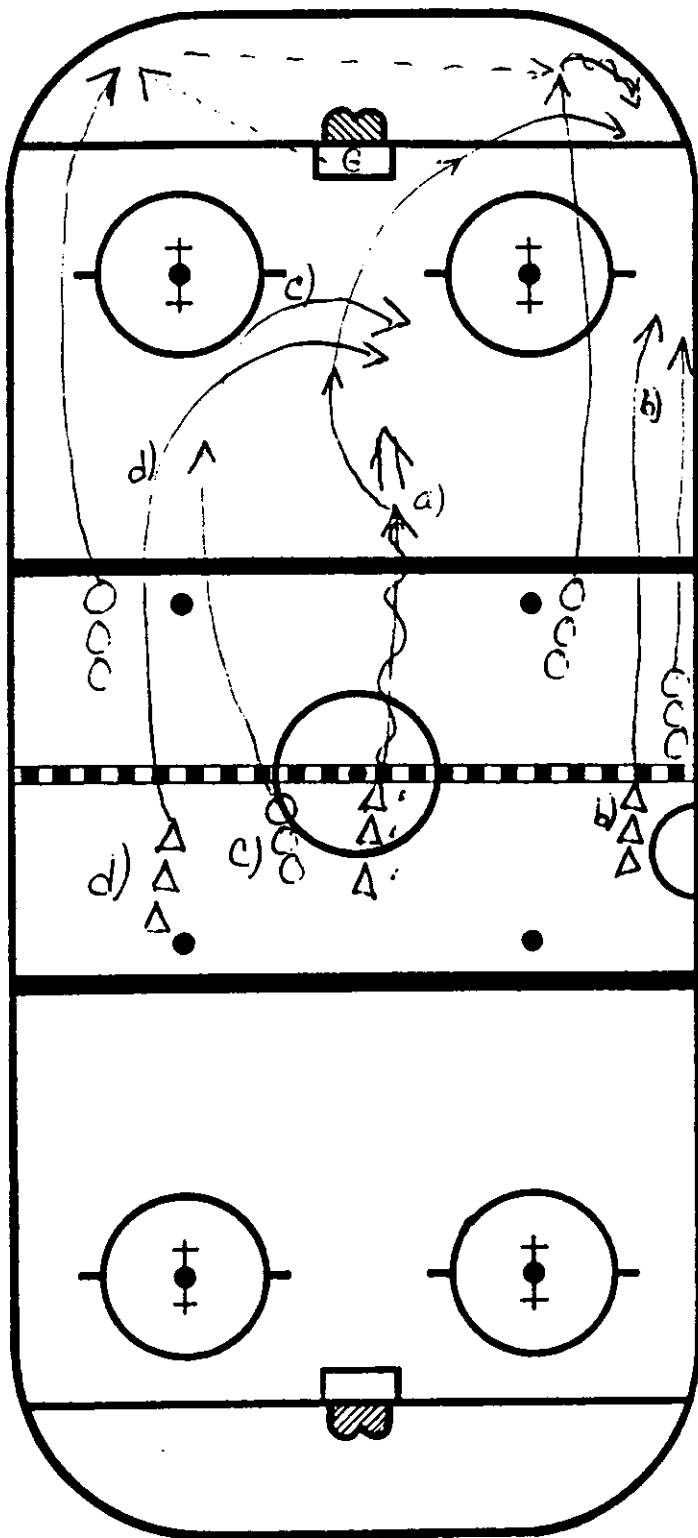
2) Two-against-two

b) has the task of cutting off the nearest passing opportunity and creating a two-against-one situation.

(two units/half the rink)

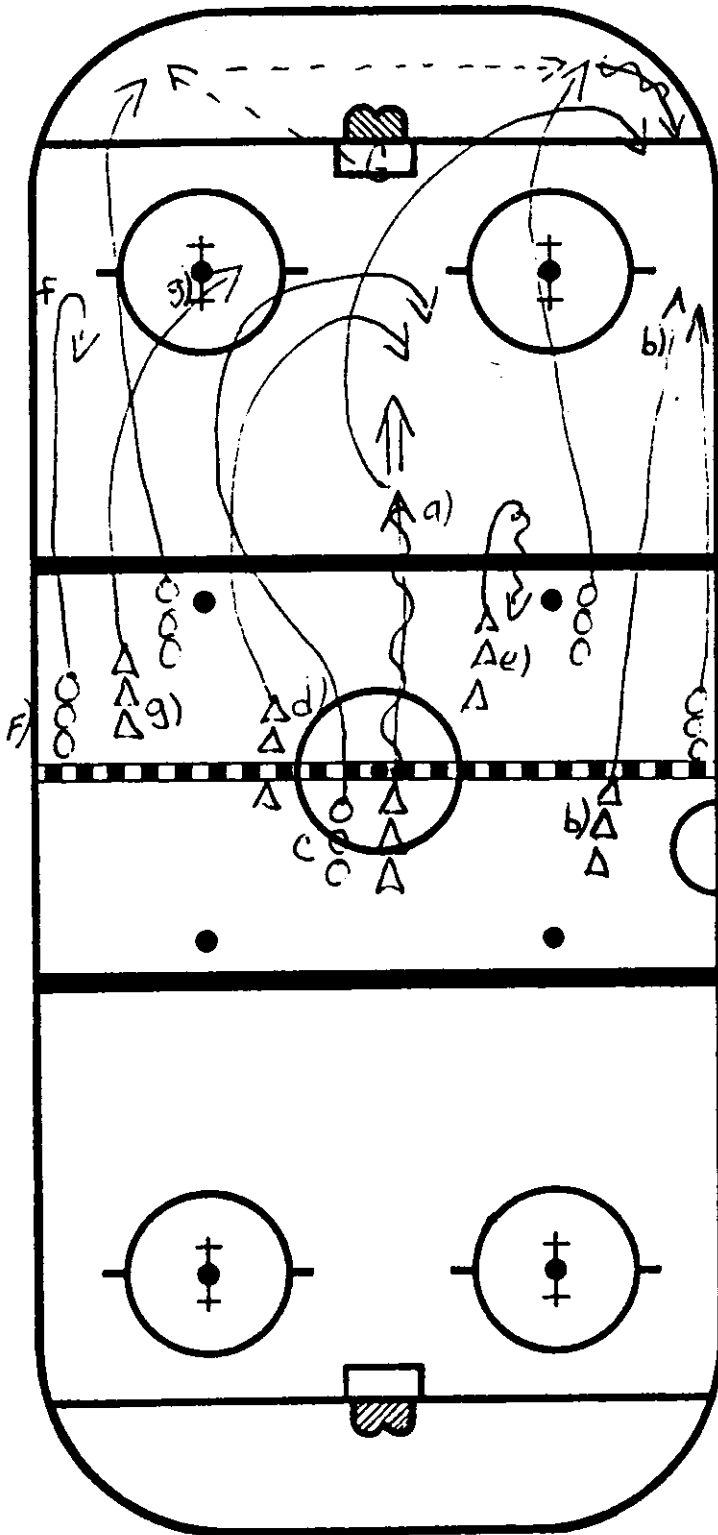
Goalie steers the play alternately to both corners.

WRESTLING



- a) Three-against-three---
- b) centerman goes in to receive the break out pass.
- c) further defenseman checks the centerman.

FORECHECKING



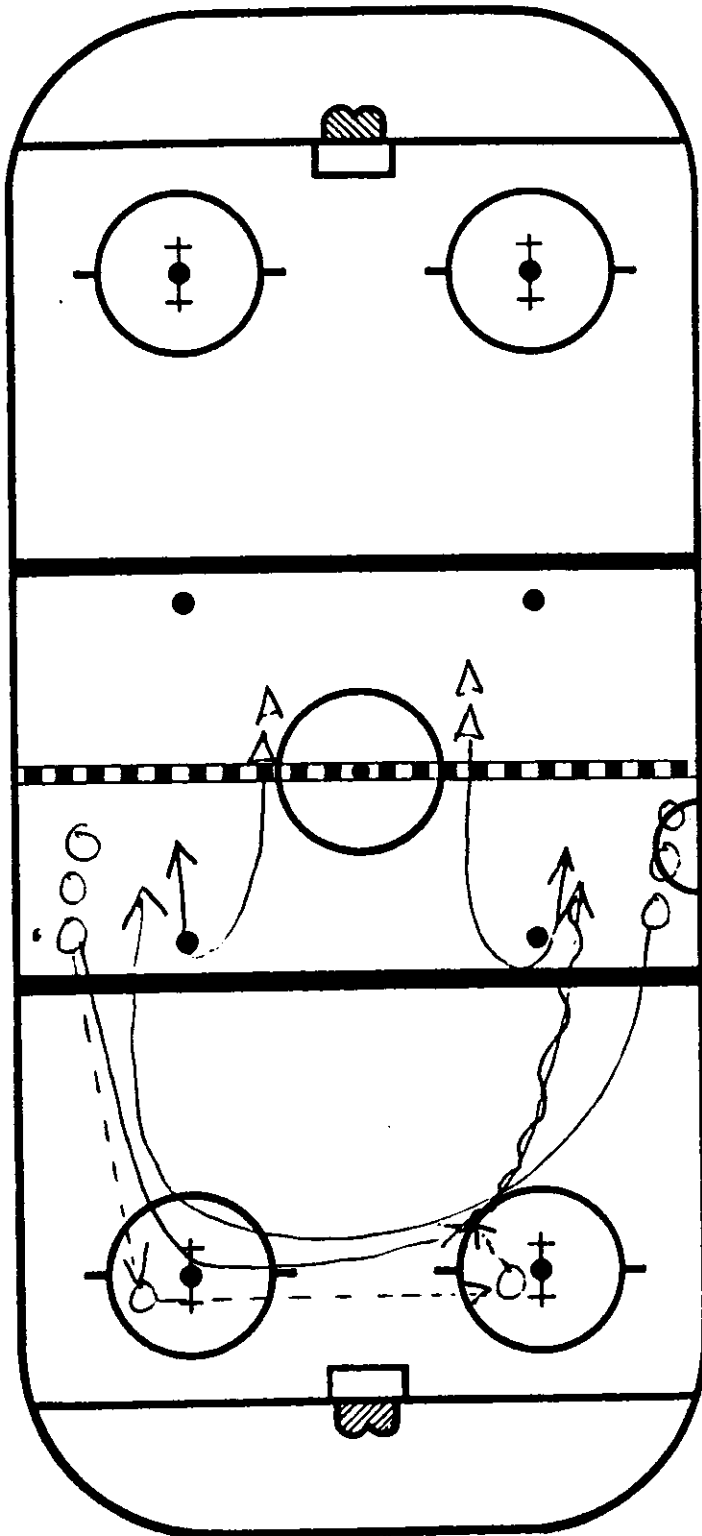
- b) five-against-five---
- a) defending defenseman (safety-lock)
- a) attacking top forward
- a) trailing forward is prepared as shooter if the forechecking is successful.

\*In drill 1-3 the coach should vary (modify) after each forechecking attempt.

Drill #4 can continue with the play.

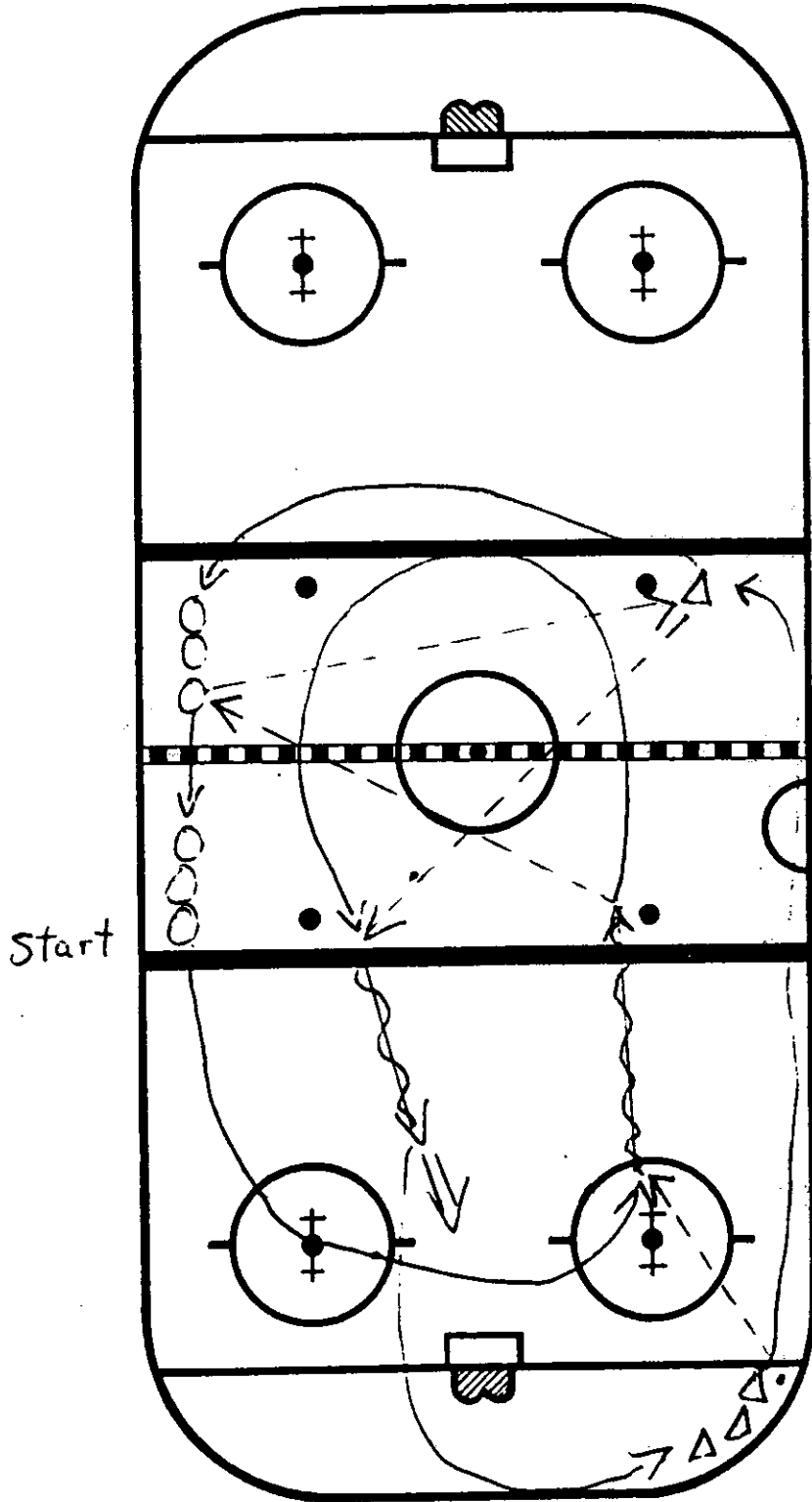
BACKCHECKING

Vary the break out play. From both directions. After completing, start next group.



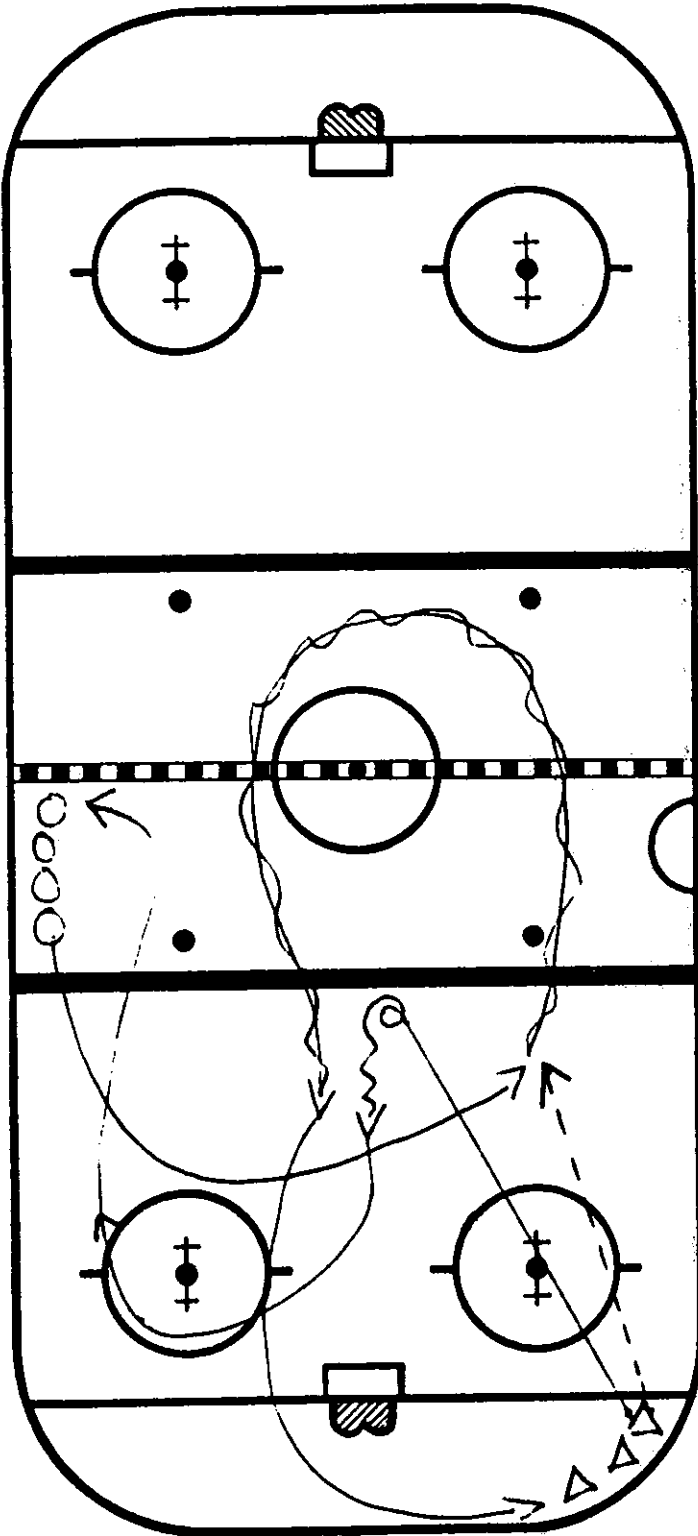
PIPE HILL

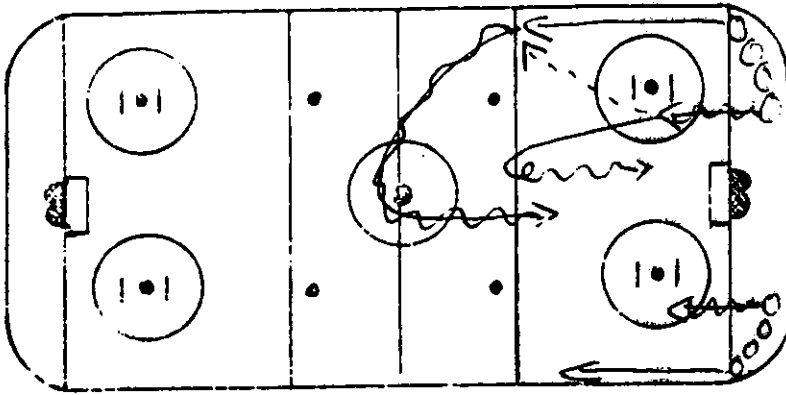
Keep arc. receive pass. stick-handle. Shoot.



One-against-one

Deep ass. Receive pass. Stick-handle. Passer becomes the defender. Change roles.



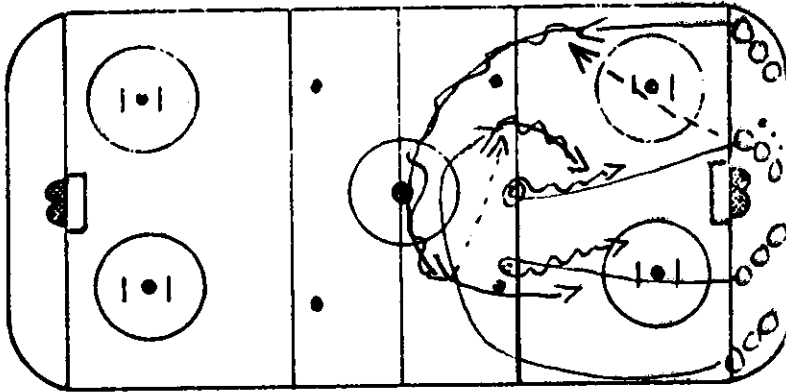


One-against-one from the corner.  
Half ice. The defenseman must  
come over the blue line.

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Two-against-two Tempo on the  
crossovers and exchange the puck.

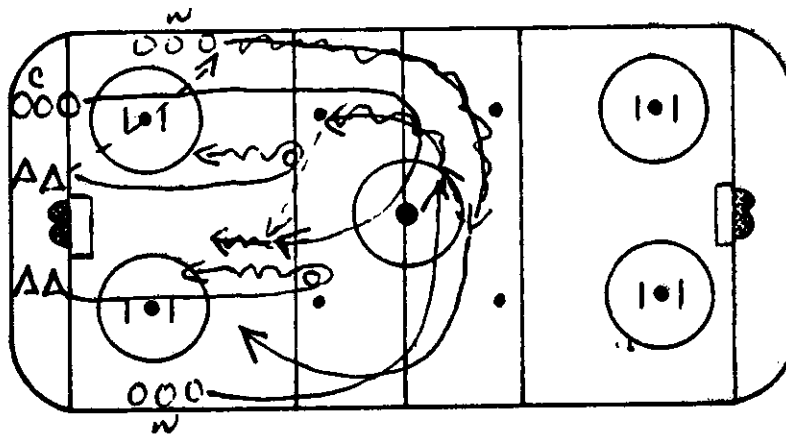
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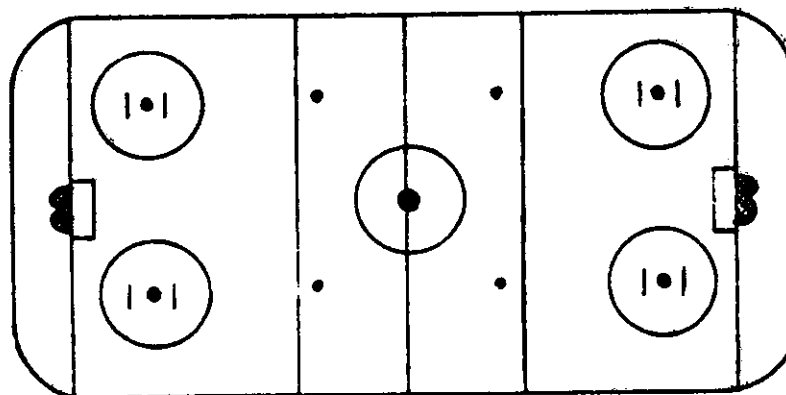


Three-against-two on half ice.  
Defenseman breaks the puck out  
to the winger.

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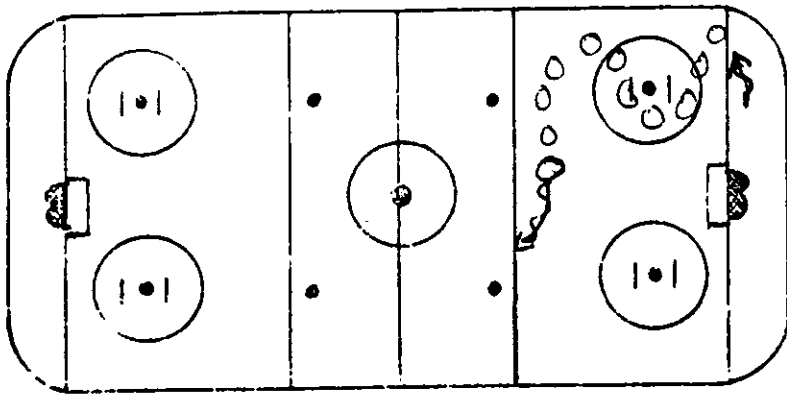
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5. "Follow John"

Everyone with their own puck.  
 Change Charles to be the leader.

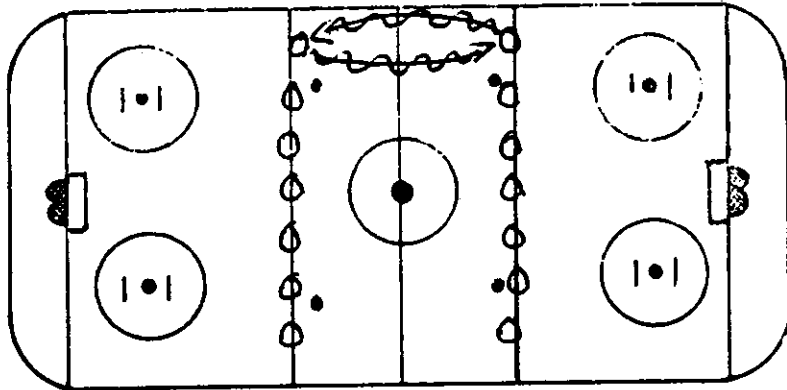
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6. Shift places

Quick changes.

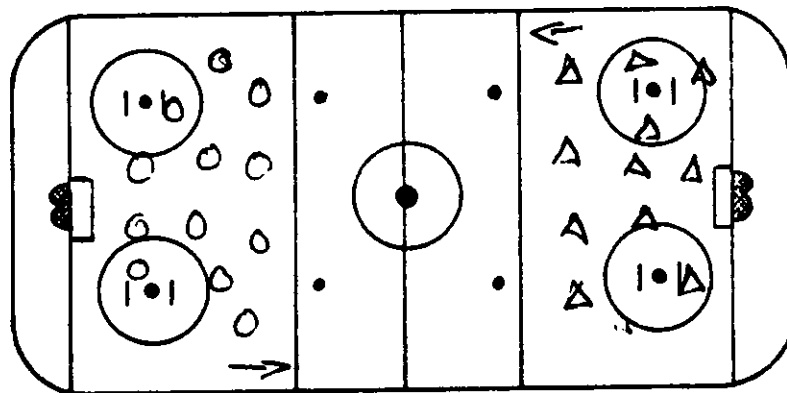
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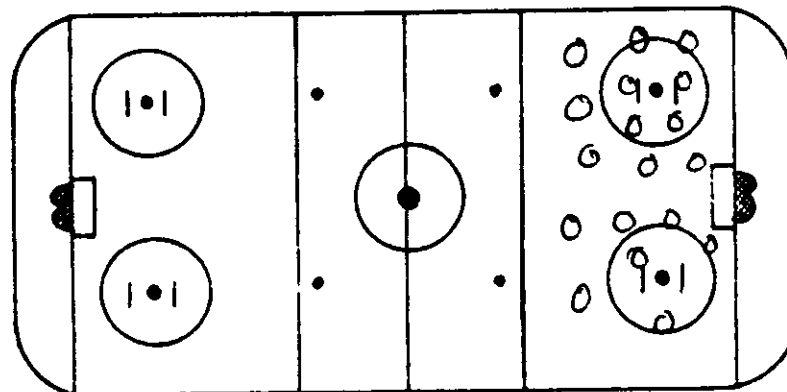
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7. Change zones

Everyone with own puck. Two groups  
 Dribbling within their respective  
 defensive zones.. On the signal--  
 the groups change zones. Heads up!

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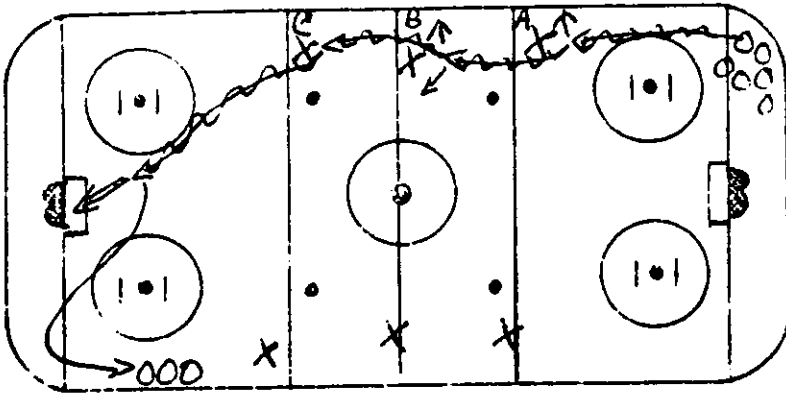


8. Everyone with a puck

- a) everyone in one zone
- b) try to take the puck away from a  
 teammate and at the same time  
 keep your own puck.

c) One man skates around and checks  
 those guilty of not looking up!





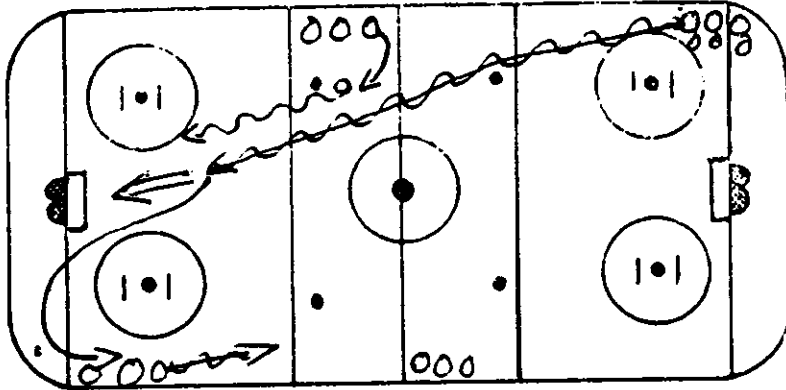
e) Fakes (dekes), drill toward the pylons, finish off with a shot on goal.

A--single fake

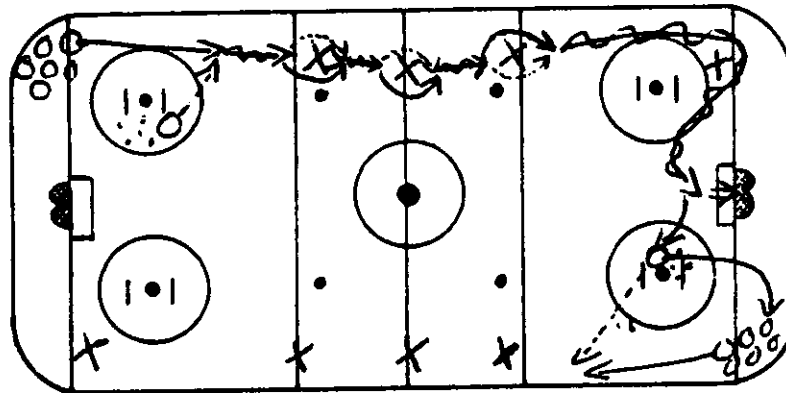
B--double fake

C--body fake

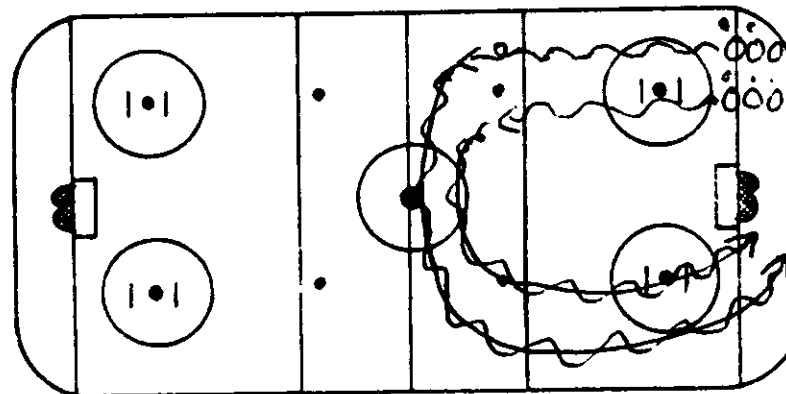
Run toward both goals



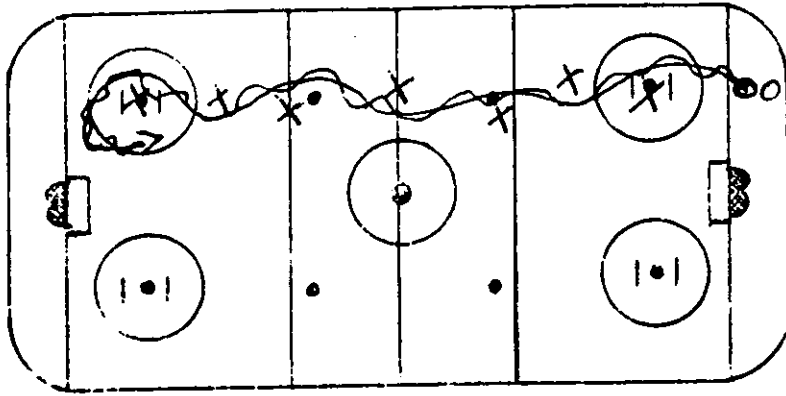
f) Fakes against opponent (defens- man). Run toward both goals.



g) Fake through by playing the puck on one side of the pylon and skating on the other side. Cut in and pull the goalie. (loop)



9) Backward skating with the puck to the blue line--pivot and back to the end.



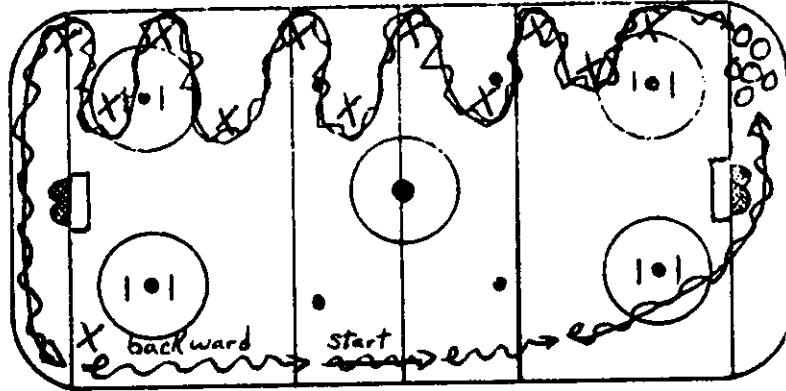
10. Stickhandling between pylons

a) Technique marked loop

Can run as race between the players

Keep the times. Also with two

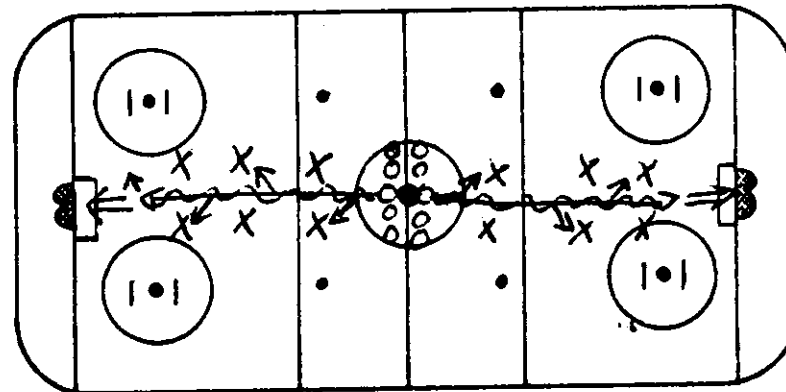
courses as a relay race.



b) On one side dribble between the pylons and on the other side alter-

nating tempo and pivots. The

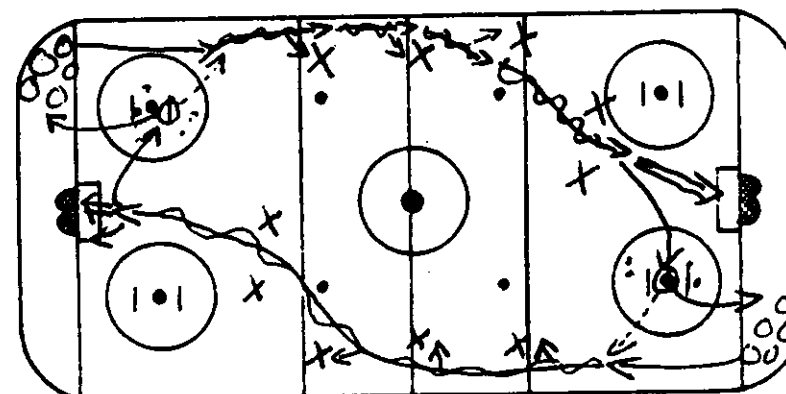
whole time with a puck.



c) Fakes at the pylons. Start from the center circle, fake left, right-

shoot, or fake left, right, left, fake

goalie and score a goal.

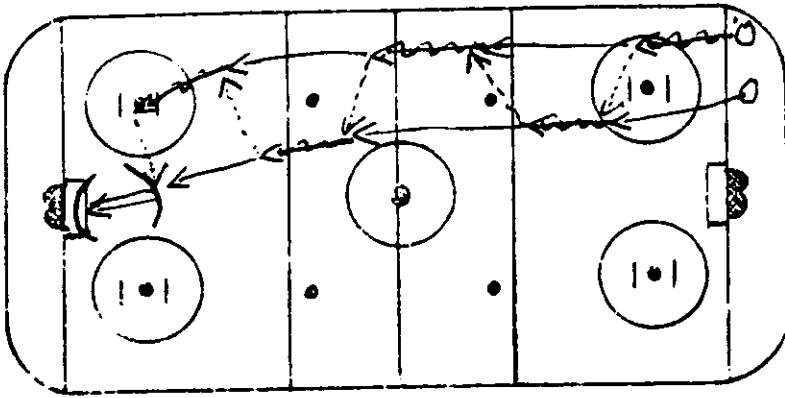


d) Fake toward the cones (loop).

Three cones on each length of the ice, fake at each cone, cut in and

shoot, or draw out the goalie.

Pivots one lap on signal.

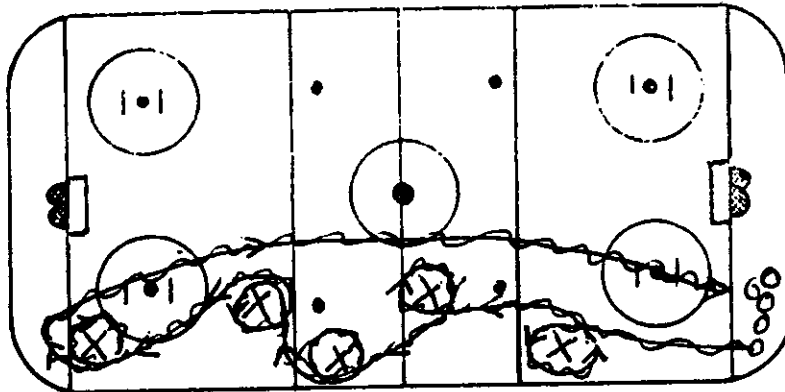


11. Pairs---around the rink.  
 (a good warm up drill!) Move along  
 ---pass---skate---skate---receive---  
 move along....  
 (can be combined with a shot on  
 goal)

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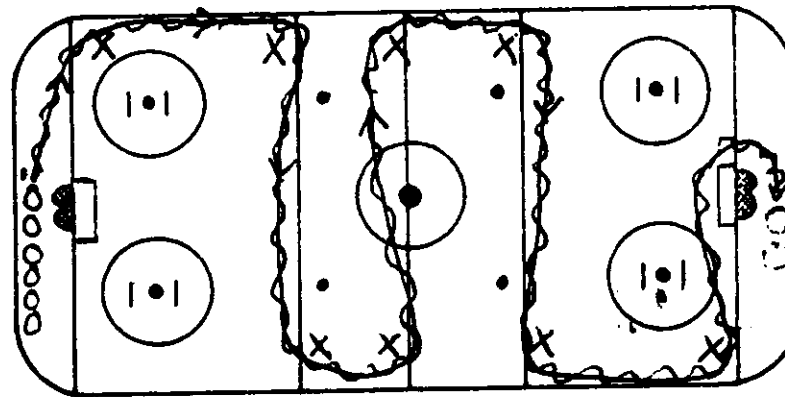


12. Around the pylons  
 One lap (turn) around each pylon.  
 Every other time left--every other  
 time right.

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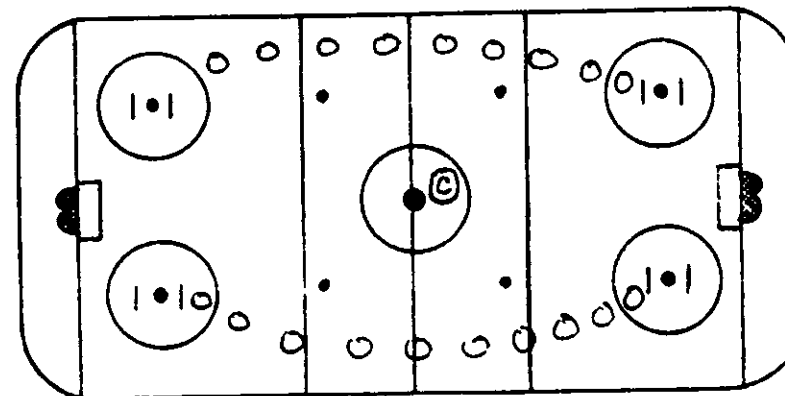


13. Crossover skating with the puck  
 See that the players actually do  
 crossover skating. The drill is  
 very demanding on conditioning.

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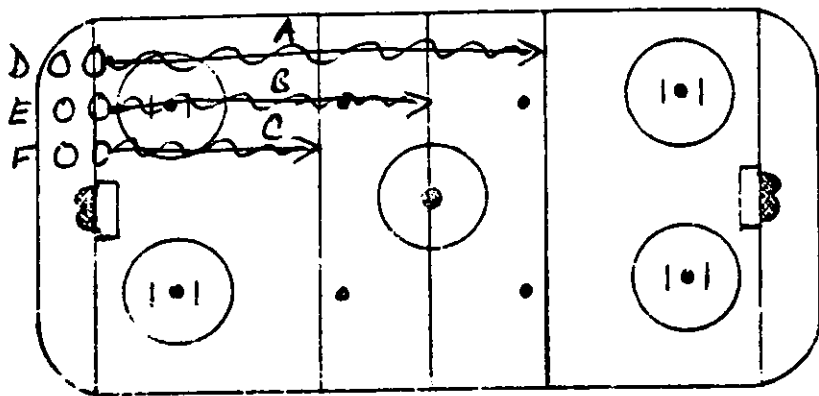


14. Three basics of stickhandling  
 (standing still) at the start of  
 the season.  
 1. forehand  
 2. backhand  
 3. in front of

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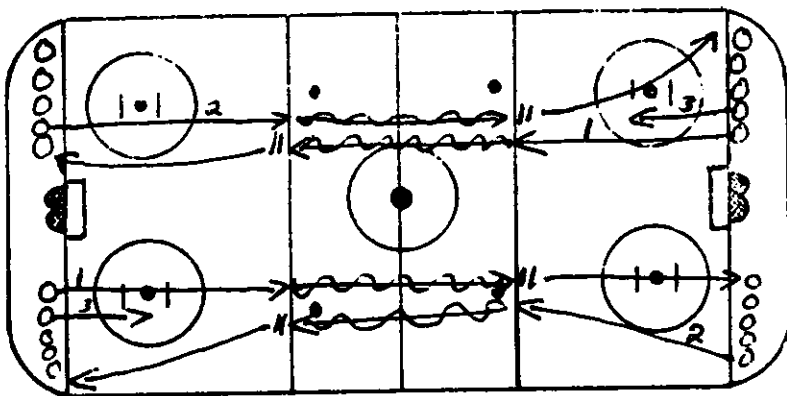


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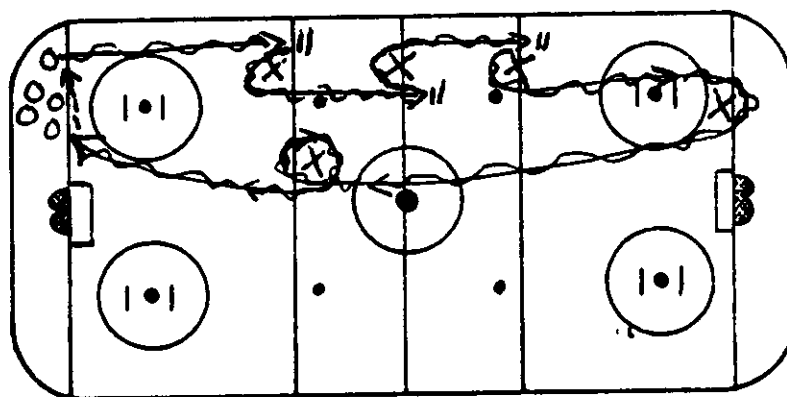


15. Stickhandling relay

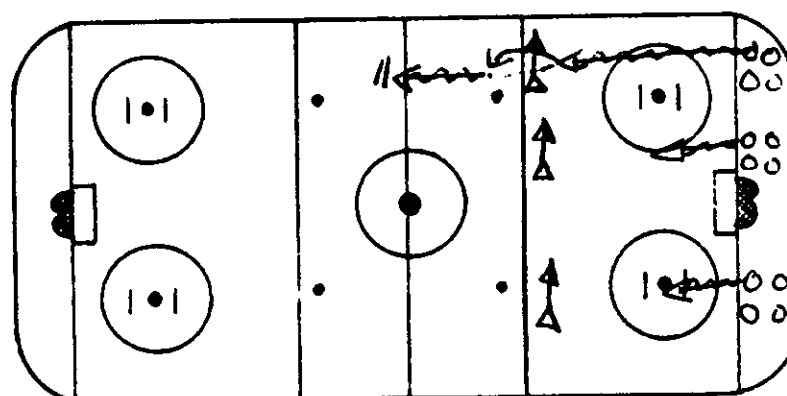
a) Leave and get the pucks. Three groups A, B, C, skate to the far blue line and leave the pucks---skate, change with D, E, F, who collect the pucks, change with next who skate out with the pucks to the red line change and so on.



b) Start on the goal line, pick up the puck on the blue line, leave the puck on the next blue line, with quick stop, continue to next goal line, with his finish, start the next man and so on.



c) Two teams. Start at the goal line, full speed---quick stops---around pylon---one whole revolution around the last pylon then pass to the next man and so on.

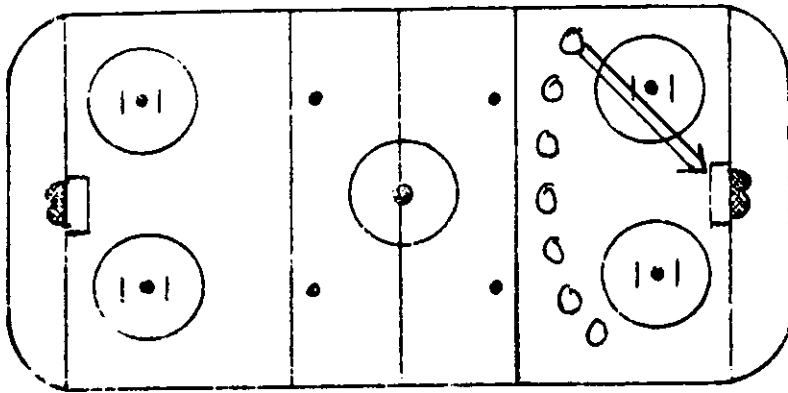


d) Three teams. Start from end line stickhandle forward toward a trestle (stick across two pylons), push the puck under and jump over get the puck and continue---quick stop at the center line and same thing coming back. Change!

# SHOOTING

# DRILLS





1. Basic shooting drills

a) Alternate manner of shooting.

Second time move closer to the goal

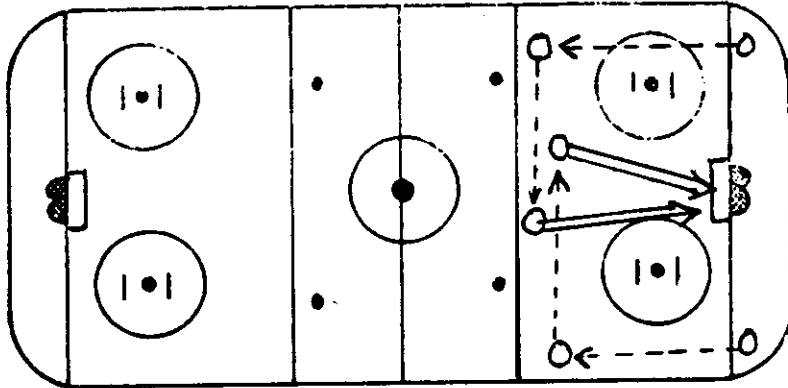
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b) For defensemen

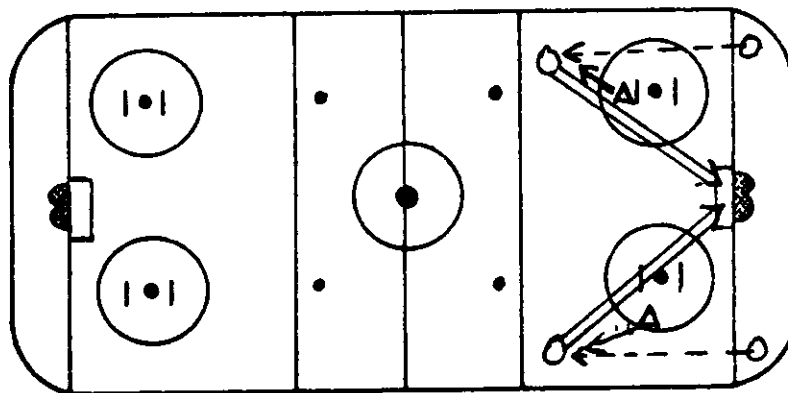
All the defensemen pass and shoot according to the diagram.

Change positions.

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c) Snap (quick) shots for the

defensemen. Pass from the corner

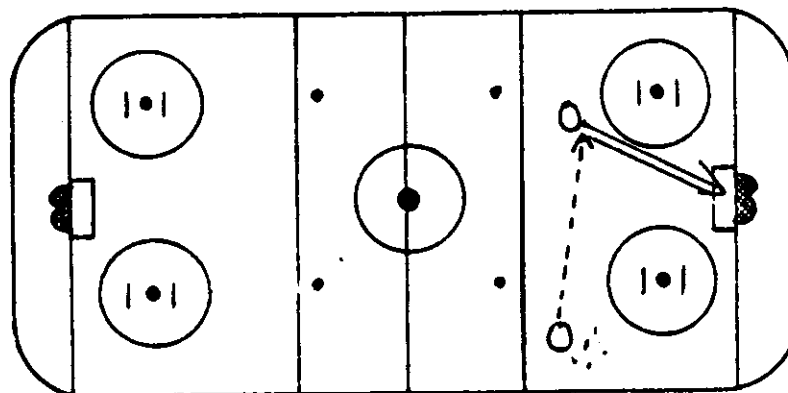
and shoot directly. Passive opposi-

tion advances toward the shooter.

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d) Direct shot from the blue line.

To be practiced by defensive pairs

One defenseman passes to the other

defenseman, in repeated succession,

who shoots directly. About ten

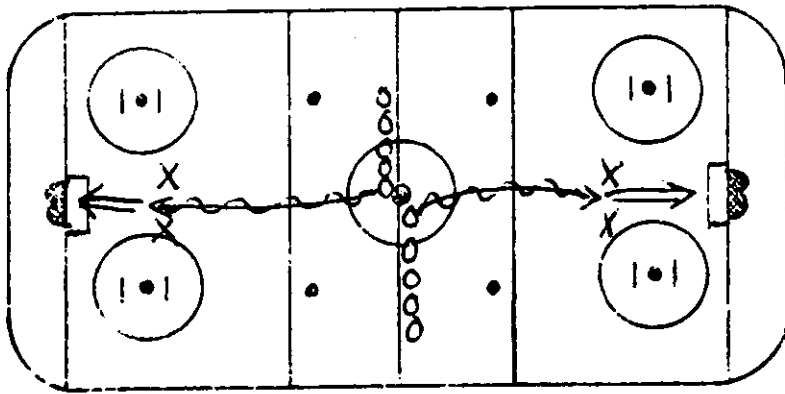
pucks, then reverse roles. After-

ward next defensive pair.

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2. Shot from directly in front
- a) skate from the center and shoot at screen---continue and take care of eventual rebound.

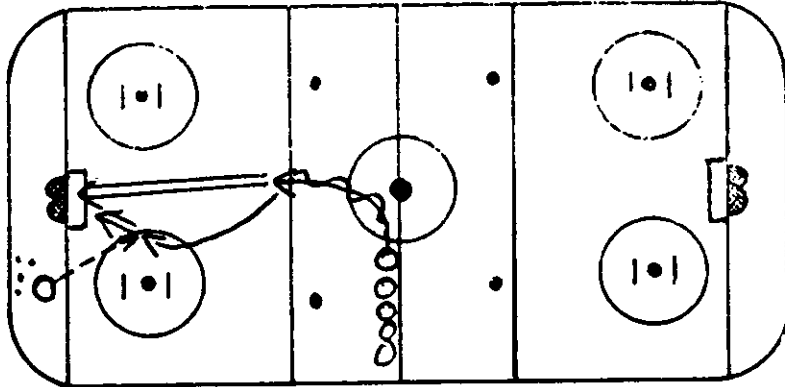
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- b) Skate from the center, shoot from the blue line, continue forward and shoot on pass from passer at side of the net.

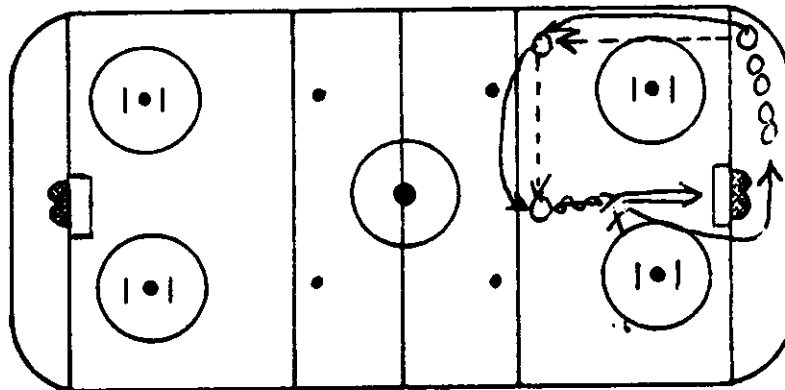
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- c) Pass from the corner, follow it, receive pass, pass, follow, receive pass, skate forward and shoot from the pylon. (loop)

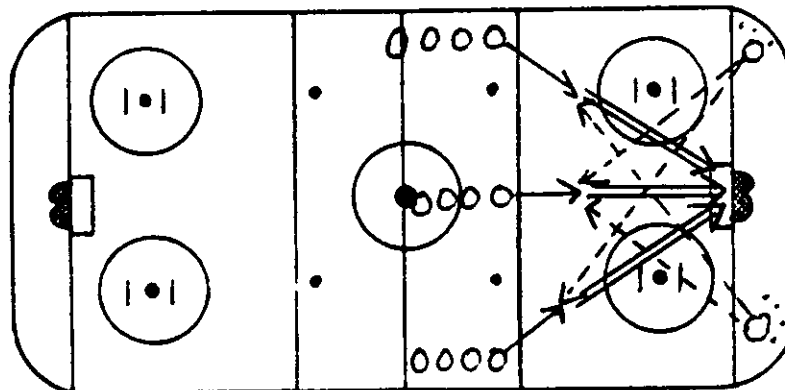
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3. Angle--and shots from directly in front

- a) Pass from the corners--skate forward and shoot a direct shot.

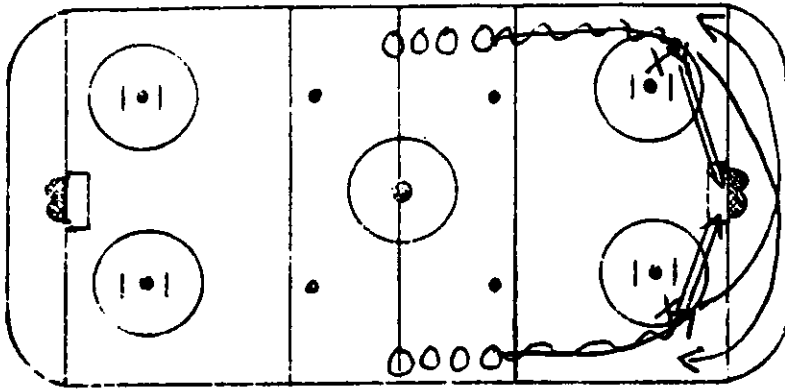
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b) Angle shot while skating. Around the pylon and shoot.

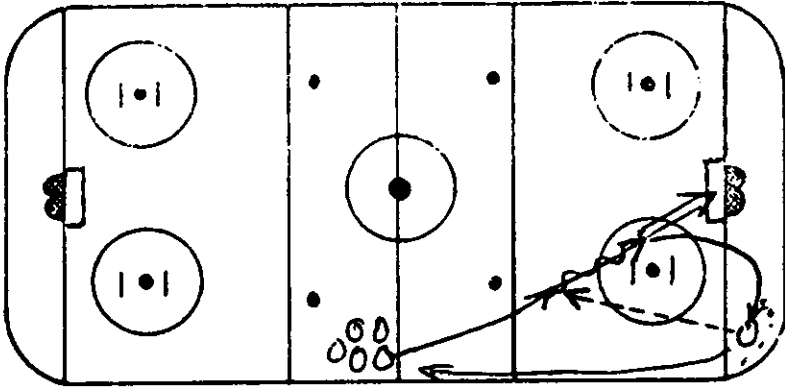
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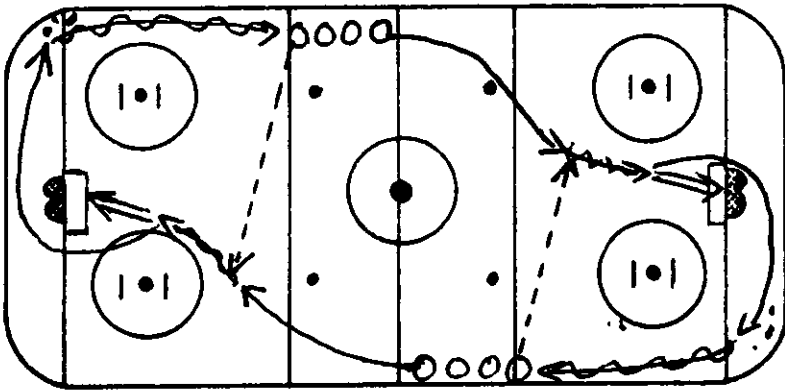
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4. Shot while skating in toward the goal

a) Wrist shot---Skate forward and shoot from 6--3 meters, skate into the corner and pass to the next player and so forth.

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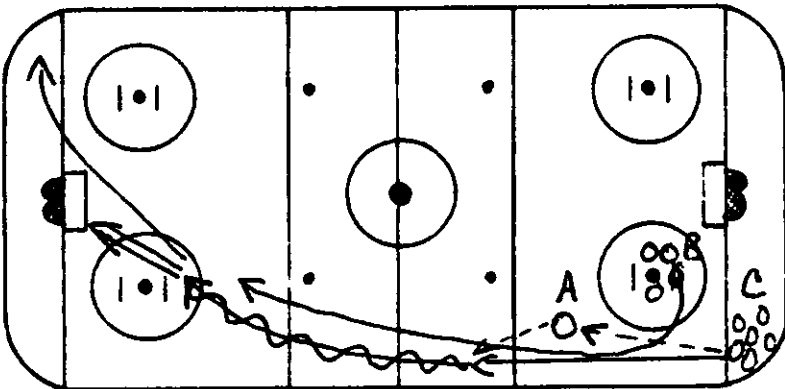


b) Start from the center line, cut in toward the goal, receive a pass, and shoot on goal. Get a new puck, skate up over the blue line and pass to the next player and so forth.

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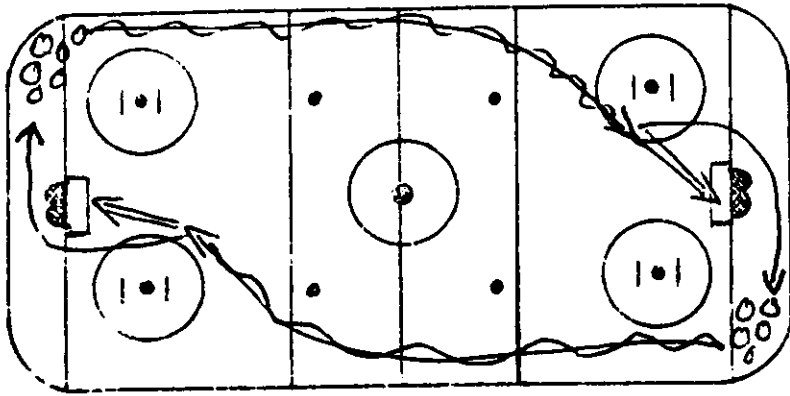


c) The player at C passes the puck to A who passes back to C, who cuts in toward the goal and shoots. The

players from B skate at the same time and backcheck C and get hold of an eventual rebound.

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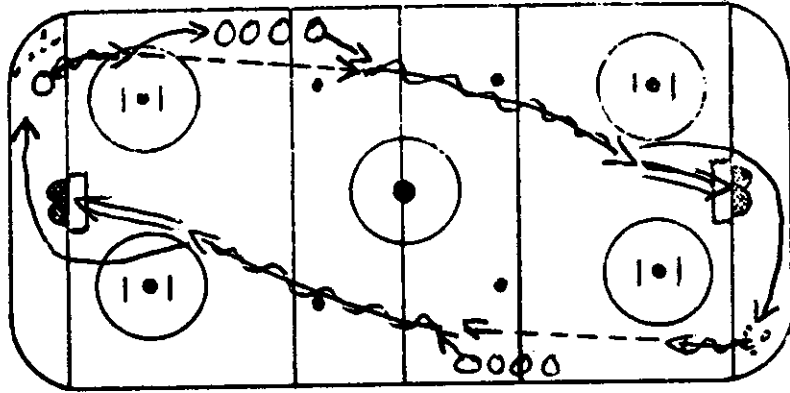


d) Skate from the goal line--full speed--along the boards to the blue line, where the player cuts in toward the goal and shoots.

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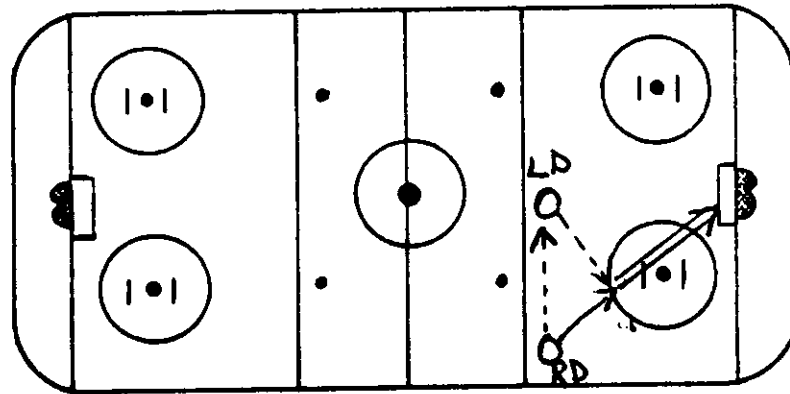


e) Start at the blue line, drive toward the goal and shoot, go around the net, collect a new puck and pass to the next player and so forth.

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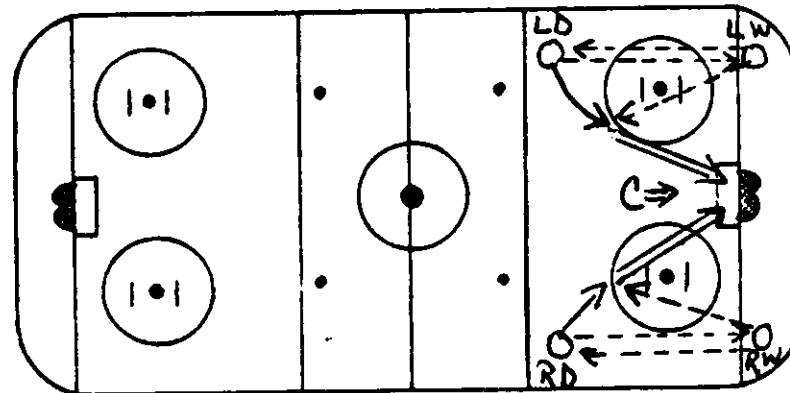
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5. Shot after receiving a pass--direct shot.

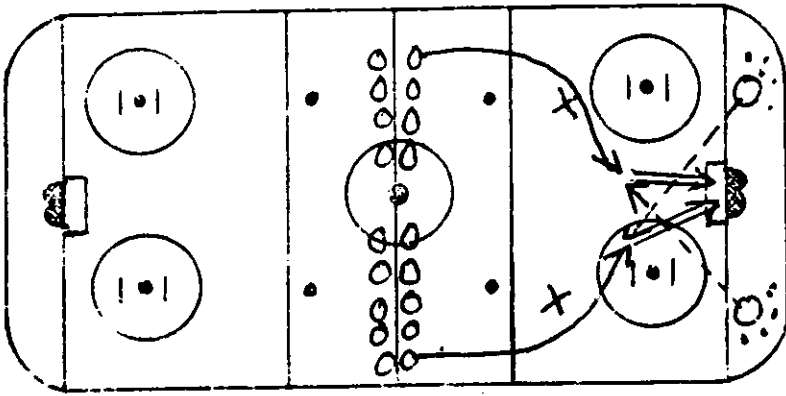
a) LD passes to RD, skates forward and shoots directly on the pass which he gets back from RD. Change sides---shooter.

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b) Defenseman and wing exchange passes, defenseman skates forward and shoots directly on wing's pass. Centerman gets hold of the rebound. Alternate from left and right.

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c) Shot toward goal after diagonal pass in front.

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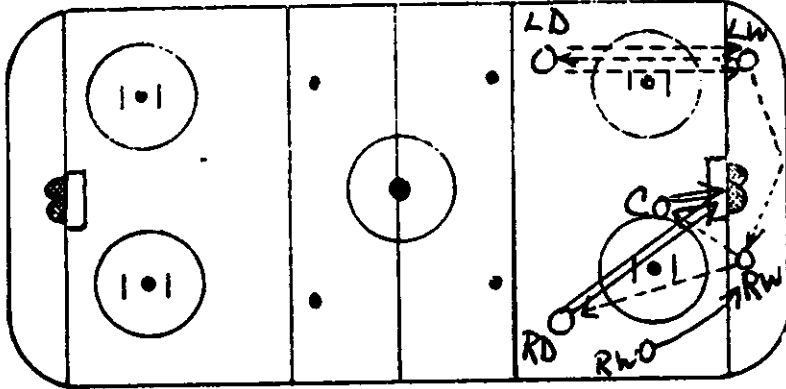
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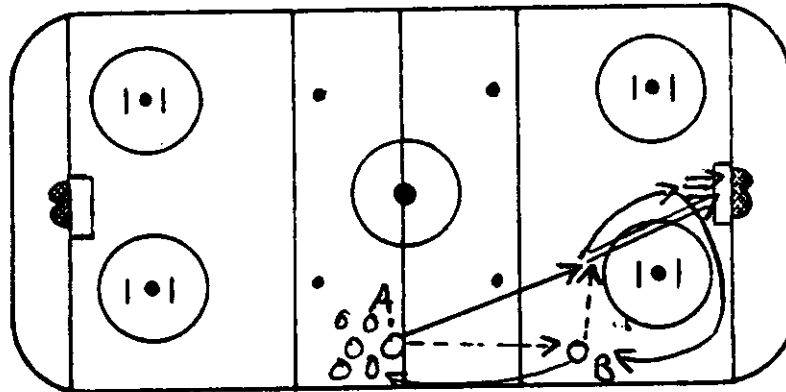
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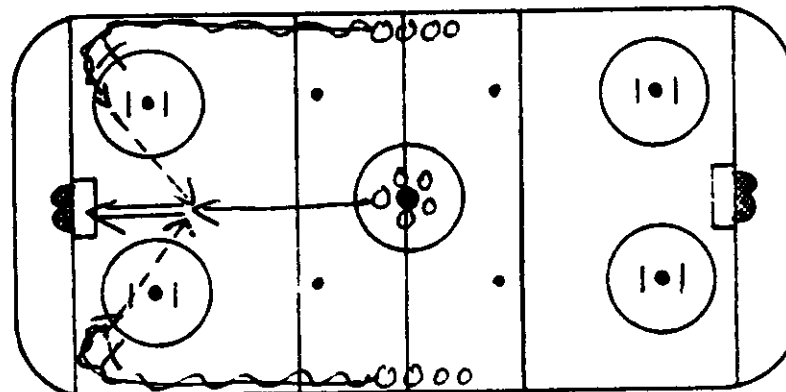


d) LD and RW pass to each other, in the meantime the RW clips in behind the goal--gets a pass from the LD, and passes directly to either the LD or the centerman. If the LD shoots, centerman will be there to deflect the puck or get the rebound.



e) Direct shot while moving. Player A passes to B, then skates forward and shoots directly on the pass from B. Rush after the rebound then takes B place.

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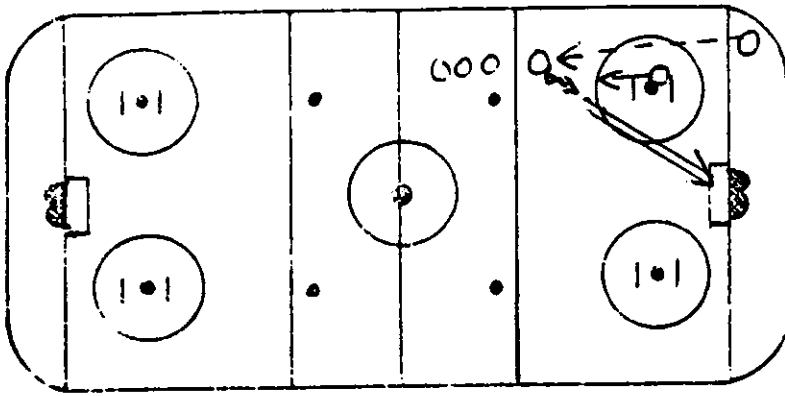


f) Wingers move down toward the corners, around the pylons and pass diagonally back. The centerman skates toward the goal and shoots directly. Alternate from the left and right.

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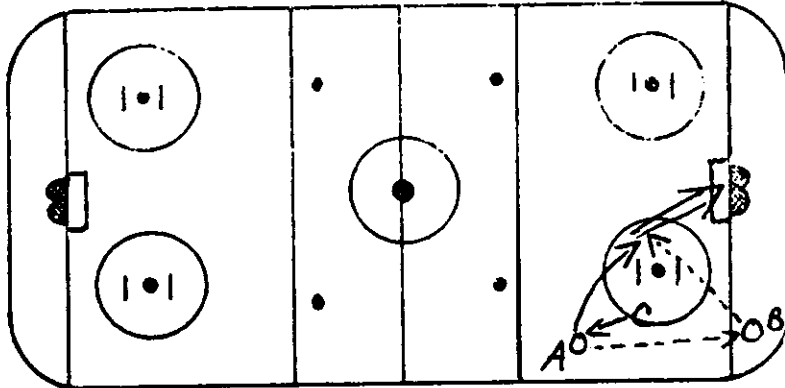


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6. Shot with opposition

a) Pass from the corner--skate forward and shoot toward the goal. Defender skates toward the shooter and (passively) attempts to cover the shot's path.



b) A passes to B, who passes back to A, who skates forward and shoots. D is passive opponent who covers A.

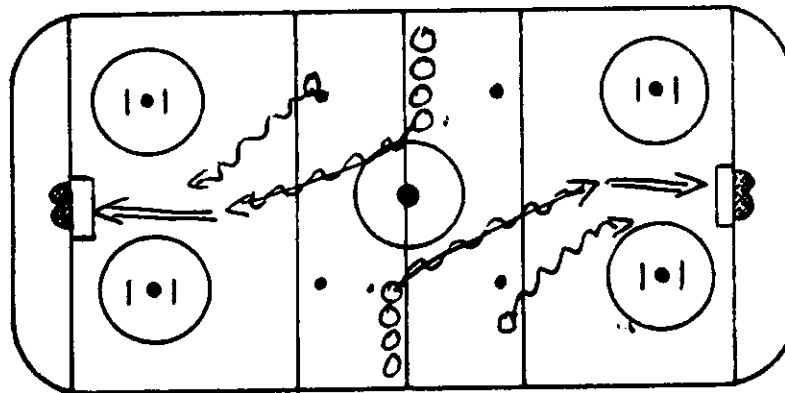
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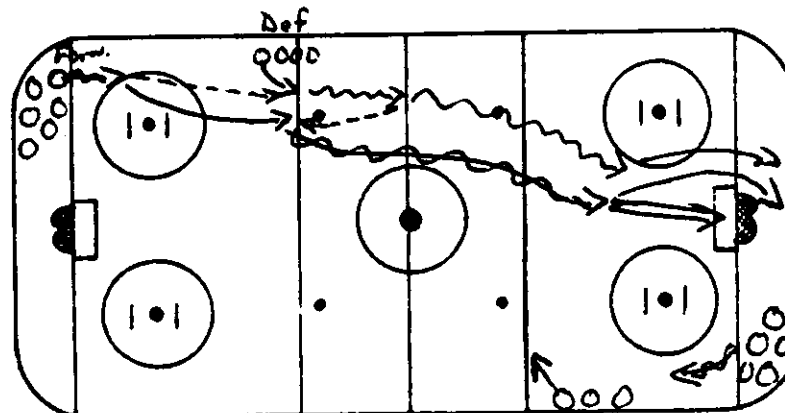
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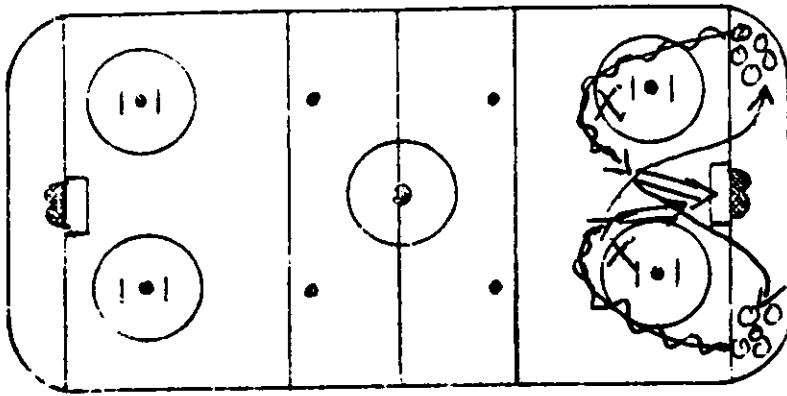


c) Skate toward the goal and shoot. At the same time a defenseman starts (backward) toward the shooter, however passively. Shooter will shoot by the defenseman, as the diagram shows.



d) Forward starts with puck in the corner--at the same time a defenseman starts, receives pass from the forward moving the puck forward, turns and passes to the forward who goes toward the goal with the defenseman as the defender.

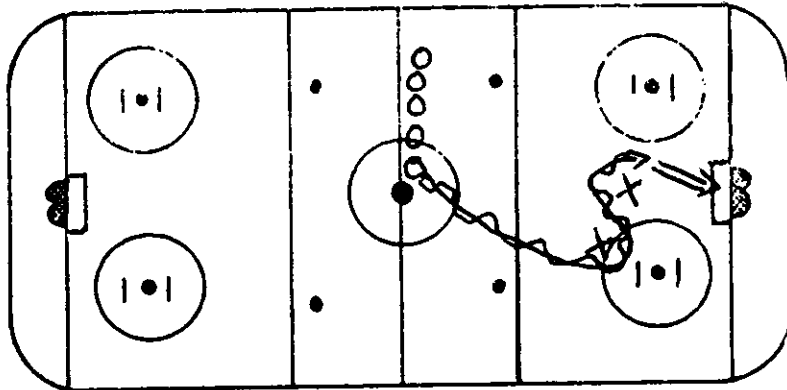
Aim: low screen shot.



7. Backhand shots--

a) Start in the corner, go around the pylon and shoot--backhand and forehand. Change sides each time, do over again from the same corner.

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b) Skate from the center, around the pylons and shoot backhand. Run in both directions.

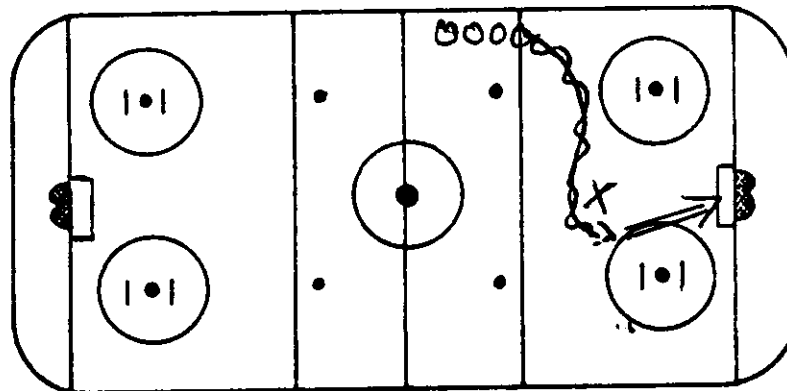
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c) Backhand shot while skating. In both directions.

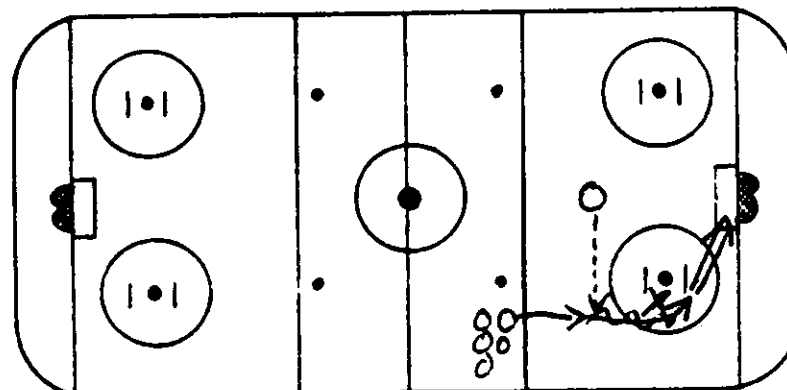
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d) Pass from assigned passer, around pylon and shoot backhand in angle. Run in both directions.

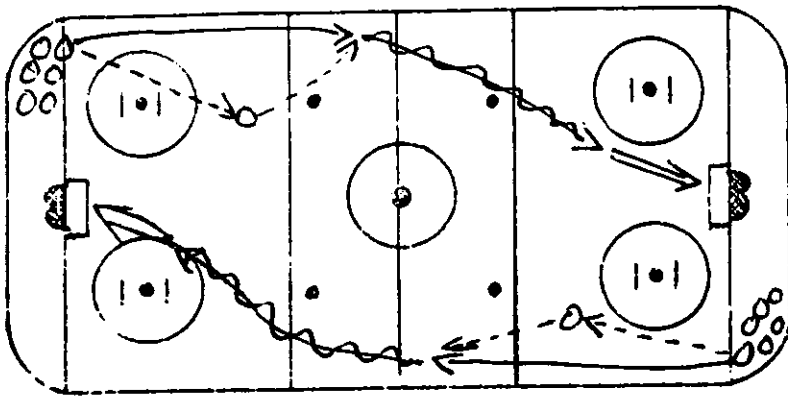
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3. Combined and remaining shooting drills

a) Combined passing and shooting drill.

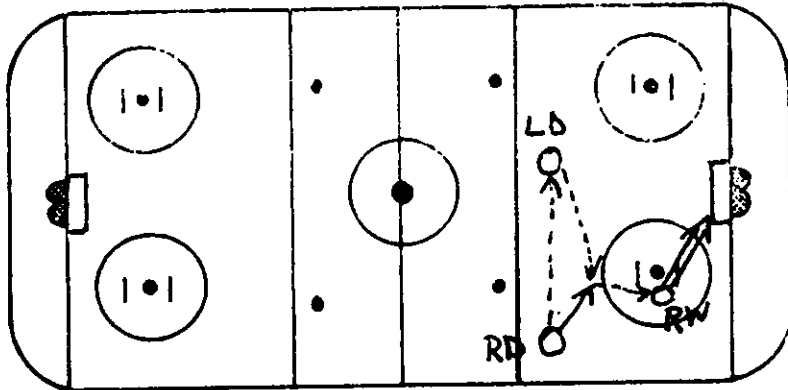
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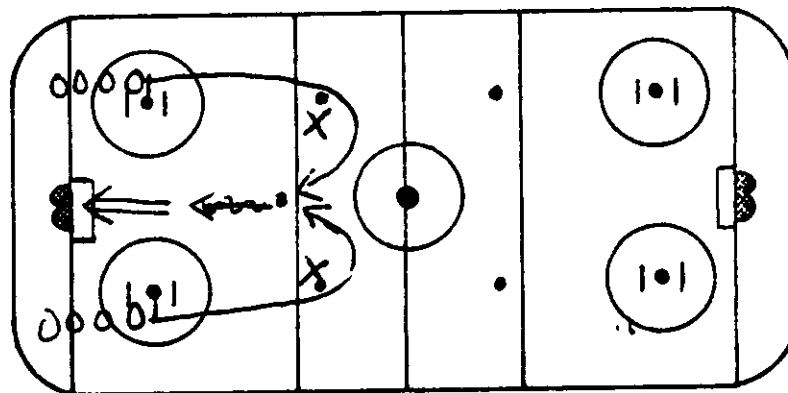
b) Shot from the face-off dot (drill for 5 against 4 play).

Run: RD-LD-LD-take shot, pass to RW direct shot. After a while can run with passive opposition.

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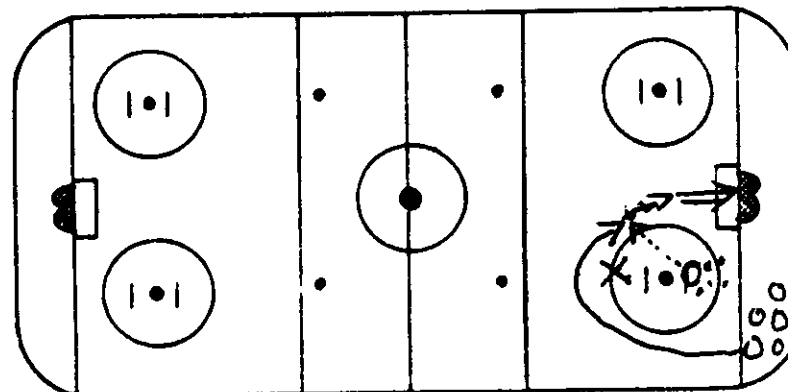


c) First on the puck  
The players start at the same time around the pylons. The one who gets the puck first, advances and shoots. Second man gets the rebound.

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d) Receive pass, shoot quickly and get any rebound.

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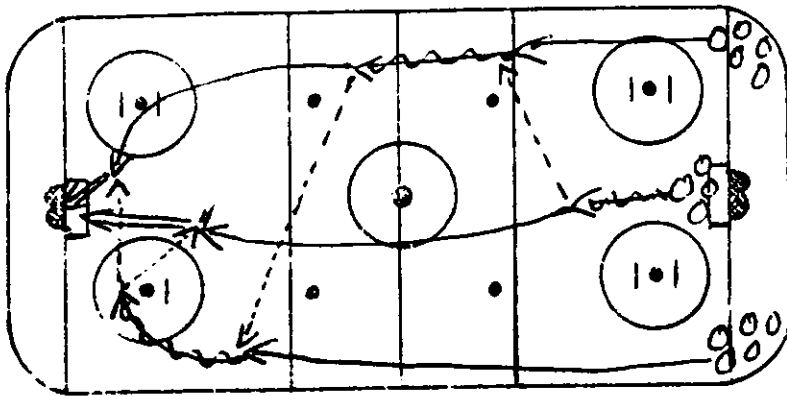
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e) Attack combinations, lines (three attack on the goal. Pass to each other and finish off with shot on goal--

Get on the rebound!

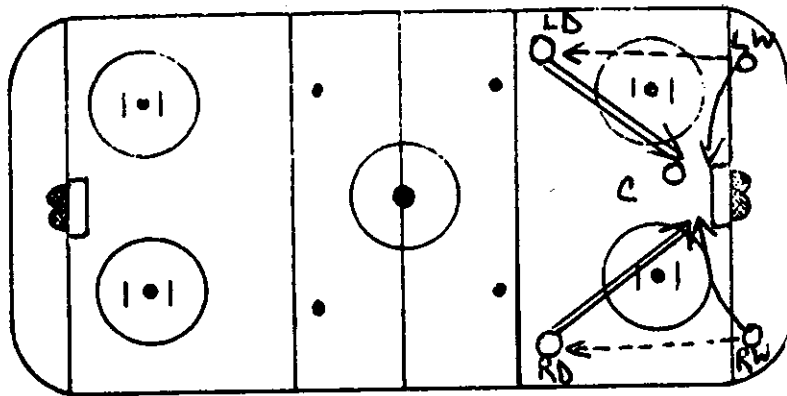
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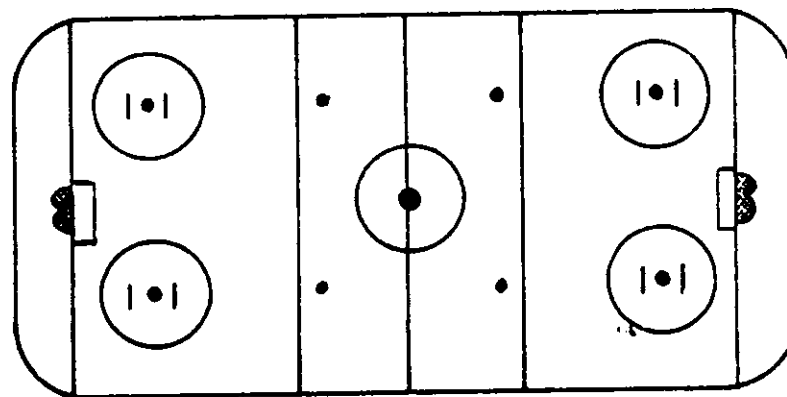
f) Deflections

winger passes to his defenseman, the skates in front of the goal and

helps the centerman deflect the puck

Alternate from left and right side

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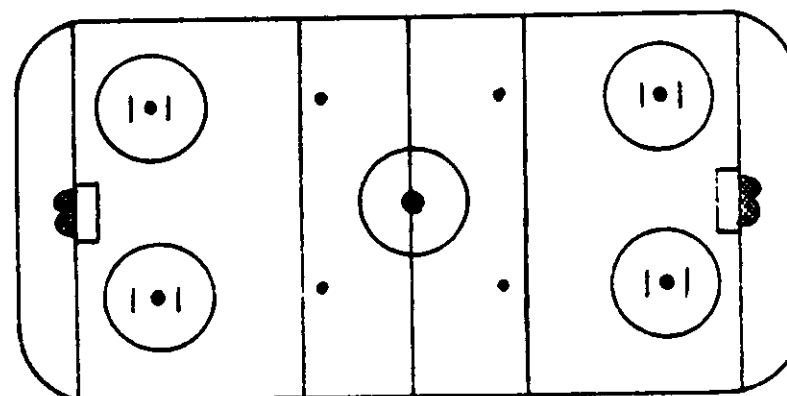
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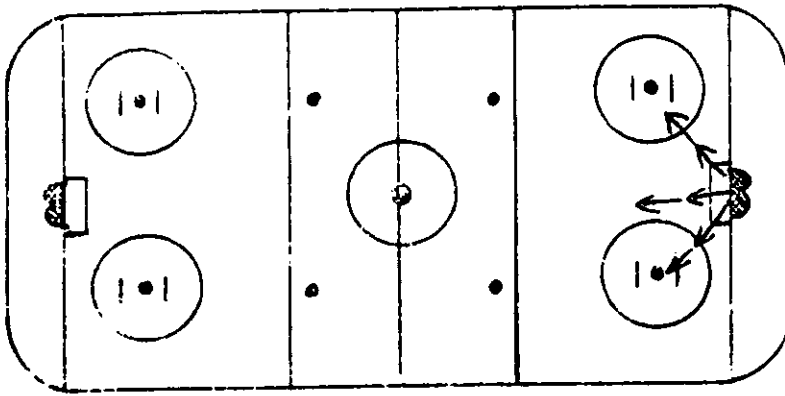


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# GOALIE

# DRILLS





1. Warm up

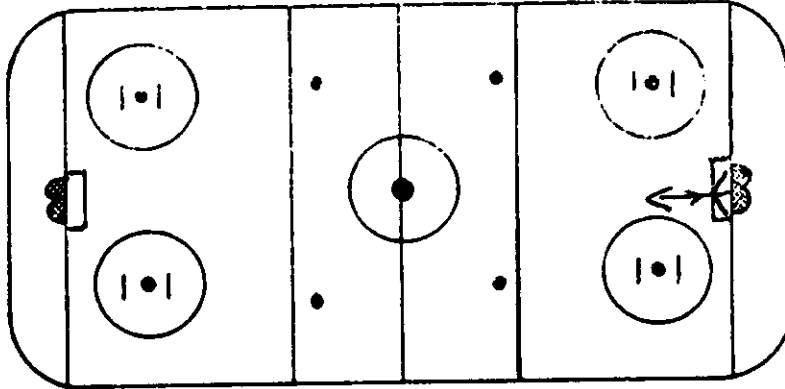
a) Cut the angles

Skate out at full speed, diagonally right, diagonally left, straight out. Always move back to the starting point.

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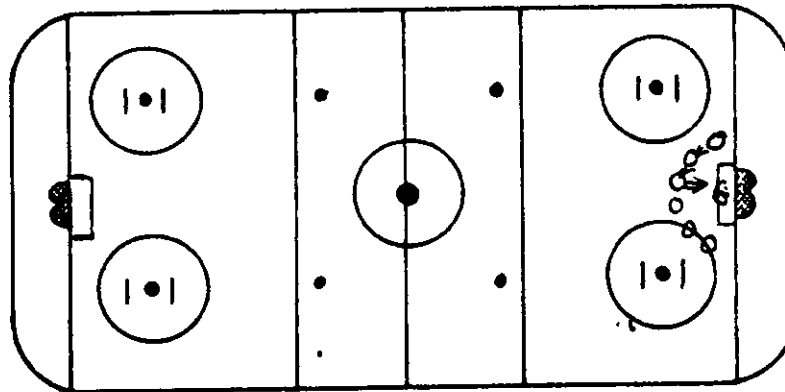
b) Sliding--split

skate straight out, back toward the goal and "slide" left, out-back, "slide" right--out, back--Glenn Hal split. Alternative--From basic stance, slide and split on command.

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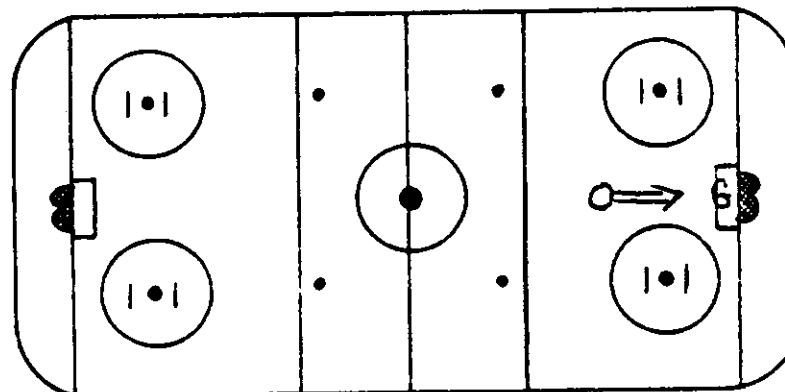
2. Conditioning

a) Six players line up in front of the goal (six meters), keep sticks on the ice. Pass--pass--shot on the ice---Pass---pass---shot on the ice and so forth.

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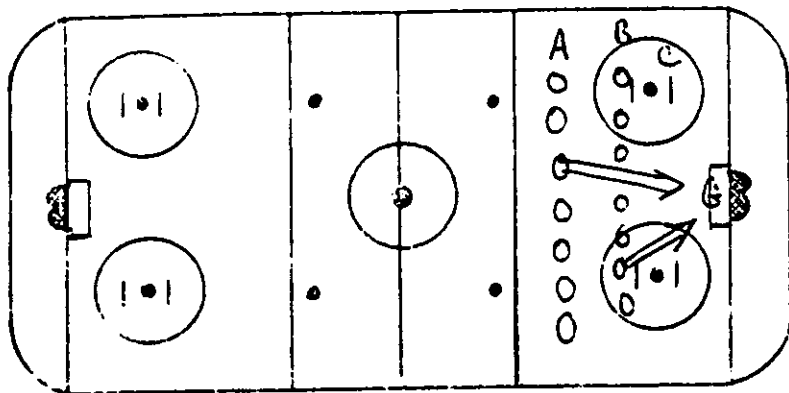
b) Up and down--One player 12 meters out--shouts "go" and shoots on the goalie, who then will from a) standing on one knee, b) both knees, c) sitting, d) lying get up quickly and stop the shot.

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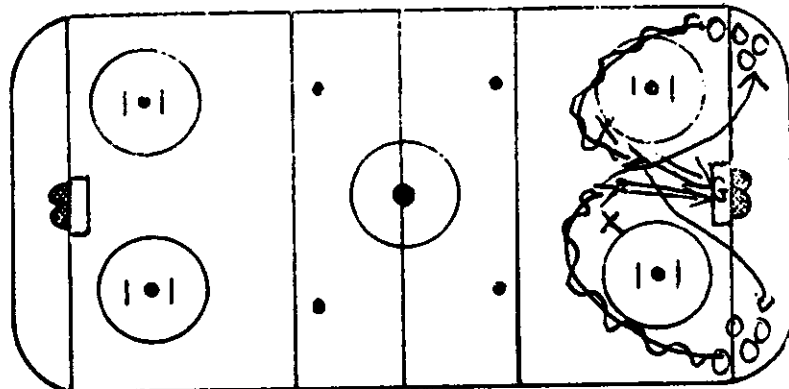
### 3. Shot training

#### a) shots

A. from 15 meters --Note! no slap shots.

B. from 6 meters quick sweep shot

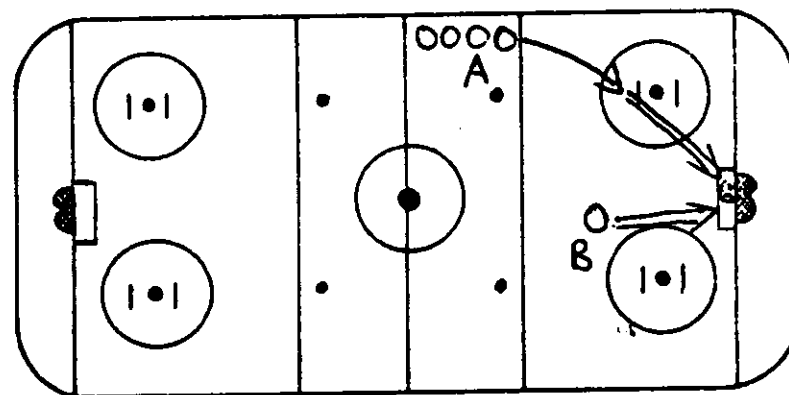
C. from 6 meters alternate from right and left.



#### b) Backhand and Forehand shots

Players go around the pylons and shoot backhand or forehand shots

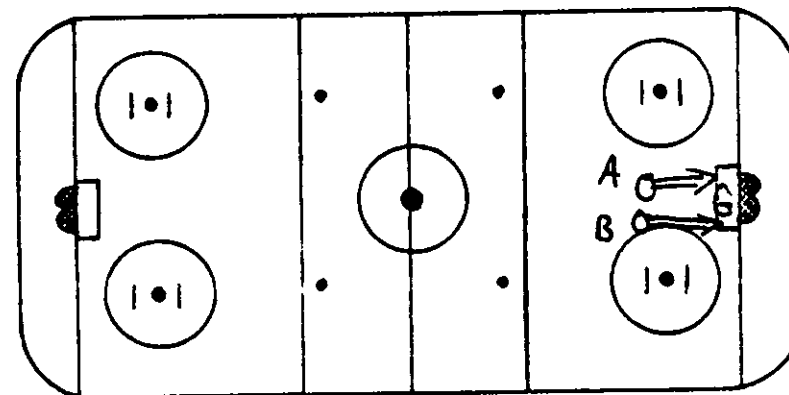
from 3 meters. (loop)



#### c) Angle shots

from plays which start at A and shoot from 10 meters. This is followed by a shot in the left corner (knee high) by player at B.

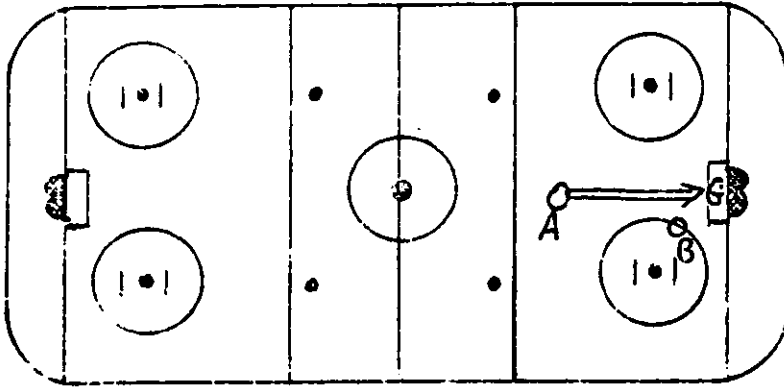
Eventual sliding! Same from the left.



#### d) Without stick

Drill 1 A shoot in upper corner or stickhand side--followed by a direct shot on the ice from B in the opposite corner.

Drill 2 Quick shots on the ice in both corners.

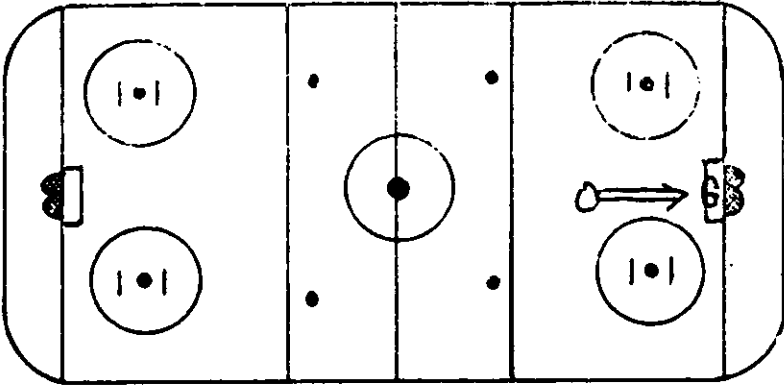


4. Shot--and rebound practice

a) Player A shoots 5--3 pucks without stopping toward the goal.

Player B is prepared to get eventual rebound and score goal.

Important! Think about basic stance!

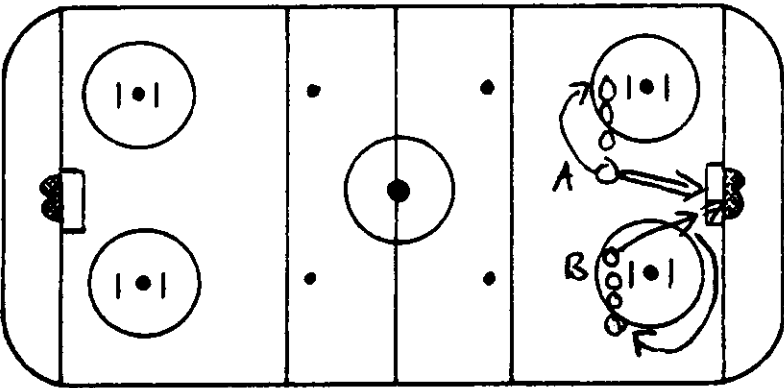


b) One player shoots on goal from 3 meters. Goalie releases two rebounds, but the third doesn't become a rebound. Deflects to the side!

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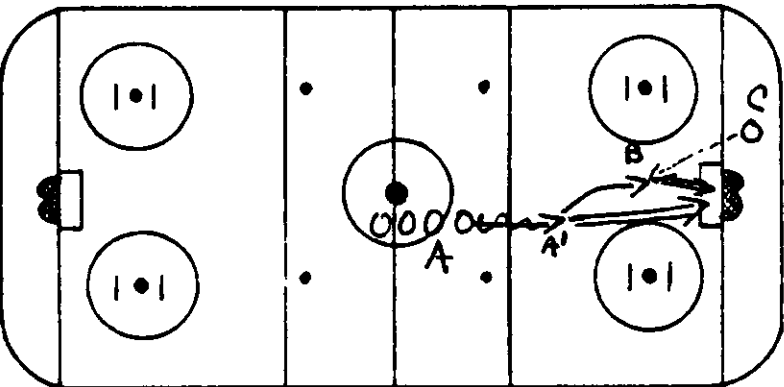


c) Player A shoots a shot along the ice, which the goalie leaves a rebound, at which player B skates forward and shoots the rebound. Both sides!

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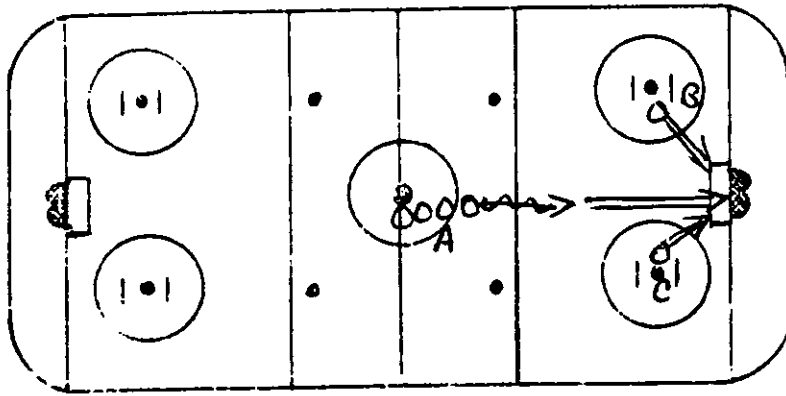
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d) Player A skates forward and shoots from 15 meters, at A<sup>1</sup>, the player at C, passes forward to A,

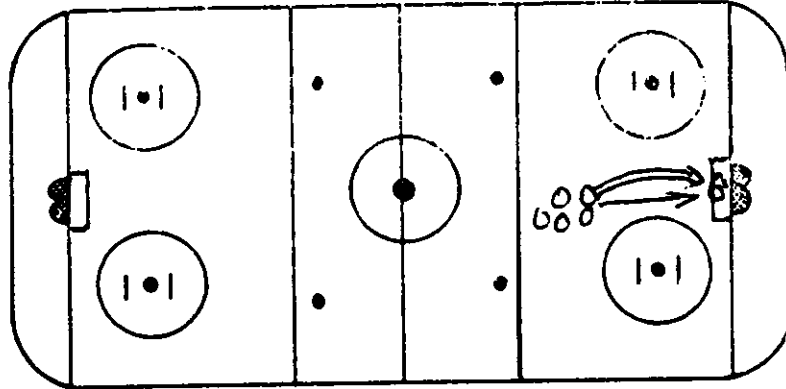
who continues forward, and shoots at B.

Alternative--two players behind the goal--two rebounds on one shot.



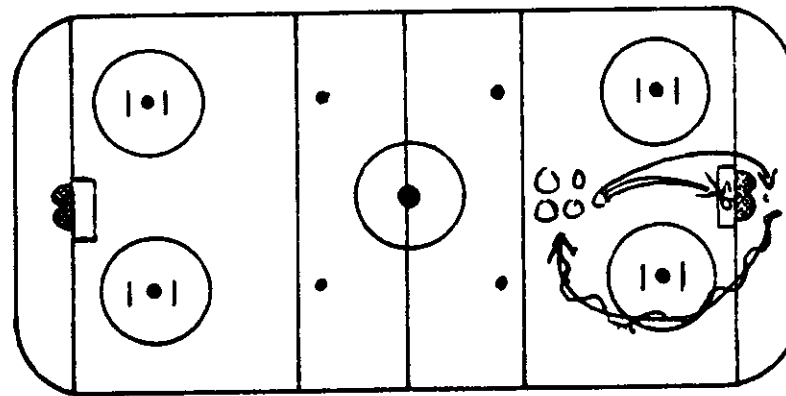
e) Player A skates forward and shoots, (from 15 meters). This is followed by shots from B and C.

(B and C---6---3 meters out)

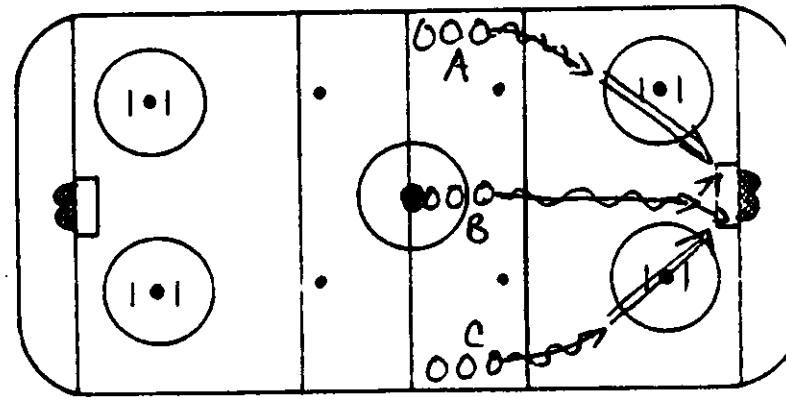


5. Bounce and Flipped Pucks

a) The player lifts a puck toward the goal from 15 meters--then skates toward the goalie and bothers or attempts to slap in an eventual rebound.

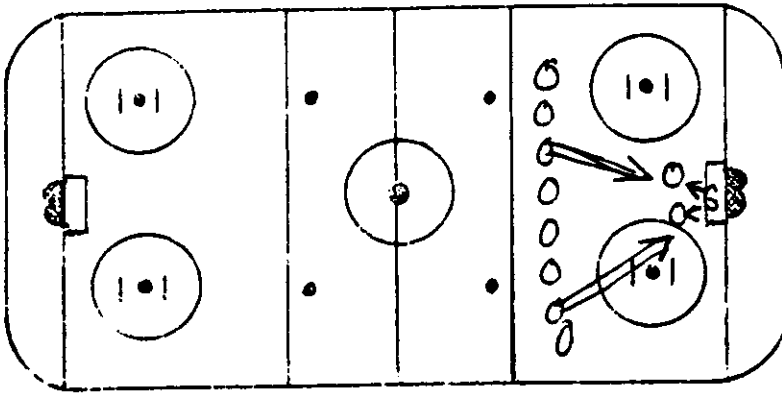


b) Player flips a high puck toward the goal and then continues toward the goal. The goalie catches the puck (preferably in the catching glove) and puts it correctly behind the goal, where the player collects it. If the goalie leaves a rebound, then the player shoots on goal.



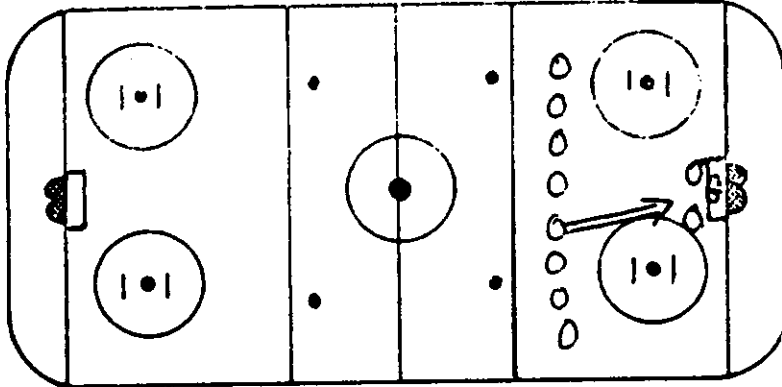
6. Shots--and dribbling drill

The players at A skate forward and take an angle shot. The player at B, try to pull (dake) the goalie and the players at C do the same thing as those at A.

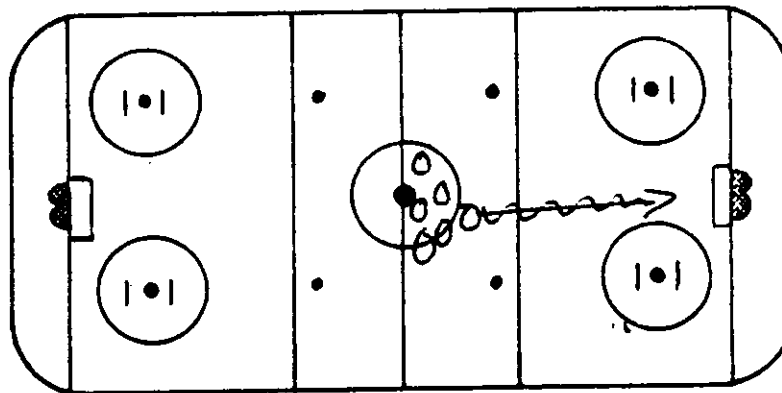


7. Close in play

a) sliding---Shots on the ice from 15 meters. Two players 4 meters from the goal, deflect shots. Goalie then slides toward the deflecting player. Important! The goalie should always return to initial stance (basic stance).

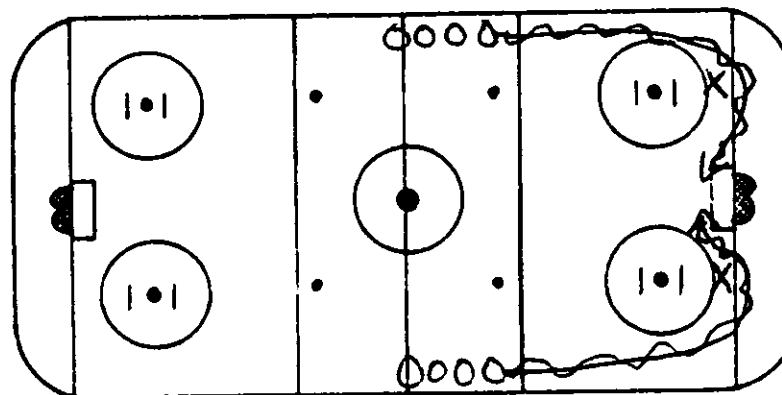


b) Split---Shots on the ice from 15 meters. Two players directly in front of the goal, to screen the goalie. Avoid rebounds! Alternative--One player screens, or slaps at the eventual rebound.



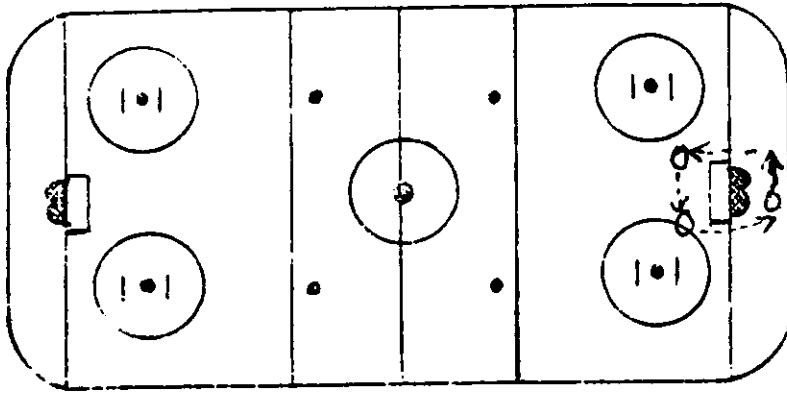
8. Rush toward sole goalie

a) One man "draws" or takes close shot  
 b) Two man attack, with close in shot and eventual rebound.  
 c) Three man attack--Note! Goalie is always ready to move for late pass.



9. Breaking in from the side.

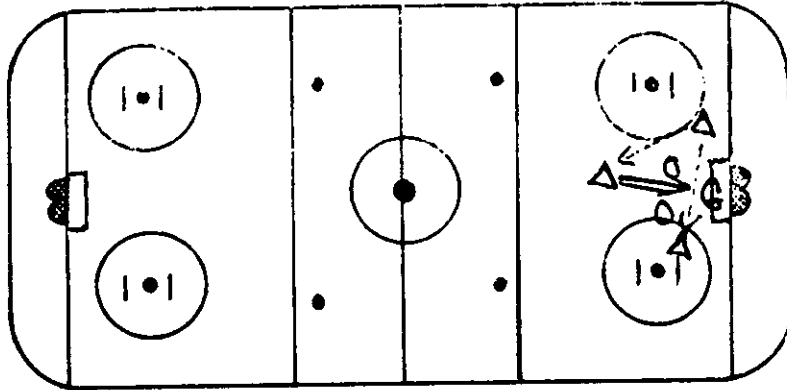
The players round the pylons and get in front or around the net to score goal. Goalie tries either use his stick (poke check) or waits for the player.



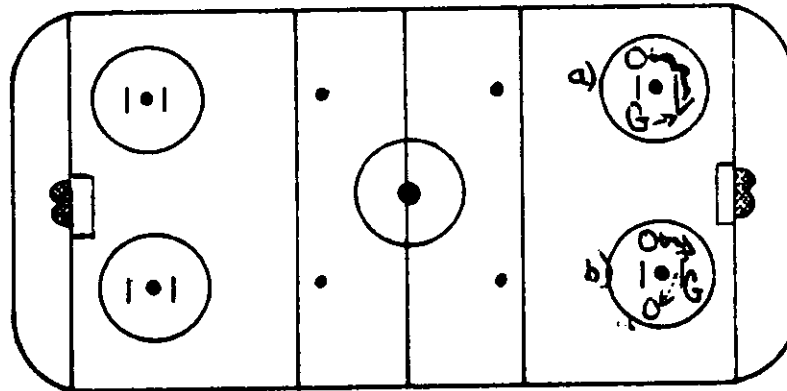
10. Positioning drills

a) Three players move around the goal (not too close) and pass the puck to each other. The goalie must then work and take up new position

Note! Use goalie stick--and cut angle for eventual shot!



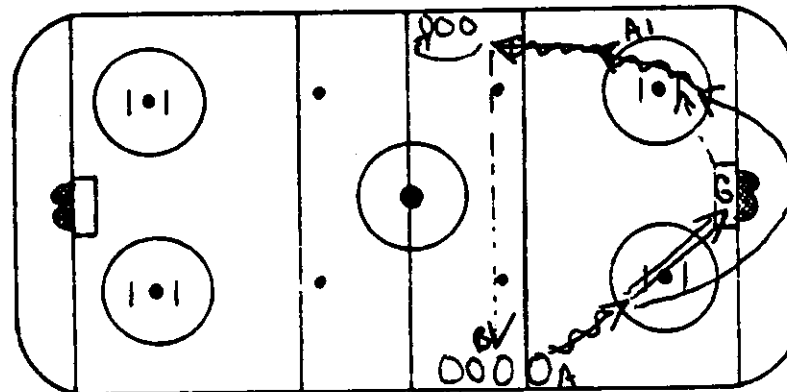
b) within the zone. Three forwards who should always try to score a goal, against two defensemen and the goalie. The goalie works and directs the defensemen.



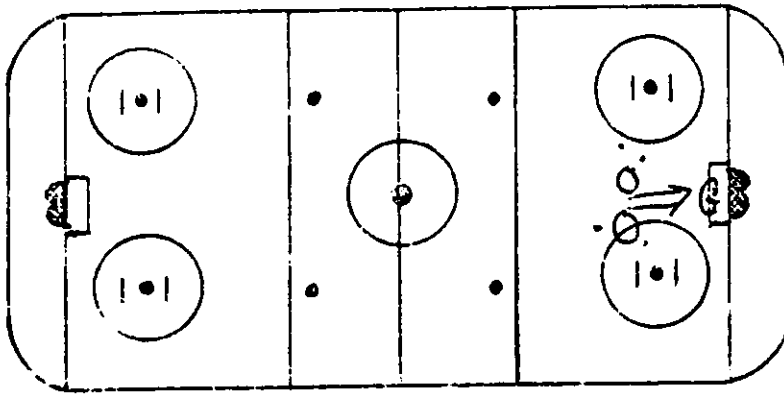
11. Stick--and passing drills!!

a) Stick drill  
 (A) One player dribbles within a defined area with goalie, who with stick tries to break him up.

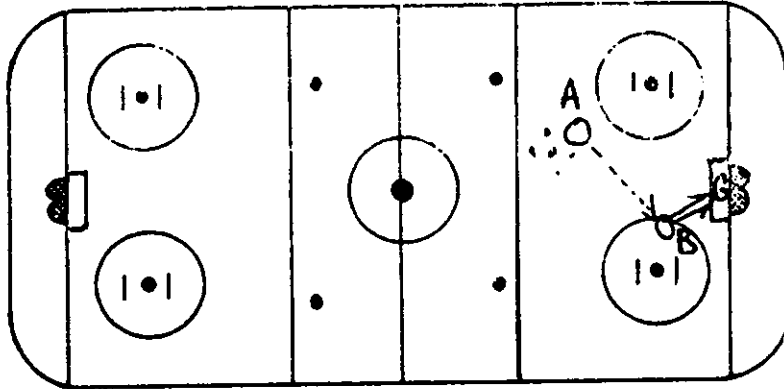
(B) Two--three men against the goalie.



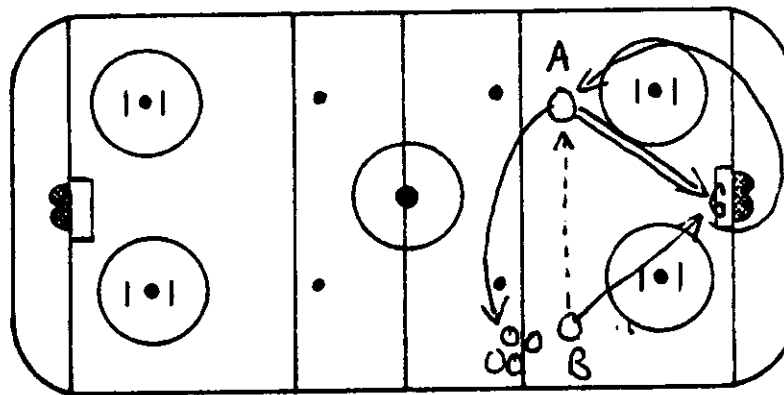
b) Player A skates forward and shoots on the goal and continues around the net. The goalie catches the puck and passes to player A, at A, who passes to B and so forth



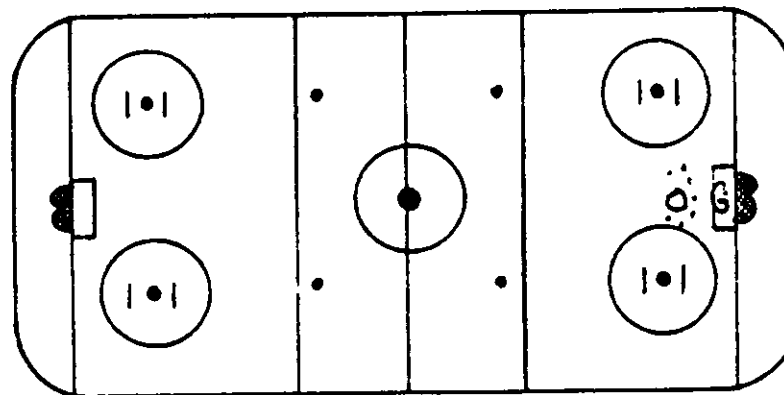
12. Without sticks  
Goalie stays in crease and wards  
off shots with leg pads. The shots  
are varied with high and low shot.  
Important! Discipline from the  
shooters



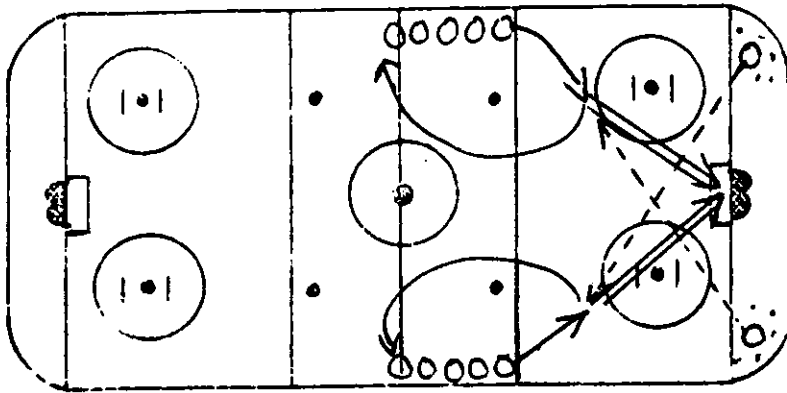
13. "Sliding"  
a) Players A and B stationary. A  
passes to B, who stops the puck, and  
shoots. Goalie cuts the angle to  
eventual shot from A--and then  
"slides" toward player B. Next  
direct shot from B. Change direc-  
tion!



b) The player at B passes to A,  
who shoots. Player at B skates  
directly after the pass toward  
toward the goal to be left or right  
in the rebound, then takes up posi-  
tion at A. The goalie "slides" or  
eventually breaks or long pass.



14. Goalie lies down on side toward  
the ice end leg pads stacked on  
each other. A player lifts the  
puck from five meters, under cross  
bar. Goalie should then kick out  
the pucks, which come one after the  
other. Change sides!



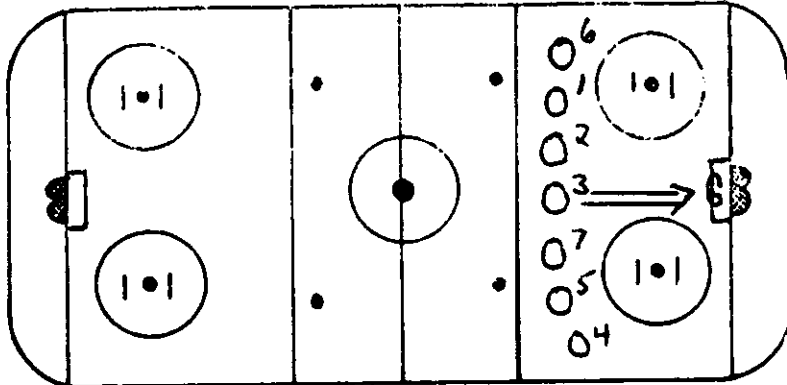
15. a) shot practice

permanent passers in the corners,  
who pass diagonally and alternate  
ly to the players, who shoot direc-  
ly. Run toward both goals.

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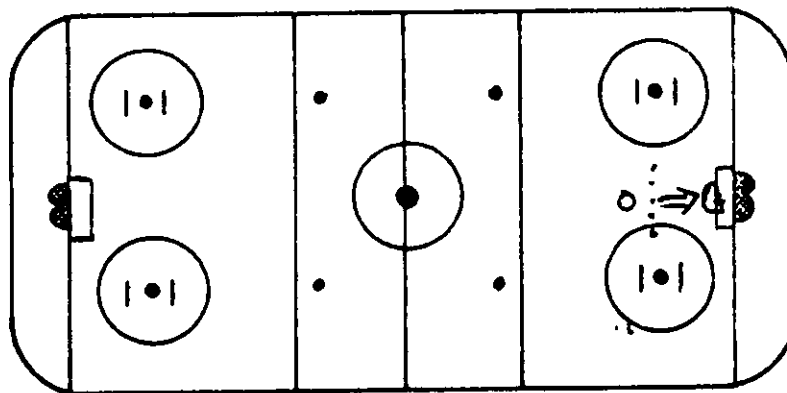
b) Players are numbered, whereupon  
the coach calls out the number

of the shooter. Change numbers  
every so often so that the goalie  
doesn't learn the numbers.

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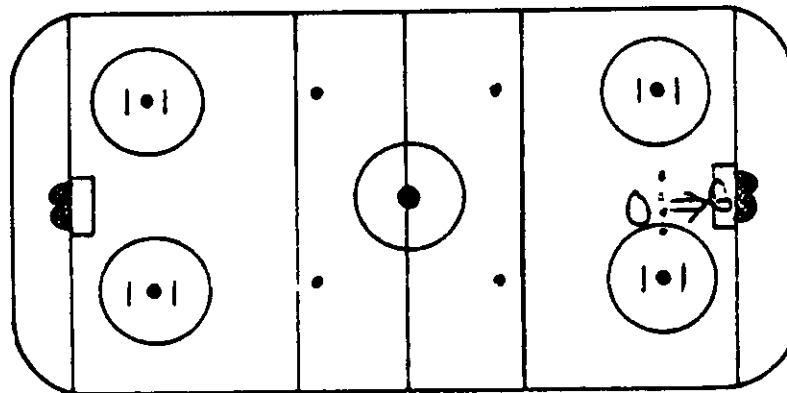
16. Special practice

a) Catching glove--a player  
shoots from 5--8 meters a shot the  
goalie will "glove"---also indic-  
ate out.

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b) Stick side---same as a), but  
stick side. Try to hold the  
puck tightly with the help of the  
glove hand.

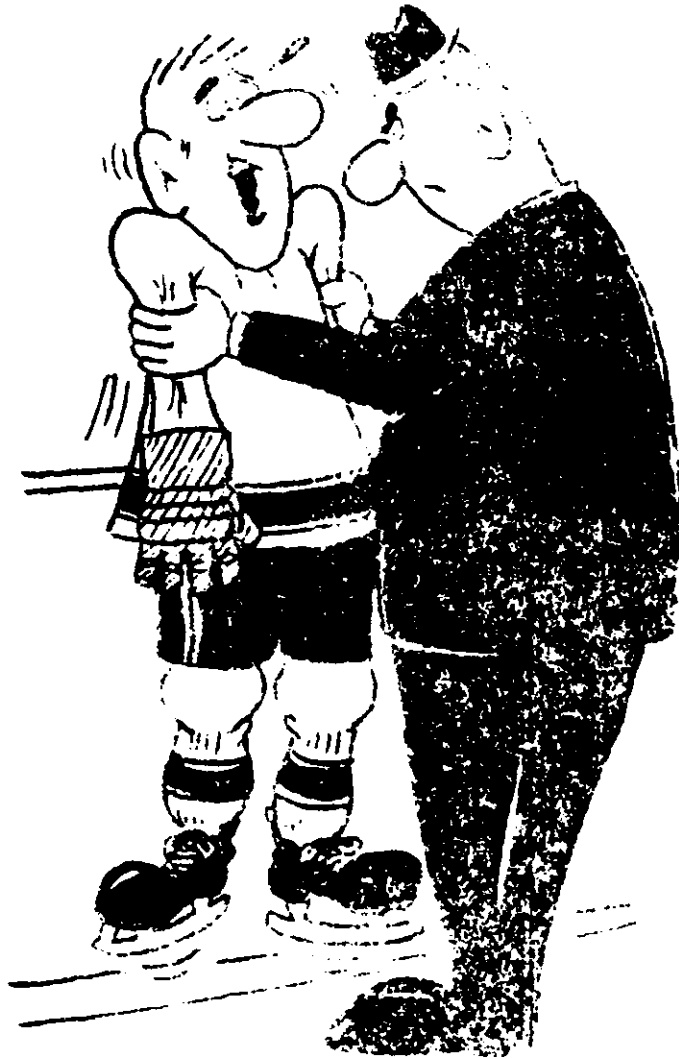
c) Two goal play--  
Goalies play against each other,  
with each in own goal.

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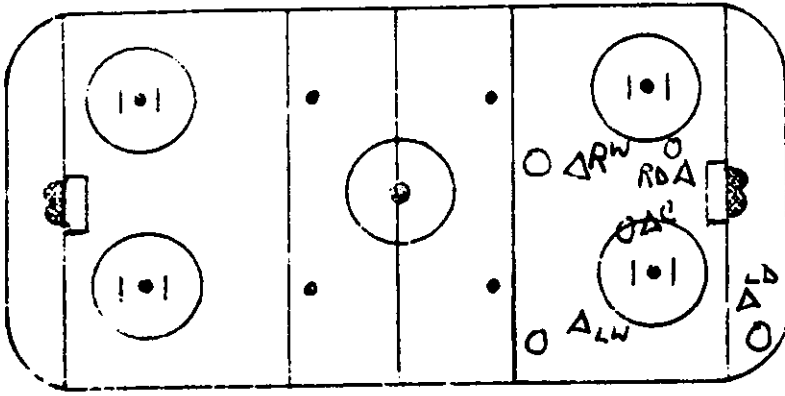


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# GAME DRILLS







1. Play in the defensive zone  
 ( O---attacker)  
 ( Δ---defender)

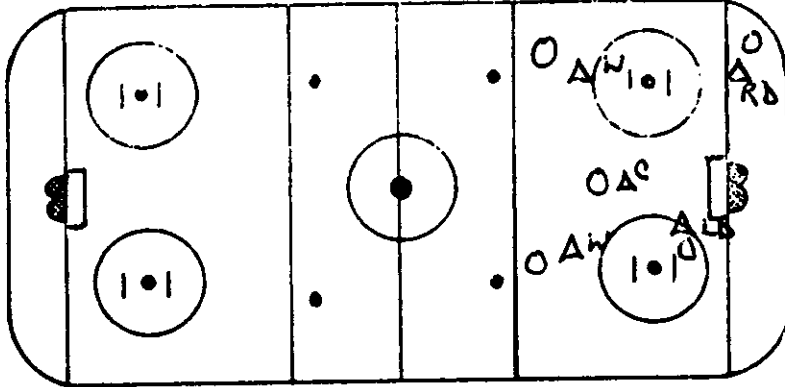
a) 2--1--2 system

Start with technique. Stop play  
from continuing.

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b) 2--1--2

Defenders without sticks!

Practice covering opponents.

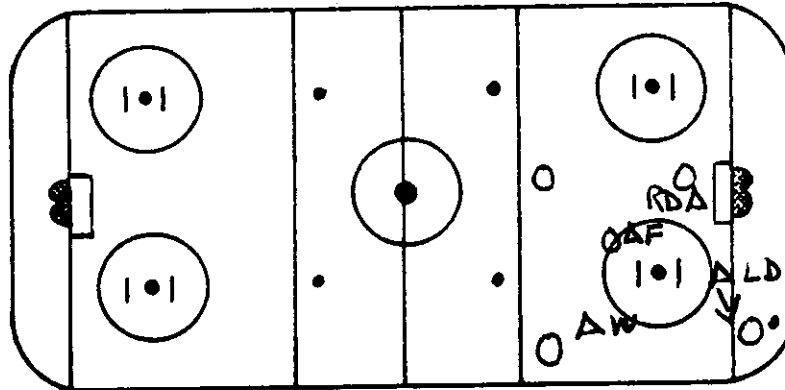
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c) Penalty Killing (numerical disadvantage) Box-play

4--against--5--

a) defenders with sticks. Note!

Keep the box in every situation

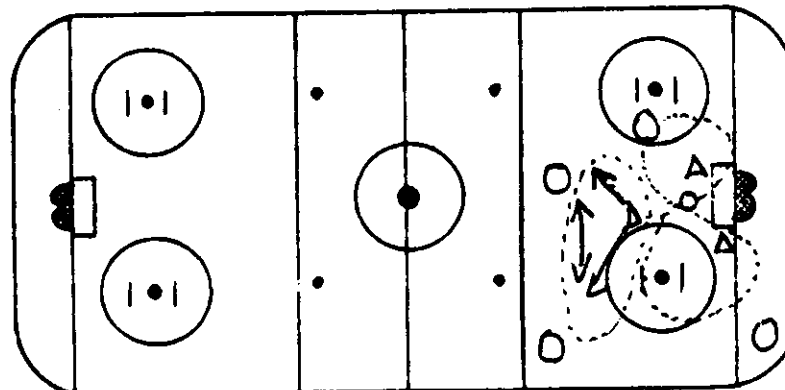
b) defenders without sticks!

Start in the corner.

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d) 3--against--5

The broken lines show the attacking  
player's working area.

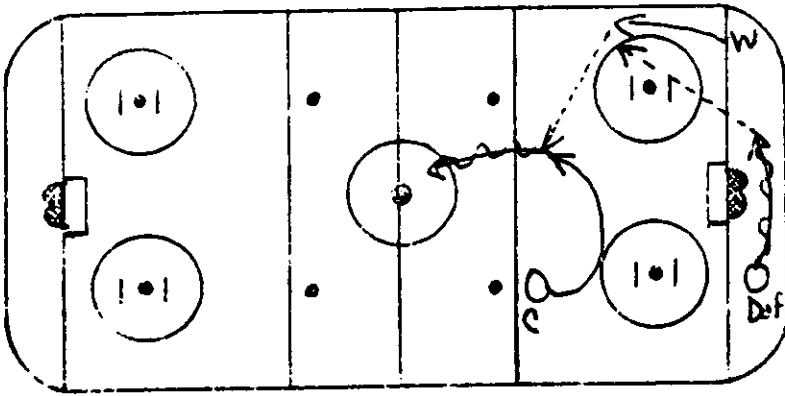
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2. Break out

Without opposition

a) Defense, centerman, wings

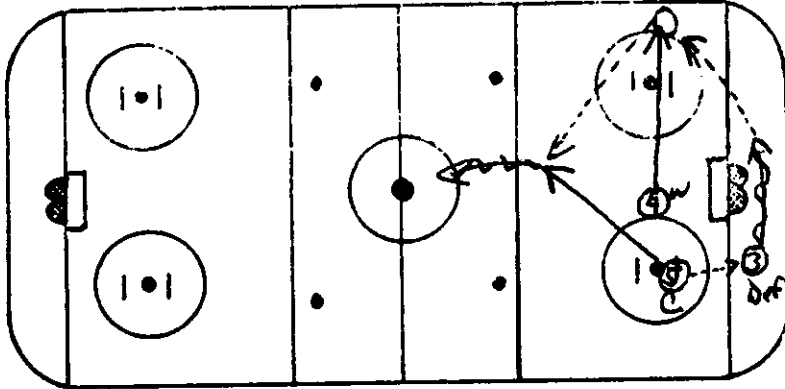
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b) Center--defenseman--wing---

centerman

centerman wins face-off and so forth.

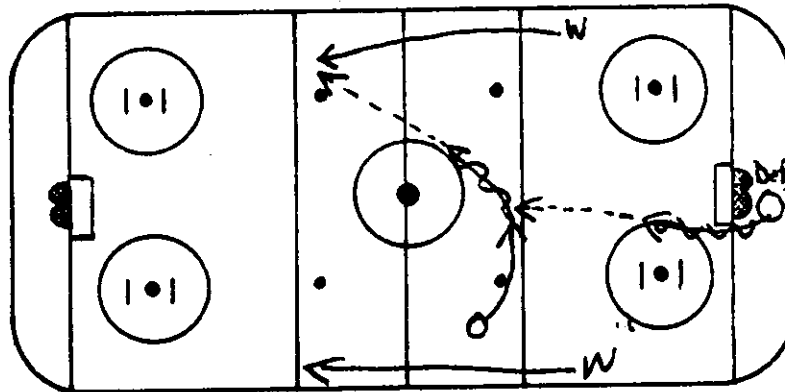
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c) defenseman--centerman--wing

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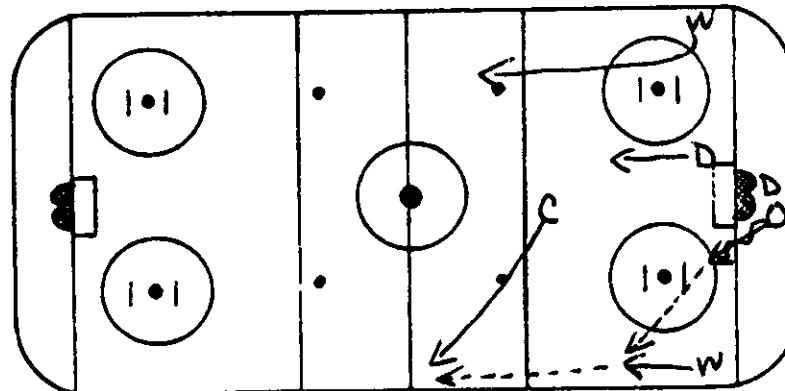
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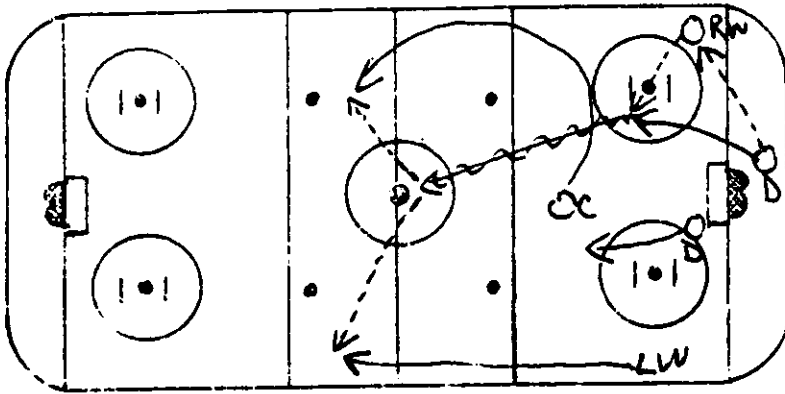
d) Break out from the defenseman to the wing. Center skates out

to the edge (or the zone) and re-

ceives pass from the wing. Bot

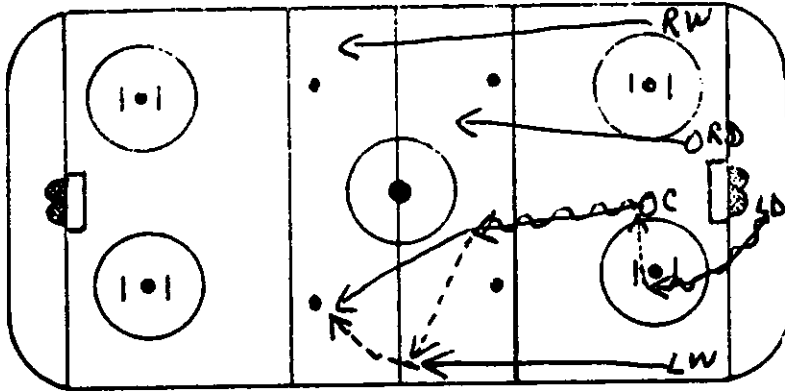
on the left and the right.

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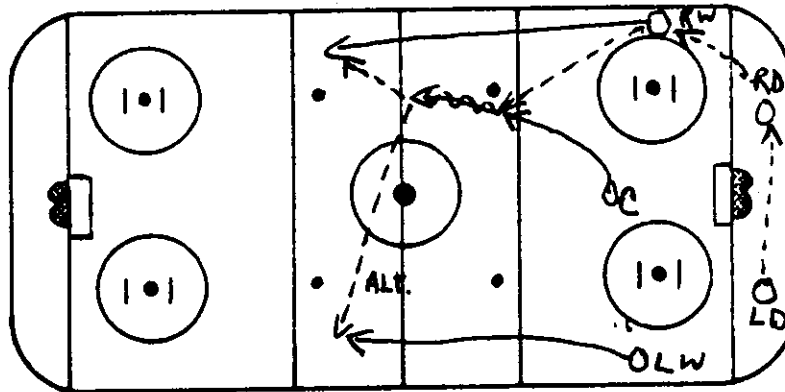
e) De enseman plays the puck to the right wing, who passes back to the defenseman who carries the puck up and out of the zone and either plays it to the centerman or to the left winger.

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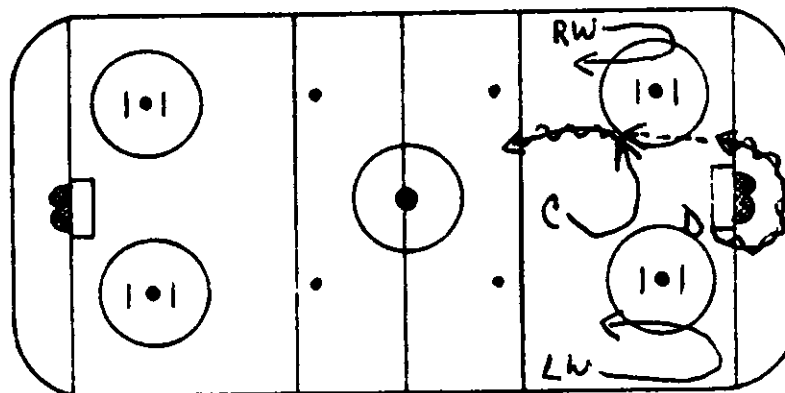
f) Left defenseman plays the puck to the centerman, who skates over the blue line, passes to the left wing and gets the puck back.

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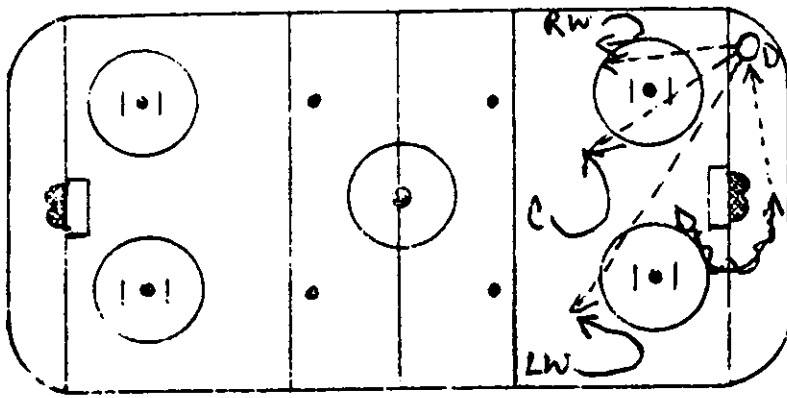
g) Left defenseman---right defenseman---centerman---right wing (alternate--LW)

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h) The defenseman goes around the goal with the puck, at the same time the forwards skate according to the diagram.  
 1) defenseman plays it to center  
 2) defenseman plays it to winger.

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i) Defenseman passes to the other defenseman, who has three options to break out. from both directions

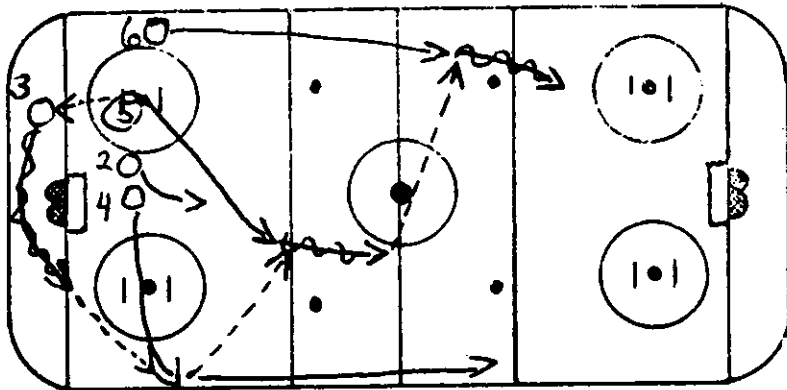
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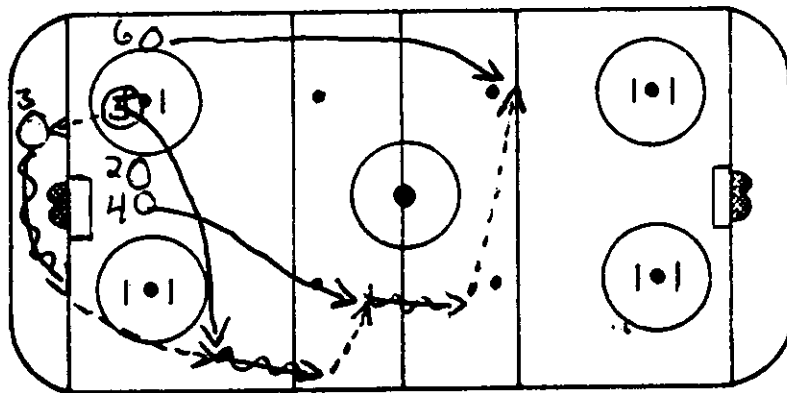


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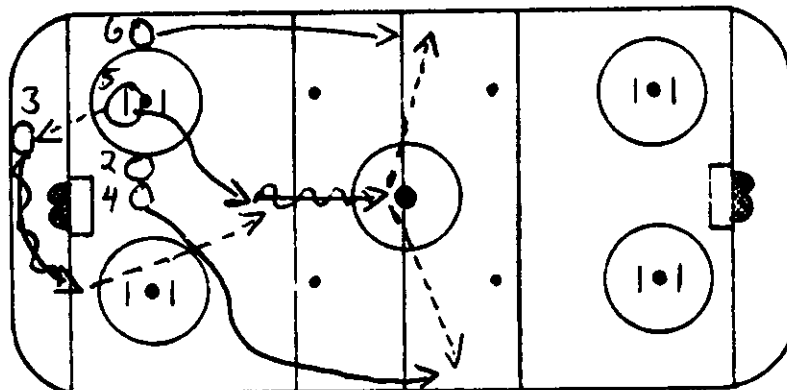
j) Centerman (5) wins the puck, which goes to LD (3), who goes around the goal, plays it up to RW (4), who passes directly to the centerman (5), wider to LW (6)

Practice in both directions.



k) As in the drill above (j) with the only difference being that RW (4) skates out on opponent's defenseman and C (5) skates out on right side and takes RW's place.

Practice break outs on both sides



l) As in drill (j), with difference being that C (5) gets the break out from the LD (3). In both

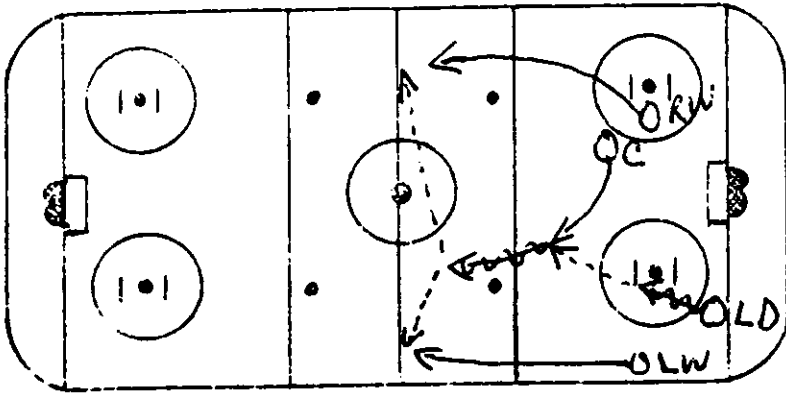
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m) LD--C--Wings

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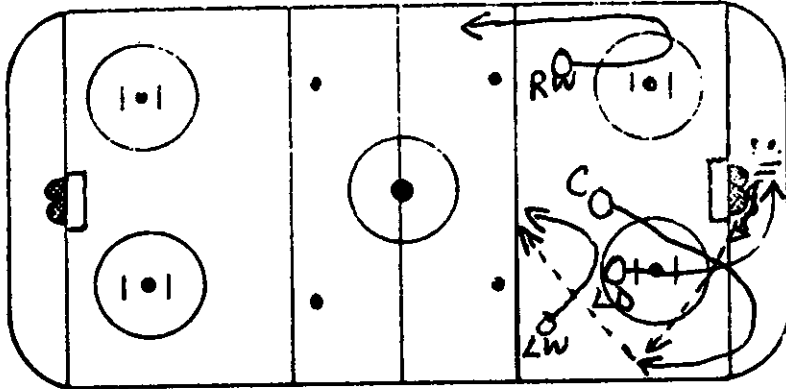
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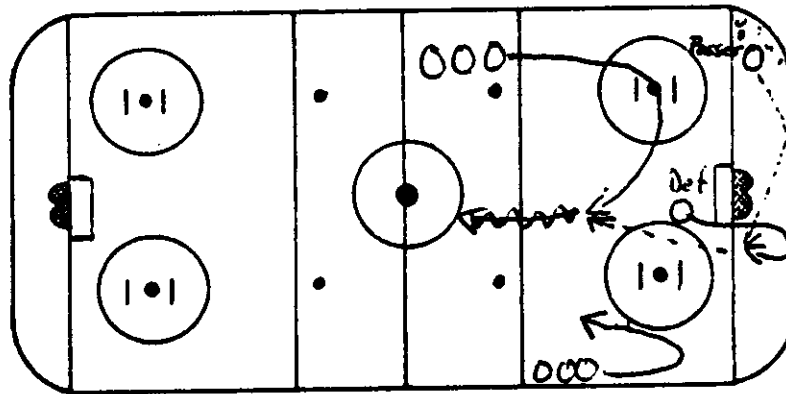
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n) C and LD start simultaneously. C skates down in the corner and turns out toward the middle, gets pass from LD, who collects puck behind the goal. When the defenseman makes a quick stop, RW and LW start respectively. Practice changing places.

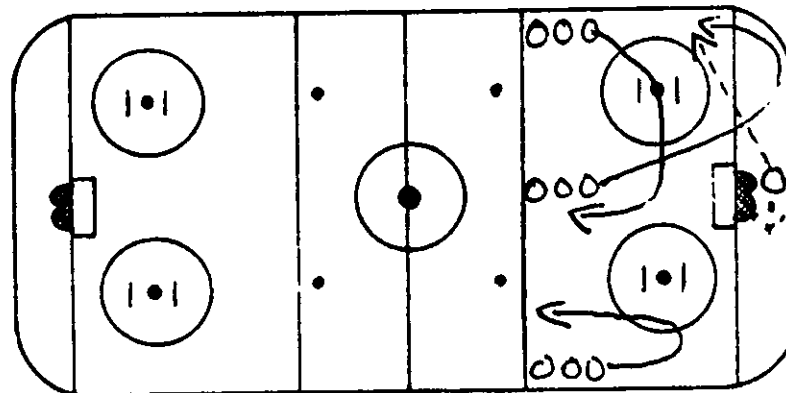


o) Break out drill  
 Passer gives pass to defenseman who in turn passes to the forwards  
 In both directions---

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p) Break out drill.

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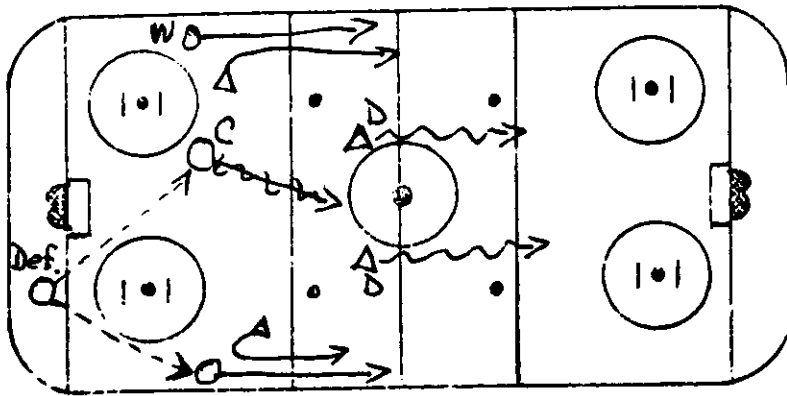
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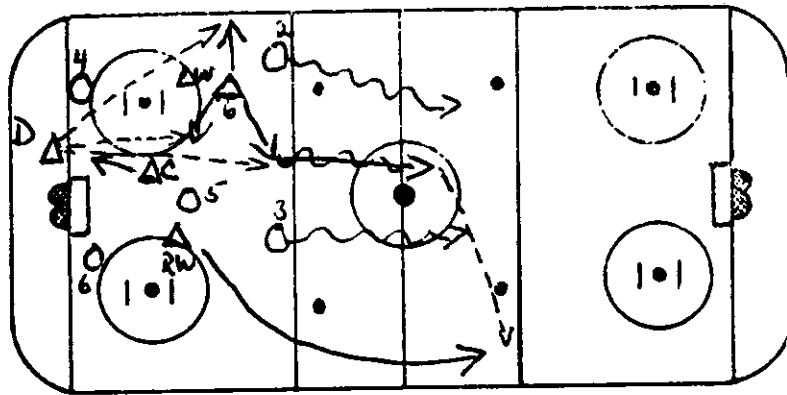
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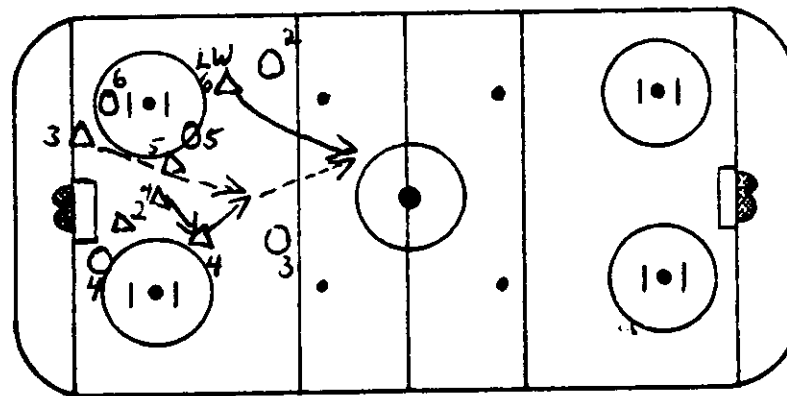


3. Break out with opposition  
 a) The defenseman passes to the C  
 or  $W^1$ , the attack starts. The  
 opposing wing backchecks and their  
 defense defends. The defending  
 team in own zone to defensive pos-  
 tions.

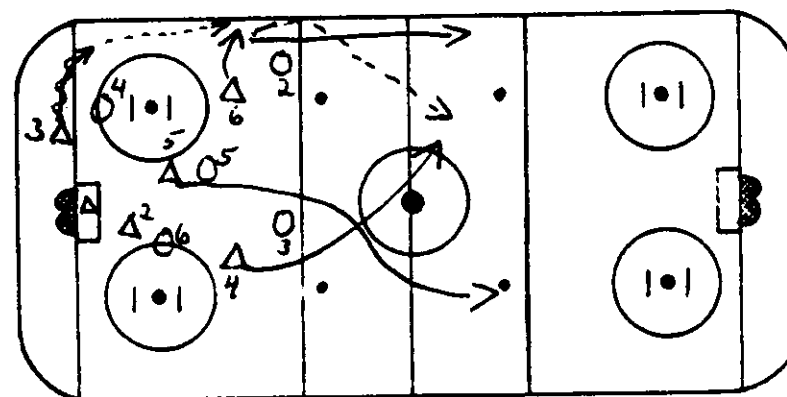


b) Play out of the defensive zone  
 with start from defensive position

1) pass to man covering the point  
 --- 6 (LW)  
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 \_\_\_\_\_

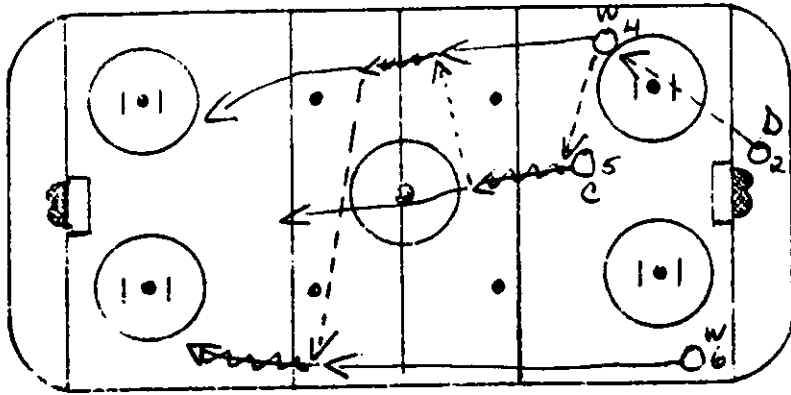


2) Pass to the wing---4, who skates  
 free.  
 \_\_\_\_\_  
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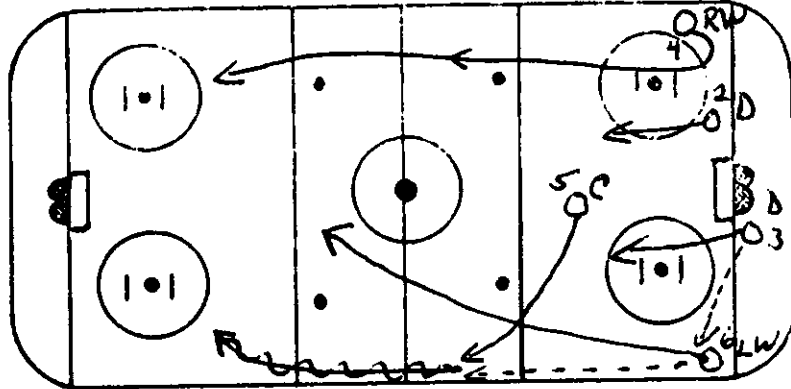
3) Pass to man covering the point  
 (6) who cuts in toward the  
 boards. Winger (4) skates qui-  
ly out and catches pass. Very  
 good counter-attack method.

Surprising! (Startling)

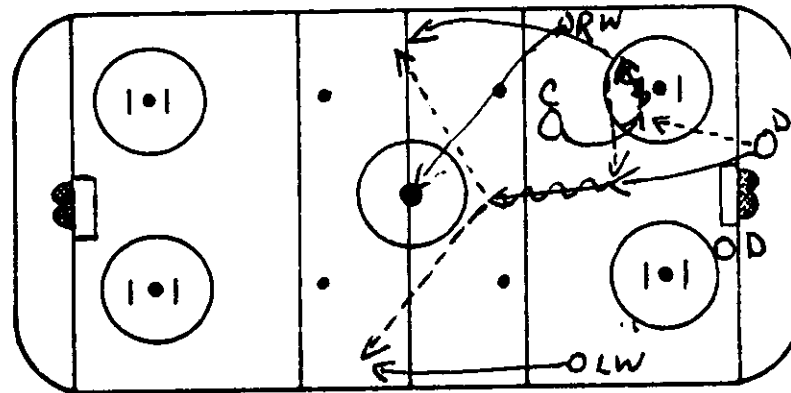


4. Play and Passing in the Center Zone --Breaking into the Attack Zone---  
Zone---

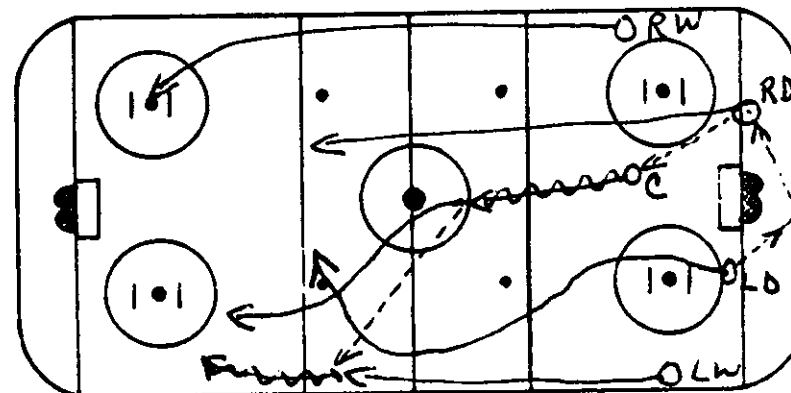
a) Break out of own zone and in to the center zone. Cross pass from wing to wing.



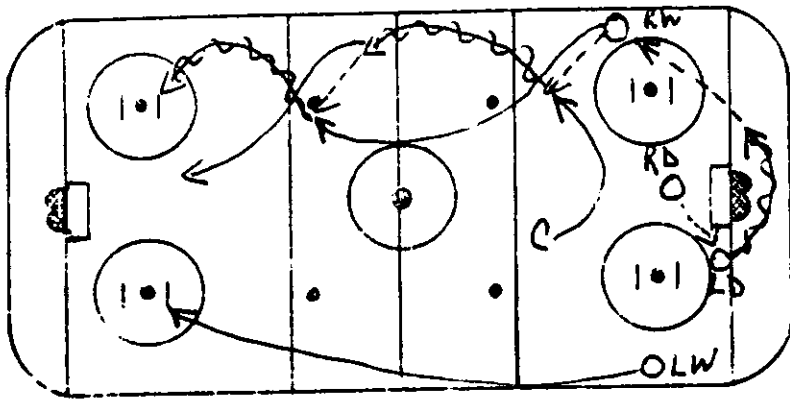
b) Break out of own zone with defenseman and wing--centerman who takes wing's position carrying the puck through center zone.



c) Break out of own zone together with passing through center zone--last break attack. Defenseman passes to the centerman, advances, gets the puck back from the centerman and carries the puck out of the defensive zone. Then pass to Center, alternative--wing.



d) Break in the attack zone. D skates out toward W appearing to get the puck, yet the puck goes to the LW, and cuts diagonally in toward open area. Alternative-- D gets the puck and LW cuts in.



e) Interchanging of positions between the RW--C. Run the same with changes between C--LW.

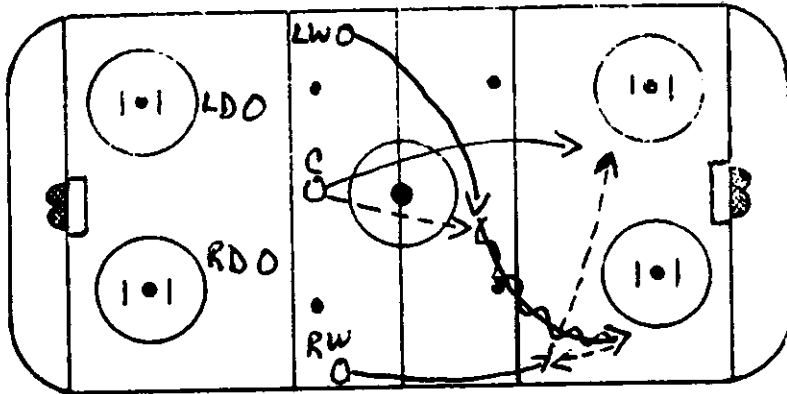
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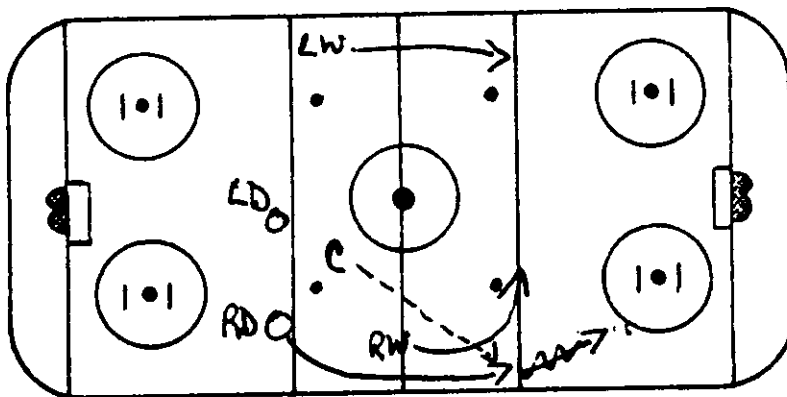


f) Passing through the center zone. LW cuts into the center, breaks into the attack zone, leaves the puck for the RW and so forth.

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g) C passes to RW, who breaks in and so forth! LW!

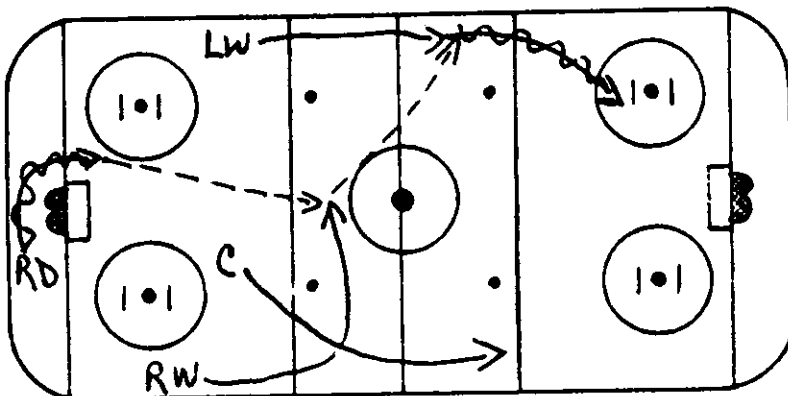
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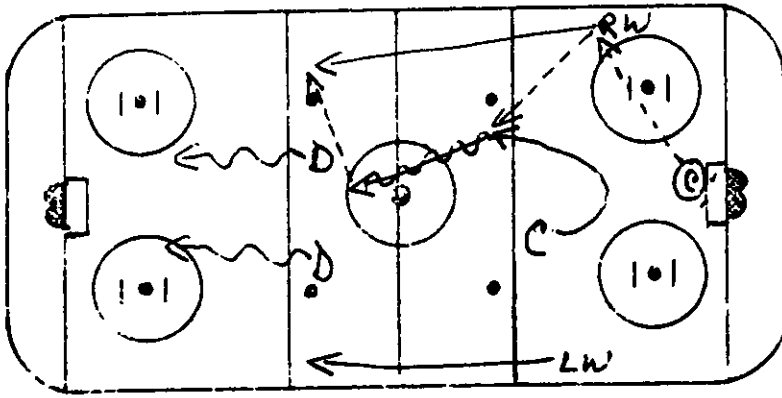
h) RW cuts in behind the opposition's defensemen, gets a pass from RD and relays it directly to the LW, who breaks in.

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i) Play in the center zone and breaking into the attack zone. 3---against ---2

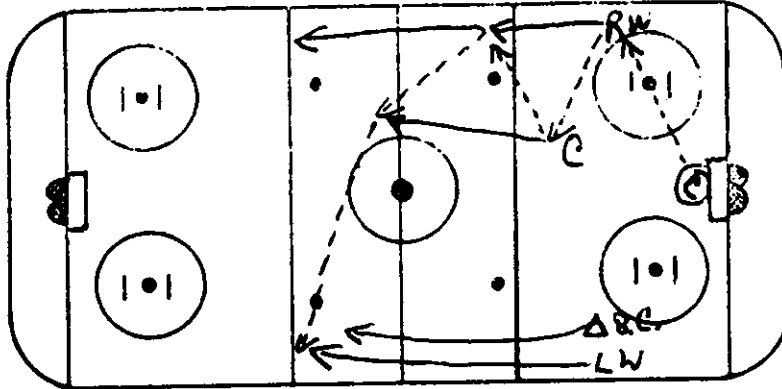
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j) Same play FW--C, cross pass to LW, who is being backchecked.

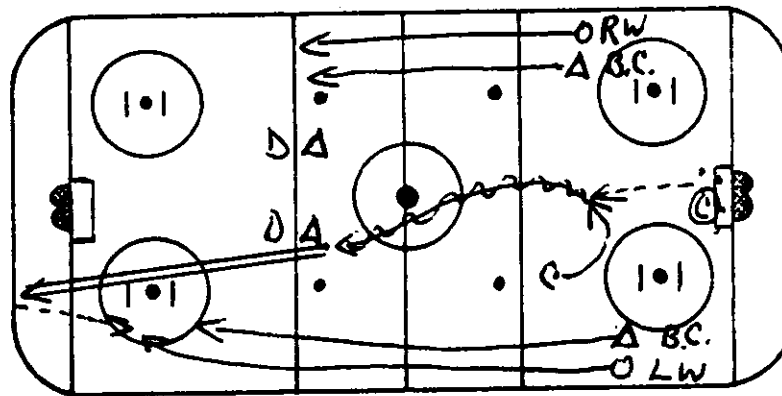
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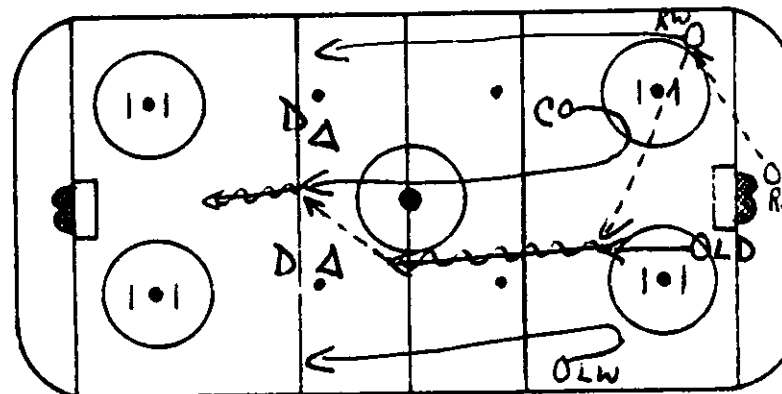


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k) Three forwards against two defensemen and two wingers (backchecked by two defensemen BC) Centerman receives pass, advances, slaps a hard puck toward end boards. LW should be the first on the rebound.

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l) Break in the attack zone. Centerman goes between the defensemen. LD moves up in the attack.

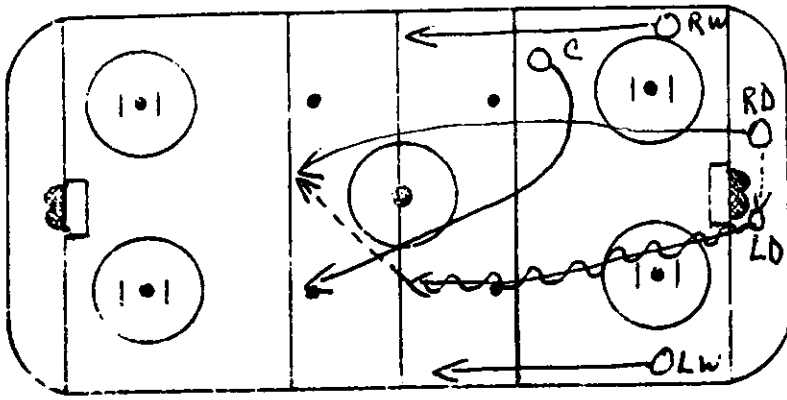
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m) Breaking into the attack zone.  
 LD leads the attack. RD breaks in.

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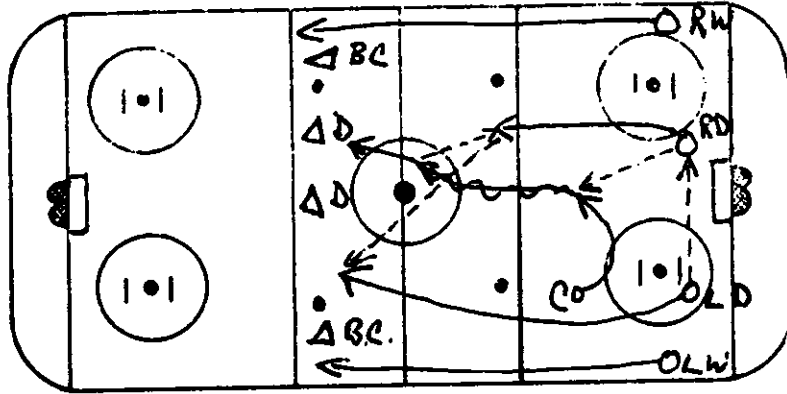
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n) The defenseman breaks through-  
 LD---RD---C---RD---LD breaks in.

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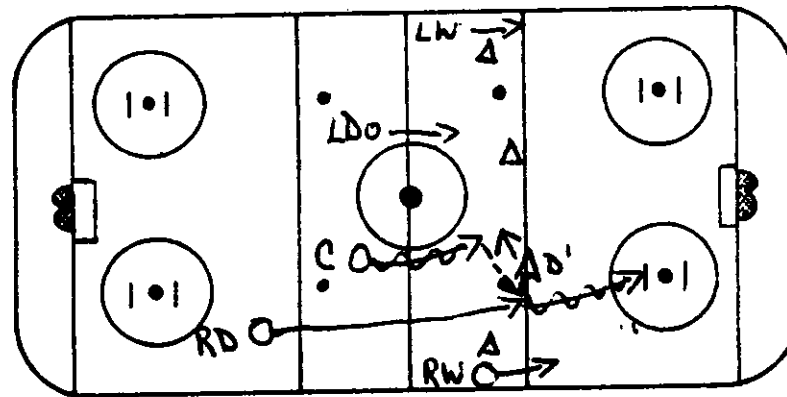
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o) RD breaks in on a pass from  
 the centerman, who first draws over  
 the defenseman (D<sup>1</sup>)

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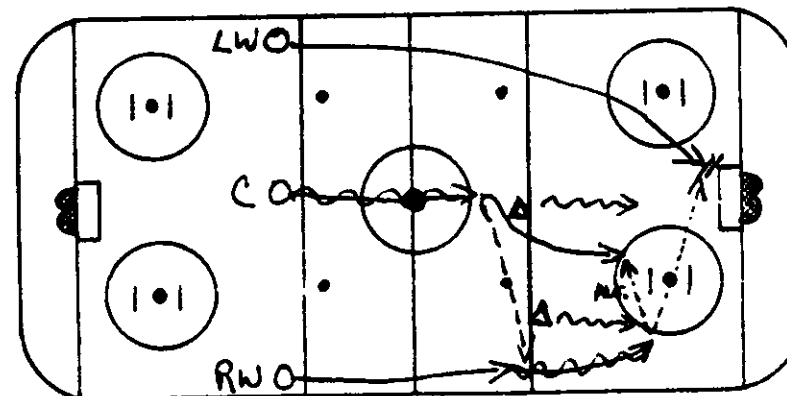
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p) Break in on the outside. Cent  
 man trails and LW skates on goal.

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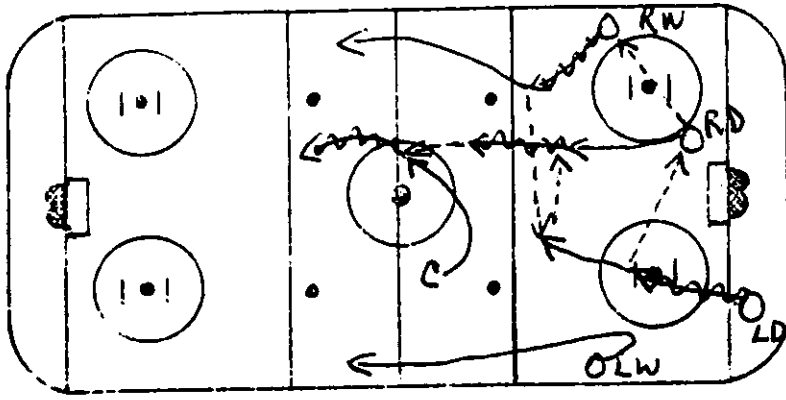
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g) Start o attack, through repeated passing in own zone. ED--FD--RW--LD--RD--C--(out of zone)--C and so forth.

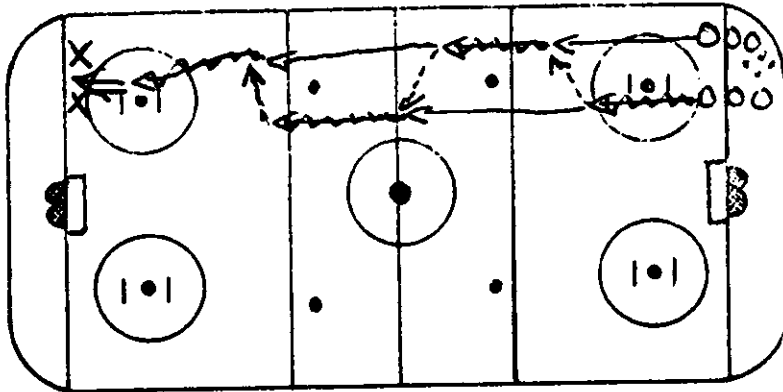
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5. Both team and individual drills  
 a) Two players attack and finish off with a shot between two pylons which form goal.

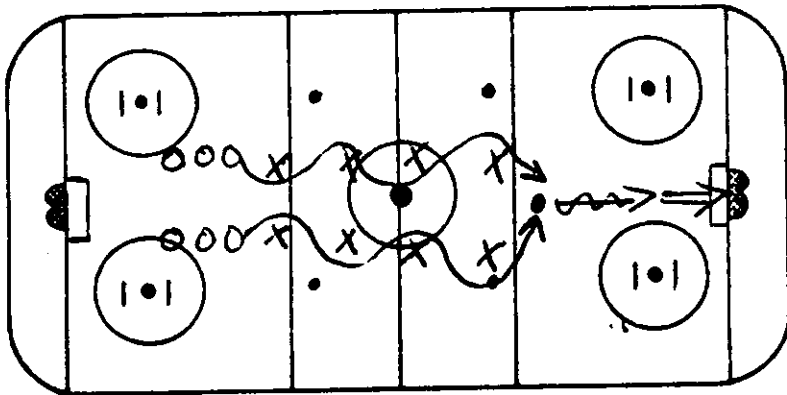
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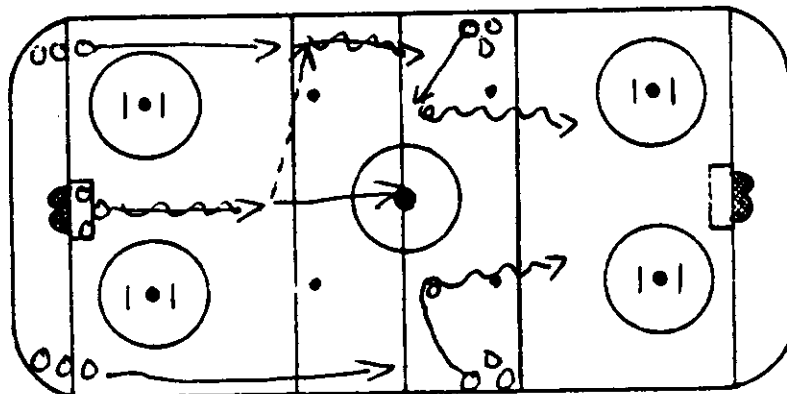


b) Two players start at the same time on a zig-zag route. The first to reach the puck, takes it, advances and shoots ("pulls"). The other player tries to take the puck away from him.

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c) A line against two defensemen. Practice different combinations.

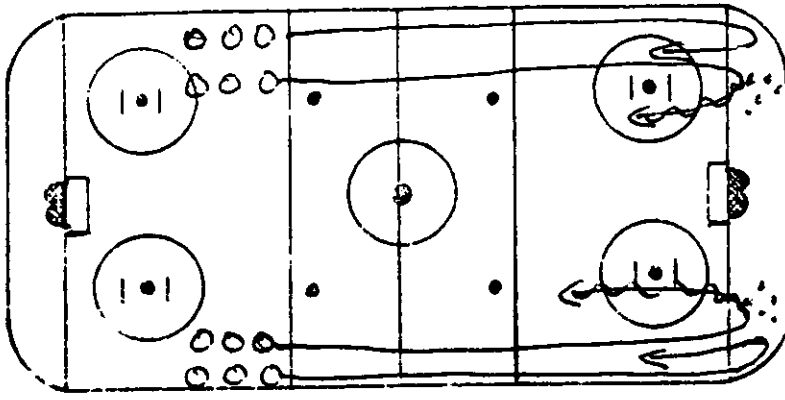
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d) winger drill--backchecking

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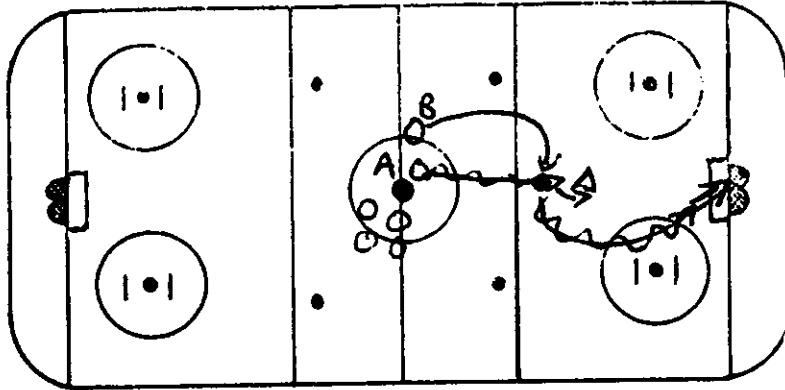
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e) Two forwards against one defenseman. When A comes into the attack zone, he drops the puck for B, who skates on goal.

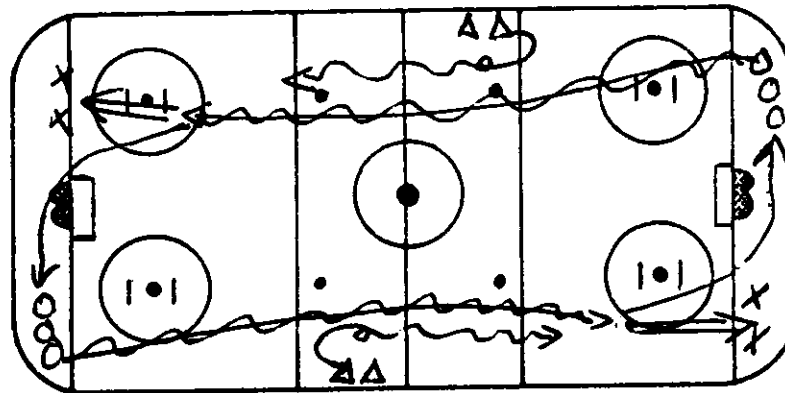
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f) One forward against one defenseman, according to the assembly-line principle.

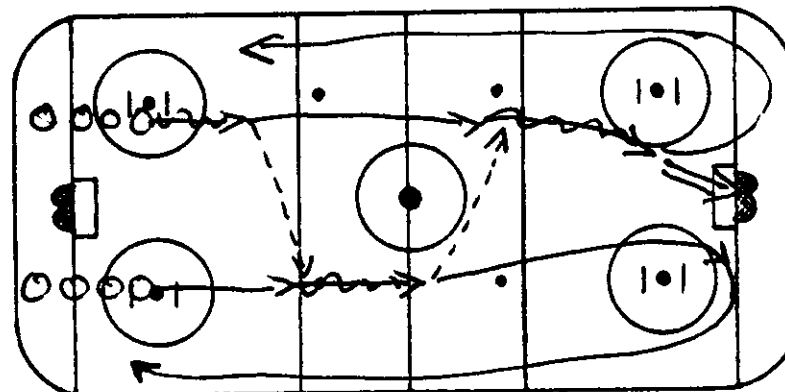
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g) pairs. When first pair are past the far blue line, start the next pair and so forth.

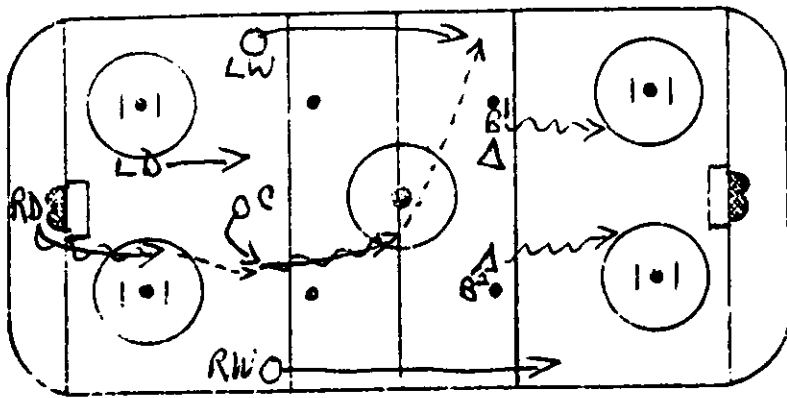
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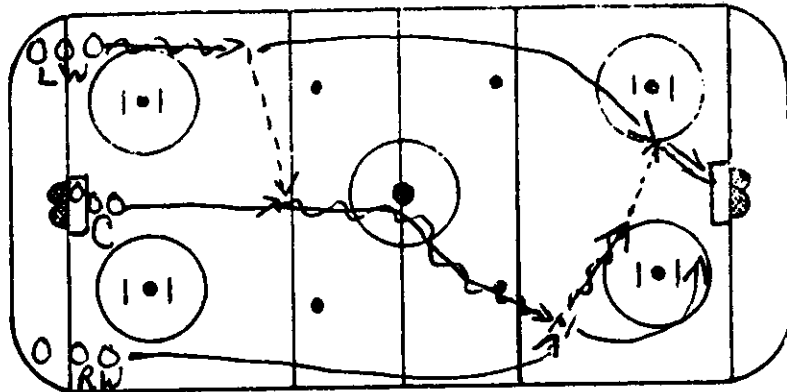
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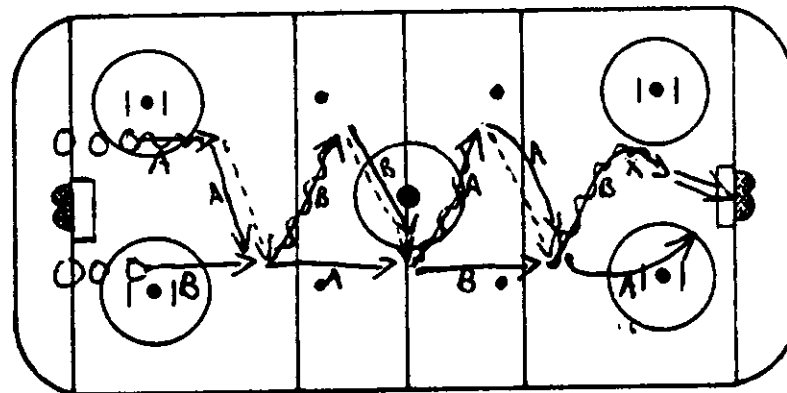
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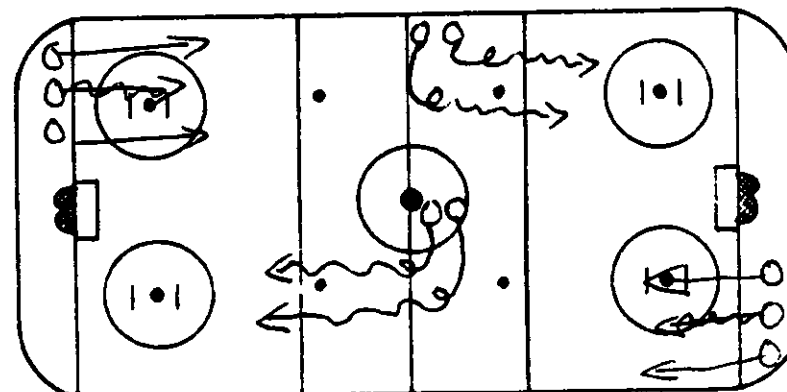
h) Seven Men---A unit (five-men) attack two defensemen, when the attack is completed, defensemen B<sup>1</sup> and B<sup>2</sup> become the line's defensemen, and LD and RD become the opposing defensemen.



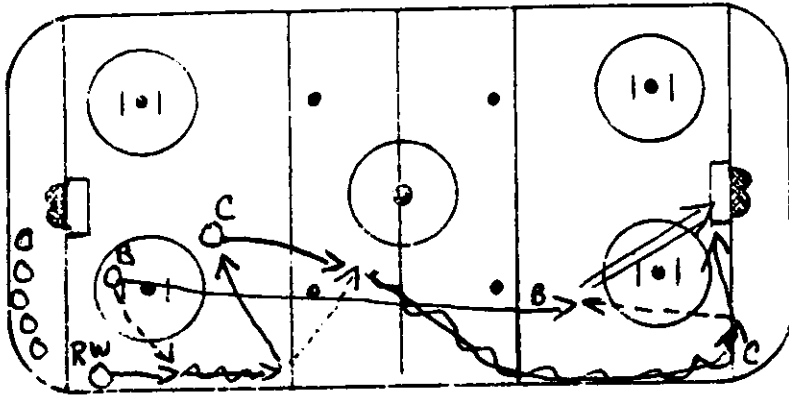
i) Line attacks without opposition LW---C---drops to RW at point A ---RW---LW---shot on goal.



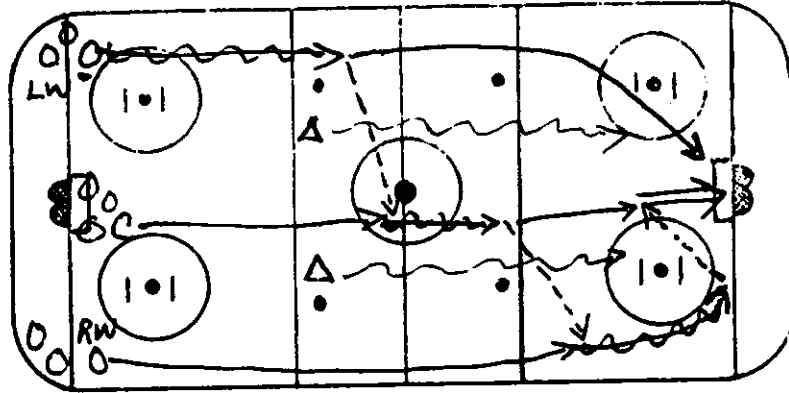
j) Passes and change position-- B goes around pylon and shoots and A gets the rebound.



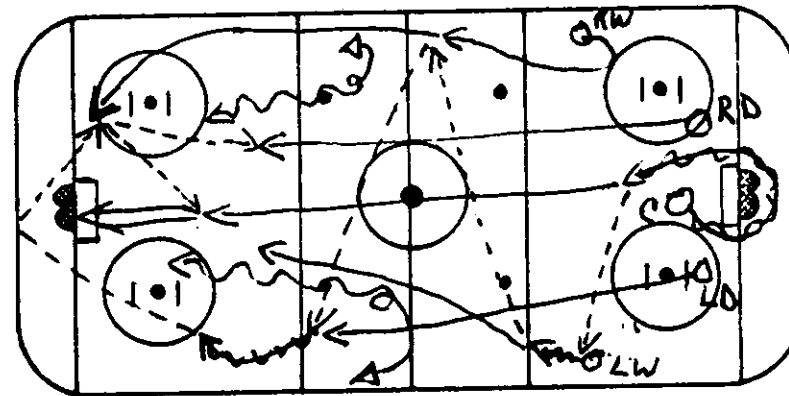
k) Three forwards against one or two defensemen. (assembly-line) Note! The defensemen's starting point.



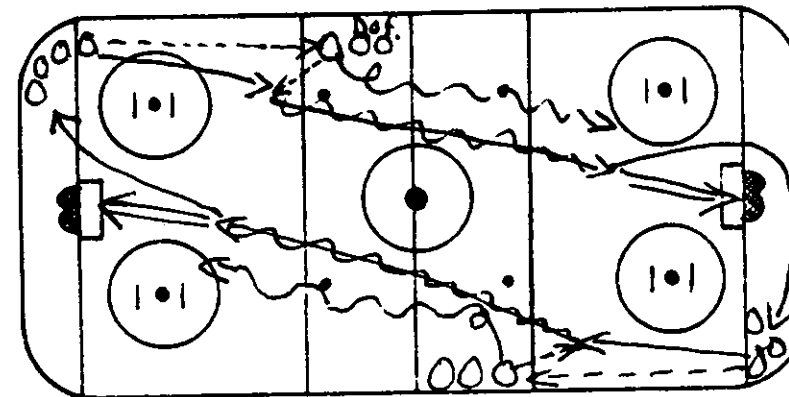
l) Two forwards and one defenseman  
 Attack drill with utilization of  
 the defenseman. D passes to C  
who carries it and passes to the  
centerman, who gets the puck into  
the attack zone, and plays it back  
to D, who shoots. RW takes center  
man's position after the pass is  
made.



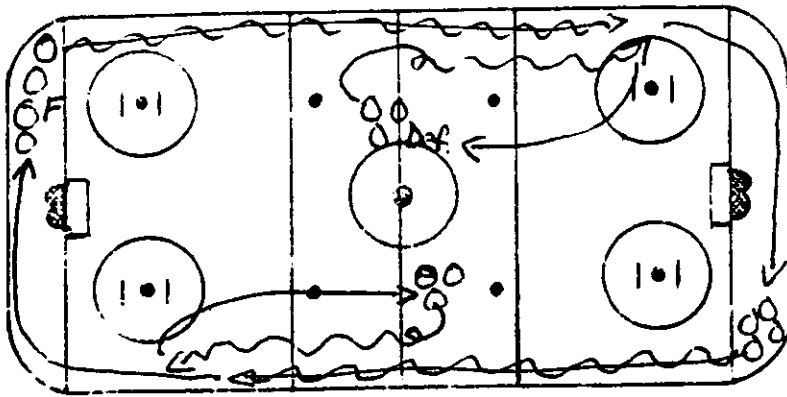
m) Attack drill  
Three forwards against two defens  
men. Back pass from LW to the  
center man.



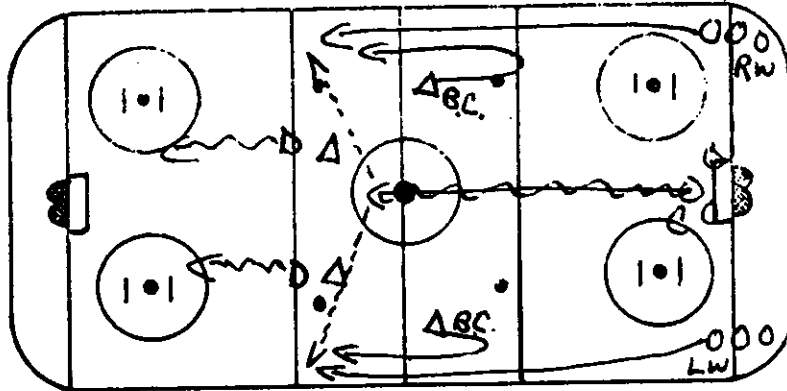
n) 5--against---2  
 The play should go quickly with  
 immediate passes. C--D--RW  
break in,--board pass to LW--  
shot! Alternative--back pass  
from RW to RD.



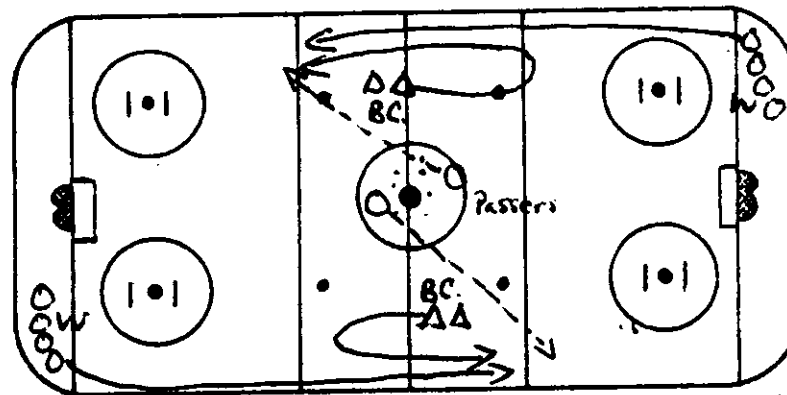
o) Defenseman drill---one--against  
 one-----forward passes the puck to  
 the defenseman--gets it back and  
 tries to take out the defenseman.  
 Alternative--2forwards--against--  
 1 defenseman (loop)



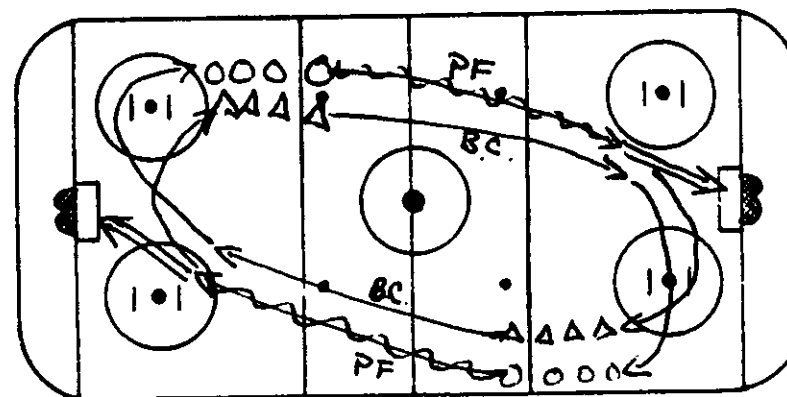
b) Defenseman's drill.  
 Forward carries the puck up along  
 the boards. The defenseman forces  
 the forward out of the shooting  
 area. Eventually check!



6. Backchecking.  
 a) Defensive wingers, (BC--back-  
 checkers) take out one's respective  
 wing so that the centerman  
 cannot play it to them. The de-  
 fensemen trap the centerman.

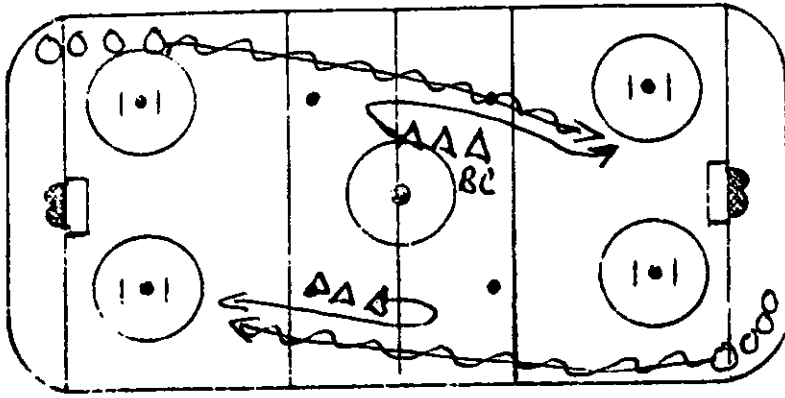


b) BC (backcheckers) will take out  
 his winger so that he doesn't get  
 the puck which is played up by the  
 passer.



c) Pairs go together. BC should  
 prevent PF from getting a shot on  
 goal. Next time--change tasks.

(loop) (Can count points among  
 themselves!)



6) Backcheckers should force the puck out into the corner.

30. without sticks!

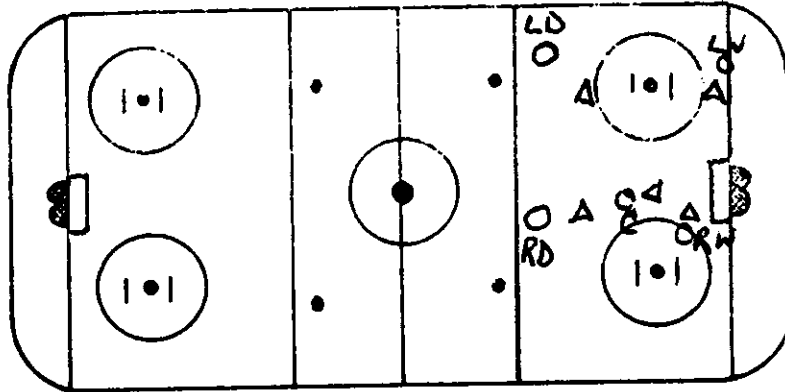
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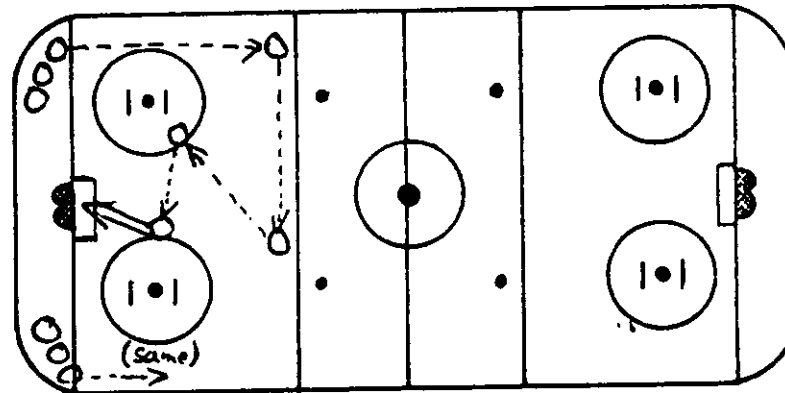


7. Play in the Attack Zone

a) five--against --five

Players positions. Defensemen at the blue line, forwards form a moveable triangle (2--1--2).

Practice with one puck. Pass along for opportunity on goal.



b) Stationary attack play.

Passes--shots.

Proceed to mobility--skate following the pass.

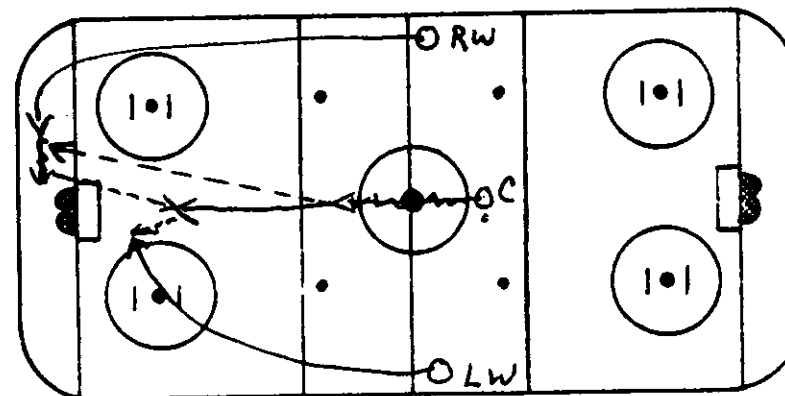
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c) Create a triangle in front of the goal.

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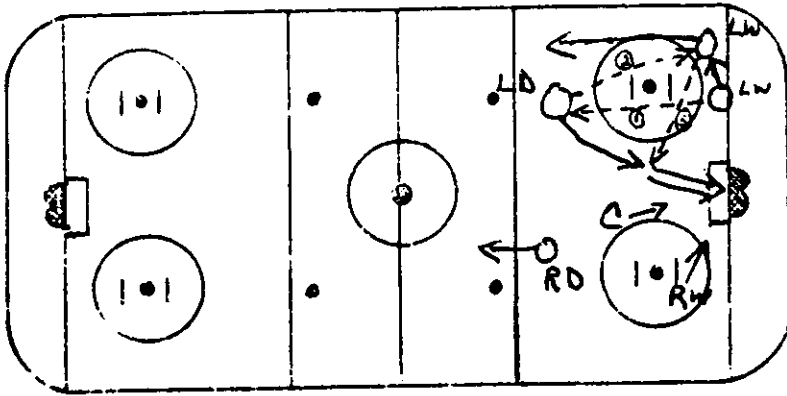


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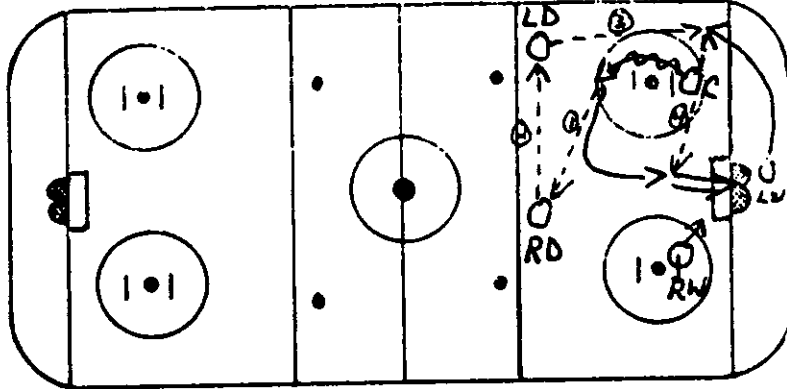
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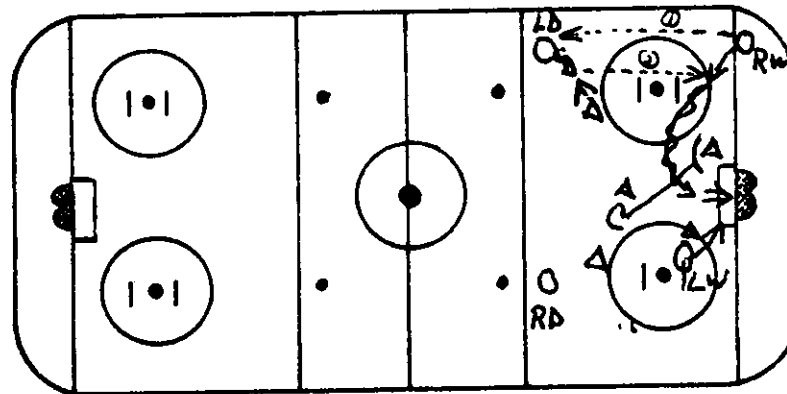
1) LW--RW--RW--new position--  
 RW--new position--shot

Centerman and I--- rebound---RW  
 takes RW's position to take the  
 pass.

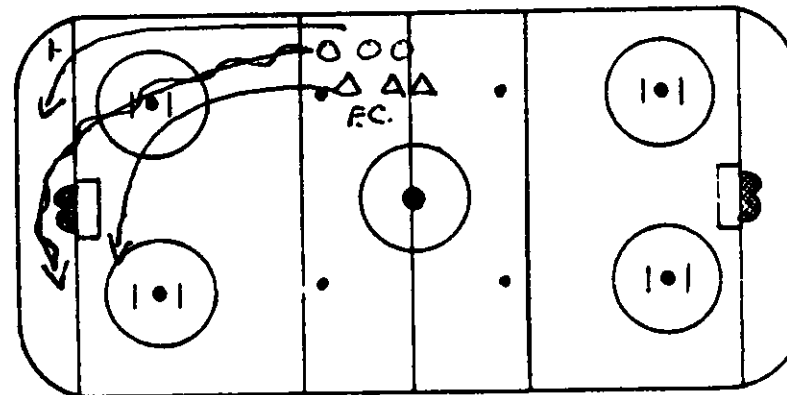


e) C---RW---RW---RW---shot!  
 RW---rebound! Note! "timing":  
 the pass RW---RW (RW---)

Observe--the drill can be carried  
 out as "assembly-line training".



f) Pass RW--RW---go against oppon-  
 ent's winger, take shot--pass--RW,  
 who goes in on goal. Centerman  
 clears out opponent's defenseman,  
 and LW upsets the goalie and gets  
 the rebounds.

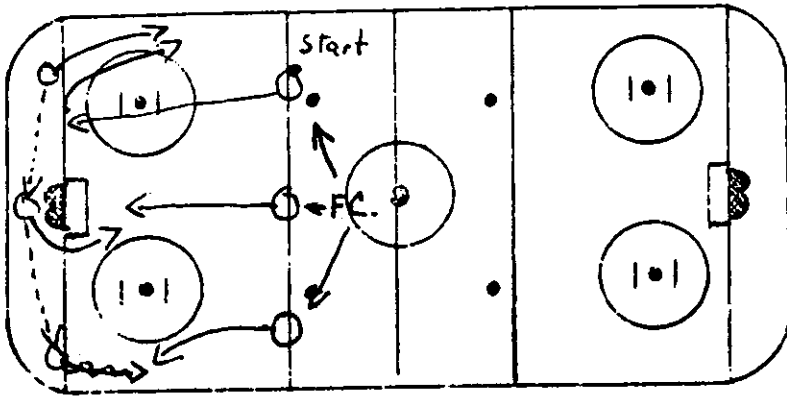


### 3. Forechecking

a) drill

- 1) without the puck
- 2) with the puck

(FC----forechecker)

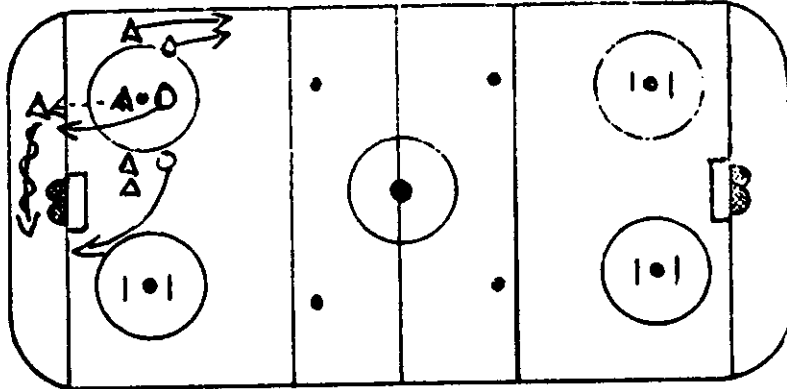


b) Forecheckers, check, from start point against a line (or two defensemen, one winger) Instructions from the coach.

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c) Starting point--face-off which is lost, check and try to recover the puck.

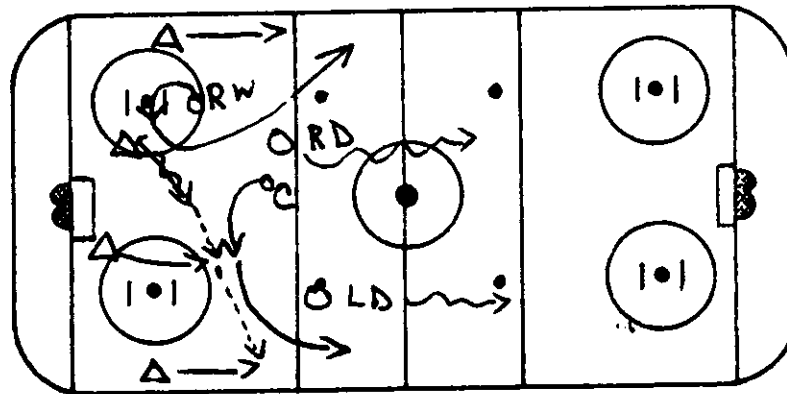
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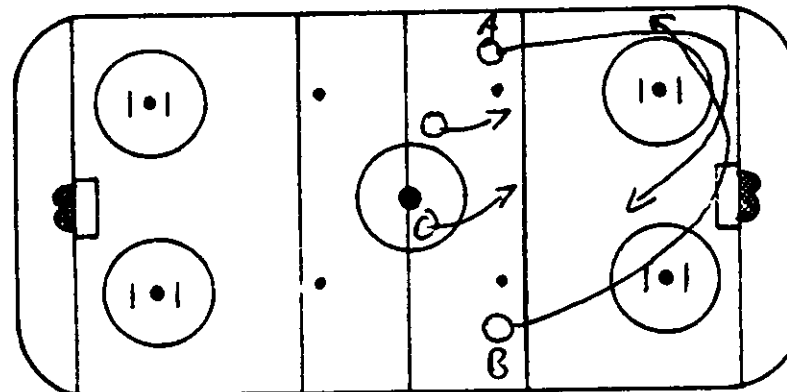


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9. Play while penalty killing (with regard to positions, see 1.c) and 1.d) in play drills)

- 1) 4--5
- 2) Delay play in the attack zone. RW steers puckcarrier, directly out on his edge (by boards)---center takes over.

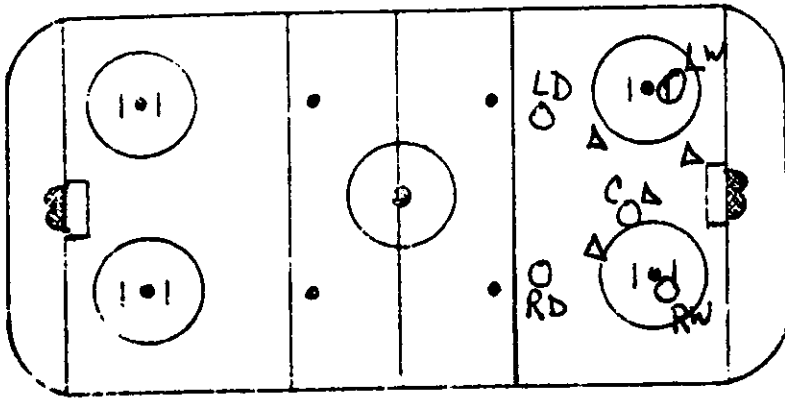


b) Cover break out out of zone by alternately stalling the puckcarrier. When the puck is in the corner (viz.) A is the one who skates first, then B.

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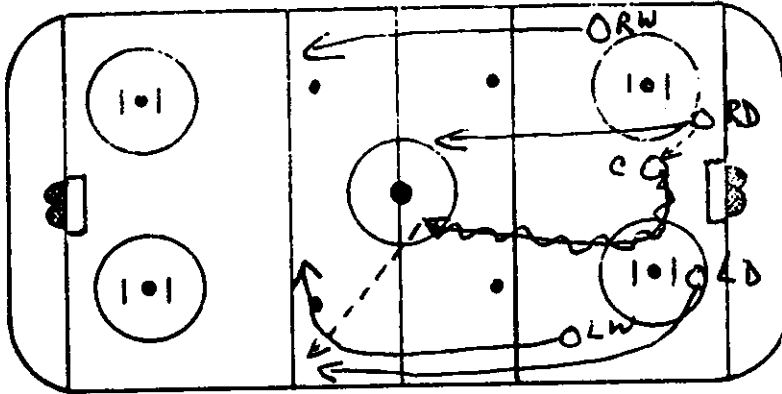
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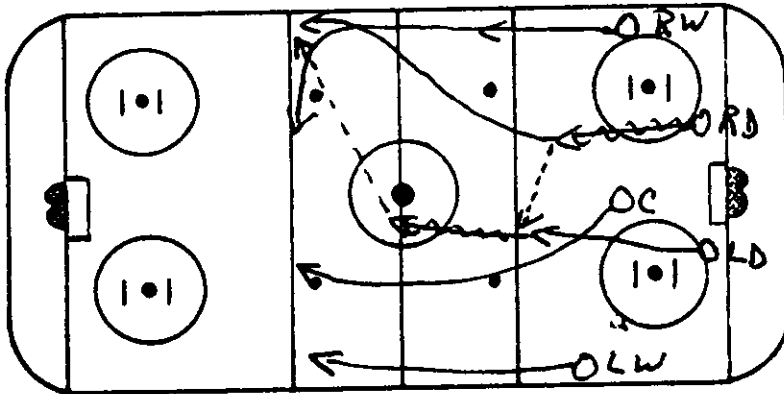
10. Power play

1) 5--against --"

a) The players' positions. The defensemen at the blue line. Forwards form a line in front of the goal. The system runs on that the wing should get the shooting position.



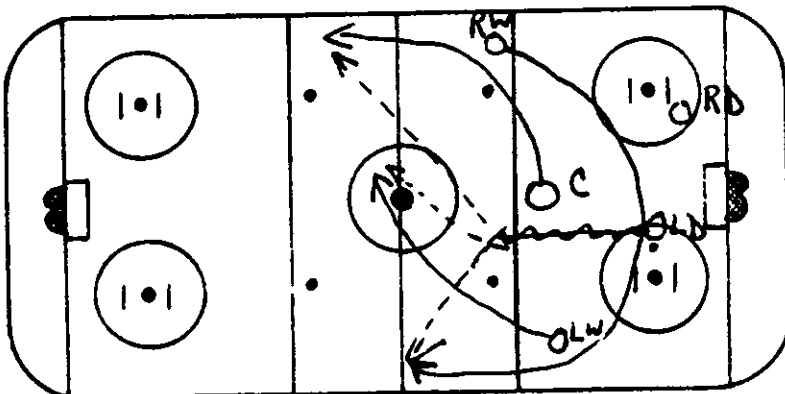
b) Centerman gets the puck in own zone, advances to the red line, passes to the LD, who skates up along the outside (by boards). LW cuts in toward the middle at the blue line.



c) RD carries the puck up, passes to LD, who advances to the red line and passes to RD, who skates up along the outside. RW cuts in at the blue line.

Alternatives: LD---Centerman

LD---LW



d) RW skates toward the LD to get the puck, but he doesn't get it but continues out on LW's position. LD advances and passes to LW.

Alternative LW, C) LW and C positions see figure.