



# National Coach Certification Program

## COACH 2 - Part 1 – Classroom Session



2020 - 21



## Team Play Package

## Coach 2 – Coach Level

## UNDER 17 TECHNICAL CURRICULUM TABLE OF CONTENTS

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## INTRODUCTION

This manual provides a foundation for the preparation of Canadian players and coaches through their participation in the Program of Excellence. This technical curriculum is intended as a guide and resource for Branch technical preparation and should not be viewed as an instructional manual that binds each coach. The information contained in this document provides a framework that will enable a coach to implement his own technical package at the Branch level.

This package was developed by former National Team coaches that have experience at each level of the Program of Excellence. Hockey Canada is indebted to these coaches that have taken a concept and built a foundation for future success.

In comparing the Program of Excellence to the Canadian High School system, a coach at the U17 Level has an obligation to prepare a U17 for the National U18 Program the same as a Grade 10 teacher prepares a student for grade 11. The grade 11 teacher then prepares students for grade 12 in the same way an U18 coach prepares players for the National Junior team. Each coach and each teacher must follow a curriculum framework that prepares players or students with the best opportunity for success at the next level.

By implementing this technical curriculum at the U17 Branch level, Hockey Canada is building a foundation for athletes to succeed with our National Teams. While it should be the goal of each provincial/regional team to be successful at the Canada Winter Games and World Under 17 Hockey Challenge, the player development process should be at the forefront of program operations and this development component must not be compromised. This commitment to preparing provincial and regional team athletes is the cornerstone for future World Junior, Senior World and Olympic Champions.





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## TEAM TACTICS AND PRINCIPLES THAT GOVERN PLAY

Principles are general rules or laws which govern and guide the application of team tactics, systems, and strategies.

Four Principles govern offensive and defensive team play:

Offensive	Defensive
<ul style="list-style-type: none"><li>• Pressure</li></ul>	<ul style="list-style-type: none"><li>• Pressure</li></ul>
<ul style="list-style-type: none"><li>• Puck Control</li></ul>	<ul style="list-style-type: none"><li>• Stall/Contain</li></ul>
<ul style="list-style-type: none"><li>• Support</li></ul>	<ul style="list-style-type: none"><li>• Support</li></ul>
<ul style="list-style-type: none"><li>• Transition</li></ul>	<ul style="list-style-type: none"><li>• Transition</li></ul>

In review of the principles that guide offensive and defensive team play, it should be understood that each of these principles must work inter-dependently of one another. For example, offensive transition can only lead to a quick and effective counteract if there is immediate pressure, good puck control and excellent offensive support away from the puck. If this does not occur, it is possible the opposing team may regain possession of the puck and the attacking team, after giving up possession, is now forced to demonstrate effective defensive transition.

### Pressure - Offensive

Offensive pressure is created through a quick player and/or puck movement that forces the defender to react more quickly or in a different direction than they would like. The goal of pressure is to create increased time and space for the attackers.

### Pressure - Defensive

Defensive pressure is created through a quick player movement that forces the offensive player to react more quickly or in a different direction than they would like. The goal of pressure is to decrease time and space for the attackers.





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## **Puck Control - Offensive**

Offensive pressure is created through a quick player and/or puck movement that forces the defender to react more quickly or in a different direction than they would like. The goal of pressure is to create increased time and space for the attackers.

## **Stall / Contain - Defensive**

The principle of defensive play where the defensive team will attempt to force the opponent to stop or slow down the speed of an attack to provide time to set up better defensive coverage. This is accomplished by pressuring the puck carrier or deflecting the attack to the outside lanes/ice.

## **Support - Offensive**

To provide offense, offensive players away from the puck must be available as passing options and be a part of the attack. Players must be able to read the intentions of their defensive counterparts and at the same time read and anticipate the movements and the possibilities of the puck carrier.

## **Support - Defensive**

The player defending against the puck carrier requires the support of teammates to ensure that they are active away from the puck carrier and position themselves in a manner that will eliminate the options of the puck carrier. Players must be able to read the offensive options available to the puck carrier and move to a position that minimizes or takes away these options.

## **Transition - Offensive**

Offensive transition is measured in a teams' ability to move quickly from defense to offense when the puck is recovered. All players must be prepared to move quickly to the attack.

## **Transition - Defensive**

Defensive transition is measured in a teams' ability to move quickly from offense to defense should a turnover occur and the opposing team moves quickly to the attack.





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## INTRODUCTION: DEFENSIVE ZONE PLAY

The key to any successful defensive system begins with proper positioning by the players involved. On the international ice surface, there is 15 feet of ice added to the width of the rink, and that good position is critical when defending.

Using the key concept of protecting the middle of the ice, then pressure out from there, players will have a foundation from which to start with. To do this it is important to identify a *home base* (see diagram) which is the most critical ice to protect. Strong net front coverage is essential since teams in international competition have the tendency to work the puck back to the middle before shooting instead of taking the shot from outside. With good positioning, there is no need to chase because international teams will bring the puck to the middle. Patience is an important virtue when defending against the attack.

Protecting the middle is essential, but it is important to continue using the principles of pressure to take away time and space and to force the opposition into making poor decisions. The Canadian game plan will always be aggressive and physical all over the ice, but especially when defending in the defensive zone. However, physical play should never override good defensive positioning.

Play away from the puck is important. As much as players must be prepared to pressure the puck in one on one situations, support away from the one on one is critical. All players must work as a unit and be prepared to defend as a group of five. Communication is a key component in ensuring everyone is clear on their responsibilities and provides support and direction to one another.





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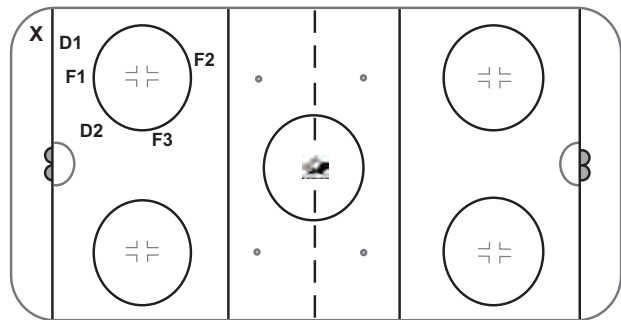
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## Defensive Zone Coverage

### Drill Name & Description

#### Introduction

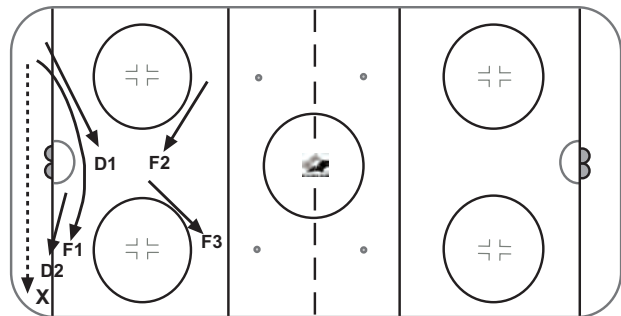
- D1 plays X, hit or contain depending on gap.
- F1 plays support for D1.
- F2 plays inside out and up on strong side D.
- F3 helps D2 and plays outside on opposing weak side D.
- D2 takes front of the net.



### Drill Name & Description

#### Rotation

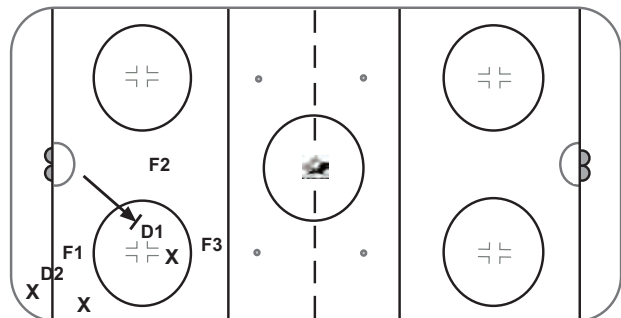
- D1 comes back to net.
- D2 checks off for D1. Unless 100% sure he can get the puck, he must stay until D1 reaches net.
- F2 to high slot.
- F3 to strong side point, inside out.
- F1 support other corner from front of the net.



### Drill Name & Description

#### Shade vs Overload

- Net front D shades toward opposing 3<sup>rd</sup> forward taking away his space. He is still able to provide help for D2 or F1 if they get in trouble.
- F2 drops down to protect deeper into slot.





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## Defensive Zone Coverage Drills

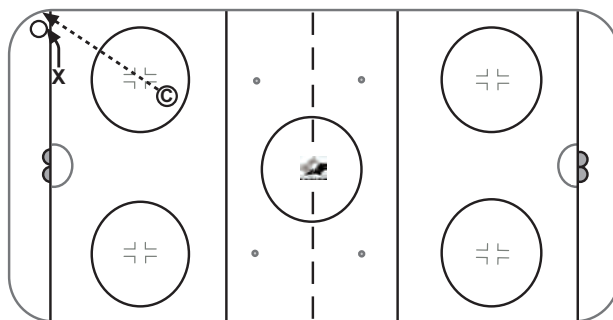
### Drill Name & Description

#### 1 vs 1 Gap

- 1 vs 1 out of corner where the coach spots a puck to the offensive player.
- Defensive player needs to get the appropriate angle and close his gap to defend the offensive player.

#### Key Teaching Points

- First 3 steps by defender are quick and to get the best position.
- Defender leads with his stick on the puck.
- Stay on defensive side.



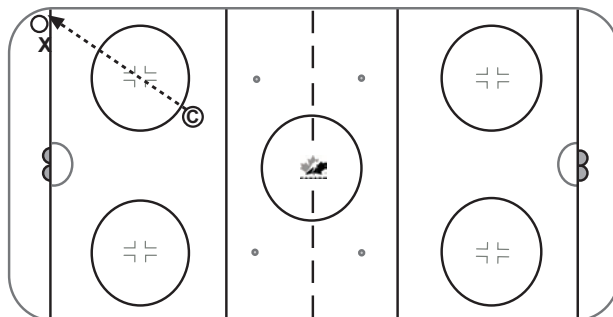
### Drill Name & Description

#### 1 vs 1 No Gap

- Defender works to pin his man since there is no gap.

#### Key Teaching Points

- Stick on puck.
- Stay on defensive side.



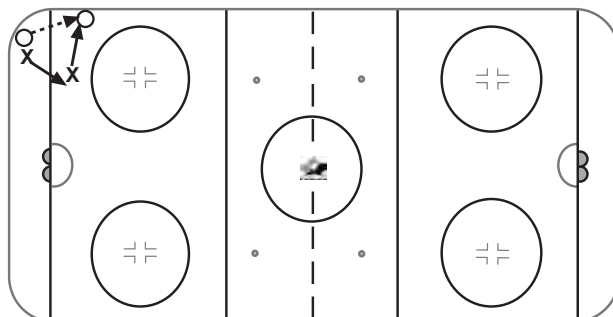
### Drill Name & Description

#### 2 vs 2 Hinge Rotation

- 2 defenders on 2 offensive players.
- Passive drill where 2 defending players move from pressure to support positions on puck movement.

#### Key Teaching Points

- Communicate.
- Stick on puck.
- Support one stick length.
- Straight line skating.







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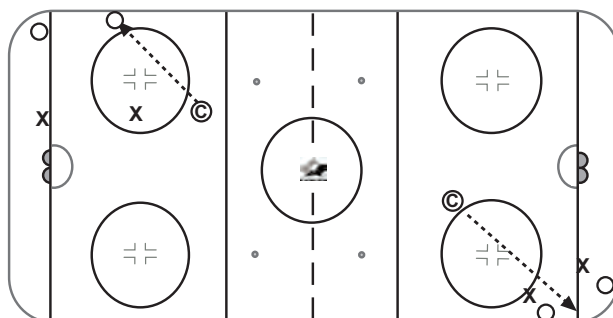
## Drill Name & Description

### 2 vs 2 Gap / No Gap

- See 1 vs 1 gap, no gap.

#### Key Teaching Points

- Stick on puck.
- Good angles to close gaps.
- Communicate.
- Straight line skating on rotation.



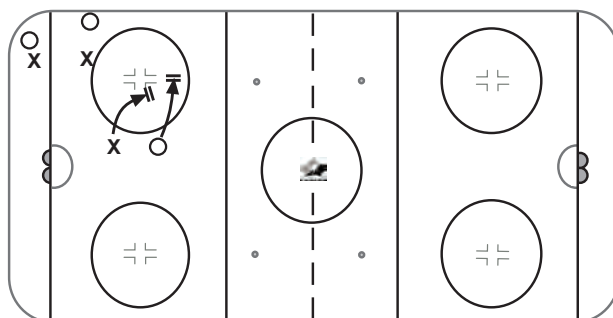
## Drill Name & Description

### 3 vs 3 Shade

- 2 vs 2 passive in corner.
- Net front man shades to where the offensive "3<sup>rd</sup> man" goes.

#### Key Teaching Points

- Head on a swivel.
- Communicate.
- Stay between "3<sup>rd</sup> man" and net.
- Shade about half way to your man.



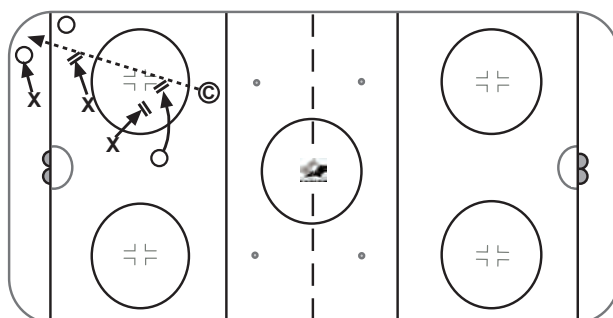
## Drill Name & Description

### 3 vs 3 Shade

- Gap, no gap.

#### Key Teaching Points

- Move quick to defend.
- Good angles.
- Communicate responsibilities.





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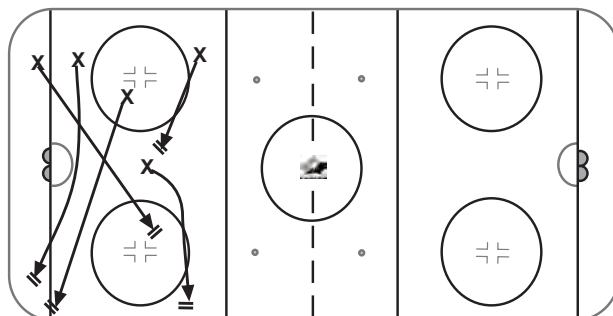
## Drill Name & Description

### 5 vs 5 Rotation

- Passive coverage to an imaginary offense.
- Rotate on coaches' command.

### Key Teaching Points

- Back side forward drops between hash marks to protect net front when net front defense shades.
- Net front defense does not leave until partner takes net front.



## Key Points

- First man on puck carrier approaches his man quickly with stick on puck and play the body.
- Support man must stay off the pile (about stick length) and communicate to man on puck carrier. His stick should be on the ice.
- Players must skate in straight lines. Reload to middle if you lose position.
- Strong net front coverage.
- Communicate
- Provide outlets on puck recovery.





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## INTRODUCTION: NEUTRAL ZONE COVERAGE

Coverage in the neutral zone is critical to successfully defending in the international game since most countries rely heavily on the counter strike mentality. They will want to re-attack quickly and penetrate the middle lane if possible, since they are not as comfortable with the puck to the outside. Therefore it is imperative that we protect the middle of the ice and push the puck to the outside. In the past, some teams have used the mindset of checking from the dots out. This has proven to be a very effective tool since the width of the dots on international ice is identical to that of regulation ice surfaces in Canada. Therefore players are familiar with this, and familiarity often breeds confidence since it is an easy reference point to work from.

For us to forecheck through the neutral zone effectively we must work as a group of five players. The first forward on the forecheck must work very hard to get pressure on the puck so that he forces a poor decision. To get the necessary pressure on the puck, we encourage a three man race to be that first forward, while the two forwards who lose the race fill their roles. In this way we will use the principles of pressure and support when applying our forecheck. This will serve to eliminate any *gaps* in the forecheck that can appear when all five players are not working together. When the forecheck is forced to rotate, players must move quickly to their position in order to defend the next pass.

Stick placement is very useful when forechecking through the neutral zone since a well placed stick will deter a pass through the middle and often times intercept a pass leading to a quick transition to offense.





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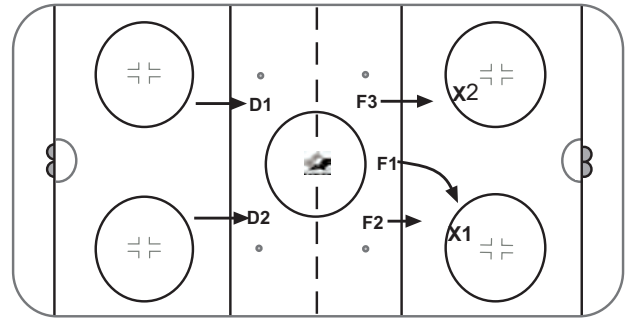
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## Neutral Zone Forecheck 1-2-2 Press

### Drill Name & Description

#### Introduction

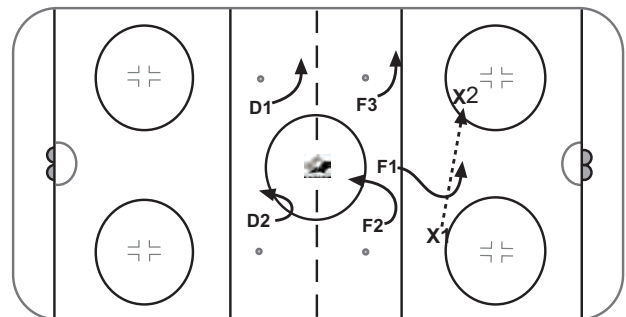
- F1 pressures hard up ice inside out and forces pass.
- F2 and F3 come up ice between dots and adjust according to situation. They stay above opposing wingers.
- D1 and D2 close gap but respect the stretch.



### Drill Name & Description

#### Early Pass

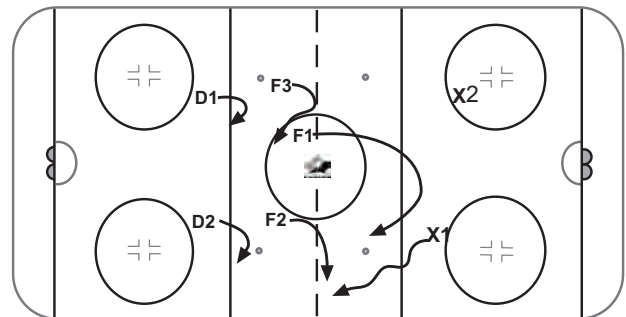
- F1 plays inside out and forces X1 on early pass and takes D to D away.
- F2 & F3 slide with puck movement and take away boards and middle.
- D1 takes away strong side.
- D2 takes away middle and far side.



### Drill Name & Description

#### D carries

- F1 pushes puck up the boards.
- F2 takes the boards and plays zone.
- F3 takes middle and plays zone.
- D2 takes boards and keeps people in front of him.
- D1 takes the middle and far side.
- F2 pinches off X1 and F1 supports.





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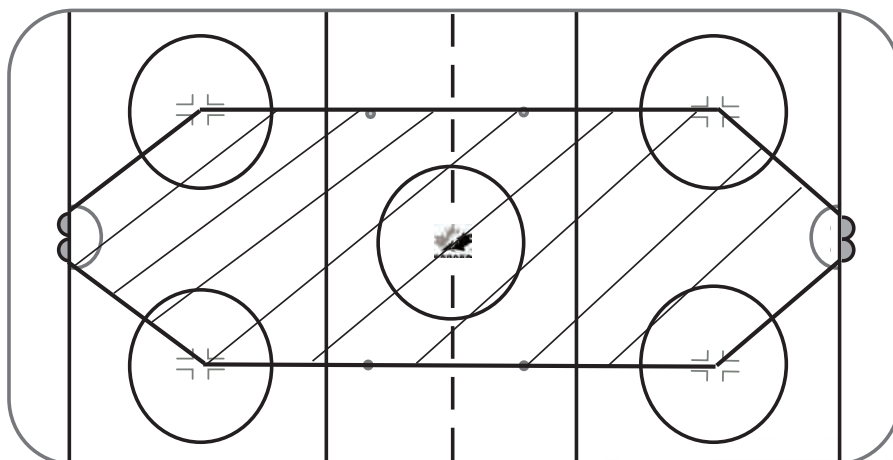
## INTRODUCTION: OFFENSIVE ZONE FORECHECK

An effective offensive zone forecheck is one of the most important tools any Canadian team can have when they are involved in international competition. It is not only a key tactical tool, but it also serves to help develop a trademark for the team. In the past it has been intimidating for European teams to face an aggressive fore check, but in recent years the physical style of play, while still very effective and necessary, has not been as intimidating to them. However, the fact that they are forced to make good decisions plays under extreme pressure is as intimidating as ever since they are not accustomed to that style in their countries.

Most defense in the international game are not used to handling the extreme pressure we like to use in our game. Therefore, pucks will be turned over if we force the opposition to make decision quicker than they are used to doing. For this to be accomplished, we need to embrace an attack mentality that encourages all five players to get up the ice and in position. The first forward sets the tone and we encourage all three forwards to race to be that first man with race ending at about the top of the circles in the offensive zone. Three players are difficult to screen off and it gets everyone moving up the ice quickly. The defense must move up the ice and have a very good gap, however, they are responsible to take the opposing forward if he stretches the zone.

Canada has the reputation for having a very aggressive style of play and that is evident in the way we fore check. The opposition expects us to come hard and we should make a point not to disappoint them.

### HOME BASE:



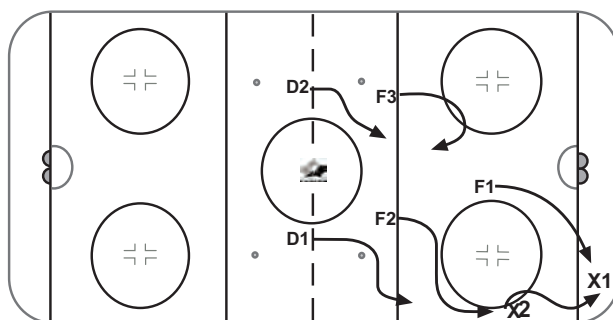


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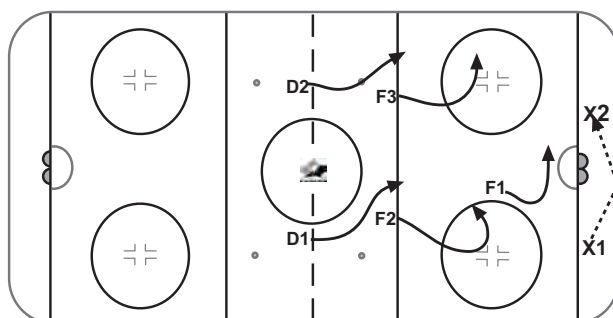
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## Offensive Zone Forecheck 1-2-2 Press

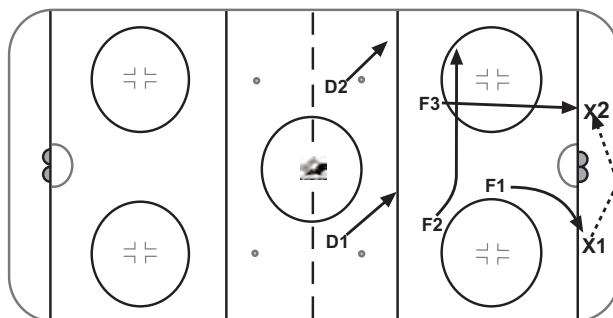
Drill Name & Description
<b>Contact</b>
<ul style="list-style-type: none"> <li>F1 pressures hard and tries to make contact coming inside out on X1.</li> <li>F2 stays above X2 and is ready to jump to corner to help on a turnover.</li> <li>F3 stays high and in the middle.</li> <li>D1 and D2 get up on the blue line.</li> </ul>



Drill Name & Description
<b>Early Pass</b>
<ul style="list-style-type: none"> <li>F1 reads and adjusts his skating pattern and remains the first fore checker.</li> <li>F2 takes away the middle.</li> <li>F3 adjusts and takes away the boards, staying above the puck.</li> <li>D1 adjusts to strong side boards.</li> <li>D2 adjusts to take away middle and wide lane.</li> </ul>



Drill Name & Description
<b>Late Pass</b>
<ul style="list-style-type: none"> <li>F1 comes back hard through the middle.</li> <li>F3 sees pass and jumps aggressively to X2, looking to finish his check.</li> <li>F2 comes across to take away the board side wing.</li> <li>D1 and D2 get up on the blue line and slide to adjust to the pass.</li> </ul>





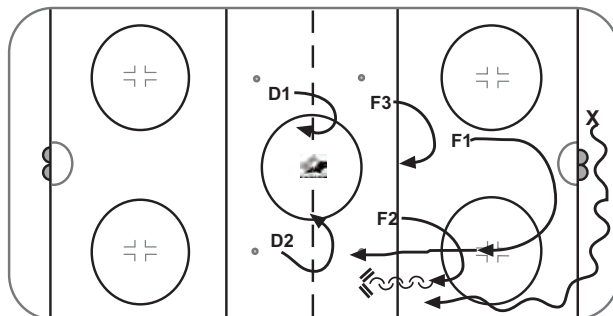
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## Drill Name & Description

### D Carries

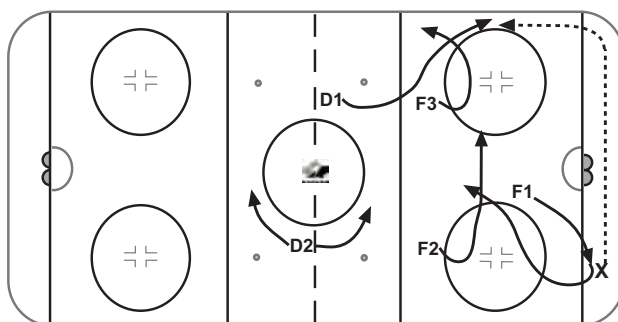
- F1 pursues X and angles him up the boards.
- F2 goes down and gets his gap on X, and gets ready to engage him at or before the blue line, while F1 prevents the inside move and pass to middle.
- F3 fills middle.
- D2 has his gap on the strong side.
- D1 has middle and cross ice pass.



## Drill Name & Description

### Rim

- F1 forces hard and comes back through the middle after the rim is made.
- D1 can pinch.
- F3 covers for D1.
- F2 comes hard across above the puck.
- D2 supports and protects middle and wide lane.



## Neutral / Offensive Zone Forecheck Drills

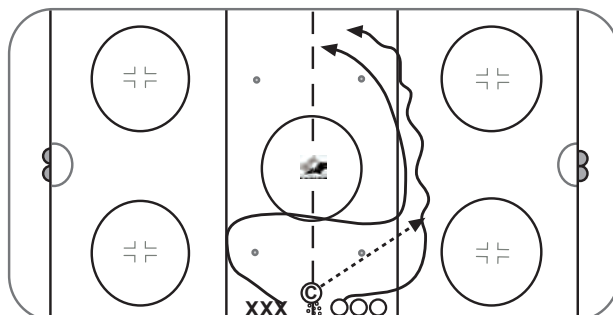
## Drill Name & Description

### Angling Drill

- Coach at center ice with pucks spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.

### Key Teaching Points

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.





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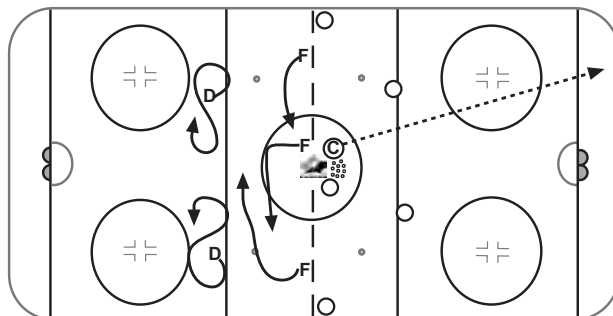
## Drill Name & Description

### Offensive Zone Forecheck x 2

- Forechecking forwards (O's) and D mill around the neutral zone and attack the X's on the dump in by the coach.
- Forecheckers go to position but are passive while forecheckers go to position and cause turnover.
- 1<sup>st</sup> turnover the puck is returned to the coach while forecheckers come back and regroup at center.
- 2<sup>nd</sup> time the puck is turned over, forecheckers attempt to score.
- Rotate to give forecheckers a rest.

### Key Teaching Points

- 3 man race to top of circles to be the first forechecker.
- Check from dots out.
- Good stick placement to protect middle of the ice.
- All five players up to support forecheck and eliminate gaps.



## Key Points

- Defend from the dots out.
- Create a three man race to be the first fore checker.
- First forward cut the ice in half to force the puck up ice.
- Eliminate gaps in the fore check.
- Good stick placement.
- Move quickly on the rotation.
- Recover to the middle.







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## INTRODUCTION: TRANSITION

The transition from defense to offense in the neutral zone can help to establish a speed game for your team. Proper support will allow for a very quick transition forcing the opposition to go into transition of their own, from offense to defense. The challenge is which team can force the other to make those decisions under pressure.

Effective transition requires the defenseman to look for a penetrating pass as his first option always. It should be stated that this pass, while very effective, cannot be forced since it is likely to lead to a turn over. However, if the first pass penetrates the defense, it means you have beaten one, two, or three players quickly and the speed at which they have to react is increased significantly. It also allows your team to establish the pace of the attack and not allowing the opposition a chance to fore check and contain to the degree they feel comfortable. This is a very intimidating weapon.

An important key to transition is giving your players the opportunity to build speed through the neutral zone so they can attack the offensive blue line with speed and enter the zone **on the attack**.

The principles of puck control and support lead to effective team transition which allows your team to put pressure on the opposition.

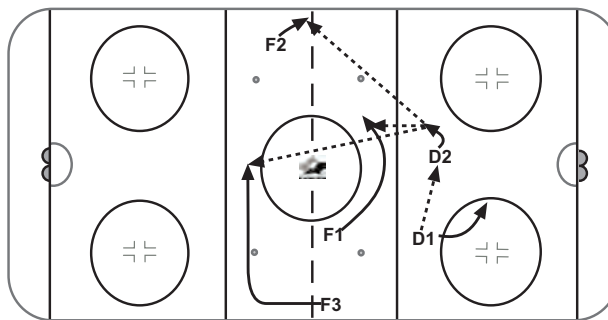


## Neutral Zone Transition

### Drill Name & Description

#### "C" Support

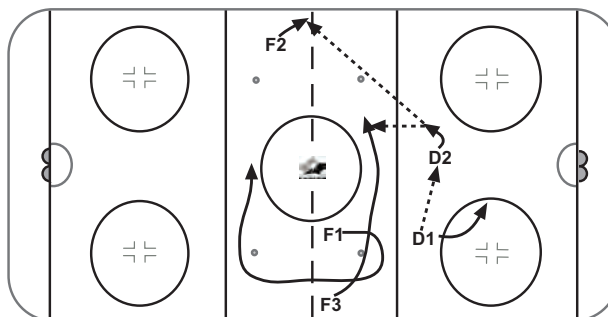
- Has different options available after pass from D1.
- F2 Posting up on wall.
- F1 Supporting the middle of the ice.
- F3 uses width of the ice and stretches to far blueline.
- D1 comes underneath to support partner.



### Drill Name & Description

#### "C" Away

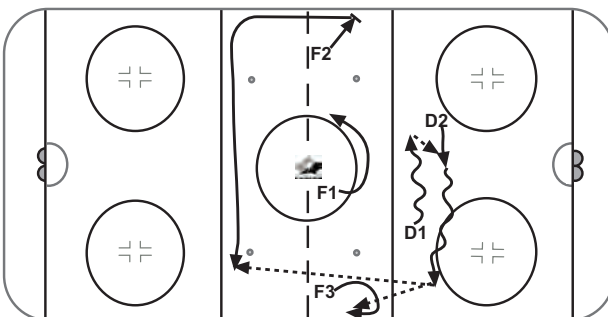
- Same options as above with F1 and F3 exchanging positions.



### Drill Name & Description

#### Reverse

- D1 carries the puck to middle.
- D2 comes underneath and receives a drop pass continuing up ice looking for F2 and F3.
- F1 supports D1 and continues.
- F2 posts then becomes a stretch man.
- F3 pivots to boards and up his wing as an out for D1.



## Transition Drills

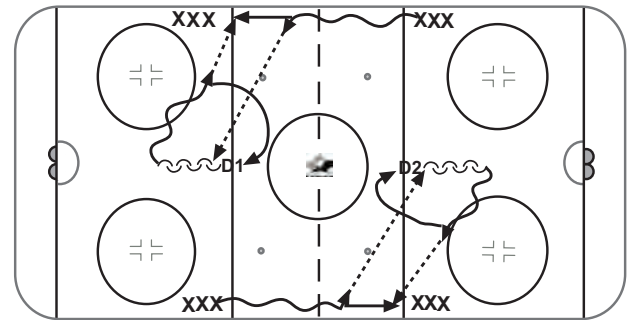
### Drill Name & Description

#### Neutral Zone Up 1 vs 0

- D1 and D2 on blue line in middle.
- D receives pass from skating toward them.
- X then skates to support for return pass, then skates down for shoot.
- D gets back to middle and looks for pass from other side.

#### Key Teaching Points

- Players sprint to puck in straight line.
- Stop and quickly go back.



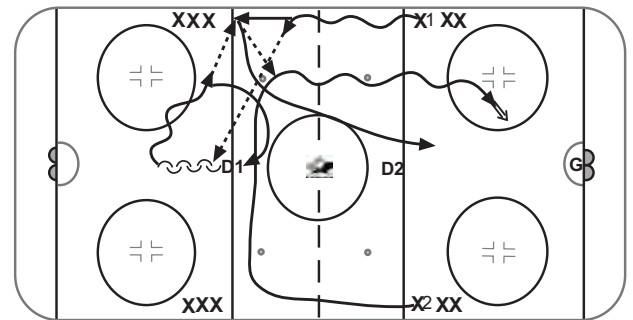
### Drill Name & Description

#### Neutral Zone Up 2 vs 0

- Same as above except 2 X's skate toward D.
- X1 moves puck to D1 and gets return pass.
- X2 provides middle support to D1 and low support, with speed, to X1.
- X1 can chip puck to X2 or give a direct pass.
- X's go down 2 vs 0 while 2 X's leave from the other blue lines.

#### Key Teaching Points

- D move your feet.
- X2 get over to provide middle support below X1.





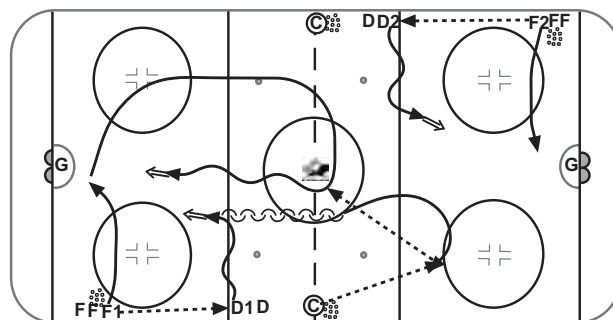
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## Drill Name & Description

### Penetrating Pass

- On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal.
- F1 goes to net for a screen.



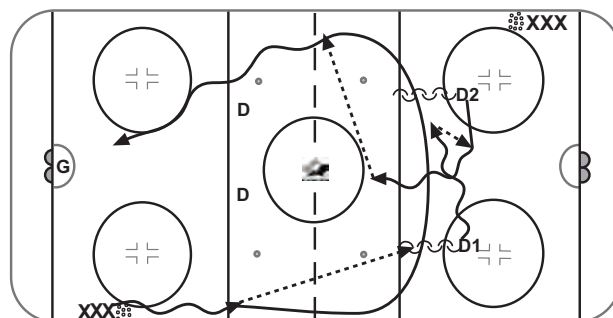
## Drill Name & Description

### D Exchange Options

- Drill begins out of opposite corners.
- X carries puck to 1<sup>st</sup> blue line and moves it to D1 who back peddles and carries puck across as if to draw an opposing player.
- D2 supports below and moves toward middle receiving pass from D1.
- D2 steps up and passes to X who has skated across ice, X then goes down for a shot.
- D2 support from below puck.

### Key Teaching Points

- Protect puck and draw coverage.
- D2 communicate, receive pass, step up.





# Player Development

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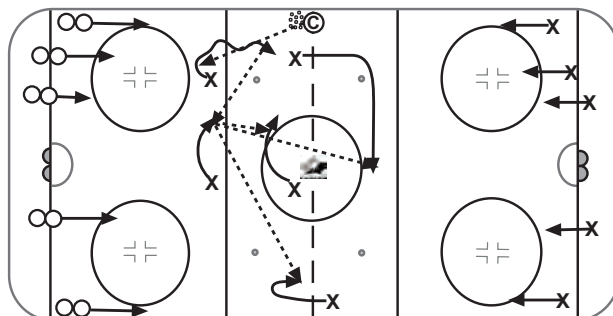
## Drill Name & Description

### Regroup Relay

- On whistle Coach spots a puck for 5 X's to regroup.
- As soon as they advance puck for attack Coach blows whistle for O's to regroup.

### Key Teaching Points

- All X's must get up on the rush to clear way for O's to regroup.
- Look for penetrating pass as 1<sup>st</sup> option.



## Key Points

- Defense must get back to pucks quickly and forwards to outlet position.
- Defense, check their shoulder when retrieving pucks to read pressure and outlets.
- Defense partner always provide support from the back side (stagger).
- Look for a penetrating pass as the first option.
- Use the full width of the ice.
- Stretch the defense.
- Support the puck on three sides.
- Quick puck movement is the first step in a speed game.





# Player Development

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## INTRODUCTION: TRACKING

Tracking is simply another word for back checking. An effective track can take a lot of pressure off the defense and put a lot of pressure on the attacking forwards. It requires us to apply the principles of pressure, support and transition to accomplish an effective track.

This tactic can be very intimidating to play against since it sends a message to the opposition that we are *all committed* to working in order to retrieve the puck. It builds confidence with the defense because they know they are getting support from three forwards. It applies pressure on the opposition from the front and back sides, forcing them to make a play with less time and space than they are comfortable with.

This tactic is a very effective way to protect the middle of the ice with the support from the tracking forwards coming through the middle of the ice.

The tracking forwards will find that the better they execute the track, the more effective their transition from defense to offense will be. This is because they are more readily available for a quick pass in transition and, since they have worked hard skating back, they have created separation between themselves and the opposing defense. This will make them more difficult to defend.





# Player Development

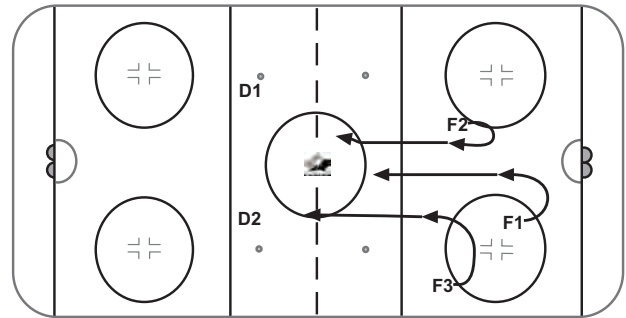
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## Tracking

### Drill Name & Description

#### Introduction

- When forwards are on the offensive side of the puck, they track puck carrier from the back side.
- They will stay inside the dots when coming back to help take away middle.
- They pressure through until the red line when they communicate responsibilities. Back side awareness is critical.



## Tracking Drills

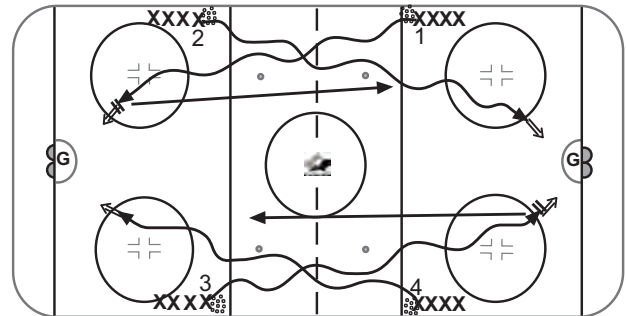
### Drill Name & Description

#### Transition Track

- X1 and X3 leave at same time, drive wide and shoot.
- They recover with 5 hard strides to track thru middle and put backside pressure on X2 and X4 respectively.

#### Key Teaching Points

- Recover on transition with 5 hard driving strides.
- Track back between the dots.
- Stick on ice.



## Key Points

- Four or five driving strides in transition from offense to defense.
- Track back between the dots.
- Stick on the ice to take away passing lanes.
- Out number at the defensive blue line.
- Feed the offensive forward into the defender.
- Forward slide in behind for support.





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## INTRODUCTION: BREAKOUTS

In most breakout situations players are required to read and react to situations quickly. Ideally, the breakout would provide a quick transition to the attack, maintaining puck control and penetrating the opposition's defense putting pressure on them. For a breakout to be effective, the players must have multiple options available to them. To ensure this happens players must use the width and depth of the ice to their advantage so as to *spread* the defense and provide support on three sides of the puck.

Communication is needed to allow for a quick reaction time for the player playing the puck. While he will read the fore check as he retreats for the puck, a teammate who communicates with him will not only save him valuable seconds, but will also increase the chances of a productive play being made. This will lead to a quicker more productive breakout and therefore a more intimidating attack. Key words for fast breakouts have proven to be useful and therefore we suggest the terms *up*, *over*, *wheel*, *reverse* and *wrap* as the terms introduced to the players.

The international game often requires us to use a controlled breakout option. This option, while not a favorite in the Canadian game, is useful to break trap type situations. Although the controlled breakout option calls for pre-determined skating patterns, the same principles of support, puck control and pressure apply.

A team that effectively moves the puck out of its own end and re-establishes an attack, frustrates the opposition by breaking their fore check, and intimidates the opposition with its speed of attack.







# Player Development

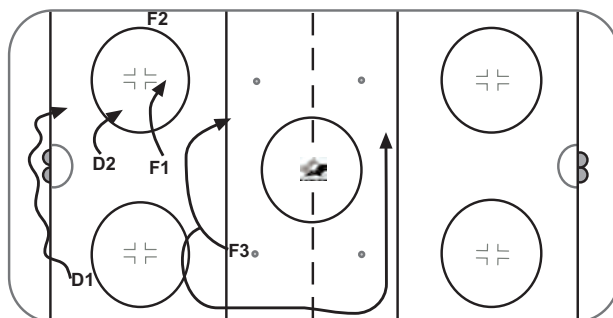
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## Breakouts

### Drill Name & Description

#### Wheel

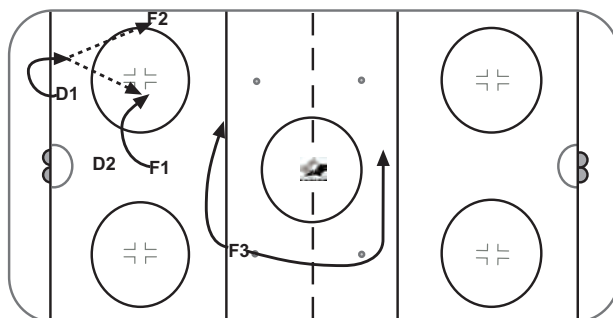
- D1 retrieves puck and wheels the net.
- D2 screens and holds the net.
- F2 anchors on the wall.
- F1 supports through middle and is an option.
- F3 is an option to support or to stretch.



### Drill Name & Description

#### Up

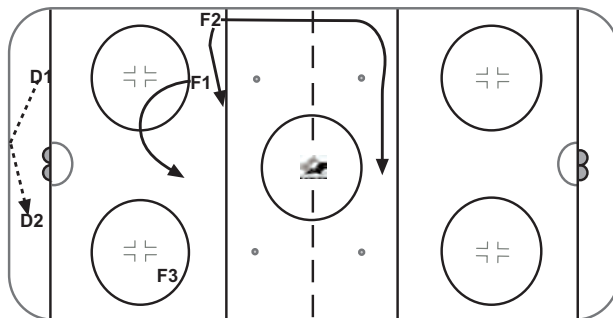
- D1 retrieves puck and turns it up near side.
- D2 screens and protects net front.
- F1 supports low and is an option.
- F2 opens up and is an option on the wall.
- F3 supports coming across or by stretching.



### Drill Name & Description

#### Over

- D1 retrieves puck and passes to D2.
- D2 releases from net front and is an option for D1.
- F3 opens up and anchors on wall.
- F1 supports D and is an option in the middle.
- F2 is an option to support across or stretch.





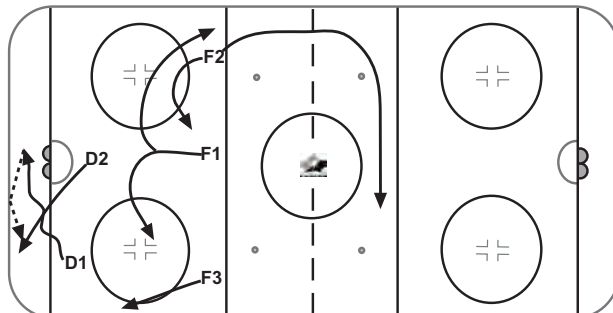
# Player Development

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## Drill Name & Description

### Reverse

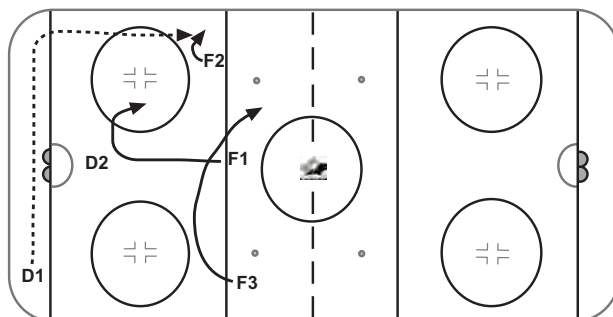
- D1 retrieves puck & begins to wheel net.
- D2 holds net front and calls REVERSE, then leaves to get the puck.
- D1 reverses puck to D2 using boards, then returns to front of net.
- F3 anchors and F1 and F2 can support or exchange lanes.



## Drill Name & Description

### Wrap

- D1 retrieves puck and reads pressure.
- D2 holds net front and protects middle.
- F2 reads wrap and cuts off support to go to blue line for puck.
- F1 supports below the puck.
- F3 comes hard across and stretches.



## Breakout Drills

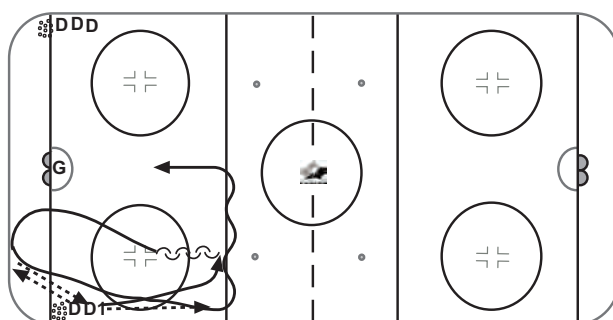
## Drill Name & Description

### Split Groups – Forward and Defense

- “UP” option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.
- He turns puck up and passes to first Defense in line who spots it in the corner again.
- D1 repeats the “UP” and skates to blue line, receives a pass, drags it across blue line for a shot.

### Key Teaching Points

- Back quickly to pucks.
- Check your shoulder for pressure and outlet.
- Approach puck on an angle.





# Player Development

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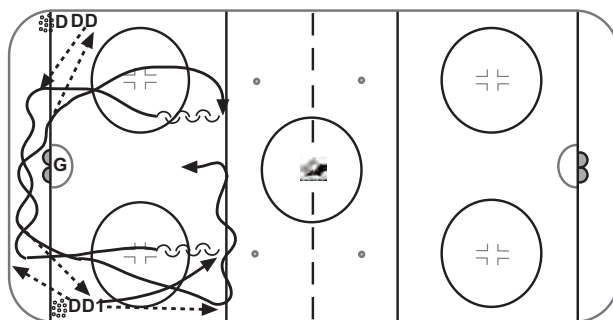
## Drill Name & Description

### “Wheel” Option x 2

- D begins same as above.
- Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.
- D touches up at blueline and completes same sequence on the other side finishing with same shot as above.

### Key Teaching Points

- Back to puck quickly.
- Check shoulder for pressure and outlet.
- Move puck quickly.



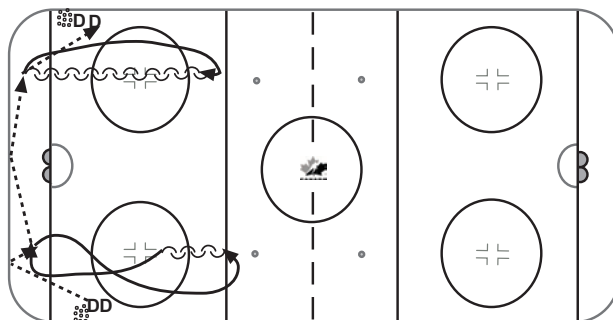
## Drill Name & Description

### “Over” Option x 2

- Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.

### Key Teaching Points

- Back quickly, check shoulder.
- Communicate outlet.
- “OVER” the puck so it is off the boards and less difficult to play.



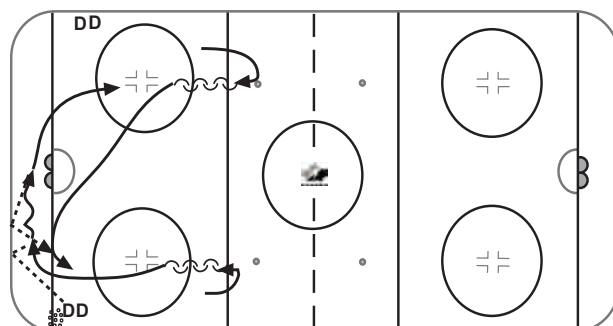
## Drill Name & Description

### “Reverse” Option x 2

- Same sequence as above.

### Key Teaching Points

- Back quickly.
- Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- Skate into puck.





# Player Development

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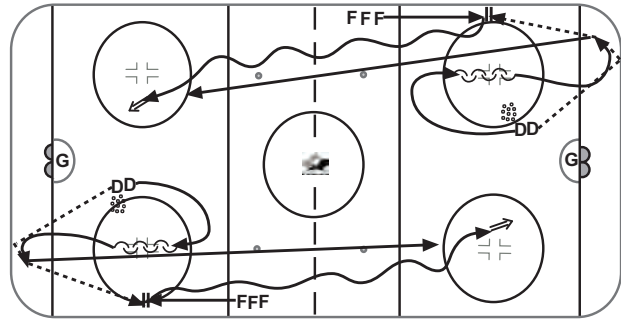
## Drill Name & Description

### Breakout Progression

- “UP” D, quick feet to top of circle down through dot
- Retrieve puck an up to forward who drops to hash mark.
- Forward goes down for shot and D join.
- Can exchange puck while going down ice.
- Go on whistle.

### Key Teaching Points

- Quick feet, check shoulder, communicate, move puck quickly.
- D joins for support and to close gap.



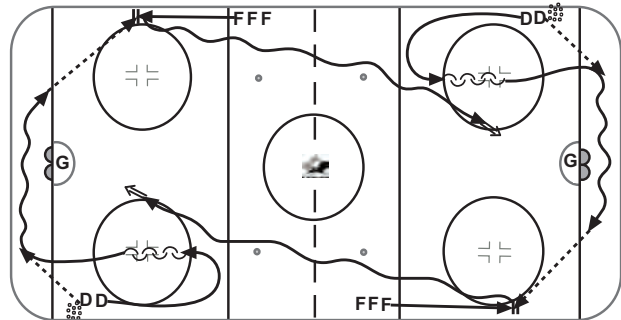
## Drill Name & Description

### “Wheel” Breakout Progression

- Same as above.

### Key Teaching Points

- Move puck at second post.



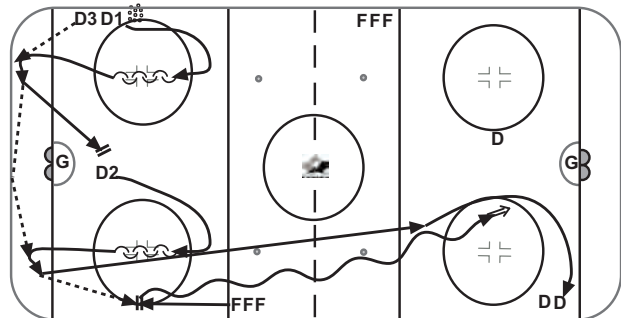
## Drill Name & Description

### “Over” Option

- Same drill as above except now 2 D involved for the over.
- D2 joins rush, then goes to hash mark on the wall.
- D1 fills in for D2.
- Drill goes on Coach’s command.

### Key Teaching Points

- Quick feet, check shoulder, D2 feet pointed up ice to identify outlet, communicate, move puck, move feet.





# Player Development

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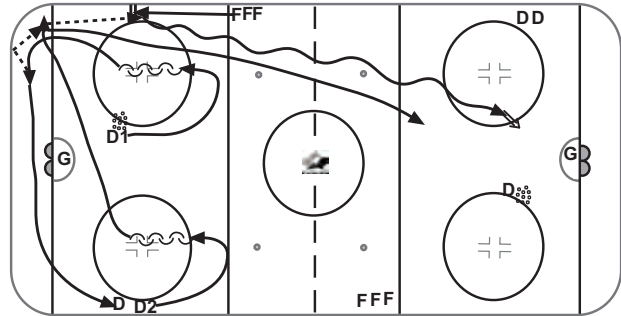
## Drill Name & Description

### Reverse Option

- D1 spots puck for himself.
- D1 reverses to D2 who moves puck to forward.
- D2 joins play and fills in on middle hash mark.
- D1 reverses puck then joins line on hash marks on the wall.

#### Key Teaching Points

- Quick feet, protect net front, communicate.



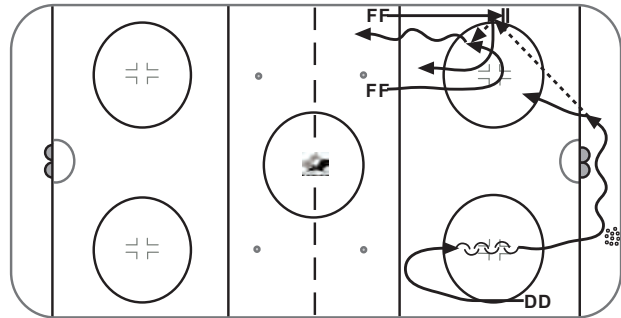
## Drill Name & Description

### Breakout Progression 2 Forwards

- Each drill above can include a second forward providing middle support.
- Puck can be moved to wall then to middle using direct or indirect pass.

#### Key Teaching Points

- Middle support must time his skate, come from underneath for support, communicate to other forward for direct or indirect pass.



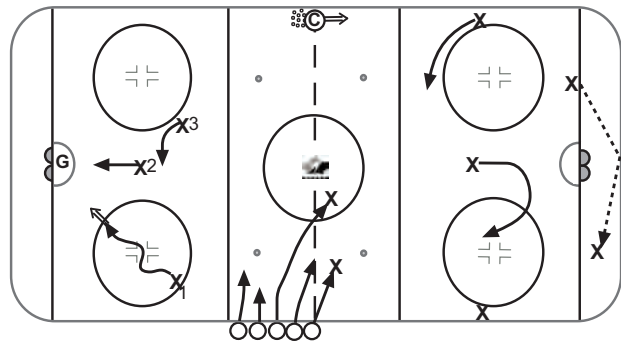
## Drill Name & Description

### Continuous Breakout vs Pressure

- X's Breakout and X forwards enter zone for scoring chance.
- X D's sprint to bench.
- As X forwards enter offensive zone 5 O's come onto the ice.
- Coach shoots puck into zone and O's go back to breakout.
- One, two or all three X's will pressure breakout.
- Coach times the shoot in to get desired pressure.

#### Key Teaching Points

- Back quickly, provide screens, check shoulder, provide outlets, communicate, good changes.





# Player Development

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## Key Points

### Controlled Breakout

- Players must provide support from three sides.
- D2 must be lateral or below his partner.
- Stick must be available for the pass.

### Up, Over, Wheel, Reverse, Wrap

- Defense must get back to the puck quickly, checking his shoulder for pressure and outlets.
- Defense partner must screen for his partner or provide an outlet, but he must always communicate best available option before his partner gets to the puck.
- Forwards must sprint back to position to provide an outlet.
- Forwards must read the situation, anticipate the first pass, and react to provide support for second pass option.
- The quicker the first pass is made, the faster the team breaking out brings its attack to high speed. The two most important factors in this case are communication and puck movement.





# Player Development

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## INTRODUCTION: ENTRIES

Entries in the international game are critical and special emphasis must be paid to this area. Teams in international competition rely on transition and a quick strike mentality to a large degree, especially since the two line pass is not in play. Turning a puck over at the offensive blue line is a critical mistake in the Canadian game because we have an attack mentality and as such, the other four players on the ice are thinking attack while the puck is being pushed up the ice the other way. We believe giving players the tools to effectively enter the offensive zone using the principles of support, puck control and pressure allows them to play with a strong Canadian attack mentality.

Including a net drive mentality accomplishes a number of things. It provides an attack mentality that is a big part of the Canadian game. It stretches the zone and forces the defense to make a decision on whether to take the player to the net or protect the slot. It forces the defending team to read and react at a higher speed. It also is intimidating to a goaltender who is facing a shot from the outside while he sees a player attacking the net at high speed. The goaltender's attention may be divided, but certainly he has to be concerned about the second shot possibility or the pass that may be made. This will force him to play a little deeper in his net. Typically, goaltenders who play the international game do not face a lot of traffic, and therefore are forced to work harder than normal under more crowded conditions. This can be very frustrating for a goaltender that is not used to these conditions.

Maybe the most important aspect about a good mid lane drive is that it helps to establish an attack mentality that can lend to the development of a team's personality.





# Player Development

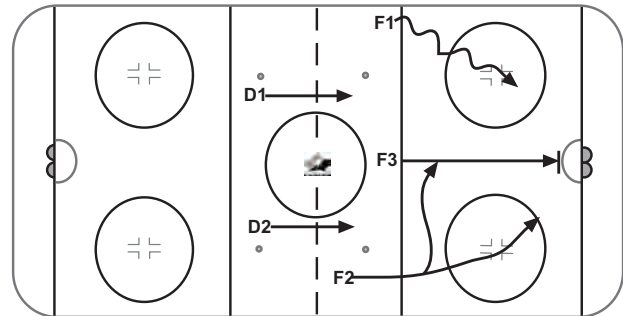
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## Entries

### Drill Name & Description

#### Mid Lane Drive

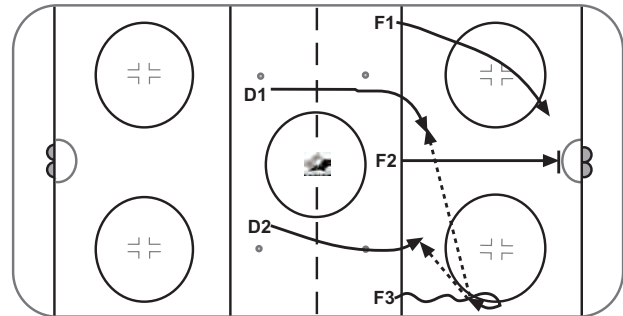
- F1 attacks the offensive blue line and takes puck to the net.
- F3 drives the mid lane aggressively.
- F2 reads play and can drive the net or go to slot for high pass.
- D1 and D2 move up on the play and are available to fill in the high slot if open.
- Fill the open ice.



### Drill Name & Description

#### Wide Delay

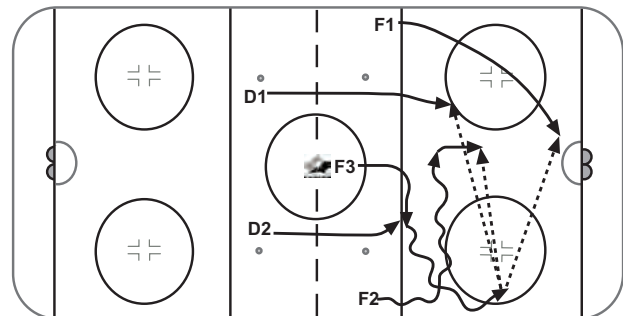
- F3 drives wide with puck and reads he is not able to get to the net. He cuts back and protects puck making all options available.
- F2 drives net through the mid lane aggressively.
- F1 drives net drawing defenders deep.
- D1 and D2 activate and are available as high options.
- F3 becomes the high man after the pass.



### Drill Name & Description

#### Cross

- F2 looks for the open ice – either in front (soft gap) of or behind the opposing D.
- F3 reads soft gap and crosses behind F2.
- F2 either gives puck to F3 or keeps it. Both players continue to attack net.
- F1 drives the net hard drawing defenders deep.
- D1 and D2 activate and are available in high slot.



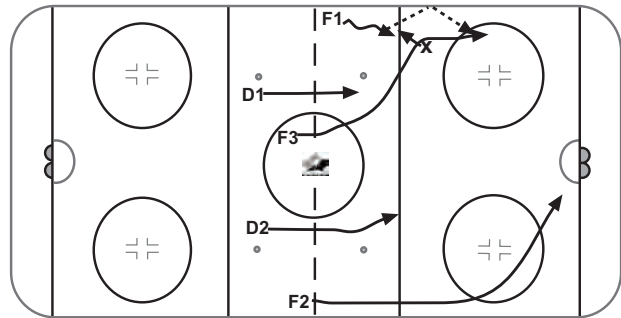




# Player Development

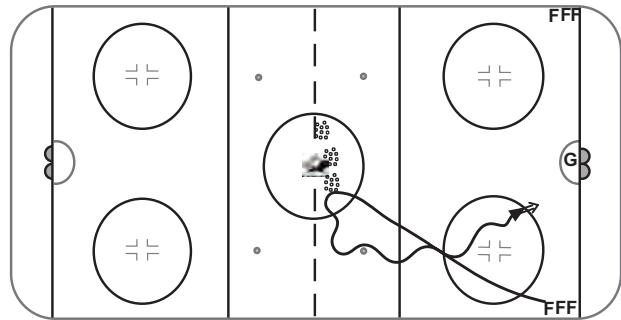
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Drill Name & Description
<b>Chips</b>
<ul style="list-style-type: none"> <li>F1 has the puck and is challenged by opposing D.</li> <li>F3 reads and provides close support to pick up chip (F3's speed should not be sacrificed).</li> <li>F2 drives the net trying to get inside position.</li> <li>D activate and are available to find open ice.</li> </ul>

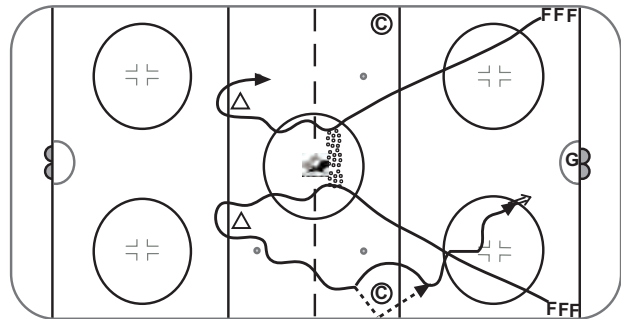


## Entries Drills

Drill Name & Description
<b>Split Groups – Forwards and Defense</b>
<ul style="list-style-type: none"> <li>Net Drive.</li> </ul>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>Hard driving strides to net from blue line.</li> <li>Stop at net.</li> </ul>



Drill Name & Description
<b>Chip and Chase</b>
<ul style="list-style-type: none"> <li>Freeze the coach then chip out side and chase inside.</li> </ul>

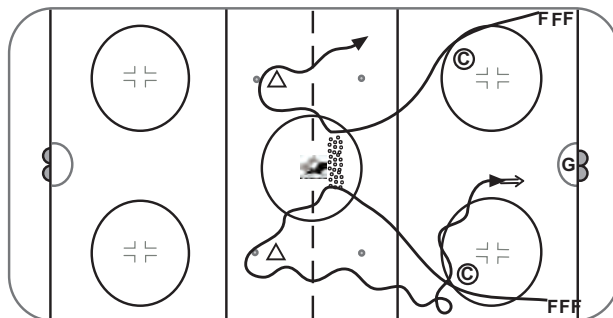




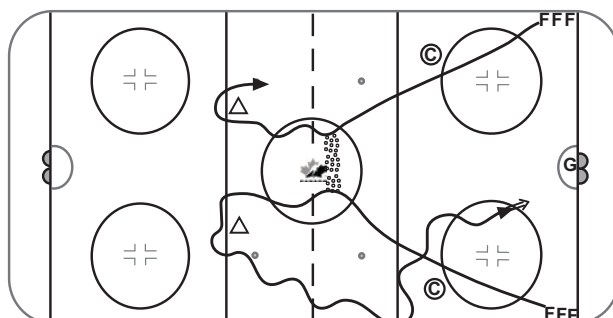
# Player Development

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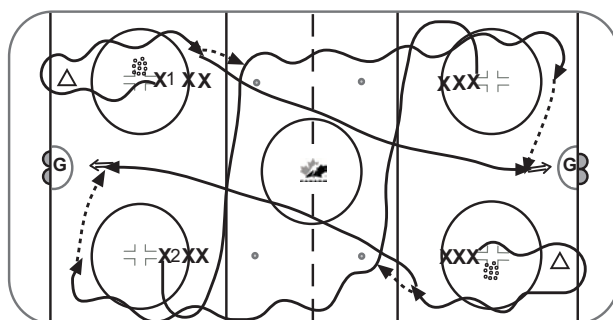
Drill Name & Description
<b>Wide Delay</b>
<ul style="list-style-type: none"> <li>• Attack Coach with speed to back him off.</li> <li>• Tight turn protecting puck and drive the seam.</li> </ul>



Drill Name & Description
<b>Cross</b>
<ul style="list-style-type: none"> <li>• Attack with speed and identify open ice in front of coach.</li> <li>• Tight cross to maintain speed.</li> <li>• Protect puck.</li> <li>• Drive seam.</li> </ul>



Drill Name & Description
<b>Net Drive</b>
<ul style="list-style-type: none"> <li>• X1 and X2 leave on whistle.</li> <li>• X1 takes puck around the cone and up the boards while X2 cuts hash marks and sprints over to support.</li> <li>• X2 receives pass and drives wide while X1 goes to the middle driving mid lane directly to far post.</li> </ul>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>• Keep feet driving through hash marks.</li> <li>• Drive to par post.</li> <li>• X2 go to the net after the pass.</li> </ul>





# Player Development

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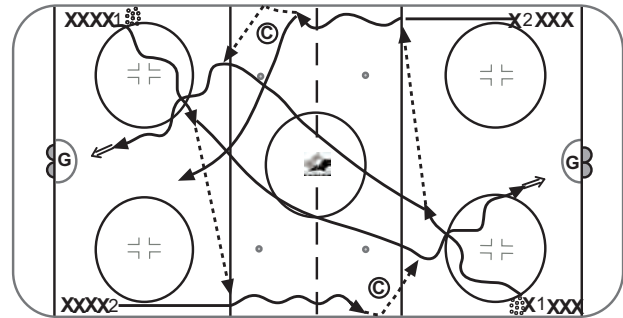
## Drill Name & Description

### 2 Man Support and Chip

- X1 and X2 leave on whistle.
- X1 takes puck and feeds X2 going up the boards then skates to support.
- X2 draws coach to him and chips puck to open space for X1 to skate into it.
- X2 rejoins X1 on the rush.
- Both ends same time.

#### Key Teaching Points

- X1 works to support.
- X2 waits for coach to commit then moves puck to open space.



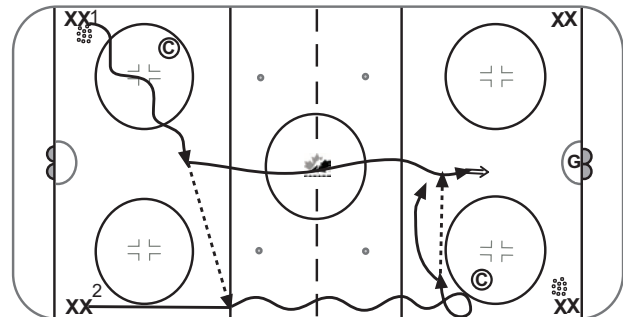
## Drill Name & Description

### 2 Man Wide Delay

- Same drill as above except coach pressures deeper.
- X1 saves his ice in neutral zone to ensure he is an option.
- X2 looks for X1, then fills in as a high man.

#### Key Teaching Points

- X2 drives deep and off the boards to create space.
- Protect puck on the delay.
- X1 save ice for timing purposes.
- X2 fill in as high man.



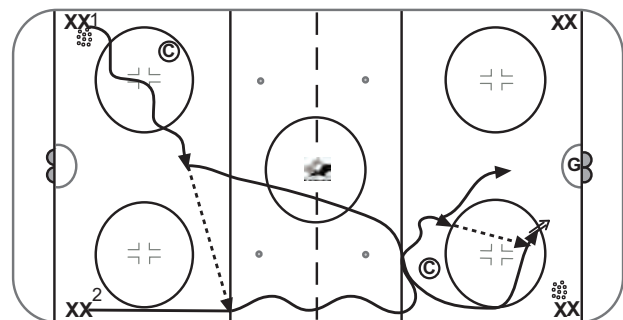
## Drill Name & Description

### 2 Man Cross

- Same as above, except X1 and X2 execute an offensive cross at the blue line.
- Can be a drop pass for X1 with drive or X2 can keep and drive or keep and feed to X1.

#### Key Teaching Points

- Play without puck support from behind on cross.
- There must be a net drive after the cross.





# Player Development

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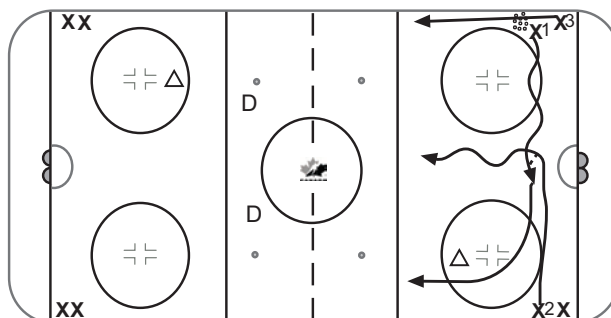
## Drill Name & Description

### 3 Man Drive

- X1 comes across zone with puck and drops for X2 coming off other side.
- X3 delays and joins the rush.
- 3 players exchange puck through neutral zone and prepare to enter zone vs two passive D.
- Coach can dictate desired zone entry.

#### Key Teaching Points

- Puck support.
- Net drive.
- Speed on the rush.
- Form attack triangle.



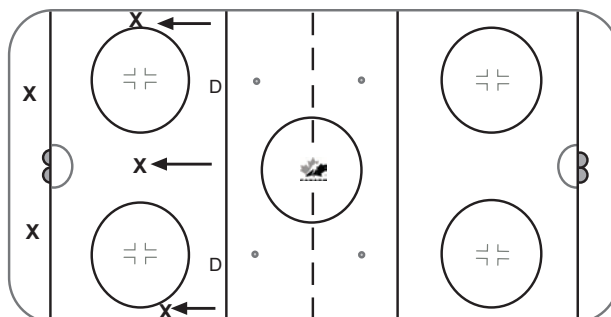
## Drill Name & Description

### Breakout 5 vs 2

- X's perform breakout and attack against 2 D defending with full pressure.
- X's need to read and react to choose proper entry.
- On whistle X's regroup and D get gap to defend 2<sup>nd</sup> rush.

#### Key Teaching Points

- Attack with speed thru neutral zone.
- Proper puck support necessary.
- Communicate.



## Key Points

- The puck **must** be advanced at the offensive blue line.
- Speed must be maintained.
- There must be an aggressive mid lane drive.
- Five players must be up on the play.
- There should always be a high slot presence.





# Player Development

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## INTRODUCTION: OFFENSIVE ZONE PLAY

Effective offensive zone play is very much a trade mark of Canadian hockey. By enjoying a territorial advantage during the course of a game the opposition is forced to react to what you are doing. Defending is much more taxing both physically and mentally than attacking and therefore there is an attrition effect as a game goes along.

There are various forms of effective offensive zone play, but it should be understood that while territorial advantage is important, developing scoring chances is the main aim. It should also be understood that good decisions and positioning are also important and so patience is a quality not to be under-estimated.

Effective offensive zone play requires that the principles of pressure, puck control and support employed by all five players on the ice. It is essential that players communicate to each other and work to move puck away from defensive pressure so as to take advantage of seams that may open up as a result of broken defensive coverage.

Forwards should funnel to the net on all shots with a second shot mentality.

Offensive zone play requires hard work and players willing to jump to opens spaces and moving quickly to areas after they move the puck. There must be a commitment to get pucks through to the net in order to take advantage of this sprint to the net





# Player Development

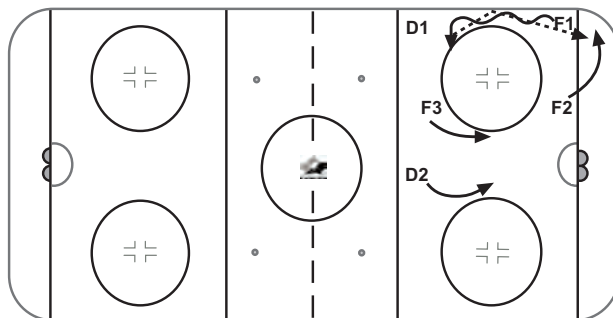
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## Offensive Zone Play

### Drill Name & Description

#### High Cycle

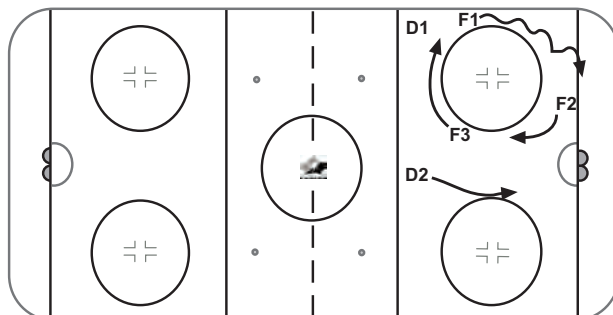
- F1 cycles up and looks to drive high seam to the net. If not, all players available for pass.
- F2 fills in the open ice low and is available if F1 has no direct pass option.
- F3 goes to the net.
- D1 is a safety.
- D2 can activate down back side.



### Drill Name & Description

#### Low Cycle

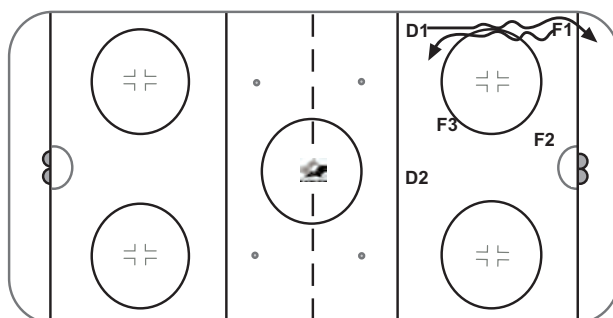
- F1 drives low and looks to go to the net. If there is no drive lane, the cycle begins.
- F2 holds net front, but slides up between hash marks.
- F3 slides to the wall to fill in the open ice left by F1.
- D1 is the safety.
- D2 can activate and read open space.



### Drill Name & Description

#### D Cycle

- This comes from the same formation as the high cycle.
- F1 comes up the wall to the blue line.
- D1 slides down the wall on the board side.
- There is a puck exchange between F1 and D1.
- D1 looks to go to net, or take the option to pass to F2 or F3.



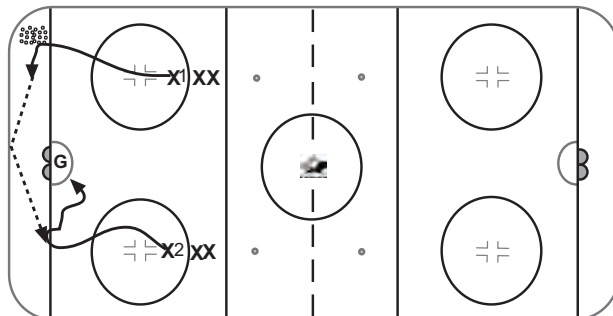


# Player Development

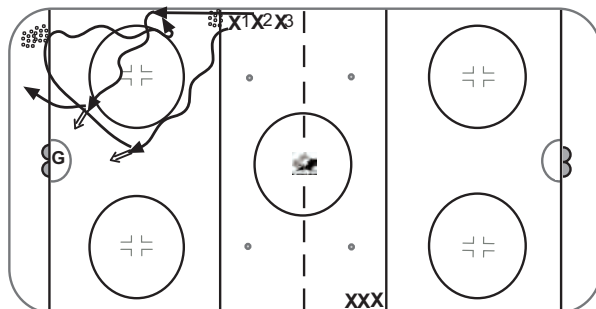
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## Offensive Zone Play Drills

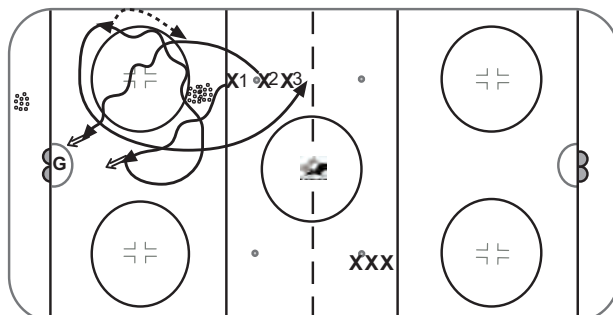
Drill Name & Description
<b>Change Point of Attack</b>
<ul style="list-style-type: none"> <li>X1 jumps to loose puck while X2 holds net front and supports to open ice.</li> <li>X2 receives pass and drives net.</li> </ul>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>X2 holds net front to draw coverage.</li> <li>Communicate and release quickly to loose puck.</li> <li>Drive net.</li> </ul>



Drill Name & Description
<b>D Cycle</b>
<ul style="list-style-type: none"> <li>X1 goes in for shot and releases to corner.</li> <li>He carries puck up wall past top of circles and X2 drives down wall.</li> <li>X1 reverses puck down wall to X2 who drives the net for a shot.</li> <li>X2 then releases to corner to take puck up wall for X3.</li> </ul>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>X1 drives up wall to draw coverage.</li> <li>X1 protect puck and create lane for X2.</li> <li>X2 communicate and drive seam.</li> </ul>



Drill Name & Description
<b>Low Cycle</b>
<ul style="list-style-type: none"> <li>X1 begins with puck, shoots, returns for 2<sup>nd</sup> puck and carries down wall.</li> <li>X2 provides support and communicates.</li> <li>X1 protects puck and reverses it to X2 who drives net for a shot.</li> <li>X2 retrieves 2<sup>nd</sup> puck and X3 supports.</li> </ul>
<b>Key Teaching Points</b>
<ul style="list-style-type: none"> <li>Drive low down wall protecting puck.</li> <li>Support player fills open space and communicates.</li> <li>Support player jumps to loose puck and drives net.</li> </ul>





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## Key Points

- Forwards win the race to the puck
- Protect the puck.
- Take puck away from pressure forcing the defensive team to adjust.
- Supporting player fill the open ice and communicate.
- Move the puck to the open ice.
- Move to support the puck carrier.
- Attack seams as they make themselves available.
- Do not throw the puck out blindly.







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## INTRODUCTION: SPECIAL TEAMS

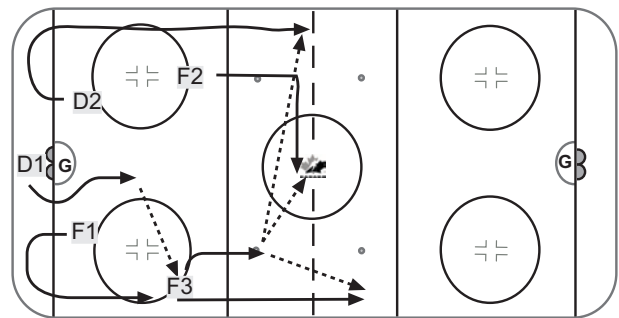
### Power Play Breakouts

Regardless of Breakout, no – stop option should be considered to force PK forecheck to make a decision

#### Drill Name & Description

##### Power Play – Breakout - Stretch vs Support

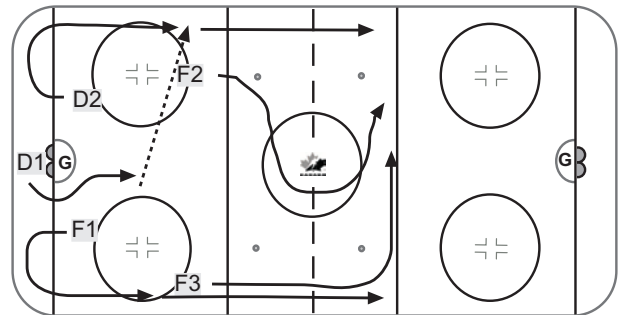
- Stretch when puck carrier is coming your way (ex. F3)
- Support when puck carrier is moving away from you (ex. F2)



#### Drill Name & Description

##### Power Play – Breakout - Stretch vs Support

- Timing is crucial. Defensemen need to pass early to give forwards the possibility :
  - To keep speed for entry
  - To establish support
  - To be 1<sup>st</sup> on pucks on dumps





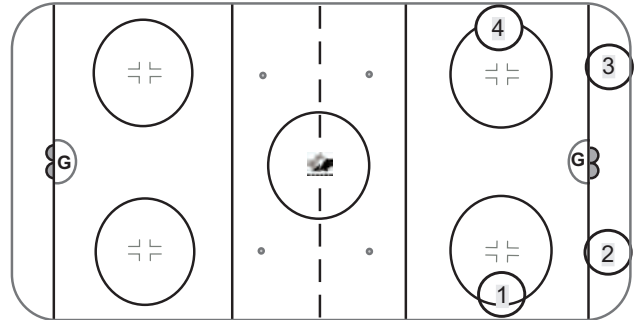
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## Drill Name & Description

### Power Play – Zone Entry

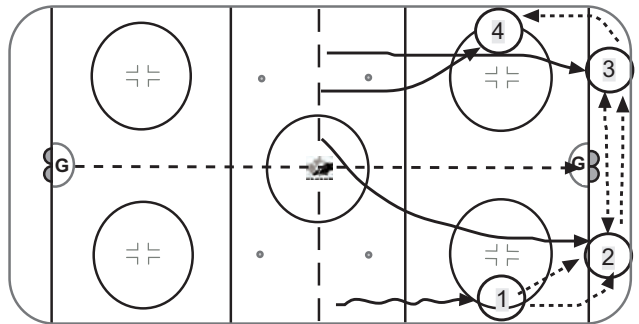
- Goal is to keep control on entry
- 4 main target areas to reach while carrying the puck or to place the puck into (to regain puck)



## Drill Name & Description

### Power Play – Zone Entry

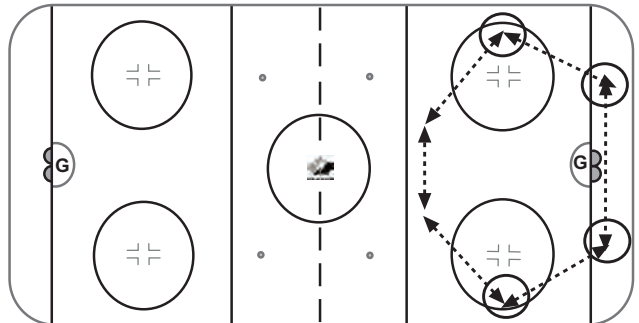
- Need 2 players on strong side supporting each other and covering #1 and #2 target areas
- Need 2 players on far side to cover the further target areas (#3 and #4)



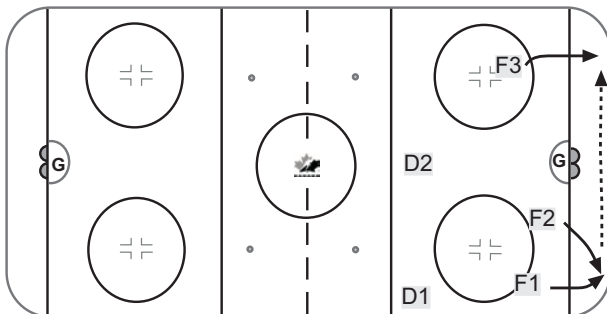
## Drill Name & Description

### Power Play – Zone Entry

- Can use the target areas to:
  - Start set-up
  - Release pressure
  - Create battles

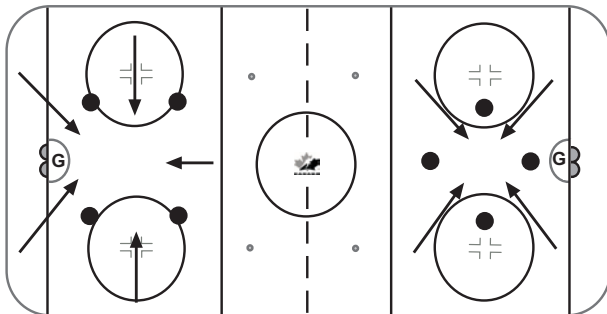


Drill Name & Description
<b>Power Play – Zone Entry</b>
<ul style="list-style-type: none"> <li>On battles you can keep a player wide as an outlet rather than have 3 on the same side. It allows players in the battle to know where to release the pressure.</li> <li>The far man still acts as a forechecker in case the opponent carries puck behind the net.</li> </ul>

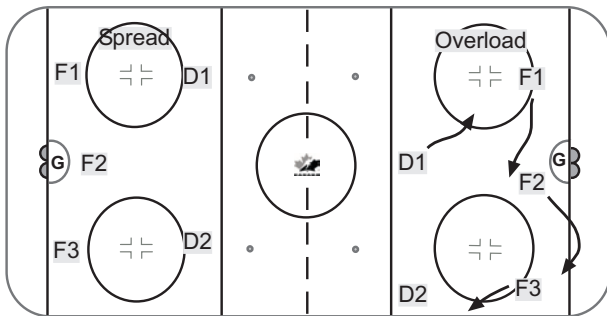


Many set-ups exist and all work well against a particular penalty kill formation. All of them rely on players ability to (a) release pressure, (b) attack seams.

Drill Name & Description
<b>Power Play</b>
<ul style="list-style-type: none"> <li>Attacking seams quickly with:             <ul style="list-style-type: none"> <li>A shot (quick release)</li> <li>A pass (move puck quickly)</li> <li>A carry (move feet)</li> </ul> </li> <li>Always try to position your body to attack a seam (with or without puck)</li> </ul>



Drill Name & Description
<b>Power Play – Spread (3-2) Set Up</b>
<ul style="list-style-type: none"> <li>Very versatile set-up because it can easily turn into:             <ul style="list-style-type: none"> <li>Overload</li> <li>Umbrella</li> <li>1-3-1</li> </ul> </li> </ul>

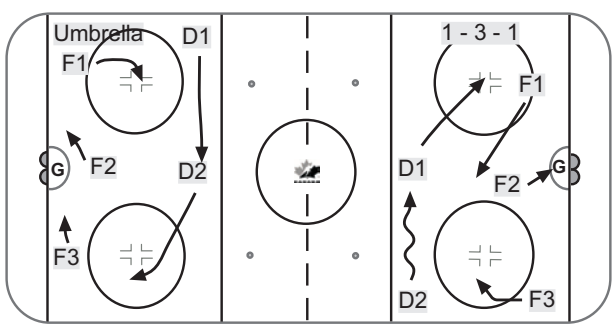




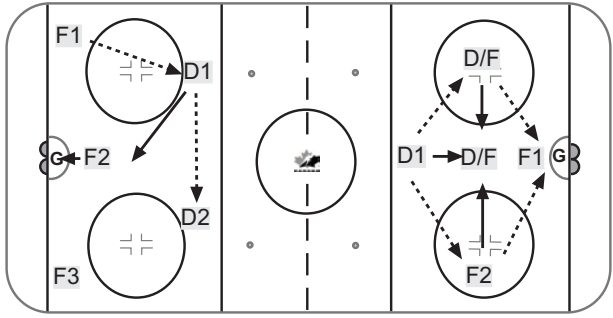
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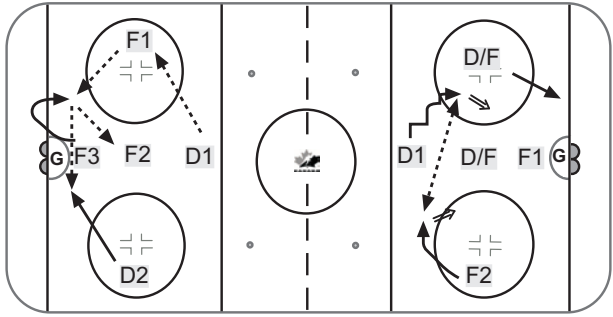
Drill Name & Description
<b>Power Play</b>



Drill Name & Description
<b>Power Play – Example of 1-3-1</b>
<ul style="list-style-type: none"> <li>• Need very skilled and quick players</li> <li>• Can be dangerous for turnovers</li> <li>• Need middle man to stay high and back to his position when battles occur</li> <li>• Can provide a “4 man jam” on shots</li> </ul>



Drill Name & Description
<b>Power Play – Example of 1-3-1</b>
<ul style="list-style-type: none"> <li>• Basic plays (with FWD or DEF filling middle)               <ul style="list-style-type: none"> <li>○ Walk in</li> <li>○ Slot pass</li> <li>○ Back door</li> </ul> </li> <li>• High Support</li> </ul>



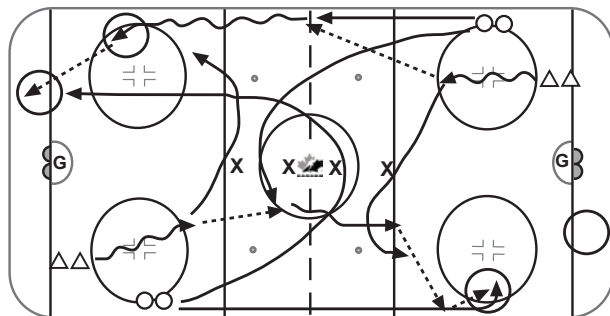


# Player Development

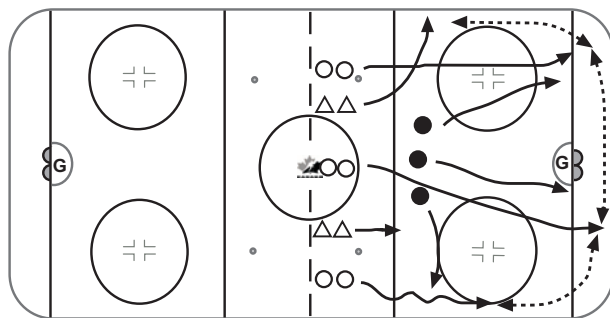
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## Power Play Drills

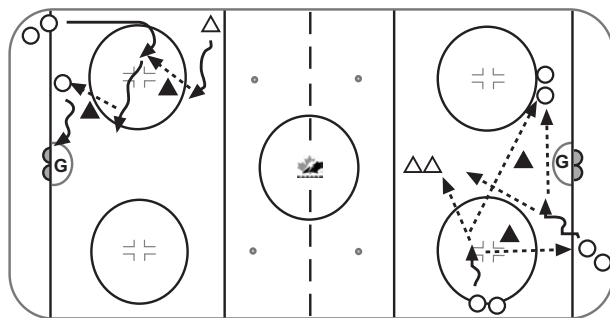
Drill Name & Description
<b>Power Play – Breakout and Entry</b>
<ul style="list-style-type: none"><li>Practice:<ul style="list-style-type: none"><li>Early pass</li><li>Stretch vs support</li><li>Entering 2 vs 1</li><li>Using target areas</li></ul></li></ul>



Drill Name & Description
<b>Power Play</b>
<ul style="list-style-type: none"><li>Practice releasing pressure (5 on 3 for 30 seconds)<ul style="list-style-type: none"><li>Rims (short and long)</li><li>Look</li><li>Protect puck</li></ul></li><li>Only play along the boards, 3 defenders just put heavy pressure</li></ul>



Drill Name & Description
<b>Power Play</b>
<ul style="list-style-type: none"><li>3 vs 2 (on side)</li><li>4 vs 2 down low</li><li>2 defenders block options and 4 power play players choose options</li></ul>





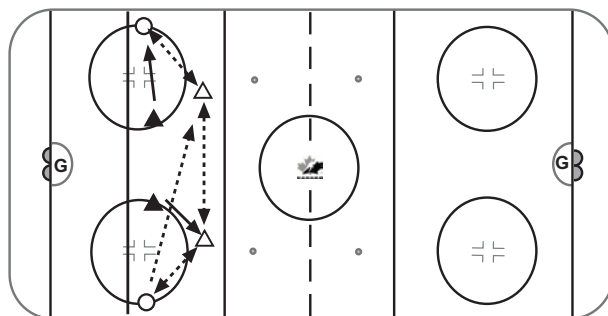
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## Drill Name & Description

### Power Play

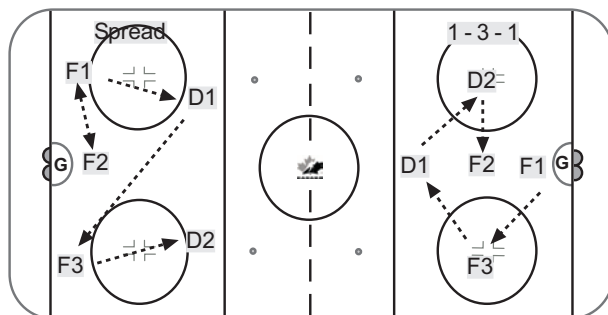
- 4 vs 2 up top to practice positioning body in seams with or without the puck
- Shoot on whistle



## Drill Name & Description

### Power Play

- Practice only passing for 1 minute with 2 pucks at the same time (1 second possession)
- It will increase vision, speed of execution, and communication





# Player Development

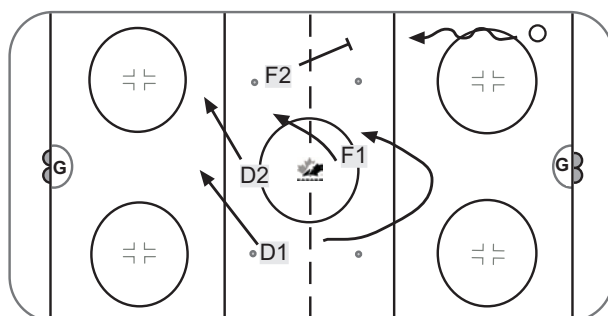
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## Penalty Killing Forechecks

### Drill Name & Description

#### Penalty Killing – 1-3 Forecheck

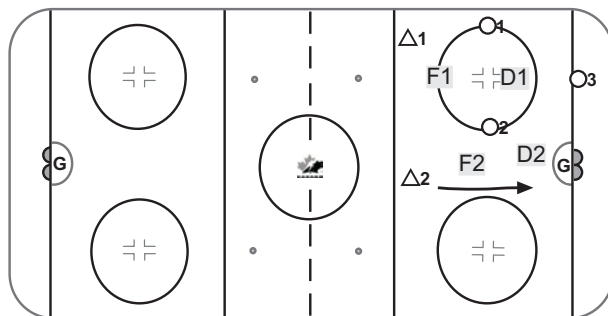
- F1 steers play to one side, then sprints back to support once puck is moved



### Drill Name & Description

#### Penalty Killing – DZ vs Overload

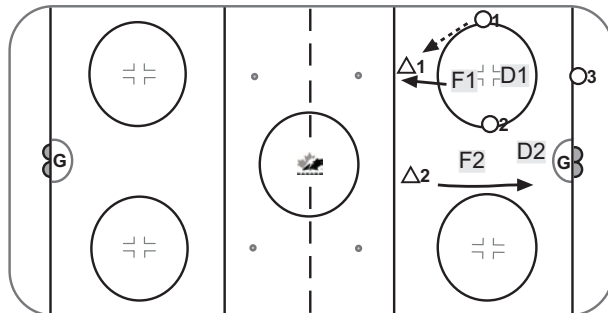
- Key is to take away time and space. Good players will make good plays if they have the time to make them. Force them to make a great play to beat you.



### Drill Name & Description

#### Penalty Killing - DZ vs Overload

- F1 must not allow defensemen to walk blueline with puck. If D walks, we lose pressure. F1 must attack D hard and force play back down to half wall.





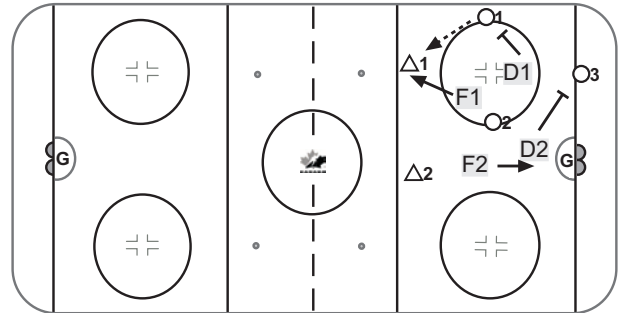
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## Drill Name & Description

### Penalty Killing - DZ vs Overload

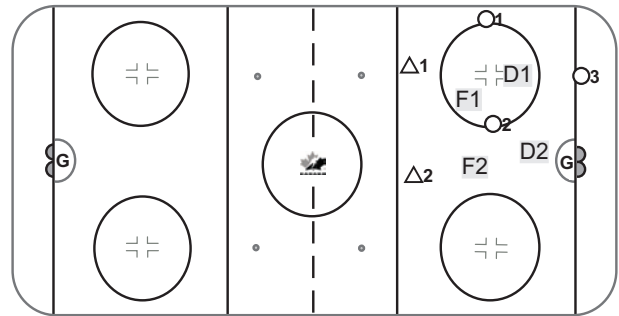
- If opposing F on half wall is above top of circle, F1 must try to press him down the boards, not allowing a pass back to the D at point. If half wall receives pass below top of circle, D1 should be in good position to jump and pressure. D2 is cheating to pressure low play. F2 covers net front.



## Drill Name & Description

### Penalty Killing - DZ vs Overload

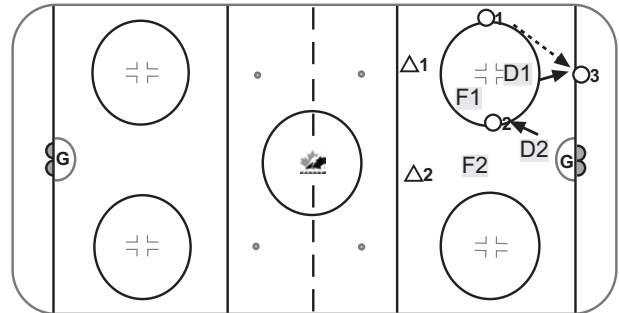
- Key to this PK is when opponent gets set up with full control on half wall. D1 must contain, maintain positioning in shooting lane and inside the dots.



## Drill Name & Description

### Penalty Killing - DZ vs Overload

- The low play is now imperative. If low opposing F is outside dots when low play is made, D1 plays the 2 on 1 and continues to contain as low F is not a threat.







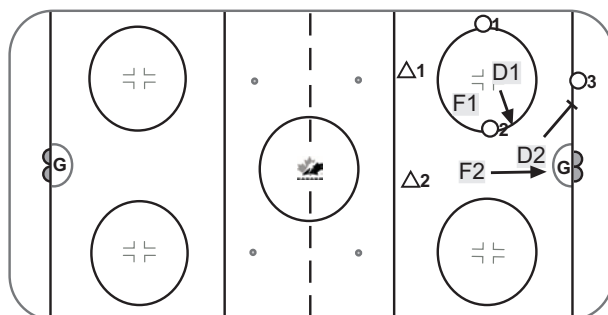
# Player Development

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## Drill Name & Description

### Penalty Killing - DZ vs Overload

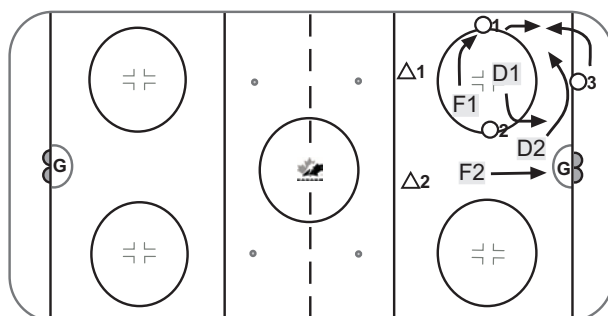
- If low F is in lane or inside dots when low play is made, full court press is on. D2, who is initially positioned on the near post a stick length from opposing F in slot, immediately attacks low F all out with stick on puck. This denies a pass to slot F or backside D who is covered by F2 collapsing to net front.



## Drill Name & Description

### Penalty Killing - DZ vs Overload

- When pass is made low, D1 must immediately get back towards net front and get his stick in the passing lane from low F to slot forward to deny a quick pass to the slot.



## Drill Name & Description

### Penalty Killing - DZ vs Overload

- Once pass to slot has been denied, D1 now cheats to corner in support of D2, who should be pressing low forward to the boards. D1 is ready to attack puck if it is cycled. F1 is in position to deny pass to point and deny a walk off the boards. F2 is covering net front and aware of weakside D at all times.
- When executed correctly, this kill is very effective at creating a battle and a turnover.

