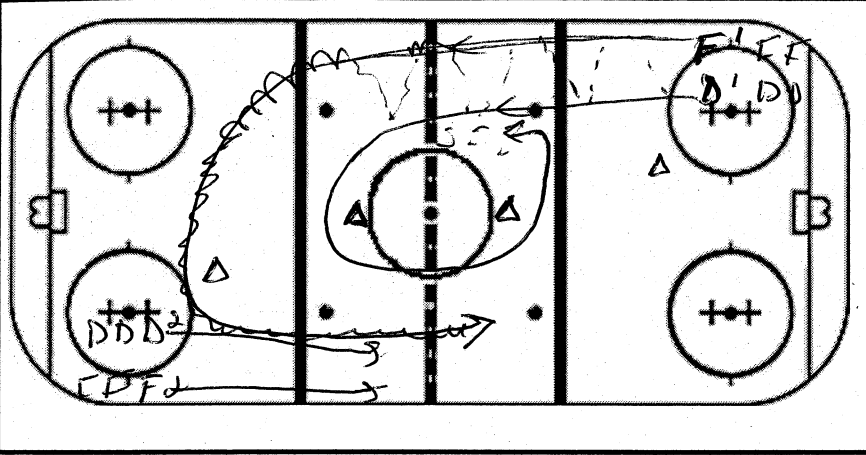


ACH: Jack Parker

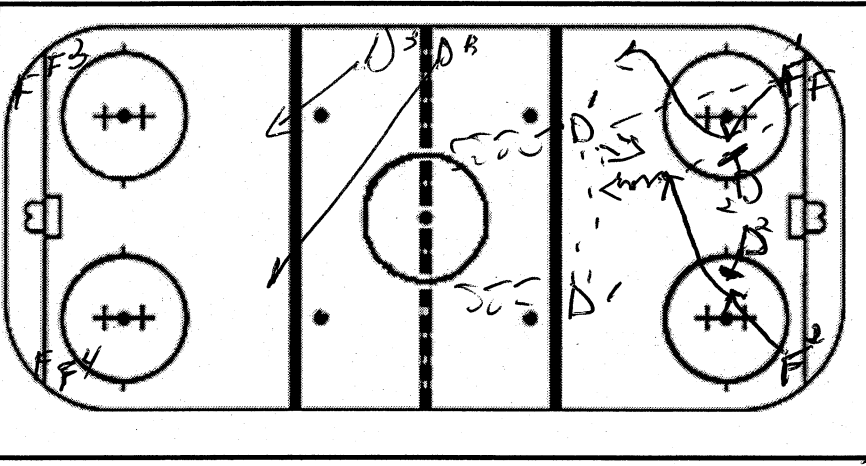
EAM: Boston University

**DRILL THEME: 1-1 and 2-2**



Key teaching points:  
Forward - attack  
will speed at blue line  
Defense - shoe position  
gap control - pivot  
and go.

Drill Description: "Circle one on one" - D + F pair up pass then D goes small circle + play 1v1 with other F while F' attack other D - all four go at same time.



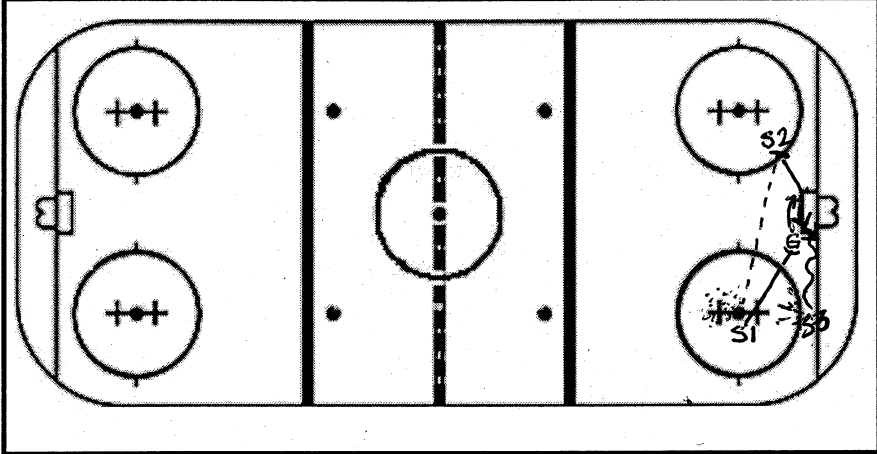
Key teaching points:  
D' shoot low-;  
D' on front - go to  
F' before they get to  
goal A.; then D  
stay up with good  
gap + meet rush  
early.

Drill Description: "2 on 2 - tip ins" - F' passes to D' and he passes to partner; F' + F' get to rush front + battle with D' for position, shot is taken the F' + F' receive pass from corner and then attack D'. 2v2 to other end; when rush is over, F' pass to D' + F' goes to rush to battle D'.

COACH: CHRIS GARNER - Volunteer Assistant Coach

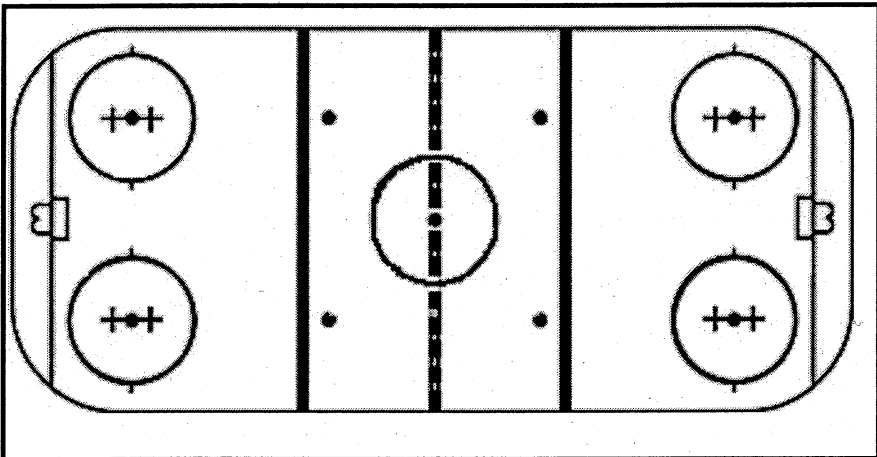
TEAM: ST. CLOUD STATE

**DRILL THEME: 1-1 and 2-2**



- Key teaching points:
- Shooters need to be ready, and time the drill as needed.
  - S2 should be open up for pass, one-timer. S3 should be on forehand.
  - Quick recovery
  - Strong pushes
  - 5 shots each side, for each goalie. Run each goalie twice, from each side.

Drill Description: S1 - Starts out w/ pucks on one side (dot), shoots hard, and on the ice, has a 2<sup>nd</sup> puck ready, and passes to S2 for hard, low shot or "one-timer" on backside. Goalie makes ~~block~~<sup>save</sup> on initial first ~~shot~~<sup>shot</sup>, recovers and slides to backside for 2<sup>nd</sup> shot. After 2<sup>nd</sup> shot, goalie recovers, and pushes back to initial post side, 3<sup>rd</sup> shooter walks in along goal line, attempts to "stuff", or shot short side. (S3)



- Key teaching points:
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Drill Description:

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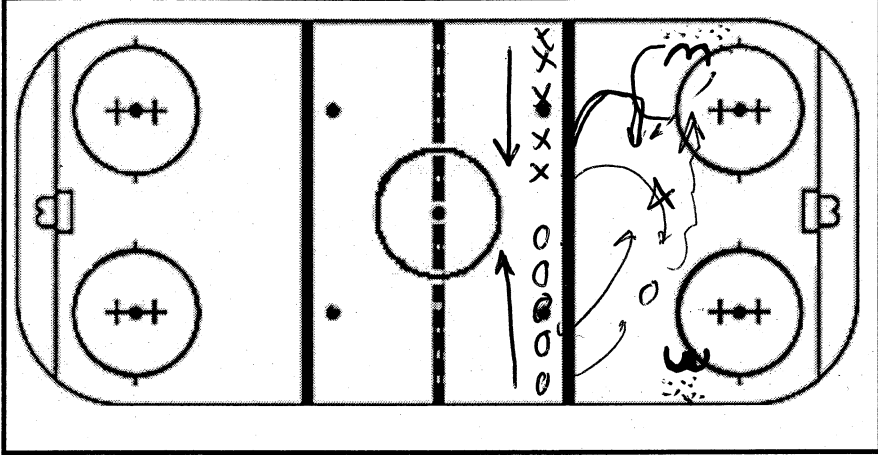
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COACH: CHRIS LAPERLE

TEAM: MIDDLEBURY COLLEGE

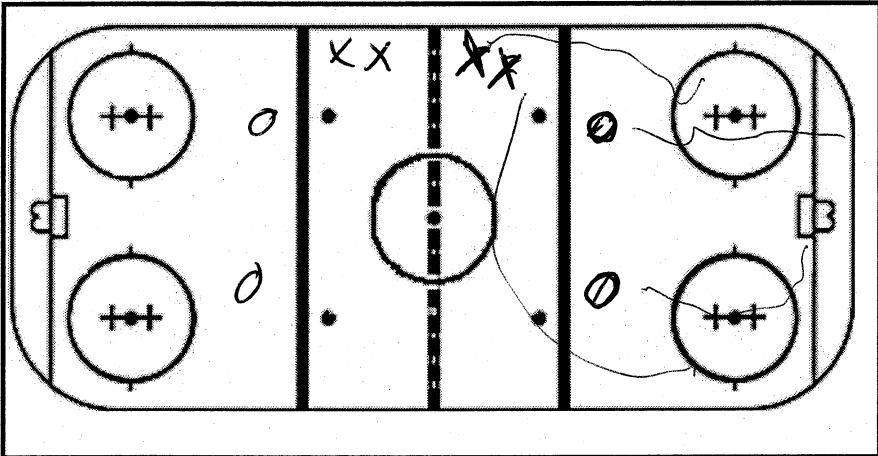
**DRILL THEME: 1-1 and 2-2**



Key teaching points:

- Skills
- Driving middle lane on to the net.
- One on One offensive
- Def skills

Drill Description: **Swedish 1V1**: O goes 1V1 against X, once the play is over O picks up a puck from behind the net and makes a pass to the next set of X. Create rules, add players 2V2, 3V3, 3V2, etc.



Key teaching points:

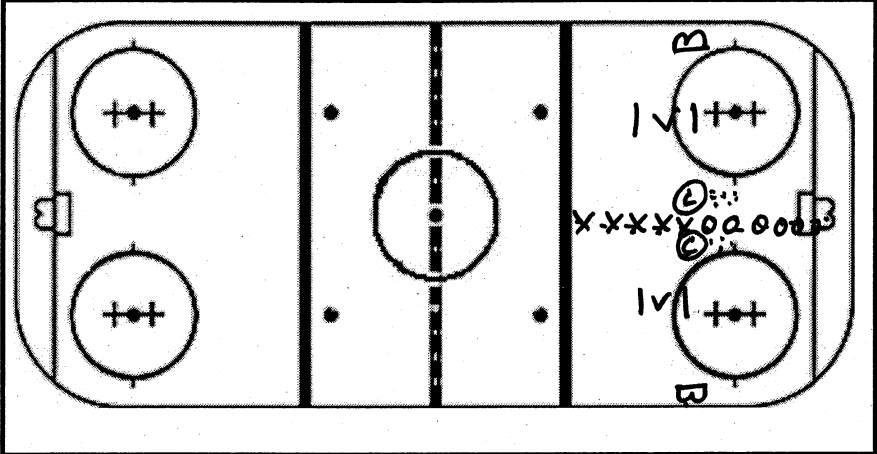
- Skills
- Making plays
- Offensive / Def skills

Drill Description: **Finnish 2V2**: X's dump the puck in O's go in to breakout the puck to X's. X's check the puck at the red line, O's gap up and play the 2V2. Both ends, use one puck on add players to make it a 3V3, 3V2, etc.

COACH: Jim Plumer

TEAM: Amherst College

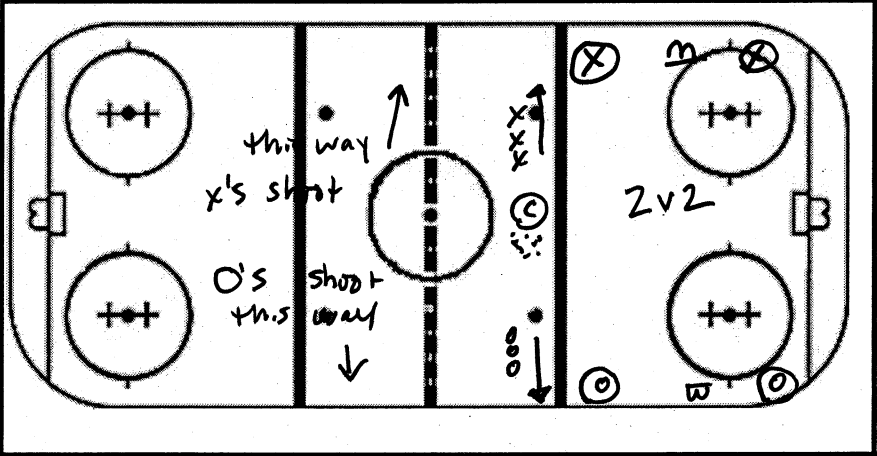
**DRILL THEME: 1-1 and 2-2**



Key teaching points:

- D plays body, practices puck protection skills
- F works on 1v1 skills, quick shots.

Drill Description: 1v1 in small space (1/4 zone). Coach puts puck into play. one player designated as offense; one designated as defense. Offensive player tries to score; defensive player defends. If defensive player gets the puck, he puck protects. Coach plays new puck if puck goes out of zone. 15-20 second shifts.



Key teaching points:

- encourage give + go
- encourage team puck possession
- encourage one touch passing
- transition! - can make cross ice pass to offensive support players.

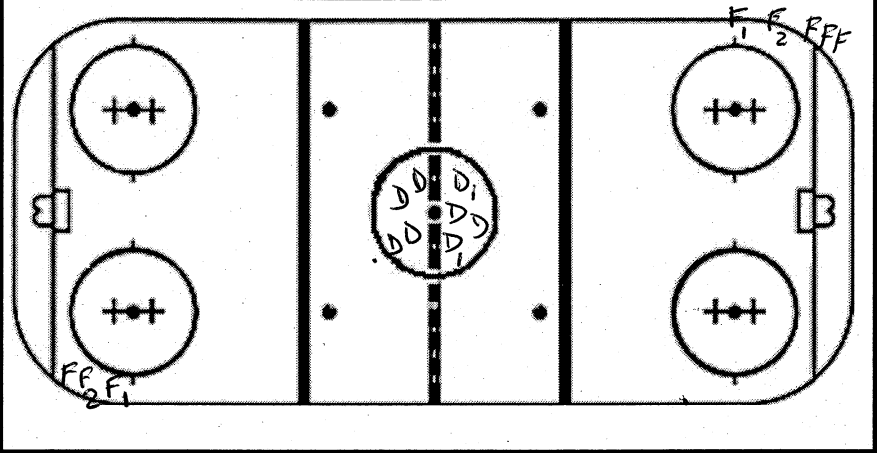
Drill Description: - 2v2 game with 2 offensive supports

- Coach throws puck in and play 2v2 for 30 second shifts.
- X's shoot at end where their supports are located. Supports circled (X).
- encourage offensive creativity + recognize transitions.
- Support players can pass to each other.

COACH: Norm BAZIN

TEAM: Colorado College

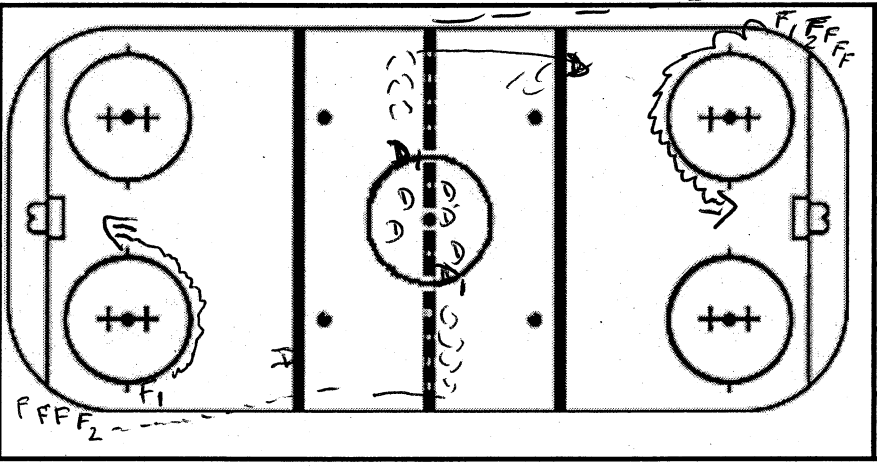
**DRILL THEME: 1-1 and 2-2**



Key teaching points:

DRILL STARTS WITH DEF IN MIDDLE AND F's in opposite corners ON WHISTLE - F1's from each corner skate around circle and get shot on net

Drill Description: At same time - Def. backpeddle out along ctr red line passing & rec. with next defenseman in line, then move puck down to F2



Key teaching points:

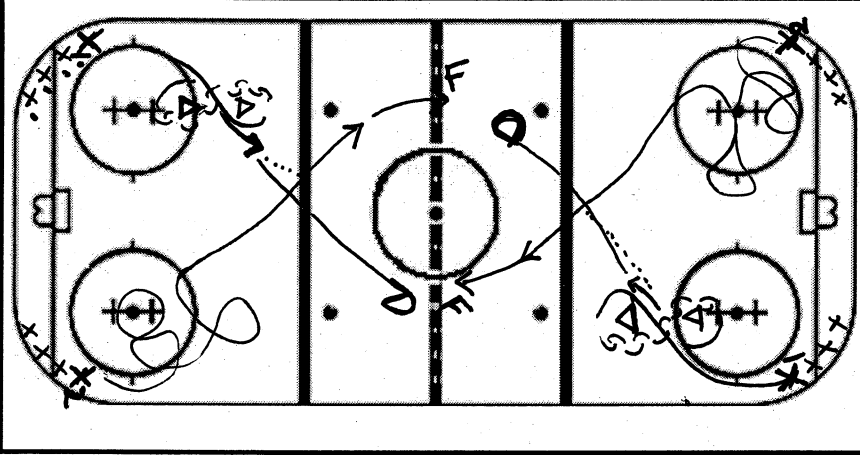
After initial shot by F1, F1 receives pass from F2 and goes down 1v1 versus D1 who had passed it to F2 then gapped up

Drill Description:

COACH: Kate Blair

TEAM: UNIVERSITY of MAINE

**DRILL THEME: 1-1 and 2-2**



Key teaching points:

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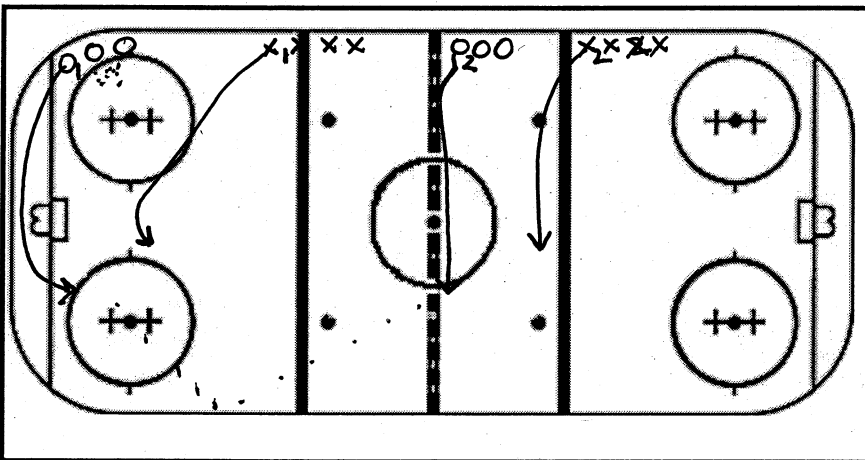
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Drill Description: (all 4 players leave on whistle)

- X<sub>1</sub> leaves w/ puck; figure eight around pylons while X<sub>2</sub> creates time & space
- X<sub>1</sub> steps out as X<sub>2</sub> comes across. X<sub>1</sub> pass → X<sub>2</sub> wide in n.z.
- X<sub>1</sub> takes the X<sub>2</sub> rush from opp. end



Key teaching points:

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Drill Description:

- O<sub>1</sub> drives around net w/ puck while X<sub>1</sub> angles
- O<sub>2</sub> gets pass in n.z. w/ X<sub>2</sub> covering.
- If O<sub>1</sub> connects pass w/ O<sub>2</sub>, O<sub>1</sub> joins rush w/ X<sub>1</sub> covering
- If X<sub>1</sub> breaks up the pass, he goes to net w/ X<sub>2</sub> joining the rush.
- play out the 2 on 2 full ice for 30-45 sec.