

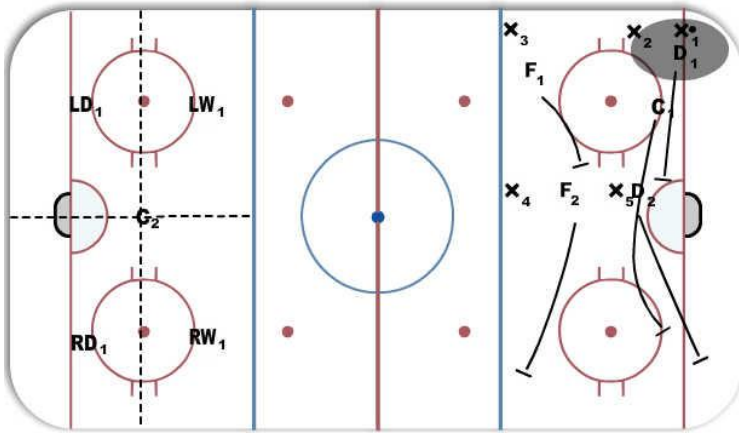


**Date:** 04/09/12      **Group:** \_\_\_\_\_  
**Length:** 0 mins  
**Start Time:** 7:00pm      **Focus:** systems for the association  
**End Time:** 7:00pm      **Level:** \_\_\_\_\_

Length	Start	Drill Name	Category	Notes
10	7:00pm	4 +1 Defensive Zone Coverage	Systems	Diagram on the left represents D Zone coverage, dividing the players into 4 zones. The C covers the two lower zones with the D
10	7:10pm	Offensive Zone Attacks #3	Timing	
10	7:20pm	Power Play Break Out "Ladder"	Power Play	
10	7:30pm	Power Play Breakout "Controlled Ladder"	Power Play	
10	7:40pm	Overload Give and Go	Power Play	

**Notes:** THESE ARE MANDATORY SYSTEMS TO BE INCORPORATED IN EACH TEAMS YEARLY PLAN.

**Drill Title:** 4 +1 Defensive Zone Coverage (1 Diagram )

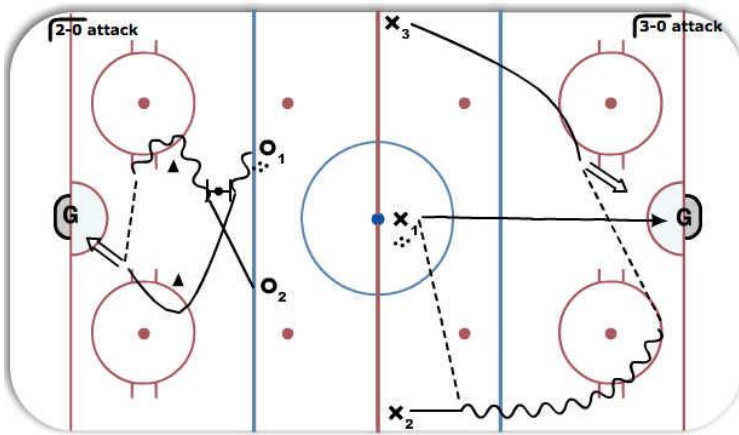


always rotating and focus is on maintaining the box. If puck is moved over a shift occurs only with one player.  
 D1 will pressure the puck carrier in the corner.  
 C1 (center) will support D1, and if the pass is made from X1 to X2, C1 will cover X2  
 D2 protects the house  
 F1 feet facing at 45 degrees will cover the strong side Defenseman (X3)  
 F2 will support D2 however he/she must be at least 2 stick lengths away from covering X4

If the puck shifts from corner to corner a full shift occurs with only the centerman skating over to support the D

**Key Points:** Always pressuring the puck carrier

**Drill Title:** Offensive Zone Attacks #3 (1 Diagram )

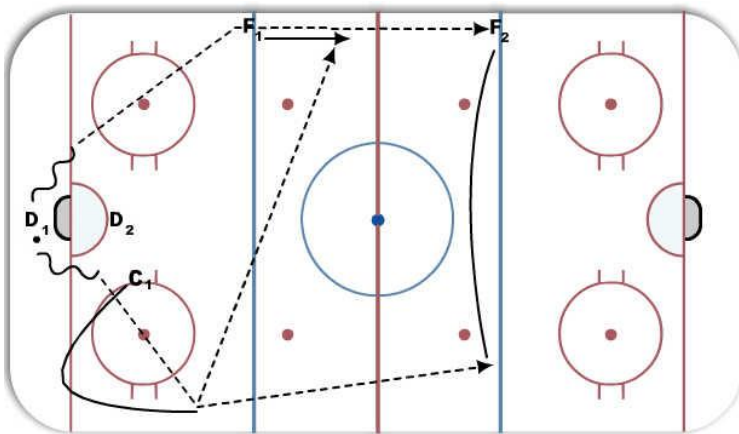


2-0. O1 skates and drops the pass for O2. As they circle around the cone, O2 is trying to hold the goalie to the short side post and O1 squares his/her hands to the net. as the pass comes across the shot should be quick forward hand motion and shots should probably be upstairs

3-0. X2 carries the puck wide forcing the goalie to hold the post. X1 goes to the net to cause confusion to the goalie and be there for any rebounds. X3 times the skate into the slot for a shot. When X2 makes the pass the must also go to the net

**Key Points:** communication and squaring your hands to the net

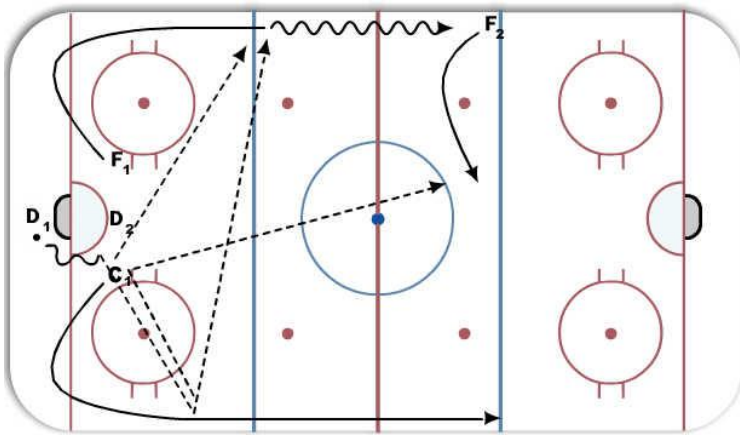
**Drill Title:** Power Play Break Out "Ladder" (1 Diagram )



The puck hard rimmed up the boards on the opposite side of the bench to F2. The other option is to pass to the center (C) who will cross ice pass to F1 or stretch pass to F2

**Key Points:**

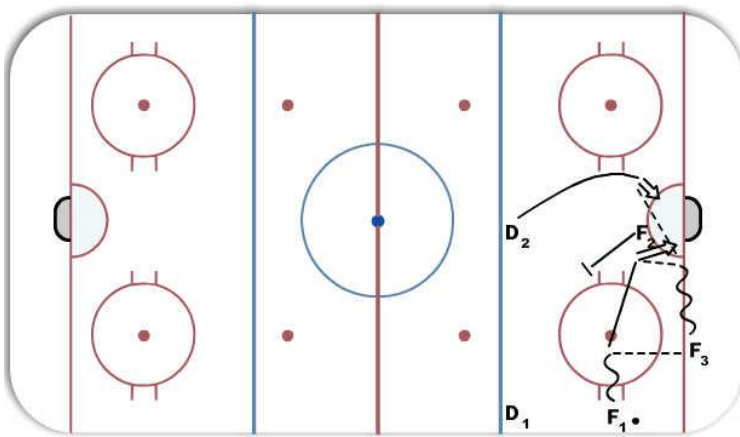
**Drill Title:** Power Play Breakout "Controlled Ladder" (1 Diagram )



(C) and F1 need to leave on the same plane. D1 Steps out behind the net and passes to the C1. C1 goes cross ice to F1 or gives it back to D1 who transitions it to F1 or stretch pass to F2

**Key Points:**

**Drill Title:** Overload Give and Go (1 Diagram )



Options are to sneak the weak side D2 into the play and F2 steps out pulling the PK with you. F3 must attack the net to keep the goalie at the post.

**Key Points:** Make sure F1 and F3 are on the same plain when attacking the net