

## ON ICE SESSION OVERVIEW

OPTION A: 50 minute ice session

<b>Session Component</b>	<b>Time (min.)</b>
WARM UP	5
PASSING	20
CYCLING	10
ZONE ENTRIES	10
TRANSITION	5
Total Time	50

OPTION B: 75 minute ice session

<b>Session Component</b>	<b>Time (min.)</b>
WARM UP	5
PASSING	30
CYCLING	15
ZONE ENTRIES	20
TRANSITION	5
Total Time	75



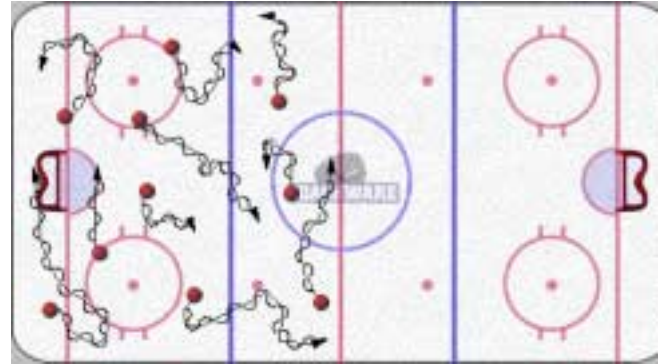
# PLAY RIGHT COE SPECIALTY COACH CLINIC PROGRAM



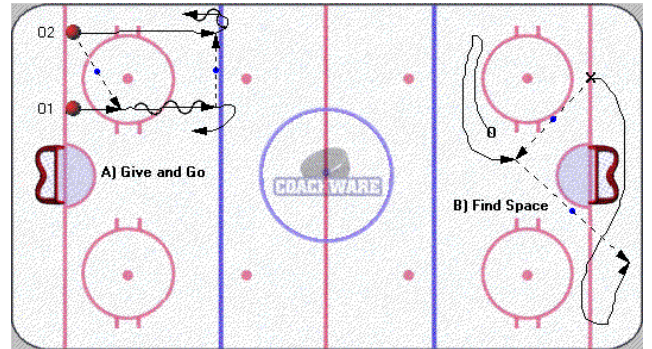
50 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

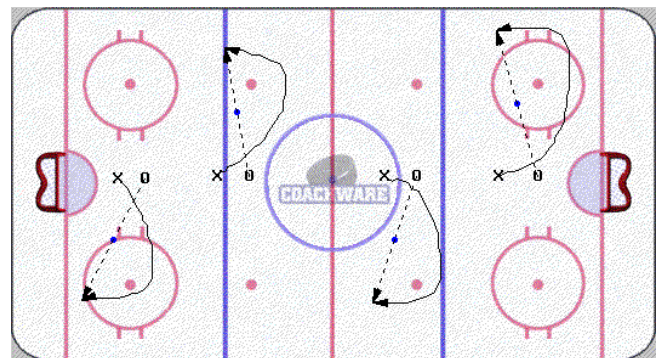
Time	Drill Name & Description	Key Points
2-3	<b>Scatter Warm-up</b>	
	<p>1 puck per coach in ½ rink area.</p> <p>Skate anywhere, change direction every 3-4 seconds.</p> <p>Switch from forward to backward to forward skating every 3-4 seconds.</p>	<ul style="list-style-type: none"> <li>• Eyes up</li> <li>• Keep feet moving</li> <li>• Head on swivel</li> <li>• No shooting</li> <li>• Regain your own puck</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>2's Passing</b>	
	<p>A) <u>Give and Go</u>: Partner Passing            01 skates, gets pass, stops at blueline. 02 to blueline.            01 and 02 exchange passes at blueline and now 02 skates to goalline, getting pass from 01.</p> <p>B) <u>Find a space</u>:            0 skates anywhere in zone. X passes to 0.            0 stops with puck and x skates to open ice for pass.</p>	<ul style="list-style-type: none"> <li>• Stick on ice</li> <li>• Eye contact</li> <li>• Pass to where player is going</li> <li>• Give target pass at proper angle</li> </ul>



Time	Drill Name & Description	Key Points
CONT'D	<b>2's Missing</b>	
	<p>C) <u>Swoosh</u>            X skates in front of 0 then finds open space.            0 passes.            X carries back to starting point and 0 now skates pattern for pass.</p>	<ul style="list-style-type: none"> <li>• Skate off puck, then get pass at right angle</li> <li>• Eye contact</li> </ul>





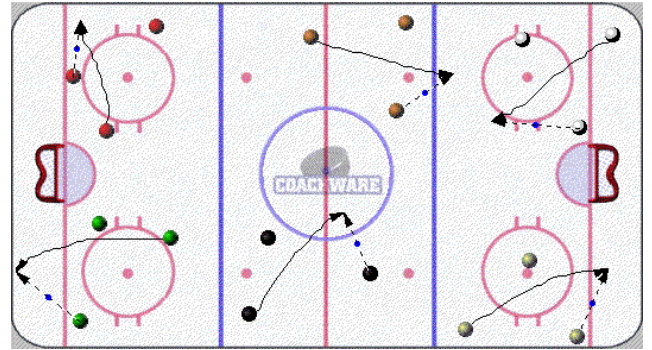
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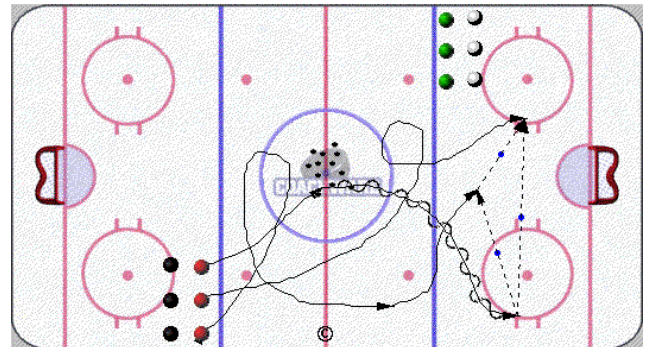
50 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

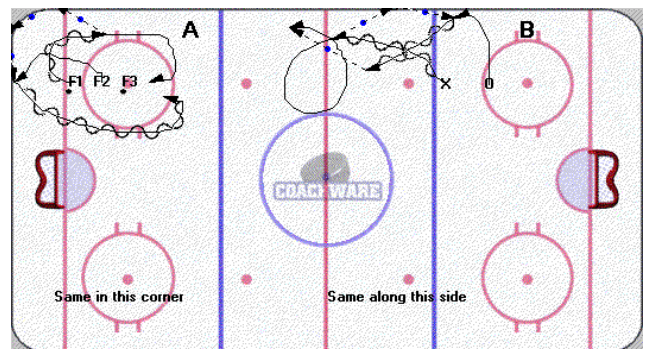
Time	Drill Name & Description	Key Points
5	<b>Penny Drill (3's)</b>	
	<p>Player without puck skates between partners and gets pass. Then repeat with other players.</p> <p>A player without puck always goes to new spot between others.</p>	<ul style="list-style-type: none"> <li>• Turn, face, get pass</li> <li>• Watch Teammates</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Loopy 3's</b>	
	<p>Pucks at centre</p> <p>Line of 3 skate with speed to centre, cut back, then attack far end</p> <p>1 player has picked up puck and sets up attack            *use 1-2-3 principle            *ensure drive skate with puck</p>	<ul style="list-style-type: none"> <li>• Find a space</li> <li>• Keep skating (no stops)</li> <li>• Fill a line</li> <li>• Quick puck movement</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>2-Man Cycle Circuit</b>	
	<p>A) <u>Offensive zone</u>            F1 gets puck in corner, reverses puck to F2, F2 carries, reverses to F3, etc. Each player goes to back of line.</p> <p>B) <u>Find a space:</u>            X carries puck to boards, cycles back to 0, X loops away then to open space for pass from 0.            Go to opposite line</p>	<ul style="list-style-type: none"> <li>• Stick blade at boards</li> <li>• Carry 2-3 strides before cycling</li> <li>• Be deceptive</li> </ul>







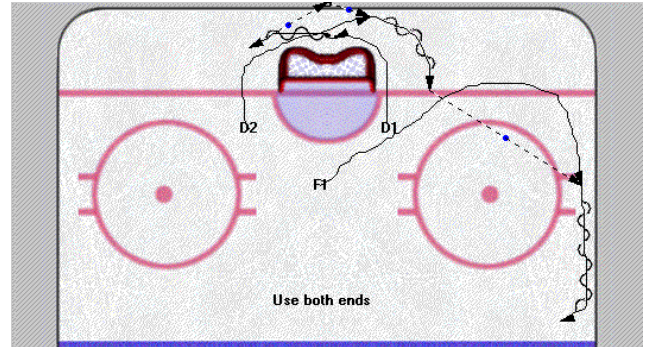
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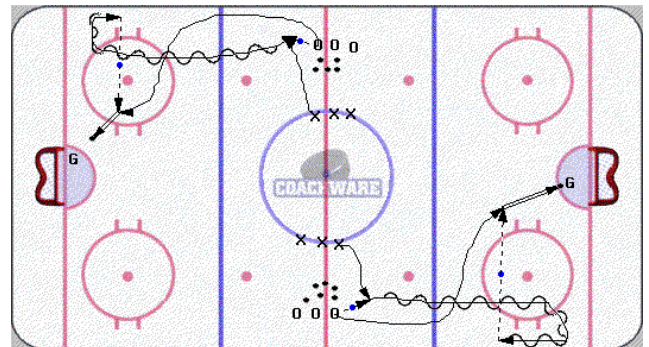
50 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

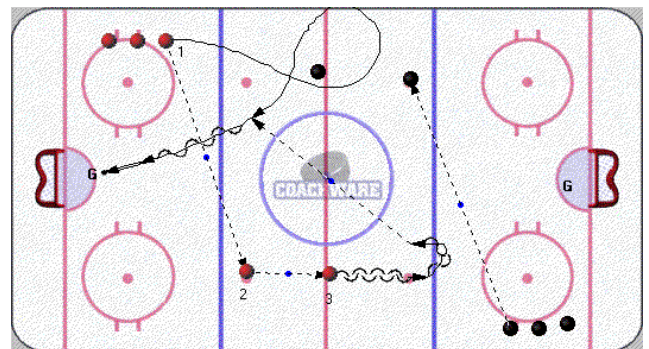
Time	Drill Name & Description	Key Points
CONT'D	<b>2-Man Cycle Circuit</b>	
	<p>C) <u>Breakout Cycle</u>            D1 picks up puck behind net, carries for 3-4 strides, cycles puck back to D2 behind net.</p> <p>D2 exits up mid-lane. F1 breaks to side boards to receive pass carries back to starting point to begin again.</p>	<ul style="list-style-type: none"> <li>F1 must use timing to get pass without stopping</li> <li>D1 must carry to draw forecheck</li> <li>D2 must go behind net and pass to F1 immediately</li> <li>F1 chooses side where puck is exiting</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>Zone Entry Delay</b>	
	<p>Inside player (X) cuts to boards, gets pass, carries wide</p> <p>X executes delay near bottom of circle towards side boards</p> <p>O attacks blue line along boards and cuts through circle and to net and receives pass from X</p> <p>X stays high in the slot area for support</p>	<ul style="list-style-type: none"> <li>X and O must be careful of timing</li> <li>X delays to side boards using tight turn and protects puck with body (wall)</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Transition</b>	
	<p>01 passes to 02 then 02 passes to 03</p> <p>03 skates backwards with puck, steps up over blueline and passes to 01 who skates off the puck and loops back to mid-lane</p> <p>(01 takes place of 02, 02 takes place of 03 and 03 takes place of 01)</p> <p>As soon as 01 receives pass other end starts.</p>	<ul style="list-style-type: none"> <li>03 only starts to skate backwards when 02 has puck</li> </ul>





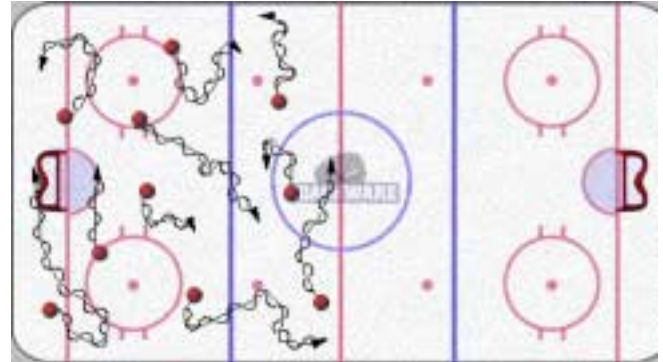
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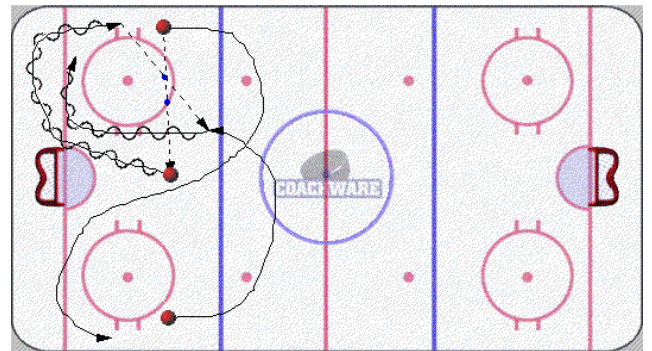
75 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

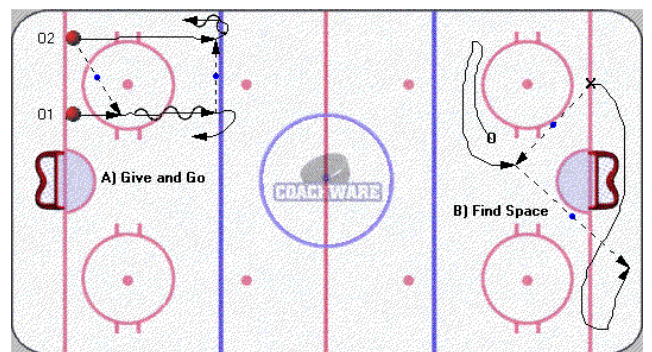
Time	Drill Name & Description	Key Points
2-3	<b>Scatter Warm-up</b>	
	<p>1 puck per coach in ½ rink.</p> <p>Skate anywhere, change direction every 3-4 secs.</p> <p>Switch from forward to backward to forward every 3-4 secs.</p>	<ul style="list-style-type: none"> <li>• Eyes up</li> <li>• Keep feet moving</li> <li>• Head on swivel</li> <li>• No shooting</li> <li>• Regain your own puck</li> </ul>



Time	Drill Name & Description	Key Points
3-4	<b>Butterfly Passing</b>	
	<p>Use 1 puck per 3 players or coaches</p> <p>Skate into slot, into corner, up boards, over blueline, through slot to other side</p> <p>Pass to any teammate</p>	<ul style="list-style-type: none"> <li>• Eyes up</li> <li>• Tap Stick</li> <li>• Eye contact with passer</li> <li>• Use various types of passing</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>2's Passing</b>	
	<p>A) <u>Give and Go</u>: Partner Passing 01 skates, gets pass from 02, stops at blueline. 02 to follows up to blueline. 01 and 02 exchange passes at blueline and now 02 skates to goal line, getting pass from 01.</p> <p>B) <u>Find a space</u>: 0 skates anywhere in zone. X passes to 0. 0 stops with puck and x repeats same.</p>	<ul style="list-style-type: none"> <li>• Stick on ice</li> <li>• Eye contact</li> <li>• Pass to where player is going</li> <li>• Give target pass at proper angle</li> </ul>







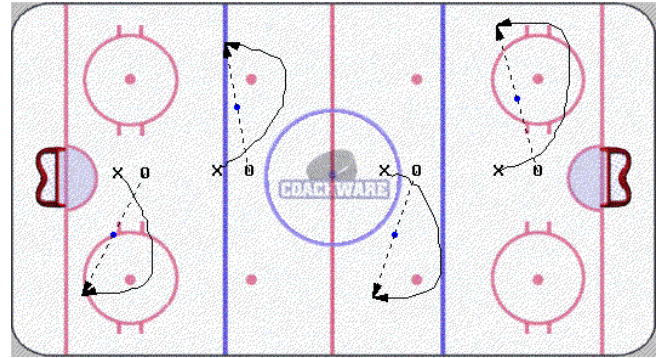
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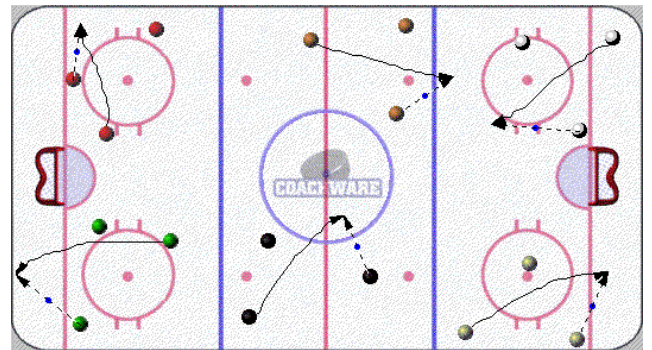
75 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

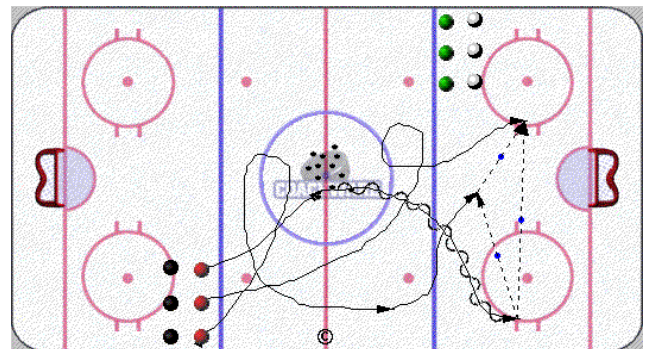
Time	Drill Name & Description	Key Points
CONT'D	<b>2's Missing</b>	
	<p>C) <u>Swoosh</u>            X skates in front of 0 then away. 0 passes.            X carries back to starting point to begin again.</p>	<ul style="list-style-type: none"> <li>Skate off puck, then get pass at right angle</li> <li>Eye contact</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Penny Drill (3's)</b>	
	<p>Player without puck skates between partners and gets pass. Then repeat with other players.</p> <p>A player without puck always goes to new spot between others.</p>	<ul style="list-style-type: none"> <li>Turn, face, get pass</li> <li>Watch Teammates</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>Loopy 3's</b>	
	<p>Pucks at centre</p> <p>Line of 3 skate with speed to centre, cut back, then attack far end</p> <p>1 player has picked up puck and sets up attack            *use 1-2-3 principle            *ensure drive skate with puck</p>	<ul style="list-style-type: none"> <li>Find a space</li> <li>Keep skating (no stops)</li> <li>Fill a line</li> <li>Quick puck movement</li> </ul>





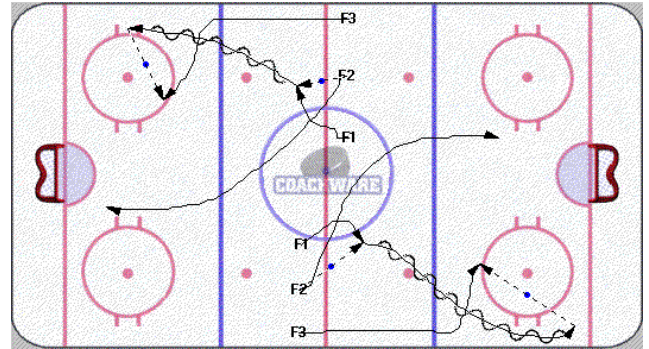
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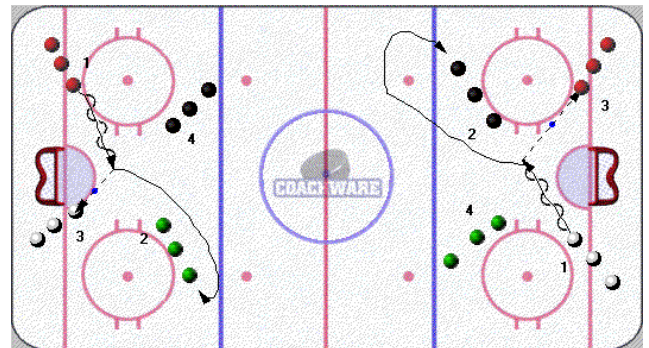
75 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

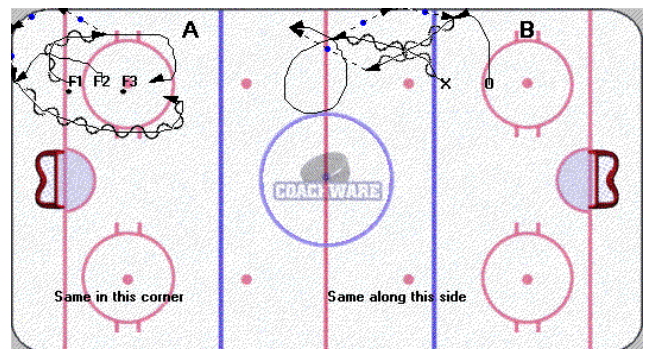
Time	Drill Name & Description	Key Points
5	<b>Weave and Drop</b>	
	<p>F1 cuts in front of F2, gets pass and drives down wing</p> <p>F2 skates off puck and cuts to slot</p> <p>F3 crosses behind F1 to receive drop pass</p>	<ul style="list-style-type: none"> <li>Skate off puck</li> <li>Set up attack triangle</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>X-Men</b>	
	<p>01 skates with puck into middle of "x"</p> <p>When in middle, 01 passes to the right to 03 and goes to back of 02 line.</p> <p>All players proceed in same way, i.e. pass to right but skate across</p>	<ul style="list-style-type: none"> <li>Front carry with puck</li> <li>Quick start</li> <li>Head up</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>2-Man Cycle Circuit</b>	
	<p>A) <u>Offensive zone</u> F1 gets puck in corner, reverses puck to F2, F2 carries, reverses to F3, etc. Each player goes to back of line.</p> <p>B) <u>Find a space:</u> X carries puck to boards, cycles back to 0, X loops away then to pass from 0</p> <p>Go to opposite line</p>	<ul style="list-style-type: none"> <li>Stick blade at boards</li> <li>Carry 2-3 strides before cycling</li> <li>Be deceptive</li> </ul>







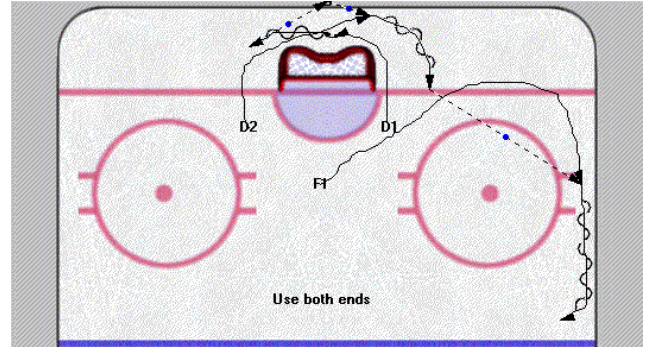
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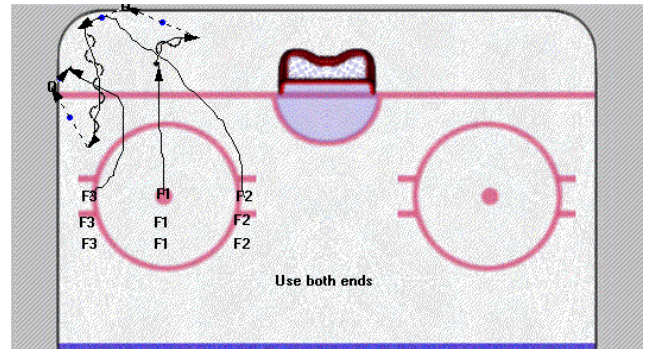
75 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

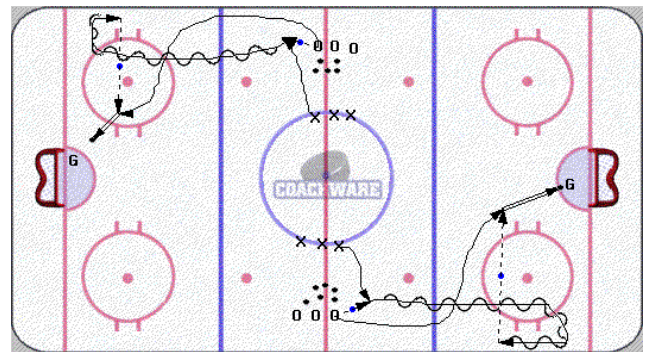
Time	Drill Name & Description	Key Points
CONT'D	<b>2-Man Cycle Circuit</b>	
	<p>C) <u>Breakout Cycle</u>            D1 picks up puck behind net, carries for 3-4 strides, cycles puck back to D2 behind net.</p> <p>D2 exits up mid-lane. F1 breaks to side boards to receive pass carries back to starting point to begin again.</p>	<ul style="list-style-type: none"> <li>F1 must use timing to get pass without stopping</li> <li>D1 must carry to draw forecheck</li> <li>D2 must go behind net and pass to F1 immediately</li> <li>F1 chooses side puck is exiting</li> </ul>



Time	Drill Name & Description	Key Points
5	<b>3 Man Cycle</b>	
	<p>3-man unit keeps puck low and cycling continuously for 10 secs.</p> <p>Next 3-man unit jumps in</p>	<ul style="list-style-type: none"> <li>Short cycles</li> <li>Go either in same direction or opposite of puck carrier</li> <li>Jump back toward circle after passing</li> </ul>



Time	Drill Name & Description	Key Points
10	<b>Zone Entry Delay</b>	
	<p>Inside player (X) cuts to boards, gets pass, carries wide</p> <p>X executes delay near bottom of circle towards side boards</p> <p>O attacks blue line along boards and cuts through circle and to net and recives pass from X</p> <p>X stays high in the slot area for support</p>	<ul style="list-style-type: none"> <li>X and O must be careful of timing</li> <li>X delays to side boards using tight turn and protects puck with body (wall)</li> </ul>



Time	Drill Name & Description	Key Points
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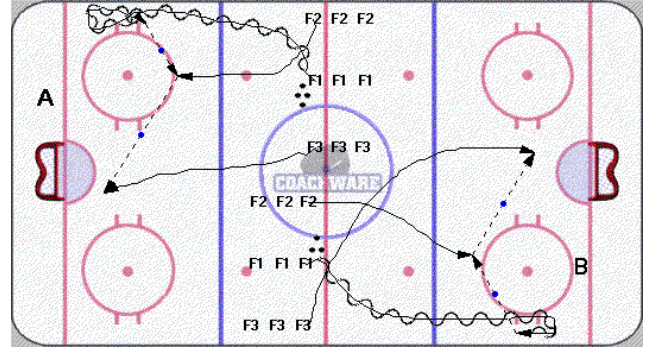
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75 Minute Ice Session

## Ice Session Module: "Offensive Team Play"

<b>10</b>	<b>Delay With Drive</b>
<p>Both ends: Variations on drive</p> <p>A) F1 cuts to boards with puck in front of F2 2 and drives wide into offensive zone, delays with puck to boards and passes either to F2 or F3.</p> <p>B) F2 after pass goes to puck side high slot supporting F1 in open space.</p> <p>C) F3 goes to net (far post) with stick on ice.</p>	
<ul style="list-style-type: none"> <li>• Timing of departure and arrival into open ice of F2 and F3</li> <li>• Speed of entry into O-Zone by F1</li> </ul>	



Time	Drill Name & Description	Key Points
<b>5</b>	<b>Transition</b>	
<p>01 passes to 02 then 02 passes to 03</p> <p>03 skates backwards with puck, steps up over blueline and passes to 01 who skates off the puck and loops back to mid-lane</p> <p>(01 takes place of 02, 02 takes place of 03 and 03 goes to corner)</p> <p>Simultaneously on other side (switch mid-zone players frequently)</p>		<ul style="list-style-type: none"> <li>• 03 only turns when 02 has puck</li> </ul>

