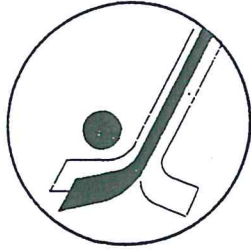


AUSTRIA

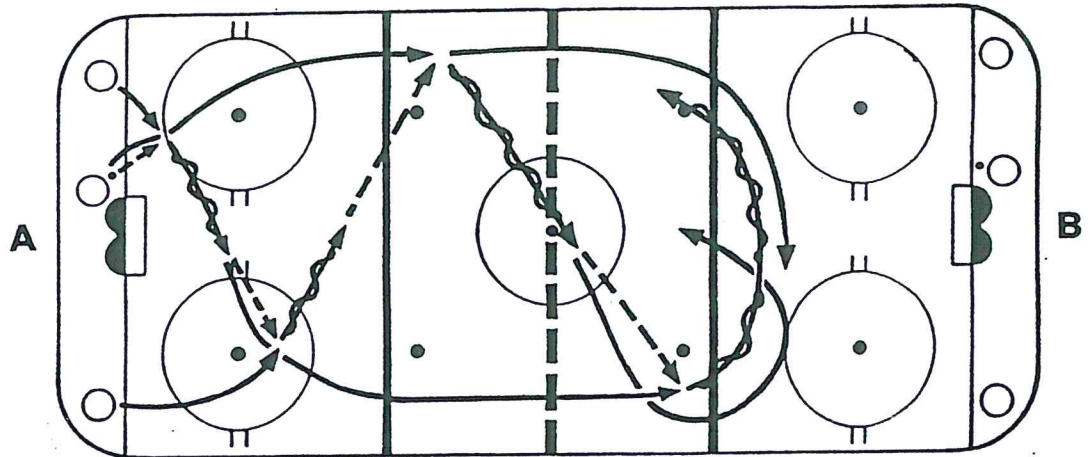


AUSTRIA: WARM-UP DRILL

1. 3 VS 0 ACTION CONTINUITY

Purpose:

- agility
- regrouping
- passing and receiving.



Description:

- 3 player formations are positioned behind the goal lines
- formation A starts up-ice 3 vs 0
- turn and reverse at the far blue line
- return 3 vs 0 with shot
- formation B starts as formation A turns over in front of them.

Key Teaching Points:

- follow the pass (cross)
- co-ordinated effort
- fill the lanes quickly.

Progressions:

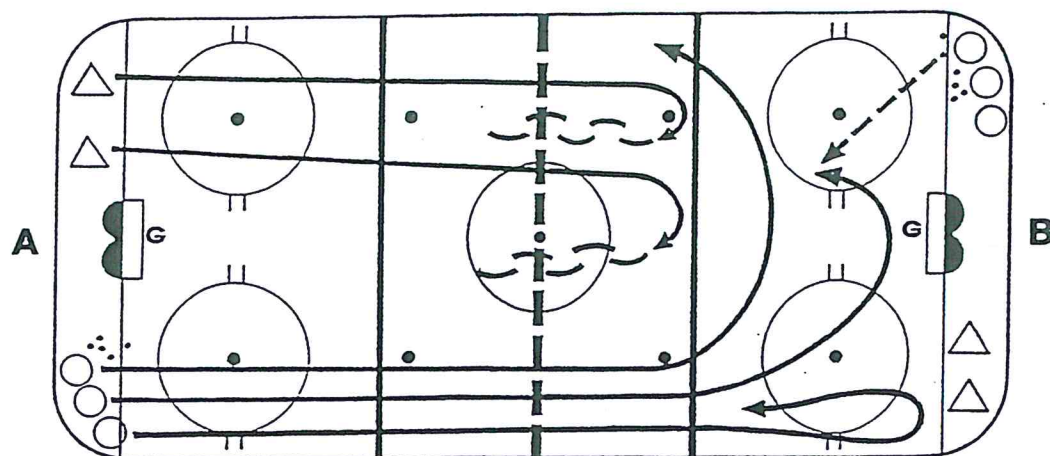
- 3 vs 1 or 3 vs 2 coming back.

AUSTRIA: WARM-UP DRILL

2. 3 VS 2 FLOW DRILL

Purpose:

- agility skating
- passing and receiving.



Description:

- forward lines and defensive pairs are located behind goal lines as shown and start together up the ice (A)
- forwards turn over with a pass from the opposite end and attacks 3 vs 2 back towards their starting point
- B group goes when A's attack is completed.

Key Teaching Points:

- ice utilization
- flow movement
- passing in the neutral zone.

Progressions:

- none.

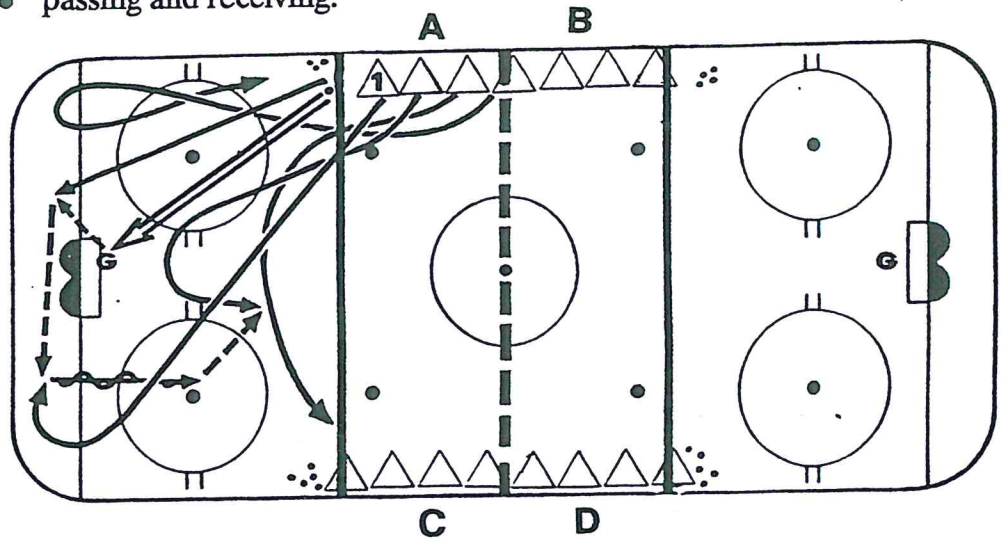
3

AUSTRIA: WARM-UP DRILL

3. 5 VS 0 FLOW DRILL

Purpose:

- agility skating
- co-ordinated effort
- passing and receiving.



Description:

- units A,B,C,D are placed along the boards as shown
- $\triangle 1$ shoots the puck at the goal and follows
- all five players in group "A" hurry to breakout positions
- they attack the opposite net and return to starting places along the boards
- group "B" goes next.

Key Teaching Points:

- breakout plays
- ice utilization
- flow and movement.

Progressions:

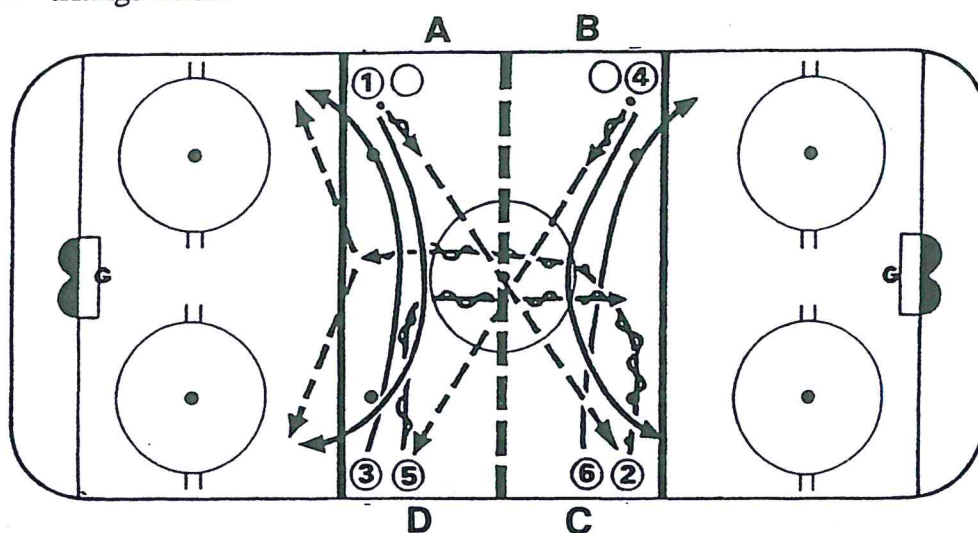
- return 3 vs 2
- attack 4 vs 1.

AUSTRIA: WARM-UP DRILL

4. 3 VS 0 TRIANGULATION

Purpose:

- co-ordinated effort
- passing and receiving
- triangulation.



Description:

- four stations (A,B,C,D,) of players are placed along the boards at the blue lines as shown
- player ① passes to player ② then crosses with ③
- ② carries through centre ice and attacks 3 vs 0 with ① and ③
- ④ then initiates a new attack in the opposite direction with ⑤ and ⑥
- players return to boards after each attack.

Key Teaching Points:

- flow in the neutral zone
- minimize off-sides
- ice utilization.

Progressions:

- 3 vs 1
- 3 vs 2

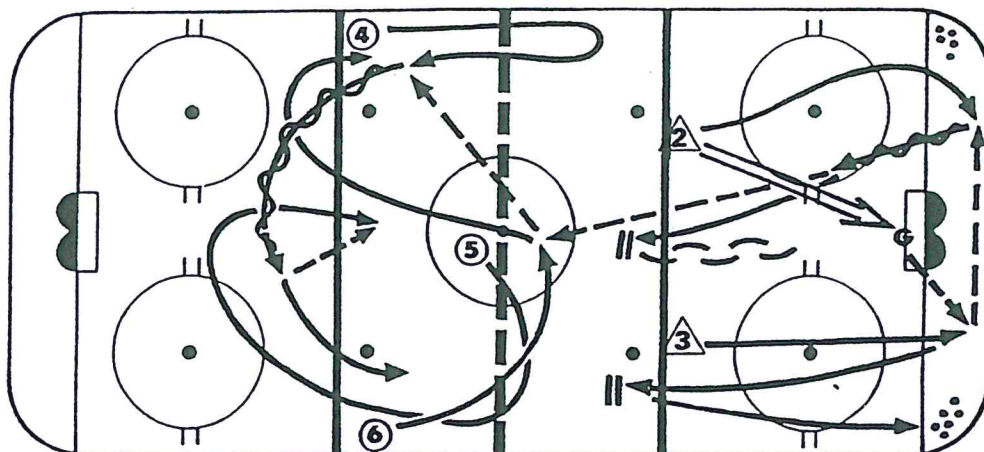
5

AUSTRIA: GAME SIMULATION DRILL

5. COUNTER ATTACK

Purpose:

- regrouping
- action continuity
- breakout plays.



Description:

- 3 offensive forwards and 2 defensive defence are placed in neutral zone as shown
- $\triangle 2$ begins with a shot on goal
- $\triangle 3$ retrieves the puck and passes behind the net to $\triangle 2$
- $\triangle 2$ makes a long penetration pass to $\triangle 6$, as $\triangle 6$ crosses with $\triangle 5$
- $\triangle 4$, $\triangle 5$, $\triangle 6$, regroup and attack 3 vs 1 against $\triangle 2$
- $\triangle 3$ picks up another puck from the corner and starts another 5 vs 0 with a pass to $\triangle 2$
- this time the forwards regroup and attack 3 vs 2 retire to the boards, next group goes.

Key Teaching Points:

- co-ordinated efforts
- penetrating pass
- switching positions
- acceleration of attack.

Progressions:

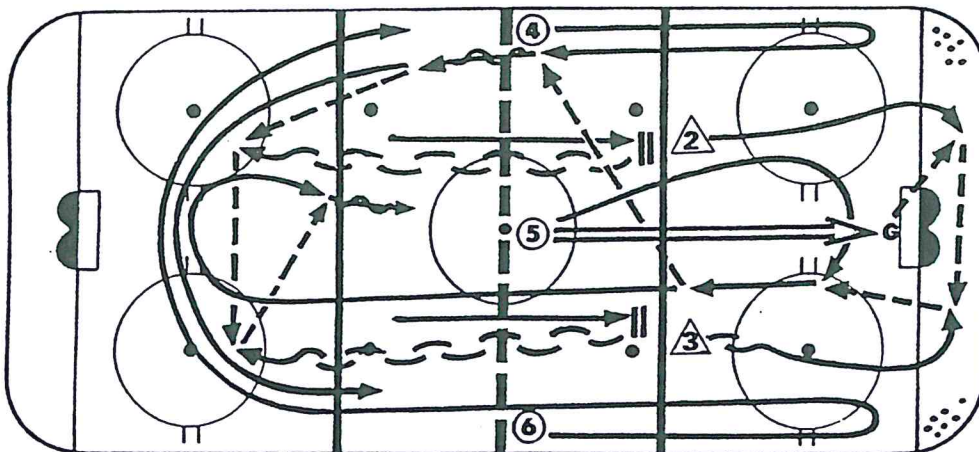
- none.

AUSTRIA: GAME SIMULATION DRILL

6. FAST OFFENSE DRILL

Purpose:

- action continuity regrouping.



Description:

- two defensive pairs $\triangle 2$, $\triangle 3$ and $\triangle 7$, $\triangle 8$ and one forward line $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ as shown
- $\textcircled{5}$ starts the drill with a shot on goal; $\textcircled{5}$, $\textcircled{4}$, and $\textcircled{6}$ all follow retrieving the puck and passing amongst one another for a breakout 5 vs 0
- forwards pass through the neutral zone then pass to $\triangle 7$
- all regroup and attack 5 vs 0 towards the original end or 3 vs 2 against $\triangle 2$ and $\triangle 3$
- retire to boards and the next group goes.

Key Teaching Points:

- co-ordinated efforts
- passing up-ice
- quick transition.

Progressions:

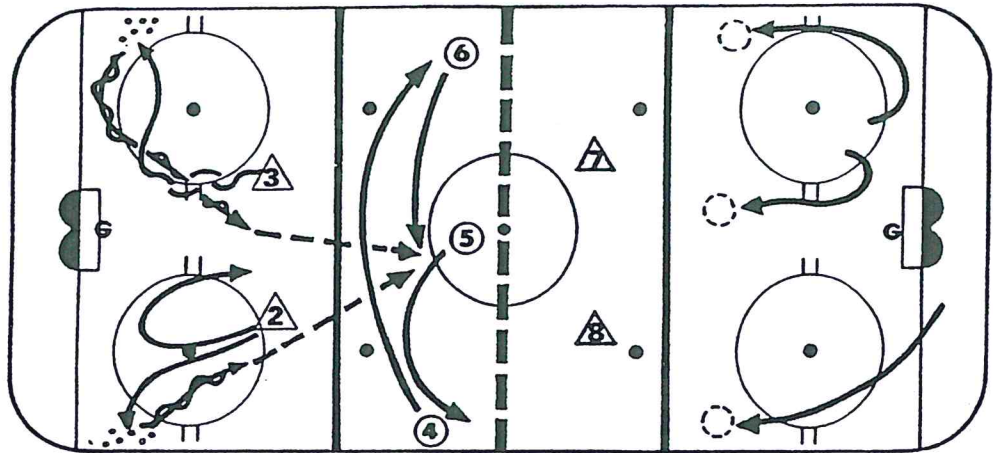
- 3 vs 2 both ways after original 5 vs 0.

AUSTRIA: GAME SIMULATION DRILL

7. FAST COUNTER ATTACK

Purpose:

- breakout
- action continuity
- penetrating pass
- regroup.



Description:

- two defensive pairs $\triangle 2$, $\triangle 3$ and $\triangle 7$, $\triangle 8$ and one forward line align as shown
- forward line crosses as shown
- $\triangle 3$ begins the action by retrieving a puck from the boards
- $\triangle 3$ makes a long pass to $\triangle 6$ crossing in the neutral zone
- $\triangle 4$, $\triangle 5$, and $\triangle 6$ attack 3 vs 2 against $\triangle 7$ and $\triangle 8$
- when attack is complete $\triangle 4$, $\triangle 5$, and $\triangle 6$ backcheck
- $\triangle 2$ retrieves a puck and passes to the regrouping forwards in the neutral zone
- $\triangle 4$, $\triangle 5$, and $\triangle 6$ attack $\triangle 7$ and $\triangle 8$ again, and retire to boards
- next group goes.

Key Teaching Points:

- co-ordinated efforts
- timing and quickness of attack.

Progressions:

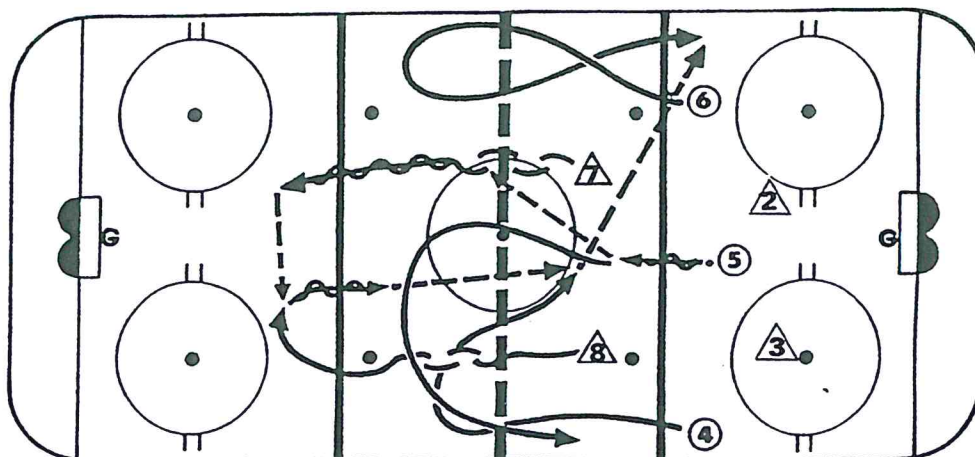
- none.

AUSTRIA: GAME SIMULATION DRILL

8. CENTRE/RIGHT WING SWITCH

Purpose:

- turning over
- penetrating pass.



Description:

- two defensive pairs and one forward line align as shown
- ⑤ begins with a pass to ⑦ who retreats down-ice with ⑧ passing back and forth
- ④, ⑤, and ⑥ retreat and regroup with ④ and ⑤ crossing as they turn
- ⑥ stays in own lane
- ⑦ or ⑧ passes to ④ and the forwards attack 3 vs 2 against ② and ③
- when the first attack is complete, ⑥ picks up a puck and the forwards attack 3 vs 2 against ⑦ and ⑧
- retire to boards
- next group goes.

Key Teaching Points:

- co-ordinated effort
- use the middle zone
- flow.

Progressions:

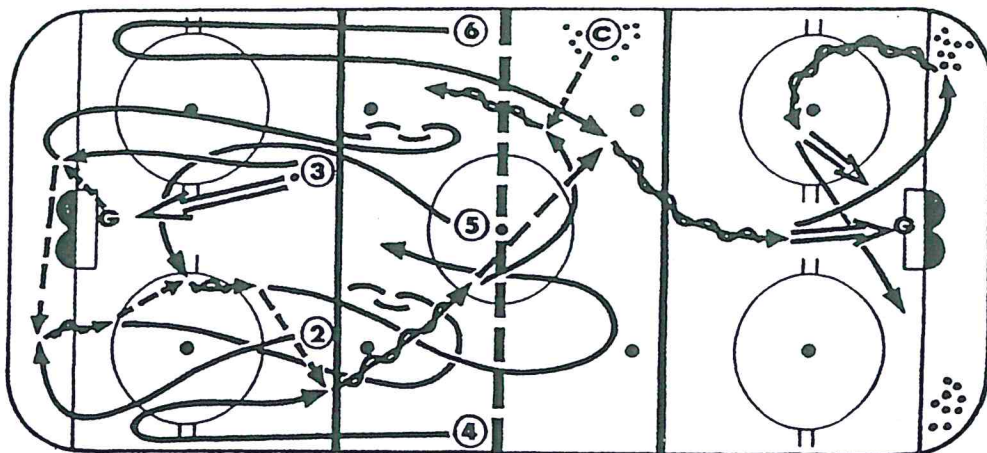
- none.

AUSTRIA: GAME SIMULATION DRILL

9. FAST OFFENSE 2 VS 2

Purpose:

- playing 2 vs 2
- playing a breakaway.



Description:

- the whole unit is aligned as shown - note © is coach
- ③ begins with a shot on goal
- ② and ③ retrieve the rebound and initiate the breakout 5 vs 0 with the forwards who have come back in their lanes
- ② passes to ⑤ who then quick passes to ④
- ④ sets up a breakaway pass to ⑥
- ⑥ goes in for the shot then retrieves a puck from each corner for a second and third shot
- ④ and ⑤ regroup and take a pass from ©
- they attack 2 vs 2 against ③ and ②
- retire to the boards and next group goes.

Key Teaching Points:

- co-ordinated effort
- passing and anticipation
- timing.

Progressions:

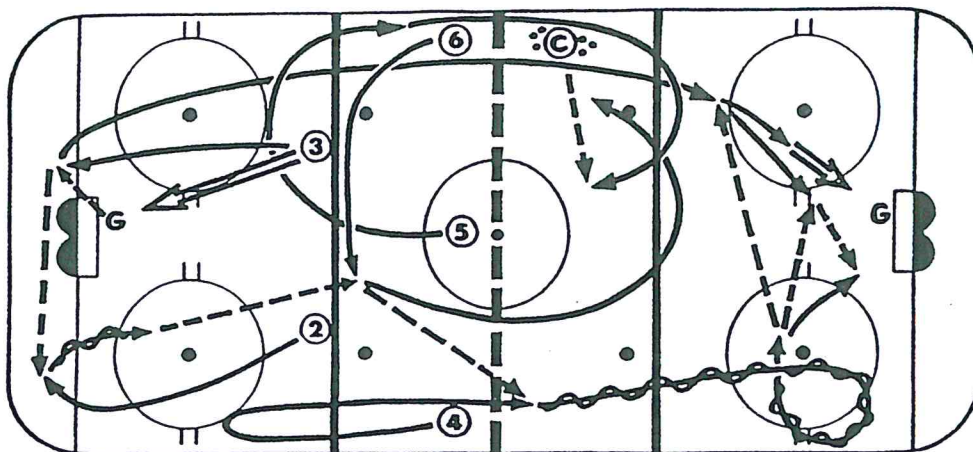
- various breakouts.

AUSTRIA: GAME SIMULATION DRILL

10. FAST OFFENCE 2 VS 1

Purpose:

- involve defence in the offense
- work the 2 vs 1.



Description:

- align a whole unit as shown - note ©
- ③ begins with a shot on goal
- ③ retrieves and passes to ② who has curled back
- the forwards also come back, ④ in the lane while ⑤ and ⑥ cross
- ② passes to ⑥
- ⑥ passes to ④
- ④ delays after breaking in on the goal and sets up ③ who has skated hard up the left boards after passing to ② earlier
- ⑤ and ⑥ regroup at the blue line and take a puck from ©
- they attack 2 vs 1 against ②
- retire to the boards and new group goes.

Key Teaching Points:

- co-ordinated effort
- timing.

Progressions:

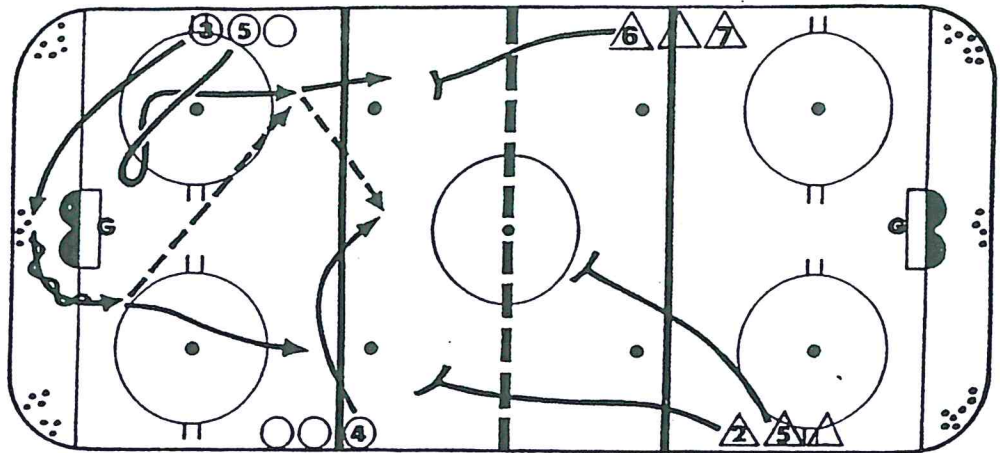
- different breakouts.

AUSTRIA: GAME SIMULATION DRILL

11. 3 VS 3 WHOLE ICE FLOW

Purpose:

- offensive play for the defence
- even strength situation
- action continuity.



Description:

- four groups of players are aligned as shown
- ③ skates behind the net to retrieve a puck and starts up ice
- ⑤ curls down then takes a pass from ③
- ④ cuts across to receive a pass from ⑤
- ③ fills the right lane
- ②, ⑤ and ⑥ come from their positions along the boards to defend, they play 3 vs 3 until the whistle
- retire to the boards
- ⑦ starts a new play from the other end.

Key Teaching Points:

- man-to-man defence
- checking
- defensive support.

Progressions:

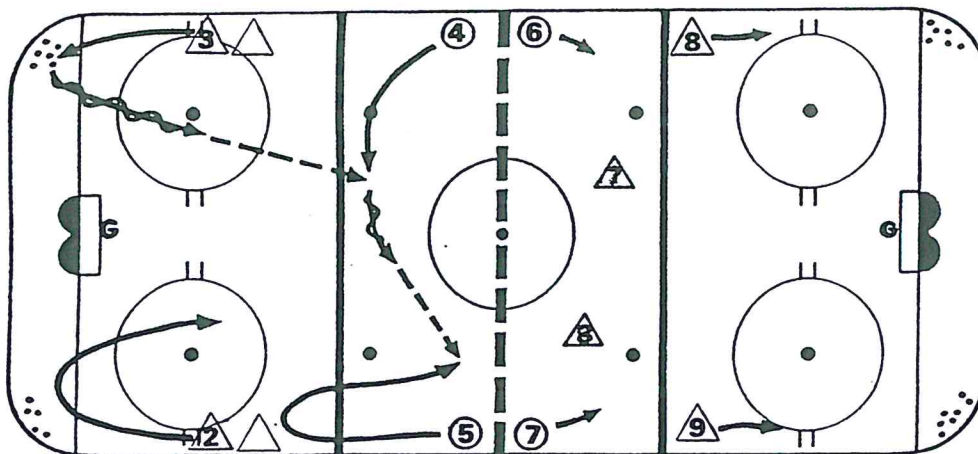
- none.

AUSTRIA: GAME STIMULATION DRILL

12. 2 VS 2 WHOLE ICE

Purpose:

- flow movement of forwards
- even strength development.



Description:

- defensive pairs are positioned along the boards between the blue lines and goal lines
- forwards are positioned along the boards in the neutral zone
- $\triangle 3$ picks up the puck in the corner and turns up ice, along with $\triangle 2$
- $\triangle 3$ passes to $\triangle 4$ coming across the ice
- $\triangle 4$ and $\triangle 5$ attack 2 vs 2 against $\triangle 7$ and $\triangle 8$
- $\triangle 2$ and $\triangle 3$ follow up-ice to defend against the new attack coming from the other way when $\triangle 6$ and $\triangle 7$ are sent away by $\triangle 8$ and $\triangle 9$
- retire to the boards when the attack is completed.

Key Teaching Points:

- defensive support
- 1 vs 1 work
- attack blue line with speed.

Progressions:

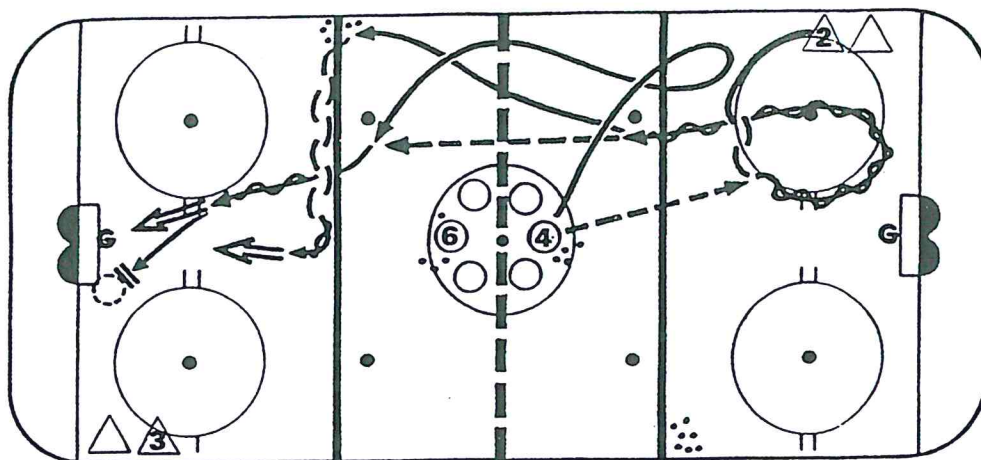
- none.

AUSTRIA: INDIVIDUAL SKILLS DRILL

13. SECOND SHOT DRILL

Purpose:

- forward-defence co-operation
- shooting and rebounding.



Description:

- forwards are positioned in the neutral zone face-off circle
- the defence are positioned along the boards inside the blue lines as shown
- ④ passes to ② at the top of the circle
- ② pivots and stickhandles around the circle then starts up-ice
- ④ curls low then breaks up-ice to receive a breakaway pass from ②
- while ④ goes in on net, ② retrieves a puck along the boards and backs along the blue line
- when ④ is clear, ② takes a shot
- both retire to the boards
- ⑥ starts a similar play the other way with ③.

Key Teaching Points:

- timing
- agility and puck control.

Progressions:

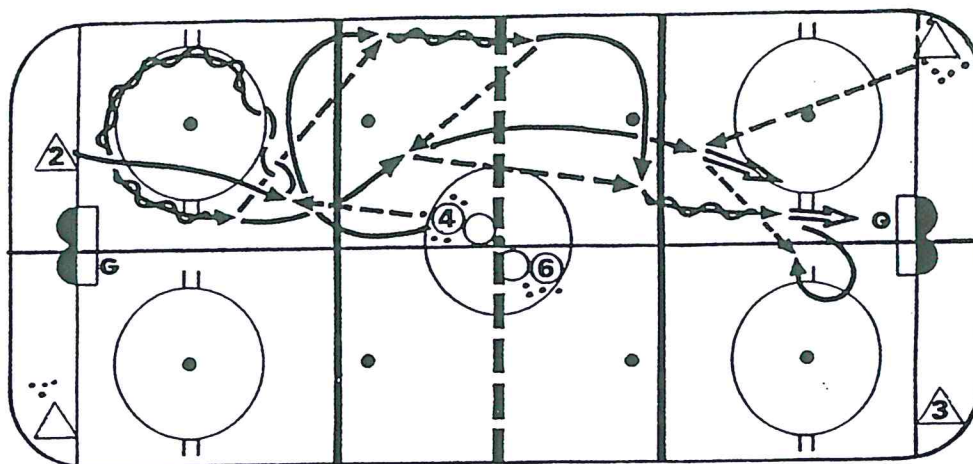
- none.

AUSTRIA: INDIVIDUAL SKILLS DRILL

14. BACK MANNING

Purpose:

- forward and defence co-operation
- penetrating passes.



Description:

- forwards are positioned in the neutral zone face-off circle
- defence are positioned behind the goal lines as shown
- ④ passes to ② who skates around the face-off circle
- ② passes to ④ who has curled low towards the boards
- ④ breaks up-ice and back passes to the following ②
- ④ drives to the blue line then cuts along it to receive a pass from ②
- ④ goes in on net
- ② follows and takes a pass from the corner for a second shot
- ⑥ and ③ start a new action the other way.

Key Teaching Points:

- timing
- accurate passes.

Progressions:

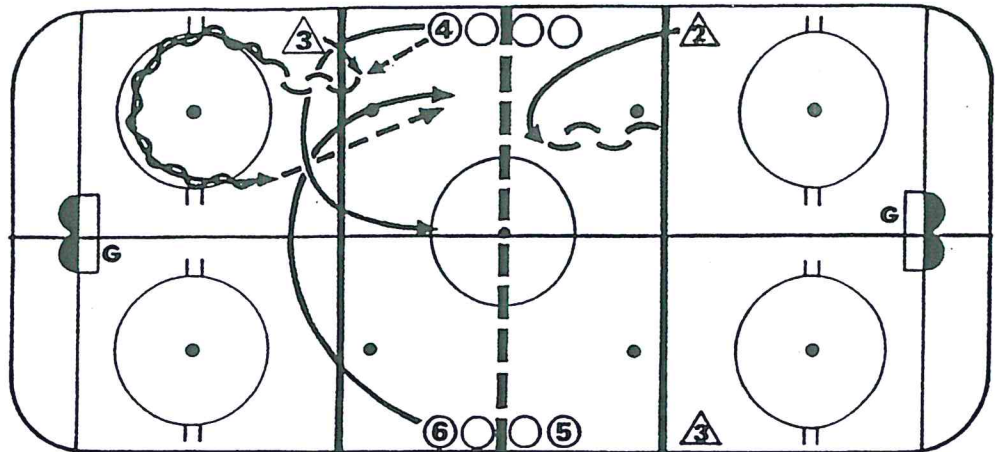
- none.

AUSTRIA: 2 VS 1 ATTACK DRILL

15. 2 VS 1 FLOW

Purpose:

- playing in a confined area.



Description:

- forwards are positioned along the boards in the neutral zone on both sides
- defence are positioned along the boards on both sides of the ice behind the blue line
- ④ passes to ③ who retreats around the lower face-off circle while ④ and ⑥ cross
- ③ passes to ⑥
- ⑥ and ④ go in 2 vs 1 against ⑦
- stay on one side of the ice
- when ⑥ and ④ are finished ⑤ starts a new play with ③ going the other way.

Key Teaching Points:

- timing
- good passes
- co-ordinated effort.

Progressions:

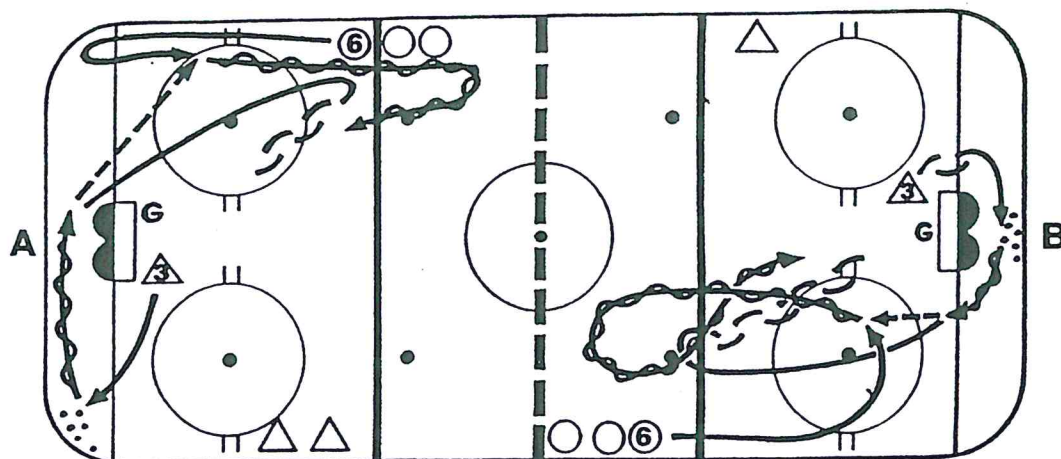
- none.

AUSTRIA: PUCK CONTROL DRILL

16. OUTLET PASS 1 VS 1

Purpose:

- co-operation of forward and defence
- 1 vs 1 drive to the net
- agility skating.



Description:

- note A and B ends
- forwards are positioned along the boards as shown
- defence start from in front of the net
- in A, $\triangle 3$ retrieves a puck from the corner and rounds the net, $\odot 6$ goes low and takes a pass from $\triangle 3$. $\odot 6$ skates to the red line then comes back 1 vs 1 against $\triangle 3$
- in B, $\triangle 3$ rounds the net to retrieve a puck, $\triangle 3$ passes to $\odot 6$ who has curled outside and $\odot 6$ goes to centre line then comes back 1 vs 1 against $\triangle 3$
- players go by turn in both ends.

Key Teaching Points:

- work hard 1 vs 1
- good passes and cuts.

Progressions:

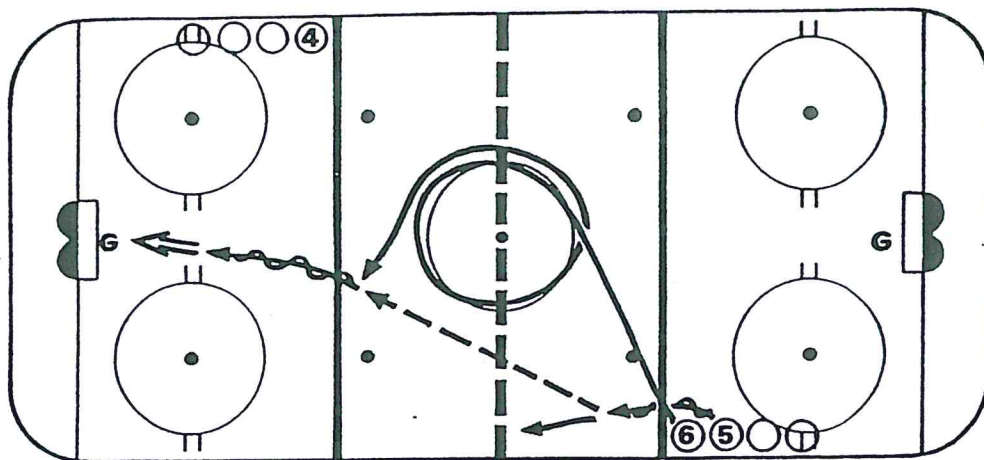
- add attackers.

AUSTRIA: ACCELERATION DRILL

17. 1 VS 0 FLOW

Purpose:

- agility skating
- passing and shooting.



Description:

- position players along the boards behind the blue lines in diagonal corners as shown
- ⑥ skates around centre ice face-off circle
- ⑤ starts up ice and passes to ⑥
- ⑥ drives the net, ⑤ follows
- ④ then starts a similar action the other way
- as each attack ends, go to the nearest line.

Key Teaching Points:

- emphasize acceleration
- demand good shooting.

Progressions:

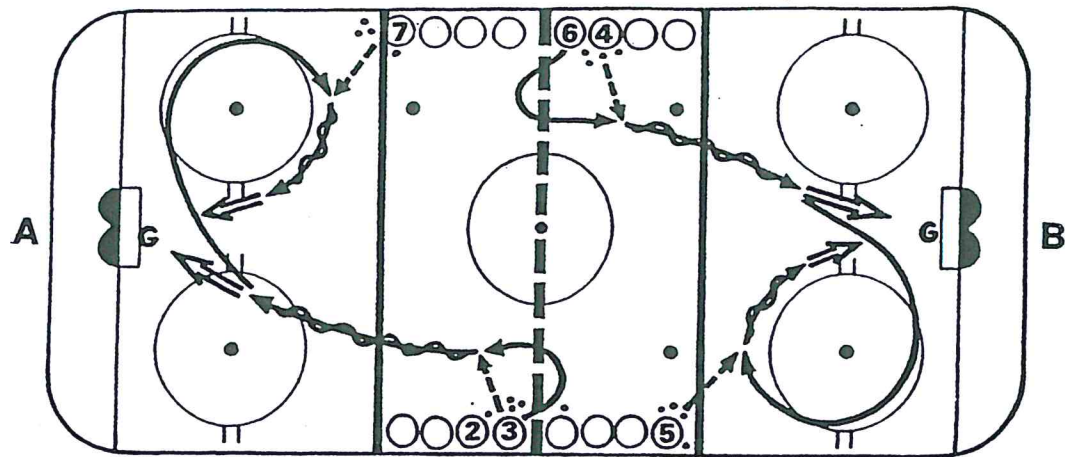
- switch sides.

AUSTRIA: ACCELERATION DRILL

18. 1 VS 0 SECOND EFFORT

Purpose:

- accelerating
- agility skating
- second effort.



Description:

- position all players along the boards on either side between the blue lines
- note A and B ends
- in A, ③ curls at centre and receives a pass from ②. ③ drives and shoots, then skates around the left circle to receive a pass from ⑦. ③ takes a second shot
- in B, ⑥ repeats the action the other way with ④ and ⑤
- switch lines.

Key Teaching Points:

- accelerate
- take good shots.

Progressions

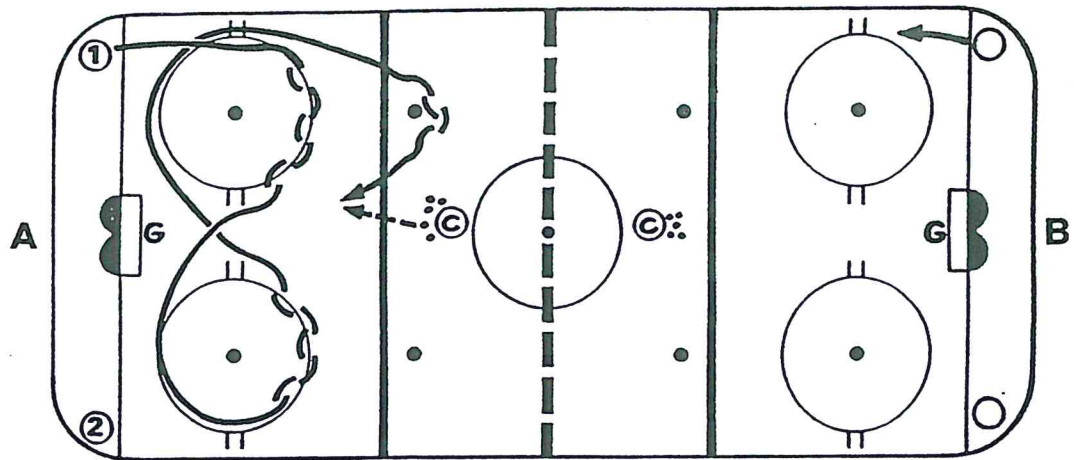
- none.

AUSTRIA: ACCELERATION DRILL

19. FIGURE 8 SKATING

Purpose:

- skating agility
- shooting.



Description:

- players are positioned in each corner in groups
- note A and B ends
- ① begins by skating around the face-off circles from forward to backward
- ① then curls around the face-off circle and takes a pass from the coach
- ① drives the net and shoots
- as ① finishes, ② starts from the opposite corner
- meanwhile, the same action can be taking place in end B.

Key Teaching Points:

- balance
- acceleration
- pivots.

Progressions:

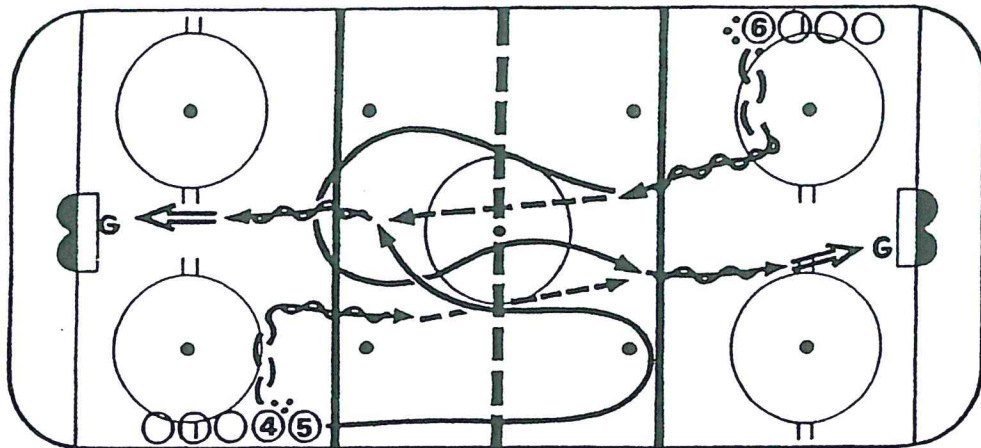
- none.

AUSTRIA: ACCELERATION DRILL

20. 1 VS 0 PENETRATING PASS

Purpose:

- defence movement
- cutting in the middle.



Description:

- players are positioned along the boards behind the blue lines diagonally across from each other
- ⑥ skates backwards with a puck across the ice for four meters then pivots and heads up-ice
- ⑤ meanwhile has skated up the boards and turned
- ⑥ passes to ⑤ who drives to the net and shoots
- ⑥ follows and then turns to receive a pass from ④ who has started a new action
- continuous.

Key Teaching Points:

- timing
- acceleration
- good passes on the fly.

Progressions:

- none.