

FRANCE

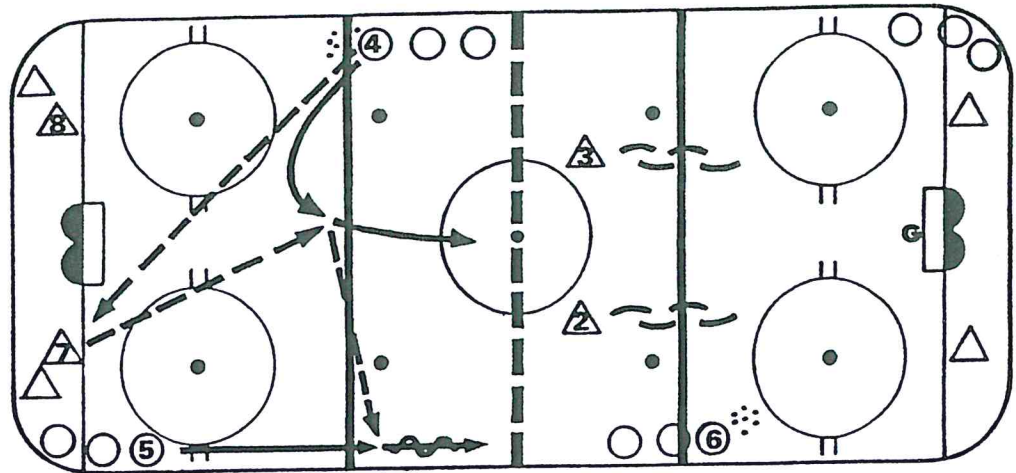


FRANCE: 2 VS 2 ATTACK DRILL

1. DOUBLE BURST

Purpose:

- develop even strength offensive and defensive skills.



Description:

- position forwards in diagonal corners and diagonal blue lines as shown
- preset $\triangle 2$ and $\triangle 3$, with the other defenders at the boards in both ends
- $\textcircled{4}$ begins with a pass to $\triangle 7$ then curls low for a return pass
- $\textcircled{5}$ and $\textcircled{4}$ attack 2 vs 2 against $\triangle 2$ and $\triangle 3$
- $\triangle 7$ and $\triangle 8$ follow up the ice to meet a new action started by $\textcircled{6}$ the other way.

Key Teaching Points:

- go at full speed
- communicate.

Progressions:

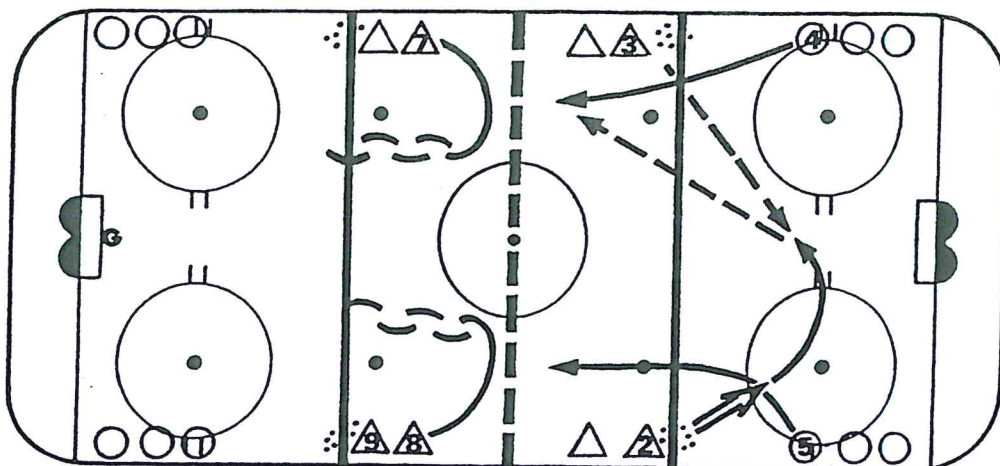
- point shots as defence follow up-ice
- follow up ice.

FRANCE: 2 VS 2 ATTACK DRILL

2. 2 PLAYERS WIDE

Purpose:

- to develop even strength offensive and defensive tactics.



Description:

- position forwards in all corners
- position defenders in neutral zone along the boards
- $\triangle 2$ begins the action with a shot on goal
- $\triangle 2$ then curls to take a pass from $\triangle 3$
- $\triangle 2$ passes to $\odot 4$
- $\odot 4$ and $\odot 5$ break 2 vs 2 against $\triangle 7$ and $\triangle 8$
- once clear, $\triangle 9$ begins a new action the other way.

Key Teaching Points:

- go at full speed
- communicate.

Progressions:

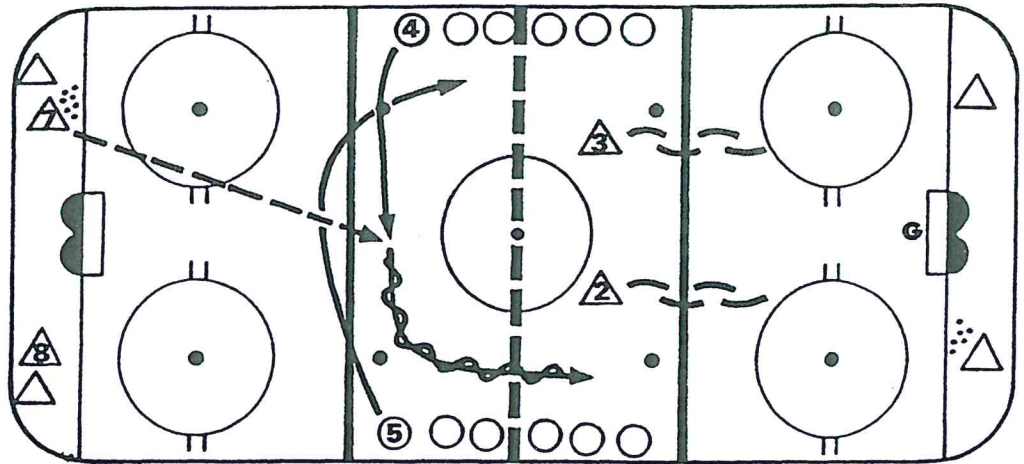
- add a second shot by 3 after the pass to 2.

FRANCE: 2 VS 2 ATTACK DRILL

3. BLUE LINE BREAKOUT

Purpose:

- to develop offensive and defensive tactics.



Description:

- position offenders along the boards on both sides between the blue lines
- preset 2 and 3 with the others defenders in all corners
- 4 and 5 cross at the blue line
- 7 feeds 4 or 5
- 4 and 5 attack 2 vs 2 against 2 and 3
- 7 and 8 follow to defend a new action coming back.

Key Teaching Points:

- give a good passing target at the blue line
- communicate.

Progressions:

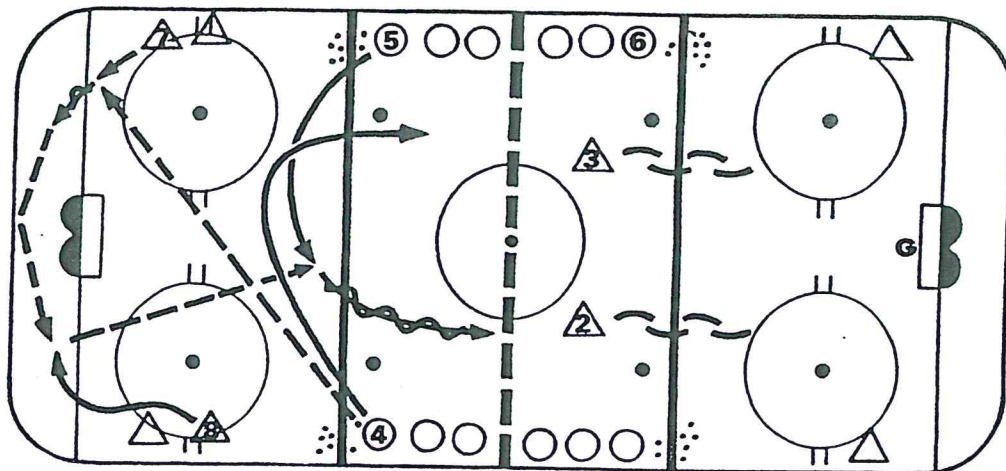
- various passing schemes.

FRANCE: 2 VS 2 ATTACK DRILL

4. DEFENCE EXCHANGE

Purpose:

- develop penetrating passes from the defence
- develop even strength skills.



Description:

- position forwards along the boards on both sides between the blue lines
- preset $\triangle 2$ and $\triangle 3$, place other defenders near the goal lines in all corners
- $\textcircled{4}$ passes to $\triangle 7$ in the corner
- $\triangle 7$ passes behind the net to $\triangle 8$
- $\triangle 8$ makes a breakout pass to $\textcircled{4}$ or $\textcircled{5}$ who crosses at the blue line
- $\textcircled{4}$ and $\textcircled{5}$ attack 2 vs 2 against $\triangle 2$ and $\triangle 3$
- $\triangle 7$ and $\triangle 8$ follow to defend a new action started by $\textcircled{6}$.

Key Teaching Points:

- go at full speed
- quick puck movement.

Progressions:

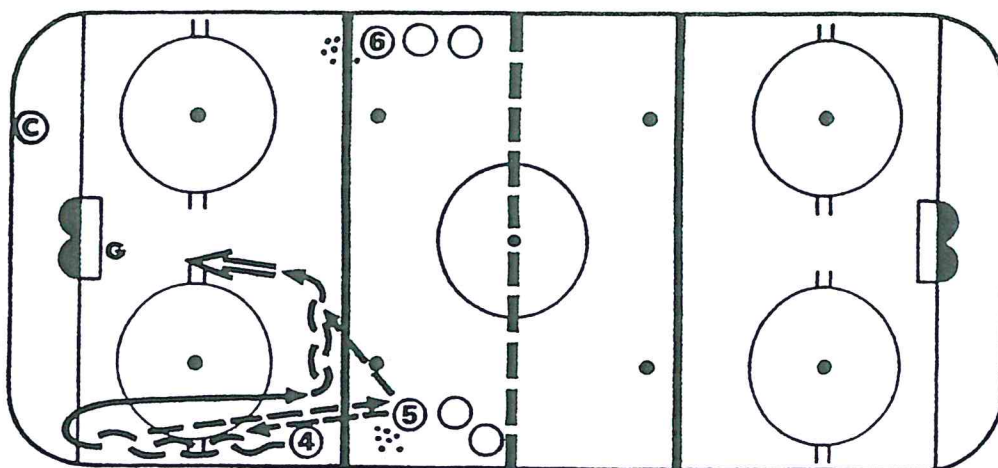
- vary the attack tactics.

FRANCE: SHOOTING DRILL

5. DOUBLE EXCHANGE

Purpose:

- develop skating agility
- develop shooting skills.



Description:

- position all players along the boards just outside the blue line
- use both ends
- ④ accelerates backwards down the boards to the goal line
- ⑤ passes to the retreating ④
- ④ accelerates forward and gives the puck back to ⑤
- ④ goes backwards along the blue line
- ⑤ passes to ④
- ④ shoots
- once clear, ⑥ starts a new action on the other side.

Key Teaching Points:

- good hard shots
- go at full speed.

Progressions:

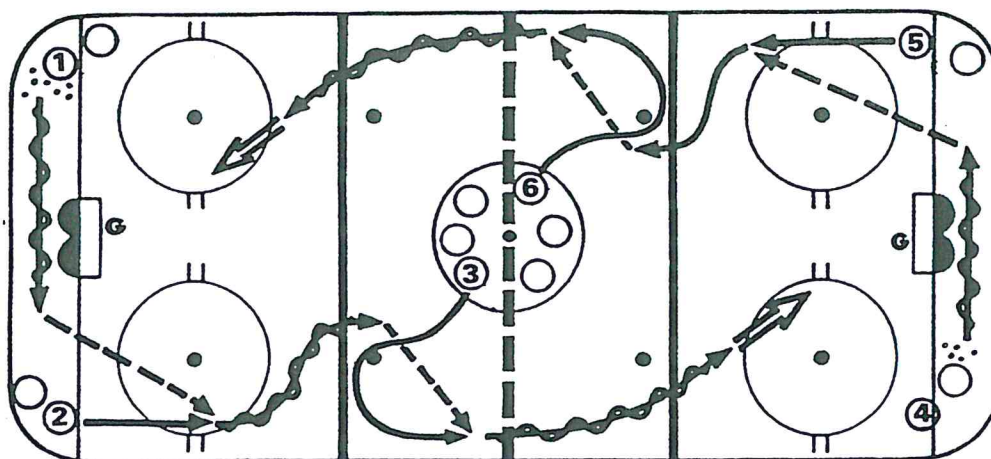
- a second shot on a pass from ③ .

FRANCE: SHOOTING DRILL

6. BREAKAWAY SHOT

Purpose:

- develop passing/receiving skills
- develop breakaway shooting skills.



Description:

- position players in the centre circle and in all corners
- ① begins by going behind the net and passing to ② going up the boards
- ② cuts into the middle and passes to ③ who has cut inside out
- ③ breaks away for the net
- ④ ⑤ ⑥ have done the same thing at the same time going the other way.

Key Teaching Points:

- timing
- go at full speed.

Progressions:

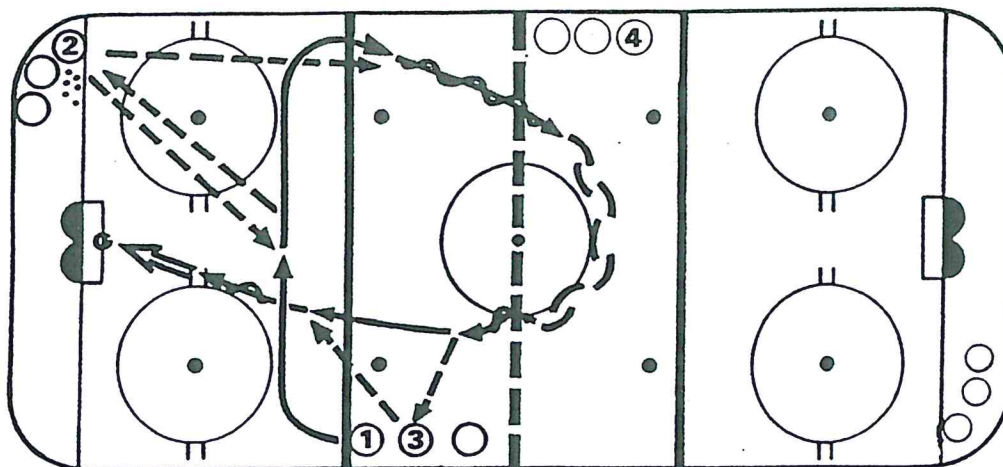
- vary the skating route of the shooter.

FRANCE: SHOOTING DRILL

7. DOUBLE GIVE AND GO

Purpose:

- develop passing and receiving skills
- develop shooting skills.



Description:

- position players in diagonal corners and at diagonal blue lines as shown
- ① drives across the ice taking and giving a quick pass with ②
- ① turns up the boards and takes a pass from ②
- ① agility skates around the centre circle
- ① does a give and go with ③
- ① drives the net
- ④ initiates a similar action in the other end at the same time.

Key Teaching Points:

- communication
- awareness.

Progressions:

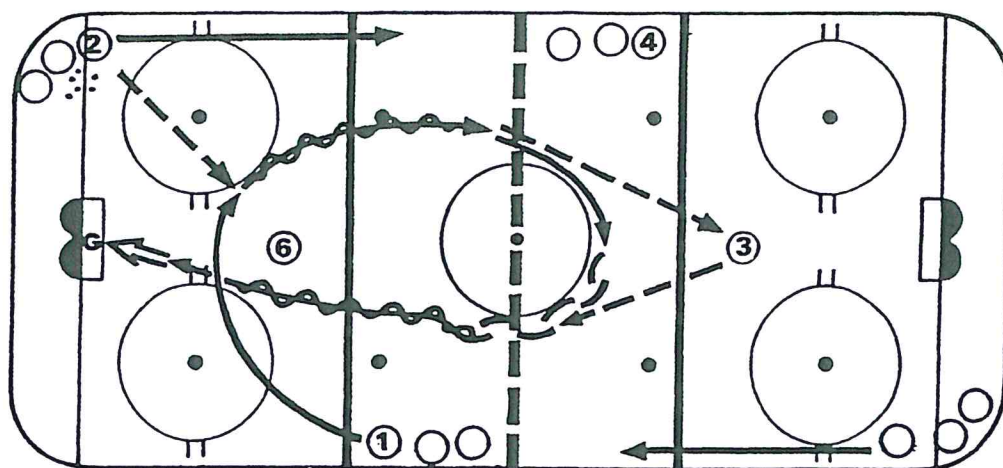
- change skating routes
- vary the passes.

FRANCE: SHOOTING DRILL

8. BIG LOOP

Purpose:

- develop skating agility
- develop passing/receiving skills
- develop shooting skills.



Description:

- position players at diagonal blue lines and in diagonal corners as shown
- preset ③ and ⑥
- ① loops deep to take a pass from ②
- ① breaks up-ice and does a give and go with ③ as ① agility skates around the centre circle
- ① drives the net once clear
- ④ starts a new action the other way
- note: line changes.

Key Teaching Points:

- communicate
- go at full speed.

Progressions:

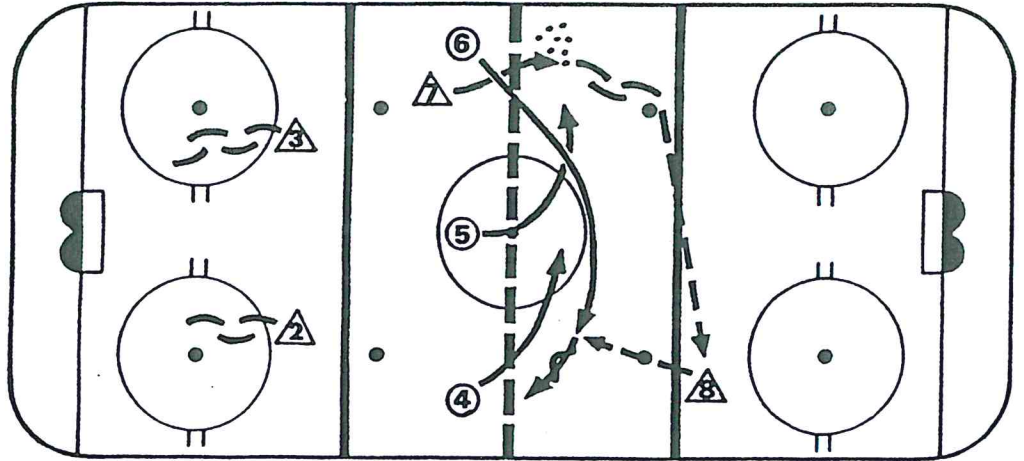
- vary the skating.

FRANCE: REGROUP DRILL

9. NEUTRAL ZONE REGROUP

Purpose:

- develop offensive attack skills.



Description:

- preset $\triangle 2$ and $\triangle 3$, a whole five player unit is in the neutral zone
- $\triangle 7$ retrieves a puck and while retreating passes to $\triangle 8$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ have all looped and exchanged lanes
- $\triangle 8$ passes to $\textcircled{6}$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ attack 3 vs 2 against $\triangle 2$ and $\triangle 3$
- once clear, a new unit takes the ice.

Key Teaching Points:

- fill all lanes
- use 1-2-3 attack principle.

Progressions:

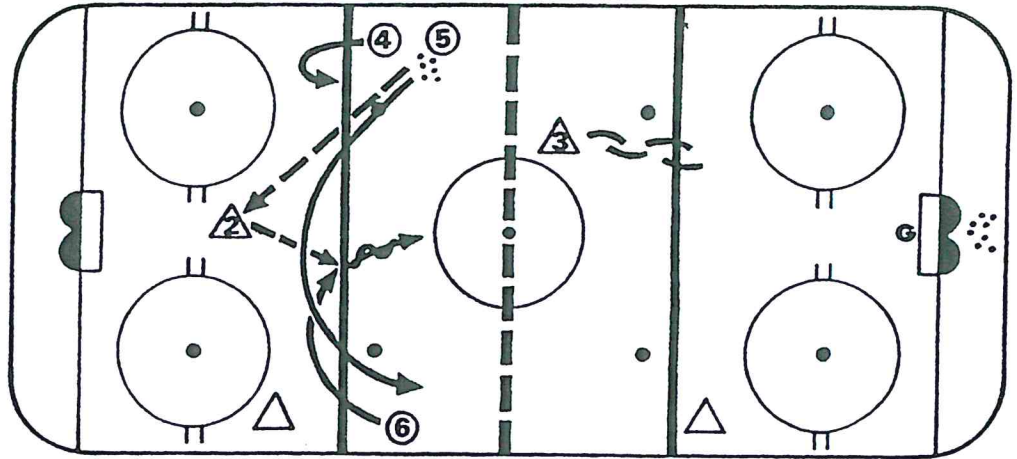
- return 5 vs 2.

FRANCE: REGROUP DRILL

10. 3 VS 1 REGROUP

Purpose:

- develop regrouping skills
- develop uneven strength offensive and defensive tactics.



Description:

- position a forward line in the neutral zone as shown
- preset $\triangle 2$ and $\triangle 3$
- others wait their turn
- $\textcircled{5}$ passes to $\triangle 2$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ loop deep and fill all lanes
- $\triangle 2$ passes to $\textcircled{6}$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ attack 3 vs 1 against $\triangle 3$
- once clear a new unit goes.

Key Teaching Points:

- fill 3 lanes
- quick puck movement.

Progressions:

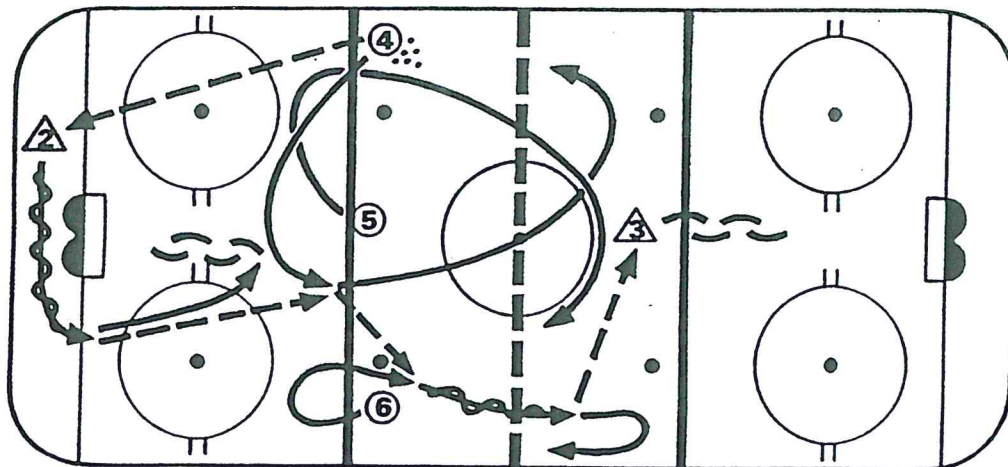
- return 4 vs 1.

FRANCE: REGROUP DRILL

11. 3 VS 1 DOUBLE

Purpose:

- develop regrouping skills
- develop uneven strength attack tactics.



Description:

- position one full five player unit on the ice as shown
- ④ passes to ② who rounds the net and returns a pass to ④
- ④, ⑤, and ⑥ circle deep switching lanes and break up-ice
- they pass to ③ and regroup a second time on a pass from ③
- ④, ⑤, and ⑥ attack 3 vs 1 against ②
- once clear a new unit repeats.

Key Teaching Points:

- fill all lanes
- co-ordinated efforts.

Progressions:

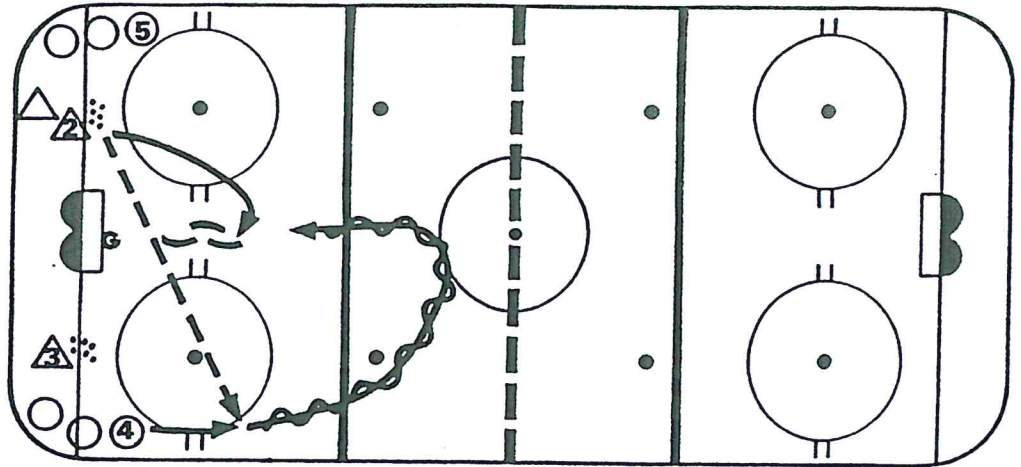
- back and forth as many times as you wish.

FRANCE: 1 VS 1 ATTACK DRILL

13. DIAGONAL DRIVE

Purpose:

- develop 1 vs 1 offensive and defensive skills.



Description:

- position the offensive and defensive players in both corners
- $\triangle 2$ passes to $\circ 4$ going along the boards
- $\circ 4$ circles in the neutral zone and attacks 1 vs 1 against $\triangle 2$
- once clear, $\triangle 3$ starts a new action with $\circ 5$
- use both ends.

Key Teaching Points:

- gap control
- driving the net.

Progressions:

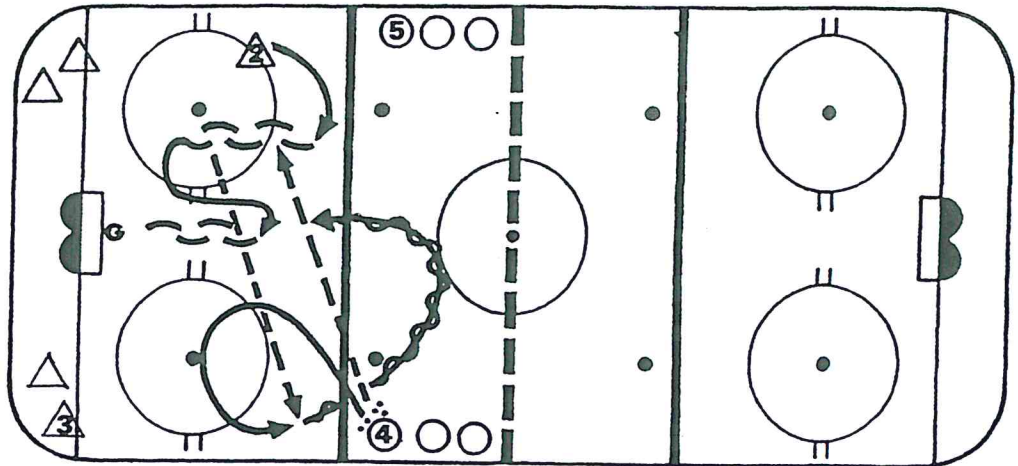
- 2 vs 1.

FRANCE: 1 VS 1 ATTACK DRILL

14. LOOP DE LOOP

Purpose:

- develop 1 vs 1 offensive and defensive skill.



Description:

- position defenders in both corners
- forwards are in two lines along the boards outside the blue line
- ② comes up to take a pass from ④
- ④ loops deep inside-out and takes a pass from ②
- ④ loops outside-in in the neutral zone and attacks 1 vs 1 against ②
- once clear ⑤ starts a new action with ③.
- use both ends

Key Teaching Points: -

- gap control
- drive the net.

Progressions:

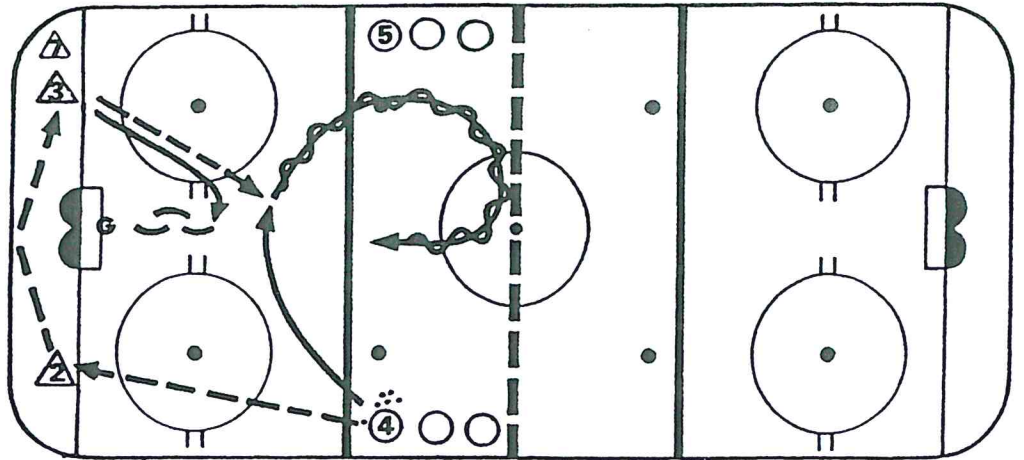
- add attackers.

FRANCE: 1 VS 1 ATTACK DRILL

15. DEFENCE TO DEFENCE

Purpose:

- develop 1 vs 1 offensive and defensive tactics.



Description:

- position defenders in the corners
- position forwards in two lines along the boards outside the blue line
- ④ passes to ②
- ② passes behind the net to ③
- ③ passes to ④ who has looped deep
- ④ carries into the neutral zone, circles and attacks 1 vs 1 against ③
- once clear, ⑤ begins a new action with ⑦
- use both ends.

Key Teaching Points:

- gap control
- drive the net.

Progressions:

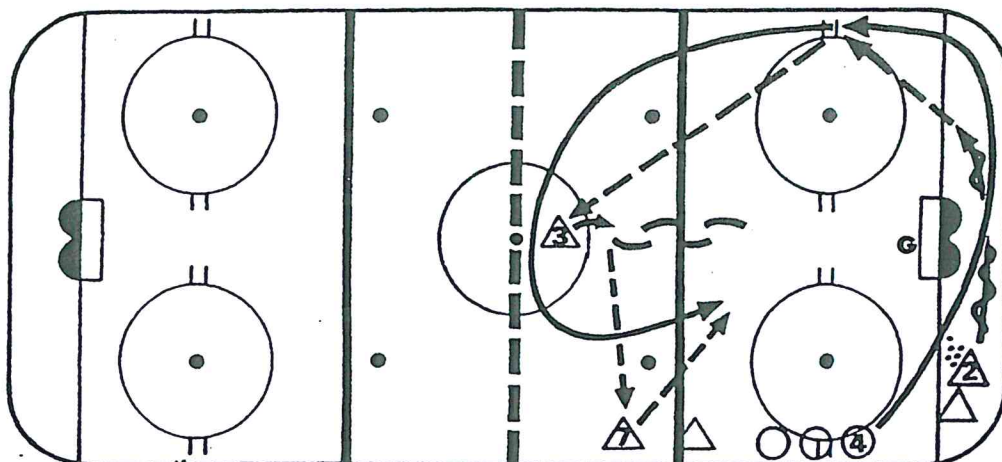
- add attackers.

FRANCE: 1 VS 1 ATTACK DRILL

16. 3 D

Purpose:

- develop 1 vs 1 offensive and defensive tactics.



Description:

- position defenders in one corner along the boards at the blue line and at centre
- position forwards along the boards between the blue and goal lines
- ④ drives hard behind the net
- △2 follows and passes to ④
- ④ quick passes to △3 and loops at centre
- 3 passes to △7
- △7 passes to ④ who attacks 1 vs 1 against △2
- once clear a new action begins
- use both ends.

Key Teaching Points:

- good passes
- use speed to attack
- close gap.

Progressions:

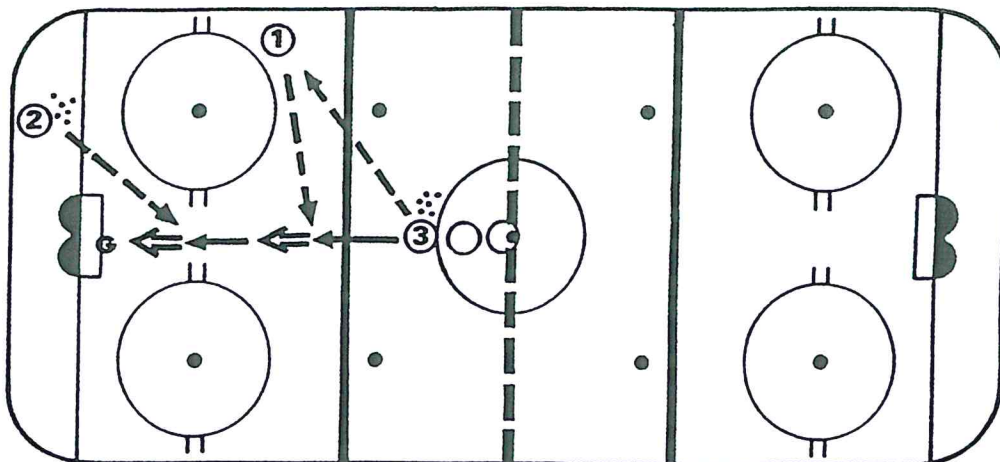
- none.

FRANCE: SHOOTING DRILL

18. SHOOTING IN MOTION

Purpose:

- develop shooting skills.



Description:

- position passers ① and ②
- position the others at centre as shown
- ③ does a give and go with ① and shoots
- ③ receives a pass from ② for a second shot
- use both ends.

Key Teaching Points:

- shoot on the move.

Progressions:

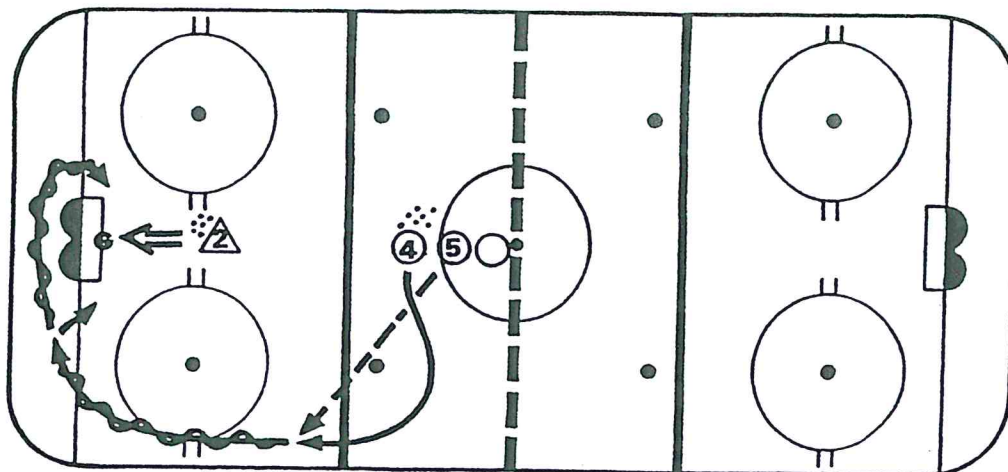
- none.

FRANCE: GOALTENDING DRILL

19. JAMMER

Purpose:

- develop goaltender awareness and quickness.



Description:

- preset ②
- position others at centre ice as shown
- ④ breaks inside-out and into the zone
- ⑤ passes to ④
- ② shoots from the slot
- ④ drives the net for a near side jam or a circle and jam
- use both ends
- switch ②

Key Teaching Points:

- goaltender read
- shooter determination.

Progressions:

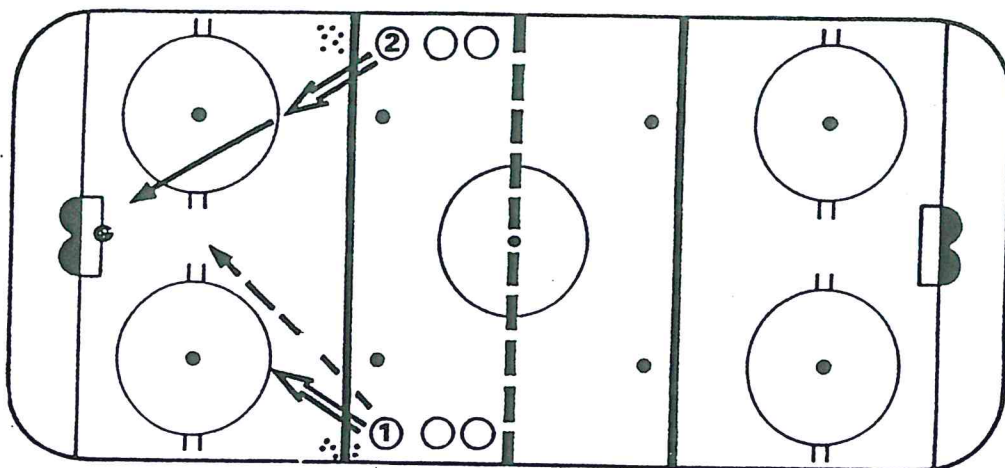
- another player at the point for a third shot.

FRANCE: GOALTENDING DRILL

20. ANGLE DRILL

Purpose:

- develop angle play of the goaltenders
- develop shooting skills.



Description:

- position players along the boards on both sides outside the blue line as shown
- ① shoots from the point and drives the net
- ② steps in and either shoots or feeds ①
- continuous
- use both ends.

Key Teaching Points:

- goaltender positioning
- good shots.

Progressions:

- none.