

POLAND

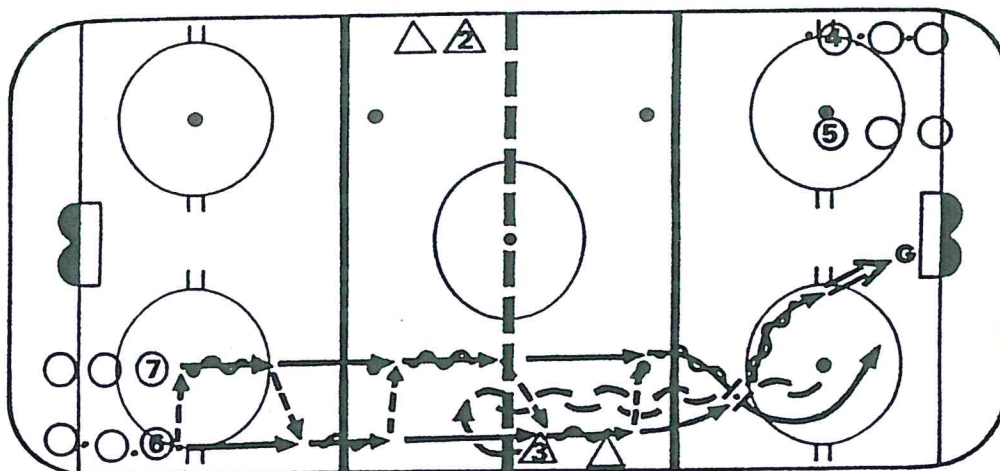


## POLAND: 2 VS 1 ATTACK DRILL

### 1. DRIVE ONE SIDE

#### Purpose:

- develop attack tactics in a confined area.



#### Description:

- position forwards in diagonal corners
- position defence along the boards on both sides near centre
- ④ and ⑤ attack 2 vs 1 against ②
- ⑥ and ⑦ do the same against ③
- continuous with player changes.

#### Key Teaching Points:

- keep passes short
- screen the defender.

#### Progression:

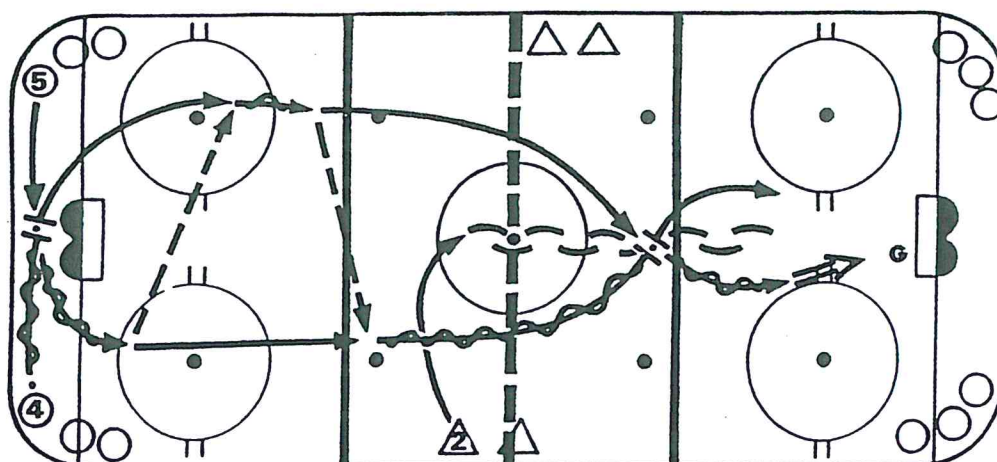
- go on the backhand.

## POLAND: 2 VS 1 ATTACK DRILL

### 2. DRIVE THE MIDDLE

#### Purpose:

- develop attack tactics in open-ice.



#### Description:

- position forwards in all corners
- position defence along the boards on both sides near centre
- ④ and ⑤ circle behind the net and attack 2 vs 1 against ②
- continuous with player changes.

#### Key Teaching Points:

- go full speed
- good passes.

#### Progressions:

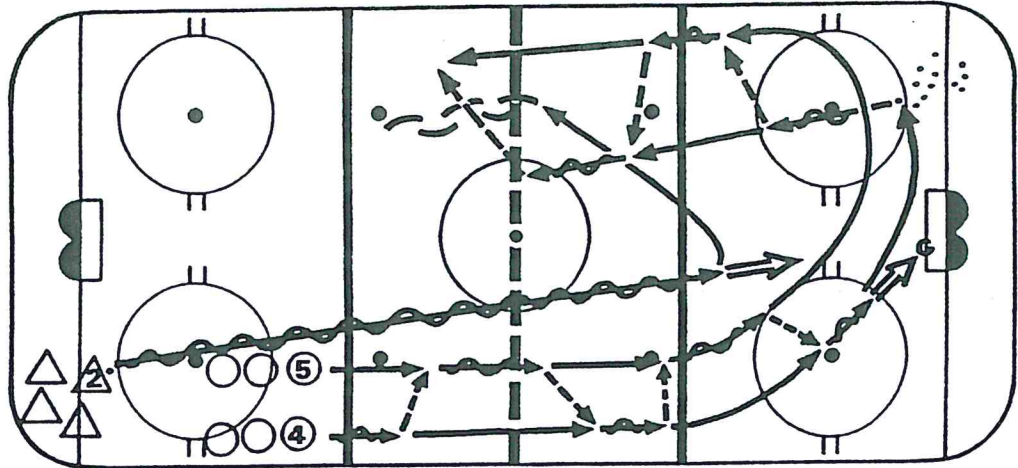
- none.

## POLAND: 2 VS 1 ATTACK DRILL

### 3. DEEP WHEEL

#### Purpose:

- develop puck handling
- develop attack tactics.



#### Description:

- position forwards in two lines along one side just inside the blue line, position defence in the corner on the same side
- ④ and ⑤ break up-ice exchanging passes
- ④ or ⑤ takes a shot ② follows with a puck and takes a shot from the blue line
- ④ and ⑤ retrieve a puck and attack back 2 vs 1 against ②
- change players and repeat.

#### Key Teaching Points:

- go at full speed
- be creative on the attack.

#### Progressions:

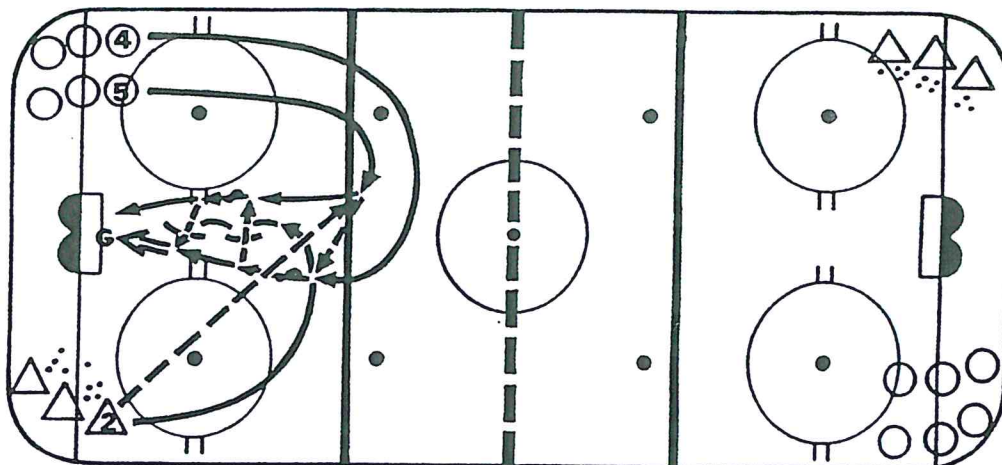
- switch sides
- 2 vs 2.

## POLAND: 2 VS 1 ATTACK DRILL

### 4. BLUE LINE HOOK

#### Purpose:

- develop attack skills
- develop defensive skills.



#### Description:

- position forwards in one corner
- position defence in the other corner
- ④ and ⑤ loop out over the blue line
- △ passes to ④ or ⑤
- ④ and ⑤ attack 2 vs 1 against △
- repeat after player change
- use both ends.

#### Key Teaching Points:

- quick short passes
- go at full speed.

#### Progressions:

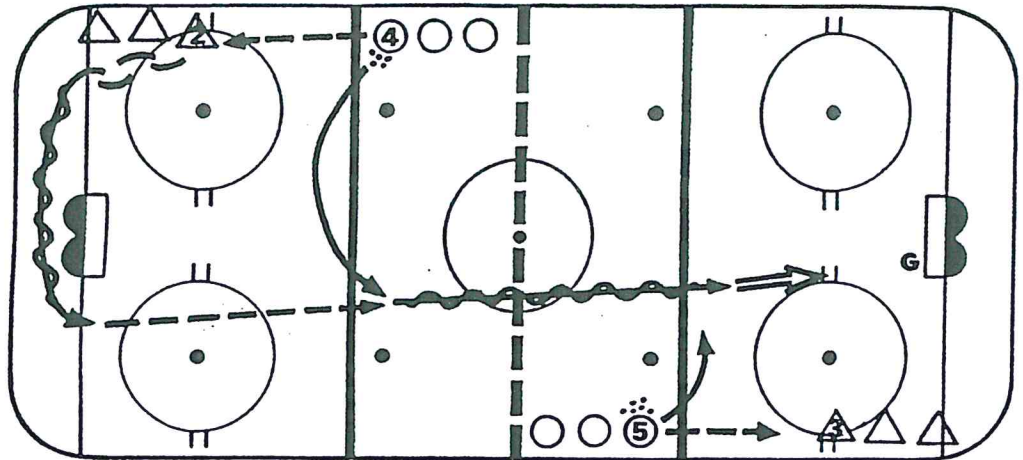
- switch corners.

## POLAND: PUCK CONTROL DRILL

### 5. DEFENCE PASS

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position forwards along the boards just outside the blue line
- position defence in diagonal corner
- ④ passes to the retreating ②
- ② pivots and rounds the net
- ② passes to ④ skating along the blue line
- ④ breaks away
- once clear, ⑤ starts a new action with ③.

#### Key Teaching Points:

- timing
- good target.

#### Progressions:

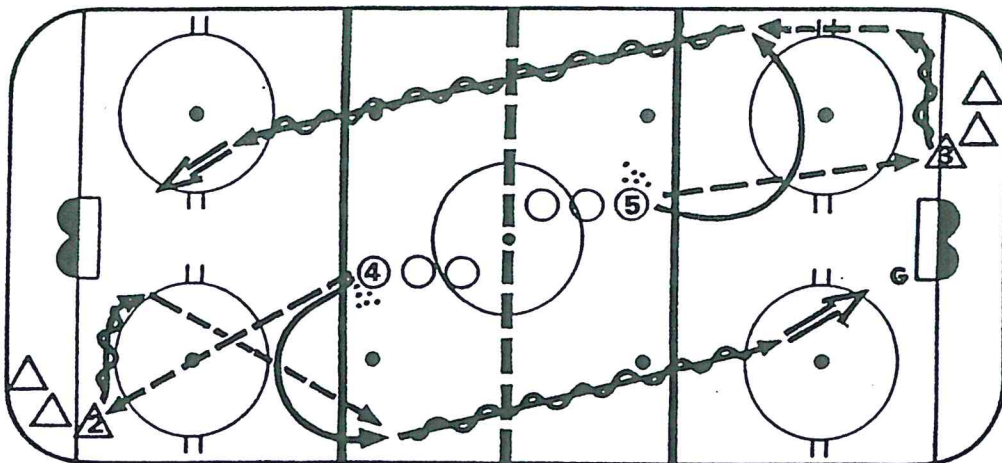
- 1 vs 1.

## POLAND: PUCK CONTROL DRILL

### 6. OUTSIDE CURL

#### Purpose:

- develop passing and receiving skills
- develop shooting.



#### Description:

- position forwards in two lines just outside each blue line
- position defence in diagonal corners
- ④ passes to ② then curls deep inside-out
- ② improves the passing angle then passes to ④
- ④ breaks away at the same time ⑤ works the same action with ③ the other way
- note: ③'s pass is different from ②'s.

#### Key Teaching Points:

- accelerate on the pass
- be a good target.

#### Progressions:

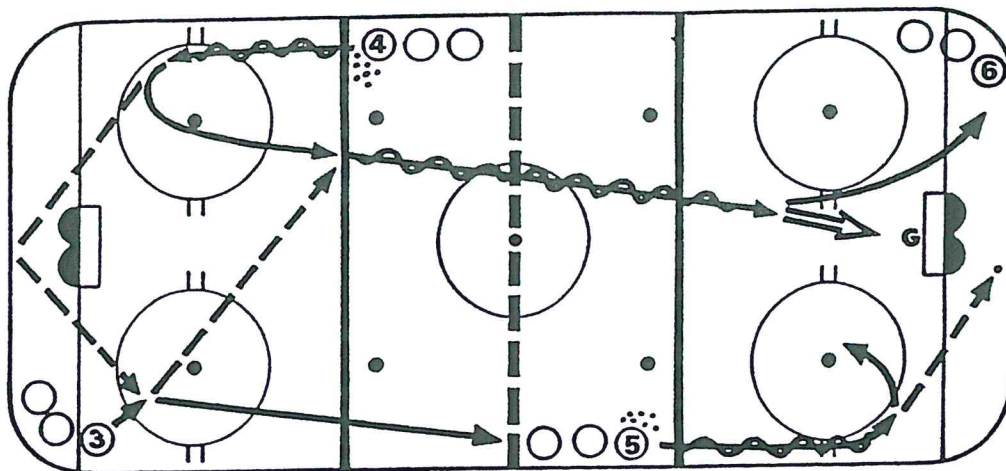
- 1 vs 1
- follow for a second shot.

## POLAND: PUCK CONTROL DRILL

### 7. WIDE PLAYER PASS

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position the offensive players in diagonal corners and just outside each blue line as shown
- ④ skates deep and passes behind the net to ③, ③ gains control then passes wide to ④
- ④ breaks away
- at the same time ⑤ works with ⑥ in the other direction
- line changes are continuous.

#### Key Teaching Points:

- skate hard
- good accurate passes
- timing.

#### Progressions:

- 1 vs 1.

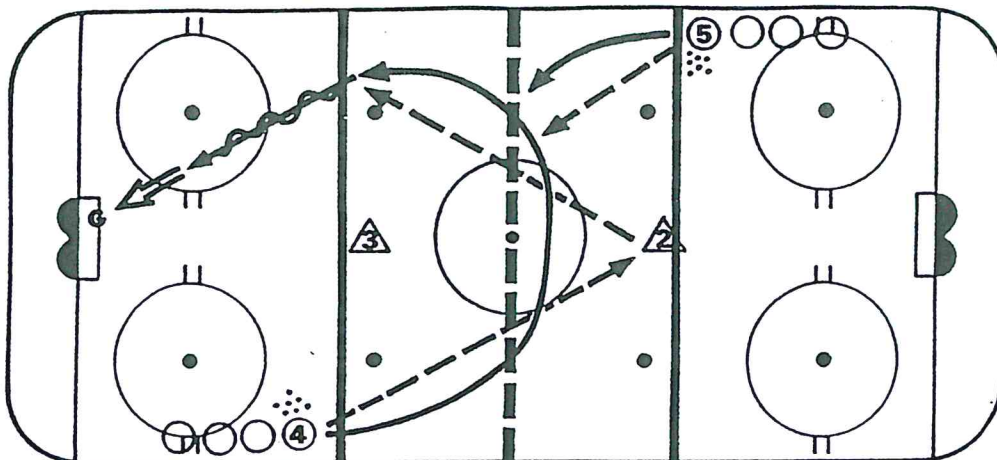


## POLAND: PUCK CONTROL DRILL

### 8. CENTRE LINE HOOK

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position players in two lines along the boards just inside the blue lines
- preset  $\triangle 2$  and  $\triangle 3$
- $\textcircled{4}$  passes to  $\triangle 2$  and takes a wide turn at centre
- $\triangle 2$  passes to  $\textcircled{4}$
- $\textcircled{4}$  breaks away
- at the same time  $\textcircled{5}$  does a similar action with  $\triangle 3$
- continuous with player changes.

#### Key Teaching Points:

- good target
- acceleration.

#### Progression:

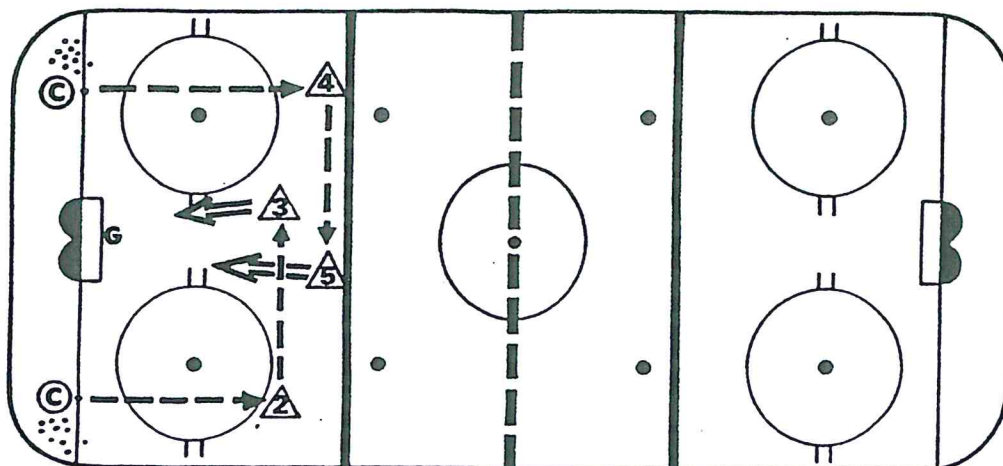
- none

## POLAND: SHOOTING DRILL

### 9. D DOUBLE SHOT

#### Purpose:

- develop shooting skills in defence.



#### Description:

- note ©
- preset 5 and 4 as shown
- © passes to 2 for a shot
- 2 passes to 3 for a shot
- 4 and 5 do the same on the other side
- use both ends
- change players and sides.

#### Key Teaching Points:

- timing
- good low shots.

#### Progressions:

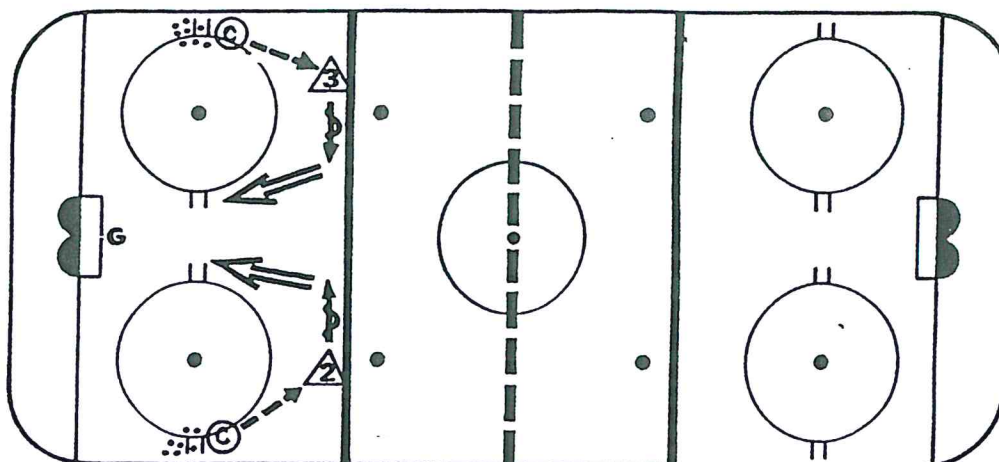
- change positions.

## POLAND: SHOOTING DRILL

### 10. SET SHOT

#### Purpose:

- develop shooting skills for the defence.



#### Description:

- preset  $\triangle 2$  and  $\triangle 3$
- note  $\odot$
- one after the other they take a pass from  $\odot$  and move down the line and shoot
- use both ends.

#### Key Teaching Points:

- good hard shots.

#### Progressions:

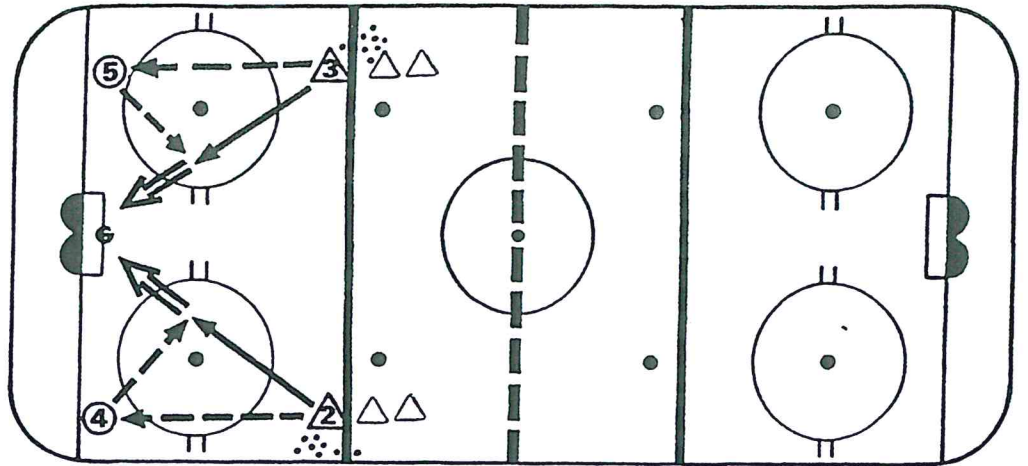
- exchange with the passer again before the shot.

## POLAND: SHOOTING DRILL

### 11. DEFENCE GIVE AND GO

#### Purpose:

- develop shooting skills for defence.



#### Description:

- pre-set four players as shown
- $\triangle 2$  passes to  $\textcircled{4}$  then drives to the net
- $\textcircled{4}$  returns the pass
- $\triangle 2$  shoots
- after shot  $\triangle 3$  starts a new action with  $\textcircled{5}$
- use both ends.

#### Key Teaching Points:

- shoot in motion
- be accurate.

#### Progression:

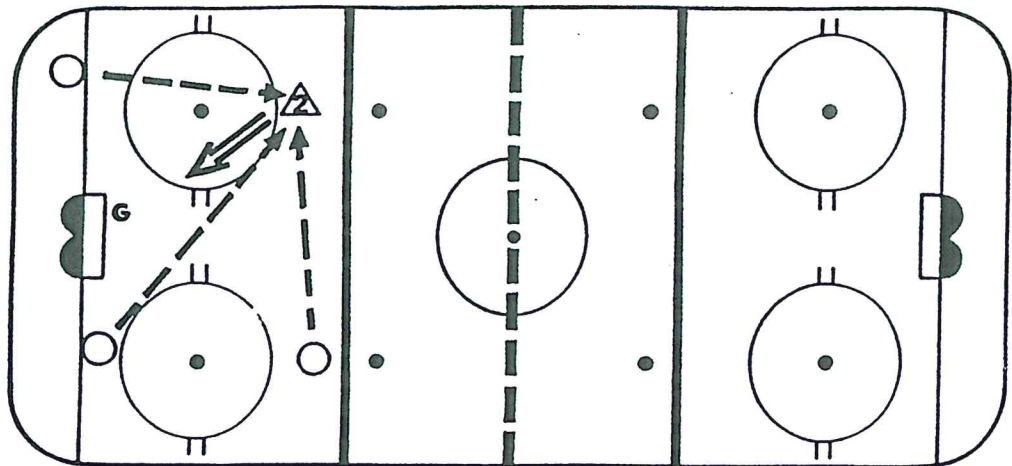
- none.

## POLAND: SHOOTING DRILL

### 12. THREE SHOT DRILL

#### Purpose:

- develop shooting skills for defence.



#### Description:

- preset  $\triangle$  at one point
- put three passers at various positions in the zone
- $\triangle$  receives passes one after another for three quick shots
- use both ends.

#### Key Teaching Points:

- be ready
- good accurate shots.

#### Progressions:

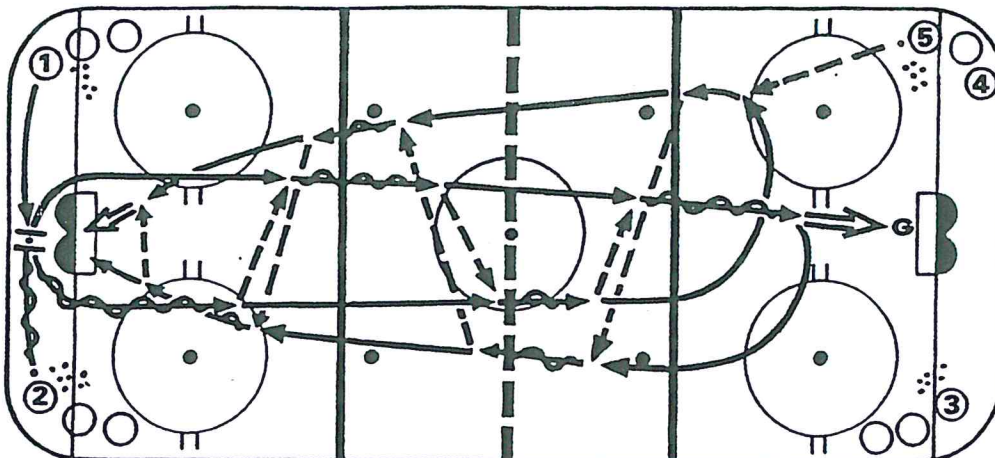
- change the shooting angle.

## POLAND: REGROUP DRILL

### 13. TWO PLAYERS TWICE

#### Purpose:

- develop passing and receiving skills
- develop attacking skills.



#### Description:

- position players in all corners
- ② and ① cross behind the net
- ② drops a pass
- ① and ② break up-ice exchanging passes
- after a shot, they turn with a pass from ⑤ and go back for a shot
- once clear, ③ and ④ start a new action the other way
- continuous.

#### Key Teaching Points:

- quick passes
- good shots.

#### Progression:

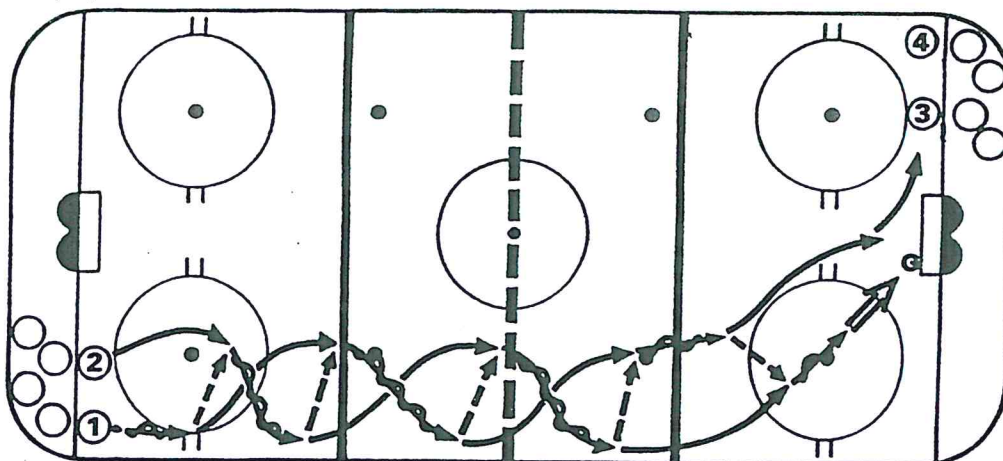
- none.

## POLAND: REGROUP DRILL

### 14. TWO CORNER CROSS

#### Purpose:

- develop passing and receiving skills
- develop co-operation.



#### Description:

- position players in diagonal corners
- ① and ② break up ice exchanging passes and exchanging positions
- ③ and ④ go the other way
- continuous.

#### Key Teaching Points:

- co-ordinated movement
- cross behind the puck carrier.

#### Progressions:

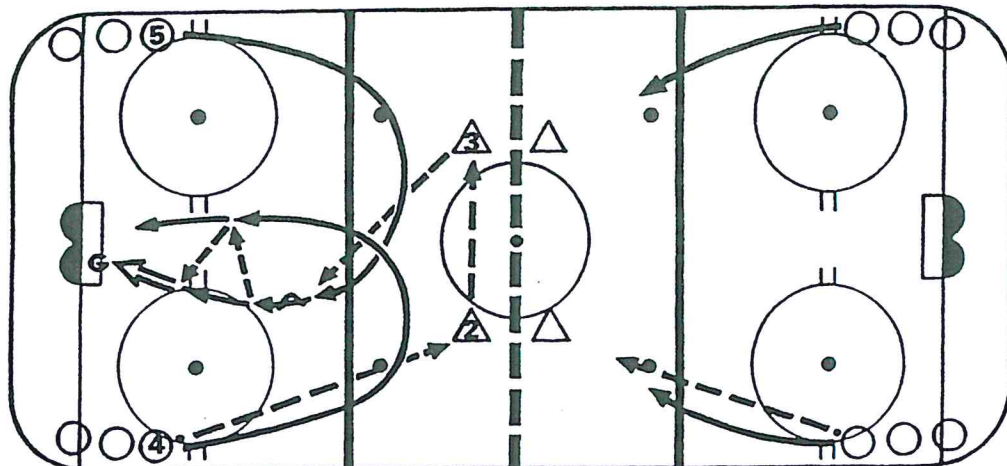
- change corners.

## POLAND: REGROUP DRILL

## 15. HALF-ICE REGROUP

## Purpose:

- develop regrouping skills.



## Description:

- position offensive forwards in both corners in one end
- preset  $\triangle 2$  and  $\triangle 3$
- $\textcircled{4}$  passes long to  $\triangle 2$
- $\textcircled{4}$  and  $\textcircled{5}$  loop outside-in
- $\triangle 2$  passes to  $\triangle 3$
- $\triangle 3$  feeds  $\textcircled{4}$  or  $\textcircled{5}$
- $\textcircled{4}$  and  $\textcircled{5}$  break in for a shot
- do the same thing in the other end.

## Key Teaching Points:

- quick passes
- good timing.

## Progressions:

- none.

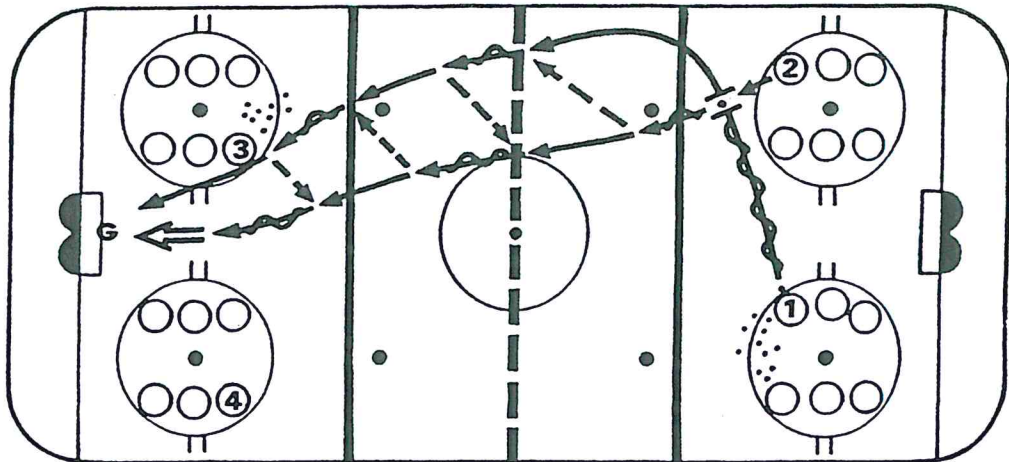


## POLAND: REGROUP DRILL

### 16. DROP AND GO

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position players in all corner circles
- ① cuts across the ice and drops a pass to ②
- ① and ② break up-ice with several exchanges
- finish with a shot
- once clear, ③ and ④ go the other way.

#### Key Teaching Points:

- acceleration
- good passes.

#### Progressions:

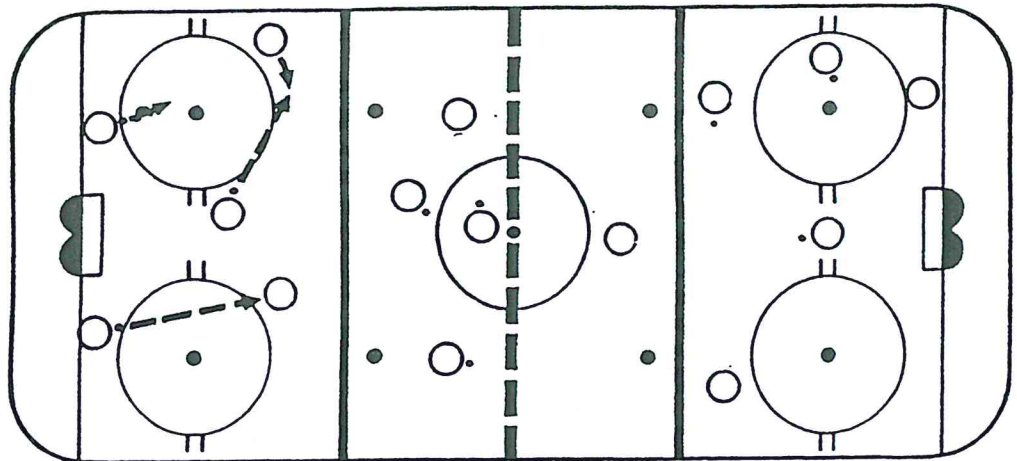
- alternate the starting circle.

## POLAND: FUN DRILL

### 17. THREE PUCK DRILL

**Purpose:**

- develop awareness
- have fun
- warm-up or cool-down.



**Description:**

- position five players in each zone
- each group has three pucks
- pass at random within each zone.

**Key Teaching Points:**

- head on a swivel
- find the open man.

**Progression:**

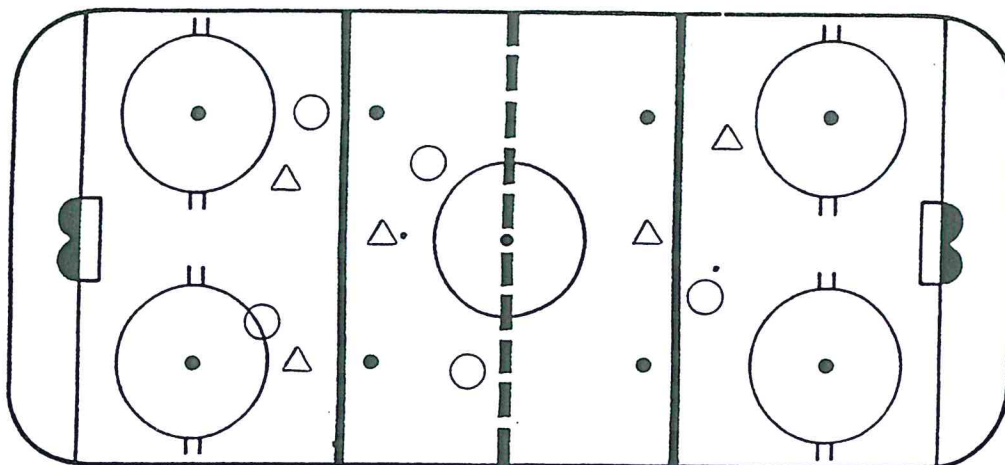
- none.

## POLAND: FUN DRILL

### 18. TWO PUCK SCRIMMAGE

**Purpose:**

- develop awareness
- have fun
- warm-up or cool-down.



**Description:**

- designate two five player teams
- scrimmage with two pucks.

**Key Teaching Points:**

- use your vision.

**Progressions:**

- vary team size.