

SWITZERLAND



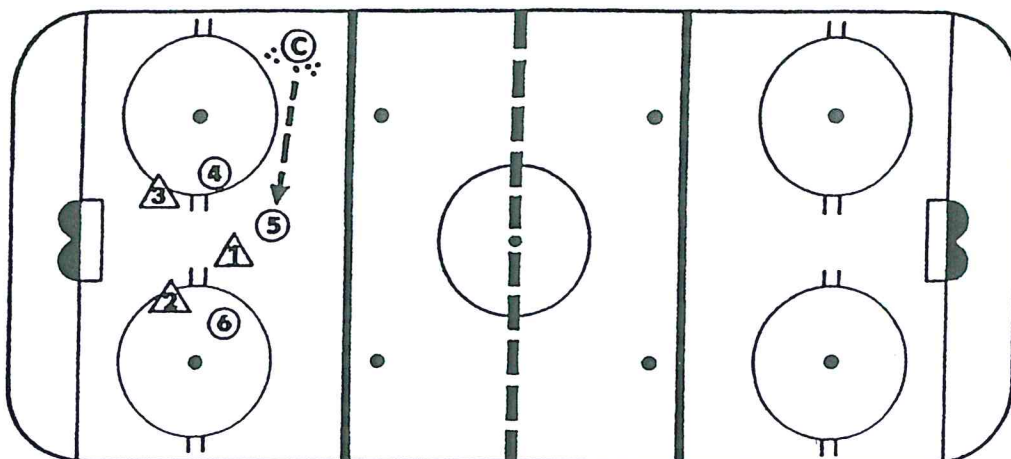


## SWITZERLAND: 3 VS 3 ATTACK DRILL

### 2. ONE NET GAME

#### Purpose:

- develop attack and defensive skills.



#### Description:

- position three defenders and three attackers in one end
- ④, ⑤, and ⑥ attack
- ②, ③, and ① defend
- note C
- if ①, ②, and ③ gain possession they pass to the coach and they become the attackers
- use both ends.

#### Key Teaching Points:

- communication
- support.

#### Progressions:

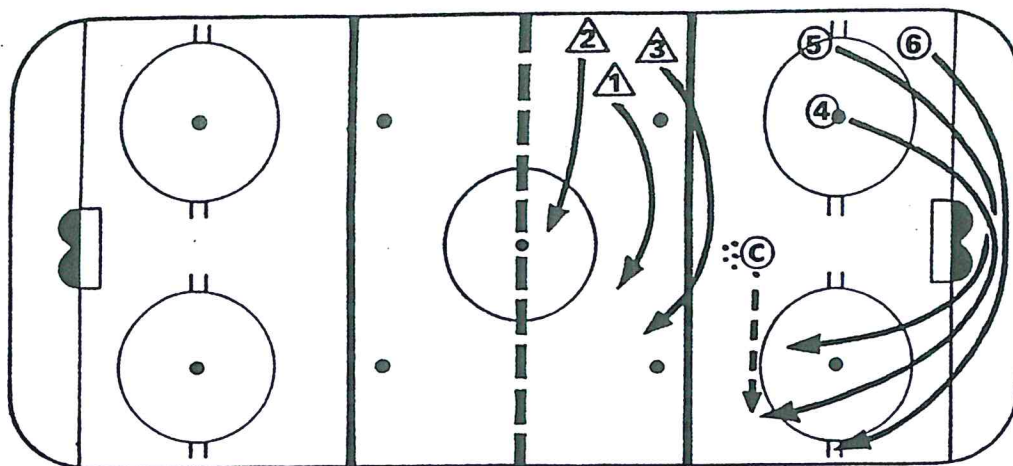
- vary the numbers.

## SWITZERLAND: 3 VS 3 ATTACK DRILL

### 3. TRIPLE SWING

#### Purpose:

- develop attack skills
- develop defensive skills.



#### Description:

- position all players along the boards, forwards inside the blue line, the defence outside
- note the ©
- ④, ⑤ and ⑥ swing deep behind the net and start up-ice with a pass from the coach
- ①, ② and ③ cut along the blue line to intercept and defend, once clear another group goes.

#### Key Teaching Points:

- use speed
- read the coverage
- communicate.

#### Progressions:

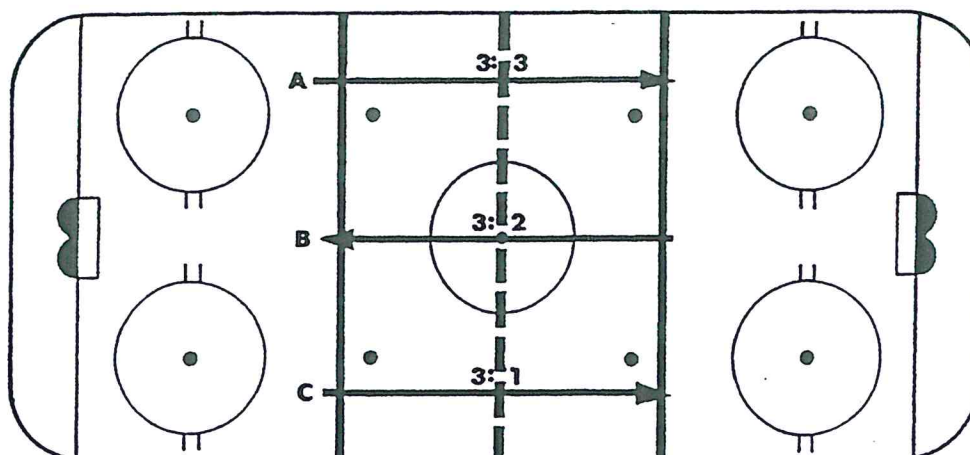
- attack with a fourth player.

## SWITZERLAND: 3 PLAYER ATTACK DRILL

### 4. TRIPLE THREE

#### Purpose:

- develop attacking skills.



#### Description:

- each unit attacks up and down the ice three times
- first three forwards attack three defenders as in A
- coming back they attack two defenders as in B
- the last time up the ice they attack one defender as in C.

#### Key Teaching Points:

- read the coverage
- support.

#### Progressions:

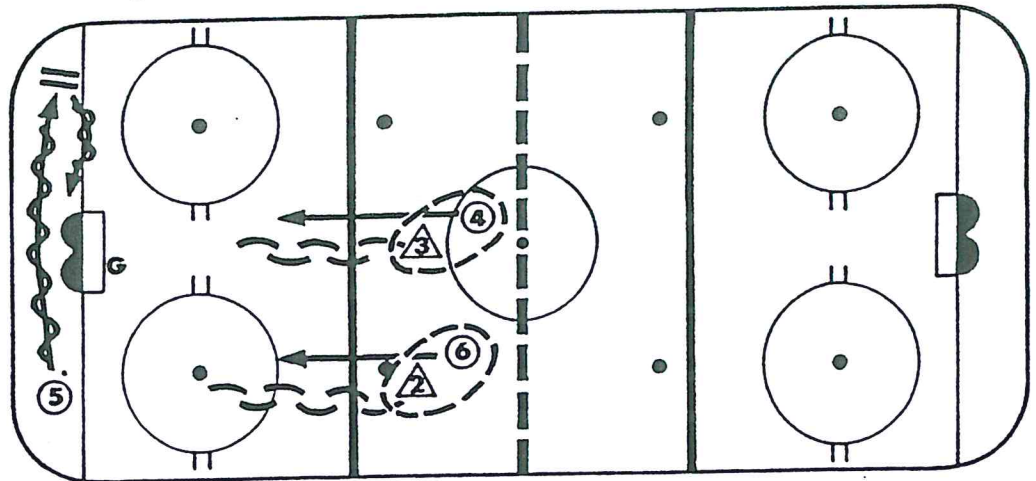
- reverse the sequence
- add 3 vs 0, etc.

## SWITZERLAND: SHOOTING DRILL

### 5. SHOOTING UNDER PRESSURE

#### Purpose:

- learning to get open.



#### Description:

- pair two defenders with two forwards in the neutral zone
- ⑤ roams behind the net with a puck
- ④ and ⑥ attempt to get away from ② and ③ to receive a pass from ⑤ and shoot
- use both ends.

#### Key Teaching Points:

- go at full speed
- communicate
- get the shot.

#### Progressions:

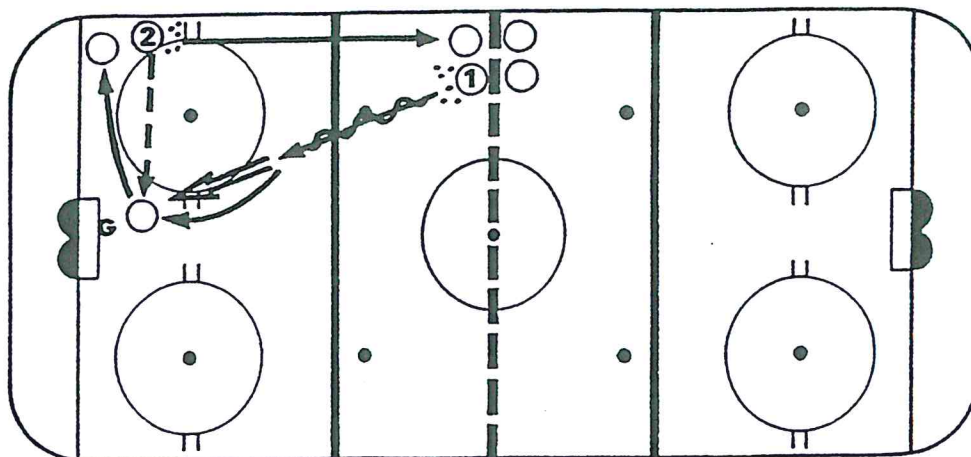
- vary the number of players involved.

## SWITZERLAND: SHOOTING DRILL

### 6. ONE PLAYER 2 SHOT

#### Purpose:

- develop shooting skills.



#### Description:

- position players in one corner and at centre along the boards on the same side
- ① drives from centre and shoots from the top of the circle
- ② feeds ① for a second shot then hustles to centre
- use both ends
- switch ends.

#### Key Teaching Points:

- communication
- shoot on the move.

#### Progressions:

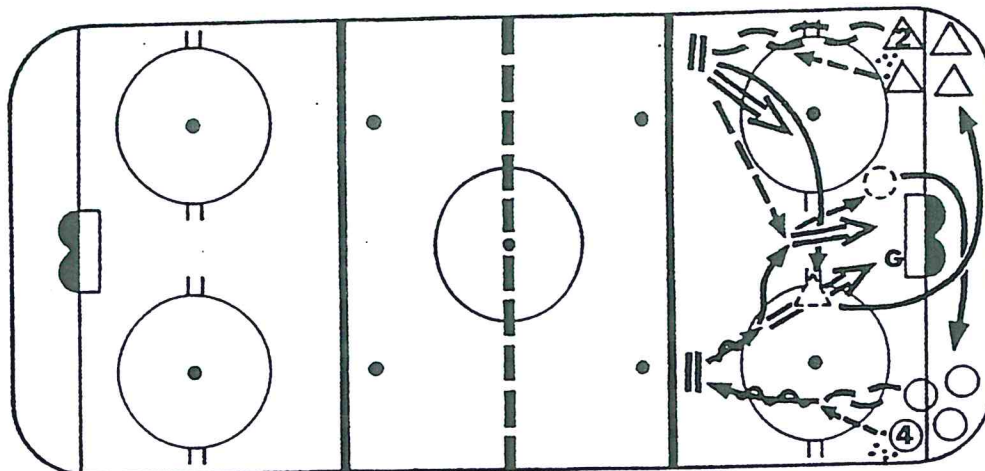
- none.

## SWITZERLAND: SHOOTING DRILL

### 7.3 SHOT DRILL

#### Purpose:

- develop shooting skills.



#### Description:

- position players in both corners in one end as shown
- ④ receives a pass while retreating
- ④ stops at the blue line and comes back to shoot from the top of the circle
- ② meanwhile has received a pass while retreating and stops on the blue line for a second shot
- ② picks up another puck and passes to ④ in the slot, ④ takes a third shot
- change players and repeat.

#### Key Teaching Points:

- timing
- shoot on the move.

#### Progressions:

- none.

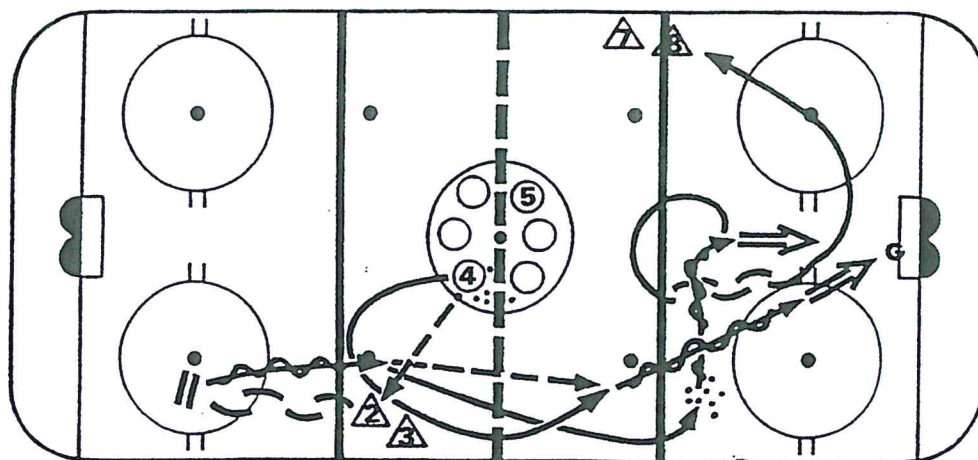


## SWITZERLAND: 1 VS 1 ATTACK DRILL

### 8. DOUBLE SHOT DRILL

#### Purpose:

- develop passing and shooting skills
- 1 vs 1 work.



#### Description:

- position forwards in the centre circle with pucks
- position defence on the boards near the blue line as shown
- ④ passes to ② then swings inside-out
- ② carries backward then starts up-ice
- ② passes to ④ who goes 1 vs 1 against ③
- ② follows, picks up a puck and moves to the middle for a good shot and an agility skate
- meanwhile, ⑤ has started a similar action simultaneously with ⑦ and ⑧
- return to centre, switch sides.

#### Key Teaching Points:

- timing
- communication
- shoot on the move.

#### Progressions:

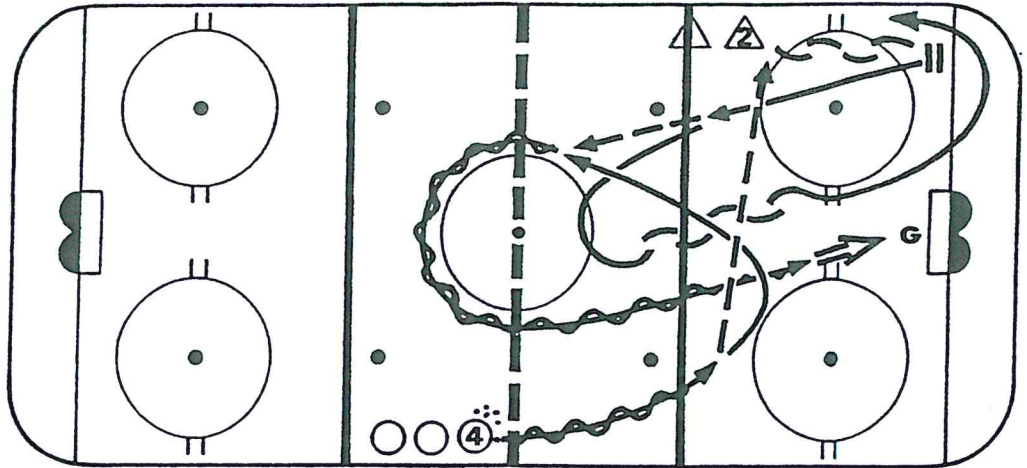
- none.

## SWITZERLAND: 1 VS 1 ATTACK DRILL

### 9. CENTRE CIRCLE ATTACK

#### Purpose:

- develop 1 vs 1 defensively and offensively.



#### Description:

- position the defence along the boards just inside or at the blue line
- position forwards on the opposite boards and at the red line
- ④ carries the puck over the blue line and passes to ② then takes a wide turn around the centre circle
- ② backs to the corner stops and starts up-ice
- ② passes to ④ as he/she circles
- ④ goes 1 vs 1 against ②
- retire to line, next pair goes.

#### Key Teaching Points:

- timing of passes
- gap control on defence.

#### Progressions:

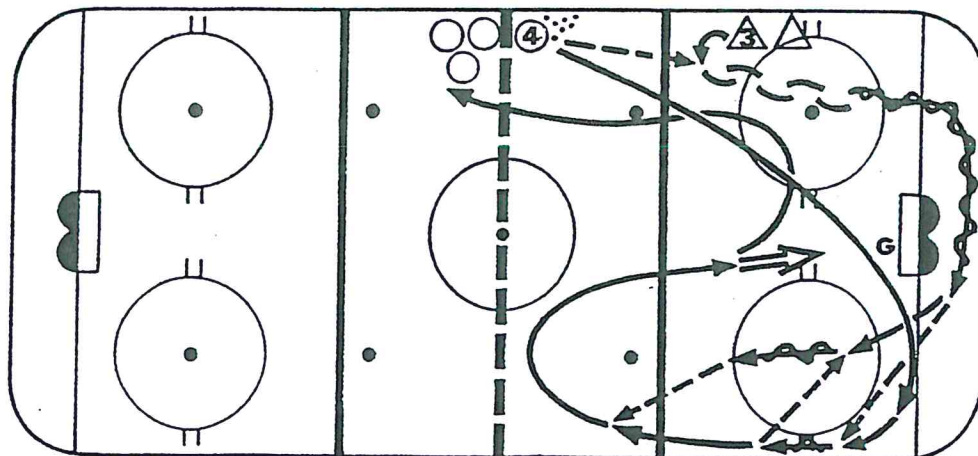
- add attackers.

## SWITZERLAND: PUCK CONTROL DRILL

### 10. BACKPASS CURL

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position defence along the boards inside the blue line
- position forwards on the same boards up near centre
- ④ passes to ③ then swings deep into the opposite corner
- ③ carries backwards then pivots and rounds the net
- ③ passes to ④ on the boards
- ④ breaks and backpasses to ③
- ③ returns the pass to ④ as ④ curls back towards the net
- ④ drives for a shot against ③
- both return to line
- use both ends.

#### Key Teaching Points:

- full speed execution
- close gap control

#### Progressions:

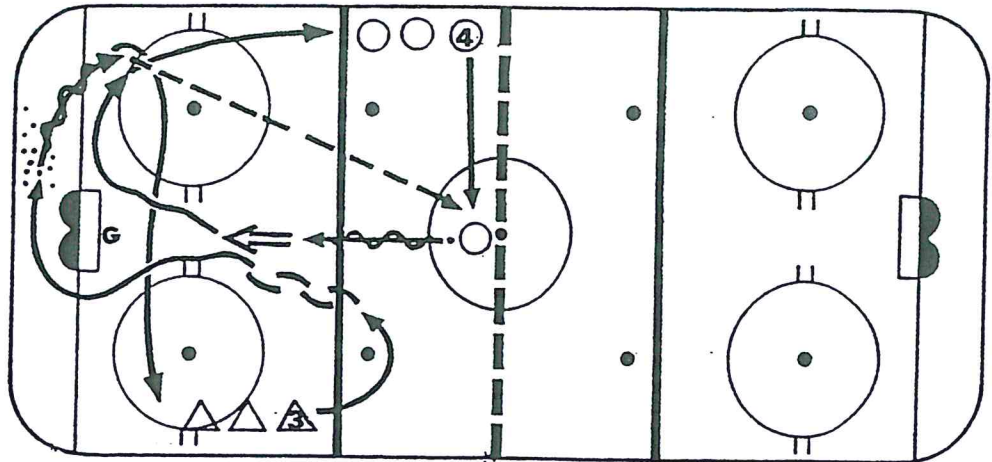
- build up the attack to 2 vs 1 and 3 vs 1.

## SWITZERLAND: PUCK CONTROL DRILL

### 11. DEFENCE SWING

#### Purpose:

- skating and passing
- forward's shooting.



#### Description:

- position defence along the boards inside one blue line
- position forwards across the ice outside the blue line
- ③ begins by curling around the face-off dot and takes a few quick backward strides
- ③ then swings behind the net to retrieve the puck
- ③ passes to ④ skating down the red line
- ④ drives for a shot
- both return to their lines
- next pair goes.

#### Key Teaching Points:

- full speed execution
- shooting on the move.

#### Progressions:

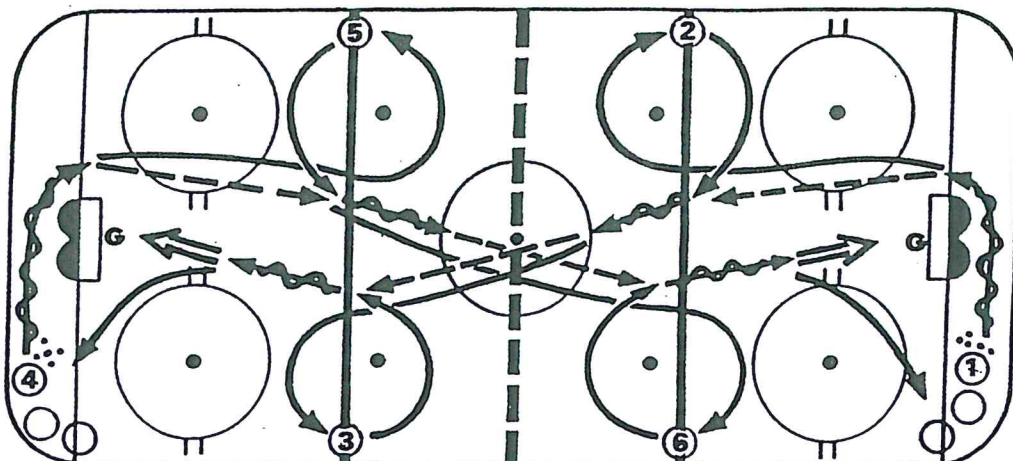
- vary locations
- play 1 vs 1.

## SWITZERLAND: PUCK CONTROL DRILL

### 12. PASS AND SET

#### Purpose:

- develop passing and receiving skills.



#### Description:

- position players in the corners on the same side of the ice
- preset a player on the boards at each blue line
- ① begins by rounding the net and passing to ② who comes off the boards, ① replaces ②
- ② cuts up-ice and passes to ③ who comes off the boards
- ② replaces ③
- ③ drives the net and shoots then retires to the corner
- meanwhile, ④, ⑤, and ⑥ have done the same thing the other way
- continuous.

#### Key teaching Points:

- communication
- timing.

#### Progressions:

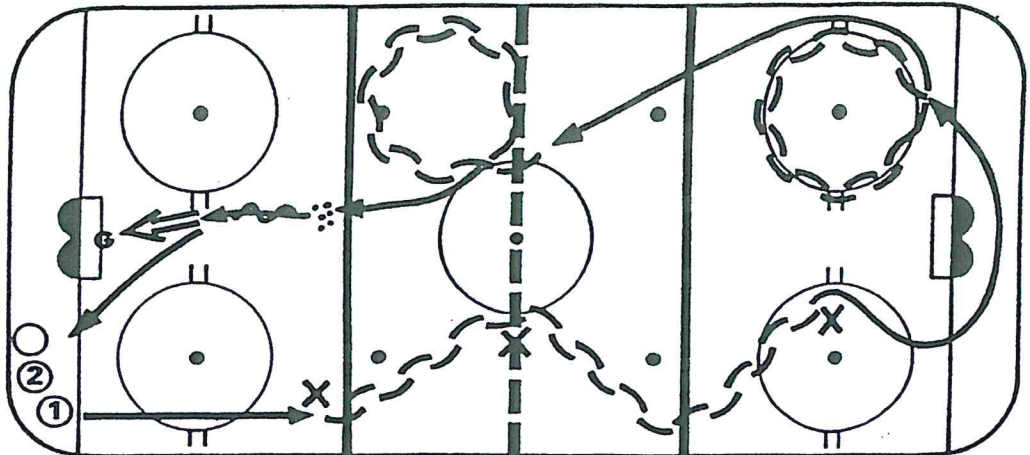
- none.

## SWITZERLAND: PUCK CONTROL DRILL

### 13. BACKWARD COURSE

#### Purpose:

- develop backward skating.



#### Description:

- position the players in one corner as shown
- the x's are pylons
- ① begins by skating the designated route - note: the pivots, the backward, and forward areas
- ① picks up a puck at the blue line and drives the net for a shot
- once ① has proceeded down the course, ② can start.

#### Key Teaching Points:

- go at full speed
- pivot smoothly.

#### Progressions:

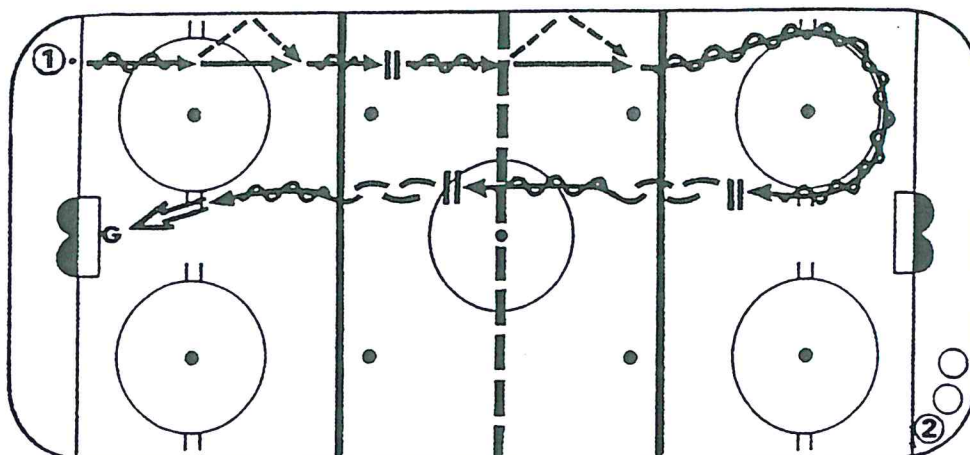
- use a puck throughout.

## SWITZERLAND: SKATING AGILITY DRILL

### 14. ONE PLAYER MAZE

#### Purpose:

- skating development
- puck control.



#### Description:

- position players in diagonal corners
- ① accelerates and passes to self off the boards. The player then stops and repeats this action before turning at the far face-off circle and following several skating maneuvers on the way to a shot on net.
- ② does the same thing from the other direction at the same time
- note: the stops and pivots.

#### Key Teaching Points:

- go at full speed.

#### Progressions:

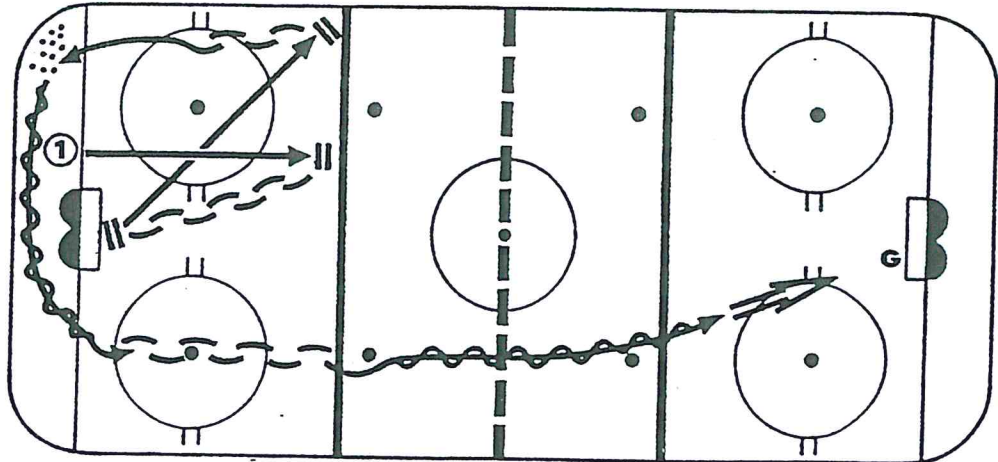
- vary the skating demands
- have a long shot followed by a retrieved puck and a second shot.

## SWITZERLAND: SKATING AGILITY DRILL

### 15. ONE PLAYER MANEUVER DRILL

#### Purpose:

- develop agility
- puck control.



#### Description:

- players wait their turn at net area
- ① skates to the blue line and stops then skates backwards to the net and stops - then forward to the blue line at the boards and stop - then backwards down the boards to the hash marks and pivot - forward to the corner to retrieve a puck circles the net, pivots, goes backward to the blue line and pivots, ① then drives the net for a shot.
- once ① has the puck the next player can go.

#### Key Teaching Points:

- go a full speed.

#### Progressions:

- vary the skating assignments.