

UNITED STATES

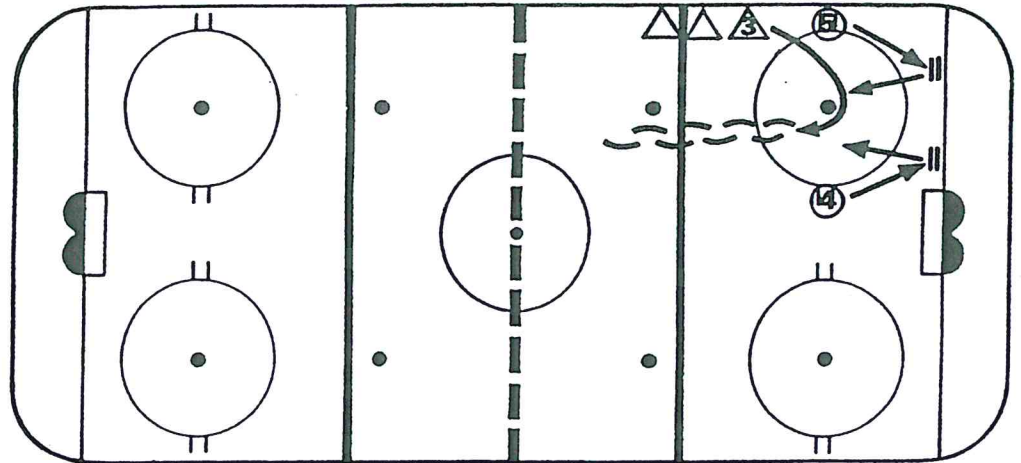


UNITED STATES: SKATING AGILITY DRILL

1. 2 SIDED SPRINT

Purpose:

- to develop skating speed.



Description:

- position the defence along the boards above the circle
- position the forwards along the boards in the corner and in front of the net
- on signal, ④ and ⑤ skate to the goal line, stop and sprint up-ice
- ③ loops around the face-off dot and then skates backward up-ice keeping ④ and ⑤ in front
- continuous
- use both sides of the ice.

Key Teaching Points:

- work hard
- sprint.

Progressions:

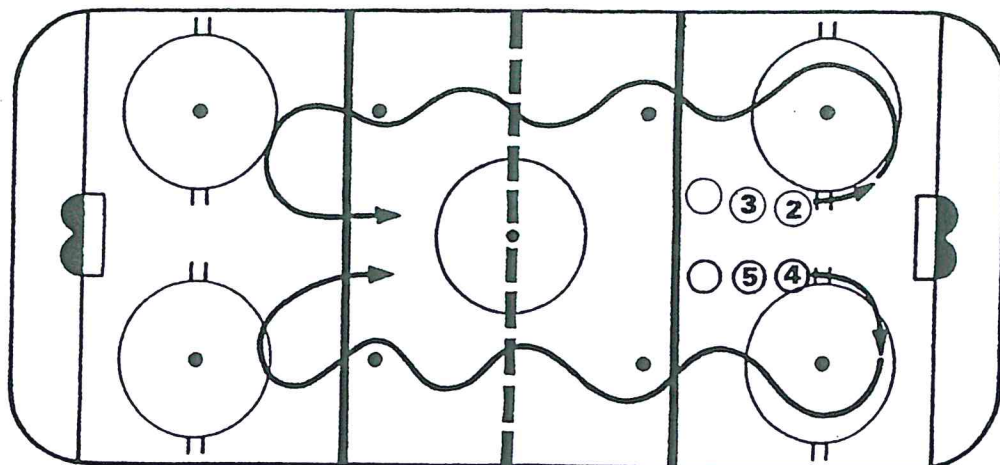
- add pucks for 2 vs 1
- forwards zig-zag.

UNITED STATES: SKATING AGILITY DRILL

2. HOT DOG SKATE

Purpose:

- to develop skating agility.



Description:

- position players in two lines in one end as shown
- on the whistle ② and ④ skate their own creative agility patterns before turning to spring up the middle and then back into line
- ⑤ and ③ go next.

Key Teaching Points:

- full speed
- be creative.

Progressions:

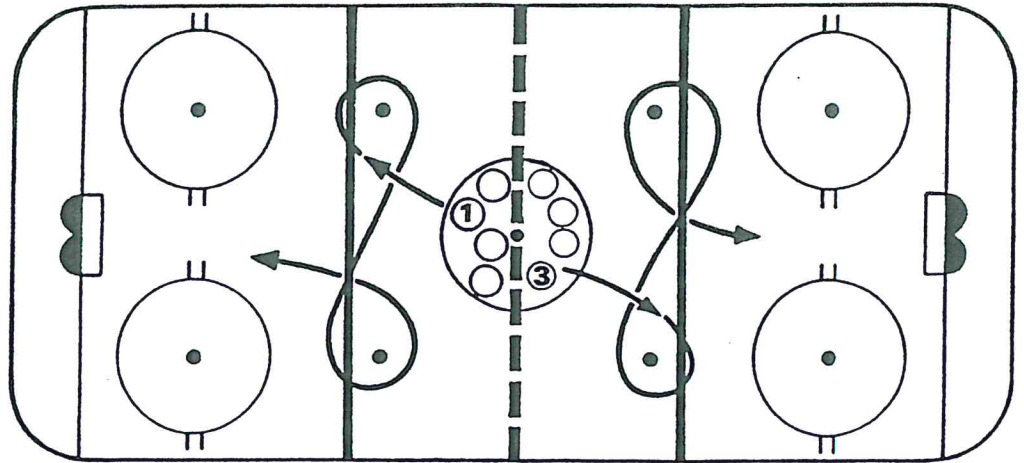
- add pucks..

UNITED STATES: SKATING AGILITY DRILL

3. TWO LOOP DRIVE

Purpose:

- to develop skating agility.



Description:

- position all players in centre circle
- on the whistle ① and ③ loop both blue line dots then drive the net
- continuous.

Key Teaching Points:

- go full speed
- accelerate off turns.

Progressions:

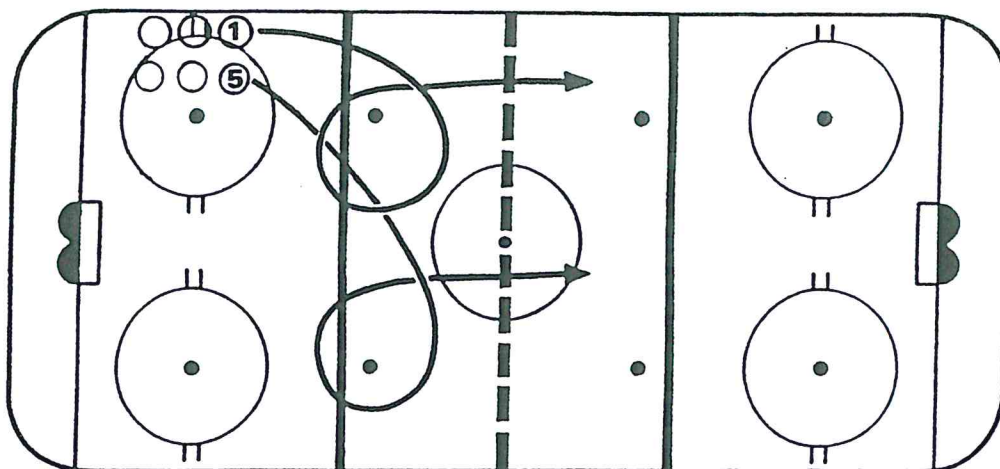
- add pucks
- add a shot.

UNITED STATES: SKATING AGILITY DRILL

4. PARALLEL LOOPS

Purpose:

- to develop skating agility
- warm-up.



Description:

- position all players in two lines along the boards in one end
- on the whistle ① and ⑤ skate the pattern as shown
- align on the same side to come back
- switch lines.

Key Teaching Points:

- go at full speed.

Progression:

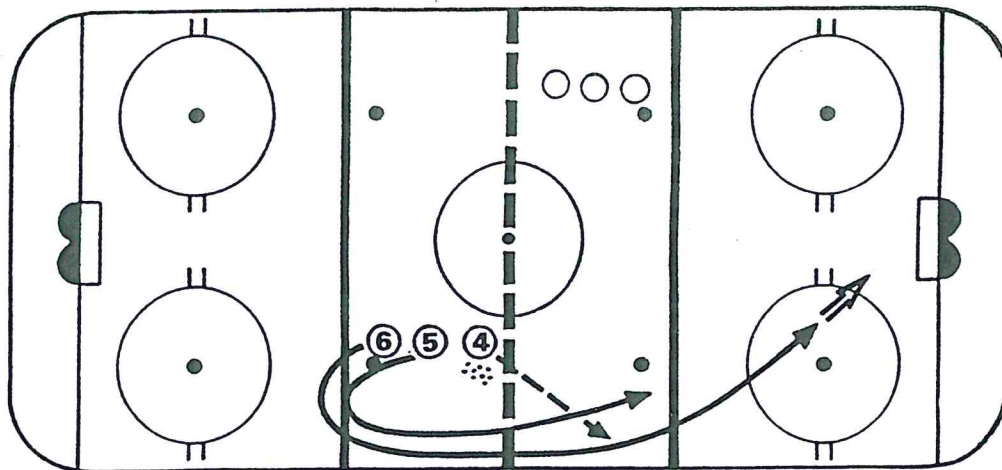
- add pucks
- add passes
- add shot.

UNITED STATES: PUCK CONTROL DRILL

5. CHASE THE RABBIT

Purpose:

- develop puck protection skills
- develop determination.



Description:

- position all players in two lines at the edge of the centre circle as shown
- ⑥ loops and drive skates up the boards
- ⑤ chases
- ④ passes to ⑥
- ⑥ drives the net
- go both ways at once.

Key Teaching Points:

- good pass on the move
- chaser determination
- puck protection.

Progressions:

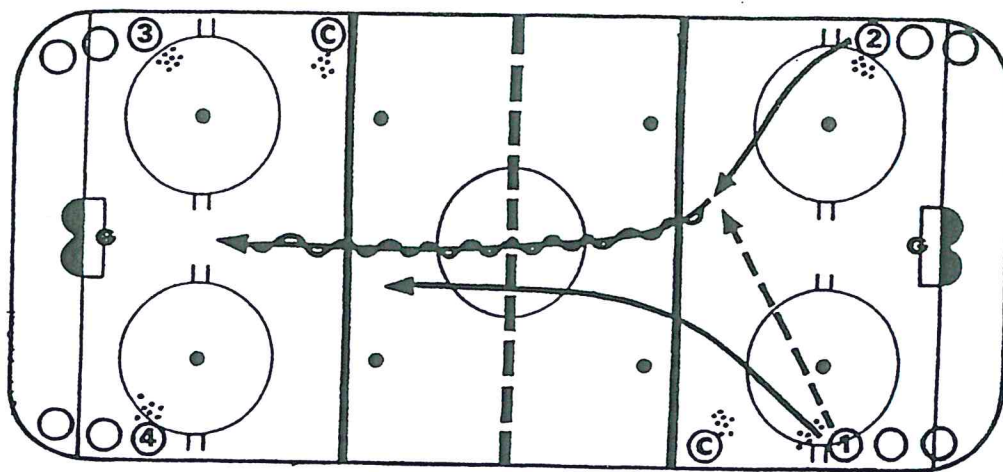
- use ⑦ for a give and go
- add a defender
- have a second shot on a pass from ⑦.

UNITED STATES: PUCK CONTROL DRILL

6. GIVE AND CHASE

Purpose:

- develop determination
- develop acceleration.



Description:

- position players in all corners - note: ©'s
- ② breaks up-ice
- ① passes to ② then chases
- once clear ③ and ④ go the other way.

Key Teaching Points:

- quick shot
- determination.

Progressions:

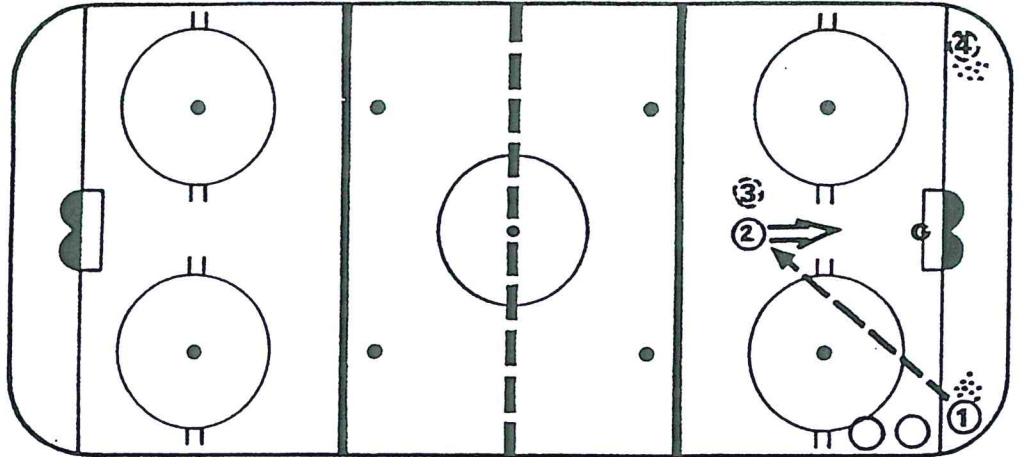
- use pylons to alter the skating routes
- deflect a shot from C .

UNITED STATES: SHOOTING DRILL

7. 10 TIMER

Purpose:

- to develop shooting skills.



Description:

- position one player in the corner and one person in the high slot
- ① feeds ② ten times
- ② one times all feeds
- use both ends.

Key Teaching Points:

- readiness
- quick release
- good shots.

Progressions:

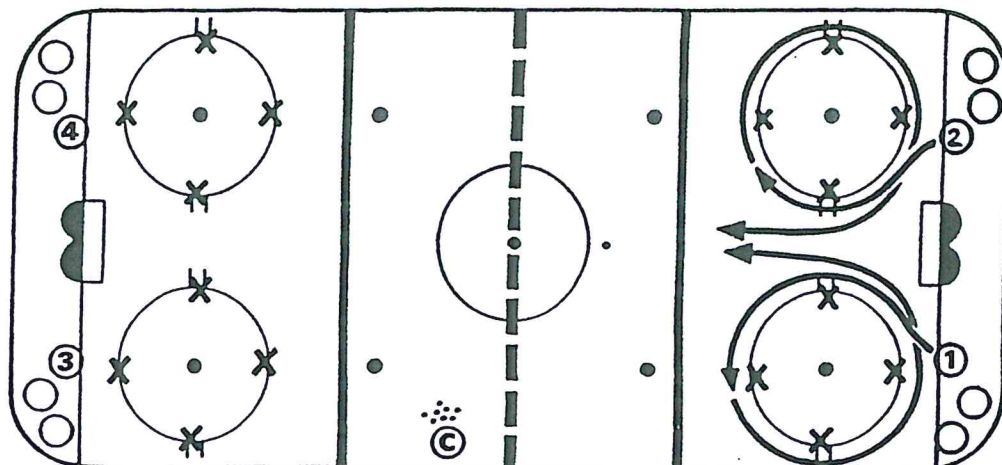
- alternate passes using ③ and ④
- change shooting positions.

UNITED STATES: SHOOTING DRILL

8. CIRCLE CHASE

Purpose:

- puck control skill development
- shooting development.



Description:

- position players in all corners as shown - note: © and pucks
- X's are pylons
- on whistle ① and ② race around the pylons for the spotted puck
- once clear, ③ and ④ go the other way
- © spots the pucks.

Key Teaching Points:

- quick shot
- good cross-overs.

Progressions:

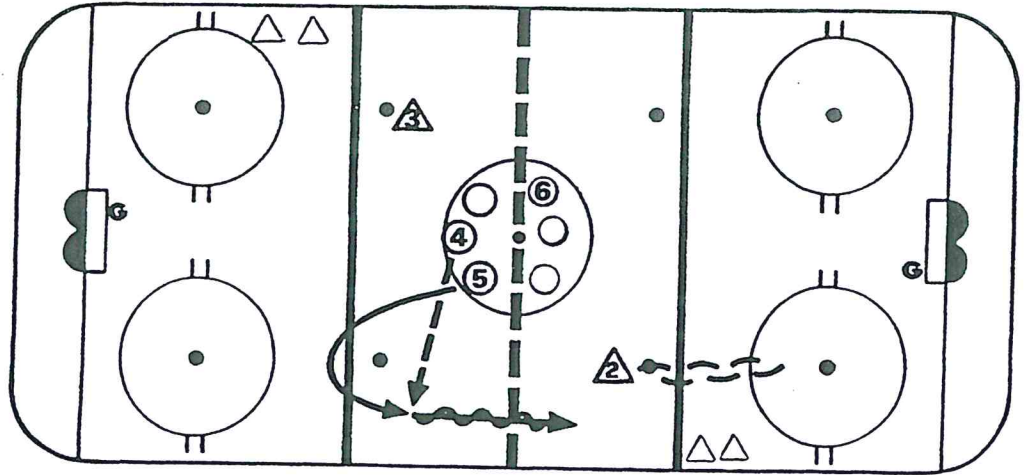
- alter skating routes
- go backwards.

UNITED STATES: 1 VS 1 ATTACK DRILL

9. LOOP AND RUN

Purpose:

- develop 1 vs 1 defensive and offensive skills.



Description:

- position forwards in the centre circle
- position the defence as shown along the boards diagonally at each blue line
- ⑤ loops low and cuts up-ice going inside-out
- ④ passes to ⑤
- ⑤ drives 1 vs 1 against ②
- ⑥ begins the same action the other way at the same time.

Key Teaching Points:

- gap control
- go full speed.

Progressions:

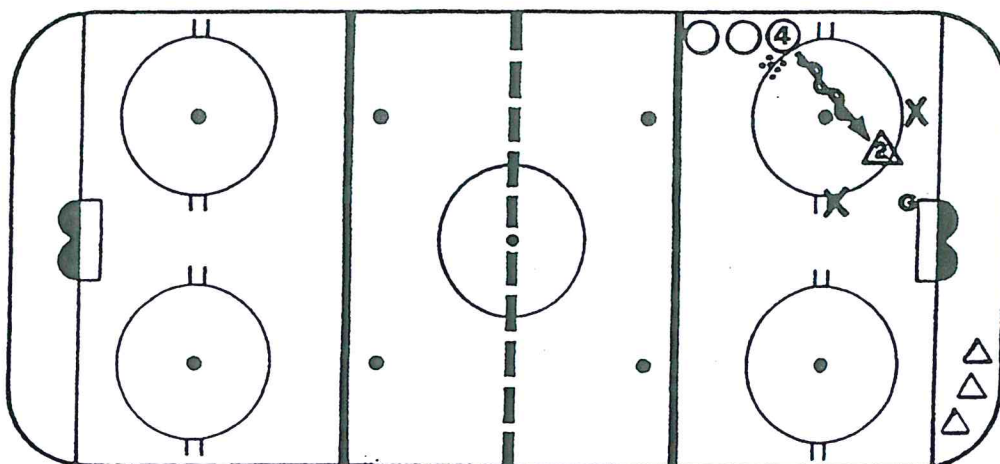
- none.

UNITED STATES: 1 VS 1 ATTACK DRILL

10. SHOOT THE GAP

Purpose:

- develop offensive and defensive tactics.



Description:

- remember X's are pylons
- position the offensive players along the boards in one end
- the defensive players can wait their turn in the opposite corner
- ④ tries to get past \triangle within the space defined by the X's
- use both ends and both sides.

Key Teaching Points:

- gap control
- containment.

Progressions:

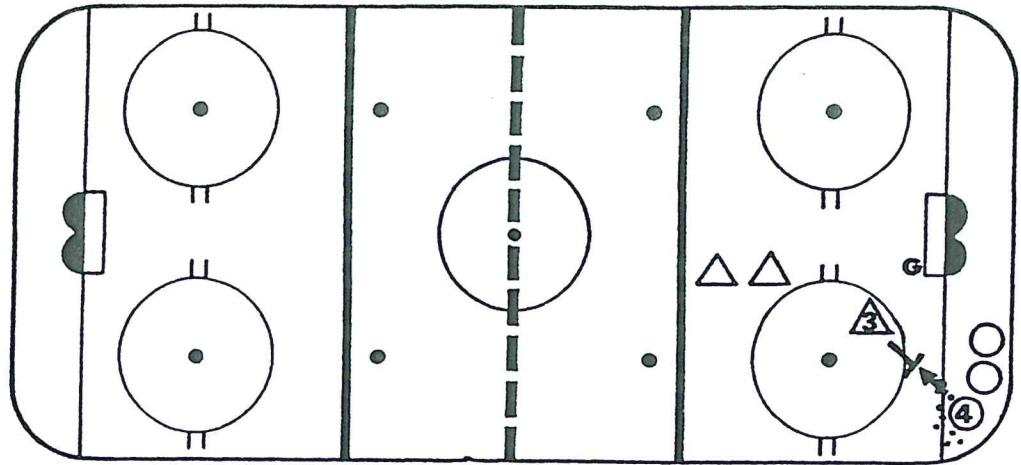
- none.

UNITED STATES: 1 VS 1 ATTACK DRILL

11. WALKOUT BLOCK

Purpose:

- develop defensive tactics against the walkout.



Description:

- position the offensive players in the corner and the defenders on the blue line as shown
- ④ attempts to go to the net against ③
- continuous
- use both ends.

Key Teaching Points

- angle approach defensively.

Progressions:

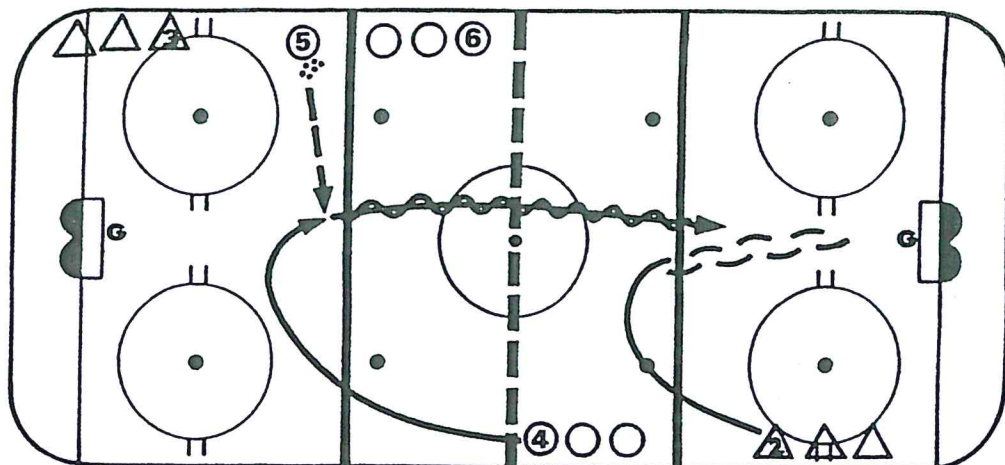
- use pylons to confine the space.

UNITED STATES: 1 VS 1 ATTACK DRILL

12. SPEED SWING

Purpose:

- develop offensive and defensive tactics against a 1 vs 1.



Description:

- position two lines of offensive players and one of the defenders as shown
- ④ loops deep and takes a pass from ⑤
- ④ goes 1 vs 1 against ②
- once clear, ⑥ starts a new action against ③
- continuous.

Key Teaching Points:

- gap control
- go at full speed.

Progressions:

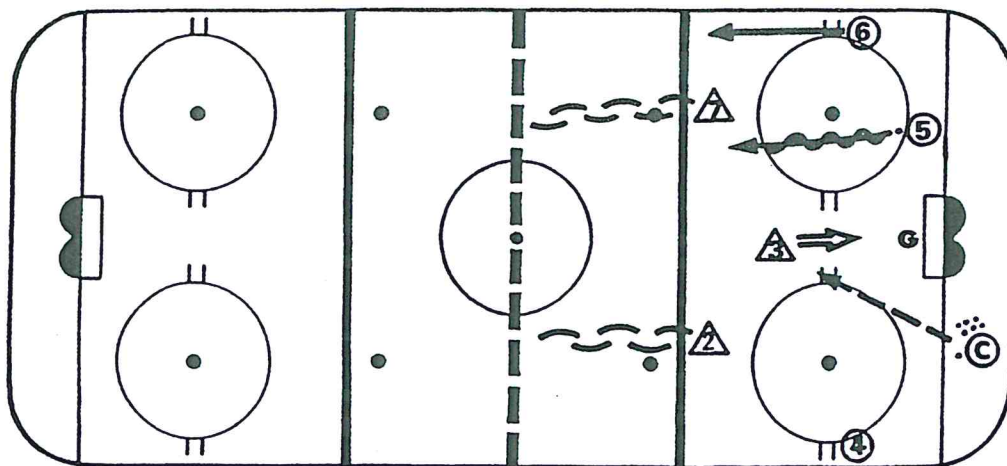
- alter skating routes.

UNITED STATES: 3 VS 2 ATTACK DRILL

13. 3 VS 2 CHASER

Purpose:

- develop contain skills
- develop backchecking skills.



Description:

- position three defenders and three offensive players as shown
- $\triangle 3$ shoots on goal on feed from \odot
- at the same time $\odot 4$, $\odot 5$, and $\odot 6$ break up-ice in a 3 vs 2 against $\triangle 2$ and $\triangle 3$ pursues
- have a unit ready to come back the other way
- continuous.

Key Teaching Points:

- attack with speed and support
- communication of the defending players.

Progressions:

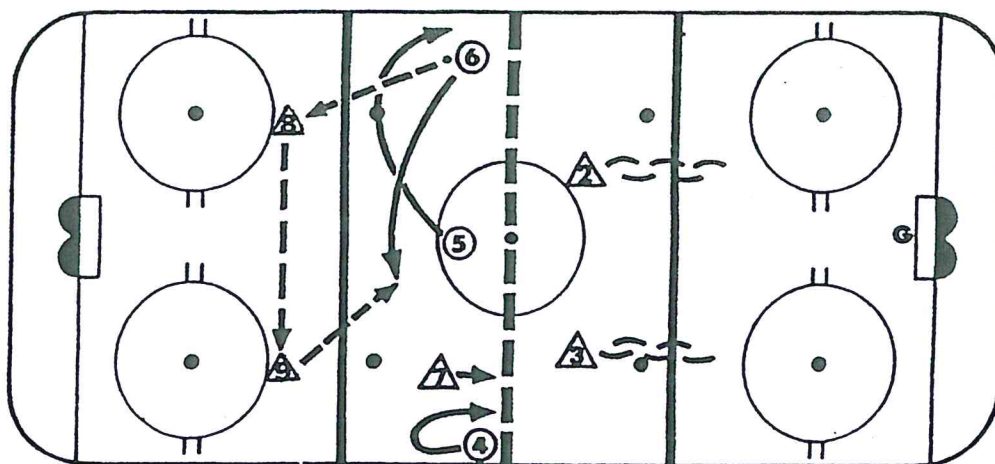
- control the backchecker
- three pucks for $\odot 4$, $\odot 5$, and $\odot 6$ and drop two at the red line.

UNITED STATES: 3 VS 3 ATTACK DRILL

14. 3 VS 3 ATTACK

Purpose:

- develop regroup and attack skills.



Description:

- position a whole unit in their half of the ice
- preset $\triangle 2$, $\triangle 3$, and $\triangle 7$
- $\odot 6$ passes to $\triangle 8$
- $\triangle 8$ passes to $\triangle 9$
- $\odot 5$ and $\odot 6$ cross
- $\odot 4$ holds the lane
- $\triangle 9$ passes to $\odot 6$
- $\odot 4$, $\odot 5$, and $\odot 6$ attack 3 vs 2 against $\triangle 2$ and $\triangle 3$.

Key Teaching Points:

- fill three lanes
- 1-2-3 attack principles.

Progressions:

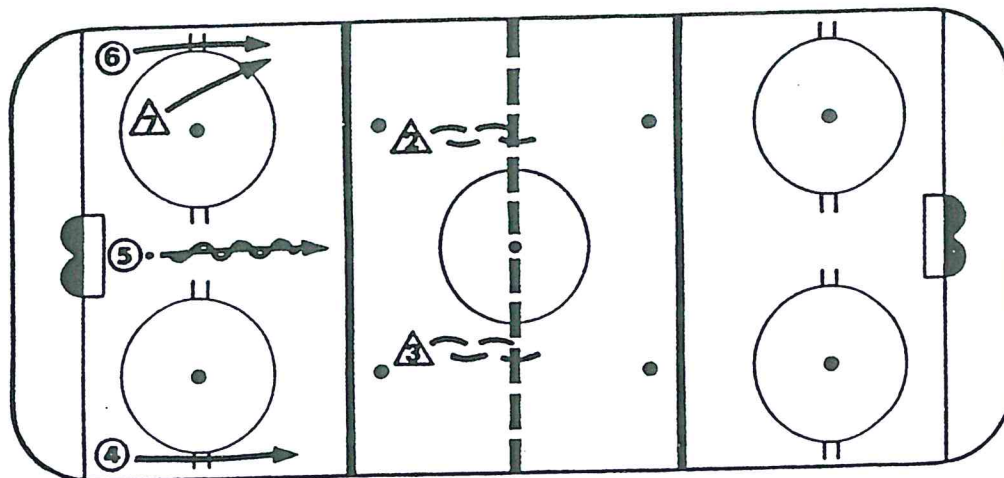
- use a backchecker.

UNITED STATES: 3 VS 3 ATTACK DRILL

15. WHOLE ICE 3 VS 3

Purpose:

- develop even strength offensive and defensive skills



Description:

- preset three defensive and offensive players as shown
- ⑤ has a puck
- ④, ⑤, and ⑥ attack ②, ③, and ① in a 3 vs 3
- have a unit ready to come back
- continuous.

Key Teaching Points:

- attack with speed and support
- defenders support.

Progressions:

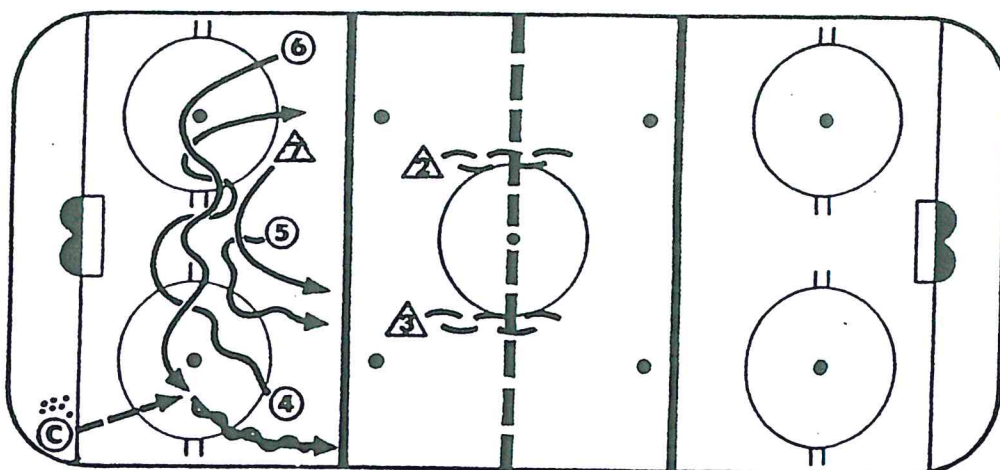
- none.

UNITED STATES: 3 VS 2 ATTACK DRILL

16. BACKCHECKER CHASE

Purpose:

- develop backchecking skills.



Description:

- preset the offensive and defensive players as shown - note: ©
- ④ and ⑥ cross
- ⑤ turns up-ice
- © passes to ⑥
- ④, ⑤, and ⑥ attack against ②, ③, and ⑦
- have a unit ready to come back.

Key Teaching Points:

- fill three lanes
- read and react both ways.

Progressions:

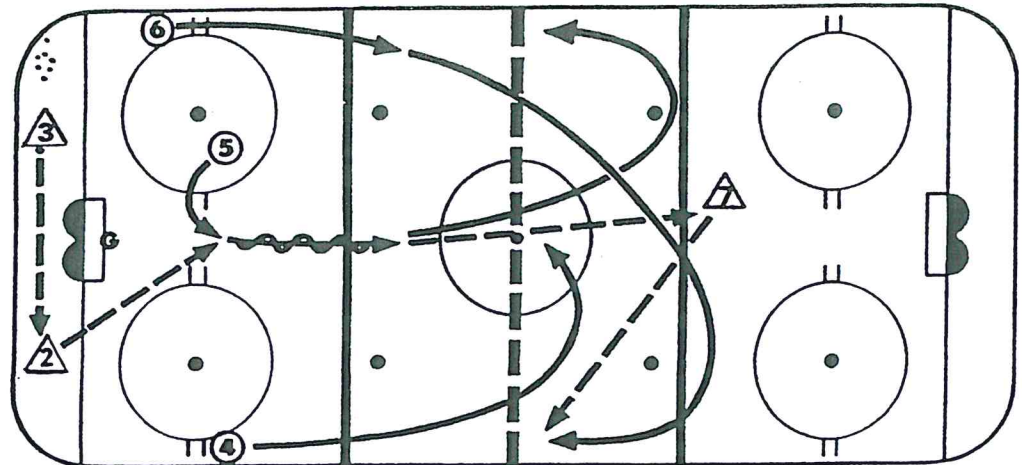
- vary attackers or defenders.

UNITED STATES: REGROUP DRILL

17. LONG SWITCH

Purpose:

- develop regroup skills.



Description:

- preset three defensive and three offensive players as shown
- $\triangle 3$ passes to $\triangle 2$
- $\triangle 2$ passes to $\circ 5$
- $\circ 4$, $\circ 5$, and $\circ 6$ break out
- $\circ 5$ passes to $\triangle 7$
- $\circ 4$, $\circ 5$, and $\circ 6$ cross and switch
- $\triangle 7$ passes to $\circ 6$
- $\circ 4$, $\circ 5$, and $\circ 6$ go 3 vs 1 against $\triangle 3$.

Key Teaching Points:

- quick puck movement
- fill three lanes.

Progressions:

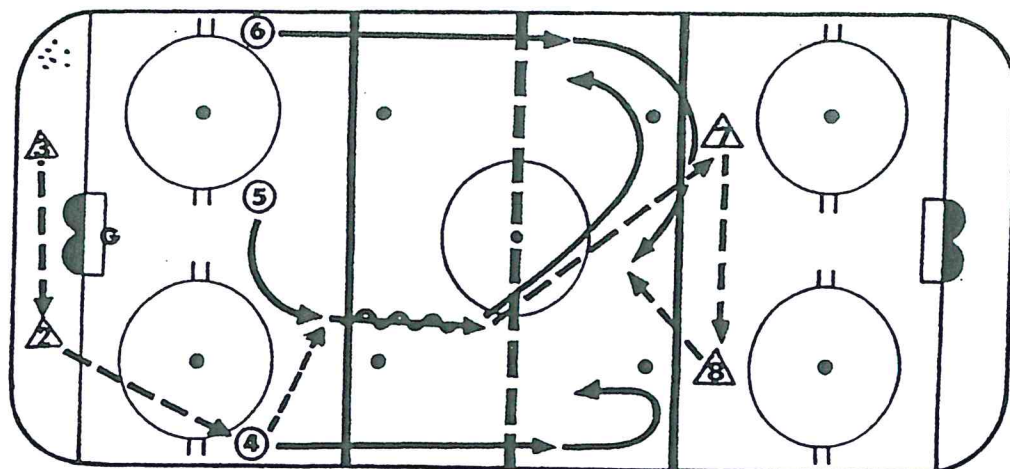
- 3 vs 2

UNITED STATES: REGROUP DRILL

18. D ADDED

Purpose:

- develop breakout skills
- develop regroup skills.



Description:

- preset the defensive and offensive players as shown
- $\triangle 3$ passes to $\triangle 2$
- $\triangle 2$ passes to $\textcircled{4}$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ break out
- $\textcircled{5}$ passes to $\triangle 7$
- $\triangle 7$ passes to $\triangle 8$
- $\triangle 8$ passes to $\textcircled{6}$
- $\textcircled{4}$, $\textcircled{5}$, and $\textcircled{6}$ attack 3 vs 2 against $\triangle 2$ and $\triangle 3$.

Key Teaching Points:

- good passes
- 1-2-3 attack principles.

Progressions:

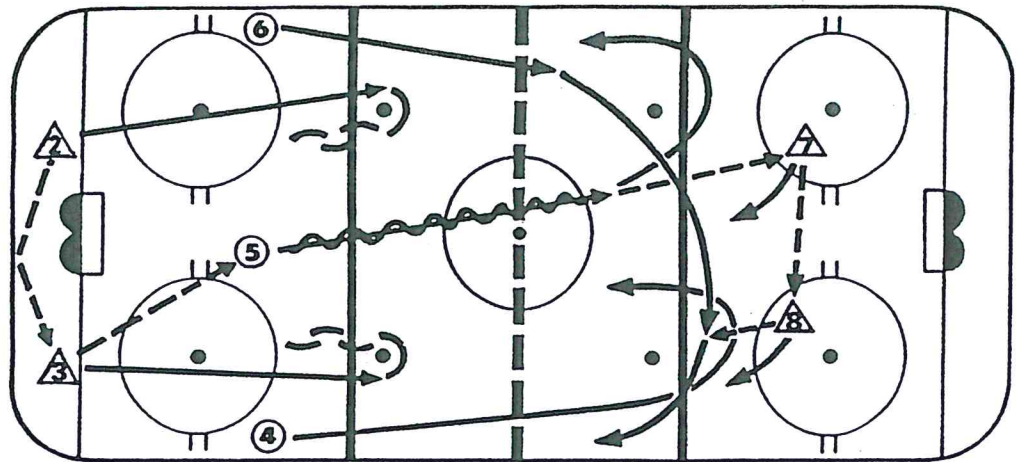
- none.

UNITED STATES: REGROUP DRILL

19. 32 DOUBLE

Purpose:

- develop breakout skills
- develop regroup skills
- develop defensive skills.



Description:

- pre-set seven players as shown
- $\triangle 2$ passes to $\triangle 3$ who then passes to $\circ 5$
- $\circ 4$, $\circ 5$, and $\circ 6$ break up-ice
- $\circ 5$ passes to $\triangle 7$
- $\circ 4$, $\circ 5$, and $\circ 6$ regroup at the blue line
- $\triangle 7$ passes to $\triangle 8$
- $\triangle 8$ passes to $\circ 6$
- $\circ 4$, $\circ 5$, and $\circ 6$ attack 3 vs 2 against $\triangle 2$ and $\triangle 3$.

Key Teaching Points:

- fill 3 lanes
- quick puck movement
- 1-2-3 attack principles.

Progressions:

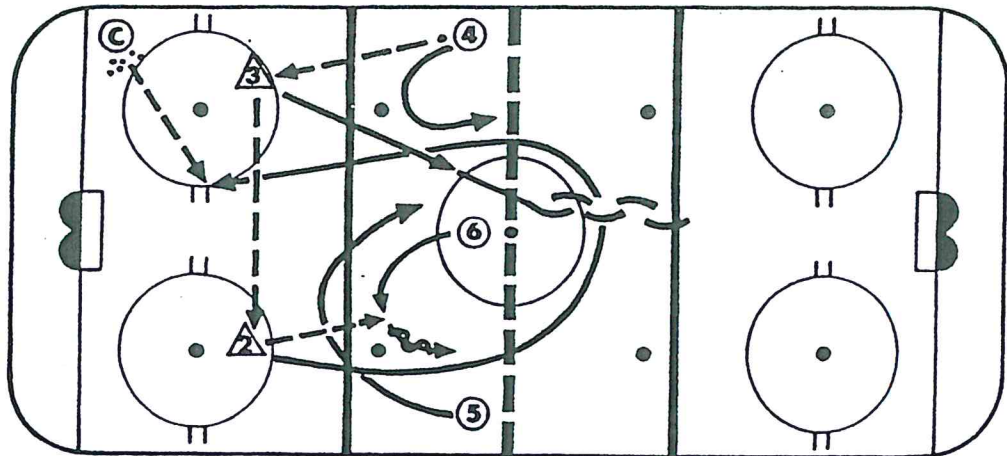
- add a backchecker.

UNITED STATES: REGROUP DRILL

20. QUICK 3 VS 1

Purpose:

- develop attack tactics.



Description:

- preset a full five man unit as shown - note:Ⓒ
- ④ passes to ③
- ③ passes to ②
- ④, ⑤, and ⑥ loop deep and switch
- ② passes to ⑥
- ③ hustles to centre
- ④, ⑤, and ⑥ attack 3 vs 1 against ③.

Key Teaching Points

- good passes
- good timing.

Progressions:

- none.