

ASPECTS OF OFFENSIVE TEAM PLAY

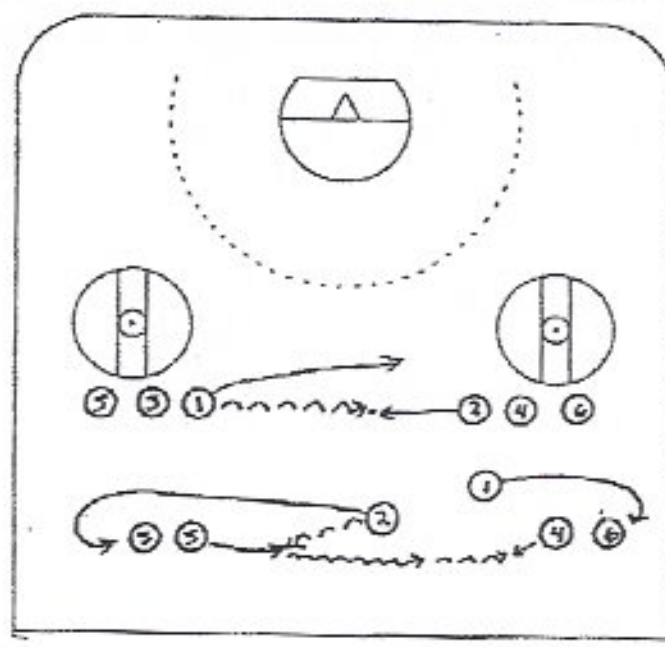
Aspects of Offensive Team Play and at what stage(s) they would be introduced, developed and refined in relation to ability, age and maturation level of participants. (This is a guideline)

STAGE ONE (TYKE - NOVICE)

- Introduce the give and go to create offensive opportunities.
- Introduce working the ball up the floor (passing).
- Introduce the concept of stick to the inside of the floor.
- Introduce the concept of the prime scoring area.
- Introduce the concept of balanced floor position.
- Introduce loose ball situation and reaction.
- Introduce the draw situation and appropriate reaction.
- Introduce line changes.
- Introduce goaltender initiation offence from Shot or rebound
- Introduce basic offensive terminology: creaseman, cornerman/shooter, pointman/topman, cutter.
- Introduce motion offense.



ROLLING SHUTTLE DRILL



- Player 1 rolls the ball to player at front of the opposite line and runs to back of the opposite line.
- Player 2 runs towards rolling ball picks it up and rolls it to player at the front of the other line and heads to back of that line.
- Drill continues back and forth.
- Coaches look for players to get in front of the ball and control it before they send it back to the other line.
- Try to get speed up, players have to run at the ball.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~~~~~→

Pick ———|

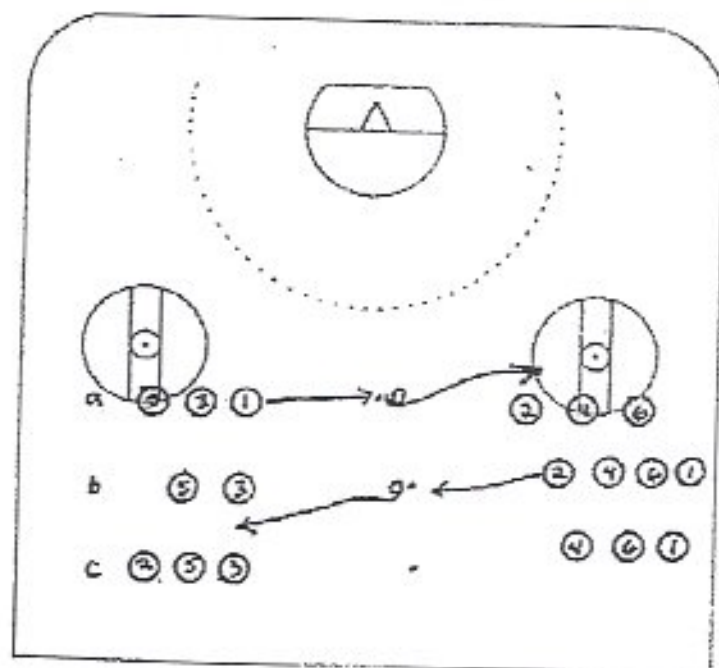
Defensive Player ⑤

Offensive Player ① or ②


Coach ⑥

LEGEND

PIVOT SHUTTLE



- In turn each player sprints out, picks up ball, pivots with ball, places it back on the floor and then sprints to the end of the opposite line.
- Opposite side the first player in line races to the ball as soon as the previous player places it down.

Path of the Player 

Path of the Ball \rightarrow \rightarrow \rightarrow \rightarrow \rightarrow

Path of the Player with the Ball ~~~~~

Path of a Rolling Ball

Pick —

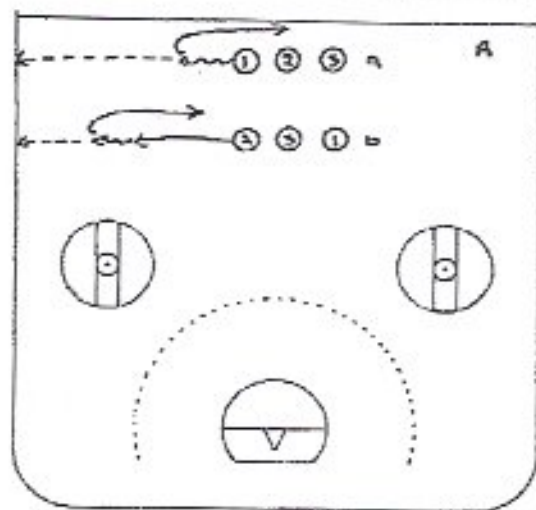
Defensive Player

Offensive Player ① or ②

Crack C

LEGEND

REBOUND DRILLS



- Player 1 runs towards boards and rolls ball against boards so it rebounds and moves to the back of the line.
- Player 2 runs towards rolling ball picks it up and rolls it again and heads to back of line.
- Player 3 gets Player 2's rebound and the drill continues.
- Coaches look for players to get in front of the ball and control it before they send it back to the boards.
- Try to get speed up once players have mastered the scoop, players have to run at the ball.
- Progress to having players throw the ball against the boards rather than rolling it and increase the velocity of the throw as the players improve.

Path of the Player —————>

Path of the Ball - - - - ->

Path of the Player with the Ball ~~~~~>

Path of a Rolling Ball ~ ~ ~ ~ ~>

Pick ————|

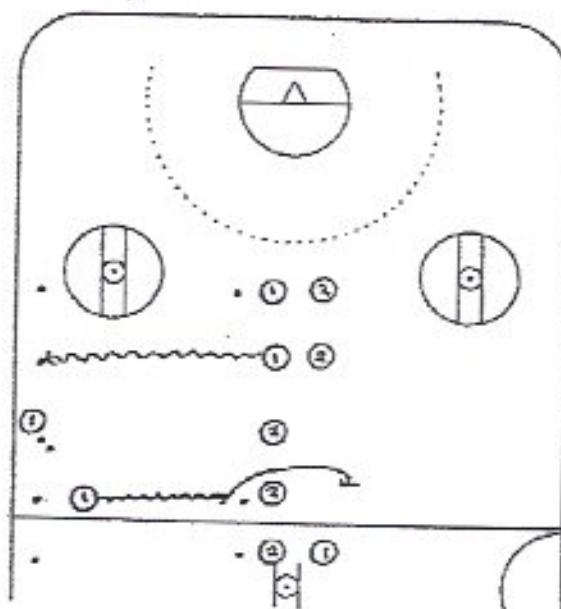
Defensive Player ⊙

Offensive Player ⊙ ← ⊙

Couch ⊙

LEGEND

STATIONARY PARTNER LOOSE BALL



- Small group of two or three players with 2 balls per group.
- Player 1 picks up closest ball, cradles it to the boards and puts it down.
- Player 1 picks up second ball at the boards and cradles it back to the line where it is placed on the ground.
- Player 2 repeats the process.
- Coaches try to get speed up, make sure players cradle with the top hand.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~~~~~→

Pick ————┘

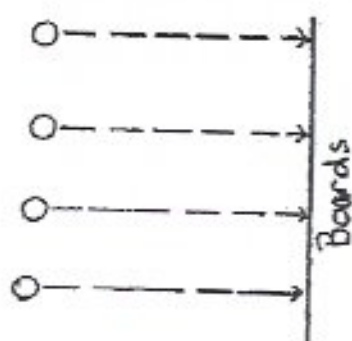
Defensive Player ⊙

Offensive Player ⊙ or ⊙

Coach ⊕

LEGEND

WALL DRILL



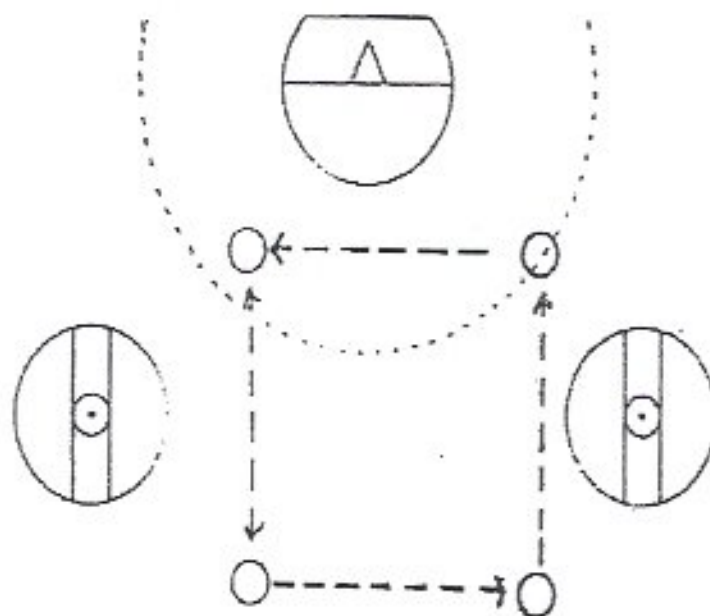
*Full 1/2 +
Centre Body
with stick on
low ball*

- Players with a ball stand approximately 10' from the boards.
- Players throw the ball to the boards and catch the rebounds.
- This drill improves concentration and eye-hand coordination.
- Players can do this drill on their own at home.
- Coaches look for proper hand position on the stick for throw and catch.
- Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.
- Make this drill fun and improve accuracy by pinning a target to the boards.

Path of the Player —————→
 Path of the Ball - - - - -→
 Path of the Player with the Ball ~~~~~→
 Path of a Rolling Ball ~~~~~→
 Pick ————|
 Defensive Player ⊙
 Offensive Player ⊙ → ⊙
 Coach ⊙

LEGEND

STATIONARY FOUR CORNER PASSING DRILL



- Players from a rectangle.
- One ball per group.
- Players pass the ball around the rectangle.
- Passing in both directions should be stressed.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ^ ^ ^ ^ ^→

Pick ———|

Defensive Player ⊗

Offensive Player ⊙ ⊗ ⊙

Couch ⊙

LEGEND

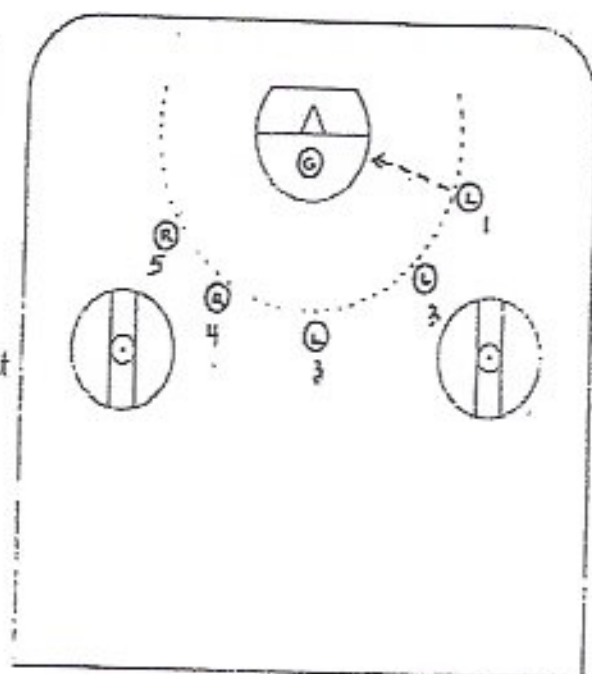
GOALTENDER SHOOTING DRILL

Novice.

practice angles to allow the goalie to find himself in the net.

stance repetition.

shooters coming out of both corners to allow goalie movement
passing drill to close outlets.



- All players have a ball.
- Shots from right to left.
- Reload and repeat.
- Start from other side as well.
- NOTE: Goalie dictates order and initiates drill when he's ready.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~~~~~→

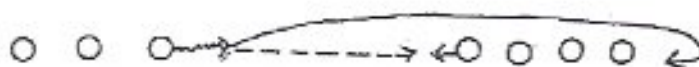
Pick ————↓

Defensive Player ⊗

Offensive Player ⊙ or ⊗

Coach ⊙

LEGEND



DRILL A

- Form uneven groups of five as shown.
- The first player in the line of three has a ball.
- Player passes the ball to first player in the opposite line and runs to the back of that line.

DRILL B

- Same as Drill A except players run a few steps before making the pass.

HELPFUL HINTS

- Remind players to give passer a target.
- Have second player in line back up the pass receiver in case of a missed pass.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~ ~ ~ ~ ~→

Pick ———|

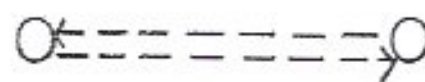
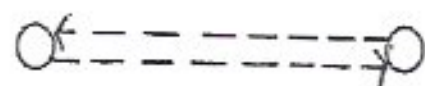
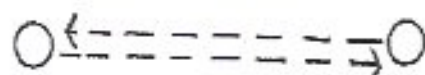
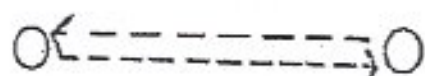
Defensive Player ⊗

Offensive Player ○ or ⊙

Couch C

LEGEND

STATIONARY PAIRED PASSING AND CATCHING



- Each pair with a ball.
- In order to improve accuracy, receiving players should present a target while the passer attempts to hit it.
- In order to improve adeptness in catching, the passers can be asked to move the location of the pass, throwing to the left, right, high and low.
- Coaches look for proper hand position on the stick for throw and catch.
- Make sure players are leading with the proper foot for the throw, and have stick in front for the catch.

Path of the Player —————→

Path of the Ball \rightarrow

Path of the Player with the Ball ~~~~~

Path of a Rolling Ball ~ ~ ~ ~ ~

Pick

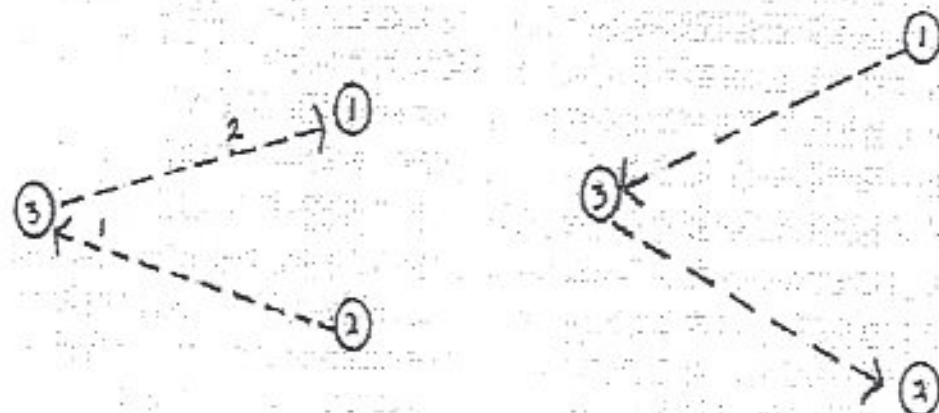
Defensive Player 00

(Offensive Player) ① not ②

Crutch G

LEGEND

STATIONARY DIAGONAL PASSING AND CATCHING



- Players form groups of three in a triangle as shown.
- Players 1 and 2 have a ball.
- Start with Player 1 passing the ball to Player 3.
- Player 3 receives the pass and immediately returns the pass back to Player 1.
- Player 3 then looks for a pass from Player 2.
- Players 1 and 2 alternate passing to Player 3.
- Each player should have a turn assuming the Player 3 position.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ^ ^ ^ ^ ^→

Pick ————↓

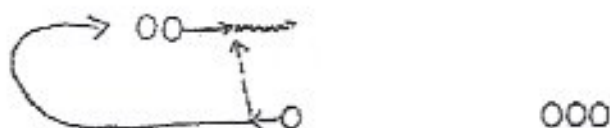
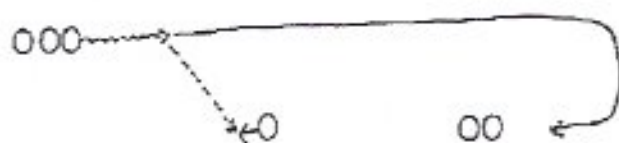
Defensive Player ⊙

Offensive Player ⊙ or ⊙

Coach ⊙

LEGEND

STAGGERED SHUTTLE



- Players form uneven lines of five.
- The lines are not directly in front of each other but staggered as shown.
- First player in the line of three runs a few steps and passes to the player in the next line who has to run towards him.
- The player who received the pass then passes to the next player who has begun to run to the next line.

Path of the Player

Path of the Ball \rightarrow — — — — \rightarrow

Path of the Player with the Ball ~~~~~

Path of a Rolling Ball ~ ~ ~ ~ ~

Pick

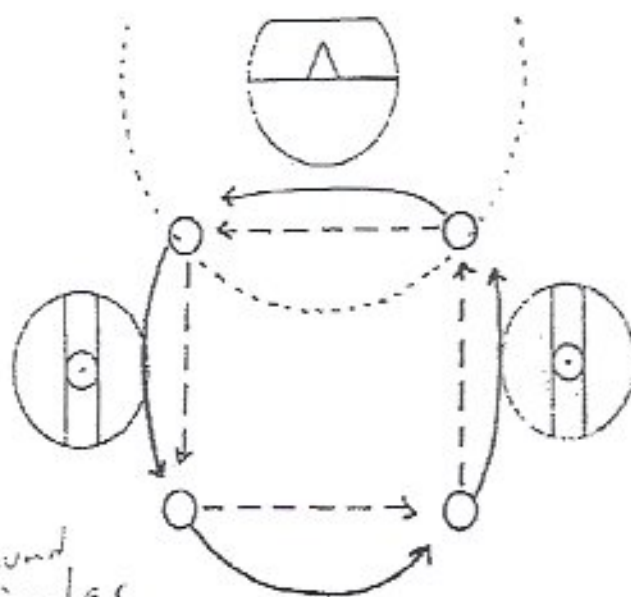
Defensive Player (D)

Offensive Player ① or ②

Coach C

LEGEND

MOVING FOUR COURNER PASSING DRILL



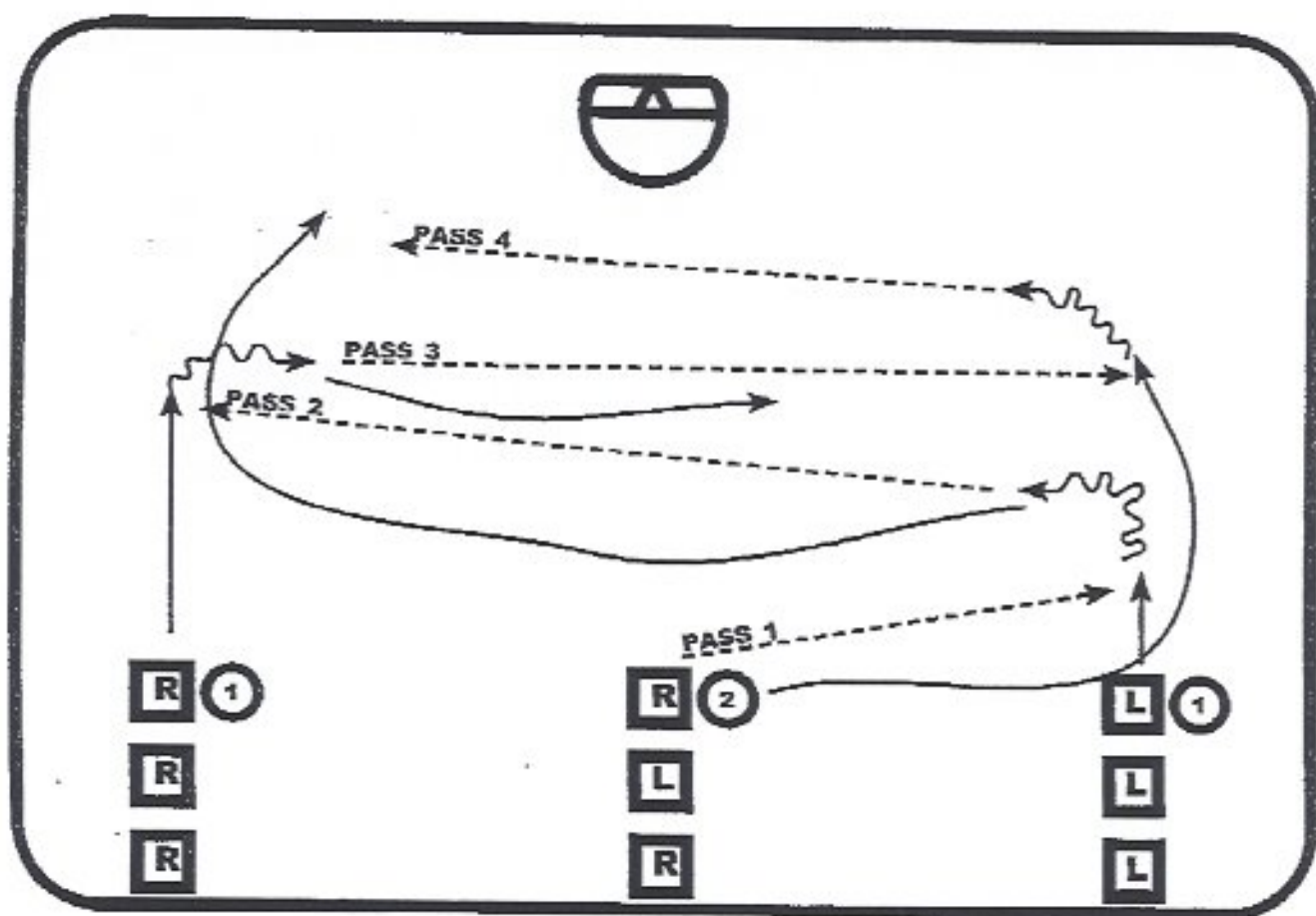
Novice A
Moving Around
Circles
Group 5

- Player passes then moves to the spot he passed to.
- One ball per group.
- Players repeat this until they are back to there original position.
- Try to get players to complete one total rotation without a miss.

Path of the Player —————→
 Path of the Ball - - - - -→
 Path of the Player with the Ball ~~~~~→
 Path of a Rolling Ball ~ ~ ~ ~ ~→
 Pick ———|
 Defensive Player ⊗
 Offensive Player ① or ②
 Coach ⊙

LEGEND

THREE MAN WEAVE



METHOD OF RUNNING DRILL

- players line up as shown, always ensuring correct shots on outside lines. Centre line can be any shot
- player [R][2] passes to player [L][1]
- player [R][2] rolls over behind [L][1]
- player [L][1] cuts in passing lane and passes to player [R][1]
- player [L][1] rolls over behind player [R][1]
- player [R][1] cuts in passing lane and passes to player [R][2]
- player [R][1] rolls over behind player [R][2]
- player [R][2] passes to [L][1] etc., etc.
- start players at centre and attempt as many passes as possible with a short on net from in front or on correct side of floor

USE AND PURPOSE OF DRILL

- good warm-up drill which combines passing, catching and Conditioning
- simulates game condition, movement and skills

The diagram shows two types of eye movement. (a) Saccadic movement: A dashed line shows a rapid jump from a starting point (1) to an ending point (5). The starting point is marked with a circle containing '4', '3', and '2'. The ending point is marked with a circle containing '5', '6', '7', and '8'. A small circle with a dot is shown at the starting point. (b) Smooth movement: A solid line shows a gradual, curved path from a starting point (1) to an ending point (5). The starting point is marked with a circle containing '4' and '3'. The ending point is marked with a circle containing '5', '6', '7', and '8'. A small circle with a dot is shown at the starting point.

- **Player 1 rolls ball forward.**
- **Player 2 moving out, picks up ball and delivers a pass to Player 5 and sprints to end of opposite line.**
- **Player 5 repeats drill with Player 6 (as in diagram b) .**
- **Change Player 1 and Player 5 regularly.**

Path of the Ball - - - - ->

Path of the Player with the Ball

Path of a Rolling Ball ~ ~ ~ ~ ~

Pick ————

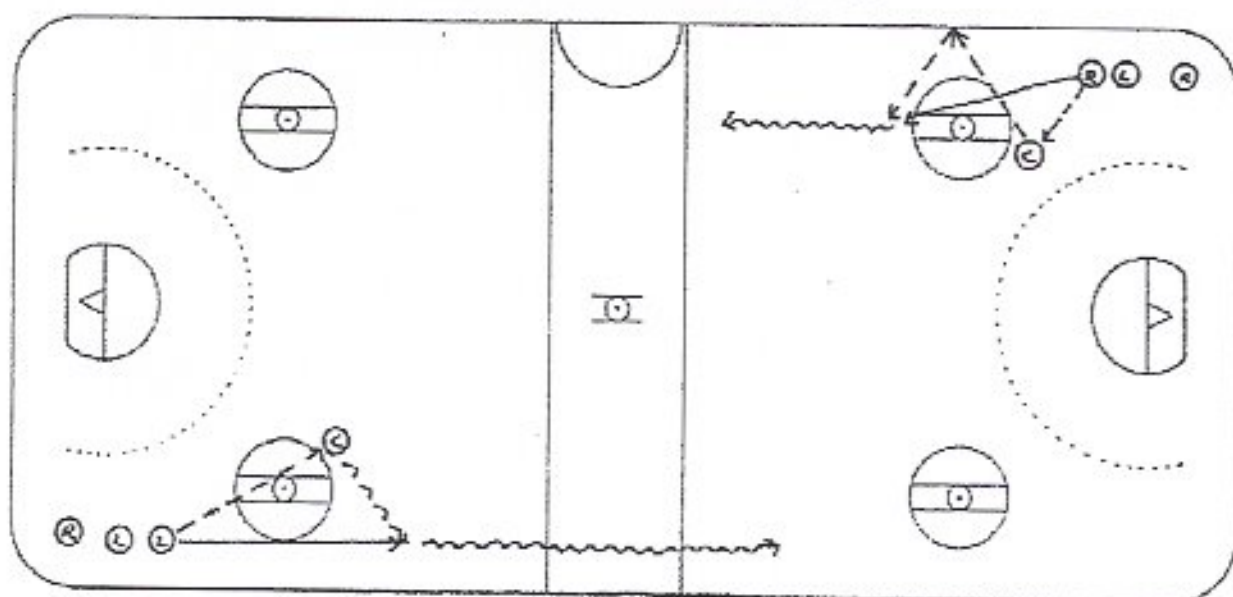
Defensive Player ⑧

Offensive Player ① → ②

Coach C

LEGEND

LOOSE BALLS

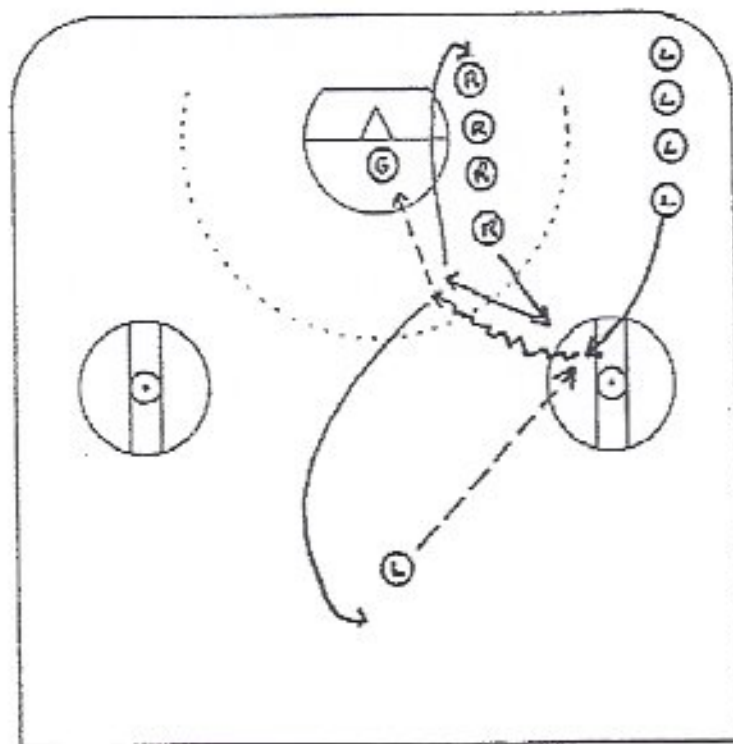


- Players line up as shown, each with a ball.
- Designated player or coach works as a post.
- Post receives pass from head of the line and then puts the ball on the floor in one of a variety of ways:
 1. Rolled forward.
 2. Bounced off floor.
 3. Bounced off boards.
- Can have a goalie at each end of the floor for a shot.

Path of the Player —————→
 Path of the Ball - - - - -→
 Path of the Player with the Ball ~~~~~→
 Path of a Rolling Ball ^ ^ ^ ^ ^→
 Pick ————|
 Defensive Player ⊙
 Offensive Player ⊙ or ⊙
 Coach ⊙

LEGEND

ONE ON ONE



PREFACE

Object of defensive player is to maintain good position. Don't try to knock offensive player off his feet. Use stick, forearm and shoulder to contain offensive player. When back peddling, don't cross feet, use a shuffle step.

- Left shots start in corner and come out for a pass from L1.
- When L2 receives pass, Right shot comes out to meet him and a one on one begins.
- Right shot tries to steer offensive player using stick, forearm and shoulder. He should try and steer player so that his stick is on the outside to limit a good shot.
- Use both sides. i.e., Right shots switch to offence.

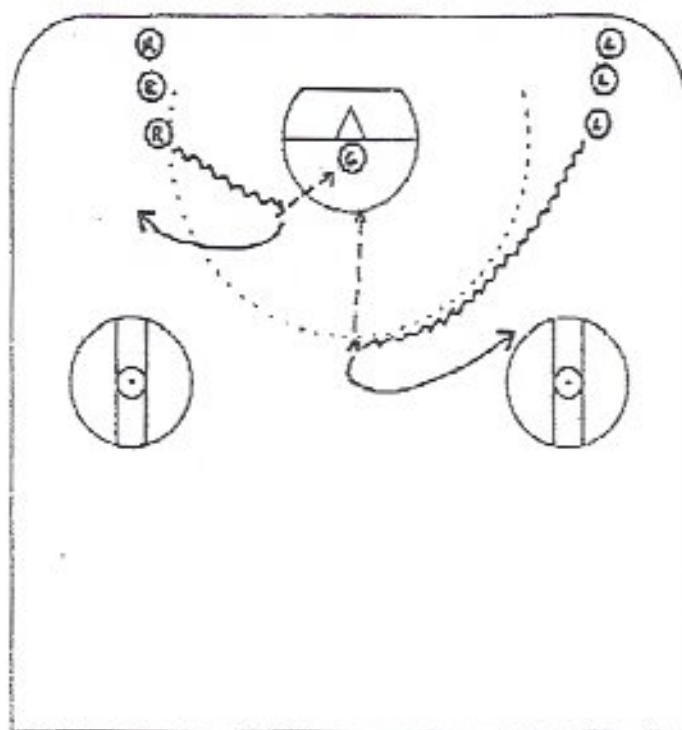
Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ~ ~ ~ ~ ~→

GOALTENDER LATERAL MOVEMENT DRILL



- Alternate rights and lefts.
- Players cut across and fire bounce or overhand shot.
- Progress to have alternate lefts and rights. Lefts shoot from dotted line, rights shoot from crease.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ^ ^ ^ ^ ^→

Pick ————|

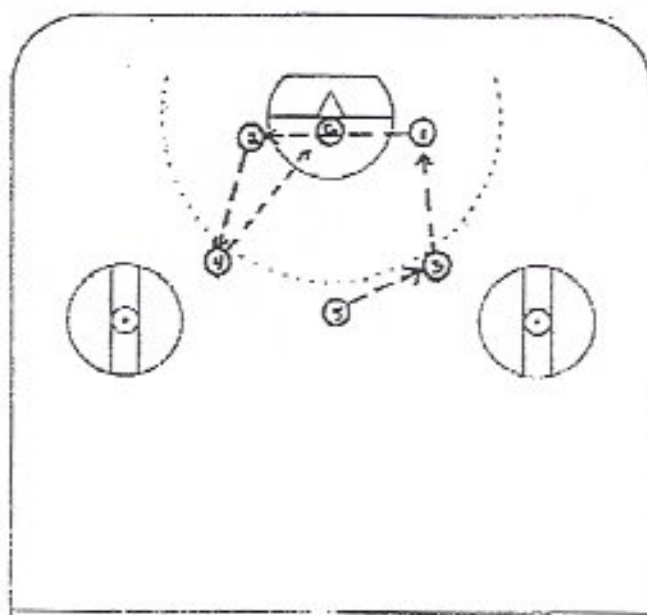
Defensive Player ⊗

Offensive Player ⊙ or ⊕


Coach ○

LEGEND

GOALTENDER REACTION DRILL



- **Power play formation.**
- **Players move ball around and stop periodically to tell goalie where openings are.**
- **Progress to have players shoot ball when they see an opening.**

Path of the Player 

Path of the Ball = $xy = x^2 \Rightarrow y = x^2$

Path of the Player with the Ball ~~~~~

Path of a Rolling Ball ~ ~ ~ ~ ~

Pick ———

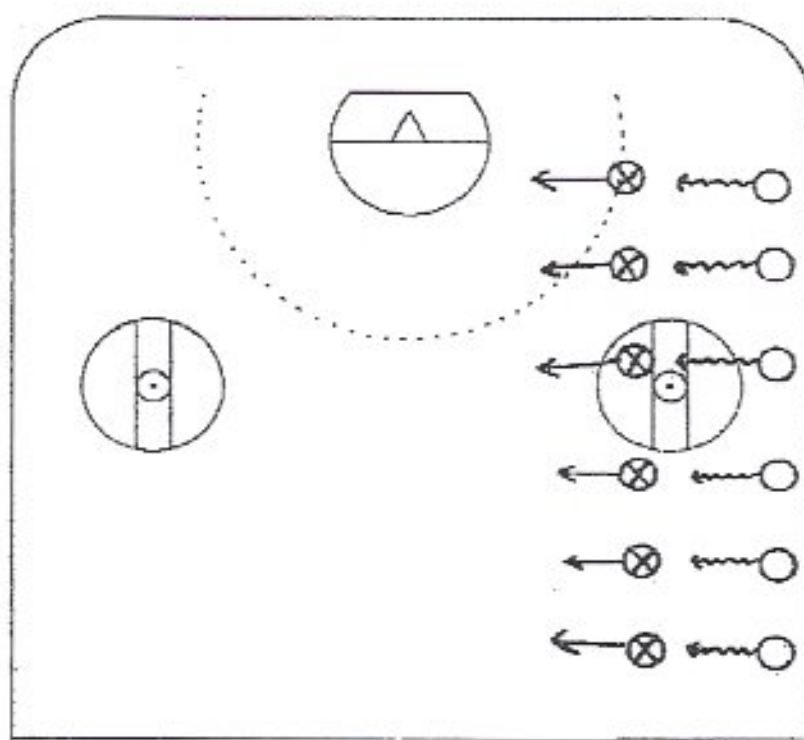
Defensive Player

Offensive Player ① or ②

Coach C

LEGEND

CROSS RINK CHECKING DRILLS



- O's with ball. Object is to make X's work hard.
- X to develop technique of using stick on one side and forearm and shoulder on the other.
- When you reach the opposite boards, switch positions and come back the other way.

Path of the Player —————→

Path of the Ball - - - - -→

Path of the Player with the Ball ~~~~~→

Path of a Rolling Ball ^ ^ ^ ^ ^→

Pick ———|

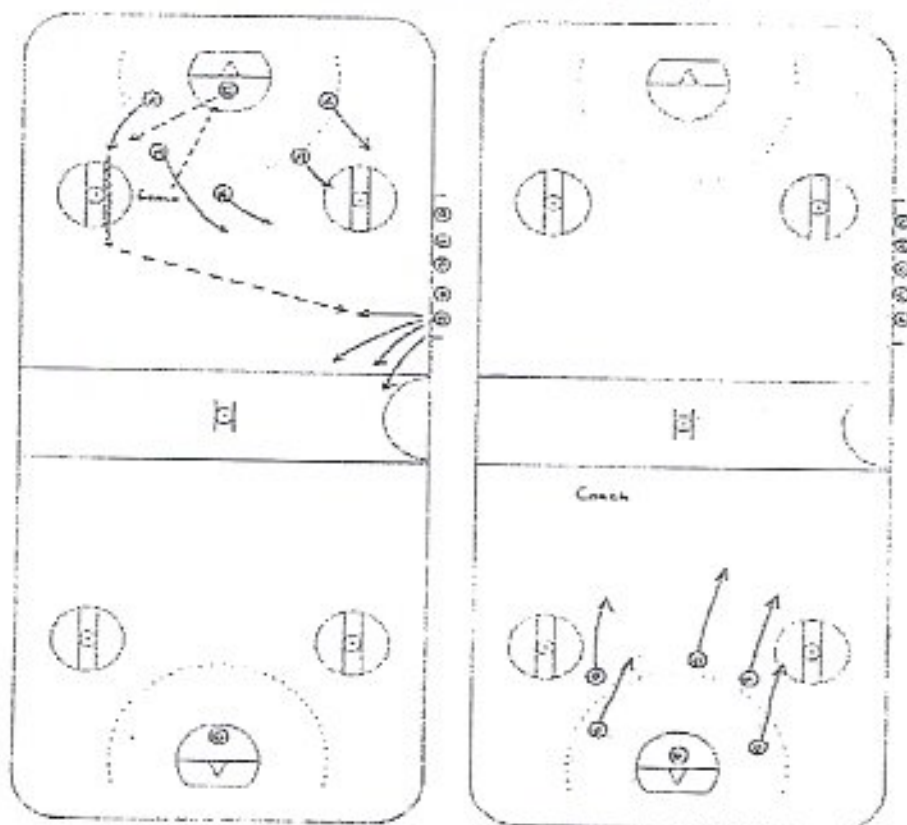
Defensive Player ⊗

Offensive Player ⊙ or ⊕

Coach C

LEGEND

LINE CHANGES



- Unit A moves around in their defensive formation.
- Coach throws ball to goaltender and line change is initiated.
- Four A's race to bench while the release man for A takes a pass.
- Unit B break out off bench into the offensive zone, run their offence and break back to the defensive positions on the coaches signal.
- Unit B moves around on defence and initiate change for Unit C.

Path of the Player —————→
 Path of the Ball - - - - -→
 Path of the Player with the Ball ~~~~~→
 Path of a Rolling Ball ^ ^ ^ ^ ^→
 Pick ———|
 Defensive Player ⊗
 Offensive Player ⊙ or ⊕
 Coach C

LEGEND