



CANADA

2004 International Coaches Conference

Calgary, Alberta

SMALL AREA GAMES



Coaches' Club[®]



**coaches
PLANNER[™]**





2004 INTERNATIONAL COACHES' CONFERENCE
 HOCKEY CANADA
 Calgary, Alberta



Coach: Rob Smith

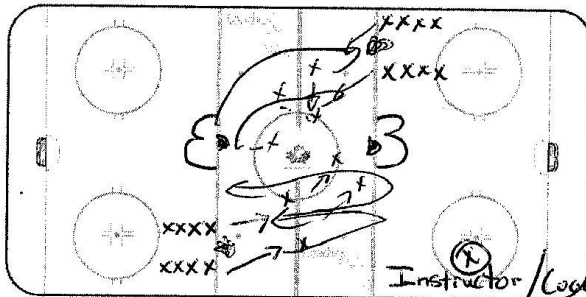
Team: Pembina Valley Hawks AAA Midget

Country: Canada

Drill Theme: **Small Area Game**

LEGEND	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: 2 ON 0 to 10

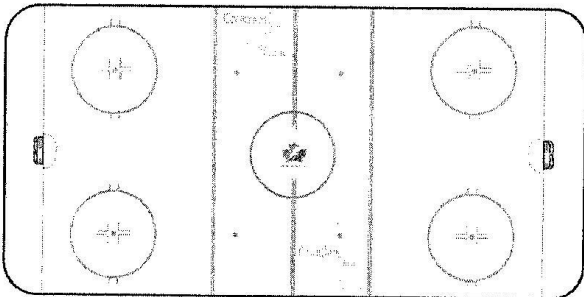


KEY TEACHING POINTS:

- On whistle: 2-0 on goalie both sides go at same time.
- have to make 2 passes before they shoot on goalie.
- 1st team to (score) and get ~~past~~ back across their own b-line gets a point.
- game to 10.

DRILL DESCRIPTION:

- lots of hustle.
- ~~make sure~~ as soon as one pair scores and gets back across their own B-LINE The coach blows the whistle, tells the teams the score.
- then the coach starts the next group with another whistle.

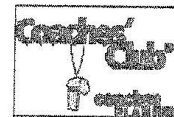


KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Darcy HAUGAN 780-618-9577

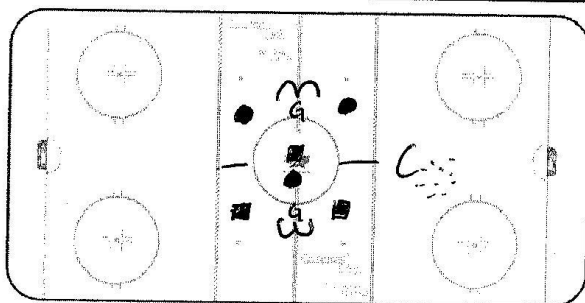
Team: Peace Air NAVIGATORS

Country: CANADA

Drill Theme: SMALL AREA GAMES

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: Pinball



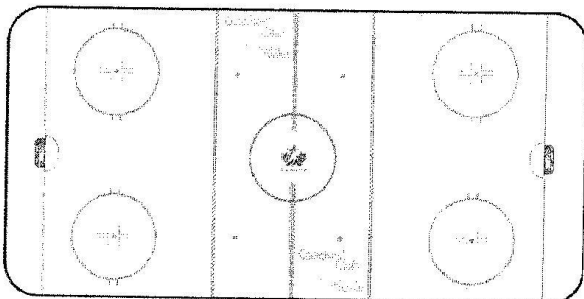
- KEY TEACHING POINTS:
- 1) The 2 players inside the center circle cannot leave the circle.
 - 2) The players outside the circle cannot enter inside and they cannot go outside the NZ. Also they can not cross the imaginary line through center ice.

DRILL DESCRIPTION:

3) Coach begins the game by throwing the puck into the center.
If a puck is covered / leaves the NZ or is scored then coach throws in new puck.

4) Players in middle try to control the puck and attack 3 vs 1.

5) This is a great game to improve quick puck movement / quick release and scoring touch.



DRILL DESCRIPTION:

KEY TEACHING POINTS:

6) Good agility & Reflex drill for goaltenders.



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Coach: LANE LAMBERT

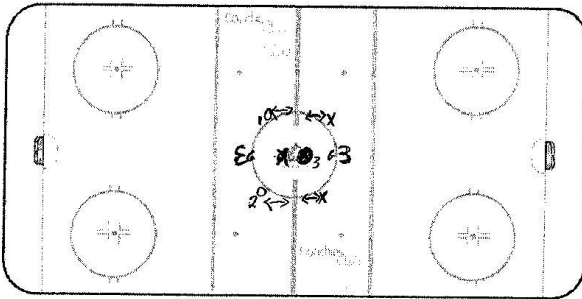
Team: PRENCE GEORGE

Country: CANADA

Drill Theme: **Small Area Game**

LEGEND			
⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	→→→	Pass
G	Goalie	↔	Drop Pass
— —	Stop	↔↔↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

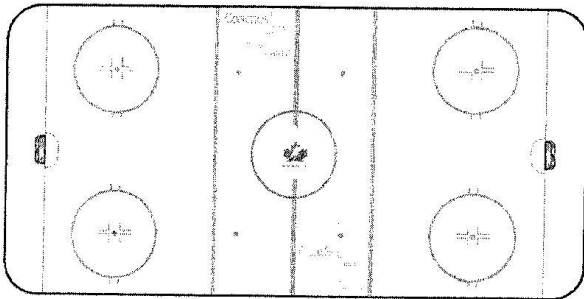
Drill Name:



- KEY TEACHING POINTS:
- i) MUST EXECUTE PASSES
 - ii) MIDDLE PLAYERS GOOD STEEL DEPENDENTLY (DISPARAGE)
 - iii) EXCELLENT DRILL FOR GOALIES LATERAL MOVEMENT
 - iv) PROMOTES QUICK HANDS AND SCORING.

DRILL DESCRIPTION:

3 D's ON ONE TEAM 3 X'S ON THE OTHER
 D₁, D₂ STAY ON OUTSIDE OF CIRCLE AND CAN ONLY MOVE AS FAR BACK AS RED LINE DEFENSIVELY
 OFFENSIVELY THEY ARE SHOOTING AT THE NEAR NET USING CROSS ICE QUICK ONE TIMERS
 D₃ IS ALSO AVAILABLE OFFENSIVELY AT CENTRE FACEOFF DOT. DEFENSIVELY HE BREAKS UP THE X'S OFFENSE
 THIS IS A QUICK MOVING GAME. ⓐ SHOULD HAVE MULTIPLE PUCKS READY AND INSERT AS NECESSARY



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Dwayne Green

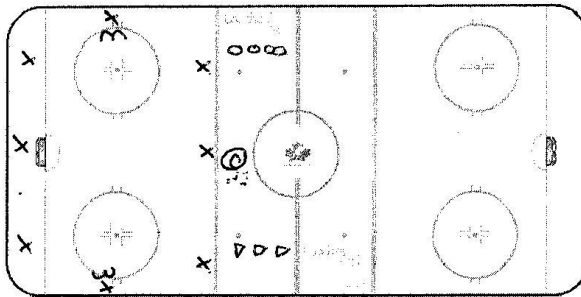
Team: St. James Hockey Academy

Country: Canada

Drill Theme: **Small Area Game**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	— —	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	— —	Defensive Pressure

Drill Name: 3vs3 Cone touch

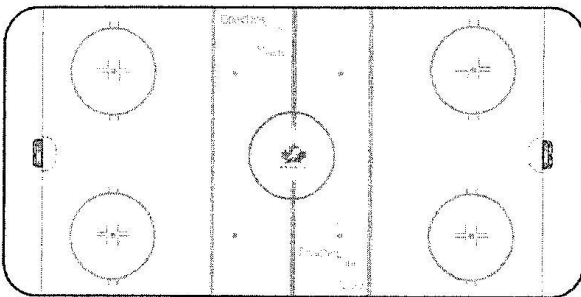


KEY TEACHING POINTS:

- don't watch your pass
- find open ice
- quick feet to get back in the play
- defenders head on a swivel

DRILL DESCRIPTION:

This game can either be done 3vs3 or 4vs4. It is a cross-ice game that teaches players movement away from puck. After every time a player touches the puck, they must skate and touch one of the cones laid out around the playing zone. This also creates a situation where defenders must keep head on a swivel to see where offensive players go after they touch a puck.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: MIKE WILLIAMSON

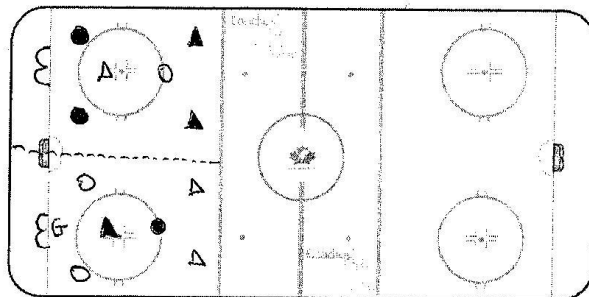
Team: PORTLAND WINTER HAWKS - WHL

Country:

Drill Theme: **Small Area Game**

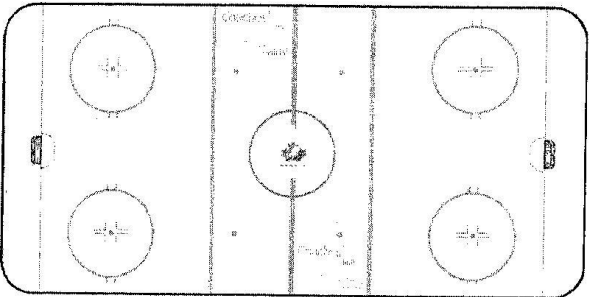
LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	— —	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	— —	Defensive Pressure

Drill Name: 4 ON 2 - COMPETITION



KEY TEACHING POINTS:
 OFFENSIVE PLAYERS - PUCK HANDLE, PASSING
 PP TACTICS + EXECUTION - PASSING
 SPREADING, DRAWING, ATTACK, OUT #
 DEFENSIVE PLAYERS - PK SKILLS
 COMMUNICATION, PRESSURE VS. CONTAIN
 STICK POSITION, DEFLECTING,
 READING

DRILL DESCRIPTION:
 CAN START WITH ONE GROUP OF 6 PLAYERS OR 2 GROUPS. MAKE
 IT COMPETITIVE. STRESS TEAMWORK, COMMUNICATION.
 4 offensive players (any combination of F/D) try to score vs. 2 defensive players
 STRESS OFFENSIVE PLAYERS - CREATIVITY, EXECUTION, AWARENESS
 DEFENSIVE PLAYERS - TEAMWORK, READING, STICK POSITIONING.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: KIRK KRUSE

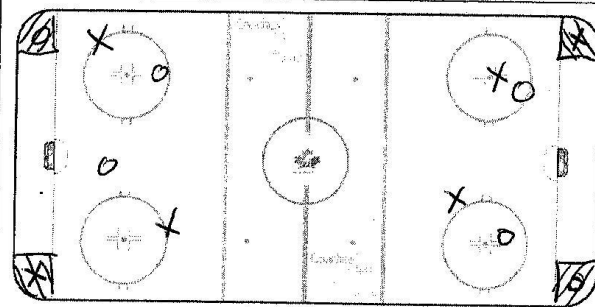
Team: CYCLONES P.W.

Country: USA - ILLINOIS

Drill Theme: **Small Area Game**

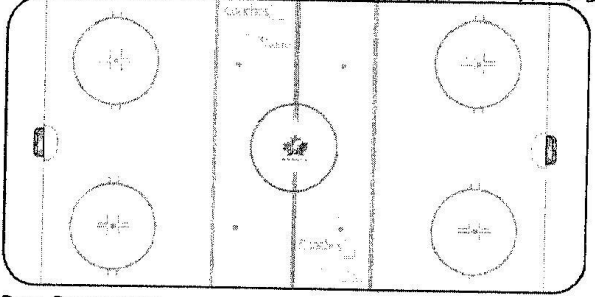
LEGEND			
⊙	Coach	~	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	→	Pass
G	Goalie	↔	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

Drill Name: 2-2 PLUS CORNER



- KEY TEACHING POINTS:
- * FIND ICE IF WITHOUT PUCK
 - * MAKE SPACE WITH PUCK
 - * PROMOTES OFFENSE AND DEFENSE ROLES
 - * PROMOTES CONDITIONING
 - * PROMOTES CREATIVENESS

- DRILL DESCRIPTION:
- 1/2 ICE, BOTH ENDS
 - TEAMS OF 3 PLAYERS
 - 1 PLAYER OF THE THREE IS ASSIGNED TO CORNER
 - PLAYER IN CORNER MUST REMAIN WITHIN "BOX"
 - OTHER 2 PLAYERS PLAY 2-2
 - CORNER PLAYER IS USED AS AN OUTLET PASS



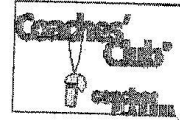
- KEY TEACHING POINTS:
- OTHER PLAYERS FIND ICE FOR PASS
 - 1 MINUTE SHIFTS, ROTATE CORNER PLAYER

DRILL DESCRIPTION:



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Coach: Don Hay

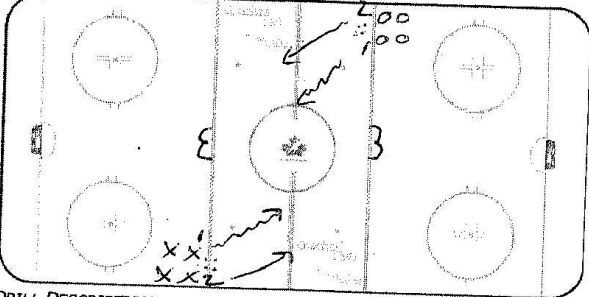
Team: VANCOUVER GIANTS

Country: CANADA

Drill Theme: SMALL AREA GAME

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
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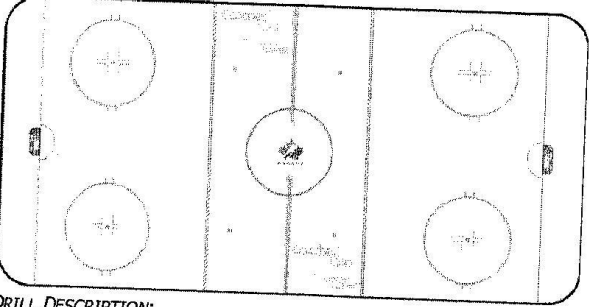
Drill Name: SACK - MAC NZ CHALLENGE



- KEY TEACHING POINTS:
- OFFENSIVE SKILLS
 - DEFENSIVE SKILLS
 - READ - REACT
 - COMMUNICATION

DRILL DESCRIPTION:

DRILL STARTS WITH X1=2 VS O1=2 WITH PUCK. ATTACK GOALIE ON WHISTLE THE PLAYERS HAVE THE OPTION TO ATTACK 2 ON THE GOALIE 2 ON 1 OR TWO 1 ON 1'S IN THE N.Z. YOU PLAY UNTIL A GOAL IS SCORED OR THE COACH CAN HAVE A TIME LIMIT (30 SEC) PLAY GOES 5 STEPS OF THE WHISTLE GAMES GOES TILL 1 TEAM HAS SCORED 5 GOALS OR COACH'S DECISION # OF GOALS.



- KEY TEACHING POINTS:
- -
 -
 -
 -

DRILL DESCRIPTION: