

1) The Donsk"OV" Warm-up



DRILL OBJECTIVE: Dynamic Warm-up

10:00A - 10:10A(10) min

KEY ELEMENTS:

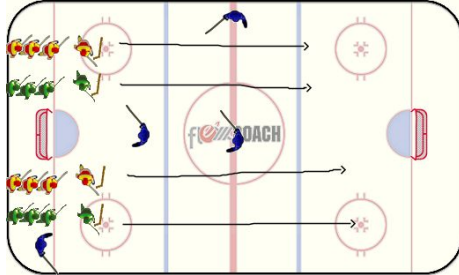
- Technical Skills/Dynamic Stretch
- Tempo
- Passion
- Intensity
- FUN

ORGANIZATION: Two groups of players (whites and blacks) make two easy laps around the ice clockwise and counter clockwise -- following lead of instructor. Players then break off into ovals as depicted. The coach (Misha, Anth, Matty) in the NZ will go thru a series of stretches and technical skating maneuvers (i.e., dynamic stretches, skating, agility, etc.) -- players on both ovals will follow lead. End with 30-40 second sprints fw/bw.

VARIATION: Add pucks, Increase tempo, sprints

GOALIES: All goalies active

2) The Donsk"OV" Hop



DRILL OBJECTIVE: Lateral Movement/Quick Feet

10:10A - 10:20A(10) min

KEY ELEMENTS:

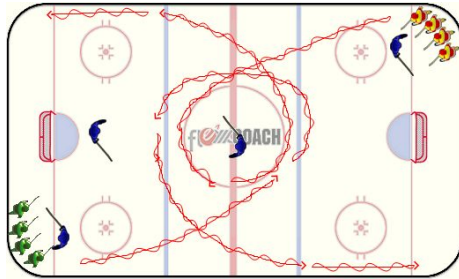
- Head up
- Quick feet
- Strong edges
- One hand on stick
- COMPETE!

ORGANIZATION: Player divided into 4 lines (whites/blacks as depicted). On Misha's whistle, the first four players in each line jump side to side over hockey sticks (see diagram). On second whistle, players race each other down the ice. Anth will demo as he has the best/quickest feet in the league!!!

VARIATION: Tight turn with cross

GOALIES: All goalies active

3) Donsk"OV" Cross-Overs



DRILL OBJECTIVE: Overspeed Cross-Overs

10:20A - 10:30A(10) min

KEY ELEMENTS:

- Full Control (control always over speed)
- Quick Feet
- Head up
- FUN!

ORGANIZATION: Whites and Blacks as depicted. On Misha's whistle, one player from each line skates to neutral zone and makes one large circle (touching both blue lines). Finishes at other end of ice.

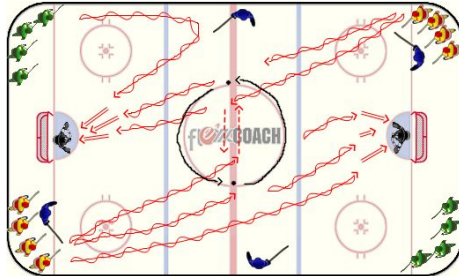
VARIATION: 1. With pucks

2. Move to NZ

3. Transition

GOALIES: Active

4) Silver Fox Shooting



DRILL OBJECTIVE: Flow

10:30A - 10:40A(10) min

KEY ELEMENTS:

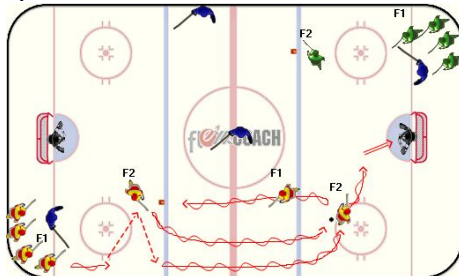
- Head up
- COMMUNICATE
- Good Tempo
- Shoot to score!

ORGANIZATION: Players are divided as shown (White and Blacks). On coaches whistle, players perform four sperate exerise -- work off opposite corners. These include: straight down, tight turns, drop pass, puck exchange.

VARIATION: Straight down, tight turns, drop pass, puck exchange

GOALIES:

5) Miami Flow



DRILL OBJECTIVE: Full Ice Continuous Flow

10:40A - 10:50A(10) min

KEY ELEMENTS:

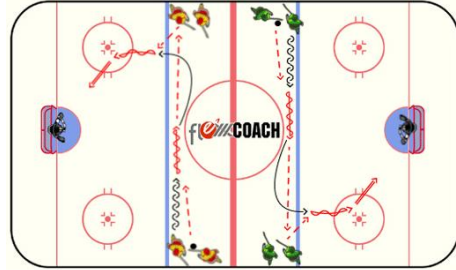
- Timing
- Read and React
- Passes on tape
- Communicate
- FUN!

ORGANIZATION: One whistle starts drill. F1 procedes down ice and passes to F2. F2 touch passes back to F1. F1 moves down ice and crosses offensive blueline, drops puck for F2. F2 goes in and shoots on net. F1 skates back up ice and now becomes F2, drill is continuous.

VARIATION: Work drill from both sides of ice.

GOALIES: Active

6) Swedish Shooting Warm Up #2



DRILL OBJECTIVE: Quick hard passes, puck control

10:50A - 11:00A(10) min

KEY ELEMENTS:

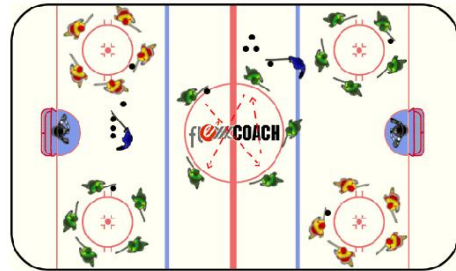
- Give and go passing
- Tight turns, backward to forward
- Off angle shot for goalie warm up

ORGANIZATION: Players and pucks as shown on four blue lines. begin both ends diagonally opposite blue lines. x1 leaves skating backward across blue line at mid ice he gets pass from own line, turns and passes to other line, player in other line catches pass and gives puck right back to x1 who enters zone down boards and takes a warm up shot on the goalie.

VARIATION:

GOALIES: Follow play across blue line, angle awareness

7) Circle Passing



DRILL OBJECTIVE: Passing and Receiving

11:00A - 11:10A(10) min

KEY ELEMENTS:

- Eye contact & verbal communication
- Follow through to target
- Cushion puck when receiving
- Face the puck and present stick

ORGANIZATION: Utilizing all 5 circles have players distributed evenly around each circle. Begin with one puck and use "sweep" passes to player on opposite side of circle. Add second puck then a third puck to drill.

VARIATION: Do same drill with "touch" passes.

Do same drill by adding "pass and follow your pass".

GOALIES: Work with coach on glove and blocker saves

8) 2 on 2 Game



DRILL OBJECTIVE: Offensive creativity, 3 on 2

11:10A - 11:20A(10) min

KEY ELEMENTS:

- Puckhandling
- Passing/ Receiving
- Proper Receiving Angle
- Create scoring chances
- Creativity

ORGANIZATION: Two nets positioned at the goal line in each corner of one zone. Players divided into two equal groups, positioned at the blueline with the Coach in the middle of the ice at the blueline with pucks. One support player per team is positioned on the top of the faceoff circle on their side of the ice. Two players for each team start inside the zone, the Coach starts the drill by dumping the puck in off the end boards. The team that gains control of the puck and passes to their support player who then activates and becomes part of the game tries to score on the opposite net a 3 on 2 situation. Once the opposing team gains possession of the puck the support player drops out, and skates to the top of the circle from where he started. Now the team that gained control of the puck has to pass to their support player to activate him into the game to create a 3 on 2 situation at the other end.

VARIATION:

GOALIES: Read rush, game like situation, puck carrier has several options and is under pressure.

9) 1 on 1 War



DRILL OBJECTIVE: Puck Protection

11:20A - 11:30A(10) min

KEY ELEMENTS:

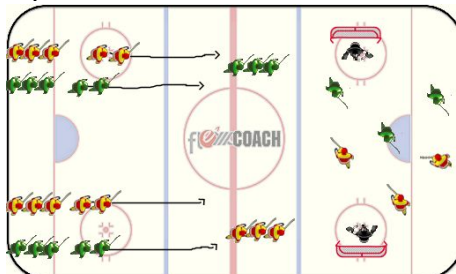
- Body between checker and puck
- Keep feet moving
- Persistence

ORGANIZATION: Players pair up and spread out around the ice surface-one player with the puck. On the coaches whistle the puck carrier must protect the puck from the checker for 20 seconds.

VARIATION: Start the play with a face-off. Whoever gains control must protect the puck.

GOALIES: Coaches working with the goalies

10) Leashes/3 vs. 3



DRILL OBJECTIVE: Resistance Training/Srimgage

11:30A - 11:40A(10) min

KEY ELEMENTS:

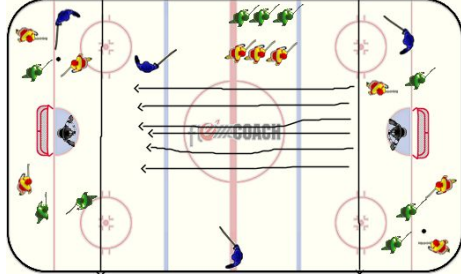
- Tecnique is key for the leashes
- COMPETE

ORGANIZATION: See diagram -- four equal lines for leashes

VARIATION:

GOALIES: Active

11) 3 vs. 3 Stretch



DRILL OBJECTIVE: 3 on 3 Down Low (w/

11:40A - 11:50A(10) min

KEY ELEMENTS:

- Man vs. man coverage below dots
- COMMUNICATE
- Stick on puck
- Keep play to perimeter
- Battle Hard!

ORGANIZATION: Two lines as depicted. On Misha's whistle, three players from each line enter the zone and play 3 vs. 3 below dots. On Misha's next whistle, three players that entered zone skate down full length of ice and play 3 vs. 3 at far end below dots. Next three players from line join original zone and drill is continuous.

VARIATION:

GOALIES: Active at both ends.

Post-Practice Comments:

The "OV" Hockey School, LLC.
 4569 Ravine Drive
 Westerville, Ohio 43081
 www.ovhockey.com
