

## 4 Nations Cup – Drill Pack

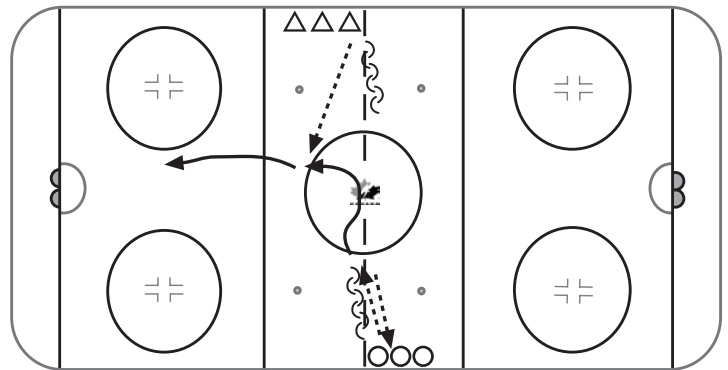
The following drills are a compilation of 'Best Practices' from the Swedish, Finnish, Swiss and American Under 17 and Under 18 Programs. The progression of drills are all high tempo and include warm-up, flow and transition drills.

**QUICK HIT WARM-UP • TEAM FINLAND U18**

**DESCRIPTION**  
 X pivots to backwards and receives a pass from the next player in line. X immediately 1 touches puck back to passer. X then pivots to forward and receives 2<sup>nd</sup> puck from O. X takes long warm-up shot on goal. As soon as O passes to X, he then pivots to backwards and repeats the drill from the opposite side.

**KEP (KEY EXECUTION POINTS):**

- This is a warm-up drill which incorporates pivoting, passing and receiving while providing long shots for the goaltenders

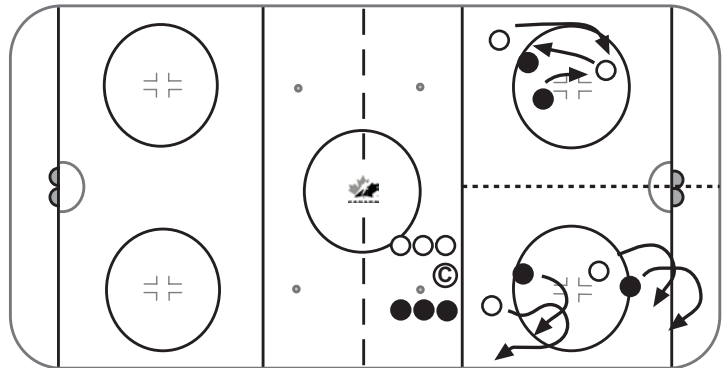


**1V1, 2V2 WARM-UP • TEAM USA U18**

**DESCRIPTION**  
 Two pairs of players begin in zone A. They play 1 vs. 1 puck protection for 20 seconds. On the coach's whistle, two new pairs move into zone A while the original pairs move into zone B and play 2 vs. 2 puck protection for 20 seconds. On the next whistle the original players rotate out and to the back of the lines.

**KEP (KEY EXECUTION POINTS):**

- This is a warm-up drill so full contact should be limited at the beginning.
- In the 1 on 1's the offensive players work on maintaining puck possession by using their bodies to shield the puck from the opponent. This works on their awareness, skating and puck handling skills in a dynamic situation. Defensively players can practice their containment skills as well as defensive stick position playing blade on blade.
- In the 2 vs. 2 situation, players must now work together to maintain puck possession. They need to communicate both offensively and defensively in setting picks or switching coverage.



2 on 0 STRETCH • TEAM SWEDEN U18

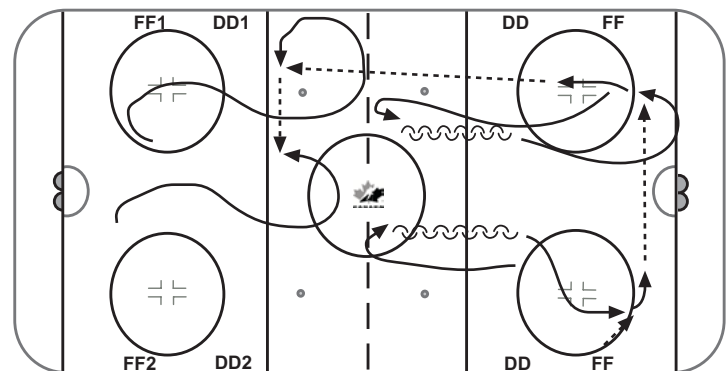
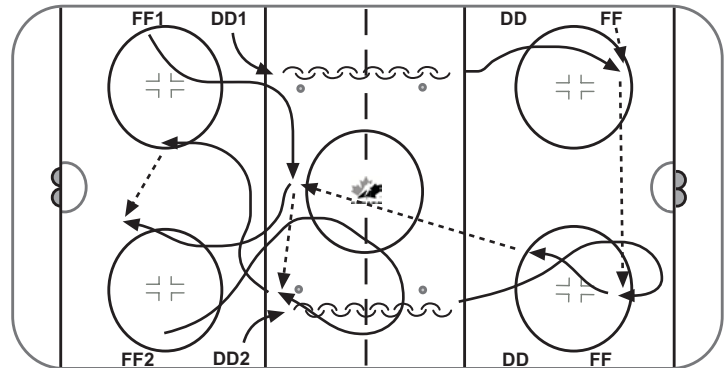
DESCRIPTION

D1 & D2 begin by skating backwards through neutral zone. A puck is spotted for them to retrieve. D1 picks up the puck and rotates it to his supporting partner D2. D1 must now support D2 by moving behind and to the rear. F1 & F2 time their movement to provide D2 with a long pass option. The forwards receive the stretch pass from D2 and attack and finish to the net.

D1 & D2 gap up to the red line and then skate backwards through neutral zone. The defense is spotted a 2nd puck. They make another D to D pass with support and then look for the stretch pass. After their play on the net F1 & F2 quickly get back on sides for a 2nd pass from the D and another attack on goal.

KEP (KEY EXECUTION POINTS):

- Defensemen work on their puck retrieval skills, partner support and long pass skills.
- The Forwards focus on timing their movement as stretch outlets and quick attack on the goal.
- The first support movement works on timing from a delayed situation while the second movement is from a quick tag up situation with support.



ALL PURPOSE DRILL • TEAM USA U18

DESCRIPTION

Opposite sides go together on the whistle.

D1 gaps up to blueline, pivots to backwards and receives pass from F1 at the red line. D1 stretches with speed to the top of the face-off circle, steps out and passes to F2.

F1 times his skating to receive a return pass from F2 in the middle of the ice, then gets outside the dots. F1 immediately head mans the puck to F3 for a quick give and go, then shoots on net.

Once F2 makes his pass to F1 he moves to the middle and provides back pressure on F1.

After the first shot on goal, F1 retrieves a second puck in the corner and passes to D1 who has followed up the play. D1 quickly moves to the middle and shoots with F1 looking to screen or tip on the play. F2 attempts to box out F1.

KEP (KEY EXECUTION POINTS):

- Players should under handle the puck, eliminating the extra stickhandling prior to passing.
- Movement should be timed but with great speed.
- Passes to the point should be done immediately low to high. The D should begin wide and move explosively towards the middle to improve shooting angle.

