

T2 – 2019 - Team Offensive Skills Manual

Tom Molloy

B2 - 2 on 1 Pass in Front of Toes – Pro

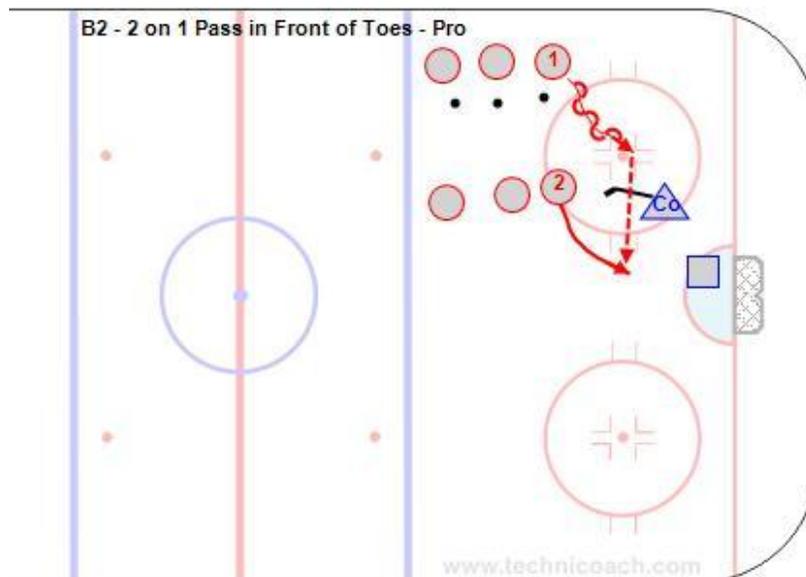
Key Points:

Forehand pass when possible. Pass in front of the defenders toe caps behind his stick.

Description:

1. Start with a coach defending then use players.
2. 1 skate outside and 2 skate to the net and 3 defend.
3. 1 pass on the forehand (if possible) to 2 and follow the pass.
4. Make the pass between the stick and the skates.
5. 2 shoot.

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T1-2 - B5 - Rim-Low 2-0 BO-Tap Back to C – Pro

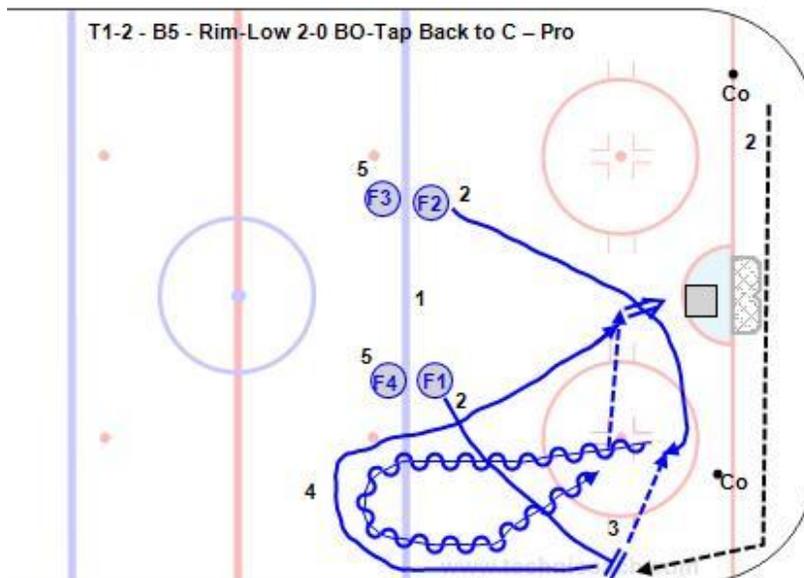
Key Points:

F1 protect the puck vs. a pinching D. F2 swing below the puck from the middle lane and time it so he is still there when F1 can pass.

Description:

1. Two lines of forwards at the blue line and a coach in each corner.
2. Coach rim the puck F1 get to the wall F2 swing below him in the middle.
3. F1 touch pass the puck back to F2.
4. F1-2 do a tight turn over the blue line and attack 2-0.
5. Repeat on the other side with F3-F4.

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T1-2 - Black Aces Skills- Pro

Key Points:

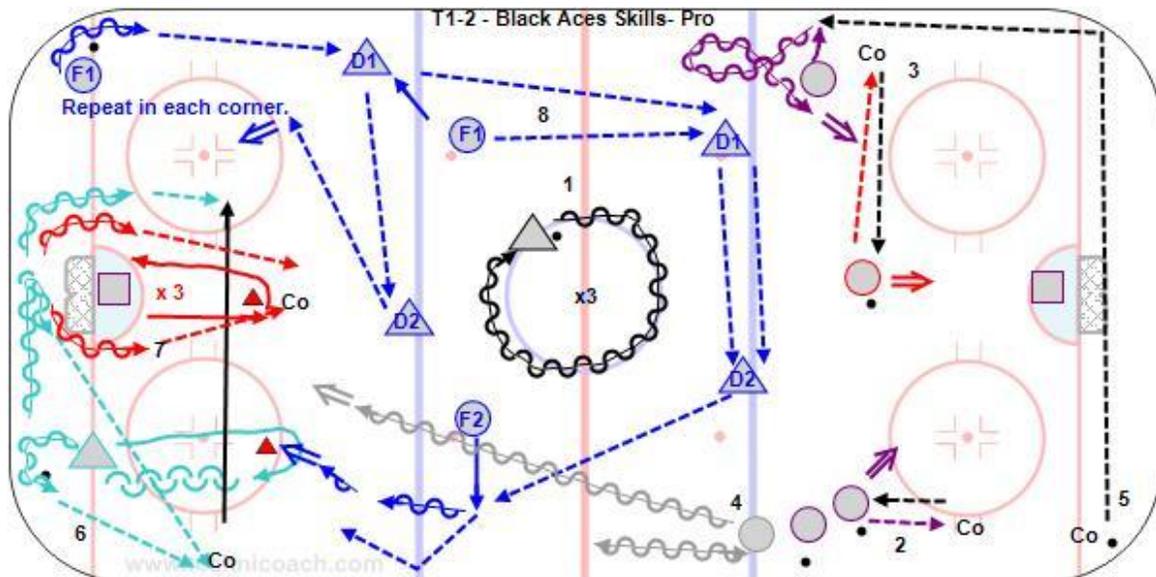
Black Aces are players who aren't dressing for games, coming back from injury, don't get much ice time or want to work on skills. Target skills for each player and consider whether they are playing in the games or recovering from injury. Do some team play drills together and add competition.

Description:

1. Skate around the circle with the puck and keep the feet moving.
2. Exchange passes with a coach and shoot one timer.
3. Exchange passes with a coach and shoot quickly from the mid slot.
4. Start with puck far blue line-red line-back to blue, skate down and shoot.
5. Coach rims a puck to a forward who picks it up, skates out of the zone and make a quick turn then go in and shoot.
6. Defense agility skate up and back then pass to coach x 3; quick up, counter and wheel.
7. Defense agility skate to the mid slot, get a pass from the coach and wrap the net x 3 each side.
8. Two D and two F regroup x 2, chip in on second regroup and shoot then pass to point x 2 and screen for point shots.

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T1-2 - Breakout Escape Options - TJ - U18 F

Key Points:

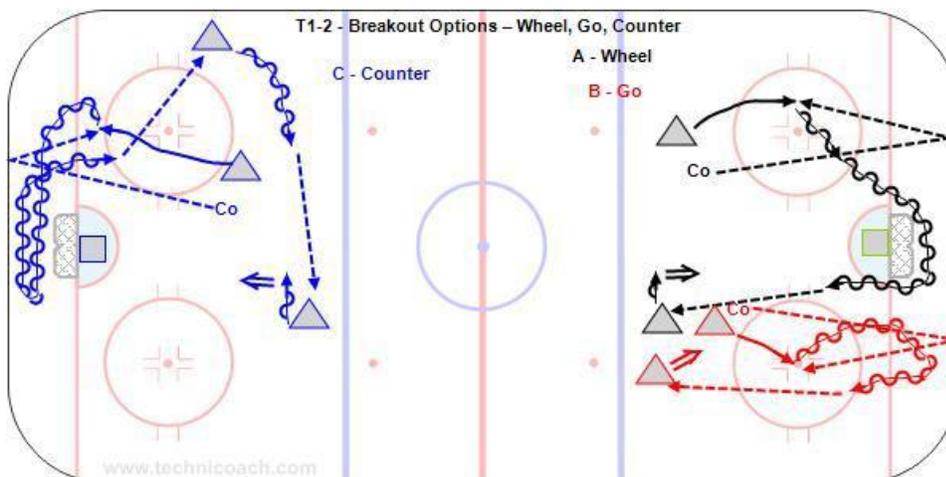
Defenseman has to keep skating up ice with the puck or the forecheckers know your only option is to pass. Skate between the dots with the puck so you have many options. Skate up ice as long as you can to drive the forecheckers off the blue line into the neutral zone. To beat a checker skate in a 45 degree angle to the inside and then tight turn to the outside.

Description:

1. Goalie place the puck so the defenseman can either go behind or make a tight turn outside.
2. Start from the top of the circle with one player at the point to shoot and one screen goalie.
3. Coach pass to the goalie who places the puck for a defenseman to pick up.
4. Defense skate to the puck and 'wheel' behind the net and cut up ice near the post.
5. Skate between the dots to the top of the circle and pass to the point who shoots.
6. Sequence is breakout, shoot, screen then back to lineup.
7. Defenseman skate to the back of the net at a 45 degree angle then tight turn to the outside.
8. Make the forechecker x-over and then tight turn away from pressure.
9. Counter by drive skating to the back of the net, stop at the far post facing up ice and exit hard.
10. If forechecker comes from the wide side pass puck behind you, protect with your body and exit.
11. One forecheck and the puck carrier must read the rush and either, wheel, tight turn, counter.

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T1-2 – Breakouts-Point Shots – Pro

Key Points:

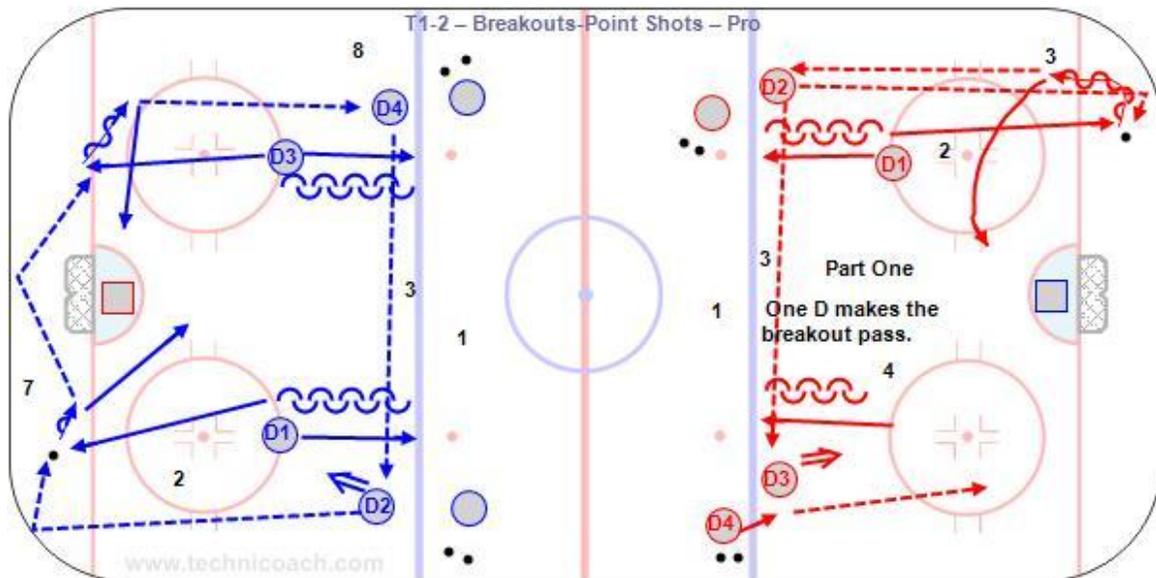
D should check then make a hard fake and pick up the puck. Make crisp passes. Hit the net. Rebound for the shooter after passing to the point.

Description:

1. Defensemen at the blue line.
2. D2 dump the puck in and D1 skate up to the blue line then back and get the puck.
3. D1 pass up to D2 at the point who passes across to D3 who shoots D1 look for a rebound.
4. D2 skate from the top of the circle to the blueline and back then get the next puck D4 shot in.
5. D4 pass across to D2 who shoots and then goes back to make the next breakout.
6. Drill goes side to side, shoot-make the breakout pass-D to D and shot-repeat.
7. Add another D and now make D to D passes, either over or reverse.
8. After the D to D and point shot the two D at the point do the next breakout.
9. Make a breakout from each side and shot from each point then shooting D breakout.
10. Work on all the breakout options.

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T1-2 - D One Timers - F Rim Touch Back 2-1 – Pro

Key Points:

Box out the pinching D on the rim and share with a touch back to teammate supporting low and slow from the middle. Shoot on the forehand on the one timer shooting drill.

Description:

A. Forward touch back rim to low and slow support.

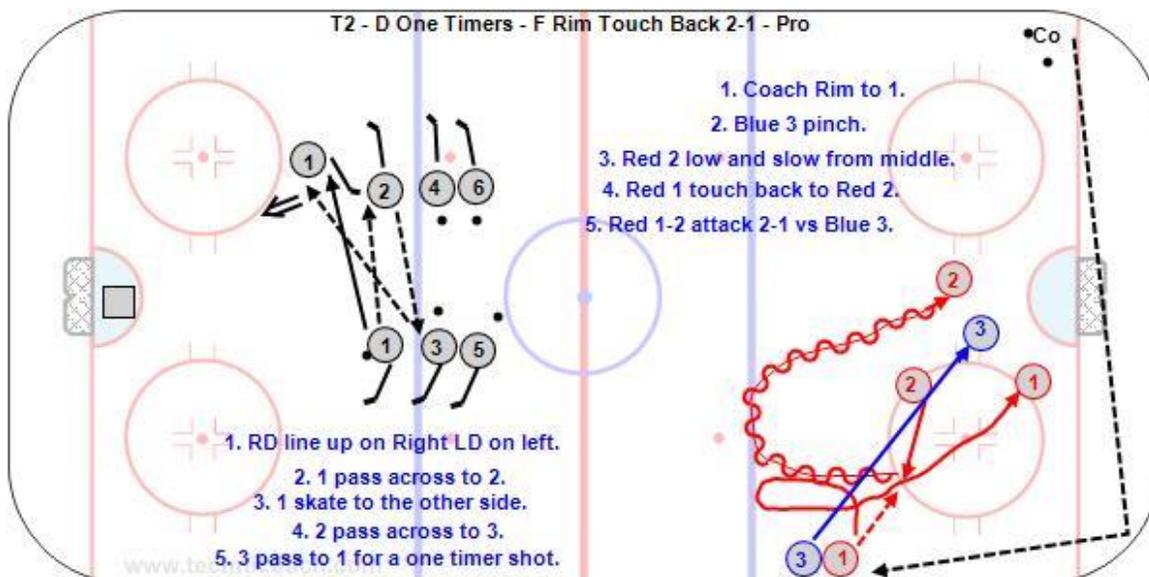
1. Coach Rim to 1.
2. Blue 3 pinch.
3. Red 2 low and slow from the middle.
4. Red 1 touch back to Red 2.
5. Red 1-2 attack 2-1 vs. blue 3.

B. D One Timers

1. RD line up on right and LD on the left.
2. 1 pass across to 2.
3. 1 skate to the other side.
4. 2 pass across to 3.
5. 3 pass to 1 for a one timer shot.

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B T1-2 Breakout D to D 3-0 – TJ

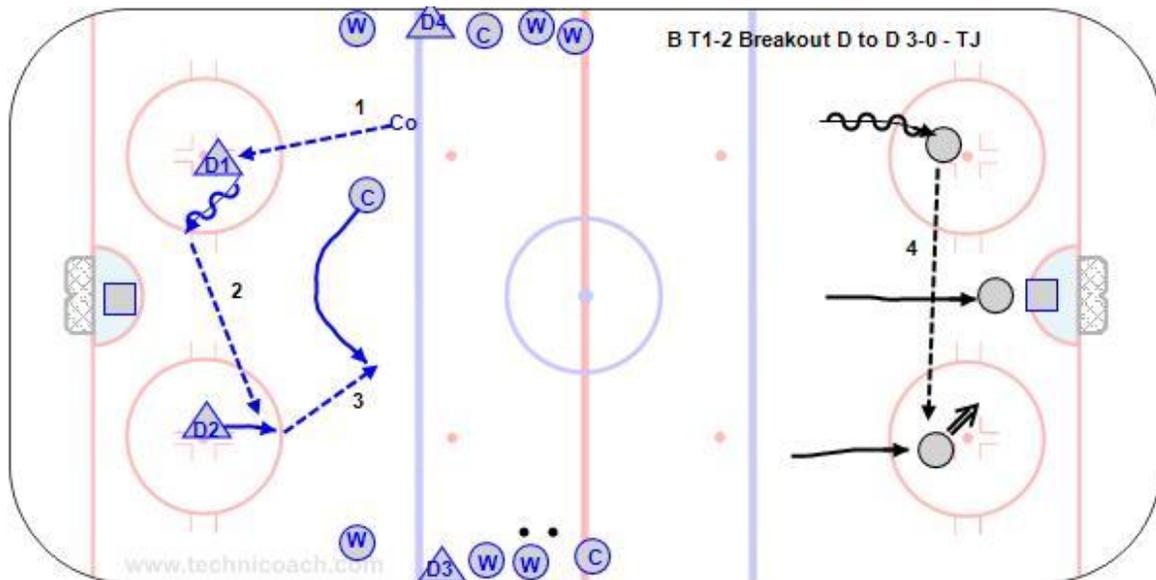
Key Points:

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hinges up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

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B - T1-2 Breakouts vs. Checker – TJ

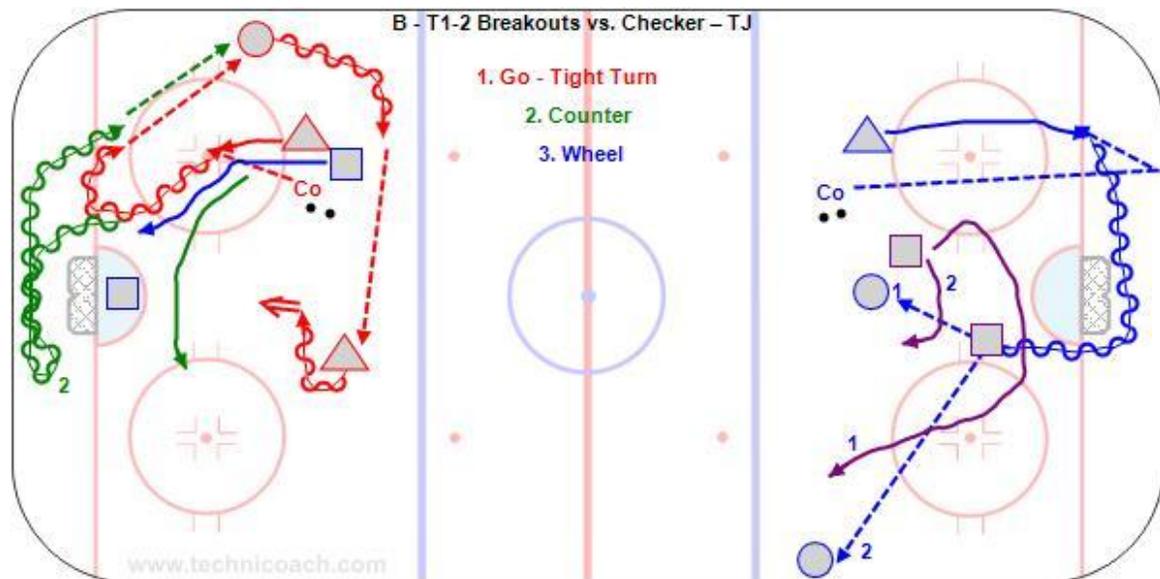
Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go(cut back) or counter.

Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

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B T1-2 D to D and Up - 2-0 – TJ

Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over. Read the forecheck which is the best play.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 pass across to D2 who hinges behind.
4. D2 pass to F2 who passes across to F1 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.
6. Add the D read the play and either tight turn outside and pass up if D2 is covered or pass D to D.

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D1 One Pass in Each Zone

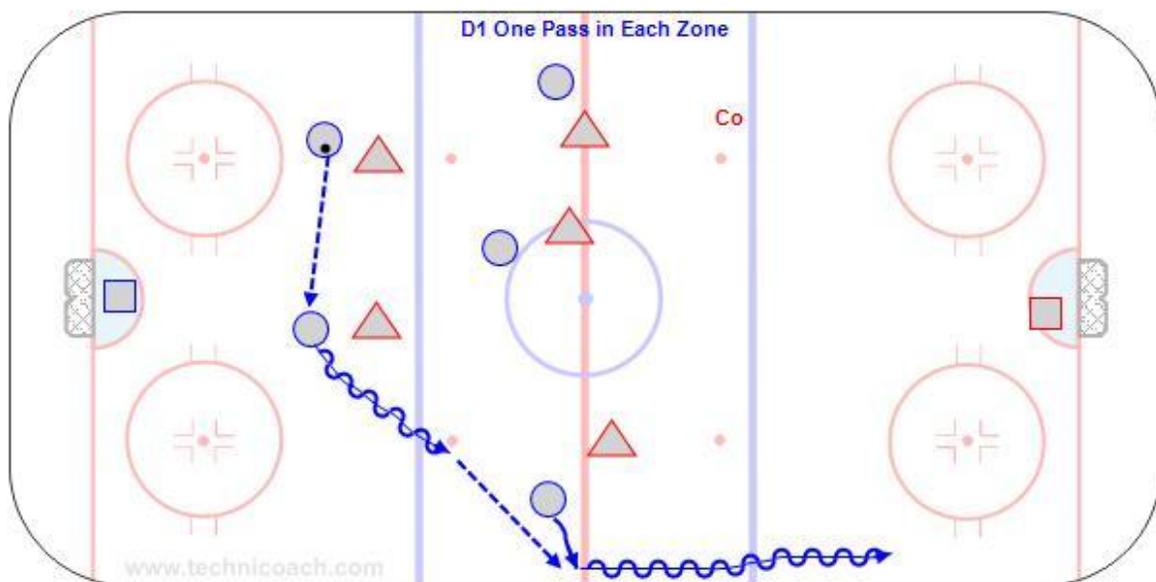
Key Points:

Close support, skate to open ice with the puck, give a target.

Description:

1. Play full ice either in shifts or all on the ice at once.
2. There must be at least one pass made in each zone. If not the other team gets the puck.
3. Controlled scrimmage so everyone stop on the whistle for coach input.
4. With shifts in a D100 game pass back to the goalie on the whistle.

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D1-D100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:

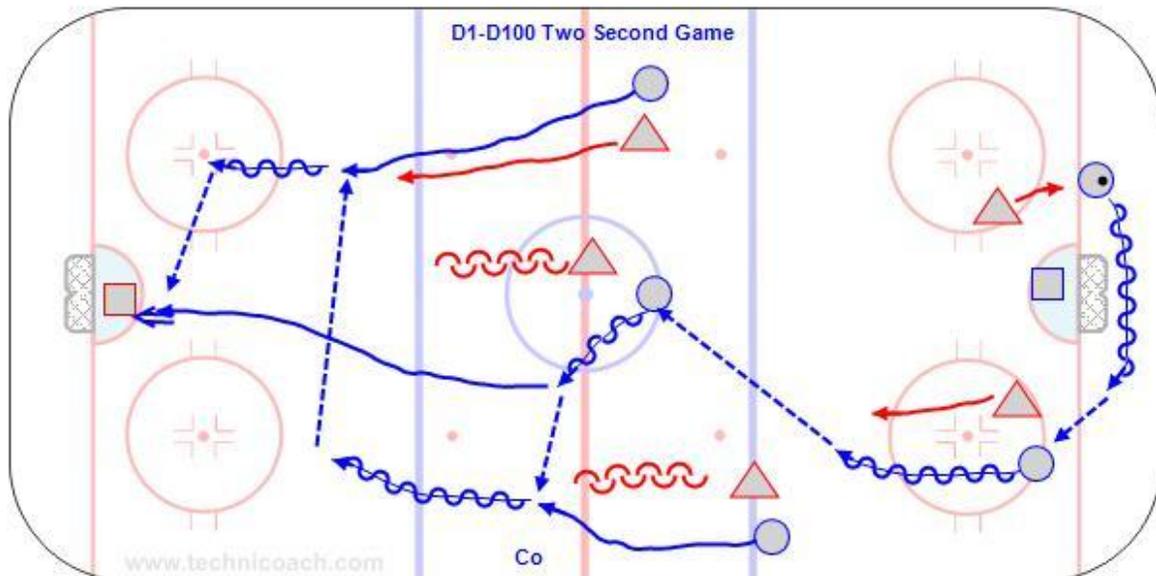
A-Make a play.

B-Regroup.

C-Gain a zone.

3. When over 2 seconds the other team gets the puck (coach monitor).

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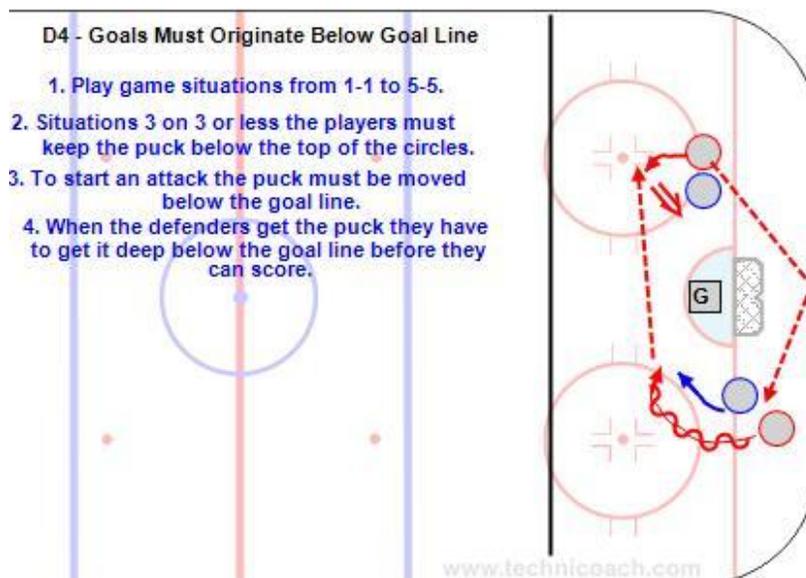
D4 - Goals Must Originate Below Goal Line

Key Points:

Players learn to protect the puck, pass to themselves off the boards or back of the net and use the net for puck protection. Also change the point of attack. Defenders must see the puck and the player they are covering and goalie must look over their shoulder and move side to side.

Description:

1. Play game situations from 1-1 to 5-5.
2. Situations 3 on 3 or less the players must keep the puck below the top of the circles.
3. To start an attack the puck must be moved below the goal line.
4. When the defenders get the puck they have to get it deep below the goal line before they can score.



D4 One Pass One Second - Russian U20

Key Points:

One touch passes and one timer shots are used. Face the play with the stick on the ice and give quick support.

Description:

1. Play at one or both ends.
2. Transition to offense by making one pass.
3. Puck must stay inside the blue line or defenders get it.
4. Keep score.

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D4 Two Pass Game with only Forehand Passes

Key Points:

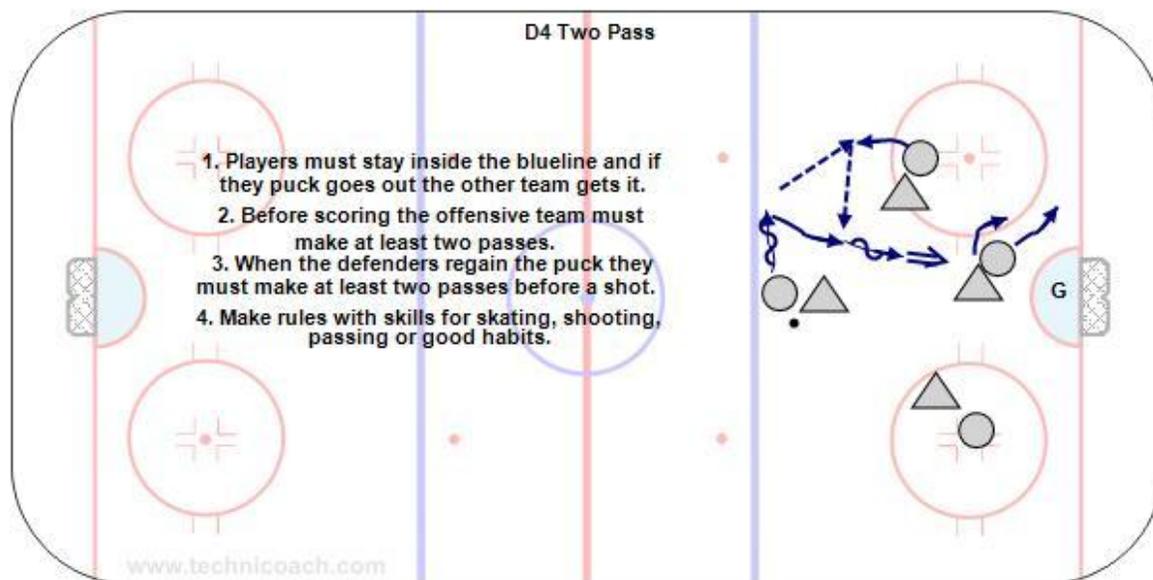
This game causes a few things to happen. Transition from puck carrier to pass support, checking the puck carrier to covering away from the puck happen very quickly. The puck carrier must use pivoting, escape moves and puck protection skills to pass on the forehand and everyone must face the puck and give a target.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.

In this game the rule is that you can only pass on the forehand. If a player does a back hand pass the other team gets the puck.

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D100 - Roles 2 and 4 Specialty Team Scrimmage

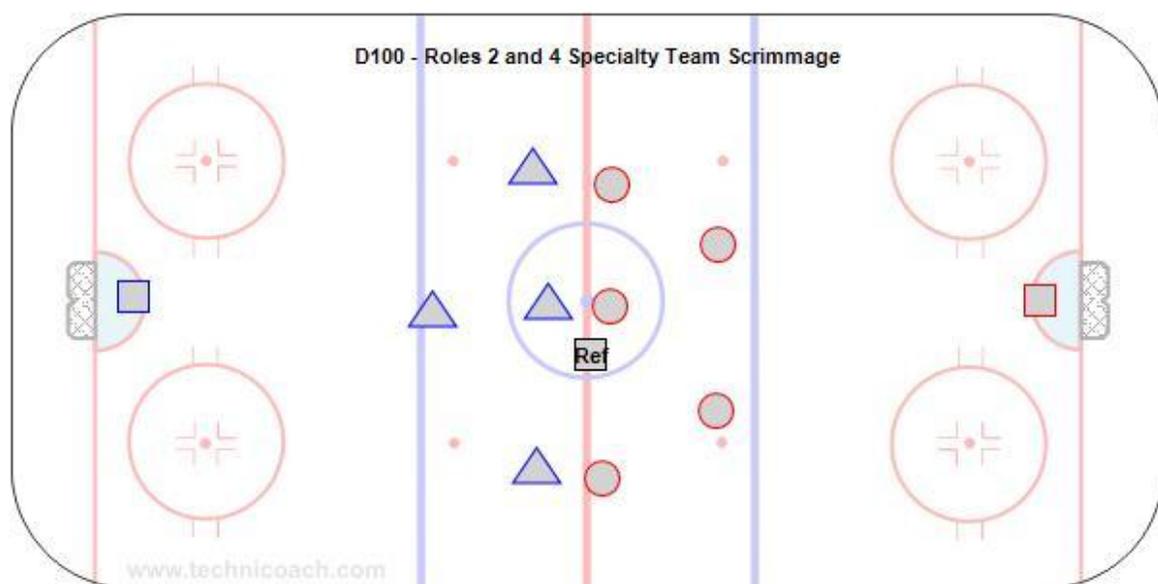
Key Points:

Divide the team into two groups and each gets a 5 min. power play with a ref. Great to play other teams in a specialty team game. Play all odd number situations 5 on 4, 5 on 3, 4 on 3. It is also a good method to practice even strength 3-3, 4-4 and 5-5.

Description:

1. Arrange a scrimmage with another team.
2. Take turns with all numerical situations that happen in a game.
3. Suggested rotation with a 3 minute time out before each segment for coach to go thru the team play situation at the bench.
 - a. Ten minute warm up.
 - b. 3 minute time out 5 on 4 for 5 minutes each.
 - b. 5 on 3 each team and then 3' time out.
 - c. 4 on 4 each team and then a 3' time out.
 - d. 5 on 5 each team and then a 3' time out.
 - e. Coaches agree on a situation they want to focus on.

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D100 Full Ice Game - Various Situations

Key Points:

Switch between all four game roles.

1-puck carrier.

2-puck support.

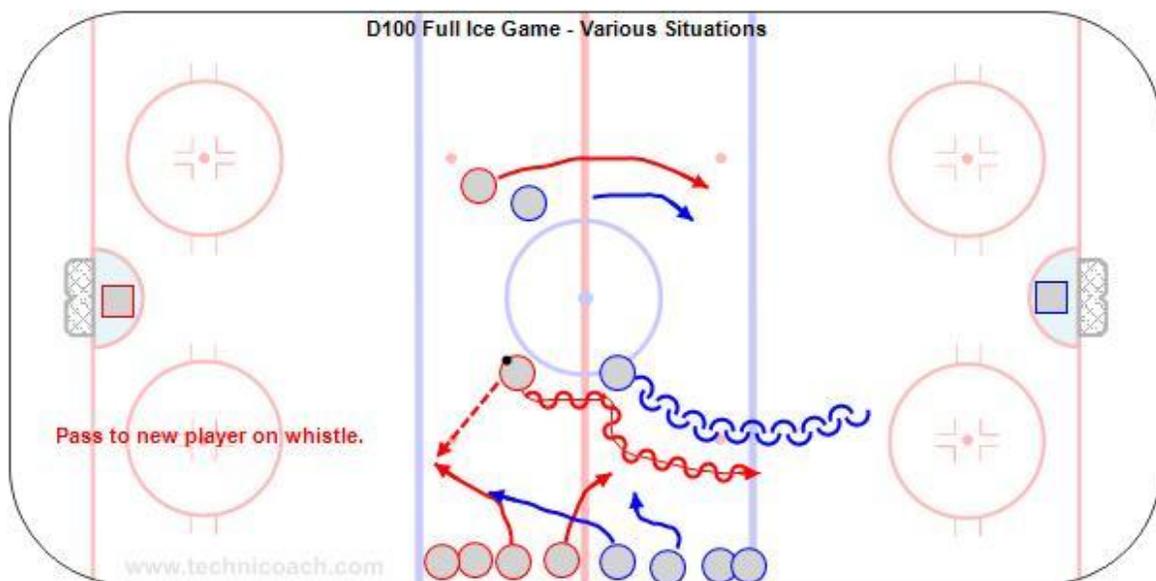
3-check puck carrier.

4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.
5. Keep score.



D200 Cross Ice Uneven Situations

Key Points:

Play 1-2, 1-3, 2-3 to work on both offensive and defensive out number situations.

Stress good habits and moving the puck to a player in better position.

The coach can also implement modified rules to create situation. i.e. goals must come from one timers.

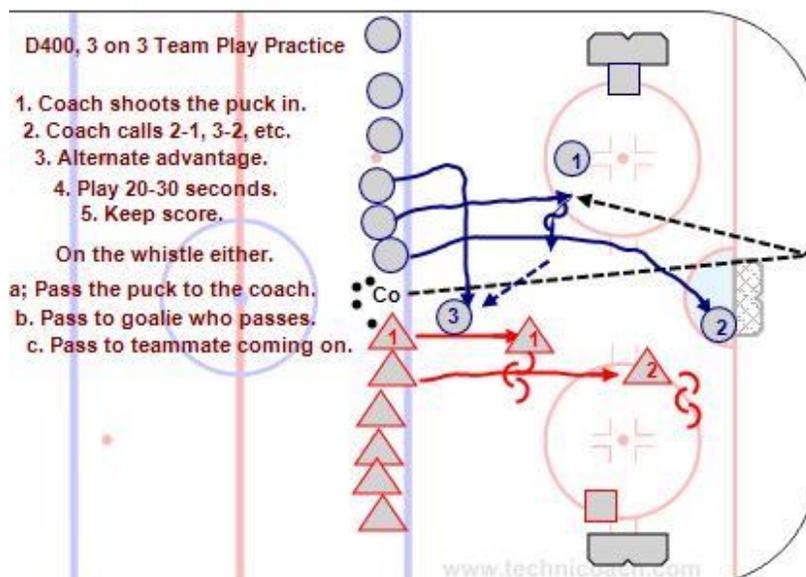
Description:

1. Coach shoots the puck in.
2. Coach calls 2-1, 3-2, etc.
3. Alternate advantage.
4. Play 20-30 seconds.
5. Keep score.

On the whistle either.

- a. Pass the puck to the coach.
- b. Pass to goalie who passes to a team mate coming on.
- c. Pass to team mate coming on. You could also simply leave the puck.

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D200 Game with Various Situations

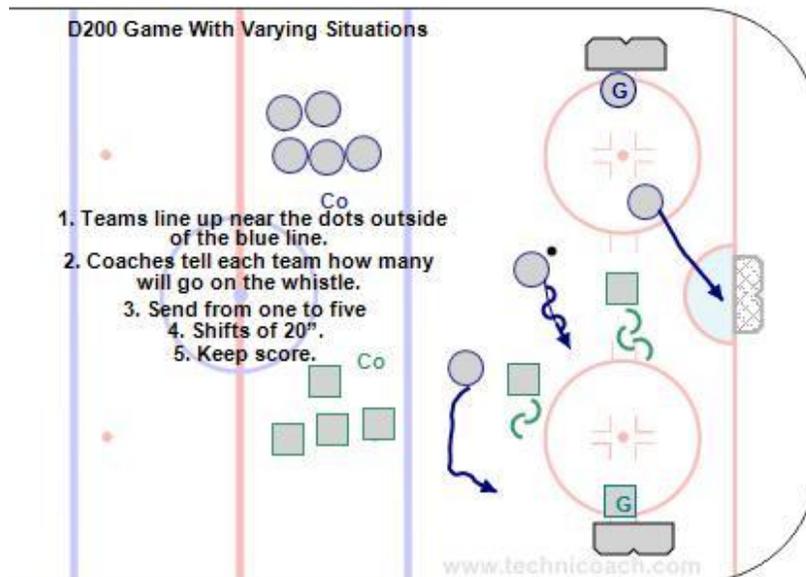
Key Points:

Players must be alert to the changing situations from one to four opponents and communicate with each other. Only use one puck and pass to team mates on the whistle. Extra pucks can be dangerous when stepped on and hockey is played with one puck.

Description:

1. Teams line up near the dots outside of the blue line.
2. Coaches tell each team how many will go on the whistle.
3. Send from one to five, depending on how many are at the practice.
4. Shifts of 20".
5. Keep score.

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DT5 Two Pass Regroup with Jokers and Escape Moves

Key Points:

This transition game requires on ice awareness and constant switching between game playing roles as well as loose puck situations. Escape moves create time and space for the player. The puck carrier must slide backward, sideways, tight turn etc.

Description:

Rules: You must regroup with a Joker to go on offense. Before passing or shooting you must make an escape move. Jokers battle jokers but must stay behind the line. Two passes must be made before scoring.

Game One:

Transition to offense requires the player must regroup with the player below the goal line.

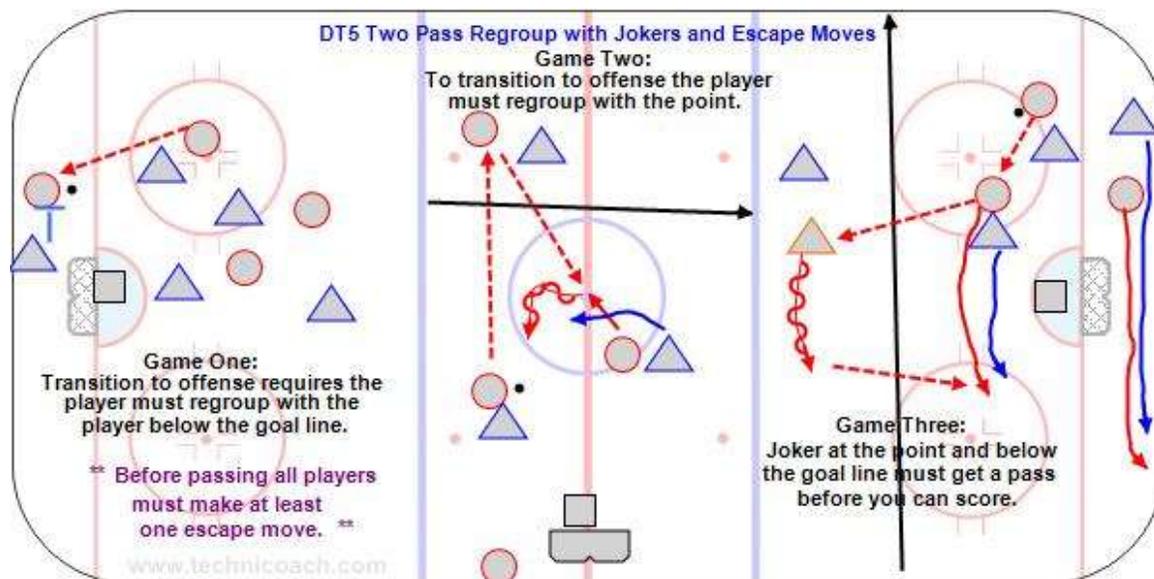
Game Two:

To transition to offense the player must regroup with the point.

Game Three:

Joker at the point and below the goal line must get a pass before you can score.

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B T1-2 Tight Turn-Quick up 2-0 –TJ

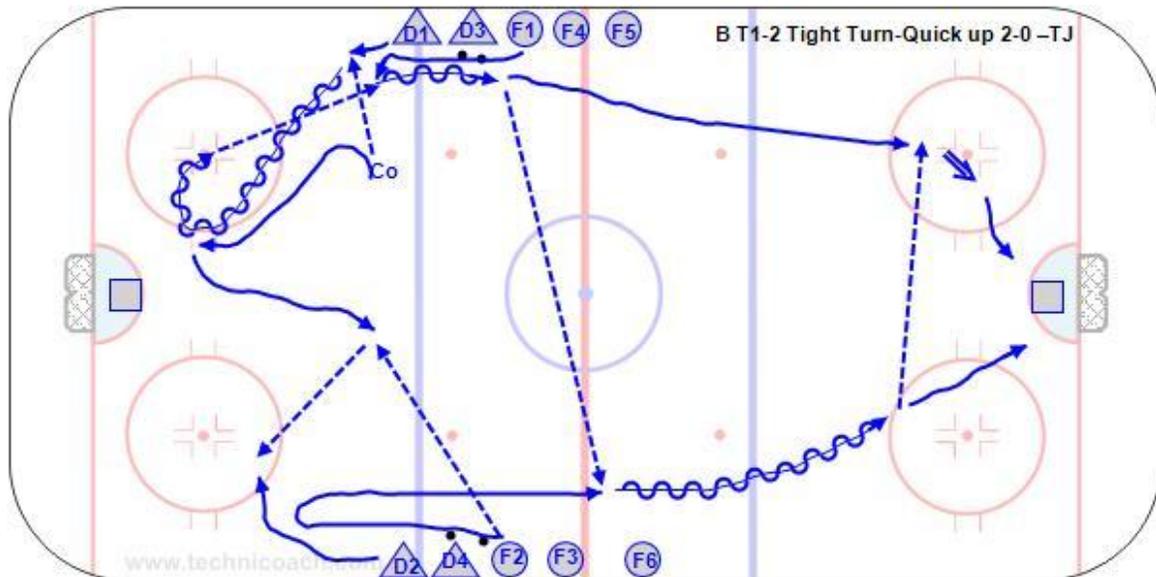
Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 tight turn outside and pass to F1 on the boards.
4. F1 pass across to F2 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.

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T1-2-3-4 - C2 - 2-2 Technique - RB Pro

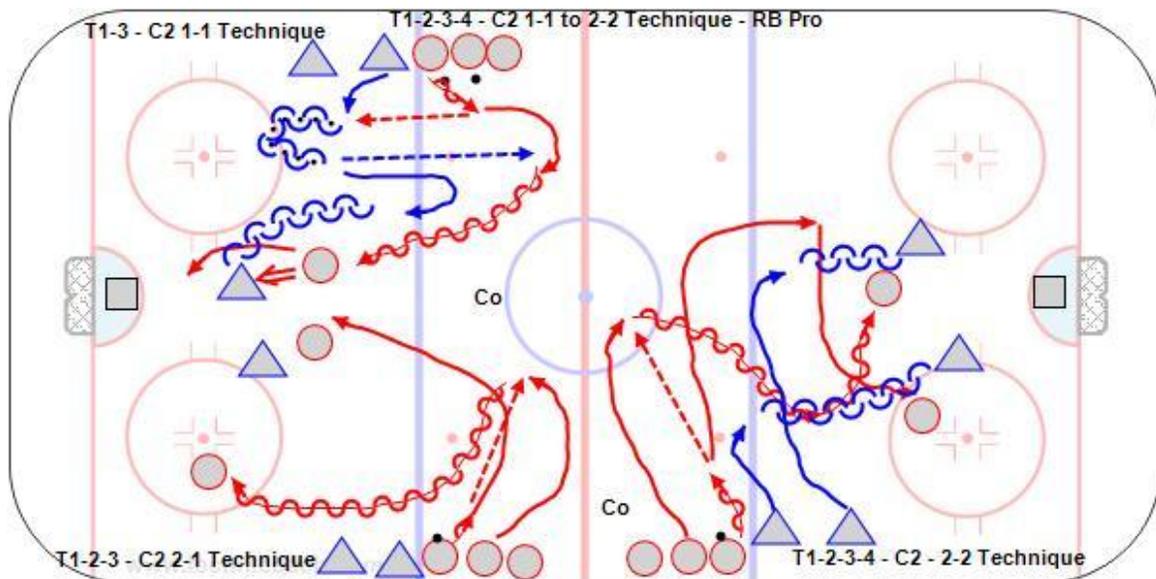
Key Points:

C2 is a great formation to teach from and go over key points. Keep score and make the drill a contest. A 2-2 has the 4 roles. 1-puck carrier, 2-puck support, 3-check puck carrier, 4-cover away from puck.

Description:

1. Attacker 1 pass to attacker 2 then take the ice behind by crossing to the middle.
2. Coach wants attacker 2 to skate to the wide lane and 1 cross to the middle.
3. Defender 1 and 2 skate out and close the gap right away.
4. Cross and drop before the blue line to cause the defenders to make coverage decisions.
5. Coach put in a new puck if the play ends right away and the 2 on 2 continues.
6. Attackers cross to cause confusion and defenders communicate to stay man on man or switch.
7. Cross to create a 2-1 vs. one defender.
8. Defenders must see their man and the puck and play on the defensive side.
9. Attackers fight for the offensive side and keep their sticks free for one touch shots and rebounds.
10. Either play F and D or everyone play all situations, which is better for development.

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B Skills Warm up Finnish U17

Key Points:

This is a great way to warm everyone up at the start of a practice. Defense do the various breakout options and read where the pressure is coming from. Pass the puck back to the coach and move thru everyone. Forwards pass with good technique and eye contact. Goalie coach work on technique and rebound control.

Description

A. Defense work with two doing breakout options vs one forechecker.

B. Forwards lines of 3 work in the neutral zone.

1 - Stationary pass with eye contact.

2 - Pass while moving always face puck.

3 - #8 around partners give and go.

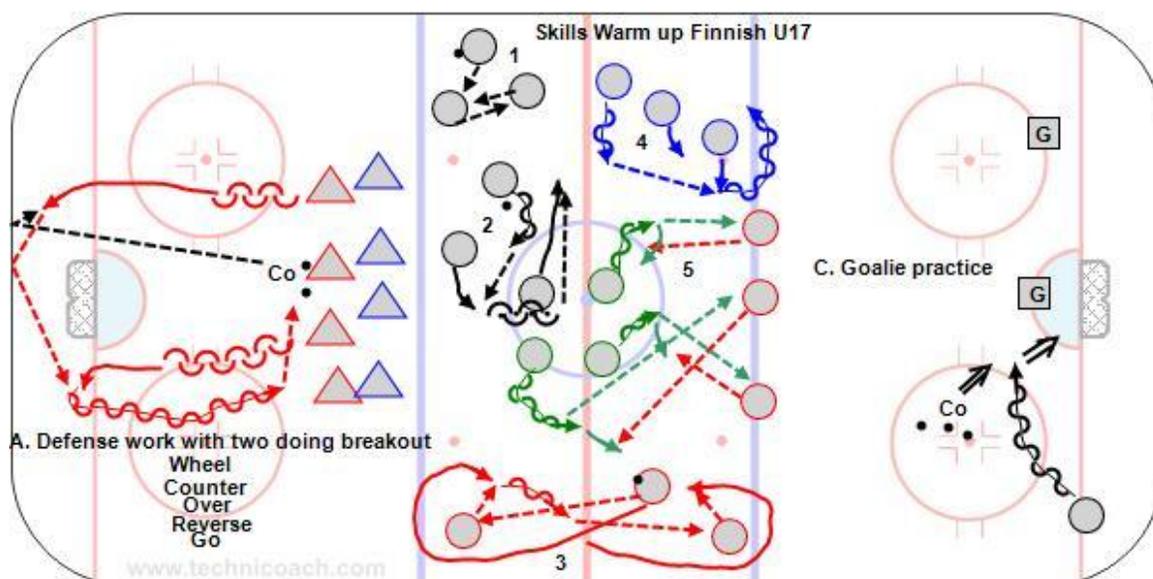
4 - Keepaway 2-1 in four areas.

5 - Two lines move and pass to other two lines on the blue line.

6 - Two lines of 3 pass while skating on one side of the neutral zone.

C. Goalies work with coach at one end.

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T B6 D to D Hinge and Switch

Key Points:

Pass back to the coach after each one of these sequences. Coach should pass to one player and after the sequence get a return pass then pass to the other player. This is a controlled breakout after a regroup or any situation with only one forechecker.

Description:

1. Coach in the neutral zone pass to a player coming from the corners.

A. Player skates to mid ice and passes to partner who hinges wide and up ice.

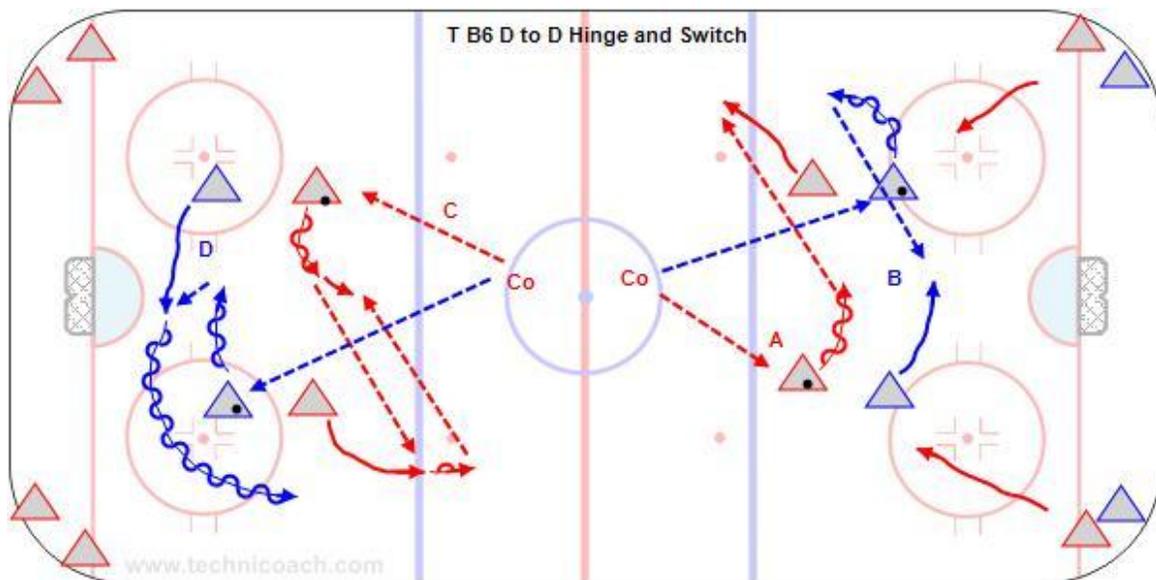
B. Player skates to wide lane and pass to partner who supports in mid ice behind.

C. Player skate to middle, pass wide, get return pass in middle.

D. Player skate to middle, partner skate behind for a pass and switch sides. From there any of the other options.

*Pass back to the coach after each of these exercises and then add players who regroup with D.

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T2 - 1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

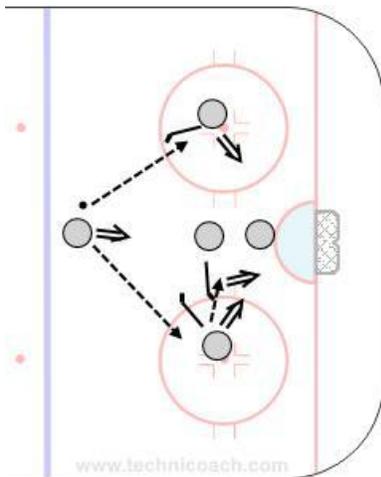
Description:

The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.

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T2 – 2-0, 2-1 Scoring Sequence– Wally Kozak – U18 F

Key Points:

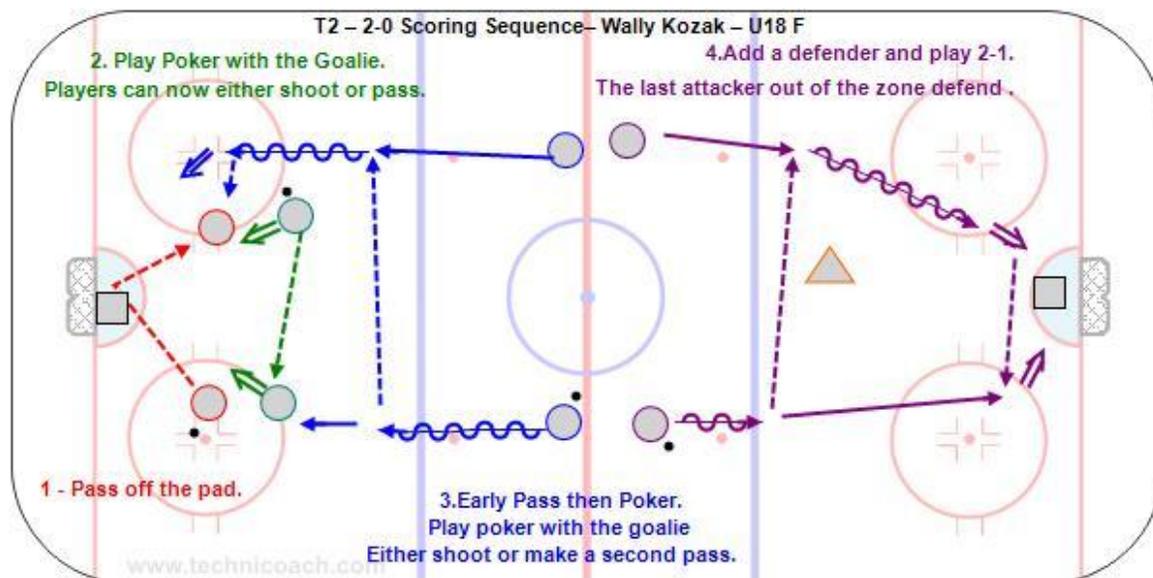
Use all of the options. Shoot to score, shoot for a rebound, one pass, two passes and learn to be a threat. Make the first pass early so there is a second play. Shoot to score and follow the shot for a rebound. Player without the puck go hard to the net and give a target with the stick. Both players stop at the net.

Key Points:

1. Shoot for Rebound – two players leave from the middle, skate hard to the net with the puck and shoot low to the far pad for a rebound. The second player go hard to the net for a rebound with stick on the ice and controlled skating. Start shooting at one end and then shoot at both ends.
2. Play Poker with the Goalie. Players can now either shoot or pass.
3. Early Pass then Poker. Pass high in the slot and then play poker with the goalie and either shoot or make a second pass.
4. Add a defender and play 2-1. The last attacker out of the zone defend vs. the next two attackers.

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T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro

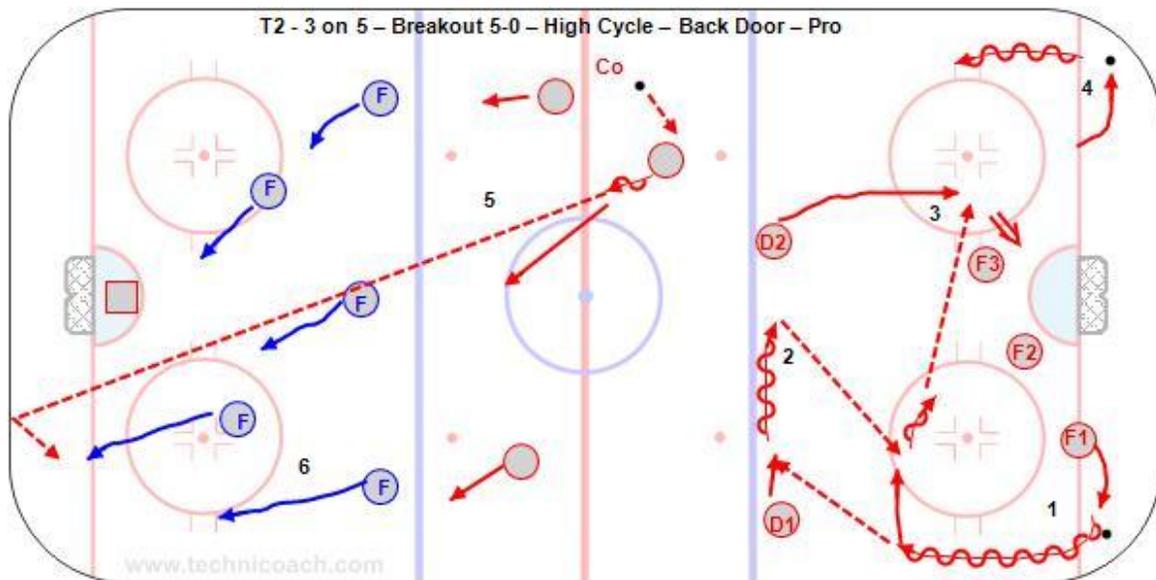
Key Points:

Quick feet as soon as you get the puck. Use head and shoulder fakes to freeze the defenders and goalie. One touch shots. Always give a target.

Description:

- 1 – After the initial rush F1 get a puck from the corner, cycle high and pass to D1.
- 2 – D1 skate hard to the mid-point and pass back to F1.
- 3 – D2 skate in for a Back Door pass from F1 and shoot.
- 4 – Repeat from the other corner with F6 passing to D2.
- 5 - F1-F2-F3 dump the puck in and try to score vs. five blue defenders.
- 6 – Blue defend and breakout 5-0 and attack the red net.

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T2 - 3 Shots - 4 Regroups – Pro

Key Points:

Extra players are on the bench and 3F-2D on the ice. Do this sequence from both sides. Defense hinge on D to D and stagger one higher wide and one in the middle. Everyone face the puck, give a target with the stick on the ice.

Description:

1. Start with 3 F taking one shot each from the top of the circles 2 D's at the point.
2. Coach spot a puck at the far blue line and everyone skate out for a regroup.
3. Regroup One: D to D to wing anchoring on the boards.
4. Regroup Two: D-D-C.
5. Regroup Three: W-C Switch D-D-C on the far W.
6. Regroup Four: W-C Switch D-D-W cutting through the middle.
7. Group A go to the bench and repeat with group B.

* Always have a F anchor on the strong (puck) side boards.

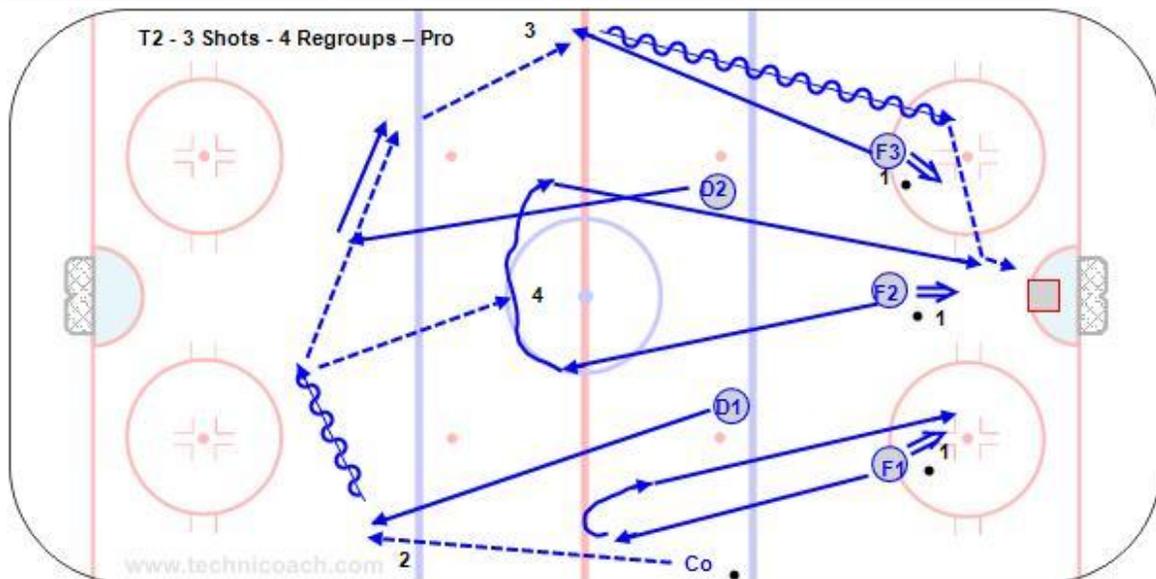
* F on far W don't skate inside the dots until you see the middle F skating into your lane.

* Attack with a middle drive.

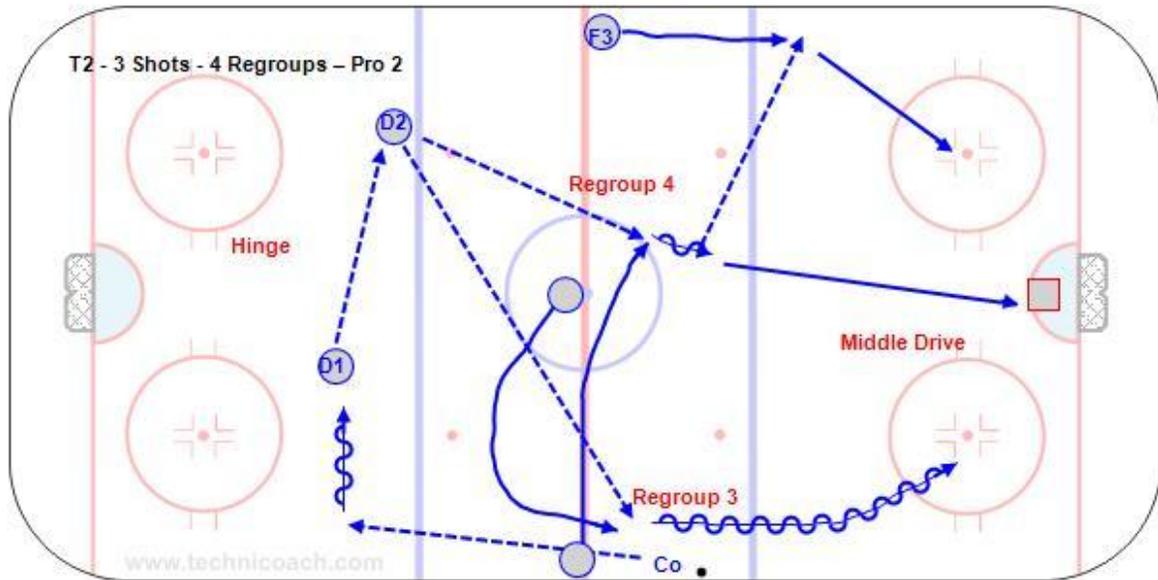
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<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150523115630871>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140706173524927>



T2 - 3 Shots - 4 Regroups - Pro 2



T2 - 3-0 Cycle Up-Pass Low – Pro

Key Points:

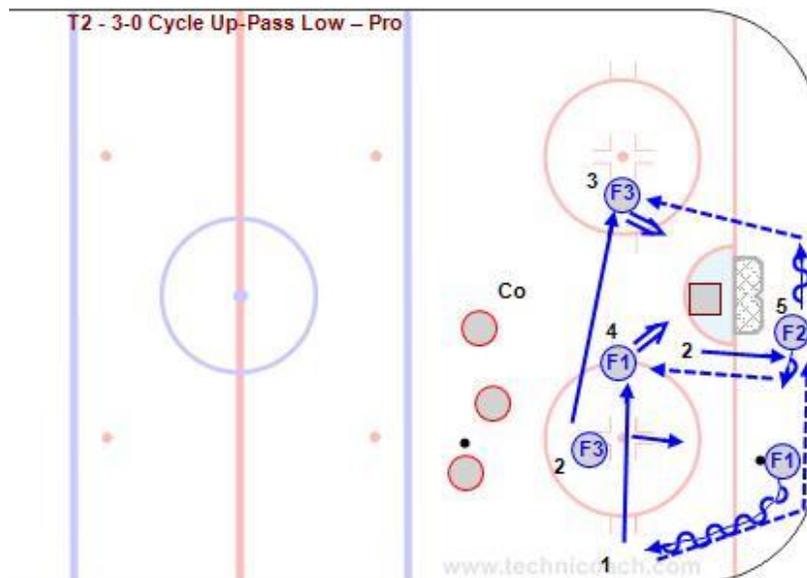
Force the defender to chase before passing behind the net and give the attacker behind the net a passing option on each side. Shoot with either on one timer or quick release.

Description:

1. F1 skate up the boards with the puck and force the defender to chase.
2. F2 support below the goal line while F3 is in the strong side high slot.
3. F3 skate to the mid-slot on the weak side.
4. F1 move into the slot on the strong side.
5. F2 pass to either F1 or F2 and all players go for any rebound.

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T2 - 3-0 Cycle Up-Pass Low – Pro

Key Points:

Protect the puck and pull the defender up the boards before passing. Give a target and one touch the shot. Give shot options on both sides of the net.

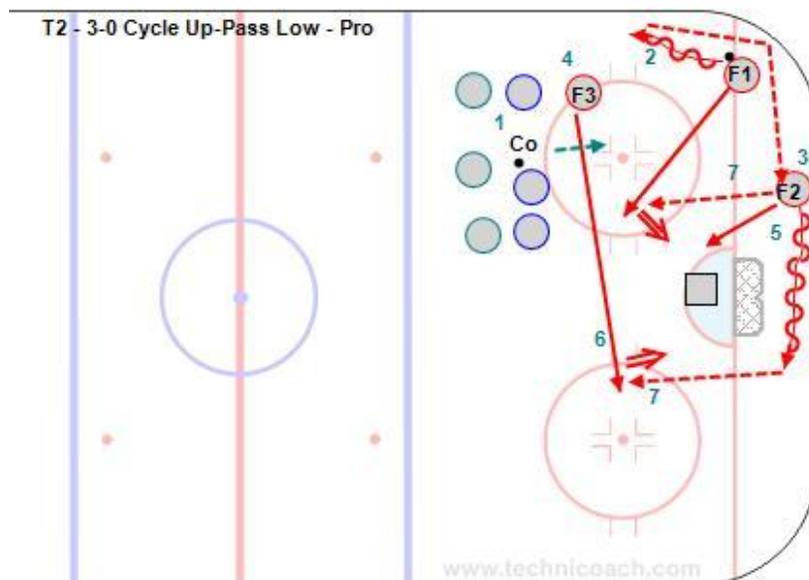
Description:

1. Coach shoot the puck into the corner and pressure the puck.
2. F1 get the puck and skate up the boards.
3. F2 go below the goal line.
4. F3 mirror the puck from the high slot.
5. F1 pass low to F2 and skate into the slot.
6. F3 skate across to the other side of the net.
7. F2 pass to either F1 or F3 who shoot.

** Another option is F2 to walk out or wrap around with the puck.*

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T2 - 3-0 Middle Lane Drive x 2 – Pro

Key Points:

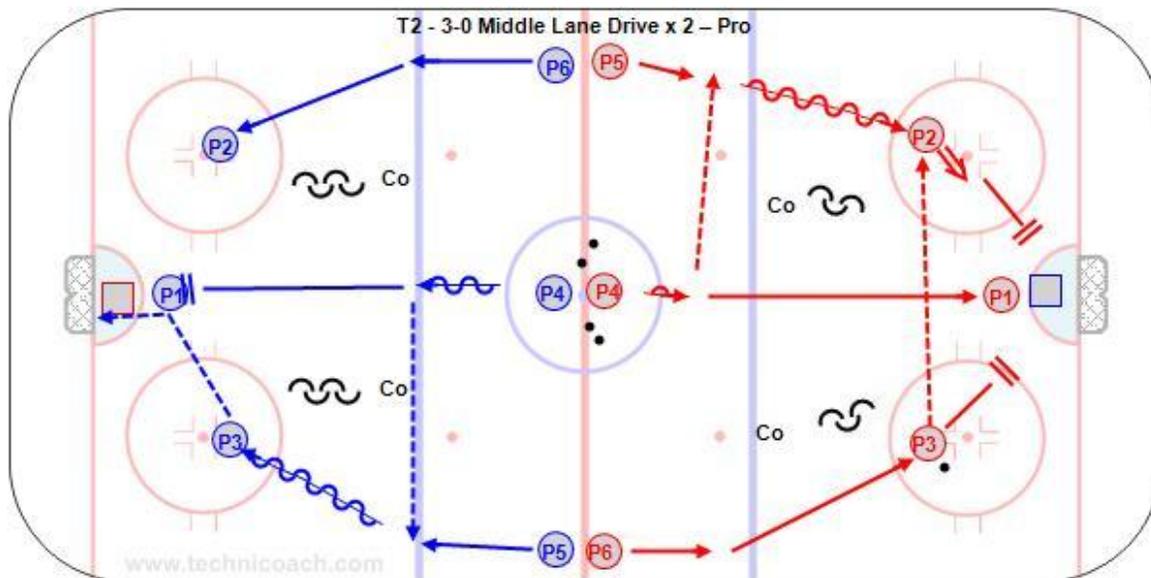
First player over the blue line without the puck drive hard to the net trough the middle lane. Be ready for a pass and stop in front to put in a rebound.

Description:

1. Half the team on each side of the red line up in middle and each wing.
2. Coaches give passive resistance from the blue line to the top of the circles.
3. P1 leave from the middle lane with a puck.
4. P1 pass to either P2 on the left or P3 on the right.
5. P1 skate hard to the net.
6. P2 skate with the puck and choose: A. Shoot B. pass across to P3 who shoots. C. Pass to P1.
7. Everyone crash the net for a rebound.
8. Skate hard back to the blue line.

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T2 - 3-0, 3-2, RG 3-2 - Middle Drive – Pro

Key Points:

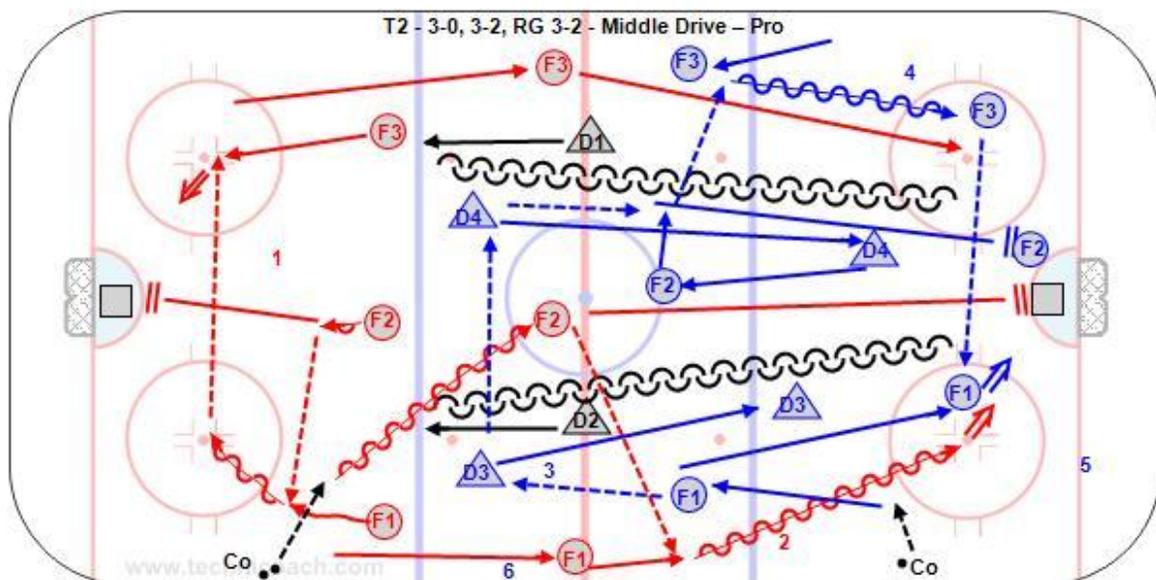
Carry the puck to the big ice between the dots to pull the D inside and then pass outside for a wide entry over the blue line. Progress to giving a trailer pass to the D who joins as the fourth man on the rush.

Description:

1. F1-F2-F3 attack 3-0. D1-D2 skate red to blue and backward.
2. F1-F2-F3 attack 3-2 with wide entry and middle drive.
3. F1-2-3 regroup with D3-D4 in neutral zone.
4. Attack 5-2 vs. D1-D2 with a middle drive.
5. Middle D join the attack as the trailer.
6. Play out the first rebound until the whistle.
7. Hustle out and the F3-F4-F5 repeat with D3-D4, D5-D6.

* Coach spot a new puck for the regroup.

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T2 - 4-0 Breakout Options-Regroup 2-1 – Pro

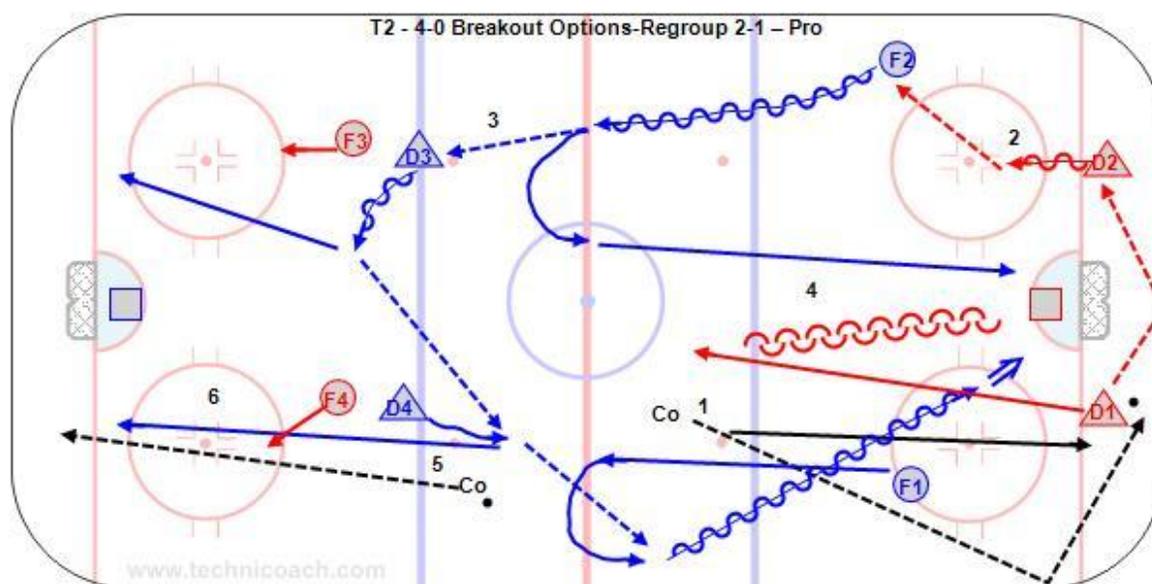
Key Points:

Defense work on the various breakout options, go, wheel, over, up, reverse, counter. The coach take away an option and the player has to read the pressure and make a good decision. On the regroup and breakout the supporting forwards must post up on the wall and come across the middle and attack with speed on the 2-1.

Description:

1. Coach shoot the puck in and forecheck.
2. D1-D2-F1-F2 breakout together towards D3-D4.
3. Skate out to the red line then regroup with D3-D4.
4. F1-F2 attack 2-1 vs. D1.
5. The second coach shoot a puck into the other end and forecheck.
6. D3-D4 read the pressure and breakout with F3-F4.
7. Regroup with D5-D6 or D2-D5 if only 6 D.
8. Continue this flow.

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T2 5-0 Breakout Options and Goalie Warm up - Slovakia U20

Key Points:

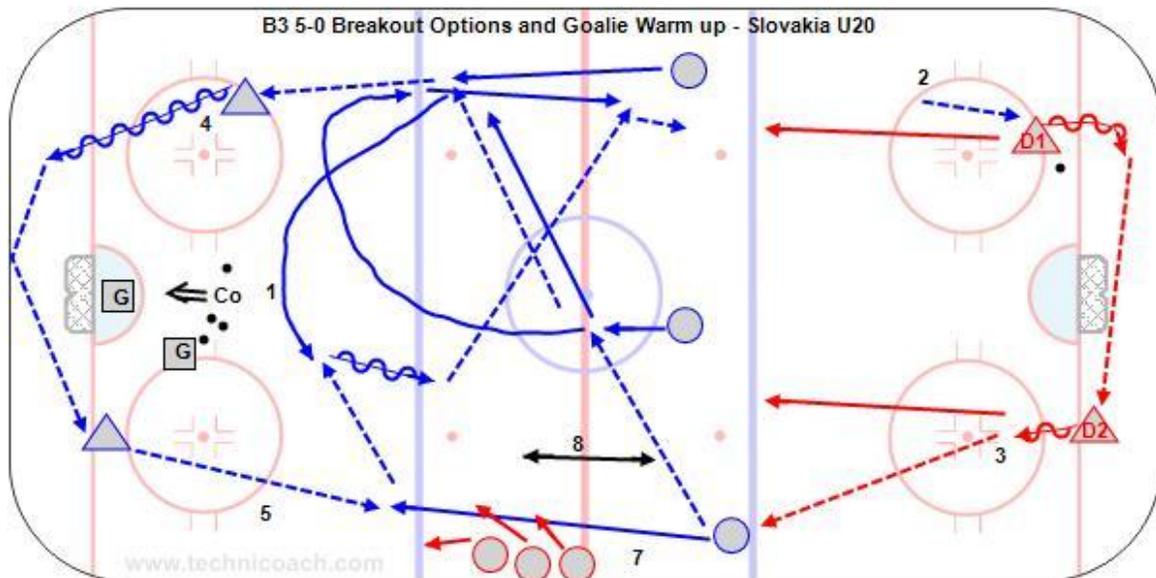
This is a routine for the start of practice instead of simply skating around the ice mindlessly. Go through all of the various breakout options with D to D passes and quick ups. Rotate regroups so all four defense start the play and the three forwards get the first pass. Forwards skate to the 'Big Ice' when they get a pass and fill the three lanes one touch passing.

Description:

1. Start with coach warming up goalies at one end and three forwards and two defense at each end.
2. Blue line of 5 regroup with the Red D1.
3. Red D1 either do a quick up or D to D below the goal line.
4. One touch down the ice and regroup with Blue D1 or D2.
5. Blue D quick up or low D to D.
6. Repeat so each D pair gets two breakouts.
7. Red forwards follow and take their first breakout from the white D.

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T2 - 5-0 Breakout Options Routine - Czech U20

Key Points:

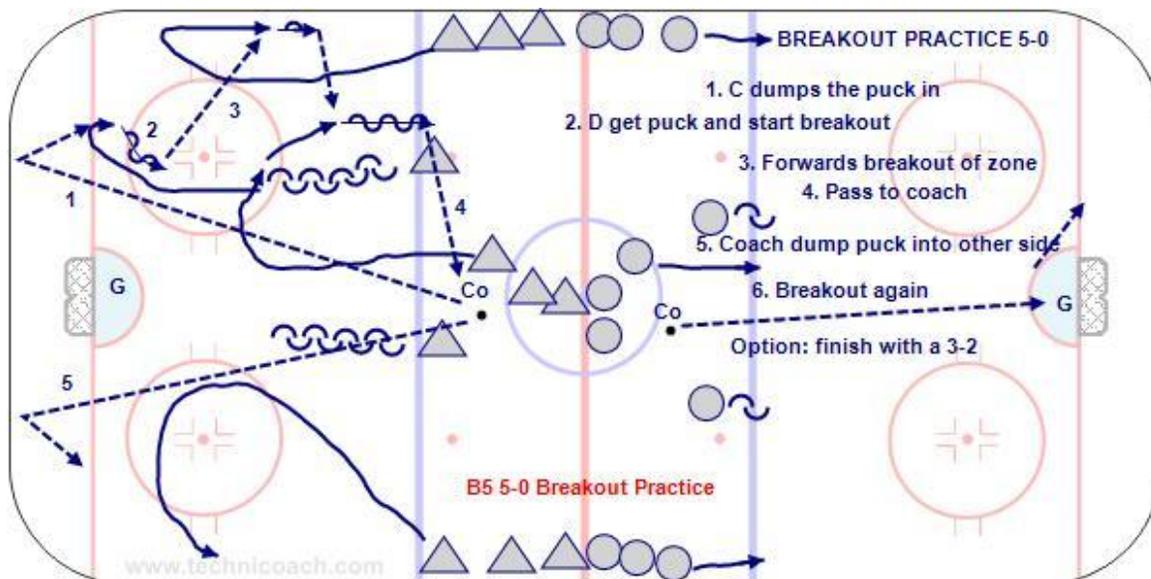
Breakout from both sides and practice all the options including D to D passes. Goalies work with the coach at the other end. Centre swing 'low and slow' to get touch backs from the wing vs. a pinch.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Players break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for a second breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

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T2 - 5-0 Breakout Options Routine - Russian U20

Key Points:

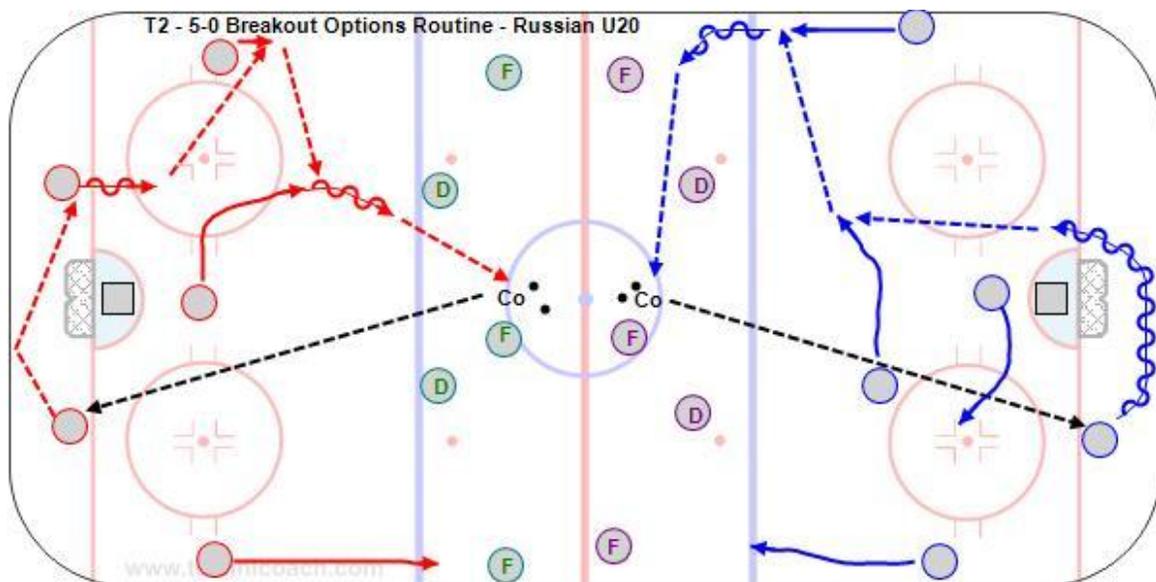
Coach alternate dumping the puck to each side and also rim or shoot so the goalie handles it. Practice the various breakout options. D to D, D to C, D to W, go, reverse, counter, wheel.

Description:

1. Two units of five wait near the red line to break out of each end.
2. Coach at each end shoot the puck in.
3. Unit of 5 break out using various options.
4. Pass to the coach.
5. Coach shoot the puck in and the other unit break out.
6. Continue rotating and practice the various options.

*This is a good routine to do at the start of practice to review the breakout and get everyone involved.

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T2 - 5-2 BO - 5-0 Attack Options – Pro

Key Points:

Read the forecheck and make a pass to the open player. Attack with speed. Use every player in the initial attack and practice low and high options in the offensive zone.

Description:

1. Breakout 5-2 with the extra players on the sides.
2. Skate through the neutral zone 5-0.
3. Shoot on the initial attack and go for the rebound.
4. Go through various attack options and include all 5 players.
5. Cycle low, cycle high, have the D jump in and F cover the point.
6. The next 5 attackers wait in the neutral zone.
7. On the whistle the coach dump a new puck into the opposite end.
8. The 5 new players breakout vs. two of the original attacking forwards.
9. Repeat breakout 5-2 and attack 5-0.

*Option: 1, 2 or 3 forwards can forecheck.

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<https://youtu.be/AoSmZnd2Bp8>



T2 - 5-4 PP - Russian U20

Key Points:

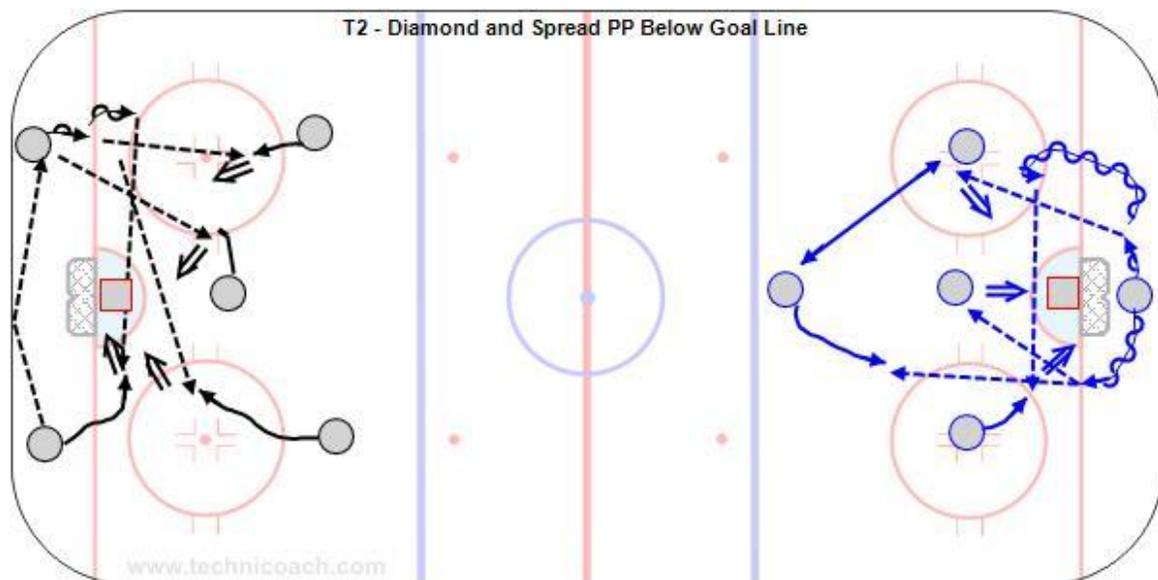
Either the puck or the player moves and they continually switch positions low and at the point and change the point of attack low by skating behind the net. Pass low to get the pk to 'Stare' and sneak into a seam behind for a one timer. I watched them play an ex game and they scored with the low spread with a pass and one timer. Never stand still with the puck.

Description:

1. 5-4 in one end.
2. Start with an overload.
3. Rotate into a diamond 1-3-1.
4. Pass low and the player move behind the net for a low diamond 1-3-1.
5. Sometimes rotate into a low 2-1-2 spread with two attackers below the goal line.
6. Mostly left handed shots so one timers are from the goalies left side.
7. Player on the hash always has an easy outlet to the point or below the goal line.
8. Constant movement side to side with points sneaking in for a one timer.
9. D skate one side to the other with the puck and switch sides.
10. Tap to the middle player who can shoot or pass to anyone.
11. Continually go side to side to change the point of attack and spread the PK.

* Mostly one touch passes and lateral skating looking for one timer shots.

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T1 - A500 - D Breakout Options – Pro

Key Points:

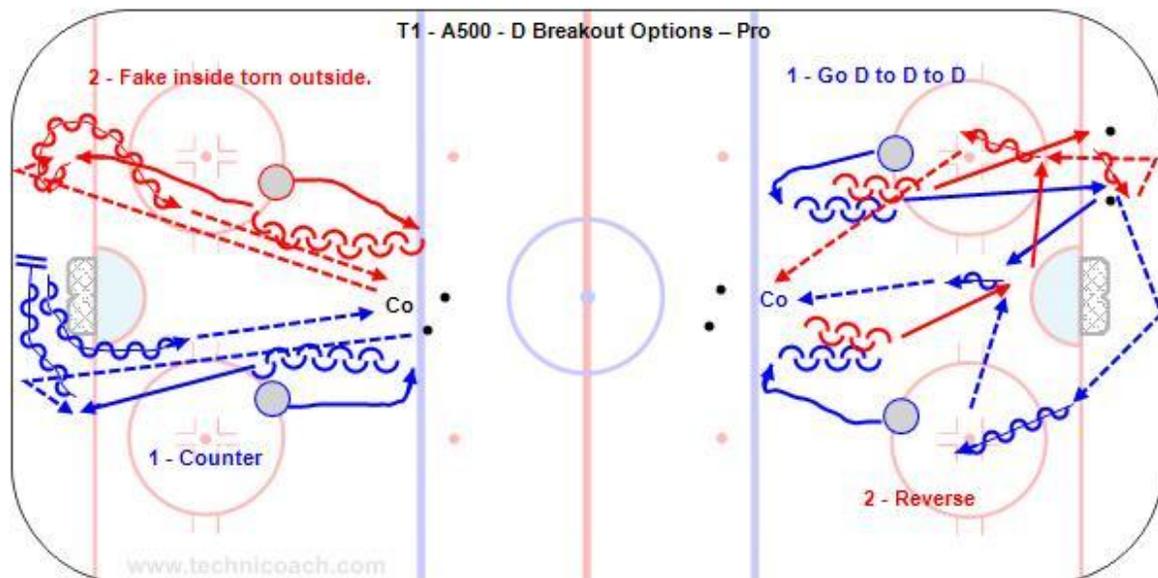
D get in the habit of looking over one shoulder to read where the pressure is coming from and fake into then skate away from pressure.

Description:

1. Coach dumps the puck in from the blueline and one 2 D start at the top of the circle.
2. D skate up to the blueline and then backward pivot to the inside and get the dump in.
3. Two D alternate at each side going back for the puck and pass to the coach.
4. Turn to forward and shoulder check one way to read the pressure.
5. First dump 'Counter' by driving to the far post at the back of the net then out original way.
6. Second puck fake to the inside and tight turn outside.
7. Skate between the dots before passing to the coach.
8. Progress to two D leave at once.
9. Start with 'Over' D to D behind net then hinge back to D in middle x 2.
10. Next practice the 'Reverse' x 2.
11. Players switch to the original side when the skate up to the blue line.
12. Pass puck hard off the boards so it comes back to partner inside the dots.

* A progression for this sequence is to have a player forecheck and D read the best option.

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T2 - B4 - 3-0 BO - D Trailer – Pro

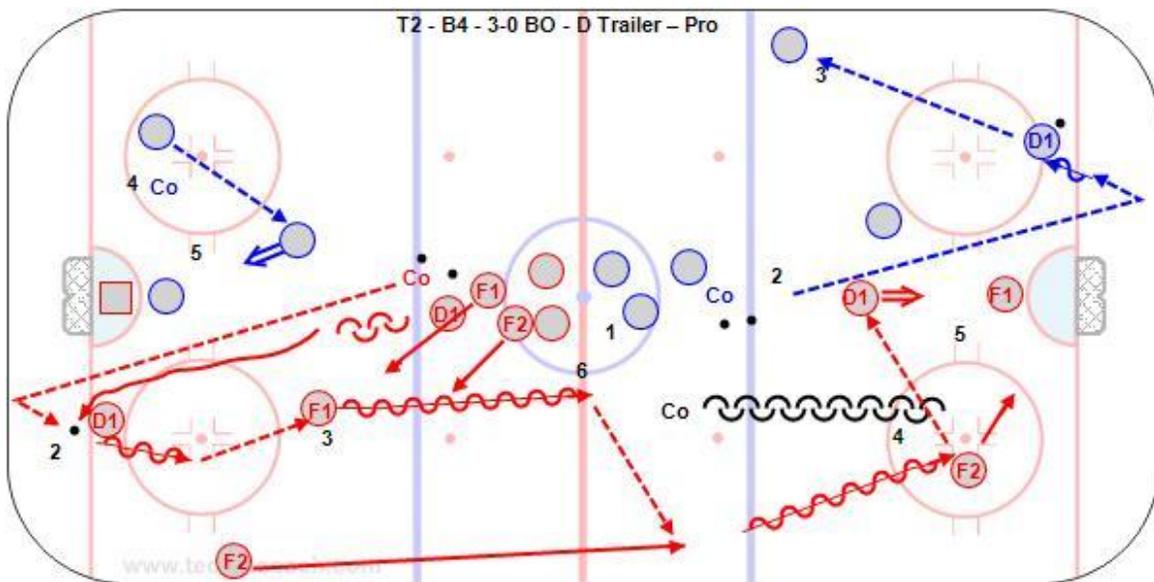
Key Points:

The defenseman jump up into the rush as the trailer. One forward go hard to the net and the other pass back to the D for a shot. A coach give passive resistance to the rush when they enter the zone.

Description:

1. Players leave from the middle circle toward each end.
2. Coaches shoot a puck into diagonal corners.
3. D1 go back for the puck and make a breakout pass to F1 or F2.
4. Attack 3-1 vs. a coach who gives passive resistance.
5. F2 middle drive, F1 pass back to D1 from the wide lane, D1 shoot.
6. Repeat from each side.

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T2 - B4 - 4-0 BO - D Middle Drive – F2 Trail - Pro

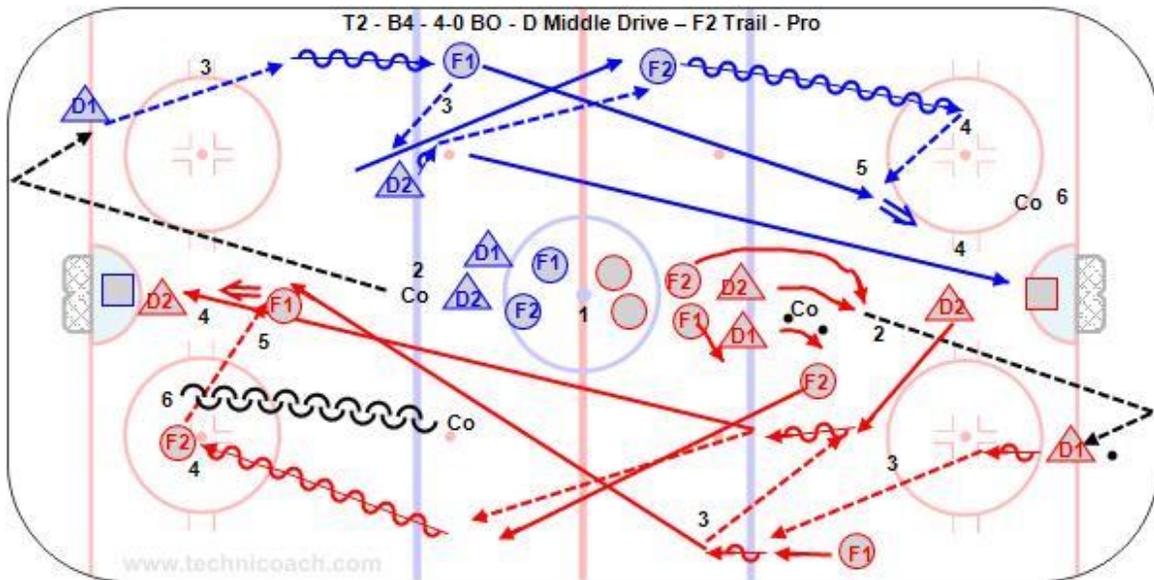
Key Points:

Players fill the three lanes on the attack. Stop at the net, hit the net and shoot right away. D2 screen and everyone be ready for a rebound.

Description:

1. Leave from the middle circle toward both ends .
2. D1-D2-F1-F2 BO when the coach dumps the puck in.
3. D1 pass to F1 on the boards, F1 pass back to D2, D2 pass to F2 stretching up the wall.
4. F2 skate wide, D2 middle drive hard to the net.
5. F1 pass to F2 trailing in the high slot and F2 shoot.
6. Coach deny a pass to the net.

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T2 - B4 - 4-0 BO x 2 - Cycle-Point Shot - Czech U20

Key Points:

Centre swing low and slow. Wing skate with the puck to the 'big ice' between the dots then pass for a wide entry.

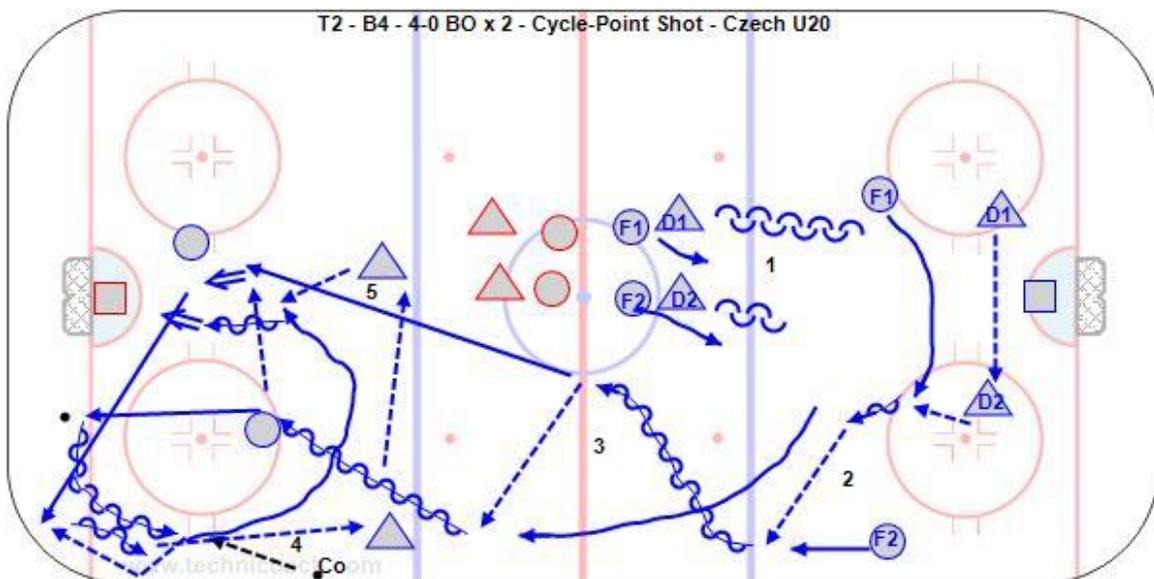
Description:

1. F1-F2-D1-D2 go back for the puck from the middle circle at both ends.
2. D1 pass to D2 to F1 to F2 and follow the rush.
3. F2 skate between the dots and pass wide to F1 and attack net.
4. F1 get a puck from the coach and pass back to F2 who skates up the wall and pass to D1.
5. D1 pass to D2 who passes to F1 who cycled high and through the middle, F2 screen.

* Option: Add another cycle on the other side.

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<https://youtu.be/7db7mdiS84s>



T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door – Pro

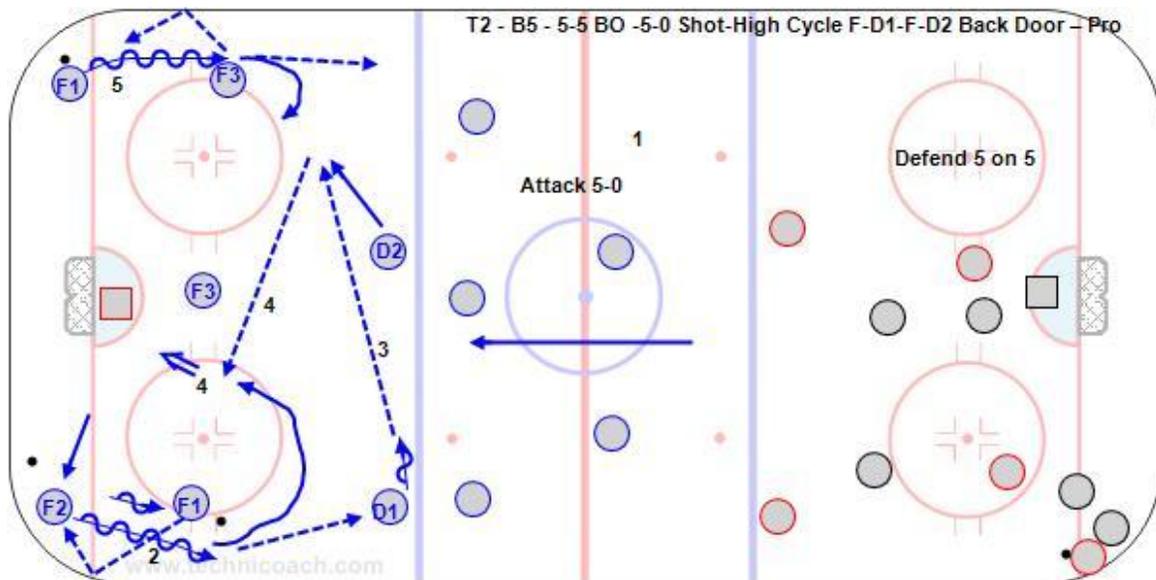
Key Points:

Skate while passing and make firm passes. Shoot while skating and follow the shot. Stop at the net after the original attack.

Description:

1. Start with a 5-0 attack.
2. F1-F2 cycle once then F2 pass up to the point and follow the pass.
3. Pass D1 to D2.
4. D2 pass back door to F2 who shoots.
5. Repeat in the other corner F3 cycle to F1 to D2 to D1 and backdoor to F3.
6. Five new players come out from the box and wait in the neutral zone.
7. Original five attack 5-5 vs. new group.
8. New group of five breakout 5-0 and repeat the sequence.
9. Cycle D to D back door to F from one corner and then the other.
10. Dump-in 5-5 forecheck - 5-0 repeat.

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T2 - B5 Breakout 5-0 Attack 3-2 - Kazakstan W

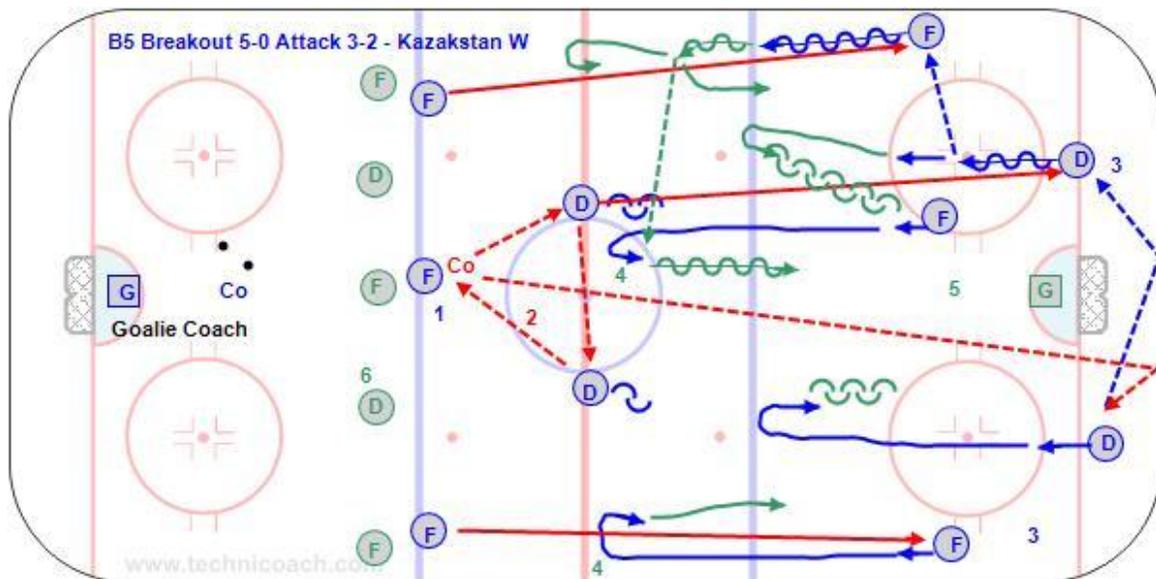
Key Points:

On the breakout either the player or the puck moves right away. Face the puck and give a target.

Description:

1. Line up at far blue line.
2. Coach pass to D who go D to D and back to coach who shoots puck in.
3. Five players breakout.
4. Turn back at the red line and the three F attack the two D 3 on 2.
5. Play out the 3-3 until the whistle.
6. Next group repeat.

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T2 - B6 - 2-0 – Skate Inside Pass Outside -Shoot - Czech U20

Key Points:

Get the puck over the blue line and isolate the widest defender to break out and enter the offensive zone. Skate between the dots to the 'big ice' with the puck and pass wide to create space for a wide entry.

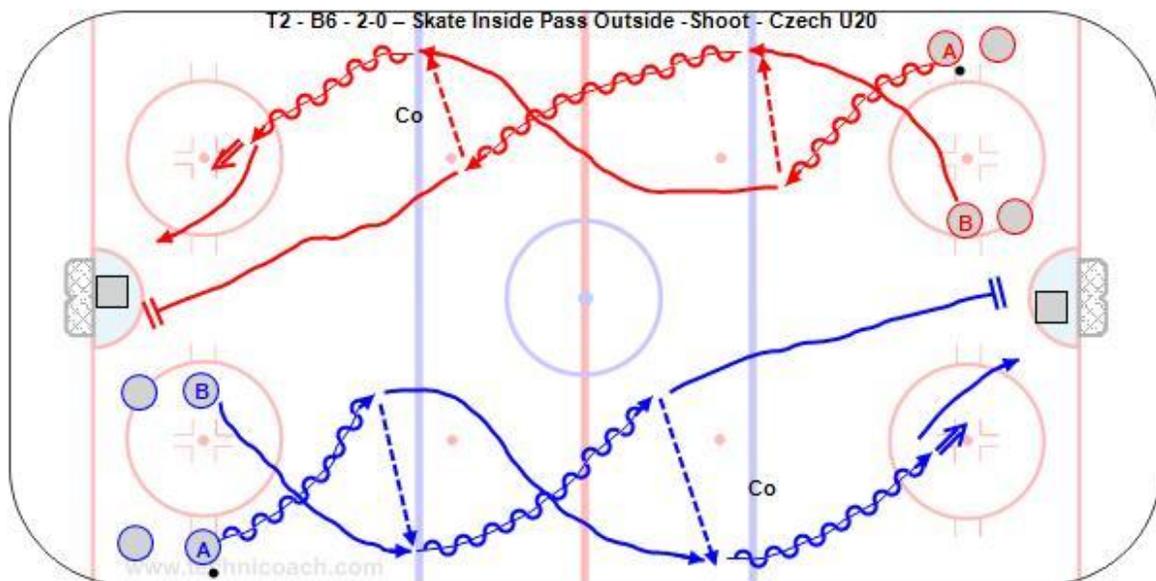
Description:

1. Line up in pairs in diagonal corners.
2. Outside player A skate between the dots and pass wide to the inside player B who crosses to 'take the ice behind.'
3. Player B skate between the dots and pass wide to A who crosses to take the ice behind.
4. Player A enters the zone wide.
5. Player A shoot and both follow the shot for a rebound.

** Create 2-1 situations vs. the widest defender who will always protect the middle and give the outside*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015081621450759>

<https://youtu.be/fEGvyD6MlDA> (Subscribe)



T2 - B202 - Four Chamber Attack – College

Key Points:

Attack on the rush has moved from the Offensive Triangle to the Middle Drive and now at the higher levels the Four Chambers. Instead of having a 1-1 on the strong side the offense creates a 2-1 on the widest defender. The player in the middle lane goes hard to the net and the fourth attacker trails high on the weak side. This is one way to practice attacking with the 4 Chambers.

Description:

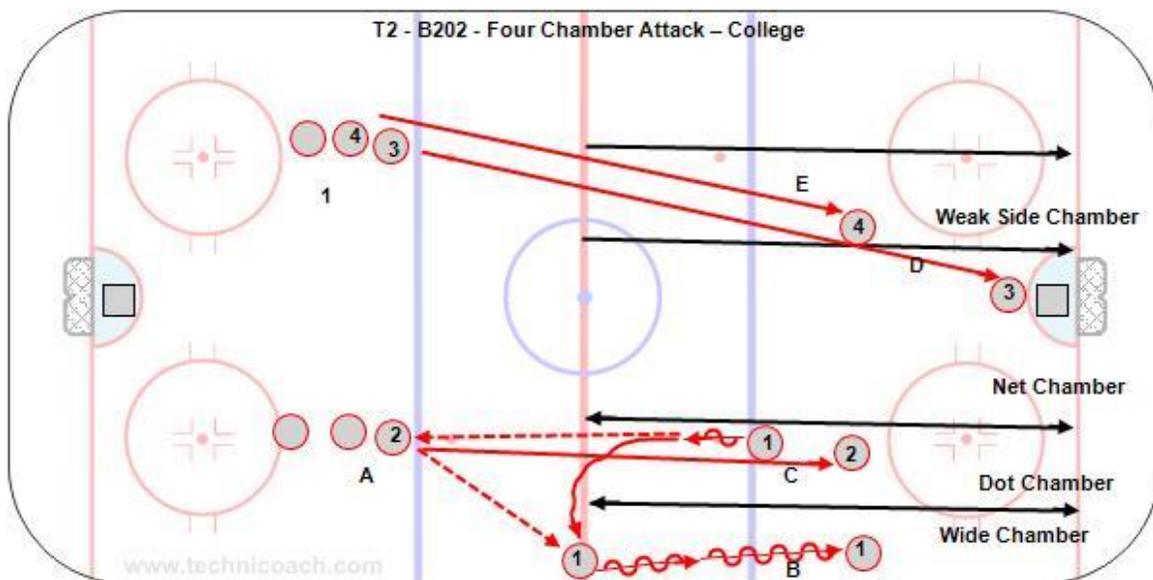
- A. Players are in two lines facing each other across the neutral zone.
- B. Stage one: 1 pass across to 2 and pivot in outside chamber for a return pass, skate in and shoot.
- C. Stage two: 1 pass to 2 outside and join attack in the faceoff dot chamber.
- D. Stage three: 1 pass to 2 and join while 3 from the other line goes hard to the net in the middle chamber.
- E. Stage four: 1-2-3 repeat while 4 joins as a trailer down the weak side chamber.
- F. Fifth attacker support from the point.
- G. Repeat the other way.

** Players 1-2 attack the widest defender and can cross and drop, 1 skate to the inside and pass to the outside to 2 who crosses and takes the ice behind, 1 chip and 2 chase, etc. Important that 2 skates hard and takes a defender with him.*

**In the drill this happens at both ends as shown in the video.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181026155737703>

<https://youtu.be/0gMgG3rkXzg>



T2 - BO - D to D-Pass to Low C - Czech U20

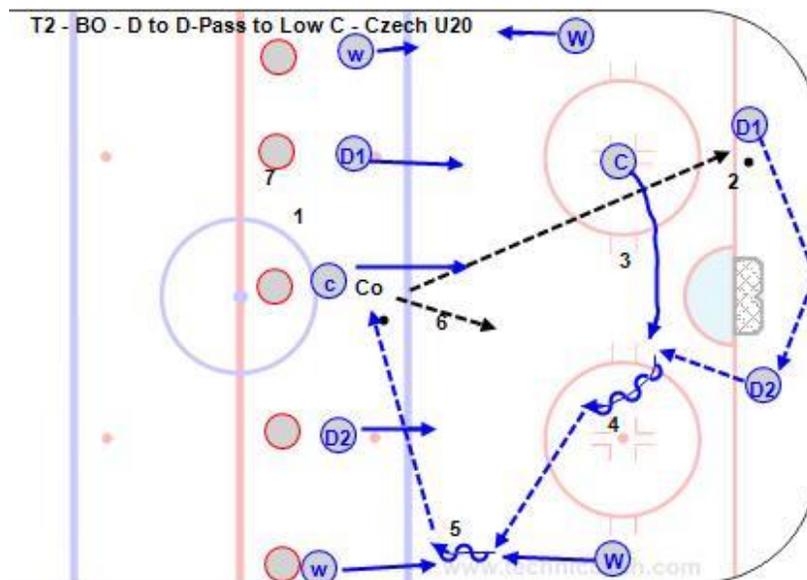
Key Points:

Centre skate flat and mirror the puck from a few stick lengths behind, give a target and swing low just above the top of the crease. This breakout is designed to drive the forecheck back to prevent a pinch.

Description:

1. Five man units of 3 F and 2 D leave from the neutral zone and the coach dump in the puck.
2. D1 go back for the puck and pass behind to D2.
3. Centre mirror the D to D just above the crease.
4. D2 pass to the C who skates up ice and passes to the strong side wing.
5. Wing pass to the coach.
6. Coach shoot the puck on the other side and D2 pass behind to D1.
7. Repeat D1-C-W-Coach.
8. Next 5 man unit repeat. With 4 units this can happen at both ends.

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A500 - Skating Agility and Skills Circuit – Pro

Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

Description:

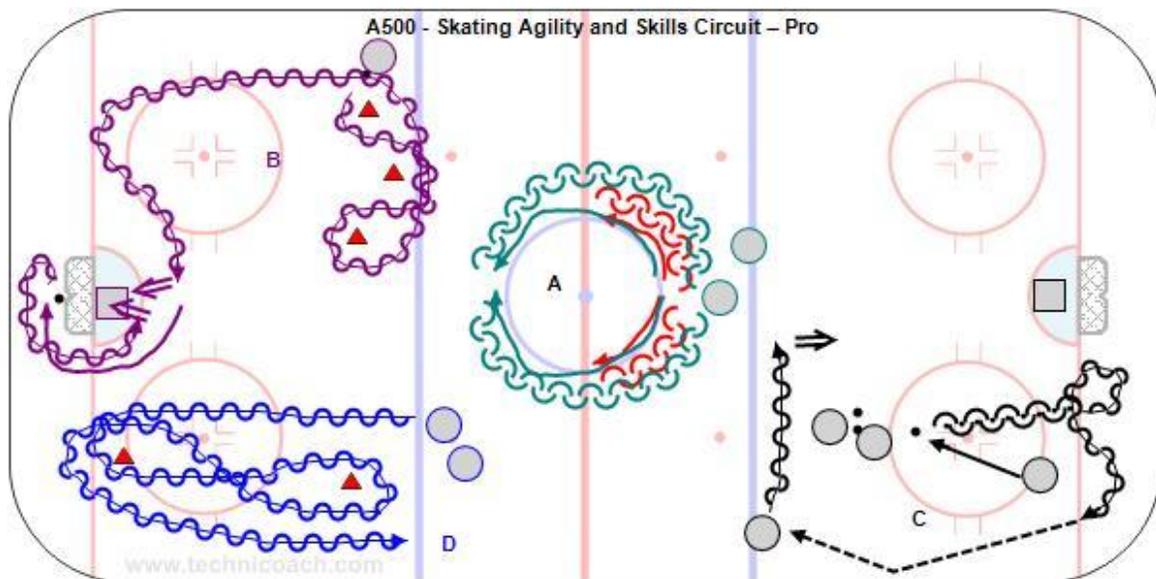
A – Skate around the circle facing the dot. Left $\frac{1}{4}$, $\frac{1}{2}$, Right $\frac{1}{4}$, $\frac{1}{2}$. Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman-drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150719104730786>



T2 - Bob Johnson 10 Second Power Play Game

Key Points:

Attackers must move the puck quickly. Defenders challenge at full speed stop and start, stick on the puck. Coach fire in a new puck when the puck is cleared, frozen or a goal is scored. Two attackers on all loose pucks. Attackers and defenders rotate in on each whistle. Go through each defender once on the 5 on 1 and twice on the 5 on 2 then rotate so the other colour is on offense.

Description:

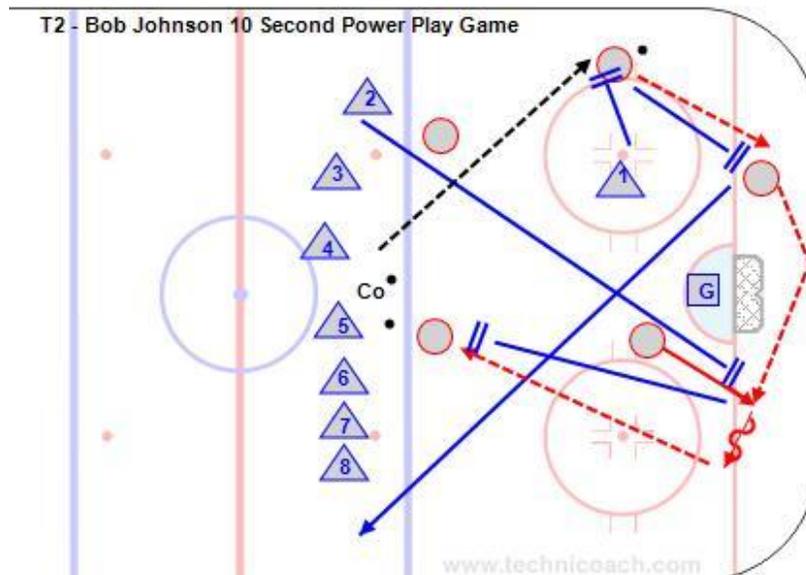
1. Play 5 vs. 1 at one end of the ice.
2. Coach pass to the power play who try to score.
3. One defender aggressively challenge the puck carrier.
4. Whistle each 10" and a new defender hustle in and original out of zone.
5. Keep score.
6. After each blue has defended once then they are on offense and reds on defense.

7. Add a second defender for 5 on 2.

**This is a great contest for good habits on defense and learning to move with the puck and make quick decisions on the attack.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161029103334311>

<https://youtu.be/jOMFSb4as1s>



T2 – Breakout – 3-1 D Join Rush - Pro

Key Points:

Two defense and two forwards attack and one defenseman join the rush. Attack with speed through the neutral zone and get a shot on the rush.

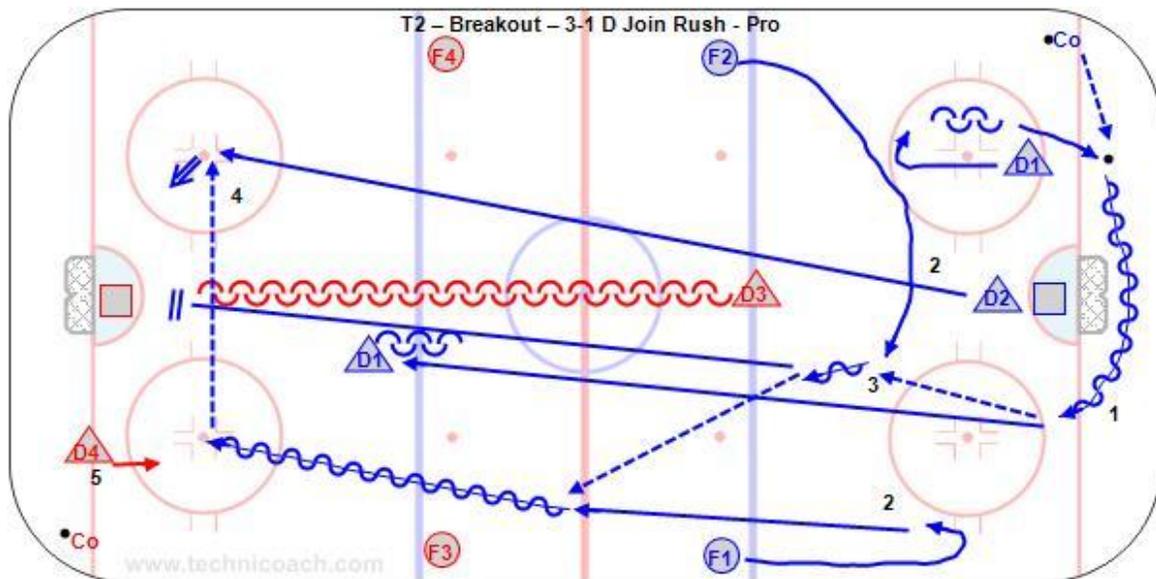
Description:

1. D1 skate up and back then get a puck from coach and wheel around net.
2. D2 is in front and F1-F2 skate into the zone from both sides.
3. D1 make a breakout pass and follow the play up to the far blue line.
4. D2-F1-F2 attack 3-1 with a middle drive vs. D3.
5. D4 breakout D5-F3-F4 in the other direction vs. D1.

* Any of the 4 attackers can shoot on the rush.

* F1-F2-D2 fill the three lanes on the rush and attack with the middle drive.

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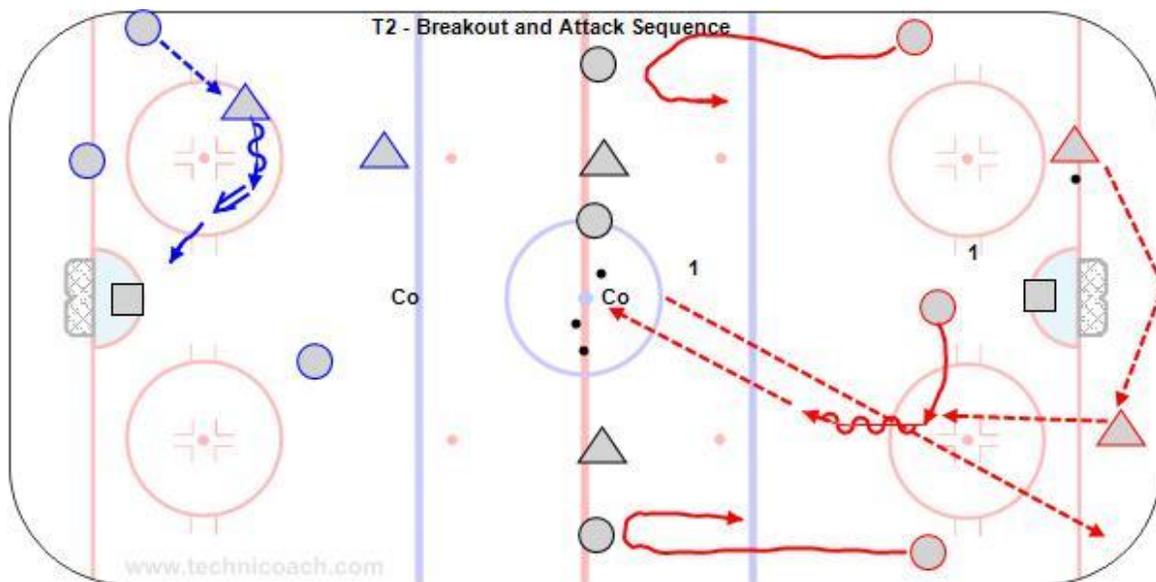
T2 - Breakout and Attack Sequence

Key Points:

Go through the breakout options with D to F's and D to D to F's. Far end attack from one side and then the other.

Description:

1. Coach dump the puck in and one unit break out x 5. Each time the first pass goes to a different player.
2. Pass to the coach when they get to the blue line.
3. After five breakouts attack the far end 5-0 and repeat with all five players getting a pass and a shot.
4. Cycle one side x 3 and then the other x 3.



T2 - Breakout Sequence - Wally Kozak – College

Key Points:

Practice the low breakout skills first with the goalies passing and they versus no pressure and regroup with the goalies in the neutral zone, then against pressure. Player one skate between the dots before passing.

Description:

Sequence One:

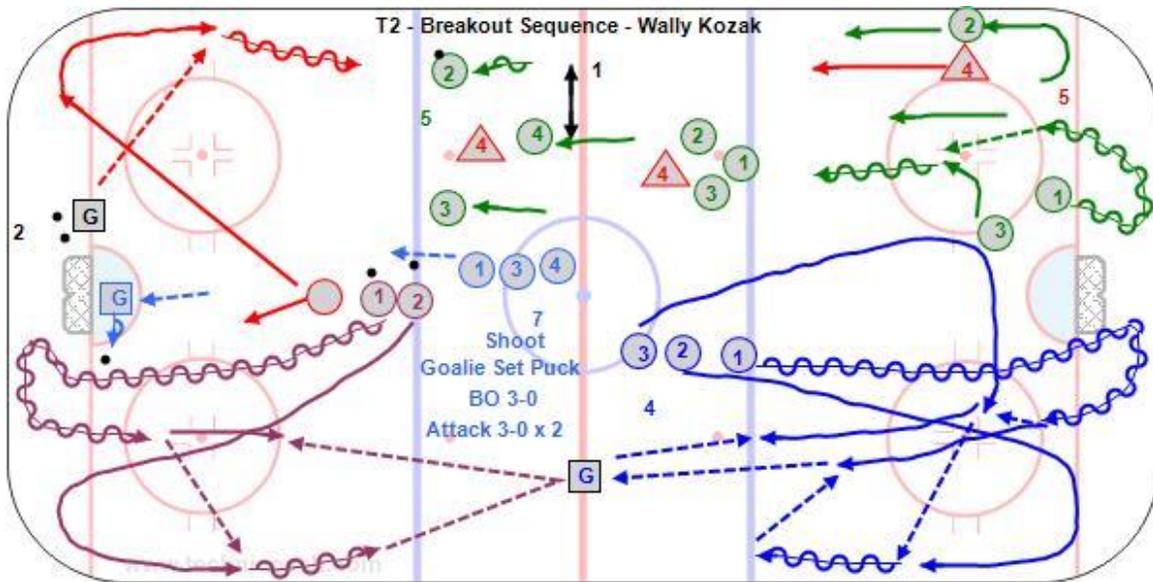
1. Set up with one player on each side of the net to make the breakout passes.
2. Player 1 pass to player 2 beside the net then skate for a breakout pass.
3. Player 1 pass then swing to the boards for a pass, then pass to player at the red line.
4. Player 1 pass to the player on the other side and skate low and slow for a pass to the middle.
5. Player 1 pass to the far low player and pick up a wide rim along the boards.

Sequence Two:

6. Player 1 pass and go to wall for rim and player 2 support low and slow for a touch back pass.
7. Add the coach or a player who just did a rep pinch on the boards.
8. Four players leave, 1 dump and retrieve, 2 on boards, 3 low and slow and 4 pressure one player.
9. Player 1 wheel behind the net and pass to either player 2 on wall or player 3 low and slow.
10. Players line up at the top of the circles and goalies at the red line ready to pass.
11. Player 1 shoot the puck in, retrieve and pass to player 2 who supports 'Low and Slow'.
12. Regroup with the goalie who passes back to the other player.
13. Player 1 now pass to player 2 who supports from the boards - pass to goalie.
14. Player 1 pass to player 2 who 'Jack Hammers' the puck back to 1 then to goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2019020604161323>

<https://youtu.be/zD3G8WVzFDo>



T2 - Breakout Sequence - Wally Kozak - U18 F

Key Points:

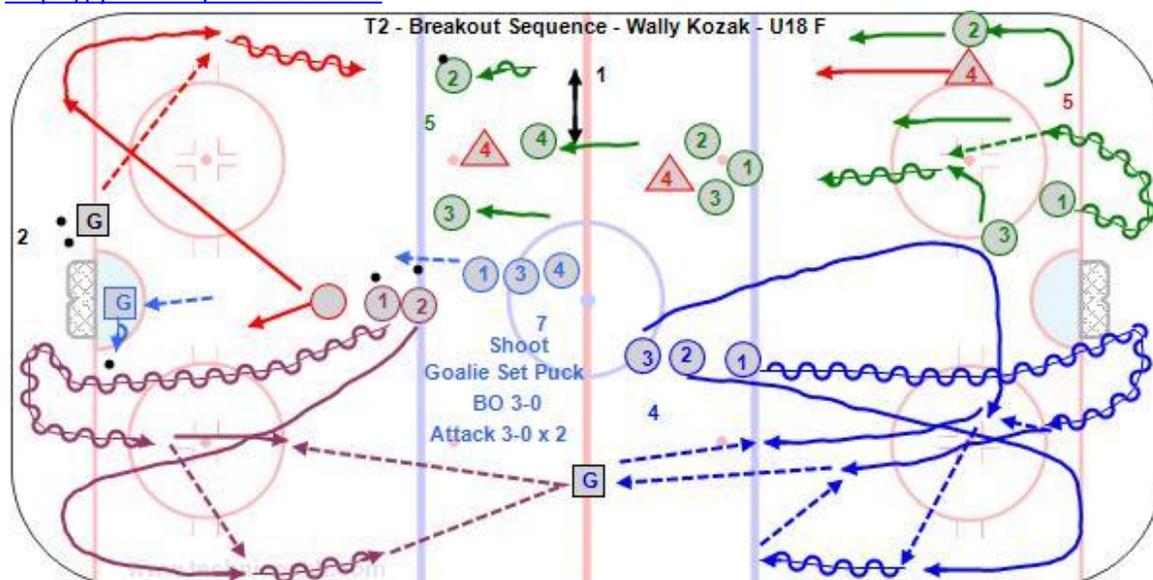
Defense make a deception escape move to beat the forechecker and face up ice. Skate hard and pass while skating.

Description: Begin with a stop and start skating progression where you face the puck with no cross-over but load on the back inside edge and push forwards with the stick as a target.

1. Goalies make a breakout pass to each side. All the skaters go deep in the corner and pivot for a pass from each corner.
2. First player carry the puck and make a fake inside turn outside, skate hard and make a pass to the second player skating up to boards. Pass to the goalie, open pivot and get a return pass. Progress to forward pass to the goalie who passes to the defense.
3. Three leave, one defense, two wing, three centre. Centre support low and slow from behind and below the wing. Goalies move to the red line and exchange passes. Add pass back to D who passes to the other forward.
4. Four leave and the fourth player is a forechecker. Checker cover either the wing or centre and defense read the passing option or pressure the puck carrier.
5. Attack 3-1 backchecker and score at the other end.
6. Pass to Goalie. Goalie Set up Puck. Breakout 3-0. Attack 3-0. Defense start at the blue line and forward shoot the puck on net. Goalie set it up and breakout and attack 3-0. Defense skate backward, pivot forward, shoulder check. Defense make an escape move to beat the checker, skate hard up ice and pass to a forward. 3-0 attack with speed. D join the attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171208171205521>

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T2 - Cycle-Pass Off Pads-Rim-Pass- Shot - U17

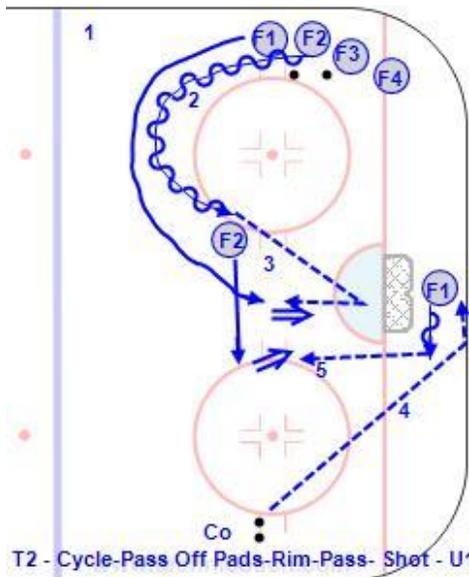
Key Points:

Practice at game speed. Give a target and be ready to shoot. Do from both sides.

Description:

1. Coach demonstration.
2. F1-F2 cycle high.
3. F2 pass off the pads and F1 drive skate for rebound.
4. F1 skate behind and pick up a pass from a coach.
5. F2 mirror F1 movement from mid-slot.

<https://youtu.be/CTJNhKx47RE>



T2 - D to D and Point Shot - Russian U20

Key Points:

Defensemen practice with a coach at one end of the ice. Do the breakout options, go, wheel, counter, reverse and over.

Description:

1. Coach shoot a puck in.
2. D1 shoulder check and get the puck.
3. D1 drive skate to back of the net.
4. D1 pass to the point or to D2.

**All of the defense rotate being D1, D2 or D3. Add passes to D4 at the middle point and one timer shots.*

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T2 – D400 – Diamond 1-3-1 Power Play

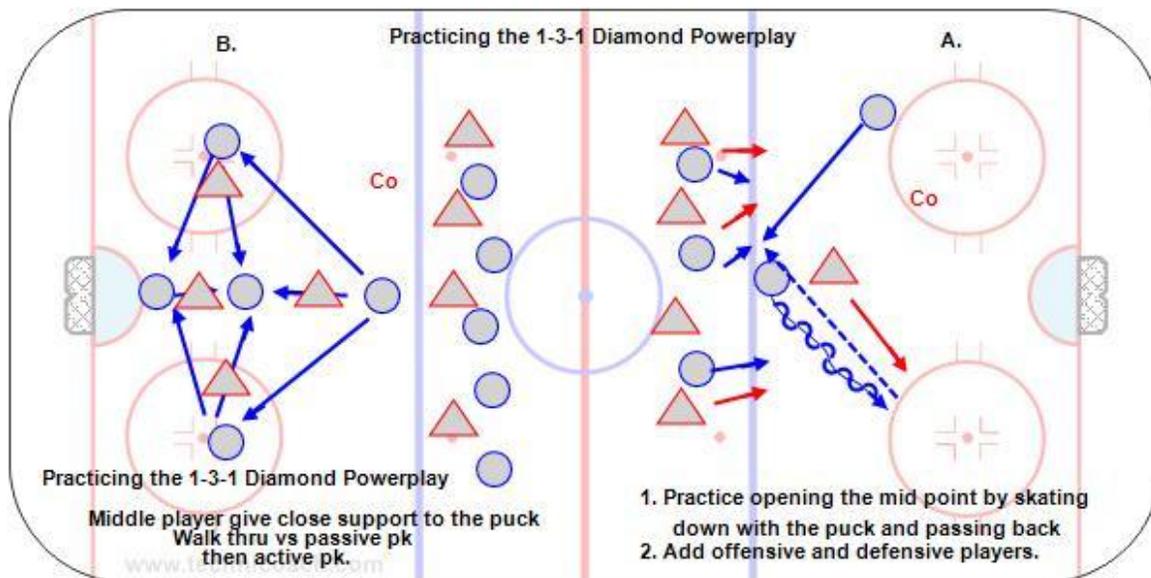
Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

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T2 - D400 - Spread 2-1-2 Power Play 5 on 3 - Pro

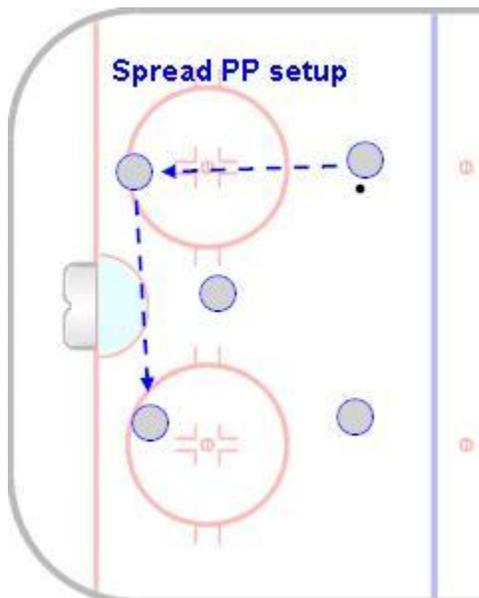
Key Points:

Either the player or the puck moves. Set up on the off wing for one timer. Rotate positions. One touch passes, one timer shots, pouncing on rebounds produce goals.

Description:

1. Start with a face-off and allow the offense to win the draw.
2. Set up with two players just above the goal line, two at the top of the circles and one in the middle.
3. Point men can start on the strong side and cross to the off wing side to set a moving one timer.
4. The player in the middle should screen when the puck is at the point and slide back near the hash marks when the puck is low to set up for one timer and allow room for back door pass.
5. The key is to become a threat when you have the puck and switches and screens away from the puck.
6. Some teams have the two low players below the goal line. This causes the pk. to turn their backs and is very effective for setting up one timers and walk-outs.
7. Make passes that beat one defender or through seams to the other side for one timers.
8. Outwork the penalty killers.
9. The goal when practicing the PP is for a shot every 3 seconds. It is not keepaway. The purpose of a power play is to Produce Rebounds.

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T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2

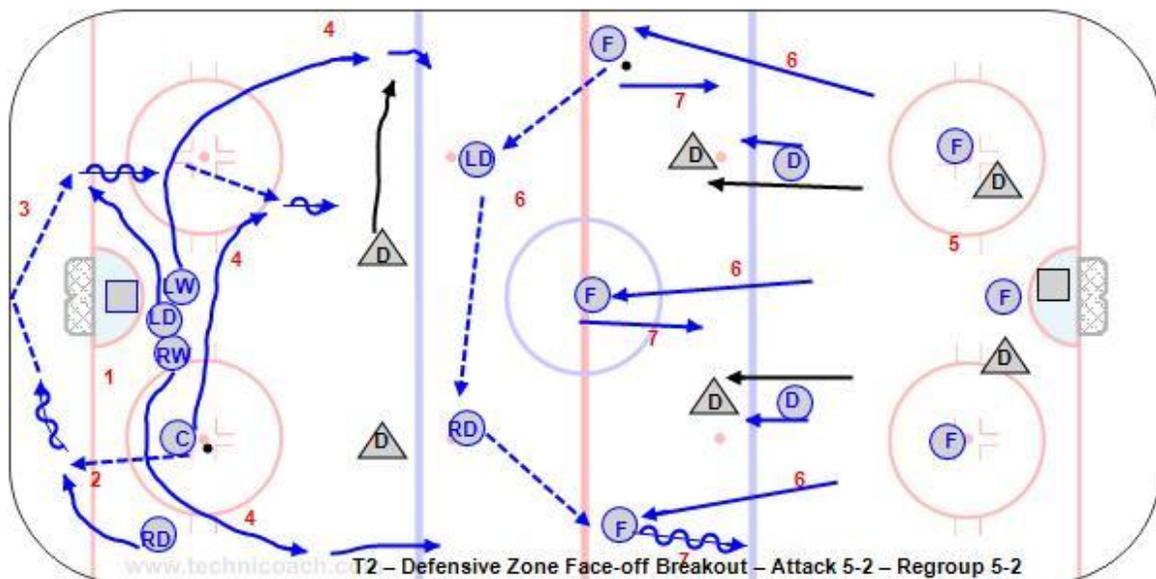
Key Points:

Far wing get right up against the wide D and get the puck past him. Important for D1 to drive skate to the back of the net. Attack with a middle drive. Give a time limit to score.

Description:

- 1 – Set up for a defensive zone face-off.
 - 2 – Centre draw the puck back and D1 on wall go back for it.
 - 3 – D2 skate for a pass from D1.
 - 4 – C support swinging across the middle, far wing up the boards other wing stay wide.
 - 5 – Attack 5 on 2 with a middle drive and play until the whistle.
 - 6 – Neutral zone regroup with D.
 - 7 – Attack again 5-2 and coach give a time limit to score.
- Repeat from both sides.

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T2 - DT100 - 5-1 with BC to 5-2 - RB Pro

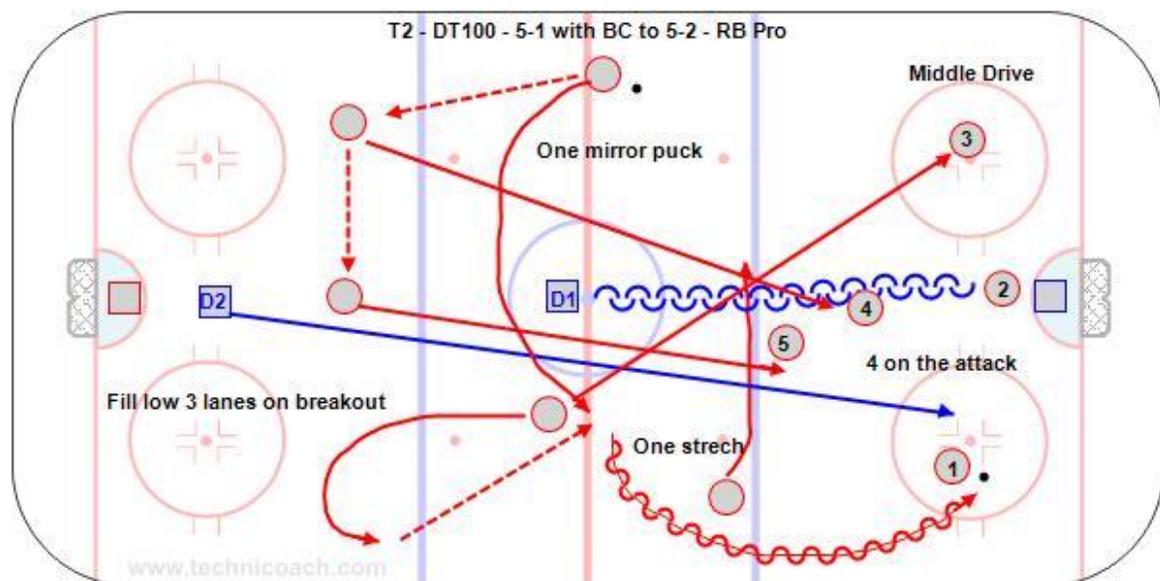
Key Points:

Always four on the rush. Pinch on both sides and D slide over to fill for pinching D. Fill the low lanes on the breakout, one F stretch long and one F middle support.

Description:

1. Start with the forward in the neutral zone regroup with the D.
2. Attack 5-1 vs. 1 D back and 1D backchecking for a 5-2 in the zone.
3. Play 5-2 pinching on both sides and 4 up on the attack.
4. Next attackers wait in the neutral zone.
5. Attack vs. the D who were just on offense, on is back and one backchecks.
6. Fill 3 low lanes on the breakout, one F stretch and one F mirror the puck in the middle.
7. Attack looks like a 2-2-1 and the D be part of the cycle on their side.
8. Attack with a middle drive and a 4th man as the trailer (looks like a diamond).
9. To use this forecheck you must be able to count to 5 and read 4 in front of you stay back.
10. Always be looking for opportunities to be a weak side one timer option.

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T2 - Face-off Win Plays – Pro

Key Points:

Face the puck at all times. Be ready to shoot quickly. Always screen the goalie.

Description:

1. Defensive zone face-off win. Inside D1 get puck and reverse to wide D2 who skates behind the net and pass to W or C. Weak side W stretch through the middle. Walk through with each unit.
2. Offensive zone face-off win one. Wings switch sides. Win back to the point, D skate down boards and pass back to inside wing who skates back to the point – shoot.
3. Offensive zone face-off win two. Wings play strong sides. Win back to point. Inside wing F1 rotate up the boards, C F3 to front, and F2 to high slot. D to F1 to F2 who shoots.
4. Repeat win one to D who skates down boards and pass back to F1 who covers the point. F2-F3 screen and tip in front.

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<https://youtu.be/aaK6Sm2yfGg>



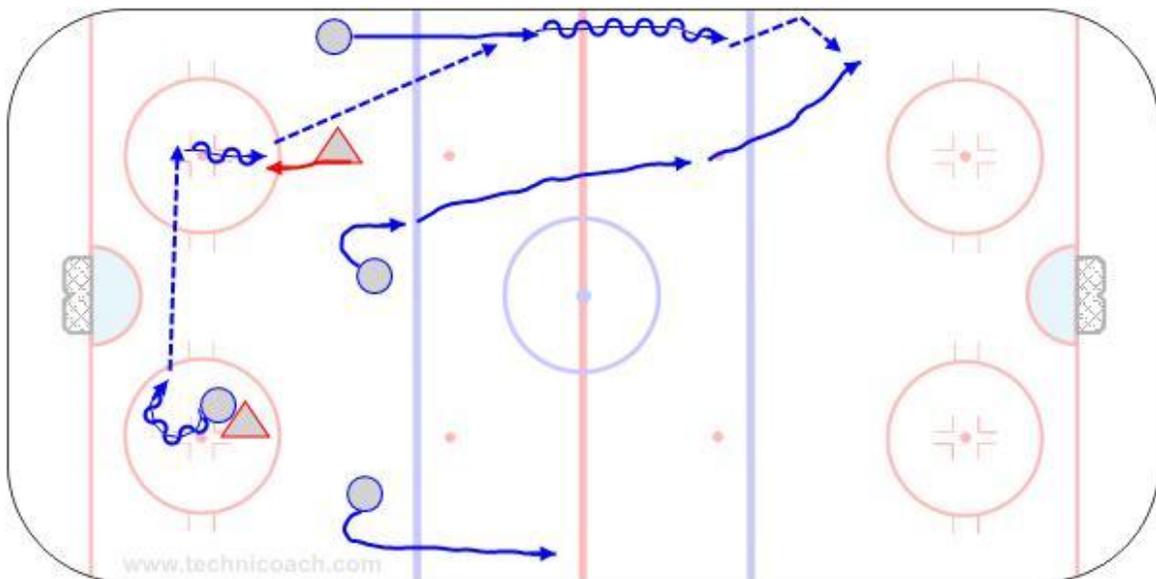
T2 - Finnish U17 Attack

Key Points:

The key is to attack the forechecker 3 on 1.

Description:

1. D to D or D tight turn to lose first checker.
2. D attack the second wave with the strong side wing flying up the boards and C in the middle.
3. Pass to C or W and do a wide entry or soft chip by W that C picks up.
4. Wide W give width and stay wide going to the net.
5. Middle D be 4th man on the rush.
6. Option is to pass to the wide W.



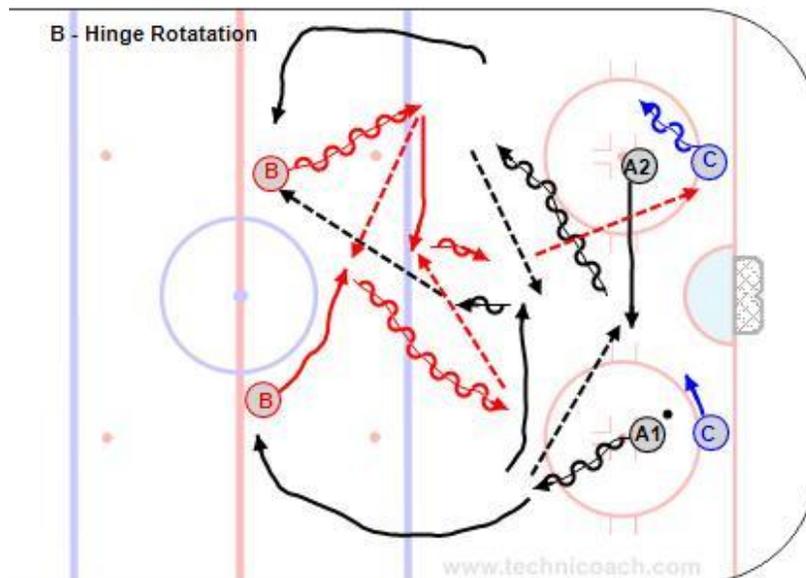
B - Hinge Rotation

Key Points:

Skate quickly up the side or to the middle while your partner creates a hinge below in the middle or above on the wall.

Description:

1. A1 carry the puck wide and pass back to A2 in the middle.
2. A2 now carry the puck wide and pass back to A1.
3. A1 skate and pass to B1 who repeats the passes in the other direction.
4. A-B-C's do the same.
5. Next repetition A1 skate to the middle and pass wide and up the ice to A2.
6. Third rep A1 skate across and drop to A2 and they switch sides.



T2 - Johnston PP Game vs 1 or 2 PK – College

Key Points:

Power play must move the puck quickly and give support in the open lanes. Pass receiver needs to move and be a scoring threat to force the pk player to defend him. Killers go 7-10" as hard as they can to disrupt the attack.

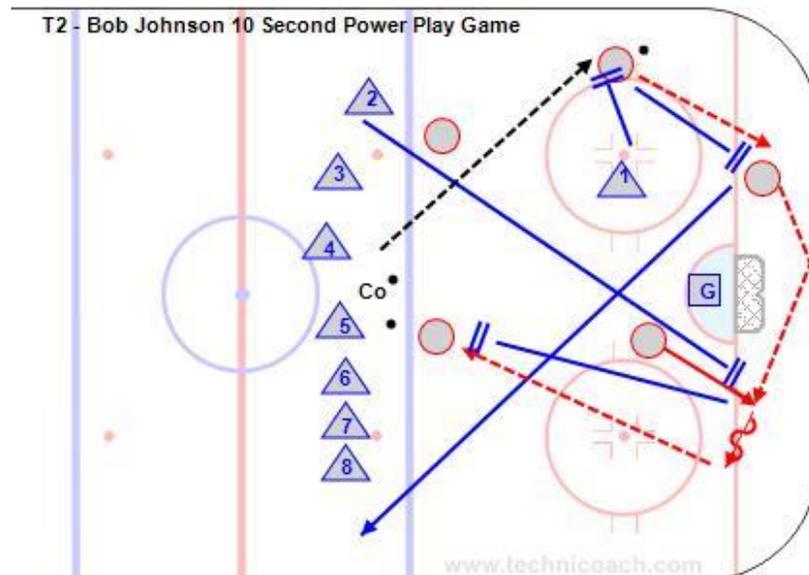
Description:

1. Whites set up the power play in the offensive zone.
2. Red team leaves from outside the blue line starting with one defender.
3. Defender skate hard for 7-10" with stick in passing lanes and toe caps square.
4. Play a game taking turns having 5' power plays. Keep score.
5. Defenders rotate on the whistle.
6. Rotate so Reds are on the PP and Whites on the PK.
7. Whites now do the PP vs. two defenders.

*This game can be used for other offensive situations from 2 to 6 attackers to promote quick thinking and close puck support.

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<https://youtu.be/k-QN7-OHhYY>



T2 - Middle Drive 3-0, RG 3-0, 5-0 RG, 5-2 RG 5-2 – Pro

Key Points:

Drive to the net from the middle lane and it takes a D to cover, another to defend vs. the puck carrier leaving the third player to be picked up by a back checker. The trailer is the fourth attacker on the rush, usually a defenseman.

Description:

1. Players start from one end and attack the other goal.
2. Start 3-0 with a coach taking away one option at the far blue line.
3. Options: wide lane pass off the pads, wing and centre switch, centre to wing to wide wing.
4. Repeat and two coaches defend at the far blue line and one coach defend the near blue line.
5. Start with a wing and centre switch when the puck is chipped out behind the first coach.
6. RG with D 3-0.
7. Attack 5-0 then coach spot a new puck in the neutral zone, regroup and attack 5-0 again.
8. Start with a 5-2 attack then regroup with a new puck and attack 5-2 again.

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T2 - NZ RG-4-0 D Join - 3-2 – Pro

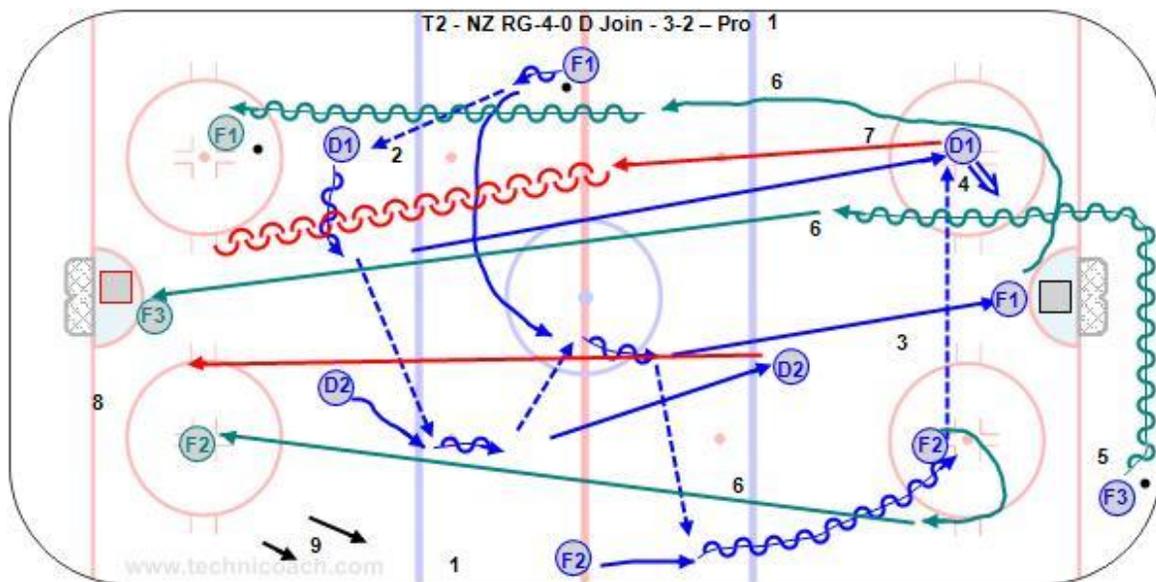
Key Points:

Attack with the middle drive and one D join the attack. The D must quickly transition from offense to defense. A good idea is to give a time limit (i.e. 8") to the 3-2 attack so the players pursue the rebound.

Description:

1. Players are lined up on both sides in the neutral zone.
2. F1-F2 regroup with D1-D2 in the neutral zone.
3. Attack 4-0 with D1 joining the middle drive rush from the centre lane and D2 supporting at the point.
4. Pass to D1 who shoots.
5. F3 is in the corner with a new puck and wheels around the net.
6. F1-F2-F3 attack 3-2 vs. D1-D2.
7. D1 must quickly transition to playing defense.
8. Play out the 3-2 after the first rebound.
9. Hustle out on the whistle.
10. Repeat with the next 5 man unit.

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T2 - NZ RG-4-0 D Join-3-2 – Pro

Key Points:

Middle D join the rush. Attack with speed and crash the net for rebounds.

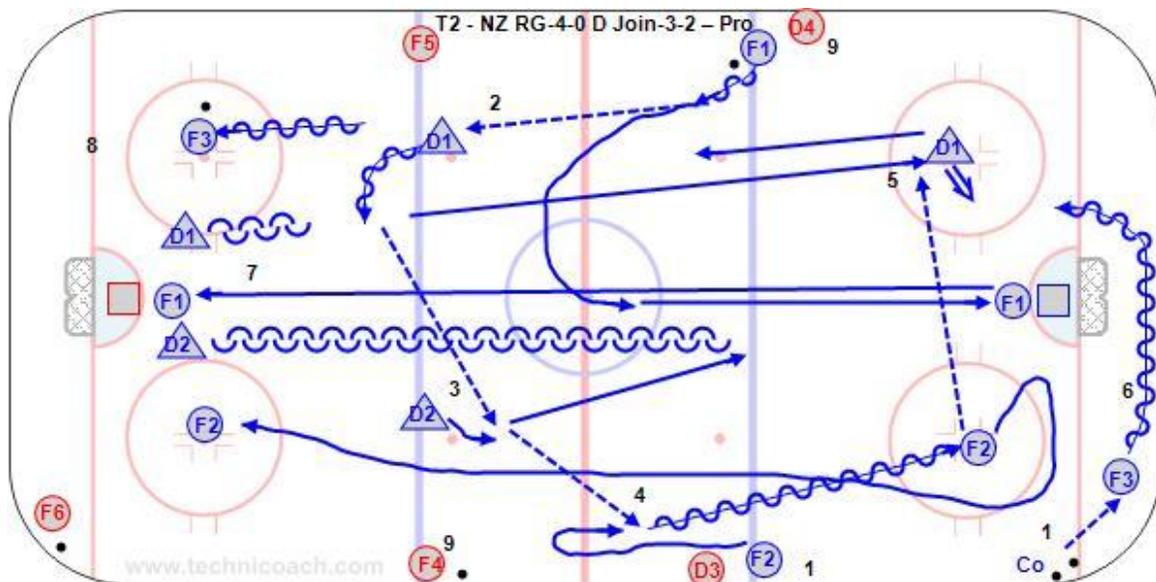
Description:

1. Start with F1-F2 on the wings, F3 wait behind the net, D1-D2 at the far blue line.
2. F1 regroup with D1.
3. D1 hinge with D2.
4. D2 pass up to F1 or F2.
5. D1 join the 3-0 rush with F1-F2 and D2 support at the point and D1 shoot.
6. F3 wheel around the net with a new puck.
7. F1-F2-F3 attack 3-2 vs. D1-D2.
8. Play out the 3-2 until the whistle then hustle out of the zone.
9. F4-F5-F6-D3-D4 repeat.

* Option: Alternate ends each rep.

* Option 2: Give a time i.e. 8" to score on the 3-2.

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T2 - NZ RG-5-0-High Cycle Options x 2 – Pro

Key Points:

Attack with speed and forward continue to cycle high and then down the lane for a cross-ice pass from the D or to get a rebound on a pass off the pads.

Description:

1. Start with attacking team regroup from the neutral zone.
 2. Attack with a 3-0 middle drive.
 3. F1 get a puck in the corner and cycle high then pass to D1.
 4. D1 skate to mid-point and pass to D2.
 5. D2 has the option to pass across to F1 who cycled high or shoot.
 6. Repeat from the other corner. F2 high cycle, pass to D2 to D1 who can shoot or pass.
 7. Coach pass to D3 in the neutral zone, F1-F2-F3 Forecheck then D3-D4-F4-F5-F6 repeat.
 8. Original 5 attacker go to the bench and a new 5 wait their turn in the Nzone.
 9. When F1 cycles F2-F3 screen in two layers, hash and top of the crease.
 10. F in the high screen layer does the second cycle.
 11. The three F's now forecheck until the coaches whistle and then the new five attack.
 12. Rotate high cycle to net front to high slot.
- Option is have all three F's do a high cycle and the next rep start in the other corner.

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T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro

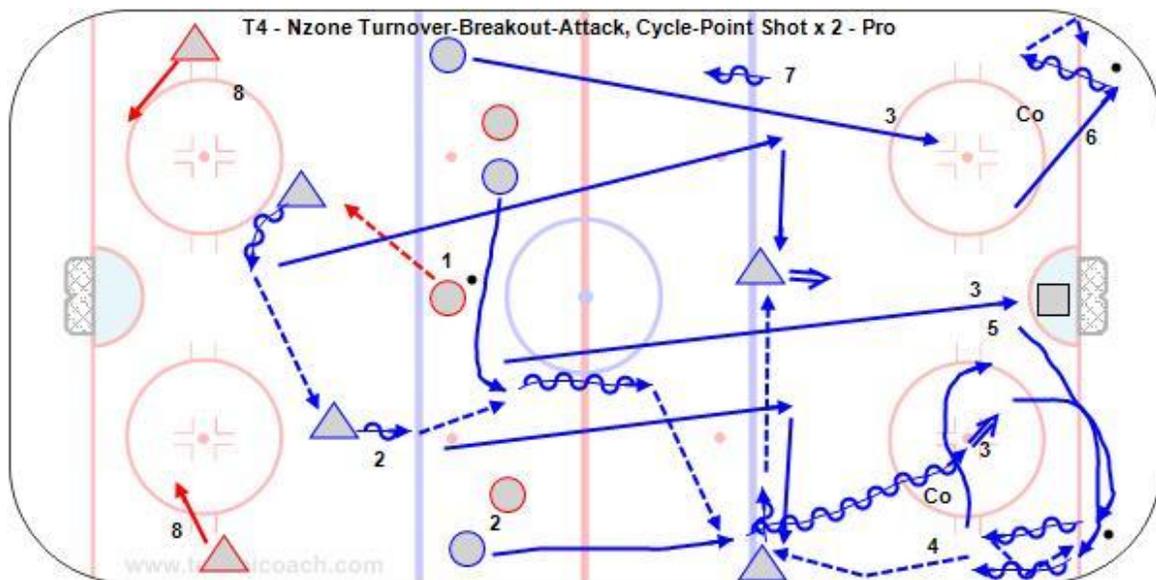
Key Points:

Simulate a neutral zone forecheck vs. the offense. Practice the middle drive attack, cycle then D to D and point shot. So this from both sides.

Description:

1. Three forwards skate and on turn-over the puck to the opposition D near the far blue line.
2. Five attackers break out vs. the 3 man forecheck and enter the offensive zone.
3. Attack with the middle drive.
4. Two forwards cycle and pass to the point who passes across D to D.
5. The forwards screen and tip.
6. Repeat in the other corner with a new puck.
7. The three forwards go the other way and turn-over a puck to the opposite D.
8. Repeat the drill with 5 new attackers.

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T2 - Power Play BO-RG Sequence – Pro

Key Points:

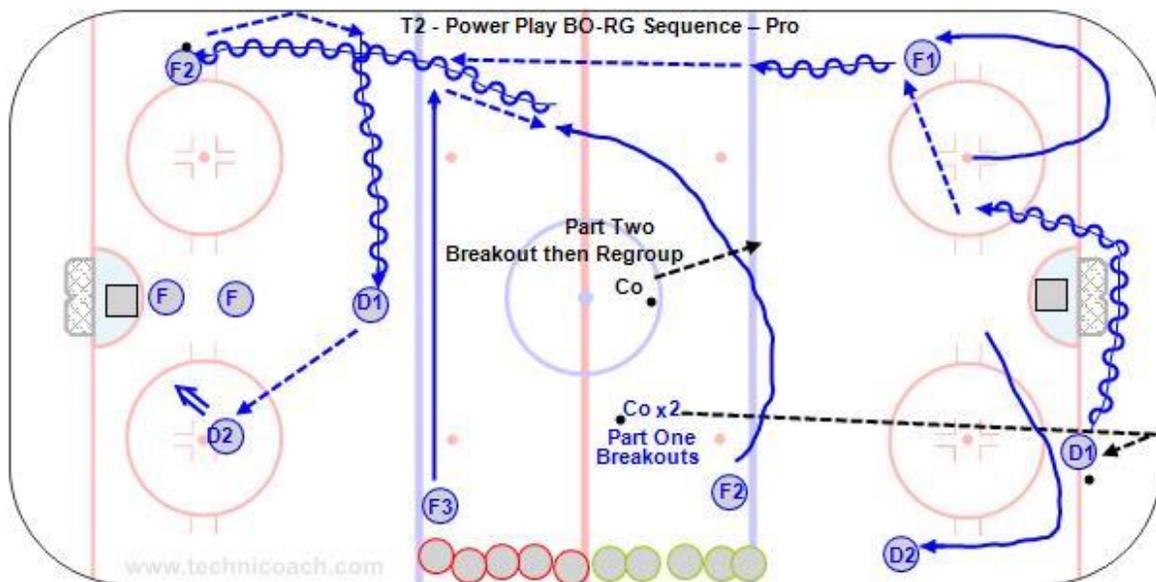
Time the skating to be available for a pass. Move the puck up ice quickly. Be there for the touch back on the stretch pass. Enter the zone and pass back to the D on the boards. Support from all three lanes on the regroup. Any power play option can be worked on this way.

Description:

1. Power play unit breakout a puck dumped in by the coach.
2. D1 go back for the puck.
3. F1 swing to D1's forehand corner D2 other corner.
4. F2 either swing low with F1 or come across the high slot.
5. F3 stretch at the far blue line and cut across to get open or post up to touch back.
6. Move the puck up quickly and cross the blue line past the top of the circle.
7. Kick the puck back to the strong side D and set up the power play.
8. Create one scoring chance and coach blow the whistle.
9. Do a second breakout using a different pass option.
10. On the second rep first do a breakout-attack then a regroup-attack.
11. Coach spot a new puck near the far blue line for the regroup.
12. Each group of five do two breakouts then the breakout-regroup rep.

<https://youtu.be/X9unAkVA1QM>

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T2 - Reading Middle Drive Options

We did the 3-0 Attack Options sequence and at the next practice Wally Kozak added two defensemen who varied how they defended. First the players did a rep vs. each defense and next the defenders varied whether they stood up at the blue line, challenged in the neutral zone or backed in and the players had to read the situation. We followed this with a Transition game of continuous 2-1, then 3-2 and progressed to 3-2.

1 - Defenders leave from the blue line and back up with a good gap and no stick. Read is to do Option 1.

2 - Defender stands up at the blue line with the stick upside down, so the attackers read this and do option 2 and force the D to protect the middle by skating inside the dots with the puck and forcing the defender to protect the middle then pass to the player from the middle who crosses behind to the outside.

3. Next the defenders have a stick but give up the blue line and back in. Attackers do Option 3 and the wide man with the puck skate to the middle and decide the drop to the player who takes the ice behind, shoot or pass to the player going to the net.

4. Do Option 4 when the defenders have a good gap and you want to change the point of attack.

The first step of the progression is below.

T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

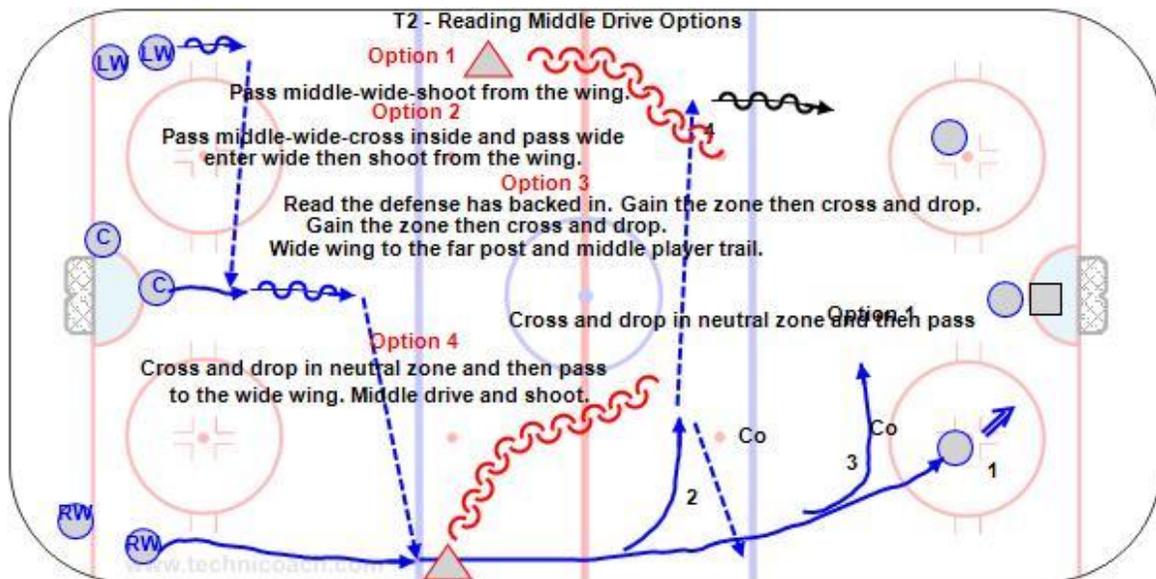
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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T2 - B200 - Regroup 5-0 Middle Drive – Detroit

Key Points:

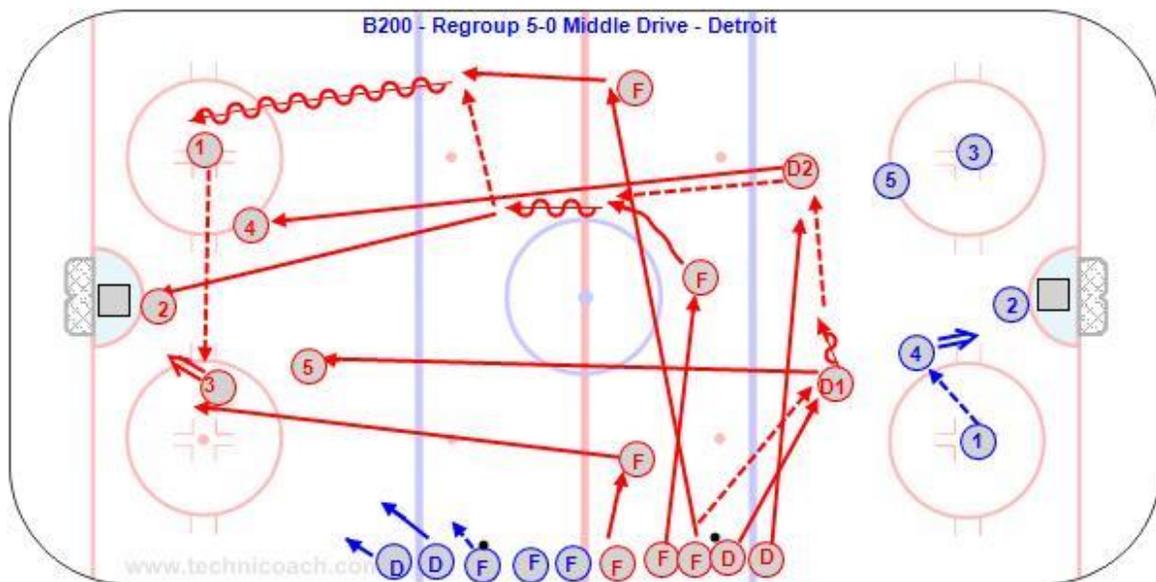
Everyone joins the attack. First player without the puck go to the net hard. Next two create a reverse triangle. 4th and 5th attacker join the rush.

Description:

1. Players line up on one side in the neutral zone.
2. Start with a forward passing back to a defenseman.
3. Forwards fill the three lanes.
4. Go D to D and pass up to the forwards.
5. Attack with all five players.
6. Next group of 5 repeat the other way when the rush crosses the blue line.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141216105644494>

<https://youtu.be/HSScG-jBmio>



T2 - RG 5-0 x 3 Pass to Each Lane – Pro

Key Points:

Defense practice all of the options after a neutral zone regroup. Attack with the middle drive. Defense should join each rush and attack with four.

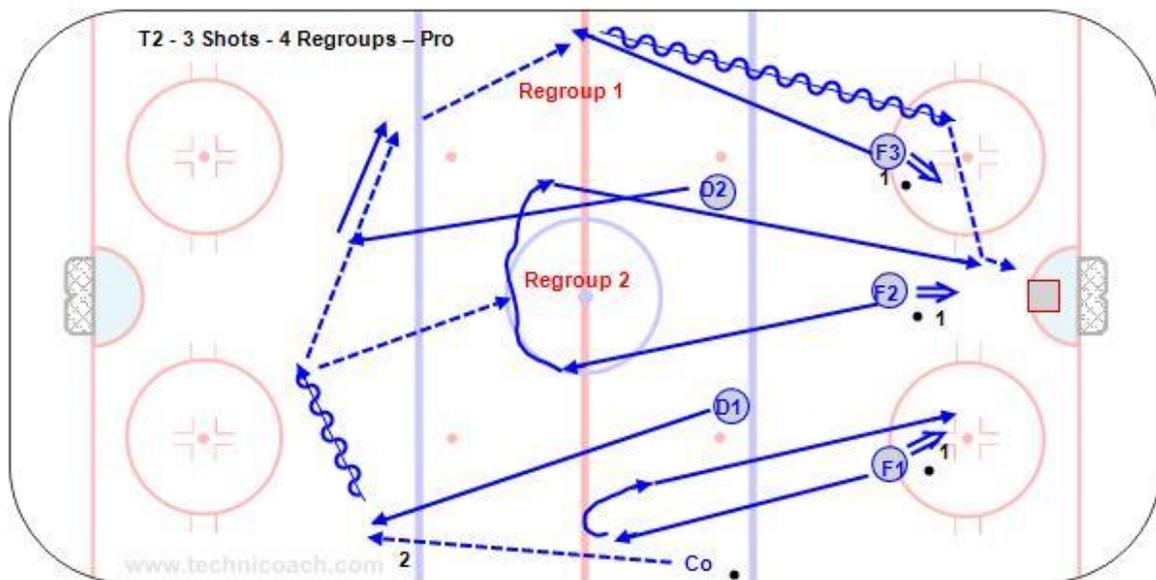
Description:

1. Three forwards take one shot each from the top of the circles, two defensemen at the point.
2. Coach spot a puck and the defense hinge and pass D to D.
3. Pass to strong side wing and the 3 forwards attack.
4. Repeat a second D to D and pass to the middle.
5. Repeat a third time and pass to the far wing.
6. Next unit of five come off the bench and do the same sequence passing to each lane.
7. Start from the other end.
8. Next rep the other D pick up the puck so it happens from each side.

* Options: Include a trailer pass to the D on the attack. Have the forwards get the next puck and regroup with the D.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150523115630871>

<https://youtu.be/fAhf06tZYYY>



T2 - RG 5-2 x 2 - Russian U20

Key Points:

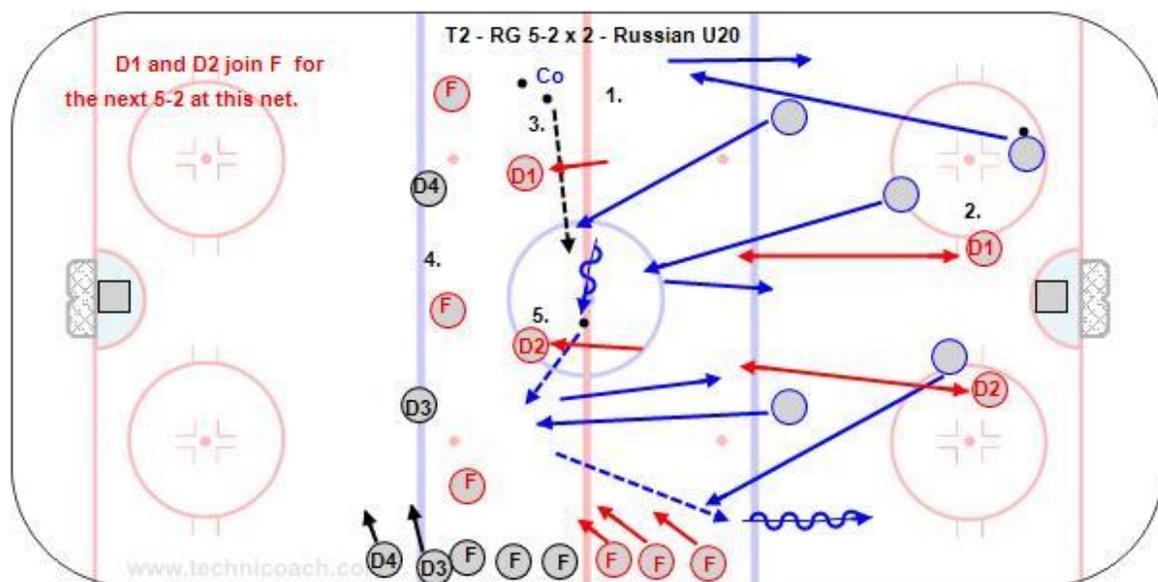
Dump-in to work on the forecheck or carry the puck in to practice various attack options. Bring up the D as the 4th attacker, cycle low, cycle high, work back door plays.

Description:

1. Start with a regroup in the Nzone and attack 5-2.
2. Play 5-2 in the zone until a stoppage, clear or whistle.
3. Coach spot a puck in the neutral zone and do a second regroup 5-2 attack.
4. Three new F and two defenders wait in the neutral zone after the second rush.
5. Original defenders join the three forwards and repeat the 5-2.

*Lloyd Percival called 5-2 the magic drill. The offense can work on the forecheck by dumping the puck in, the middle drive by attacking wide or focus on any offensive concept.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150802085402610>



T2 – T4 Team Play Practice Buildup

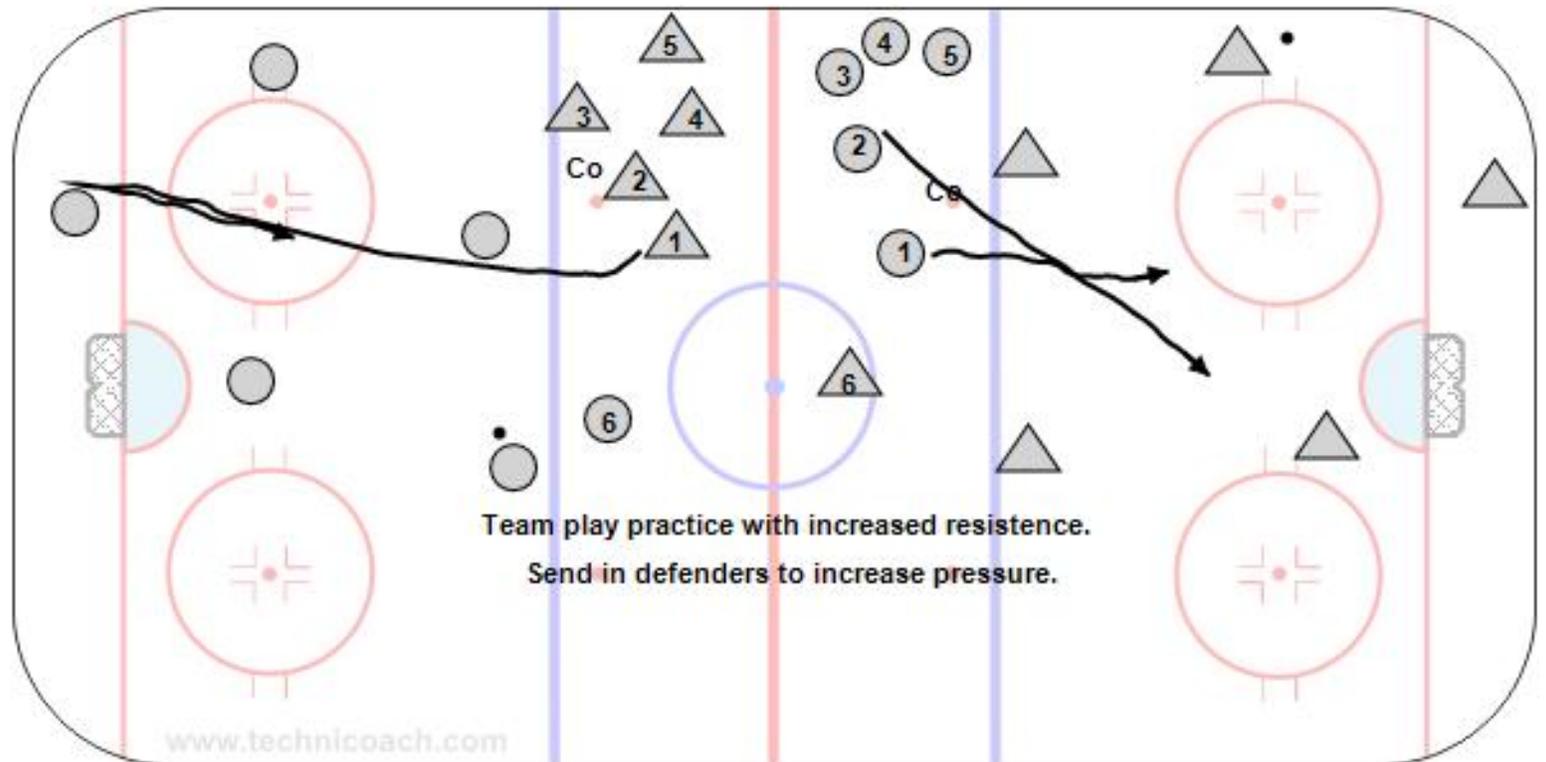
Key Points:

Play from 5-0 to 6-5

Description:

Practice with no resistance and then send in players to create resistance. You can practice even or odd man and with the goalie pulled.

You can also use this technique to practice skills like cycling and add defenders.



T2 - Touch Back to C on Pinch 3-1 – Pro

Key Points:

Box out the pinching D with your body and skate into the rim.

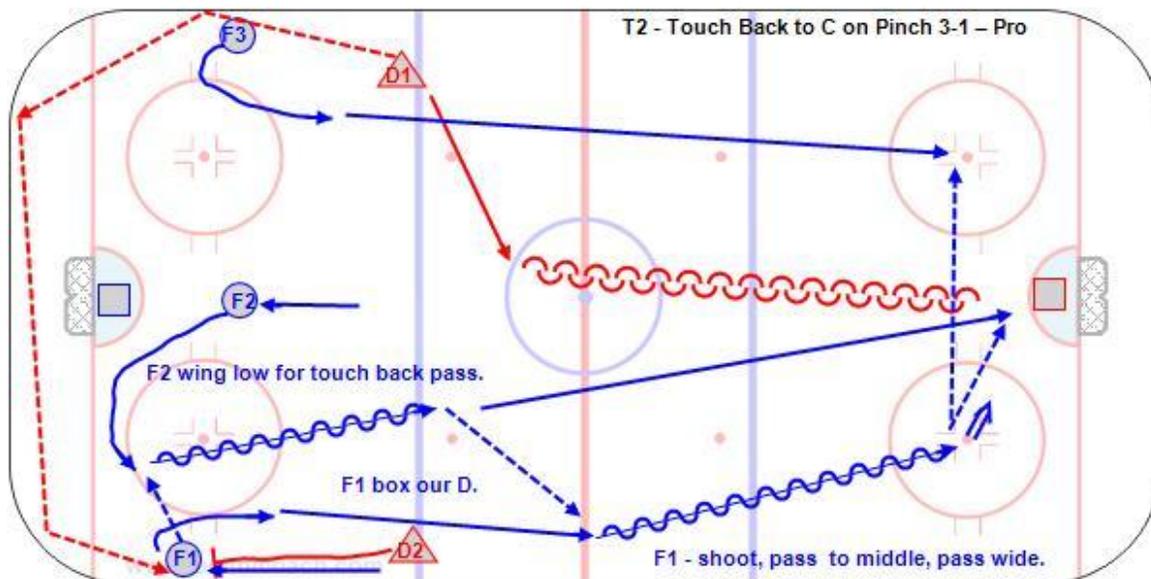
Description:

1. Players line up against the boards on one side in the neutral zone.
2. Three forwards and two defensemen leave the line-up.
3. D1 rim the puck and D2 pinch down on F1 the weak side wing.
4. F2 swing below F1 from the middle lane.
5. F1 touch the puck back to F2.
6. F1-F2-F3 attack 3-1 vs. D1.
7. F4-F5-F6 and D3-D4 repeat when the puck enters the far end.

**F1 has the option to carry the puck into the middle while F2 swings up the boards.*

**Continue alternating ends.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150523123509756>



T2 - Walk-in - Shot Pass-High Cycle x 2 - Czech U20

Key Points:

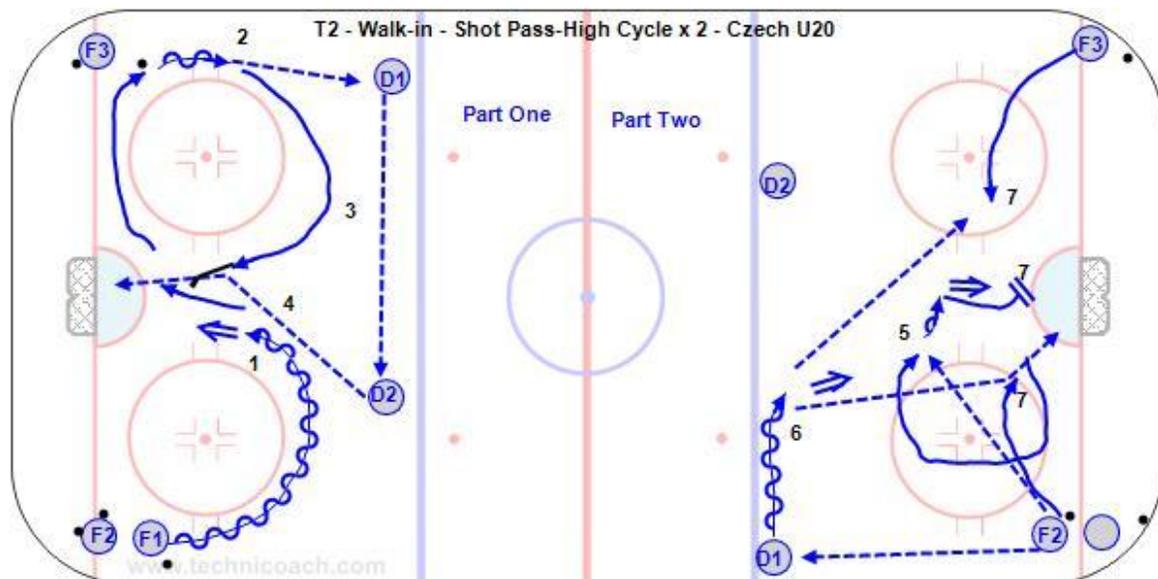
Pass and shoot while skating, keep the stick on the ice as a target. On point shots one player screen, one player shot pass target and one player a one time or tip option.

Description:

1. F1 walk out from the corner and shoot on net.
2. F1 skate to the other corner then cycle high and pass to D1.
3. D1 pass across to D2 while F1 skates down the middle to the net.
4. D2 make a shot pass at F1's stick and he tips the puck on net then rebounds.
5. F1 cycle to the mid slot and get a pass from F2 in the corner and shoot.
6. D1 get a pass from F2 and shoot.
7. F1 screen, F2 get in position for a one timer or tip and F3 go to the net for a shot pass.

**This drill can be done at both ends.*

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T2 5 vs 2 Coaches - Canada U20

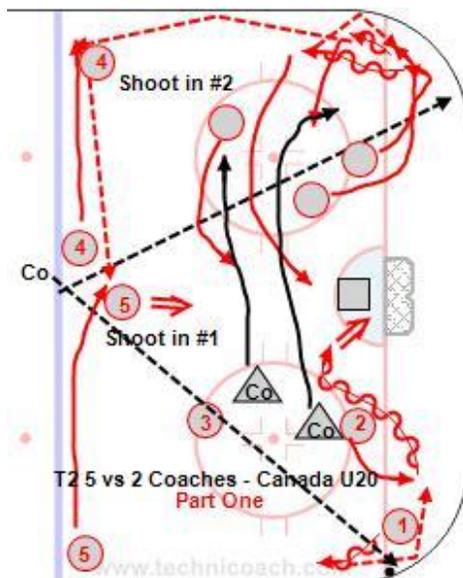
Key Points:

Get the defender to commit before passing. Coaches give passive resistance. Attackers keep the feet moving.

Description:

- A. Coach dumps a puck into the corner.
- B. #1 get the puck and drive skate.
- C. #1 pass into corner when checker has a good angle.
- D. #2 drive to the net and shoot while 2 and 3 crash for a rebound.
- E. Repeat on the other side but #2 pass to #4 at the point who passes across to #5 for a one timer.
- F. #'s 1-2-3 screen, tip and rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120308202633168>



T2 - 5-0 Breakout Options Routine - Czech U20

Key Points:

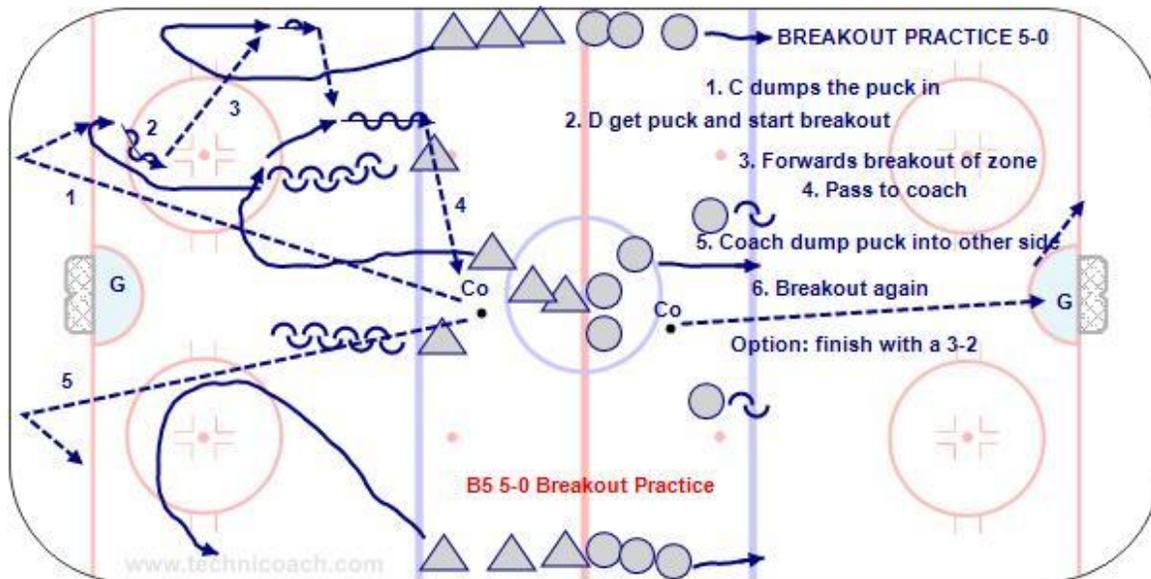
Breakout from both sides and practice all the options including D to D passes. Goalies work with the coach at the other end. Centre swing 'low and slow' to get touch backs from the wing vs. a pinch.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Players break out.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for a second breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20150818215749130>

<https://youtu.be/KH-Lkq0-Op4>



T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game.
Always two on the loose puck. Seal off the boards.

Description:

6 on 5

First get the puck deep into the offensive end.

a. Make sure there are 2 on the puck

b. one player take away the wide rim.

c. one player behind net and one in front.- d

e. point player on the puck side. Keep it deep

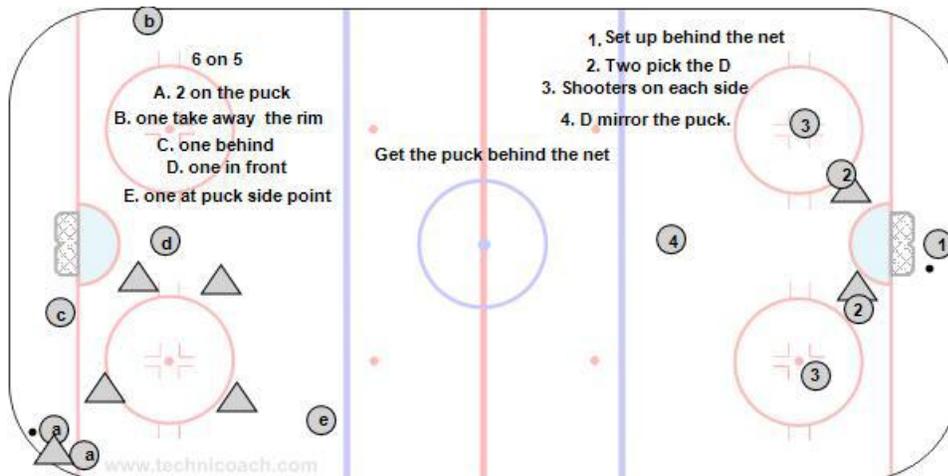
1. Try to walk out and score after picks set.

2. Two players pick the defense.

3. Two players get into scoring areas.

4. Defense mirror play and keep it deep unless there is a clear shot to the net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130522095128927>



D2 - D Shoot - Pass from Coach - Pass to Point – Pro

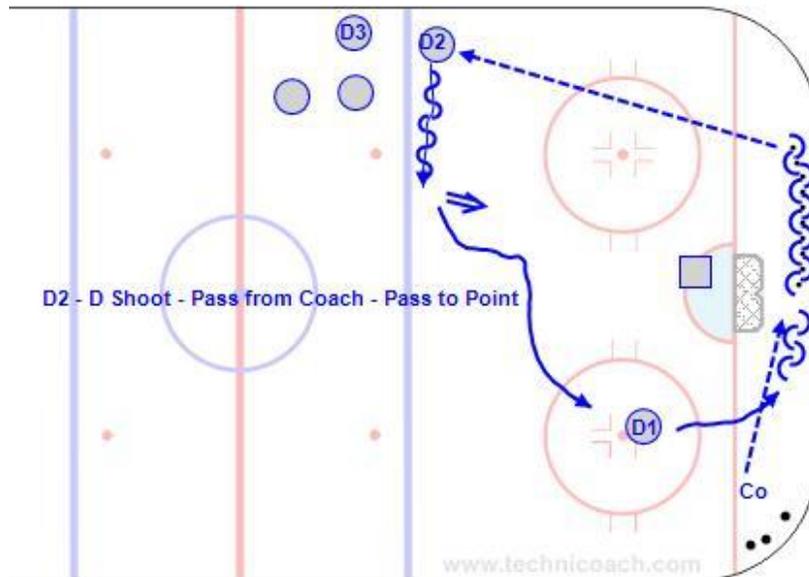
Key Points:

Defense skate along the blue line and shoot. If on the backhand skate forward and turn backward just before taking a slap shot. Hit the net.

Description:

1. Start with D1 skate with a puck between the dots and shoot.
2. D1 follow the shot then skate below the goal line.
3. Coach pass a new puck to D1.
4. D1 pivot and pass to D2 who repeats the shoot-get a pass-pass to point sequence.
5. Do from both sides.

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B3 Passing and Partner Practice

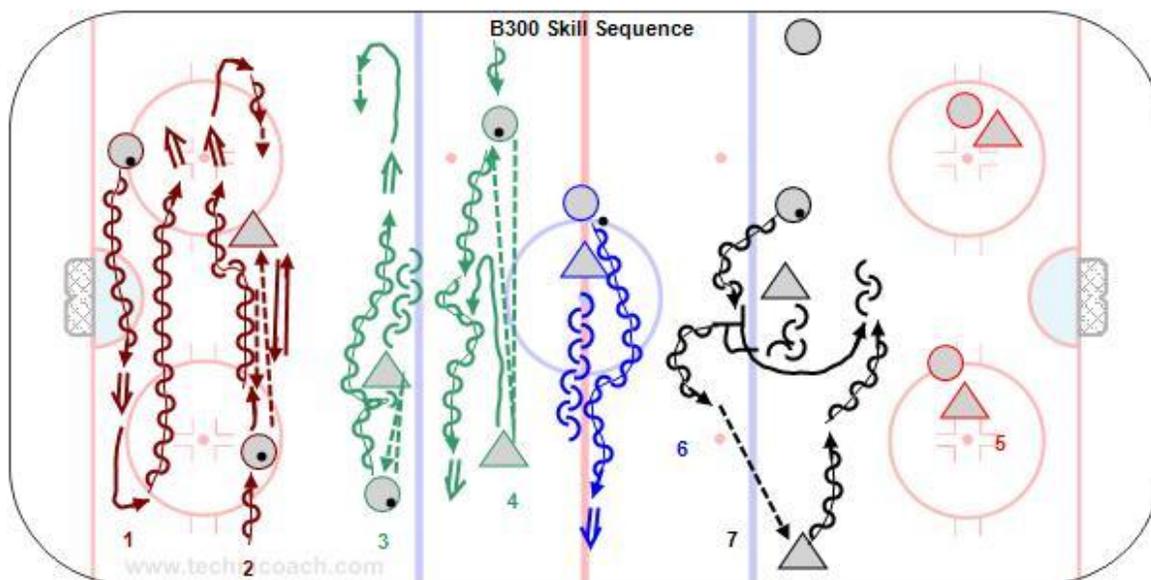
Key Points:

This is a great formation for partners to work together on passing or puck handling. You can even progress to one net or cross ice games and include more players. Practice shooting quickly, Use many moves vs. a passive opponent and increase the movement progressing to cross ice games.

Description:

1. Partner pass stationary and then skating. Incorporate going around each other as well.
2. Skate across ice and shoot at boards.
3. Skate-give and go-deke-shoot quickly.
4. Skate-give and go-deke moving D-Shoot.
5. Give-go, defender close gap-deke-shoot.
6. Partner keep-away.
7. 1 on 1 game-use line on boards or nets.
8. 1 on 1 game. Pass to waiting partner on whistle, goal or when defender regains puck.
9. Cross ice game and use small nets or the line on the boards as the goal. Play tournaments.

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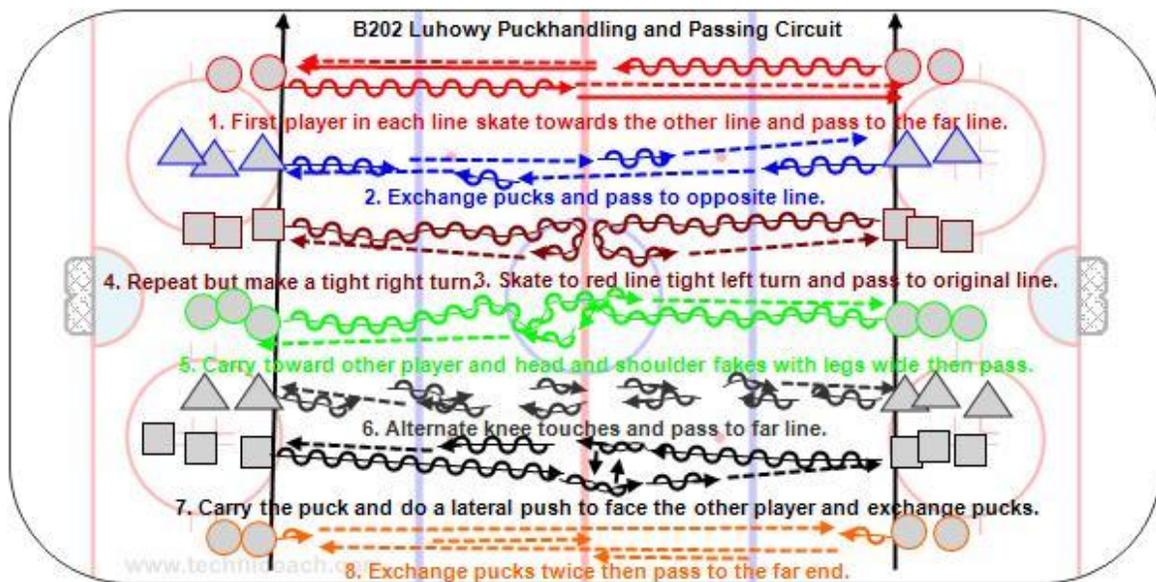


This an example of using cross ice stations that I did at a camp in Jihlava, Czech Republic.



<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20100830110013788>

Here is another example of how to get a lot of skill reps with minimal standing in line. You can move the groups across from each other instead of lengthwise.



<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072023504376>

The point is to create situations where players do many skill reps an minimal waiting.

More examples of using the ice efficiently.

D2 Cross Ice Game Using Blue Stripes for Nets

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120417102111470>

D2 Cross Ice Games

[http://hockeycoachingabcs.com/mediagall ... 2104424493](http://hockeycoachingabcs.com/mediagall...2104424493)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20100414094539964>

D5 Tournament-3 Games-Different Pucks

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T2 B5 5-0 Breakout Practice – U18

Key Points:

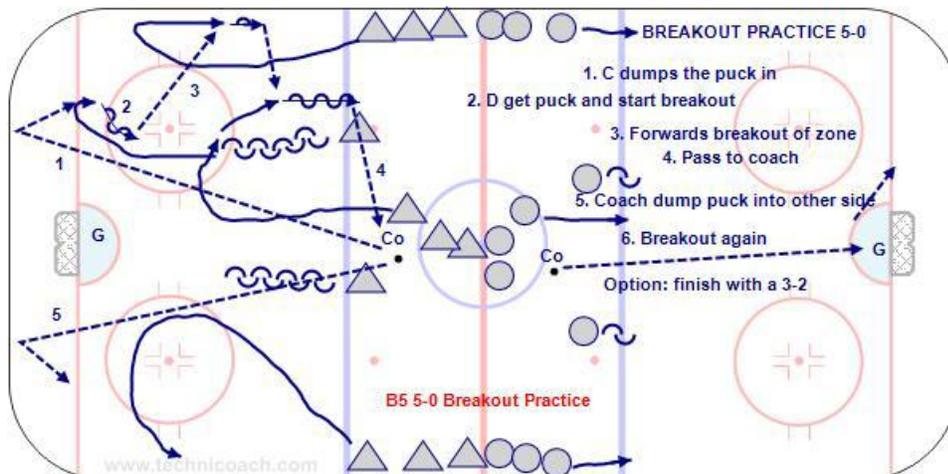
Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards breakout of zone.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

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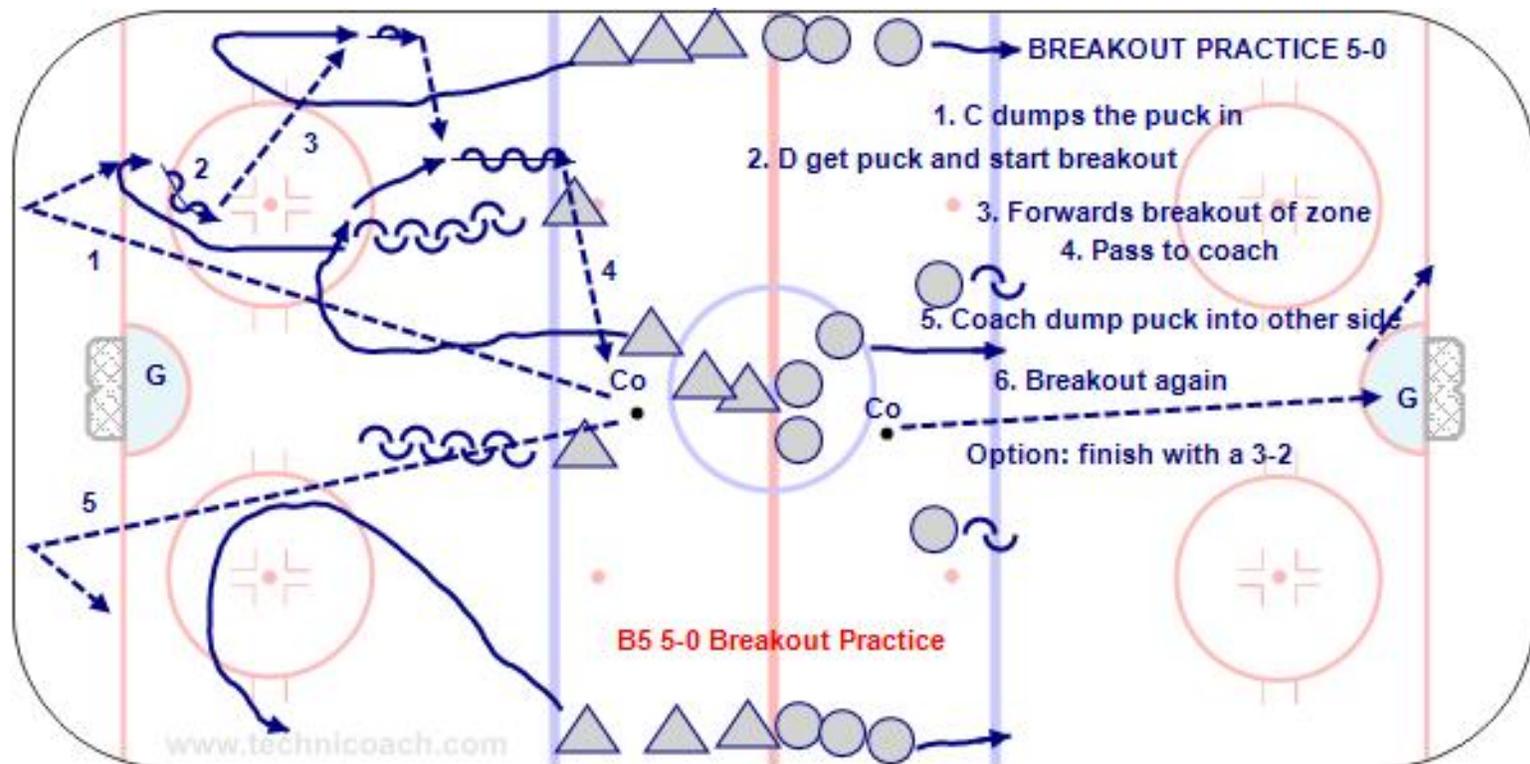
T2 B5 5-0 Breakout Practice

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
 2. D go back and get the puck, move between the dots and pass or go D to D.
 3. Forwards breakout.
 4. Pass the puck to the coach.
 5. Coach dumps the puck in the other corner for another breakout.
 6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.



B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

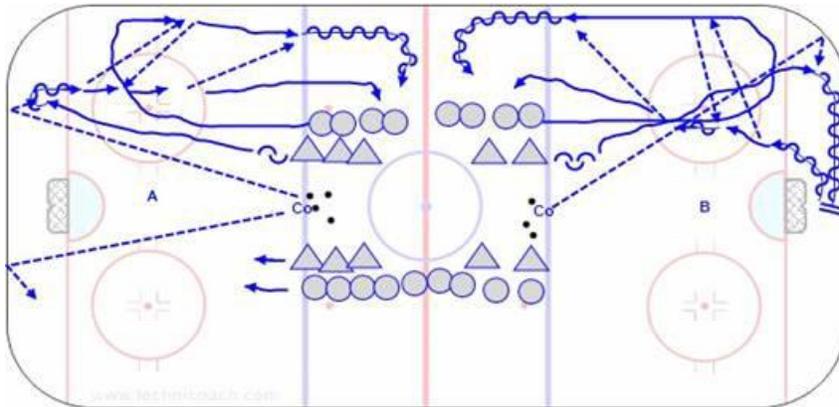
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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B5 Murdoch Breakout Routine C and D

Key Points:

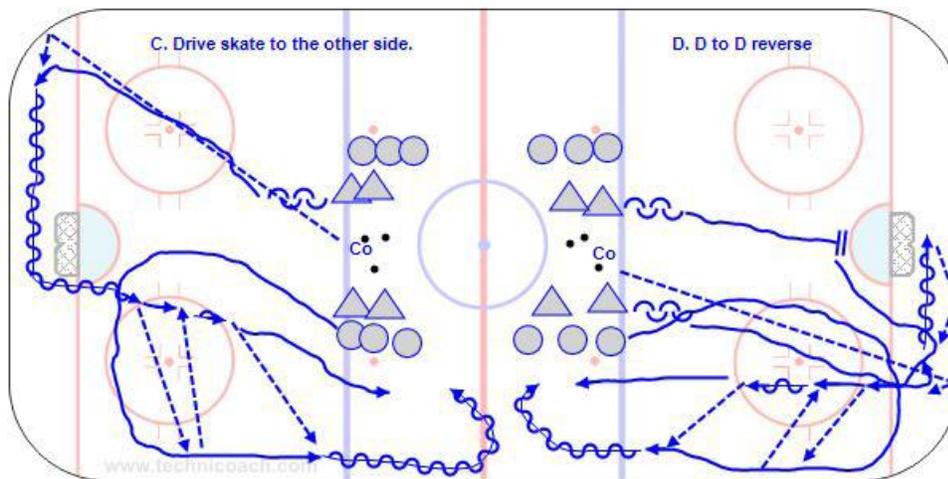
Defenseman Shoulder check on the way to read the forechecking pressure. Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

Description:

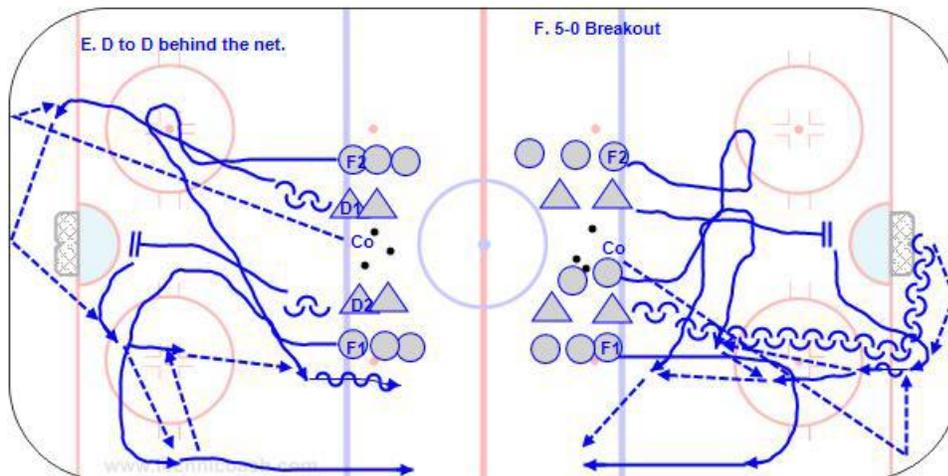
E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over the blueline. My asst did the same thing on the other side of the redline.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720200746400>



B5 Regroup 3-0, Middle Drive-Pro

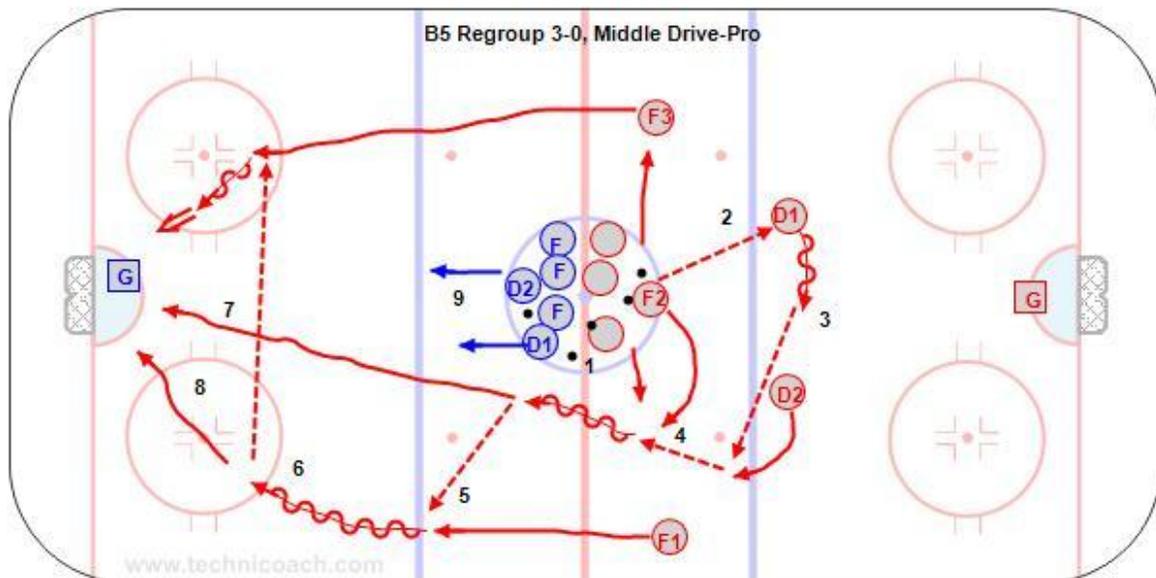
Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=2012100209041983>



T2 B6 - 5-0 BO-Attack-Cycle-Point Shot - Czech U20

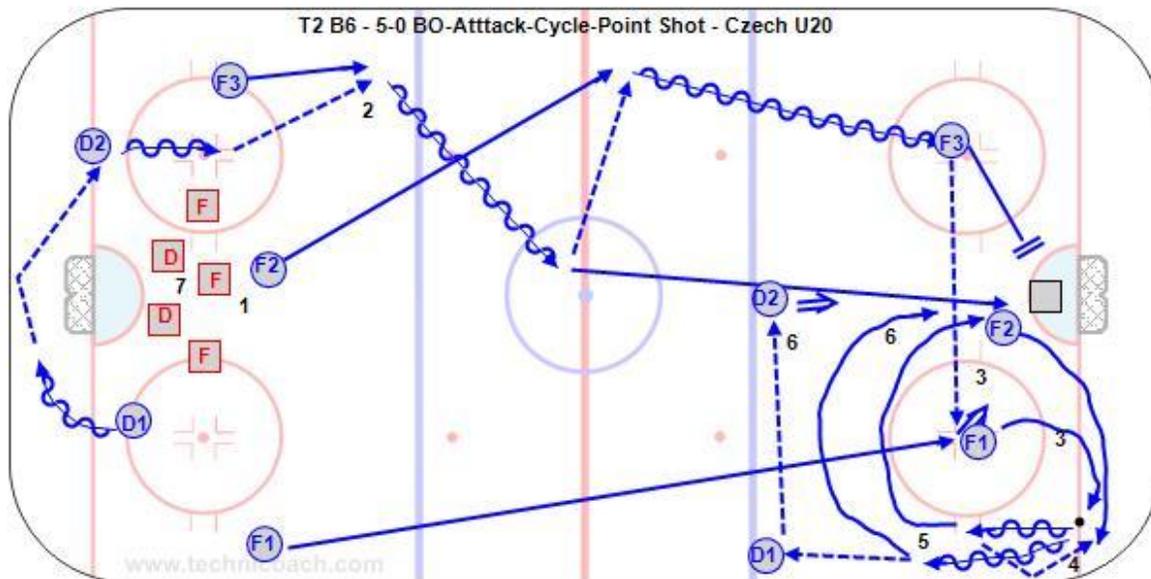
Key Points:

Attack with a middle drive. At net screener, tipper, one timer. Cycle and then F skate around the top of the circle and through the middle. Next group leave right away.

Description:

1. Five player units wait in front of the net at one end.
2. First unit break out from behind the net and attack 5-0.
3. Take a shot, rebound and then F1 pick up a puck in the corner and pass back to F2.
4. F2 skate up the boards and pass to D1 at the point.
5. D1 pass to D2 while F2 skates to the top of the slot and down the middle.
6. D2 shoot while F3 screens and F1 is ready for a shot pass.
7. Next group leaves and first group returns down the sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20151027222951894>



T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

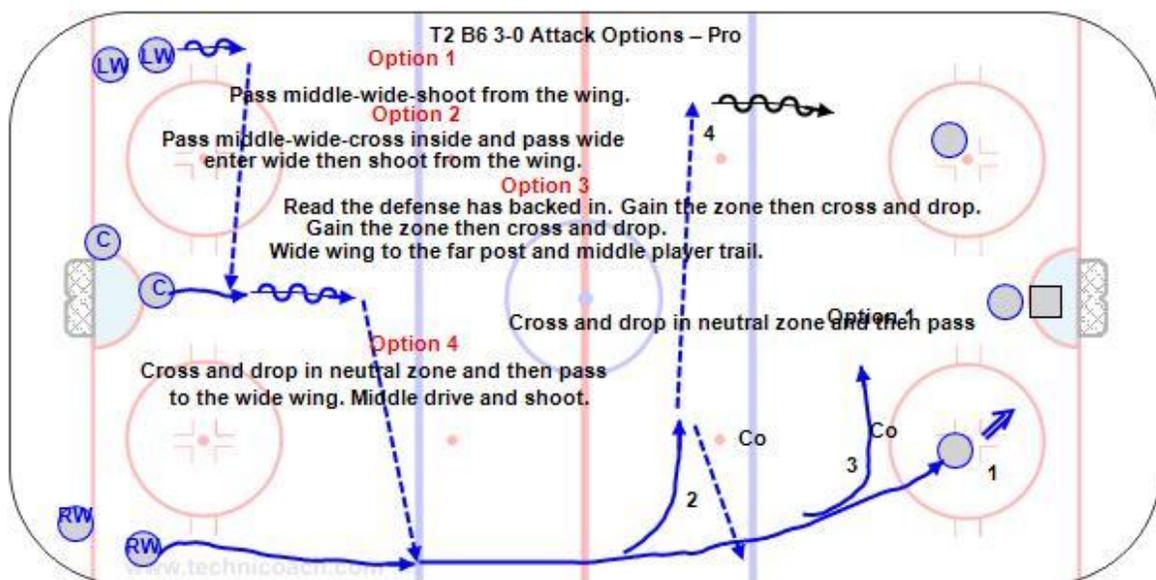
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013092315445066>



B600 Regroup, 3-0, Delay, Low Cycle, Point Shot - Pro W

Key Points:

Skate hard and give a target. Pass and shoot while moving. D keep the head up when shooting. Do a tight turn on the delay.

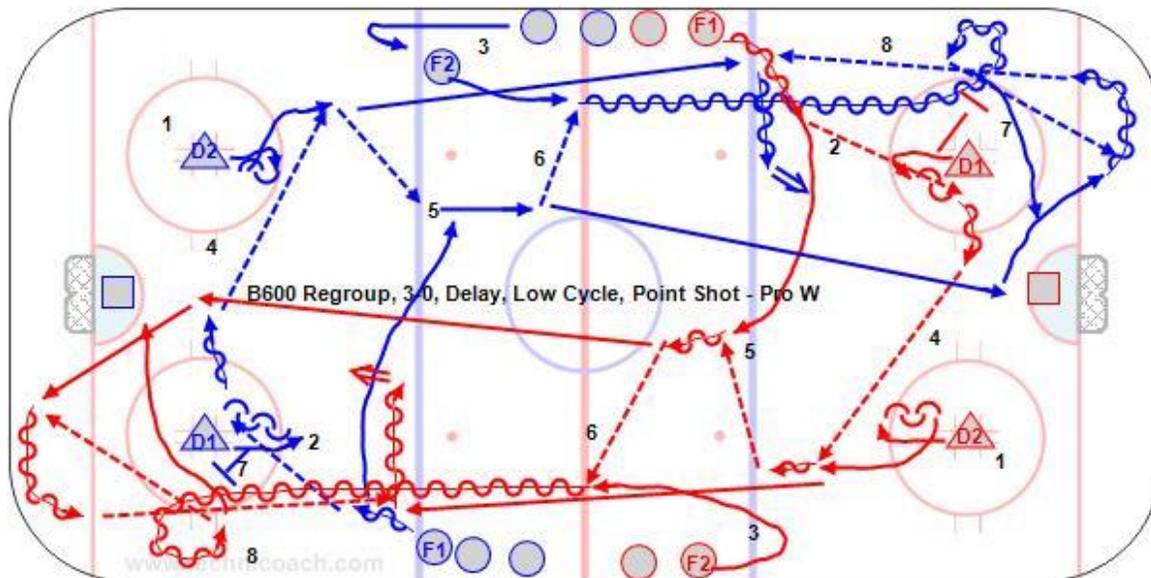
Description:

1. Four D stand on the dots at each end and forwards on each side in the neutral zone.
2. F1 from each side regroup with the D at their end.
3. F2 from each side come down the boards to post up then join F1.
4. D1 pass to D2 at each end.
5. D2 pass to F1 in the middle lane and follow the attack to the point.
6. F1 pass to F2 who enters the zone wide while F1 goes to the net hard.
7. D1 at the opposite ends give passive resistance to F2.
8. F2 delay at the hash marks and pass low to F1 who cycles up and passes to D2 at the point.
9. D2 skate between the dots and shoot while F1 and F2 go to the net.
10. F1 and F2 play out the first rebound.

**Option One: Have a time limit for the drill and create a competition who can score the most and which goalies stop the most.*

**Option Two: Instead of standing at the dots have the D skate to the top of the circles and chocktow turn back and then hinge before passing to F1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131003212813833>



B600 Regroup, Hinge, Middle D Rush

Key Points:

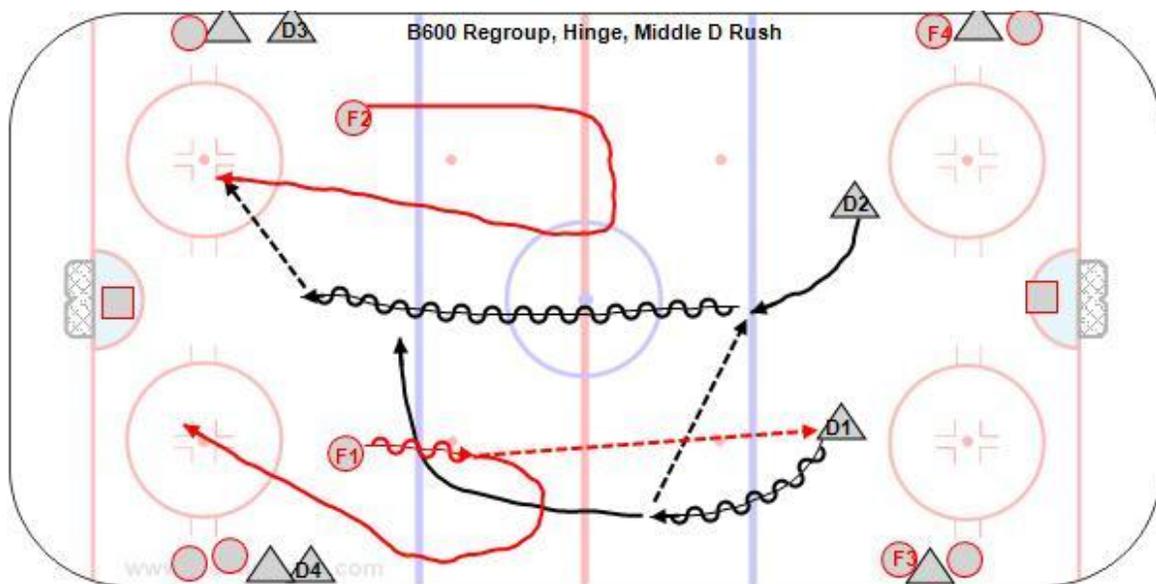
Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay outside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

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B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

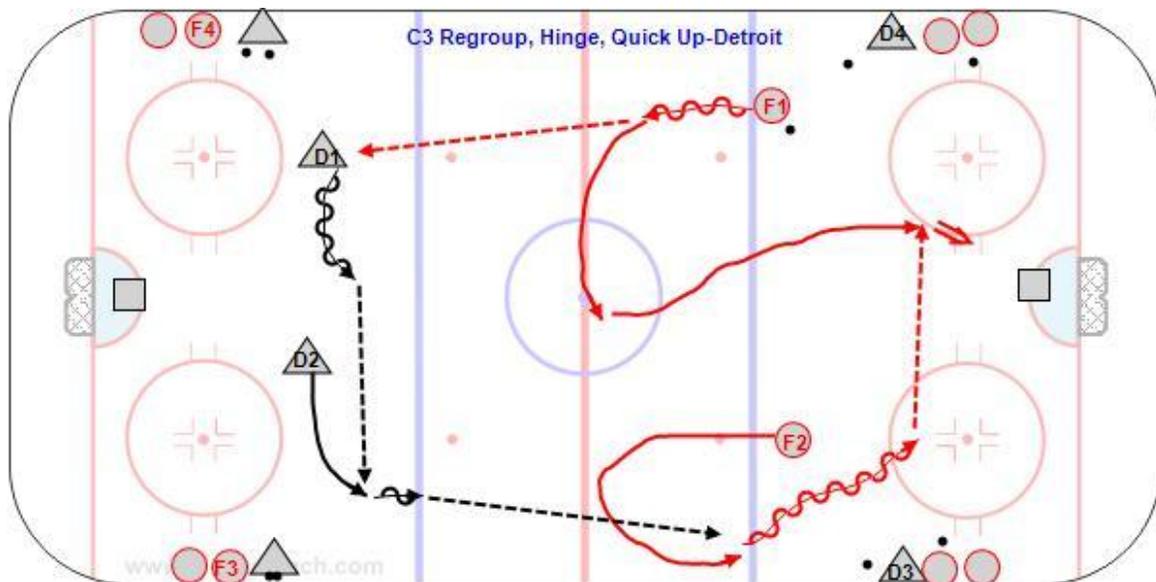
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description:

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>



T2 Breakout with Stretch Pass

Key Points:

Wing be ready for a quick up and see the puck at all times. Come back thru the middle to touch pass back to flying teammates.

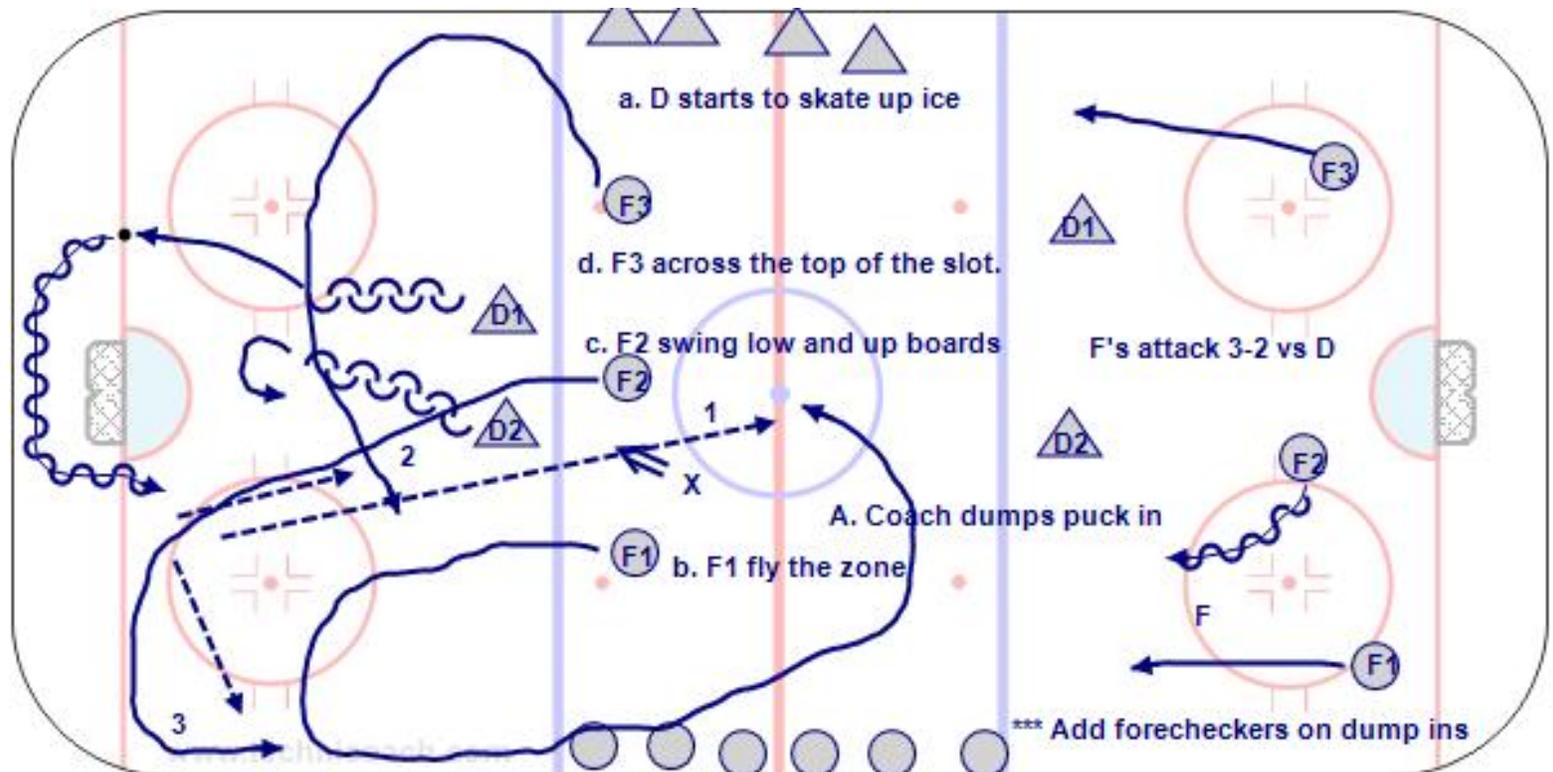
Description:

Players are lined up along the boards in the C3 Formation.

A. Coach dumps the puck in for a 5-0 breakout. After rush come back 3-2.

B. Player dumps the puck in and forechecks breakout 1 on 5 and then backchecks to create a 3-3.

C. Options: add one or two more forwards to to create 2-5 or 3-5 forecheck. High player come back to make a 3-3 or 2 F come back to create a 3-4 and give backpressure and the D stand up.



C3 Breakout-Attack-F Cycle up and Drop to D - Finland

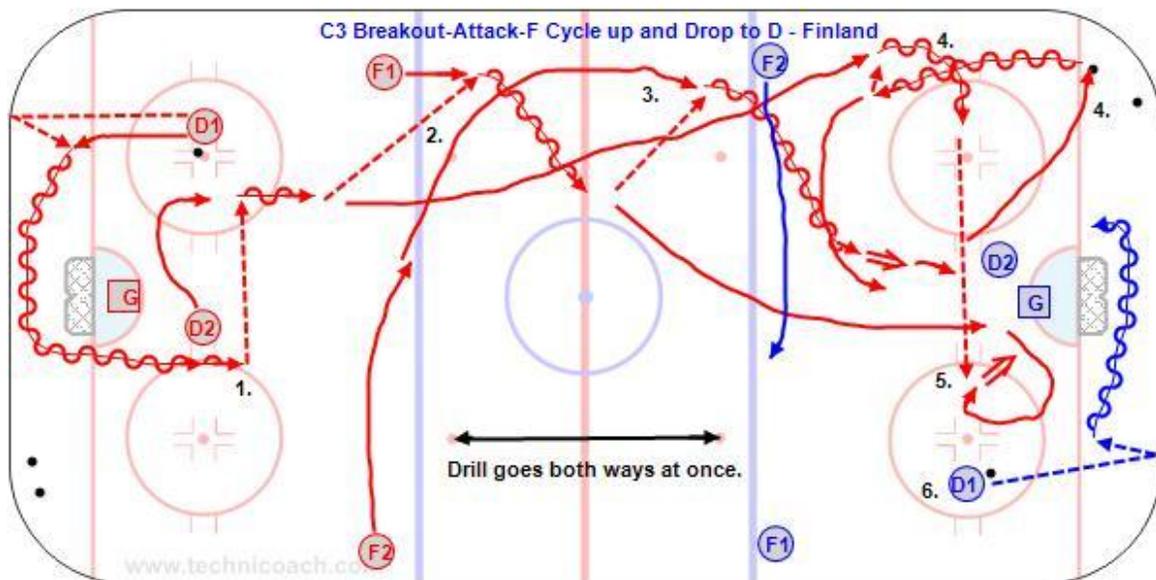
Key Points:

This drill has a breakout at each end with a 3-0 attack 2 F and 1 D. Attackers move to the big ice when they get the puck. It ends with a high cycle and pass to the strong side D.

Description:

1. D1 drive the back of the net and pass across to D2.
2. D2 move the puck up the ice quickly to either F1 or F2 who is cutting across from the weak side.
3. F1 and F2 always carry the puck to the inside and pass to the outside and shoot at the far end.
4. Either F1 or F2 get a puck from the corner and cycle high up the boards and pass to D2.
5. D2 either shoot or pass to F1 or F2 who is skating to the net on the weak side.
6. This drill happens at each end at the same time.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20121028211245159>



C6 Breakout – 4 on 1 with 2F + 2D – Pro

Key Points:

Support on boards and middle and D in front join the rush. One D always join the rush when playing 4-4.

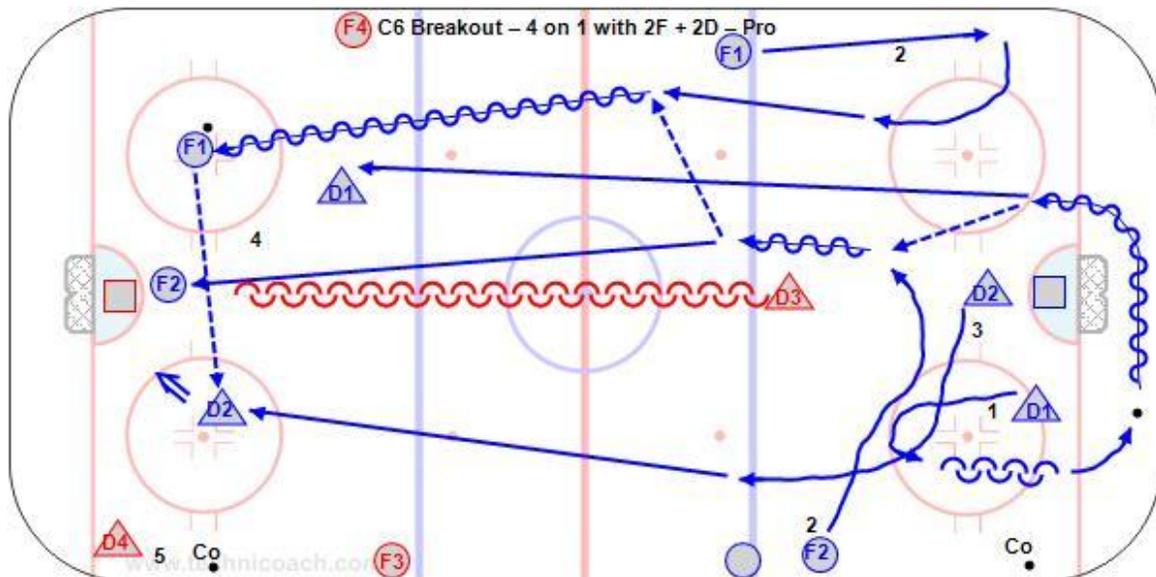
Description:

1. D1 skate to the top of the circle and back for a puck.
2. F1 and F2 give support in the middle lane and wide lane.
3. D2 leave from front of net and join the rush in the weak side lane.
4. F1-F2-D2-D1 attack 4-1 vs. D3 and D1 follow the rush.
5. Repeat with D4 skating up and back and breaking out with D3, F3, F4 vs. D1.

**Net front D can also join the attack from the middle lane.*

**Attack using a Middle drive.*

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C6-600 Breakout 2F and 1D Rush 3-1 – Pro

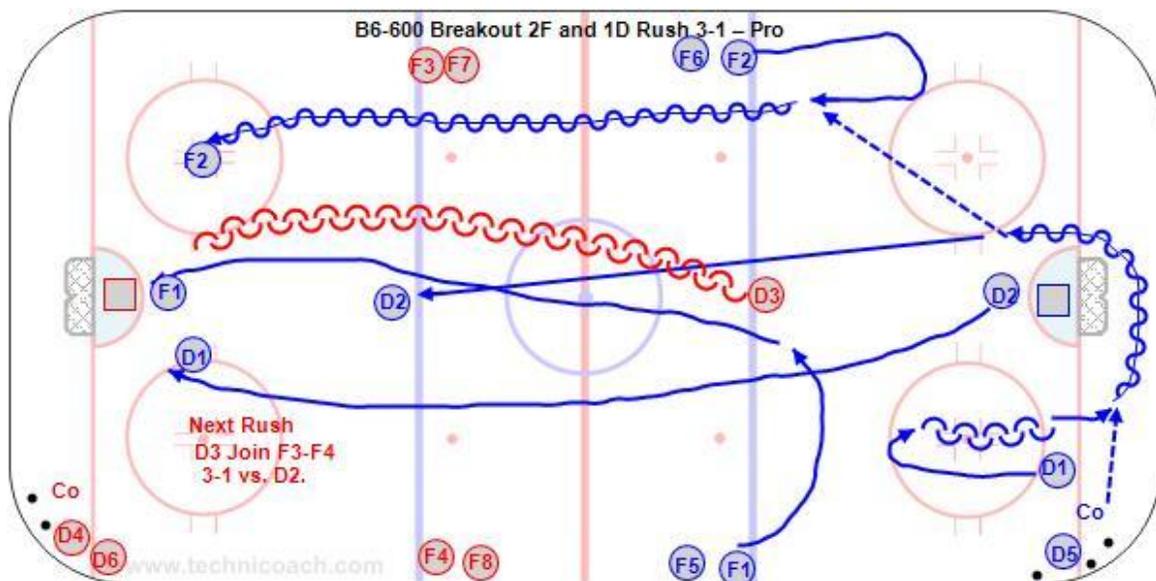
Key Points:

Defense must have quick feet and drive skate behind the net and make a good pass from between the dots. D in front must recognize he is third man and join the 3-1 rush.

Description:

1. D1 skate up to the top of the circle and back and to up a puck then wheel behind the net.
2. F1-F2 come into the zone from each side for a breakout pass, D2 starts in front of the net.
3. D1 make a breakout pass and D2 joins to make 3 on the rush.
4. Attack 3-1 vs. D3.
5. Give a time limit to score and then the repeat the other way with F3-F4 and D3 attacking vs. D1 who follow the rush to the far blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231536987>



C300 - Breakout, Double Regroup 5-2 Back Hard - Pro

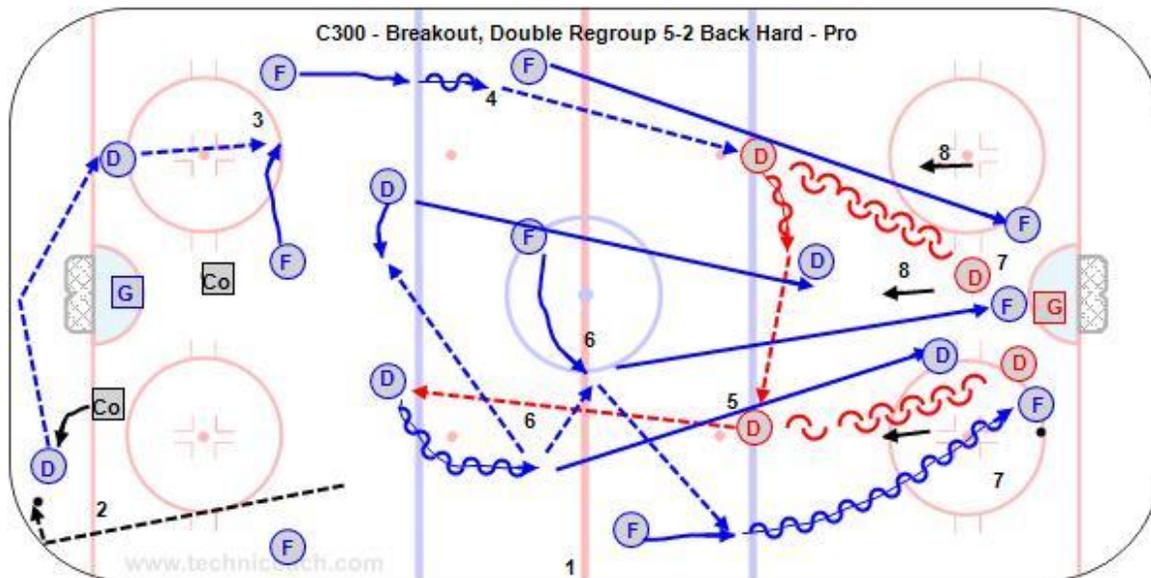
Key Points:

Do everything at full speed. Get to the big ice and pass wide. Face the puck always and give a target. D must read where the forecheck pressure comes from. Attack with 4 in the scoring area.

Description:

1. Extra players wait on the bench.
2. Dump the puck in and either two coaches or extra players forecheck.
3. Blue D go breakout with Blue Forwards then forecheckers leave.
4. Blue forwards pass to Red D in the neutral zone.
5. Red D regroup and pass to the Blue D.
6. Blue D hinge and regroup with the Blue Forwards.
7. Blues attack 5-2 vs. Red D with one D joining the rush.
8. Race back to the middle circle on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201153051369>



C2 Continuous Breakout 4-0 – Pro

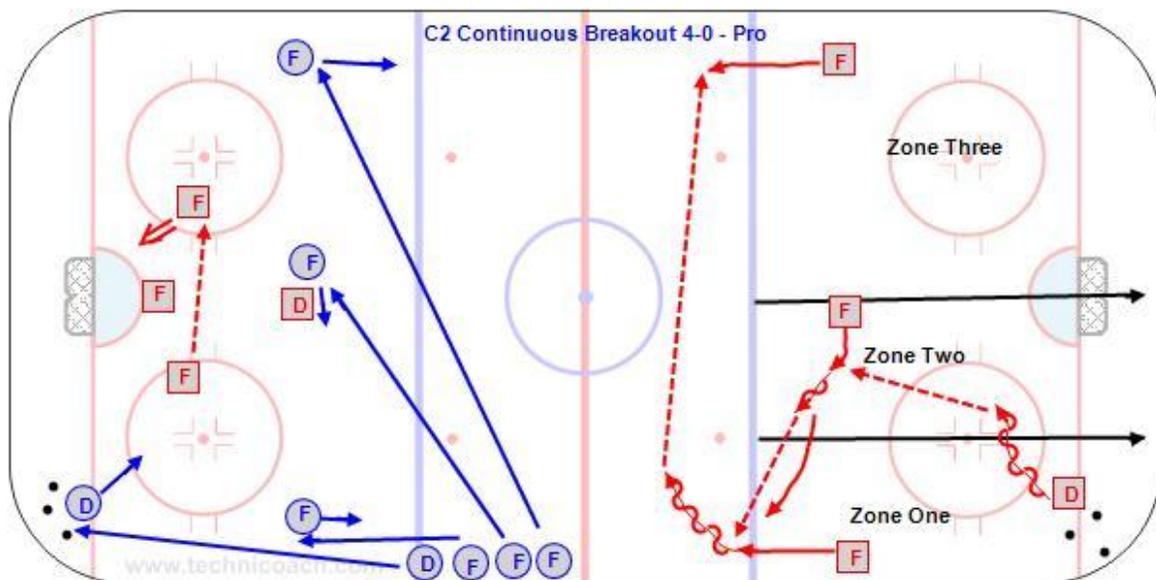
Key Points:

Forwards time their skating with the D. D get to the Big Ice between the dots with the puck and pass to F in zone one or two and not across the midline of the defensive zone.

Description:

1. Line up along the side in the C2 formation.
2. D get a puck from the corner and skate between the dots.
3. Inside the defensive zone passes to forwards are only made to zone 1 and zone 2.
4. Cross ice passes can be made in the neutral zone.
5. Attack with all 4 and a middle drive.
6. Blue group follow the reds into the zone and break out the other way 4-0.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109161359309>



C2 Continuous Flow Breakout Drill

Key Points:

Players support from each lane.

Description:

The breakout goes from end to end with the forwards dumping the puck in when they cross the blue line and the next line practicing various options.

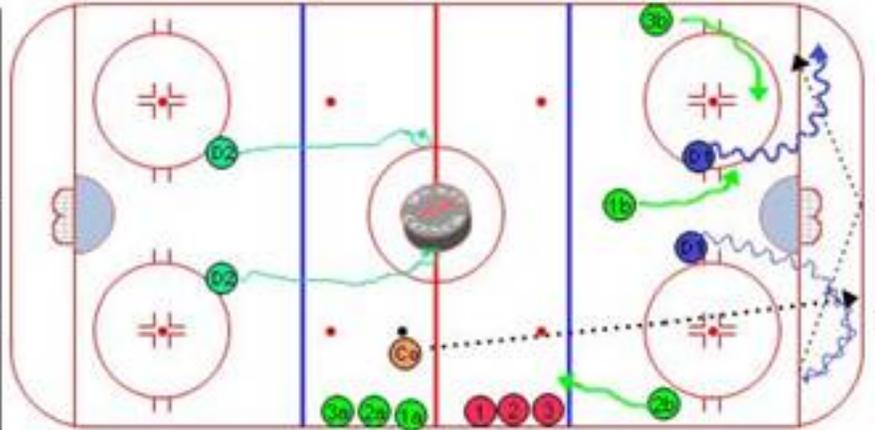
Title : Alternating Continuous Breakout F Category #1 : COLLECTIVE TACTICS Category #2 : Breakout and Dump

Description

Continuous Flow Breakout / Dump and Change Sequence 1

Cc dumps puck in zone on D, who gain control and initiate a breakout. Defensemen need to work on set-up options that include:
 1.) Reverse to weakside, with cross ice pass behind net to low support in weakside corner
 2.) Reverse with short, drop pass, behind net (see sequence 3)

After coach dumps puck forward from bench area (1a, 2a), (2b) move in to a break-out position. Each should react according to the flow of the play.



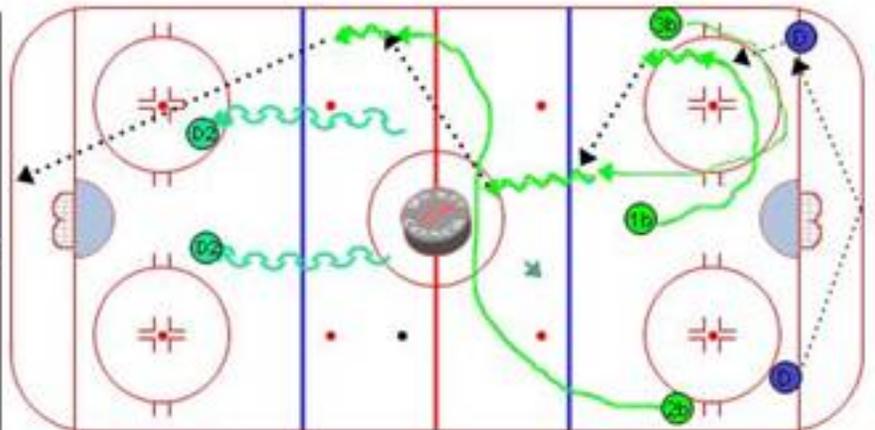
Key points : Continuous Motion Pass tape to tape Puck Support Vary Breakout Option

Title : Alternating Continuous Brea Content elements: Components :

Description

Continuous Flow Breakout / Dump and Change Sequence 2

As D work together to setup the breakout sequence the forwards (1b, 2b, 3b) respond to the flow. In this example they use a low curl with 1b supporting D at the hash and 2b positioning to support 1b or D in the middle. 3b reads movement and support high in neutral zone area. In this example 3b crosses to support the puck carrier, either, 1b or 2b



Key Points : Support Puck Movement Passing Accuracy

Title : Alternating Continuous Brea

Content elements: _____

Components : _____

Description

Continuous Flow Breakout / Dump and Change Sequence 3

The goal is for 11, 25 and 30 to each handle the puck from Defensive Zone to the Neutral Zone, then dump the puck and change for the next sequence breakout flow that involves, 02 and 14, 24 and 34 initiating a breakout flow. This continues with players changing on the fly as the sequence moves back-n-forth



Key Points :

Fast Pace

Full Speed

Continuous Change

T2 D100 Controlled Breakout Reads-U20

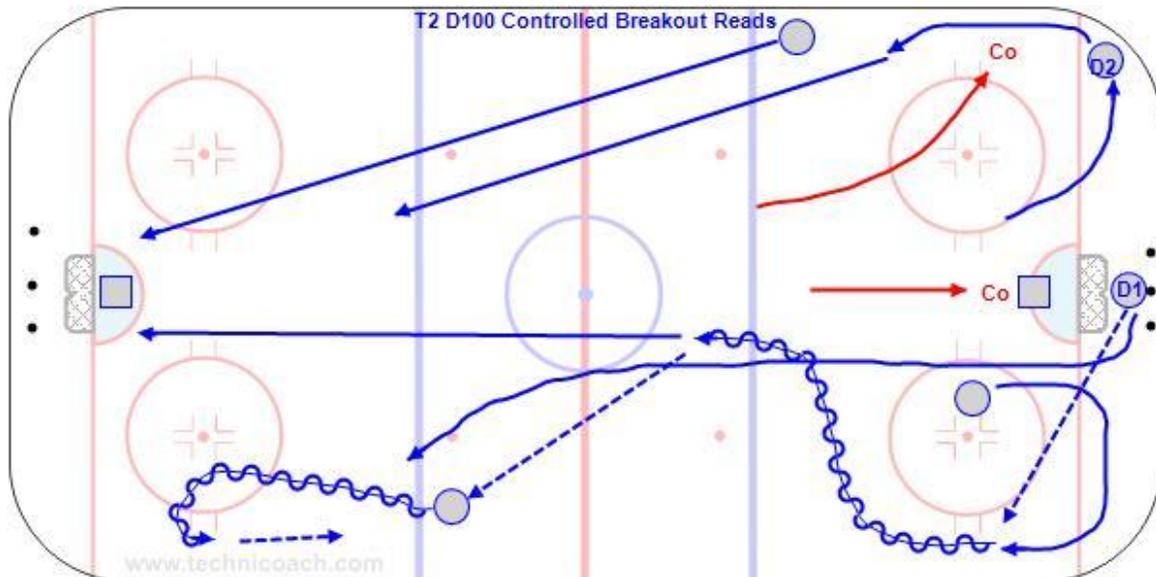
Key Points:

Defenseman behind net must read the forecheck and pass low if they are high and high if they are low. Forwards must move into open areas.

Description:

1. D1 skates to a puck placed behind the net.
2. Offensive team go into their controlled breakout with either one, two or zero players stretching.
3. Two coached forecheck either one, two or no one deep.
4. D1 must read to carry the puck or pass low or high.
5. Attack with 4 players and create a scoring chance.
6. Alternate directions so everyone knows the controlled breakout. This coaching technique can be used for power play or even strength.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101215071220323>



T2 D100 Power Play

Key Points:

Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

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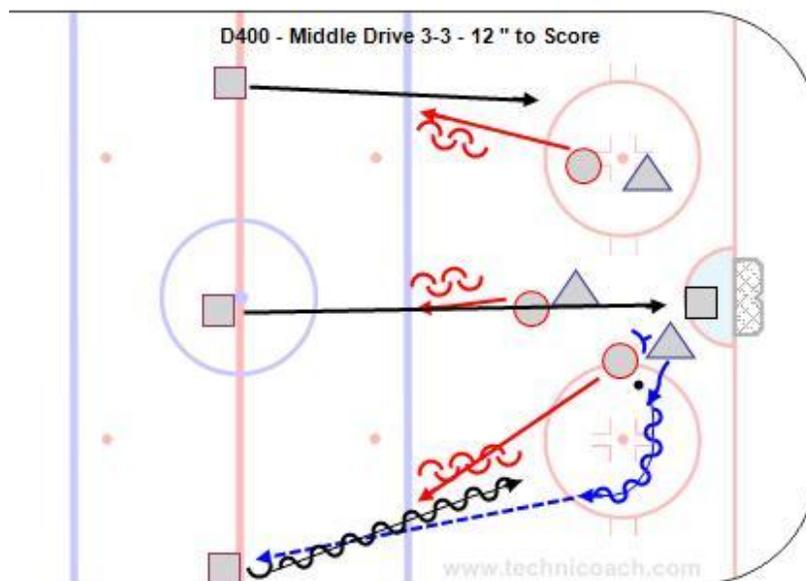
D400 - Middle Drive 3-3 - 10 Seconds to Score

Key Points:

Create intensity by only giving 12" for the offense to score. Attacking team uses the middle drive.

Description:

1. Start from the red line and attack 3 on 3.
2. Offensive team use the middle drive.
3. Attackers get 10 seconds to score.
4. Coach blow whistle if it takes too long.
5. On transition or whistle pass to the players at the blue line.
6. Team who was on offense now skate to the blue line and defend.

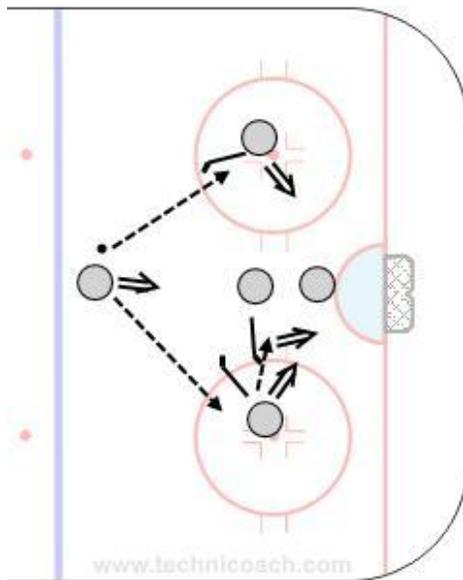


T2 D400 - Power Play 5-4 - Pro

Start with an overload and rotate into a 1-3-1 Diamond.

- Move to off-wing shooting positions on the sides.
- Low player screen when the puck is high.
- Second low player be in a shot pass position on high pucks.
- Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

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T2 Kingston Power Play and Team Play Rotation

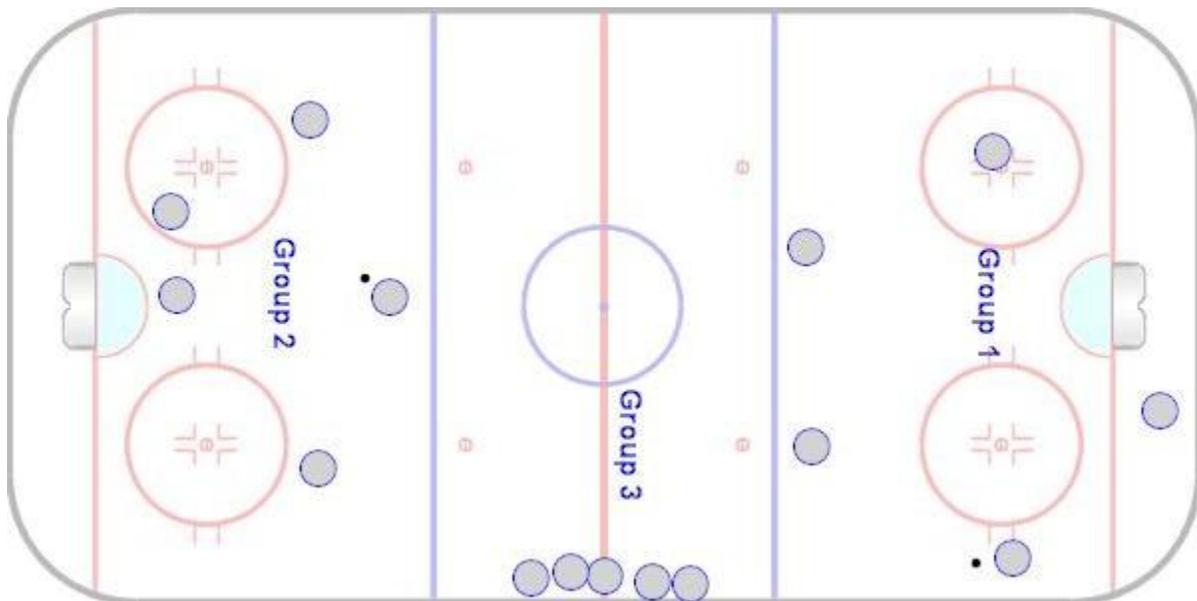
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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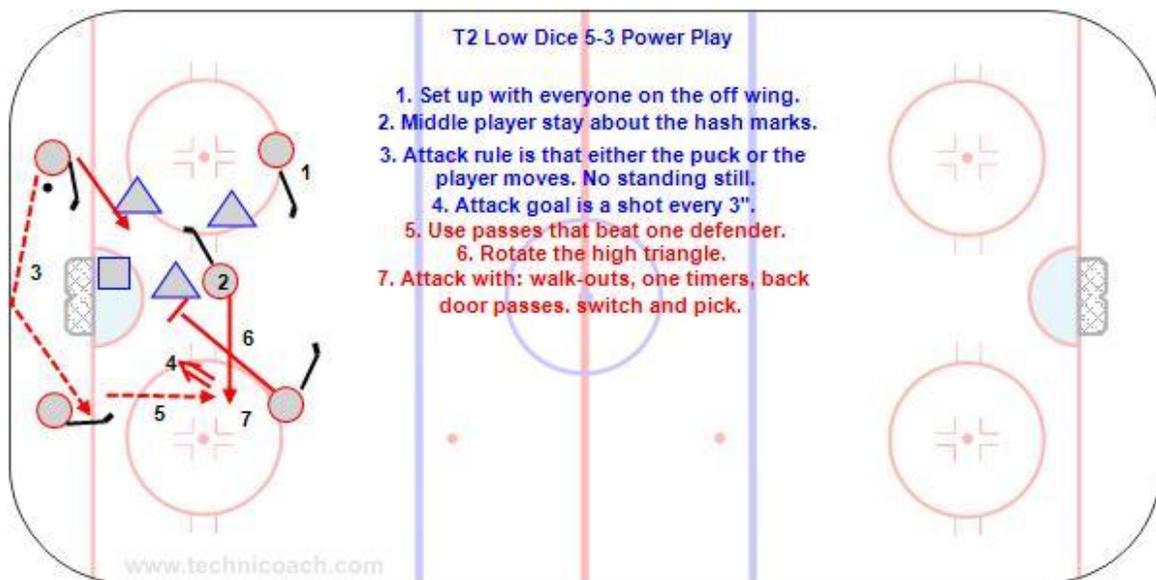
T2 Low Dice 5-3 Power Play

Key Points:

Right shooters play on the left side and left on the right to enable quick shots and forehand passing. Quick passes and attacks spread the defensive triangle.

Description:

1. Set up with everyone on the off wing.
2. Middle player stay about the hash marks.
3. Attack rule is that either the puck or the player moves. No standing still.
4. Attack goal is a shot every 3".
5. Use passes that beat one defender.
6. Rotate the high triangle.
7. Attack with: walk-outs, one timers, back door passes. switch and pick.



Pounce 1-3-1 Hard Trap Forecheck

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time.

My truth of hockey is.

- Forecheck - 2 in deep - only pinch on the strong side when positive you will get the puck.
- lock the strong side boards on breakouts with the LW on one side and the RD on the other.
- 3 forecheck on the strong side. Left side the lw, c, rw and Right side the C-RW and RD.
- Backpressure all the way to the net.
- always tight gaps. - angle off the back shoulder with the stick on the puck.
- check from the defensive side always.
- always 4 on the attack.
- tight 3 man triangle and a D high on the rush to the net.
- shoot when inside top of circles unless someone is wide open.
- always give the puck to someone in better position than you and keep it if you are in the best position.

Example of my college women's team vs. U of Calgary at the Olympic Oval

Cougar Pounce 2-2-1 forecheck Video – my college women playing the U of Calgary.5 is LW and 10 LD.

#5 set a new goal scoring record with 12 in the play-offs playing LW.

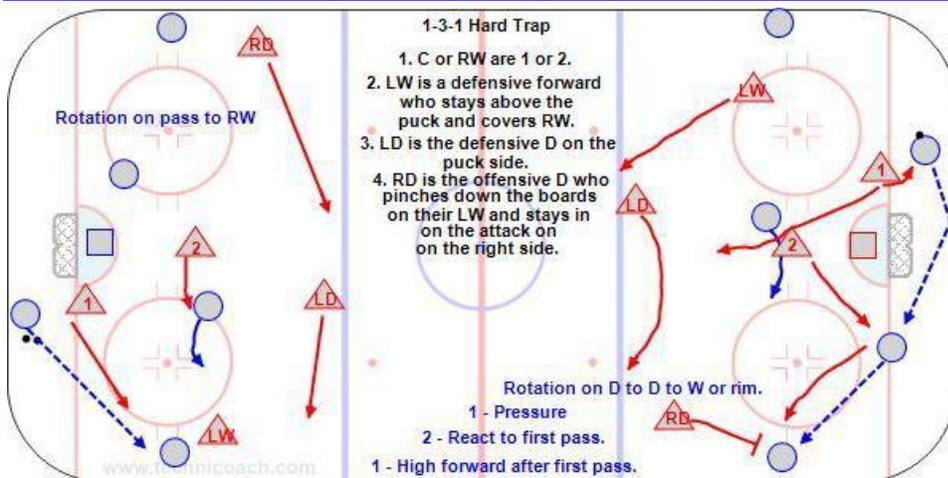
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A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game. We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

T4 1-3-1 Pounce Forecheck – We entered the zone in a 1-3-1 so they couldn't make a quick pass up the middle. It was vs. the top midget girls team in the Province and 4th in Canada.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121229225643619>



Power Play Options: Overload to a Diamond

Option One:

Set up at the hash and attack the seam between the D and F.

-If no one plays you skate thru and shoot or pass back door to the F or the D coming down.

-If the D plays you cycle low and keep going for a give and go and if that isn't there become the low option.

-Original low player attack the seam again.

Option Two:

-If the F plays you pass to the point and the low player moves in front to screen.

-If the point player can get to the middle move into a 1-3-1 Diamond and the weak side D skate down to the middle slot between the hash marks.

-In the Diamond we have 4 triangles for one timers, a middle one timer option.

-If the puck is loose always outnumber the defenders and start the same sequence.

RULES and READS

-When you get the puck either you or the puck moves. No standing still.

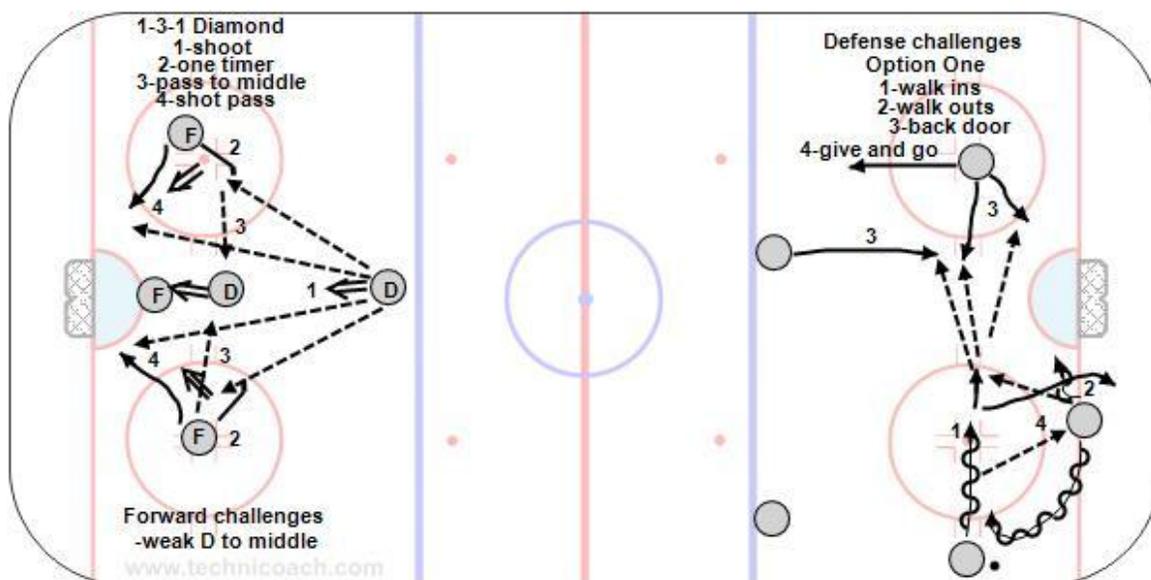
-If the weak side D comes down to back door the weak side F slide back. Look for defenders

staring at the puck and move into the passing seams behind them.

-Create 2 on 1's.

-Short passes that only beat one defender.

* Progress to a high cycle.



T2-4 Power Play and Penalty Killing with Mike Babcock

Key Points:

Three players rotate high and create options. Players should set up in one timer shooting positions and be on the off wing for passing.

Description:

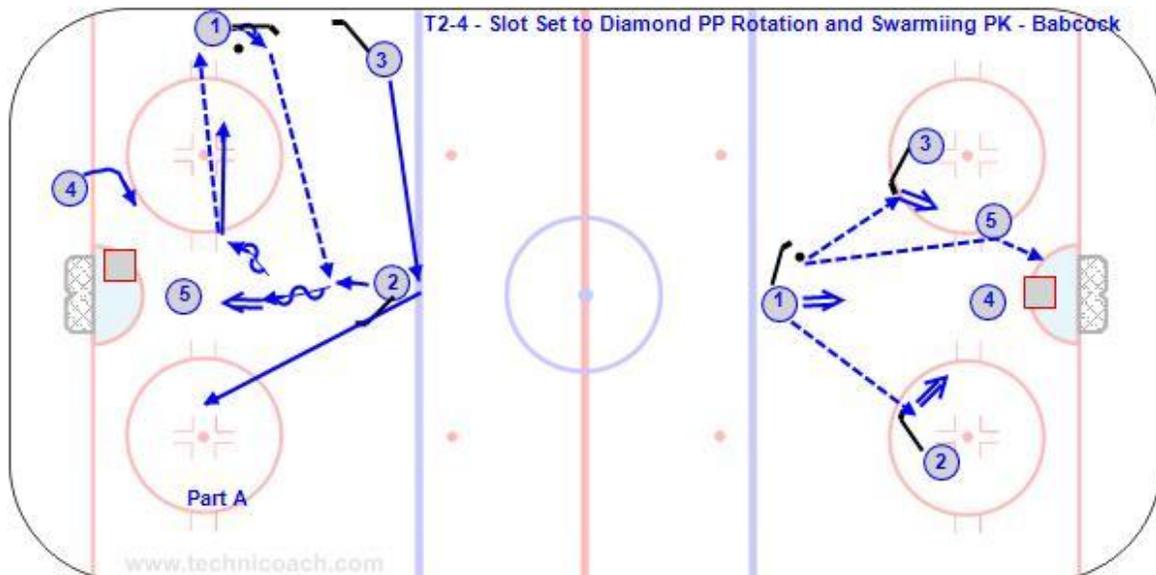
Part A

- A. Start in a slot set with 1 on the half wall, 4 below the goal line, 5 in front.
- B. #1 shoot left, 2 left, 3 right. (play to goalies left-opposite if to goalies right)
- C. Start with 2 getting a pass in the middle from 1.
- D. #2 shoot if it is open.

Part B

- E. No shot then 1-2-3 rotate clockwise. 2 pass back to 1 who moves to the middle point while 3 move to a shooting position above the opposite dot.
- F. Options for 2. 1-Shoot, 2-Shot pass to 5, 3-one timer for 2 or 3, 4-Restart high rotation.
- G. Read what the defenders give and constantly attack the net.

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T2 Stretch Pass from the D Zone

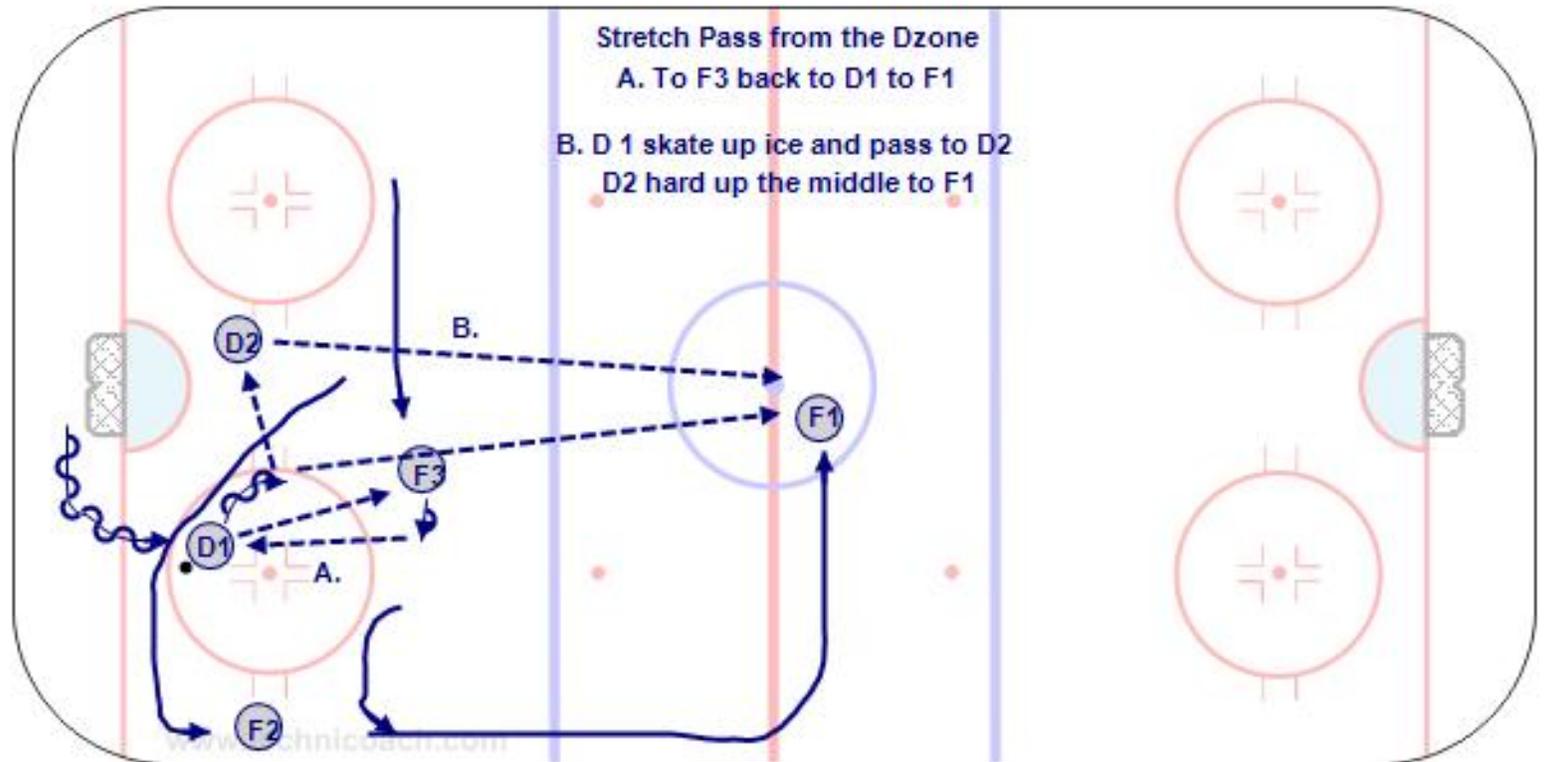
Key Points:

Make sure the D have full control with their toe caps facing up ice before flying the zone.

Description:

A. D1 to F3 back to D1 and stretch to F1.

B. D1 skate up the ice and pass to D2 in the middle. D2 pass hard up the middle to F1.



T2 T4 D100 Controlled Scrimmage

Key Points:

Work on team play concepts with the coaches on the ice.

Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

<http://hockeycoachingabcs.com/mediagall...0123912842>



T2 Take the Ice Behind to Create 2-1's – European Pro

Key Points:

When the defenders are using a contain forecheck and are ahead of the puck you cannot beat them skating in straight lines. You must continually isolate the wide player and create 2 on 1 situations. Support by taking the ice behind the puck carrier.

Description:

1. Practice with a 2 on 2 situation and isolate a defender by crossing.

a. Cross drop and #1 screen weak side D.

b. Cross, drop 1 to net, 2 wide.

c. Cross and fake drop. 1 through middle 2 go to the net.

Create 3 on 3 situations in drills and games.

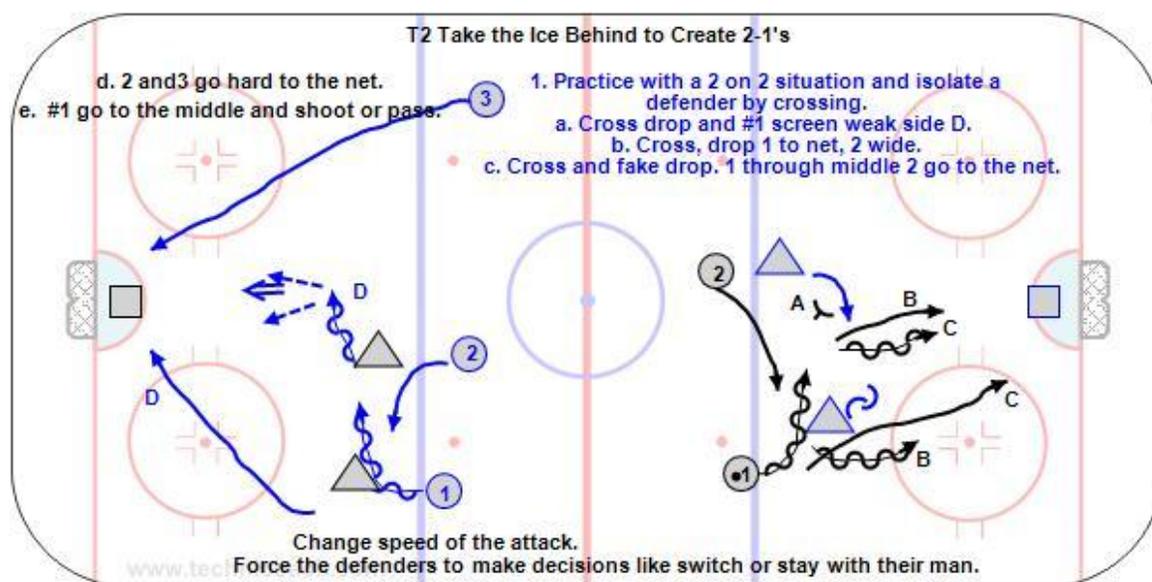
d. #'s 2 and 3 go hard to the net.

e. #1 go to the middle and shoot or pass.

* Other options are another cross behind or pass back to the 4th and 5th supporting attackers. Important is to change the speed and angle of the attack and force defensive decisions like switch or stay man to man.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110408092101945>

<https://youtu.be/Ct13iVusijl>



Video examples of taking the 'Big Ice' by skating between the dots and the player in the middle goes outside and 'Takes the Ice Behind.'

One of my friends who played against Gretzky a lot said it was especially difficult because him and Kurri would work together. Kurri would have the puck on the outside and skate inside just before the blue line. Gretzky would pick up the puck and reach over the blue line with it creating a situation where the **first one over the blue line did not have the puck, this made the read different for the defender. The left winger would go hard to the net and Kurri would be a second wave opening up for a one timer. Gretzky faced the play in the triple threat position and had the options on the forehand to:**

- 1. Go to the net.**
- 2. Pass to the left winger.**
- 3. Pass to Kurri for a one timer.**
- 4. Pass to Coffey coming in from the point.**
- 5. Pass to the strong side D.**

It worked pretty good for all of them.

Examples from Pro team practices.

T2 - B6 - 2-0 Skate to Big Ice-X and Drop-Shoot - Pro

<https://youtu.be/LmOF-ekbXtE>

T2 - B6 - 2-0-Gain Zone-X and Drop - Pro

<https://youtu.be/MWMyfOUkaIA>

T2-B600 Isolate Wide D on 2-2 - Pro

<https://youtu.be/9-q0d7PnUmA>

C3 2 on 2 with Regroup – RB Pro

https://youtu.be/_sFdAi9pek

C3-C6 Point Shot 2-2 – Pro

<https://youtu.be/9kinyEp-Xuo>

C600 2-0 to 2-2 - Pro

<https://youtu.be/8hmgYOegSsY>

T2, C3 Breakout 5-2 Regroup 5-3

Key Points:

Breakout 5 vs 2 defenseman and then regroup on the whistle 5 on 3. Give support on the strong side boards and the middle. Weak side forward can stretch. Attack with 4 in the scoring area. Weak side D jump into the rush.

Description:

A.

1. D1 and D2 shoot from the blueline.
2. Five players in the zone breakout vs D1-D2

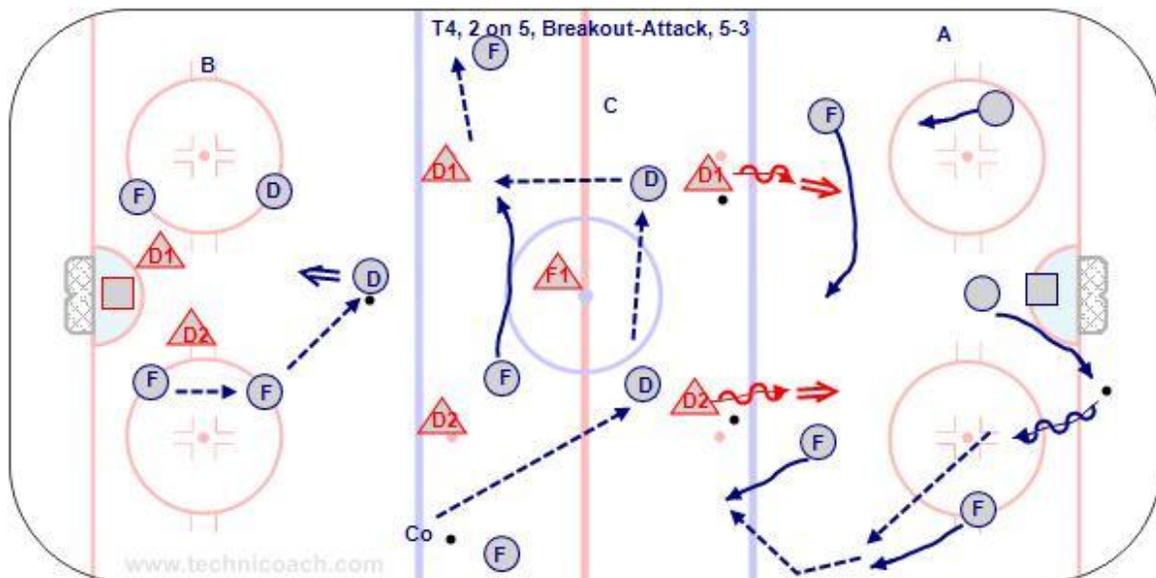
B

3. Attack 5 on 2 until a scoring chance.

C

4. Coach whistle and attackers regroup with pass from the coach in the neutral zone.
5. Attack again 5 on 3 vs. original D and a new forward.
6. Repeat with a new group and original D the other direction.

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T1-2-3 - C2 2-1 Technique - RB Pro

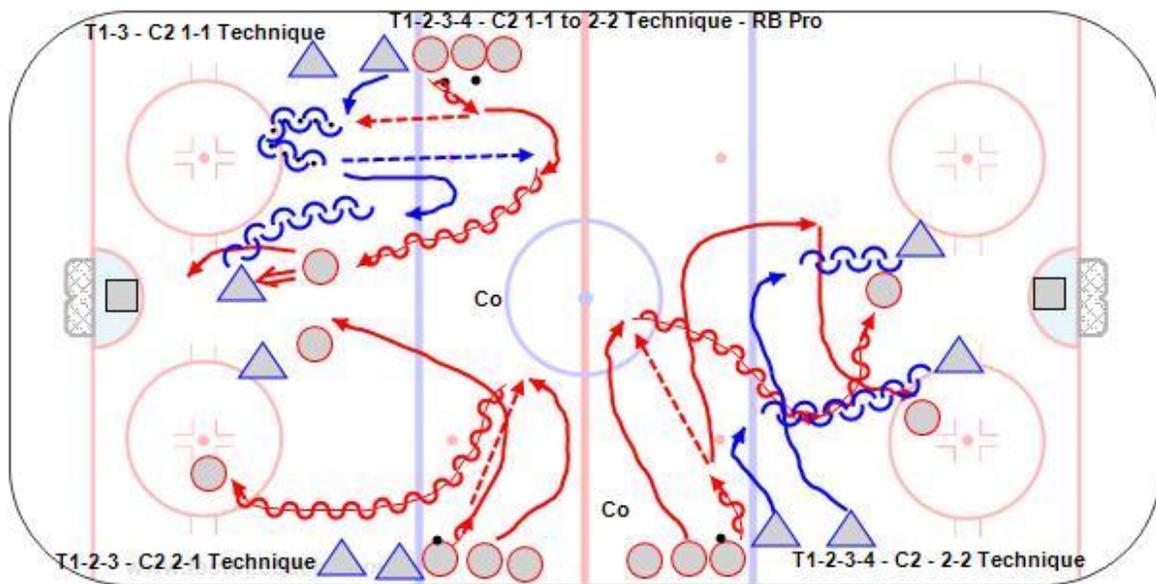
Key Points:

This is a great formation for teaching as the players are close to the coach. Defenders close the gap right away and keep the puck on one side then it is really a 2-2 with the goalie playing the shooter. Attack with speed and cross the mid-line with the puck, a pass or a pass off the pads.

Description:

1. Start with F1 skating toward the red line and getting a pass from F2.
2. D1 skate up and close the gap before the blue line.
3. F1 attack the wide lane and F2 cross behind.
4. F2 be in a good shooting position. Square up if on the off wing.
5. Puck carrier must be a threat and attack with speed.
6. Defender stay in the middle and identify the most dangerous attacker.
7. Coach stop the drill to give input on how to play the situation.
8. Attackers make the first pass early so there is a second play and use the forehand when possible.
9. Defender keep the play to one side and tie up the stick of the player going to the net after a shot.
10. If the puck carrier is wide and deep an option is for the defender to slide outside the strong side post.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150628100521185>



T2-B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

Key Points:

Forwards skate to the big ice with the puck and pass to the outside for a wide entry into the zone. One forward screen and the other cycle high. Defense work on one timers and quick shots or high cycle options like back door plays.

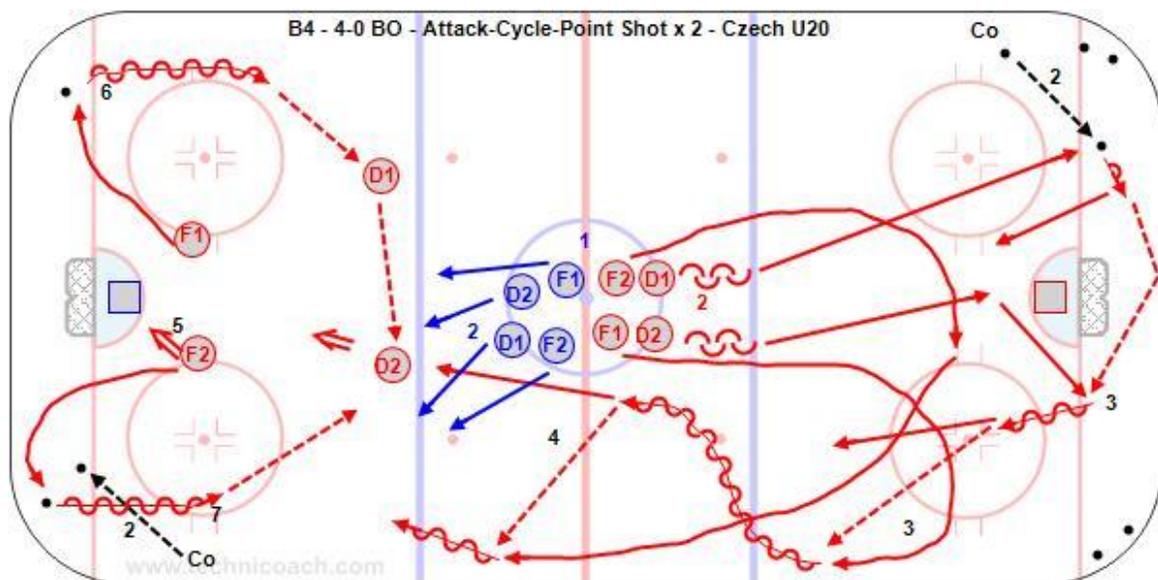
Description:

1. All of the players start from the middle circle.
2. Start with a coach at each end spot a puck on the goal line and D1-D2-F1-F2 leave from each end.
3. D1 shoulder check and pass over to D2 up to F1 or F2, attack 4-0.
4. F1-F2 attack and carry the puck to the 'Big Ice' between the dots and pass to the outside lane.
5. Shoot-rebound.
6. F1 get a puck in the corner and cycle high and pass to D1 to D2 who shoots - F1-F2 screen.
7. F2 get a puck from the other corner, high cycle, pass to D2 to D1 who shoots, screen.

** All of the high cycle options can be practiced with this drill.*

** D joining the rush can also be practiced in this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151011094759598>



T2-B600 Middle Lane Drive 3-0 - 2 F and 1 D - Pro

Key Points:

D jump up and join the rush. First one over the blue line drive the middle lane to the net and the other two save ice forming an attacking V. Pass to either player or the fourth player on the rush or shoot.

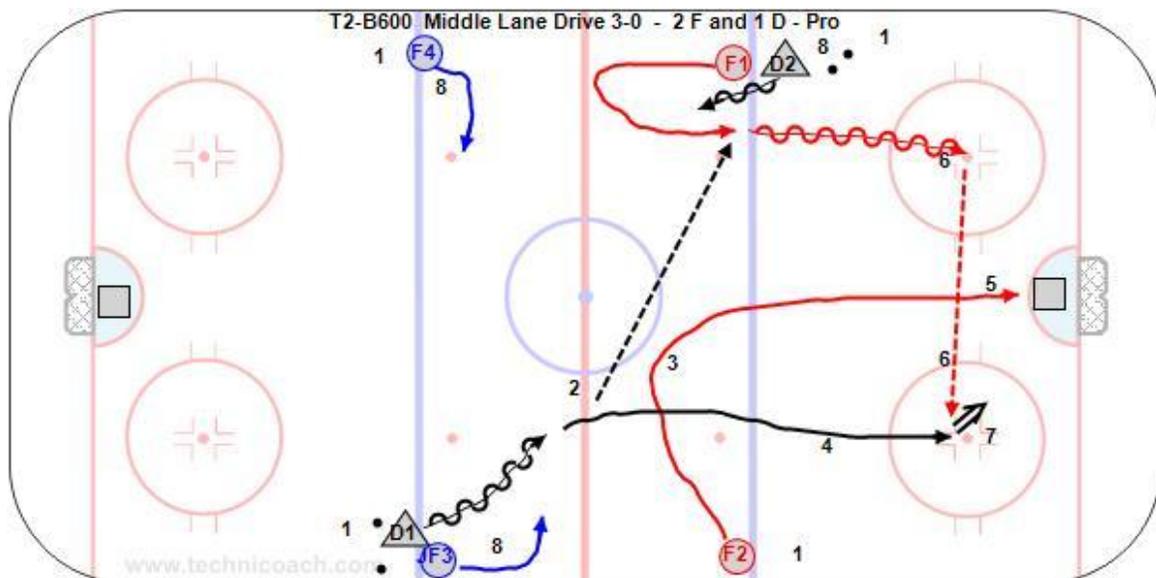
Description:

1. Start at the 4 blue lines, F one side F and D the other.
2. D1 pass cross ice to F1 at the far blue line.
3. F2 cut to the middle from the opposite blue line.
4. D1 join the 3-0 skating up the wide lane.
5. F2 skate hard to the next through the middle lane.
6. F1 pass across to D1 just inside the top of the circle.
7. D1 shoot and all three crash the net for a rebound.
8. D2-F3-F4 repeat in the other direction.
9. Defense switch sides to so the shots come from the other wing.

* To make this a situational drill 1, 2 or 3 attackers could defend the next attack at the same net.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170316155301683>

<https://youtu.be/mAG8TtOymyQ>



T2-B600 Isolate Wide D on 2-2 – Pro

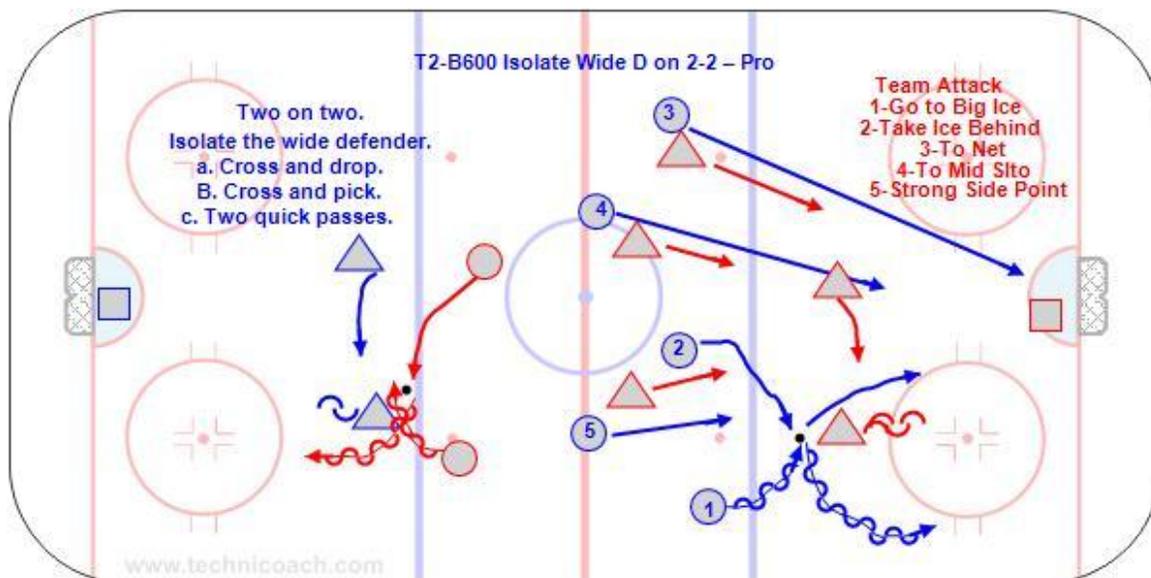
Key Points:

Create 2 on 1's on attacks when the defenders are on the defensive side.

Description:

1. Two or more attackers approach an equal or outnumbered situation such as a 2-2, 2-3, 3-3.
2. Isolate a wide defender by attacking with two players.
3. Force the defenders to decide to stay man or man or switch.
4. The player without the puck cross and take the ice behind.
5. The next player over the blue line go to the net and the fourth player join the attack in the mid slot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121114085725881>



T2-C2 – Neutral Zone Forecheck - Turnover to D and F - Attack 5-2 – Detroit

Key Points:

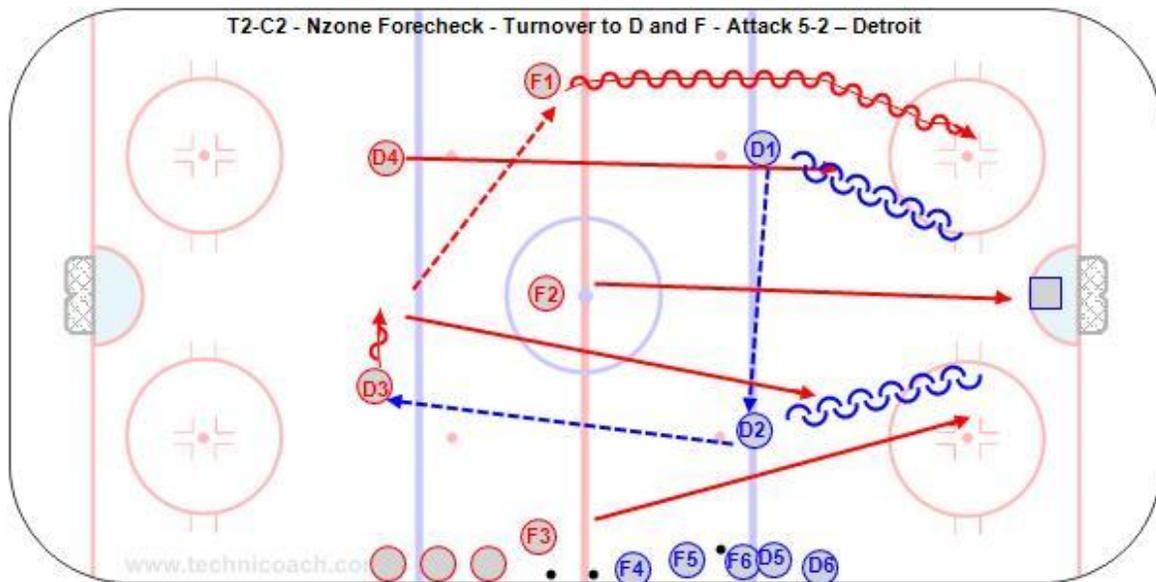
Face the puck, give a target, isolate a wide defender, attack with speed, head man the puck, middle drive.

Description:

1. Players are lined up on one side.
2. One set of D at each blue line.
3. F1-F2-F3 start in the neutral zone and regroup with D1-D2.
4. Defense hinge and then pass and turnover the puck to D3-D4.
5. D3-D4-F1-F2-F3 attack 5-2 vs. D1-D2.
6. F4-F5-F6 repeat and regroup with D4-D5 who turn it over to D3-D4 and they attack 5-2 in the other direction.
7. Change the drill so that the D now turn over the puck to the forwards who quickly attack 5-2.

*Focus on making a quick transition to offense and having all 5 in on the attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141006101020879>



T2-C3 - 1-1, 3-1, 4-2 – Pro

Key Points:

D defend the rush and then join the next attack up the ice. Attack with speed.

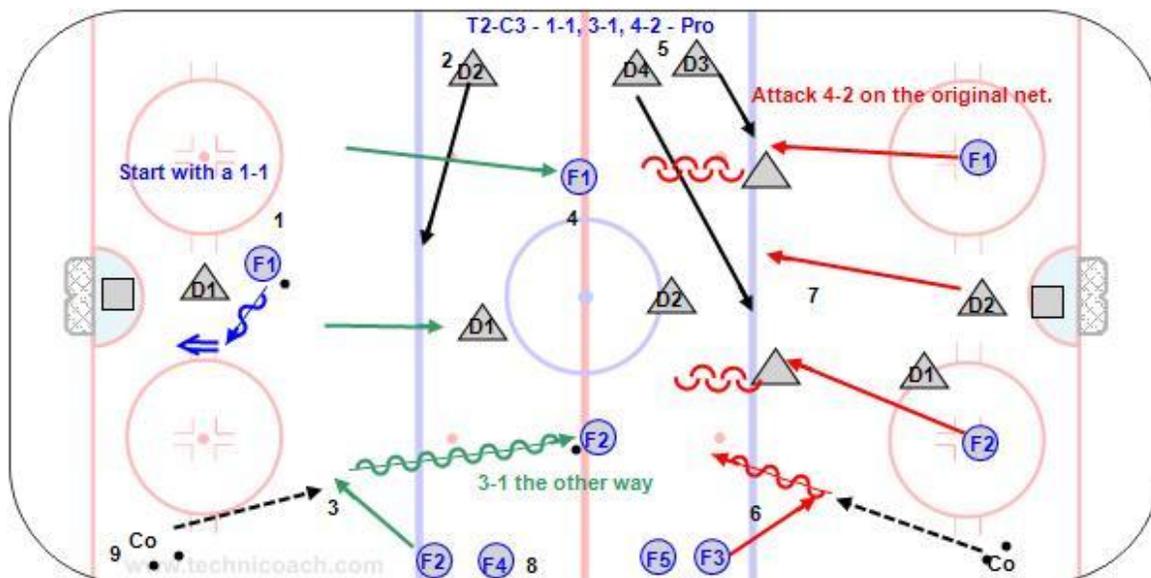
Description:

1. F1 get a pass from the coach and attack vs. D1.
2. D2 follow the play to the point.
3. F2 follow the rush and get a new puck from the coach.
4. F1-F2-D1 attack 3-1 vs. D2.
5. D3-D4 follow the rush to the point.
6. F3 enter the zone and get a pass from the coach.
7. F1-F2-F3-D2 attack 4-2 vs. D3-D4.
8. F4 and D5 follow the rush.
9. F4 get a pass from the coach and attack 1-1 vs. D5.
10. Continue the sequence of 1-1, 3-1, 4-2.

**The next progression is to turn this into a Transition Game starting with a 1-1, D2-F2 follow the play. D1 make a breakout pass to F2 and F1-D1 join the rush 3-1 vs. D2, F3-D3-D4 follow. D2 make a breakout pass to F3 and join the attack with F1-F2-F3 vs. D3-D4.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170731125719370>

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T2-C3 Breakout to Beat the Passive Trap

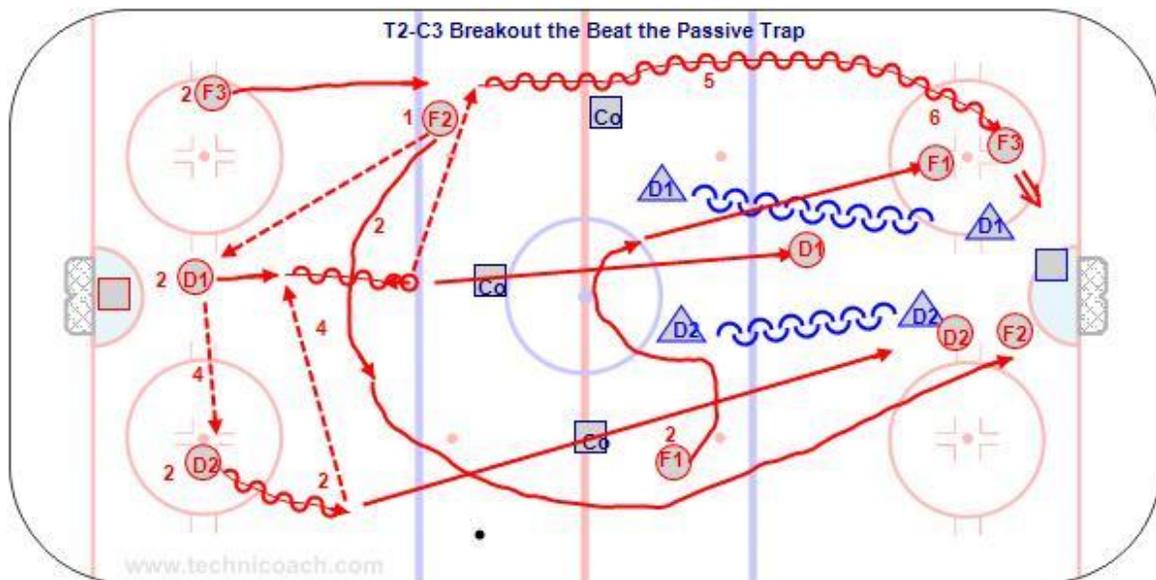
Key Points:

Attack 5 on 2 but 3 coaches are in the neutral zone lanes to mimic the nzone trap. Get the puck deep behind the defenders. Play 5-2 in the zone.

Description:

1. C pass back to middle D.
2. F1 Stretch, F2 low middle support, F3 and D2 in wide lanes, D1 in middle.
3. Hinge wide and back to the middle.
4. Pass wide and make a wide entry.
5. Attack with 4 players in the scoring zone.
6. Repeat in the other direction.

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T2-C3 Breakout-Double Regroup 5 on 2 – Pro

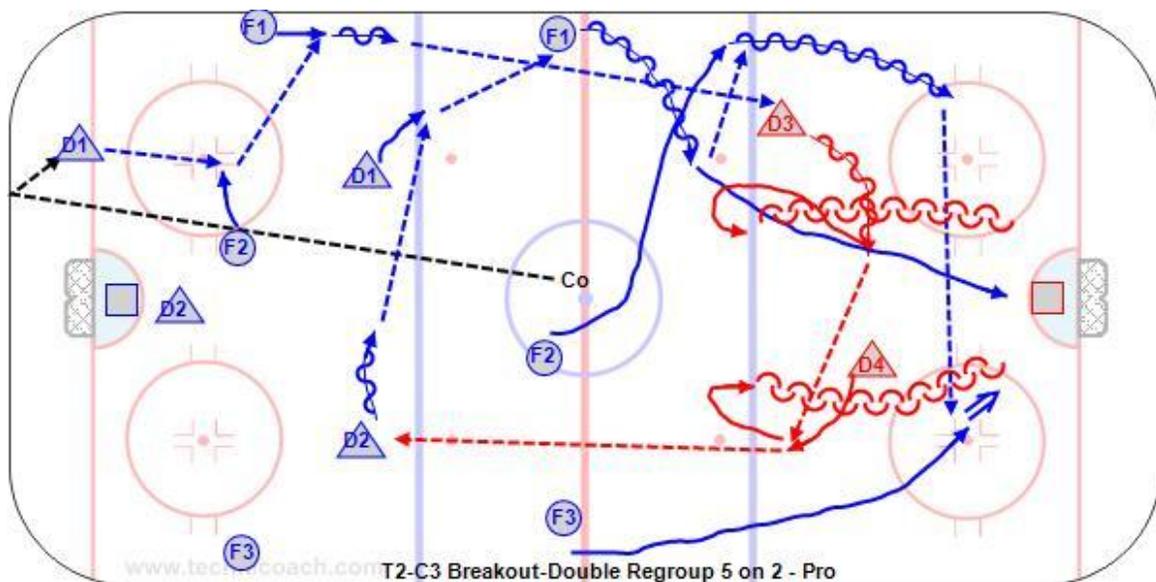
Key Points:

Face the puck and time movement with the play. Fill the three lanes and get to the Big Ice in the neutral zone if possible. Attack with a middle drive if D have a good gap.

Description:

1. Coach dumps puck in.
2. Blue team breaks out.
3. Blue regroup with Red D.
4. Red D simulate a neutral zone turn-over and pass to Blue D.
5. Blue regroup in neutral zone.
6. Blue attack Red D 5 on 2.
7. Give 10" from the start of the regroup for Blue to score.
8. Sprint out of the zone on the whistle.

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T2-C3, 5 on 2 Four on Attack Pt 1 and Pt 2

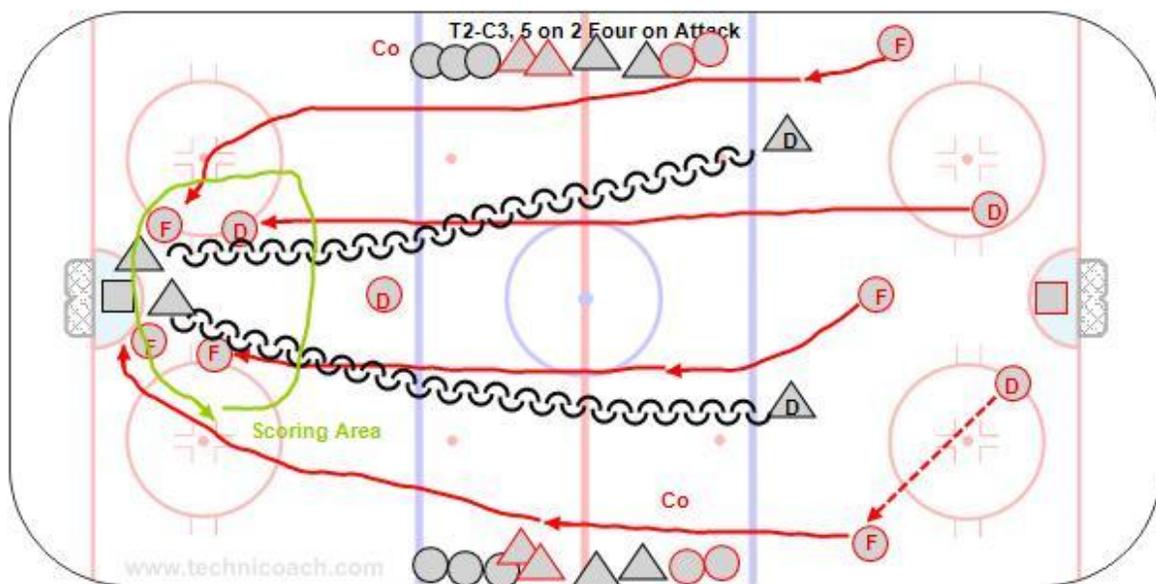
Key Points:

There must be 4 on the attack to be effective. One D must read good possession and then join the play.

Description:

A Part of the 5 on 2

1. Breakout 5 vs 2.
2. Usually the weak side D reads good possession and join the rush inside the circle.
3. The other D support from the strong side middle point.
4. If it looks like a turnover the rushing D or high forward drop back to the point.



T2-C3, 5 on 2 Four on Attack Pt 2

Key Points:

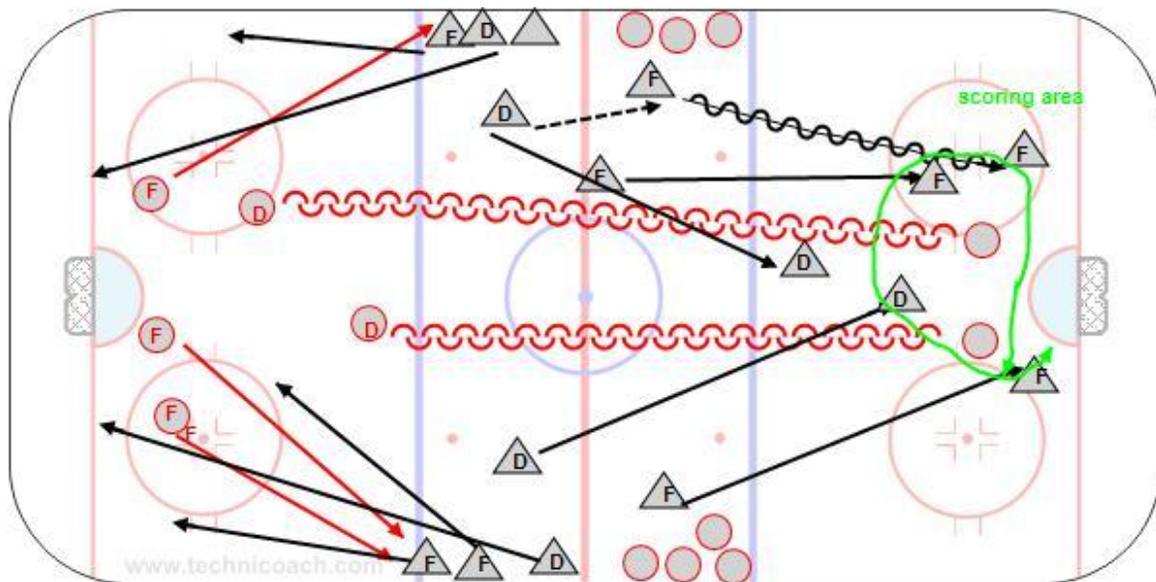
Attack with 4 in the other direction.

Description:

B Part of the 5-2 Drill

1. When the attack is over the coach blows the whistle.
2. Five new players attack vs the 2 D who were just on offense.
3. One D join the rush at least to the top of the circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163950468>



T2-C6 - 5-2 Middle Drive - RG - 5-2 – Pro

Key Points:

Attack with a single or double middle lane drive and D jump up as the trailer. On regroup the D should think quick up and look middle, then wide then go D to D if the puck can't be passed up ice.

Description:

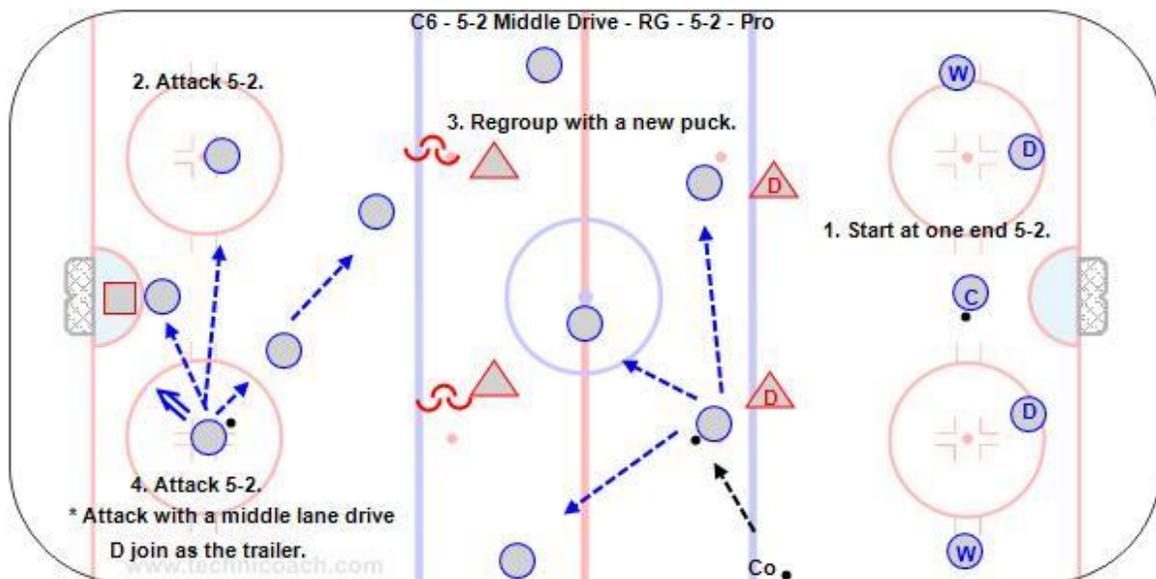
1. Start at one end 5-2.
2. Attack 5-2.
3. Regroup with a new puck.
4. Attack 5-2 a second time.

* Quick ups within 3" attack a disorganized D, slow up attack vs. an organized defense.

* Attack with the first 4 players up the ice, #4 is the trailer.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017021811192111>

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C600 Breakout x 2 - 3-2 - U18

Key Points:

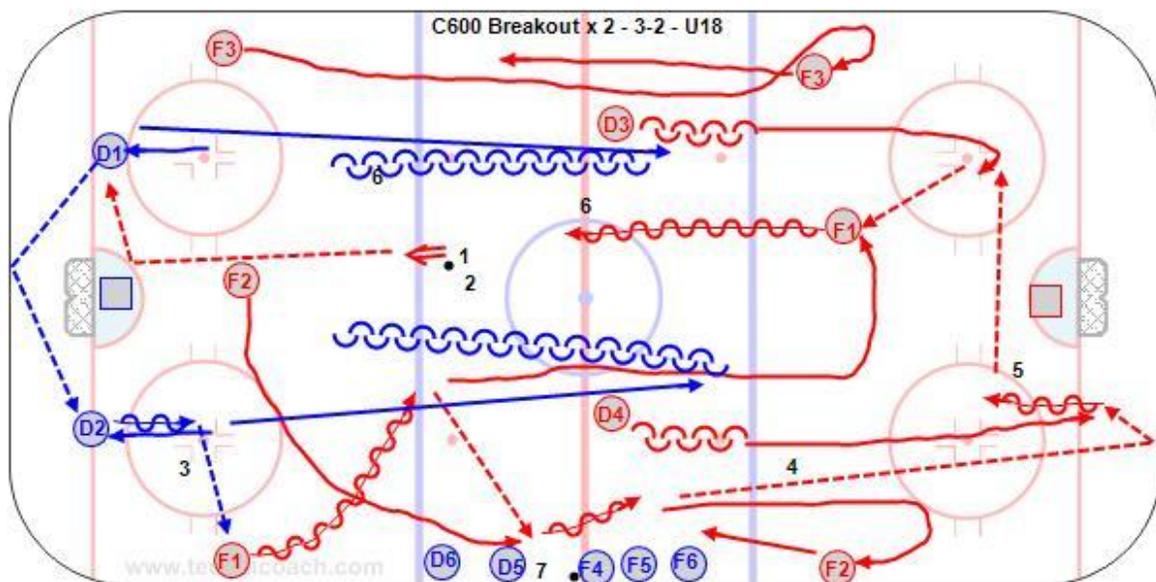
Give a target, everyone move together, pass to the outside and skate with the puck between the dots, attack with speed on the 3-2 with a middle drive.

Description:

1. F1-F2-F3 and two sets of defense, D1-D2, D3-D4 start in the neutral zone.
2. One forward dump the puck in or shoot at the goalie.
3. F1-F2-F3-D1-D2 breakout and the coach call various breakout options.
4. Cross the red line and shoot the puck into the other end or on net.
5. F1-F2-F3-D3-D4 breakout from the opposite end.
6. F1-F2-F3 attack 3-2 vs. D1-D2 and play out the first rebound.
7. F4-F5-F6 repeat and breakout first with D3-D4 then with D5-D6.

**Option: add a regroup and second breakout alternating sides so both D make the first pass.*

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T2-B600 Isolate Wide D on 2-2 – Pro

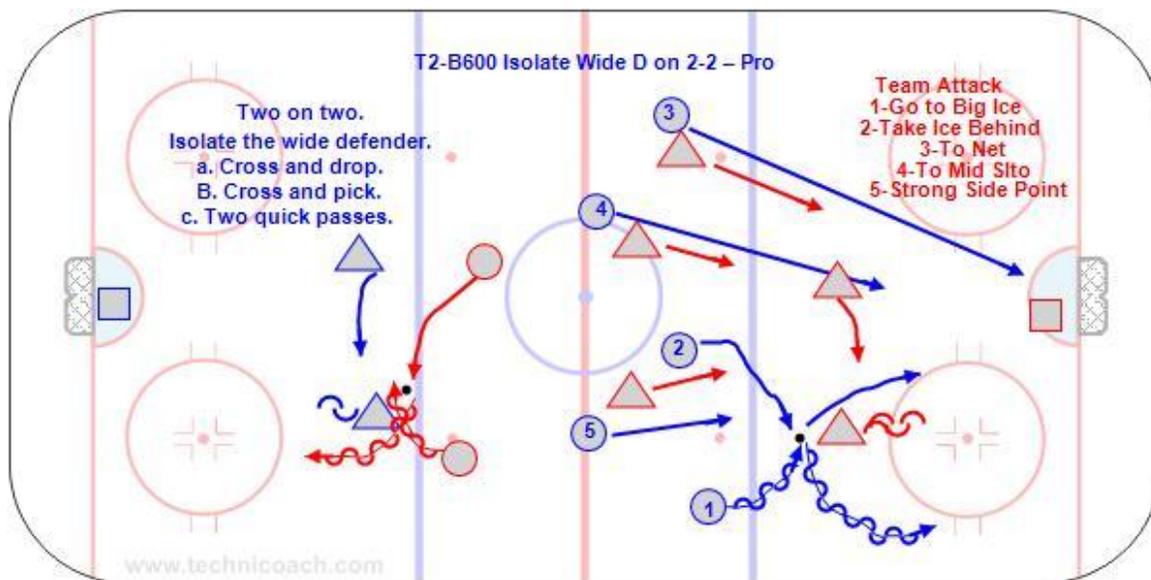
Key Points:

Create 2 on 1's on attacks when the defenders are on the defensive side.

Description:

1. Two or more attackers approach an equal or outnumbered situation such as a 2-2, 2-3, 3-3.
2. Isolate a wide defender by attacking with two players.
3. Force the defenders to decide to stay man or man or switch.
4. The player without the puck cross and take the ice behind.
5. The next player over the blue line go to the net and the fourth player join the attack in the mid slot.

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T2-D400 Power Play 5-3 - Pro

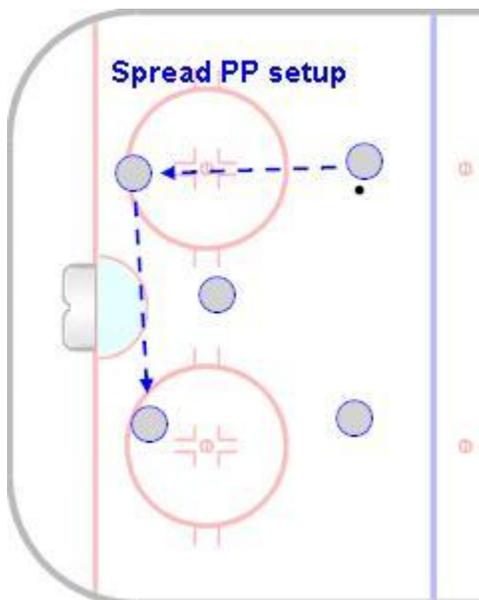
Key Points:

Move the puck quickly to produce one timer shots and back door plays. Outnumber the pk on rebounds.

Description:

1. Set up a 5-3 power play at each end and work one end at a time.
2. Coach spot the puck to start.
3. Power play use one touch passes and shots to score.
5. Power play should use rotation, screens, picks.
6. Player in front screen on point shots and kick back when the puck is low on a side.
7. To spread the pk the low players can start below the goal line and pass behind or walk out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201309181814277>



T2-T4 Defensive Zone Coverage or Offensive Zone Attack Practice

Key Points:

It is a combined man to man – zone defense. Tight man to man on the player with the puck and any player in the slot. Zone defense with the head on a swivel, stick in the passing lane and a Man-You-Puck triangle to stay aware of your man. If someone loses a 1-1 then the support player plays a 2-1 defending the puck carrier and his man.

Description:

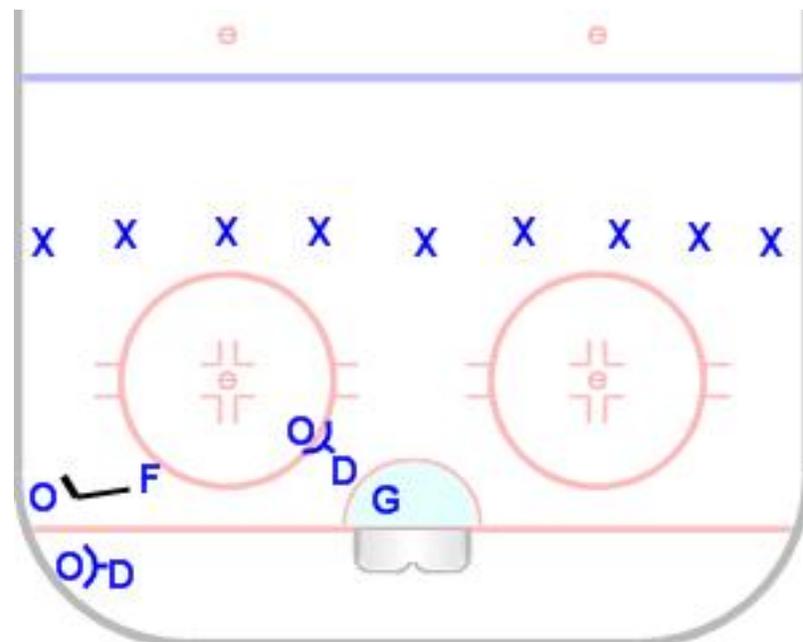
1. On the 3-3 the players line up at the top of the circle and shoot in any puck that is dumped out or if they can't the coach shoots in another puck for a 30 second shift.

Players must communicate all of the time.

2. On the 5-5 the players keep the puck in from outside of the blue line and coach add a new puck if it is fired down the ice. Play 30 second shifts and switch.

The players freeze where they are if the coach blows the whistle to give instruction.

3 on 3 Low Zone



5 on 5

