

**C – ABC Game Situation Drills Manual –
2019 Starting With 1-1
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Tom Molloy**

**A PROGRAM FOR DEVELOPING THE
COMPLETE PLAYER**

PART I

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EFFICIENT USE OF THE RINK



A Program for Developing the Complete Player

A Program for Developing the Complete Player includes all possible aspects of development and self-improvement. **It is focused on the game itself.** There are numerous modified games to create movement and understanding of game principles. Game-like activities also promote fitness and make practices a lot of fun. It is a “learn-by-doing” method.

Anyone who joins a hockey team wants to PLAY hockey. This is why players always organize their own street and ice-hockey games when there is **no coach** around.

Our idea is to promote the game by following **the natural way** that a player would learn the game with his or her friends. We give coaching guidelines to help the coach and players **learn by doing**. Everything takes time. The coach has to repeat the exercises many times to develop effective players and become an effective organizer. Therefore we use very few takeoff points in our on-ice practices. The repetition, with little instruction and maximum movement during practice, is the key to learning.

The Four Game-Situation Playing Roles are the theme that we follow throughout the entire teaching system, in both the skills and the games.

- ❶ **The first game-situation playing role develops individual offensive skills, using drills and games.**
- ❷ **The second game-situation playing role practices supporting the puck carrier by getting open, screening, picking and giving width and depth to the offense.**
- ❸ **The third game-situation playing role focuses on individual defensive skill, learning to play a defensive 1-on-1, always maintaining the defensive side.**
- ❹ **The fourth game-situation playing role is concerned with supporting the first checker by covering man-to-man or in a zone.**



Another consideration is the loose puck situation or transitions from defense to offense. The drills progress to going on defense after losing the puck, and going on offense after regaining puck possession. These games have **natural transition situations** which are hard to duplicate using drills.

We try to use common sense. When the great athletes of another era learned to play by scrimmaging for hours, they were not wasting time. The NBA gets its great basketball players from the big city playgrounds, where the kids play pick-up games all day and learn **to create moves** that most coaches would never allow. In the last 20 years we have become focused on teaching drills instead of hockey, making practice very static and not very enjoyable.

Playing games in practice doesn't mean that the time is wasted. However, every simplified and modified game in our system has a purpose. **The drills are important** in developing individual skills. These skills are improved when modified games are played. Once the physical skills are developed the players must learn to use them **in realistic game-like situations** where they are forced to read the play and make good decisions.

Anatoli Tarasov revolutionized on-ice practices and worked to develop the complete athlete in ice hockey. Our system is a synthesis of all of the techniques used in the international game. The drills and games are not the answer; they are techniques for a systematic way of repeating the concepts that teach a player **to be in the right place at the right time**. The system deals with **both on- and off-ice** practices. A good on-ice practice is best because the ice is where the game is played.



QUALITY PRACTICE

Ice hockey was first learned very naturally. It was based on the players' own initiative and creativity. The natural way was learning by doing. Times have changed and now players learn the game in drill-oriented practices organized by the coaches. And so we ask: **"What is the most effective yet natural way to learn to play the game during organized practices?"**

To start with, hockey is learned by moving. To guarantee hockey movements the coach must be a very good **organizer**. He or she must learn how to use the ice effectively and avoid **"dead moments"**, when the players are standing in line, doing nothing for long periods of time.

This teaching method is designed to help the coach run effective and active practices. It contains **18 different formations** from which the coach can operate and manage. He only needs to handle the lines or rows of players which are positioned in various parts of the rink. The advantage of **minimizing drill formations** and repeating familiar takeoff positions is unquestionable. The players and coach become very familiar with the basic formations, leaving more time for practicing hockey. This simple organization allows the coach **to manage effective practices**. This enhances his coaching ability and self-esteem.

The most challenging part of our 30 years of coaching experience has been to find the simplest patterns for practice organization. From these simple **basic formations** you can work on all hockey skills and tactics.

We have coded the formations and exercises in a progressive manner, **from simple to more difficult**. The coach should choose the formations and individual or team tasks that suit his practice goals, with his players skill development and age in mind. This system can be used **from the beginner to the professional level**.

We have given the formations and some examples of drills and exercises that can be done. The coach can expand on these basics by using the formations and **his/her imagination and creativity**. Add tasks, move pucks; have the players do coach-designated tasks at one end and read and react at the other. This is the art of coaching. We have included an exercise **bank of drills** as an extension of this system. The key idea is to create realistic situations, where they occur in a game.

The players are the ones that need to learn to play the game, **developing the skills and using them at the right time and place**. When the coach has his team practice skills in game-like situations the players will learn to play in all parts of the ice, and also have the ability to read the play and react in imaginative and effective ways.

This system is natural because it **duplicates realistic situations**. Stay within the teaching **system**, add your own variations to the exercises, and you will take a **shortcut** to being a great coach.

BASIC FORMATIONS

A

Learning to Balance and Move on the Ice

- skating posture
 - beginning skating routines
 - balance exercises on the ice
- power skating
 - using the stick while skating

B

Introduction To Basic Hockey Skills

- beginning goaltending
 - goaltending stance
 - goaltender movement
 - playing various shots
 - introduction to shooting
 - passing and pass receiving
 - gaining possession of loose pucks
- methods of angling and stickchecking the puck carrier
 - bodychecking techniques
 - fakes with the puck
 - angling the puck carrier
 - 1-on-1 contests

C

Game-Situation Skills

- movement with the puck
 - 1-on-1 and all other situations that occur in a game
 - cooperation of 2 players in various offensive and defensive situations
- cooperation of 3, 4 and 5 players in offensive and defensive situations
 - breakout plays
 - power plays
 - penalty killing

D

Games and Modified Games

- regular game
 - modified games with special rules, often using only part of the rink
 - games that emphasize specific player roles
- games that stress creating or restricting time and space
 - games to teach team play
 - special games for power play and penalty killing

E

Cool Down Activities

- breakaway contests
 - skill contests
- games for fun

F

Goaltending Techniques

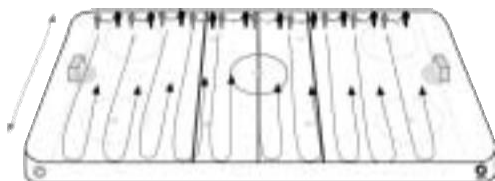
Goaltending teaching sequence, can be added to any module or during times when the goalie is inactive



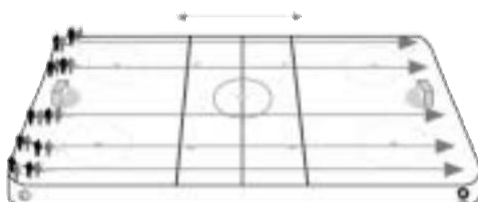
BASIC FORMATIONS

A

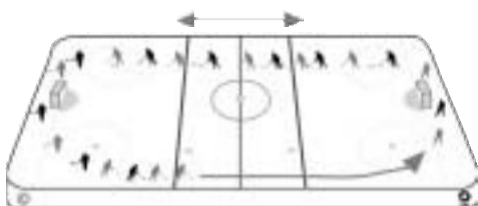
A1



A2



A3



B

B1

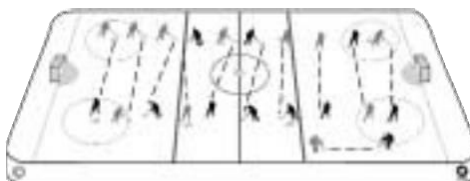


B2

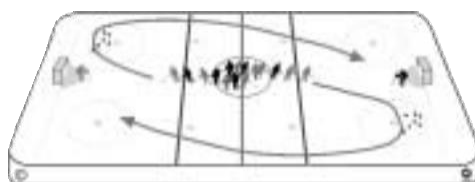


B

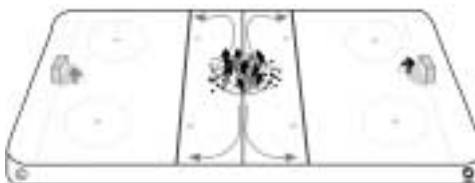
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B4



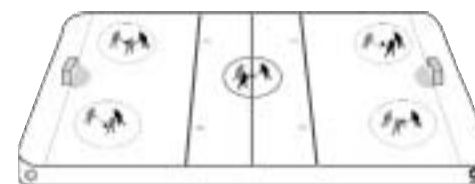
B5



B6



B7

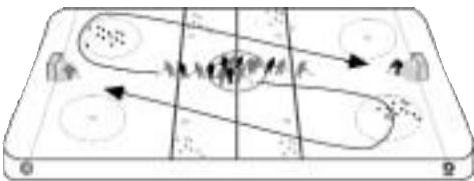




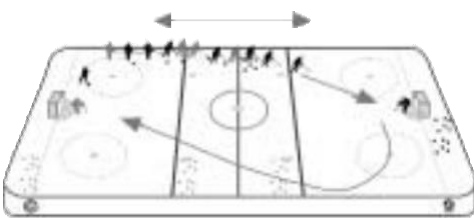
BASIC FORMATIONS

C

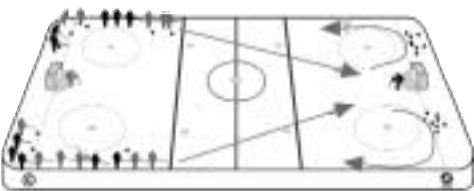
C1



C2

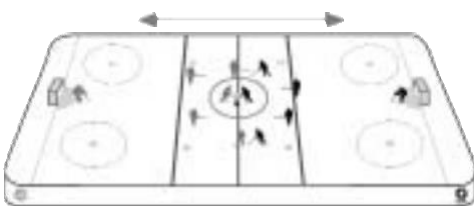


C3



D

D1

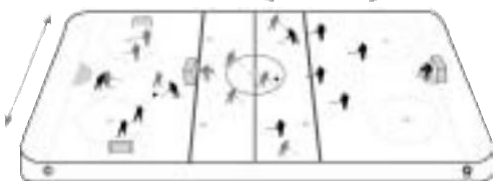


D2

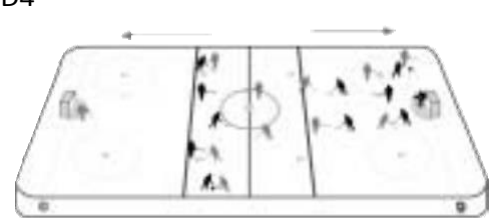


D

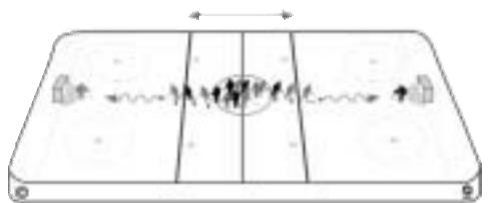
D3



D4



E



G

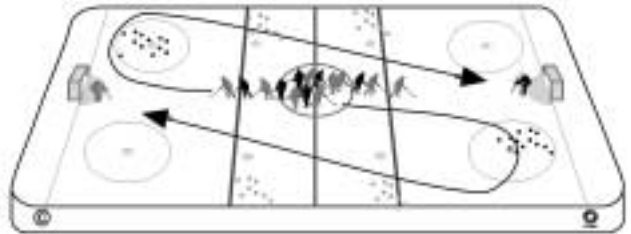




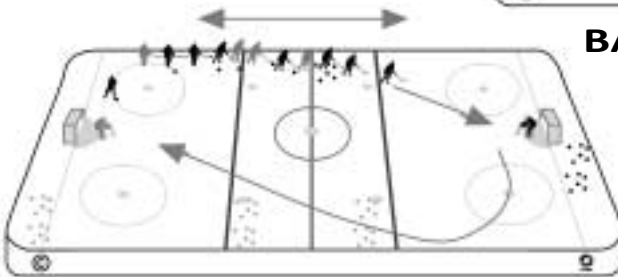
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C. MAIN PART – Game-Situation Skills

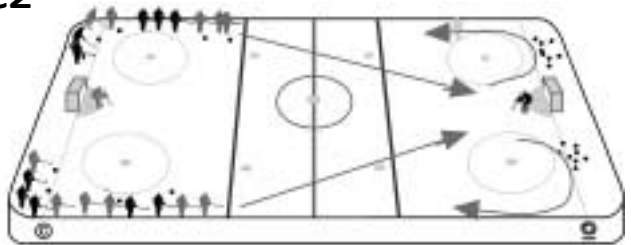
- movement with the puck
- all even-man and odd-man situations that happen in a game
- cooperation of 2 players in various offensive and defensive situations
- cooperation of 3, 4 and 5 players in offensive and defensive situations
- breakout plays
- power plays
- penalty killing



BASIC FORMATION C1



BASIC FORMATION C2

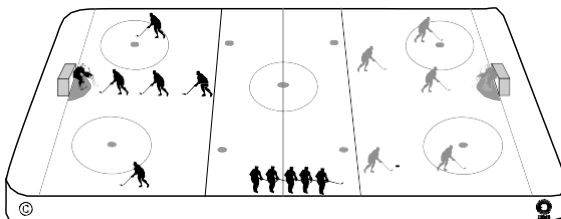


BASIC FORMATION C3

EXERCISES – Game Situation

These drills are designed to be as **game-like** as possible and skills are practiced **in the areas on the ice** where they occur in real games. For example, passing, receiving, breakouts, even-man and odd-man situations are all designed so they **imitate games** as closely as possible. By doing this the players learn **to read the play and react** in effective ways to situations. **Timing routines** and **set breakout routines** are also used to practice the options with which players are faced during games.

At the higher levels of skill the **C** drills are used more; the **A** and **B** drills are used only **for review** and **for warm-up**.

**CARD 123****LEVEL 4****POWER PLAY & BREAKOUT PRACTICE****C2 FORMATION**

The players are in units of 5 with the extra players lined up along the boards in the neutral zone.

2 groups practice the power play options at once:

1. Group 1 practices at 1 end for 1 minute.
2. On the whistle they dump into the far end and do a controlled power play breakout.
3. They skate to the original end and practice the power play for another minute.
4. Group 2 skates into the vacant end and works on the power play.

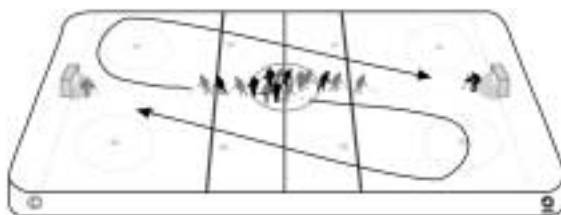
5. On the whistle, Group 1 leaves to rest in the neutral zone and Group 2 dumps the puck down the ice and breaks out.

6. Group 3 practices in the vacant end.

7. Repeat sequence:

1. Practice
2. Breakout
3. Practice
4. Rest

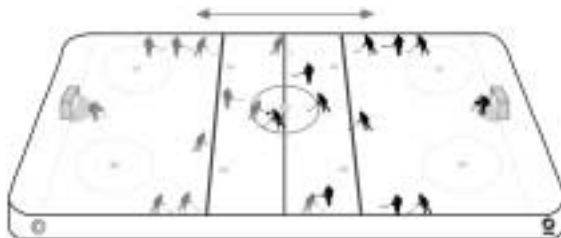
(George Kingston)

CARD 124**LEVEL 3****LEARNING THE GAME****C1, BREAKOUT ROUTINE 1**

First 1, then 2 then 3 players leave after they shoot a puck into the corner. Start as in a breakout and make the following number of passes. Finish with a shot on net.

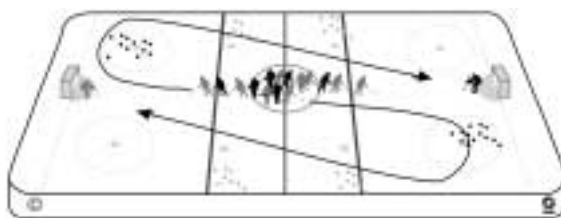
- 1-0, skate a figure 8 between the blue lines.
- 2-0 maximum of 1 pass before shooting.
- 3-0, maximum of 2 passes before shooting.
- Move the pucks to the other corner; go in reverse order of 3, 2, 1, doing the same number of passes.

C1-3023

CARD 125**LEVEL 3****LEARNING THE GAME****D, ORIENTATION – LEARNING AND TEACHING THE GAME**

The main principle of learning is to move from simple to complex. This principle also applies when learning to play hockey. The best place to develop hockey skills is on the ice. The countries that have natural ice have a great advantage in learning to skate. In-line (roller) hockey, street and floor hockey, and all ball games, especially goal-orientated games, help the player not only to learn the game, but also how to use the techniques in the right time and the right place. The reality in most places is that the young players seldom have the luxury of an expert as a coach. This is why we promote regular and modified games as the greatest head coach and the best teacher.

D-3004

**CA RD 161****LEVEL 4****BASIC SITUATIONS****C1, BASIC FORMATION**

shoot on the net and then get another puck. Each line skates toward the other end of the rink. Different game-like tasks are done while skating toward the far net. This formation can be used for A and B drills, then move into more complex C exercises.

C coded exercises take the individual skills learned in the A exercises, and the partner skills learned in B exercises, and puts them into more game-like situations. In C exercises the main purpose is to score while on offence; to prevent a goal, and regain possession of the puck while defending. In C1 the players are lined up in a row in the neutral zone with each half facing the goal at their end of the ice.

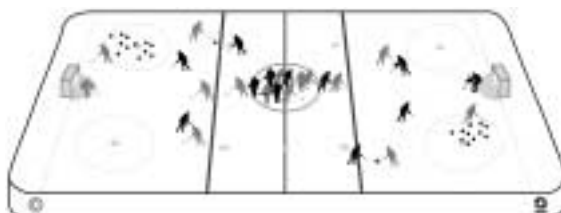
The players leave the line, skating toward their own net, turn the other way at the faceoff circle or else

C1-3001

CARD 162**LEVEL 4****BASIC SITUATIONS****C1, 1-ON-1 FORECHECKING**

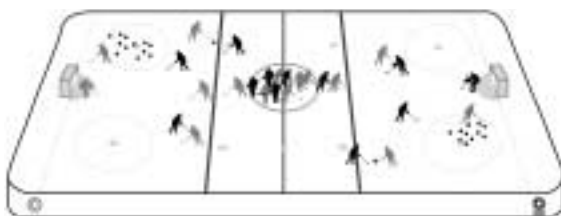
The players are lined up in the basic C1 Formation. Pucks are in the middle of the ice. The first skater shoots the puck into the corner, then skates and gets it, and tries to cut up to the "big ice" between the dots. The second player leaves about 2 seconds later. This is the forechecker who forces the puck carrier to an outside lane. Allow the puck carrier to skate a little ahead, so he can't cut to the inside. Steer the play wide and angle to the boards by approaching at the back shoulder of the puck carrier, then finish the play with an angle check.

C1-3002

CARD 163**LEVEL 4****BASIC SITUATIONS****C1, 1-ON-1
WITH STICK UPSIDE DOWN**

1-on-1 defenseman without stick, or the stick held upside down. First player gets a puck from the corner and attacks the second player who skates backwards like a defenseman. Stress that the defender skates at an angle toward his net and keeps the attacker in the outside lane.

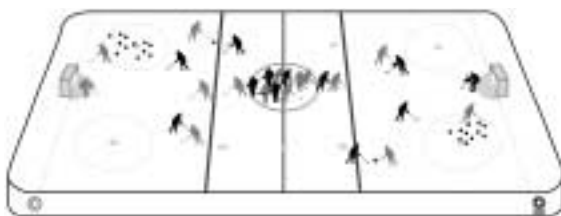
C1-3003

**CARD 164****LEVEL 4****BASIC SITUATIONS**

**C1, 1-ON-1
STRESSING A TIGHT GAP**

1-on-1, “playing a tight gap” in the neutral zone, deny the mid-ice lane and force the player wide. Close the gap by the blue line and play off the attacker’s back shoulder by not pivoting until the attacker is parallel to you. This prevents the attacker from cutting into the middle lane.

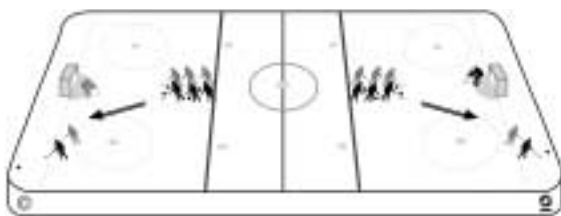
C1-3004

CARD 165**LEVEL 4****BASIC SITUATIONS**

**C1, 1-ON-1 STRESSING
KEEPING SHOULDERS SQUARE TO
THE ATTACKER**

Pucks are in the opposite corner at each end of the ice. The first player leaves and picks up a puck. The second player leaves a few seconds later, turns to skating backwards at the top of the circle and plays as a defenseman. The defender should skate backwards toward the far post, forcing the play to the outside. Pivot to the outside and flare out by facing the attacker with your chest, then approach with the angle at the back shoulder. Steer the attacker toward the corner, staying on the defensive side between him and the net. Stay with the attacker, even if he delays. Finish with a bodycheck and pin.

C1-3005

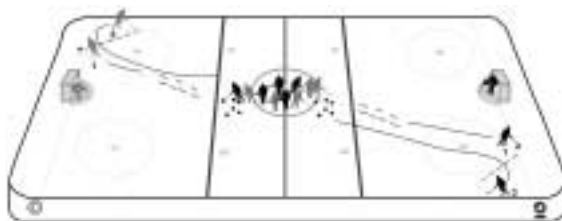
CARD 166**LEVEL 4****BASIC SITUATIONS**

**C1, 1-ON-1 DEEP IN THE
DEFENSIVE ZONE**

The pucks are in the middle circle. 2 players leave from the C1 formation. The second player shoots the puck into the corner and they race after the puck. The first player is on offense and the second player defends. The defender has to make his decision whether to:

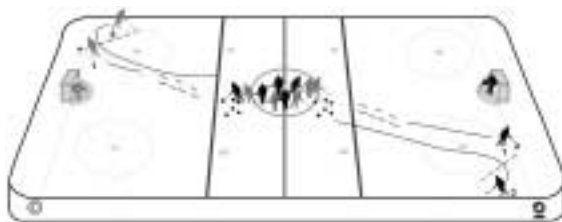
- Create immediate pressure on the puck carrier.
- Approach from the back and pin.
- Angle from the side (approach by angling off his back shoulder then making contact).
- Or, if he is facing the opponent, then close the gap, pivot to skating backwards and block the puck carrier’s way to the net.

C1-3006

**CARD 167****LEVEL 4****LEARNING THE GAME****C1 , BREA KOUT ROUTINES**

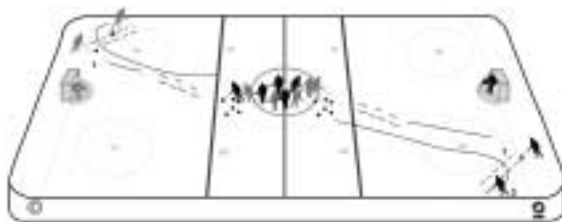
The pucks are in the middle faceoff circle. 1 player dumps the puck either at the goalie or into the corner. The players skate into the zone and do the various breakout options. The players shoot on the net at the opposite end.

C1-3007

CARD 168**LEVEL 4****LEARNING THE GAME****C1 , BREA KOUT ROUTINE 1,
2- ON -1 , 1 PASS TO 3**

Player 1 leaves skating backwards and player 2 dumps the puck into the corner. Player 1 turns and skates forward, looking back each way before he gets the puck. He drive-skates, passes to his partner (3) who has assumed the role of the first forward on the breakout (3) and gets on the boards for a pass. He must always face the puck and time his skating so he is moving when the passer turns up ice. He cannot leave the zone before the puck.

C1-3008

CARD 169**LEVEL 4****LEARNING THE GAME****C1 BREA KOUT ROUTINE 2,
2- ON -1 , 1 PASS TO 3 PASS TO 1**

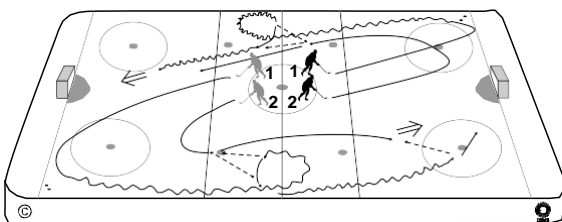
Player 1 leaves, skating backwards and player 2 dumps the puck into the corner. Player 1 turns and skates forward, looking back each way before he gets the puck. He drive-skates, passes to his partner (3) who has assumed the role of the first forward on the breakout (3) and gets on the boards for a pass. He must always face the puck and time his skating so he is moving when the passer turns up ice. He cannot leave the zone before the puck. Number 3 takes the pass and passes back to number 1.

C1-3009

**CARD 170****LEVEL 4****LEARNING THE GAME****C1, REGROUPING, 1-ON-1**

2 players leave. Player 1 skates, picks up the puck, skates to the red line, then turns back and skates to the original blue line. Player 1 now tries to score versus player 2, who has mirrored player 1 from the defensive side and now defends his goal 1-on-1.

C1-3010

CARD 171**LEVEL 4****LEARNING THE GAME****C1, 2-ON-0, NUMBER 1 AND
NUMBER 2 REGROUPING**

2 players leave. Player 1 skates, picks up the puck, skates to the red line, then turns back and passes to the second player, who follows the play from about a half zone behind. Player 1 now gets open for a return pass and they attack 2-on-0 versus the far goalie.

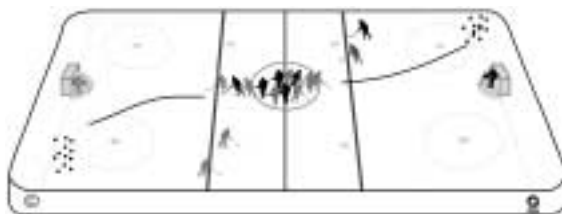
- Number 1 give-and-go with number 2 in the neutral zone, then they go down the ice and shoot.

C1-3011

CARD 172**LEVEL 4****LEARNING THE GAME****C1, 2-ON-0, SCORING**

By limiting or increasing the number of passes between 2 players the coach can emphasize different aspects of cooperation between the 2 players. The basic rule is: **fewer passes, more individual action; more passes, more cooperation.**

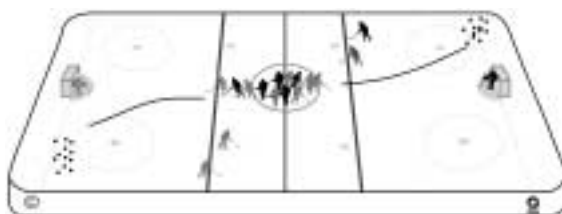
C1-3012

**CARD 173****LEVEL 4****LEARNING THE GAME**

**C1, 2-ON-0, SKATE,
1 PASS A N D SHOOT**

2 players leave from the C1 basic formation at the same time. 1 player picks up the puck. They have a maximum 1 pass before shooting.

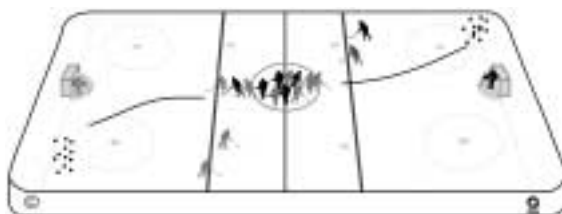
C1-3013

CARD 174**LEVEL 4****LEARNING THE GAME**

**C1, 2-ON-0, SKATE, 2
PASSES A N D SHOOT**

2 players leave from the C1 basic formation at the same time. 1 player picks up the puck. They have maximum 2 passes before shooting.

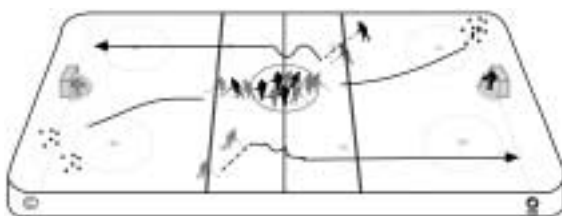
C1-3014

CARD 175**LEVEL 4****LEARNING THE GAME**

**C1, 2-ON-0, SKATE, 1 PASS IN
EACH ZONE A N D SHOOT**

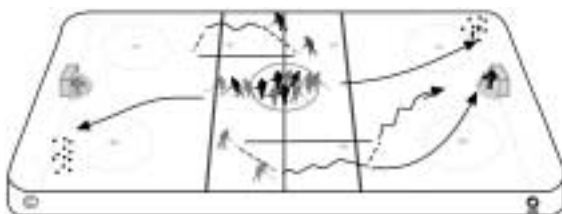
2 players leave from the C1 basic formation at the same time. 1 picks up the puck. They have to make 1 pass in each zone before shooting.

C1-3015

**CA RD 176****LEVEL 4****LEARNING THE GAME****C1, 2-ON-0 SKATE, PASS,
2 PASSES A N D SHOOT I N**

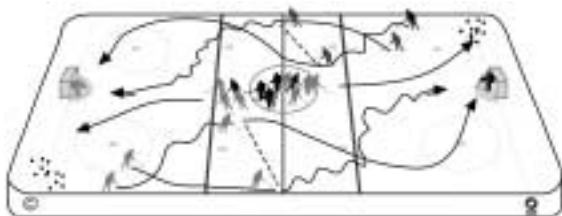
2 players leave from the C1 basic formation at the same time. 1 picks up the puck. They have to pass twice and then shoot in the puck. Once they get the puck only 1 pass may be made before shooting.

C1 -3016

CARD 177**LEVEL 4****LEARNING THE GAME****C1, 2-ON-0, – GIVE AND GO**

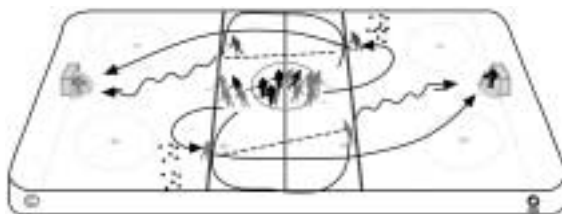
In the basic C1 formation 2 skaters leave at the same time. Player 1 picks up a puck and they skate down the ice while making give-and-go passes. They shoot and rebound.

C1-3017

CARD 178**LEVEL 4****LEARNING THE GAME****C1, 2-ON-0, WING AND
CEN TER SWITCH**

In the basic C1 formation 2 skaters leave at the same time. Player 1 picks up a puck and they skate down the ice. The players switch positions, crossing and filling each other's lanes. The puck carrier should skate to the middle with the puck and then pass to the outside lane. This middle position allows the puck carrier more passing options.

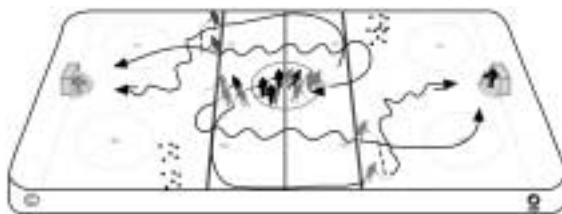
C1-3018

**CARD 179****LEVEL 4****LEARNING THE GAME**

**C1, 2-ON-0, PASSING TO THE
STRETCH M A N**

From the basic C1 formation, place the pucks just inside the blue line. Player 1 skates for a puck, turns up ice and crosses the blue line, then quickly passes to player 2 who has become the stretch man up at the offensive blue line.

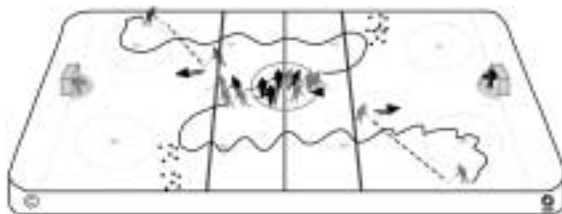
C1-3019

CARD 180**LEVEL 4****LEARNING THE GAME**

C1, 2-ON-0, LATERAL FEED

The first player carries the puck up the ice and gains the blue line in the middle lane where he passes back to the second player who was the stretch man in the far lane, who drives to the net for a shot.

C1-3020

CARD 181**LEVEL 4****LEARNING THE GAME**

**C1, 2-ON-0, DELAYING ALONG
THE BOARDS**

From the C1 formation, player 1 picks up a puck at the top of the faceoff circle and skates down the boards, gaining the blue line and pivoting to the outside when he is about halfway into the defensive zone. Player 2 skates down the middle lane and supports the puck carrier by getting open for a pass. After the delay pivot the pass is made and a direct shot is taken by player 2.

C1-3021

**CARD 182****LEVEL 4****BASIC SITUATIONS****C1, 2-ON-1, 2 OFFENSIVE PLAYERS
VERSUS CHECKERS**

- Puck carrier must be a threat so defender cannot overplay pass.
- Make first pass by the top of the slot, this makes second play possible. Use forehand passes when possible.
- Attack as quickly as possible to eliminate backcheckers.

2-O N-1 DEFENSIVELY

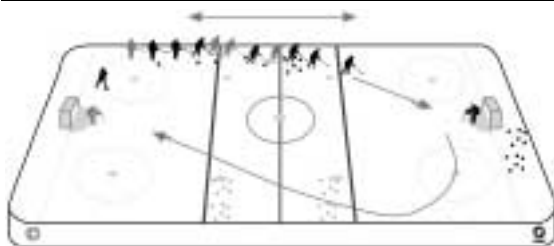
- Stay in middle of attackers; delay play as much as possible. Goalie take the shooter; defender deny the pass.
- Don't allow puck carrier to break in post to post.
- On trailer in middle lane, line up with trailer and rush him with the stick in the passing lane when a trailer pass is made.
- Cover the most dangerous attacker.

C1-3022

3 players leave from the C2 formation. Number 1 shoots and rebounds, then picks up a new puck and carries it down the ice with number 2, versus number 3.

2-O N-1 OFFENSIVELY

- Challenge the defenceman and use forehand passes whenever possible. This forces the goalkeeper to expect either a shot or pass and creates good passing angles.
- “**1 high, 1 low; 1 fast, 1 slow**,” is a rhyme to remember about not allowing the defenseman to stay between you and your partner.

CARD 183**LEVEL 4****BASIC SITUATIONS****C2, BASIC FORMATION**

complex C exercises. In the middle of the exercise the row turns to face the other goal. The players pick up the pucks from the corner and the same drills are executed in the other direction.

C2-4001

In C2 the players are lined up in a row in the neutral zone on 1 side of the boards, facing the goal in their half of the ice.

- The players leave the line, skating toward their own net, and turn the other way at the faceoff circle or else shoot on the net and then get another puck. Each line skates toward the other end of the rink.
- Different game-like tasks are done while skating toward the opposite net. This formation can be used for A and B drills, then move into more

CARD 184**LEVEL 4****BASIC SITUATIONS****C2, ORIENTATION**

C2 formation should be used for the exercises in which a minimum of 3 players are active.

- All the game situations can be taught and repeated such as: 2-on-1, 1-on-2, 2-on-2, 3-on-1, 3-on-2, 2-on-3, as well as regrouping, not leaving the zones too early, shoot-in situations, etc.
- All the individual basic habits and skills, such as having feet moving, facing a puck, having the stick on the ice, etc., should constantly be paid attention to by the coach.

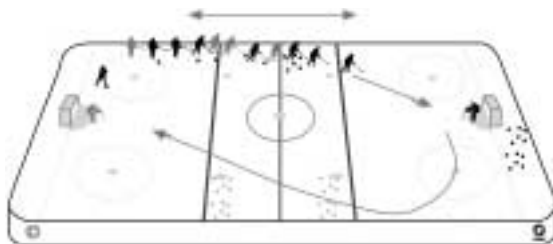
C2-4002

CA RD 185**LEVEL 4****LEARNING THE GAME**

**C2 , ROLE 1,
WARM-UP ROUTINE**

such as varying skating techniques, using only 1 side of the blade, and shooting routines, using different shots, etc. The goalie gets the shots from different angles and distances.

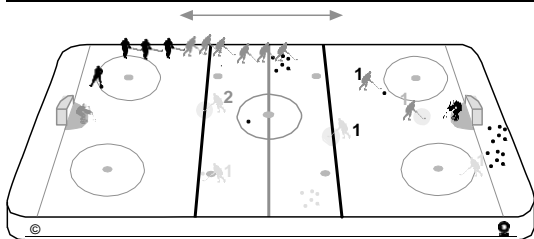
C2-4003

CARD 186**LEVEL 4****BASIC SITUATIONS**

**C2, 01, 2-0 ,
ASKING FOR A PASS IN THE HIGH
SLOT**

The players are lined up along the boards in the basic C-200 formation. 2 players leave. Number 1 takes a shot on goal and looks for a rebound. He then picks up a new puck in the corner. Number 2 saves ice by slowing down and skating a wide arch in the high-slot area. When number 1 has a new puck, number 2 speeds up and asks for a pass, giving his stick and skates for a target. Number 2 takes the pass and skates to the other end for a shot. Number 1 picks up a new puck at the blue line, following number 1 for a new shot on goal.

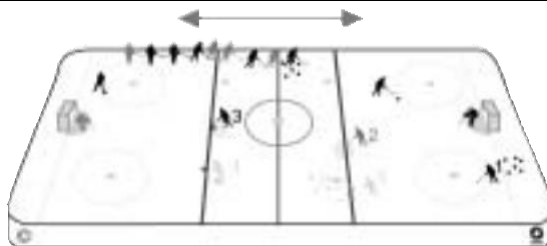
C2,01,2-0

CARD 187**LEVEL 4****BASIC SITUATIONS**

**C2, 02, 2-0 ,
ASKING FOR A PASS AS THE
STRETCH MAN**

This exercise is very similar to C2. In this drill the number 1 player shoots, then picks up a new puck and skates to his blue line where he passes through the neutral zone to number 2, who has saved ice on the far wing and then sped up, timing his skating so he can take the pass at full speed in the middle of the ice at the opponent's blue line. After passing, number 1 picks up a new puck at the red line and skates in for a shot.

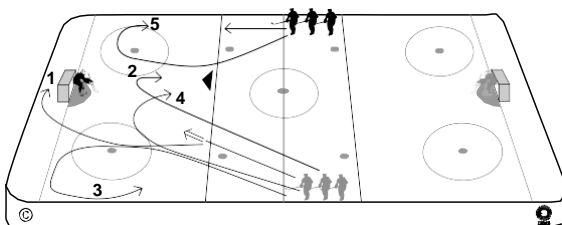
C2,02,2-0

**CARD 188****LEVEL 4****BASIC SITUATIONS**

**C2, 03, 3-0,
FLYING ATTACKS WITH 3 SHOTS**

This exercise combines the timing practiced in the other C2 drills. 3 players leave now; number 1 shoots, looks for a rebound, then picks up a new puck in the corner. Number 2 saves ice and asks for a pass in the high slot area, he carries it over the blue line while number 3 has timed his skating from the wide wing and asks for a pass at the offensive blue line. Number 1 and 2 both pick up new pucks and shoot on goal.

C2,03,3-0

CARD 189**LEVEL 4****BASIC SITUATIONS**

C3, 00, 20, BREAKOUT

BREAKOUTS OF 2-ON-0, 3-ON-0, 4-ON-0, 5-ON-0, 5-ON-1:

1 player shoots the puck in the corner or at the net so the goalie can set it up. The first player gets the puck, the second player supports from the front of the net and they practice working together by communicating.

1. **GO** – the first player should drive-skate and move up the ice with the puck.
2. **Reverse** – the first player drives-skates with the puck and bounces the puck off the boards back to his/her partner.

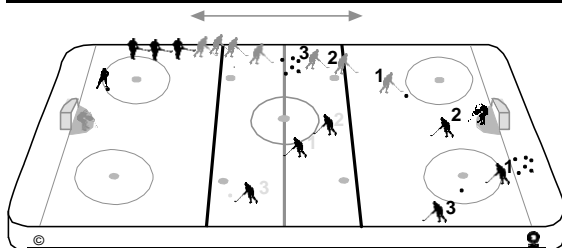
3. **Behind** – the first player bounces the puck off the boards behind the net to his/her partner.

After the first pass the 2 defensemen skate down and shoot at the other net.

CA RD 190

LEVEL 4

BASIC SITUATIONS



BREAKOUT 3-ON-0

BREAKOUTS OF 2-ON-0, 3-ON-0, 4-ON-0, 5-ON-0, 5-ON-1:

2 players leave from 1 side and 1 from the other side. The puck is shot in; the first player gets the puck. The second player goes to the front of the net and makes the call; the third player supports.

Boards – this means that the puck is passed to the player on the puck-side boards.

Counter – the first player gets the puck, skates hard to the back of the net and stops. Then he

passes to the boards or the middle on the side of the ice where he got the puck.

BREAKOUT 4-ON-0:

2 players leave from each side, shooting the puck in. The first player gets the puck; the second player goes to the front of the net. The third player supports from the puck side boards; the fourth player supports by mirroring the puck from the middle of the ice near the hashmarks.

Middle – the first player passes up the middle to the fourth player.

BREAKOUT 5-ON-0:

3 players from 1 side and 2 from the other side leave and shoot the puck in. The first player gets the puck; the second goes to the front of the net. The third player goes to the strong-side boards; the fourth player mirrors the puck from the mid slot area, the fifth player goes to the far boards. The second player makes the call.

Rim – the first player shoots the puck hard around the boards to the fifth player. The original number 3 now becomes the wide winger and should support the play by filling the middle lane.

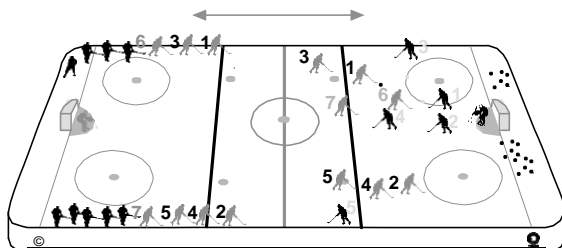
BREAKOUT 5-ON-1:

Players line up in 2 rows in the basic C3 formation. A long shot or rim is taken by the defender, so the goalie must make the first play by passing or setting up the puck for a defenseman. Breakout situations are played versus 1 forechecker.

CARD 191

LEVEL 4

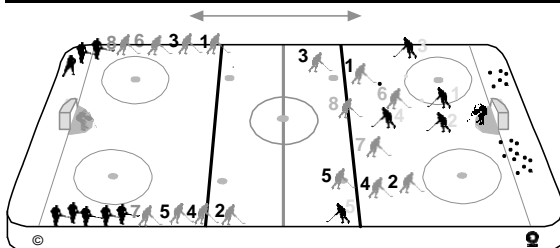
BASIC SITUATIONS



C3, 06, 5-ON-2

BREAKOUT 5 VERSUS 2:

Same as C3 formation but now 2 forecheckers against the breakout situation. The forecheckers force the play wide to gain time for the defense. When they backcheck they must pick up the 2 most dangerous players in front of their eyes. Transition is practiced by attacking 2-on-5 in defensive end. The defense must regain the puck and go from offense to defense.

**CA RD 192****LEVEL 4****BASIC SITUATIONS****C3, 06, 5-3****BREAKOUT 5 VERSUS 3:**

The breakout is against 3 defenders. The coach decides how many forecheckers or defenseman he wants to use: 2 forecheckers, 1 defenseman, 1 forechecker, 2 defensemen, 3 forecheckers. Transition is practiced by attacking 3-on-5. When the defenders regain the puck they break out, going from defensive thinking to offensive thinking.

CARD 193**LEVEL 4****LEARNING THE GAME**

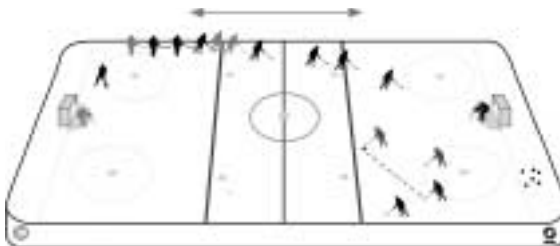
C2, BREAKOUT ROUTINES
1-2-3-4-5

First 1, then 2,3 then 4 players leave after the first player takes a shot on net. Start by shooting the puck on net, or deep into the zone and make the following number of passes. Finish with a shot on the goal at the other end of the ice.

- 1-0, skate a figure 8 between the blue lines.
- 2-0, maximum of 1 pass is allowed before shooting.
- 3-0, maximum of 2 passes are allowed before shooting.
- 4-0, with a maximum of 3 passes before shooting.
- 5-0, with a maximum of 4 passes before shooting.
- Start from the other end of the line and go in reverse order of 5-4-3-2-1, doing the same number of passes.

Some important ideas are: for the defensemen to work on the first pass to his defense partner (a reverse or bank), once to the strong-side boards (counter or direct pass), once to the middle and 1 rim. In the next rotation practice the other option.

C2-4004

CARD 194**LEVEL 4****PLAYING SKILLS****C2, ROLES 1 AND 2****3-0 N-0; 4-0 N-0, PASSING IN EACH ZONE**

3 or 4 players leave:

- Number 1 takes a shot and picks up a new puck behind the net.
- Number 2 and number 3 follow.
- Make 1 pass in each zone and attack using the offensive triangle.
- Shoot when in the slot.

C2-4005

**CA RD 195****LEVEL 4****PLAYING SKILLS****C2 , ROLES 1 A N D 2****3-ON-0; 4-ON-0, USING BACK PASSING**

3 or 4 players leave.

- Number 1 takes a shot and picks up a new puck behind the net.
- Number 2 and number 3 follow, skating up the ice in triangle formation.
- Number 1 passes back and the new puck carrier drive-skates in front, then passes to number 3.
- Only back passing is allowed. Shoot when in the slot.

C2-4006

CARD 196**LEVEL 3 – 4****BASIC SITUATIONS****C2, 1-ON-1 FULL-ICE SITUATION**

2 players leave from the C2 formation. Number 1 shoots and rebounds, then picks up a new puck and carries it down the ice versus number 2.

1-ON-1 OFFENSIVELY**1-on-1 offense**

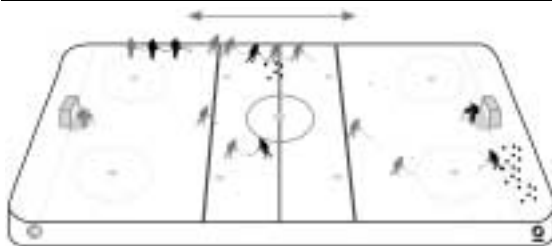
- The goal is to have the puck carrier become a threat to score and force the defender to challenge him instead of allowing the defender to dictate the play.
- In an outside lane, attack from the side of

defender – use change of pace and big moves. At the offensive blue line read if the defender gives up the blue line. If he backs in, cut inside; if he stands up or is slow, go wide.

- Using various moves and speeds forces the defender to think of various ways to defend. This slows his reaction and gives the attacker the advantage.

1-on-1 defense

- Try to stop the attacker as far as possible from the defensive zone.
- The goal is prevent the attacker from getting a shot from the slot.
- If attacker is very fast, give room wide rather than back in.
- When the attacker is in an outside lane, turn when he is parallel to you and flare out square to attacker.
- Stay on defensive side blocking way to net or angling attacker into corner.
- If the attacker delays, you must stay with him and continue 1-on-1, beating him back to the net if he passes.

**CA RD 197****LEVEL 3 – 4****BASIC SKILLS: SKATING****C2, 1-ON-2****1-on-2 defensively**

- Strong-side player play as a 1-on-1.
- Weak-side player stagger behind and look to see who is coming up ice. If it is your player you can go across and play the body on puck carrier. If it is an offensive player then it is a slow-developing 2-on-2 and you must stagger and support your partner.

C2-3004

3 players leave from the C2 formation. Number 1 shoots and rebounds, then picks up a new puck and carries it down the ice versus numbers 2 and 3.

1-on-2 offensively

- If defense are parallel, try to go between.
- Look to see if help is coming; take defenders wide and delay to allow teammates to catch up.
- Dump in and forecheck or regroup if defenders have a good angle.

CARD 198**LEVEL 3 – 4****BASIC SITUATIONS****C2, 2-ON-2****2-on-2 defensively**

- Establish a close gap and get a good angle on the puck carrier as soon as possible. If you have a good angle stay with your man.
- If defense have no gap control, then switch before blue line on crosses, but try to stay with your man from the top of the slot in.

C2-3005

4 players leave from the C2 formation. Number 1 shoots and rebounds, then picks up a new puck and carries it down the ice with number 2 versus numbers 3 and 4.

2-on-2 offensively

- Isolate the widest defender and attack him 2-on-1, cross, pick, middle drive, forcing the defenders to make decisions. Even 2 quick parallel passes can create openings.

CARD 199**LEVEL 3 – 4****BASIC SITUATIONS****C2, FULL-ICE SITUATION
3-ON-1****3-on-1 defense**

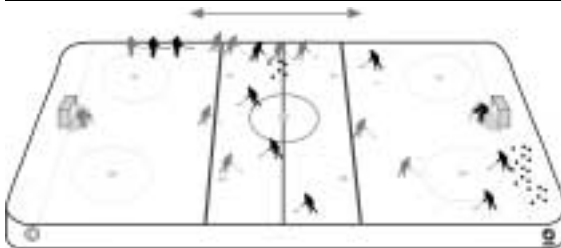
- Stay in the middle and delay the play, keeping skates in the lateral passing lane. Maintain this positioning when puck is high.
- Attack shooter on a trailer pass when puck is in mid to low slot with stick in lane of most dangerous pass.
- Take stick of attacker at the post after a wide shot. Control their sticks.

C2-3002

4 players leave from the C2 formation. Number 1 shoots and rebounds, then picks up a new puck and carries it down the ice with numbers 2 and 3, versus number.

3-ON-1 SITUATION**3-on-1 offense**

- Attack as quickly as possible with the first pass made before top of slot.
- Use crosses and picks with the third man going to post.
- Puck carrier must be a threat.

**CA RD 200****LEVEL 3 –4****BASIC SITUATIONS**

**C2, FULL-ICE SITUATION
3-ON-2 SITUATION**

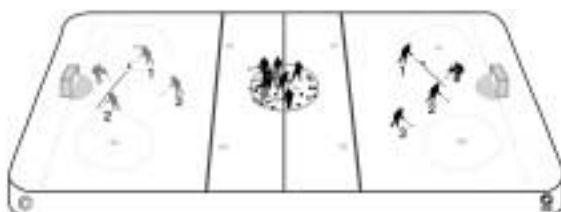
3-on-2 offense

- Attack as quickly as possible and set up a 2-on-1 versus 1 defender.
- Puck carrier try to go to net and force the defender to play you.
- If defenders have backed in, cross and drop or cross and pick.
- On a straight attack the second attacker skates to the post; on a cross the third attacker skates to the post.

3-on-2 defensemen

- Delay the attack and try to stand up at blue line.
- Strong-side defender, play the 2-on-1 and pressure the third man if a trailer pass is made to the middle. Play the most dangerous attacker.
- If the puck carrier cuts into the mid-high slot then 1 defender takes him and the other defender has the 2 low attackers.

C2-3003

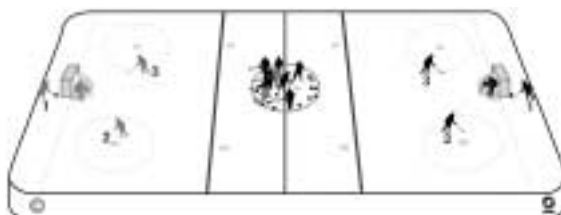
CARD 201**LEVEL 4****LEARNING THE GAME**

**B5, 3-ON-0,
SHOOTING ONE-TIMER
LEARNING 1-2-3 PRINCIPLE**

- Number 1 leaves and skates to a wide lane and gets a pass from number 2. After passing, number 2 rushes to the far post and at the same time player 3 trails and makes a triangle. The shot on net must be a one-timer.

- The players have maximum 3 passes to score.

B5-4001

CARD 202**LEVEL 4****LEARNING THE GAME**

B5, 3-ON-0, SCORING

- 3 players work together.
- Number 3 shoots the puck into the corner.
- Number 1 picks up the puck and starts to skate around the net, using a scooting technique while carrying the puck.
- Number 1 can wrap around or pass to number 2 or number 3 who form a triangle by moving away from the net, toward the faceoff dots.
- The players have maximum 1 pass to score.
- Only one-timer shots are allowed.

B5-4002

C1, 1 on 1 - Svenska 4

Key Points:

Attack with speed and make the defender collapse to the middle and try to get by when they skate outside.

Defender keep no more gap than a stick length. Defend from the net side always. Stay with attacker after the shot and tie up the stick. Maintain body on body and stick on the puck positioning.

Description:

A. R1 pass to B1.

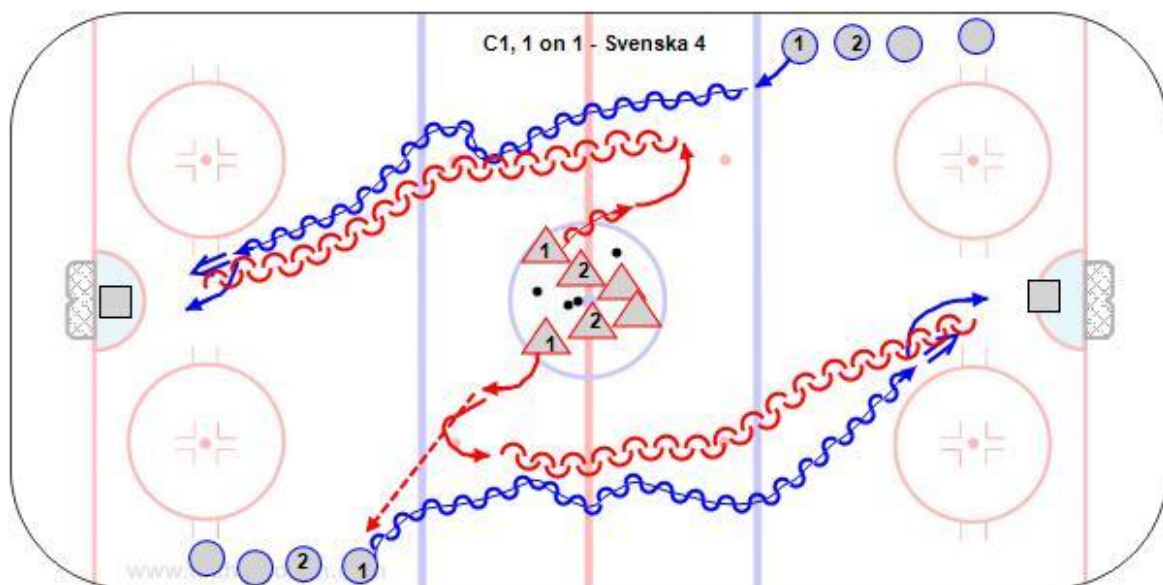
B. B1 attack and try to score while R1 defends.

C. Go for the rebound after a shot.

This can be done from either one or both sides at the same time.

<http://www.swehockey.se/Hockeyakademin/Utbildning/Video/Ovningsbanken/> 1 mot 1 #4

<https://skydrive.live.com/redir.aspx?cid=bd6fa116988317e9&resid=BD6FA116988317E9!3071&parid=rout>



B5 - Angling Along the Boards – Sw

Key Points:

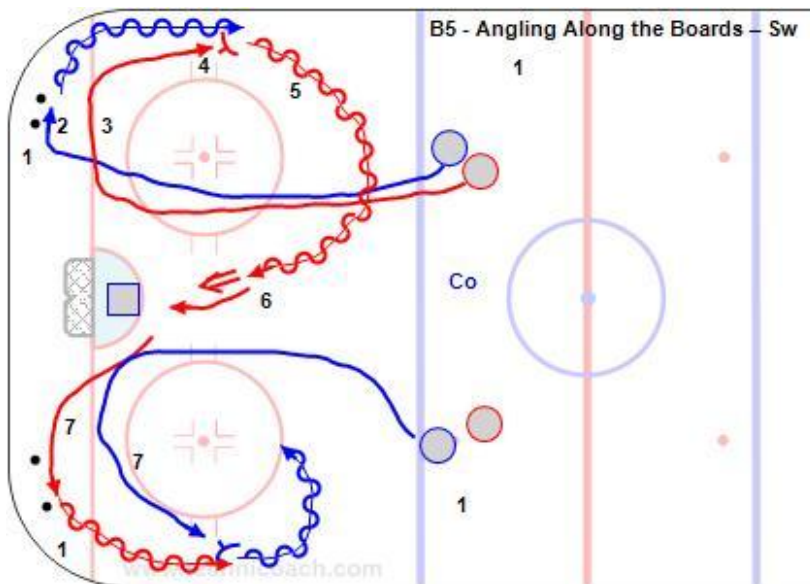
Approach the puck carrier from slightly behind angling toward the back of the inside shoulder with the stick on the puck and body on body. Skate through the hands with the inside leg in front and pick up the loose puck.

Description:

- 1 - Players line up just outside the blue line near the dots, puck are in each corner.
- 2 - F1 leaves and picks up a puck in the corner then skates up the wide lane.
- 3 - F2 follows from slightly behind and steers F1 along the boards.
- 4 - F2 approaches at the back shoulder with 'body on body and stick on the puck.'
- 5 - F2 angle checks F1 with the inside leg in front then picks up the loose puck.
- 6 - F2 skates into the slot and shoot - rebounds.
- 7 - F2 picks up a puck from the opposite corner and F3 becomes the checker.

* Repeat alternating sides.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140625103708719>



C1 - Circle 1-1 - Czech U20

Key Points:

Play a tight gap defending and stay with the attacker after the shot. Attacker protect the puck and make a hard move, get a shot and follow for a rebound. Battle for the first rebound before the attacker leaves to defend and the next attacker watch for when to leave.

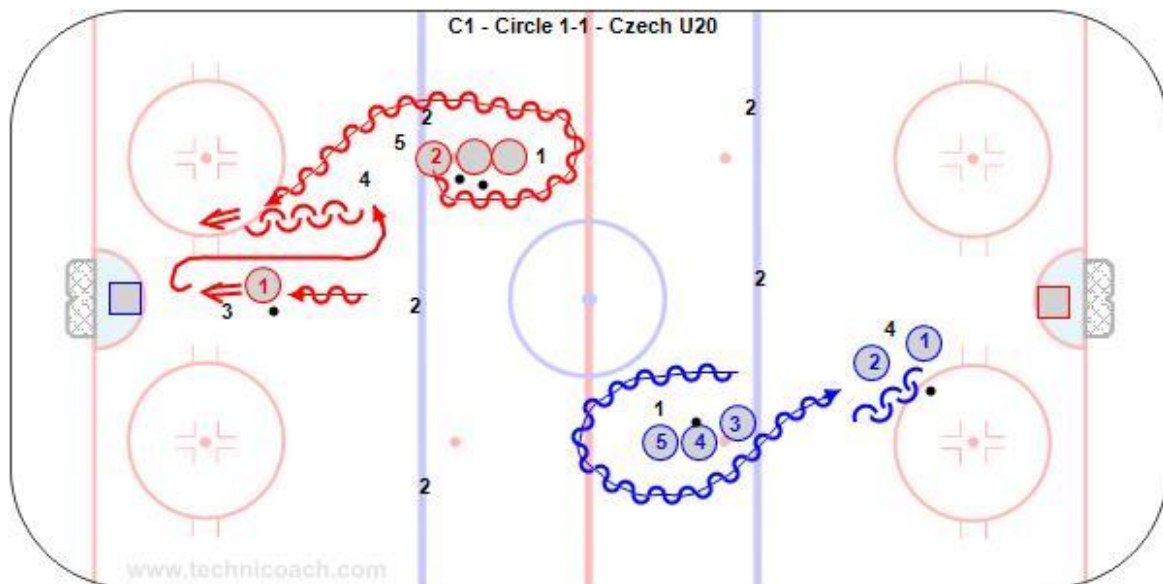
Description:

1. Players are in a line outside each blue line.
2. The line-up can be on either side or in the middle.
3. Player 1 circle everyone and shoot.
4. Player 1 skate out and defend vs. player 2.
5. Player 2 leave when player 1 is out to about the hash mark.

* This drill can be done from 1-1 up to a 3-2. With large numbers both groups can alternate leaving from the middle circle.

* This drill has both F and D taking the defensive 1-1 and prepares the F for when they cover the point on a pinch.

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C1 1-1 or 2-1

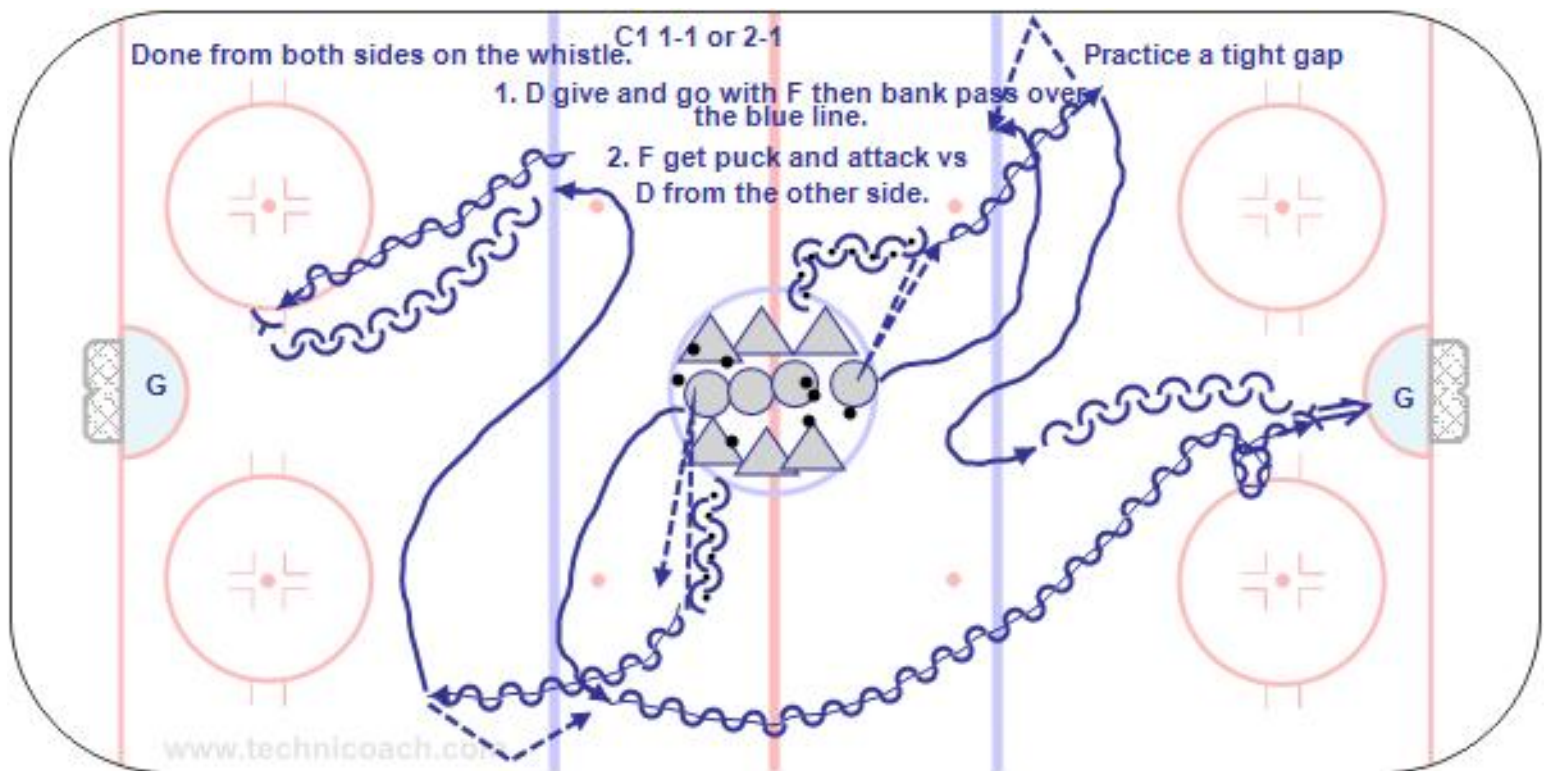
Key Points:

Practice a tight gap.

Description:

Done from both sides on the whistle.

1. D give and go with F then bank pass over the blue line.
2. F get puck and attack vs D from the other side.



C1 Angling in the Wide Lane - Pro

Key Points:

Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

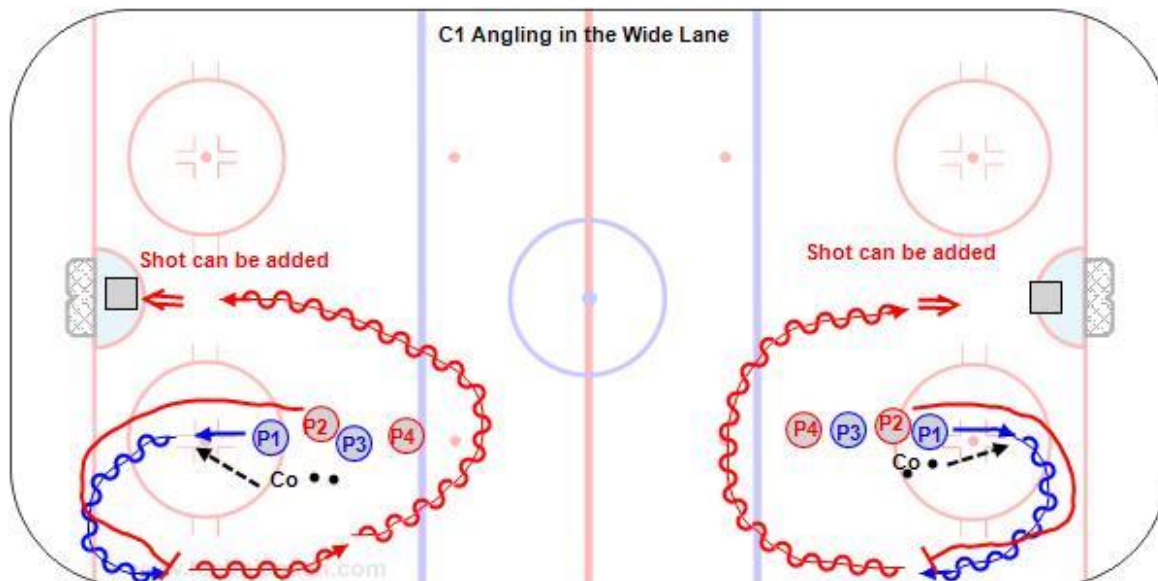
B - Angle Checking - Finland

Video Demonstration of first a defensive angle check where the checker leads with the trailing leg and drives the lead leg between the legs of the attacker. In the offensive angle check the checker skates through the arms of the attacker and lead leg goes in front.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426120111464>

- Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706155119716>



C1 Breakout-Attack-Breakout 1-0 or 2-0

Key Points:

Time the support to be available when passer gets control of the puck. Give a target, call for the pass, skate to the big ice inside the dots when you get the puck.

Description:

A. At both ends player 1 shoot, rebound and pick up a puck from the corner.

B. Player 2 be available for a breakout pass from the middle or the boards. It could be two players one in the middle and one on the boards.

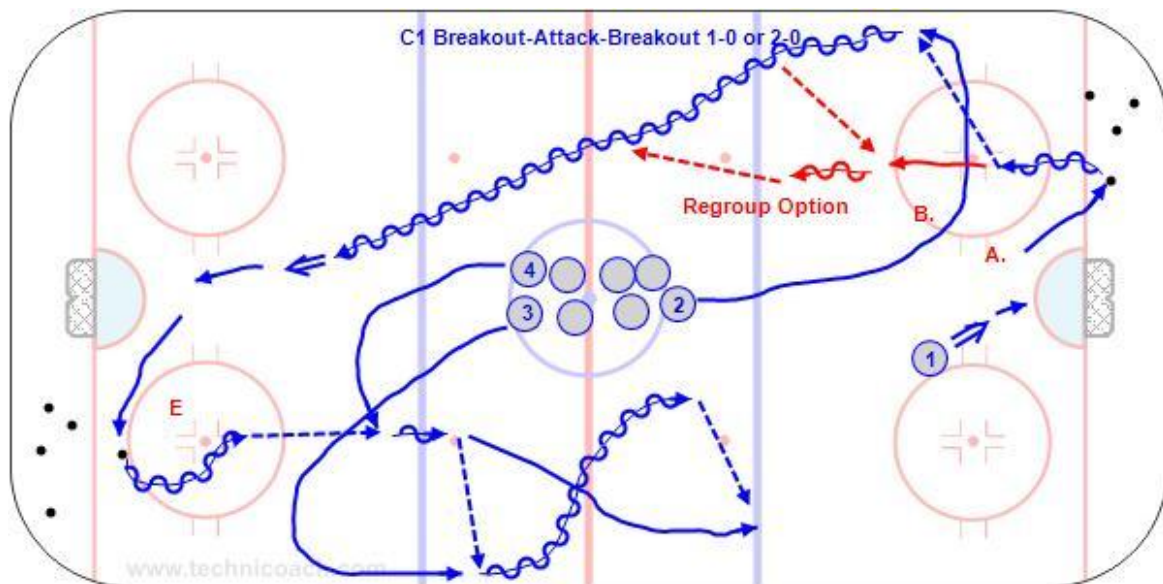
C. Player 1 pass to player 2.

D. Player 2 go down and shoot on the net and rebound.

E. After shooting player 2 get a new puck from the corner and make a breakout pass on the other side of the ice for either a 1-0 or 2-0 rush.

*Option: Player 2 could regroup with 1 before attacking.

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B5 B600 1-1, 2-1

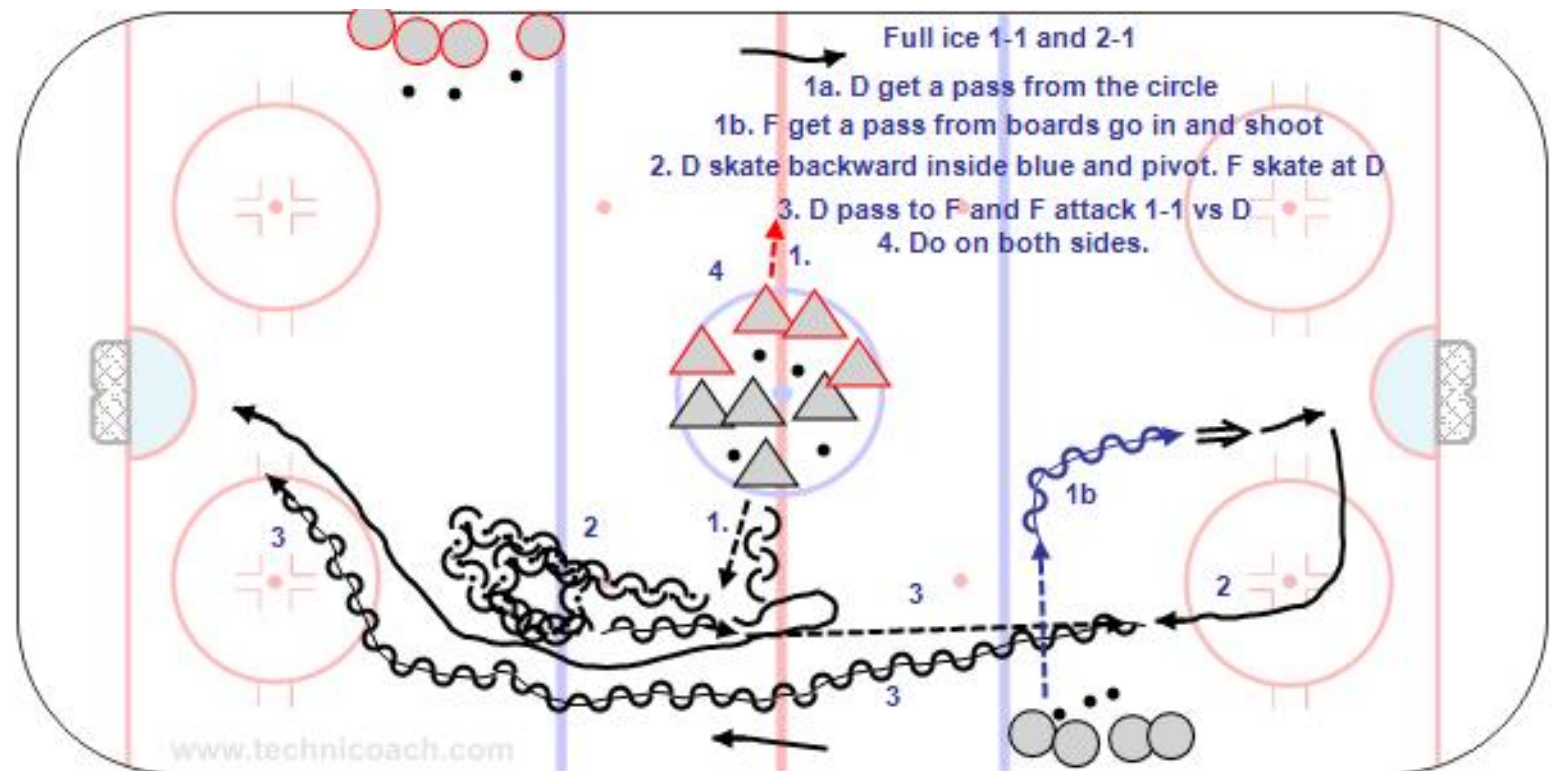
Key Points:

Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass.

Description:

Full ice 1-1 and 2-1

- 1a. D get a pass from the circle.
- 1b. F get a pass from the boards and shoot then rebound.
2. D skate backward inside blue and pivot. F skate at D.
3. D pass to F and F attack 1-1 vs D
4. Do on both sides.
5. You can also do a 2-1.



B5 Loose Puck Battles

Key Points:

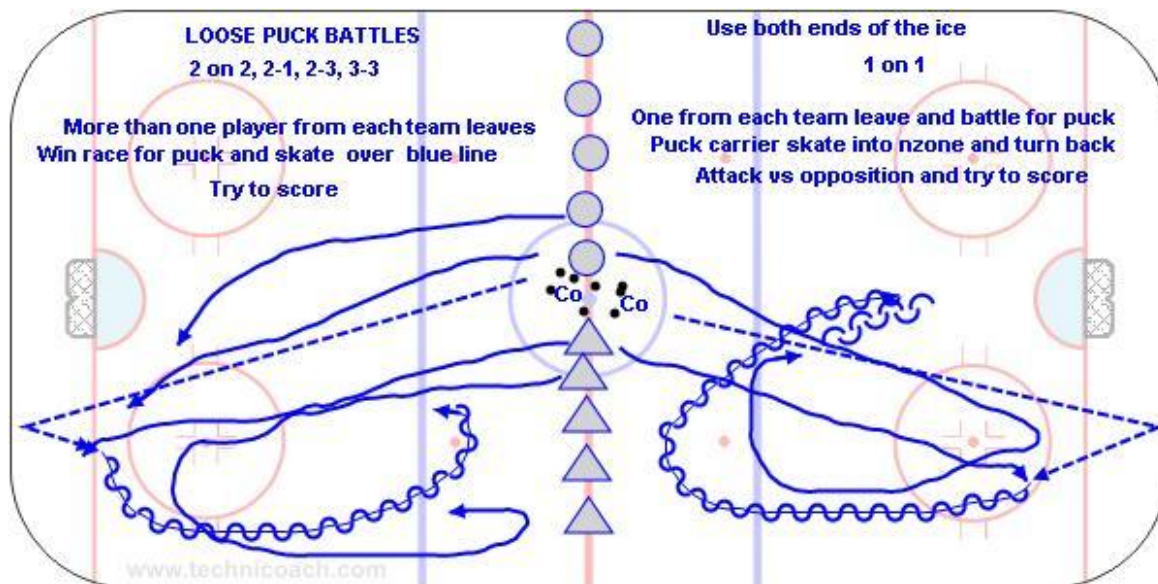
- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080720174241795>



B5 Regroup and 1-1

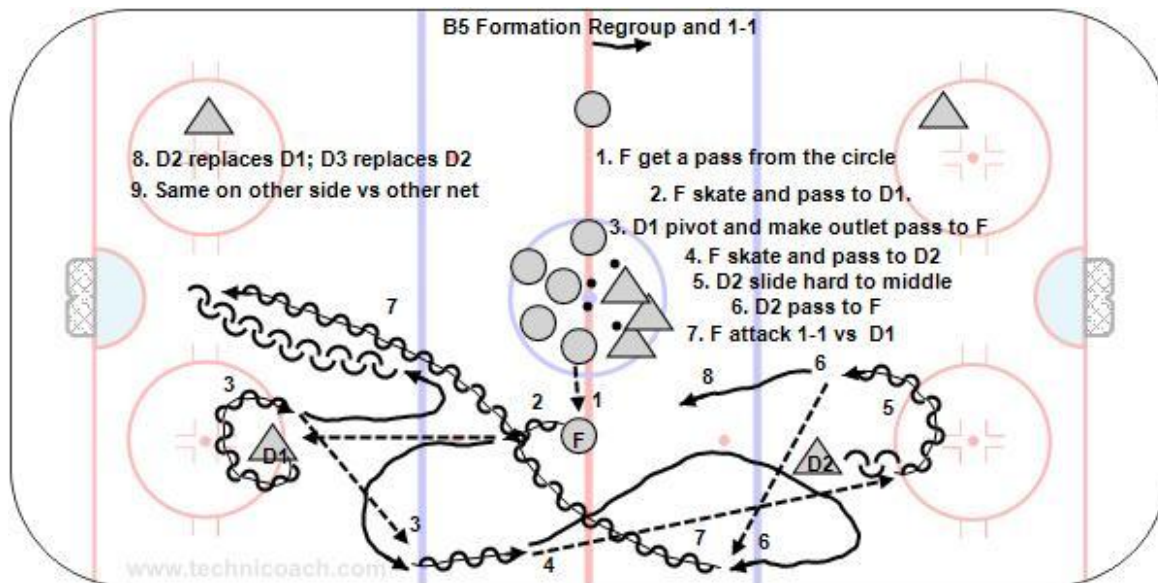
Key Points:

Quick feet, face the puck. This is a drill that Stanislav Barda from the Czech Republic used a lot.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
9. Same on other side vs other net
8. D2 replaces D1; D3 replaces D2

It can also be done as a 2-1



B5 Rejo 1-0, Shoot, 2-1

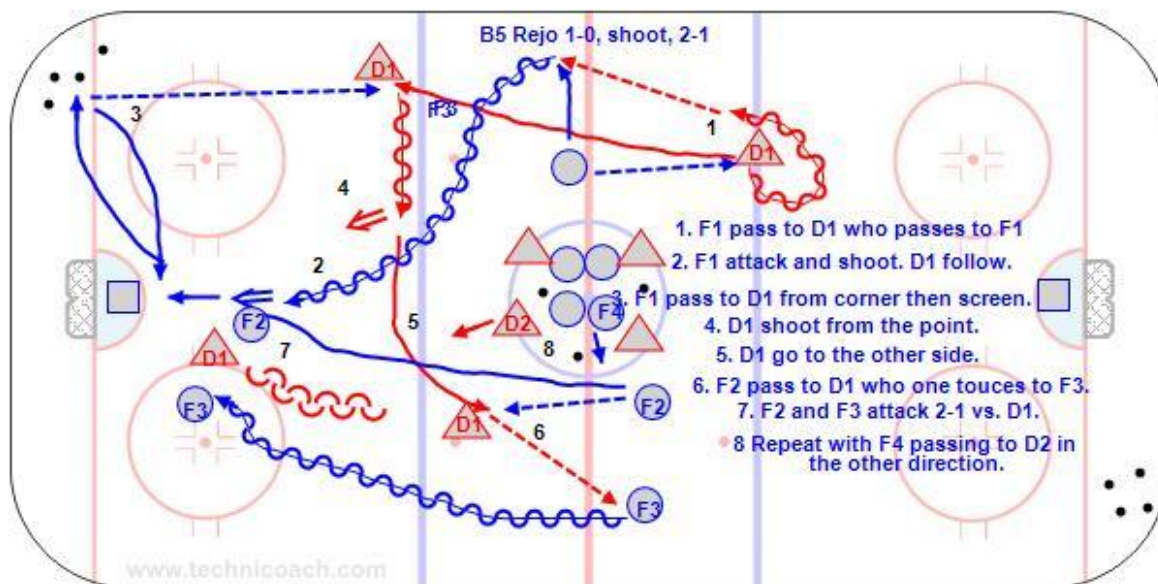
Key Points:

pass hard, face the puck, shoot and rebound, tight gap

Description:

1. F1 pass to D1 who passes to F1.
2. F1 attack and shoot. D1 follow.
3. F1 pass to D1 from corner then screen.
4. D1 shoot from the point.
5. D1 go to the other side.
6. F2 pass to D1 who one touches to F3.
7. F2 and F3 attack 2-1 vs. D1.
- 8 Repeat with F4 passing to D2 in the other direction.

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C1 Shot-Breakout-Regroup-2 on 1 - Czech U20

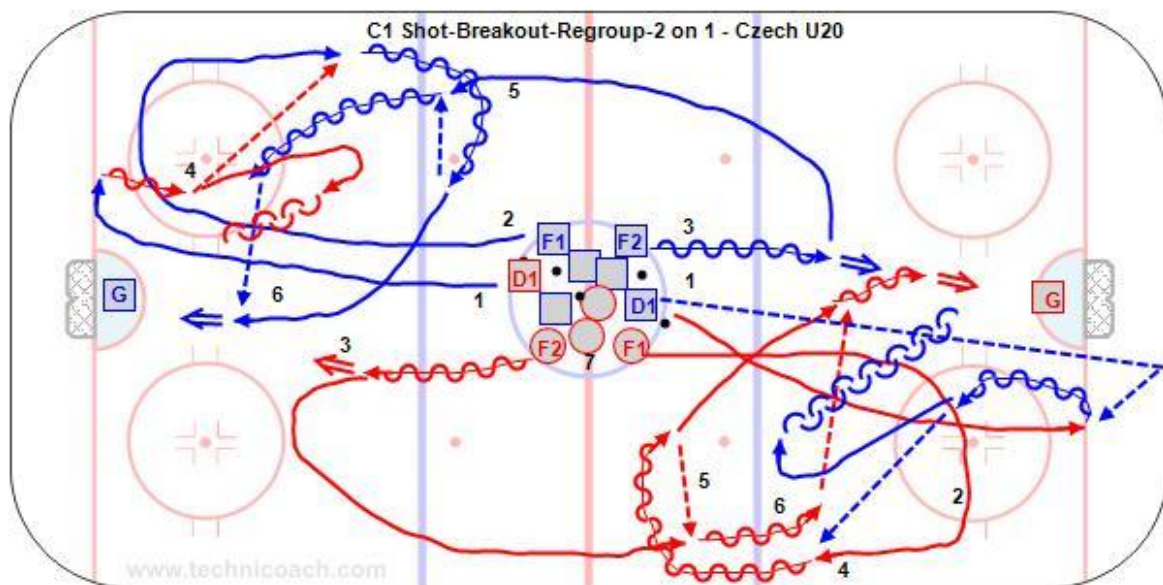
Key Points:

Defense get to the big ice before making the breakout pass. On the 2-1 make the first pass early so there is a second play. If the defender gets the puck pass to the defense waiting to start the next play.

Description:

1. D1's dump the puck in and get it.
2. F1's funnel and then get open on boards.
3. F2's take a shot on the opposite net and circle back.
4. D1's pass to F1's on the wall.
5. F1's pass to F2's in nzone.
6. F1's and F2's attack original net vs. D1's.
7. Repeat with the next group.

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C1, 1 on 1 - Sweden

Key Points:

Attack with speed and make the defender collapse to the middle and try to get by when they skate outside.

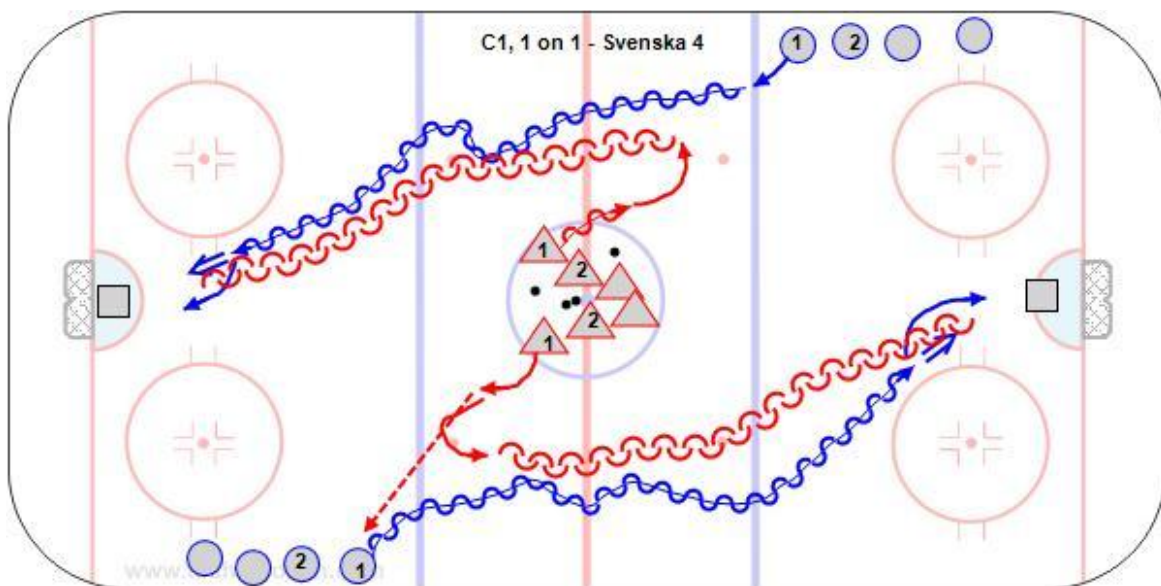
Defender keep no more gap than a stick length. Defend from the net side always. Stay with attacker after the shot and tie up the stick. Maintain body on body and stick on the puck positioning.

Description:

- A. R1 pass to B1.
- B. B1 attack and try to score while R1 defends.
- C. Go for the rebound after a shot.

This can be done from either one or both sides at the same time.

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C1, 1-1, 2-2 Battles-Kazakstan-W

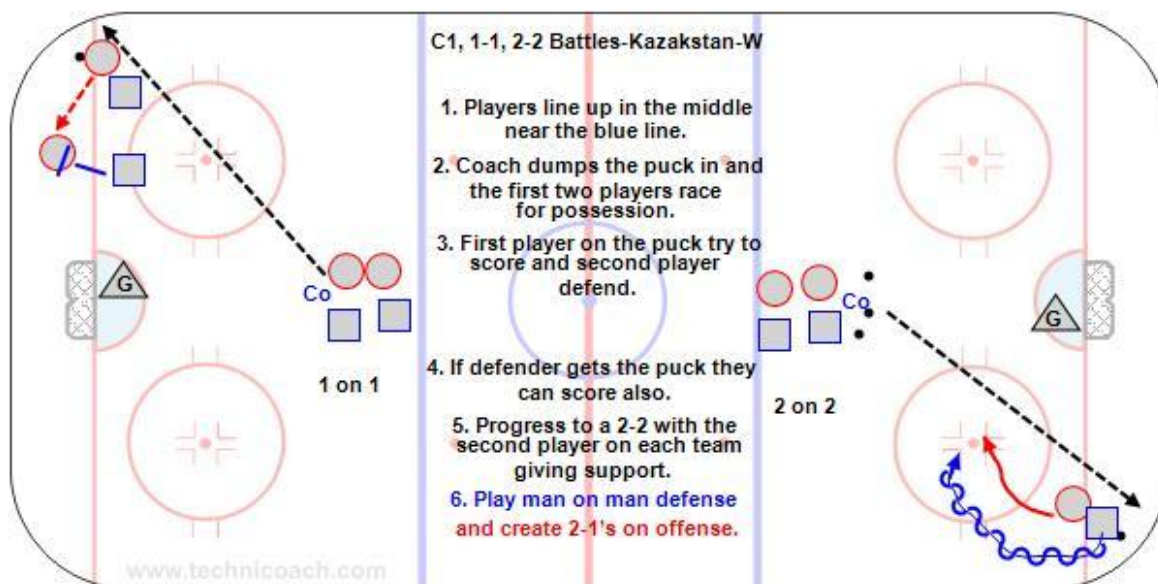
Key Points:

Battle hard for the puck and go into the corner on an angle. Bump on the way in to get inside body position. Use fakes and cutbacks along the boards and protect the puck. Keep the feet moving.

Description:

1. Players line up in the middle near the blue line.
2. Coach dumps the puck in and the first two players race for possession.
3. First player on the puck try to score and second player defend.
4. If defender gets the puck they can score also.
5. Progress to a 2-2 with the second player on each team giving support. Play man on man defense and create 2-1's on offense.

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C1- B600 1 on 1- U16 Boys

Key Points:

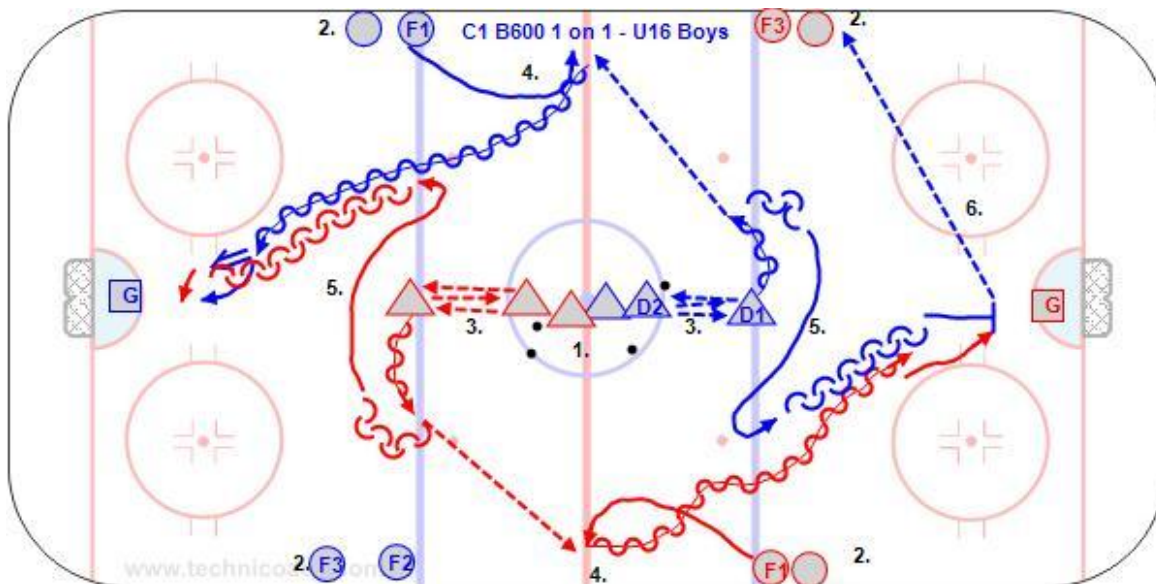
Defender should close the gap using lateral and back skating keeping the stick on the puck and defensive side. Attacker use moves and fakes but skate at full speed and protect the puck always when within a stick length of the defender.

Description:

1. Defense line up inside the middle circle in C1 formation.
2. Forwards line up at the four blue lines on the boards in B600 formation. White forwards get a pass from the white D and attack vs. the blue D.
3. Start with D1 at each end one touch passing back and forth with D2 at the front of each line.
4. F1 skate into the neutral zone and post up for a regroup pass from their D1 on each side.
5. After passing each D1 defends on the other side vs. the opposite team F1.
6. Finish the play with D1 maintaining D side and taking F1's stick and F1 fighting for a rebound.

*A good habit to install is have D1 pass to a forward at the back of the line on either side, or a coach if he regains the puck. This gets them used to finishing the play.

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C1-C3 1-1, 2-1-b

Key Points:

Quick feet for both the F and D

Description:

Full ice 1-1 and 2-1

1a. D get a pass from the circle.

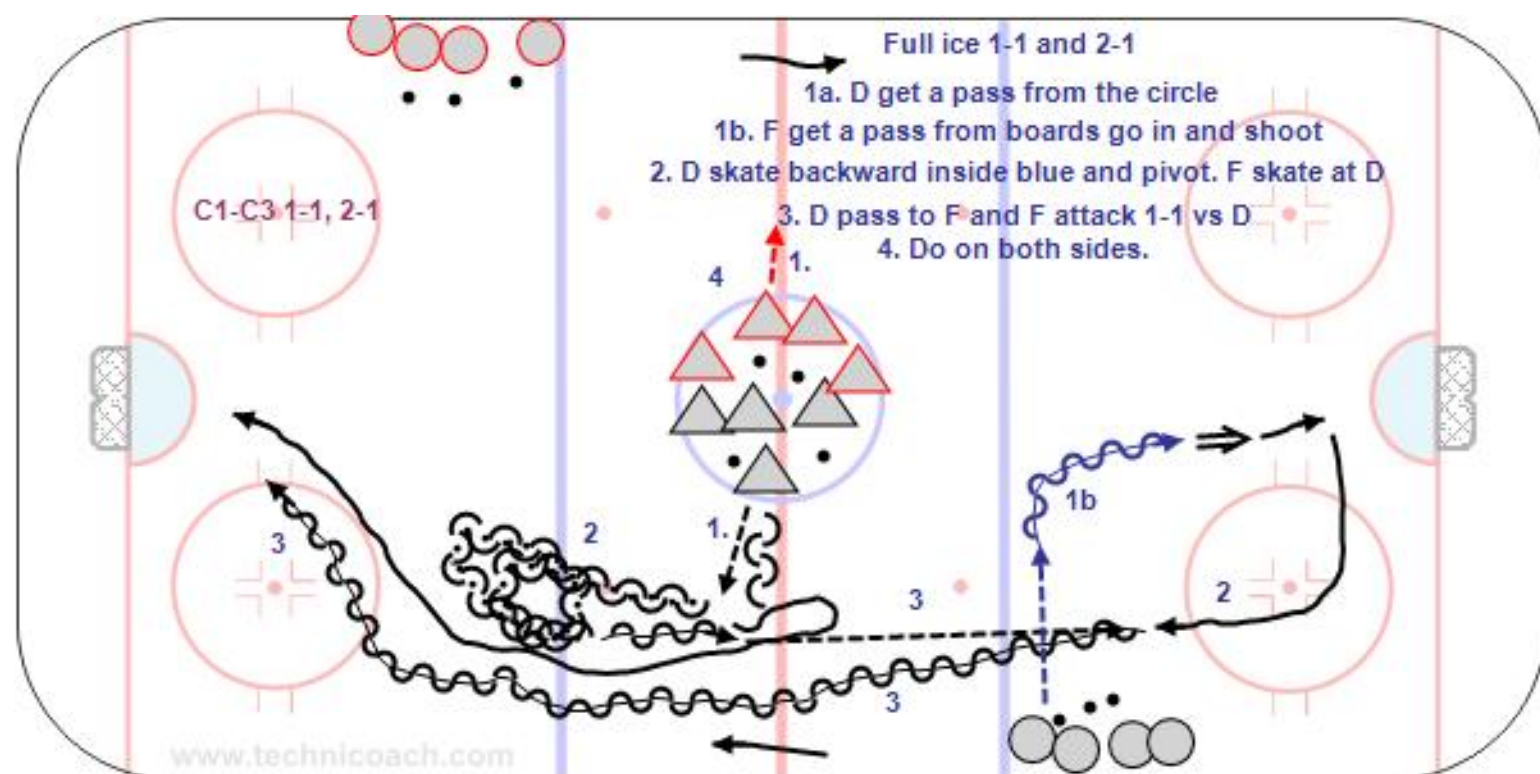
1b. F get a pass from the boards and shoot then rebound.

2. D skate backward inside blue and pivot. F skate at D.

3. D pass to F and F attack 1-1 vs D

4. Do on both sides.

5. You can also do a 2-1.



C1-C3 Double Regroup 2-1 - Danish U20

Key Points:

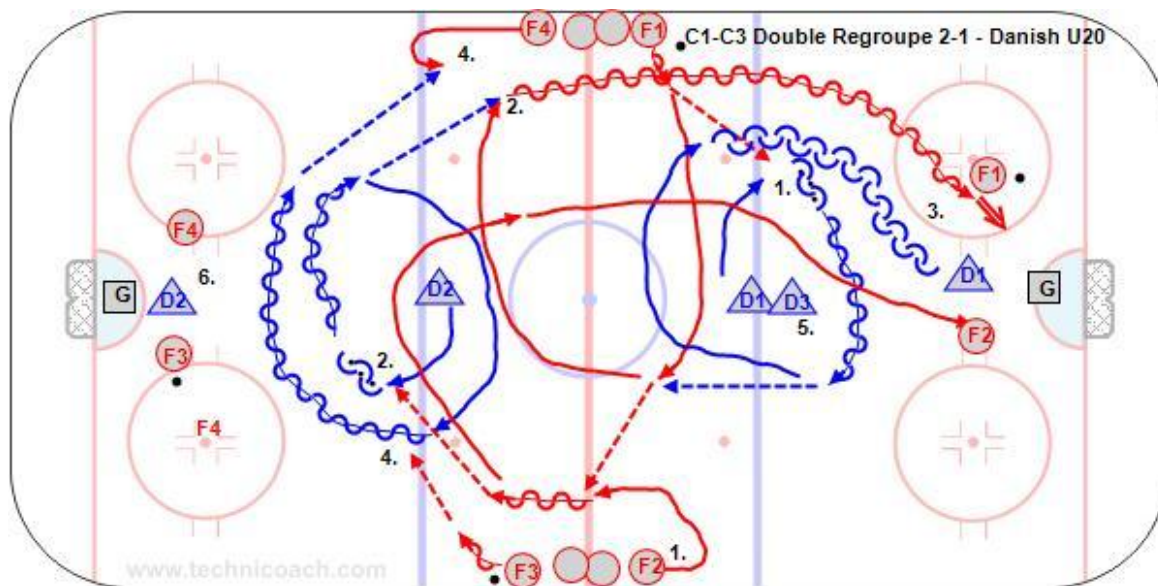
Forwards face the puck and give a target . D pass while skating. Attack with speed on the 2-1, 'one high one low, one fast one slow.' D stay in the middle, deny pass across and breakaway and seal dangerous stick on the rebound.

Description:

1. F1 and F2 regroup with D1.
2. Regroup with D2 on the opposite side and other end.
3. Attack 2-1 vs. D1.
4. F3 and F4 regroup with D2.
5. F3 and F4 regroup with D3 and attack 2-1 vs D2 at the opposite end.

*Repeat rotating in the other direction.

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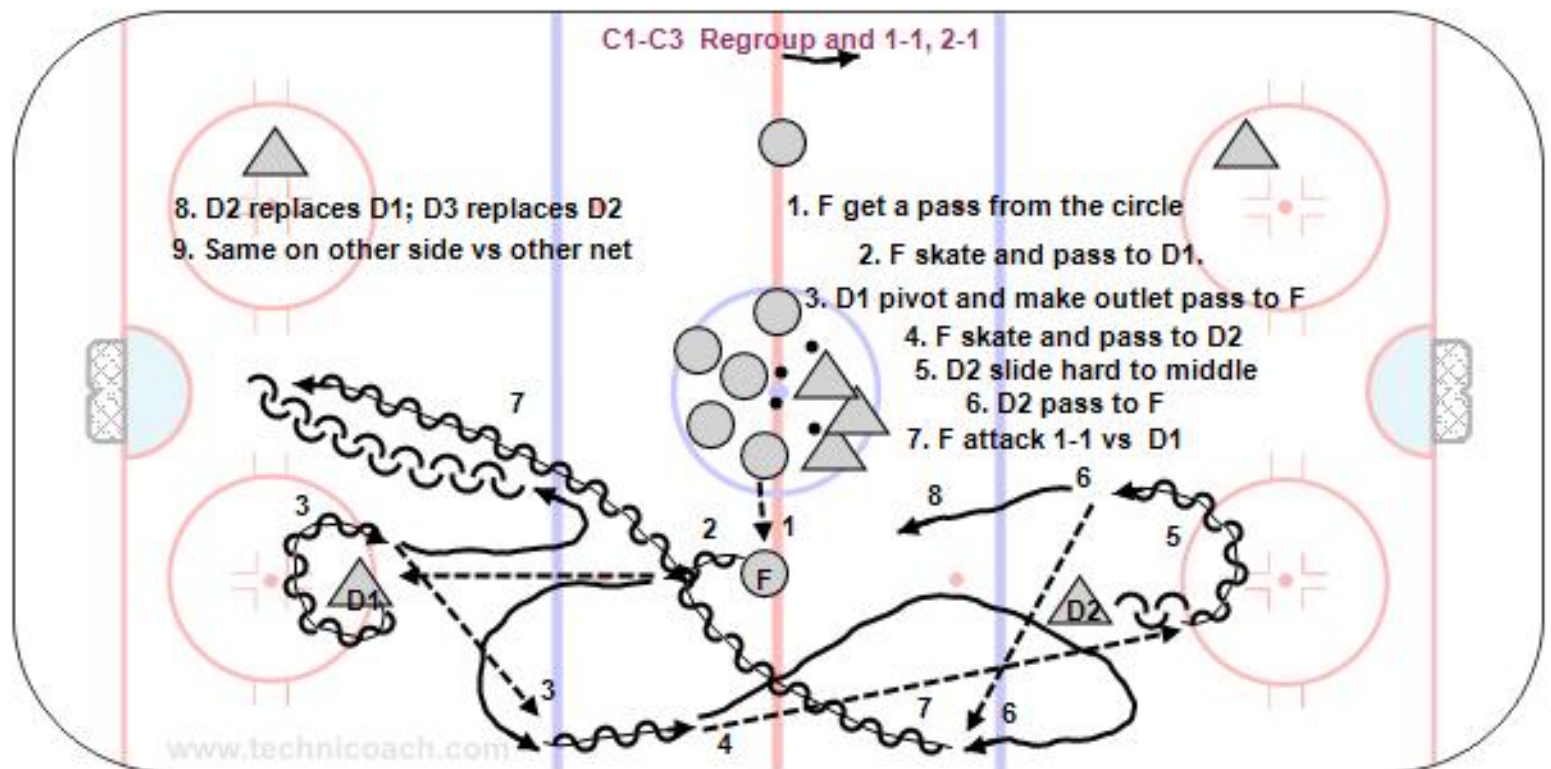
C1-C3 Regroup and 1-1, 2-1

Key Points:

Quick feet, face the puck. On the 2 player breakout one give wall and one middle support and give good targets. Player on the boards face the puck.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
8. D2 replaces D1; D3 replaces D2
9. Same on other side vs other net
10. Two forwards can leave and create a 2-1.



C1-C6 Pass Regroup - 1-1 and 2-1 x 2 – Pro

Key Points:

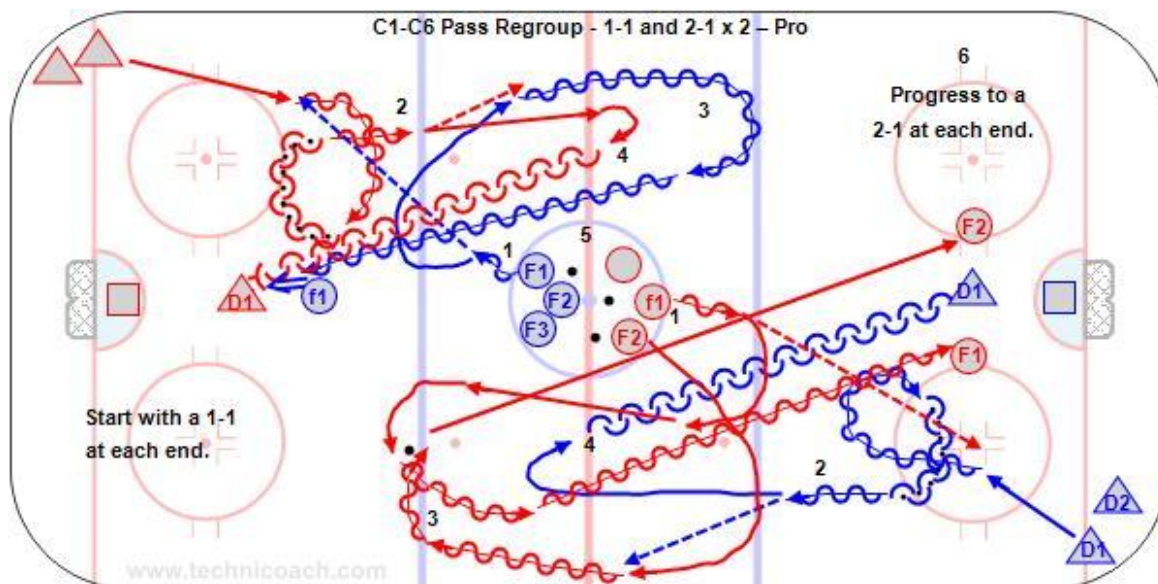
Attack with speed and go hard to the net. On the 2-1 make the first play early so there is a second play. Defend with a tight gap and ox the shooter out on the 1-1. On the 2-1 keep the puck to one side and take the stick of the wide player after the shot.

Description:

1. F1 at each end pass to D1 coming out of the corner.
2. D1 make a pivot and pass to F1 and follow the play.
3. F1 turn back at the far blue line and attack 1-1 vs. D1.
4. D1 mirror F1 and skate backwards to defend the rush.
5. F2 and D2 at repeat at each end.
6. Change the drill to a 2-1 with F1-F2 attacking vs. D1 at each end.

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B5-6, 1-1 x 2 From Blue Line and Corner - Sweden

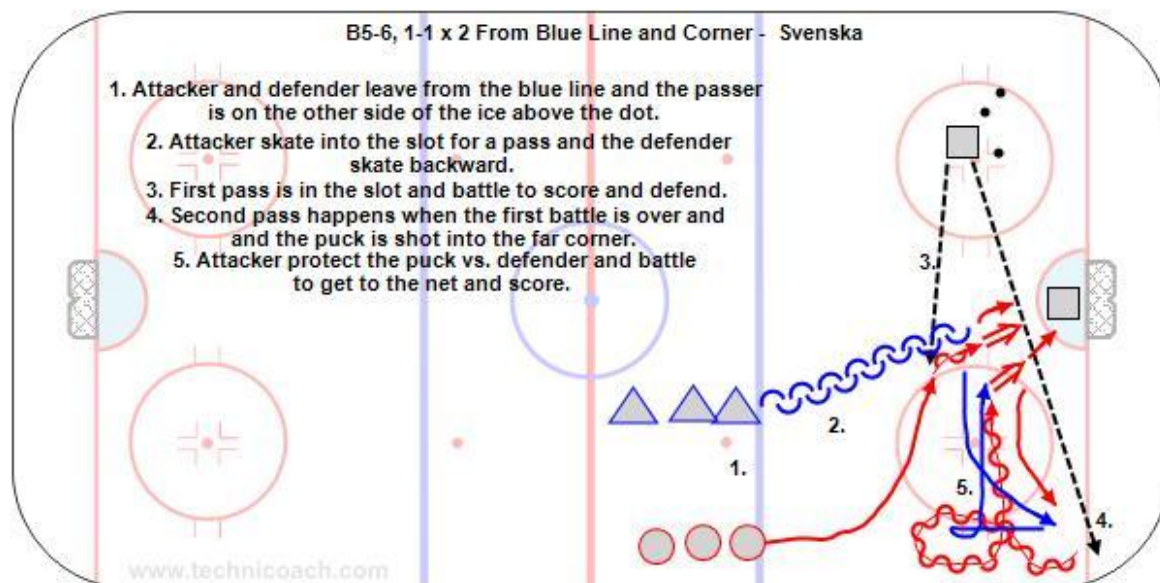
Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

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C2 - 1-1, 2-2 Loose Puck Battles - Wally Kozak - U18 F

Key Points:

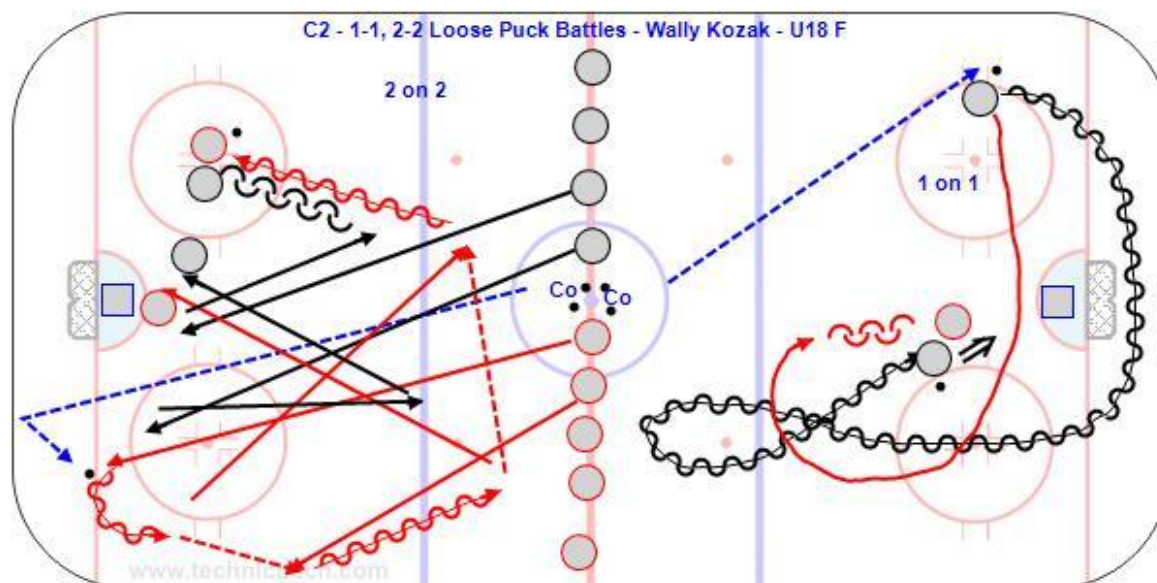
Battle for loose pucks. Fire in a new puck as soon as the battle is over. Start with one end and then go both ends at once. Keep score. Stop the battles and ask what can be done better and give input to improve performance. Check closely and pressure the puck carriers hips. Can be played 1-1 to 5-5 with even or odd numbered teams depending on how many players are practicing.

Description:

1. Players line up on the red line.
2. Red one side and black the other side.
3. Battle for pucks with good angles, body position, protect the puck.
4. Coach shoot a puck in and a player from each colour race for the puck.
5. Start with 1-1.
6. Player that wins the battle must breakout over the blue line then turn back to attack.
7. Battle happens at both ends.
8. When the rush ends players return to the lineup and a new puck is shot in at either end.
9. Play 2 on 2.
10. 2-2 has all 4 game playing roles. 1-puck carrier, 2-offensive support, 3-closest checker, 4-defend away from the puck.
11. Start at one end to demonstrate and then go both ends at once.

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C2 – 2 on 1 with Backchecker – Sweden 5

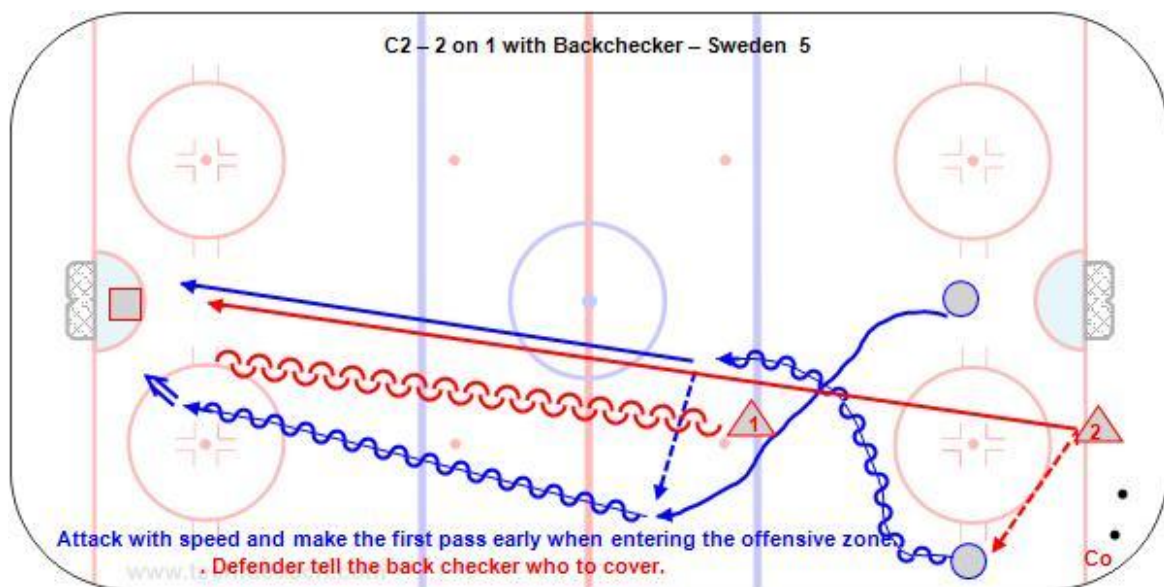
Key Point:

Attack with speed and make the first pass early when entering the offensive zone. Defender stay in the middle and tell the back checker who to cover.

Description:

1. Attacker 1 and 2 start from the hash marks 1 on the boards and 2 in the middle.
2. Defender 1 start on the blue line and 2 on goal line to backcheck.
3. Defender 2 pass to attacker 1.
4. Attackers 1 and 2 skate vs defender 1 while defender 2 backchecks.
5. Attackers try to maintain the 2-1 and score while defenders try to create a 2-2.

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C2 - 2-0, 3-2 with BC - 3-3 - U17

Key Points:

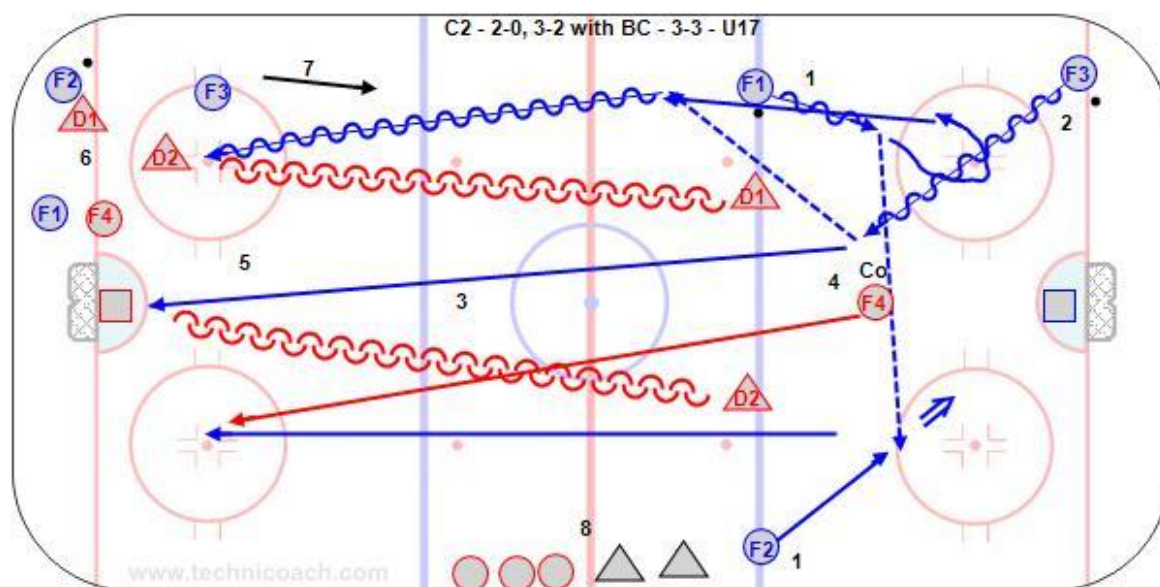
Attack quickly and make the first play early to get a scoring chance before the Backchecker can make it a 3-3. Attack with the middle drive. Defenders delay the play to give time for the Backchecker to pick up a man.

Description:

1. F1-F2 attack 2-0 from the blue line.
2. After the shot F3 join them with a puck from the corner.
3. Attack 3-2 vs. D1-D2.
4. Coach tells the defending forward F4 when to backcheck.
5. Defenders communicate to cover one attacker each.
6. F1-F2-F3 continue 3-3 vs. D1-D2-D3 until the whistle.
7. Hustle out of the zone.
8. Repeat with the next group.

* Option is to play until a goal, puck is frozen or D skates the puck out or pass to a coach at the blue line.

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C2, 2-1, on Rush then from Cycle - Sweden U20 – 1

Key Points:

F1 must get to the puck first vs. D1. Attackers protect the puck and go to the net. Defender must stay on the defensive side and then play a 2 on 1 situation after the cycle always recognizing the most dangerous attacker.

Description:

1. Two forwards and one defender start from behind the blue line with forwards on the inside.
2. Coach shoot the puck into the corner.
3. F1 race D1 to the puck.
4. If F1 wins the battle then protect the puck and pass to F2.
5. D1 defend 2 vs. 1 until the puck is frozen or cleared.
6. If D1 wins the race then he clears the puck.

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C2 - Continuous 2-2 - D Join Rush-F Backcheck – Pro

Key Points:

Defender start with a tight gap and communicate with the backchecker who to cover. Either finish the play and start the new attack or go on the whistles. Attack with speed and get a shot on net.

Description:

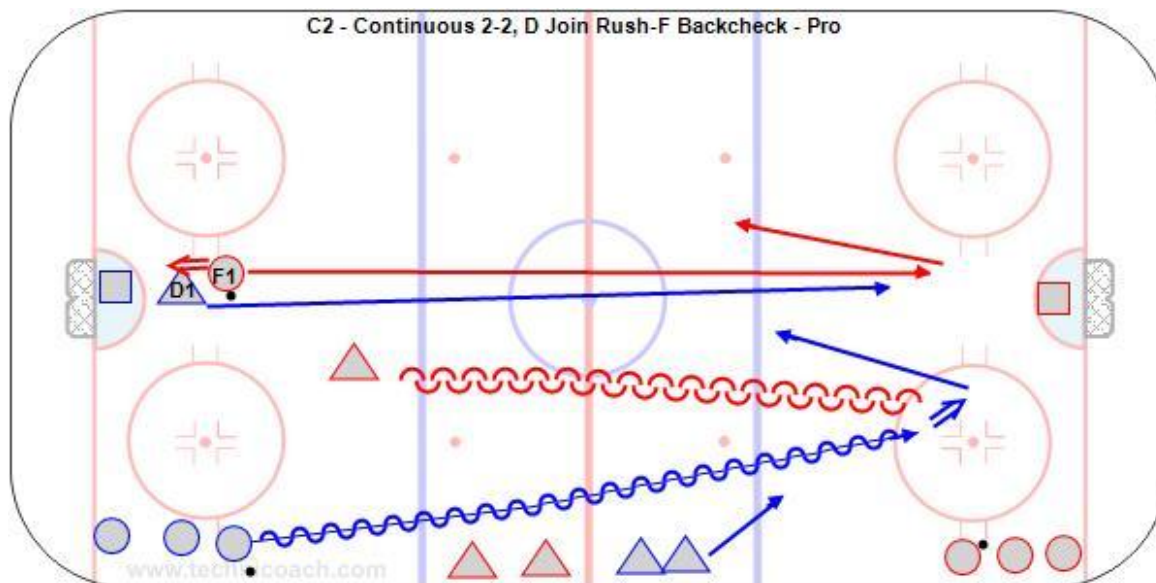
1. Start with F1 attacking 1-1 vs. D1.
2. When play ends F2 attack the other way vs. D2.
3. D1 join the rush with F2 and F1 backcheck making it a 2-2.
4. F3 start a new attack vs. D3 and D2 join the rush while F2 backchecks.
5. Continue this end to end with the D joining the rush and F backchecking.

**This sequence can be used 2-1 to 2-2, 2-2 to 4-4, 3-2 to 5-5.*

** This flow can also be used in a one puck transition game with D joining the rush and F backchecking.*

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<https://youtu.be/5X6-clKjulo>



C2 - Reijo 1-1, 2-2 – Pro

Key Points:

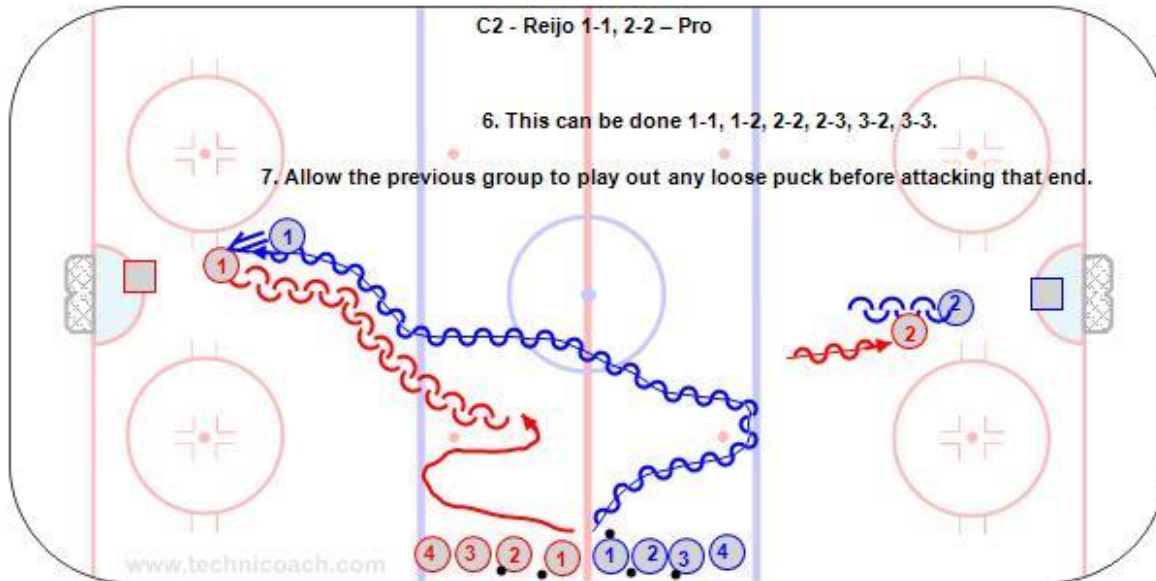
Attack with speed and fight to get on the offensive side of the defender and go to the net. Follow the shot for a rebound and play the loose puck if it is between the dots. Defend with a tight gap and stay between the attacker and goal.

Description:

1. Players line up along the boards in the neutral zone each colour on one side of red stripe.
2. Red 1 and White 1 leave from the front of the line, Red 1 has a puck.
3. Both players skate to the blue line and turn toward the middle.
4. Red 1 attack while White 1 skates forward to close the gap then defends skating backwards.
5. Red 2 now defend against White 2 in the other direction.
6. This can be done 1-1, 1-2, 2-2, 2-3, 3-2, 3-3.
7. Allow the previous group to play out any loose puck before attacking that end.

<https://youtu.be/PnBfqvdVy84>

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C2 5-0 BO, RG x 2, 5-2 - U15 Boy's

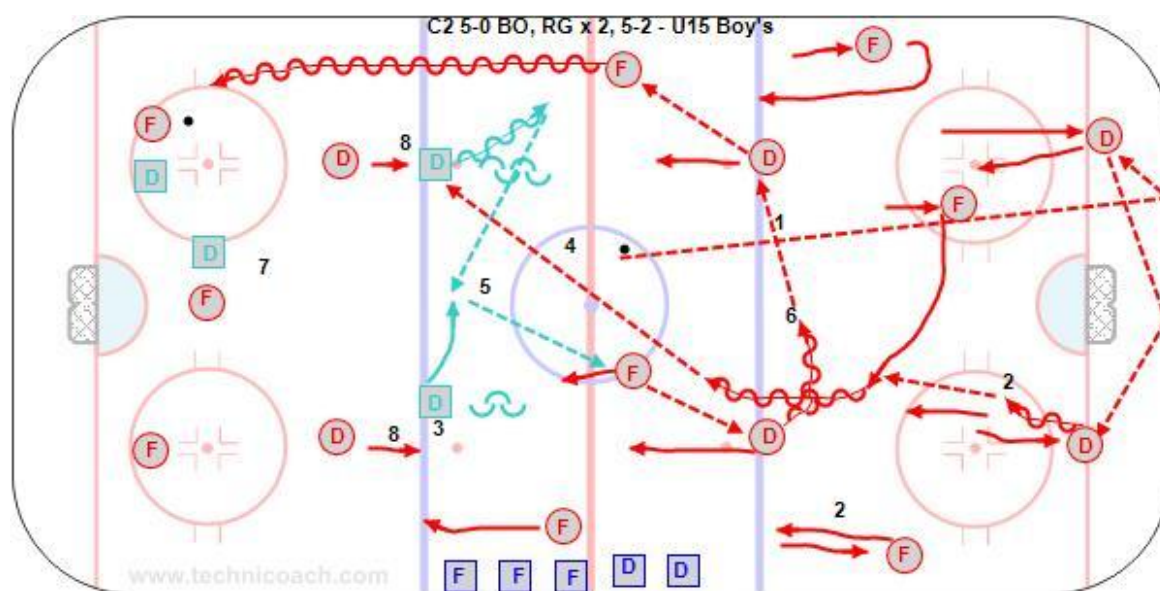
Key Points:

Defense hinge and forwards support from each lane and give a target. One D join the attack. Play 5-2 until the play has ended. Make it a contest and keep score.

Description:

1. Start with the forwards dumping the puck deep in the zone.
 2. Breakout 5-0.
 3. Two opposition D follow the play and skate backward in the neutral zone.
 4. Regroup with the opposition D.
 5. D hinge and either pass to the forwards or feign a turn-over by passing to the attacking D.
 6. Original D hinge and regroup with their forwards.
 7. Attack 5 on 2 until a goal, frozen puck or breakout.
 8. Original attacking D defend the next rush.
- Option is to add a second breakout instead of the regroup.
 - Lloyd Percival called 5 on 2 the 'Magic Drill.'
 - Option two: add a time limit, i.e. 10 seconds to score to create offensive urgency.

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C2 Angling 2-1 Wally

Key Points:

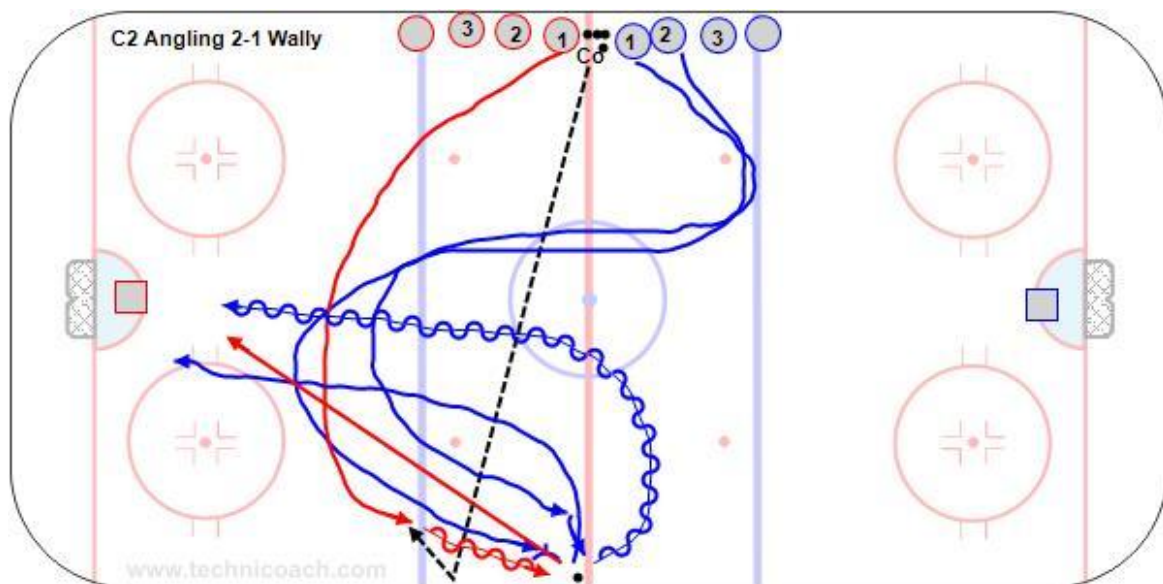
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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C2 Angling Drill – College F

Key Points:

Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in or back.

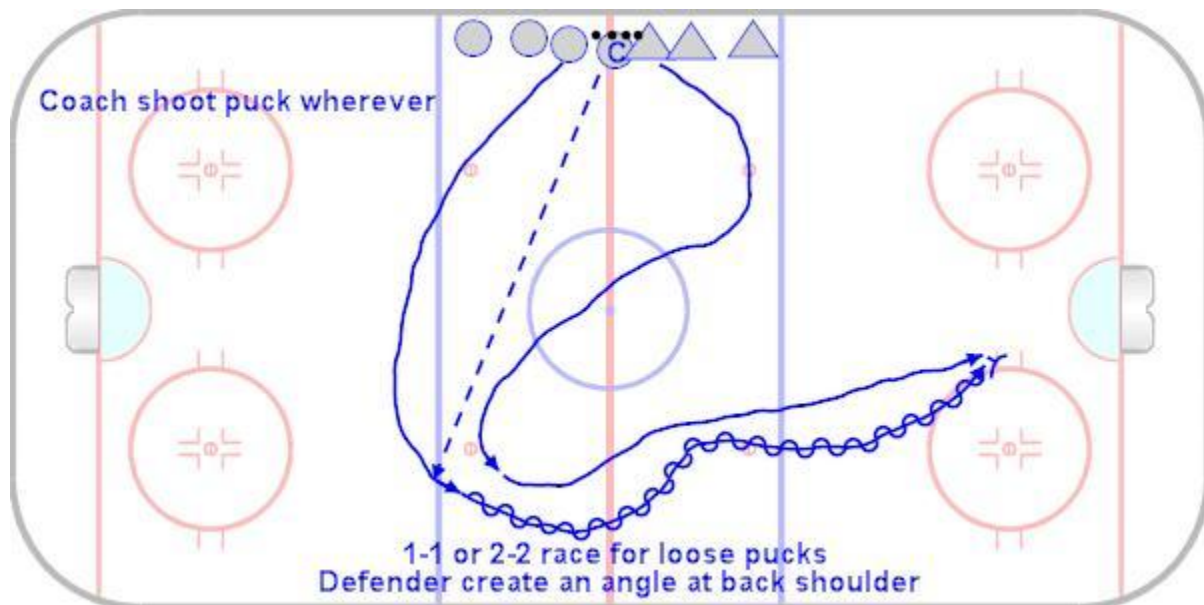
*No Penalties and insist on Good Checking Angles.

Description;

1. Players line up along the boards in the neutral zone.
2. Coach shoot a puck toward one side near the boards and the players race for it and try to score.
3. The checking player tries to regain the puck and score on the other net. After one scoring chance return to the line up.
4. When the puck is near one goal shoot another puck for the next two players.

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C2 Angling Drill

Key Points:

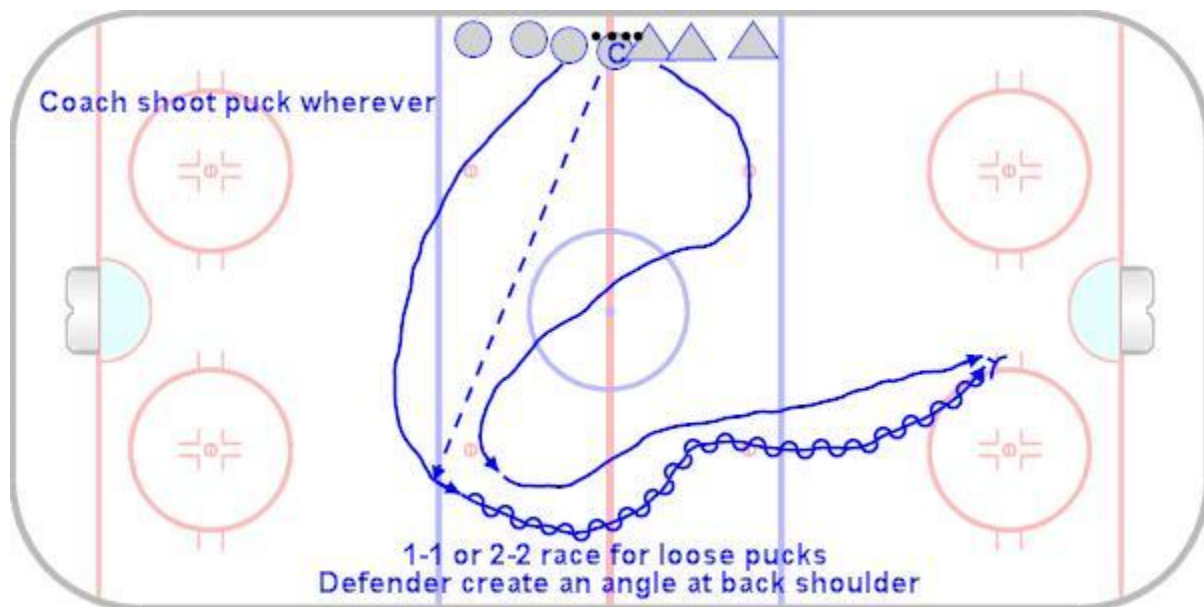
Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in or back.

*No Penalties and insist on Good Checking Angles.

Description;

1. Players line up along the boards in the neutral zone.
2. Coach shoot a puck toward one side near the boards and the players race for it and try to score.
3. The checking player tries to regain the puck and score on the other net. After one scoring chance return to the line up.
4. When the puck is near one goal shoot another puck for the next two players.

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T2-4 C2 Back Pressure-Low 3-3 – Pro

Key Points:

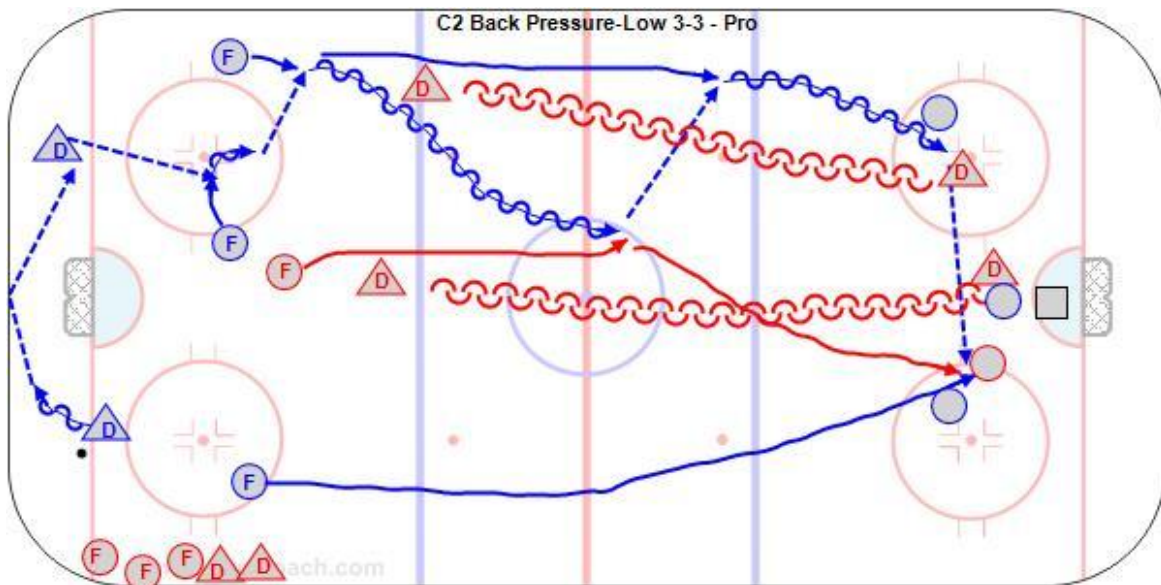
Back pressure through the neutral zone. Defenders stay on the defensive side and attackers fight to get on the offensive side.

Description:

1. Players line up on one side.
2. Start with a D to D to F breakout and 3 F attack.
3. Defend with 2 D and 1 F.
4. F back pressure the puck through the nzone.
5. Defenders communicate and pic up one attacker each in the defensive zone.
6. Play the low 3 on 3 until a goal, frozen puck or the defenders break out.

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C2 Low 3-2 to 5-5 Rush and Backcheck – Flames

Key Points:

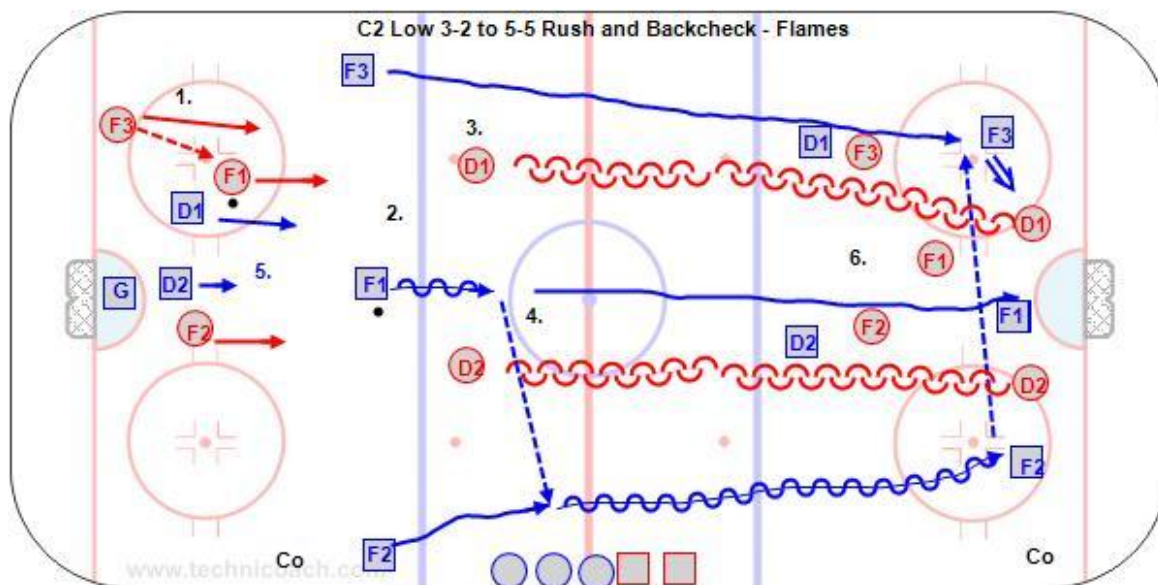
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

Description:

1. Red F1-F2-F3 attack low vs. Blue D1-D2.
2. Blue F1-F2-F3 wait with a puck at the top of the circles. Extra players along the boards.
3. Red D1-D2 are ready to defend the 3-2 attack.
4. On whistle Blue F1-F2-F3 attack R D1-D2.
5. B D1-D2 join attack and R F1-F2-F3 backcheck.
6. Play 5 on 5.

Alternative: Use one puck and defense pass to waiting forwards instead of 2 pucks and a whistle.

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C2 Regroup 5-3 Regroup 5-2 - Detroit

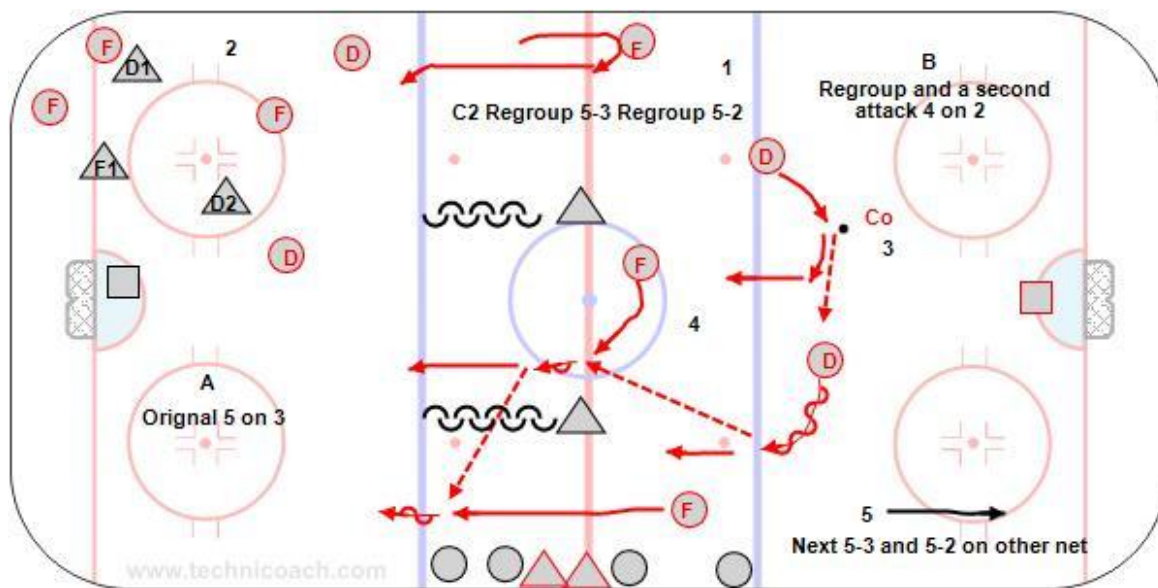
Key Points:

Give support and the strong side boards, middle and weak side wall. F1 pressure the puck, F2 take away pass to strong side wing F3 read the play from middle and react. D2 covers the high slot attacker.

Description:

1. Forwards regroup with the D in the neutral zone.
2. All five attack vs. two D and one F.
3. After original attack the coach whistles and places a puck inside the far blue line.
4. D goes back for the new puck and start another rush versus the two original D.
5. Next group start the same sequence in the other direction.

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C2, 1-0, Point Shot and 2-1 - Sweden

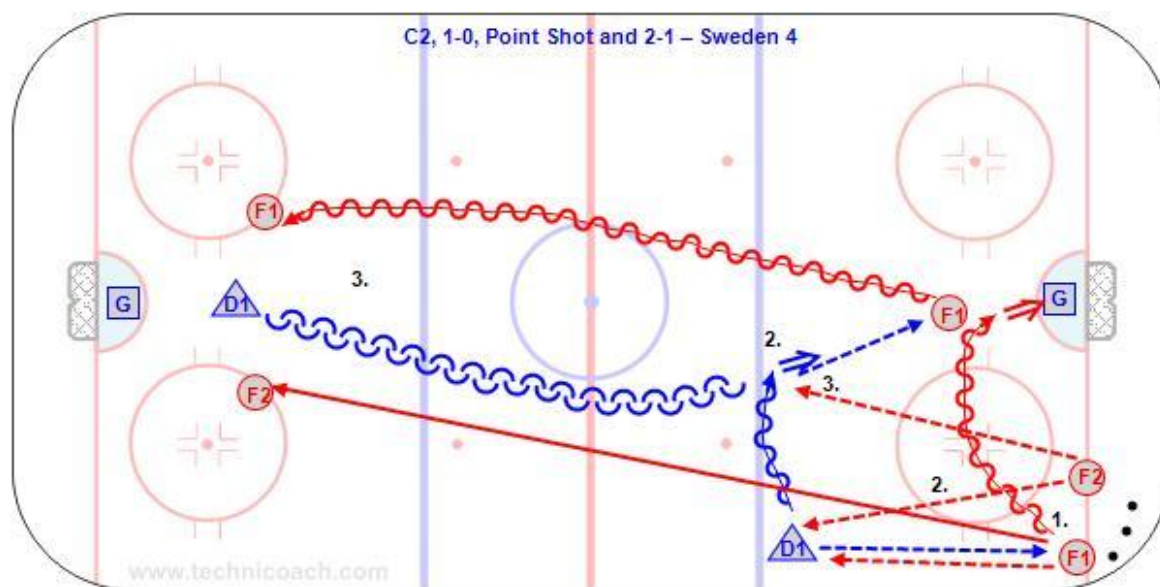
Key Points:

Pass hard and screen the goalie. On the 2-1 the first pass should be made near the blue line to force the defender to make a decision and allow a second play. Defender stay in the middle and decide who the most dangerous attacker is. Deny a breakaway and pass across remembering it is a 2-2 with the goalie.

Description:

1. F1 give and go with D1 then walk in and shoot.
2. F2 pass to D1 at the point who drags to the slot and shoots while F1 screens the goalie.
3. F2 pass to D1 who taps puck to F1 and then F1 and F2 attack 2-1 vs. D1.
4. Next group repeat.

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C2, 2-0, 2-1, Washington

Key Points:

Give a target, time skating to be available, face the puck.

Description:

A.

-Two players rush 2-0 and attack the far end.

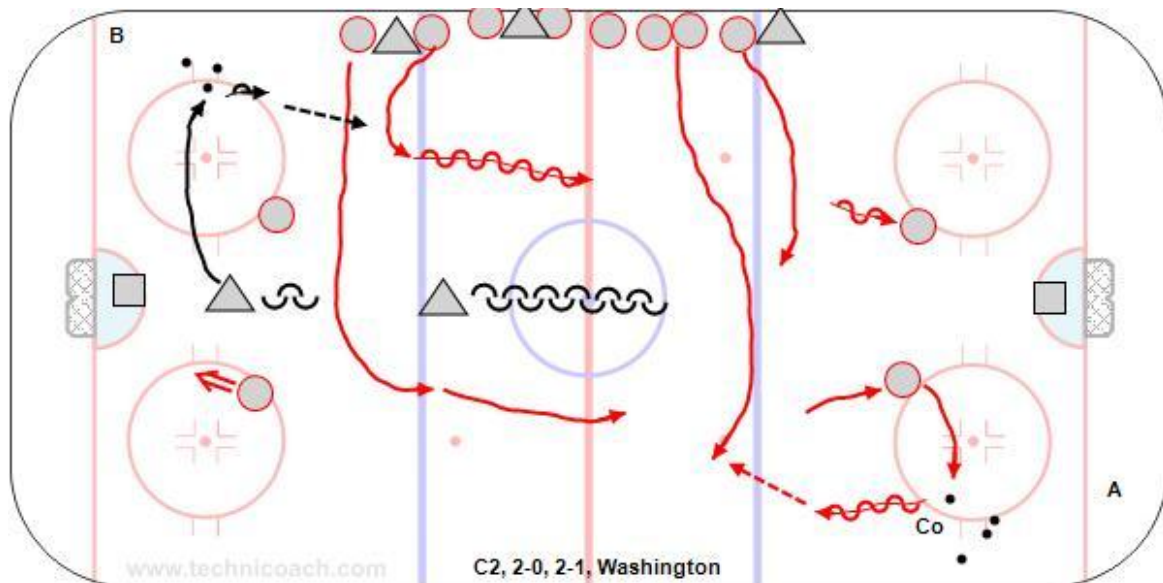
-The non shooting player pass to the next 2 who skate in from the lineup on the boards.

B

- Progress to a D making the pass then follow the play up the ice.

-The D defends a 2 on 1 and then make a pass to the next 2 F who attack the original D.

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C2, 2-1 on Rush then from Cycle - Sweden

Key Points:

F1 must get to the puck first vs. D1. Attackers protect the puck and go to the net. Defender must stay on the defensive side and then play a 2 on 1 situation after the cycle always recognizing the most dangerous attacker.

Description:

1. Two forwards and one defender start from behind the blue line with forwards on the inside.
2. Coach shoot the puck into the corner.
3. F1 race D1 to the puck.
4. If F1 wins the battle then protect the puck and pass to F2.
5. D1 defend 2 vs. 1 until the puck is frozen or cleared.
6. If D1 wins the race then he clears the puck.

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C2, 3-0, 1-1, 2-1 - Pro

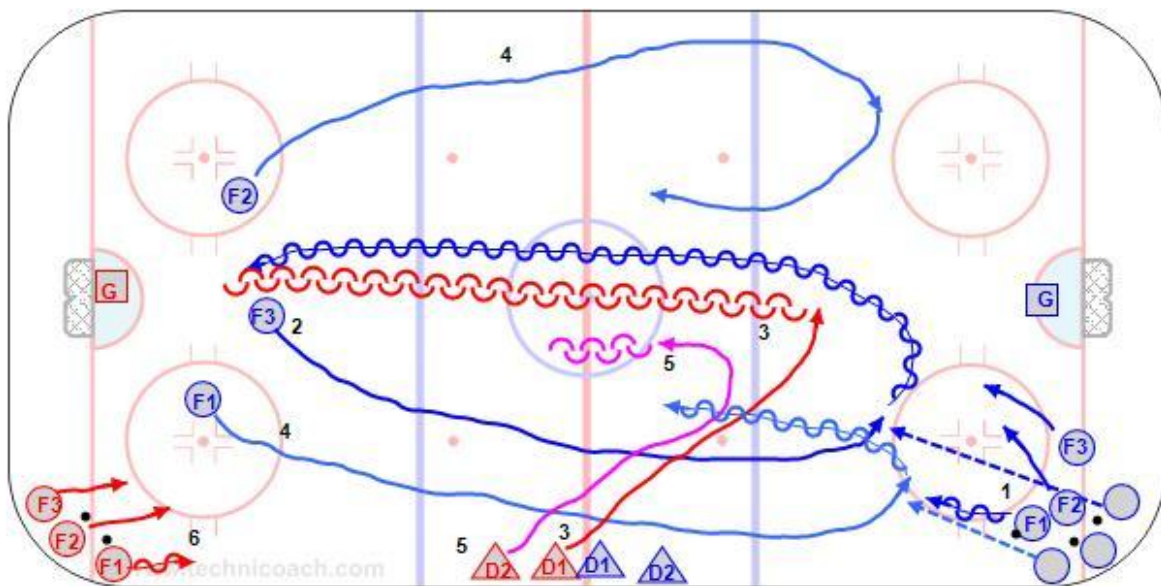
Key Points:

Forwards should attack with speed and defense play a tight gap.

Description:

1. Start with a 3-0 attack from one corner. All attacks are on the same net.
2. F3 skate back and get a puck from the original end.
3. D1 leave line and defend 1-1 vs. F3.
4. F1 and F2 come back for another puck.
5. D2 defend a 2-1 vs. F1 and F2.
6. Repeat from the other end.

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C2, 5 on 3 BO - 5-2 Rush - Finnish U17

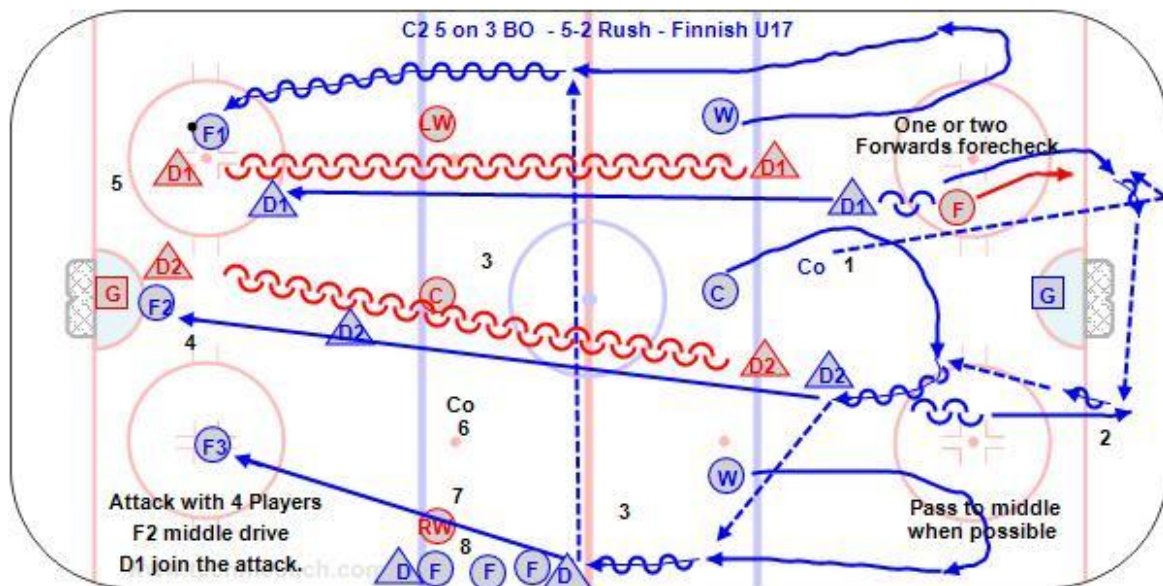
Key Points:

D move away from pressure and pass to the middle as much as possible. C swing laterally through the top half of the circle about a stick length behind the D. W's stay on the boards. F2 middle drive.

Description:

1. Coach dump in a puck and call how many forecheckers.
2. Blue offensive team break out 5-3 or 5-4.
3. In NZ rush is 5 on 2.
4. Attack with middle drive and D1 joining the rush.
5. Play 5-2 until the rush is finished.
6. Coach dump in a new puck and call out whether one or two forecheckers stay in.
7. Red forwards breakout with original Red D1 and D2.
8. Next blue forward line follow the attack and wait at the blue line for the coach dump in.

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C2-C6 - 2-1-Point Shot – Pro

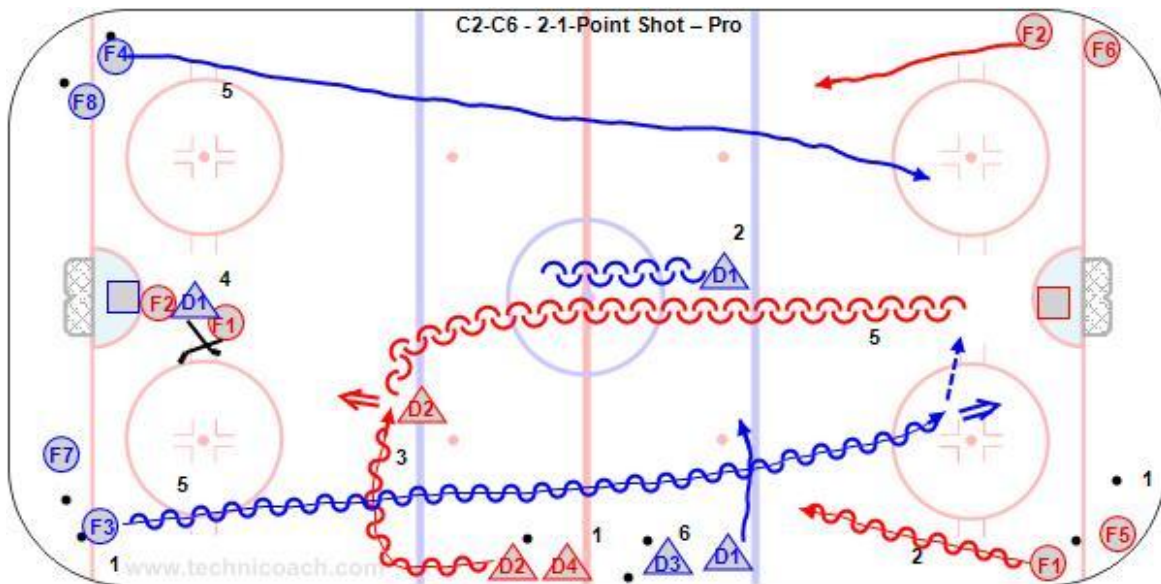
Key Points:

Defender cut the ice in half and don't allow the puck to cross the mid-line. If the defender slides he must be outside the posts and his skates sideways so the puck can't get under the toes. D fake going to the puck carrier early then drop back into the middle. If they screen in a high and low stagger then D1 focus on not allowing the higher F to tip the shot. Many attackers will panic and either shoot from far out or pass right to you. Attack with speed and make the first pass near the blue line and read the D.

Description:

1. Line-up D along boards in middle and F in corners.
2. F1-F2 attack 2-1 vs. D1.
3. After the rush D2 follow and take a shot from the point.
4. F1-F2 screen and tip vs. D1.
5. F3-F4 attack vs. D2 after the point shot.
6. D3 follow and shoot then defend vs. F5-F6.

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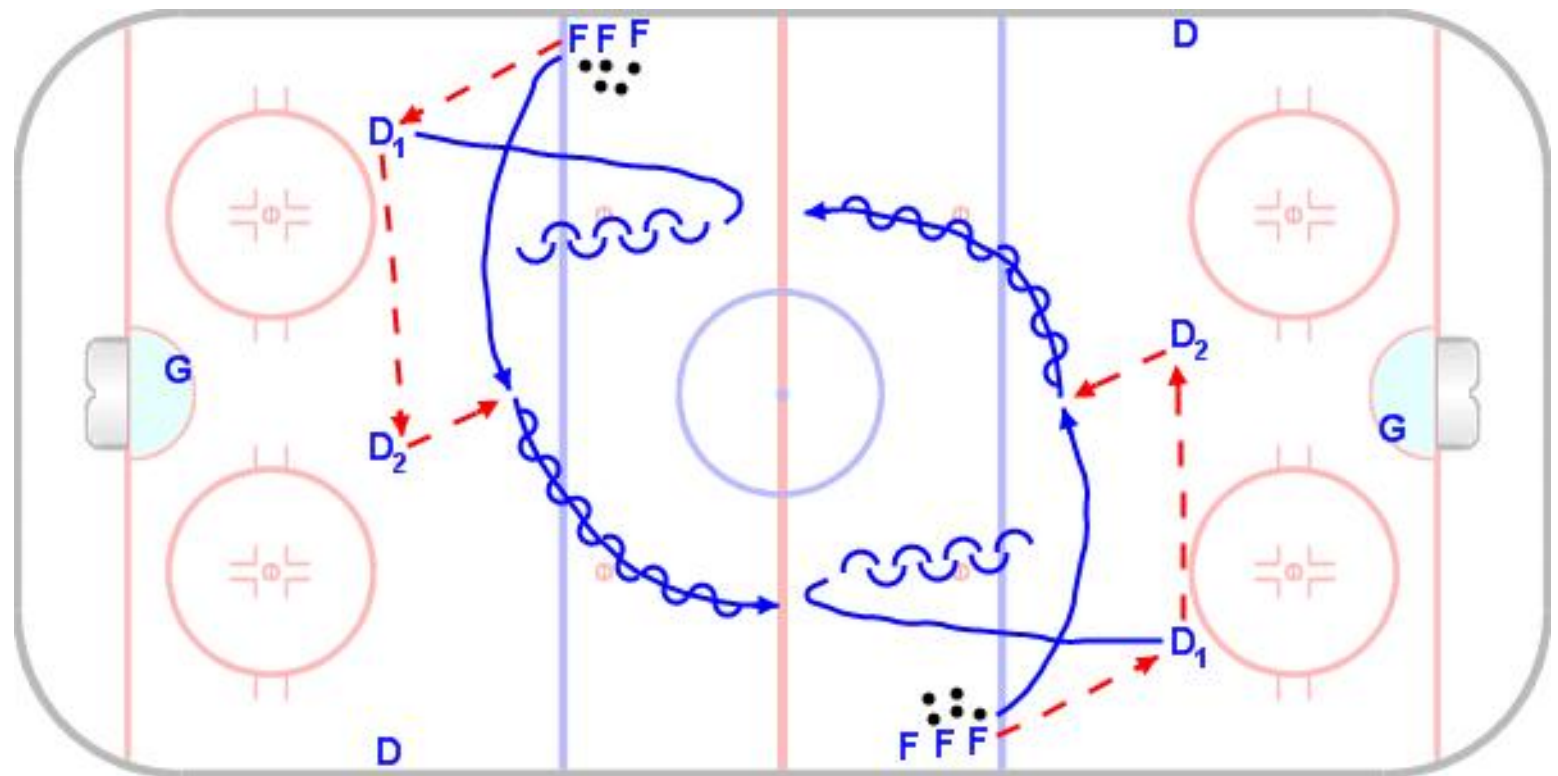
C3 - 1 on 1 Defense Quick Feet

Key Points:

The D must quickly skate up ice to close the gap on the attacking forward.

Description:

1. The first forward on each side of the ice pass to D1 and cut across the ice for a pass.
2. D1 pass to D2 who makes a quick pass to the forwards.
3. D1 skate hard into the neutral zone to close the gap on the forward coming from the opposite end.
4. The two F's attack the two D1's and try to score.
5. D2 now become the new D1, the resting D become D2 and the original D1 rest along the boards.



C3 - 2 on 1 D Join Attack - Pro

Key Points:

D make the breakout pass and if there is good possession join the rush.

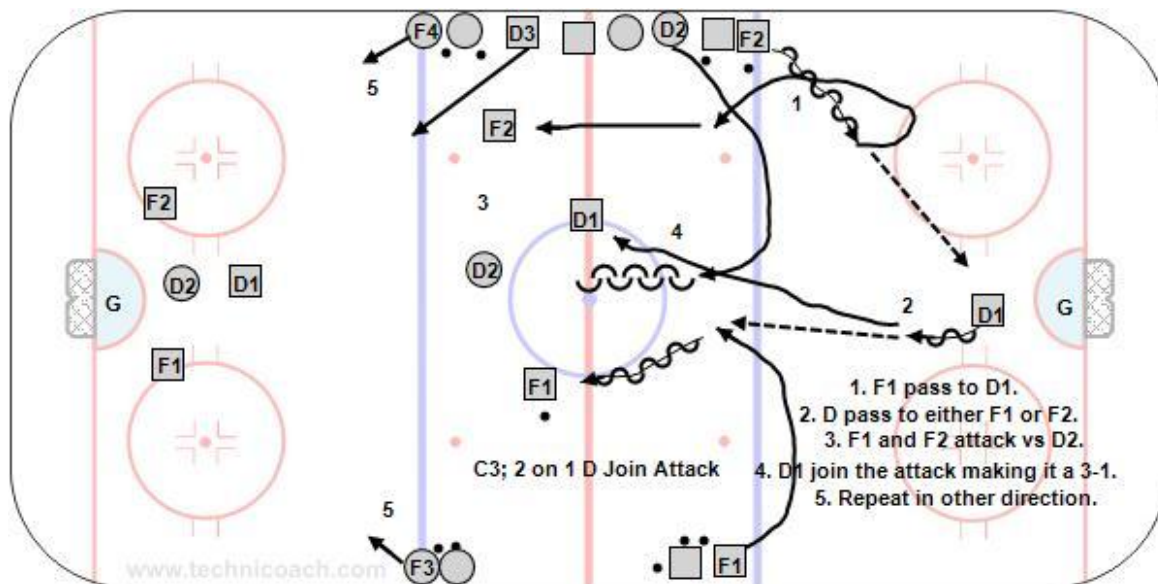
Easy to progress to a one puck transition game if the new players give passive support above the circles.

Description:

1. F1 pass to D1.
2. D pass to either F1 or F2.
3. F1 and F2 attack vs D2.
4. D1 join the attack making it a 3-1.
5. Repeat in other direction.

Add regroup and dump-ins.

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C3 - 2 on 1 Rush D Join - Defender Slide – Pro

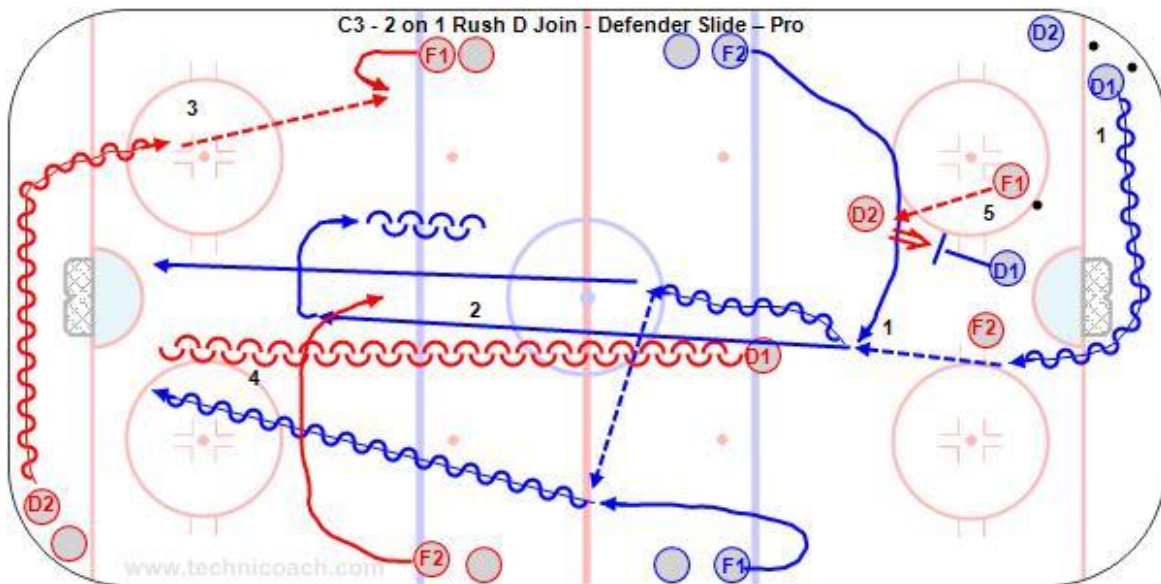
Key Points:

Attack 2 on 1, 'One high one low, one fast one slow.' Offense make the first play early to allow a second play. Forehand passes are the most effective, even when on the off wing (Gretzky did this). Defense delay the play as long as possible to create bad shooting angles and backcheckers to get there. Defense slide outside the post if the attacker is deep. On the 3 on 1 don't slide but stay in the middle, delay the play and jam the trailer if the attack is deep.

Description:

1. D wheel around the net from the corner and pass to F1 or F2 cutting across.
2. D join the attack.
3. Repeat the other way with RD2 passing to RF1-2
4. In this video example the D slides when the attack is deep. They are not passing to the D the first half of the video.
5. Last part of the video they can pass to the D so it is a 3-1 and the D stay on their feet and jam the trailer pass and deny the pass across.

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C3 - 2 on 1 Situation: Both Directions - Pro

Key Points:

This formation can be used for situations from a 1-1 to a 3-2.

Attackers make the first pass early when they gain the zone.

Defender deny breakaways and lateral passes in the scoring area.

Follow shots for the rebound.

Attacking 2 on 1 remember the principle; "One high, one low, one fast, one slow."

Description:

1. D passes to F1. F1 and F2 skate laterally and exchange the puck.

2. Defender close the gap and stay between the attackers.

3. Go the other direction when the puck crosses the blue line.

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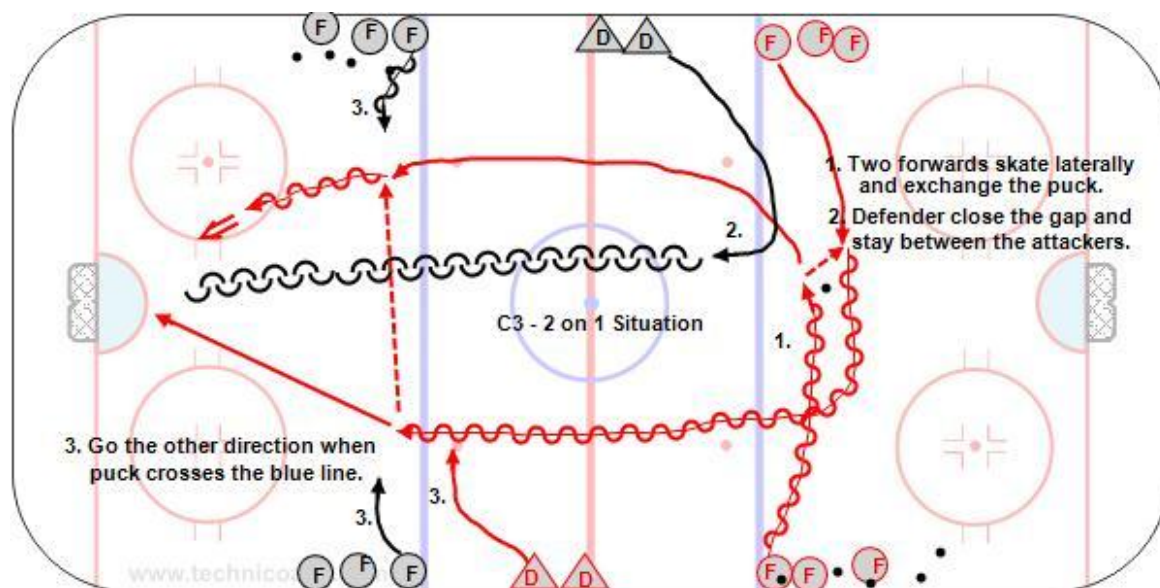
If you want to progress to a transition game you could do the following.

- a. Do the 2 on 1 drill above.
- b. Change the drill to a transition with passive support by having the next 2 forwards and the defender follow the play into the zone (instead of crossing and passing with a new puck) and wait above the circles.
- c. The attackers try to score after the original rush and the defender work to make a breakout pass.
- d. On a frozen puck or a goal the goalie is unopposed and makes a breakout pass to the 2 F's at the top of the circle and a new 2-1 starts.
- E. Next progression is to have F3 backcheck deep to turn the 2-1 to a low 2-2 while the other F and new D are passive above the circles. On the breakout F3 joins the rush.
- F. The last progression is for everyone to be active and F3 covers low and F4 covers the D2 at the point who is now part of the attack. The flow continues with F3 and F4 attacking the other way vs. D2.

So you will have progressed from a

1. situation 2-1 drill
2. to a transition game with passive support
3. to a transition game with both passive and active support
4. to a transition game with active support.

Additional options are to add dump-in's and regroup.



C3 - 2-1 C3 - 2-1 With Two Backcheckers – Pro

Key Points:

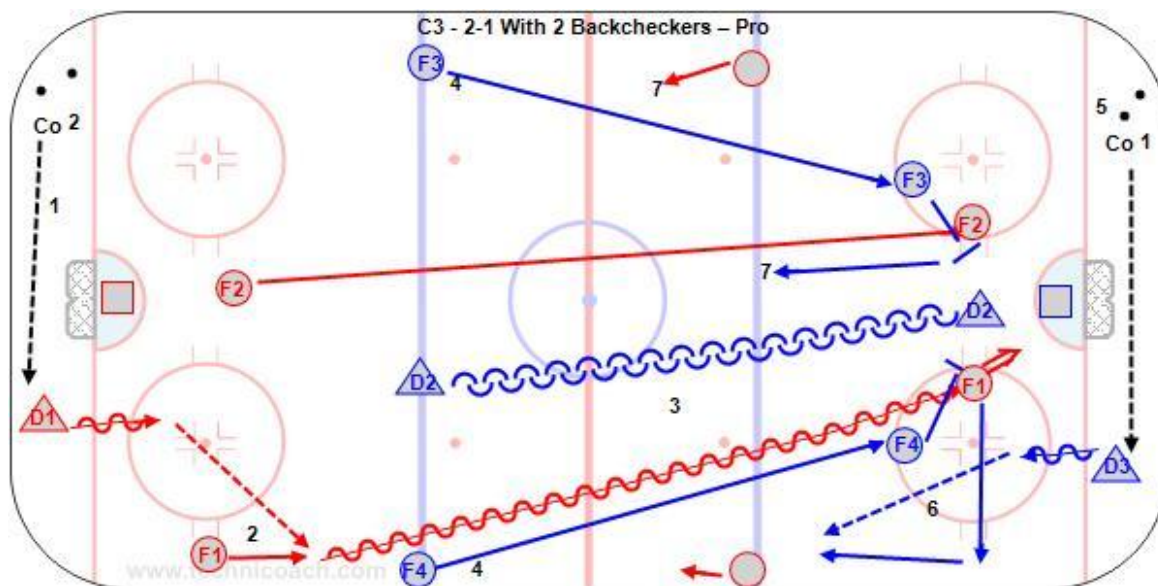
Backcheckers must communicate with the defenseman who to cover, then get open for a breakout pass on the whistle.

Description:

1. Coach pass behind the net to D1.
2. D1 make a breakout pass to F1 or F2 and follow the rush.
3. F1-F2 attack 2-1 vs. D2.
4. F3-F4 backcheck from the far blue line.
5. On whistle Coach 2 pass to D3.
6. D3 make a breakout pass to F3-F4 who attack vs. D3.
7. Continue the flow one end to the other.

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<https://youtu.be/XwJus4c5pmU>



C3 - 2-1 x 2 - Czech U20

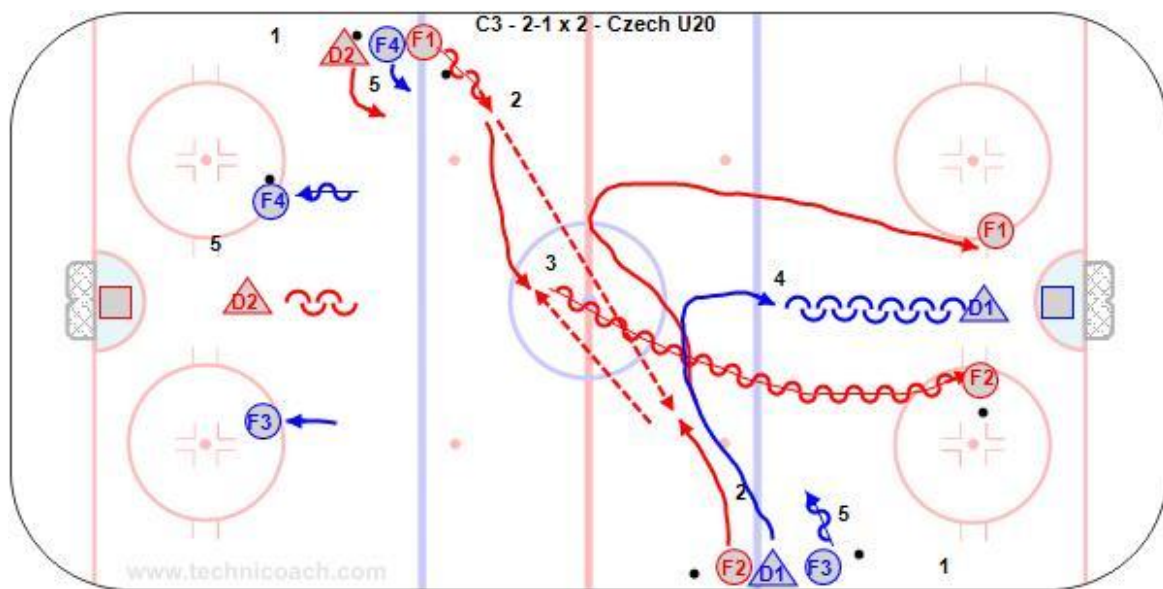
Key Points:

Attack with speed and make the first play early to force the defender to make a decision. Defender delay the play and prevent the puck from crossing the mid-line to allow the goalie to cover the strong side of the net. If the defender slide it must be outside the post.

Description:

1. Players line up at diagonal blue lines.
2. F1 leave from the far blue line while F2 and D1 leave from the diagonal blue line.
3. F1 pass to F2 who one touches back to F1.
4. D1 follow F2 and then pivot backward and defend vs. F1-F2.
5. F3-F4 and D2 repeat from the opposite blue lines.

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C3 - 2-2-Point Shot-2-2 – Pro

Key Points:

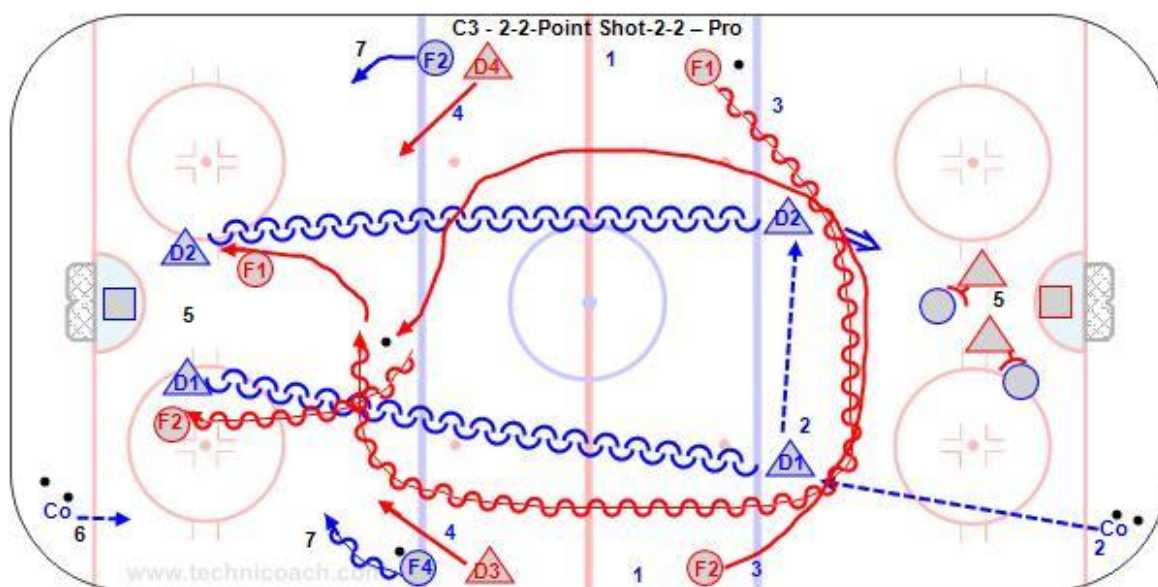
Forwards isolate a wide D and attack him 2-1. Defense switch if Forwards cross near the blue line and stay with their man if they cross inside the zone. Forwards fight to keep their sticks free and defense tie up sticks so they can't tip shots.

Description:

1. Players line up on each side along the boards in the neutral zone.
2. Coach pass to D1 to D2 who takes a shot from the point.
3. F1-F2 circle in from the neutral zone and attack 2-2 vs. D1-D1.
4. D3-D4 follow the play.
5. On the whistle F1-F2 screen and D1-D2 battle to box out and seal their sticks to the outside.
6. Coach pass to D3 to D4 who shoots.
7. F3-F4 now circle in and attack D3-D4 in the other direction.
8. Continue this sequence.

*This drill can be done from 1 to 3 forwards and one or two defensemen.

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C3 - 3-2 Pro W

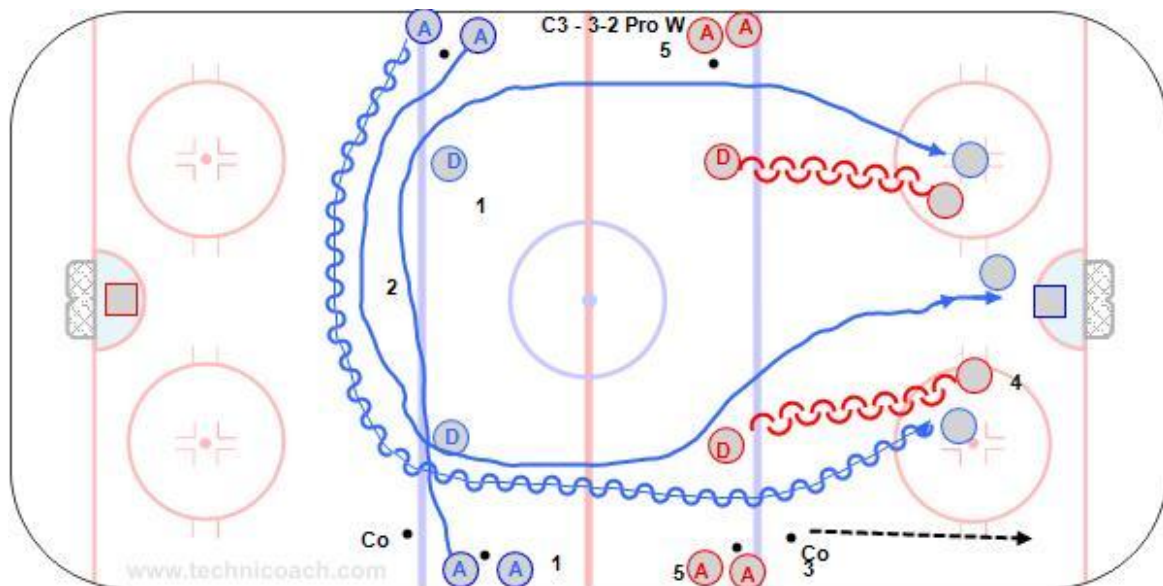
Key Points:

Attack with a middle drive and create 2-1's. Defenders talk, good sticks and have a net front presence.

Description:

1. Start with 4 defenders in the neutral zone and attackers along the boards.
2. On whistle 2 attackers from one side and 1 from the other swing behind and attack 3-2.
3. Coach be ready with another puck if the play ends.
4. Play out the 3-2.
5. Repeat the other direction.
6. Two new defenders move into the neutral zone.

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C3 - 5 on 2 Forecheck - 4 Attack

Key Points:

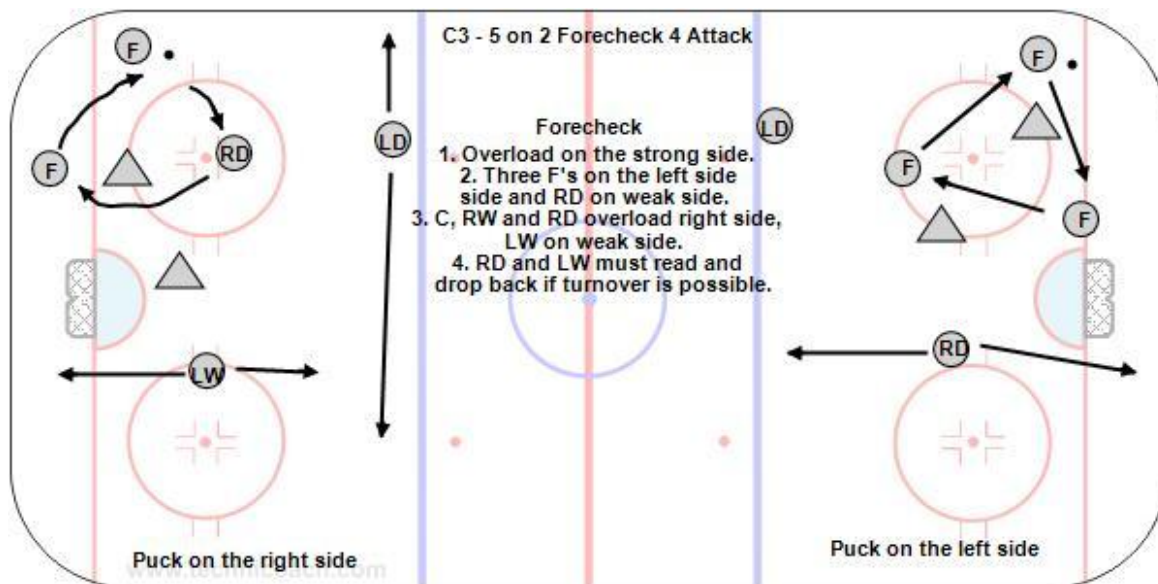
Overload the strong side with one player on the weak side for a one- timer or to change sides.

Description:

Forecheck

1. Overload on the strong side.
2. Three F's on the left side and RD on weak side.
3. C, RW and RD overload right side, LW on weak side.
4. RD and LW must read and drop back if turnover is possible.

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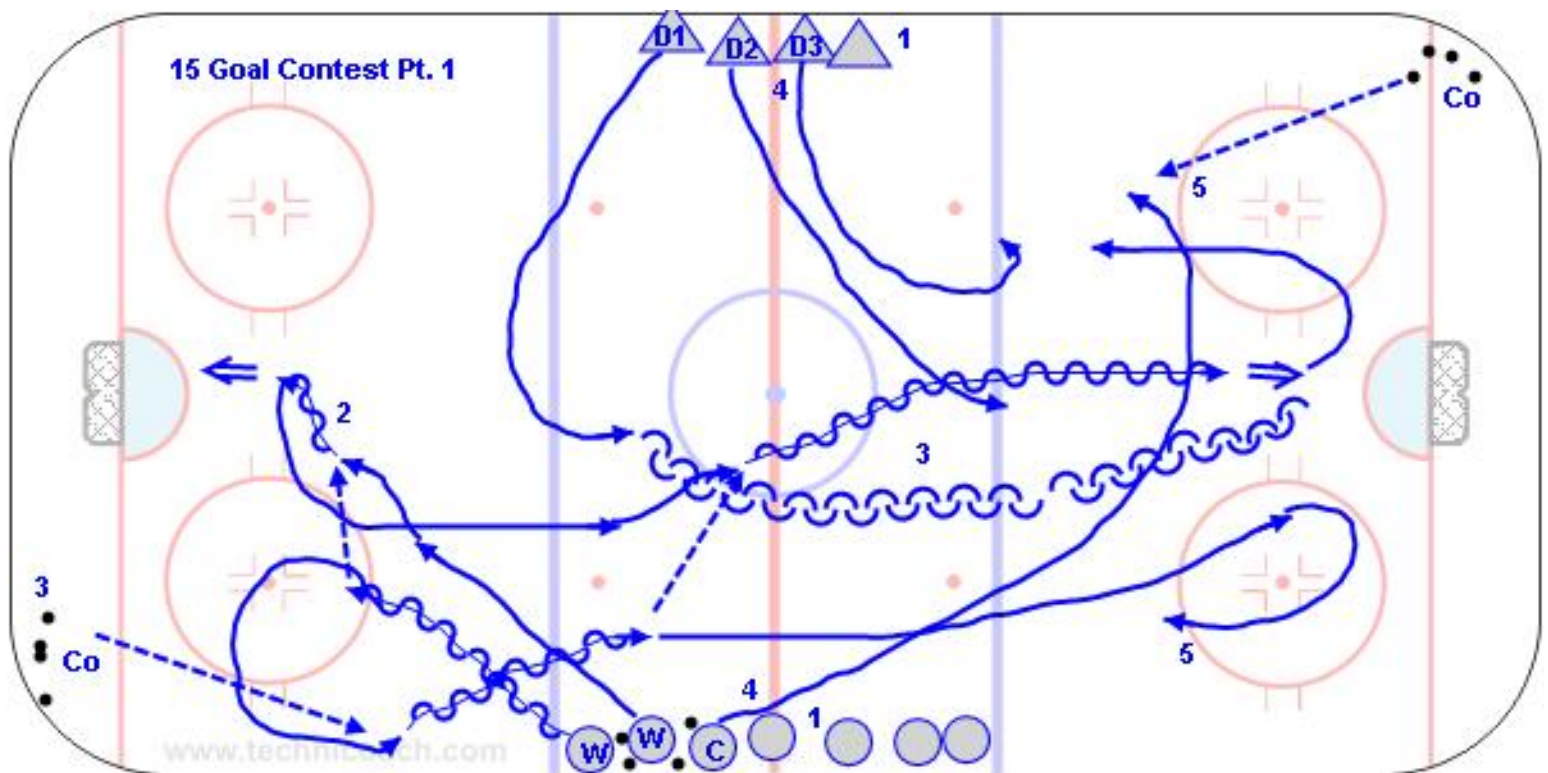


D100 15 Goal Game

This is a contest of forwards vs defense and goalie. The aim of the forwards is to score 15 goals as quickly as possible while the defenders try to make it take as long as they can. Time how long it takes and use this as the mark to beat the next time you play the game.

1. C3 Formation with forwards on one side and D on the other. Have the dark D play vs the light F's.
2. 2 F's attack 2-0 with a max of one pass allowed. You can score on direct rebounds.
3. Coach passes a new puck and they attack 2-1 vs a D who has followed the initial 2-0.
4. After the 2-1 a new forward joins the original 2 F's and 2 new D skate to the blueline.
5. After the 2-1 attack the other coach passes a new puck to the 3 F's who attack 3-2 vs the 2 new D.
6. When the 3-2 is finished the coach passes a puck to F3 in the high slot who shoots while the other forwards screen and tip and the D seal their sticks to the outside.
7. The coach now passes a new puck to F3 who goes the other way on a breakaway.

Players really like this game and you create a lot of situations.



C3 - BO - RG - 2-1 - U20

Key Points:

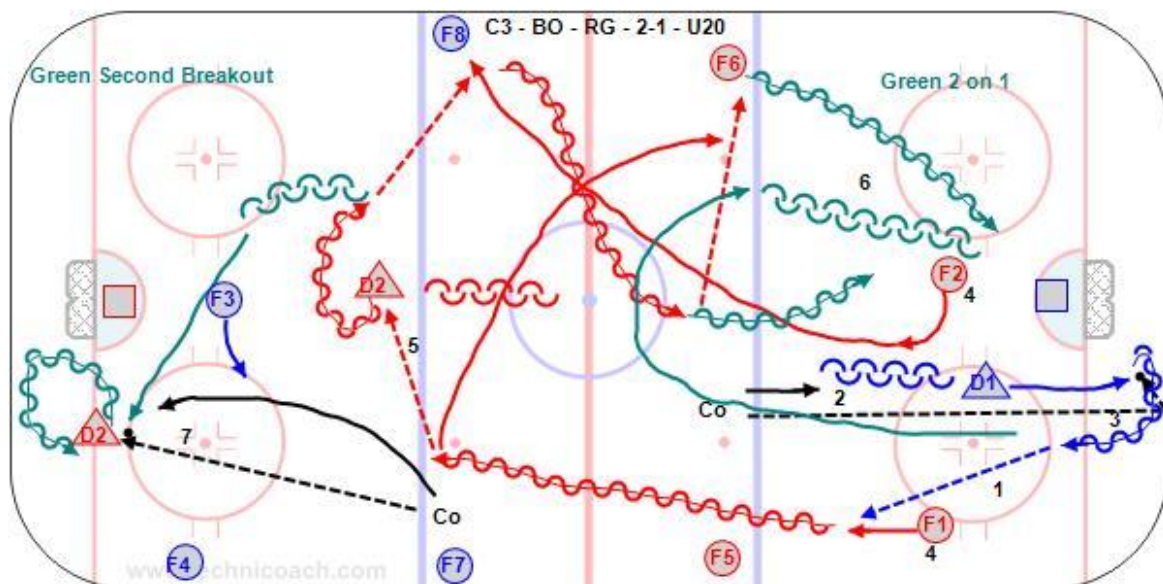
Defense do an escape move when they get the puck. Forwards give game-like support on the boards and in the middle lane.

Description:

1. F1-F2-D1 leave from the neutral zone and D2 follow.
2. Coach shoot a puck in and take away one passing lane.
3. D1 make an escape move and skate between the dots before making a breakout pass.
4. One F give an outlet along the strong side boards and the other mirror D1 from the middle lane.
5. Regroup with D2 in the neutral zone giving wall and middle support.
6. F1-F2 attack 2-1 vs. D1 using the 'One high one low, one fast one slow' principle.
7. Repeat at the other end with D2-F3-F4 breaking out and regroup with D3.

* This rotation is effective up to 3-2 or send out 1 to 3 F and 1 or 2 D to teach awareness.

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C3 - Breakout - 1 on 1 – Regroup

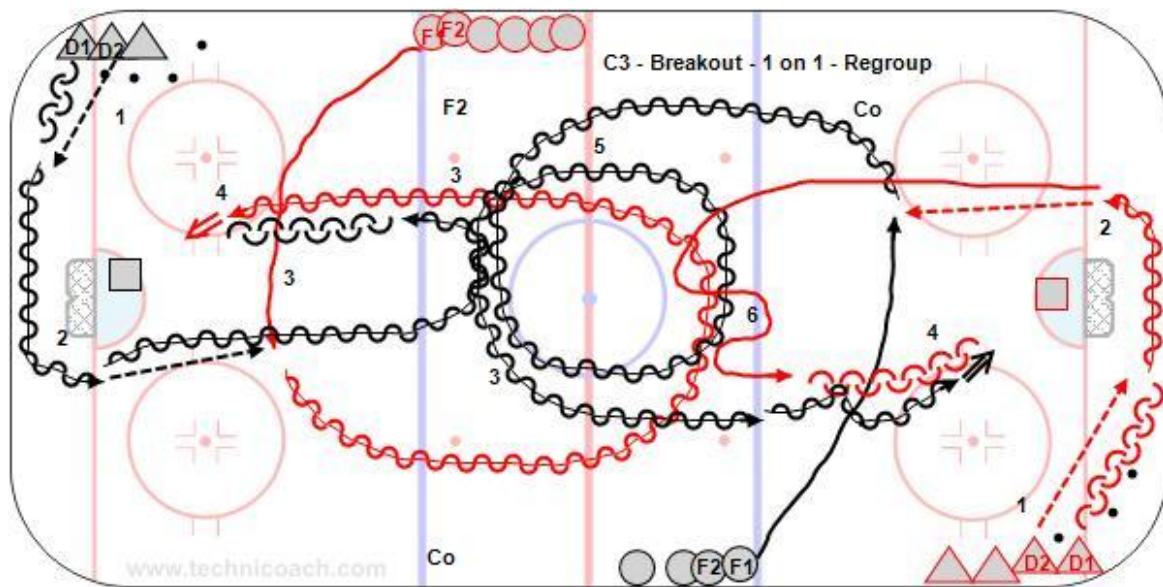
Key Points:

Forward give a target for the pass. D drive skate behind the net then close the gap as quickly and tight as possible.

Description:

1. D1 pass to D2 on the whistle.
2. D2 drive skate behind the net and pass to F1.
3. F1 skate around the middle circle while D1 close the gap to defend.
4. F1 attack vs D1 and try to score.
5. If coach blows the whistle F1 skates around the entire circle then attacks.
6. D1 has to adjust his skating to keep a tight gap.

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C3 - Continuous 1-1, 3-1, 4-2 - Pro

Key Points:

Attack with speed and defense join the rush. Defenders play a tight gap and communicate. No whistles are needed.

Description:

1. Defense leave from one side and forwards from the other side in the neutral zone.
2. Coaches pass new pucks in when the rush is finished.
3. Start with a 1-1 and F1 attack vs. D1 and F2-D2 follow the rush.
4. Coach pass to F2 and F1-F2-D1 attack 3-1 vs. D2.
5. F3-D3-D4 follow the rush.
6. Coach pass to F3 and F1-F2-F3 attack 4-1 vs. D3-D4.
7. This drill can be done as a one puck transition game with the same flow but D and F's join the next rush.

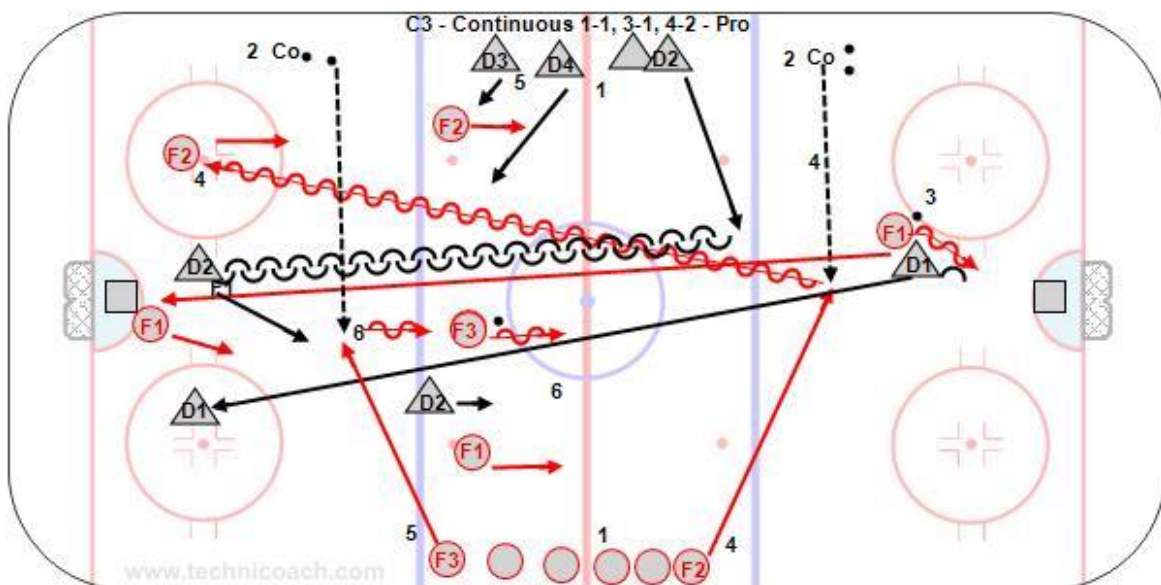
** Transition games are the natural progression for situation drills. Transition games use one puck and the defender must make a breakout pass. The attackers must also battle for loose pucks and finish the attack.*

** To work on the forecheck and breakout a dump in can be added.*

** Add intensity by keeping score and reds play vs. the whites.*

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C3 - Continuous 2-0, 2-1, 3-1, 3-2 - Pro

Key Points:

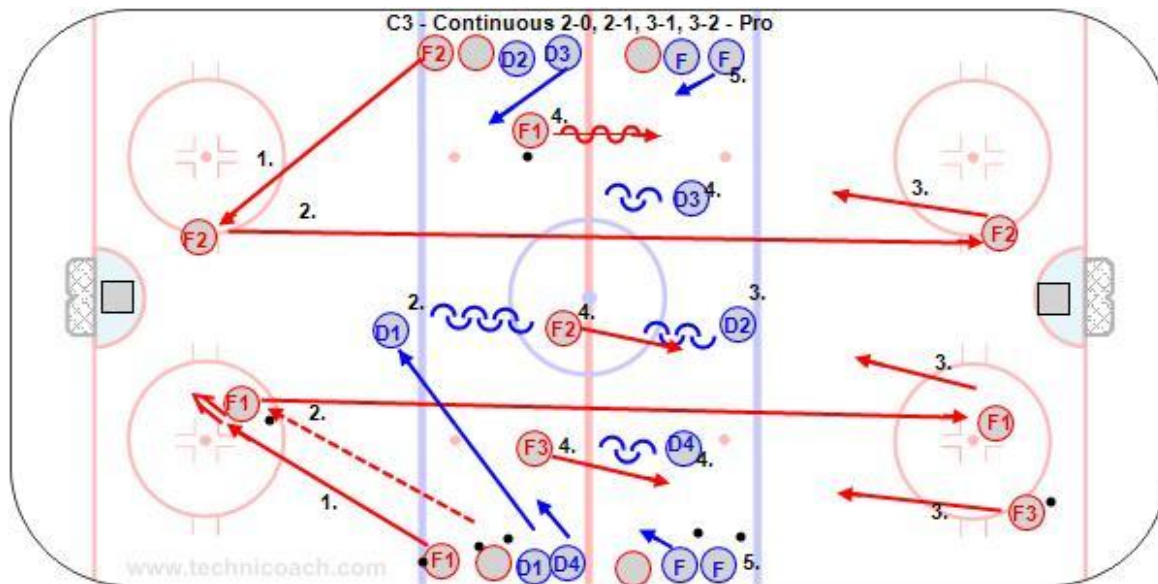
Make plays early - create 2-1's - attack with speed - middle drive. Start 2-0 and shoot at one end, one defenseman follow.

Description:

1. Start 2-0 and one defenseman follow.
2. Attack 2-1 the other way and one defenseman follow.
3. One forward join with a puck and attack 3-1 the other direction, two defensemen follow.
4. Attack 3-2 the other way.
5. Start with a 2-0 with another group.

*Options: Make a contest one colour vs. the other to see who can score the most in a certain time or else D and G vs. F's and count the goals scored in 8 minutes and next time see if there are more or less goals scored.

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C3 - Continuous Regroup 4-2 - RB Pro

Key Points:

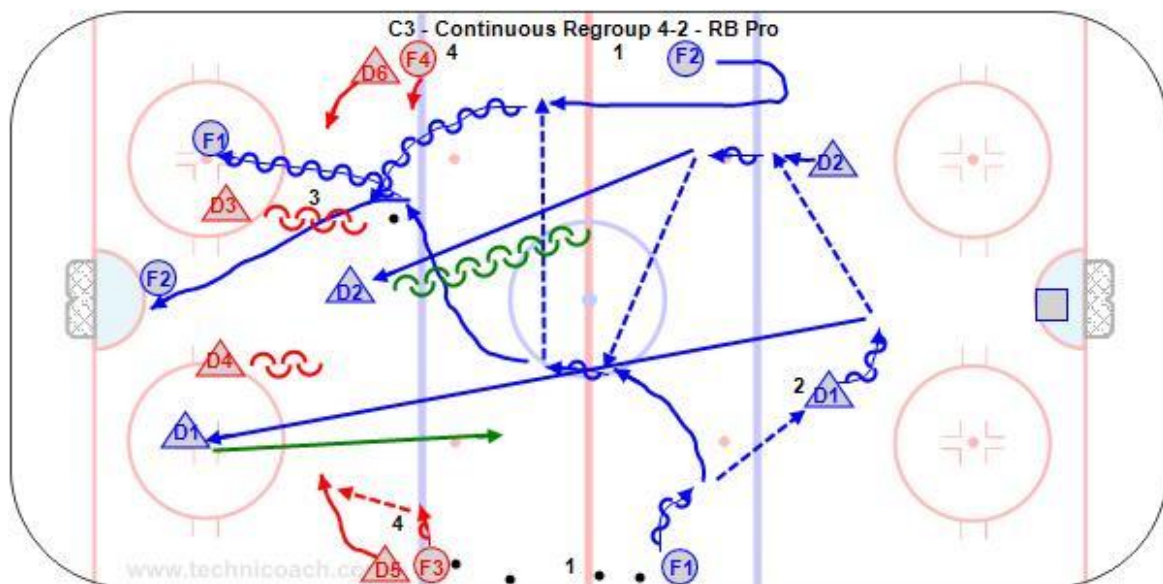
One D join the attack and one D stay back. Forwards create a 2-1 vs. one of the D. Attack with a middle drive and cycle in a triangle.

Description:

1. Players leave from both sides in the neutral zone.
2. F1-F2 regroup with D1-D2.
3. Attack 4-2 versus D3-D4 and play until the whistle.
4. F3-F4 regroup with D5-D6 and attack 4-2 versus D1-D2.
5. Continue this flow.

**If D1 moves in from the point then D2 slide back. Always one D up in the play.*

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C3 - Double Regroup - 2-1 - Russian U20

Key Points:

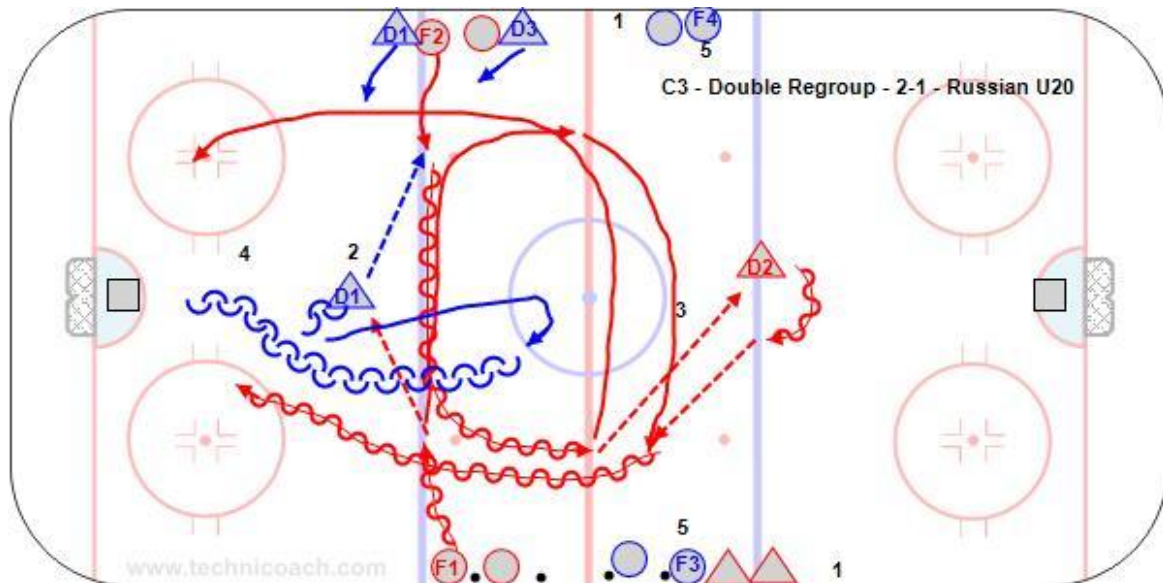
Quick passing. Gain speed skating in arcs. Follow the shot for a rebound. Stop at the net and only make one pass in the offensive end.

Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.
7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150816230457692>

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C3 - Double Regroup 3-2 Pro W

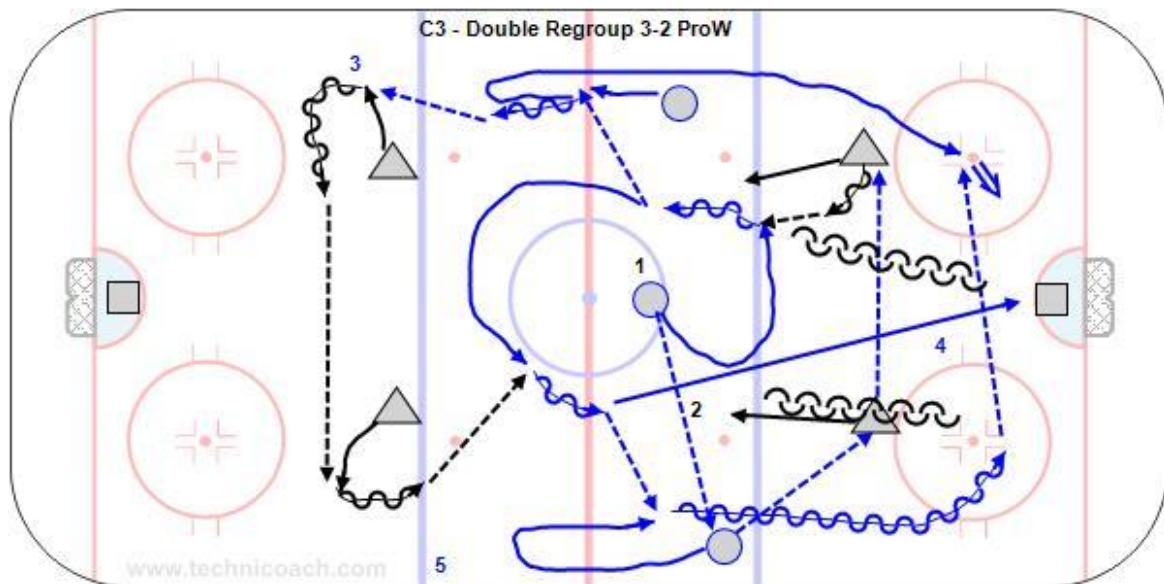
Key Points:

Snap the puck around with hard accurate passes and then regroup with each D. Work on passing to the middle into the 'Big Ice' where there are more options. Practice everything with speed.

Description:

1. Start with 3 forwards and two sets of D in the neutral zone.
2. Pass the puck between the 3 F and 2 D until the whistle.
3. Regroup with both sets of D.
4. Attack the original D 3 on 2.
5. 3 new F's pass with 2 D who were on the ice while the 2 new D come on.
6. Regroup with original 2 D on the whistle then again with the other D.
7. Focus on passing to the middle to start the attack.
8. Attack with speed and focus on the middle drive and not the slower trailer play.
9. New group start passing around while the 3 on 2 is played out.

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C3 - Double Regroup-One Touch- 2-1 - Russian U20

Key Points:

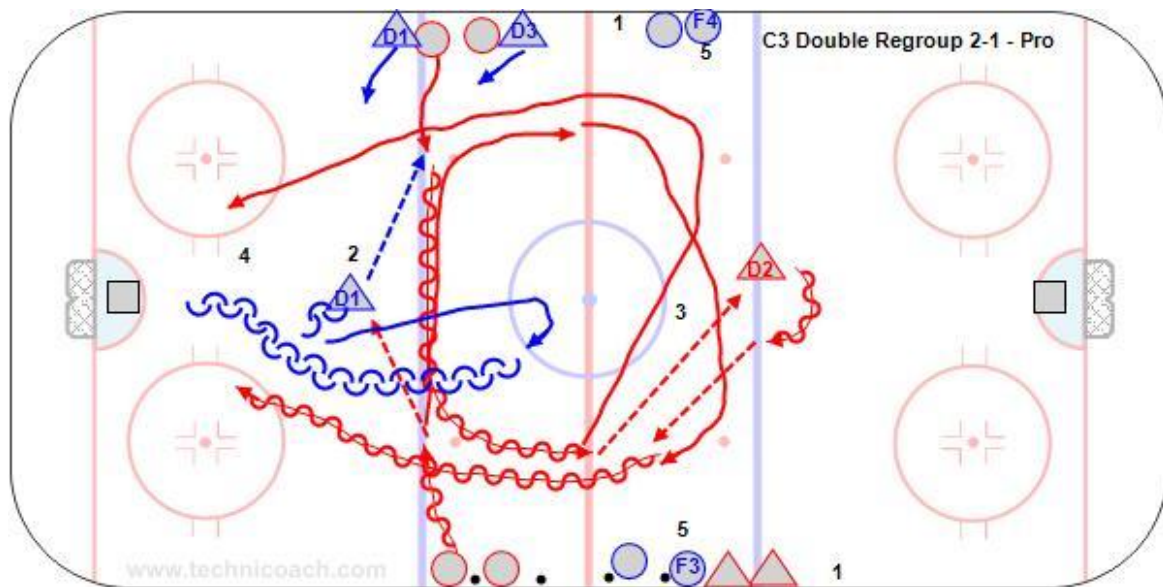
Stick square to the puck, hands away from the body and head up. Face the puck and keep the feet moving. Make the first play early on the 2-1. D keep the play to one side so it is a 2-2 with the goalie.

Description:

1. F1-F2 leave and regroup with D1.
2. F1-F2 make a second regroup with D2.
3. F1-F2 attack 2-1 vs. D1.
4. F3-F4 leave and regroup with D2.
5. F3-F4 make a second regroup with D3.
6. F3-F4 attack 2-1 vs. D2.
7. Continue this flow.

*This double regroup organization can be used 1-0, 2-0, 3-0, 1-1, 2-1, 3-1, 2-2, 3-2 or instead of a second regroup dump the puck in and breakout then attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150803094619367>



C3 - Dump-BO 3-0-RG x 2 - 3-1 – One Goalie – Pro

Key Points:

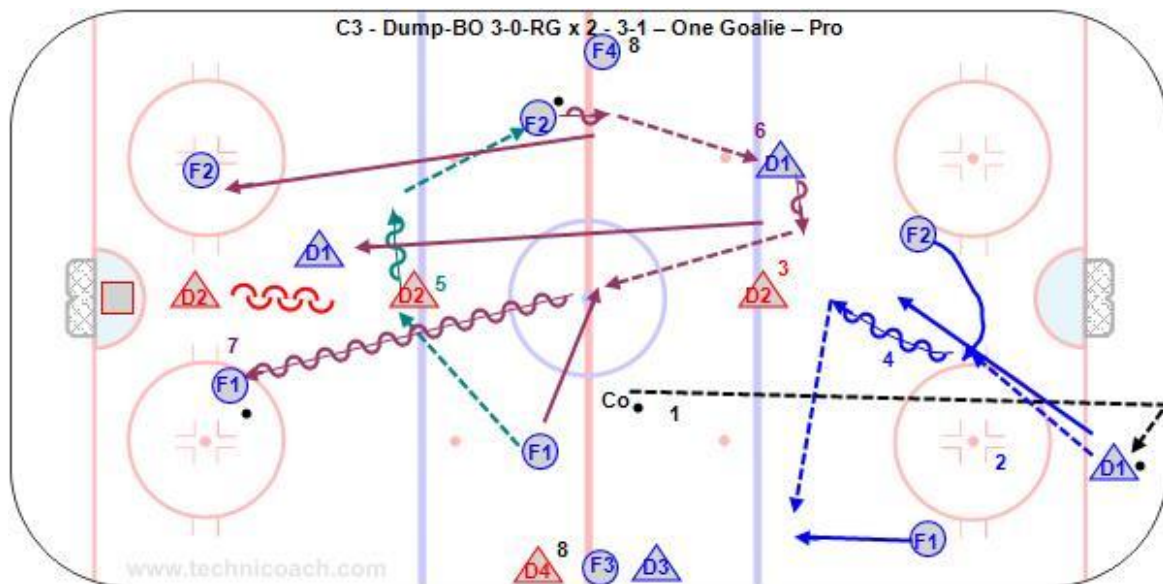
This is a full ice drill with only one goalie. Players are lined up on the side in the neutral zone and coaches give passive resistance. Coach call various breakout options. This one is 'counter with wing on the far side.'

Description:

1. Coach dumps the puck in.
2. D1 goes back for the puck and F1-F2 support from the strong side boards and middle.
3. D2 follow the play to the blue line.
4. D1 go back for the puck, shoulder check, turn up ice and pass to F1 or F2.
5. F1-F2 regroup in the neutral zone with D2.
6. F1-F2 do a second regroup with D1.
7. F1-F2-D1 attack 3-1 vs. D2.
8. F2-F4-D3-D4 repeat.

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C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous – Pro

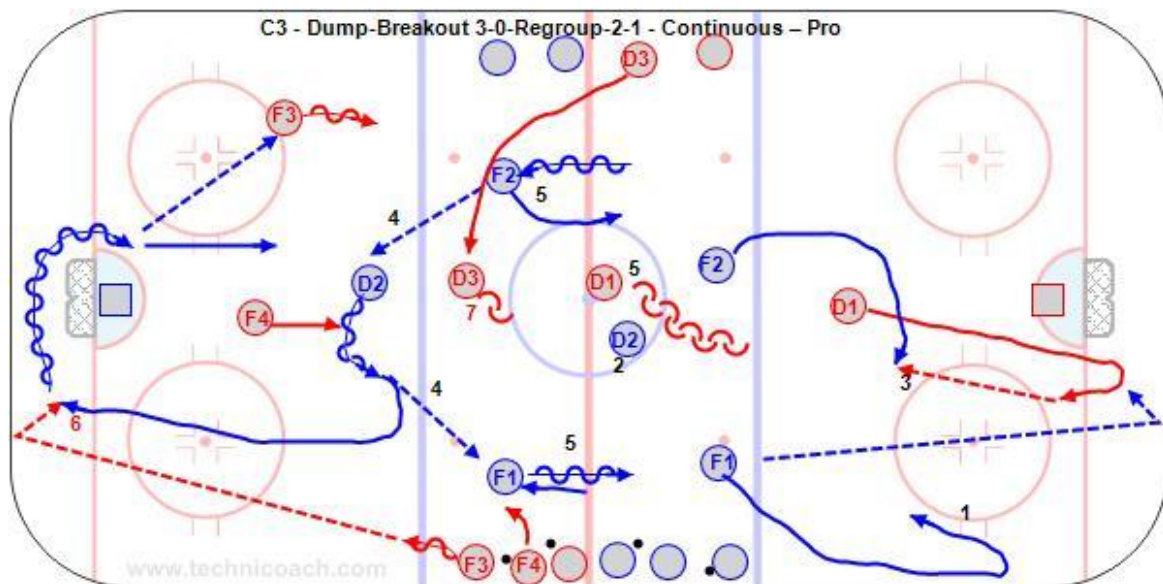
Key Points:

Defense should check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.
 2. D2 follow the play.
 3. D1 make a breakout pass to F1 or F2 and follow.
 4. F1 and F2 regroup with D2 in the neutral zone.
 5. F1 and F2 attack 2-1 vs. D1.
 6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.
 7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.
- Continue this flow.
 - Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>



C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro

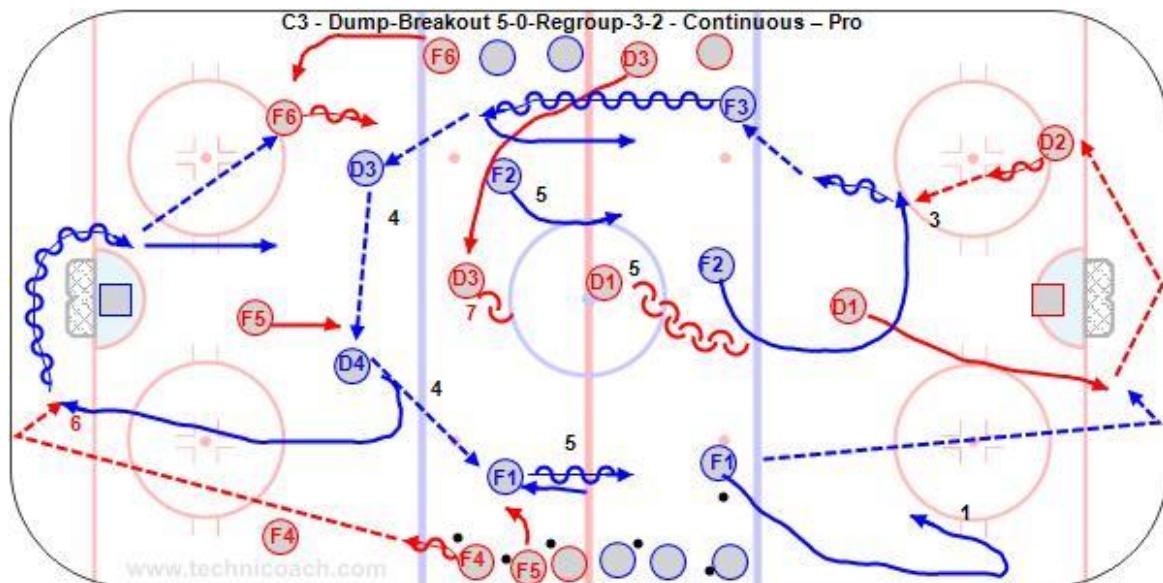
Key Points:

Defense should check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
 2. D3 and D4 follow the play.
 3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
 4. Forwards regroup with D3 and D4 in the neutral zone.
 5. F1-F2-F3 attack 3-2 vs. D1-D2.
 6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
 7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.
- Continue this flow.
 - Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 breakout again before the regroup and 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093349684>



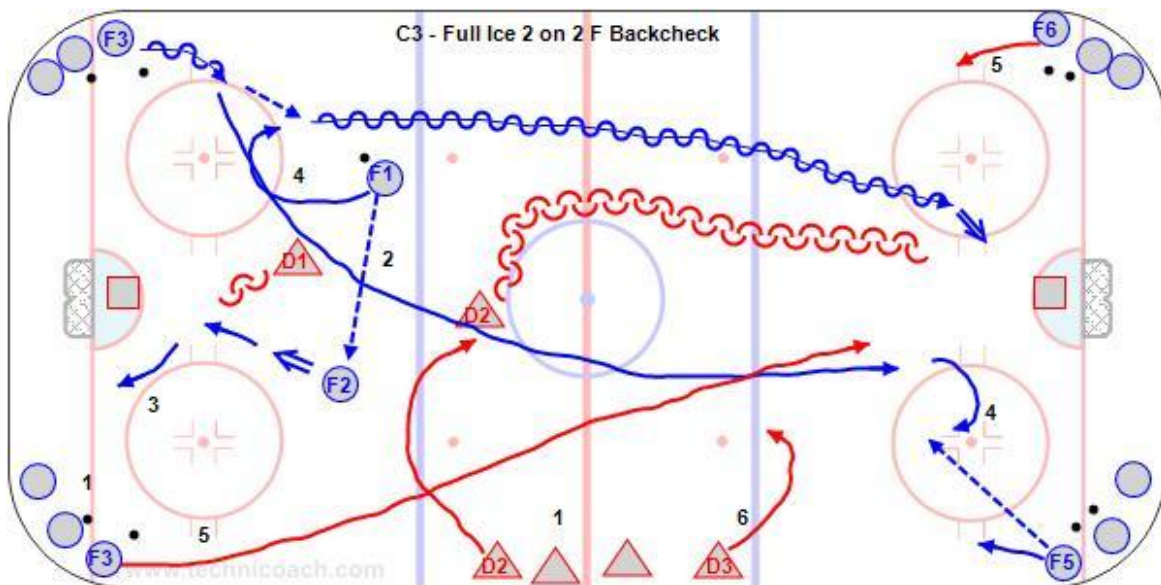
C3 - Full Ice 2 on 2 F Backcheck

Key Points:

Players in the corners have to be ready with a puck to join the play and they have to think and the defense must communicate with the backchecker who to take. Forwards try to get scoring chances. Skating drill. Have to work hard and communicate.

Description:

1. Forwards in each corners and defensenmen in the middle of the ice.
2. Drill starts with a 2 on 1.
3. Two forwards attack down the ice and the forward that shoots the puck is finished.
4. The forward who doesn't shoot turns to either corner.
5. The corner he chooses to go to the forward goes with him 2 on 2 the other way.
6. The forward in in the corner doesn't turn to has to backcheck to make it a 2 on 2.
7. Its continuous. Back and forth. Have to think. Defense has to pick up 2 on 2 both ways.
8. Do it for 5-7 minutes.
9. Kind of a hidden bag skate.



C3 - Goalie Pass - 3-0 RG - 2-1 – Pro

Key Points:

Shoot the puck in for the goalie to handle from both sides and mix up rims and direct shots on the net. One forward support the D on the regroup on the strong side and the other in the middle. Attack 2-1 with speed and the principle: 'One high one low, one fast one slow.' Defense keep the play to one side and slide outside the post if the puck carrier goes past the dot.

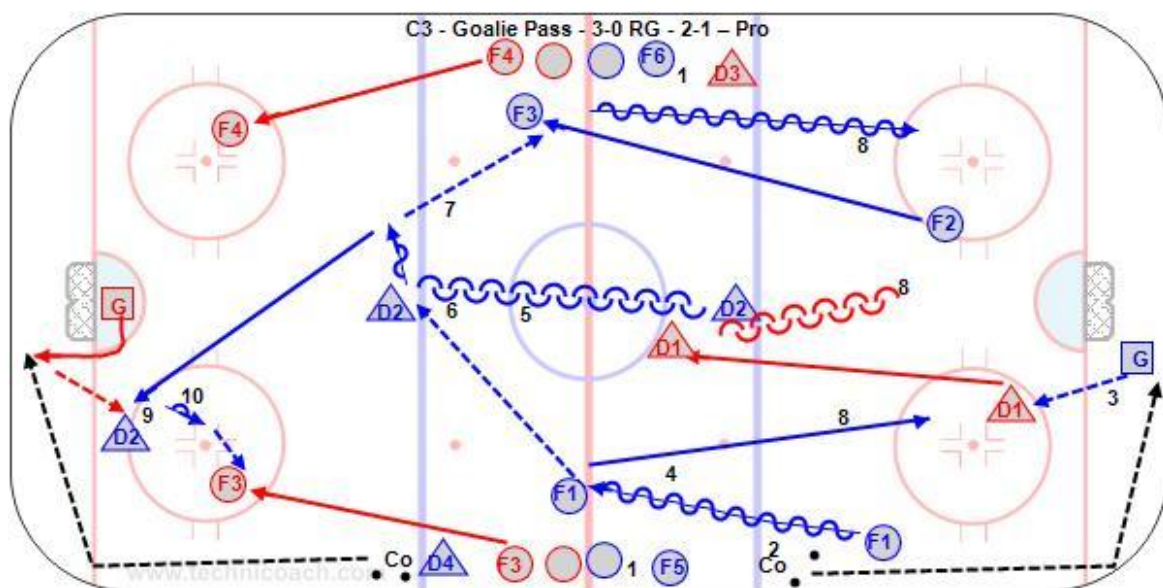
Description:

1. Players line up on both sides in the neutral zone.
2. Coach at each blue line shoot the puck in or else either F1 or F2.
3. Goalie stop the rim or shot and make a pass to the D.
4. Breakout 3-0 with D1-F1-F2.
5. D2 follow the play to the blue line and skate backward.
6. F1-F2 regroup with D2.
7. D2 skate and make a pass to either F1-F2.
8. F1-F2 attack 2-1 vs. D1.
9. D2 go back for a pass from the goalie at the other end.
10. Repeat with D2-F3-F4 and D3 follow.

**This same flow can be done 1-1, 2-1, 2-2, 3-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170720104535954>

<https://youtu.be/fA8ccMWjGAw>



C3 - Low 2-1 Regroup 2-1 x 2 - Pro

Key Points:

F2 either attack or pass to F1 coming up the boards. F1-F2 go hard to the net and D1 keep the puck to one side and work with the goalie to make it a 2-2. Attack with speed after the regroup with the principle; 'one high one low, one fast one slow.'

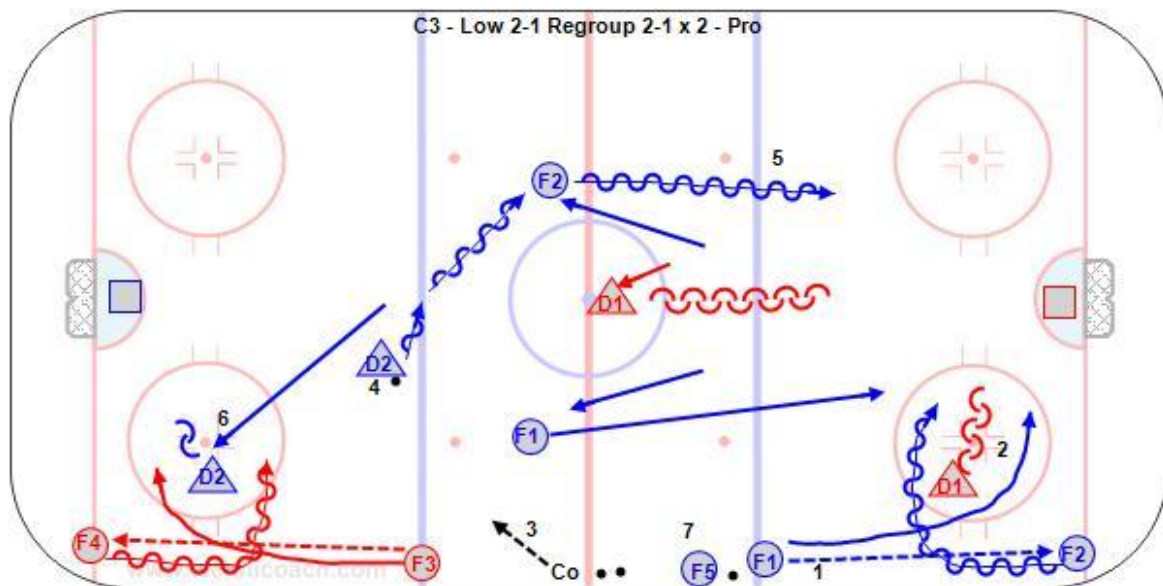
Description:

1. F1 pass from the blue line down to F2 skating up the boards from the corner.
2. Attack 2-1 vs. D1.
3. Whistle and coach spot a puck near the far blue line.
4. D2 go back for the puck and regroup with F1-F2.
5. F1-F2 attack 2-1 vs. D1.
6. D2 hustle back to the other end and defend a low 2-1 vs. F3-F4.
7. Alternate one end to the other.

**You could use this flow from 1-1 to 3-2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170820093919580>

<https://youtu.be/7j-ATh5ijRo>



C3 - RG 2-0 RG 2-1 – Pro

Key Points:

Pass while skating. Give a target. Game like support with one forward in the middle lane and one in the strong side lane and don't cross. One touch pass as much as possible. Forwards finish the attack and work to score a goal.

Description:

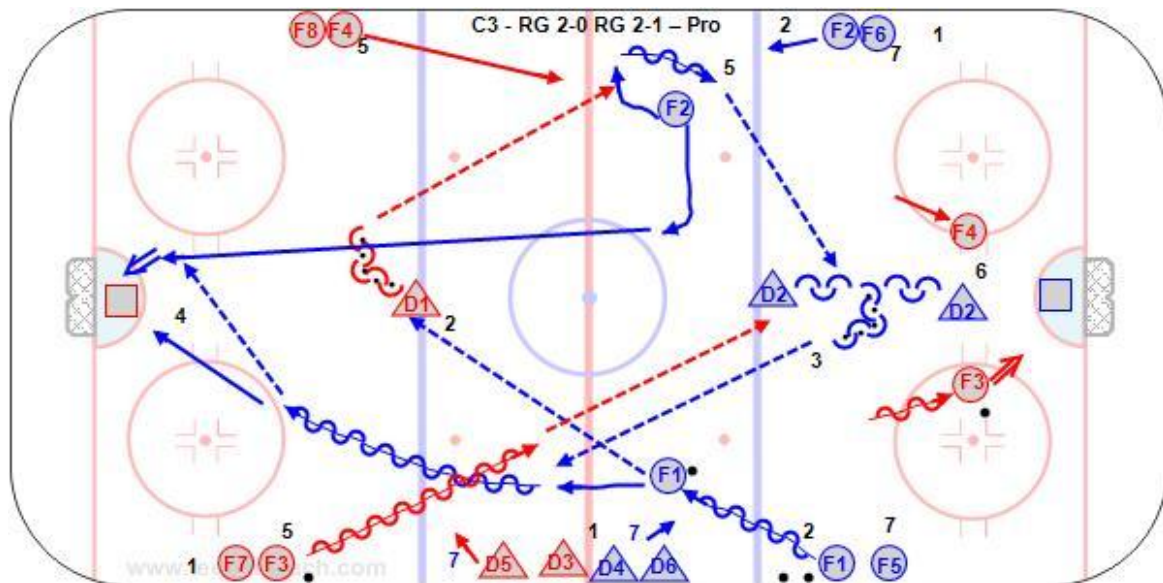
1. Forwards wait on each side inside the blue line and D on one side in the middle.
2. F1-F2 leave from one end and regroup with D1 at one blue line.
3. F1-F2 regroup with D2 at the opposite blue line.
4. F1-F2 continue down the ice and attack 2-0 until a goal or frozen puck.
5. F3-F4 leave from the other end and regroup with D2 then F3-F4 regroup with D1.
6. F3-F4 attack 2-1 vs. D2.
7. F5-F6, F7-F8 repeat with D3-D4.

* This sequence can be done with 1-3 F's and 1 or 2 D.

* Make one or two touch passes and one touch shots. Shoot to score and get the rebounds.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160212094517318>

<https://youtu.be/XnUBFjz9IF8> (Subscribe to access more pro drills)



C3 - RG x 2 - 2-2 - Czech U20

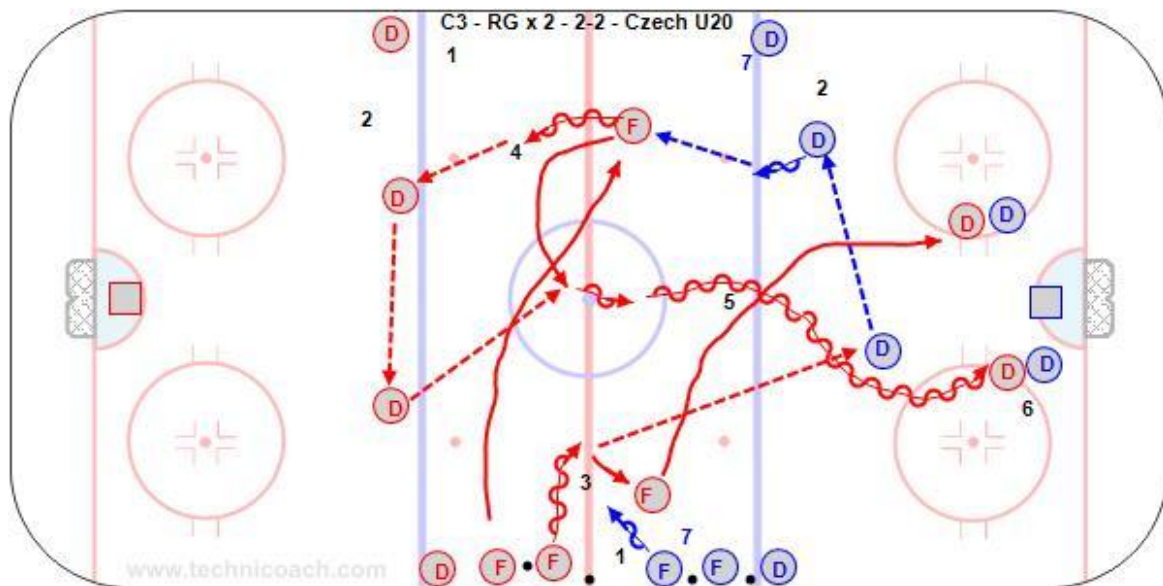
Key Points:

Support from the middle and the wing. Create a 2-1 on one of the D. Quick passes and speed are the keys. Defenders switch if the cross is near the blue line and stay man on man if lower.

Description:

1. Line up on both sides of the ice in the neutral zone.
2. Start with two red D on one blue line and two Blue D on the other.
3. Two red Forwards leave and regroup with two blue D.
4. The two F's now regroup with their own red D.
5. Red F's turn and attack 2-2 vs. the blue D.
6. Play the low 2-2 until a frozen puc, goal or the D skates the puck out.
7. Repeat with 2 blue F regrouping with the original red D.
8. Regroup with two new blue D and attack 2-2 vs. the red D.*This flow can be done 1-1 to a 3-2.

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C3, 3-0, 3-1, 3-2 - Total Hockey - U18 F

Key Points:

Total hockey because everyone plays all positions on offense and defense. Attack with a middle drive at top speed. Hit the net and drive for rebounds. Only allow one pass in the offensive zone on the 3-0. Attack with speed and make plays early while defenders delay the attack.

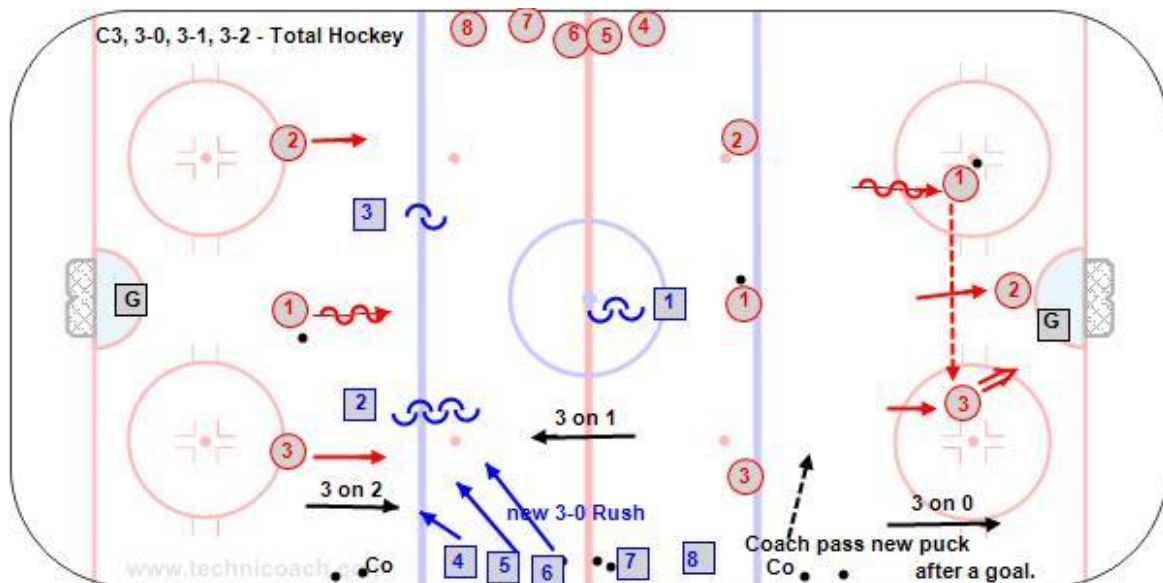
Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

** Prepare all the players to play Total 1-2-3-4-5 Hockey.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013012209054791>

<https://youtu.be/9MTh5t8o1y8>



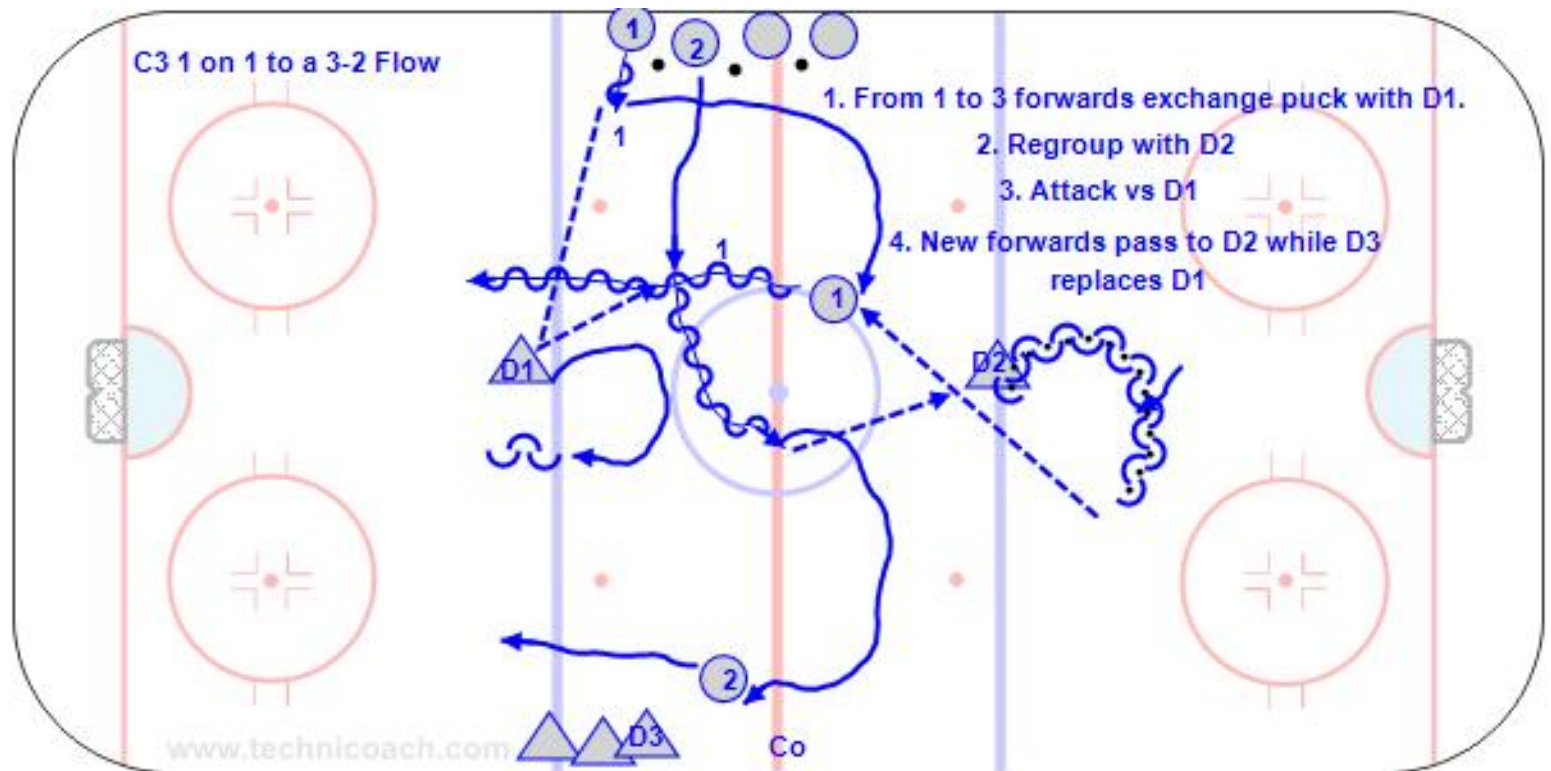
C3 1 on 1 to a 3-2 Flow

Key Points:

Create many situation up to a 3-2. Fill all three lanes and always face the puck. Create 2 on 1's on the attack.

Description:

1. From 1 to 3 forwards exchange puck with D1.
2. Regroup with D2
3. Attack vs D1
4. New forwards pass to D2 while D3 replaces D1



C3 1-0, 2-1, 3-2 Czech U20

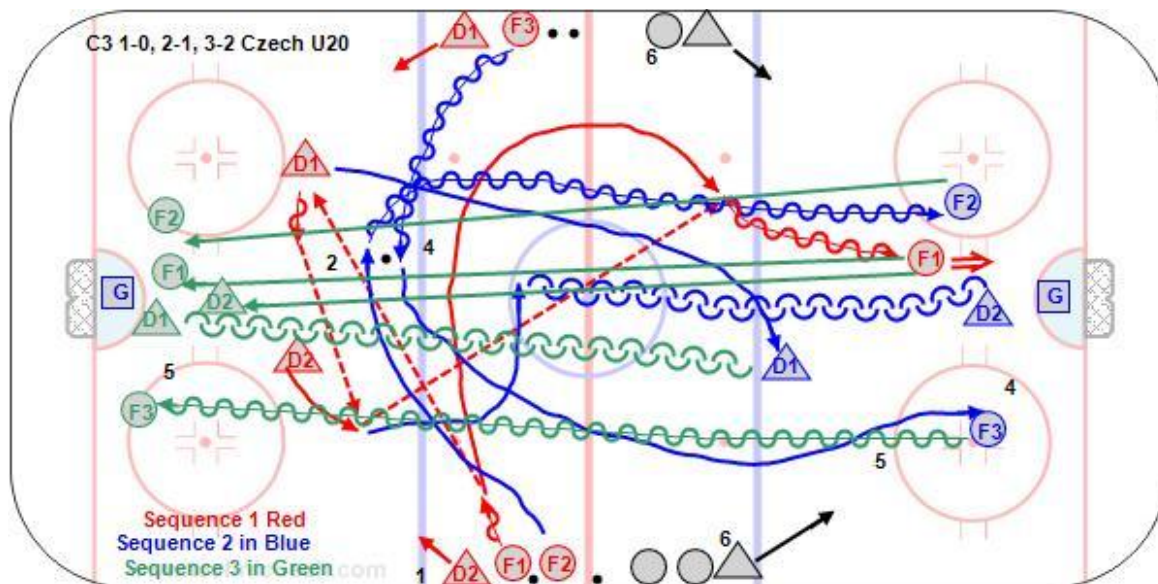
Key Points:

Forward see the puck at all times. Make hard passes. One forward without the puck drive hard to the net. Look for rebounds. Attack with speed and hit the net.

Description:

1. Do this in five player units or 3 F and 2 D.
2. F1 leave and pass to D1 who hinges with D2.
3. F1 get a stretch pass from D2.
4. F2 and F3 cross and drop and attack vs. D2 in the same direction.
5. F1-F2-F3 attack the other way vs. D1 while D2 backchecks.
6. Next group of 3 F and 2 D repeat in the other direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121214083701633>



C3 1-1 to 2-2 - D Join F Backcheck

Key Points:

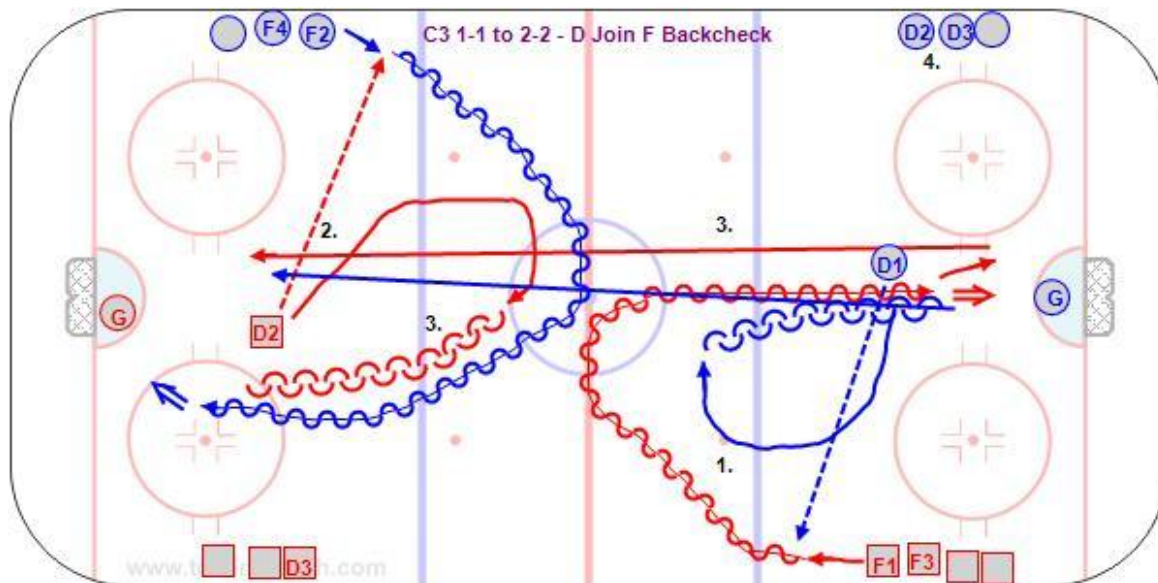
D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

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C3 1-1 to 3-1 NHL

Key Points:

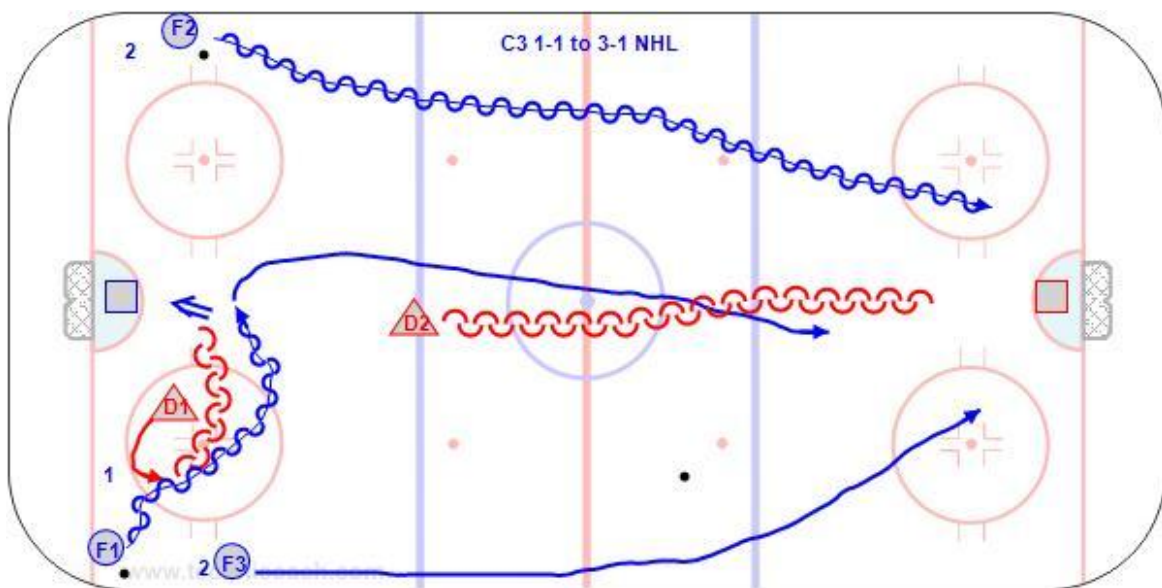
Maintain defensive side on the 1-1. Attack with speed on the 3-1 making the first play early while the defender delays the play from the middle.

Description:

1. Start with a forward walking out of the corner and attacking vs. on defender.
2. When 1-1 is finished two new attackers start up the ice vs. one defender.
3. The original forward join the attack and the D follow making it a 4-1.

Option: To make it more gamelike the original attacker could backcheck while the D joins the play.

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C3 2 -1-Shot - Regroup 3 -1 - Jr. A

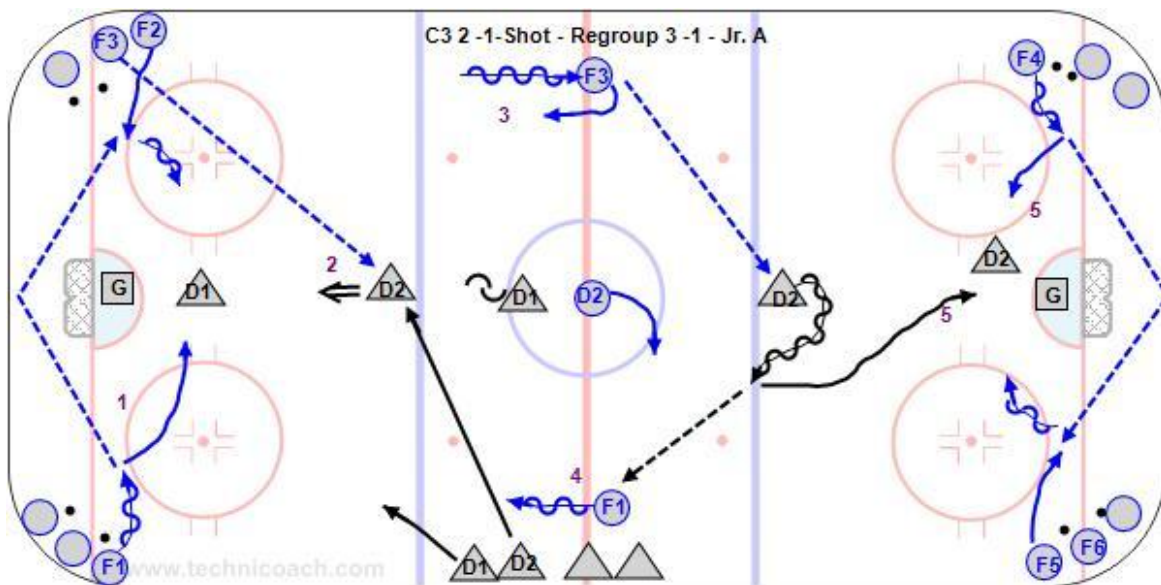
Key Points:

On 2-1 defender keep attacker on one side and deny the pass across making it a 2-2 with D and G. On the 3-1 attack with speed and defender delay the play cutting the ice in half.

Description:

1. F1 pass behind to F2 and attack 2-1 vs D1.
2. F3 pass to D2 who takes a shot from the point while F1-F2 screen.
3. F3 join F1 and F2 with a new puck and they skate into the neutral zone and regroup with D2.
4. F1-F2-F3 attack 3-1 vs D1.
5. D2 skate to the other net and defend a new 2-1 vs. F4 and F5.

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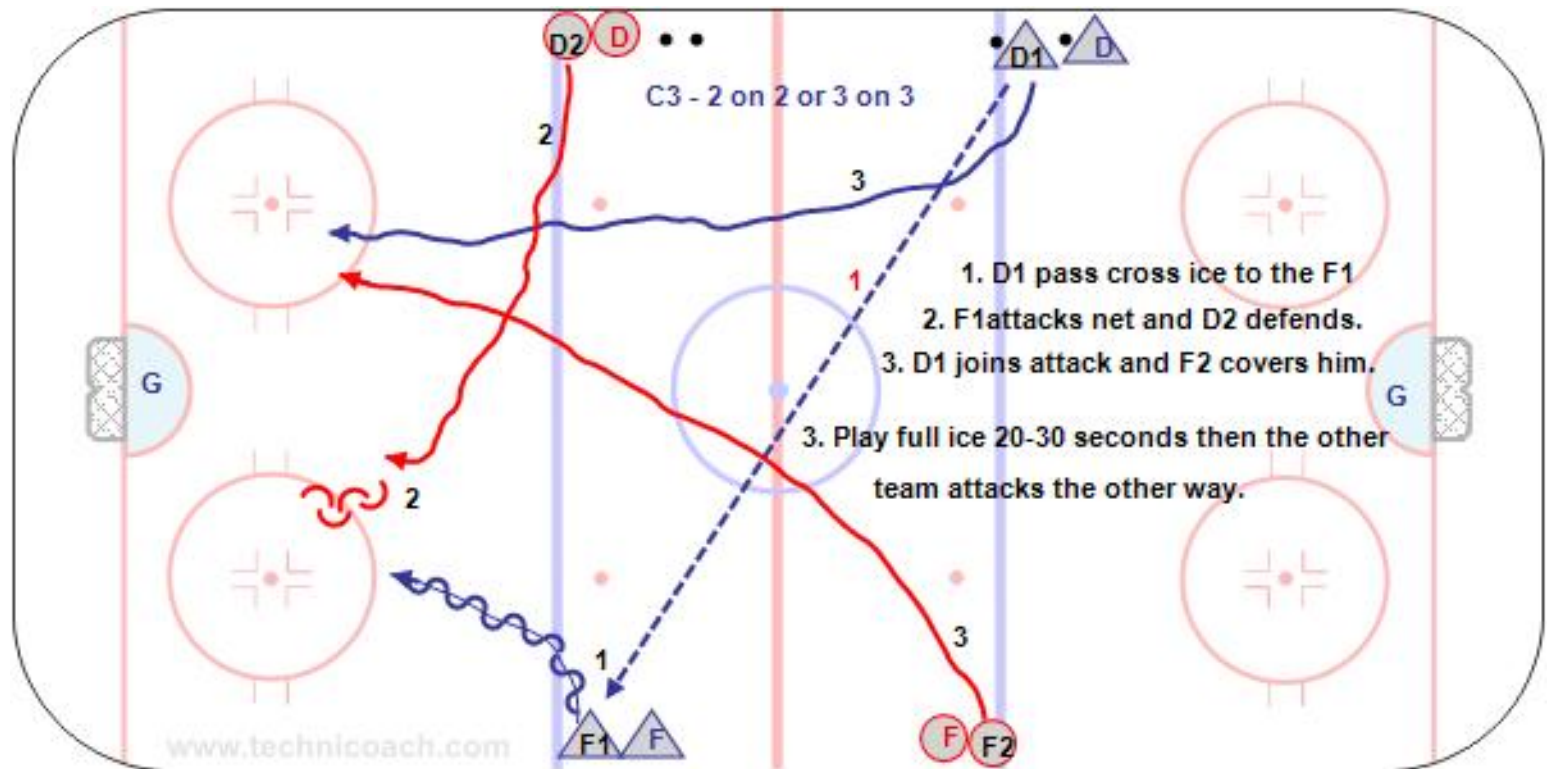
C3 2 on 2 or 3 on 3

Key Points:

Play 20-30 seconds with good habits.

Description:

1. D1 pass cross ice to the F1.
2. F1 attacks net and D2 defends.
3. D1 joins attack and F2 covers him.
3. Play full ice 20-30 seconds then the other team attacks the other way.



B6, 2-0, Regroup, 2-1 Back

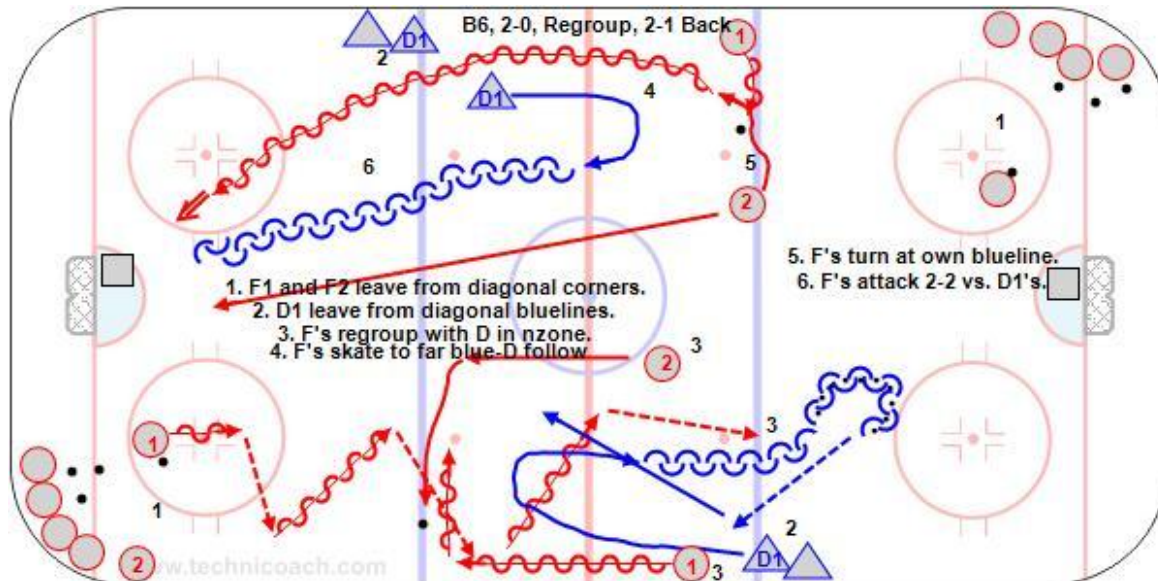
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007155153211>



C3 2-1 Both Directions - Pro

Key Point:

Make one touch pass to each player. Face the puck and give a target.

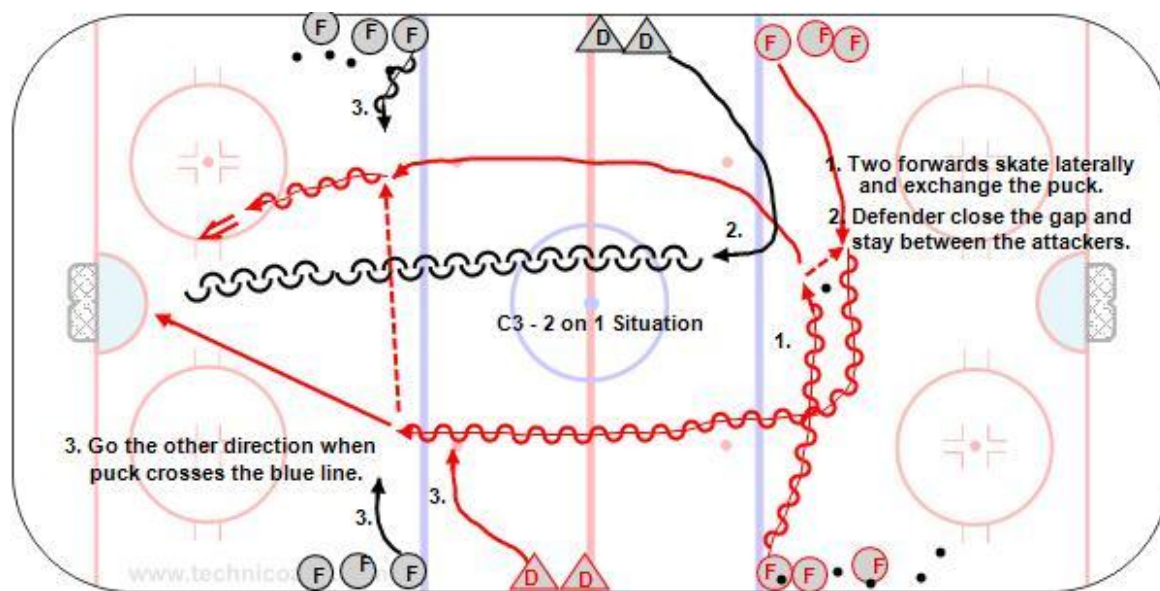
Description:

1. D makes the first pass to the F and two forwards skate laterally and exchange the puck.
2. Defender close the gap and stay between the attackers.
3. Go the other direction when the puck crosses the blue line.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155501847>

The farm team doing the same drill but with only one goalie at practice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812173648952>



C3 2-1 Continuous – Prospects

Key Points:

Defense skate between the dots. Make a hard breakout pass. Slide if attacker has only one option. Forwards attack with speed and make the first play early. Crash the net for rebounds.

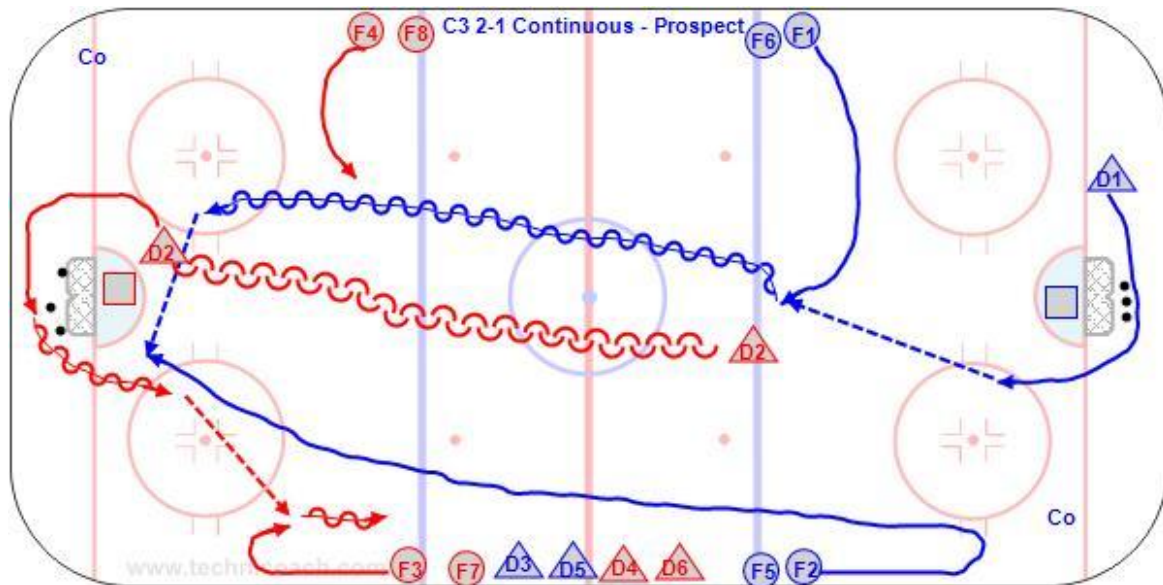
Description:

1. On whistle D1 get puck behind net, skate to Big Ice and Pass to either F1 or F2.
2. F1-F2 attack 2-1 vs. D2.
3. Coach give a definite time like 10" for the attack then blow the whistle.
4. D2 get a puck from behind the net and pass to either F3 or F4.
5. F3-F4 attack 2-2 vs. D3.

*Continue this flow.

*Game situations up to a 3-2 can be practiced with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706171356963>



C3 2-1 Flow – Prospects

Key Points:

Defense play a tight gap and delay the play. Slide to the outside of the near post when the play gets deep. Attack with speed and make the first pass early then read the D.

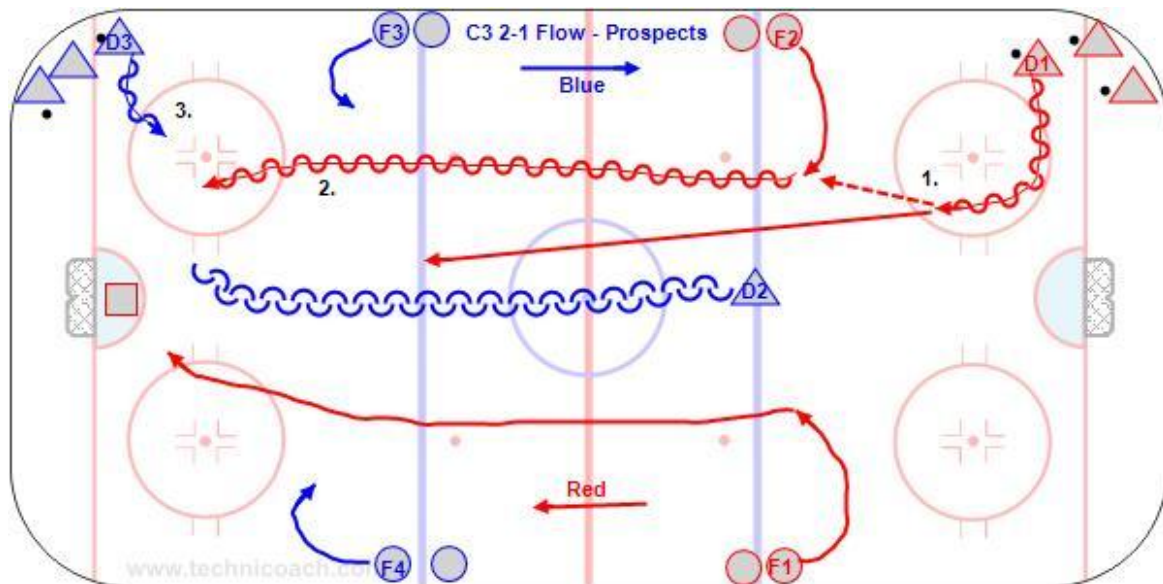
Description:

Defense make a breakout pass and follow the 2 on 1 ready to defend the next 2-1 in the other direction.

1. D1 pass to either F1 or F2.
2. F1-F2 attack vs. D2 and D1 follow.
3. On whistle D3 pass to either F3 or F4.
4. F3-F4 attack 2-1 vs. D1.

**Continue this flow.*

<http://www.hockeycoachingabcs.com/mediaqallery/media.php?f=0&sort=0&s=2014070617135716>



C3 5-2 and 3-2 With Regroup

Key Points:

On the regroup fill the 3 lanes facing the puck. Always give an outlet on the strong side.
Regroup on coaches whistle.

1. Attack 3-2 with passive support above circles.
2. During play or on coach whistle pass to support.
3. Attacking D follow the attack in nzone making a 5-2.
4. Before crossing blue line or on whistle. do nzone regroup.
5. Enter the ozone 3 on 2 and repeat with new support.



C3 Breakout and Two 1-1's – Pro

Key Points:

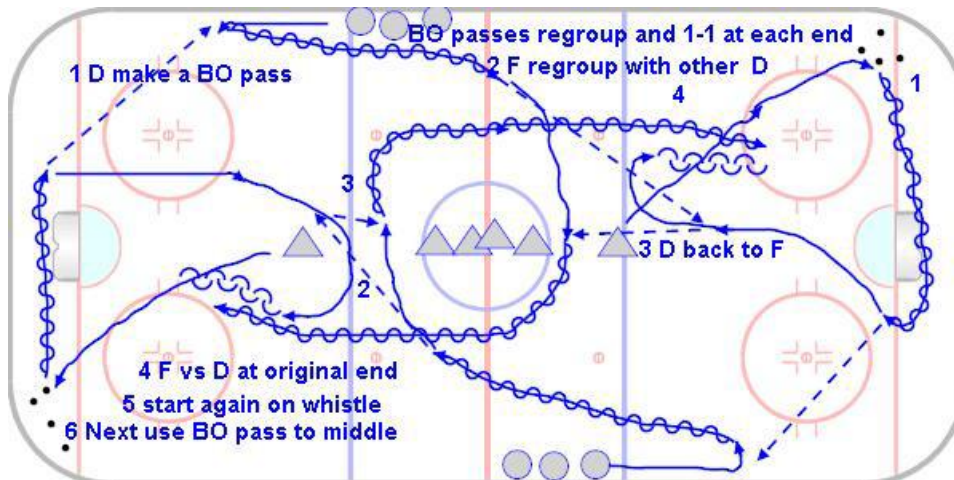
After making the pass the D cross the ice and close the gap on the attacking F. Go on the coaches whistle.

Description:

This drill is done with the D and F at the same time in both ends of the ice. The breakout pass is made on one side of the ice and the 1-1 is on the opposite side. D lineup in the middle and F behind the bluelines.

1. D1 skate behind the net and make a breakout pass to F1.
2. F1 skate and regroup with D2 and cut across for a pass in the middle..
3. D2 pass to F1.
4. F1 attack D1 in a 1-1 at the original end from the far lane.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122857406>



C3 Breakout 5-0, Regroup, Attack 3-2- RB Pro

Key Points:

One stretch, one middle support and one wall support.

Description:

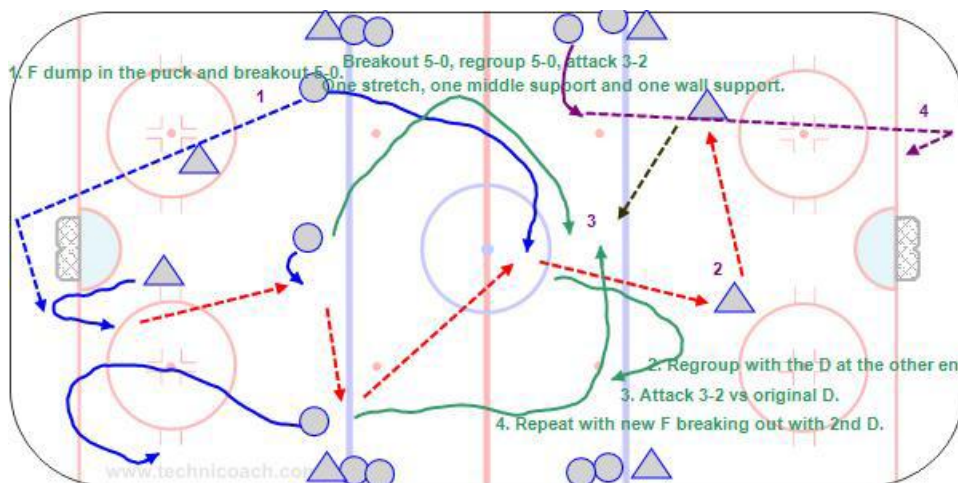
Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>

https://www.youtube.com/watch?v=gJe0h7wU_RY



C3 Breakout 5-2, Regroup, Attack 3-2

Key Points:

Players wait along the boards in the neutral zone in C3 Formation. Forecheckers go to one D each and react to D to D pass or double team. Goalie must help D by talking.

Description:

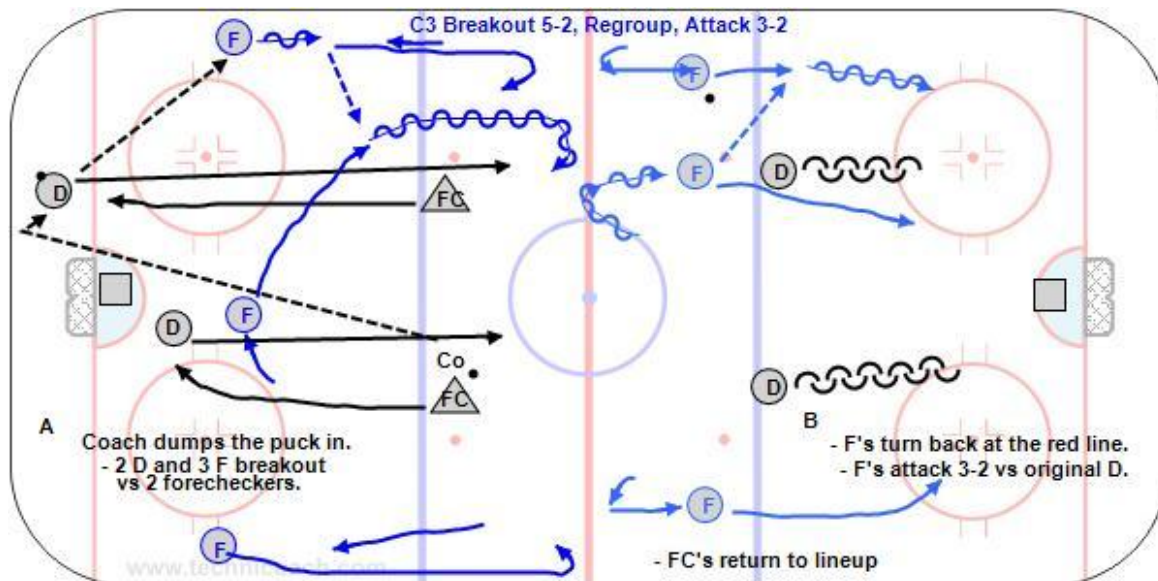
A.

- Coach dumps the puck in.
- 2 D and 3 F breakout vs 2 forecheckers.

B.

- F's turn back at the red line.
- F's attack 3-2 vs original D.
- FC's return to lineup.

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C3 Breakout and Two 1-1's

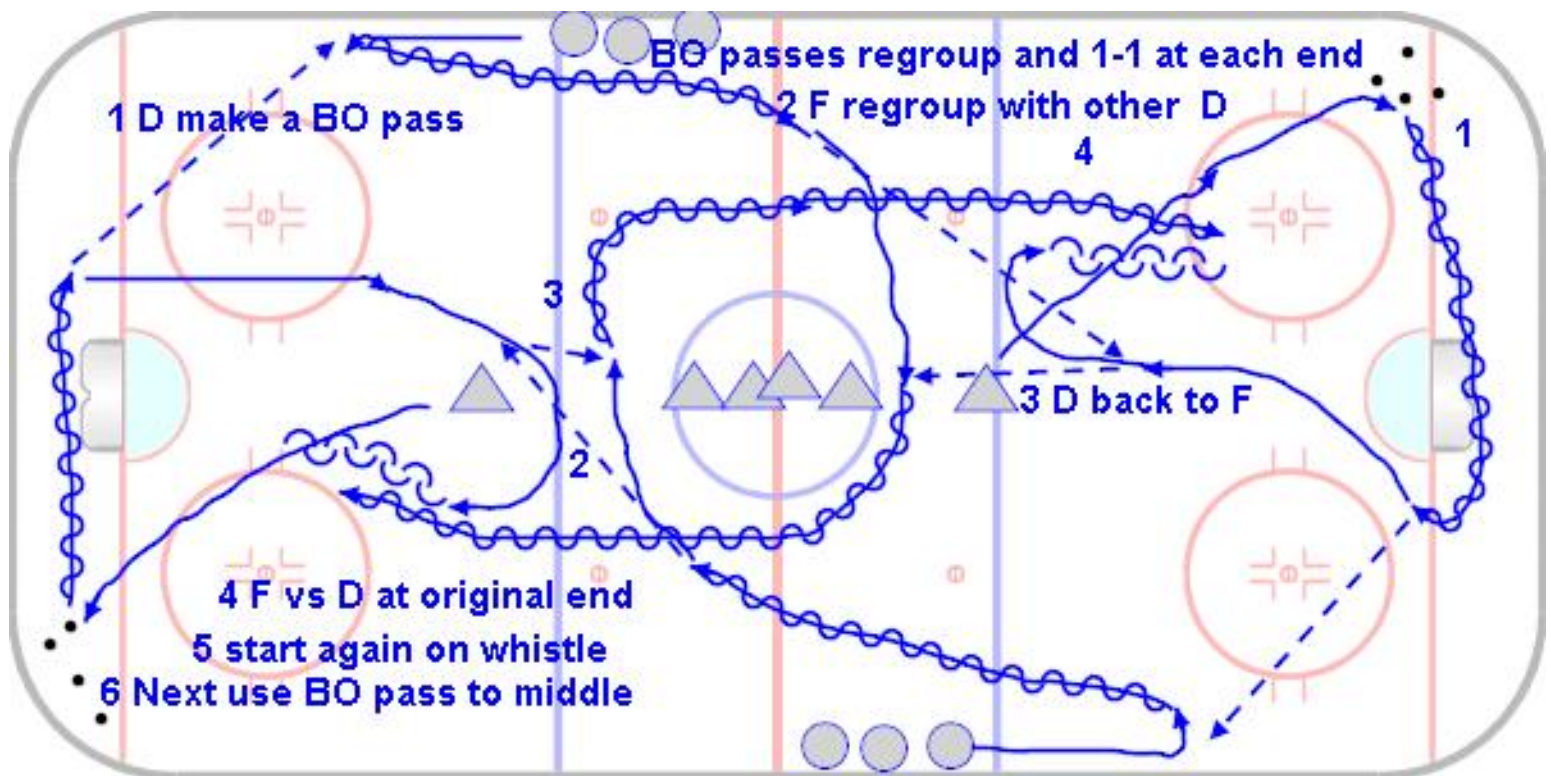
Key Points:

After making the pass the D cross the ice and close the gap on the attacking F. Go on the coaches whistle.

Description:

This drill is done with the D and F at the same time in both ends of the ice. The breakout pass is made on one side of the ice and the 1-1 is on the opposite side. D lineup in the middle and F behind the bluelines.

1. D1 skate behind the net and make a breakout pass to F1.
2. F1 skate and regroup with D2 and cut across for a pass in the middle..
3. D2 pass to F1.
4. F1 attack D1 in a 1-1 at the original end from the far lane.



C3 Breakout to 2 F's and attack 3-1

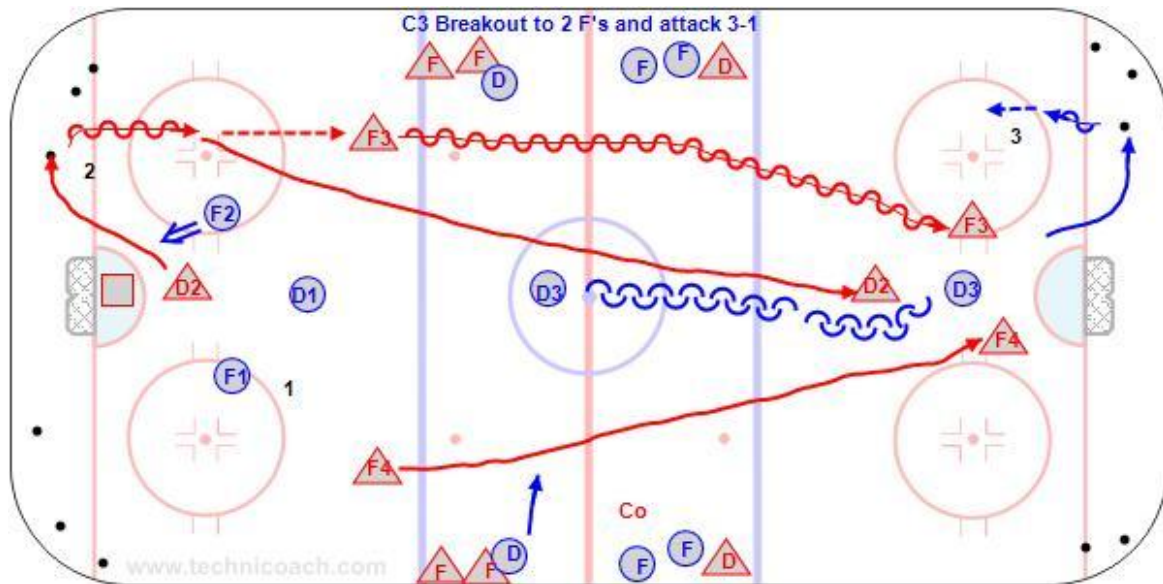
Key Points:

One D must join the rush to the 60% scoring area inside the top of the circle. Get shots and fight for rebounds.

Description:

1. Blue F1, F2, D1 attack 3-1 vs red D2.
2. On whistle Red D2 get a new puck and pass to red F3 or F4 and join the attack vs blue D3.
3. Continue the rotation with the defending D making a breakout to forwards giving passive support from the high slot area.
4. Add a forward to make it 4 on 1 or a D to make it a 4 on 2 attack.

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C3 Breakout, Regroup 3-2

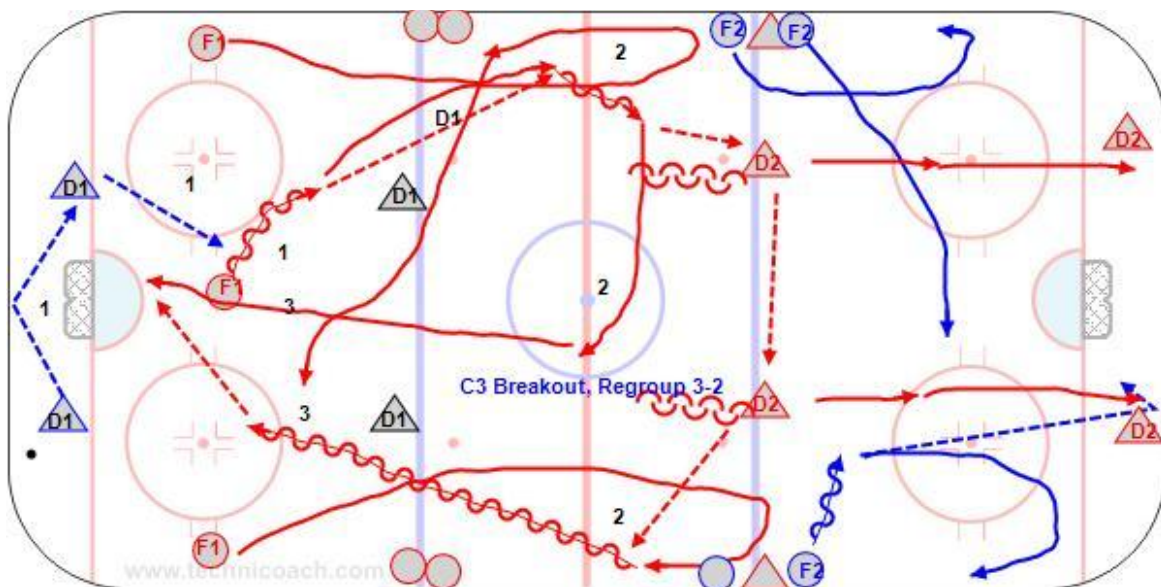
Key Points:

Forwards fill the three lanes. D move the puck quickly and F's give a target. One F always on the strong side boards and don't leave unless replaced.

Description:

1. Two blue D1's break out the 3 red F1's.
2. Red F1's regroup with 2 red D2's in the neutral zone.
3. Red forwards attack 3-2 vs the blue D1's.
4. Repeat at the other end with the red D's breaking out the 3 blue F2's.

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C3 Breakout 5-0, Regroup 5-0, Attack 3-2

Key Points:

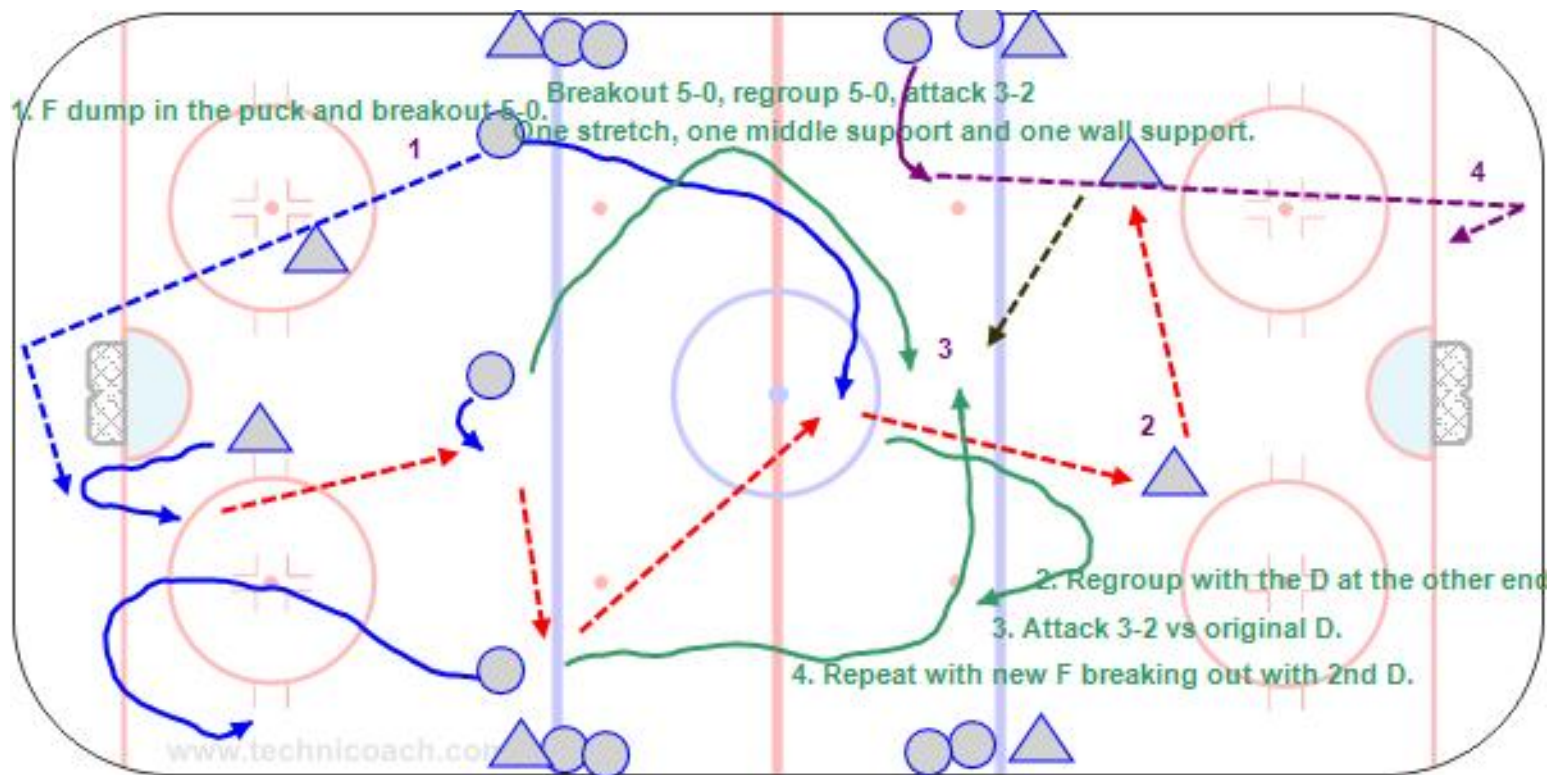
One stretch, one middle support and one wall support.

Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.



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

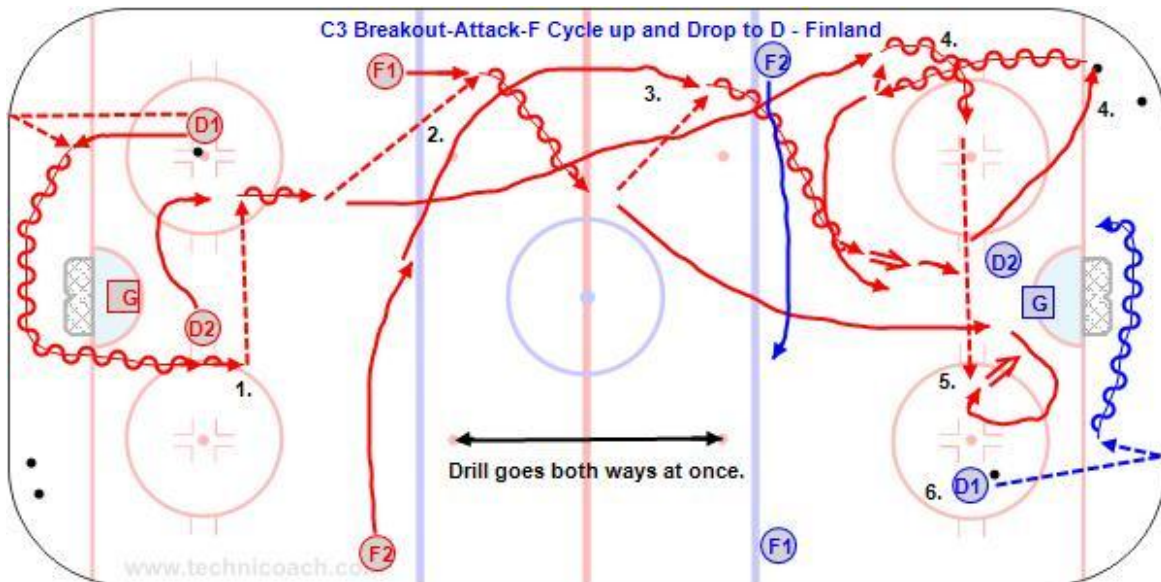
Key Points:

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.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121028211245159>



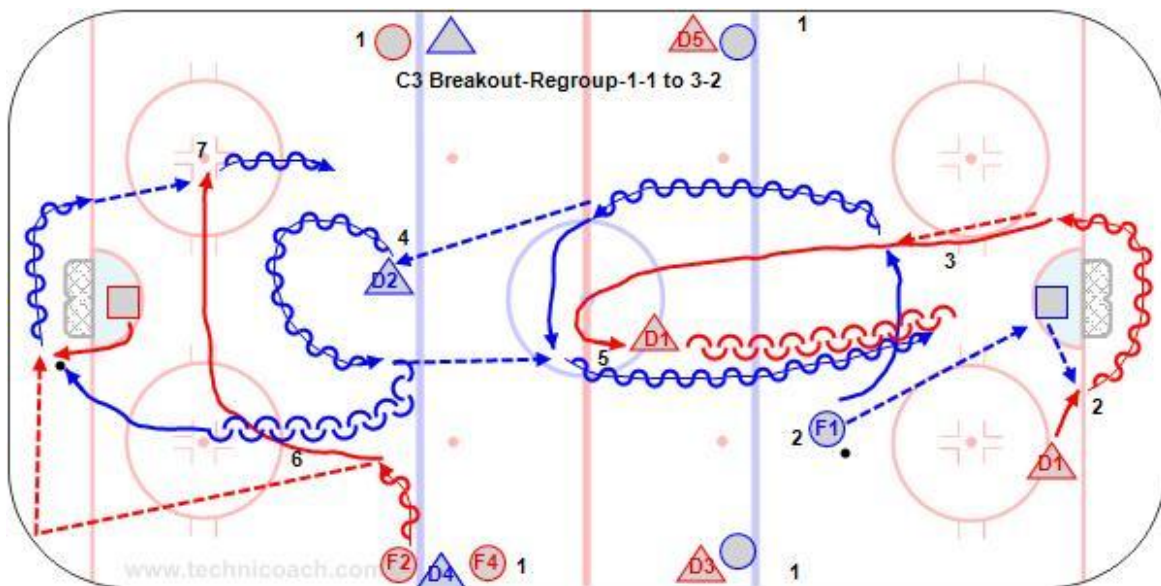
C3 Breakout-Regroup 1-1 to 3-2

Key Points:

Alternate between a single and a double hinge. Implement a stretch into the breakout. Add up to 2 D and 3 F.

Description:

1. Blue F and Red D at one blue line - Red F and Blue D at the other.
2. Blue F1 Start with a shot or rim the goalie must handle and set up for the Red D1.
3. Red D1 make a breakout pass to the Blue F1.
4. Blue F1 skate through the neutral zone and regroup with the Blue D2.
5. Blue F1 attack vs. Red D1.
6. Red F2 shoot the puck in.
7. Blue D2 skate back and make a breakout pass to Red F2 who regroups with Blue D3.
7. Continue this flow 1-1, 2-1, 2-2, 3-2.



C3 Continuous 3-2 - Danish U20

Key Points:

Attack with one in each lane with speed. Two players go hard to the net and one trail making a triangle. Fight for rebounds. Defenders delay the play and protect the middle. One D take attacker to the net and other D play a 2-1 on the puck side.

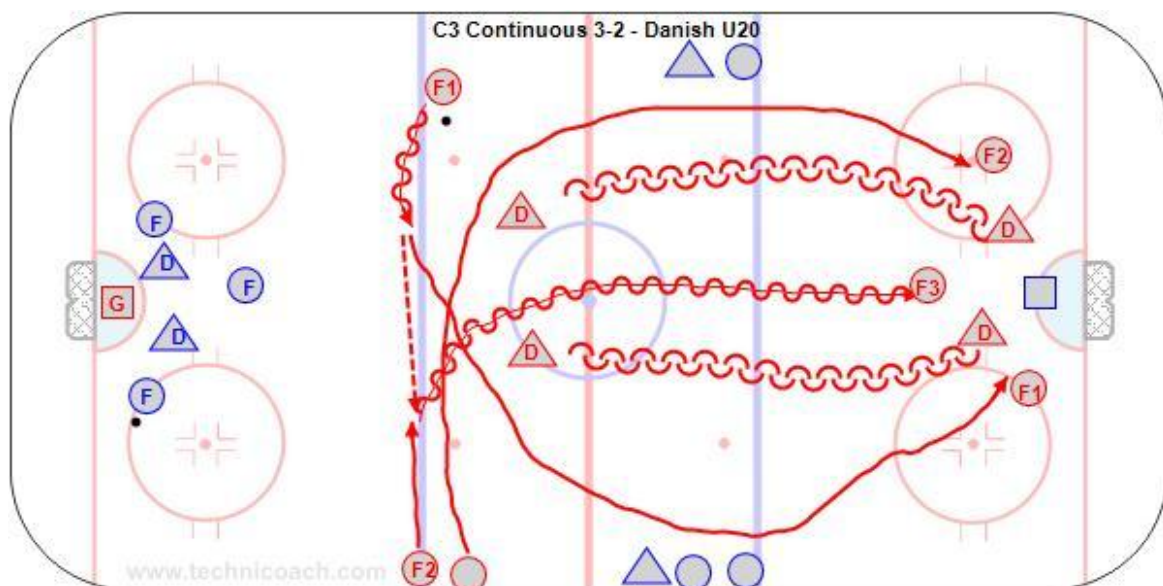
Description:

1. F1 leave and pass to F2 who skates up the middle while F1 and F3 cross to wide lanes.
2. F1-F2-F3 attack 3-2 vs. D1-D2.
3. The next group of 5 wait in the neutral zone to repeat in the other direction.

PROGRESSIONS:

- A. After the 3-2 is practiced start the next rush with the defenders making a pass to the forwards waiting above the circles.
- B. Then progress to a Transition Game with the Red D defending vs. blue F and the D who makes the breakout pass join the rush making it a 3-3.

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C3 Continuous 3-2 - Pro W

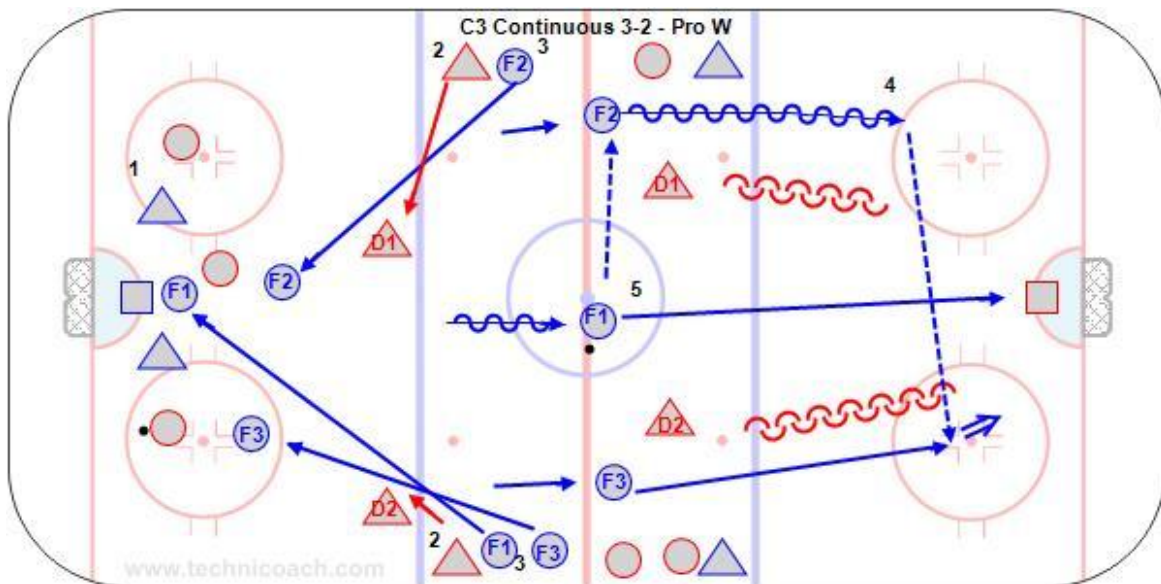
Key Points:

Attack with speed. New point players support the attack and new forwards support the defenders. Practice offensive and defensive team play concepts.

Description:

1. Start with a 3 on 2 attack.
 2. When the puck crosses the blue line two new players join the attack supporting from the point.
 3. Three forwards support the defense, the first play the low 3-3, second cover mid-point, third strong side point to create 'one on and a box behind.'
 4. Attack with a middle drive and cycling until the whistle.
 5. On the whistle the three new forwards who supported the defense attack 3 on 2 vs. the two players on the point.
- Regroups and dump-ins can be added to this drill.
 - Next progression is eliminate the whistles and allow the natural game flow but allow free breakouts on goals or frozen pucks. Regroup on dump outs.

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C3 Continuous 3-3 Czech U17

Key Points:

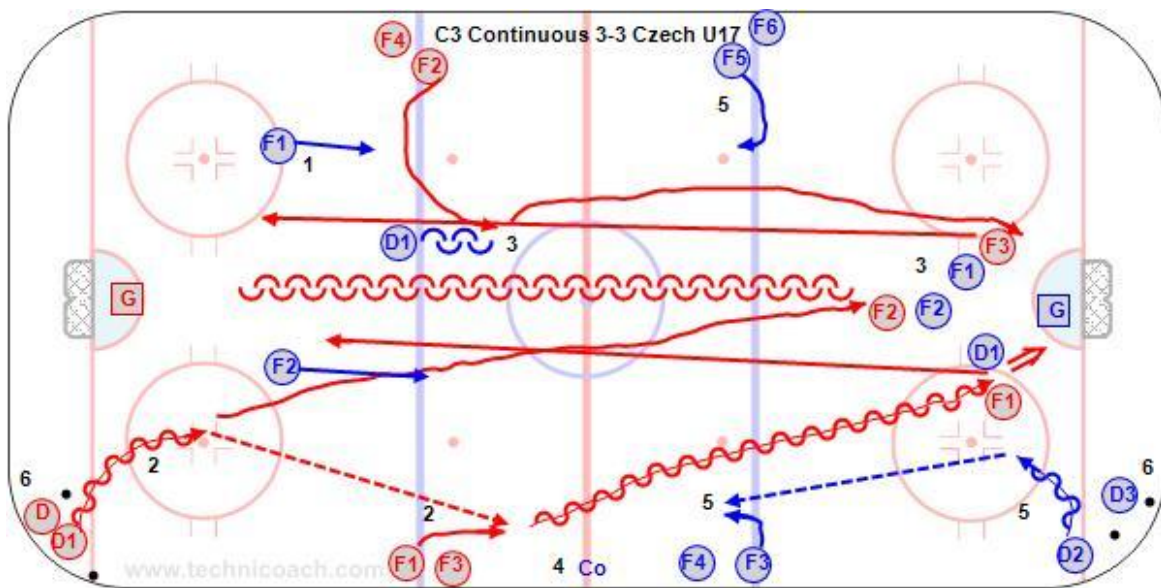
Attack with speed. Defensemen communicate who the forwards should cover. Quickly change from offense to defense. Tie up sticks in the slot. D join the rush.

Description:

1. Start with BF1, BF2, BD1 in defensive position.
2. RD1 skate between dots to the big us and pass to RF1 or RF2 and follow the attack.
3. Blue players F1-F2-D1 defend the 3-3 rush.
4. Coach whistle when rush finished.
5. D2 start a new attack the other way while original attacker Red F1-F2-D1 defend.
6. Continue this 3-3 flow end to end.

** This flow can be continued in a one puck transition game with no whistles starting with passive then active support.

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C3 Double Regroup 2-1 - Pro

Key Points:

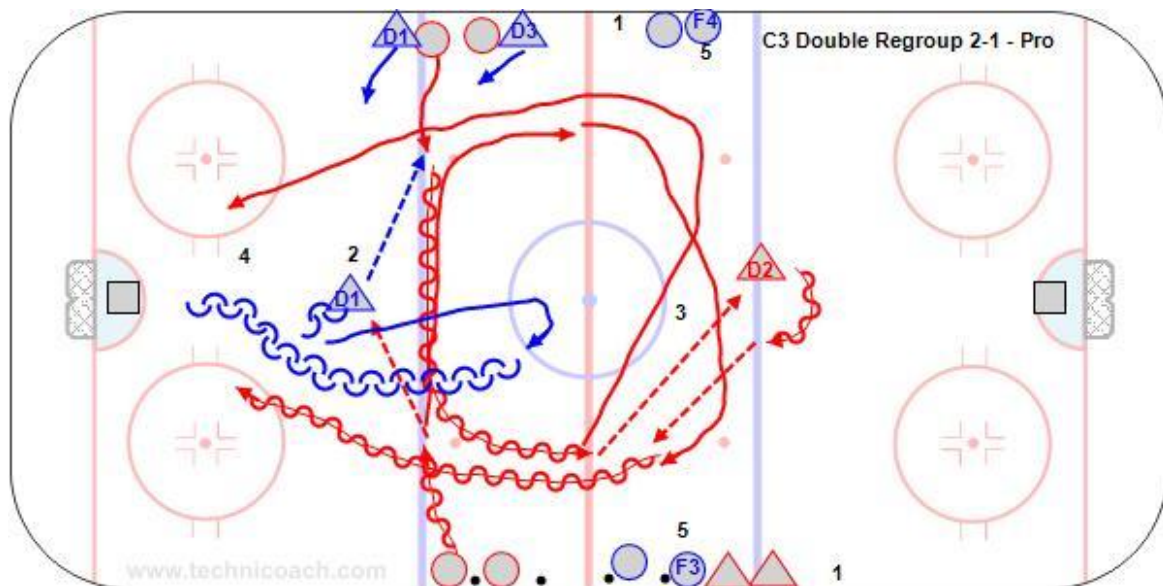
Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D cooperate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play.

Description:

1. Players line up along the boards on both sides in the neutral zone.
2. Start with F1 and F2 one touch passing with D1.
3. F's skate through the neutral zone and regroup with D2.
4. F's attack 2 on 1 vs. D1.
5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3.

*If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

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C3 Flow 2-1 with Backchecker – Pro

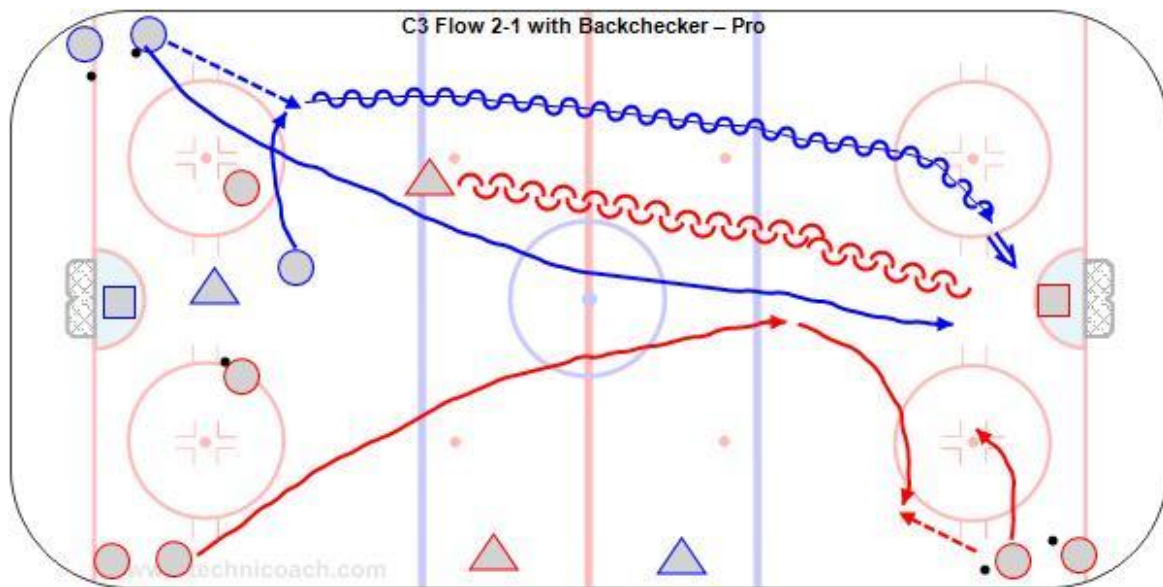
Key Points:

Attack with speed and make the first play early on the 2-1. One high one low, one fast one slow. D read who the most dangerous player is and deny a pass across the mid-line of the zone. If they slide it must be outside of the post. It is really a 2 on 2 with the D and Goalie.

Description:

1. Start with a 2-1 rush with a back checker.
2. Forwards in the corners and D wait in the neutral zone.
3. Back checker peel to one corner and get a pass to start a new 2 on 1.
4. Original forwards finish the 2-1 attack.
5. Forward from the other corner become the back checker.

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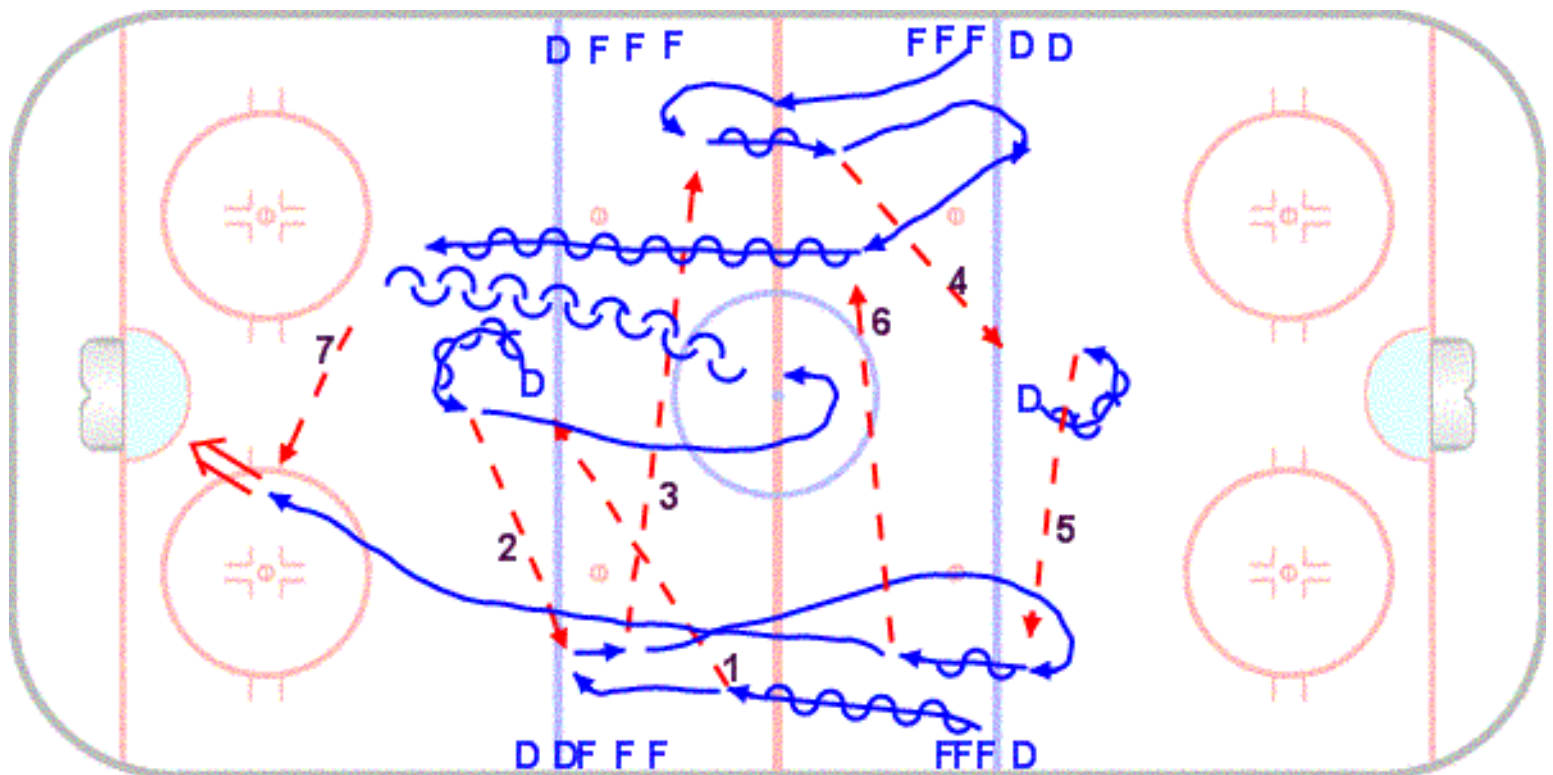
C3 Full Ice 2-1 with Regroup

Key Points:

Pass hard and face the puck giving a good target. D pivot when they get the regroup pass. This sequence can be done in all situation from a 1-1 to a 3-2. It is probably the most common pro drill I have seen around the world.

Description:

1. F1 and F2 leave from both sides and regroup with the far D.
2. D1 pivot and pass to the forward while skating.
3. F1 pass across to the other F2 in the Nzone.
4. F's regroup with the D2 at the other blue line.
5. D2 pivot and make a pass to F1.
6. F1 pass across to F2.
7. F's attack 2-1 vs. D1.
8. Players leave from the other blue line and start the sequence again regrouping with D2. D3 join the play at the far blue line.



C3 Goalie Setup-Breakout-Regroup-2 on 1

Key Points:

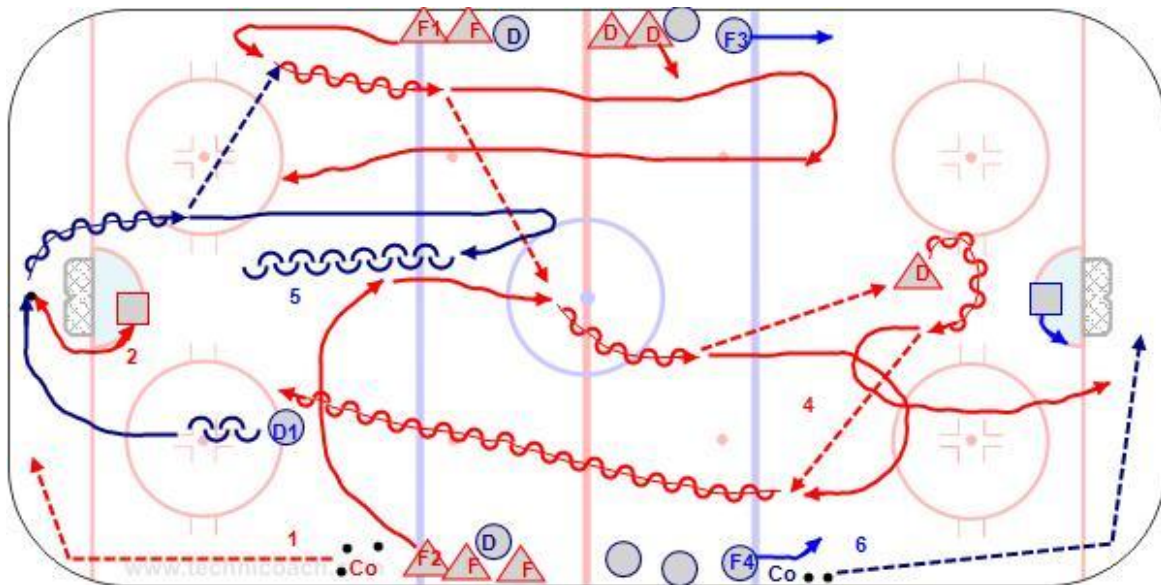
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

Description:

1. Coach or player in line rim puck behind net.
2. Goalie stop and set up puck for D1.
3. D1 make a breakout pass to a F1 or F2.
4. F's regroup with D2 in defensive zone.
5. F1 and F2 attack 2 on 1 vs D1.
6. Repeat at other end with a rim and D2 breaking out F3 and F4.

*Alternatives: From 1 to 3 F's and 2 D can do this drill. Another regroup could be added.

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C3 Horse Shoe 2-1 x 2 – Pro

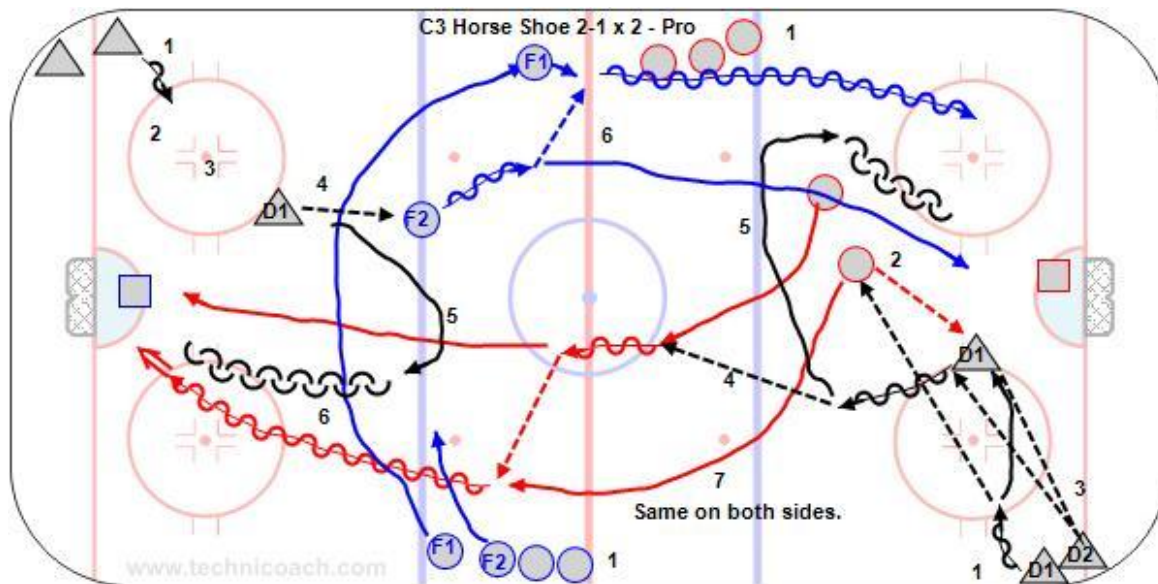
Key Points:

Make good passes. Give a target and play with quick feet. Defense create a good gap as early as possible and forwards attack with speed. 2-1 Attack Rule: One high-one low-one fast-one slow.

Description:

1. D in diagonal corners and F diagonal blue lines. F1 and F2 skate across toward D1. The drill happens at each end.
2. D1 pass to F1 who one touches to D1.
3. D1 pass to D2 in line who returns the puck.
4. D1 pass to either F1 or F2
5. D1 skate across to defend vs. F1 and F2 who left from the other end.
6. F1-F2 attack 2-1 vs. D1 from the other end.
7. The drill goes at the same time from each end.

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C3 Low 2-2 Regroup in Neutral Zone 3-2

Key Points:

Attack with speed and fight for a quick scoring chance. Defend one player each and on the 3-2 one defender play a 2-1 and one cover 1-1.

Description:

Part A

1. F1 attack D1 from one corner and F2 and D2 support from the other corner.
2. Play a 2-2 until the whistle.

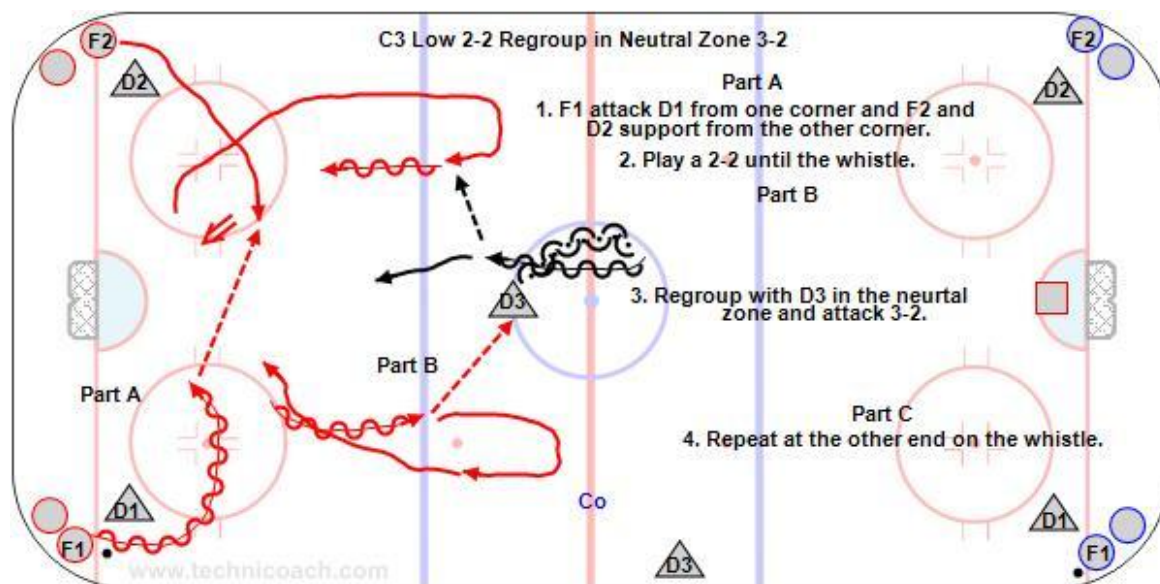
Part B

3. Regroup with D3 in the neutral zone and attack 3-2.

Part C

4. Repeat at the other end on the whistle.

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C3 Low 2-2-Regroup-2-2 and 3-2 ProW

Key Points:

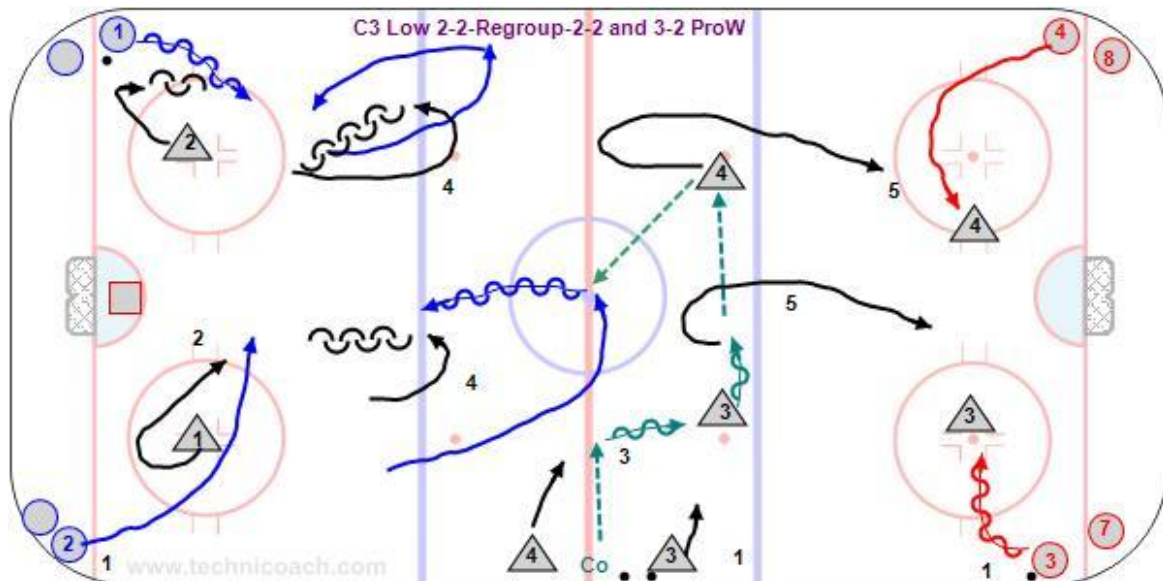
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

Description:

1. Start with 2 D on each blue line and the F's in the corners.
2. Both D go into the zone and defend a 2-2 vs. the forwards out of each corner.
3. Coach spot a puck for the 2 D in the neutral zone and the original forwards regroup with them.
4. Original D follow and defend the 2 on 2 attack.
5. The second set of D go to the other end and restart the sequence defending a 2 on 2 out of the corner.

**Make this drill more game like by having the D playing the low 2-2 or 3-2 pass to the 2 D waiting in the neutral zone if they break up the play. The coach only put in a new puck on a goal or if the goalie freezes the puck. Then start the regroup in the neutral zone.*

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C3 Regroup 2 on 1 - Pro W

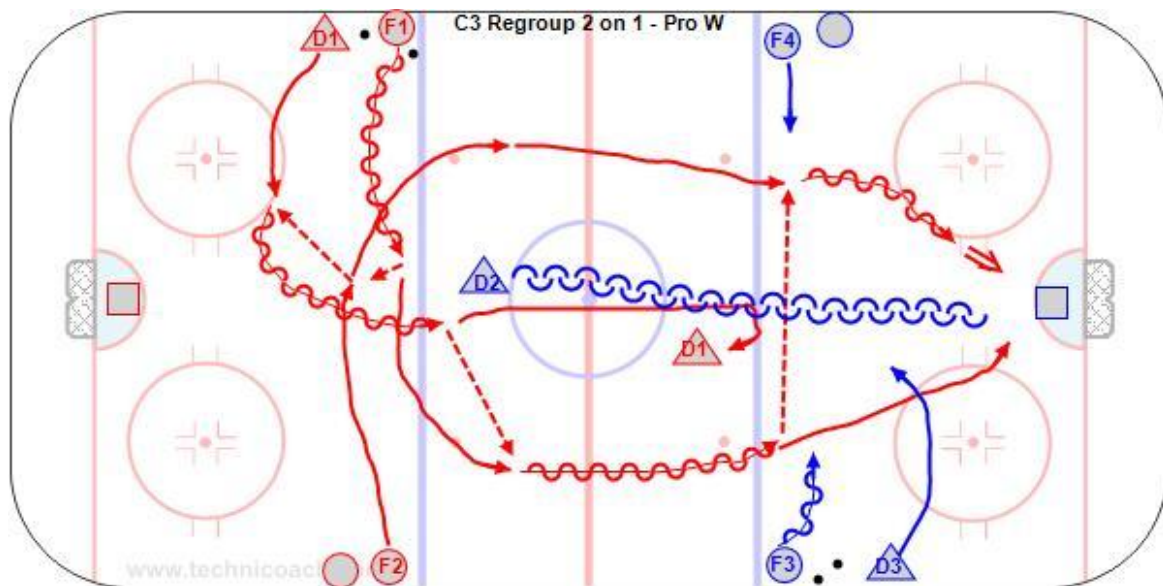
Key Points:

One high one low, one fast one slow. Make the first pass early. Pass on the forehand is preferable. Shoot and crash the net. D deny a breakaway and allow the poorest shot possible. Take the stick of the wide player after the shot. It is really a 2-2 D+G.

Description:

1. Start from the four blue lines.
2. F1 leave with the puck and cross and drop to F2.
3. F2 pass back to D1 who skates up ice and pass to F1 or F2.
4. F1-F2 attack 2-1 vs. D2 and D1 follow to the far blue line.
5. F3 and F4 repeat the other way and attack 2-1 vs. D1.
6. Continue this flow end to end.

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C3 Regroup 2-1 Regroup 3-2 Swiss U20

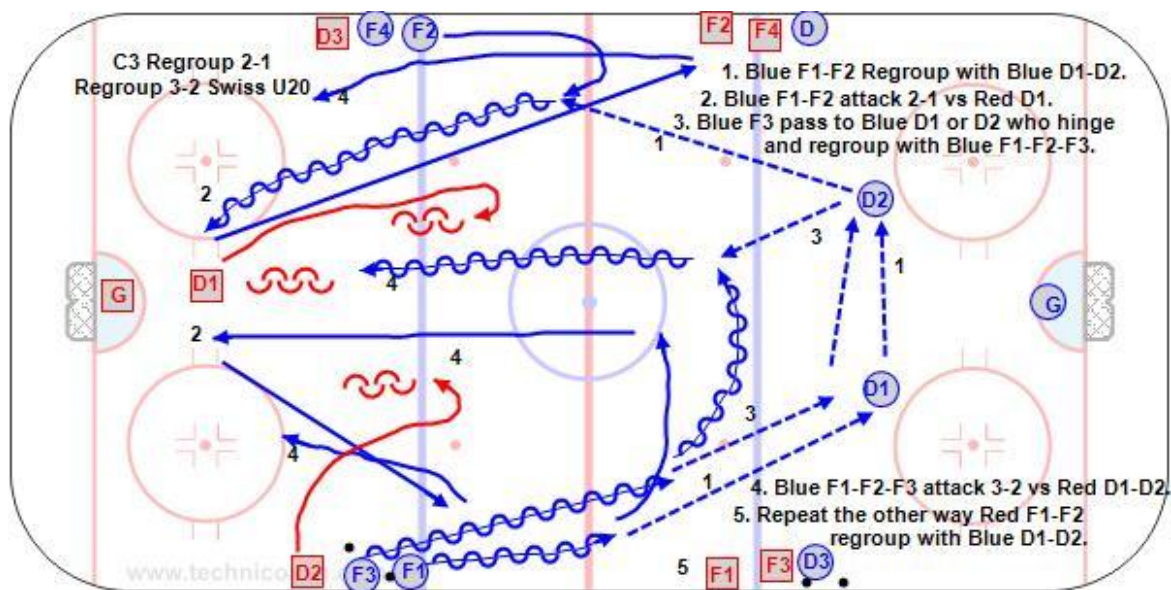
Key Points:

Face the puck. Make the first play early so a second play is possible. Attack with speed. Crash the net for rebounds.

Description:

1. Blue F1-F2 Regroup with Blue D1-D2.
2. Blue F1-F2 attack 2-1 vs Red D1.
3. Blue F3 pass to Blue D1 or D2 who hinge and regroup with Blue F1-F2-F3.
4. Blue F1-F2-F3 attack 3-2 vs Red D1-D2.
5. Repeat the other way Red F1-F2 regroup with Blue D1-D2.

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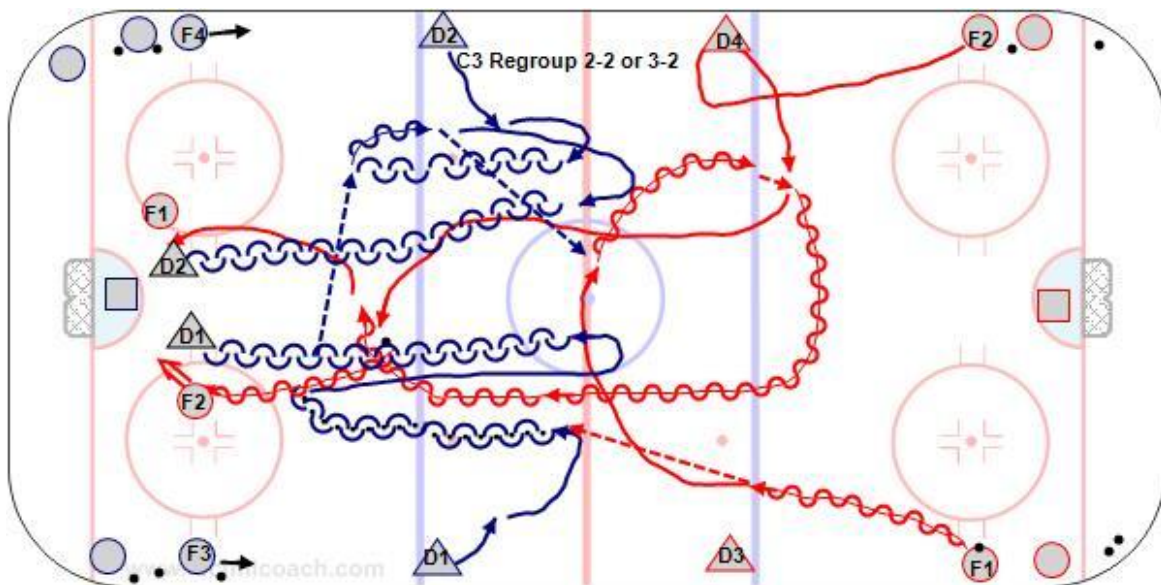
C3 Regroup 2-2 or 3-2

Key Points:

Attack with speed. On a 2 on 2 isolate one D and create a 2 on 1. Always face the puck and give a target.

Description:

1. Forwards leave from the hash marks and D from the far blue line.
2. F1 and F2 start with the puck and regroup with D1 or D2 in the neutral zone.
3. D1 and D2 hinge and then pass up to F1 or F2.
4. F1-2 turn back at their blue line and attack 2-2 vs D1 and D2.
5. D1 and D2 follow F1-2 and keep a close gap in the nzone.
6. Play out the rush until a goal, frozen puck or pass to D at the blue line.
7. Repeat the other way with F3-4 regrouping and attacking vs. D3-4 the other direction.
8. Add a forward and do the same drill 3 on 2.



C3 Rejo 1-1 Both Sides - Gap Control

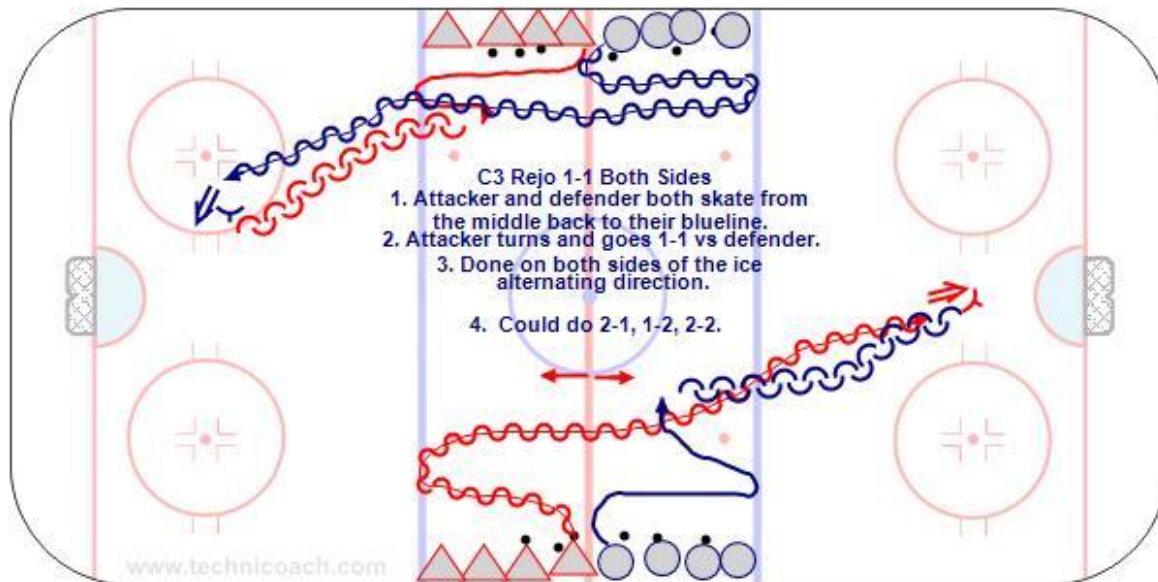
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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C3 Rejo Breakout and 1-1

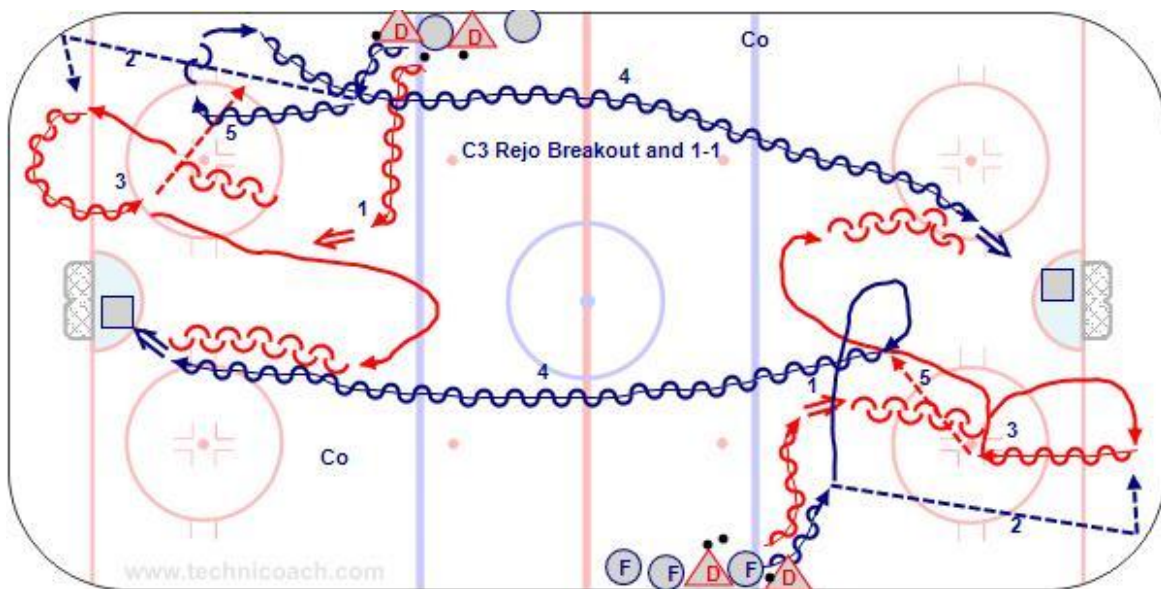
Key Points:

it the net from the point. Make good hard passes. Forward face the puck and give a target. D's get a tight gap on the attacking forward.

Description:

1. On whistle D at each end take a point shot.
2. D skate back and F dump the puck in the corner.
3. D retrieve puck and drive skate between the dots and make a breakout pass to the F.
4. F's attack the D's at the opposite end.
5. Continue alternating between board and middle breakout pass.
6. Possible to do 2 on 1.

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C3 Shoot-Breakout-Regroup-2 on 1

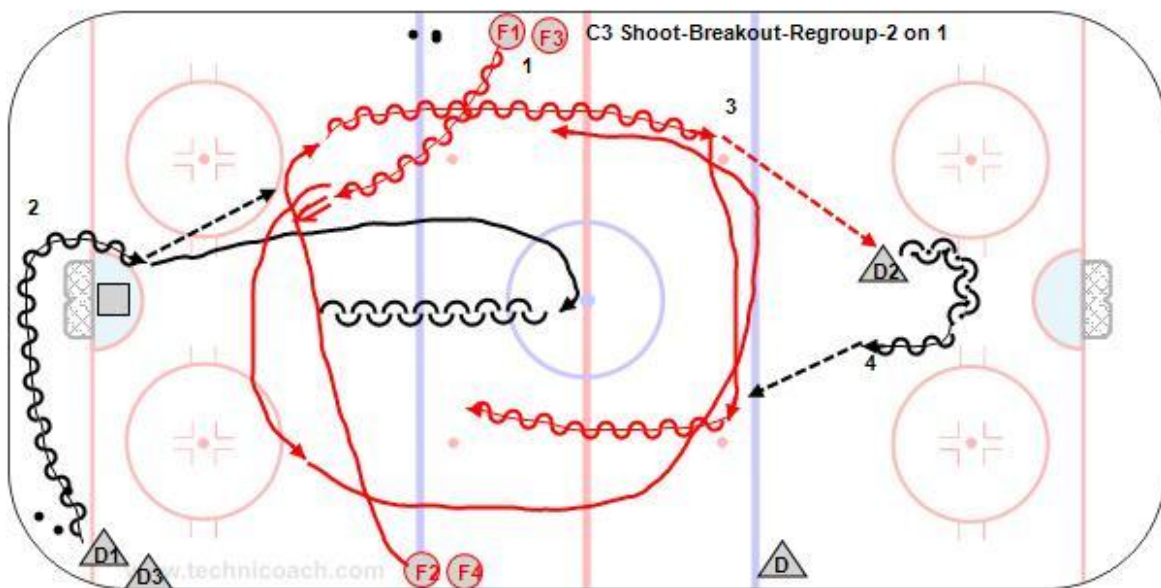
Key Points:

Good drill with only one goalie and few players. It could go both ways with more players. Face the puck, give a target, follow shot for rebounds.

Description:

1. F1 skate in and shoot.
2. D1 drive back of the net and pass to F1 or F2.
3. F1 and F2 regroup with the D2 at the other end.
4. F1 and F2 attack 2 on 1 vs. the original D1.
5. D1 rotate to the regroup line and D2 to the breakout pass line.

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C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes and communicate. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

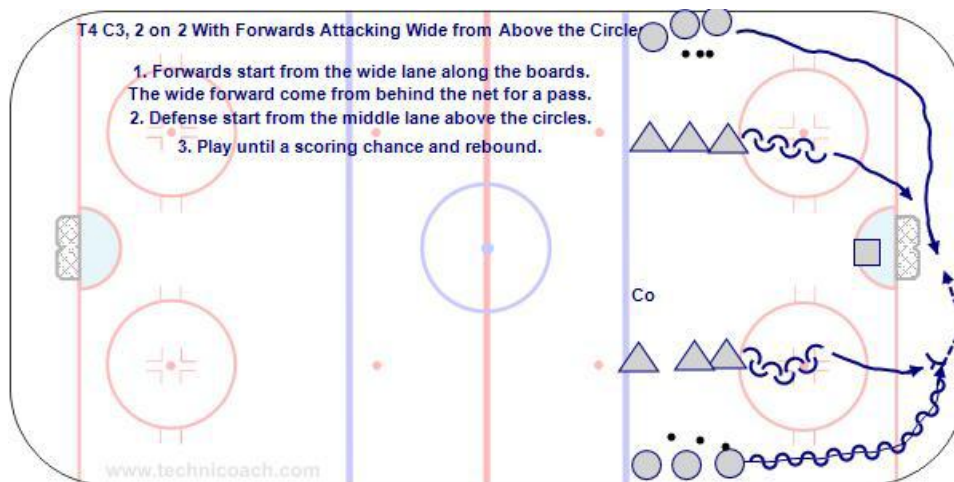
Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting above the circles. The D has to communicate while seeing the puck and their man.

Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards. The wide forward come from behind the net for a pass.
2. Defense start from the middle lane above the circles.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

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C3, 2 on 2 With Forwards Attacking Wide from Below the Hash

Key Points:

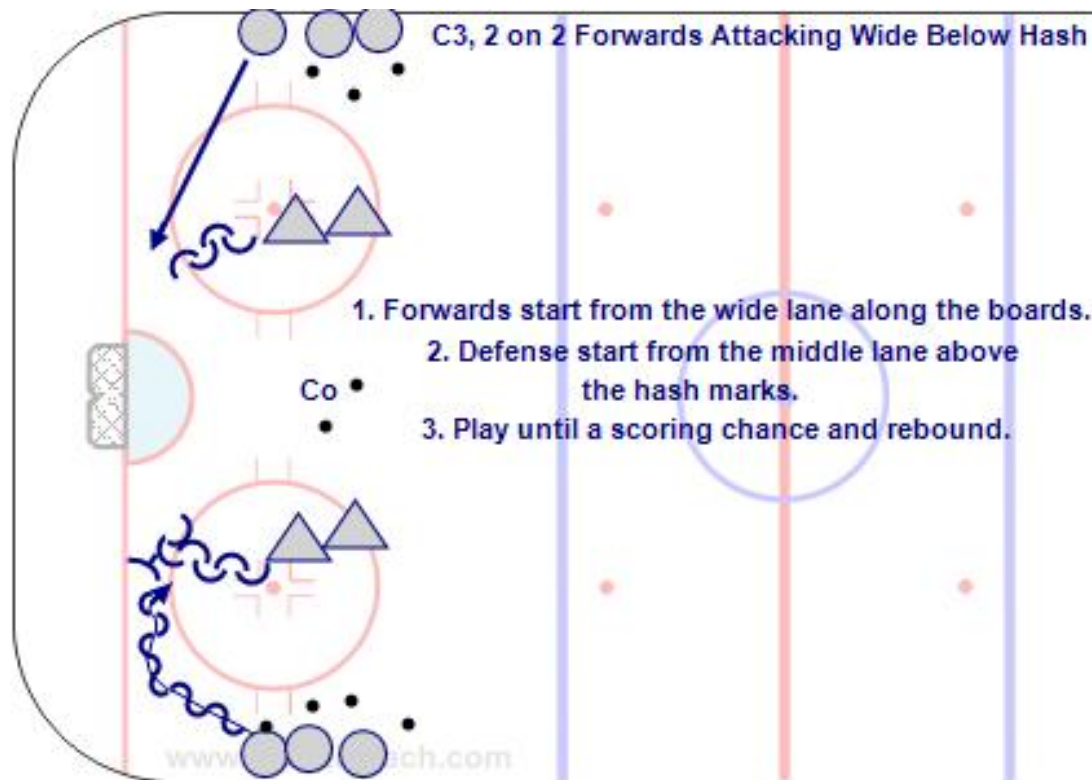
Defense must keep their heads on a swivel and sticks in the passing lanes. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders. Attackers protect the puck. Defenders stick on the puck and body on body.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting behind the hash marks. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards.
2. Defense start from the middle lane above the hash marks.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

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C3, 2 on 2 x 2 with Regroup

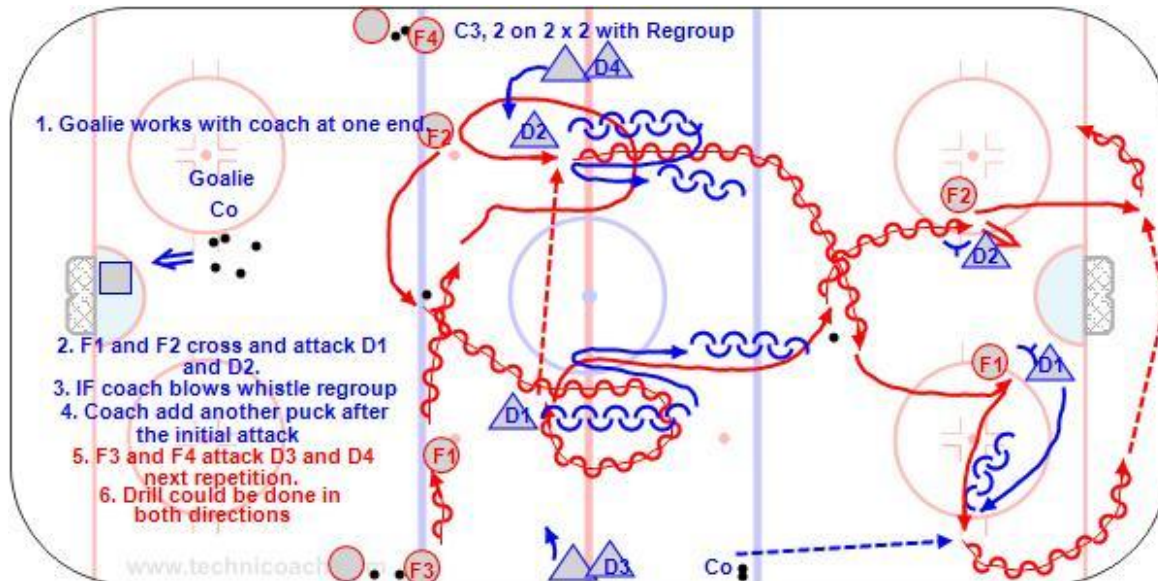
Key Points:

A 2 on 2 works on Role 3, checking the puck carrier and Role 4, covering away from the puck on D. On offense Role 1 the puck carrier and Role 2 supporting the puck. Regroup works on gap control. The second puck demands communication.

Description:

1. Goalie works with coach at one end.
2. F1 and F2 cross and attack D1 and D2.
3. IF coach blows whistle regroup.
4. Coach add another puck after the initial attack.
5. F1 and F2 attack D3 and D4 on the next rush.
6. Drill could be done in both directions if the goalie coach isn't at one end.

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C3, 2-1 with Regroup - Major Junior U20

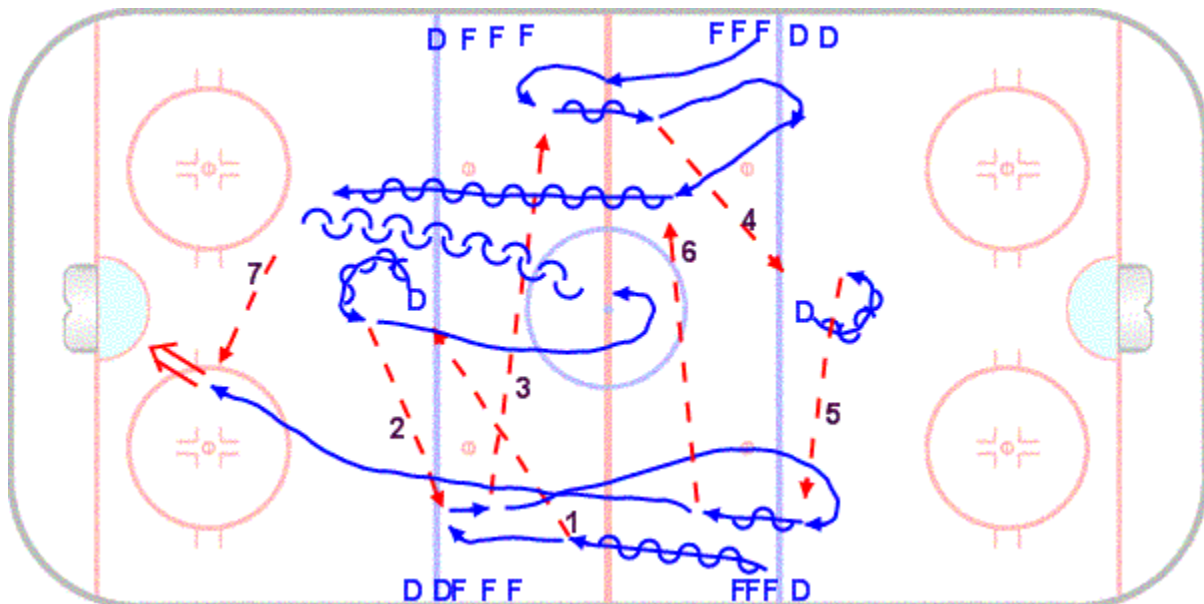
Key Points:

Pass hard and face the puck giving a good target. D pivot when they get the regroup pass. This sequence can be done in all situations from a 1-1 to a 3-2. It is probably the most common pro drill I have seen around the world.

Description:

1. F1 and F2 leave from both sides and regroup with the far D.
2. D1 pivot and pass to the forward while skating.
3. F1 pass across to the other F2 in the Nzone.
4. F's regroup with the D2 at the other blue line.
5. D2 pivot and make a pass to F1.
6. F1 pass across to F2.
7. F's attack 2-1 vs. D1.
8. Players leave from the other blueline and start the sequence again regrouping with D2. D3 join the play at the far blue line.

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C3, 3-0, 3-1, 3-2 - Total Hockey

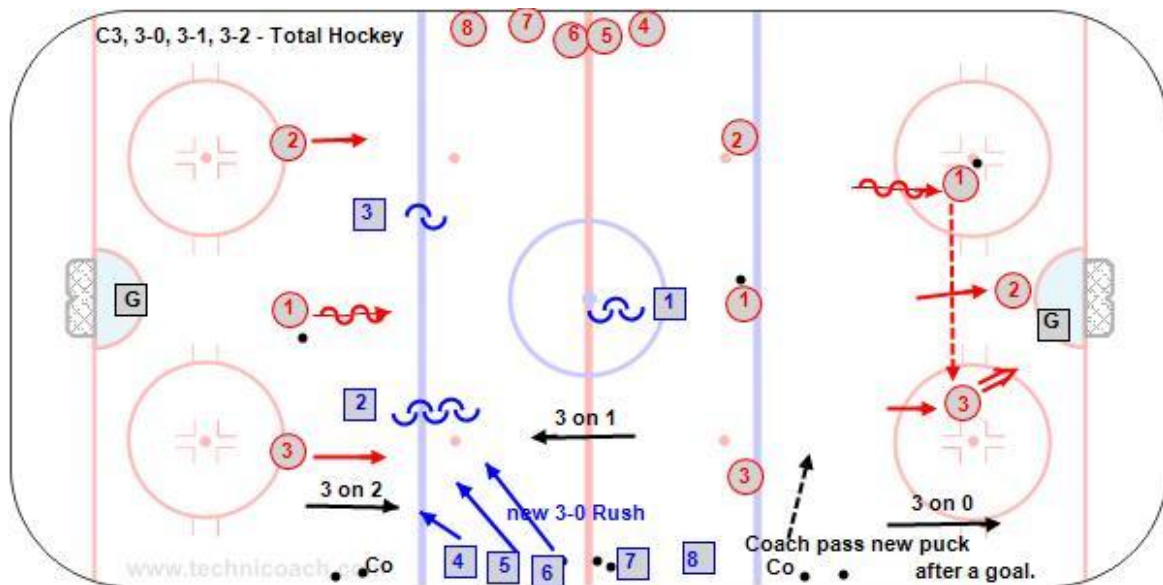
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

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C3, 3-2 and 5-2 With Regroup In Neutral Zone

Key Points:

On the regroup fill the 3 lanes facing the puck. Always give an outlet on the strong side.

Description:

1. Attack 3-2 with passive support above circles.
2. During play or on the coaches whistle pass to support.
3. Attacking D follow the attack in the neutral zone making a 5-2.
4. Before crossing blue line or on the coach's whistle regroup in neutral zone.
5. Enter the offensive zone 3 on 2 and repeat with new support.

Alternative:

This becomes a transition game if only one puck is used and the defenders pass to the players giving passive support. The players can decide when to regroup or the coach can whistle.



C3, 5 on 2 Attack and Forecheck

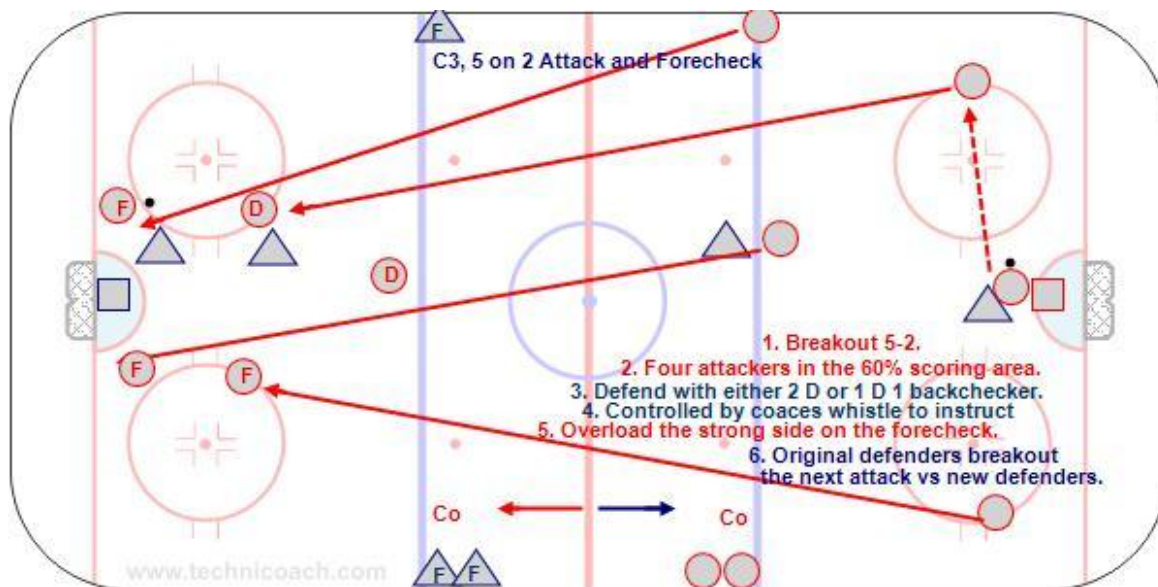
Key Points:

Practice vs 2 D and vs 1 D and 1 backchecking D or F. Always have 4 on the attack in the 60% area and 3 overload the strong side.

Description:

1. Breakout 5 - 2.
2. Four attackers in the 60% scoring area.
3. Defend with either 2 D or 1 D 1 backchecker.
4. Controlled by coaches whistle to instruct.
5. Overload the strong side on the forecheck.
6. Original defenders breakout the next attack vs new defenders.

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C3, 5-3 Regroup x 2, Turn Back, Attack 3-2 - Pro W

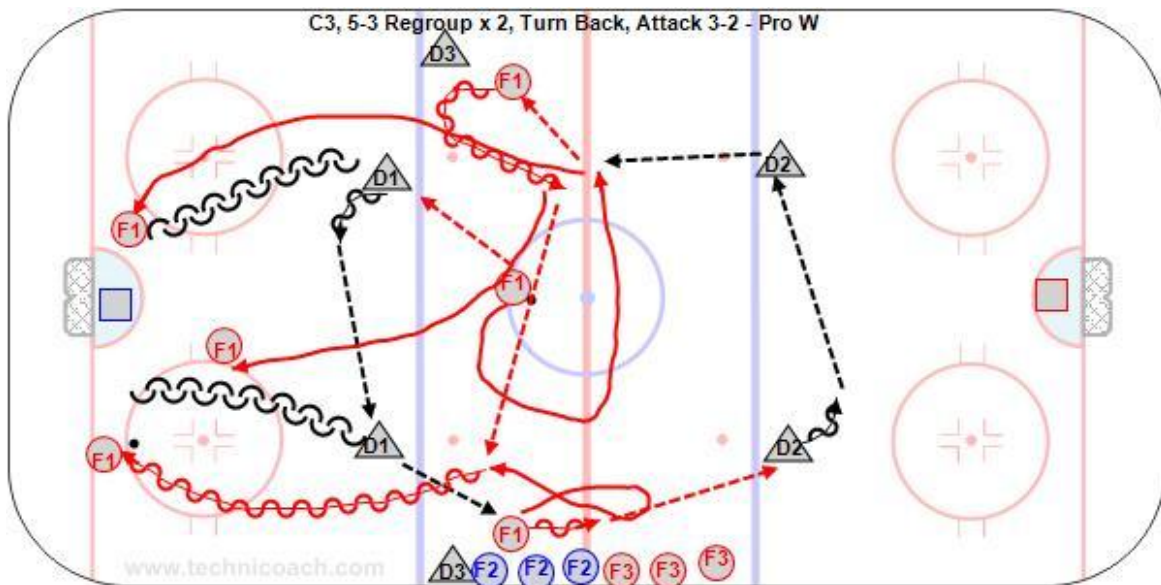
Key Points:

F's give a target and face the puck. D's hinge and drive skate with the puck. Create a 2-1 on offense. Fight for rebounds. D control sticks in the slot and deflect attack.

Description:

1. Two D start at each blue line.
2. F1's regroup with D1's.
3. F1's regroup with D2's.
4. F1's turn back before crossing the blue line.
5. F1's attack 3-2 vs. D1's.
6. D3's replace D1's.
7. Repeat with F2's regroupin with D2's.

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C3, Low 2-2 F from Corner - Pro

Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

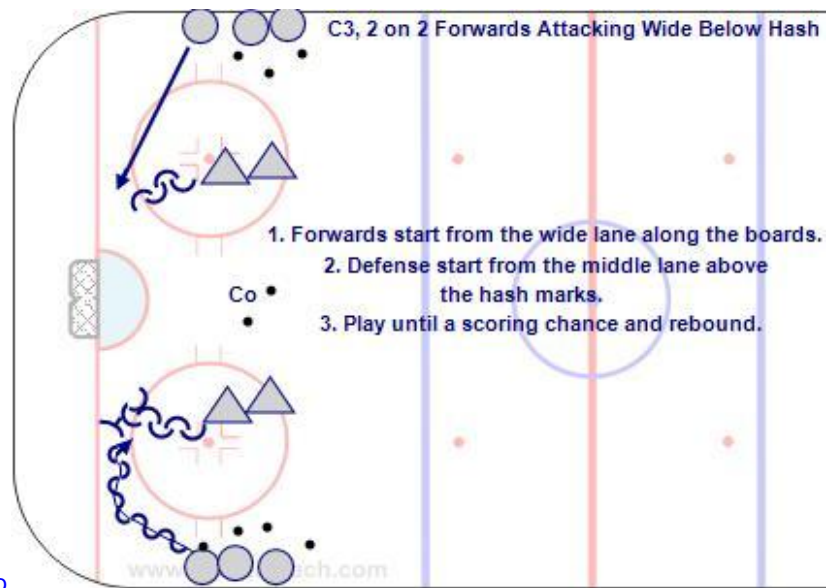
Attackers protect the puck. Defenders stick on the puck and body on body.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting behind the hash marks. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards.
2. Defense start from the middle lane above the hash marks.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

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[C3, 2 on 2 F Attack Belo](#)

C3-C6 - 2-0 - 3-1 - U17

Key Points:

Forwards attack with speed and the defender delay the attack and take away any back door plays. Allow the goalie to cover the strong side of the net.

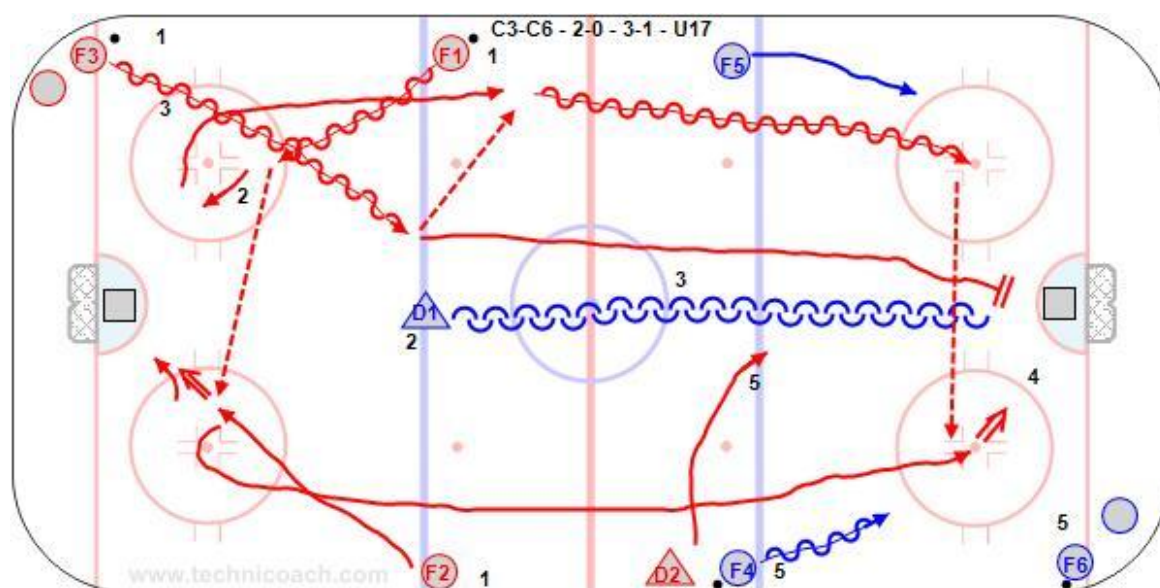
Description:

1. Players are on each side in the neutral zone and at each end.
2. F1-F2 attack 2-0 and D1 follow to the blue line.
3. F3 skate out of the corner with a puck and F1-F2-F3 attack 3-1 vs. D1.
4. Play out the 3-1 until the puck is out of play or D1 passes to F3 or F4 at the blue line.
5. Repeat and F3-F4 attack 2-0 and F5 join them and attack 3-1 vs. D2.

**Attack with speed and the middle drive.*

** Make the first pass near the blue line then read to drive the net or make a second play.*

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C3-C6 - BO - 2-1 – Pro

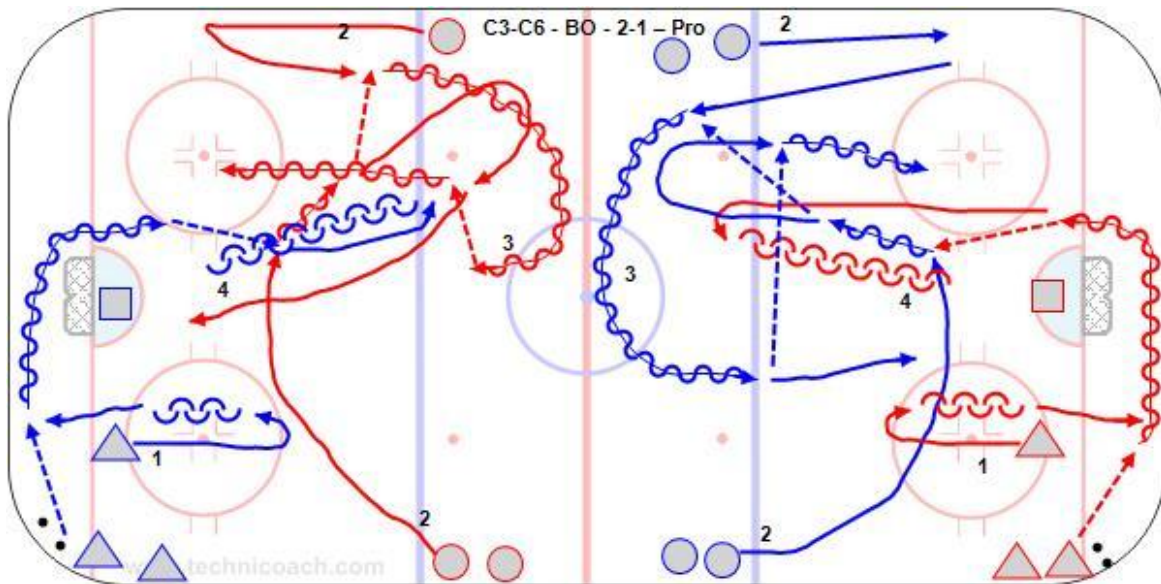
Key Points:

Attack with speed and make the first play early. Defender delay the play as long as possible and keep the play to one side.

Description:

1. D1 Skate up and back in the circle and pick up the puck.
2. F1-F2 come into the zone for a breakout pass.
3. F1-F2 skate out over the blue line.
4. F1-F2 attack 2-1 vs. D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150730175522746>



C3-C6 2-1 D Join Rush – Pro

Key Points:

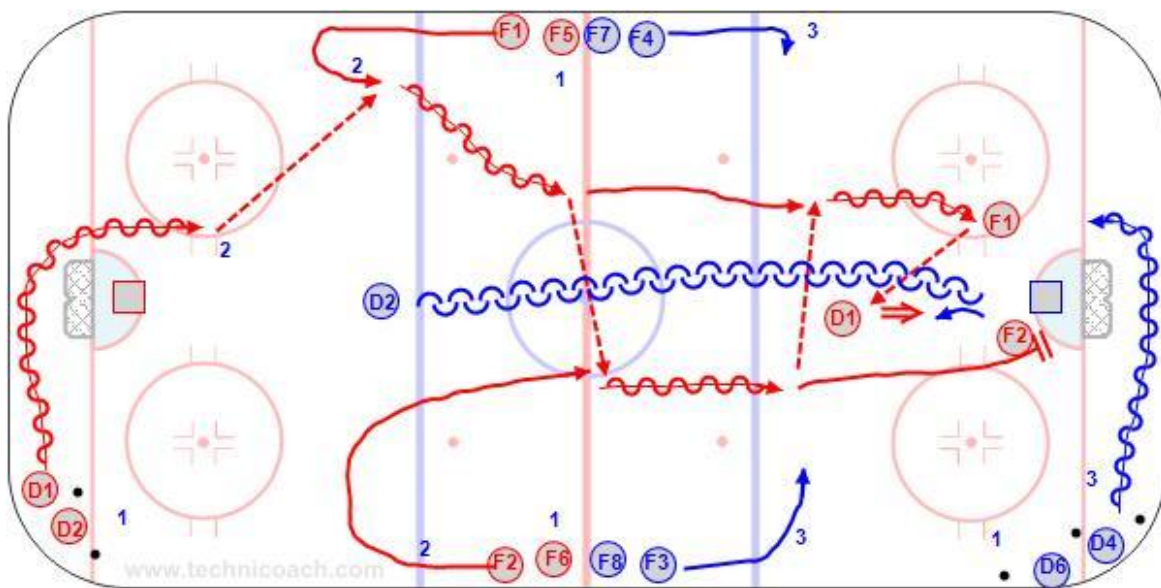
Attack with speed, pass to the D for a one time shot. Make the first play early on the attack. On a late trailer pass defender challenge the shooter.

Description:

1. Start with D in diagonal corners and F at the red lines.
2. D1 wheel from the corner and pass to F1-F2 and join the rush vs. D2.
3. D3 wheel from behind the net pass to F3-F4 and attack 3-1 vs. D2.

* Continue this flow with F4 starting the next attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141204133618721>



C3-C6 Point Shot 2-2 – Pro

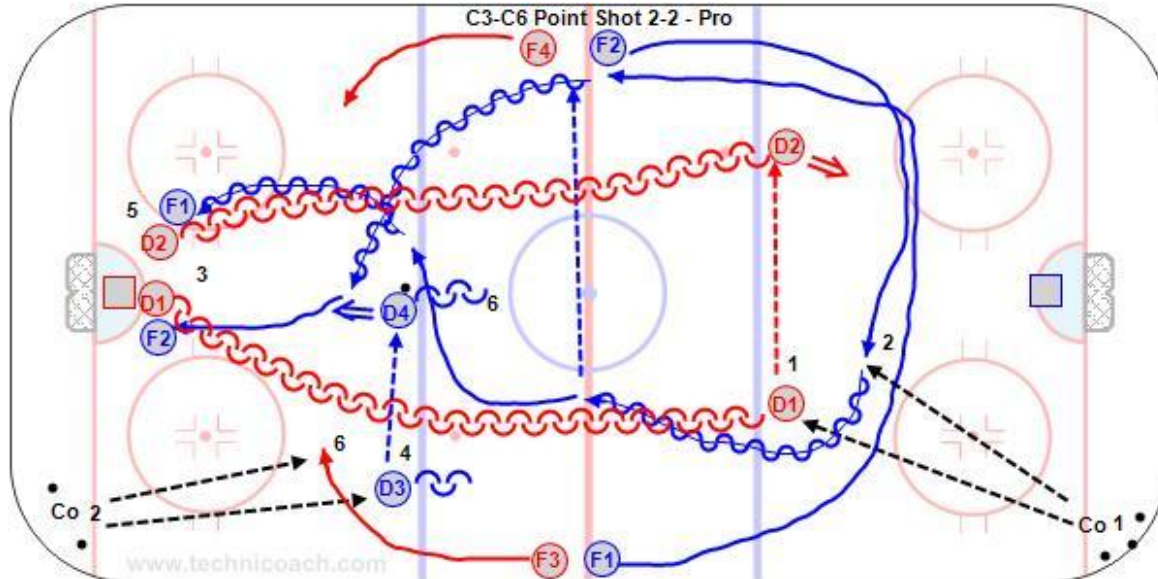
Key Points:

Give a target, defense box out and take sticks in front, attackers screen and tip. Isolate a wide D on the attack. Attack with speed. Go hard to the net.

Description:

1. Coach 1 pass to D1 across to D2 who shoots.
2. F1-F2 swing into the zone from the neutral zone and get a pass from Coach 2.
3. F1-F2 attack vs. D1-D2 and battle until the whistle.
4. D2 and D4 follow to the point and get a pass from Coach 1, D to D and shoot.
5. F1-F2 battle D1-D2 in front as D3-D4 take a point shot.
6. F3-F4 swing down and get a pass from Coach 1 and attack 2-2 vs. D3-D4.
7. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141205100406830>



C5 - 1-1 Low Puck Protection - U17

Key Points:

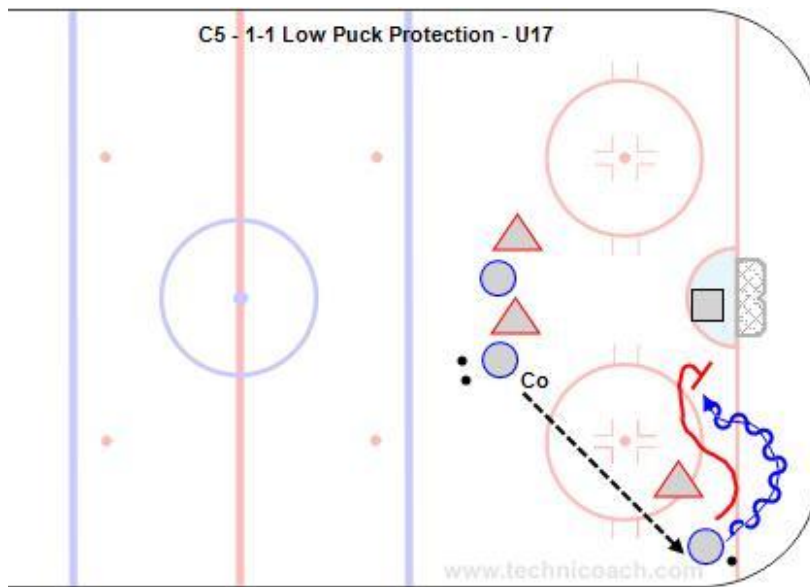
This drill introduces the idea of protecting the puck with the body on offense and defending tight from the net side with body on body and stick on the puck.

Description:

1. Start with an attacker and defender in the corner.
2. Coach pass the puck to the attacker.
3. Attacker protect the puck and try to score.
4. Defender play from the defensive side to prevent a goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015082011300935>

<https://youtu.be/-1i9dpUKH3g>



C5 - Defensive 1-1 x 6 – Jasper

Key Points:

This organization works very well when you have large groups on the ice or a big difference in ability. The key is the players practice the skill and don't have to wait in line a long time. Give instruction, move from group to group progress to games without the players having to switch stations. I have used this multi net in camps around the world with either no goalies, lots of goalies or a combination of big and little nets.

Description:

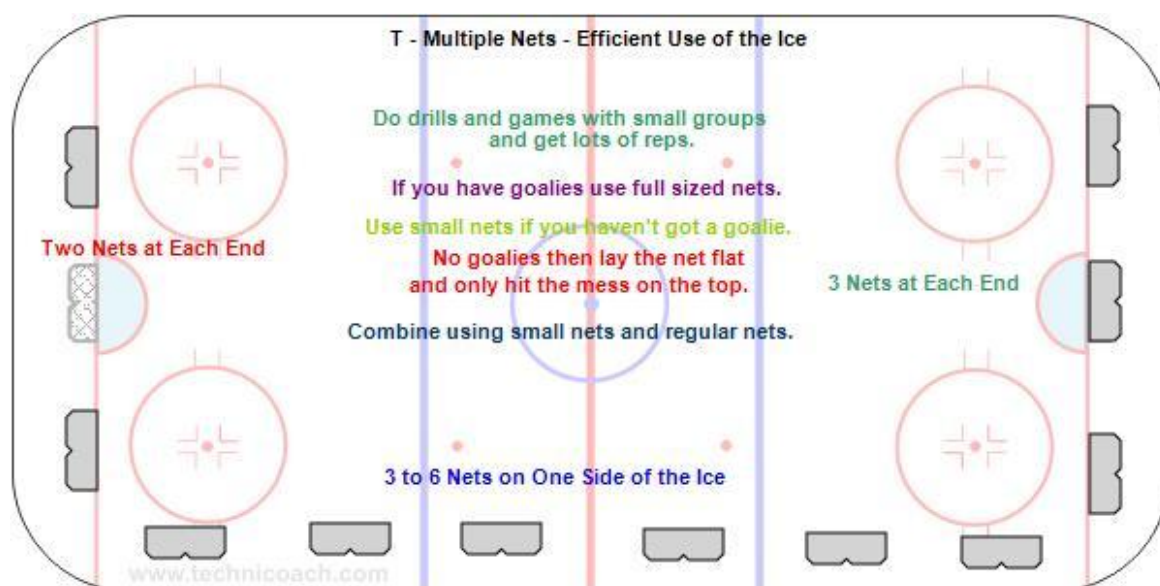
1. Put 2 to 4 nets on each goal line or you could have them along the boards practicing across the ice.
2. Players line up just inside the blue line or for older players outside the blue line.
3. One player defends while the first player in line skates around the other player and attacks 1-1.
4. When the play is over the original attacker skates out and defends vs. the second player in line.
5. When the play is finished the defender passes to the first player in line and skates out to close the gap.
6. Add an attacker and play 2-1 or 2-2.

** You could have net at each red line to make 8 stations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160930105222381>

<https://youtu.be/LSZF1UBInK8>

DT4 -Regroup Low Point Shots-Czech Youth Camp <https://youtu.be/uyYC1GcN9gc>



C5 - Gap Control - RG - 2-1 x 2 - Skill Camp

Key Points:

Defense must mirror the play and maintain a tight gap by skating forward and then using a chocktaw turn to skate backward and defend the blue line instead of backing in.

Description:

1. F1 and F2 leave from the red line D1 from the blue line on each side skate, D2 follow.
2. Go the other way on the whistle.
3. D2 pick up a puck at the blue line and pass to F1-F2.
4. D1 follow and maintain a tight gap with F1-F2.
5. F1-F2 on both sides attack 2-1 vs. D1.

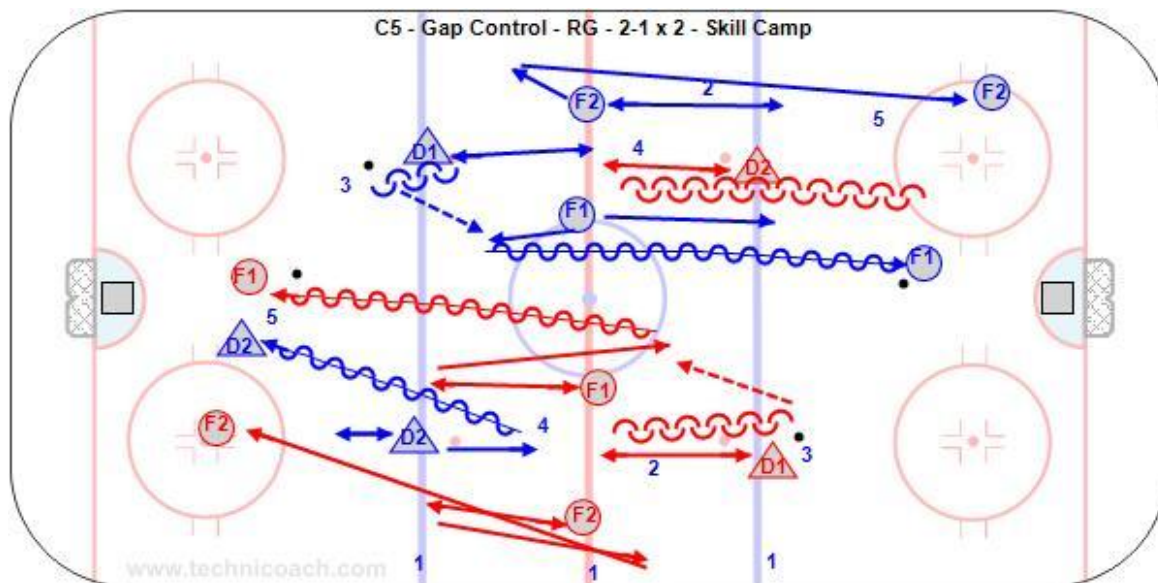
**Progress to F1-F2 carry a puck and regroup with D2 and then to a double regroup first with D1 then D2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161021114143543>

<https://youtu.be/z7Je6XpxS8>

Czech U20 doing a gap control drill.

<https://www.youtube.com/watch?v=s3iZXXzifK0&feature=youtu.be>



C5 Dump-in 1-1 - Shot - U22 W

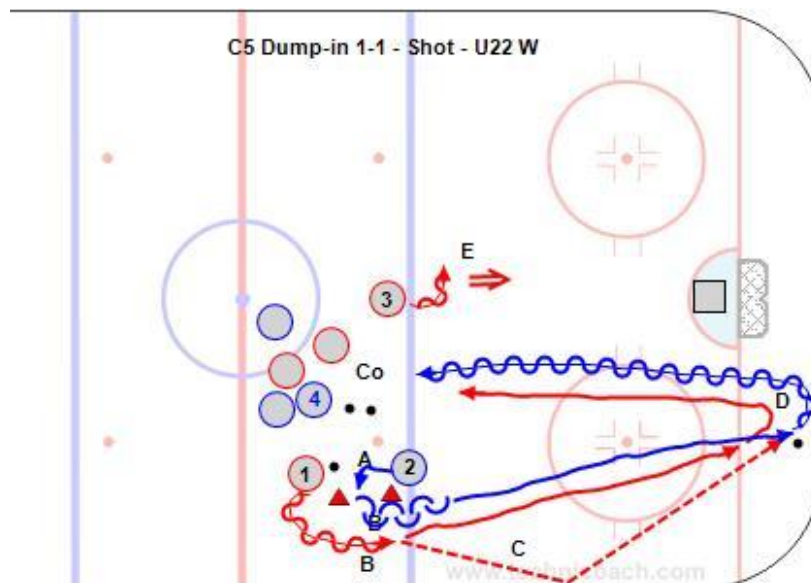
Key Points:

Defender protect the puck and use evasive moves to skate it out of the zone. Checker avoid penalties and fight for possession.

Description:

- A. 1 and 2 kneel down inside the pylons.
- B. On whistle get up and skate outside the pylons.
- C. 1 chip the puck in and battle with 2 for possession.
- D. 1 try to score and 2 to carry the puck out of the zone.
- E. When the play is over 3 shoot from the point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141122091145417>



C5 Dump-in 3-2 – Pro

Key Points:

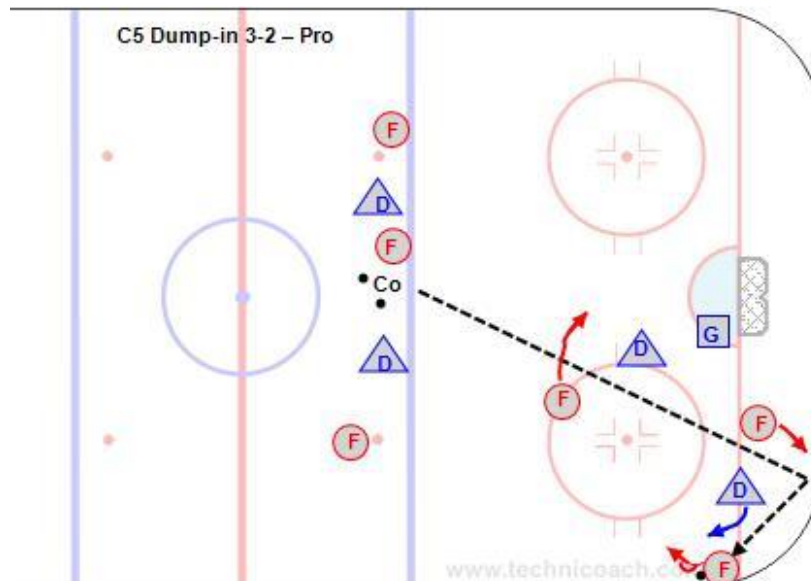
Attack quickly and create 2 on 1 situations and shots that make the goalie go post to post. Defend and make it a 3-3 with the goalie making him only cover the strong side of the net.

Description:

- 1 – Start with a dump-in by the coach from the blue line.
- 2 – One defender be aggressive on the loose puck.
- 3 – Second defender read the next play. Attackers create 2-1's and triangles.
- 4 – Attackers outnumber the defenders on loose puck battles.
- 5 – Defenders must maintain the defensive side.
- 6 – Coach should set a time limit, i.e. 10-20" to score.
- 7- Give and go passes are the attackers best weapon.

*Always read, 'should I pressure or contain. As long as the attack stays on one side it is a 3-3 and the goalie is responsible to make strong side saves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224431639>



C5-6, 1-1 x 2 From Blue Line and Corner - Sweden

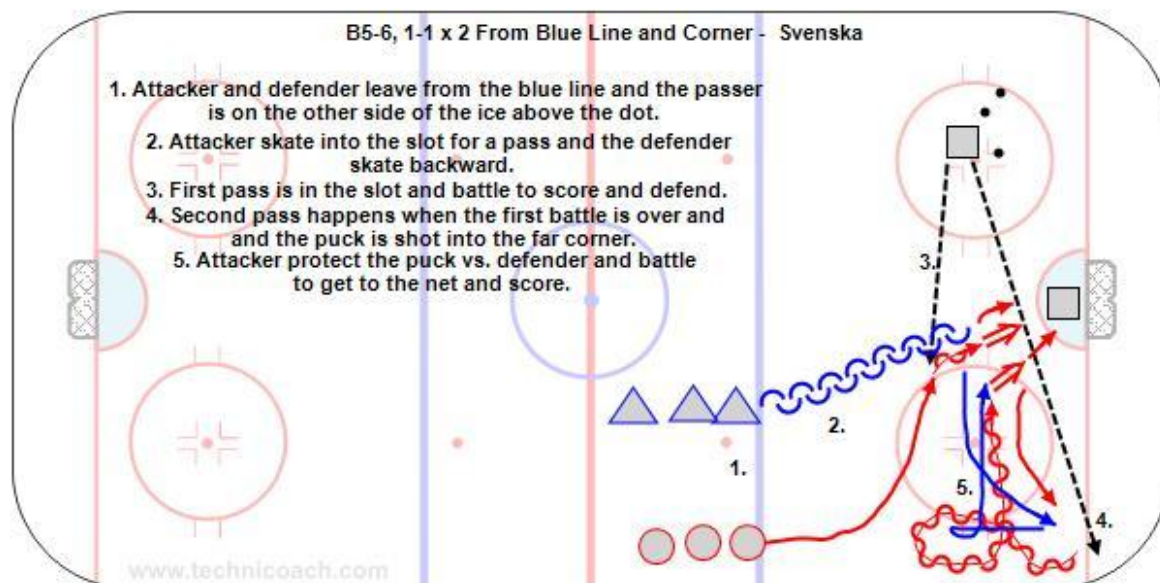
Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417102942736>



C6 - 1-1 Defender Quick Gap Control x 2 – Pro

Key Points:

Defender must have quick feet and use the edges well to close the gap on the attacker.

Description:

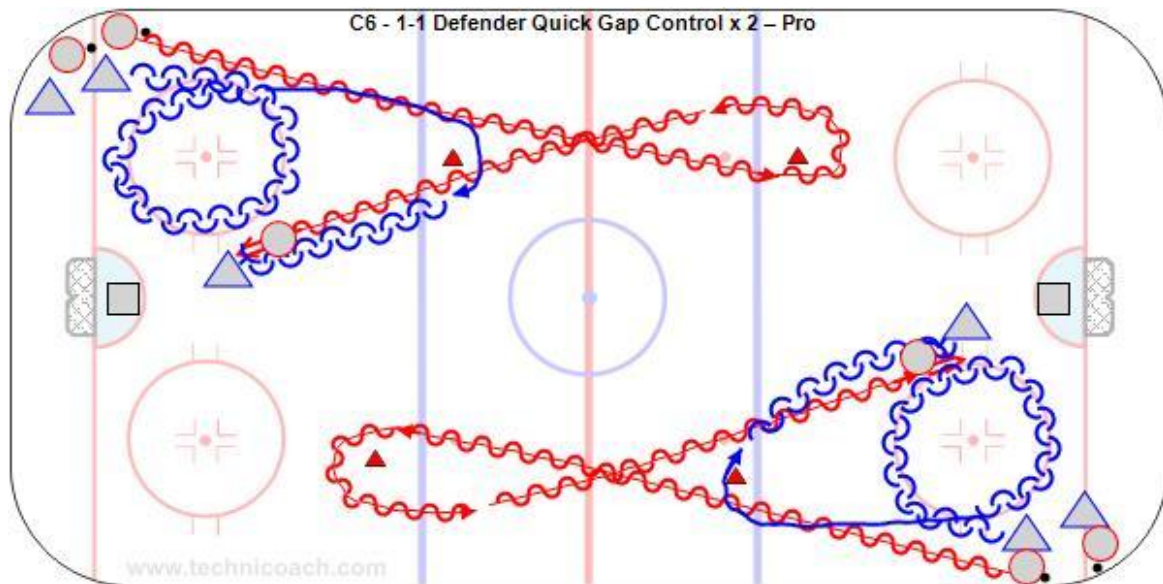
1. Two attackers and defenders both start from diagonal corners.
2. Attackers skate to the inside around a pylon near the far blue line
3. Defenders skate up and around the circle then up ice and turn backward at the pylon near the close blue line.
4. Attack 1-1 from the wide lane.

** Defender close the gap to a stick length and stay on the defensive side.*

** Attacker follow the shot for a rebound and defender box out and tie up the attackers stick.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160923091655401>

<https://youtu.be/a44dYgEZl5k>



C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 RB – Pro

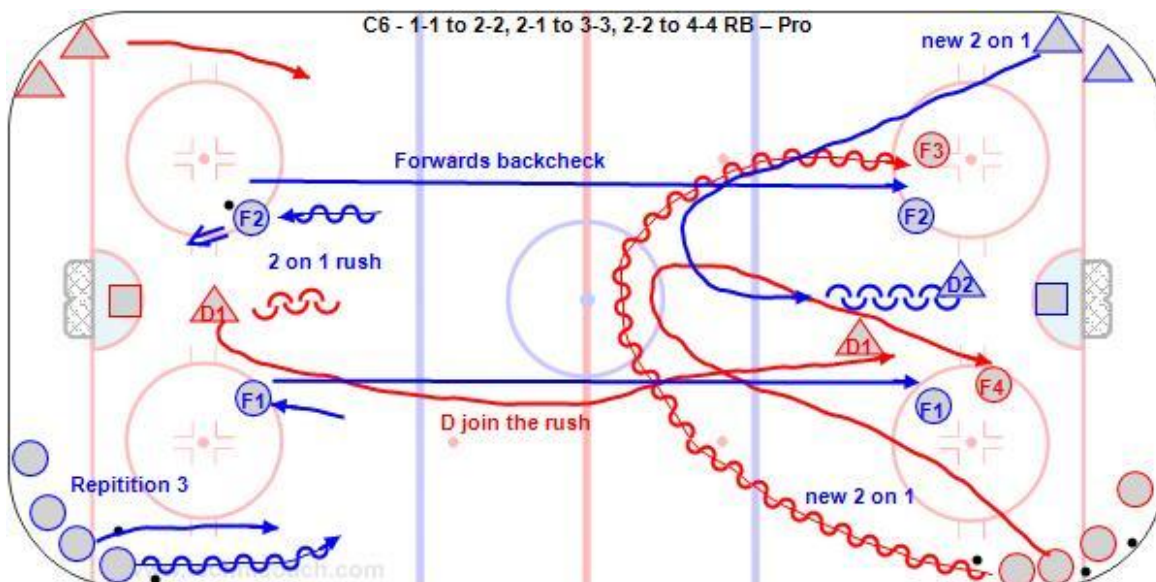
Key Points:

Defenders communicate, attack with speed, O and D fight to control the slot.

Description:

1. D in one corner and F in the other corner at both ends.
 2. Either F1 starts with a puck or D1 passes to F1 who skates into the middle circle before attacking 1-1 vs. D1.
 3. On the whistle F2 attack D2 at the other end and D1 join the rush while F1 backchecks.
 4. Keep attacking and defending until the whistle.
 5. Add a forward to make it a 2-1 until the whistle when they join to create a 3-3.
 6. Players must communicate who to cover on defense.
 7. Attack with speed to beat the backchecker on the 2-1.
 8. Play with good habits: stop at the net, D tie up sticks, create rebounds.
 9. Keep Score to increase intensity.
 10. You need at least 8 F and 4 D to do the 2-1.
 11. Add another D making it a 2-2 rush and 4-4 at each end.
 12. With 2-2 you need at least 8 F and 8 D.
 13. You can also do this drill with all the player playing both F and D.
 14. If you have 20 skaters you can do a 3-2 rush and 5-5 at each end.
- This sequence can be done as a one puck transition game with either active or passive support.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015063010505453>



C6 – 1-1 With Agility Skate - Pro

Key Points:

Defender must skate out quickly to close the gap with the attacker. Attacker make quick fakes and protect the puck to get a shot. Defend on the net side with: 'Body on body and stick on the puck.;Defender box the attacker out and take the stick after a shot.

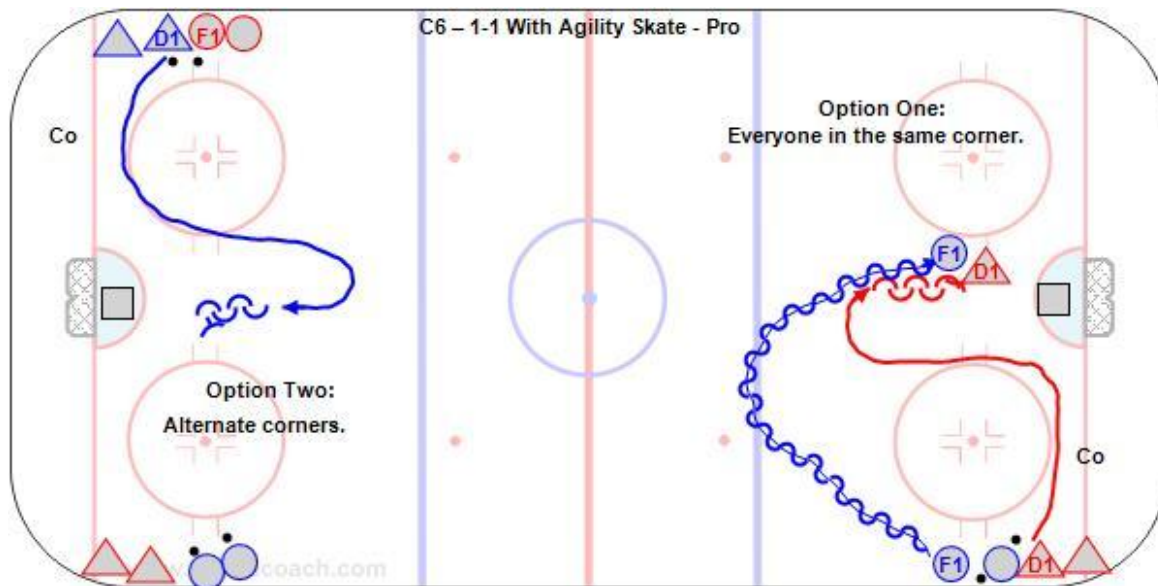
Description:

1. Everyone start from the corner.
2. F1 skate out to the blue line with the puck and turn back.
3. D1 skate around the bottom of the circle and out to defend.
4. F1 attack vs. F2.
5. Do this at each end and out of both corners.
6. Everyone take turns attacking and defending.

**Possible to do out of all four corners.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150518110842631>

<https://youtu.be/yxO6hZdVyQY>



C6 - 1-1 With Chocktaw Turn

Key Points:

Turn backward. First do this drill without a puck and then with a puck. All players do both parts of the drill. Finish the drill with attacker going for the rebound and defender taking the stick and boxing out.

Description:

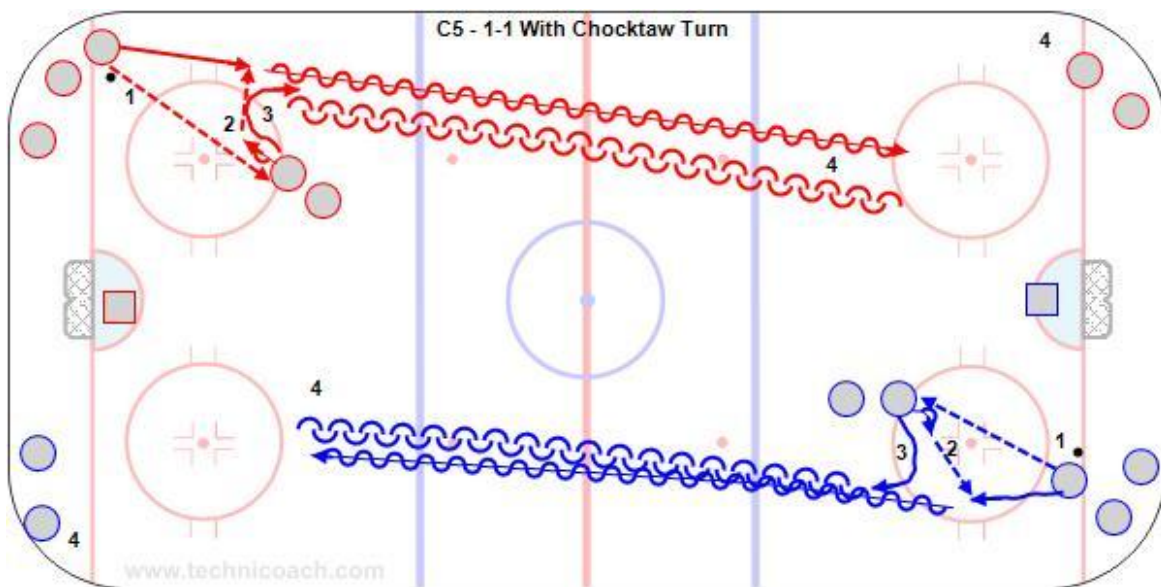
1. Attacker pass to defender .
2. Defender skate forward and pass to attacker.
3. Defender make a Chocktaw turn from forward to backward.
4. Attack 1-1 and go to the far corner.
5. When everyone is finished go the other way.

Gaston teaches the front to back Chocktaw pivot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140206004124665>

Video of the Chocktaw turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150522112831380>



C6 - 1-1 x 2 Gap Control - Pro

Key Points:

Attack with speed and fight to get the shoulder in front of the defender. Defender get up ice quickly to close the gap and defend from the net side. Attacker use the defender for a screen and move the puck sideways to get a shot through. Defender box out the attacker and control his stick after the shot. All players should take reps at attacking and defending.

Description:

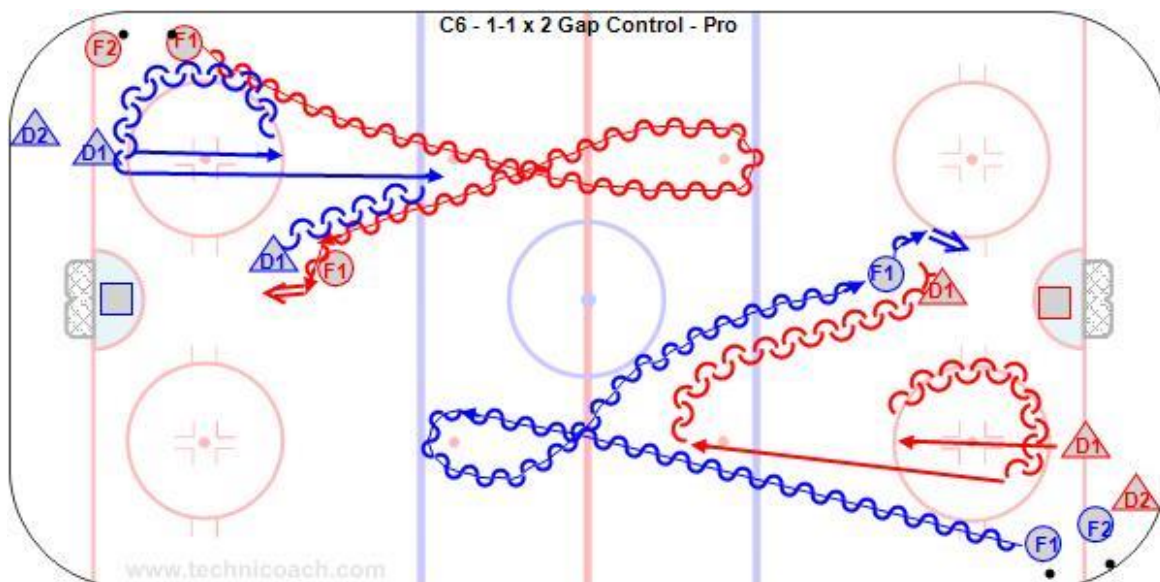
1. All the players start from diagonal corners.
2. F1 and D1 x 2 leave.
3. F1 skate to the far face-off dot with the puck and turn back.
4. D1 skate to the top of the circle then backward to the circle bottom then up ice.
5. F1 attack vs. D1 on both sides.
6. F1 and D1 have the option of either turning to the inside or outside.

** Improve the drill by passing to the last attacker or the defender carry the puck past the top of the circle.*

** Engage the players more by eliminating whistles and allow them to see the play is over and start the next rep.*

https://youtu.be/eRUJLnb8_8I

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180716102706880>



C6 - 1-1 x 2 Standing Start – Pro

Key Points:

Forwards use change of pace, dekes to the inside to beat the D. Defenders keep the play to the outside and the gap no more than a stick length. Tie up the attackers stick after a shot before looking for a rebound.

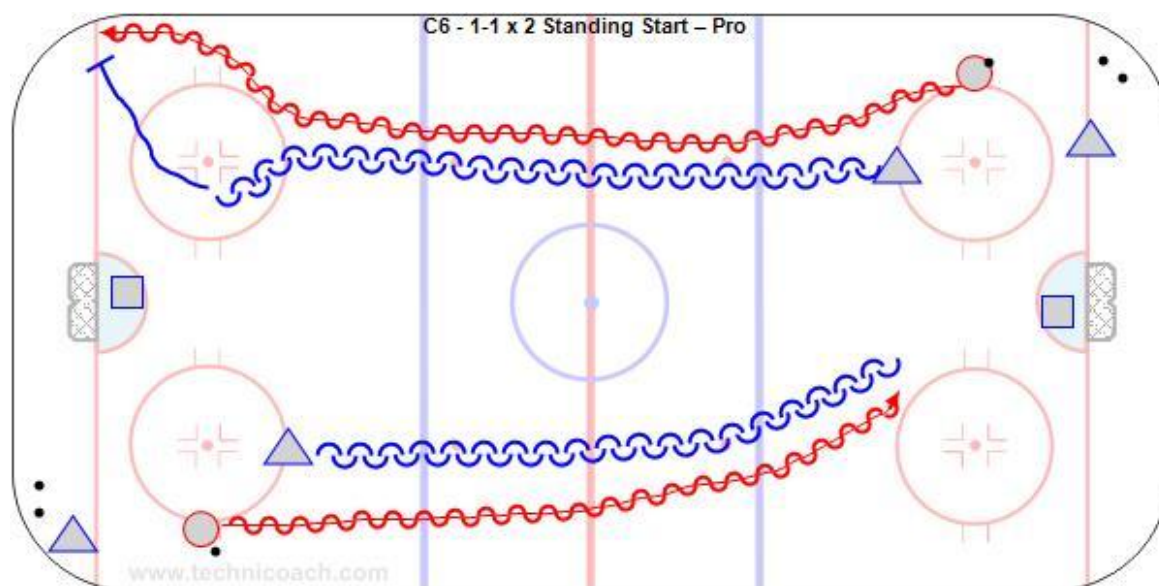
Description:

1. Players start from diagonal corners.
2. Forwards at the hash on the outside and defense at the top of the circle above the dot.
3. Forward attack vs. the D on the whistle.
4. D keep the F to the outside and maintain the defensive side.
5. F use speed and moves to get to the inside and offensive side.
6. If D has good position then flare back and open up to face the F when the puck is past the top of the circles.
7. D then close the gap and make contact along the boards.
8. If the F beats the D wide then build a wall to protect the puck and go to the net.
9. When D gets beat wide the turn to the inside and sprint to the near post to catch the F.

** Ideally the D learns to skate backwards with no cross-overs starting facing the boards and striding backwards.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160307102657114>

<https://youtu.be/GQgbNmUW6SY>



C6 - 2-1 Flow - U17

Key Points:

Make firm passes, give the stick for a target, attack with speed, make the first pass near the blue line to make a second play possible. Defender delay play and keep the puck to one side so the goalie defends one half of the net.

Description:

1. Start with D in one corner and F1 at point F2 in other corner and D2 at the blue line.
2. F1 make a diagonal pass down to F2 and skate across to the far lane.
3. F2 skate across ice and pass back to D1.
4. D1 pass up to F1 and follow the play.
5. F1-F2 attack vs. D2.
6. Repeat the other way, F3-F4 regroup with D3 at attack 2-1 vs. D1.

*Options:

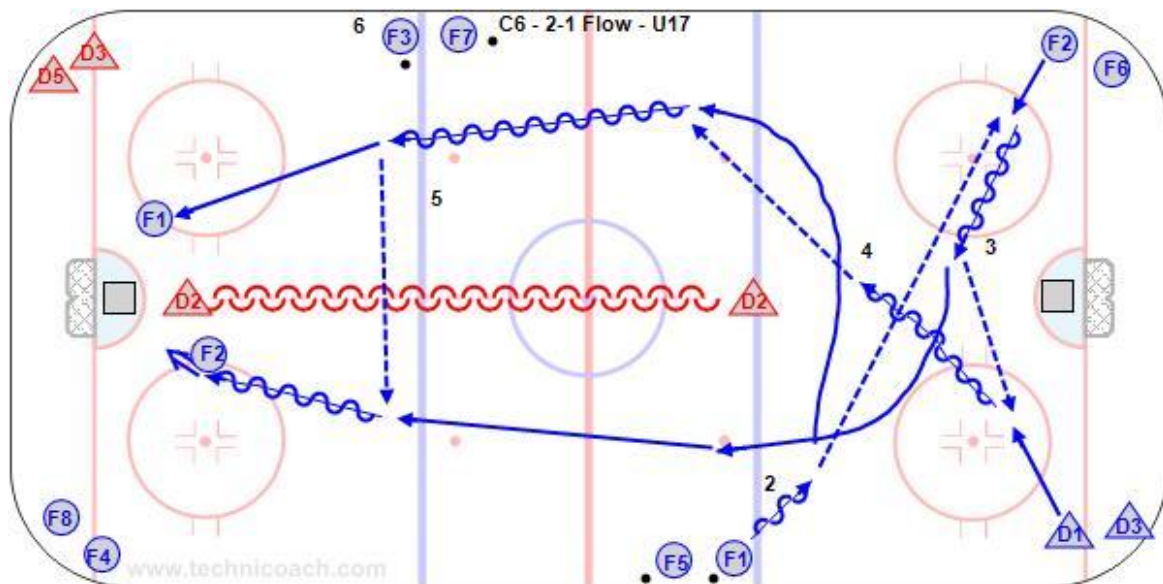
A. Add a regroup.

B. D1 join the rush to make it a 3-1.

C. Add players to make it a 2-2, 3-2, 2-3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20161227110815637>

<https://youtu.be/OxDmVTFUIG8>



C6 - 2-1 from Corner 1-1 from Point – Pro

Key Points:

Defender must always recognize the most dangerous attacker and deny plays that cross the mid-line. With the goalie it is really a 2 on 2 so expect the goalie to cover half the net. Attackers make quick plays vs. a sliding as opposed to a square goalie and crash the net for rebounds.

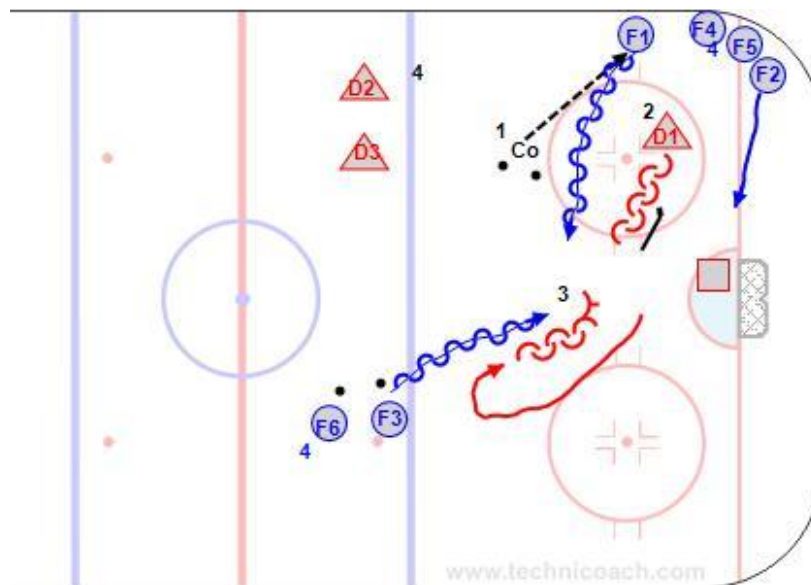
Description:

Organization: Forwards in the corner and at the far point and Defenders wait outside the blue line.

- 1 – Coach pass to either F1 or F2 in the corner.
- 2 – D1 play a 2-1 until the puck is out of the scoring area.
- 3 – Coach whistle and pass to F3 at the far point who attacks 1-1 vs. D1.
- 4 – Repeat with new players.

**You can run this drill at both ends at once and switch to a 2-1 from the point and 1-1 from the corner.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706224433610>



C6 - 2-1 With BC - Low 2-2 - U17

Key Points:

Attack with speed to maintain the 2-1 and defenders must identify who they will cover.

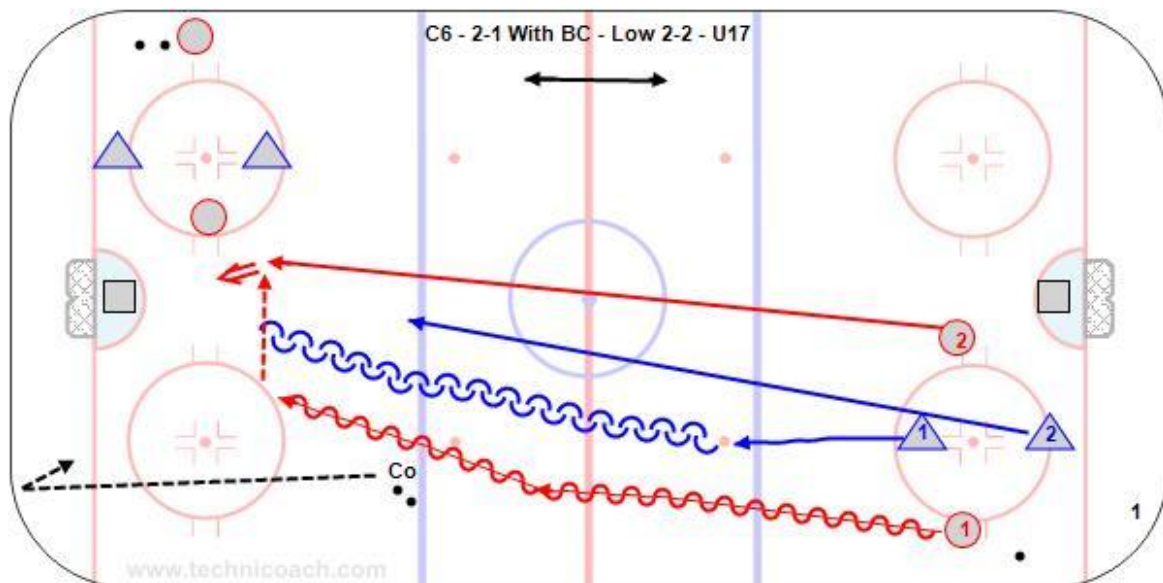
Description:

1. Start at one end from the circle.
2. Attackers 1 and 2 leave from above the hash marks.
3. Defender 1 is inside the top of the circle with his stick upside down start forward and turn to back skating.
4. Defender 2 start from below the circle and back check.
5. Attacker 1 and 2 race down the ice to score.
6. Play out the 2-2 until the whistle and coach shoot in a new puck if needed.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820115101861>

**This video shows the Finnish coach Jalonen running this drill as a shootout contest.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121119180045227>



C6 - Breakout 1-1 with Regroup - RB Pro

Key Points:

Do this drill from both ends. Defense leave from diagonal corners and forwards from the blue lines. Attack with speed. Defenseman has to skate to tighten the gap, especially when there is a regroup.

Description:

1. On whistle D1 get a pass from D2.
2. D1 Pass to F1 cutting across the middle.
3. F1 attack 1-1 vs. D3.
4. D1 defend 1-1 vs. F2.

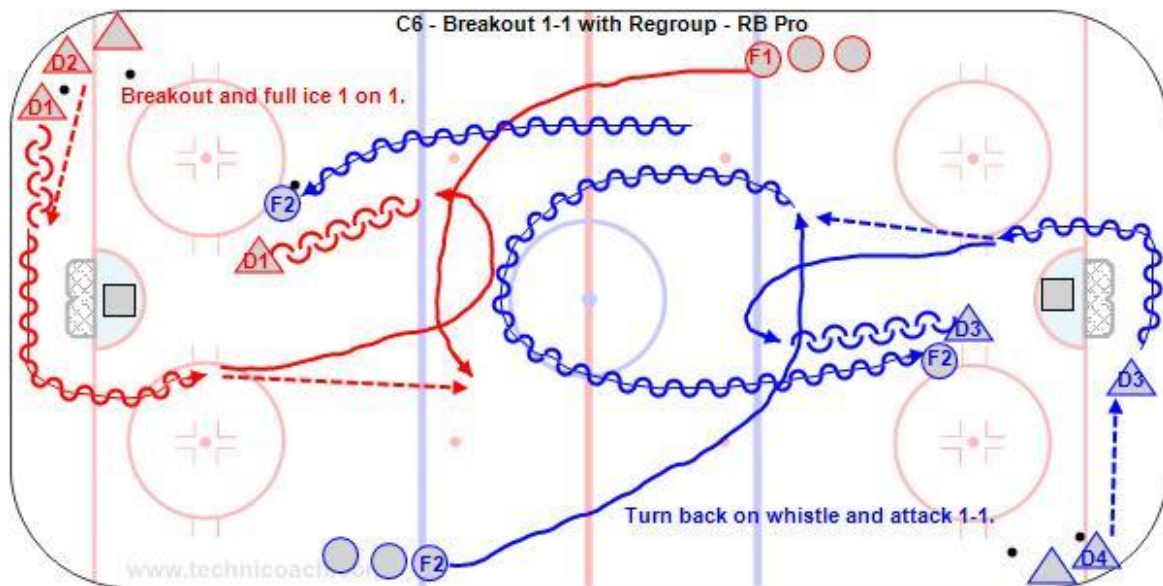
Add Regroup:

5. On the whistle F2 turn back and attack 1-1 vs. D3.

* This can also be done 2-1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627110308625>

<https://youtu.be/r71SgRUNtGY>



C6 – D Agility Skate 1-1 - Pro

Key Points:

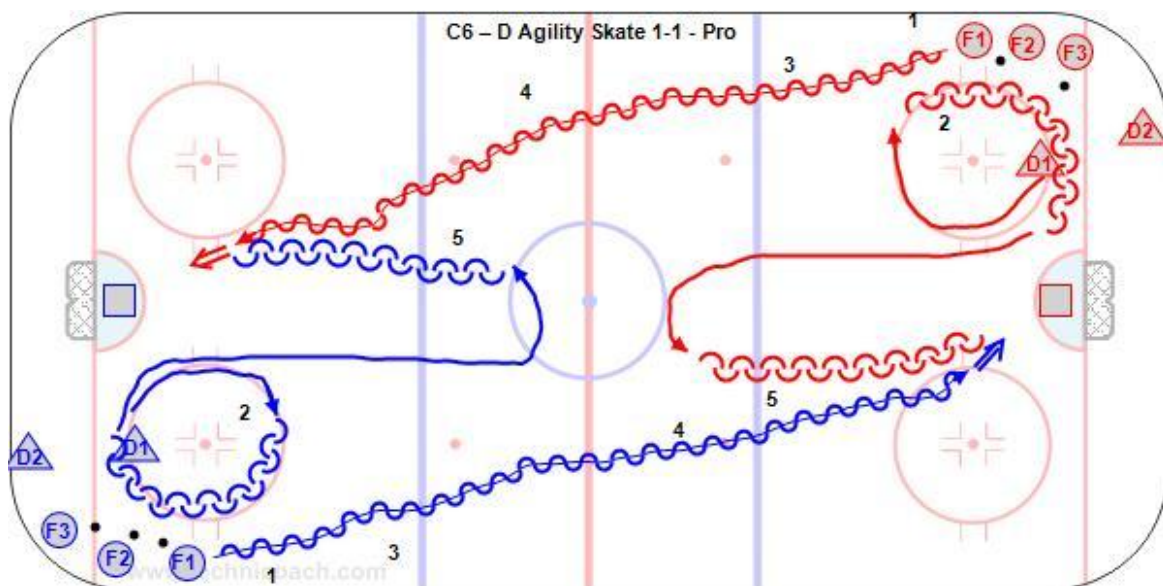
Defensive work on agility and quick feet and forward good fakes and get a shot and follow it.

Description:

1. Players start from diagonal corners.
2. D1 at each skate out around the circle, back toward the boards and up the middle.
3. F1 at each end leave when D1 starts up ice.
4. F1's continue to attack the goal at the far end.
5. D1's defend vs. F1 from the other end.
6. D's skate around inside-outside-up inside to blue line and 1-1.
7. Box out attacker after he shoots then look for the puck.

* Stick on puck and defensive side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150920120948507>



C6 - Low 1-1 x 2 – Pro

Key Points:

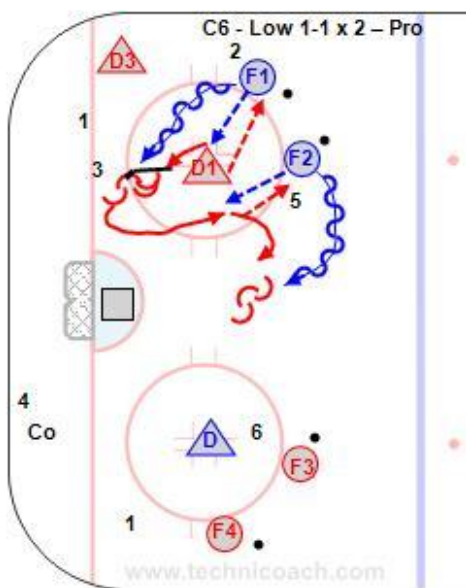
Defend from the net side. Stick on the puck and tight gap. Attacker make quick hard fakes, shot and follow the shot.

Description:

1. Players are at both circles in the defensive zone.
2. D1 start inside the circle and one touch a pass back to F1 at the edge of the circle.
3. F1 attack 1-1 and try to score vs. D1.
4. Coach whistle when the play is over.
5. D1 repeat and play 1-1 with F2 from the same circle.
6. D2 repeat from the other circle defending vs. F3 then F4.

* This could be a contest with one colour vs. the other.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151123161126797>



C6 - Low 2-1 Battle – Pro

Key Points:

Players wait above the top of the circle. Defender must continuously decide who the most dangerous player is. It is a 2-1 with the 2 F and on D but really a 2-2, so the goalie and D must communicate. The key is to keep the puck on one side and not cross the midline where the goalie has to go post to post.

Description:

1. Start with 2 F in the corner facing the boards and one D behind them.
2. Coach dump a puck into the corner.
3. Forwards attack to score and defender must skate the puck above the circles.
4. Compete until the puck is out of play, a goal or the D skates it out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160909100215544>

<https://youtu.be/vquWgkW-Og>



C6 - Low 2-1-Point Shot – Regroup - 3-1 – Pro

Key Points:

Defender take away the tip in at the far post and control the dangerous stick on the rebound. Goalie fight to see the puck through the screen.

F1-F2-D2 attack 3-1 with a middle lane drive. If they attack with a offensive triangle then defender stay in the middle and pressure a trailer pass.

Description:

1. F1-F2 attack 2-1 vs. D1 from the corners.
2. When the puck is out of play D2 shoot while D1 battles F1-F2 in front.
3. Coach spot a puck inside far zone and D2 regroup with F1-F2.
4. F1-F2-D2 attack 3-1 vs. D1.
5. Repeat at the other end with F3-F4-D3-D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170124122510334>

<https://youtu.be/iIS5T7Hp6kw>



C6 - Low Breakout - Regroup - 2-1 – Detroit

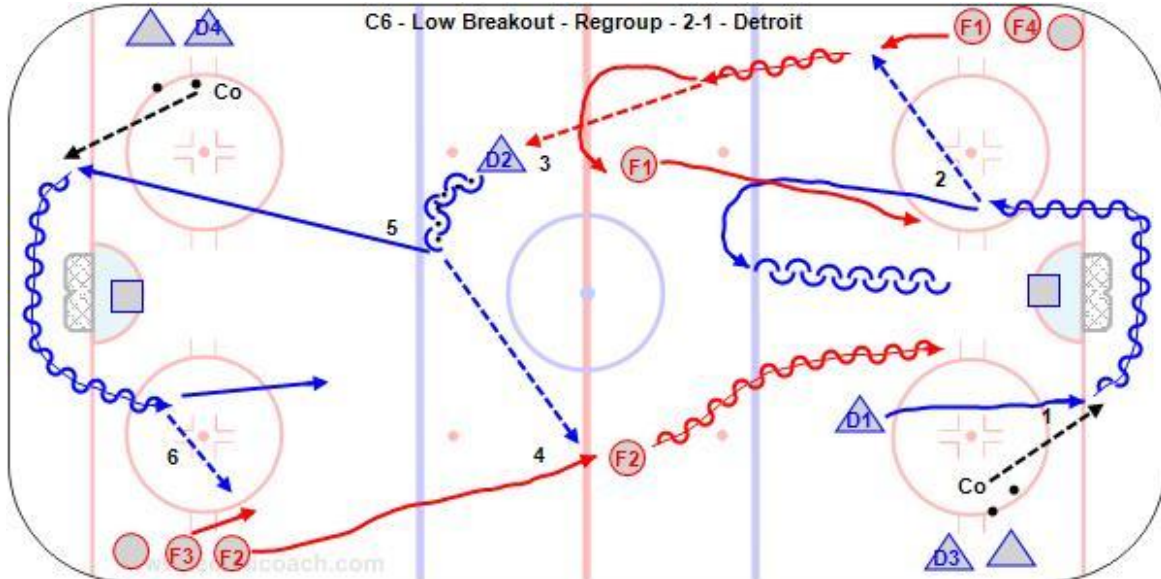
Key Points:

Do everything with speed. D skate between dots before passing. Attackers make the first pass early. A 2-1 is really a 2-2 with the defender and the goalie. Defender identify the most dangerous attacker.

Description:

1. D1 skate back and get the puck placed below the goal line by the coach.
2. D1 pass to F1 and follow.
3. F1 regroup with D2.
4. F2 join F1 and attack D1 2 on 1.
5. D2 go back and retrieve a new puck placed by the coach at the opposite end.
6. D2 passes to F3 who regroups with D3 and F4 join.
7. Repeat this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141119103710146>



C6 – Pardy's 1-1 to 3-2 – Wally - U18 F

Key Points:

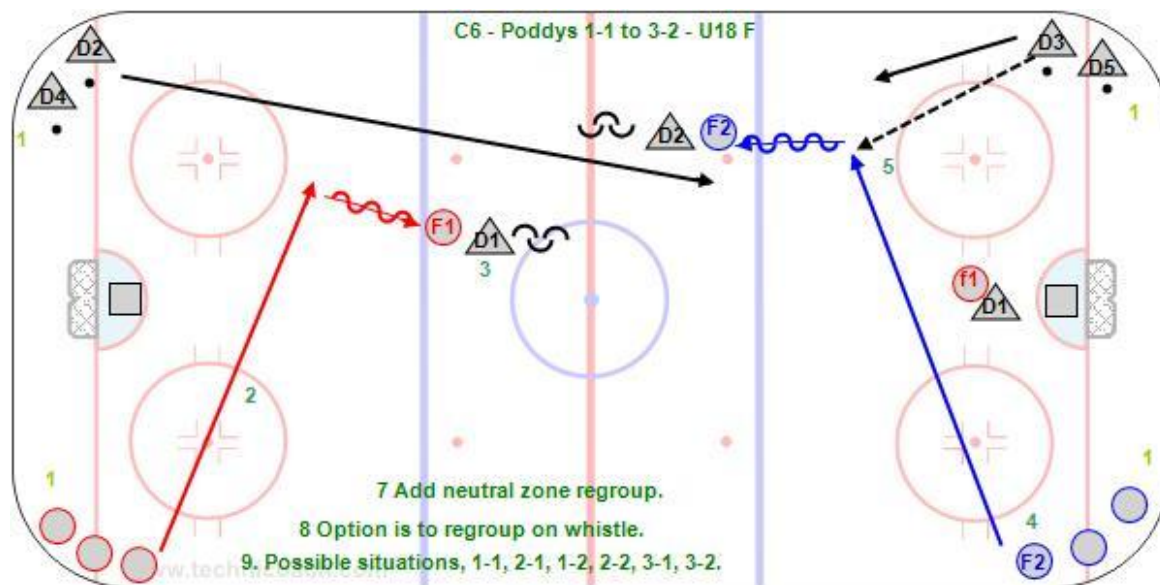
Attack with speed and defend with tight gaps. Add regroup. Vary the number of attackers and defenders.

Description:

1. Attackers and defenders are in corners at each end.
2. F1 skate across the top of the circle and get a pass from D2 who follows.
3. D1 defend the 1-1 attack.
4. F2 leave from the other end when the original attack passes the top of the circle.
5. F2 get a pass from D3 and attack vs. D1 and D3 follow the attack.
6. Two or three forwards can attack vs. one or two defenders.
7. Add F2 regroup with D3 in the neutral zone.
8. Another variation is regroup only if the coach blows a whistle.
9. Possible situations, 1-1, 2-1, 1-2, 2-2, 3-1, 3-2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180119120144934>

<https://youtu.be/NYAhiCwcA-4>



C6 - Rush Recognition x 2 – U18 F

Key Points:

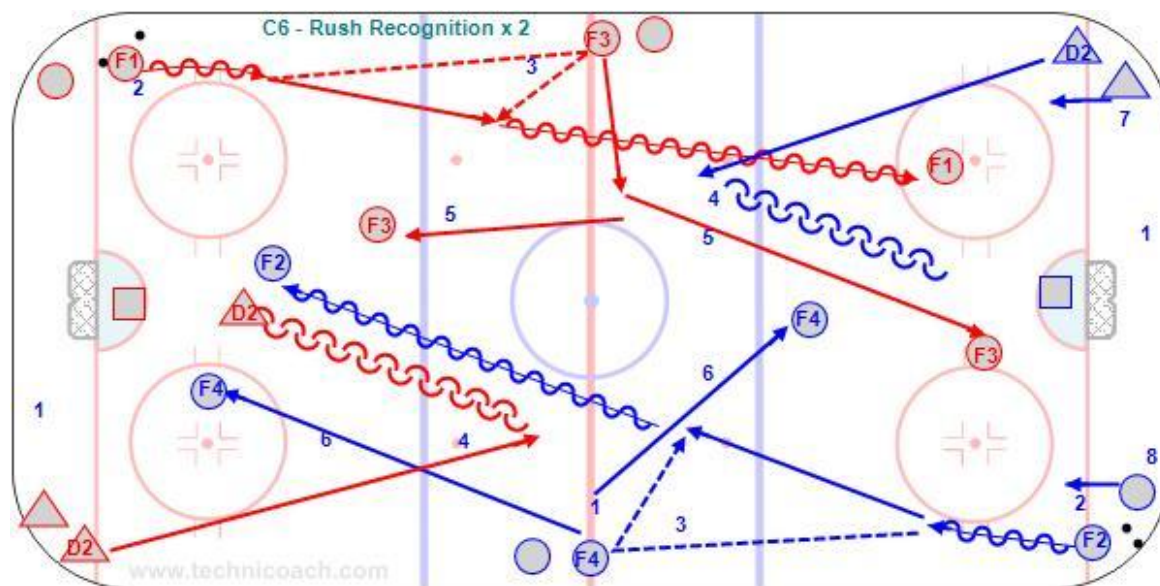
Both the defense and the forwards must read the game situation. It could be a 1-1, 1-2, 2-2, 3-2, 3-1 or if two forwards go there could be 4 on the attack on one side. Defender must learn to look and see who the next player up ice is to recognize if it is a 1-1, 2-1, 1-2 etc..

Description:

1. Forwards in diagonal corners and at the red line on each side and D in diagonal corners.
2. Start with F1 leaving from one corner and F2 from the other with a puck.
3. F1 pass to F3 and F2 pass to F4 who touch pass the puck back to F1 and F2.
4. D1 and D2 skate out past the blue line to defend vs. F1 and F2.
5. F3 make a decision to either to either join F1 on the rush or go across the ice and join F4.
6. F4 decide to either join F2 or go across and join F1 who is attacking vs. D1.
7. If you have more than four defenseman you can send 2 D to defend the rush on one or both sides.
8. You can also send more than one forward to start the rush or alternate one then two D or F.

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C6 - Shot-Point Shot- 1-1 and With BC x 2 - U17

Key Points:

Shoot while skating, follow the shot then screen. D shoot low so the F in front can tip then play a tight gap in the 1-1. D Play more aggressive with a really tight gap when there is a back checker. Play out the rush until it is over.

Description:

Part One: Two shots and a 1-1.

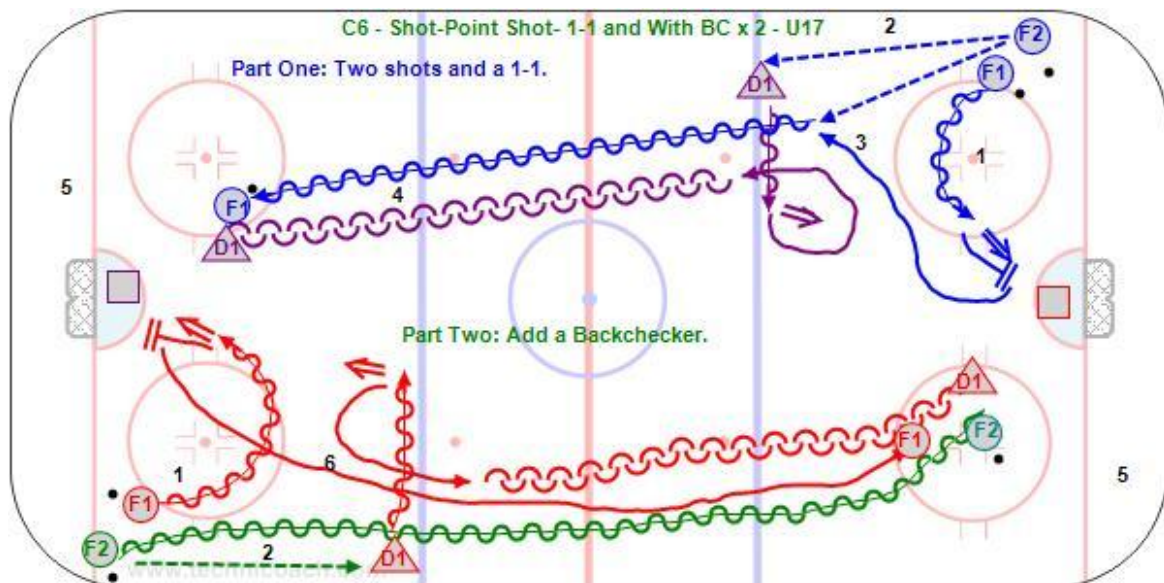
1. Start with F1 at each end walking out from the corner and taking a shot, then screen.
2. F2 pass to D1 who skates along the blue line inside the dots and shoots.
3. F1 break up ice and get a pass from F2.
4. F1 attack 1-1 vs. D1.
5. Play the 1-1 until the whistle.

Part Two: Add a Backchecker.

6. D1 shoot, F1 screen and then F2 attack D1 and F1 backcheck and back pressure.

** D1 play a tight gap and stand up to stop F2 if he has a good angle. F2 pick up a loose puck or dump in.*

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C6 1-1 Checking and Get Puck Out - Sw

Key Points:

The defender battles to get the puck out of the zone from the defensive side. Offensive player battles to hold the puck in by using his skate and stick.

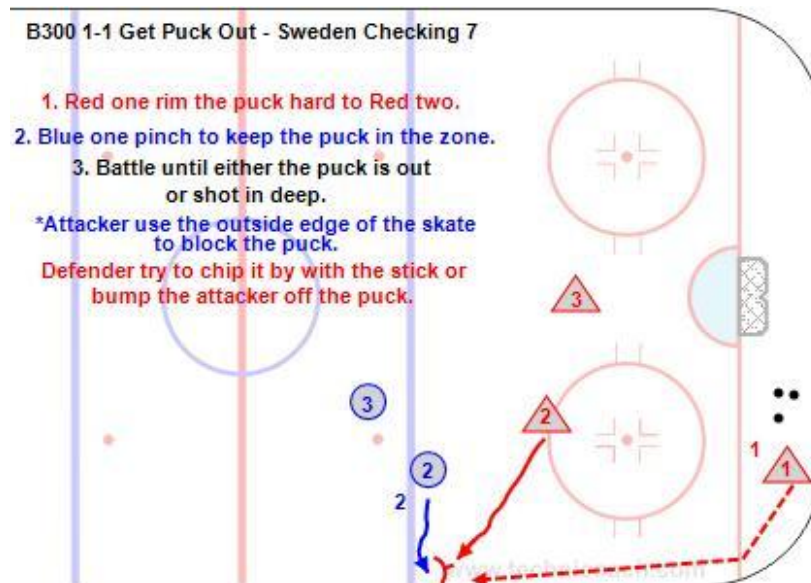
Description:

1. Red one rim the puck hard to Red two.
2. Blue one pinch to keep the puck in the zone.
3. Battle until either the puck is out or shot in deep.

*Attacker use the outside edge of the skate to block the puck.

Defender try to chip it by with the stick or bump the attacker off the puck.

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C6 1-1 From the Corner

Key Points:

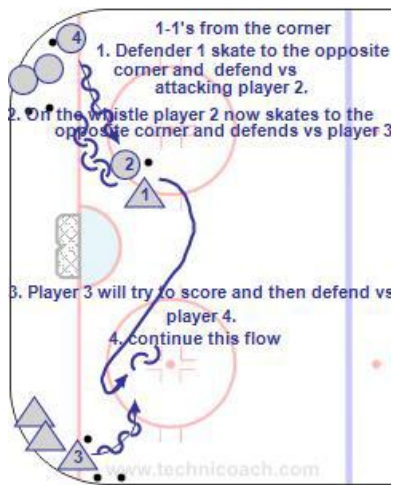
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

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C300 1-1 From the Corner - Sweden Checking 5

Key Points:

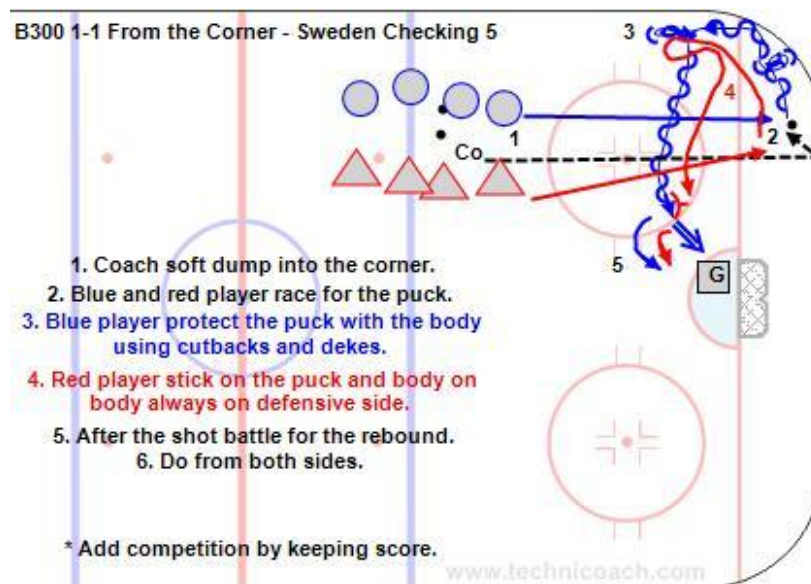
Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

Description:

1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

** Add competition by keeping score.*

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C6 1-1 to 2-2 - D Join F Backcheck – Multiple Examples

Key Points:

D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

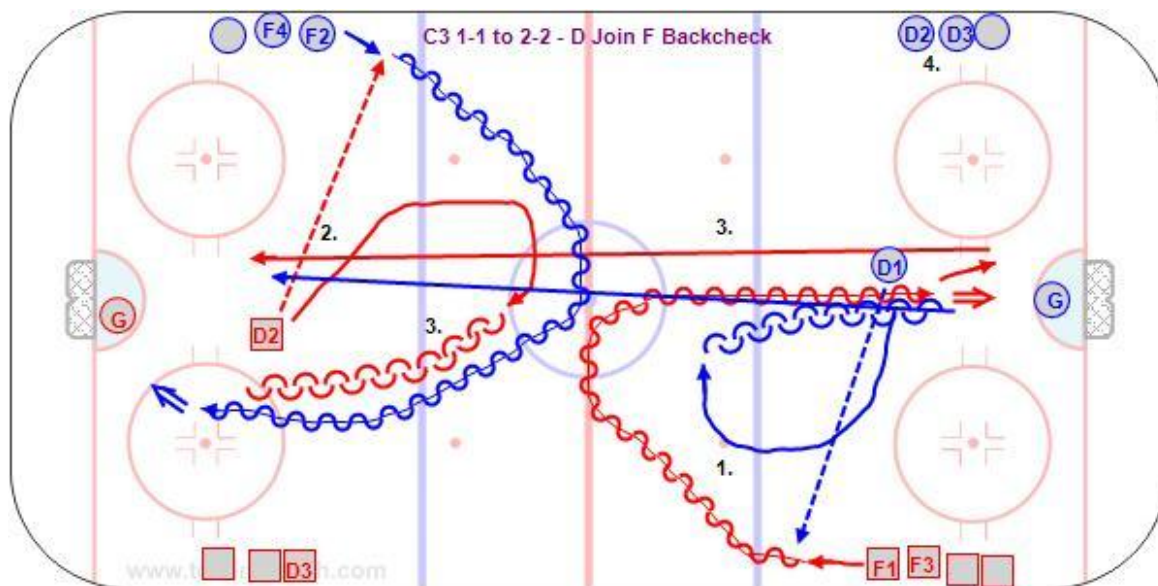
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Another example with the Flames.

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Prospect camp.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706171358591>



C6 1-1 x 3 Point Shot – Pro

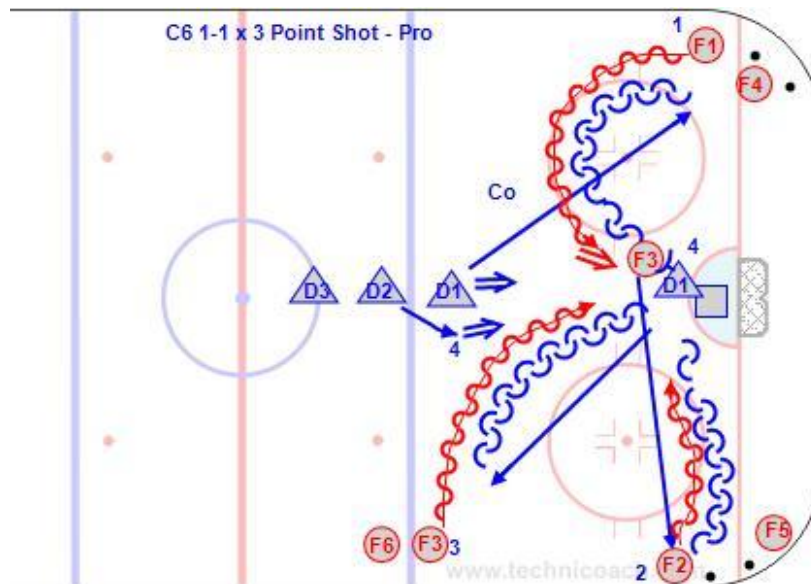
Key Points:

Defender close the gap quickly. Stick on the puck, body on body, defensive side, box out in the slot, tie up stick. Attacker protect the puck, make a quick move and go to the net. Screen, tip.

Description:

- A. D1 start with a shot from the mid-point.
- B. Skate toward the corner and defend vs. F1 attacking the high slot.
- C. On whistle D1 defend F2 from the other corner attacking low from the hash.
- D. Next whistle D1 defend vs. F3 at the blue line in the wide lane .
- E. Fourth whistle F3 screen and D1 box out and D2 shoot from the point.
- F. D2 now defends 1-1 vs. F4-F5-F6.

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B6, 1-1, F+D Join=2-2

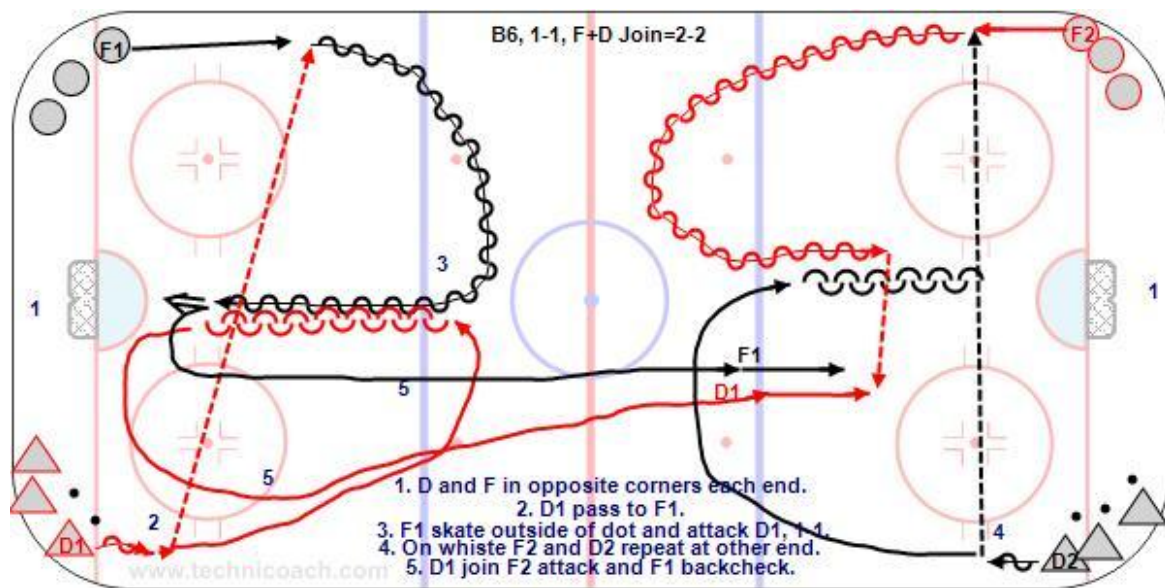
Key Points:

The D skates hard to join the attack and get open while the forward back checks. Possible to do this up to a 3-2 or vary the situation at each end so the players have to read the rush.

Description:

1. D and F in opposite corners each end.
2. D1 pass to F1.
3. F1 skate outside of dot and attack D1, 1-1.
4. On whistle F2 and D2 repeat at other end.
5. D1 join F2 attack and F1 backcheck.

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C3, 2-1, from Corner and Backcheck to 3 on 3 – Sweden 3

Key Points:

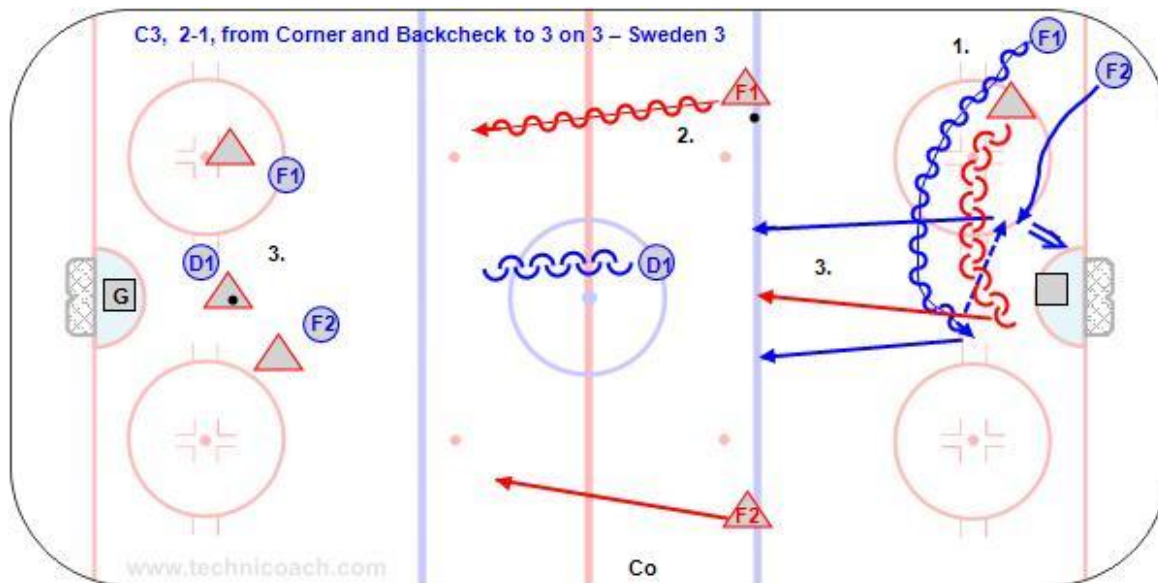
Attack with speed and make the first play early. Back checkers and defenseman communicate and cover one player each on the rush and in the defensive zone.

Description:

1. Blue F1 and F2 attack vs. Red D1 from the corner.
2. Red F1 and F2 wait at the blue line and attack vs. Blue D1 with a new puck on the coaches whistle.
3. Red D1 join the attack and Blue F1 and F2 back check.
4. Play 3 on 3 with Red attacking and Blue defending.

*This drill could progress to a one puck transition game by having Red D1 pass to the red forwards who could give passive support from the high slot. It could continue with 2 new attackers and one defender supporting after each rush.

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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.

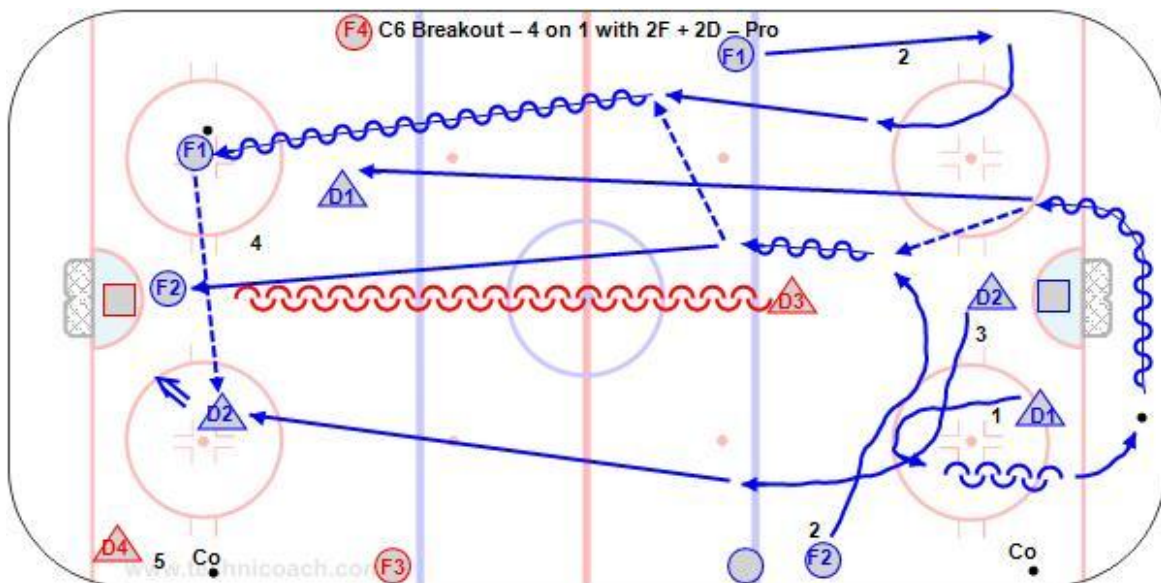
Description:

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

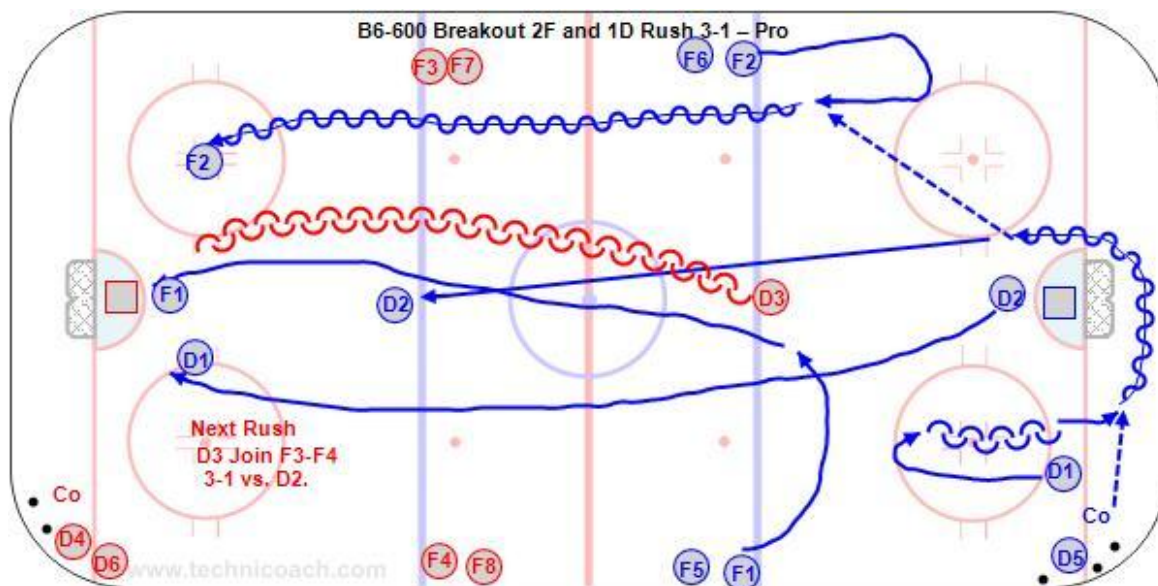
Key Points:

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.

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B500 Cut Backs and Escape Moves

Key Points:

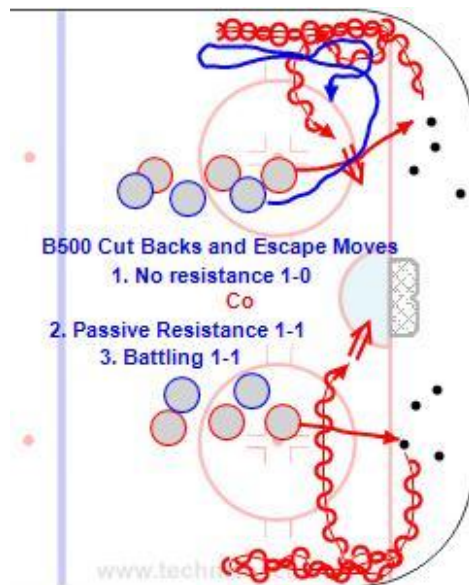
Protect the puck with the body on offense. Cut back turning toward the boards. Defender stay lined up with the back of the inside shoulder and stick on the puck.

Description:

1. Leave on the whistle and practice cut backs, tight turns. Go to the net on the second whistle while the next players leave.
2. Two players leave and the second player stays on the D side with the stick on the puck and gives passive resistance.
3. This is a battle and the defender tries to get the puck. On the second whistle whoever has the puck go to the net.

*Without goalies both sides can go at once and with a goalie alternate sides. Players switch sides after doing both offense and defense.

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B6 D Shoot, 2-1, D Shoot

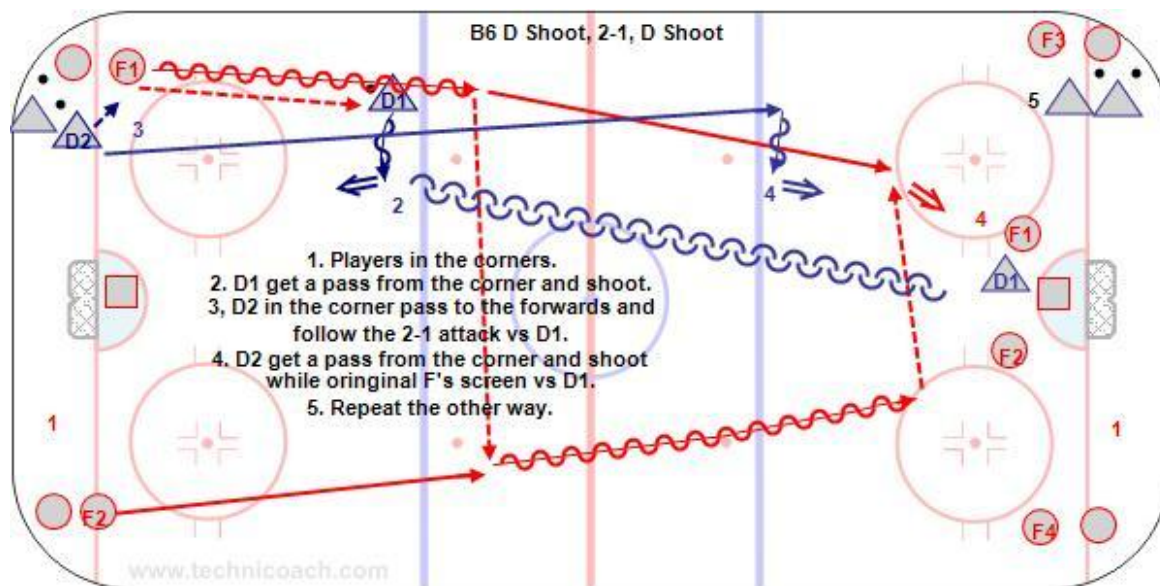
Key Points:

D drag the puck inside the dot before shooting. Forwards attack with speed. D deny the middle and cover the most dangerous play.

Description:

1. Players in the corners.
2. D1 get a pass from the corner and shoot.
3. D2 in the corner pass to the forwards and follow the 2-1 attack vs D1.
4. D2 get a pass from the corner and shoot while original F's screen vs D1.
5. Repeat the other way.

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C6 Regroup x 2, 1-1 and 2-1 – Pro

Key Points:

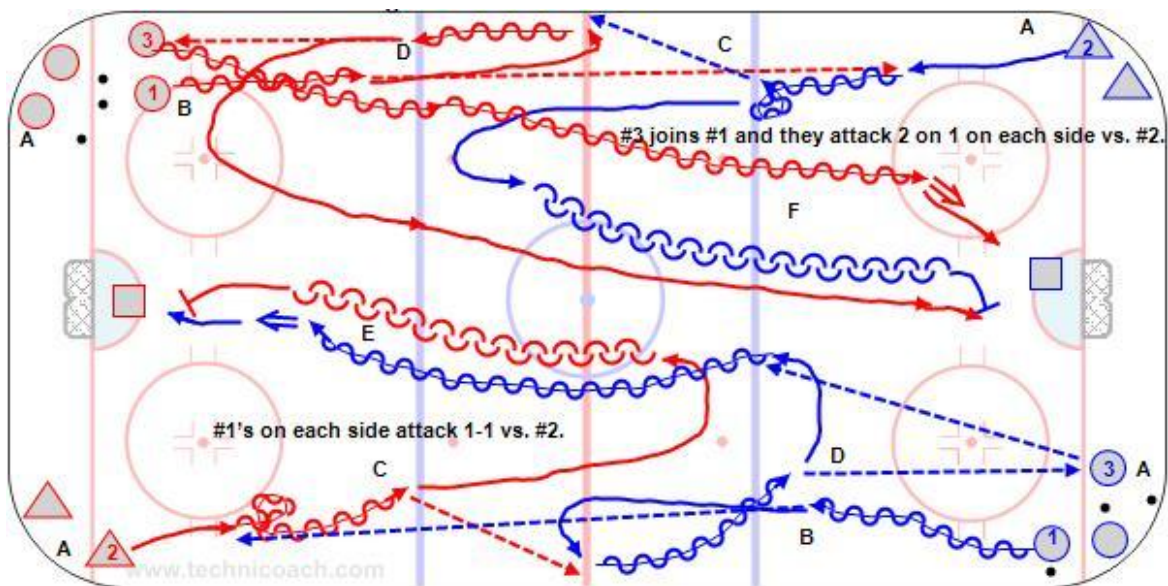
Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

*With younger players stagger the start so each corner leaves after the first pass.

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C6 Regroup x 2, 1-1 and 2-1 B – Pro

Key Points:

Defense stay between attacker and net with a tight gap on the 1-1, attack with speed, use skate and stick fakes. One the 2-1 attack with 'one high and one low, one fast and one slow', while the defender delay the play and take away the most dangerous shot and deny play across the middle of the goal.

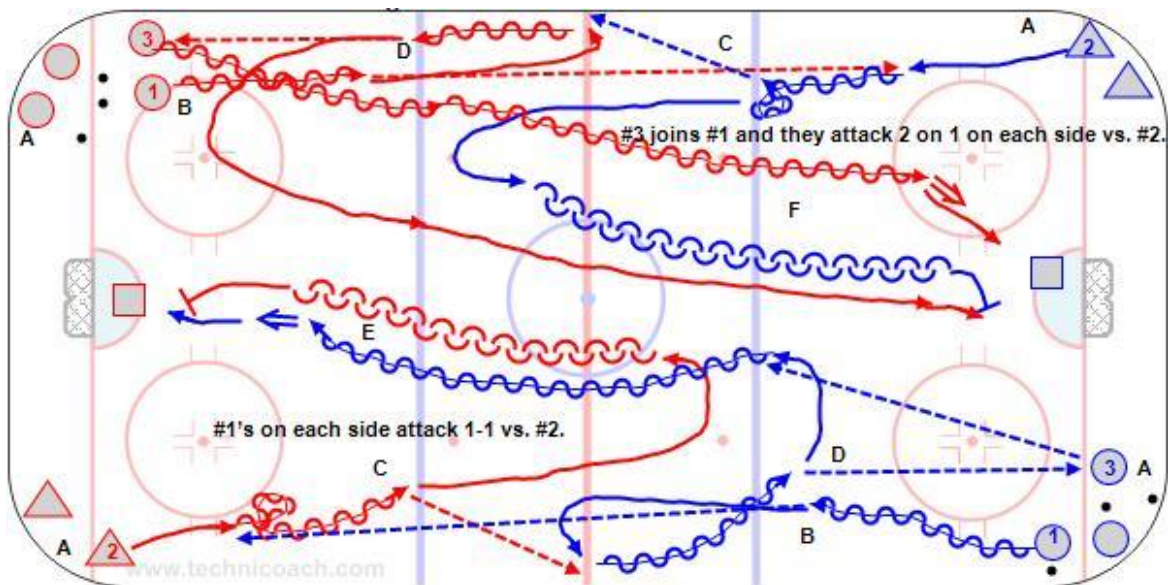
Description:

- A. Defenders line up at each end in diagonal corners and attacker in the other diagonal corners.
- B. #1 attacker from each corner leave with a puck, skate to the blue line and pass to the #2 near the far blue line.
- C. #2 make a deception move and pass to #1 in the neutral zone.
- D. #1 skate back and regroup with #3.
- E. #1's on each side attack 1-1 vs. #2.
- F. Change the drill and now #3 joins #1 and they attack 2 on 1 on each side vs. #2.

**With younger players stagger the start so each corner leaves after the first pass.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20141023113508449>

<https://youtu.be/IBeStMukGQA>



C6, 1-1 Battle in Front of Net – Sw

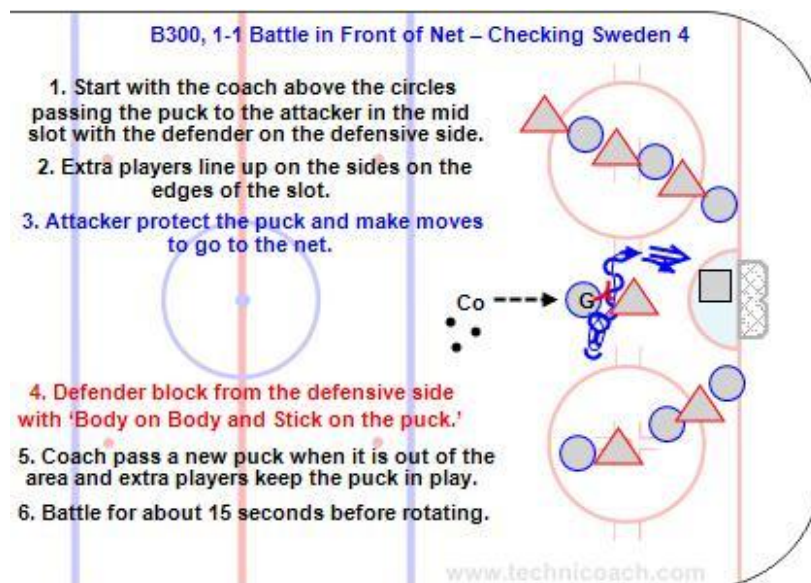
Key Points:

Attacker must protect the puck and make quick fakes to create space to get to the net.
Defender stay on the net side trying to unweight the attacker at the hips and keep the stick on the puck. Tie up the stick on any rebound.

Description:

1. Start with the coach above the circles passing the puck to the attacker in the mid slot with the defender on the defensive side.
2. Extra players line up on the sides on the edges of the slot.
3. Attacker protect the puck and make moves to go to the net.
4. Defender block from the defensive side with 'Body on Body and Stick on the puck.'
5. Coach pass a new puck when it is out of the area and extra players keep the puck in play.
6. Battle for about 15 seconds before rotating.

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B6, 1-1 in Front - Point Shots

Key Points:

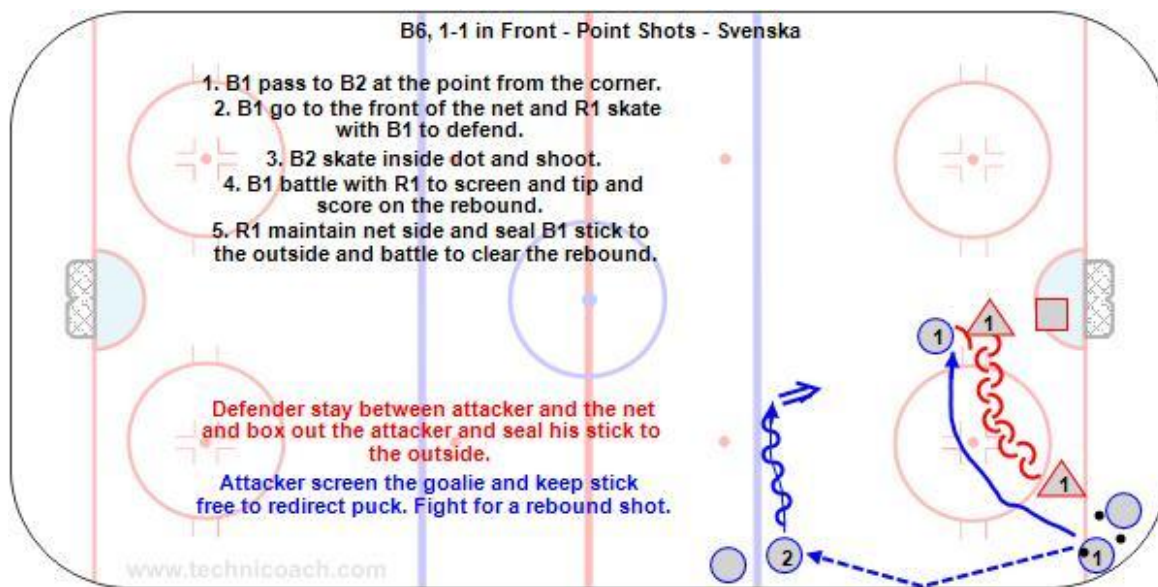
Defender, stay between attacker and the net and box out the attacker and seal his stick to the outside.

Attacker, screen the goalie and keep stick free to redirect puck. Fight for a rebound shot.

Description:

1. B1 pass to B2 at the point from the corner.
2. B1 go to the front of the net and R1 skate with B1 to defend.
3. B2 skate inside dot and shoot.
4. B1 battle with R1 to screen and tip and score on the rebound.
5. R1 maintain net side and seal B1 stick to the outside and battle to clear the rebound.

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B6, 1-1, F+D Join=2-2

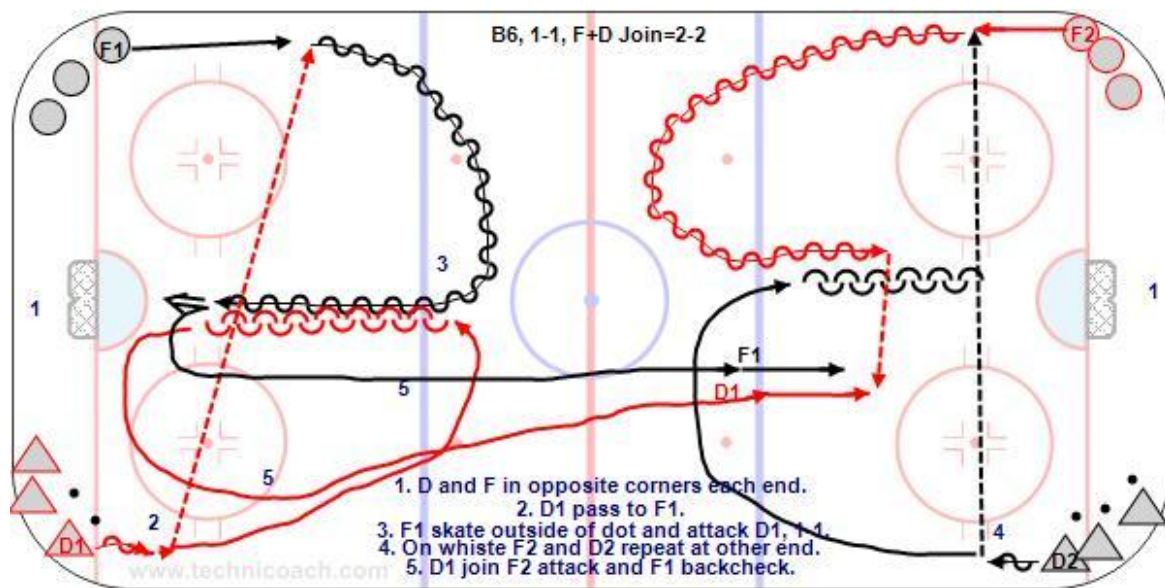
Key Points:

The D skates hard to join the attack and get open while the forward back checks. Possible to do this up to a 3-2 or vary the situation at each end so the players have to read the rush.

Description:

1. D and F in opposite corners each end.
2. D1 pass to F1.
3. F1 skate outside of dot and attack D1, 1-1.
4. On whistle F2 and D2 repeat at other end.
5. D1 join F2 attack and F1 backcheck.

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B6, 2-0, Regroup, 2-1 Back

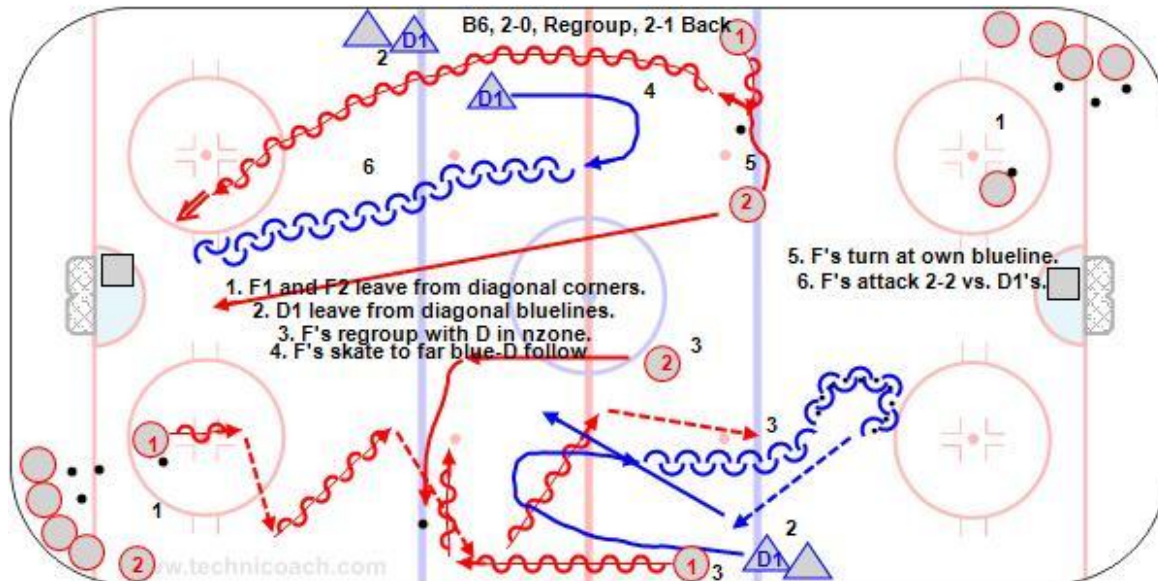
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first play early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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C6-600 –Horseshoe 2-0, 1-1 x 2 – Pro

Key Points:

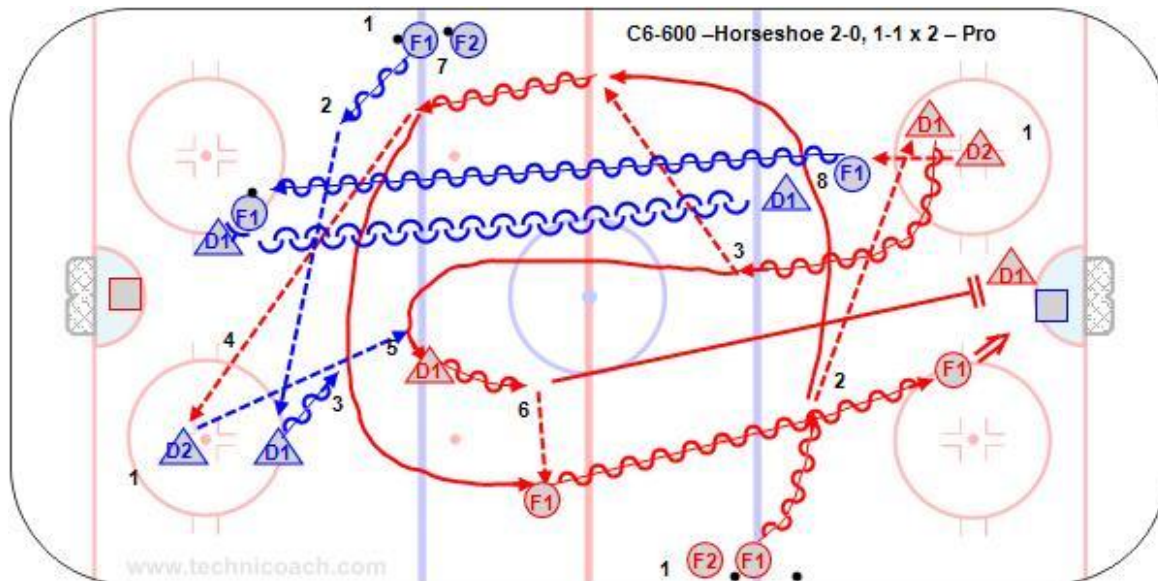
Defense skate to the 'Big Ice' between the dots with the puck. Give a target. Make hard passes. Quick feet all the time. Crash the net and stop looking for a rebound.

Description:

1. Forward start at diagonal blue lines and D from the opposite diagonal corners.
2. F1 pass to D1 at each end.
3. D1 skate to the 'Big Ice' between the dots and pass to F1.
4. F1 pass to D2.
5. D2 pass to D1 in the middle lane.
6. D1 pass to F1 who goes in and shoots.
7. Change the flow to a 1-1.
8. Do stages 1-4 the same.
9. Now D2 pass to F1 who attacks 1-1 vs. D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015051911143364>

<https://youtu.be/wSRdsp2OczA>



C6-600- 1-1 D Join F Backcheck 2-2 – Pro

Key Points:

Attack with speed and transition quickly from offense to defense and defense to offense. Do not take penalties on the back tracking.

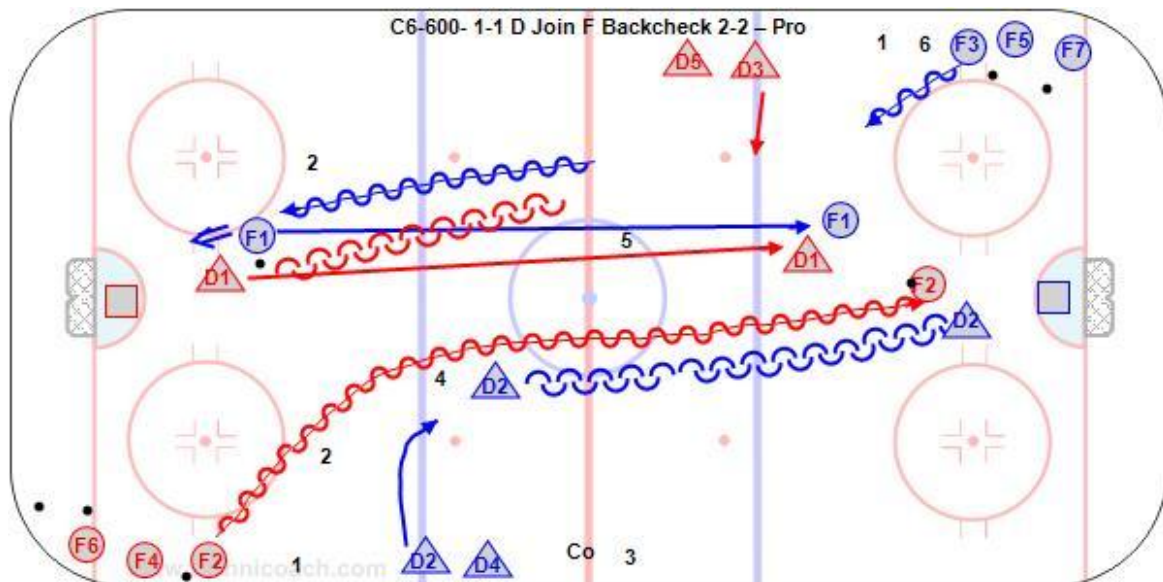
Description:

1. Forwards leave from diagonal corners and defense at the blue lines.
2. F1 leave with a puck and attack vs. D1.
3. After the rush the coach blows the whistle.
4. F2 attack the other way vs. D2.
5. D1 join the attack and F1 backcheck making it a 2-2.
6. Whistle and F3 attack vs. D3 while D2 joins rush and F2 back track.
7. Continue this flow.

**Options: Create various even strength situations by having the same number of new attackers leave from each end. i.e. 2 F and 1 D which would mean a 3-3 at each end, a 2-2 creates a 4-4 and 3-2 a 5-5. Send various numbers each rush to force the players to read the play, i.e. 2 F and 1 D then 2 F and 2 D and you would have a 3 on 4.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171118130229380>

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C202 - 1-1 Angling – College

Key Points:

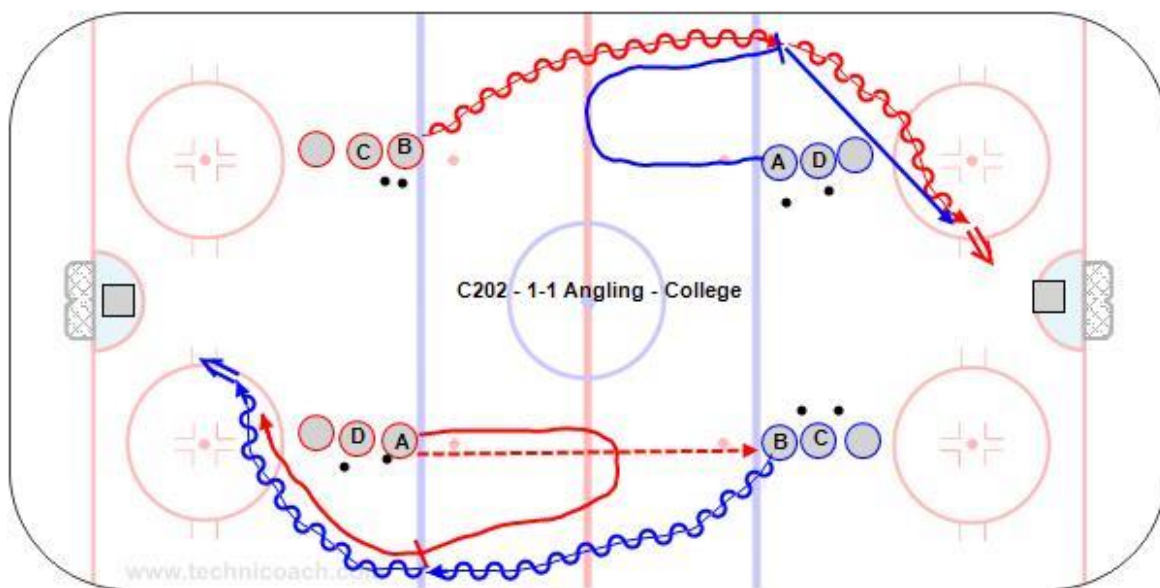
Angle at the back of the inside shoulder with stick on the puck and inside leg in front. Skate through the hands and pick up the puck.

Description:

1. Players face each other in two lines across the neutral zone.
2. A from each line pass across to B.
3. B skate down the boards with the puck and attack the net.
4. A skate forward then turn and angle check A.
5. Whoever wins the puck battle skate in to score and the other chase.
6. C pass to D and repeat.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20181016153935616>

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

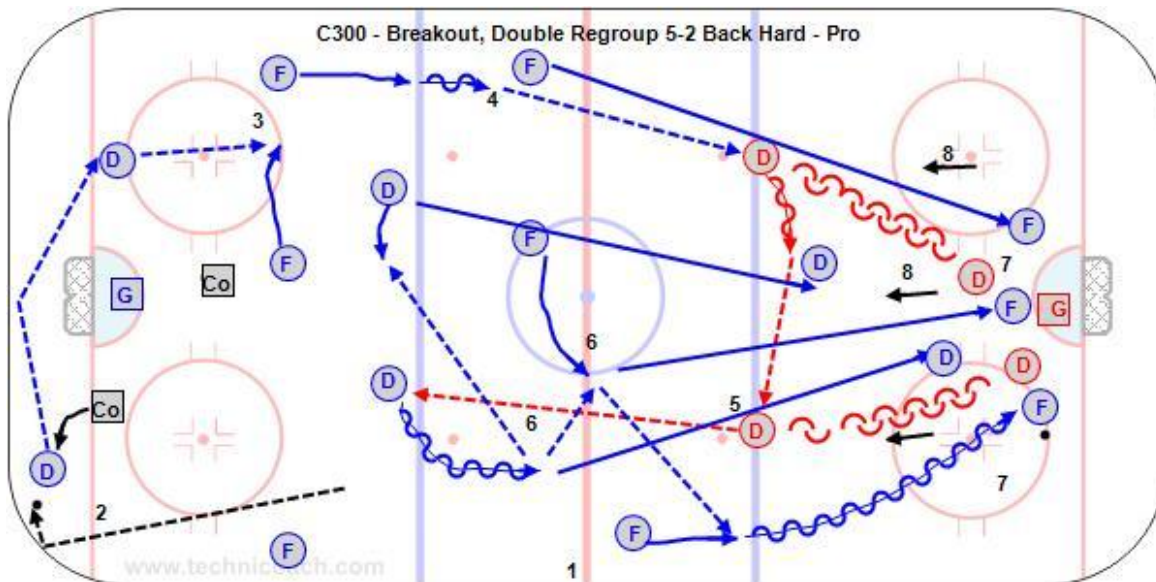
Key Points:

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.

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C300 3 x 1 on 1 and 3 on 3 – Pro

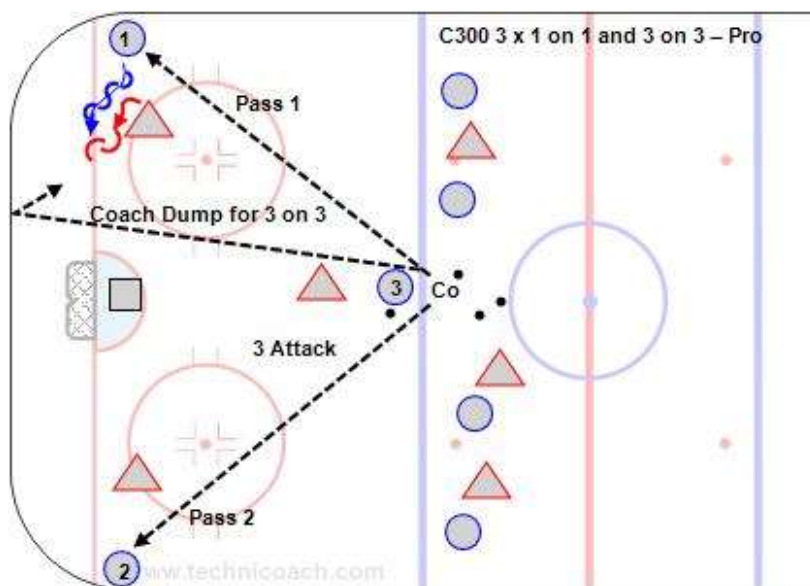
Key Points:

Attacker use head and shoulder fakes, protect the puck to get to the net for a shot. Defender stay on the defensive side and play a tight gap and block the attacker from getting to the scoring area.

Description:

1. Players line up outside of the blue line.
2. One attacker in each corner and one in the middle at the blue line.
3. One defender starts about 3 metres in front of the attacker and they play 1 on 1.
4. Coach pass to one corner, then the other corner and then the middle player attack with a puck.
5. After the three 1-1's the coach shoots in a fourth puck and the players compete 3 on 3.

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C300 Checking Along the Boards - Sweden Checking 6

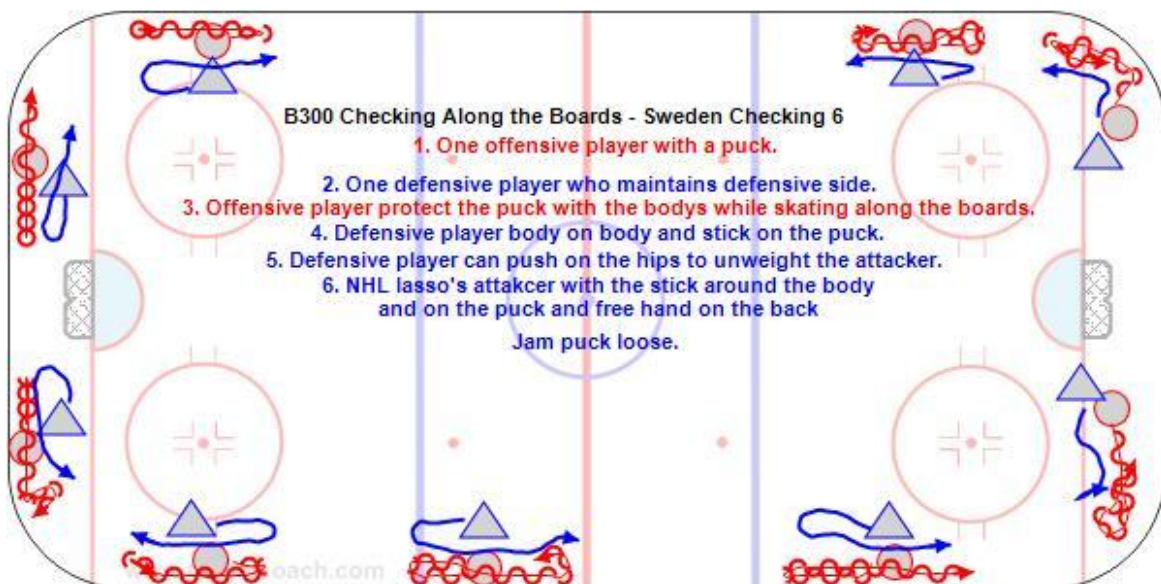
Key Points:

Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the body while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>



C300 Escape from Alcatraz - Sweden Checking 3

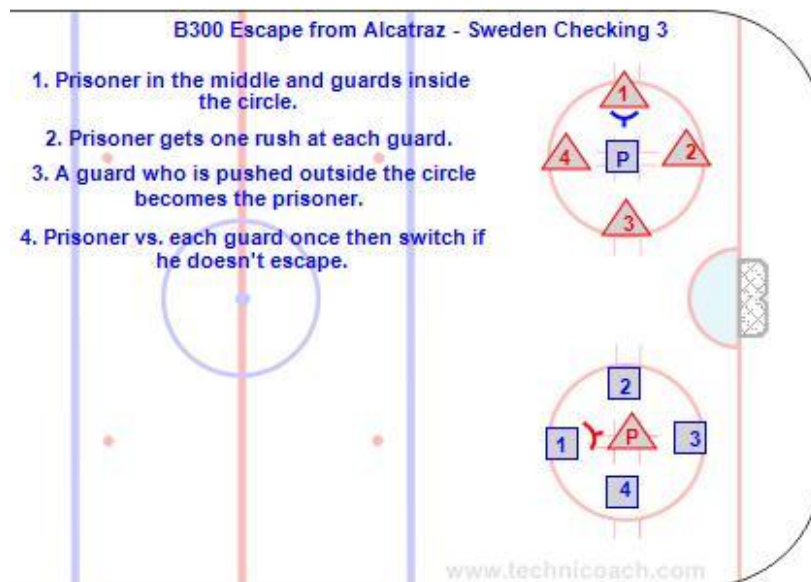
Key Points:

The prisoner escapes by knocking a guard out of the circle. Use the legs, keep the head up on top of the shoulders back up hands down.

Description:

1. Prisoner in the middle and guards inside the circle.
2. Prisoner gets one rush at each guard.
3. A guard who is pushed outside the circle becomes the prisoner.
4. Prisoner vs. each guard once then switch if he doesn't escape.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428094704988>



B300 Protect the Dot - Sweden Checking 2

Key Points:

Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

Description:

1. Defender in the middle protect the puck on the dot and block body and knock away stick
2. Attackers stand outside of the circle.
3. Attackers take turns trying to knock the puck off the dot vs. the defender.
4. If the first rush is blocked then the next player attacks.
5. Attacker goes into the middle if he hits the puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042809423468>



B500 Puck Protection 1-1 Battles

Key Points:

Protect the puck with the back. Get defender to reach or straighten their knees.

Description:

A. 1 on 1 battle and go to the net.

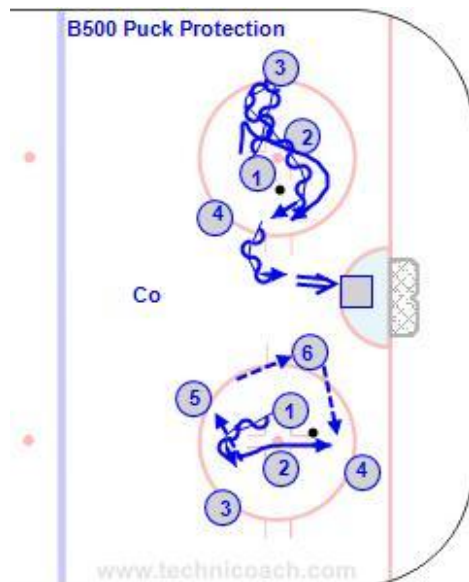
1. Place the puck on the dot and race for it from the circle on the whistle.
2. Play 1-1 and -protect the puck and go to the net and try to score on the whistle.

B. 1-1 Battle with passes to Jokers.

1. Race for the puck on the middle dot.
2. Battle 1-1 protect the puck and pass to Jokers.
3. Go to the net on the whistle.

Number the players and alternate from one circle to the other to give enough rest and allow only one shot on goal at one time. Play the 1-1 battle with no passes first and then add passes to jokers allowed.

With 4 players rotate. 1-4, 2-3, 2-4, 1-3, 3-4 1-2. Do the same sort of rotation with more players.



C3-B600, 1-1 x 2

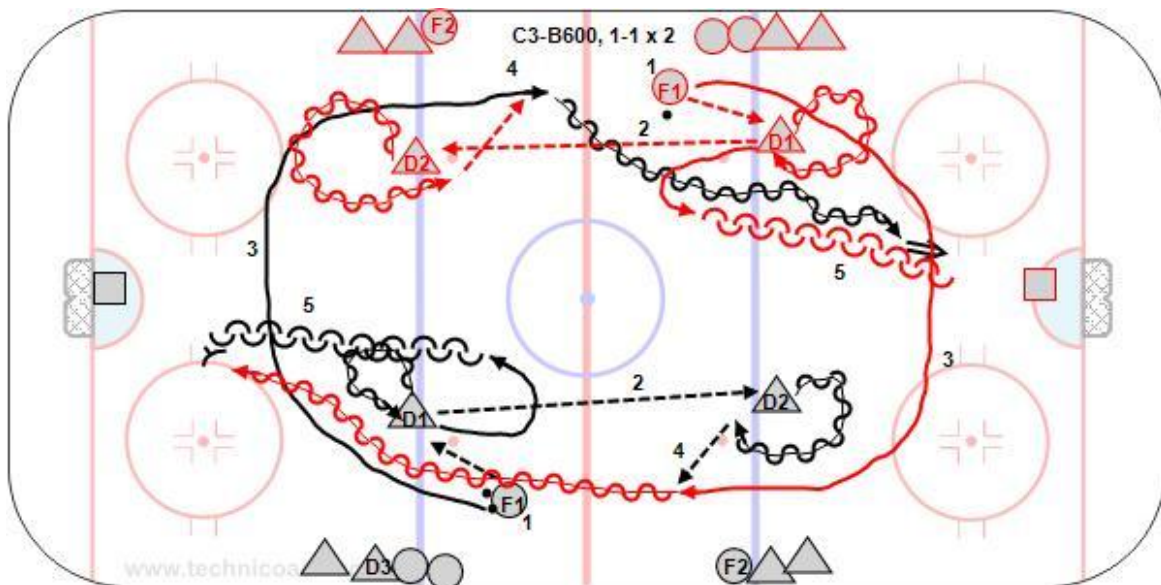
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

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C600 - 2 on 2 x 2 – Pro

Key Points:

Defenders play tight gaps, forwards create a 2-1 on one of the defenders, attack with speed. Defense box out and take sticks after the shot.

Description:

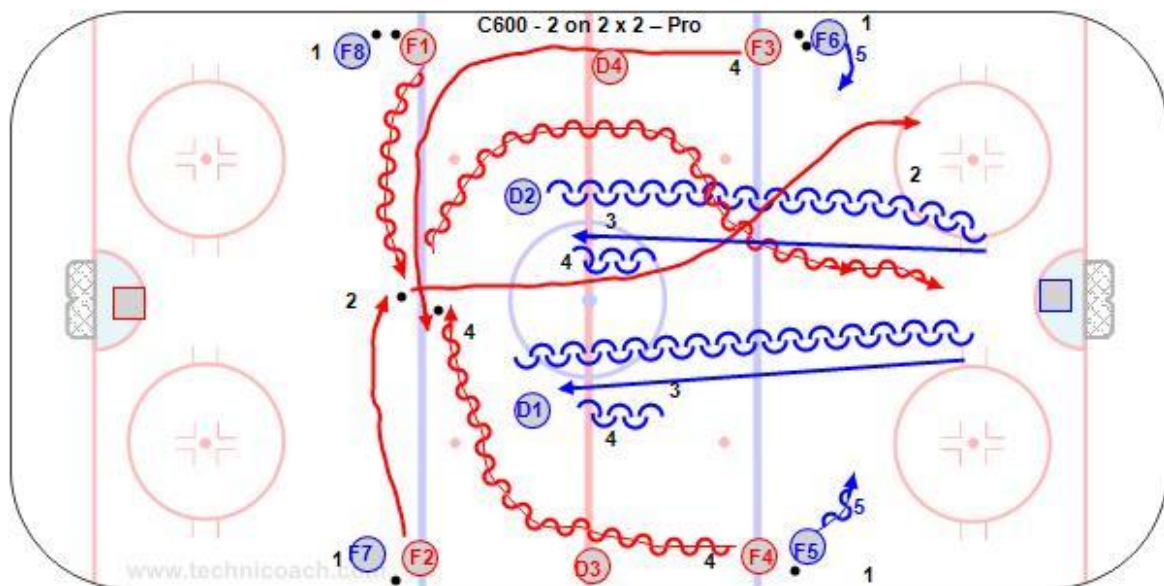
1. Forwards start from the four blue lines and D from the red lines.
2. F1-F2 cross and drop and attack D1-D2.
3. After the first attack D1-D2 skate to the neutral zone
4. F3 – F4 cross and drop from the far blue line and attack 2-2 vs. D1-D2.
5. Repeat with F5-F6 attacking the other net vs. D3-D4.

**To add a component F3-F4 could follow the rush and get a pass from D1-D2 then cross and drop at the far blue line and attack D1-D2.*

**The same sequence can be used 1-1, 1-2, 2-2, 3-2 vary the situations randomly.*

**Give a time to score like 10" on the first rush so the players fight for rebounds and make a second play before the whistle. This adds lots important of components to the drill.*

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C600 - 2-0 RG x 2 - 2-1 – Pro

Key Points:

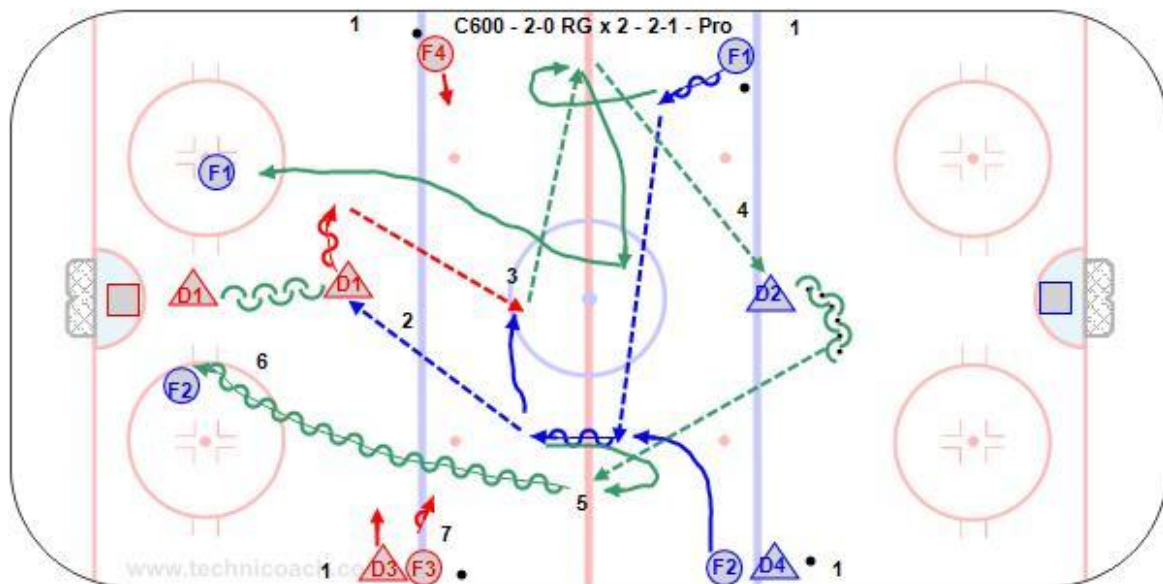
Defenseman keep skating when they get the puck. One forward support in the middle lane and the other in the wide lane without crossing.

Description:

1. Player leave from the four blue lines and start with one D at each blue line.
2. F1 pass across to F2 who regroups with D1.
3. D1 pass to either F1-F2.
4. F1-F2 make a pass and then regroup with D2.
5. D2 pass to either F1-F2.
6. F1-F2 attack 2-1 vs. D1 and finish the play.
7. Repeat with F3-F4 regrouping then attack the other way vs. D2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170204104554328>

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C3-B600 2-1 x 2 – Pro

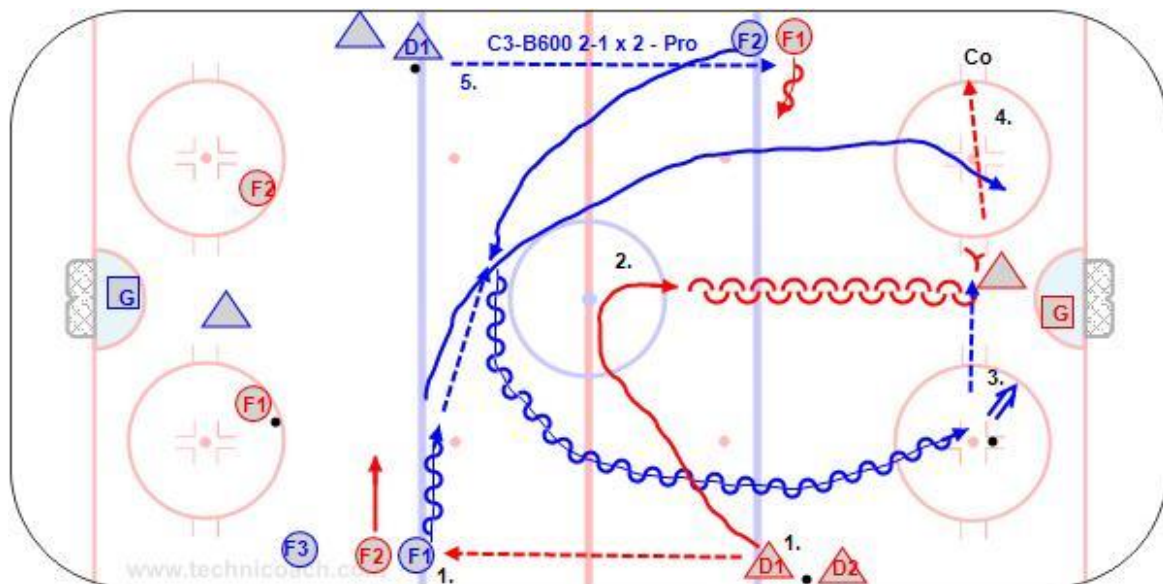
Key Points:

Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot.

Description:

1. Red D1 pass to Blue F1.
2. Blue F1 and F2 cross in the neutral zone and attack Red D1 2 on 1.
3. Blue F1 and F2 continue until they score or the goalie freezes the puck.
4. Red D1 defend and pass to the coach when they get the puck.
5. As soon as the puck enters the offensive zone Blue D1 Pass to Red F1 who attack in the other direction with Red F2 vs. Blue D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121018083929697>



C600 2-1 x 2 – Finish Play - Pro

Key Points: Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot. D tie up the stick of the most dangerous attacker after the shot, then look for the puck.

Description:

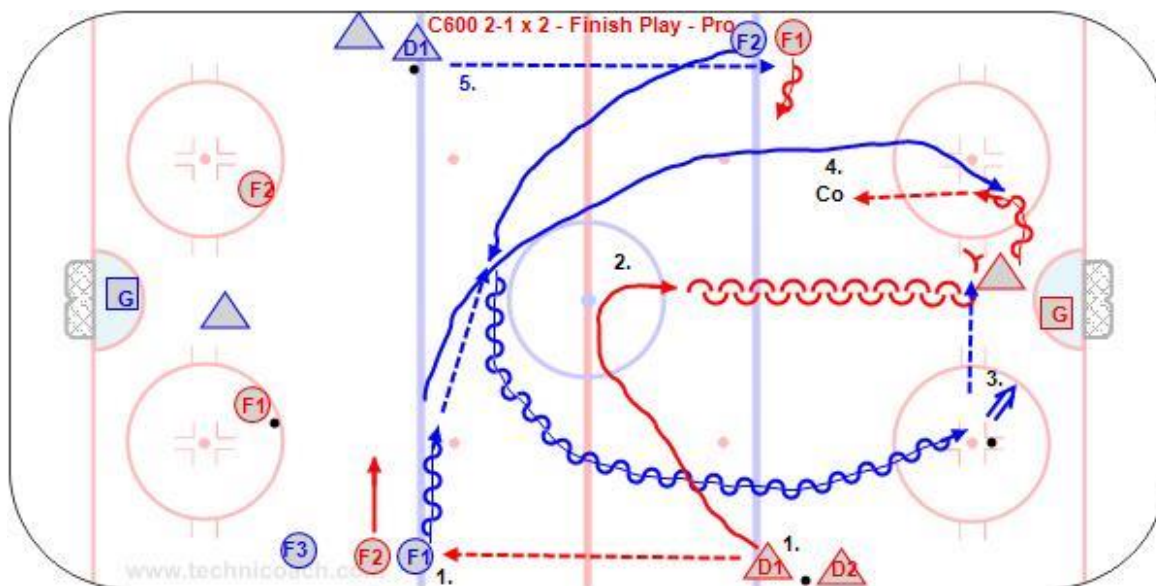
1. Red D1 pass to Blue F1.
2. Blue F1 and F2 cross in the neutral zone and attack Red D1 2 on 1.
3. Blue F1 and F2 continue until they score, the goalie freezes the puck or D makes a breakout pass.
4. Red D1 defend and pass to the coach when they get the puck.
5. Coach mirror the play for a pass from the D.
6. The D starting the next rush or a F who just attacked could support and then start the next rush.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2018071312012347>

<https://youtu.be/qJXoqNxDIq4>

This is the same drill but the coach allows the players to watch and decide when to start the next 2-1. It starts when the play is over at either end, so players must be alert and engaged. Much more of a player centred approach. The coach can now coach instead of being a traffic cop.

<https://www.youtube.com/watch?v=3ijFFdC9JwU>



C600 - 3-1 D Join the Attack - RB Pro

Key Points:

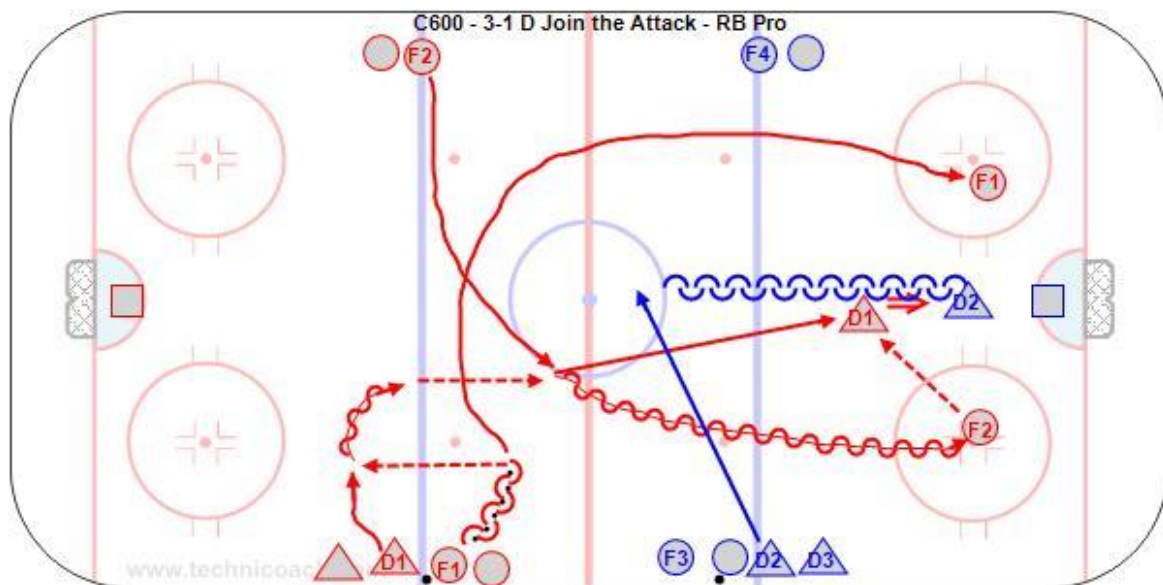
Attack with 2 F and 1 D. The D join the rush inside the top of the circles and decide to either continue being part of the attack or to pull back. Pass while skating. Defender delay the attack from the middle and rush the high man if a late trailer pass is made.

Description:

1. D1 step out exchange passes with F1 who is on the same side of the ice.
2. F2 cut across the neutral zone from the diagonal blue line and cross with F1.
3. D1 pass to F1 or F2 and follow the attack vs. D2.
4. Continue until the puck is out of play.
5. On the whistle F3-F4-D3 attack the other way vs. D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627154233517>

<https://youtu.be/Qqtip1QTckU>



C600 - 4-0 Regroup - 3-0 - 3-2 x 2 – Pro

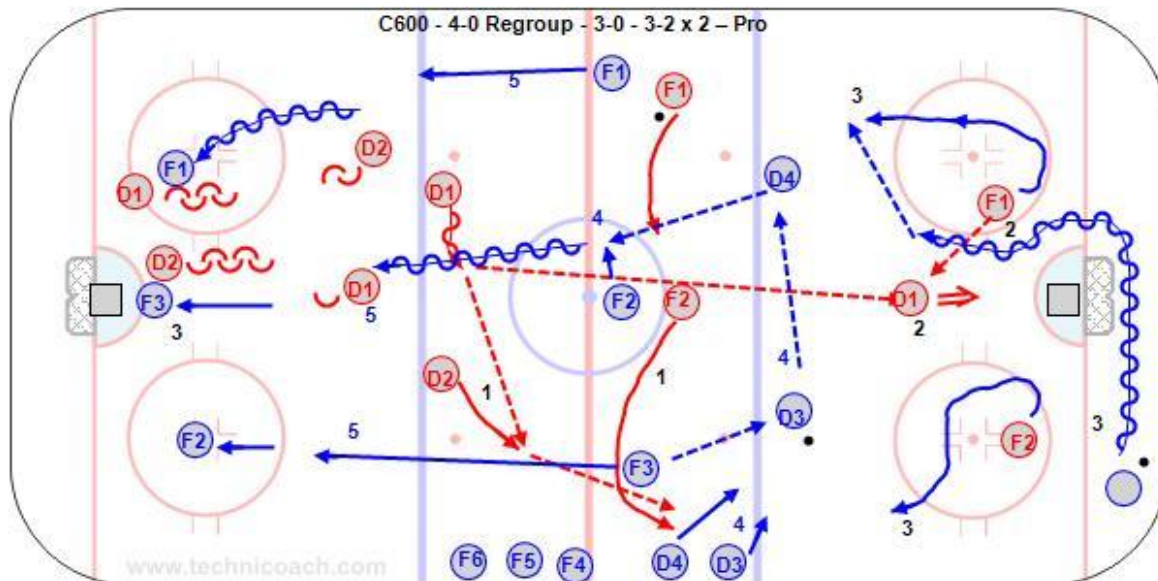
Key Points:

Middle D jump up to take the shot on the first rush. Attack with speed and support from all three lanes.

Description:

1. Start with a neutral zone regroup F1-F2 with D1-D2.
2. F1-F2 attack the net and the middle D join and shoot the trailer pass.
3. F3 start a 3-2 rush with F1-F2 vs. D1-D2.
4. D3-D4 follow and get a new puck to regroup with D1-F2-F3 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2 a second time.
6. Repeat with F4-F5 regrouping with D3-D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140930091509668>



C600 - Breakout - 2-1 x 2 - Skills Camp

Key Points:

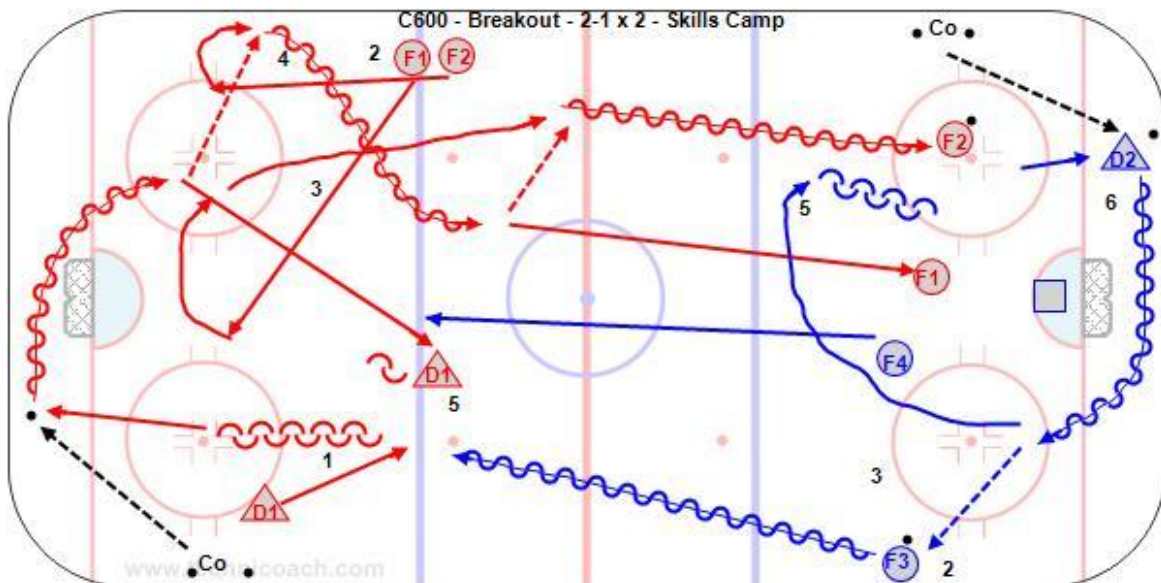
Forwards leave from the far blue line and defense from the top of the circle Coach spot a puck below the goal line. Attack with speed and defense create a tight gap and deny the most dangerous play. A 2-1 is really a 2-2 so the goalie must communicate with the defender. Don't allow the puck to cross the mid-line and take the stick of the player at the wide post after a shot.

Description:

1. D1 skate up to the blue line then backwards and turn and pick up the puck.
2. F1-F2 skate into the zone for a breakout pass.
3. F1 support on the boards and F2 mirror low and slow from the middle lane.
4. D1 pass to either F1-F2 who attack vs. D2.
5. D1 skate across and defend the attack from F3-F4.
6. D2-F3-F4 do the 3-0 breakout at the other end and F3-F4 attack vs. D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170409100813317>

<https://youtu.be/h0L2QtV-Aak>



C600 - Continuous 2-2 Breakouts - U18 F

Key Points:

Defense should check before you get the puck and forwards give support on the boards and middle on the strong side. D read the pressure and skate away from it. If possible pass to the centre first, then look to the strong side wing, if those aren't open go D to D behind or with a reverse or counter. The forecheckers try to score 2 on 4.

Description:

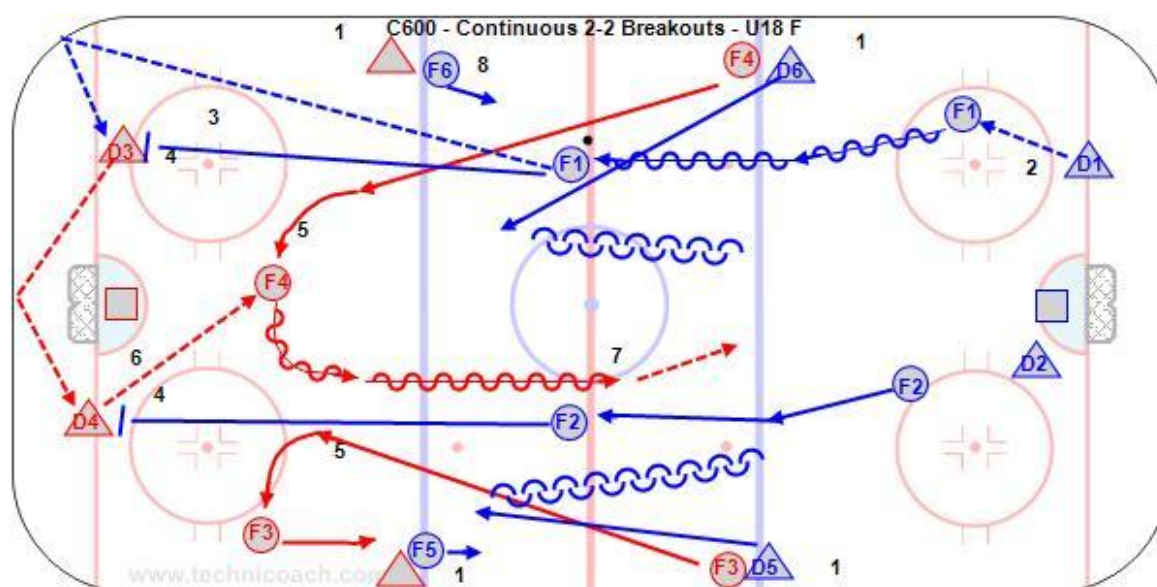
1. Red D and White F start from opposite blue lines.
2. Start D1-D2 pass to F1-F2.
3. F1-F2 dump the puck in and D3-D4 go back for the puck.
4. F1-F2 forecheck vs. D3-D4.
5. F3-F4 support D3-D4.
6. D3-D4 make a breakout pass to F3-F4.
7. F3-F4 now cross the red line and dump the puck in vs. D5-D6 and forecheck.
8. F5-F6 follow the play for a breakout pass from D5-D6.

**This breakout sequence can be done with 1, 2 or 3 F and 1 or 2 D.*

** Principle is the quicker you get the puck up ice the less time the other team has to get well organized.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170226111956172>

https://youtu.be/nd-2MQ_JVsk



C600 - Multiple One Touch Passes 1-1 x 2 – U18 F

Key Points:

This drill is done from diagonal corners. Keep skating and make firm passes. Give a target and call for the pass. Face the puck. Shoot, follow the shot for a rebound and then go out to play a tight gap and defend 1-1 vs. the next shooter.

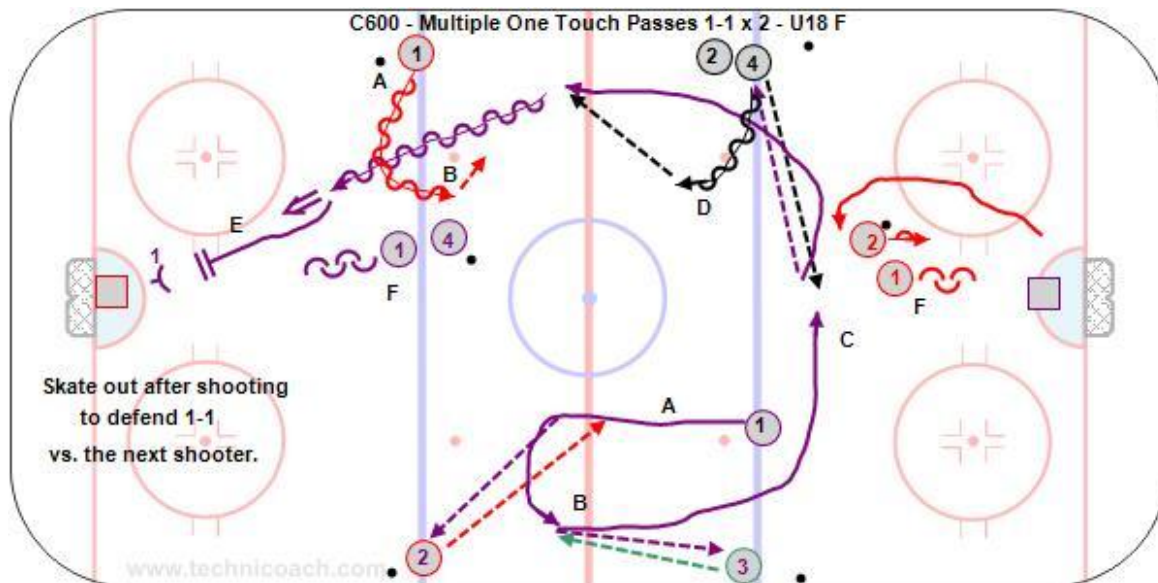
Description:

- A. 1 exchange passes with 2.
- B. 1 turn out and exchange passes with 3.
- C. 1 skate across and exchange passes with 4.
- D. 4 skate to the inside and pass to 1 skating wide up the ice.
- E. 1 shoot and follow the shot for a rebound and then skate out to play a tight gap.
- F. Defend a 1-1 vs. the next shooter.

**1-0, 2-0, etc. drills are not game like. Add a screen, give and go with the last shooter or defend after shooting to practice scoring in realistic situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170128103207347>

<https://youtu.be/7sdcZtyS6VY>



C600 - One Touch x 3 - RG - 2-1 – Pro

Key Points:

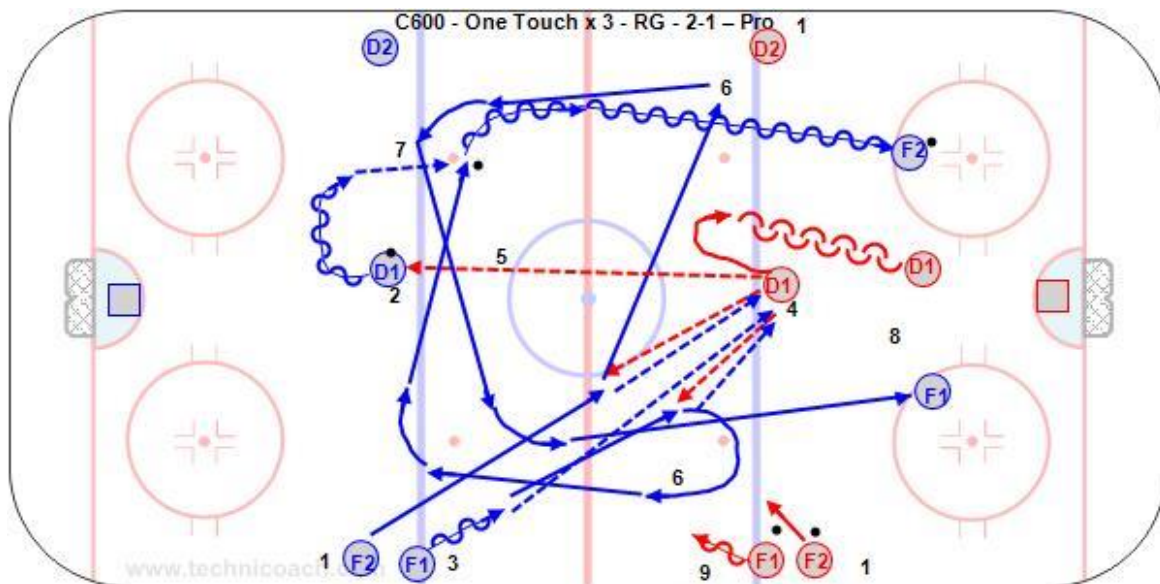
Forwards face the puck and give a target. D be in the triple threat position and don't 'dust the puck off'. F attack with speed, make first play early, one high one low-one fast one slow. D and goalie work together. D prevent the puck from crossing the mid line and take the dangerous stick after the shot.

Description:

1. Blue F and Red D across from each other, Blue F and Blue D at other blue line.
2. Red and Blue D1 start at each blue line in the middle.
3. Blue F1 and leave with a puck.
4. Blue F1 pass to Red D1 who exchanges 'one touch' passes to F1-F2.
5. Red D1 'one touch' up ice to Blue D1.
6. Blue F1-F2 skate to the wide lanes then cross in front of Blue D1.
7. Blue D1 skate to open ice and 'one touch' to F1 or F2.
8. Blue F1-F2 attack 2-1 vs. Red D1 and finish the attack.
9. Repeat the other way with Red F1-F2 regroup with Blue D1.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180722102003802>

<https://youtu.be/FhoZ-kZpchw>



C600 - Regroup - 2-1 - Point Shot - Sw F

Key Points:

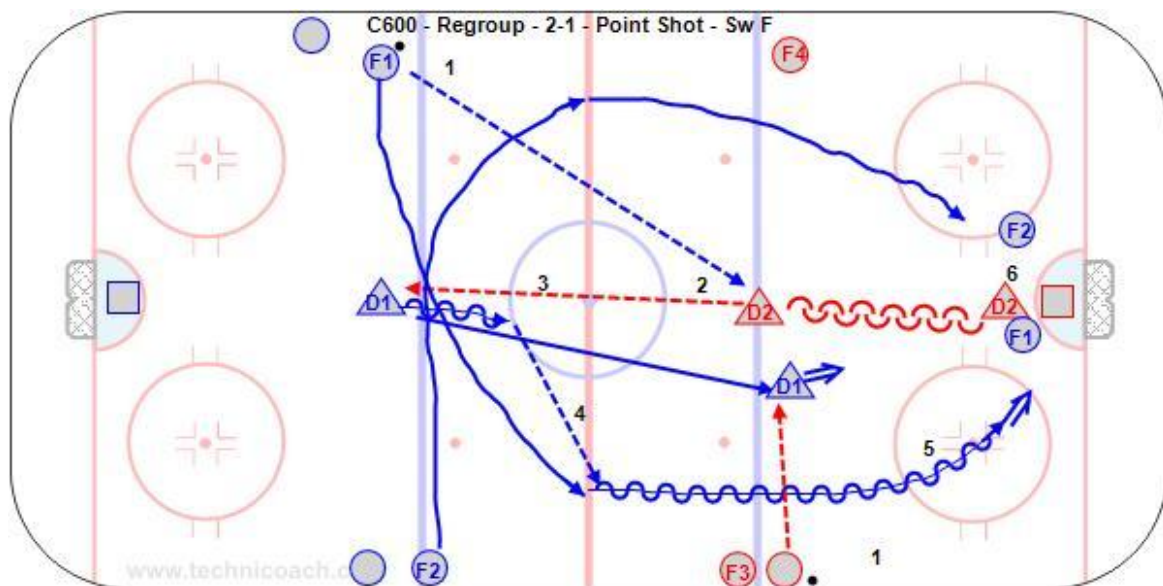
Attack with speed, face the puck, make the first play early, follow the shot for a rebound. Defender delay the play and deny the pass across the midline, take the stick of the man driving the net after the shot. One attacker screen and the other position for a deflection on a shot pass.

Description:

1. Players are at the four blue lines along the boards.
2. F1-F2 start by passing to D2 at the far blue line.
3. D2 pass across the neutral zone to D1.
4. D1 pass to either F1 or F2 and follow the attack.
5. F1-F2 attack vs. D2 and finish the play then go to the front of the net.
6. D1 get a new puck and take a shot from the point while F1-F2 battle with D2.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20161231111454619>

<https://youtu.be/1puiS24vmlQ>



C600 - RG 1-1 x 2 - RB Pro

Key Points:

Both the attacker and defender keep skating. Attacker face the puck and give a target and the defender skate to keep a tight gap.

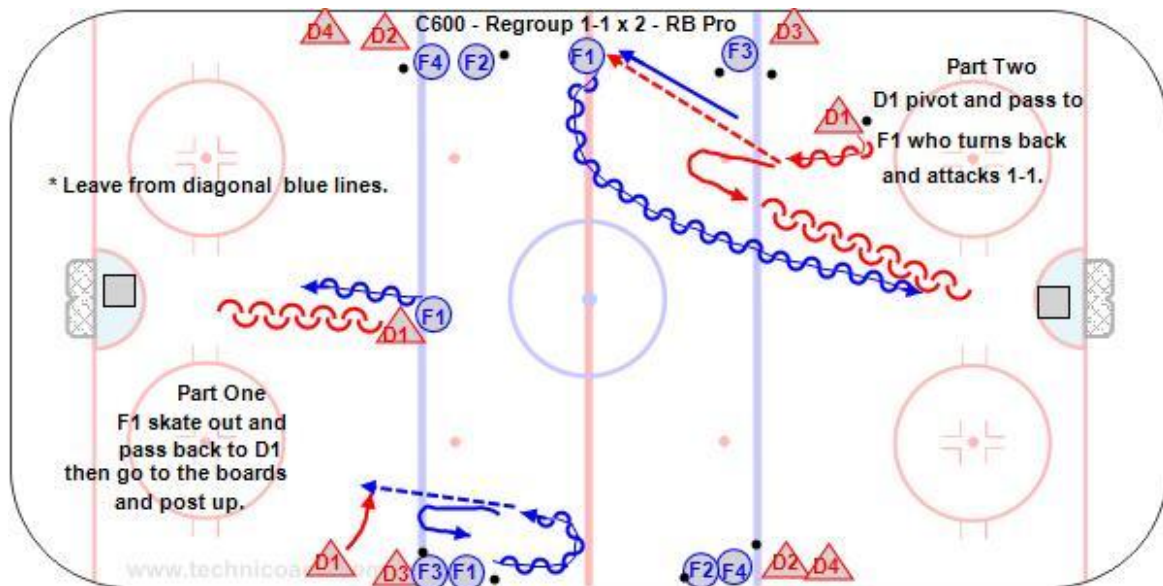
Description:

1. Players start from all four blue lines and two leave from diagonal corners.
2. D1 skate back and get a pass from the F1.
3. F1 pivot to the boards and face the puck for a pass from D1.
4. F1 skate to the red line and turn back to attack vs. D1.
5. F2 and D2 be ready to repeat from the other blue lines.

**This drill could also be done 2-1.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150627154234572>

<https://youtu.be/vG5CA2tZMyc>



C1- B600 1 on 1- U16 Boys

Key Points:

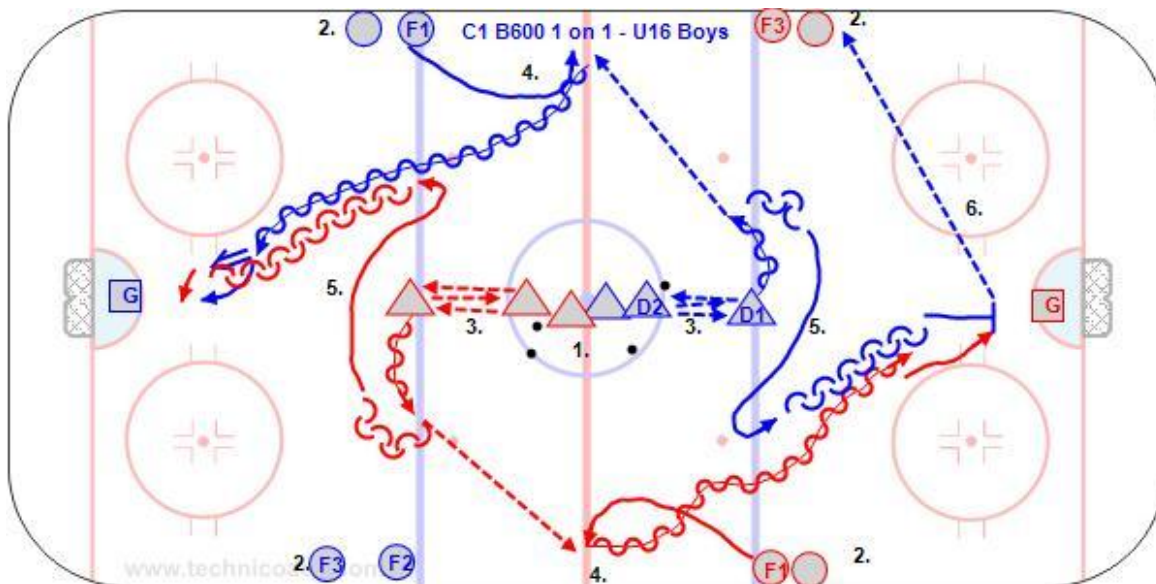
Defender should close the gap using lateral and back skating keeping the stick on the puck and defensive side. Attacker use moves and fakes but skate at full speed and protect the puck always when within a stick length of the defender.

Description:

1. Defense line up inside the middle circle in C1 formation.
2. Forwards line up at the four blue lines on the boards in B600 formation. White forwards get a pass from the white D and attack vs. the blue D.
3. Start with D1 at each end one touch passing back and forth with D2 at the front of each line.
4. F1 skate into the neutral zone and post up for a regroup pass from their D1 on each side.
5. After passing each D1 defends on the other side vs. the opposite team F1.
6. Finish the play with D1 maintaining D side and taking F1's stick and F1 fighting for a rebound.

*A good habit to install is have D1 pass to a forward at the back of the line on either side, or a coach if he regains the puck. This gets them used to finishing the play.

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C600 1 on 1 to a 3 on 2

Key points:

This is a very popular drill especially at the higher levels using the C600 formation with the players lined up against the boards behind the blue lines. You get full ice situations. Use this drill and then create transition games with the same situations so the plays are finished by fighting for rebounds and making breakout passes. The first pass is made by F1 and not F3 as the diagram states.

Defense must move their feet and close the gap in the neutral zone. The forwards must attack with speed.

Description:

1. F1 skate between the dots with a puck.
2. F1 pass to D2 and mirror the puck for a return pass.
3. D2 skate hard sideways or make a tight turn and pass to F1.
4. F1 attack and try to score vs D1.
5. F2 start the same drill passing to D3.
6. D3 drive skate and pass to F2.
7. F2 attack 1-1 vs D2. - Repeat in alternate directions.

Variations:

- Add a regroup.
- Add players for situations, 2-1, 1-2, 2-2, 2-3, 3-2.

Players are in the B600 formation

1 F3 skates out with puck

2 F1 passes to D2

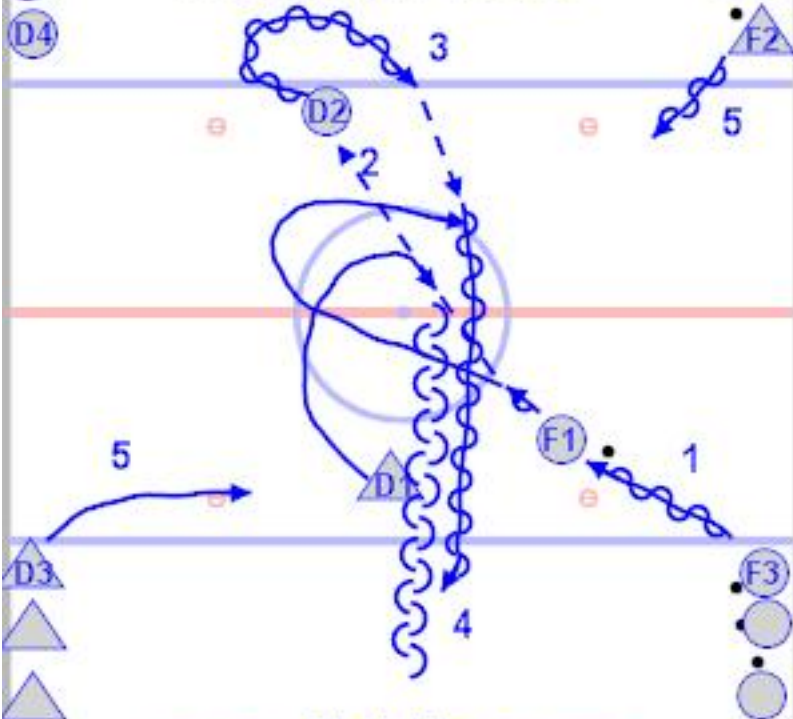
3. D2 drive skates and passes to F1

4. F1 tries to score 1-1 vs D1

5. F2 starts the same drill passing to D3

6. D3 drive skate and pass to F2

7. F2 attack 1-1 vs D2



Variations

a. Add a second regroup F1 back to D2

b. Go to 2-1, 1-2, 2-2, 3-2,

C1-B600 1-1 - Slovakia U20

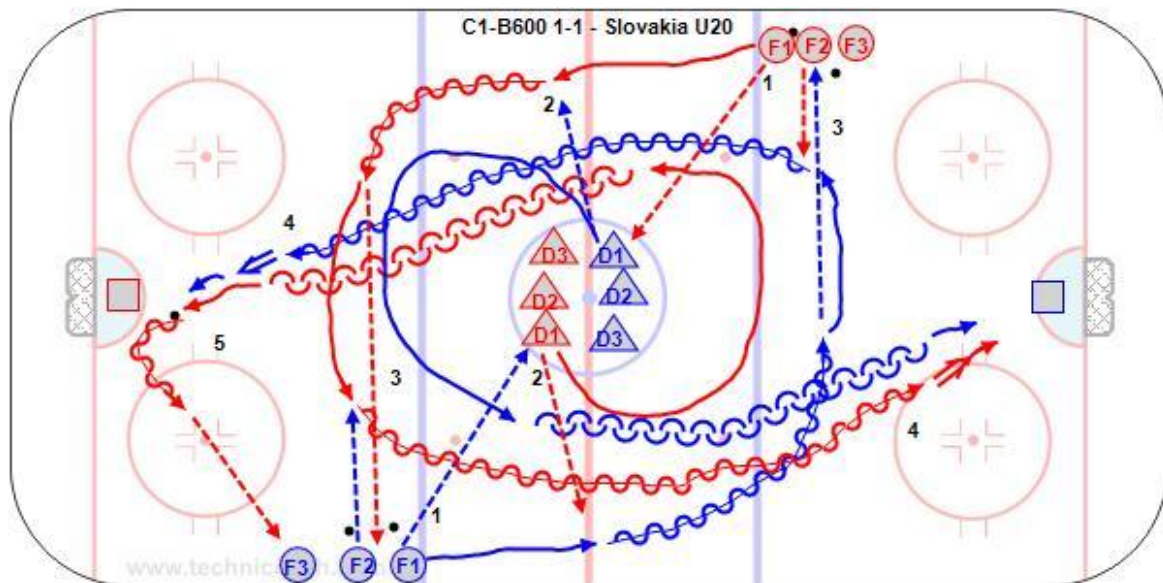
Key Points:

Make crisp passes and then skate and give a target. Hard fakes and try to beat the D. D always play the attack from the defensive side and get a close gap as soon as possible. D tie up the F stick after the shot and F follow the shot for a rebound. Always finish drills with the D tying up the stick after the shot and then pass a loose puck to the line up or a coach. The forward always go for a rebound.

Description:

1. RF1 and BF1 pass to the opposite colour D1's.
2. RD1 and FD1 pass back to the opposite colour F1 and mirror their skating across.
3. RF1 and BF1 pass to the opposite colour F2 who return the pass.
4. RF1 attack vs. BD1 and BF1 attack vs. RD1.
5. Both forward and defense play the rebound. If the D get it they should pass to the last forward lined up at the blue line to finish the play.

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B600-C3 1-1 From Blue Line

Key Points:

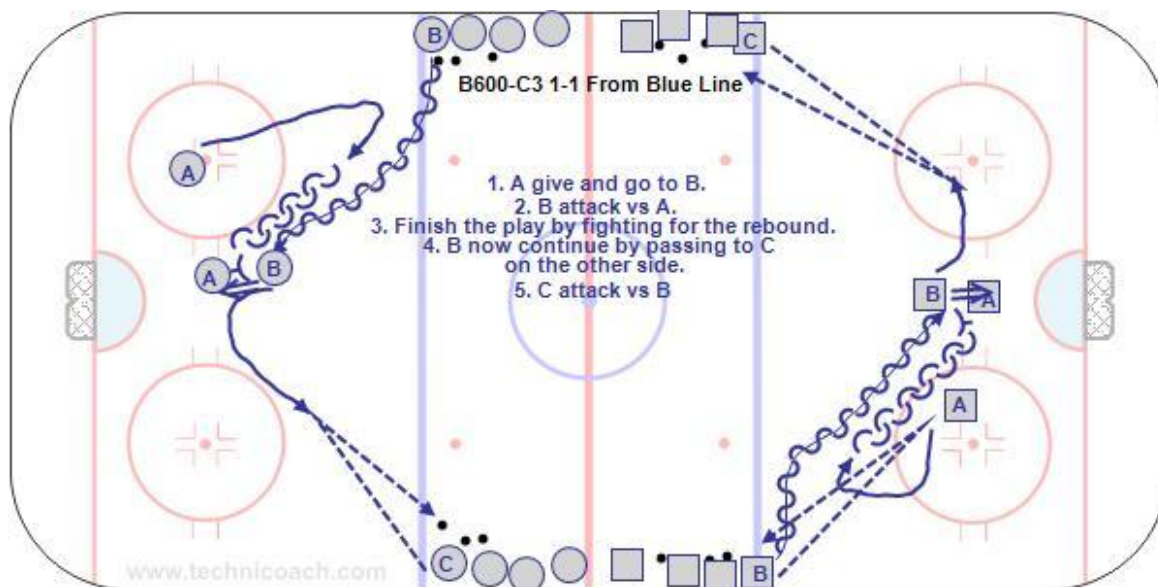
Defender close the gap, stay on the defensive side, stick on the puck, stay with the attacker after the shot.

Attacker get the puck in the triple threat position at the side. Make moves, fakes, dekes, change of pace, use screen shots and follow the shot.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009082312285371>

Description:

1. A give and go to B.
2. B attack vs A.
3. Finish the play by fighting for the rebound.
4. B now continue by passing to C on the other side.
5. C attack vs B.



C600 BO RG 2-1 – Pro W

Key Points:

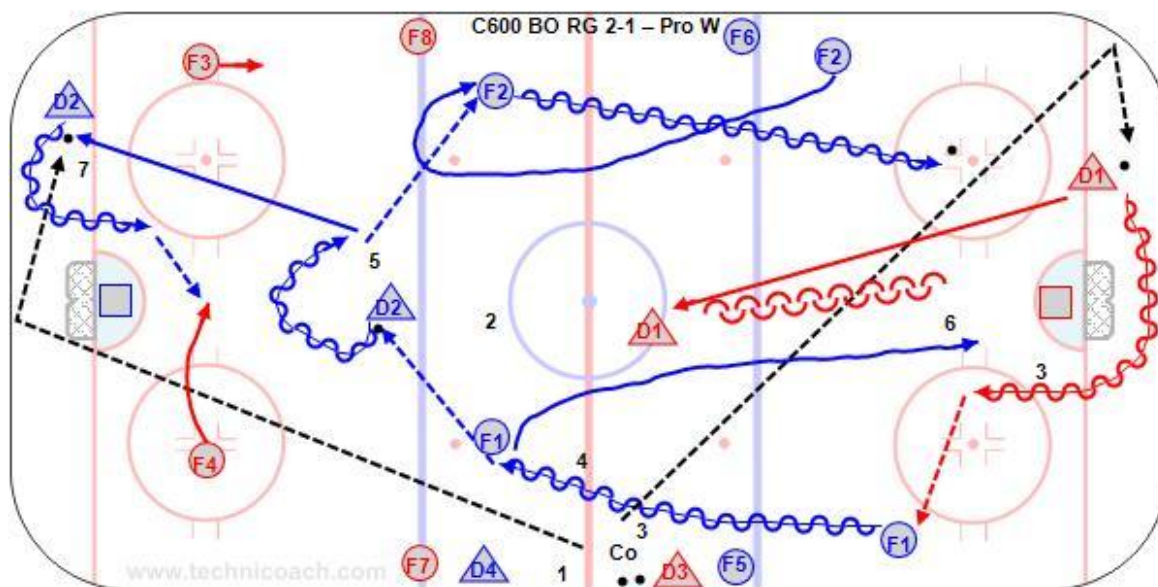
Give a target, defense skate up ice before passing and then follow the play, on the regroup face the puck. Play out the 2-1 and an option is the D pass to a F waiting at the blue line if they get the puck.

Description:

1. Forwards at the 4 blue lines and D in the middle.
2. Start with one D at each blueline and two F's in the neutral zone.
3. Coach dump the puck into one end and D1-F1-F2 breakout.
4. F1-F2-D1 skate into the neutral zone.
5. F1-F2 regroup with D2.
6. F1-F2 attack 2-1 vs. D1.
7. Coach dump a new puck into the opposite end and D2-F3-F4 breakout-regroup-attack 2-1 vs. D3.

* This sequence can be used from 1-1 to 3-2 situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150102195958782>



C600 Continuous 3-1 with 2F and 1D - Finland U20

Key Points:

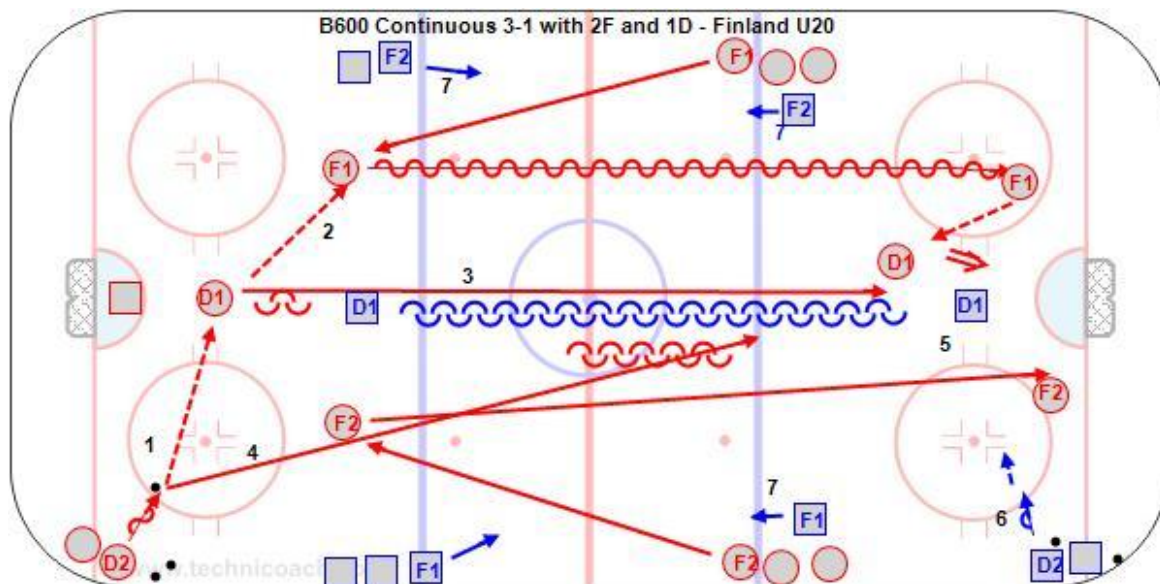
Blues go one way and reds the other way. D pass and join the rush. Make the first play in the attacking zone early so there is a second play possible. Move quickly through the neutral zone. Hit the net and crash for rebounds. Defender delay the play.

Description:

1. Red D2 pass to Red D1.
2. Red D1 pass to Red F1 or F2 who attack vs. Blue D1.
3. Red D1 join the rush to make it 3-1.
4. Red D2 follow the play to the far blue line.
5. Red F1-F2-D1 shoot and rebound.
6. Blue D2 pass to Blue D1 who attack 3-1 vs. Red D2.
7. Continue this flow end to end.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140901205708589>

<https://youtu.be/UkAd6vpvNmw>



B600 Timing and 1-1 - Pro

Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
3. F's circle in the nzone and come back to the puck with good timing and a target.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122851174>

