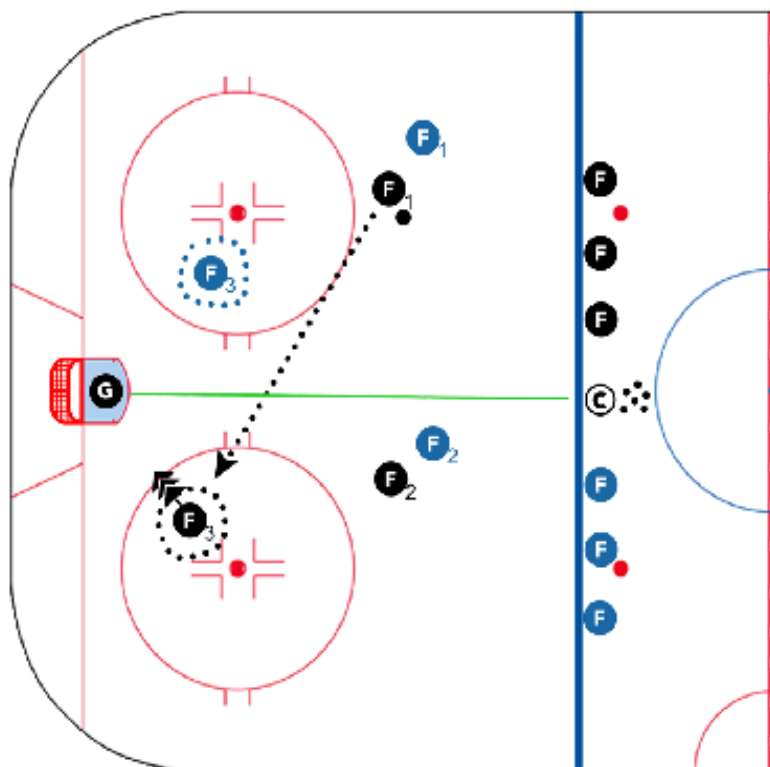


3 V 3 back door Royal Road drill

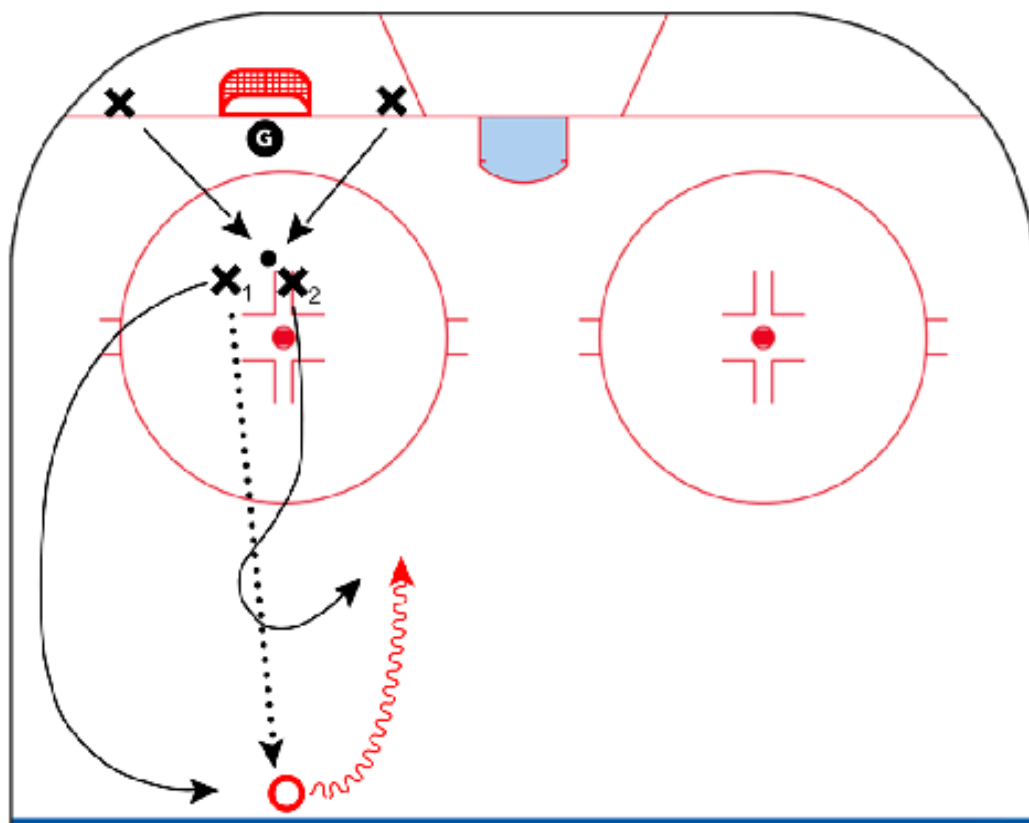


DESCRIPTION

- Start with a 2 vs 2, and each team has a third player in their "backdoor" circle.
- The 2 vs 2 players must pass to their backdoor shooter to take the first shot, and the pass must come from the opposite side of the green line.
- Teammates earn one rebound per shot taken by the backdoor shooter. Only one backdoor shooter can be in the circle. Opposing players cannot defend the backdoor shooter.
- *Progression:* Once players understand the concept of the game, utilize a point structure that encourages teams to use the backdoor shooter without requiring it. 3 pts - Backdoor shooter goal, 2 pts - Rebound of a backdoor shot, 1 pt - Goal scored without using the backdoor shooter.

KEY POINTS:

- Win the first puck touch
- Puck support and communication to set up backdoor passing lane
- Utilize "Royal Road" to create scoring chances



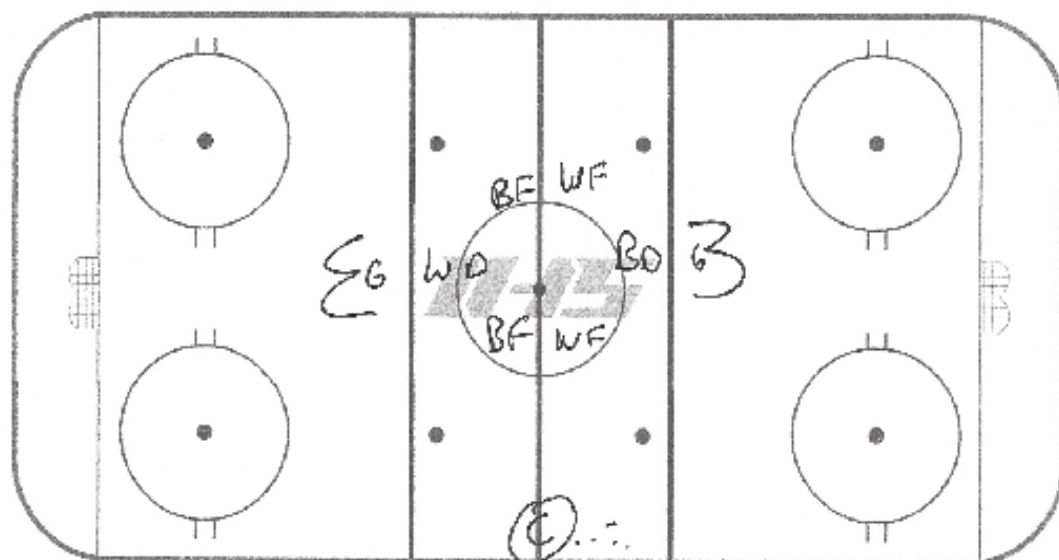
DESCRIPTION

- Coach spots a puck in front of the net, equidistant to the two players along the goal line.
- On the whistle, two players race for the loose puck. The player that wins the puck (X1) passes to the player at the blue line (O).
- When the pass is completed, O player attacks the net 1v1 against the player who lost the initial puck race (X2). Play it out to whistle.
- X1 goes to the blue line position for next rep, and the other two go back to the lines on the goal line.
- *Variations:* Coach can vary how the players start: on belly, back, face the wall, etc., and placement of puck. Instead of a straight line race to puck, instruct players to circle behind net on start, creating a traffic scenario, where they have to "get through" opposition before skating to loose puck.

KEY POINTS:

- Quick, explosive starts
- Competing for loose pucks
- Emphasize good stick and create an angle on 1v1

UNE Quarantine 2 v 1 (No Contact Social Distancing)



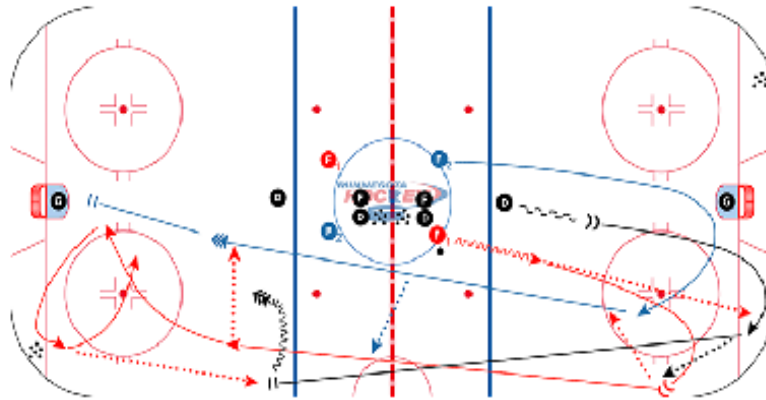
Description

Drill starts off with 2 Blue Forwards & 2 White Forwards at Center ice, White Dman Defending against Blue & Blue Dman Defending against White. The main rule is you can only Defend using stick or Pull. Forwards can't cross red into the D zone but can reach across red to stick check or try to intercept Pass from Defending D to Forwards. Coach has extra Pucks to send in when puck goes wide.

My Notes / Coaching Points

As a ~~coaching~~ staff during the First Semester we had to come up with Drills like this for the boys as we were able to Practice But Forced to Social Distance even on ice. We did a lot of skill work but needed to still do some competitive games. You can make this a 3v2 as well.

Reeses Pieces



DESCRIPTION

- Pucks start in the center circle and opposite corners. Both sides go at the same time and then switch sides half way through.
- **F1** dumps the puck into the corner. D retreats backwards and then pivots to retrieve when the puck is dumped in. **F1** opens up for a breakout on the half wall and **F2** acts as center support. D makes a breakout pass to either forward and **F1/F2** have a 2-0 rush.
- After the breakout pass, D sprints to the far blue line.
- After the 2-0, one F recovers a second puck in the corner and makes a low to high pass to D who walks to the middle and shoots. One F should stay net front for a screen/tip and the other should give the D a high tip option. Let the rebound play out before the next group begins.

KEY POINTS:

On Breakout:

- Shoulder checks and retrieve the puck on forehand
- F support low, get toes up ice and communicate

On Point Shot:

- Head up and either shoot for sticks or shoot to score if a good screen
- One F takes away the goalies eyes and the other finds a "soft area" for a high tip