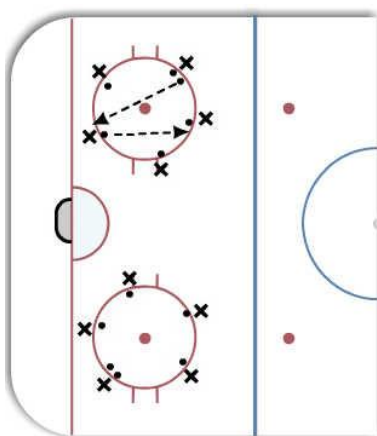


**Date:** 02/08/22**Group:****Length:** 60 mins**Start Time:** 5:00pm**Focus:****End Time:** 6:00pm**Level:**

COL

Length	Start	Drill Name	Category	Notes
10	5:00pm	Fast Hands	Skills	Great drill to get players of all ages to push themselves. Really works to speed up the hands moving from one puck to another.
10	5:10pm	Detroit 1 on 1	1-1	We would do this over a couple of practices but do the progressions side first working to teach the player to take a step in front of the other player to win the race on the first step. Detroit 1 on 1 is a real world implementation. Can move this to spot puck in various places and have two choices for the puck carrier to use to work a give and go.
10	5:20pm	Continuous 2 on 2	Competition Drill	Great for working on your Dzone coverage (not following passes but staying with your check) and also to work on F1 and F2 support to try to create offense off the puck. Players have to transition quickly and it becomes quite competitive. You can vary the difficulty for defenders by adding forced passes to each other prior to passing to next group.
10	5:30pm	Cluster 3 on 3 to 5 on 5	Systems Used	You can cluster the 3 on 3 or even the 5 on 5. Dzone must be sorted out quickly. Communication is key. Can move to an up ice attack off the breakout or just break it out. We tend to use just to breakout off this drill but the breakout must be a full possession breakout and not a chip out into the Neutral Zone.
10	5:40pm	Eaves 2 on 2	Competition Drill	Great game that promotes backcheck but also Quick ups and Offense can stay on offence as long as they keep winning the puck.

Fast Hands



Setup with any number of players on circle. 4 or 5 works well.

Each player has a puck in front of them.

Players have sticks down and out in front of them ready to receive a pass.

One player starts with a second puck.

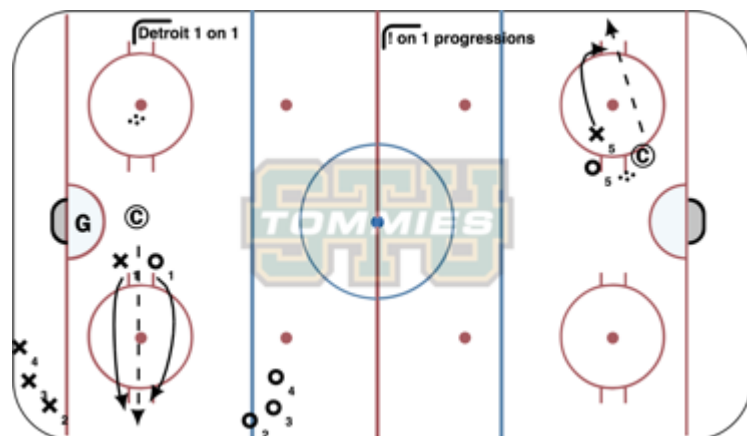
To start the drill the player with two pucks passes to any of the other players.

Player must receive the pass, stopping the puck and then move their stick behind the second puck (the one they already had) and pass that puck to another player.

Players should never stickhandle the pucks. Pucks should only be touched with the forehand.

Drill promotes separating your upper body from your lower as the player must move themselves and stick to receive a bad pass and then quickly move to the other puck and pass it.

Detroit 1 on 1



1 on 1 progressions

each player in line will retrieve puck thrown to boards working on skate fakes, stick fakes. Once gaining the puck they will pass back to line. Progress to double cut backs and add second player to provide light pressure. Player works on getting in front of this "pressure".

Detroit 1 on 1

Drill to own the lane to the puck.
Battle to get hips in front of opponent.

Coach will spot puck on boards.

X1 and O1 will attempt to retrieve.

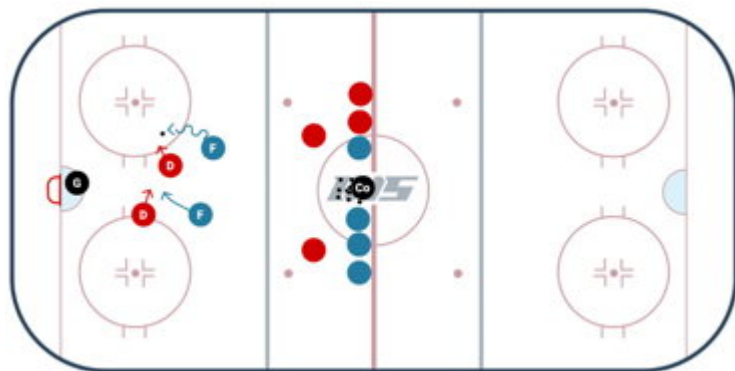
Player that wins the puck can use either line to work a play to the net.

Low line would be a give and go and high play would be a redirect.

Player without the puck will attempt to defend

Key Points: get hip in front of opponent Keep hands free

Continuous 2 on 2



Players play both defender and forward positions in this drill.

2 defenders start at the blue line and 2 forwards start in the center ice circle.

Game starts with the coach passing the puck to one of the 2 forwards (this begins the 2 vs. 2).

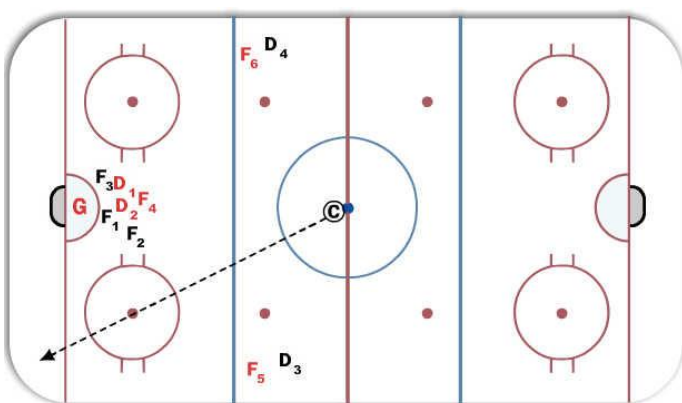
Forwards try to keep possession of the puck and score. The defenders try to defend and can end the game by skating the puck out of the zone or passing the puck to the forwards that are next in line (must be direct pass not a rim or glass out).

If a goal is scored, or the goalie freezes the puck, or the puck goes out of play, the coach has the option to chip another puck in the zone, or pass to the next forwards in line.

When the shift ends (either with a goal, the defense getting the puck out of the zone, or a coach's whistle), the forwards switch to defense and the new forwards start the 2 vs. 2.

Keep Score: 3 points for a goal, 2 points for the defense skating the puck out of the zone, 1 point for the defense passing the puck out of the zone, and 0 points if the coach blows the whistle and changes lines.

Cluster 3 on 3 to 5 on 5



3 Attackers (F1 F2 F3) and 3 Defenders (D1 D2 F4) start in front of the net.

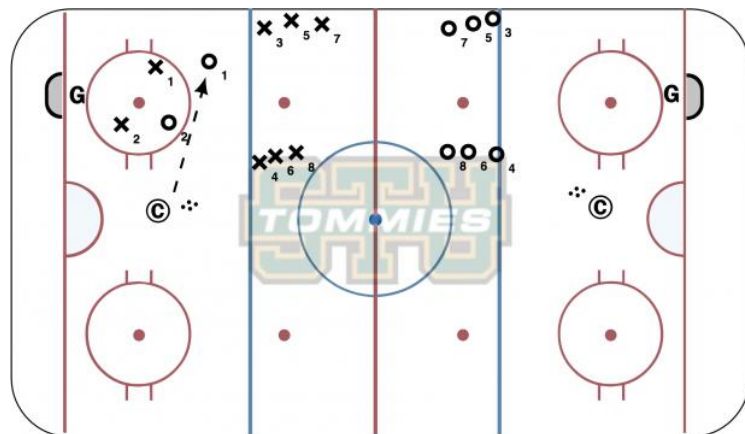
Coach dumps puck and a 3 on 3 low starts. Defenders must quickly identify who they have.

If shot occurs and goal or freeze is made then throw a second puck. After 10 seconds whistle and play continues but wings and D come in from the top to make it a 5 on 5.

Red team is trying to breakout (D1 D2 F4 F5 F6) and other unit continues to try and score.

Whistle problems on D zone coverage.

Eaves 2 on 2



2 on 2 is played in one end.

As drawn X1 and X2 are defending the left end and when they gain possession will pass to X3 and X4 at the blue line who will skate to attack the far end.

O1 and O2 will try to score at the left end.

Once X3 and X4 get the puck then O1 and O2 must defend the right end and get puck to next pair of Os at blue line.

If puck goes out of play a coach will throw another puck in.