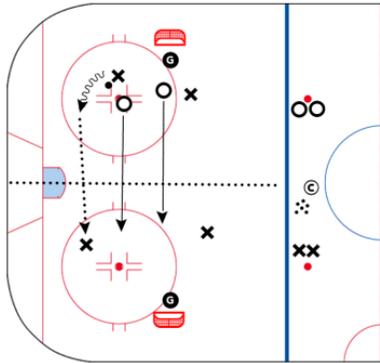


Games from Drill of the Week Club – 2021-22

Chris Larade - Saint Mary's University

Pens 2v2 backcheck game

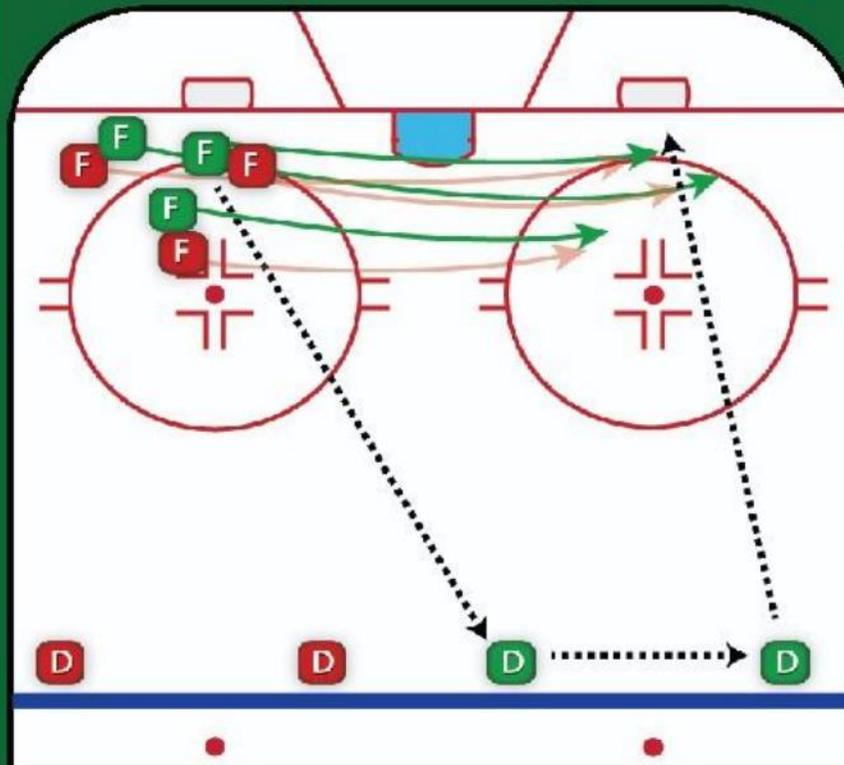
10 mins



- There are also two players placed behind the backcheckers (other 1/2 of ice).
- When the backcheckers gain possession of the puck, they then breakout the two players on their team waiting to attack the other way.
- After the offensive players are stopped, they become the backcheckers.
- The shift is as follows: start on offence, move to backcheck, lead the breakout, and then change.
- If there is a goal on the rush, a new puck is introduced for a 2v2 battle low
- Offensive players waiting should be no deeper than the inside hash marks

Perrier

SHOT/TIP/REBOUND GAME



OFFENSIVE OBJECTIVE:

- Score by getting to the hard area.
- Create layers at the net.
- Take the goalie's eyes away.

DEFENSIVE OBJECTIVE:

- Own the net front.
- Get your check on your hip.
- Take sticks away.
- Goals can only be scored off of tips/re-directs, rebounds, or if the goalie is screened. Clean shots do not count!
- Drill starts with a 3v3 on either net.
- When the defensive team (green in this diagram) gets possession, they attack the opposite net and sprint for net front position.



Coach Them

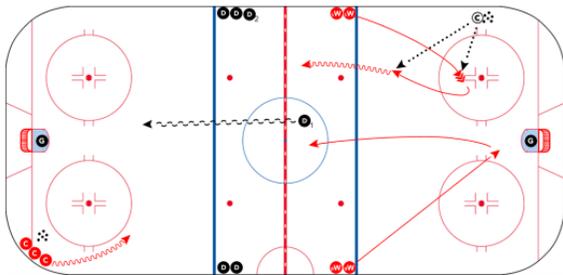
2 Net 1 V 1 (Tom Molloy)



Rooney

15 Goals

10 mins



- Coach passes to (W) or (W) for a shot on goal
- After shot, Coach gives winger another puck for a 2v1 back against (D) 1
- After the 2 vs 1 shot, the center (C) passes to either winger and joins the rush for a 3v2 back against (D) 2 with (D) 1 chasing
- Coach passes to the high slot player after the rush (usually the center coming late) and they go back the other direction for a breakaway with (D) 2 chasing. Start again with the next line.
- The TEAM must score 15 goals before the drill ends

Key Points

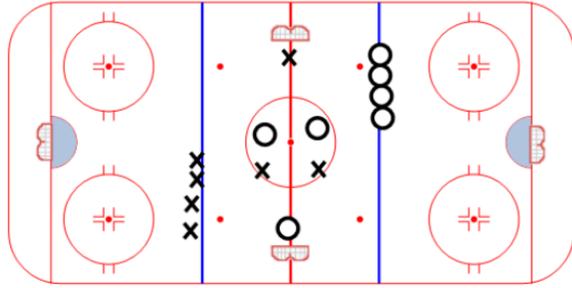
- Good combination drill for the goaltenders with a variety of game situations
- Players must think quick
- Defense play a variety of situations including some where they are chasing down the rush
- Both fun and challenging for all positions. Conditioning is hidden in this drill... they'll love you for it!

Smith RPI

Title : All Time Net Front

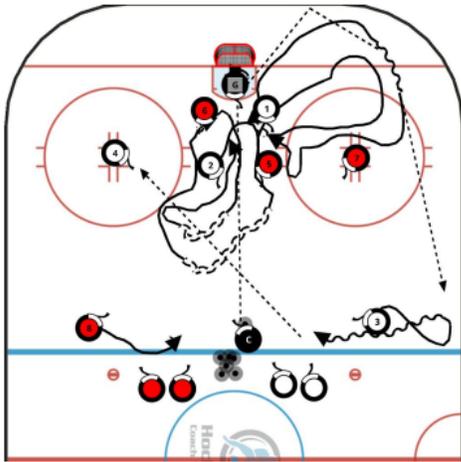
Key Points :

2v2 with all time net front guy



Huras

4. 4V2 ROYAL ROAD SIG



TIME: 10 min.

DESCRIPTION:

-Coach starts 2v2 play low with a shot off of the goalie.

- Four extra players set up, two on the blue line and two on opposing face off dots from high players.

-The team that recovers the initial shoot in is on attack. They must pass to blue line player or dot player before attacking the net.

-If defenders recover a loose puck, they must also pass to the blue line player or dot player before attacking the net.

KEYPOINTS:

-High blue line player can move along the blue line until mid ice. Dot player must stay close to the face off dot.

Craig Bedard

Title : Small Area Game

Tactical:

Skills :

Description

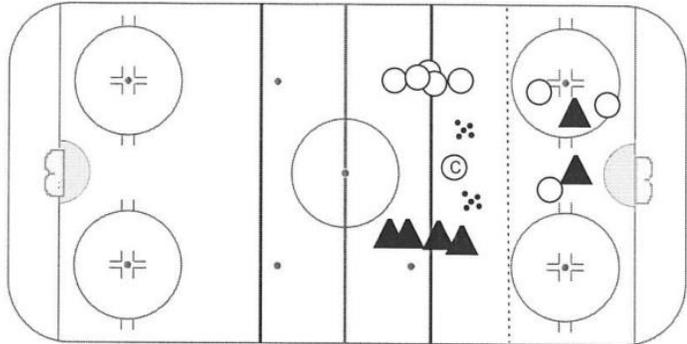
Play below tops of circles. Fwds vs D vs G.

D must carry puck out - 1 point

G must freeze - 1 point

Fwds must score - 1 point

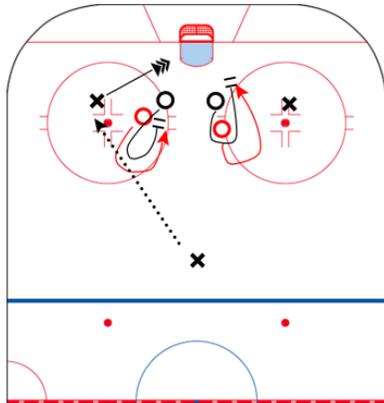
Play 30 - 40 sec shift.



Kai

PAPP Box out 2v2 DWC

10 mins



2vs2, attacking pair has jokers on point and on wings
joker from the point can shoot, jokers on the wing can shoot only one-timers or try to create rebounds by shooting low
they are allowed to pass

Key Points

Defense

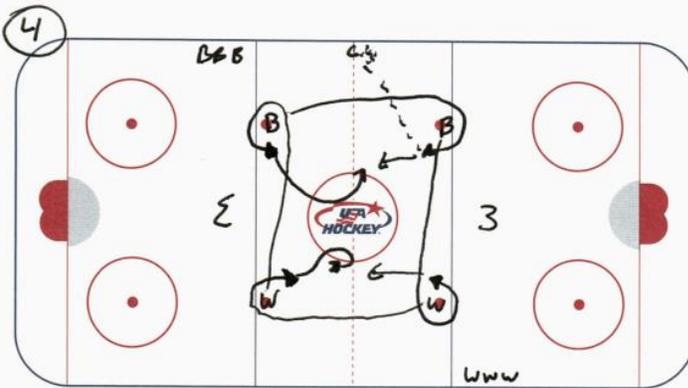
- Marking
- stick on stick against the puck carrier, deny shots
- puck to point -> box-out -> play the stick away

Attacking team, continuous pressure towards the goal!!

Howe



SYSTEM/DRILL



Notes/Systems

Description

4-Game

Clock Angle Game

• B₁/B₂ start on dots opposite of W₁/W₂. on whistle all skate clockwise to next dot (tell them route, can mix it up clockwise vs. counter, inside/outside dot).

• C passes to any player, play out 2v2, D team work on applying insid/out protecty gd ice. Spot more pucks as need, next rep starts from NZ dots.

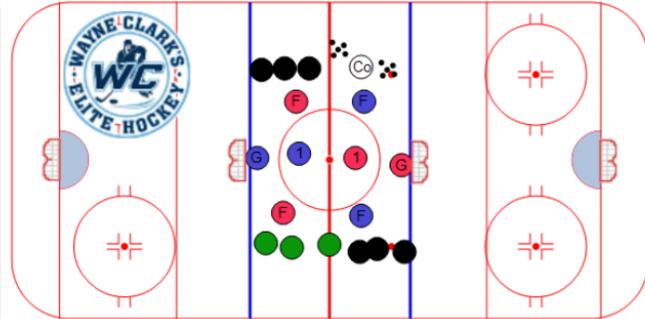
Wayne Clark

Drill no. : 4 Duration : 10 Minutes From : To :

Title : Tampa NZ Drill Content elements: TIGHT AREAS Components : Tink Pass Ahead

Description

Competition Drill. Outlets and execution in small spaces.
3on3. Anyone Can Shoot.
Flanks=skates can't cross centre and can't go in circle but sticks can
1=In circle. When opposition have it defend with ACTIVE stick -Battle. When you have puck shoot or outlet to your flanks on other side of centre
NEED TO BE QUICK
Progress to Nets getting tighter.
https://www.youtube.com/watch?v=TTgakGghqLE



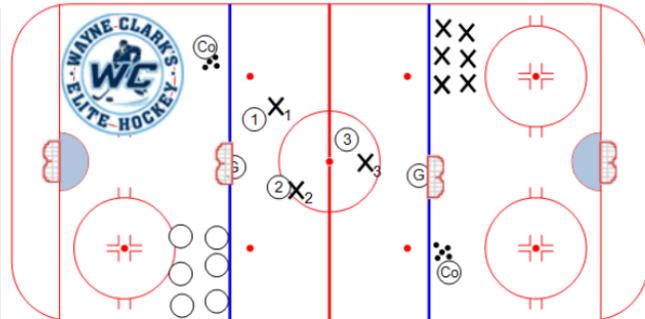
Key Points : BE FOCUSED BE QUICK OUTLET & MOVE COMPETE

Drill no. : 4b Duration : 8 Minutes From : To :

Title : 3on3 NZ Fun - Compete Content elements: Components : Quick Decisions,

Description

-3on3 competition, if puck crosses blue line Coach spots puck for his team. (ex: Coach on Left side is with Os; if puck crosses his blue line he passes to Os; conversely if puck crosses right blue line that coach passes to Xs).
-play out for 45secs...then whistle and 3 from each team come on for change on fly. Coach alternates who he starts drill with xs or os



Key Points : Communicate Be quick Score Def :Identify & Elim

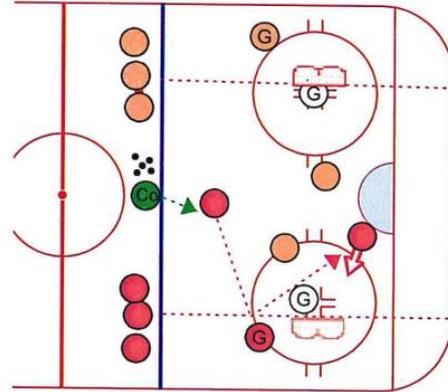
Kelly Mruk

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : EdgeU16 - Gretzky Category #1 : 3v3 Zone Game Category #2 : Zone Game

Description

Gretzky 3v3
 3vs3 game where each team has a "Gretzky" behind the opposing net that they have to pass to before they can attack and score.
 "Gretzky" cannot score and must stay behind the goal line at all times.
 Coach dumps in puck to begin play.
 Hard out on whistle.



Key points:

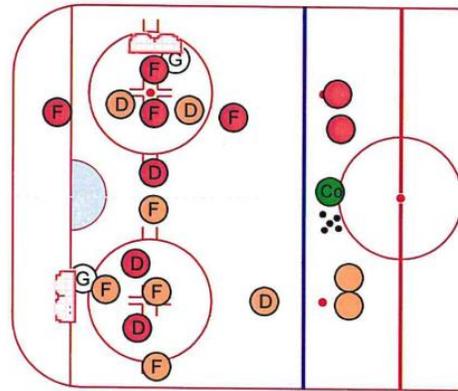
| | |
|---------|---------------|
| Passing | Communication |
| D-side | Shots |

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Edge E15s - PP Game 5v2 Category #1 : PP/PK Game 5v2 Category #2 : PowerPlay/Pk

Description

PP/PK 5v2 one end
 Coach will pass a puck to a start the game.
 Reds will play 5v2 and try and score.
 Set up PP like a game
 The 2 Orange D try to get it to other 5 half ice F. Once they do or if it go's to long, C blows wistle and dumps new puck to Orange players.
 - Make changes, F can be D player also.
 - Creative plays
 - D, good sticks and in lanes
 - Middle players cant steal the puck.
 - Keep score.

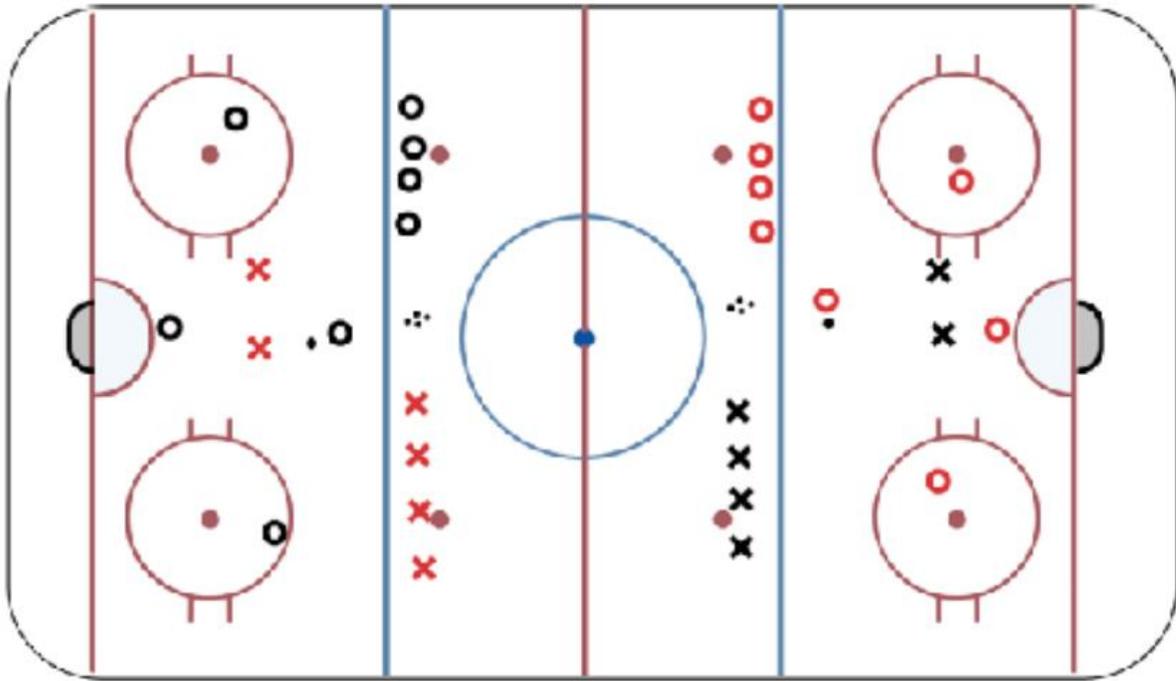


Key points:

| | |
|---------------|---------------------|
| Puck movement | Quick release |
| Communication | On Net / Funnel Net |

Flanagan

Lake Louise 4v2 x 2



Description

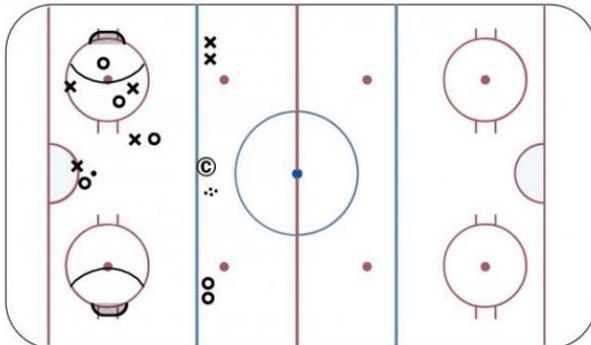
4vs2 at both ends. Point is awarded for team on offense for each goal. Point is awarded for team on defense every time they skate puck out of zone with full control.

Tags: Attack downhill, Net front presence

Andrew Will

Hot Spot 4v4 - 10 mins

4:30pm

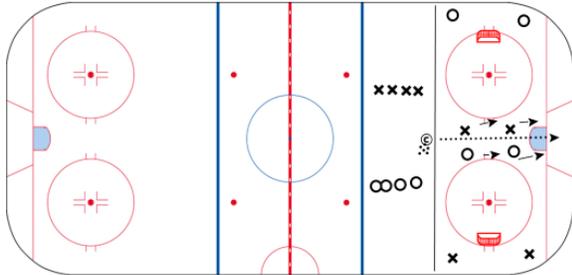


- 4v4 cross ice
- A goal can only count if the offensive team has at least one player in the expanded crease
- The objective is to get offensive players and pucks to the critical area
- Do NOT need to pass to coach on change of possession

MacLeod

SAG DOUBLE GRETZKY

9 mins



Set up as shown . Active players use their " Gretzky's " as passing options in that end . Gretzky's have to stay below goal line , they can pass to each other . - Active players are out - Gretzky's go active . Line players go to Gretzky spot **Keep Score** - losers down and back 2 times - or whatever you like

Capy

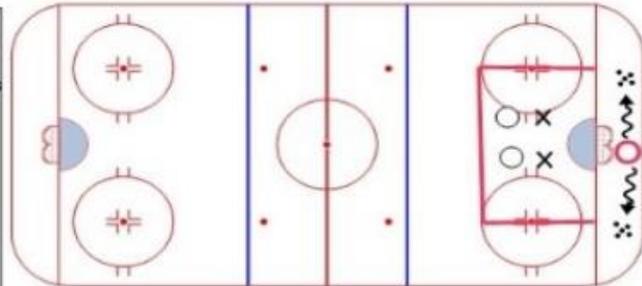
Title : 2 on 2 with Rover Behind Net

Category #1 : Small Area Games

Category #2 : Complete

Description

1. Players play 2 on 2, or 3 on 3 in front of net.
2. The rover stays behind the net and is on whichever team has the puck.
3. If there is a turnover, the team with the puck must pass to the rover before they can try to score.
4. Players stay in front of the goal line, rover behind the goalline.



Key points :

Time jumps into open ice

Quick release

decision making

Poole

Title : FLANK game

Category #1 : SAG

Category #2 : ST skills

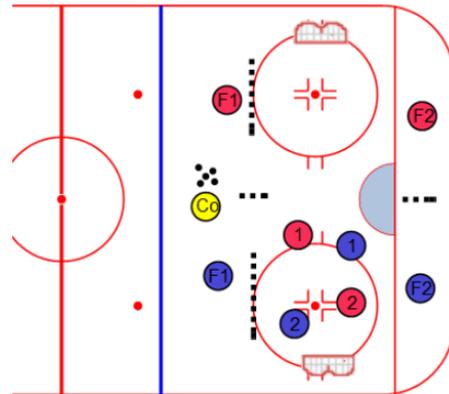
Description

2v2 between ringette & goal line. Coach marks line at half way point of ringette & goal line to divide offensive zone flanks. Flanks must stay inside their assigned box. 2v2 Players can't challenge flanks.

Flanks must pass or shoot. 2v2 players don't have to use flanks.

Whistle. Flanks go into game, 2v2 rest, new flanks

Can add rules into game (Flanks have 2-3 second time clock to make play)
*Encourage one-time quick release after royal road pass



Key points:

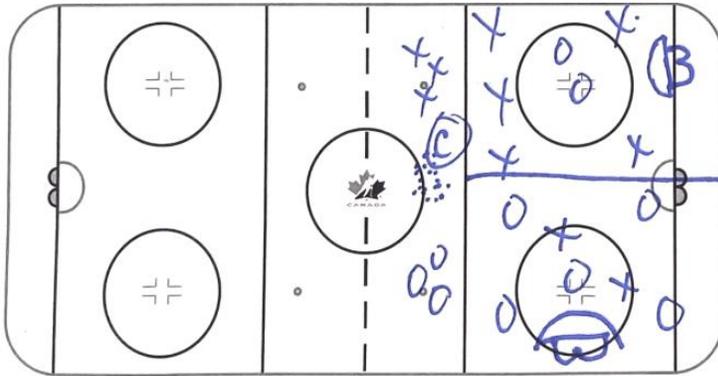
Create Odd-man

Puck movement

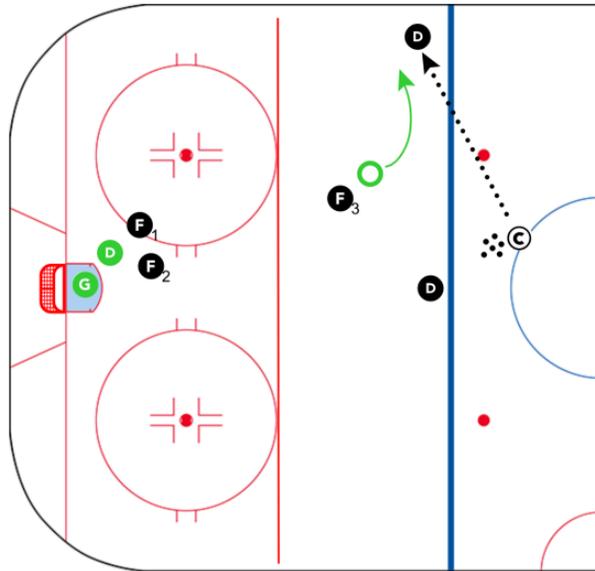
Support away from the puck

PK sticks / contain

Terry Rhindress



SOUSA.
S/2 BOTH SIDES.
5X VS 20, 20
TRY PASS TO OTHER
SIDE, 2X TRY PASS
TO OTHER SIDE.
Keep Score.

**Description**

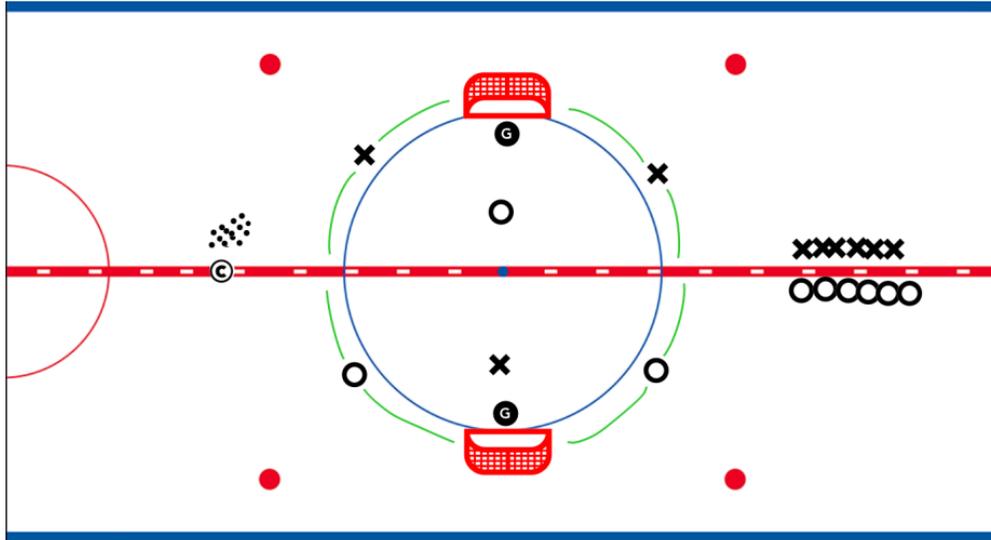
Black team starts with puck from C and use 3v1 advantage to allow each offensive player to touch the puck before transitioning the puck to their low Fs. Game is live after that (5v2).

Add-ons: Can add a 2nd defensive player below the tops of circles to create a 2v2 low/5v3 game.

Play out until a whistle.

Key Points

Black team (high) must make good decisions to move the puck quickly and then transition to their low players to start offensive play.



Description

Game sets up as drawn. Players outside the circle can slide from post to redline but cannot enter the circle (they can reach in circle/across redline with their stick). Players in the circle have to stay on their half (cannot cross the redline).

C dumps puck into the circle and the game plays out with the offensive team trying to use their possession to score. Defending team tries to win puck and counter attack.

C will spot a new puck if there is a goal, pucks go out of play or are covered by the goalie.

2 Pass rule every change of possession.

30 sec shifts

Play game to 5 - can have bonus point for backdoor goals (count as 2)

Key Points

Deception = use deception to create pass/shooting lanes

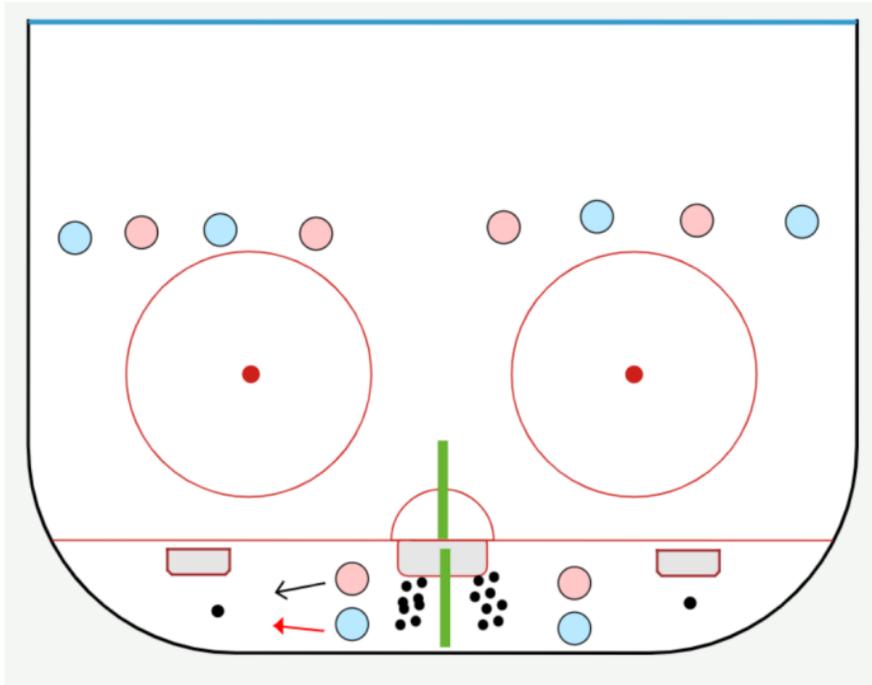
Read & React = let the puck do the work; utilize good skill/tactics (hook & slip passes; look off passing; etc)

Use the whole space you have = slide into pockets to be an easy pass target and stay dangerous.

Decision making = need to be a step or two ahead of the defenders

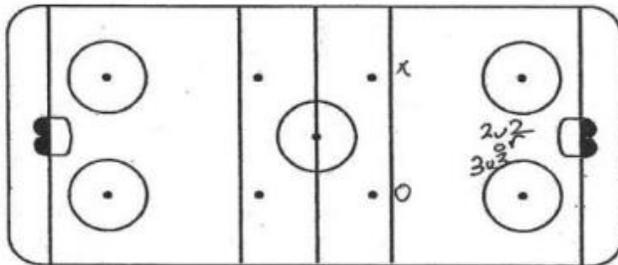
Rick Lanz

DRILL 4 – SMALL AREA GAME – BATTLE – 2 GAMES OF 1 ON 1



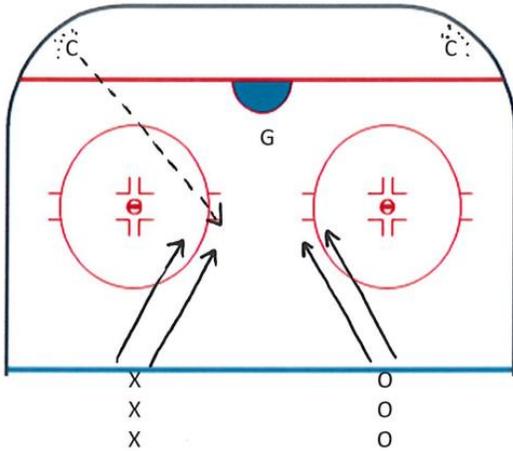
Two players start around the blue point (crease). 4 players are ready at the top of the circle. Whistle, the 2 players race for the puck, behind the net, they battle behind the net, protecting the puck. On the 2nd whistle, the player with the puck passes to one of his teammates at the top. The player that passed, gets in front of net for a screen, the other player boxes out.

Sean Walsh



Pick Game
Teams play either 2v2 or 3v3
Pass to team in line who
has 2 seconds to pass or shoot.
Opposing team 1 defender. leaves
his guy to come out to the point

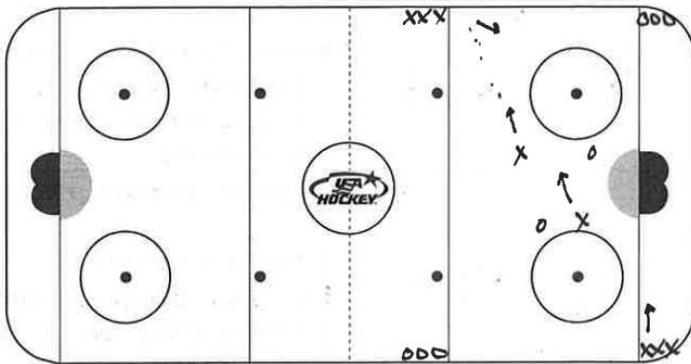
Len Qresnelle



2v2 ACTIVATION GAME – PLAY UP TO 4v4 (full zone game, one net, teams are lined up on blue line, coaches in corners with pucks, on change of possession players must pass to a coach first before going on offense, a new player can only be added on a direct pass from the coach to that player waiting at the blue line, defensive team cannot cover coaches or opposing players at blue line)

On the whistle, 2 players from each team enter the zone looking for a pass from the coach to start the game 2v2. Encourage the attacking team to create a scoring chance immediately 2v2 by getting to the net. If a team scores, coach will give that team a new puck. If puck leaves the zone, coach will pass a new puck to the team that didn't have possession. Coach will determine shift length. If one or two players have a short shift, coach can let them stay in for next rep. Allow game to develop different situations - 3v2, 4v2, 3v3, 4v3, 4v4. Keep score.

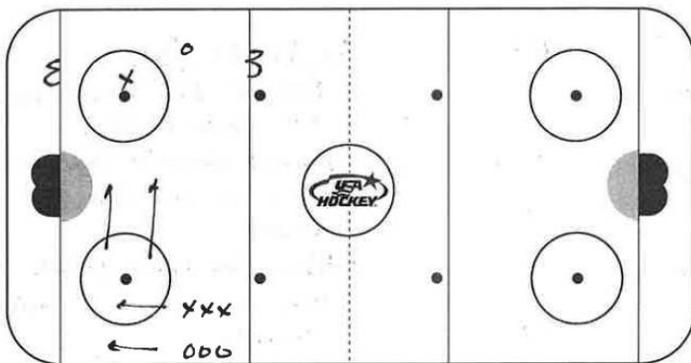
Dennis Vickers – Rice Memorial



Notes/Systems SMALL AREA GAMES
10 MIN

Description

- OUT OF SMOKE 1v1 or 2v2
- COACH DO AS 1v1 or 2v2
- PLAYERS GO FROM OFFENSE TO DEFENSE BACK TO LINE
- MUST PASS PUCK TO NEW LINE FOR THEM TO ATTACK



Notes/Systems SMALL AREA GAMES
10 MIN

Description

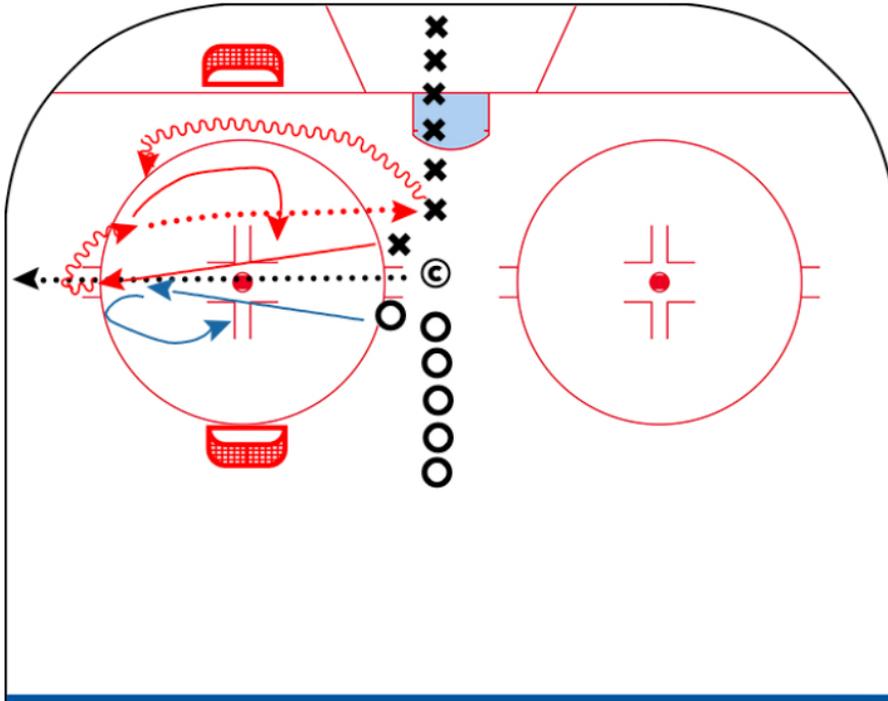
- APPROX 1v1 / 2v2
- START BY PUCK PROTECTING LOW OR IN CIRCLE
- OPP SIDE STARTS 1v1 IN ZONE
- ON WHISTLE GUYS PUCK PROTECTING JOIN TO MAKE 2v2
- NEW PLAYERS PUCK PROTECT THEN ON WHISTLE JOIN 2v2 AS ORIGINAL 1v1 EXITS

Mikail Bryan

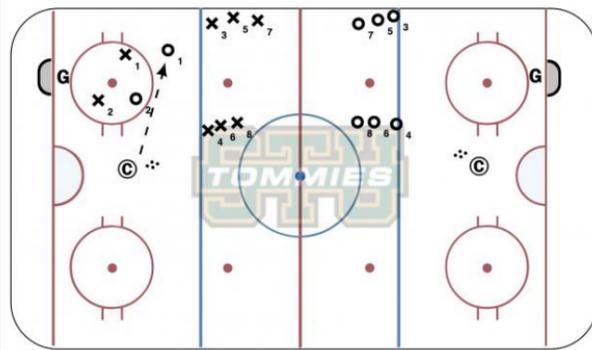
4-Competitive Drill

OTL 1-1, 2-1, 2-2

One X and one O go at a time, start on whistle from inside hashmark. Coach passes puck off boards then X and O fight to “own the lane” and win possession of puck. Key is to get in front of player early, before puck, and own lane so possession is easier to win. If X wins possession, can pass back to line to activate 2nd player. Play 2-1 unless O can win possession and pass back to line, then becomes 2-2. Play out for 30-40 seconds, if either team scores then give them another puck.



Eaves 2 on 2



2 on 2 is played in one end.

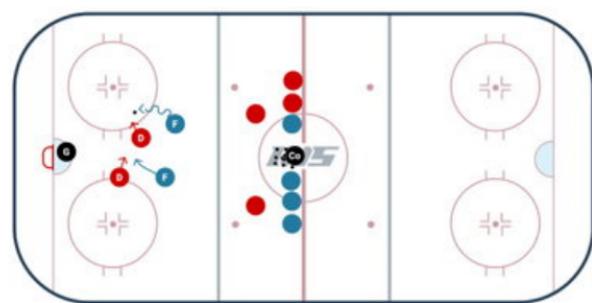
As drawn X1 and X2 are defending the left end and when they gain possession will pass to X3 and X4 at the blue line who will skate to attack the far end.

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.

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.

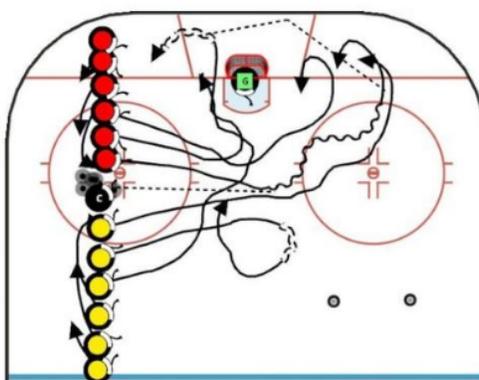
Keep Score: 3 points for a goal, 2 points for the defense skating the puck out of the zone, 1 point for the defense passing the puck out of the zone, and 0 points if the coach blows the whistle and changes lines.

Description:

The drill can be played 3v3 or 2v2. The drill begins with the coach dumping the puck and whichever team wins the puck starts on offense. If the other team gets the puck back they must skate the puck through the tires to change from offense to defense. When the coach blows the whistle for a change, the coach will shoot in a new puck and it begins again. Players cannot block the tires, they must take their player.

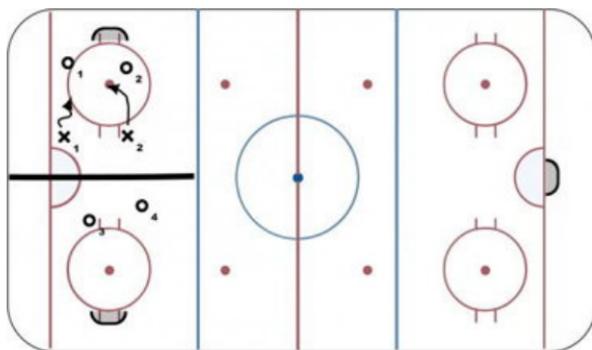
Key Points:

- Be first on the puck.
- Quick transition.
- Good Communication sorting out defensive coverage.
- 2nd shot mentality around the net. Hunt for those rebounds!



David

2 on 2 fast transition



Xs start on offense with Os defending the rush.
Os trying to recover the puck and transition quickly up to O1 and O2.
Xs are tracking back through the middle of the ice to defend.
As soon as Xs cross the center line, two new Xs are jumping in looking for a transition pass from the original two Xs.
Play is continuous.
Clean transition passes will lead to a 2v0 in transition.

Ross

2 v 1 Transition Game drill:

<https://www.youtube.com/watch?v=eMuB53RUEOo>