

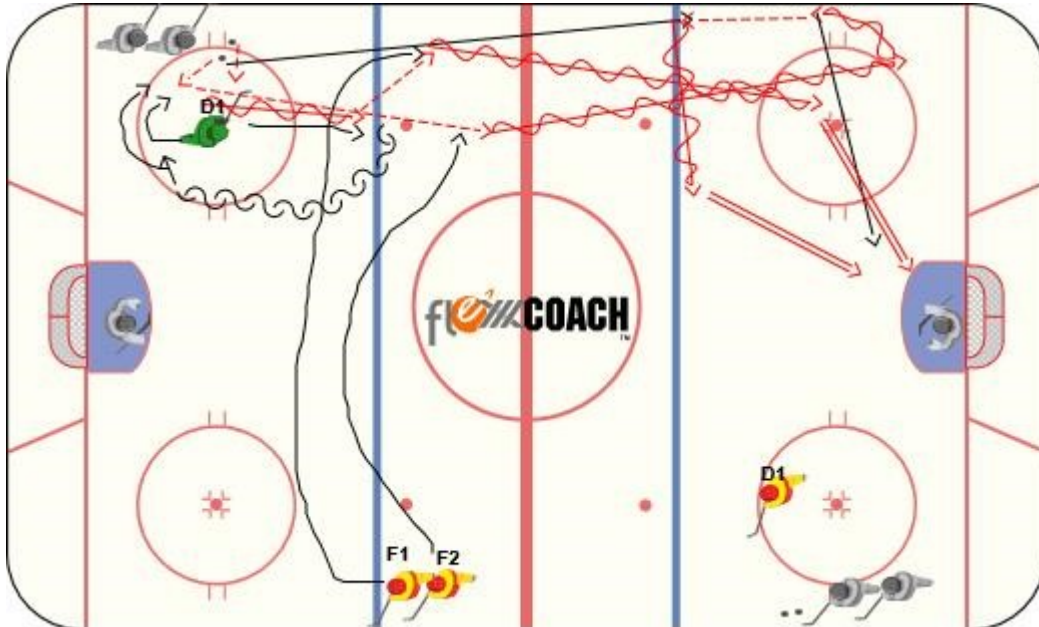


Drill Club

Number of Drills: 28

flow COACH practice PLANNER

1) 2 Pucks for D
0 min.



Objective

Transition, shooting, D join the play

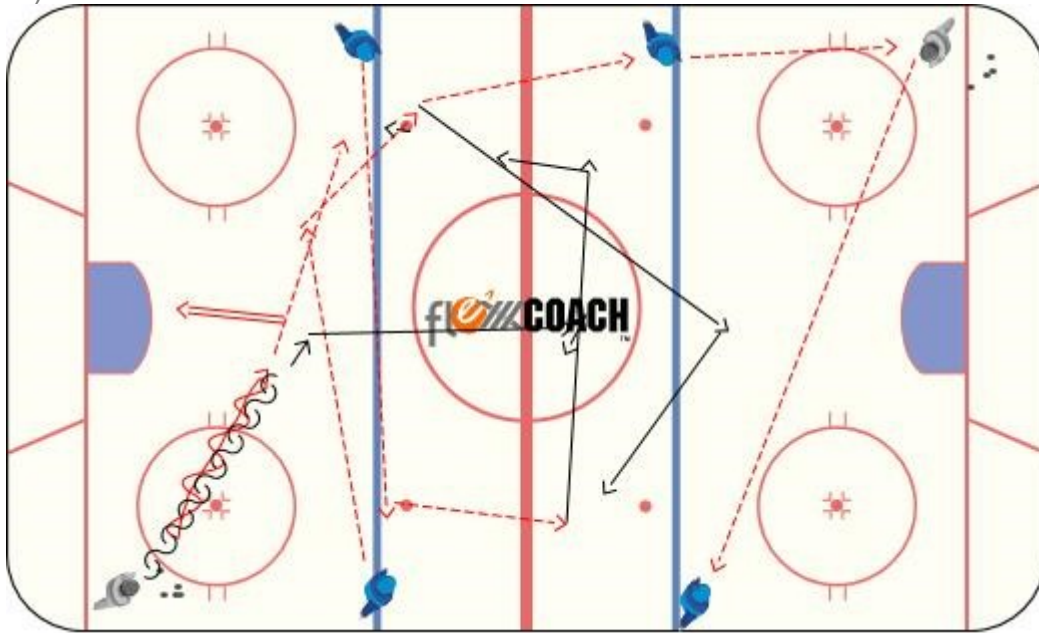
Organization

D1 starts the drill by skating up to the blue line, pivoting to bwd's and opening up to pick up a puck spotted by the next D man in line on the wall. F1 swings across the ice to receive a pass from D1. F1 drives wide and to the net for a shot, remains net front. D1 pivots backwards, picks up a second spotted puck and hits F2 swinging across. F2 drives wide into the zone and delays, then hits D1 who has followed up the play with a pass. D1 drags the middle for a shot while F2 goes to the net. Both ends go at the same time. Switch sides after a few reps and add second variation

Variations

Goalie

2) 7 Pass Trans Skate.



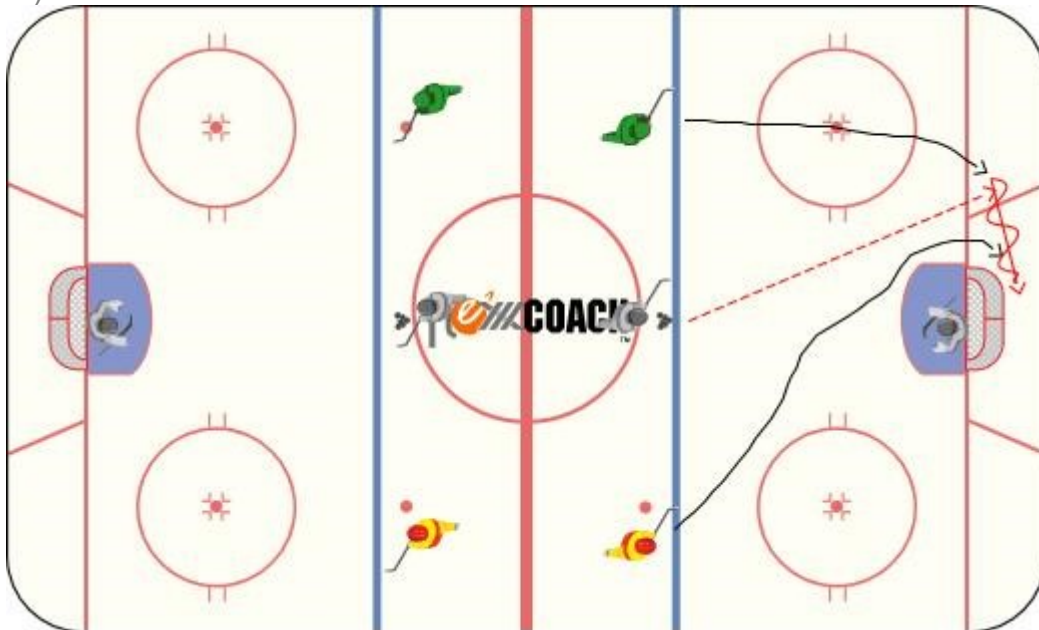
Objective

Passing, Transition skating, Timing, Shot by D and Gap up to defend 2-1 and fwds will attack net. 7 Pass Completion.

Organization

Drill starts with all fwds on the 4 blue lines. D split into oppsite corners. D starts by making a direct pass across ice to F1 coming across in Support, f2 comes across in support of f2 DROP pass from F1 above F2. D1 steps out for a second puck and a quick release shot. D1 then Gaps up. F2 passes puck to fwd f3 that he is now facing f3 runs it down to D2 and D2 sends it across to oppsite line across ice who then touches to f1-f2 who are now transition skating. Drill continues with same patterns starting with a D pass to f4-f3.

3) A Man's Man Drill



Objective

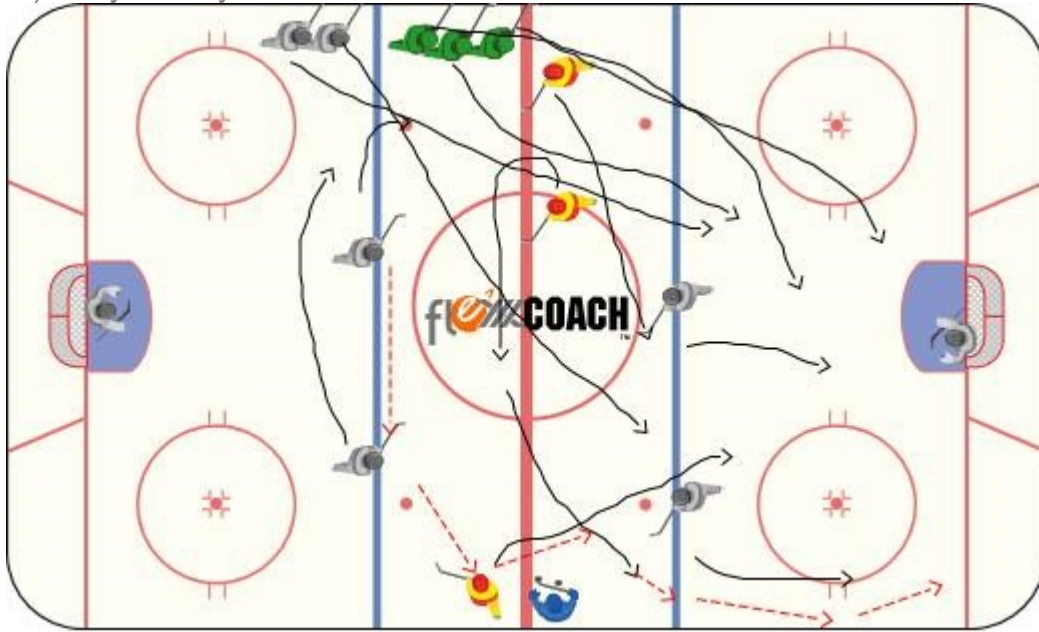
Angling and Battling

Organization

Coach spots a puck in with 1 Player from either line leaving when the puck is dumped in. In order to complete the drill either player must carry the puck around behind the net and skate it out over the blue line of the opposite side he started the drill from. The opposing player must take a good angle, make contact and separate the puck carrier from the puck and then skate

the puck out the opposite corner he started from and out over the blue line. Losing player does 25/25

4) Andy Murray Drill



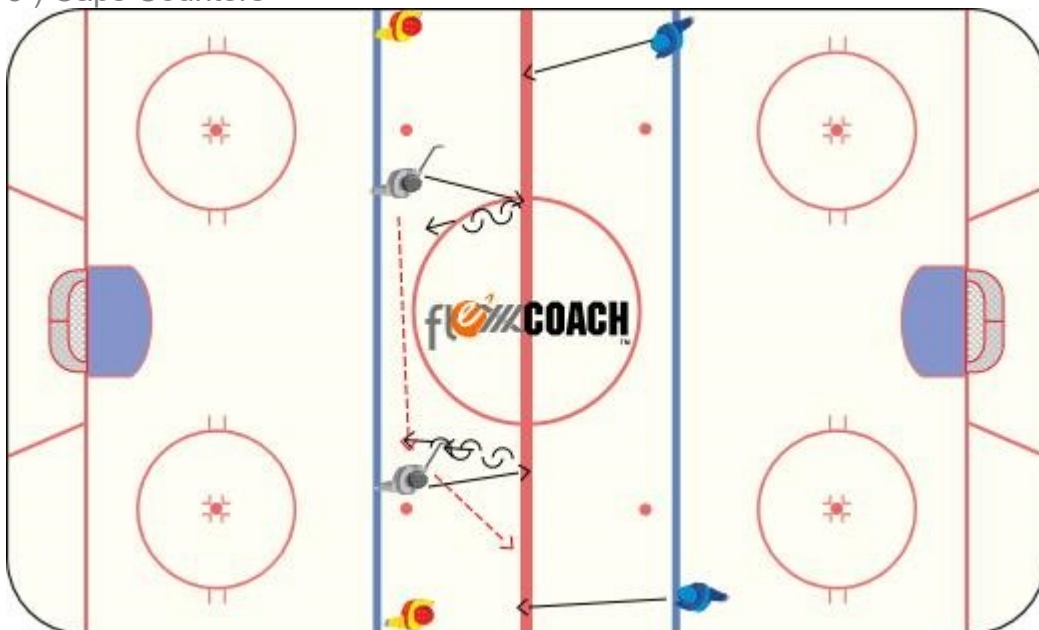
Objective

Simulate Game Like

Organization

Drill starts 5-0 with a BO and attack down ice. OTW 3 F's counter with 2 other D and attack back in zone 3-2 with 5 players changing hard off the bench to back check D-zone coverage and 2 new D at blue line. Play out in zone until the whistle, then drill repeats itself running back down ice with the defending team now on the offensive.

5) Caps Counters



Objective

Transition skating, regroup, gap, pucks movement, attacking.

Organization

Drill starts D1 and D2 working together D1 and D2 Tag up to Center ice. Back Peddle and receive a pass from f1 and f2 comes down as an anchor. make a pass f1 and f2 attack ozone and try and score. d1 and d2 then tag back up to red. And f3 and f4 from same end as f1 and f2 starting same pattern. puck again runs d-d this time from oppsite side of ice. Move it to fwds and on 2nd one D jump in rush. Building 5 parts gives more game situations. And effective puck

movement. Each part D goes two times and tags back up each time receiving passes from Opposite side each time. - part 1 D-D wing -part 2 D-D to middle -part 3 D-D, Hinge to D to WSW -part 4 D-D Hinge to Middle -part 5 D-D seam pass.

Variations

Goalie

6) Caps, Attack, and F3 pop.



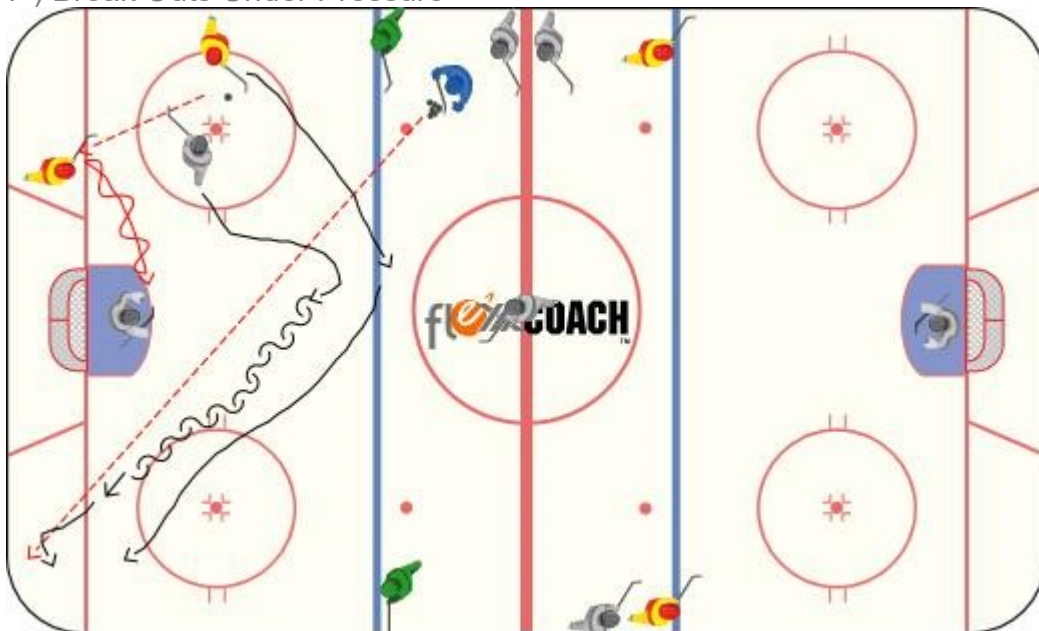
Objective

Attacking off the rush, finding ice as an F3 and regrouping with good entry.

Organization

f1 and f2 Cross f1 leaves puck for f2 they attack vs D1, creating speed. SHot to net whistle starts Center in corner, Coach applies pressure and C attacks up and down and hits the F3 in Good position for a shot. After shot fwds spread out and D1 who played the 2 V 1 Escapes from net front and collects a puck spotted behind the net by the Coach and attack back vs 2 new D 3-2

7) Break Outs Under Pressure



Objective

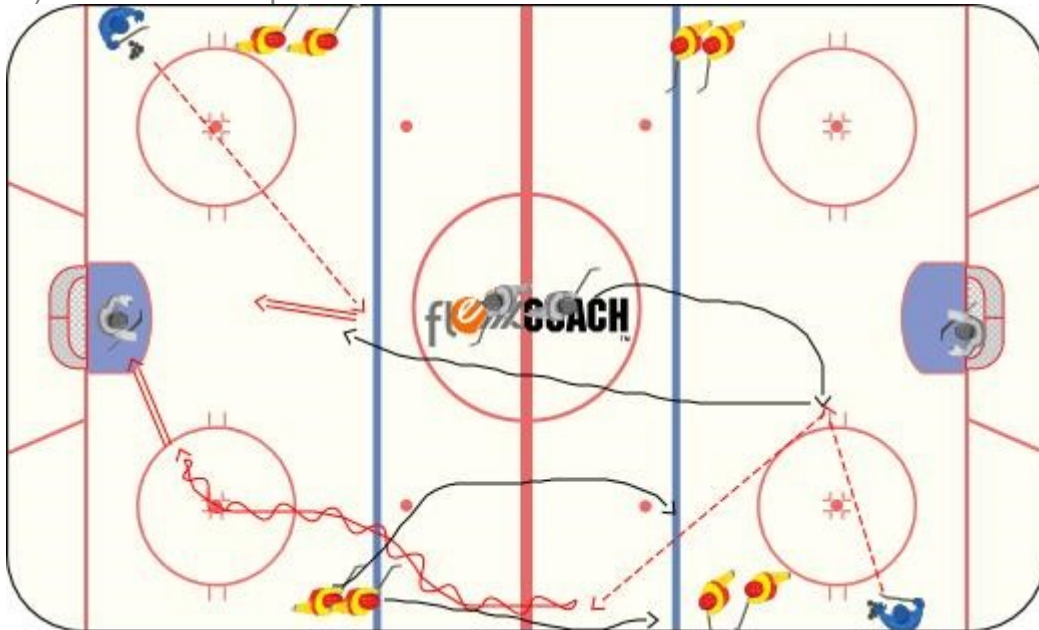
D Man BO under pressure and situational attacks 2-1/ 3-2

Organization

2 F start at centre and counter wiuth a D man then attack 2on1 far end play out below the tops of the circles until the whistle. OTW D and 1 F must break out of zone (D tag up at blue, F at

centre circle) Coach spots a puck in and D must retreat to get pick and move it to new F coming down to support from the blue. Once the 2 F have the puck they attack back down the far end 2-1 and the drill repeats itself. * progression is then 3 on 1 and then 3 on 2 ** 2 FC attack with 3 on 2

8) D Man Quick Up Series



Objective

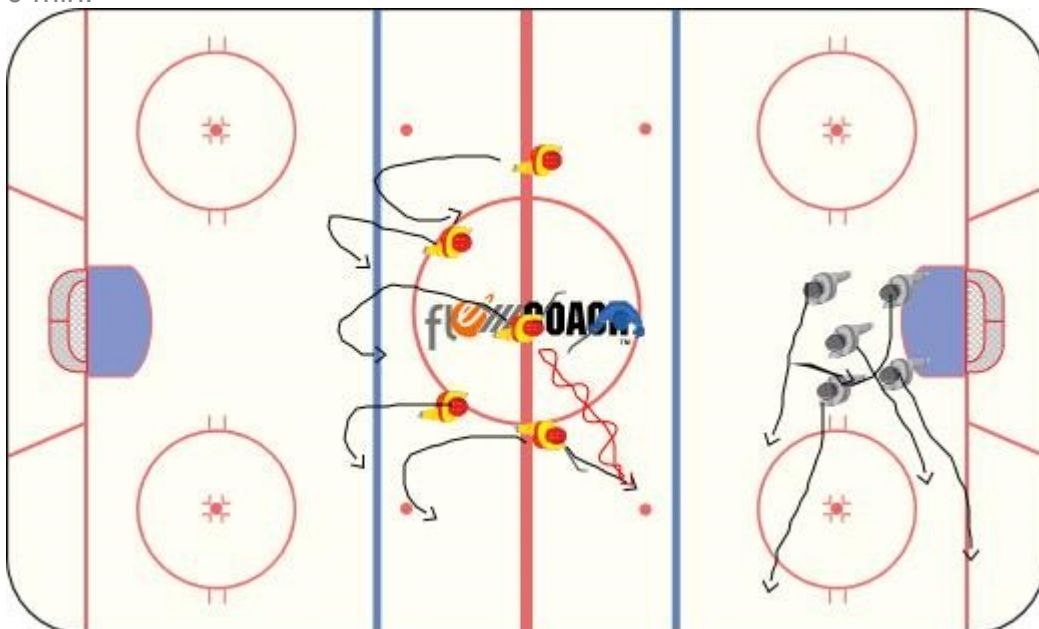
Quick Transition passing

Organization

Part A - Coach spots a puck. D man must retreat to pick it up and pass to either F1 or F2, both forwards leave from side to support, F1 and F2 enter the offensive zone wide with speed, shoot and stay net front. D1 joins the play, receives a pass from the coach and shoots with 2 man traffic net front. Part B- Coach passes to 1 D jumping back to simulate a D-D pass. Only 1 F leaves and swings around the centre circle from the boards to support the D-D pass. F1 receives the pass skates down for a shot, D2 follows up the play, receives a pass from the coach and shoots. Part C- 2 Forwards leave from opposite lines, with 1D retreating to get a puck spotted by the coach, D1 turns up the puck, F1 and F2 post up and swing, receive a pass from the coach and shoots with both forwards net front.

9) D zone back to house.

0 min.



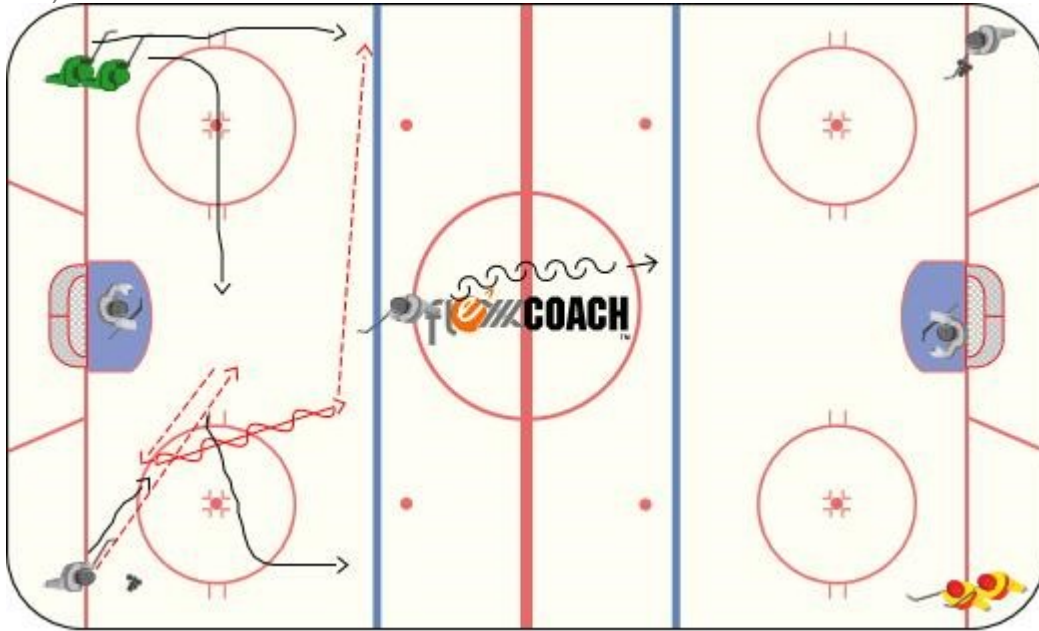
Objective

D Zone Layers of Coverage -offensive low support and play- D players making smart decisions when tired.

Organization

5 players start in N zone, tag up, receive a pass from the coach and attack the offensive zone driving the puck down below the goal line. As soon as the offensive players get the puck below the goal line the 5 Defensive players are engaged on the and must skate to their D zone spots. Play out until the puck is dead or cleared. Coach spots a new puck in. Otw, Defesnsive players must skate to the red line, stop and skate back to the house, then attack the offensive Team again, this time with a differetn forward playing low. Offensive players remain where they are while D players skate to center and back.

10) Florida Panthers 2 on 1



Objective

Organization

At one end a PP unit works the box plus 1 with a 5 on 3 advantage. The PK players must get possession and fire it down the ice. When the puck is shot down the unit at the far end is activated and plays out a 5 on 4 advantage. The game goes back and forth until new players are added.

11) Old School D zone 5-5



Objective

Work on D zone coverage

Organization

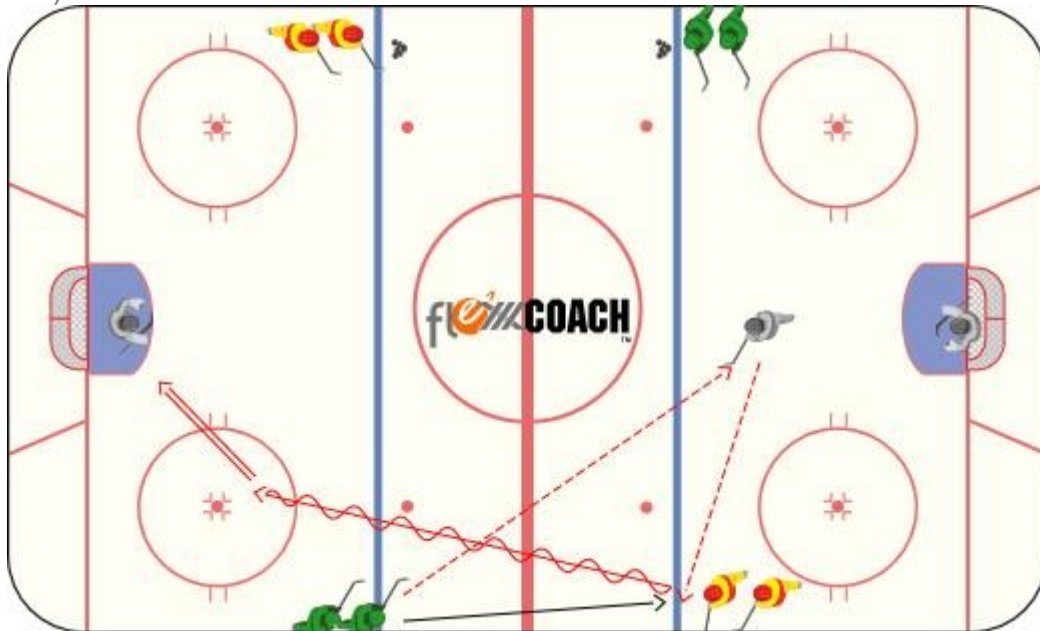
5 Players wearing different colours battle it out D-zone starting a dump from the coach.

Defensive players must turn their sticks over. Coach blows the whistle to instruct

Variations

Goalie

12) Portland Series



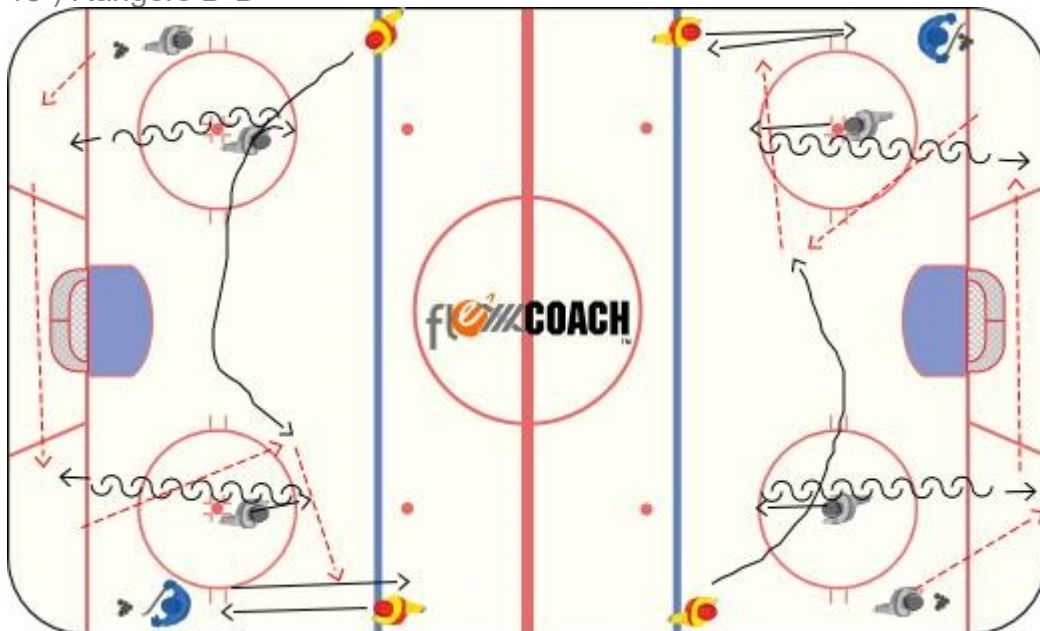
Objective

3 part shooting drill with D

Organization

Part 1: Players from opposite sides leave on the whistle, pass to the D man at the far end, post up, get a return pass and go in for a shot. Then the other 2 lines that did not go repeat the sequence. Part 2: Players from opposite sides leave on the whistle, pass to the far D man while continuing to skate towards the D. D gives a return pass to the F makes on more pass before swinging to the far side, D escapes and makes a pass back to the F who goes in for a shot. Opposite lines go on whistle. Part 3: 2 players leave at the same time from the same blue line, 1 forward passes to the far D who passes to opposite F who posts up on the far wall and chips to F1 who made the original pass to start the drill. Both players go in for a 2-0.

13) Rangers D-D



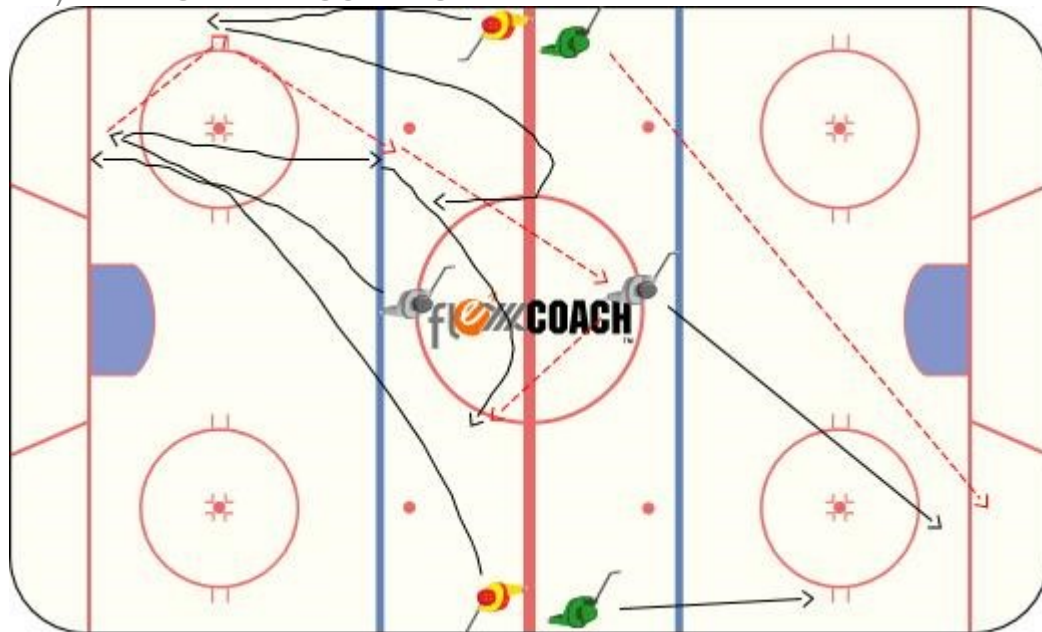
Objective

D-D pass with Forwards timing it

Organization

On the whistle- both D tag to the top of the circles and backwards skate to below goalline. Extra D dumps puck to corner. Make a D-D pass. Receiving D toes up and make a pass to the middle F. F on the starting side times it thru the slot receiving pass. Boardside F straight down the wall to the hashmarks and stop. Explode up ice and receive a pass from other F and goes down and shots D that made the pass to F stops at top of circle and transitions back and picks up a puck from the coach. Middle F circles back and receives a second pass from the D and goes down and shots. D receives a pass from the coach and goes down and walks the line for a shot

14) TEAM CANADA CONNECT



Objective

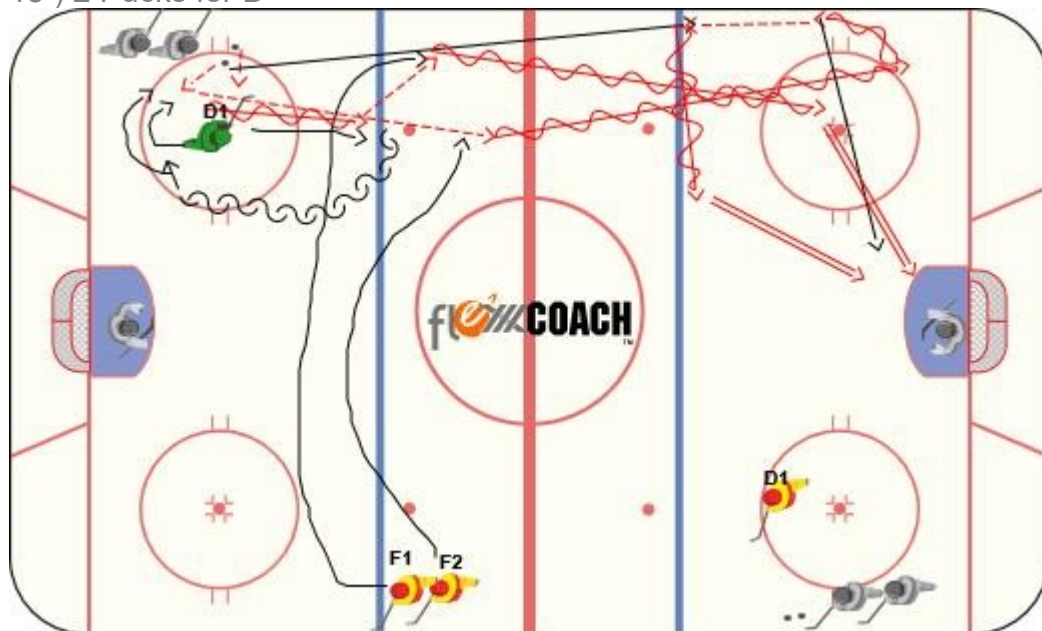
TRANSITION SUPPORT 2 VS 1 FORECHECK THIS DRILL CAN ALSO GO TO 3 ON 2

Organization

F1 CROSS CORNER DUMP ON D1 AND APPLY PRESSURE. F2 IS THE ANCHOR D1 MOVES THE PUCK TO F2 F1 AND F2 REGROUP WITH D2 AND ATTACK D1. F3 CROSS CORNER DUMP F4 ANCHOR D2 AFTER TAG UP CONTINUES DRILL AND RECOVERS PUCK AND PASS TO F4 AND DRILL IS CONTINUOUS. THIS DRILL CAN ALSO GO TO 3 ON 2

2

15) 2 Pucks for D



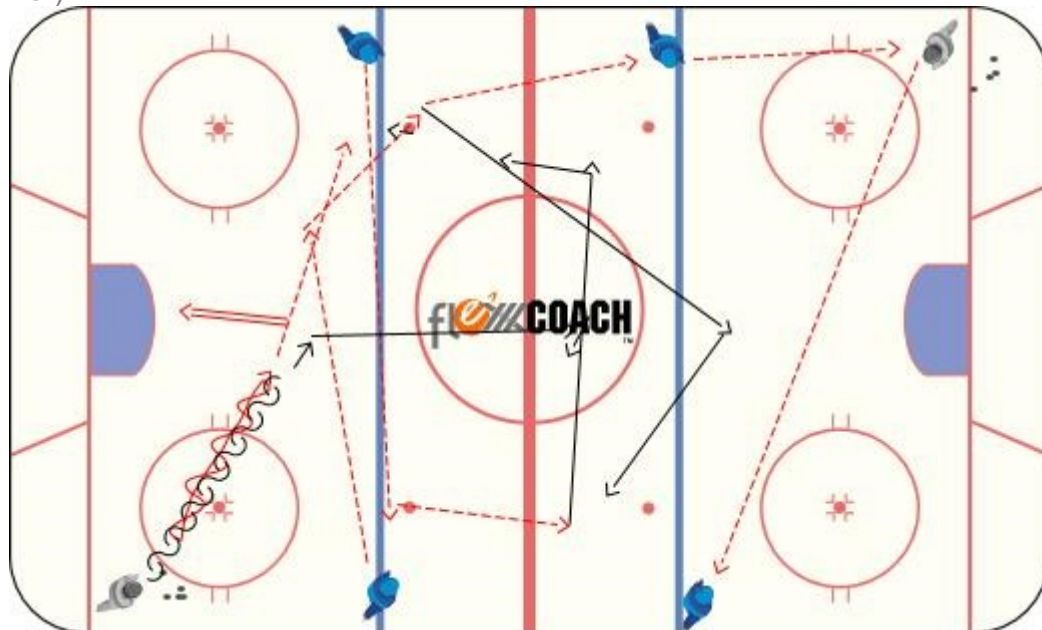
Objective

Transition, shooting, D join the play

Organization

D1 starts the drill by skating up to the blue line, pivoting to bwd's and opening up to pick up a puck spotted by the next D man in line on the wall. F1 swings across the ice to receive a pass from D1. F1 drives wide and to the net for a shot, remains net front. D1 pivots backwards, picks up a second spotted puck and hits F2 swinging across. F2 drives wide into the zone and delays, then hits D1 who has followed up the play with a pass. D1 drags the middle for a shot while F2 goes to the net. Both ends go at the same time. Switch sides after a few reps and add second variation

16) 7 Pass Trans Skate



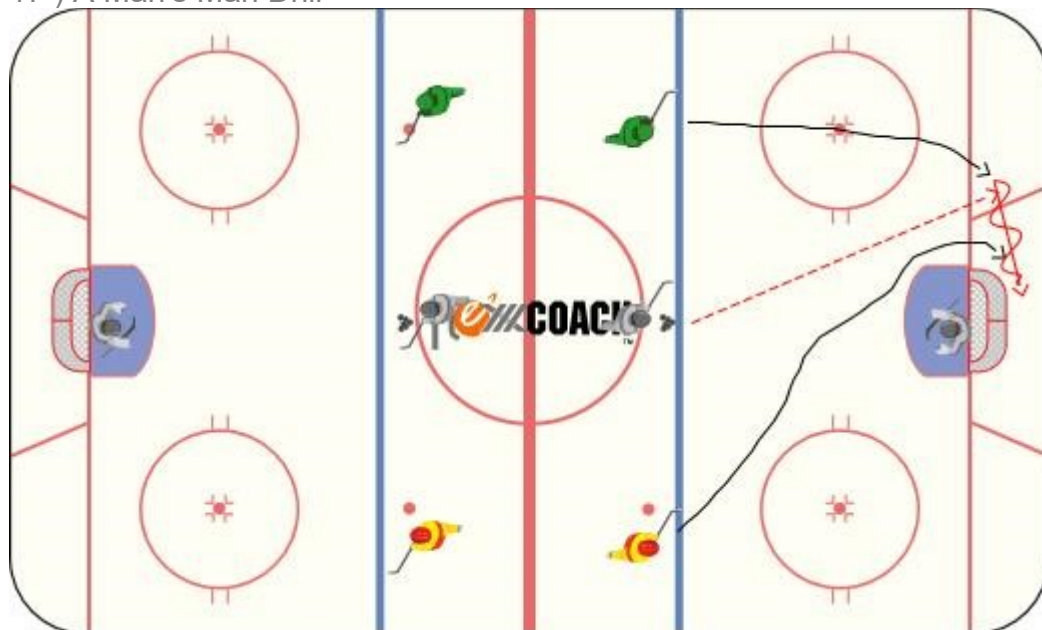
Objective

Passing, Transition skating, Timing, Shot by D and Gap up to defend 2-1 and fwds will attack net. 7 Pass Completion.

Organization

Drill starts with all fwds on the 4 blue lines. D split into oppsite corners. D starts by making a direct pass across ice to F1 coming across in Support, f2 comes across in support of f2 DROP pass from F1 above F2. D1 steps out for a second puck and a quick release shot. D1 then Gaps up. F2 passes puck to fwd f3 that he is now facing f3 runs it down to D2 and D2 sends it across to oppsite line across ice who then touches to f1-f2 who are now transistion skating. Drill continues with same patterns starting with a D pass to f4-f3.

17) A Man's Man Drill



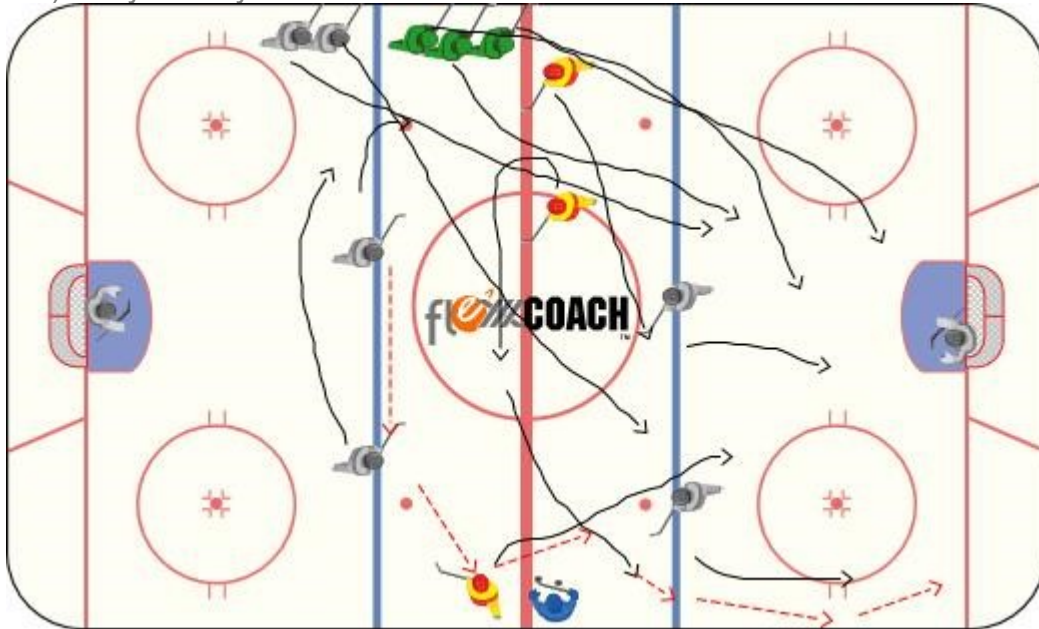
Objective

Angling and Battling

Organization

Coach spots a puck in with 1 Player from either line leaving when the puck is dumped in. In order to complete the drill either player must carry the puck around behind the net and skate it out over the blue line of the opposite side he started the drill from. The opposing player must take a good angle, make contact and separate the puck carrier from the puck and then skate the puck out the opposite corner he started from and out over the blue line. Losing player does 25/25

18) Andy Murray Drill



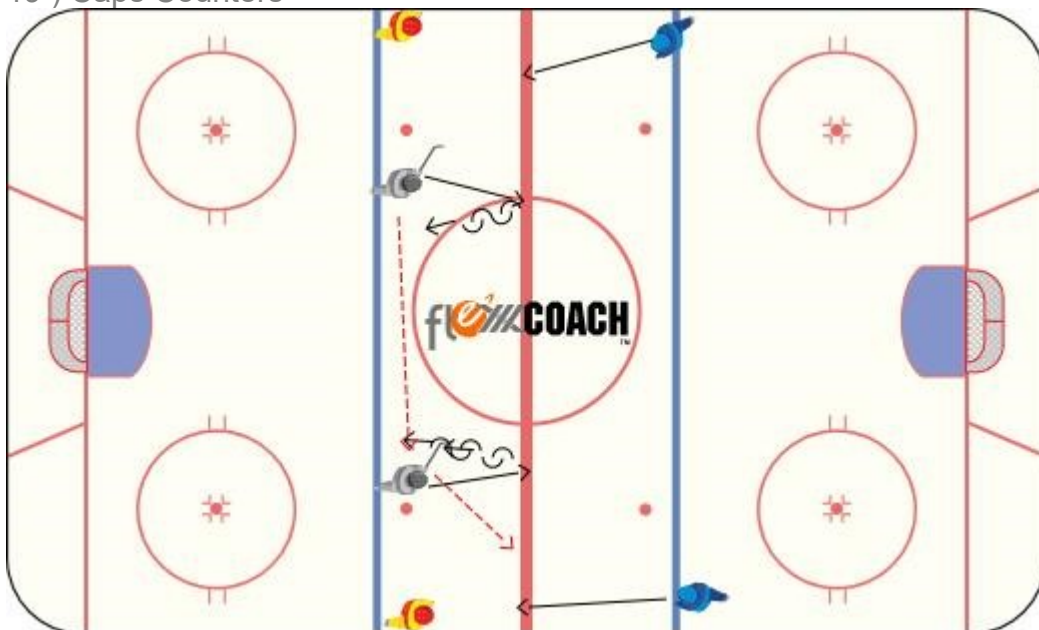
Objective

Simulate Game Like

Organization

Drill starts 5-0 with a BO and attack down ice. OTW 3 F's counter with 2 other D and attack back in zone 3-2 with 5 players changing hard off the bench to back check D-zone coverage and 2 new D at blue line. Play out in zone until the whistle, then drill repeats itself running back down ice with the defending team now on the offensive.

19) Caps Counters



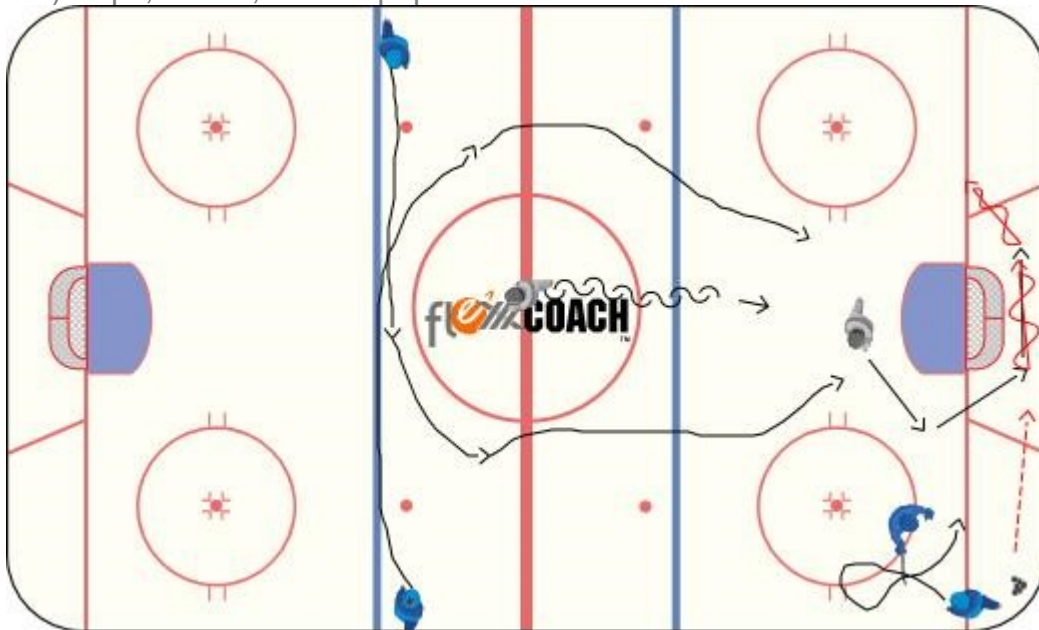
Objective

Transition skating, regroup, gap, pucks movement, attacking.

Organization

Drill starts D1 and D2 working together D1 and D2 Tag up to Center ice. Back Peddle and receive a pass from f1 and f2 comes down as an anchor. make a pass f1 and f2 attack ozone and try and score. d1 and d2 then tag back up to red. And f3 and f4 from same end as f1 and f2 starting same pattern. puck again runs d-d this time from oppsite side of ice. Move it to fwds and on 2nd one D jump in rush. Building 5 parts gives more game situations. And effective puck movement. Each part D goes two times and tags back up each time recieving passes from Opposite side each time. - part 1 D-D wing -part 2 D-D to middle -part 3 D-D, Hinge to D to WSW -part 4 D-D Hinge to Middle -part 5 D-D seam pass.

20) Caps, Attack, and F3 pop.



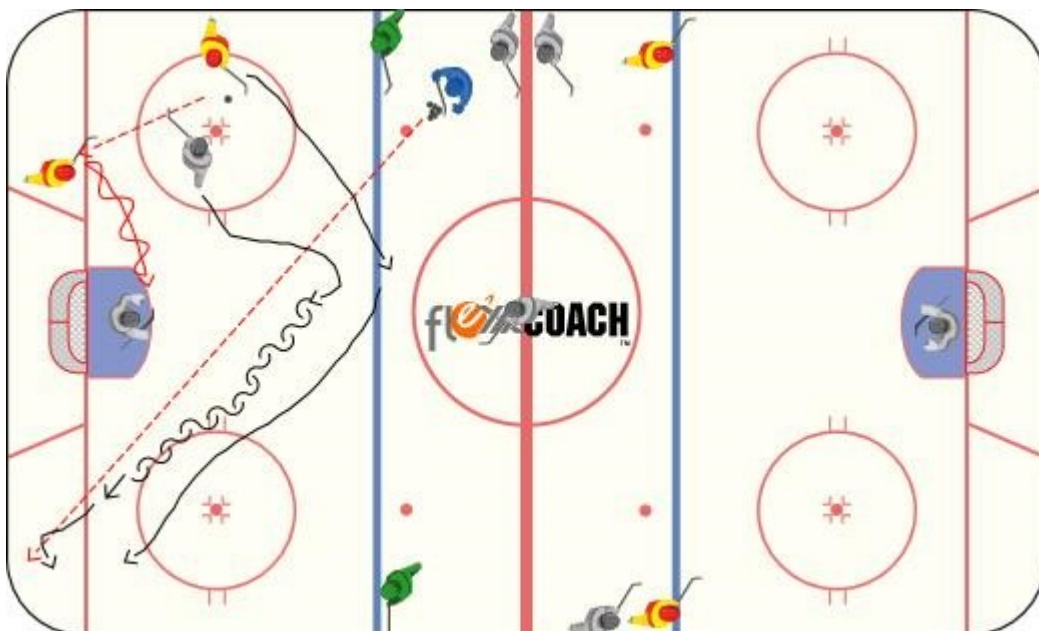
Objective

Attacking off the rush, finding ice as an F3 and regrouping with good entry.

Organization

f1 and f2 Cross f1 leaves puck for f2 they attack vs D1, creating speed. SHot to net whistle starts Center in corner, Coach applies pressure and C attacks up and down and hits the F3 in Good position for a shot. After shot fwds spread out and D1 who played the 2 V 1 Escapes from net front and collects a puck spotted behind the net by the Coach and attack back vs 2 new D 3-2.

21) Break Outs Under Pressure



Objective

D Man BO under pressure and situational attacks 2-1/ 3-2

Organization

2 F start at centre and counter with a D man then attack 2 on 1 far end play out below the tops of the circles until the whistle. OTW D and 1 F must break out of zone (D tag up at blue, F at centre circle) Coach spots a puck in and D must retreat to get pick and move it to new F coming down to support from the blue. Once the 2 F have the puck they attack back down the far end 2-1 and the drill repeats itself. * progression is then 3 on 1 and then 3 on 2 ** 2 FC attack with 3 on 2

22) D Man Quick Up Series



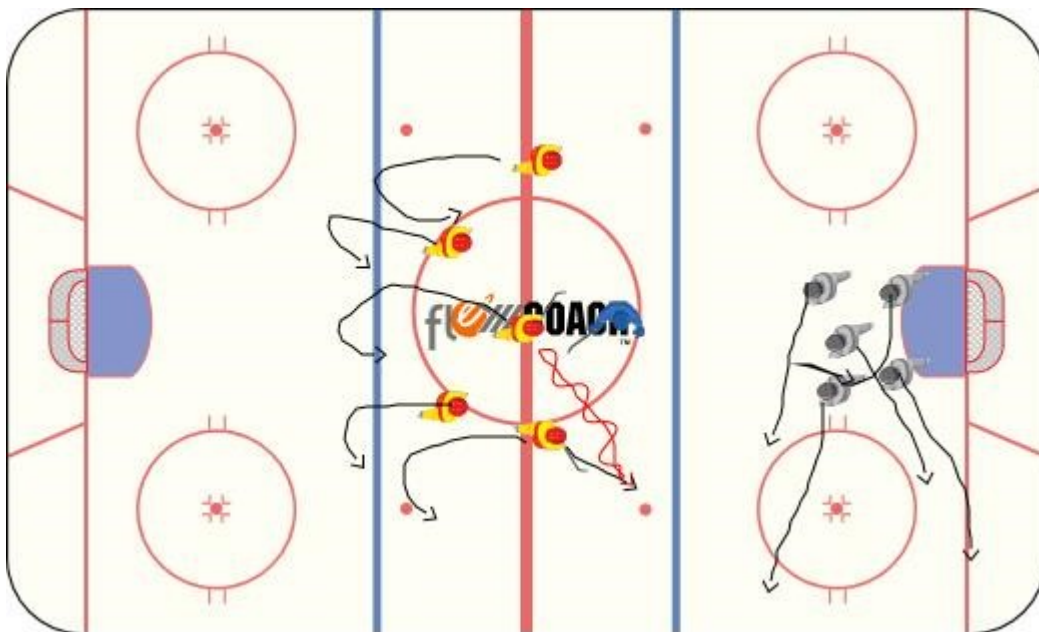
Objective

Quick Transition passing

Organization

Part A - Coach spots a puck. D man must retreat to pick it up and pass to either F1 or F2, both forwards leave from side to support, F1 and F2 enter the offensive zone wide with speed, shoot and stay net front. D1 joins the play, receives a pass from the coach and shoots with 2 man traffic net front. Part B- Coach passes to 1 D jumping back to simulate a D-D pass. Only 1 F leaves and swings around the centre circle from the boards to support the D-D pass. F1 receives the pass skates down for a shot, D2 follows up the play, receives a pass from the coach and shoots. Part C- 2 Forwards leave from opposite lines, with 1D retreating to get a puck spotted by the coach, D1 turns up the puck, F1 and F2 post up and swing, receive a pass from the coach and shoots with both forwards net front.

23) D zone back to house.



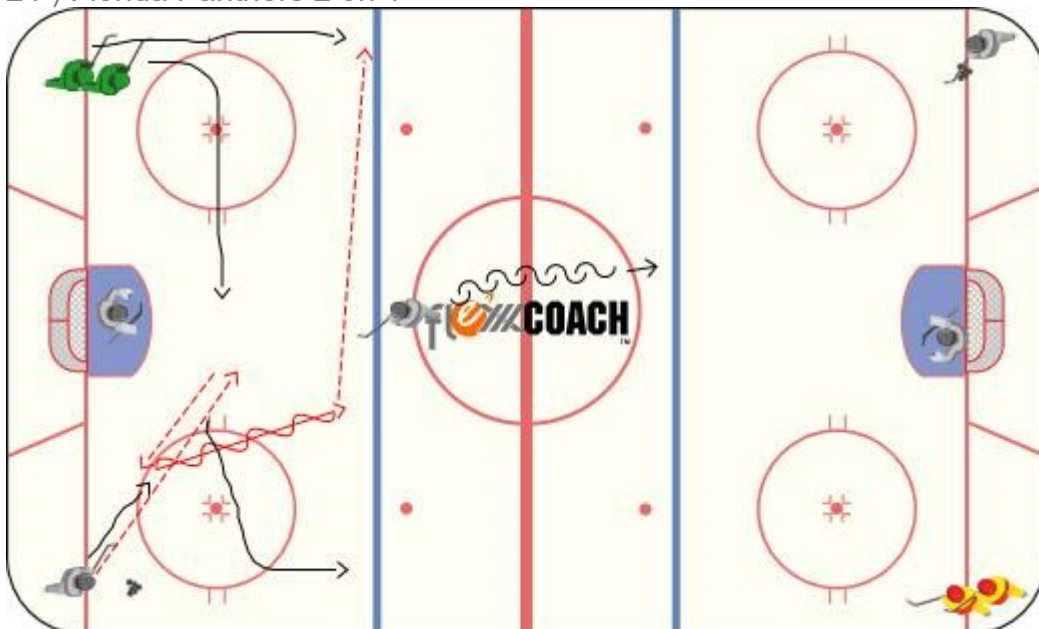
Objective

D Zone Layers of Coverage -offensive low support and play- D players making smart decisions when tired.

Organization

5 players start in N zone, tag up, receive a pass from the coach and attack the offensive zone driving the puck down below the goal line. As soon as the offensive players get the puck below the goal line the 5 Defensive players are engaged on the and must skate to their D zone spots. Play out until the puck is dead or cleared. Coach spots a new puck in. Otw, Defesnsive players must skate to the red line, stop and skate back to the house, then attack the offensive Team again, this time with a differethn forward playing low. Offensive players remain where they are while D players skate to center and back.

24) Florida Panthers 2 on 1

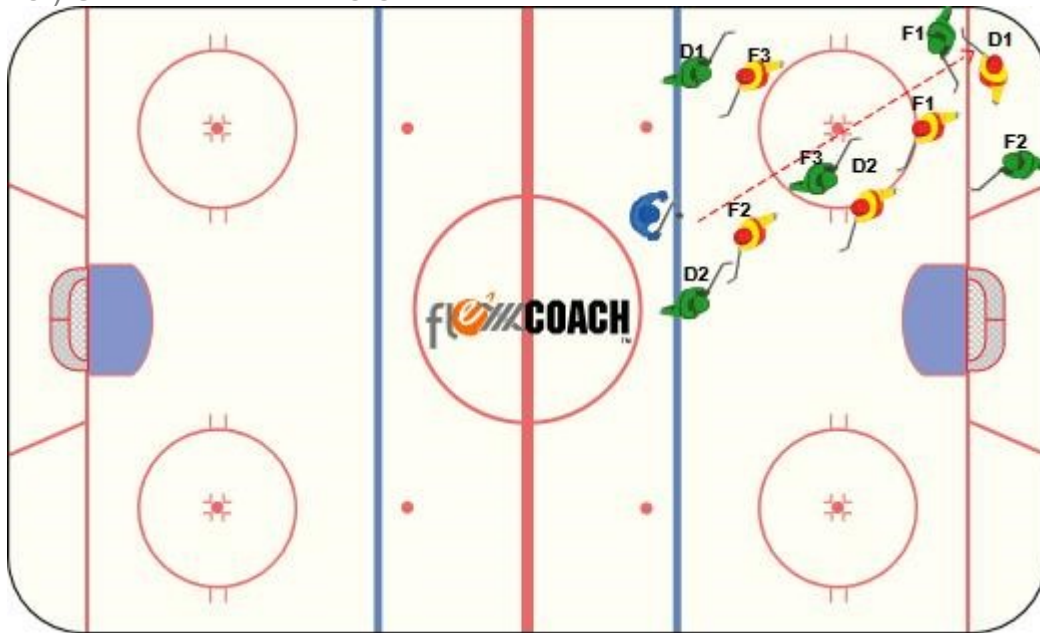


Objective

Organization

At one end a PP unit works the box plus 1 with a 5 on 3 advantage. The PK players must get possession and fire it down the ice. When the puck is shot down the unit at the far end is activated and plays out a 5 on 4 advantage. The game goes back and forth until new players are added.

25) Old School D zone 5-5



Objective

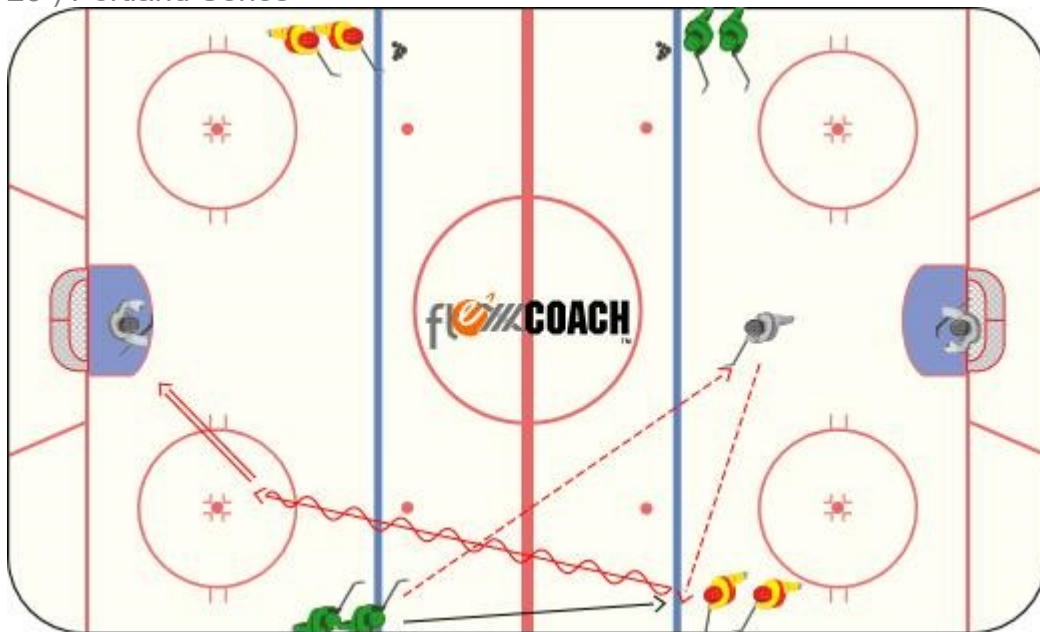
Work on D zone coverage

Organization

5 Players wearing different colours battle it out D-zone starting a dump from the coach.

Defensive players must turn their sticks over. Coach blows the whistle to instruct

26) Portland Series



Objective

3 part shooting drill with D

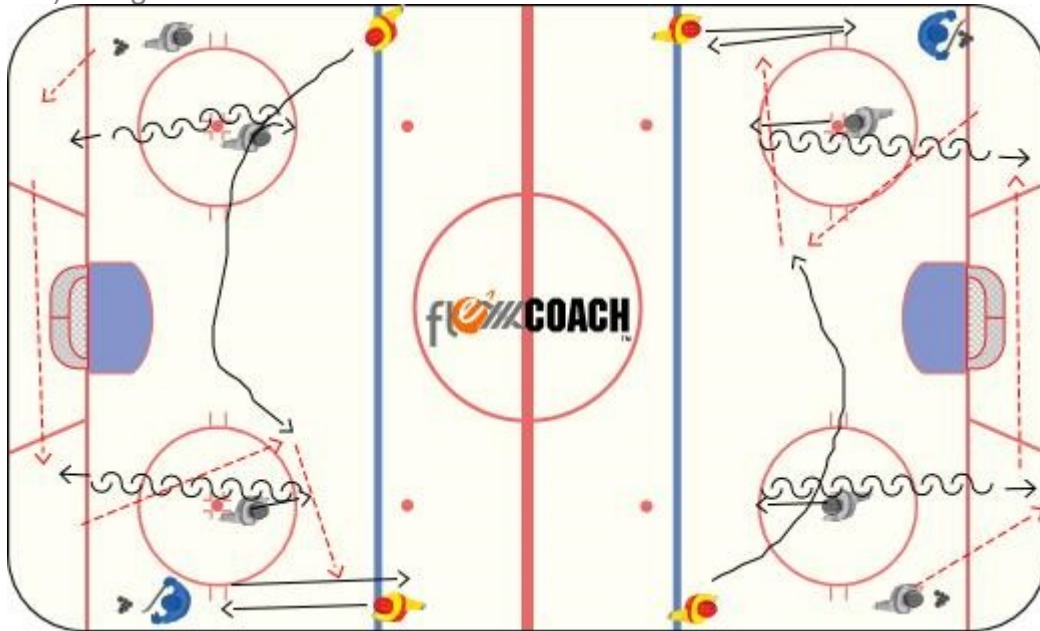
Organization

Part 1: Players from opposite sides leave on the whistle, pass to the D man at the far end, post up, get a return pass and go in for a shot. Then the other 2 lines that did not go repeat the sequence. Part 2: Players from opposite sides leave on the whistle, pass to the far D man while continuing to skate towards the D. D gives a return pass to the F makes on more pass before swinging to the far side, D escapes and makes a pass back to the F who goes in for a shot. Opposite lines go on whistle. Part 3: 2 players leave at the same time from the same blue line, 1 forward passes to the far D who passes to opposite F who posts up on the far wall and chips to F1 who made the original pass to start the drill. Both players go in for a 2-0.

Variations

Goalie

27) Rangers D-D



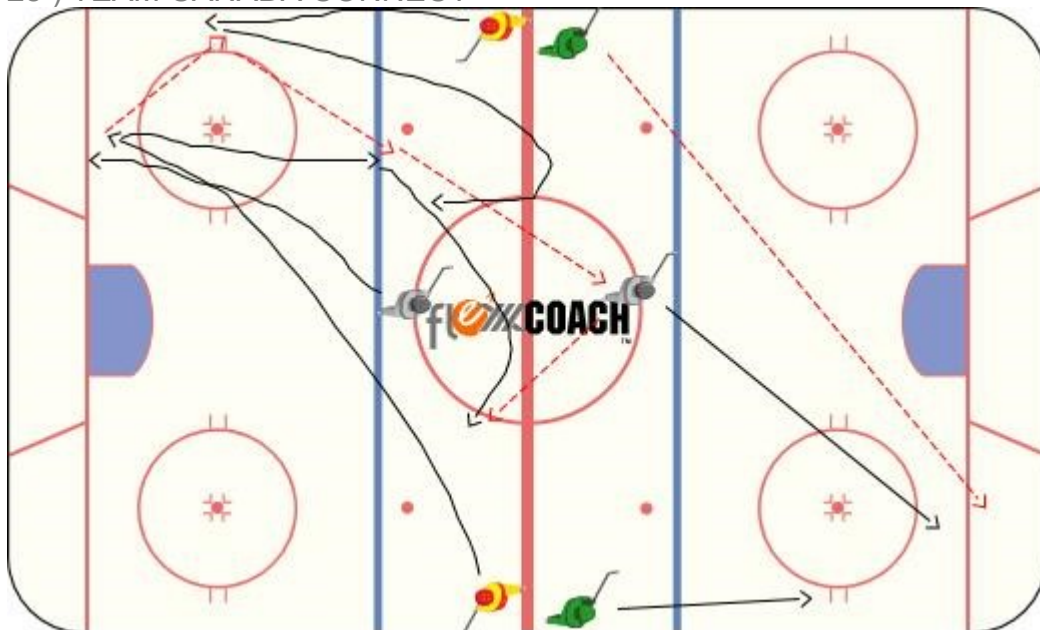
Objective

D-D pass with Forwards timing it

Organization

On the whistle- both D tag to the top of the circles and backwards skate to below goalline. Extra D dumps puck to corner. Make a D-D pass. Receiving D toes up and make a pass to the middle F. F on the starting side times it thru the slot receiving pass. Boardside F straight down the wall to the hashmarks and stop. Explode up ice and receive a pass from other F and goes down and shots D that made the pass to F stops at top of circle and transitions back and picks up a puck from the coach. Middle F circles back and receives a second pass from the D and goes down and shots. D receives a pass from the coach and goes down and walks the line for a shot

28) TEAM CANADA CONNECT



Objective

TRANSITION SUPPORT 2 VS 1 FORECHECK THIS DRILL CAN ALSO GO TO 3 ON 2

Organization

F1 CROSS CORNER DUMP ON D1 AND APPLY PRESSURE. F2 IS THE ANCHOR D1 MOVES THE PUCK TO F2 F1 AND F2 REGROUP WITH D2 AND ATTACK D1. F3 CROSS CORNER DUMP F4 ANCHOR D2 AFTER TAG UP CONTINUES DRILL AND RECOVERS PUCK AND PASS TO F4 AND DRILL IS CONTINUOUS. THIS DRILL CAN ALSO GO TO 3 ON 2

Variations

Goalie

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