

Drill Club

Number of Drills: 7

Total Time: 0 min.

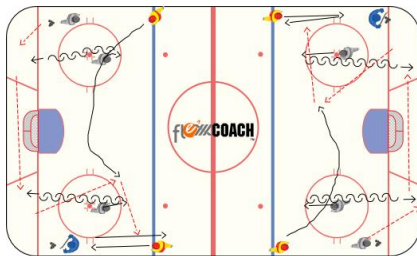


Plan Objective

Activating D, transition, gapping, forechecking, creativeness, finish with some compete.

1) Rangers D-D

0 min.



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

Variations

Goalie

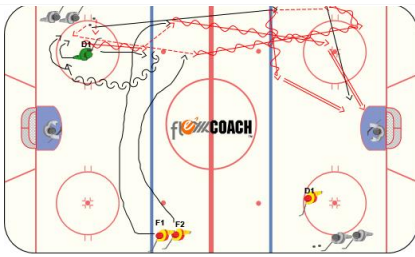
2) 2 Pucks for D

0 min.

Objective

Transition, shooting, D join the play

Organization



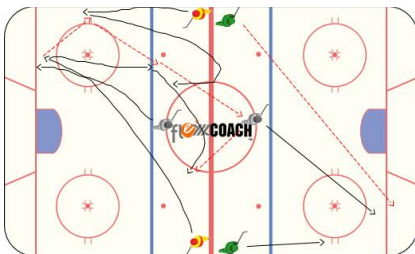
D1 starts the drill by skating up to the blue line, pivoting to bwd's and opening up to pick up a puck spotted by the next D man in line on the wall. F1 swings across the ice to receive a pass from D1. F1 drives wide and to the net for a shot, remains net front. D1 pivots backwards, picks up a second 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 puck 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

3) TEAM CANADA CONNECT

0 min.



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

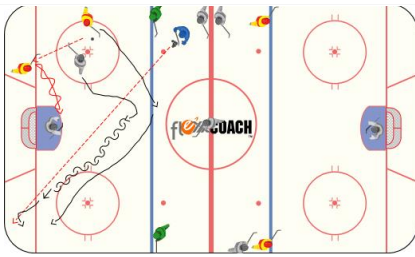
4) Break Outs Under Pressure

0 min.

Objective

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

Organization



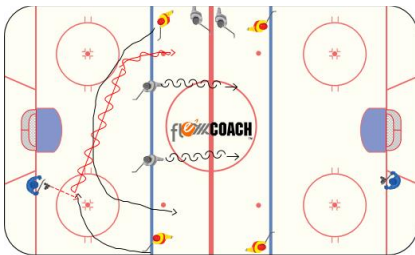
2 F start at centre and counter with a D man then attack 2on1 far end play out below the tops of the circles until the whistle. OTW D and 1 F must break out of zone (D tag up at blue, F at centre circle) Coach spots a puck in and D must retreat to get pick and move it to new F coming down to support 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

Variations

Goalie

5) PEI Gap 2 ON 2

0 min.



Objective

2 on 2 with potential regroup

Organization

On the whistle both F swing down the boards, receive a pass from the coach and swing, attacking back down ice 2 on 2. If the coach blows the whistle, both F must skate back down towards original end, pass with the coach and regroup while both D gap up and play the 2 on 2 again. As soon as the rush goes back down ice 2 new F jump down to the top of the circles. D must move puck up to the 2 Forwards waiting at the top of the circle to start the drill in the other direction 2on2 to force a regroup.

Variations

Goalie

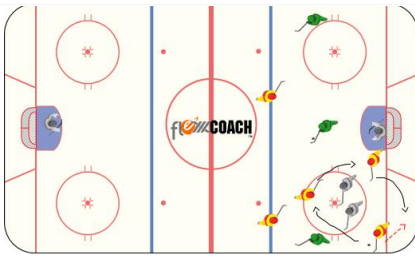
6) Red Devil 3 on 2 Cycle

0 min.

Objective

Organization

Drill starts with 3 offensive F's cycling the puck. On the first whistle, the 2 D that were on a knee in the circle become active



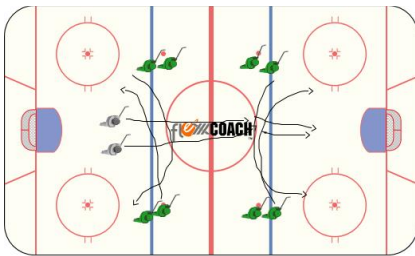
and defend against the 3F's On the second whistle the first puck is dead and the second puck with the opposing players become live. F3 high must make a early decision and pick up a man, while the D shift over to face the other two players in the on coming rush. Drill continues back into 5 on 5. Play out until the whistle

Variations

Goalie

7) RED DEVIL RACES

0 min.



Objective

GAP CONTROL, TRANSITION, SPEED

Organization

F1 AND F2 ATTACK ON SIDE VS D1 AND D2 ON THE WHISTLE F1 AND F2 RACE FOR PUCK 1 ON 1 SHOOT THEN WHISTLE DEFEND GAP UP VS F3 AND F4 CONTINUOUS

Variations

Goalie