

Games from Drill of the Week Club – 2018-19

Colville

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

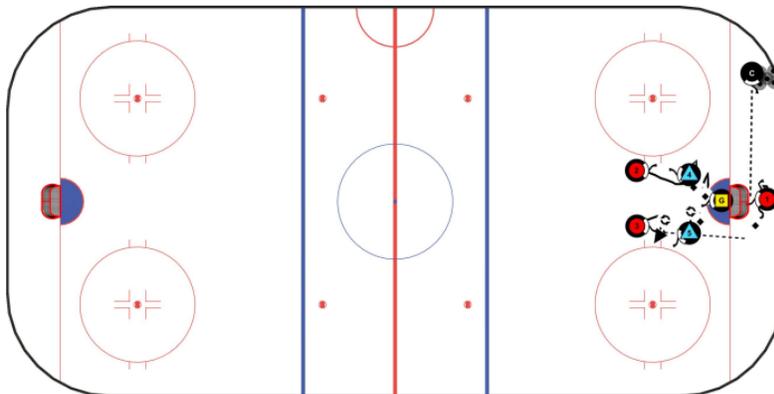
Time: _____ Drill Name: **4v4 RUSHES SMALL AREA GAME**

- NETS UP TO TOPS OF CIRCLES IN EACH END
- 4 FROM EACH TEAM COME OFF BENCH FOR EACH 40-60 SECOND SHIFT. NO CHANGING ON FLY
- COACHES HAVE PUCKS ON OPPOSITE BLENES.
- THE IDEA IS A FAST PACED, 4v4 GAME WHERE TEAMS TRADE RUSHES. SO, HOPEFULLY, LOTS OF 2v1, 2v2, 3v2, 3v3 + 4v4, ETC.
- ANY PUCKS GOING PAST NET ARE OUT OF BOUNDS + COACH AT THAT
- ANY CHANGE OF POSSESSION MUST BE PASSED TO A COACH BEFORE ATTACK

Key Execution Points (KEP)

Larry Huras

1 - AG GRETZKY 3:2



TIME: 10

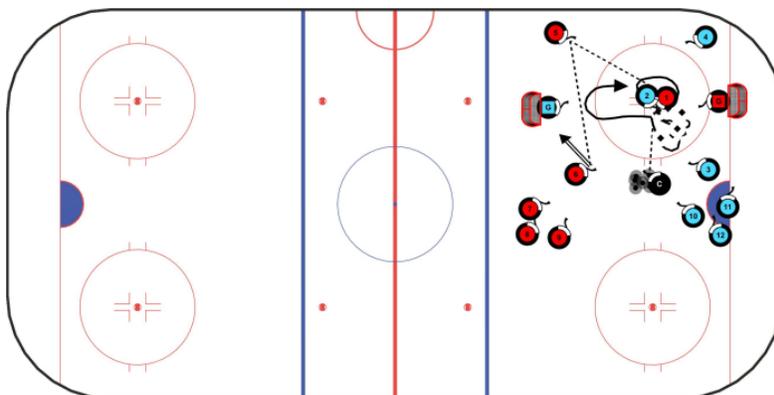
DESCRIPTION:

-3 pucks. First 2 pucks «Gretzky» has to play the puck from behind the goal line with a 2:2 in front of the net.
With the 3rd puck it's a full 3:2.

KEYPOINTS:

Offense: Create and find open ice to get open and to get shots through.
Defense: Head on a swivel, stick positioning/passing lanes, take away ice/time from the offensive players and win inside body position

2 - AG HAND GRENADE



TIME: 10

DESCRIPTION:

-3 players on each team who can score, 1 on 1 battle for possession in the middle and two stationary passers/shooters on each team on the sides.
-Coach chips in pucks to start and when the puck goes in the net or out of play.
-Change players either on set number of goals or after xxseconds.

KEYPOINTS:

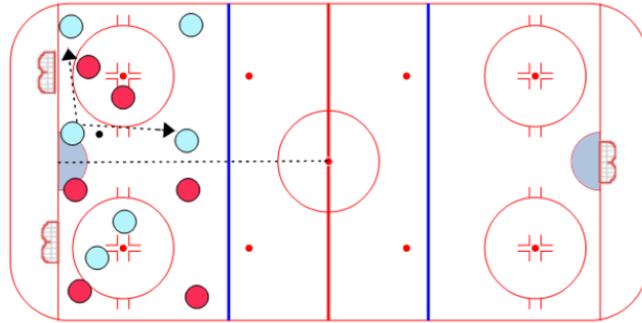
-Stick and body battle to gain possession and protect/win back puck.
-Body position and stick position ready to shoot/score.
-Quick Puck movement and use open passing lanes.

Russel

Title : 4-2 All out scoring Content elements: _____ Components : _____

Description

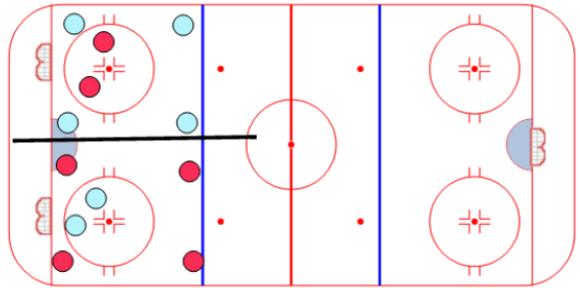
Players play 4 v 2 on one side. Objective is to score as many times as they can. Coach keeps providing pucks until defensive team either clears the zone or gets the puck over to their team on the other side. Drill is continuous. Alternate players between defensive role and offensive role.



Key Points : Offensive Support Quality Passes Shooting off Pass Screen/Rebounds

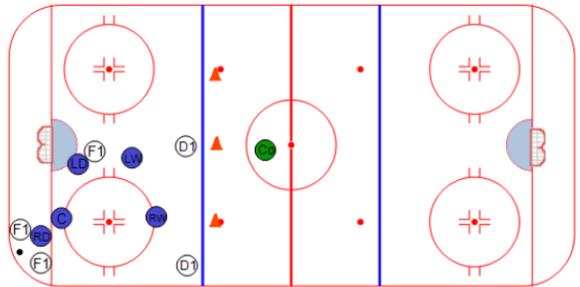
Title : All out scoring 4v2 Key Points : Small area, less time, make fast decisions

Players play 4 v 2 on one side. Objective is to score as many times as they can. Coach keeps providing pucks until defensive team either clears the zone or gets the puck over to their team on the other side. Drill is continuous. Alternate players between defensive role and offensive role.



Title : 5v5 IZ retouch Key Points : Communicate Low F

5v5 IZ. On Whistle D team retouches around cones.
D team has to sort out coverage on 2nd puck.
You can force offence to start off different areas/situations - Behind net, East West play, Low to High play or make carry up wall to work on Hybrid
Off-Def-Out



James Poole

Title : Gretzky NZ 2v2

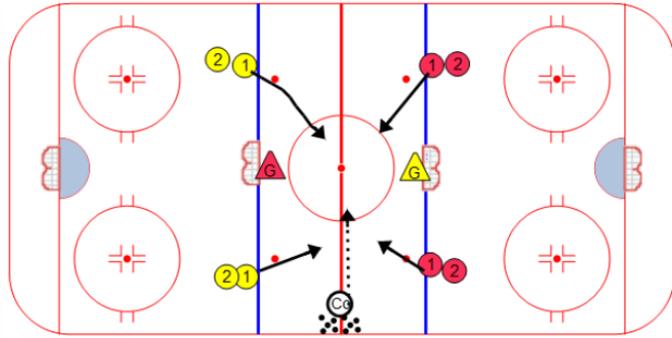
Category #1 : SAG

Category #2 : Competitive Game

Description

NZ 2v2 Game

- On Whistle coach spots puck, 1 player from each line enters into NZ.
- Each team is shooting on net at same end as their lines
- Each team also has option to use stationary teammates (Gretzky = behind blue-line & dots or wider) on each side of net.
- Offensively = support in open ice or go hard to net
- Defensively = head on swivel, keep D-side, good sticks



Key points :

H.O.S / D-side / Sticks

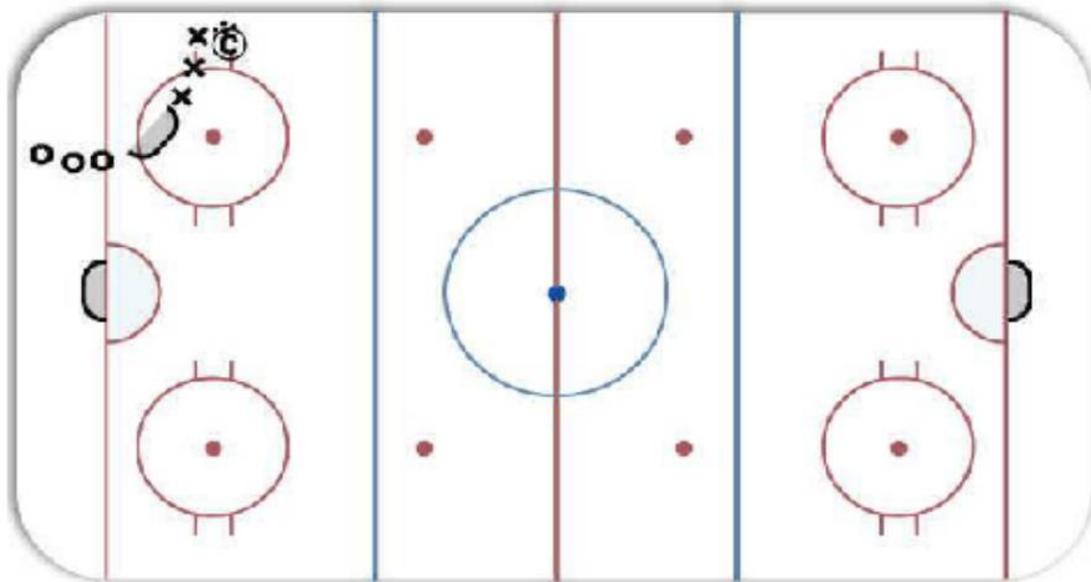
Support in open ice

Net front tactics

Quick attacks D2O

Katie Mora

Thunderdome



Description

- 2 players (x/o) battle for puck in the dome - both can score
- Players on outside keep puck in
- C will add new puck if player scores or puck gets cleared

Tags: Body position, Stick on Puck, Quick release

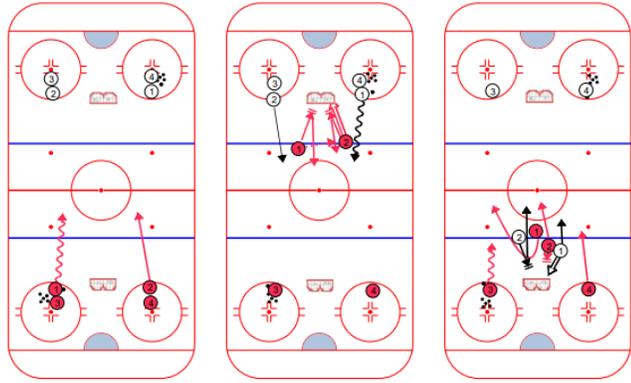
Katajalehto

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : team play drill Category #1 : _____ Category #2 : _____

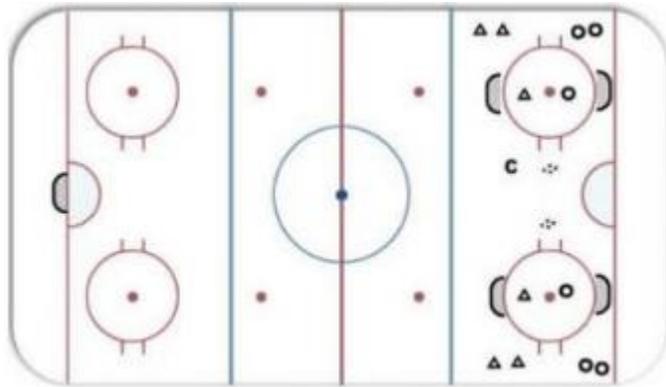
Quick Transition 2-0 to 4-4

- starts 2vs0 and try to score from the rush
- Stop in front of the net and cues ○ start the rush
- backchecks

play up to 4vs4 and let play continue until the whistle and ○ starts 2vs0



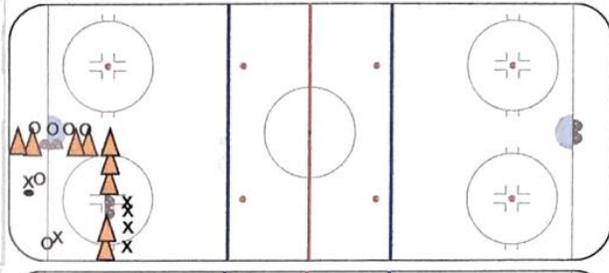
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 1v1 Deke break away Category #1 : _____ Category #2 : _____



Lund - Sweden

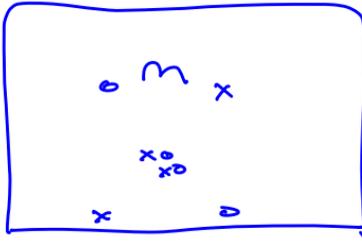
Jim Midley

2-2 Corner
 8:00 - 8:10
 -Xs score on one side while Os score on the other
 -Focuses on supporting quickly and reading and reacting



Smith

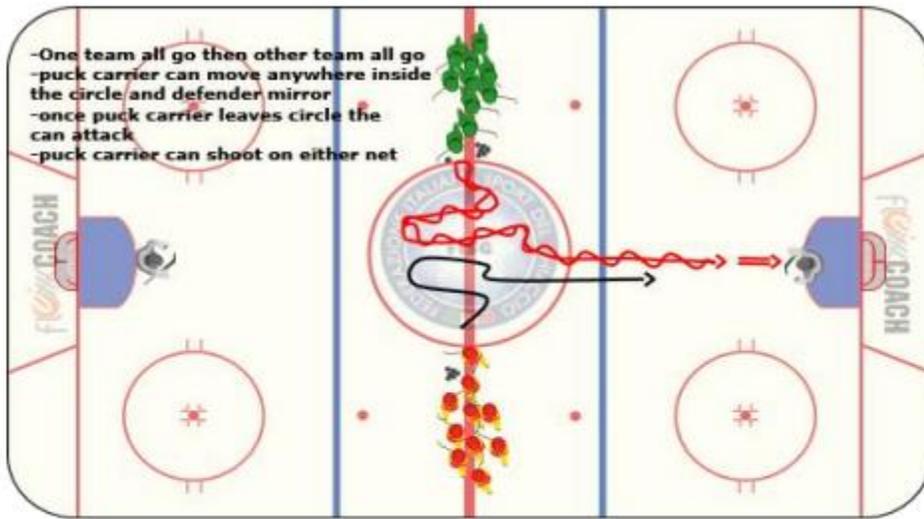
Small game



2v2 in zone
Net front guy can only screen/deflect/reb/jam
Blue line guy can only shoot or shot pass
2v2 in middle are trying to score

Pgl of 2

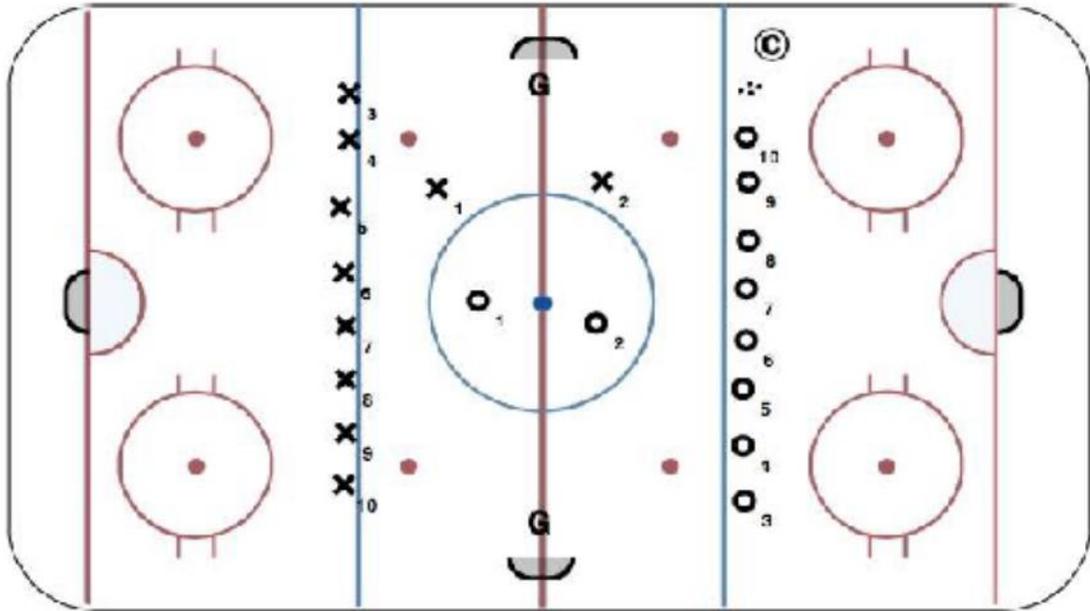
Clayton Beddoes



DRILL: COMPETITION	TIME:
1V1 should become break-away chase	
defender cannot attack puck until it leaves center circle	

Peter Murphy

Down the Line



Description

Competition drill.
 Xs vs Os in a 2 on 2.
 On change of possession you must pass to a player on your blue line.
 You can use the players on your blue line at any time to improve your chance to score.
 Cannot take the puck from a blue line player (in other words it is a 2 on 2 and work on coverage).
 Change on the whistle with the 3 and 4 from each line jumping out next.

Boyce

Title : Small Ice Pt Shot 3v3

Category #1 : Small Area Games

Category #2 : Battle.

Description

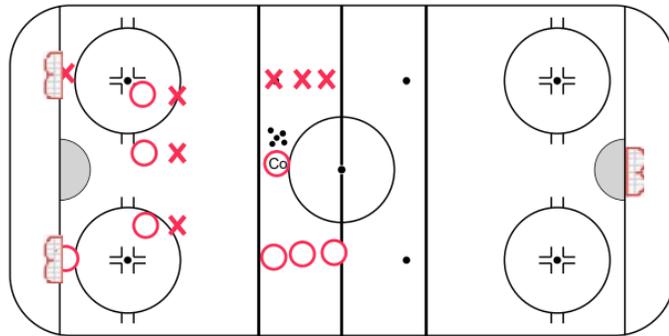
4. Competitive Drill

Coach spots puck for Xs and Os to play 3v3
 Players in Zone cannot shoot puck. Must pass to first player in respective lines who can shoot

Offense - Tip, redirect
 Defense - Box out, pickup sticks, block shots.
 Rebounds must be passed back to pt man for shot on goal.
 Players in zone cannot shoot.

Option: allow one rebound shot, then send back to pt man.

Award points for goals, for rebound shots, and blocked shots



Key points :

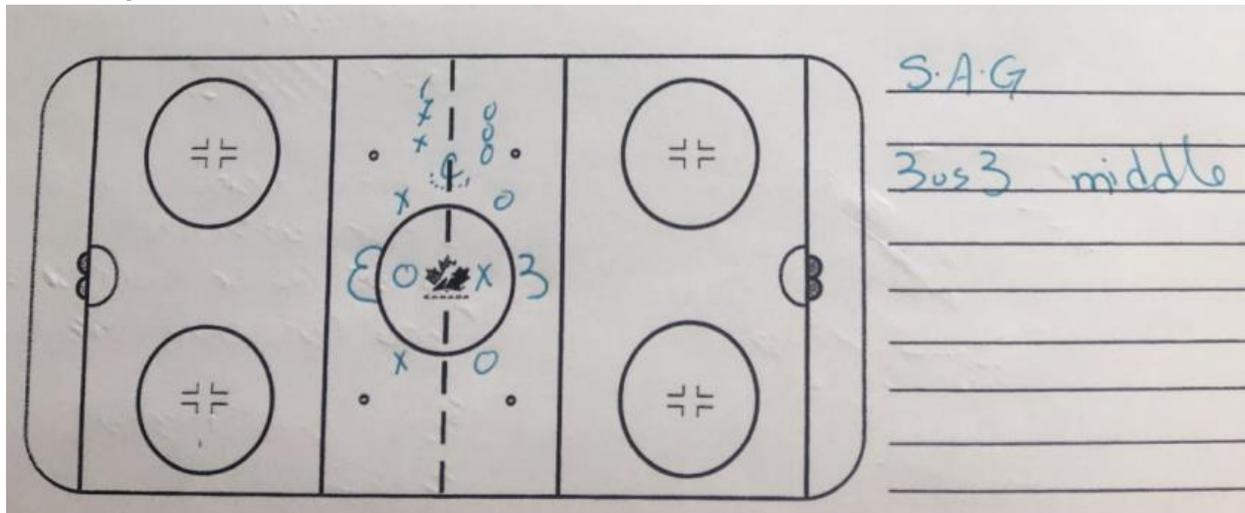
Tips

Screens

Box Outs/Tie ups

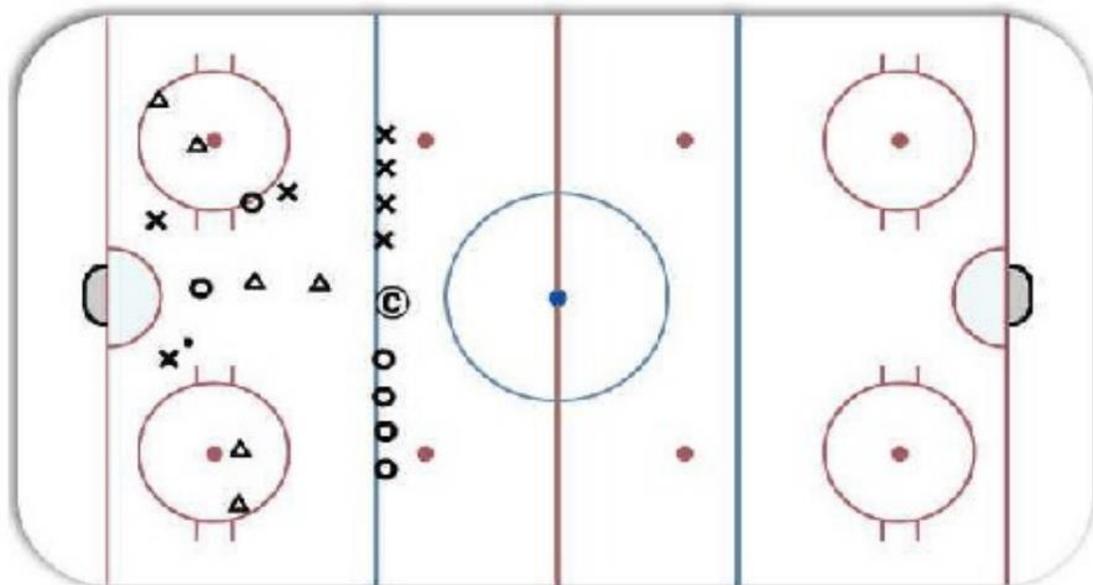
Block Shots.

Mitch Guiguere



kFlanagan

Gate Game



Description

3v2 (offense advantage)

3 x's work together to try to pass through one of the 3 gates to earn points.
2 o's try to defend

2v3 (defense advantage)

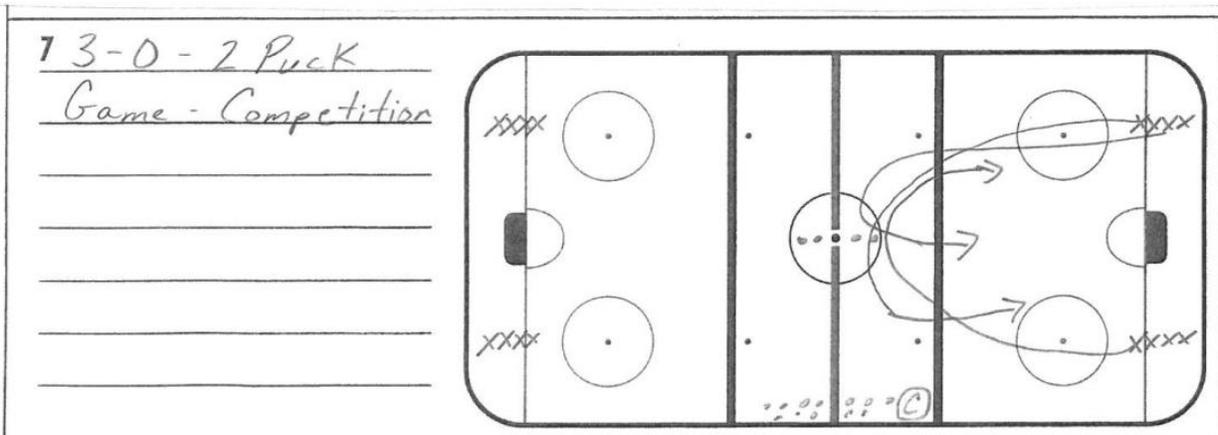
2 x's work together vs 3 defenders to try to pass through the gates
3 o's isolate the puck carrier and try to gain possession. Pass to Coach if possession gained.

Kim Perepeluk

3-0 Two Puck Game

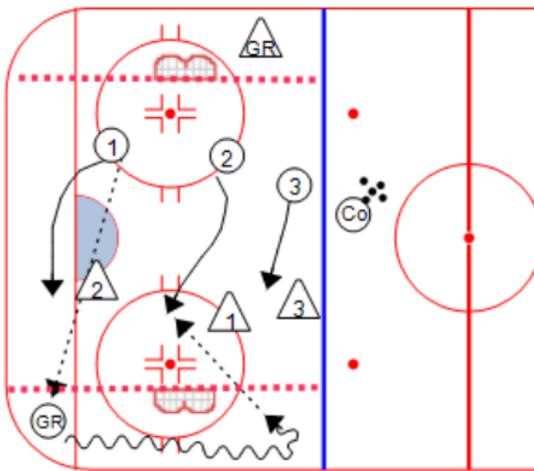
Both ends leave at the same time. All skaters must touch the puck before a shot can be taken. After first shot all skaters need to touch the goal line before going to get the second puck. Again all skaters must touch the puck and play until one side scores. Game up to 5 goals depending on time.

*Keys- All players must touch the goal line after first shot. All players must touch the puck and stay on side.



Enio Sacilotto

DRILL #4 – COMPETITIVE ACTIVITY – SMALL AREA GAME – THE GRETZKY GAME



. Players play 3 on 3, GR (gretzky player) can move anywhere behind the imaginary line, but cannot cross the line. Before the attacking team can make a play on net they must pass the puck to gretzky, then move to get it back (give and go).

Coaches must encourage players to get open,

Always make sure the players rotate being the bp player.

COMBO GAME: breakout game plus gretzky game - change of possession puck goes back to bp player, before a shot puck goes to Gretzky.

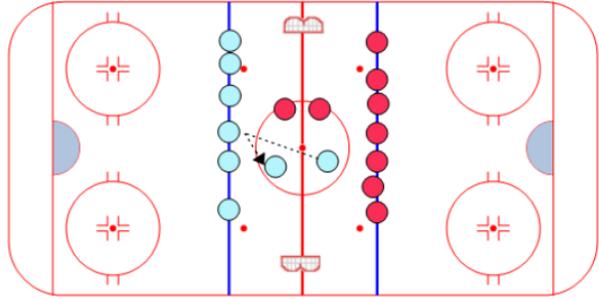
Wade Burt

Title : Tarasov 2 v 2

Key Points :

2 v 2.

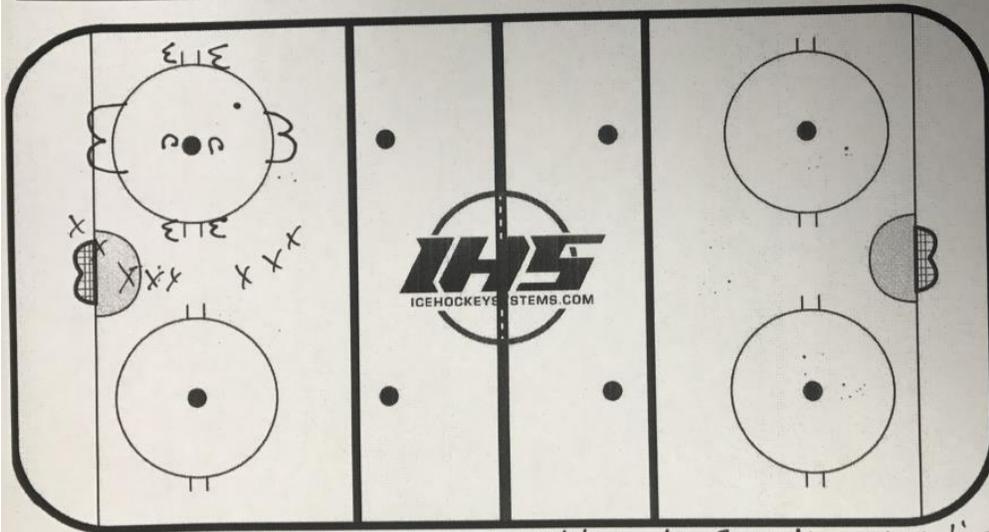
Can use teammates on blueline for support.



Wade Burt

#4 - Competitive GAME

Drill: Face OFF - 3 on 1

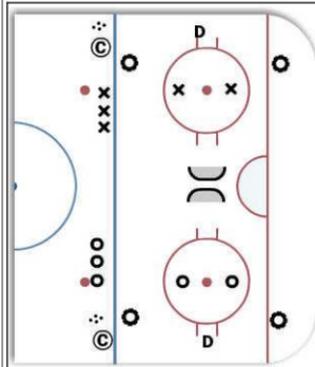


- D-Men - Can Go As A line - Rotate Center Every time SAME line Goes IN.
- Coach Drops Puck - Who ever Wins Puck Possession - All 3 players Stay IN
- losing team - Both Wingers Are Out. C - Stays in And Plays 1 on 3
- Go till Team SCORES - OR Time Call.

Will

Urgency - 10 mins

10:30am



- All players start on their knees
- On whistle, both C's chip puck to the D along wall (must stay along wall below tires)
- Both forechecks get up and try to retrieve puck from D
- Once they get puck, they are attempting to score on their goal
- Coach chips in new puck when leaves the zone or miss the net

Key Points: , LEAD WITH STICK , STICK FIRST , BODY SECOND , GOOD ANGLES AND F1 LOOKS TO SEPARATE PUCK FROM D