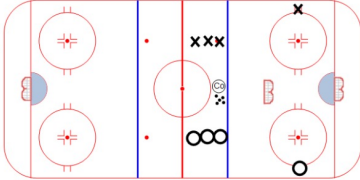


ISLANDERS

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Q 3v3 Small Area Category #1 : Small Area Category #2 : 3v3

Description

A fun 3v3 hockey sense drill. Two nets in one end, both facing the same direction. Teams can shoot at any net. You have to pass to your own player who is stationary on wall to transition from defense to offense. Your player stationary on wall can be used as an outlet at any time.

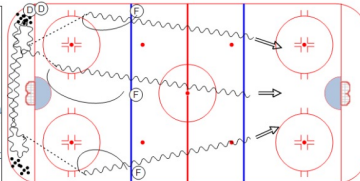


Key points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Islander Breakout Shooting Category #1 : Warmup Category #2 : Shooting

Description

The drill starts with pucks in both corners and forwards in three lines at the blue line. Each forward will sprint in to simulate D zone coverage, then sprint to breakout position to receive a pass. The second D in line will chip a puck behind the net, the first D will retrieve it, take the net and find the forward on the far side (bottom of the picture) with a breakout pass. The D then picks up a puck from the other corner, gains the net and finds the other wing on a breakout pass. Finally, he retrieves a third puck and finds the center. After receiving a pass, each forward goes down in their lane and takes a long

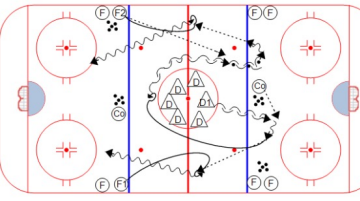


Key points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Portland Series Category #1 : Warm Up Category #2 : Passing

Description

D1 drop back, pick up puck placed by Coach and quick up to F1, who is in for shot.
 D1 around circle, face F2, who passes to D1, retreat to blue, pivot and quick up to F2 who opens low and is in for shot.
 Opposite sides each whistle.

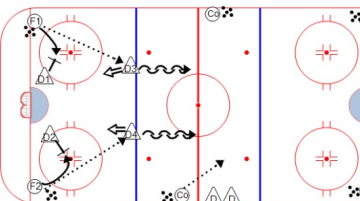


Key points : _____

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 2v2 Net Battles Category #1 : Competitive Category #2 : Battles

Description

- F1 pass to D3 for shot, get to net for 1v1 net battle with D1.
- F2 pass to D4 for shot, get to net for 2v2 net battle with F1 vs. D1 and D2.
- D3 and D4 pull out, Coach spots puck in NZ, D3 and D4 regroup with F1 and F2, who go 2v2 on D1 and D2 who has maintained gap.
- D3 and D4 hustle into far Dzone to start drill again with F3 and F4.
- 2 new D hop out on blue line.



Key points : _____

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

Title : 2 on 2 times 2 Category #1 : Competitive Category #2 : 2 on 2

Description

Forwards get up and cut blue line twice. D get up and close gap. Play it 2-2. on whistle D get up to play next two forwards who are going same route.

Key points : _____



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

Title : D-Zone Battle 1,2,3 Category #1 : #1 Forward/Backwards Category #2 : Battle

Description

① → 1 on 1
② → 2 on 2
③ → 3 on 3

*OUT OF BOTH ENDS

3-3 from blue line. Play off rush like Halifax all 3 guys driving net.

Key points : D-Side of puck Communicate Battle Take puck to the net



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

Title : D-Zone Funnel Category #1 : Competitive Category #2 : 5 on 5

Description

X's (offensive team) start at the tops of the circles/hash marks (F/D). O's (defensive team) start on the blue line. On the whistle, each group skates to the next line up ice and then plays 5v5. A coach places a puck in the defensive zone where the O's have to Backcheck to D Zone Coverage and then sort out their positioning and how they will play the situation. The X's pick up the puck and set up in their offensive zone formation

Key points : _____



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

Title : Bear Pit Content elements: Battle Components : Compete

Description

- 2 lines below opposite circles.
- On whistle, first player in each line go into circle (bear pit), battle 1v1 with Coach placing in pucks whenever puck is knocked out.
- Next whistle, other Coach spots a puck in NZ, 2 players race for puck. Race for shot, chaser tries to prevent shot.
- Same whistle, 2 new players enter bear pit.

Key Points : Battle Compete Puck protection Speed



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

Title : Set Face Off #1 Category #1 : System Category #2 : OZ Face Off

Description

- Wingers always switch!
- Has to be a quick D to D pass.
- D in the middle has to move his feet to pull Defensive Forward away from the middle of the ice.
- Winger on the wall has to take the route of up the wall and across the blue with speed supporting the D for the pass.
- Centre has to drive to the net
- Middle winger backs off in the slot for rebounds.

Key points : _____

