

I am a great
believer in luck,
and I find that
the harder I work
the more luck I
have.

Thomas Jefferson

theinspirationalspirit.net

Title : 5x2 To 3x3

Category #1 :

Canada National Team

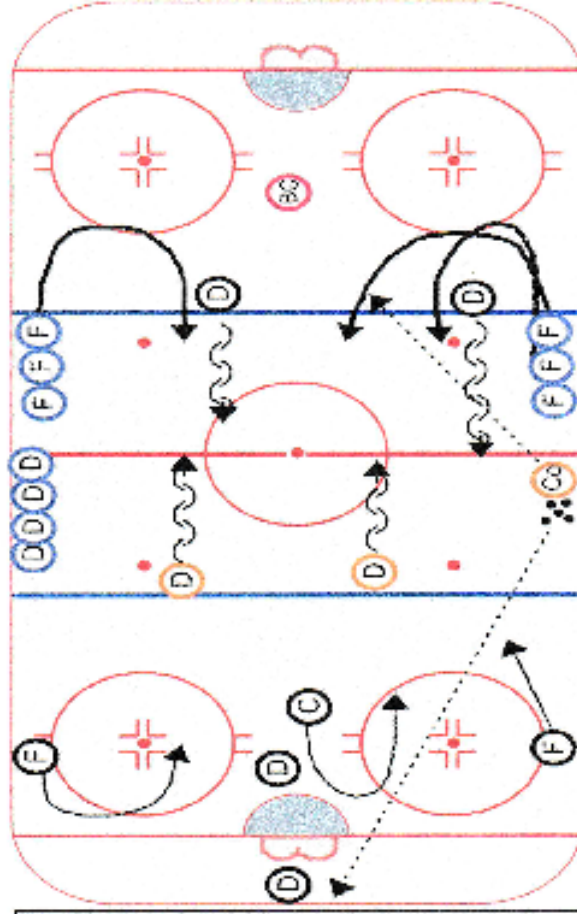
Category #2 :

Battles

Description

The drill begins with the coach dumping a puck deep for a 5x2 breakout.

- The 5 offensive players bring the puck into the offensive zone and try to score.
- On the whistle 3 forwards come off the boards and touch the top of the circles. The coach passes a puck to one of them and they attack the opposite end 3x2 against the two offensive defensemen from the original breakout who will be on the blue line.
- The high forward on the whistle becomes the back checker to make the drill a 3x3. Let the players play out the 3x3 for some time.



Key points :

Title : Canuck 2x1

Content elements:

Components :

Description

Drill starts on the whistle from alternating ends.

D steps out and makes a pass to F1 coming through the zone.

F2 loops low to skate with F1

F1 passes to F2

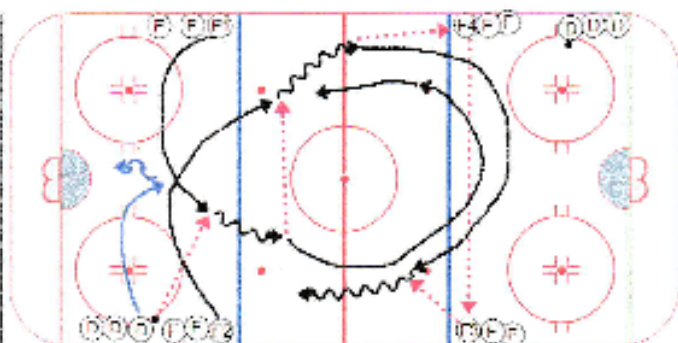
F2 passes to F4

F1 and F2 regroup low in the zone.

F4 passes to F3 and F3 passes to F2 coming through the zone.

F1 and F2 come back 2x1 against the D that started the play.

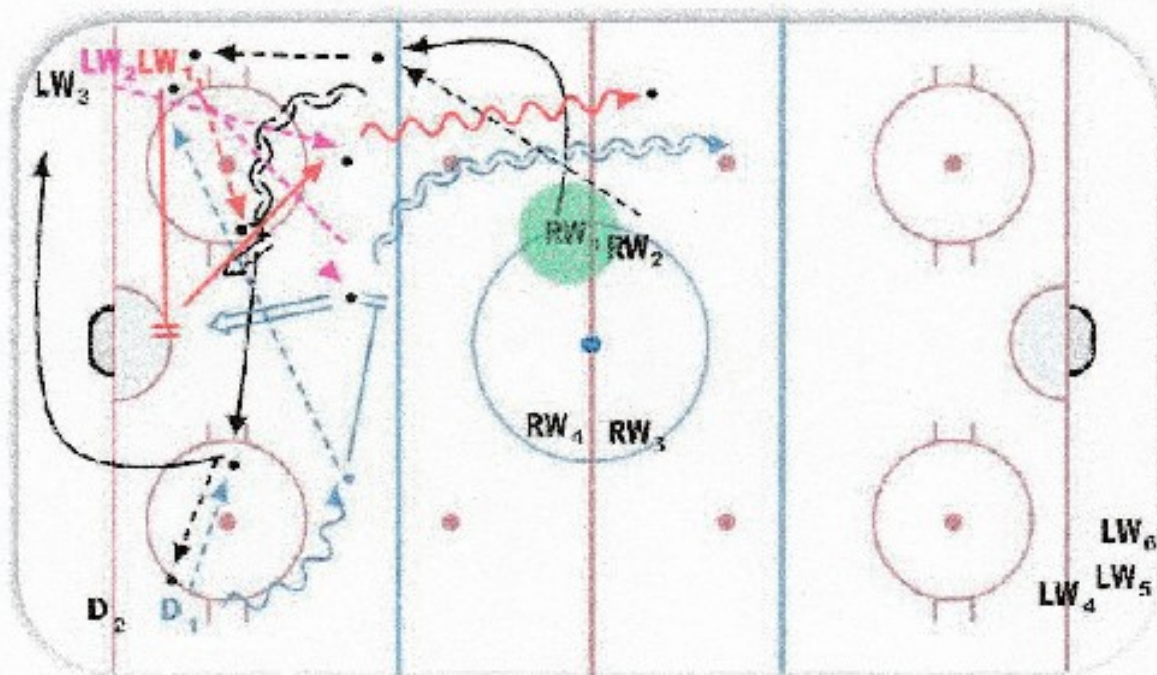
Alternate ends.



Key Points :

Source	Year	Country	Population	Age Group	Gender	Study Type	Findings
1	2010	USA	100,000	18-24	Male	Survey	...
2	2011	UK	50,000	25-34	Female	Survey	...
3	2012	Canada	75,000	35-44	Male	Survey	...
4	2013	Australia	60,000	45-54	Female	Survey	...
5	2014	Germany	80,000	55-64	Male	Survey	...
6	2015	France	90,000	65-74	Female	Survey	...
7	2016	Italy	100,000	75-84	Male	Survey	...
8	2017	Spain	110,000	85-94	Female	Survey	...
9	2018	Japan	120,000	95-104	Male	Survey	...
10	2019	South Korea	130,000	105-114	Female	Survey	...

Cincinnati 1 vs 1



Description

RW1 starts the drill. Receives pass from RW2. RW1 passes to LW1. RW1 received give and go pass from LW1 as he opens up for a shot on goal. RW1 continues towards half wall and receives pass from D1. D1 give and go pass back. RW1 is finished his part of drill. He turns and skates behind the net and lines up behind LW3. D1 skates around face-off circle and passes to LW1. LW1 moves feet out of corner with puck, passes back to D1. LW1 drive to the front of the net for screen, tip, and deflection as he waits for D1 to shoot the puck. When drill is complete based on a goal or the coaches signal, LW1 takes off and receives breakout pass from LW2. D1 is skating backwards for 1 vs 1 against LW1. Both sides go at the same time.

Key Points: Head on a swivel, timing, communication, good tape to tape passes, and good puck support. Execution of drill is more important than racing through it. Play until goal or coaches signal.

Title : Confusion Drill

Category #1 :

Cosch Nielsen

Category #2 :

Flow

Description

Part I - 2x2 / 3x3

Both ends execute a 5x0 breakout.

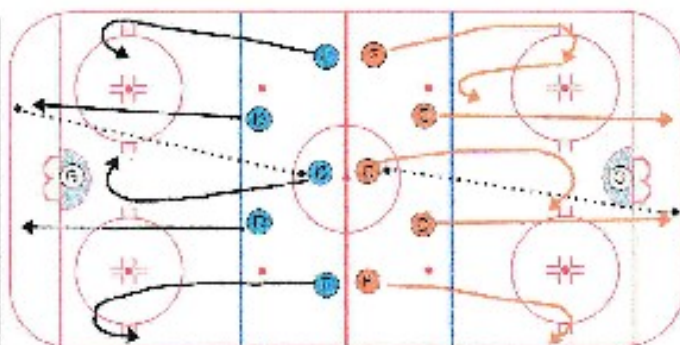
On the blue side all three forwards attack the two orange defensemen and the trailing orange forward to make a 3x3.

The two leading orange forwards attack the two blue defensemen to make a 2x2 rush.

Stay alert in the NZ because there are a lot of players moving through that zone at the same time.

Run Part I a few times then switch to II & III

Key points :



Title : Confusion Drill (seq 2)

Category #1 :

Cosch Nielsen

Category #2 :

Flow

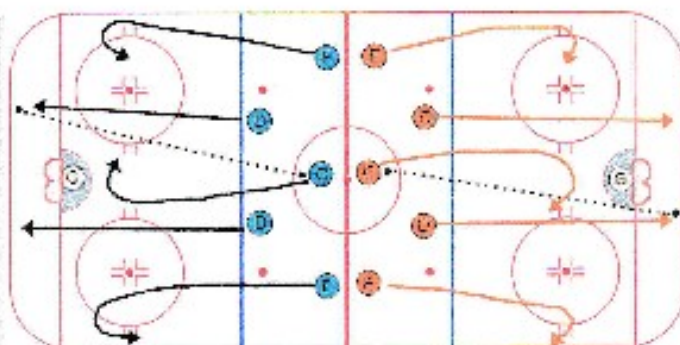
Description

Part II - 3x2 / 3x2

Part II is just a straight 3x2 both ends.

Off the breakout the forwards attack the opposing defensemen 3x2

Key points :



Title : Confusion Drill (seq 3)

Category #1 :

Cosch Nielsen

Category #2 :

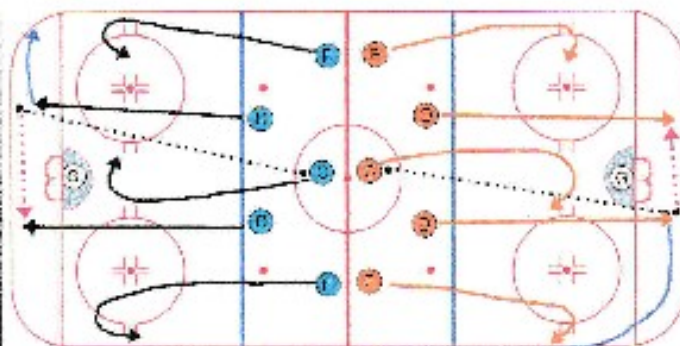
Flow

Description

Part III - 3x1 / 3x1

In part III once the breakout pass is made by the defenseman the D making the pass skates to the bench or into the corner and stays out of the play to allow a 3x1 in both directions.

Key points :



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

Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

Have one line on the ice and all other players on the bench.

Coach dumps a puck behind the net and the five players execute your team breakout.

Once the play reaches the red line have the player dump the puck into the opposite end of the ice.



Key Points : _____

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

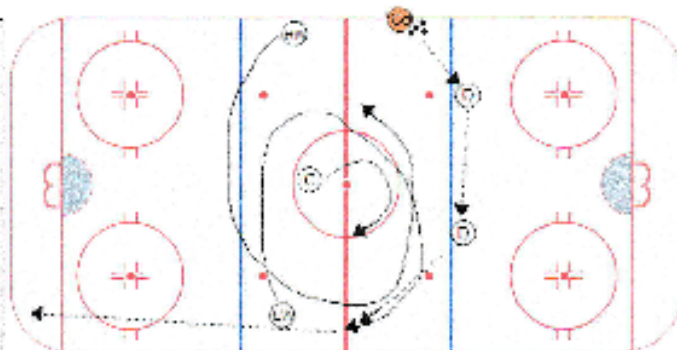
Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

After the dump in have your players execute a neutral zone regroup beginning with a pass from the coach to one of the defensemen.

You can run a standard NZ regroup where the wings just come up the boards on their side and the center sweeps the middle or if you want you can have the wings skate a little and loop around the center circle.

Once the regroup is accomplished have the player with the puck dump it again into the opposite end.



Key Points : _____

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

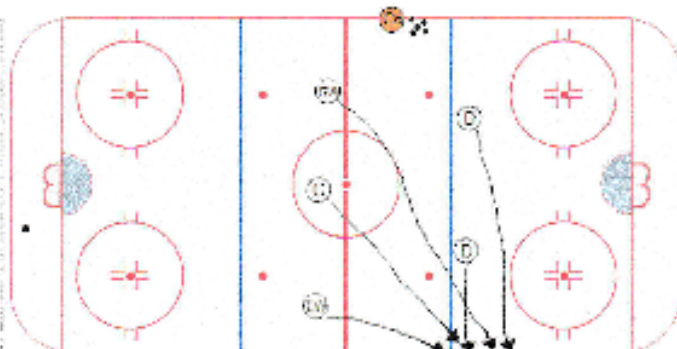
Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

After the second dump is accomplished have all five players get to the bench at top speed and execute a five player On-The-Fly change.

As an option you can have the two far side players stay on the ice as you might do in certain circumstances during real game action.

It is important that the players get off the ice at top speed so the oncoming players can get to their defensive positions before the opponent can execute a far side breakout.



Key Points : _____

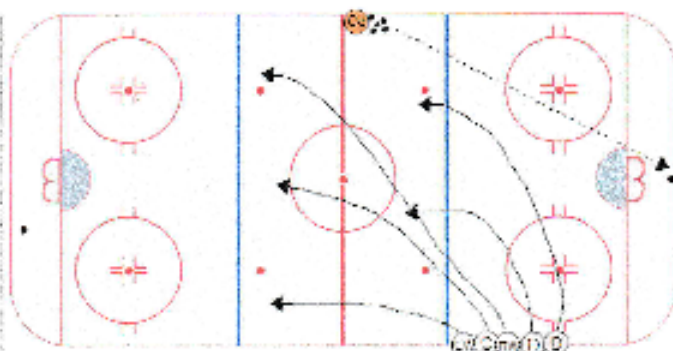
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

The oncoming five players should skate hard to get to their defensive positions to defend against the opponents breakout.

Once the players have reached their defensive positions the coach will blow the whistle and dump a new puck behind the net.



Key Points : _____

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

Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

With the puck behind the net the five players hustle back into breakout position and execute the team breakout again.

Each line will execute a breakout and NZ regroup then get off the ice for a new set of five skaters.

The coach can have each line run a different breakout to keep the players thinking.

The goal of this drill is to teach the players to get off the ice quickly on a change and for the new players to get into defensive position quickly on the change.



Key Points : _____

Title : Team Canada Outlet Drill

Category #1 :

Canada National Team

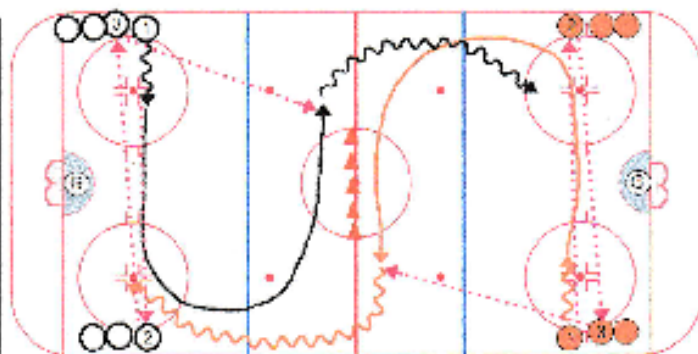
Category #2 :

Pressing

Description

1 passes to 2 while moving across the ice.
2 passes to 3.
1 skates with timing to support the puck.
3 passes to 1.
Stay on your own side of center ice when receiving the pass.

Both ends at the same time and alternate sides.



Key points :