

Title : Columbus drive drill

Start: continuous

Pucks: opposite hash marks

Description

Both ends at same time.

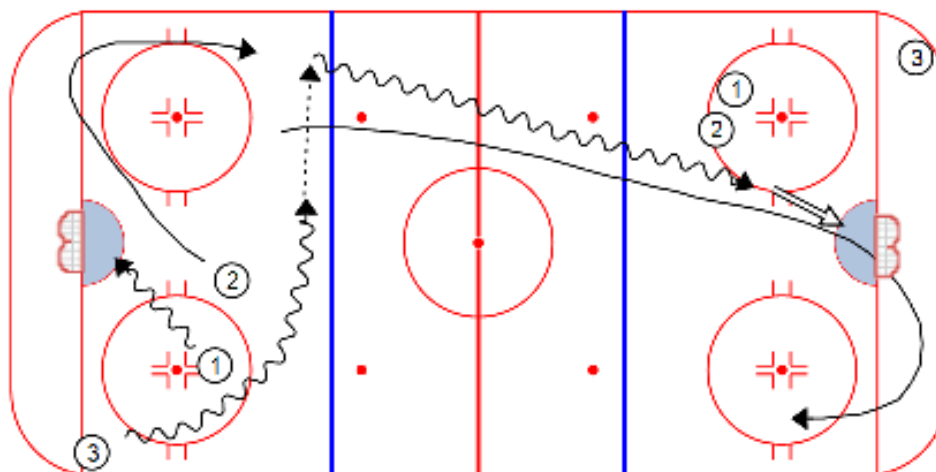
To start O1 skates in and takes a shot. O2 drives for rebound (does not stop if not in front).

O2 skates deep into the zone and up the ice.

O3 skates across the blueline and passes to O2 who goes for a shot on net.

O3 follows as rebounder and drill continues.

Focus on shooting low to pads.



Key Points :

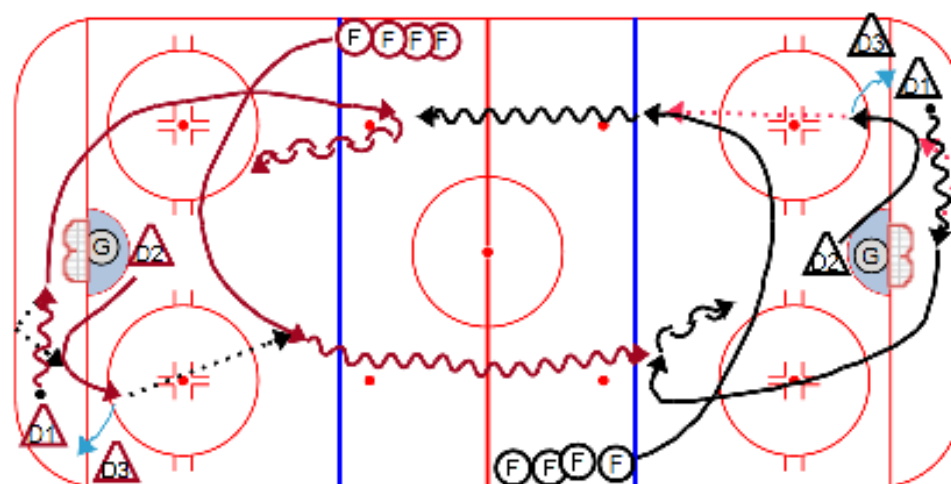
Title : Canadian Reverse 1 on 1

Content elements: _____

Components : _____

Description

D1 starts with the puck.
 D2 calls for a reverse. D1 reverses puck to D2
 F1 swings low (Supports) and receives pass from D2.
 D1 goes around the net to defend the opposite forward
 1 on 1
 D1 protects and pivots to the middle
 D2 starts the next play on the whistle and D3 goes to
 the front of the net.



Key Points :

Reverse D Options

Communication

Patient Support

1 on 1 Play

Title : 2 on 2 no passing

Start: 45 second shifts

Pucks: 8-12 minutes

Description

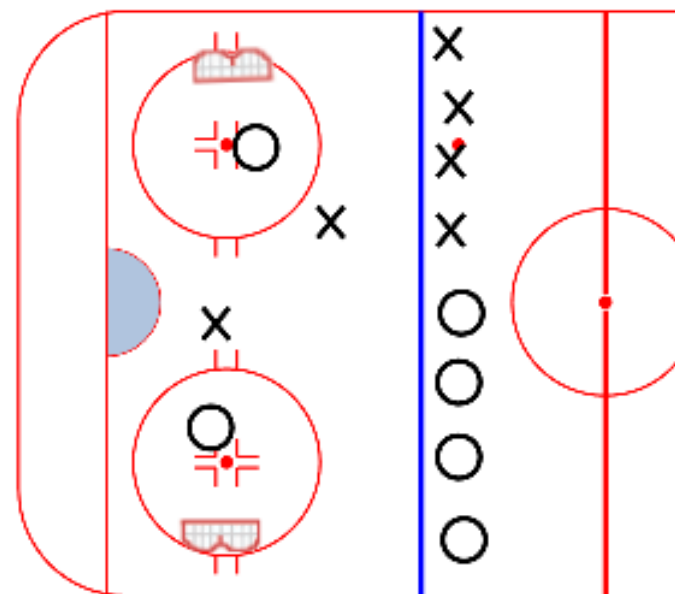
Nets are placed on face-off circles. Coach supplies pucks.

Players are not allowed to pass the puck. The puck must be carried until it is lost or a shot is attempted.

Offensive teammate must support the puck (picks, screens) and get into position to pick up a loose puck.

Defensive players will work to close gaps and create turnovers.

Offensive teammate must help to create space and open lanes for the puck carrier.



Title : 2 vs 2 game-like

Start: continuous

Pucks: 1 puck

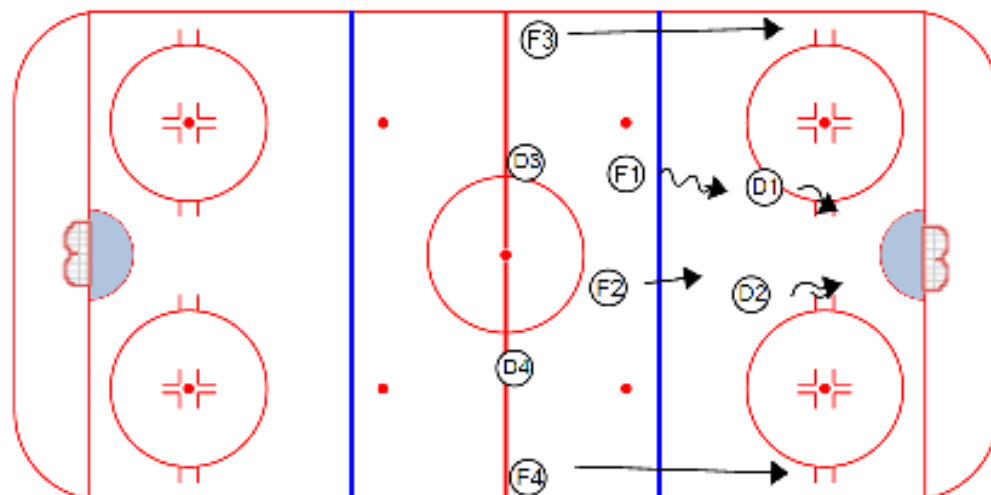
Description

The drill starts with 2 F's attacking two D's.

When the D get control of the puck they pass to one of the F's who post at the hash marks.

They attack 2 D 2 vs. 2.

Drill is continuous.



Key Points :