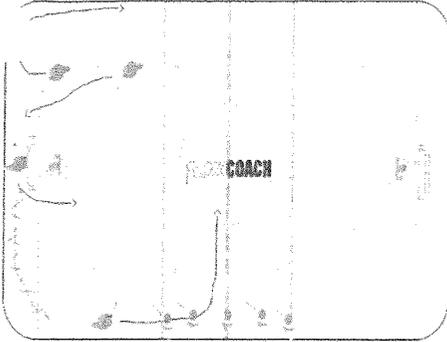


1) Continous Break-Out Sequence - 3



DRILL OBJECTIVE: Continous Breakout drill to

5 min.

KEY ELEMENTS:

- Support
- Communication
- Speed
- Goalie stops and sets puck

ORGANIZATION: 5 players start at centre, centremen rims puck in, goalie stops and sets it, all 5 players breakout and after crossing the red line they rim into the far end, goalie sets the puck and the next 5 players breakout the opposite way. Drill is continuous.

A- Quick Up B- D to D C- Reverse D- Control 5on5 - Control 4on4

VARIATION:

GOALIE:

2) 2 Pucks for D



DRILL OBJECTIVE: Transition, Shooting, D join the

8 min.

KEY ELEMENTS:

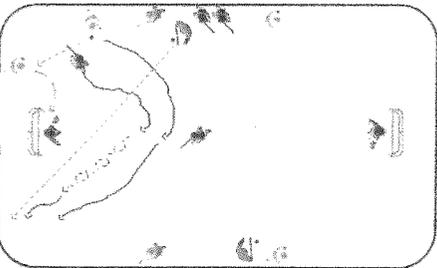
- Speed through N-Zone
- Point shot with traffic
- Cycle with D activation

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 middle 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.

VARIATION: Add F2 delay, cycle with F1, and D1, who can shoot, pass across net or hit high man.

GOALIE:

3) 2on1 / 3on1 / 3on2 BO's Under



DRILL OBJECTIVE: D man BO under pressure and

8 min.

KEY ELEMENTS:

- D quick up
- F low support on transition
- Low plays on offense

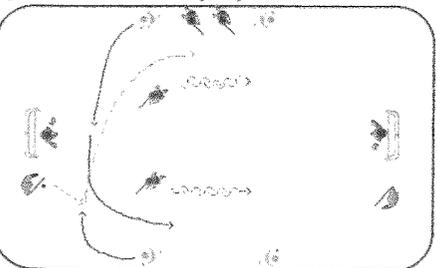
ORGANIZATION: 2 F start at centre and counter with a D man then attack 2on1 far end and play out below the tops of the circles until the whistle. OTW D and 1 F must break out of zone (D tag up at blue, F at centre circle) Coach spots a puck in and D must retreat to get puck and move it to 2 new F coming 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 3on1 and then 3on2. ** 2 FC attack with the 3on2.

VARIATION:

GOALIE:

4) Nova Scotia Gap Up 2on2



DRILL OBJECTIVE: 2on2 with potential regroup and

8 min.

KEY ELEMENTS:

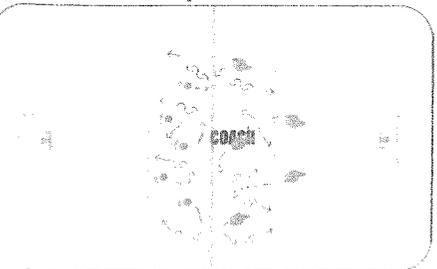
- Defence gap up
- Forwards 2 man net drive

ORGANIZATION: On the whistle both F swing down the boards, receive a pass from the coach and swing, attacking back down ice 2on2. 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 2on2 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 circles to start the drill in the other direction 2on2. Coach may or may not blow down the 2on2 to force a regroup.

VARIATION:

GOALIE:

5) The Mill - Multiple Pucks - 1-2-2 & 2-1-2



DRILL OBJECTIVE: FC work in both N and O Zones

8 min.

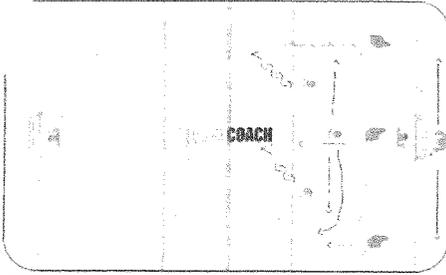
KEY ELEMENTS:

ORGANIZATION: 5 players in either colour start in the Neutral zone skating forwards and backwards in every direction. OTW coach will spot a puck into either teams N or O zones forcing the team on the opposite side of the ice to apply either the 1-2-2 O-Zone FC or the 2-1-2 N-Zone FC. OTW coach will spot a second puck, players must leave the original puck and react to the second puck applying the appropriate FC. If the puck is above the tops of the circles apply the 2-1-2 and if it is below the tops of the circles then apply the 1-2-2. The drills continues for multiple pucks.

VARIATION:

GOALIE:

6) 3on3 F3 Early Decision



DRILL OBJECTIVE: F3 turn and lock a wing

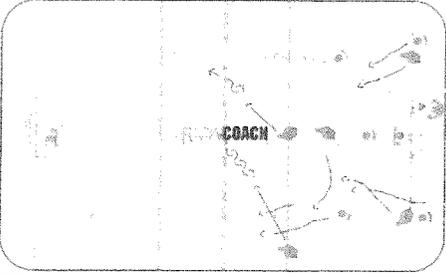
20 min.

KEY ELEMENTS:

ORGANIZATION: Coach moves back and forth with a puck behind the net while F3 mirrors at the top of the circles. Coach can move the puck to any of the three waiting forwards who attack down the ice with F3 making a good early decision and locking a wing and the D shifting over to play the 2on2 rush.

VARIATION:
GOALIE:

7) Red Devil F3 Early Decision with



DRILL OBJECTIVE: O-Zone set-up to F3 early

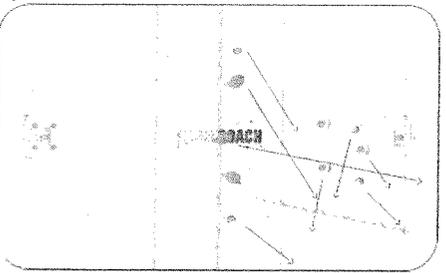
10 min.

KEY ELEMENTS:

ORGANIZATION: Drill starts with 3 offensive players set up in various offensive spots, OTW coach spots a puck to any of the three defensive forwards, F3 must make a decision and stay with his man allowing the D to shift and play the rush back. D must jump into the rush with 2 low F's taking their man back into the zone. Play out until the whistle.

VARIATION:
GOALIE:

8) ECHL D-ZONE



DRILL OBJECTIVE: D-Zone Coverage with tag up

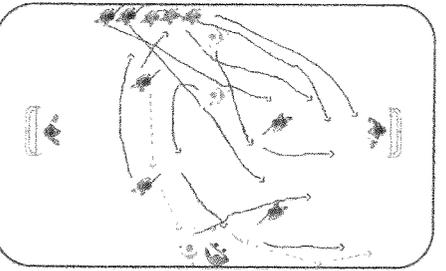
10 min.

KEY ELEMENTS:

ORGANIZATION: Defensive forwards take a knee in defensive zone and wait for 5 offensive players to skate puck below goal line before pressuring the offensive players (Initiate D-Zone Coverage). Play out until the whistle, a goal is scored or the defensive team skates the puck out of the zone. All 5 of the defensive players then tag up to the red line and back check with a different low forward. Coach spots a new puck to the offensive team who attacks the net as soon as they receive the coaches pass. Repeat until all 3 Forwards have defended low in zone.

VARIATION:
GOALIE:

9) The Andy Murray Drill



DRILL OBJECTIVE: Simulate game like Counters,

8 min.

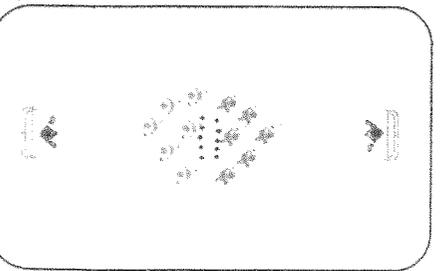
KEY ELEMENTS:

- Hard on the ice
- hard off the ice - good changes
- Game like conditions with D-Zone play

ORGANIZATION: Drill starts 5-0 with a BO and attack down ice. OTW 3 F's counter with 2 other D and attack back in zone 3-2 with 5 players changing hard off the bench to back check to D-Zone coverage and 2 new D at blue line. Play out in zone until the whistle, then drill repeats itself running back down the ice with the defending team now on the offensive.

VARIATION:
GOALIE:

10) Golden Bear 10 Goal



DRILL OBJECTIVE:

8 min.

KEY ELEMENTS:

- Shoot to Score

ORGANIZATION: Both ends compete against each other. Teams start out with a 1-0 and if the first player scores the next two players leave on side 2-0. If the first player doesn't score then they must continue to go 1-0 on side until they score. If either team scores 2-0 then they go 3-0, score and back to 1-0. First team to score 10 goals wins.

VARIATION:
GOALIE:

Post-Practice Comments:
