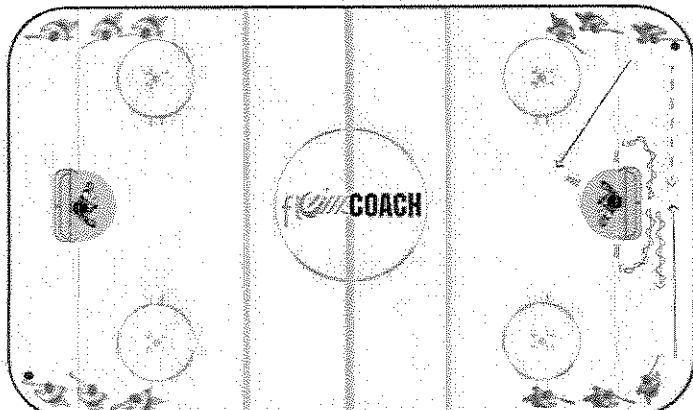


1) Behind Net 2 on 0

0 min.



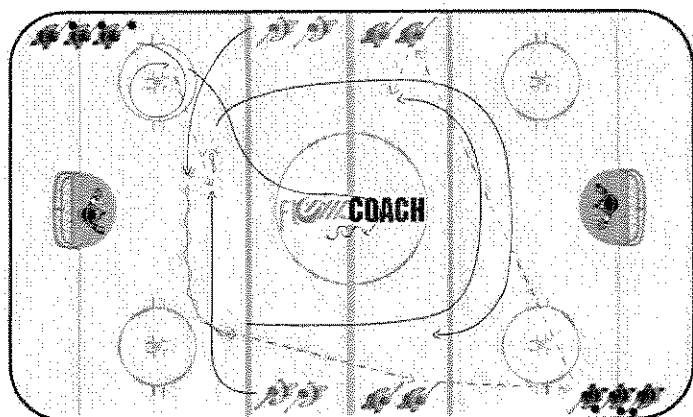
OBJECTIVE: Create scoring chance down low

ORGANIZATION: players in line with pucks in the four corners. x1 starts with puck on coaches command he passes behind the net to x2 who is moving without the puck towards him. x1 moves to the slot after the pass to get open. at this point the players execute any play they want pass out, stuff, reverse the object is to score, play all rebounds.

GOALIE: follow pass behind net, focus on puck but be aware of where open man is, use stick to intercept passes, control rebounds.

2) Viking 5 Credit

0 min.



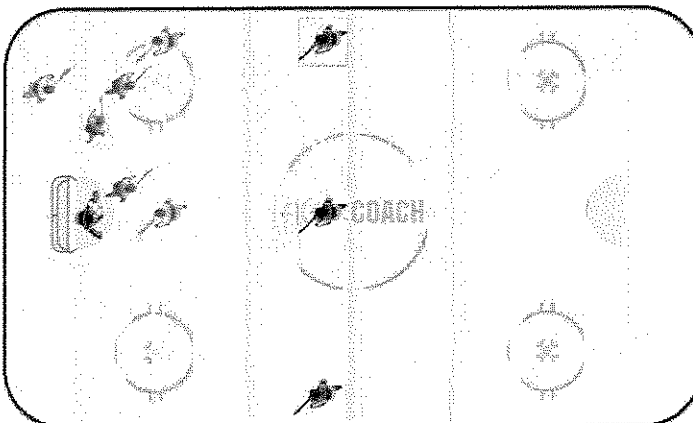
OBJECTIVE: Flow Drill with Offensive Creativity

ORGANIZATION: Defensemen are set at opposite hash marks in each end – with pucks. Forwards are spread out at all for blue lines in the NZ against the boards. Drill begins with D1 using an “escape” move while handling the puck. At the same time, X1 is leaving his position and creating a good passing outlet for D1. D1 make a direct, tape-to-tape pass to X1. X2 skates below X1 and times his path to receive a drop-pass near the middle of the ice. X1 touches the puck to X2 with a drop-pass. X1 continues to skate through the NZ looking to gain speed. D1 follows up the play through the NZ. X2 skates a few strides and fires it to O2. O2 steps out in front of his line and deflects, tips, or touches the puck to D2. X1 continues to skate through the NZ looking to gain speed. D1 continues to follow up the play through the NZ. X2 and X1 cross inside the far blue line and head back up ice. D2 steps out and sends a rink-wide pass to O1. O1 touches it or sends it cross-ice to create a 2-on-1 for X1 and X2 against D1. Drill is continuous and begins again with D2 making an “escape” move and looking to hit O1.

GOALIE: Communicate with the defenseman and take the shooter on the 2 on 1.

3) 3 on 3 Transition Game

0 min.



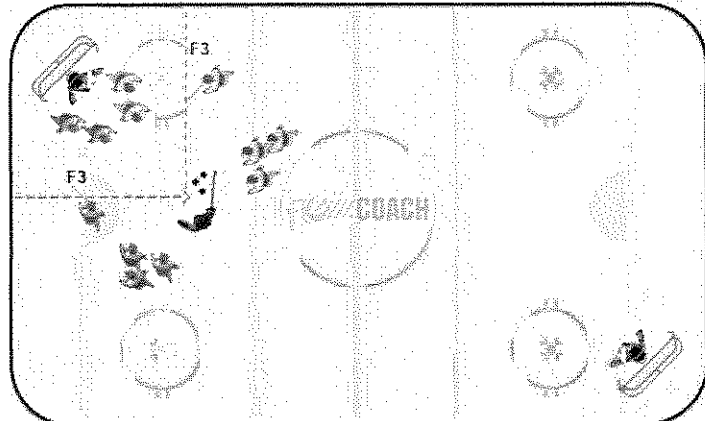
OBJECTIVE: Fun / 3 vs 3

ORGANIZATION: Line 1 Playes Offense against Line 2 in Offensive Zone. On whistle/goal a new line with a puck drives in on offense. The original team that was on offense now playes defense, and the team that was on defense goes to rest, prepares to be next line in on offense.

VARIATION: none.

GOALIE: in net, participating in drill

0 min.



ORGANIZATION: Set up per diagram in the corner (leave space behind net).

Players split into two teams. Players play 2v2 in corner. A third player (P3) sets up on the 'outside' of the defined area (box) and is open as a pass outlet to the players playing 2v2. P3 can ONLY shoot the puck on net or execute SHOT PASS to one of the players playing 2v2.

Coach manages the pucks and line changes (on whistle). 3 new players jump into position and continue the game.

VARIATION: Use two ends if numbers are high enough

GOALIE: In net

Drill #1 - Ideal for players to work on offensive zone cycle. KTP's are - net front positioning, rebounds, net pressure, pop outs, walk outs

Drill #2 - Ideal warm up drill which covers a wide range of skills - centre outlet, wide ice outlet, d retreat, gap control and 2v1 execution

Drill #3 - Ideal drill to work on man v man coverage of dzone. Drill can also cover puck support options on breakout, offensive zone entries, offensive zone cycles, F3 positioning and dzone recovery positioning

Drill 4 - Ideal for end of practice fun game. Encourages pucks on net, net pressure and tracking rebounds

Hockey Quote - Gordie Howe - "You find that you have peace of mind and can enjoy yourself, get more sleep and rest, when you know that it was a 100% effort that you gave - win or lose!!"

Submitted by Randall Weber & Bil La Forge @ Mount Carmel Hockey Academy, Edmonton, AB

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