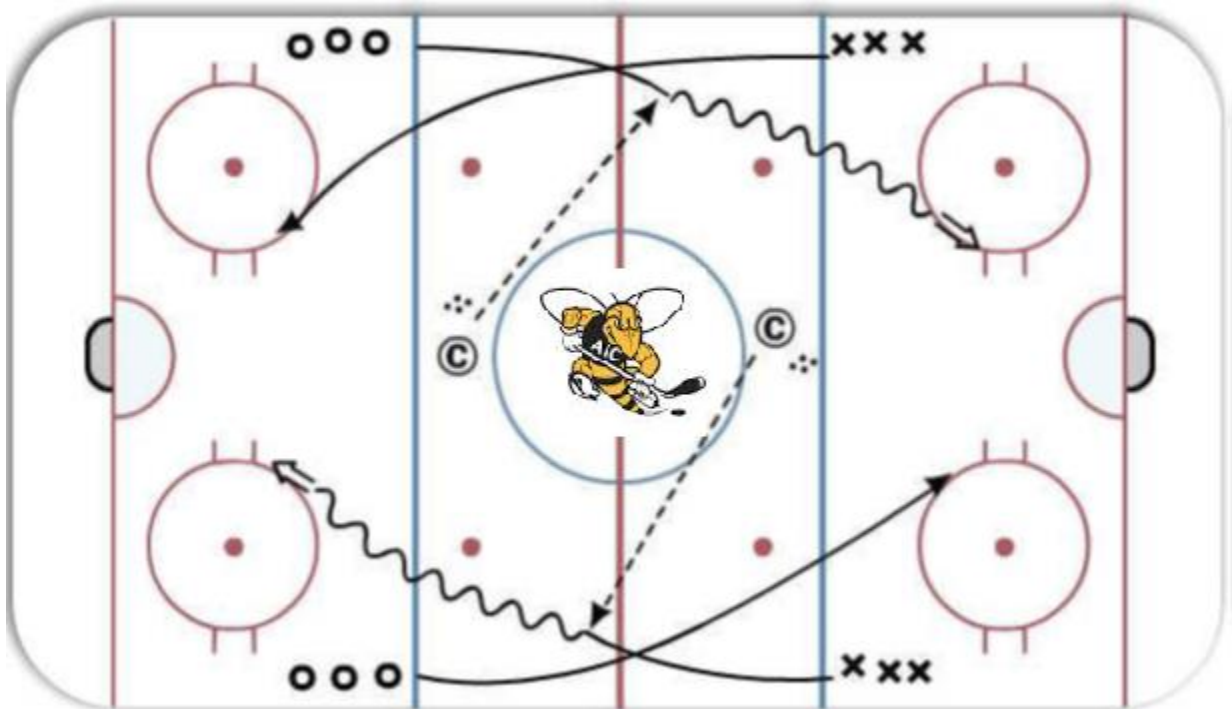




### **Dartmouth Rebound Drill**

*This is a fun and competitive game that focuses on goal scoring, but is also valuable for goaltenders. It encourages the shooter (often on the off-angle) to create a rebound by shooting at the goaltenders far pad/stick, which can result in a big rebound opportunity for a teammate driving the net.*

Two Teams (X's & O's) aligned on respective blue lines. On whistle, two O's and two X's start simultaneously as indicated. (One coach passes to X's, the other to O's.) Player receiving pass attacks net (no passing), as teammate drives the net hunting for a rebound. The puckcarrier can shoot to score (1pt.), or create a rebound goal (2pts.). Only one rebound shot allowed. First team to 12 points, wins.

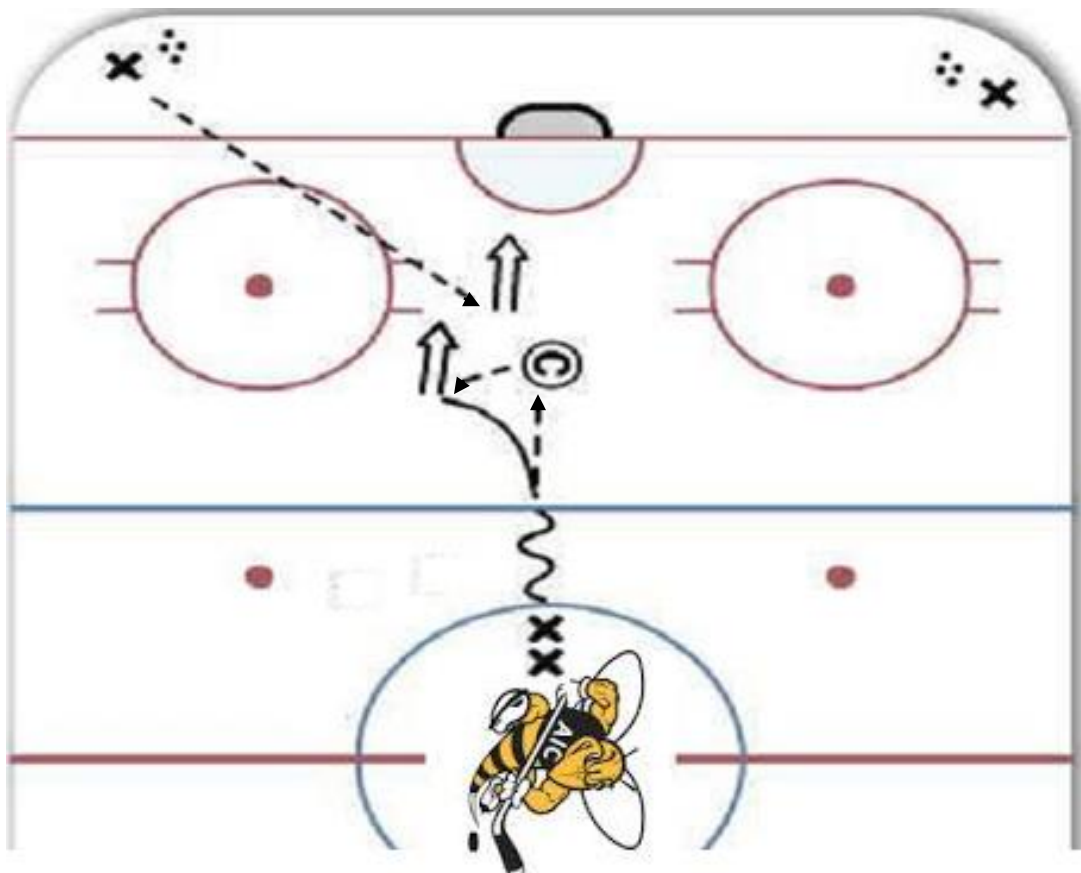




### **React & Release**

*This small group skill drill for before/after practice works on reacting fast to loose puck, getting body around puck for quick release, followed by a quick release shot from second pass.*

X's skate straight at coach with puck. X passes puck to coach, while keeping feet moving. Coach bumps puck to either side, player must then react accordingly, getting body around puck for quick shot, no stickhandling. After puck is released, another pass is on its way, for second hurried shot. Pass comes from same side that Coach bumps puck to.



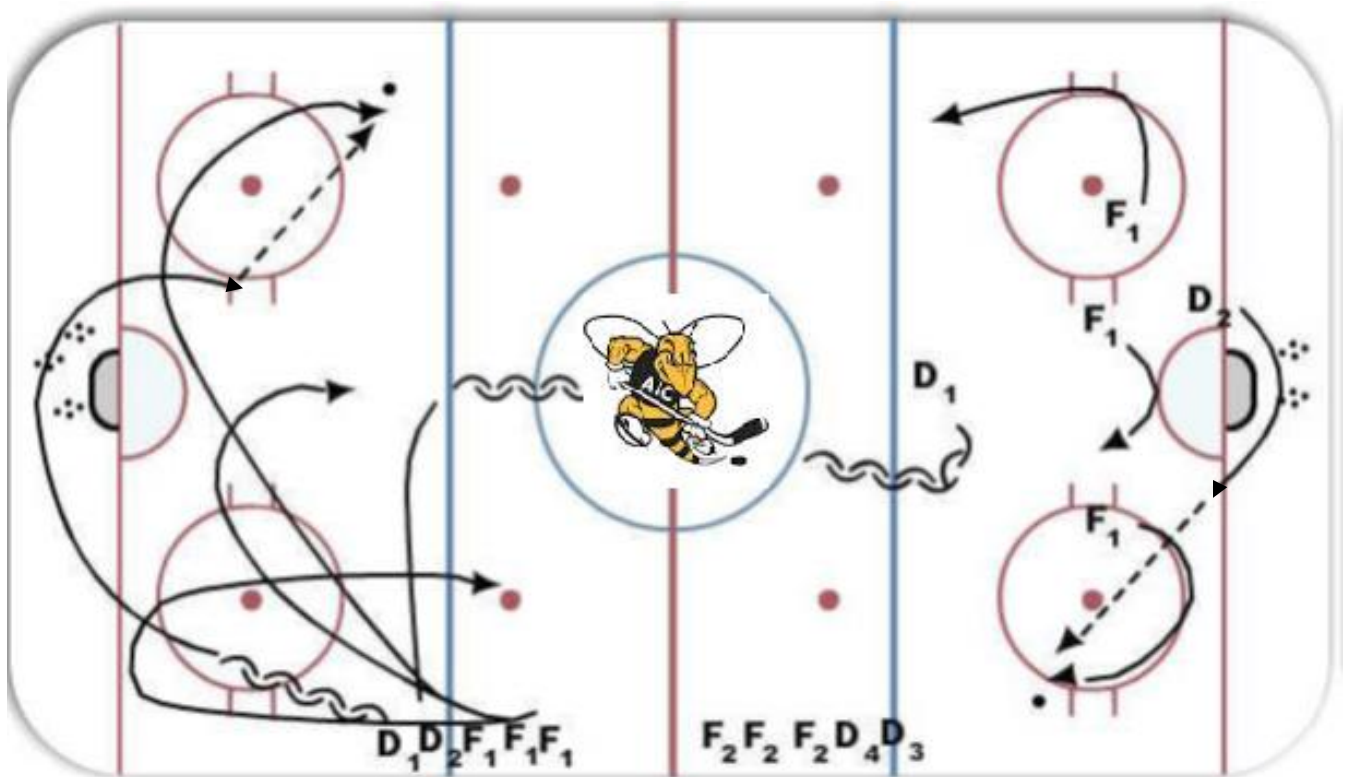
Submitted by: Gary Wright – American International College (contributions from Mike Towns)



## Russian Rush

*This up tempo drill emphasizes fire wagon style offense. Forwards provide urgent breakout support and defenseman both initiate/join the attack, and take rushes.*

F's and D's are aligned as diagrammed. To start, D1 retrieves puck, D2 readies to accept rush. F1's hustle to breakout, receive pass from D1 to start attack. D1 joins rush. After rush, D2 quickly starts breakout (with same puck or one from below goal line) to same F's, who attack the other way vs D1. When that rush crosses red line, F2's, D3,4 start new breakout.

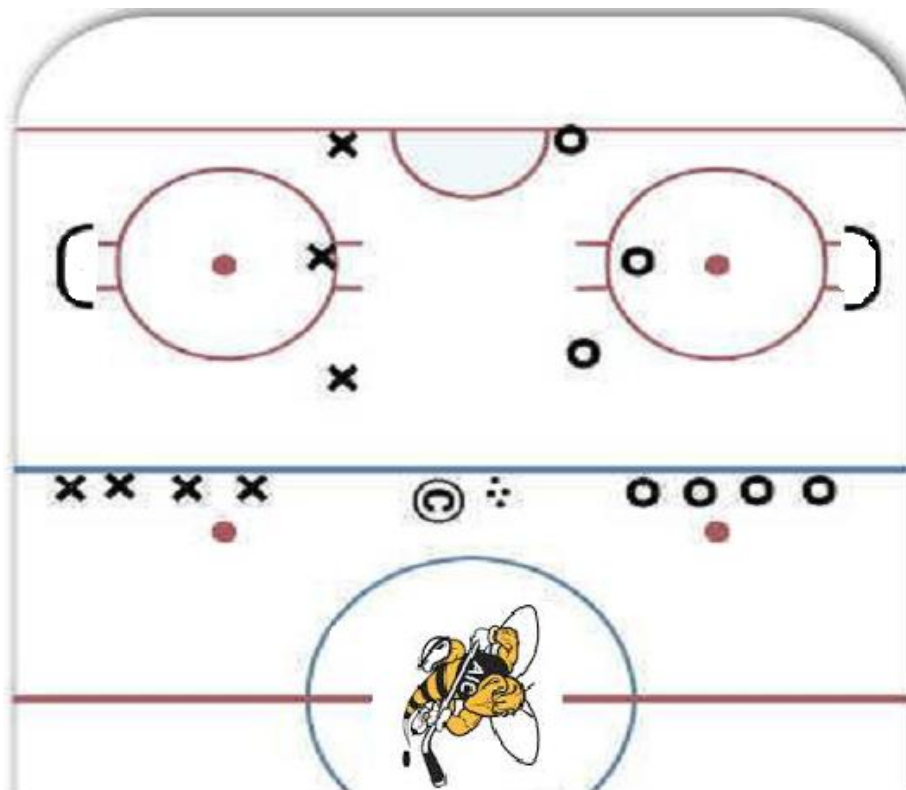




### **Two-Second Press & Possess**

*This small game is enhanced by the two-second rule, which induces the defending team to urgently press the puck carrier, limiting that players' time and space. Offensively, the puck carrier must often make quick decisions, as the offensive players away from the puck provide immediate support, especially short support*

Traditional 3v3 (plus goalies) cross-ice format with shorter shifts due to the increased pace of the game. During play, a coach loudly calls out two seconds (one – thousand - one... one - thousand - two) every time a player possesses the puck. If the defending team does not engage/confront the puck carrier within the allotted two seconds, then the possessing team is awarded a penalty shot.



Submitted by: Gary Wright – American International College