

# Games from Drill of the Week Club – 2014-15

Cameron

|   |  |  |
|---|--|--|
| <p><b>10) Golden Bear 10 Goal</b></p>  | <p><b>DRILL OBJECTIVE:</b><br/><b>KEY ELEMENTS:</b><br/>• Shoot to Score</p> | <p><b>8 min.</b></p> <p><b>ORGANIZATION:</b> 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.</p> <p><b>VARIATION:</b><br/><b>GOALIE:</b></p> |
|---|--|--|

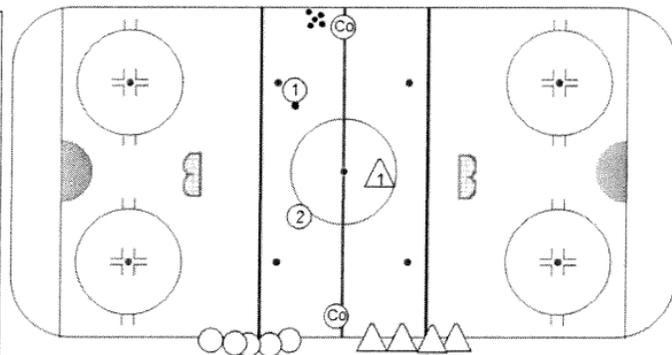
Socilotto-Lowry

**Title :** ODD GAME      **Category #1 :** compete / battle      **Category #2 :** GAME

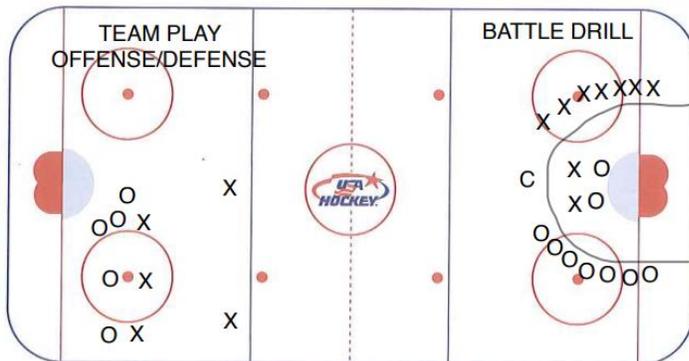
**Description**

Nets are all pushed up close to the blueline. All players are in the players benches, 1 coach is between the benches, other coach is across the ice with pucks and he spots pucks a puck when a goal is scored, the whistle goes or when the puck goes below the top of the circles.

The coach at the bench calls out what the situation is going to be, on the diagram is a 2 on 1, for the O's, next time it is a 2 on 1 for the  $\Delta$ 's. The next set the coach will call a 3 on 2, 4 on 2, 3 on 1, etc. Shifts are about 30 seconds.



Nick Petraglia



**Description**

**FACEOFF COMPETITION (LEFT)**

Each team gets 6 FO's on each side (use both ends)  
Play out puck until defensive team clears zone  
Only offensive team can score points (equal reps both teams)  
Possession = 1 pt. Shot = 1 pt. Goal = 2 pts.

**HOSE 2v2 (RIGHT)**

Play 2v2 in confined area with hose as border  
20 second shifts  
change of possession tag up below goalline or hash marks

**Notes/Systems** TEAM PLAY AND BATTLE DRILLS

Medori

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

• 3 vs 3 IN NEUTRAL ZONE

• GOALS SCORED OR PUCK CROSSES BL, FROM THAT SIDE PASSES PUCK TO HIS TEAM IN NZ & PLAY CONTINUES

Key Teaching Points (KTP):

- 20-30 SECOND SHIFTS
- ON LINE CHANGES, WAIT FOR NZ TO CLEAR
- ALTERNATE WHICH TEAM STARTS WITH THE PUCK

Key Execution Points (KEP):

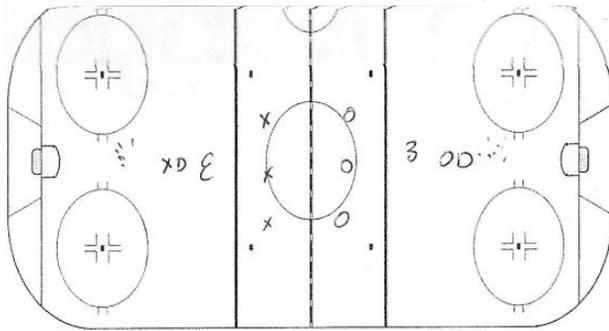
- FILL LANES ON SUPPORT
- NET DRIVES & DEFENDING
- GOALIE AWARENESS ON SHOTS (GET PUCK BEHIND HIS BLUELINE)

GAME

3 on 3  
Below Blue line  
Can score on either net  
Can score on other Teams rebound  
Can not shoot on same net  
As your line  
Must just  
SHOT - Rebounds From Same Team  
Must Go to Other Net!  
Can ONLY Handle Puck  
Max 2 second  
Any One is offense  
If over 2 seconds Puck Possession  
Change - Who Ever Scores 1st  
Wins - loser does Push UPS

Barry Wolff

Stephen Brown



DESCRIPTION 3 vs 3 in center  
 - If puck crosses maginary goal line  
 D needs to break it out  
 - ADD in ca 2nd D and allow  
 a forecheck so it's constant,  
 - 40 second shifts.  
 \*Great for transition and for  
 communication for quick movement.

Time: \_\_\_\_\_ Drill Name: FINNISH 2vs2

- \* 2vs2 INSIDE RINGETTE LINES
- \* ● ATTACK END THEIR TEAMMATES ARE AT (BLOCK)
- \* TO SCORE, MUST PASS UP ICE TO EITHER ●2/02 OR ●3/03 LINE FIRST. BECOMES A GIVE & GO PLAY

Key Teaching Points (KTP):

- 2/03 & ●2/03 LINE CAN'T SCORE (\*CHANGE RULES TO ALLOW THEM TO)
- 20-30 SECOND SHIFT & CHANGE
- NEW PUCKS FROM ● ON GOALS/MISSED PASSES

Key Execution Points (KEP):

- TRANSITION & SUPPORT
- DEFENDING A 3vs2
- GIVE & GO OPTIONS
- 1 TIME SHOOTING

Macleod

| TIME / DURÉE | DESCRIPTION  | KEY POINTS / POINTS CLÉS |
|--------------|--|--------------------------|
|              | <u>Progressive 3 v.3</u>                                     |                          |
| ①            | <u>1v.1 (10 secs)</u>  |                          |
| ②            | <u>add a player each side for 2v.2 (10 secs)</u>             |                          |
| ③            | <u>add player for 3v.3 (25 secs)</u>                         |                          |
|              | <u>- make 2v.1, 3v.2, 3v.1's instead of 1v.1, 2v.2, 3v.3</u> |                          |

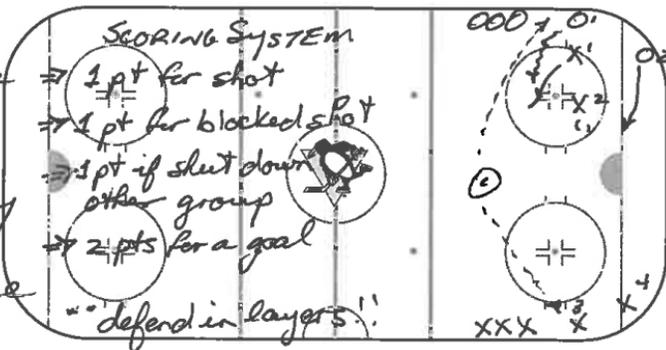
Mike Johnston

**2 vs 2 CORNER TO CORNER** TIME:

- @ pass to O' O'² who move / make plays and try to score on X' X'²
- 20 sec.
- X's clear pucks to @ when they get it - @ spots new puck.
- on whistle saw O' O'² play defense against X' X'²

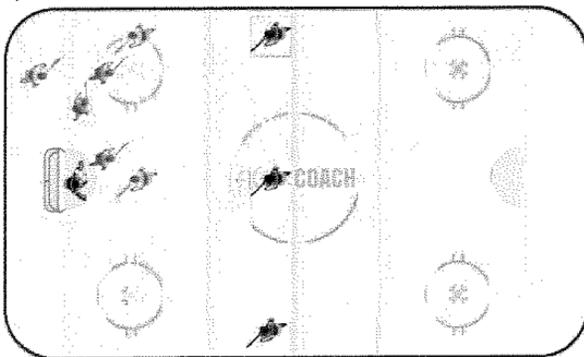
**SCORING SYSTEM**

- ⇒ 1 pt for shot
- ⇒ 1 pt for blocked shot
- ⇒ 3 pt if shut down other group
- ⇒ 2 pts for a goal
- "" defend in layers!!



Randall Weber

**3) 3 on 3 Transition Game** 0 min.



**OBJECTIVE:** Fun / 3 vs 3

**ORGANIZATION:** Line 1 Plays 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 plays defense, and the team that was on defense goes to rest, prepares to be next line in on offense.

**VARIATION:** none.

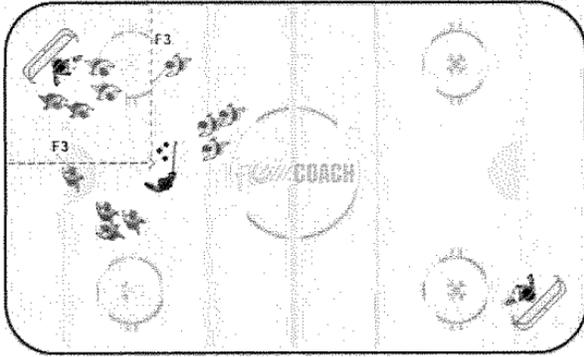
**GOALIE:** in net, participating in drill

Randall Weber  
MTC Academy Drill of Week - 2014  
Page 2 of 2

**COACH**  
practice  
**PLANNER**

Practice Objectives / Notes:  
See notes on all drills:

**4) Caps 2v2 w-Shooter** 0 min.



**OBJECTIVE:** 2 v 2 Game - Small Area

**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.

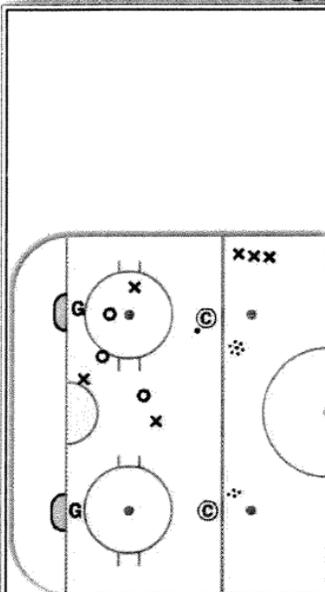
Coach manages the pucks and line changes (on whistle). 3 new players jump into position and continue the game.

**VARIATION:** Use two ends if numbers are high enough

**GOALIE:** In net

Keifer House

### Point Shot Small area game - 10 mins



#### Set up:

Two nets on goal line in line with face-off dots. Pucks just outside the blue. Extra players in line against the boards outside the blue-line.

Note: Cs are used on the diagram, however using players is a great alternative.

#### Play:

C dumps a puck in and teams work to gain possession. The team that gains possession must work the puck to the the Cs (or D if players are used). All scoring opportunities are to be generated from the blue-line, options are:

- Screen
- Deflections
- Rebounds
- One-timers \*this can be introduced later if you prefer to focus on the net front opportunities.

The defensive team is looking to regain puck possession, transition the puck back to the Cs and then work to score as described above.

Key Points: Net front play Using the D in offensive zone D, zone coverage Goalies , playing point shots with traffic

Brad Flynn

|   |  |  |
|---|--|--|
| Time:   | Drill Name: <i>3v3 1/2 ice on any net.</i> |  |
| <i>Normal 3v3 cross ice except you can score on any net</i> |  |  |
| <i>great transition drill.</i>                              |  |  |
|   |  |  |
|   |  |  |

Trevor Large

### Auto Low Attack Game

**\*Select One or More Categories:**

- Checking/Angling
- Fun & Games
- Passing/Receiving
- Puck Control
- Shooting/Scoring

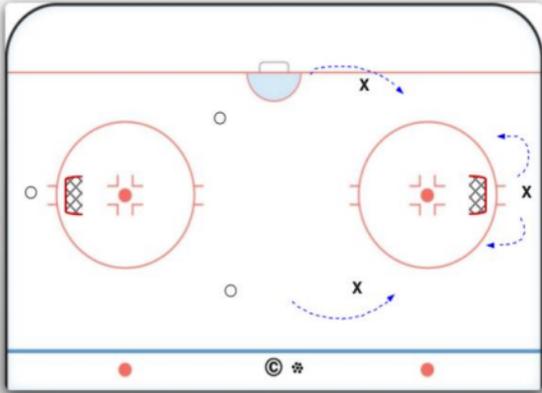
[Add Category](#) [Edit Categories](#)

**Description:**

3 v 3 low attack

One guy all the time offense starts behind net in oz

He can join when puck gets to him. One guy back behind net when team loses puck



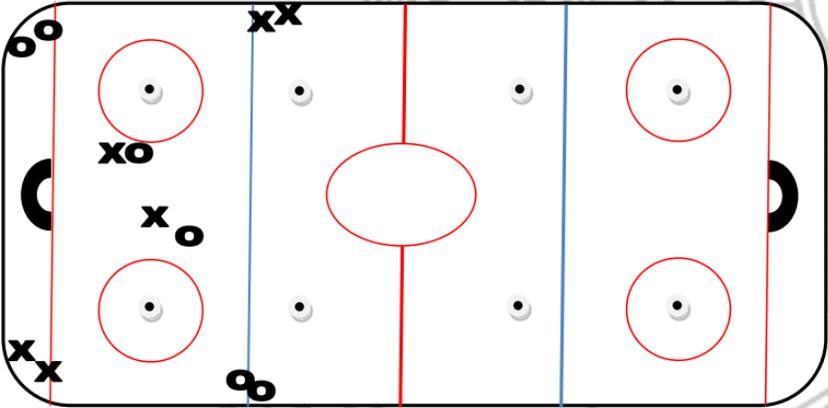
**Notes:**

Attack both sides of net. Lanes.

Hard jams and rebounds..

Will

### Leaf 2 on 2 Warm-up (both ends)



Keep away – can only pass to your own lines, or teammate (works well when player can't hold onto puck longer than 2 or 3 seconds – whistle & change of possession)

Protect the puck

Without the puck - move to be an option/outlet

Defensively, work to cover your man

**COMMUNICATE!**

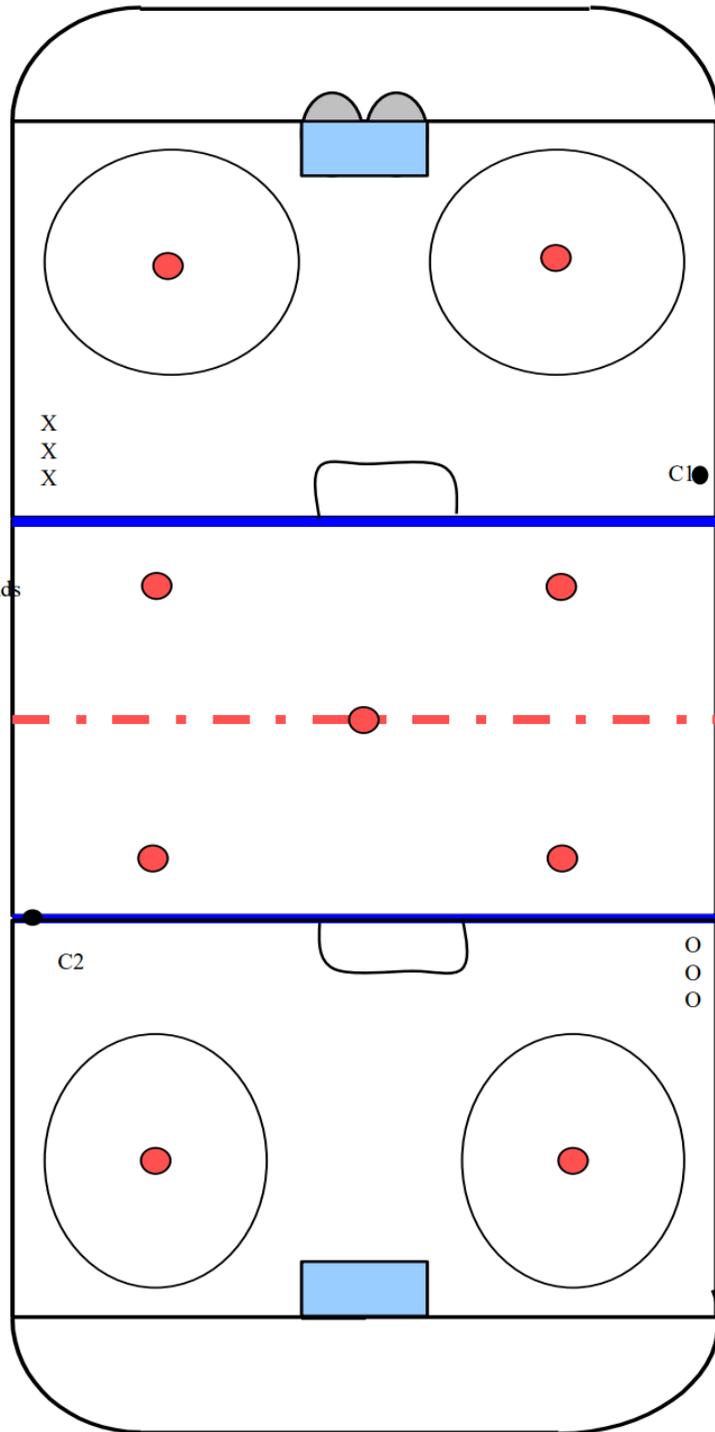
-Can also do this drill 3v3 – move lines back to red line

### Transition Game 3 on 3

- 1) 3 Xs vs 3 Os
- 2) If puck goes below Xs  
Defending Blueline/C1 passes  
puck to Xs for a quick transition
- 3) If puck goes below Os  
Defending/ Blueline/C2 passes  
puck to Os for a quick transition
- 4) Let them go for about 30 seconds
- 5) Play to a certain score/Great  
Competition

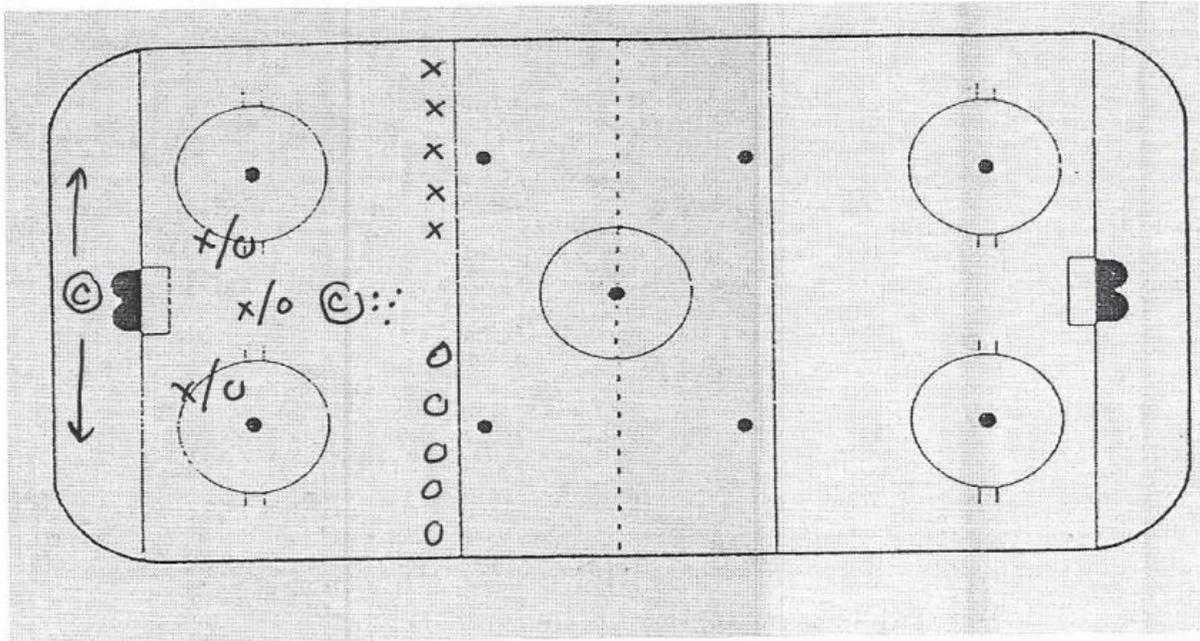
It is a good way to finish or start  
Practice

It has good pace and a lot of guys  
involved



10/21/2014





Competitive Game

↳ 3v3 w/ High Low Coach

- ① To go on offense need to feed either C
- ② C's can shoot or pass to team on offense

Dave M D400 - 1-1 Crease Game

Drill title: Crease Game

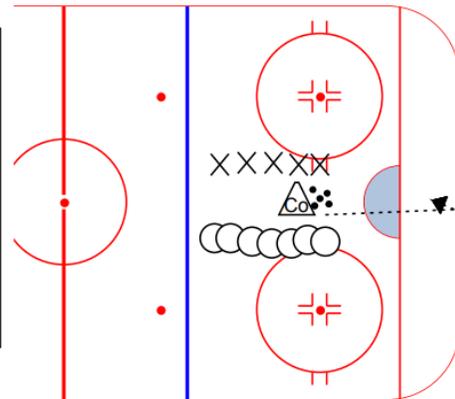
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Page: 1 of 1

Title : Crease Game Category #1 : D Skills Category #2 : Puck protection

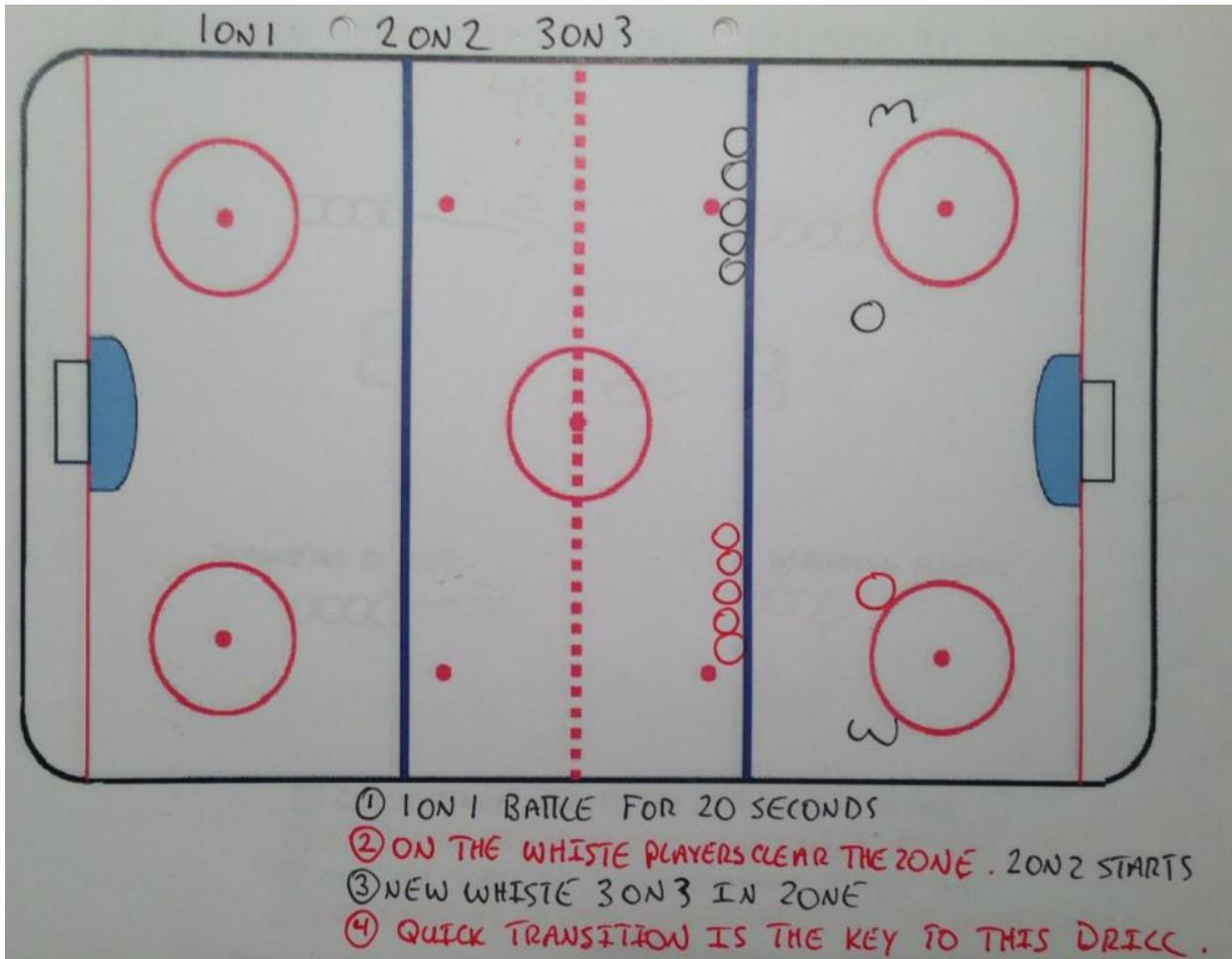
**Description**

Crease Game  
 -Net is removed  
 -Play is below the dots  
 -Puck is tossed in by coach  
 -Player with puck tries to enter the paint with possession  
 -Full possession in the paint earns 1 point  
 -Players switch from O to D as possession changes

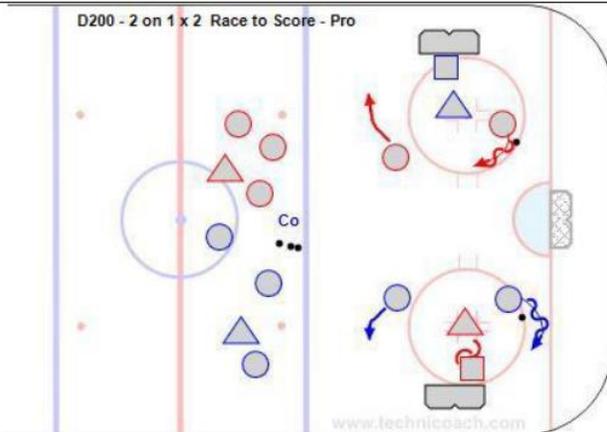


Key points:

Viveiros



Tom Molloy



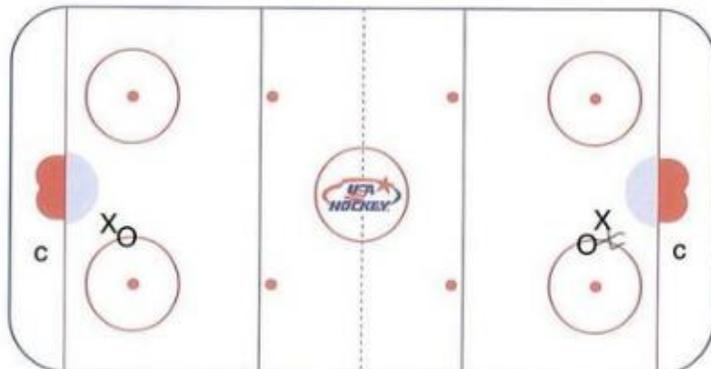
4) *A drill or game to develop Competitiveness.*  
**D200 - 2 on 1 x 2 Race to Score – Pro**

**Key Points:** Two on one contests. The attackers must get open, pick, shoot, pass etc. to score and the defender must realize it is really a 2 on 2 and cover the attack or pass to the most dangerous player and give the other attacker to the goalie. Lots of talking on defense.

**Description:**

1. Play a 2 on 1 at each end.
2. Blue attack at one end and Red at the other.
3. The first team to score gets one point.
4. Switch the players after a goal is scored.
5. Contest is to see who can score 5 goals first (or some other total)

Nick Petraglia

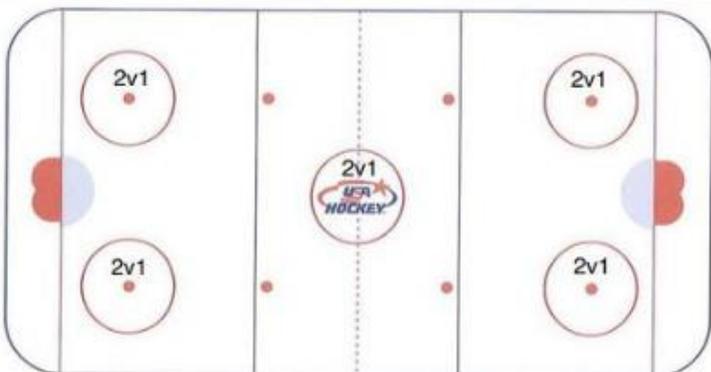


**Notes/Systems** INDIVIDUAL SKILL WORK - Net Front Finish

**Description**

**DRILL 1 (LEFT):** C feeds pucks to X  
X must battle through pressure from O  
Hooks, Cross Checks, Stick Lifts, Pull on feet, etc.

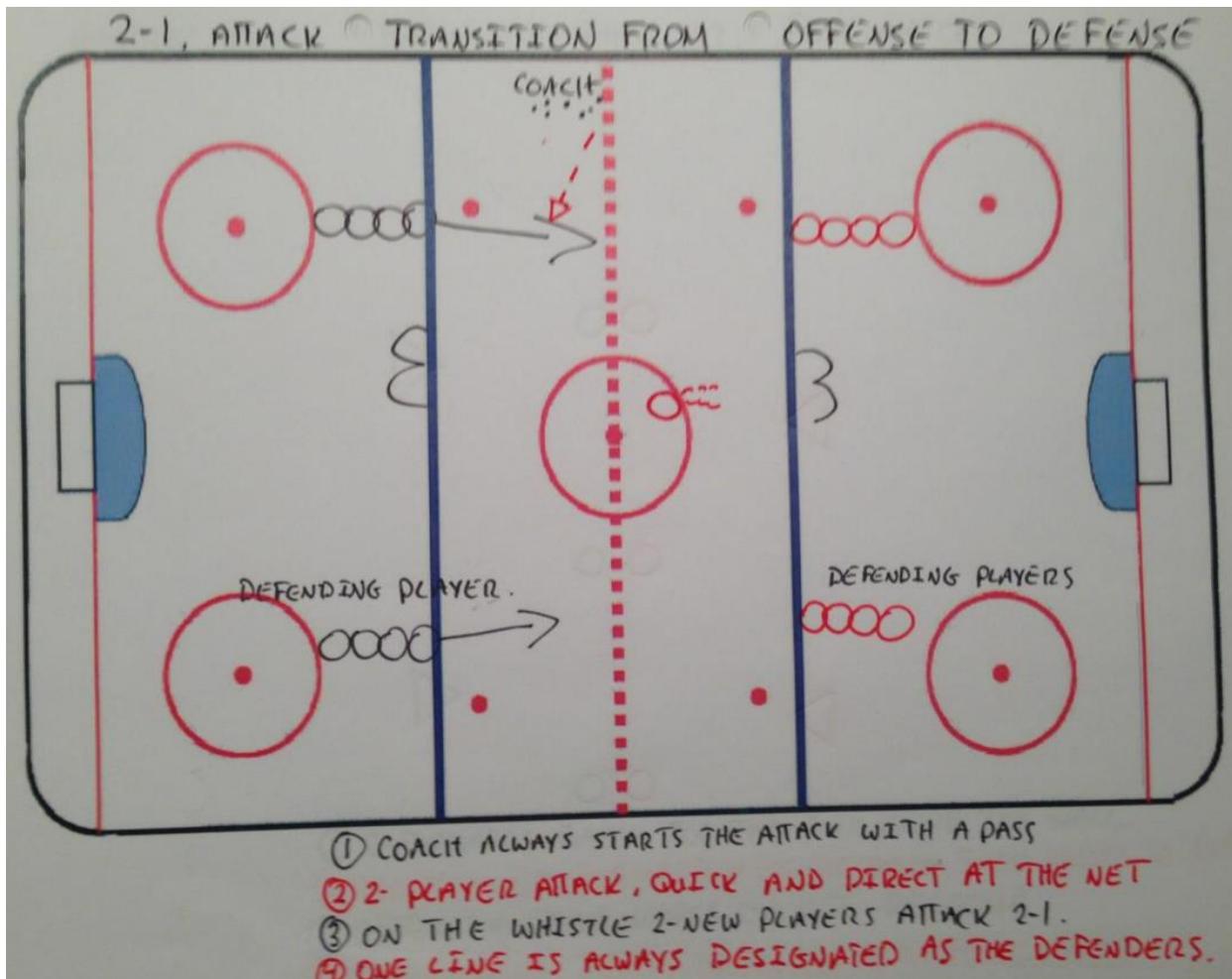
**DRILL 2 (RIGHT):** C feeds pucks to X  
O applies pressure to X's Stick  
X must one time pucks while being stick checked. No body contact in this drill.



**Notes/Systems** TEAM SKILL WARM UP - Small Area 2v1's

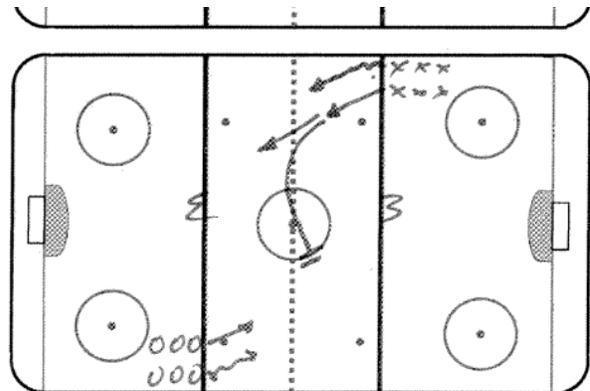
**Description**

Divide team equally around the 5 circles  
Play 2v1 for 20 secs...  
Offensive players exchange as many passes as possible in 20 secs. Work to support and get open. Protect puck. Make plays!  
Defensive players good stick and footwork  
Do drill for 5-7 minutes. All players should play both offense and defense.



Beddoes

|                              |
|------------------------------|
| COMPETITION:                 |
| ⇒ ON whistle 2 X's go w/puck |
| and 2 O's go w/puck.         |
| ⇒ Can play 2 on offense      |
| OR 1 ONE offense + one def.  |
| X 1st team to 7 wins.        |
| X play until Goal or SAVE or |
| Dead play                    |



Geoff Grimwood

Title : SUB 60 PP GAME

Category #1 : POWER PLAY

Category #2 : Goal Scoring

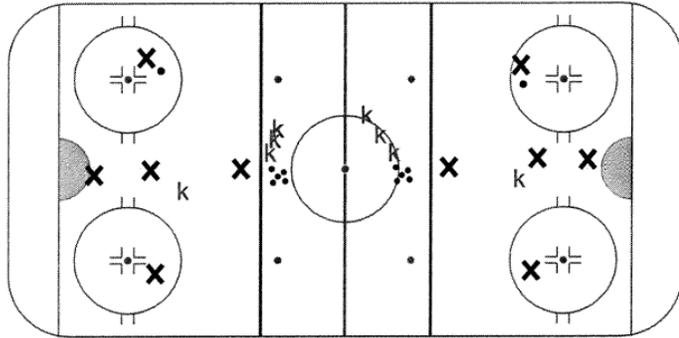
**Description**

The drill starts with a Power Play Group in each end. The drill runs for 60 secs, with one end playing while the other end rests.

On the whistle, one PP group starts playing vs a one man penalty kill. Once the PP scores, a new puck is sent in with an additional killer, making it 5 on 2.

The goal is for the PP to score 4 goals in 60 seconds, with every goal a new killer enters the game. New pucks can be sent in when the goalies smother it or PK clears the zone.

The key is urgency to score against the clock.



Key points : Puck Movement Support Urgency Pucks to net

Wayne Clark

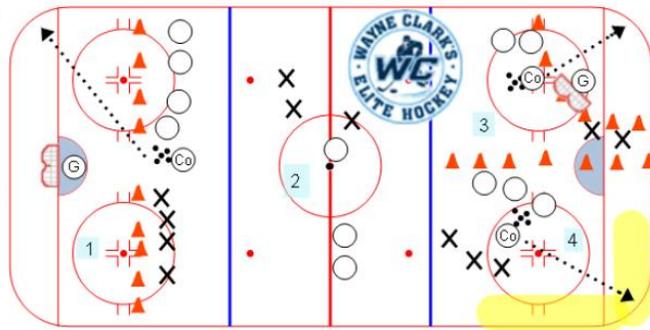
Title : Battle Royal Circuit

Content elements: 4 Groups

Components : "Puck Tough"

**Description**

- 1) "No Shadows" Coach dumps puck for 1on1 (XvsO). Battle and try to score. If Coach yells 2nd puck leave that one and go for new spotted puck. If O scores, Xs skate 4 times to blue and back.
- 2) "Bulls Ring" O tries and use body to shield away X from getting to puck. 20 secs and new pair. Progress: O carries puck in circle and X tries to push O or Puck out of circle. 20-30 sec reps.
- 3) "Chief's Corner" Small Area Battle Game. 1on1 try to score and battle. 2nd puck...3rd puck...
- 4) "Keep Away and Pin...Battle". Must stay along the wall. in Shaded area. Battle for possession.



Key Points : BATTLE RESPECT 2nd PUCK -Jump PRIDE

Drill no. : 4 Duration : Minutes From : To :

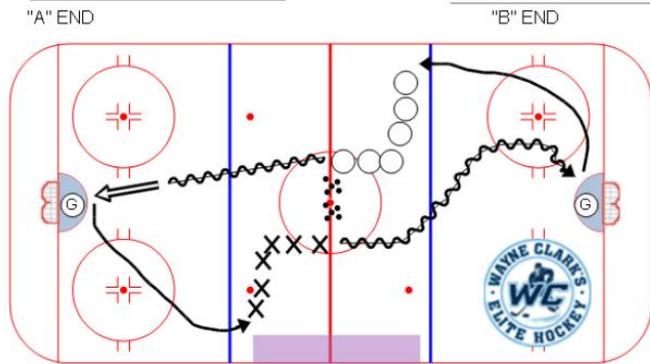
Title : Bruin Shootout

Content elements:

Components :

**Description**

Players shoot both ways before elimination. Os shoot on A end, then lineup to Shoot on B end. Xs Vice Versa. After both shots, If NO GOAL -GO TO THE BOARDS. IF AT LEAST 1 GOAL GO AGAIN FOR A SHOOTOUT AT BOTH ENDS. Continuous to Winner



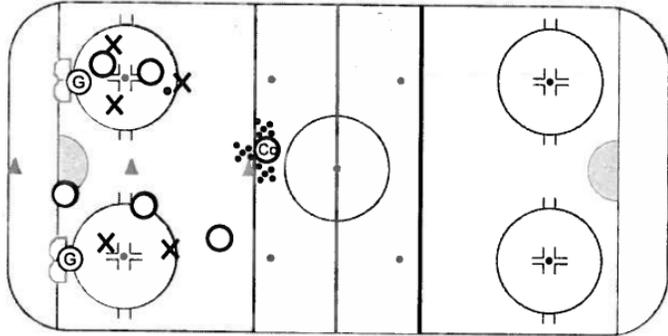
Key Points : A End B End BOARDS OR ALIVE EXECUTE!

Gordpm Birmett

**Title :** 3v2 **Category #1 :** Competition/Game **Category #2 :** 3v2 game

**Description**

-2O's on defense ve the 3X's on offense. O's need to get puck and give it to the 3O's on other side of line.  
-If a goal is scored new guys come in.



Dave Smith

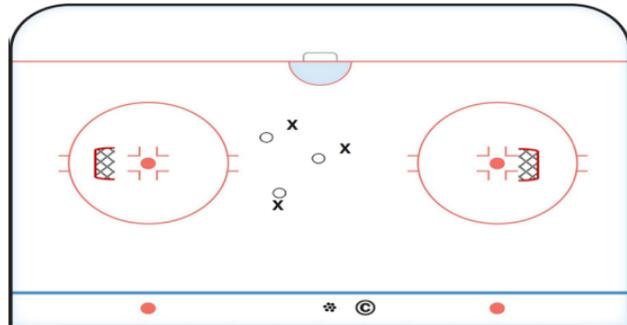
**3v3 Cross Ice**

Simple play 3v3

Short shifts

**Notes**

Move puck. Net presence.



**Auto Low Attack Game**

3 v 3 low attack

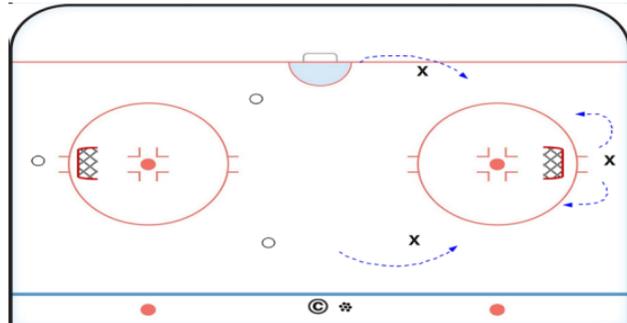
One guy all the time offense starts behind net in oz

He can join when puck gets to him. One guy back behind net when team loses puck

**Notes**

Attack both sides of net. Lanes.

Hard jams and rebounds..



Transition Game of 3-3

**3 V 3 OFF/DEF AND OUT**

3 X'S TRY AND DEFEND THEN BREAK PUCK OUT TO NEW X'S WHO ATTACK

O'S GO FROM OFFENSE TO DEFENSE

AFTER X'S PASS TO NEW X'S THEY ARE DONE.

OFFENSE THEN DEFENSE THEN OUT

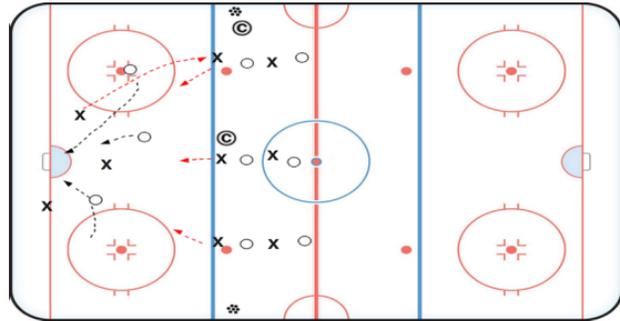
**Notes**

GAP AND DEFEND

WALL OFF

BATTLE

PASS ON TAPE OR NEW PUCK TO OLD OFFENSE



Tyler Kuntz

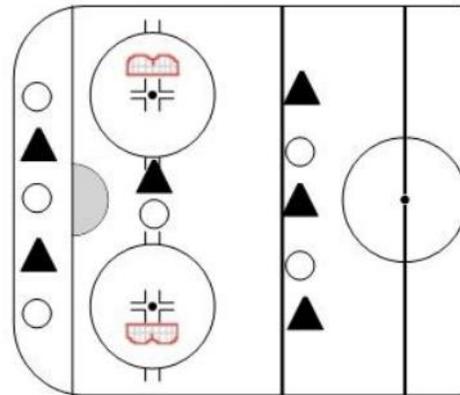
Title : 1 v. 1 - 3 v. 3

Category #1 : SMALL AREA GAMES

Category #2 : TRANSITION

**Description**

Starts with a face-off 1 v. 1  
 On transition, Offensive player must move to teammate on the side to create a 2 v. 1.  
 Then to a 2 v. 2, 3 v. 2, and finishing with a 3 v. 3.  
 Can only move to teammates on transition. Can never be outnumbered by 2, only one.  
 Transition attackers must keep feet outside the lines (goal line & blue line).



**Key points:**

3 second Rule

Puck Speed

Head Speed

Over shoot

**Categories**

HALF ICE GAMES

Drill Title : 2 v. 2 Puck Exchange/3 Puck 2v. 2 Net Battle

COMPETITION DRILLS

Components :

Content elements :

**Description**

- (1) PUCK EXCHANGE
  - 2 v. 2 in middle
  - post players in corners (opposites)
  - transition to post on turnovers or to spread out defenders, and replace.
  - create odd man attacks.
- (2) 3 PUCK 2 v. 2
  - spot puck for 2 v. 2 low
  - 2nd puck D-D shot (box out-sticks)
  - 3rd puck D-D shot (box out-sticks)

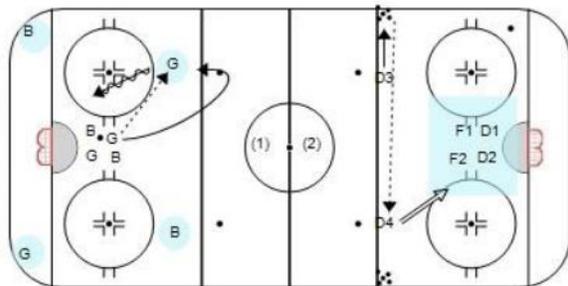
**Key Points**

PUCK MOVEMENT

PROTECT HOUSE

ATTACK BLUE PAINT

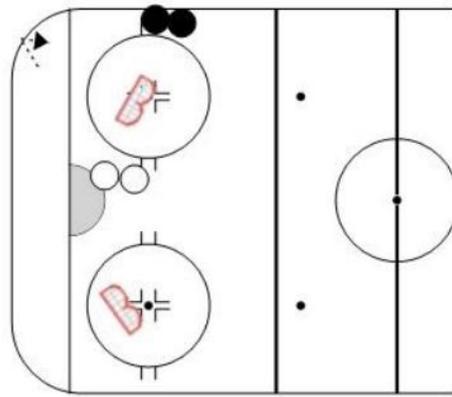
BATTLE



Title : 2 v. 2 WALL BUMP TRANSITION Category #1 : SMALL AREA GAMES Category #2 : TRANSITION

**Description**

2 v. 2 at net front/corner  
 On transition players from defense to offense must use the wall to bump upon transition and then attack.  
 On whistle hard out to blue line.



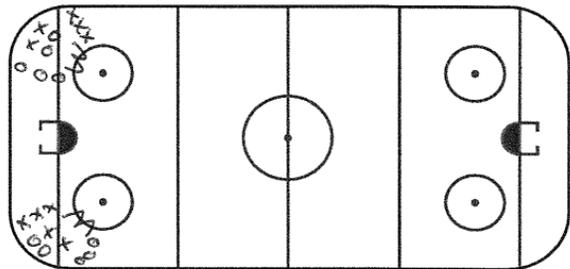
Key points:

- WALL PLAY
- OVER SHOOT
- PUCK PROTECTION
- BLUE PAINT HABITS

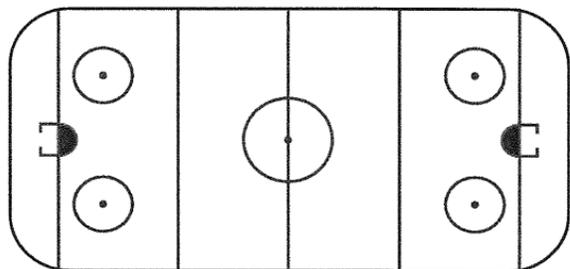
Flanagan

*Competitive Drill - Thunder Dome*

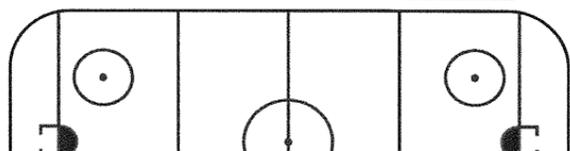
Step One  
 Nets are placed at the bottom of both circles facing into the corners.  
 Team is split into two groups



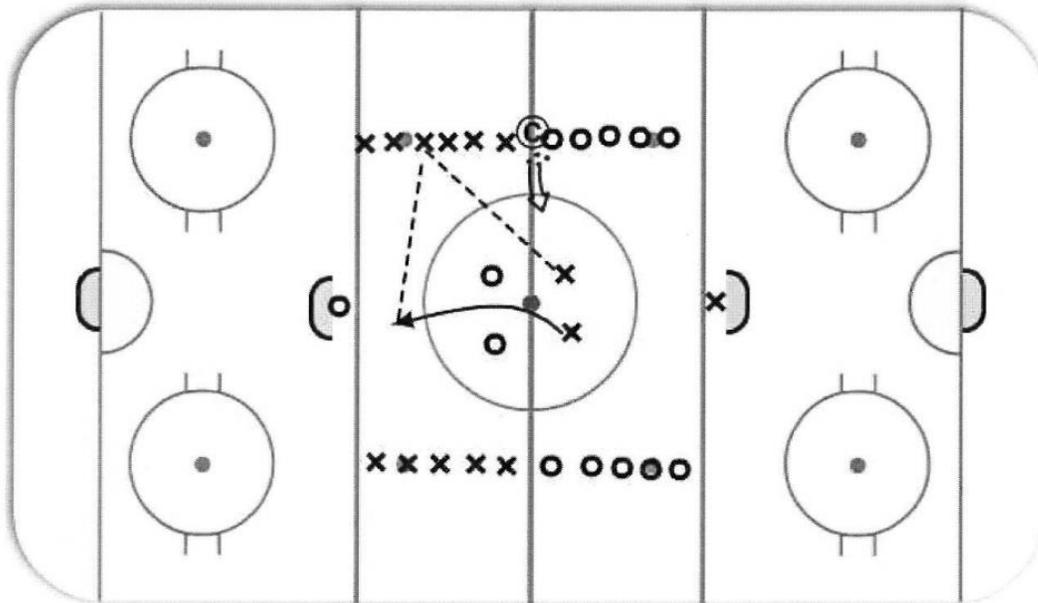
Competitions  
 One net, the Xs are on offense.  
 Other net the Os are on offense.



Shifts  
 Four players in at once for 30 sec shifts



Tom Newton



**Drill Name:** 2 on 2 Neutral Zone Give and Go Game

**Date Created:** 09/18/14

**Category:** Competitive

**Key Points:** Communicate. Find open spaces.

Teams are lined up in the dot lane between the red and blue line on their offensive side.

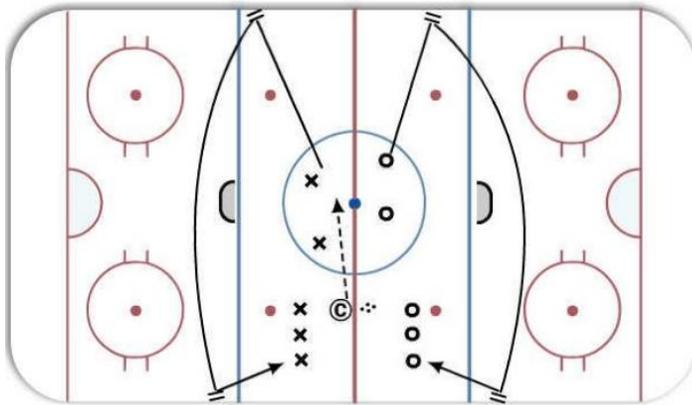
The coach has the pucks.

**Description:** On the whistle, the first player from each team, on each side, that are closest to the red line move into the middle.

The coach flips the puck in.

Once possession is established the offensive team must make at least one pass to one of the players on his team in the dot lane.

Stuart Wilson



**COMPETITIVE DRILL**  
**NZ 2-ON-2**

2 Teams play 2-on-2 in the NZ. On whistle, all 4 go skate hard from boards to boards to the back of the line as the next 4 go.

Keep shifts short.

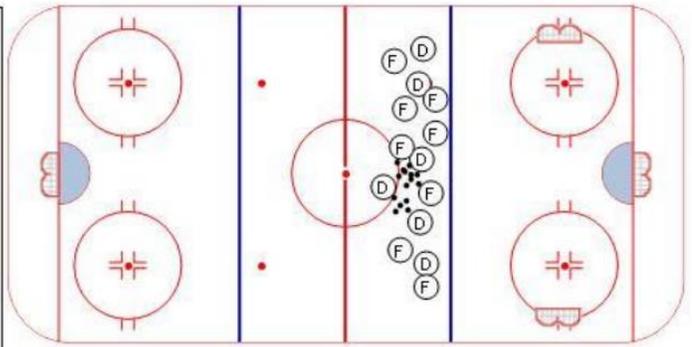
Steve Roy

Title : CBJ 3 on 3 to 1 on 1 SAG      Category #1 :       Category #2 :

**Description**

- 1 on 1
- 2 on 2
- 3 on 3 (first pair then leaves)
- 2 on 1 (second pair then leaves)
- 1 on 1

After each whistle add/delete a pair.



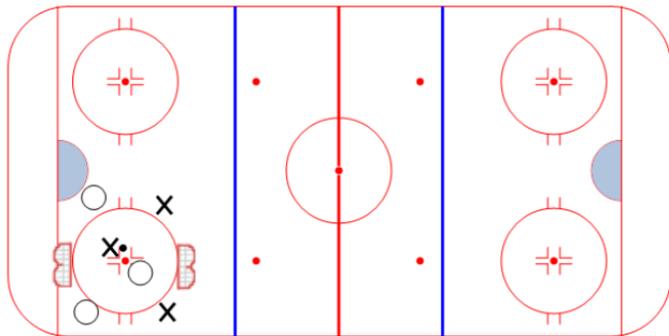
Bobby Fox – Jr A

Title : Net Circle Battle      Category #1 :  1v1 Battle      Category #2 :  Shooting

**Description**

X & O battle 1v1 in the face-off circle. They must stay within the circle and can pass to their teammates at any time.

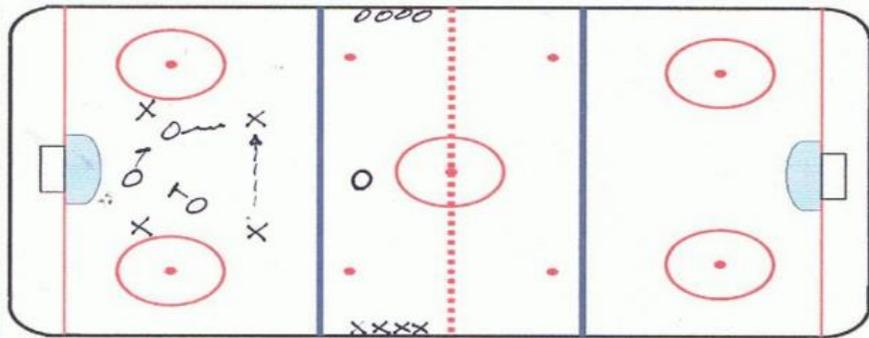
O's teammates are on either side of the opposition net. They must stay outside the circle and can not cross the hashmarks.



Duce-Wise - Ryerson

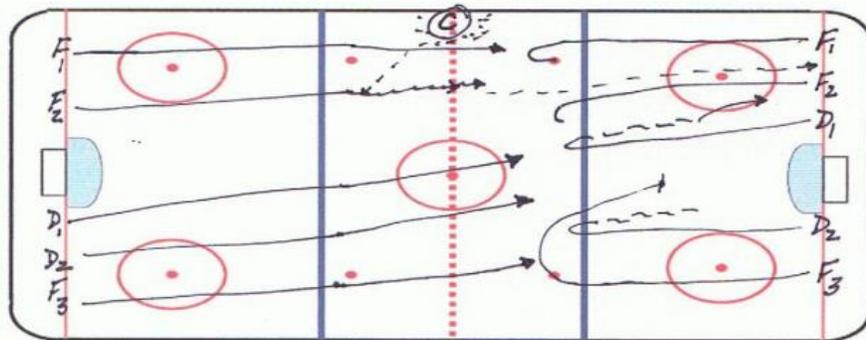
4) Area Drill: 4 vs 3

- each end zone 4 X's vs 3 O's with an O outside the blueline.
- X's try to score, O's try to get puck to O outside blueline.
- if O's get puck to O outside blueline they go 4 on 3 vs 3 new X's.
- first team to 5 goals.
- both ends same time
- use other number combos.

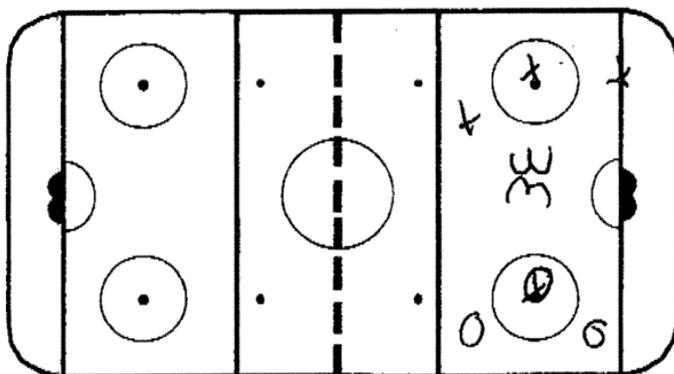


3) FC, DCZ All Out

- 5 players (3F's & 2 D) on each goalline.
- players on whistle skate to center, C passes to team that is calling the loudest.
- team receiving the puck dumps it and FC, other team tries to BO against FC or play DZ coverage.
- let continue for all out scrimmage.



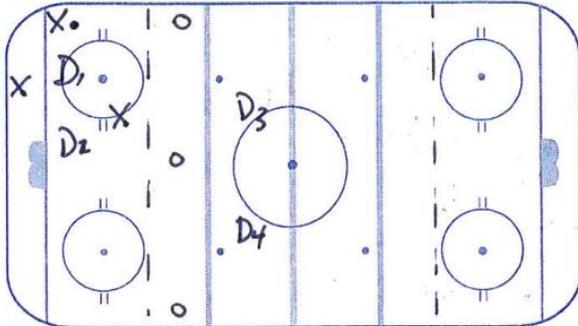
Troy Chaisson



Description STATIONS GAME

- 3 "X" vs "3" O's
- Only Player allowed To score his Player on the dot.
- Rotate AFTER Goal OR 30 SECS.

TIME **7** DRILL NAME **Continuous**  
 CONTINUOUS  
 CONTROLLED



OBJECTIVE(S) **work 3vs2 continuously.**

START **pit D vs F.**

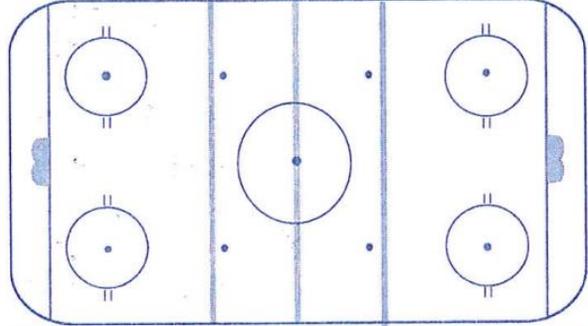
- Coach command X's battle
- D1 & D2 below ringette line.
- D1/D2 try to gain p possession & get p to O forward line.
- O's then attack D3/D4
- 3vs2. to opposite end.
- X's to bench as a new line gets to ringette line so D3 & D4 can break them out. against D5/D6
- new F line cannot cross ringette line to help D.

KEYS

- \* offensive support, move, triangulation, cycle, p protection.
- \* D-side, patience.
- \* carry p or quickly move out of zone.

ROTATION

TIME **8** DRILL NAME  
 CONTINUOUS  
 CONTROLLED



OBJECTIVE(S)

START

- "Commit to the Team"
- "Rely on the Team"
- "Defer to the Team"
- "Be Accountable to the Team"
- "Because one is too small a number to achieve greatness"

KEYS

- Preparation = Confidence.
- Confidence = Presence
- Presence = Leadership.

ROTATION

Rpb Cpplspm

OBJECTIVE: 2 on 2 BOX GAME

DATE: \_\_\_\_\_



NOTES:

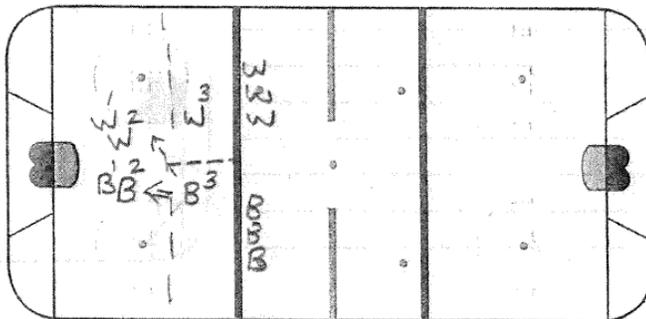
PLAYS TO THE NET  
PUCK PROTECTION  
NET PRESENCE  
TRANSITION

LINE UP:

|       |       |       |       |       |
|-------|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

(1) W<sup>1</sup> W<sup>2</sup> VS B<sup>1</sup> B<sup>2</sup>  
STARTS GAME 2 ON 2

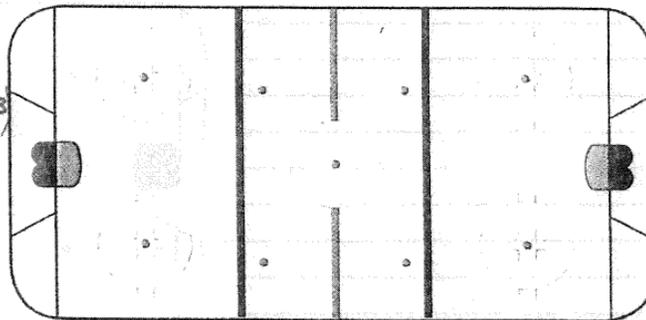
(2) AS SOON AS  
TURNOVER OCCURS  
PUCK MUST BE  
TRANSITIONED TO  
BOX (EITHER B<sup>3</sup> OR W<sup>3</sup>)



SPRAY PAINT LINES

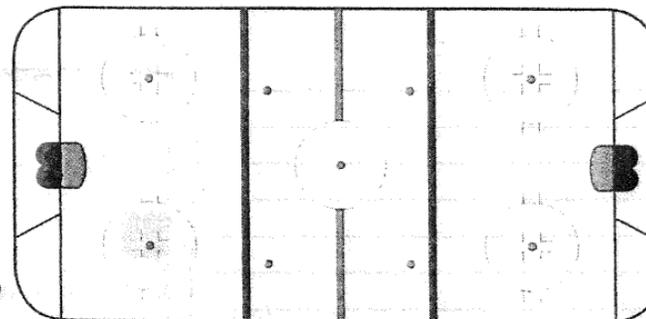
(3) W<sup>3</sup> OR B<sup>3</sup> CAN  
SHOOT DIRECTLY ON  
NET OR PASS OFF  
(CAN NOT CHECK B<sup>3</sup> OR W<sup>3</sup>)

(4) W<sup>3</sup> OR B<sup>3</sup> CAN  
NOT CHECK ONE  
ANOTHER BUT CAN  
INTERCEPT PASSES



(5) USE OPTIONS SUCH  
AS PLAYERS IN BOX  
MUST ALWAYS SHOOT  
ON NET AND IF LINE  
FULL MUST USE BACK  
BOARDS

(6) CHANGE LINEUP  
6 PLAYERS EVERY  
1:35 SECONDS 1 ADD NEW  
PUCKS AS THEY GO  
OUT OF ZONE

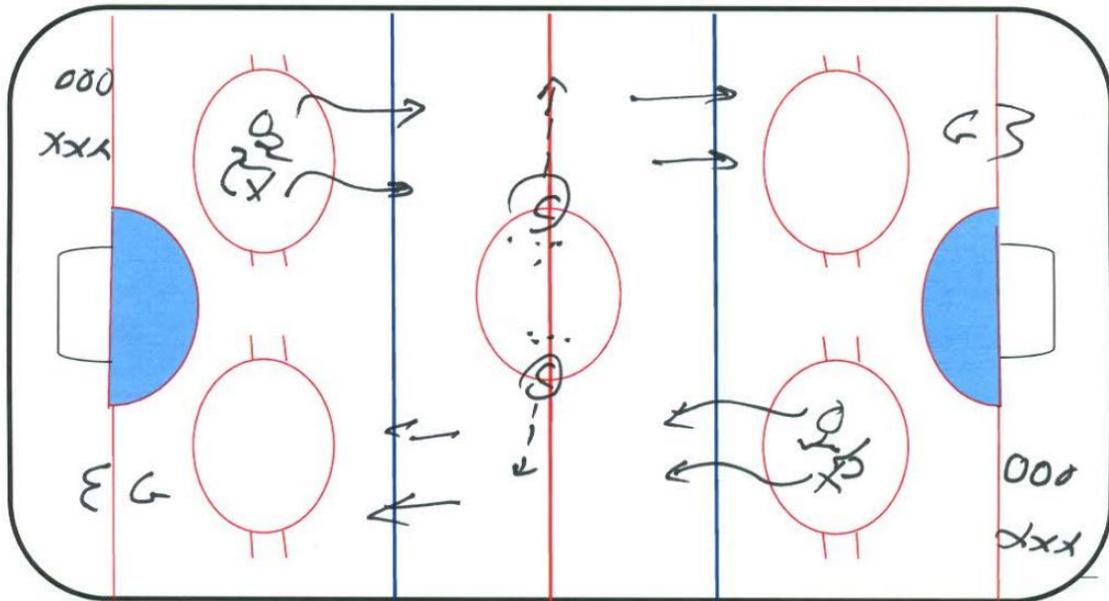


Jon Kynaston

Drill Type

COMPETITIVENESS

PHANTOMS



Drill Purpose

Description

BULL RING

O + X ENTER CIRCLE FOR BATTLE, VARY THE RULES, PROTECT  
DOT OR REMOVE OPPONENT FROM CIRCLE ETC.  
AFTER 30 SECS WHISLE THEN RACE FOR PICK SPOTTED  
BY COACH FOR 1 or 1 TO NET

Key Points

BATTLE HARD

WIN THE PICK RACE

NO OUTING EITHER PART OF DRILL

Kai Katajalehto

**Description**

3vs3 puck possession game with different rules in neutral zone

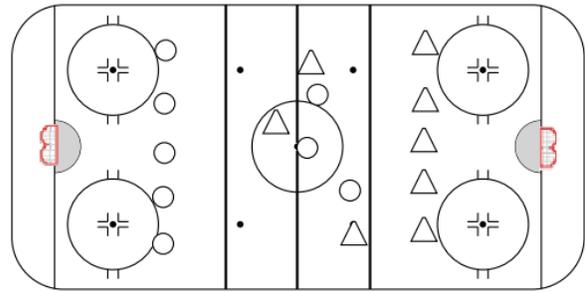
1. puck only on forehand
2. only backhand passes
3. receive and pass
4. two pucks in the game

general rule: you can pass to resting players to create space.

**Key Points**

pass and move

see the game



Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

**Categories**

PELITIL. TRANSITION

Alivoimatilanne

Drill Title : OFFENSIVE OR DEFFENSIVE TEAM PLAY DRILL

Components : \_\_\_\_\_

Content elements : \_\_\_\_\_

**Description**

2+1 vs 3+1 continuous transition

F1/F2 attack and D1 supports to high slot and leave, F1/F2 after attacking backcheck below blueline

F1/D1/D2 start defending from the NZ, when puck goes over the redline F2

support to DZ. F1/F2 attack against new

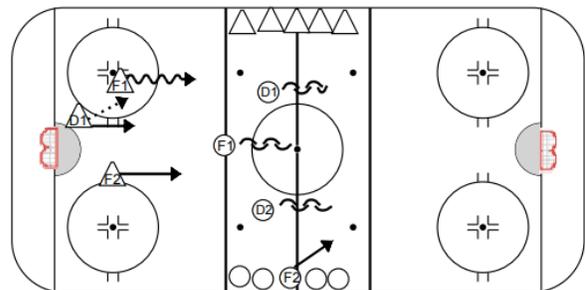
F1/D1/D2 after a turnover and D1 or D2 supports.

**Key Points**

defensive triangle

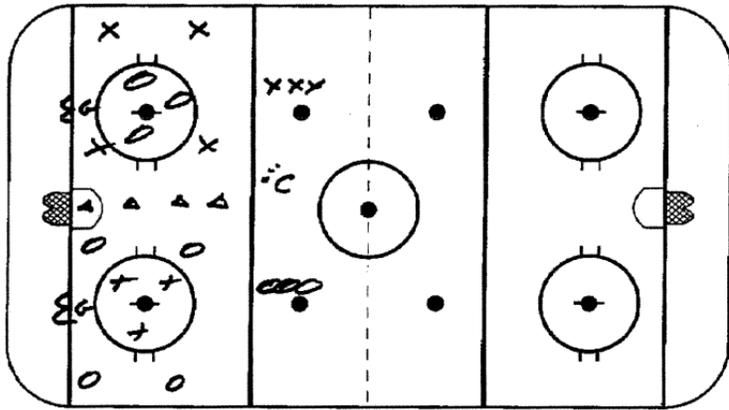
use the man advantage

zone entry

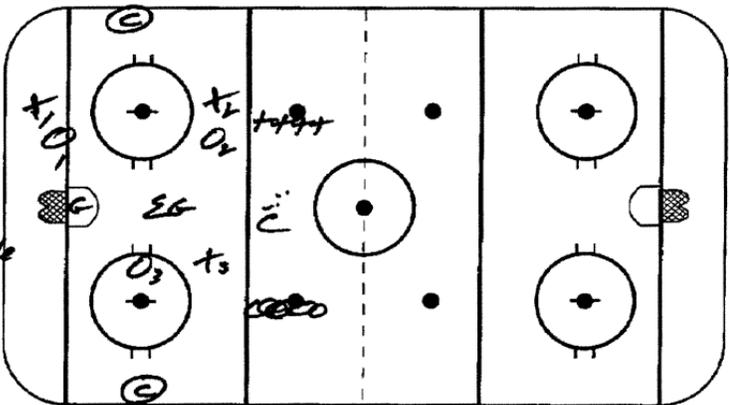


Danny Flynn - Moncton

- ① SMALL SPACE 4V3X2
- PLAY 4V3 IN 1/2 ZONE
  - 3 DEFENDERS PRESSURE: RECOVER PUCK AND MOVE IT TO O'S WAITING IN OTHER 1/2 OF ZONE
  - \* FUN - COMPETITIVE



- ② 2 NET CHALLENGE
- 3 or 3... (C) ON HASH X2
  - CAN SCORE ON EITHER NET BUT MUST PASS PUCK TO COACH AT HASH ON EVERY TURNOVER
  - 30 SEC. SHIFTS. CHG ON (C)
  - FUN - COMPETITIVE WHISTLE
  - \* 2ND NET PLACED IN HIGH SLOT



Pelino

end and switch each time.

**COMPETE DRILL**

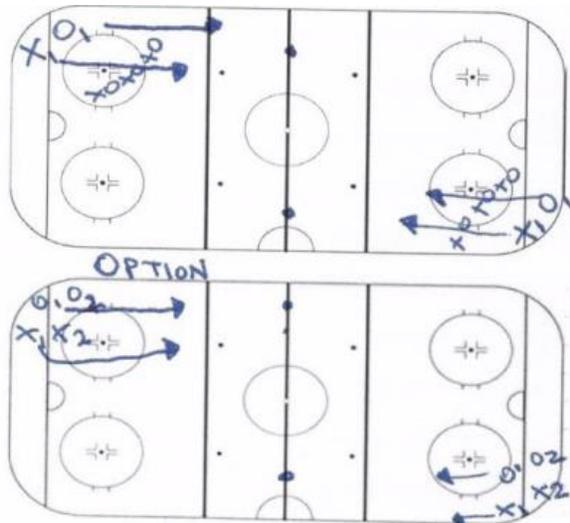
**RUSSIAN ROULETTE**

X1 vs O1 battle in corner. 1 vs 1 puck protection / keep away. Battle hard. On whistle, they leave puck and race to a second puck spotted on centre ice line. Race for breakaway with first to puck going in to score, and player chasing applying pressure. Do from both ends simultaneously (opposite corners) Next pair start immediately on whistle that releases original two players.

OPTION...can battle 2 vs 2 in corner but only X1 and O1 take off to race, while X2 and O2 remain to be joined by X3 and O3 for a 2 vs 2 battle. Continue.

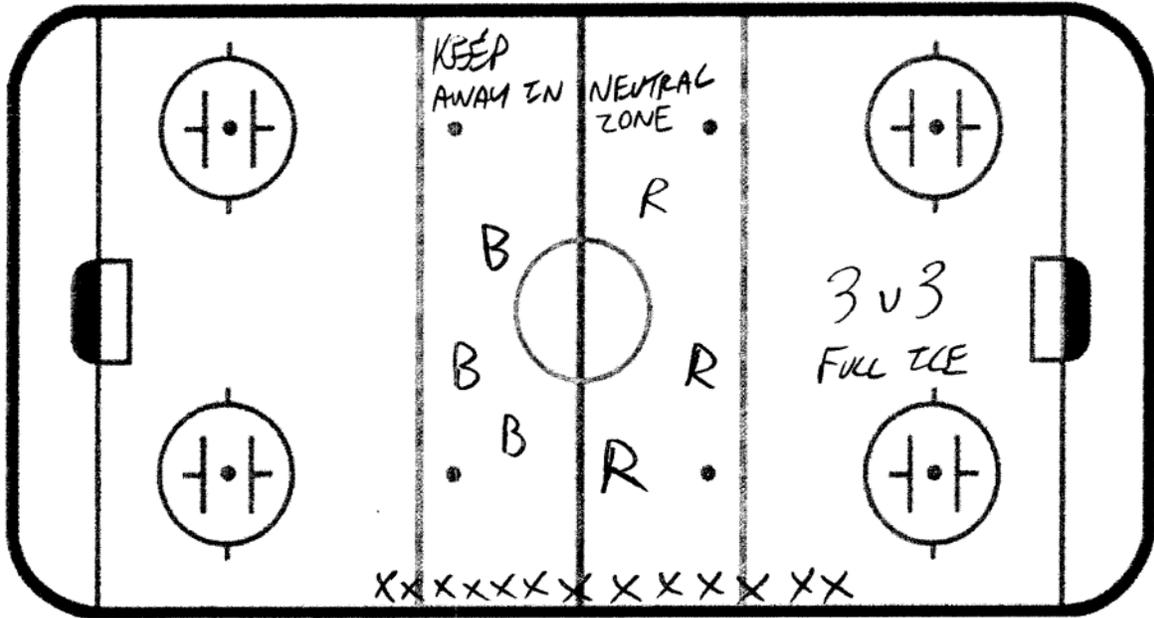
QUOTE: Inuit Proverb

An Inuit child learns early in life, you do not talk



Gardiner McDougall

DRILL NAME: 3/3 KEEP AWAY 3/3 FULL



Starting Formation: PLAYERS ALONG SIDE WALL  
3 RED VS 3 BLACK IN NEUTRAL ZONE

Drill Directions: • PLAY 3 VS 3 KEEP AWAY IN NEUTRAL ZONE

- ON WHISTLE THE SAME PLAYERS PLAY 3 VS 3 FULL ICE
- 6 NEW PLAYERS READY TO GO NEXT WHISTLE

\* CAN DO FWD LINES VS FWD LINES - COMPETITION

OR 2 FWD + 1 D - GAME LIKE SITUATIONS

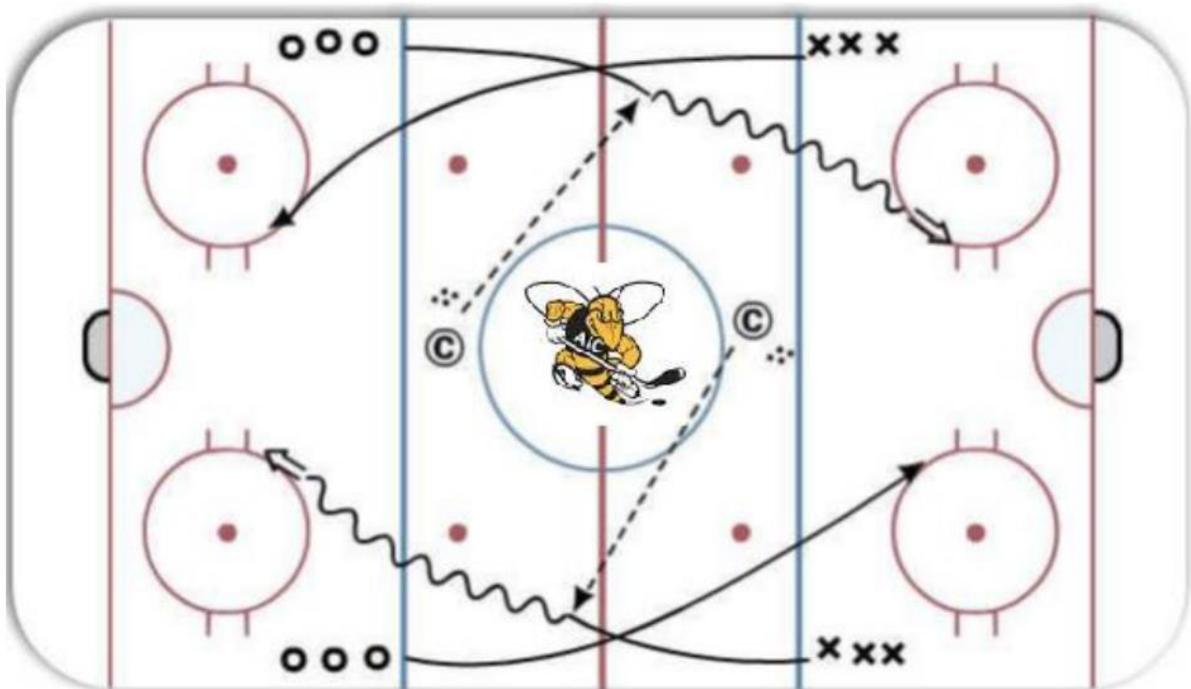
OR 2 D + 1 FWD

Gary Wright – American International College

**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.*

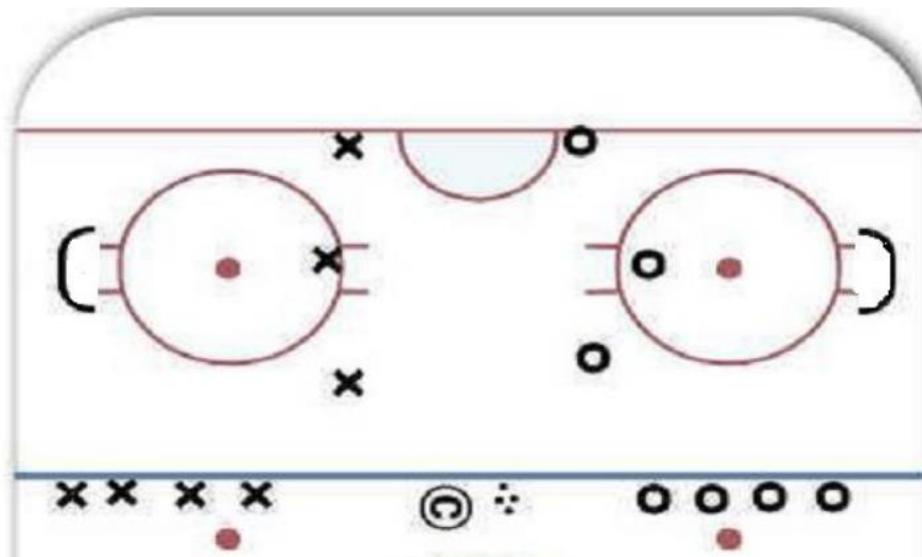
Two Teams (X's & O's) aligned on respective blue lines. On whistle, two O's and two X's start simultaneously as indicated. (One coach passes to X's, the other to O's.) Player receiving pass attacks net (no passing), as teammate drives the net hunting for a rebound. The puckcarrier can shoot to score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



## 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.



Vikstrom SAG 2-2 or 3-3 - Swedien

SMALL AREA GAME

