

Categories

Offensive Zone

2vs1 Drills

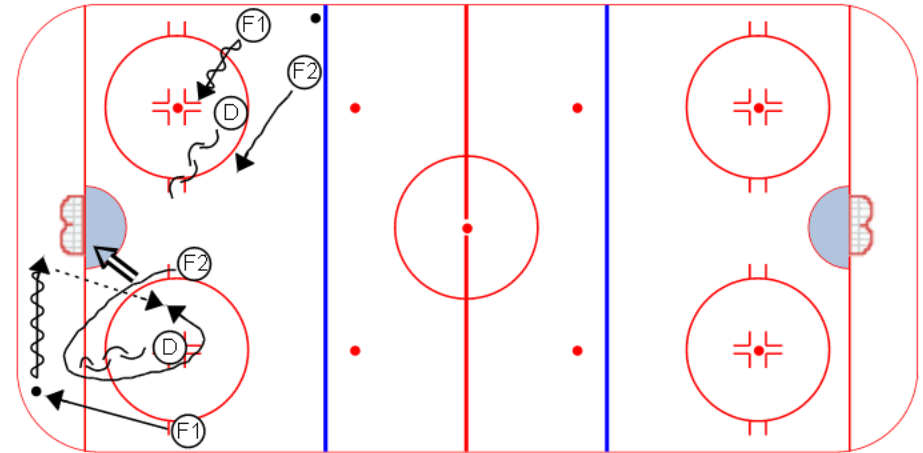
Drill Title : Multiple 2 on 1's**Components :** Two forwards and a Defenseman.**Content elements :****Description**

A. F1 and F2 start on hashmarks with D starting on face-off dot.

-On whistle F1 and F2 race for puck in corner while D starts facing backwards, turns and battles for puck.

-2vs1 confined out of corner.

B. On whistle, F1 and F2 sprint to second puck at blue line and attack D for open ice 2vs1.

Key Points**(1) Confined 2vs1.****(2) Open Ice 2vs1.**

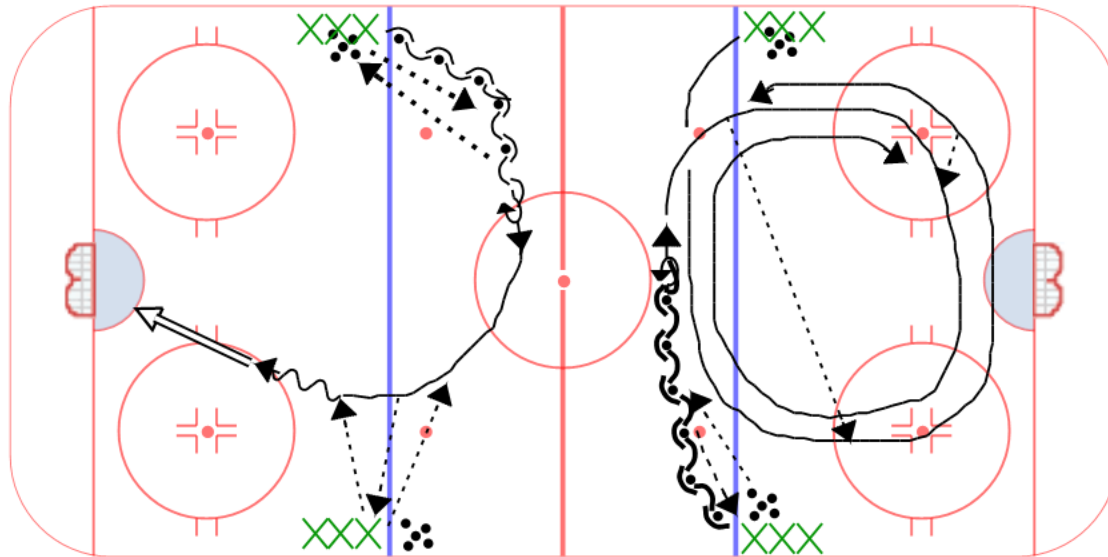
Category #1 : Warm up

Category #2 : Carousel

Title : Shooting Drill Progression

Content elements :

Components :



Key points :

Passing

Skating

Agility

Description

- (A) X backskates while receiving a pass from same line. Touch pass back to next player in same line. X then pivots forwards and receives a pass from player in opposite line, touches puck back and receives a second pass then shoots. After X2 completes final pass to original X, he/she then backskates and receives pass from next X in same line continuing flow of drill.
- (B) X backskates and does everything the same as previous version of drill. On this exercise, he/she is joined by player from opposite line and the two do a large circle in zone while exchanging the puck as well as using players from the two lines for give and go's. Two players eventually attack goal 2vs0 after on complete circle in zone.
- (C) Next two players continue drill after shot.

Note: Any number of variations can be added to this alignment and initial give and go passing movement. Be creative.

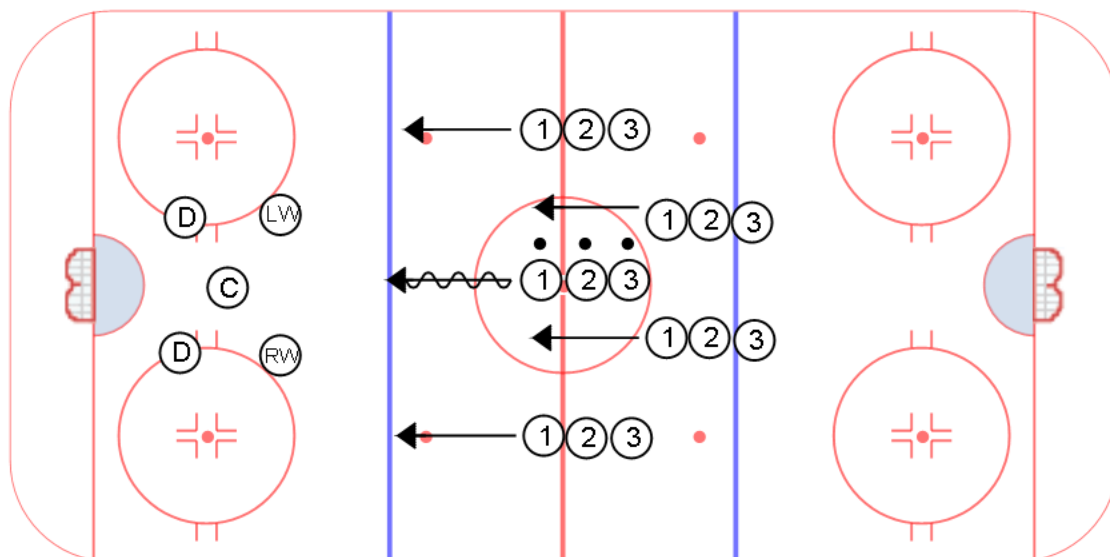
Category #1 : Systems

Category #2 : Defensive Zone Coverage

Title : Harvard D-Zone Drill

Content elements : Full Team

Components: _____



Key points :

Protecting Good Ice

Defensive Zone Play

Offensive Zone Play

Ability to Clear Zone

Description

Objective is to efficiently execute defensive zone duties:

(A) Three forwards and two defenseman begin positioned in home base in the defensive zone.

A line and two defensemen attack zone from red line.

Play 30 to 40 seconds or until puck is cleared under control.

(B) On whistle previous offensive players moves to boards and clear zone out of the way/

Defenders immediately move as quickly as possible back to home base while the next line and pair of defenseman waiting at red line attack zone as previous line did.

Same rules apply (30-40 seconds or a clear under control.)

(C) On third whistle, defenders once again move quickly into home base and third line attacks zone. (Same rules apply.)

Goal is to defensively gain possession of puck and support each other to break out as quickly as possible. Each segment of the drill could last 1:30 - 2:00 if defenders cannot gain possession of puck and clear.

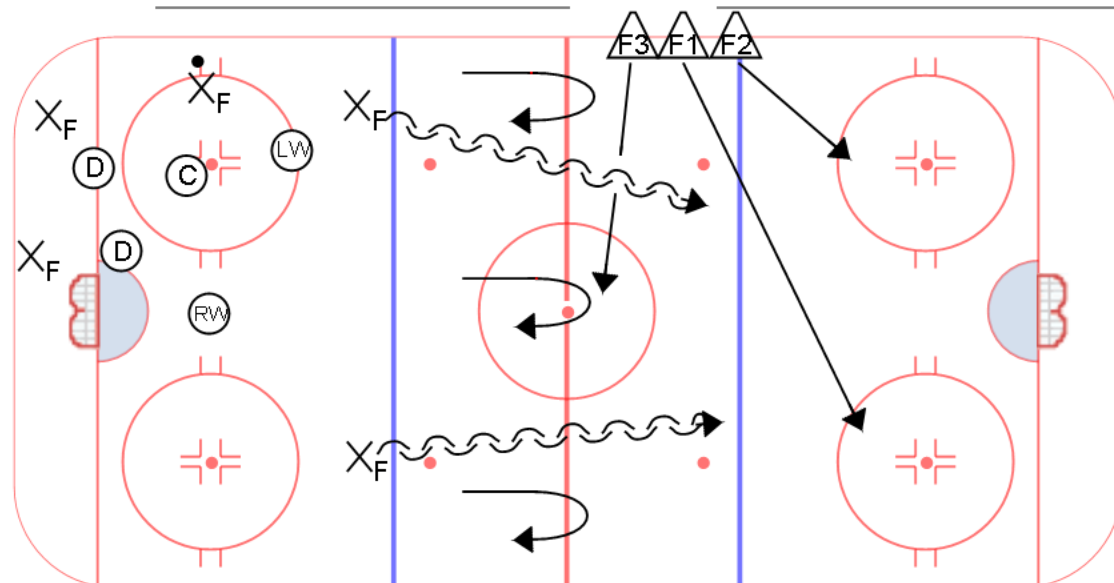
Category #1 : Systems

Category #2 : Defensive Play

Title : D-Zone Entry/Counter Drill

Content elements :

Components:



Key points :

Offensive Zone Play

Defensive Zone Play

Zone Entry Defense

NZ Counter Skills

Description

(A) To start drill, one line starts on offense and one line starts on defense inzone. On whistle start the drill by playing 5 on 5. From that point on the drill is continuous flow.

(B) Once the defenders gain possession of the puck, the offensive forwards quit playing and the defenders transition and breakout 5 vs 2 defensemen. Once the puck reaches the Red Line, the forwards cutback and counter with the breakout Defensemen. At the same time a designated forward from the next line enters the ice and assumes the F3 position in whatever area suits your system. (If you pick up outside lanes have him do that. If you use him to wedge have him do that. If you have him pick up the closest forward have him do that, etc.) This is a big part of the drill as it works D-Zone entry. Once puck is countered and enters zone, Linemates of F3 jump boards and enter D-Zone aggressively, again using whatever D-Zone entry scheme suits your system.

(C) The drill continues as before with 5 on 5 defensive zone play until the defenders gain possession of the puck. Once this occurs the offensive forwards stop playing and the defenders break out to the Red Line and counter continuing drill.

Note: Defensemen change once they counter forwards in NZ. After delivering pass for offensive zone entry they get off ice and new defenseman replace them continuing drill.