

Games from Drill of the Week Club 2011-12

Diego Scandella

Competitive Drill

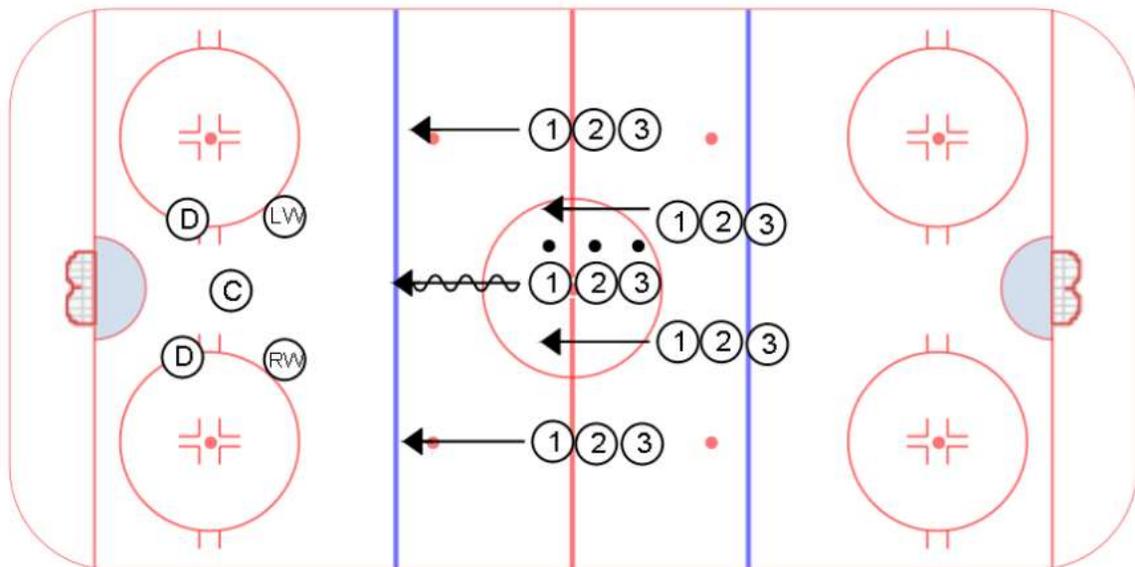
Drill Name WILD WILD WEST

Description C IS THROWING IN OR IS TAKING OUT PLAYERS EVERY TIME HE WANTS. PLAYERS GOT TO READ AND REACT FAST TO THE NEW SITUATION!

Key points COMMUNICATION, READ THE GAME

Duration (min): _____ Running time (min) _____

Shawhan



Key points :

Protecting Good Ice	Defensive Zone Play	Offensive Zone Play	Ability to Clear Zone
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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.

Bobby Fox Jr A

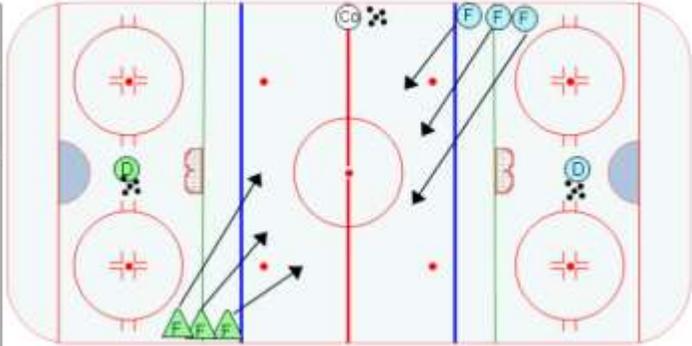
Title : 3 on 3 D Support

Category #1 : Small Area Games

Category #2 : Confined Space Game

Description

Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace). Forwards must swing to get open. Opposing forwards can pressure Defenseman, but can't cross line. Defenseman can't cross line either.



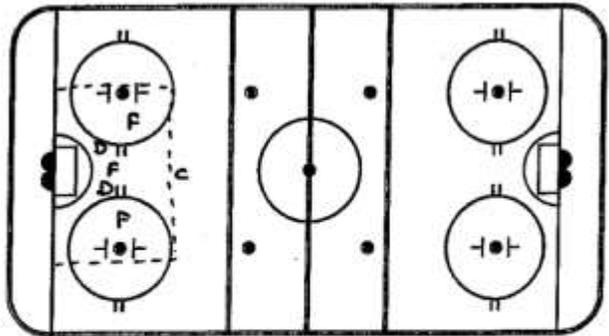
Knoblauch

TIME DRILL 5 puck Net Game

- 2 D vs 3 F
1. Coach pass pucks to forwards.
 2. Coach blows whistle when puck leaves zone, goal, or goalie covers. New puck given to forwards.

KEY TECHNICAL POINTS

- 0 goals - D win
1 goal - Tie

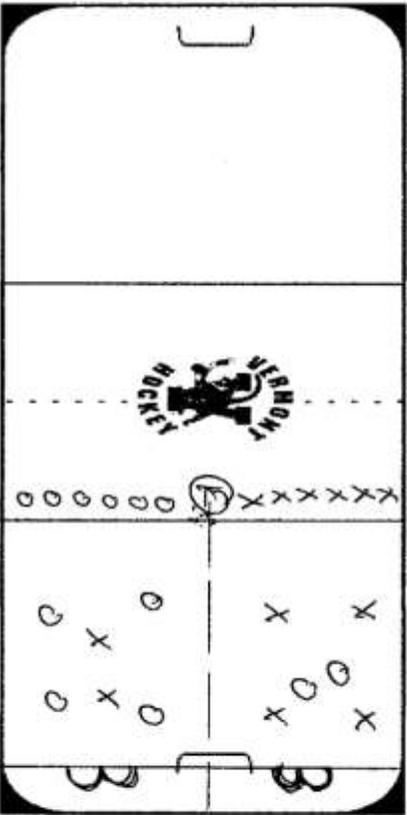


KEY EXECUTION POINTS

- 2 goals - Forwards win

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OFFENSIVE DRILL: 4v2 – Small Area Attack Drill

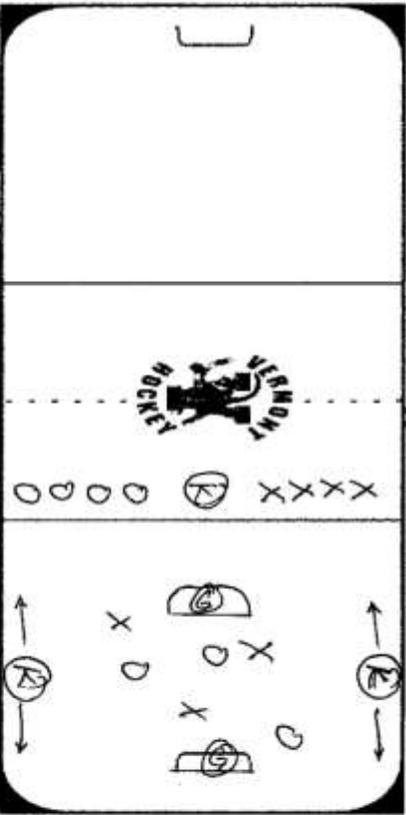


- Split players into 2 teams (X's and O's)
- 2 – X's play with 4 – X's on the other half of the ice & vice versa
- Any goals scored means the offensive team gets the new puck.
- Shifts are normally 35-45 seconds

**Emphasize quick offensive movement and attack mentality. Every position is interchangeable – puck & player movement is key to exploiting defenders.*

NOTE: This can be a very effective power play warm up drill. Also, you can add additional offensive or defensive players to the game.

SMALL GAME: 3v3 – Transition/Support Small Game

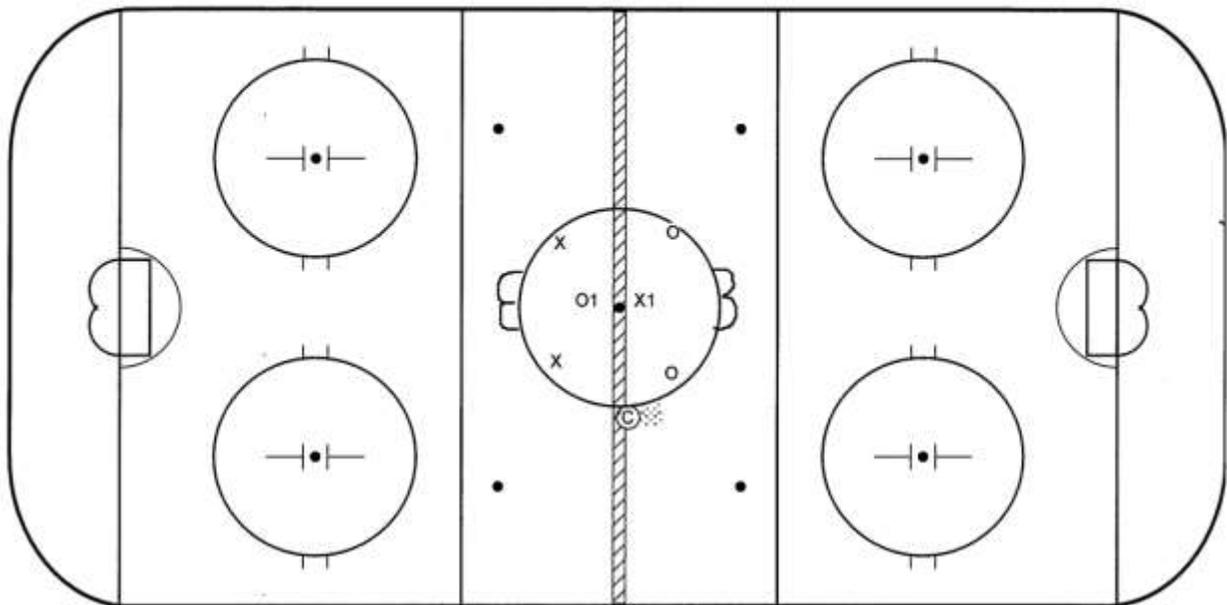


- Split players into 2 teams (X's and O's)
- Players play the game 3v3 and can score on either net
- Players must "touch-up" with Coach at each change of possession
 - Players can use Coaches as support as much as they would like
- Shifts are normally 35-45 seconds

**Players are to transition with speed and attack off the initial change of possession.*

NOTE: Any time the puck goes outside the DZ – Chip a new puck

Falcon Circle Scoring Game



Falcon Circle Scoring Game

Extra players are around the outside of the circle keeping pucks in when needed.

Play until a group scores 3 goals. Loser must skate sideboards.

O1 and X1 have to stay on their side of the red line. They can be a shooter and are the primary defender. These players really run the show..

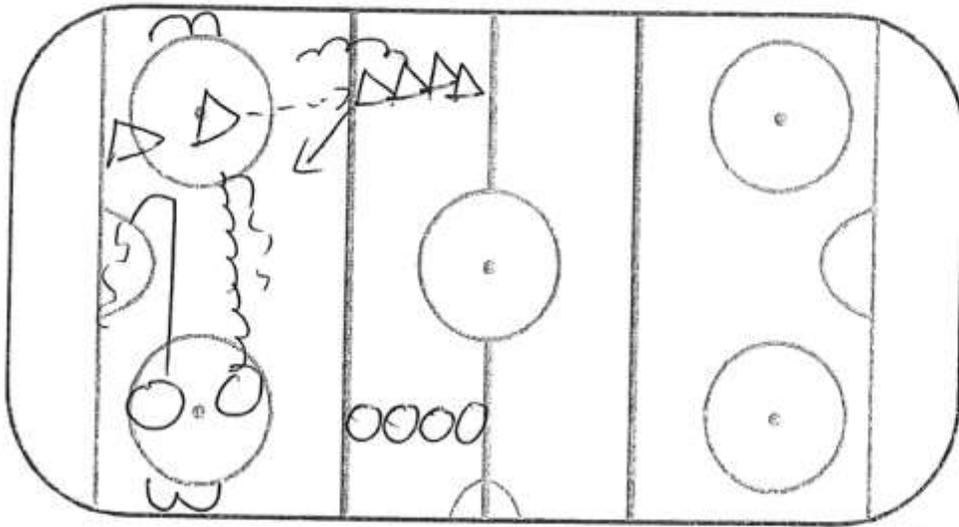
The players at the bottom of the circle typically are on their one-time sides for quick shots.

Coach will continuously put pucks in the center so for players to battle for possession and make plays.

Fun drill- Great Energy and Intensity...

Erik Vikstrom Sweden

DRILLS – DRILL OF THE WEEK CLUB



2v2 OFF / DEF "FLOW"
 WHEN Δ WIN PUCK, 2 NEW Δ IN, \circ BECOMES Δ 'S

Joe Martin Jr A

Time	Drill Name: <u>Box Game 2v2 / 3v3</u>	
<p>Coach dumps puck into offensive end. First team to retrieve puck is on offense other team defends. If \circ group turns puck over they must pass to Δ on blue line before attacking. 30 sec shifts or Goal scored.</p>		
<p>Key Teaching Points (KTP) - Communicate defensive responsibility - use points for quick shots to net</p>		<p>Key Execution Points (KTP) Δ, Δ cannot leave blue line, hands to \circ only \circ p: to new puck in, if puck leaves zone</p>

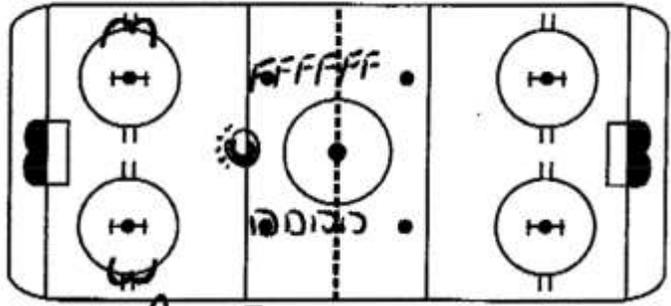
Dave Whistle

TIME GAME: FWARDS VS 12 MEN

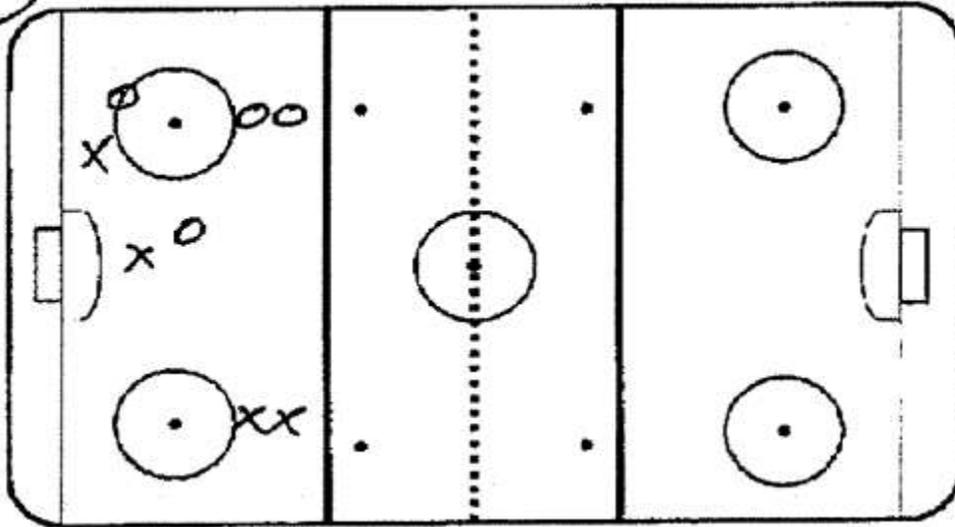
DATE: _____

- CROSS ICE GAME
- 3 FWARDS VS 2 D-MEN
- IF A D-MAN SCORES ITS 2 PTS IF F-WARD SCORES ITS WORTH 1 PT.
- GAME UP TO 6 OR 8

#1



④



④ 2x2 game competition
→ takes place below tops of
circles. 2 x¹⁵ v 20¹⁵ score
off any attempt. No need to
check up. Can only make a
change when you have
possession. Can also pass to
next player in line but he
can't move from there but
can shoot or pass. Play to
3 and put something on the
line.

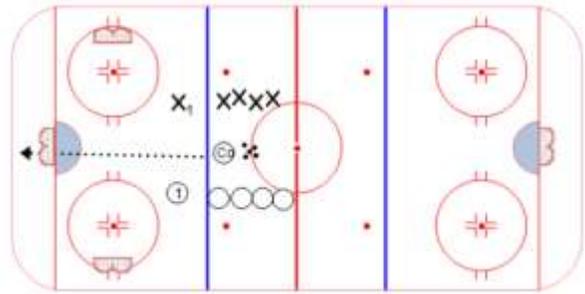
Matt Bowen Jr A

Battle
 Competitive
Drill Title : Progressive 3on3
Components : _____

Content elements : _____

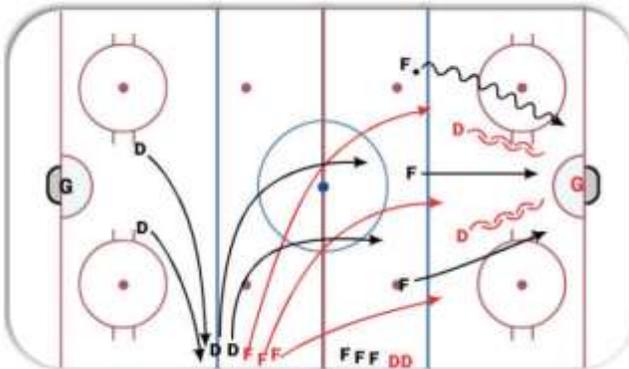
Description
 Simulate game situation which offers players multiple even strength opportunities
 1. 10 sec 1on1
 2. Next 10 sec 2on2
 3. Next 10 sec (2on secs into drill add 1 player from each side to make it 3on3)
 4. Take away players from each side to create less.
 Abstract: 1on1, 2on2, 3on3...

- Key Points**
- Battle - Support
 - Communicate
 - Identify
 - Eliminate



Jamie Elson

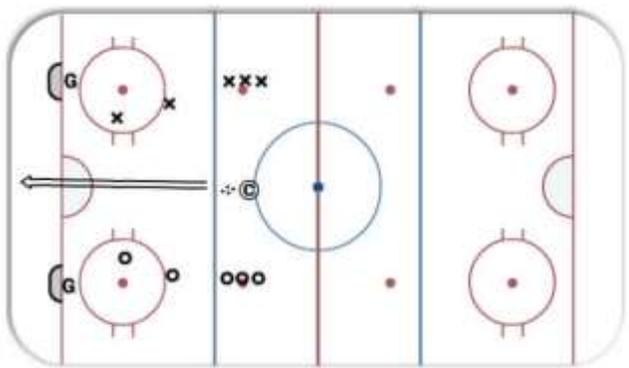
Drill Title: 5v5 with continuous line change (1 Diagram)



Play starts with black team breaking out 5v2 against Red D men. Once broken out the 2 Black team D men change and a fresh pair enter ready to defend the other way. As Black team forwards cross centre line with puck, three Red team forwards come off bench and back check hard to their D zone making it a 5v5. Once they turnover the puck they breakout and start a new attack. The three Black team forwards skate hard to the bench and 3 new forwards replace them and backcheck hard. The two Red team D men change up and 2 new D take their place. Drill continues end to end with no whistles.

Key Points: High Tempo. Communication on back, check.

Drill Title: 2v2 2 nets (1 Diagram)

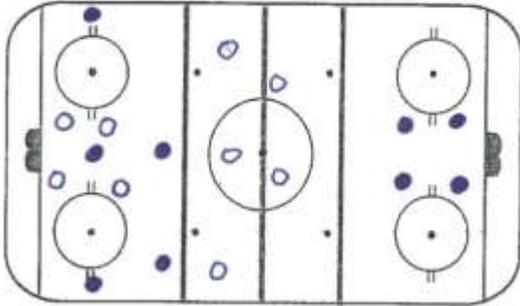


Half Ice, with two nets set up. Two teams are set up and stand outside of blue line. Rules are that both teams can score in either net at any time. Coach dumps puck in and players play 2v2. If a goal is scored then coach can dump another puck in. Play for approx 30 seconds. Really good drill for creating space awareness. Players have to compete hard and play for the full 30 seconds flat out.

Key Points: High tempo. Competition drill.

Dan Olsen

TIME ORILL NAME
P.P. Game. CONTINUOUS
 CONTROLLED



OBJECTIVE(S) **work P.P vs P.K**

START

- have all players on ice (18 is the magic #)
- P.P & P.K unit in each zone
- on dump outs P.P unit in N zone grabs p & attacks P.K unit
- Keep score
- alternate P.P & P.K players.

KEYS

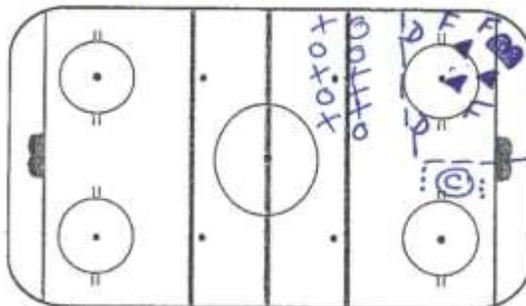
- * quick p movement
- * move to support p
- * p carrier has to have 2 immediate options
- * good passing
- * read & react.

ROTATION

VARIATIONS/PROGRESSION

A Group becomes a team when each member is sure enough of himself & his contributions to praise the skills of the others!

TIME ORILL NAME
P.P. Condensed. CONTINUOUS
 CONTROLLED



OBJECTIVE(S) **work P.P & P.K**

START

- in small are.
- "decrease space, increase the pace"
- use top 2 circles as imaginary blue line
- work 5 on 3 to start
- progress to 5 on 4.
- P.K no sticks
- P.K upside down sticks
- P.K normal sticks.

KEYS

- * quick p movement.
- * move to support p
- * exceptional passing
- * read & react.

ROTATION

VARIATIONS/PROGRESSION

Wilson

