



2023 NHLCA DRILL BOOK

Warm-Up Drills.....	3
Shooting Drills.....	9
Breakout Drills.....	26
Forecheck Drills.....	36
Neutral Zone Counter / Transition Drills.....	53
Defensive Zone Coverage Drills.....	68
1 on 1 / 2 on 1 / 3 on 2 Drills.....	77
Small Area Drills & Games.....	92
Goaltending Drills.....	108

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WARM-UP DRILLS

LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

———— Skate

~~~~~ Skate With Puck

•••• Pass

~ ~ ~ Backwards Skating

~ ~ ~ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

— Goalie Butterflyslide

# BROWNIE \*22/23\*

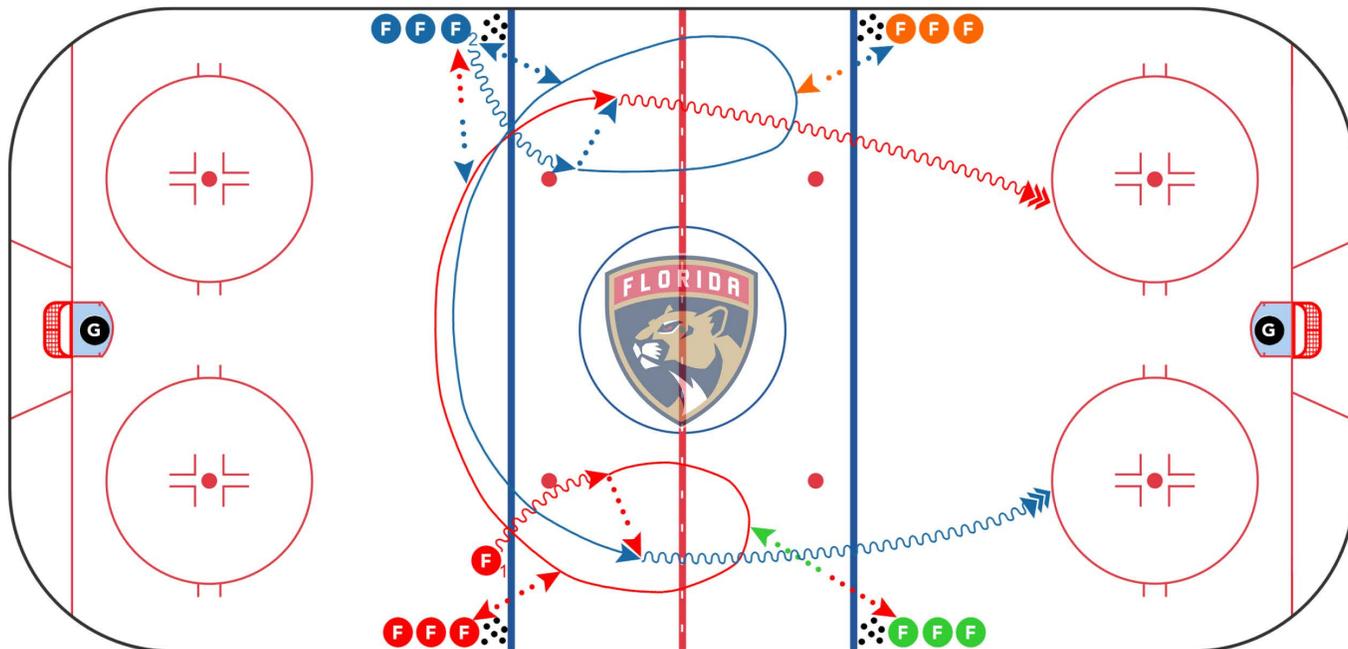
**Category:** Warm-Up

**Team:** Florida Panthers

- Description:**
- Opposite blue lines start at the same time.
  - **F1** loop out gets a pass from **F**, **F1** bumps it back.
  - **F1** continues around with a bump back with the line he started from.
  - **F1** skates across blue receive a pass from **F2**, **F** bumps it back and continues wide.
  - **F2** skates out and passes back to **F1** loop back with a bump back from **F** to continue.
  - **F1** goes down and shoots.
  - Drill continues after the **F2** passes the puck to the **F1** that goes down to shoot.

**Key Points:**

- Moving drill.
- Clean, quick, short passes.

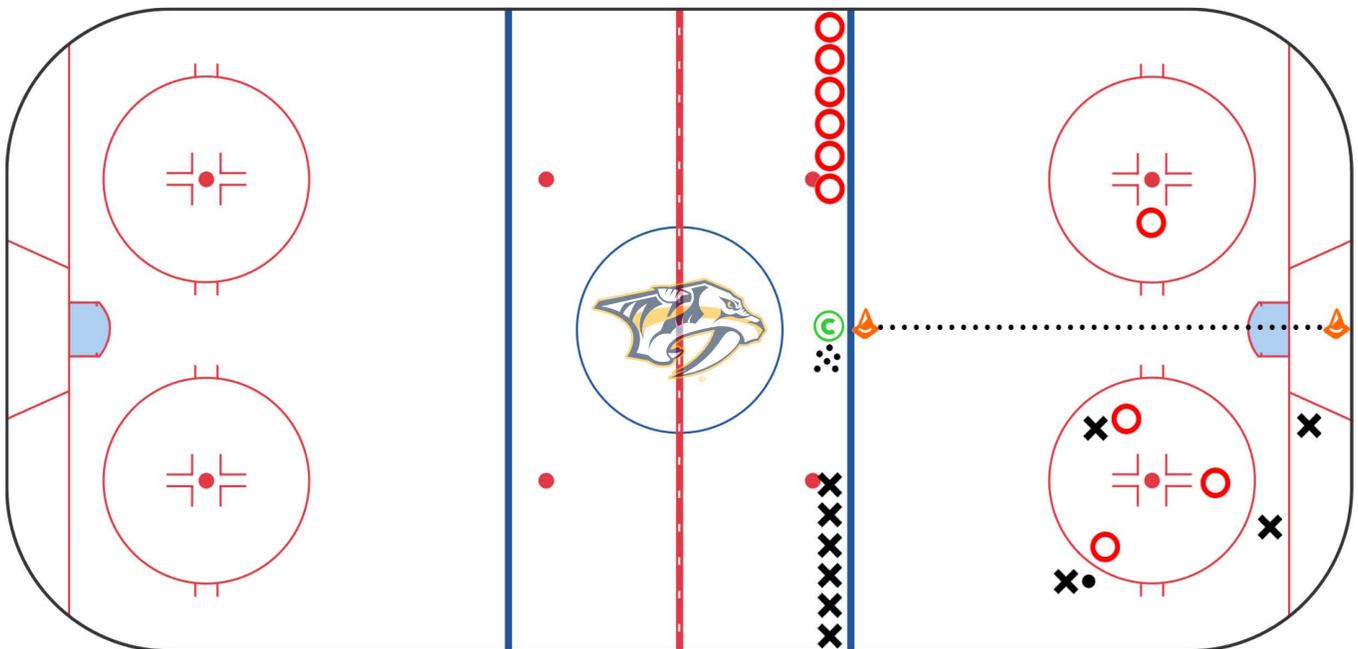


# POSSESSION GAME

**Category:** Warm-Up

**Team:** Nashville Predators

- Description:**
- **O** vs **X** - this drill emphasizes defensive fundamentals like (Shoot-Out Points), 1 vs 1 defense at the puck, playing thru hands, stripping pucks.
  - Offensively it emphasizes puck protection and puck support.
  - Starts with **Coach** dumping a 50/50 puck.
  - Team that gains possession plays keep away 4 vs 3 half ice.
  - If **X** gains initial possession the 4th **O** player must stay on the other side of the line.
  - For **O** to go on offense they must gain possession and skate/carry puck across the half ice line before passing it to 4th **O** player to activate him."



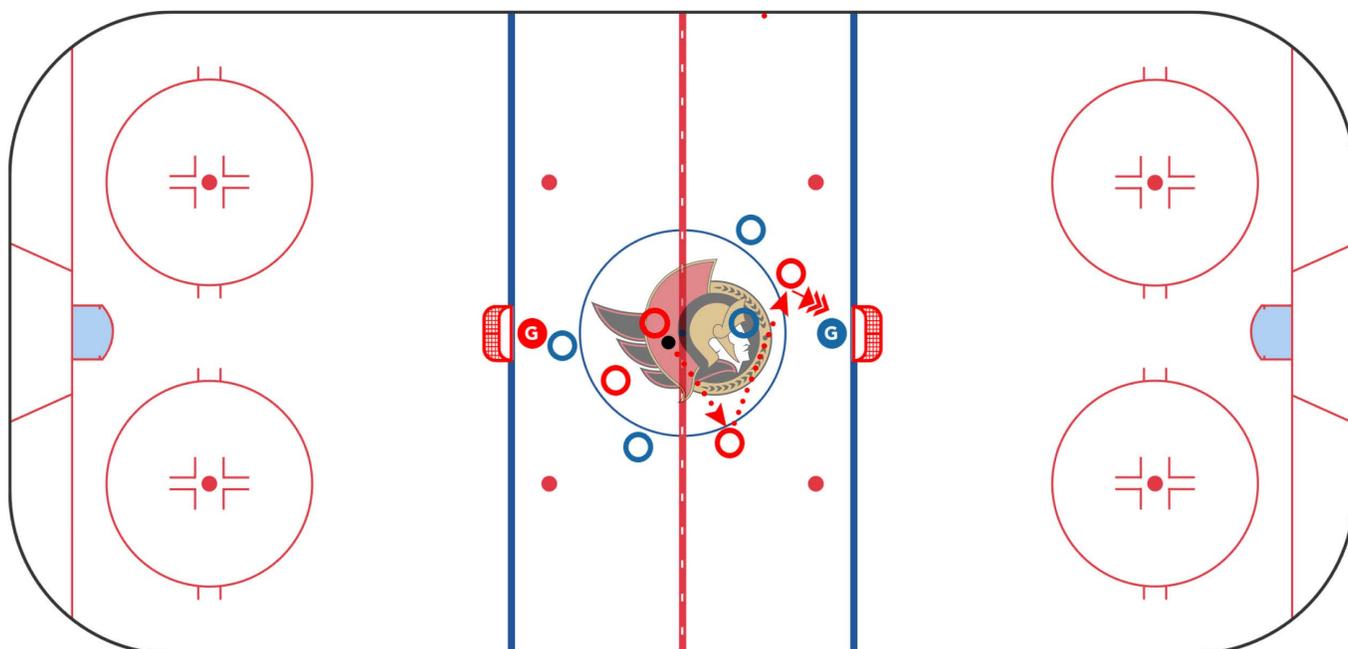
# NZ 4 VS 4 2-PASS

**Category:** Warm-Up

**Team:** Ottawa Senators

**Description:**

- 4 vs 4 in the neutral zone.
- Players must make at least 2 passes before shooting.
- Change rules so that players aren't allowed to hold the puck - all passes must be touch-passes.

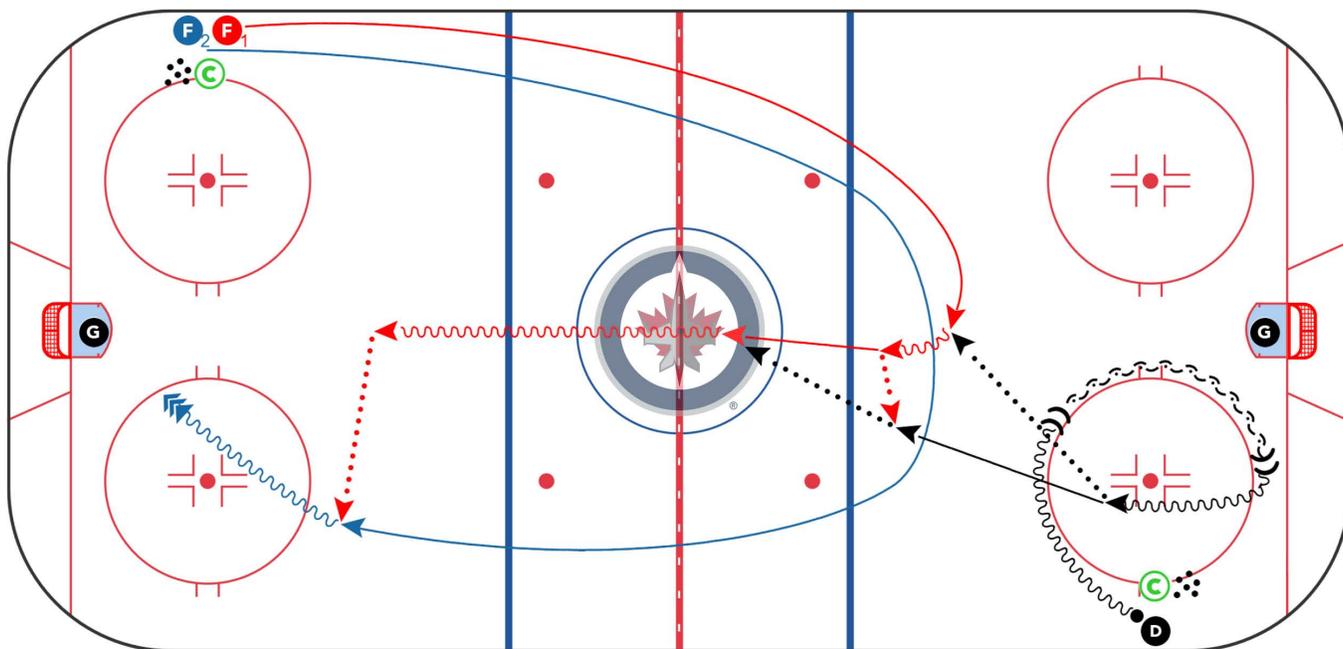


# ISLANDER 9 - PASS PART 1

**Category:** Warm-Up

**Team:** Winnipeg Jets

- Description:**
- **F 1** and **F 2** skate to opposite blue line.
  - **D** starts with puck in opposite corner, pivots around circle and passes to **F 1** under the blue line.
  - **F 1** passes back to **D** following up behind and passes back up to **F 1**.
  - **F 1** kicks out to **F 2** for the first shot.

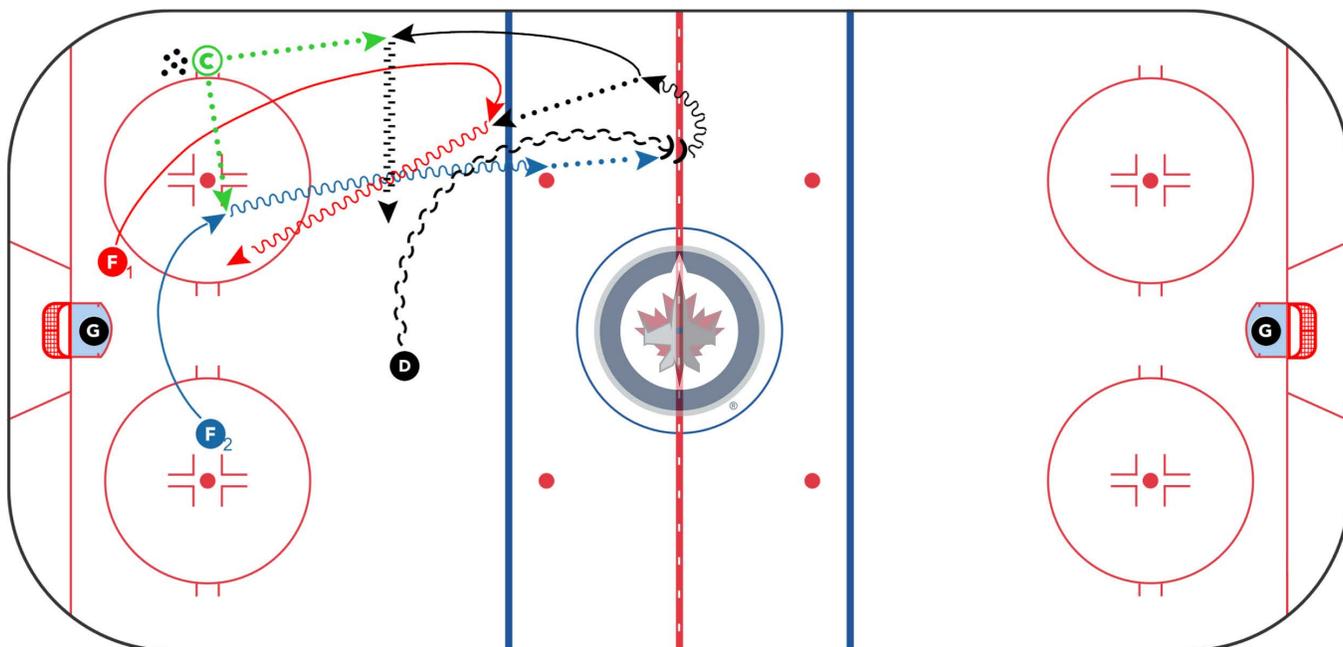


# ISLANDER 9 - PASS PART 2

**Category:** Warm-Up

**Team:** Winnipeg Jets

- Description:**
- **F 2** gets a pass from the **Coach** at the hash marks.
  - **F 2** skates the puck to the blue line and passes to **D** out at the red line.
  - **D** passes to **F 1** posted blue line and comes in for shot.
  - **D** receives a pass from the **Coach** just inside the blue line, brings the puck to center for the 3rd shot.





# SHOOTING DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

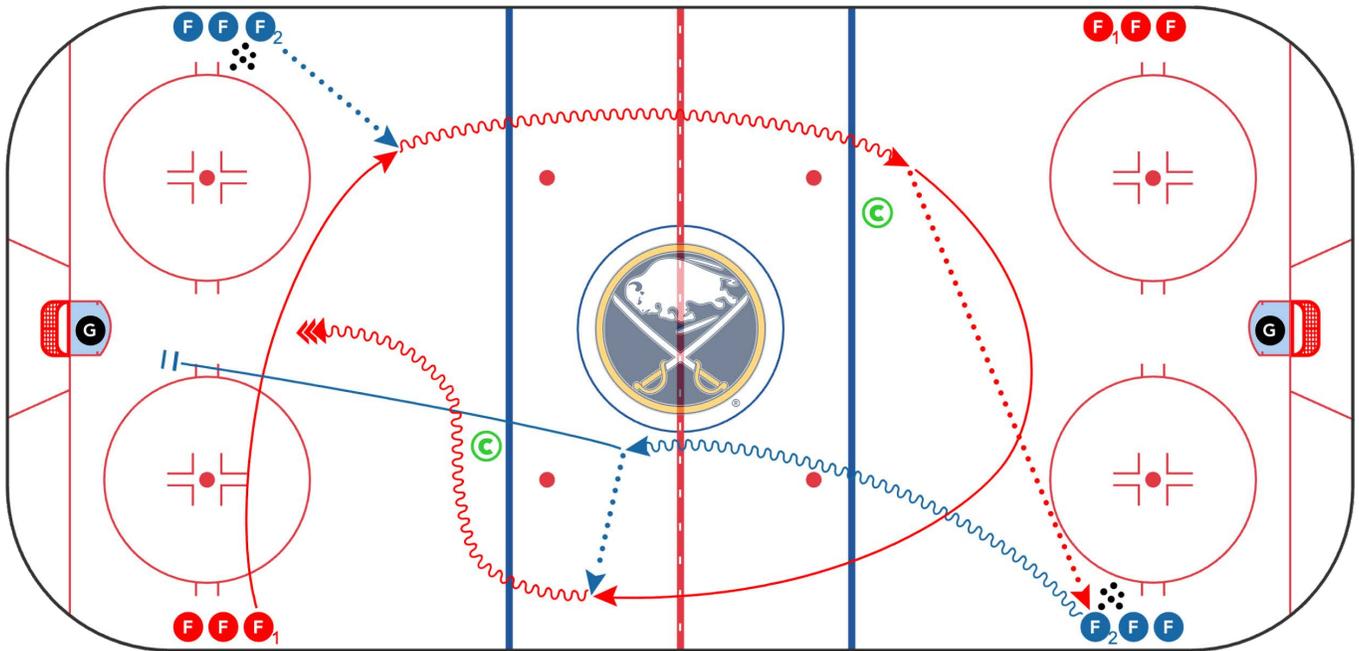
~ Goalie Butterfyslide

# PIT 2 VS 0 NZ CROSS

**Category:** Shooting

**Team:** Buffalo Sabres

- Description:**
- **F 1's** start at the same time.
  - **F 1** skates across the ice and receives a pass from opposite line.
  - **F 1** carries puck around N-Zone faceoff dots and passes to **F 2**.
  - **F 1** moves wide and **F 2** carries through the middle before passing back to **F 1**.
  - **F 2** drives off the inside shoulder of **Coach** while **F 1** cuts behind and into the middle for a shot on net.
  - The drill starts and stops on the whistle.

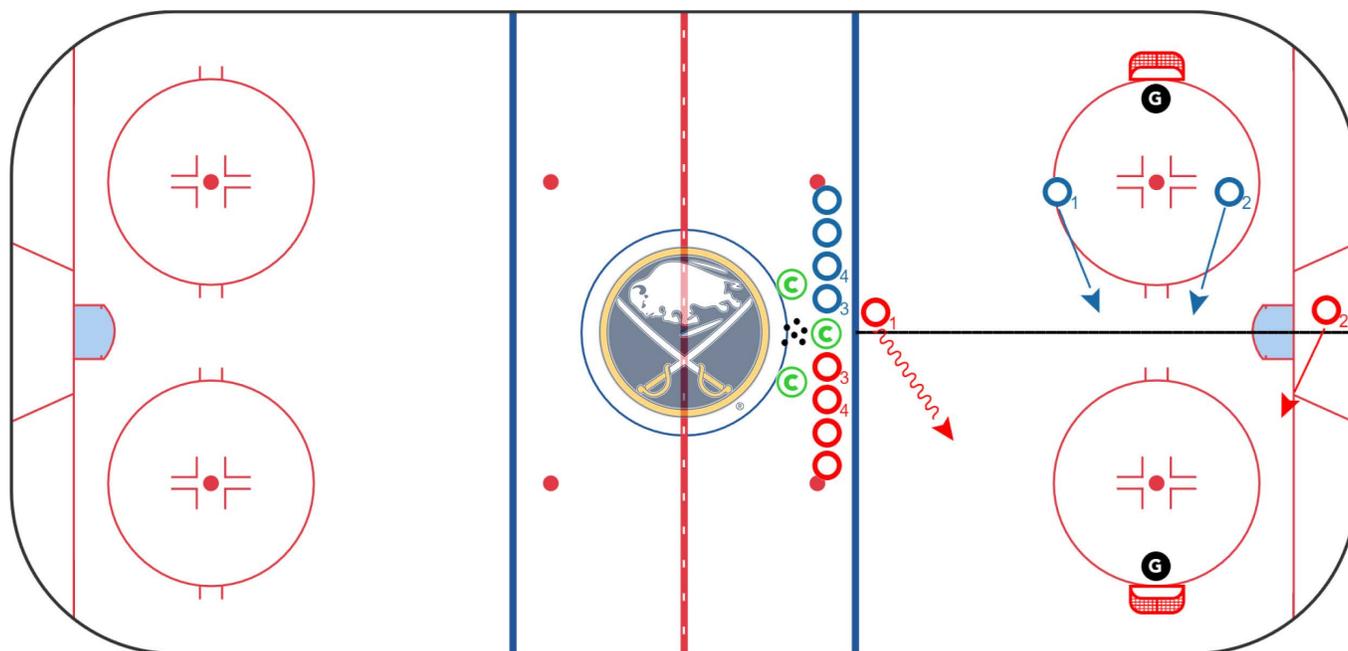


# 2 VS 0 + 2 TRANSITION HIGH

**Category:** Shooting

**Team:** Buffalo Sabres

- Description:**
- On whistle **O1** and **O2** attack net 2 vs 0.
  - **O1** and **O2** backcheck and defend.
  - **O3** and **O4** post up on mid-line.
  - **O1** and **O2** attempt to gain possession and move puck to **O3** and **O4**.
  - **O3** and **O4** look to attack opposite net 2 vs 0.
  - **O1** and **O2** backcheck, defend and attempt to gain possession and move puck to **O3** and **O4** posted on mid-line.
  - Rotation: Offense-Defense-Out.





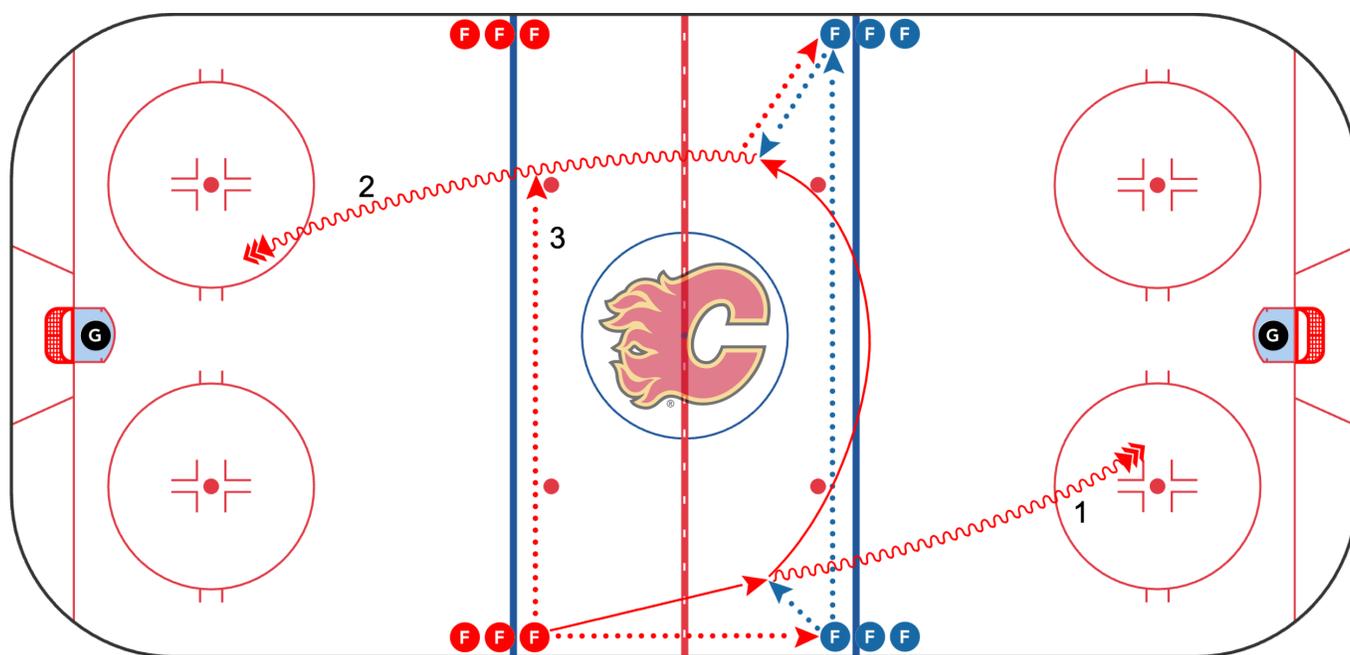
# 4 BLUES

**Category:** Shooting

**Team:** Calgary Flames

**Description:**

1. Straight down give and go.
2. Pass down, pass across, mirror get puck in middle.
3. Give it back, pass across, mirror get puck in middle, bump it back and then get pass from original line.



# IGGY 3 VS 2 LOW

**Category:** Shooting

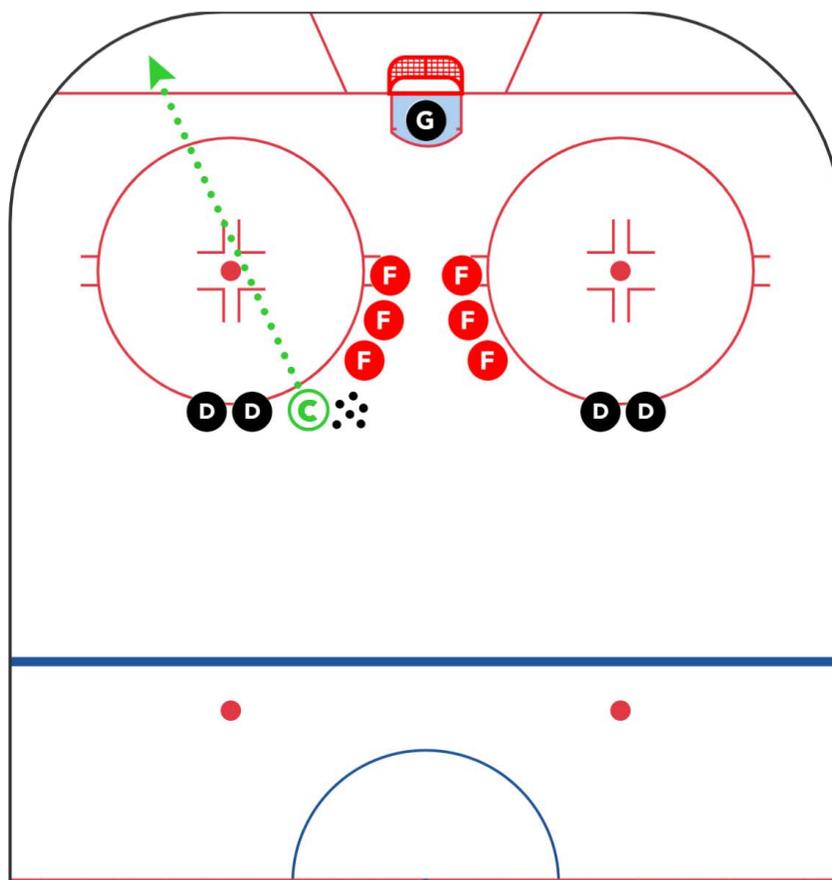
**Team:** Colorado Avalanche

**Description:**

- **Coach** plays puck into corner for 3 vs 2 between **F**'s and **D**.
- **F**'s must create possession on 1 half of the OZ.
- **D** will play with sticks turned over as well as normal sticks.
- The object is to score as well as defend.
- The **Coach** will move the play from corner to corner.

**Objective:**

- Scoring competition.

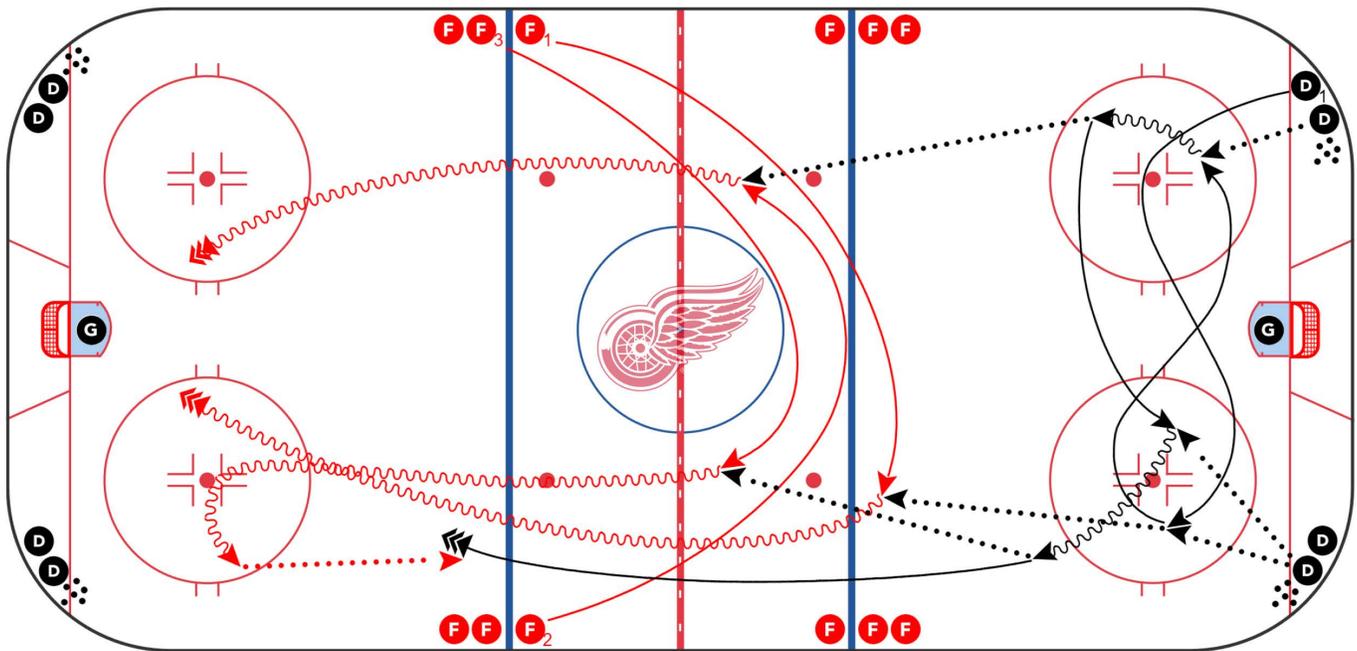


# IOWA WARM UP

**Category:** Shooting

**Team:** Detroit Red Wings

- Description:**
- Drill starts out of both ends at the same time.
  - **D1** takes off and skates around the dot and the bottom of the opposite circle, **D** in the opposite line spots a puck for him as **F1** gains ice and comes across the blue line.
  - **D1** hits him with a pass and **F1** goes down and shoots.
  - **D1** continues on his route and gets a puck from the opposite side and then gives it to **F2**, who is swinging in the neutral zone. **F2** goes down and shoots and **D1** continues on his route and gets to the opposite side.
  - Once he picks up a third puck, he passes it to **F3**, who is coming across the blue line and looking for a pass. **F3** gets a pass and **D1** follows up the play. **F3** curls up at the hash and hits **D1** for a shot. After the **D** shot, next rep begins.

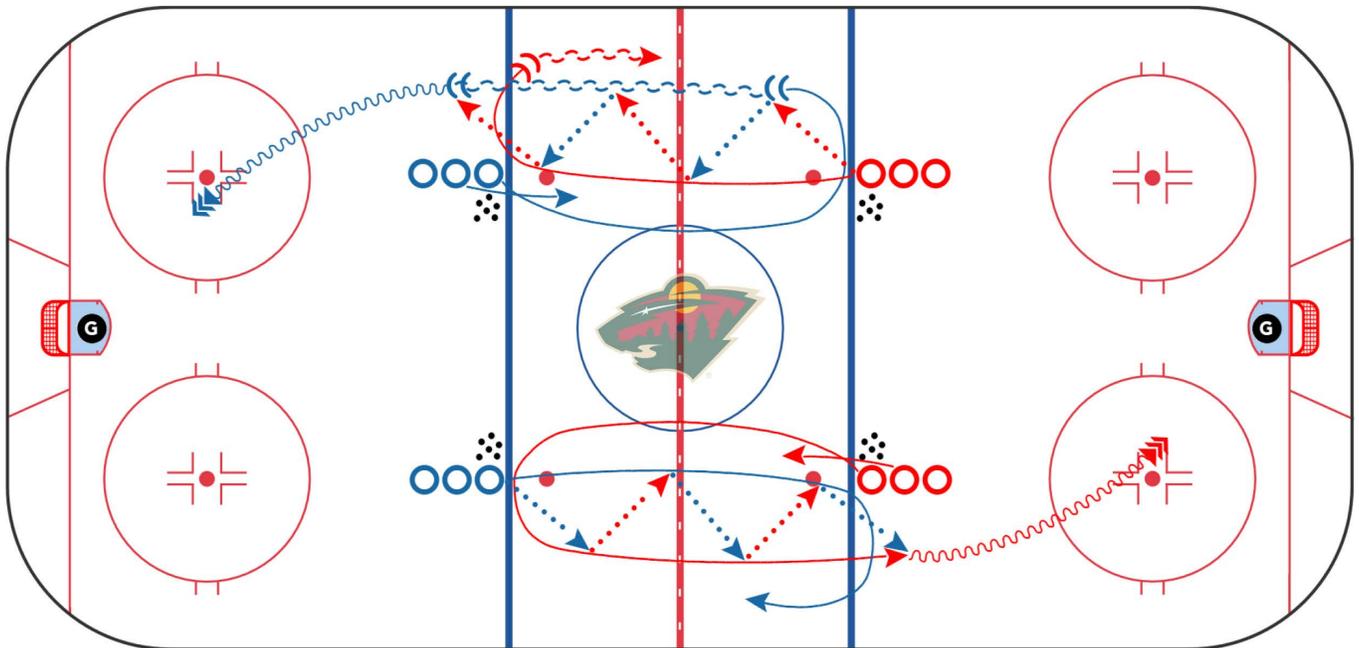


# PARTNER PASS TO SHOT

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- Opposite ends go at the same time.
  - 1 player takes off without puck and skates to far end and curls inside out and picks up player.
  - They pass all the way down and outside player takes shot.
  - Inside player curls inside out and starts drill from beginning.
  - One touch passing for shot.
  - One fwd skate / one back for shot.
  - Cut and drop for shot.

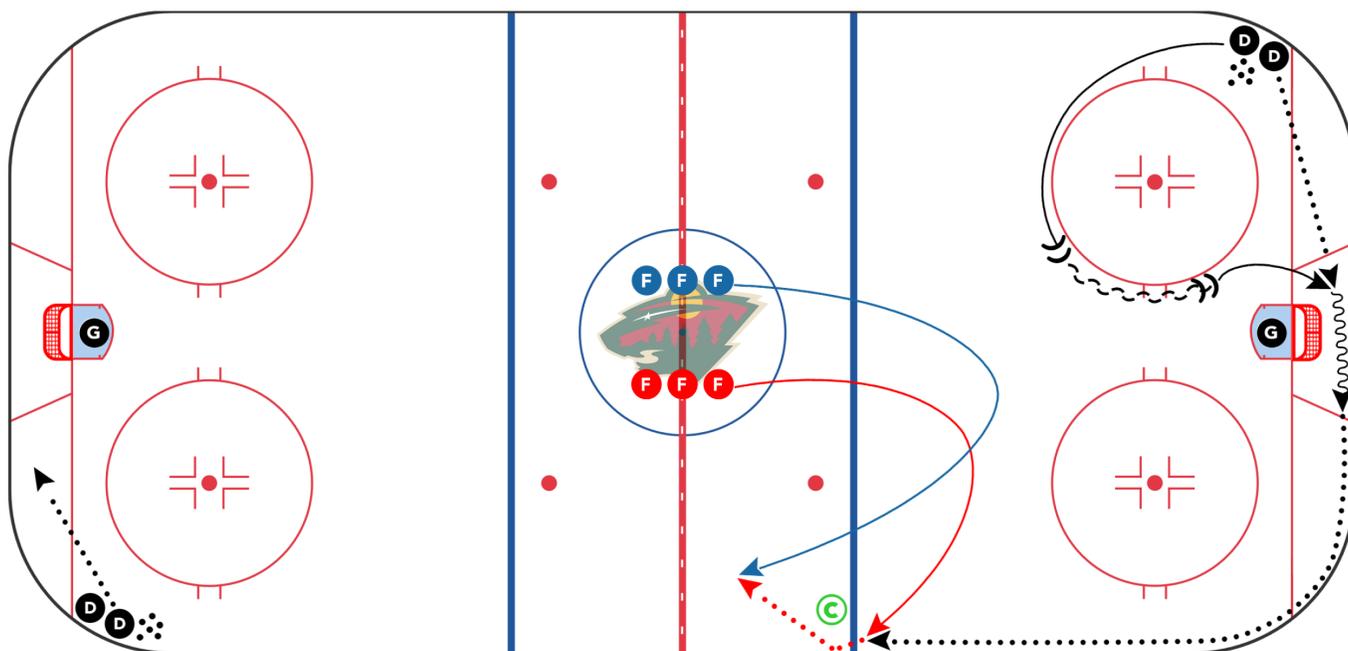


# 2 VS 0 HIGH CHIP

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- Both ends go same time.
  - **D** fwd/back skates around circle.
  - 2nd **D** in line lays out puck.
  - **D** rims puck to weakside.
  - **F** chips puck past **Coach** for 2 vs 0 shot.
  - **D** follows up and gets pass from **D** in corner for 2nd shot with fwds net front.

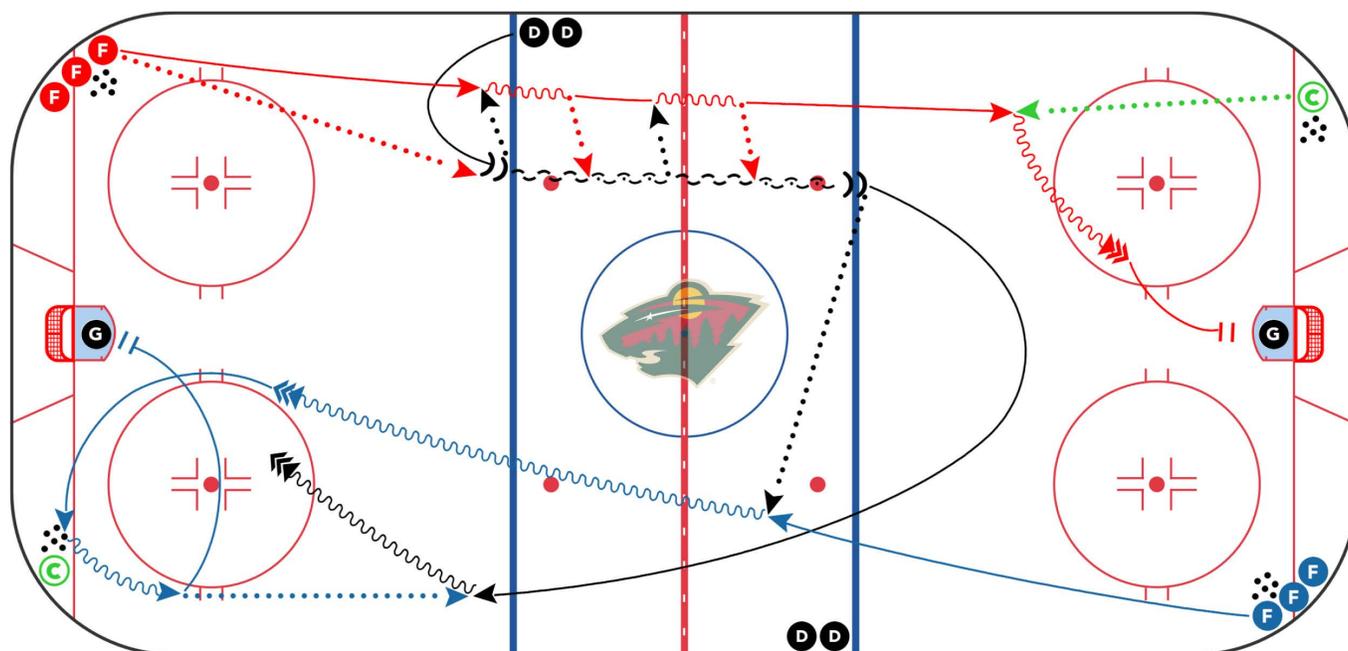


# SNAP IT 3 SHOT

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- **D** steps in skates backward playing catch with first forward in line.
  - When **D** hits far blue he pivots w/ puck and looks to pass to 2nd fwd on other side while fwd on same side receive pass from **Coach** in corner for 1st shot - go to net.
  - After forward receives pass from **D** he goes down to far end for 2nd shot.
  - **D** follows up and receives pass from 2nd shot fwd for 3rd shot w/ F1 net front.

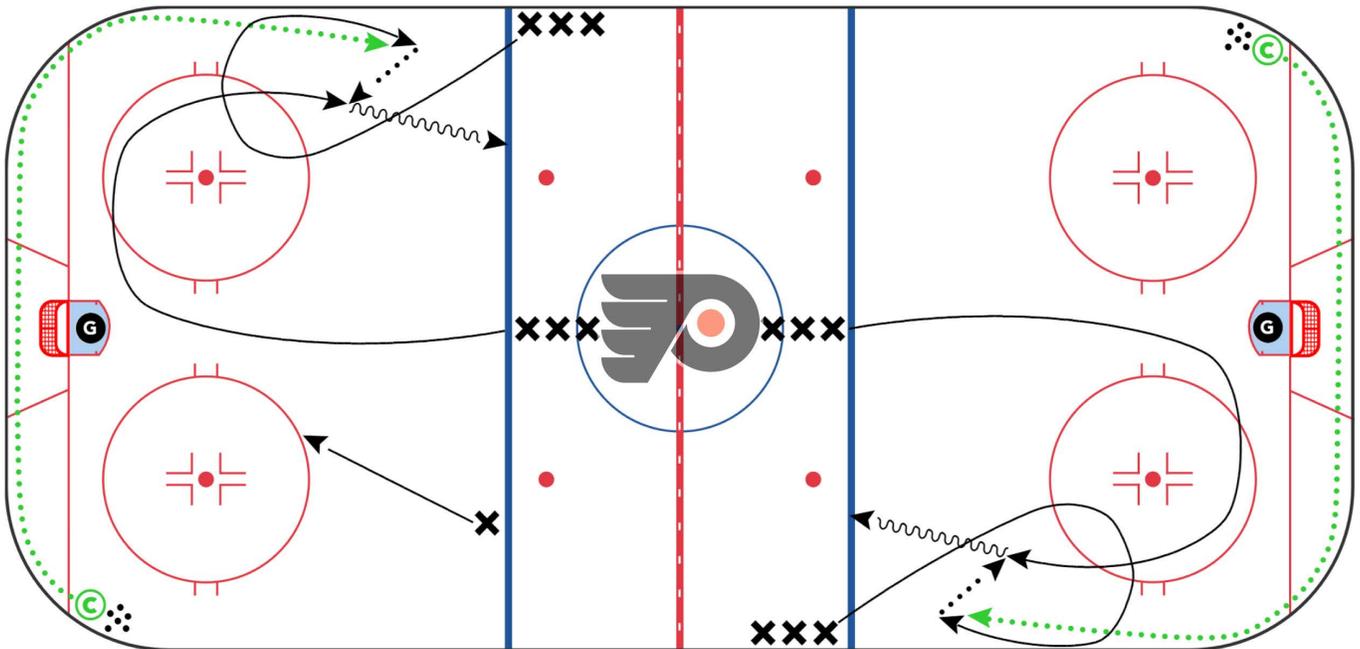


# ARJ SHOOTING

**Category:** Shooting

**Team:** Philadelphia Flyers

- Description:**
- Starts - shot off wing with net drive
  - **Coach** rims to player coming into DZ to receive rim - bumps to net drive player coming underneath supporting rim BO who then becomes shooter - go to wall after shot (become rim BO player).
  - Rotation = BO (wall) - middle drive to low BO support - shooter.
  - Timing is important for **Coach** rims.



# SHOT SERIES CANUCKS SLASH - PART 1

**Category:** Shooting

**Team:** Pittsburgh Penguins

**Description:** **Objective**

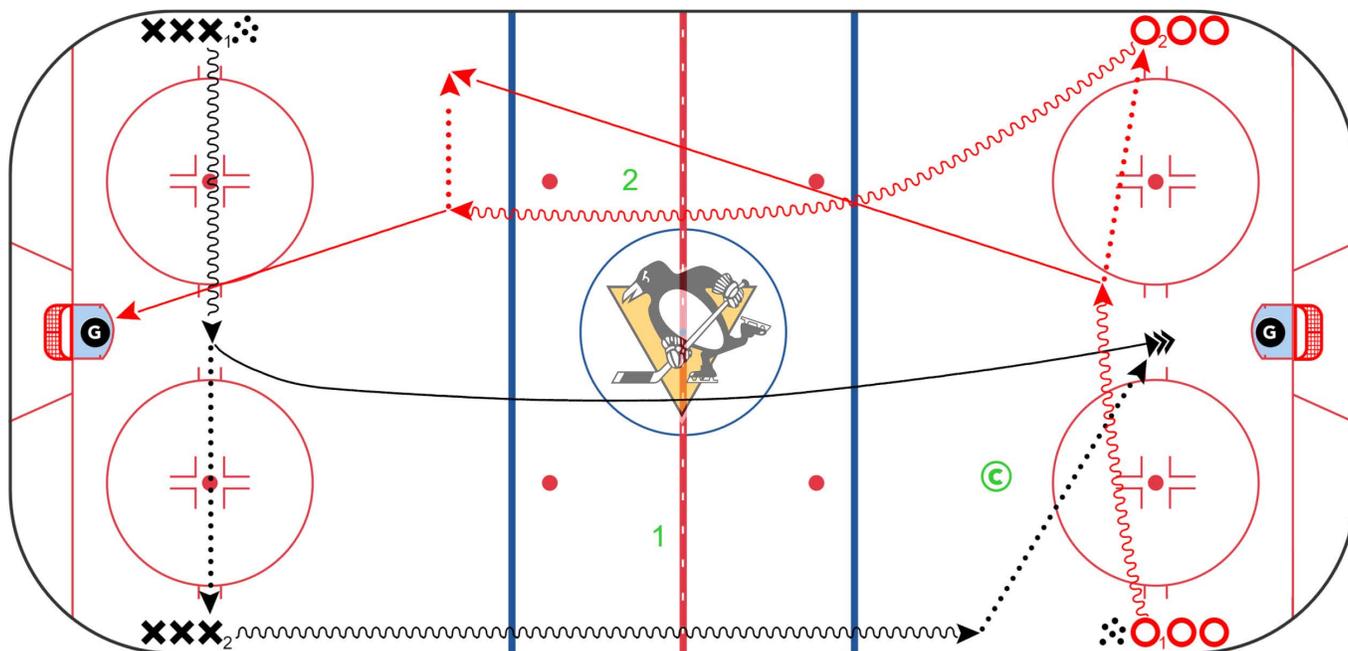
- Attack Options on the O-Zone Entry. Slash Concept on the Breakout.
- Lateral Kick option on the entry.

**Organization**

- **X1** and **O1** Go at the same time on the whistle.
- **X1** skates across the Ice with a Puck.
- **X1** passes to **X2**. **X1** Challenges the middle with a net drive.
- 1.) **X2** makes a play thru the **Coach**.
- 2.) **X2** cuts behind **X1** on the net drive **O1** skates across the ice with a Puck.
- O1** passes to **O2** and then immediately slashes to the far blue line. **O2** challenges the middle with the puck. **O1** is a Post up option on the entry.
- **O2** gains the Blue line, kicks it to **O1**, and then drives the net .
- **O2** gains the blue line, kicks it to **O1**, drives thru and releases for a low cycle option.

**Key Points**

- Challenge the middle w/ or w/o Puck, Smart slash Breakout concept, Speed, Create offense off the rush.

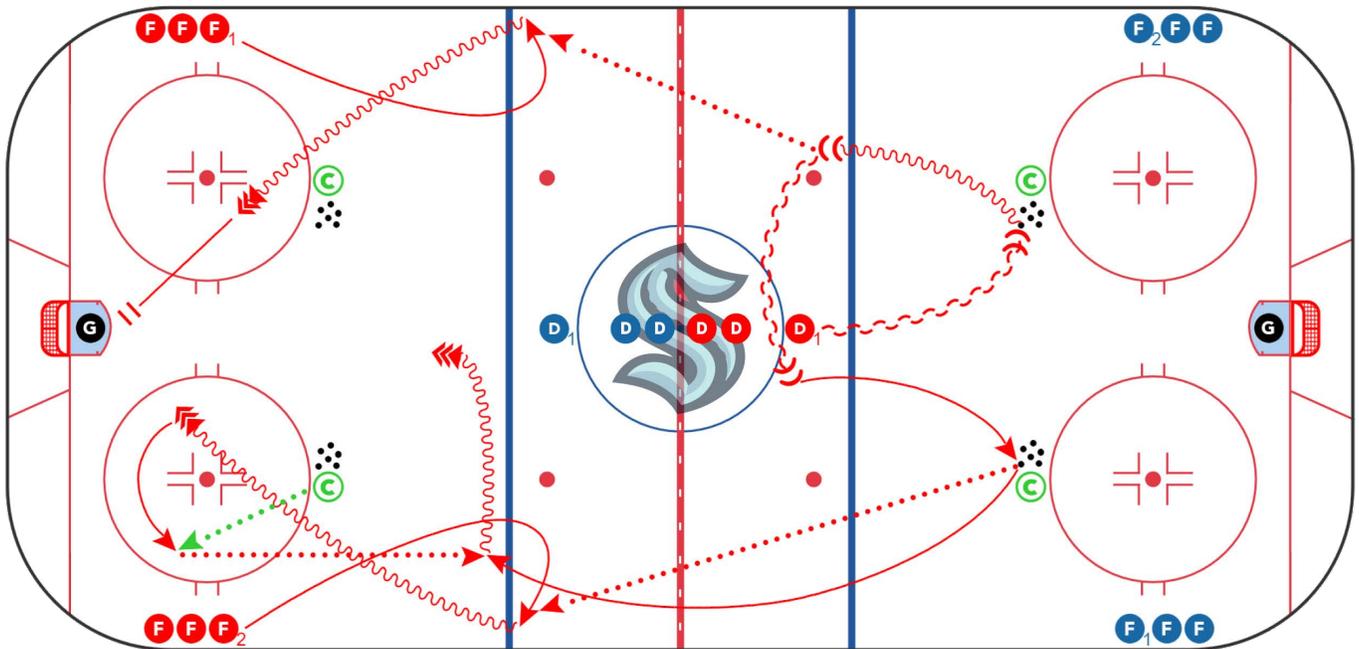


# LIGHTNING TRANSITION

**Category:** Shooting

**Team:** Seattle Kraken

- Description:**
- On the whistle, both **D**'s skates backwards and picks up a puck while transitioning forwards to the blue line.
  - At the same time both **F 1**'s skate to blue line opening for a pass from **D 1**.  
**F 1** goes down ice for a shot on the net, then set up in front.
  - **D** continues across the neutral zone backwards to transition forwards to the second puck.
  - **F 2** from both ends skates to blue line and opens up for a pass from **D**.  
**F 2** continues attacking zone for a shot.
  - After **F 2** shot player turns up for a pass from **Coach** who then passes it up to **D** who followed up the play to the blue line.
  - **D** drags to middle for a shot with **F 2** attacking the net and **F 1** screening.





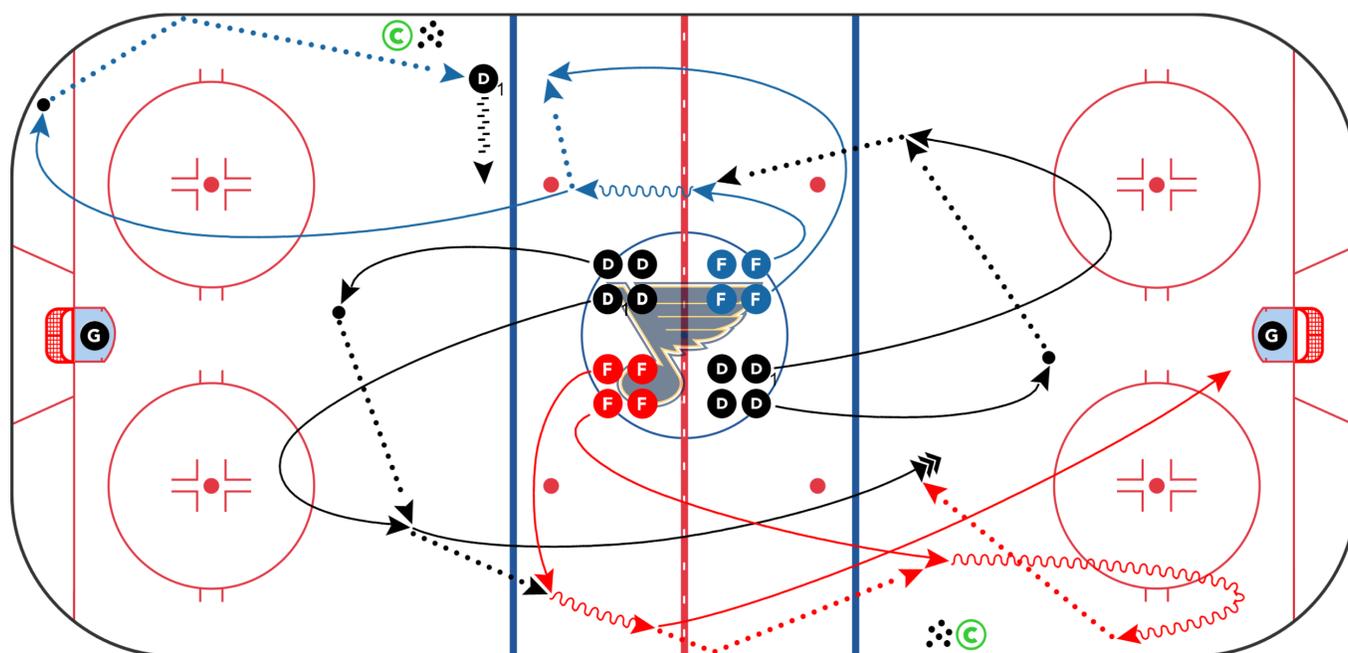
# SLINGSHOT

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Slingshot two options:**

1. Two **D** retrieve the puck and transition it to the middle option.
  - Rush kicks out with Driver - **D1** activates to low to high 2nd puck sequence.
2. Two **D** retrieve the puck and transition it to the wall option.
  - Wall option chip and drive net while second **F** retrieves and delay to **D** that jumps in the rush.

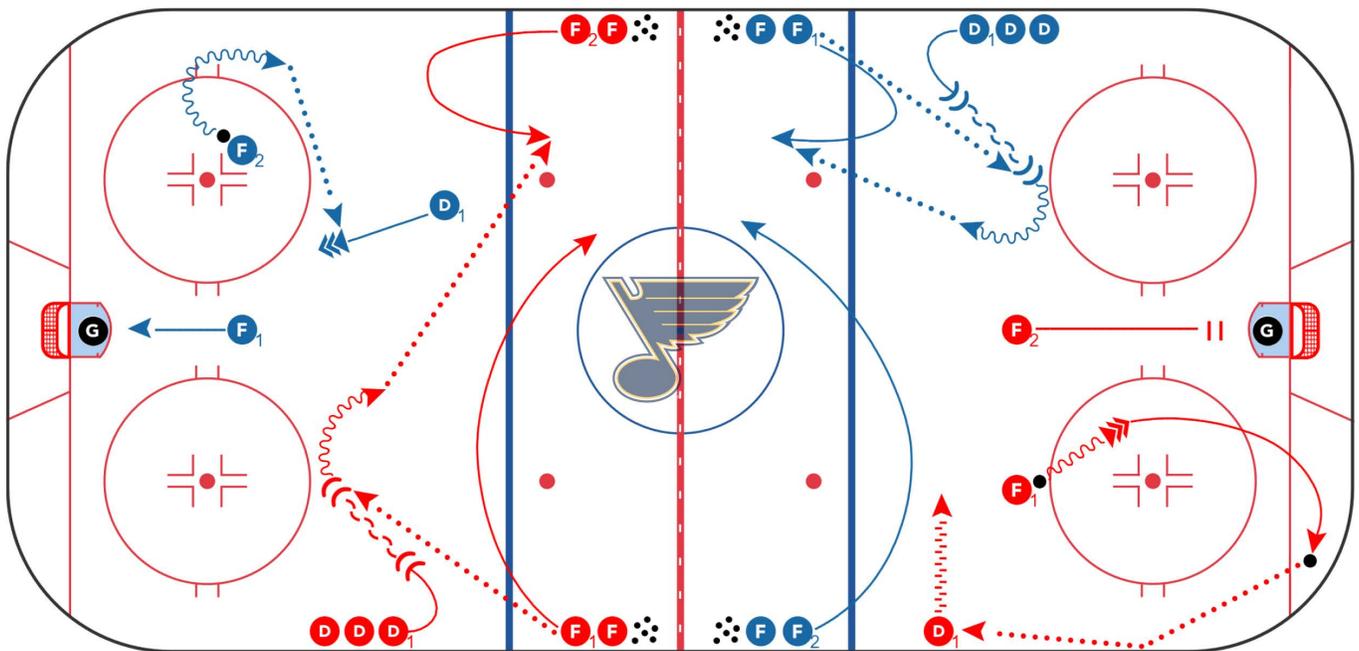


# D UP SERIES

**Category:** Shooting

**Team:** St. Louis Blues

- Description:**
1. **D1** activates and receives a pass from **F1** - He passes it to Weak Side Wing - Rush shot +L-H sequence.
  2. **D2** activates and receives a pass from **F1** - He passes it to Strong Side Wing - Rush **F2** low delay+ **D** activation.
  3. **D** activates and receives a pass from **F** - He passes it to Strong Side Wing - straight rush with **D** activation.



# RAMBO RIM PACKAGE

**Category:** Shooting

**Team:** Vegas Golden Knights

**Description:**

**Objective:**

- Wall Work → Dead Angle Drives → Tips/Deflections.

**Organization:**

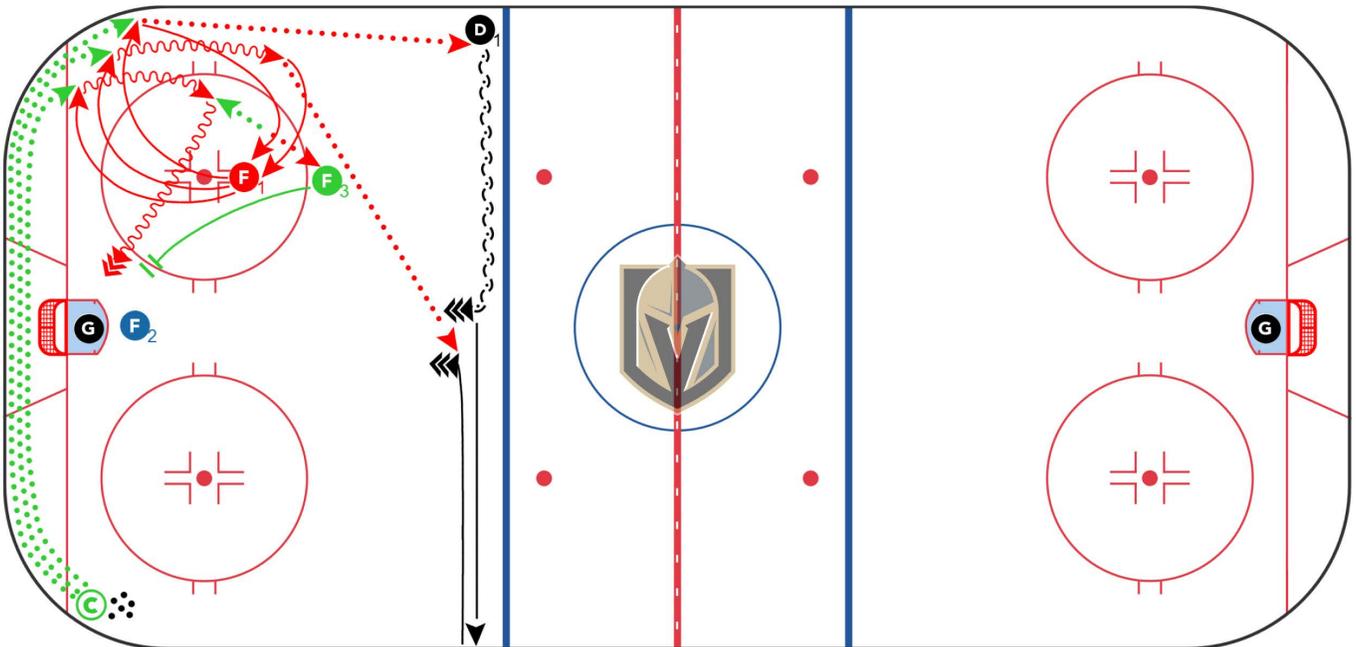
- Pucks with **Coach** (in zone – corner).
- 1. **F1** starts on dot/**F2** net front. Next FWD's in drill are behind **F1** on dot. **D** on OZBL.
- 2. **Coach** rims puck – **F1** releases from dot, collects rim, passes to **D1** on OZBL → D1 shoot.
- 3. **Coach** rims 2nd puck to **F1** who resets → **D1** must skate across zone/touch wall – and get back to middle ice.
- 4. **F1** collects 2nd rim → moves to **D1** in middle ice → **D1** shoot.
- 5. **Coach** rims 3rd puck → **F1** resets again – collects – climbs and cuts back – passes to **F3** (next player in line) **F3** bumps back.
- 6. **F1** attacks low while **F3** pressures → **F1** shoot.
- 7. **F1** now becomes net front presence.

**Drill Progression:**

- Can add a 2 man cycle from opposite corner w/ a low to high shot/tip.

**Goalie:**

- Active at both ends (can run at both ends).





# BREAKOUT DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

———— Skate

~~~~~ Skate With Puck

•••• Pass

⌒⌒ Backwards Skating

⌒⌒ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

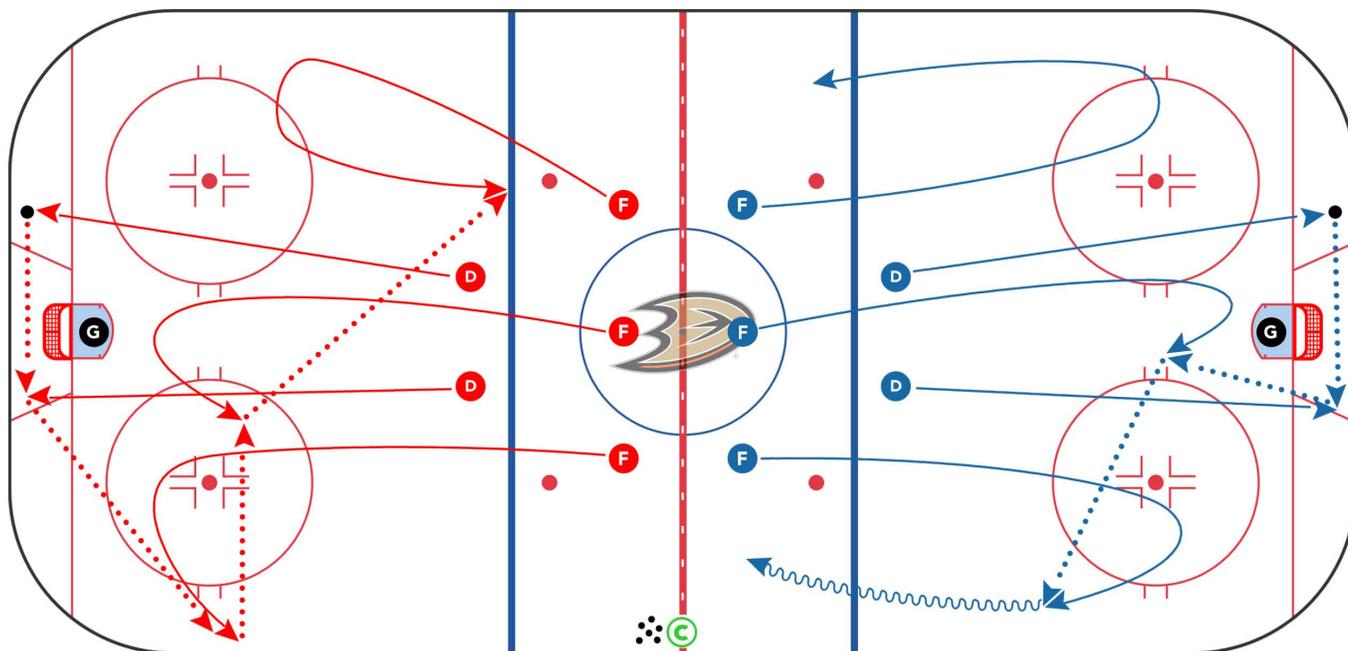
— Goalie Butterfyslide

BO - BO/FC - DZC

Category: Breakouts

Team: Anaheim Ducks

- Description:**
- Both teams execute BO's on both ends.
 - **Coach** will call which team keeps the puck, they get the red line and dump it deep.
 - Team that dumps in then FC on the other.
 - Working on FC, DZC and BO's.

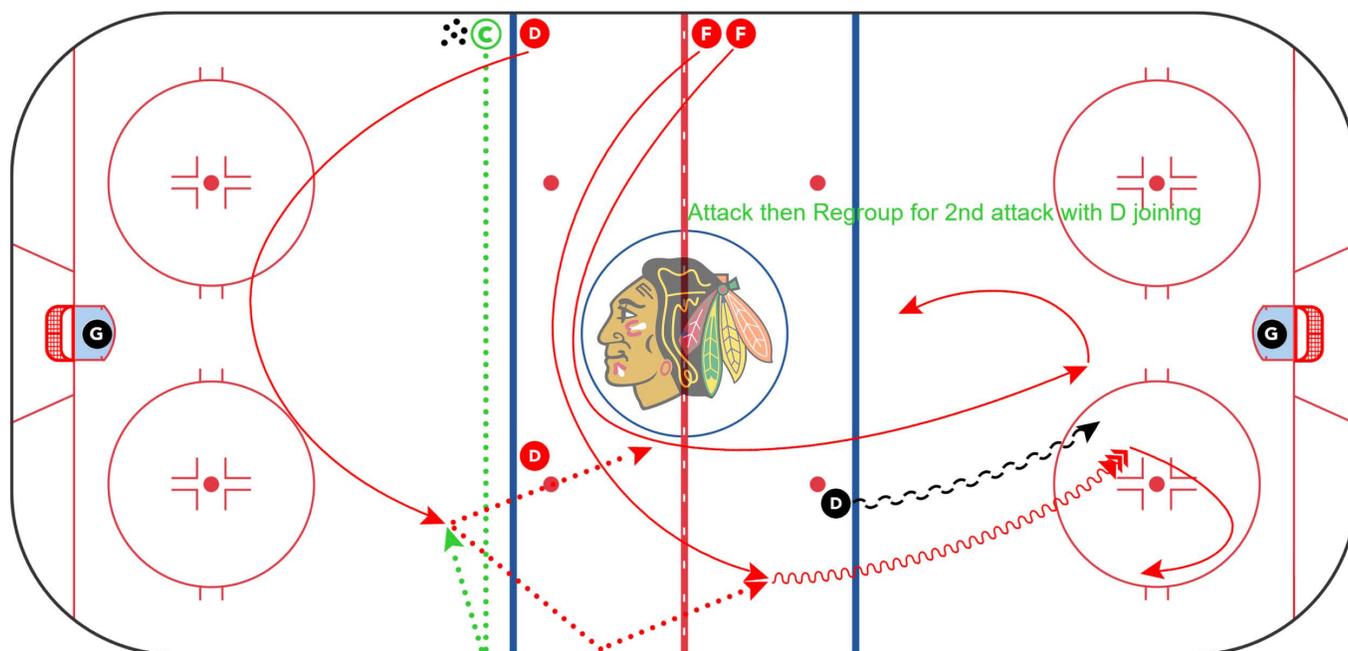


TURN AND BURN 2 VS 1 X 2

Category: Breakout

Team: Chicago Blackhawks

- Description:**
- On the whistle, **Coach** will fire the puck across the ice.
 - **D** will skate across and pick puck off the boards and look to quick up to 2 **F**'s.
 - The 2 **F**'s will Skate across and pick up pass from the **D** and Attack a **D** 2 vs 1.
 - 2nd Whistle Blows.
 - **D** will regroup with **F**'s and attack the **D** to make a 3 vs 1 option.

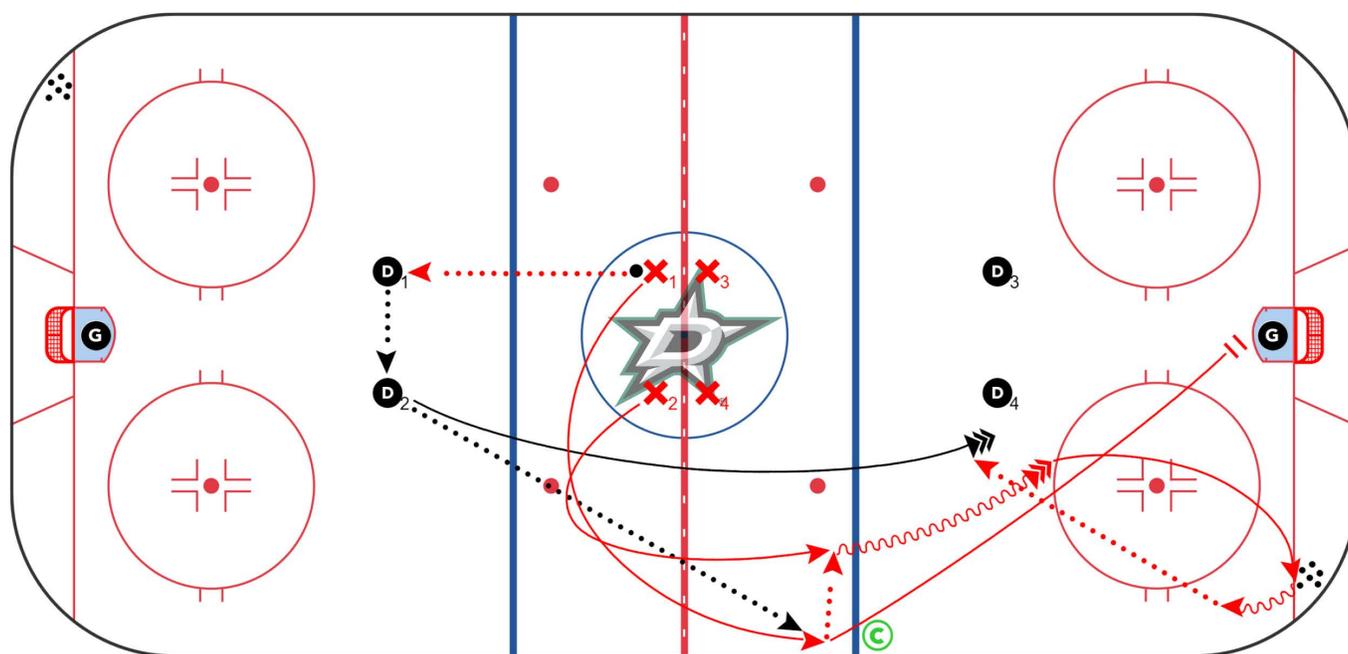


BISON QUICK UP

Category: Breakout

Team: Dallas Stars

- Description:**
- **X1**- pass to **D1**.
 - **D1** - pass to **D2**.
 - **D2** - **X1** posting up far blue.
 - **X1** handle, touch to **X2**, **Coach** pressure **X1**.
 - **X2** shot - **X1** route to net.
 - **X2** low/high pass to **D2**.
 - **D2** point shot.
 - Both ends at same time.

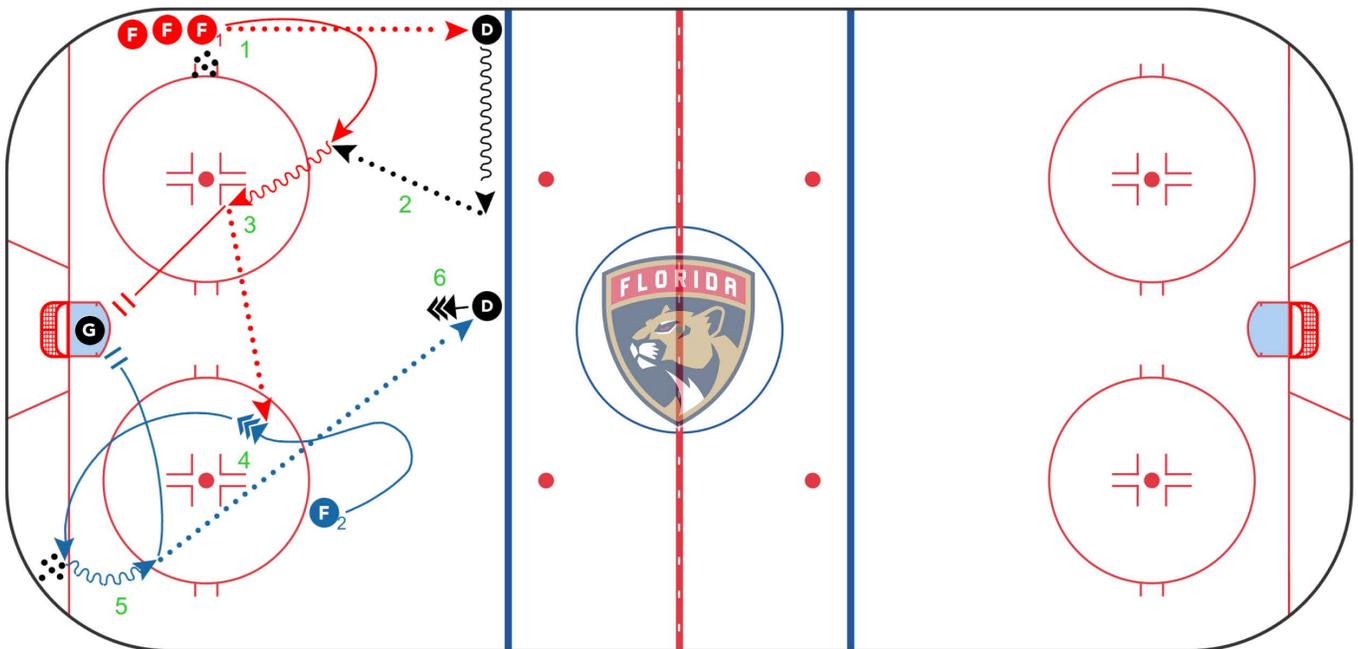


FLORIDA PANTHERS

Category: Breakout

Team: Florida Panthers

- Description:**
- **F 1** passes puck to **D** - **D** walks the line passes back to **F 1**.
 - **F 1** skates down - fake shot and passes across to **F 2**.
 - **F 2** receives pass for a quick shot or one-timer.
 - **F 2** picks up puck from corner and passes to **D** in middle.
 - **D** shoots puck for screen and tip - (play out for 3-5 seconds).

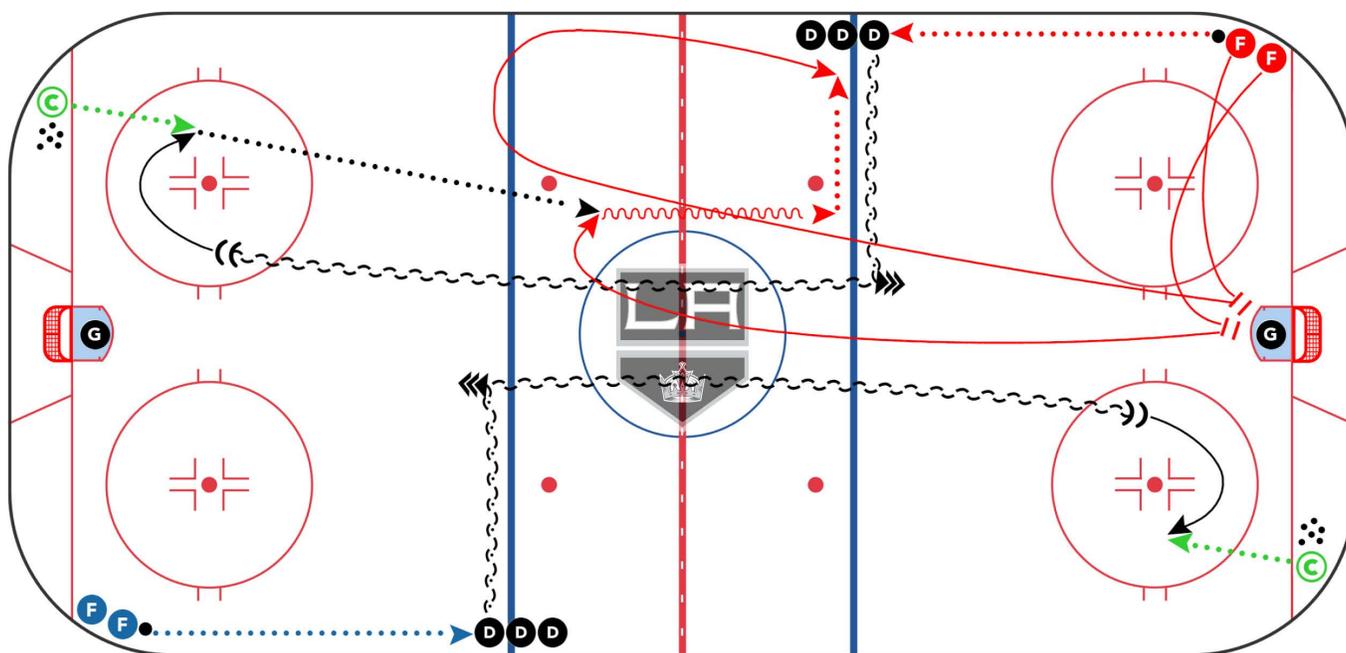


SPOKANE 3 SHOT

Category: Breakout

Team: LA Kings

- Description:**
1. Low to high point shot with 2 forwards at the net.
 2. **D** Retrieve backwards - BO to net front forwards.
 3. Set up kick out entry - shot.
 4. Low to high to **D** for a third shot.



BREAKOUTS CANUCKS BREAKOUT

Category: Breakout

Team: Pittsburgh Penguins

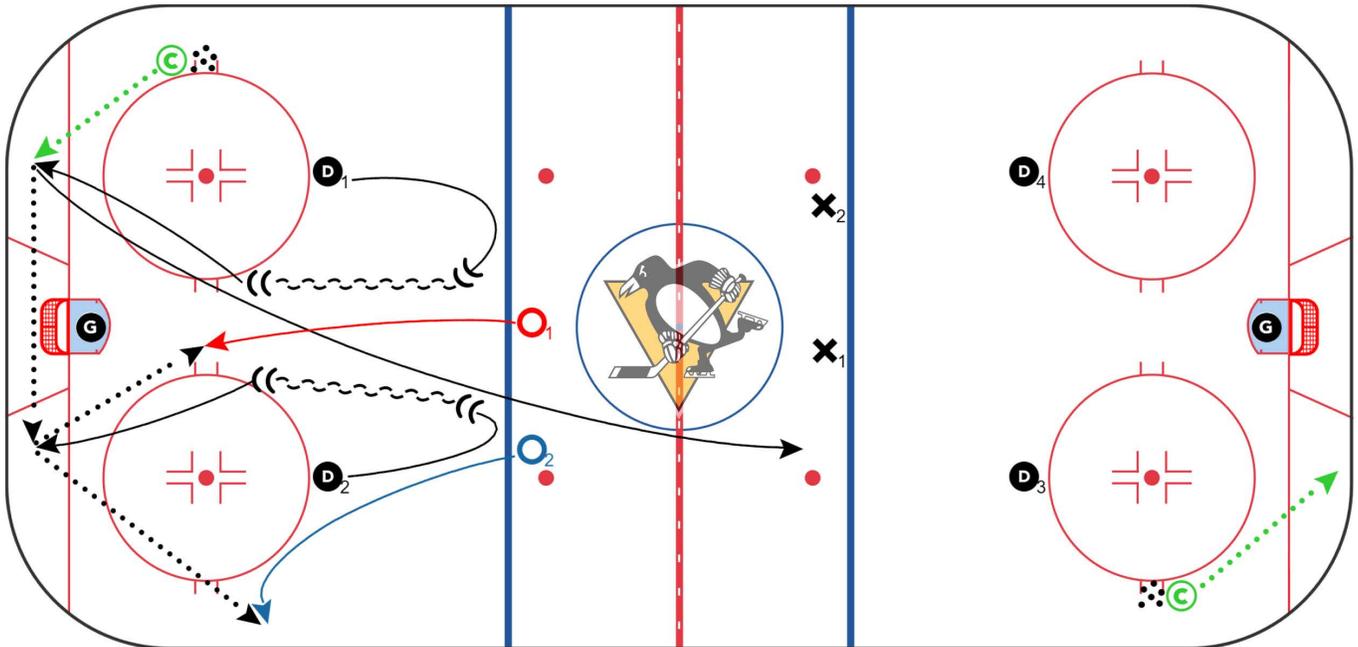
Description: **OBJECTIVE:**
 – Breakout Concepts. Weakside Options. Strong Side Options. Dinks.

ORGANIZATION

- **D 1** and **D 2** Gap up to the Blue Line.
- **Coach** spots a puck in the corner for a Breakout.
- **D 1** and **D 2** execute various breakout options (Weakside Overs, Net Dinks, Wall Dinks, Wheel).
- **O 1** acts as Center on Breakout.
- **O 2** Acts as the Wing.
- **O 1** and **O 2** Attack with **D 1** Joining.
- **D 2** Gaps up and defends the attack on the opposite side.
- A play is made to the net.
- **Coach** spots a 2nd puck.
- **O 1** and **O 2** cycle once and pass to **D 3** on the Blue line who joined the rush.
- Point shot with traffic.
- **D** in front boxes out 1 player.

KEY POINTS:

- Breakout Concepts, Center "Low & Slow, Weakside Overs, Dinks, Attack options on the entry.



BREAKOUTS 2 VS 2 ESCAPE BREAKOUT

Category: Breakout

Team: Pittsburgh Penguins

Description: **OBJECTIVE:**

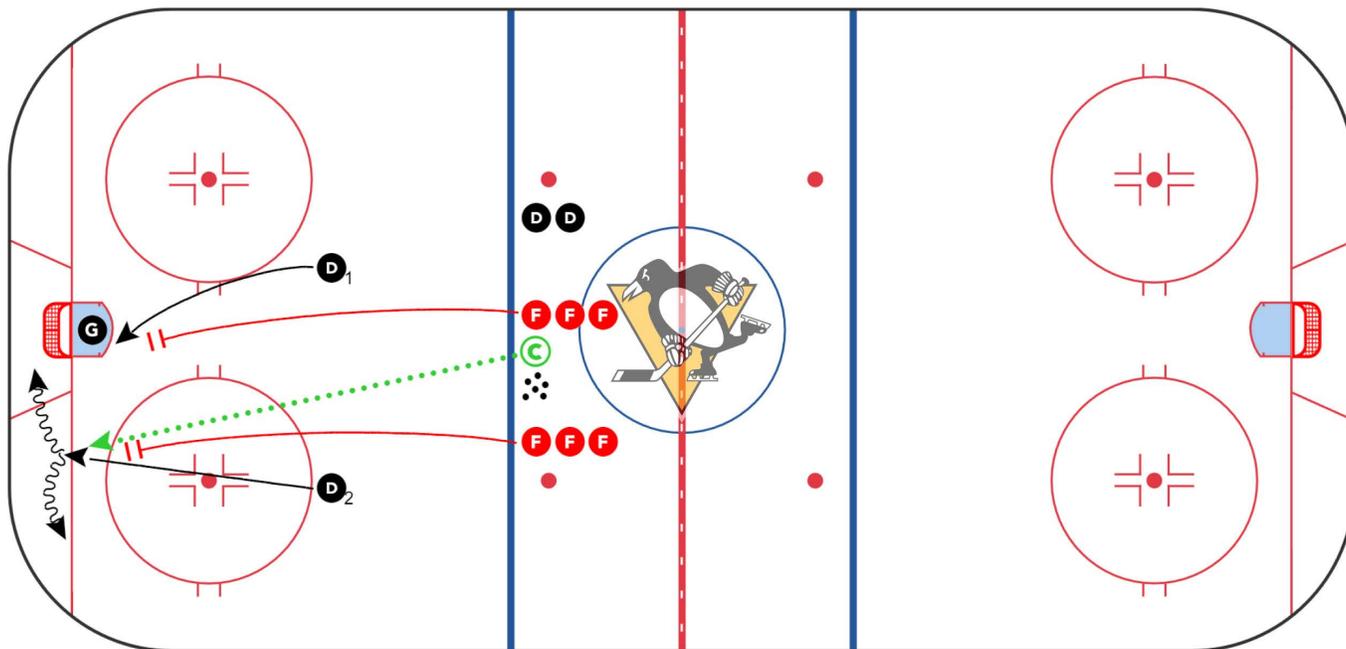
- Breakout vs Forecheck.

ORGANIZATION:

- **Coach** spots a Puck.
- He can spot to a corner to create a Forecheck vs Breakout scenario.
- He can give it to the **F**'s to create an attack scenario.
- **F 1** and **F 2** Pressure with one **D** and Work to stay above the Puck and **D 2** with Other **F**.
- **D** must carry out of the zone with possession.
- Points System **D**: 1 Point for carry out of zone **F**'s: 1 Point for a scoring chance
2 Points for a Goal

Key Points:

- **D** use deception to shake Forecheck, **F**'s Pressure with good Stick Detail, Stick to Puck Contact.



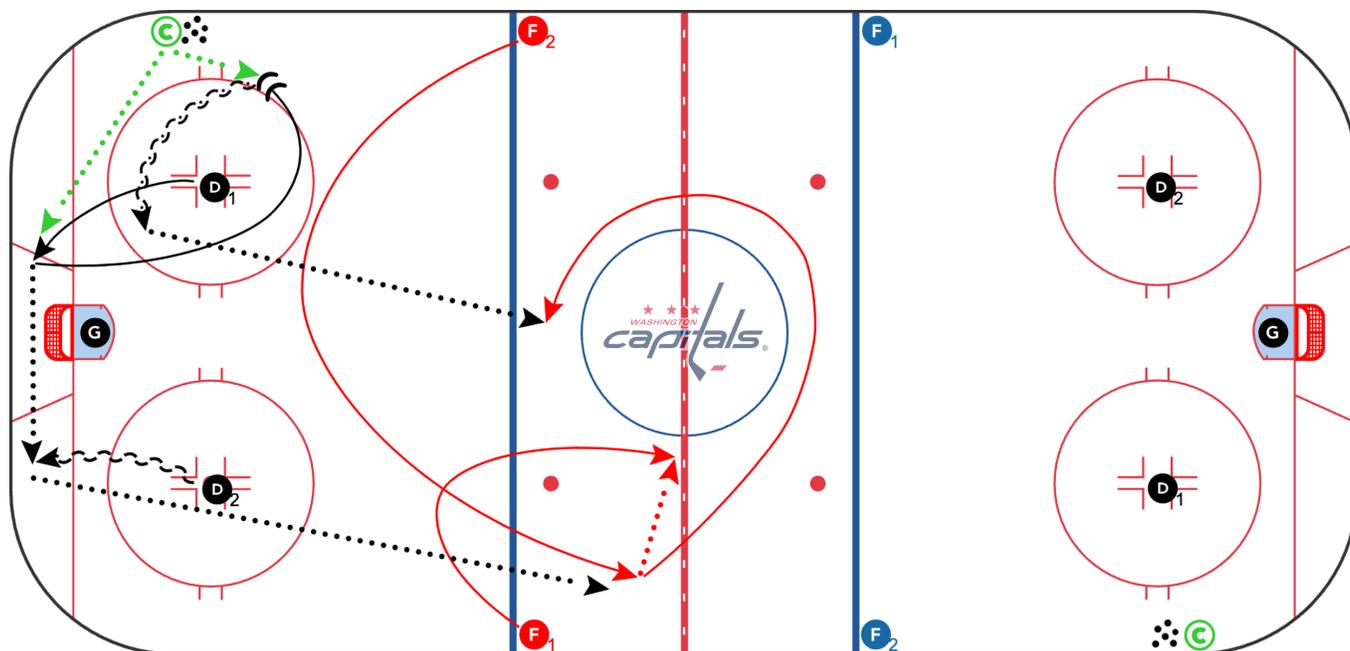
D DOUBLE UP

Category: Breakout

Team: Washington Capitals

Description:

- **Coach** spots a puck below goal line.
- **D 1** makes a pass to **D 2**, who then makes a breakout pass to **F 1** who is coming across blue line with speed while **F 2** swings underneath.
- **F 1** passes to **F 2**, who skates with the puck and takes a shot on net.
- **F 1** skates around the circle, timing his speed while **D 1** re-gaps for another spotted puck from the **Coach** and passes to **F 1** who skates down for a shot with **F 2** screening the goalie.
- **D 1** joins and gets a low to high pass from **F 1** for a shot.





FORECHECK DRILLS

LEGEND

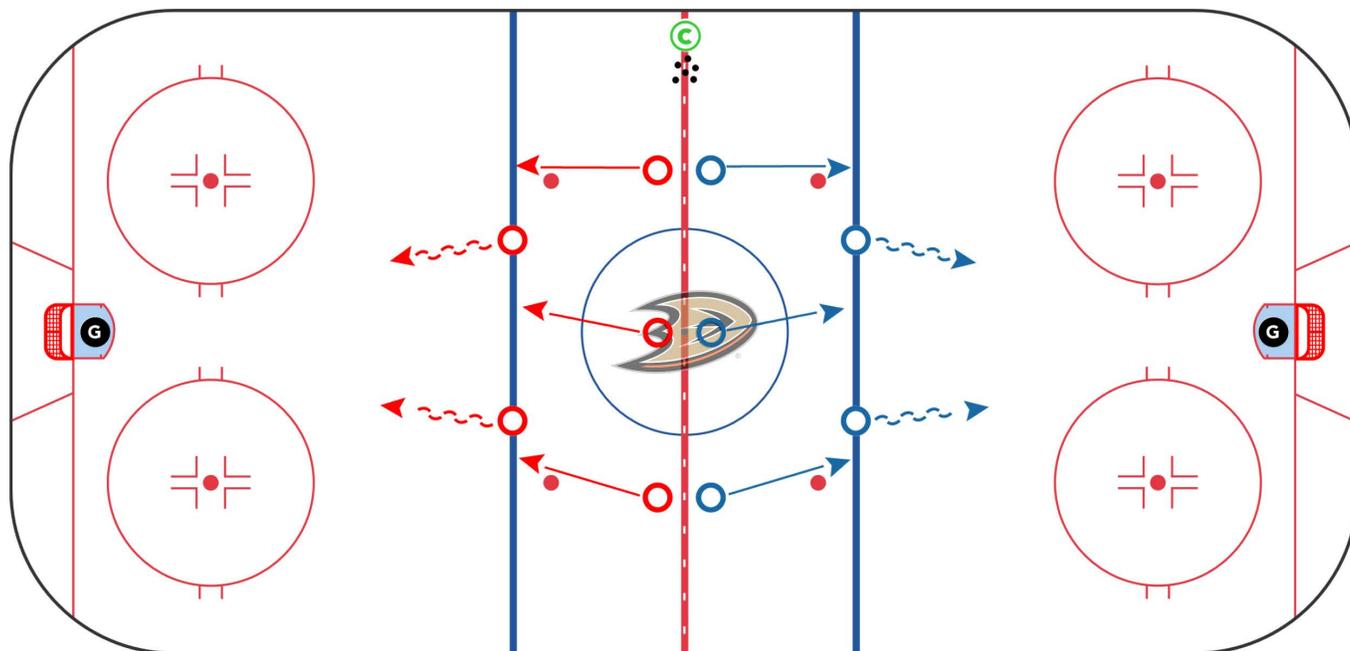
| | |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate |
| »» Shot | ~~~~~ Skate With Puck |
| Stop | •••• Pass |
|)) Pivot | ~ ~ ~ Backwards Skating |
| | ~ ~ ~ Backwards Skating With Puck |
| | Lateral Skating |
| | — Goalie Padslide |
| | — Goalie Butterflyslide |

STUTS NZ

Category: Forecheck

Team: Anaheim Ducks

- Description:**
- On the whistle, each side goes down on 3 vs 2 vs their own **D**.
 - Play out the 3 vs 2's until the whistle. FWDs must attack quickly.
 - On the whistle, the **Coach** will spot a puck in the NZ.
 - Players must read if they are setting up NZD or are attacking through the NZ.
 - Play out the 5 vs 5 full ice.

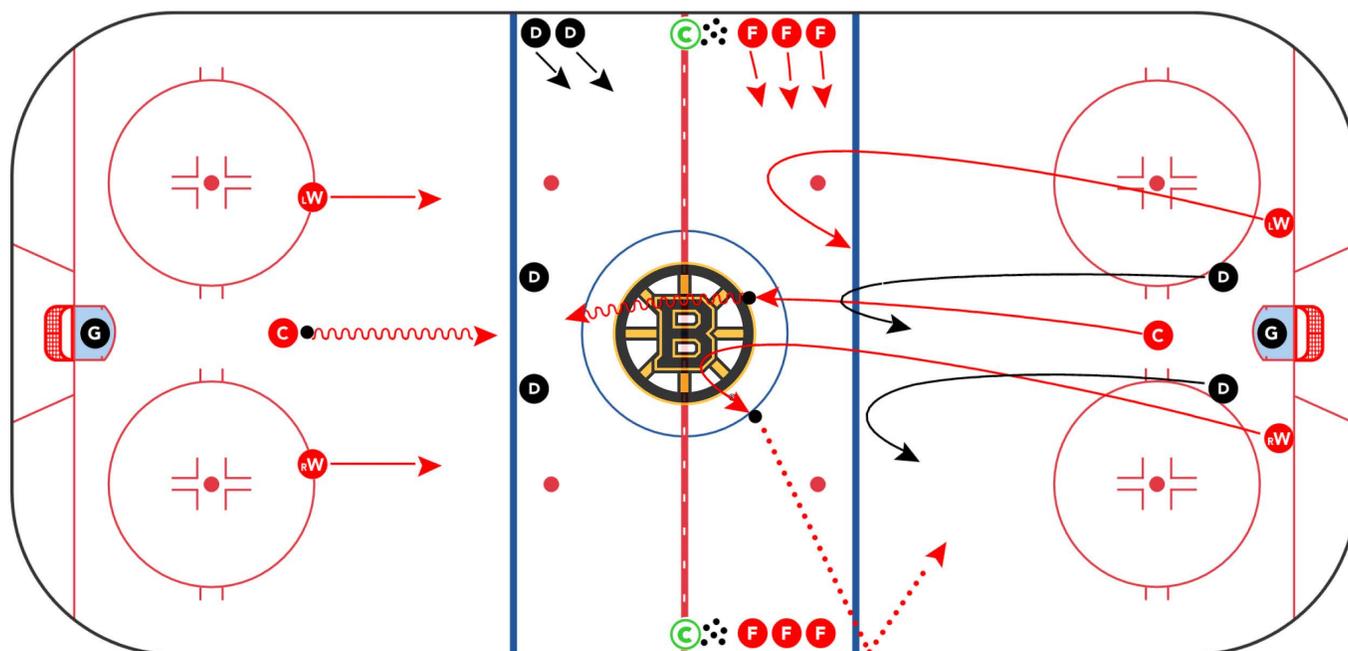


3 VS 2 TOUCH UP FC

Category: Forecheck

Team: Boston Bruins

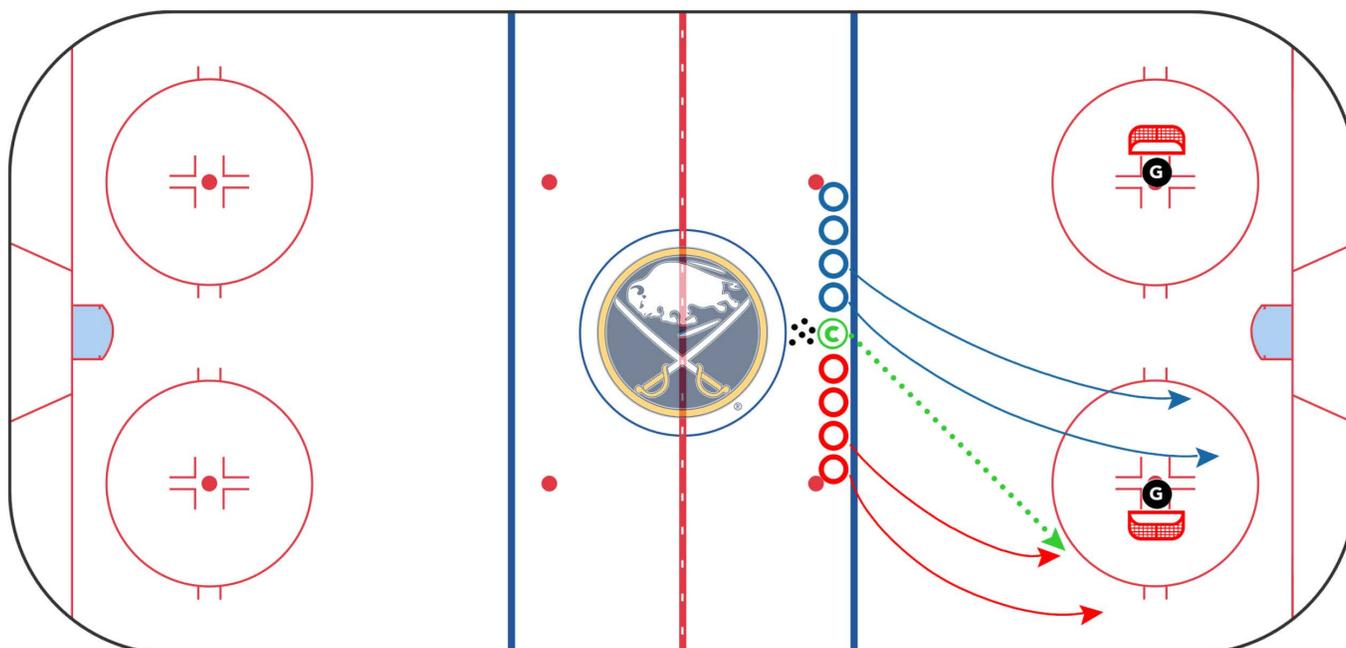
- Description:**
- Drill starts with a 3 vs 2 up ice. Play it out in zone.
 - Whistle. Offensive **F**'s reloading. **D** gapping up.
 - 1st **F** out of zone takes puck and goes on a breakaway.
 - 2nd 2 **F**'s out of zone take 2nd puck, turn back up ice, chip puck, and FC's **D** that gapped up.
 - A new line works off walls and enter zone inside of dots ready to support **D** on BO.



2 VS 2 ANGLE GAME

Category: Forecheck
Team: Buffalo Sabres
Description: Forecheck 3 vs 5 continuous.

- On whistle, **Coach** chips puck behind one net.
- The 2 players closest to the puck must retrieve puck and carry around net then attack far end.
- The opposite color angles in front of the net.
- New puck on each whistle.



SHORT FORECHECK/ADZC

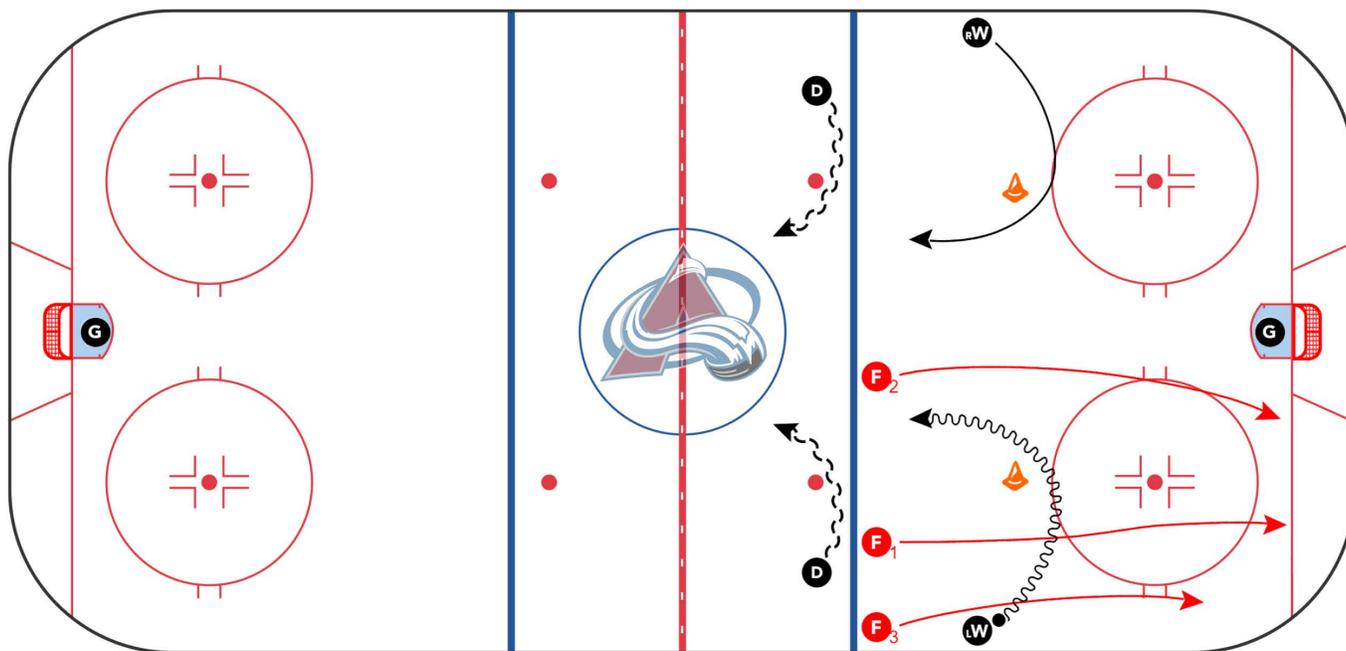
Category: Forecheck

Team: Colorado Avalanche

- Description:**
- On whistle **Coach** dump puck in corner.
 - **F 1** and **F 2** forecheck hard with **F 3** managing his depth (Forecheck against 2 **D** and a C).
 - Second whistle activates **W**'s with a puck under cone and attack 2 **D** waiting to accept rush.
 - Low C and D join **W**'s while original **F 1** **F 2** and **F 3** track back for ADZC (play puck out 5 vs 5).

Objective:

- Work on forecheck and arrival in dzone coverage.

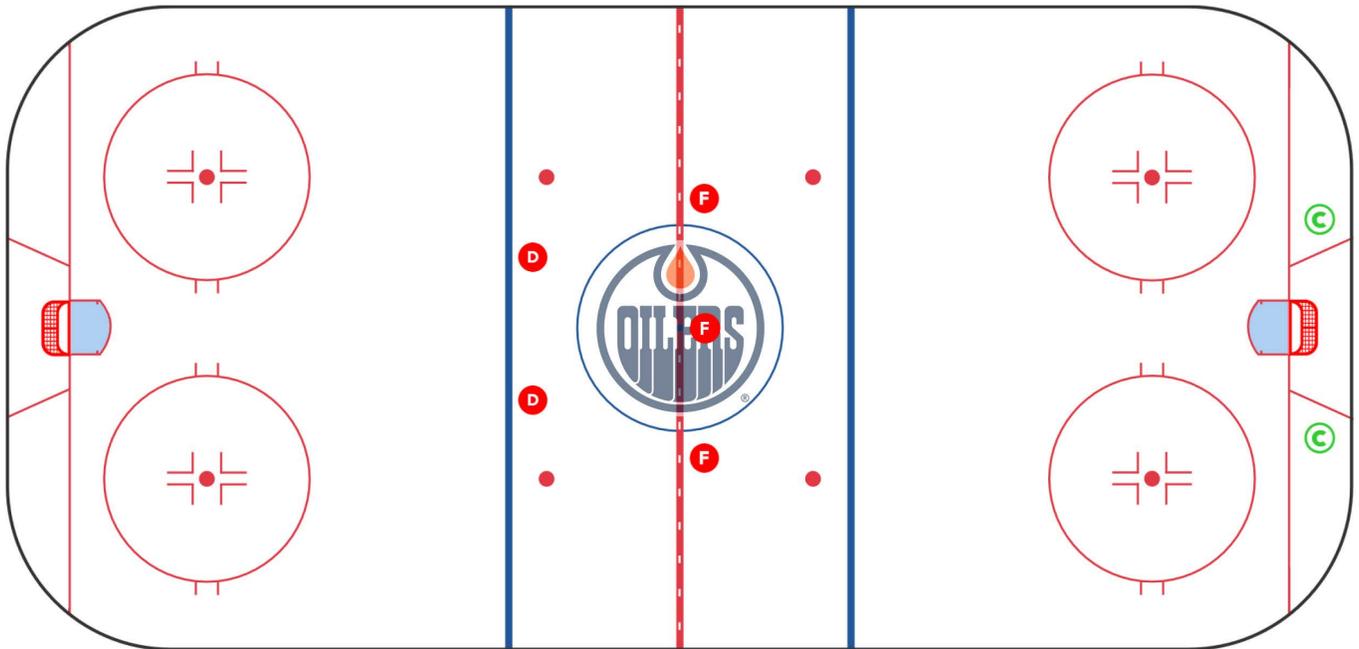


BASIC FORECHECK VS COACHES

Category: Forecheck

Team: Edmonton Oilers

- Description:**
- 5 players regroup.
 - Dump to **Coach** + forecheck **Coach**.
 - Quick strike offense regroup.
 - Forecheck 2nd **Coach**.
 - Quick strike offense.

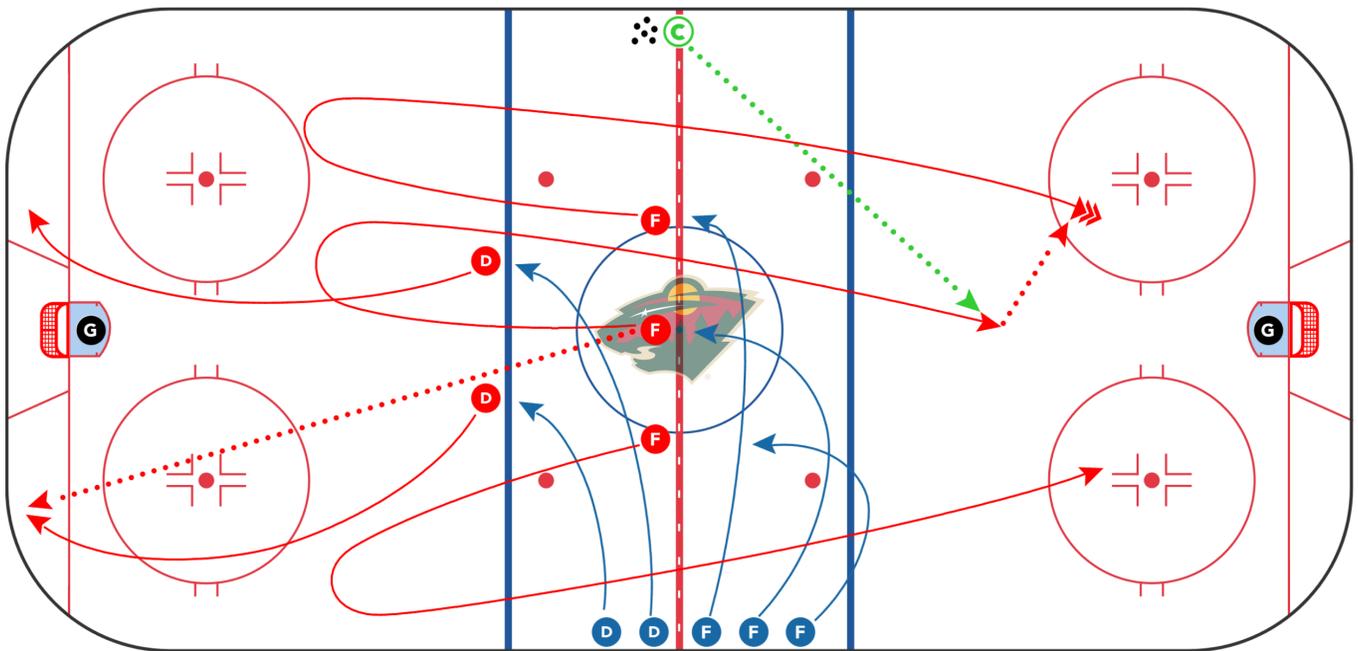


CONTINUOUS FC

Category: Forecheck

Team: Minnesota Wild

- Description:**
- 3 **F** breakout and go down for shot.
 - Once 3 **F**'s skate through NZ 3 **F**'s and 2 **D** step out in NZ.
 - After shot the 3 **F**'s get a pass from **Coach** in NZ and dump puck and FC the 3 **F**'s and 2 **D**.
 - Blue breakout and go down and shoot starting drill over.

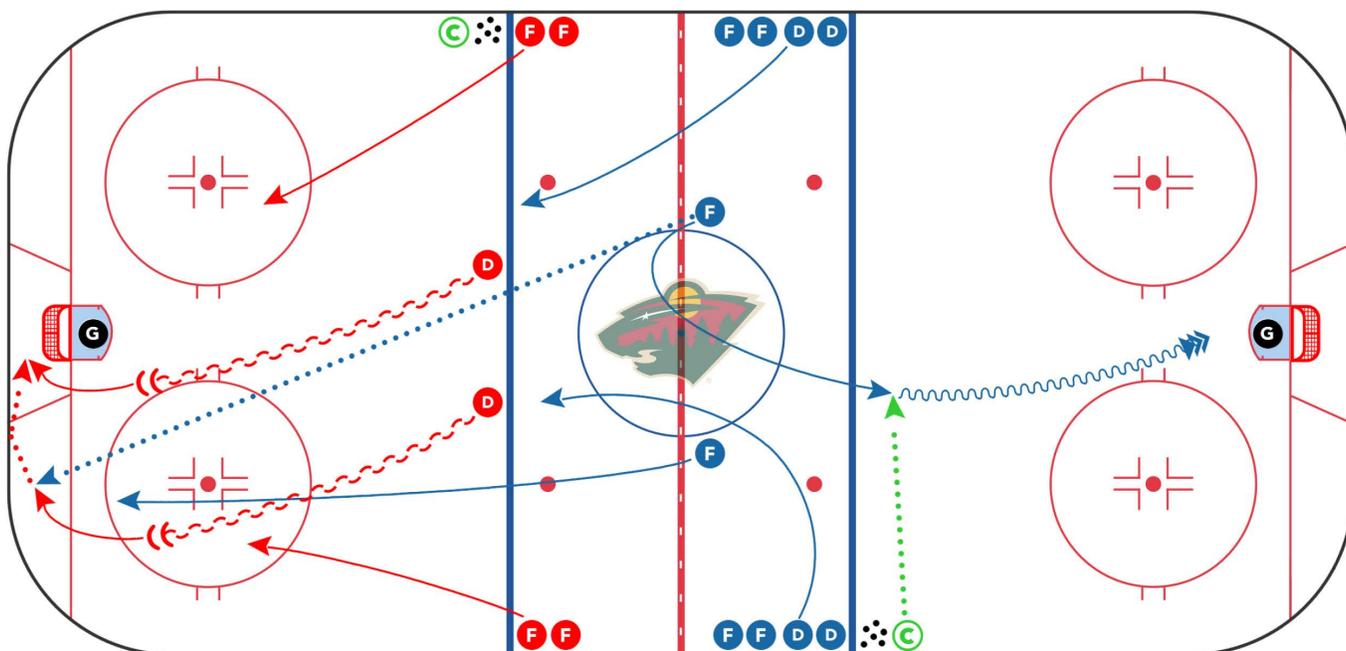


CONTINUOUS 1 VS 2 FC/BO

Category: Forecheck

Team: Minnesota Wild

- Description:**
- 2 **F**'s dump puck in on 2 **D**.
 - 1 **F** forechecks (**F** that doesn't dump puck).
 - Other **F** gets to the red then turns and gets pass from **Coach** to go down for shot.
 - 2 **D** work to BO the puck vs 1 FC forward.
 - 2 new **F**'s and 2 new **D** step out and join on dump.

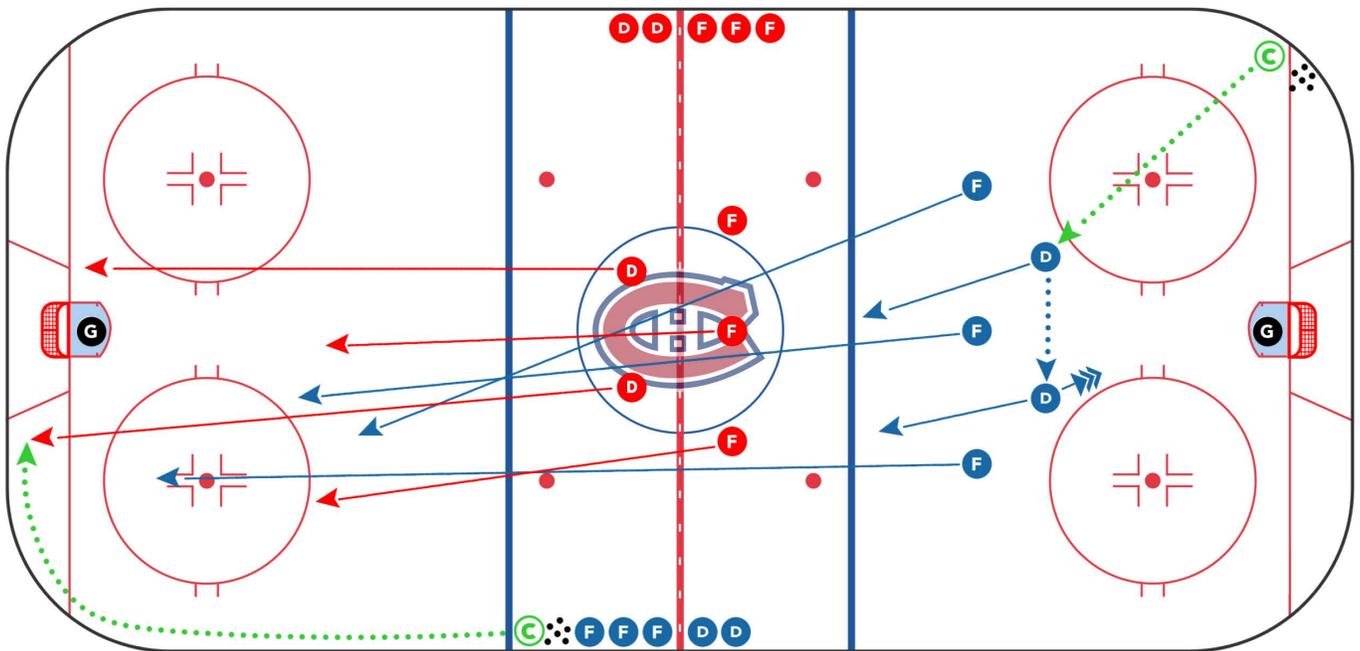


HABS FORECHECK DRILL

Category: Forecheck

Team: Montreal Canadiens

- Description:**
- Drill starts with a shot in the zone from a **Coach's** pass.
 - Then, shooting unit will forecheck a unit that will try and breakout.
 - Once they breakout, they will go shoot with a pass from the **Coach**, and a new unit steps in.

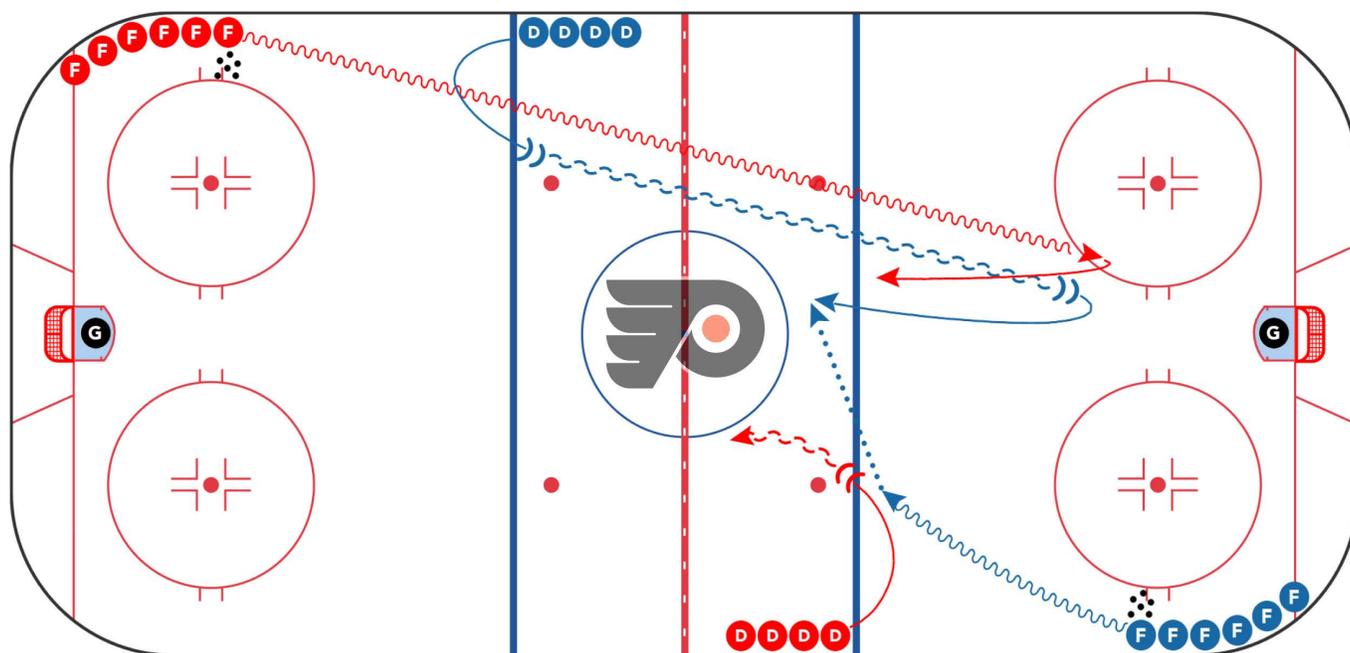


2X2 - MAINE

Category: Forecheck

Team: Philadelphia Flyers

- Description:**
- **F** attack **D** 1x1 straight down ice to start drill.
 - On whistle, defending **D** jumps to offense with new **F** and attack new **D**.
 - Offensive **F** now tracks new 2x1 to create 2x2.
 - Continuous drill.

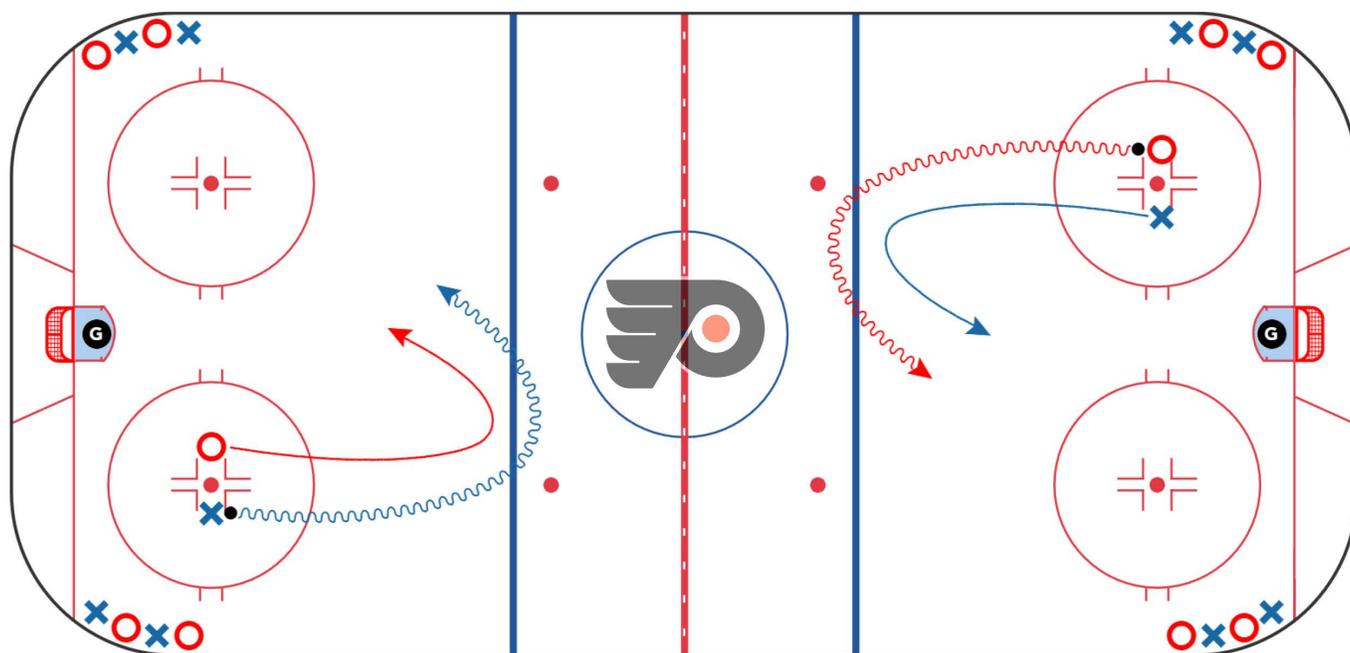


1X1 - CIRCLE BATTLE

Category: Forecheck

Team: Philadelphia Flyers

- Description:**
- Both players have a puck inside circle - try to knock puck off other players stick.
 - Whoever keeps puck skates outside blue and re-attacks player who loses puck 1 vs 1.
 - Play out to whistle.
 - Alternate sides.

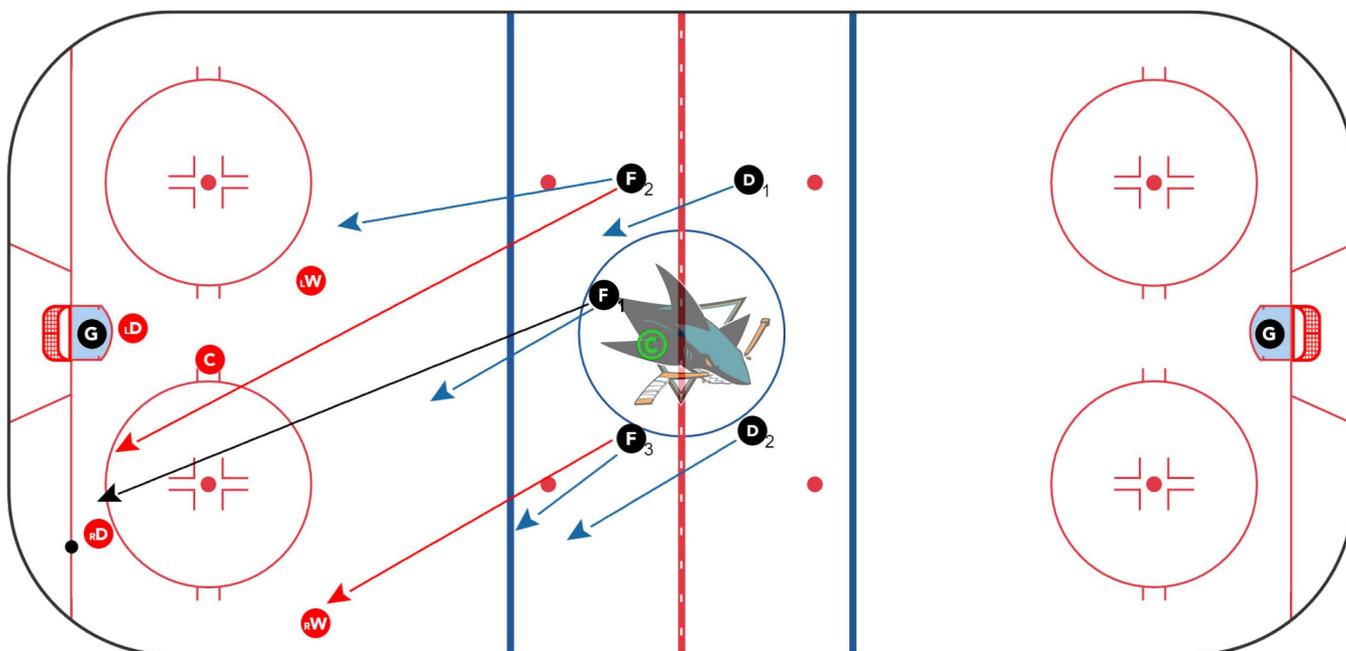


FLYER OZFC- 1 VS 5, 2 VS 5, 5 VS 5

Category: Forecheck

Team: San Jose Sharks

- Description:**
- All Breakouts to **Coach**.
 - 1st Puck F1 FC (**Black**).
 - 2nd Puck F2 and F3 FC- F1 stays in NZ (**Red**).
 - 3rd Puck all 5 FC- (**Blue**).
 - BO read the FC.

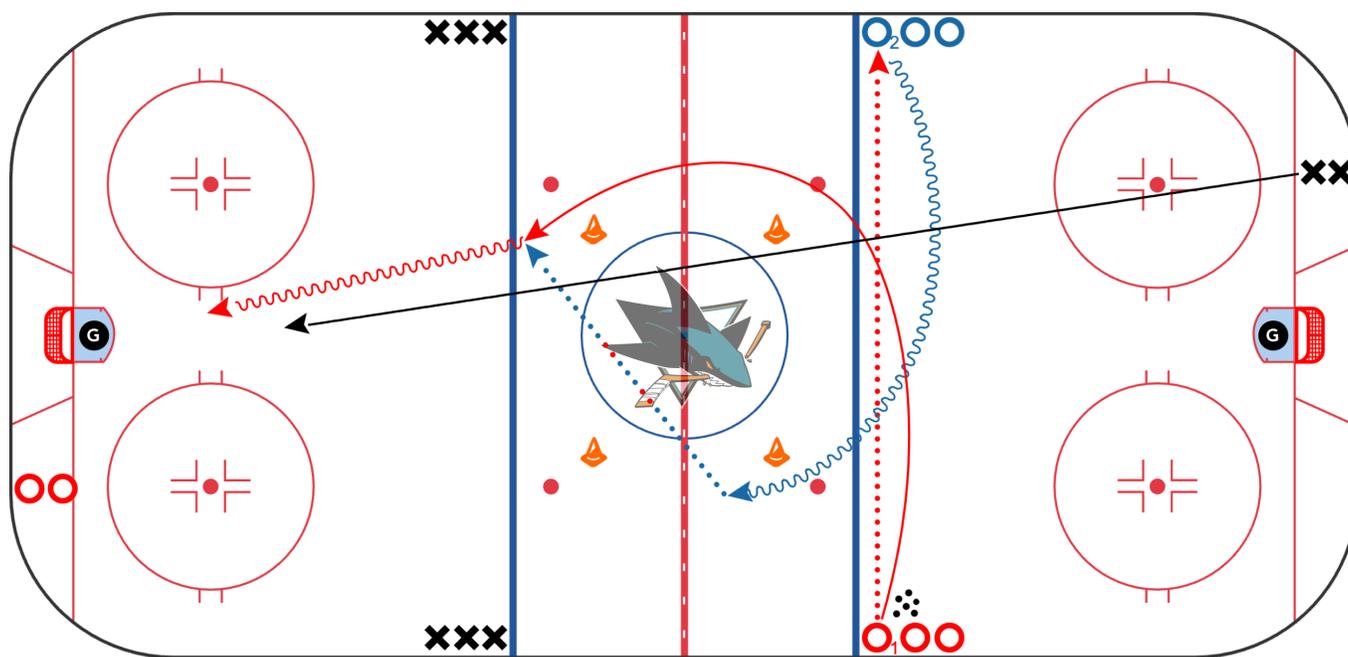


SWISS BREAKAWY

Category: Forecheck

Team: San Jose Sharks

- Description:**
- **O1** Passes to **O2** - **X** takes off to back check.
 - **O1** skates around the far cone with speed for a breakaway pass.
 - **O2** skates around the far cone to make a pass for a breakaway.



FC - SPLIT RETRIEVALS

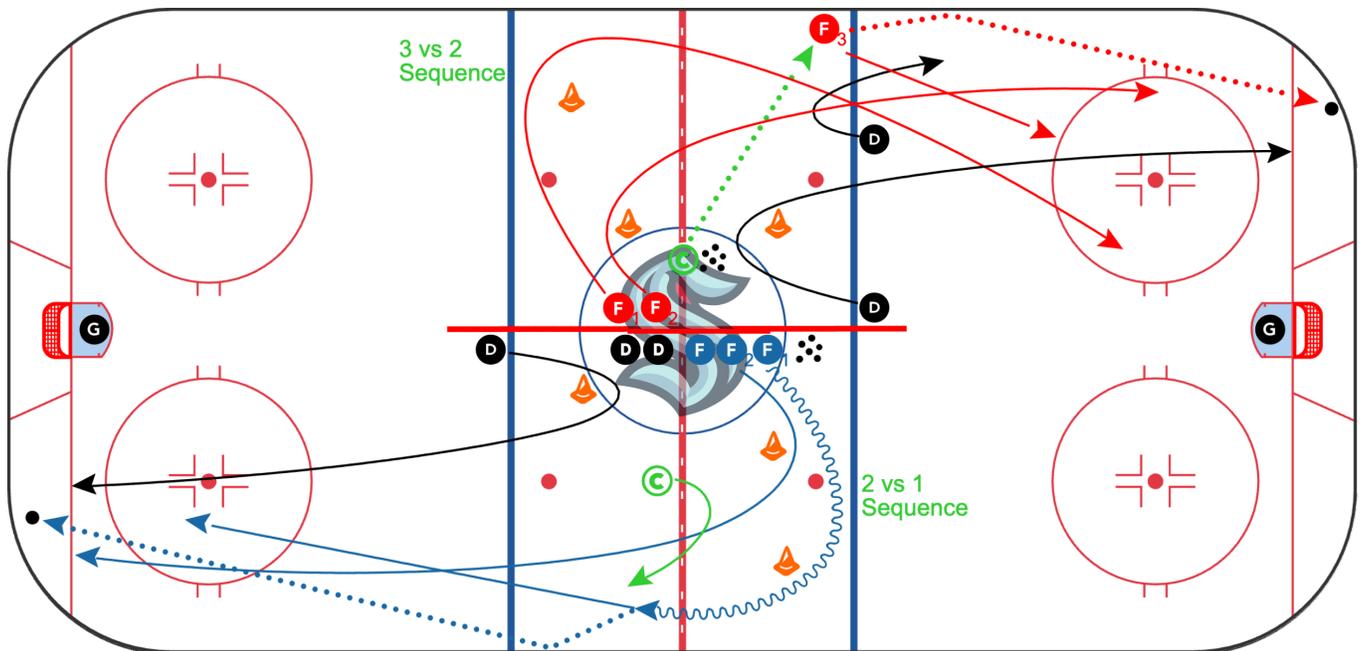
Category: Forecheck

Team: Seattle Kraken

- Description:**
- **F 2** leaves from center with puck around cone wide, confronted by **Coach** then spots to space outside of trapezoid - goalie can play pucks.
 - **F 1** around cone works to win race to puck from middle of ice vs **D 1** battling back and trying to evade.
 - Play it out 2 vs 1 low - over when puck gets above hash marks.

Second part: 3 vs 2

- **Coach** pass puck to **F 3** posted up at blue who chips after **D 1** closes.
- **F 1/F 2** hunt spot to space with **F 3** coming dot line.

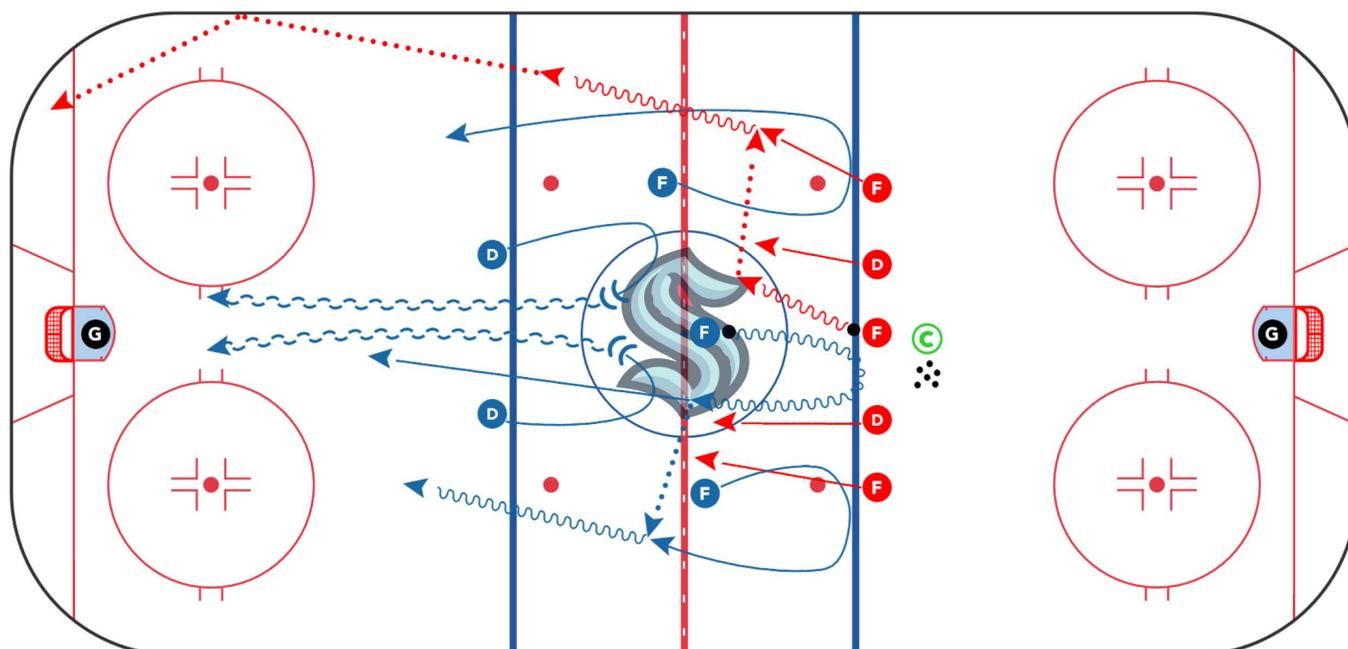


3/4 ICE FORECHECK

Category: Forecheck

Team: Seattle Kraken

- Description:**
- First whistle, blue touches blue line then attacks 3 vs 2 for entry.
 - Second whistle, blue skates back to the red line to regap.
 - Once blue touches red, 5 red players start and chip puck in for 5 vs 5 FC/BO.





NEUTRAL ZONE COUNTER / TRANSITION DRILLS

LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

———— Skate

~~~~~ Skate With Puck

•••• Pass

⌒⌒ Backwards Skating

⌒⌒ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

— Goalie Butterfyslide

# PORTLAND ATTACK OPTIONS

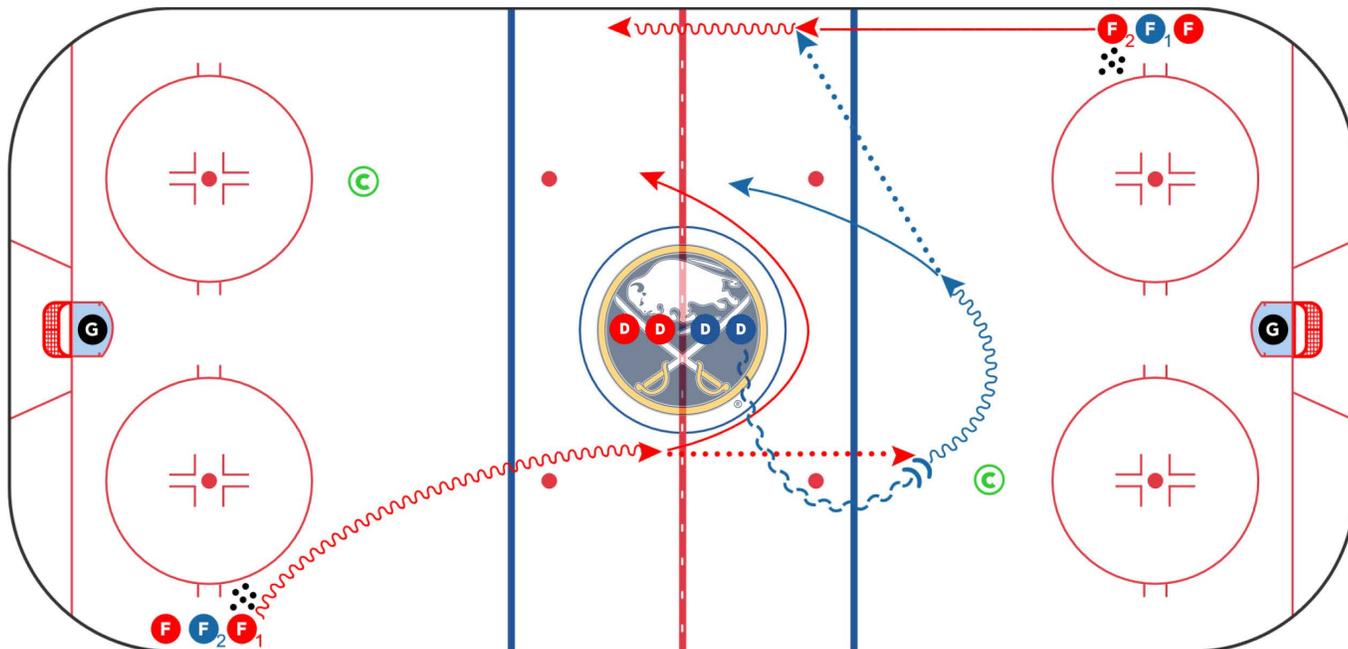
**Category:** Neutral Zone Counter / Transition

**Team:** Buffalo Sabres

- Description:**
- Both sides go at the same time.
  - On whistle, **F 1** leaves with puck and carries inside dots.
  - **D 1** back pedals from center ice to outside lane.
  - **F 1** moves puck to **D 1**.
  - **D 1** transition skates toward the weakside (2-3 hard strides).
  - **F 2** leaves up the wall and **F 1** supports through the middle lane.
  - **D 1** moves puck wide to **F 2**.
  - **F 1** and **F 2** attack **Coach** using entry options.
  - **D 1** activates and fills weakside lane.

**Key Points:**

- Wide entry.
- Slip pass to MLD.
- Area pass w/ **Coach** angle.
- Kick out.
- Wide pull up with MLD GL and **D** back post.



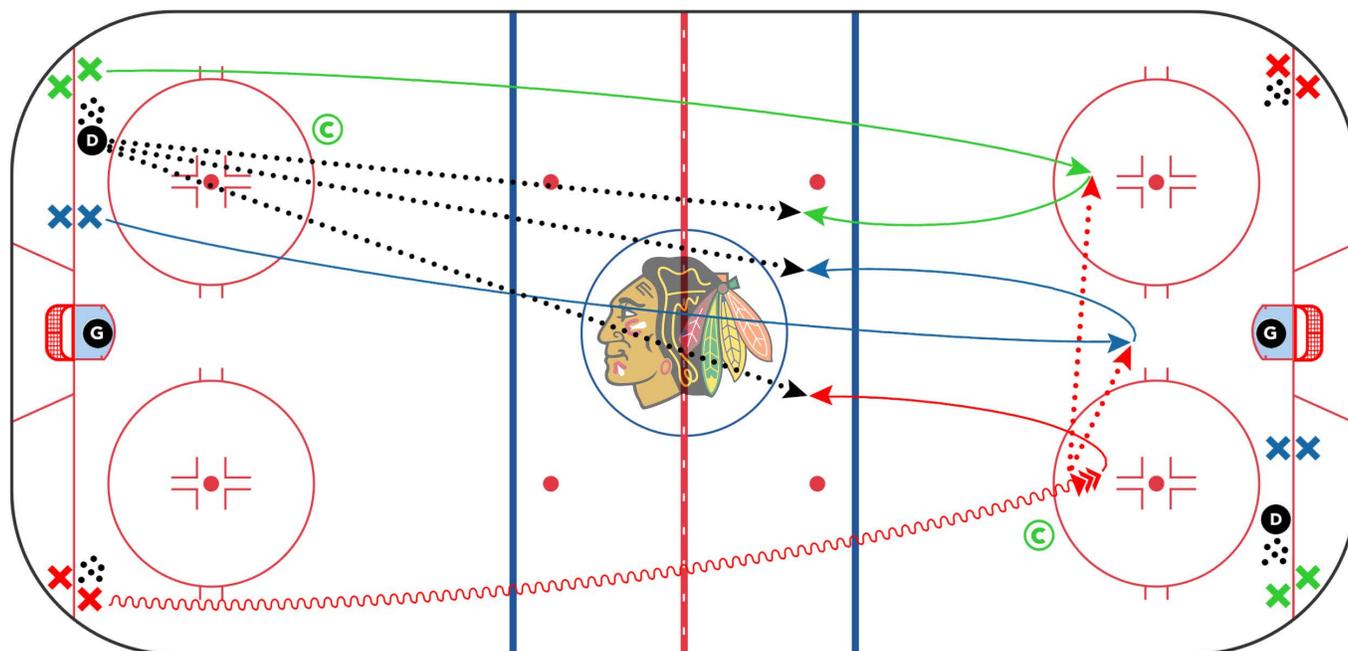


# JIMMY'S (3-0 TO 3-0 REGROUP)

**Category:** Neutral Zone Counter / Transition

**Team:** Chicago Blackhawks

- Description:**
- 1/2 at each end.
  - Go in Lines.
  - 3 vs 0 straight down ( Far pad shot/ Hit middle lane drive/Hit Far side drive).
  - Put up shot then back check back over Blue Line.
  - **D** at far end will Quick up to either Player who then re-attacks again 3 vs 0.
  - Can use any of the 3 options on the regroup.
  - **Coach** can play the 3 vs 0 and also take away a regroup option.

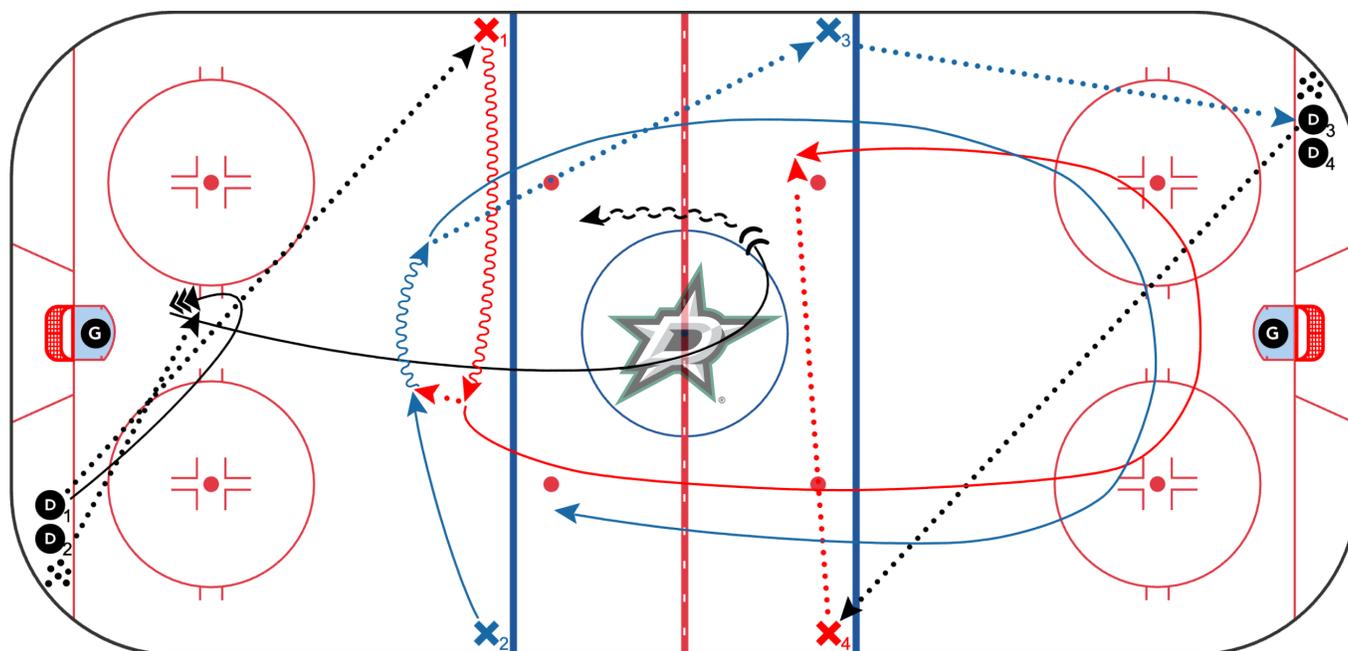


# 7 PASS - 2 VS 1

**Category:** Neutral Zone Counter / Transition

**Team:** Dallas Stars

- Description:**
- **D 1** passes to **X1**.
  - **D 1** heads to the net and receives pass from **D 2** for a shot.
  - **X1** skates to middle and drops to **X2**.
  - **X2** passes to **X3**, who passes to **D 3** in the corner.
  - **D 3** passes to **X4**.
  - **X4** gives a cross-ice pass to a circling **X1**.
  - **X1** and **X2** go on a 2 vs 1 vs **D 1** who is gapping up in the neutral zone.
  - On whistle other side goes.
- \*Pucks opposite corners.



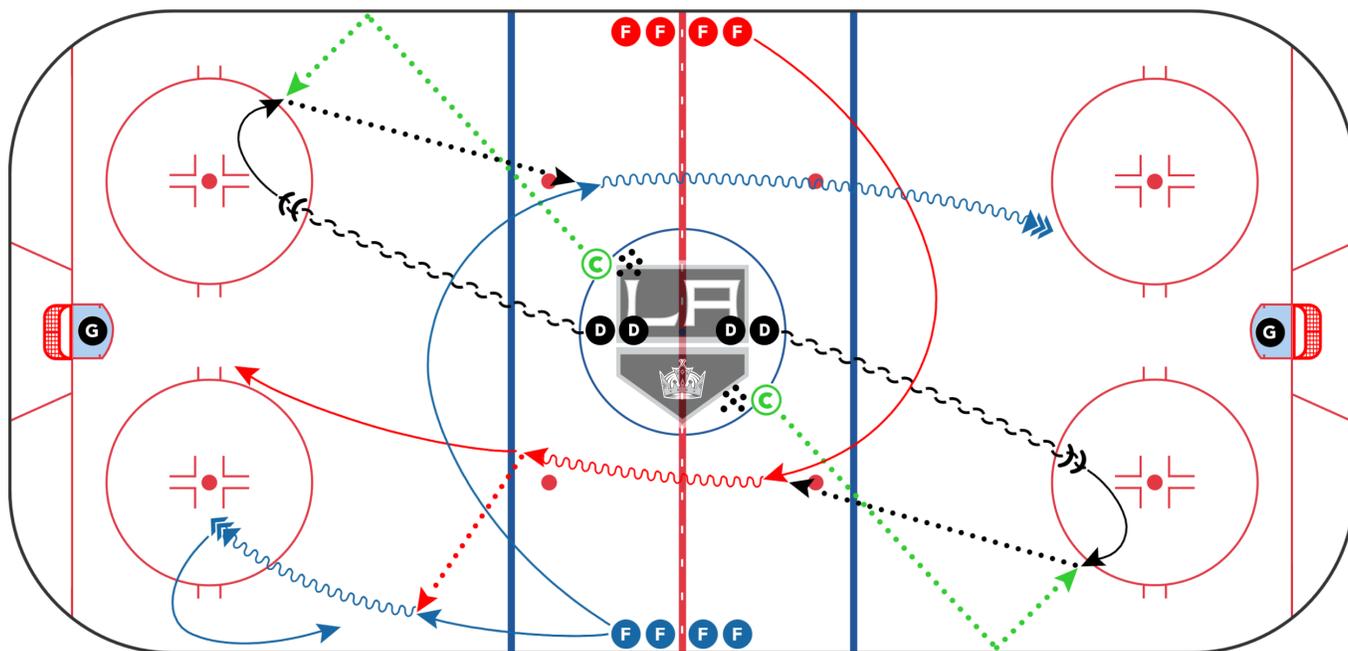


# D RETRIEVE

**Category:** Neutral Zone Counter / Transition

**Team:** LA Kings

- Description:**
1. **D** backwards to puck chipped in by **Coach** - forward from opposite line gets pass as center option.
  2. **D** backwards to puck chipped in by **Coach** - forward from opposite line gets pass as center option - pick up forward from strong side line - kick out - shot pass.
  3. **D** backwards to puck chipped in by **Coach** - forward from opposite line gets pass as center option - pick up forward from strong side line - kick out - hit the **D** man in 4th man ice.

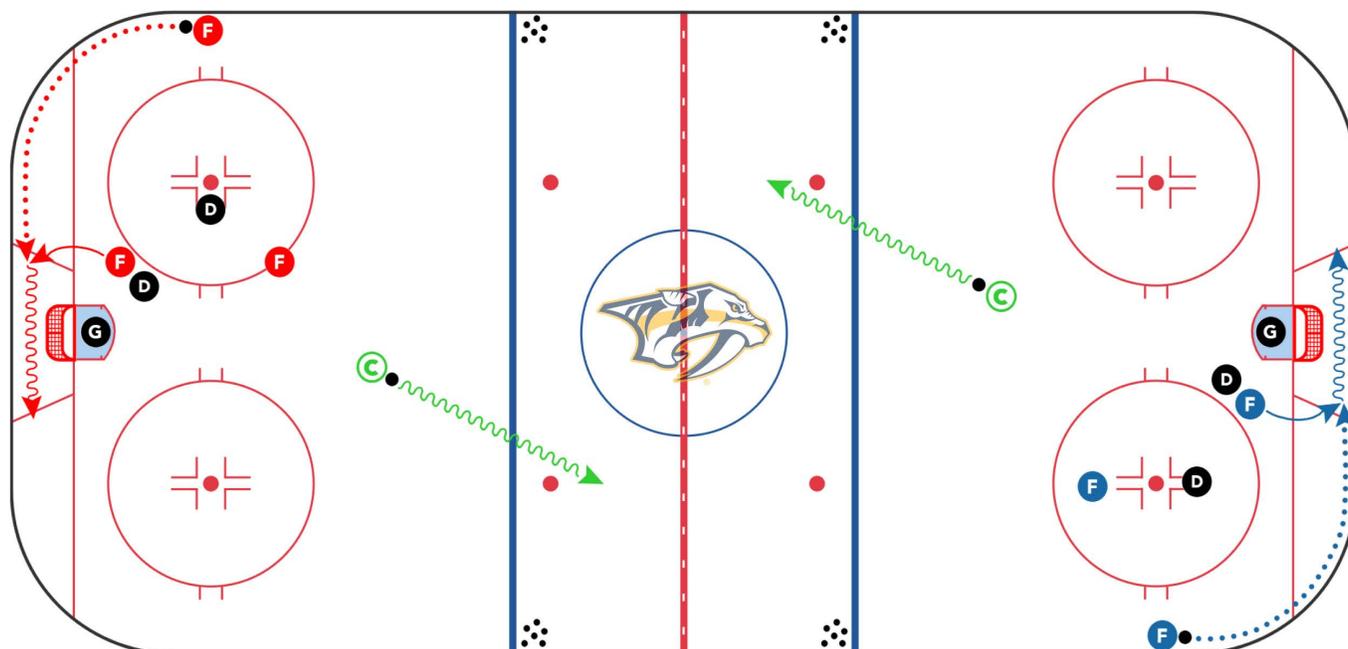


# 3 VS 2 TRACKING DRILL

**Category:** Neutral Zone Counter / Transition

**Team:** Nashville Predators

- Description:**
- Runs out of one end at a time.
  - Net cycle starts a 3 vs 2 low - play it out till whistle.
  - On whistle forwards must reload, track, and strip the **Coach** then re-attack.
  - **D** must work for gaps and play the 3 vs 2 quick counter/rush against.

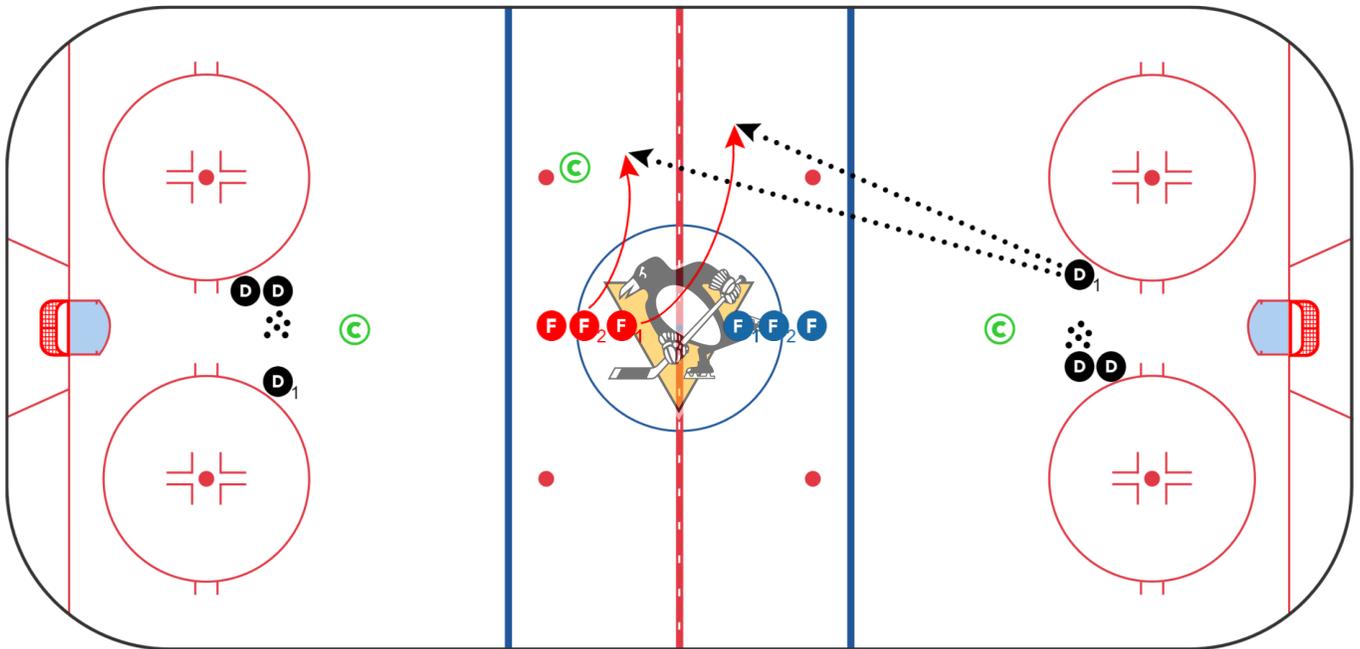


# MUD BUG NZ COUNTERS

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

- Description:**
- Both sides go at the same time.
  - **D 1** is pivoting up and back receiving passes from **D** in line for each rep.
  - The first puck **D 1** passes to **F 1** cutting through the neutral zone low who then goes down and shoots.
  - The second puck **D 1** passes to **F 2**'s outside stick in front of the **Coach** who then goes down and shoots.
  - After the pass to **F 1**, **D 1** gets spotted a third puck, he scales the blue line on his lines' end and gets a point shot with 2 Forwards at the net.



# N-ZONE REGROUPS PENGUINS

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

**Description:** **OBJECTIVE**

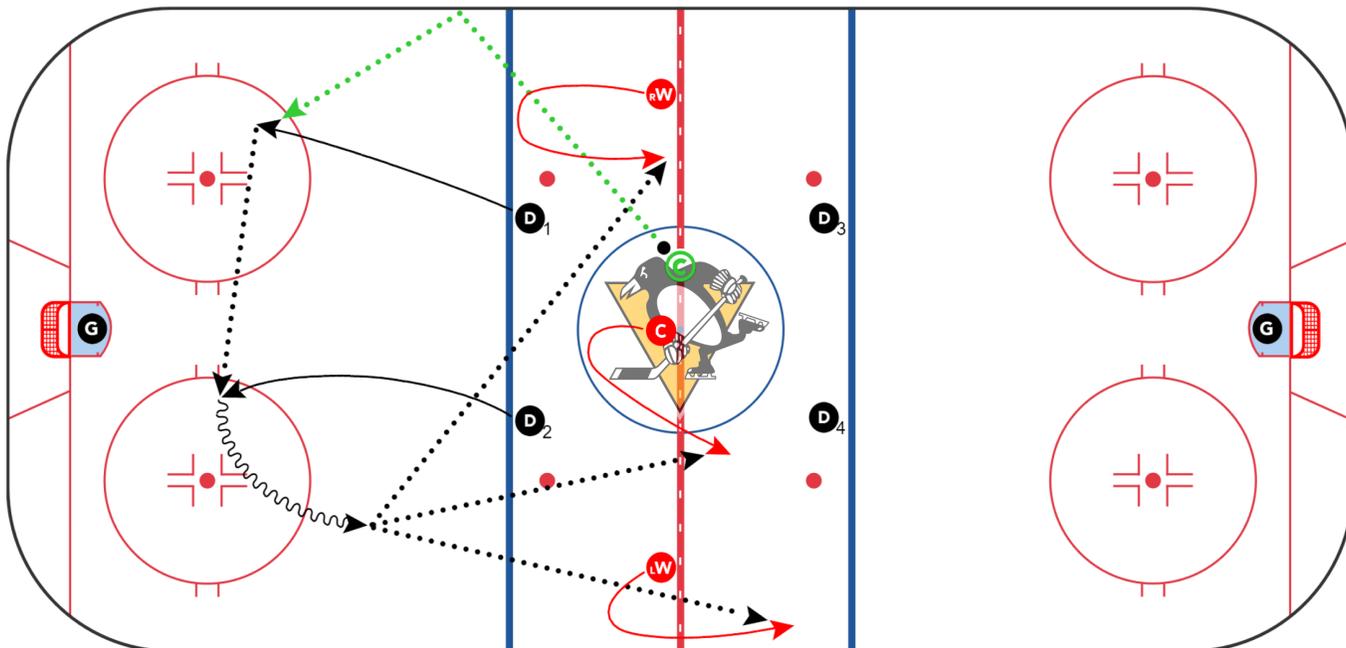
- N-Zone Regroup options

## ORGANIZATION

- **Coach** spots a puck to Regroup. **D1** Passes to **D2**. **C** Mirrors the puck and supports the strong side wall on a play to the strong side **W**.
- He also reroutes himself to support a seam play to the weakside. 5 Players attack **D3** and **D4** 5 vs 2.
- On the whistle, the **Coach** spots another puck. **D1** and **D2** skate hard to get back and quick counter to the forwards.
- They attack **D3** and **D4** again to create a scoring chance.

## Key Points

- **D** Dot width, **C** creates a lane for weakside seam, strong side **W** stretch the wall.

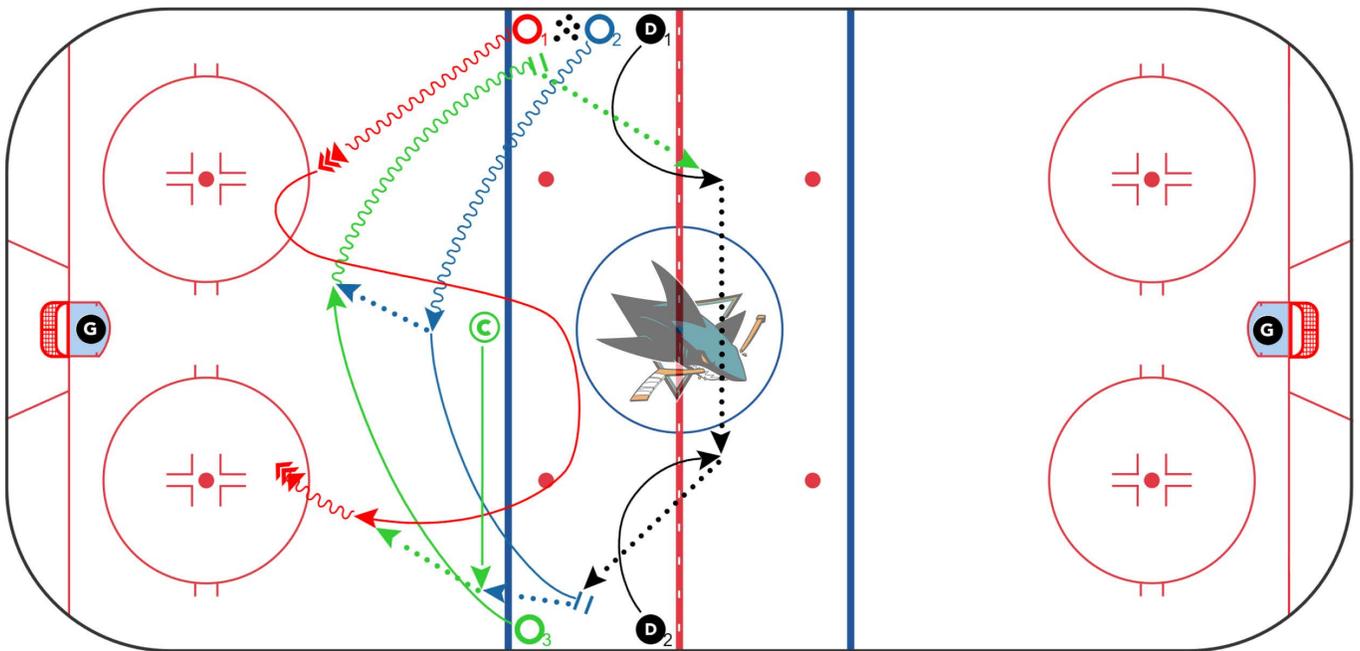


# GREEN ONION

**Category:** Neutral Zone Counter / Transition

**Team:** San Jose Sharks

- Description:**
- **O1** starts the drill by skating in and shooting; **O2** and **O3** skate to opposite sides while **O2** passes puck to **O3**.
  - **D1** pivot over red line; **O3** passes puck to **D1** who passes to **D2**; **D2** passes to **O2**; **O1** skates back through NZ.
  - **Coach** slides over; puck is passed to **O1** who goes in for shot.

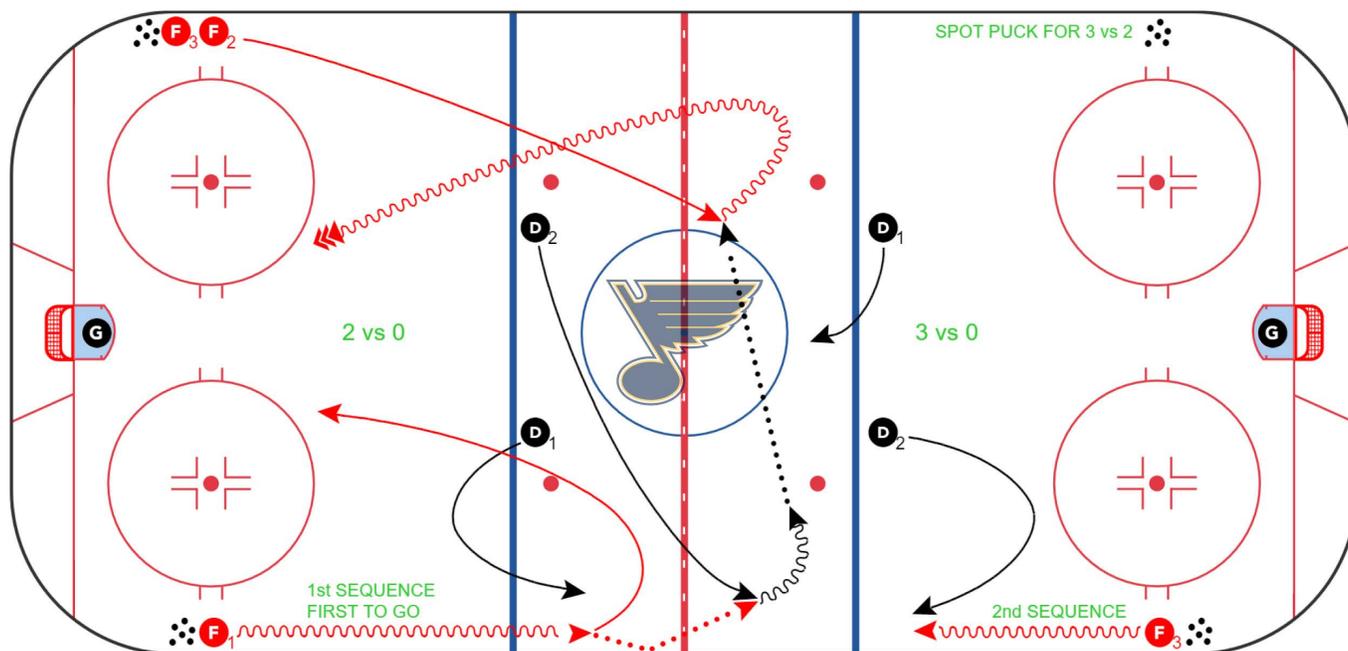


# SURF TRANSITION

**Category:** Neutral Zone Counter / Transition

**Team:** St. Louis Blues

- Description:**
- Surf transition - one side at the time.
  - 1. **F 1** skates with the puck - **D 1** surf - **D 2** retrieve puck in NZ and pass to WS **F 2** for a 2 vs 0 rush with **F 1**.
  - 2. **F 3** skates with puck - **D 2** surf while **F 1** and **F 2** come back in NZ zone to fill lane - **D 1** retrieve and pass to WS for a 3 vs 0 rush 3 vs 0 rush.
  - 3. After 2nd shot - FWD line spot a puck and FWDS attack 3 vs 2 the other way against **D 1** and **D 2**.



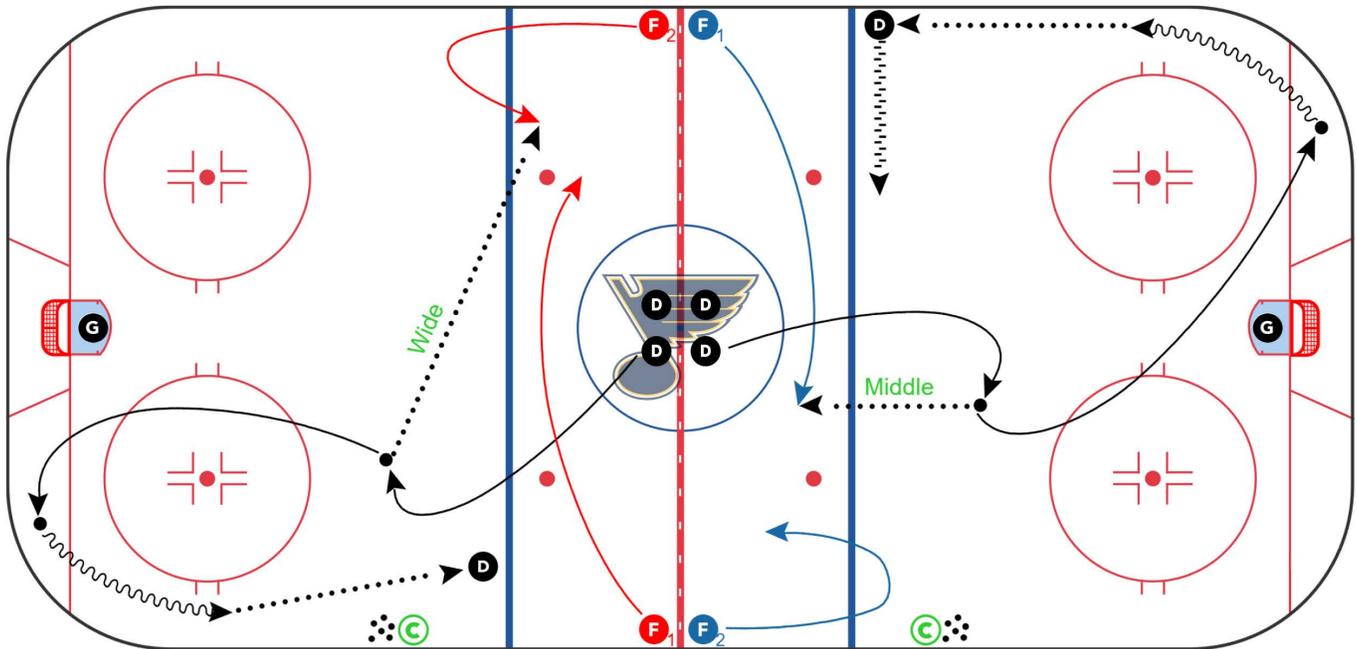
# NZ TRANS WIDE/MIDDLE

**Category:** Neutral Zone Counter / Transition

**Team:** St. Louis Blues

**Description:** **Two Options:**

1. **D** roll middle and pass to wide **F**.
  2. **D** roll middle and pass to middle **F**.
- Both sides at the same time and OZ low to high sequence follows.



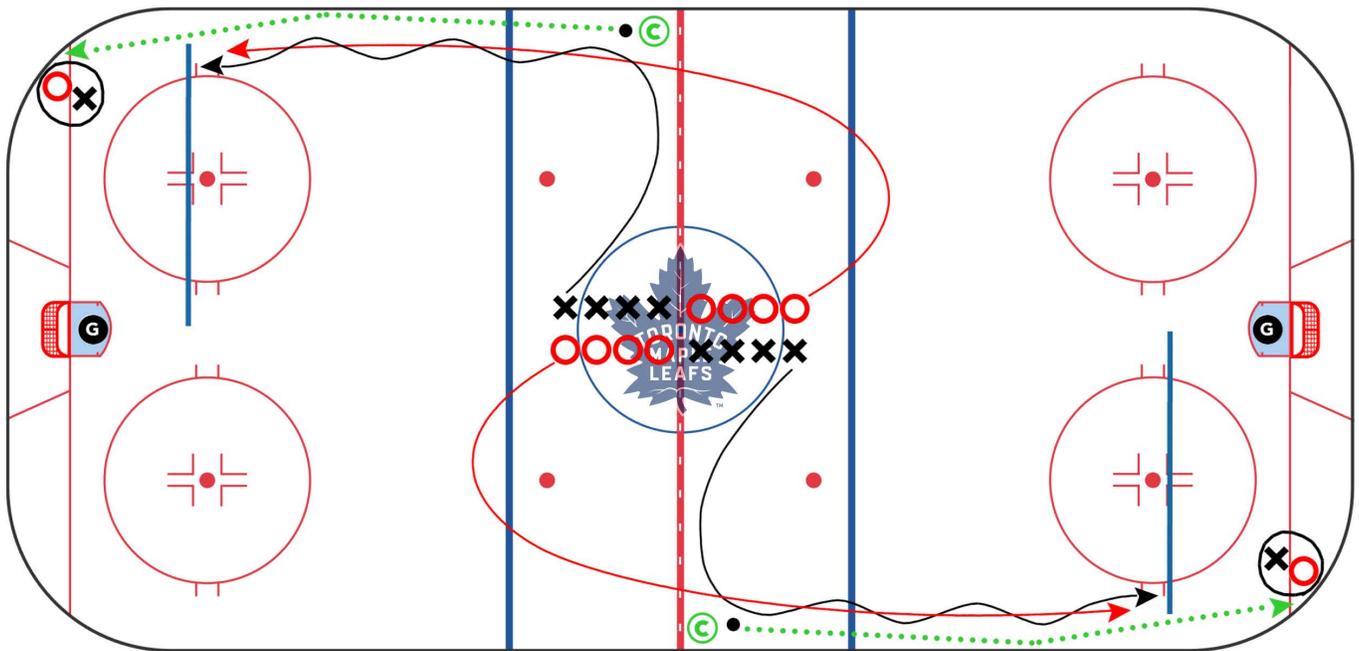


# NZ CUTOFFS TO 1 VS 1 BATTLE DRILL

**Category:** Neutral Zone Counter / Transition

**Team:** Toronto Maple Leafs

- Description:**
- This drill does not need to be split into forwards and defence.
  - First group above the red line builds speed just below the blue line.
  - Second group below the red line swings and tries to get an angle on the player coming with speed.
  - **Coach** dumps in a puck to below the goal line.
  - The player in the second group tries to get in the way/disrupt the speed of the player in the first group all the way to below the hash marks.
  - They stop and at the **Coach's** whistle, the player in the first group starts with a puck in the corner and the player in the second group tries to prevent him from getting to the front of the net.





# DEFENSIVE ZONE COVERAGE DRILLS

## LEGEND

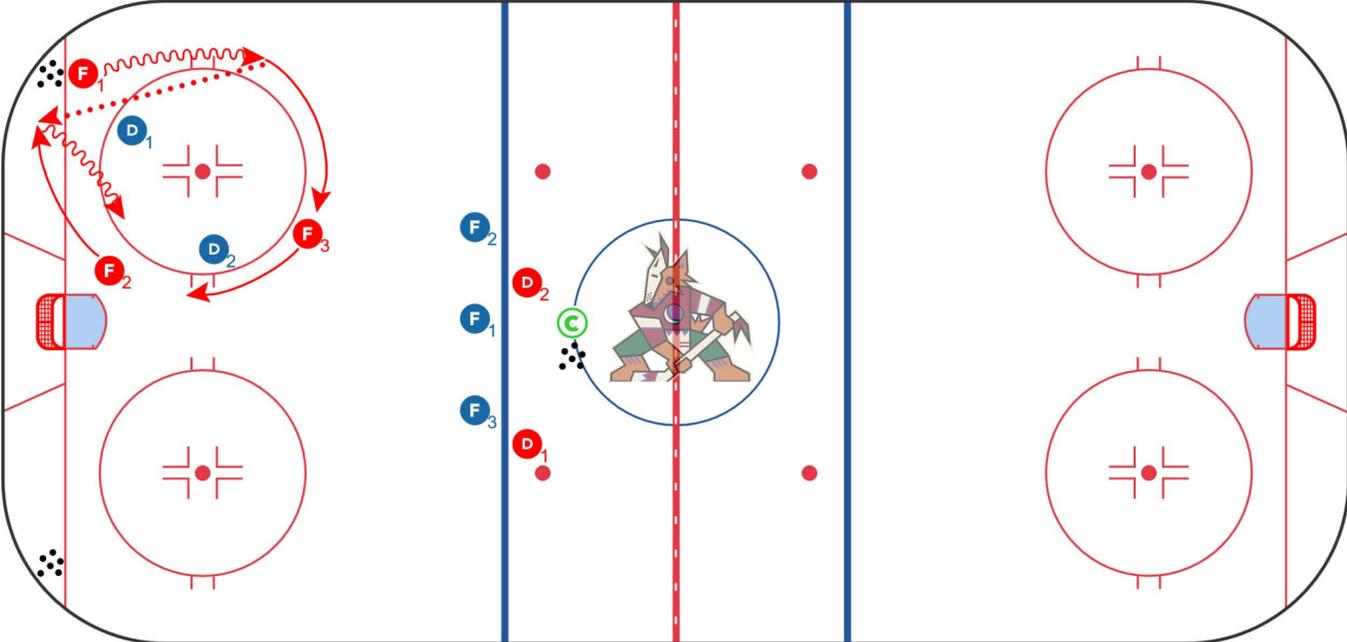
|             |                                   |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate                        |
| »» Shot     | ~~~~~ Skate With Puck             |
| Stop        | •••• Pass                         |
| )) Pivot    | ~ ~ ~ Backwards Skating           |
|             | ~ ~ ~ Backwards Skating With Puck |
|             | Lateral Skating                   |
|             | — Goalie Padslide                 |
|             | — Goalie Butterfyslide            |

# DZC 3-2 TO 5 VS 5

**Category:** Defensive Zone Coverage

**Team:** Arizona Coyotes

- Description:**
- 1st puck: 3 vs 2 off a cycle.
  - 2nd puck: same but in the other corner.
  - 3rd puck: 3 defensive **F** and 2 offensive **D** join to create a 5 vs 5.



# 3 VS 3 LOW - POINT SHOT

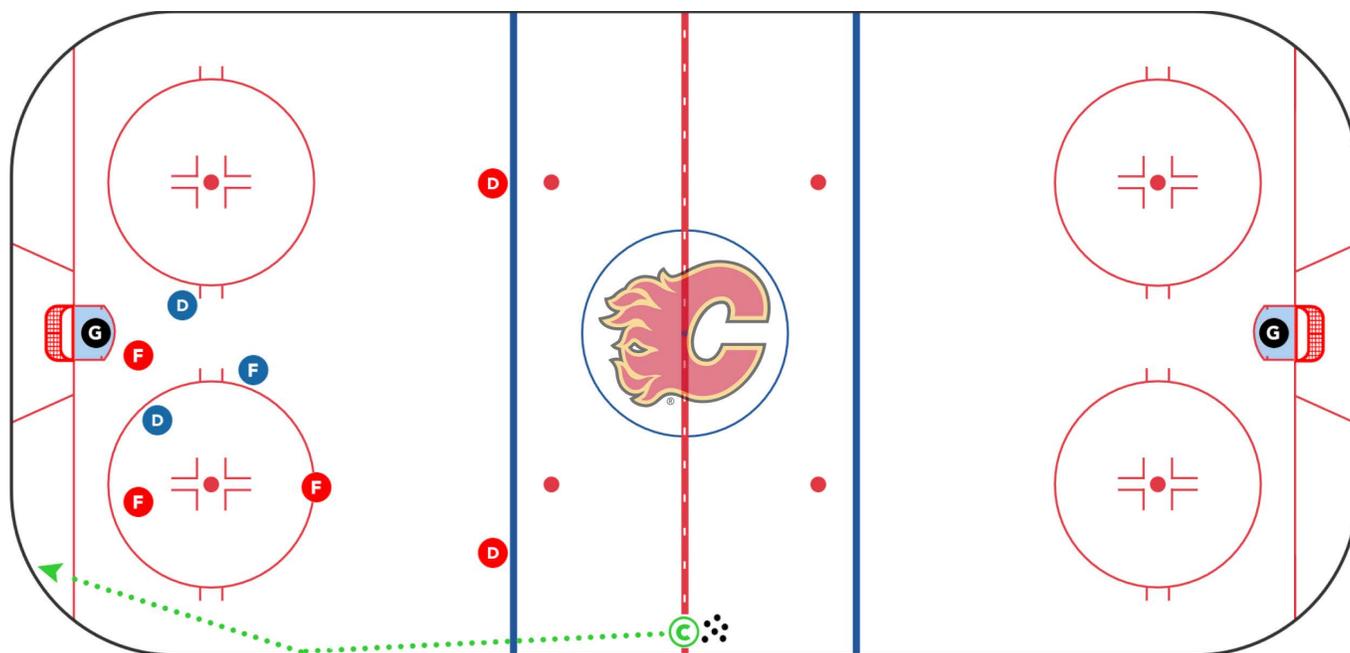
**Category:** Defensive Zone Coverage

**Team:** Calgary Flames

- Description:**
- All players rotate through as the low forward on Defense.
  - Offensive guys need to do a good job of supporting pucks and utilizing give and goes.
  - Win the walls, get puck to the net.
  - Play below top of circles.
  - If puck below goal line is close to corner use Defense for point shot.
  - Fwds work to get to net/traffic and hunt rebounds.

**Key Points:**

- Puck Movement.
- Support.
- Battle.
- Pucks to Net.

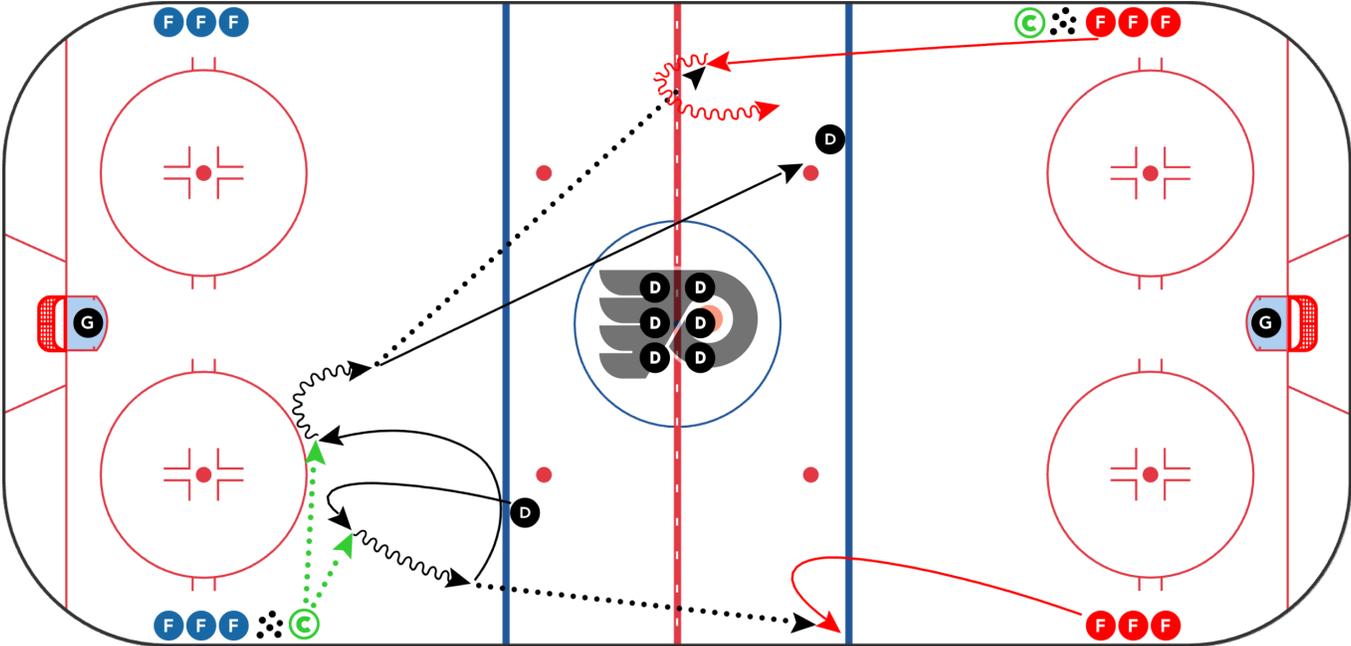


# PONY EXPRESS - (1X0) X 2 - P SHOT

**Category:** Defensive Zone Coverage

**Team:** Philadelphia Flyers

- Description:**
- On whistle **D** regroup and makes stretch play a strong side.
  - Touches blue and regroup again making play to weak side.
  - Follows up for Point Shot.

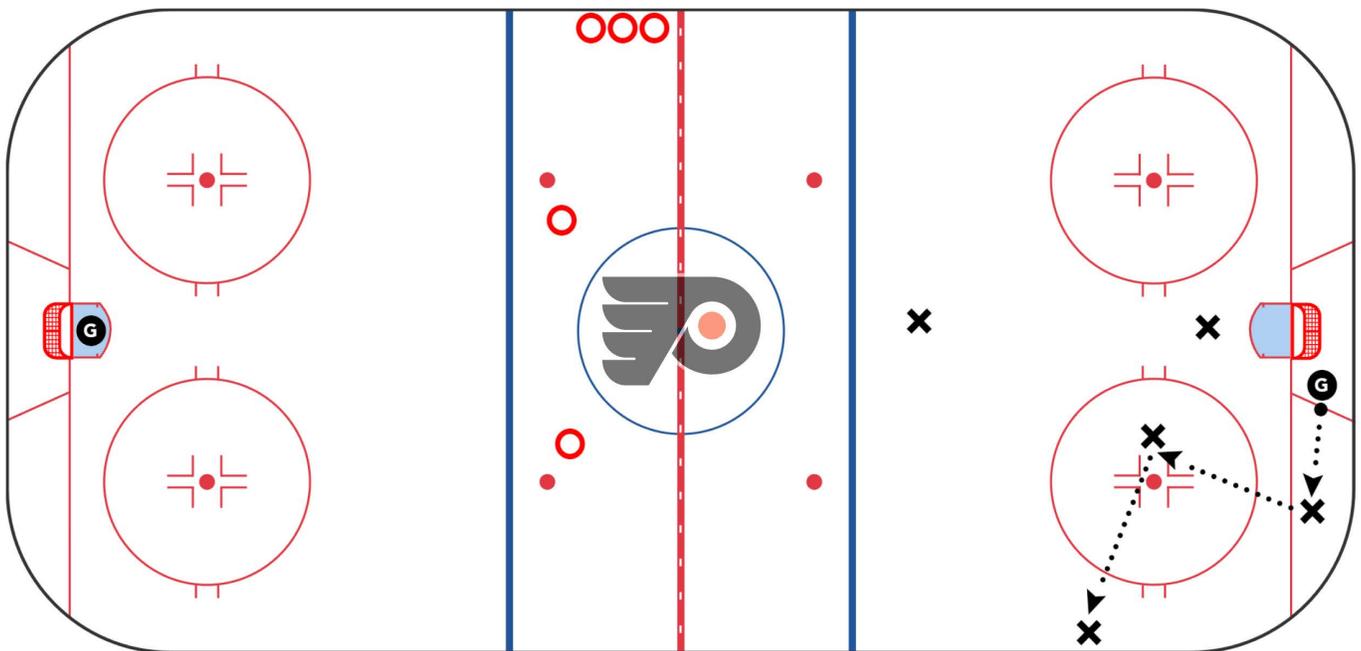


# BO - RG - RG - DUMP - WARM UP

**Category:** Defensive Zone Coverage

**Team:** Philadelphia Flyers

- Description:**
- Dump pucks to **G** for BO options: Up - Over - Leave it.
  - Line BOs - RG at far blue - RG with BO-**D** - Dump to **G** - opposite end for BO options for a new line.
  - Continuous Drill - New BO Line and new RG **D** jump out on the dump.

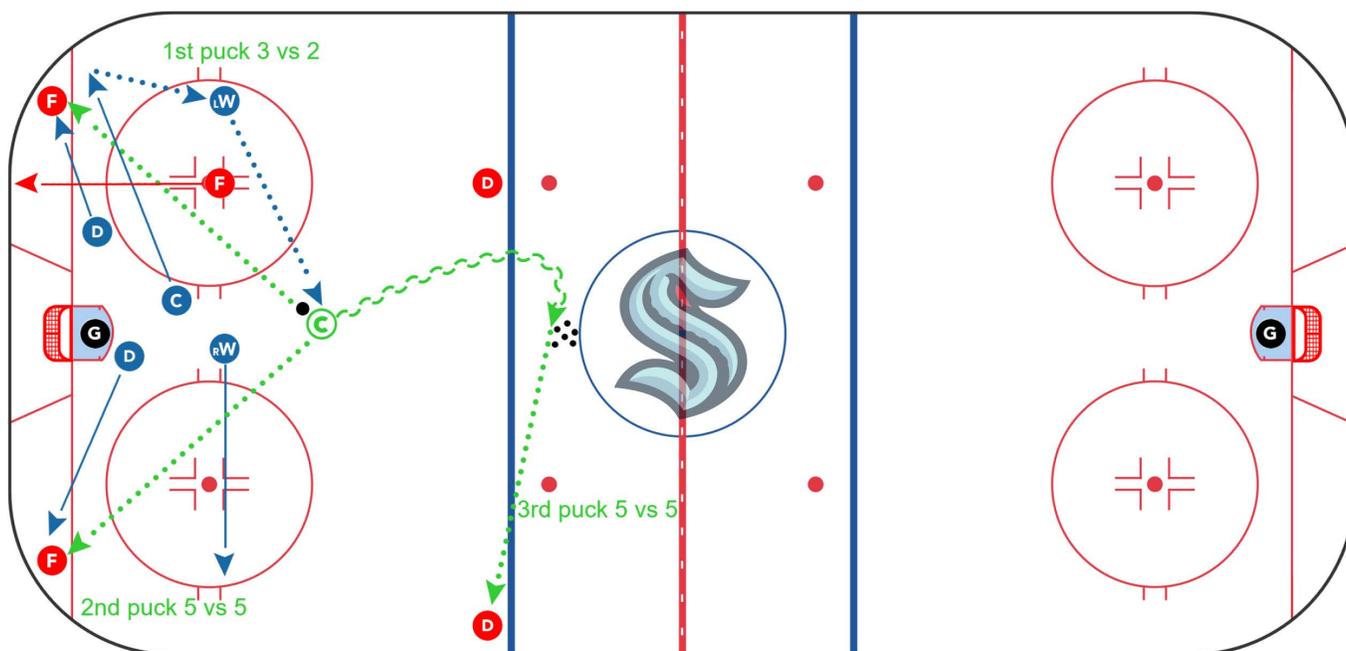


# DZP - 3 PUCKS

**Category:** Defensive Zone Coverage

**Team:** Seattle Kraken

- Description:**
- **Coach** spots 1st puck for 3 vs 2 in corner.
  - Defending team gains possession and passes to **Coach** in slot.
  - **Coach** spots 2nd puck to **F** waiting in opposite corner.
  - Defending team defends change of side, play 5 v 5.
  - On change of possession, **Coach** spots 3rd puck to any offensive player.
  - Play 5 vs 5 until whistle.

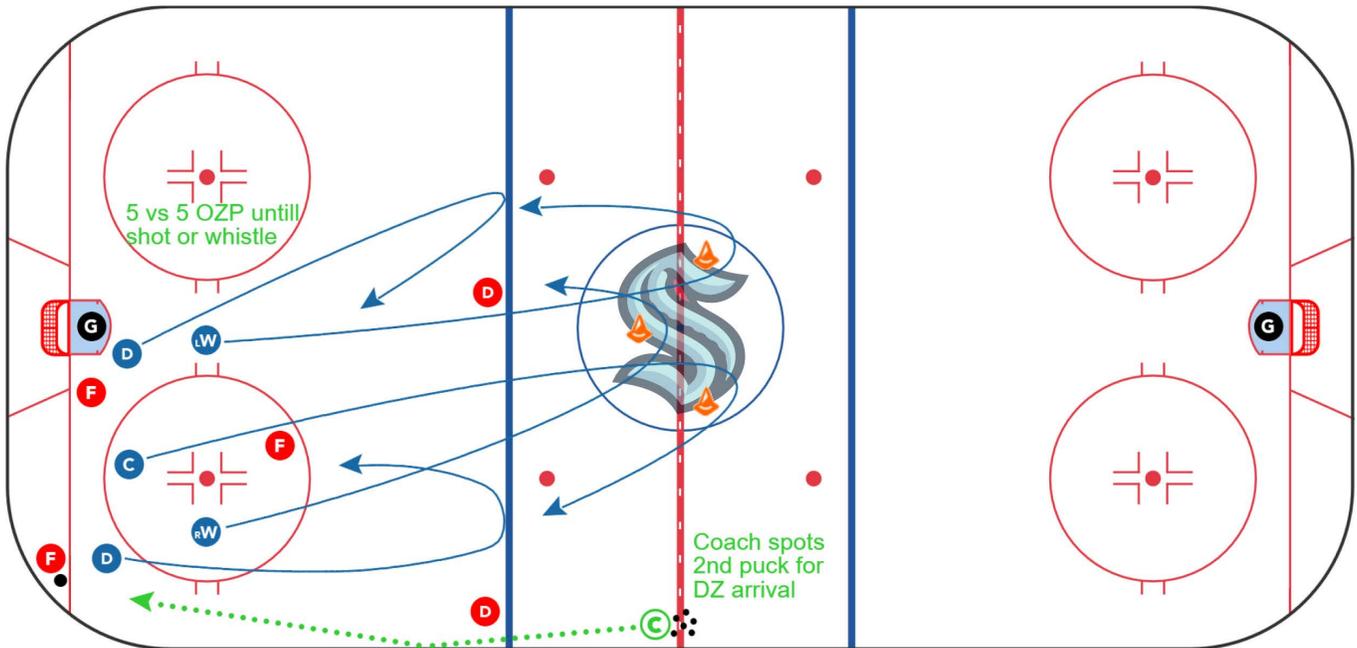


# DZ ARRIVALS

**Category:** Defensive Zone Coverage

**Team:** Seattle Kraken

- Description:**
- Drill starts with specific OZP into 5 vs 5 play.
  - On whistle/shot, Defending FWD's regroup around cones and **D** touch blue line.
  - **Coach** spots 2nd puck for DZ Arrival 5 vs 5.





# 3 VS 3 TRACKER - 5 VS 5 RETURN TO DZ

**Category:** Defensive Zone Coverage

**Team:** Vegas Golden Knights

**Description:** **Objective:**  
 – Tracking → Rush Coverage → Return to DZ → 5 vs 5 In Zone (DZC structure).

**Organization:**

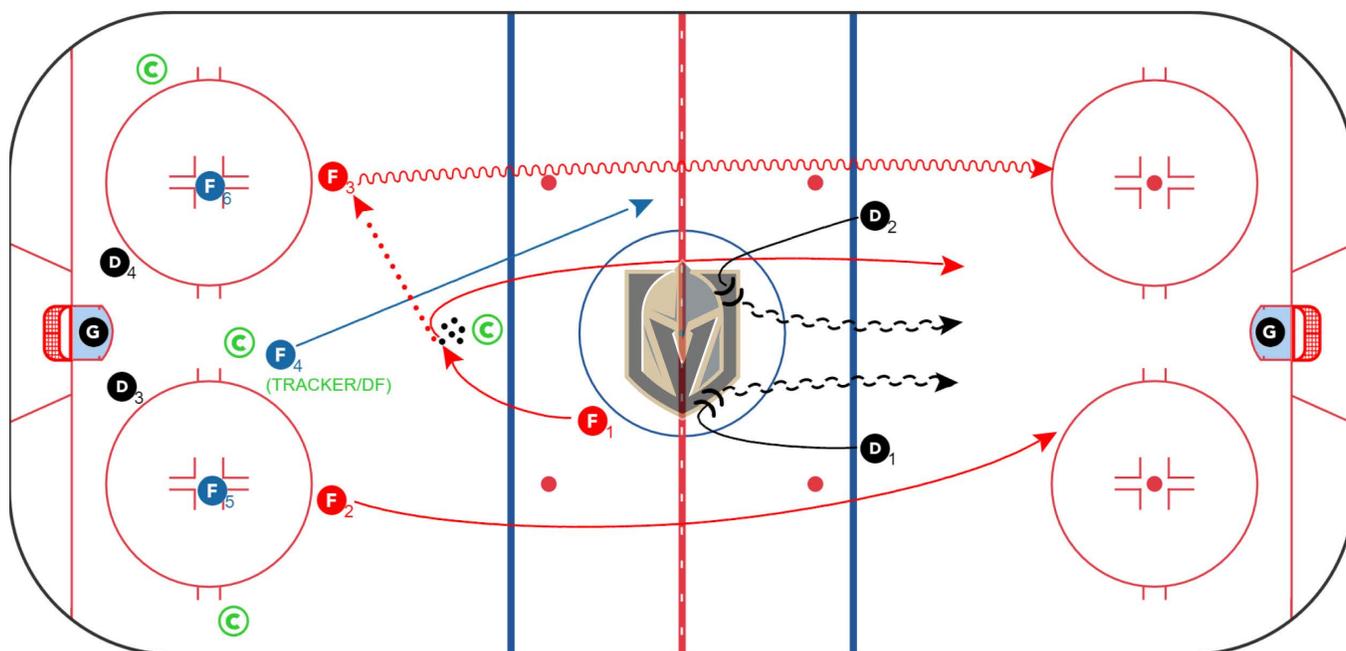
- Pucks with **Coach** (one end zone – middle of ice).
- 1. **F 1** releases behind **Coach** – picks up a spotted puck and kicks out to **F 3** – 3 vs 2 (**F 1**/**F 2**/**F 3**) vs **D 1** and **D 2** who have gapped up.
- 2. **Coach** releases tracker into the drill (timing is based on different game scenarios **Coach** wants to create).
- 3. At the same time tracker is released – **F 5** and **F 6** (positioned on dots) back pressure into zone with **D 3** and **D 4** (positioned just below hash marks).
- 4. Drill now becomes a 5 vs 5 return to DZ.
- 5. Play 5 vs 5 out.

**Drill Progression:**

- Play 5 vs 5 out → 2nd puck.

**Goalie:**

- Active at one end.





# 1 ON 1 / 2 ON 1 / 3 ON 2 DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

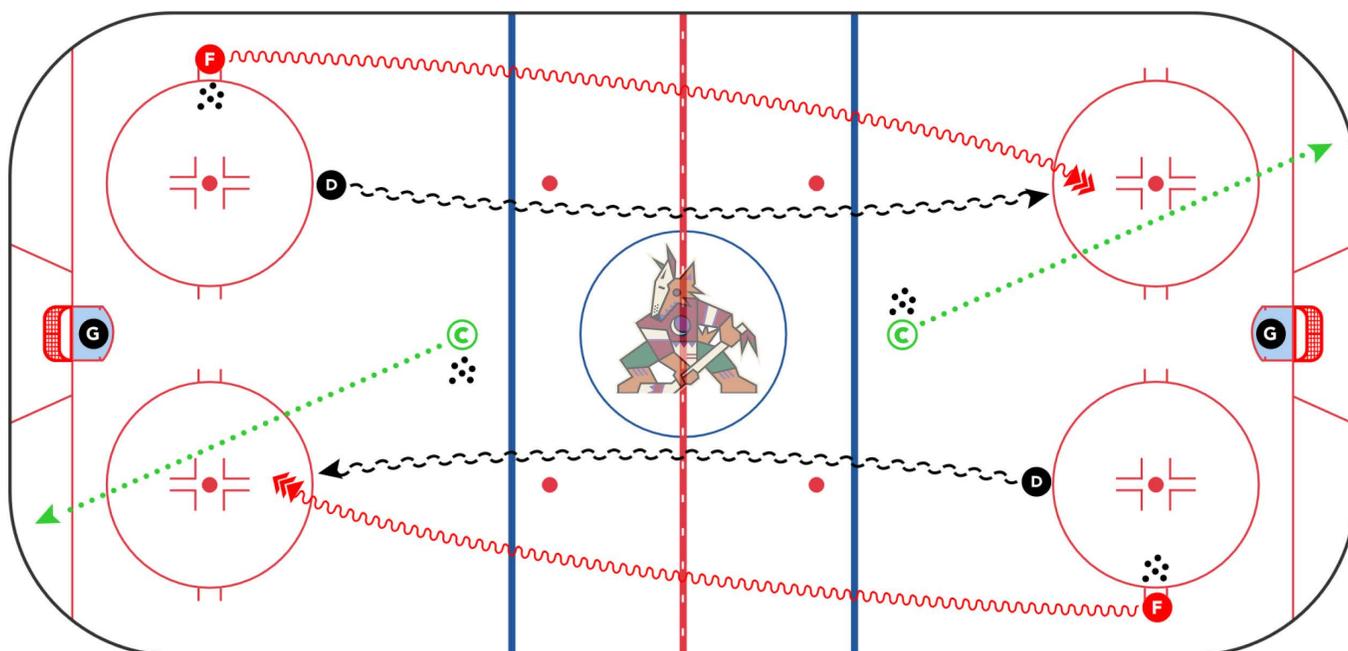
~ Goalie Butterfyslide

# JOHNSON 1 VS 1 SHORT/CORNER

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Arizona Coyotes

- Description:**
- **F** vs **D** straight down the ice 1 vs 1.
  - **D** can't pivot until the far blue line.
  - After the 1 vs 1 the **Coach** will spot a second puck for a down low 1 vs 1 on the same side they came down.

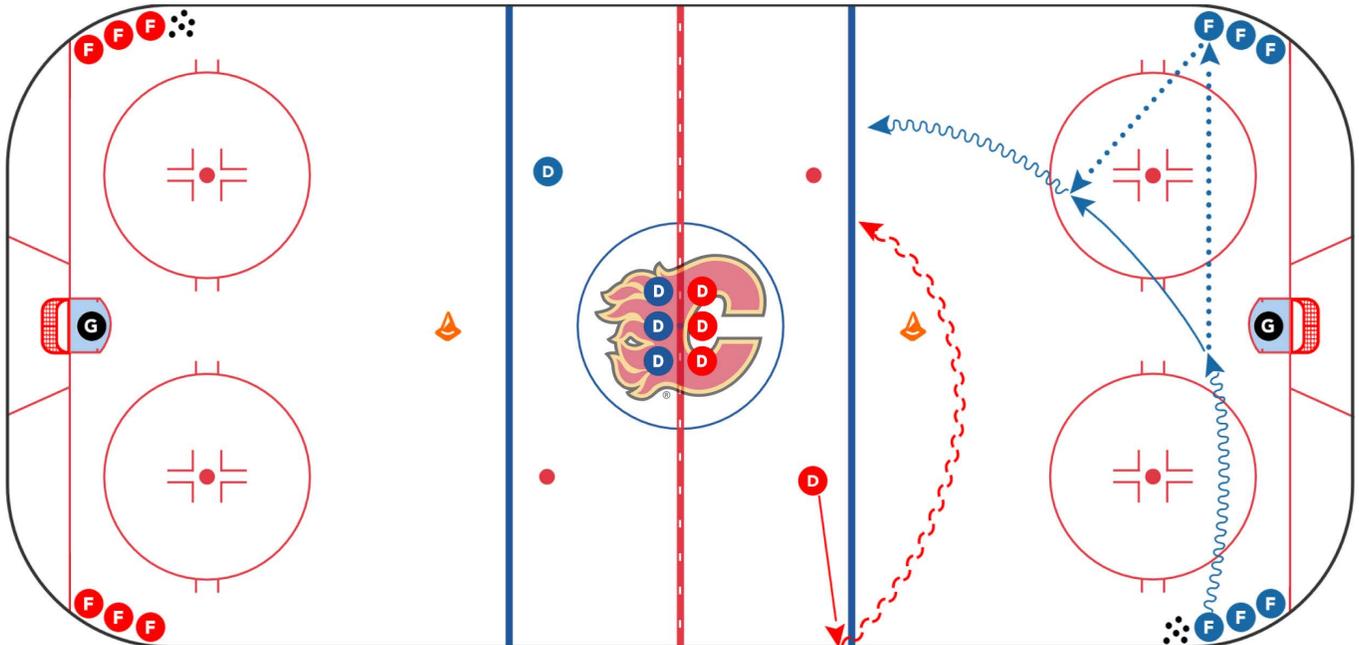


# OLYMPIC 1 VS 1'S

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Calgary Flames

- Description:**
- Fwds start with a puck and have to go through three sets of hash marks.
  - Works give and go with opposite fwd.
  - Dman touches the wall comes back across (stay out of the semicircle) and plays one on one.
  - If whistle blows Fwds goes around the glove/cone and reattacks.
  - Dman regaps same side.
  - Both sides same time - diagonal corners.



# 2 VS 1 X 3

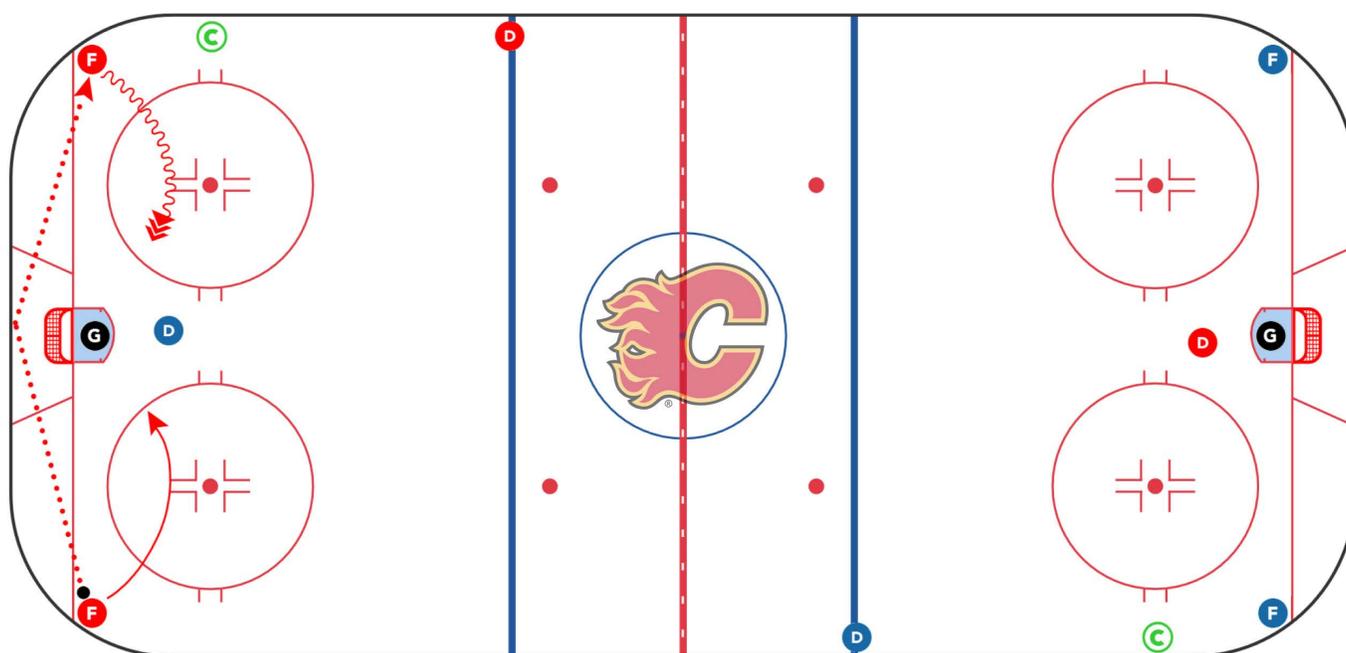
**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Calgary Flames

**Description:**

- 1) Goal line play behind net.
- 2) Track **Coach** quick transition attack.
- 3) NZ regroup attack.

– Can add 4th shot off of low to high play or high scissor cycle.



# 3 VS 2 GAME

**Category:** 1 on 1 / 2 on 1 / 3 on 2

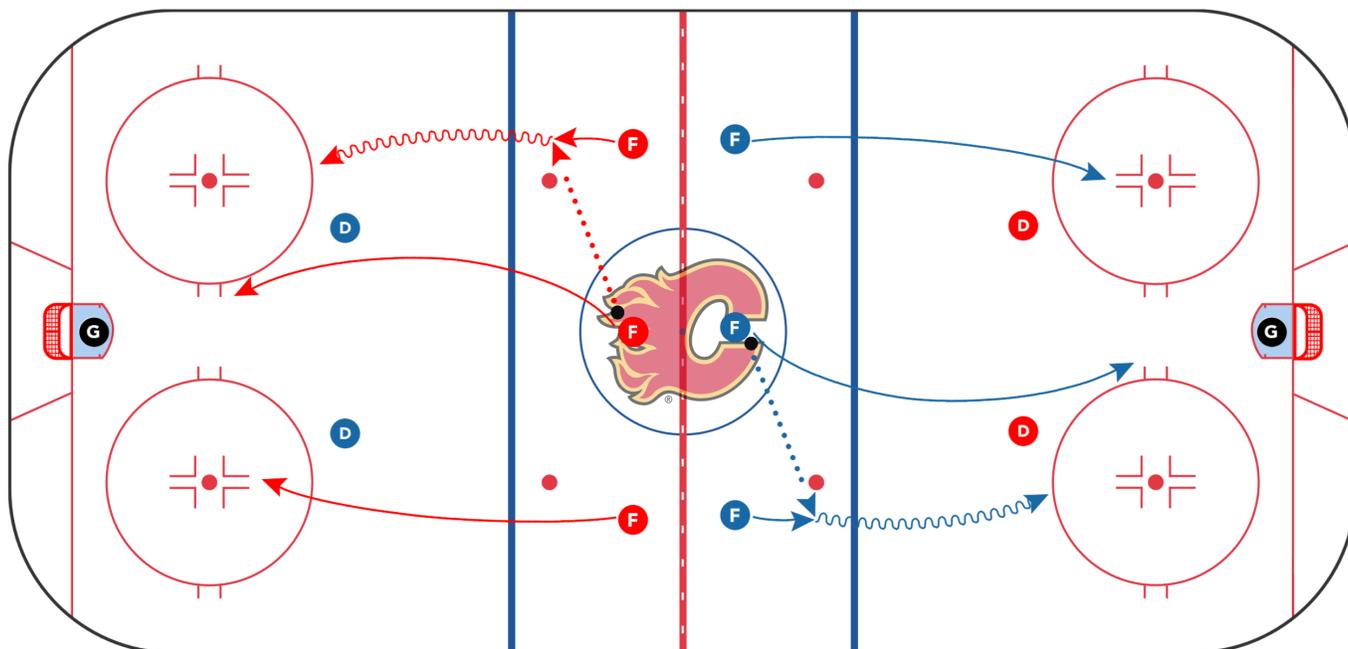
**Team:** Calgary Flames

**Description:**

- 3 vs 2 rush - play it out until Fwds score or **D** skate puck out of zone.
- **D** need to work to be available for each other.
- Fwds need to constantly work to get above.
- Can't let **D** out of zone.

**Progression:**

- 3 vs 2 Chip entry/FC - play it out until Fwds score or **D** skate puck out of zone.
- Red Fwds work with Red **D**.
- BO or score gets your team a point.



# 2 VS 0, 2 VS 1, 3 VS 2

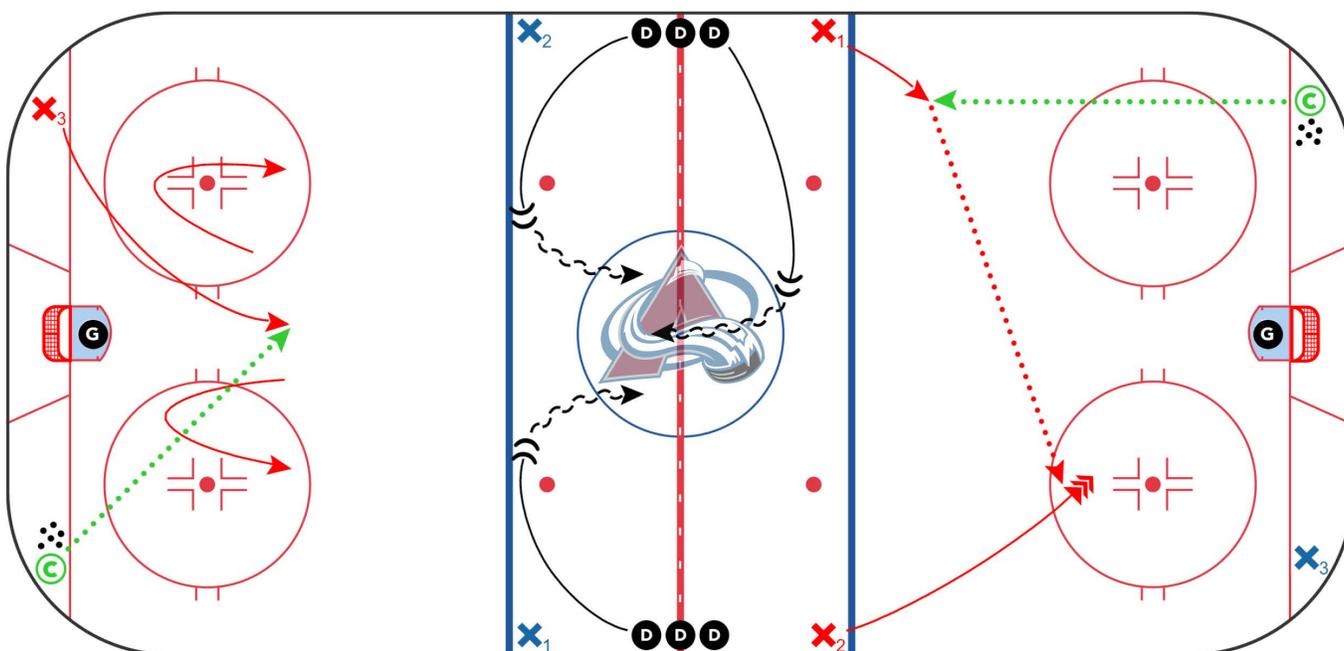
**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Colorado Avalanche

- Description:**
- On whistle **Coach** passes puck up to **X1** two strides and quick pass to **X2** wide for quick release shot.
  - **X1** and **X2** check rebound and turn to receive pass from **Coach** for 2 vs 1 rush, **D** set gap from wall and play 2 vs 1.
  - **X3** join **X1** and **X2** filling three lanes, receive pass from **Coach** and attack 3 vs 2 on **D** setting gap from red.

**Objective:**

- Get everyone moving, passing and shooting with speed.



# HARTSY 1 VS 0, 2 VS 0

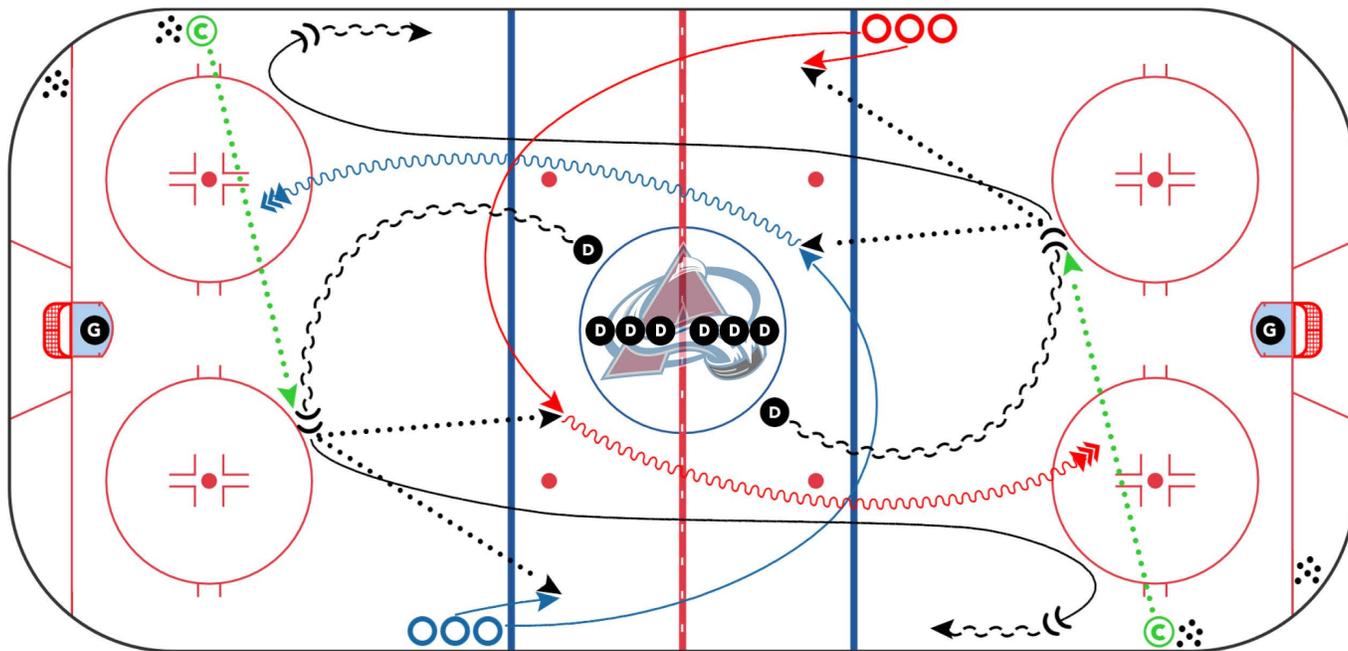
**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Colorado Avalanche

- Description:**
- Drill works both directions at same time.
  - On whistle **D** back peddle from center around cone and accept pass from **Coach**.
  - 1 vs 0 FWD skates through and is center option for **D** pass skates length of ice for shot. FWD retrieves puck from corner for low to high, **D** chases up and tags tops of circle for point shot.
  - FWD back to front of net for screen or tip.
  - 2 vs 0 FWD from opposite line joins center option for 2 vs 0 drive.

**Objective:**

- Warm up skating/passing/shooting.



# WASH 2 VS 1/3 VS 2

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Colorado Avalanche

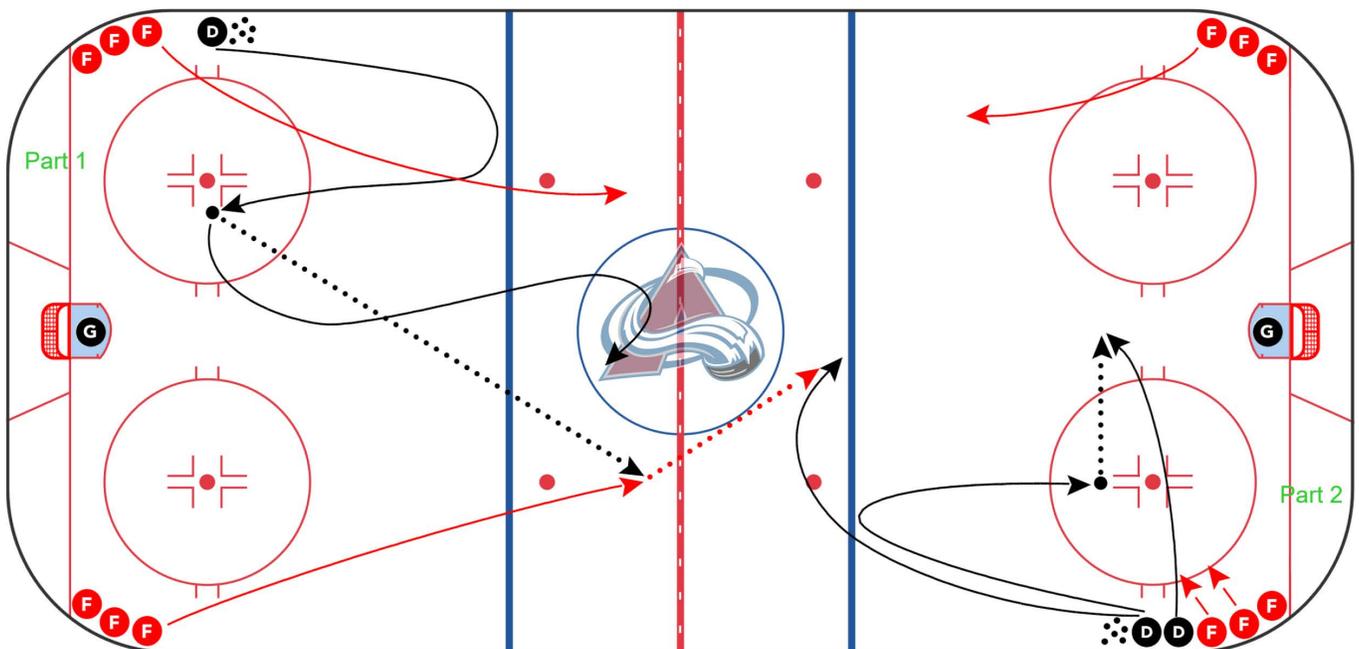
- Description:**
- Drill works on alternates one end at time.
  - On whistle **D** tags near blue line and back peddles for puck and passes to either forward. Follows up ice for return 2 vs 1.
  - FWD's carry puck down ice to regroup with opposite **D** and attack back 2 vs 1 on original **D**.
  - Drill is continuous.

## Part 2

- **D** tags blue line and back peddles for puck that is left by his partner and has option to go **D** to **D**.
- Two FWD's come out of strong side FWD's line and One from opposite line regroup with one **D** and attack 3 vs 2.

## Objective:

- Quick transition attack 2 vs 1 and 3 vs 2.

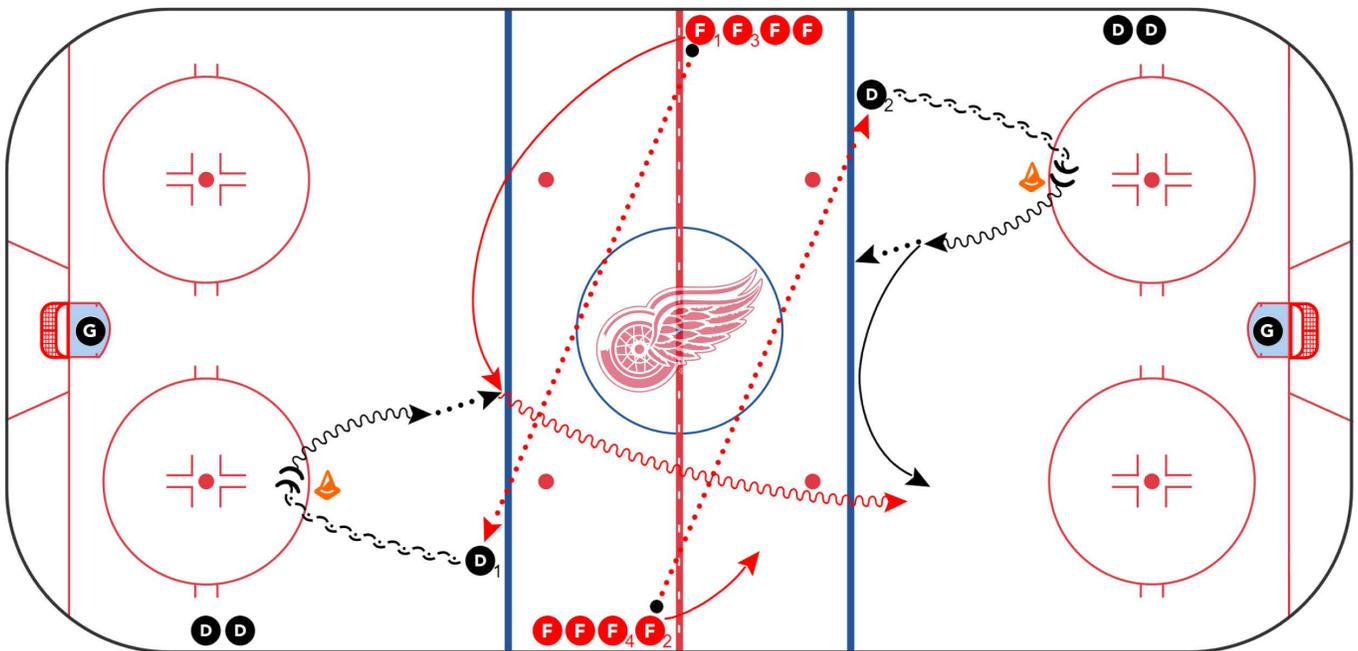


# SURF 1X1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown. **F**'s with pucks on both sides of the red. First rep starts on the whistle.
  - **F 1** starts with the puck and passes to **D 1** as **D 1** skates around the cone.
  - **D 1** places the puck near the dot for **F 1** to pick up.
  - At the same time, **F 2** and **D 2** are doing the exact same thing from the opposite side.
  - Once **F 1** and **F 2** get the puck, they attack **D 2** and **D 1**, respectively, as the **D** surf across the blue line and accept the rush.
  - After a shot on net, next group goes. Drill can switch sides so **D** surf from each direction.

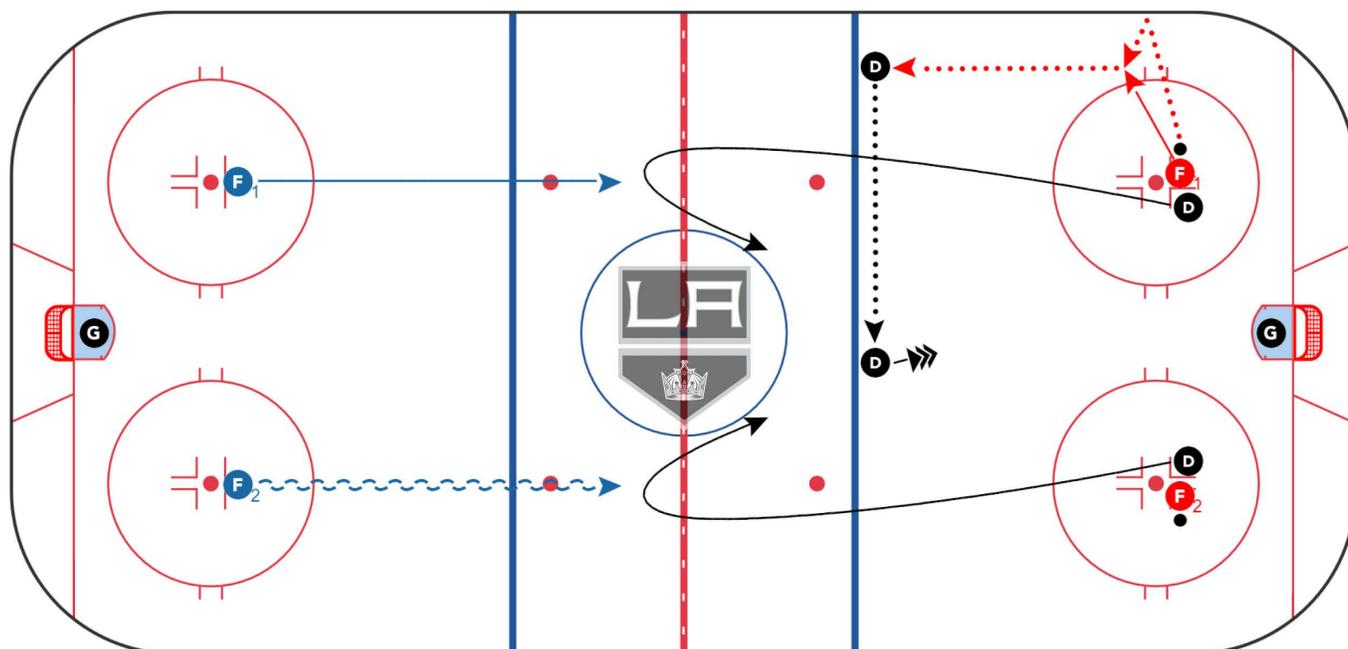


# WALLEYE BOX OUT

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** LA Kings

- Description:**
- **F 1** plays puck off wall with **D** pressure - Low to High - east west shot at the net. \*whistle.
  - **F 2** same but 2 vs 2 at the net. \*whistle.
  - 2 forwards from opposite end full speed 2 vs 2 on 2 gapping **D** man.

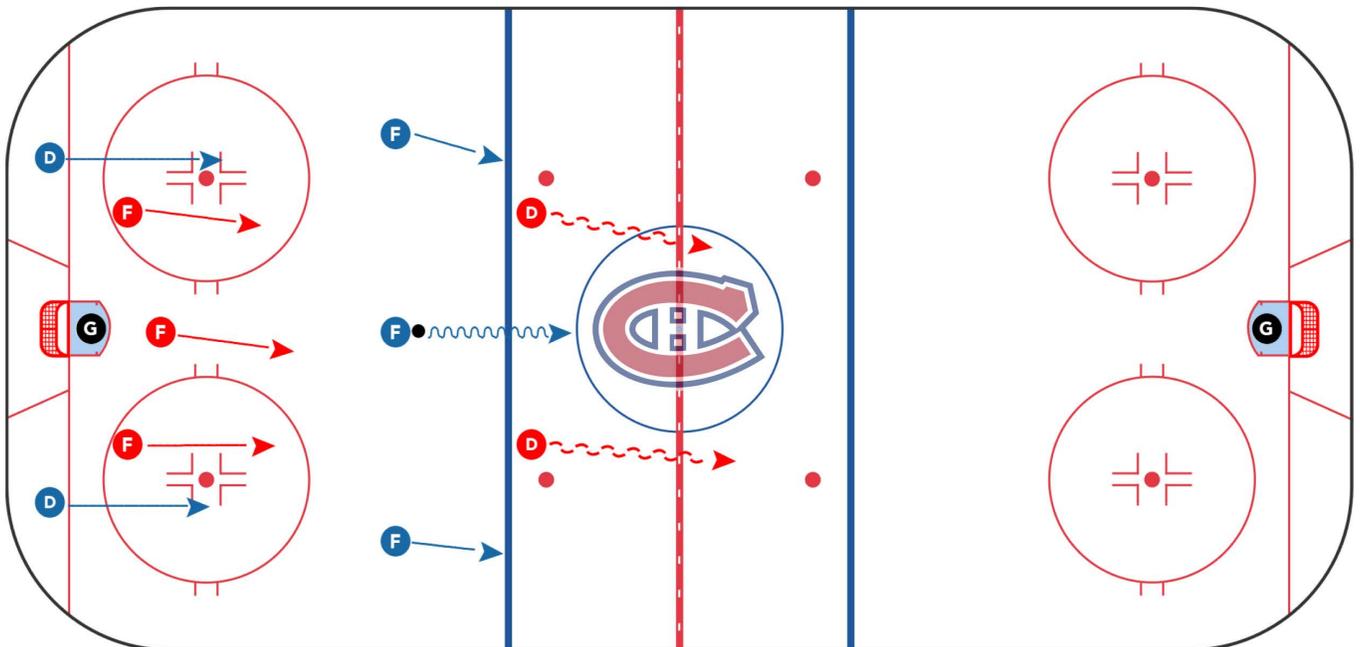


# BACK PRESSURE TO D ZONE HABS

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Montreal Canadiens

- Description:**
- On whistle, Drill is 5 vs 5.
  - Full line attacks 2 def, where other line tracks and def join rush.
  - Blue attacks and red tracks.
  - **Coach** follows up with 2nd puck.

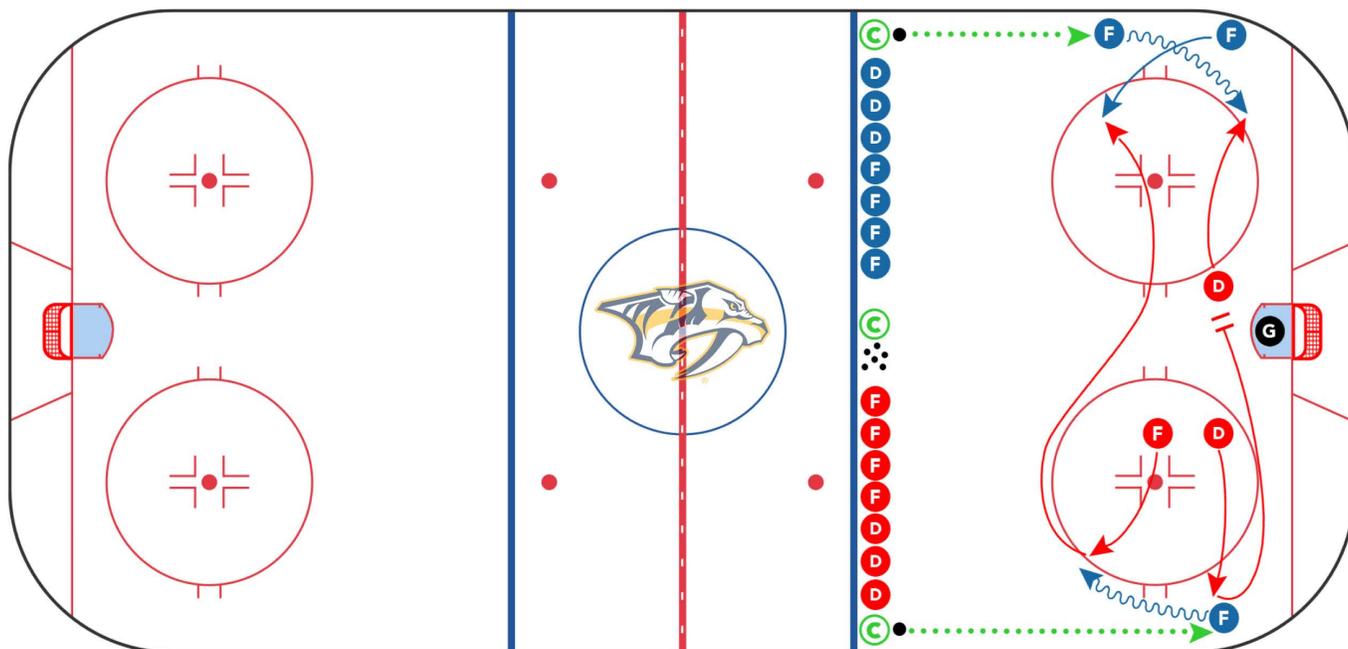


# 1 VS 1/2 VS 3/3 VS 3 OR 5 VS 5

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Nashville Predators

- Description:**
- Drill starts as shown.
  - **Coach** lays puck into corner, F and D play 1 vs 2 in the corner.
  - When two guys defending 1 vs 2 get possession, **Coach** throws the second puck into opposite corner.
  - Defensive unit down low shifts over to take on two new blue forwards in the corner for a 2 vs 3.
  - Forwards have to scissor.
  - On 3rd whistle **Coach** dumps a puck in and it becomes a 3 vs 3 down low with the defensive Forward 2 and Forward 3 still shifting over, but not participating.
  - Version 2 could be a 5 vs 5 instead of 3 vs 3.

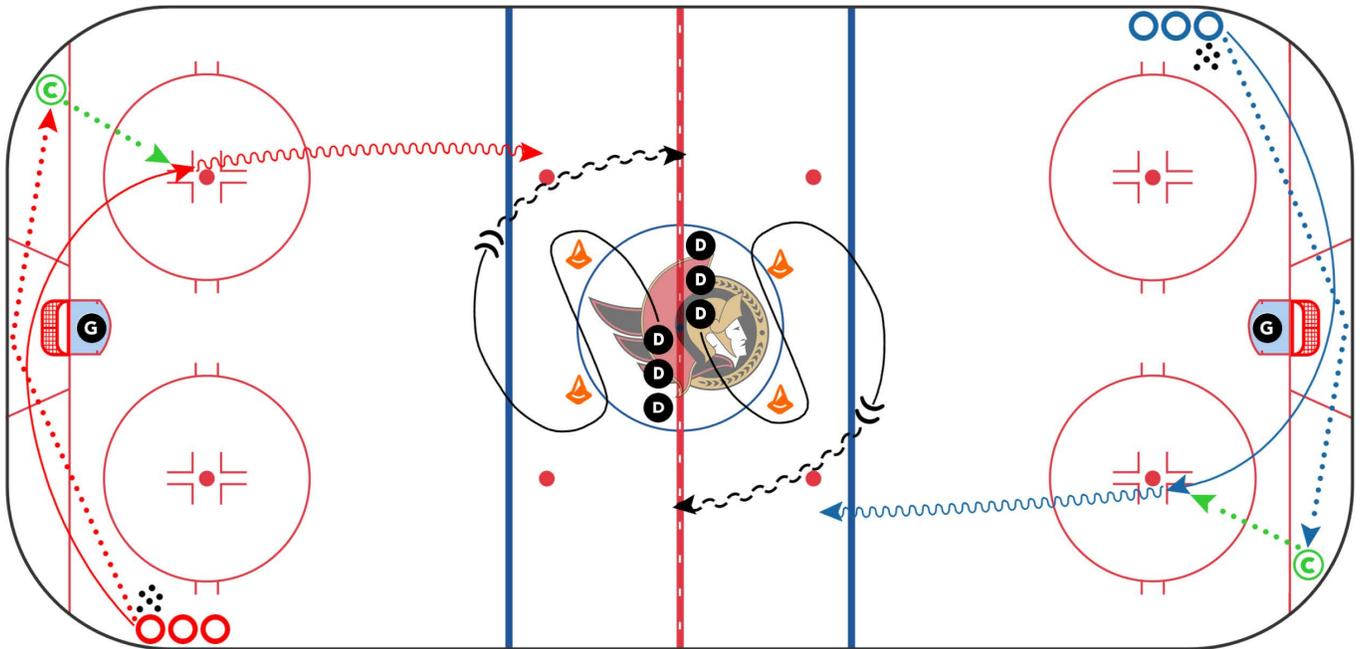


# BANK PASS 1 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Ottawa Senators

- Description:**
1. Forwards start with pucks in opposite corners
  2. Bank pass to **Coach** for a give and go
  3. **D** perform some agility skating, then pick up the forward for a 1 vs 1.
    - Note: works well with large groups because the middle is left open.
    - Put enough **D** is in the middle to run it quickly.

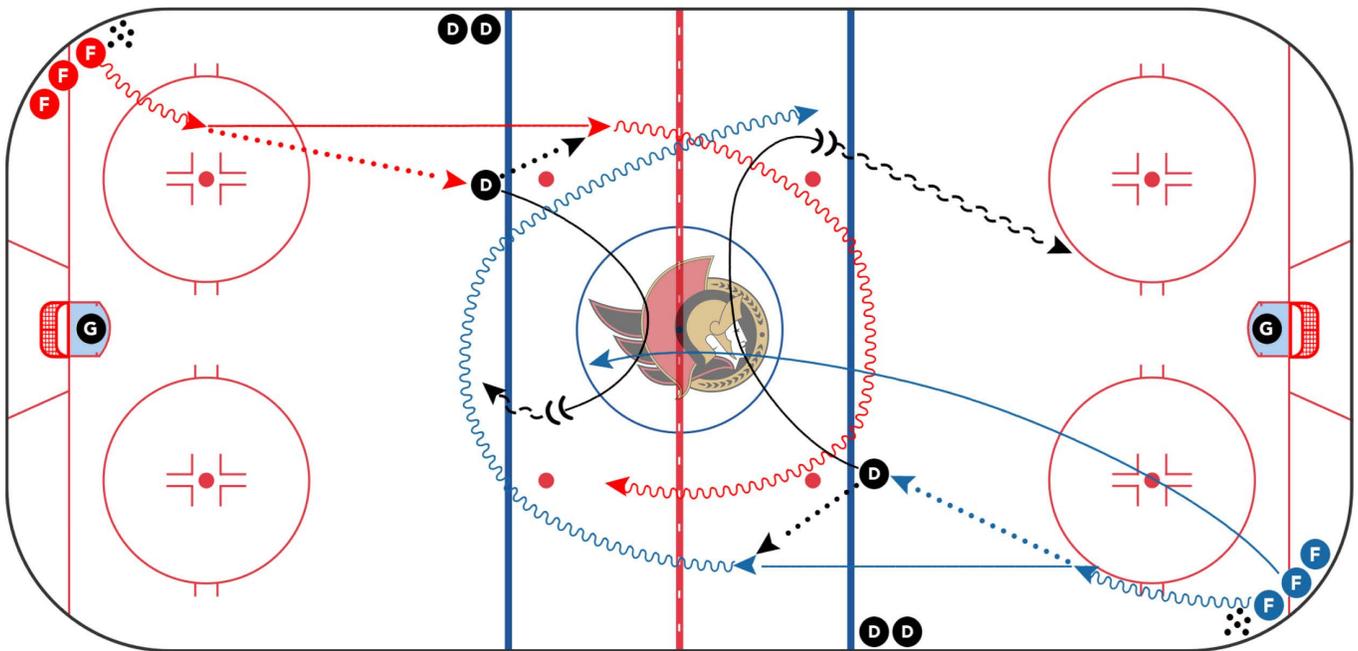


# GIVE AND GO 1 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Ottawa Senators

- Description:**
1. On the whistle, the Forward makes a pass to the Defenseman.
  2. Return pass to the Forward.
  3. The Forward carries the puck under the blue line for a 1 vs 1 on the opposite side.
  4. Defenseman manages the gap, and plays the 1 vs 1.
- Variation: A second Forward joins the play as the first Forward skates under the blue line.



# 2 VS 1 - TOUCH UP FC

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Vegas Golden Knights

**Description:** **Objective:**  
 – 2 vs. 1 → 1 vs. 1 → Gaps → Angles.

**Organization:**

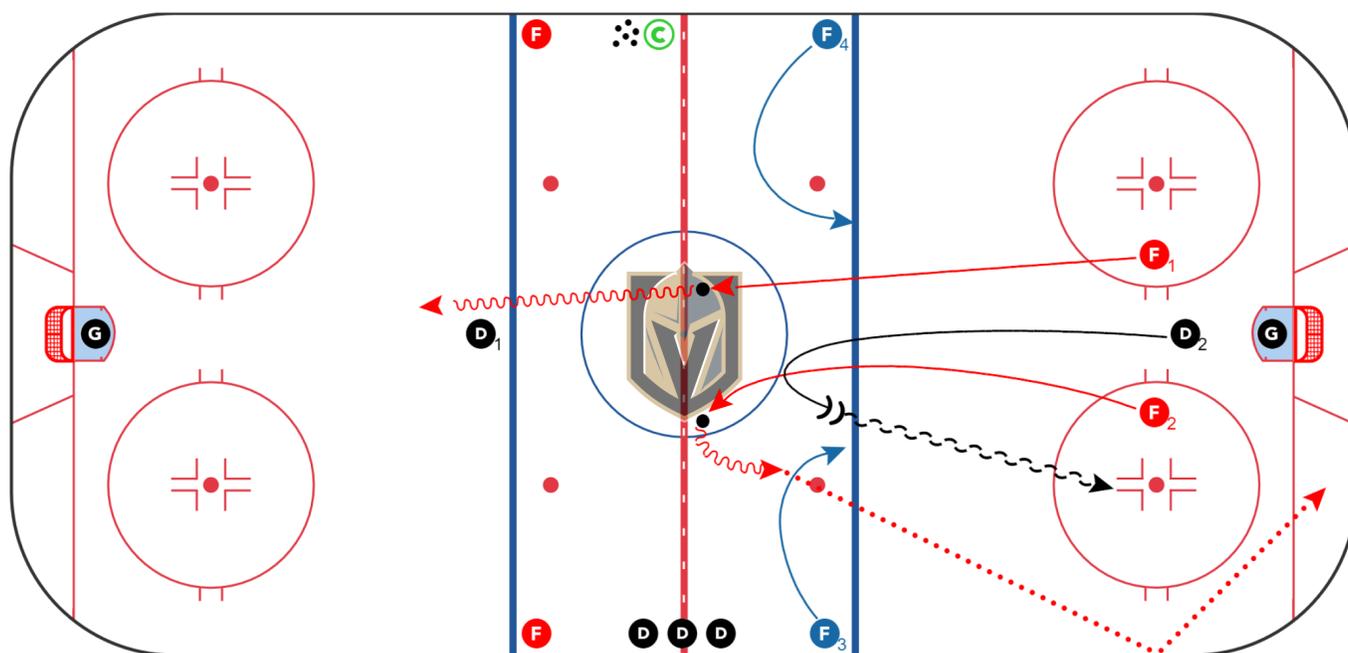
- Pucks with **Coach** (at a center red line).
- 1. Drill starts with a 2 vs 1 up ice. **D1** breakouts **F1** and **F2** – who attack **D2** 2 vs 1.
- 2. Whistle → offensive FWD's (**F1** and **F2**) reload – **D2** gaps up.
- 3. 1st FWD out of the zone takes first puck (spotted on the circle of center red) – and goes on a breakaway.
- 4. 2nd FWD out of the zone takes 2nd puck (spotted on the opposite circle of center red) turns back up ice – chips the puck and FC's **D2** that has gapped up.
- 5. 2 new FWD's work off walls and enter the zone inside the dots – ready to support **D2** on BO.

**Drill Progression:**

- Can progress to 3 vs 2.

**Goalie:**

- Active at both ends.





# SMALL AREA DRILLS & GAMES

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

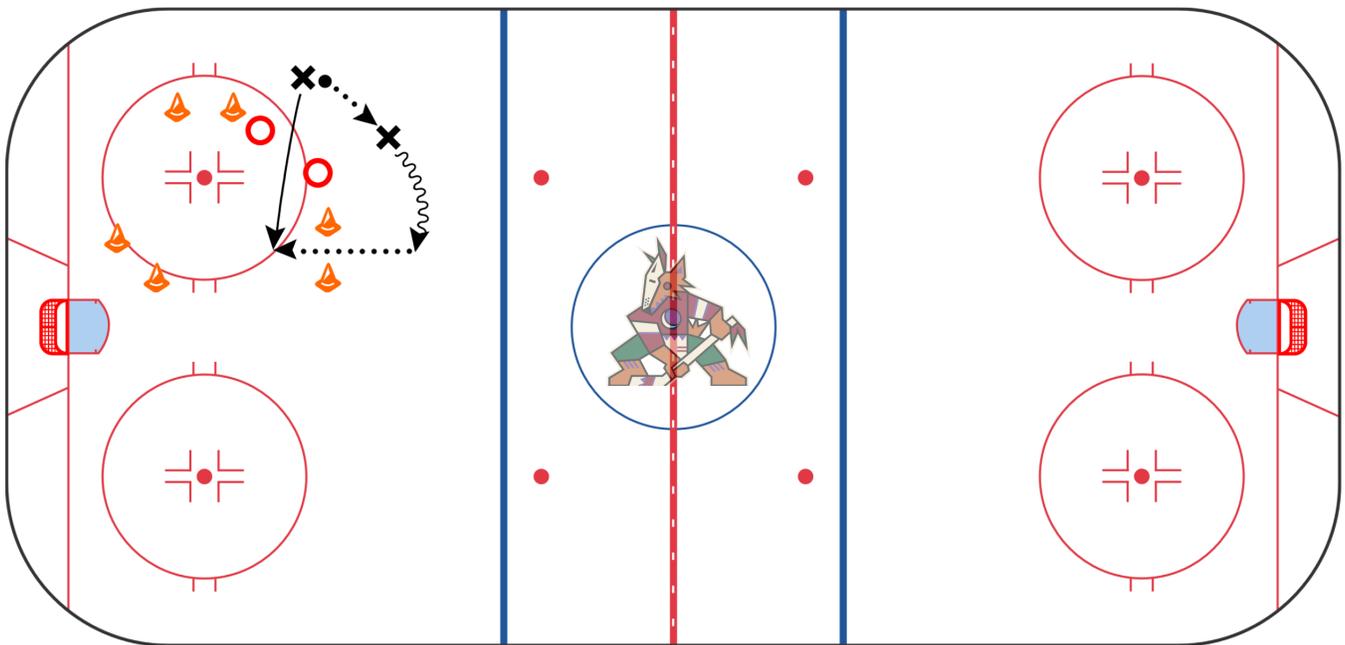
~ Goalie Butterfyslide

# GATES

**Category:** Small Area Drills & Games

**Team:** Arizona Coyotes

- Description:**
- **X** vs **O**.
  - Team score by making clean, crisp, undeflected, tape-to-tape passes to teammate through a "gate" set of cones.
  - Players can score as many times as possible by simply passing back and forth.
  - Any team can score between any gate.
  - Support and pressure are keys to this game.
  - Teammates must skate away from pressure and support each other to score 30-40 seconds or until goal.

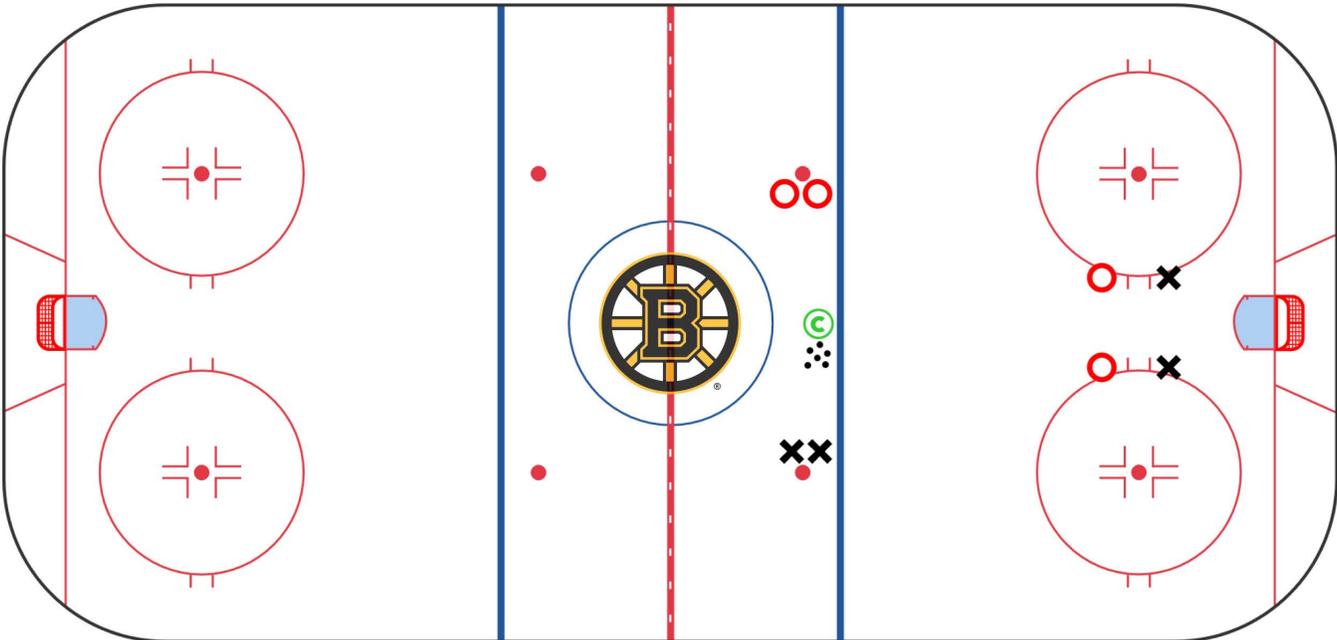


# PENS GAME 2 VS 2

**Category:** Small Area Drills & Games

**Team:** Boston Bruins

- Description:**
- If **X** passes to **X** line/one Red must FC **X** at blue line and reload to net once puck is passed.
  - **X** passes to 2 **X**'s who attack 2 vs 1 at net.
  - Both **X**'s and **O**'s are on offense and defense.

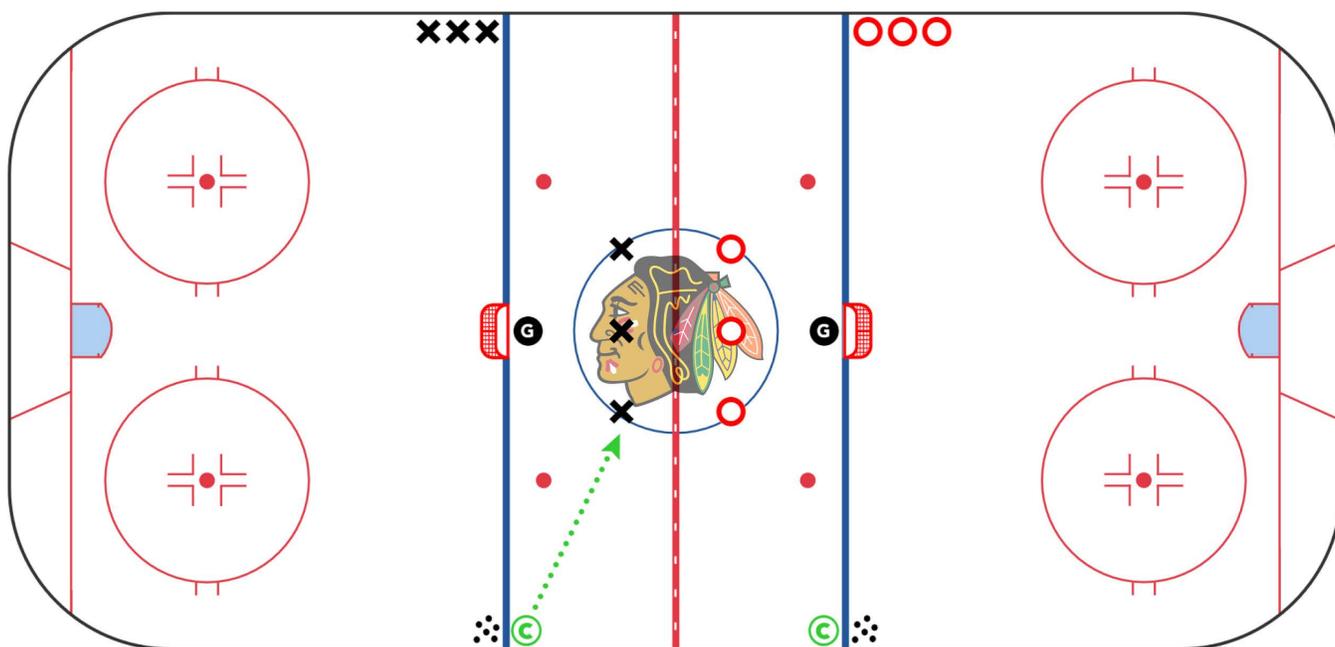


# SMALL AREA - 3 VS 3 NZ

**Category:** Small Area Drills & Games

**Team:** Chicago Blackhawks

- Description:**
- Simple 3 vs 3 in neutral.
  - Score you receive a new puck from **Coach**
  - On whistle hustle back to the line.

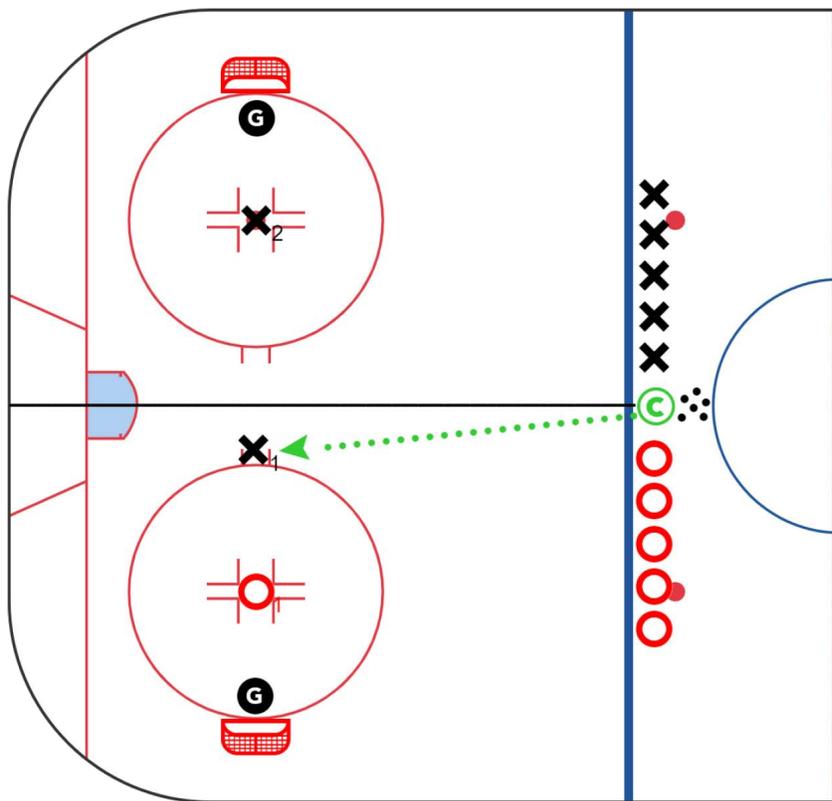


# ABOVE THE LINE GAME

**Category:** Small Area Drills & Games

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown with a player from opposite colors on each dot.
  - **Coach** funnels a puck into **X1** and he plays 1x1 with **O1** until he scores or **O1** gains possession.
  - Once **O1** gains possession, he must skate it over the line to begin his offensive shift. **X2** must stay on the dot until **O1** crosses the line with the puck.
  - Once **O1** crosses the line, he plays it out 1x1 with **X2** and a new **O** funnels in to wait on the dot for **X2**.
  - **X2** must stay on the dot until the first touch by the **O1** on his side of the ice.



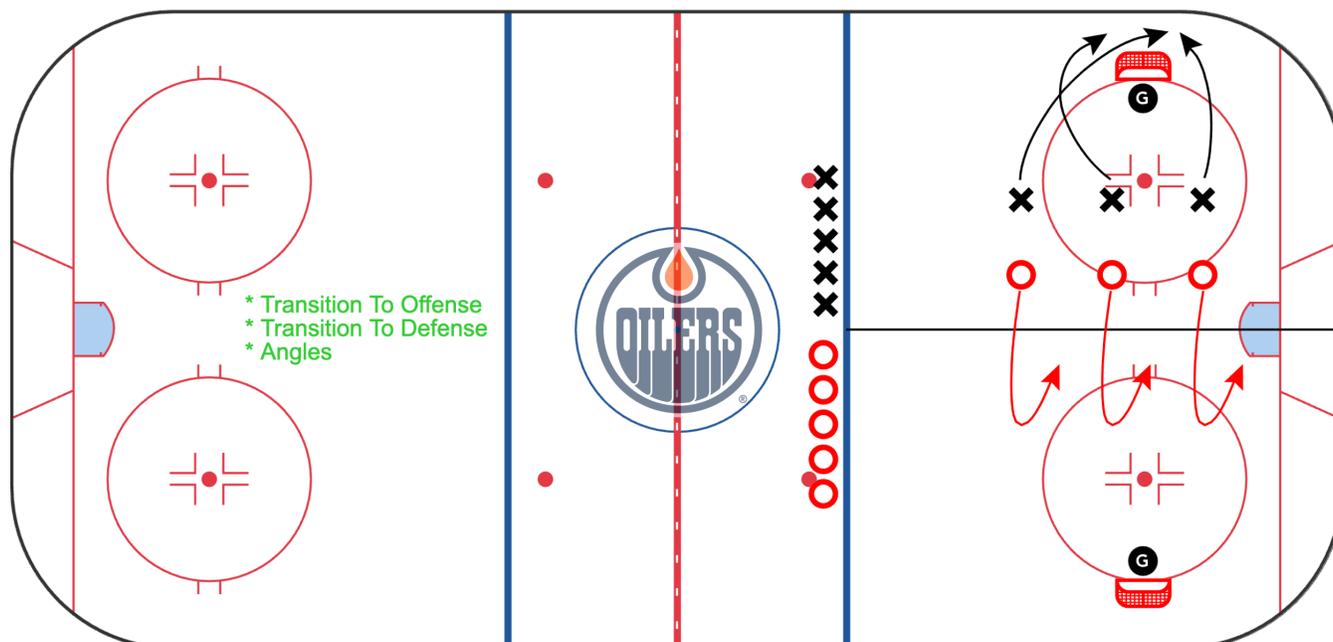
# SAG TAG UP

**Category:** Small Area Drills & Games

**Team:** Edmonton Oilers

**Description:**

- On change of possession - Defending team that recovered puck must get the back of net.
- Before they attack team that was on offense must "Tag Up" over middle line.

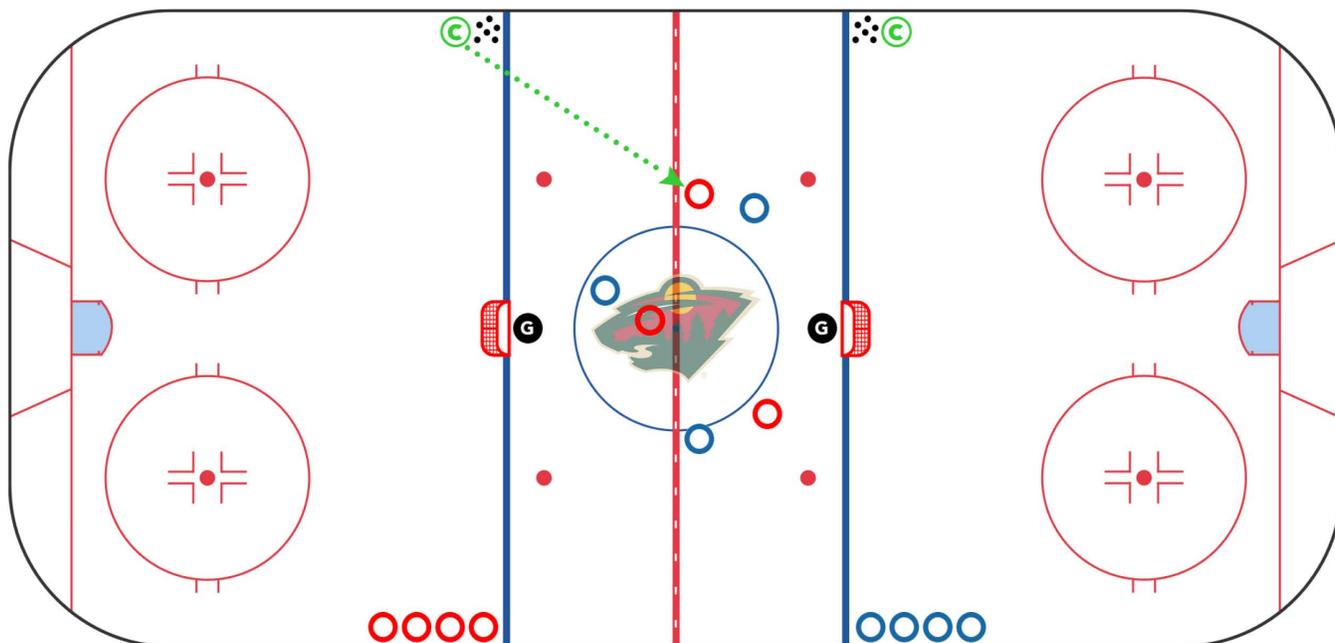


# 3 VS 3 NZ TRANSITION GAME

**Category:** Small Area Drills & Games

**Team:** Minnesota Wild

**Description:** – When the puck goes outside blue, the **Coach** on the blue where puck goes out spots the puck to his team.



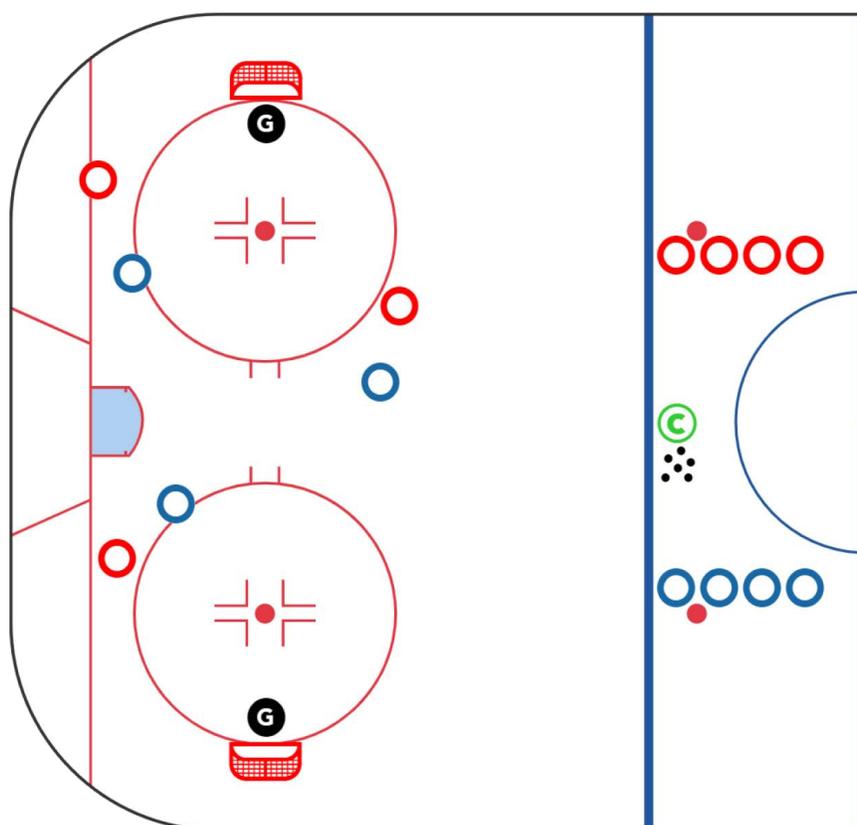
# 3 VS 3 ANY NET

**Category:** Small Area Drills & Games

**Team:** Minnesota Wild

**Description:**

- 3 vs 3 cross ice.
- Both teams can score on either net.
- Have to make one pass on each change of possession before you can shoot.

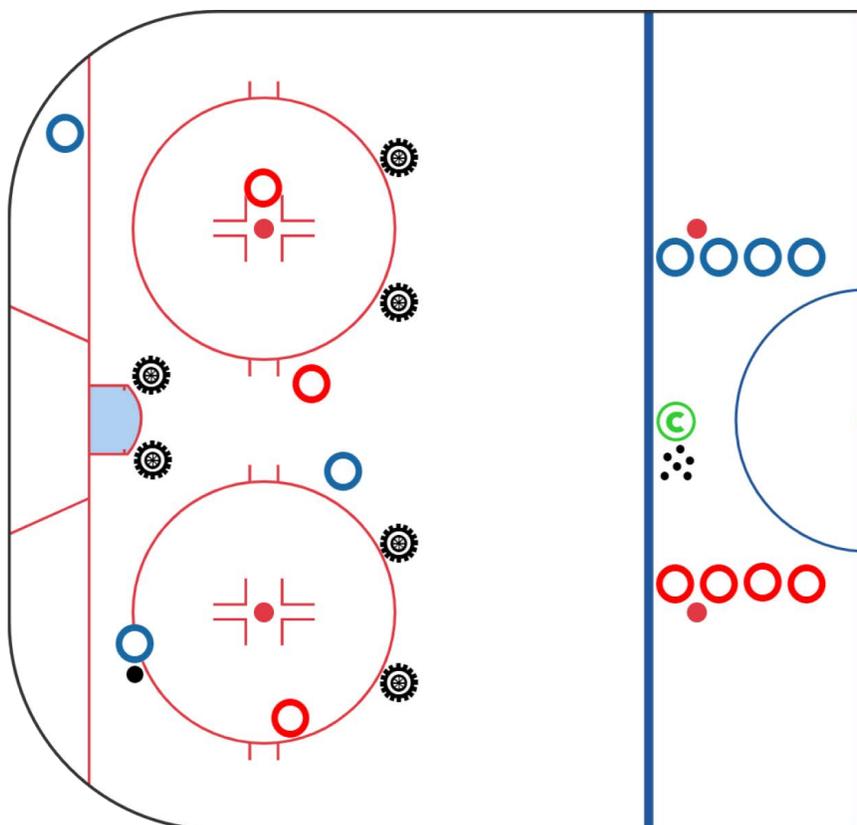


# 3 VS 3 TIRES GAME

**Category:** Small Area Drills & Games

**Team:** Minnesota Wild

- Description:**
- 3 vs 3 in zone.
  - Try to skate or pass the puck through the tires keeping possession as long as you can.
  - 1 PT if the puck is skated through the tires.
  - 2 PTS id the puck is successfully passed through a tire.



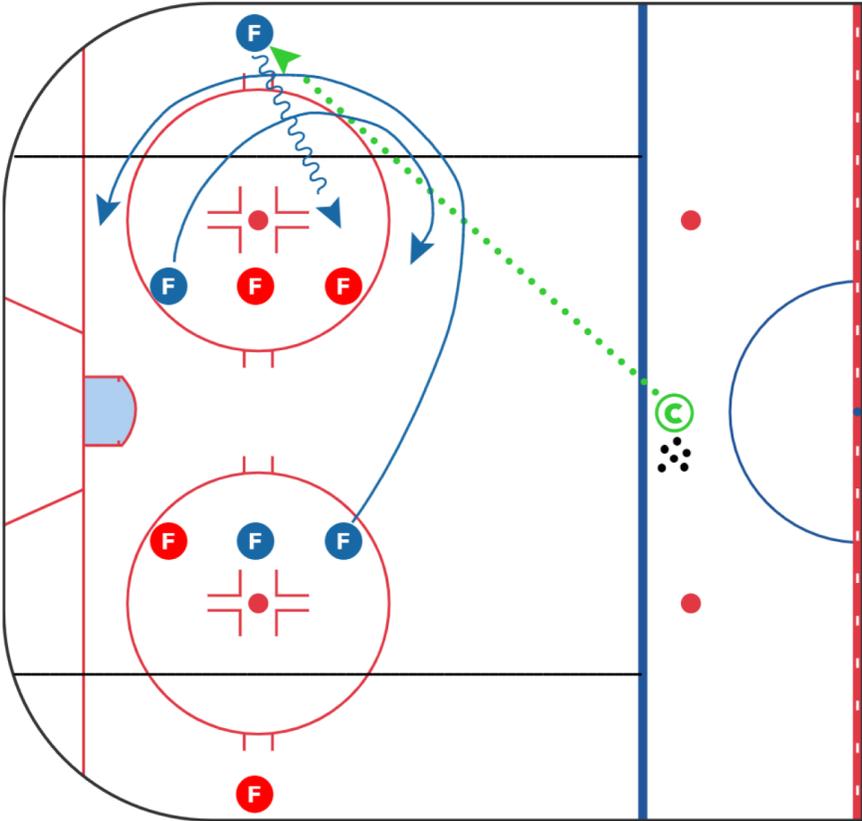
# HABS RELOAD 4 VS 3 SAG

**Category:** Small Area Drills & Games

**Team:** Montreal Canadiens

**Description:**

- Players play 4 vs 4 but must always have at least one player in the outside zone.
- Players may exchange who is in the outside zone but must always have at least one in the zone (1 comes in, player in zone comes out).

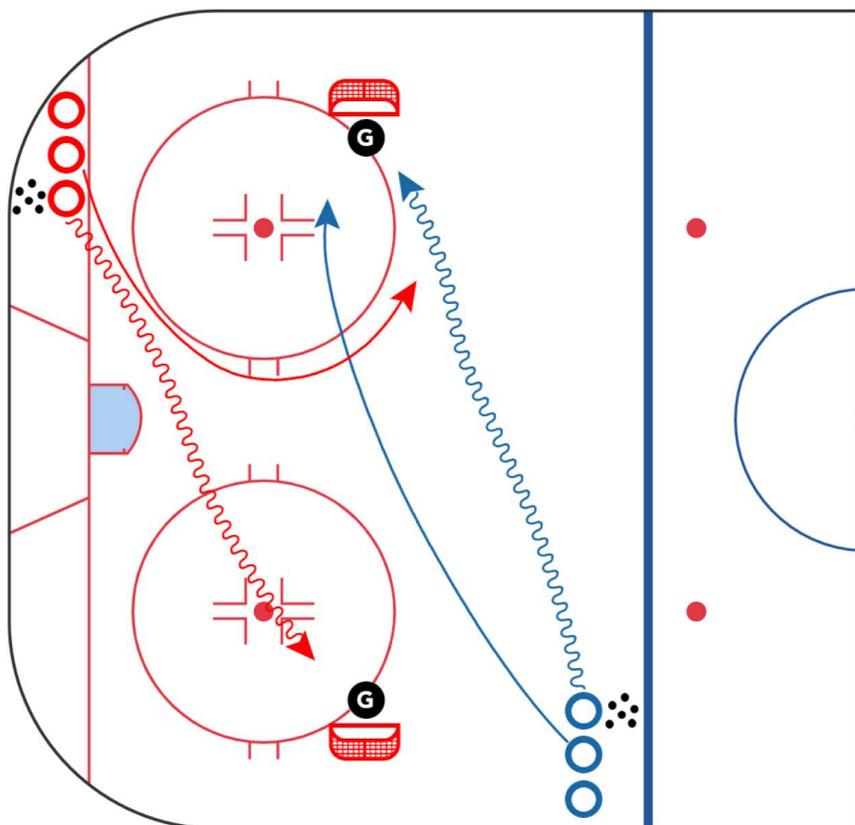


# 2 VS 2 PLAYERS CHOICE

**Category:** Small Area Drills & Games

**Team:** New York Rangers

- Description:**
- 2 players from each line go on the whistle.
  - First player in each line with the puck, second player without.
  - First player will attack the net, while the second player has the option to join his partner, or defend the attack from the other team.
  - Play both pucks out.



## 2 VS 2 OFF RIM SAG

**Category:** Small Area Drills & Games

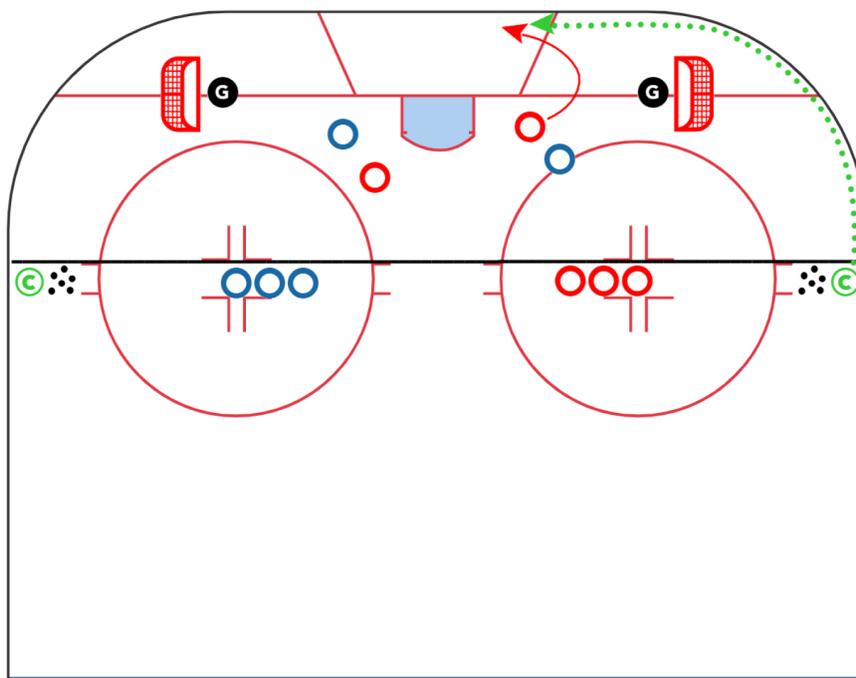
**Team:** New York Rangers

**Description:**

- Small area game played in confined area of end zone.
- 2 vs 2 and all reps and new pucks are entered by a rim.
- Players must secure puck off the rim and have strong board play to secure possession.
- Teams shoot on respective nets.
- Switch on whistle (new puck).

**Key Points:**

- Compete.
- Rim Pick Ups.
- Board Play.
- Support.

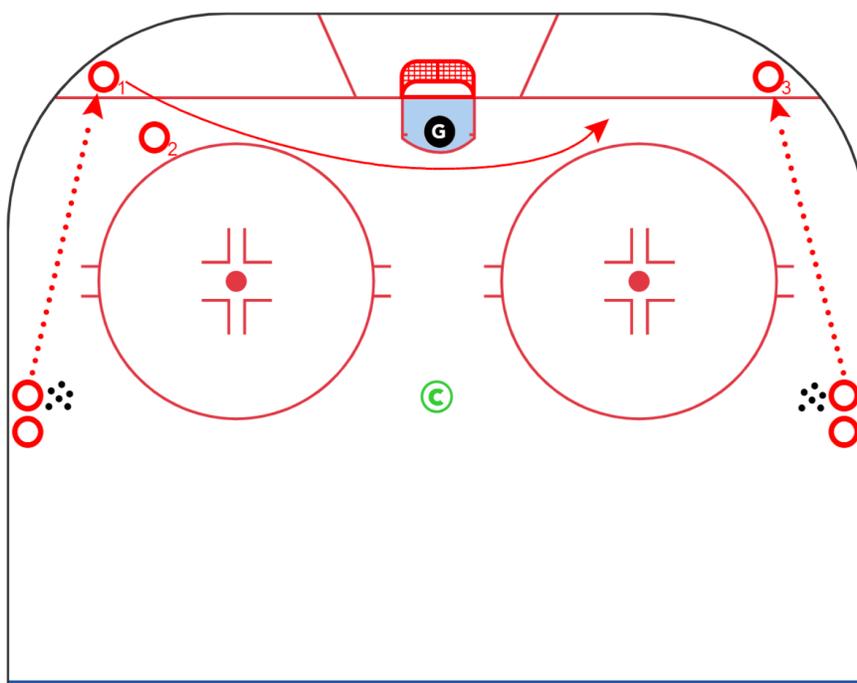


# 1 VS 1 2 VS 2 VIC

**Category:** Small Area Drills & Games

**Team:** New York Rangers

- Description:**
- Rotation goes offense to defense.
  - **O1** starts on offense.
  - **O2** starts on defense.
  - On whistle, offensive player gets a pass down from their line.
  - Play 1 vs 1 until whistle.
  - On whistle, offensive player goes to the other side to play defense, defensive player exits the zone.
  - Defensive player looking to pass to the **Coach**.
  - Can be 1v1 or 2v2.



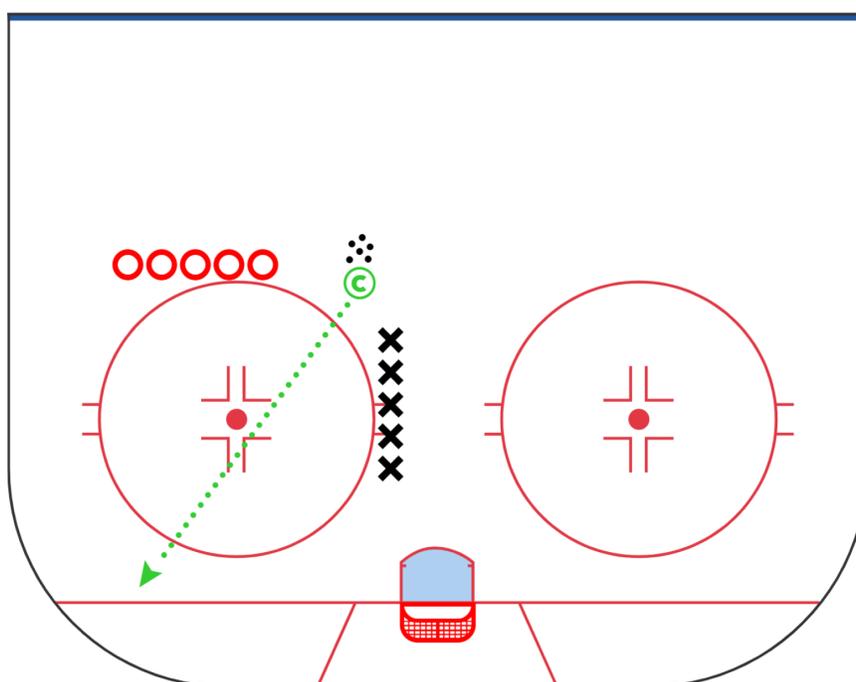


# THE TRENCH

**Category:** Small Area Drills & Games

**Team:** Winnipeg Jets

- Description:**
- **Coach** spots the puck in the corner to start 1 vs 1 battle.
  - Change of possession is bumping the puck off the end wall.
  - More players and pucks added as dictated by the **Coach**.

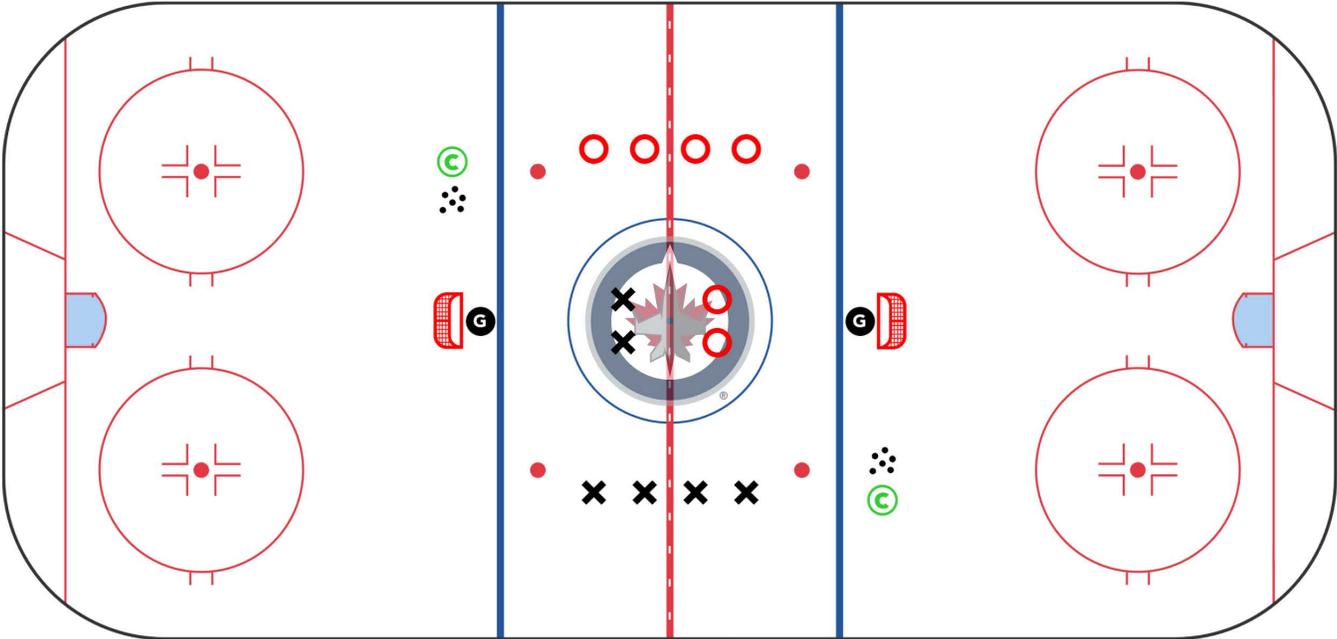


# MANKATO - GAME

**Category:** Small Area Drills & Games

**Team:** Winnipeg Jets

- Description:**
- 2 vs 2 - 30 secs.
  - You can pass to the same color team on the side.
  - If you hit net, and the puck goes out, the offensive team gets the next puck.
  - If you miss the net on a shot, the defensive team gets the next puck.





# GOALTENDING DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivot

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterfyslide

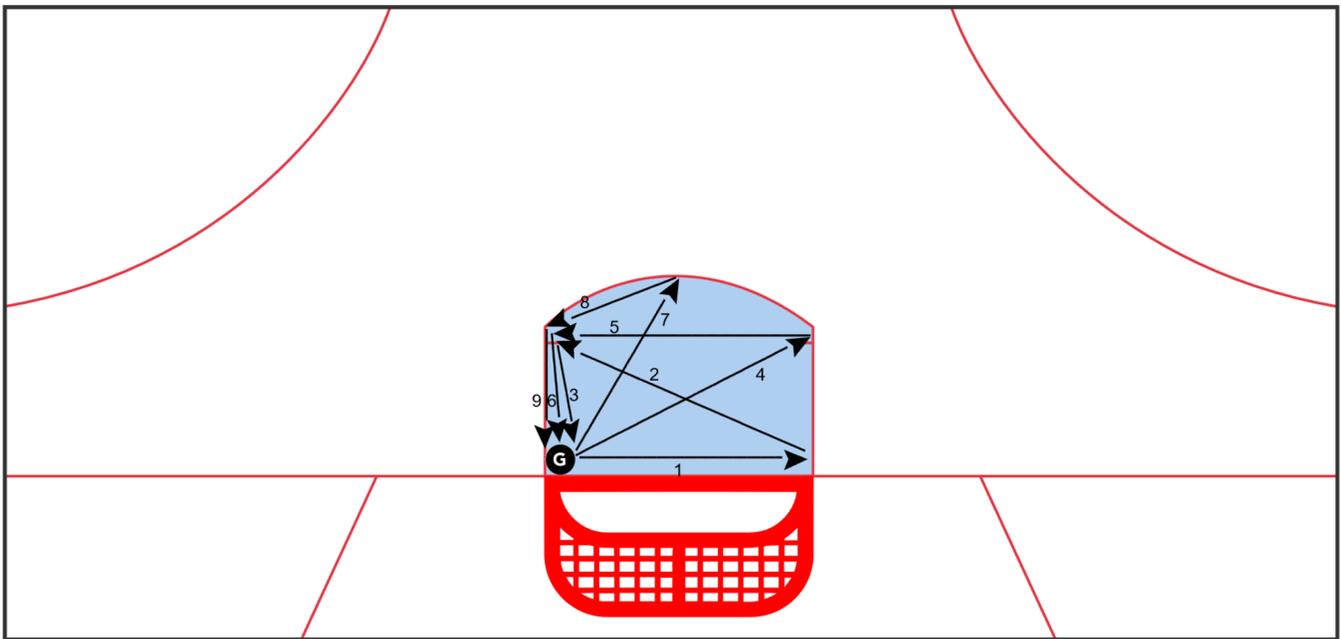
# POST TRANSITION DRILL

**Category:** Goaltending

**Team:** Boston Bruins

**Description:**

- **G** starts on post (up or in pcv), transitions into PCV/far post; work back to feet zone 3; short side shot w/PCV rbd; transitions back to feet zone 3 dot, works back to zone 1 dot; short side shot w/PCV rbd; transitions back to feet zone 2, butterflies w/iep to zone 1; short side shot w/PCV rbd.

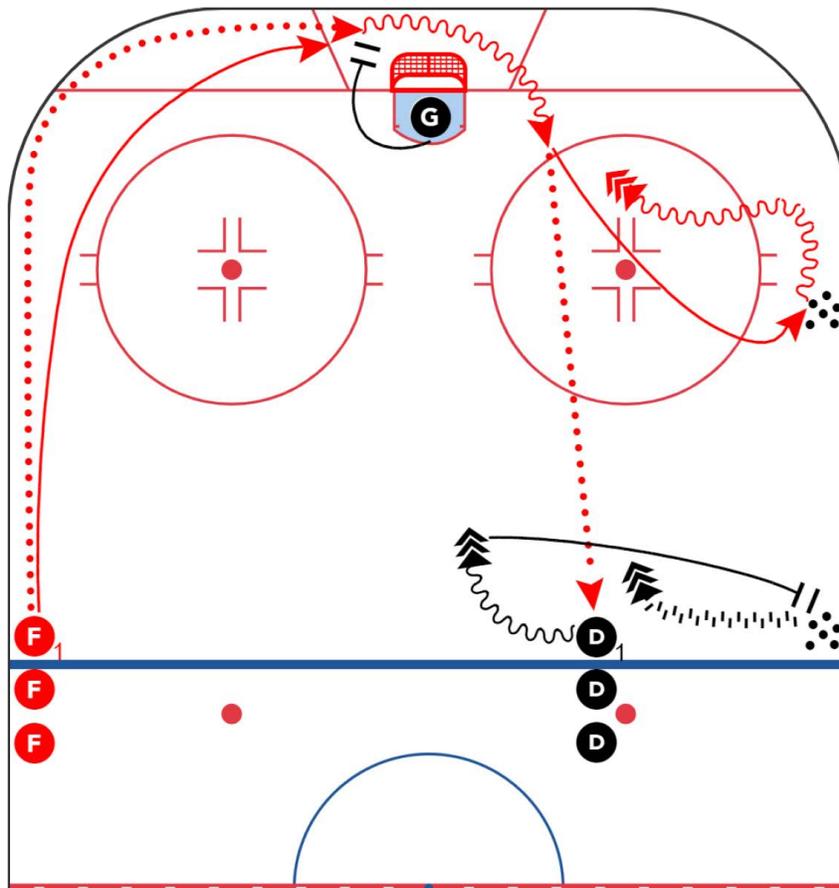


# GOALIE - PUCK HANDLE W/ SHOTS

**Category:** Goaltending

**Team:** New York Rangers

- Description:**
- **F 1** rims puck, **G** stops and leaves behind net for **F 1**.
  - **F 1** picks up puck, gets around post and makes pass to **D 1**.
  - **D 1** takes point shot.
  - **F 1** continues to pick up puck off half wall, goes in for shot.
  - **D 1** then skates to boards, picks up puck, and walks line for shot.

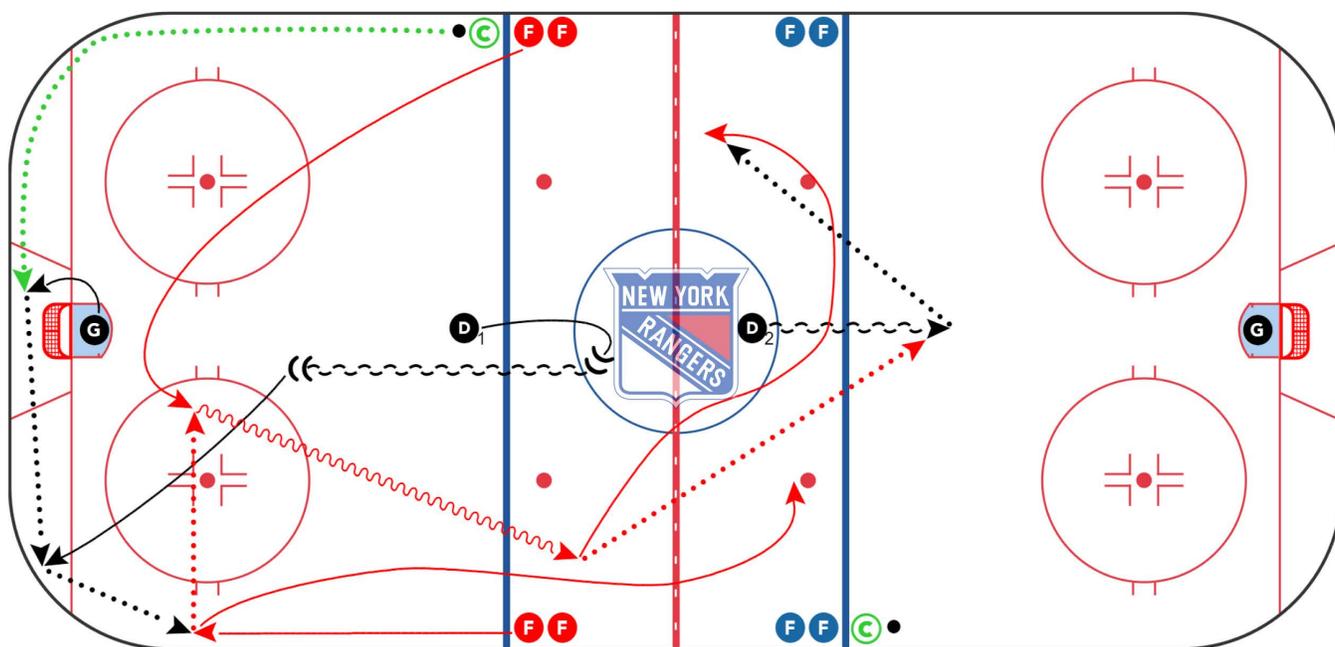


# 2 VS 1 GOALIE BREAKOUTS

**Category:** Goaltending

**Team:** New York Rangers

- Description:**
- **Coach** rims puck.
  - Defenseman communicates breakout-up/over or leave it **2 F**'s come down.
  - Regroup with **D2**, Play fast.
  - **D2** starts new breakout.

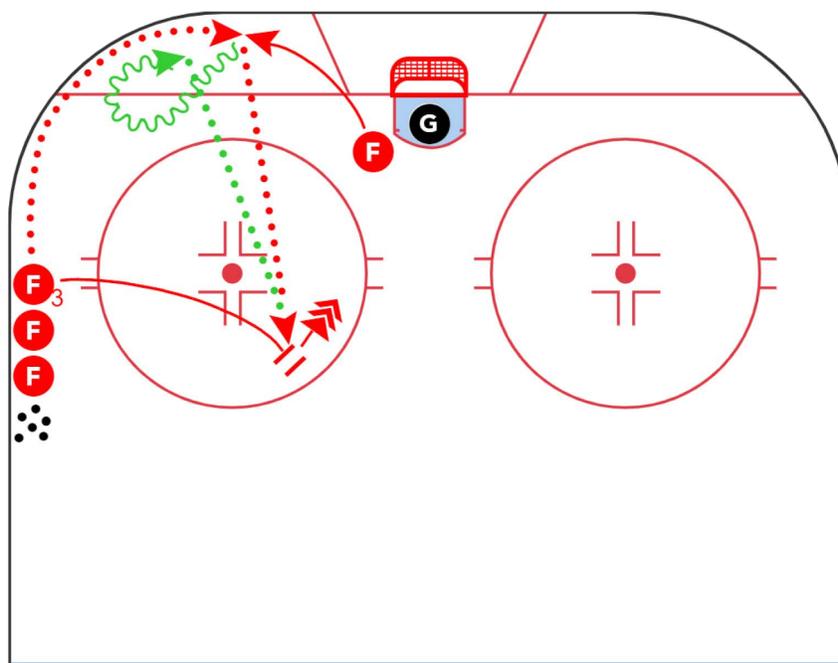


# GOALIE DRILL 1

**Category:** Goaltending

**Team:** St. Louis Blues

- Description:**
- **F** rims a puck in the corner and skate to **F3** spot.
  - Net front retrieves and has two options.
  - 1. Pass right away to **F3** for quick shot.
  - 2. Skate in the corner, cutback and pass to **F3** for quick shot.

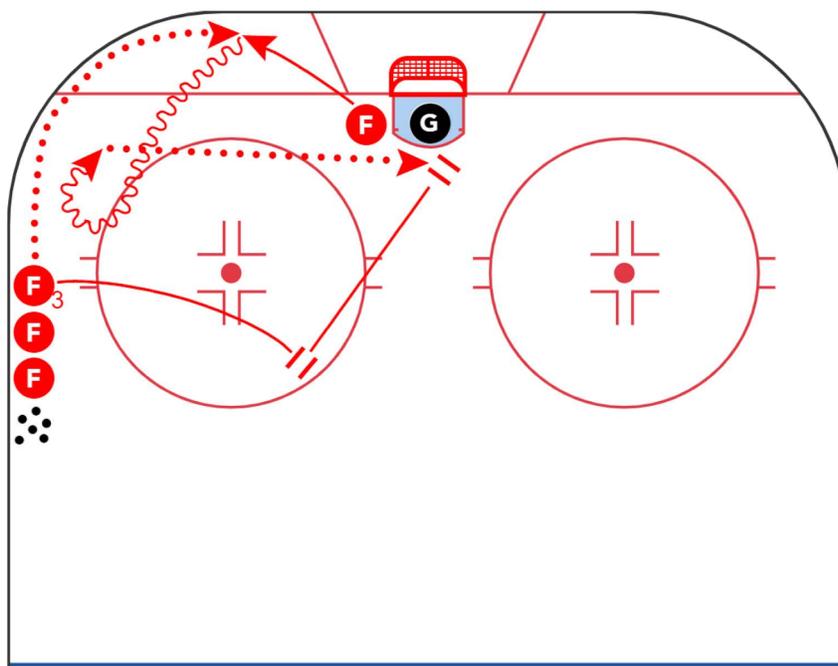


# GOALIE DRILL 2

**Category:** Goaltending

**Team:** St. Louis Blues

- Description:**
- **F** rims a puck in the corner, skates towards **F 3** spot and head backdoor at the net.
  - Net front **F** retrieves and climbs up the wall for a cutback.
  - After the cutback, he sends a low slot line pass to backdoor **F**.

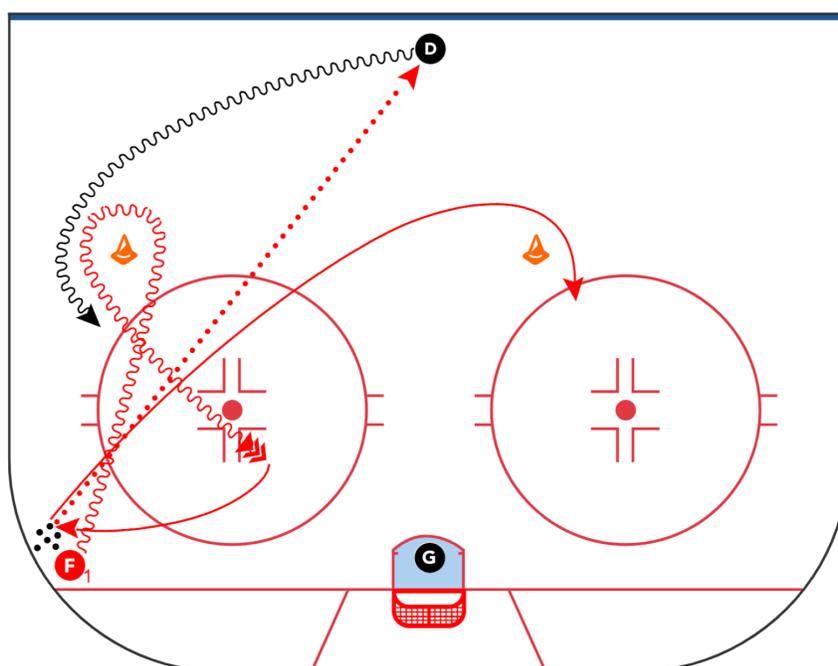


# TERRACE TWO SHOT

**Category:** Goaltending

**Team:** Winnipeg Jets

- Description:**
- **F 1** attacks cone, tight turn to the wall > Shot on Net.
  - Grabs the second puck from the corner and passes to **D**.
  - **D** carries the puck around the cone while the forward skates around another cone.
  - Comes in for Shot or Pass.





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