

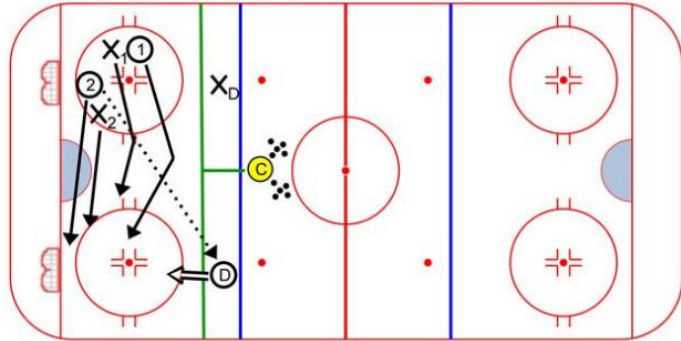
D – Games from Drill of the Week Club 2013-14

Jeff Jackson

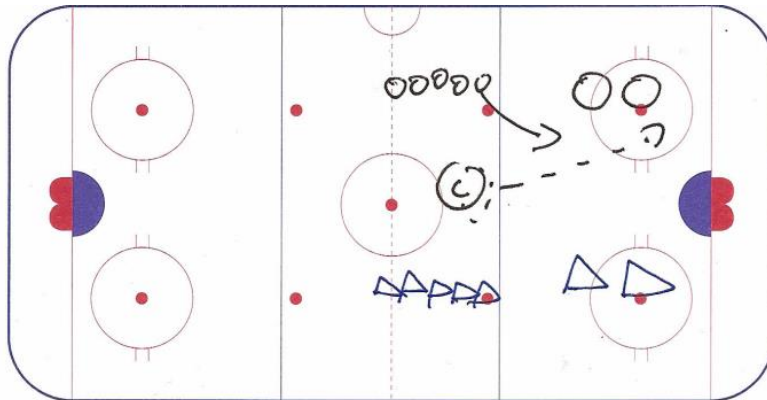
Title : 2v2 Net Front **Category #1 :** Small Area Game **Category #2 :** 2v2

Description

On whistle, Coach dumps puck deep inzone. X1 and X2 attempt to gain possession of puck and move it to XD posted at BL. X1 and X2 get to net front with XD looking for shot lane or sticks. O1 and O2 defend until they gain possession of puck. Again, O1 and O2 move puck to OD then get to net front. OD look for shot lane or sticks net front. X1 and X2 defend net front or block shot. Both D have to stay inside their box. Drill repeats.



Erik Vikstrom



① SMALL AREA GAME

- PLAY 2-2
- COACH CALL
 - 3-2 OR
 - 3-3 OR
 - 4-3 OR
 - 4-4

COACH DECIDED 1

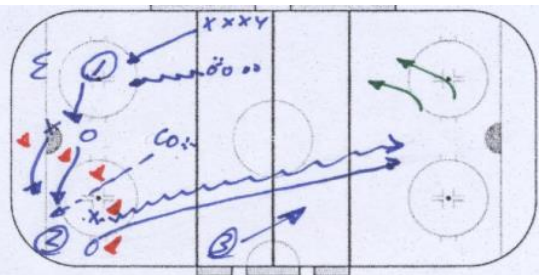
Beddos

DRILL: Competitive Game / On! **TIME:**

1:1 X 3:

- 1:1 ON GOAL \Rightarrow Puck = offense.
- Whistle \Rightarrow New puck and 1:1 in contained area.
- Whistle \Rightarrow Same puck \Rightarrow Break full ice to score (Puck = offense).

* PLAYERS keep score of all goals & *
* for reward / punishment *



Kai Katajalehto

Team Play Drill

Drill Title : 2 vs 2 + jokers on "point"

Components :

Content elements :

Description

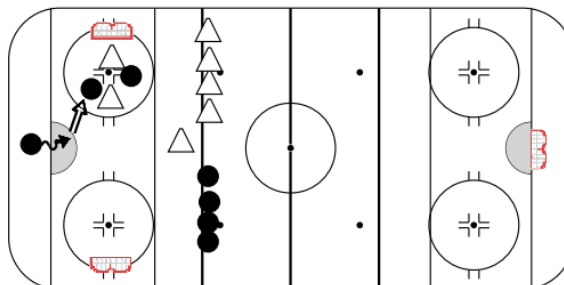
2vs2 + jokers on the "point"
 - you have to pass to point when you get the puck
 - point man can only move laterally
 - you can't defend the point man, play your 2 on in front of the net.
 - play 20 to 30 seconds
 - rotation: point man goes to play. from the blueline come partner for him and the new point man.

Key Points

Box out

Screen the goalie

Rebounds



Drill no. : Duration : Minutes From : To :

Title : Special Teams Game 4vs2

Category #1 :

Category #2 :

Description

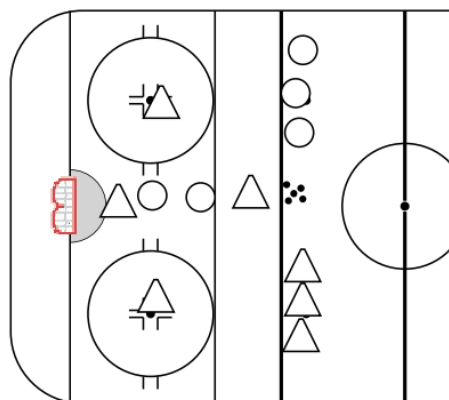
Game to develop competitiveness / and PP/PK principles

PP unit has 60 seconds to score as many goals as they can.

If PK pair intercept or win the loose puck they can not clear it out, but they have to hold on to it as long as they can (this forces the PP unit be first on loose pucks)

If PP scores, goalie covers the puck or the puck is out off the area the point man takes a new puck from the blueline.

keep score



Key points:

one timers

positioning (shooting lan

screen

sticks on ice

Enio Sacilotto

Title : 3 PUCK BATTLE

Category #1 : compete / battle

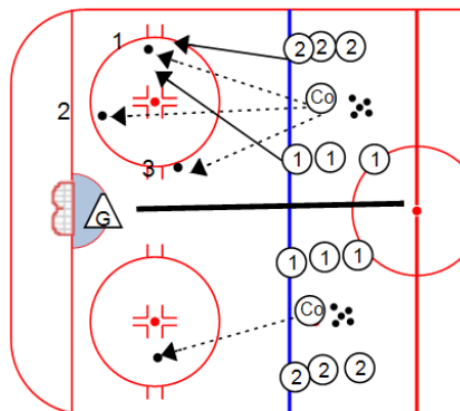
Category #2 : BATTLE

Description

Ice is divided into 2 sections, boundry is the section.

Coach spots puck in an area, players 1 and react react by attempting to gain possession of the puck and protect it. Play continuos for 15 seconds and a 2nd puck is dumped in., 1 st puck is done, players go for 2nd puck, after 15 seconds, 3rd puck is spotted, on the 3rd puck players attempt to SHOOT on net, drill is now over.

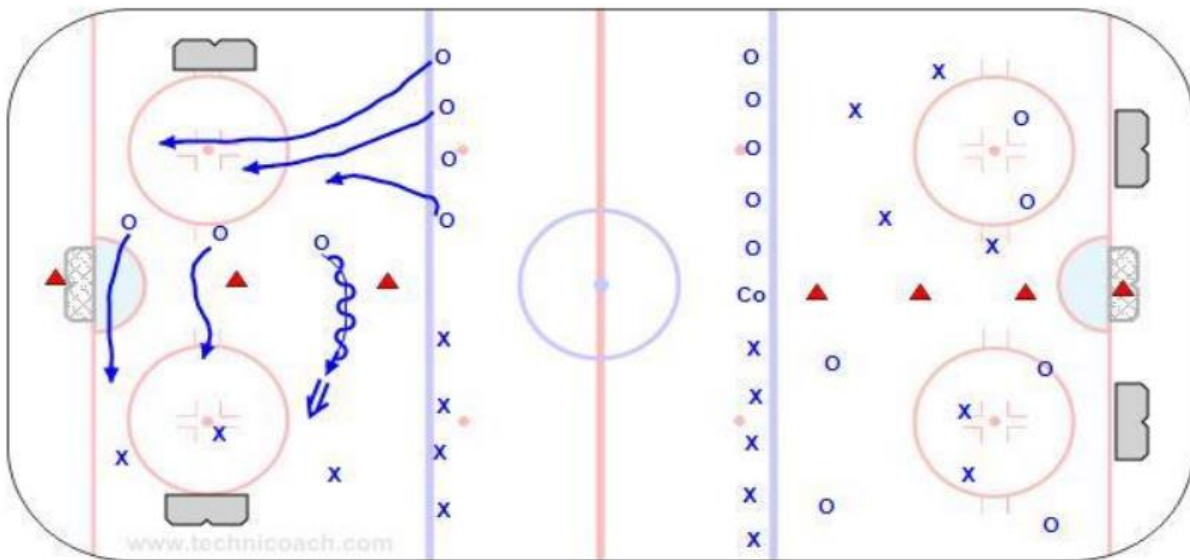
Switch sides. Give goalie a chance to get set.



Key points:

Jim Midgley

QUICK CHANGE/MAN ADVANTAGE SMALL GAMES



Quick change game is 3v3 low, when O breaks out, new O's replace and defend X's attack. Man Advantage game is the defensive side is trying to push puck across to team on power play. Cannot cross sides.

Peter Russel

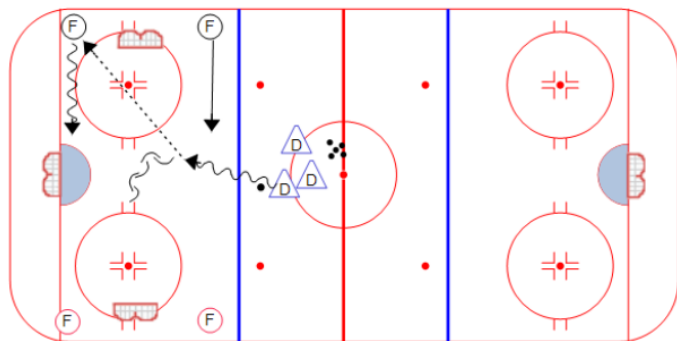
Title : Rockets Cross ice

Content elements: _____

Components : _____

Description

Move the nets into one end set up cross ice as shown. Start with breakaway, coach on the blue line passes to player, he then goes in for quick shot on goal, alternate sides, Then bring the defenseman to the top of the blue line as shown, they then can work on 1 on 1's, 2 on 1's, and 3 on 1's, The Defenseman passes the puck to the forward with good gap control players the short rush, alternate sides.



Key Points :

Quick Decisions

Support

James Poole

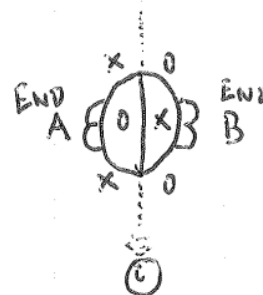
TIME: _____ DRILL: Circle Skill Game

3 x vs 3 o

x's shoot on END A

o's shoot on END B

- (C) spots puck in circle
- All players must keep feet inside their zone
 - Players inside circle must stay in their half
 - Players outside circle must keep feet outside circle + can't cross red-line



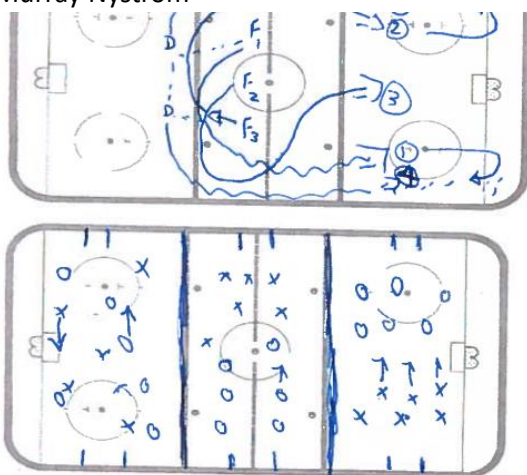
TIME: _____ DRILL: _____

- Sticks are able to leave their zone on offense or defense
- IF puck leaves playing area - (C) spots new puck
- * Fun game to work offensive passing + scoring skills
- * IF playing w/ full team or forwards only → can play king of court after goal scored or games up to 2 or 3 w/ losing team eliminated

TIME: _____ DRILL: _____

- * Good sticks on defense

Murray Nystrom



SMALL GAMES DRILL

Boot Hockey Tournament

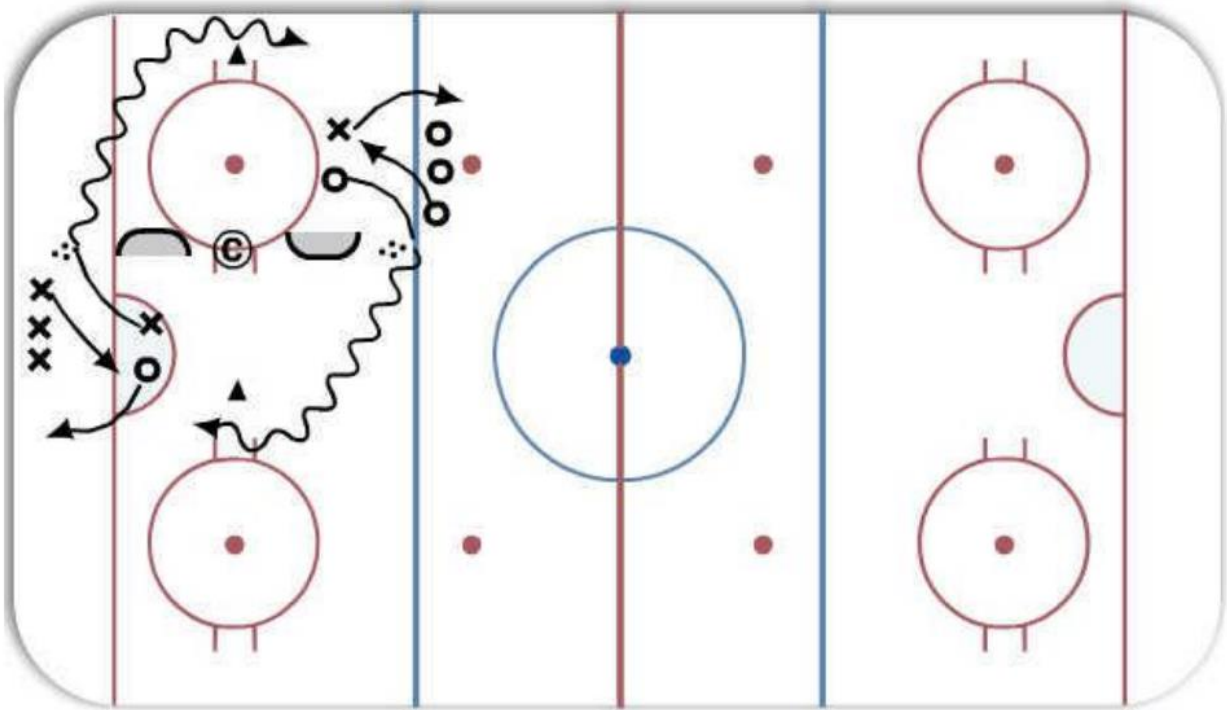
Divide ice into to 3 cross ice surfaces.
Divide your team into 6 teams of 4 (or whatever works for you!).
Include your goalies . . . NO GOALTENDING
Play 2 minute games. Tie games go to the team that scores first.
Rotate counter-clockwise.
Use "whatever" to create nets approximately 1 metre wide.

Top two teams play in the championship game
Third and fourth place teams play for bronze
Fifth and Sixth place teams play in the Toilet Bowl.

OFFENSIVE DRILL

Badgers Buildup

Both directions on the whistle
F1 attacks D1



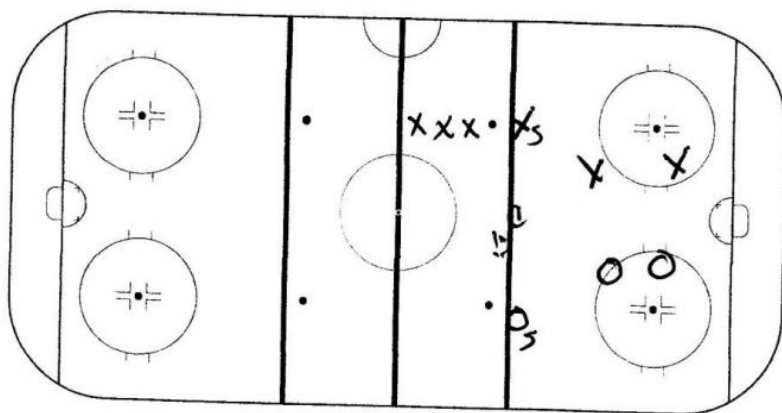
SAG TRANSITION 1-ON-1

Description: Players play 1-on-1 as shown. On coaches whistle, the defensive players pick up a puck and become the offensive players on the other side. A new player from each line becomes the defensive player.

Drill can also be played as a 2-on-2

Key points: offensive and defensive battles, quick feet.

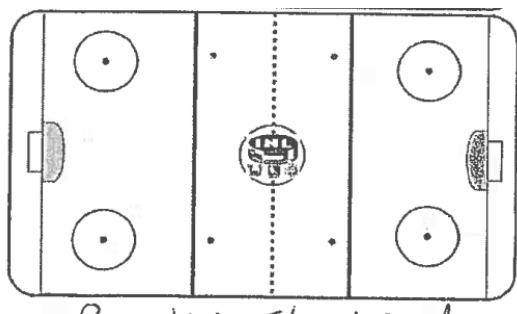
Brad Flynn



Team Skill Box Game

- 2v2 in zone
- On turn over or goal must top puck to your slide guy(s)
- Slide can go from C to boards if puck cross blue line team gets it. Slide can shoot or pass.

David Small



- ④ D vs. F - first to 5
- D get a point if they skate the puck over Blue Line
 - F get a point if they score.
 - 3 v 2 in zone
 - losers Skate

Wayne Clark

Title : 2 on 2 on 2

Content elements:

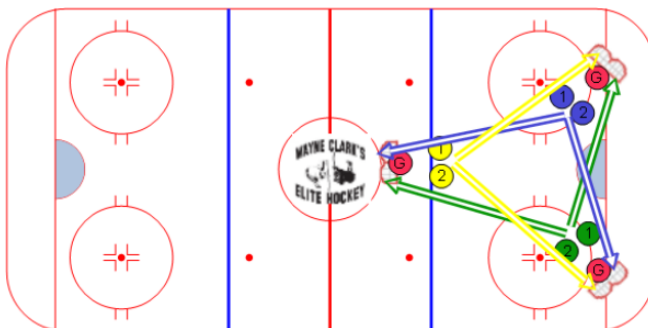
Components :

Description

- Three teams of two play each other with one puck. Each team has a net that they are defending, which means they can score on either of the other two nets.

- If you have more than six players, then you can make it so that the team that gets scored on has to sit out until it is their turn again.

The goals of this drill are primarily creativity and awareness.



Key Points :

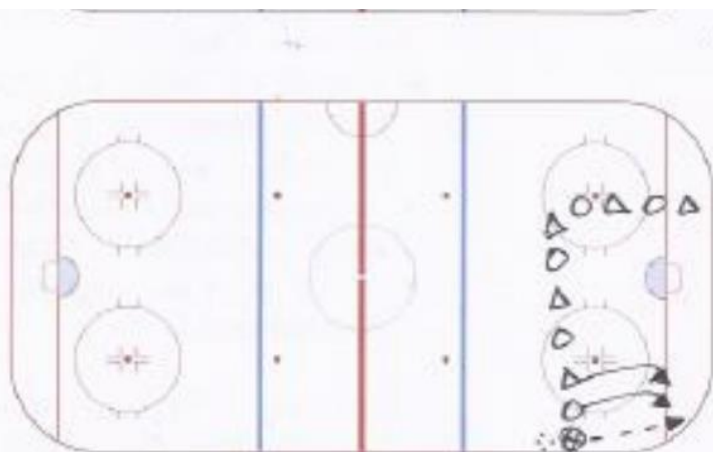
Competition

3 Nets

Creativity

Awareness

Basile



(4) COMPLETE DRILL "THE FENCE"

- ▶ CAN BE 1X1 OR 2X2 DRILL
- ▶ COACH SPOTS PUCK IN CORNER AND 2 OR 4 PLAYERS BATTLE
- ▶ EITHER ONE CAN ATTACK NET AND SCORE
- ▶ REMAINING PLAYERS FORM A "FENCE" AND ANY PUCK THAT COMES TO THEM IS SHOT BACK IN CORNER

Roy

Title : PK Drill + Battles

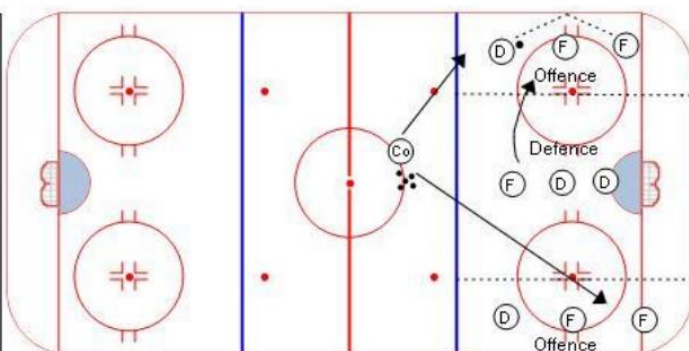
Category #1 :

Category #2 :

Description

- Divide ice into 3 sections (imaginary lines)
- Coach throws puck into either offensive zone.
- Once puck enters offensive zone (1 person from defensive team can attack) Remaining 2 defensive players must stay within their section and defend the pass across ice (sticks in lanes)
- Offensive players must remain in their lanes. Object is to keep moving puck between offensive zones, while D is trying to defend. Blow whistle once puck is intercepted by Defence.

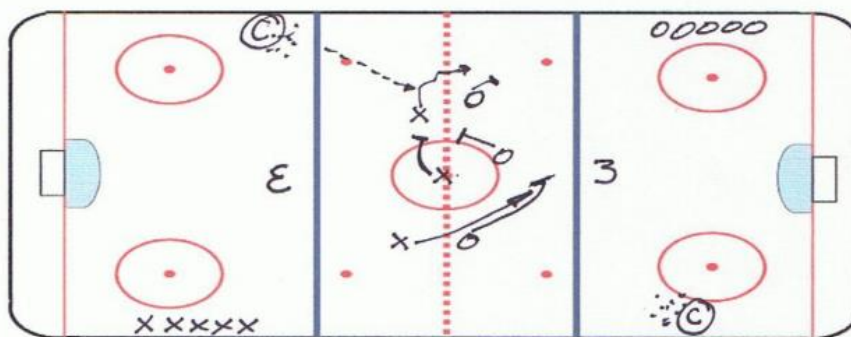
Opposite end: Have Battle Drills with remaining players and goalies.

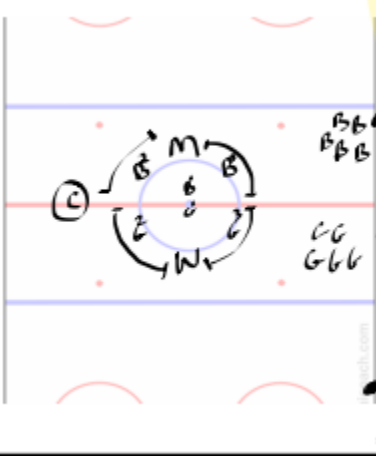


Johnny Duco

2) Transition Game

- 3 vs 3 in neutral zone.
- Both C's with pucks who chip pucks to neutral zone when a puck goes wide, the goalie freezes it or there is a goal.
- Quick transition for players from offense to defence, defence to offense.

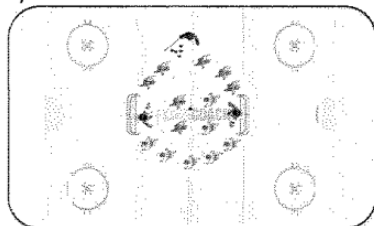




Compete Game

- B' vs G' inside full circle
- B² & B³ stay outside circle on their 1/2
- G² & G³ same
- coach feeds pucks when needed
- Battle for goals

1) Aivars Centre Ice Scramble 2v2



DRILL OBJECTIVE: Fun Game - Score upto 10

0 min.

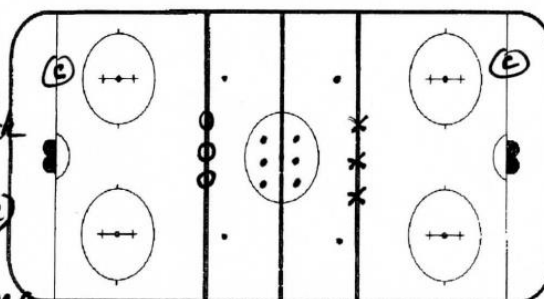
KEY ELEMENTS:

ORGANIZATION: Two Teams as per diagram. Play 2v2 inside centre circle. Players on outside can shoot the puck if it comes to them. Quick pace. swap the centre ice players on whistle.



• Competitive 3x0

Split team into 3's. X's and O's start on blue line. There are 3 pucks inside circle on each side. On whistle X's and O's have to retrieve 1 puck, attack offensive zone staying on side and shoot until you score. Once goal is scored (determined by coach in zone) they must retreat to get second puck. Go until all 3 pucks are in the net. The line who scores all three first, wins. Winners play winners until champions are determined.



Real Paiement

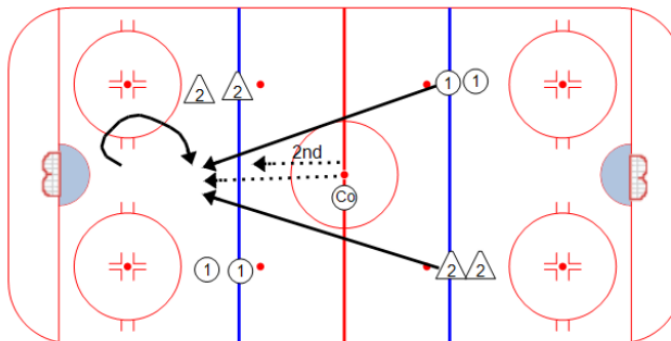
Title : Swiss battle

Category #1 : Competition

Category #2 : battle

Description

Co spots a puck for 1/2 to battle for loose puck. Who ever gets the shot off earns the right to get a 2nd shot (BA)



Key points :

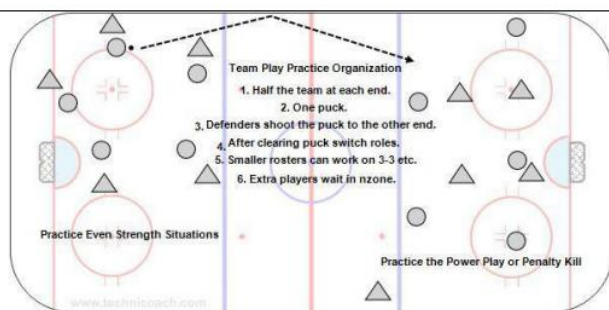
quick off start

body position

battle

quick release

Tom Molloy



Team Play Practice:

T2-4, D4 – Reilly Team Play Rotation

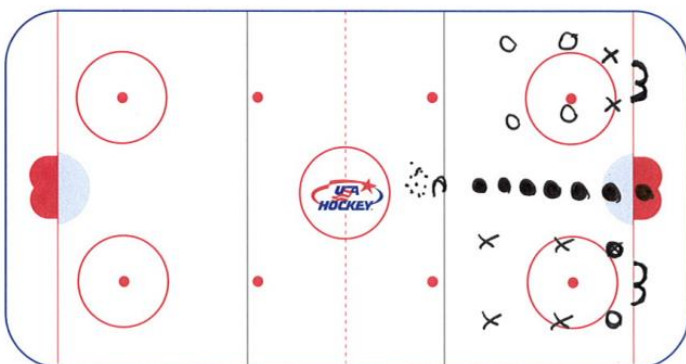
Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.

Gibbons



Notes/Systems * continuous

Description PP Game

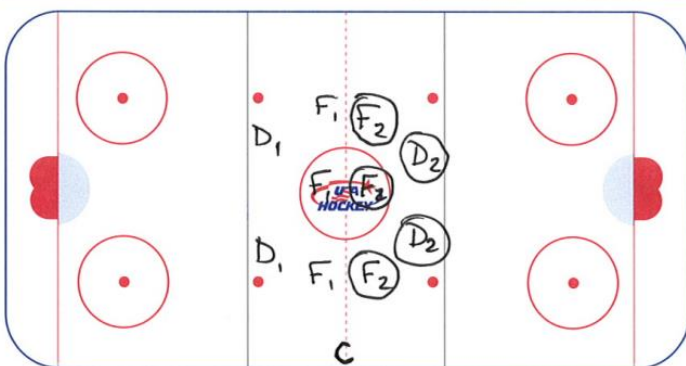
- Two nets each at bottom of FO Crede on goal line tires down the middle of OZ.

O's start playing 4v2 X's for PP X's defend + attempt to pass to X's on other side of tires

* ~~On scoring~~ X's then have 4 on 2 PP vs. O's

IF team scores coach passes to same PP. (make it take it)

* Working on PP + PK options/tactics



Description NZ Scrimmage

- Coach has pucks on dealer wall

- Coach throws puck to 1s + 2s are go into NZ defense + play until whistle

on whistle coach throws new puck to whichever team he chooses team without puck plays defense in NZ.

Terry Rhindress

Title : 3vs2 below blue line

Category #1 :

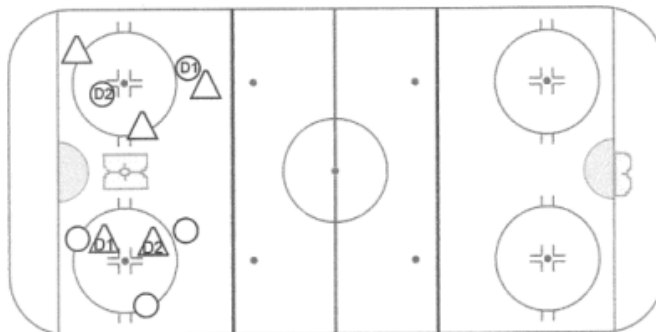
Offense

Category #2 :

Support

Description

Playing 3vs2 below blue line, there are three O/s on one side and two D that work with them, then there are two triangle defense and three triangles on offense. The two defense on each side work with the other forwards on the side. This can work on defense, and offense along with supporting puck and communicating.



Key points :

Support Puck

Communicating

Offense

"CHALLENGE" DRILLS

1. Title: 2x2 SHOUT Category #1: Category #2:

Description

X₁ PASSES TO X₂ FOR 2x0 TO NET
 O₁ + O₂ pressure from back - 1 stick length
 They can recover behind/backcheck +
 attack back to net which is located
 at blue-line. Good 2x2 transition
 off original net play. Short shifts - 15-20 seconds
 Keep Score to "5".

Key points: ☒ X-Formation/Net Drive ☒ Back Pressure/Transition ☐ ☐

2. Title: 1x1 JAPAN Category #1: Category #2:

Description

Net is opposite B-line area
 X₁ + O₁ attack opposite net
 X₂ + O₂ get up + angle/defend net w
 1x1 situation
 @ each net to give 2nd/3rd puck
 Play until 1 person scores on 12+ seconds.

Key points: ☒ 1x1 off-skills ☒ 1x1 Defense Skills ☒ Competitive End Effort ☐

3. Title: 2x2 Transition Category #1: Category #2:

Description

X₁ X₂ go versus O₁ O₂ in Confined
 N-Zone area - play 2x2.
 When puck goes below net - coaches spot
 puck w opposite direction so quick
 transition. 15-20 second shifts
 Stops + Starts w/ All transition plays.

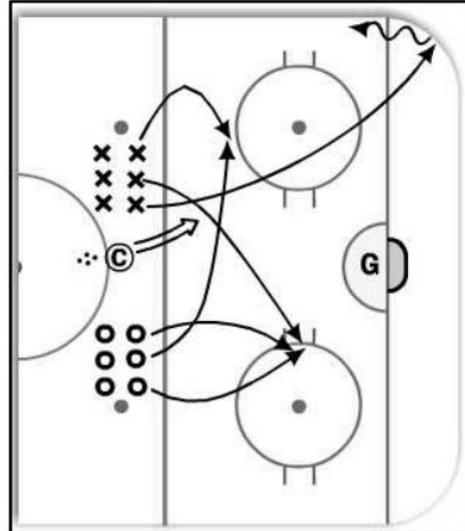
Key points: ☒ Quick Puckwork 2x2 ☒ Creativity + Transition ☒ Hockey Habits ☐

SMALL ICE GAMES

1. 3-ON-3 END ZONE - ONE NET ... 1 OR 2 PASSES

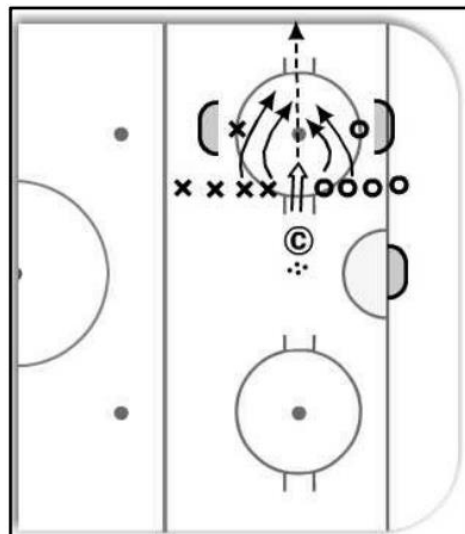
“Low 3 Against 3”

- Both teams attack the same net.
- On turnover, the team that recovers the puck must make one or two passes before they can attack the net.



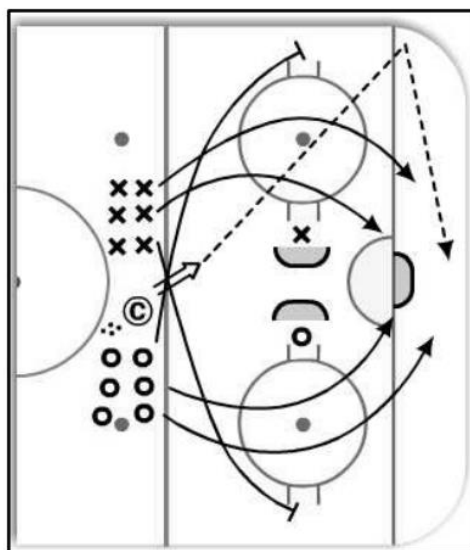
2. 2-ON-2 ... SMALL SPACE

- Two teams line up horizontally outside hash marks of circle.
- **Coach** starts game by chipping puck off of boards.
- Two players from each team jump in and play 2-on-2.
- Goalie may shoot as well.
- If pucks clear playing area, coach spots a new puck.
- Play 20 seconds then spot new puck for 4 new players.
- Automatic change when goal is scored.



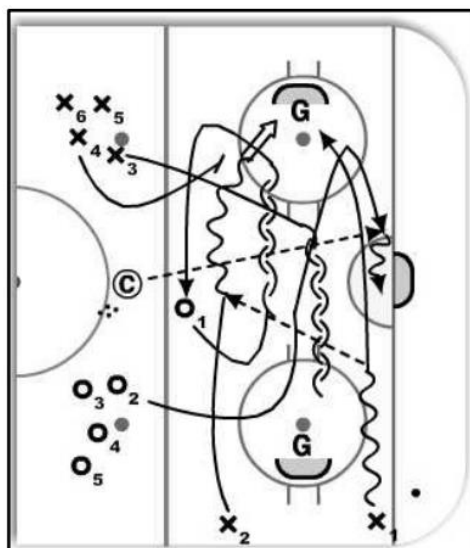
3. HANNU – 3-ON-3 – NETS BACK-TO-BACK

- Two teams of players line up outside of blueline.
- Place 2 nets back-to-back in middle of zone.
- **Coach** starts game with rim around boards (*alternate sides*).
- Two players from each side battle for puck, one player from each side goes to “shooter” position.
- Players can score directly or work puck up to their shooter for shot, with screen and tips.
- Standard goal = **1 point**. Goal off screen-shot, deflection or rebound = **2 points**.



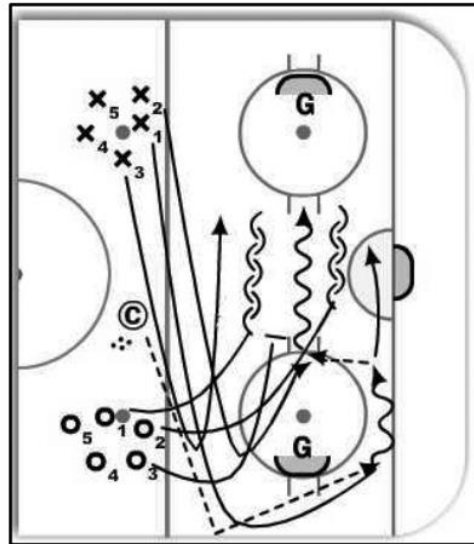
4. VILLE 2-ON-2 BACK PRESSURE & PROGRESS TO 3-ON-3

- X_1 and X_2 go 2-on-1 on O_1 .
- After they cross mid-ice, O_2 jumps in to apply back pressure and create 2-on-2.
- X_3 leaves face-off spot to position himself to take 2-on-1 coming back to him.
- On whistle, **Coach** passes puck to O_1 or O_2 to start 2-on-1 back other way against X_3 .
- X_4 jumps in to back-check.



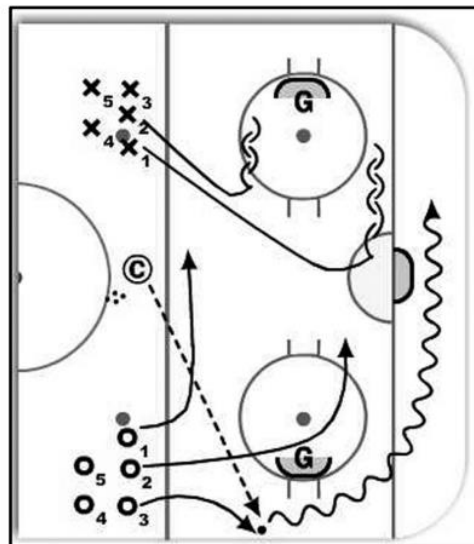
5. 3-ON-2 GAME ... CHASER

- Same game as 2-on-1 Chaser with 2 extra players.
- After **X₁**, **X₂** and **X₃** attack ... **O₁**, **O₂** and **O₃** backchecking.
- **X₄** and **X₅** jump behind them into defensive position to counter **O₁**, **O₂** and **O₃** when they counter-attack.
- Continuous play.
- Most goals in given time or number of reps wins.



6. CROSS-ICE 3-ON-2

- **Coach** chips puck low for **O₁**, **O₂** and **O₃** to retrieve.
- **X₁** and **X₂** move into zone with defencemen to create 3-on-2.
- Let play continue for about 20 seconds, then Coach whistle and chips new puck for **X₃**, **X₄** and **X₅** behind their net.
- **O₄** and **O₅** move out to challenge.
- Continuous play.
- Most goals in set time or number of reps won.



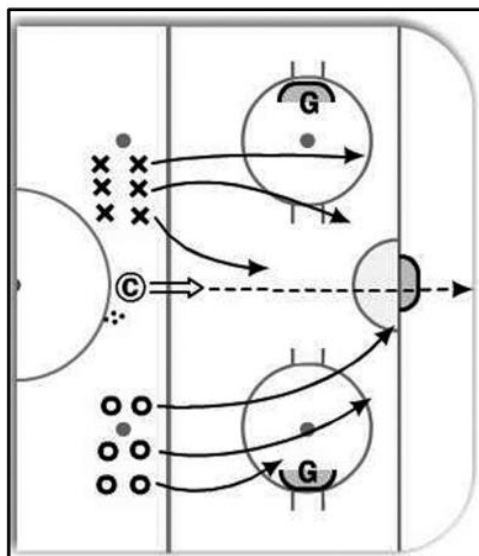
7. DEIGO'S 3-ON-2 TIMES 2

- **Coach** starts game with pass to **O₁**. You can also start with shoot-in battle or face-off on one side.
- There is only one puck, so defenders (**X₁** and **X₂**) must recover puck and pass to **X₃**, **X₄** and **X₅** for them to attack.
- Best played with with a divider down the middle of zone (*rope, heavy hose, etc.*) ... but not necessary.
- Set-up is for 4 complete blocks of 5 players.



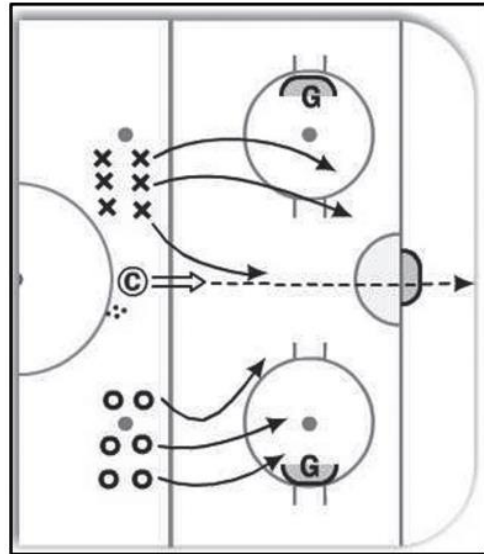
8. CROSS-ICE 3-ON-3

- **Coach** starts game with shoot-in off end boards (*no net there*).
- 3 players from each side play 3-on-3 to whistle.
- If puck goes out of zone, **Coach** spots new puck in front of him or shoots off of end boards.
- **Options:** (A) On whistle, players must stop playing puck and new players retrieve it. (B) On whistle, shoot in new puck with 6 new players.
- Game is to set number of goals.

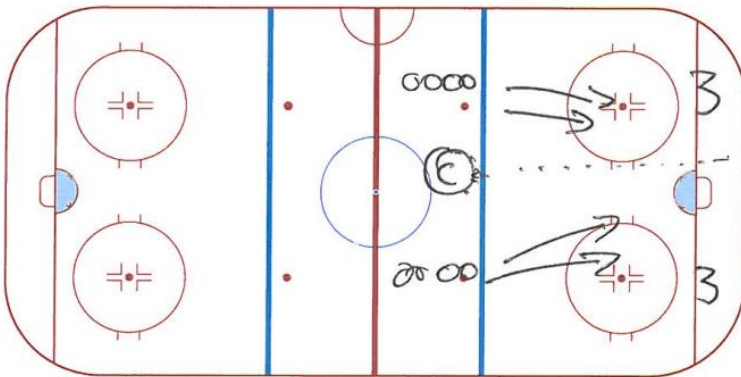


9. CROSS-ICE 3-ON-3 ... CHAOS

- Same start as 3-on-3 Cross-Ice (**Drill #8**) but now the players can score on either goalie!!
- **Key Rules:**
 - ❖ If a team recovers a rebound from their shot, they can score immediately.
 - ❖ If they recover the other team's rebound, they must make at least one pass before attacking the same goalie or head back other way against other goalie.



Jamie Elson

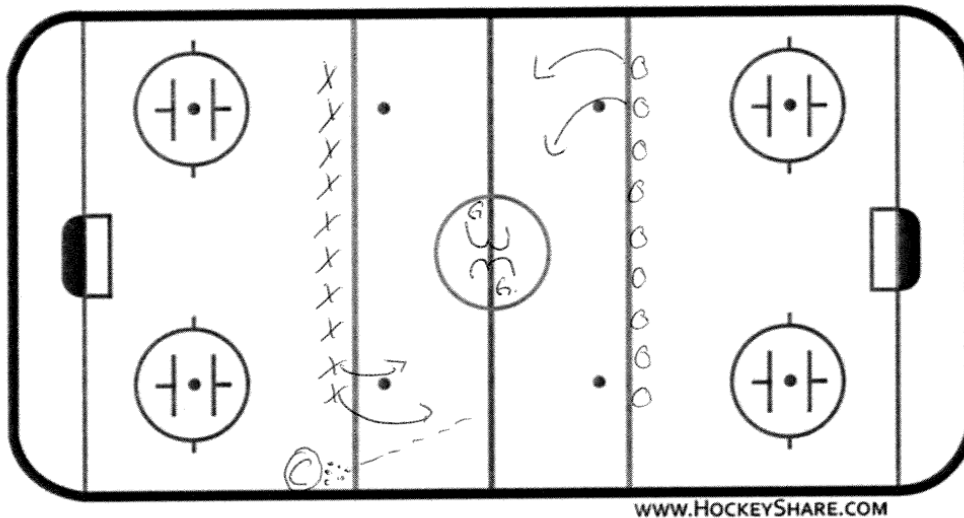


4) Mini Game
min. 2v2's.

- Both teams can
Score in both nets
20-30 seconds, then
new whistle for new
2v2.

Geoff Grimwood

Drill Name: 2v2 NET GAME

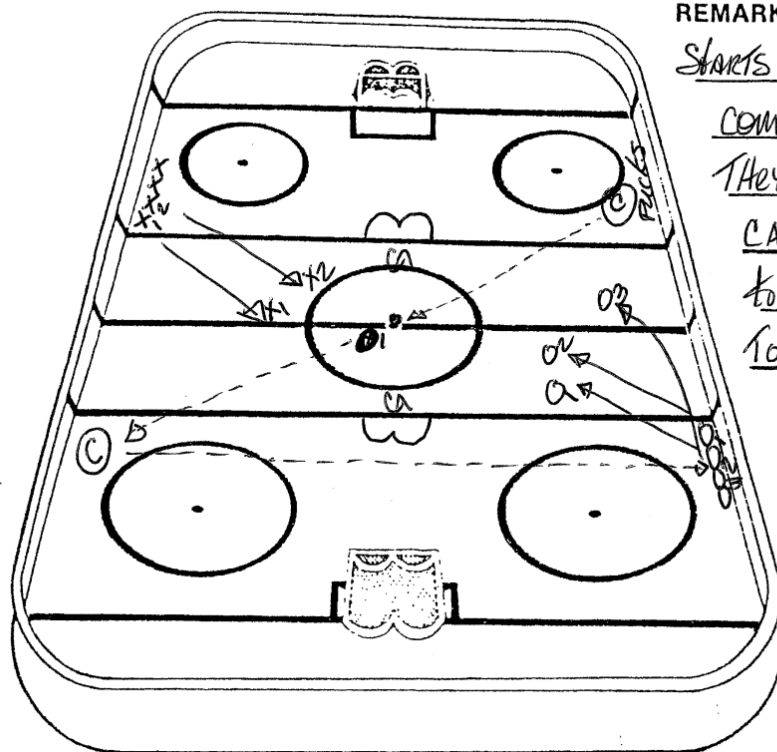


Description:

- TWO TEAMS LINE UP ON OPPOSING BLUE LINES
- TEAMS ARE SHOOTING ON OPPOSITE NETS.
- ON WHISTLE, TWO PLAYERS LEAVE FROM EACH TEAM.
- COACH SPOTS A PUCK, AND TEAMS PLAY 2v2 IN WZ.
- PLAYERS IN MIDDLE CAN NOT PASS TO PLAYERS ON BLUE.
- PLAYERS ON BLUE LINE HAVE TO PROTECT THEIR LINE FROM REBOUNDS AND BOUNCING PUCKS. IF A PUCK CROSSES THEIR BLUE LINE, THEIR WHOLE TEAM DROPS AND DOES 5 PUSH UPS. THE OPPOSING TEAM CAN TRY TO SCORE DURING THAT TIME.
- ON WHISTLE, TWO NEW PLAYERS FROM EACH LINE REPLACE ORIGINAL PLAYERS.
- 20 SECOND SHUTTLE

Paddy Flynn

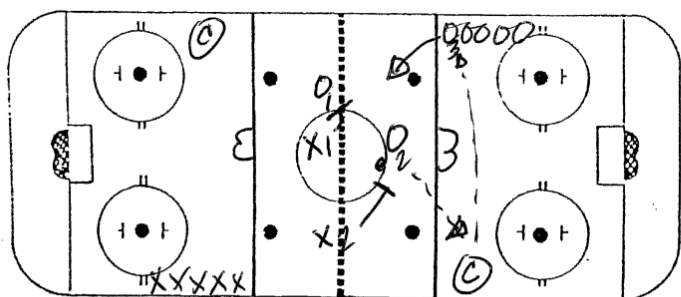
CATEGORY "Small Area Game" NAME "Beau's Activation"



REMARKS

Starts w/ Puck at center X12 O12 will
complete for loose Puck.
They can play 2 on 2; However,
can "ACTIVATE" another player
to create an "ODD MAN" advantage
To activate: <UP TO i.e. 5 on 2>

FAST PACED & FUN



REMARKS

① Play only Between the Blues
② Activation Pass must be
Made from ① to "their" player
Behind their net (as shown)
③ 5 on 5 is the highest # of

* When the Puck is out of bounce "CHANGE" PLAYERS INVOLVED
and REPEAT w/ 2 on 2 * Puck Movement / PLAYMAKING / PP/PK SKILLS!