

Games from Drill of the Week Club 2015-16

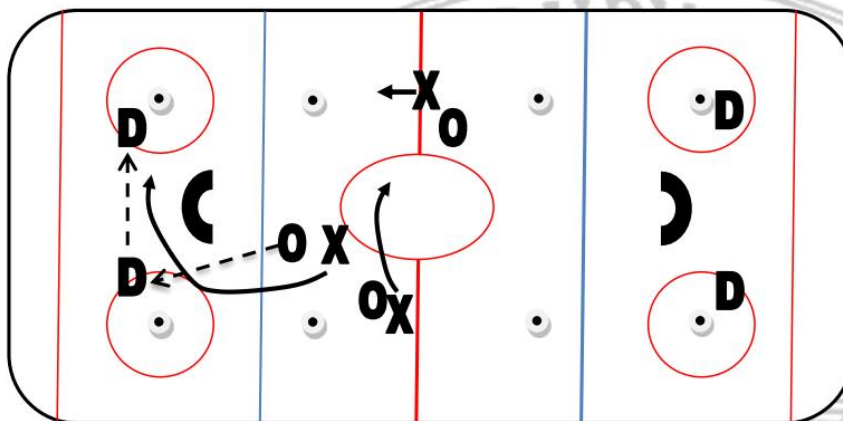
Petraglia

	<p>Description</p> <p>3v3 Breakout/Forecheck Drill - LEFT</p> <p>Players on both teams gap up to coach who dumps puck to initiate drill. X's are hard back to puck and work together/communicate to successfully skate puck out of zone. O's work together to forecheck to create turnover. If turnover is created, O's attack until zone is cleared.</p> <p>Bubble Hockey - RIGHT</p> <p>3v1 scoring competition. Players remain mostly stationary and cannot leave their assigned location. Players outside circle cannot skate into circle, but can reach in with their sticks. Players inside circle cannot skate outside circle, but can reach out with their sticks.</p> <p>X's attack G2. O's attack G1. Deception, quick puck movement and team work is the focus offensively. Defensive player inside circle must use his body/stick effectively to play 1v3.</p> <p>1st team to 3 goals wins the set. If puck goes in net or out of play, coach sends a new one in to middle X and O who battle for possession</p>
<p>Notes/Systems</p> <p>LEFT - Team Play Offense vs. Defense</p> <p>RIGHT - Competition Bubble Hockey</p>	

Will

NZ Game

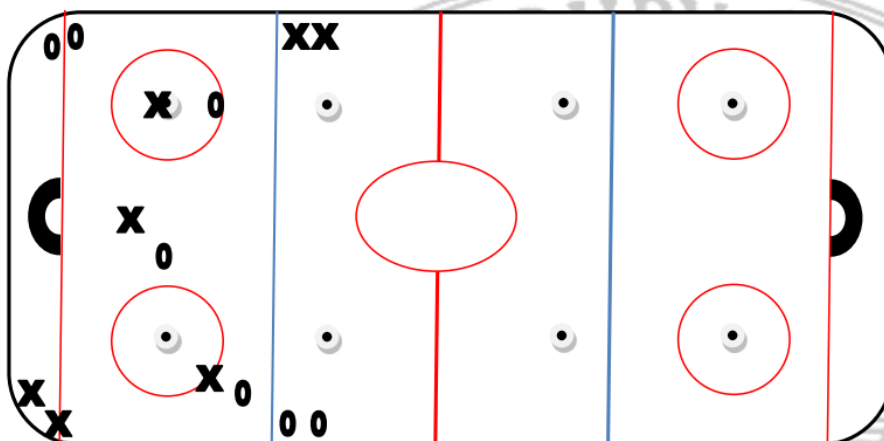
Points of emphasis: NZ regroup, NZ forechecks, communication, D joining play



- Teams play 3 v 3 in the NZ with two D-men behind each net (near the dots)
- On change of possession on defensive side of red line – team needs to regroup with their own D by passing puck back to them
 - Team now regroups with their D and attacks the other way
 - Quick up, D-D, hinge
 - One of the regrouping D can join the rush and makes it a 4 v 3
 - D can only come as far as red line – hold the red until possession is lost
- On change of possession on offensive side of red line – attack the net (no regroup)
- The defensive team uses their NZ forecheck to pressure on regroup

3 v 3 Warm-up

Points of emphasis: Puck protection, puck support, passing, stick on stick



- Keep away drill in the zone – can only pass to your teammates or back to your lines
- Players without the puck move their feet to support the puck carrier – be an outlet
- Defensively, work to identify and cover your man
 - Change of possession, keep playing but offensive and defensive roles switch
- Can move the lines back to red line (NZ) to create more space
- Can put a time limit on how long player can possess puck before passing – if doesn't pass in time, whistle and change of possession

Bobby Fox

Title : Net Circle Battle

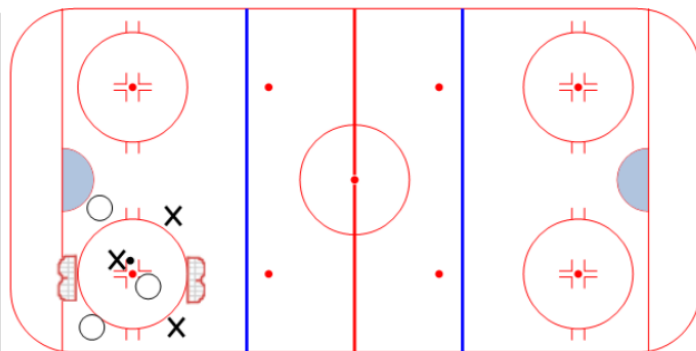
Category #1 : 1v1 Battle

Category #2 : Shooting

Description

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

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



Wade Burt

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

Categories

1 vs 1, 1 vs 2, 2 vs 3

Drill Title : 3 zone 1 vs 1

Game

Components : _____

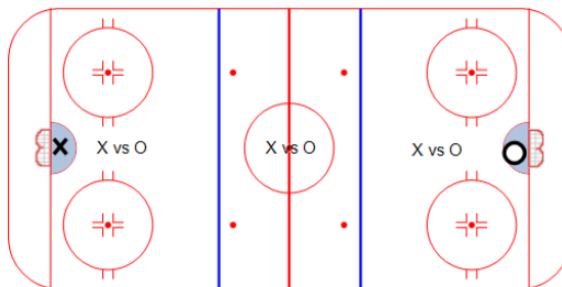
Content elements :

Description

Players start out in 3 different zones. Each zone. players can use the full ice the O's are trying to score on the X's X's are trying to score on the O's Once a puck has gone in the net, each 1 vs 1 becomes a 2 vs 2 or 1 vs 2.

Play for 30/45 sec. then have new 6 player scome out.

Key Points



Tyler Kuntz – Matt Erhart

Title : 2 v. 2 WALL BUMP TRANSITION

Category #1 : SMALL AREA GAMES

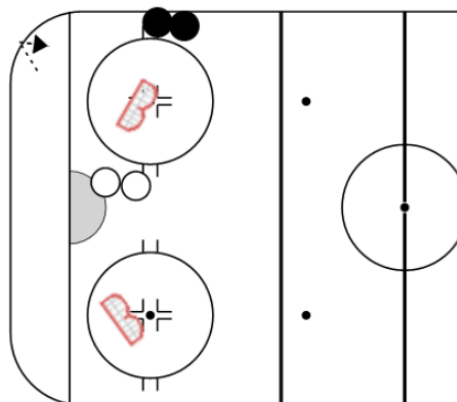
Category #2 : TRANSITION

Description

2 v. 2 at net front/corner

On transition players from defense to offense must use the wall to bump upon transition and then attack.

On whistle hard out to blue line.



Key points:

WALL PLAY

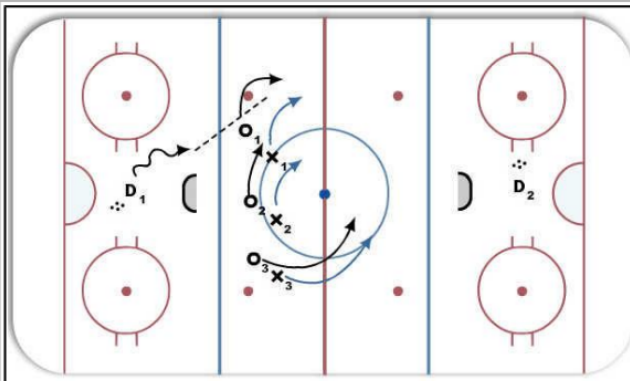
OVER SHOOT

PUCK PROTECTION

BLUE PAINT HABITS

Russel

D Activate 4-3 - 10 mins



4-3 D activate beginning with a BO before the red line. Starts the other way when puck is turned over, play is stopped and misses net.

We need quick movement and support - also gain defensive position.

Wolf

3 sets

1-0

2-1

3-2

1-0

Breakaway F.

2-1

2 linemats vs

1-0

2-2

2-1 need to

ouch Blue line

F. joins 2 Fwd

another

to make

it 3-2

Next line

goes

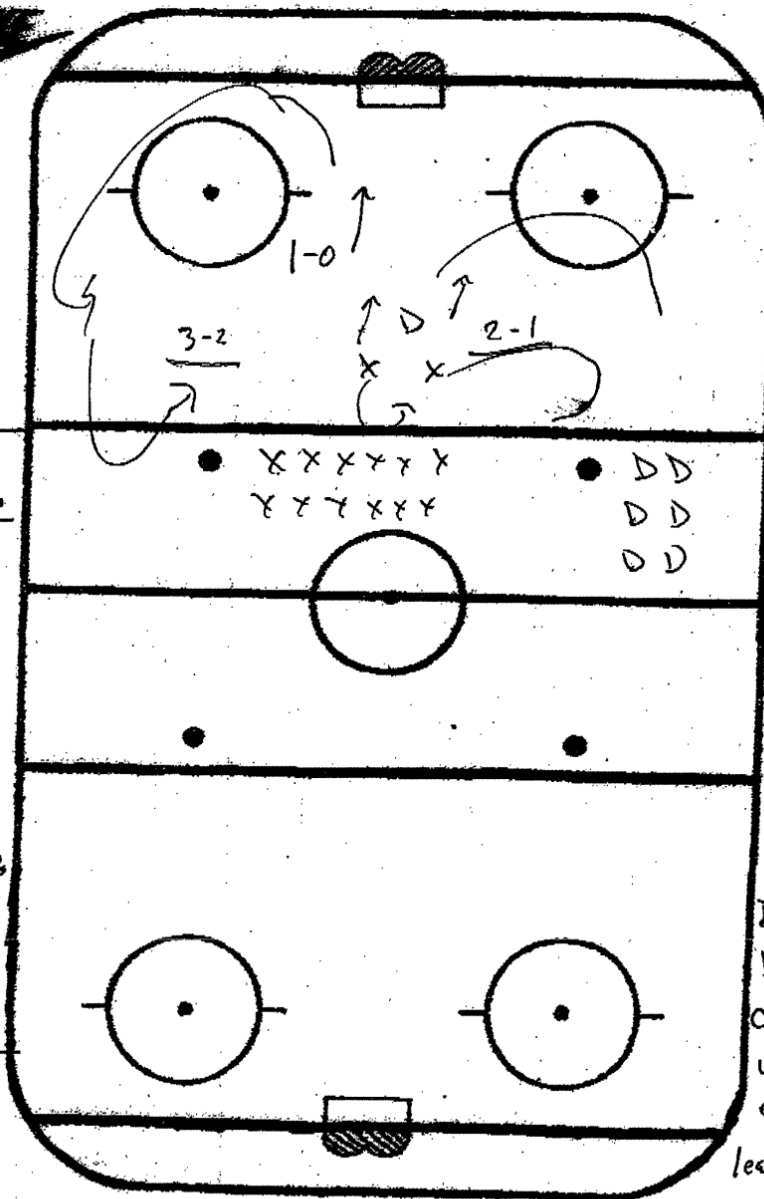
1-0

2-1

3-2

When you Go threw lines 1-4

Start @ 1 again



Fun Competit

Line vs

Line

Go threw

3 times

Each Fwd

gets a

Chance on the

1-0

line that

Scores most

Goals Wins!

Depending on

D numbers you

can Have a

winner who

ever-lets in

least amount of

Goals as a pair

Higgins

Title : 2 on 2 no passing

Start: 45 second shifts

Pucks: 8-12 minutes

Description

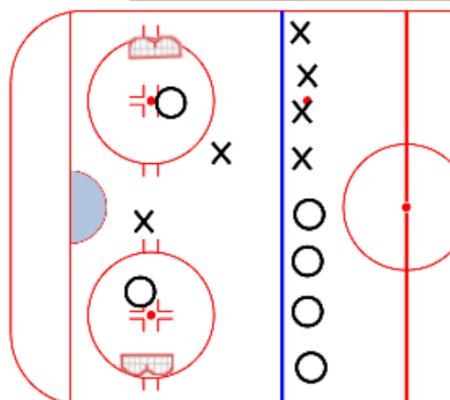
Nets are placed on face-off circles. Coach supplies pucks.

Players are not allowed to pass the puck. The puck must be carried until it is lost or a shot is attempted.

Offensive teammate must support the puck (picks, screens) and get into position to pick up a loose puck.

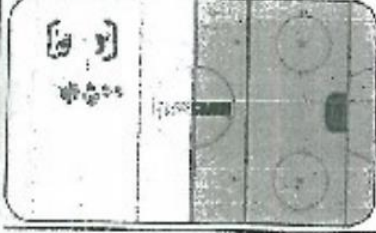
Defensive players will work to close gaps and create turnovers.

Offensive teammate must help to create space and open lanes for the puck carrier.



Cameron

7) Nick Foligno Game



DRILL OBJECTIVE: 2on2 Battle Game

KEY ELEMENTS:

ORGANIZATION: 2on2 in the circle and space behind either net with coach spotting extra pucks if need be. Players shoot on opposite net. When a pair gets scored on they must sprint down to the far end, stop and return to the goal crease, stop before jumping in to face a new pair. Play out 2on2 till the whistle. Winning team is done, losing team skates. *GOAL LINE & BACK*

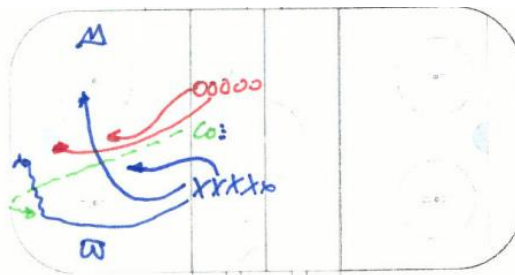
VARIATION: Losers have 10 SECS to go back AND BACK then jump into circle vs first group

GOALIE:

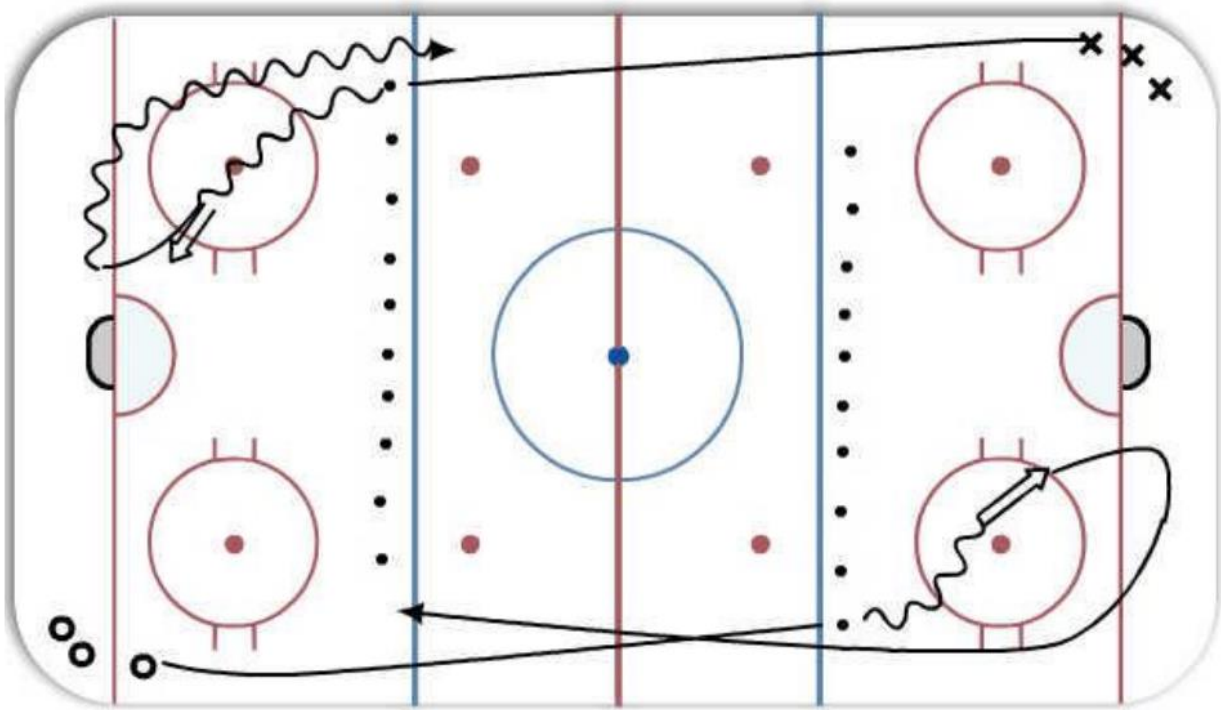
10 min.

Beddeos

DRILL: COMPETATIVE	TIME:
CHANGE ON WHISTLE	
NEW PUCK EVERY CHANGE.	
3-2 changes w/ every whistle	
1st X's then O's and repeat	



Wilson



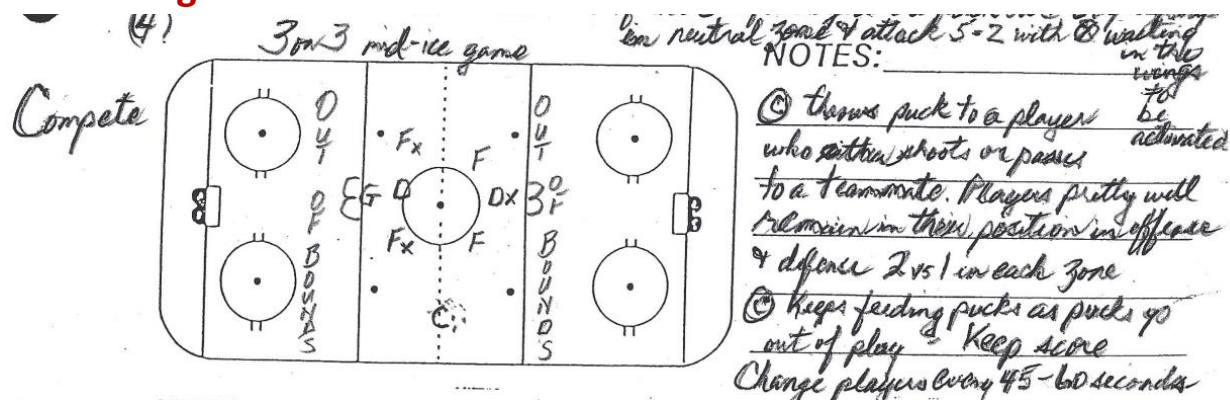
10 PUCK SHOOT OUT

PLAYERS SPLIT INTO TWO CORNERS

10 PUCKS ARE PLACED ON EACH BLUE-LINE. ONE PLAYER FROM EACH CORNER SKATES TO THE FAR BLUE-LINE, PICKS UP A PUCK AND TRIES TO SCORE. IF A GOAL IS SCORED, HE RACES BACK TO THE NEAR BLUE-LINE BEFORE THE NEXT PLAYER GOES. IF HE MISSES, HE COLLECTS THE REBOUND AND SKATES IT BACK TO THE NEAR BLUE-LINE AND PASSES TO THE NEXT IN LINE PLAYER.

THE FIRST TEAM TO SCORE WITH ALL TEN PUCKS WINS!

Bill Burlington

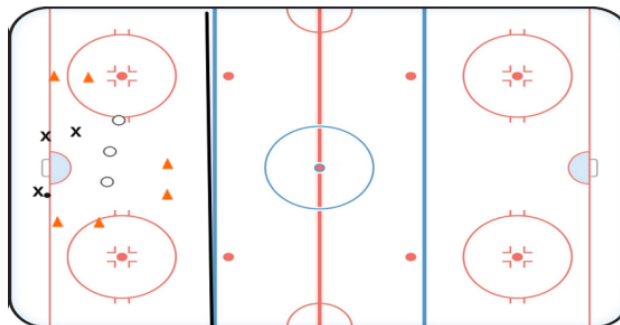


Decosse

Gate Game

- In NZ+DZ set up three "gates" that the puck carriers are attempting to pass through - cannot repeat the same gate twice
- 30 second shifts on whistle

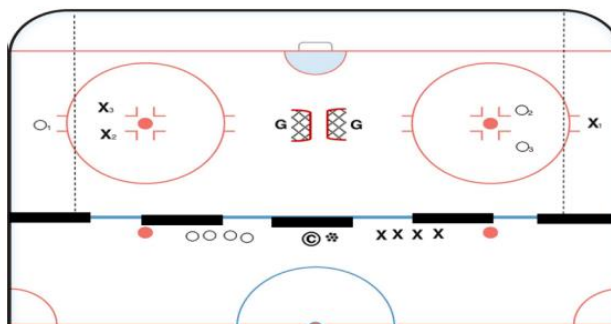
**Quick puck movement. Players off the puck must be sure to work to get into a good position to receive a pass. COMMUNICATE



Urgency

- Nets in one zone back to back
- X1 and O1 start with a puck - on the whistle, Xs and Os attack puck carriers who cannot leave small designated area. Once the forecheckers get the puck they attempt to score on net in front of them.

1. Angling
2. Physical
3. Transition
4. Puck Protection
5. Pressure



Jackson

Competitive Game

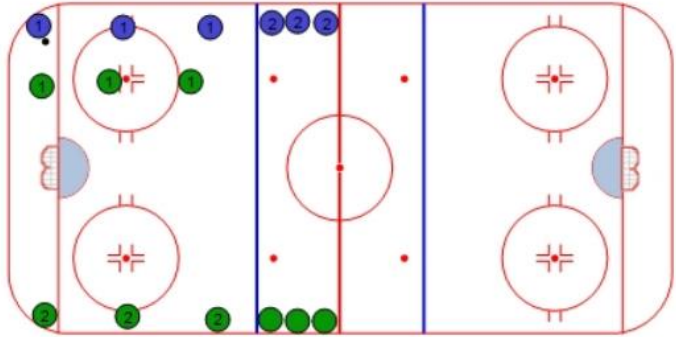
Title : 3v3 transition game

Content elements: Competitive Game

Components :

Description

Blue 1s have the puck and they try to attack the goal, Green 1s defend Blue 1s from scoring. If the Green 1s gain possession they pass it to the Green 2s who are waiting on the far wall. The Green 1s are out, the Green 2s attack the Blue 1s who, now, transition to defense. Blue 2s slide down the wall to get ready to receive the pass from Blue 1s on defense... game continues.



Howden

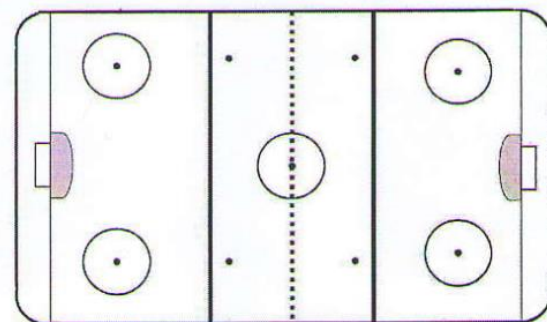
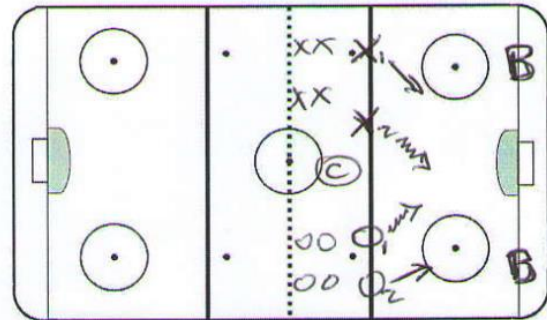
#4) Competitive Game

Set Up: both nets one end

- O's vs. X's

→ 1-1 (X2) ⇒ 2-2

- X₂ (with puck) vs. O₂
- O₁ (with puck) vs. X₁
- battle 1-1 till goal(s) scored;
1st player to score then joins
teammate to go 2-2
- © controls whistle
- * keep score → winners watch
losers do pushups, etc



Pelino

OPTIONS: Fwds can swing and cross or
RW and LW can tight turn towards boards.

4. 'CRASH THE CREASE 3-3'

Puck spotted just outside top of crease. 3X's on defence, 3O's on offence. On whistle, O's try to get to puck while X's box out. X's cannot touch puck until O's do. Continue 3 on 3 until X's get the puck out of zone with control. Now O's go on defence and 3 new X's go on offence.

QUOTE: *To play a wrong note is insignificant; to play without passion is inexcusable.*
Ludwig van Beethoven

BOOK: *Legacy - What the All Blacks Can Teach Us About the Business of Life.* James Kerr



CRASH
THE
CREASE

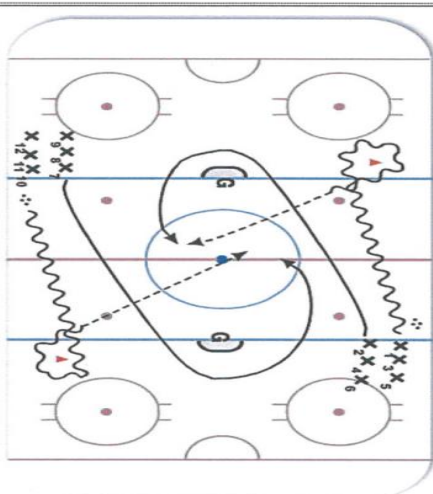
CAN DO BOTH ENDS

IF ENOUGH PLAYERS

OR

3-3 one end / 2-2 other

Key Points: 2 teams 2 on 0 race to score



Drill Title: 2 on 0 Mid Ice Pass and Battle drill - COPY

Small game/competition. On the whistle players on the wall leave with a puck out of both ends. They skate to the pylon and curl around the pylon towards the wall. Meanwhile the other player skates hard around the net and gets ready to receive a pass. players play 2 on 0 until someone on each side scores. Play game to 5, 7, or 10 depending on time.

Lundh

Jim Midgley

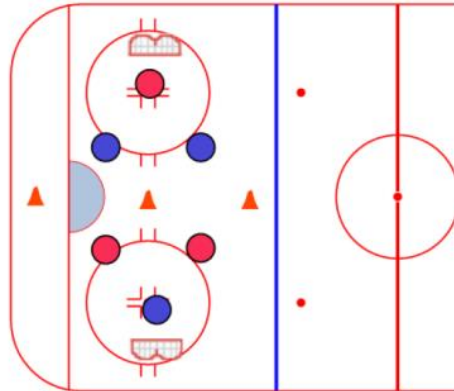
Title : 2v1 x2 Half Ice

Category #1 : Competitive

Category #2 : 2 on 2

Description

3 cones line from boards to blue line. Players cannot cross cones. 1 PUCK.
2 BLUE attacking 1 RED in one half, vice versa in other half. One player in each color is playing D. Their goal is to get the puck and send it back to the other players in their color on the other side of cones.
Promote good support offensively.



Key points:

Kai Katajalehto

Drill Title : A Game To Develop Competitiveness

Components :

Content elements : hyökkäys-/puolustusvalmius

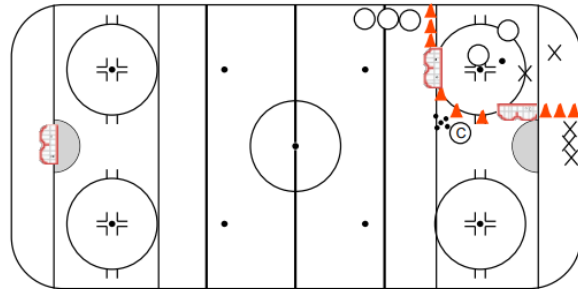
Description

2vs2

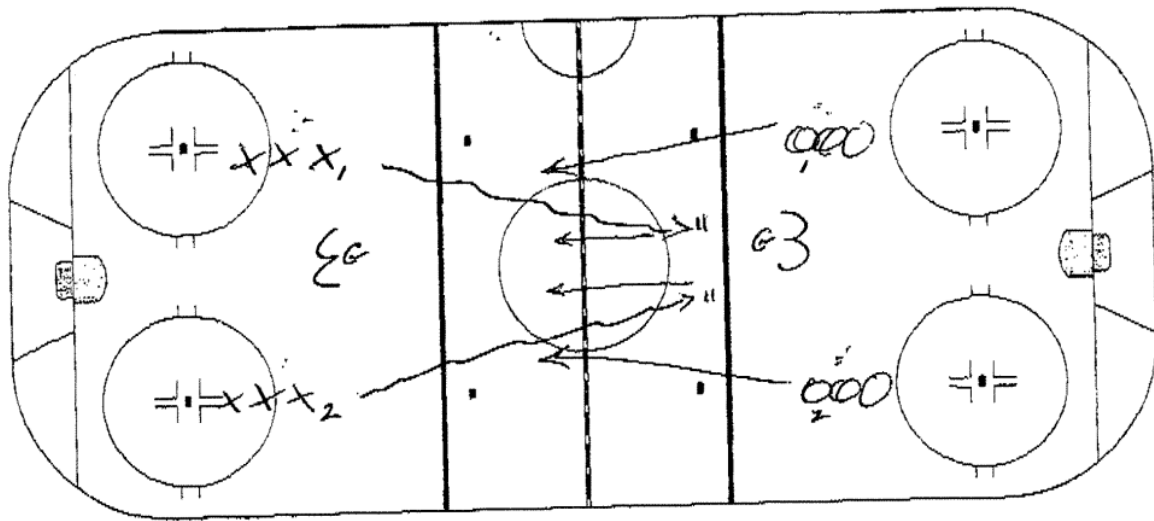
Teams can score to both nets
short shifts

tight gap and marking, read and react
your playing role

Key Points



Danny Flynn



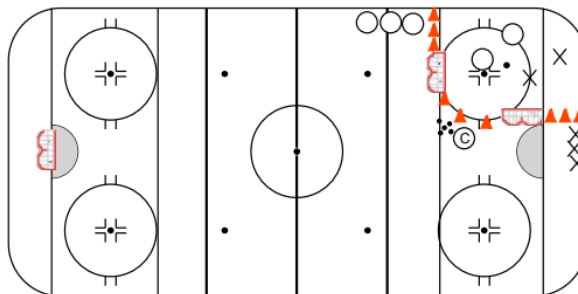
BUFFALO 2V0

- nets 15 ft. inside B/ line
- 4 lines even with nets. in line with F/O dots
- X1, X2 go 2V0 hard to net
- * NO passes below BLUE LINE
- whistle... O1, O2 attack 2V0 other way / X1, X2 stop at net
- net : Bk back to net
- * condenses on whistle...
- * 5 min game...
- * drive net : stop at net - allowed 1 rebound chance
- * secret bag skate
- * scoring touch in light

Kai Katajalehto

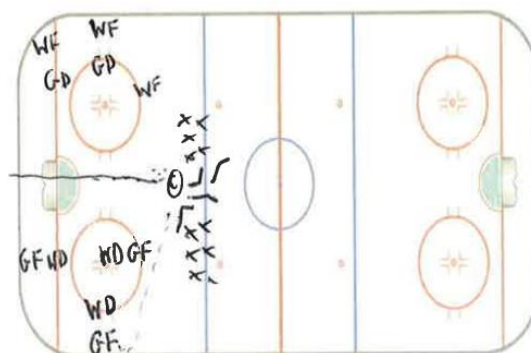
Content elements : hyökkäys-/puolustusvalmius

Description	Key Points
2vs2 Teams can score to both nets short shifts	
tight gap and marking, read and react your playing role	

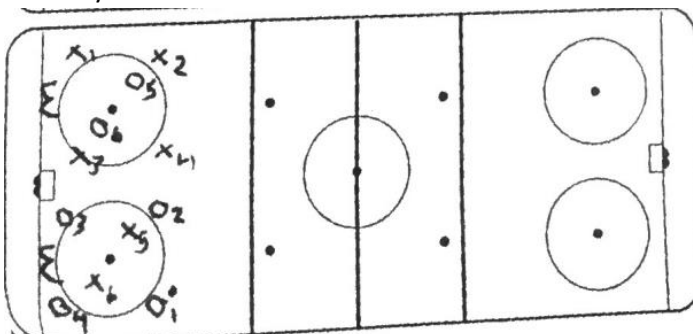


Jamie Poole

TIME: _____ DRILL: **SPEED CYCLE**
 GF line attack WD + (1) WF 3 v 3 in corner
 (Top of circles to far post). Defenders don't have
 sticks... 10-15 seconds
 → Switch corners with (1) of Green Fwd attackers
 throwing stick outside zone + defends w/ GD in
 other corner
 → keep it moving quick w/ 4 F lines + 4 D pairs
 → Offensively = Attack seams
 → Defensively = Communication + keep D side position



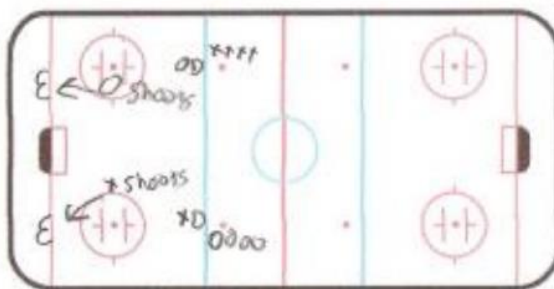
Anthony



5.4 vs 2 pp game

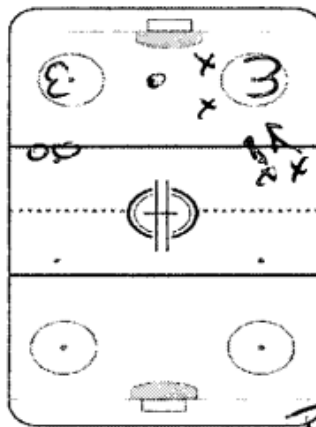
- set up two nets at bottom of the circles.
 There are 6 players on each team. 4 members
 are trying to score while 2 members are
 defending. The defenders must get the
 puck to their offensive teammates at
 the other circle. First team to two
 goals wins.

Stephen Brown



Point Shot Small Area Game

- 3 v 3 in zone + point man
 - @ dumps puck and teams
 work to gain possession
 - Work puck to point and
 get traffic in front
 - 45 Sec shifts



REDWING 2v0

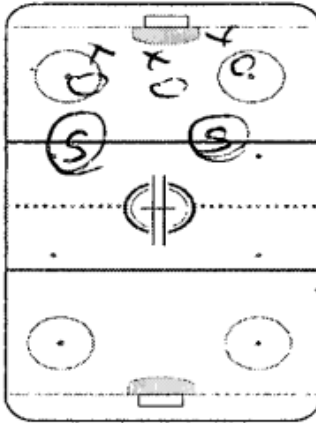
2x's go 2v0

2o's go 2v0

whoever scores
1st gets the ~~FREE~~

middle puck
to score again.

if score 2nd DEFEND
OTHER END

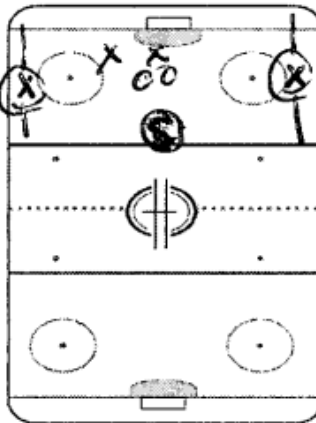


3v3 WALL OFF

⑤ shooters one
shot tip only

x's must beat
o's score

Defend drill/Box
out



2v2 WALL OFF

④'s are breakout
options for Def

x's on def must
wall off on
pt shot (tie up)

O's try to score

Shooter @ top can
not pass.

Shoot or high
tip only

Petraglia

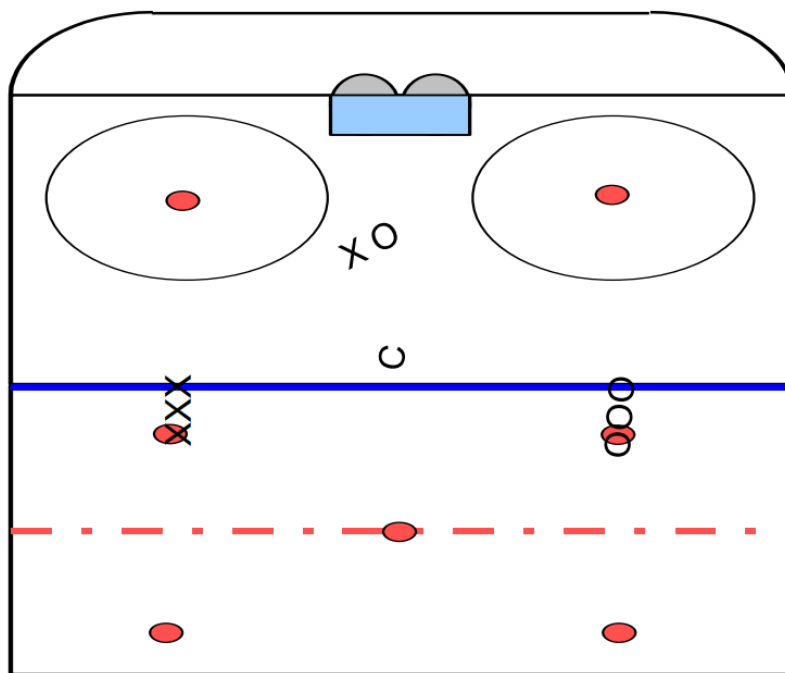
Add on Game

Small Games

•Out Number game

- Drill begins 1v1
- Coach dumps a puck, players battle.
- A player can be added by passing to their line.
- Teams can have up to three players in the game per team

- It can be a 3v1, 3v2 or 3v3



Jared Crooks

Runs	3 on 1 x 2	Key Points
1.	Coaches manage pucks	
2.	On the whistle, each coach gives a puck to the offensive team on their side	
3.	Teams race to score their puck, while one defensive player prevents goals	
4.	If puck leaves zone, coach dishes another	
5.	Whistle on 1st goal. New players sub in	

Chiasson

Title : 2v2 Net Battles

Category #1 : Competitive

Category #2 : Battles

Description

- F1 pass to D3 for shot, get to net for 1v1 net battle with D1.
- F2 pass to D4 for shot, get to net for 2v2 net battle with F1 vs. D1 and D2.
- D3 and D4 pull out, Coach spots puck in NZ, D3 and D4 regroup with F1 and F2, who go 2v2 on D1 and D2 who has maintained gap.
- D3 and D4 hustle into far Dzone to start drill again with F3 and F4.
- 2 new D hop out on blue line.



Clark

Title : Livers' 2on2 Olympic Content elements: Components :

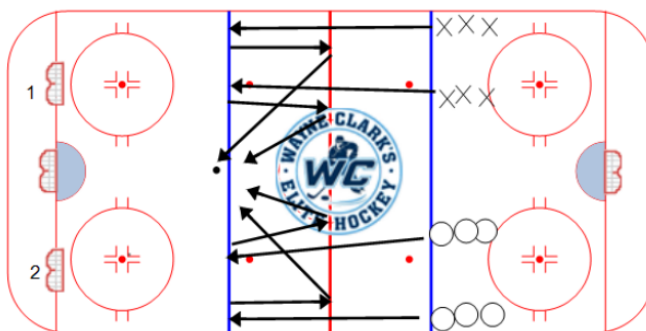
Description

Xs and Os skate to blue, back to centre then after puck. RACE.

2on2. Xs try to score on Net #2. Os try and score on Net #1.

Goalies can leave their net to create 3on2 (as a passer, shooter...)

-Whistle, next group start, original group have to sprint to goal line. Add in rewards...consequences.



Key Points :

Skate

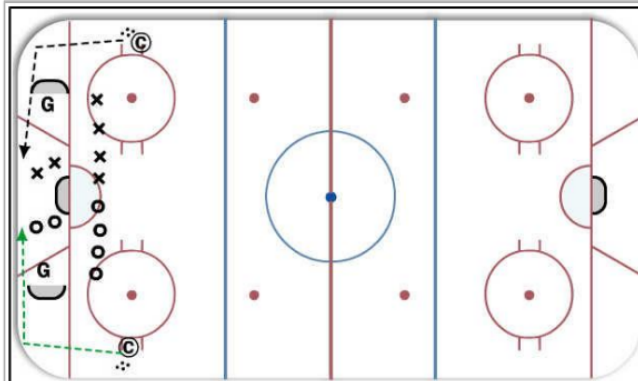
Compete

Score

Gs Activate

Gordon Burnett

2v2 Wall battles - 10 mins

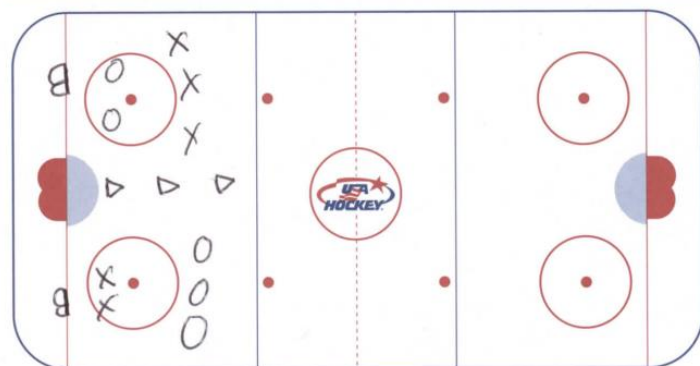


2v2 Wall Battles:

- On whistle Co rims puck on yellow,
- 2X and 2O battle 2v2 trying to score.
- if puck squirts out of playing area Co blows another whistle and other Co rims puck in from other side.
- Let it go for 30 seconds
- Keep score
- guys in line help keep pucks in playing area

Key Points: , Battle

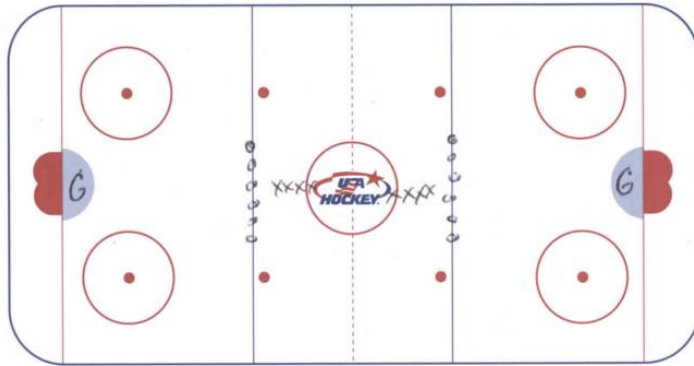
Josh Glionna



Description divide ice in half with cones vertically. On both side set up a 3v2. X's on both sides are working together. O's on both sides are working together. extra players on blue line to keep puck in. both nets are on goal line.

Notes/Systems

Vertical 3v2



Notes/Systems 6 puck game

Description Set up 6 pucks on each blue line. Players on both sides go on breakaways. each side must play the same puck until they score. First team to score all six pucks win the game. The game is continuous.