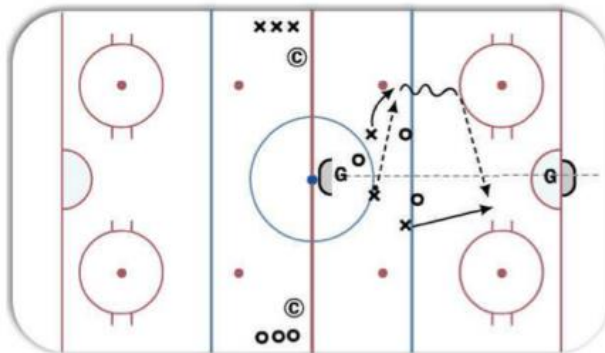


Games from Drill of the Week Club – 2016-17

Kyle MacLennan

Drill Title: Small Area Game - Royal Line (1 Diagram)



-3v3 Small Game Set up as shown, with the rink reduced to half ice and a imaginary line drawn down the middle (royal line/road). Players are trying to score in their designated nets.
-When on offence, the puck **MUST** be passed across or carried across, the royal line, before the offence can score.

-The objective of the game is to try and get players to understand how important support and play on the weak side of the ice is. The importance of changing the point of attack, for better opportunity and to make the defenders and goaltender change their positioning/shape.

-Play 30 to 45 seconds and then switch lines.

Key Points: , Transition , Puck Support , Changing Side/Point of Attack , Communication , Support , Awareness

Henry

DRILL: 2vs2 WALL GAME	COACH: Dump Pucks in AS NETS	TIME: 10 MIN
GOAL/PURPOSE: INTENSE CLOSE RANGE SHOTS / MORE PUCKS	WORK/REST RATIO: 1/4	
<p>2vs2 in small area. Nets on blue line. -coach adds pucks as needed. Make sure to set up on side with glass. -creates quick hands and support. -good puck protect and find small pass lanes. -quick release shots -goalies get quick shots from anywhere and also move pucks to team mates. -30-40 sec then change all 4 players.</p>		

Inferno Breakout Options

<https://youtu.be/hPzeJ04XzoU>

Attack Triangle and 5 Player Attack

https://youtu.be/eVxF4i_GJe0

Defensive Zone Coverage

<https://youtu.be/BAOb1l-lqoE>

Inferno Forecheck

<https://youtu.be/nHMn9N9zcYQ>

Compton

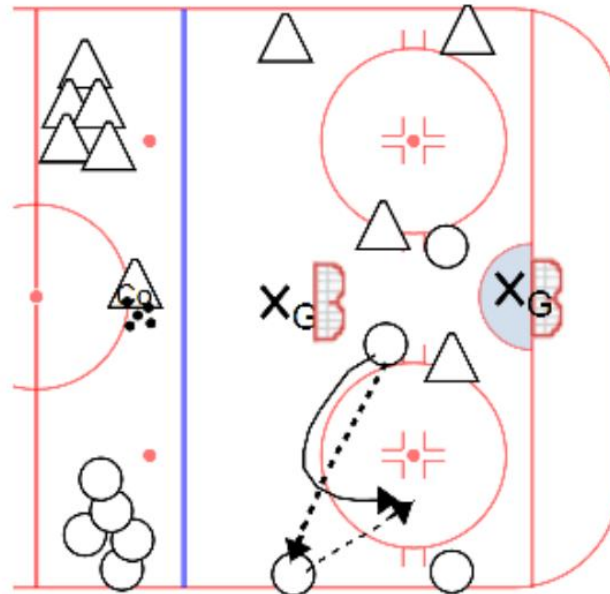
Category #1 : GAMES

Category #2 : COMPETE

Title : Deitrich 4v2v4 PP

Content elements: puck movement speed

Components : Attack Support



Key Points :

support

communicate

anticipate

score

Description

2 v2 in middle of ice

Each team has 2 players who must stay on wall and can only handle puck for 1.0s before pass

Before a team is allowed to shoot they must tag in with either of their wall players...and must

they regain possession

Any player on possession team can shoot on either net

Move pucks immediately

Communicate

Get open in ready to score/support position

Bobby Fox

Title : Quick Break 2v2 Game

Category #1 :

One Zone Game

Category #2 :

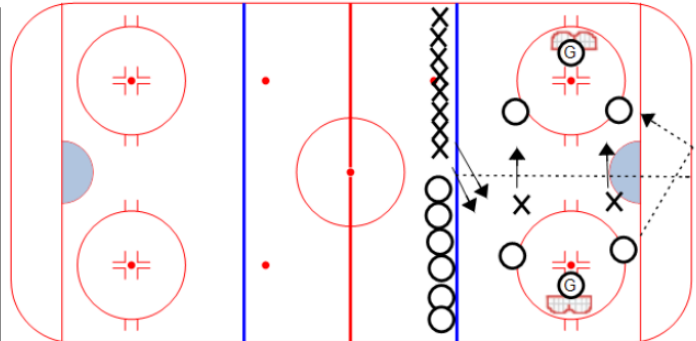
2v2 w/Transition

Description

Start 2v2, as soon as O's clear puck across imaginary halfway line, X's start backchecking and continue 2v2 with new O players.

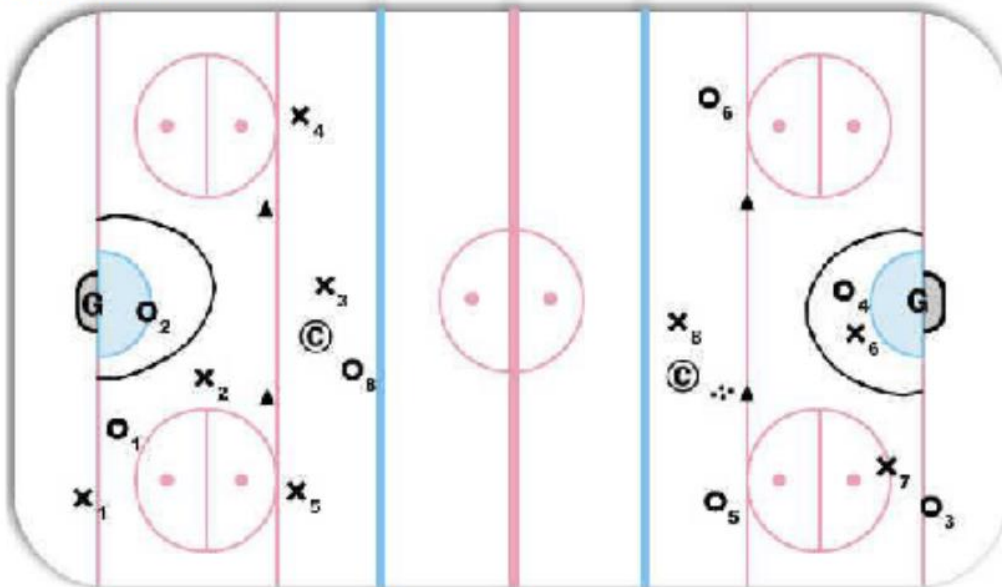
Meanwhile, new X's set up on the other side and wait for transition.

Play up to 5 goals.



Peter Murphy

2 on 2 Battle



Description

Players split evenly in both ends.

2 Def and 2 Fwds line up on ringette Line (all players will defend and attack)

Coach dumps a puck in 2 fwds and Def battle for possession. Fwds can't score from outside the box. They have to either pass into the box, or shoot for a rebound and the player in the box can score. Players do not have to be in the box except to score.

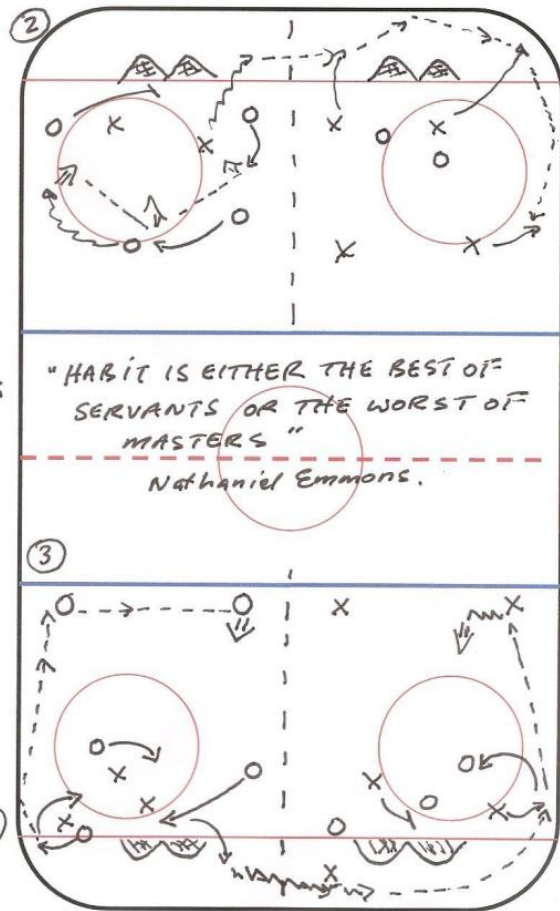
Defense need to gain possession and make a pass to their partner who then must pass to a player who is set up in a breakout position above the ringette line. After goal or successful clearing players switch.

30 sec max time

Key Points: Dmen -, Stick on Puck, Body Position, Front of net presence., , Fwd -, Move to Open Spaces, Shoot for rebound, puck control with body.

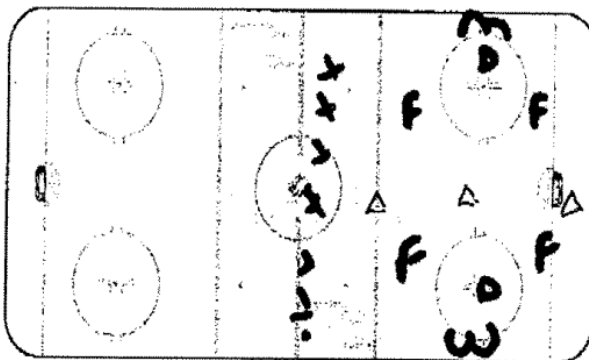
Paul Heavy

- 5 MINS IN EACH ZONE.
I.E. OZ, NZ (OTH & OTH) DZ.
PLAYERS MUST NOT LEAVE THEIR ZONE !!
- Puck HAS TO BE PASSED FROM
DZ → NZ → OZ BEFORE
SHOOTING ON NET. CAN WORK
WITH VARIOUS RULES I.E
2 PASSES IN EACH ZONE BEFORE
PASSING TO NEXT ZONE OR SHOOTING
FORCES SKILL, Puck PROTECTION
ETC. • DEPENDING AT Puck.
• " AWAY FROM Puck.
• OFFENCE WITH Puck.
• OFFENCE WITHOUT Puck.
- ② 4 on 2 SPLIT ICE GAME.
O'S V X'S ON ONE SIDE X'S V O'S ON
OTHER SIDE.
- JUST TOO MANY PP & PK SKILLS
TO MENTION.
- ③ POINT SHOT JOKER GAME. (2 NETS)
- 2-2, 3-3 IN ZONE WITH
SHOTS FROM POINT. CAN PLAY
(i) 3-3 FULL END ZONE WHERE
O'S DEFEND ANET & X'S DEFEND
A NET. ON POSSESSION Puck GOES
TO THE POINT OF THE NET YOU ARE
ATTACKING.
(ii) 3-3 IN EACH 1/2 ZONE WITH
PASSES ACROSS ZONE.



- POINT SKILLS !!
• NET PRESENCE - SCREENS, TIPS
ETC.
• NET COVERAGE - BLOCK OUT ETC.
• SELKS FRONTING,
• REBOUNDS
• LOOSE Puck RECOVERY
• ETC !!

Chasson



Drill Name:
Time: 2 vs 1 Small AREA
→ CANT CROSS THE "PLYONS"
→ O HAS to GET the
Puck to OPPOSITE "FWDs."
PLAY FOR 30 SEC +
CHANGED.

Poole

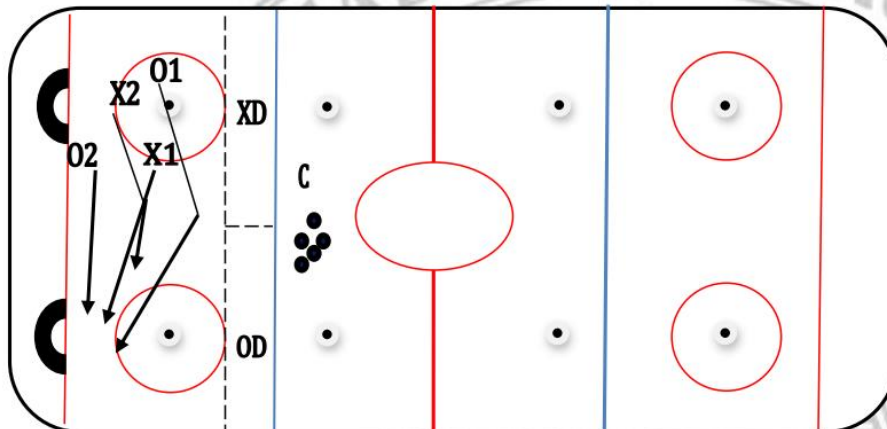
COMPETITION
TIME: _____ DRILL: 33 CIRCLE GAME

- 3 WHITE vs 3 BLUE
- PLAYERS IN CIRCLE MUST STAY IN THEIR HALF OF CIRCLE
- PLAYERS OUTSIDE CIRCLE MUST KEEP FEET OUTSIDE CIRCLE
- STICKS CAN GO INTO OTHER PLAYERS ZONES
- 30 SECOND SHIFTS... (C) READY w/ NEW PUCKS
- CAN BRING PLAYERS 3-SECOND RULE TO SHUT ON PASS (OPTIONAL)
- OFFENSIVELY: GOOD FOR PASSING, FINISHING, STICK POSITIONING SKILLS
- DEFENSIVELY: GOOD FOR SHUTTING DOWN PASSING LANES, ACTIVE STICKS

Will

2v2 Net Front

Points of emphasis: Puck protection, puck support, getting to net front, shooting with a purpose, defending low/net front

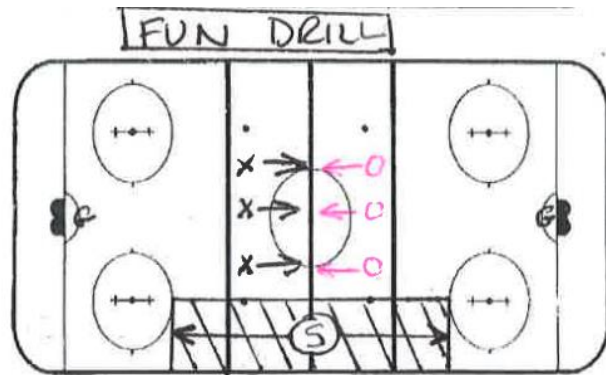


- The drill begins with Coach chipping puck into zone
- X's and O's battle for possession and are looking to make a pass to their supporting D-man (XD)
- X1 and X2 get to net front for tip/screen/outlet with XD looking for shot lanes and sticks
- O1 and O2 defend until they are able to get possession of puck. When they do, they pass to OD and get to the other net front. X1 and X2 defending
- Both D need to stay inside of their box

Fridgen

• 3x3 Game •
Support man (S) plays for both teams. MUST STAY in restricted area. HE CAN SHOOT.

Full Ice



Beddos

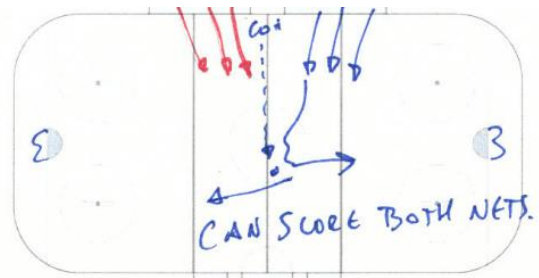
DRILL: 3v3 or 4v4 Full-Ice TIME:

→ CHANGE ON WHISTLE / New Puck Every Change.

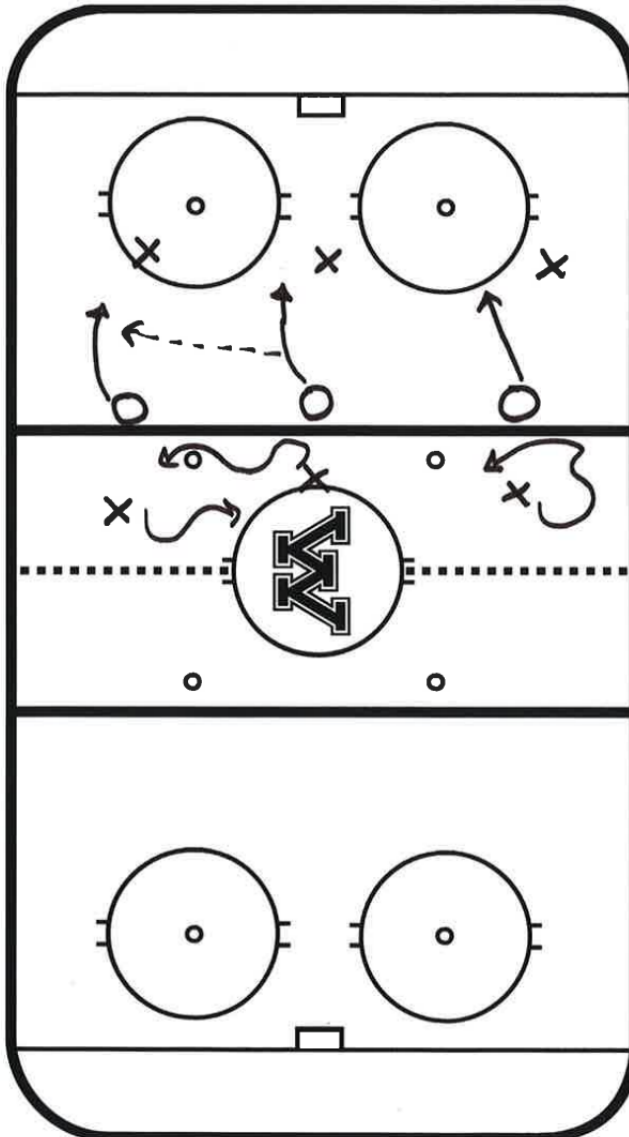
→ Full-Ice / CAN SCORE BOTH NETS.

* 360° VIEW OF ICE *

* MANY SCORING OPPORTUNITIES *



Buffs 3v3 Game SMALL GAMES



- Three X's start on defense.
- Three O's start on offense.
- The three O's are trying to score and if they score they get a new puck.
- The three X's are trying to break the puck out to their teammates skating around in the Neutral Zone.
- Once a defensive team makes a pass to their teammates, they are done and leave the zone.
- The three new offensive players now attack the three defenders who transitioned to D to play 3v3.
- Emphasize MLD on entries with puck support, breakouts, forechecking, attacking the net.



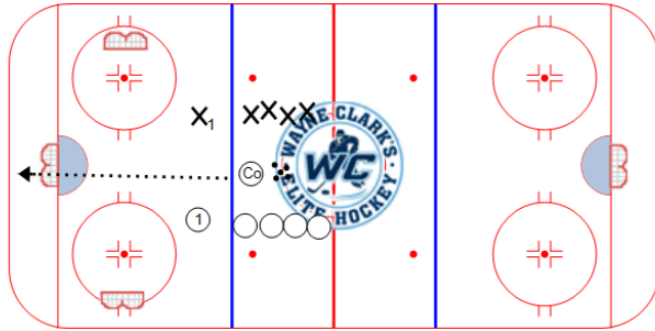
Wayne Clark

Title : Progressive 3on3 Content elements: _____ Components : _____

Description

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

Abstract: 1on1, 2on2, 3on3...



Key Points :

Battle - Support

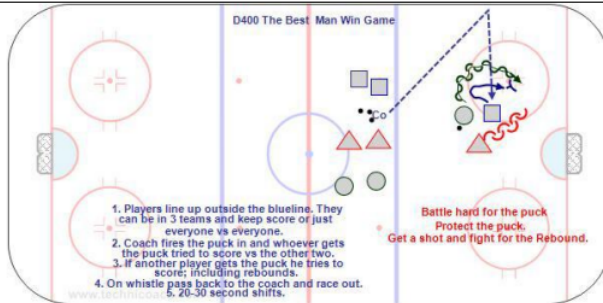
Communicate

Identify

Eliminate

Title : CRIMSON SKATE Content elements: Conditioning & Culture Components : _____

Tom Molloy



4) A drill or game to develop Competitiveness.

D400 Best Player Wins the Game 1 on 1 on 1

Key Points:

- Battle hard for the puck.
- Protect the puck.
- Get a shot and fight for the Rebound.

Description:

1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone.
2. Coach fires the puck in and whoever gets the puck tried to score vs the other two.
3. If another player gets the puck he tries to score; including rebounds.
4. On whistle pass back to the coach and race out.
5. 20-30 second shifts.