

Games from Drill of the Week Club – 2017-18

Colville

Practice No. _____ Date: _____ Theme: _____

Time: _____ Drill Name: **4v4 RUSHES SMALL AREA GAME**

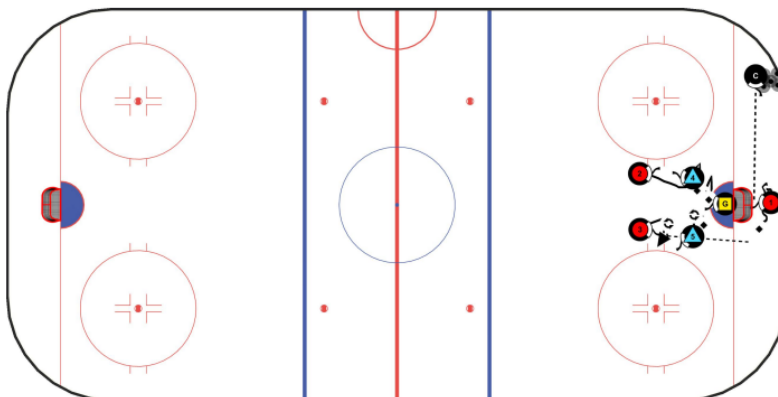
Duration: **XXXX** (mins.) **00000**

- NETS UP TO TOPS OF CIRCLES IN EACH END
- 4 FROM EACH TEAM COME OFF BENCH FOR EACH 40-60 SECOND SHIFT. NO CHANGING ON FLY
- COACHES HAVE PUCKS ON OPPOSITE BLUES.
- THE IDEA IS A FAST PACED, 4v4 GAME WHERE TEAMS TRADE RUSHES. SO, HOPEFULLY, LOTS OF 2v1, 2v2, 3v2, 3v3, 4v4, ETC.
- ANY PUCKS GOING PAST NET ARE OUT OF BOUNDS + COACH AT THAT KEY TEACHING POINTS (KTP) END SENDS NEW PUCK IN.
- ANY CHANGE OF POSSESSION MUST BE PASSED TO A COACH BEFORE ATTACK

Key Execution Points (KEP)

Larry Huras

1 - AG GRETZKY 3:2



TIME: 10

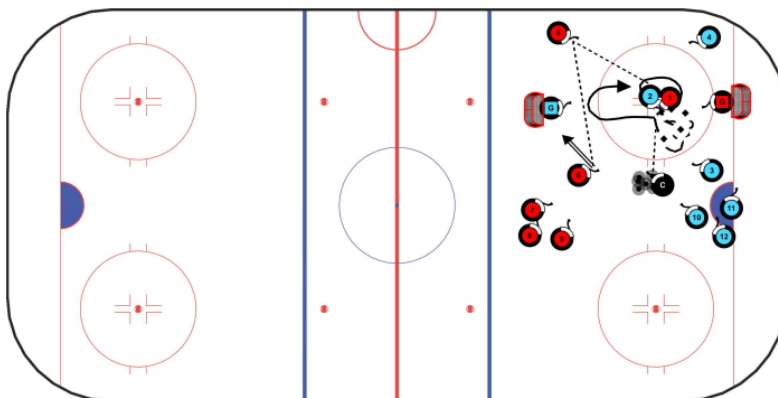
DESCRIPTION:

-3 pucks. First 2 pucks «Gretzky» has to play the puck from behind the goal line with a 2:2 in front of the net.
With the 3rd puck it's a full 3:2.

KEYPOINTS:

Offense: Create and find open ice to get open and to get shots through.
Defense: Head on a swivel, stick positioning/passing lanes, take away ice/time from the offensive players and win inside body position

2 - AG HAND GRENADE



TIME: 10

DESCRIPTION:

-3 players on each team who can score, 1 on 1 battle for possession in the middle and two stationary passers/shooters on each team on the sides.
-Coach chips in pucks to start and when the puck goes in the net or out of play.
-Change players either on set number of goals or after xxseconds.

KEYPOINTS:

-Stick and body battle to gain possession and protect/win back puck.
-Body position and stick position ready to shoot/score.
-Quick Puck movement and use open passing lanes.

Russel

Title : 4-2 All out scoring

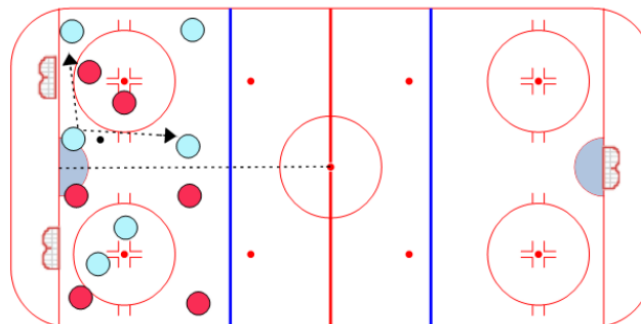
Content elements:

Components :

Description

Players play 4 v 2 on one side. Objective is to score as many times as they can. Coach keeps providing pucks until defensive team either clears the zone or gets the puck over to their team on the other side. Drill is continuous.

Alternate players between defensive role and offensive role.



Key Points :

Offensive Support

Quality Passes

Shooting off Pass

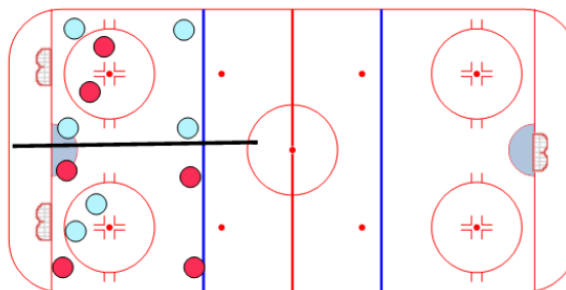
Screen/Rebounds

Title : All out scoring 4v2

Key Points : Small area, less time, make fast decisions

Players play 4 v 2 on one side. Objective is to score as many times as they can. Coach keeps providing pucks until defensive team either clears the zone or gets the puck over to their team on the other side. Drill is continuous.

Alternate players between defensive role and offensive role.



Title : 5v5 IZ retouch

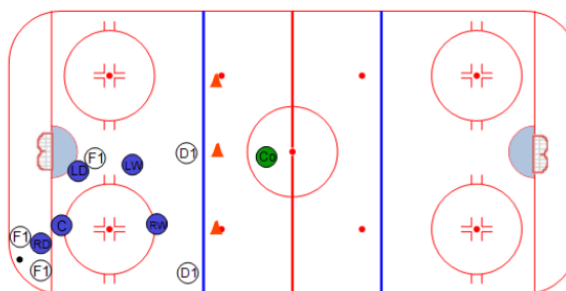
Key Points : Communicate Low F

5v5 IZ. On Whistle D team retouches around cones.

D team has to sort out coverage on 2nd puck.

You can force offence to start off different areas/situations - Behind net, East West play, Low to High play or make carry up wall to work on Hybrid

Off-Def-Out



James Poole

Title : Gretzky NZ 2v2

Category #1 :

SAG

Category #2 :

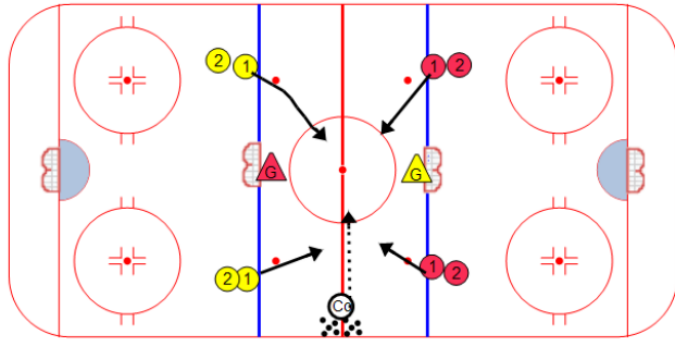
Competitive Game

Description

NZ 2v2 Game

- On Whistle coach spots puck, 1 player from each line enters into NZ.
- Each team is shooting on net at same end as their lines
- Each team also has option to use stationary teammates (Gretzky = behind blue-line & dots or wider) on each side of net.

- Offensively = support in open ice or go hard to net
- Defensively = head on swivel, keep D-side, good sticks



Key points :

H.O.S / D-side / Sticks

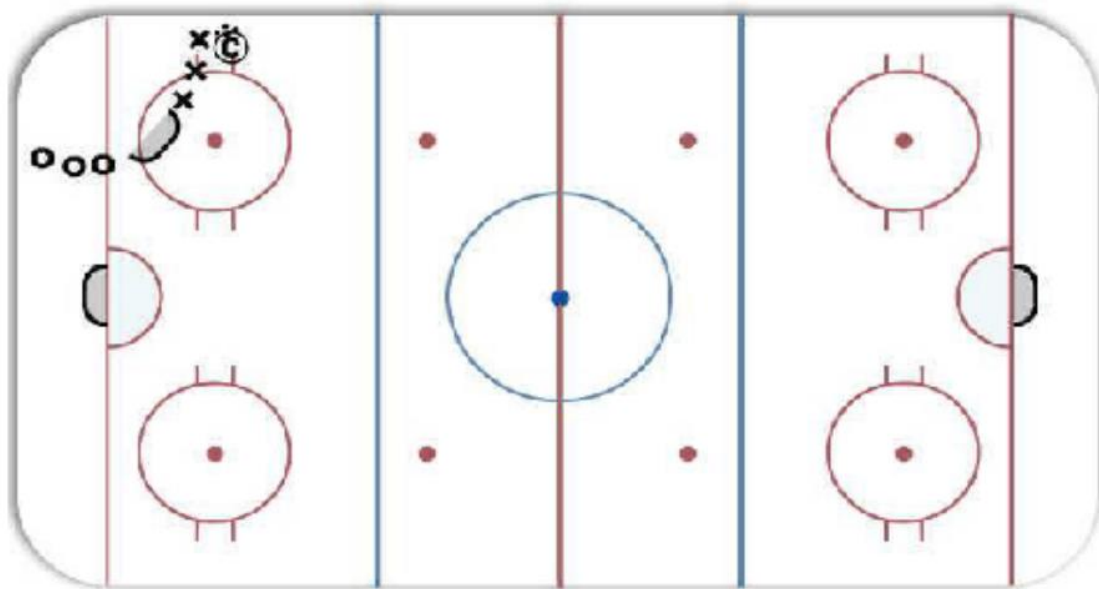
Support in open ice

Net front tactics

Quick attacks D20

Katie Mora

Thunderdome



Description

2 players (x/o) battle for puck in the dome - both can score
Players on outside keep puck in
C will add new puck if player scores or puck gets cleared

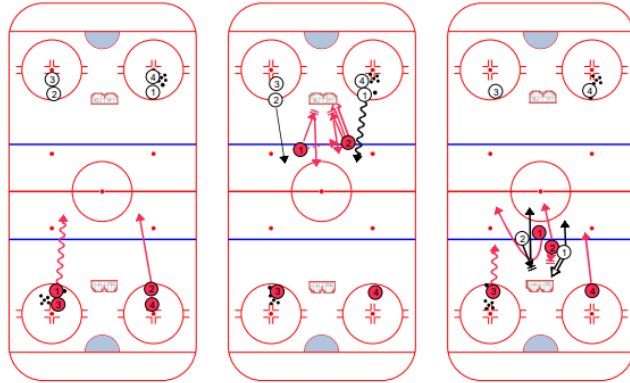
Tags: Body position, Stick on Puck, Quick release

Katajalehto

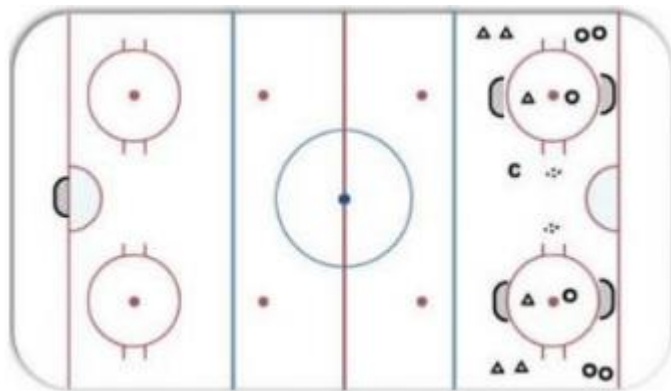
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : team play drill Category #1 : _____ Category #2 : _____

Quick Transition 2-0 to 4-4

- starts 2vs0 and try to score from the rush
- Stop in front of the net and cues ○ start the rush
- backchecks
- play up to 4vs4 and let play continue until the whistle
- and ○ starts 2vs0



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : 1v1 Deke break away Category #1 : _____ Category #2 : _____



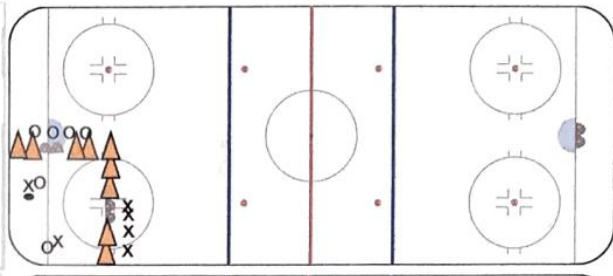
Lund - Sweden

Jim Midley

2-2 Corner

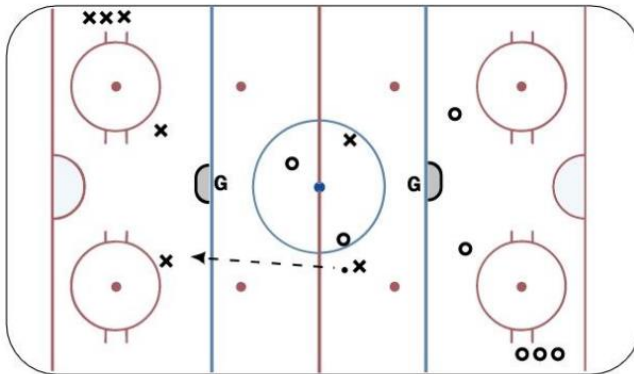
8:00 - 8:10

- Xs score on one side while Os score on the other
- Focuses on supporting quickly and reading and reacting



Kyle MacLellan

Drill Title: Small Area Game: 2 Below The Goal (1 Diagram)



-Game played 4v4 in small area
-30 to 40 second shifts

Rules:

- 2 players must remain "below their offensive goal line" at all times
- On transition/gain of possession, offensive team must pass puck below the goal line at least once
- Players below the goal line can come above, and walk out, but only if they are being replaced by another offensive player on an exchange, thus maintaining 2 players below the goal line

Scoring:

- Regular Goal = 1 pt.
- One Timer = 2 pts.
- Below Goal Line East to West Pass to One Timer = 3 pts.

Key Points: , Create O from Below Goalline , Passing/Receiving , Communication , Support , Constant Movement

Josh Glionna

Smith

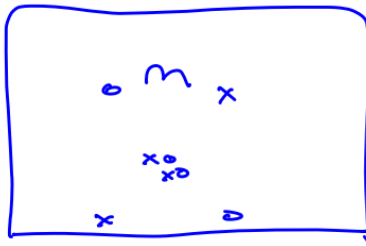
Power Play Urgency Scoring

Divide the zone up as shown. Place nets on pegs and draw a crease for the goalies. 1 player from each team must stay behind their own goal line. That player ends up serving as the Power Play "QB" for the team with possession. All players can shoot or pass. When a goalie covers the puck, his QB gets it. When a team scores, their QB gets the new puck. 1 Minute games.



Smith

Small game



2v2 in zone

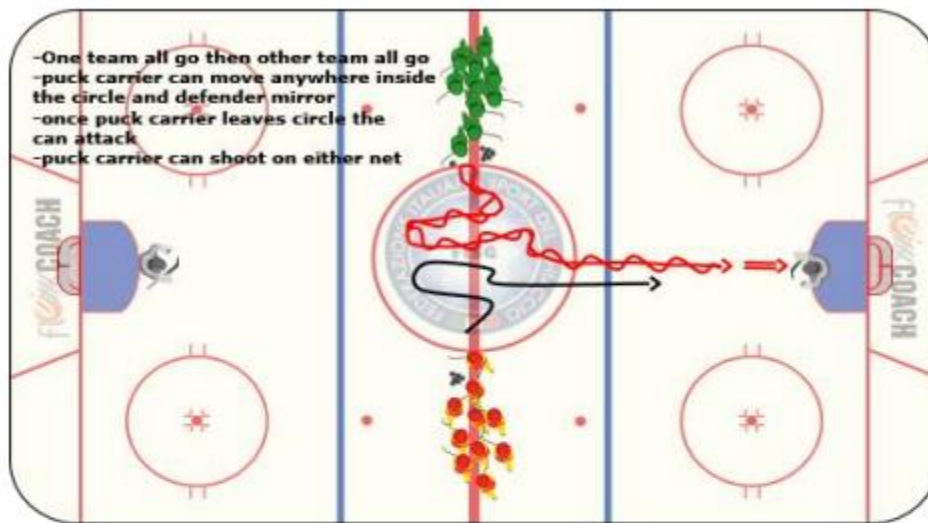
Net front guy can only screen/deflect/reb/jam

Blue line guy can only shoot or shot pass

2v2 in middle are trying to score

PglafZ

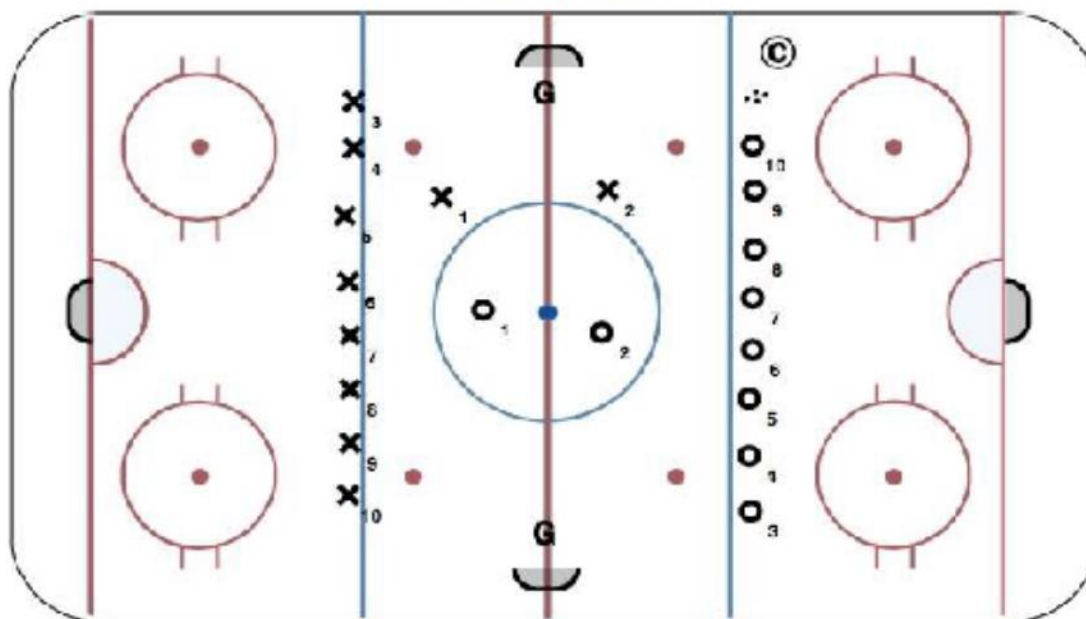
Clayton Beddoes



DRILL: COMPETITION	TIME:
1V1 should become break-away chase	
defender cannot attack puck until it leaves center circle	

Peter Murphy

Down the Line



Description

Competition drill.

Xs vs Os in a 2 on 2.

On change of possession you must pass to a player on your blue line.

You can use the players on your blue line at any time to improve your chance to score.

Cannot take the puck from a blue line player (in other words it is a 2 on 2 and work on coverage).

Change on the whistle with the 3 and 4 from each line jumping out next.

Boyce

Title : Small Ice Pt Shot 3v3

Category #1 : Small Area Games

Category #2 : Battle.

Description

4. Competitive Drill

Coach spots puck for Xs and Os to play 3v3
Players in Zone cannot shoot puck. Must pass to first player in respective lines who can shoot

Offense - Tip, redirect

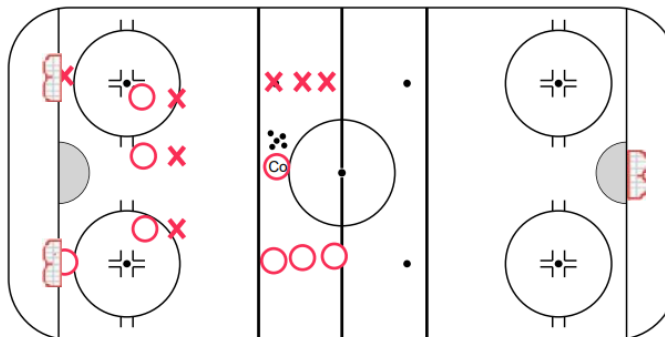
Defense - Box out, pickup sticks, block shots.

Rebounds must be passed back to pt man for shot on goal.

Players in zone cannot shoot.

Option: allow one rebound shot, then send back to pt man.

Award points for goals, for rebound shots, and blocked shots



Key points :

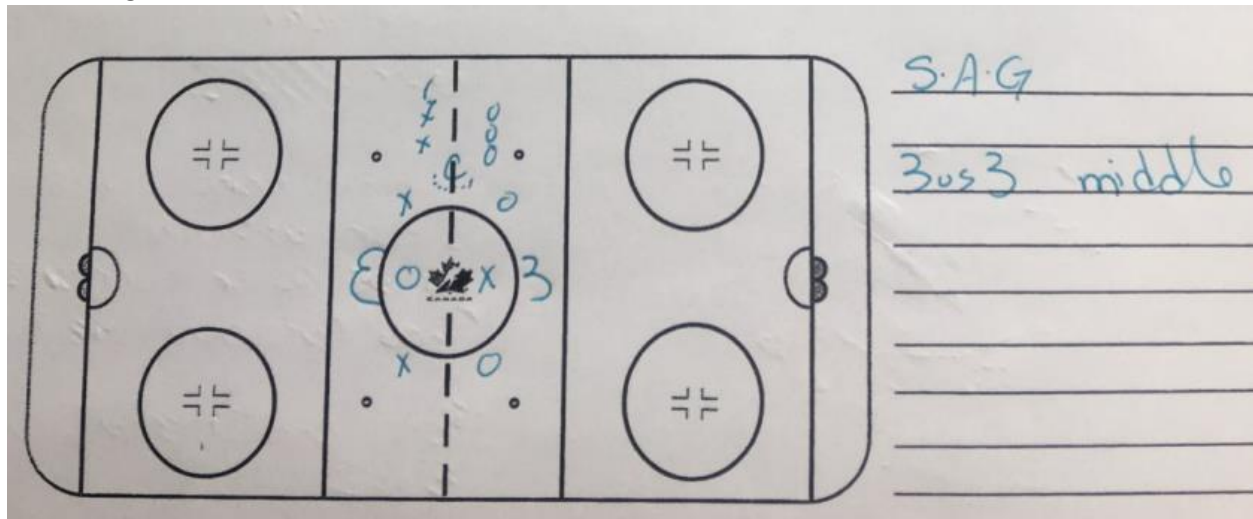
Tips

Screens

Box Outs/Tie ups

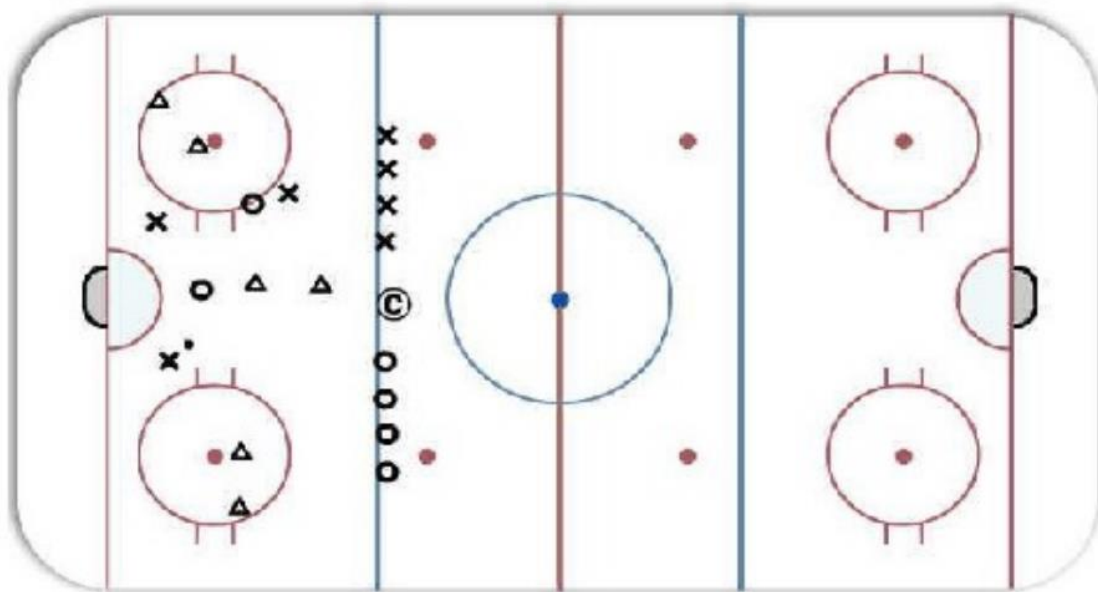
Block Shots.

Mitch Guiguere



kFlanagan

Gate Game



Description

3v2 (offense advantage)

3 x's work together to try to pass through one of the 3 gates to earn points.
2 o's try to defend

2v3 (defense advantage)

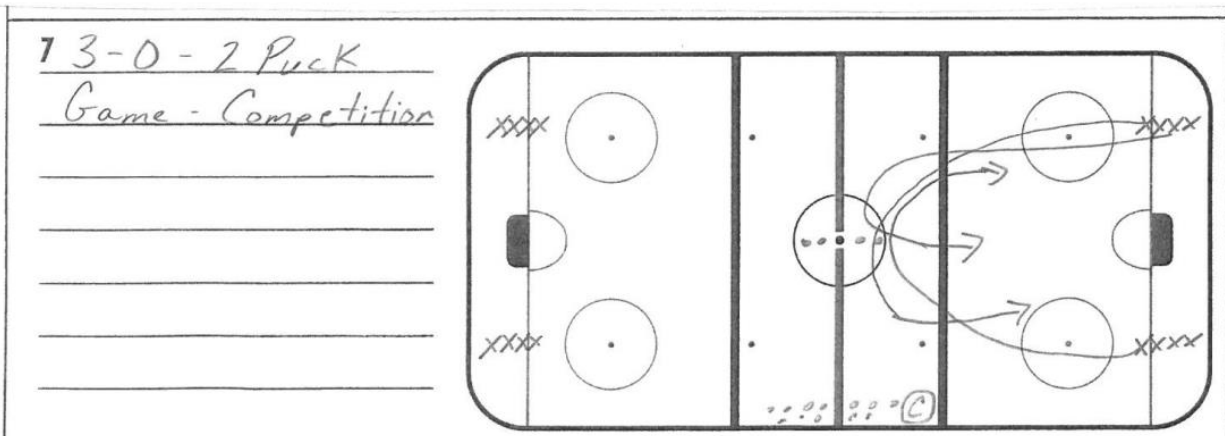
2 x's work together vs 3 defenders to try to pass through the gates
3 o's isolate the puck carrier and try to gain possession. Pass to Coach if possession gained.

Kim Perepeluk

3-0 Two Puck Game

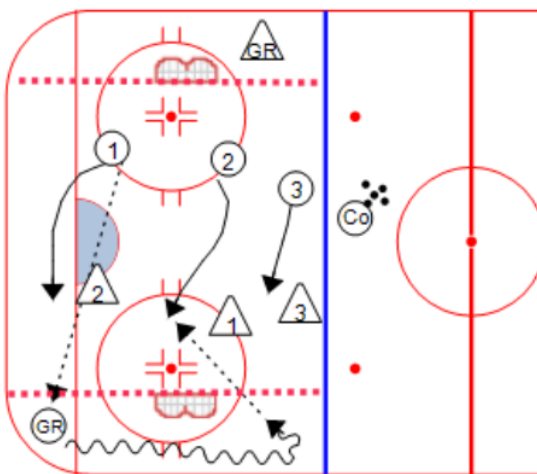
Both ends leave at the same time. All skaters must touch the puck before a shot can be taken. After first shot all skaters need to touch the goal line before going to get the second puck. Again all skaters must touch the puck and play until one side scores. Game up to 5 goals depending on time.

*Keys- All players must touch the goal line after first shot. All players must touch the puck and stay on side.



Enio Sacilotto

DRILL #4 – COMPETITIVE ACTIVITY – SMALL AREA GAME – THE GRETZKY GAME



. Players play 3 on 3, GR (gretzky player) can move anywhere behind the imaginary line, but cannot cross the line. Before the attacking team can make a play on net they must pass the puck to gretzky, then move to get it back (give and go).

Coaches must encourage players to get open,

Always make sure the players rotate being the bp player.

COMBO GAME: breakout game plus gretzky game - change of possession puck goes back to bp player, before a shot puck goes to Gretzky.

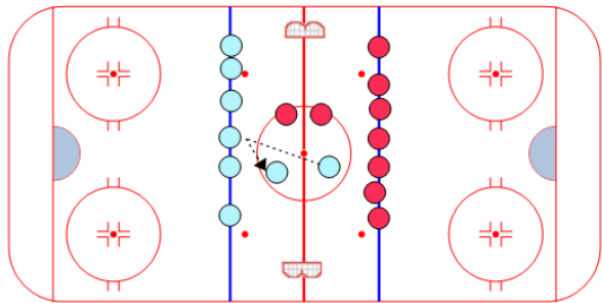
Wade Burt

Title : Tarasov 2 v 2

Key Points :

2 v 2.

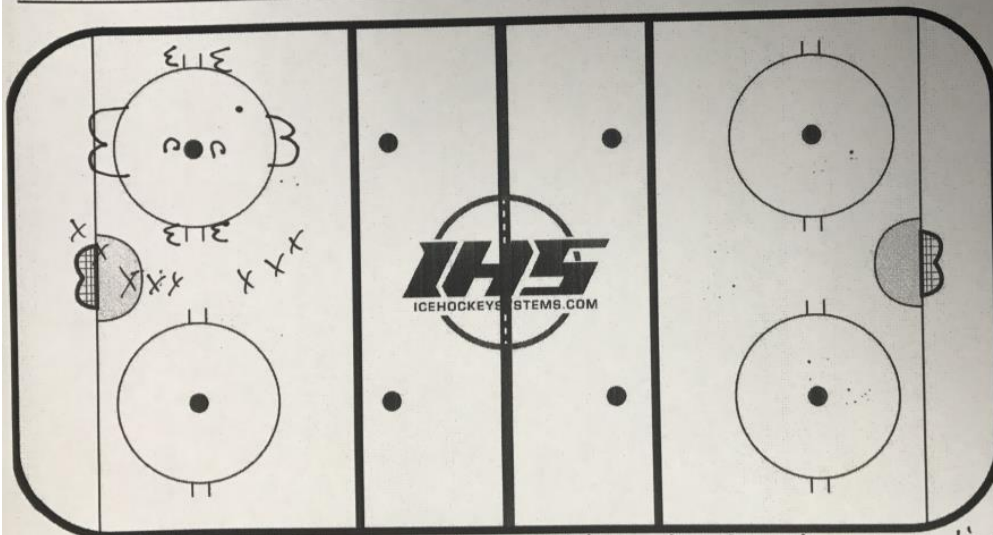
Can use teammates on blueline for support.



Wade Burt

#4 - Competitive GAME

Drill: Face OFF - 3 on 1

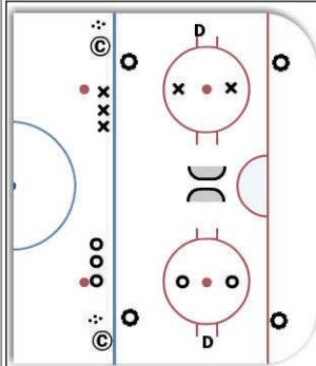


D-Men - Can Go As A line - Rotate Center Every time SAME line Goes IN.
- Coach Drops Puck - Who ever Wins Puck Possession - All 3 players Stay IN
- losing team - Both Wingers Are Out. C - Stays in And Plays 1 on 3
Go till Team SCORES - OR Time Call.

Will

Urgency - 10 mins

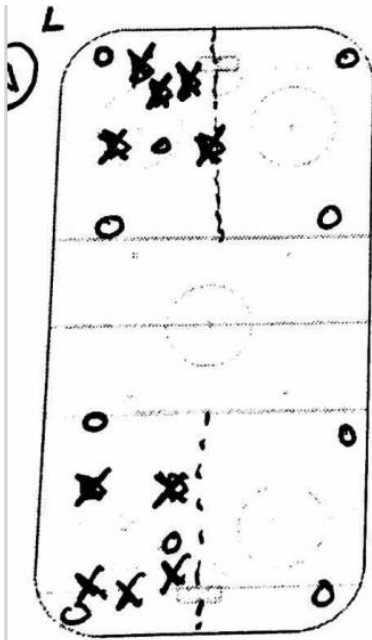
10:30am



- All players start on their knees
- On whistle, both C's chip puck to the D along wall (must stay along wall below tires)
- Both forechecks get up and try to retrieve puck from D
- Once they get puck, they are attempting to score on their goal
- Coach chips in new puck when leaves the zone or miss the net

Key Points: , LEAD WITH STICK , STICK FIRST , BODY SECOND , GOOD ANGLES AND F1 LOOKS TO SEPARATE PUCK FROM D

Dave Smith



PUCKMAN DZ

Split the DEF zone into ½. Puck 1 is on L – 3 offensive vs 5 def. (must stay on L)

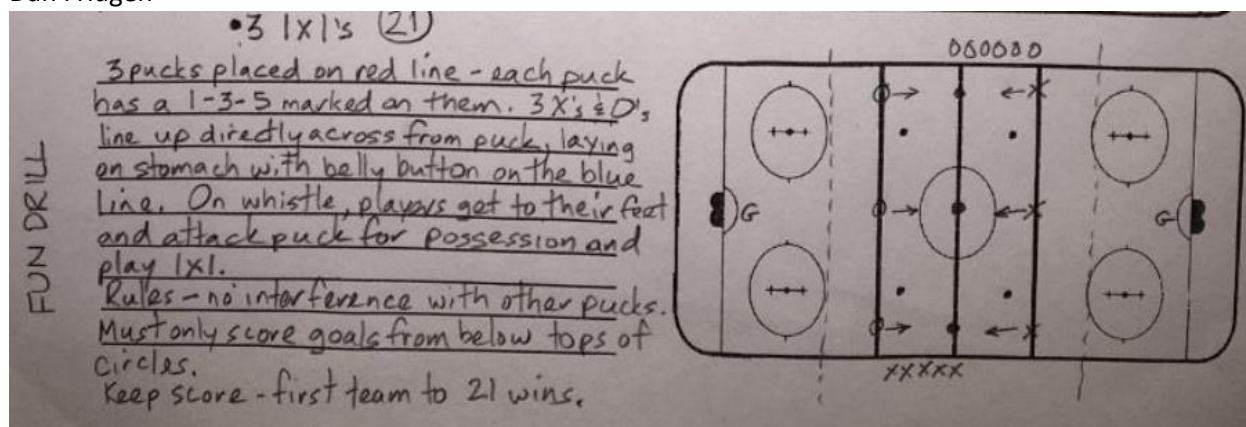
Puck 2 is on R – 3 v 5 def.

Puck 3 starts on L but involves 5 v 5.

**Encourage active def on each side.
Defenders must play as if all involved**

Slow puck from coach allows def to come back to other side aggressively...drill starts with offense touching puck.

Dan Fridgen



Tyler Kuntz

Title : Rangers 4 on 2

Category #1 : SMALL AREA GAMES

Category #2 : Power Play

Description

3 groups of two.

2 dot players are always on offense.

Dot players must stay within a stick length of the dot.

Great for 1-timers.

Defending team is trying to transition the puck to the dot players before attacking.

Can modify rules:

Must use on transition.

Dot players must shoot.

Dot players must pass.

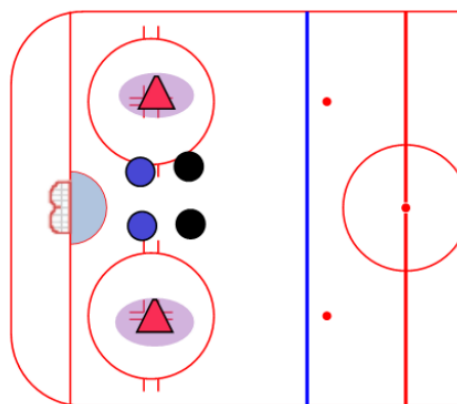
Key points:

Transition

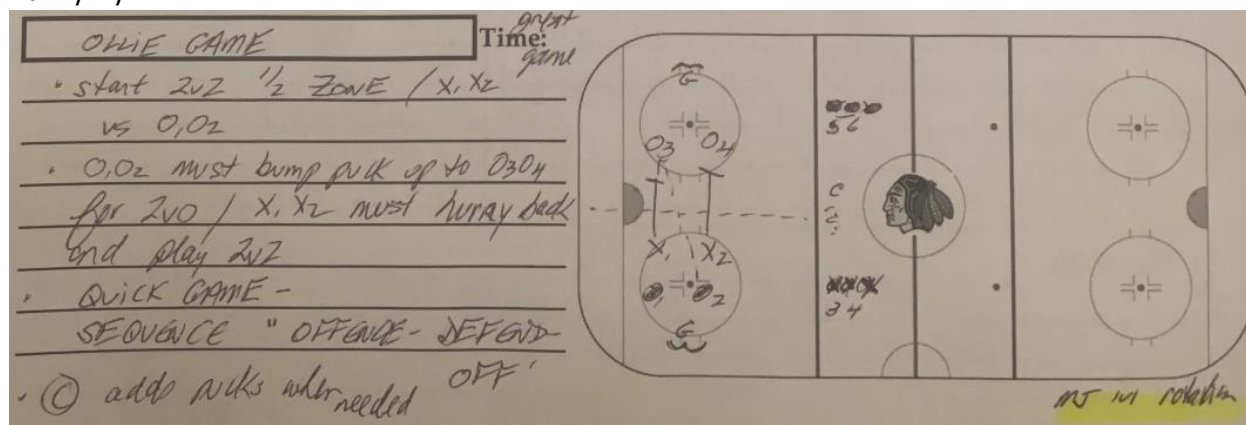
Eyes up

Puck Speed

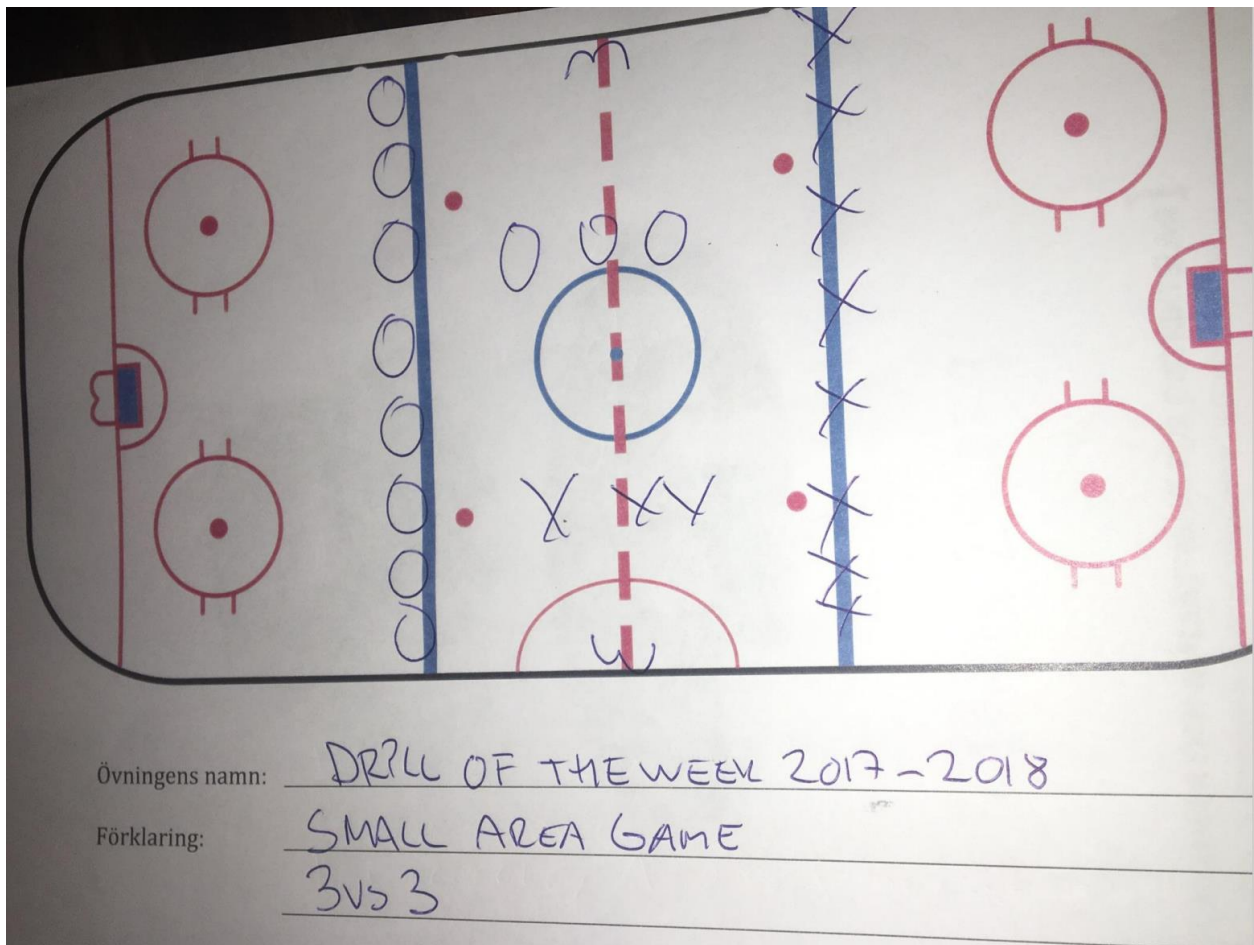
Shoot 1st Mentality



Danny Flynn



Vikstrom

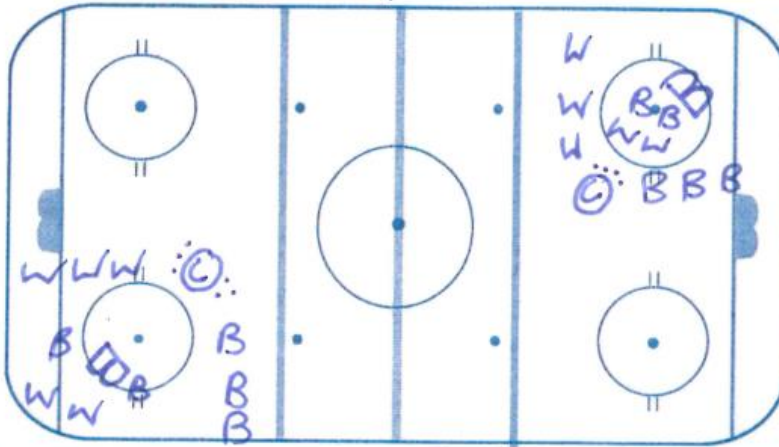


Smitty



TIME	DRILL NAME
5	Small Area

☐ CONTINUOUS
☒ CONTROLLED



OBJECTIVE(S)
work small area 2vs2

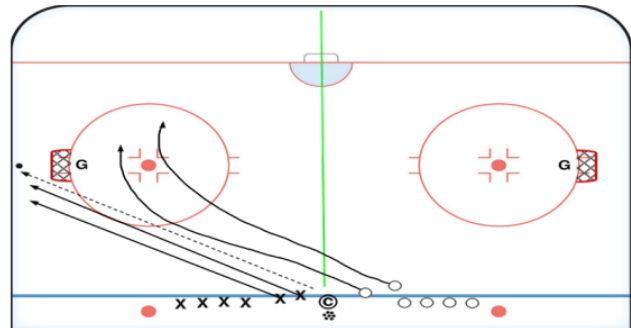
START — quick transition.

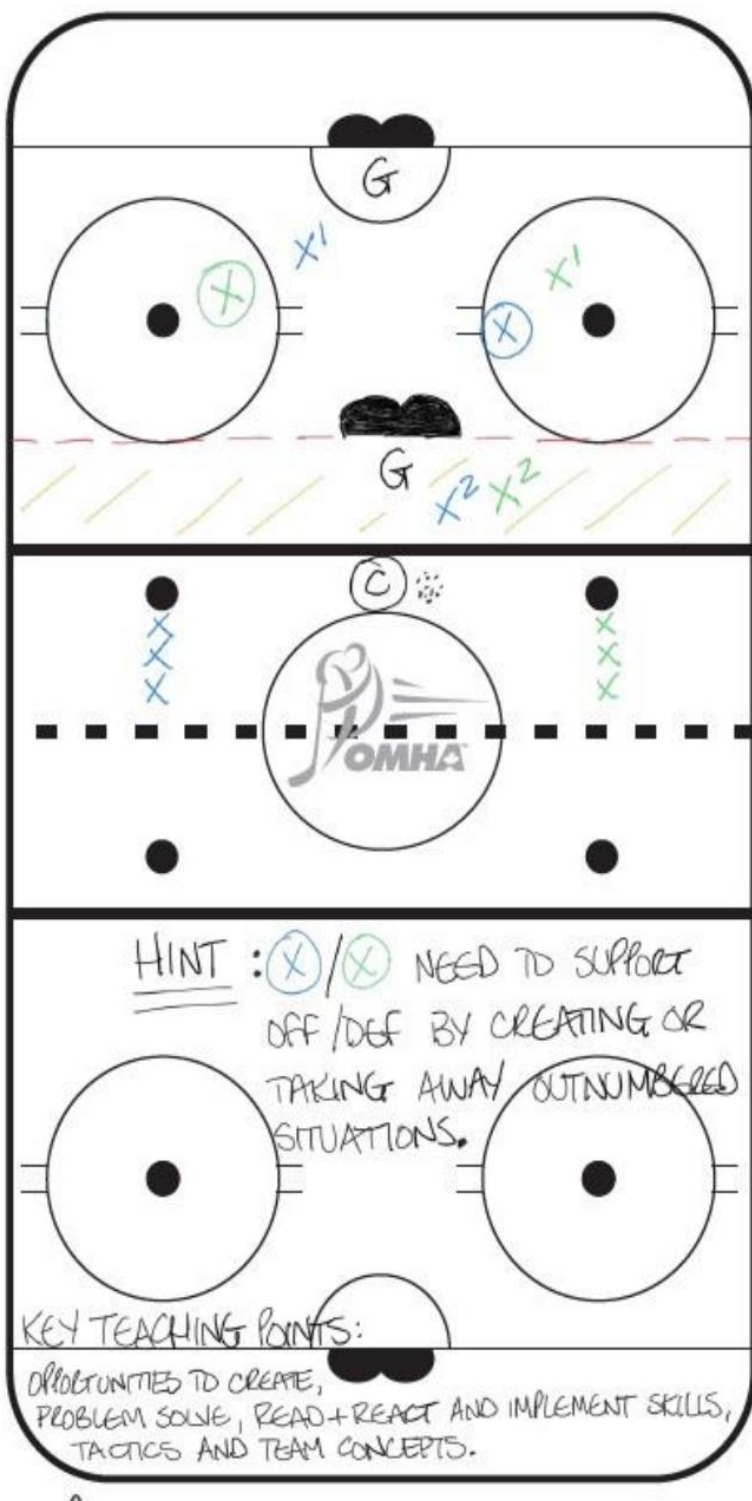
- most game battles in corner
 - decrease space ... increase pace.
 - (C) dump p̄ for 2 vs 2
 - players waiting to go keep p̄ in play
 - G's keep p̄ in play
 - go for 30 secs, change on (C) command.
 - D-Side position, talk/K to sort
 - sticks on ice, jam p̄
 - Offence: control p̄, p̄ ⇒ you ⇒
- KEYS opponent, evasive moves, cycle, keep feet moving, shoot & hunt rebound.

Duration:

2v2 Angle Game

- Coach spots a puck behind Xs net - Two Xs jump out and have to retrieve puck and skate behind the net.
- At the same time - two Os jump out and must angle Xs towards the boards. Trying to pinch them off before the mid line.
- Play Out 2v2 - On whistle, coach will spot another puck behind the Os net and than four new players step out.
- Offensive team must gain the midline before chipping or shooting the puck.
- *Protect the middle of the ice
- *Purposeful stick
- *Through the hands when angling

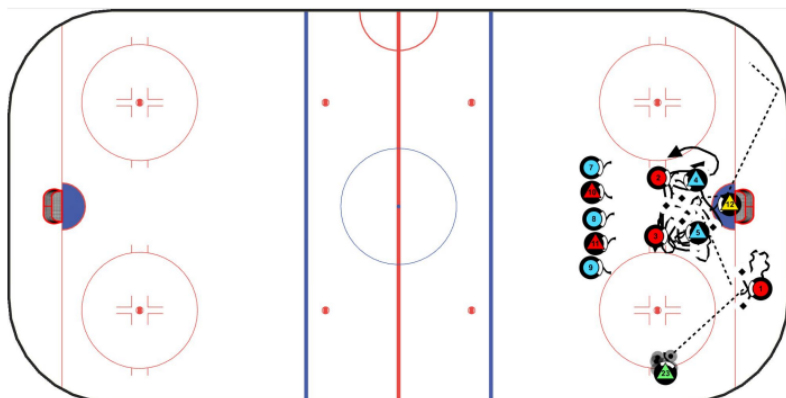




- 3v3 ROVER**
- SET-UP:**
 - 1 NET IN REGULAR CREASE; 2ND NET CENTERED ON RINGETTE (OR TOP OF CIRCLES).
- ROLES FOR PLAYERS**
 - (X)/(X): THESE PLAYERS CAN GO ANYWHERE IN THE PLAYING AREA.
 - X1/X1: MUST STAY IN LOWER ZONE, CANNOT SKATE INTO [HATCHED AREA] / ABOVE RINGETTE.
 - X2/X2: PLAY IN UPPER ZONE, CANNOT GO BELOW RINGETTE / TOPS OF CIRCLES.
- GAME PLAY:**
 - * 3v3
 - * 3 PASS (MIN.) BEFORE ATTEMPTING TO SCORE
 - * CAN PASS TO (C)

Larry Huras

4 - FROLUNDA 2@2 NET FRONT SIG



TIME: 10

DESCRIPTION:

- Two forwards and two defensemen set up in front of the net. The passing forward sets up below the goal line.
- The forwards get three pucks to score as many goals as possible
- Forwards battle to get open for passes and D men defend
- Option: Alternate low forward after each pass

KEYPOINTS:

- Defensemen must maintain good body position on the forward they are

Katajalehto

Title : A game to develop Competitiveness Category #1 : Category #2 :

Attack - Defend - Leave

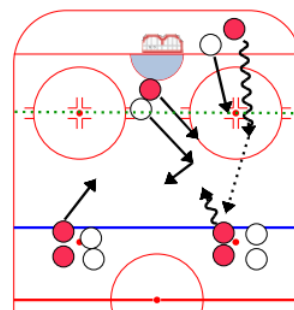
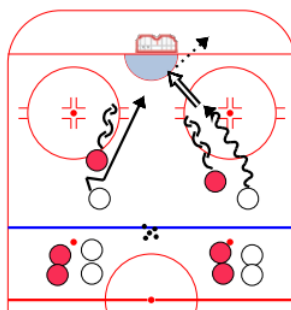
From the takeaway a defensive player must skate above the "faceoff dot line" before passing to next pair

Offense

Break in to the slot, scoring, forecheck and force the turnover before defensive pair can pass the puck to the next pair

Defense

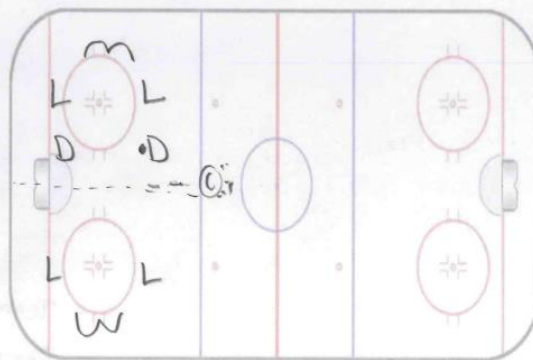
Prevent scoring => force to outside win the battle and break out fast



TIME: DRILL:

2:2 CONTINUOUS TRANSITION

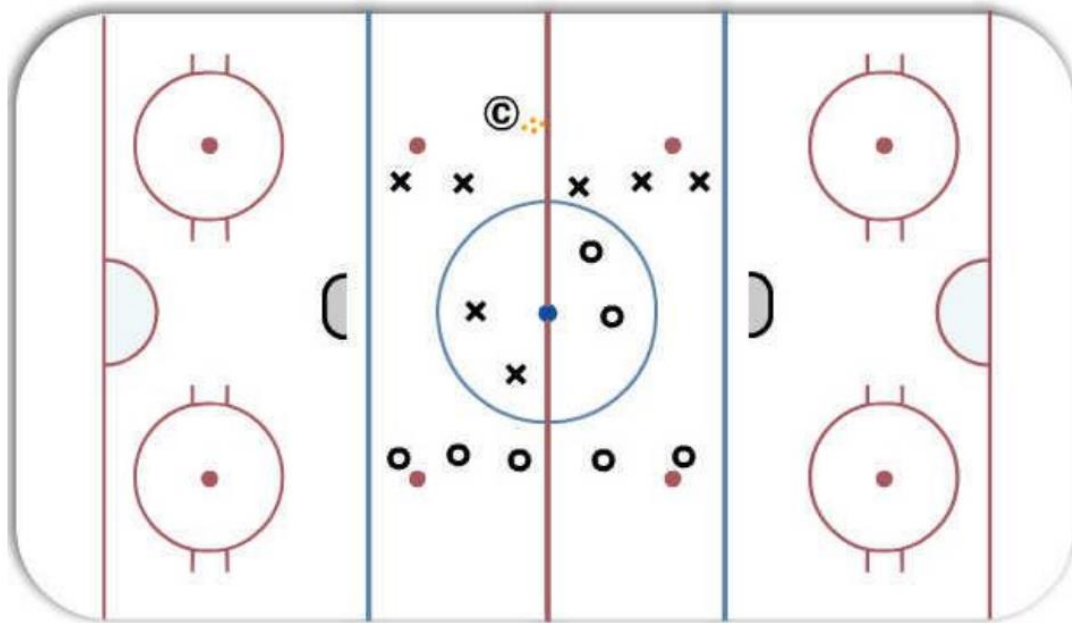
- Split zone
- 2 DARK (D) vs 2 LIGHT (L) in half zone. D are on offense until L creates turnover + transition pass to L's waiting in other zone. D's must transition quick from offense to Defense... 2 new D get set up in offensive zone
- Offense - Defense - Out
- * WORKS ON TRANSITION HABITS
- ATTACKING ON OFFENSE AQAP
- TRANSITION FROM OFFENSE TO DEFENSE AQAP



Poole

TEAM BUILDING ACTIVITY

- MINUTE TO WIN IT CHALLENGES (GOOGLE IT)
- DIVIDE TEAM INTO GROUPS OF 4 OR LESS PEOPLE
- GROUPS COMPETE IN MINUTE TO WIN IT CHALLENGES
- SIMPLE CHALLENGES THAT KIDS ENJOY + BUILD TEAMWORK SKILLS
- WILL NEED SOME SUPPLIES DEPENDING CHALLENGES YOU PICK
EG. PING PONG BALLS, PLASTIC CUPS, ELASTICS
- CAN BE DONE PRETTY MUCH ANYWHERE... HOTEL, DRESSING ROOM



SAG 2v2

Net in to blue line area. Players split into two teams. Teams form a barrier down the outsides of the play zone. 2 v 2 in the middle. C chips a puck in. The puck must be taken in the air and play starts. Shifts to last for 30 – 40 secs. If a goal is scored, the conceding team does a lap of the zone. If there is no goal, the four players do a lap at the end of their shift. If the puck goes outside the zone ALL players do a lap.

Look for: Who can play with quick transitions from defence to offence and back. Fitness, who is still going full pace, who is starting to struggle?

Chiasson

SYSTEM/DRILL _____

EASTON

Notes/Systems Small AREA GAME.

Description 3v3 Small AREA GAME.

→ X - O on the Dot Can't Move.

→ 2 other X and 2 other O's got to get Puck To Them.

Description _____

Parker

③ Complete Drill/Game

3v3 Bermuda Triangle

duration 3v3 in zone. Goalies have

no friends. ~~no friends~~

time ~~possession~~

On change of possession

must regroup w/ coach

& get open. If goalie gets scored on

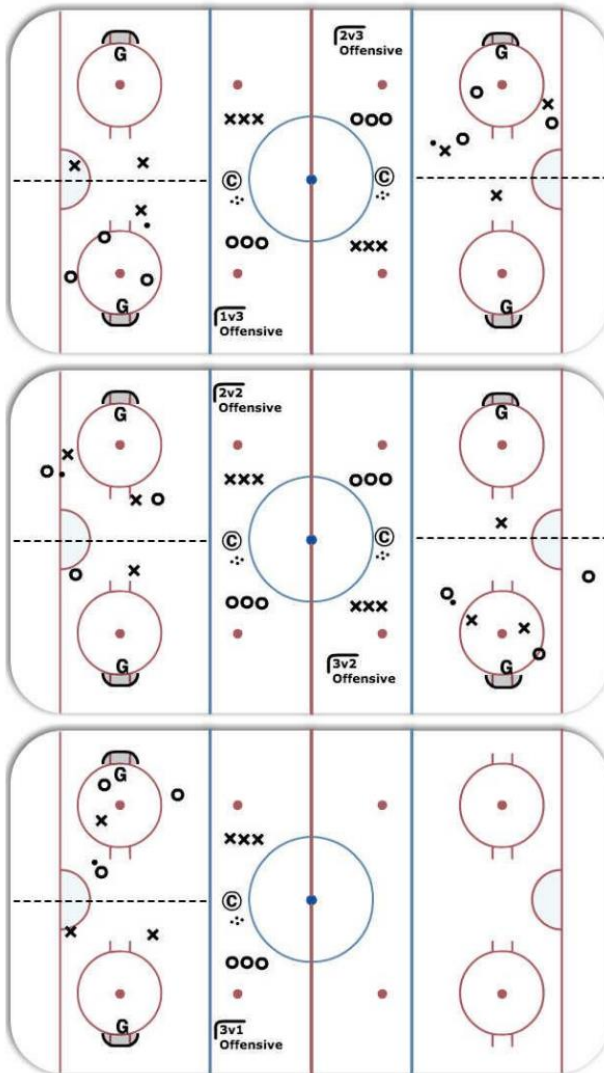
all 3 rotate clockwise. Move the puck, find space, regroup

& attack quick. Goal = Another puck

Key Points:

Maclean

Drill Title: Small Area Game: Babson #'s (3 Diagram s)



- Set up as shown
- Can be played all in one end or in both ends to increase reps and playing time
- Playing options are Offensive 1v3, 2v3, 2v2, 3v2, 3v1

- 30 to 35 second shifts
- Select the #'s and conditions of the game prior to starting
- Use 2-3 different # set ups during a drill, and be sure the players know the set up and conditions of the game, both on offence and defence
- Be sure to utilize your numbers properly, given the situation, whether you have the numerical advantage or the opposing team does.
- Player can interchange and rotate with "non offensive players" when they see fit
- Offensive team can make passes outside of the zone to their non offensive player, who can shoot or pass, acting like high offensive support.

Key Points: , Battle , Compete , Awareness , Finding Open Ice , Pressure Puck , Support the Puck , Defending Accordingly , Strong on Puck , Communication

Pelino

OPTION:

Put players on boards. X1 and O1 step out a metre or so and drill goes the same way. Only this time player who gets puck either jumps immediately towards end he determines, or can have only a head fake to try and shake defender.

2 + 2 vs 2 + 2 (competitive game)

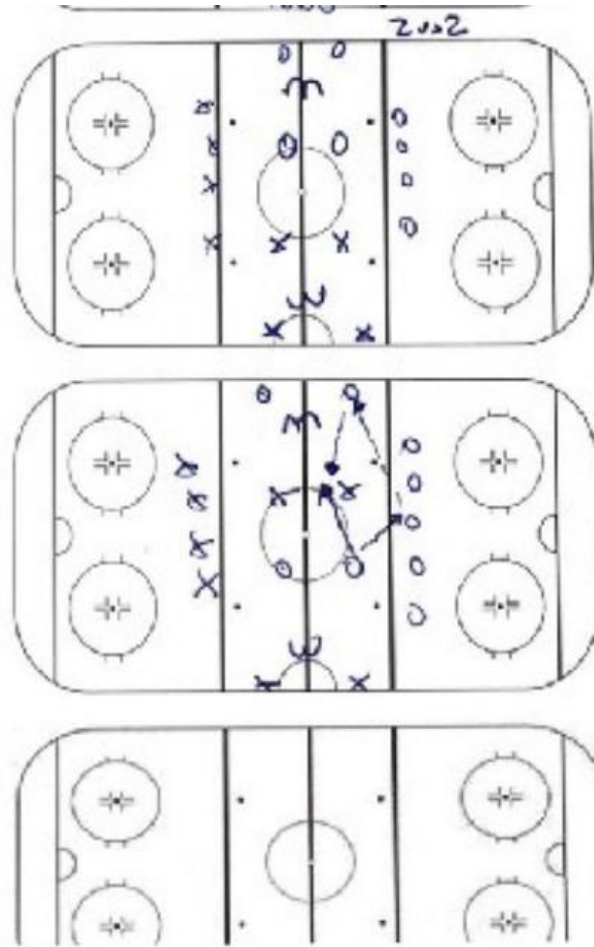
Play cross ice in NZ. Nets a metre or two from boards. 2 X's behind offensive net, 2 O's behind other net (O's offensive net). 2 X's and 2 O's in middle of ice. Other players along bluelines - one colour on each blueline.

To score, pass must originate from player behind goal line' (player behind net). Players on blueline can keep puck in play and can pass to their own colour. Puck out of play. Coach chips in new puck.

ROTATION...on whistle, the two players behind each net jump to middle of ice and receive new puck from coach while 2 new players of each team set up behind their respective offensive nets.

KEY POINTS:

To score, pass must come from behind net initially. After pass is made, puck is live..... rebounds, one touch passes, etc allowed. Goaltender is not allowed to intercept pass from front of net to players behind but can deny pass from back of net



Molloy

