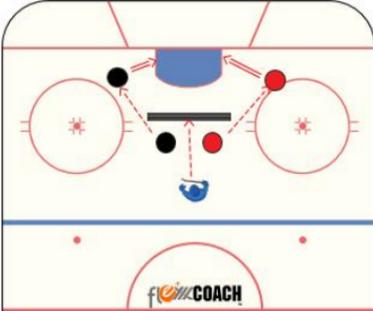
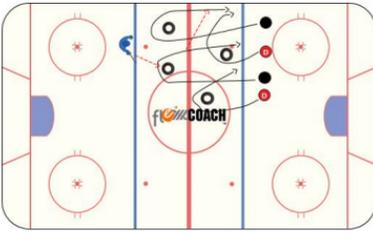
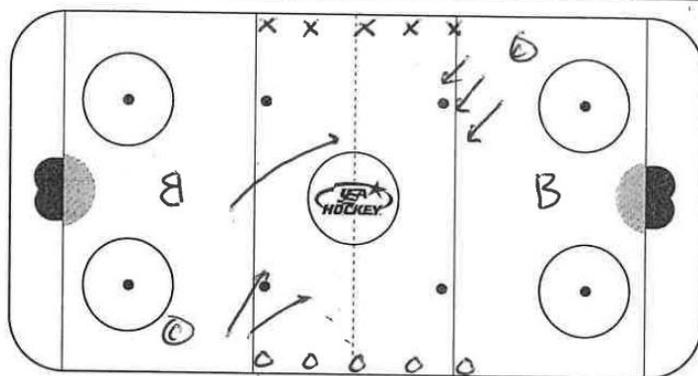


Games from Drill of the Week

Joe howe – U of Alaska

<p><b>6) NF Battle</b></p> 	<p style="text-align: right;"><b>0 min.</b></p> <p><b>ORGANIZATION</b></p> <p>Coach bounces a puck off the bumper board. Players battle 1 v 1 to gain possession. Must pass to player on your side for a one-timer or catch and shoot.</p>
<p><b>7) Des Moines 2 v 2 3 v 2 Game</b></p> 	<p style="text-align: right;"><b>0 min.</b></p> <p><b>ORGANIZATION</b></p> <p>2 v 2 and 3 v 2. Forwards skate around tires, get puck from coach, kick wide and attack D. D has to skate around tires and play out the rush.</p>

Dennis Vickers – Rice Memorial Prep

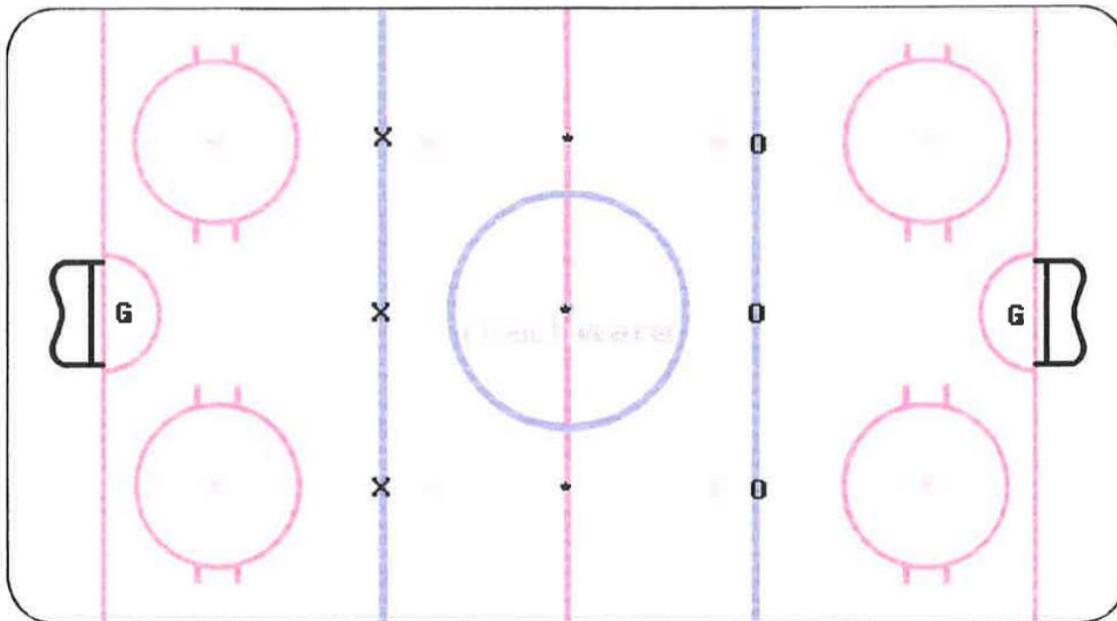


**Description**

- Dakota 3v3 Neutral Zone
- Focus on Puck Movement AND ATTACK
  - 3v3 in Neutral Zone on CHANGE of POSSESSION HAVE TO PASS TO YOUR TEAM ALONG WALL BEFORE CAN ATTACK
  - Puck PUT IN PLAY on MISSED SHOT PAST NET TO KEEP MOVING
  - DEFENSE PLAY MAN ON MAN CANNOT DEFEND PLAYERS ON WALL

**Notes/Systems** \_\_\_\_\_

TEAM PLAY DRILL



*Age Group: Novice, Atom, PeeWee, Bantam, Midget, Junior, Professional*

*Category: Technical Skills, Tactics, Team Play, Goaltending*

*Focus: Skating, Shooting, Puck Control, Checking, Offensive, Defensive*

**Description**

Three O's and 3 X's must lie face down with your belly button on the blue line. Three pucks are placed in between them on the red line. These three pucks are marked 1, 3, and 5 respectively, indicating the number of points they are worth. The players have no idea which puck is which and pucks should be placed with number facing down. On whistle, players must get up and race to their puck to gain control. Goalies are in nets and you have 3 1x1's occurring simultaneously. Once three pucks are in nets, record points scored for each team.

**Key Teaching Points**

- You cannot score from outside the blue line.
- You cannot play or interfere with other 1x1's.
- Extra players are on bench.
- First team to 21 points wins.

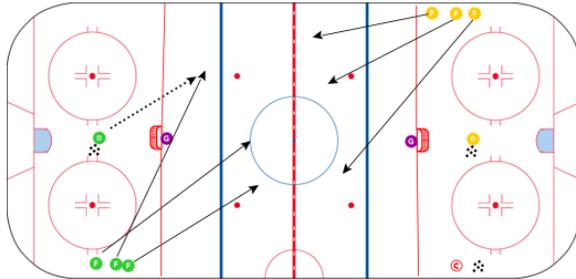
**Key Execution Points**

- Have extra numbered pucks available in case one goes into the stands.
- DO NOT interfere with other 1x1's.

Wright

### 3 on 3 Transition Support

10 mins



1. Forwards battle 3 on 3 in NZ, but can't pass imaginary goal line.
2. If puck passes goal line, respective defenseman must break it out (he can grab a new puck to keep up the pace).
3. Forwards must swing to get open. Opposing forwards can pressure Defenseman, but only 1 forward can cross line. Defenseman can't cross line.
4. If there is a turn over in NZ forward must do a regroup transition back to their D-man before attacking the net.

#### Key Points

- First Touch Forhand
- Middle Support
- Vertical Attack
- Pace
- Shoot to score

### Craig Bedard – OHA Prep

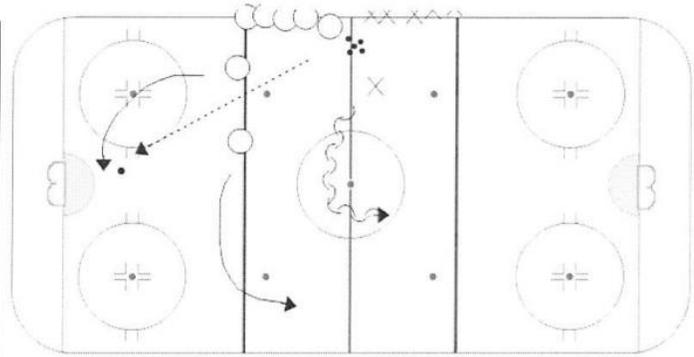
Title : Game - Bench OZ Attack / Defend

Tactical: Odd Man Situations

Skills : \_\_\_\_\_

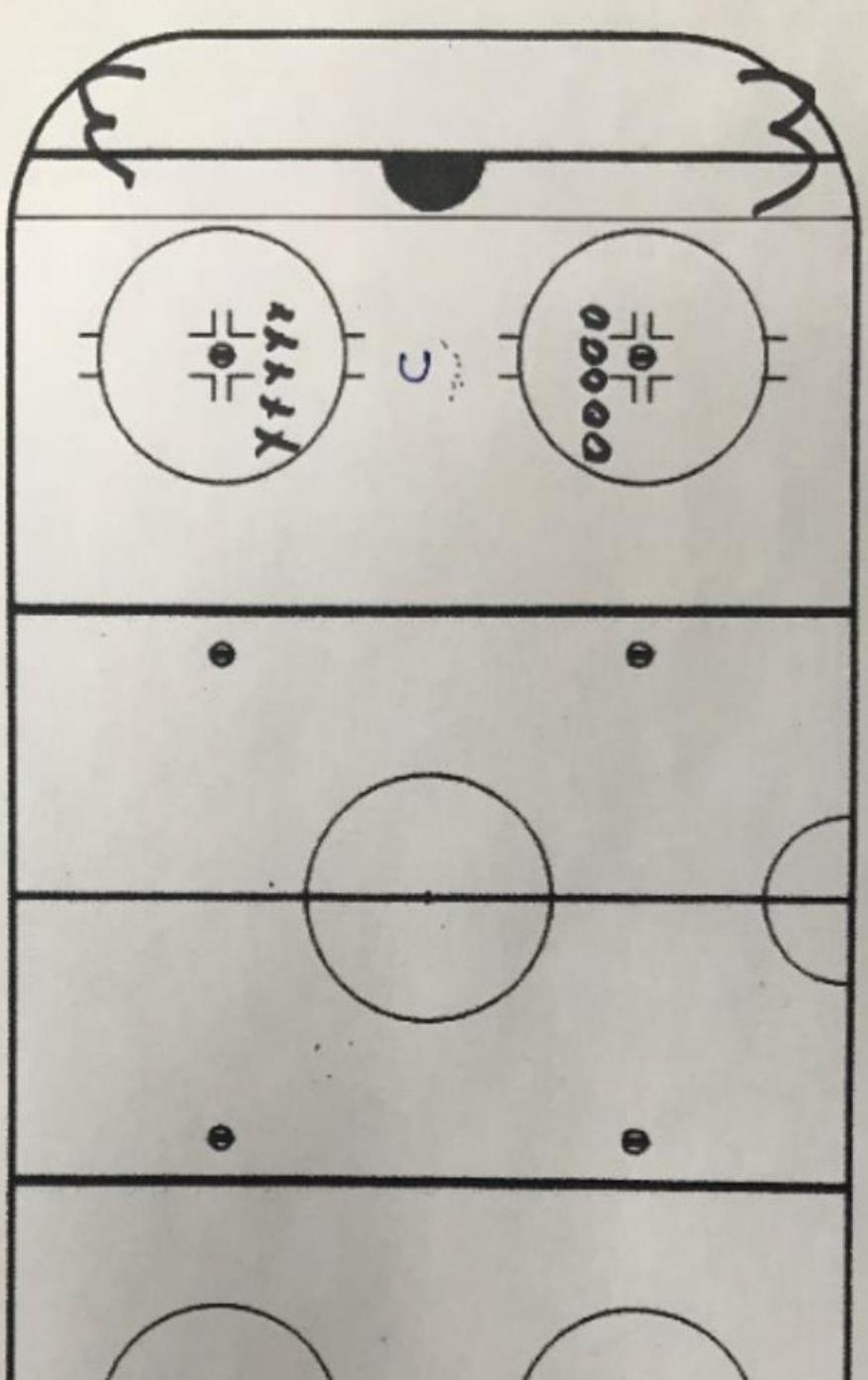
#### Description

1 vs 1  
2 vs 1  
3 vs 1  
3 vs 2  
5 vs 2  
Players in bench  
On whistle Offensive team gets spotted puck and attacks.  
Situation dictated by coach. All situations one way and then switch.





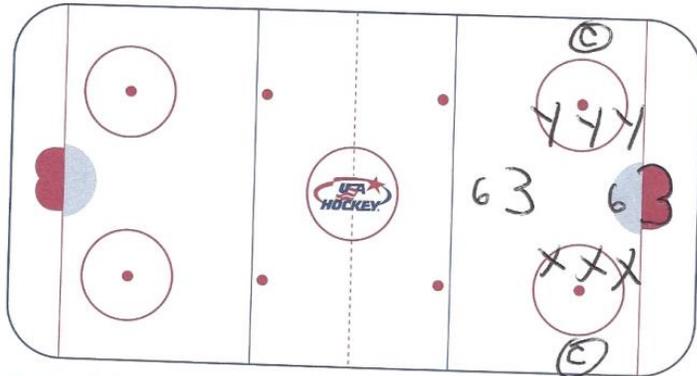
- 1-1 - after Goal
  - 2-2 - after Goal
  - 3-3 - after Goal Back to 1-1
  - Coach puts puck in
  - Stay Below imaginary line
- 
- SMALL Area Game
  - Competitiveness
  - Finish - Battles



Chris Ross - UNE

**HOCKEY**

Competitive game



UNE Levels with 3 BOBBY ORR'S

**Description** X's vs Y's  
 3 v 3 - Coaches on Hash mark & act as BOBBY ORR.  
 Both Teams Can Score on upper or lower net but must give puck to coach who's BOBBY ORR to change possession

ENIO SACILOTTO TEAM BUILDING GAME: Conveyor Belt Race 2 or more teams of 6 members. 1. Each team has 5 members lay on the floor (East - West), and the 6th lay on top at a 90 degree angle (North - South). 2. Whistle, the teams start to roll . 3. The last person of the conveyor belt continuously switches quickly to the front. 4. If they do not switch the transported teammate will fall off the conveyor belt and will have to start at the point where he/she/they fell off. 5. First team to finish wins 6. Video link: <https://youtu.be/OAGOGdLdM3w>

INDIVIDUAL SKILL DRILL – IN TIGHT SHOOTING THEN 1 ON 1

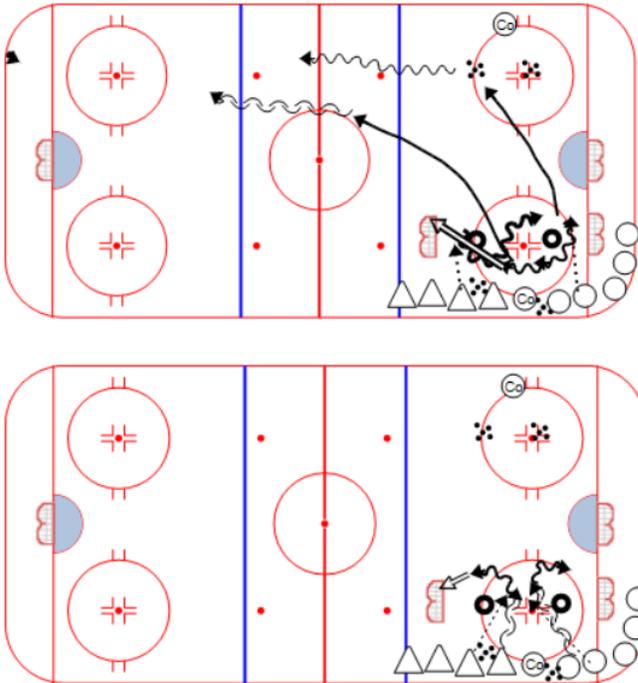
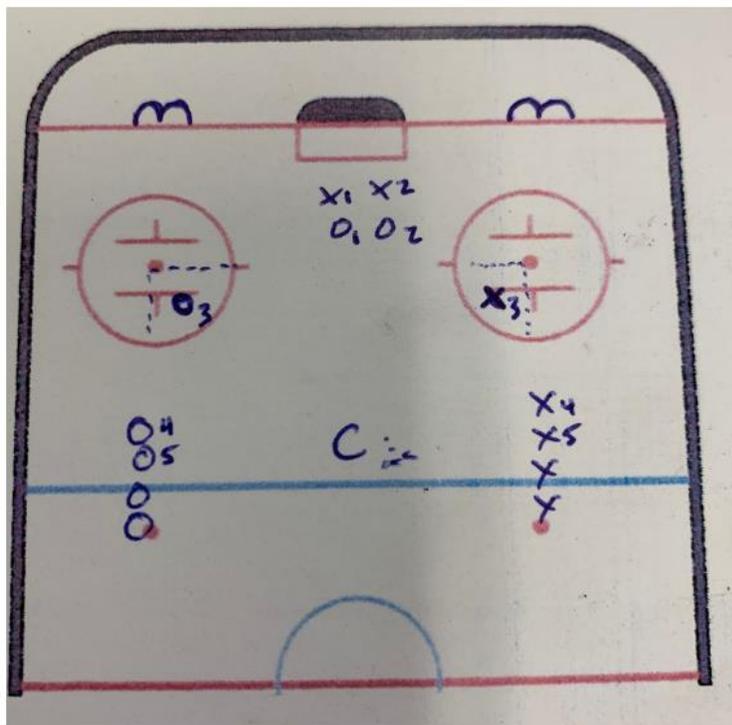


Diagram not to scale. Nets at circles. Start on Whistle. Phase 1 of 3  
 △ & ○ skate backwards get a pass from next player in line go around tire and shoot in tight. After shot & rebound, (phase 2), players get 2nd pass and go shoot on opposite nets. Phase 3 - player that shot on goal line net picks up a 3rd puck either spotted or passed by the coach and goes 1 on 1 with other player.  
 Works on good hands in tight, heads up and 1 on 1. Can modify drill for an after practise skill drill and the players work only in 1 zone.

Brad Patterson Youngstown Phantoms (USHL)



#### 4. Shooter McGavin

2 nets are placed on goal line in line with face-off dots. X1/X2 vs O1/O2 anywhere below the hashmarks once coach has shot a puck in. X1/X2 can use X3 at anytime same with O1/O2/O3. All X3 can do is deliver a puck to the net.

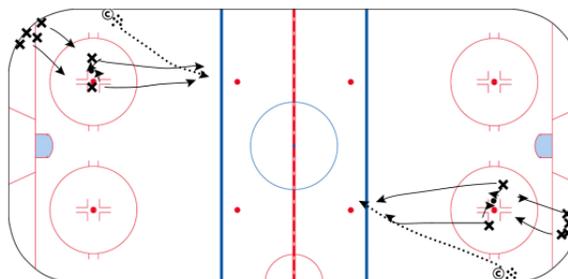
On whistle, X1/X2/O1/O2 sprint out of zone. Coach throws a new puck into zone. X3/X4 play a new 2vs2 game vs O3/O4 low with X5/O5 filling the Shooter spots.

#### Bear Pit-Battle - Compete

10 mins

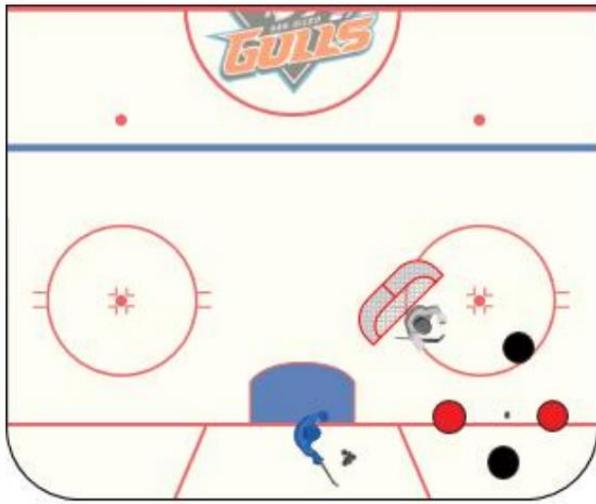
##### Description:

2 players battle in " bear pit " for 10 secs ( coach can decide )  
- on whistle coach flips a puck up ice for the two players to race for - get shot on net . Once the 2 players leave the bear pit 2 more get in .



4) Corner 2v2

0 min.



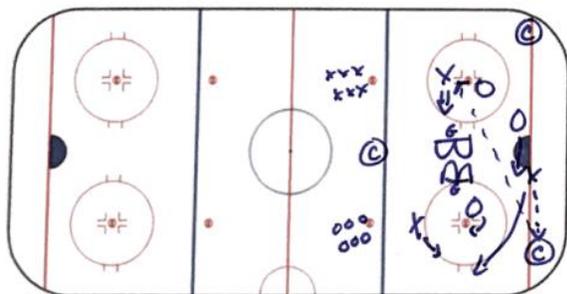
OBJECTIVE

SAG, battle, puck protection

ORGANIZATION

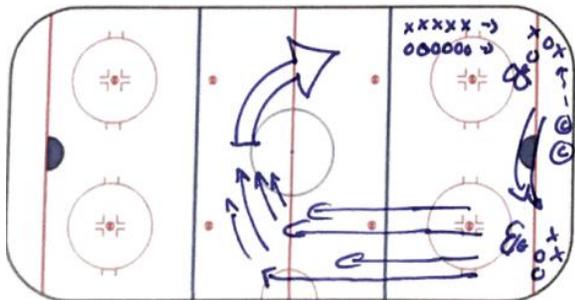
- Coach chips puck in corner
- Players play out the 2v2 in small space (add more pucks as needed)
- Short reps (5-10 seconds)
- Can also be played 1v1

Larade - SMU



GRANV ON THE SIDE

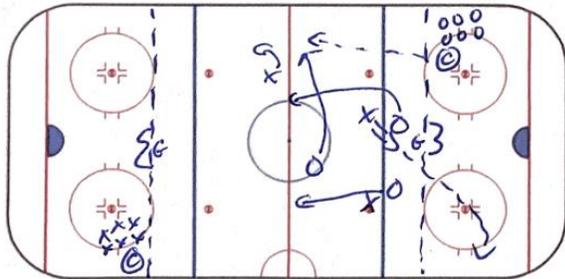
- 3V3 SMALL AREA GAME W NETS BACK-TO-BACK.
- TEAMS CAN SCORE ON ANY NET BUT MUST RELOAD WITH GRANV (C) UPON POSSESSION BEFORE THEY CAN ATTACK.
- \* WORKING OFF THE PUCK
- \* CREATIVELY AND COMPETE



2V2 20-SECOND CORNERS

- 2V2 BATTLES FOR 20 SECONDS.
- ON WHISTLE, PLAYERS JUMP TO NEXT CORNER FOR 2nd 20 SECONDS.
- NEXT WHISTLE PLAYERS SPRINT THROUGH RED LINE TO MIMMICK HUSTLING BACK TO BENCH (TIRED)
- \* COMPETE, GOOD STICKS, BOX OUTS.

Chris Flaughter



3v3 TRANSITION SMALL AREA GAME

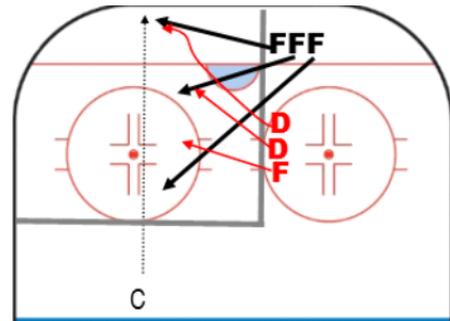
- PLAY 3v3 BETWEEN RINGETTES (OR 2v2 BETWEEN BLUE LINES)
- © LOOKS TO COUNTER TO TEAM EVERY TIME PUCK LEAVES PLAYING AREA (MISSED SHOTS OR INTENTIONAL BY DEFENDING TEAM)
- \* EMPHASIZE QUICK TRANSITIONS AND FINDING OPEN ICE ON TURNOVERS

Larade

Cardarelli

4 Small Area Physical 3v3

Net regular position with playing area inside top of circles to end boards, from hash marks wide of the net to far half-wall. 3F on offense vs 2D+F on defense, C shoots puck below goal line to start. D get 1pt for clear & 2 pts for skating puck out of area; O get 1 pt for shot on net and 3 pts for goal. 3 minutes on offense for each team/20 second shifts.



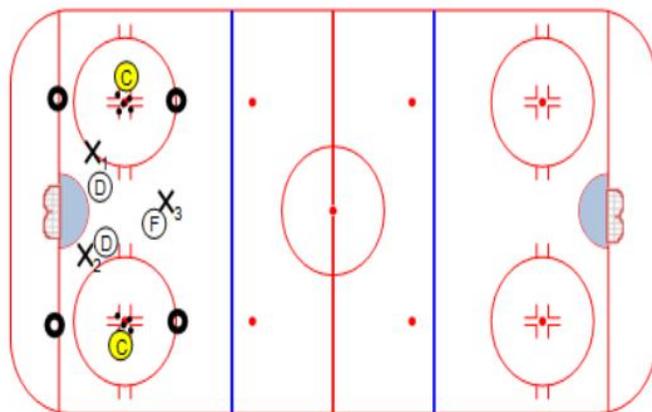
Jeff Jackson – U of Notre Dame

**Complete Game:**

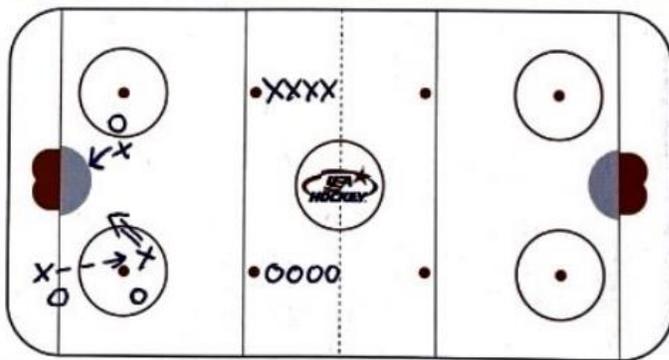
Title : Vermont 3v3 Tight 4 Puck Category #1 : Small Area Game Category #2 : DZC

Description

3 on 3 inside box. Alternate sides that puck enters box. 4 pucks then rotate groups.



Neal Mulcahy



**Description** (4) Game to Develop Competitiveness

(3v3 Shoot from circle)  
You can only score a point if the shot goes in from a shooter in the circle or if its a rebound goal.

Teaches finding soft ice, Quick Release, Net Drive, Support

**Notes/Systems**

Wade Burt

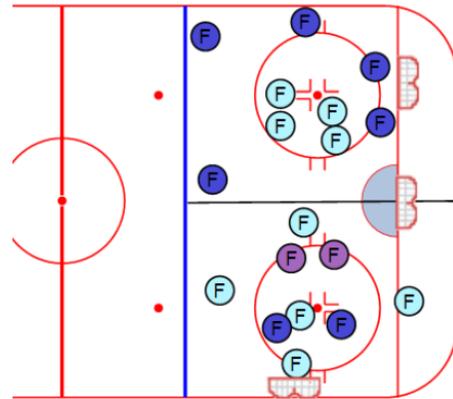
Title : Power Play Game 1/4 ICE

Category #1 : Small Games

Category #2 : Power Play

**Description**

-5v4 WIDTH  
-5-4 LEGTH



**Key points:**


Rooney

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	<p><b>Chase Drill - hidden cardio</b></p> <p>Competitive Drill</p> <ul style="list-style-type: none"> <li>- X1 and O1 skates down the ice and shoot</li> <li>- after they have shot X2 skates down ice chased by O1 and O2 is chased by X1</li> <li>- place a pylon that shooters have to skate around to prevent cheating, where the pylon is placed and where the players leave from may need to be adjusted</li> </ul> <p>Key Teaching Points / Points pédagogiques clés</p> <ul style="list-style-type: none"> <li>- Keep score to make the players leave competitive</li> </ul>

Smith – RPI

Title : Baseball

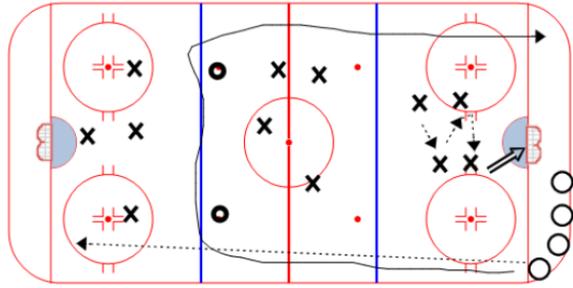
Key Points :

One team at Bat  
One team in the field

Batter clears puck (No Slap shots)  
- Into far end netting = HR

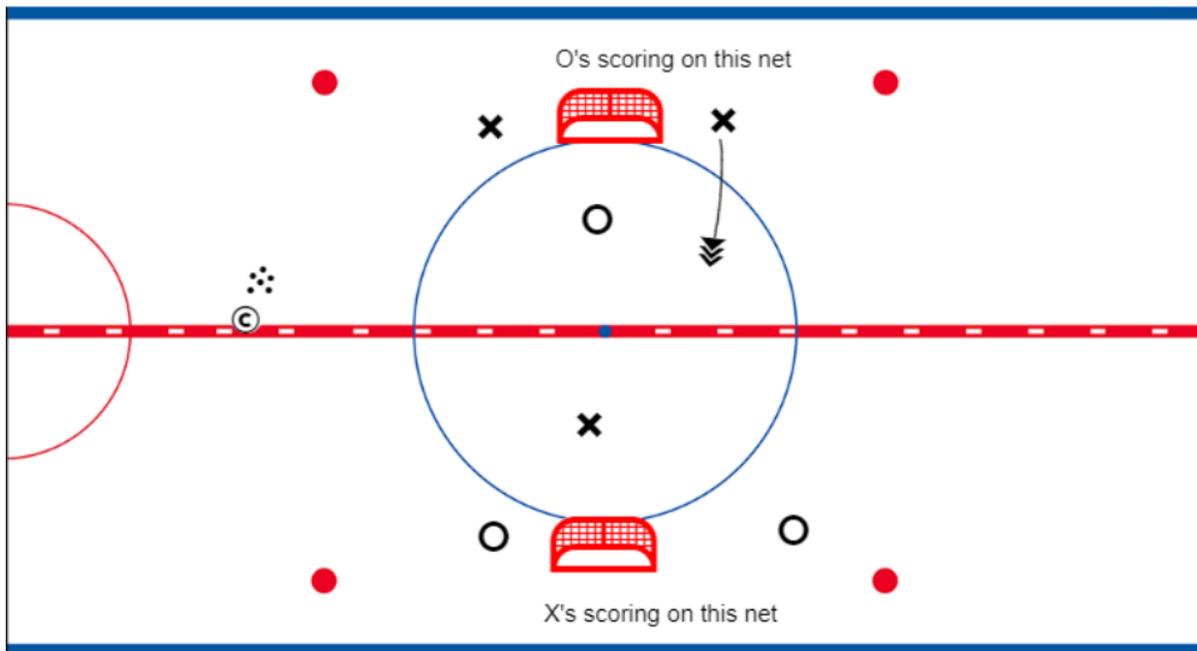
Fielders must make 5 passes before shooting  
1 player in each zone must touch it  
Rebounds are live

Batter tries to round bases and cross goal-line before goal is scored ( play 2 outs or 5 Runs)



Walsh - Sean Walsh SNHU

### OC's Game



Similar to the bubble hockey game. The X's will try and score on the southern net and the O's will try to score on the northern net. The guys in the circles job is to get it to their teammates to shoot so they can score off tips, deflections, or rebounds (or score directly). Players outside the circle can't move and have to stay outside the circle.

You can also add an extra player each side inside the circle to have more players involved

**US NTDP 2v2 Angle**

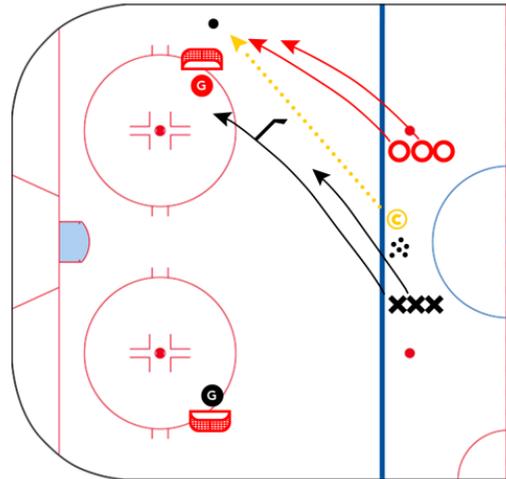
6 mins

**Key Points:**

- Good Angles
- Cutting Hands
- Stick On Puck
- Finish In Front
- Support
- Communication

**Description:**

- Drill is set up cross ice and players are positioned in two lines per team
- On whistle coach sets puck behind net to one of the teams
- Whichever team is on offence sends two players from their board side line
- Whichever team is on defence sends two players from their middle line
- Offensive players look to breakout and attack
- Defensive players look to angle, create a turnover and attack
- After initial sequence played out 2v2 live
- Coach may add a player to either team for advantage if they want (reward for battles, creating turnover, proper angles, etc)
- Continuous on the whistle



Clark

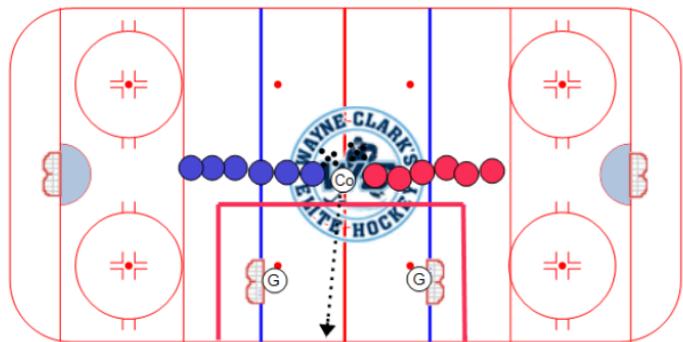
**Title :** Finnish 2v2

**Content elements:**

**Components :**

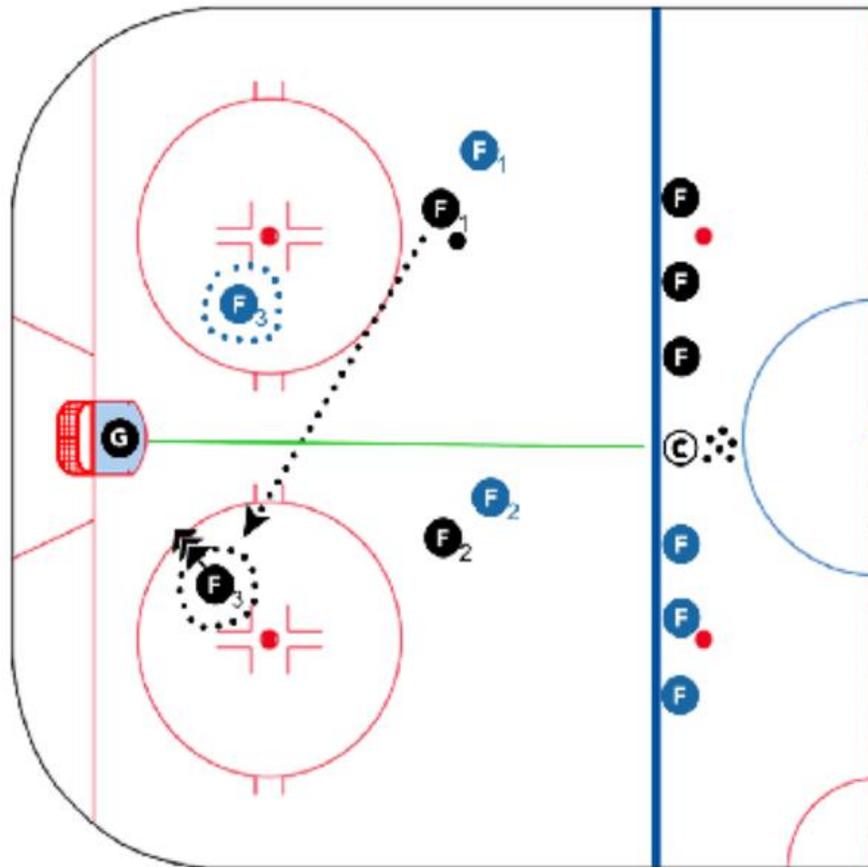
**Description**

- \* Create out of Bounds with Bingo Dabber or Line Paint
- Play 2v2 Until Whistle and Next Group Comes in
- If puck goes out coach dumps new puck in



Ross

### 3 V 3 back door Royal Road drill



#### DESCRIPTION

- Start with a 2 vs 2, and each team has a third player in their "backdoor" circle.
- The 2 vs 2 players must pass to their backdoor shooter to take the first shot, and the pass must come from the opposite side of the green line.
- Teammates earn one rebound per shot taken by the backdoor shooter. Only one backdoor shooter can be in the circle. Opposing players cannot defend the backdoor shooter.
- *Progression:* Once players understand the concept of the game, utilize a point structure that encourages teams to use the backdoor shooter without requiring it. 3 pts - Backdoor shooter goal, 2 pts - Rebound of a backdoor shot, 1 pt - Goal scored without using the backdoor shooter.

#### KEY POINTS:

- Win the first puck touch
- Puck support and communication to set up backdoor passing lane
- Utilize "Royal Road" to create scoring chances

Capy

4 Drill: NTDP SMALL ICE Length: \_\_\_\_\_

PLAYERS BEHIND NET AND BL CAN MOVE ALONG LINE AND NOT PASS HALF!

1 VS 1 WITH 2 SUPPORT PLAYERS MUST MAKE 1 PASS BEFORE YOU SHOOT. ROTATION ON WHISTLE

BL - INZONE  
INZONE - BEHIND NET  
BEHIND NET - DONE

Johnston

GOALLINE ATTACK GAME Time: \_\_\_\_\_

- put goal on angle in corner
- other players form boundary
- RULES = before attacking the goal you must carry or pass the puck to teammate behind the goal
- Very good support drill !!

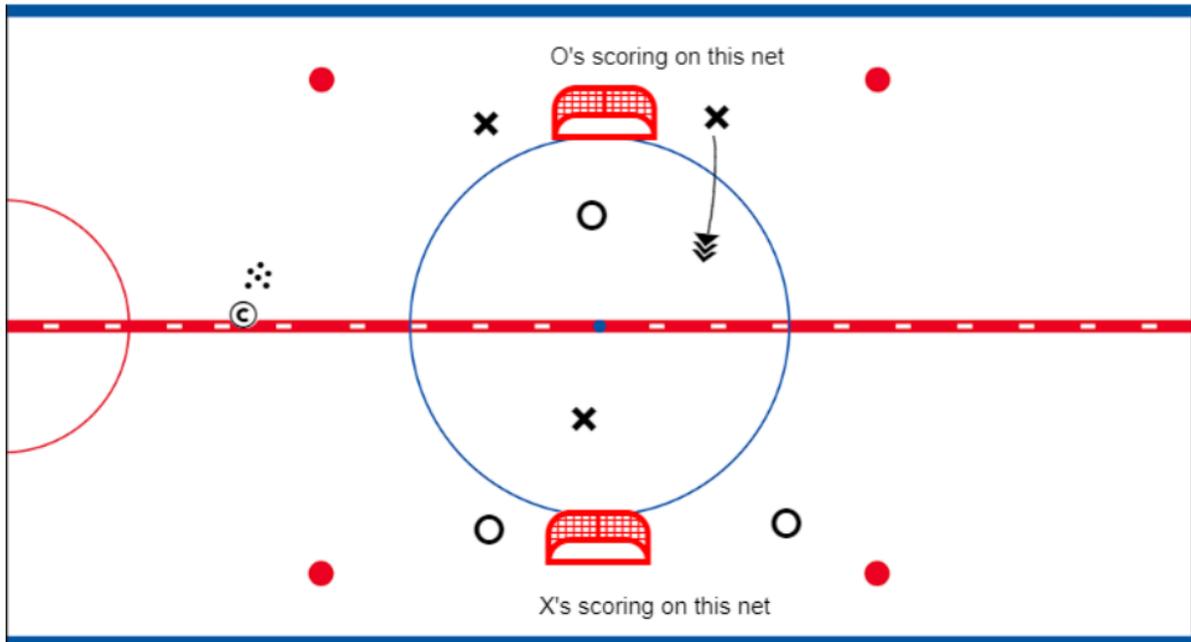
Kai Katajalehto

Drill no. : \_\_\_\_\_ Duration : \_\_\_\_\_ Minutes From : \_\_\_\_\_ To : \_\_\_\_\_

Title : Net front battle/scoringnga Category #1 : DWC Category #2 : Competitive

Kuvaus/Constraints	Tavoitteet
<p>2v2 with jokers on the offense</p> <p>J behind the net can't move inside the dotted line, he can only pass to pair on the attack or to the other jokers</p> <p>J's on the dots can score by onetimers only they can also pass the puck</p> <p>2v2 inside win your battles on defense boxout play the stick</p>	

### OC's Game



Similar to the bubble hockey game. The X's will try and score on the southern net and the O's will try to score on the northern net. The guys in the circles job is to get it to their teammates to shoot so they can score off tips, deflections, or rebounds (or score directly). Players outside the circle can't move and have to stay outside the circle.

You can also add an extra player each side inside the circle to have more players involved

Maclennan

### US NTDP 2v2 Angle

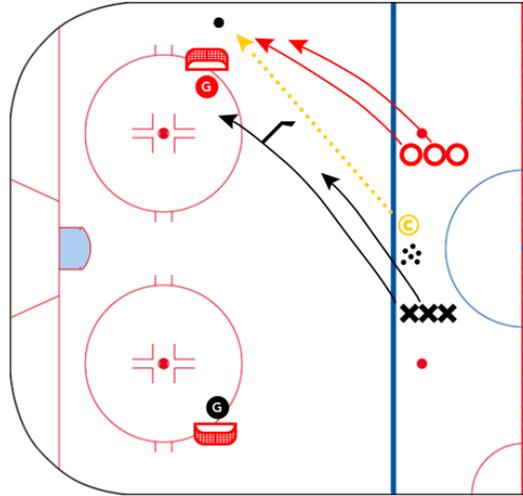
6 mins

#### Key Points:

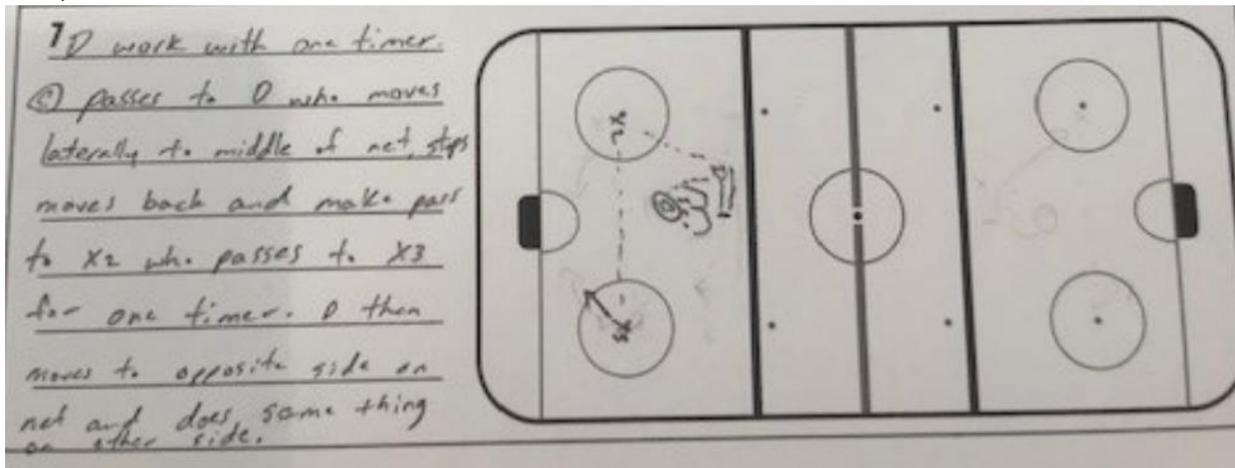
- Good Angles
- Cutting Hands
- Stick On Puck
- Finish In Front
- Support
- Communication

#### Description:

- Drill is set up cross ice and players are positioned in two lines per team
- On whistle coach sets puck behind net to one of the teams
- Whichever team is on offence sends two players from their board side line
- Whichever team is on defence sends two players from their middle line
- Offensive players look to breakout and attack
- Defensive players look to angle, create a turnover and attack
- After initial sequence played out 2v2 live
- Coach may add a player to either team for advantage if they want (reward for battles, creating turnover, proper angles, etc)
- Continuous on the whistle



Perepeluk



Clark

Title : Finnish 2v2

Content elements: \_\_\_\_\_

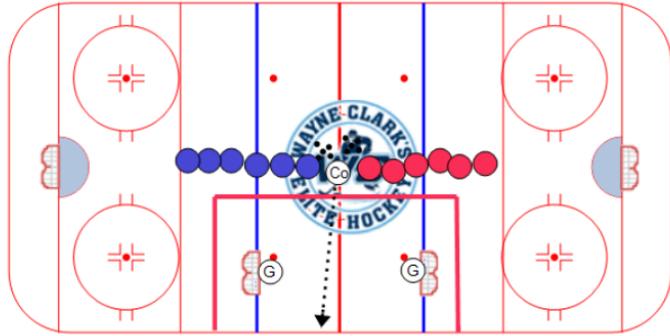
Components : \_\_\_\_\_

**Description**

\* Create out of Bounds with Bingo Dabber or Line Paint

-Play 2v2 Until Whistle and Next Group Comes in

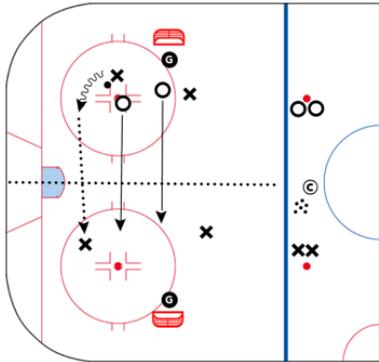
-If puck goes out coach dumps new puck in



Larade

Pens 2v2 backcheck game

10 mins



- There are also two players placed behind the backcheckers (other 1/2 of ice).
- When the backcheckers gain possession of the puck, they then breakout the two players on their team waiting to attack the other way.
- After the offensive players are stopped, they become the backcheckers.
- The shift is as follows: start on offence, move to backcheck, lead the breakout, and then change.
- If there is a goal on the rush, a new puck is introduced for a 2v2 battle low
- Offensive players waiting should be no deeper than the inside hash marks

Ross



Copy

4 Drill: NTDP SMALL ICE Length: \_\_\_\_\_

PLAYERS BEHIND NET AND BL CAN MOVE ALONG LINE AND NOT PAST HALF!

1 VS 1 WITH 2 SUPPORT PLAYERS MUST MAKE 1 PASS BEFORE YOU SHOOT. ROTATION ON WHISTLE

BL - INZONE  
INZONE - BEHIND NET  
BEHIND NET - DONE

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**Offensive/Defensive Team Play**

**0 mins**

**3v3 2-zone Rover**

**10 mins**

**Key Points:**

Puck movement

Puck support

Defensive play = active sticks, angling, pressure vs contain

Read & React

Deception - which net will you attack?

**Description:**

SAG, play 3v3 and can score on either net at any time.

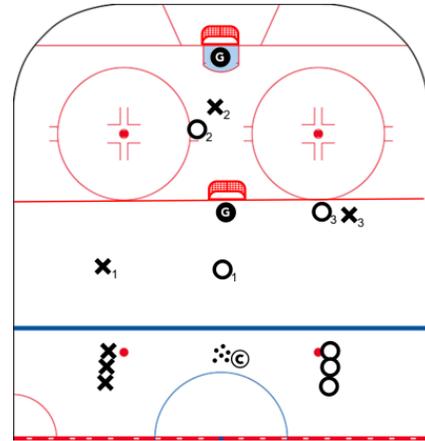
C will dump a puck and the team that retrieves it starts on offence.

Offensive team can score on any net and the key is to create outnumbered situations through puck movement and support off the puck.

On a turnover the defensive team must check the puck to the coach to transition to offence.

Play out game to a winner (3-5 goals).

Change lines every 30-40 seconds.



**Compete**

**0 mins**

**2v2 Forecheck SAG**

**10 mins**

**Key Points:**

Forecheck must use SPEED to eliminate Time & Space

Offence must make read as they go behind the net to see forecheck and make good sections with the puck

Puck support is key!

Defenders have to READ and ANGLE well with SPEED.

COMPETE & BATTLE!!

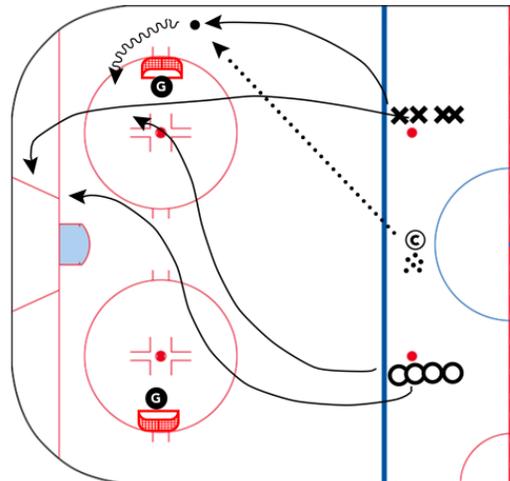
**Description:**

C chips a puck behind a net, that team must regroup and counter versus the oncoming forecheck.

Forecheckers need to STEER their opponents to BAD ICE and try to force a turnover so they can counter attack.

Offensive team must use speed, puck support/protection and puck movement to create offence. Plays out as a 2v2, Os can counter attack on change of possession.

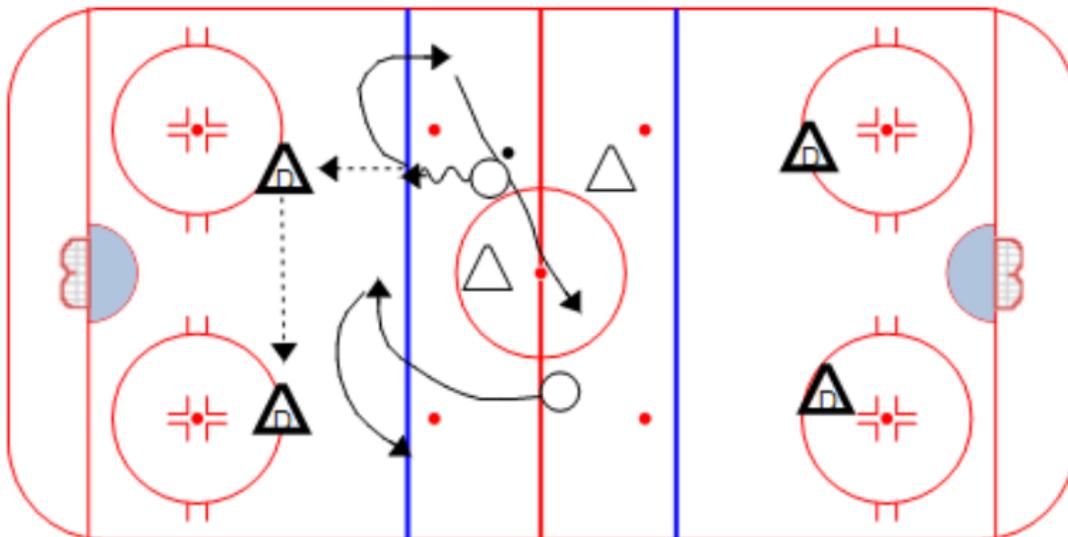
C will blow play down, then drill will restart with the other team 'breaking out'.



### **PERRTI PASSING GAME**

Constant regrouping of 2 vs 2 or 3 vs 3.

3. D play on both teams, so whoever gives them the puck, the D try to return it to.
  4. Use top of circles to top of circles. Coaches warm up goalies or they do drills on their own.
  5. O's have the puck and try to keep possession as long as they can, by using teammate on the ice and available D. D work on D to D and regrouping techniques.
  6. O's give the puck to D then keep stick on ice, present themselves and try to get open. Figure out areas to go to open up and get the puck.
- F's can use either D men.



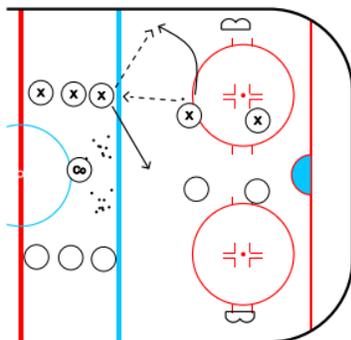
2 vs 2 Fast Transition				
		<p>Xs start on offense with Os defending the rush.                      Os trying to recover the puck and transition quickly up to O1 and O2.                      Xs are tracking back through the middle of the ice to defend.                      As soon as Xs cross the center line, two new Xs are jumping in looking for a transition pass from the original two Xs.</p> <p>Play is continuous.</p> <p>Clean transition passes will lead to a 2v0 in transition.</p>		
10	5:40pm	<b>2 vs 2 Fast Transition</b>	Small Space Game	One of our team's favorites. Guarantees a pressured 2-0 on each change of possession. Hard back to get there to defend on any rebound.

Schneider

**Hershey 2v2 Net Front**
**10 mins**

**Description:**  
 2v2 in the designated small area. Can use a marker if no access to bumpers. O player below the goal line and X player up top can only move side to side. Players involved in the 2v2 must pass to their support teammate on any change of possession. High support player can shoot and low support player is allowed to jam puck to the net. Players have to work to win space in the net front and work to get open.  
 Switch which team has high/low support each shift.

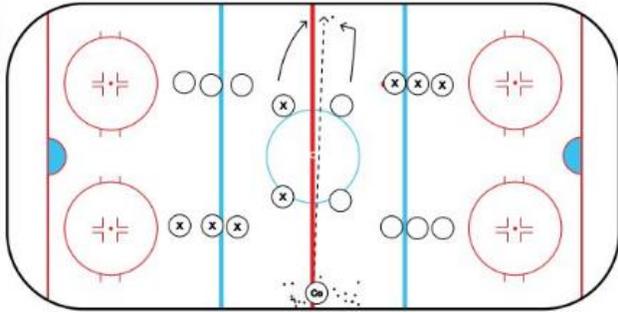
Leger



**2 v 2 / Reward 4 v 2**

Starts as a 2 v 2 (ideally drop the puck) and during the progress of the game before a goal - the players change on the fly. Extra players are lined up in single file outside the zone and they cannot interfere with the play intone. Either team may add a maximum of 2 additional players provided that a proper direct pass is executed ie passer in the field of play must receive the direct return pass tape to tape. The field of play is the entire end zone. On goals against the game is re-set with a new face off.

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### 2 v 2 Puck Protection

2 v 2 (X vs O) players must battle for puck possession and retain puck support by small area puck protection or by an outlet to the first player in the line matching the same colour. Each whistle initiates a new 2 v 2 with a pass to any player at the front of the line. Field of play is the space between the blue lines.

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