

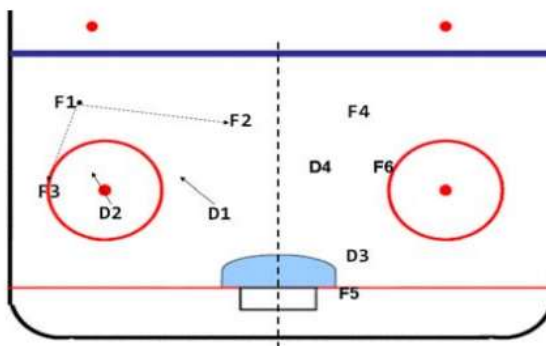
## Games from Drill of the Week Club 2010-2011

### DRILL

### 3-ON-2 HALF ZONE

#### DESCRIPTION

SET UP TWO 3-ON-2'S, ONE IN EACH ZONE. THE COACH DUMPS A PUCK IN TO START. F1, F2, F3, ATTACK D1, D2 AND CAN ONLY PLAY IN THEIR HALF OF THE ZONE. D1, D2 MUST BREAK UP THE PLAY AND GET THE PUCK ACROSS TO THE OTHER FORWARDS, F4, F5, F6. IF THE PUCK GOES OUT OR A GOAL IS SCORED, THE COACH CAN DUMP A PUCK INTO THE OPPOSITE CORNER. THIS IS A GREAT DRILL TO USE TO HAVE ALL FOUR LINES SKATING AT THE SAME TIME, WHILE WORKING DEFENSIVE AND OFFENSIVE PRINCIPALS IN SMALL AREAS



#### NOTES

Jim Midgley

Title : Kitchener 2-0 Game

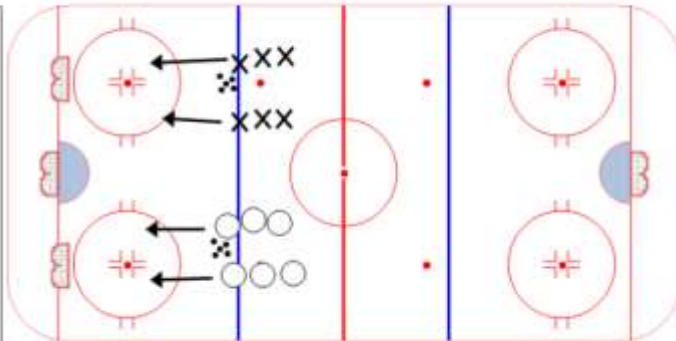
Category #1 : Fun

Category #2 : Game

#### Description

On the whistle both teams take off 2-0 and try to score on the goalie. When a team has scored they can go steal the opposing teams puck and try and score. Go until the whistle.

First one to 10 wins!

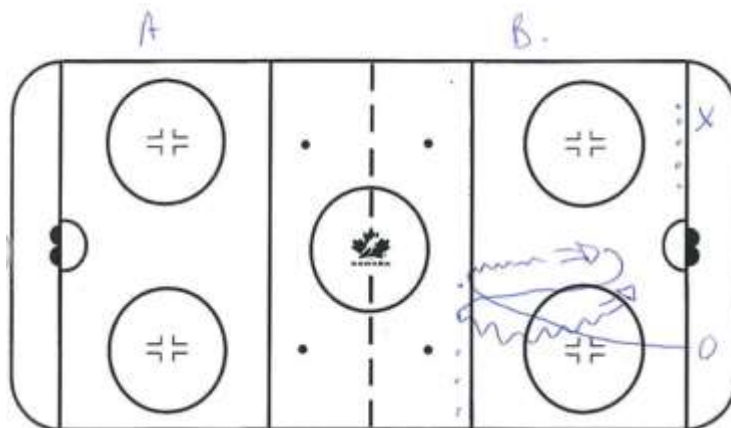


Key points :

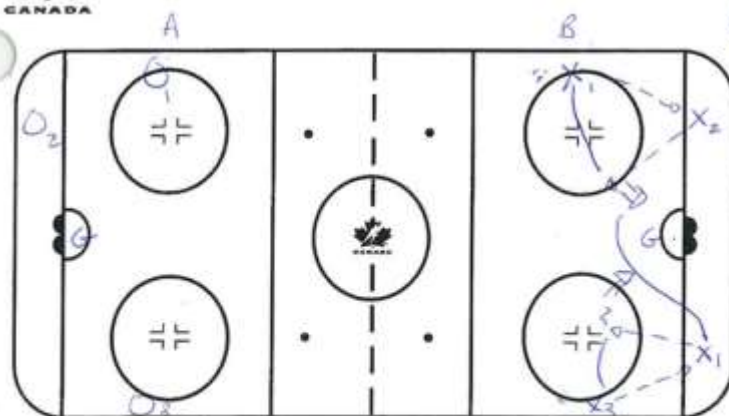
Fun

Battle

Competition



⑤ Setup + Shootout Competition -  
 - At both ends (A+B)  
 X Setup up pucks in the line  
 - sprints to stops  
 O - sprints and goes in for  
 Shootout 1-0 in goalie  
 After all 5 pucks rotate  
 Xs - Shootout  
 Os - Sprint + Setup

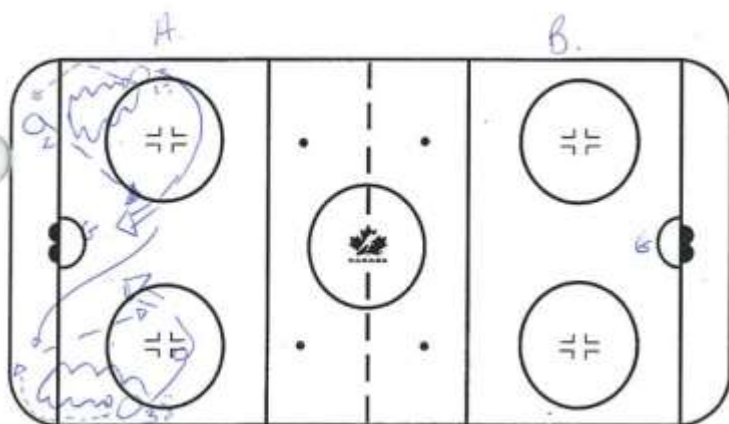


#### ④ PETES 2on1 GAME

Divide in 2 Teams  
@ Either end (A+B).

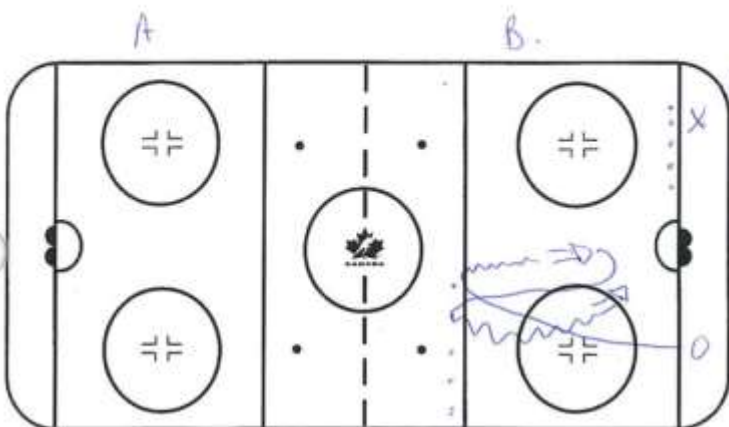
FIRST TEAM TO 10 Goals

- 2on1 Give + Go - continuous.
- X<sub>1</sub> passes to X<sub>2</sub> - for pass back
- X<sub>1</sub> shoots - picks up rebound...
- X<sub>1</sub> then goes low - receives pass from X<sub>3</sub> - gives it back to X<sub>3</sub> who shoots then takes X<sub>2</sub> position for pass.



COACHES COUNT GOALS

Progression: O<sub>1</sub> cycles puck instead of direct pass



#### ⑤ Setup + Shootout Competition

- At both ends (A+B)

X setup up pucks @ blue line  
- sprints to stops

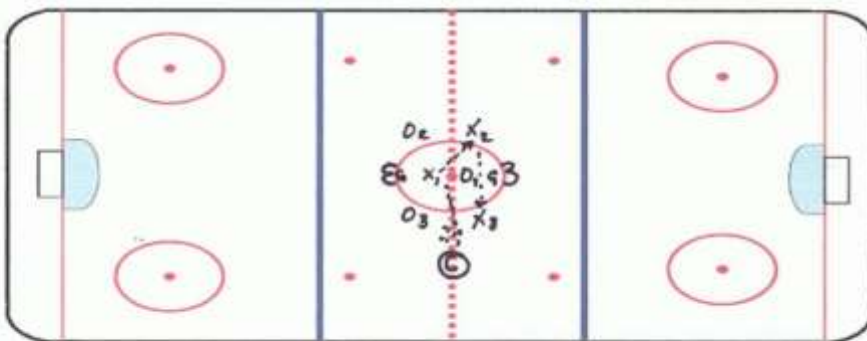
O - sprints and goes in for  
shootout 1-0 vs goalie.

After all 5 pucks rotate

X<sub>1</sub> - Shootout

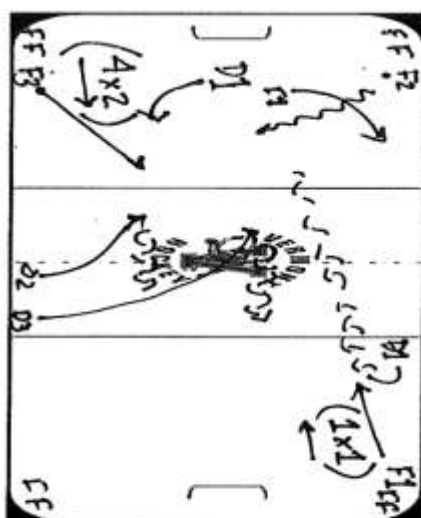
O<sub>1</sub> - sprint + Setup

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



## UNIVERSITY OF VERMONT HOCKEY

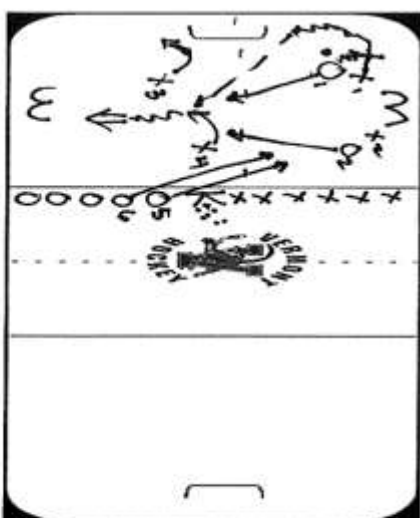
### FAVORITE DRILL: 1x1/4x2



- F1 goes length of ice 1x1 against D1
- D2 & D3 slide out behind 1x1
- On whistle, F1 & D1 transition to offense with F2 (new puck) & F3 for full length 4x2 against D2 and D3

*\* good drill for transition/rush options*

### SMALL GAME: CONTINUOUS 2-ON-2



- Split players into 2 teams lined up across blue line (X's and O's)
- Game will be played in one zone, cross ice
- Game starts with 2 O's (1, 2) on offense and 2 X's (1, 2) on defense in one half of the zone
- There are 2 additional X's (3, 4) waiting in the other half of the zone
- O's attempt to score
- When defensive X's get possession of puck, attempt to outlet to X3 or X4; O1 and O2 backcheck and play defense.
- X1 and X2 jump out; O3 and O4 jump in and are now waiting
- When O1 or O2 get possession of puck, attempt to outlet to O3 or O4; X3 and X4 backcheck and play defense
- O1 and O2 jump out; X5 and 6 jump in and are now waiting

*\*Players get a little of everything: 2x1 rush, 2x2 offense, backcheck into defensive play, transition pass*

*\*Easy way for players remember the rotation: offense to defense, then out*

3 John Mecheletto

Associate Head Coach



Terry Rhindress

Time: \_\_\_\_\_ Drill Name: 3/2 HALF ICE.

D<sup>1</sup>, D<sup>2</sup>, D<sup>3</sup>, D<sup>2</sup>, D<sup>1</sup> WORK TOGETHER  
A<sup>1</sup>, A<sup>2</sup>, A<sup>3</sup>, A<sup>3</sup>, A<sup>4</sup> WORK TOGETHER  
① PUTS PUCK IN ONE SIDE DEF  
WORK WITH DEFENSE ON OTHER SIDE  
OF NET. 3/2 EACH SIDE. LET DUAL  
GO 40/45 SEC. ② CAN PUT HOD  
PUCK IN ZONE IF OUTSIDE BLUELINE.

**Key Teaching Points (KTP)**

- CONTROLLED SPACE
- GOOD STICK DEFENDING
- COMMUNICATION

**Key Execution Points (KEP)** file

Stephen LeBlanc

Title : 10 puck shootout Category #1 : Fun Category #2 : Shootouts

**Description**

Player picks up one of the 10 pucks on the blue line.

If he scores (O), he gets another puck and repeats this until he misses.

If he misses (X), the player must pass the puck to the next player. Repeat until that puck is in the net.

First team to score all 10 puck wins the game.

**Key points :** Players are on their bench

Paddy Flynn

'Fun/competitive Drill'

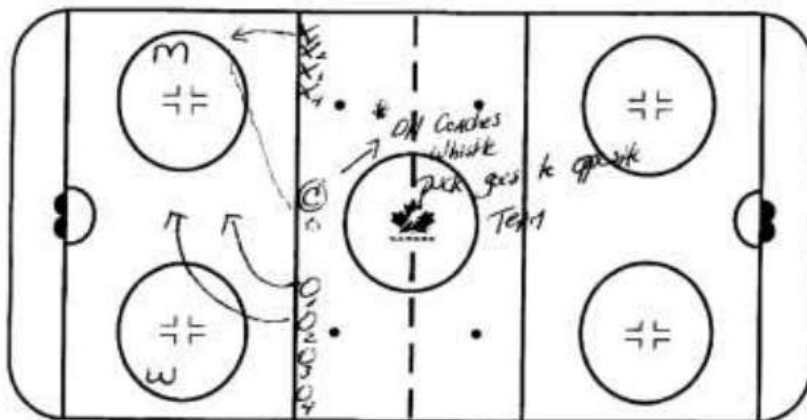
**Description "Activation Drill Game"**

- An on End Zone
- Start w/ 2 on 2
- Battle for Possession # to Score.
- On Possession, that team can 'Activate' another team more up to 4 on 4
- Good Fun & Pace

**Notes / Systems**

'Put something on the line'

**"THE MORE YOU SWEAT IN PEACE, THE LESS YOU BLEED IN WAR"**



- Coach passes to X, who goes against C<sub>1</sub>-D<sub>2</sub> (1v2)
- Play for 20-25 secs.

Rules: Single player always receives puck (X, then starts from C, gets 2 puck) - play for 20-25 secs.

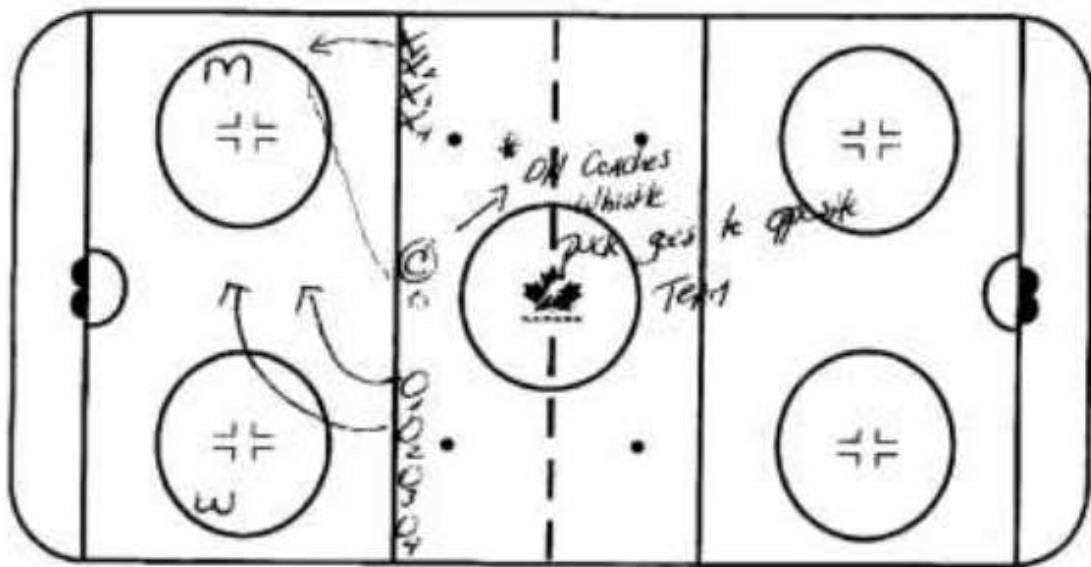
Single player scores Team gets 3pts  
 IF the team of 2 players score Team gets 1pt  
 1st Team to 15 pts wins.

Exceptions: Coach blows whistle, puck changes sides

HTP: EFF - def. Concepts  
 Goal Conditioning - Competitive Game

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "If you don't plan your plan,  
 it will remain a  
 dream"



- Coach passes to X, who goes against O<sub>1</sub>-D<sub>2</sub> (1v2)
- Play for 20-25 Secs.

Rules: Single player always receives puck (X, team starts from O<sub>1</sub> go 2 puck) - play for 20-25 Secs.

Single player scores Team gets 3pts  
 If the team of 2 players score Team gets 1pt  
 1<sup>st</sup> Team to 15 pts wins.

Everytime Coach blows whistle, puck changes sides

KIP: EFF-def. Concepts

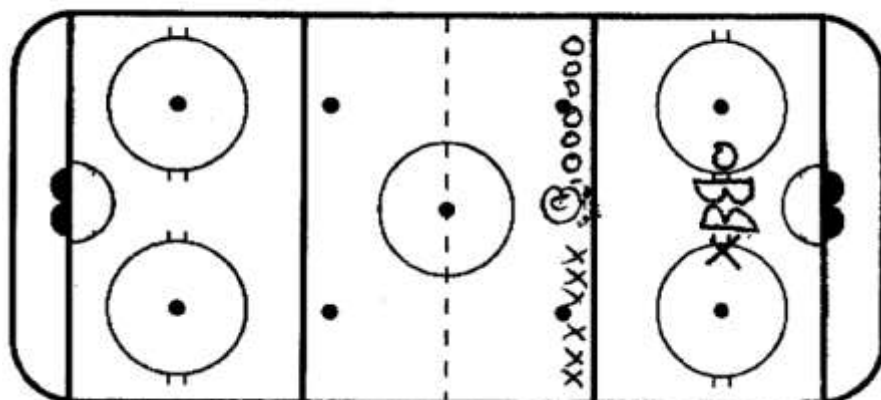
Good Conditioning - Competitive Game

Book: The Rules of Life - Richard Templar

Quote: Rule 25 - "If you don't plan your plan,  
 it will remain a  
 dream"

Will Verner

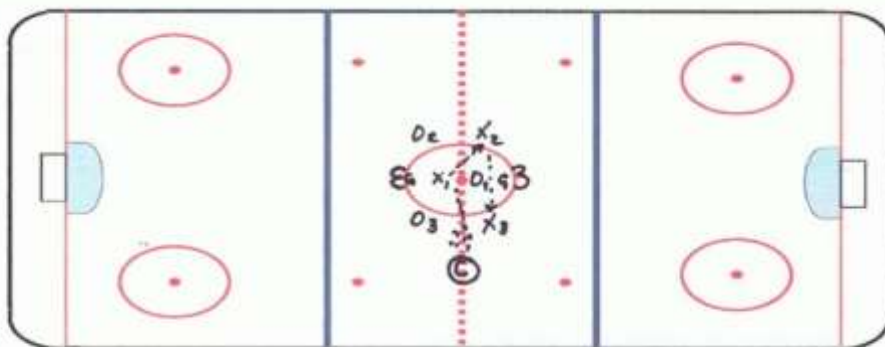
3 vs 3 1/2 ice nets back to back



Wise

### 3) S. White PP Drill:

- teams of 3
- X1 & O1 can't cross center ice, must pass or retrieve puck
- X2,3 & O2,3 on outside of circle, play from post to center ice, can't go in the circle, pass and receive
- 1-touch passing, try scoring, coach chips pucks in as need, 30 second shifts & change



Pokal

Title : 5 on 5 Agg. Forecheck gam Content elements: 5 on 5 agg. Forecheck Components : Breakout under Pressure

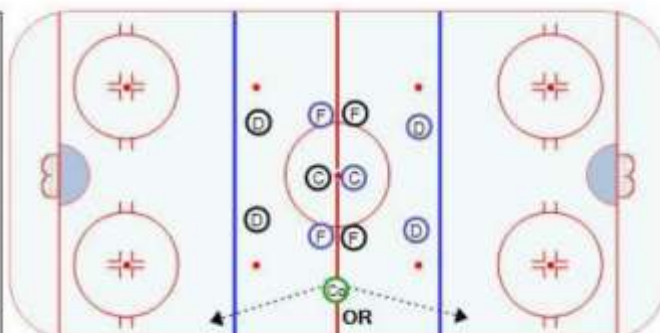
### Description

Both Teams line up for a NZ Face-Off with the Wingers Flip-Flopped on the Offensive side. D-men must be even with NZ Dots

Coach dumps the puck in one end or the other. From that point on play 5 on 5 scrimmage.

Attacking team executes aggressive forecheck Defending team moves into position for breakout support under pressure or DZC

Can influence drill to your needs Ex: Flip just Centers, or all 3 Forwards



Tom Pokal

### Key Points :

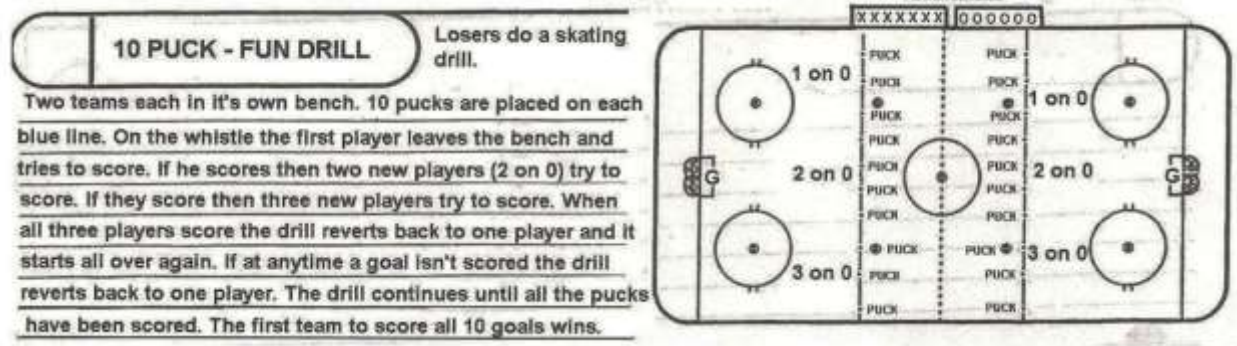
Run from all 5 NZ Dots

Agg 4-check patterns

Breakouts, D-D, Rims

Screens, Reverses





Brian Borque

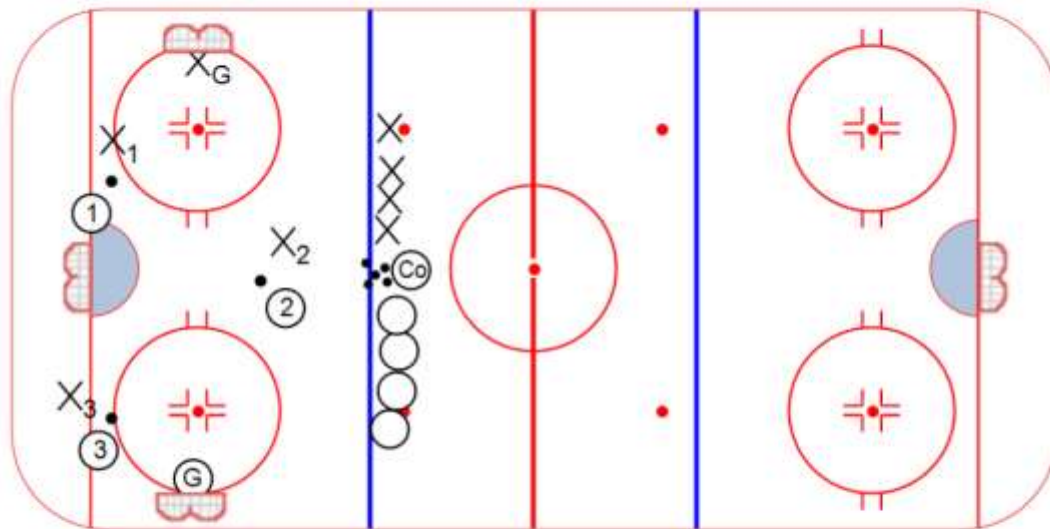
Title : 1v1, 2v2, 3v3

Category #1 : ENIO DRILL OF THE WEEK

Category #2 : GAME

Content elements:

Components :



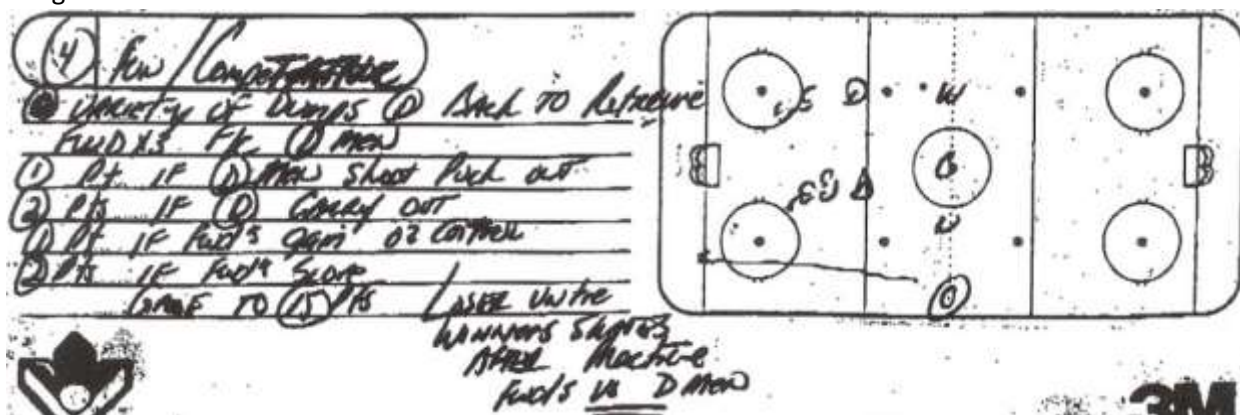
Key Points :

### Description

- Game begins with 3 1vs1 Battles; X1 vs O1, X2 vs O2, X3 vs O3
- X's score on OG and O's score on XG
- Once a goal is scored the two players choose which teammate they want to help. They do not have to join the same pair. After one puck there could be a 1on1 still on and a 2on2...or....it could become two 2on1's.
- After the second puck is scored then all players play the remaining puck in a 3on3.



Fridgen



Bobby Fox

Title : Transition Game

Category #1 :

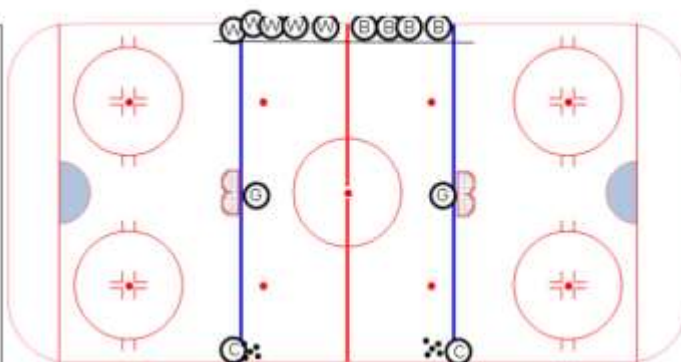
Competitive Game

Category #2 :

Transition

### Description

3v3 game in the NZ, rest of players on bench.  
 -if puck leaves the NZ the Coach that blueline passes to his team (players are encouraged to use this rule to their advantage)  
 -on first whistle, players race to benches  
 - on 2nd whistle, 3 new players enter the game, 1st team with all players on the bench start with the puck  
 KTP - speed & transition, head on a swivel, "think" the game  
 KEP - 2 coaches are part of the game (be aware, model the behavior), 3rd coach be at the benches giving feedback, make sure coaches at bluelines have enough pucks, 3rd coach blows whistles



Belliveab

Title : SMALL ZONE 1:1 GAMES

Category #1 :

BATTILING DRILL

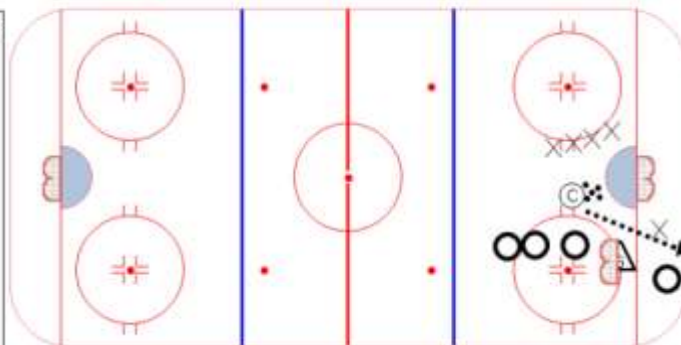
Category #2 :

COMP DRILLS

### Description

PLAYERS PAIR IN CORNER WITH ONE NET , ONE GOALTENDER AND COACH GET PUCK IN ;  
 PLAYERS BATTLE AS THEY TRY TO SCORE ON GOALTENDER, THEY MUST ALSO DEFEND ZONE. THEY GET 3 PUCKS THEN CHANGE.

CAN HAVE 3 STATIONS IF YOU HAVE 3 GOALTENDERS . VERY GOOD BATTILING DRILL .



# GOLDEN Puck (Competative)

DATUM: \_\_\_\_\_

GEGNER: \_\_\_\_\_

REF: \_\_\_\_\_

SCORE: \_\_\_\_\_



INJURED: \_\_\_\_\_



## NOTES:

- \* → Paint one puck Gold. ●
- Gold Puck and Normal puck on ice at same time.
- all players on ice (eg. 9x5 9)

## NOTES:

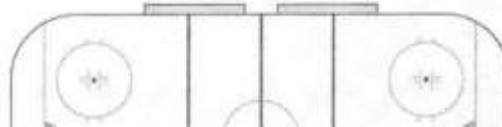
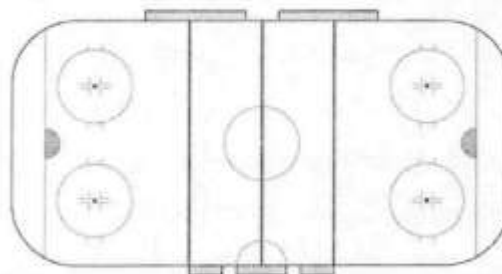
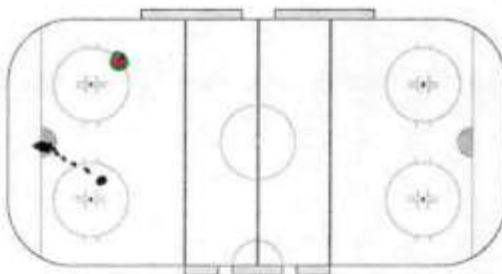
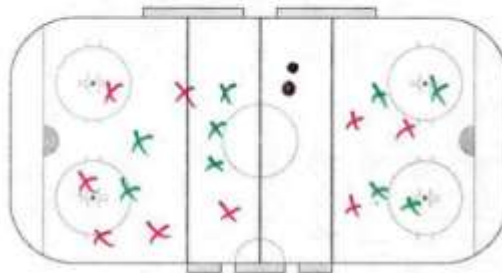
- Gold puck and Normal puck must be in offensive zone to score w/ normal puck.

## NOTES:

- Gold puck is not Allowed to be shot on net.
- (this to protect goalies)

## NOTES:

- Play game to 3 (could last 20min)

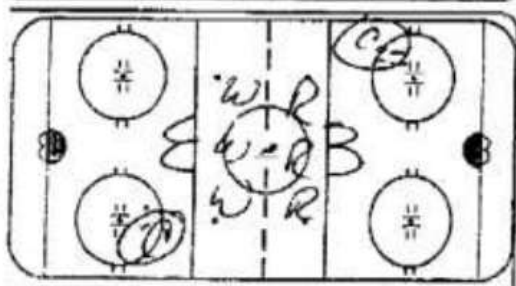


rhindress

**Offense**

Whites vs Reds in neutral zone, the nets are on the blue lines. They play until hear coaches whistle and they will change. There will be coaches inside each blue line to feed new puck when one goes out of play or there is a goal.

*Key Teaching Points (KTP)/Points clés d'enseignement :*



*Key Execution Points (KEP)/Points clés d'exécution :*

---

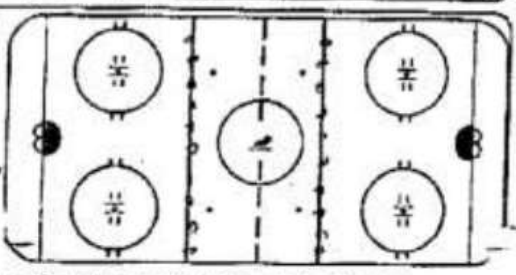
**Time** Game 10 Pucks

Line 10 pucks on each blue line. Whites vs Red

All players on bench on coaches whistle it begins

If you score you come right back to bench to release other Player, if you don't you have to set puck back on blue line then to bench to release other player. Losing team can untie the winning teams skates for example. First team to score all 10 pucks wins

*Key Teaching Points (KTP)/Points clés d'enseignement :*



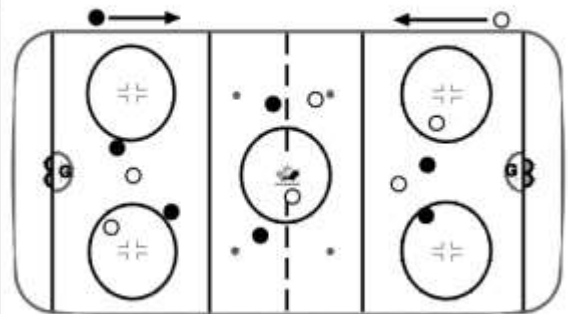
*Key Execution Points (KEP)/Points clés d'exécution :*

*CHAVE PHOTO SMOOT*

Bathurst

Fun Game

Time	Drill Name & Description	Key Points
5	<b>Three zone scrimmage</b>	
	Divide each team into three groups – one for each zone. Each group must remain in their own zone. The puck is advanced from zone to zone by passing to a teammate in the adjacent zone. A turnover and the puck goes in the opposite direction. Rotate zones after each goal	



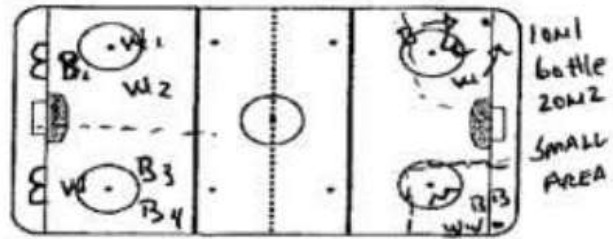
**Progression:**

One pass per zone. Must make a pass before scoring a goal. Second puck.

Dragicivic

Drill: SKILL - GAME 2nd Time: \_\_\_\_\_

W12 - PLAY ZONE 1 vs B1. B1 gets  
PUCK he must pass to B34  
Neither team can cross mid line



KTP: Active Sticks - Passing Lines - Scoring - Battle Small Area

Will Verner

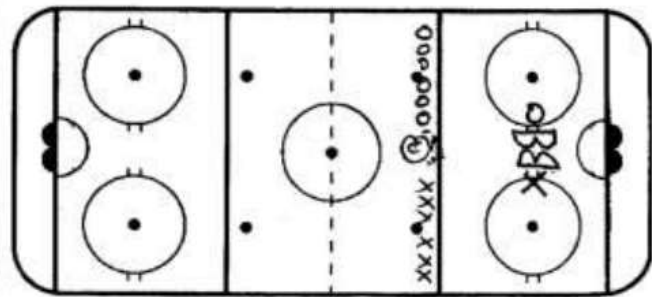
TIME: \_\_\_\_\_ DRILL: COMPETITIVE

Nets back to back in one end  
O's must try to score on X net  
and X's on O net

30 sec shifts on whistle all 6  
players head out of zone to clear  
for next 6.

losing team skates

3 vs 3 1/2 ice nets back to back



Wolff

TIME: \_\_\_\_\_ POINTS / POINTS CLES

Fun Competitive Drill

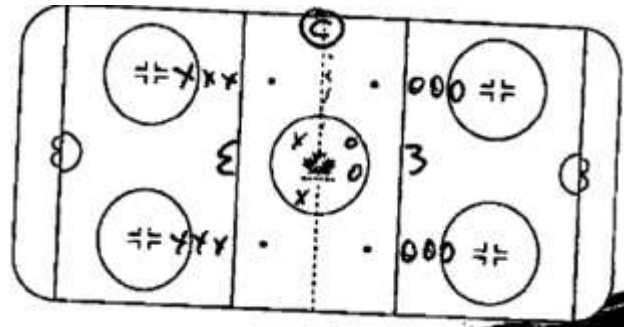
Coach With Pucks

2-2 you can use next guy  
in line as a passer

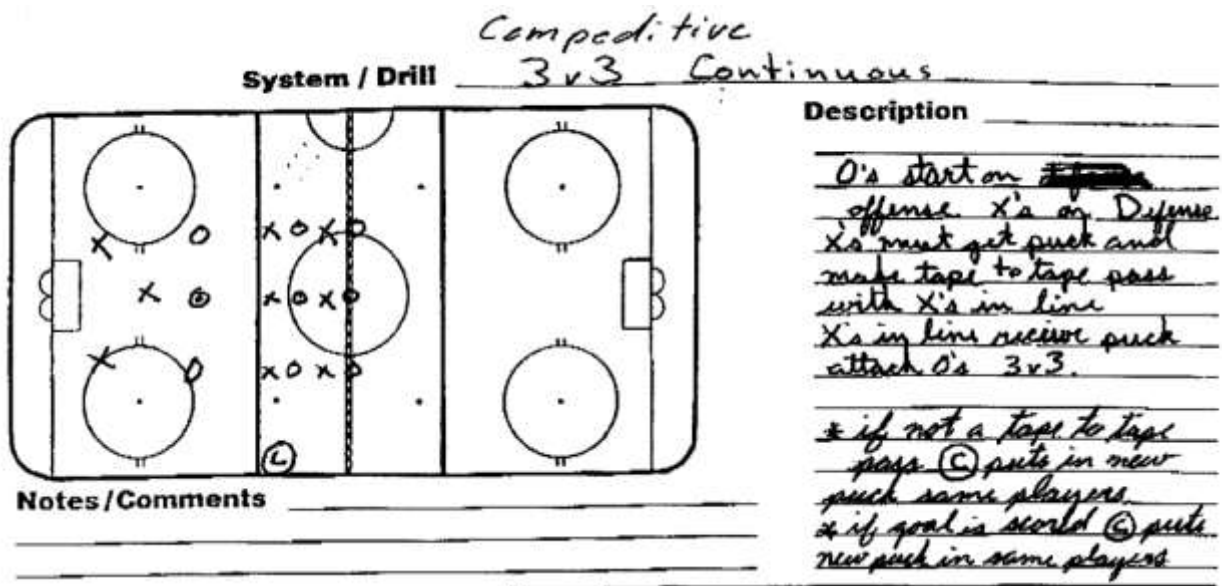
They are stationary

Coach dumps puck in middle

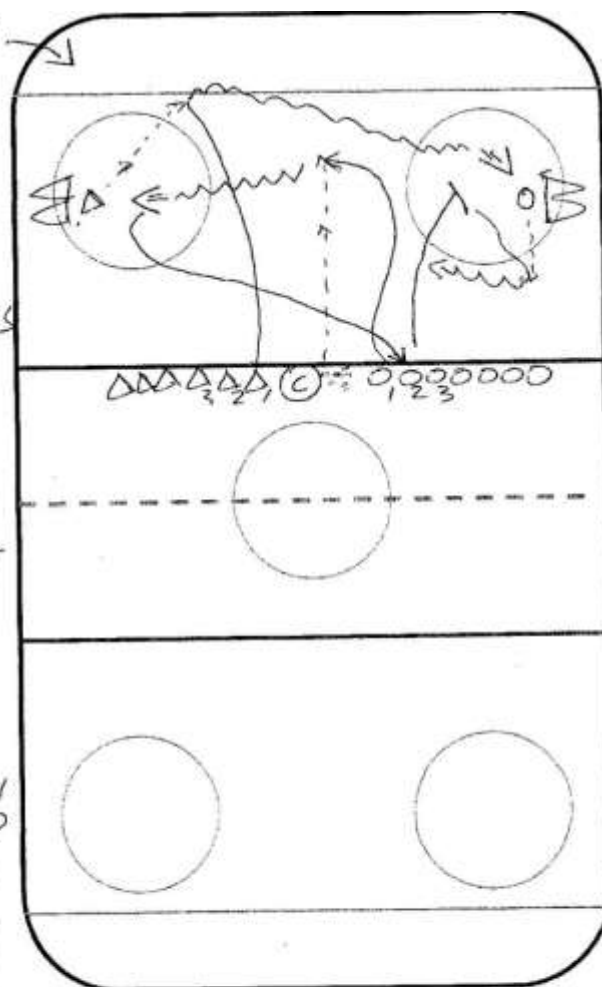
Go till you SCORE







IF GOAL IS SCORED (C) SPOTS NEW  
PUCK IN ZONE OFF BACK BOARDS  
IF PUCK GOES OVER B/LINE NEW P



- Watch for cheating