

D – Games from Drill of the Week Club 2019-20

Title : Juicer & Showdown

Content elements:

Components :

Description

8-10 Mins and Flip Ends

1) JUICER

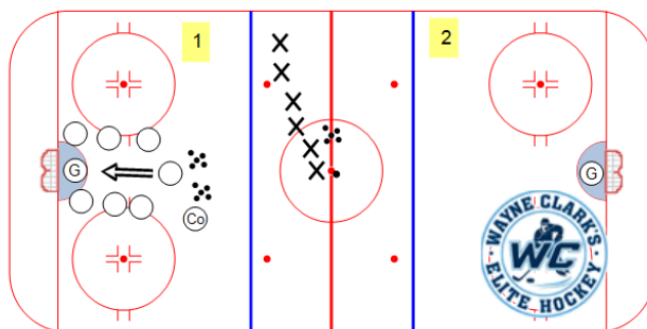
Os vs Goalie. Top O shoots. Os score 1 pt. If goalie makes save or deflects below goal line then 1 point for Goalie.

If Goalie gets a point then Os rotate clockwise. If Os get a point same O shoots again.

Play to 10.

Lesson -promotes shooting off pads, being unselfish, using teammates.

2) SHOWDOWN



Key Points :

Fun

Compete

Score

Save

Enio Sciolotto

TEAM BUILDING GAME: Conveyor Belt Race

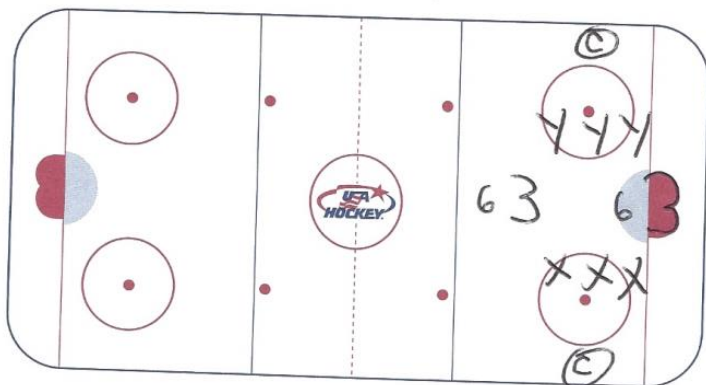
2 or more teams of 6 members.

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/OAG0GdLdM3w>

Chris Ross - UNHE

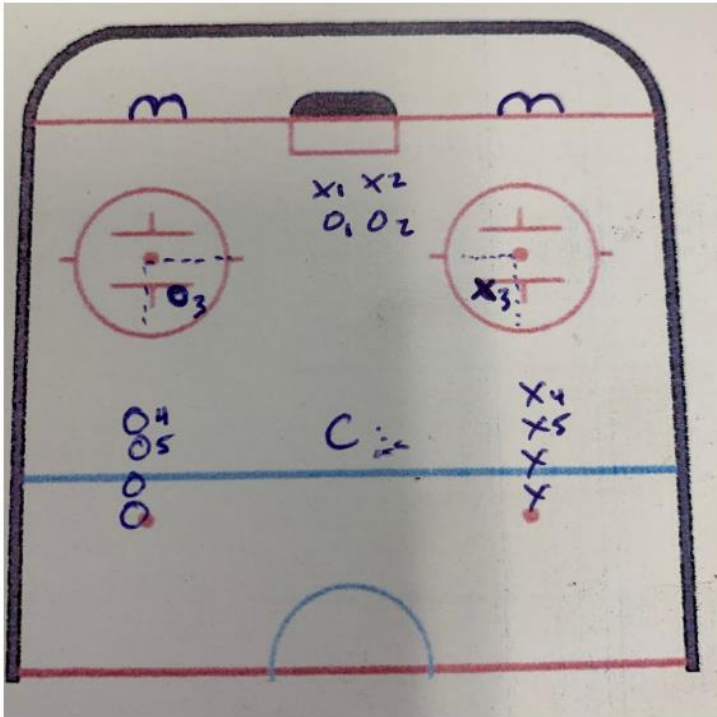
HOCKEY

Competitive game



UNE Levels with 2 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

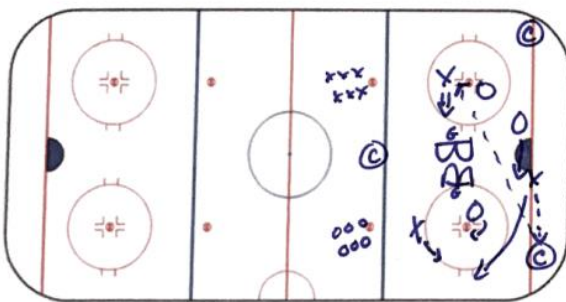


4. Shooter McGavin

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.

Larade

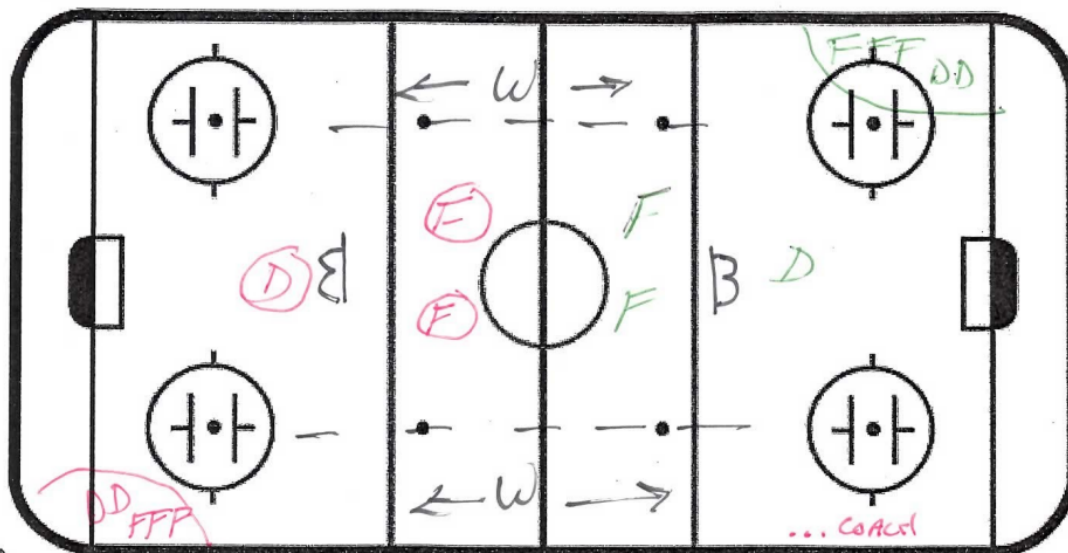


GRAVY ON THE SIDE

- 3v3 SMALL AREA GAME W NETS BACK-TO-BACK.
- TEAMS CAN SCORE ON ANY NET BUT MUST RELOAD WITH GRAVY (C) UPON POSSESSION BEFORE THEY CAN ATTACK
- * WORKING OFF THE PUCK
- * CREATIVITY AND COMPETE

Comfort

DRILL: *SAG PURPOSE TO REINFORCE BREAKOUT FIRST PASS, WIDE SUPPORT, KICKOUTS, D JOINING RUSH*



DIRECTIONS:

SAG 2 v 2 with support to develop 5 v 2

Purpose to reinforce breakout pass, wide support, entry kickouts, D joining rush

2 v 2 in NZ inside dot lines

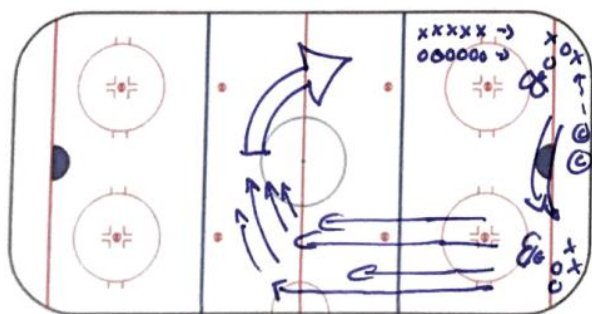
2 players who are outside dot lines in NZ; are support players for team with puck, position for breakout pass from D, skate up and down to receive wide passes from 2 inside players

once puck has crossed blue line, the passing W player can enter inside to create 3 v 2 but once turnover occurs, must quickly skate back outside dot line to be ready for breakout pass or to skate up-ice with 2 inside players

each team starts with a D behind their net; D do not defend against 2 inside players. On turnover puck must go to D behind net to start breakout. D can pass to W players or inside to their two players. Once D makes first outlet pass, can support teammates by skating to NZ circle to become an option for a shot on net. D cannot challenge for loose pucks and on turn-overs must quickly return to back of net.

*** regardless of where turn over is created, puck must go back to D behind net to start breakout; cannot shoot on net immediately after turnover

Larade

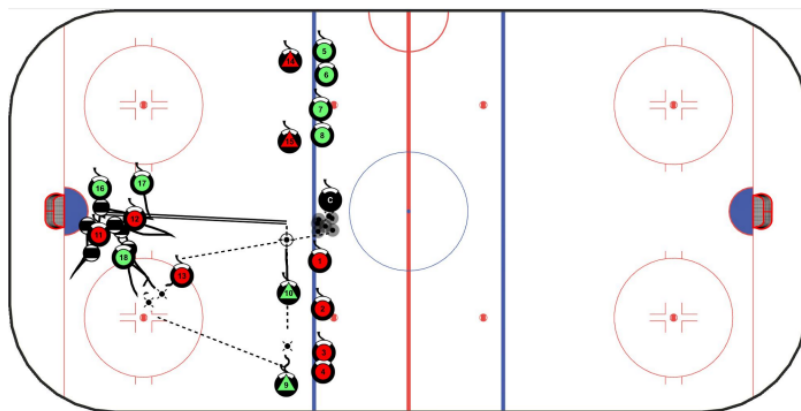


2V2 20-SECOND CORNERS

- 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.

Larry Rocha

4 - MONARCH 3V3 D



TIME: 15

DESCRIPTION:

Coach will pass to open player and those 3 will be on offense and the other 3 will defend and play 3v3 down low. If the defending team steals the puck they get free pass back to one of their D on the blue line. Those D can go D to D, shoot or pass to any of their forwards. Only one of the opposing Fs can force D at the blue one. Now if the new defending team steals the puck they pass back to their D and the game continues.

KEYPOINTS:

Jim Midgley

Title : Odds and Evens

Category #1 :

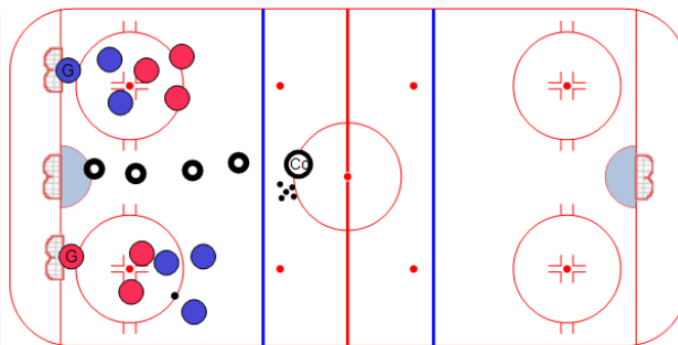
SAG

Category #2 :

Games

Description

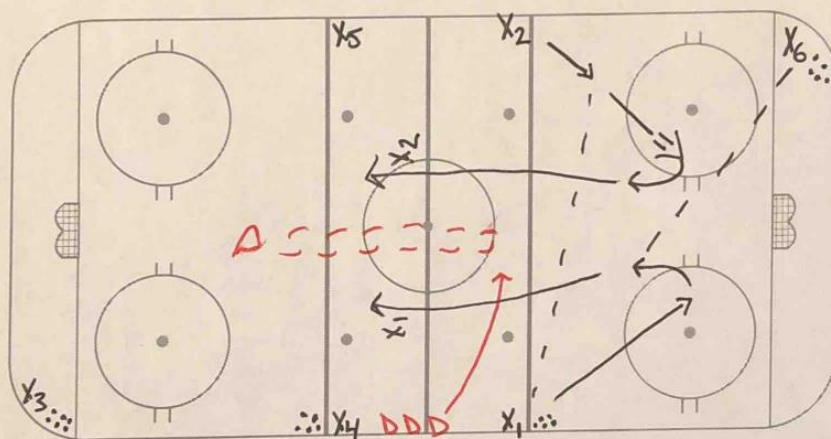
3 Blue players try and score on there side. 2 Red try and get puck to there team on the other side.



Evan Vossen

10 Goals in 7 Minutes

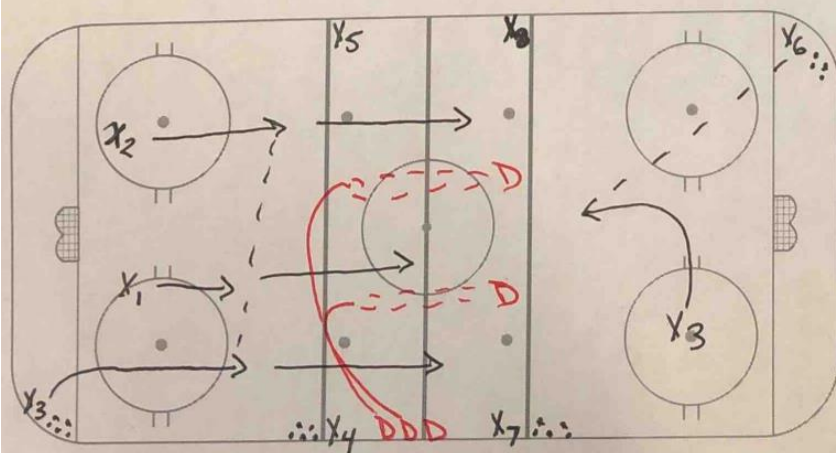
Drill Name



Notes / Coaching Points

- On whistle X1 passes to X2. X2 skates in for a shot. X1 follows for possible rebound. Play one quick rebound, if available.
- X1 and X2 receive puck from X6 out of the corner and attack D1 that has jumped out. Play 2 on 1 down ice.
- When 2 on 1 is dead, X3 skates out of the corner with puck to join X1 and X2 to attack down ice on D2 and D3 that have jumped out.

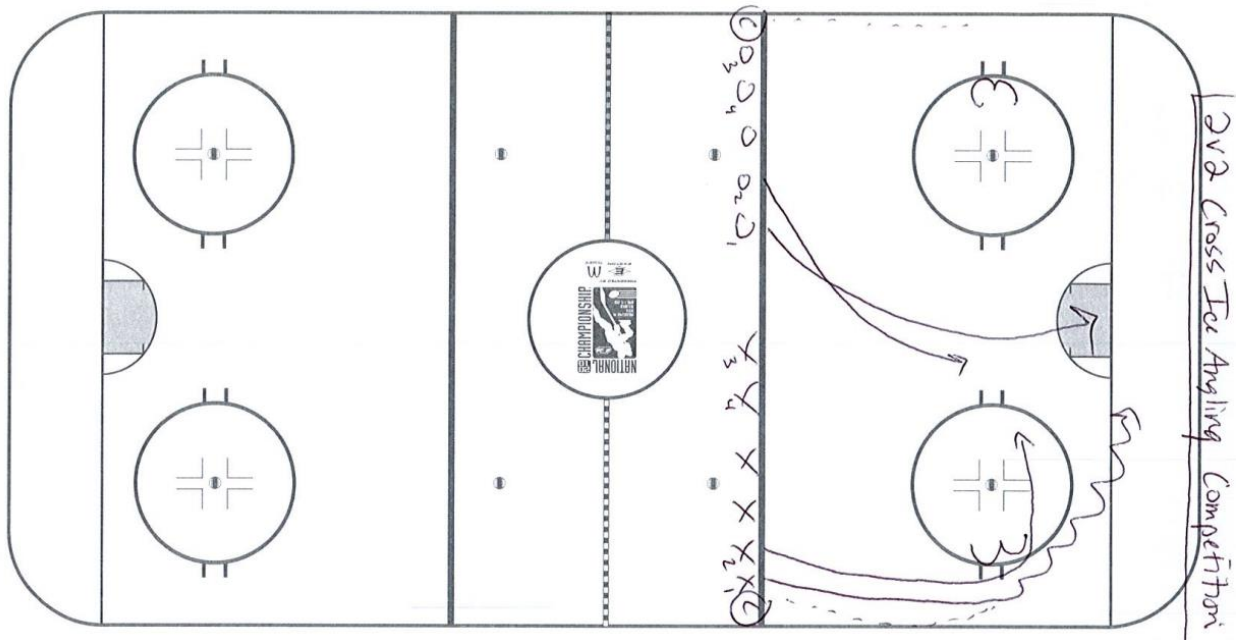
Drill Name



Notes / Coaching Points

- When 3 on 2 is dead, X3 receives a breakaway pass from X6. Attacks far end.
- After breakaway is complete, X4 and X5 wait for whistle to begin next rep.
- * Keep track of how many goals the forwards score. Losing team has to skate, pick up pucks, etc.
- * Can adjust amount of goals or amount of time to increase/decrease difficulty.
- * Allow each rush to play one, quick rebound, if available

Barr



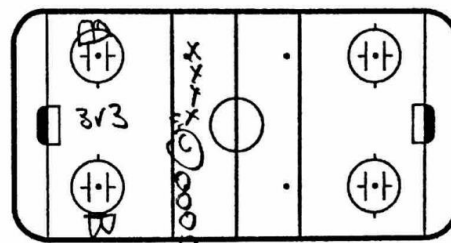
- 1) O spots puck behind net for X₁, X₂
- both players must go behind net
 - 2) O₁, O₂ angle, finish up man thru the hands, and attempt to transition to offense
 - 3) Drill is played cross ice 2v2 for 15-20 seconds
* on whistle, O₃, O₄ grab puck, X₃, X₄ angle
- Keys:
- take good angle in a high speed situation
 - force down the wall rather than giving up the middle of ice.
 - quick transition on a turnover to catch team going the wrong direction

Tyller Kuntz

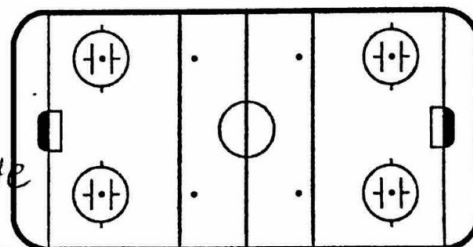
MONTREAL 3-3 FULL ICE LRF	DRILL SUMMARY
	<p>BOTH TEAMS START ON THEIR STOMACHS AT TOPS OF CIRCLES. BENCHES REFLECT SECOND PERIOD (LONG CHANGE).</p> <p>ON WHISTLE BLUE ATTACKS RED. ONCE ATTACKERS CROSS RED LINE, 3 NEW BLUE WILL SPRINT TO THEIR END AND GET ON THEIR STOMACHS. RED WILL GET UP AND DEFEND AGGRESSIVELY IN THEIR ZONE vs. BLUE; ONCE RED ESTABLISHES POSSESSION THEY MUST ATTACK BLUE AT FAR END.</p> <p>GREAT WAY TO PRACTICE SORTING A LRF AND FILL THE CHAMBERS ON THE ATTACK; ALSO GOOD LRA SORT DRILL FOR THE DEFENDERS.</p>

Wielder

Compete Drill "MGM No Shot"
 3v3 Cross Ice
 Rules - 3 Shots on net = a "rep" win
 A goal = A "rep" win



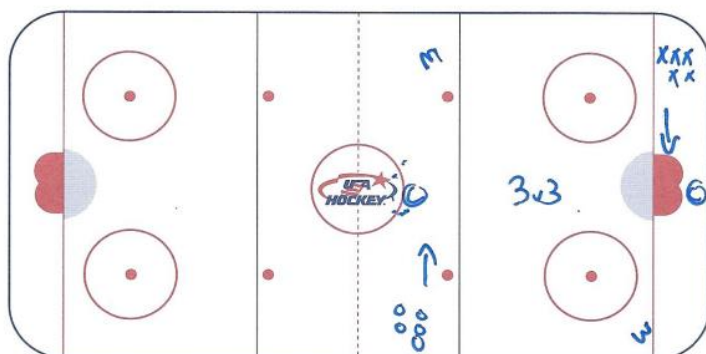
3 "rep" wins = a team win.
 Emphasis:
 Defensively - Stick on puck - Shot Block, Compete
 Offensively - Puck Support - Get puck to the net



Wals



SYSTEM/DRILL Small Game



Description 3v3 Change
 Of possession Must pass
 to one of the @ before
 you can score.

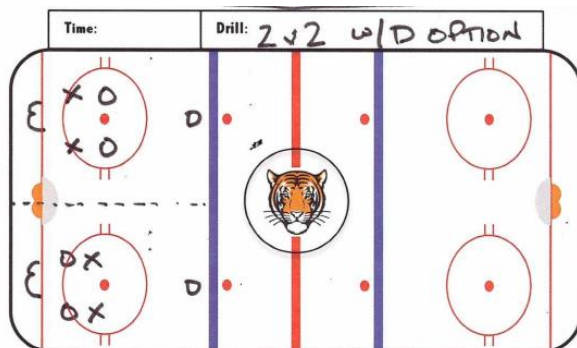
It is a bigger than
 a Small Game, It should
 force your guys or girls
 to do midlane Drives

Notes/Systems Bowling Green 3v3

Drill Name : Out of the smoke

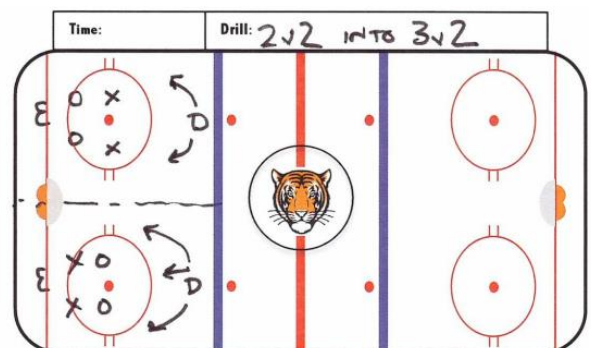
Player attacks net with the puck with remaining player 2v2. Passer replaces out of the smoke player. Offensive players can pass to the line whenever they want to try and surprise or switch on the defensive team.

Stavros Paskaris – Princeton



2x2 SMALL AREA, DEFENDING TEAM SENDS OVER TO OTHERSIDE

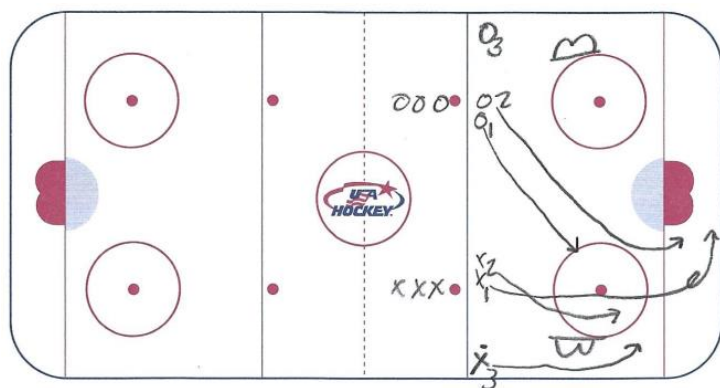
D AT POINT STATIONARY AND USED AS OUTLETS
AND FOR SHOTS



2ND PART \rightarrow D PUT INTO MOTION
TO CREATE 3v2 SITUATIONS
ON BOTH SIDES.

NOT ALLOWED TO CROSS MIDDLE

Howe



Notes/Systems

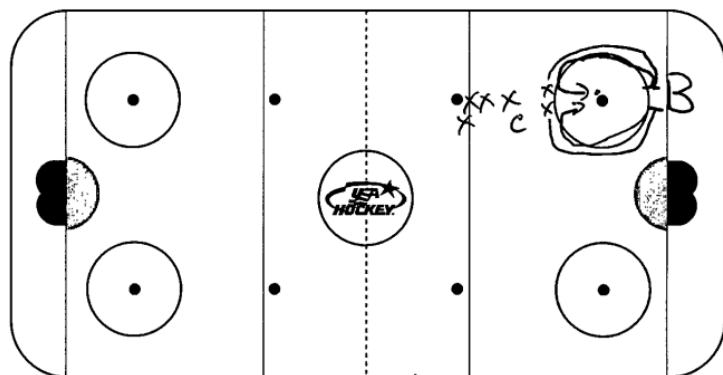
Description

④ Competitiveness

* Bruins Angle

• Puck starts w/ X₃ must skate behind net while X₁ & X₂ go to support O₁ O₂ Sprint to angle / break up. Play out 3 & 2, O's must pass to O₃ to initiate change of pos. X₁ X₂ X₃ the Sprint out & 2 new X's Sprint up to angle. The 3 O's while O₃ is shorty behind net. Defense → offense → out. X's now must pass to new X₃ to change pos. back.

Josh Glionna

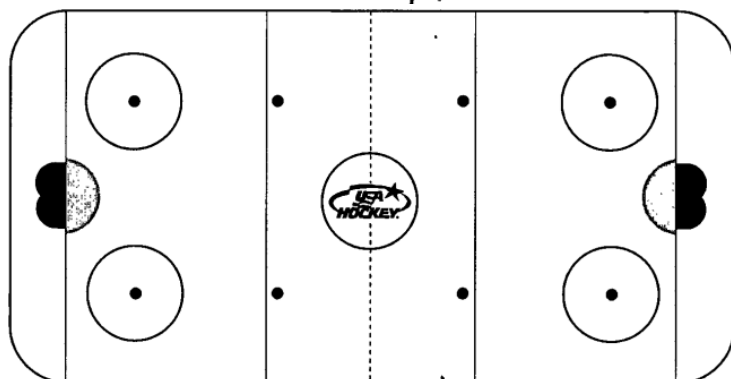


Notes/Systems battles / races

Description

2 player race around half circle. forward stop backwards. race for puck. add in play out 1 & 1.

- good stick position
- keep feet moving

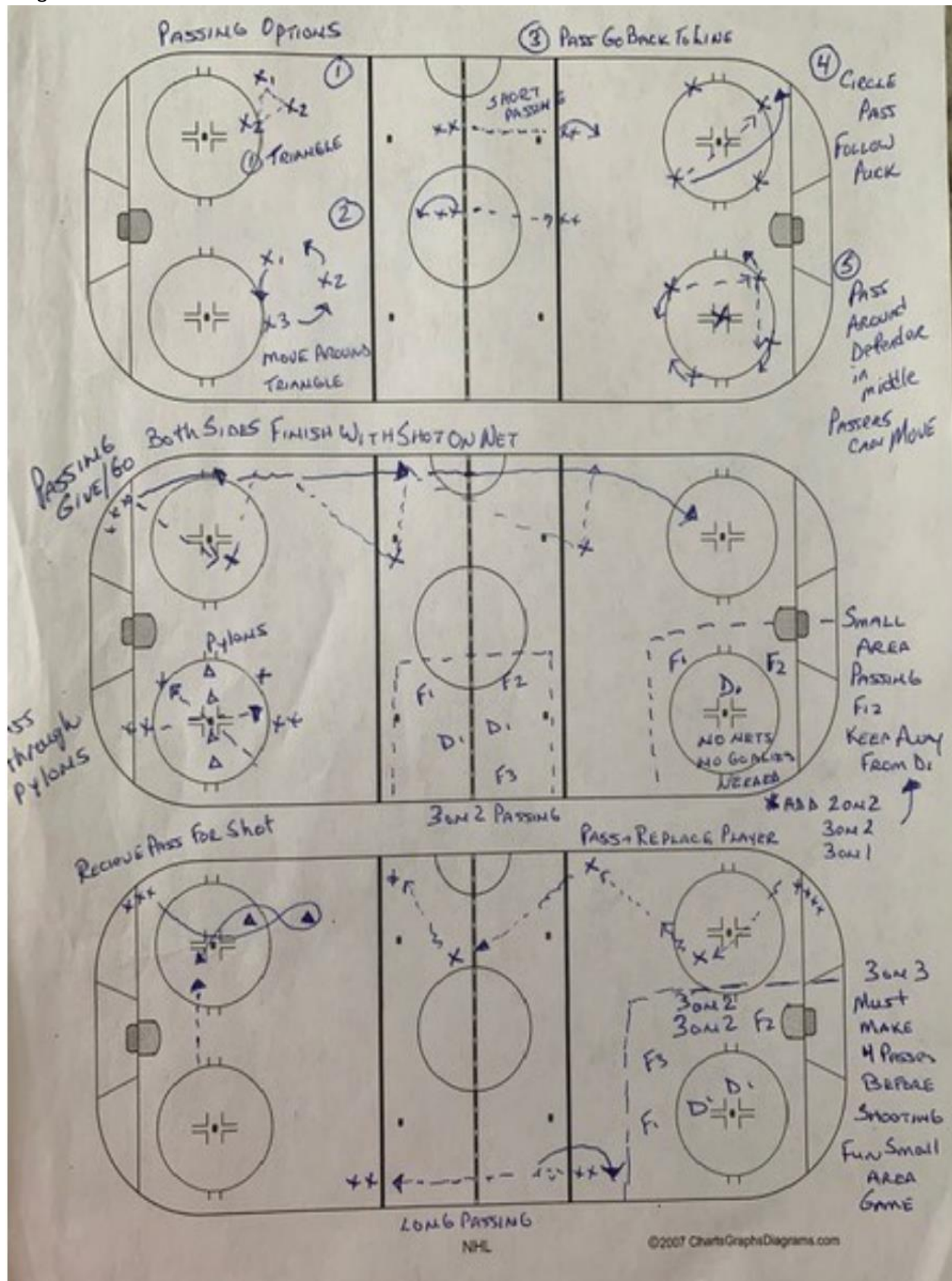


Notes/Systems

Extras / fun way to end practice

Description

Tag
ringette (little nets)
soccer
Torpedo (tennis balls)



Pelino

BOTH WAYS BATTLE 1-1 / 2-2 / 3-3

Play in end zone, cross ice, with two nets and two goalies. All players line up across blueline. Coach determines if it will be 1-1, 2-2, 3-3 or can change it up each time the whistle blows. Play each shift for 15-20 seconds.....possibly longer when 2-2 or 3-3.

***** **MOST IMPORTANT*******

Can attack any net anytime....1-1 / 2-2 / 3-3.

GREAT drill for puck possession skills....great for quickness, creativity...for everything offensive!!!

lots of fun and battle level.

Keep score....losing team has to do something at the conclusion of the drill.....ie. Laps, boards, pick up pucks, etc.

4

Leon Hayward

The Gauntlet - 10 mins

	<p>Coach puts puck in play - 2v2 inside the rails - all players are options for the 2v2. 2v2 players must pass the puck to their line to go on offense. If the puck goes through the line of players on a pass, shot, or rebound, the coach gives the puck to the other team. On a goal scored the coach give a puck to the line of the team that just scored. Coaches whistle cycles the players in and out.</p>
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Weber

Title : 1 end 12 points

Key Points :

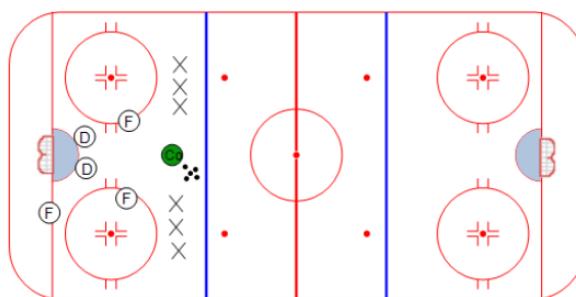
Low 3V2

play to 12 points

F get 3 points for Goal

D get 2 points for skate out

get 1 points for clear out



Grebeskov



Explanation: Two teams (blue and red). 3F and 2 D on each team. Forwards on offense, D-man on defense. In one zone, two nets, one puck. Play 3 on 2, forwards trying to score, D defend. When D get the puck they need to pass to their forwards. If forwards score they getting new puck from Coach. Keep the score. Stay on your side of the zone. Can be four teams. Play around 1 minute then rest or change teams.

Poole

Title : 33 2-net game

Category #1 :

SAG

Category #2 :

COmpetitive

Description

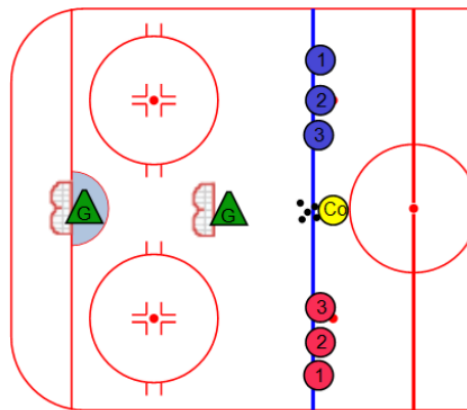
Competitive SAG playing against 3 vs 3 in zone.
Players can score on either net...first team to retrieve dump is offense...to go from defense to offense players must regroup with next player in line or coach. Next player in line has 3 seconds to pass or shoot (far net only)

Good game to encourage offense skills / habits:

-Communicating & getting head up to see plays available, puck support habits

Good game to encourage defense skills / habits:

-Communicating, ID'ing Man & keeping D-side gap (either net), Good sticks to take away lanes / close gaps



Key points:

Communication

Puck Support habits

D & O Awareness

Keeping D-side gaps

Compete Game:

Title : Layers

Category #1 : Offensive Transition

Category #2 : Game

Description

- Team 1 on one side Team 2 on the other side.
- 3v3 or 4v4.
- Goalie in each net.
- Dump a puck in and send the selected amount of players(3v3,4v4). When a team gets the puck they HAVE to hit coach to gain possession and the ability to score. If the defensive team steals puck they HAVE to hit a coach for possession. Players may pass to coaches at all times.
- SCORE ON EITHER NET

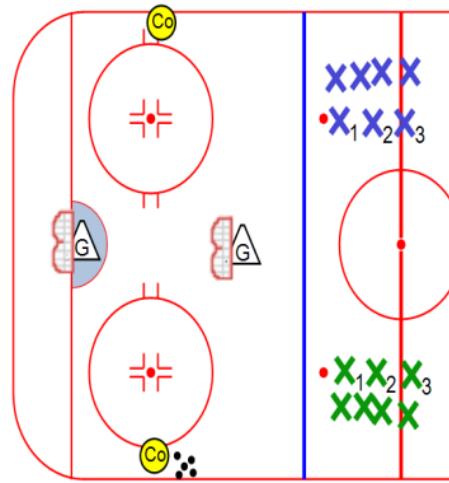
Key points:

Find Quiet Area

Move without Puck

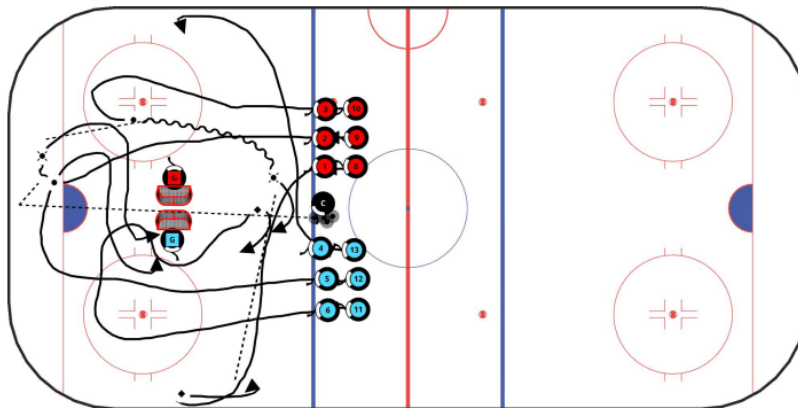
Head on Swivel

Stay on your man



Larry Huras

5 - BACK TO BACK 3@3 SIG



TIME: 10

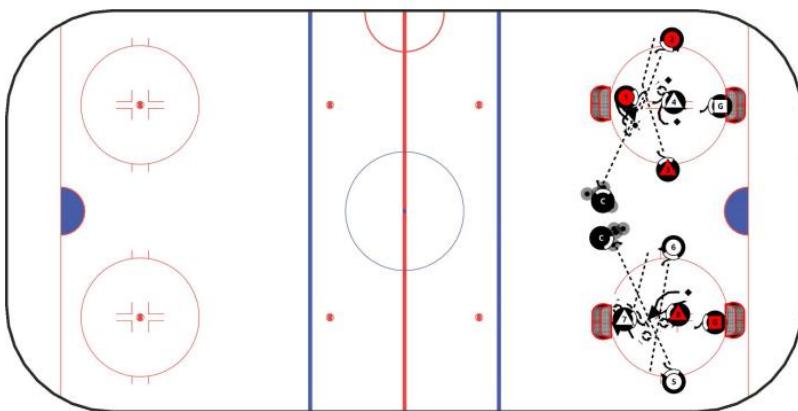
DESCRIPTION:

- Nets are placed back to back in middle of end zone as two teams line up on blue line
- Coach fires puck between nets or around boards to put puck into play
- One player from each team moves into the shooting position as two players from each team try to get possession of the puck

KEYPOINTS:

- Players can play 2@2 or pass to shooter for screen shot or

3 - DMANNING PP#1



TIME: 10

DESCRIPTION:

- Teams play 3@1 in the circle. Two players outside circle with skates inside the hash marks
- Defender and one attacker move freely inside the circle
- Coach spots pucks as needed.
- Defender can score into empty net

KEYPOINTS:

- attacking players move puck quickly on the perimeter then crash the net on shots.
- one touch Passing and one time shooting when possible.
- 30 second shifts

Phillipe Trahan

Titre : Green shot game

Catégorie #1

SAG

Catégorie #2

shooting

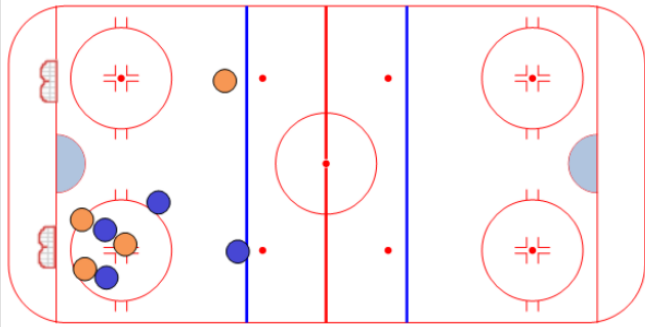
Description

3 vs. 3 with a point shot.
Players play 3v3 down low and can use the point shots as often as they want.
The transitions must be quick from one side to the other

Goals can ONLY be scored with a

- tip in
- deflection
- one timer
- Rebound

SAG



Points clés :

screens

support

find the blade

Exercice no.: 4

Durée : minutes

De :

À :

Titre : 1/4 ice Blue line spin

Catégorie #1 :

habiletés techniques

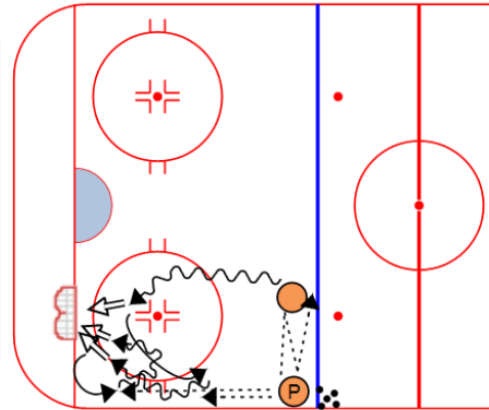
Catégorie #2 :

shooting/skating

Description

1. Passes to twice the second puck must put towards the blue line to force a spin. After the spin, quick release no dust on net.
2. comes up along the boards for 2nd pass and spin towards the boards attack the net.
3. come back pick up a rim and attack the middle

Skills to work before or after practice works with both F and D



Points clés :

no dust

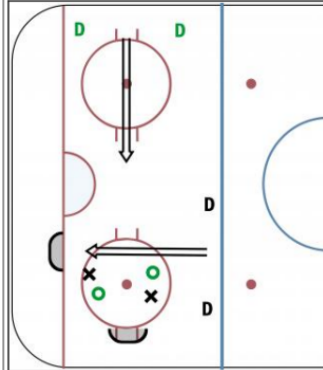
Crossover

quick release

Will

SLU 2v2 Feed Your D - 10 mins

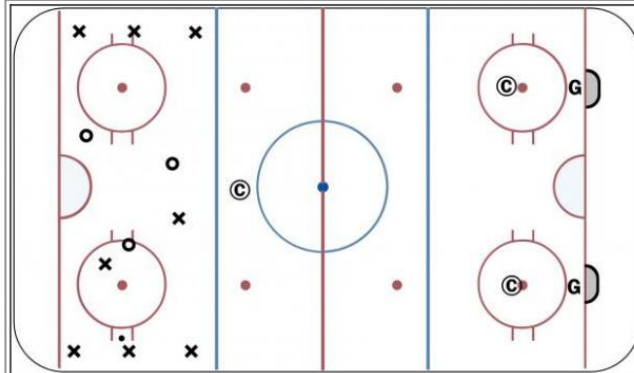
10:40am



- Playing 2 v 2 with supporting D
- FWDs are looking to get pucks back to the point for shots
- D - pass to partner for snap/wrist shots
- FWDs need to generate traffic - get to the net front - low screen & high screen/back door
- FWDs can score off of rebound
- D can flip flop after each shot attempt

QPac Possession Warm-up - 10 mins

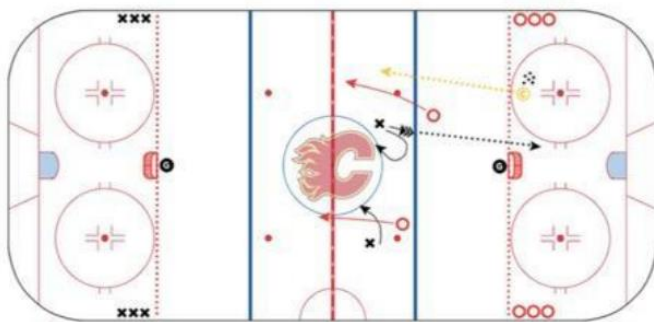
10:00am



- 8 vs 3
- 6 guys along wall stay in their area, with the two "bumpers" in the middle supporting the puck
- offensive team trying to keep it away from defenders, using guys in the middle
- 3 defensive players are trying to get possession and maintain it if they can create a turnover

Kyle MacLennan

Drill Title: Calgary LaLonde Transition (1 Diagram)



- Play 2vs2 or 3vs3 with the goals moved up to the top of the circles, where there is an imaginary goal line
- When the puck crosses the goal line, with either a goal or wide shot, Coach blows whistle and makes a quick transition pass in other direction
- One whistle for transition, double whistle for team change
- Play for 5-7 mins

Key Points: Compete Support Quick Transition Hit The Net

Bathurst

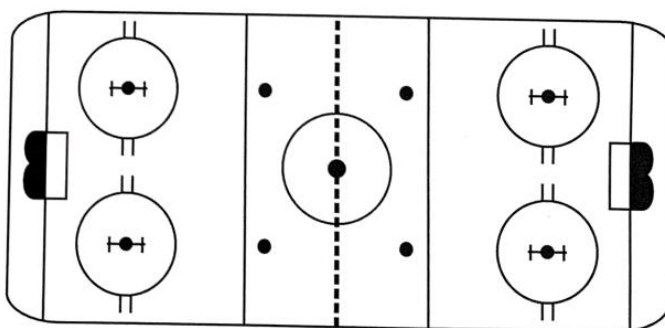
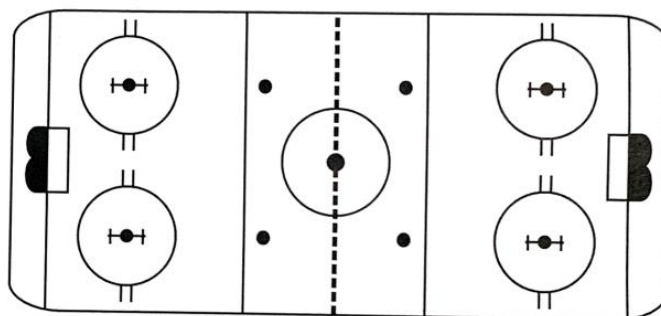
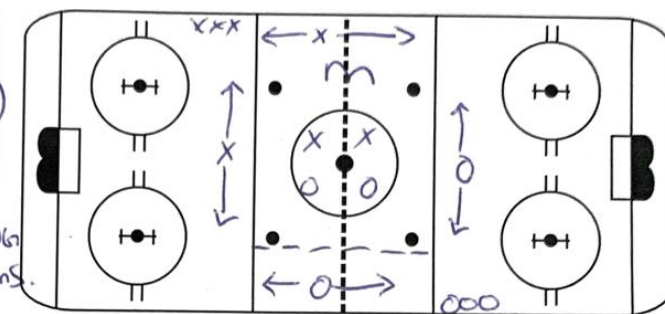
GAME

6 on 2 SLIDING BOX (PP)

- Each team has 2 SLIDERS as shown. SLIDING Players Play for both teams.
- SLIDING Players are Passers → Cannot Shoot!
- SLIDING Players slide along their line to support the Puck.
- Play 2 on 2 in NZ, on change of possession you must Pass to a SLIDING Player before you can attack net.
- Puck Possession team has a 6 on 2 Advantage
- Cannot check the SLIDERS!

Rotation:

SLIDERS → NZ → out
Players From Line Fill in as new SLIDERS.



Wright

Title : Slot/ Point Shot

Category #1 :

Creating Offense

Category #2 :

Small area games

Description

20-30 Secs Shifts

New Puck On goals to open guys

Slot man and D man Have to shoot

Shot guy must stay in circle

Teams Play 4v4 or 5v5

Forward create Net traffic and battle for rebounds, Gettign shots through,

Defenders get in shooting lanes active sticks box players out.

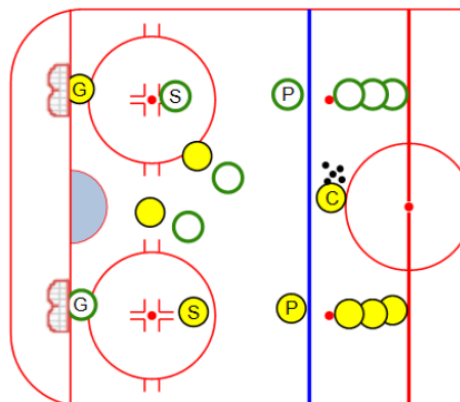
Key points:

Quick Shots

Net Traffic

Get Shots through

Battle For rebounds



Colville

Time:	Drill Name: 4v4 RUSHES SMALL AREA GAME
<ul style="list-style-type: none"> - 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 - ANY CHANGE OF POSSESSION MUST BE PASSED TO A COACH BEFORE ATTACK 	

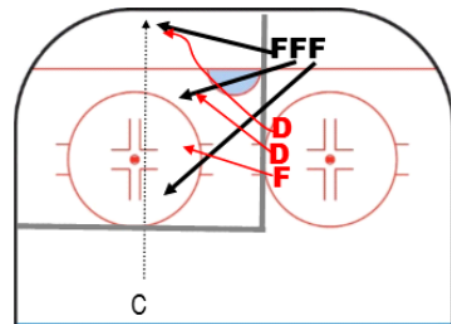
Steve McLeod

Time / Temps	Drill Name & Description / Nom de l'exercice et description
	<p>SAG DOUBLE GRETZKY</p> <p>X AND O HAVE 2 "GRETZKY'S" BEHIND THE NET. 2 ACTIVE PLAYERS CAN USE THEM AS GIVE AND GO OPTIONS BELOW CIRCLES</p>

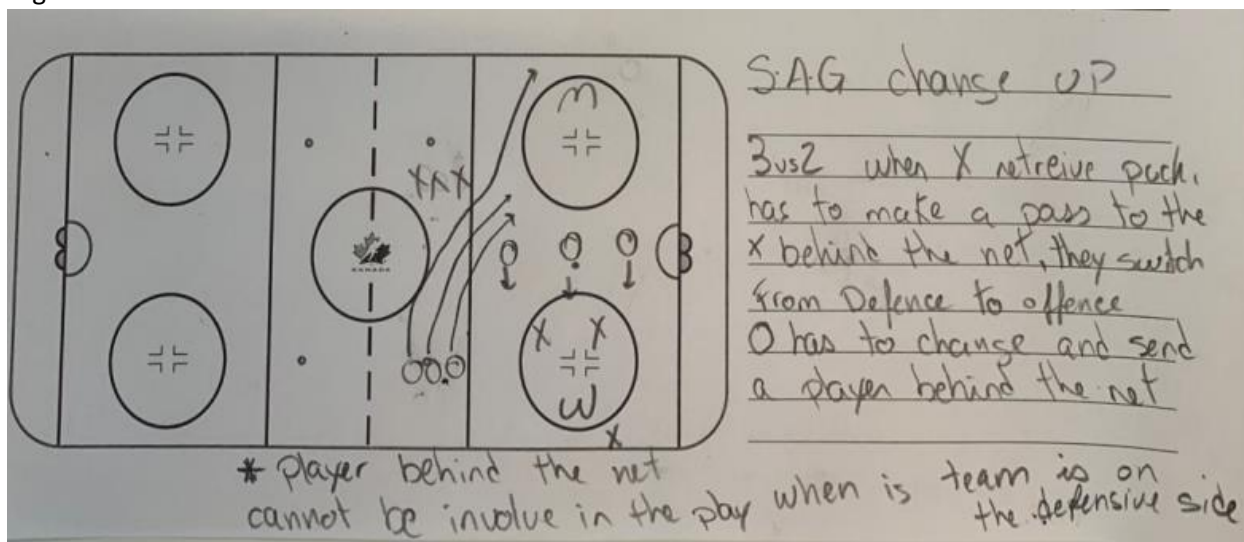
Cardarelli

4 Small Area Physical 3v3

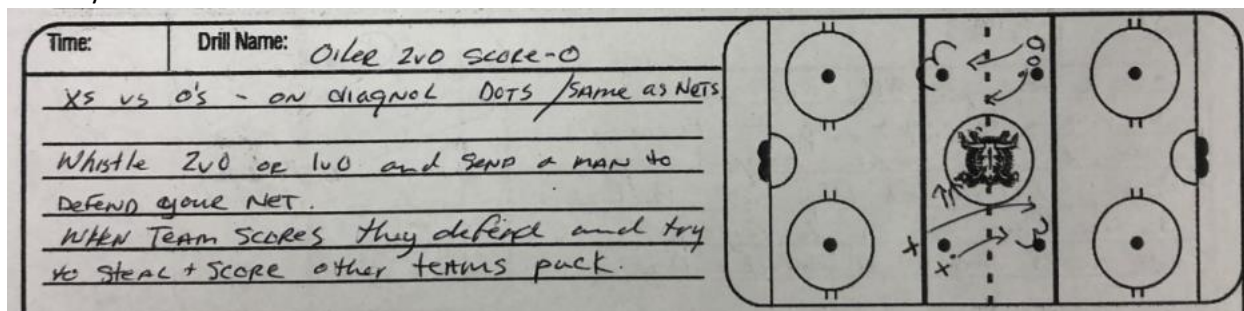
Net regular position: playing area 1/2 ice inside top of circles. 3F on offense vs 2D+F on defense, C shoots puck below goal line to start. D get 1pt for clear & 2 pts for skate out of area; O get 1 pt for shot on net and 2 pts for goal. 3 minutes on offense for each team/20 second shifts



Giguere



Brad Flynn

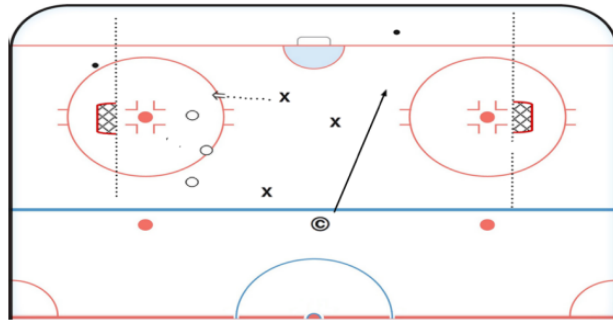


Dave Smith

Duration:

3v3 In Front Of Net

3v3 if puck goes below goal line coach sends another puck into the play. Players should focus on winning puck battles and covering men when on d. Offensively put pucks to the net



RPI : Drill Of The Week Club 19-20 Practice Plan

Generated on Oct 22, 2019 by Hockey ClipPad.

Duration:

Bloody Nose Alley

2v2 in middle. Battle.

Lines can only shoot.

Short intense shifts.

Miss net or covered > new puck.



Duration:

D Use Or Lose

Puck always starts from coach to d. D to d with weakside activation. If d is not used on initial rush he must go back. All pucks started from coach.

Variation

No coach players must gain possession and head back to their d zone for regroup.

