



TCS LIVE **TOP 100**

# DRILL BOOK

Collection of drills from The Coaches Site's 2023 TCS Live Coaching Conference

# ABOUT TCS LIVE

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In June 2023, The Coaches Site's TCS Live conference provided a platform for over 35 coaches, leaders and performance experts to share their experiences during a 3-day coaching masterclass.

Held at the University of Michigan, the event granted attendees access to exceptional presentations from a variety of coaching backgrounds. From NHL head coaches to the top youth hockey developers, each presenter delivered their unique insight on how to teach today's game.

Built in collaboration with Hockey Coach Vision and their drill drawing tools, the TCS Live Drill Book highlights the lessons showcased at the conference and offers a take-home resource for you to practice the same drills with your team.



**Hockey**  
**Coach Vision**

## Legend




### Players:

-  Forward
-  Defense
-  Goalie
-  Coach

### Notation:

- Skate 
- Skate with Puck 
- Backwards Skating 
- Pass / Dump 
- Shoot 

### Objects:

-  Puck
-  Cone
-  Stick
-  Rink Divider
-  Tire
-  Cart Tire
-  Goal
-  Tiny Goal

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# RYAN HUSKA

HEAD COACH, CALGARY FLAMES

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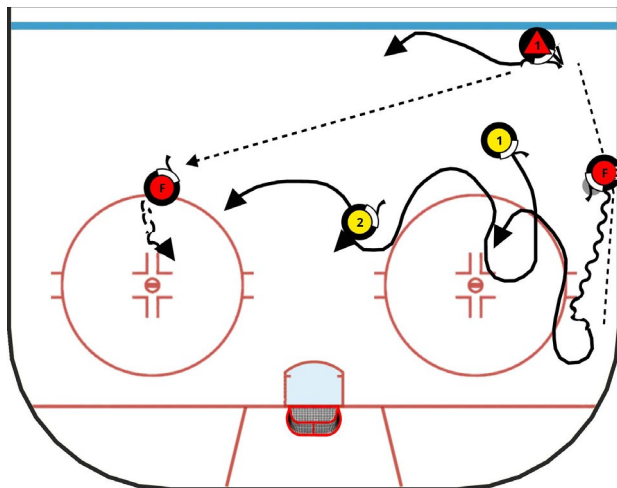
## TOPIC: PK Switches and Keys to Applying Pressure

After spending five seasons as an assistant, Ryan Huska was named Head Coach of the Flames' affiliate this past summer. The native of Trail, BC, previously spent four seasons as Head Coach of the Flames' affiliate in Stockton and Adirondack. Overall, Huska has been coaching for 19 years after a nine year playing career in the WHL, IHL and AHL, including one NHL game with the Chicago Blackhawks.

Huska, who led a top-five penalty kill unit last season, presented on PK Switches and Keys to Applying Pressure, stressing that communication is key to protecting the middle of the ice when having one less skater. Get your PK reps in with these great drills.



# PK ROTATIONS WIDE PASS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

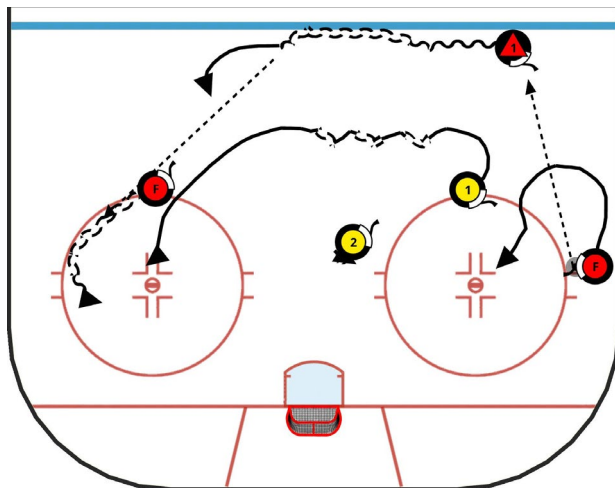
Wide Pass - Forwards exchange positions (look for seam pass or reverse pass back up to D) and play out 3v2.

- Red F skates down the wall. When he gets to hash mark area, he passes (direct or indirect) back up to red D1 who is outside of the dot lane. D1 then passes to weak side Red F.
- Offensive players work from the blue line to hash mark area. Play out until coach whistles or PK kills the play.

## KEY POINTS:

- Good communication between defenders on rotations.
- Quick feet with active sticks in passing lanes.
- Keep PP under pressure.

# PK ROTATIONS D WALKS BLUE

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

**DESCRIPTION:**

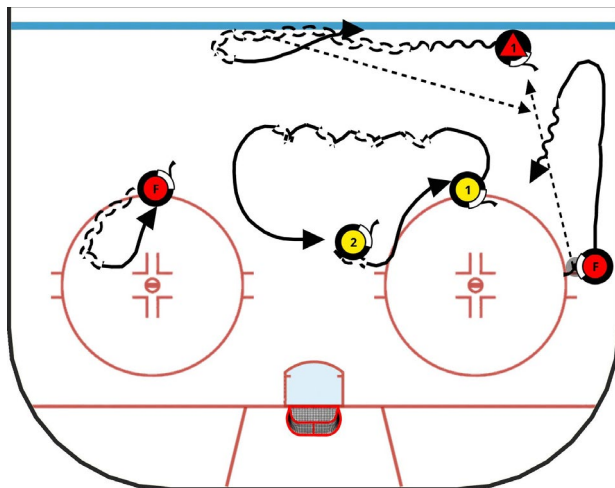
D Walks Blue - Crosses midway point (pass to weakside), F1 follows pass and play out high 3v2

- Red F passes to Red D who starts outside the dot lane. Red D walks the blue line, crosses mid way point and passes to weak side F. F1 slides across with D, staying in shot lane with an active stick and follows pass to weak side F to keep him under pressure.
- Offensive players work from the blue line to hash mark area. Play out until coach whistles or PK kills the play.

### KEY POINTS:

- Good communication between defenders on rotations.
- F2 reads walking D and holds slot position.
- Quick feet with active sticks in passing lanes.
- Keep PP under pressure.

# D WALKS BLUE HIGH REVERSE

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

**DESCRIPTION:**

D Walks Blue - Crosses midway point (passes back to strongside flank), F1 and F2 exchange, play out high 3v2

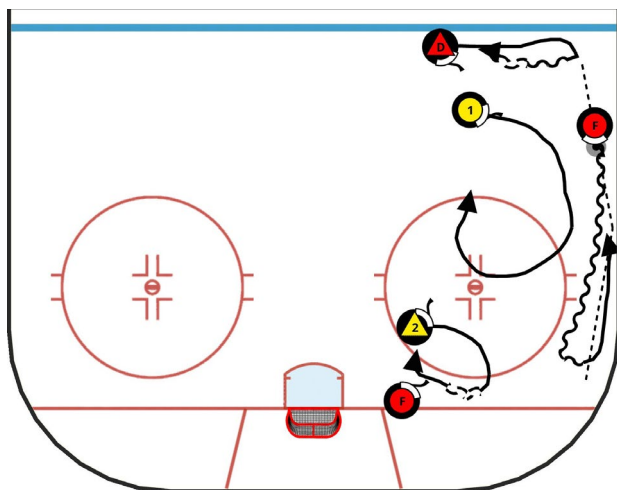
- Red F passes to Red D who starts outside the dot lane. Red D walks the blue line, crosses mid way point and passes back to strong side F.
- F1 slides across with D, staying in shot lane with an active stick and follows pass to weak side F to keep him under pressure. On pass back to strong side F, F1 and F2 exchange positions. Play out high 3v2.
- Offensive players work from the blue line to hash mark area. Play out until coach whistles or PK kills the play.

### KEY POINTS:

- Good communication between defenders on rotations.
- F2 reads walking D and holds slot position until pass back to strong side F. Then F2 flexes out to exchange positions with F1.
- Quick feet with active sticks in passing lanes.
- Keep PP under pressure.



# PK DZ ROTATIONS D STRIKE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

D Strike - Work on forward falling back inside dot lane and D striking out at puck carrier crossing the hash marks. Run through a few times slowly before playing out at game speed.

- Red F skates down flank with the puck to below the hash mark area before he makes pass (direct or indirect) back up to Red D who is outside the dot lane.
- F1 pressures F coming down the flank then curls/falls back inside the dot lanes on pass back up to D to quickly regain defensive position.
- D2 strikes out towards Red F as he crosses the hash area, but then curls/falls back inside the dot lanes on pass up to Red D.

## KEY POINTS:

- Offensive players stay on strong side of ice.
- PK Fwd/D allow flanker F to make pass back up to top.
- Run through this rotation three or four times.

# JENNA TRUBIANO

HEAD COACH, UNIVERSITY OF MICHIGAN WOMEN'S TEAM

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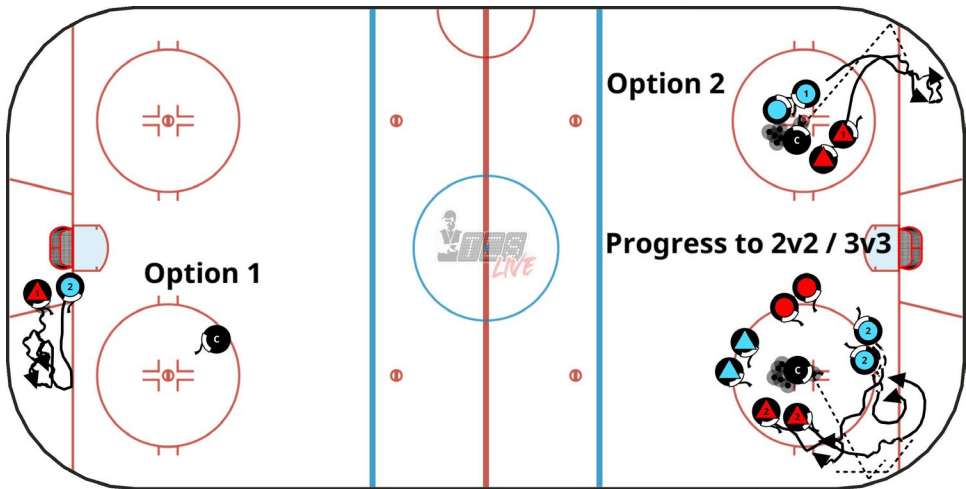
## **TOPIC:** Late Game Offensive Tactics

Jenna “Tlibs” Trubiano is the Head Coach of the University of Michigan Women’s hockey team. A previous player and captain with the Wolverines from 2013-2017, Tribs also served as an Assistant Coach after graduating. She recently completed her second season as Head Coach.

This past season, Michigan found itself in many close games and had success scoring goals in the final two minutes. During her presentation on Late Game Offensive Tactics, Trubiano ran drills focused on battling in the corners and zone entries, emphasizing the importance of winning battles and quick entries with puck possession for late-game success. Use these drills to help generate offence with the clock ticking away.



# MIRROR POSSESSION 1V1/2V2



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

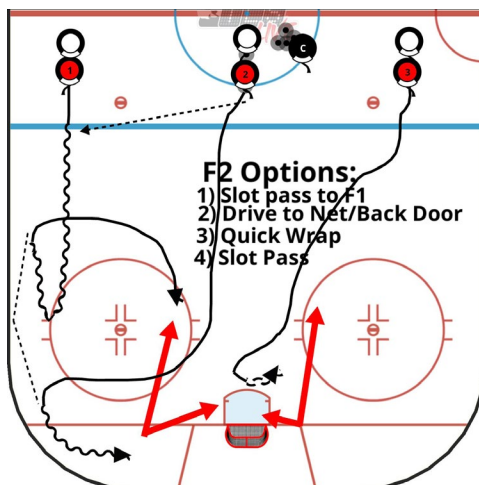
Mirror possession game in corner/behind the net.

- Option 1: One player starts with puck close to net on the outside close to the wall. The other player stays on the defensive side, mirroring the puck carrier's moves trying to strip the puck away. The puck carrier must protect the puck, avoid the pressure from defender and look for a passing lane. Play until the whistle, the defender strips the puck and recovers it or the puck carrier makes a pass to the coach. Progress to 2v2 and 3v3.
- Option 2: Start with chip to the corner by coach to start forecheck off of a puck recovery. Progress to 2v2 and 3v3.

## KEY POINTS:

- Puck carriers use your body to protect the puck. Use evasive maneuver to create time and space.
- Checkers, one hand on the stick, trying to strip the puck while using quick feet to keep good defensive position to take away time and space.

# ZONE ENTRY A



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

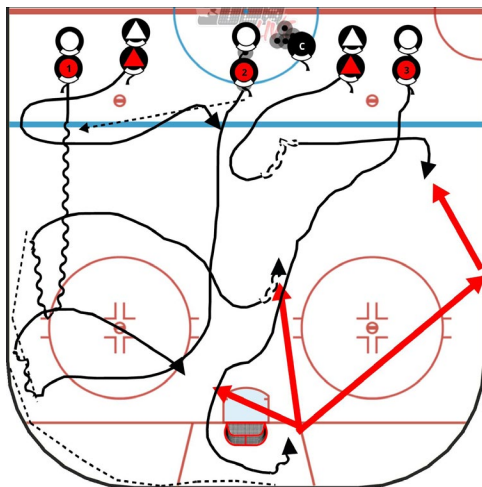
- F1 enters the zone, curls back up the wall before banking puck low to F2 ,who has cut in behind to support.
- F1 then heads to the net. F2 drives puck low towards net or behind the net. F2 has options: pass to F1 in slot, drive the net and shoot or back door play to F3, go behind the net for a quick wrap or slot pass to F3.
- On rush F3 drives to the net to be an option then adjusts to F2.

## KEY POINTS:

- Attackers away from the puck work to get open.



# ZONE ENTRY B BEAT THE SHRINK



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

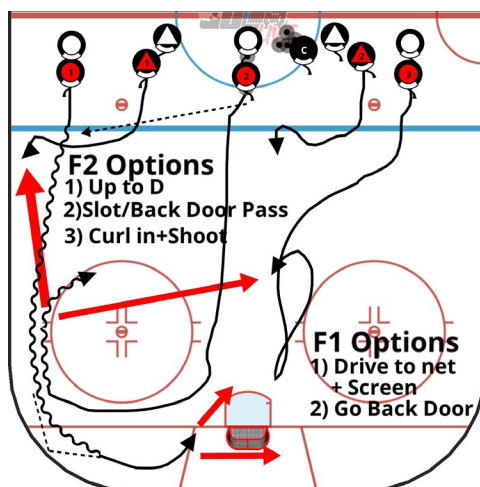
## DESCRIPTION:

- F1 enters the zone, curls back up the wall before banking puck low to F2 ,who has cut in behind to support. F1 then heads to the net.
- F3 drives to the net in case there is an attack off of the rush and stops at first post.
- F2 fakes coming up the wall drawing defenders in and quickly cycles the puck behind the net to F3.
- F3 escapes out the other side away from pressure and can try a quick wrap to create a hot puck situation in the slot, bank it quickly up to the D for a shot or hold and look for support players coming across through the slot.

## KEY POINTS:

- Attack off of the rush if possible. If F1 turns back up the wall, defenders will shrink their 5 skaters low and to the strong side to protect the slot.
- F2 can look for D trailer right away or start low cycle to change sides and beat the defensive pressure.

# LOW TO HIGH CYCLE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

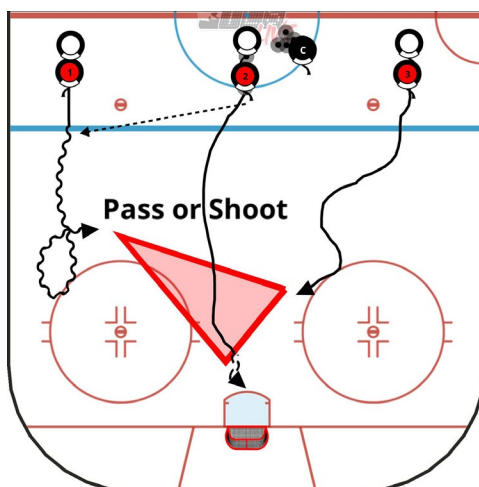
## DESCRIPTION:

- F1 drives the puck deep down the wall. F2 cuts across behind F1 to support. F1 cycles puck up the wall to F2 who turns puck up the wall.
- F3 comes in wide for dot lane drive then adjusts to what F2 does with the puck. F1 can go to the front of the net to screen or go low behind net for back door pass.
- F2 can pass quickly to either D, pass to F3 in slot or curl in and shoot.

## KEY POINTS:

- Lots of talk. Get loud!
- Read and react.
- Pucks and players to the net. Crash net for rebounds.
- If defenders collapse quickly to defend, get puck up to D and go to the net.

# ODD MAN RUSH ATTACK TRIANGLE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

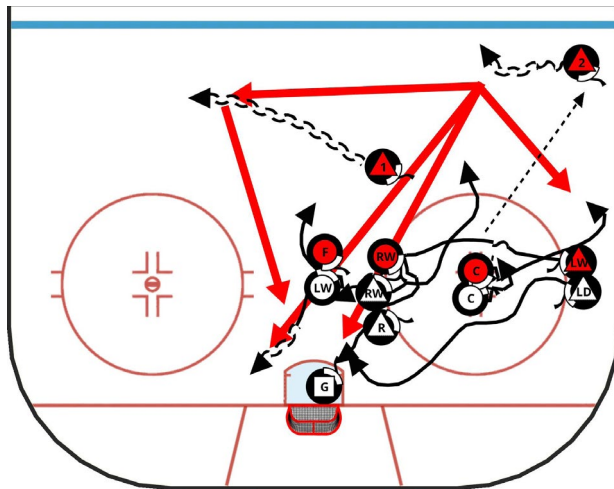
## DESCRIPTION:

- After entry, F1 drives wide then cuts back, freezing the D and pulling him out. F2 drives the net for a pass/deflection then sets up screen.
- F3 enters wide in dot lane, 2 steps back ready for wide pass after entry. This forms the Attack Triangle. When F1 curls, F3 must adjust his skating to create a new passing lane option for F1.
- F1 can look for a trailing D, pass to F3 or curl in and shoot through the F2 screen.

## KEY POINTS:

- Everyone reads F1 entry and adjusts their skating pattern to what F1 does.
- When rush gets deflected to the outside, look for trailer then look to get pucks and players to the net.

# EMPTY NET FO 6V5 A



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

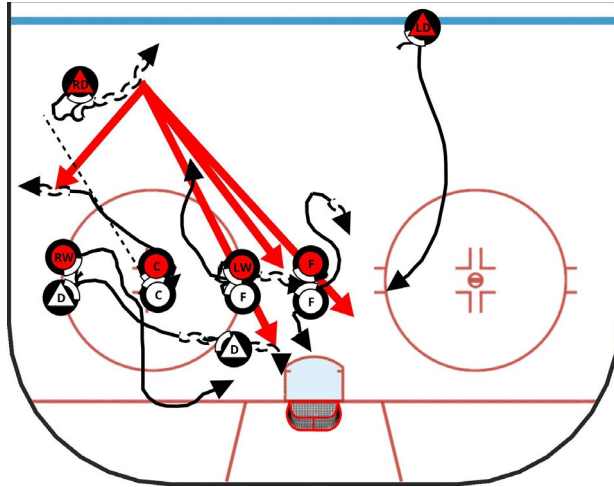
- Empty net, 6v5 face off. Center digs puck back, LW jumps in behind center to pick up loose puck, kicks it back to the D then goes to the high slot.
- D2 immediately gets off of the wall and starts slide towards middle waiting for screen to set up.
- D2 can shoot if he has an open shot lane, shoot for LW stick in high slot, pass to D2 for one timer or if pressured quickly pass to C on wall to beat pressure.
- D1 is up near face off in case a loose puck pops into that area, then backs out into a shooting position. Inside RW holds up their forward then goes to the net to screen.
- Extra F, holds up their other forward then sets double screen or looks for a passing lane for back door pass.

## KEY POINTS:

- Face off must be won cleanly or create a scrum/loose puck behind the center.
- LW jump off of the wall on the puck drop looking for the loose puck.
- RW jump inside of their forward on the puck drop in case loose puck goes in behind their centerman.
- Look for quick shot with screen. If shot lanes are blocked off, spread out into high umbrella 3 high-1 slot-2 net front/corner players low.



# EMPTY NET FO 6V5 B



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

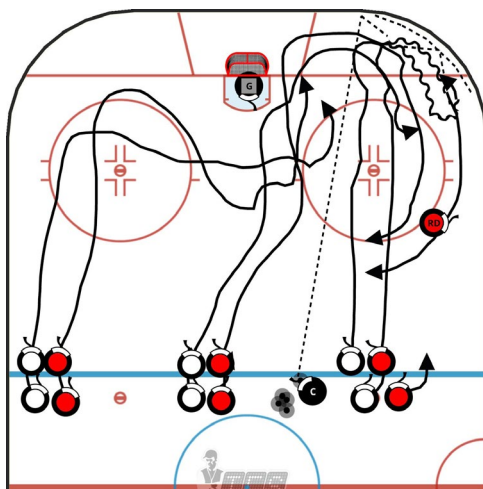
## DESCRIPTION:

- On a clean face off win. RW drives under their center to the net for a back door tip or rebound. Center blocks their center then slides to the wall as a passing option.
- LW delays their winger then gets into a high tip position in the high slot. Outside forward slows down their winger then goes to net to screen.
- Weak side D drives down the dot lane to net looking for a tip or rebound. RD needs to find a shot/pass lane past the shot blockers.

## KEY POINTS:

- Quick shot with traffic if it is there and low forwards screen and crash net for rebounds.
- If no quick strike option, slide into a high umbrella 3 high 1 mid/high slot 2 net front/corner.

# CONTINUOUS CANNON 3V3



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Team that recovers dump in from Coach is on offense the other team defends.
- When the defenders recover the puck, they move it quickly to their team mates at the blue line, creating a change of possession so that they can attack quickly.
- Previous attackers must now organize quickly and defend.

## KEY POINTS:

- Quick transition from O to D.
- Quick decisions.
- Puck support.
- Quick sort outs in transition.

# JOHN RILEY

ASSISTANT COACH, NORWEGIAN MEN'S NATIONAL TEAM

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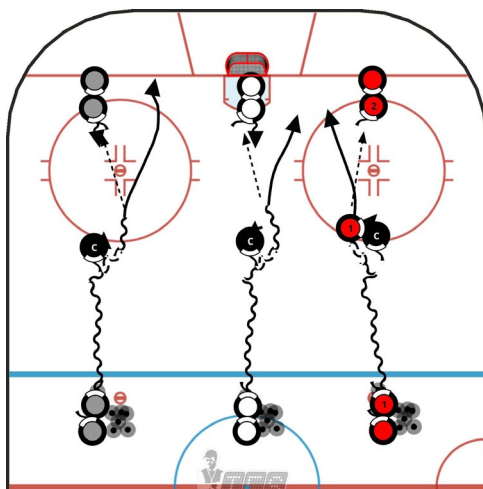
## **TOPIC:** Space Invaders: Creating Offensive Opportunities by Invading Space

John Riley is an Assistant Coach with the Norwegian Men's National Team. Prior to his work with the Norwegian National team, Riley was the Development Coach with the Philadelphia Flyers and spent two years as an Assistant Coach with Princeton University, Yale University and Iona College.

Riley's presentation focused on Creating Offensive Opportunities by Invading Space, using cutbacks, stutter steps, and close hip moves. By initiating contact with defenders, you actually create more space for yourself in the offensive zone. Add these drills to your practice plan to help players become comfortable with invading space.



# HUBEY SPACE INVADER W/U DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

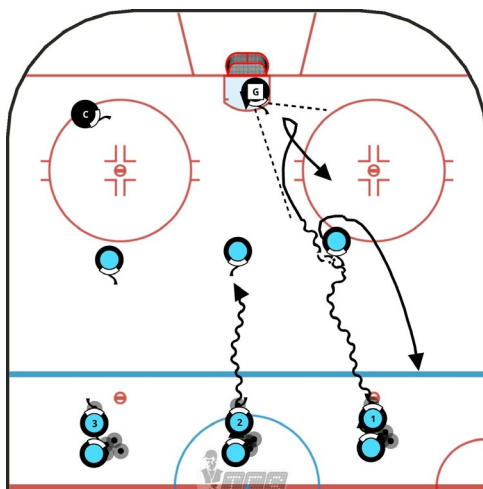
- Coach or Player in the middle. First player starts from the neutral zone and skates directly at the p/c. As they approach the p/c they perform a closed hip space invader move to the left or the right.
- Immediately after coming out of the move, pass to the next player in line.

## KEY POINTS:

- Invade space, attack stick and hands.
- This is an invasive move, not an evasive move.
- Go through the defender not around.
- Pass quickly after coming out of the evasive move.



# HUBEY SPACE INVADER SHOT

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

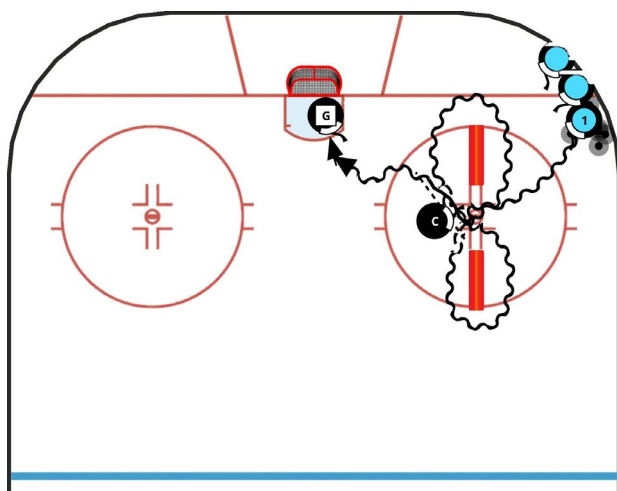
**DESCRIPTION:**

- Player in between the line of players and the goal. Go with one, two or three lines of players.
- First player starts from the neutral zone and skates directly at the defending player. As they approach the player, they perform a closed hip space invader move to the left or the right.
- Immediately after coming out of the move, shoot as quickly as possible. Shooter now becomes a defender and previous defender moves out into the attacking line.

### KEY POINTS:

- Invade space, attack stick and hands.
- This is an invasive move, not an evasive move.
- Go through the defender not around.
- Shoot quickly after coming out of the evasive move.

# MATTIAS SPACE INVADER



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

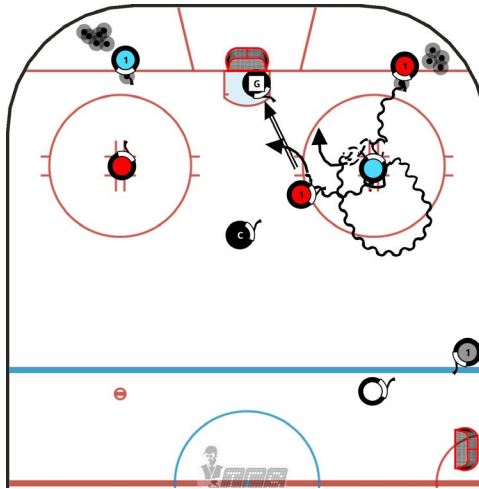
## DESCRIPTION:

- Line up two bumper pads as to leave a 4-6 foot gap between them. Coach guards the opening with stick turned upside down to prevent clipping and getting caught.
- Player takes a figure 8 route and finishes with an "Under the Bridge" move and shot. Can be run out of all 4 corners simultaneously. Player starts out of corner and attacks opening.
- Coach facing opposite boards defends with his stick turned. F1 uses closed hip move to get through the opening.

## KEY POINTS:

- Invade space, attack stick and hands.
- This is an invasive move, not an evasive move.
- Go through the defender not around.
- Shoot quickly as possible after UTB.

# DRW SPACE INVADER



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

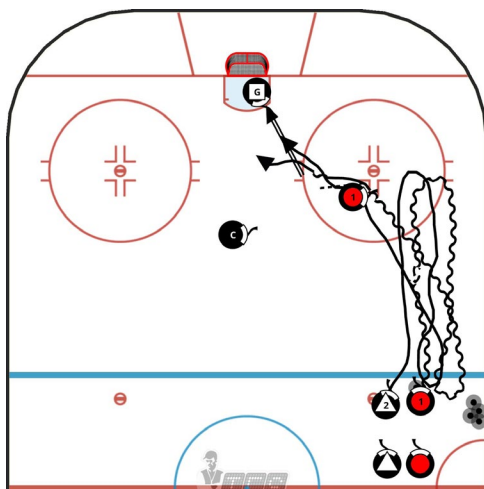
## DESCRIPTION:

- All dots can be used on the ice except center ice. Purpose of the drill is to have the player use the closed hip and under the stick maneuver to skate through the dot twice and get a shot.
- Using end zone example, F1 makes a closed hip action at the dot swings back and makes an under the stick move before attacking the net.

## KEY POINTS:

- Invade space, attack stick and hands.
- This is an invasive, move not an evasive move.
- Go through the defender not around.
- Shoot quickly after coming out of the evasive move.

# NORGE UTB



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Drill focuses on Cutback/Stutter Step and Under the Bridge move. F and D start outside the blue line.
- F dives low with the puck and engages physically with the D who stays on his shoulder. F protects the puck to the outside and has options: can close hip (Tarasenko) or stutter step before curling to the wall and climbing back out of the zone.
- D follows closely. In N.Zone, F gains some speed and cuts back down the wall on the dot lane. F attacks the stick and hands of the D who is likely to extend his arms as they get close to face off dot.

## KEY POINTS:

- Half speed to start. F and D stay connected.
- F keep puck on outside hip. Sacrifice speed for possession.
- Deception is primary focus. Tarasenko/Stutter Step.
- On climb, gain speed and turn to wall before re-attacking.
- D stay connected to the F.

# SÉBASTIEN BORDELEAU

SKILLS COACH, NASHVILLE PREDATORS

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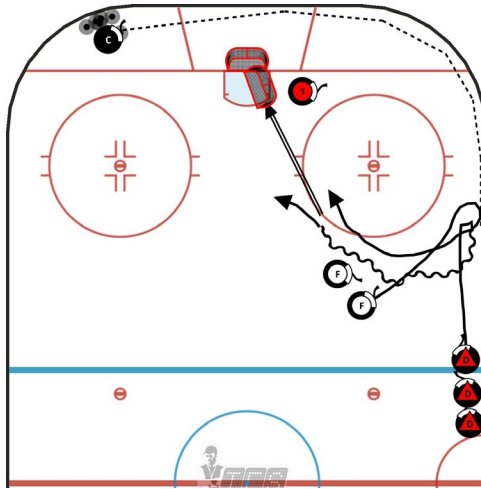
## **TOPIC:** Rim Recoveries and Puck Protection: Using the Momentum Spin Out

When Sébastien Bordeleau hung up his skates after a 17-year pro hockey career, the next chapter of his life on the ice had already begun. After seven years in the NHL and an accomplished career with the Swiss club SC Bern, Bordeleau quickly transitioned to developing the next generation of players and now works as a Skills Coach for the Nashville Predators.

Bordeleau's presentation focused on the momentum "spin-out" move, where he broke down the execution of the skill and its application in game situations. Used by both forwards and defence as a way to gain momentum when competing for ice, practicing the spin-out will allow players to earn a competitive edge in all areas of the game.



# D SPIN AWAY



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

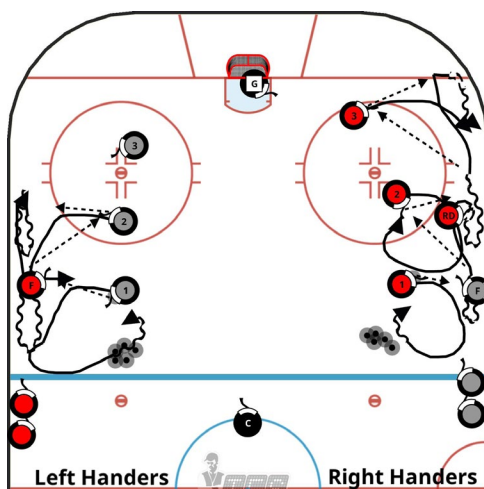
- The D attacks down the wall, skating in direction of the rim from the Coach.
- When D starts skating, F will move in quickly from the side to try to angle D into the wall.
- As the D gets to the puck, he needs to let it go past him then turn quickly at the last second to trap the puck and spin away from the F up the wall then cut quickly to mid ice for a shot.

## KEY POINTS:

- Go down the wall with purpose.
- If possible, work puck towards middle ice.
- Quick head and shoulder turn with the puck.
- Skate out off of the wall after spin.



# FORWARD SPIN PUCK PROTECTION



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Right shot F is on the wall facing P1 who will pass him the puck to start the drill. Left shots are on the other wall.
- When F gets pass, he moves immediately to the left then cuts back the other way under pressure from P1.
- F now passes to P2 and performs same spin move. F then passes to P3, spins away from check and goes hard to the net. Same F goes against P1, P2 and P3.

## KEY POINTS:

- Pass reception standing at 2 or 10 o'clock.
- Feel body pressure before the spin.
- If getting pinned, must keep puck close to your skates with your stick on the ice.
- Push away with arms and spin.

# YOGI SVEJKOVSKÝ

SKILLS COACH, VANCOUVER CANUCKS

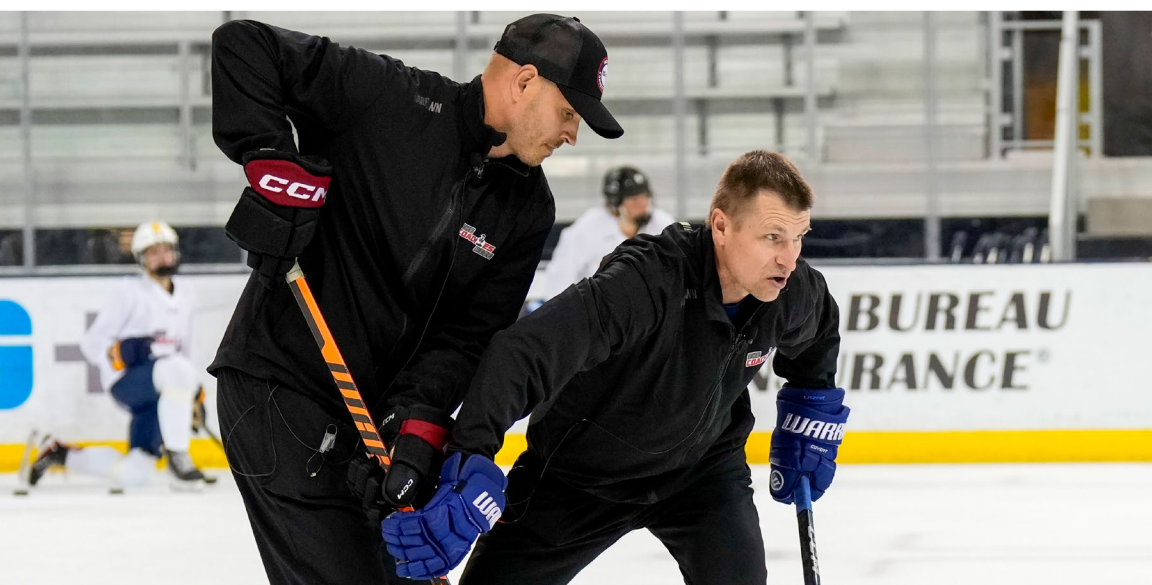
# KRIS BEECH

DEVELOPMENT COACH, HV71

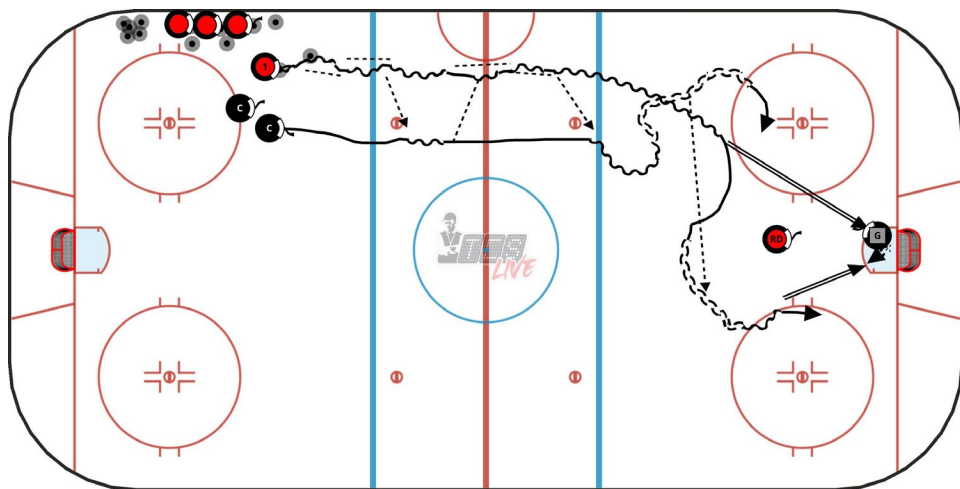
## **TOPIC:** Playmaking: Situational Passing and Receiving Progressions

Following their professional playing careers, Yogi Svejkovsky and Kris Beech made their transition to skills coaching and have specialized in developing players at all levels of the game. Svejkovsky, a former 1st-round pick of the Washington Capitals is now the Skills Coach for the Vancouver Canucks & AHL's Abbotsford Canucks and the Director of Coach Development for Delta Hockey Academy. On the other hand, Beech, a former 7th-round pick of the Capitals has held a variety of roles in coaching, including Head Coach with Delta Hockey Academy, Mental Performance Coach and is now the Development Coach for HV71 of the Swedish Hockey League.

The two combined for a look at Situational Passing and Receiving Progressions. The presentation focused on the qualities of a good passer and receiver, and how to improve playmaking ability under pressure.



# SITUATIONAL PASS/RECEIVE A



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

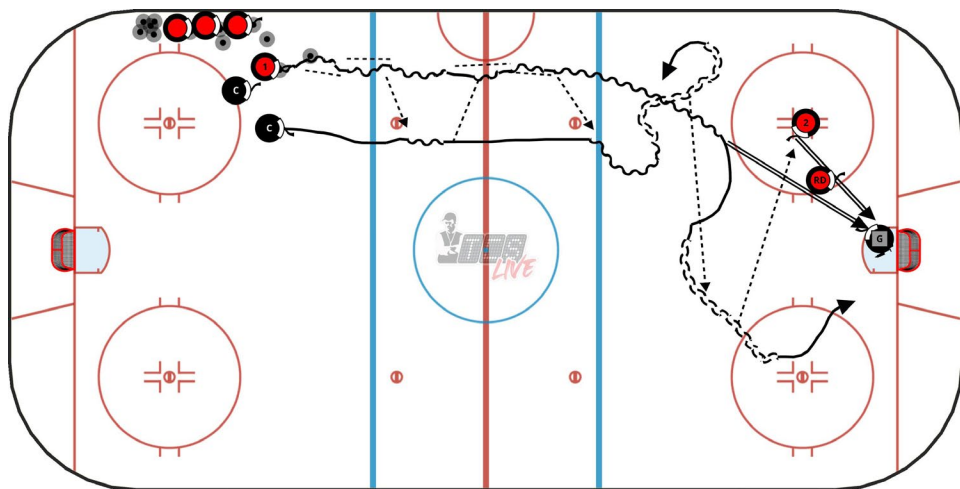
## DESCRIPTION:

- One player and one coach. Player starts up ice stick handling with two pucks. Player passes one puck to coach when his stick is on the ice. Coach passes it back.
- Player and Coach continue passing until far blue line. Player shoots 1st puck and executes pre touch route for 2nd shot.

## KEY POINTS:

- Vision. Heads up stick handling.
- Pretouch route skating.

# SITUATIONAL PASS/RECEIVE B



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

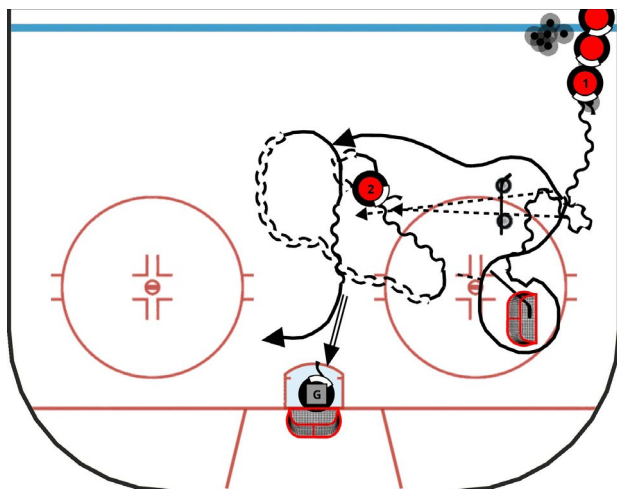
## DESCRIPTION:

- One player and one coach. Player starts up ice stick handling with two pucks. Player passes one puck to coach when his stick is on the ice. Coach passes it back.
- Player and Coach continue passing until far blue line. Player shoots 1st puck and executes pre touch route for 2nd shot or pass to player on the dot based on stick placement of P2.
- Stick up=Shoot. Stick down=Pass.

## KEY POINTS:

- Vision. Heads up stick handling.
- Pretouch route skating.

# TRACK AND STRIP OZP A



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

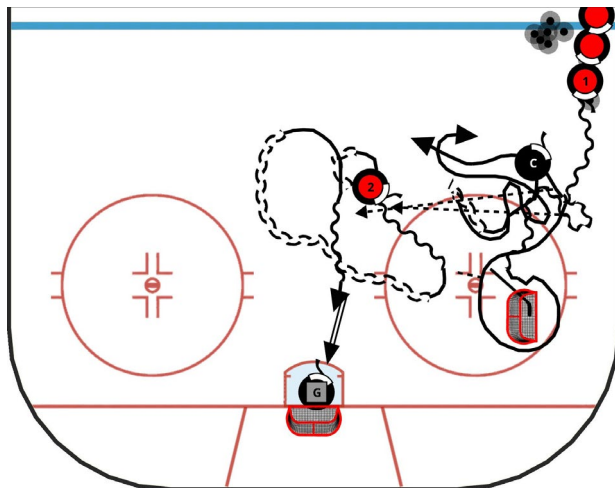
## DESCRIPTION:

- P1 passes to P2, circles the net and strips puck.
- P1 uses evasive escape along the wall and passes to P2 for a shot. P1 now replaces P2 for next rep.

## KEY POINTS:

- Vision. Heads up stickhandling.
- Pass selection and good technique.
- Recognition of pass receiver details: position, speed, left/right shot, D coverage.
- Variation: progress to Coach making first pass to next player in line to start next rep.

# TRACK AND STRIP OZP B1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

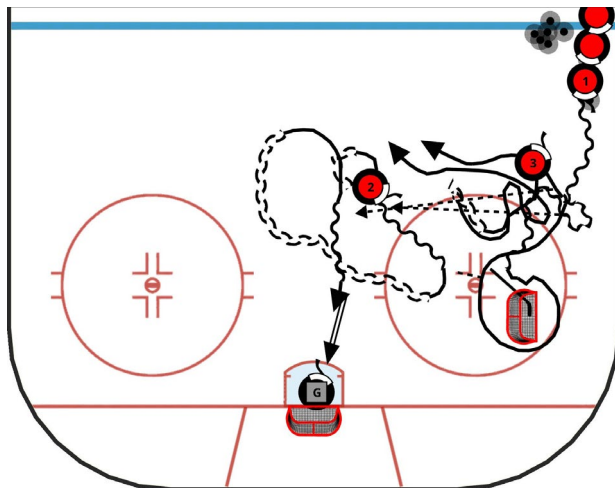
- P1 passes to P2, circles the net and strips puck.
- P1 uses evasive escape along the wall and passes to P2 for a shot. P1 now replaces P2 for next rep.
- Add coach pressure to increase level of difficulty then progress to full player 1v1 pressure on the passer.

## KEY POINTS:

- Vision. Heads up stickhandling.
- Pass selection and good technique.
- Recognition of pass receiver details: position, speed, left/right shot, D coverage.
- Variation: progress to Coach making first pass to next player



# TRACK AND STRIP OZP B2

[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

**DESCRIPTION:**

- P1 passes to P2, circles the net and strips puck.
- P1 uses evasive escape along the wall and passes to P2 for a shot. P1 now replaces P2 for next rep.
- Add full 1v1 player pressure.

### KEY POINTS:

- Vision. Heads up stickhandling.
- Pass selection and good technique.
- Recognition of pass receiver details: position, speed, left/right shot, D coverage.
- Variation: progress to Coach making first pass to next player

# COLLIN DANIELSMEIER

PLAYER DEVELOPMENT COACH, GERMAN ICE HOCKEY FEDERATION

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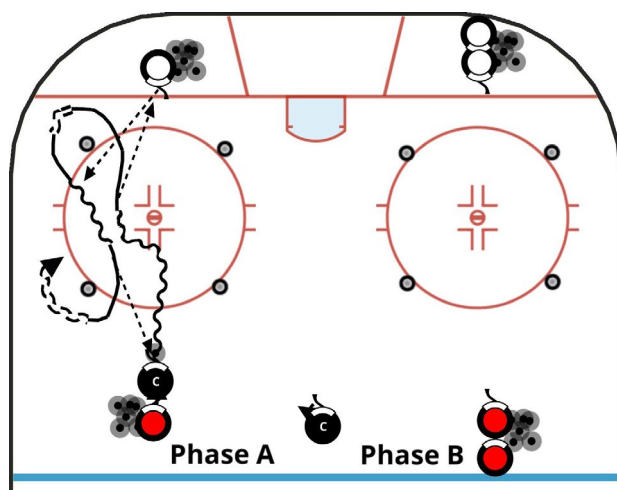
## **TOPIC:** Using Contextual Interference to Develop Game-Ready Passing Skills

After playing pro hockey in the DEL for 15 years, Collin Danielsmeier is now working for the German Hockey Federation. Danielsmeier runs clinics and development programs for German coaches, and works as a skills coach with the German Men's National teams and Women's National teams. He also mentors junior coaches for all DEL teams.

His presentation on Using Contextual Interference to Develop Game-Ready Passing Skills got players moving the puck under unusual circumstances. Defined as "the phenomenon in which interference during practice is beneficial to skill learning," Danielsmeier applied contextual interference by using different types of pucks and constant movement. There's no doubt these drills will challenge your players.



# CONTEXTUAL INTERFERENCE PASSING 1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

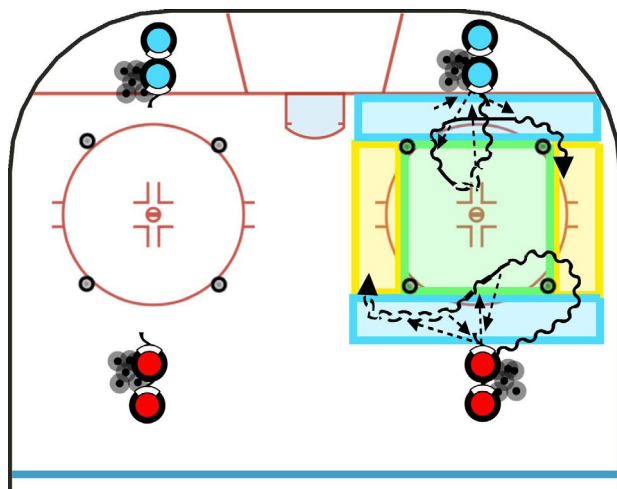
## DESCRIPTION:

- The coach shows a certain skating pattern around the tires and uses different ways of passing (forehand in different angles, backhand, drop passes, sourcers, etc) as he passes back and forth with each of the two groups.
- One player of each colour starts at the same time.
- Both players go the same way and use the same ways of passing as shown by the coach in his demonstration beforehand.

## KEY POINTS:

- Using different ways of passing is key! To make sure the players don't always use the passing technique they're most comfortable with, they have to play the passes the same way as shown by the coach.
- As you can see in the picture, there is a lot going on in this drill and it can be confusing in the beginning, but this is absolutely fine. We want it to be stressful and to be a cognitive challenge.

# CONTEXTUAL INTERFERENCE PASSING 2



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- One player of each colour starts at the same time.
- Both players choose a random pattern around the tires while they are randomly passing to each group (Example of the route of the red player)
- The space around the tires is divided into two yellow, two blue and one green area (as shown in B)
- The goal for every player is to pass twice from any yellow area, twice from any blue area and twice from the green area, before he can get back in line on the other side.
- The order of the passes from the certain areas can be randomly chosen by the players.

## KEY POINTS:

- The players must be aware of where they already passed from. They have to have a minimum of passes from the different areas, as described but they can do more passes if they want.
- It's okay if there are three passes from one area before two passes from the other areas are completed, for example.

# BELFRY 3-0



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

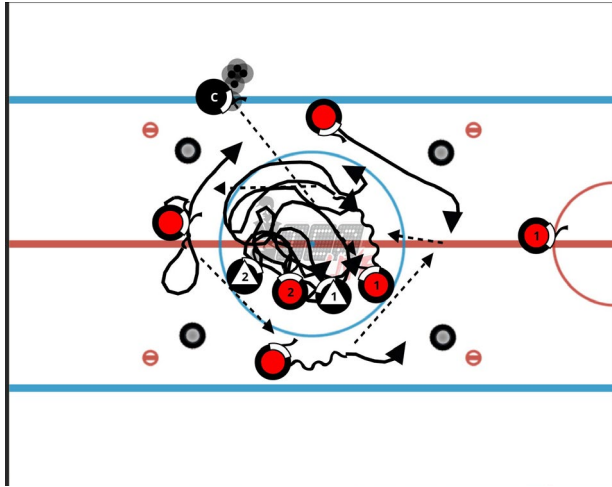
## DESCRIPTION:

- Player one (black) starts with a heavy (orange) puck.
- Player two (blue) stands on the face off dot and starts with a regular puck.
- Player three starts with a light puck from the strong side offensive D's position.
- Player one pressures the net and cuts back into the corner. He then exchanges pucks with player two.
- Player two shoots as fast as he can and goes to the net.
- Player one keeps going up the wall to the blue line, where he meets player three (red) for a high role play.
- While simulating the high role, player one and three exchange pucks.
- Player three goes down the wall and towards the net for the second shot with player one in front of the net. After the shoot player three goes to the net as well.
- Player one walks the blue line and takes the third shot from the blue line with two screens in front of the net.
- Three new players start the next rep. The players should change their position on every turn.

## KEY POINTS:

- There are three players involved in one rep. Every player starts with a different puck or ball (whatever is available and makes sense to you).
- The players have to pass and shoot in different game like situations, while they have to handle at least two different pucks/devices doing so.
- The players also use different ways of passing and shots from different angles and distances. Therefore we have a combination of three ways of contextual interference in this drill.

# PASSING SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- We have 3 players placed outside of the box. 1 on each side of the box. One side is always open.
- We have 4 players on the inside of the box who play 2v2 with two designated offensive players and two defensive players who stay in their roles.
- The goal is to pass the puck from the inside to the outside then back into the inside while the defensive players try to get the puck and intercept passes. Give and goes should be taken away by the defensive players.
- Players on outside can be used as passing options but only when they are open and beside the puck carrier. Passes through the box are not allowed.

## KEY POINTS:

- Getting open and pass quality are the focus of this game.
- Outside players may skate through the box but only handle puck on outside.
- Everyone has to be moving, working to get open.
- Use lateral skating, good body positioning and different passing techniques.
- Variation: Defenders transition to attackers when they recover a puck and previous attackers now defend.



# CATHY ANDRADE

PROFESSIONAL SKATING COACH & FOUNDER, POWER HOUR

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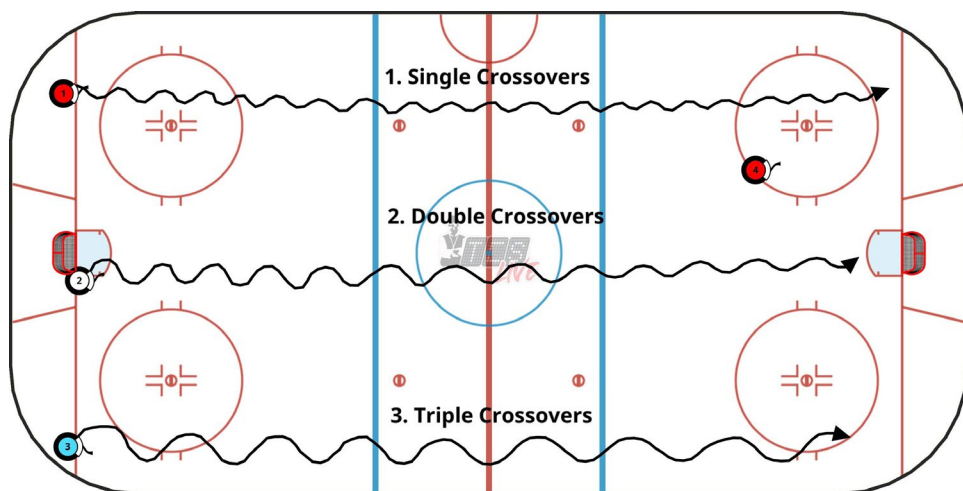
## **TOPIC:** Leveraging Crossover Patterning for Accelerated Skating Development

Cathy Andrade has coached tens of thousands of lessons to athletes ranging from youth hockey players through NCAA Division I, NHL & Olympic players, for the past 38 years. Andrade's methods and accomplishments have been recognized nationally for her work with hockey players in the Wall Street Journal, Sports Illustrated, ESPN, NHL.com, The Coaches Site, and local publications. She is also a participating coach in the NHL Coaches' Association's Female Development Program.

Andrade got players moving with her presentation on Leveraging Crossover Patterning for Accelerated Skating Development. Edgework, turning and transitions were the keys of the day, as she showcased techniques to improve both forward and backward skating. Incorporate these patterns into your practice to get your players skating like pros.



# POWER SKATING DRILLS A



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

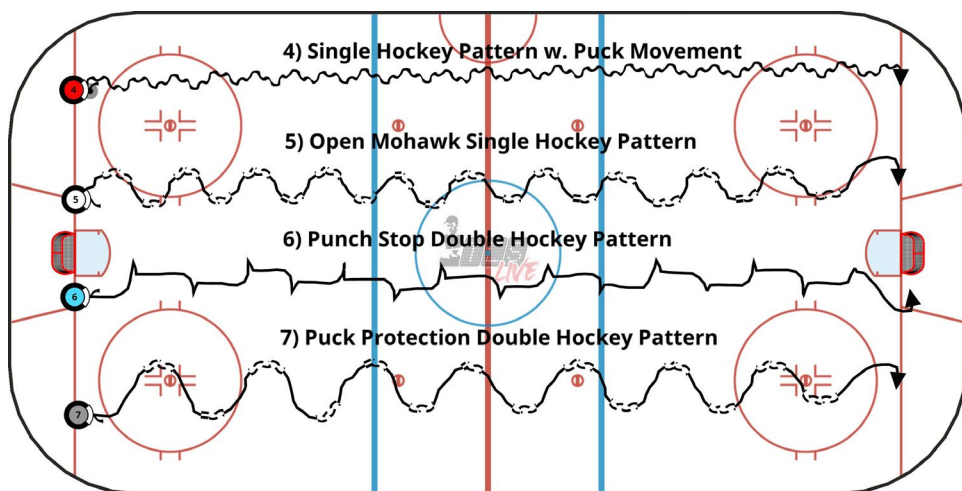
## DESCRIPTION:

- Single Hockey Pattern.
- Double Hockey Pattern.
- Triple Hockey Pattern.

## KEY POINTS:

- One forward crossover both directions.
- Two forward crossovers both directions.
- Three forward crossovers both directions.

# POWER SKATING DRILLS B



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

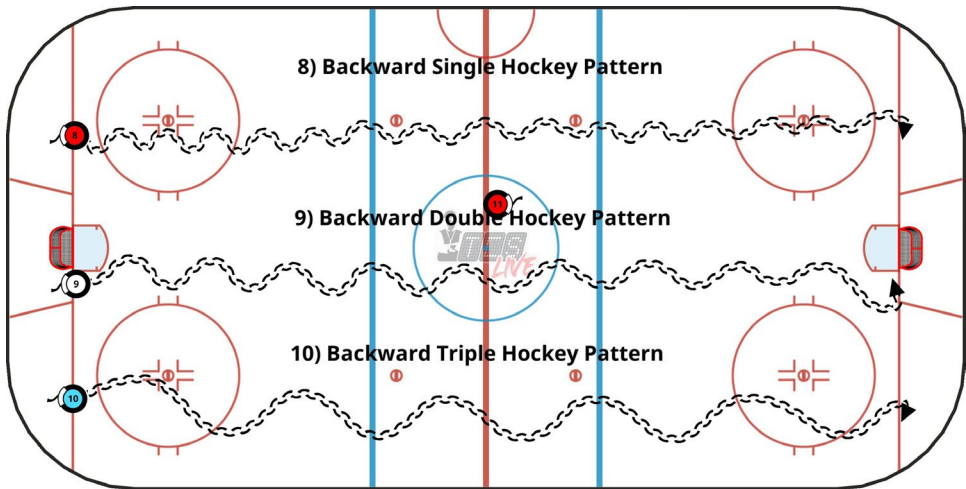
## DESCRIPTION:

- Single Hockey Pattern with Puck movement.
- Open Mohawk Single Hockey Pattern.
- Punch Stop Double Hockey Pattern.
- Puck Protection Double Hockey Pattern.

## KEY POINTS:

- There is a separation of upper/lower body movements. The hands (puck) move first the the feet.
- The open Mohawk creates time/space and separation. The crossover creates acceleration.
- Two crossovers with a punch stop in the opposite direction.
- Two crossovers to an Open Mohawk (to outside edge) for a puck protection move.

# POWER SKATING DRILLS C



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

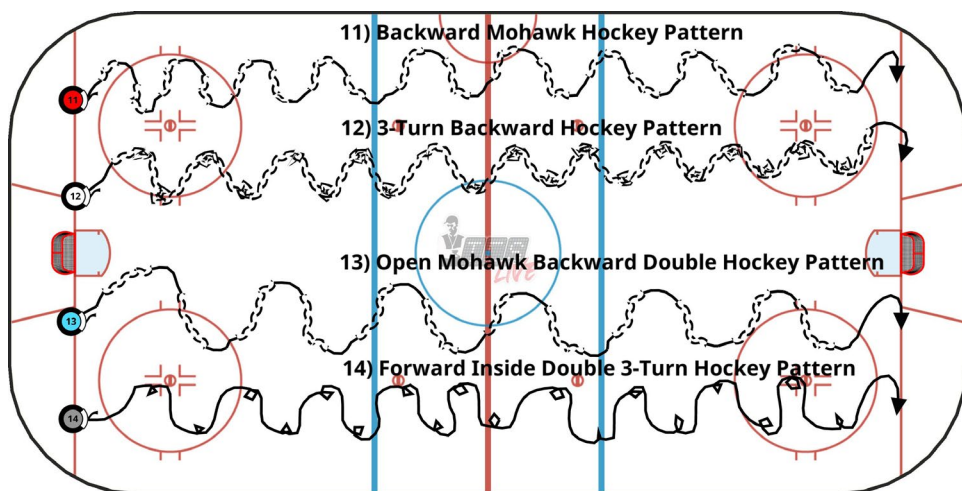
## DESCRIPTION:

- Backward Single Hockey Pattern.
- Backward Double Hockey Pattern.
- Backward Triple Hockey Pattern.

## KEY POINTS:

- Backward Crossovers both direction.
- Backward Crossovers both direction.
- Backward Crossovers both direction.

# POWER SKATING DRILLS D



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Backward Mohawk Hockey Pattern.
- 3-Turn Backward Hockey Pattern.
- Open Mohawk Backward Double Hockey Pattern.
- Forward Inside Double 3-Turn Hockey Pattern.

## KEY POINTS:

- Forward/Backward Mohawk backward crossover pattern.
- One foot 3-turn to a backward crossover.
- Defensive Drill: Two backward crossovers with a step into an open Mohawk.
- One foot double 3-Turn (forward inside-backward outside-forward inside) into two forward crossovers.



# JUSTIN SELMAN

FOUNDER AND DEVELOPMENT COACH, TOPLINE HOCKEY

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## **TOPIC:** The Next Gen. of Offence from the Blueline: Creating Time and Space as a Defencemen

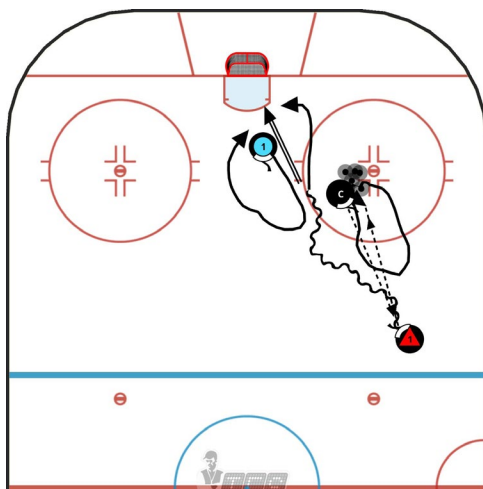
Following a four year collegiate career at the University of Michigan, Justin Selman spent time with the St. Louis Blues organization playing for the AHL's Chicago Wolves. After retiring, Selman founded Topline Hockey, a hockey development company working with players ranging from ages six through current NHL players.

Selman's TCS Live presentation on The Next Generation of Offense from the Blueline provided a guide on creating time and space as a defenseman in all three zones. Starting with retrievals to escape pressure in the defensive zone and working towards deception/blue line footwork and cutbacks, these drills will help all aspects of the modern defender.





# TOUCH AND GO REACTION



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

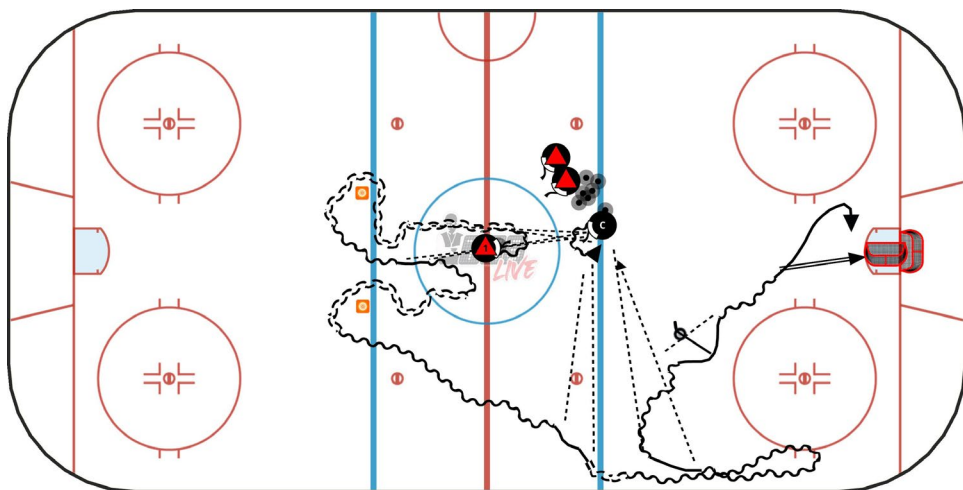
## DESCRIPTION:

- Coach will lead with initial pass to D1. D1 touches back to coach and drill is now live.
- Coach passes back to D1 and forces immediately. Coach forces D1 to make a quick decision under pressure while the second F1 reacts and forces D1 to make a second decision under pressure.

## KEY POINTS:

- Make D move in different directions each time.
- Vary the pressure.

# NEUTRAL ZONE TRANSITIONS X2 + JOIN



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

## DESCRIPTION:

- Both Coach and players start with a puck. The rep starts with an exchange of pucks between coach and D.
- D mans intention is to retreat with his new puck and work on his deceptive head fake, top hand pump and weight shift to escape or transition followed by a pass to coach.
- Repeat on the other side (second cone).
- After the player hits both cones he's going to pass to coach and explode up ice to join the attack on the strong side, however we are adding another small skill by forcing a late awkward catch of the pass forcing a hip open weight shift before escaping to the wall and finally attacking for a shot.

## KEY POINTS:

- D work on deceptive fakes to both left and right.
- Quick crossover turns when coming around cones and pass with feet moving.

# EASY EXITS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

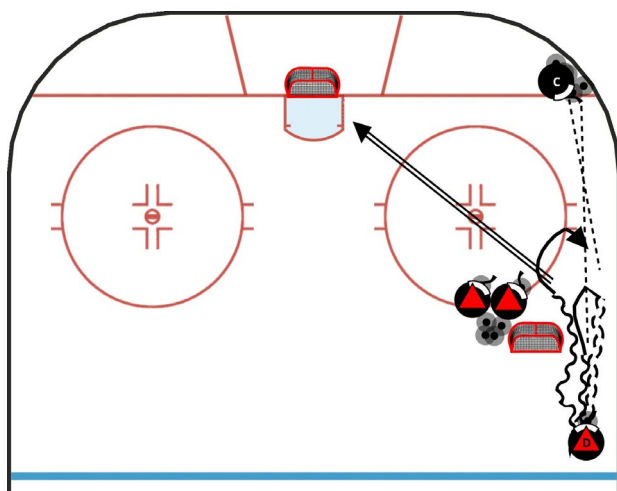
## DESCRIPTION:

- D starts with puck, pivots, passes to Coach then retrieves the puck that was chipped behind him by F from wall.
- 1st puck take half net jab step and cut back for a quick up to the Coach or F on the wall.
- 2nd puck attempt to collect and get toes up ice ASAP by weight shifting to fake and strong side quick up or center outlet, hold the puck and take the net exit by skating or quick up to coach.
- 3rd puck coach applies pressure, forward stretches through middle, one move to beat coach and find ice to skate or outlet to the stretch player.

## KEY POINTS:

- Work on deceptive moves involving jab turns, weight shifts, head/shoulder fakes and tight turns to escape forechecker.

# 3 PUCKS 3 TUCKS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Focus here is on 3 distinct attacks off of retreating with the puck and re-attacking as D man.
- D1 starts with a puck as well as the Coach.
- As D comes towards coach they will exchange pucks on the first rep. Retrieval, weight shift, single leg stop, to front foot sliding fake shot- shot.
- On the second puck, Coach will flip or give the D a bad pass along the wall. D collects it then has his feet outside the blue line and stick inside to create more space while sprinting across the blue line. Cross middle ice, jab step and cut back for a second shot.
- Collect 3rd puck, weight shift fake to the wall, cut back and do a fake shot before taking final shot.

## KEY POINTS:

- Work on smooth pivots and weight transfers to deceive checkers to create time and space.

# DAN AREL

DIRECTOR OF COACH DEVELOPMENT, SAN DIEGO OILERS

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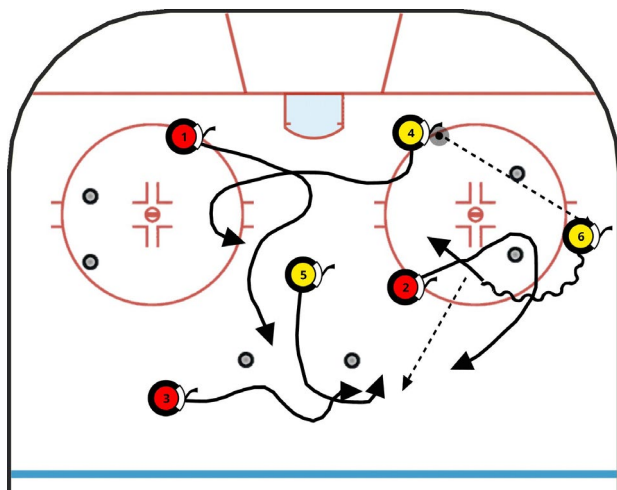
## **TOPIC:** No Goalies Allowed: Small Area Games Focused on Passing & Possession

Dan Arel has been coaching with the San Diego Oilers for nearly a decade and runs the club's player and coaching development program as the Director of Player & Coach Development. Arel has led teams to the California State Championship Final, and competed on the international stage. In 2020, he was named The San Diego Gulls Foundation Coach of the Year. Arel is also a regular contributing writer to The Coaches Site, focusing on player development through small area games and good habits.

Arel presented on running successful drills without the use of goalies or nets by focusing on how to isolate passing and decision making. These drills push players outside of their comfort zone and increase development.



# 3 GATE DRILL POINTS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

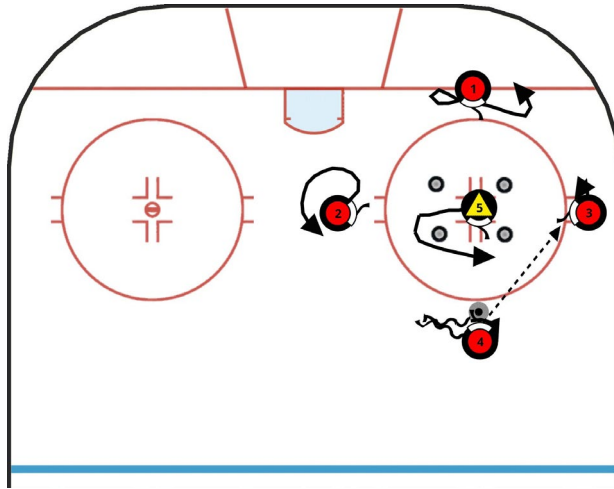
## DESCRIPTION:

- Can be played with 2 teams of 3 or 3 teams of 2.
- Players get points by skating or passing puck through the sets of tires/cones (three sets spread out).
- No goalie is used and only the gates are good for points.
- Tape to tape passes only. Skating through is worth 1 point, passing through is worth 2 points.

## KEY POINTS:

- Focus is on heads up hockey and thinking “pass first” with skating through as the back up option.
- For those without the puck, it’s about communication with each other to sort out defensive coverage and make scoring harder.

# POWER PLAY PASSING BOX



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- 4 players are outside of the face off circle with 1-2 defenders inside the face off circle.
- Around the face off dot, set up 4 tires in a square.
- The players on the outside of the circle can move anywhere and pass how ever they please. However, to “score” they must pass the puck through the square inside the circle.
- Attacking players get a point for passing through the square, defenders get a point for intercepting the pass.
- Defender should stay on outside of the square, inside the face off circle.

## KEY POINTS:

- Outside players try to move around to create passing lanes for the puck carrier and draw the defenders away from the square to create scoring chances.
- Movement and communication are key as well as making tape to tape passes.
- Active sticks and quick feet by defenders.



# GREG REVAK

COACH CONSULTANT & CO-FOUNDER, HOCKEY'S ARSENAL

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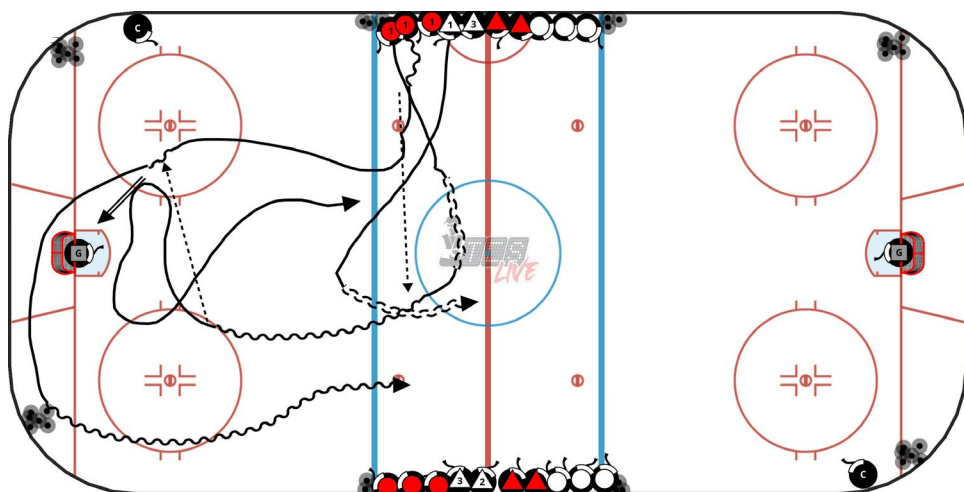
## **TOPIC:** Effective Coaching: Simple Ways Towards Better

Greg Revak is a certified Level 4 USA Hockey coach and a coach developer within USAH's coach education program. He coaches Worthington Kilbourne High School (Ohio). When not at the rink, Revak hosts the Hockey IQ Podcast and authors the Hockey IQ Newsletter; he has also published nearly 30 stories as a contributor to The Coaches Site.

Revak presented on simple, effective ways that coaches can accelerate their player's development. These drills are examples that reflect "coachless," "whistleless," and many other great developmental principles.



# 2V0, 2V1, 3V1, 3V2



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

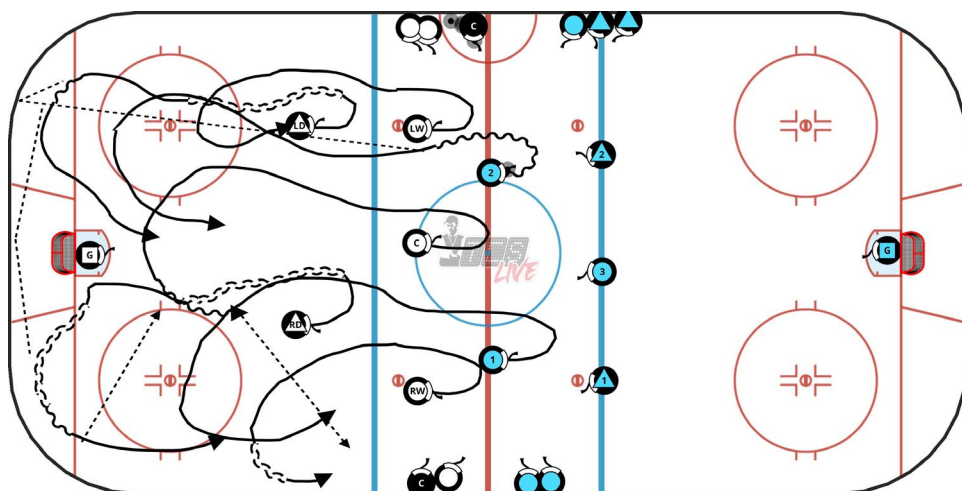
## DESCRIPTION:

- F1s on the blueline start 2v0 against the goalie.
- D1 pops out to play 2v1 full ice after F1s pick up a puck in the corner.
- D2 pops out to play 3v1 full ice after F1s add a player with a puck out of the corner.
- Two D3s pop out to play a 3v2 full ice after F1s pick up a puck in the corner. This is continuous as the next line of F2s start with 2v0.
- Pit the defense against the offense by determining how many goals the offense needs to score. If they score less than that amount, 2 hard laps.

## KEY POINTS:

- Odd-person rushes progressively become more complex.
- Continuous/whistle-less drill.
- Coaches are able to use their coaching skills (Observation, question-asking, checking for understanding, etc.) rather than running the activity.

# 2V5, 5V5



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

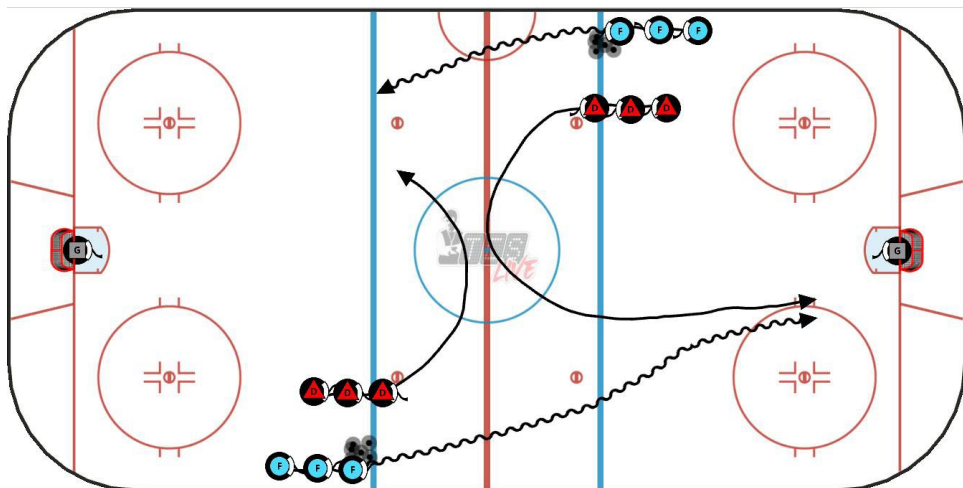
## DESCRIPTION:

- 5 players line up similar to an opening faceoff. They are to always break out the puck that is dumped in.
- They will start against 2 forecheckers before building up to 5 forechecking players.
- 5 forechecking players lineup at the far blueline.
- Each time the team successfully breaks the puck out, they pass to the next forechecking player in line.
- The pass receiver ensures the get over the red line before dumping the puck in and forechecking. The players that forechecked tag up at the red line and forecheck again.
- Once all 5 forechecking players have been added and the team breaks the puck out, there is a reset and a new set of 5 takes their turn at breaking the puck out.

## KEY POINTS:

- Breakouts progressively become more complex.
- Continuous/whistle-less drill.
- Coaches are able to use their coaching skills (Observation, question-asking, checking for understanding, etc.) rather than running the activity.

# 1V1 FULL ICE ANGLING



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Attackers on the far blue line with angling defenders on the far neutral zone dots. Once eye contact is made, the activity starts.
- This is a continuous/whistle-less activity.

## KEY POINTS:

- Angling within an unscripted environment.
- Continuous/whistle-less drill.
- Coaches are able to use their coaching skills (Observation, question-asking, checking for understanding, etc.) rather than running the activity.



# MATTHEW BOURGEOIS

GOALIE COACH, CANISIUS COLLEGE

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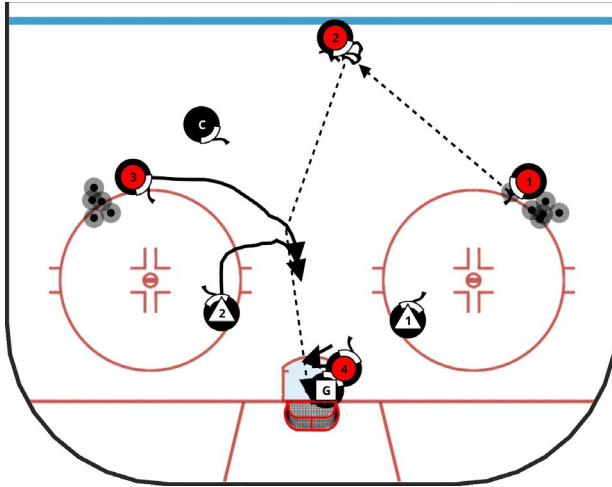
## TOPIC: Net Front Battles From a Goalie's Perspective

Matthew Bourgeois has been a coach and a scout for over 20 years at some of the highest levels. He is currently coaching at Canisius College NCAA D1. Matthew is a certified High Performance 1 Coach and Goaltending Level 3 Coach with Hockey Canada who works with the Ontario Hockey Federation, the Ontario Minor Hockey Association and Northern Ontario Minor Hockey Association as a Goaltending Coach and mentor.

Bourgeois' presentation on Net Front Battles from a Goalie's Perspective provided a unique on-ice breakdown from the eyes of a netminder. How do goalies deal with screens and traffic during the course of a game? Bourgeois offers tips and tricks for anyone looking to help their goalies improve their reads and reactions.



# HIGH TIP DRILL

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

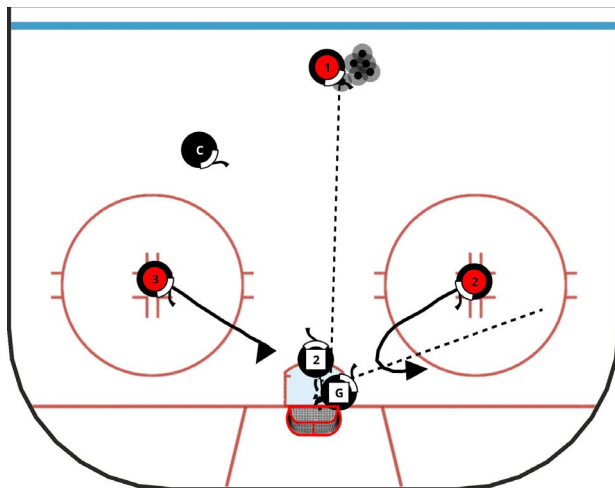
**DESCRIPTION:**

- Players start in an Umbrella Formation with pucks at the top of the circles outside the dots.
- The goalie starts square with F1 on the right side. There are two defensive players and one defensive player net front to start the drill.
- To start the drill, F1 passes to F2 at the top of the umbrella. F3 releases to the slot/high slot area looking to tip/deflect the puck on net.
- After 4 or more reps, F1 can drive the net to become a 2nd option for F2.

### KEY POINTS:

- The goalie must fight for sight lines.
- With F3 and potentially D2 higher in the slot, it will be difficult to find the puck.
- The goalie will have to assess depth/angle squareness based on traffic and sight lines.
- The goalie will have to communicate with D regarding sight lines and rebounds.

# ONE LAYER SCREEN DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

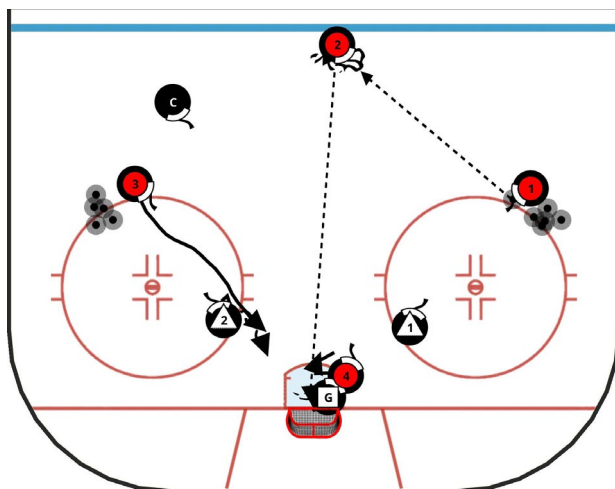
- Shooter/F1 starts at top middle of the zone, above the circles with pucks similar to top of umbrella.
- F2 and F3 start on opposite face off dots. The Goalie starts on the dot angle.
- Either Goalie 2 or another attacker are standing front middle of the crease to provide a screen.
- When the Goalie moves to square with the shooter, F2 and F3 release to the net. This adds pressure on the goalie and can become tip/deflection options.
- When the goalie arrives, the shooter shoots around or under the screen. F2/F3 hunt for rebounds.

## KEY POINTS:

- Shooter waits for Goalie to arrive in the middle of the net to simulate movement after a pass.
- Goalie stops on the side of the screen to the shooter's strong side. This is best shooting angle.
- F2/F3 drive for rebounds.
- Goalie looks to contain puck or drive rebound past F2/F3.
- Helps Goalie focus on sight lines, depth, angle and squareness.
- Layers can be added with passes to F2/F3.
- Goalies battle for sight lines, being aware of secondary options.



# TWO LAYER SCREEN DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Players start in an Umbrella Formation with pucks at the top of the circles outside the dots.
- The goalie starts square with F1 on the right side. There are two defensive players and one defensive player net front to start the drill.
- To start the drill, F1 passes to F2 at the top of the umbrella. F3 releases to net front looking for a rebound and/or add traffic in front.
- The drill changes sides to start each time. After the third or fourth rep, the shooter can now shoot for a tip or deflection.

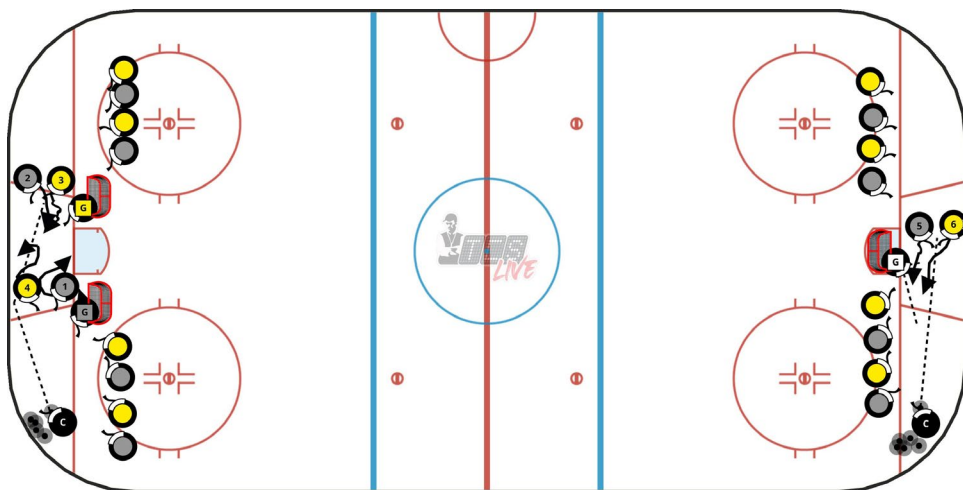
## KEY POINTS:

- The drill starts on the goalies' right side.
- The goalie fights to create a visual connection with the puck with the pass.
- The goalie must decide on the best depth based on the traffic.
- The goalie has to be mindful of puck control and rebound placement.
- The goalie has to be aware of the offensive players and the positioning of his D.
- The goalie will have to communicate with D regarding sight lines, rebound placement and loose pucks.

A blue-tinted photograph of an ice hockey rink. In the foreground, a hockey goal is visible with its net. Several players in various jerseys are on the ice, some standing and others in motion. The background shows the large, arched seating area of the arena. The text "ATTENDEE DRILLS" is overlaid in white, bold, sans-serif font in the center of the image.

# ATTENDEE DRILLS

# MALDEN 1V1, 2V2, 3V3 SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

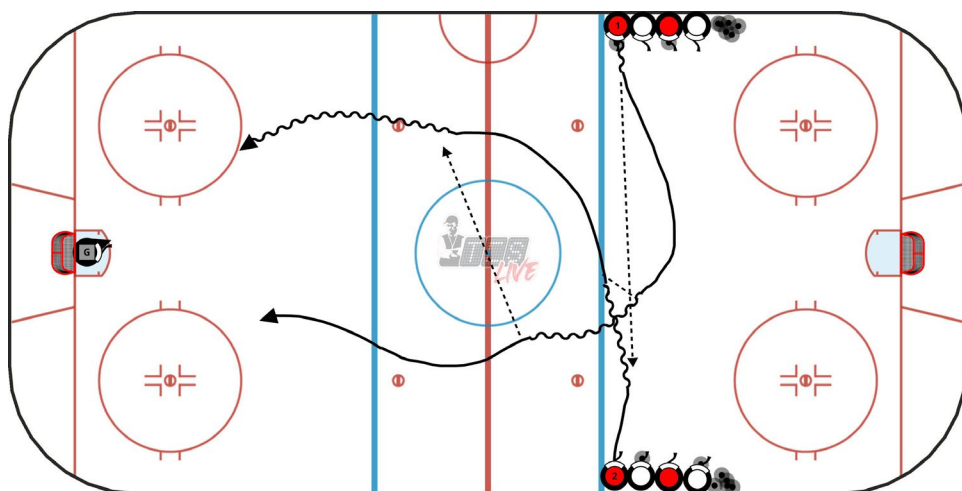
## DESCRIPTION:

- Game can be played 1v1, 2v2, 3v3 on one net or two. 1v1v1 is also an option.
- Extra players are waiting just over the goal line and bump loose pucks back into play.
- Coach starts play by chipping puck into play to start a scrum for the puck.

## KEY POINTS:

- On 2v2 or 3v3 play, the defenders that recover the puck must make at least one pass before attacking the net.
- Battle zone drill.
- Maintain good body position with a busy stick.

# NEUTRAL ZONE SWING 2V0 WARM UP



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

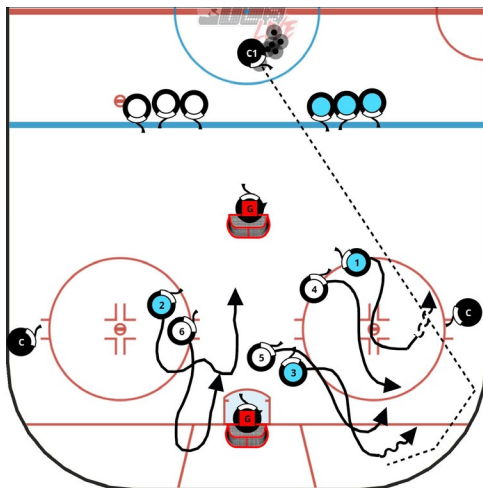
## DESCRIPTION:

- Players line up in 2 lines at each blue line. 2 players start towards middle of the blue line on the whistle.
- They exchange one quick pass and then a drop pass to the players forehand.
- Quick pass in neutral zone then wide drive entry. Puck carrier drives wide, shoots then goes to net for rebound.
- 2nd player drives to the net as well and both stop at the net.

## KEY POINTS:

- One pass maximum after crossing the offensive blue line.
- Drive to the net for rebounds.
- Practice deception. Show shot then pass quickly.
- Variation: Have a D jump in to defend 2v1. Set up to run from both blue lines and alternate.

# 3V3 COACH OUTLET SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

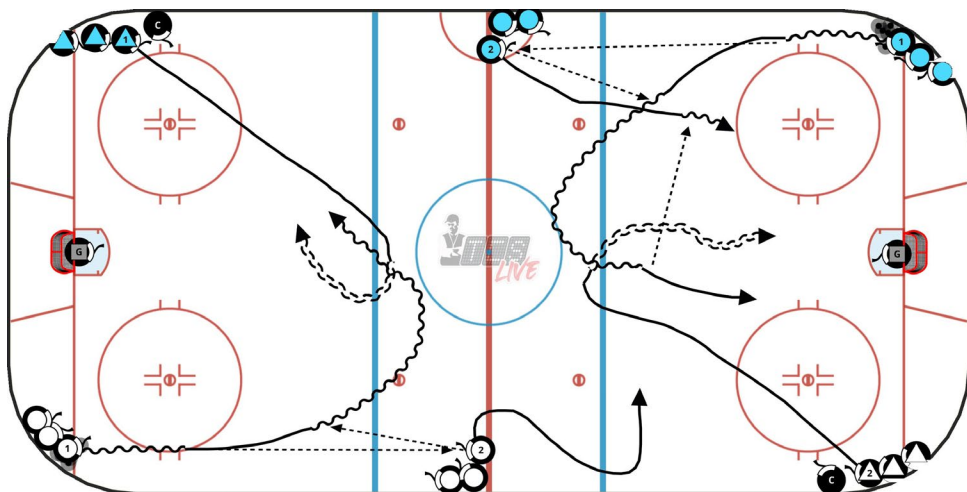
## DESCRIPTION:

- 3v3 play. Coach starts play by ripping a puck into the corner.
- Teams can score on either net.
- When a goal is scored, a goalie freezes the puck or the puck goes out of play, the Coach fires in a new puck.

## KEY POINTS:

- Players change on their own or changes can be initiated by the Coach.
- Players must be aware of quick transition as teams can score on either net.

# MIKE'S 1V1, 2V1, 3V1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

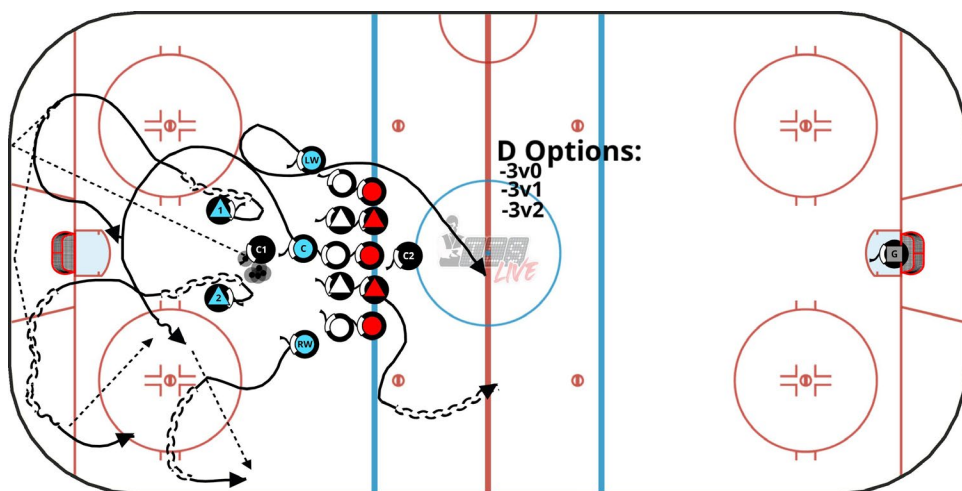
- Forwards and D in opposite corners. On whistle, F1 starts towards F2 and passes puck up to F2.
- F2 passes it back quickly to F1 then jumps in with the F1 from their side or turns and joins F1 from the other side.
- D sprint up to their blue line to gap up quickly then pivot backwards to defend. This will create either a 1v1, 2v1 or 3v1 on both sides.

## KEY POINTS:

- D sprint to blue, quick pivot and read the play developing in front of them.
- Forwards, stay onside and communicate with F1. Get loud!
- 3v1, make sure one F is driving to the net hard.
- Crash net for rebounds after the shot.



# MIKE'S D-SKATE BREAKOUT



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

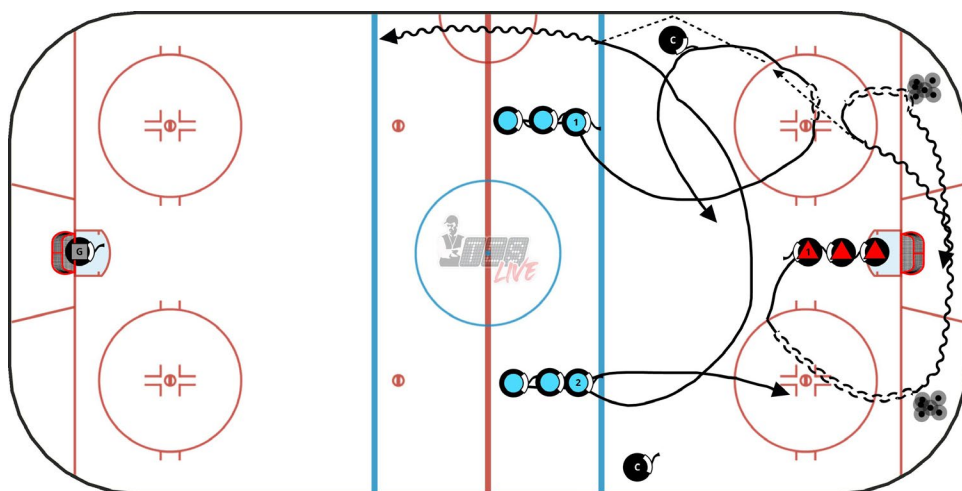
## DESCRIPTION:

- On whistle, D1 and D2 step up, pivot backwards and back up quickly.
- Coach chips a puck to either corner. D retrieves the puck, passes quickly behind the net to D partner who passes up to low, curling center or winger on the wall.
- They all move up ice 3v0, 3v1 or 3v2. Coach 2 calls out the D coverage.
- The D join the rush, play out the attack low until the whistle then hustle back into the middle zone to gap up on next rush attempt. D changes out after defending.

## KEY POINTS:

- C2 vary the coverage. Forwards read, react and communicate. Get loud!
- D try to keep shooters to outside to force bad angle shots.
- Play out until the whistle. Attack the net on the rush, loose pucks to corners can be kicked back out for D shots with net jams.

# BREAKOUT BOUNCE WARM UP



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

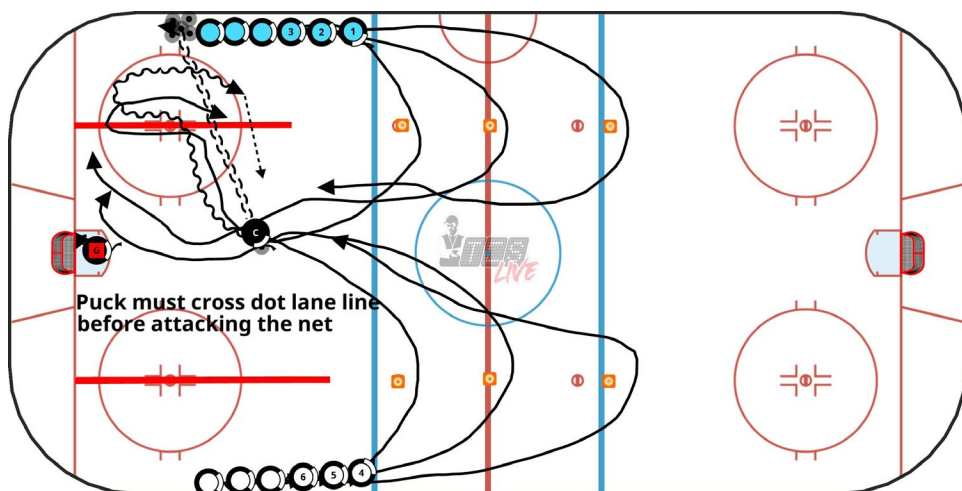
## DESCRIPTION:

- D1 picks up puck in the corner and skates behind net and passes to F1 on the wall.
- F2 comes across to support the puck and get direct pass or chip off of the wall.
- F2 goes in for a shot as F1 now cuts across to the other side to become the support player on break out.
- D cuts back, picks up a new puck and starts the next rep.

## KEY POINTS:

- Warm up drill for goalies so start by shooting from well out.
- Stop at the net then back into a rebounding position for next shooter.
- Can add resistance by placing Coach or pylon at offensive blue line.
- Variation: add a D to create a 1v1. Add another F to create 2v0 or 2v1.

# 3V3 LAYER CAKE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

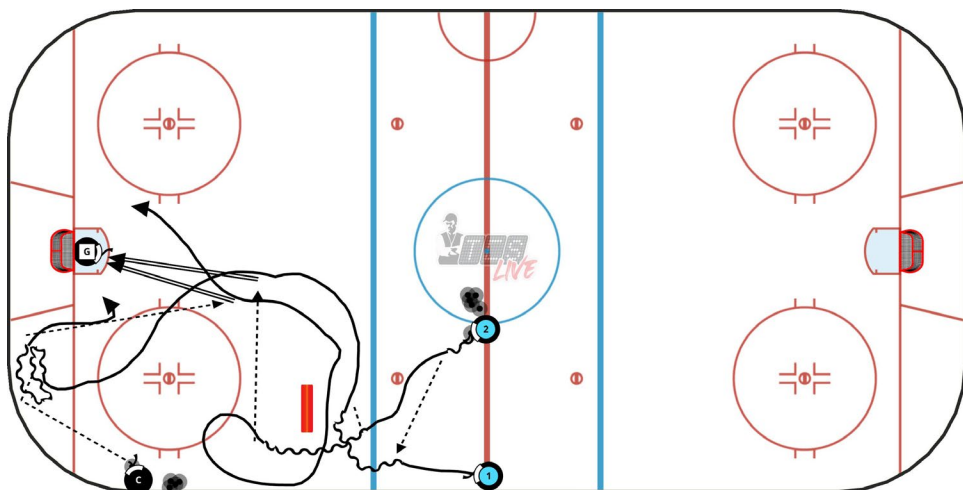
## DESCRIPTION:

- Coach sets puck inside blue line before whistling to start the 3v3 game. Game starts with three races.
- P1 races P4 for the puck. The other four players race to get good position coming into the zone.
- Once the puck is recovered, attacking player must carry the puck outside of the dot lanes before attacking back 3v3.
- On change of possession, new attackers take puck outside the dot lanes to start new attack.

## KEY POINTS:

- The four players entering the zone late race to defend or attack in layers.
- Puck protection and puck possession.
- Lots of talk on both sides of the puck.

# CROSS DROP, RETRIEVAL, SHOT OFF PASS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

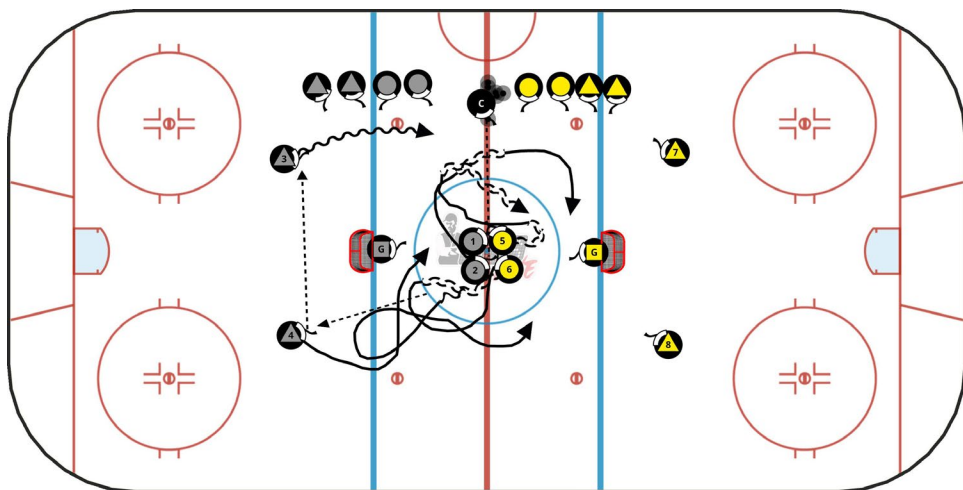
## DESCRIPTION:

- First puck: P2 makes a kick out pass to P1 just before the blue line and moves to support the entry.
- P1 enters the zone makes a 1 foot cut in front of the pad to open up and drop puck to P2 who cuts in behind him.
- P2 drives wide as P1 goes around the pad into the high slot for the return pass from P2.
- P1 takes a quick shot, goes into the corner and picks up a puck.
- Second puck: With new puck, P1 makes one or two evasive maneuvers using jab turns then looks to pass to P2 in high slot.
- As P1 is picking up the puck, P2 curls back up along the wall, around the pad and with good timing drives to the high slot for a pass from P1 for another quick shot. Switch positions on next rep.

## KEY POINTS:

- Working on puck protection and evasive maneuvers.
- Good timing on drive to net for pass.
- Quick release shooting.

# NICK'S 4V2 JUMP UP SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

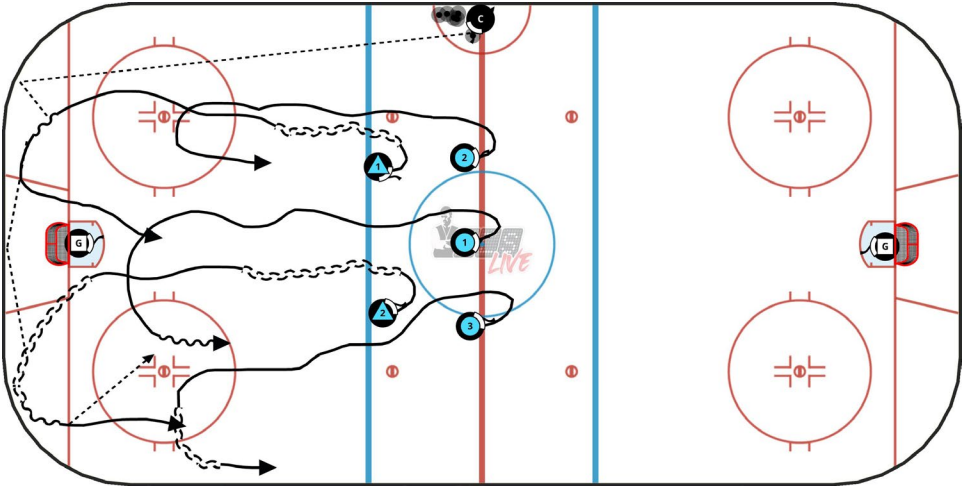
## DESCRIPTION:

- Coach starts play by chipping a puck into the middle of the four players at center ice to create a scrum for the puck.
- The team that recovers the puck must play it back immediately to their two D below the goal line.
- They make a quick D to D pass then start up ice 4v2, attacking downhill.
- Play out until a goal is scored, goalie freezes the puck or the Coach whistles to change players.

## KEY POINTS:

- Mini PP set up.
- If puck goes out of play, Coach throws in a new puck to attackers.
- Variation: if new puck has to be thrown in, Coach passes to two defenders. Two of their teammates jump in and two previous attacking forwards drop out to create a quick transition 4v2 the other way.

# BAXTER DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

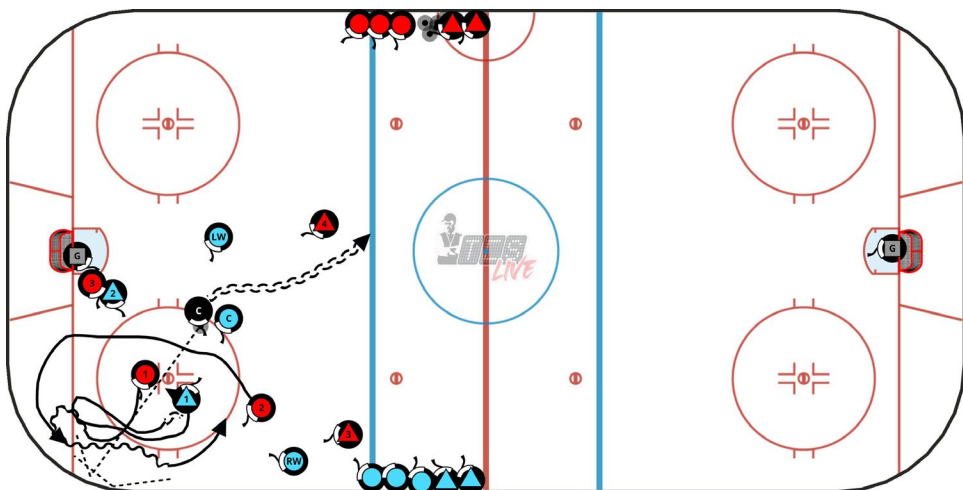
- Coach starts 5v0 breakout with a chip to corner or hard rim in behind the net to work on cutting rims and setting puck for the D.
- Coach starts by calling out the breakout pattern then progress to having the players decide the breakout on the fly.
- After first breakout, winger with puck at redline (F3) goes in for a breakaway as other two forwards now execute a 4v0 breakout using a 5v0 pattern.
- F3 hustles back into the neutral zone to defend 2v1 against F1 and F2.
- After 2v1, Coach throws in a new puck to the forwards come back 3v2. Both D stop up at the defensive blue, get a puck from the Coach, quick D to D pass and shot.
- D now turn up ice and gap up to play 3v2 against F1, F2 and F3.

## KEY POINTS:

- Use all breakout options.
- Clear communication.
- Skate routes at game speed.
- Center low and slow on breakout ready to support breakout to left or right.



# 3V2 OVER THE TOP

[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

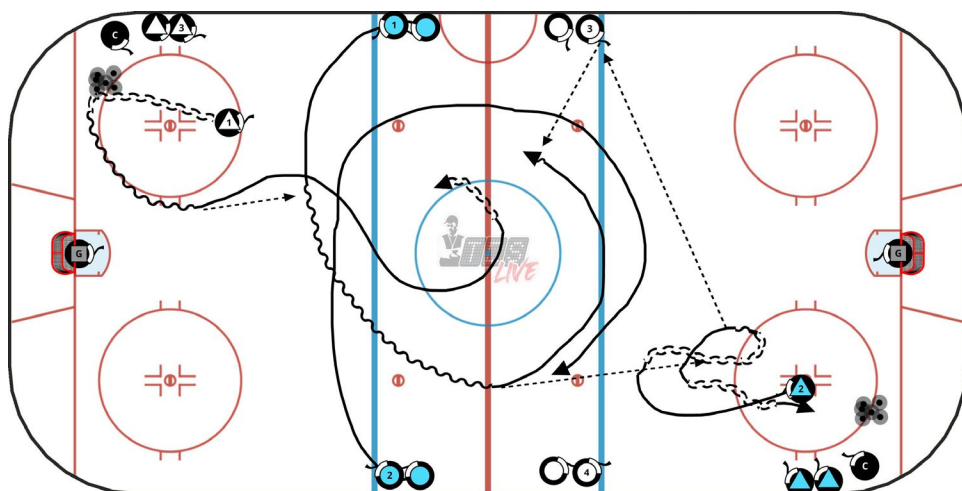
**DESCRIPTION:**

- Coach starts play by chipping puck into corner to start 3v2 play low.
- Defending forwards can wait in their defensive positions but may not attack the offensive forwards.
- The defensive forwards activate once their D recover the puck and outlet to them.
- Upon recovering the puck, counter attack down the ice as quickly as possible with a D jumping up into the play if possible.
- Play out 5v5 low or if puck is turned over before at the offensive blue line or just before, defenders can now counter back quickly the other way.

### KEY POINTS:

- Defending players start in low defensive position but only D activate on chip for 3v2.
- Quick transition. Blue line smart at offensive blue line on the rush.
- On backcheck, come back hard through the middle down to cover the slot.
- Next group of players move into position once the puck has moved over the offensive blue line and there is no counter attack.

# SWING AND GO 2V1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

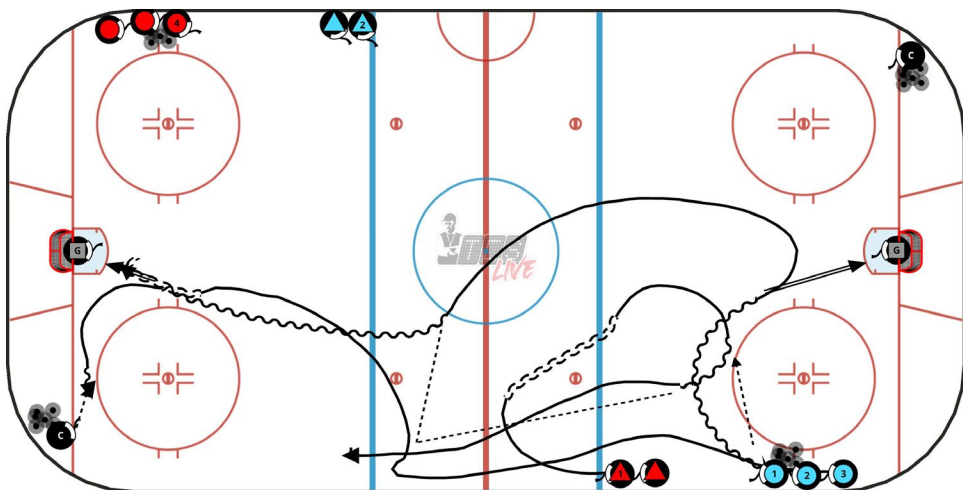
## DESCRIPTION:

- D1 start top of the circle, skates backwards and pivots to pick up a puck.
- D1 passes to F1 or F2 cutting across the blue line.
- Fs pass it quickly to D2 who passes quickly to F3 on the wall.
- F3 passes to either F1 or F2 who now head back up ice 2v1 against D1. D2 starts the next rep.

## KEY POINTS:

- D are always in movement taking and making passes.
- Speed, speed, speed!
- 2v1, both Fs drive to net after shooting looking for a rebound and stop at the net.

# SCOTTY'S NET JAM 2V1 COUNTER

[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

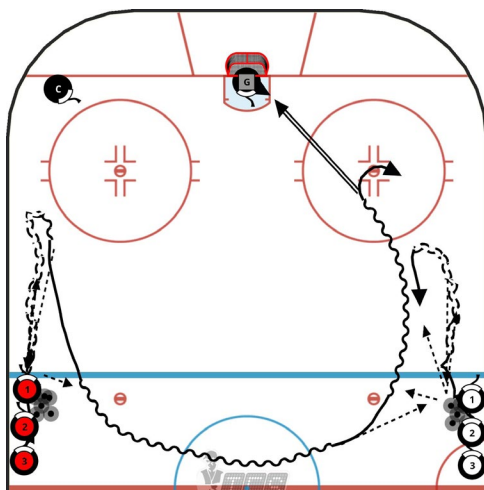
**DESCRIPTION:**

- On the whistle D1 gaps up to red line then cuts back to take pass from F3.
- F1 carry puck around the circle for a shot then head up ice. F2 post up at far blue line.
- D1 passes to F2 for bump pass for F1. F1 shoots on net then gets puck from C.
- F1 passes to D1 who takes shot with F2 screening.
- F1 and F2 get new puck from F4 and go back 2v1 on D1. Both directions go at the same time.

### KEY POINTS:

- Hard tape to tape passing.
- One forward screens for D shot as other F works into a rebound area.
- On 2v1, D tries to force bad angle shot, eliminating cross ice pass.

# BULLDOGS 1V0 GOALIE WARM UP

[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

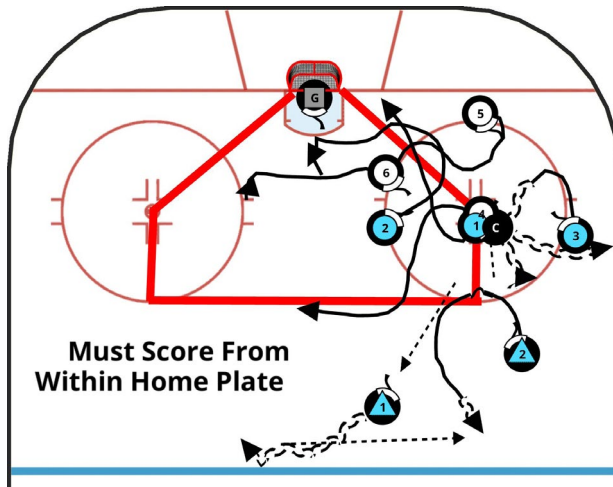
**DESCRIPTION:**

- Half ice with two lines of players. P1 skates backwards to top of face off circle, passing back and forth with P2.
- P1 regains the middle zone and exchanges passes with P3 on far side.
- After a few passes, drive back into the zone for an angle shot.
- Warm up drill for goalies so start with longer shots.

### KEY POINTS:

- Goalie warm up.
- Smooth pivoting and passing.

# HOME PLATE GAME



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

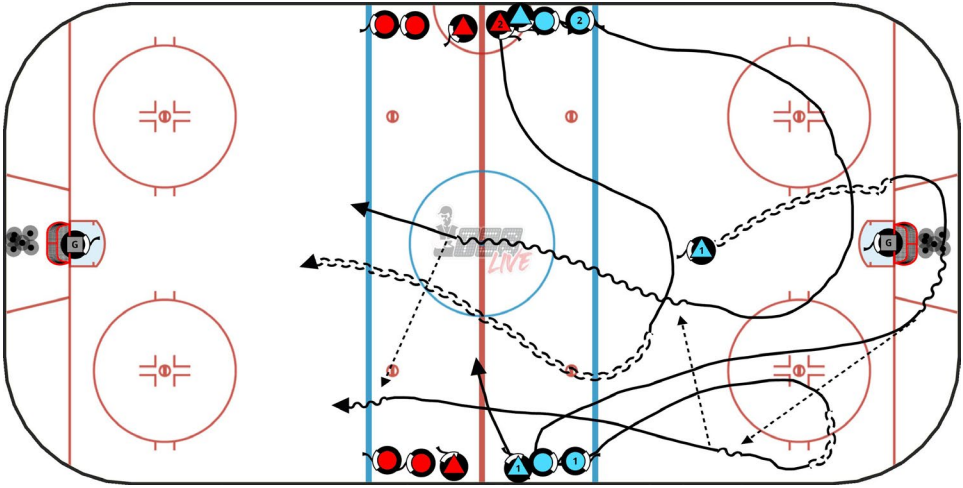
## DESCRIPTION:

- 5v3 play. Start from face off or corner scrum.
- All shots must be taken from inside of "home plate" area.
- When defending with 3 forwards, on whistle, kick puck back to D and the 6 forwards switch roles on the fly.
- Defending forwards are now on attack. D are always on offense.

## KEY POINTS:

- Lots of player movement to open up passing lanes and quick passing.
- Crash the net looking for rebounds after shots.
- Can work on 5v3 set plays as shown.

# CONTINUOUS 2V1 BREAKOUT



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

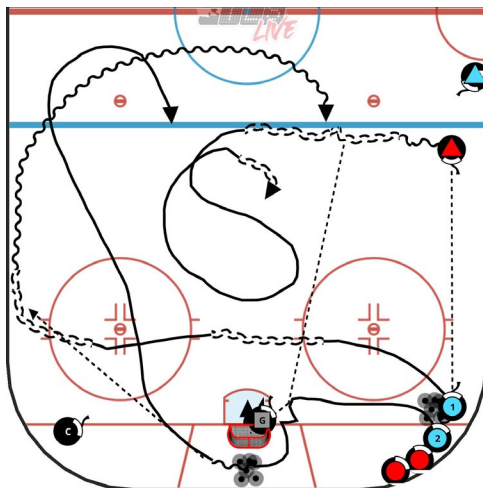
- D1 backs in from the blue line then pivots to left or right before picking up puck behind the net to start the break out.
- Forwards start into the zone coming down dot lanes before adjusting their positions to set up to take break out pass.
- Strong side winger, F1, curls to the wall as other F2 plays roll of center, skating low and slow through the low slot.
- D1 passes to F1 or F2 to start breakout and 2v1 against D2.
- Immediately after 2v1, D2 circles in behind his net to retrieve a new puck and start break out the other way.
- D change out after making the break out pass.

## KEY POINTS:

- Forwards should skate their routes with good timing.
- Can progress to 3v1 and 3v2.



# HIGH LOW TIPPER

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

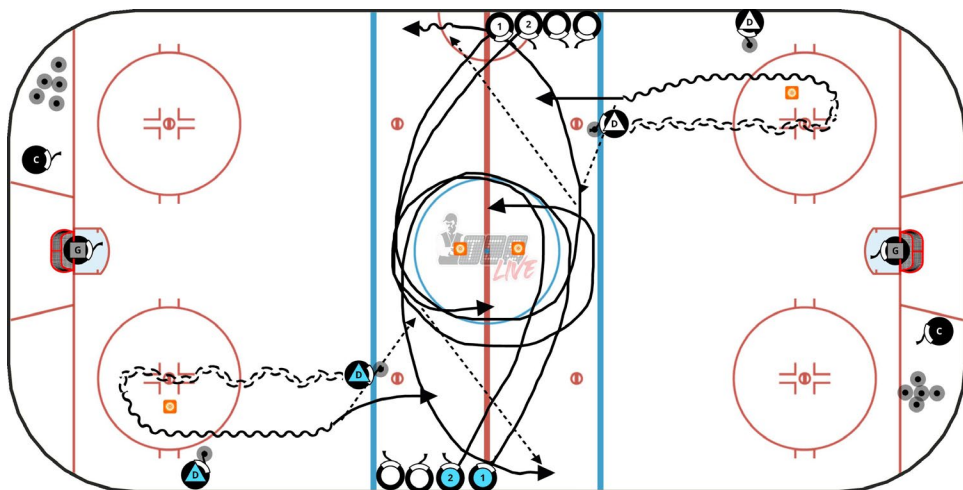
**DESCRIPTION:**

- F1 passes to D. D walks to middle for a shot.
- F1 goes for high tip, F2 goes for net tip.
- D drops low and then gets into position to defend 2v1 from middle ice.
- After shot, F2 picks up a puck and makes a break out pass to F1.
- F1 and F2 now clear the end zone, skate with the puck through the center ice face off circle and re-attack D 2v1.

### KEY POINTS:

- Heads up shooting by D. Shoot for a stick with good timing.
- Forwards get your stick on the ice to give D a target.
- Crash the net looking for rebounds after 2v1 shot.

# ROONEY 2V0 WITH D SHOT



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

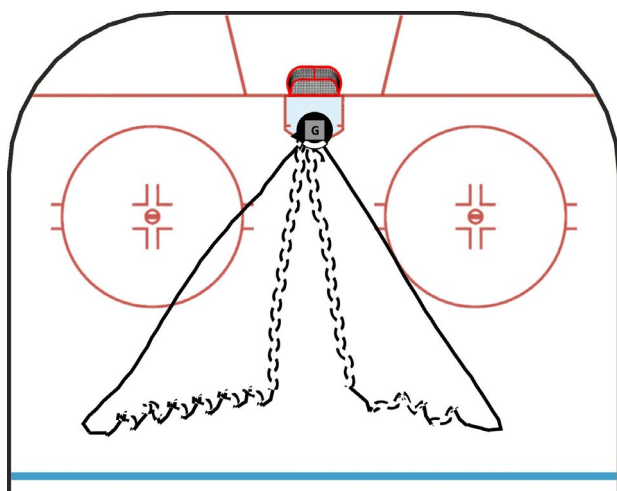
## DESCRIPTION:

- On whistle, D backs up with puck from just inside the blue line, pivots around the cone then steps up to pass to F1 or F2 who have made one complete lap around the middle face off circle before taking pass from the D.
- Fs go 2v0 with a wide entry, shot from outside dot lane then drive for a rebound.
- One F will now sprint to the corner to pass a puck up to the D for a screen/tip shot from the blue line.

## KEY POINTS:

- Variation: D Quick up sooner then cut across to defend 2v1.

# GOALIE ZONE AWARENESS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

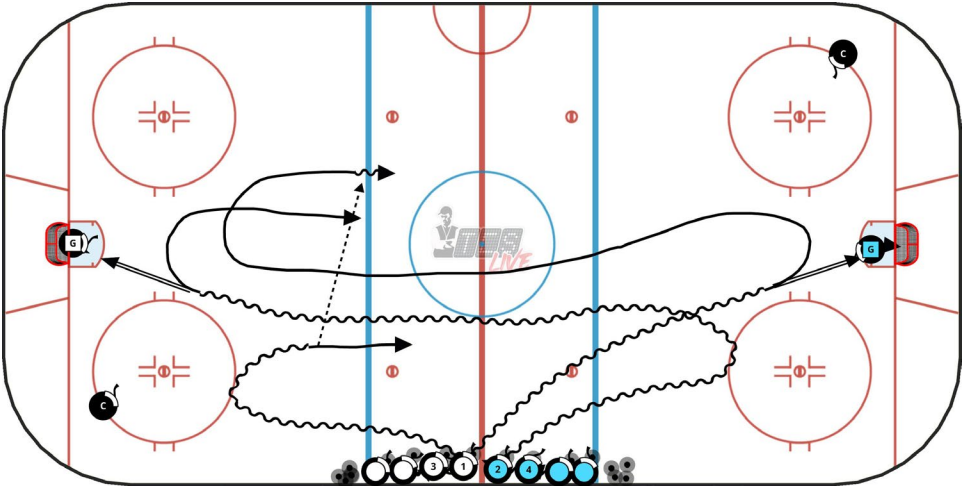
## DESCRIPTION:

- Goalie starts at the top of the crease in stance.
- On cue, G skates to either point, shuffles to middle ice then backs to the top of the crease without peaking behind.
- G now skates out to the other point, shuffles back to center and again backs in to the top of the crease using boards, line markings and spatial awareness to find top of the crease.

## KEY POINTS:

- Build spatial awareness.
- Use boards and line markings to orient your position on the ice.
- If you hit your head on the crossbar while backing up, you have gone too far.

# MCDAVID BACKCHECK



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

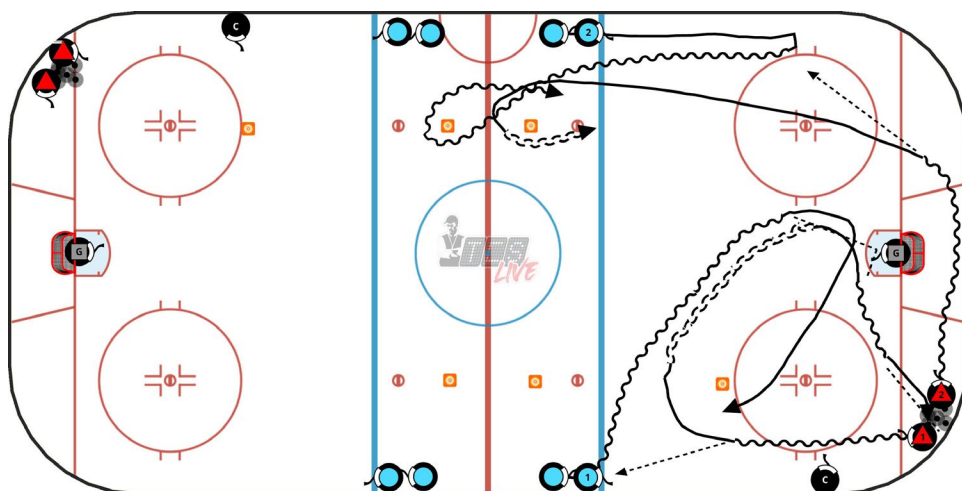
## DESCRIPTION:

- On whistle, white P1 skates in on a breakaway. P1 shoots then turns back up ice quickly to back check against blue P2.
- When puck crosses the offensive blue line, blue P2 skates down through the top of the face off circle before cutting back up ice for a break away under pressure from P1.
- When puck crosses the offensive blue line, P3 skates down through the top of the face off circle and turns back up ice and is joined by P1 to create 2v0 with P2 back checking.
- Continue to 2v2.

## KEY POINTS:

- Trigger points are offensive blue line when puck crosses it to start next skater and top of face off circle that puck carrier goes through before attacking up ice.
- Play out 2v2 to whistle.

# 1V1 GAP TRAP



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

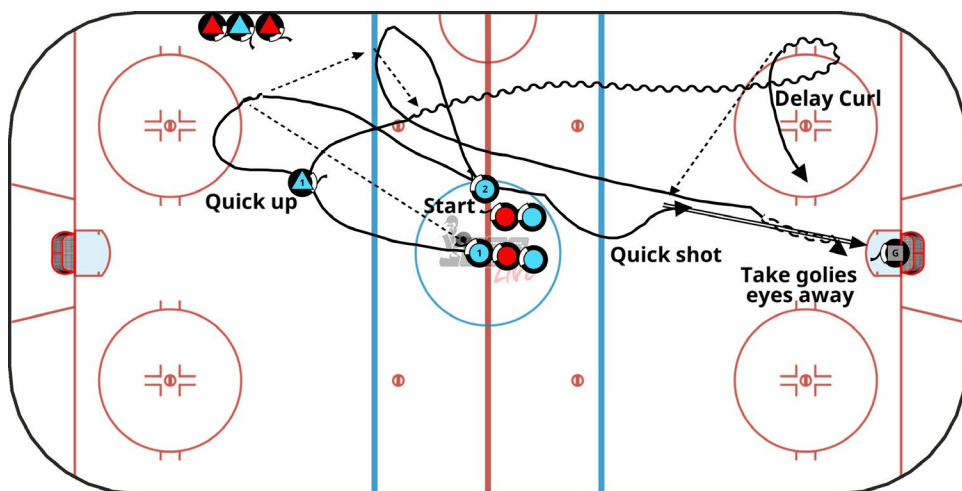
## DESCRIPTION:

- D1 and D2 start with a puck in the same time.
- F1 receive pass from D1. D1 gaps around the cone and plays short 1v1 against F1.
- F2 skates to the wall for a pass from D2. F2 skates out around the cone with puck and D2 gaps around the cone and plays long 1v1 against F2.

## KEY POINTS:

- D move up quickly to set a tight gap.
- D try to force forwards outside of the dot lanes into the bad ice.
- D really push the limits to set as tight a gap as possible.

# 2V0 QUICK UP AND ZONE ENTRY



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

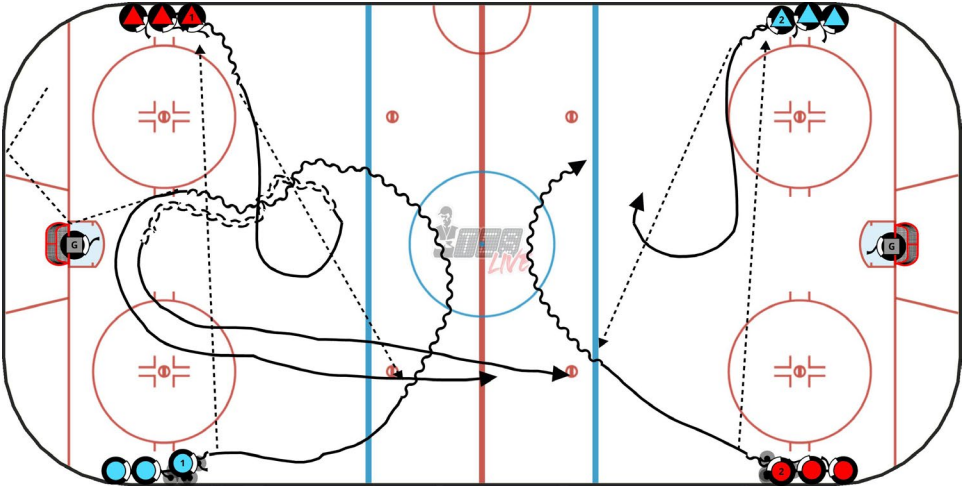
## DESCRIPTION:

- D1 steps up, pivots backwards and retrieves the puck that F1 chipped behind. F2 opens up to the wall.
- D1 retrieves puck, quick ups to F2 on the wall then jumps into the play.
- F2 passes to F1 coming across the middle then drives the middle lane to the net.
- F1 now drives wide into the offensive zone, curls back below the hash marks and passes back to D1 coming late on the play for a quick shot with F2 screening.

## KEY POINTS:

- Good timing on routes.
- Good screen technique by forward screening in front.
- After pass to D, forward on the wall drive to the net looking for a rebound.
- Get loud! Call for each pass. Build good habits.

# BRUINS 2V2 LONG ICE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

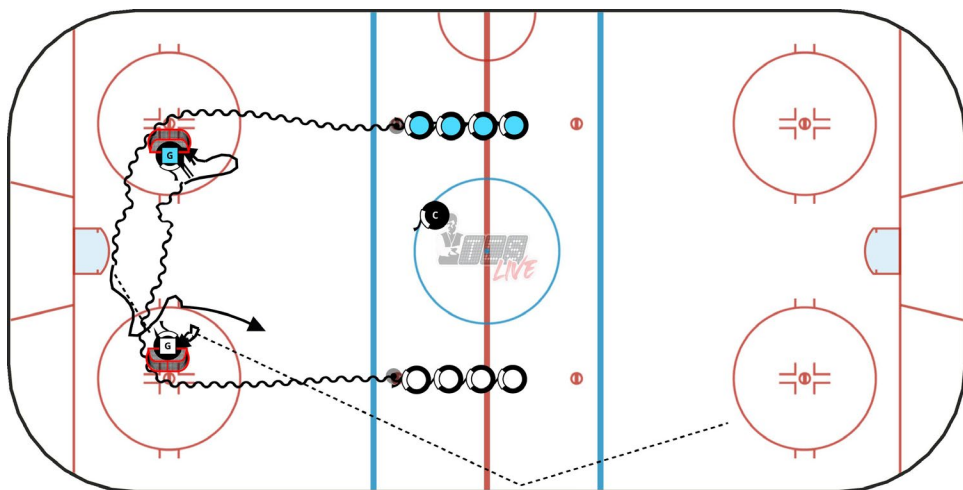
- D1 makes long pass to F1 who circles up through mid ice circle and comes back 1v1 on D1.
- On whistle D2 makes long pass to F2 who circles up through mid ice as D1 jumps up to attack with F2 as F1 back checks.
- After short 2v2, D1 and F2 jump back the other way.
- Drill continues 2v2 up and down ice. Coach whistles to end attack at one end while starting two new players at the other end. Continuous drill.

## KEY POINTS:

- Quick transition from defense to offense.
- Excellent conditioning drill.
- Forward must carry puck through the middle ice face off circle before attacking.



# CROSS ICE BREAK AWAY RACE



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

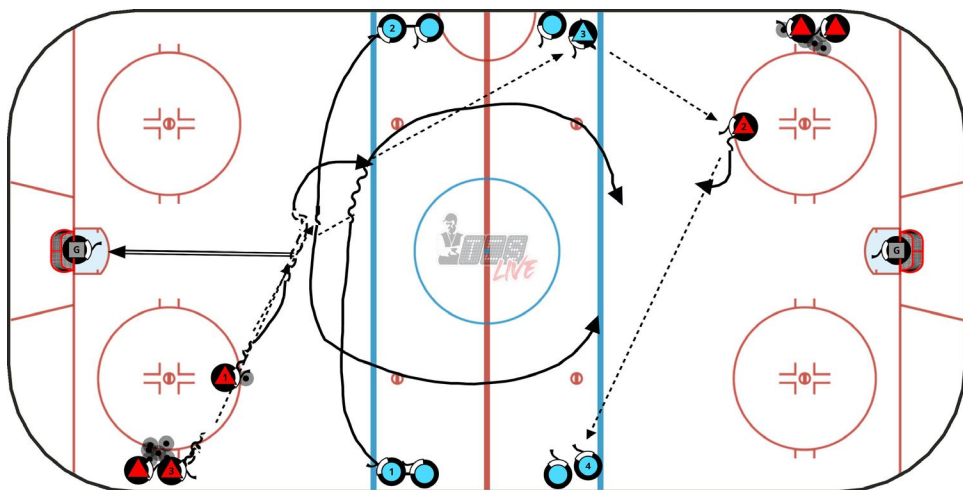
## DESCRIPTION:

- 1st player of the each team starts with a puck on the whistle.
- Each player goes around the net and shoots on the opposite net.
- Goalies can play it down the ice if they trap the puck.
- Must retrieve the same puck if they score or miss the net.
- After scoring or missing the scoring chance, pass the puck back to the next in line.

## KEY POINTS:

- Start with a set number of pucks that must go into the net or set a time limit where the team with the most goals wins after time expires.

# 7 PASS 2V1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

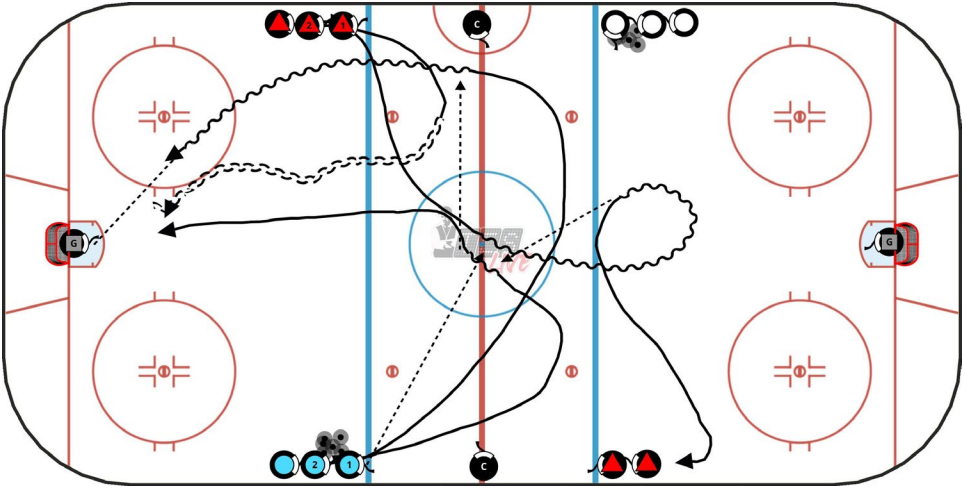
## DESCRIPTION:

- D1 steps off wall makes pass to F2, F2 drops to F1.
- D pivots backwards, takes pass from next D in line, shoots, then steps up to take 2v1.
- F1 and F2 exchange passes with D and counter attack back 2v1.

## KEY POINTS:

- Tape to tape passing.
- Call for each pass.
- Progression: D1 passes to F2, players then choose their own routes and pass as they please for 2v1.

# QUICK COUNTER 2V1



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

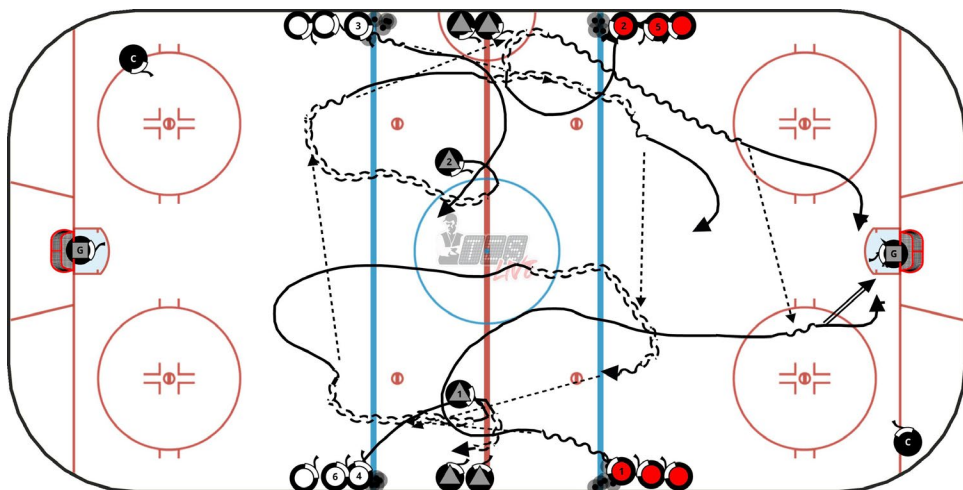
## DESCRIPTION:

- D1 skates to Center dot. F1 pass to D at the dot.
- F1 skates long pattern and F2 swings through the middle and gets pass.
- F2 then passes to F1 and they go 2v1 against D2.
- F1 gains the zone and shoots. F2 drives to the net.

## KEY POINTS:

- Tape to tape passing.
- Drive to the net for rebounds on 2v1.

# FRASER D TO D TRANSITION



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

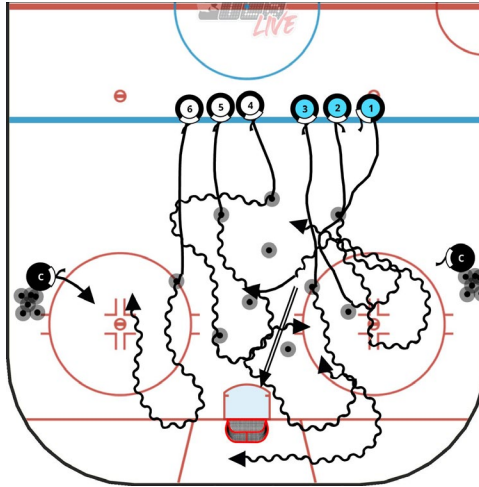
## DESCRIPTION:

- Start with two D between blue line and center ice. D1 and D2 step, pivot backwards, receive puck from F1 and pass D to D.
- F2 steps towards mid ice to reclaim some ice, pivots to the wall, receives pass from D2 and breaks in 2v0 with F1.
- D1 and D2 now transition to opposite blue line, pivot around to take next pass from F3 to start the next 2v0 the other way.
- D1 and D2 start reps from passes from all four lines then switch out.
- Variation: Have a D jump in off the wall to create 2v1.

## KEY POINTS:

- Smooth feet and hands for both D and Fs pivoting.
- Always keep eyes on the pucks while pivoting.
- D cycle through passes from each line of forwards before pivoting.
- Forwards one pass maximum after the crossing offensive blue line.

# KING OF THE CHAOS



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

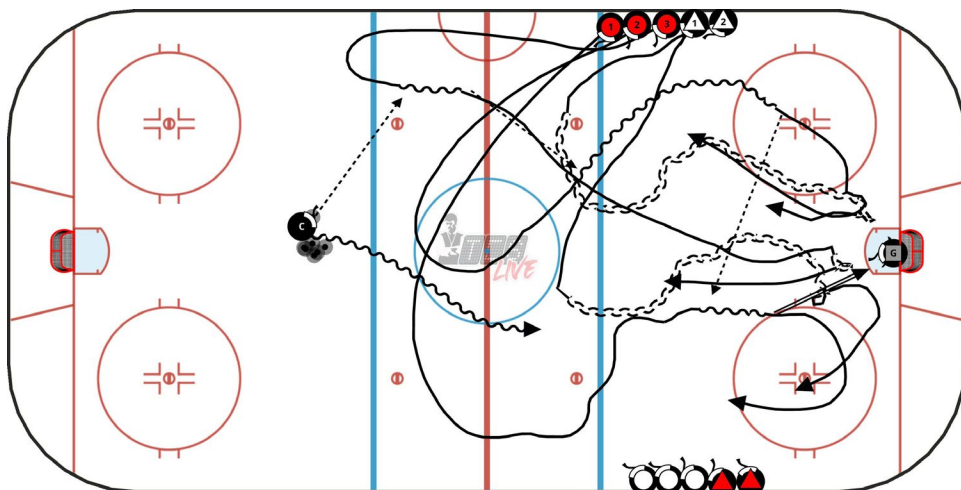
## DESCRIPTION:

- There are more pucks than players to start this drill.
- Pucks that end up in the net or over the blue line are out of play.
- As drill progresses, Coaches remove pucks one by one.
- Players can grab a new puck once they have lost a puck.
- Players can steal pucks from each other.
- Last player with a puck is the winner.

## KEY POINTS:

- Great for conditioning.
- Good compete level.
- Heads up stick handling/vision
- All levels.

# TURN AND BURN



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

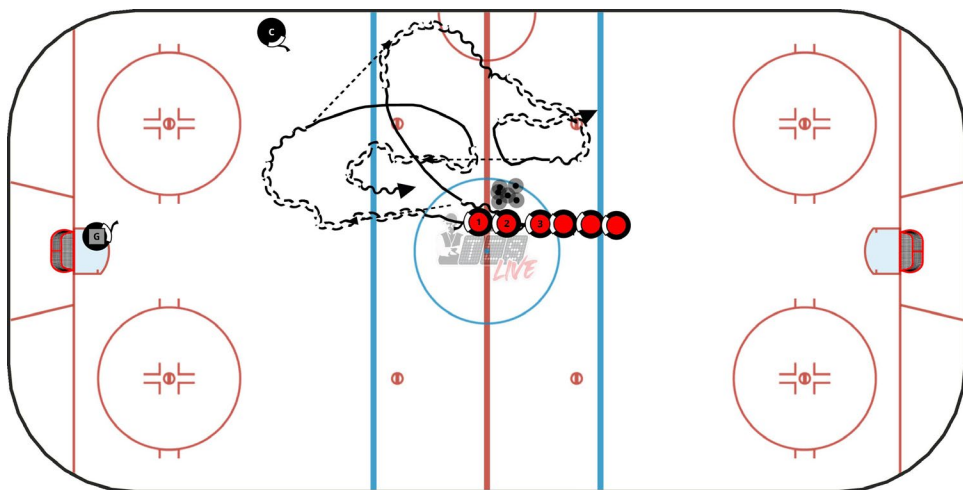
## DESCRIPTION:

- On whistle, F1, F2 and F3 come off of the wall, fill all three lanes and receive a pass from the Coach to start 3v2.
- Play out 3v2 to whistle then jump back hard back through middle ice.
- Coach carries 2nd puck up to the offensive blue then turns back up ice.
- Forwards come up behind the Coach, strip the puck and quick counter back for 2nd 3v2. Play out to the whistle.

## KEY POINTS:

- D gap up on both 3v2 rushes.
- Forwards, jump back hard on back check then counter quickly.
- Put pucks on net and drive for rebounds.

# HENRY'S PIVOT TRANSITION WARM UP



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

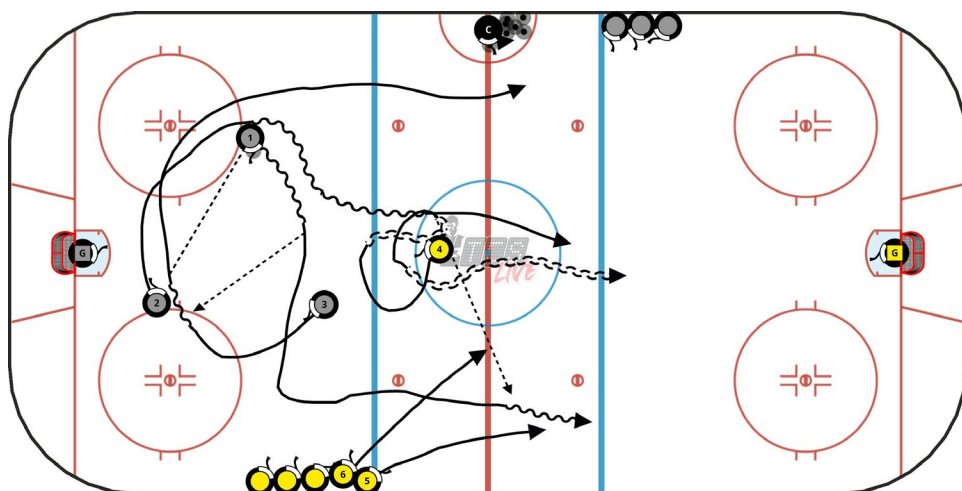
- P1 backs out of mid ice, receives pass from P2, continues backwards a few strides then pivots, steps up and passes to P2 who has curled out to the wall.
- After receiving pass, P2 takes three or four quick steps off of the wall and pivots backwards before passing back to P1 who is skating towards P2.
- P2 pivots backwards, gets pass, pivots to forwards then backwards before passing to P2 who is curling out and up the wall.
- P2 goes in for shot and P1 takes a new puck to start next rep with P3.

## KEY POINTS:

- Smooth feet and hands during pivots.
- Step up to make each pass.
- After each shot, stop at the second post before lining up again.
- Drill can be run both ways at the same time.



# CONTINUOUS 3V3 PLUS BACKCHECK



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

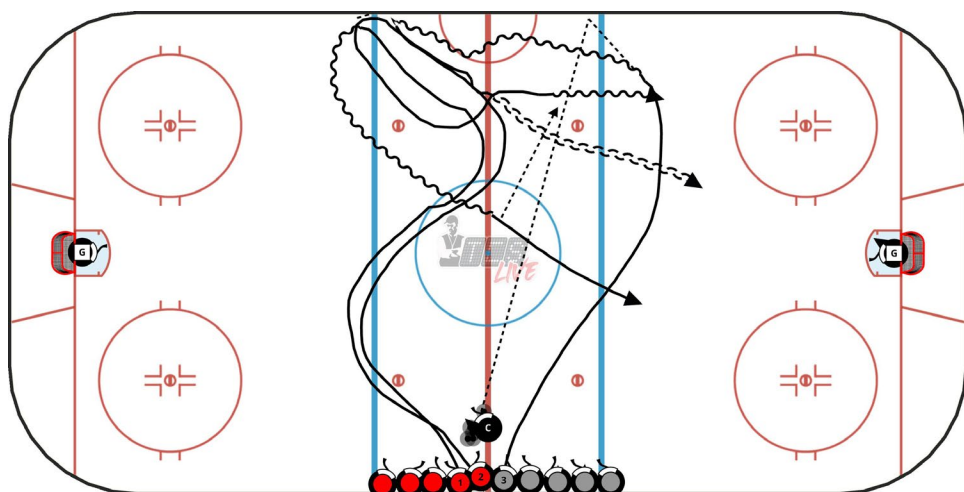
## DESCRIPTION:

- Drill can be run as a 3v0 rush with 3 player back pressure or as a 3v1 with two back checkers (as shown) that finish with low 3v3 play.
- P1, P2 and P3 move around in end zone exchanging passes with one checker in the middle zone and two back checkers ready to go from the blue line.
- On whistle, attackers move up ice 3v1. When puck passes the first blue line, the two back checkers jump in to create a 3v3.
- Play out 3v3 until defenders recover the puck, a goal is scored or the coach whistles to swap in new defenders for counter attack back the other way.
- Once defenders recover the puck, they counter back 3v1 against a new defender and two new backcheckers.

## KEY POINTS:

- Good communication on backcheck to sort out at the defensive blue line.
- Attack off of the rush to take advantage of 3v1 then work to recover the loose puck.

# LEWIS 1V2 QUICK TOUCH



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

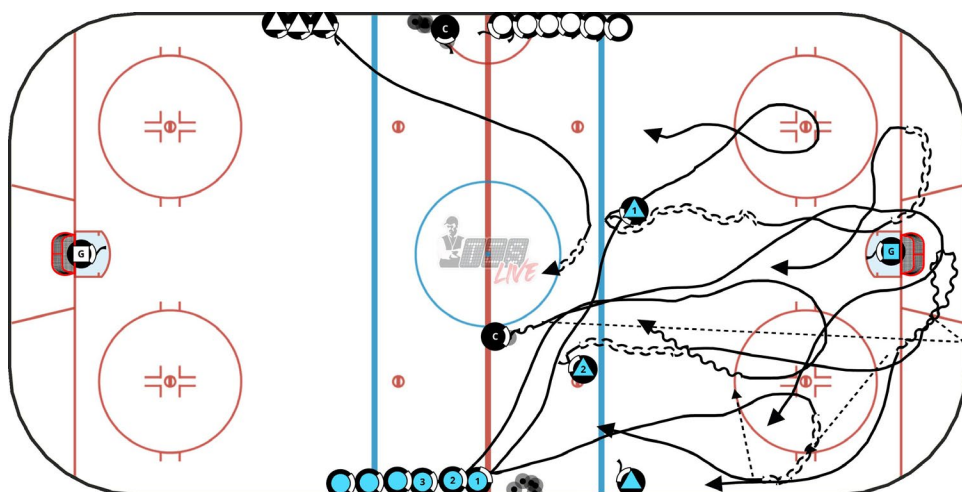
## DESCRIPTION:

- Coach fires a puck to one blue line or the other.
- One player starts on the puck side and two checkers start on the other.
- All players must tag up over their blue lines before jumping into the play.
- P3 tries to beat the two checkers up the wall.
- First checker angles puck carrier to the wall, through P3's hands and forces turnover as second checker picks up puck and counters back the other way 2v1.

## KEY POINTS:

- Start with puck carrier having to go up the wall then as players get better at angling, allow them to try to cut back inside.
- Work on good angling technique with an active stick checking through the puck carrier's hands.
- After turnover, counter quickly back the other way.

# LOIS LANES



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

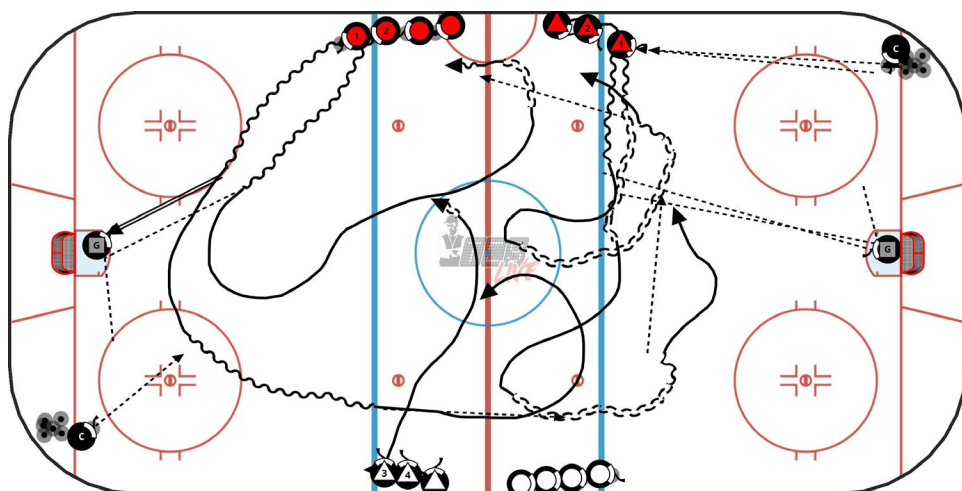
## DESCRIPTION:

- On whistle, D step up, pivot backwards to start break out as coach chips a puck deep and forechecks the D.
- F1, F2 and F3 fill the 3 breakout lanes quickly and read the flow of the play.
- Coach tries to force breakout to one side or the other.
- Variation: forecheck with two coaches or two forwards to increase the pressure. Defend with one or two D.
- After breakout, one or two D hold middle ice to defend next breakout from the other side.

## KEY POINTS:

- Vary the forecheck pressure to force D to make quick reads.
- Forwards fill lanes and get into breakout position quickly.
- Centre low and slow to support D. Stay underneath the wingers in outside lanes.
- Can play it out 3v0, 3v1 or 3v2.

# PITTSBURGH HORNET HIGH/LOW



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

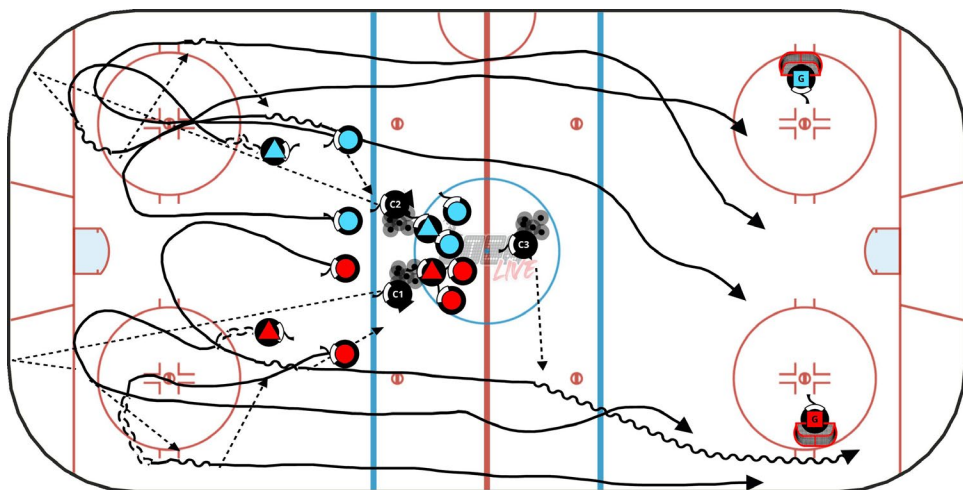
## DESCRIPTION:

- F1 and F2 take two quick shots, get a pass from the Coach then head up ice.
- D1 and D2 each take passes from the coach, take two quick shots, turn and skate towards F1 and F2.
- D1 and D2 pivot backwards, take a pass from the forward, pass D to D then give it back to the forwards who counter back 2v1 against a new D that comes in off of the wall.

## KEY POINTS:

- D gap up quickly after shots, then back off to take the pass from the forwards.
- Can be played 2v2, 3v1 or 3v2.

# JAILBREAK 3V3 SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

Part 1:

- Split group into 2 teams by color.
  - 3 players from each team go on the whistle (1 D and 2 Fs).
  - On the coach whistle both coaches dump pucks (D for puck) and breakout.
  - All 3 players must touch the puck and then pass to the coach on their side.
- Players then sprint up ice.

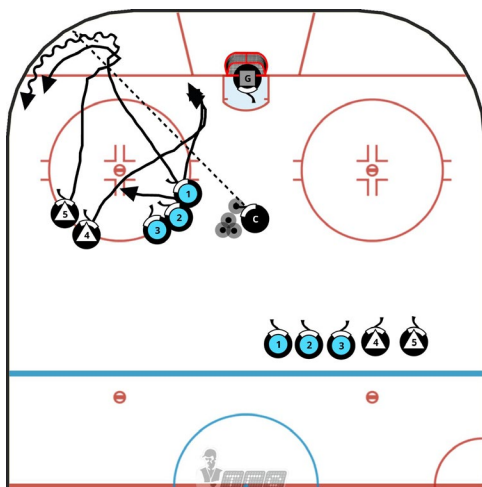
Part 2:

- Coach 3 watches to see which team complete their breakout to their coach the fastest and rewards them with a puck on their side of the neutral zone.
- Take the puck deep around the net before attacking up ice.
- Teams then play 3v3 in far end for 20 sec. or a goal.
- Coach 3 whistles for end of play, which also begins next rep at the other end.

## KEY POINTS:

- Clean breakouts with tape to tape passing.
- Make and take passes in movement.
- Good timing and positioning.

# 3V2 LOW



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

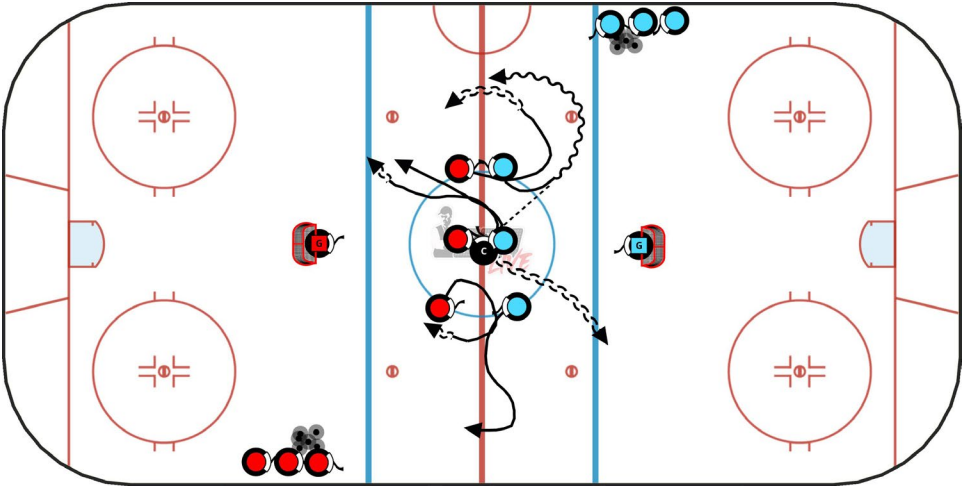
## DESCRIPTION:

- 3 forwards and 2 D line up on the outside edge of the face off circle.
- Coach chips a puck into the corner to start tight 3v2 play.
- If puck is frozen or goes out of play, Coach throws in a new puck and play continues to the whistle.

## KEY POINTS:

- Keep 3v2 play in a small area.
- Crash net for rebounds.

# MID ICE 3V3 SAG



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

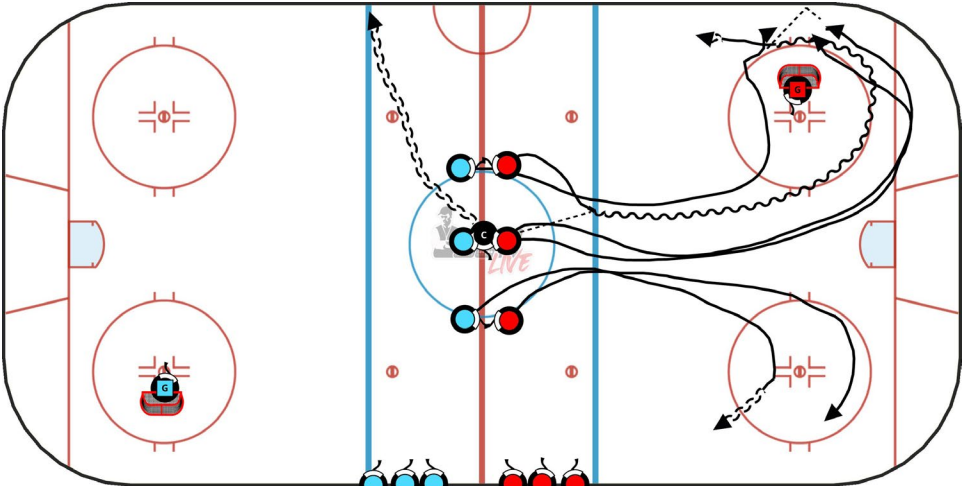
- 3v3 in the middle ice. Players can't go behind the "goal line."
- When puck goes past the goal line, new puck is put back into play by the line of that side.
- Automatic change on goals scored.
- Coach will pass to first player in line of the team that scores to continue 3v3 play as original 6 move back into their lines.

## KEY POINTS:

- Look for a quick transition.
- Breakaways.
- Stretch passes.
- Good sort outs for D coverage.



# GET BENT 3V3



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

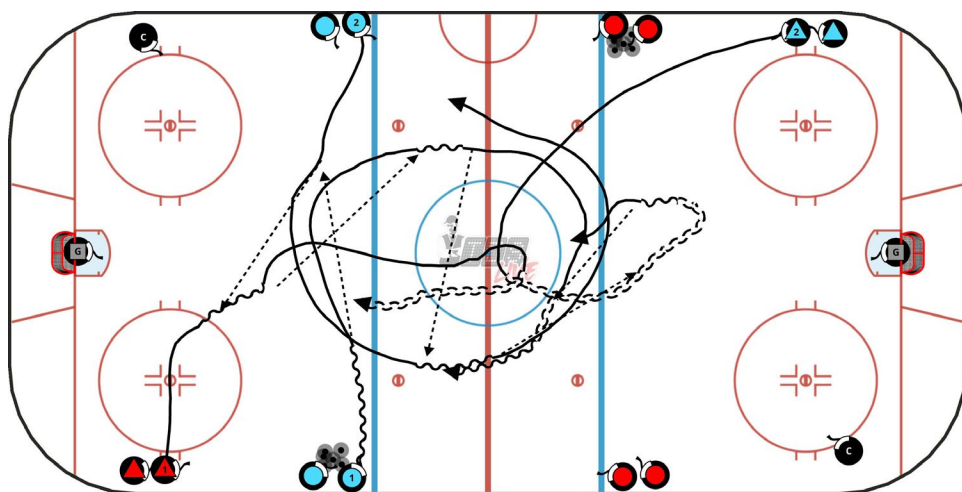
## DESCRIPTION:

- 3v3 play on full ice with nets turned off to the side.
- Automatic change on goals or change in new players on the whistle.

## KEY POINTS:

- Quick shifts.
- Keep everyone engaged.

# 2V1 COUNTER COUNTER



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

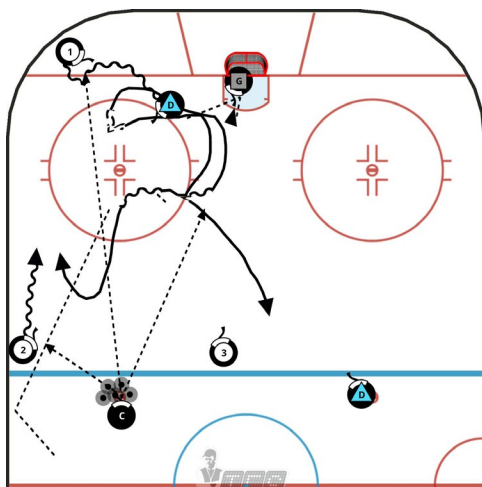
## DESCRIPTION:

- F1, leaves with puck, passes to F2 who makes a quick pass back to D1.
- F1 and F2 criss cross at blue line and D1 passes to F1 or F2.
- F must pass to other F in neutral zone.
- F then passes puck to D2 who gapped up and backs off to set up a re-group with F1 and F2.
- Fs cut off route to the wall for a quick up or criss cross with speed as D2 passes to either F1 or F2.
- F1 and F2 go 2v1 on D1. Progress to a double re-group.

## KEY POINTS:

- Hard tape to tape passes.
- Max speed when criss crossing.
- Drive to net for rebounds after 2v1 shot.
- D tries to keep shooter on outside while eliminating cross ice pass.
- Variation: Give D2 option of jumping up to create 3v1.

# THUNDER DOME



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- D1 plays 3 consecutive 1v1s.
- Coach passes in new puck each time to a new forward.

## KEY POINTS:

- D try to close gap quickly on forwards to take away their time and space.
- Active stick by D trying to force forwards into bad ice and into their back hand.

# D PASS DEFLECTOR



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

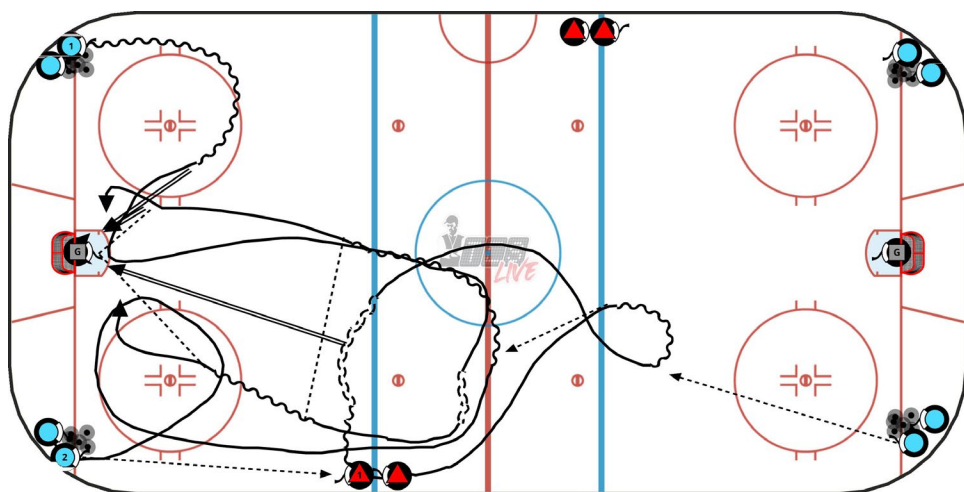
## DESCRIPTION:

- F1 passes up to D1 then heads to the front of the net to start drill.
- D1 can slide along the blue line and shoot or pass to D2 for a shot with tip/screen in front.
- F1 retrieves the puck and passes to F2 who starts next rep from the other side.

## KEY POINTS:

- Heads up shooting by D. Put puck where it can be easily deflected.
- Good screen/tip technique by forwards in front of net.

# 2V0 WITH COUNTER & SCISSOR ENTRY



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

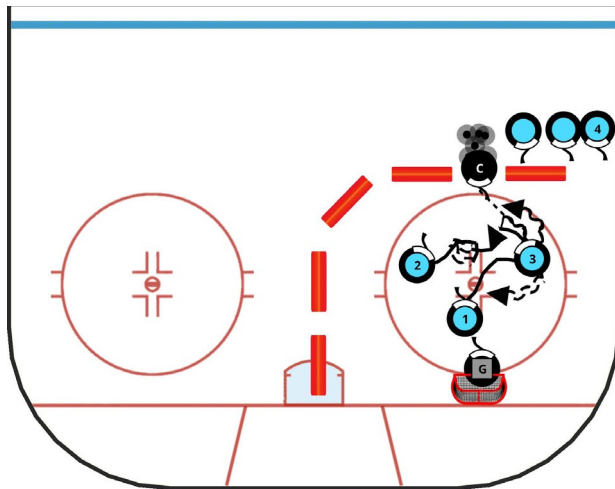
## DESCRIPTION:

- This Drill is run out of both ends. Drill Starts on the whistle with F1 traveling up the wall and driving hard to the net for a shot.
- F1 follows the shot and sets a screen in front of the net.
- After F1 shot, F2 passes to D1 who walks the line and takes a shot on net through the screen.
- F2 travels into the DZ for puck support then crashes to the net looking for long rebounds.
- D1 retreats to the far Blue Line to collect a pass from the first forward in line on the other side.
- F1 and F2 regroup using quick tight turns scissor move to work puck into the middle of the ice before entering the zone.
- They get 1 pass after the blue line and need to shoot early.
- Crash the net for rebounds.

## KEY POINTS:

- Positional rotation: D1 goes to back of line, F1 and F2 swap lines.

# SMALL SPACE 1V1V1



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

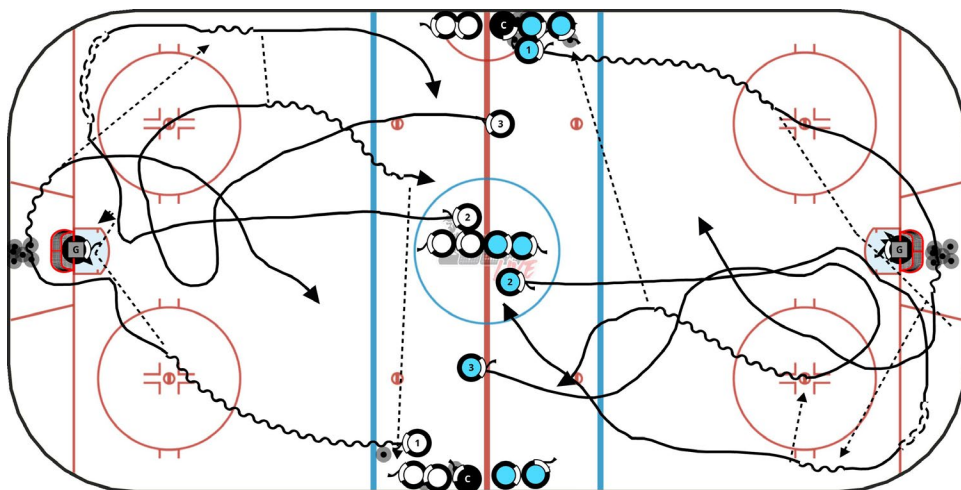
## DESCRIPTION:

- Everyone is on offence.
- If a player scores, they switch out and a new player takes their place.

## KEY POINTS:

- Quick release shooting.

# WIDE ZONE ENTRY-NET DRIVE TO QUICK UP



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

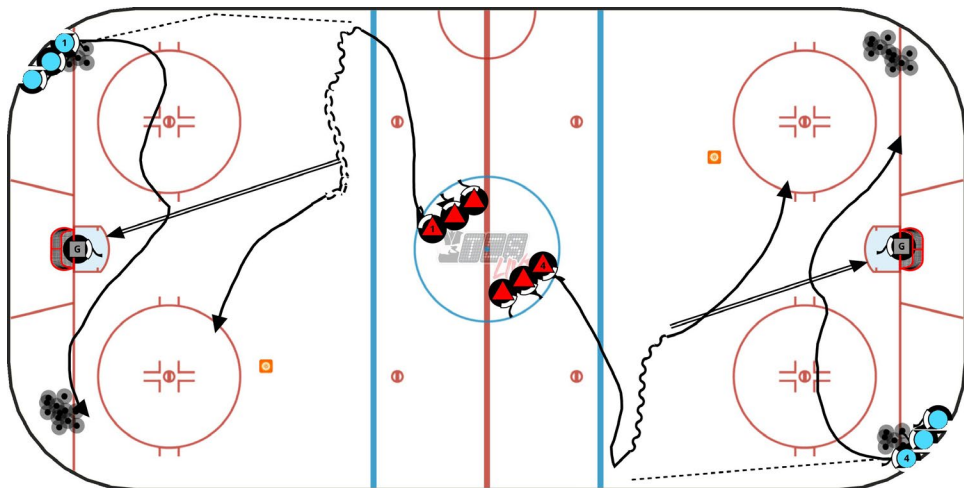
- This is a continuous drill taking place on both ends of the ice simultaneously.
- Once F1 begins the drill there will be a new F1 with each rotation.
- Additional players should line up across the red line.
- F2s near the center faceoff dot and F3s in the dot lanes, as pictured.
- F1 enters the zone wide, with speed. F2 and F3 must also leave their lines to time their entry with F1 to avoid offsides.
- F2 must enter the zone WITH SPEED and crash the net, while F3 may take a slightly delayed approach, straddling the blue line, before entering the zone as the second wave filling in the high slot.
- F1 has the choice to shoot on net while F2 plays the rebound, or pass to F2 for a redirect.
- As the players become more comfortable with the drill a third option should also be included, which is a pass to F3 for a shot from the high slot, while F2 screens and F1 crashes for a rebound, but this should be a quick one and done scoring opportunity to continue the drill flow.

## KEY POINTS:

- Timing is crucial in every aspect of this drill.
- Be patient with the players as things may look rough at first, but with time and practice they will gain an understanding of the timing and drill flow.
- Wide zone entry with speed for F1, hard net drive with speed for F2 to learn to drive the defending D back and create time and space for following teammates.



# TAMPA 1V1 GAPS DRILL

[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

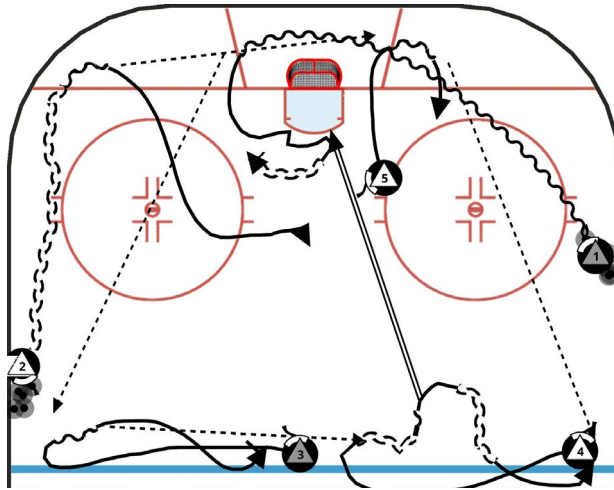
**DESCRIPTION:**

- On the whistle D1 jumps up to hold the puck in the zone.
- F1 drives the net for a deflection while D1 walks the line for a shot on net.
- F1 goes to the corner to pick up a puck to go down 1v1 against D1 after he gaps up at the cone.

### KEY POINTS:

- Run the drill at both end.
- Can move to a 2v1.
- Good gap control.
- D should try to keep F to the outside.

# D SHOOTING CIRCUIT



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

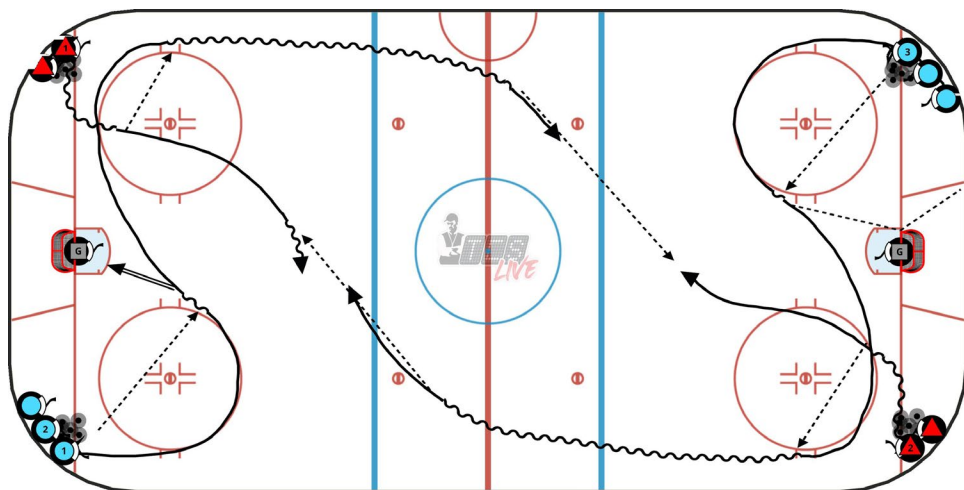
## DESCRIPTION:

- To start rotation, D1 skates behind net and passes up to D3.
- D1 goes to net front to screen/tip. D3 can walk off the wall and shoot or pass to D4 who shoots. D5 is tip option off to the side of the net.
- After shot, D2 backs down to the goal line and passes behind the net to D5 who passes up to D4 who can walk and shoot or pass wide to D3.
- D2 goes to high slot for tip/high screen.
- D3 can shoot, or pass back to D4 at middle of blue line for shot.
- Net front there should be a low screen, back door tip option and high tip/screen option.
- Rotate positions after each series of shots.

## KEY POINTS:

- Hard, low shots from the blue line.
- Heads up shooting. Shoot for sticks.

# AVALANCHE 1V1 DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

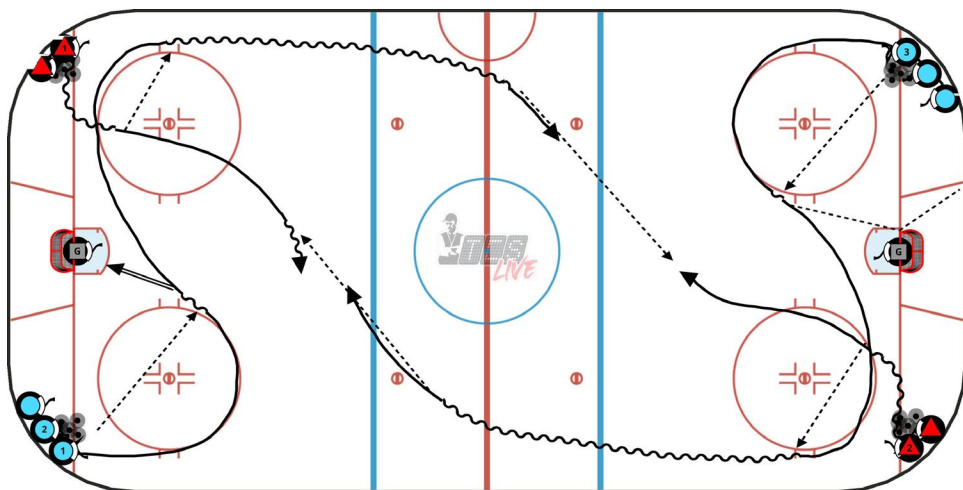
## DESCRIPTION:

- F1 skates up around top of circle, gets pass from F2 and shoots.
- F1 continues and “wing swing” at hash.
- D1 steps out and passes to F1, pushes up ice to make give and go passes to the swinging F3 then cuts across to defend F1 who has circled back 1v1.

## KEY POINTS:

- Pass in movement. No coasting.
- Call for each pass.
- D set tight gap when possible.

# AVALANCHE 1V1 DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

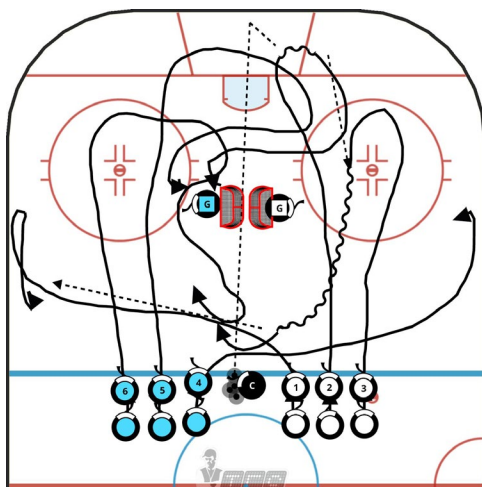
## DESCRIPTION:

- F1 skates up around top of circle, gets pass from F2 and shoots.
- F1 continues and “wing swing” at hash.
- D1 steps out and passes to F1, pushes up ice to make give and go passes to the swinging F3 then cuts across to defend F1 who has circled back 1v1.

## KEY POINTS:

- Pass in movement. No coasting.
- Call for each pass.
- D set tight gap when possible.

# BACK TO BACK 3V3



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## 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.

## KEY POINTS:

- Players can play 2v2 or pass to shooter for screen shot or deflection pass.
- A goal off of a pass is worth one point. A goal off of a screen, deflection or rebound is worth two points to promote battles in front of the nets with D wrist shots.

# 2V2 BARRIER SUPPORT



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

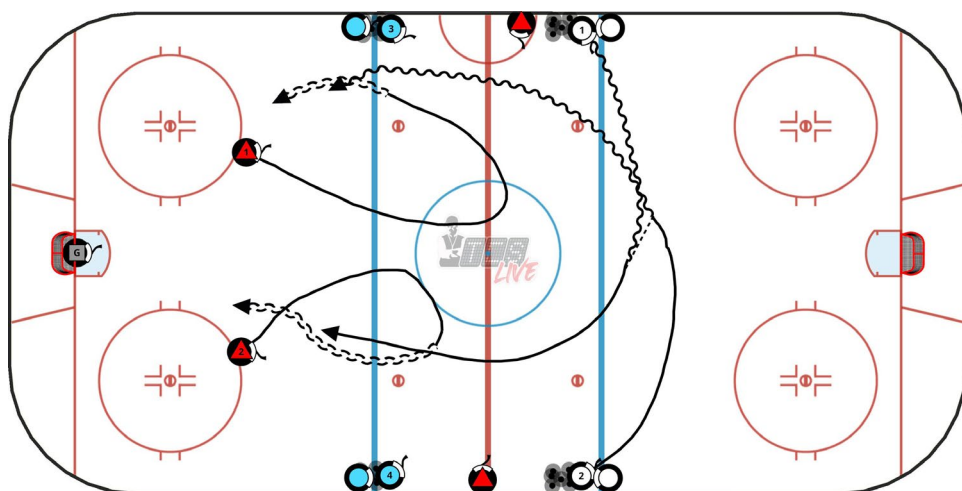
## DESCRIPTION:

- 2v2 small area play with two additional flankers for each team.
- With puck possession, this creates a 4v2 situation.
- Fs (flankers) may move around in their outside lanes but may not go outside of their boundaries.
- On change of possession, new attacking team must make at least one pass to one of their flankers before attacking the net.
- Coach starts play by chipping a puck into the middle of the four player scrum.
- Change every 25-35 seconds.

## KEY POINTS:

- Players in mid ice work to get open.
- Quick release shooting when possible.
- Defenders maintain good defensive positioning on on active attackers in the middle.

# JETS 2V2



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

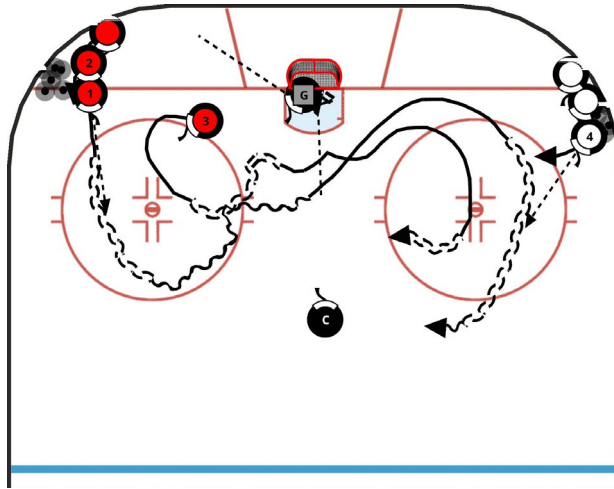
- Start with 2 D at the top of the circles. The rest of the D are along the boards at center ice.
- Fs are on all 4 blue lines with pucks.
- On the first whistle, the far Fs exchange lanes (and can exchange a puck) before they attack. They must attack from outside of the neutral zone face off dots.
- Ds jump up the to neutral zone and attempt to gap up properly and handle the excess speed.
- The 2v2 plays out until the coach blows a second whistle.
- On the second whistle, the first set of Fs is done, the second set of Fs on the near blue line start and race around the far face-off dots before they begin their attack on the D.
- Ds that just finished the original 2v2 race to gap up against the second set of Fs.

## KEY POINTS:

- D need to be aware of the speed from the Fs and need to work to create a proper gap while matching their speed.
- Coaches can have D work on their angling skills on the second 2v2 rep.
- Fs should practice fundamentals that they would use on a 2v2 rush. They might consider driving the net, utilizing cut backs or change of speed to create additional space on the rush.



# MALKY'S 2V1

[VIEW DRILL VIDEO](#)

**TIME: 10 min.**

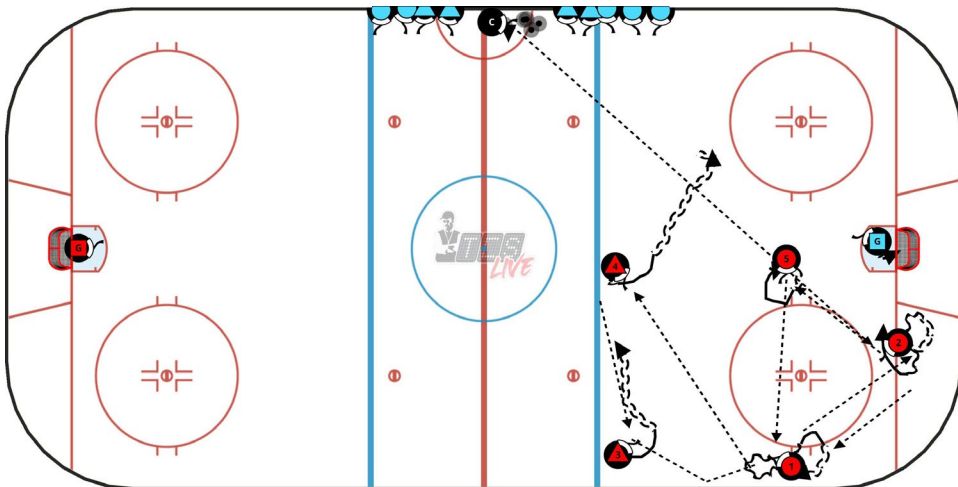
**DESCRIPTION:**

- P1 pivots, receives a pass from P2 and goes 1v1 on P3. After he shoots, P1 now exchanges passes with P4 and they attack P3 2v1.
- From this point, it is a continuous 2v1. Players attack twice, defend once then change out.

### KEY POINTS:

- The drill begins as a 1v1, then develops into a continuous 2v1.
- Quick attacks to the net and play the rebounds.
- Vary the attacks. Coaches should place themselves to force players to play in a tight area.

# NEILSON POWER PLAY DRILL



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

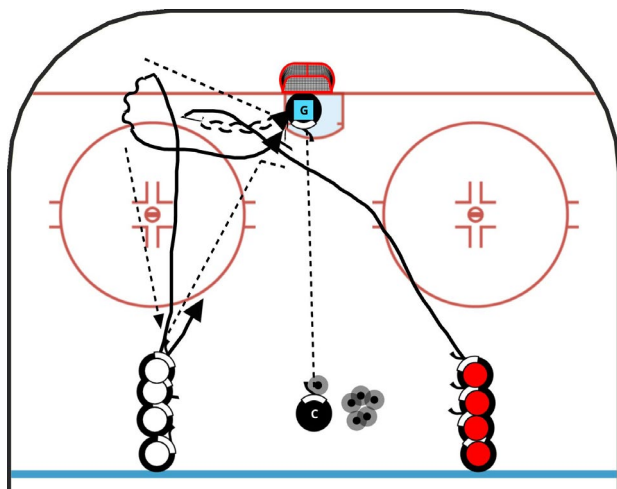
## DESCRIPTION:

- PP unit sets up in a box like formation.
- The Coach passes them a puck that must move as quickly as possible so all players touch the puck.
- They then slide to an attack formation for a quick attack.
- After the attack, Coach spots a puck deep for a breakout against 4 Man PK unit who provide active resistance but only attack fully when PP is set up. Vary the resistance.

## KEY POINTS:

- Quick one touch passing on first puck.
- Vary the offensive zone attack with second puck.
- With 3rd puck, practice all break out options. PK players can also vary their defensive tactics to make it more game like.
- Crash the net for rebounds and work hard on puck recovery after each shot.

# 1V1, 2V1, 2V2 USA



**TIME:** 10 min.

[VIEW DRILL VIDEO](#)

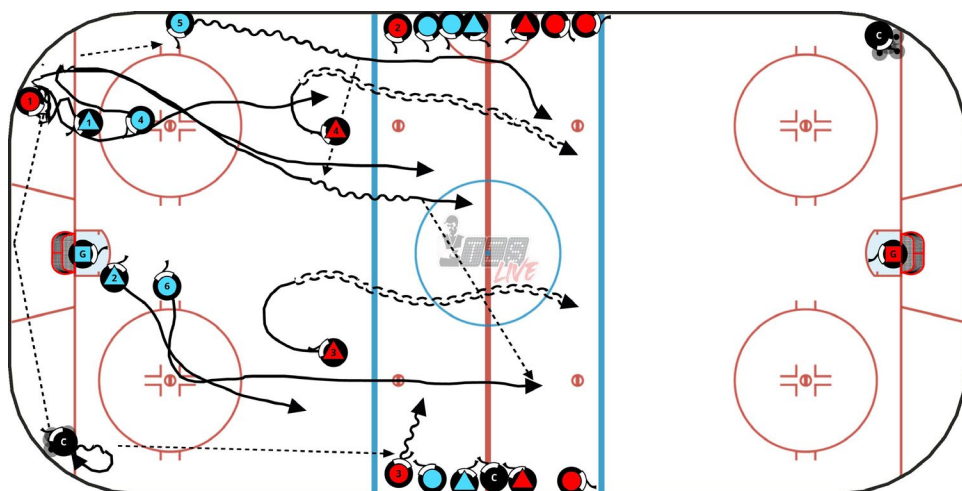
## DESCRIPTION:

- 1v1 activates 2v2. Coach shoots puck in and goalie plays puck to corner.
- One player from each line battle for puck. Player winning possession passes to teammate then goes to net front.
- Teammate shoots and then joins the play.
- When other team gains possession they must first carry puck below goal line before passing back to team mate.
- Players can pass back to third teammate who shoots but cannot join the play.

## KEY POINTS:

- Get to net to screen goalie and look for deflections and rebounds.
- Coach can activate the second player if necessary.
- Play 45-60 seconds.

# 3V3, 2V2 GRINDER



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

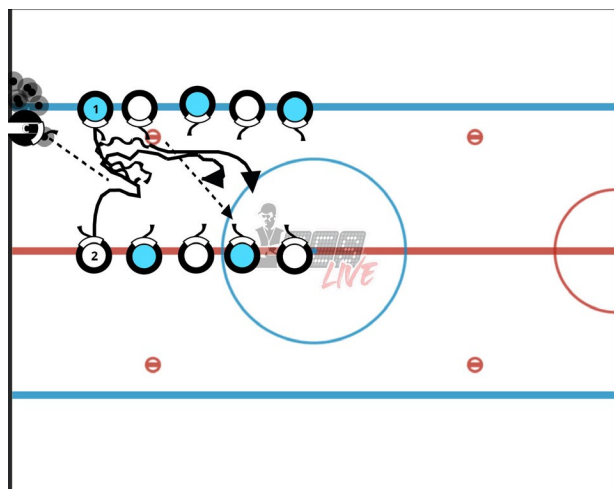
## DESCRIPTION:

- Backchecker F1 sets up low. F2 and F3 high at blue line. Attackers set up around F1.
- On whistle, Coach passes to F1 as D4 tries to pin him so F8 can recover puck and go. F1 backchecks hard.
- After F6, F7 and F8 clear the zone, coach passes another puck to F2 or F3 to attack back 2v2 against D4 and D5.

## KEY POINTS:

- 2v2 and 3v3 are played at same time in both ends.
- If attackers score or defenders clear the puck, the coach puts in a new puck.
- Attacks last 15-20 seconds. Coach then blows whistle to signal 6, 7 or 8 to drop down to be next backchecker. Other two forwards clear out to blue line to come back 2v2 D defend 3v3 then 2v2 then change out.

# BLUE LINE PUCK PROTECT



[VIEW DRILL VIDEO](#)

**TIME:** 10 min.

## DESCRIPTION:

- Players line up facing each other alternating different sweater colours.
- Coach chips puck to middle to start 1v1. Player with the puck may use players from his team as bumpers to help get open.
- Play goes 8-10 seconds then flip in new players. After everyone goes, go to 2v2.

## KEY POINTS:

- Defenders play hard on the body of stick carrier.
- Heavy sticks by defenders.
- Puck carriers battle to gain space.
- Puck protection.