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Integrated two-team practices

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USA Hockey Level 4

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Integrated Two-Team Practices

- ❑ Encourage the full-ice integration of two teams in a shared-ice practice.
- ❑ An integrated two-team practice increases the skill development of players by allowing players to use the full ice in game-like situations. It also improves their tactical awareness of the game.
- ❑ In each drill, there is opportunity to coach teams separately while allowing the teams to work together within the drills.
- ❑ These drills emphasize skill development but when put together in a well-organized practice plan can help players learn the tactical part of the game as well. This drill set includes the following tactical elements: break-outs, line rushes, neutral zone play, back-checking, and forechecking.
- ❑ These drills/practices do require a coordinated effort by the Coaches.

Early Practice Drills

- Red-blue 6-man shooter
- 2-0 Czech
- 3 Stations Continuous

Red-Blue 6 man shooter

3 players from each side go on each whistle.

First player: Red line, blue line, back around the NZ circle for shot.

Second player: blue line, red line, back inside the DZ and back.

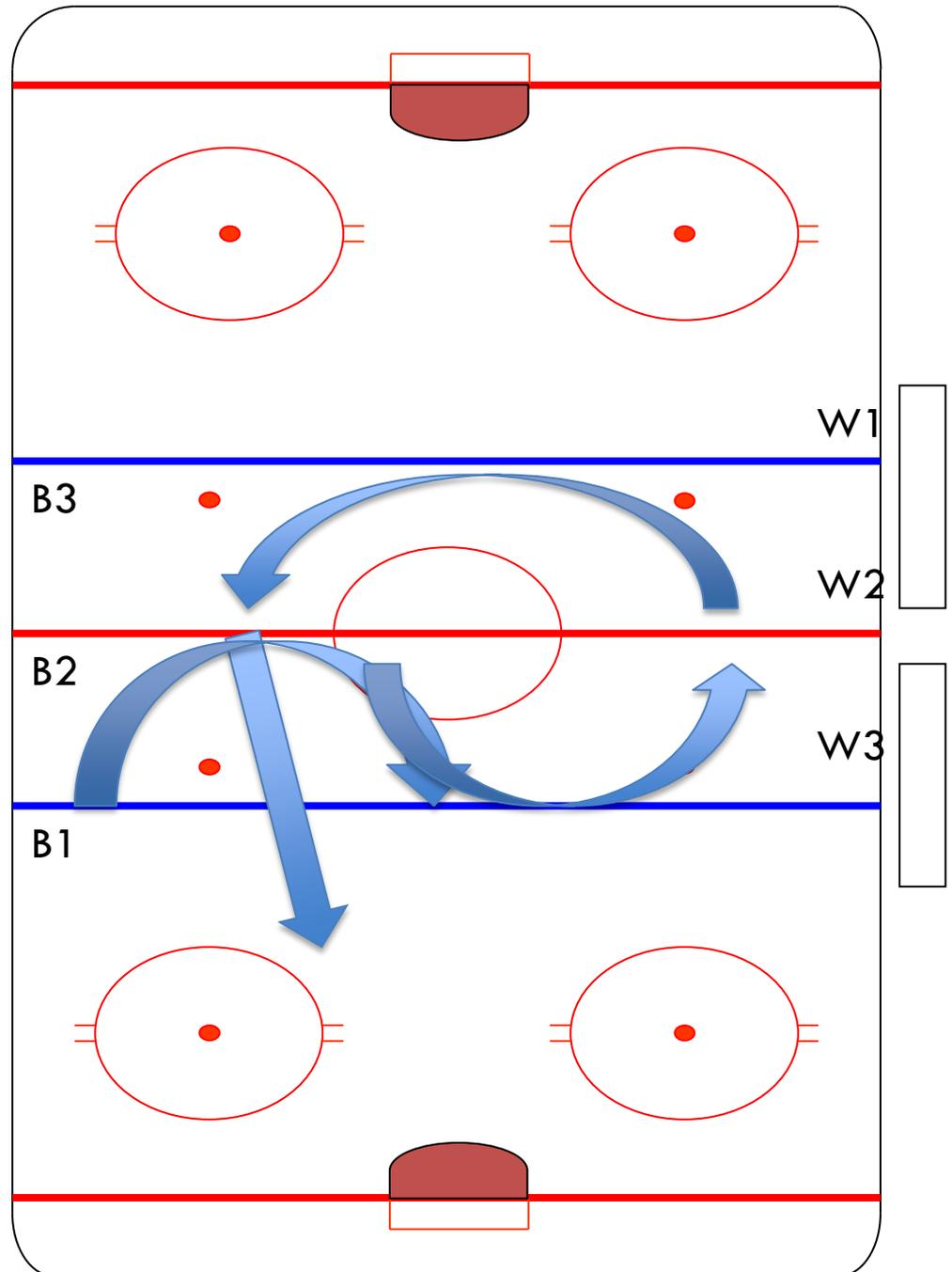
Third player: top of circle (red), blue line, back inside the circle and back to opposite end.

Variations:

No puck, pick up puck from line they started in.

Carry puck the entire way.

Add pass back to the next player in line.



2 on 0 Czech

pucks in all four corners (Coach may make passes for younger players)

B1 and B2 line up at red line with puck
B1 and B2 pass puck towards goal 2 v 0.
Immediately B3 and B4 follow them into the zone.

After B1 or B2 shoot, one of them gets a puck from the same-side corner and breaks-out B3 and B4 to go 2 v 0 towards the opposite end.

B1 and B2 hustle back to the end of their line.

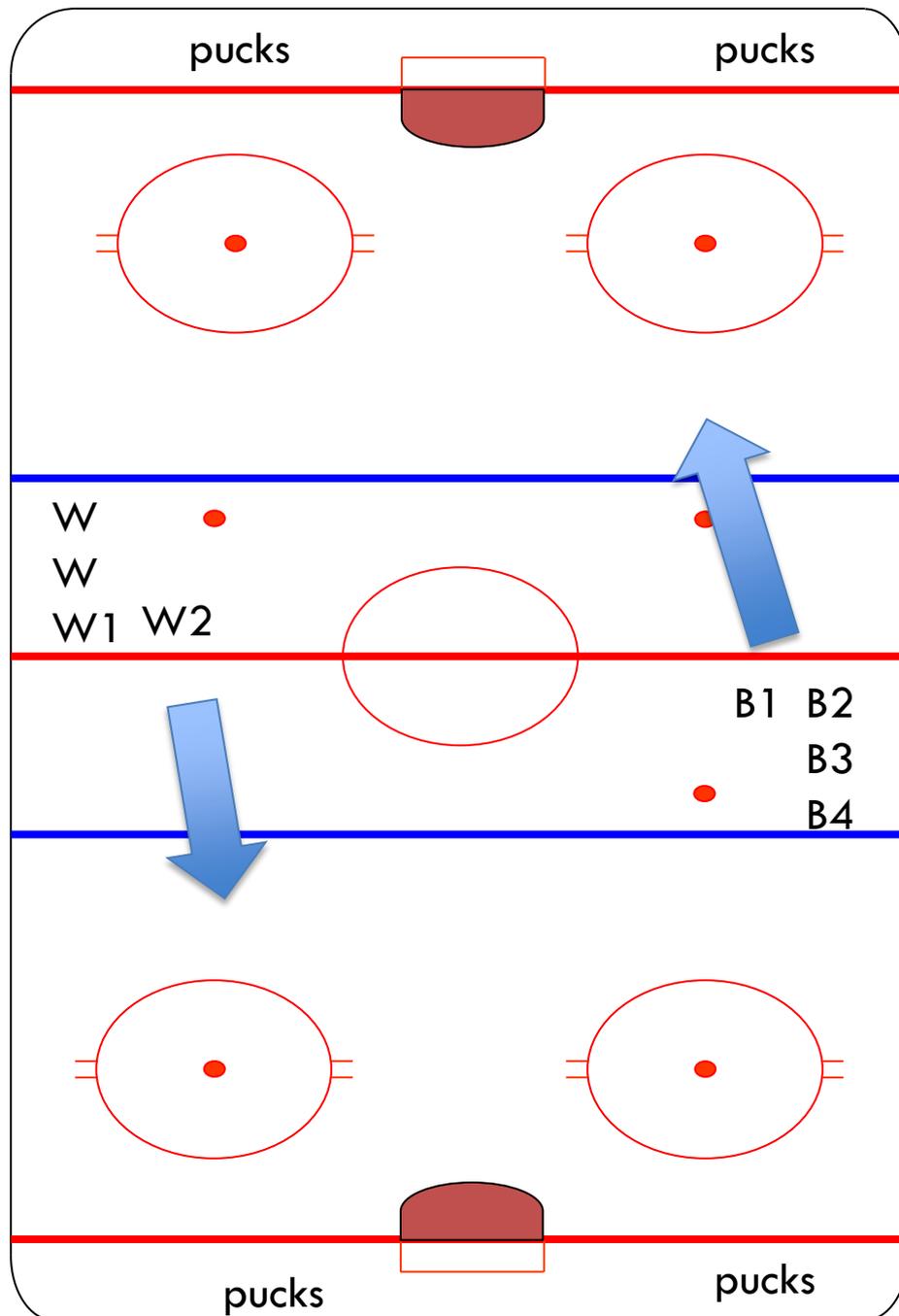
After B3 and B4 cross the red line, B5 and B6 follow them into the zone.

After B3 or B4 shoot, one of them gets a puck from the same-side corner and breaks-out B5 and B6 to go 2 v 0 towards the opposite end.

B3 and B4 hustle back to the end of their line.

The drill continues...

W players are doing the same thing on the opposite side, starting in the opposite direction.



3 Stations Continuous

Station 1 (Defensive Zone)

3 B pass puck, 3 W pass puck

Station 2 (Neutral Zone)

2 B v 1 B keep-away on their half of the ice

2 W v 1 W keep-away on their half of the ice

Station 3 (Offensive Zone)

3B v 3W play cross-ice

Station 4 (rest on boards)

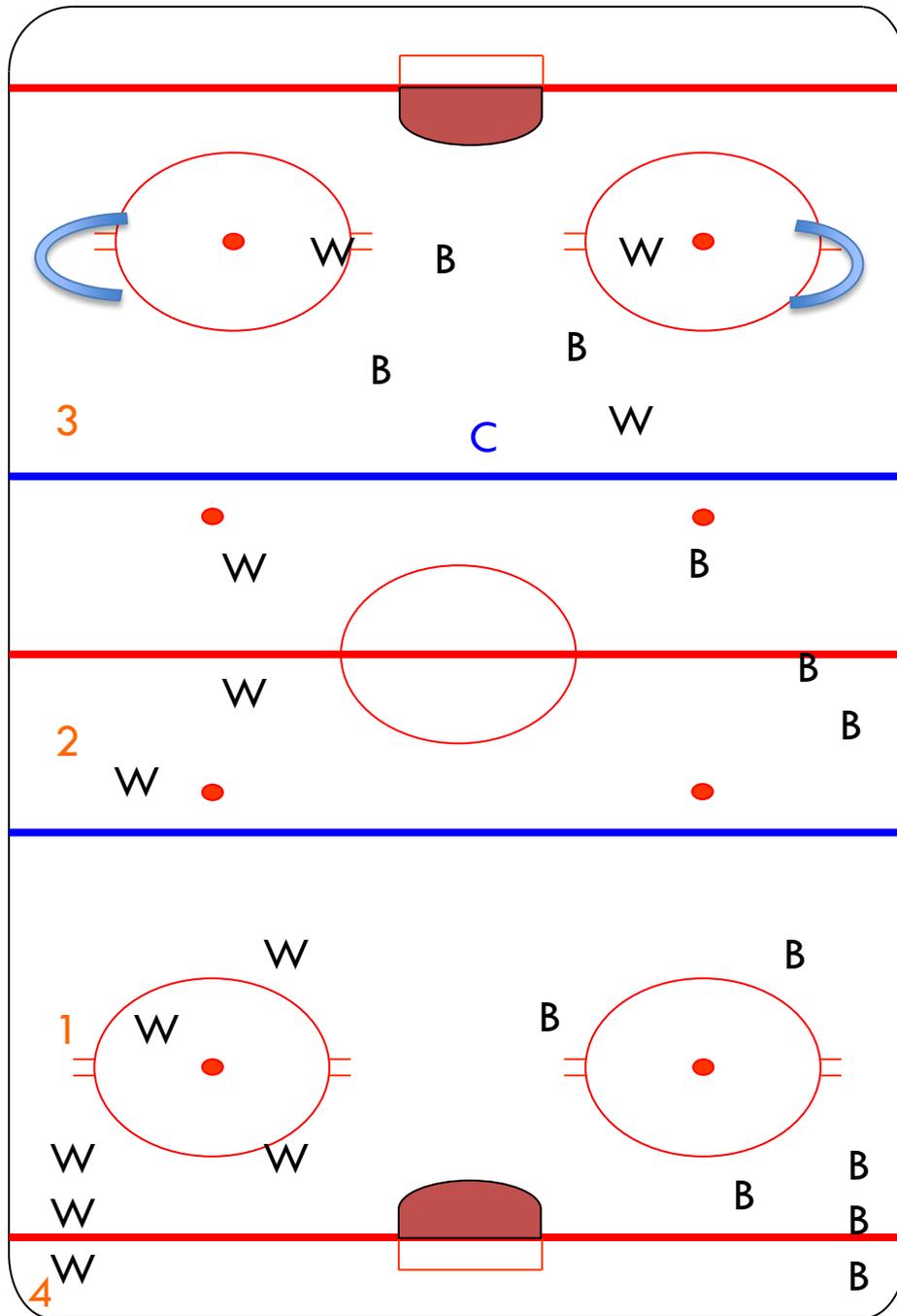
Notes:

Move to the next station on whistle.

Whistle every 20-30 seconds.

Can use 2 or 4 players in each station also.

Vary the drill/skill/game in each station area.



Middle Practice Drills

- Continuous Line Rushes
- Break-out BONZ 3 v 2
- Double BONZ 3 v 2

Continuous Line Rushes

3 BF skate to top of circles and attack 3 v 2 in opposite direction. Players return to the same line.

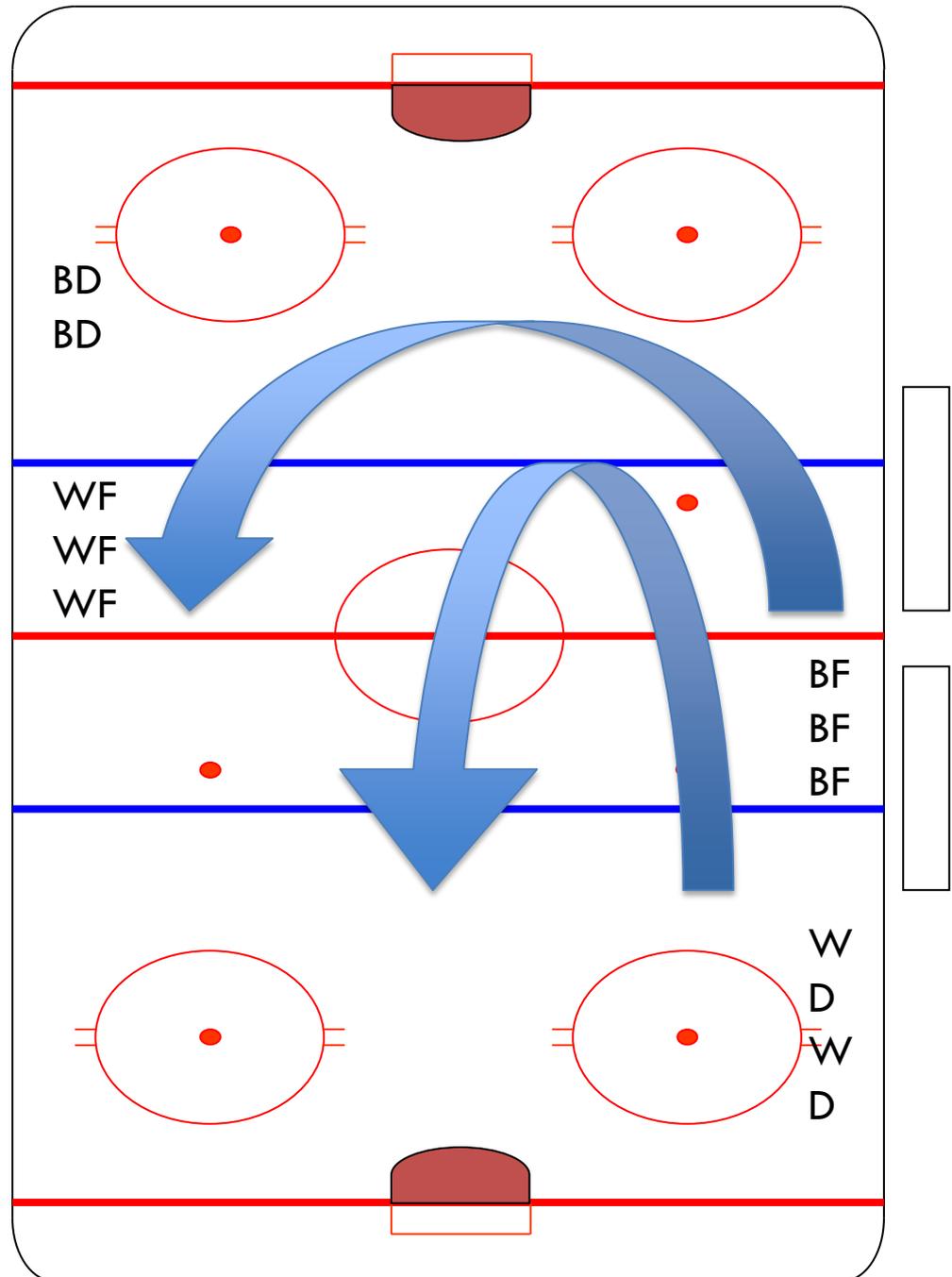
When the rush crosses the blue line, 3 WF follow to top of circles and attack 3 v 2 the other way.

Coach stands between the F and D to provide instruction.

Variations:

Change the number of F's and/or the number of D.

Switch the sides the defensemen are on so they go against the opposite team.



Break-out BONZ 3 v 2

C1 dumps puck in for G to handle, move to WD

2 BF from C side and 1 BF from opposite side move to break-out position

WD break-out BF's and follow the play to the NZ

BF's pass to BD1

BD1 passes to BD2

BD2 passes back to BF's

BF's attack WD 3 v 2

As soon as BD2 passes to BF, they turn back into DZ and C2 dumps puck in for G to handle, move to BD

2 WF from C2 side and 1 WF from opposite side move to break-out position

BD break-out WF's and follow the play to the NZ

WF's pass to WD3

WD3 passes to WD4

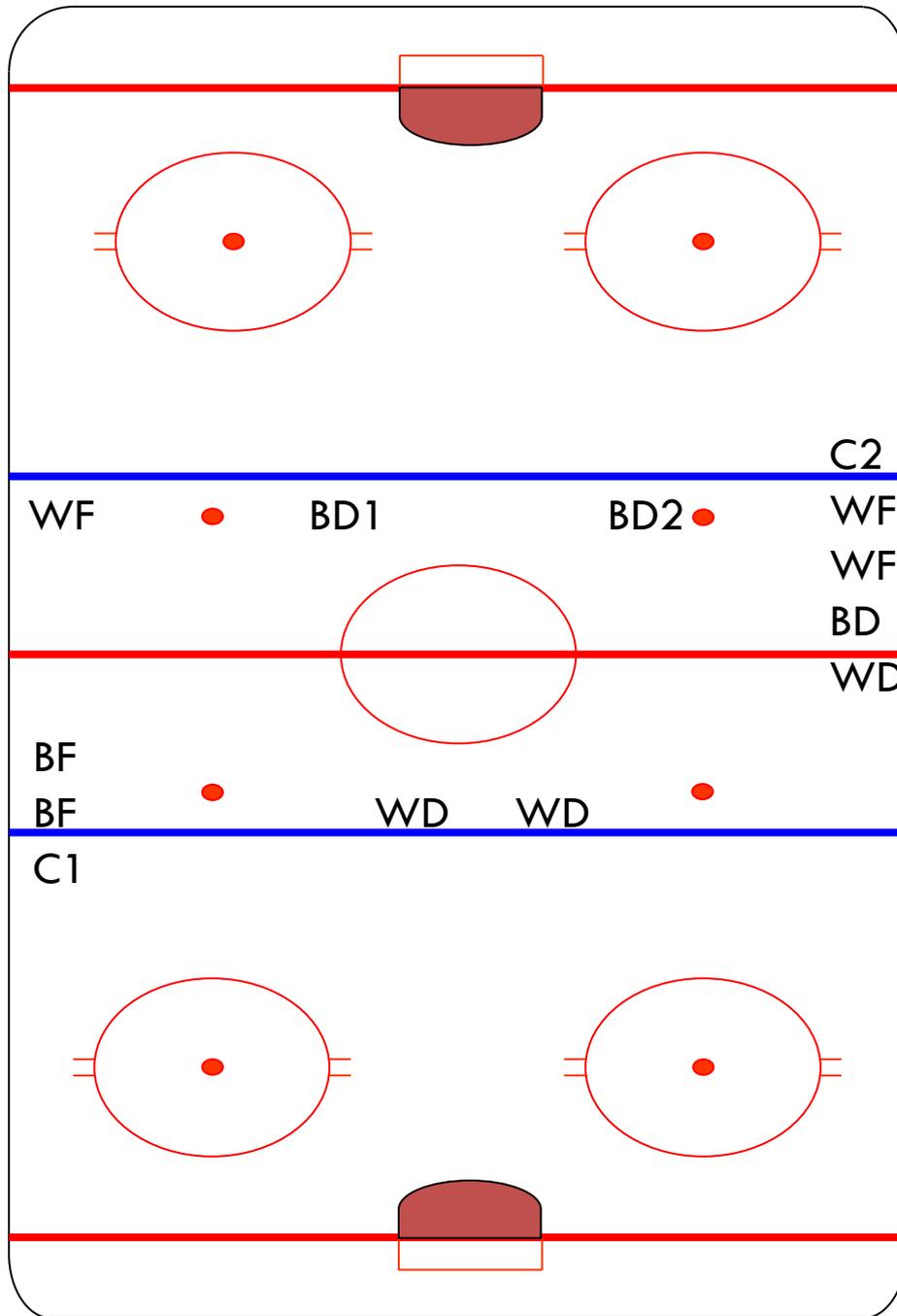
WD4 passes back to WF's

WF's attack BD 3 v 2

As soon as WD4 passes to BF, they turn back into DZ and the drill continues...

Variation:

Add another C as a forechecker



Double BONZ 3 v 2

3 WF pass puck to BD1 and move to BONZ positions

BD1 passes to BD2 and then to WF's
WF's pass to WD1

WD1 passes to WD2 and then back to WF's

WF's attack BD 3 v 2

As soon as the puck crosses the red line, the play starts at the other end:

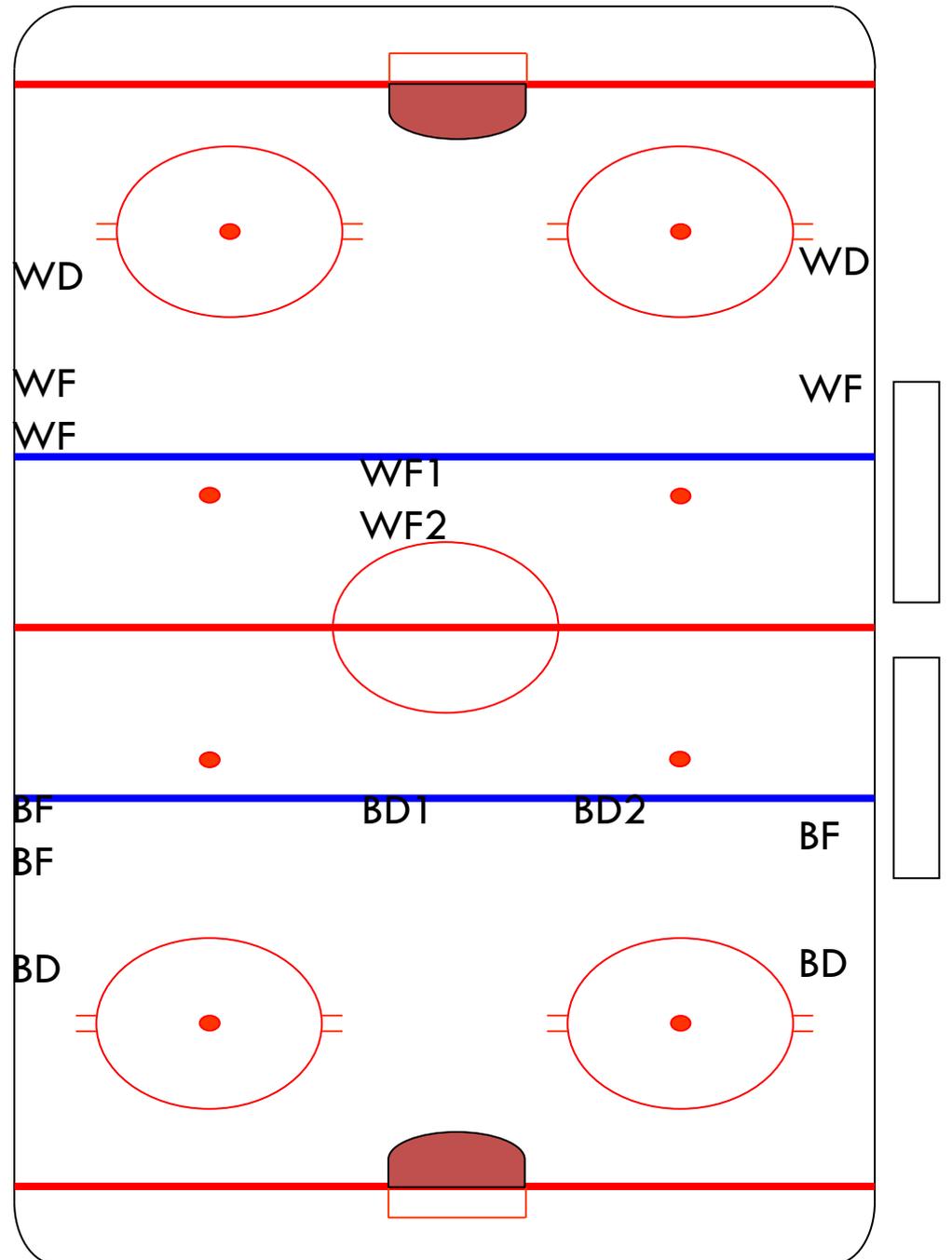
3 BF pass puck to WD1 and move to BONZ positions

WD1 passes to WD2 and then to BF's
BF's pass to BD1

BD3 passes to BD4 and then to BF's

BF's attack WD 3 v 2

Drill continues....



Late Practice Drills

- 2 v 1 Continuous
- 3 v 2 BYOP
- Continuous Break-outs
 - (middle practice drill early in season)
- Continuous 3 v 2 1 puck

2 on 1 Continuous
(2 on 1 to 3 on 3)

BD passes to WF1 and WF2
WF1 and WF2 attack BD 2 v 1
Play until the whistle

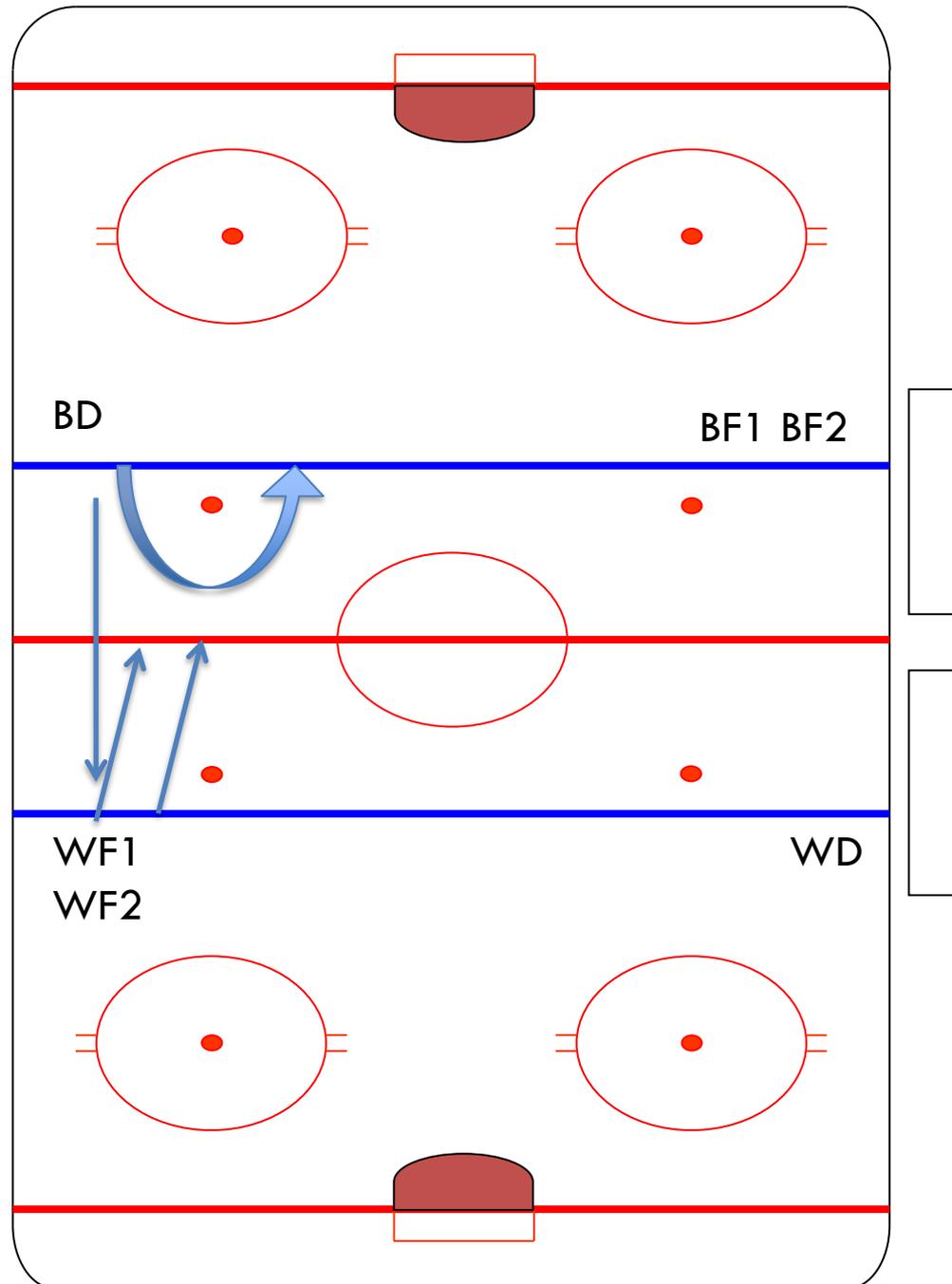
On the whistle, WD passes to BF1 and BF2

BF1 and BF2 attack WD 2 v 1
BD jumps into the play to try to create a 3 on 1
WF 1 and WF2 back-check to make it a 3 v 3 in the zone
Play until the whistle

...the drill continues...

On that whistle, BD2 passes to WF3 and WF4

WF3 and WF4 attack BD2 2 v 1
WD jumps into the play to try to create a 3 v 1
BF1 and BF2 back-check to make it a 3 v 3 in the zone...



3 v 2 BYOP

(Bring your own puck)

Pucks at center-ice red line on boards.

3 BF line up at the center-ice red line and attack

2 WD 3 v 2

Play until the whistle.

As soon as the play clears the neutral zone, 3 WF line up at the center red line and 2 BD line up between the red line and blue line.

When the whistle at the opposite end sounds, the 3 WF attack 3 v 2.

The BF from the opposite end who is highest in the zone will back-check to make it a 3 v 3 low. The play continues until the whistle.

As soon as the play clears the neutral zone, 3 BF line up at the center red line and 2 WD line up between the red line and blue line.

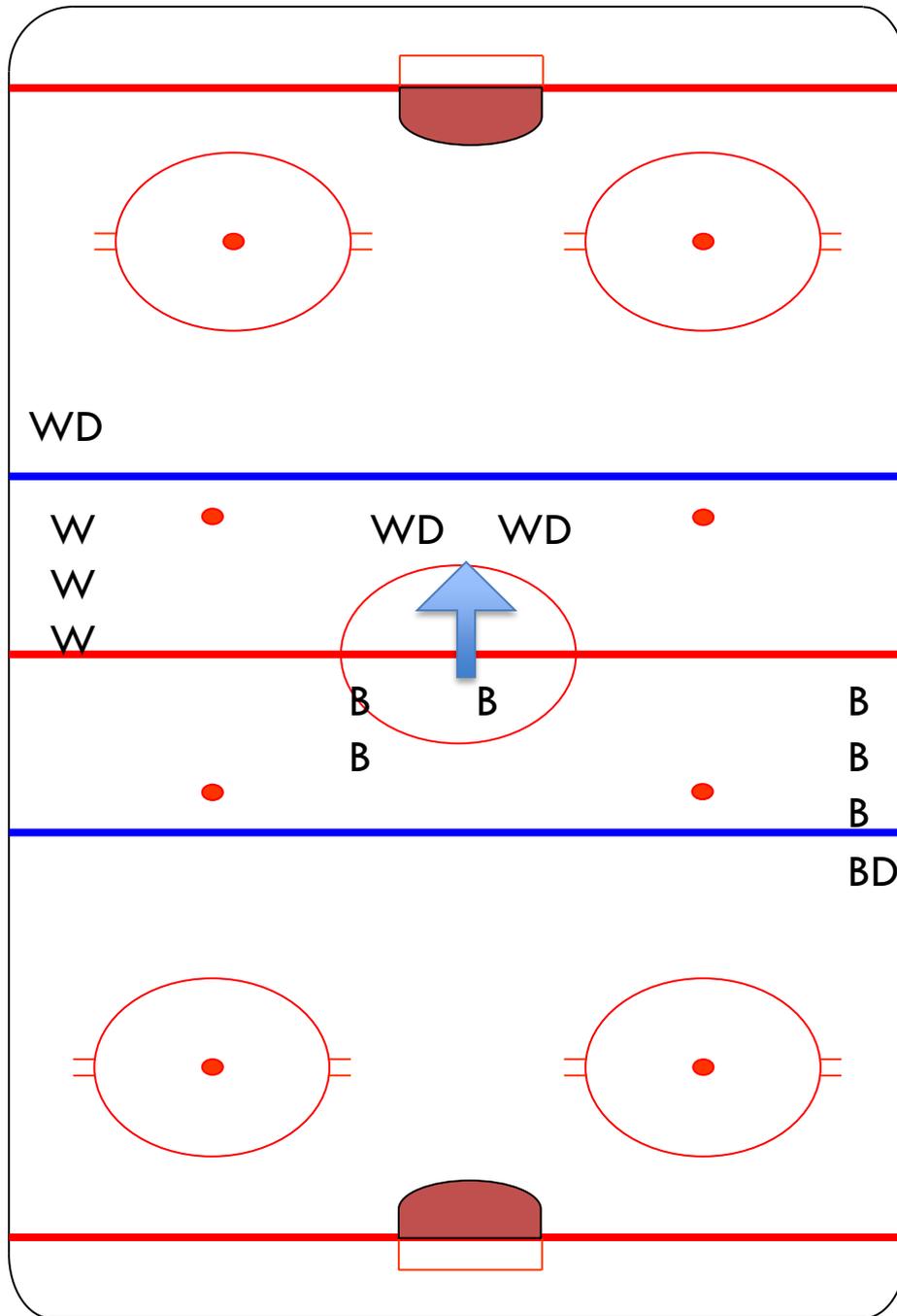
When the whistle at the opposite end sounds, the 3 BF attack 3 v 2.

The WF from the opposite end who is highest in the zone will back-check to make it a 3 v 3 low. The play continues until the whistle....

Variations:

On the whistle, add 1 D to get up in the offense and add another F to back-check to make it 4 v 4 in the zone.

On the whistle, add 2 D to get up in the offense and add all F to back-check to make it 5 v 5 in the zone.



Continuous 3 v 2 1 puck

3 WF attack 2 BD 3 v 2

When they cross the red line, 2 WD enter the play, stay near the attacking blue line

When the 3 v 2 crosses the blue line, 3 BF back-check into the zone.

2 BF stay outside the top of the circles, 1 BF may go below to create a 3 v 3 low.

When the BD and BF get control, they attack the 2 WF in the opposite direction, 3 v 2. The BD return to the bench, and the WF return to the bench.

When they cross the red line, 2 BD enter the play, stay near the attacking blue line

When the 3 v 2 crosses the blue line, 3 WF back-check into the zone.

2 WF stay outside the top of the circles, 1 WF may go below to create a 3 v 3 low.

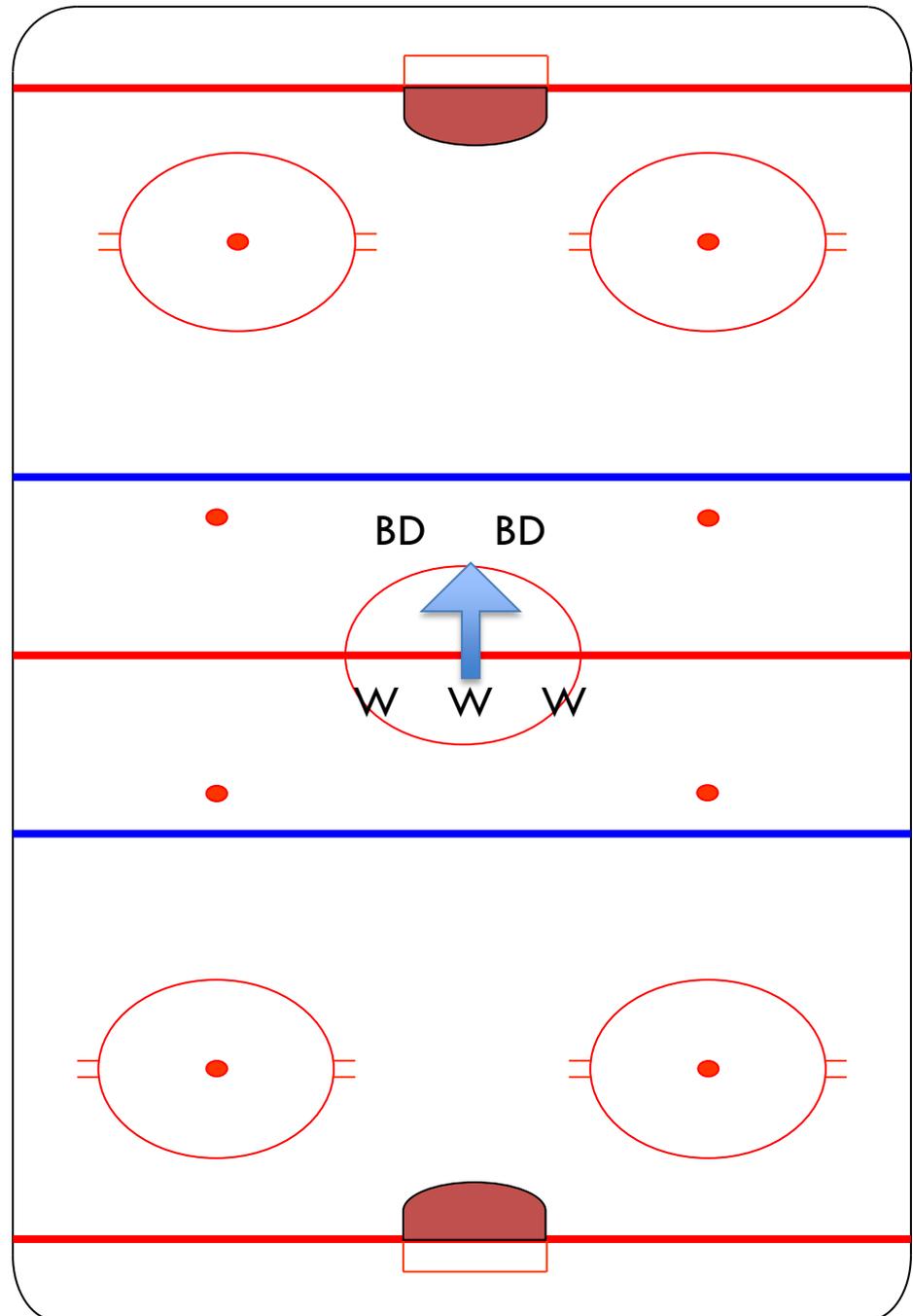
When the WD and WF get control, they attack the 2 WF in the opposite direction, 3 v 2. The WD return to the bench, and the BF return to the bench. The drill continues...

Notes and Variations:

If the puck is frozen by the goalie, the attacking team is done, the defending team breaks out immediately.

If the defensemen gain control of the puck on the offensive side of the red line, they must give it to the opponent. If they gain control on the defensive side, they should bring the puck back across their own blue line and activate their forwards to attack in the opposite direction.

Put players on the opposite bench to create a 2nd period scenario.



BBBBBBBB

WWWWWWW

Continuous Break-outs 1 puck

1 puck is dumped in for the WD and WF to break-out 5 v 0.

As soon as the puck is dumped in, 3 BF and 2 BD quickly line up in the neutral zone.

All 5 W players should touch the puck before the red line. When they reach the red line, whoever has the puck should dump it into the opposite end for the BD and BF to break-out 5 v 0.

As soon as the puck is dumped in, 3 WF and 2 WD quickly line up in the neutral zone and the drill continues...

Progression:

Add 1 Forechecker

Add 2 Forecheckers

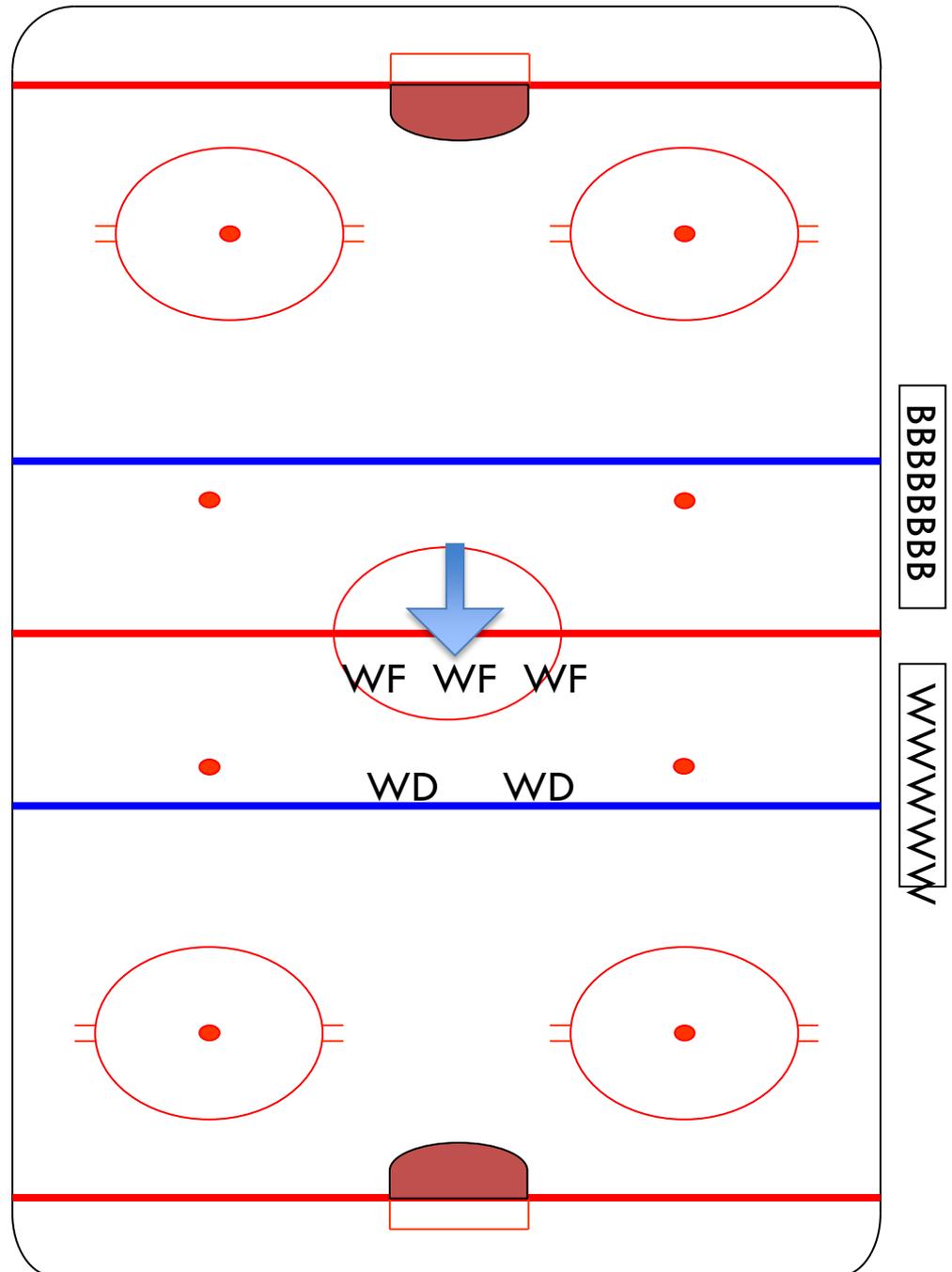
Add 3 Forecheckers

Add Forecheck System with F's

Add 1 D

Add 2 D

When more players are added, allow fewer passes required for the break-out to be acceptable.



Comments

- These are not the only drills that can integrate two teams, they are just ideas for you to get started.
- By adding and subtracting different elements of the drills, these may be used by at almost any level.
- I have used the basic premise of each of these drills with players from Pee Wees to N.H.L. players

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