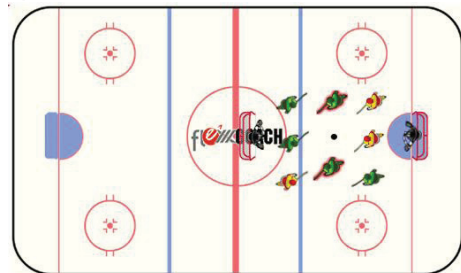


1) 3 on 3 Half Ice Game



DRILL OBJECTIVE: Exploit the odd man situation

6:00P - 6:15P(15) min

KEY ELEMENTS:

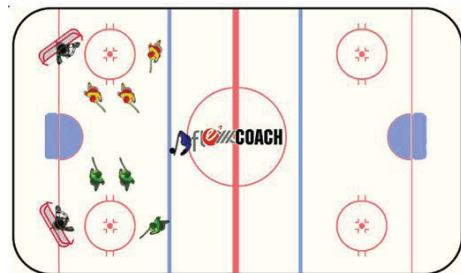
- Passing/Receiving
- Defensive Positioning
- Communication
- Transition/ Puck support

ORGANIZATION: Half ice drill; two nets - one in the standard position the other near the center faceoff dot. Players are divided into two equal teams. Three players from each team start the drill. In addition there are two players that are always on offense (rovers) and can score on both goals. The team of three players that gains possession of the puck can use the two roving offensive players to help exploit the odd man situation to score. On the change of possession the two offensive roving players change direction to help exploit the odd man situation the other direction.

VARIATION:

GOALIES: Read rush, game like situation, puck carrier has several options and is under pressure.

2) 2 on 2 Game



DRILL OBJECTIVE: Offensive creativity, 3 on 2

6:15P - 6:15P(0) min

KEY ELEMENTS:

- Puckhandling
- Passing/ Receiving
- Proper Receiving Angle
- Create scoring chances
- Creativity

ORGANIZATION: Two nets positioned at the goal line in each corner of one zone. Players divided into two equal groups, positioned at the blueline with the Coach in the middle of the ice at the blueline with pucks. One support player per team is positioned on the top of the faceoff circle on their side of the ice. Two players for each team start inside the zone, the Coach starts the drill by dumping the puck in off the end boards. The team that gains control of the puck and passes to their support player who then activates and becomes part of the game tries to score on the opposite net a 3 on 2 situation. Once the opposing team gains possession of the puck the support player drops out, and skates to the top of the circle from where he started. Now the team that gained control of the puck has to pass to their support player to activate him into the game to create a 3 on 2 situation at the other end.

VARIATION:

GOALIES: Read rush, game like situation, puck carrier has several options and is under pressure.

3) 3 on 3 Designated Scorer



DRILL OBJECTIVE: Support the puck to create

6:15P - 6:30P(15) min

KEY ELEMENTS:

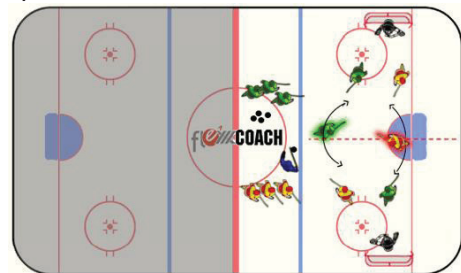
- Passing/Receiving
- Communication
- Give and Go passes
- Receiver creates good angle
- Proper angling

ORGANIZATION: Two teams of players positioned at the blueline the coach in the center of the ice at the blueline with the pucks. One net positioned at the outside of the faceoff circle on one side of the rink, the other net positioned at the other faceoff circle on the other side. Three players from each team start in the zone, one player from each side is the designated scorer and the only player that can shoot on net. The Coach then dumps the puck in to start the drill; both teams try to score on the opposite net, trying to setup their designated scorer. The two players that are not designated scorers have to work the puck together, protecting it, trying to get the puck to the designated scorer for a scoring chance. Change players every 30-40 seconds.

VARIATION:

GOALIES: Read rush, game like situation, puck carrier has several options and is under pressure. Shots through traffic, Game like situation 3 on 3 Down low

4) 3 on 3 Game Rover



DRILL OBJECTIVE: Transition the puck to Create

6:30P - 6:30P(0) min

KEY ELEMENTS:

- Skating
- Communication
- Protecting the puck
- Create scoring chances
- Give and go tight area situations

ORGANIZATION: Players divided into 2 teams. Positioned outside the blueline. Start with 3 players from each team in the zone with 2 nets positioned at the side boards. Both teams have a defender, offender and a rover. The defender stays on the defensive half of the rink. The offender stays on the offensive half of the rink. the rover can go on both halves of the rink.

VARIATION: Can also play this game with one player being the rover going both ways but he can't shoot just has to be a passer.

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to alot of shots.

5) 2 on 2 Activation

DRILL OBJECTIVE: Read and react to different

6:30P - 6:45P(15) min

KEY ELEMENTS:

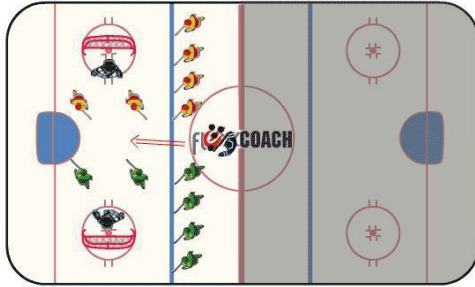
- Passing/Receiving
- Good Support option coming to the puck
- Give and go plays
- Communication
- Quick puck movement

ORGANIZATION: Drill begins form a 2 vs 2 cross ice format.

Each team can activate additional players by passing to the first person in their team's line and receiving the puck back with good possession. Once the player on the ice in play has received the pass back that player in line then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

VARIATION: Each team can activate additional players by passing twice to the first person in their team's line. Once the player in line has received two passes he then activates into the play and the next player in line gets ready as a possible outlet.

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to alot of shots.



6) 3 on 2 Offensive

DRILL OBJECTIVE: Offensively players work at

6:45P - 6:45P(0) min

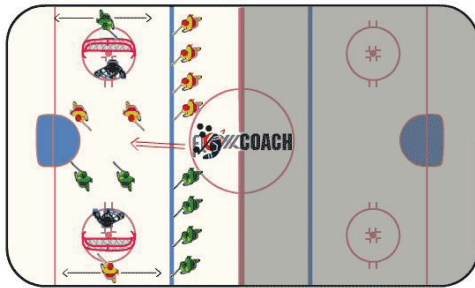
KEY ELEMENTS:

- Offensive support positioning
- Defensive positioning/coverage's
- Confined space develoment
- Passing/Receiving
- Shooting/Scoring

ORGANIZATION: This is a 2 on 2 confined area game. with a player positioned behind the net as a offensive support player that has to stay behind and can not be checked by the other players.

VARIATION:

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to a lot of shots.



7) 3 on 2 Small Game

DRILL OBJECTIVE: Create Good Scoring Chances,

6:45P - 7:00P(15) min

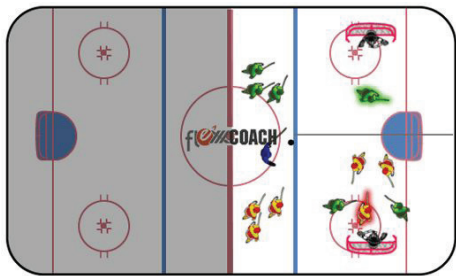
KEY ELEMENTS:

- Transition
- Create odd man rushes/scoring chances
- Creativity
- Defensive Positioning
- Competitive

ORGANIZATION: Position both nets in the end zone along the boards, dividing the ice into half with an imaginary line or with paint on the ice. 3 players on each team. A puck is dumped in by the coach, the team that gains possession goes on the offense. One of the defending players cannot cross mid-ice, however, on the change of possession his teammates can use him for a transition break toward the other net. While the opposite team must keep on defender on the other side of mid-ice.

VARIATION: This drill can also be a 2 on 2 to create 2 on 1's one player has to stay on his half of the ice.

GOALIES: Read the rush, low net coverage, transition the puck, rebound control, Game like situation



8) 3 on 3 Support

DRILL OBJECTIVE: Puck movement is the emphasis

7:00P - 7:00P(0) min

KEY ELEMENTS:

- Passing/Receiving
- Give and go passing quick puck movement
- Shooting/Scoring
- Defensive coverage
- Communication

ORGANIZATION: The team's play 3 on 3 cross ice with the option of using the outlet players as passing options. This in effect gives the offensive team a 5 on 3 advantages. The outlet players can move below the goal line and along the blueline. They should look to return the puck to the offensive team as quickly as possible. The outlet players are not allowed to score, and the defensive players cannot check or defend the outlet players.

VARIATION: To force puck movement the offensive team must make one pass to an outlet player prior to attacking the net.

To force more net front confrontation the outlet players must shoot the puck attempting to create a rebound. This allows the offense to work on scoring in tight, creating screens and the defense to work on scoring in tight, creating screens and the defense to work on net front body positioning.

GOALIES: Develop awareness to various situations. Quickness, agility, balance. Quick reaction to alot of shots.

