



**COACH THEM**

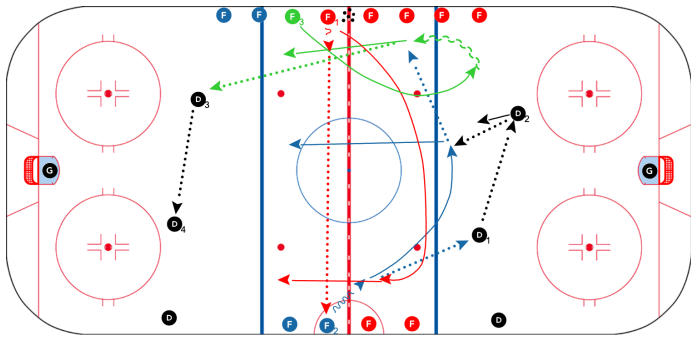
# **2020/21 DRILL OF THE WEEK COLLECTION**

We're excited to share the entire drill collection from the 2020 Minnesota Hockey x CoachThem, Drill of the Week series.

Click the button below to get access to all 16 drills in your CoachThem account.

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## BONZ x2 to 3v2



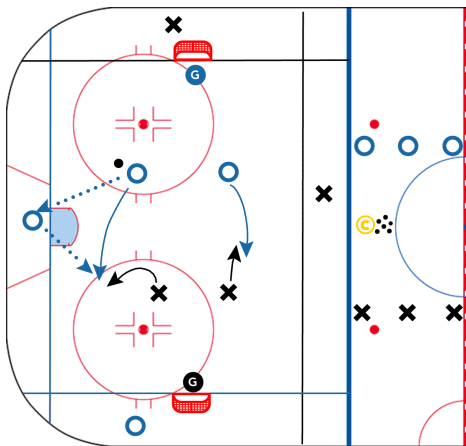
**MINNESOTA DRILL OF THE WEEK**  
Created by: Wes Bolin, Minnesota Hockey ADM Coordinator

- **F** 1 starts by passing across to **F** 2 and moves to support **D** 1&2; **F** 3 slides down towards **D** 2 for support
- **F** 2 passes to **D** and supports for Neutral Zone Break-out.
- **D** 1 then passes **D** 2 ( **D** 1 steps off to the side if drill is 3v1 or follows up if drill is 3v2)
- **D** 2 passes to one of the Fs and follows the play up into the neutral zone to play the line rush back.
- **F** 3 passes to either **D** 3 or 4, who then go D-D while Fs support for Break-out in the Neutral Zone and attack the **D** at the end where they first regrouped.
- As soon as the Fs attack across the Center Ice Red Line, the next group begins in opposite direction. All D have to quickly establish support positions.

### Key Points

- D should be fluid in the neutral zone and support their partner properly
- Fs should use good support patterns to receive pass from D

## 2 vs 2 Barrier Support



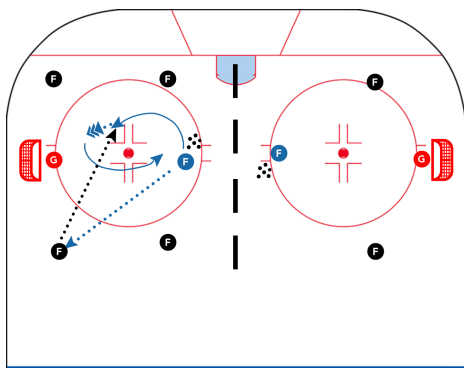
**MINNESOTA DRILL OF THE WEEK**

- Drill set up as shown. Support **X**'s own space above far net and left side of blue line, support **O**'s own space below red line and below lower goalie net
- These support players can only move within their owned space but can pass to any of the players on their team.
- Coach spots puck and players compete for 2 vs 2 in zone
- Must make a pass to support player before scoring

### Key Points

- Defending away from the puck
- Defensive players must track the offense and take away passing lanes
- Use support players to create space and open an attack

## Pepper Drill



### MINNESOTA DRILL OF THE WEEK

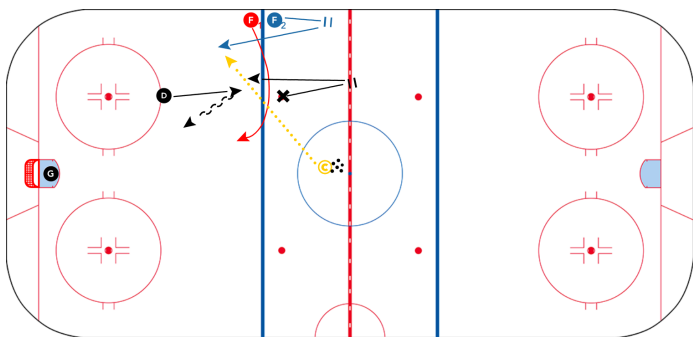
Created by: Brooke White, Minnesota Hockey's Girl Player Development Coordinator

- One active player starts with pucks in the slot area
- 2-4 support players are spaced out on each side of the net
- The shooter has up to 30 seconds to take as many shots as they can while their feet are moving. He/she must pass to and receive a pass back from at least one support player before each shot and engage all support players during the allotted time.
- Players should be encouraged to utilize creativity and apply various game concepts such as give-and-go's, escapes, rebounds, one-timers, etc.
- Coaches can implement additional rules to encourage players to work on desired skills such as backwards skating, transitions, starts/stops, one-touch passes, communication, etc.

### Key Points

- Emphasis on high tempo and quick decisions. Encourage creativity. Keep feet moving at all times.

## 1/4 Ice 2 vs 1 with Backcheck



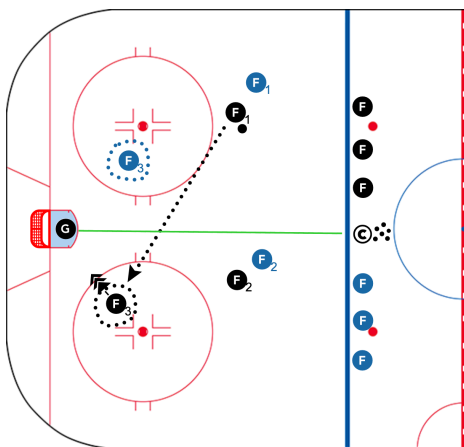
### MINNESOTA DRILL OF THE WEEK

- **D** starts on knees, pressures puck and talks with backchecker (**X**)
- **X** starts on dot, must tag red line before jumping back in play
- **F** 1 and **F** 2 start with backs touching wall at the blueline
- **F** 1 to break across blue line while **F** 2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out

### Key Points

- Hard, fast and intense game situation, **D** must force play

## 3 vs 3 Backdoor Shooter



### MINNESOTA DRILL OF THE WEEK

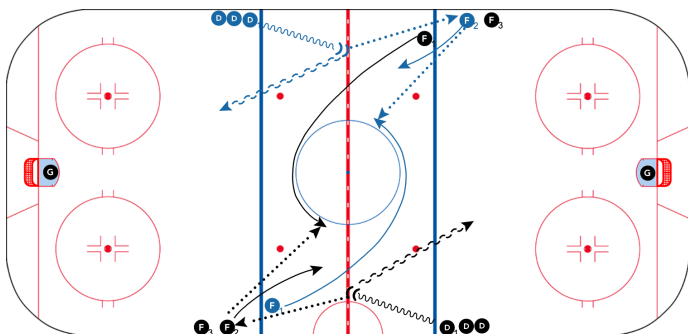
Created by: Gerrit Van Bergen, Delano High School Coach

- Start with a 2vs2, and each team has a third player in their "backdoor" circle. The 2vs2 players must pass to their backdoor shooter to take the first shot, and the pass must come from the opposite side of the green line.
- Teammates earn one rebound per shot taken by the backdoor shooter. Only one backdoor shooter can be in the circle. Opposing players cannot defend the backdoor shooter.
- Progression: Once players understand the concept of the game, utilize a point structure that encourages teams to use the backdoor shooter without requiring it. 3 pts - Backdoor shooter goal, 2 pts - Rebound off a backdoor shot, 1 pt - Goal scored without using the backdoor shooter.

### Key Points

- Win the first puck touch. Puck support and communication to set up backdoor passing lane. Utilize "Royal Road" to create scoring chances

## Irish Transition 2 vs 1



### MINNESOTA DRILL OF THE WEEK

Created by: Ricky Saintey, Head Coach for Rosemont High School

- Forwards are on opposite blue lines diagonally from each other. Defensemen are on the opposite corners.
- On the whistle, D 1 and D 1 skate with a puck up to the red line at full speed and pass a puck to F 2 and F 2. After making the pass, the D transition backwards at the red line and prepare for the rush against.
- On the same whistle, F 1 and F 1 take off and head around the circle swinging to join F 2 or F 2 who are receiving the pass from the D.
- F 2 and F 2 make a pass to F 1 and F 1 swinging through and attack the D in a full-speed 2-on-1.

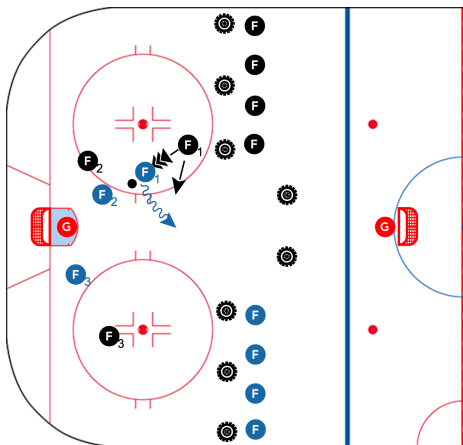
### Variations:

- Add F3 to create a 3v1 rush
- Add F3 as a back checker to apply pressure to the 2v1 rush

### Key Points

- Defense must work to protect the middle of the ice
- Defense should strive to prevent a high percentage scoring chance and no goals against
- Forwards must attack with speed through the NZ
- Forwards should generate a high percentage scoring chance

## Middle Breakout 3 vs 3



### MINNESOTA DRILL OF THE WEEK

Created by: Josh Storm, Owatonna High School

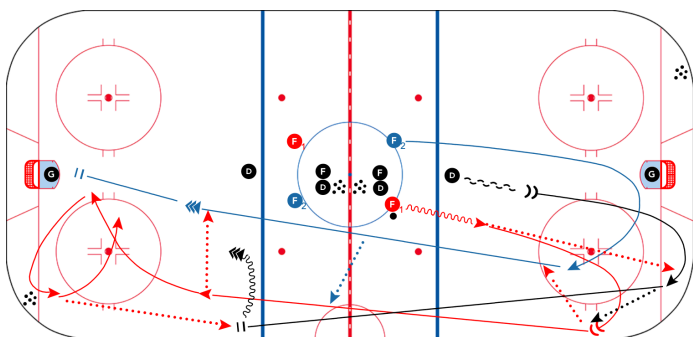
- Teams play 3 vs 3 below the top of the circles. Play for 20-25 seconds. Teams rotate defense to offense to out.
- Offensive team receives one point for a shot on net and two points for goals. The defensive team receives one point for a blocked shot, one point for a breakout through the middle tires and have a chance to score on the goalie/net in the neutral zone for a bonus point.
- Offensive team must sprint to the blue line after the whistle or allow a breakout.
- To emphasize possession breakouts, defending team is not allowed to "clear pucks". If a puck is chipped out, give a new puck to the offensive team.

### Key Points

Defensive team: One man on the puck, good sticks, use appropriate body contact

Offensive team: Move with and without the puck, create switches, shoot off the pass, hunt rebounds, battle for body position

## Reese's Pieces



### MINNESOTA DRILL OF THE WEEK

Created by: Ashley Holmes, Augsburg Assistant Coach

- Pucks start in the center circle and opposite corners. Both sides go at the same time and then switch sides half way through.
- F 1 dumps the puck into the corner. D retreats backwards and then pivots to retrieve when the puck is dumped in. F 1 opens up for a breakout on the half wall and F 2 acts as center support. D makes a breakout pass to either forward and F 1/F 2 have a 2-0 rush.
- After the breakout pass, D sprints to the far blue line.
- After the 2-0, one F recovers a second in the corner and makes a low to high pass to D, who walks to the middle and shoots. One F should stay net-front for a screen/tip and the other should give the D a high tip option. Let the rebound play out before the next group begins.

### Key Points

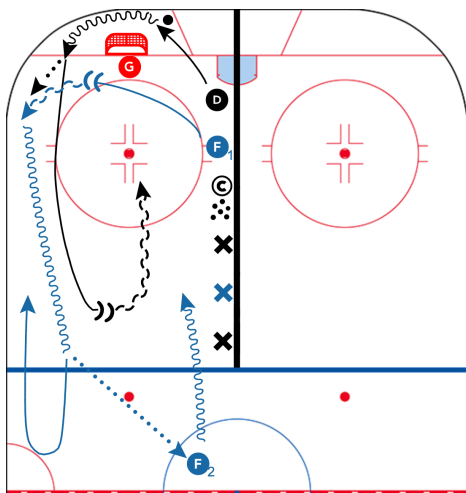
On Breakout:

- Shoulder checks and retrieve the puck on forehand.
- F support low, get toes up ice and communicate

On Point Shot:

- Head up and either shoot for sticks or shoot to score if a good screen
- One F takes away the goalies eyes and the other finds a "soft area" for a high tip

## Breakout Regroup 2 vs 1 Station



### MINNESOTA DRILL OF THE WEEK

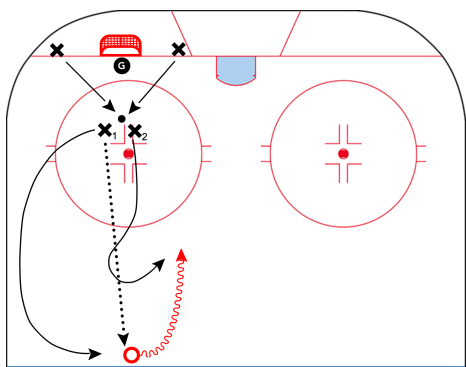
Created by: Erik Anderson, Minnesota Hockey Player Development

- Coach dumps a puck below the goal line. **D** retrieves the puck and carries it around the net.
- **F 1** gets wide and opens up for a breakout pass from the **D**.
- After receiving the breakout pass, **F 1** regroups with **F 2** who is in the neutral zone, and they attack the **D** who started the breakout on a 2v1 rush.

### Key Points

- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

## Good Luck 1 vs 1



### MINNESOTA DRILL OF THE WEEK

Created by: Kurt Halstrom, Osseo-Maple Grove

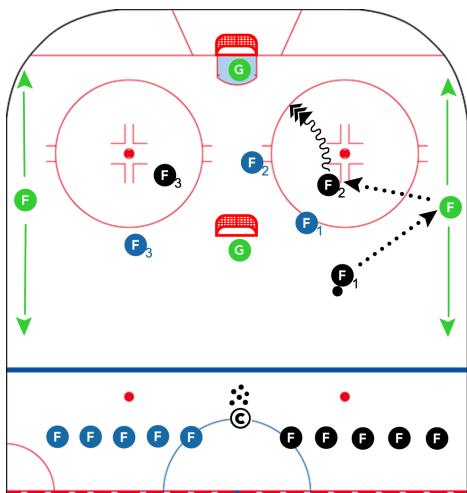
- Coach spots a puck in front of the net, equidistant to the two players along the goal line.
- On the whistle, two players race for the loose puck. The player that wins the puck (**X 1**) passes to the player at the blue line (**O**).
- When the pass is completed, **O** player attacks the net 1v1 against the player who lost the initial puck race (**X 2**). Play it out to whistle.
- **X1** goes to the blue line position for next rep, and the other two go back to the goal line lines.

Variations: Coach can vary how the players start: on belly, back, face the wall, etc., and placement of puck. Instead of a straight line race to the puck, instruct players to circle behind net on start, creating a traffic scenario, where they have to "get through" opposition before skating to loose puck.

### Key Points

- Quick, explosive starts
- Competing for loose pucks
- Emphasize good stick and create an angle on 1v1

## 3 vs 3 Levels



### MINNESOTA DRILL OF THE WEEK

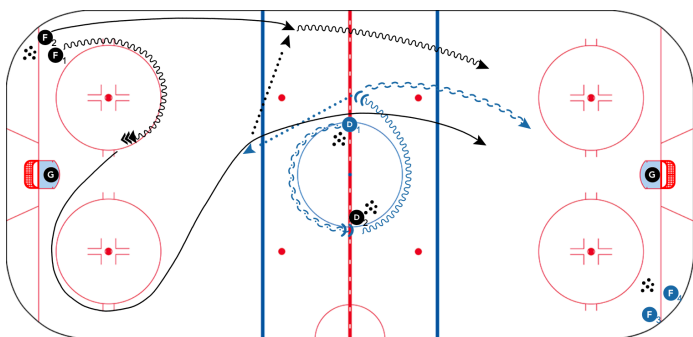
Created by: Amber Fryklund, Former Bemidji State University Women's Assistant Coach & CCM High Performance Coach

- Set one net in the standard position in the crease and a second net between the circles, facing the blue line.
- Play 3 vs 3 in the zone with a support player along each wall.
- Players must pass to one of the support players on change of possession before attempting to score. Support players can move laterally along the wall and must pass back to the team that passes to them.
- Teams can score on either net.

### Key Points

- Encourage offensive creativity and deception.
- Emphasize awareness, communication and puck support in quick transitions.

## Spurgeon 2 vs 1



### MINNESOTA DRILL OF THE WEEK

Created by: Pat O'Leary, Wayzata High School Coach

- F 1 & D 1 start at the same time. F 1 carries the puck around the top of the circle and shoots on net. After shooting, F 1 skates around the far circle.
- F 2 starts when F 1 reaches the hash marks after going around the far circle.
- D 1 carries the puck backwards around the center circle and passes to F 1.
- F 1 passes to F 2, and they go on a 2 vs 1 against D 1 full ice.
- Same thing happens on both sides of the ice.

### Key Points

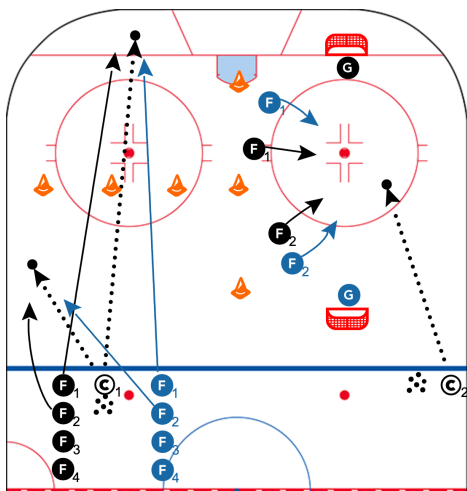
Forwards:

- Quick release on the first shot. Attack with speed and generate a high quality scoring chance.

Defense:

- Puck control around the circle. Tight gap/Protect the middle of the ice.

## Air Force 2 vs 2



### MINNESOTA DRILL OF THE WEEK

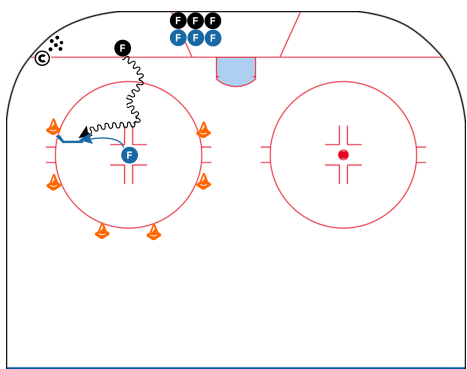
Created by: Jon Ammerman, Moorhead High School's Boys Varsity Coach

- Split one zone down the middle with cones. On one half, set up two nets. On the other side, split it into half again using cones.
- Start the drill with Coach 1 dumping a puck into each zone on that side of the ice. Both F1's race to the far puck and engage in 1 vs 1 keep away. Both F2's race to the puck in the closest zone and play 1 v 1 keep away.
- After 15 seconds, whistle blows. Coach 2 dumps a puck in the zone with two nets. F1 & F2 engage in a 2 vs 2 against F3 & F4 in that zone. At the same time, Coach 1 starts F3's and F4's in the next round of 1 vs 1's.

### Key Points

- Emphasize puck possession and compete level
- Manage work-to-rest ratio depending on age group

## 3 Gate Deception



### MINNESOTA DRILL OF THE WEEK

Created by: Emily West, Former USA Hockey ADM Manager & current Ohio State Assistant Coach

- The player with the puck must start behind the goal line. The player with the puck is trying to use deception to fool the player without the puck and try to get through one of the three gates with possession of the puck.
- The defending player has the objective of not allowing the puck carrier through any of the gates and is working on eliminating time and space with good angling and stick position. If the defending player gains possession, he/she must make a pass to the coach.
- Give each pair three reps and then switch to the next group. Make sure players take turns on offense and defense.

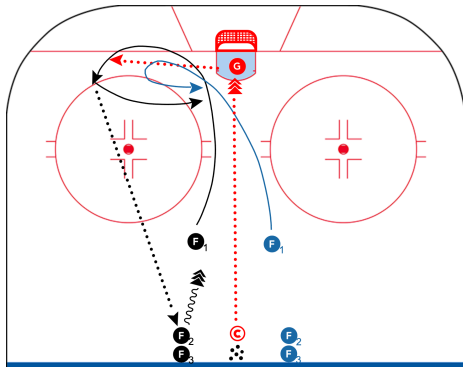
### Key Points

Offense - Puck protection and deception

Defense - Angling, stick position and limiting time and space



## Rebound Battle 2 vs 1



### MINNESOTA DRILL OF THE WEEK

Created by: Mike Taylor, Former Eagan High School Coach

A coach or player dumps the puck on net and the goalie plays it to either corner. The first player (F1) in each line compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player (F2) in their line to begin a 2 vs 1.

The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

Variations:

- Adjust F1 starting point (slot, net front, facing puck/net, corner)
- Adjust F2 starting spot (point, high slot, corner)
- For younger players, shrink the space.

### Key Points

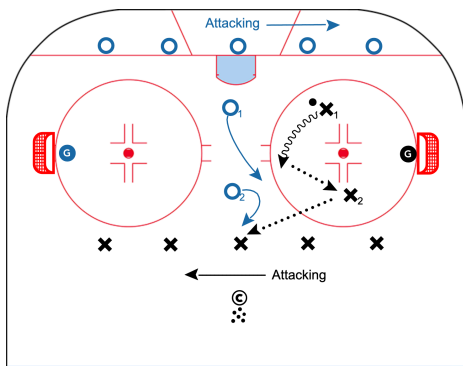
Offense

- Anticipate rebound direction
- Before reaching the puck, use a shoulder check to find pressure & support
- Use deceptive fakes to escape from the corner and open passing lanes

Defense

- Good stick position
- Try to force a bad angle shot

## Lightning Game



### MINNESOTA DRILL OF THE WEEK

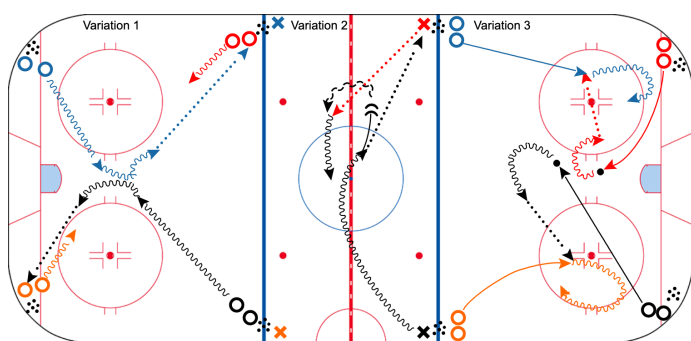
Created by: Ted Cheesebrough, Henry Sibley High School Coach

- Line up one team across the goal line and the other across the top of the circles. The front of the team's line is next to the net they're defending.
- Coach spots a puck and calls out the number of players who enter play from the front of their line and who compete against the corresponding number of opponents for that shift. Starting 2v2 is usually best; but coaches should mix it up from shift to shift, sometimes sending 1v1 or 3v3
- Every player (including those in line) is eligible to shoot, score, pass, or receive a pass. The players in line can pass to any teammate, shoot, etc. but must stay within their space on the line.
- If a puck is scored, frozen, or exists the zone, coach must instantly put in and call out "new puck!". Coach should mix up the new pucks by passing it to different players in the respective lines, keeping everyone on their toes, or also sometimes tossing out 50/50 pucks.
- Shifts last 25-35 seconds. At the end of each shift, the skating players go to the "back" of their line, which is nearest to the net they're attacking, putting them in a potential rebound position while in line during the next shift.
- Play games up to 3. Can make it a best-of-3 series.

### Key Points

- Coaches must active, vocal and send out new pucks ASAP to keep the game moving quickly.
- Focal points include awareness, communication, quick reads and decisions, and transition play.

## 4 Corner Passing



### MINNESOTA DRILL OF THE WEEK

Created by: Guy Gosselin, USA Hockey ADM Regional Manager

**Variation 1:** On whistle, first player in all four lines (two lines shown for simplicity), skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, the player skates back to the center and repeats until the next whistle. On the whistle the next player in line goes.

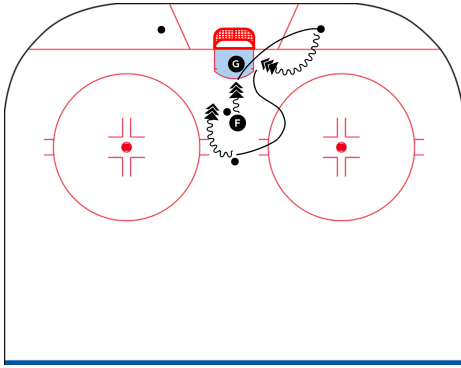
**Variation 2:** Same idea as variation 1, all four players go to the middle but this time they open up like getting a breakout pass.

**Variation 3:** 2 pucks start in the middle. The first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They make an escape and pass it back until the next whistle and the next four players will chase after the two pucks.

### Key Points

- Encourage communication through talking, eye contact and good targets.
- Emphasize players keeping their head up to maximize awareness

## 3 Puck Showdown



### MINNESOTA DRILL OF THE WEEK

Created by: Dave Peterson, Annual CCM HP Dave Peterson  
Goalie Camp

- Set up two pucks below the goal line, one on each side of the net, and another puck between the hashmarks. A shooter starts with a puck between the top of the crease and the hash marks.
- The shooter attacks the net and tries to score with the first puck.
- The shooter chooses one of the pucks below the goal line for a second attempt.
- The shooter then loops out to the hash marks for a third and final attempt on net.

### Key Points

- Emphasize compete level by establishing outcomes for number of goals vs saves
- Discuss shot angle to teach importance of positioning and depth