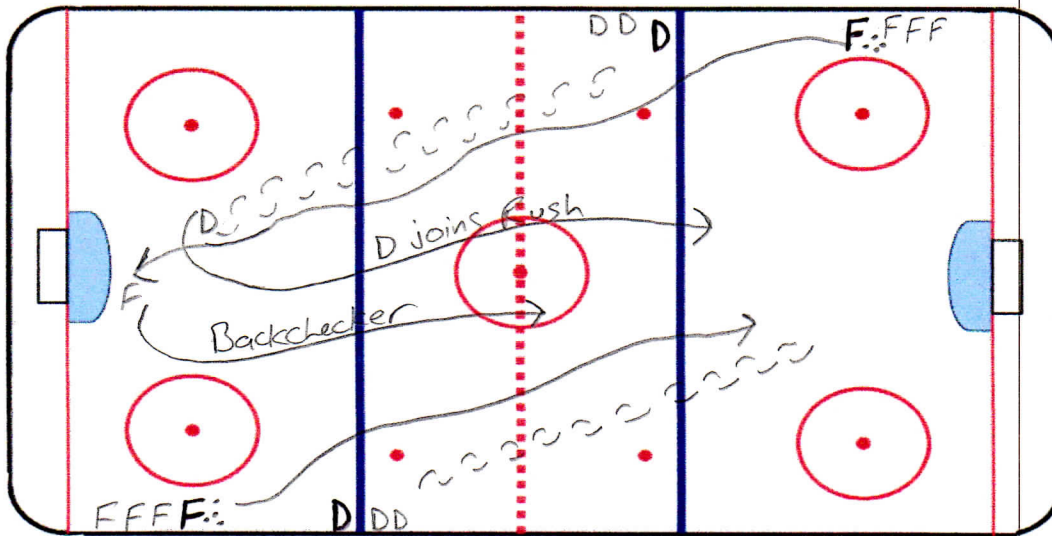




## Drill Focus Rush/Backpressure/D

Drill Name Klevvy

#1



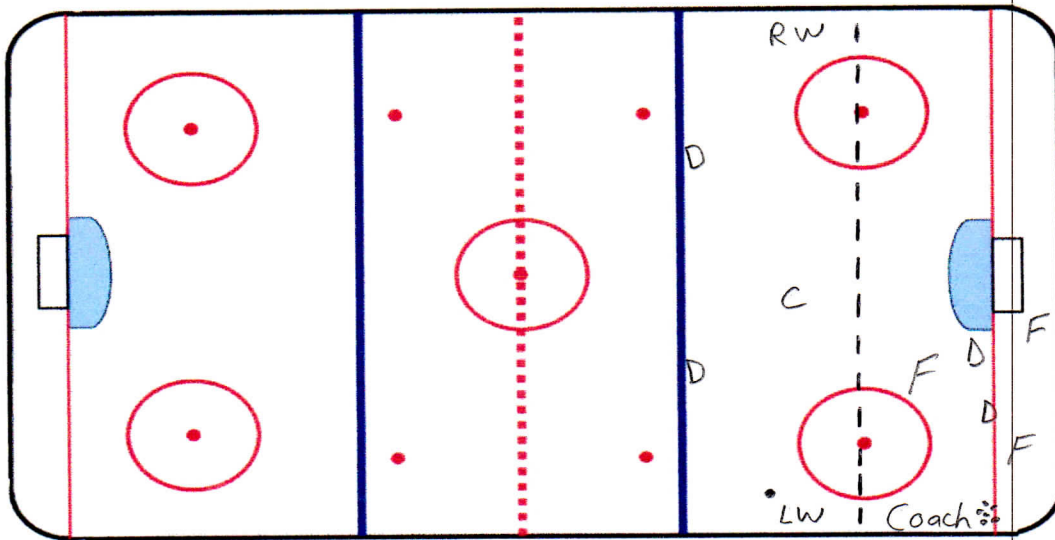
- Set Up - Forwards at opposite half walls and Defense at opposite blue lines; half and half. Pucks with both groups of D
- Whistle starts one end, need to identify which end. D passes puck to F which begins a 1 on 1
- D takes 1 on 1 until play is broken up, F scores on the rush, or goalie covers puck.
- Coach blows whistle which signals the D in attacking end to pass to F on half wall and starts a new 1 on 1 rush
- D from the initial rush joins the F to make a 2 on 1 and the original 1 on 1 attacking F backchecks to try and make it a 2 on 2.
- The same happens on the next whistle and continues back and forth until coach blows it dead
- Great drill for combined practice or full team on ice; need at least 14-15 skaters, very tiring



## Drill Focus Full Game Simulation

Drill Name Mo

#2

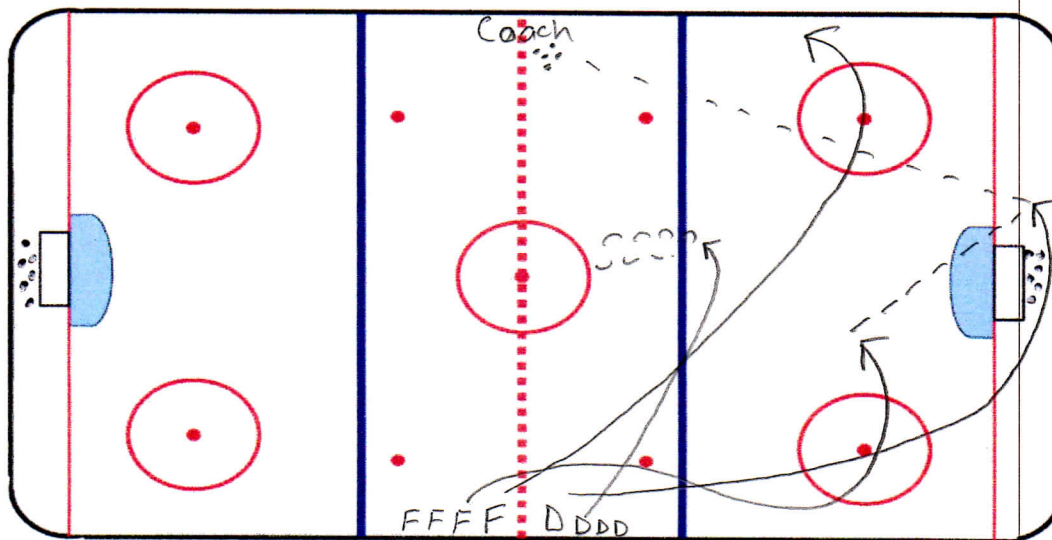


- Set Up – 3 forwards below the circles, 2 D defending, 3 forwards lined up at LW, C, RW across top of circles (one of them needs a puck each rep), 2 D at Blue Line, additional players in bench or along wall out of the way, coach in corner with pucks
- Forwards move around, coach gives puck as needed to Forwards who are attacking in a small area below the circles 3 on 2. Coach throws additional pucks as needed after goals, lost puck, puck out of play etc. Play continues for 20-30 seconds non-stop
- Coach blows whistle to end small area and immediately line at top of circles attacks the opposite end 3 on 2 attacking the two D. All three small area F's backcheck the play and D follow up.
- Play in the far end until the puck leaves the zone or coach blows dead.
- Rotate lines and repeat

Drill Focus 2 on 1 – D Gaps

Drill Name Continuous 2 on 1

#3



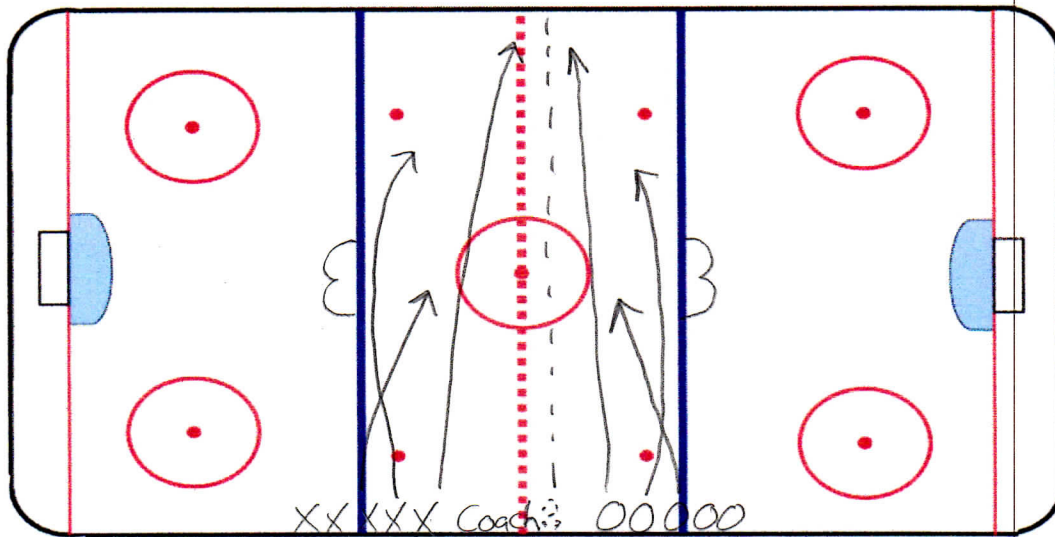
- All F and D on same side in neutral zone; F's on one side and D on other; start of each group is at the Red Line
- **Pile of pucks behind each net** and Coach on opposite Red Line with extra pucks as needed
- Coach dumps puck to start drill, D retreats and break out two forwards who are swinging in zone
- Another D jumps out to take the rush at the same time
- D takes the 2 on 1 rush; D who broke out initial rush gets back in D line
- 2 new F's fill in behind the rush immediately, don't be late, get there, and another D jumps out to take the next rush
- If the puck wraps around boards fill in F's can pick up and go, if puck is frozen, D takes from goalie and break out next group, if goal is scored grab a new puck from behind net, if D breaks up play he can give a quick up to new F's with original puck
- Puck is played live and this drill in continuous, no breaks, and should only require one puck if no goals scored
- Repeat back and forth until coach blows dead



Drill Focus Small Area Game

Drill Name 3 on 3 Neutral

#4



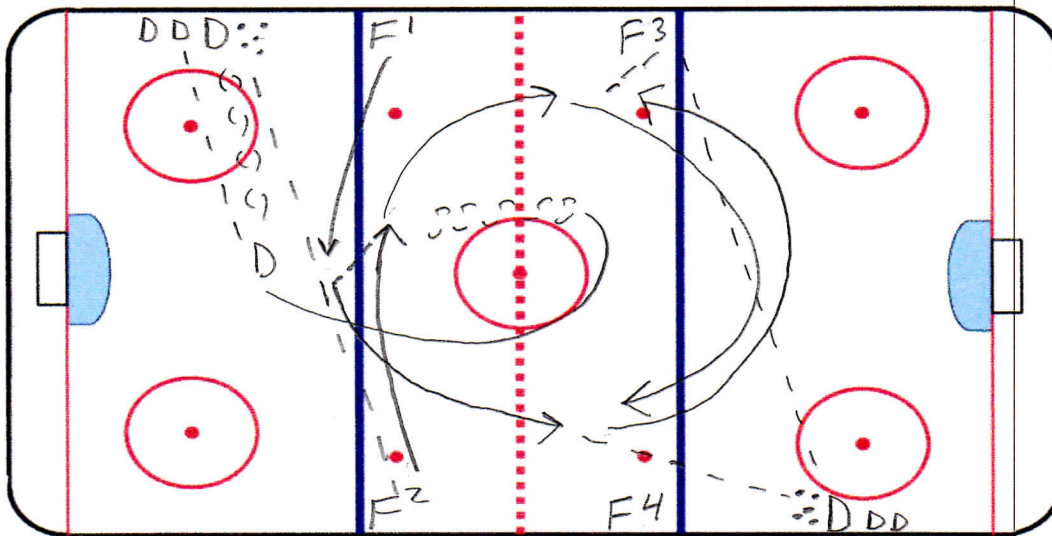
- Set Up – nets at each Blue Line, split teams even (half on each side of coach and D/F are mixed together on each team), coach has all pucks in semi-circle by boards
- If playing 4 on 4 move nets back 5-10 ft from Blue Lines
- Play to a pre-determined score, losing team has a consequence
- Players cannot play behind nets or Blue Line unless in full control of puck
- If goal is scored or puck goes behind the nets whistle is blown, that group is done, puck is shot across ice, and next group goes immediately
- Some shifts last 10 seconds, some last longer
- Focus is puck possession, playmaking, and defending...quick transitions from Offense to Defense and vice versa



**Drill Focus** Warm Up Pass/Shoot

**Drill Name** 5 Pass

**#5**



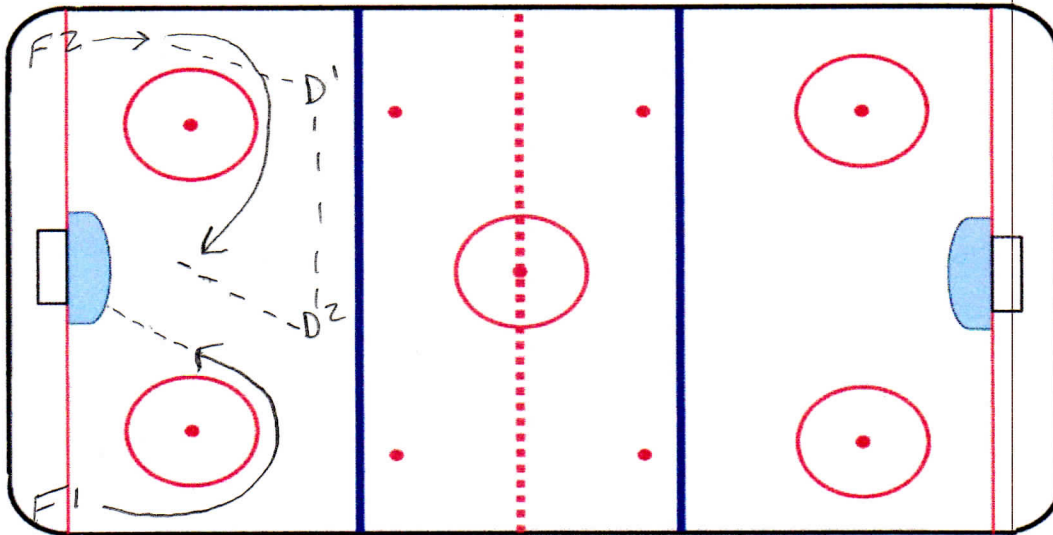
- Set Up – Forwards at all 4 blue lines, D split at opposite half walls, pucks with D at both ends
- Drill is continuous, starts with one whistle
- D1 makes wide pass to F2 and then gets one time shot from the next D in line before going up ice to take the 2 on 1...F1 and F2 swing...F2 drops to F1
- F1 makes long pass to D2...D2 passes rink wide to F3...F1 and F2 swing and F3 touches it to F1 who then go on a 2 on 1 against D1
- Immediately after his pass to F3, D2 passes another puck to the next F3, turns backwards and takes pass from next D for one timer, begin sequence all over again
- Drill goes back and forth, excellent drill for full team practice or combined practices



Drill Focus O Zone High Slot Tip

Drill Name Slot Tip

#6

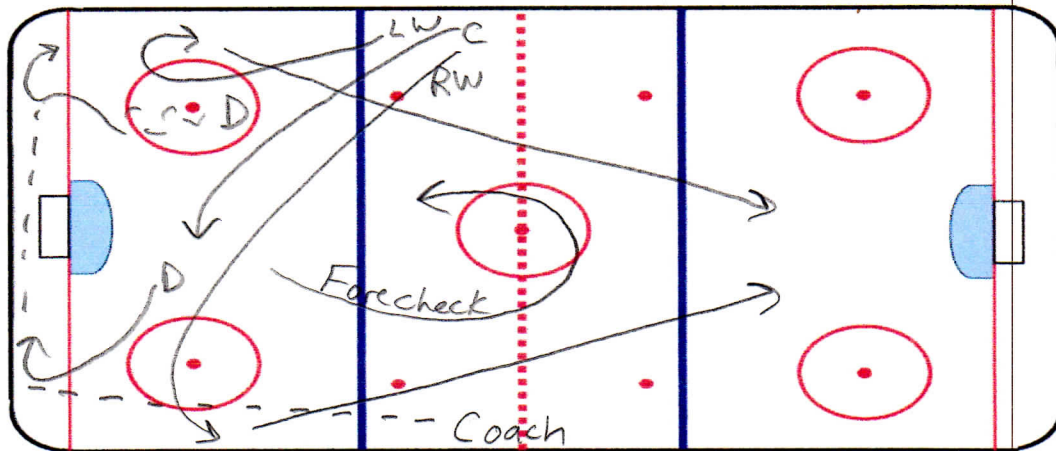


- Set up – Forwards in each corner split evenly, D at Blue line
- Alternate corners each whistle
- Pucks in both corners with Forwards
- On whistle, F1 takes puck around top of circle, shoots, and stays in front of net
- Same whistle, F2 passes to D1 who goes D to D (D should be active and not stationary...push/pull)
- F2 goes around top of circle and looks for high slot tip from D2 (hash marks or higher)
- Defenseman need to fire the puck on ice and hard
- Forwards need to learn how to time the route and redirect puck on net. Forward should not be below hash marks, too much traffic in that area during a game, we're looking for a dead area and D are looking for the shot pass.

Drill Focus Breakouts

Drill Name 1-2 Breakout

#7



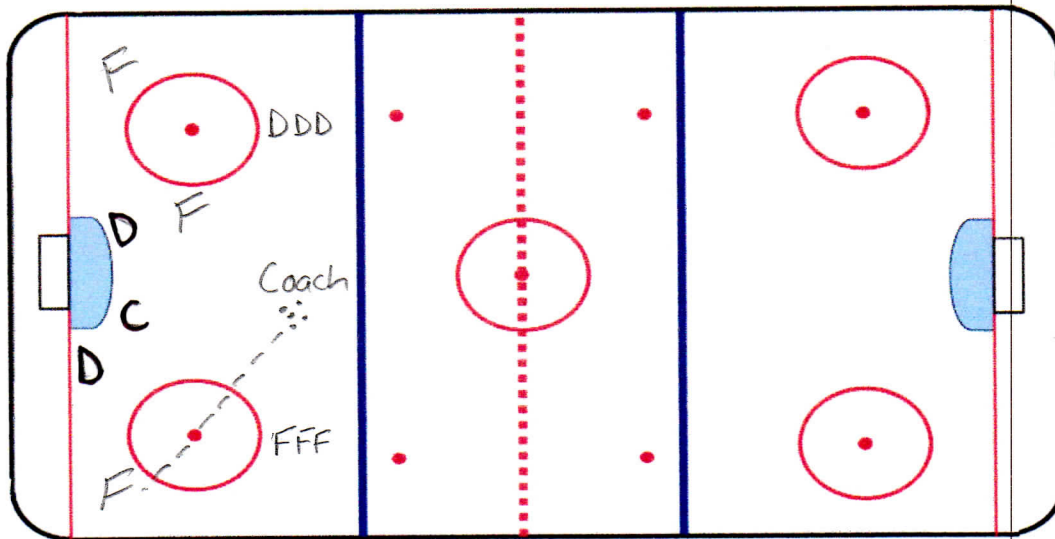
- Set Up – 2 D and 3 F on ice, all extras F lines and D along bench wall and ready to go!
- Breakout always comes from the same end
- Coach with pucks at opposite side Red Line
- The first rep has no forecheck, all others have a forecheck
- One F is designated the forechecker, they need to do this on their own before each rep
- Coach dumps puck, D retreat on puck, Forward line enters zone to breakout
- The F's breakout, designated forechecker falls off at Red Line, circles back and puts pressure on the next group breaking out (2 new D and 3 new F jump in immediately after breakout clears the zone).
- Coach dumps puck for next group. Make sure timing of dump and pace of dump is based on location of forechecker. You can make this very hard for the D or give them space between forecheckers based on timing of dump.
- Coach dumps puck for next group
- The Forwards who breakout go down 2 on 0, 2 on 1, 1 on 0, 1 on 1; this is dependent on adding a defenseman to take the rush, after first rep this will be one of the two D who broke the puck out
- Can add 2<sup>nd</sup> forechecker once D are comfortable with 1 man pressure. This means 2 F peel off at Red Line, circle back and attack on forecheck



Drill Focus D Zone and Offense

Drill Name 3 on 3 Low

#8

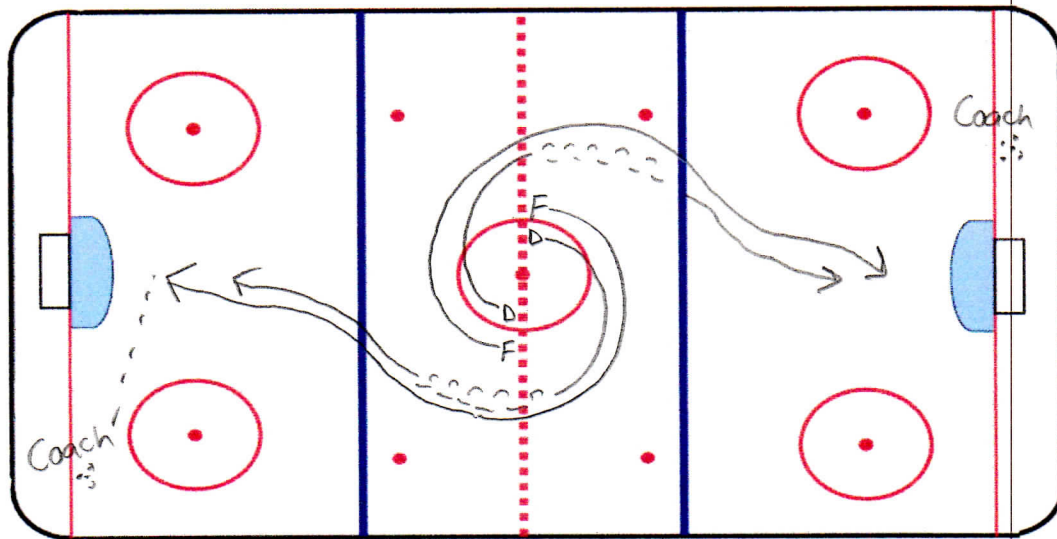


- Set Up – all players in one end, F's on top of one circle, D on the other
- Coach set up in middle with pucks
- Someone needs to time shifts
- 4 shifts each line, 30 seconds each shift
- Forwards need to determine how many shots on net they will get after all shifts are done (ex. 8 shots after 12 reps and this is based on 3 lines of F's at 4 reps), losing team has consequences...Goals count as 2 shots.
- 3 forwards vs 2 D and the next lines Center as the defensive Center makes it 3 on 3 low below top of circles
- If puck goes out of play or goal is scored, coach immediately throws in another puck tape to tape, not random dump, makes forwards move and get open to be in position to receive coach passes.

Drill Focus Net Drive/Defend

Drill Name Circle Drive

#9



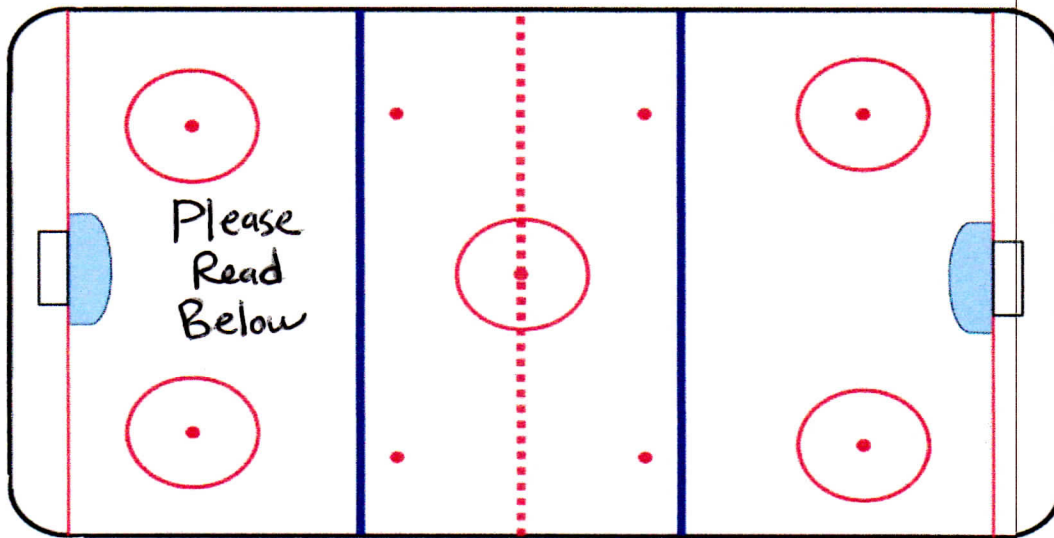
- Set Up – all players in center circle.
- Forwards have pucks on outside of circle
- D lines are on inside of circle
- Coach in each corner on ends of ice with pucks
- Halfway through go in opposite direction and coaches move to opposite corners to make passes
- On whistle both groups go and drive and defend all the way to the net
- F's try to get open for coach pass and D learn to take a driving F all the way to the net. Stress good body position and taking the stick away in slot.



Drill Focus 1-0, 2-1, 3-2

Drill Name 3 Minute Competiton

#10



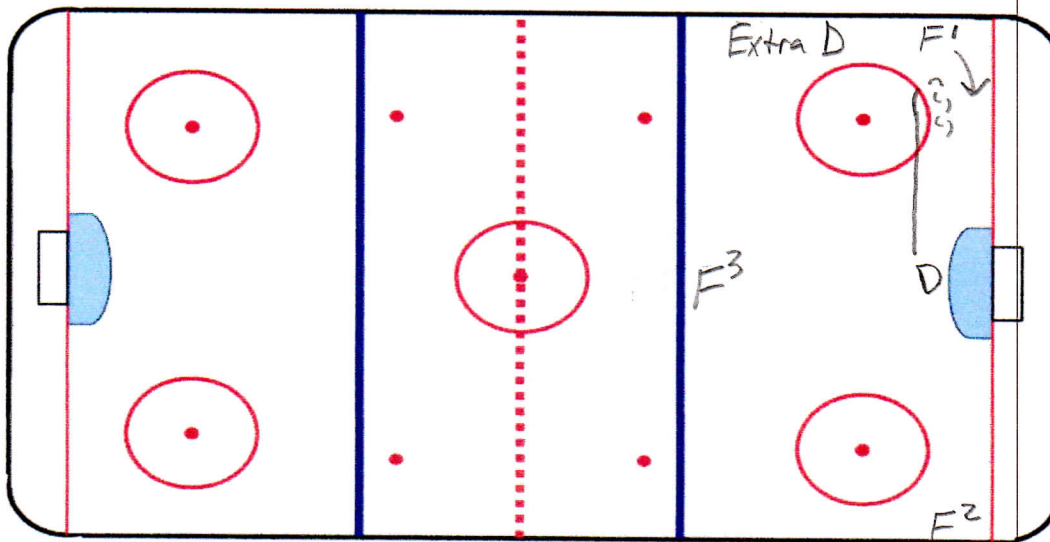
- Set Up – put three minutes on scoreboard (fun to see it up there and adds to the intensity)
- All Forwards and Defense on wall in neutral zone. Start of each line is at Red Line
- Coach in each end with pucks
- Forwards pick the number of goals they will score in 3 minutes... this is a F vs D/G competition
- On whistle and clock started, F1 goes on breakaway, shoots, and swings for coach pass.
- F2 (his linemate) swings in zone with F1, one D jumps out in neutral zone, F's receive coach pass and go down 2 on 1
- 3<sup>rd</sup> linemate jumps in after 2 on 1 passes neutral zone, another D enters neutral zone
- 3 F's swing and get coach pass...go down 3 on 2
- After this group passes the Red Line during 3 on 2 rush the next F1 goes on breakaway in opposite end and repeat



Drill Focus D and O

Drill Name Defend and Dangle x 3

#11



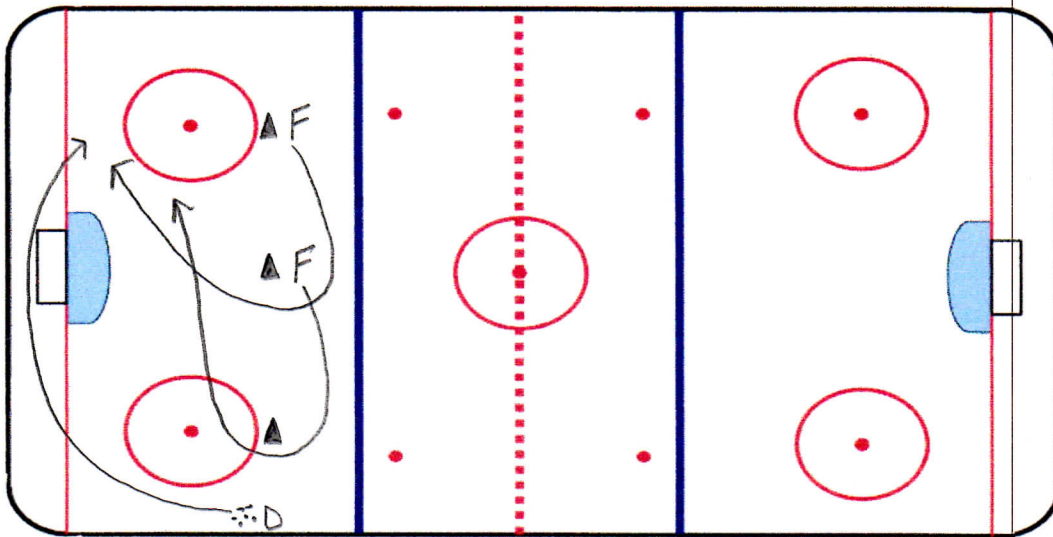
- Set Up – 3 Lines of F's with pucks and 1 line of D on half wall
- Each D takes three 1 on 1 small area competitions (good sticks and lateral movement)
- D starts in front of net, skates at F1, transitions backwards which triggers F1 to drive net. Each rep doesn't last long, once play is broken up blow whistle for next rep to begin.
- On next whistle D skates at F2 and repeat
- On next whistle D skates at F3 and repeat
- Next D jumps in front of net and repeat the drill
- Can do out of both ends if combined practice...do out of one end with 13-15 F's and 4-6 D
- Forwards DO NOT start until D have transitioned backwards



Drill Focus Forecheck

Drill Name 3 Cone Forecheck

#12



- Set Up – three cones and D line with with pucks along half wall
- F lines at Cone 2 and 3.
- F's will skate around cones 1 and 2 prior to forechecking
- D has to skate around net and try to exit zone on opposite side of net (very hard drill for D and intended to reinforce an aggressive forecheck and puck support on turnover)
- D wins drill by skating puck out of zone (top of circle)
- F's try to turn puck over and attack net/score
- Coaches can adjust Forward routes to determine F1, F2 etc
- Can add 3<sup>rd</sup> forward for high slot shot option