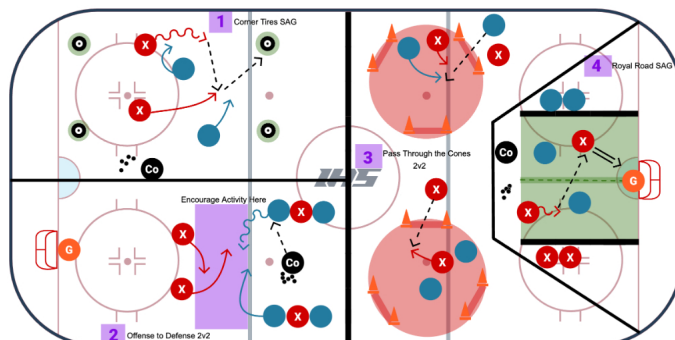


# 2V2 SITUATION STATIONS

Tuesday, November 26th, 2024

**Please Note: The Practice of the Week is designed to bring value across multiple age levels. You can use this to build ideas to develop your own practice. With that being said, we highly encourage you to adjust the drills based on your team's age and skill levels. IHS should always be used as a starting point and you can add/remove constraints to fit your team.**

**Practice Theme:** The drills and games in this practice are designed to help your players work on their play both offensively and defensively in different 2v2 situations.



## 3 Key Focus Points on Offense

- 1Communication: Use both verbal and non-verbal cues to support your teammates
- 2Pass & Move To Open Space: 2v2 situations require you to be a viable passing option for your teammate or to create space for him/her to make a play. As soon as you pass the puck to your teammate, explode to open space.
- 3Work on Switches & Cross Drops: Work on switches and cross-drops when possessing the puck to cause confusion for the defending players and to create space and scoring opportunities.

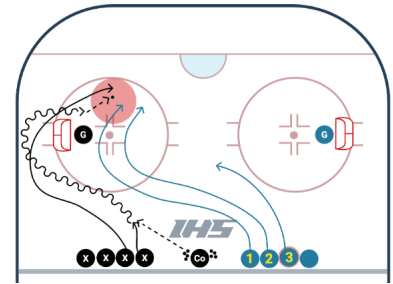
## Defensive Focus Points

- 1Angling: Take good angles and have proper stick details to eliminate your opponents options and dictate their routes.
- 2Surfing: This is a great practice to work on surfing in small areas, giving you multiple chances to defend and make a play on the puck while skating forward.

## 2 on 2 Angling with Defensive Reward

### Details:

The 2 on 2 Angling with Defensive Reward from Marty Wilford is a great small area game to practice angling. The game adds incentives for the defensive team to turn over the puck quickly. If the defensive team is able to turn over the puck, a 3rd player from their line is activated and is able to join the play to make it a 3 on 2.



### Setup

- Half ice setup with 2 nets. Teams are lined up at the blueline. The coach has pucks.
- On the whistle, the coach passes the puck to the offensive team. 2 Offensive players make their way around the net to start a rush attack. 2 defensive players (blue # 1 and blue # 2 in the diagram above) work to take a proper angle to stop the offensive team. 2 v 2 play starts.
- If the defensive team is able to create a quick turnover, they are rewarded by having a 3rd player (blue # 3 in the diagram) join the play to make it a 3 on 2.
- Coaches can decide where the turnover needs to happen to activate the third player (it can be before the face-off dot, or before center ice).
- Keep score and alternate which team is on offense.

### Coaching Points

- Defensive players angling should work to take a proper angle, keep their sticks on the ice, and match the speed of the offensive players.
- If the 3rd player is activated this player should jump to be an outlet and communicate loudly to let their teammates know where they are.

### Variations

- Coaches can decide where the turnover needs to happen to activate the third player (it can be before the face-off dot, or before center ice).
- Can also make this a smaller setup and have the game be 1 on 1 that can turn into a 2 on 1.

**Station Number:** Everyone (Both Ends If Needed)

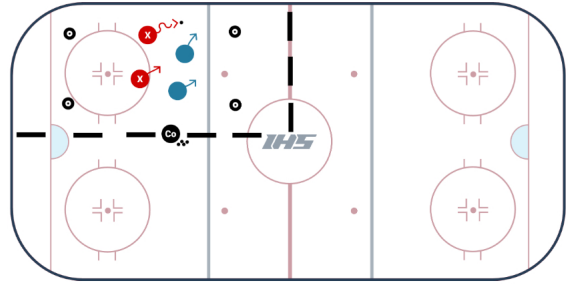
## Corner Tires - Small Area Game

### Details:

Corner Tires is a small area game where the players score by hitting the tire with a puck.

### Set Up

Place four tires on a rectangle as shown in the diagram. Make sure there is enough room from the tires to the edge so that there is room to play on all sides of the tires. The coach has the pucks along the edge with the players split into two teams on each side.



### How the game is played

The coach will dump a puck into play and two players will compete for the puck. The players will defend the tires on their side of the ice and try to score by hitting either tire on the opponent's side of the ice. After about 20-90 seconds the coach blows the whistle and dumps a new puck into play and two new players from each team play the new puck. Coach should keep the overall score so the teams are battling against each other.

### Coaching Points:

- Encourage puck protection and keeping your head up
- Move to open space when you do not have the puck so you can be an outlet for your teammate
- Utilize verbal & non-verbal communication.

### VARIATIONS:

- Can be played 1v1, 2v2, or 3v3.
- Can be setup in smaller or larger areas of the ice.

**Credit:** Diagram and animation produced using [Hockey Coach Vision](#)

**Station Number:** Station 1

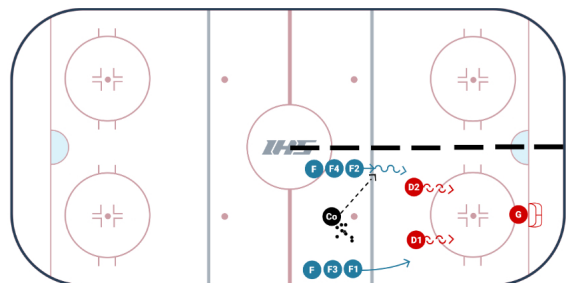
## Offense to Defense 2 on 2

### Details:

This 2 on 2 drill is typically used for station or ADM based practices and played in a smaller area. The animation and diagram show this being run using a quarter of the ice. It can also be run using half ice and is more suited for older players when you can use half ice.

### Setup

- Start the drill with two players on defense facing the two opposing offensive players.
- The coach starts the drill by giving a pass to one of the offensive players. The two offensive players will attack the defenders and play 2 on 2 below the blue line.
- If the offensive players score then the coach plays a new puck into the zone and the play continues.



- The defenders must get possession of the puck and make a tape to tape pass to one of the next offensive players in line. Once they do that they go to the back of the line.
- The players that were on offense now become the defenders and they play 2 on 2 against the two new offensive players until they can make a tape to tape pass to the next two players. If the defenders do not make a good tape to tape pass to the next players in line then the coach plays a new puck into the zone and they must keep playing. This prevents them from just throwing the puck out of the zone.
- Keep score! Forwards get 2 points for a goal and defense gets 1 point for clearing the puck. This game is continuous.

## Coaching Points

- The defense will be tired since they will be "double shifting." Encourage good positioning and stick on the ice.
- Forwards should try to isolate one defender and create a 2 on 1 instead of attacking the 2 on 2.
- Defenders should be aware of player without the puck and communicate to which player they have.
- Defenders need to control puck even if they have to pass to each other before making pass to next set of forwards.
- Both teams should not be afraid to hold on to the puck, and protect it until they are able to make a play.
- Both teams should work on verbal & non-verbal communication with their partner.
- Compete to score points for your team! Celebrate points!

## Variations:

- Can be set up on 1/4 ice ([view animation here](#)).
- Can be 1v1 ([view example](#)), 2v2, 3v3 ([view example](#)), or 4v4.
- Can add "gates" ([like Picket Fences 2v2](#)) at the point that the defenders must skate through before they make a pass to the next players in line.

**Station Number:** Station 2

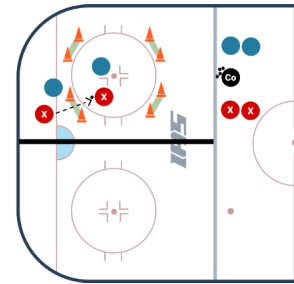
### Coach's Notes:

Have the players on defense gap up and try to defend while skating forward and working on their angles. Have the forwards work on simple zone entry concepts, switches and cross-drops.

# Pass Through The Cones 2 v 2 Game

## Details:

Pass Through The Cones 2 v 2 Game is a station based game that helps players practice passing, puck support, puck protection, and awareness. This game is great for all age levels and can be modified in a variety of ways. IHS Members might be familiar with the half-ice versions [Gates of Buffalo Passing](#) or [Gates of Buffalo 3 v 3](#).



## Setup

- In a 1/4 station setup, create goals with cones (or tires).
- On the whistle players play 2 v 2 in the station and try to score points by passing to their teammate through the cones.
- Players can not pass though the same tire twice in a row.
- Coaches keep score!

## Coaching Points

- Offensive:
  - Players with the puck keep their head up to look for their teammate and open ice.
  - Players without the puck should jump to open space to support their teammate.
- Defensive:
  - Keep sticks on the ice to block passing lanes.
  - Communicate with your partner.

## Variations

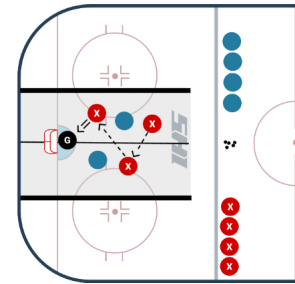
- Can be set up in different areas of the ice.
- Can play 2v2, 3v3, 4v4, 5v5, or have power play / penalty kill situations.
- Can add more or less goals.
- Goals can be created with tires, cones, or other objects. The smaller the goal, the harder it is to score.

**Station Number:** Station 3

# Royal Road Drill

## Details:

The Royal Road Drill is a very competitive 2 v 2 battle drill that starts with a face-off and only awards goals that are scored off of a pass that crosses the royal road (the royal road is the middle of the ice).



## Setup

- Coaches add boundaries and can draw a line down the middle of the crease up to the blue line that designates where the Royal Road is. If you are unable to mark up the ice, coaches can use cones or tires.
- The game starts with a face-off and both teams are trying to score.
- The only goals that are counted are when players make a pass to their teammate across the royal road, and their teammate scores off of a quick release (one timer, two touch, or quick release shot).
- Shifts should be no more than 30 seconds.

## Coaching Points

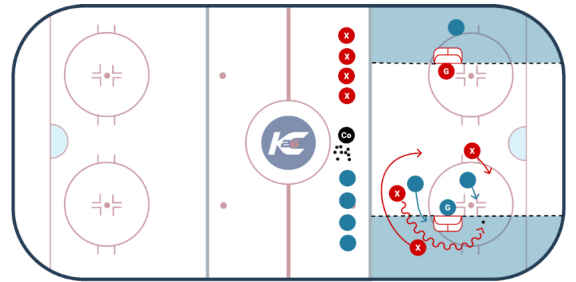
- Players on both sides of the ice should compete and work hard to gain puck possession.
- Offensive team: puck carrier should work on puck protection concepts, and the player without the puck needs to work to jump to get open to support their teammate as an outlet or put themselves in a position for a one timer.
- Defensive team: keep sticks on the ice to block passing lanes. Keep your head on a swivel to make sure you do not leave a player open for a one time shot. Tie up sticks when in tight.

**Station Number:** Station 4

## Gretzky 2 V 2 Switch Game

### Details:

The Gretzky 2 vs. 2 Switch game from [Kendall Coyne Schofield](#) is a great small area game that has a modification to the normal Gretzky 2 v 2 Game: the "Gretzky" behind the net can switch with active players at any point, so long as at least one player is behind the goal line. This modification allows more options for player to create offense and encourages exchanges and switches.



- In a half ice setup, place two nets facing each other in opposite face off circles.
- Have a 2 vs. 2 in the middle of the ice.
- Each team has 1 player behind the net in their offensive zone. They can not go in front of the net unless one of their 2 teammates activates a switch
- To start, coach can pass a puck, take a shot on net, or chip it in the middle of the ice for a battle.
- Keep score!

### •Offensive players:

- Players in the middle of the ice: work on give and go's and exchanges with your teammates and your "Gretzky"
- Players behind the net: know where you want to pass to before you get the puck. Use the net as protection and get creative. Communicate with your teammates on opportunities you can create through switches

### •Defensive players:

- Head on a swivel and know where all of the players are.
- Keep stick on ice to block passing lanes.

### Variations

- Can be 2v2 or 3v3 in the middle of the ice
- Can allow 2 "Gretzky's"
- Can require players to only hold the puck for 1 or 2 seconds or a whistle is blown

**Station Number:** Everyone