

TABLE OF CONTENTS

INTRODUCTION	1
Mel Davidson	1
ACKNOWLEDGEMENTS	1
DRILLS	2
INDEX OF DRILLS	16

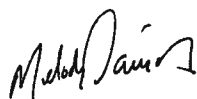
INTRODUCTION

This drill manual is intended to provide you with a resource for preparing your hockey practices. All drills have a definite focus but are not set out in a specific, progressive teaching sequence. This was done intentionally so that you will peruse the entire manual in search of appropriate drills for your team's development.

Within our national team program we have a pool of dedicated coaches who lead our various teams into many different types of hockey events throughout the year. Given that different coaches approach their craft in different ways it becomes challenging with respect to building cohesiveness and continuity. However, a side benefit of having so many gifted coaches involved is the wide range of thinking and resultant new ideas that are constantly generated.

It is Hockey Canada's intention as an organization for this to be the first in a series of 40 of the Best featuring drills from our Regional, Junior and National Teams.

On behalf of all of us who coach at Hockey Canada, we hope that you will enjoy "40 of the Best" and we thank you for your continued commitment and dedication as a coach.



Mel Davidson

Former Head Coach, Canada's National Women's Program

ACKNOWLEDGEMENTS

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Tim Bothwell	Margot Page
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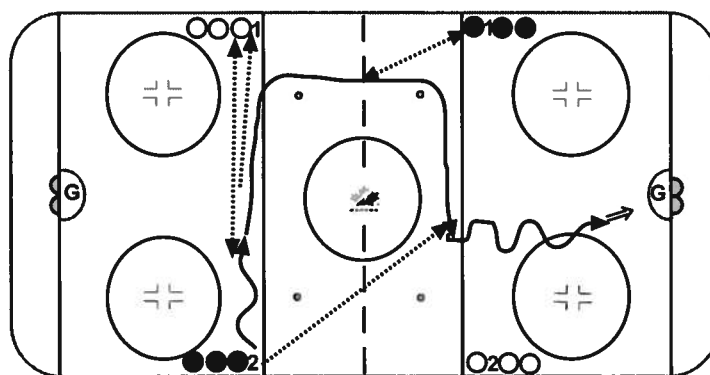
Ce document est aussi disponible en français



1 BUBBLE GUM STRETCH

Using the whistle to control the flow the drill starts with diagonal opposites starting at the same time.

- ●2 passes to ○1 who 1 touches the puck back to ●2 and then back to ○1 1 touch.
- ●1 then passes to ●2, ●2 touches back and times skating and flat angle to accelerate into a pass from the next ●2 in line.
- Finish with a shot



COACHES NOTES

This drill gets players moving to support the puck. The key in this drill is the pass receiver. The receiver must take good angles to the puck and the passer must read the availability of the receiver to receive a pass. The receiver must also time the stretch pass.

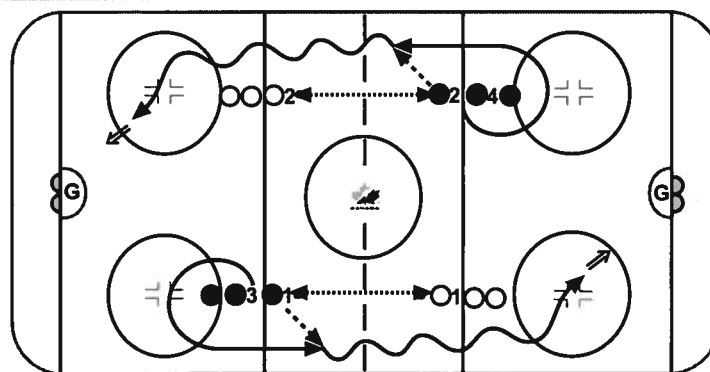
KEY TEACHING POINTS

- Crisp touch passes
- Communication
- Timing and angles to passes

2 DOT SEQUENCE

5 different passing options:

1. Forehand carry and pass – same sides
 2. Indirect pass – ●1 to ○1 to ●1 to bank to ●3
 3. Open pivot – add multiple passes
 4. Bust – hard to anchor
 5. 2 vs 0 – support midlane and drive wide.
- 1->○1->●1 for cross ice pass



COACHES NOTES

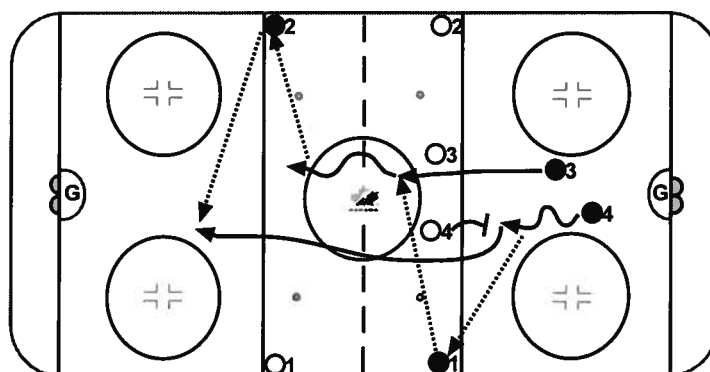
A great drill where players are able to attempt a maximum number of touches with the puck. Use a variety of options in order to keep your players interest.

KEY TEACHING POINTS

- Crisp accurate passes
- Communication and pass variety

3 CZECH GATE KEEPER

- ●3/●4 play 2 on 2 full ice vs ○3/○4.
- Must use *gatekeeper* to gain neutral zone and offensive zone; i.e. must use give and go with ○1/●1 to gain neutral zone and ○2/●2 to enter offensive zone.
- ●1/●2 must possess the puck. One touch passes are ok, but deflections are not.
- 20-25 second shifts. Line changes are signaled by a whistle. Players off bench become new *gatekeepers* old *gatekeepers* play 2 vs 2.



COACHES NOTES

A full ice game where players are improving their passing skills. Anticipation and thinking ahead to the next pass in order to become an option to the stationary *gatekeeper* are important skills to be learned and will help the player advance to the next level. The one touch pass is a great skill that will open up a lot of free ice for your players. Keep score and make it fun for your players

KEY TEACHING POINTS

- One touch passing
- Communicate
- Speed and quickness
- Think ahead and move feet to provide option

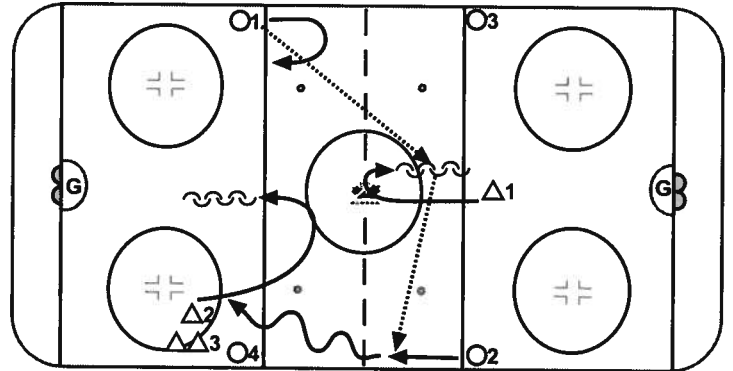
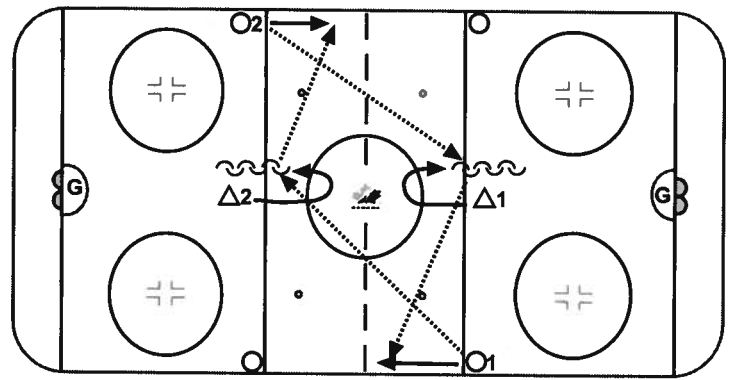
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NO DUST
1 ON 0 / 2 ON 0 / 2 ON 1

- The drill starts with diagonal opposites starting at the same time (1 on 0 and 2 on 0); using the whistle to control the flow
- 1 on 0 - Δ timing together. Wait for partner then go backwards. As Δ set, the coach whistles to signal D to move backwards.
- Defensemen each take 2 reps, one to each side.
- 2 on 1 runs one way at a time.
- First pass rotation
- O1 line
- O3 line
- O4 line
- O2 line
- Δ 1 no dust to O2
- Δ 1 stays in to defend next 2 on 1
- Δ 3 up to take no dust pass. Δ 3 jumps in immediately after 2 on 1 crosses blueline to repeat.
- O's make pass while stationary

KEY TEACHING POINTS

- Crisp accurate passes
- Timing
- Cradle/cushion puck to receive



COACHES NOTES

Passing and receiving a pass while retreating is an important skill for defensemen. Forwards should be presenting a target and making eye contact with the passer. Receiving a pass and making the next pass without stickhandling is an important skill for quick puck movement.

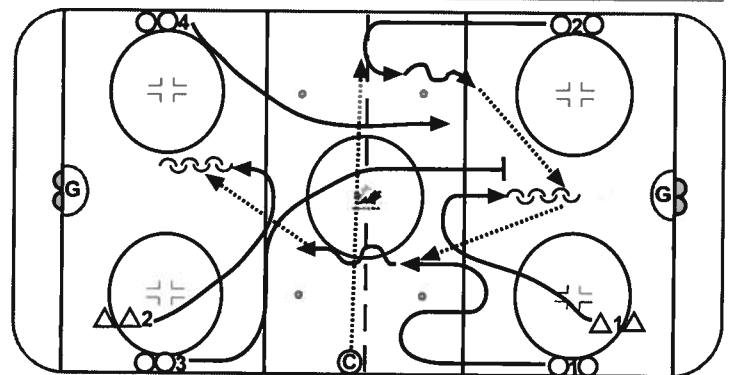
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CONTINUOUS FORECHECK/REGROUP

- Continuous game 3 on 3 (2 O + 1 Δ). Regroup / gain red line / spot puck to opposite defensemen and forecheck.
- Passer (O1) forechecks Δ 2 while O2 takes away 1 outlet (O3 or O4).
- Δ 2 regroup with O3/O4
- 20-25 second shifts
- Variation: Keep away - same 3 on 3 (2 O + 1 Δ) but now gain red / attack blue line / curl and regroup
- Option: regroup Δ (Δ 2) may use next Δ (in line) Δ 3 as outlet (of O3 or O4 are not available). Δ 3 will then pass to O3, O4, or back to Δ 2

KEY TEACHING POINTS

- Quick pucks
- Think ahead
- No dust 1 touch passes
- Move to open ice
- Sticks down
- Feet moving

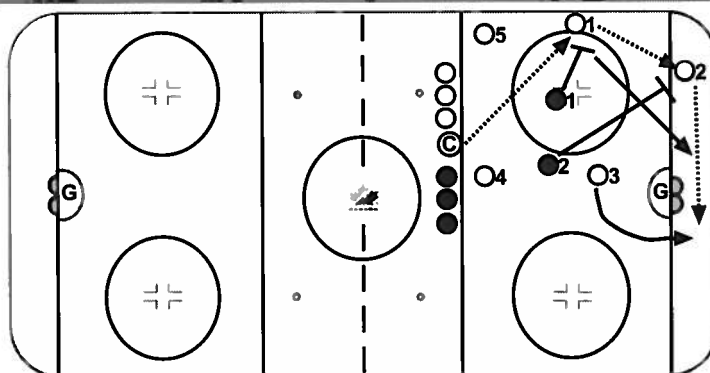


COACHES NOTES

A drill designed to develop quick transition, thinking and forechecking skills while simulating game pressures. The development of puck possession thinking skills is also a strong benefit to this drill

6 IN THE ZONE

- 5 vs 2 in offensive zone.
- Checkers (●1/●2) must chase all over the zone, no standing. i.e. ●1 attacks O1 and ●2 attacks pass continuously.
- O's try to score
- Whistle every 10 seconds for line change. ●'s continue to defend and ○'s continue to attack.

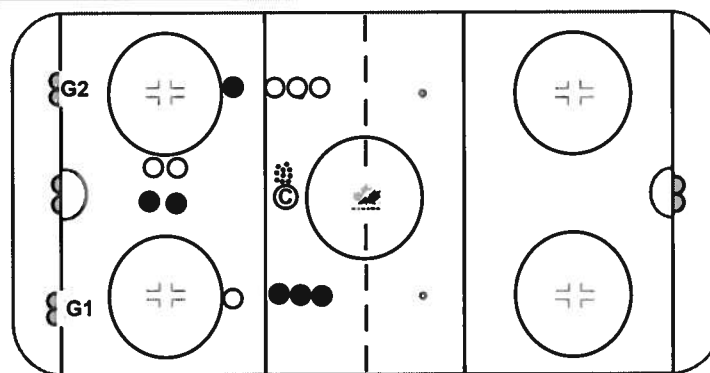


COACHES NOTES

A small area game that encourages quick puck movement and constant movement. Encourage your players to hustle in and out of the drill. Coach dictates how many change, can be all or just defenders.

7 JUMP DOWN

- ○'s look to score on G1; ●'s on G2.
- Play 20 second shifts, and change on whistle.
- 2 v 2 with high support at tops of circle. Support can shoot.
- Support can jump down but other player must be coming up and communicating to replace.

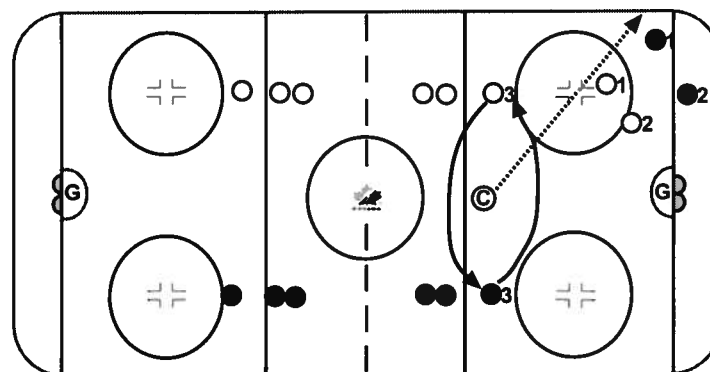


COACHES NOTES

Having high support is important in both offensive tactics and defensive tactics. The high support player is a great scoring threat as well as an important part of the backcheck. This drill incorporates the high support in a fun, competitive game.

8 2 VS 2 WITH OUTLETS

- ●1 and ●2 play 2 on 2 vs ○1 and ○2.
- ●3/○3 are pass outlets, with one at each circle top. ●3/○3 can shoot or pass, but must be a quick decision (2-3 sec max)
- If ●3 changes sides, ○3 must switch sides too.
- All defense to offense transition must start with pass to outlet.



COACHES NOTES

A half ice activity that teaches skills on both the offensive and defensive sides of the puck. The competitive nature of the drill helps your players develop their skills at game intensity. This drill also teaches players to look for support in order to avoid blind passes

KEY TEACHING POINTS

On defense:

- Body focus
- Lead with stick
- Defensive side and support

On Offense:

- Get to net with and without puck
- Challenge defensemen
- Drive seems and hunt rebounds
- Use give and goes and shoulder check to find support (outlet)

9

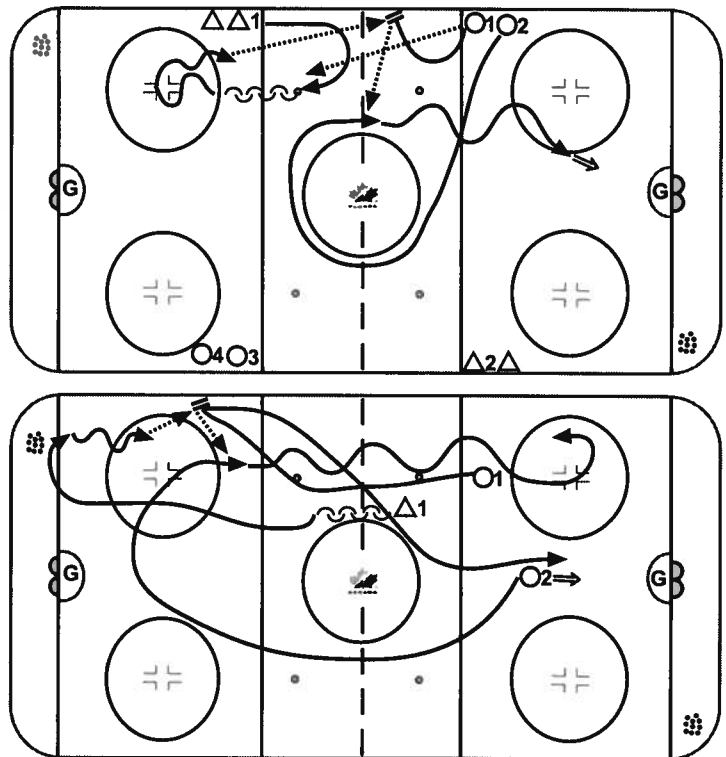
SALT LAKE TRANSITION

Using the whistle to control the flow the drill starts with diagonal opposites starting at the same time.

- $\Delta 1/\Delta 2$ step up and touch redline and backpedal.
- $\circ 1$ passes to $\Delta 1$
- $\circ 1$ hustles around dot to provide wall outlet.
- $\circ 2$ around neutral zone circle for middle support.
- $\Delta 1$ back pedal around pylon
- $\Delta 1$ passes to $\circ 1$ who then passes to $\circ 2$.
- $\circ 2$ skates down ice to shoot, then recovers up far side of ice
- $\circ 1$ follows into offensive zone and $\Delta 1$ follows up over redline.
- After $\circ 2$ shot, $\Delta 1$ backpedals and pivots to retrieve a puck in the defensive zone.
- $\circ 1$ hustles back for wall outlet in defensive zone
- $\circ 2$ hustles back for middle support in defensive zone.
- $\Delta 1$ passes to $\circ 1$ who passes to $\circ 2$.
- $\circ 2$ drives deep and delays. $\circ 1$ drives to the net.
- $\Delta 1$ follows up and stops at blueline for a pass from $\circ 2$.
- $\circ 2$ passes to $\Delta 1$ who drags to the middle and shoots.

KEY TEACHING POINTS

- Communication
- Support
- Quick transition
- Transition skating and passing skills



COACHES NOTES

Transition is a vital component of the game. It is important to move the puck up ice as quickly as possible. Quick transitions will exploit your opponent's defensive weaknesses and can result in high grade scoring opportunities.

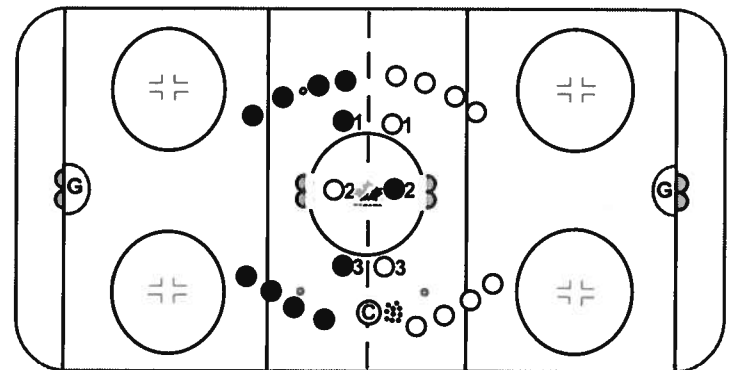
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NYR PP CIRCLE

- All players stay on own side of redline and $\bullet 1/\bullet 3/\circ 1/\circ 3$ must stay outside circle.
- $\bullet 2/\circ 2$ must stay inside circle
- Coach spots pucks for 3 on 3.
- 20-25 second shifts
- Extra players create boundary with blueline to help keep pucks in play
- Coach adds new puck if puck goes out of play (flip/shot on goal/spot)

KEY TEACHING POINTS

- Thinking drill
- One touch pass
- Quick shot release



COACHES NOTES

An activity that highlights the importance of quick decision making and quick puck skills. Keep score and make it fun for your players.

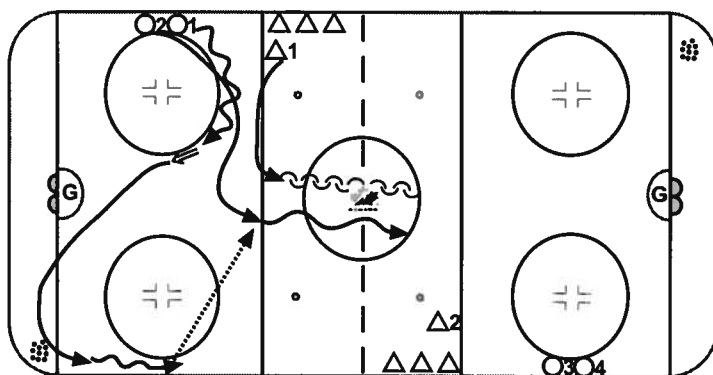
11 GAP CONTROL

Using the whistle to control the flow the drill starts with diagonal opposites starting at the same time.

- ○1 (○3) skate circle top and shoot.
- ○1 (○3) picks up puck in corner and make breakout pass to ○2 who skates circle top to middle of ice to receive pass in high slot between face-off circles
- △1 (△2) steps out to middle of ice to play one on one.

KEY TEACHING POINTS

- Crisp accurate passes
- Gap Control
- △ keep puck carrier to outside



COACHES NOTES

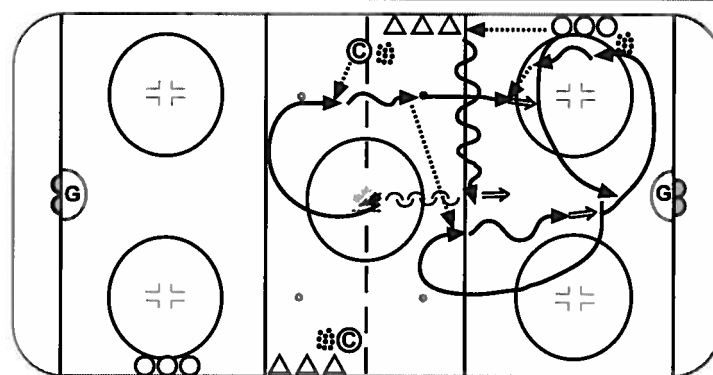
As a defensive player it is important to keep a small gap between yourself and the offensive player. Staying within a stick length from the puck carrier will ensure you are able to defend the one on one situation effectively.

12 D DELIGHT

- ○ passes to △ and D drags to middle for a shot with ○ going to net for a tip
- △ back pedals and retrieves puck and passes to ○ who is timing their skate inside the dot. ○ receives pass and enters zone for a shot.
- △ follows play and receives puck from ○ and shoots with ○ going to front of net.

KEY TEACHING POINTS

- Crisp accurate passes and forward positioning in front of net.
- Hard accurate shots on net
- Timing
- △ pivoting around puck to do no dust pass



COACHES NOTES

Defensemen are an effective option in creating scoring opportunities. This drill is a great tool to teach offensive players the importance of establishing a presence in front of the net in order to tip pucks, screen goaltenders, and track rebounds.

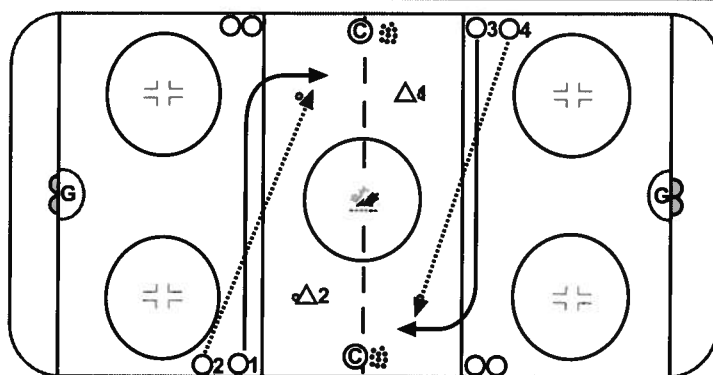
13 NET DRIVE

Using the whistle to control the flow the drill starts with diagonal opposites starting at the same time.

- △1/△2 start on face-off dot. △ cannot move until ○ touches the puck.
- Forward skates across neutral zone and up wall to pick up puck and drives hard to the net while protecting the puck.
- Can vary difficulty by moving puck placement.
- Variation: Second forward in line makes hard cross ice pass to ○ as he skates up wall. Forward should receive pass as he crosses red line. △ can only move once the ○ has received the pass. Coach spots puck.
- 2nd variation, add 1 defense and 1 forward to make it a 2 on 2

KEY TEACHING POINTS

- Speed and quickness and puck protection and drive to the net



COACHES NOTES

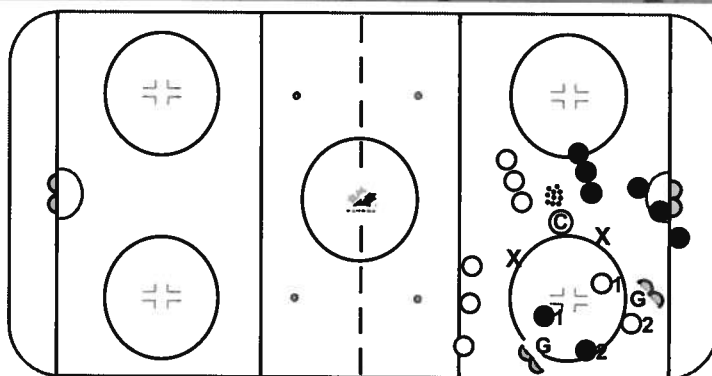
An excellent drill to test the drive and motivation of your forwards as they go hard to the net. This drill also challenges the acceleration and mobility of your defencemen as they play a rush situation from a stationary position.

14 2 ON 2 SMALL SPACE

- Nets are placed on the edge of the face-off circles.
- ●1/●2 vs ○1/○2 2 on 2 with coach spotting a puck to start the drill
- If the puck goes out of play the coach spots a new puck. Can use extra players to create a *boundary* and help keep pucks in play.
- Goalies are able to shoot and score on each other.
- After 20 seconds coach blows whistle and players must *touch up* to change

KEY TEACHING POINTS

- Quick puck movement
- Offensive and defensive support
- Communication and puck protection



COACHES NOTES

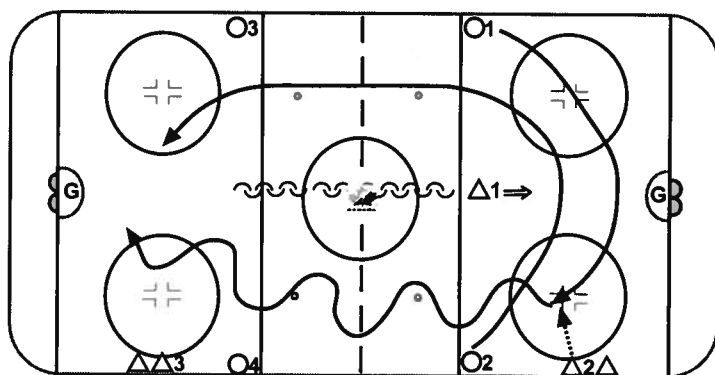
An excellent drill to test the drive and motivation of your forwards as they go hard to the net. This drill also challenges the acceleration and mobility of your defensemen as they play a rush situation from a stationary position.

15 SWEDISH 2 ON 1

- Δ1 begins drill with a shot from the point.
- ○1 and ○2 wait for shot, swing across tops of the circles. ○1 receives a pass from Δ2 at tops of circles.
- ○1 and ○2 attack Δ1 2 on 1. Δ2 follows play up ice.
- If no goal is scored, forwards hunt puck down and pass to Δ2 for a point shot. ○1 and ○2 crash net for point shot. (If goal, no rebound, or rebound out of play Δ3 will pass a puck to Δ2 for a shot on whistle.
- ○3 and ○4 repeat following Δ shot.
- Variation: 3 on 1, 3 on 2

KEY TEACHING POINTS

- Defensemen use active sticks 2 on 1 (defend *good ice*)
- Defensemen tie up a stick in front of net
- ○ Hunt rebounds and forwards compete for tip / screen positioning



COACHES NOTES

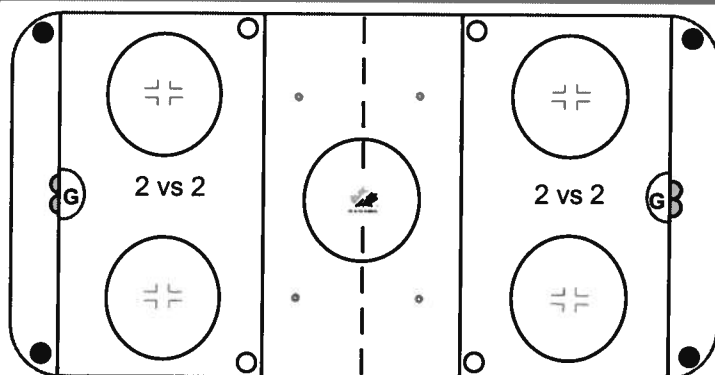
As a defenseman it is important to take away the attackers passing options and allow the goaltender to focus on the shooter. Do so using an active stick in the passing lane. This drill will test your defensemen's ability to play against rushes when outnumbered, as well as to encourage creativity and competitiveness with your forwards. The drill is also useful in teaching, encouraging, and developing net front battle skills for both forwards and defenseman.

16 GAMES 2 VS 2 + 2

- 2 vs 2 in zone with 4 stationary players; one in each corner of the zone.
- Vary stationary players.
- One shot and one rebound then both stationary players have to touch the puck before next shot.

KEY TEACHING POINTS

- Communicate
- Puck movement
- Puck handling



COACHES NOTES

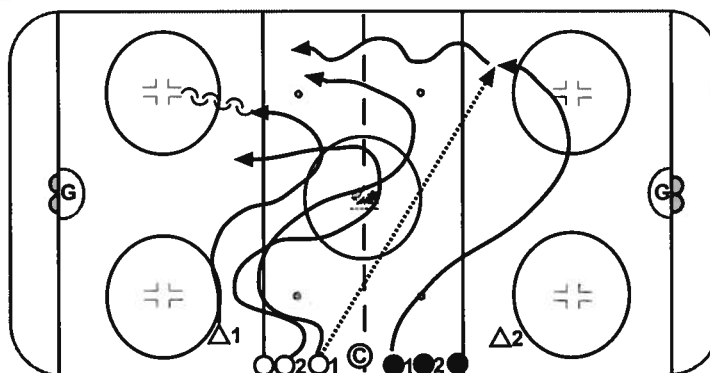
A small area game designed to develop puck skills in a confined space. Useful in evaluating the instincts of your players. Keep score and make it a fun activity for your players.

17 FORECHECK ANGLING AND BACKCHECK

- Coach spots puck and ●1 retrieves and attacks Δ1 1 on 1.
- ○1 touches blueline and angles across forechecking ●1.
- ○2 is F2 on backcheck
- Δ1 and ○1 talk with regards to who will eliminate ●1. If there is a loose puck ○2 supports.

KEY TEACHING POINTS

- Angling
- Communicate



COACHES NOTES

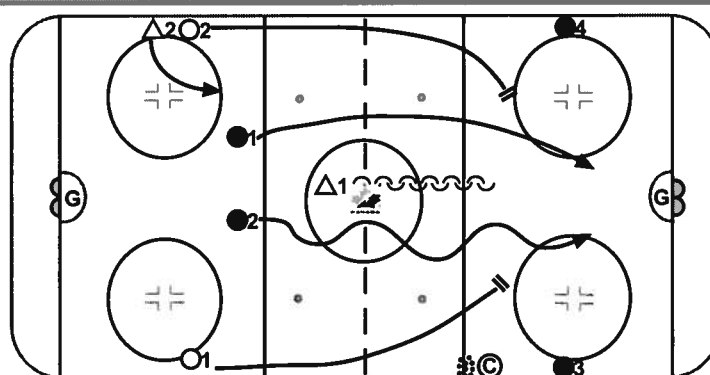
In the defensive half of the rink, it is important to protect the middle of the ice, forcing the attack to the outside. Accomplish this by moving your feet, using body position, and using your stick to eliminate movement to the inside.

18 BOWNESS BACKCHECK

- ●1 and ●2 start the drill 2 on 1 against Δ1. When they cross the defensive (near) blue line ○1 and ○2 backcheck into the high slot and stop.
- ●1 and ●2 play 2 on 1 low versus Δ1.
- Δ1 tries to gain control of the puck and make a breakout pass to ○1 or ○2.
- If no breakout pass is made after 5-7 seconds the coach blows his whistle and spots a puck to ○1/○2 to repeat versus Δ2, ●3 and ●4 must wait for breakout pass then backcheck

KEY TEACHING POINTS

- 2 on 1 low battle
- Close support
- Strong backcheck



COACHES NOTES

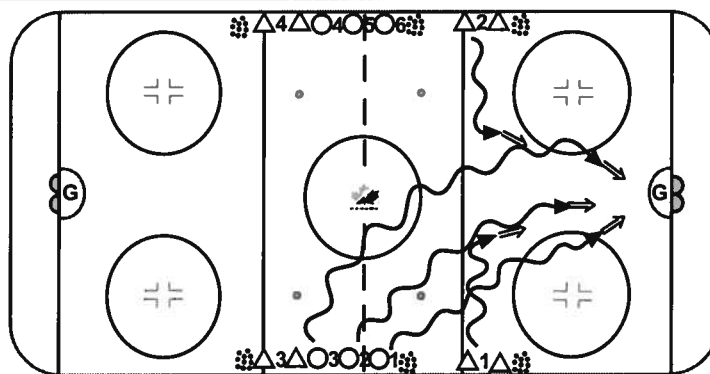
This drill focuses on low 2 on 1 battles. Forwards must outnumber the opponent and keep the puck low in order to create a quick scoring opportunity. The drill incorporates a high level competitiveness as well as conditioning. To increase tempo allow 2 on 1 scoring play on rush and a quick rebound opportunity then whistle. Coach will pass to ○1 to repeat.

19 FIVE SHOT/BREAKOUT/TRANSITION

- 3 lane forward shooting and defensemen drag to the middle to shoot.
- On whistle a puck is placed in the zone and the 5 players breakout and attack full ice 5 vs 0.
- On whistle a puck is placed in the neutral zone for a quick transition and second attack.

KEY TEACHING POINTS

- Communicate
- Crisp accurate passes
- Timing



COACHES NOTES

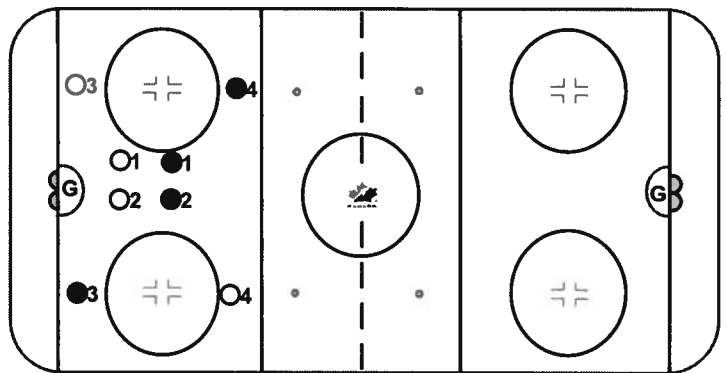
This drill involves many touches of the puck and the opportunity to work on executing the proper breakout and transition. The key to proper execution is timing and communication.

20 SQUARE DANCE

- ○1/○2 vs ●1/●2 2 on 2.
- 3 and 4 are stationary outlets and can set picks for teammates. Only 4's can shoot.
- Cannot check outlets (must find your check) when outlets have puck.

KEY TEACHING POINTS

- Use give and go's
- Drive seams
- Use picks
- Get to net for tip/screens



COACHES NOTES

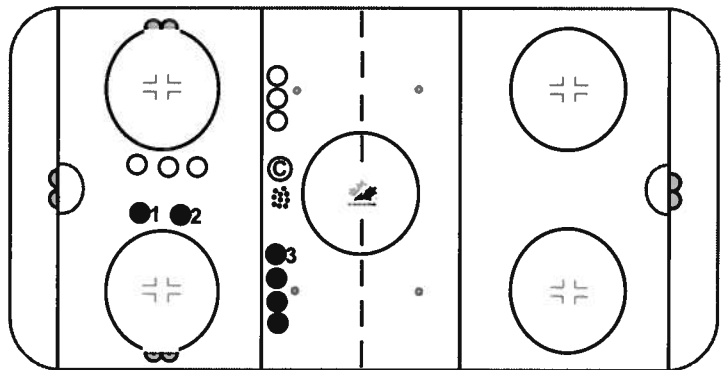
A game to work on quick puck movement in a confined area. Defensive skills are also easily focused on in this game. Ensure players are staying on the defensive side of the puck and are keeping their sticks in the passing lanes.

21 3 VS 2 QUICK TRANSITION

- Play starts 3 vs 2 with puck going to the team with 3 players (○).
- Play until turnover / score / whistle.
- When puck is turned over ●'s must pass to next in line. Once pass is made then ○'s must change. ○'s cannot defend outlet.
- ●3 passes in to go the other way. ○'s change for first 2 in line to make it 3 vs 2.
- When a team scores then a new puck is spotted.
- If the play goes too long then whistle will blow and both teams will change and play will go the other way.

KEY TEACHING POINTS

- Quick shifts and quick transition
- Lots of communication and very up tempo



COACHES NOTES

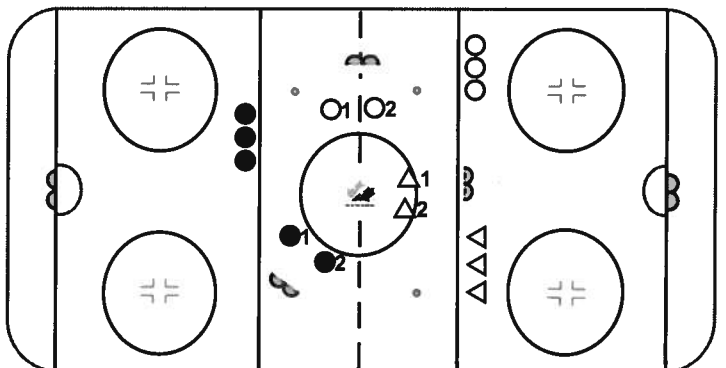
A small area game where players can work 3on2 situations in a confined space. Coaches should encourage strong defense and creativity on offense.

22 3 NET SCRIMMAGE

- Each colour defends 1 net.
- Can score on either of other 2 nets
- 2 vs 2 vs 2 between blue lines

KEY TEACHING POINTS

- Communication
- Quick puck movement



COACHES NOTES

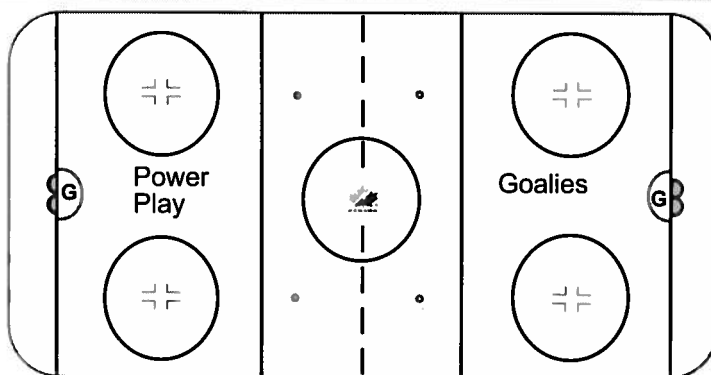
Another small area game where players must focus on puck handling and puck movement through a crowded neutral zone. Keep score and make it fun for your players.

23 POWER PLAY VS 1-2-3-4

- 5 vs 1-2-3-4 using only blue line and in.
- Vary the number of penalty killers and practice all situations.
- Can utilize other ¾ ice for skill specific drills as well as goaltender drills.

KEY TEACHING POINTS

- Quick puck movement
- Support
- Find the seams
- Utilize all set options



COACHES NOTES

Begin practicing your powerplay against 1 defender and add more killers as your powerplay players become more comfortable with their options. Ensure you are practicing both 5 vs 3 options as well as 5 vs 4. If you are aware of your opponent's penalty killing system, you can have your killers implement that system in practice to help further prepare your powerplay.

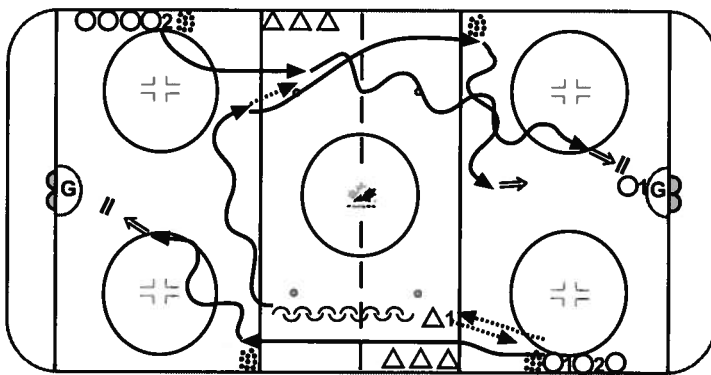
24 SMITTY'S SKATE, PASS AND SHOOT

Using the whistle to control the flow the drill starts with both sides at the same time

- ○1 and △1 exchange passes.
- At far blue line △1 pivots and passes to ○2.
- ○1 picks up puck and shoots on goal and stays in front.
- ○2 carries and shoots on goal and stays in front.
- △1 follows up wall, picks up puck, drags to middle of ice and shoots on goal.

KEY TEACHING POINTS

- Shots on goal
- Crisp accurate passes



COACHES NOTES

It is important to spend time each practice on refining the basic technical skills such as skating, shooting, and passing. Drills that include a lot of flow are a great way to accomplish this task.

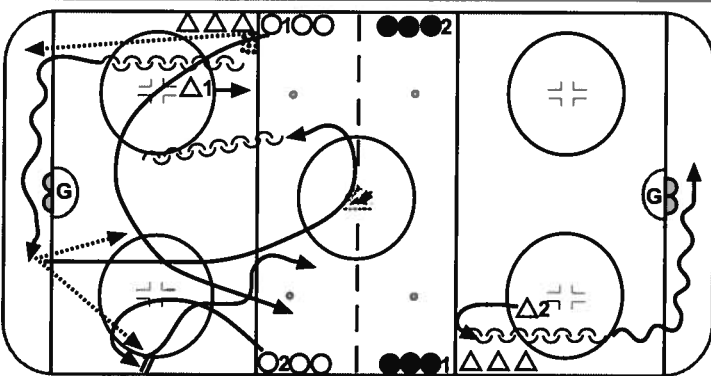
25 FRENCHIE 2 VS 1

Using the whistle to control the flow the drill starts with both sides at the same time

- △1 tags up to blue line
- ○1 spots puck into defensive zone.
- △1 pivots and retrieves puck.
- ○1 and ○2 support low.
- △1 passes to ○1 or ○2
- △1 closes the gap and takes ○3 and ○4 coming from other end.

KEY TEACHING POINTS

- Low support
- Gap control



COACHES NOTES

Gap control is an important skill for a defenseman to learn. In order to play a 2 on 1 rush situation effectively, the defenseman should be within approximately 1 stick length of the puck carrier inside the defensive zone.

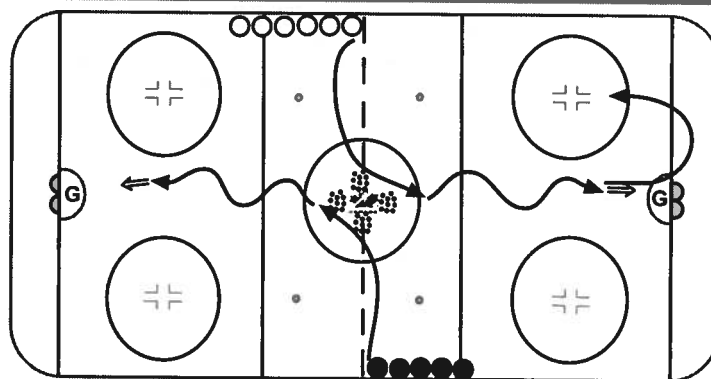
26

1, 2, 3 SHOWDOWN

- ●1 and ○1 have a breakaway on opposite nets.
- If either (or both) score they skate back through the neutral zone to join the rush with their next teammate for a 2 vs 0.
- If they score again, they skate back through the neutral zone and join their 3rd teammate for a 3 vs 0.
- If no goal is scored, then the team restarts at 1 vs 0.
- Score 1 point for your team only on a 3 vs 0 goal.

KEY TEACHING POINTS

- Creativity



COACHES NOTES

Reward your players for their hard work at the end of each practice with a fun game such as a showdown. Keep score and make it fun for your players.

27

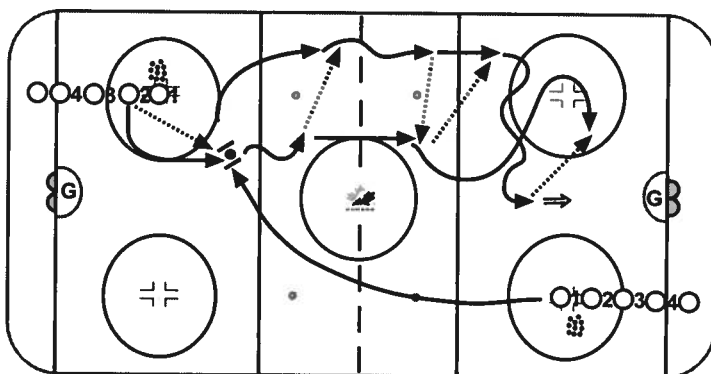
SWING 1 TOUCH 2 VS 0

Using the whistle to control the flow the drill starts with both sides at the same time.

- ○1 skates down the wall and supports ○2.
- ○2 passes to ○1 who stops the puck dead.
- ○2 picks up the puck and passes to ○1 up the wall.
- ○1 jackhammer to ○2 and return.
- ○1 either funnels wide or delays for 2 vs 0.

KEY TEACHING POINTS

- Support
- Crisp accurate passes



COACHES NOTES

Funneling wide or delaying inside the offensive blueline will create a lot of time and space for the puck carrier. Use these tactics when the puck carrier is under pressure and has no passing options.

28

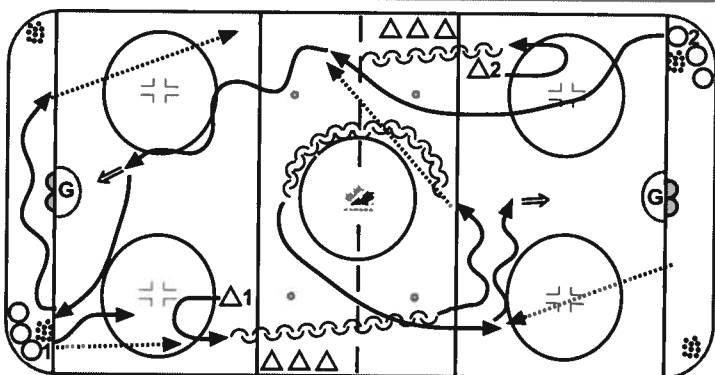
CROSSOVER DRILL

Using the whistle to control the flow the drill starts with both sides at the same time.

- ○1 and △1 exchange passes.
- Near far blueline △1 pivots and passes to ○2.
- △1 backwards crossovers around center circle.
- ○2 shoots on goal and retrieves a puck from the corner.
- ○2 passes to △2 for a shot.
- ○2 goes to the net for a screen, tip, or rebound.

KEY TEACHING POINTS

- Crossovers
- Crisp accurate passes
- Forward positioning in front of net

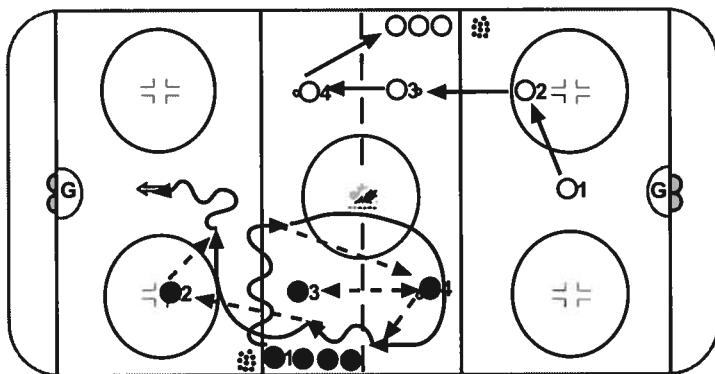


COACHES NOTES

A quick transition is an important part of an effective offense. This drill allows your defencemen to work on pivoting with the puck and moving the puck quickly to a forward driving down the wall for a scoring opportunity.

29 66 SHOOTING

- Beginning with puck, 1 skates a figure 6 (as illustrated) passing to 4 to start a series of 6 quick passes between players before finishing rep with a quality shot on goal. Next rep begins when shooter 1 crosses blueline. Start 2, 3, 4 where indicated but they should always be moving towards next spot.

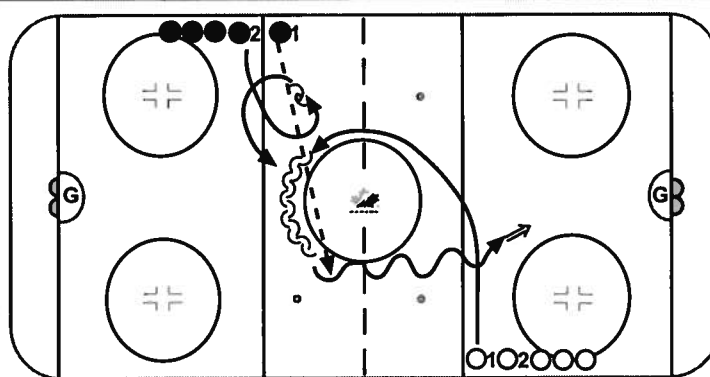


KEY TEACHING POINTS

- Passing and receiving skills (soft hands, target, quick-one touch)
- Tempo
- Thinking (move quickly to next station)

30 NZ LOOPER

- To start, ●1 and ○1 skate around center ice circle and pivot backwards to receive pass from opposite line before pivoting forwards for land drive and shot on net. At same time, next player in each line pivots skates with puck around dot before passing and moving on for each rep

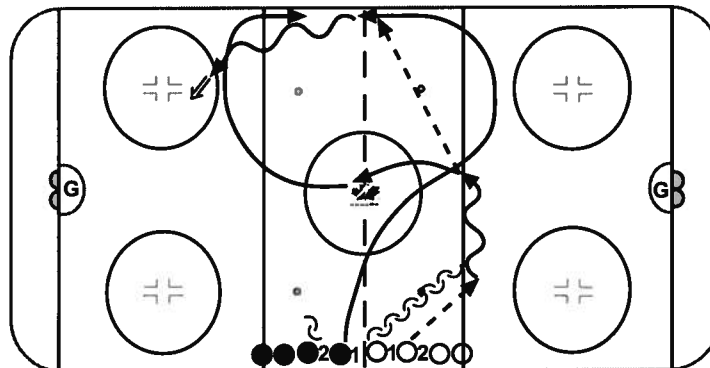


KEY TEACHING POINTS

- Pivoting (face play)
- Passing and receiving
- Communication (verbal and non verbal)
- Shooting (hard and accurate)

31 NZ TRANSITION PASSING/RECEIVING

- 1 starts backwards and receives 1st pass from next ○2 in line. Player 1 skates (backcheck) through middle before turning up ice to receive an outlet from ○1. ●1 continues for shot while ○1 starts new rep by skating through middle before turning up ice to receive pass (from 2) and shot in other direction.
- Two players from each line, both as outlets (timing to fill two lanes on attack) Coach in n-zone as checker vs. pass



KEY TEACHING POINTS

- Agility skating/passing
- Backcheck skating thru mid-ice
- Timing on transition for good receiving angle.
- Drive skating with puck, shooting in stride

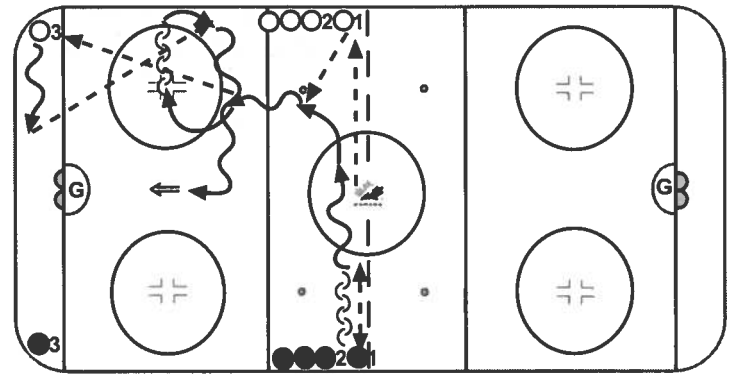
32

HAM BONE

- ●1 backwards exchange with ●2. Pivot forward to exchange with O1. Continues to pass with O3 and then provides outlet for return pass. O3 skates to middle to create good angle, pass to ●1 and follow for rebound. ●1 drives off wall for shot and replace O3.

KEY TEACHING POINTS

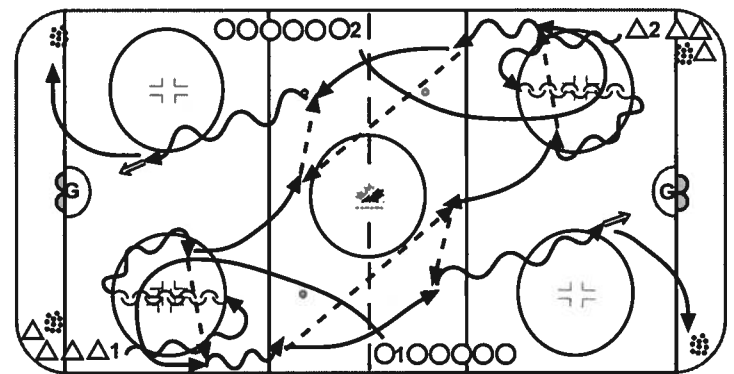
- Agility skating/passing
- Thinking angles



33

THE FLY

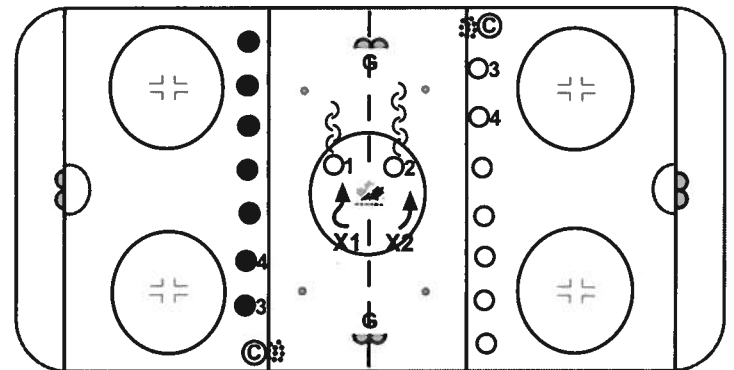
- Δ1 skates the circle and finds the middle
- ●1 supports on wall through the middle
- Δ1 to 1
- ●1 to Δ2 (from the other end)
- Δ2 jackhammer back to ●1
- ●1, SOG
- Δ1 follows
- ●1 picks 2nd puck
- ●1 to Δ1 for 2nd SOG
- ●1 closes for rebound
- Same at both ends on whistle



34

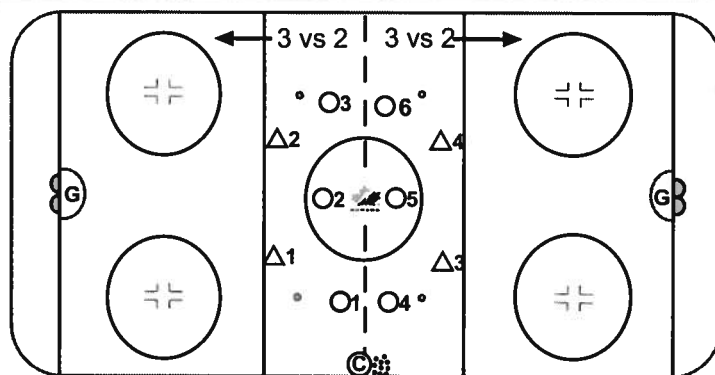
2 VS 2 NZ LINE GAME

- 2 vs. 2 in NZ
- Players in the middle can pass to own team on blue-line
- Blue-line players can stick check opponents
- Coaches feed in new pucks
- 30 second shifts
- Change on whistle
- O1 and O2 and ●1 and ●2 must tag up to blue-line before O3 and O4 and ●3 and ●4 can jump in.



35 BURKIE'S BREAKOUT

- On whistle - ○1/○2/○3 attack Δ1/Δ2 in one end; ○4/○5/○6 attack Δ3/Δ4 in opposite end.
- Play 3 vs 2 until next whistle each end breaks out hard to neutral zone.
- Coach dumps new puck to one end. If the puck is dumped to Δ3/Δ4's end then Δ1/ Δ2/○1/○2/○3 forecheck. Vice Versa if puck is dumped to opposite end.
- Play 5 vs 5 until next whistle



KEY TEACHING POINTS

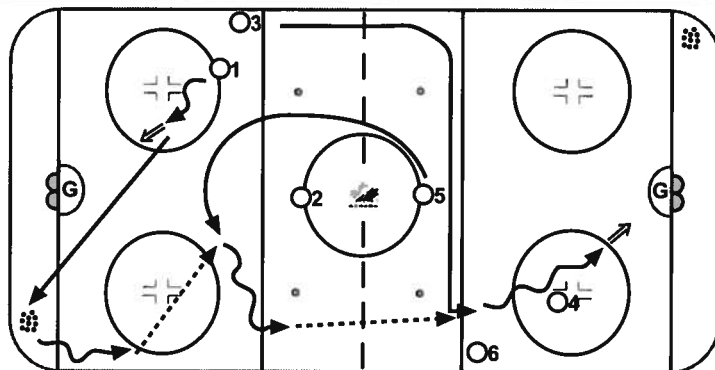
- Crossovers
- Crisp accurate passes
- Forward positioning in front of net
- Utilize various forecheck options

COACHES NOTES

This drill simulates game situations. Like any drill, focus, concentration, and communication are necessary since there is a lot of activity through the neutral zone.

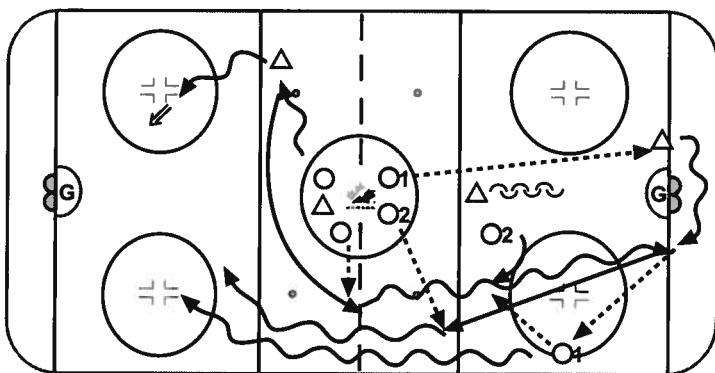
36 A-M SPECIAL

- Skaters at ○1, ○2, ○4, ○5 to start drill.
- Only one person at ○3 and ○6 position.
- ○1 shoots and retrieves puck and passes to ○5 who has come off center circle.
- ○1 becomes ○2 after pass and skates around center ice circle returning to ○1 end for a pass.
- ○2 receives pass from ○1 and passes to ○3 who has stretched across blueline.
- ○3 is now ○4 shooter.
- ○2 goes to ○6 line.
- Both ends at same time.



37 BREAKOUT SHOOTING

- On whistle, both ends, breakout from diagonal corners - all players and pucks in center ice circle.
- Δ backs into zone, ○1 puts puck on net, G sets puck for breakout Δ - ○1 and ○2 (coach can determine wheel, up, reverse).
- First ○ out of zone with puck shoots from same lane.
- Second ○ gets puck from middle group and shoots from mid-lane.
- Δ gets puck from the middle and shoot from outside lane.



COACHES NOTES

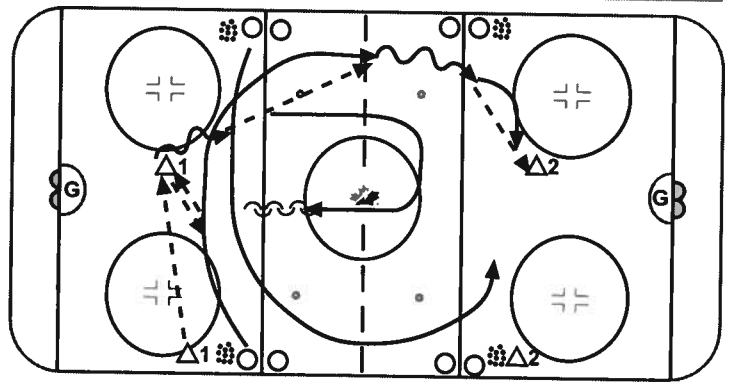
Whistle to quickly clear zone (jump out of zone to center ice circle).



38

CZECH TRIPLE PASS 2 - 1

- ○ starts with the puck & triple passes with Δ1: give it, get it back, touch it back to Δ1 (while moving)
- Both ○s cross in front of the D1 and accelerate to the outside lanes
- Δ1 steps up and passes to either ○ - Δ1 follows up to pivot and play the 2 - 1 coming back
- ○s regroup at far end with Δ2 (triple pass again) and swing back to attack Δ1
- ○'s at other end begin with Δ2 as soon as regroup is complete
- 2 - 1 attack options with speed



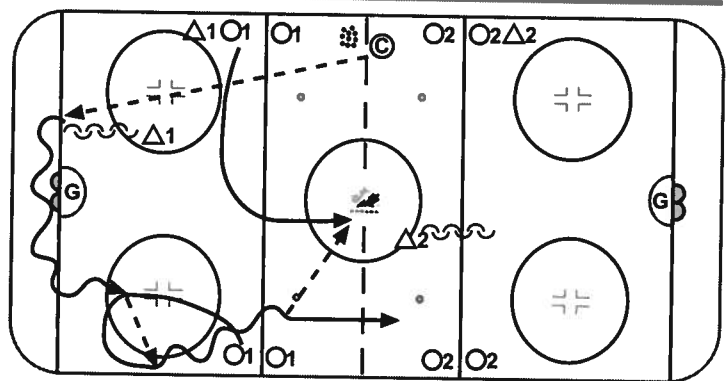
KEY TEACHING POINTS

- Hard, tape to tape passes, keep feet moving while passing, timing, offensive creativity in OZ

39

KILLERS 2 - 1

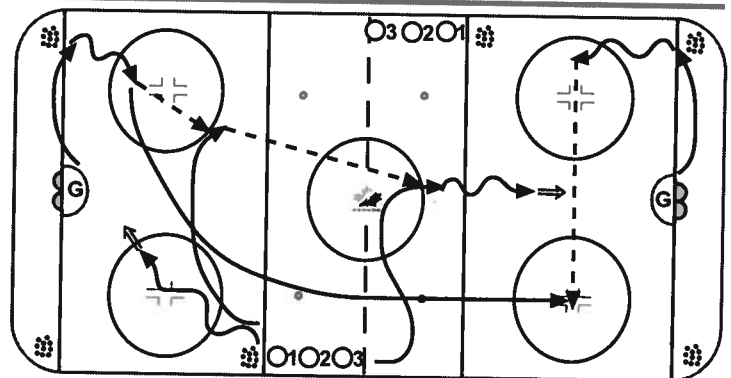
- Coach dumps the puck - Δ1 breaks it out with ○1's
- ○1s fill lanes - support & timing
- ○1s attack other end 2 - 1 against Δ2 (direct attack only)
- Δ2 recovers the puck and breaks it out with ○2s who attack the original Δ1
- Coaches re-starts (dumps a new puck) the drill from the other end with Δ2 & ○2s who breakout and attack a new Δ1



40

2 WAY TIMING

- ○1 & ○1 shoot, follow to the net for a rebound and retrieve puck from the corner
- ○2 & ○2 skate (timing) to receive pass from ○1 & ○1 - after passing ○1 & ○1 skate down ice to join the attack (good timing, heads up as there is lots of traffic in the NZ)
- ○3 & ○3 receive pass from ○2 & ○2
- ○3 & ○3 shoot and retrieve a puck from a corner - pass out to ○1 who has joined the attack (timing)
- Can use this drill and work on OZ options:
- ○3 delay to wait for ○2 & ○3
- ○3 continues wide, carries behind net to time with ○2 - can pass out or cycle up the wall (Initiate cycle)
- ○3 retrieves a puck from the corner and passes to ○2 in other corner (change the point of attack) ○1 forms top of triangle



INDEX OF DRILLS

Bubble Gum Stretch	2	3 vs 2 Quick Transition	9
Dot Sequence	2	3 Net Scrimmage	9
Czech Gate Keeper	2	Power Play vs 1-2-3-4.	10
No Dust 1 On 0/ 2 On 0 / 2 On 1	3	Smitty's Skate, Pass and Shoot	10
Continuous Forecheck/Regroup	3	Frenchie 2 Vs 1	10
In The Zone	4	1, 2, 3 Showdown	11
Jump Down	4	Swing 1 Touch 2 vs 0	11
2 vs 2 With Outlets	4	Crossover Drill	11
Salt Lake Transition	5	66 Shooting	12
NYR PP Circle	5	NZ Looper	12
Gap Control	6	NZ Transition Passing/Receiving	12
D Delight	6	Ham Bone	13
Net Drive	6	The Fly	13
2 on 2 Small Space	7	2 vs 2 NZ Line Game	13
Swedish 2 on 1	7	Burkie's Breakout	14
Games 2 vs 2 + 2	7	A-M Special	14
Forecheck Angling and Backcheck	8	Breakout Shooting	14
Bowness Backcheck	8	Czech Triple Pass 2 - 1	15
Five Shot/Breakout/Transition	8	Killers 2 -1	15
Square Dance	9	2 Way Timing	15

