8 min.

4 min.

4 min.

10 min.





## 1) Russian 2 vs 2

Joe Jones

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DRILL OBJECTIVE: Attack and Defend 2-on-2 Rush

**KEY ELEMENTS:** 

- Warmup
- Create Offensive Chances on a 2-on-2
- Transition from offense to defense.

**ORGANIZATION:** 2 D inside zone. Yellow F1 and F2 on each neutral zone faceoff dot. YF1 and YF2 attack 2-on-2. Defense tries to get possession of puck and make a direct pass to either Green F1 or F2. Once that happens, Yellow F1 and F2 then become defenders, Green F1 and F2 are on offense, and the 2 D get at the end of the line. If offense scores or goalie freezes the puck, coach gives the next 2 offensive players a new puck.

VARIATION: With enough players, go 3-on-3

GOALIE:

### 3 cone overspeed puckhandling drill



**DRILL OBJECTIVE:** Players learn to skate and

**KEY ELEMENTS:** 

 Players must keep their feet moving - no coasting ORGANIZATION: Put a line in each corner of 3-4 players. Out of both corners, 3 cones are set up in a straight line 12-15 ft apart. One corner start first. The players skates quickly around the middle cone, then the bottom cone, and out around the top cone, finishing with a shot on net. When the player who went first goes around the bottom cone, the next player in line in the opposite corner takes off and does the same thing on his side of the ice. The drill alternates back and forth.

**VARIATION: GOALIE:** 

# 3) Continuous Shooting Under Pressure



DRILL OBJECTIVE: Teach players to cut into the slot

#### **KEY ELEMENTS:**

- Puck protection
- · Keep moving the feet
- · Keep on inside edges of skates

ORGANIZATION: F1 starts by skating around top of circle and then over to the bottom of the opposite circle where he picks up a puck. F2 is positioned inside the circle. When F1 picks up the puck, he skates around the circle and then into the slot area, all the while being under mild resistance, who skates along inside F1 defending. Once F1 shoots, F2 becomes the offensive players, and skates to the bottom of the opposite circle where he picks up a puck and is defended by F3. The drill runs continuously.

VARIATION: **GOALIE:** 

## 4) Center Ice 1-on-1



DRILL OBJECTIVE: 1-on-1 out of a neutral zone

## **KEY ELEMENTS:**

- D must be active
- F must swing low
- D pass to F should be fairly lateral

**ORGANIZATION:** Forwards lined up at Center Ice faceoff circle facing D, who is at neutral zone faceoff dot. F passes to D, and the swings inside blueline towards the boards. D retreats with puck, and then transitions up ice towards the middle of the ice. D hits F with a pass along boards. F then executes a tight turn towards the boards and attacks the D who passed the puck 1-on-1.

**VARIATION: GOALIE:** 

### 5) Big Gap Little Gap aka Michigan State



**DRILL OBJECTIVE:** D work on gap control, F work

**KEY ELEMENTS:** 

- D2 must get up ice to take away space
- F must swing low and present good target

ORGANIZATION: F1 in line at red line on one side of the ice, F2 on the other. On the whistle, F1 swings around cone and receives breakout pass from D2. D1 mirrors F1 and then pivots backwards to play the 1-on-1 up the ice. As soon as D2 passes to F1, D2 then passes to F2, who attacks D2 1-on-1. D2 must get up the ice to gap up as soon as the pass is made.

**VARIATION: GOALIE:** 



### 6) Dave Brown Drill



DRILL OBJECTIVE: Lerarn how to score in physical

**KEY ELEMENTS:** 

ORGANIZATION: Put 20-25 pucks in a faceoff circle. Move the net with goalie to the edge of the circle. Put one offensive player at the top of the circle. Put 2 defensive players without sticks in circle. On the whistle the offensive player tries to score as many goals as possible while the defenders legally check him. The offensive player has to stay in the circle. Drill should last 20-25 sec, then switch players

VARIATIÓN: **GOALIE:** 

### 7) Double regroup 2-on-2



DRILL OBJECTIVE: Neutral zone regroup and

10 min.

8 min.

10 min.

**KEY ELEMENTS:** 

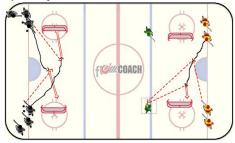
- F must criss cross and swing low.
- F must present good
- D should be active and hinge on the D to D pass

**ORGANIZATION:** Yellow F start on blue line on both sides of rink. Yellow D1 and D2 on opposite blue line, Green D1 and D2 on same blue line. Yellow F makes pass to Yellow D. Yellow F regroup in neutral zone. Yellow D make D to D pass, and then pass to one of the yellow F regrouping. Yellow F then make pass to one of the Green D, who execute a D to D pass, and then hit one of the yellow F with a pass as the regroup again. The yellow F then attack the yellow D 2-on-2. Next D pair pops out to replace yellow D1 and D2, and the drill starts again the other way with the Green F

**VARIATION: GOALIE:** 

8) Barry Smith Drill

**Post-Practice Comments:** 



DRILL OBJECTIVE: Pass the puck quickly and

- **KEY ELEMENTS:** · Break hard for the net
- Move the puck hard
- Quick release

**ORGANIZATION:** Place nets facing each other ~40 feet apart. Have 2 lines facing each other. The first player in Line 1 breaks for the net and receives a pass from the first player in Line 2, and shoots quickly. The passer then breaks to the opposite net and receives a pass from the next player in Line 1. The drill runs continuously. No whistles are needed. As soon as the passer makes his pass, he breaks for the net

**VARIATION:** 1) Have the player breaking to the net start the drill with a pass, so you have a give and go.

2) Add a player down low on the other side of the net for an additional give and go.

GOALIE: Control rebounds. Work on lateral movement.