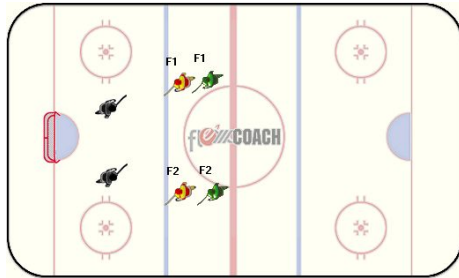


1) Russian 2 vs 2



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

8 min.

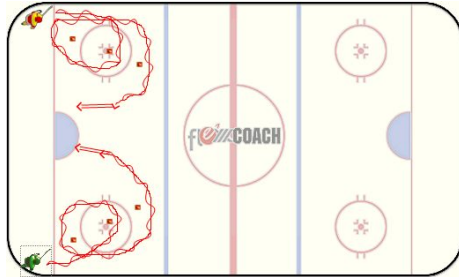
KEY ELEMENTS:

- 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:

2) 3 cone overspeed puckhandling drill



DRILL OBJECTIVE: Players learn to skate and

4 min.

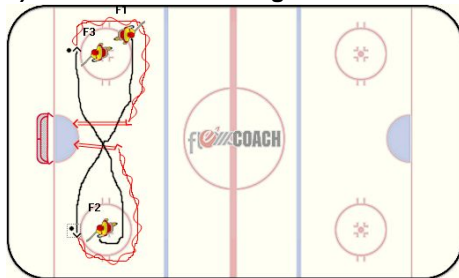
KEY ELEMENTS:

- 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

4 min.

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

8 min.

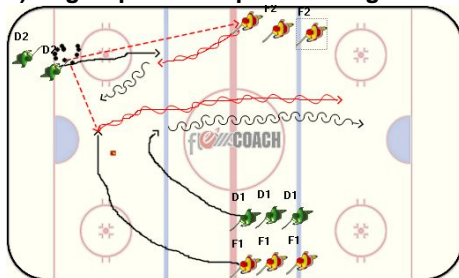
KEY ELEMENTS:

- 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

10 min.

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:

