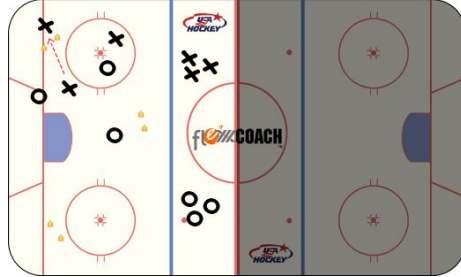


### 1) Puck Possession 3v3



**DRILL OBJECTIVE:** Learning puck support

**10 min.**

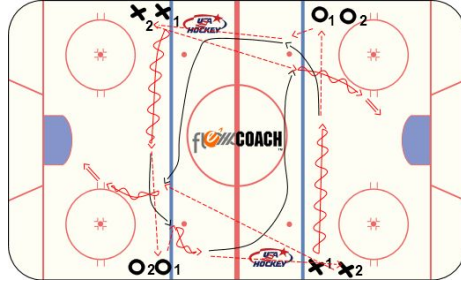
**KEY ELEMENTS:**

**ORGANIZATION:** Each pair of cones is a goal. To score you must make tape to tape pass through the cones. Play 3v3

**VARIATION:**

**GOALIE:**

### 2) Passing/Receiving Timing-NZ Stretch



**DRILL OBJECTIVE:**

**10 min.**

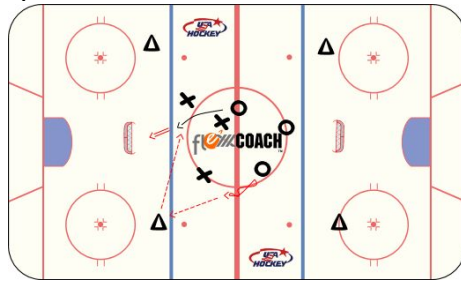
**KEY ELEMENTS:**

**ORGANIZATION:** X1 takes skating angle and passes to O1. O1 passes back to X1. X1 passes to X2 then times movement for seam pass from opposite X2. Both sides go together. Start the next group with O's in the opposite direction. Let the players begin each sequence on their own so that they survey the ice and coordinate their efforts.

**VARIATION:**

**GOALIE:**

### 3) Mid Zone Game



**DRILL OBJECTIVE:**

**12 min.**

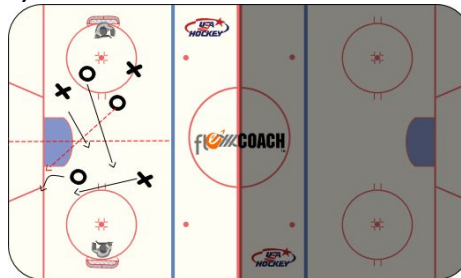
**KEY ELEMENTS:**

**ORGANIZATION:** Game is played from the top of the circles to the top of the circles. 4 passers are located at the blueline in 4 corners. Play 3v3 in the middle with the 4 extra players as passers. Good game for working on coverage and picking up loose opponents. Offensively, players must move to create passing lanes.

**VARIATION:**

**GOALIE:**

### 4) 3v3 with conditions



**DRILL OBJECTIVE:**

**12 min.**

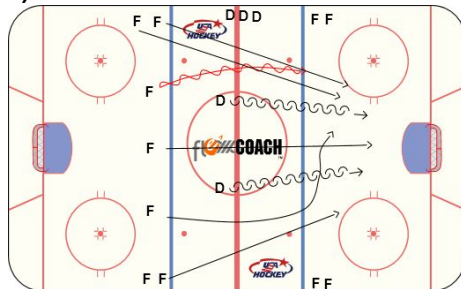
**KEY ELEMENTS:**

**ORGANIZATION:** 3v3 game with each team leaving on offensive player on their offensive side of the center line and the other team leaving one defensive player. Game starts 2v2 on one side of the ice. When a defensive player steals the puck, they pass to their teammate in the other zone. The player that doesn't make the pass joins the attack and the closest opponent must backcheck to make it a 2v2 situation. This game works on a number of skills: getting open, off the puck movement, defensive and offensive zone play, transition.

**VARIATION:**

**GOALIE:**

### 5) 3v2 Continuous



**DRILL OBJECTIVE:**

**15 min.**

**KEY ELEMENTS:**

**ORGANIZATION:** Play begins with a 3v2 rush down the ice, once the puck crosses the center red line the next two forwards backcheck the play into the house and stop in the slot. A 3rd forward backchecks into the play and helps the 2 D low play 3v3. The backcheckers allow the 3v3 to play out. Once the D gain possession the backcheckers open up and transition to offense. As soon as these next 2 forwards gain the puck from the D, they attack 3v2 against 2 new defenders the other way with the low forward joining the rush. The original attackers are done when the puck gets out of the zone.

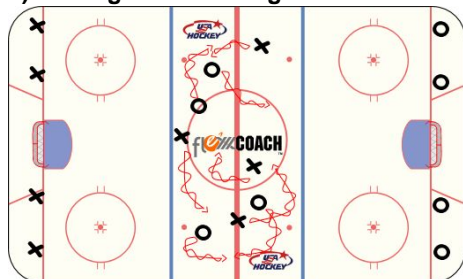
**VARIATION:**

**GOALIE:**

**Post-Practice Comments:**

Warmup-10 minutes  
Goalies- Movement Drills in NZ  
Skaters- Puck Possession 3v3 (Gates game)

### 1) Timing and Shooting



**DRILL OBJECTIVE:**

**KEY ELEMENTS:**

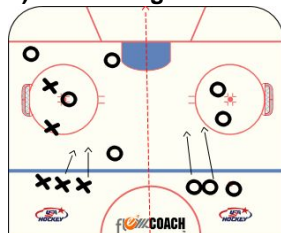
**0 min.**

**ORGANIZATION:** 4 players from each side take a puck to the Neutral zone and stick handle through the zone. On their own they go in and take a shot on goal at their original end. Players must read the other players. Shoot from different lanes. Shoot from just inside the blueline. All players must make a quick fake and cut laterally before shooting.

**VARIATION:**

**GOALIE:**

### 2) 4v2 Change Over



**DRILL OBJECTIVE:**

**KEY ELEMENTS:**

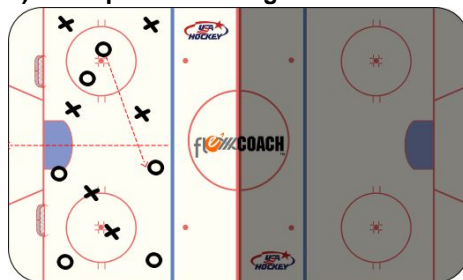
**0 min.**

**ORGANIZATION:** This 4v2 game is played cross ice. When the 2 defensive players gain possession of the puck they are joined by 2 more teammates and attack 2 new defenders the other way. This game emphasizes possession by the power play team. Once they lose the puck they are out of the game. All facets of PP and PK happen in this game.

**VARIATION:**

**GOALIE:**

### 3) 4v2 Special Teams game



**DRILL OBJECTIVE:**

**KEY ELEMENTS:**

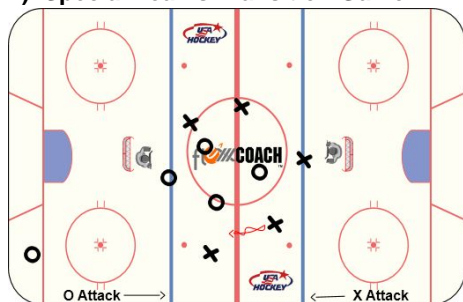
**0 min.**

**ORGANIZATION:** 4 offensive players and 2 defensive players are in each half of the ice. Play 4v2. If the defenders gain possession they clear the puck to their teammates on the opposite side of the ice. All tight space PP and PK skills and reads are used in this game. Additional defensive pressure can be used with 4v3 play.

**VARIATION:**

**GOALIE:**

### 4) Special Teams Transition Game



**DRILL OBJECTIVE:**

**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** The short handed team begins with an extra player below their own goal line. Start by having the team on the power play breakout from behind their own net. Play 5v4. When a shot on goal goes wide, the goalie covers the puck or defending team steals the puck, the puck is then played back to the defending team's extra player. The penalty killers now move back inside their own end to support the puck and become the new powerplay team. The power play guys sprint off and new killers jump into the play with a 5th attacker moving behind his own goal line. Play continues. Can play 5v3, 4v3 or even 6v5 to simulate a pulled goalie situation.

**VARIATION:**

**GOALIE:**

### Post-Practice Comments:

Warmup-8 minutes

Goalies- Movement drills in NZ

Skaters- White Knight, Continuous 3v2 Possession

Divide up into groups of 5 players, 2 teams of 2 players with the 5th player always on the team which has possession. Play 3v2 keep away in a confined space.

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### 1) NZ Puck Protection Combat

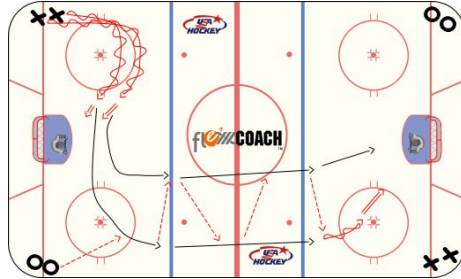


**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** 4 pucks 1v1 puck protection; defender tries to get puck out of NZ. Once O loses puck, goes to support teammate. Ends up 4v4 with 1 puck. Change possession teams and go again.  
**VARIATION:**  
**GOALIE:**

### 2) 2v0 Shot from Outside

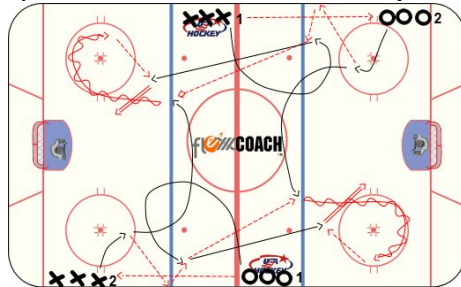


**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** X1 and X2 leave slightly staggered from corner with puck for shots. X1 and X2 then move to support O in corner to receive pass. Upon receiving pass, X1 and X2 attack far end 2v0 with outside forward shooting and inside forward driving net for rebound. Both X groups go at same time. Both O groups go at same time.  
**VARIATION:**  
**GOALIE:**

### 3) Bulls NZ Transition w/ Attack options



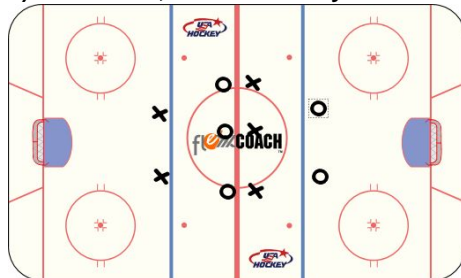
**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** O1 and X1 take hook route into zone; X2 and O2 chip puck off wall. X1 and O1 retrieve puck and make stretch pass X1--->X2, O1---->O2.

O1:O2 / X1:X2 Attack using delays, corner bump or direct pass.  
**VARIATION:**  
**GOALIE:**

### 4) Union 3v2; 3v1 Zone Entry



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

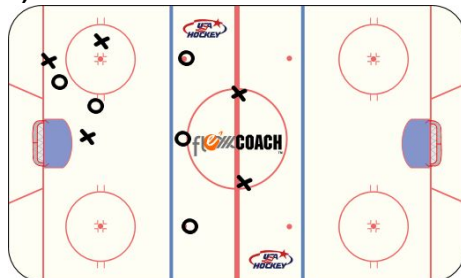
**ORGANIZATION:** Both ends. F's attack zone 3v2 utilizing zone entry concepts:  
-Puck wide, net drive  
-Puck middle, wide drive  
-Chip behind D

Once a play is made, F regroup in neutral zone with new puck and attack 3v1

Emphasis is on Width/Depth/Support

**VARIATION:**  
**GOALIE:**

### 5) Alaska 3v2 Transition



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

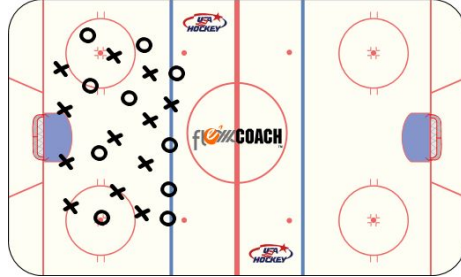
**ORGANIZATION:** 3v2 low below tops of circles. Play until D gain possession and get puck to F's at blue line who attack other D pair 3v2 full ice. Continuous drill goes from end to end with players cycling in as play passes.

**VARIATION:**  
**GOALIE:**





### 1) Husky Shuffle



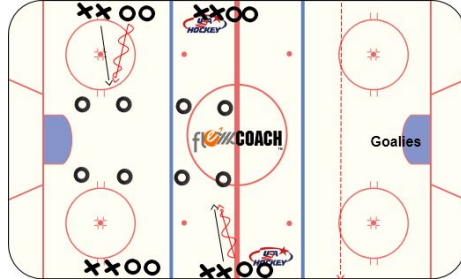
**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** All players on ice in a confined area. One team stickhandles through the other team's players making random dekes and moves. On the whistle, the team without the puck must remain stationary but can use active sticks. On the next whistle they can move and try to steal the puck.

**VARIATION:**  
**GOALIE:**

### 2) 1v1 Angling



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**0 min.**

**ORGANIZATION:** 1v1 Angling

-Thru tires gets a point  
-player with puck tries to carry it through the tires. Player without the puck angles puck carrier away from tires.  
-if puck is turned over the new puck carrier tries to go through the tires.

**VARIATION:**  
**GOALIE:**

### 3) 3 shot



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

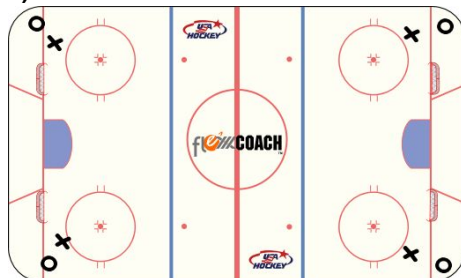
**0 min.**

**ORGANIZATION:** 6 Players go at same time. Pass and pass back to corresponding line, loop around dots and shoot on goal.

Add 3rd and 4th passes back to original line.

**VARIATION:**  
**GOALIE:**

### 4) Corner Battles



**DRILL OBJECTIVE:** Staying on D side of puck. Puck

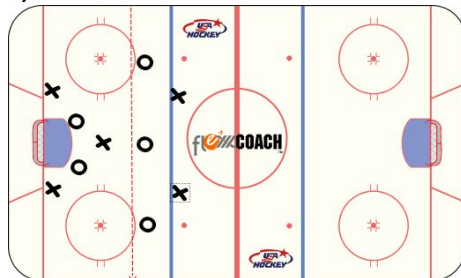
**0 min.**

**KEY ELEMENTS:**

**ORGANIZATION:** Place puck against boards. One player is facing the puck (may be touching it) while a defender is behind him on his knees. On whistle, player with puck tries to drive to the net while other player maintains defensive position. Work on maintaining "net side" defense.

**VARIATION:**  
**GOALIE:**

### 5) Continuous 3v2



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

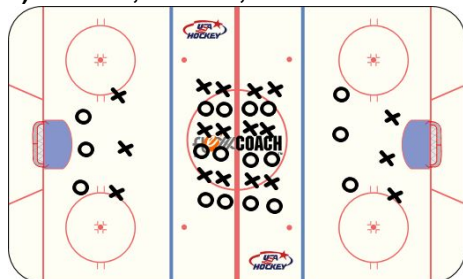
**0 min.**

**ORGANIZATION:** High man backchecks for 3v3

-Start with 3v2 down low  
-Next Fs move in zone to go other way. Next D move to blueline.  
-When defenders get puck they break out new Fs 3v2 in other direction.

-High F backchecks through middle and communicates with D

**VARIATION:**  
**GOALIE:**



**0 min.**

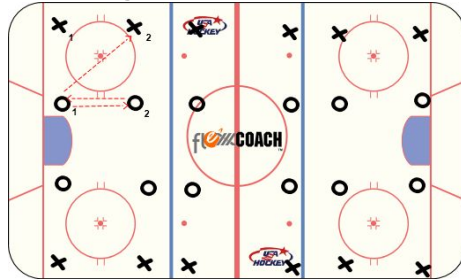
**ORGANIZATION:** 3v3 in zone w/ one team on offense and another on defense. When defense team gets possession they must skate/pass it to blue line then get it to a player in line on their team.

**GOALIE:**

### Post-Practice Comments:

[illegible]

### 1) Passing Warmup



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**ORGANIZATION:** Groups of 4 players.

0 min.

You must always pass to partner before passing to other team.  
(Example: O1 must pass to O2 before passing to X1 or X2)

-Good, hard passes

-No stickhandling

-After some time, only saucer passes

**VARIATION:**

**GOALIE:**

### 2) Backward Skating Warmup



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**ORGANIZATION:** Warmup-Cross Ice

4 lines utilizing 2 blue lines and 2 goal lines.

Skate backwards across line opening hips up but return to backwards position

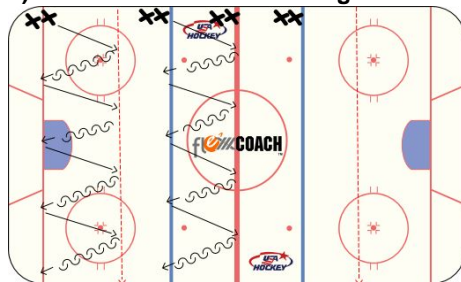
-Half speed-alternate direction of pivots, add pucks

**VARIATION:**

**GOALIE:**

0 min.

### 3) Forward/Backward Skating



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**ORGANIZATION:** Forward to red, backward to blue all the way across the ice.

1) Without pucks

2) With pucks

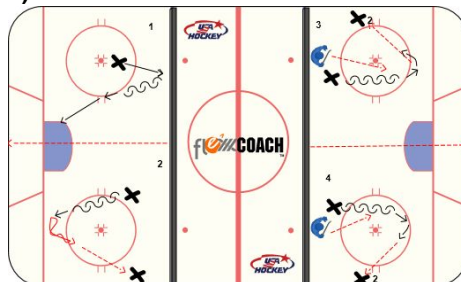
3) With pass to coach

**VARIATION:**

**GOALIE:**

0 min.

### 4) U14 Defense Stations



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**ORGANIZATION:** 4 Stations

1) X skates forward and then turns backwards then pivots to post (Be sure to check for good stick position)

2) X skates backward and then pivots to surround puck and make breakout pass (pick up puck on forehand)

3) X backs off and gets puck from coach, he does an escape move and makes pass to X2. (Move X2 so guys pivot both ways)

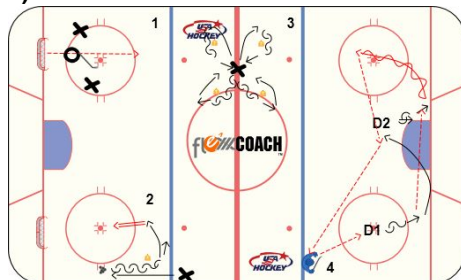
4) X backs off and gets puck from coach. He steps out and makes pass to X2

**VARIATION:**

**GOALIE:**

0 min.

### 5) U14 Defense Stations 2



**DRILL OBJECTIVE:**  
**KEY ELEMENTS:**

**ORGANIZATION:** 4 Stations

1) Rod Hockey 2v1- Play 2v1 with defender only able to move on dotted line. Forwards must stay on their half of line.

2) D Shooting- D goes down wall and picks up a puck, pulls puck back to blue line and steps around cone for shot

3) 5 spots on a die- Starting in middle, D goes forward-backward or backward-forward around 4 perimeter cones. Always face up ice

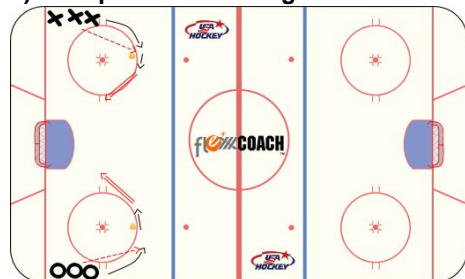
4) Hinge Drill- D1 gets puck from coach and backs off-he passes to D2 who takes ice. D1 supports D2 by coming underneath. D2 gives puck back to D1 who moves puck back to coach.

**VARIATION:**

**GOALIE:**

0 min.

**0 min.**



**ORGANIZATION:** 2 teams of D at each end

- First team to have all 6 guys hit net wins

**VARIATION:**

**GOALIE:**

### Post-Practice Comments:

[illegible]