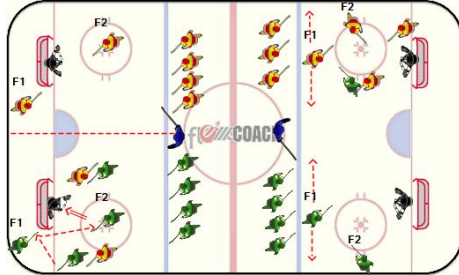


1) small ice 2 v 2 with 2 supports (2



DRILL OBJECTIVE: Down-low offensive and

0 min.

KEY ELEMENTS:

- Finding the open player
- Creating offense from behind net
- Defensive positioning
- Quick transitions

ORGANIZATION: Game 1 (left side of diagram): Support player (F1) stays below the goal line. Support player (F2) plays with one foot on the face-off dot, looking for quick one-time shots on goal. Defensive team can defend support F2. Support F1 looks to feed open players. Game works on down-low offensive and defensive play. When defensive team gains possession, they quickly transition to offense on other side of rink.

Game 2 (right side of diagram): Support F1 can move across blue line and pass or shoot. Support F2 must remain on the boards. Both support players can pass or shoot, although they must be one-time shots. Once defensive players pick up the puck, they must get it to support player before transitioning to offense. Defenders cannot play the support players. They must D-up with the skaters.

VARIATION:
GOALIE:

2) small ice 2 vs 1 competitive



DRILL OBJECTIVE: 2 versus 1 play and transitions

0 min.

KEY ELEMENTS:

- Offense
- 2 vs 1 play
- Transitions

ORGANIZATION: When defender gets control of puck he/she moves it to teammates who attack other net.

VARIATION:
GOALIE:

3) small ice 3 on 3 score anywhere



DRILL OBJECTIVE: To simulate transition and

0 min.

KEY ELEMENTS:

ORGANIZATION: Nets are placed on face-off circles. Play begins when coach dumps puck in. Three players from each team enter play. The team possessing the puck can choose to attack either net. Players will need to transition from offense to defense quickly on turnovers, as they may be defending the net they were just attacking. Players should use the entire available ice surface. All rebounds are live. Attack should frequently change directions, with players looking to create odd-man situations and potential break-aways.

VARIATION:
GOALIE: Two goalies, one in each net.

4) small ice 3 on 3 offensive concepts



DRILL OBJECTIVE: Cycling and creating offense

0 min.

KEY ELEMENTS:

- Offensive zone play.
- Cycling.
- Creating offense from behind the net.

ORGANIZATION: One net placed in traditional position. Coach patrols the blue line and acts as support player for the offense. Game begins with the coach passing the puck to one team that is now on offense. Offensive team uses cycling, behind the net, and coach at point to create scoring opportunities. When they force a turnover, the defensive team gets the puck to the coach and they become the offensive team.

VARIATION:
GOALIE: Goalie should work on effective positioning.

5) small ice 3 v 3 box scoring



DRILL OBJECTIVE: Players learn to defend and get

0 min.

KEY ELEMENTS:

- Players learn to get open with movement
- Players learn to cover and tie-up in front of net
- Players learn to take quick shots

ORGANIZATION: Set up cones to create a box. Coach keeps a pile of pucks at the half-wall. Three players are on offense. Their job is to get open for a pass from the coach and get a shot on net. Defensive players must learn to stay with player, keep head on swivel, tie-up opponent.

If done right, players are in constant and intense motion trying to get open or trying to cover their opponent.

VARIATION:
GOALIE:

6) small ice 3 v 3 regroup



DRILL OBJECTIVE: Emphasizes regroup

0 min.

KEY ELEMENTS:

- Regroup movements through neutral zone
- Lateral movements without the puck
- Getting open for passes on the regroup

ORGANIZATION: Basic 3 versus 3 small ice game. Nets at opposite ends of the ice on face-off circles. One of the three players for each team remains behind his/her own net at all times. Every change of possession, players must feed puck behind the imaginary goal line to "defensive" player, who then looks to make a regroup pass to teammates moving through the middle of the ice. Forces players to make lateral moves through "neutral zone" to get open for pass, just as in neutral zone regroup. Opposing players MAY NOT forecheck behind net. As in diagram, red player steals from green player, passes behind net to defenseman, and both red players move as if through the neutral zone to receive a pass and move in to score.

VARIATION:

GOALIE:

7) small ice 3 v 3 shots from the point



DRILL OBJECTIVE: Teach moving puck to points

0 min.

KEY ELEMENTS:

- Get the puck to the point.
- Deflections and rebounds.
- Defensemen keep shots low.
- Block out attackers.

ORGANIZATION: Place one net, as shown, on the face-off circle near the half-wall. Two defensemen on the opposite side of the rink. Goaltender is in the net. The game is played 3 v 3. Defensemen play for whatever team controls the puck, making it a 5 on 3 for the team in control of the puck. When a team gains possession of the puck, skaters must pass to the defense prior to going on the attack. Players can make multiple passes to the defense and the defensemen are allowed to pass or shoot on net. Defensemen should learn to wait until there is traffic in front prior to taking a shot. Skaters should focus on getting to the net to screen or for tips and rebounds.

VARIATION: Coach can limit shot taking to the defensive points or force a certain number of passes prior to allowing a shot.

GOALIE: Goaltenders must learn to spot puck through traffic and stop shots in traffic.

8) small ice 3 v 3 w/defensive points



DRILL OBJECTIVE: Offense and defense in front of

0 min.

KEY ELEMENTS:

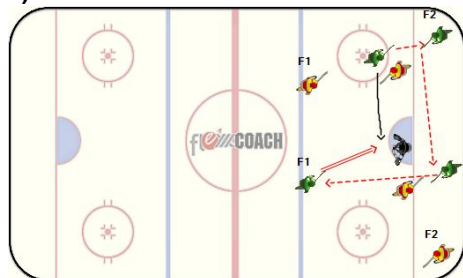
- Defense learns to shoot low
- Offensive tips and deflections
- Defensive play in front of net
- Goaltenders learn to play with traffic

ORGANIZATION: This small area game is played 3 v 3 skaters. Each team also has two lines of "defensemen" in the point position. Each team shoots on a different net. Two lines face the net that they are shooting on. Skating players must pass puck to one of the two lines and then get in front of the net for a screen, tip, deflection, or rebound. If the other team gains possession of the puck, they must pass to one of their two lines and get in front of their net. Skaters cannot shoot, they can only score with a tip or rebound.

VARIATION: None

GOALIE: Goaltenders will get a lot of practice on tip shots, deflections, and rebounds.

9) small ice 4 corners 2 v 2



DRILL OBJECTIVE: Offensive and defensive

0 min.

KEY ELEMENTS:

- Create scoring from the points.
- Create scoring from behind the net.
- Defending play from behind the net.
- Blocking out players from front of net.

ORGANIZATION: The net is placed in the traditional position. Four players are placed in the zone, as shown in the diagram. To start, the coach dumps the puck in and two players from each team enter play. Gam proceeds as 2 v 2 with the option of using the designated support player. Support players are not allowed to pass to one another. Players are encouraged to use the area behind the net and use the corner support to create give and go opportunities. All rebounds are live.

VARIATION: Coach can require a pass to a support player before attempting a shot.

GOALIE: Goaltender will learn to make saves in traffic.

Post-Practice Comments:

These small area games teach basic team tactics such as down-low offense and defense, transitions, cycling, offense and defense in front of the net, regroup, point shots, screening, tips, and rebounds.
