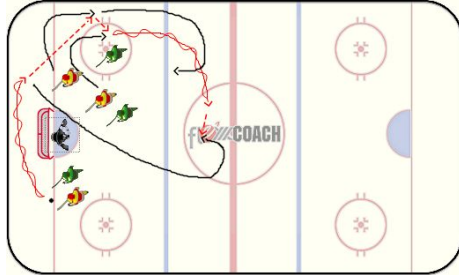


1) small ice breakouts and zone entry



DRILL OBJECTIVE: Teach breakouts and entering

0 min.

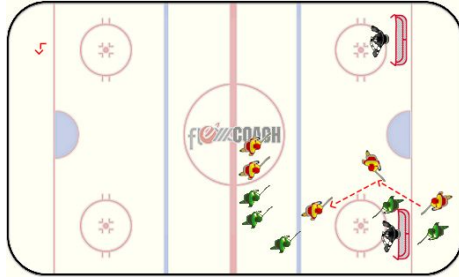
KEY ELEMENTS:

- Practice different breakout options
- Practice various zone entry options
- Players forecheck against breakout
- Players defend against clean zone entry

ORGANIZATION: Set up a 3 on 3 small ice game on 1/3rd of the ice. One team starts out with the puck by entering the offensive zone while the other team plays defense. Whenever there is a turnover, the team that gains control of the puck, must first take it behind the goal line, either by skating it or with a pass, and that team must break out of the zone with a pass to a winger on the boards. The team breaking out must then cross the blue line before re-entering the zone on offense. Use game to reinforce specific breakout and zone entry options.

VARIATION:
GOALIE:

2) small ice Bruin 3 v 2



DRILL OBJECTIVE: Simulates attacking with, and

0 min.

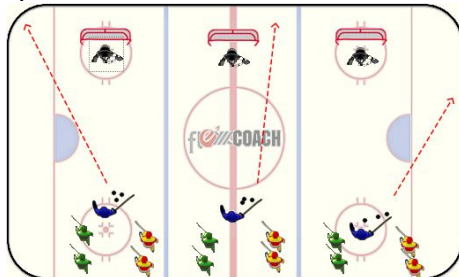
KEY ELEMENTS:

- Attacking near the net 3 on 2
- Defending the net 2 on 3

ORGANIZATION: Nets are placed just inside the goal line with the inside pipe on a line with the face-off dot. One player from each team is in a stationary position just above the face-off circle nearest the team's line. Coach dumps the puck and two players from each team enter play. Stationary player is allowed to enter play when his/her team controls the puck. This creates an instant 3 v 2 situation. When the puck is turned over, the stationary player must return to his position above the face-off circle. The stationary player for the new offensive team now enters play. The position of the nets creates extra room behind the net. Encourage players to use it.

VARIATION:
GOALIE:

3) small ice Cross Ice 1 on 1



DRILL OBJECTIVE: Competitive 1 v 1 play

0 min.

KEY ELEMENTS:

- Puck protection
- Defensive side positioning
- Shooting and scoring

ORGANIZATION: Coach will dump a puck in and two players will compete for the loose puck. The player that gains possession will try and get a scoring chance taking the puck to the net. The defending player will defend the net and when he gains control he will pass to the next player in line to start the next two players. If a goal is scored the coach can add another puck or start the next two players in line.

VARIATION:
GOALIE:

4) small ice nets back-to-back



DRILL OBJECTIVE: Develops anticipation, quick

0 min.

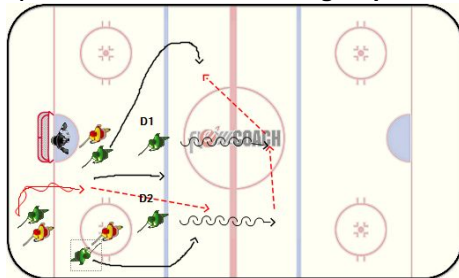
KEY ELEMENTS:

- Develops offensive and defensive anticipation
- Focus on quick transitions to offense
- Offense from behind net
- Quick transitions to defense

ORGANIZATION: 4 vs 4 with nets back to back. Can score on either goal. Use coach as 5th player. Encourage quick transitions to offense. Encourage developing goal scoring chances from behind the net. Encourage quick transition from offense to defense.

VARIATION:
GOALIE:

5) small ice neutral zone regroup



DRILL OBJECTIVE: Teach neutral zone regroup,

0 min.

KEY ELEMENTS:

- Neutral zone regroup
- Offensive zone entry
- Defending against zone entry

ORGANIZATION: Players engage in a 3 on 3 1/3rd ice game, with a goalie. Two defensemen at the points play for whatever team has control of the puck. Defensive points may receive and give passes to the team that controls the puck or they may shoot. When one of the three skaters on a team creates a turn-over and takes control of the puck, they must pass to a "defenseman" who is backing up outside the blue line. That "defenseman" must continue to back up as the new offensive team leaves the zone and regroups through the neutral zone. The defensemen pass to the forwards who are criss-crossing through the neutral zone. Those forwards re-enter the zone on offense and attempt to score.

VARIATION:
GOALIE:

