

# "Favorite Drill" Exchange

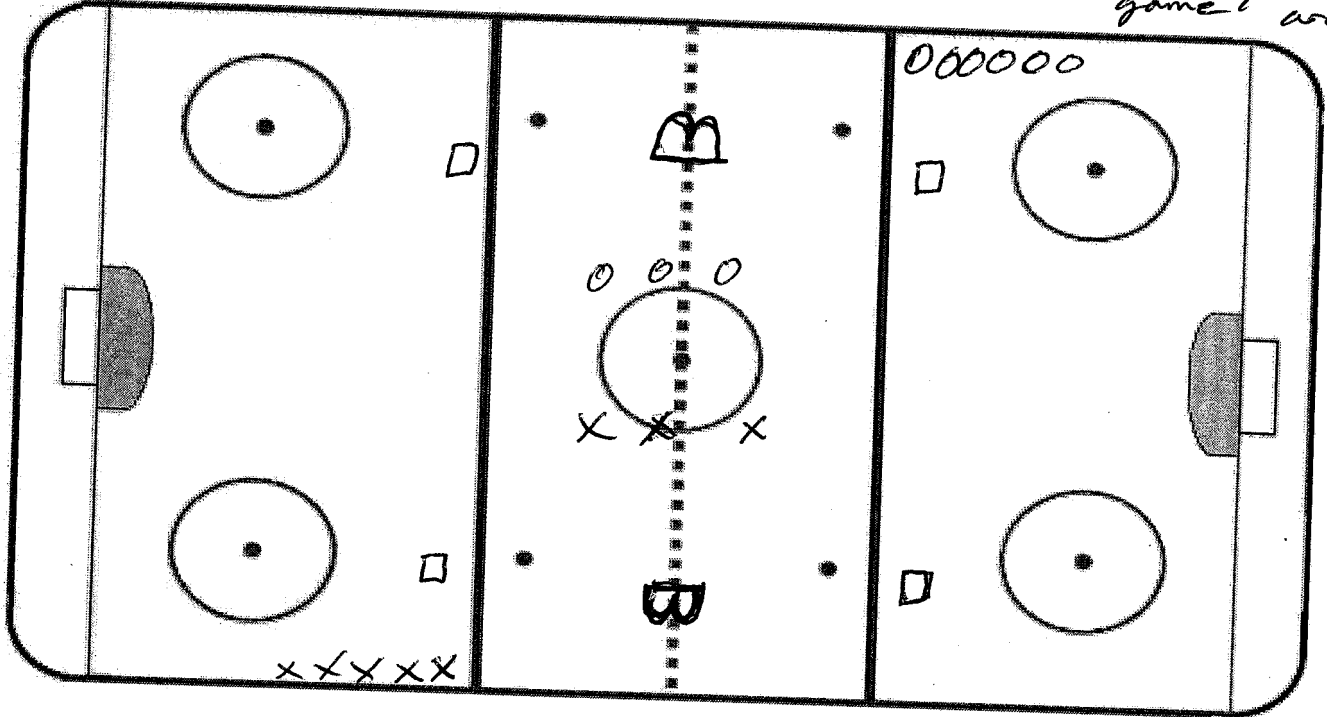
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- Passing
- Shooting
- Flow

- D-Zone
- O-Zone
- N-Zone
- Full Ice
- 1/2 Ice

- PP
- PK
- Pulled Goalie

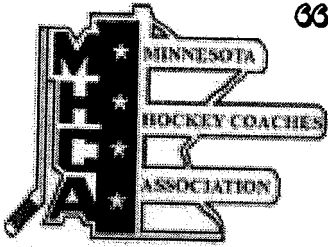
Other competitive / small game wca.



Name of Drill: 3 vs 3 1 touch cross ice scrimmage

Presented by: George Nemanich From: Red Wing High School

Explanation of Drill: 3 on 3 game between blue lines. ~~The~~  
The □ represent players or coaches that are somewhat  
stationary offensive options. The x's + o's must use  
1 touch passing to set up scoring options. They  
can use the ~~the~~ □'s at any time offensively creating  
a 7 v. 4 situation. This is a great drill in getting  
players to think beyond the next pass as well  
as how to support the puck.



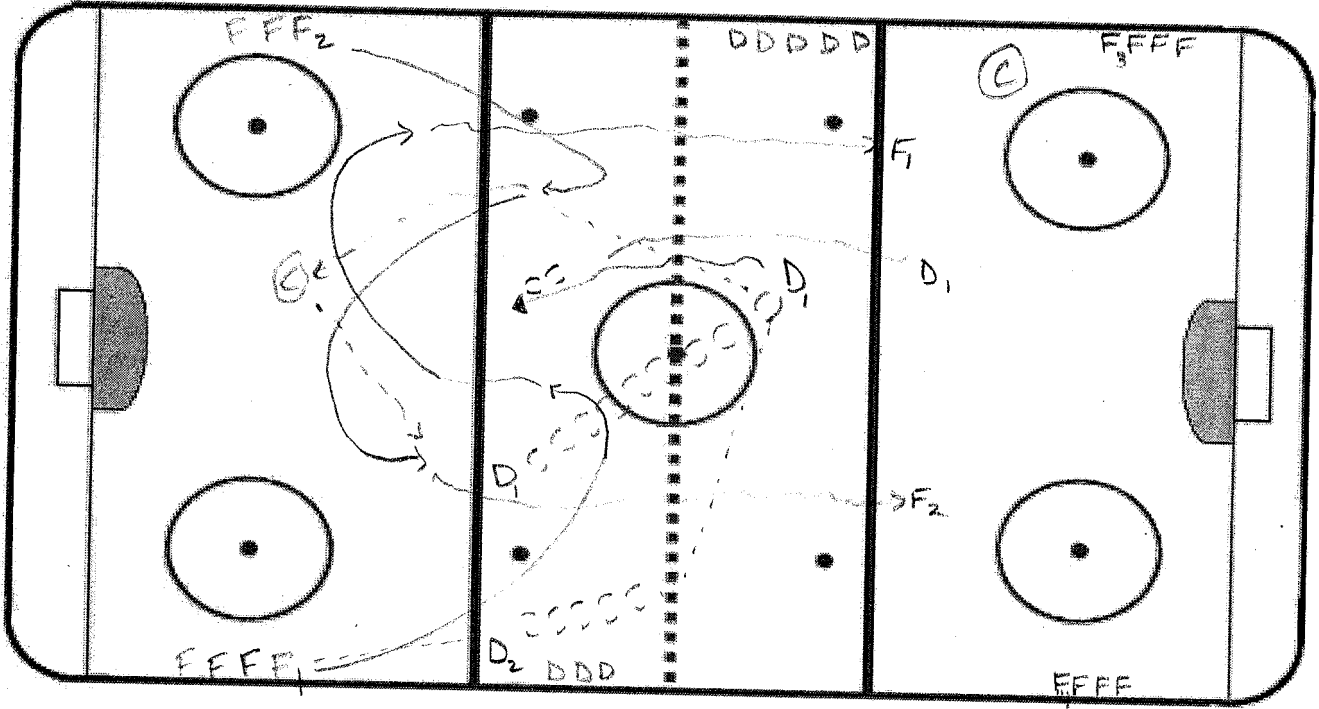
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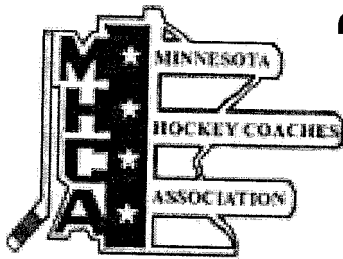
Name of Drill: \_\_\_\_\_

Presented by: Cory Chupka From: East Grand Forks

Explanation of Drill: F<sub>1</sub> and F<sub>2</sub> regroup in neutral zone with D<sub>1</sub> who receives pass from D<sub>2</sub>, (maybe didn't keep in zone/off) F<sub>1</sub> or F<sub>2</sub> whoever receives pass, passes back to coach, coach will pass to Forwards who will come up ice, D<sub>1</sub> sprints up (control gap) to play a 2 on 1, once F<sub>1</sub> and F<sub>2</sub> and D<sub>1</sub> pass blue line on 2 on 1, next set of forwards and D go other way.

It's a neutral zone regroup - into a 2 on 1. Defense will change who plays 2 on 1, also could keep both Def, make it a 2 on 2.

Variation: add a forward to make it 3 on 2



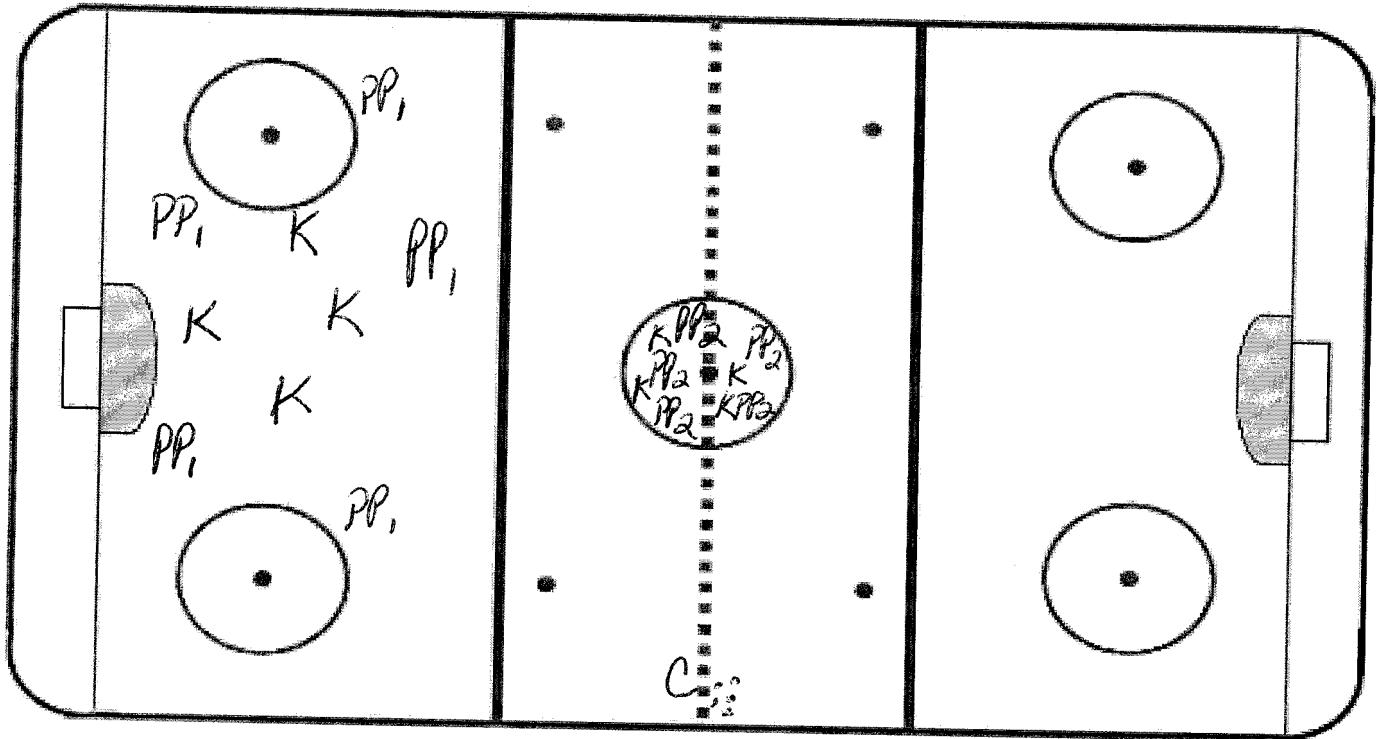
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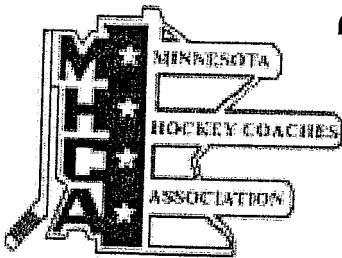
Name of Drill: PP/PK Game

Presented by: Sheldon Weston From: Souk Rapids

Explanation of Drill: As PP1 is competing in the zone, PP2 and their Killers are inside the center circle.

On a cleared puck or a goal, PP2 attacks the other goal. This is a great flow drill with lots of battles! You can keep score between the PP units and the Killers, 5-4, 5-3, 4-3, Pulled Goalie, etc...

I run this with my JV on one side + Varsity on the other. Lots of players get lots of reps.



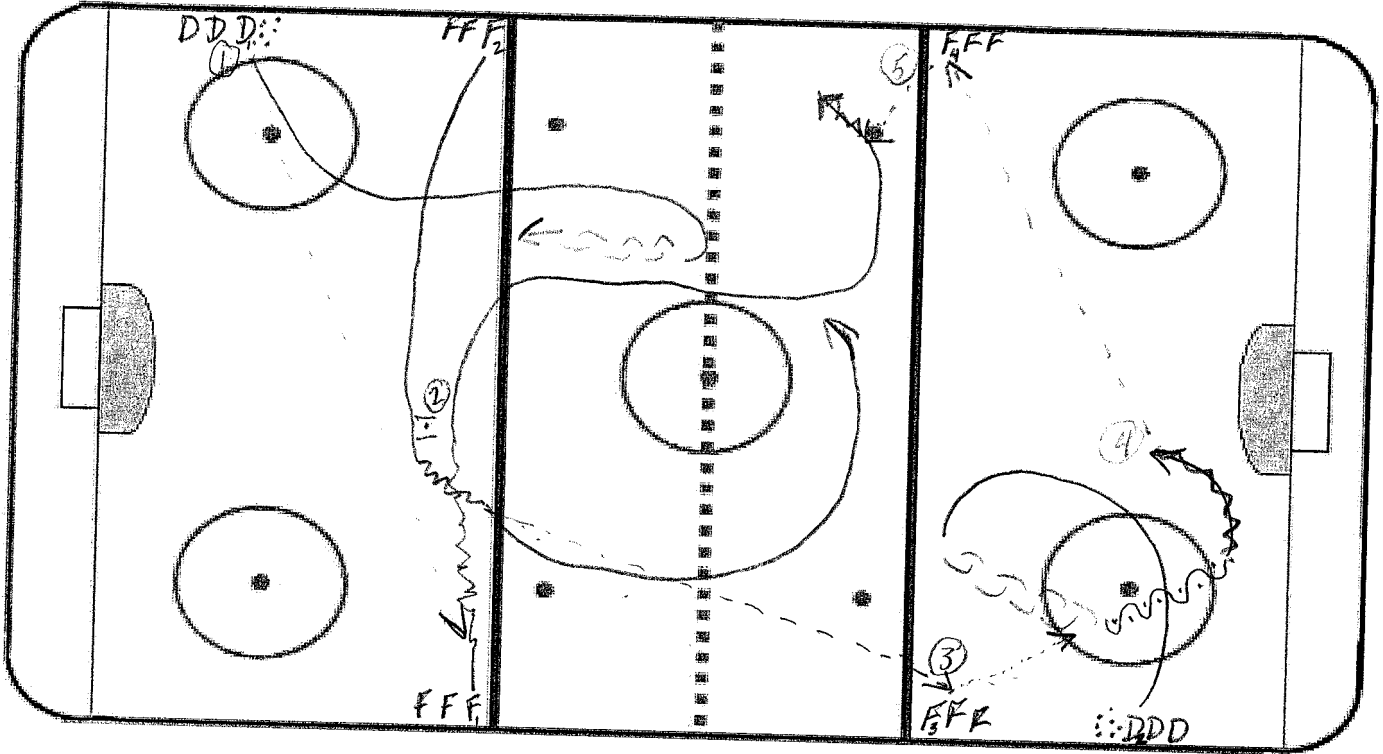
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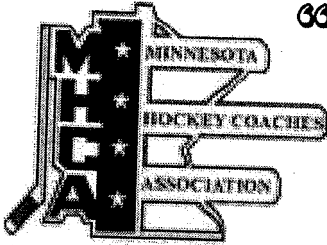
Name of Drill: 5-CREDIT

Presented by: LINDSAY MACY

From: OWATONNA

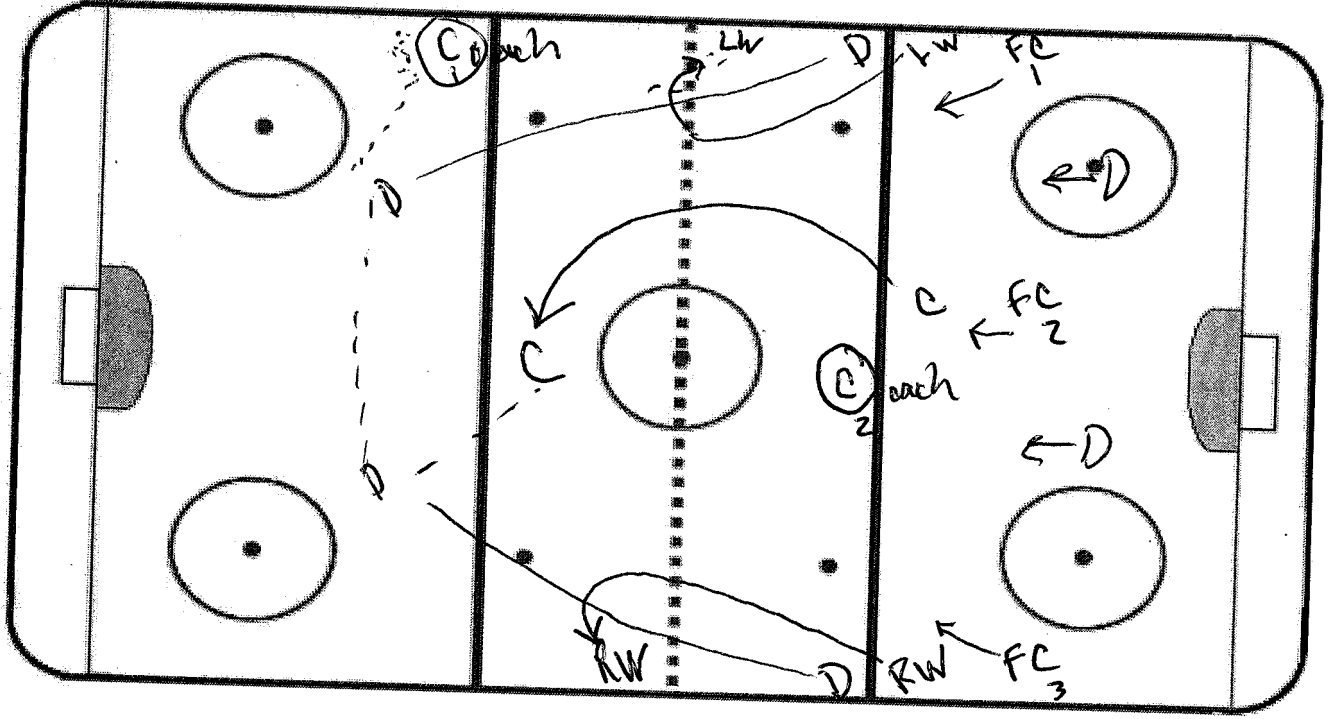
Explanation of Drill: ① D<sub>1</sub> PASS TO FAR WING F<sub>1</sub> WHO SWINGS THROUGH HIGH IN THE ZONE ② F<sub>1</sub> DROPS PASS FOR F<sub>2</sub>, F<sub>2</sub> PASSES UP-ICE TO F<sub>3</sub> ③ F<sub>3</sub> ONE-TOUCHES TO D<sub>2</sub> WHO WHELLS AND ④ PASSES CROSS-ICE TO F<sub>4</sub>, ⑤ WHO BUMPS IT TO F<sub>1</sub> OR F<sub>2</sub> FOR 2-1 vs. D<sub>1</sub>. REPEAT AT OTHER END.

VARIATIONS: ADD SKATING FOR D, ADD 2<sup>nd</sup> D-D PASS.



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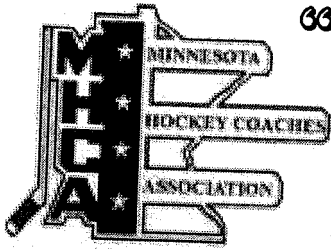
Name of Drill: N-Zone Stretch Drill w/Forecheckers

Presented by: KEED LARSON From: Willmar

Explanation of Drill: C1 Passes to Defense, Defense support each other, make passes creating time & space.

LW: RW fill their lanes, create outlet pass for Defense. Wingers read the direction of the swinging center. Continue to regroup until defense move back forward.

C2 will decide how many Forechecks to send pressure to the defencemen. Play it out 5 on 5.



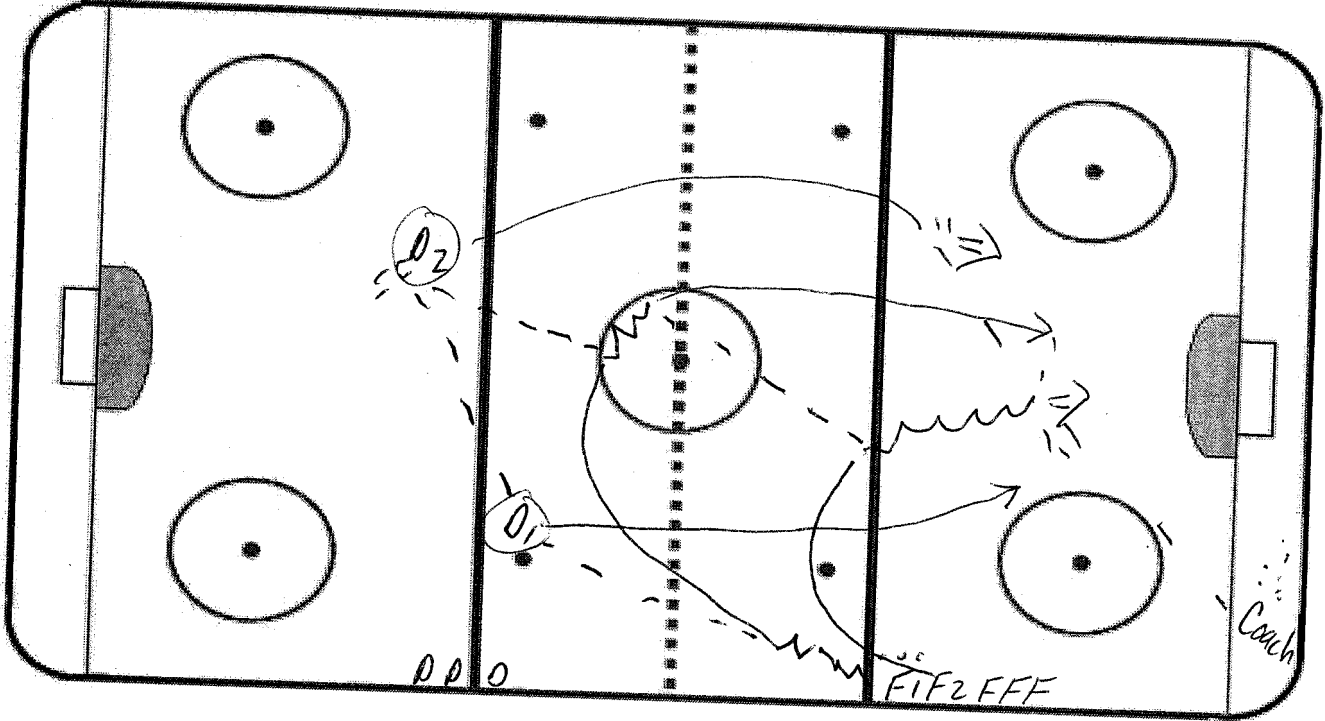
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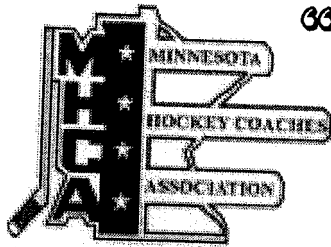
Name of Drill: Bethel Neutral Zone

Presented by: Dave Aus

From: Blaine

Explanation of Drill: F1 starts w/ puck, takes three strides & passes to D1, D1 moves puck to O. As this happens F1 supports across rink and receives pass from D2. F2 times pass to F1 & swings through mid ice for stretch pass & carries puck into zone and shoots or dishes puck to D1 who has jumped up into rush. After initial shot is taken D2 jumps to blue line and gets a pass from coach in the corner. F1, F2 & D1 tip and screen.

Key: Puck should do the work in this drill ~ Keep puck moving!



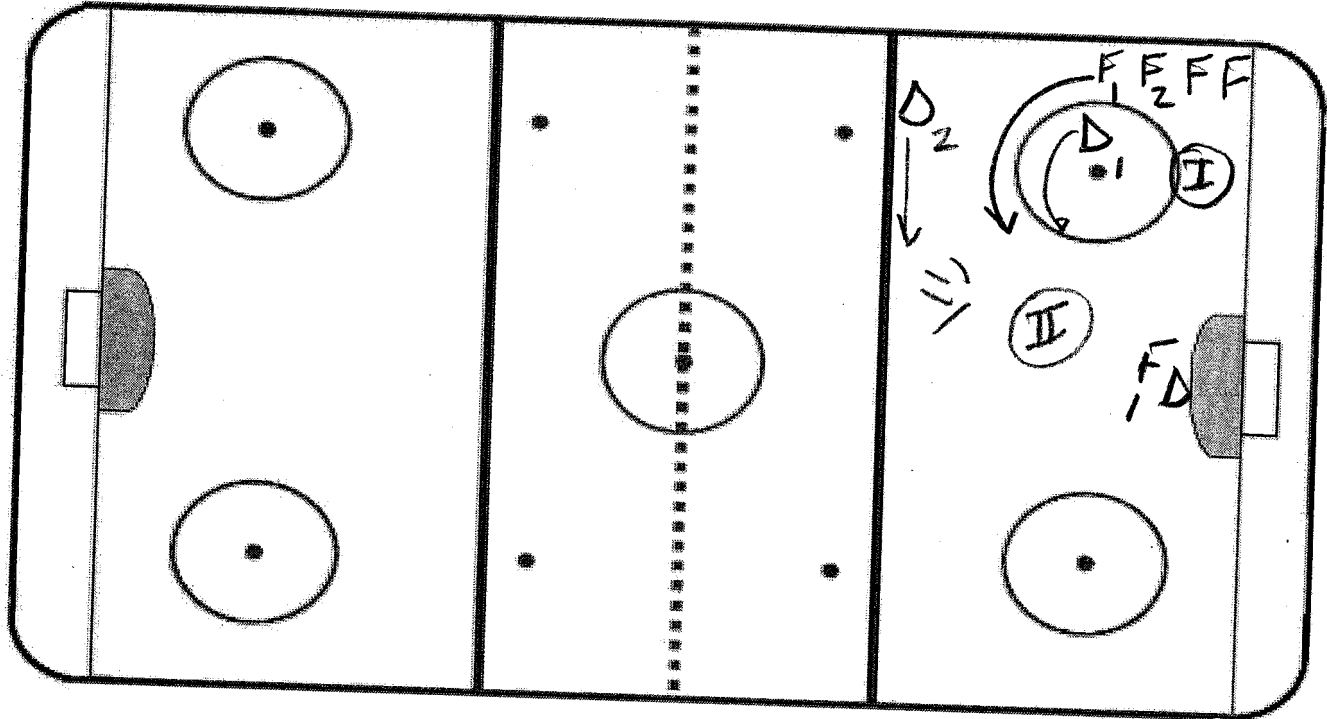
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Name of Drill: OILER 3 stage 1x1

Presented by: M. TAYLOR From: EAGAN

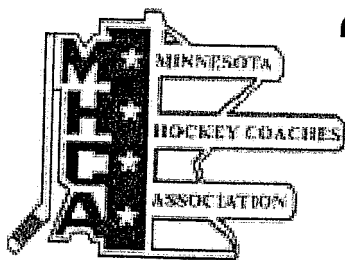
Explanation of Drill: \_\_\_\_\_

STAGE I = Forward curls up out of the corner - D plays 1x1

STAGE II = F<sub>2</sub> PASSES OUT TO D<sub>2</sub> = PULL MIDDLE SHOT. F<sub>1</sub> AND D<sub>1</sub> BATTLE FOR SCREEN AND TIP.

STAGE III = F<sub>1</sub> BREAKS UP ICE GETS PULLED FROM F<sub>2</sub> - F<sub>1</sub> AND D<sub>2</sub> FULL ICE 1X1

\* Run out of Both ends.



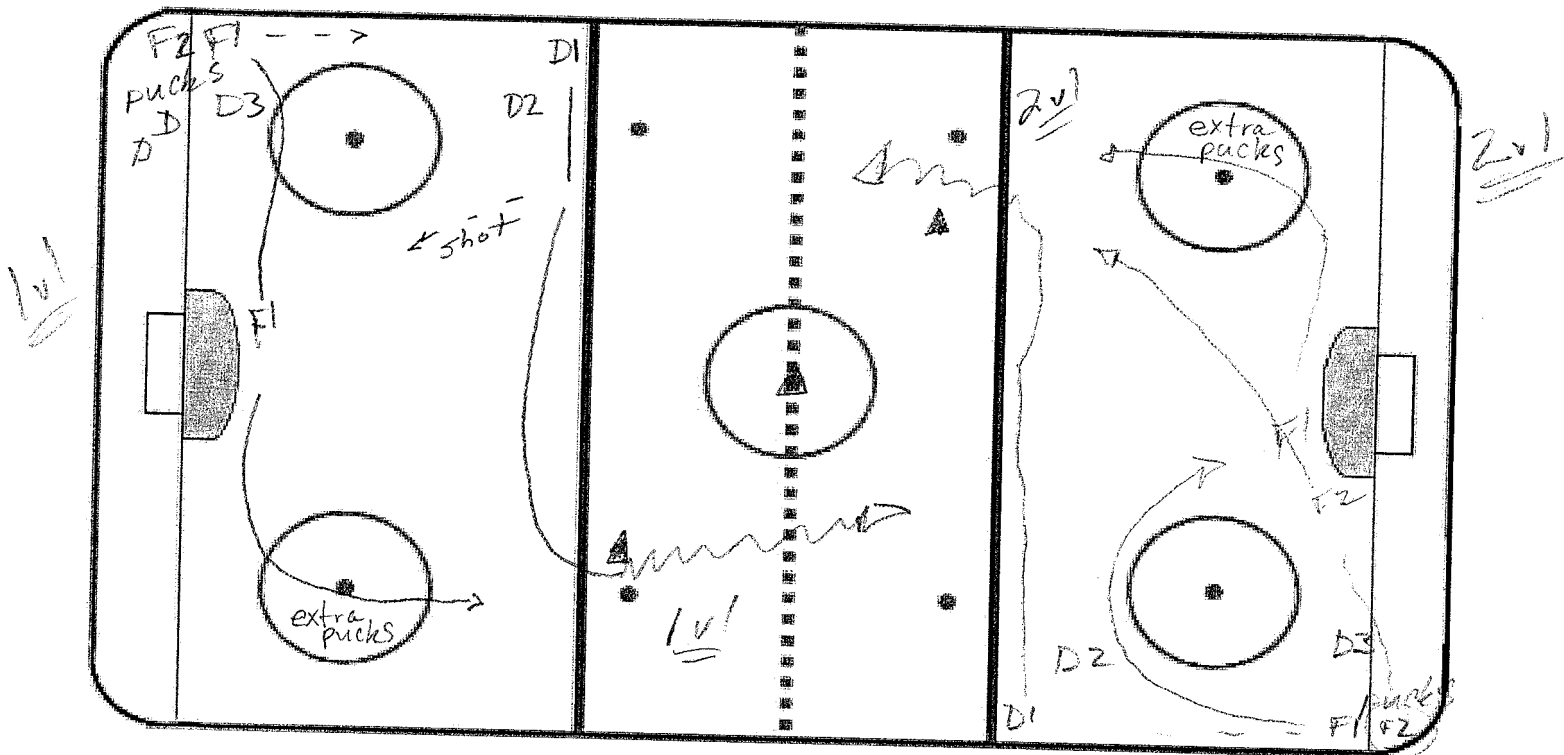
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Name of Drill: HAWK 1v1 / 2v1

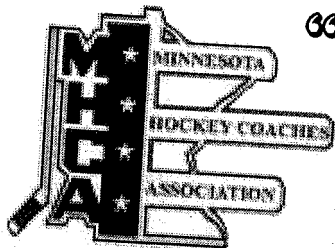
Presented by: Jim Joseph

From: Simley

Explanation of Drill: (drill starts on whistle, both ends)

1v1  
 F1 pass to D1, F1 gets around D3 to net for tip/rebound  
 D1 retrieves puck, walks to middle (around D2) for shot  
 F1 picks up new puck in opposite corner and attacks  
 D1 full ice 1v1. D2 becomes D1, D3 becomes D2.

2v1  
 only changes: F1 skates over top of circle, down slot & shoots  
 F2 pass to D1 and then same as 1v1 drill



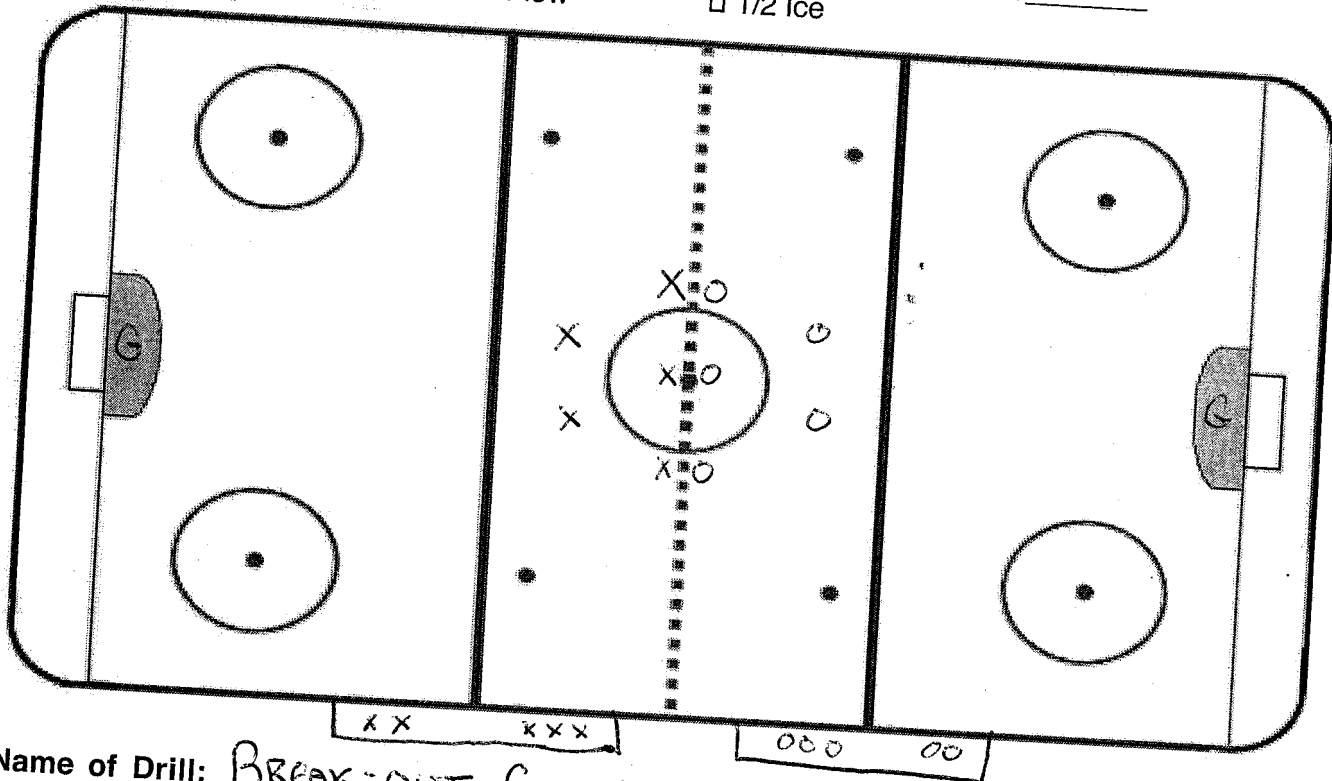
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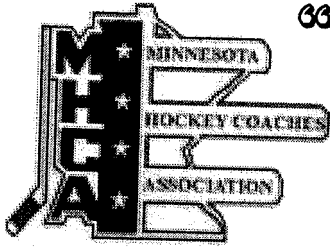
Name of Drill: BREAK-OUT GAME

Presented by: JOSH SOLEM

From: MONTICELLO

Explanation of Drill: THIS DRILL IS A COMPETITION DRILL I USE AS A WARM UP OR AN ENDING DRILL. THE PLAYERS ARE SPLIT INTO TWO TEAMS. THE GOAL OF THE GAME IS TO DUMP THE PUCK BEYOND THE OTHER TEAMS GOAL LINE WITHOUT ICING THE PUCK. WHEN THE PUCK GOES BEYOND THE GOAL LINE, THEY CAN MAKE A LINE CHANGE. THE TEAM THAT COMPLETES 10 LINE CHANGES FIRST WINS.

IMPORTANT COACHING POINTS - 1. GOOD DRILL TO WORK ON GOALIES PLAYING THE PUCK  
2. STRESSES THE IMPORTANCE OF SKATING HARD DURING CHANGES.  
3. WORKS ON DUMPING THE PUCK TO DEAD AREAS OR WRAPPING THE PUCK HARD TO PREVENT THE GOALIE FROM PLAYING THE PUCK.

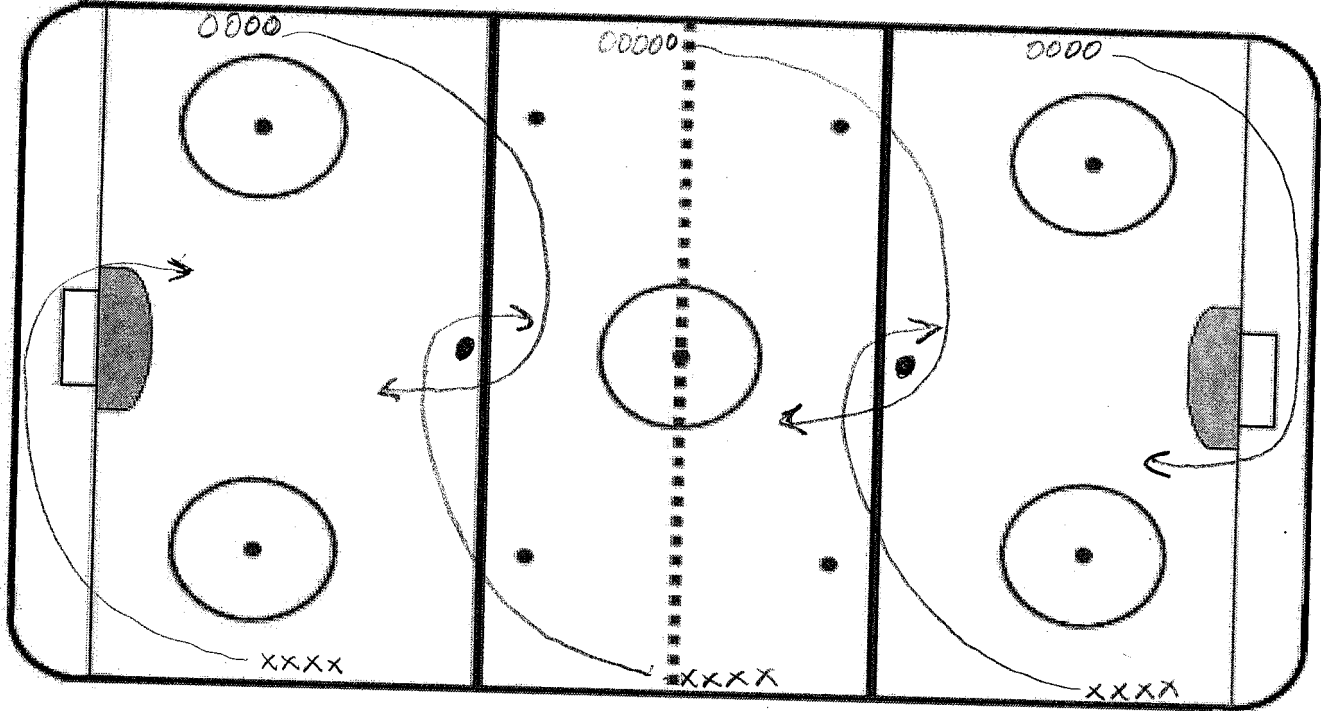


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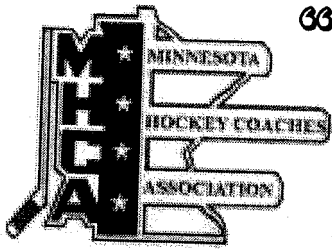
Name of Drill: Warrior Shooting Drill -

Presented by: Jerr Johnson From: STMA

Explanation of Drill: Skating, Passing, Shooting Warm-up

Put players in 6 lines all with pucks.

Put 1 cone on each blueline. On whistle All the X's go same direction and all the O's go the opposite direction. 2<sup>nd</sup> and 3<sup>rd</sup> players may have to buy time. Add in passes to their own line, opposite lines, etc.



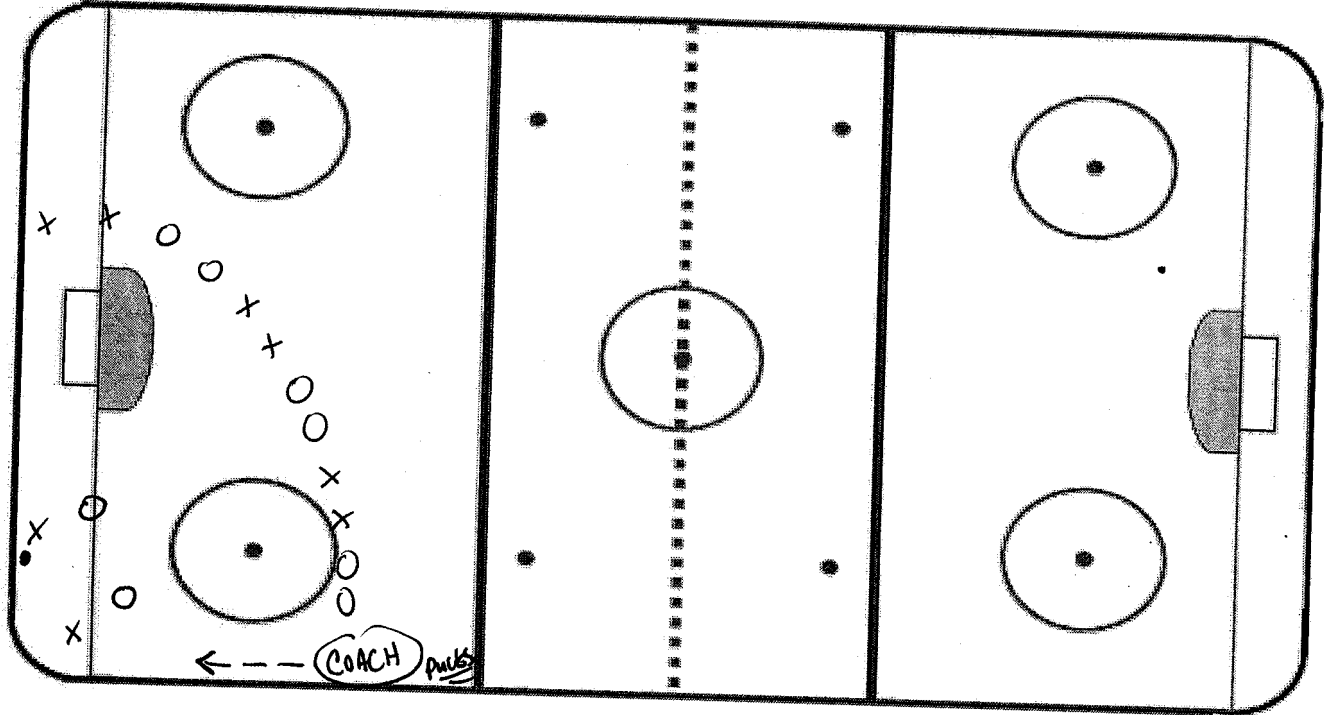
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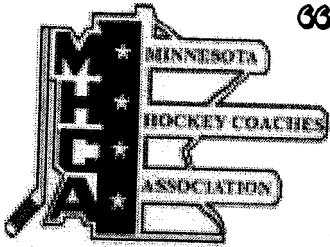
Name of Drill: "PHONE BOOTH"

Presented by: DAN GERMUNDSON

From: PRIOR LAKE

Explanation of Drill: Offensive and defensive play out of corner in a tight area.

- ① COACH DUMPS IN PUCK
- ② First 2 X's go on offense; 1st 2 O's on defense.
- ③ offensive players use puck protection, cycling, skate throughs, to make play to net. Defensive players contain and angle until they can get puck.
- ④ If defensive players get puck, pass to coach. Defensive players are now on offense and offensive players on defense.
- ⑤ COACH PASSES BACK, GAME RESUMES; other players keep puck in play. CAN DO 2 ON 2 OR 3 ON 3



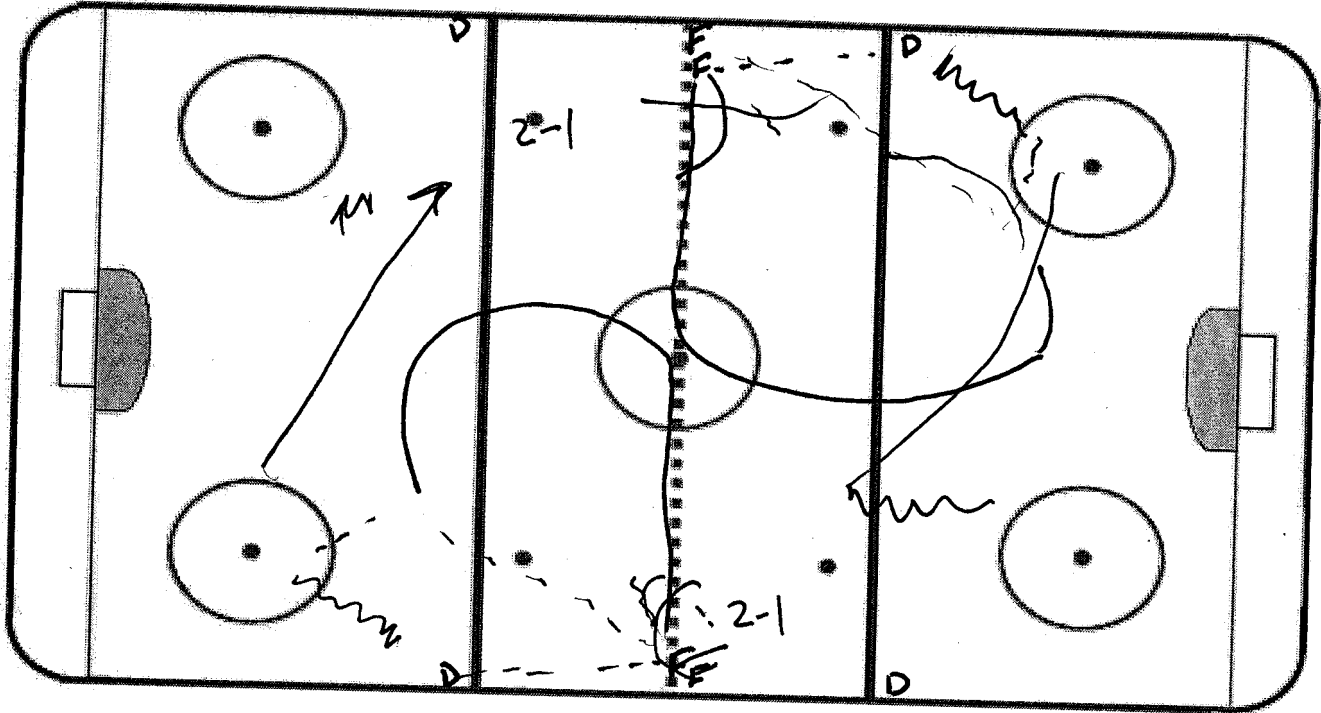
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Name of Drill: CRUSADER 1 Touch/2-1

Presented by: ERIC JOHNSON From: St. Cloud Cathedral

Explanation of Drill: F1 FORWARDS will PASS PUCK DOWN TO D. D will WORK BACK TOWARDS TOP OF CIRCLES MOVE PUCK TO SWINGING CENTER. FORWARD CENTER will quickly move PUCK TO FORWARD ON THE WALL. HE will 1 TOUCH BACK TO CENTER OR CARRY OUT FOR A 2-1 AGAINST OPPOSITE D

WE TRY TO ONE TOUCH ON THIS AS MUCH AS POSSIBLE. IF THE PASS IS BAD T2 MAY HAVE TO JUST STEP OFF THE WALL TO KEEP THE DRILL GOING.



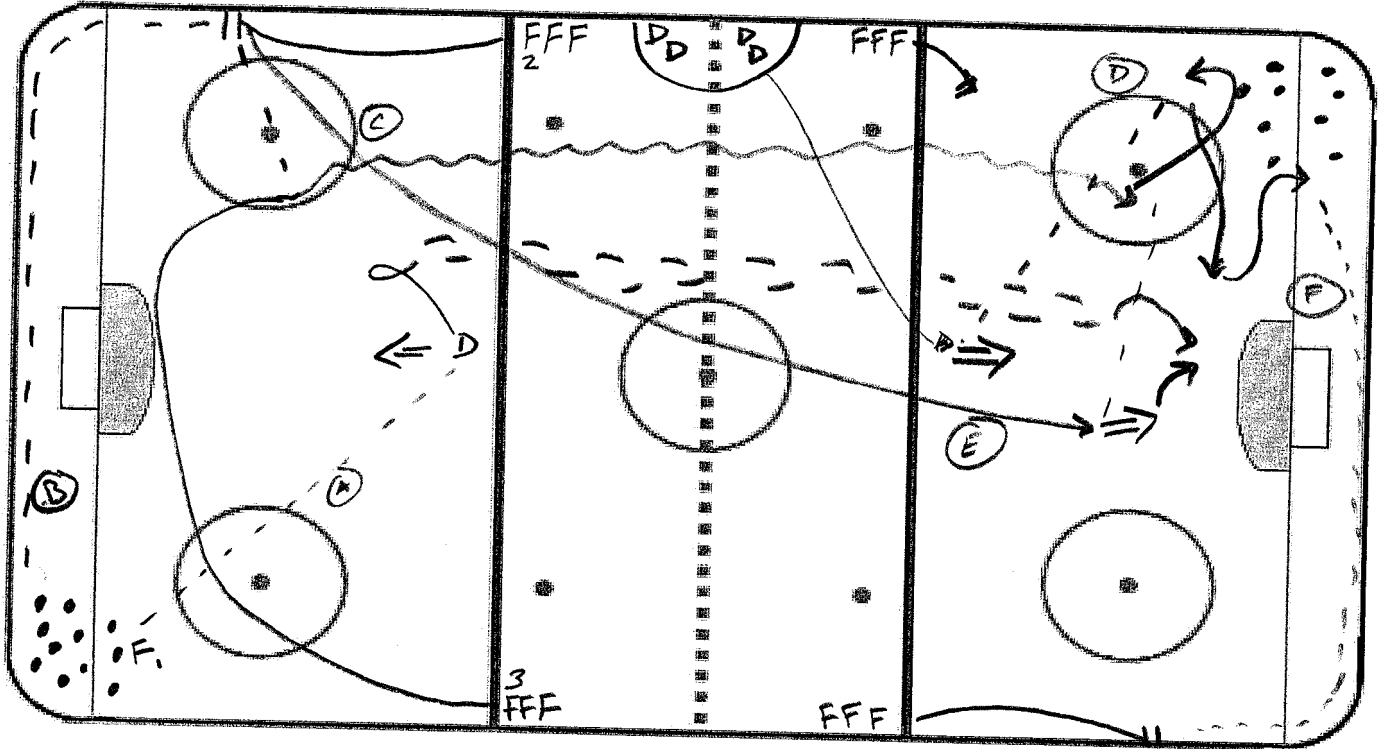
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Name of Drill: Continuous 2vs1 Battle

Presented by: Corey McKinnon From: Chisago Lakes H.S.

Explanation of Drill:

A) Start with F. pass to D from corner. ~D shot.

B) F<sub>1</sub> "wrap" puck to F<sub>2</sub>. F<sub>2</sub> blout pass to F<sub>3</sub>

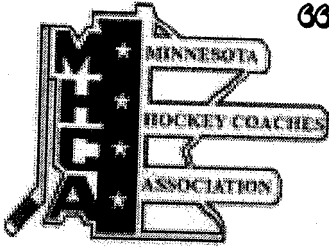
C) F<sub>2</sub> + F<sub>3</sub> down ice 2vs.1 on D

D) After 2vs1 Rush, F<sub>2</sub> moves to pucks makes pass to new D inside Blue Line.

E) D shoots through F<sub>2</sub> + F<sub>3</sub> (Battle with original D in front of net)

F) F<sub>2</sub> "wrap" puck to new

Repeat continuously



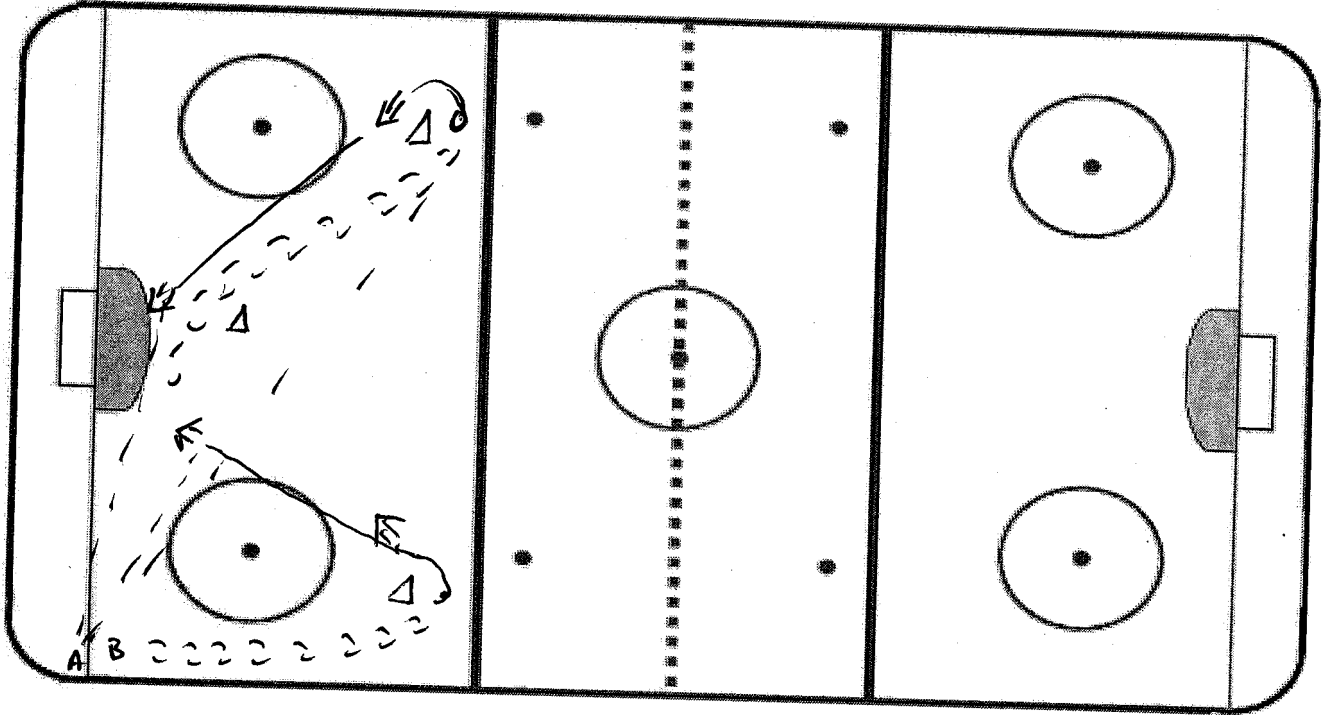
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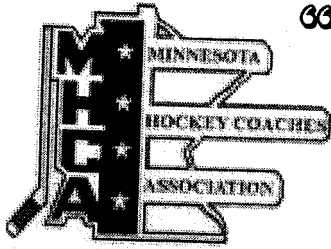


Name of Drill: Agility Shooting

Presented by: Tim Peterson

From: Austin

Explanation of Drill: A and B pass as many times as possible as B skates backwards to the cone. B then pivots and takes a quick shot. After taking a quick shot B breaks to the net and receives another pass from A for a shot. B transitions backwards and skates to the far cone where he receives a pass from A. He pivot around the cone and takes a quick shot. B breaks to the net again and receives a final pass from A.



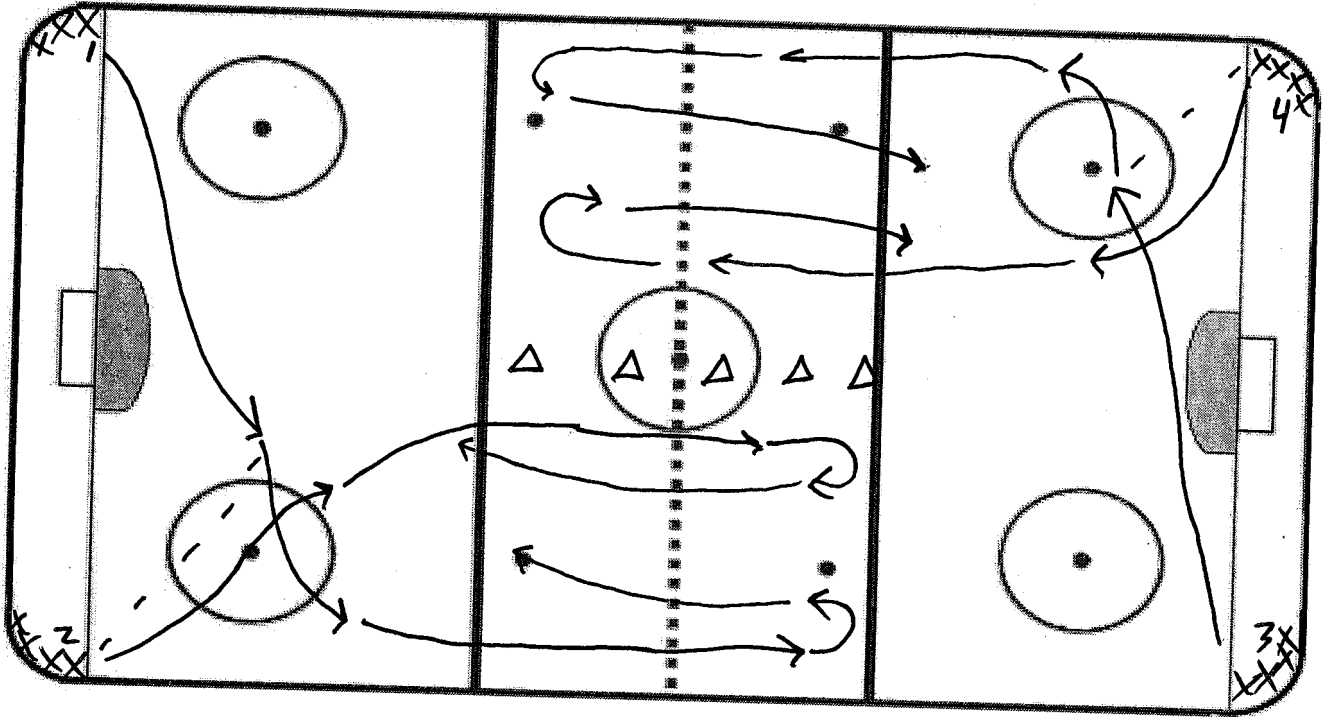
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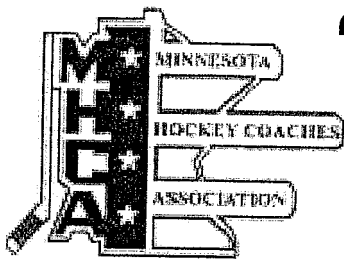
Name of Drill: Z-0 turnback

Presented by: Orono

From: \_\_\_\_\_

Explanation of Drill: (X<sub>1</sub> + X<sub>3</sub> leave at the same time and X<sub>2</sub> + X<sub>4</sub> ~~also~~ leave at the same time)

X<sub>1</sub> + X<sub>3</sub> come across on the first whistle, X<sub>2</sub> + X<sub>4</sub> pass to X<sub>1</sub> + X<sub>3</sub> then join them on a Z vs O rush on their side. On the next whistle both groups turnback and attack the same end they came out of. Also on the whistle X<sub>2</sub> + X<sub>4</sub> start the same pattern on the opposite side. Groups are always starting and turning back on whistle.



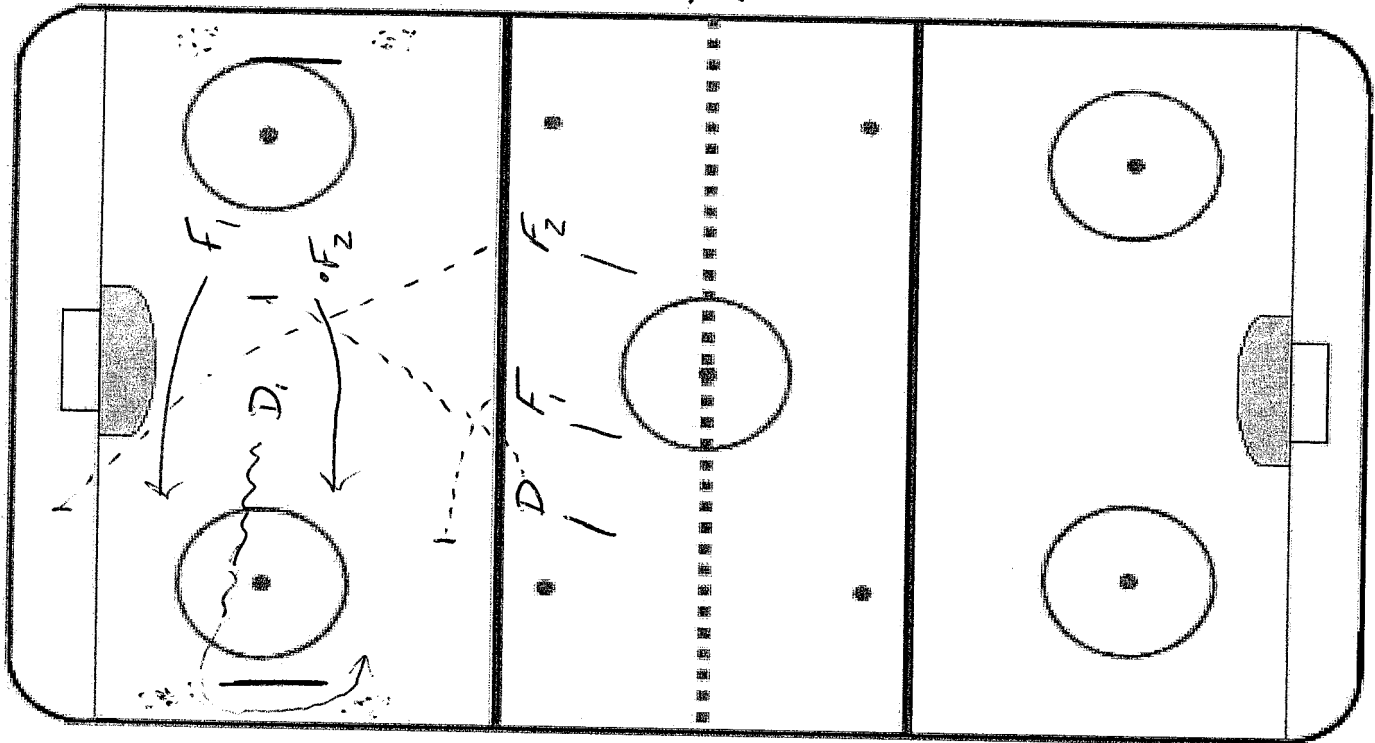
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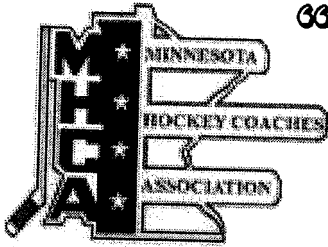
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Name of Drill: CONTINUOUS 2-1 → SHORT ICE

Presented by: FRAN McDEVITT From: WINONA

Explanation of Drill: TWO FORWARD START BY ATTACKING 1 D. QUICK 2 ON 1. NEXT "F" IN EACH LINE FOLLOW ORIGINAL FORWARDS • IN AND WAIT AT TOP OF CIRCLE. AFTER FACING ORIGINAL 2-1, D<sub>1</sub> GOES BEHIND NET TO GET A NEW PUCK AND STARTS THE NEXT 2-1. NEW "D" IS WAITING ON INCOMING FORWARDS. DRILL CONTINUES UNTIL STOPPED BY COACHES. FORWARDS & DEFENSE IN LINE MUST PAY ATTENTION AND GET IN PLACE.



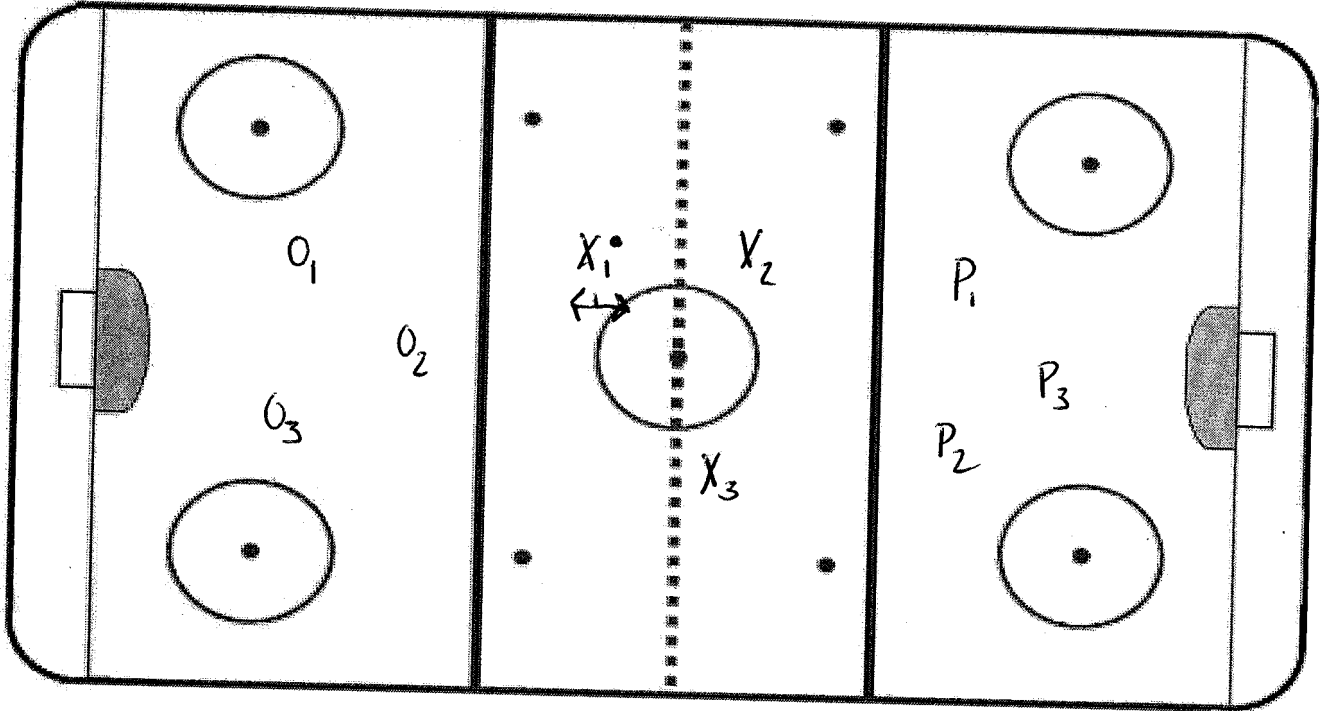
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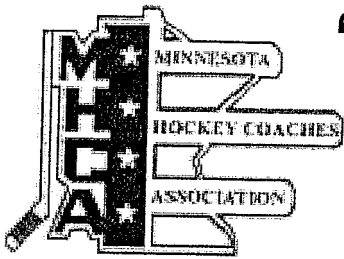


Name of Drill: 3-3 Full Ice Flow

Presented by: Chad Carlson

From: Cambridge - Isanti

Explanation of Drill: Three players start in each zone. Players in N-Zone pick a direction to attack  $\Rightarrow$  they play 3-3 in zone, once the defensive player gain the N-Zone, the offensive player retreat + switch with 3 new player on the bench. The player who gain the N-Zone attack the other 3 player on the other end zone. Play is continuous. If 3 player team scores they take the puck out of the net + attack the other players on the far end. Typically get good flow / good pace + works many skills + conditions player.



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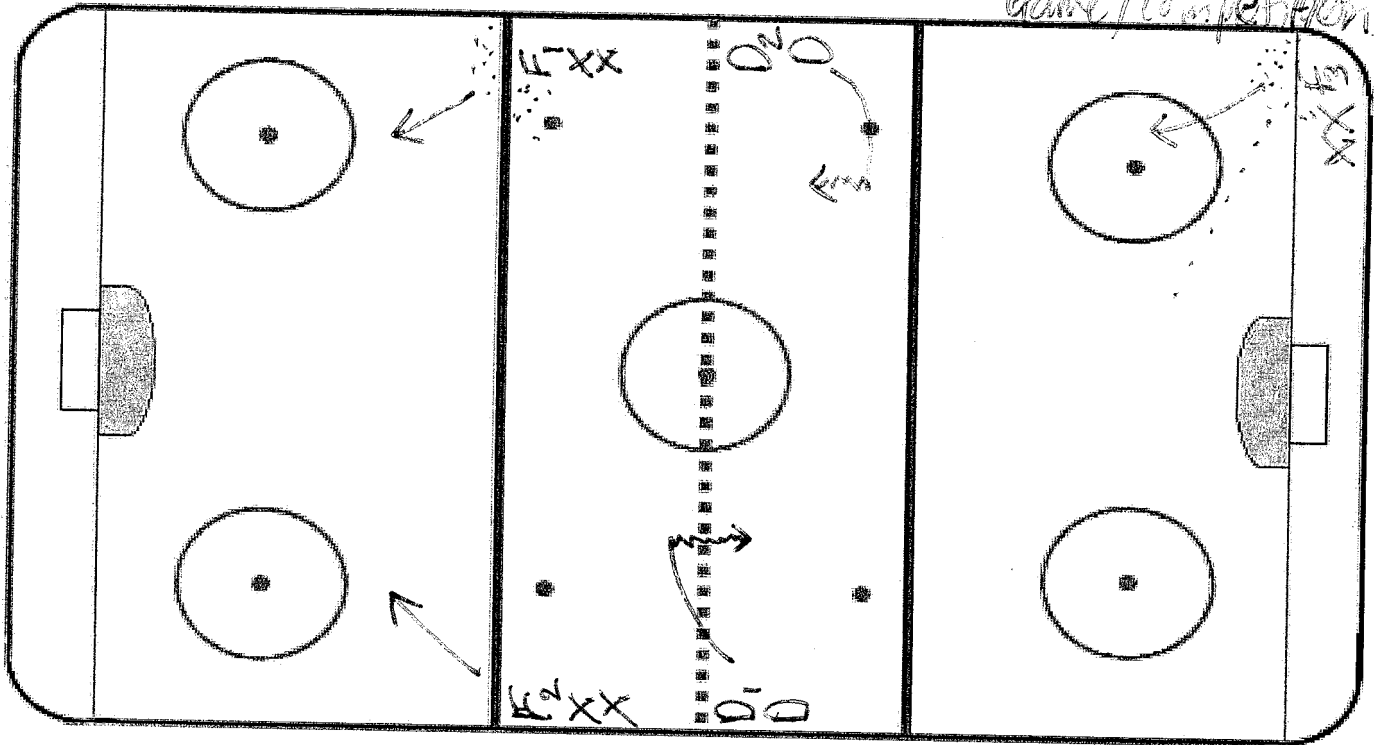
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*Game/Competition*



Name of Drill: 15-10 Fink

Presented by: Dan Pickens

From: Farmington

Explanation of Drill: The drill is a competition between the forwards against the Defense & Goalies. The forwards are trying to score 15 goals in 10 minutes.

F<sub>1</sub> & F<sub>2</sub> start on a 2-0, then get a pass from the blue line and go 2-1 against D<sub>1</sub>. Then get a pass from F<sub>3</sub> and go 3-2 against D<sub>1</sub> & D<sub>2</sub>. Then F<sub>3</sub> gets a pass from the blue line and goes on a break away.

Only 1 shot per break and drill loops after the breakaway is shot.

Very competitive, Very fun!