

IYHA

INDY JR FUEL

DRILL BOOK

Tier II Travel Teams



2025-2026 SEASON

**Guidebook for all IYHA Jr Fuel
Travel Hockey Coaches**



IYHA Jr Fuel Tier II

Mission, Vision & Values

Mission

IYHA provides players and families with a fun, safe, and inclusive environment to develop their passion for the game of ice hockey, acquire life skills, and progress to their maximum potential as athletes and members of the community.

Vision

We strive to inspire the next generation of lifelong hockey players, coaches, officials, and fans.

Program Pillars

- Growth
 - Expand our membership and grow the game in Central Indiana.
- Development
 - Provide the best available training, competition, coaching, and exposure for our highest level players.
- Passion
 - Create an environment for all players, regardless of experience and ability, to develop a love of the game.



IYHA Jr Fuel Tier II

Off Ice Warm-ups

Importance of Off Ice Warm-up

A well-planned warm-up has the potential to not only prepare athletes physically and mentally but also possess the ability to reduce the likelihood of injury and improve performance, highlighting its significant importance in athletic development. -Science for Sport

Off Ice Warm-up Example Protocols

10U

- Jog: ~ 1/4 of a mile
- 5 minutes of football/frisbee/soccer
- Lateral shuffle: 25 yards/each direction
- Carioco: 25 yards/each direction
- Power skips into a sprint: 2 x 25 yards
- Forward sprint: 25 yards
- Backward sprint: 25 yards
- Squats x 15 reps

12U

- Jog: ~1/4 of a mile
- 5 minutes of football/frisbee/soccer
- Lateral shuffle: 25 yards/each direction
- Carioco: 25 yards/each direction
- Power skips into a sprint: 2 x 25 yards
- Forward sprint: 25 yards
- Backward sprint: 25 yards
- Inch worms: 1 x 5
- Push-up position shoulder taps: 2 x 10
- Squat jumps: 2 x 10

14U

- Jog: ~1/4 of a mile
- Zombie/high kicks: 25 yards
- Walking lunges: 25 yards
- Butt kicks: 25 yards
- Lateral shuffle: 25 yards/each direction
- Carioco: 25 yards/each direction
- Power skips into a sprint: 2 x 25 yards
- Forward sprint: 25 yards
- Backward sprint: 25 yards
- Inch worms with a push-up: 1 x 5
- Lateral lunge: 1 x 5/each direction
- Split Squat Jumps: 2 x 10

16U

- Foam Roll
- Knee to chest: 25 yards
- Pretzel: 25 yards
- Quad pull with reach: 25 yards
- Shoo the duck: 25 yards
- Zombie kick: 25 yards
- Open the gate: 25 yards
- Reverse lunge: 25 yards
- Lateral shuffle: 2 x 25 yards/each direction
- Sprint from lateral start: 2 x 25 yards
- Powerskip x 4 into sprint: 2 x 25 yards
- Shoulder mobility/activation
 - T-spine rotation
- Hip mobility/activation

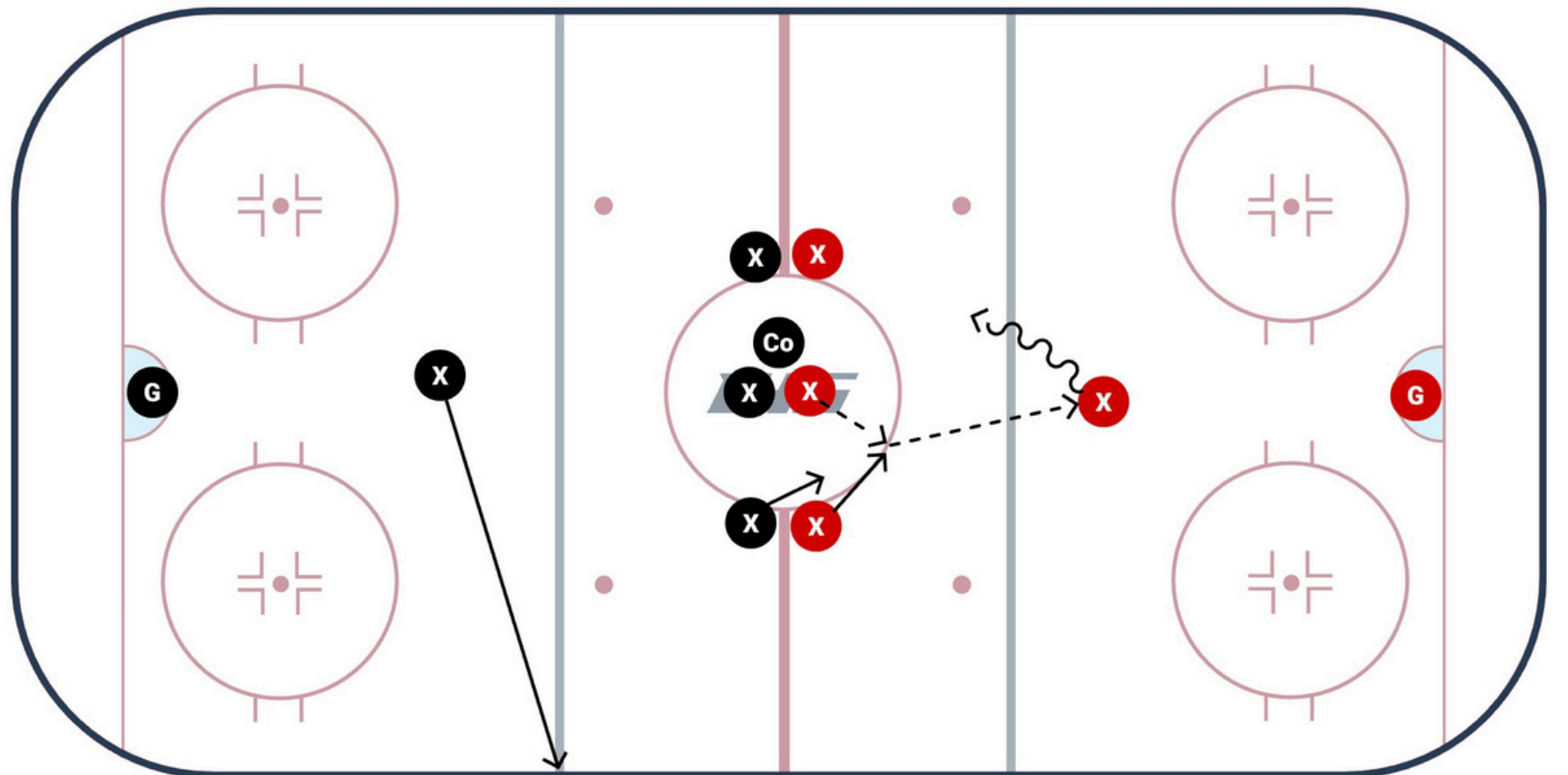


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Ice Barn Games

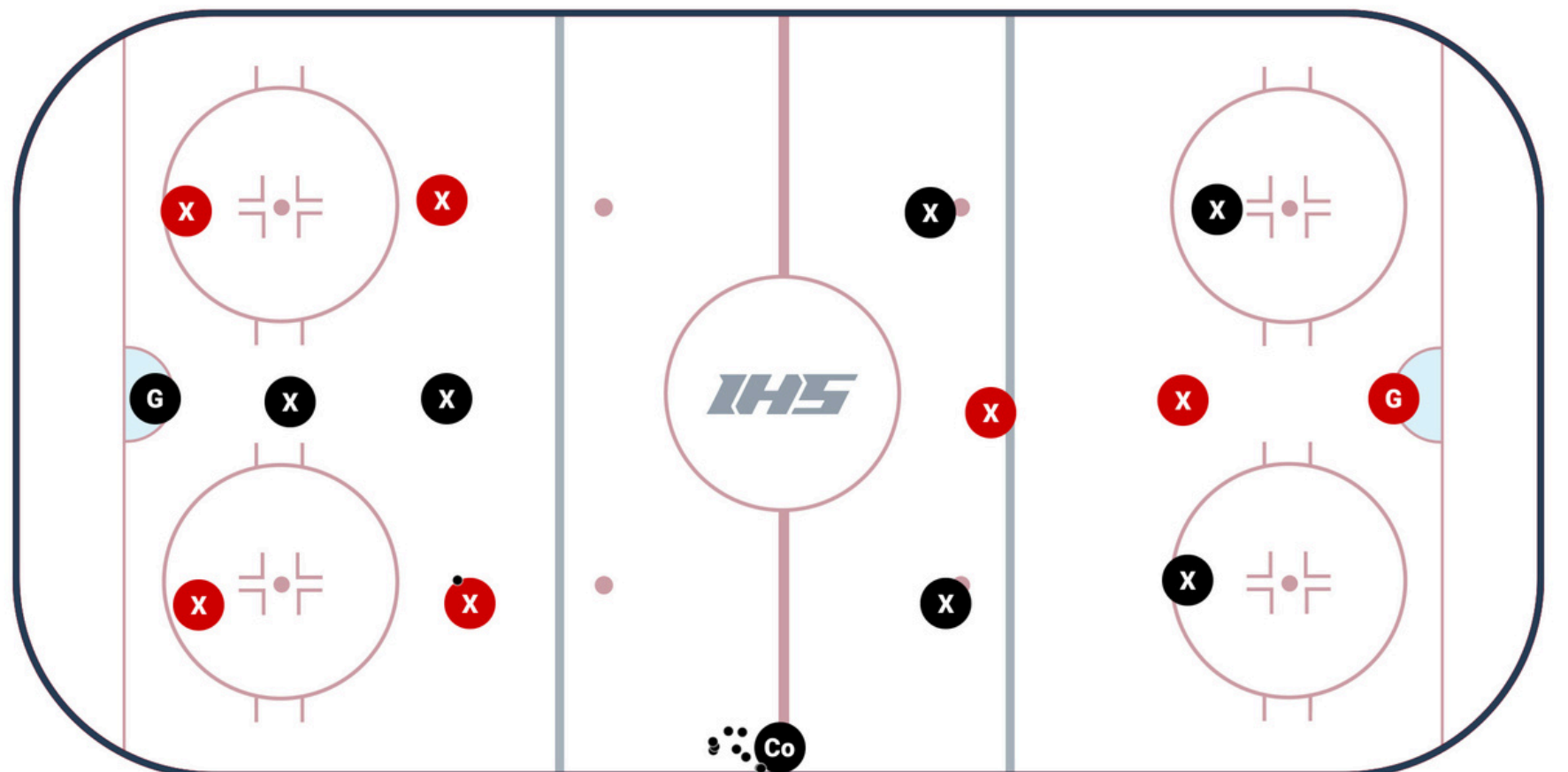
Faceoff Game:

Three players from each team line up across the red line with one player in their defensive zone. Coach drops that the teams must win back to their player, this activates said player while the other team loses their extra player. Teams play out the game 4v3 full ice.



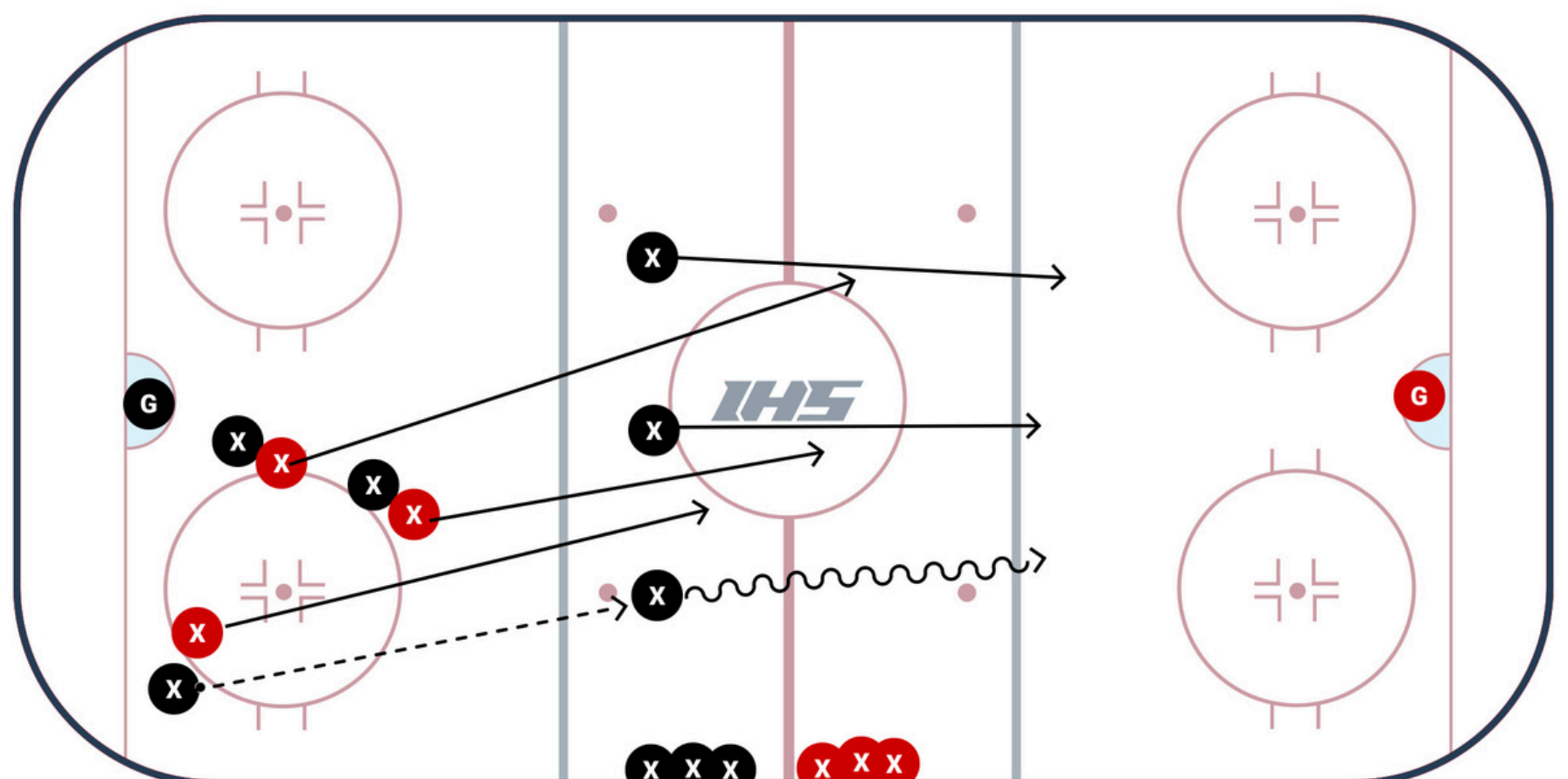
4v2 vs 4v2:

Four players from each team line up in their offensive zone, two players from each team line up in their defensive zone. Players must not cross the red line. When a team creates a turnover, they must skate the puck out of the defensive zone and pass to one of their teammates to start the offense.



Backcheck Game:

The game: The three players in red will attack as the first three players in black defend. When the players in black create a turnover, they will pass the puck up the ice to the next three players in black (who are waiting in the near blue line and the red line). Once the players in black in the neutral zone have the puck, they attack the opposite goal. The players in red will quickly back-check. The drill is continuous as three new red players step into the neutral zone. If a team scores, reward them by giving them a new puck to stay on offense.



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Ice Barn Games Cont.

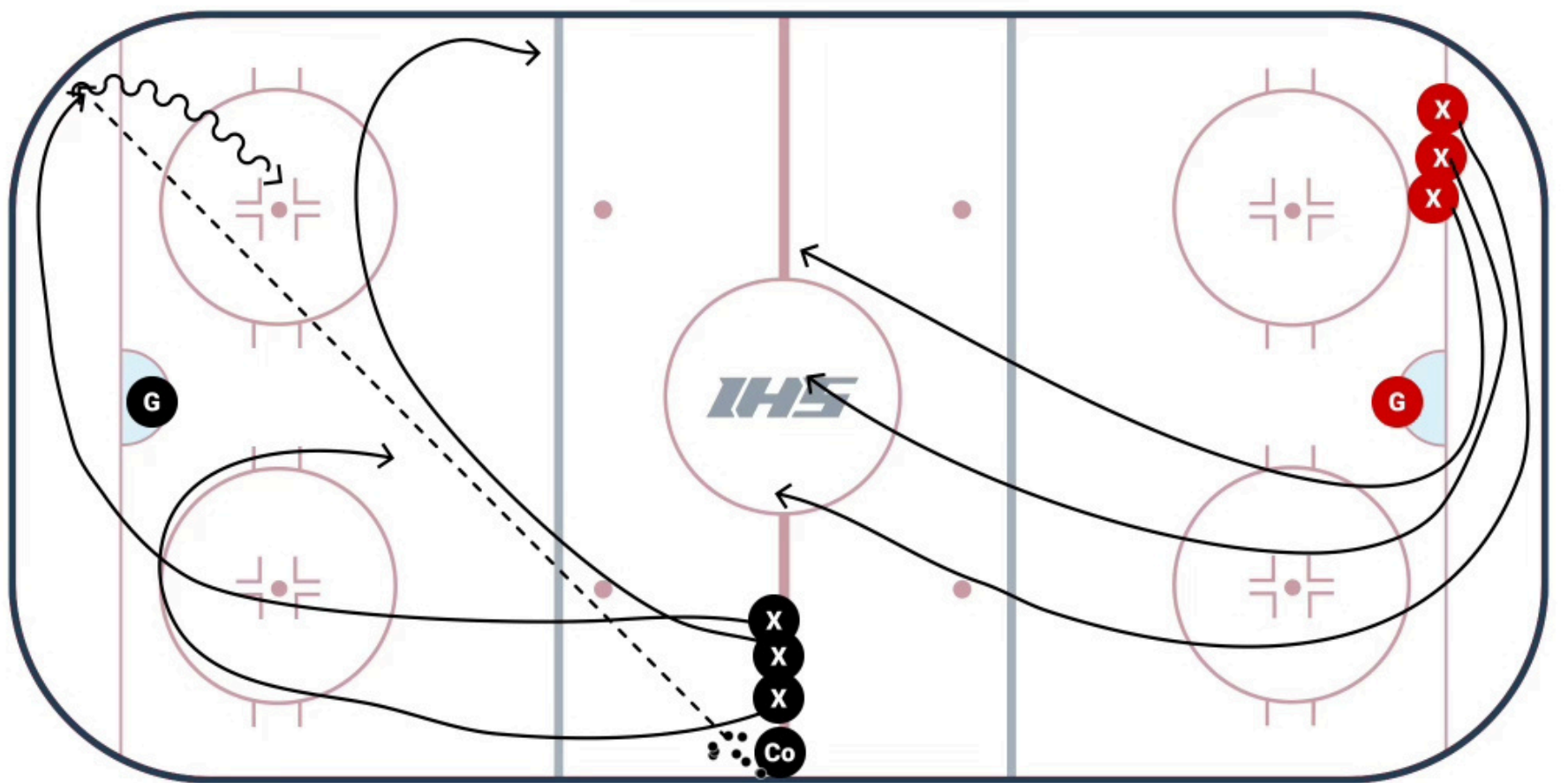
3v3 Angling:

Set Up: 3 players in black line up on the red line next to the coach, three players in red line up on the goal line in the far corner of the ice.

The game: Coach will place a puck in the corner across from the red players. One player in black must go behind the net to retrieve the puck while their two teammates move to get open and fill lanes. The three players in red must go behind their net then must move up ice to defend against the players in black. Players will continue 3v3 until a goal is scored, or the puck is frozen by a goalie.

Points of emphasis: proper retrieval of a puck, moving to open space to support a breakout, proper angling by the defending players, establishing a tight gap.

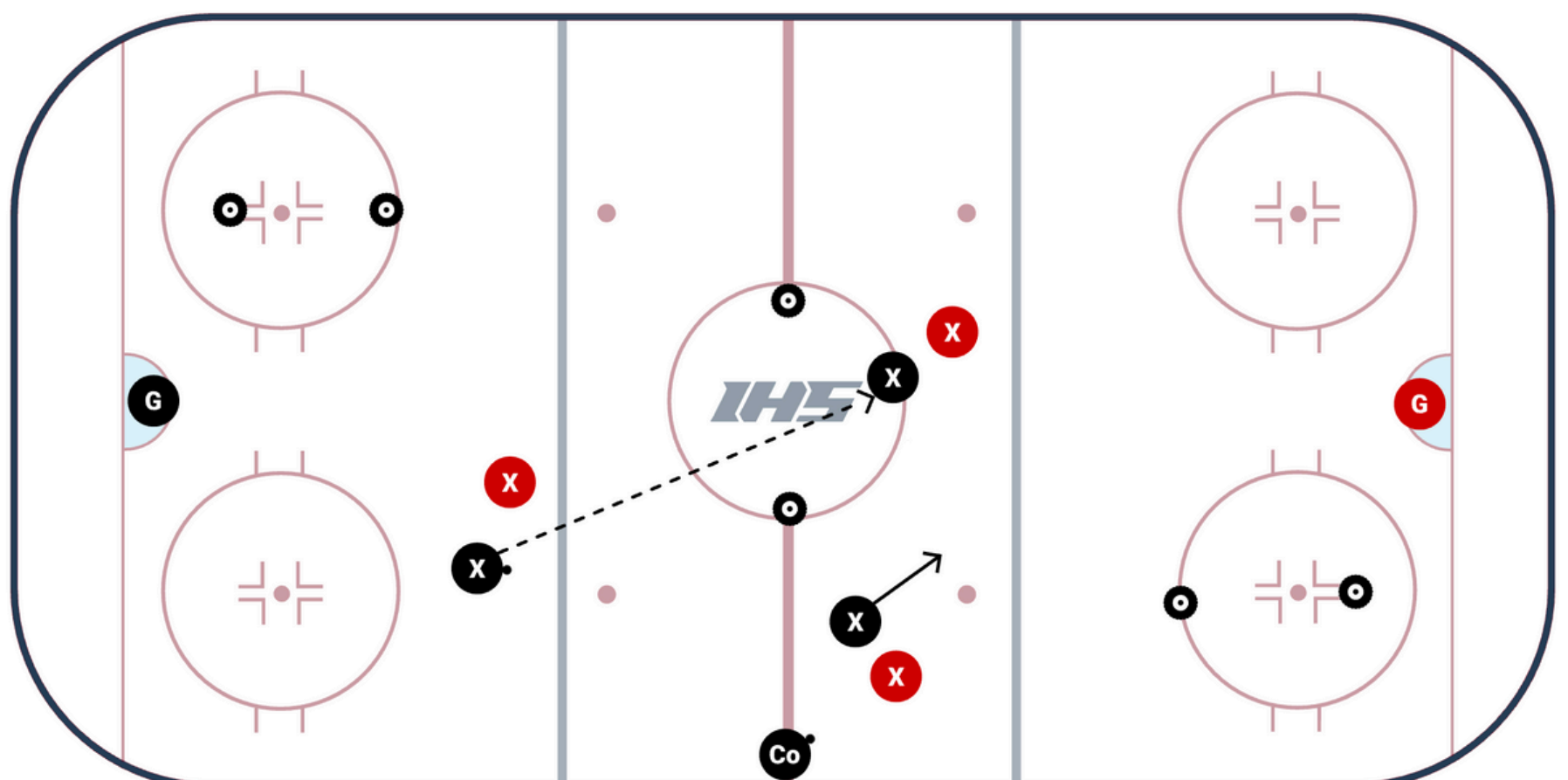
Coaches can encourage communication and having a plan- offensive players must determine who is retrieving the puck and who is filling which lane, defending players must determine which player to guard and how to assess threats on the breakout.



IQ Game 3v3:

Three players from each team with three sets of tires, one set in each zone. This is a full ice 3v3 game, however upon every change of possession the team going on offense must complete one pass between the tires before they can attempt to score.

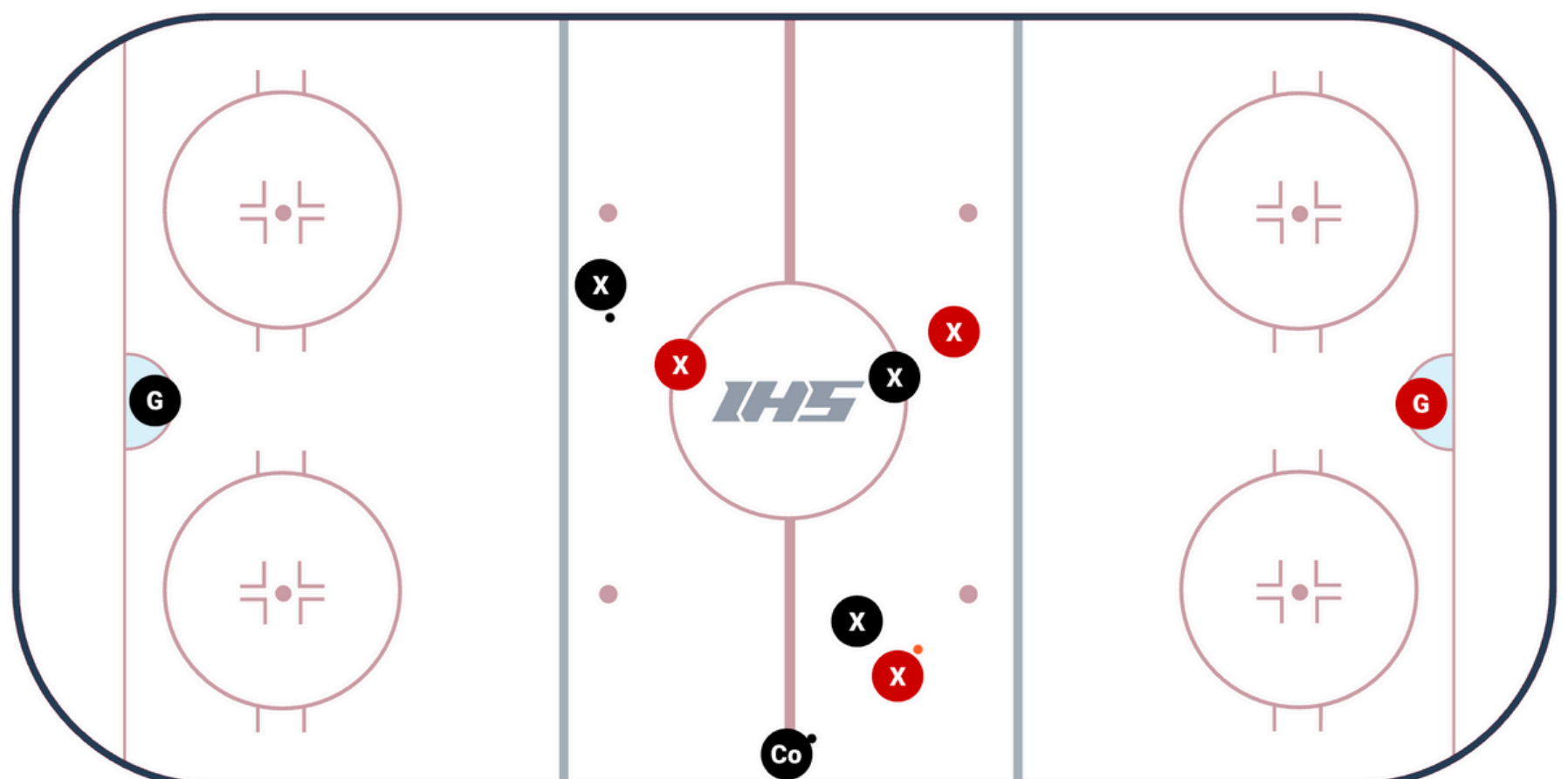
Encourage your players with possession to be creative, using unorthodox passing lanes or bringing the puck back to regroup. Encourage the defending players to be aggressive and force mistakes instead of trying to stand still in the passing lanes.



2 Puck Shuffle:

Three players from each team play this game with two pucks: one regular puck, and one orange/weighted puck. This is played like a normal 3v3 game, however the team must have possession of BOTH pucks in order to attempt to score.

Only the black puck can be used to score, please don't have your players shoot a weighted puck at your goalies.



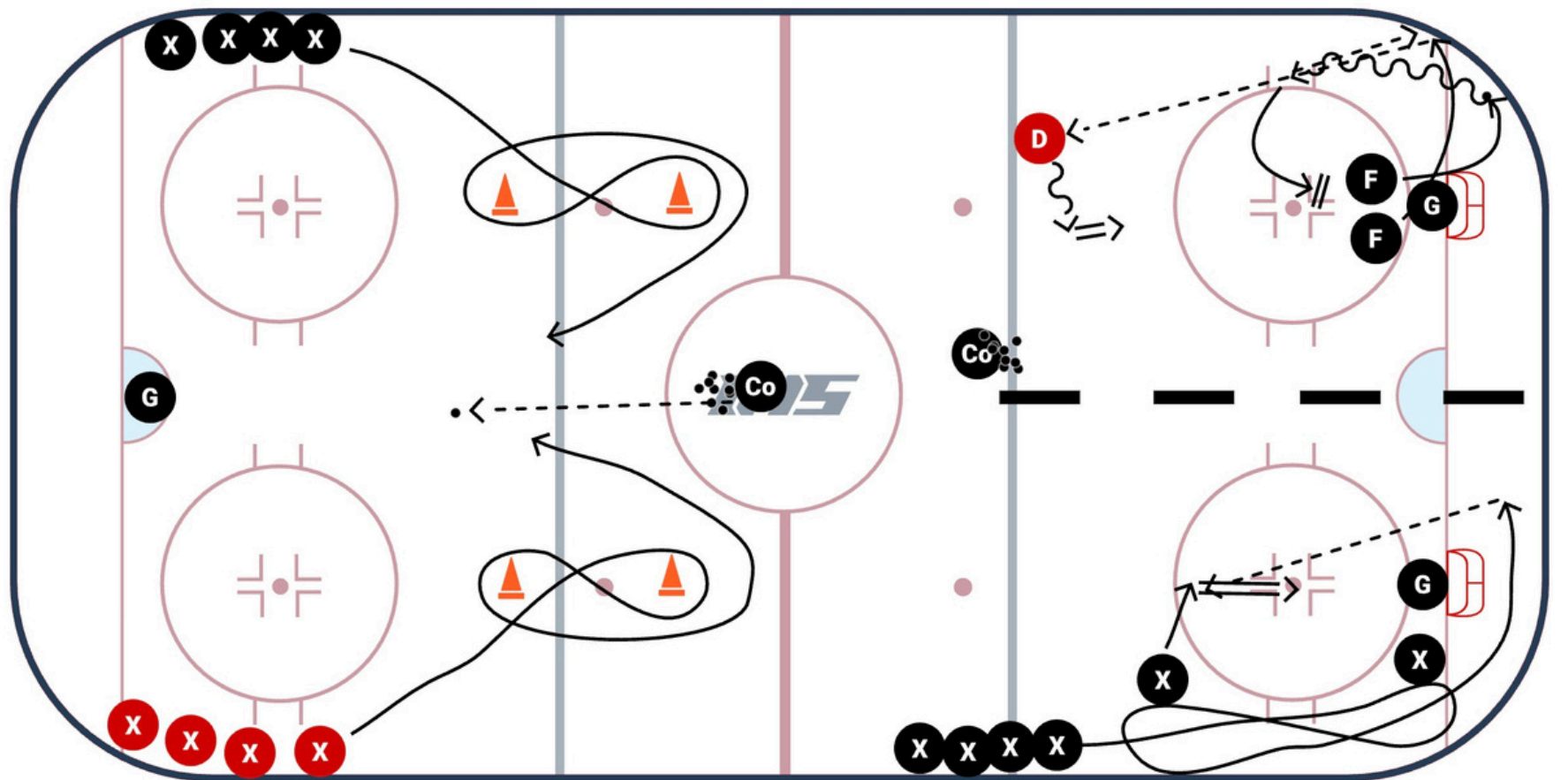
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Station Based Practices: Games & Drills

Skating

Focus:

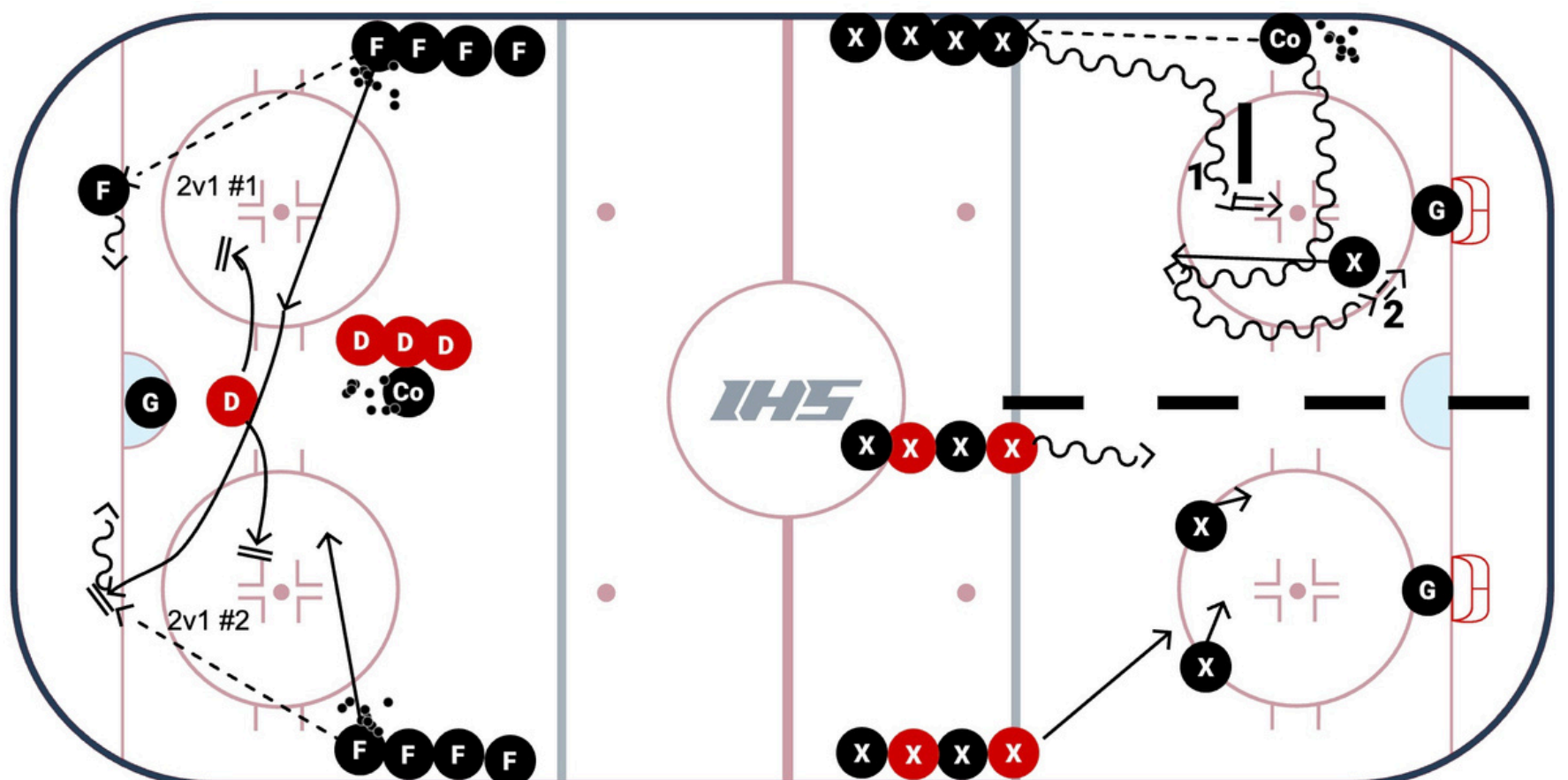
- o Races around cones
- o Cycle to point shot
- o Double cut back to slot



Transition

Focus:

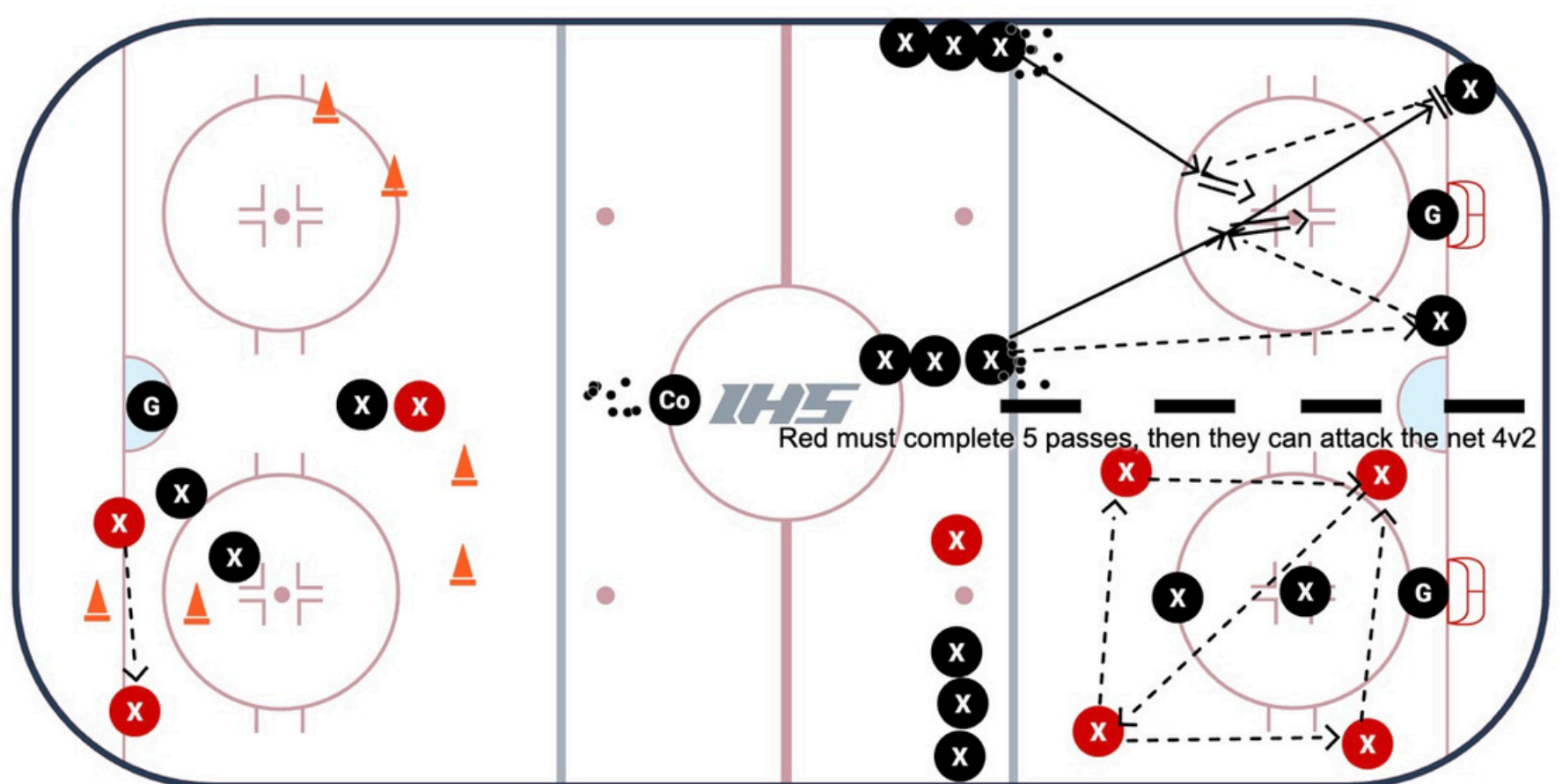
- o Continuous 2v1
- o Change the angle, quick transition
- o Oreo 2v2 (Offense, Defense, Out)



Passing

Focus:

- o Gates of Buffalo 3v3
- o Continuous Give & Go
- o Rondo Passing to Offense



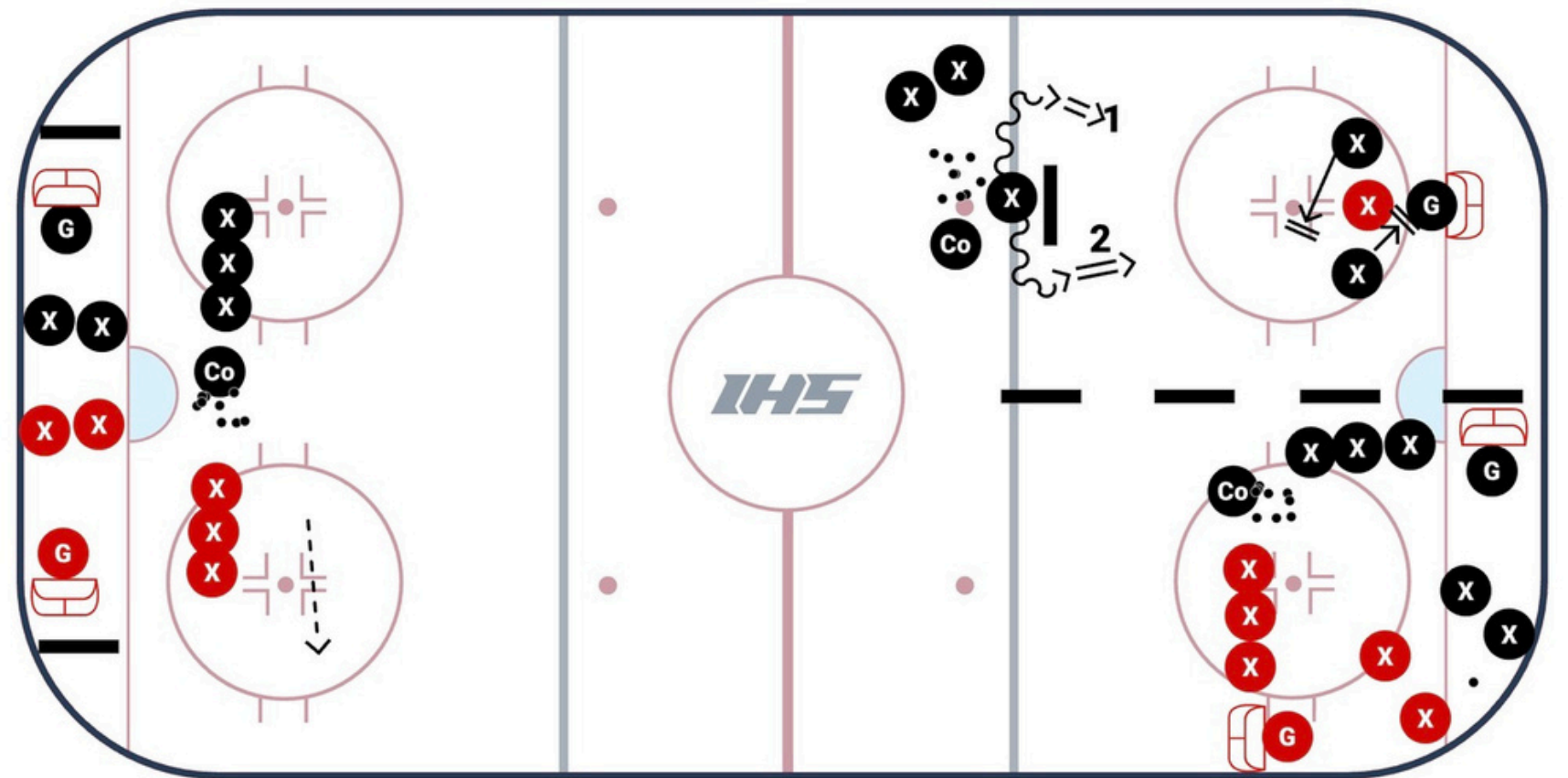
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Station Based Practices: Games & Drills

Battle

Focus:

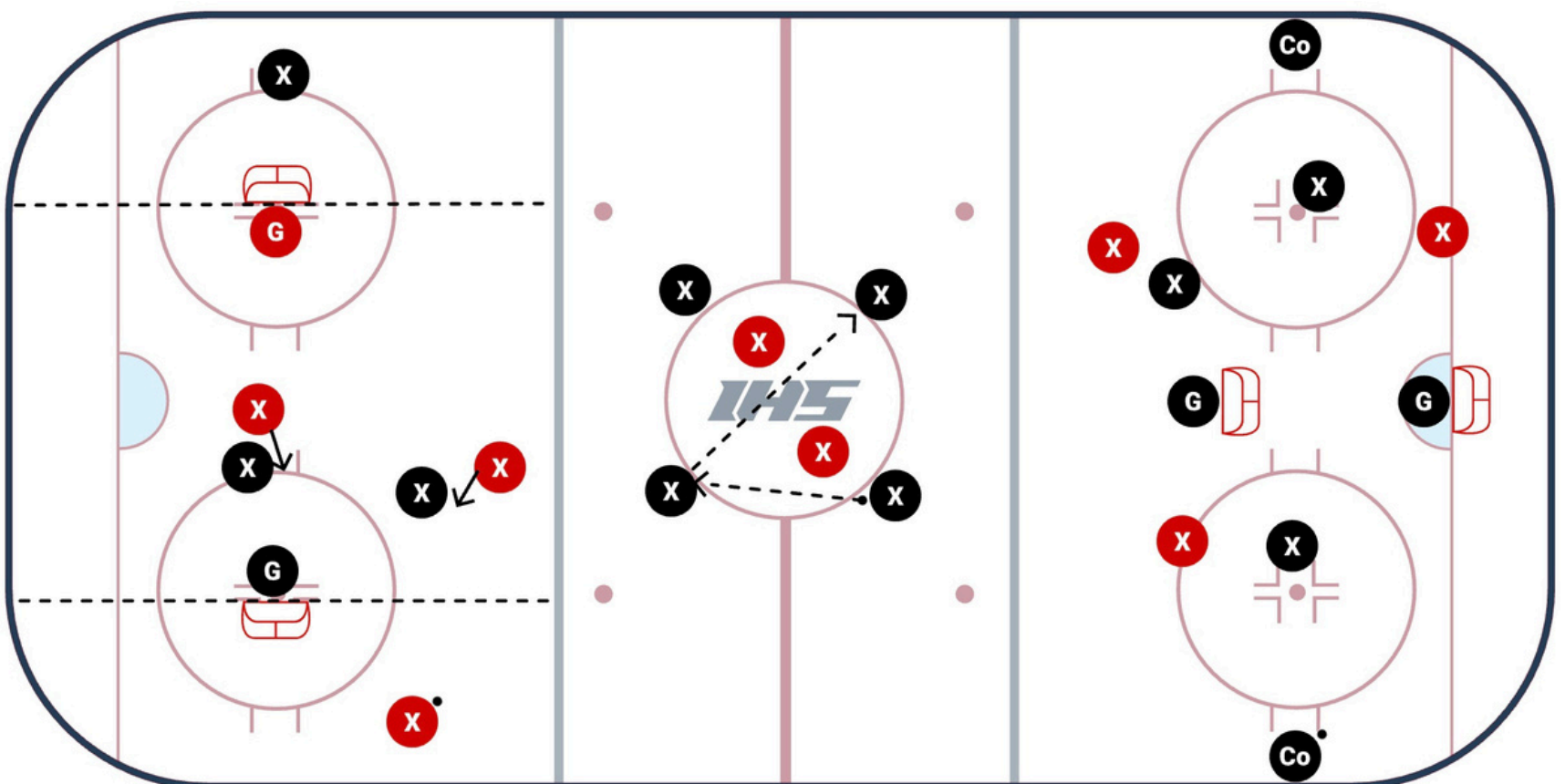
- o 2v2 Below Goal Line
- o 2v1 Netfront from a point shot
- o 2v2 In Corner



Support

Focus:

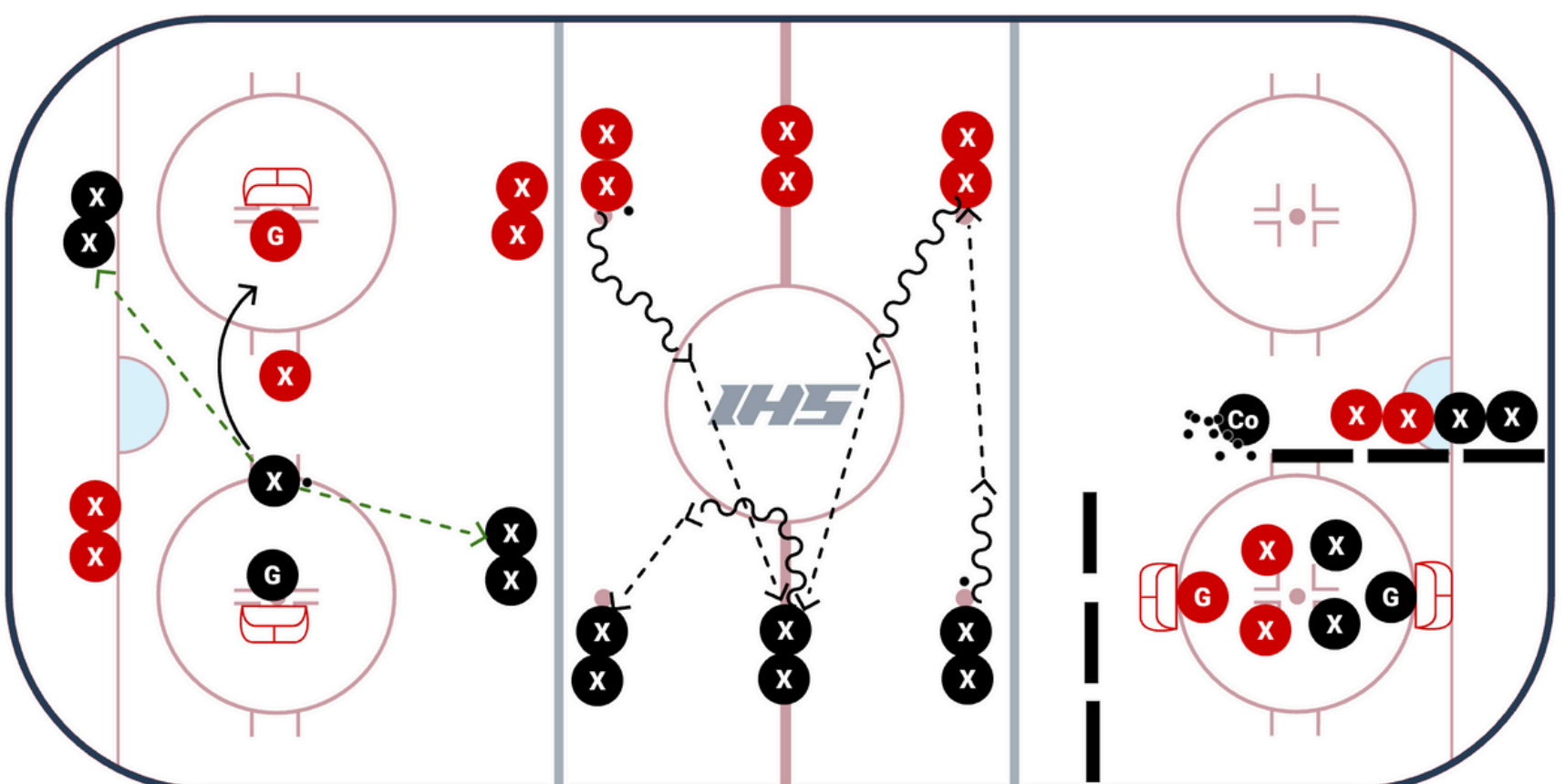
- o Gretzky Game
- o Rondo 4v2 Keep Away
- o Levels 3v3



Passing

Focus:

- o 1v1 in the Middle with Bumpers
- o 3 Lines Pass to Any Line (Multiple pucks)
- o 2v2 In the Circle



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Half Ice Practice Ideas

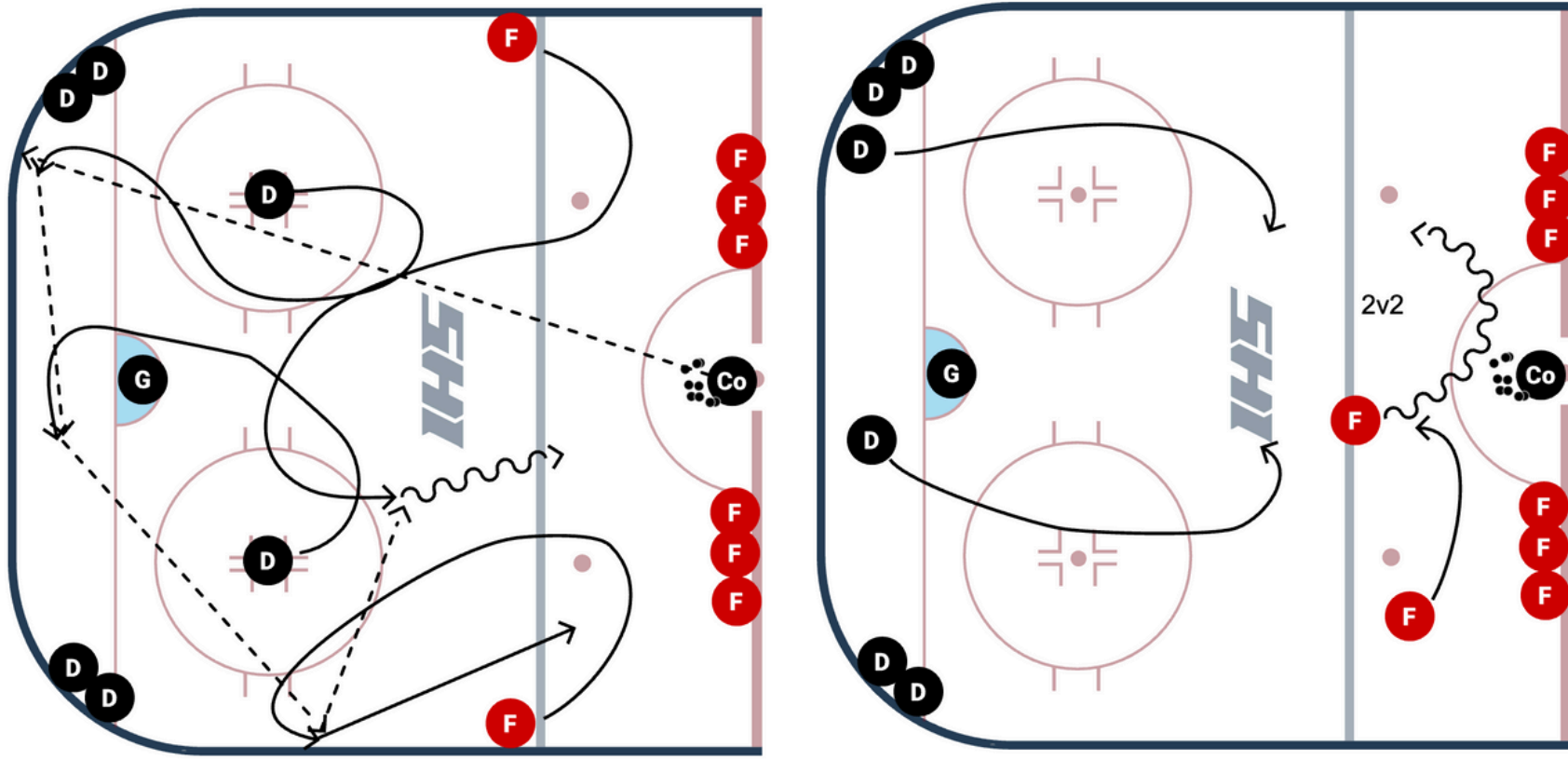
Finnish 2v2:

The set-up: Defensemen begin on the dots in the defensive zone, forwards begin at the corners of the zone. Extra D wait in the corners, extra forwards wait along the red line. Coach is at center ice with pucks.

The drill: Coach will place a puck in the corner for the defensemen to retrieve. The forwards will first come up around the dots, then position themselves for a 4v0 breakout. Coaches can provide their defensemen with options, and teach which breakout concepts to apply based upon the puck placement and timing of the forwards. Once the forwards have possession in the neutral zone, they can take whatever route they determine to re-attack 2v2 against the defensemen.

Points of emphasis: Good breakout habits of shoulder checking, communication, good first passes, positioning along the wall, and center ice support, dynamic plays in the neutral zone to vary speed and create confusion, good gaps by defensemen

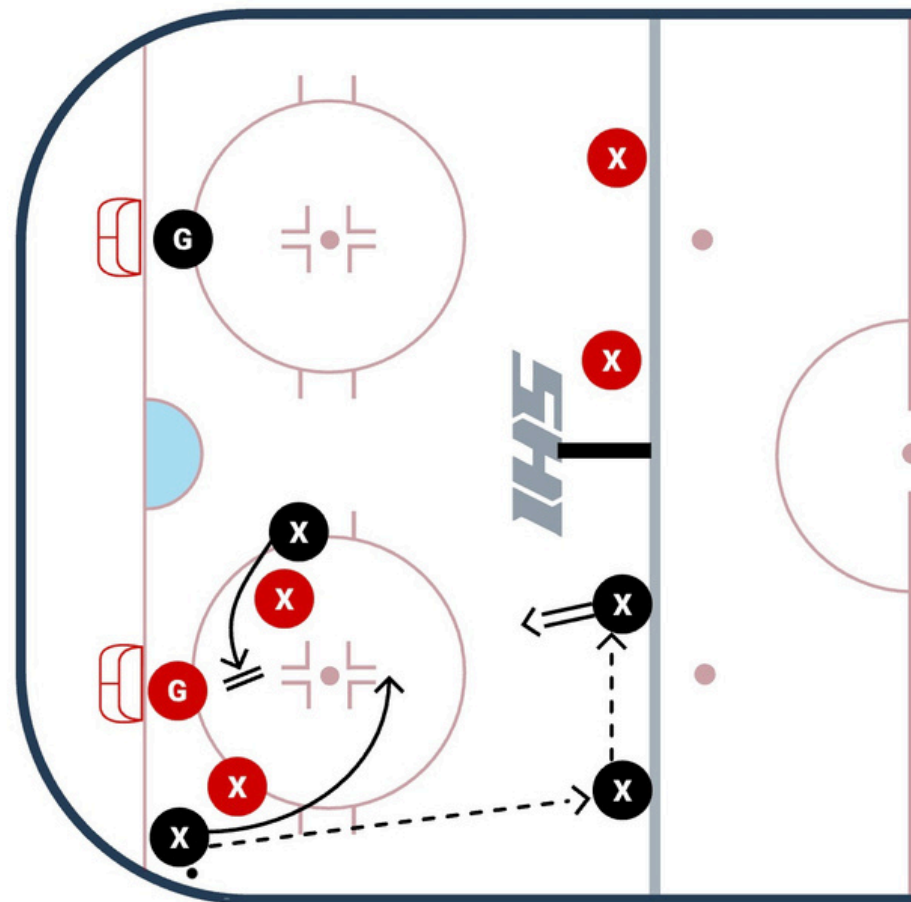
This drill can be altered to be a 1v1, 2v1 or 3v2



Point Shooter Game:

The set-up: Two nets are placed along the goal-line, centered with the dots. Two players from each team enter the zone with two players at the points.

The game: Players must battle for possession then quickly pass the puck to their teammates at the point. Defending players look to “box-out” opposing players and lift their sticks to prevent deflections. Offensive players must be encouraged to drive the net with their sticks on the ice and to work to screen the goalie. Goals must only count if they are scored from a point shot, a deflection, or from a rebound.



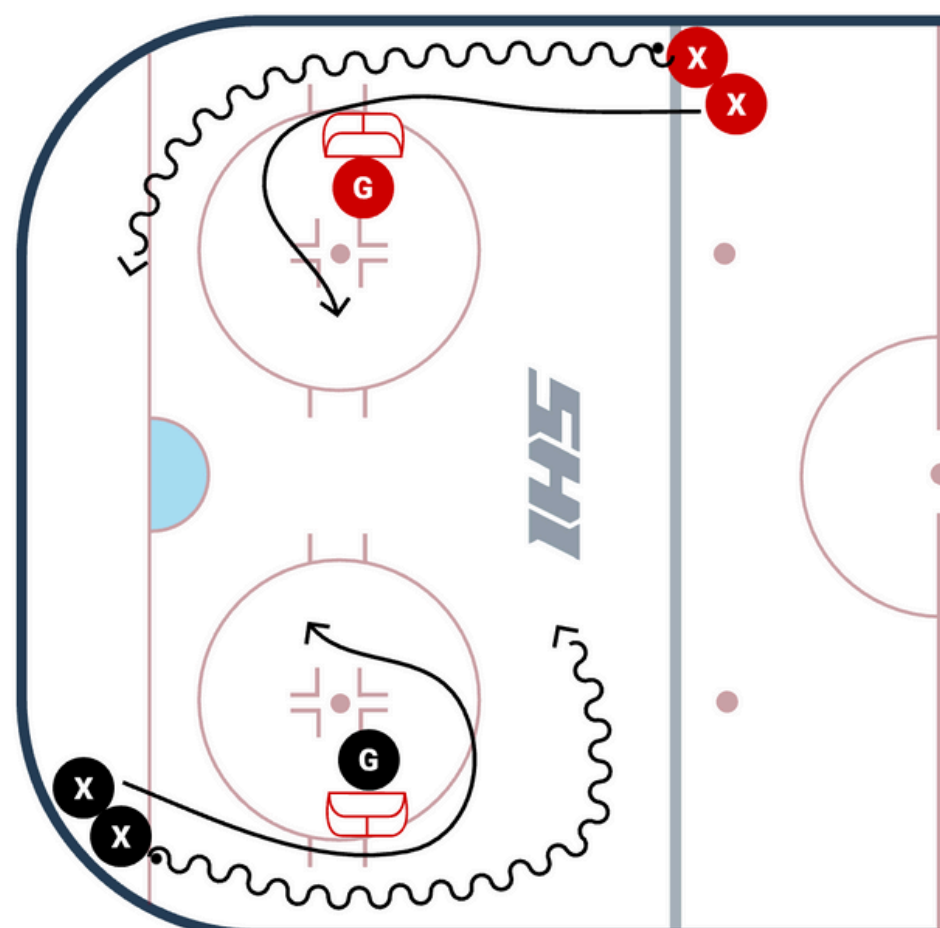
Wildcat 2v1:

Two players from each team begin off-set behind their own net, each team has one puck and when the game begins both pucks will be live.

Players must communicate to determine if they are going to take a chance and both attack the opposing net, or if one player will attack with a puck and the other will defend.

Given that two pucks are live until a goal is scored or the puck is frozen by the goalie, players must quickly transition between offense and defense.

Any game or drill with multiple pucks can be difficult for goalies, coaches must manage the drill effectively to ensure your goalies are not having to make two saves at once.



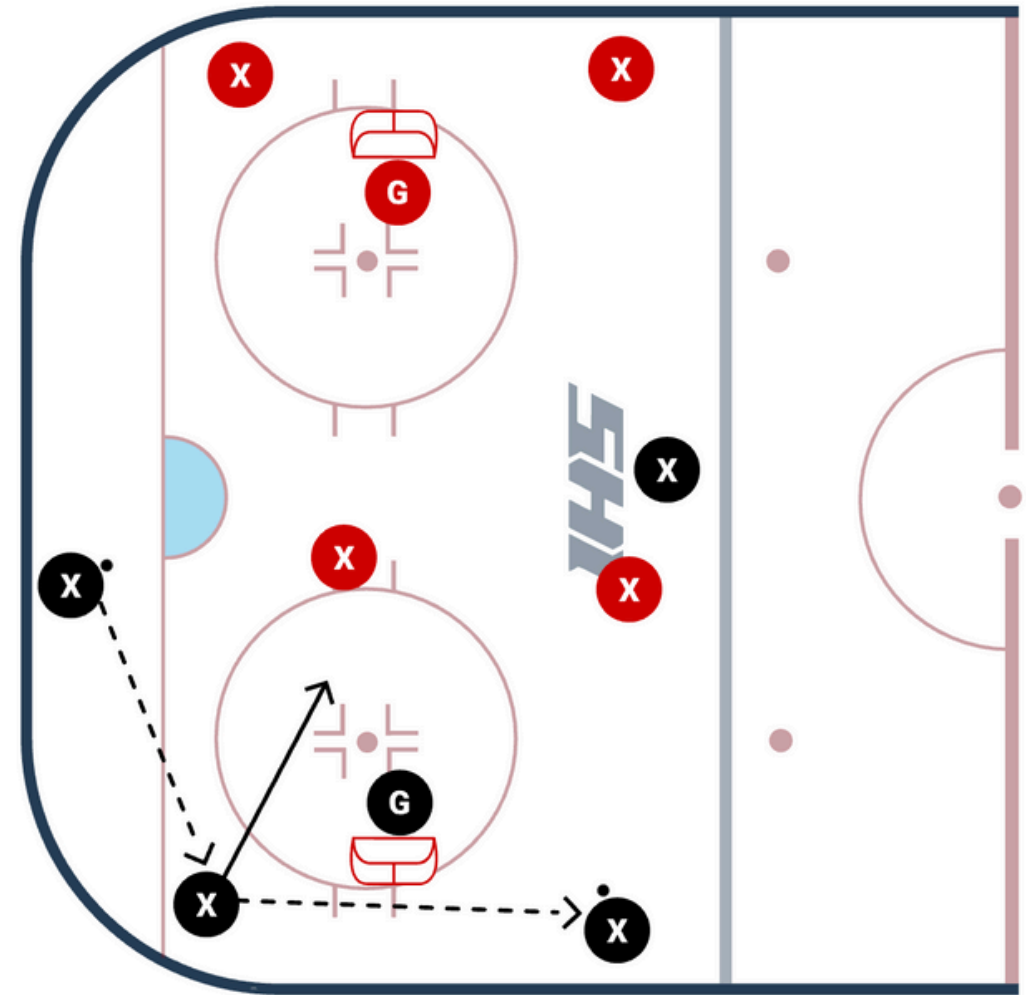
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Half Ice Practice & Games

3v2 Activation:

Two players from each team start between the nets, with two players from each team starting behind their team's net. With every change of possession, the team with the puck must pass back to their players behind the net, who then pass across like a "D to D" pass. Once the "D to D" pass is made, the weak-side player is activated to attempt to score 3v2.

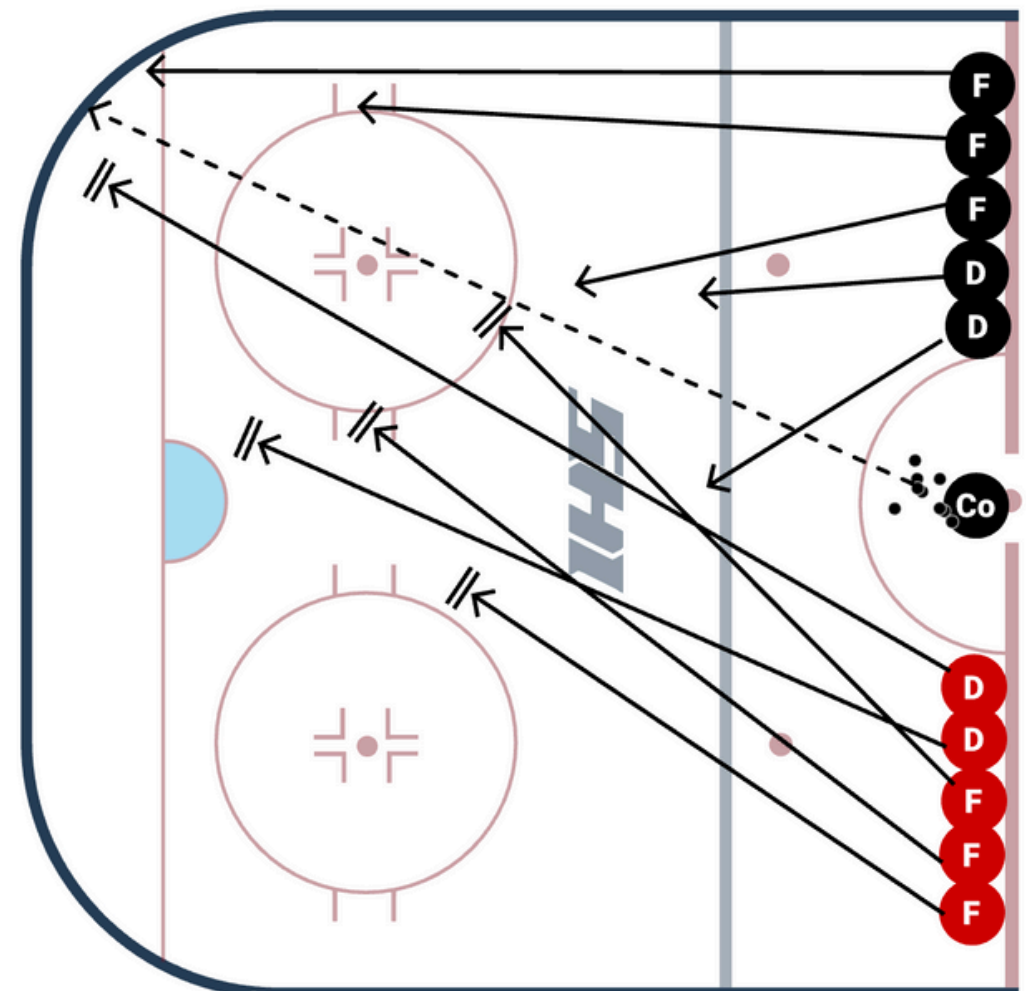
If there is a change of possession and the other team activates their third player, the previously activated player must return to their position behind the net. With a new puck/new group, the two players from behind the net move into the middle, and new players from the lines fill the positions behind the net.



50/50 D-Zone:

Two full lines from each team line up across the red line, with the D on the inside.

Coach will dump a puck into one corner to begin the drill. Whichever side is closest to puck has the advantage and will play on offense, the opposing side must sprint into defensive zone coverage.



Russian Paradox:

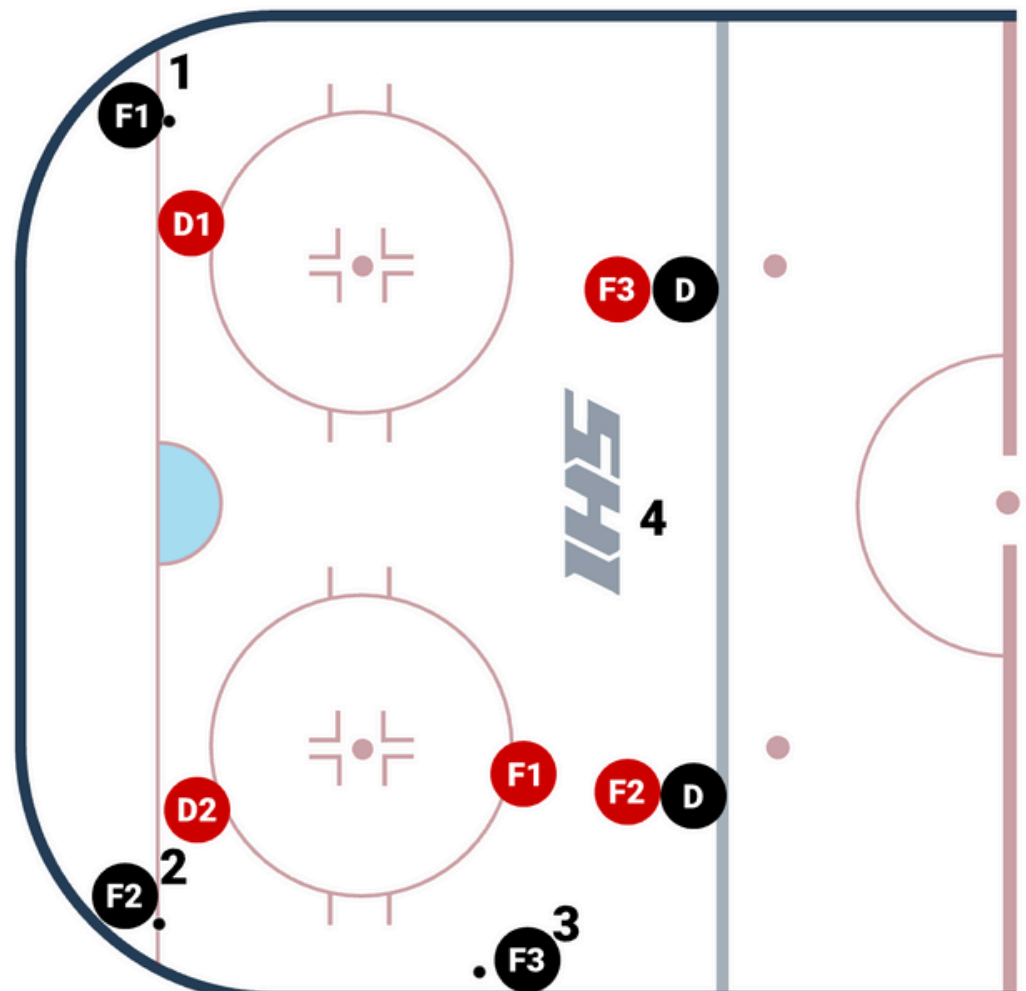
1st Whistle: Black F1 & Red D1 play a 1v1 from the corner

2nd Whistle: Black F2 & D2 activate creating a 2v2 below the dots

3rd Whistle: Black F3 & Red F1 activate to create a 3v3 below the tops of the circles

4th Whistle: Black D & Red F2/F3 activate to create a live 5v5 game

Keep whistles quick so that players have to react to new scenarios and threats, encourage your defending players to maintain your defensive zone coverage, encourage your offensive players to move quickly to and create confusion.



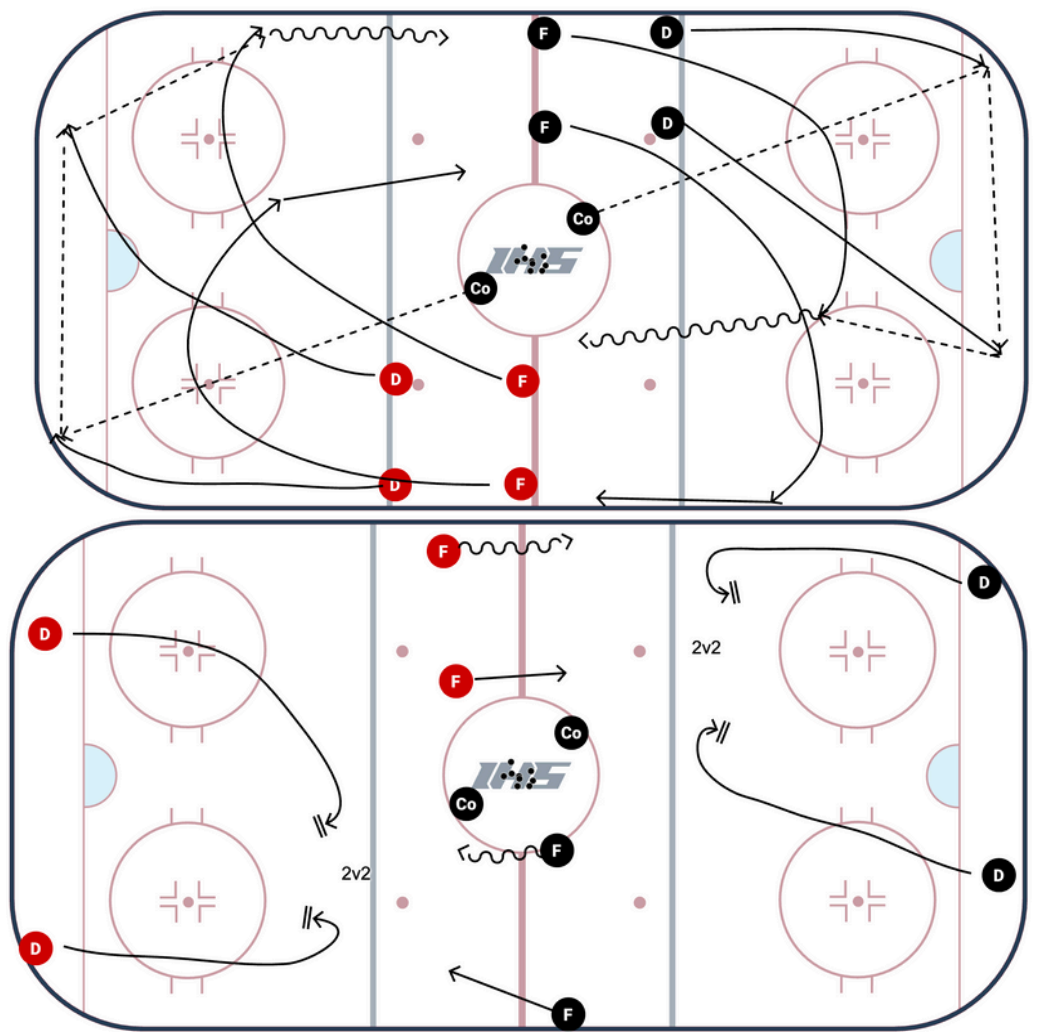
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Full Ice Shared Drills

Finnish 2v2:

Defensemen begin on the blue line, forwards at the red line. Coach is at center ice with pucks.

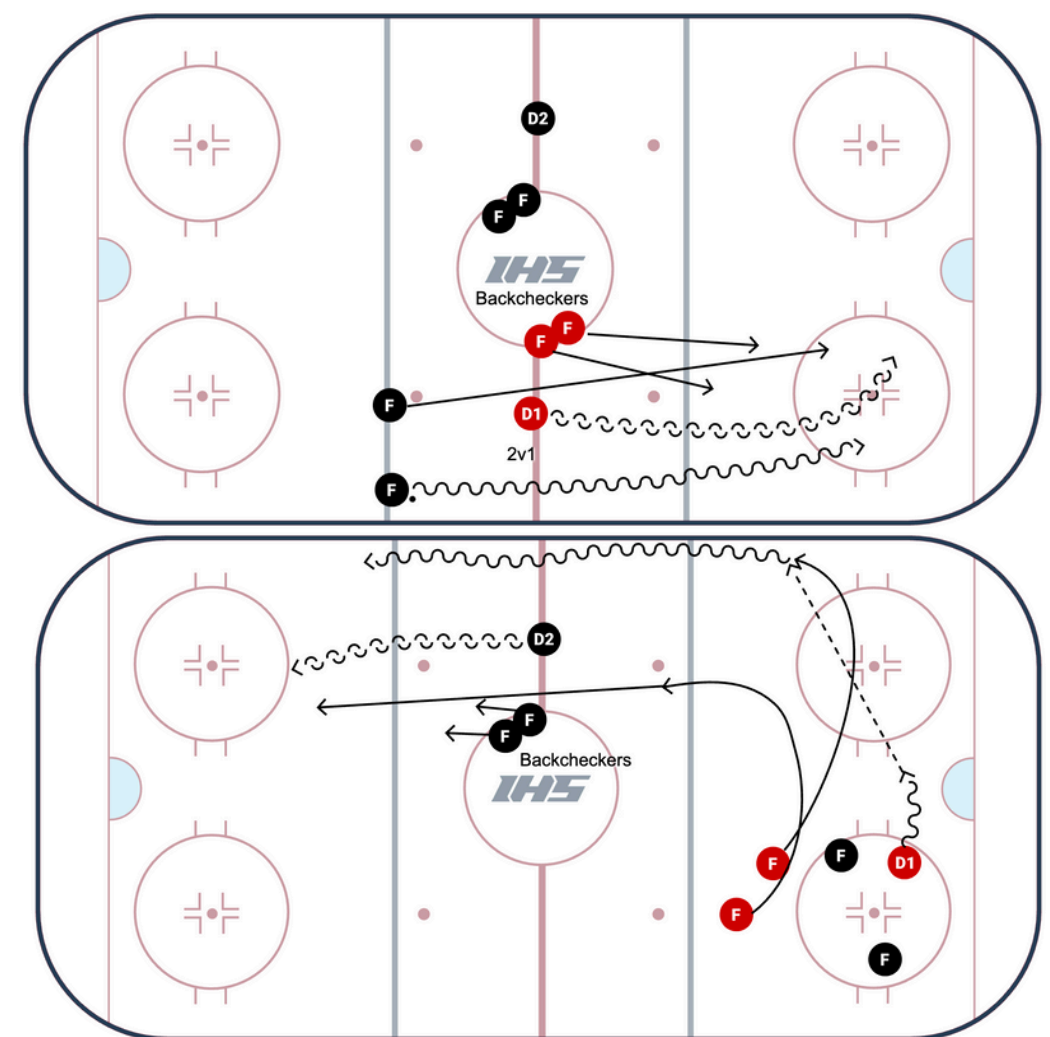
Coach will place a puck in the corner for the defensemen to retrieve. The forwards will position themselves for a 4v0 breakout. Coaches can provide their defensemen with options (or even forecheck), and teach which breakout concepts to apply based upon the puck placement and timing of the forwards. Once the forwards have possession, they attack the opposing defensemen. This drill encourages a quick breakout and attacking with speed. Encourage forwards to vary their speed and routes. Ensure your defensemen are sprinting up ice to establish a good gap as quickly as possible.



2v1-2v3

Continuous:

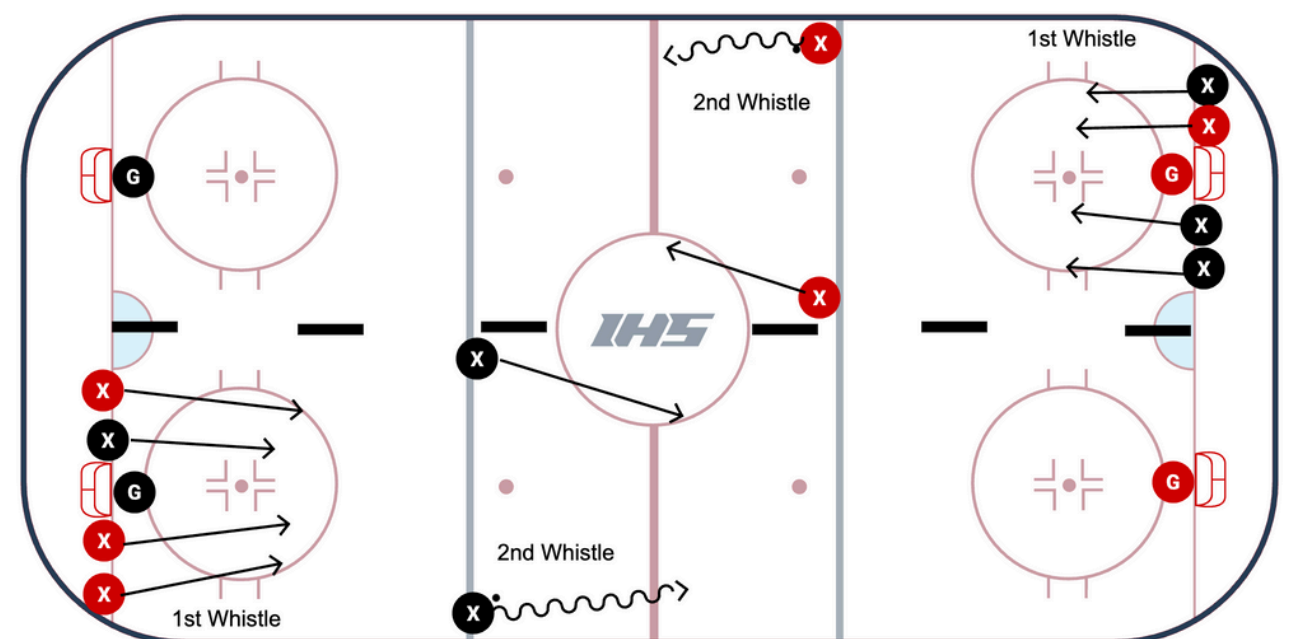
This is a continuous drill, but start with two forwards on the far blue line and one defenseman on the red line, with the next two forwards (in a different color) waiting in the center circle. The two forwards from the blue line attack the defenseman 2v1, as soon as they pass the red line the next two forwards are activated as backcheckers. The drill continues as a 2v3. With a turnover, the two backchecking forwards transition to offense and attack the next defenseman up the other side of the ice.



Long Island Backcheck:

Split the ice in half down the middle with four nets on the goal lines, centered on the dot lines.

3 backcheckers and 1 player from the team with possession begin on the goal line, two players with a puck begin on the blue line. On the 1st whistle, the backcheckers and the extra player sprint towards the players with a puck, on the second whistle (when the backcheckers are between the dot and the top of the circles) the players with the puck attack the opposing net. Let the players continue 3v3 for 30-40 seconds.



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Additional Resources

[5 Tips for the Rookie Head Coach](#)

[Problem Solving in Sport - Article](#)

[Creating Offense: Peter Laviolette - Video](#)

[Gap Control - Article](#)

[Faceoff Tactics - Article](#)

[Running and Effective Practice: Course](#)

[Small Area Games: Derek Lalonde - Video](#)

["Little Things from Last Night" - Video Series](#)

[Hockey IQ with Ted Suihkonen - Podcast](#)

[Art of Coaching - Podcast](#)

[The Hockey Tactics Newsletter: Jack Han](#)

[Junior Hockey in the United States - Article \(From 2021\)](#)

[Off Ice Training Guides \(USA Hockey\)](#)

[Ice Hockey Systems Drill Draw Tool](#)

