



# 2020 NHLCA DRILL HANDBOOK

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# WARM-UP DRILLS

## LEGEND

»» Shot	— Skate
Stop	~~~~~ Skate With Puck
► Direction	• • • • Pass
✂ No Arrowhead	~ ~ ~ Backwards Skating
)) Pivot	~ ~ ~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide



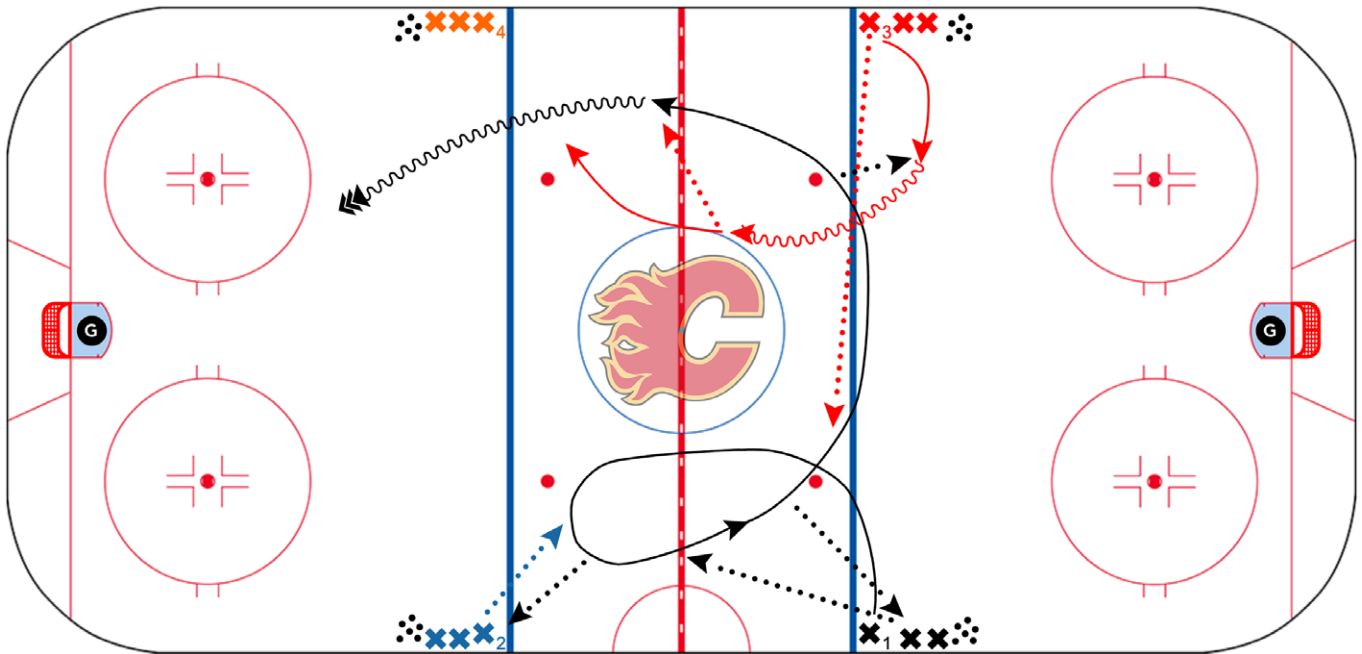
# NOAH

**Category:** Warm-Up

**Team:** Calgary Flames

**Description:**

- Diagonal sides start at the same time
- **X1** steps out to middle and give and go with **X2**
- **X1** then give and go with their original line
- **X1** then give and go with **X3** who follows under **X1** for drop pass
- **X3** makes wide pass to **X1** who carries on for a shot
- **X3** continues to start sequence again

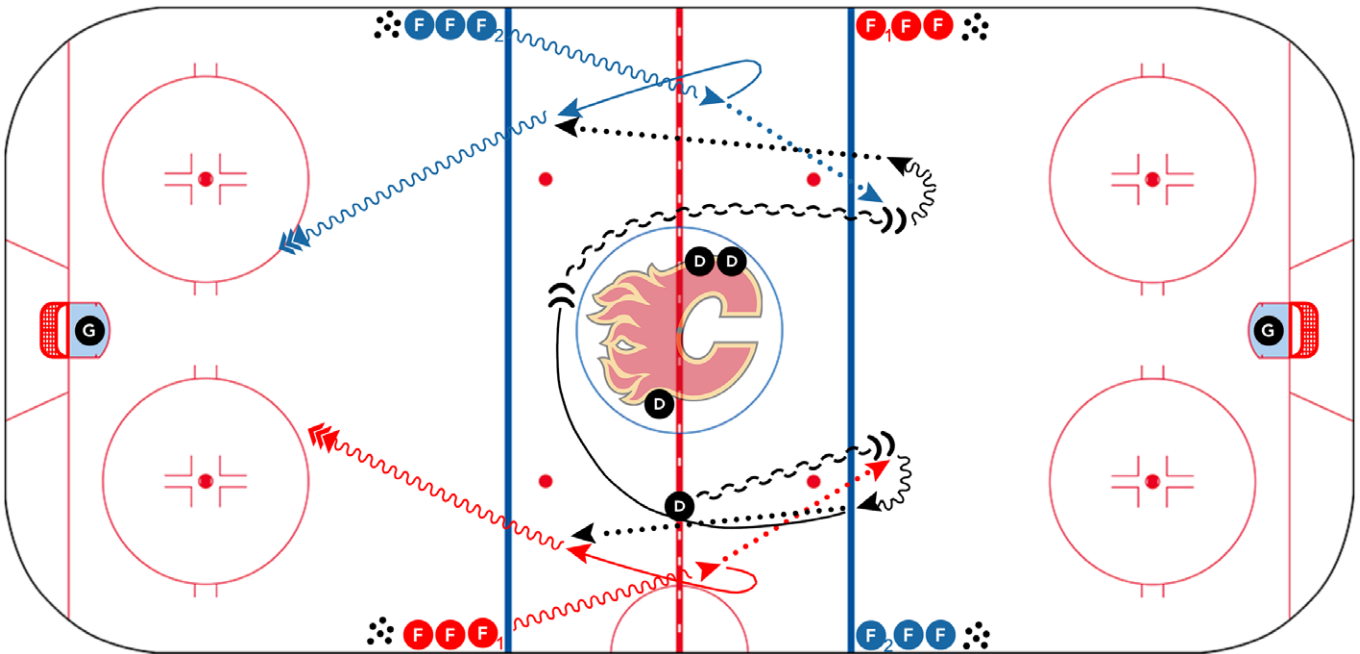


# PORTLAND SHOOTING

**Category:** Warm-Up

**Team:** Calgary Flames

- Description:**
- **D** skates backwards to blue line and gets a pass from **F 1**. **F 1** takes 5 hard strides before passing. **D** quick up to **F 1** who goes down for shot
  - **D** gaps up around circle & when they hit the redline the **F 2** takes 5 hard strides before passing. **D** quick up to **F 2** who goes down for shot
  - **D** always go the same direction and both sides going at same time
- \*can add third shot by having **D** follow up for point shot off a low to high play



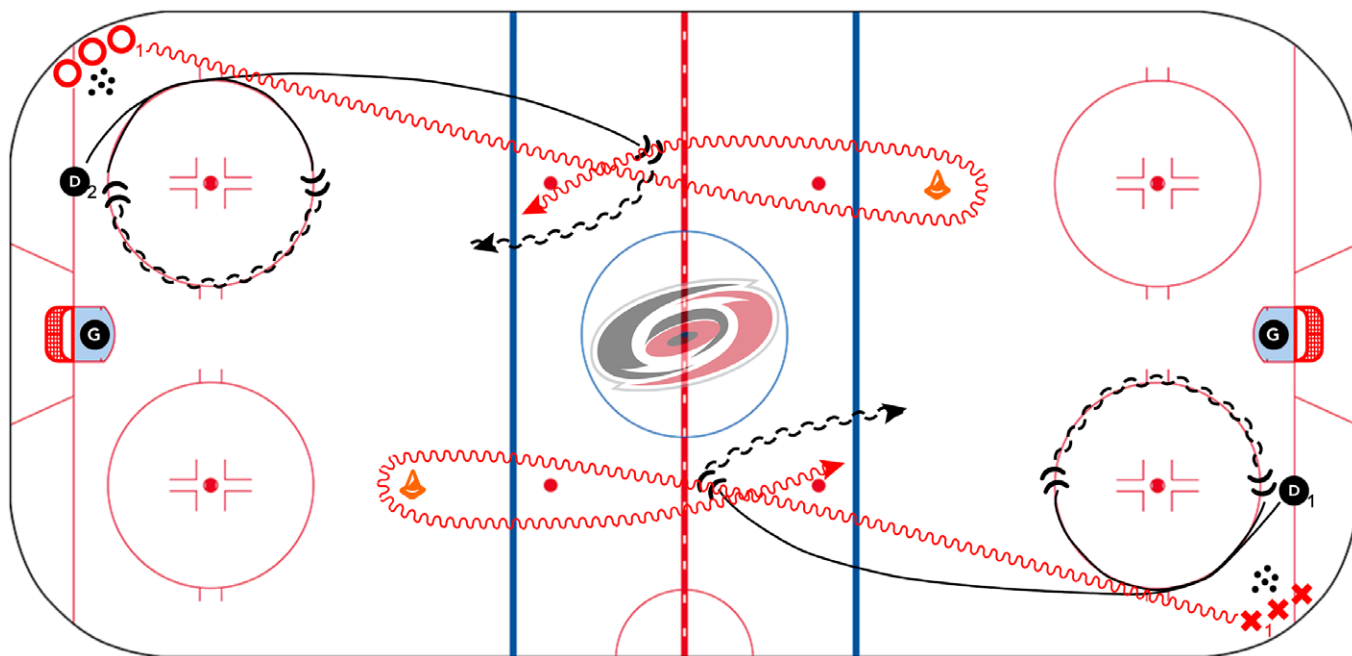
# 1 VS 1 AROUND CIRCLE (DZ)

**Category:** Warm-Up

**Team:** Carolina Hurricanes

**Description:**

- On whistle, all four players leave at the same time
- **X1** and **O1** skate with pucks to the far cone, turning to the boards
- **D1** & **2**, skate forward to top of the circle, pivot, skate back to bottom, pivot and then get up ice to take on their fwd back 1v1



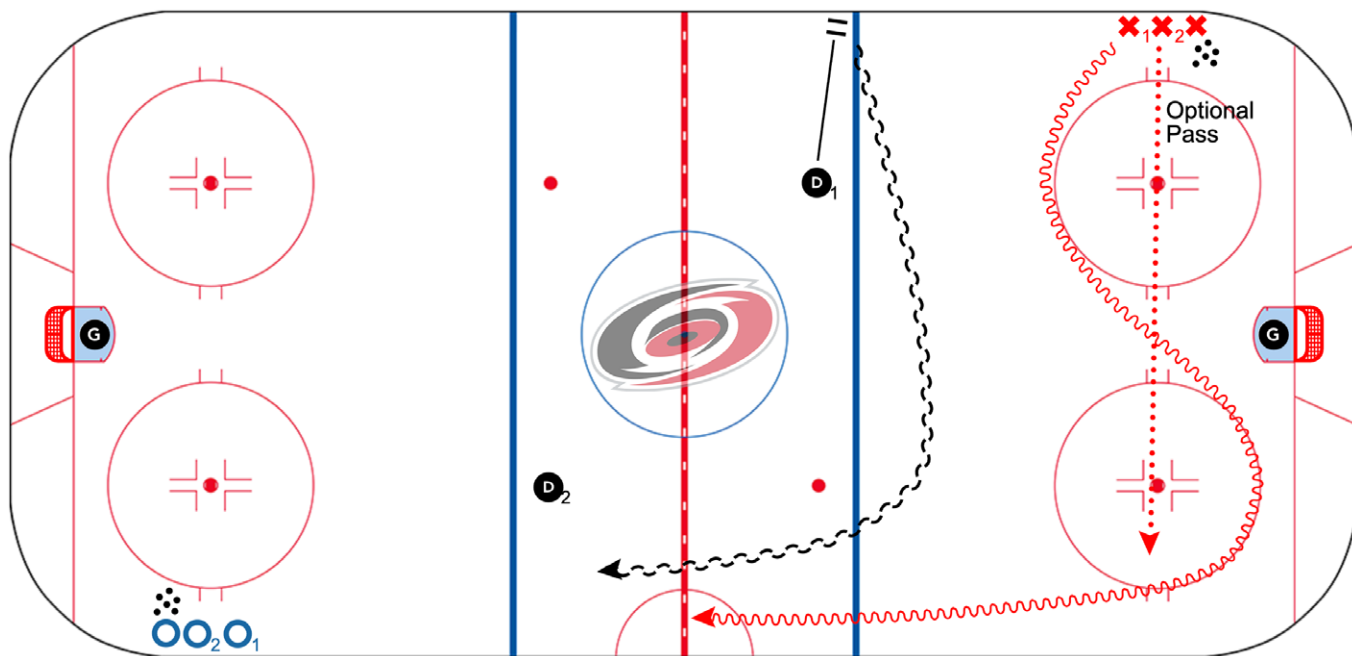
# 1 VS 1: QUICK FEET (OLYMPIC DRIVE)

**Category:** Warm-Up

**Team:** Carolina Hurricanes

**Description:**

- **X1** carries the puck over under and wide around circles
- **D1** skates over to boards, stops and then backwards across ice, gapping up accordingly and playing a 1v1 down the ice
- Can add a pass from **X2** or go straight through the dots
- Run drill at both ends of ice at the same time



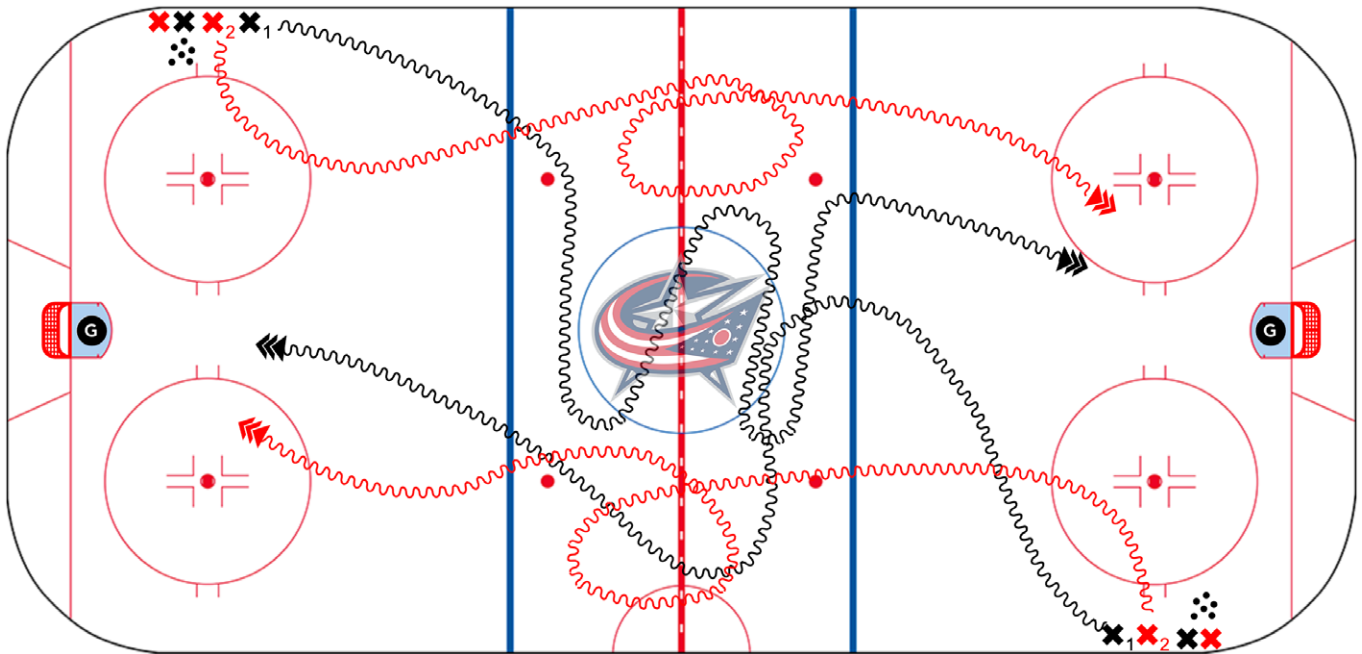
# CBJ WARM-UP 1

**Category:** Warm-Up

**Team:** Columbus Blue Jackets

**Description:**

- All player NZ scatter drill
- Coach blows the whistle for two 1 on 0s one way and two the other way
- Full length drill, switch ends when finished



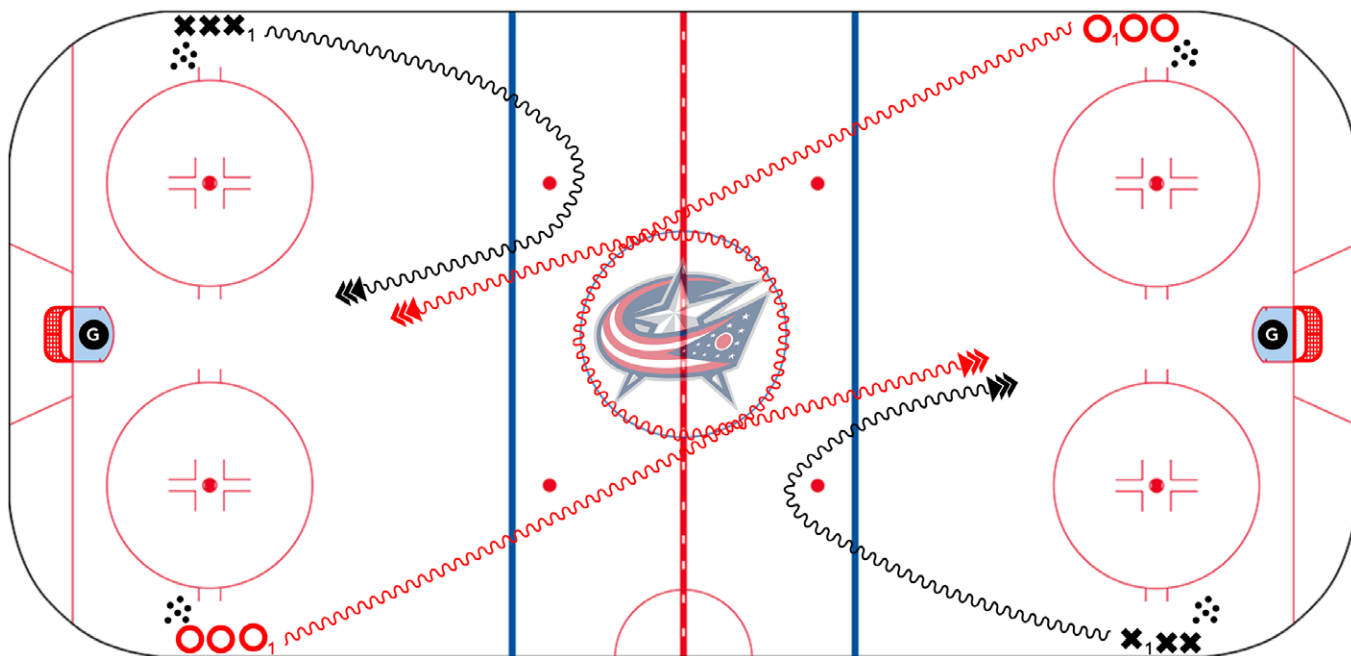
# CBJ WARM-UP 2

**Category:** Warm-Up

**Team:** Columbus Blue Jackets

**Description:**

- All players skate with puck to the NZ
- **X**s turn around the NZ dots and **O**s turn around the center circle
- Players come back to their end and take a shot on goal



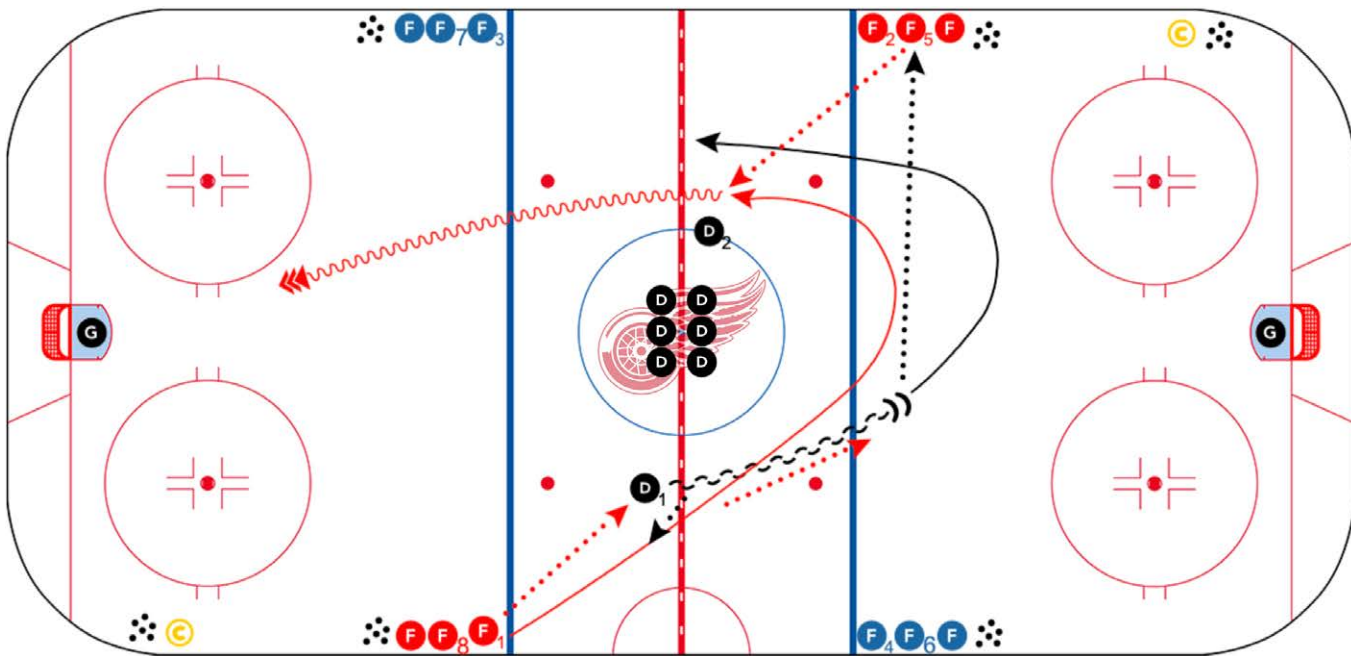
# ASPEN SHOOTING WARM-UP — PART 1

**Category:** Warm-Up

**Team:** Detroit Red Wings

**Description:** **Part 1:**

- Drill starts as shown
- Both sides go simultaneously, starting with **F 1** and **F 2**. Both sides mirror each other
- **F 1** and **D 1** exchange passes back and forth. **D 1** then pivots and passes to **F 5** and **F 5** passes to **F 1**, who goes down and shoots



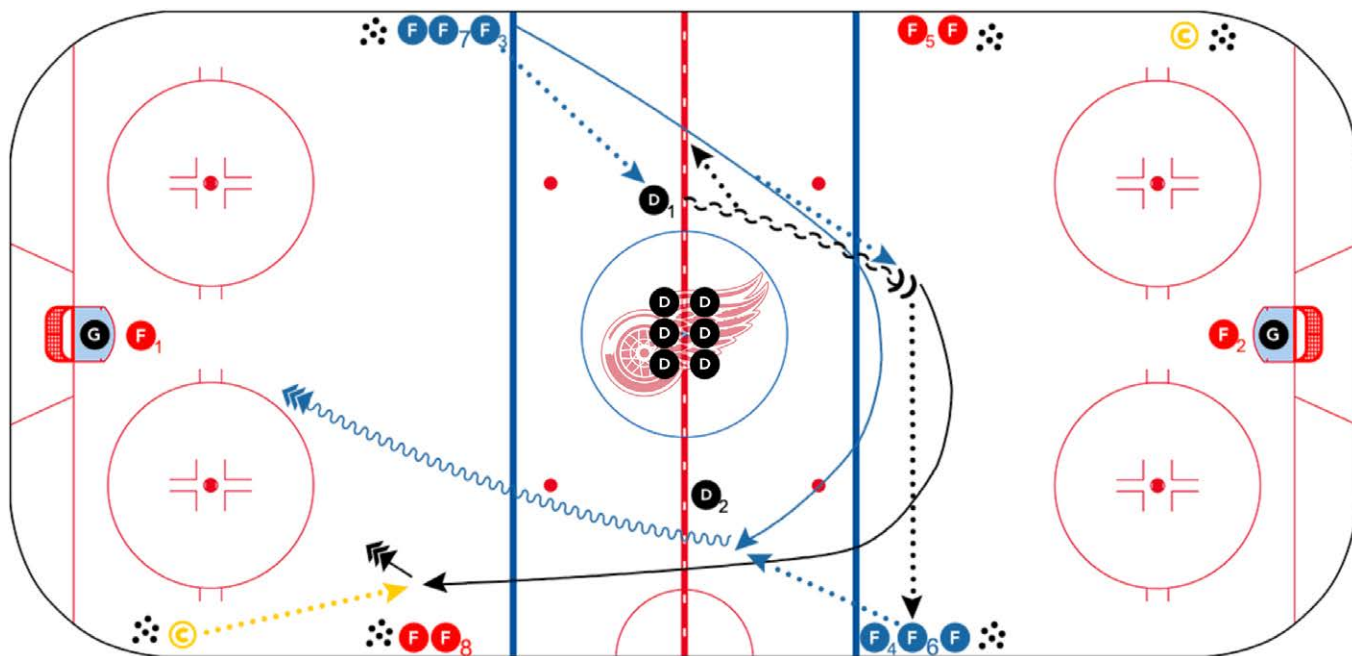
# ASPEN SHOOTING WARM-UP — PART 2

**Category:** Warm-Up

**Team:** Detroit Red Wings

**Description:** **Part 2:**

- **D1** then pivots at the red line and exchanges passes back and forth with **F3**. **D1** then pivots and passes to **F6**. **F6** gives it to **F3** and **F3** goes down for a shot
- **D1** follows up the play and gets a pass from the coach for a shot, with **F1** and **F3** having good net and third circle presence
- Whistle starts the next rep. After a few minutes, drill should switch sides and go in the opposite direction



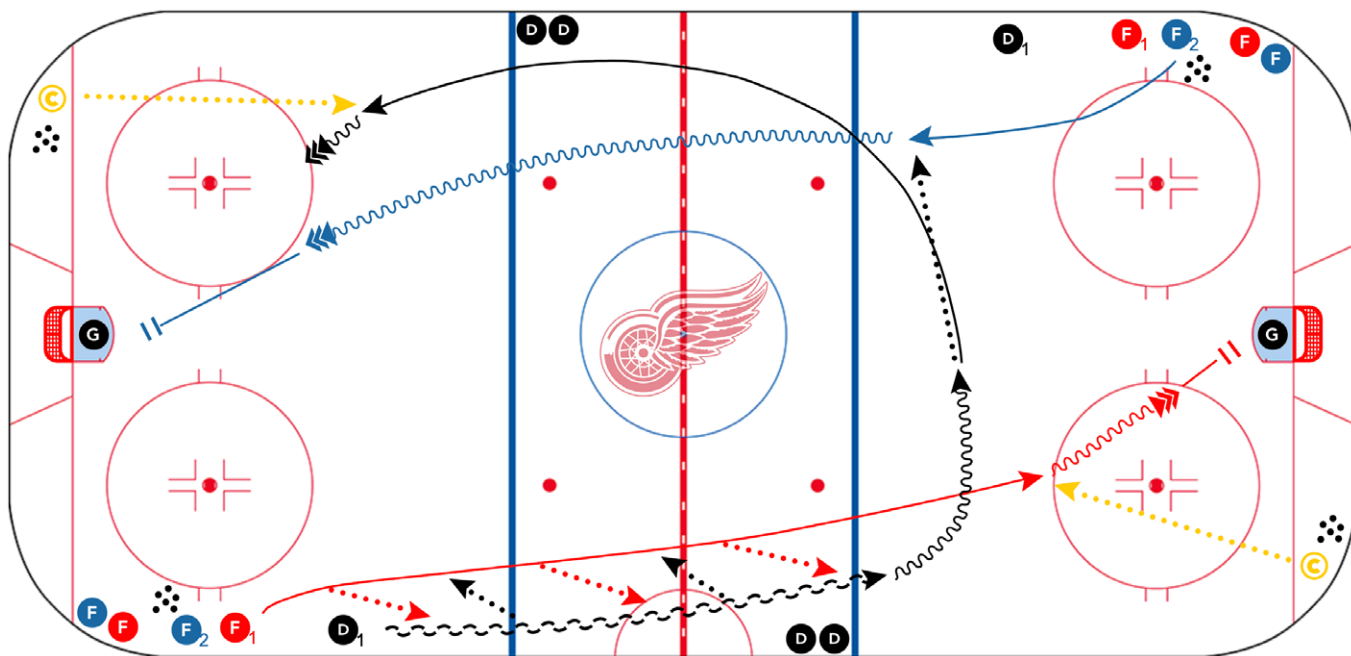


# NASHVILLE 6 SHOT

**Category:** Warm-Up

**Team:** Detroit Red Wings

- Description:**
- **D** and **F1** begin facing each other (opposite sides start at same time)
  - One touch back and forth until the **D** reaches the far blueline
  - **D** keeps puck and hits **F2** who has timed their release from the line, **F2** continues down ice for a shot
  - **F1** continues into zone, gets a pass from coach and takes a shot on net
  - After pass **D** breaks up ice, receives a pass from coach and takes a shot on net
  - Both Fs stay in front of net for rebound



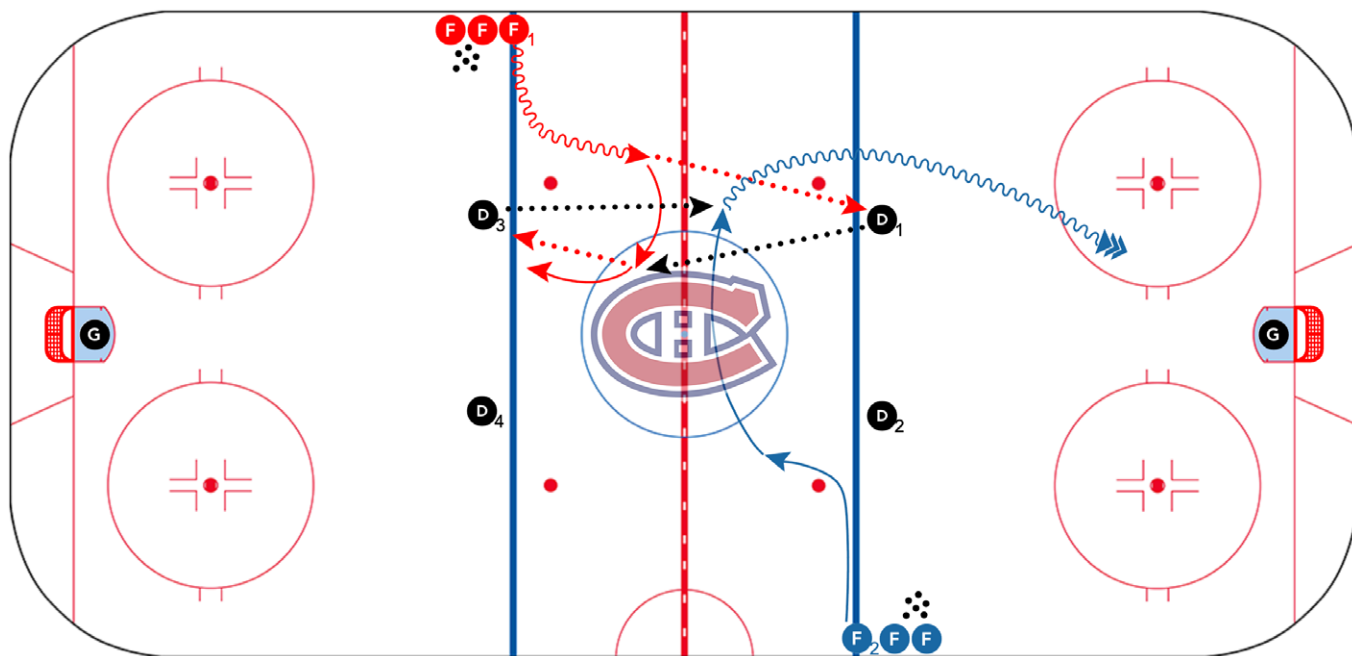
# TRANSITION WARM-UP

**Category:** Warm-Up

**Team:** Montreal Canadiens

**Description:**

- Continuous drill
- **F1** starts play by passing puck to **D1**, gets open, gets it back and then moves it to **D3**
- **F1** pressures the **D3** to make a quick play to **F2**, who breaks across the ice and goes down for a shot on goal
- Start drill with 1 fwd, can advance to 2 fwds

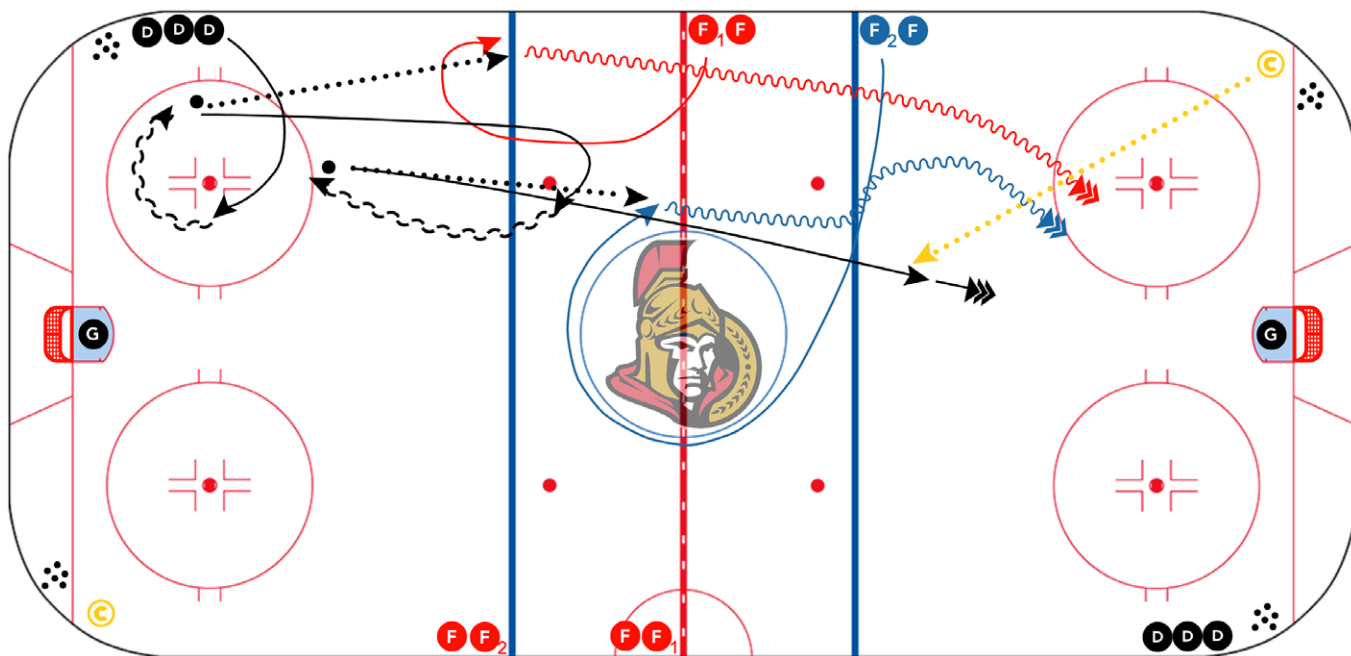


# NY/NY

**Category:** Warm-Up

**Team:** Ottawa Senators

- Description:**
- **D** tight pivot around dot, picks up loose puck and outlet to **F 1**
  - Gap up to blue line, tight turn around NZ dot and outlet loose puck to low middle outlet — **F 2**
  - **D** follow play up to far blue line and create momentum for point shot with traffic
  - **F 1** drive off wall and shoot in stride
  - **F 2** inside out drive and shoot
  - **F 1** and **F 2** --> 2 touch support and low to high for point shot and traffic
  - Both side same time on whistle



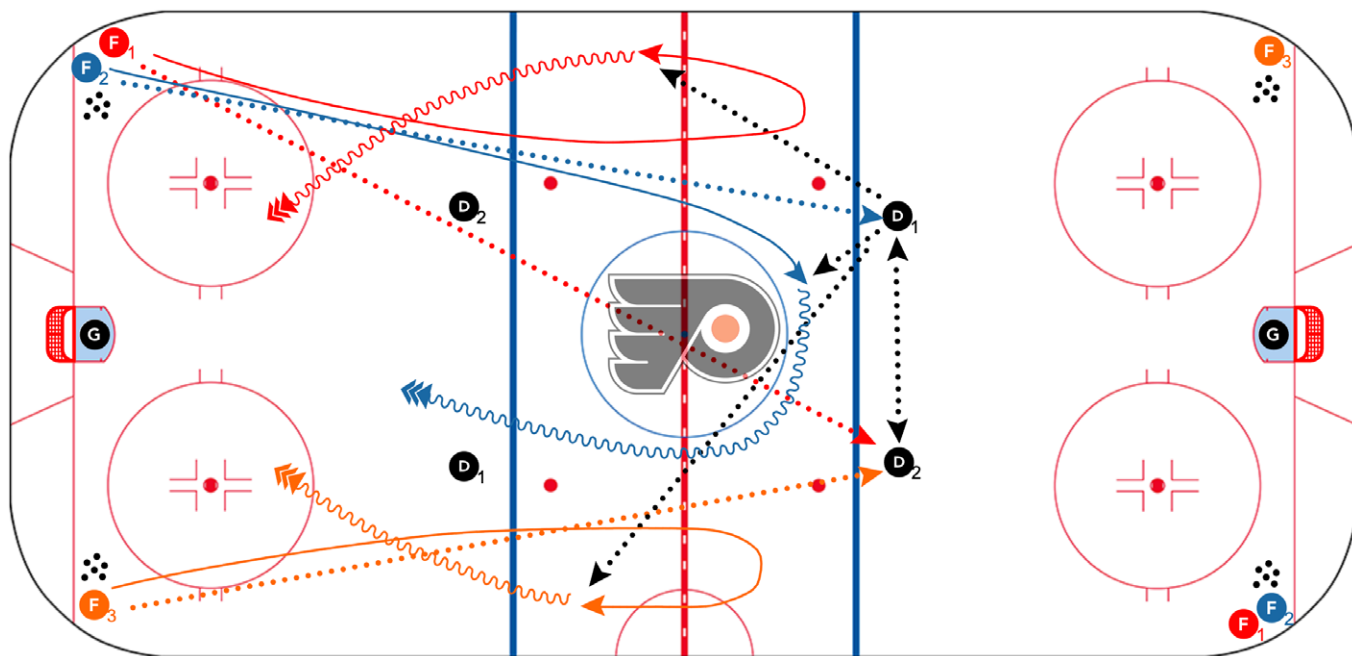
# 4 CORNER D SEQUENCE

**Category:** Warm-Up

**Team:** Philadelphia Flyers

**Description:**

- **F1** pass to weak side **D2** and open up at the red line. Go straight down for a shot on goal
- **F2** pass to board side **D1** and swing to the middle, D to D pass to middle
- **F3** pass to the board side **D2** and tag up to the red line, receive cross ice pass for WSD



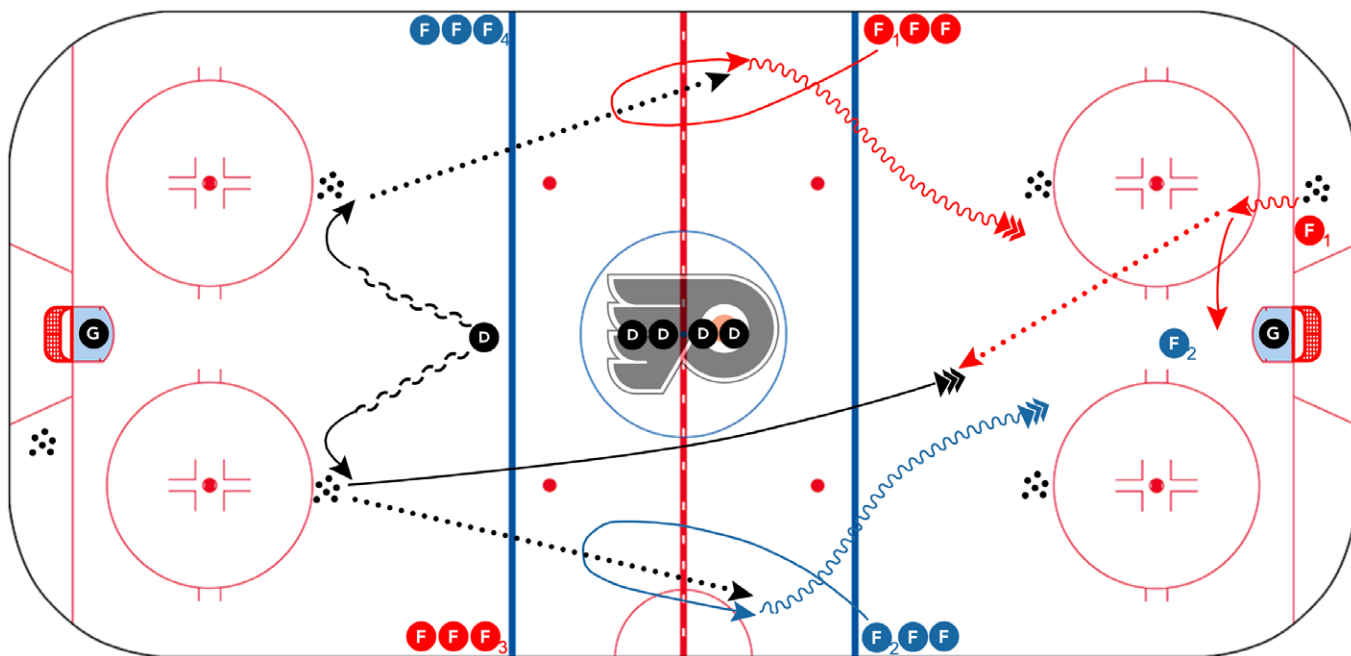
## LIGHTNING

**Category:** Warm-Up

**Team:** Philadelphia Flyers

**Description:**

- **D** pick the puck up and pass to **F 1**, gap up to the blue line, retrieve puck from the other side and pass it to **F 2**
- **F 1** post up to the red line, receive pass and go down for a wide shot
- **F 2** post up to the red line, receive pass and go down for a wide shot
- Either FWD retrieve puck in the corner and pass it to the D who has followed pass and takes a point shot
- Both forwards at the net for a high-low tip
- Both sides at the same time (opposite side D start)



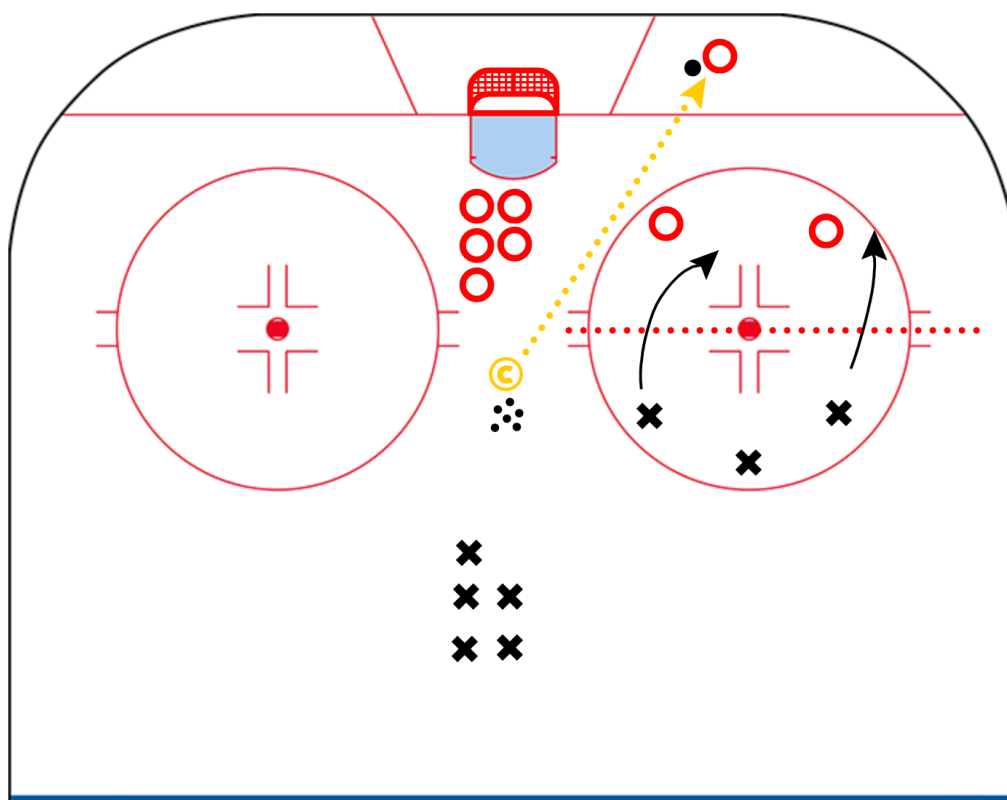
# 3 VS 3 TAKEOVER GAME

**Category:** Warm-Up

**Team:** Pittsburgh Penguins

**Description:**

- 3 Xs vs 3 Os
- Coach puts the puck in play
- Offensive team must maintain possession in their zone
- Defensive team can send 1 or 2 players into the opponent's zone to steal the puck and take it back into their zone
- Teams receive 1 point for each takeover



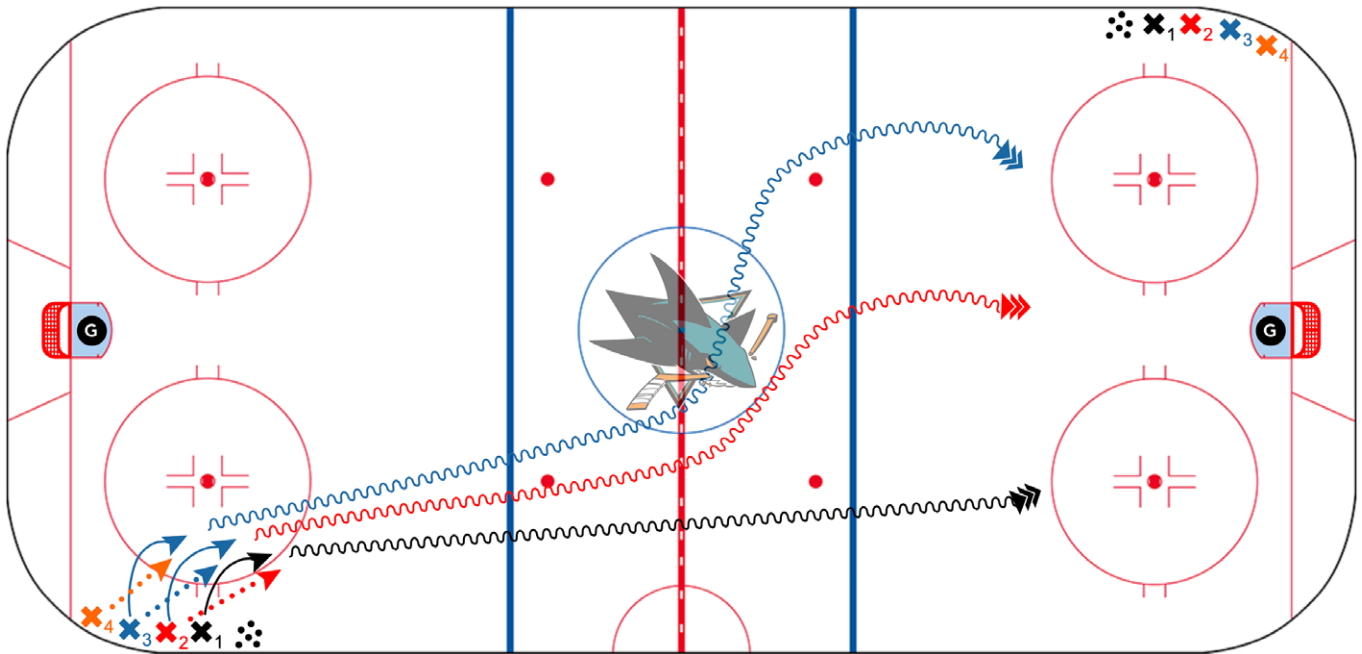
# ON THE MONEY — PART 1

**Category:** Warm-Up

**Team:** San Jose Sharks

**Description:**

- Pucks and team split in half in opposite corners, both sides go at the same time
- Stay on your half of the ice until past the red line
- Whistle starts the drill (3 players go from each corner at a time)
- Each player leaves without a puck, belly out and gets a pass from next player in line
- **X1** skates down and takes shot from near lane
- **X2** skates down and takes shot from the middle lane
- **X3** skates down and takes shot from the far lane



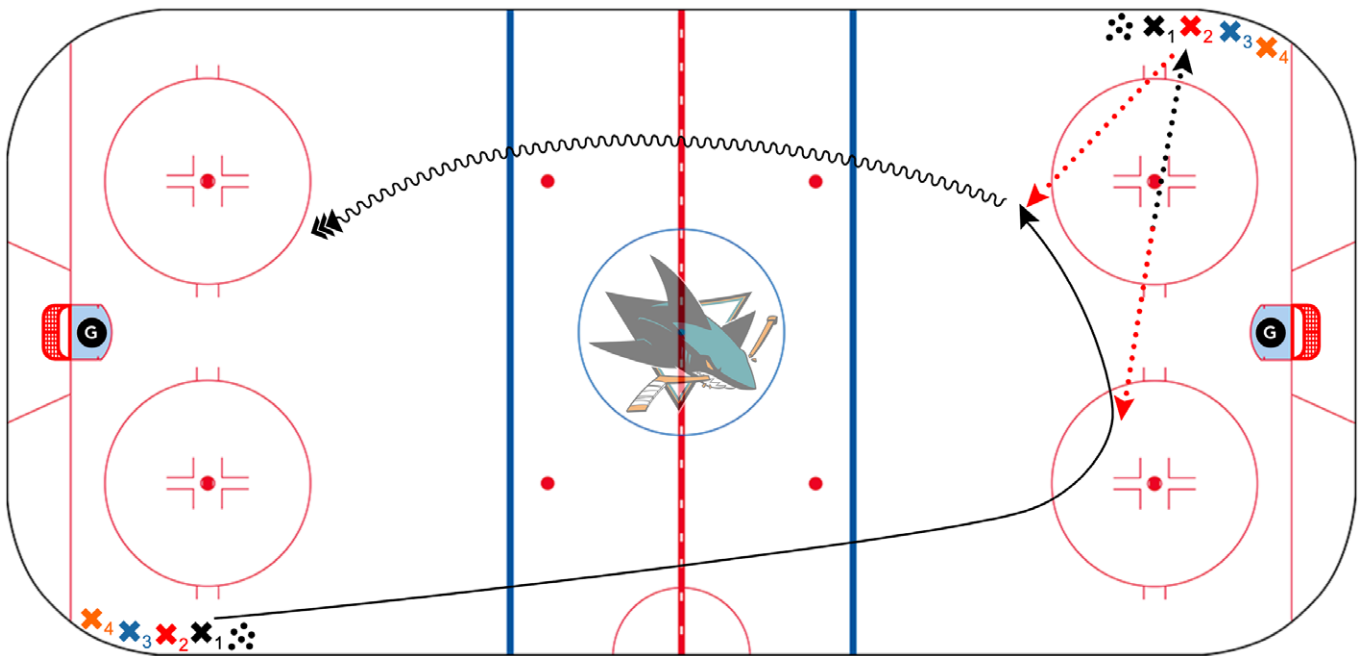
# ON THE MONEY — PART 2

**Category:** Warm-Up

**Team:** San Jose Sharks

**Description:**

- Whistle starts the drill (1 player go from each corner at a time)
- **X1** leaves without a puck and skates down to the other end
- **X2** at other end plays makes pass to **X1**, who one touches back to **X2** who gives it back to **X1**
- **X1** skates down ice for a shot
- **X2** skates down to the other end to continue drill





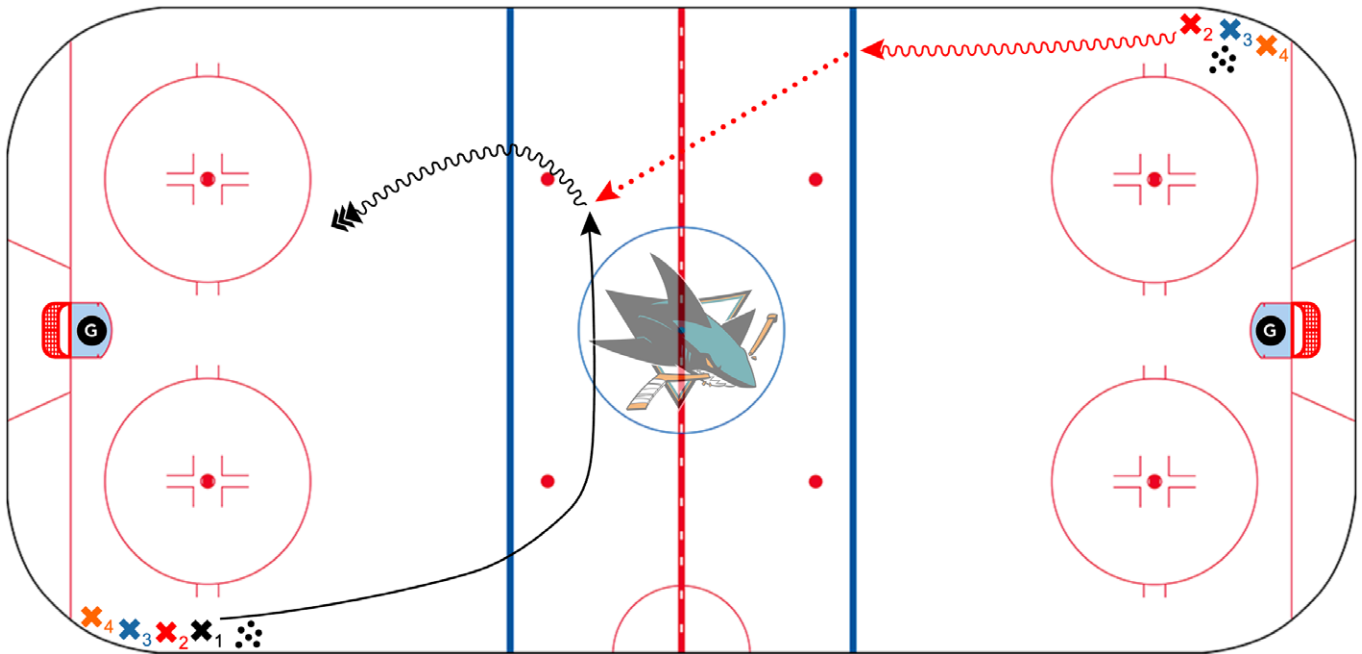
# ON THE MONEY — PART 3

**Category:** Warm-Up

**Team:** San Jose Sharks

**Description:**

- Whistle starts the drill (1 player go from each corner at a time)
- **X1** leaves without puck and skates above near dots
- **X2** starts skating with timing and makes a pass to **X1** around their own blue line
- **X1** enters zone for shot from the outside
- **X2** continues on and gets a pass from other end



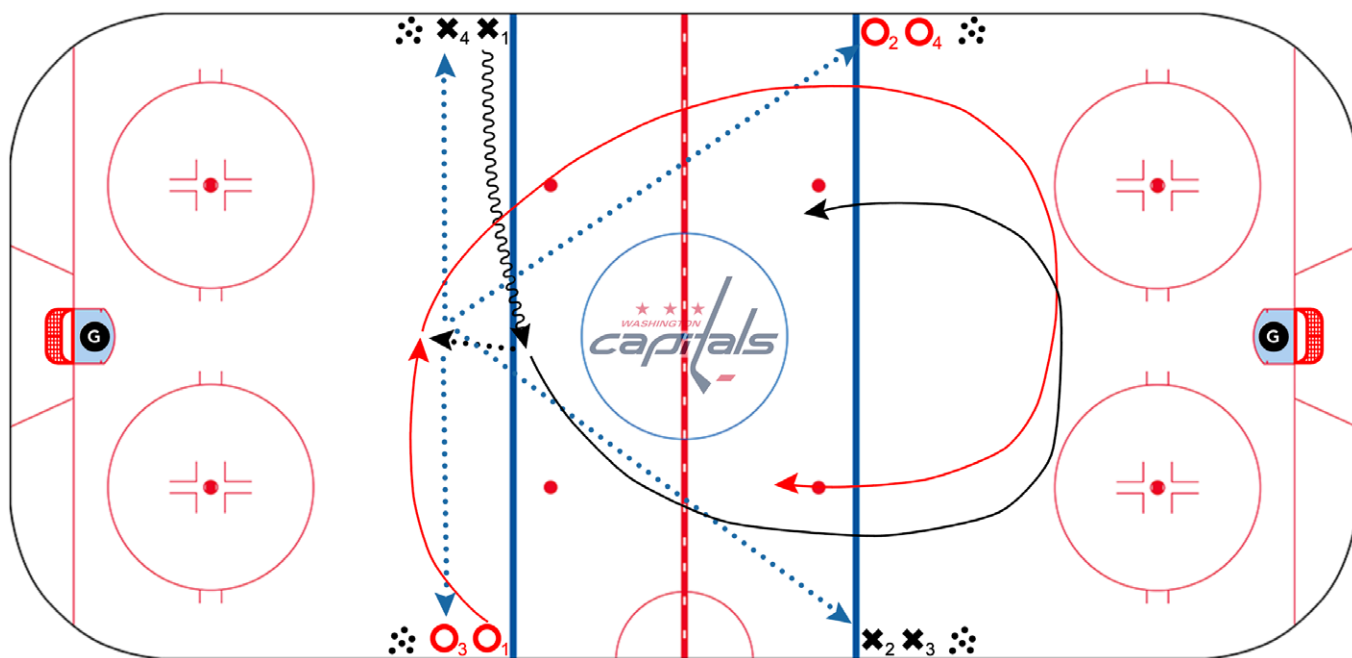
# 2 VS 0 ANY PASS

**Category:** Warm-Up

**Team:** Washington Capitals

**Description:**

- **X1** starts with puck and skates across blue dropping pass to **O1**
- **O1** can pass to any of the four blue lines
- Players in 4 lines pass puck around neutral zone while **X1/O1** tag up to tops of far circles then attack back toward their original end
- **X1/O1** receive puck (staying onside) and go in for 2-on-0 shot and net drive
- After **X1/O1** clear opposite blue line with puck, **X2/O2** begin next rep from other side





# SHOOTING DRILLS

## LEGEND

»» Shot	— Skate
Stop	~~~~~ Skate With Puck
► Direction	••••• Pass
✕ No Arrowhead	~ Backwards Skating
)) Pivot	~ Backwards Skating With Puck
	Lateral Skating
	~ Goalie Padslide
	~ Goalie Butterfyslide

# LOW 1 VS 1

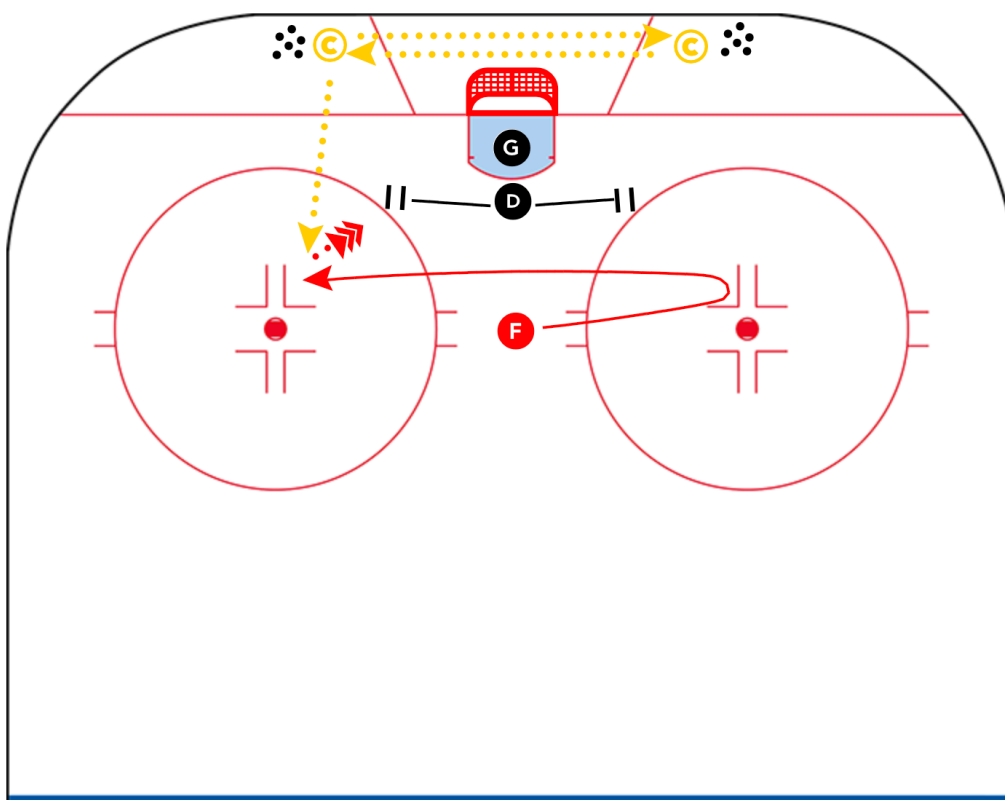
**Category:** Shooting

**Team:** Boston Bruins

**Description:**

- Drill starts with 1 **D** and 1 **F** net-front
- 2 coaches or 2 players behind net, 4-6 feet width outside each post
- The two coaches remain stationary as they pass the puck back and forth
- At their discretion, they will try to pass the puck to the **F** battling for position in the slot
- **D** defends passes with focus on body positioning, facing the puck and good stick position

Note: Keep play below the face-off dots



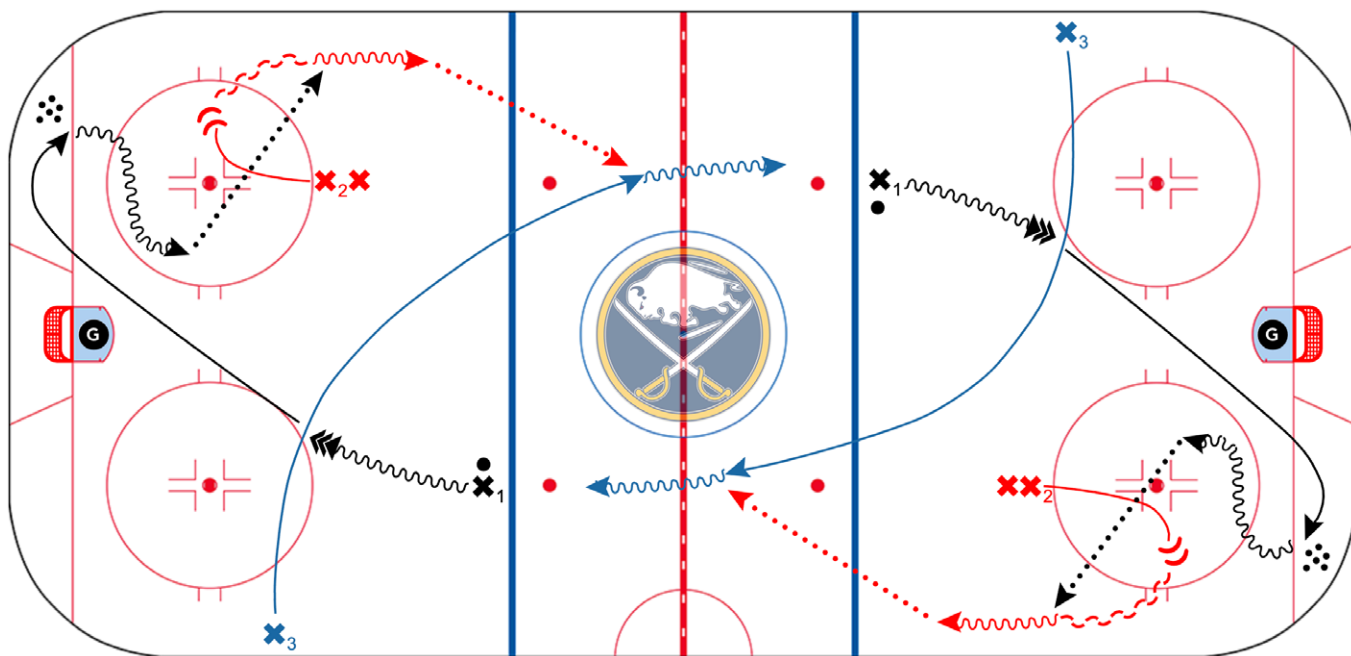
# SLASHER

**Category:** Shooting

**Team:** Buffalo Sabres

**Description:**

- Shooter **X1** starts drill at either end
- After the first shot, **X1** picks up a puck from the corner and hits **X2** who has opened up along the half wall
- At the same time, **X3** breaks across the ice and receives a pass, going down for a shot on net
- Continuous drill, line progression — move to the line in front of you



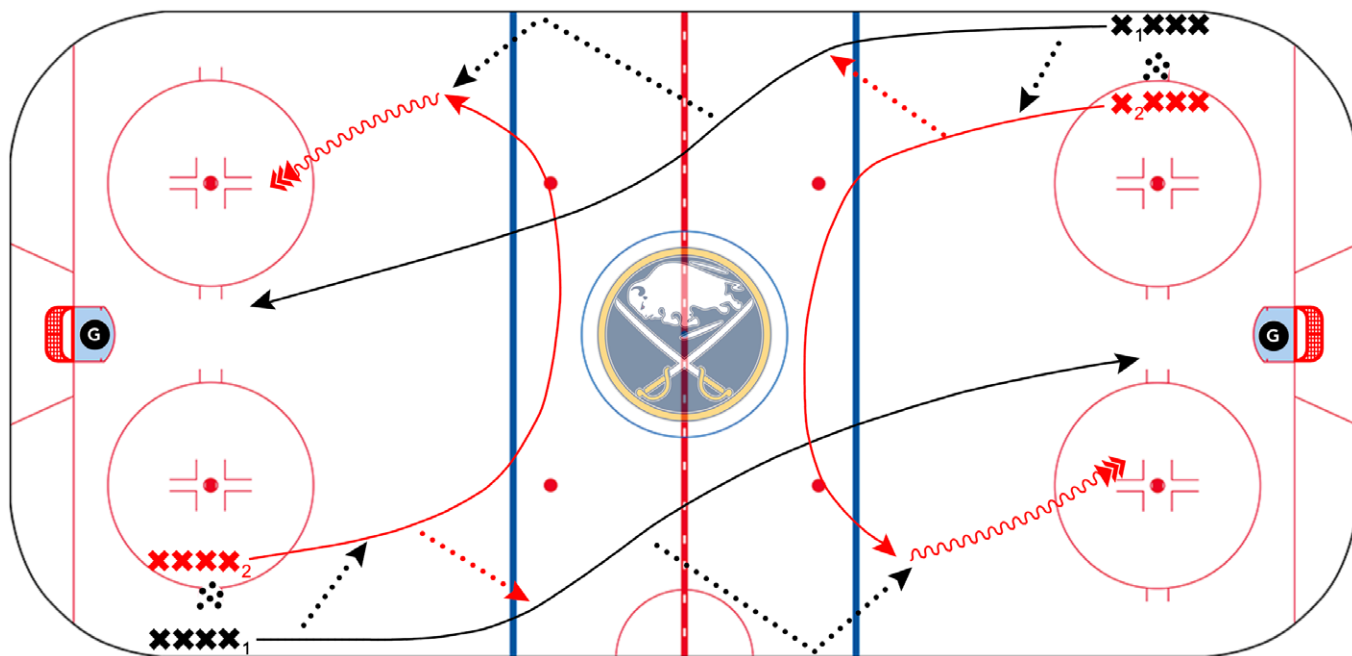
# THE CHIPPER

**Category:** Shooting

**Team:** Buffalo Sabres

**Description:**

- Both sides leave at same time on whistle
- **X1** and **X2** leave together with a give and go
- **X1** chips puck to **X2** from the opposite end line
- **X2** skates in and shoots, **X1** drives the net, middle lane for a rebound



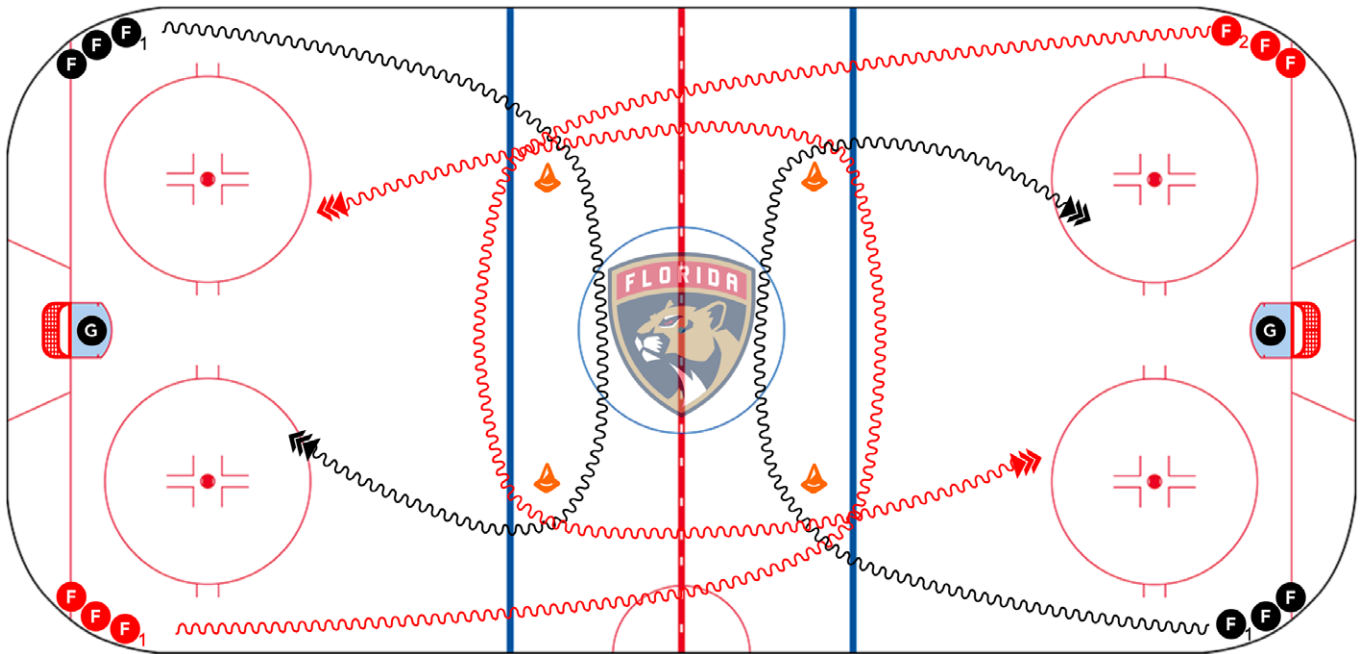
# HIGH — LOW SHOOTING

**Category:** Shooting

**Team:** Florida Panthers

**Description:**

- All 4 players leave on the whistle
- **F1s** skates hard with puck around the low cones
- **F2s** skates hard with puck around the high cones
- Alternate sides



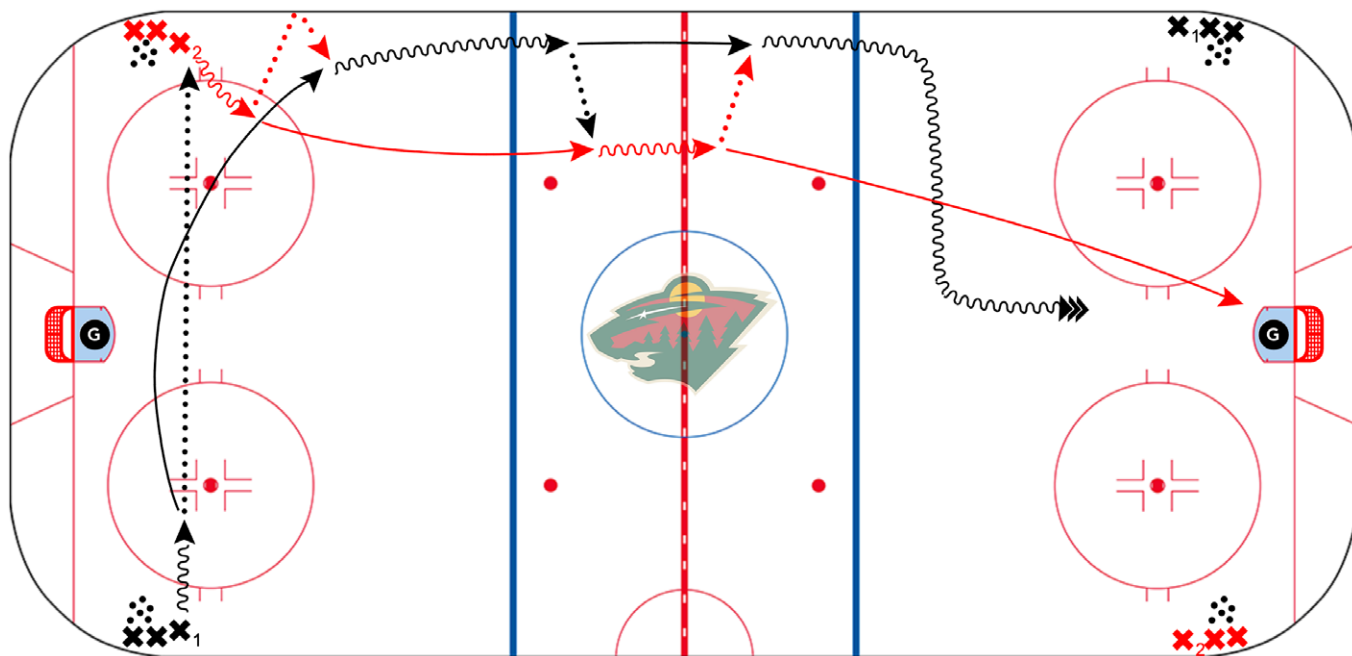
# 4 CORNER RUSH — MIDDLE LANE DRIVE

**Category:** Shooting

**Team:** Minnesota Wild

**Description:**

- **X1** starts with puck and makes a pass across ice to **X2**
- **X2** steps off boards and chips to **X1**, they exchange passes through neutral zone and **X1** ends up with puck
- Once they pass the blue line, **X1** cuts across ice, taking the middle line and shoots hard on net
- **X2** drives post for rebound
- Both sides go at same time



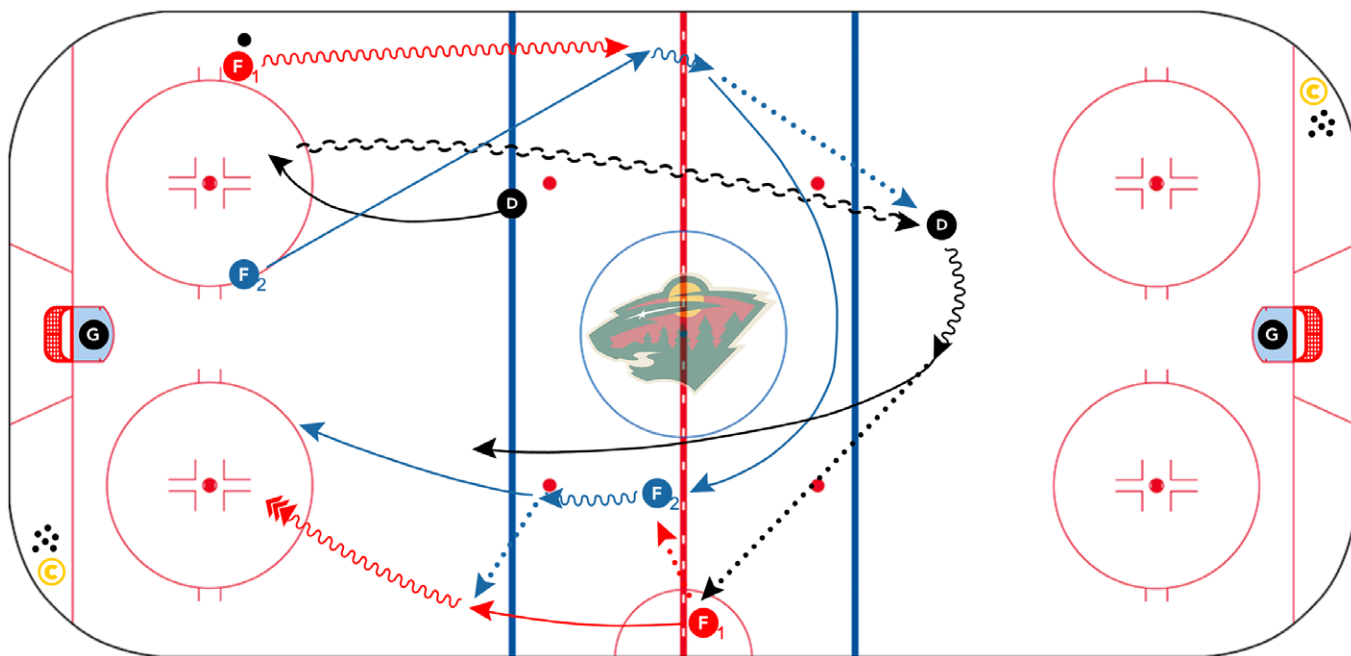


# TRACKING SHOTS

**Category:** Shooting

**Team:** Minnesota Wild

- Description:**
- Two forwards will go from opposite corners at the same time, with **D** waiting at blue (only one side shown)
  - On whistle, **D** gaps down on forwards and retreats backwards as if taking a rush
  - **F 1** will start with puck and skate down ice as **F 2** begins to track and create a turnover at the red line
  - Once turnover happens, both tracking FWDs will stay in motion and move to support positions across the ice
  - **D** will move puck up to either F, and they will go down for a shot on goal
  - After shot, either F will pick up a puck from corner, while other goes the net front and pass to **D** at the point for a quick low shot



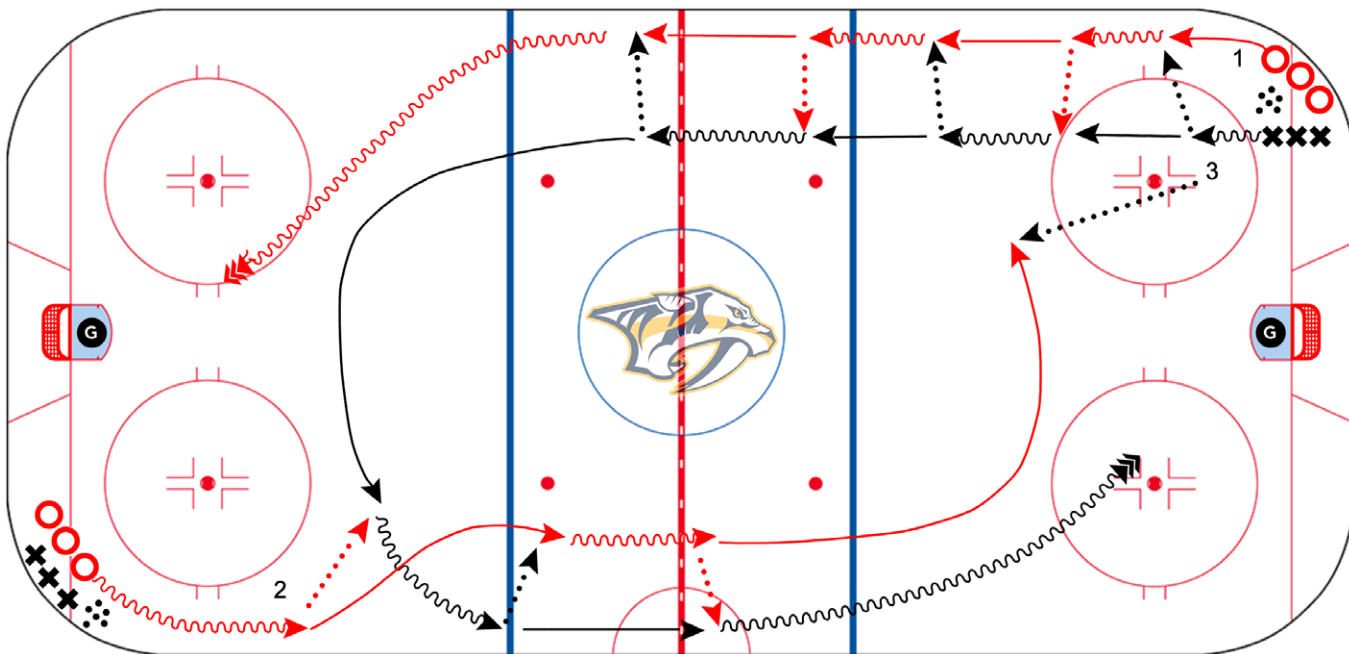
# FLUSH SHOOTING

**Category:** Shooting

**Team:** Nashville Predators

**Description:**

- First two players start from one corner, quick passes to far blueline then outside player goes in for a shot
- Inside player continues on and gets a pass from opposite corner
- Player who makes pass follows up and becomes inside, while outside player goes down for shot



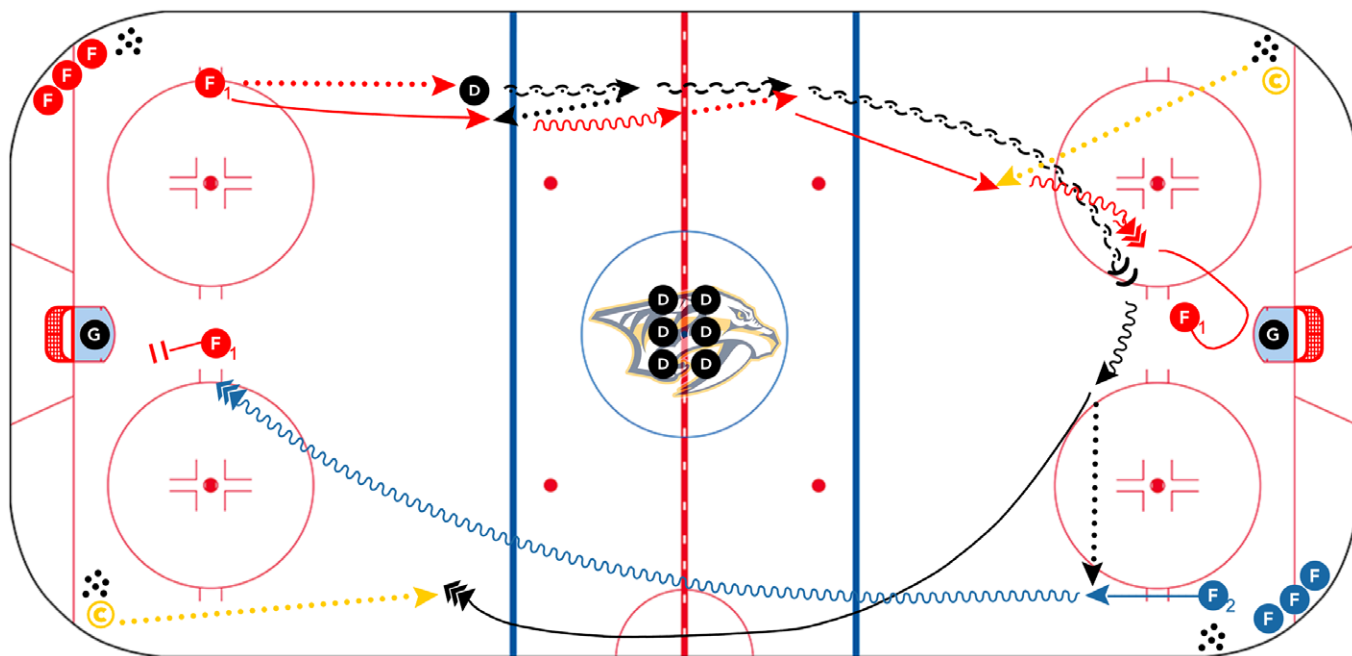
# TT SHOOTING

**Category:** Shooting

**Team:** Nashville Predators

**Description:**

- Runs from opposite corners simultaneously
- **F1** & **D** give and go up the ice. **D** opens up inside blue line and gives flat pass to **F2** in opposite line. **D** follows up play to OZ
- **F1** gets pass from coach for shot on goal then stops in slot for rebound
- **F2** goes down for shot on goalie, stops in front/takes goalie's eyes away
- **D** gets pass from coach for quick point shot with **F1** / **F2** at net looking for tips/rebounds



# HARTLEY

**Category:** Shooting

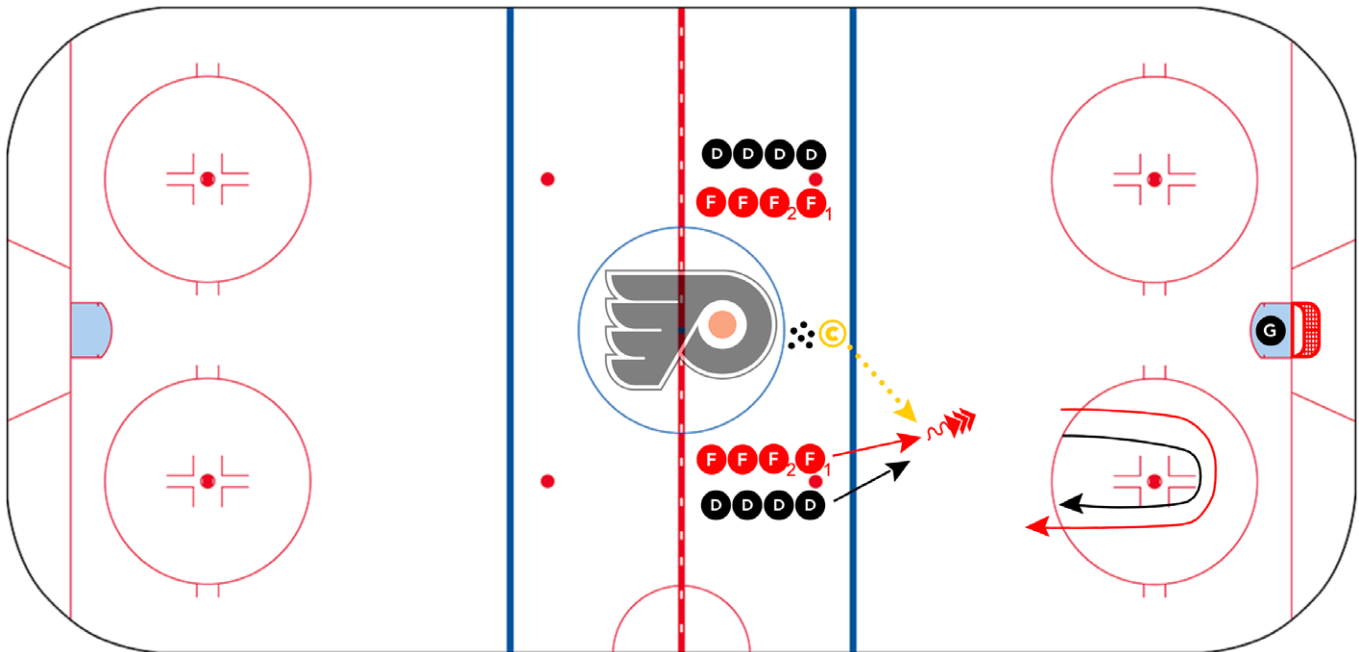
**Team:** Philadelphia Flyers

**Description:**

- Coach pass a puck to forward in line, **F 1** goes down for a quick shot
- **D** back side pressure on **F 1**
- Both regroup with coach for another puck and **F 2** join
- Every player comes from the same side of the ice

Sequence

1. 1 vs 0 D backside pressure
2. 2 vs 1
3. 3 vs 2
4. 3 vs 3
5. 5 vs 5



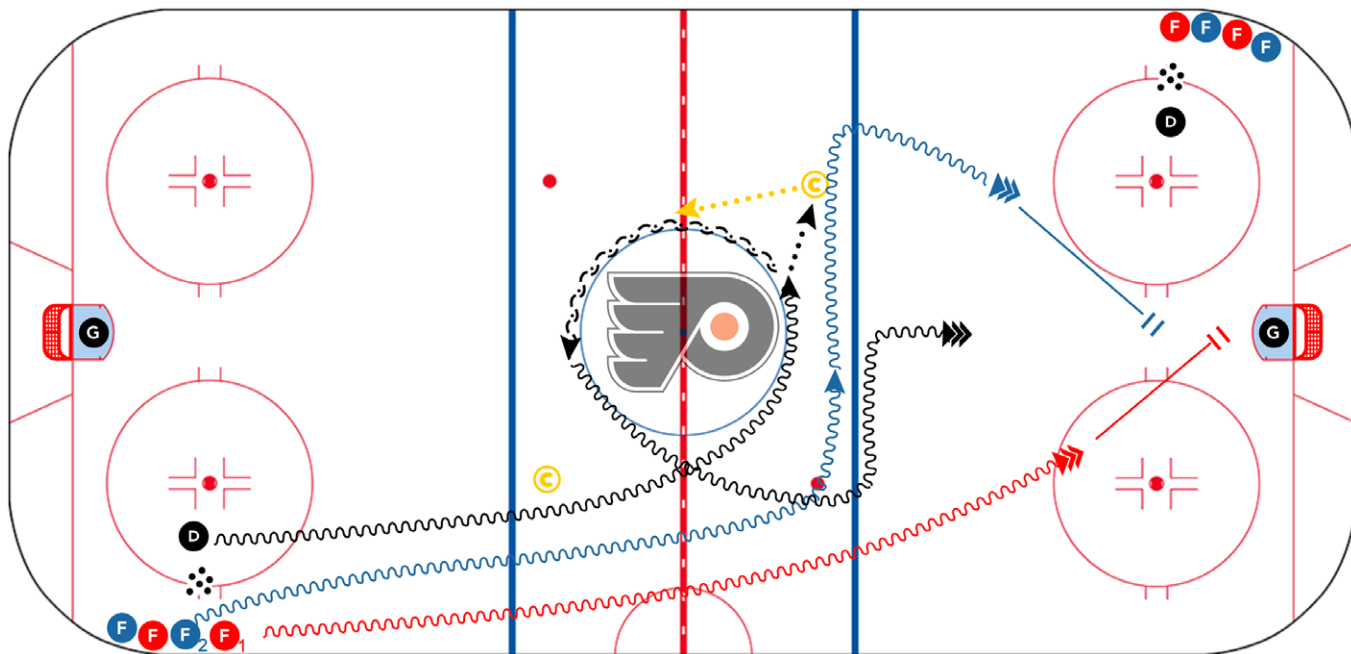
## 2+1 3 SHOTS WARM-UP

**Category:** Shooting

**Team:** Philadelphia Flyers

**Description:**

- **F 1** go straight down for a shot, stop at the net
- **F 2** straight line and follow far face-off dots, turn for a wide shot
- **D** pivot around the middle circle, give and go with coach, walk the blue line for a shot from the middle
- Both FWDs are at the net
- Go on the whistle



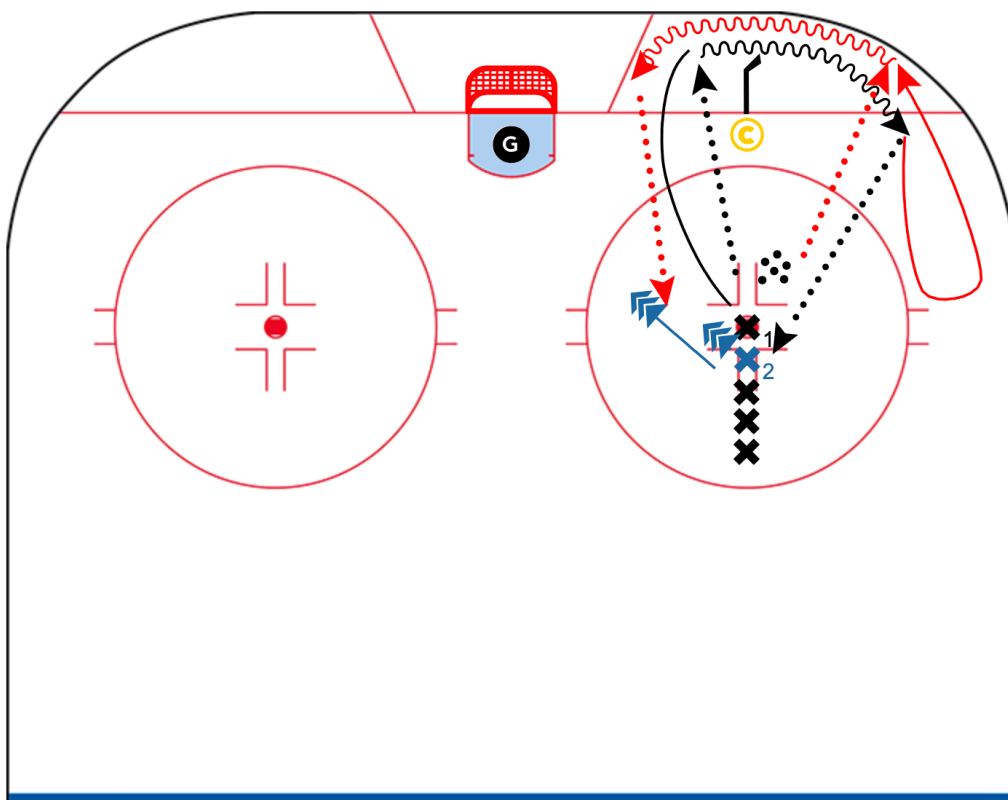
## SLIP PLAY SHOOTING

**Category:** Shooting

**Team:** St. Louis Blues

**Description:**

- **X1** shoot from line then will run two passing routes slipping puck under pressure from coaches stick
- **Black** route one, continuously into **Red** route two slip play to **X2** shooter
- Players in line ready to supply chipped puck



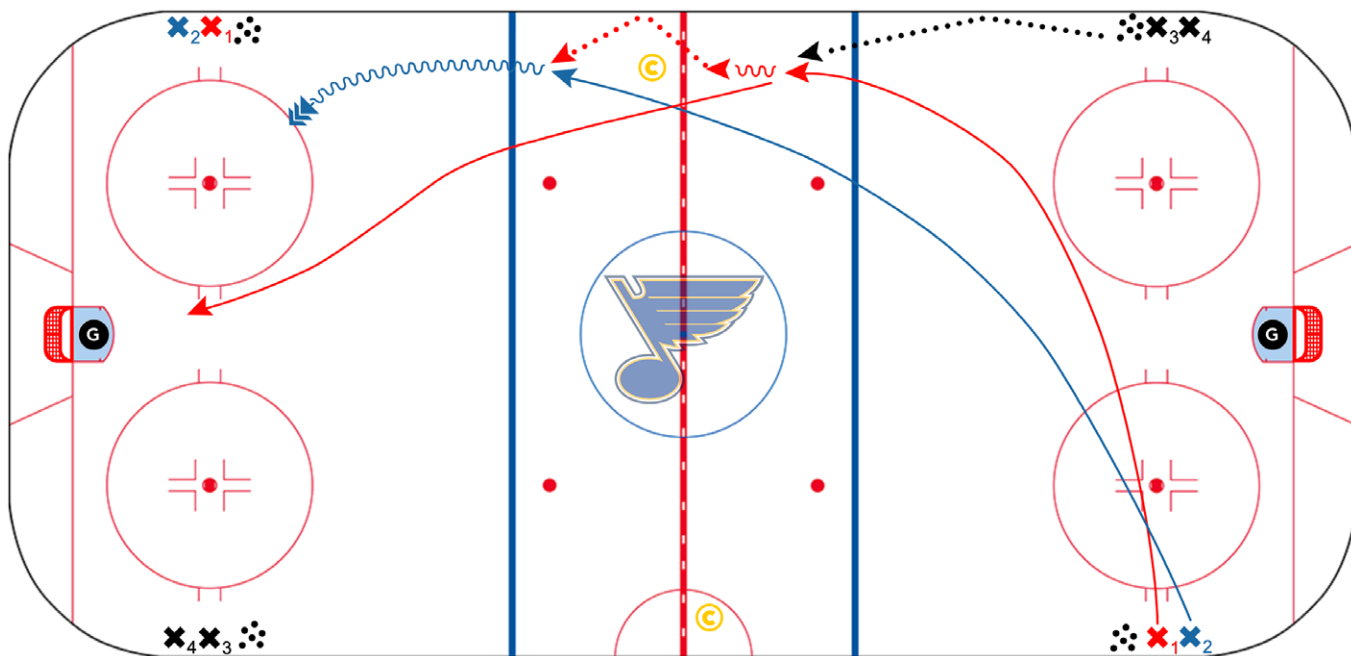
# PROGRESSION SHOOTING DRILL — PART 1

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Chip Chip**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X1** receiving indirect chip pass off boards from **X3**
- **X1** now with puck approaches coach & chips off boards to **X2**
- **X2** receives puck off boards & continues for a shot with **X1** driving net



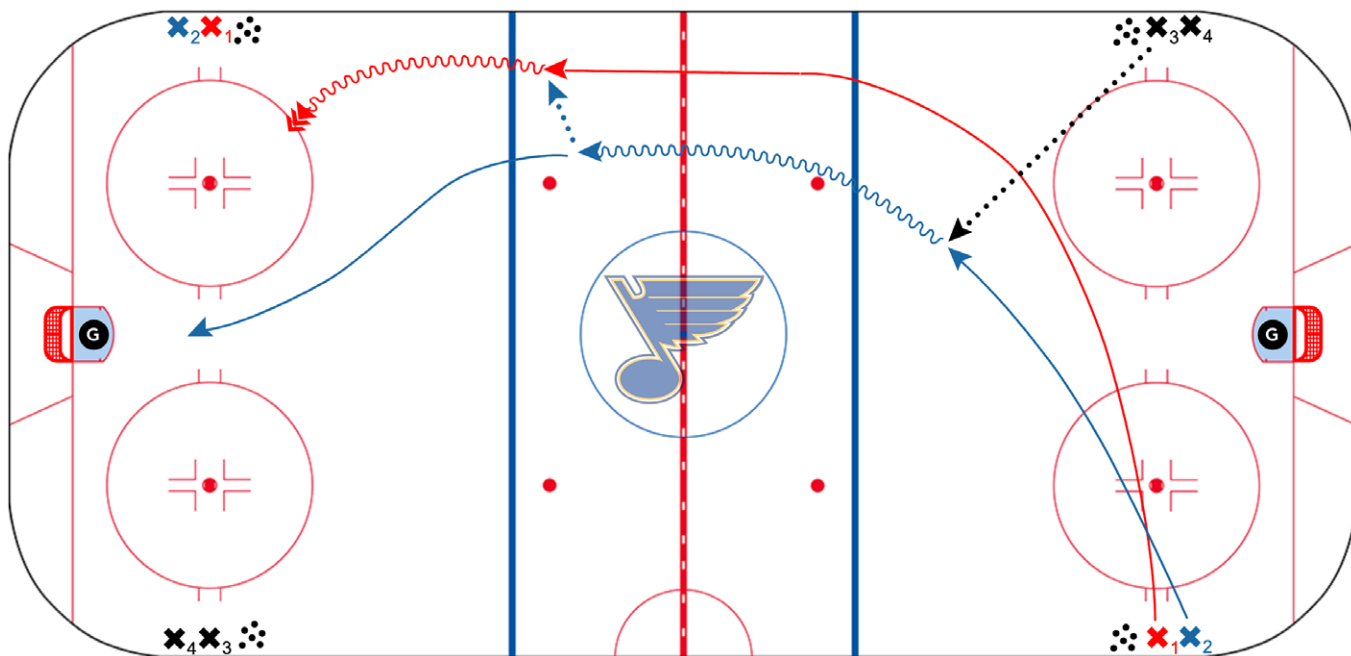
# PROGRESSION SHOOTING DRILL — PART 2

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Progression Kick Out**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X2** receiving from **X3** in the middle
- **X2** now with puck approaches blue line & kicks out puck to **X1**
- **X1** receives puck & continues for a shot with **X2** driving net





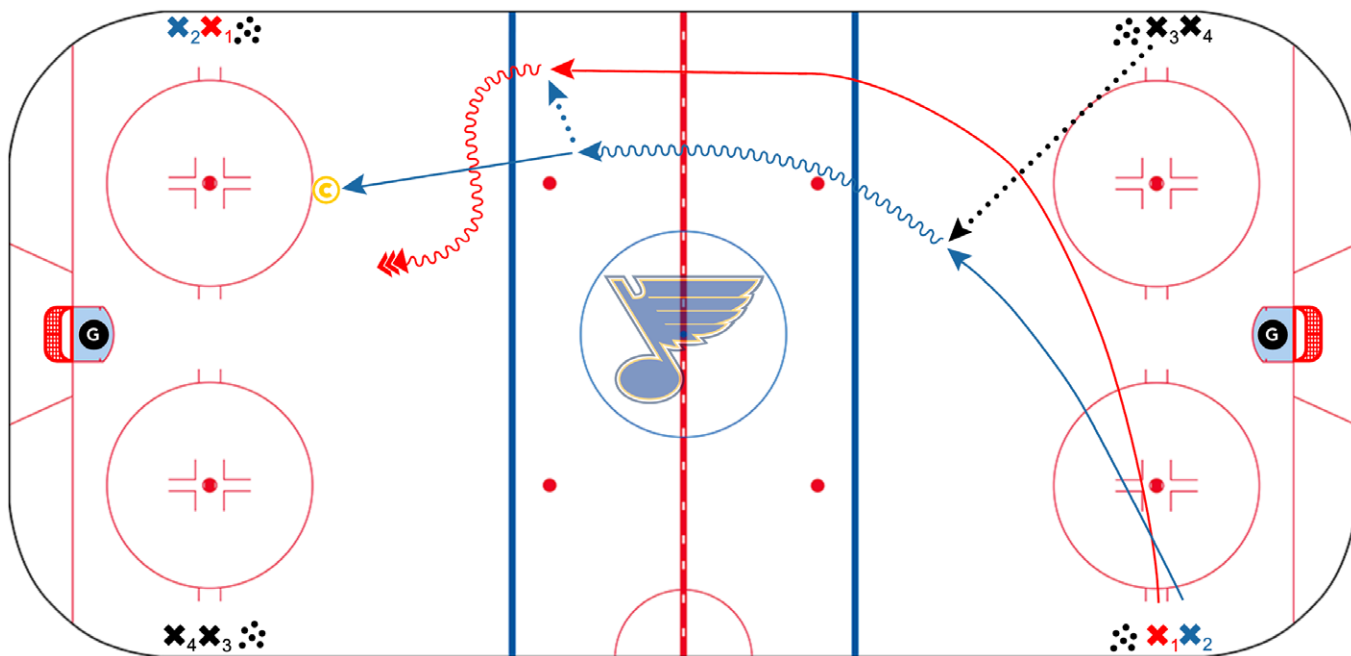
# PROGRESSION SHOOTING DRILL — PART 3

**Category:** Shooting

**Team:** St. Louis Blues

**Description:** **Progression: Progression Kick Out Cut Behind**

- Both sides go on the whistle
- On whistle, both **X1** & **X2** leave across ice with **X2** receiving from **X3** in the middle
- **X2** now with puck approaches blue line & kicks out puck to **X1**
- **X2** after pass drives coach back while **X1** cuts behind for a shot with **X2** continuing to drive net



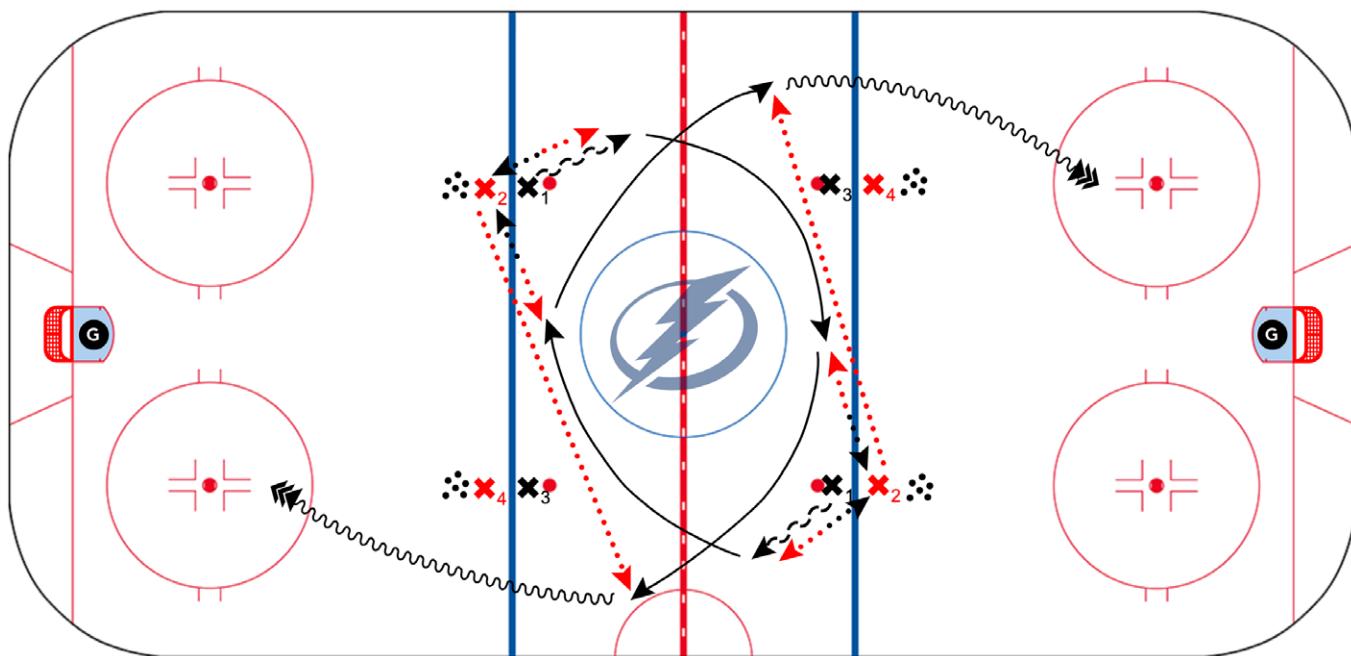
# DAVOS SHOOTING 1

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 1:**

- Diagonal opposite lines go at the same time
- **X1** starts backwards without a puck and gets a pass from **X2** and gives it back
- **X1** turns forwards and gets a pass from **X2** in the diagonal line and gives it back and continues skating in the outside lane towards the original end and receives a pass from **X2** in their original line for a shot



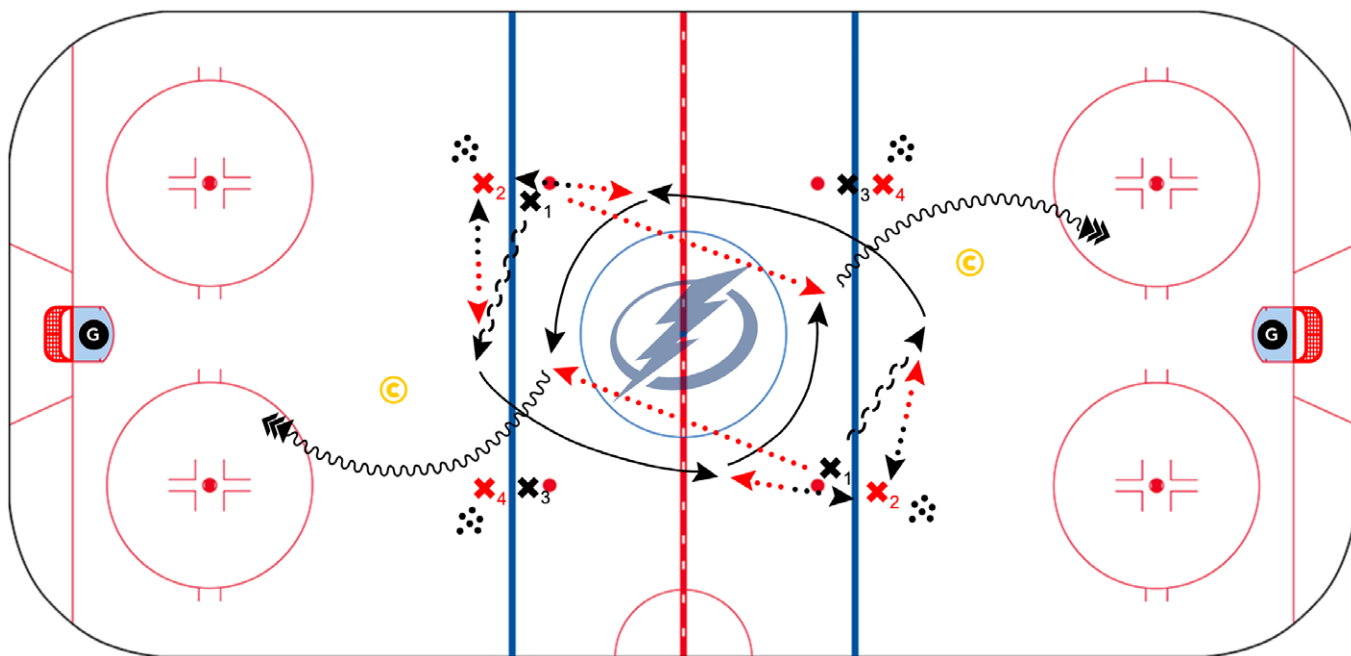
# DAVOS SHOOTING 2

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 2:**

- **X1** starts backwards across the blue line and gets a pass from **X2** and gives it back
- **X1** turns forwards and gets a pass from **X2** in the diagonal line and gives it back then slashes through the middle for a stretch pass goes around the coach and shoots



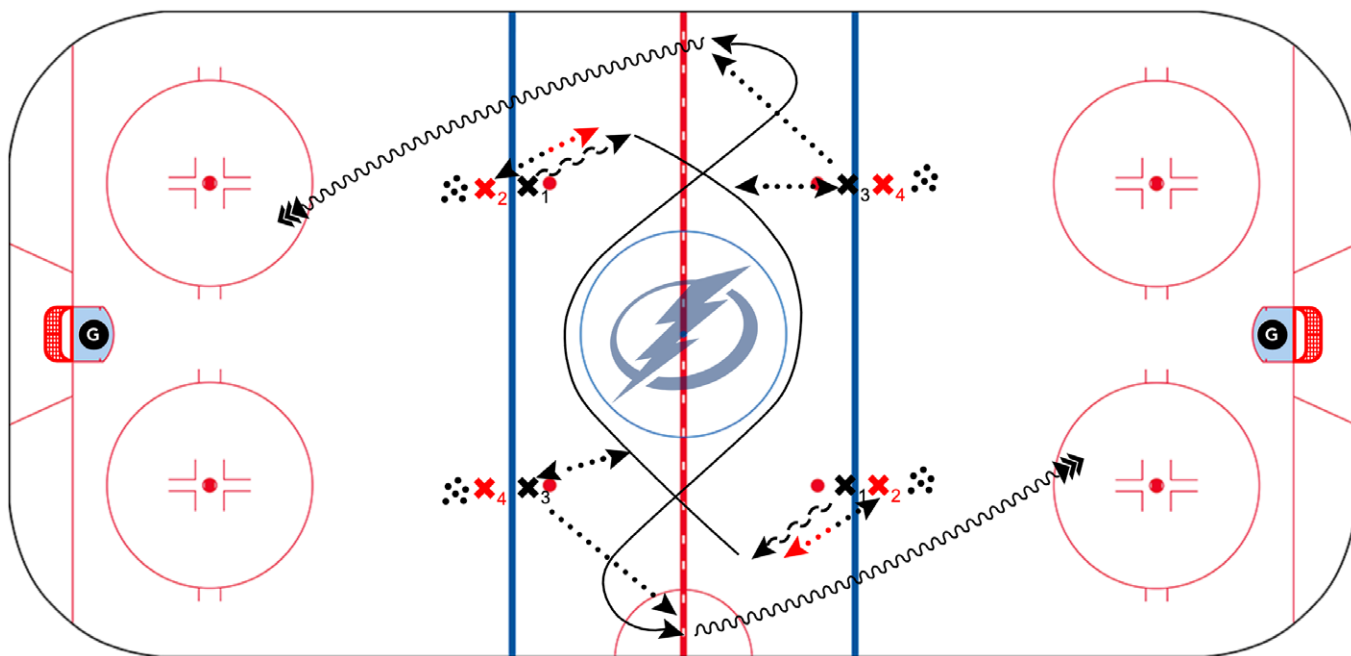
# DAVOS SHOOTING 3

**Category:** Shooting

**Team:** Tampa Bay Lightning

**Description:** **Part 3:**

- **X1** starts backwards and gets a pass from **X2** and gives back
- **X1** then turns forwards and sprints around the center circle and gets a pass from **X3** and gives it back, quickly opens up and pivots and gets the puck back from **X3** to go down for a shot



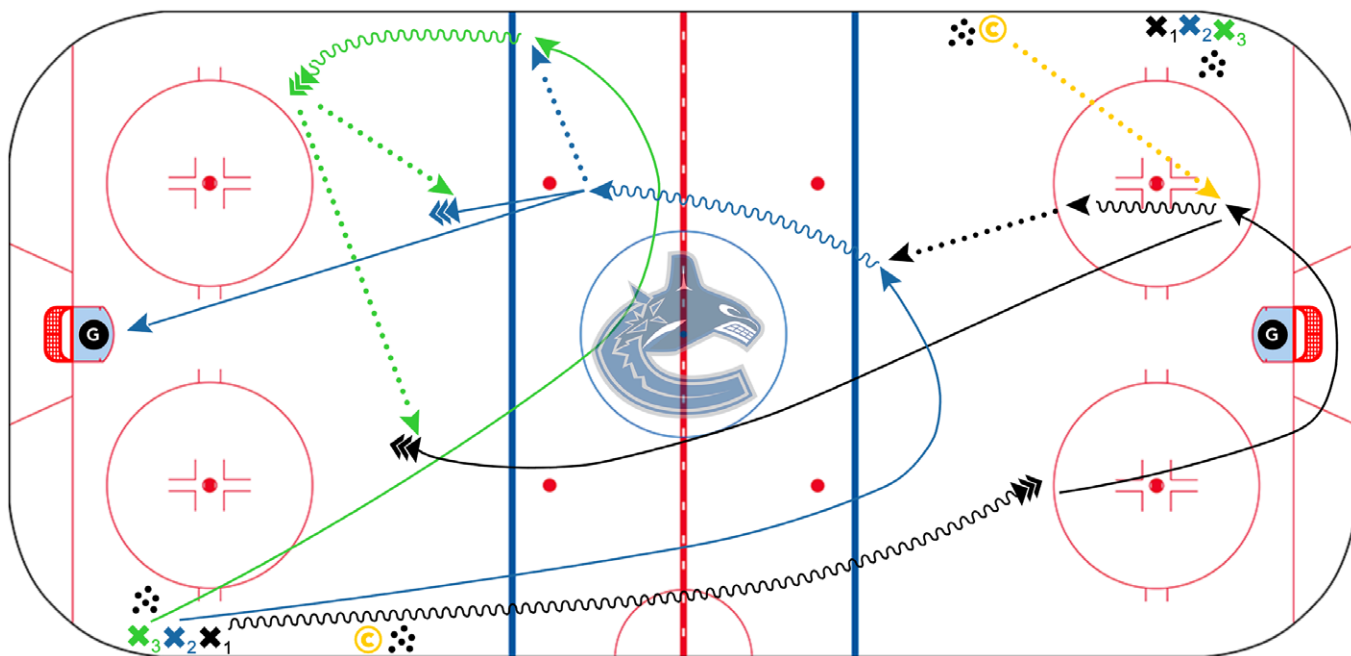
## 3 MAN

**Category:** Shooting

**Team:** Vancouver Canucks

**Description:**

- Both sides leave at the same time
- **X1** skates with the puck down ice and shoots, skate behind the net and receive a pass from the coach
- **X2** follows and delays timing so they can get a pass in middle from **X1**
- **X3** also is timing their route across and check-up at the far blue line, **X2** carry the puck up the middle of ice and bumps out to **X3**
- **X2** continues through with middle drive
- **X3** has three options, shoot, or pass to **X2** or **X1**





# BREAKOUT DRILLS

## LEGEND

»» Shot

|| Stop

► Direction

✕ No Arrowhead

) ) Pivot

— Skate

~~~~~ Skate With Puck

• • • • Pass

~ ~ ~ Backwards Skating

~ ~ ~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterflieslide

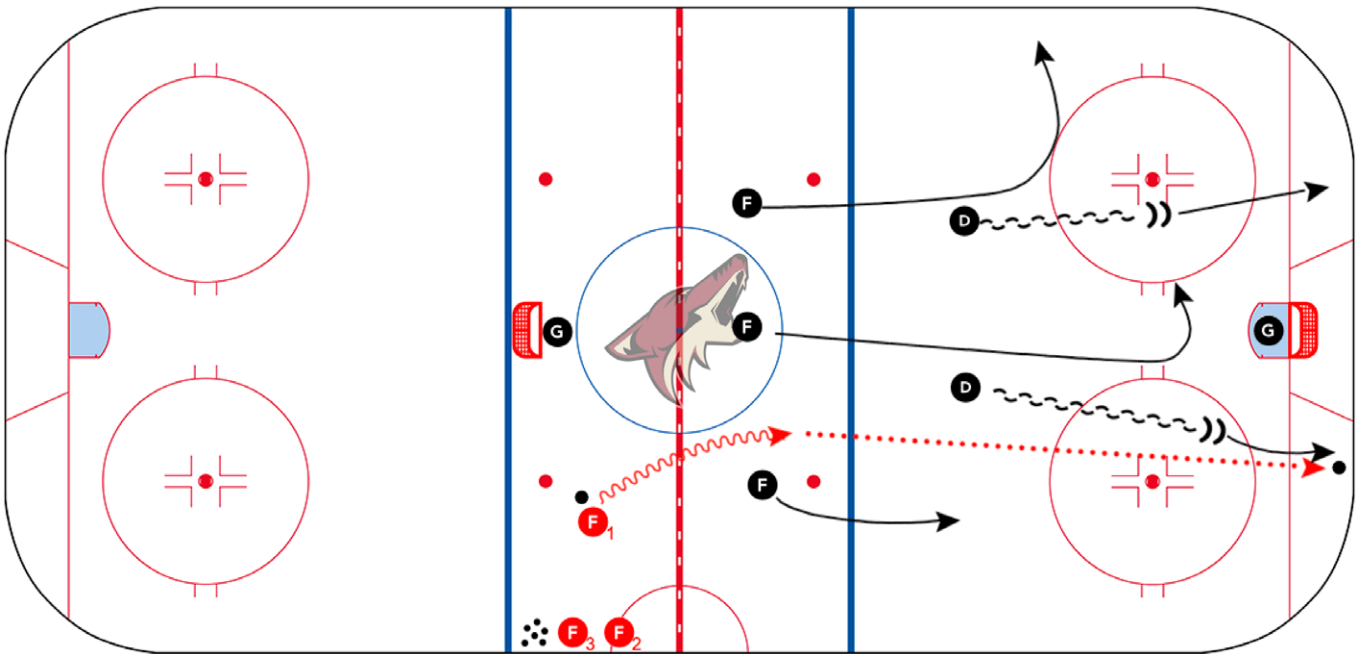
# BREAKOUT GAME 3/4 ICE

**Category:** Breakout

**Team:** Arizona Coyotes

**Description:**

- 5 players breakout against **F 1**, who dumps the puck and forechecks
- 5 players end up with a scoring chance on the opposing net
- On whistle, **F 2** carries a puck into the game and dumps the puck to forecheck with **F 1**
- The 5 players have to now breakout against both **F** s and go down for a scoring chance
- On whistle, **F 3** carries a puck into game dumps it down to join a 3 player forecheck against attacking rush



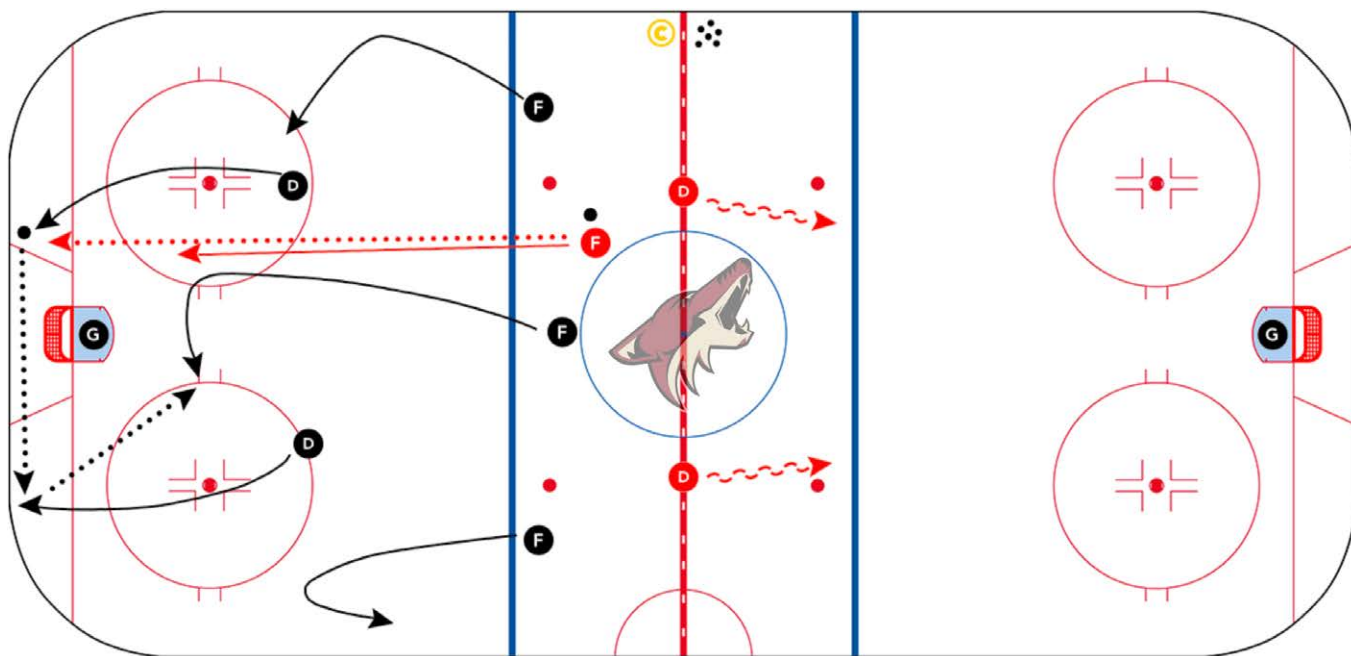
## BREAKOUTS VS 1FCER INTO 3 VS 2

**Category:** Breakout

**Team:** Arizona Coyotes

**Description:**

- 1 Fcer dumps puck into zone and forechecks vs 5 players breaking out
- The 3 **F**s breaking out go 3vs2 against 2 **D** in the NZ
- After the 3vs2 plays out in opposite zone, one forward comes out to NZ, receives pass from coach, dumps puck into zone and forechecks a new group
- The two **D** that played the 3vs2 become the breakout D for the new group





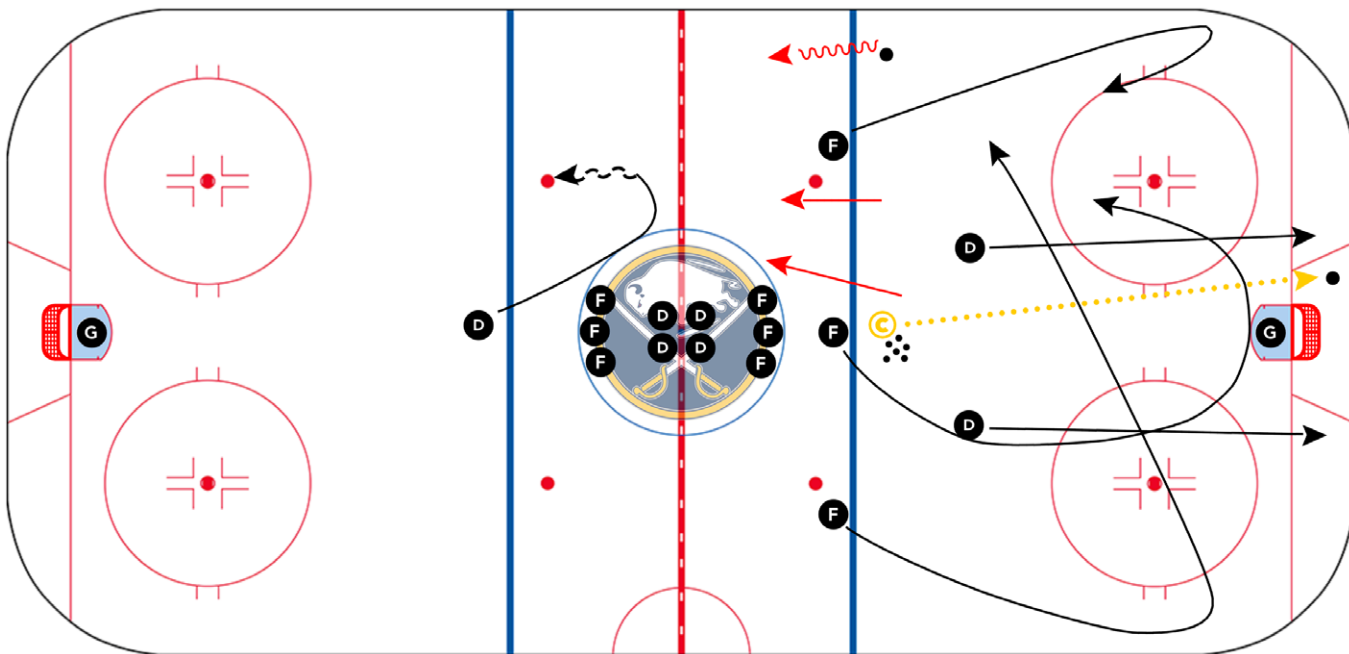
# NORWOOD 3 VS 1 / 3 VS 2

**Category:** Breakout

**Team:** Buffalo Sabres

**Description:**

- Break out of one side, 2D and 3F
- C, low through the blue paint — winger slash high to clear zone...
- D takes on the attacking 3v1
- Progress to 3v2
- Coaches will designate a side:
- Weak-side D-D
- Strong-side D-D reverse
- Both ends go at the same time



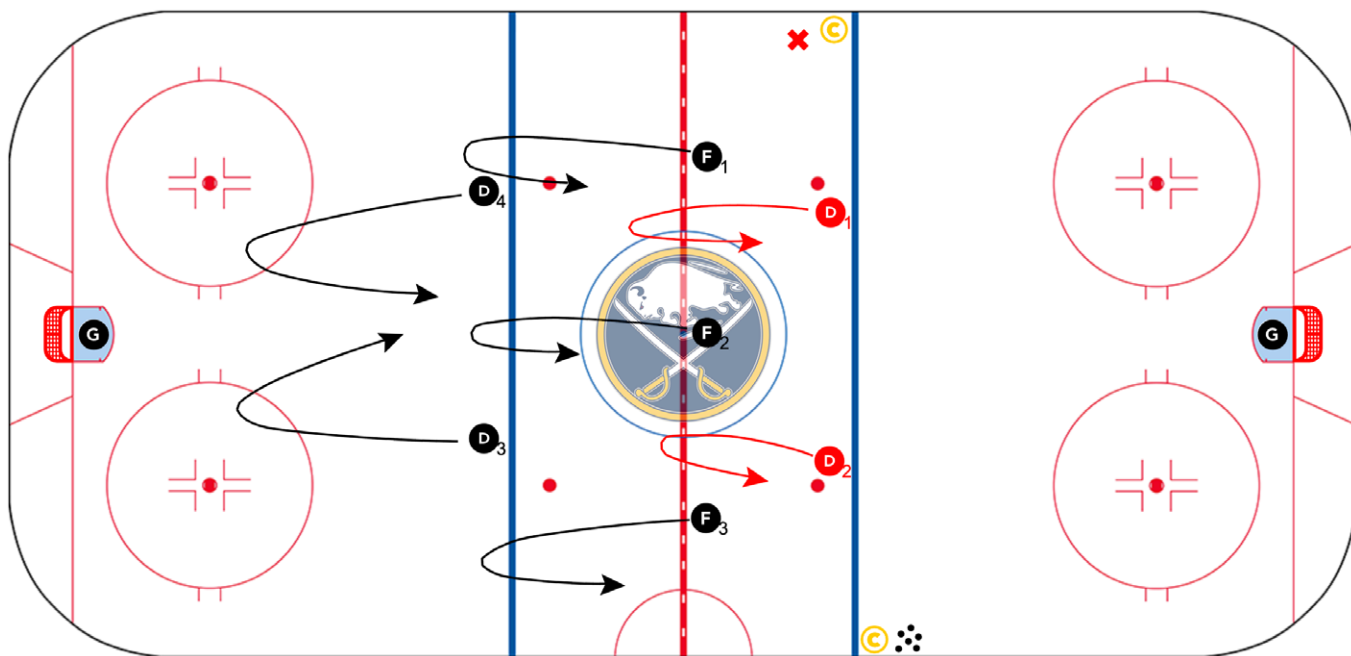
# ORTON ZONE 5 BREAKOUTS 5 VS 2 / 5 VS 3

**Category:** Breakout

**Team:** Buffalo Sabres

**Description:**

- On whistle, gap up and back for breakout to 5v2 attack
- Whistle to regroup over blue line to 5v3, backchecker **X** released by coach
- In zone 3v3 below tops of circles with 2 **D** available at offensive blue line
- “Point **D** cannot be checked... box out in front only once puck is moved to the point



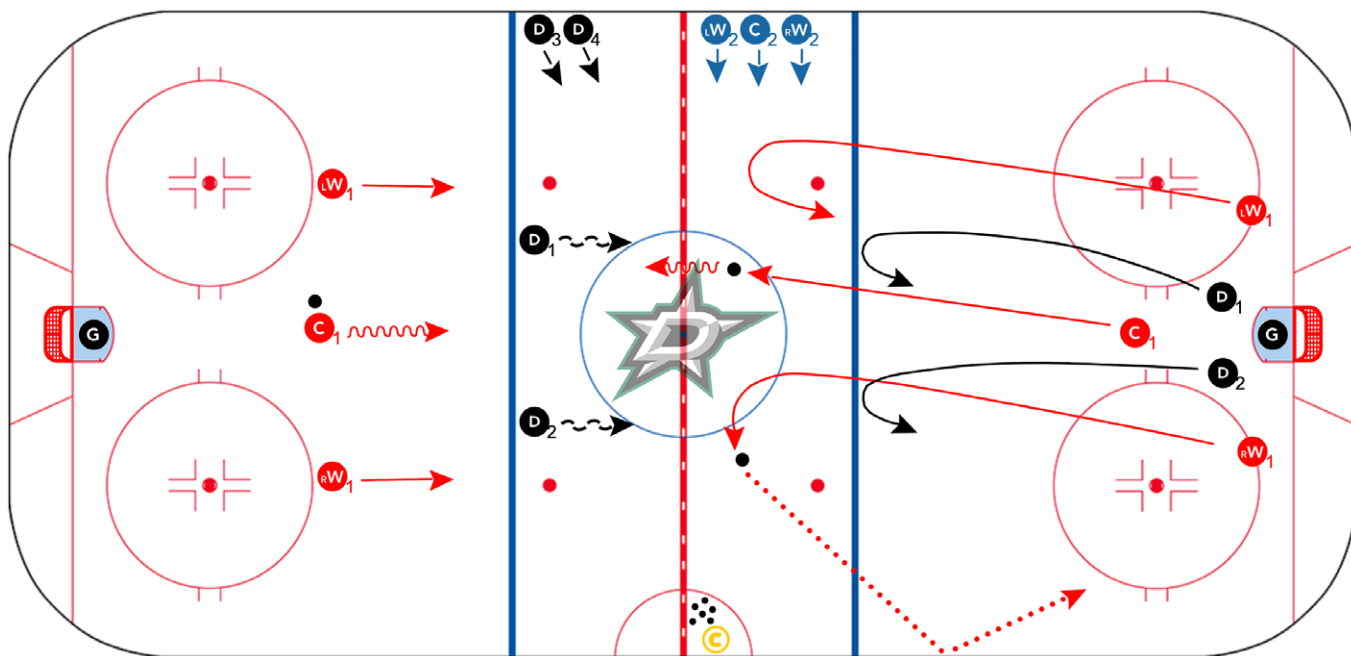
## 3 VS 2 TOUCH UP FC

**Category:** Breakout

**Team:** Dallas Stars

**Description:**

- Drill starts with a 3v2 up ice. Play it out in zone
- Whistle. Offensive **F**s reloading, **D** gapping up
- 1st **F** out of zone, takes a spotted puck and goes on a breakaway
- 2nd 2 **F**s break out of zone, take a second spotted puck, turn back up ice, chip puck and forecheck **D** that gapped up
- A new line works off walls and enters zone inside of dots, ready to support **D** on breakout

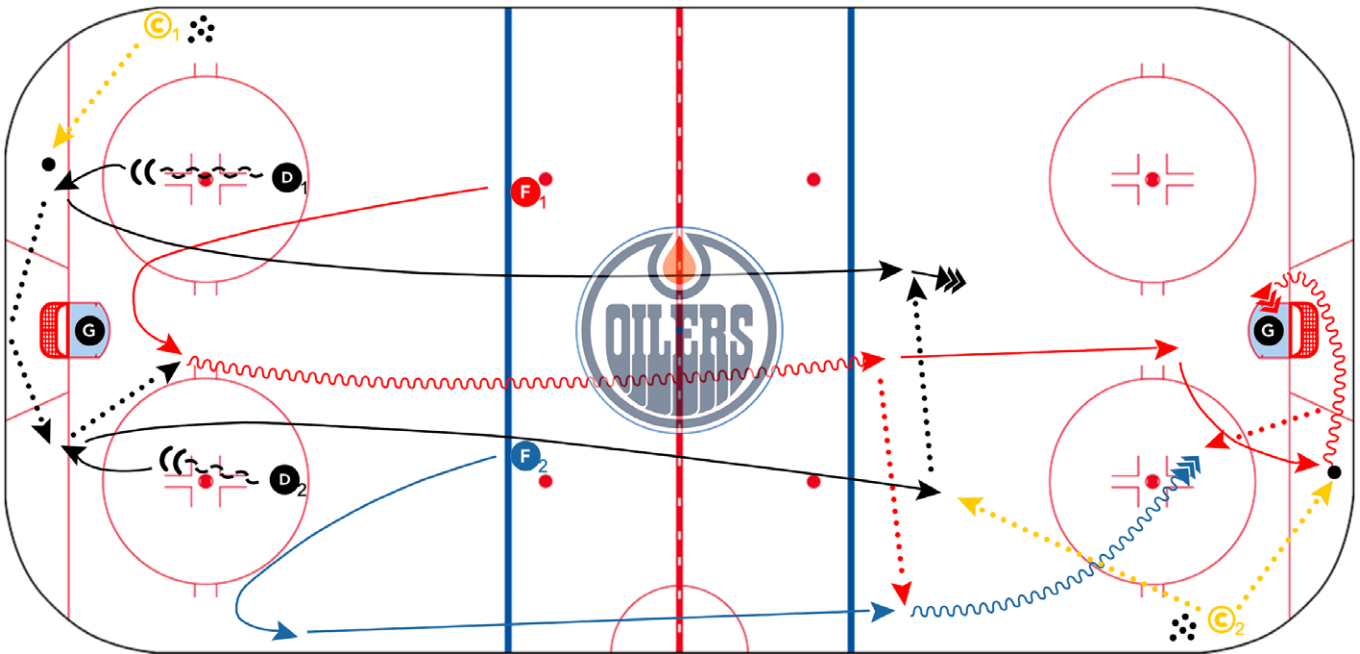


# PLAYFAIR

**Category:** Breakout

**Team:** Edmonton Oilers

- Description:**
- Coach 1 spots a puck in the corner, the **D** can work all breakouts
  - Here, **D1** goes D-to-D with **D2**, who then hits **F1** in the middle
  - **F1** drives the middle of the ice and kicks it to **F2**, who then shoots
  - Coach 2 spots a second puck in corner, where either **F1** or **F2** retrieves and either wraps or hings to the other forward
  - Coach 2 then passes a puck to **D2** and they move puck D-to-D for a third shot
  - Run drill at both sides of ice simultaneously



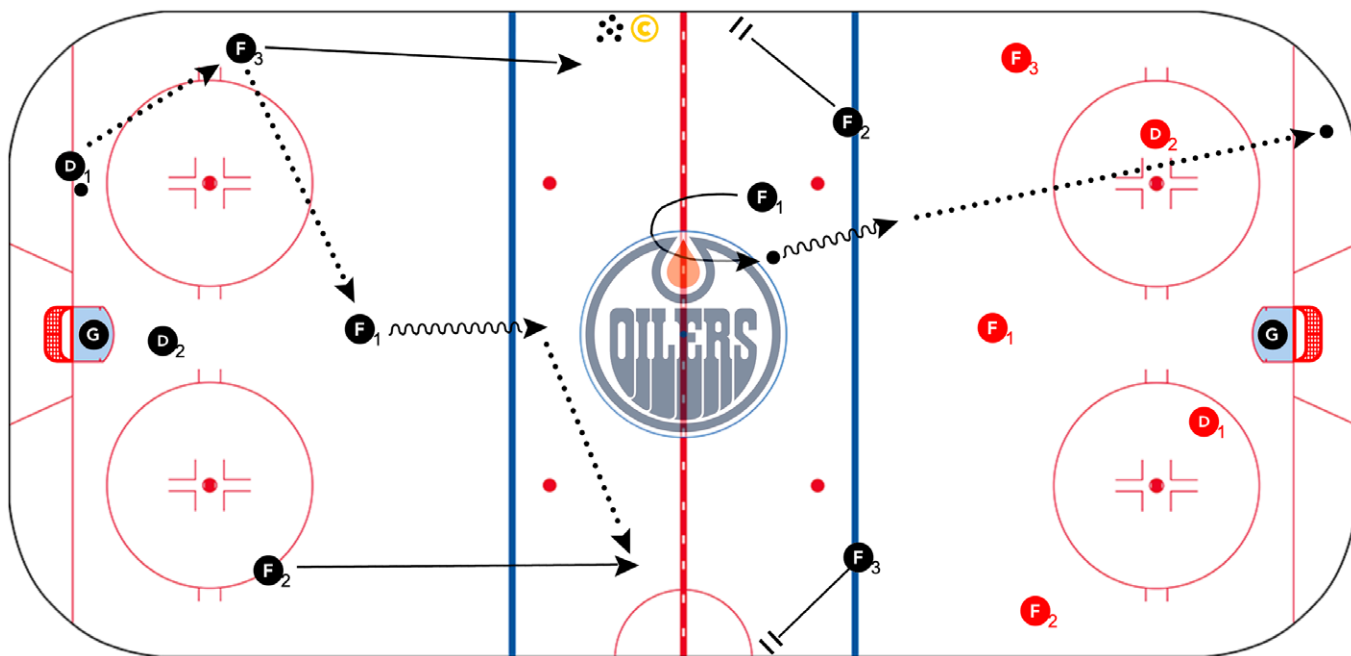
# UTICA BREAKOUTS

**Category:** Breakout

**Team:** Edmonton Oilers

**Description:**

- **F1** **F2** and **F3** breakout with **D1** and **D2** and go 5 vs 2 against **D1** and **D2**
- After rush F123 work back out of the zone and pick up a spotted puck in the NZ
- **F1** dumps puck in on 5 red and forechecks the next breakout, while **F2** and **F3** peel out
- Drill is continuous — variation is to add two forecheckers

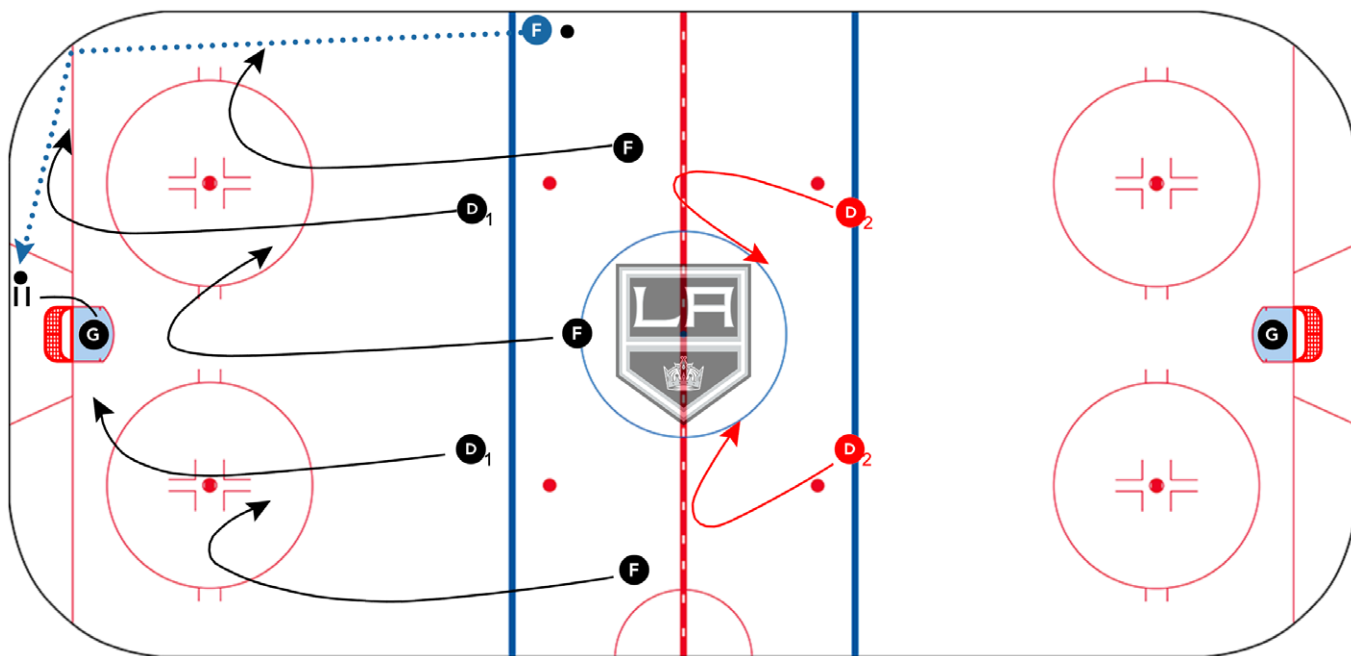


# 5 VS 2 CONTINUOUS BO/REGROUP

**Category:** Breakout

**Team:** LA Kings

- Description:**
- Group of 5 breakout puck and regroup with opposite **D**
  - Regroup with original set of **D** and spot puck into zone for next group
  - D rotation:
    - RG/BO/RG and out
  - F rotation:
    - BO/RG/RG and puck in
    - Chip entries
    - Goalie exchanges
  - New set of 5 ready to jump in on BO puck



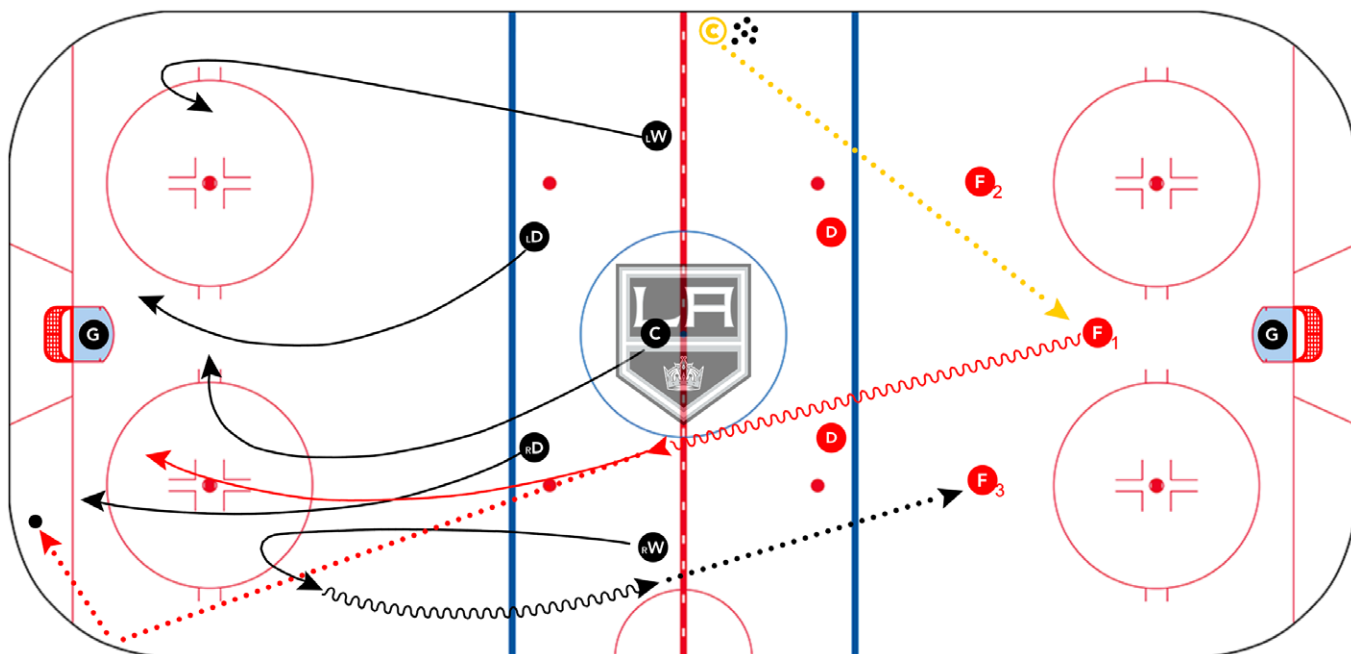
# CONTINUOUS FCER 5 VS 2

**Category:** Breakout

**Team:** LA Kings

**Description:**

- Breakout vs 1 forechecker **F**, dump to goalie and breakout down the ice
- Pass to next forechecking **F2/F3**
- Breakout vs 2 forecheckers, dump to corner
- Attack back 5 vs 2
- Continuous drill

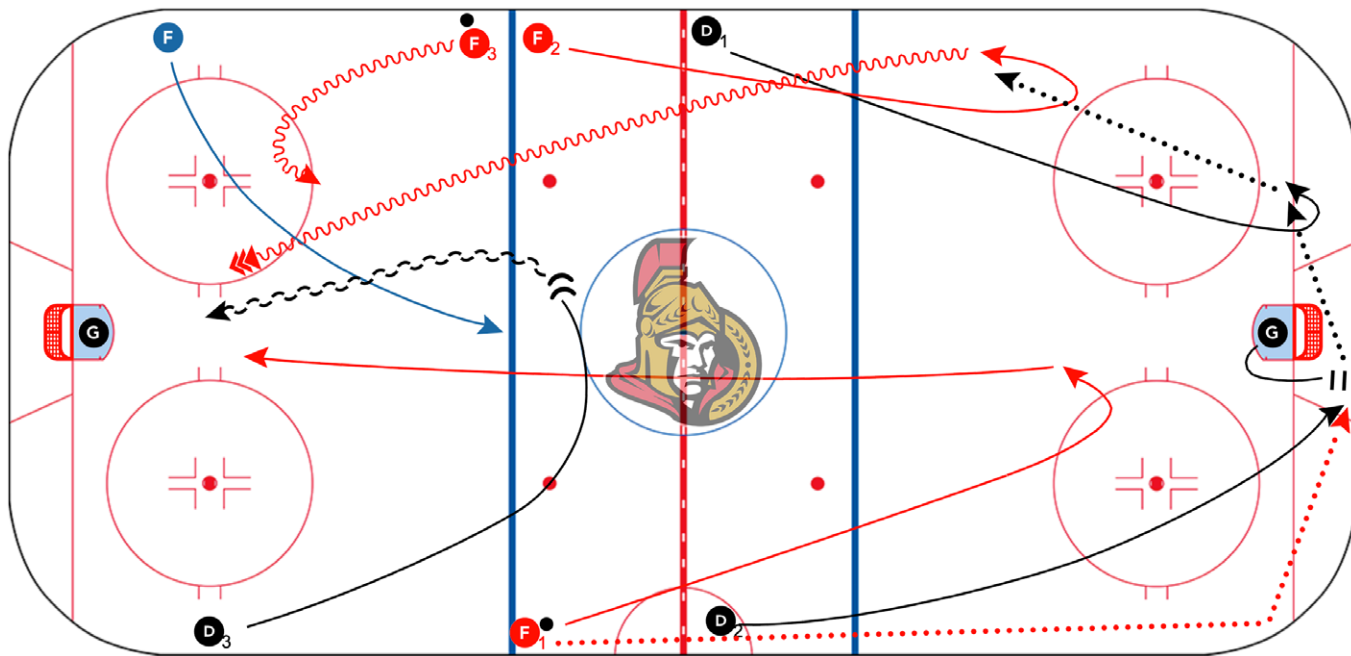


# 2 VS 1 TO 3 VS 3 DEFENDING RUSH

**Category:** Breakout

**Team:** Ottawa Senators

- Description:**
- 2 **F**s and 2 **D** work back for goalie exchange to breakout, with a 2v1 rush attack
  - **D**3 will gap up and defend the 2 **F**s 2v1 to net
  - **F**3 will follow rush into zone with puck and joins 2 **F**s for attack going back to opposite end
  - Coach will release the checking **F** from boards to back pressure and defend rush with original **D**1&2 who have gapped up to take rush on
  - 3vs3 defending rush with hard close from dot to boards and **F** and weak side D, declaring rush responsibilities





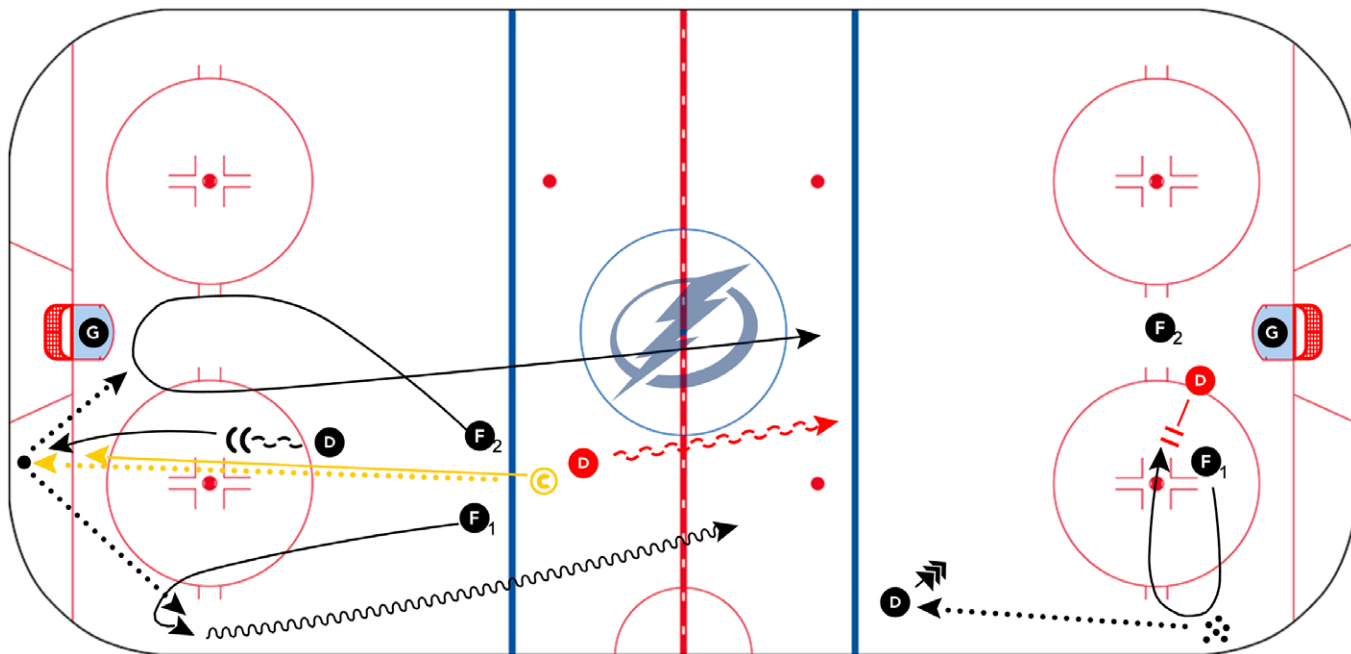
## BO FROM CENTER 2 VS 1

**Category:** Breakout

**Team:** Tampa Bay Lightning

**Description:**

- Coach dumps puck and forechecks
- **F**s have to hold up the coach to give **D** time
- **D** makes a read based on coach and makes a breakout pass
- **F**s go down 2-1 vs **D**
- After 2-1, **F** goes to the corner, picks up the puck, and goes low to high to **D** who followed the play
- **D** shoots with **F** at the net and defending **D** boxing out the net front
- **Part 2:** On BO, coach pins **D** and **F** comes down and digs puck out

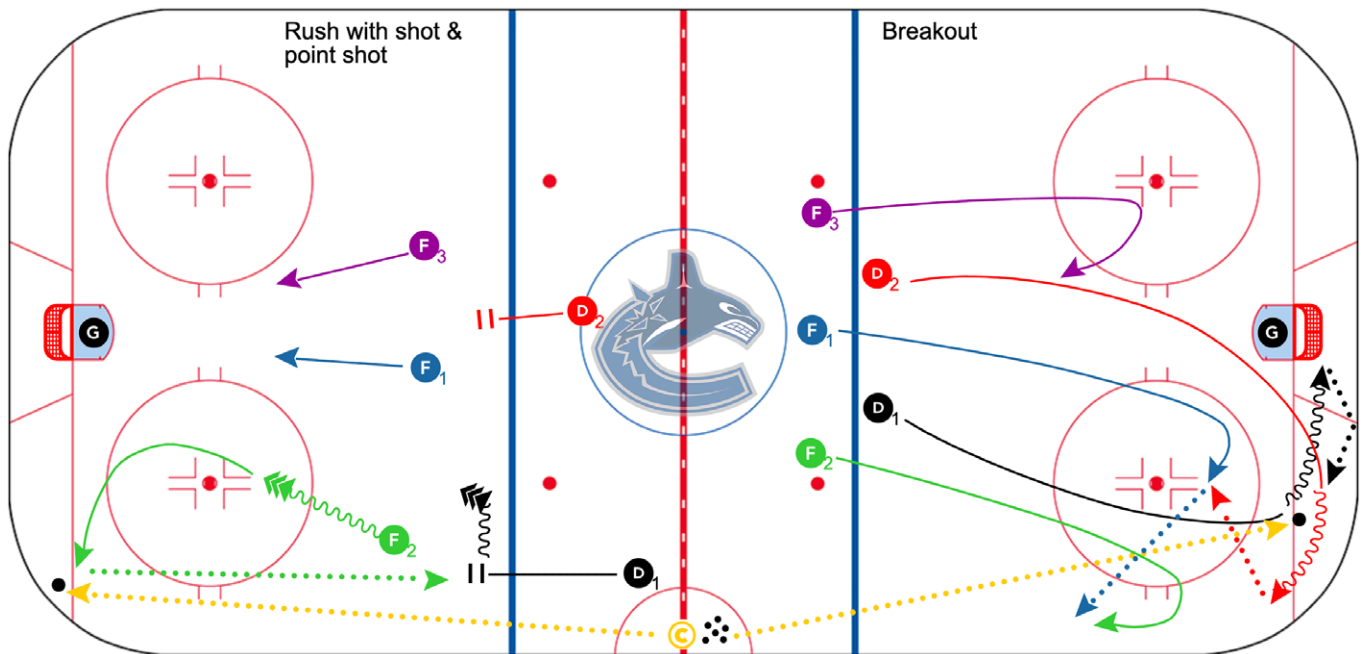


# SYRACUSE BO

**Category:** Breakout

**Team:** Vancouver Canucks

- Description:**
- Both ends run at the same time (make sure in neutral zone players are staying on their side)
  - Coach dumps puck in corner, **D1** skates back (shoulder checking) picks up puck heads to back of net
  - **D2** recovers to net front, calls reverse and picks up **D1**'s banked off boards puck
  - **F**s skate back into zone and **D2** hits middle **F1**. **F1** passes to **F2** on boards and all three **F**s go on a rush opposite end
  - After rush shot coach spots puck in corner, where **F2** picks up and passes to **D1** who walks middle for shot
  - Complete any BO option variations



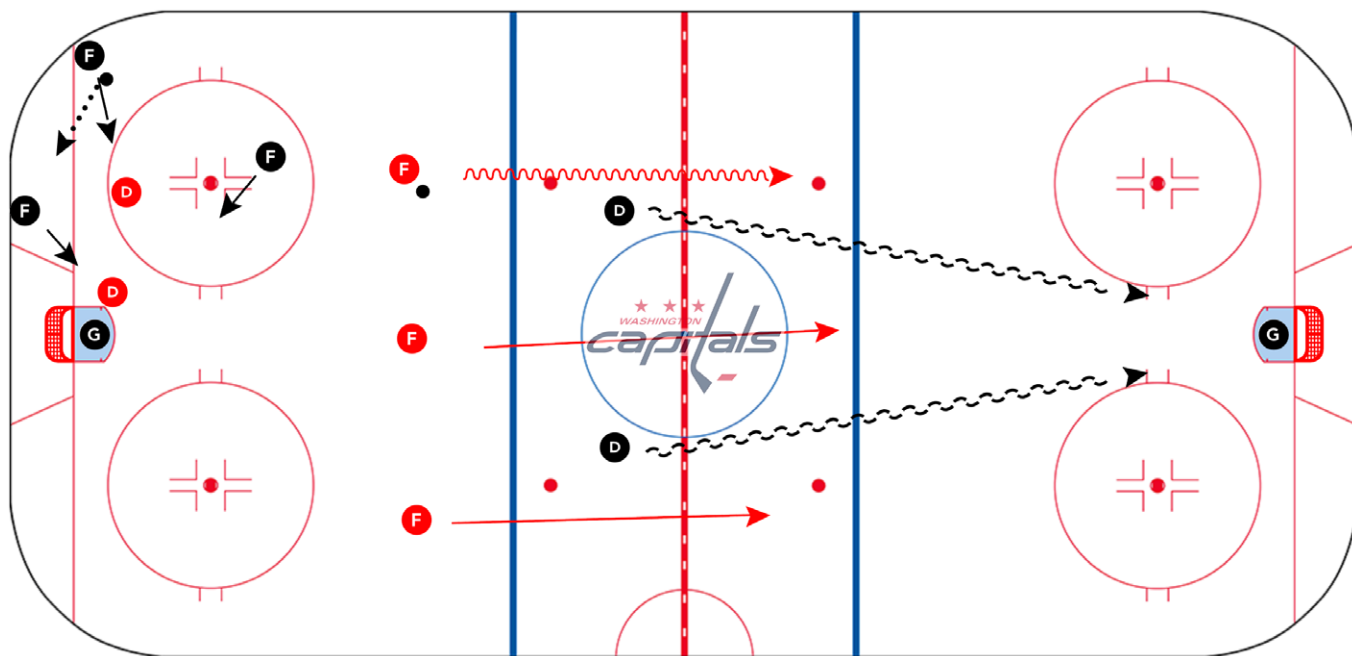
# SAN JOSE 3 VS 2 LOW

**Category:** Breakout

**Team:** Washington Capitals

**Description:**

- Drill Starts 3 vs 2 low in the corner attacking the 2 **D**
- On whistle **F**s leave 3 vs 2 against the 2 **D** with the original **D** joining the rush and the 3 **F** tracking into the D-zone coverage
- Play it out 5 vs 5
- Coach can spot a second puck in zone for 5-on-5 in zone





# FORECHECK DRILLS

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | — Skate                       |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✕ No Arrowhead | ~ Backwards Skating           |
| ) Pivot        | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | — Goalie Padslide             |
|                | — Goalie Butterflyslide       |

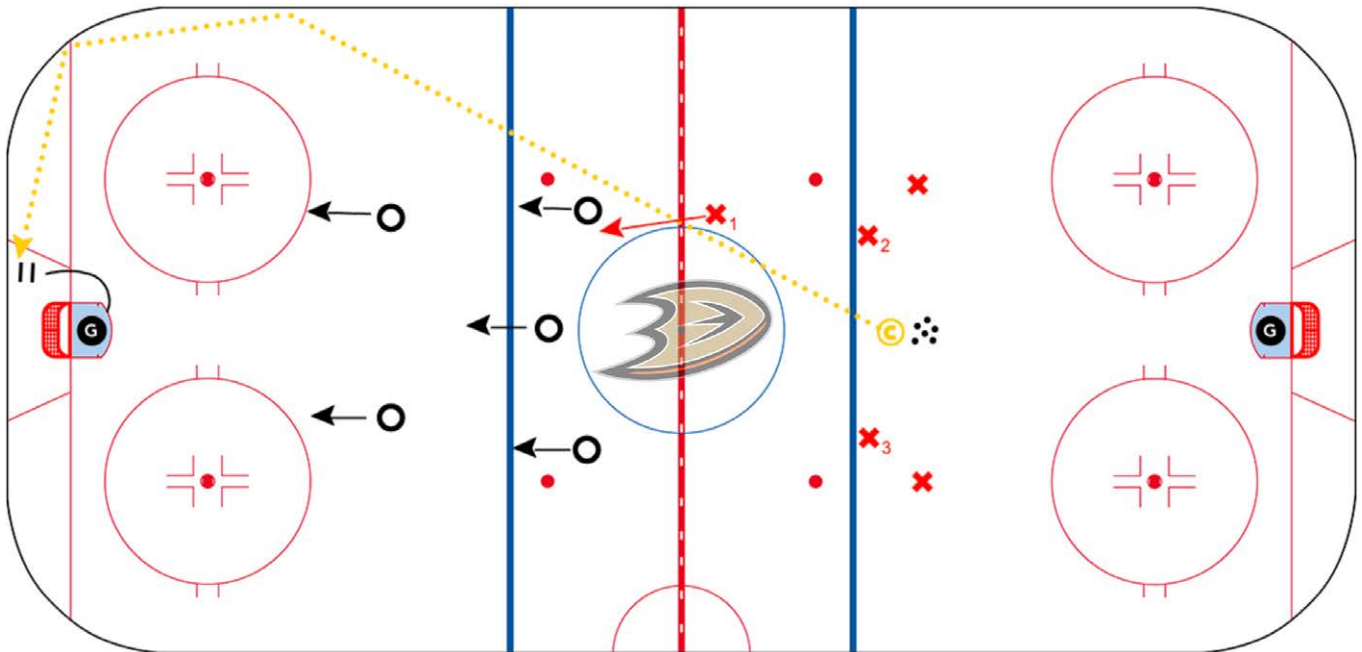
# 1-2-3/1-3-5 FORECHECK

**Category:** Forecheck

**Team:** Anaheim Ducks

**Description:**

- The first is the “1-2-3” Forecheck:
- The forechecking team starts behind their defensive blue line. The team breaking out the puck starts in the neutral zone. A coach will hard rim a puck to the goalie (get the goalie touch/ d-goalie communication in). The forechecking team will forecheck with 1 player.
- The team breaking out the puck will break out puck to center ice where they will regroup with the forechecking team. The forechecking team will now dump the puck in with the two forwards on the line that haven’t gone yet. The original **X1** will track back and wait behind the blue line. Once the puck is broken out a second time, the breakout team regroups with the forechecking line, the forechecking line will now dump the puck in with all 3 **Xs**. Once the breakout team is able to break out the puck, the drill is started again by the coach with the next line of forechecking forwards and next unit of 5 to break out puck.
- Can be adjusted to 1-3-5 instead of 1-2-3 to get the D involved in the offense/more game like. Works on forward routes (and D if you use 5 to forecheck at end) as well as communication with the breakout team.



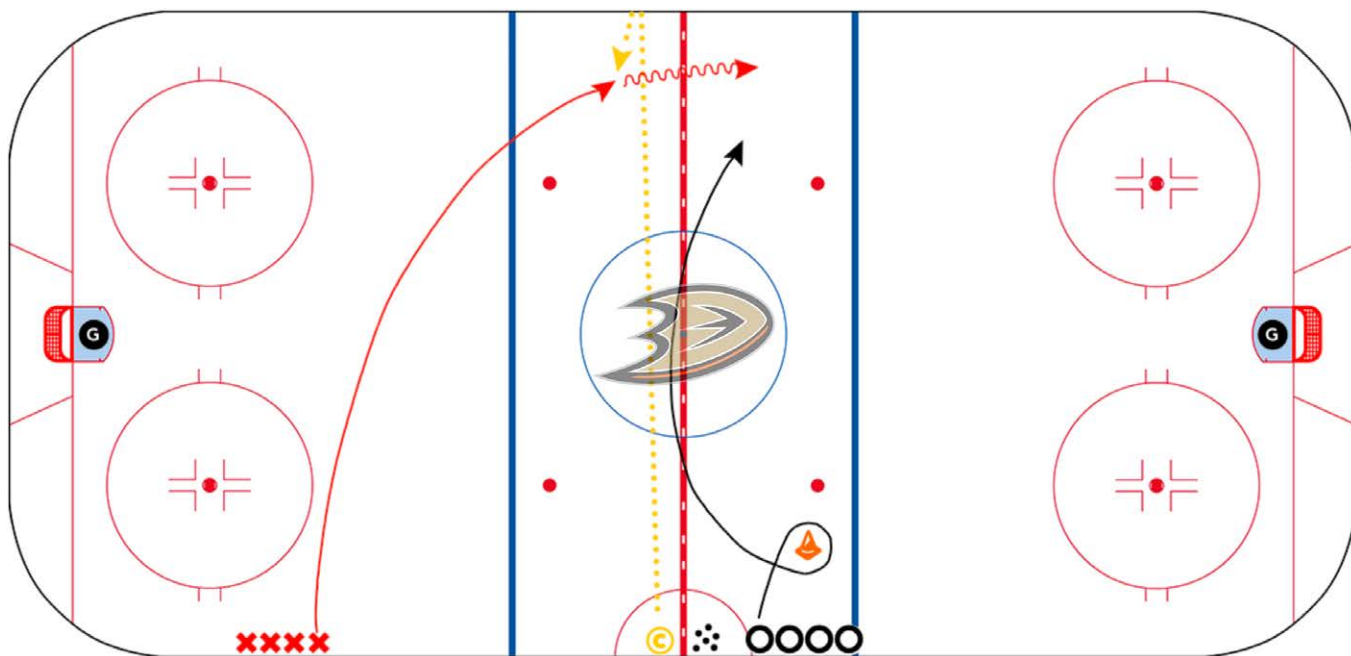
# MO ANGLE DRILL

**Category:** Forecheck

**Team:** Anaheim Ducks

**Description:**

- Coach will spot a puck on other side of ice and offensive player(s) (the **Xs**) will pick up puck and attack
- The defensive player(s) **O**, have to skate around a cone and then angle off the **Xs** attacking their net
- Can release different amounts of players for offense and defense
- Simple but very effective for working on angles/gaps as well as 1on1 or odd man rush attacks



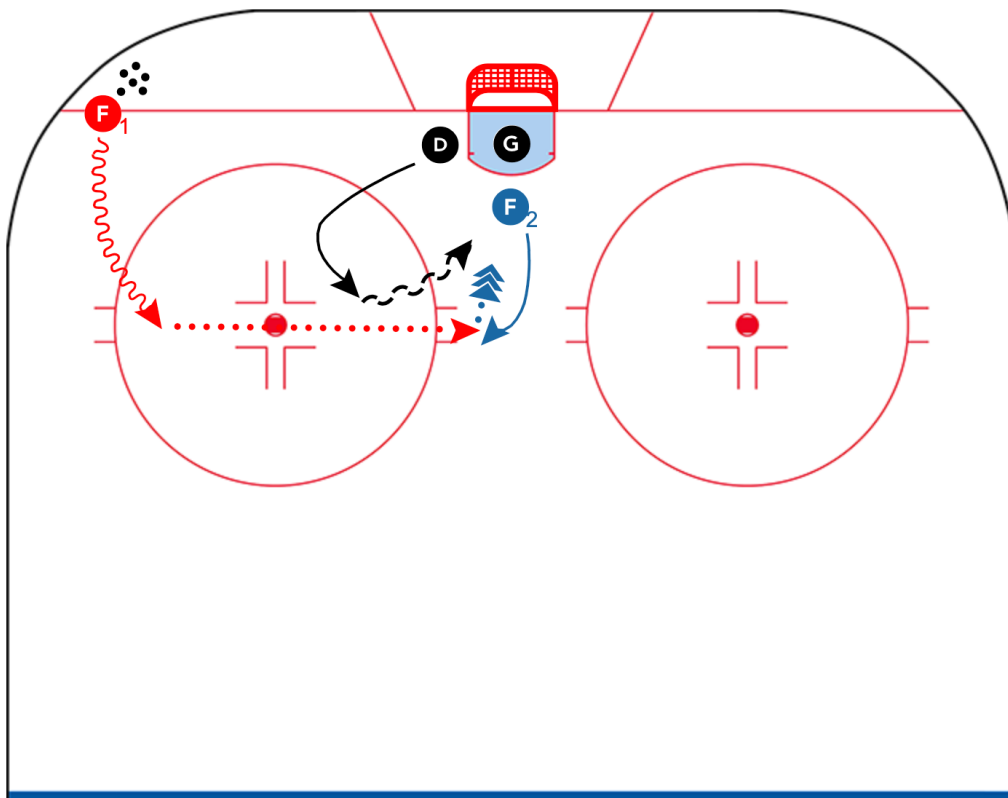
# LOW 2 VS 1

**Category:** Forecheck

**Team:** Boston Bruins

**Description:**

- 1 F starts in corner, the other starts in front of the net with the D
- On whistle, **F 1** breaks out of corner and quickly attacks net 2vs1
- On second whistle, **F 2** goes into corner to get a new puck and attacks 2vs1. **F 1** is now net-front
- Repeat x4 where each F attacks from corner twice
- Keep play below the face-off dots



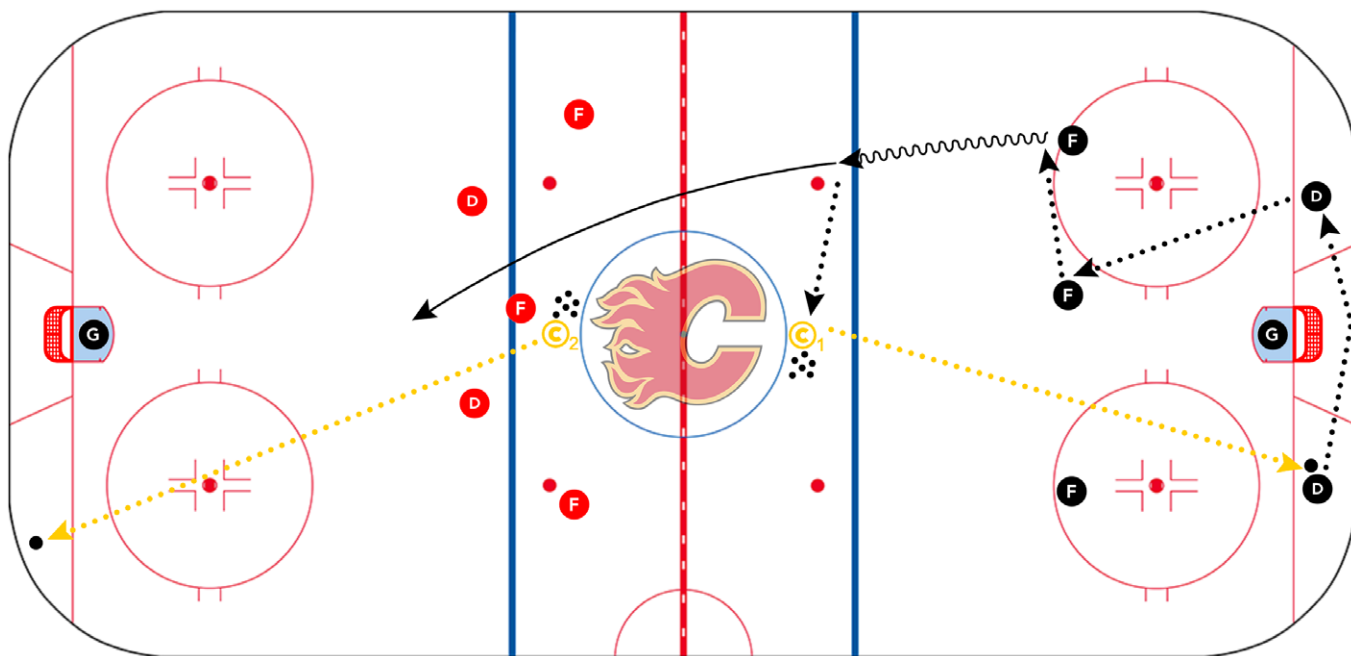
## HUNTER FC

**Category:** Forecheck

**Team:** Calgary Flames

**Description:**

- Coach dumps puck for **Black** line to break out then pass back to coach — at that time coach in opposite end dumps in puck for **Red** line to break out
- 1 forward from the **Black** line will carry on and forecheck the **Red** line
- Progress to adding 2, then 3 forecheckers
- Challenge your D to stay up so they have to make break out plays under strong forecheck pressure



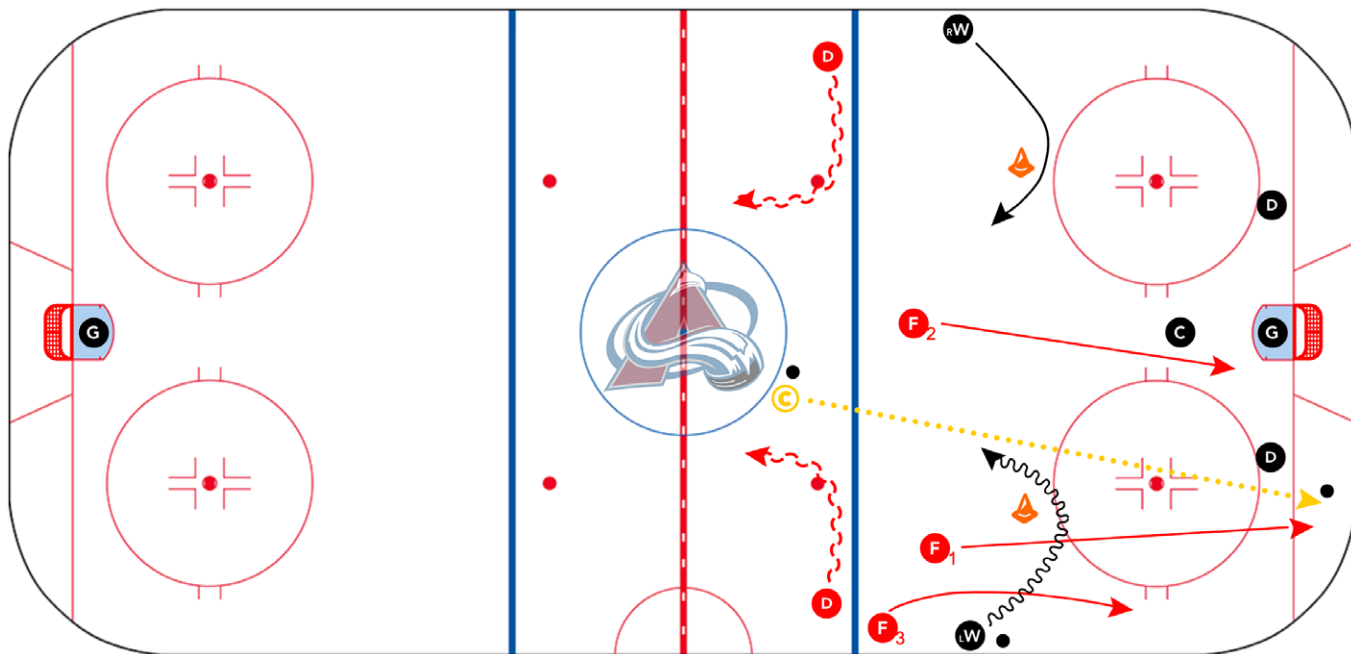


# SHORT FORECHECK / ADZC

**Category:** Forecheck

**Team:** Colorado Avalanche

- Description:**
- On whistle, coach dumps a puck in the corner
  - **F1** and **F2** forecheck hard with **F3** managing their depth (Forecheck against 2 **D** and **C**)
  - Second whistle activates the Wings with **LW** skating with puck under cone and attacking 2 **D** waiting to accept the rush
  - Low **C** and 2 **D** join rush, while the 3 **F**s track back for ADZC (play puck out 5 v 5)



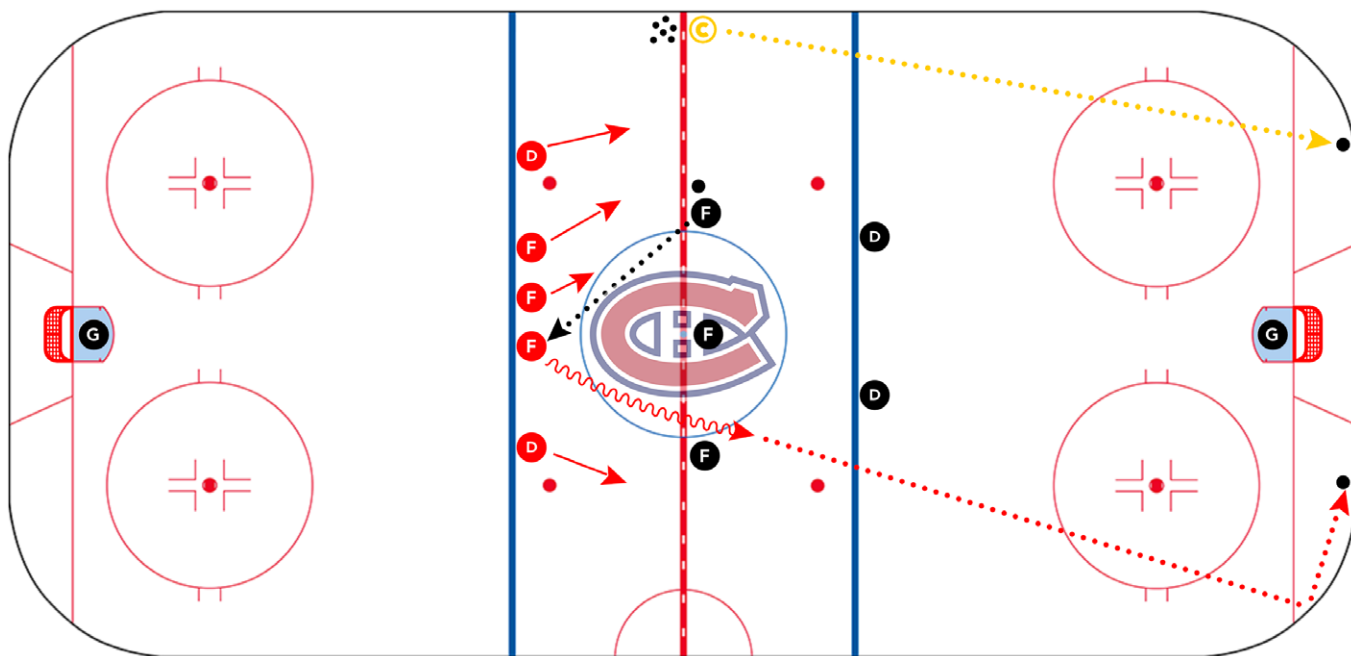
# CANADIENS FORECHECK

**Category:** Forecheck

**Team:** Montreal Canadiens

**Description:**

- Coach dumps in puck for a **Black** team regroup, a quick breakout or a control breakout
- After they exit the zone, they pass the puck to the **Red** team that will gain the red line, chip in, rim and forecheck 5 vs 5



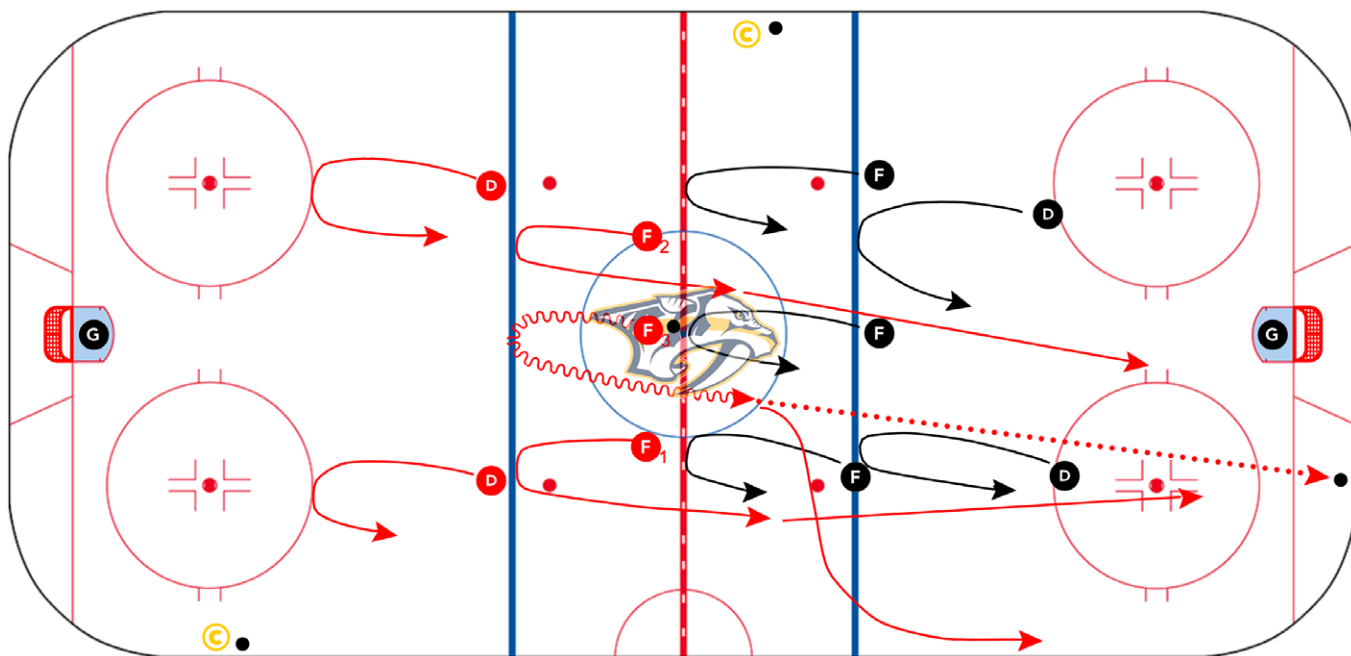
# GAIN A LINE FC, INTO DZC, INTO NZFC

**Category:** Forecheck

**Team:** Nashville Predators

**Description:**

- Everyone must gain a line, then red center dumps puck and forecheck. Black must try to breakout puck
- On whistle, coach spots a puck and everyone gets into proper dz coverage position and then 5v5 play it out on whistle
- 2nd coach spots puck at tops of circles and on whistle during the 5v5 DZC players must sprint out of zone, red regroups & black gets into proper NZ Forecheck



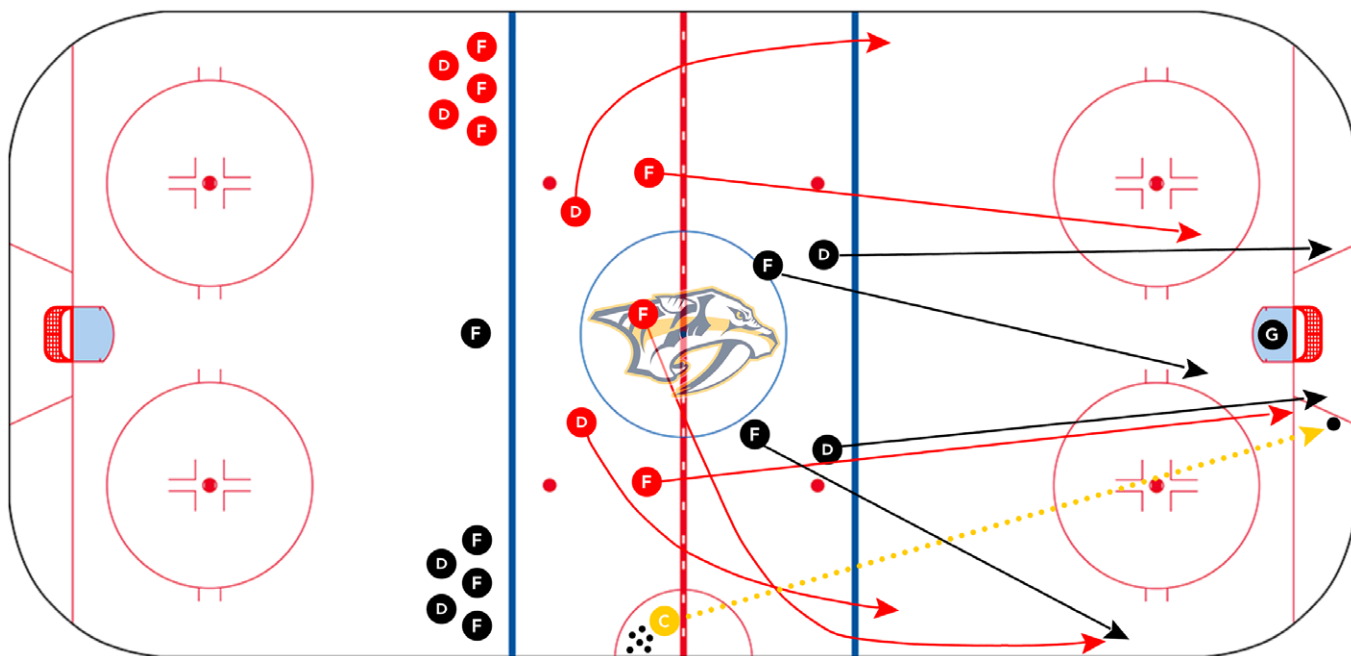
# 5 VS 4 FORECHECK

**Category:** Forecheck

**Team:** Nashville Predators

**Description:**

- 5 red players & 4 black players are moving in neutral zone
- On coach whistle/dumped puck. 4 black players must try to skate puck out of the zone vs the 5 red forecheckers who are executing proper forecheck routes/sort outs vs black breakout
- Let it play out for 20-30 seconds or until black skates puck out
- Black then forechecks, red defends



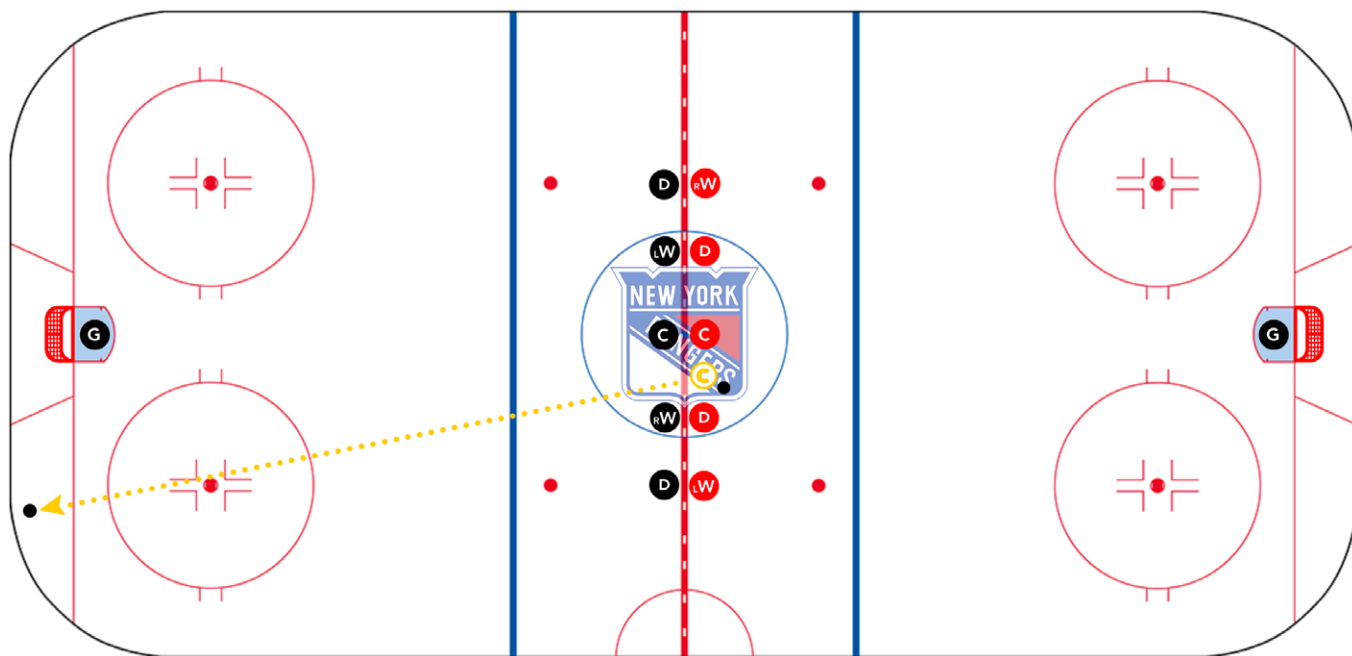
# 10 ON THE LINE — 5 VS 5

**Category:** Forecheck

**Team:** New York Rangers

**Description:**

- **F**s line up vs **D**, **C** on **C**
- Coach spots puck in either zone
- One line breaking out vs one line forechecking
- Play out until whistle



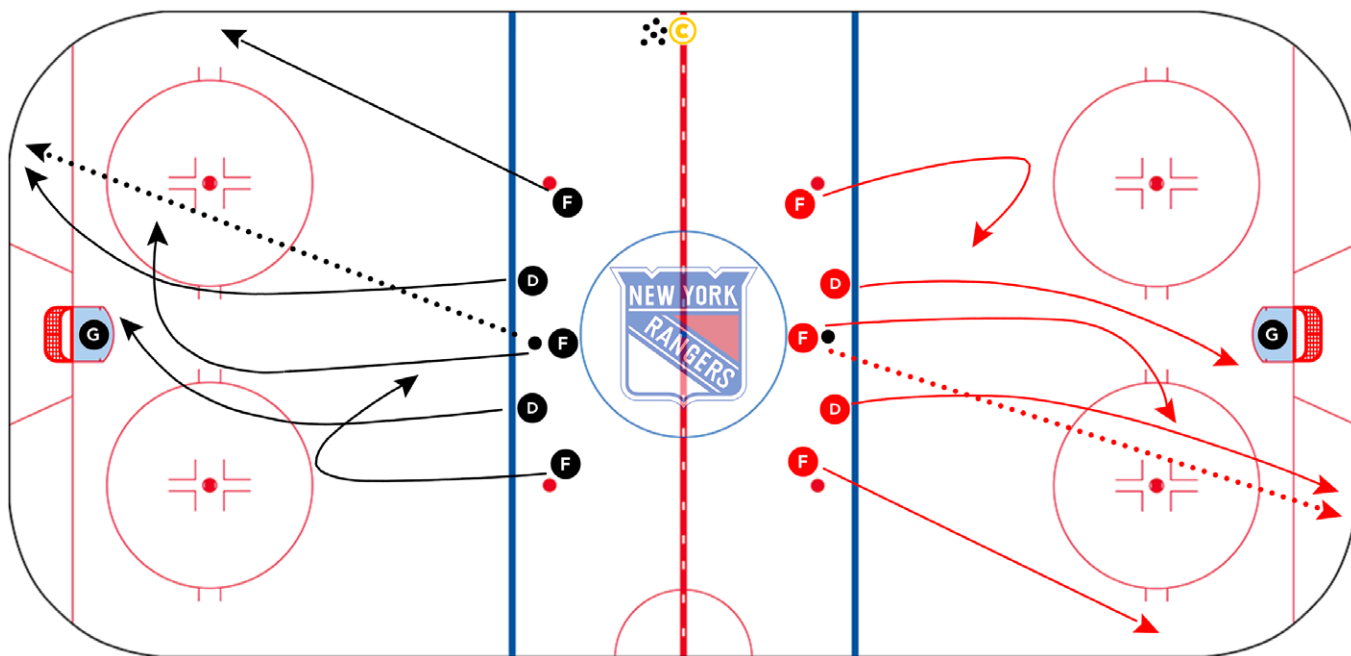
# CRASH FROM DOUBLE BO

**Category:** Forecheck

**Team:** New York Rangers

**Description:**

- Xs & Os breakout at the same time
- When pucks get back in NZ, coach will spot puck in one end where that team breaks out vs other teams forecheck pressure
- Play out until whistle



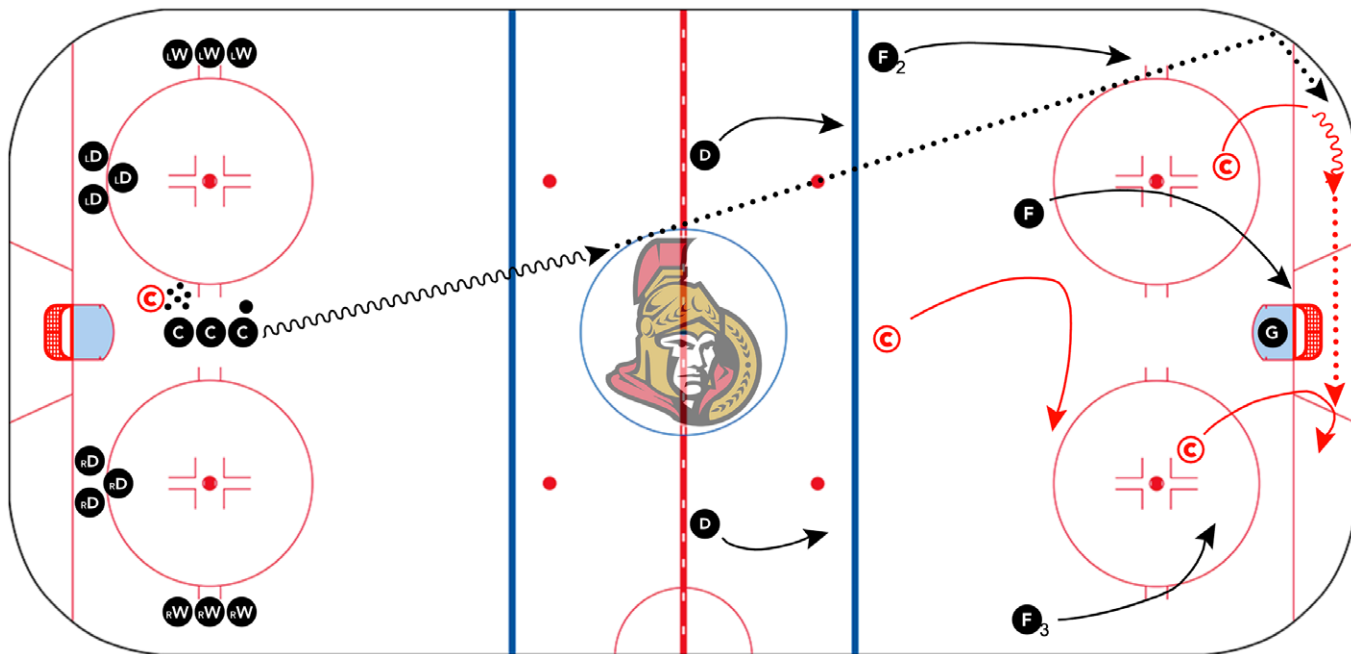
## 3/4 ICE — CATCH THE COACHES

**Category:** Forecheck

**Team:** Ottawa Senators

**Description:**

- 3/4 ice, 5 skaters spot puck to for offensive zone forecheck vs 2 or 3 coaches
- Group of 5 players force a turnover and attack the net
- After play, reload hard back to end for 2nd puck, transition back up ice and spot to coaches --> NZFC
  - MIDDLE 1st
  - F1 HUNT!!
  - 2nd LAYER CHECKING
  - D LAYER GAPS
- Turn puck over and attack net

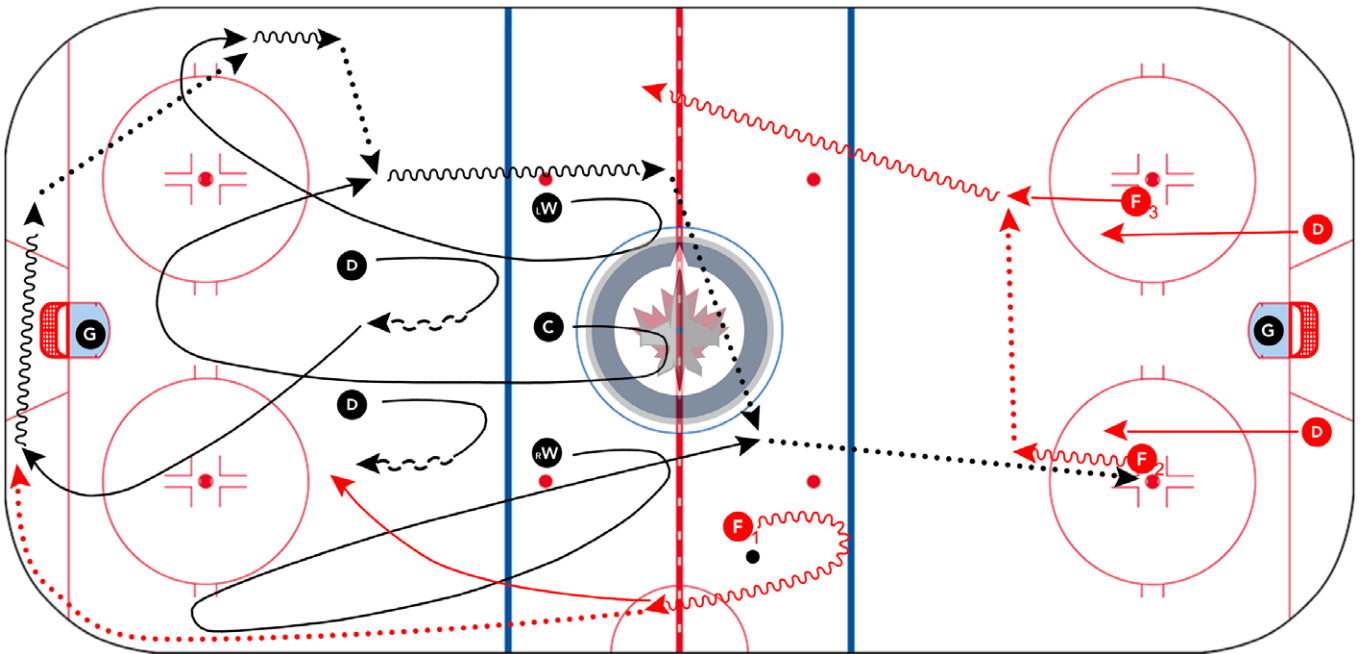


# MURRAY 5 VS 5

**Category:** Forecheck

**Team:** Winnipeg Jets

- Description:**
- **F1** gains redline, keeps speed & performs a good dump (retrievable), pressures puck to top of circles
  - **Black line** executes quick breakout — ALL forwards must touch puck before passing to **F2** waiting on far dot
  - **F2** skate and pass to **F3** who gains redline & can either chip or rim to forecheck
  - **F1** that started drill joins the **Red Line** and rushes the opponent
  - The **Black line** that broke out now must hustle back to break the puck out again, except this time vs 3 **F**s & 2 **D**
  - Play it out. On whistle, reset with two new lines







# NEUTRAL ZONE COUNTER / TRANSITION DRILLS

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | —— Skate                      |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✕ No Arrowhead | ~ Backwards Skating           |
| )) Pivot       | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | — Goalie Padslide             |
|                | — Goalie Butterflieslide      |

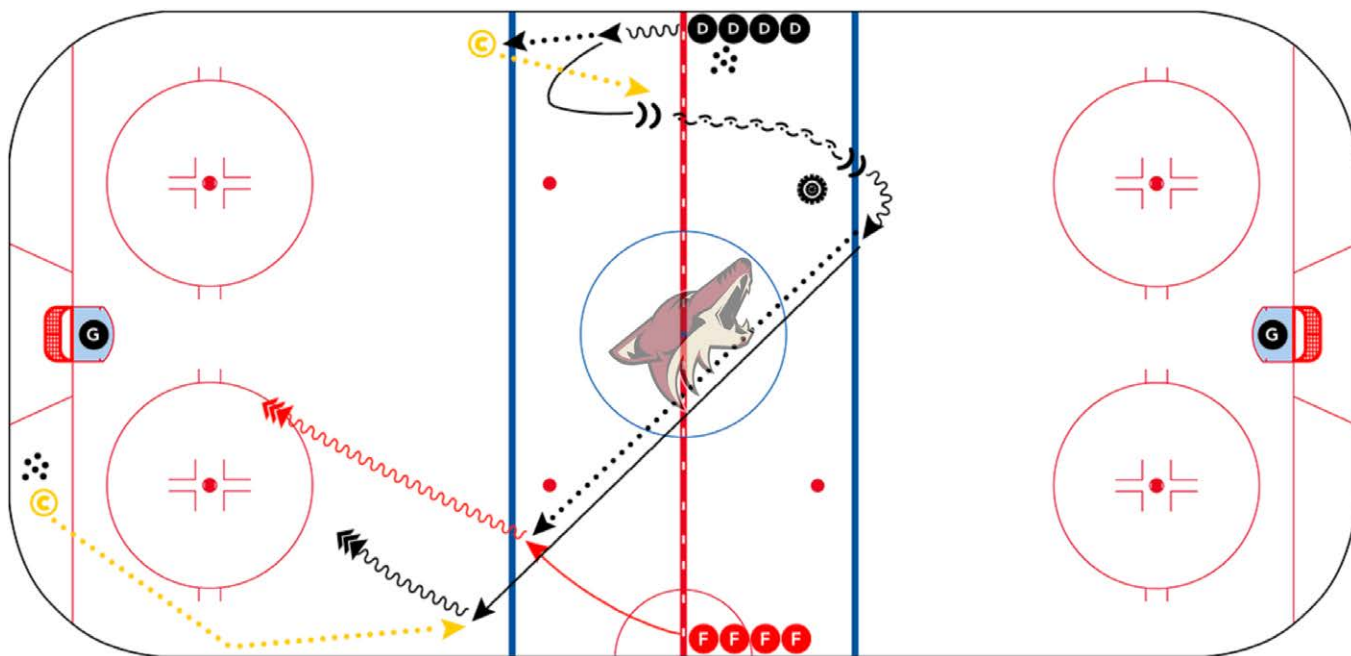
## D QUICK COUNTER

**Category:** Neutral Zone Counter / Transition

**Team:** Arizona Coyotes

**Description:**

- **D** starts at red line, carries the puck 2-3 strides and passes to coach
- **D** pivots backwards and receives a pass back from the coach
- **D** carries puck backwards, pivots around the tire and makes a quick pass to a wide line **F**
- **D** follows puck to blue line for a rim from low coach
- Player must handle the rim, pull it off the wall and finish with a shot on goal
- Switch sides once each **D** has gone a few times to work on pivoting both ways



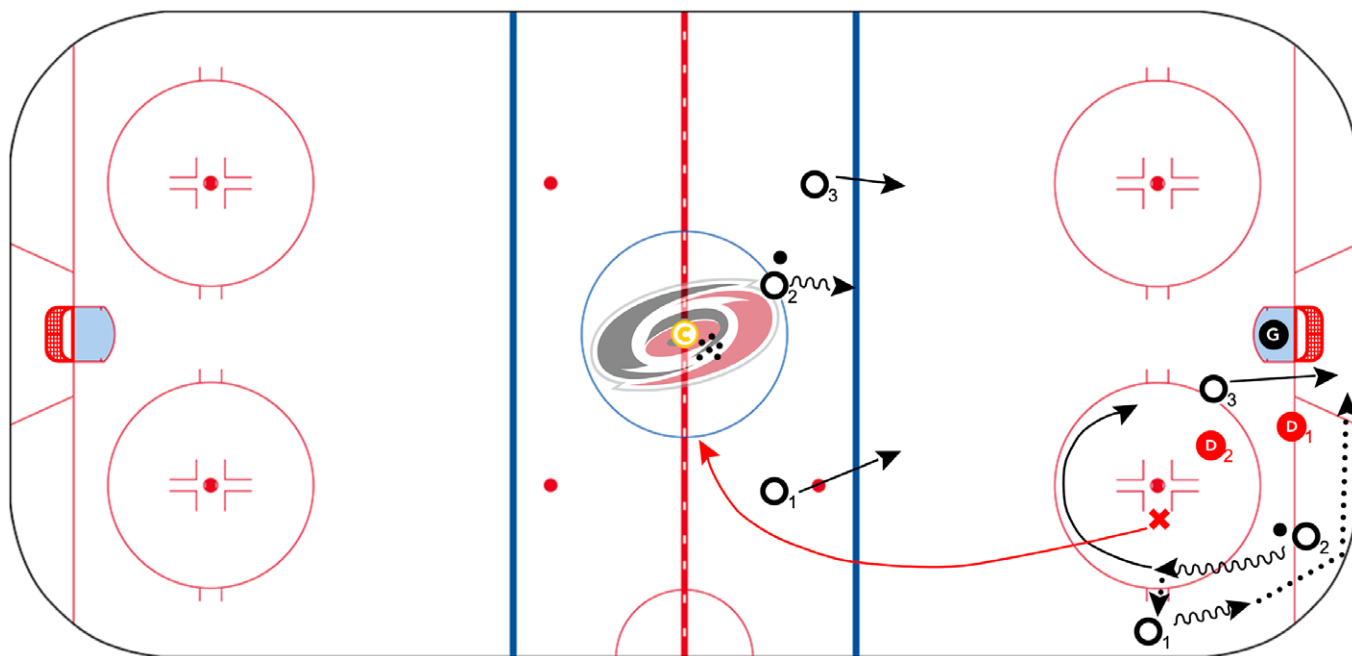
# 3 VS 3 LOW, 3 VS 2 HALF W/BC

**Category:** Neutral Zone Counter / Transition

**Team:** Carolina Hurricanes

**Description:**

- Drill starts with a low cycle and getting the puck to the back of the net, which activates the defending players **X**, **D1** & **2**
- Play out a 3 vs 3 until the whistle
- On whistle, all players leave puck, skate outside the zone and retrieve a new puck spotted by the coach
- **O**s attack back against 2 **D**
- **X** must skate to red line before they can attack the puck, so the play will be an abbreviated 3v2 with a BC



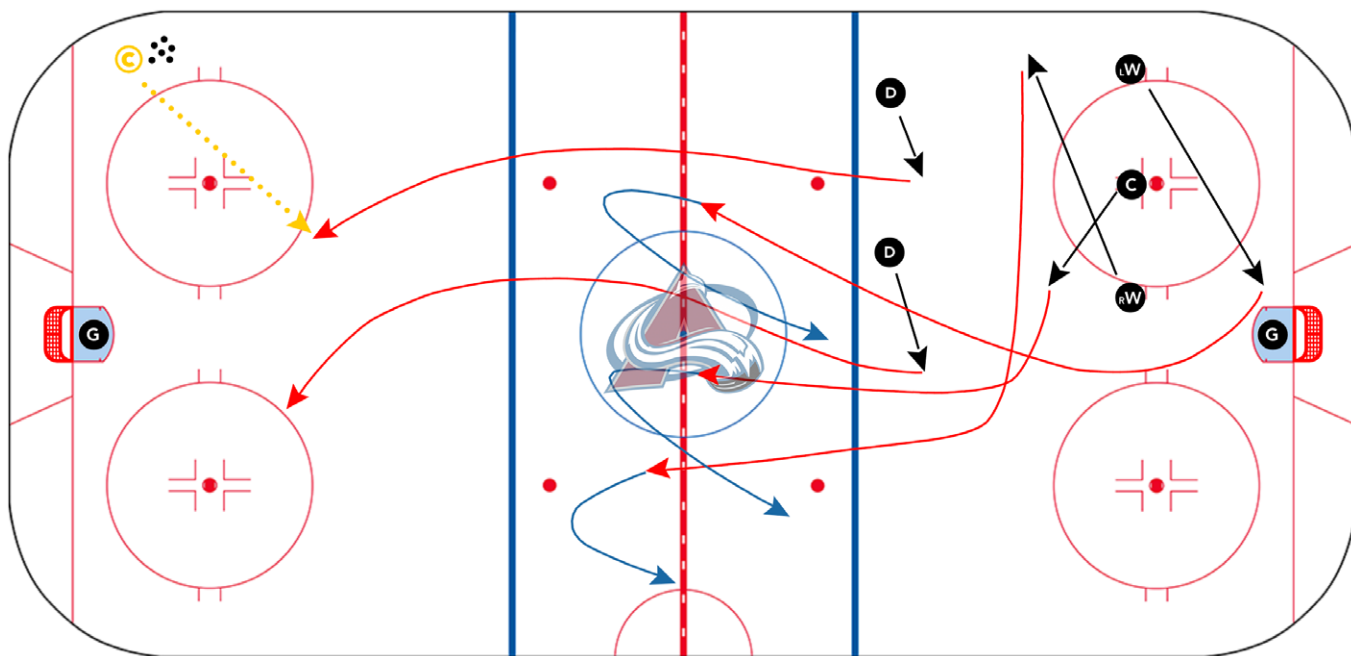
# CALDER

**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

**Description:**

- Begin drill with a face-off option in the OZ. Recover to the NZ for a Neutral Zone Regroup
- After attacking, continue with OZP option OZFO
  1. W to wall — C pop
  2. X play NZR
  3. D-D and up
  4. D-D-D jumper-stretch OZ option
  5. F3-WSD
  6. Long cycle F3



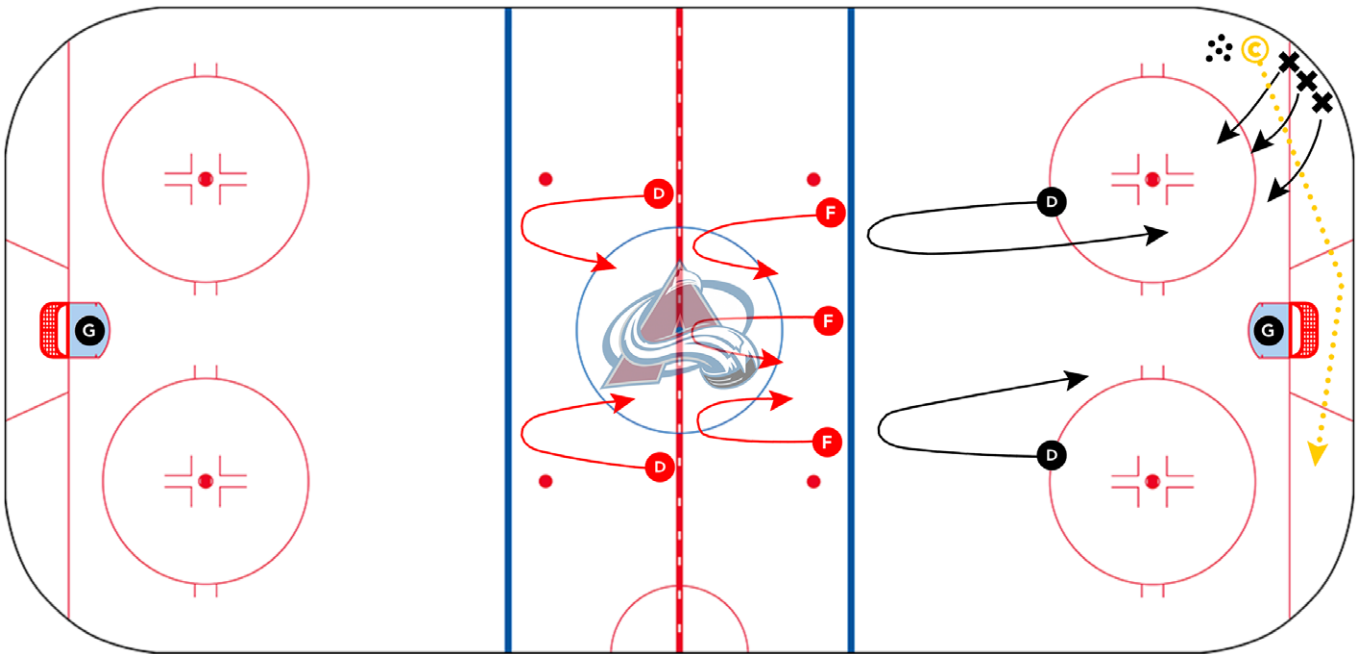
# BUFFALO TRACKING

**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

**Description:**

- Drill works from one end of the ice. Two lines on, everyone else on benches
- Offensive line tags lines and comes back for D over or D dink Bo
- Coach sends tracker and defending forwards for full 5 vs 5 rush
- Play continues in zone for 5 vs 5 play working on DZC / OZP
- On whistle, coach has second puck in NZ for NZ regroup and NZC
- Focus is on Track, DZC and NZC
- System details

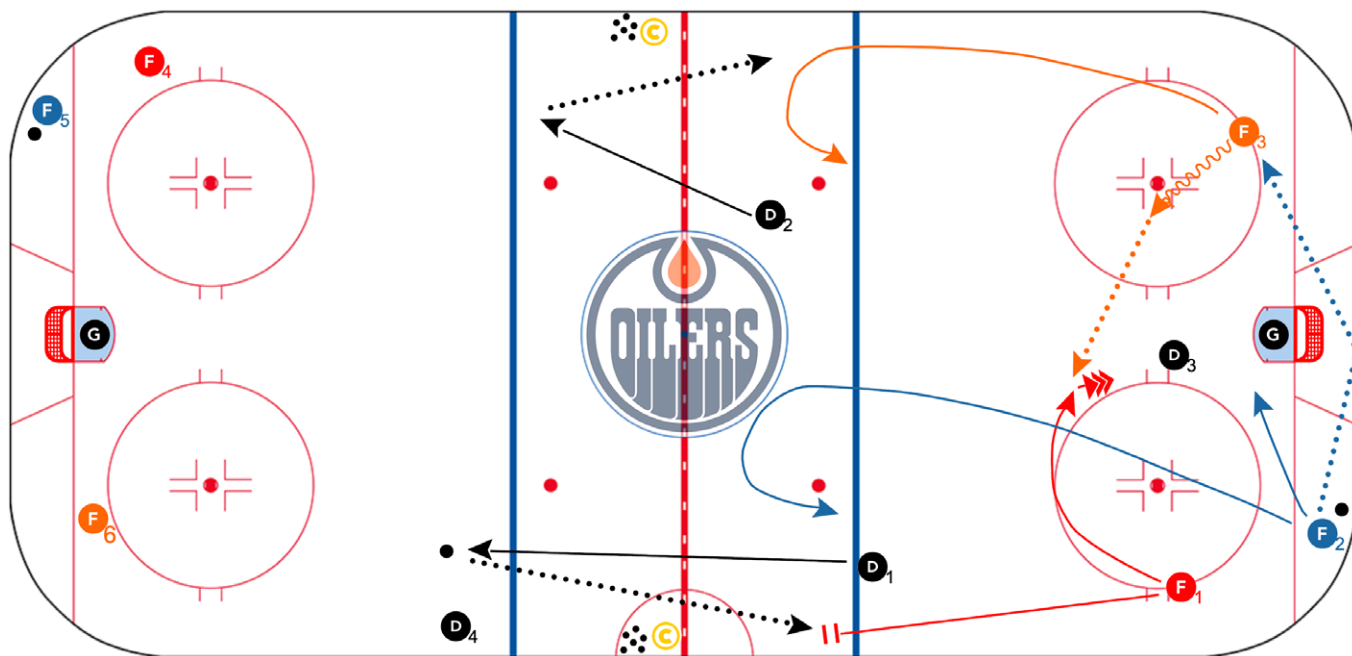


# 3 VS 1 TIMES 3

**Category:** Neutral Zone Counter / Transition

**Team:** Edmonton Oilers

- Description:**
- **F1** **F2** and **F3** start with a bank pass down low and attack **D3**, 3 vs 1
  - On whistle, **D1** goes back and retrieves a puck, while F123 fill lanes and net drive attack, 3 vs 1
  - On second whistle, **D2** gets a puck spotted to the far side for another NZ regroup and the third 3 vs 1
  - After play, F456 continue drill at other end with **D4**

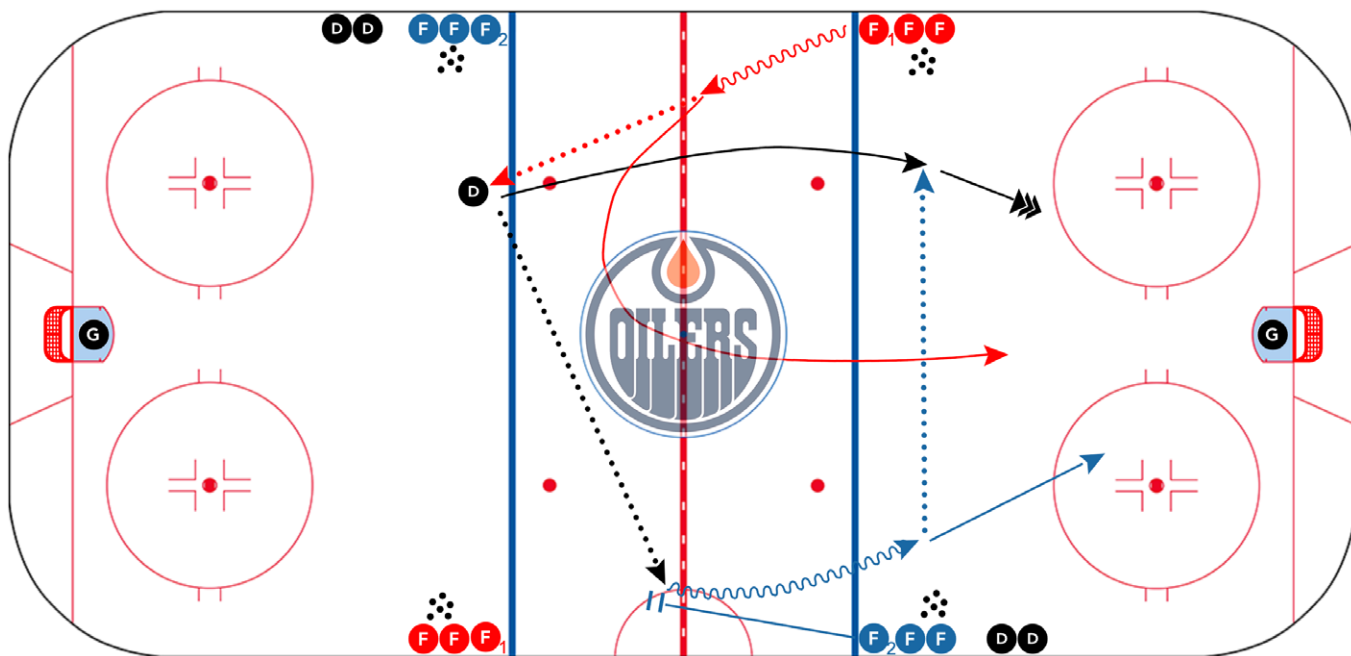


# D INITIATE

**Category:** Neutral Zone Counter / Transition

**Team:** Edmonton Oilers

- Description:**
- **F 1** carries puck to red line and then passes to **D**
  - **D** passes to **F 2** who has opened up at opposite side of ice
  - **F 1** fights for the middle drive and **D** works up to fill wide line and receives the pass from **F 2**
  - No dusting for the **D** when passing
  - Pucks can be on all fours but just use opposite sides, then switch



# BOARD JUMP

**Category:** Neutral Zone Counter / Transition

**Team:** Florida Panthers

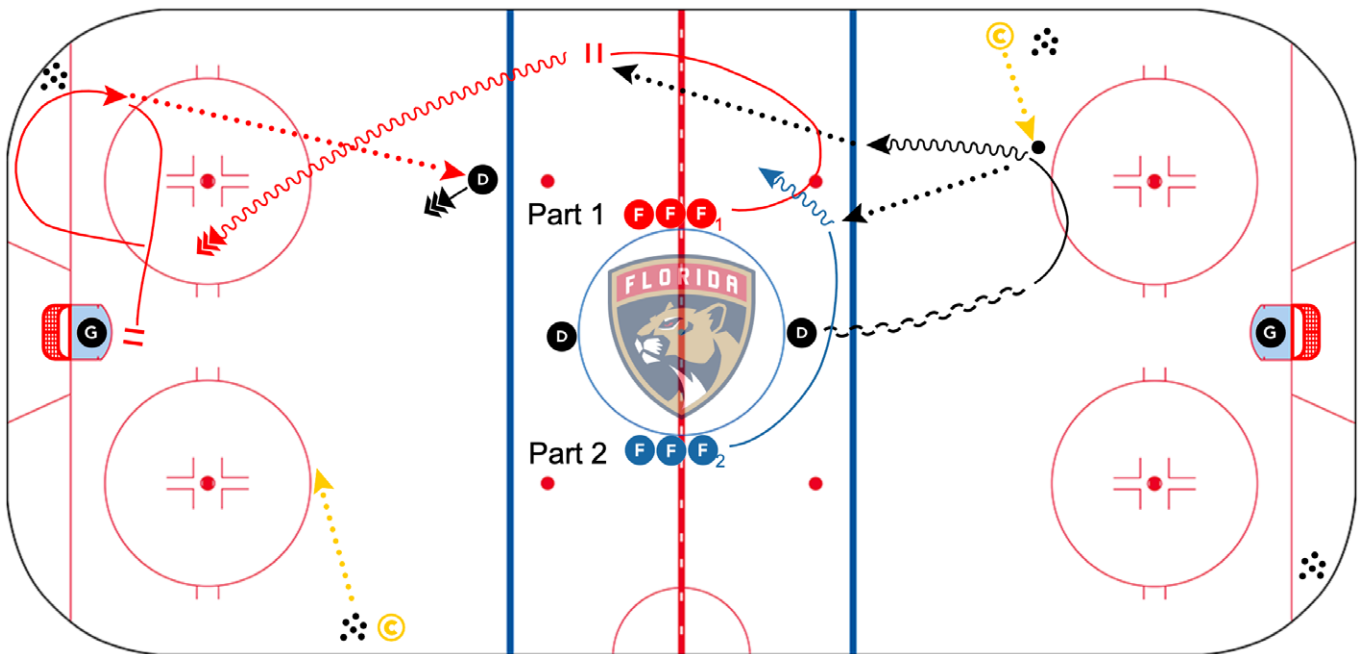
**Description:** **Part 1**

- **D** skates backwards hard to inside blueline, pivots and receives pass from the coach
- **F1** times it and posts up receives pass from **D** continues down for a shot on goal
- **F1** goes to the corner after shot and picks up puck to pass to **D** that followed up play for a shot / tip / screen

**Part 2**

- **D** starts drill same way but passes puck to **F2** in the middle who then continues with same drill

Run drill from both ends



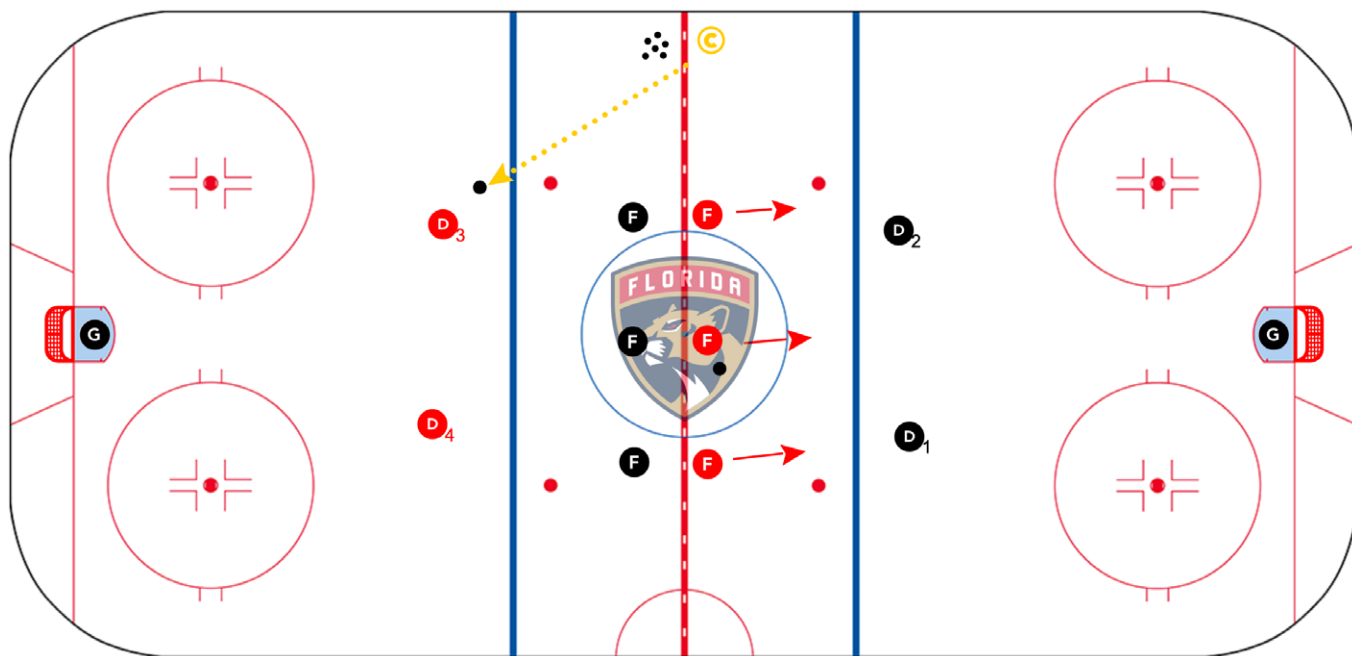


# 3 VS 2 NZ FORECHECK

**Category:** Neutral Zone Counter / Transition

**Team:** Florida Panthers

- Description:**
- **F** will go down 3 on 2 against **D1** and **D2** (other 5 players wait)
  - Whistle — coach spots puck to opposite **D** / now the **F** and the **D** will go into NZ forecheck
  - Whistle — now go the other way **F** go down 3 vs 2 against **D3** and **D4**

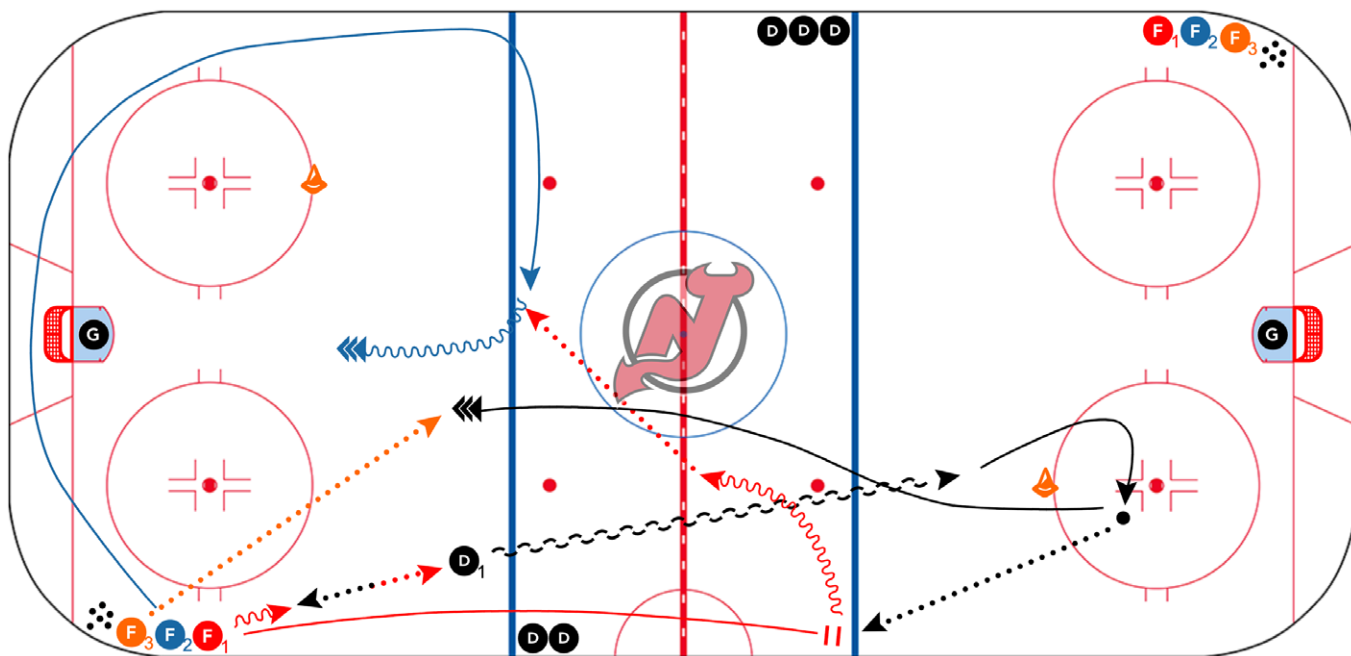


# QUICK UP / STRETCH

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

- Description:**
- **F1** & **D1** play catch back to far blue
  - At pylon **D1** keeps puck, escapes around cone & passes to **F1** who is posted up on blue
  - **F2** times skate around net & stretches across blue
  - **F1** comes off wall & passes to **F2** at far blue
  - **F2** goes in & shoots with **F1** following up for rebound
  - **D** sprints to blue & receives pass from **F3** for point shot



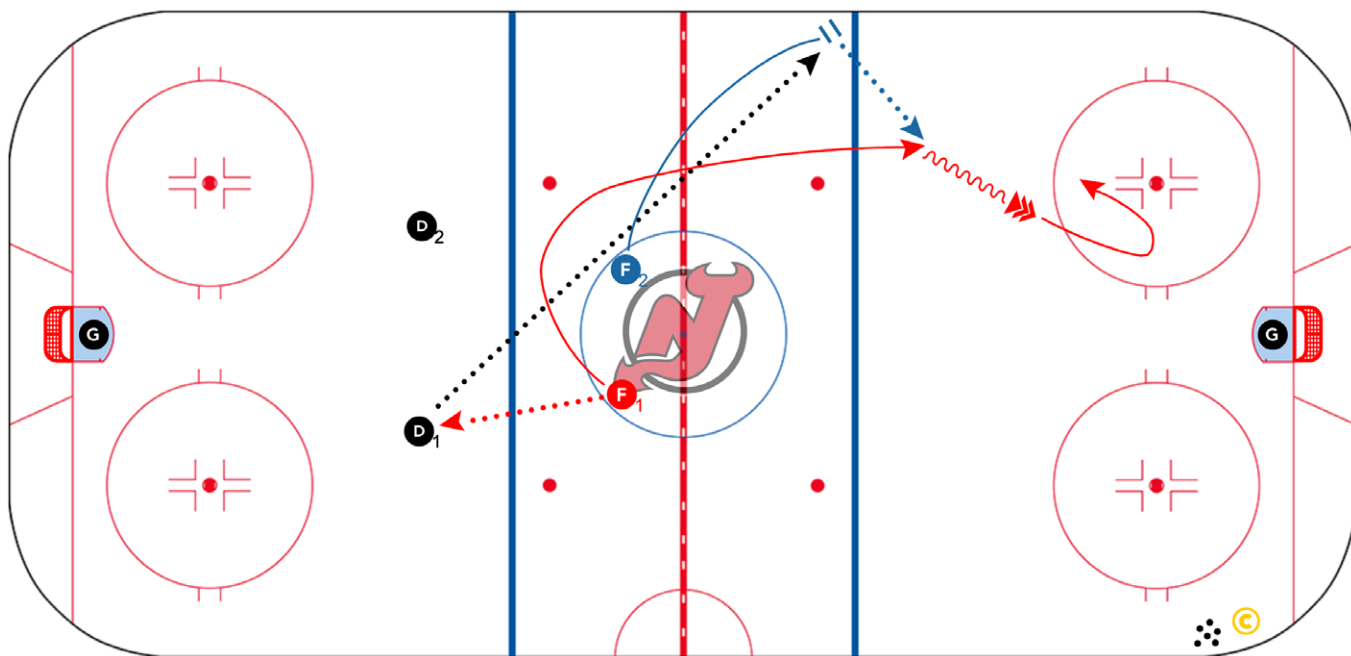
# BOSTON NZ TRANSITION — PART 1

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

**Description:**

- **D** start inside blue — Fs start at bottom of faceoff circle
- All non active players wait in center circle
- Drill done at both ends simultaneously
- On whistle **F1** passes to **D1**
- **F2** stretches & posts at far blue
- **F2** passes to **F1** who shoots on net



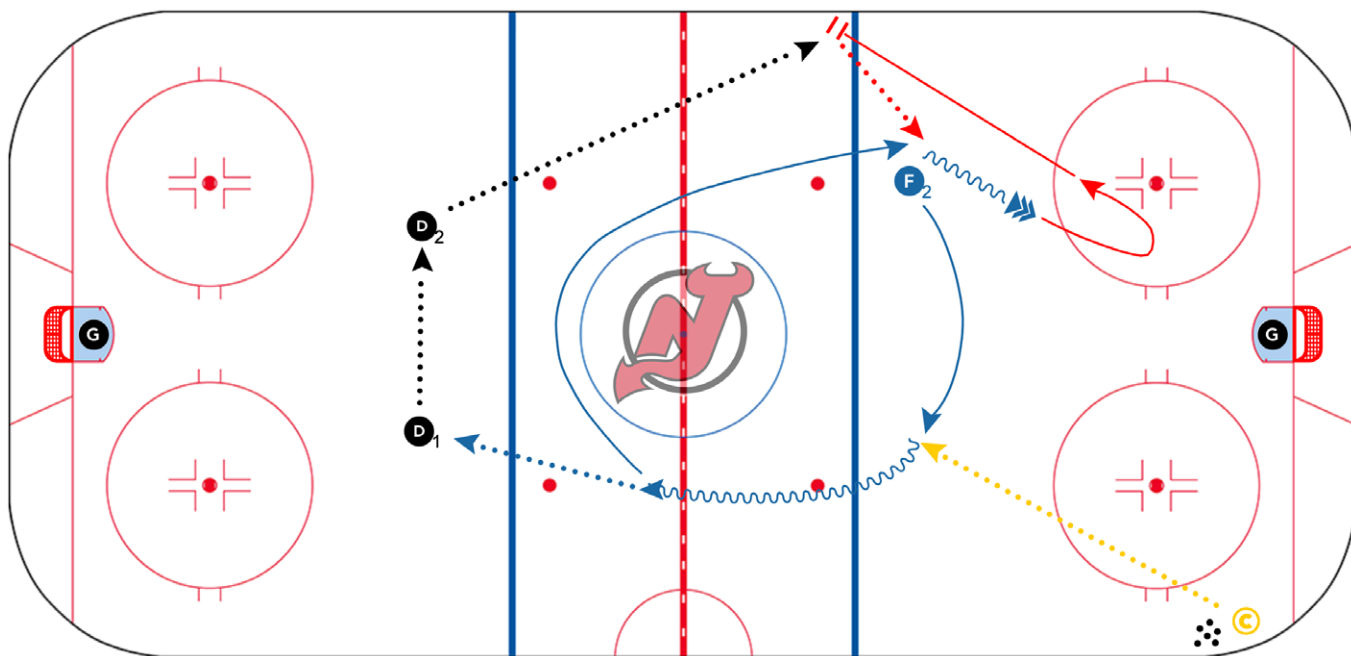
# BOSTON NZ TRANSITION — PART 2

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

**Description:**

- **F 2** then swings inside blue and receives pass from coach, then passes to **D 1**
- After **F 1** shoots, they sprint back outside & post up for pass from **D 2**
- **D 1** moves puck to **D 2** who quickly passes to posted **F 1**
- **F 2** then shoots on net with **F 1** following up for rebound



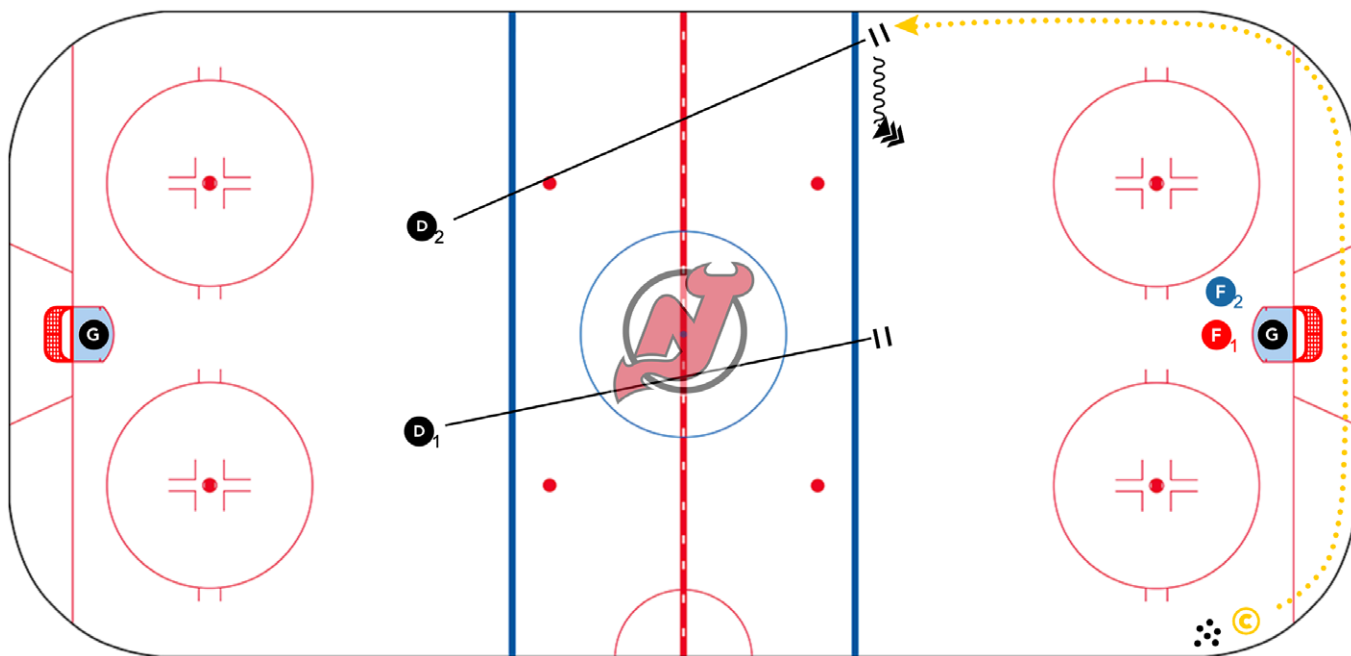
# BOSTON NZ TRANSITION — PART 3

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

**Description:**

- After **F 2** shot, coach rims puck to **D 2** who has followed the play up ice
- **D 2** shoots with **F 1** & **F 2** at net front



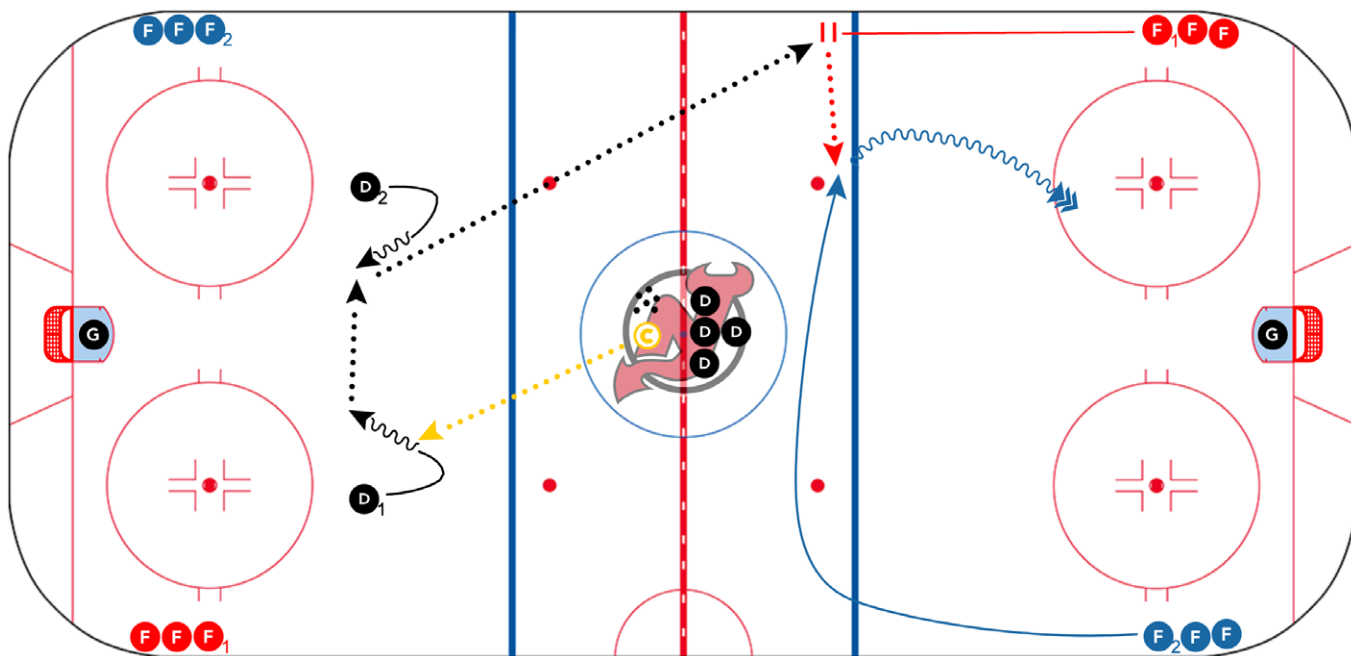
# D UP TO POST & STRETCH — PART 1

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

- Description:**
- One end at a time
  - **D1** receives pass from coach & moves puck to **D2**
  - **D2** passes to **F1** who has sprinted to blue & post up
  - **F1** passes to **F2** who has sprinted up to blue & across to support **F1**
  - **F2** goes in for shot

Continued on Part 2



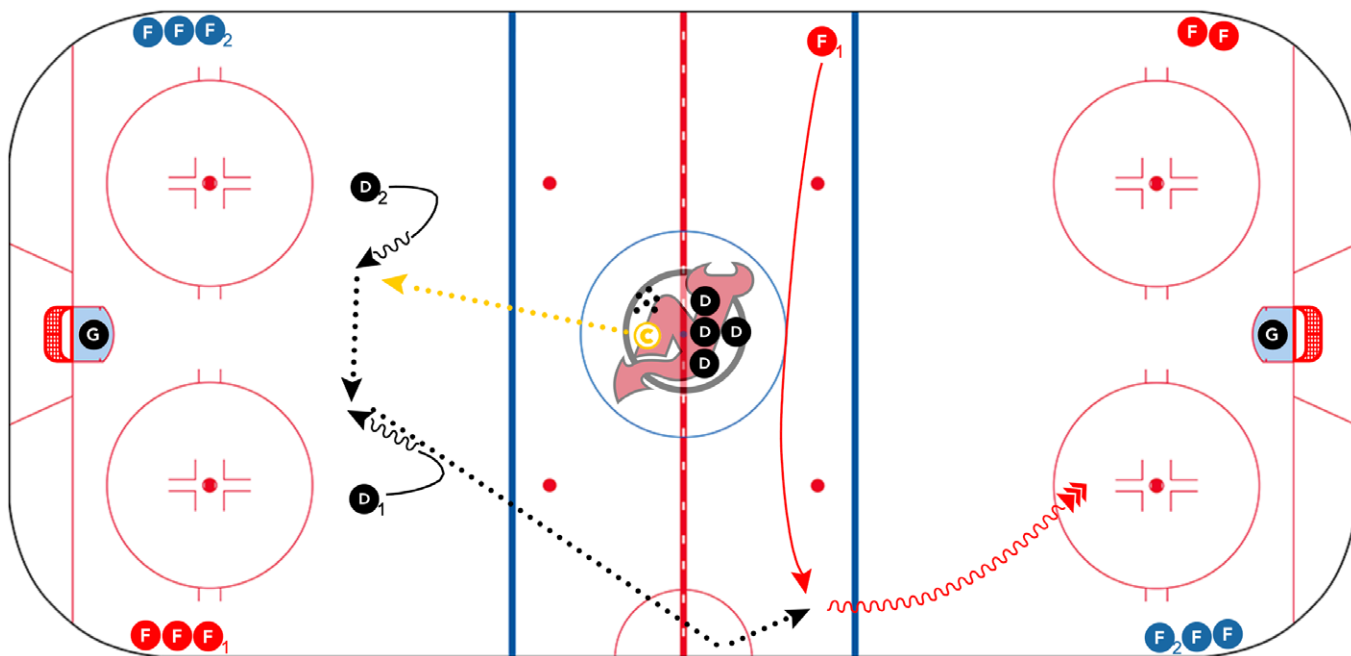
## D UP TO POST & STRETCH — PART 2

**Category:** Neutral Zone Counter / Transition

**Team:** New Jersey Devils

**Description:** Continued from Part 1

- **D** regap with coach and passes to **D2** who moves puck to **D1**
- **D1** makes indirect pass to **F1** who has timed their stretch across blue & goes in for shot

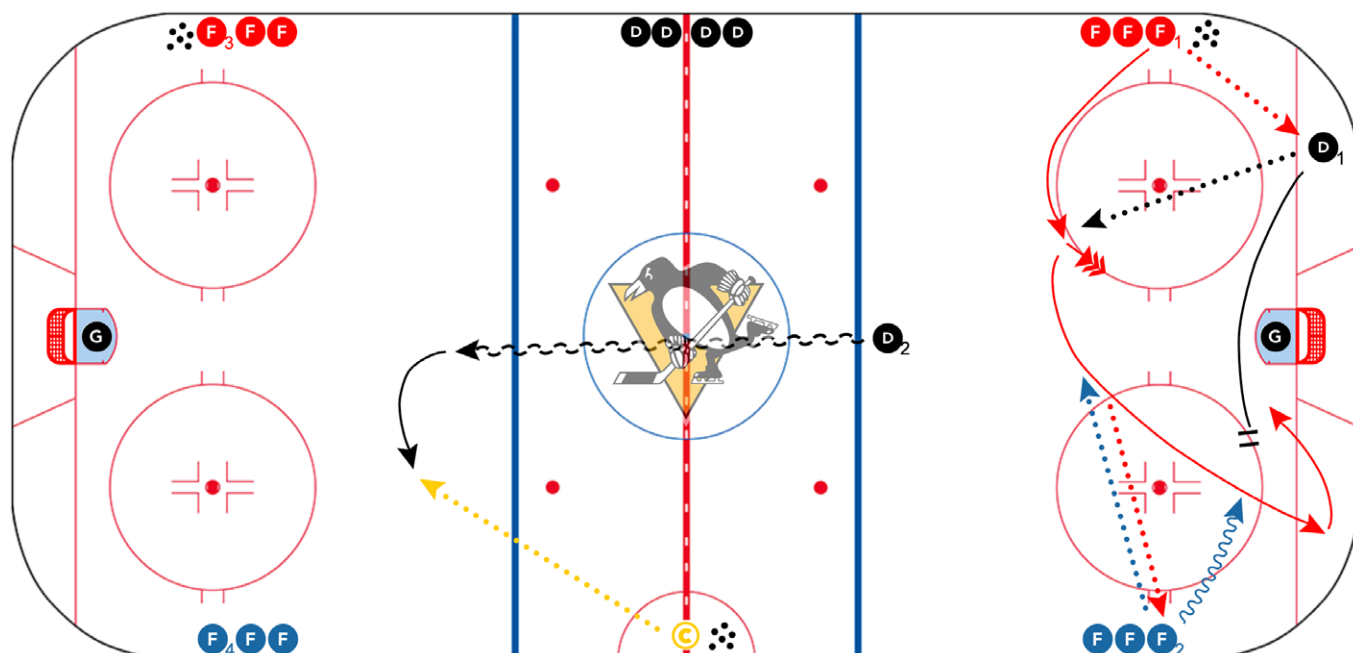


# 2 VS 1 — 2 WAYS

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

- Description:**
- The drill is continuous
  - **F1** passes to **D1** in corner, skates around circle and receives pass back for a quick catch and release shot
  - After the shot, **F1** receives a pass from **F2**, 1-touches it back and skates to corner
  - **F1** & **F2** play 2 vs 1 against **D1** in the low ice
  - On the whistle, next **F** in line passes to **D2** who shoots from the point with **D1** boxing out in front
  - On the whistle, coach spots a puck for an N-Zone counter. **D2** counters **F1** & **F2**
  - **D1** gaps up and plays the 2 vs 1 rush
  - Right after **D2** makes the counter pass, they become the **D** in front at the opposite end
  - **F3** & **F4** begin the same sequence in opposite end with a new **D** jumping out on blueline



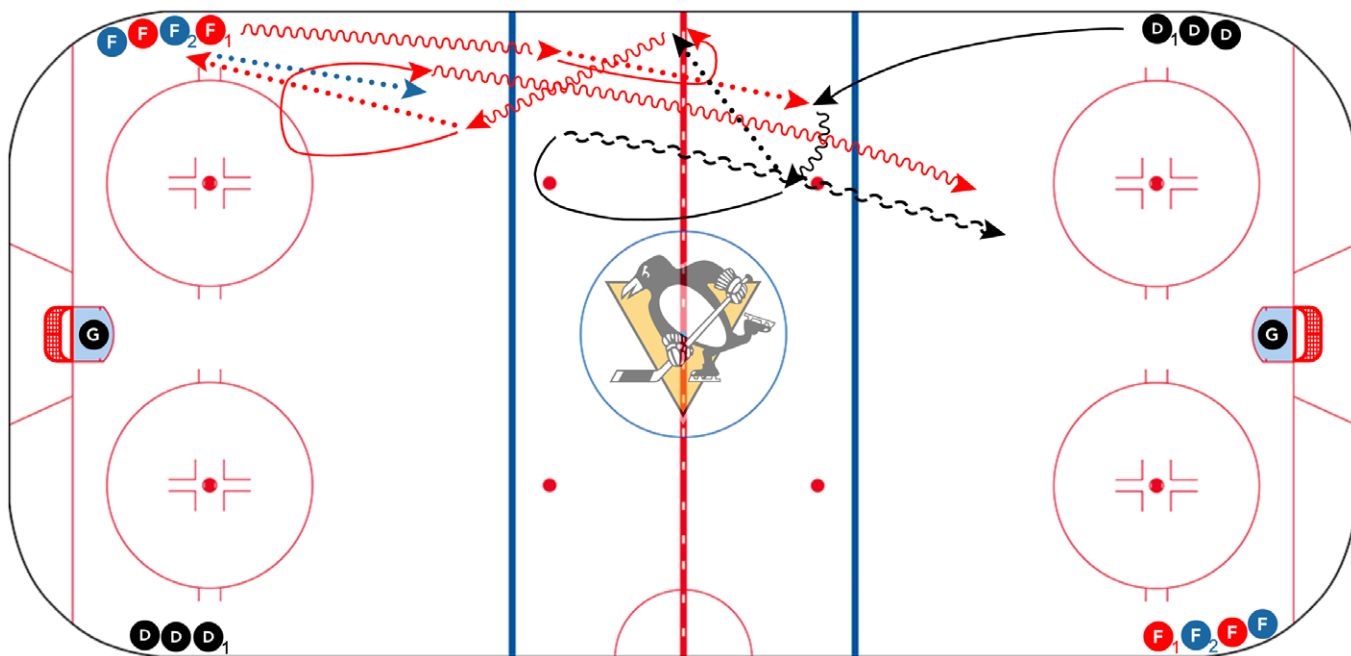


# GAP SERIES — 1 VS 1

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

- Description:**
- **F 1** carries puck to blue and passes to **D 1** at opposite blue
  - **F 1** skate to red and opens up for pass back from **D 1**
  - **F 1** carries puck and passes to **F 2** in line and opens up for pass back
  - **D 1** skates to blueline, gaps up, and plays 1 vs 1 vs **F 1**
  - Drill runs from both ends at the same time

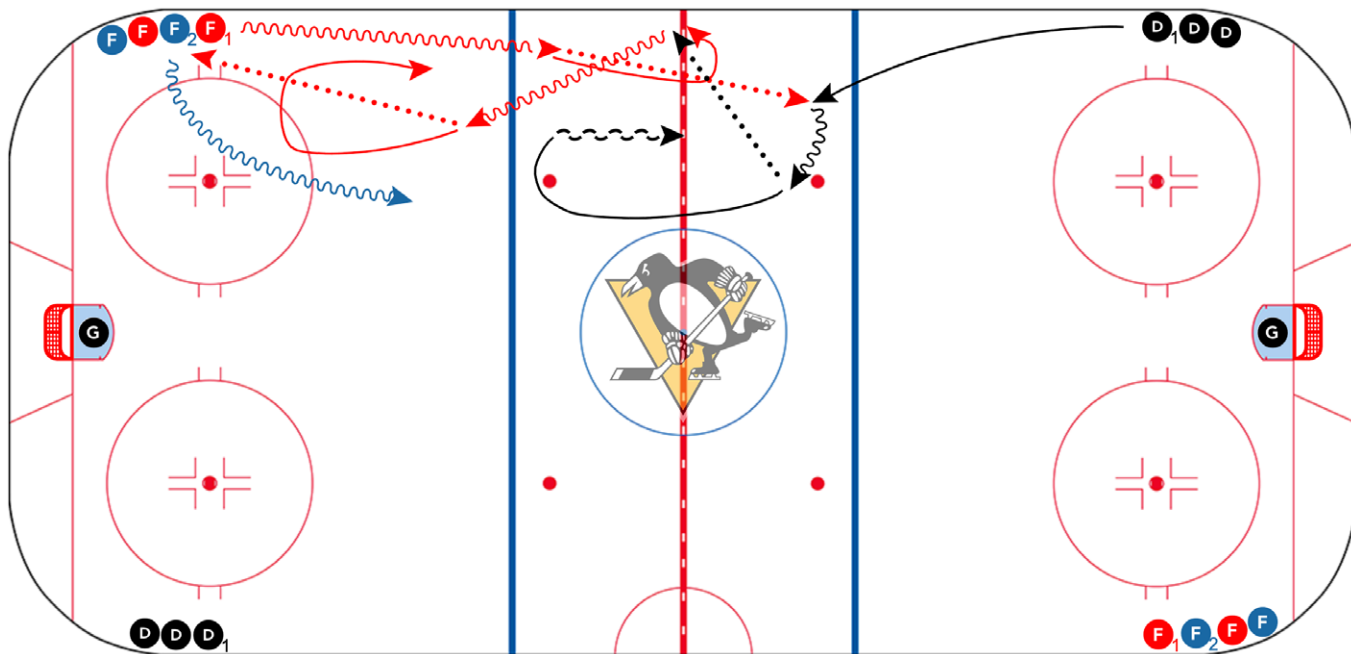


# GAP SERIES — 2 VS 1

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

- Description:**
- **F 1** carries puck to blue and passes to **D 1** at opposite blue
  - **F 1** skate to red and opens up for pass back from **D 1**
  - **F 1** carries puck and passes to **F 2** in line and opens up
  - **D 1** skates to blueline, gaps up, and plays 2 vs 1 vs **F 1** & **F 2**
  - Drill runs from both ends at the same time



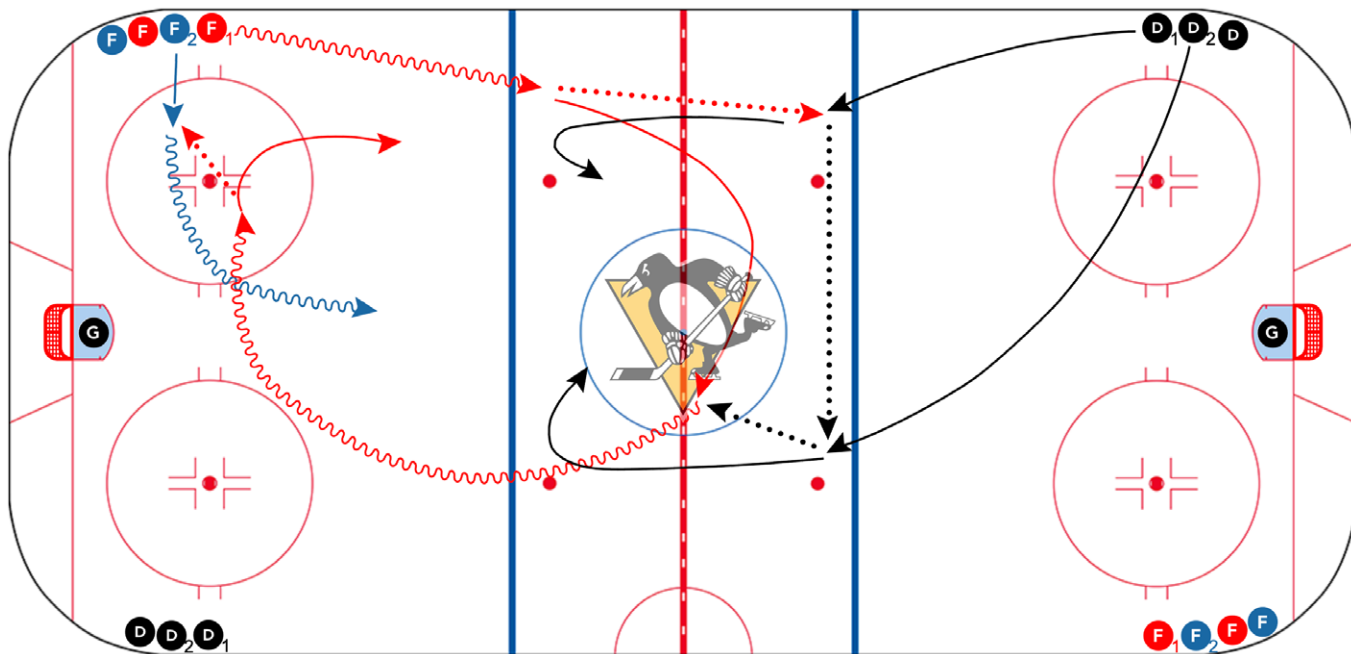
# GAP SERIES — 2 VS 2

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

**Description:**

- **F 1** carries puck to blue and passes to **D 1** at opposite blue
- **D 1** makes **D** to **D** pass to **D 2** then passes to **F 1** who skates puck back into zone and picks up **F 2**
- **D 1** and **D 2** gap up and play 2 vs 2 versus **F 1** and **F 2**
- Once they reach the far blue line the opposite side goes



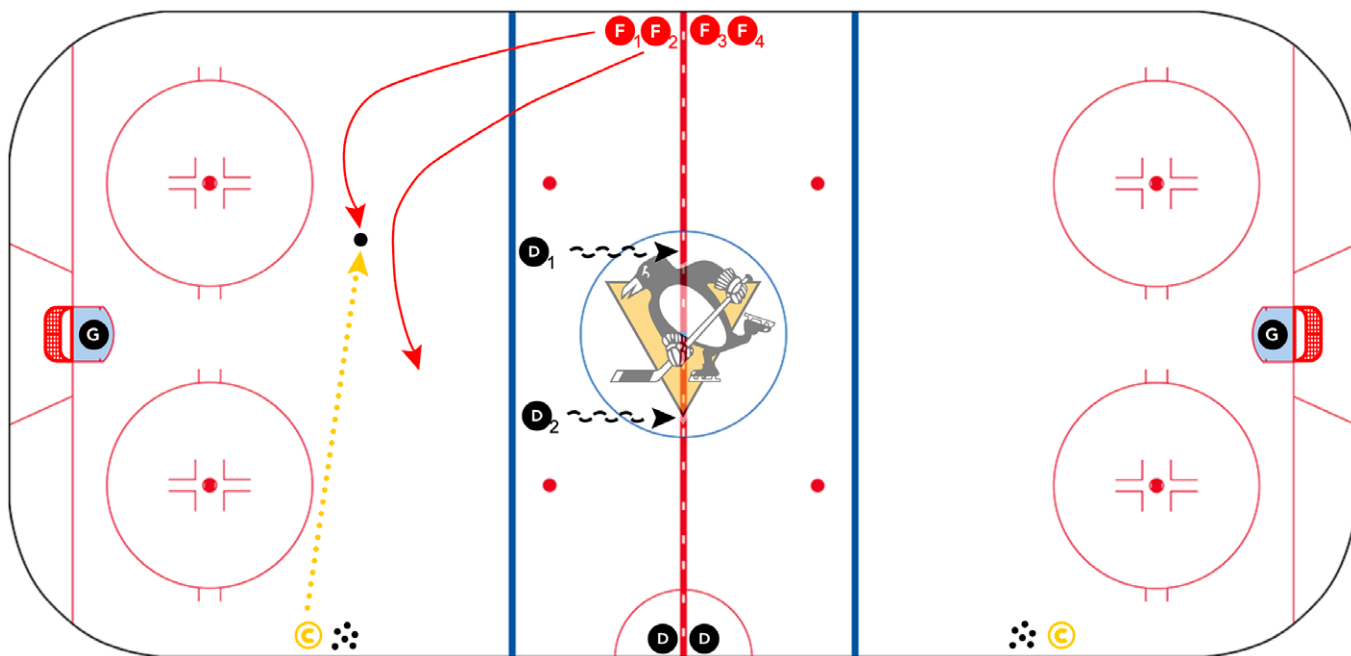
## RUSH COVERAGE 2 VS 2 STAGGER

**Category:** Neutral Zone Counter / Transition

**Team:** Pittsburgh Penguins

**Description:**

- The drill starts with **F1** & **F2** receiving a pass and attacking **D1** & **D2** 2 vs 2
- On the whistle, coach spots a puck in the corner
- The closest offensive player to the puck (**F1** or **F2**) skates to the puck and passes to the new **D** pair that jumps out to the offensive blue line when the rush goes by **D1** & **D2** try to box out **F1** & **F2** when the point shot is taken
- On the next whistle, 2 **F** players jump out of the line and receive a pass from the coach & attack the new **D** pair 2 vs 2
- The drill is continuous

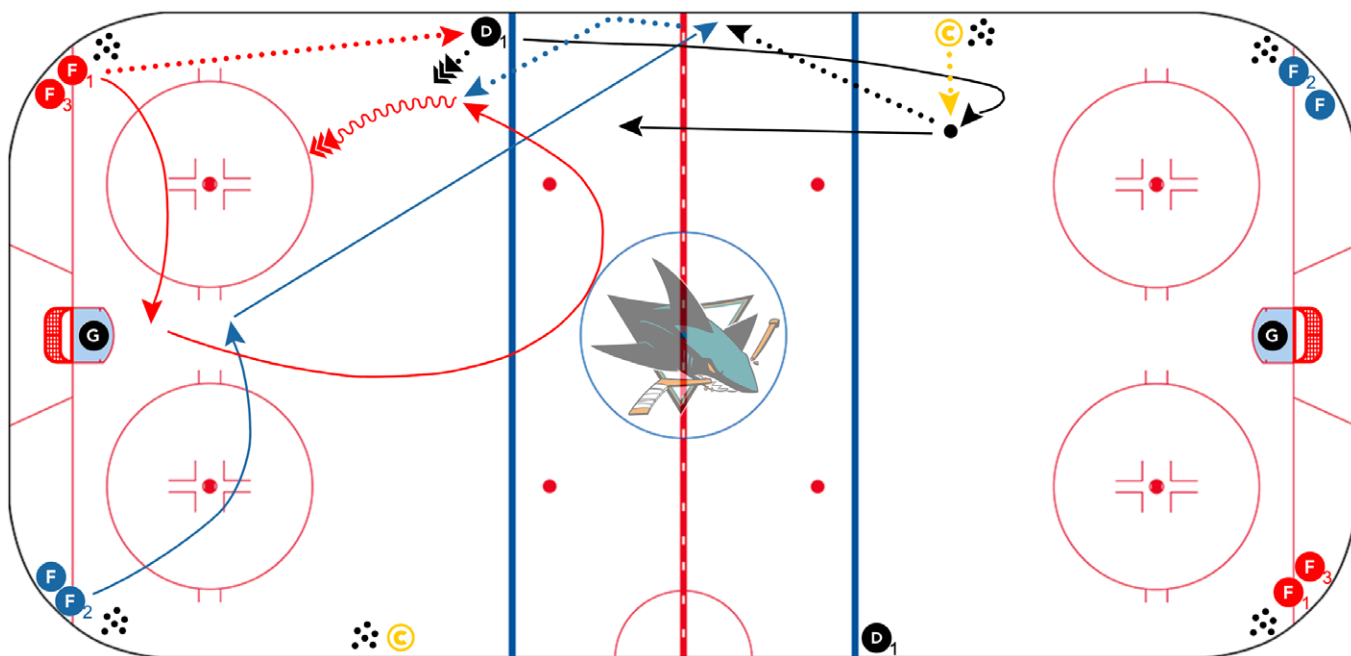


# SJ QUICK UP

**Category:** Neutral Zone Counter / Transition

**Team:** San Jose Sharks

- Description:**
- Pucks in opposite corners & tops of the circles, Fs in all 4 corners
  - **D** at opposite blue lines (same as forwards pucks)
  - Both ends going at the same time (stay on your half)
  - 1st whistle, **F1** in the corner makes a pass to point and **F1** & **F2** work to the net for a point shot
  - 2nd whistle, **D1** sprints back to pick up a spotted puck from the coach
  - **D1** surrounds puck and makes quick-up pass:
    - OPTION 1: Posted **F2** on wall
    - OPTION 2: Middle **F2** cutting across the blue line. **F2** support chip on wall or cut and drop and enter for a shot
  - 3rd whistle, **D1** follow up for the 2nd point shot with pass from **F3** in line
  - **F1** & **F2** stop at the net for tip and traffic

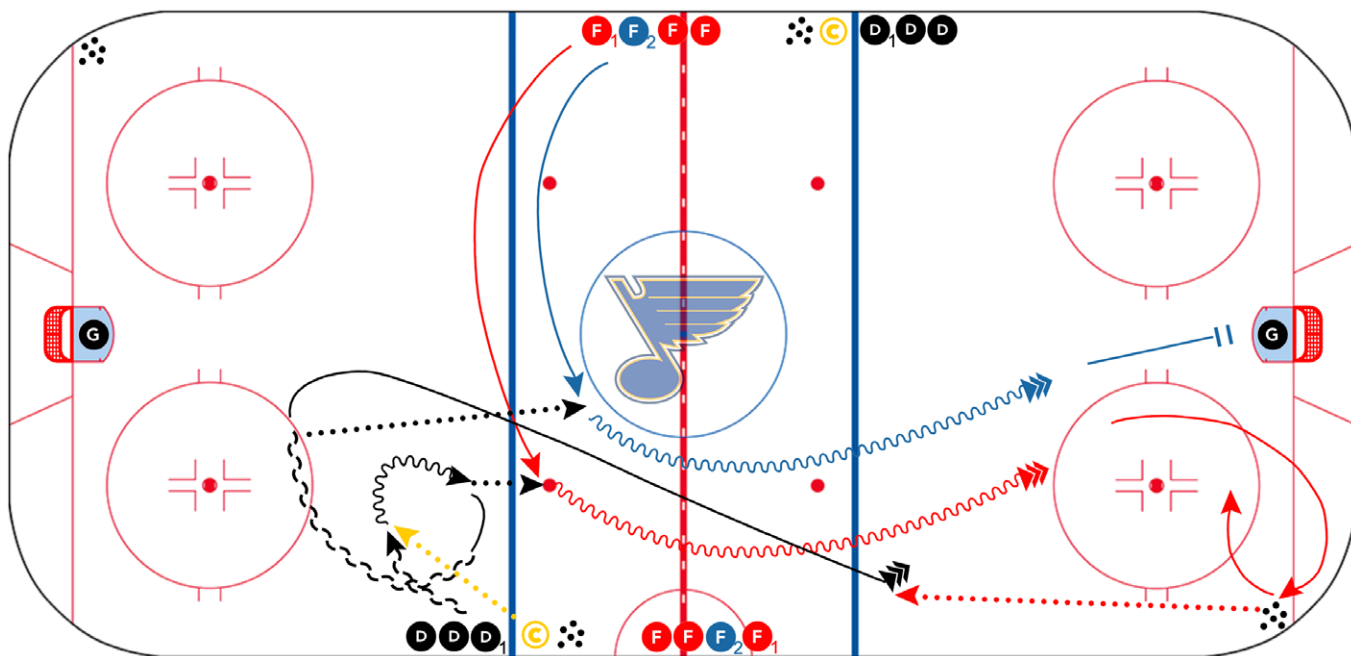


# NZ D DOUBLE UP

**Category:** Neutral Zone Counter / Transition

**Team:** St. Louis Blues

- Description:**
- Both sides go at the same time
  - **D** run the pattern twice, making hard quick NZ plays, then will follow up for a point shot with the net from traffic
  - Fs time accordingly for your puck from **D1**, **F1** collect the second puck in the corner and hit **D1** from low to high
  - **F2** should be a net-front screen



# NZ WIDE/MIDDLE

**Category:** Neutral Zone Counter / Transition

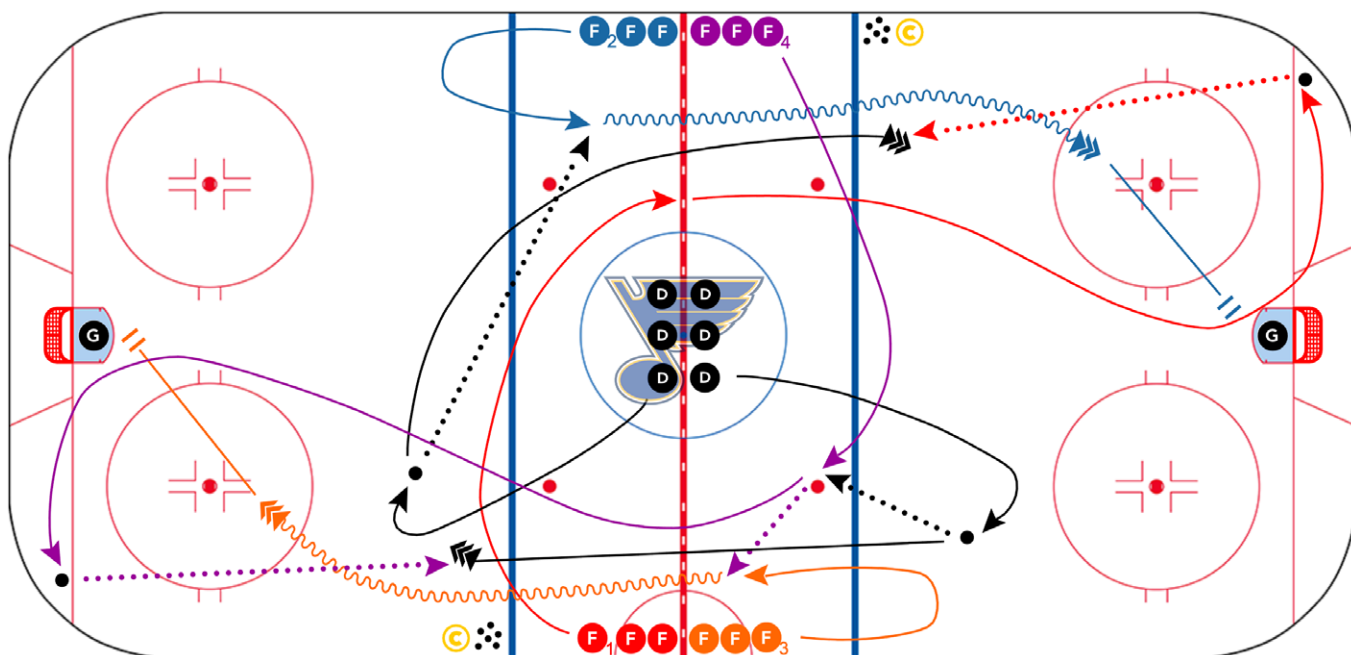
**Team:** St. Louis Blues

**Description:** **Part 1**

- Both sides at the same time
- Coach spots puck for **D**, **F1** supports by slashing across, while **F2** swings low for a cross ice pass from **D**
- **D** make quick pass to wide **F2** & follows up for low to high shot
- **F1** & **F2** go on a 2 vs 0 shot. After shot one, one F retrieves the puck from the corner for second shot with other **F** net-front screen

**Part 2**

- Both sides at the same time, **F3** and **F4**
- Coach spots puck for **D**, **D** quick pass to slashing **F4** and follow the 2 vs 0 up for a second low to high shot



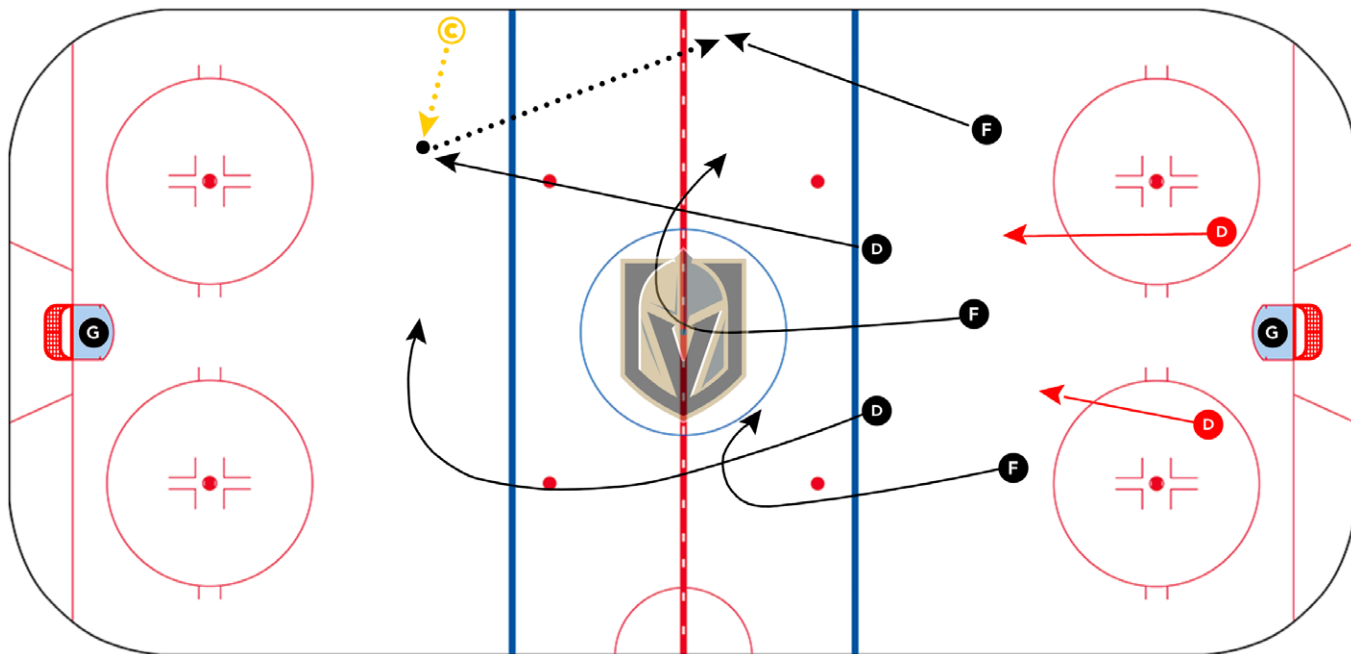
## 3 VS 2 LOW HIGH

**Category:** Neutral Zone Counter / Transition

**Team:** Vegas Golden Knights

**Description:**

- Low attack 3 vs 2. Can set up the initial attack by automatic to point or NZ faceoff rim over-under
- On whistle coach a second spots puck in NZ & **F**s must get to spots for quick transition & 3 vs 2 attack
- Can run drill as 2 vs 1 going both ways





# 4 BLUE — 2 D — PART 1

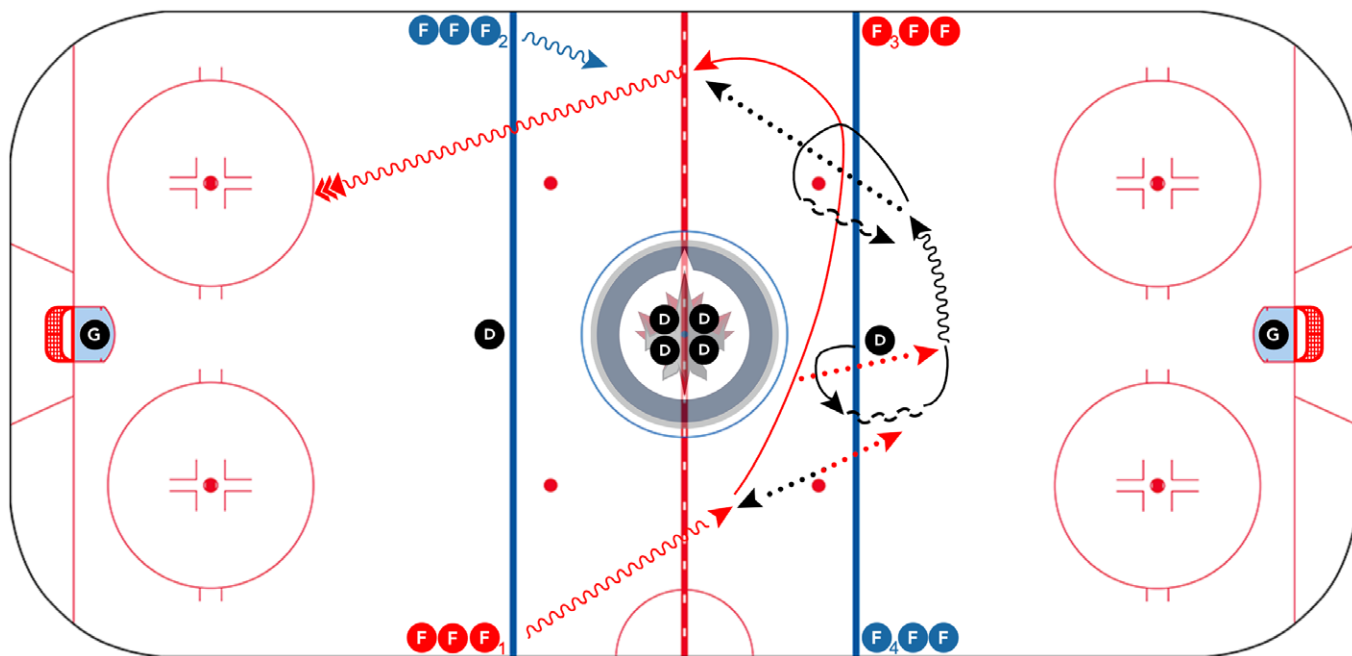
**Category:** Neutral Zone Counter / Transition

**Team:** Winnipeg Jets

**Description:**

- **D** rotate in every 4 to 6 reps depending on your numbers, both sides go at the same time
- **D** start at the blue line, skate forward a couple of strides and pivot backwards (motion)
- At the same time **F1** skates with the puck to redline and passes to **D** who gives back to **F1** who then moves back to **D** skating backwards
- **F1** opens up on the opposite side, **D** skates forward and passes
- **D** then pivots backwards and receives a pass from **F2** on the opposite side to start the sequence again

**Continued on 4 Blue — 2 D Part 2**



# 4 BLUE — 2 D — PART 2

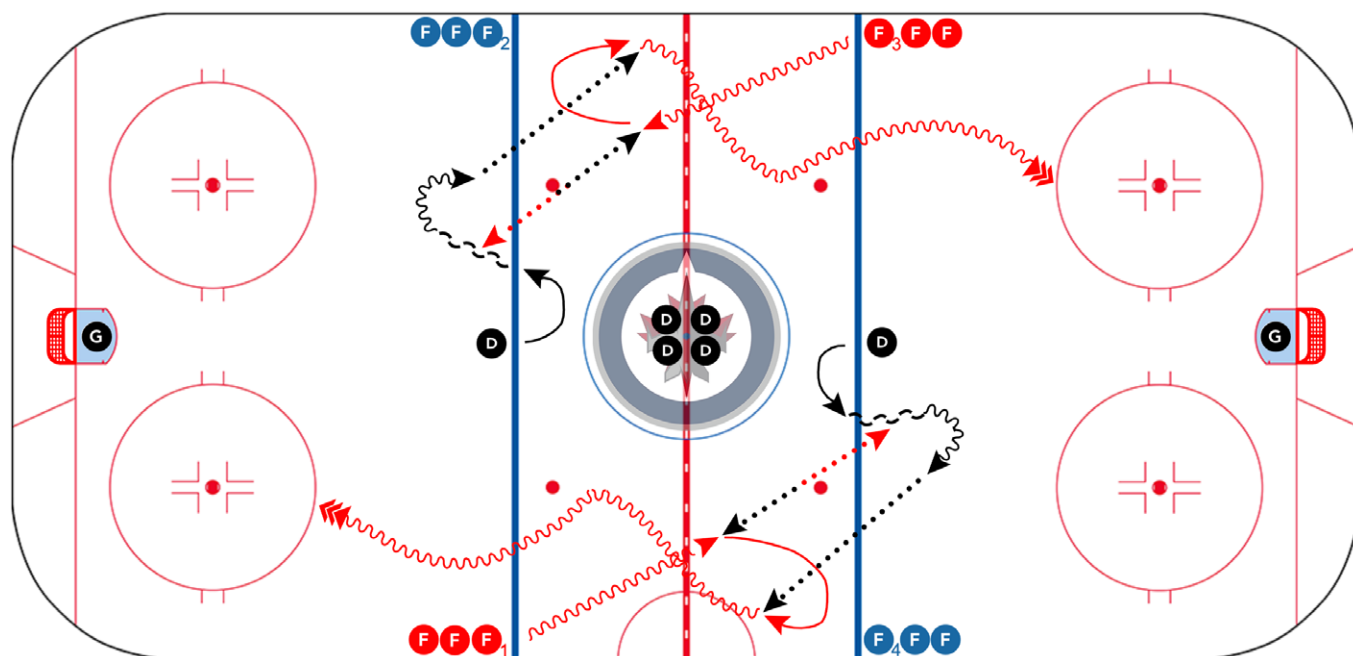
**Category:** Neutral Zone Counter / Transition

**Team:** Winnipeg Jets

**Description:** Continued from 4 Blue — 2 D — Part 1

- **D** start at the blue line, skate forward a couple of strides and pivot backwards (motion)
- At the same time **F1** skates with the puck to red line and passes to **D** who gives back to **F1** who then moves back to **D** skating backwards
- **F1** opens up on same side, **D** skates forward and passes
- **D** then skates to opposite side & pivots backwards to receive a pass from **F2** to start the sequence again

Continued on 4 Blue — 2 D — Part 3



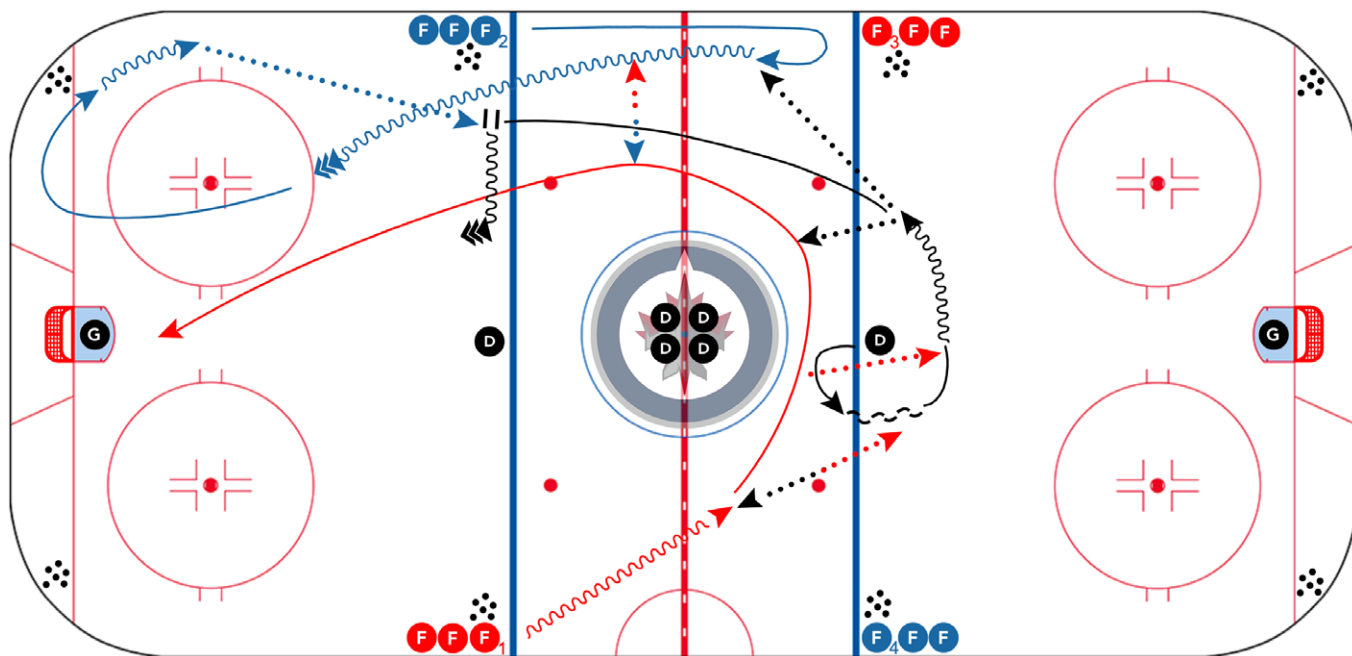
# 4 BLUE — 2 D — PART 3

**Category:** Neutral Zone Counter / Transition

**Team:** Winnipeg Jets

**Description:** Continued from 4 Blue — 2 D — Part 2

- **D** start at the blue line, skate forward a couple of strides and pivot backwards (motion)
- At the same time **F1** skates with the puck to red line and passes to **D** who gives back to **F1** who then moves back to **D** skating backwards
- **D** has option to pass to **F1** or **F2** low on boards gathering speed. **F**s can make a pass or two in the neutral zone
- **F2** takes it in for shot (pad pass) with a middle drive
- **D** follow up to blue line
- **F2** collects puck from corner pass to **D** at the blueline
- **D** walks blue for a shot with **F1** at net & **F2** passer arcs off boards for a rebound





# DEFENSIVE ZONE COVERAGE DRILLS

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | —— Skate                      |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✂ No Arrowhead | ~ Backwards Skating           |
| )) Pivot       | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | — Goalie Padslide             |
|                | — Goalie Butterflieslide      |

# LOW 1 VS 1 — 2 VS 2

**Category:** Defensive Zone Coverage

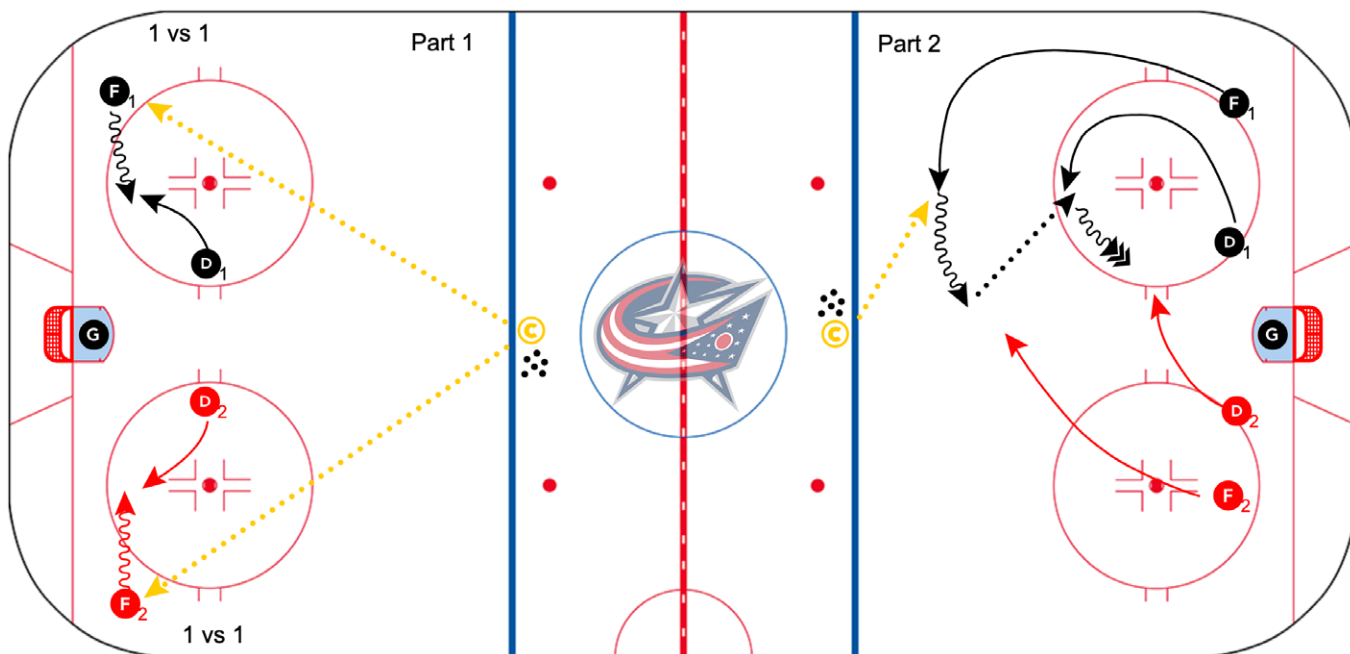
**Team:** Columbus Blue Jackets

**Description:** Part 1:

- Coach passes to low forward activating a 1v1
- After 1v1 is finished, coach passes a second puck to opposite side for another 1v1
- That starts up the second 1v1 on part 2

Part 2:

- Coach passes a third puck to any player from the first 1v1. They become opposing players for a 2v2 battle



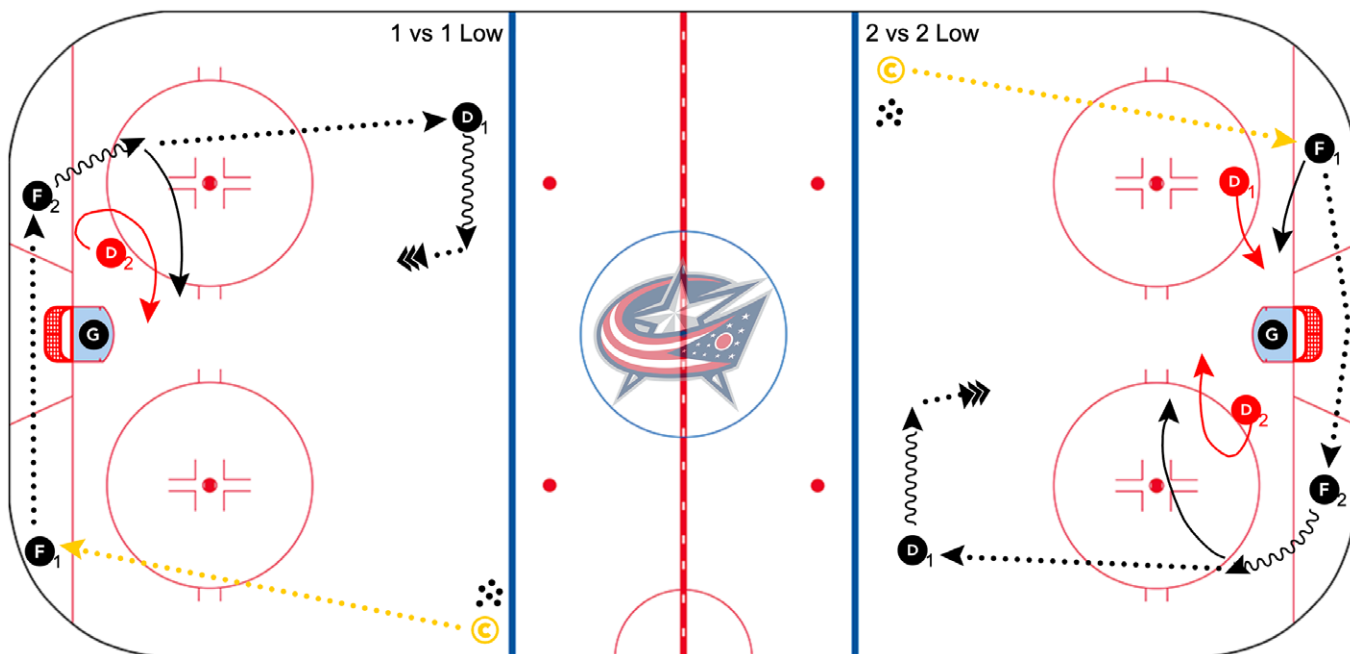
# D-ZONE COVERAGE 1 VS 1 OR 2 VS 2 LOW

**Category:** Defensive Zone Coverage

**Team:** Columbus Blue Jackets

**Description:** D-Zone coverage 1v1 or 2v2 low (same set up)

- Coach to low **F1**
- **F1** passes to WS **F2**, this activates the drill
- **F2** clings and passes to **D1**
- Defensive **D** mirrors the low forward player
- Forward grinds the inside dot with early pressure from the D
- Offensive zone **D1** walks the line and shoots for the forward's stick



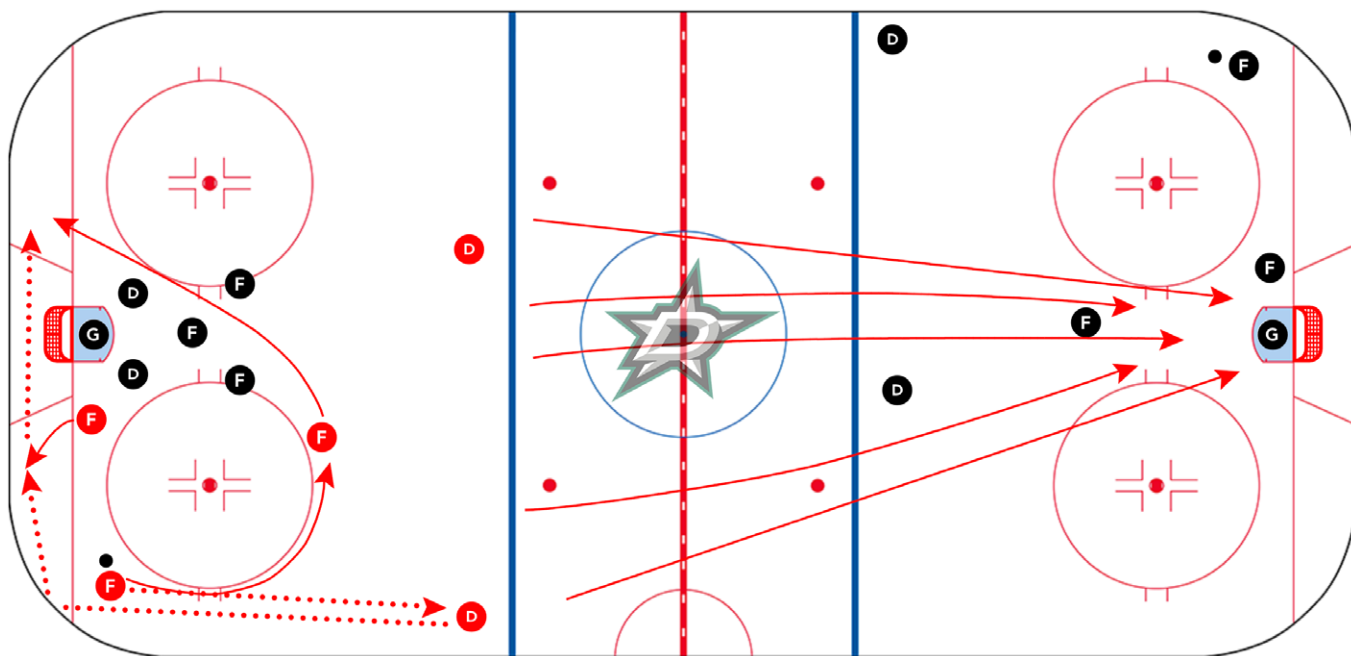
# DZ RELOAD 5V5

**Category:** Defensive Zone Coverage

**Team:** Dallas Stars

**Description:**

- Drill starts with low-to-high OZP 5v5. Play it out 5v5 in zone
- Whistle. 5 offensive players backcheck to house and stop, with 5 OZ players waiting to attack. Quick whistle, play it out 5v5
- Drill runs continuous at the other end

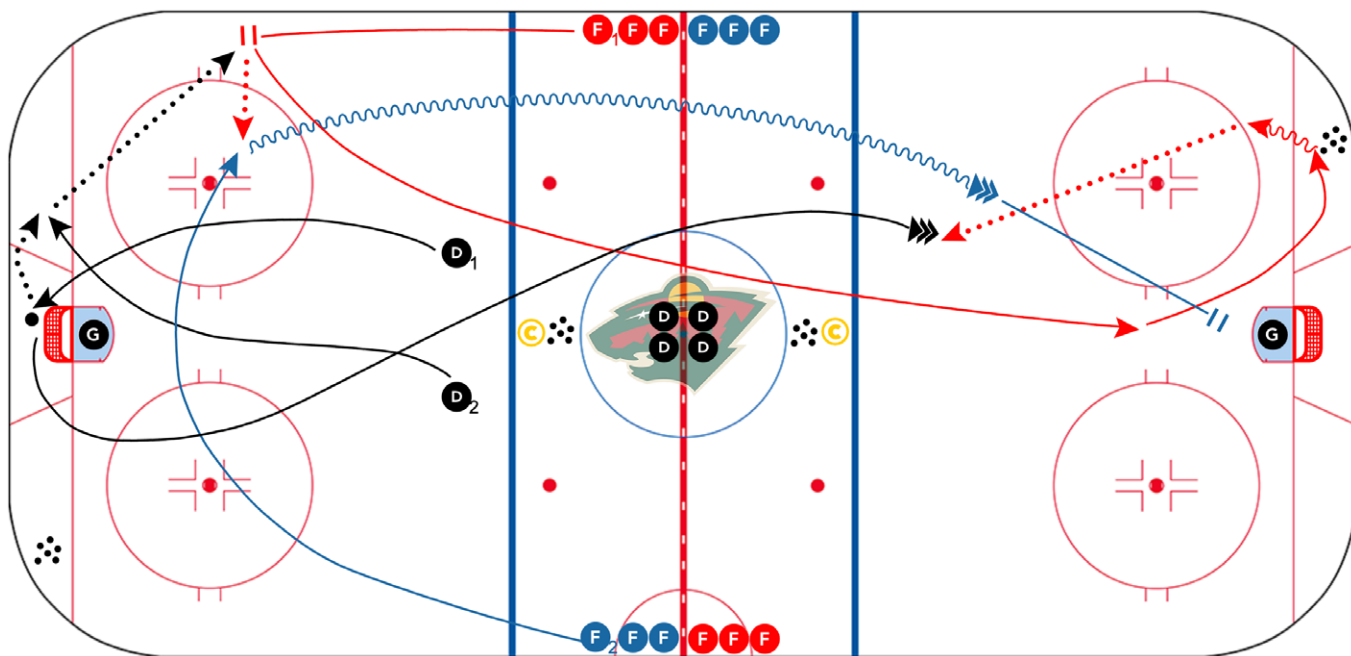


# COLUMBUS BREAKOUTS — REVERSE

**Category:** Defensive Zone Coverage

**Team:** Minnesota Wild

- Description:**
- Two **D** retreat back for a wall retrieval on coach's dump
  - Good habits by D, follow partner, shoulder check, reverse off the boards
  - **F1** will receive the first pass on the half wall and hit **F2** coming across ice
  - **F2** will continue down ice and take a shot on net, moving to a net front position after shot
  - **F1** works to get up ice and will hunt rebound after the shot, and then make a pass to **D1** who has followed the play up ice
  - **D1** will receive the pass and take a shot on net
  - Drill is run from both ends at the same time





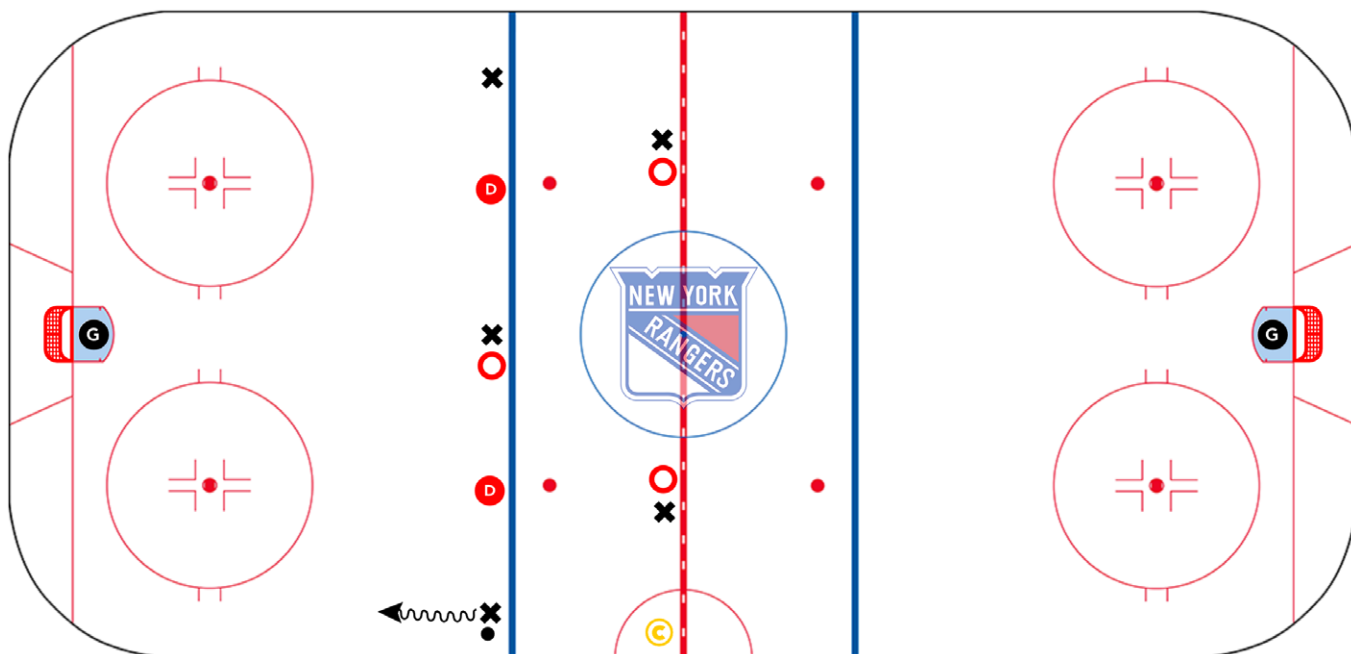
# MOVING BOX

**Category:** Defensive Zone Coverage

**Team:** New York Rangers

**Description:**

- 2 lines on ice
- **X** starts with puck and stays wide, skates into zone (around net)
- **O** stays inside in DZ structure
- Live 5 vs 5 on whistle

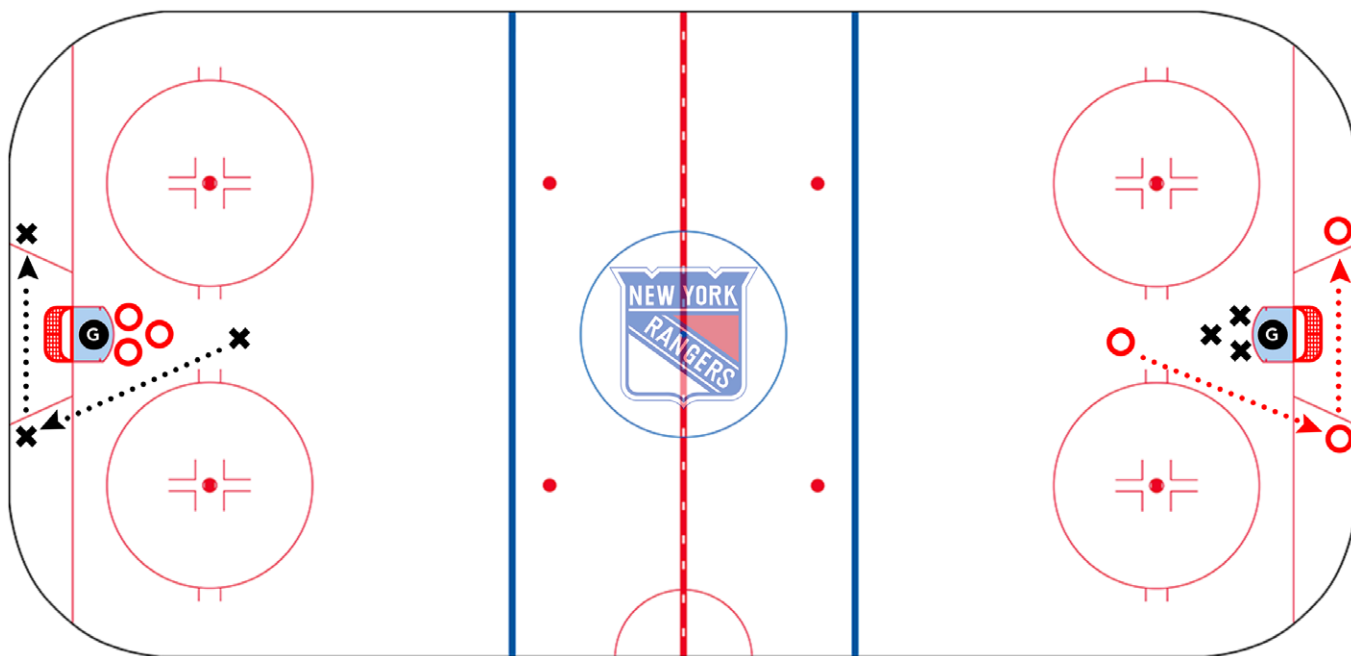


# BERMUDA TRIANGLE

**Category:** Defensive Zone Coverage

**Team:** New York Rangers

**Description:** – 3 vs 3 that goes live after East/West pass



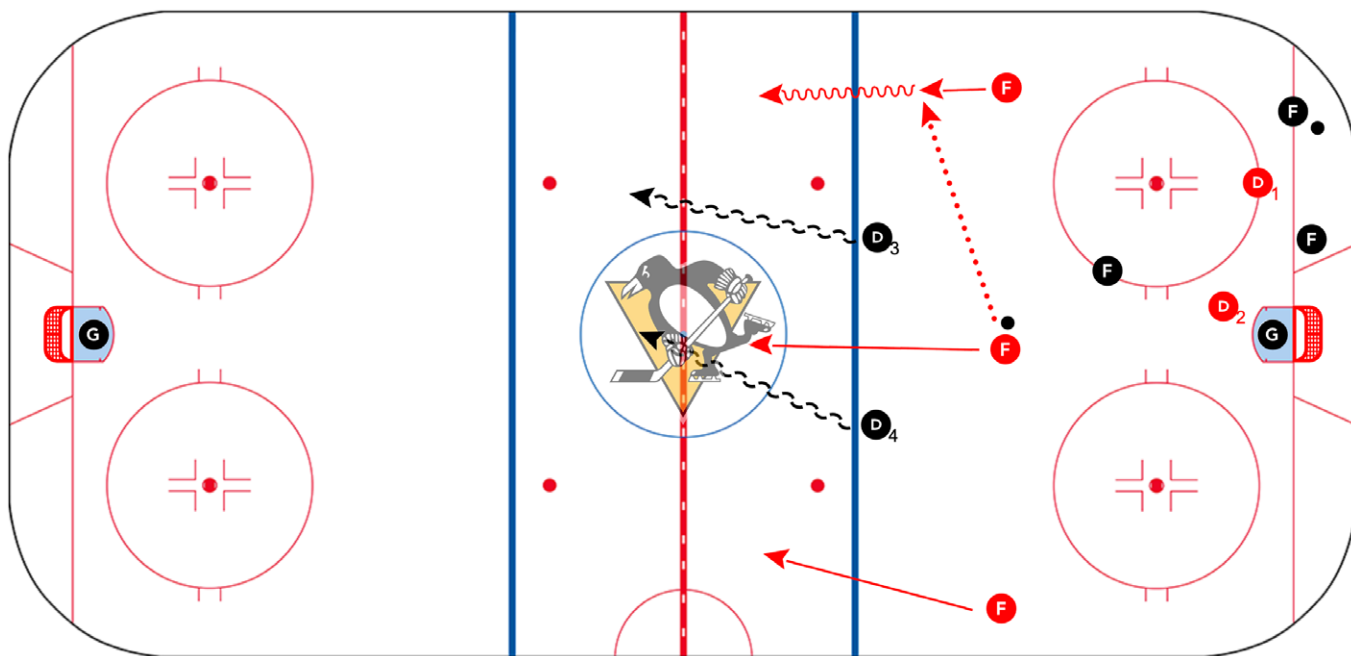
# DZC 3 VS 2 HIGH LOW

**Category:** Defensive Zone Coverage

**Team:** Pittsburgh Penguins

**Description:**

- The drill starts with the 3 **F**s on offense playing against **D1** & **D2** down low
- On the whistle, **F** line attacks **D3** & **D4** with the **F** line tracking back into D-Zone Coverage & **D1** & **D2** joining the rush
- The drill continues into a 5 vs 5 scrimmage at the opposite end

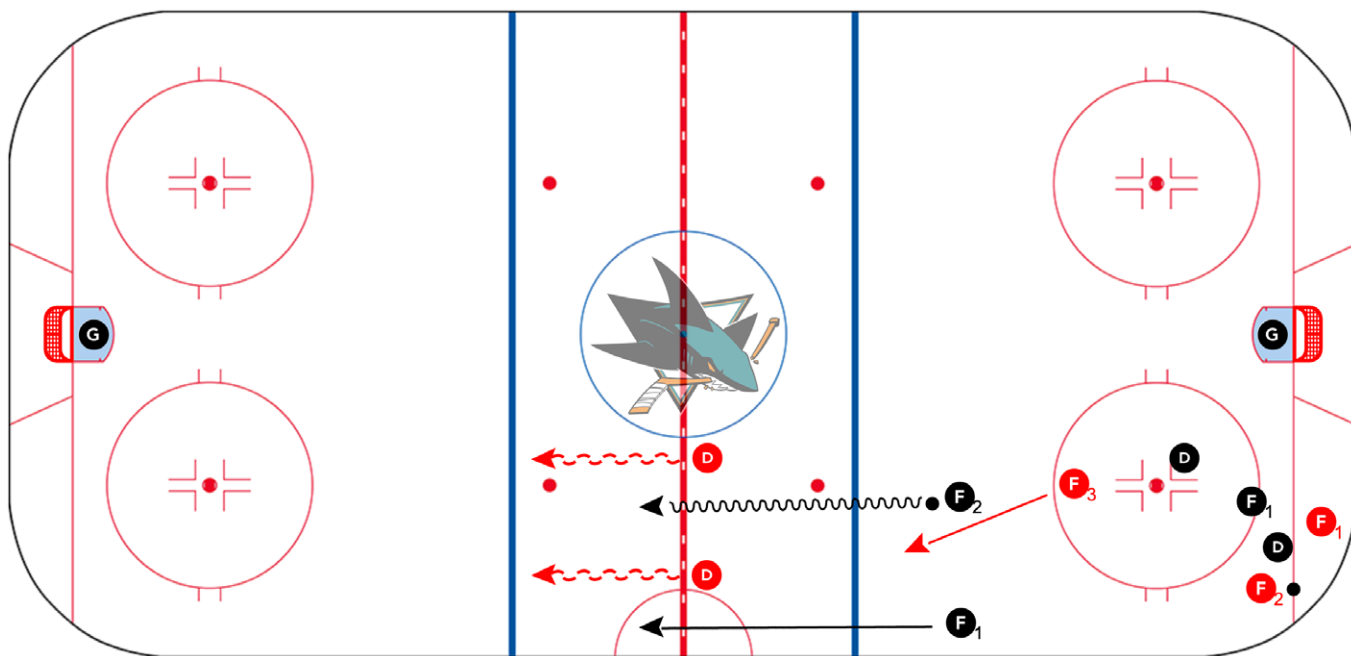


# SJ D-ZONE

**Category:** Defensive Zone Coverage

**Team:** San Jose Sharks

- Description:**
- 1st whistle: Drill starts with low **F**s vs **F1** & 2 **D**
  - Play 3 vs 2 low, focus on ending **Red** team's possession and keep them in corner. **F3** is posted high but not involved in low drill
  - 2nd whistle: Coach blows whistle when the puck is stalled or defending team gets possession
  - On that whistle **F1** & **F2** start attacking 2 **D**. The rest of the players track back to the zone and play it out 5 vs 5
  - **Red** becomes defensive team & tries to end the play quickly



# 3 VS 2 LOW BACKCHECK TO 5

**Category:** Defensive Zone Coverage

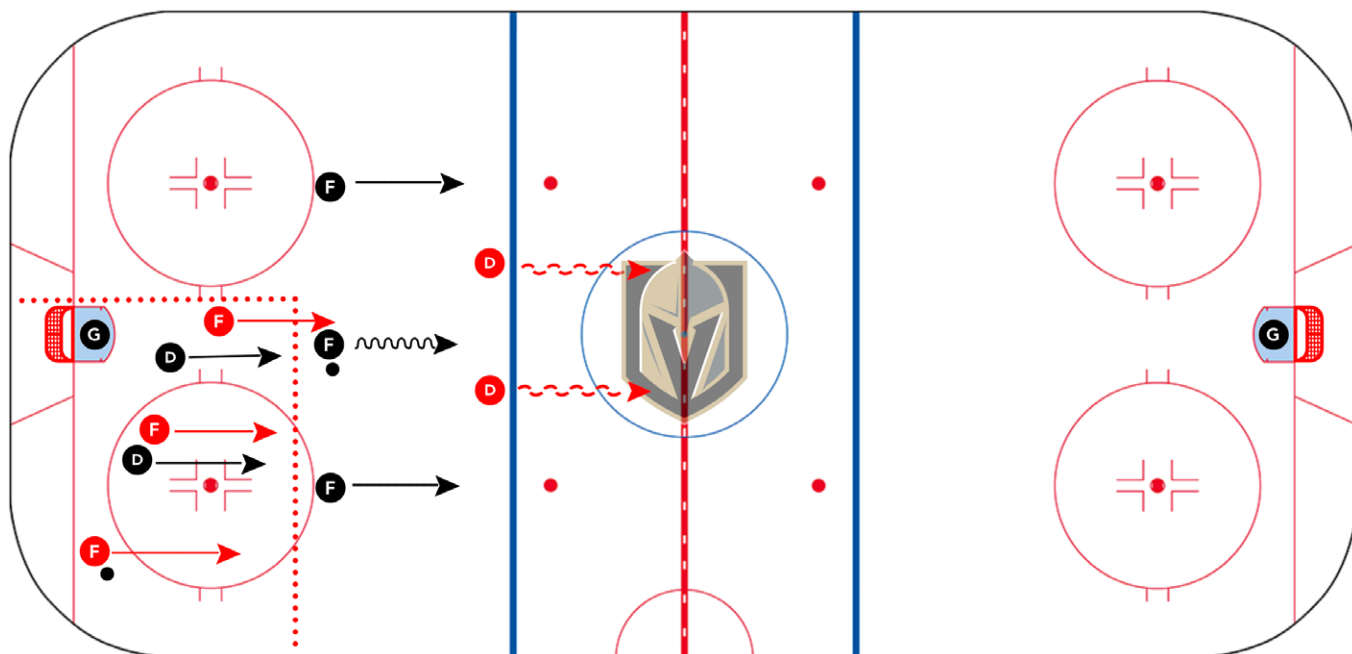
**Team:** Vegas Golden Knights

**Description:**

- Drill starts with 3 vs 2 below top of circles
- On whistle 3 **F**s with puck positioned above top of circles attack 2 **D**
- 3 original offensive **F**s backcheck to DZC while original defending **D** skate up ice to join play

## OPTIONAL

- After 5 vs 5 DZC have defenders get into NZ FC vs regroup





# 1 ON 1 / 2 ON 1 / 3 ON 2 DRILLS

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | —— Skate                      |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✂ No Arrowhead | ~ Backwards Skating           |
| )) Pivot       | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | ~ Goalie Padslide             |
|                | ~ Goalie Butterflyslide       |

# NET WHEEL TO 1 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

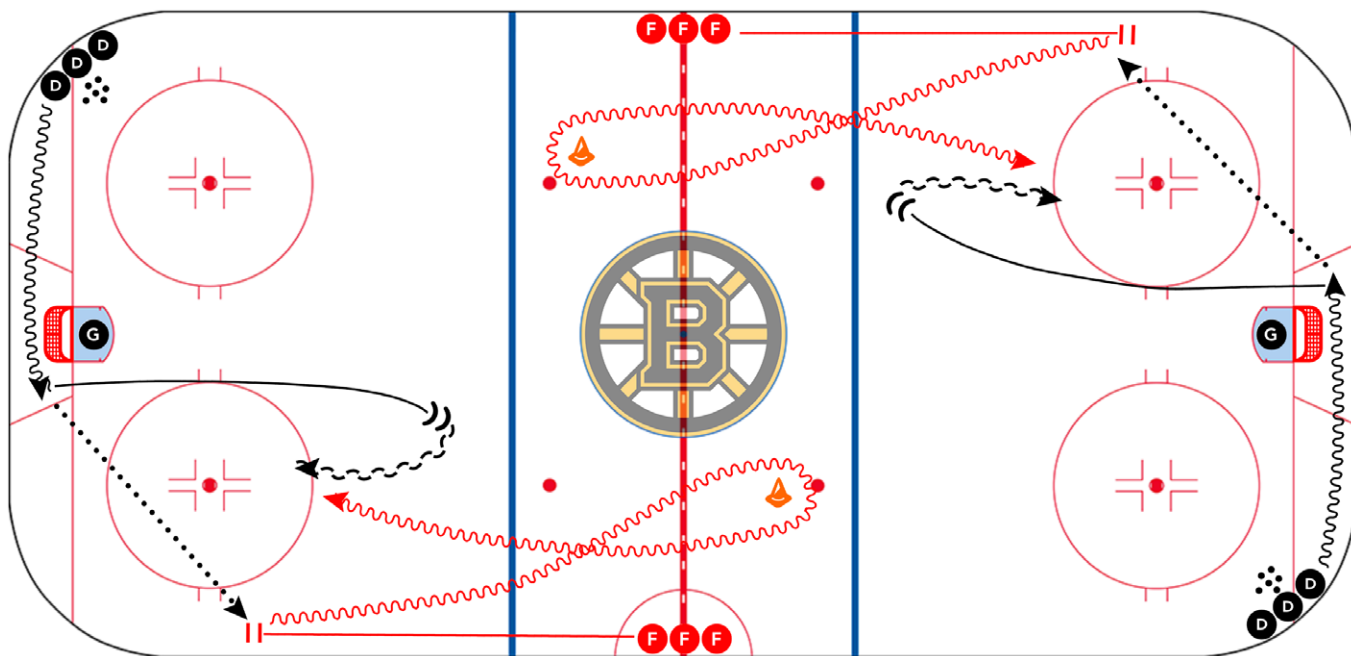
**Team:** Boston Bruins

**Description:**

- **D** starts in corner, wheels around net and passes to **F** that started at red and works to position as winger in defensive zone
- **F** continues down ice and goes inside, out around pylon, to attack the same end they broke out of

- **D** gaps up and defends the rush
- Switch position of cones as the drill progresses to force **D** to adjust their gap

Note: After **D** passes, they execute a quick pivot of 360 degrees, always facing up ice

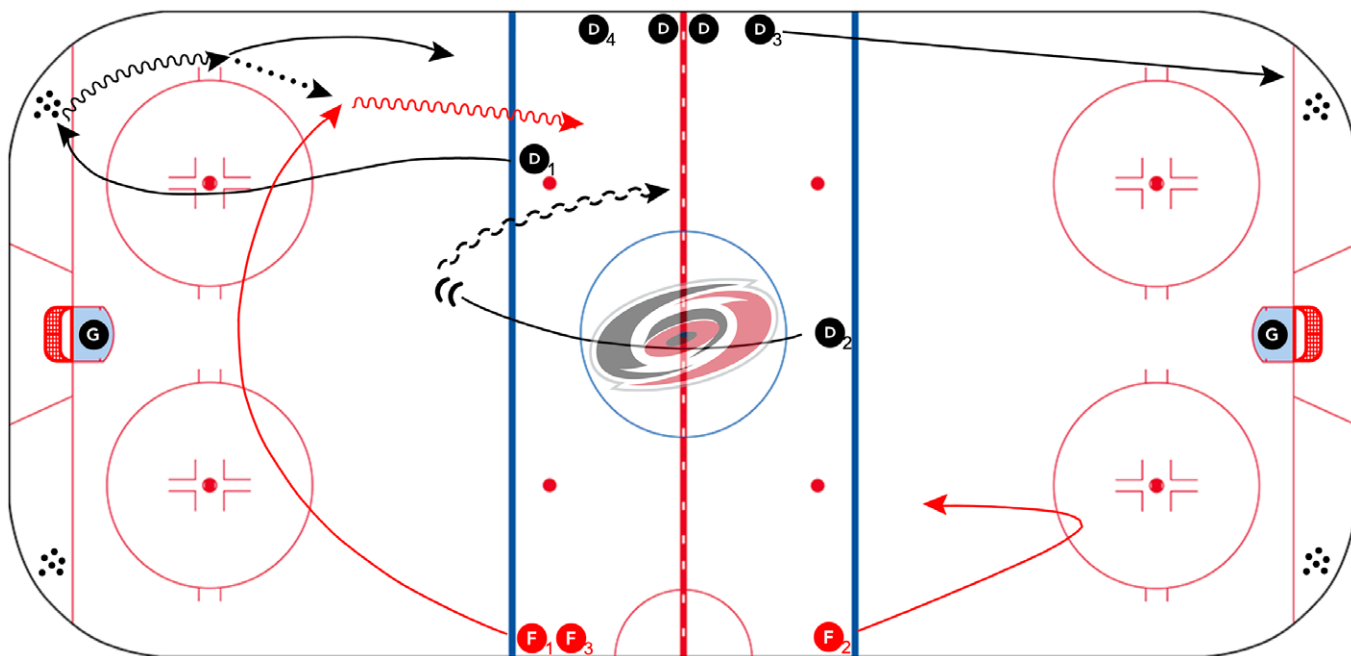


# 1 VS 1, 2 VS 1, 3 VS 2

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Carolina Hurricanes

- Description:**
- **D1** goes back and retrieves a puck from corner, they break out **F1** who goes 1v1 down the ice against **D2**
  - Once the 1v1 enters the zone, **D3** goes back and retrieves puck. **F2** activates and joins **F1** back 2v1 against **D1**
  - Once they cross the blue line into zone, **D4** goes back in corner to get a new puck and breaks **F1, 2 & 3** out of the zone
  - A new **D** joins the play and they take the 3 fwds back 3 vs 2





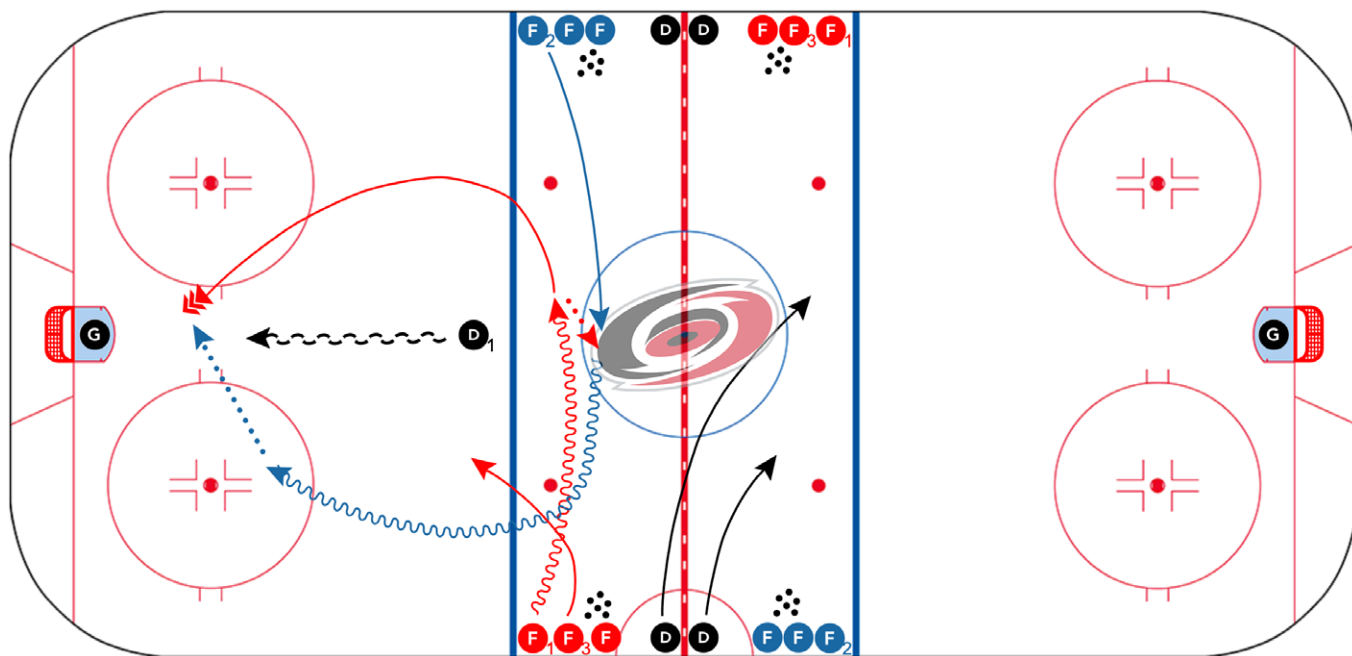
## 2 VS 1 SHORT, 3 VS 2

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Carolina Hurricanes

**Description:**

- Drill runs one way at a time
- **F1** and **F2** come off the wall between the blueline and red line
- Drop pass and attack back 2v1 against **D1** and a third **F3** follows the play into the slot
- After 2v1 is done, the **D1** breaks out the three fwds to attack the opposite end 3v2



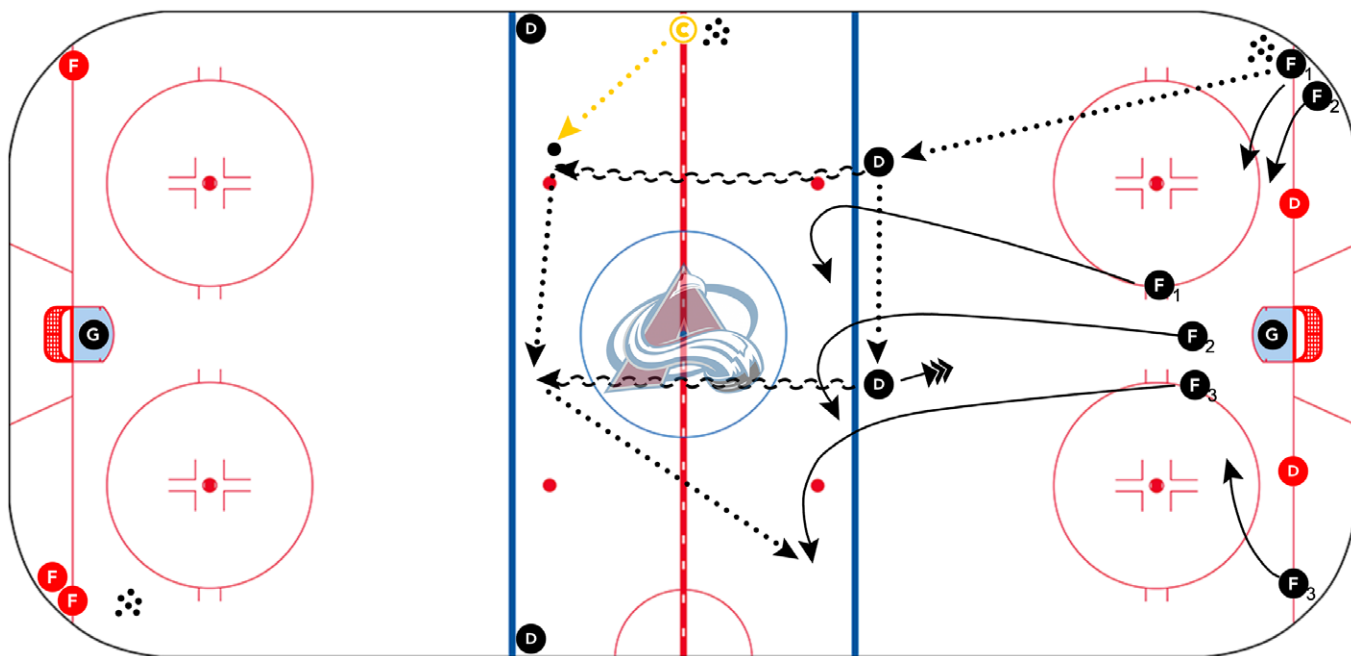
# MAIRSY 3 VS 2, 3 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Colorado Avalanche

**Description:** Drill runs one direction at a time, alternating sides

- On whistle, **F** 1 passes low to high, **D** to **D** shot with **F**s heading to net for rebound
- On second whistle, **D** and **F**s find puck for neutral zone regroup
- Defending **D** start on goal line, work to position setting gaps and defend 3 vs 2 rush
- On third whistle, coach places puck for 2nd neutral zone regroup 3 vs 1
- Quick up to weakside
- D to D weakside



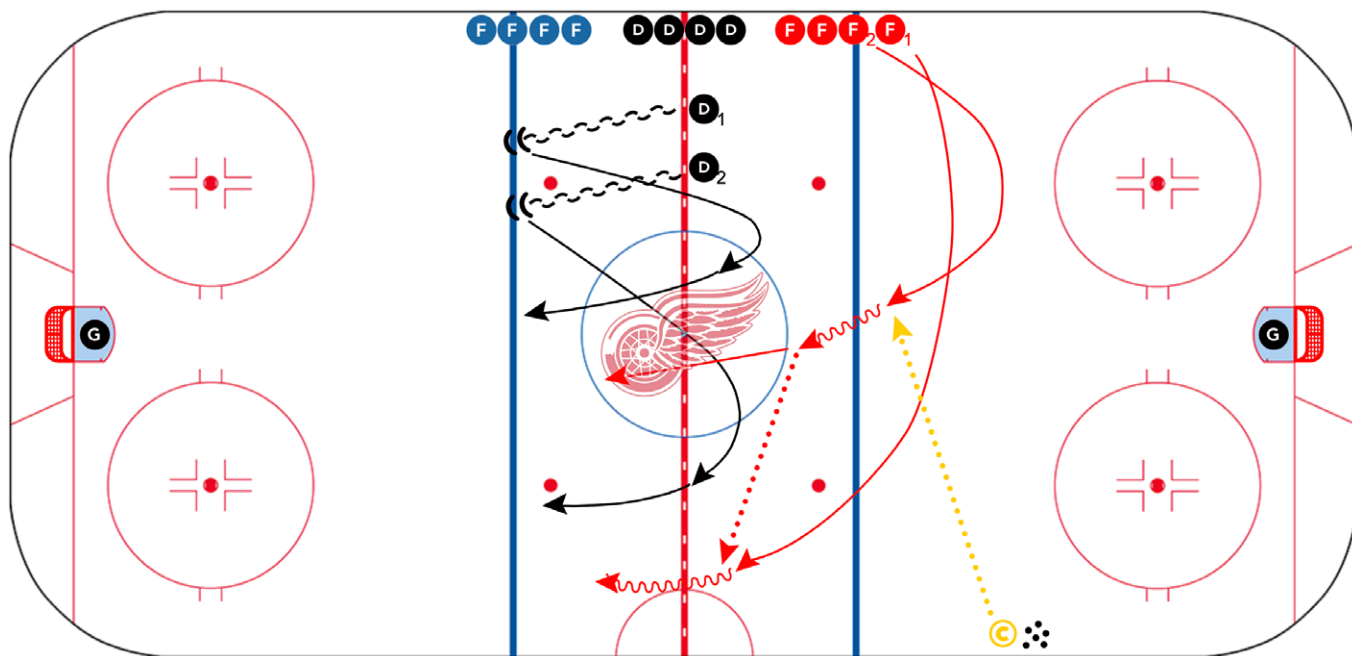
# 2 VS 2/ 2 VS 3 SQUEEZE W/TRANSITION — PART 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Detroit Red Wings

**Description:** **Part 1**

- Fwds and D all on one side of ice as shown
- 2 **F**s from one side move across ice as shown. **F2** gets pass from coach and passes to **F1**, attack far end + put puck behind
- Both **D** start on red, skate backwards to blue and get up, skate forward to end play by blue



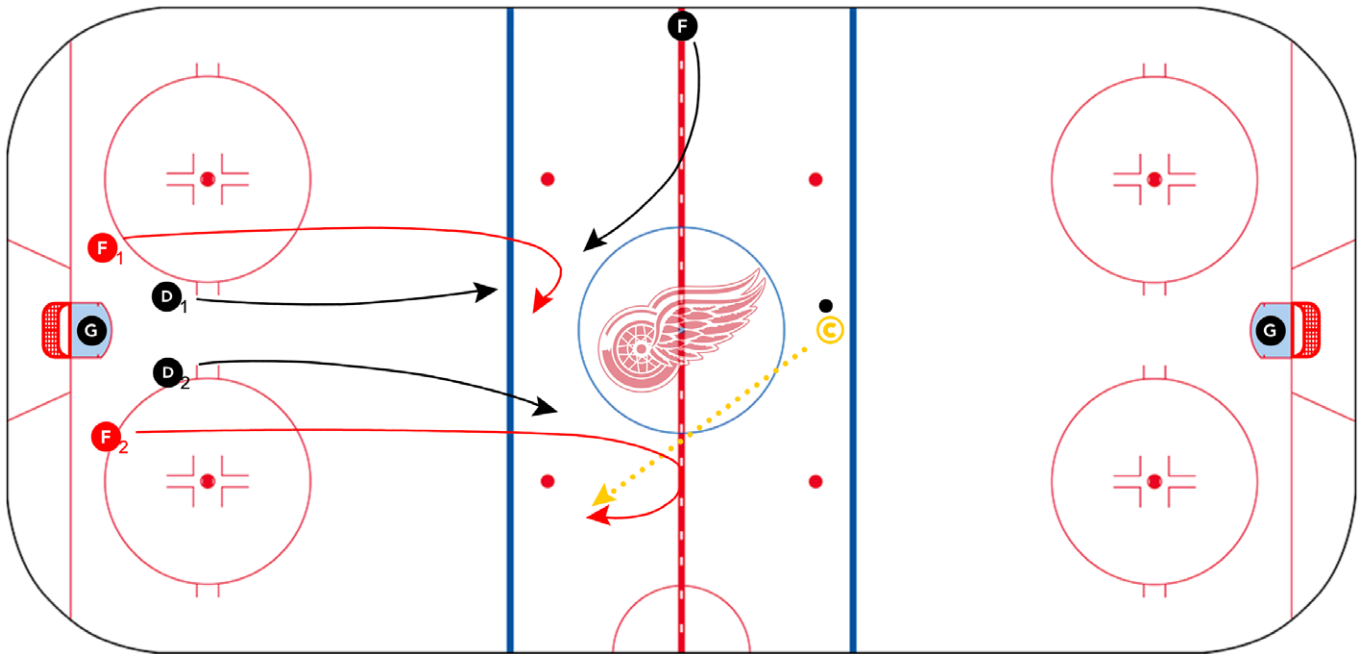
## 2 VS 2/ 2 VS 3 SQUEEZE W/TRANSITION — PART 2

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Detroit Red Wings

**Description:** **Part 2**

- On whistle: **F**s regroup with coach, and another **F** steps out to track. Play it out 2v3, once defenders break it out, go down for a breakaway
- Next group goes on whistle

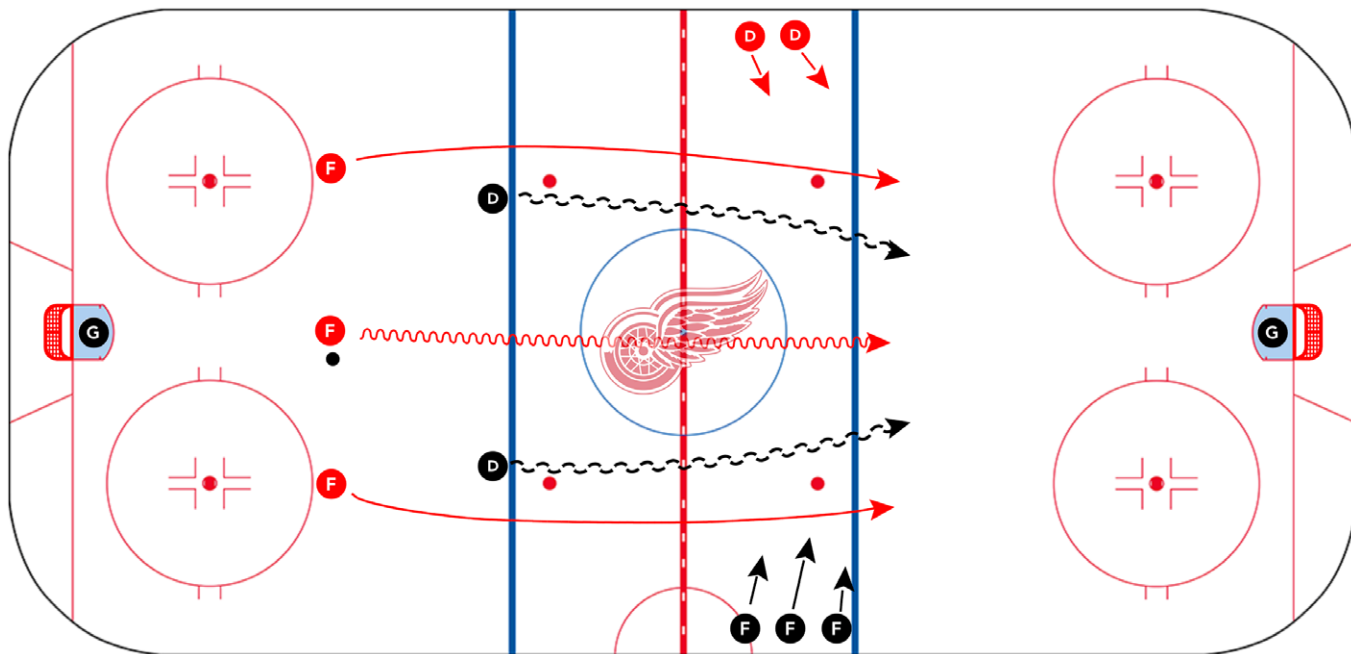


# S00 3 VS 2

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Detroit Red Wings

- Description:**
- Red **F**s go down on a 3v2 rush against two Black **D**. After they cross the far blue line, Black **F**s and Red **D** funnel in through the middle
  - Red **F**s have to chip the puck in and have close support. **F**s must run an east-west play behind the net for a quick chance to the slot. Play it out live after the shot
  - When the Black **D** get possession, they pass to Black **F**s and then they go down and attack 3v2
  - Drill is continuous



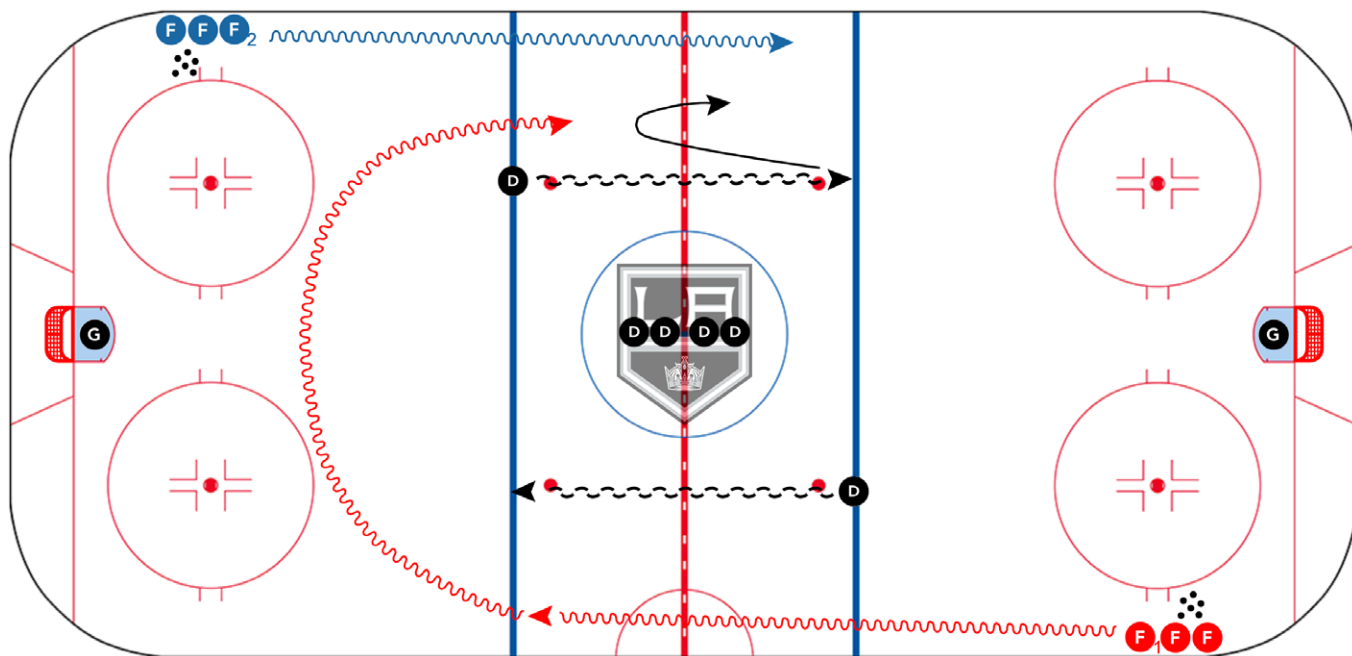
# 1 VS 1 BLITZKREIG

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** LA Kings

**Description:**

- 1 vs 1 down ice
- Coaches option — 1 or 2 whistles
- 1 Whistle: **D** gaps up and plays **F** swinging around from the other line
- 2 Whistle: **D** gaps up and plays **F** swinging around and another **F** from the same side line. 2 vs 1 down ice



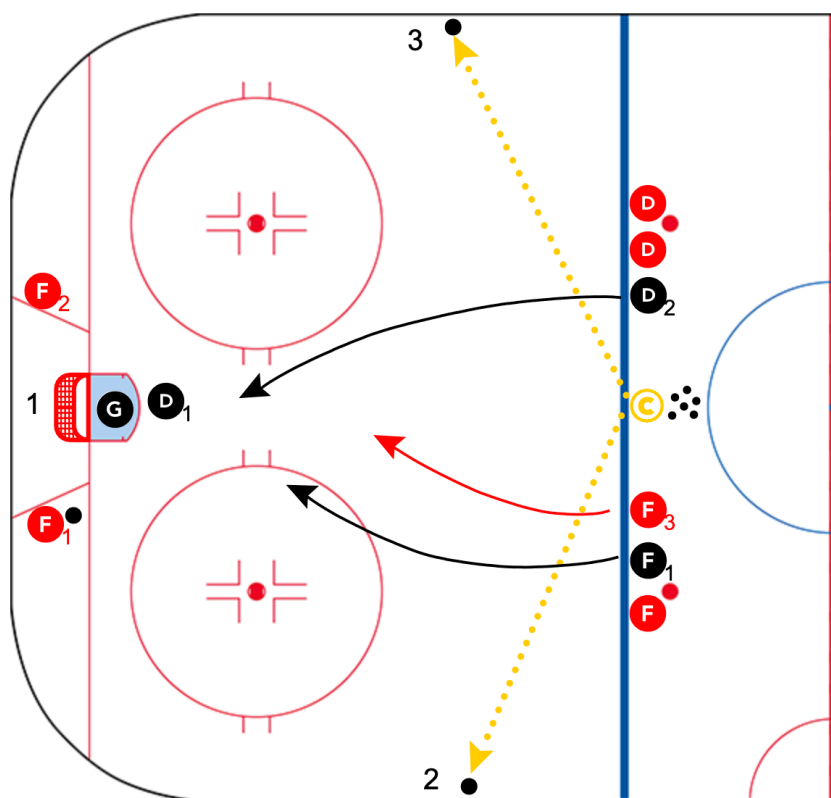
# NET 2 VS 1, 3 VS 2, 3 VS 3

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** LA Kings

**Description:**

1. Start with a 2v1 down low, use back of the net
2. Coach spots a puck to the 1/2 wall — **F3** will join and cycle to back of the net — **F**s working to trigger area using the back of the net. Defending **D2** will join to make it a 3v2 low
3. Coach spots puck to other 1/2 wall — Defending **F1** will join to create a 3v3



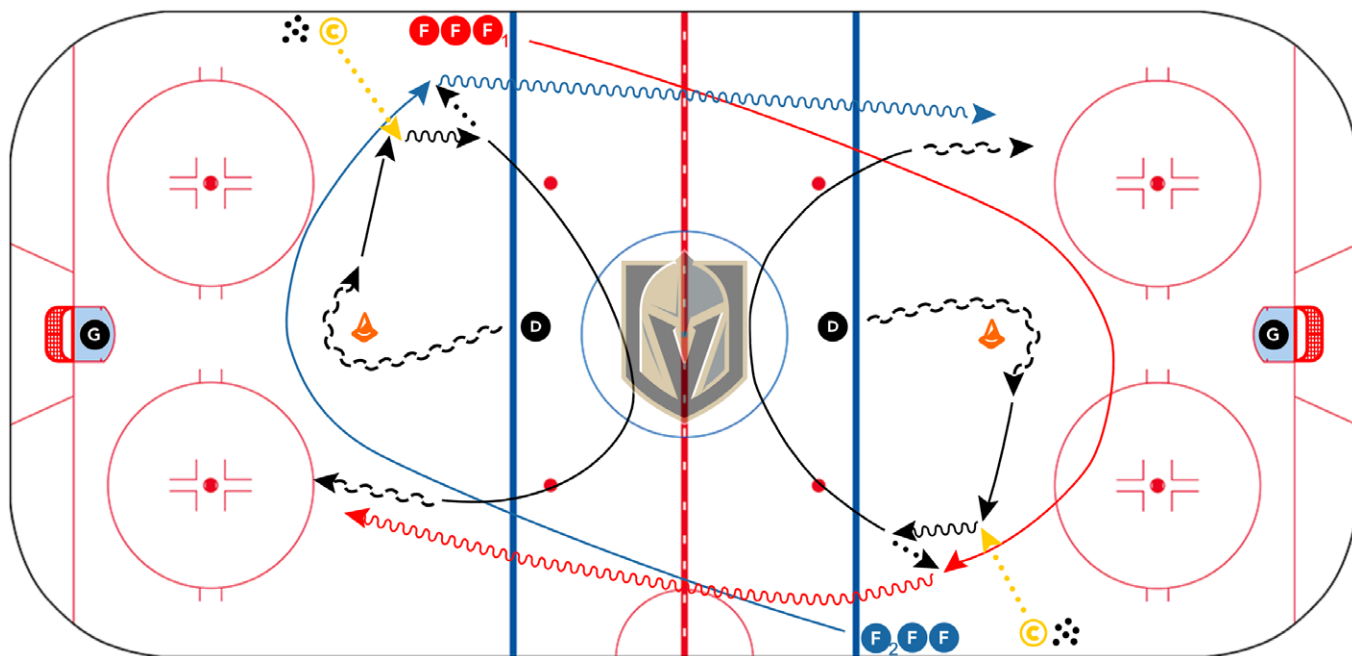
# 1 VS 1 SHARPIE

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Vegas Golden Knights

**Description:**

- **D** starts facing up ice at bottom of the center circle
- On whistle, skate backward around pylon then forward to retrieve puck from coach then drop in NZ to **F1**
- **D** defends **F2** from other end by defending skating forward



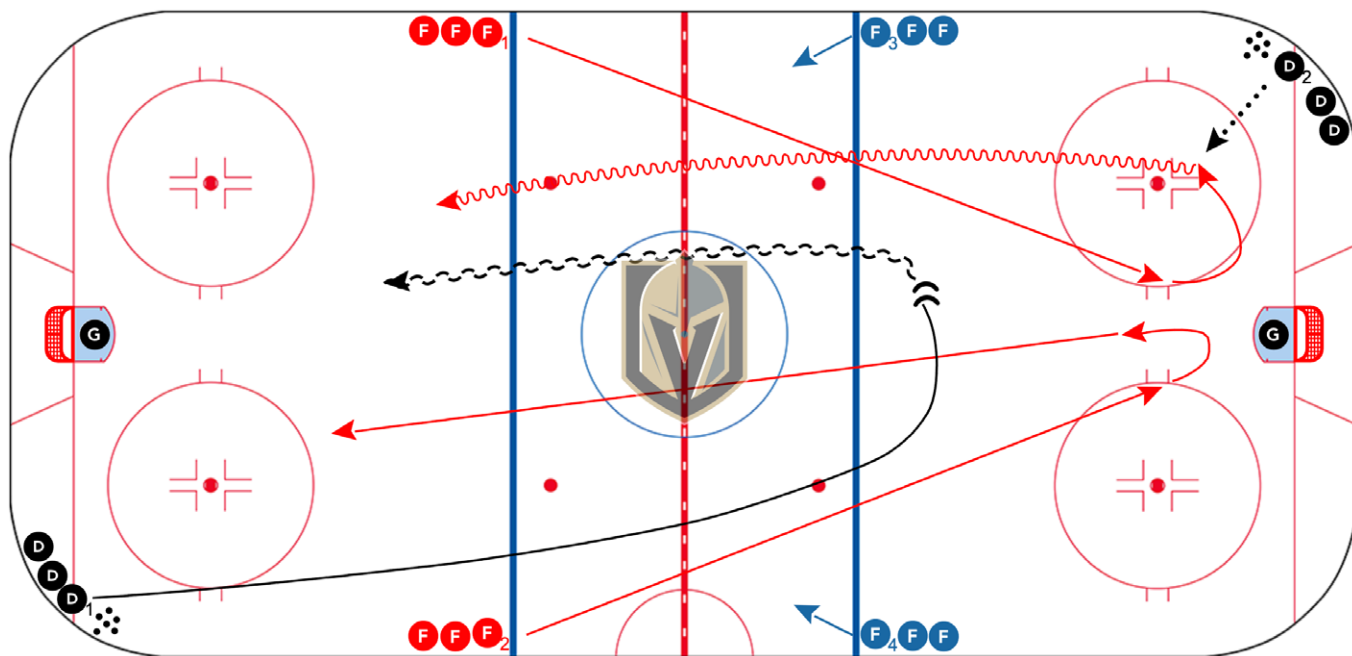


# 2 VS 1 BADGER

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Vegas Golden Knights

- Description:**
- F at all blue lines and **D** in opposite corners
  - **F1** & **F2** backcheck to home plate (to start drill) then receive pass from **D** in corner and attack 2 vs 1 on opposite end against **D1**
  - Once **F1** & **F2** cross blue line **F3** & **F4** backcheck to disrupt 2 vs 1
  - Allow backcheckers to transition if they strip the puck
  - Flow drill from both ends

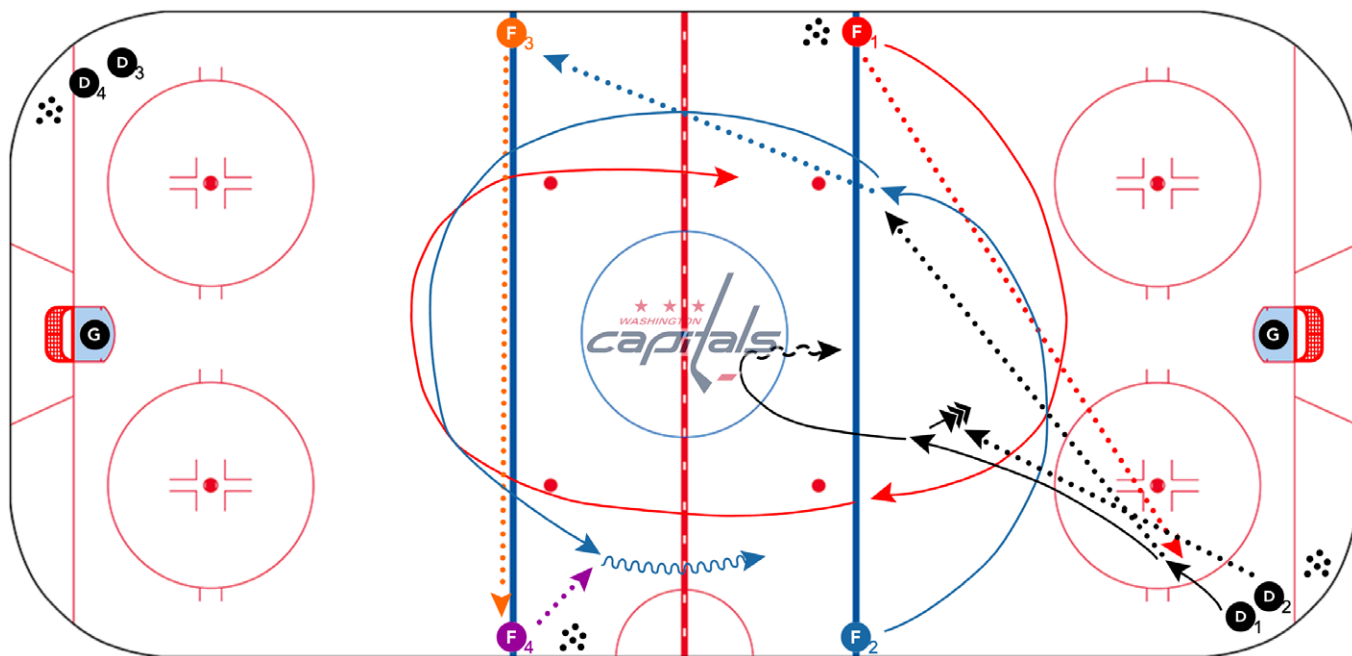


# SADDLEDOME 2 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Washington Capitals

- Description:**
- **F1** passes to **D1** stepping out of corner
  - **F1** and **F2** swing back into zone with **F2** receiving pass back from **D1**
  - **D1** quickly steps to middle and receives pass from **D2** for a quick shot or 1-timer
  - **F1/F2** head toward opposite end passing to **F3** who then passes across the blueline to **F4**, bumping a pass back to **F1/F2** for a 2-on-1 against **D1** who has gapped up back on their original end
  - **F3/F4** then start the drill on opposite side with **D3**

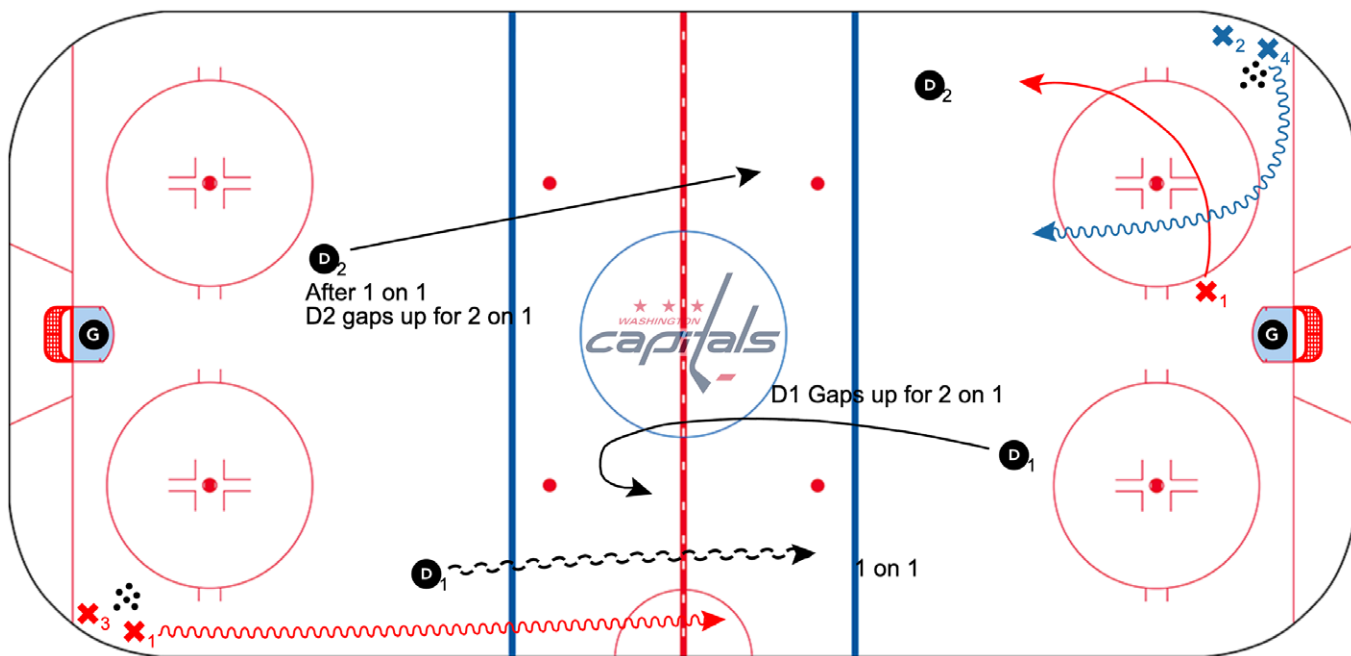


# MOOSE 1 ON 1, 2 VS 1

**Category:** 1 on 1 / 2 on 1 / 3 on 2

**Team:** Washington Capitals

- Description:**
- Drill goes out of both ends on the whistle
  - **X1/X2** skate down 1-on-1 vs **D1/D2**
  - After rush, **X1** picks up **X4** with second puck (and **X2** with **X3**) for 2-on-1 vs **D1** and **D2** gapping up on original side for second rush
  - If coach blows whistle on initial 1-on-1, forward gaps up to spray painted circle in opposite zone and swings for speed against opposite D re-gapping





# SMALL AREA DRILLS & GAMES

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | — Skate                       |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✕ No Arrowhead | ~ Backwards Skating           |
| )) Pivot       | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | — Goalie Padslide             |
|                | — Goalie Butterflieslide      |

# 3 PUCK KEEP AWAY

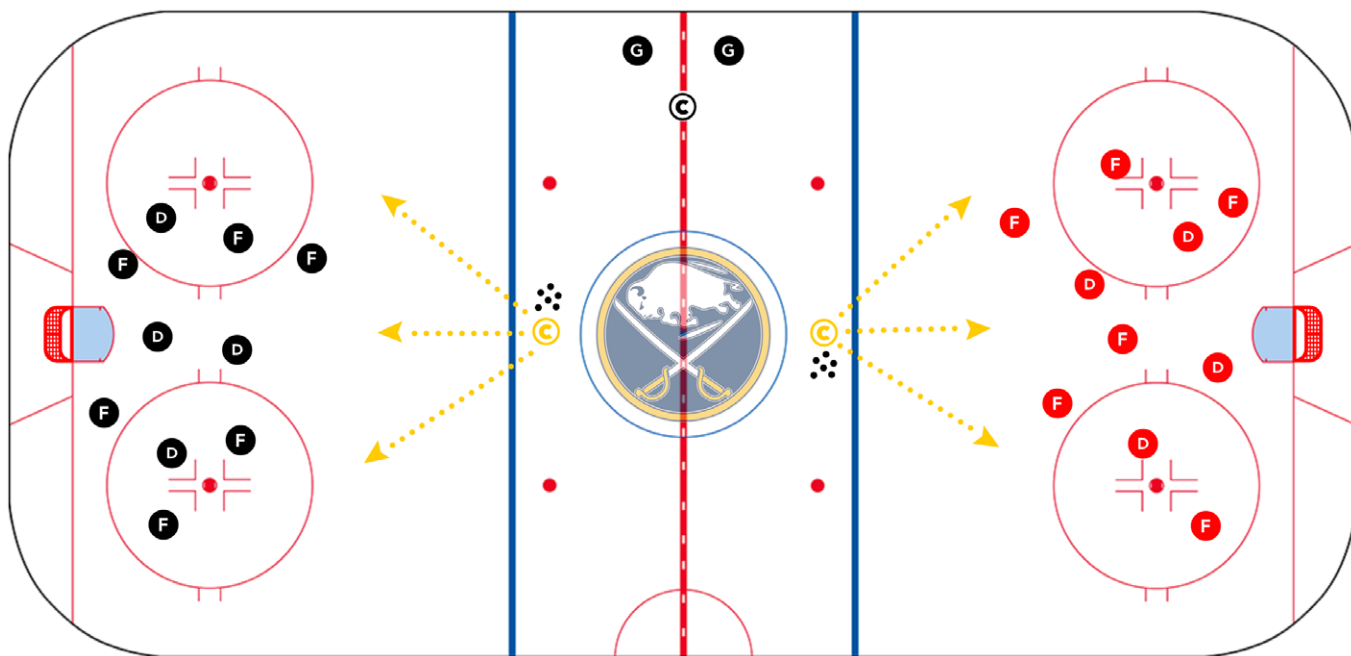
**Category:** Small Area Drills & Games

**Team:** Buffalo Sabres

**Description:**

- Goalies will be warming up with goalie coach in the neutral zone
- Half the players are split to each end, and face the coaches while in motion
- Coaches will throw three pucks into each end (or a designated number) and the players who gain possession will work to keep it as long as they can... players without the puck do the same upon stealing the puck

Note: coaches will replace any puck poked into the neutral zone with a new puck (players are to stay below blue lines at each end)



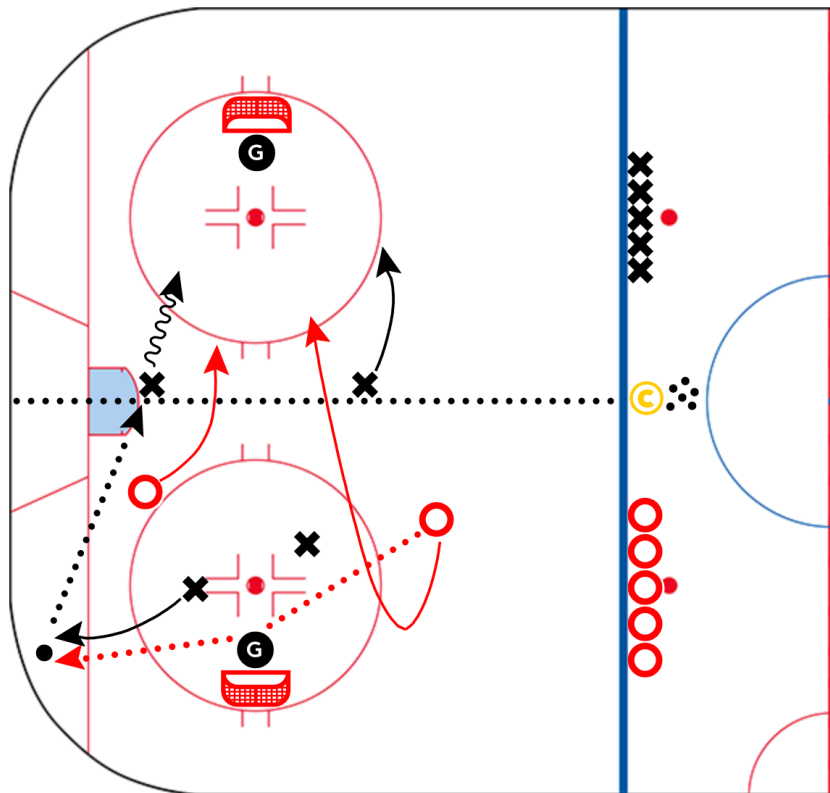
# CURLEY 2 VS 2

**Category:** Small Area Drills & Games

**Team:** Buffalo Sabres

**Description:**

- If you can mark a line down the middle of the ice, it will help with the flow of this drill
- Once started, this is a continuous drill... on a goal scored, the offensive two players receive a new puck from the coach and stay on offense
- To start, a 2v2 is taking place in one half of the zone, and another two (next on offense) are waiting on the line for when the defending two can gain possession and make a transition pass to them
- When the transition pass is made, the two offensive players attempt to prevent a 2v0 by racing back to the other zone
- Rotation is: offense, then backcheck and defend, make a transition pass and back in line
- Note: it usually takes the players a couple of repetitions before the drill smooths out



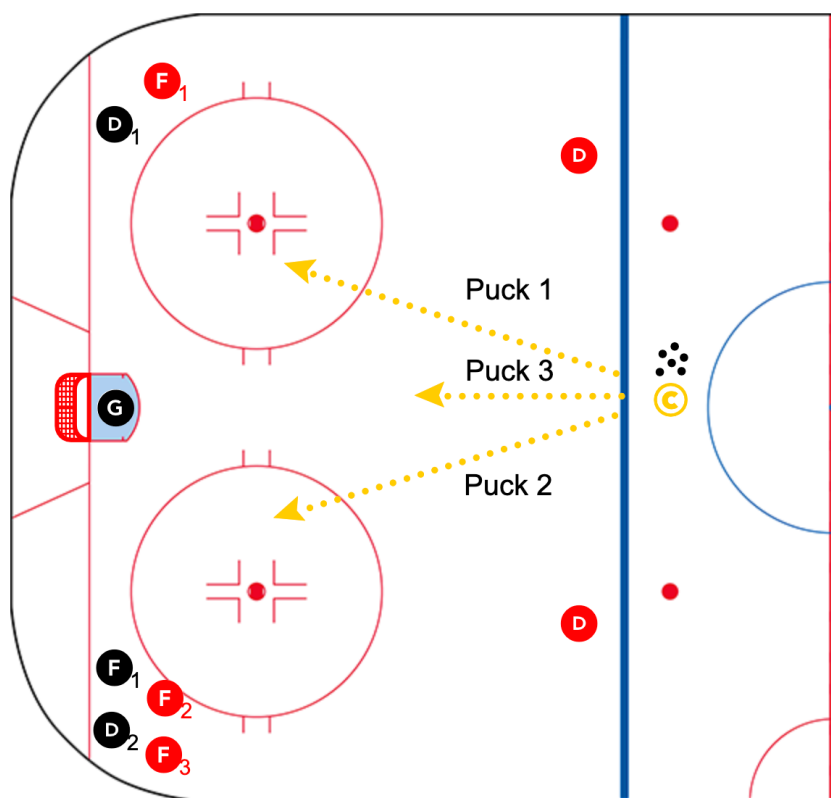
# NET FRONT BATTLE 1 VS 1, 2 VS 2, 3 VS 3

**Category:** Small Area Drills & Games

**Team:** Dallas Stars

**Description:**

- Drill starts with a 1v1 in the corner, **D1** vs **F1**
- Whistle. First 2 players rest, and 2v2 starts in opposite corner as shown
- Whistle. 3rd puck from a coach and all 3 **F**s attack against 2 **D** and low **F**
- For all 3 pucks, the offensive players have the option to use the **D** up top and drive the net to get open



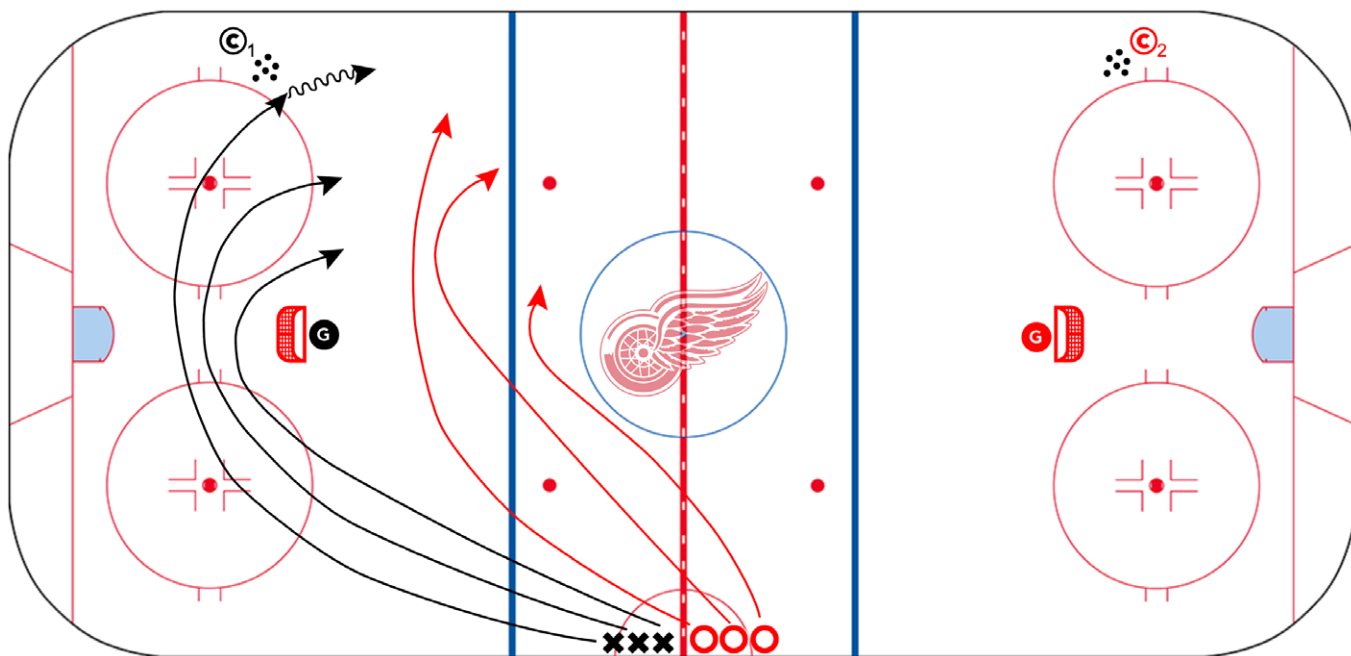
# BOBCAT 3 VS 3

**Category:** Small Area Drills & Games

**Team:** Detroit Red Wings

**Description:**

- Drill starts as shown
- Players start on the bench
- Coach will whistle for a change, teams will alternate who starts with puck. Team that is getting the puck must skate behind the net prior to picking the puck up. Defending team must angle them off
- Play out the 3v3, anytime goal scored, goalie makes save or puck out of play — coach transitions opposite team





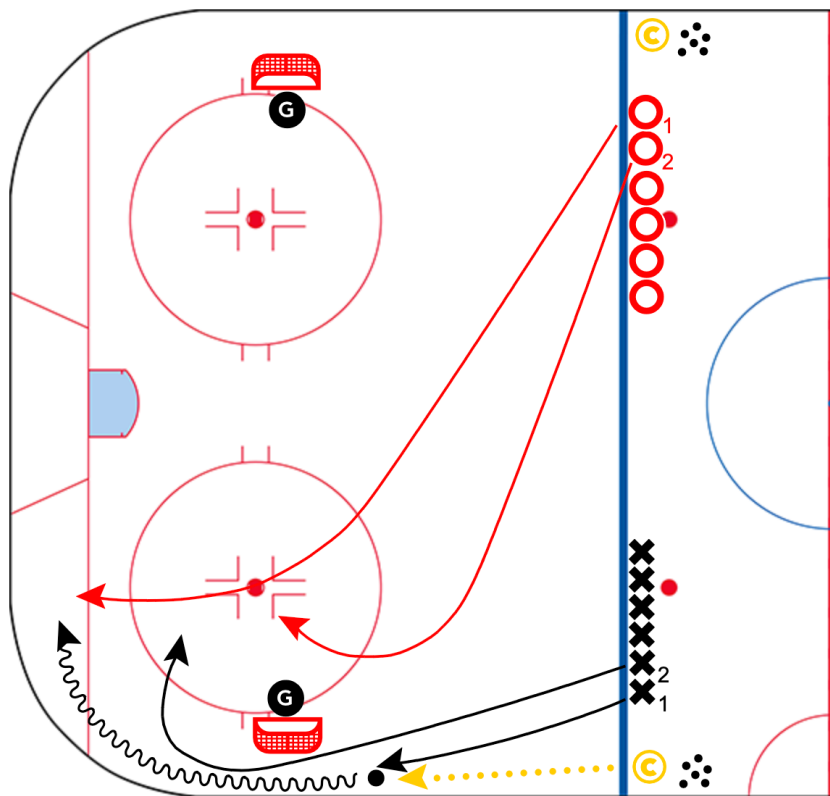
## ROLLY ANGLE GAME

**Category:** Small Area Drills & Games

**Team:** Detroit Red Wings

**Description:**

- Coach lays puck behind net, first two **X**s go around net, either **X** can pick up puck. First two **O**s gain ice and angle, play live 2v2
- On whistle, opposite side coach lays puck and four new players go



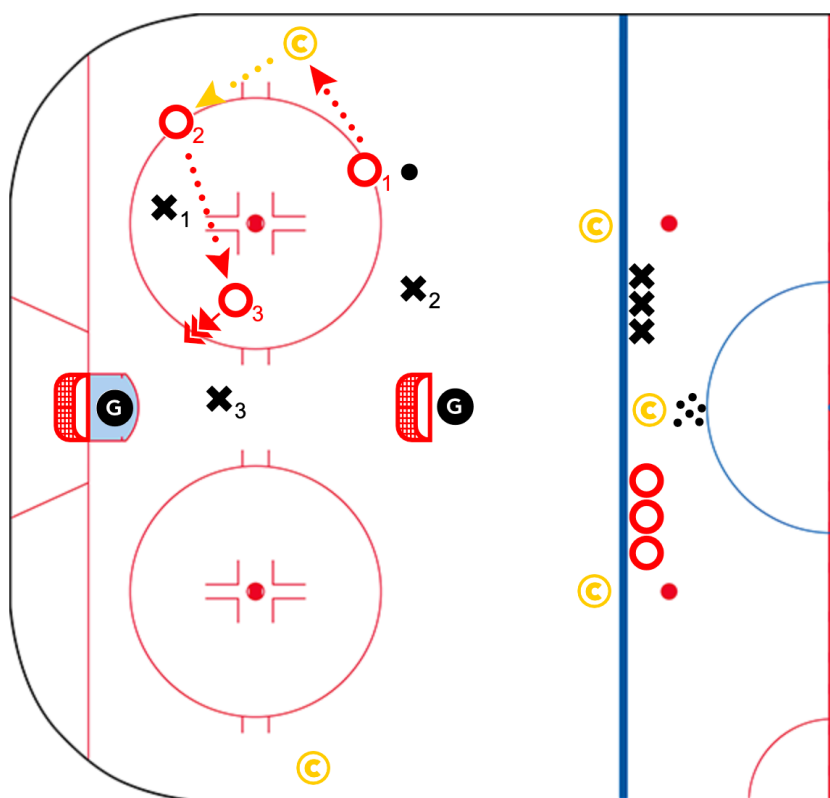
# STACK THE NETS

**Category:** Small Area Drills & Games

**Team:** Edmonton Oilers

**Description:**

- Play 3 vs 3 in one zone with two nets facing the same way
- Teams can score on any net but to be on offense, you must get the puck back from the coach
- If the opposition gets puck, they must use a coach to get on offense
- Coach in middle throws in new puck if someone scores



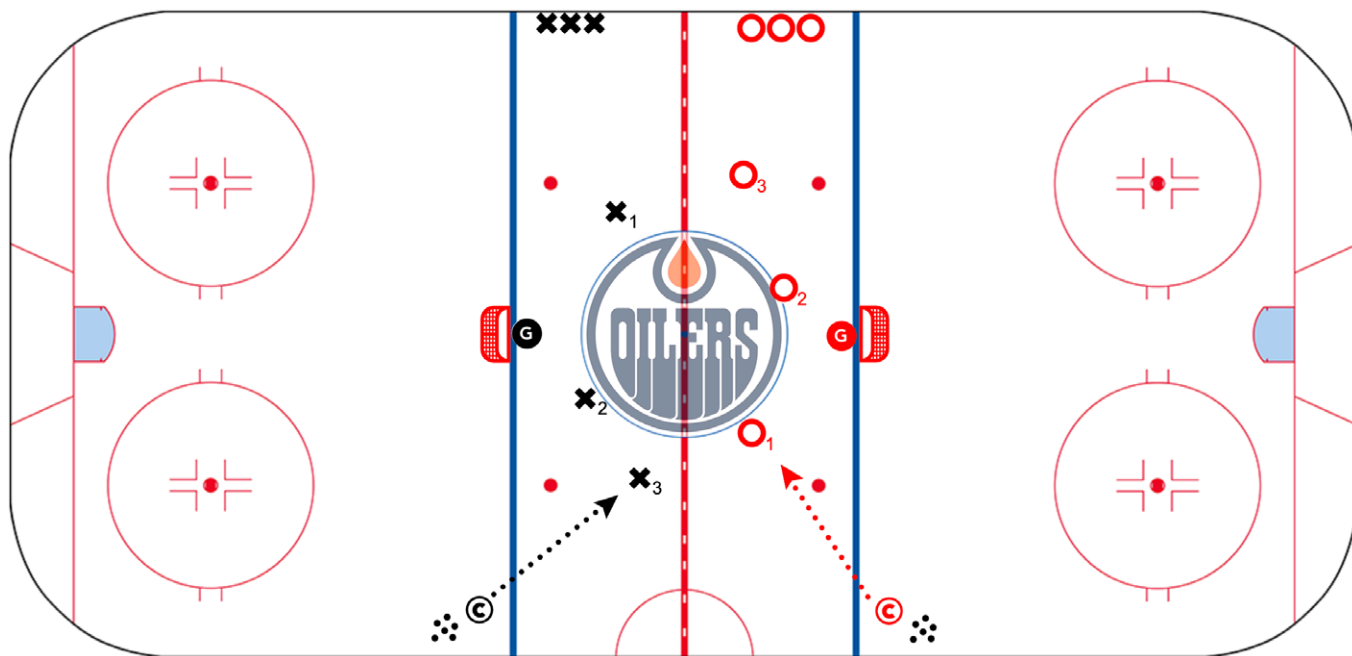
# TRANSITION GAME

**Category:** Small Area Drills & Games

**Team:** Edmonton Oilers

**Description:**

- **X** and **O**s on bench and shooting at the opposite net
- On whistle, players come out 3 vs 3, coach passes to their team which is on the same side of the ice
- If the puck crosses your blue line, the puck is that team's to play
- On whistle, players change and leave the puck where it is, while the next players come on



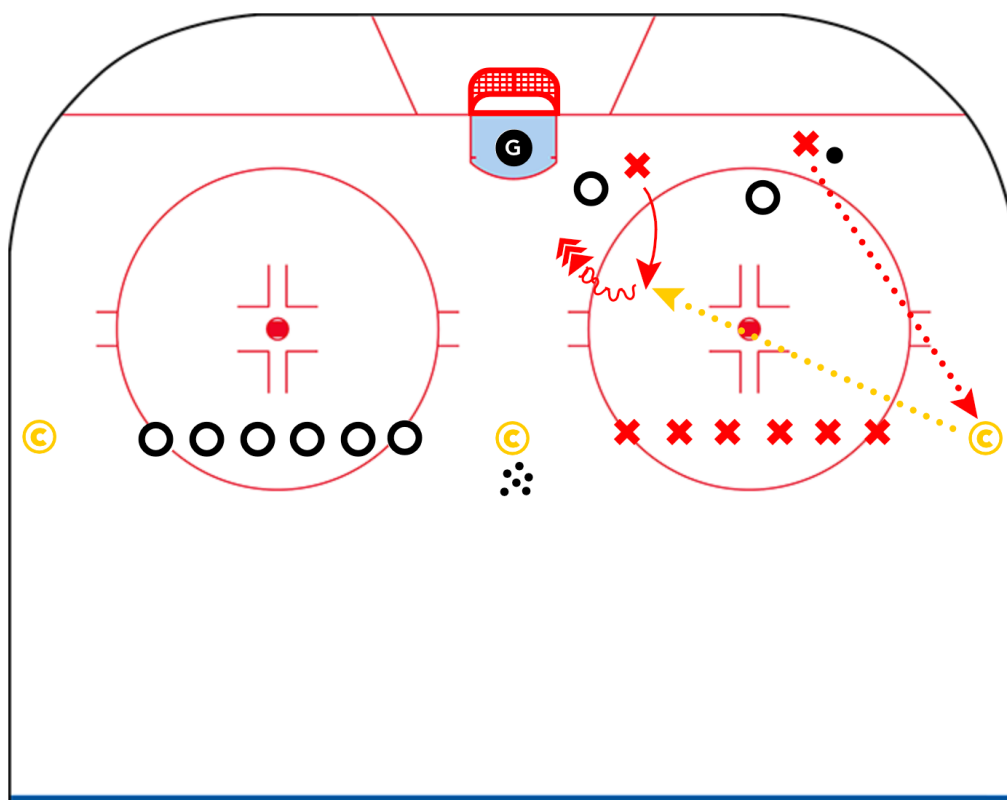
# 2 VS 2 OFFENCE SWITCH

**Category:** Small Area Drills & Games

**Team:** Montreal Canadiens

**Description:**

- 2v2 tight area
- Coach chips puck in, the 1st team to touch the puck is on offence
- When the defensive team retrieves the puck, they have to move it to one of the coaches that will give it back to them, and now become the offence
- Can play 3v3 and change the number of players from time to time



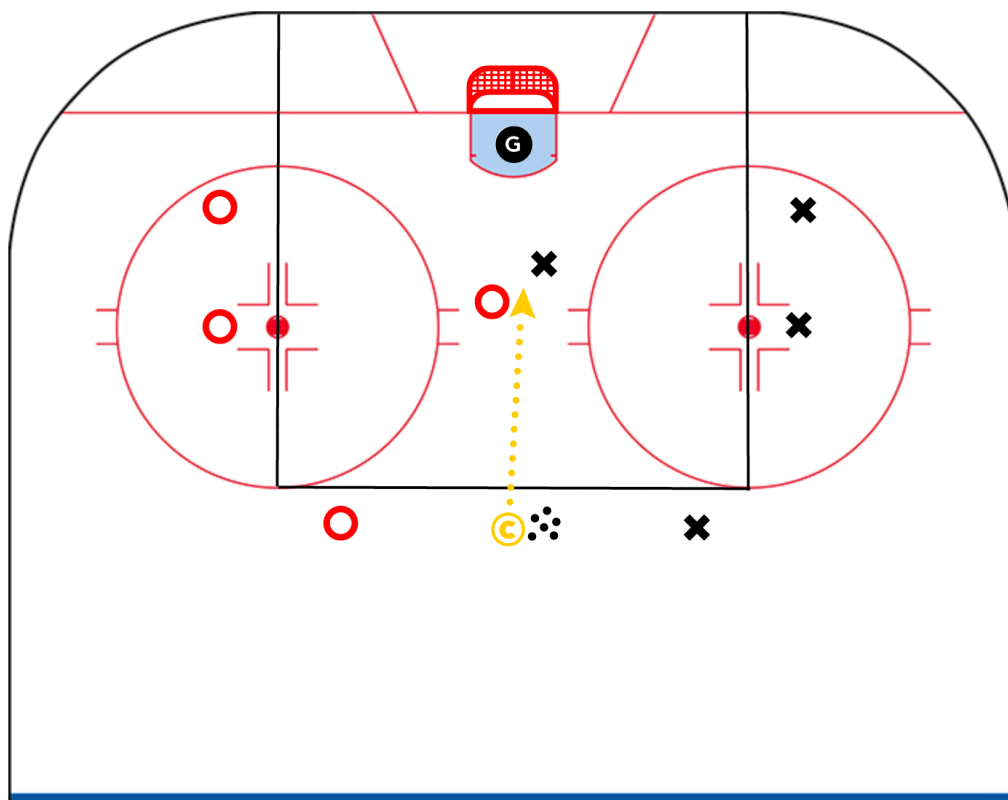
## 3 GAME SMALL AREA 1 VS 1 : 2 VS 2 BOX

**Category:** Small Area Drills & Games

**Team:** New York Rangers

**Description:**

- Play 1 vs 1 or 2 vs 2 inside box
- New puck if it goes outside box - 20 secs
- Add pass to players / coach outside box - they become passers / shooters



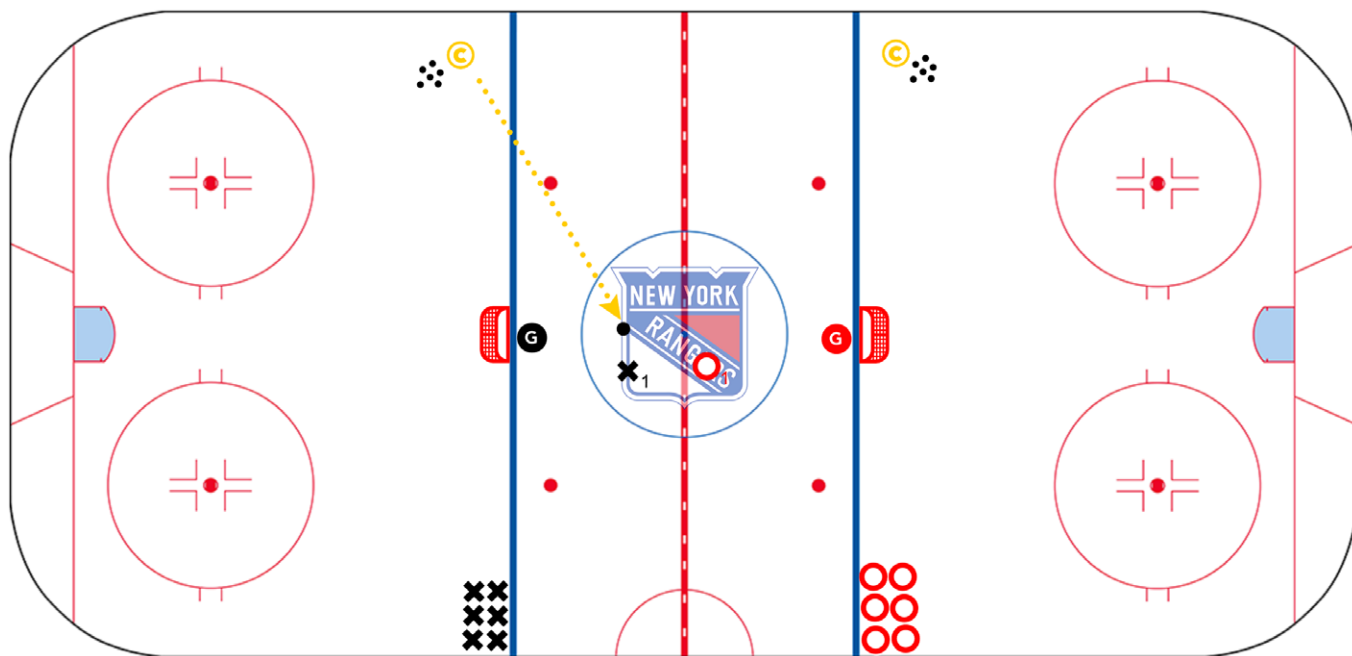
# 3 GAME 1 VS 1, 2 VS 2, 3 VS 3 NZ GAME

**Category:** Small Area Drills & Games

**Team:** New York Rangers

**Description:**

- Coach spots puck in NZ for 1 vs 1, 2 vs 2, 3 vs 3 game play
- 30 sec shifts



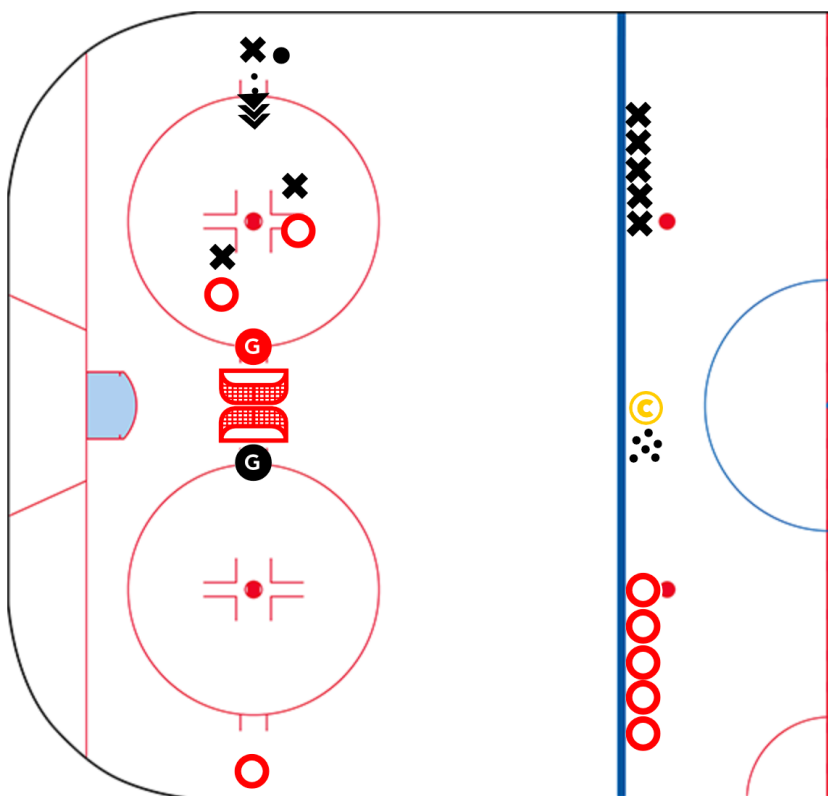
# HURAS 2 VS 2 WITH SHOOTER

**Category:** Small Area Drills & Games

**Team:** Tampa Bay Lightning

**Description:**

- Play 2 vs 2 where each team has a shooter
- 2 points for a goal from a screenshot, tip or rebound
- 1 point for any other goal
- Shooters cannot be challenged by opposing team or have their shots blocked
- Shooters cannot take slapshots
- On whistle 3 new players jump in for each team (1 shooter, 2 players)





# GOALTENDING DRILLS

## LEGEND

|                |                               |
|----------------|-------------------------------|
| »» Shot        | —— Skate                      |
| Stop           | ~~~~ Skate With Puck          |
| ► Direction    | •••• Pass                     |
| ✕ No Arrowhead | ~ Backwards Skating           |
| )) Pivot       | ~ Backwards Skating With Puck |
|                | Lateral Skating               |
|                | — Goalie Padslide             |
|                | — Goalie Butterflieslide      |



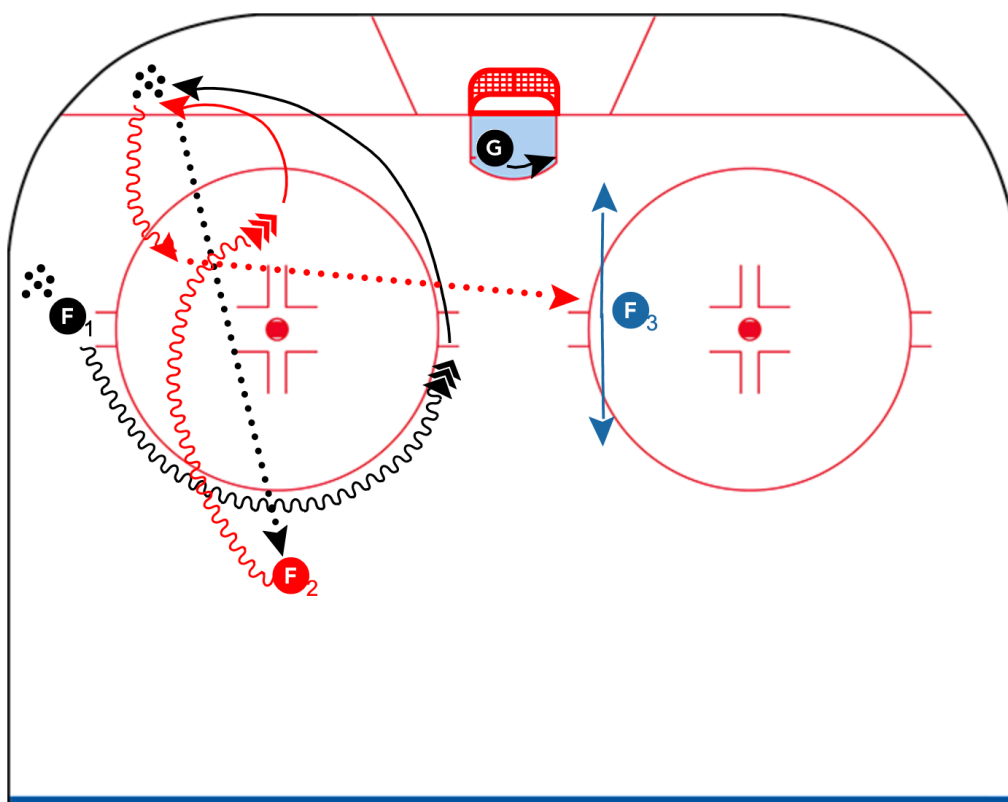
# SLOT — BAD ANGLE — BACK DOOR

**Category:** Goaltending

**Team:** Arizona Coyotes

**Description:**

- **F1** starts the drill, skates with puck around top of circle and takes a shot
- Player then skates to corner, picks up a puck and passes it to **F2**
- **F2** then goes along the wall for a bad angle shot
- After shot, player picks up a puck from the corner and passes to **F3** for a backdoor play



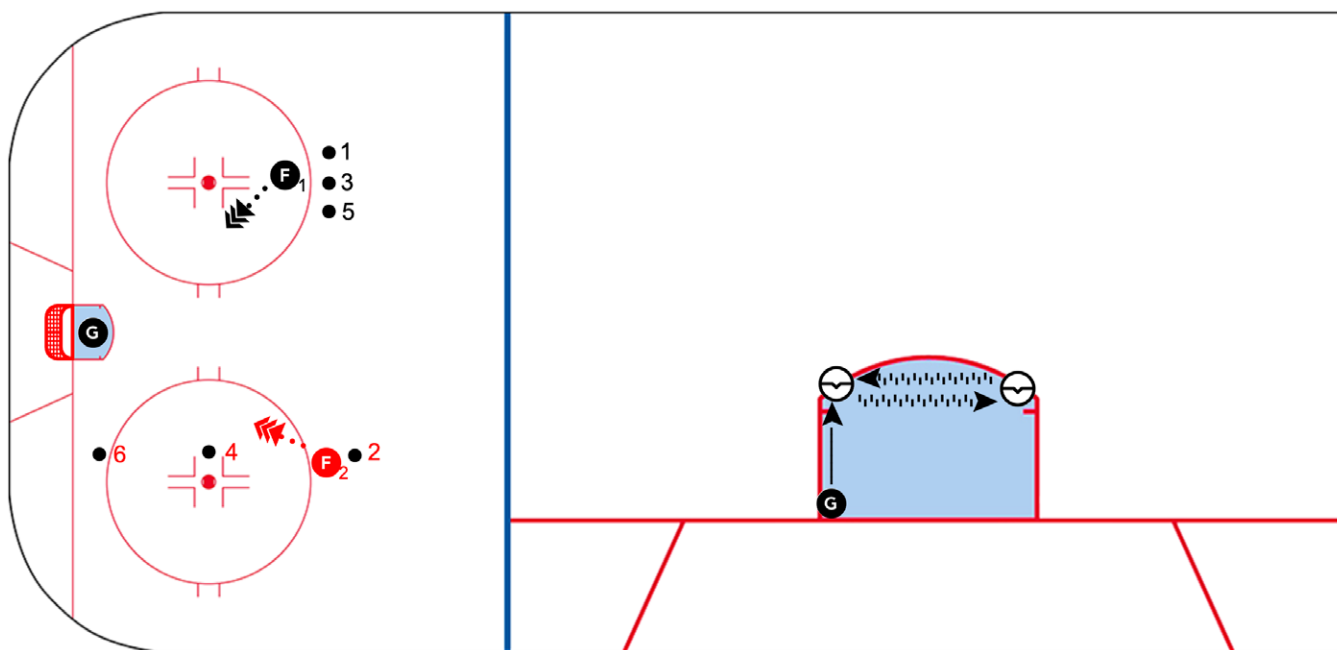
# 6 SHOT RECOVERY

**Category:** Goaltending

**Team:** Arizona Coyotes

**Description:**

- Goalie steps out to **F 1** for a longside, low shot
- Butterfly recovery, across to **F 2**, 2nd shot
- Goalie, return to **F 1**, 3rd shot longside
- Butterfly recovery, across to **F 2**, 4th shot
- Goalie, return to **F 1**, 5th shot longside
- Recovery to **F 2**, 6th shot



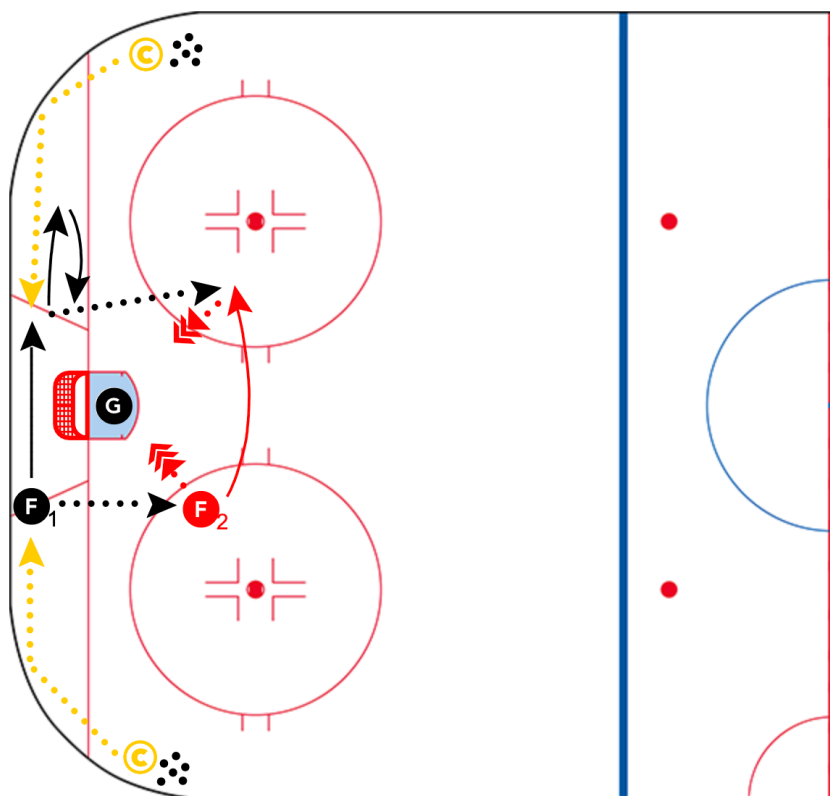
# LOW TO HIGH RELEASE

**Category:** Goaltending

**Team:** Columbus Blue Jackets

**Description:**

- Low backboard releases along the posts to a high forward
- Coach hits to low **F 1** who skates towards the net and passes along the post to a high **F 2** for a shot
- Repeat other side with the same positions on puck #2



## 2 SHOT — LOW TO HIGH

**Category:** Goaltending

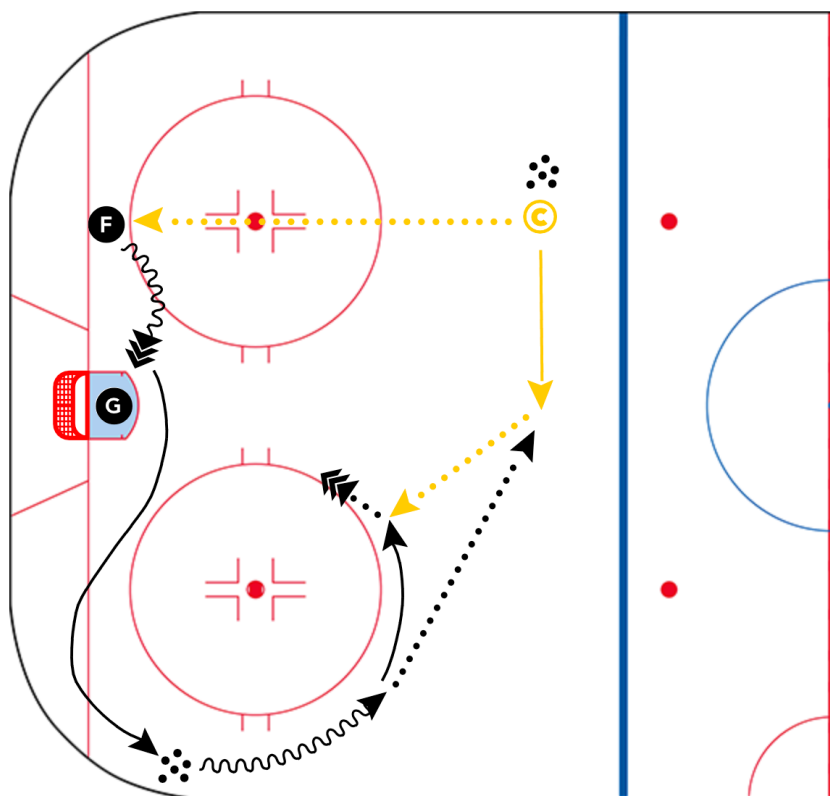
**Team:** Columbus Blue Jackets

**Description:** Puck #1

- Coach passes from high to low. Forward steps up and drives to net forming a low play

Puck #2

- Forward retrieves weak side corner puck and climbs high to the top of the circle
- Forward passes to high coach, who bumps it back to driving forward for a shot



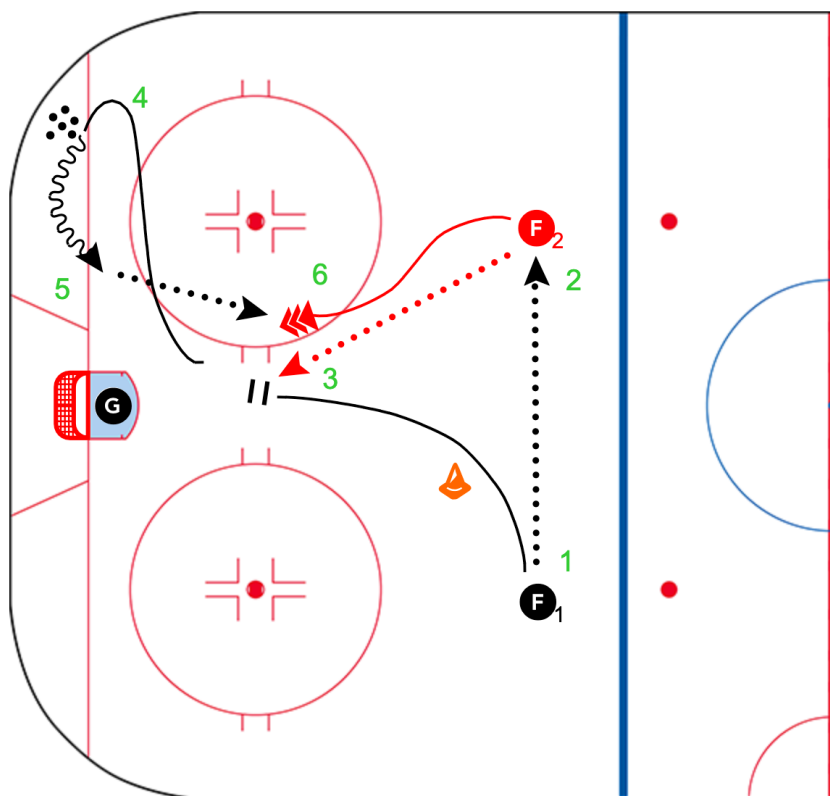
# GOALIE DRILL 1

**Category:** Goaltending

**Team:** Florida Panthers

**Description:**

1. **F 1** passes to **F 2** — **F 1** skates around cone and down the middle
2. **F 2** shot/pass to **F 1**
3. **F 1** high tip
4. **F 1** continues below goal-line picks up puck and cuts backtowards net
5. **F 1** passes to **F 2**
6. **F 2** shoot to score — play rebound



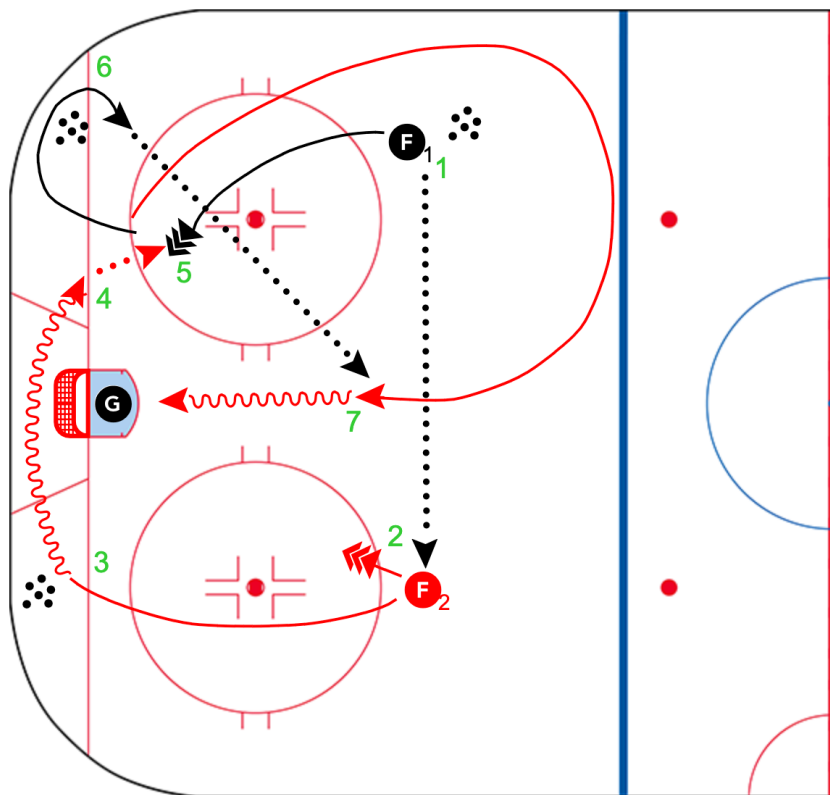
# GOALIE DRILL 2

**Category:** Goaltending

**Team:** Florida Panthers

**Description:**

1. **F 1** passes across to **F 2**
2. **F 2** shoots quick/one timer
3. **F 2** skates hard down to goal-line picks up puck and continues behind the net
4. **F 2** makes goal-line pass to **F 1**
5. **F 1** quick strike shot
6. **F 1** cuts back to the corner and picks up a puck
7. **F 2** continues to skate around and back down the middle to receive a pass from **F 1** — skate in for a deke



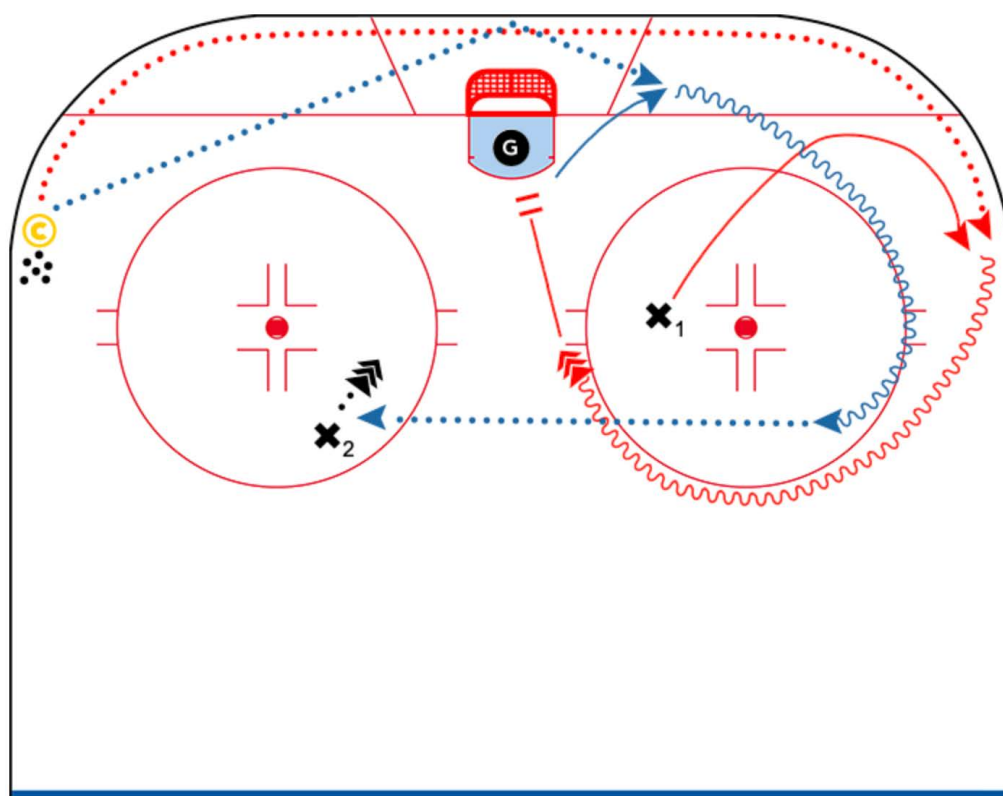
# SEAM/LATERAL GOALIE SHOOTING

**Category:** Goaltending

**Team:** St. Louis Blues

**Description:**

- **Red** route first, continuously into **Blue** route
- Coach will rim 1st puck, **X1** will collect and cut seam for a quick shot & stop at net
- Coach will then pass 2nd puck behind net, **X1** will collect puck, carry up & pass lateral to **X2** for 2nd shot



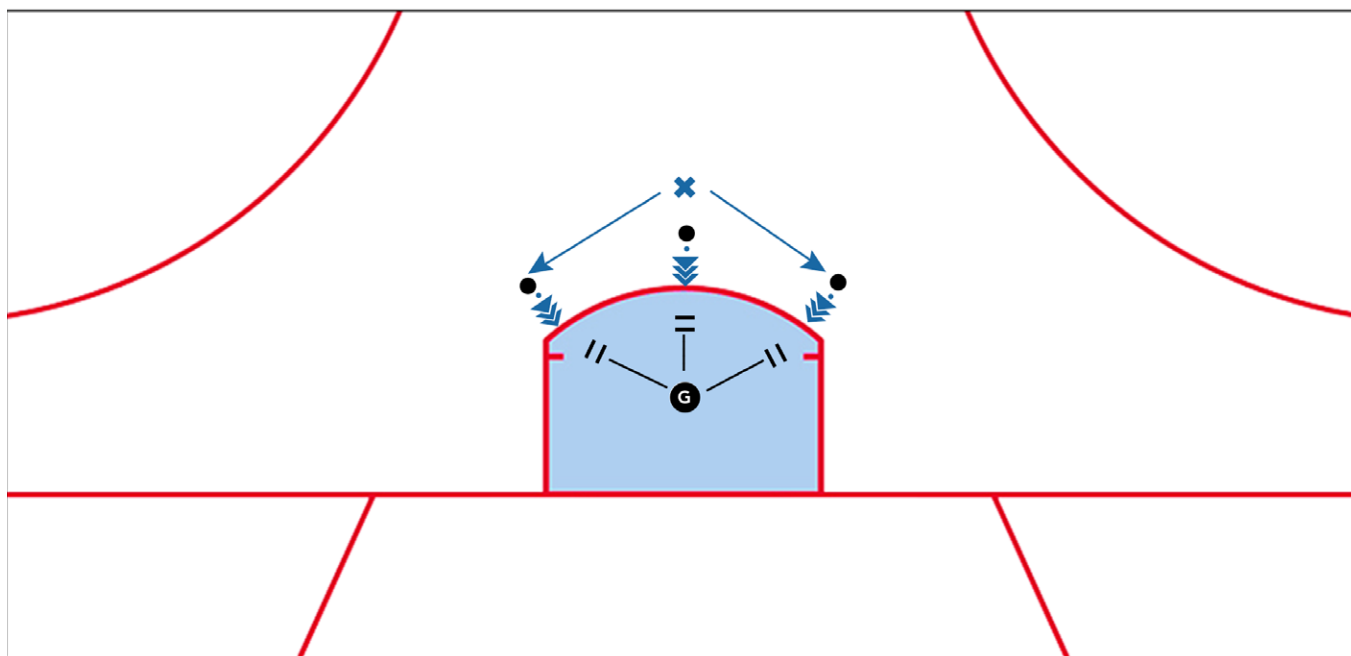
# NET FRONT 3 PUCK

**Category:** Goaltending

**Team:** Toronto Maple Leafs

**Description:**

- 3 pucks are set at the net front, just outside the crease. One at the top, one at each side
- The player will try to score each puck, one at a time, until the puck is either covered, in the mesh out of play, or a goal
- It's all out. The first puck must be shot first, then dekes are allowed on all other plays
- Fun game, get the competitive juices flowing!



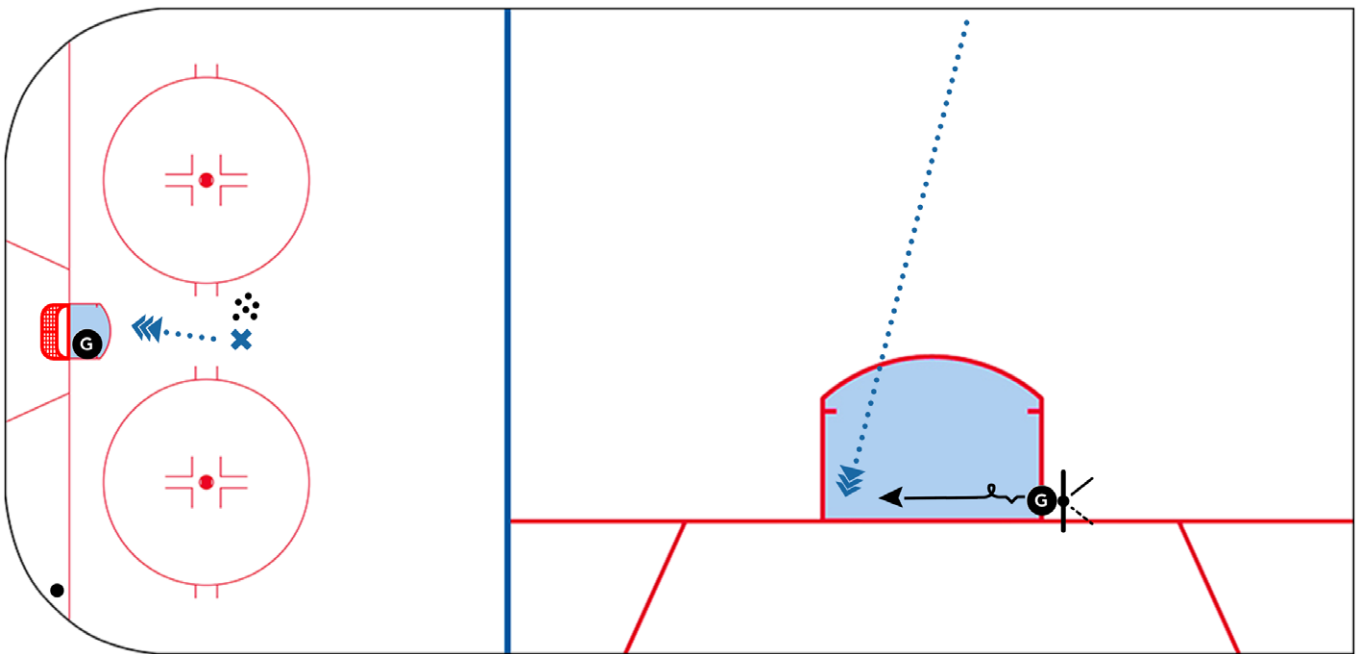


# GOAL LINE GLOVE & BLOCKER

**Category:** Goaltending

**Team:** Toronto Maple Leafs

- Description:**
- Pucks are all in the mid-high slot.
  - Goalie starts on one post, eyes in the corner (either put a puck in the corner or tell them to look at the yellow part of dasher where the vertical goal line meets). Eyes and head must start here.
  - On coach/shooter call (vocal yell or stick clap), goalie gets eyes on puck immediately and pushes laterally to make the save. Shooter aims for the opposite post/elbow/corner from where the goaltender is starting.
  - The shooter's timing should be appropriate for the age of the goaltender. Elite goaltenders can make these saves with very little or no time gap at all between the auditory call and shot. The goal is to build reaction time and quickness, not angles or depth...so goalies should push laterally, not out toward the shooter (they may not have enough time to push out anyway).
  - A variation allows the goaltenders to butterfly-slide into the save.

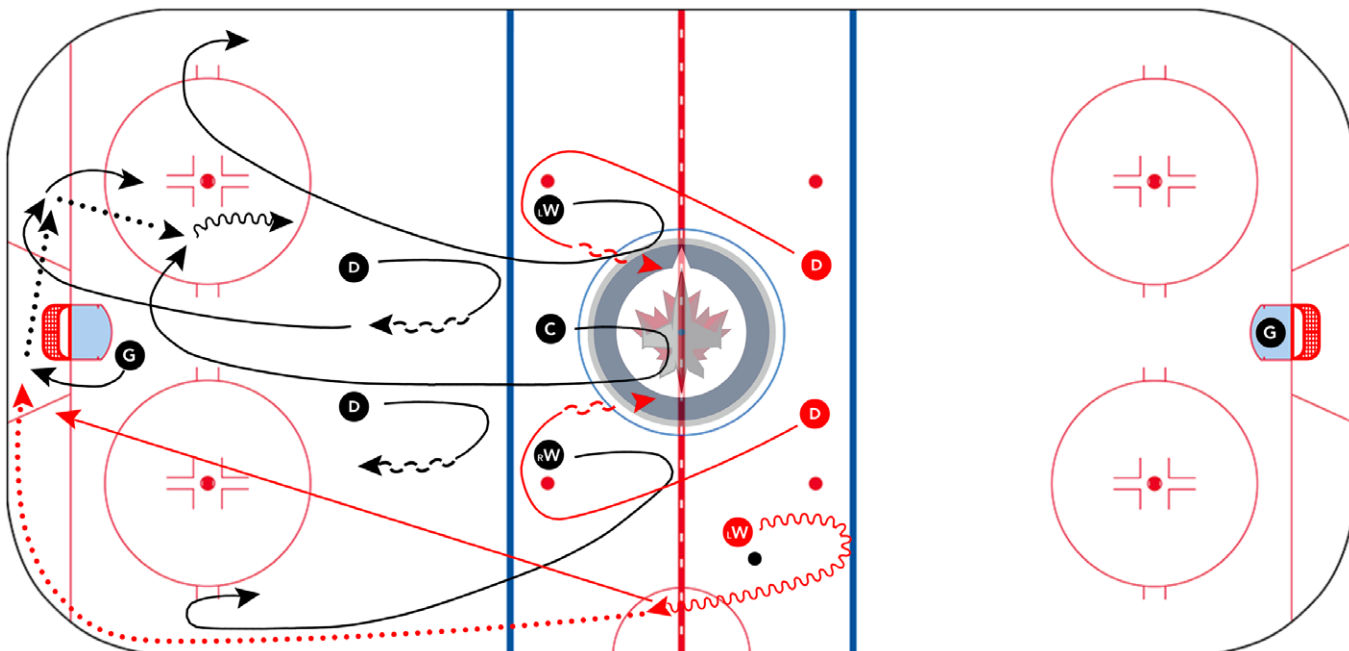


# GOALIE HANDLE ON BAD DUMP FORECHECK

**Category:** Goaltending


**Team:** Winnipeg Jets

- Description:**
- **LW** in neutral zone tags up to gather speed and has the option once gaining red line to rim, dump or shoot on net
  - **Black line** tag up at same time and go back for breakout
  - **LW** after dumping puck keeps speed & forechecks the goalie
  - **D** & **G** communication (talk) for quick pass to any forward
  - **Black line** attack 3 vs 2 looking to make a play to net on rush. Stay on puck/rebounds in zone
  - On the whistle, attacking **LW** picks up a spotted puck near far blue line in NZ, retrieves and gains redline. Dump & forecheck to continue the sequence with a new line in the NZ
  - Every line gets 3 breakouts LW — Center — RW rotation as forecheckers
  - D rotation — defend, breakout (follow up hard to red line), then rest. Two new D rotate in






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