



# 2021 NHLCA DRILL HANDBOOK

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# WARM-UP DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterfyslide

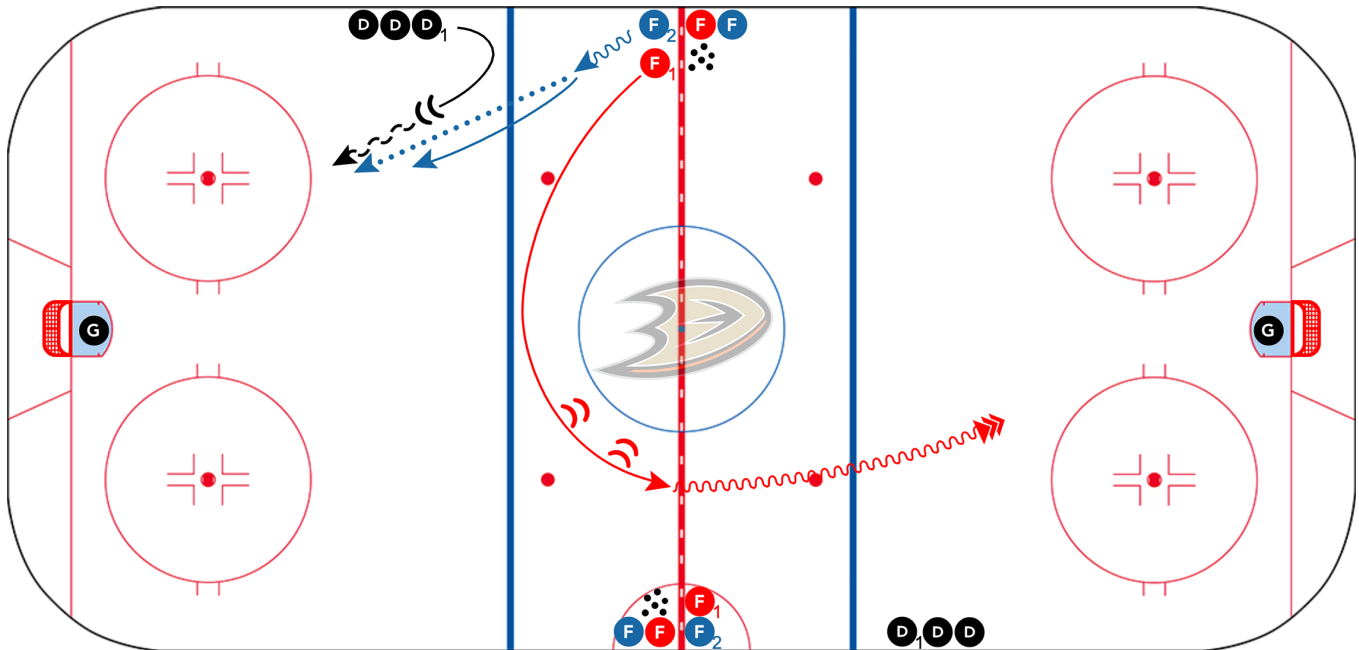


# OPEN UP DRILL

**Category:** Warm-Up

**Team:** Anaheim Ducks

- Description:**
- **F 2** → passes to **D 1** and provides token pressure on the play.
  - **F 1** → opens up.
  - **D 1** → pass to **F 1** who goes straight down the ice for a shot.
  - **F 2** becomes **F 1** and the drill becomes continuous.





# ASPY SHOOTER

**Category:** Warm-Up

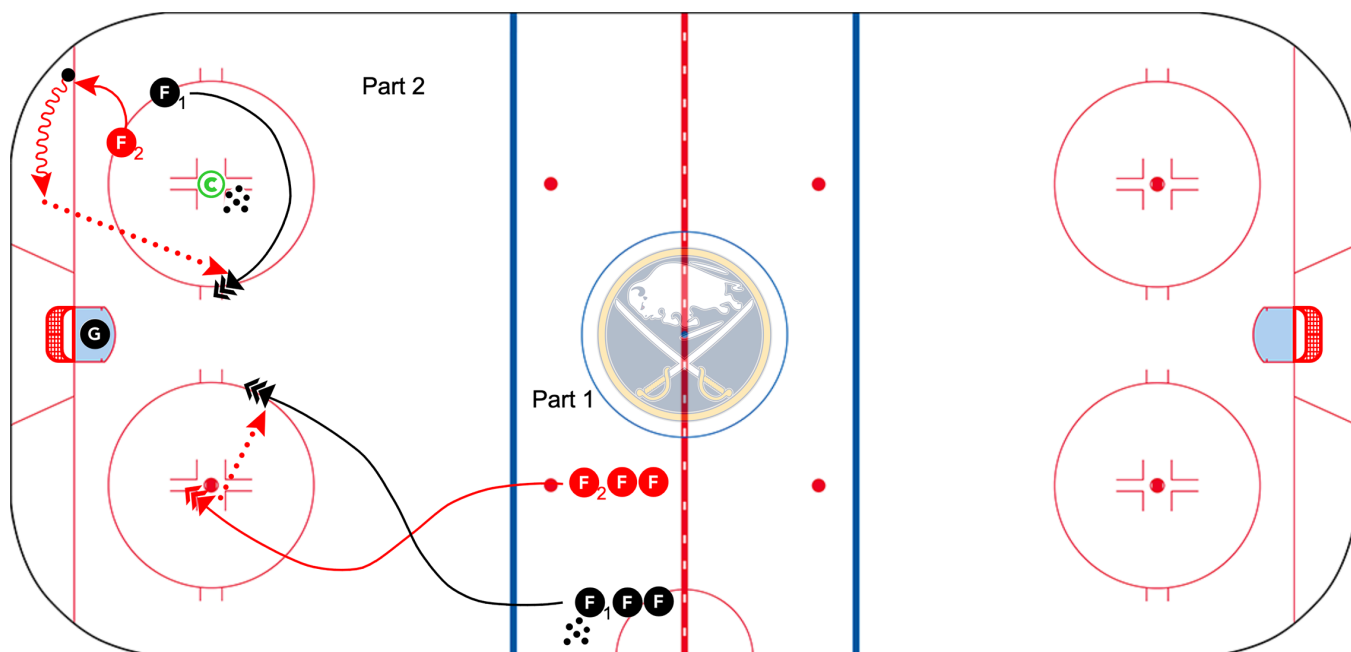
**Team:** Buffalo Sabres

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

- **F1** & **F2** cross and drop entry.
- **F2** shoots for pop or to score.
- Progression: **F2** use deception and make a slot pass to **F1**.

**Part 2**

- Coach spots a puck in the corner.
- **F1** cycles puck to **F2**.
- **F2** find **F1** in slot for second shot.





# SMYTHE WARM-UP

**Category:** Warm-Up

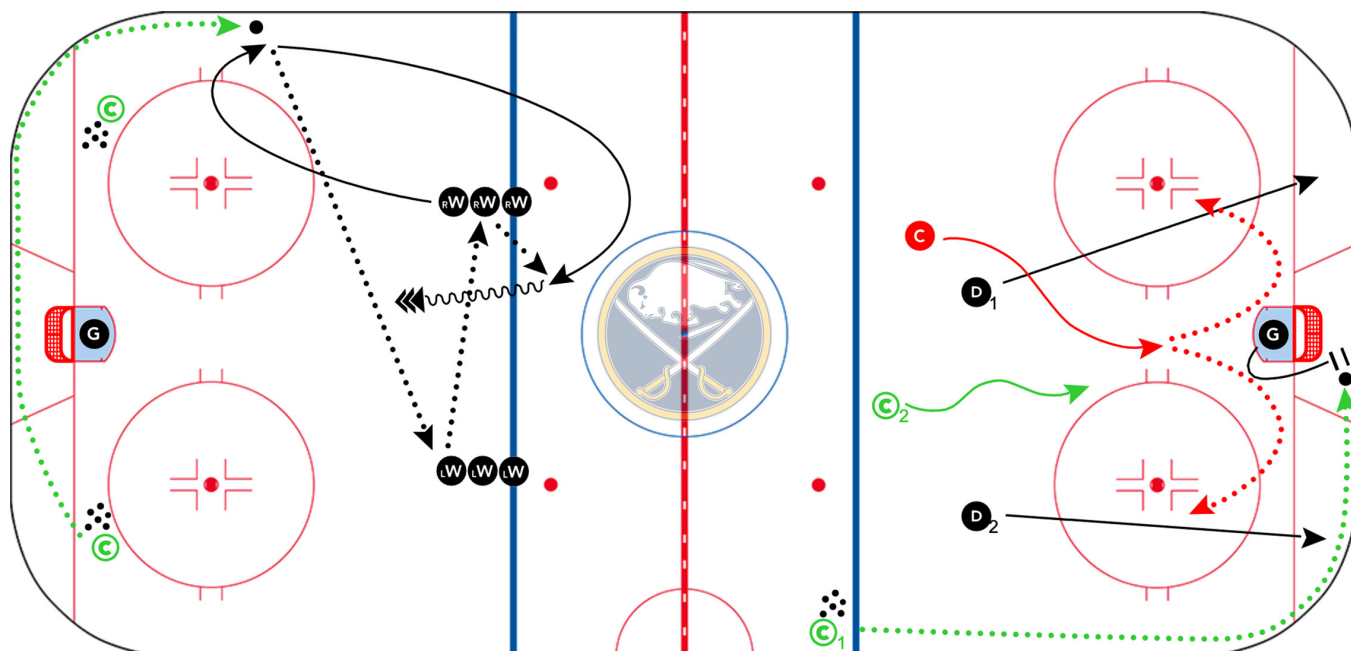
**Team:** Buffalo Sabres

**Description:** **Left Side**

- Wingers work on rims — long shots for the goalies.

**Right Side**

- **D** and **C** work on goalie handles.
  1. Coach 1 rims puck to the goalie.
  2. **D** work back to trapezoid.
  3. **C** supports through paint.
- Coach 2 forechecks, taking away an option.
  1. **D** & **C** communicate with the goaltenders to breakout.

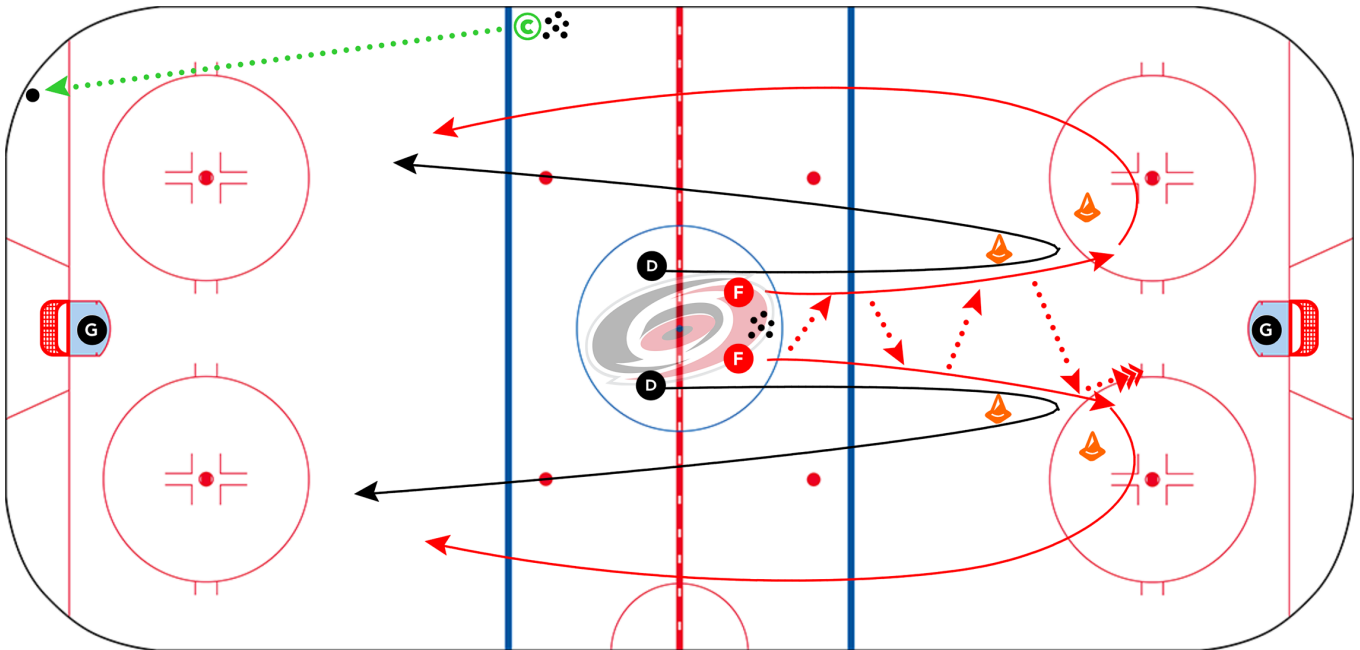


# CAROLINA 2 VS 2

**Category:** Warm-Up

**Team:** Carolina Hurricanes

- Description:**
- Forwards touch pass then shoot on goalie with defence following.
  - **D** and **F**s curl around cones and race up ice. Coach will lay a puck out for 2 vs 2 in the zone.
  - Play it out. If the defence wins the puck, they have to skate it out of the zone.





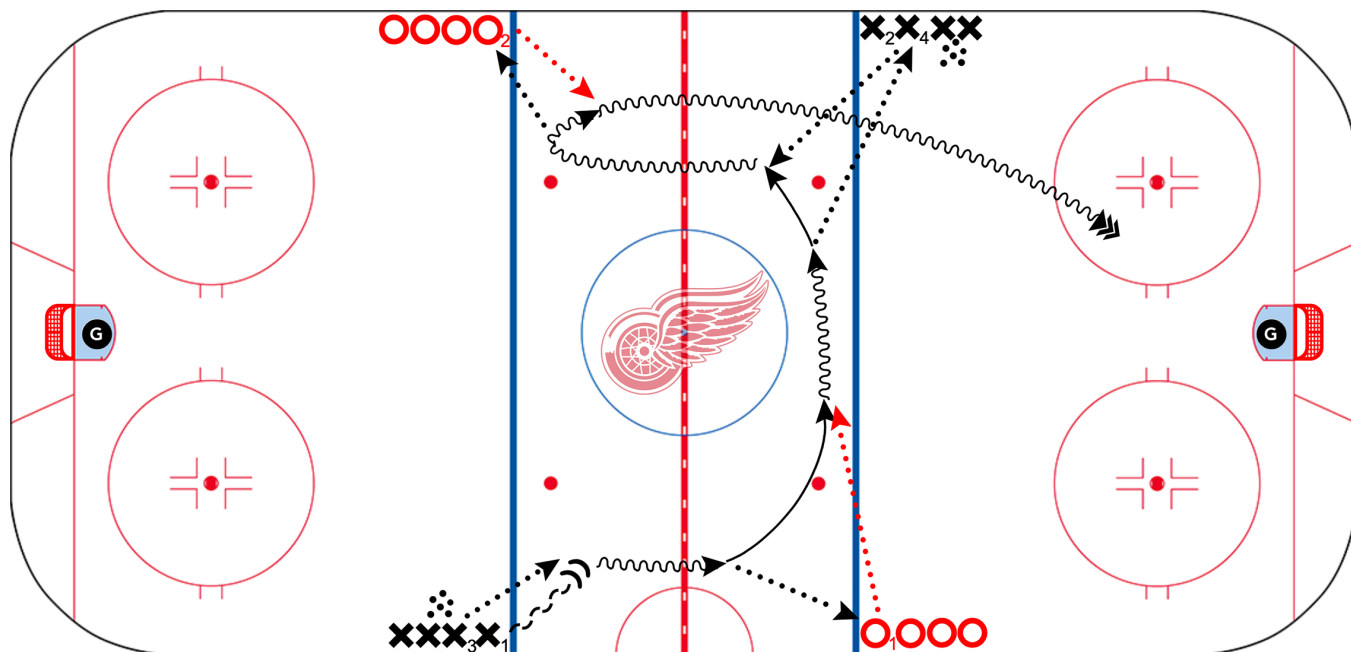


# THUNDER WARM UP

**Category:** Warm-Up

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown. Opposite lines go at the same time and will mirror one another.
  - **X1** backskates and gets a pass from **X3**. **X1** then pivots and passes to **O1** and gets a pass back. **X1** then passes to **X4** and gets a pass back.
  - **X1** then passes to **O2** and opens up for a pass at the red line and gets the puck back. Goes down for a shot in the opposite end they started in.
  - After **X1** and **X2** cross the blue line, **O1** and **O2** step out and go.

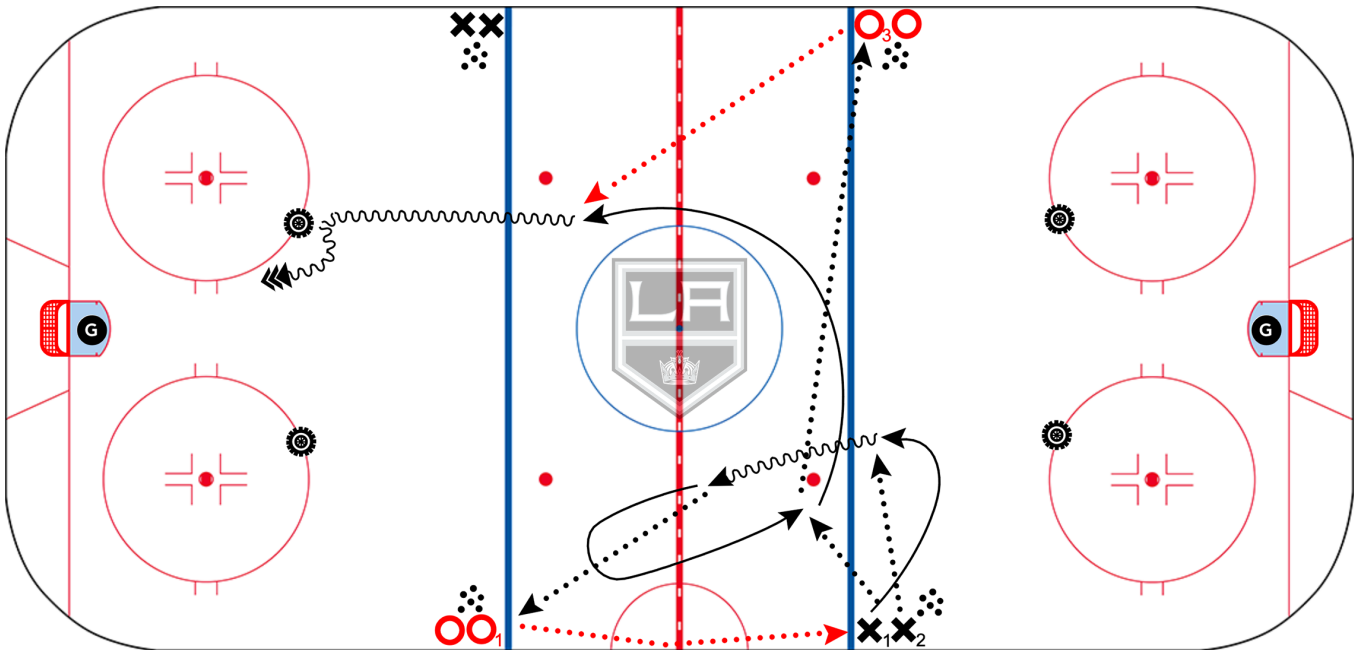


# NZ SPEED

**Category:** Warm-Up

**Team:** LA Kings

- Description:**
- Opposite sides go together.
  - **X1** belly out, pass from **X2**. **X1** passes to **O1** in the opposite line.
  - **O1** indirect pass to **X2** in starting line. **X2** bump back to **X1** in the center of the ice.
  - **X1** gets puck back and passes across to **O3**.
  - **O3** passes back to **X1**, who drives the middle with speed for a shot on goal.
  - Use tire to make shooter change the angle of shot.





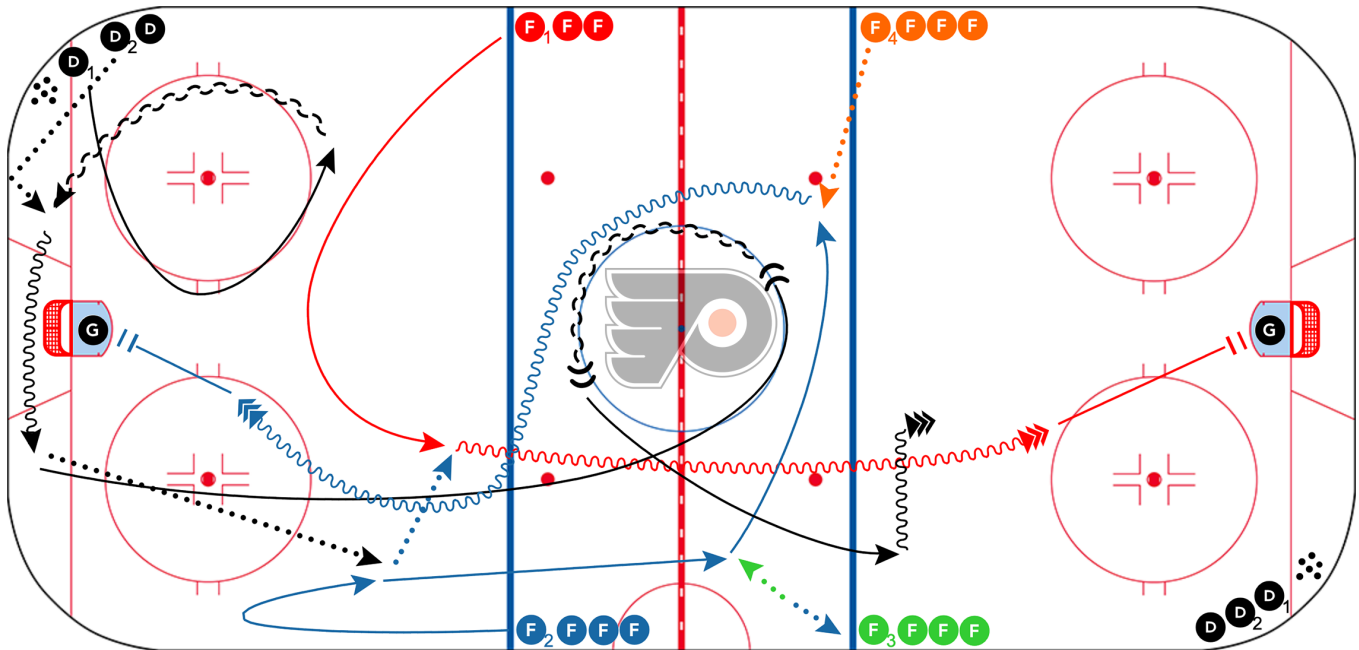


# WARM UP SEQUENCE (G)

**Category:** Warm-Up

**Team:** Philadelphia Flyers

- Description:**
- Both sides going at the same time.
  - On whistle, **D1** gaps up around the circle & retrieves puck in the corner from **D2**.
  - **D1** takes puck around net and passes to **F2** coming low in the zone.
  - **F1** skates across the ice to support and receives puck from **F2**.
  - **F1** goes down the ice for a shot on net and takes position net-front for a screen.
  - **F2** continues and one touch passes with **F3**, then receives a pass from **F4**.
  - With puck, **F2** comes back across the ice to take a shot with **F1** screening.
  - Once **F2** shoots, **F1** releases to the corner for **D2** spotted puck.
  - **F1** passes to **D1** who came up the ice pivoting around center ice and takes a shot on net from the blue line.

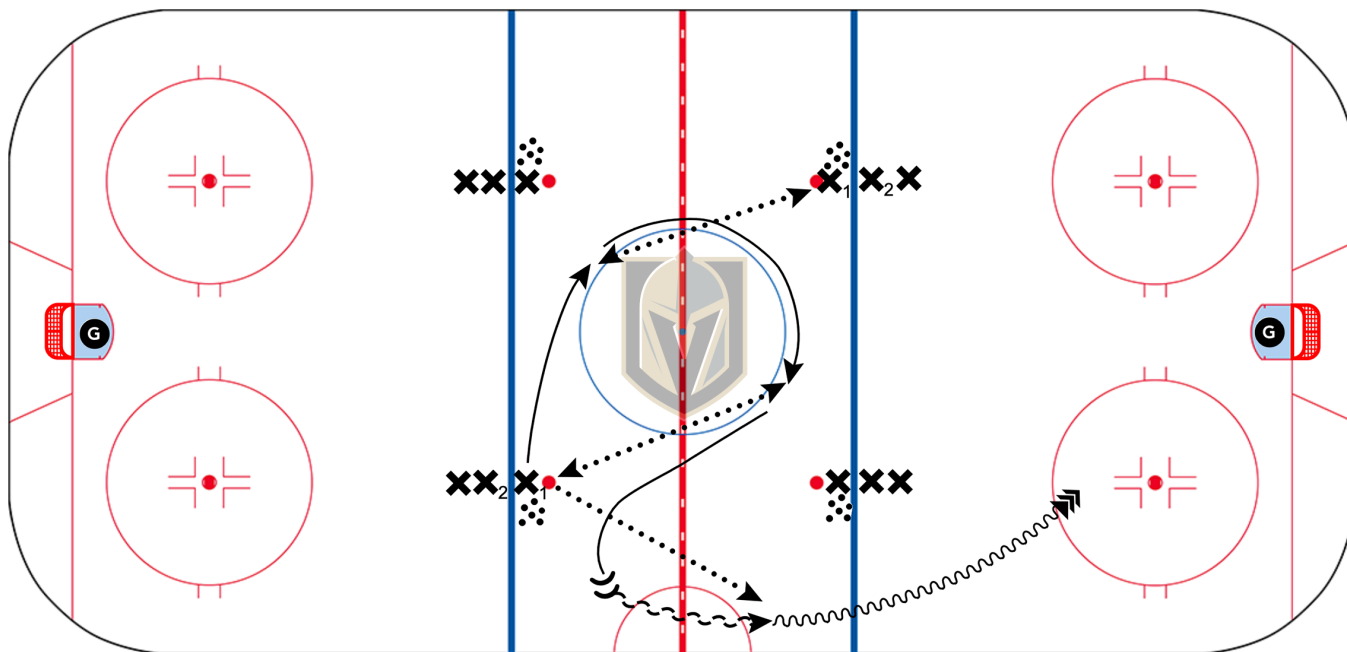


# 2 TOUCH GIVE & GO

**Category:** Warm-Up

**Team:** Vegas Golden Knights

- Description:**
- 4 groups on NZ dots. Opposite sides go at same time.
  - **X1s** release without puck skating towards opposite line, receive pass and one touch back to **X2**.
  - **X1s** continue skating back towards original line, receive and one touch back to **X2**.
  - **X1s** post on wall to receive pass back from **X2** to enter dot wide for shot.





# SHOOTING DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

)) Pivot

———— Skate

~~~~~ Skate With Puck

•••• Pass

~ ~ ~ Backwards Skating

~ ~ ~ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

— Goalie Butterflyslide



# PINWHEEL — CHIP THEN DRIVE

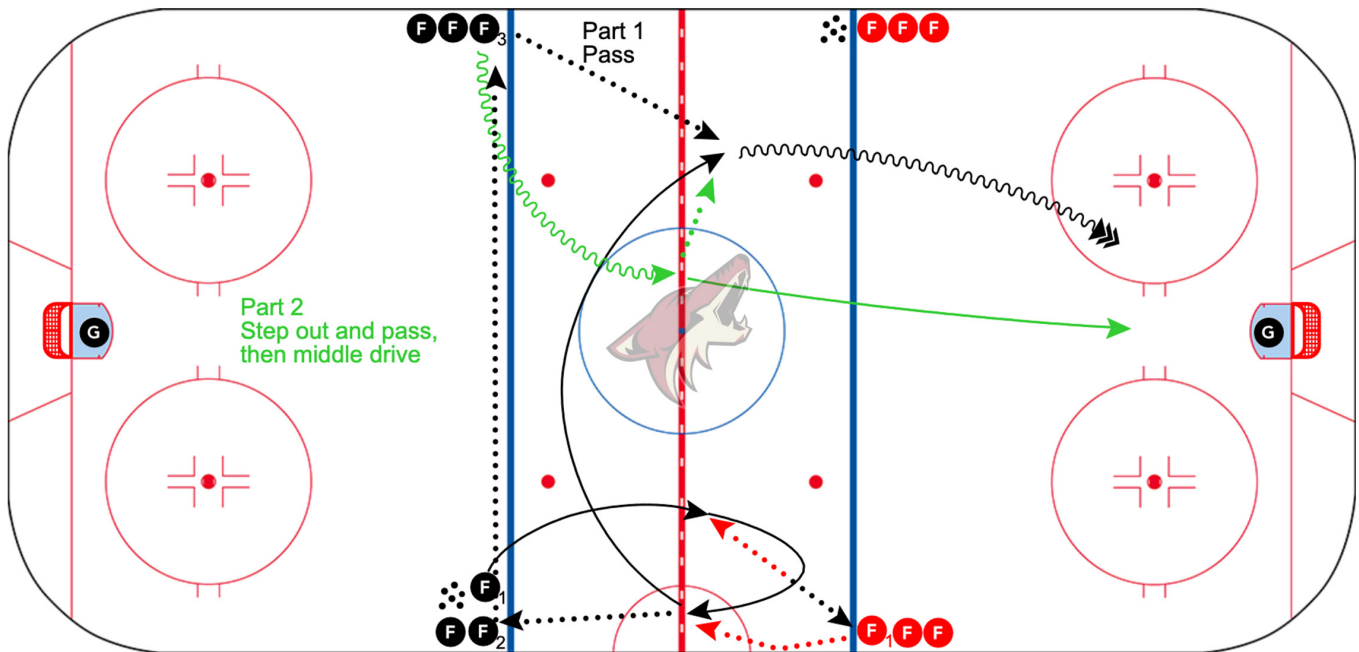
**Category:** Shooting

**Team:** Arizona Coyotes

- Description:**
- **F 1** skates to red line and receives a pass from **F 1** and one-touches it back.
  - **F 1** chips the puck back to **F 1** and they pick it up and pass to **F 2** in line.
  - **F 2** passes across the blue line to **F 3** on the other side.

Part 1 — **F 1** continues along the blue line to receive a pass from **F 3** and takes a long shot.

Part 2 — **F 1** continues along the blue line and **F 3** steps out (**GREEN**) as they receive the pass from **F 2**, pass to **F 1** and then middle drive.

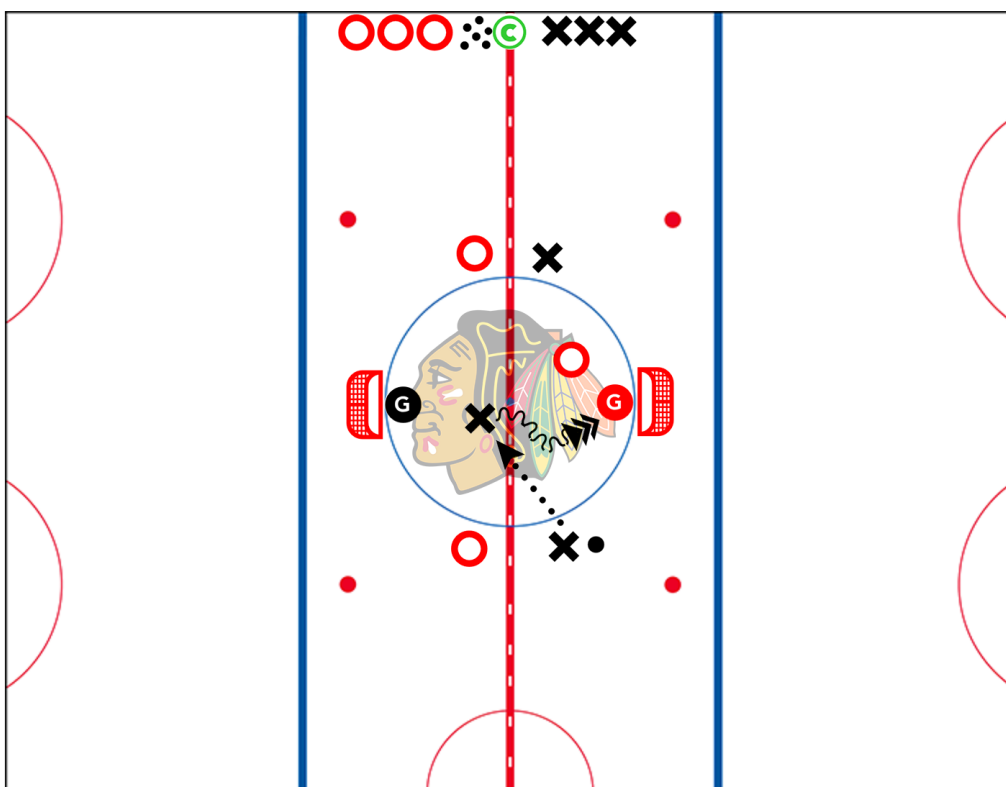


# CENTRE DOT 3 VS 3

**Category:** Shooting

**Team:** Chicago Blackhawks

- Description:**
- One player from each team in centre circle. Two players on each team on either side of red line. The players outside of the circle can't skate in circle or cross red line.
  - 3 vs 1 on either side depending on who has the puck.
  - Make plays, find passing lanes, score goals. First team to score gets a point.



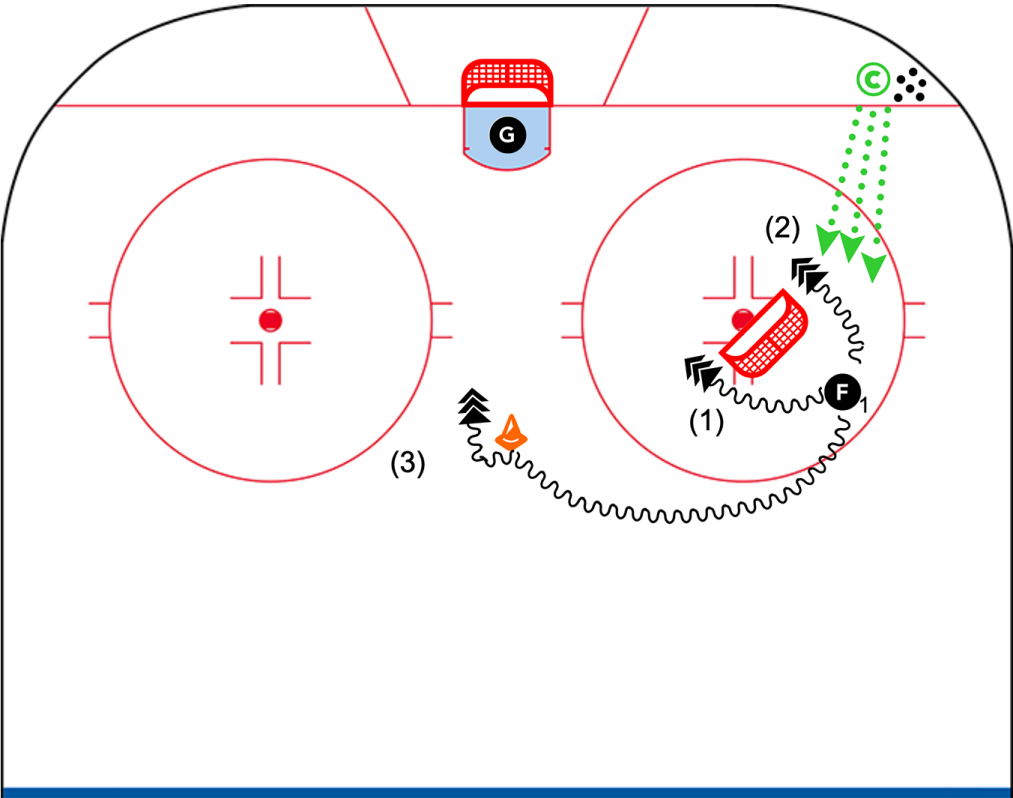
# CHANGE THE ANGLE

**Category:** Shooting

**Team:** Edmonton Oilers

**Description:** Place other net on the dot. Coach will pass to **F 1** for three different shots. Alternate sides.

1. Change angle above the dot.
2. Change angle below the dot.
3. Pull/push across middle, shot on opposite side of cone.





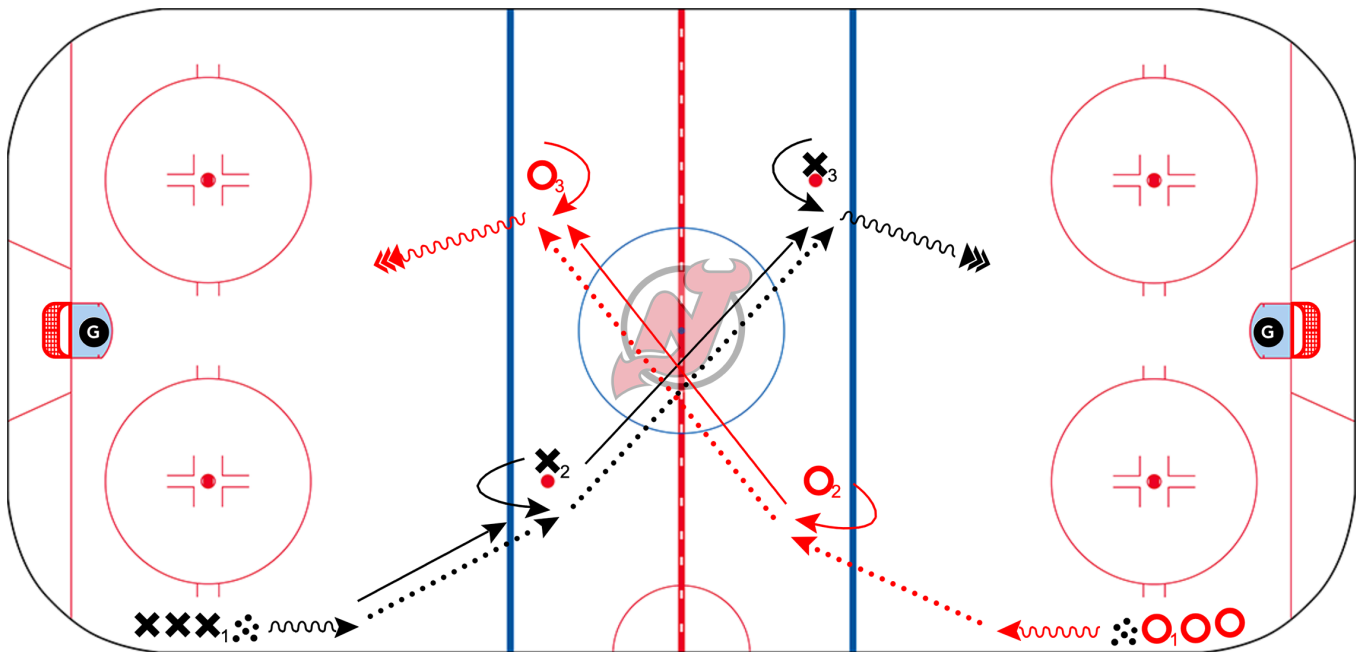


# CONTINUOUS QUICK UP

**Category:** Shooting

**Team:** New Jersey Devils

- Description:**
- Both sides run at same time.
  - **X1** skates and makes pass to **X2**.
  - **X1** follows pass, goes around dot facing back to the line and is now **X2**.
  - **X2** receives pass and passes to **X3** who goes in for the shot.
  - **X2** follows pass, goes around dot facing back to previous dot and is now **X3**.

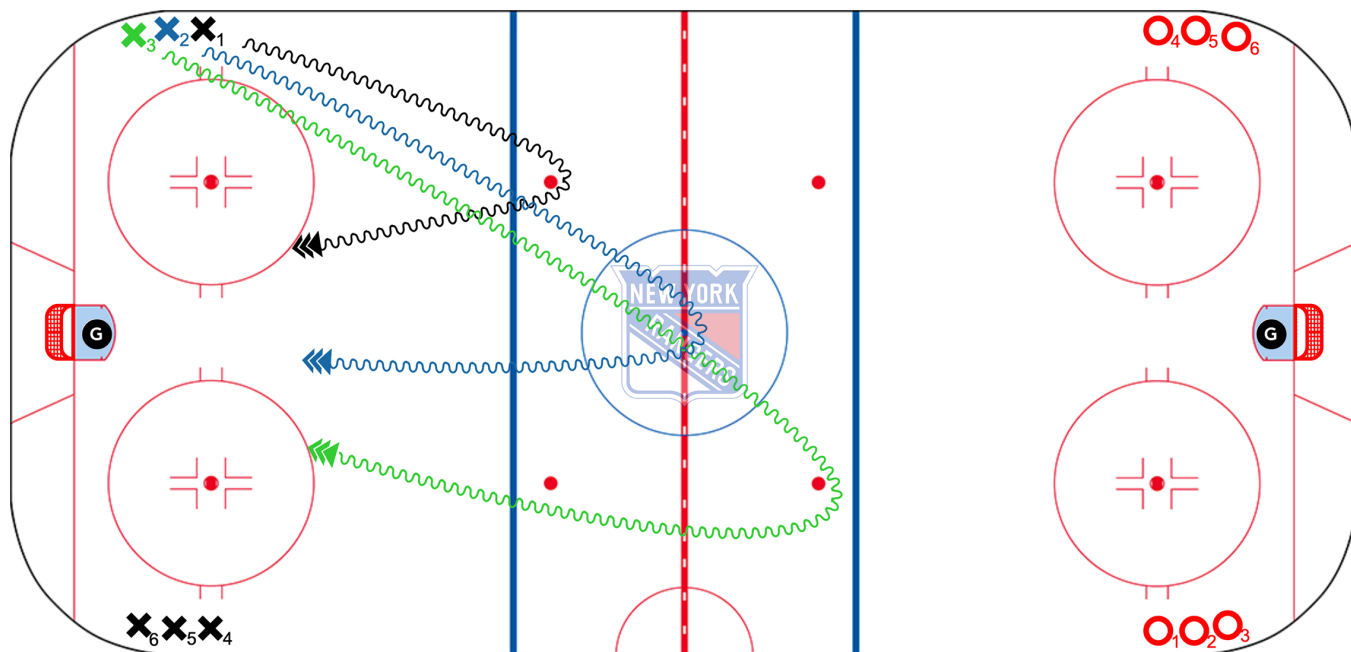


# 3 DOT SHOOTING

**Category:** Shooting

**Team:** New York Rangers

- Description:**
- On whistle, 3 Xs & 3 Os leave from opposite corners.
  - 1st player goes around near blue neutral zone dot.
  - 2nd player goes around center dot.
  - 3rd player goes around far blue dot.
  - Alternate sides on the whistle.



# SHARKS CHIP

**Category:** Shooting

**Team:** San Jose Sharks

**Description:** Pucks in 4 corners. Both sides go at the same time.

## Part 1

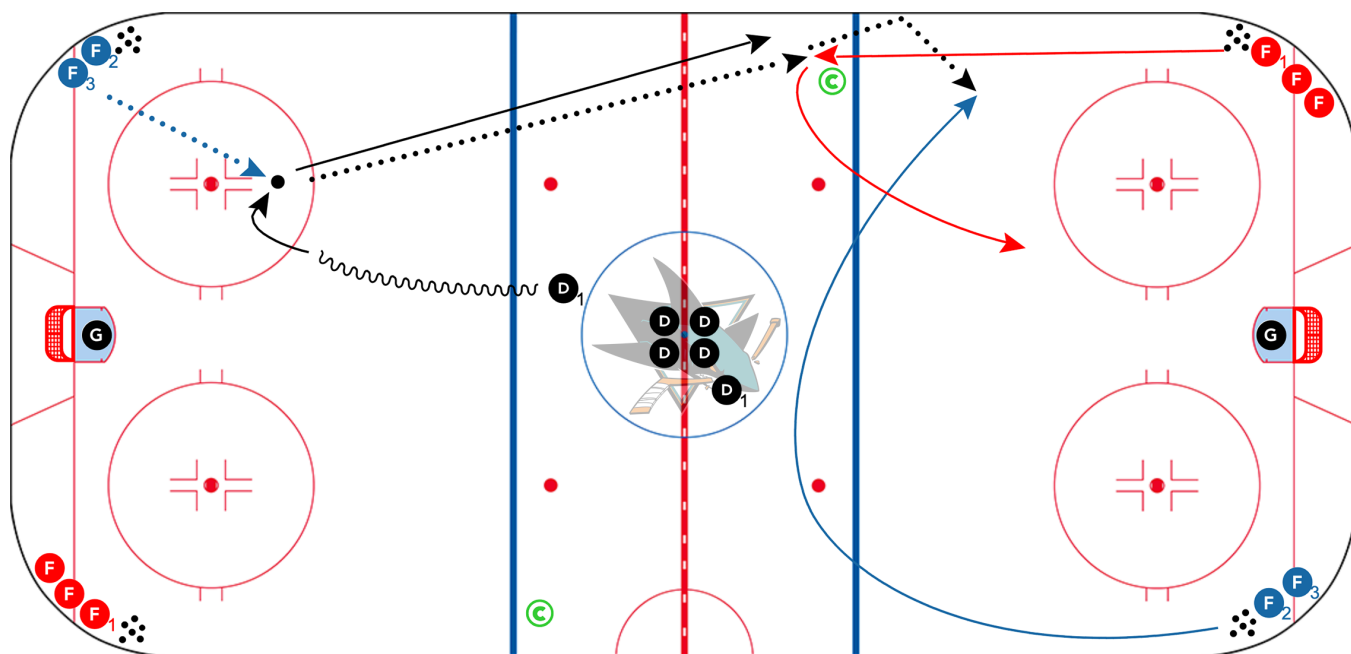
- **D1** picks up a spotted puck at the top of the circle and passes to **F1** at the far blue.
- Coach gives pressure to **F1** who chips to **F2** who has worked across ice.
- **F1/F2** tandem entry and shot.
- **D1** follows to blue line for shot.

## Part 2

1. **D1** passes to **F2** working across middle, who chips to **F1** posted at blue line.

## Shot Progression:

- F:** 1. Shot off wall 2. Cut to middle money line shot
- D:** 1. Low-high pound 2. Climb and slide



# NEW LINDY — PART 1

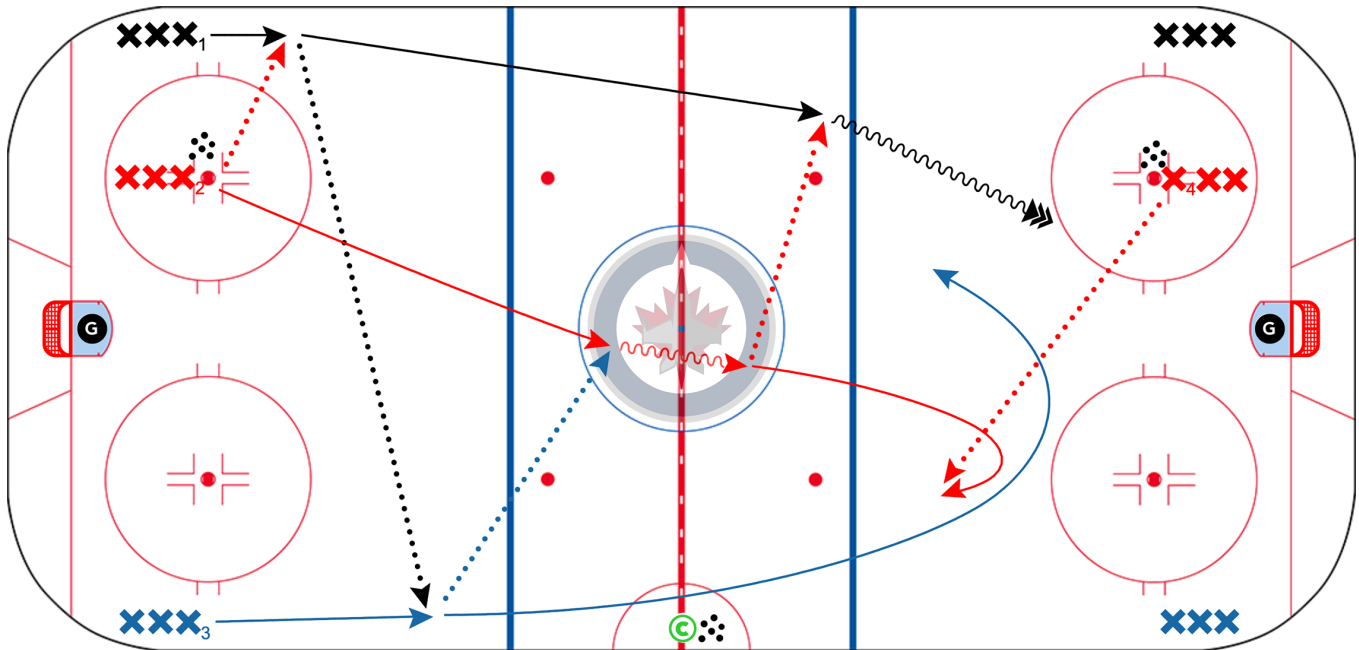
**Category:** Shooting

**Team:** Winnipeg Jets

**Description:** Part 1 — 3 vs 0

- X1, X2 & X3 leave one end passing the puck down ice.
- Player with the puck at blue line goes in for a shot.
- The other 2 players regroup and receive a pass from X4 heading back to the end they started in.

Continued on Winnipeg — New Lindy — Part 2



# NEW LINDY — PART 2

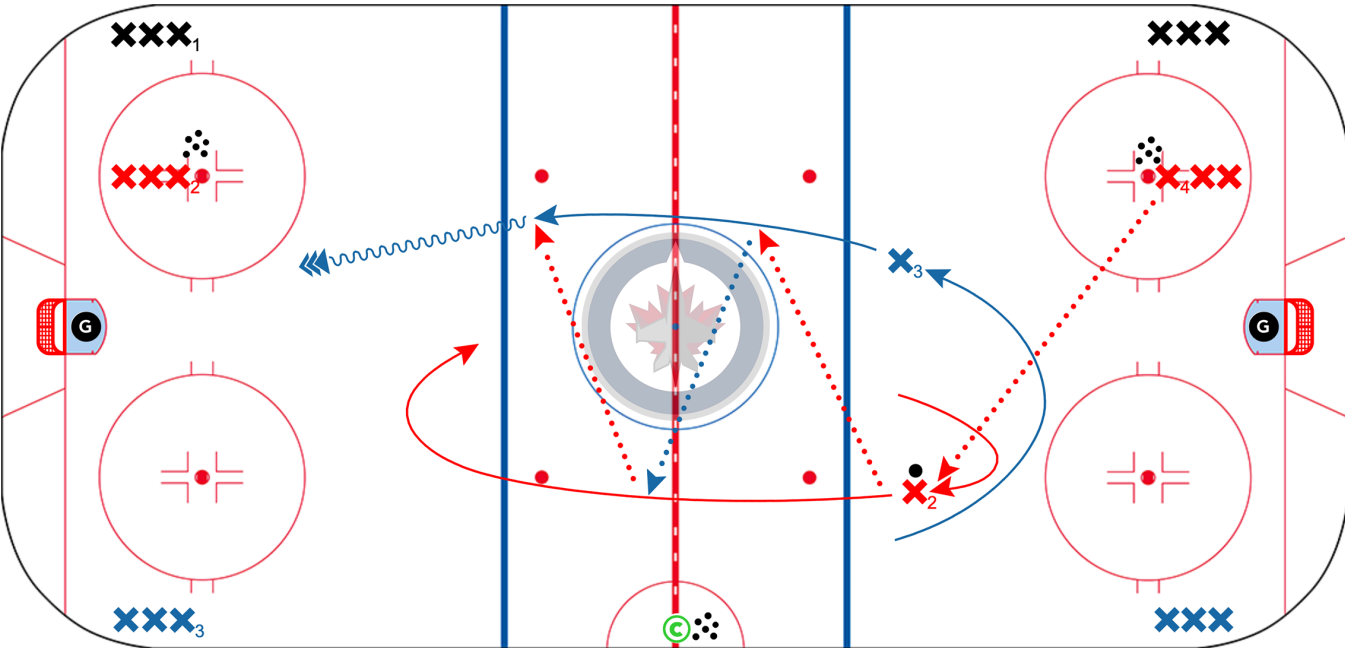
**Category:** Shooting

**Team:** Winnipeg Jets

**Description:** Part 2 — 2 vs 0

- X2 & X3 pass and receive puck back through the neutral zone.
- The player with the puck at the blue line goes in for a shot.
- Player that doesn't shoot (X2), curls and heads back to the other end.

Continued on Winnipeg — New Lindy — Part 3





# NEW LINDY — PART 3

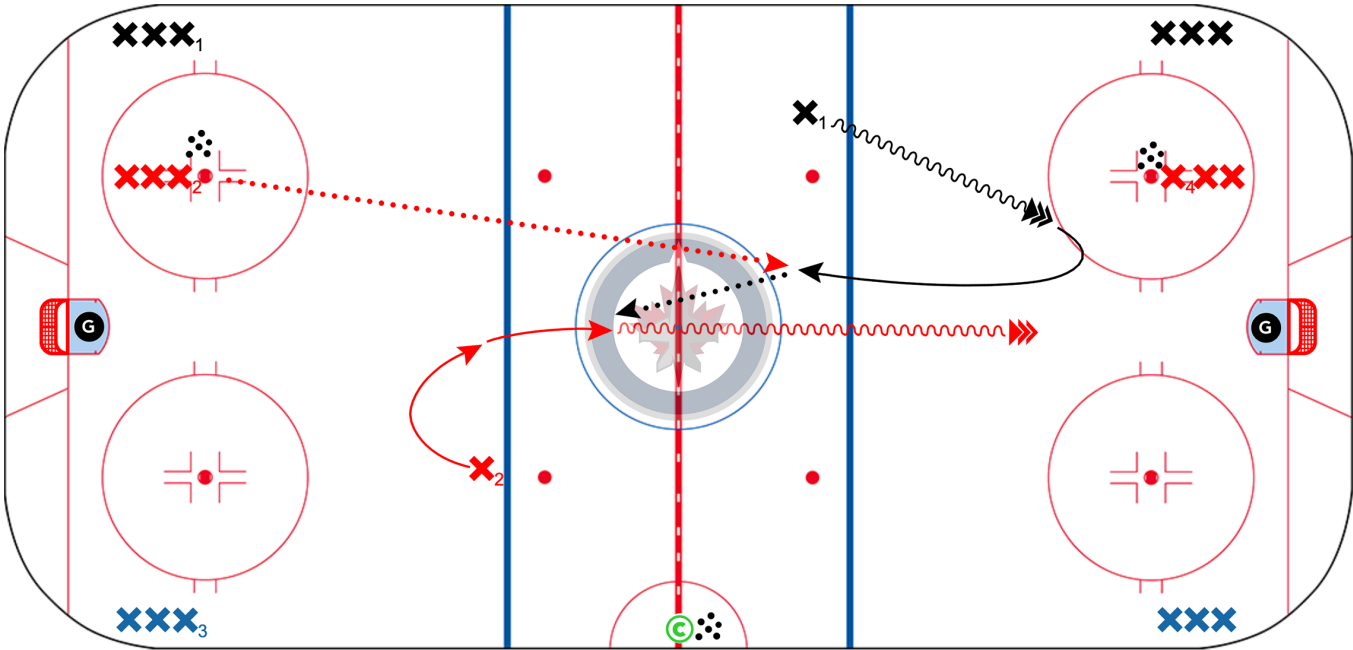
**Category:** Shooting

**Team:** Winnipeg Jets

**Description:** **Part 3 — Stretch Pass Bump Back**

- **X1** receives a long pass from **X2** and bumps (passes) to the only player that hasn't shot. This player goes in for a shot and is done.

Continued on Winnipeg — New Lindy — Part 4



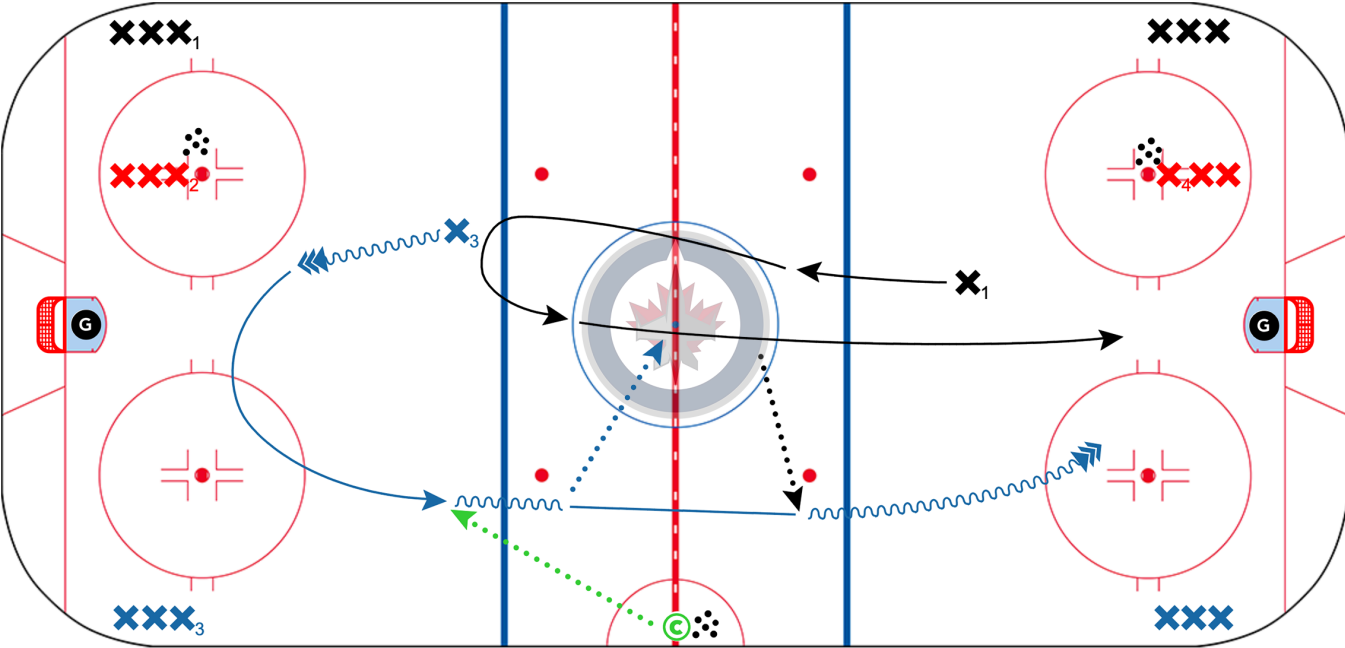
# NEW LINDY — PART 4

**Category:** Shooting

**Team:** Winnipeg Jets

**Description:** Part 4 — 2 vs 0 from coach

- The shooter from the 2 vs 0, **X3** turns back up ice, receives puck from the coach and picks up 1st shooter **X1**. They attack 2 vs 0.
- Player with puck at blue line shoots.





# BREAKOUT DRILLS

## LEGEND

|             |                                   |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate                        |
| »» Shot     | ~~~~~ Skate With Puck             |
| Stop        | •••• Pass                         |
| )) Pivot    | ~ ~ ~ Backwards Skating           |
|             | ~ ~ ~ Backwards Skating With Puck |
|             | Lateral Skating                   |
|             | — Goalie Padslide                 |
|             | — Goalie Butterfyslide            |



# D DINK SERIES

**Category:** Breakout

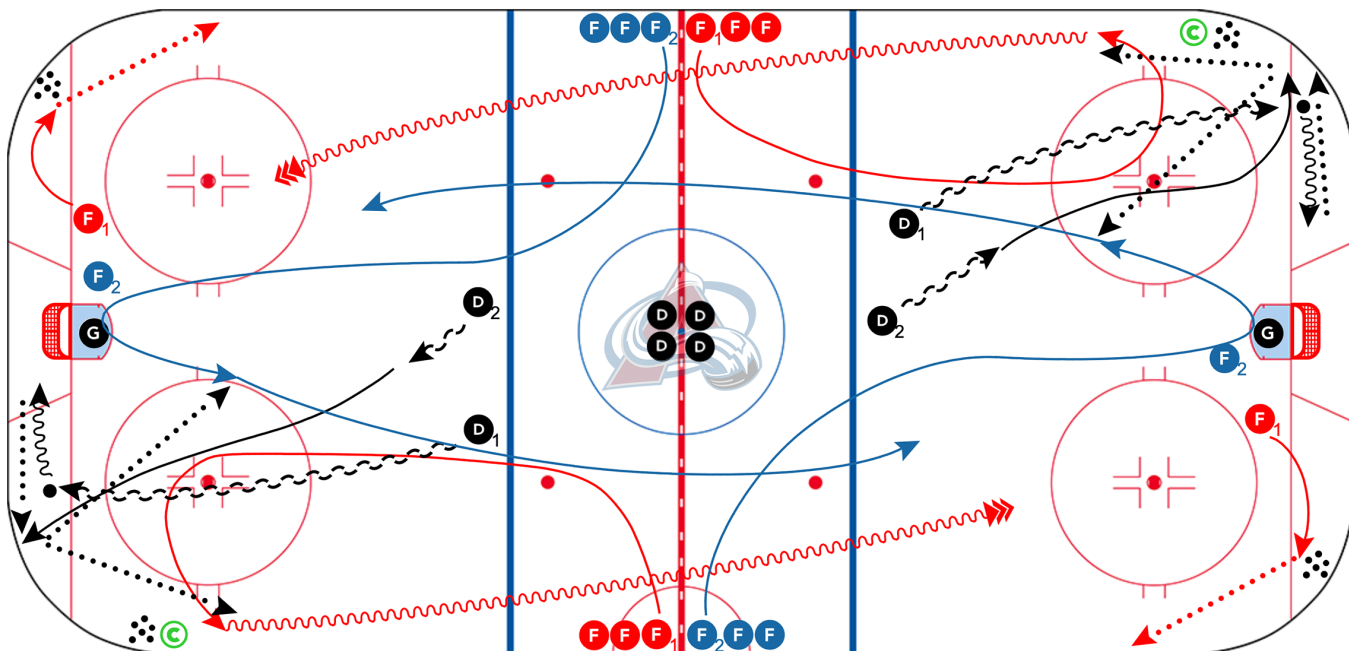
**Team:** Colorado Avalanche

**Description:** Drill works in both directions at the same time.

- On whistle both **D** back off to retrieve puck, **D 1** set route up for dink play. **D 2** stack in dot line to set up net or wall dink.
- Forwards pop in dots and arrive low, inside out route. **F 1** below hashmark, **F 2** low and slow through the paint.
- **D** has option to hit either forward, they drive with 5 foot support for 2 vs 0 shot. Retrieve puck on whistle for low to high shot.
- **D 1** chase play up ice tags tops of circles for low to high pass.

Dink BO's — **D** over, wheel wall, turn up net, **D 1** wheel wall to **D 2** and continue.

Dink: "A small chip to an area"

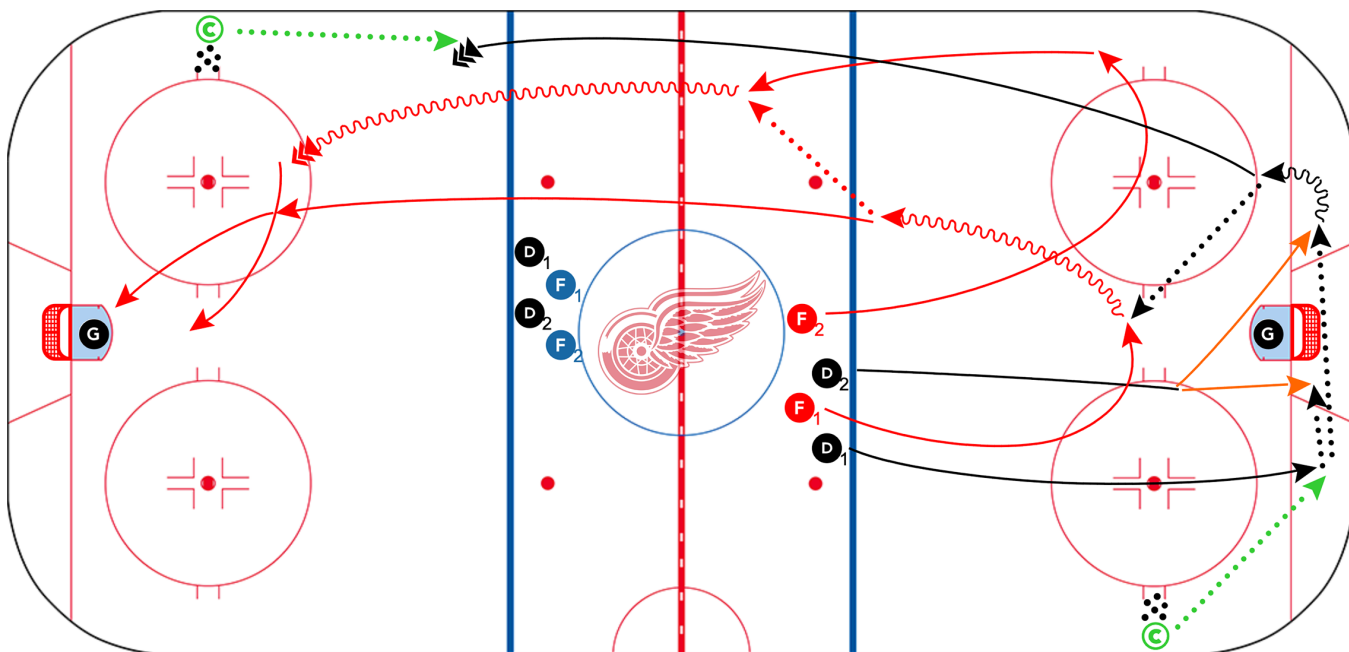


# BOSTON BO SEQUENCE — OVER

**Category:** Breakout

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown with all players in the middle and pucks are with coaches on opposite hashmarks.
  - Coach lays a puck outside the trapezoid. **D1** retrieves it and **D2** supports for a **net or an over**. **F1** supports like a center and **F2** supports like a wing.
  - **D2** hits the center and Fs drive up the ice for an outside shot with a net drive. **D2** follows up the play. **D1** skates back to the center circle and becomes the next **D2**.
  - On command, Fs have net presence and a bumper with momentum to the back post. **D2** gets a pass from the coach and shoots for stick of **F1** or **F2**.
  - New rep begins on next whistle.

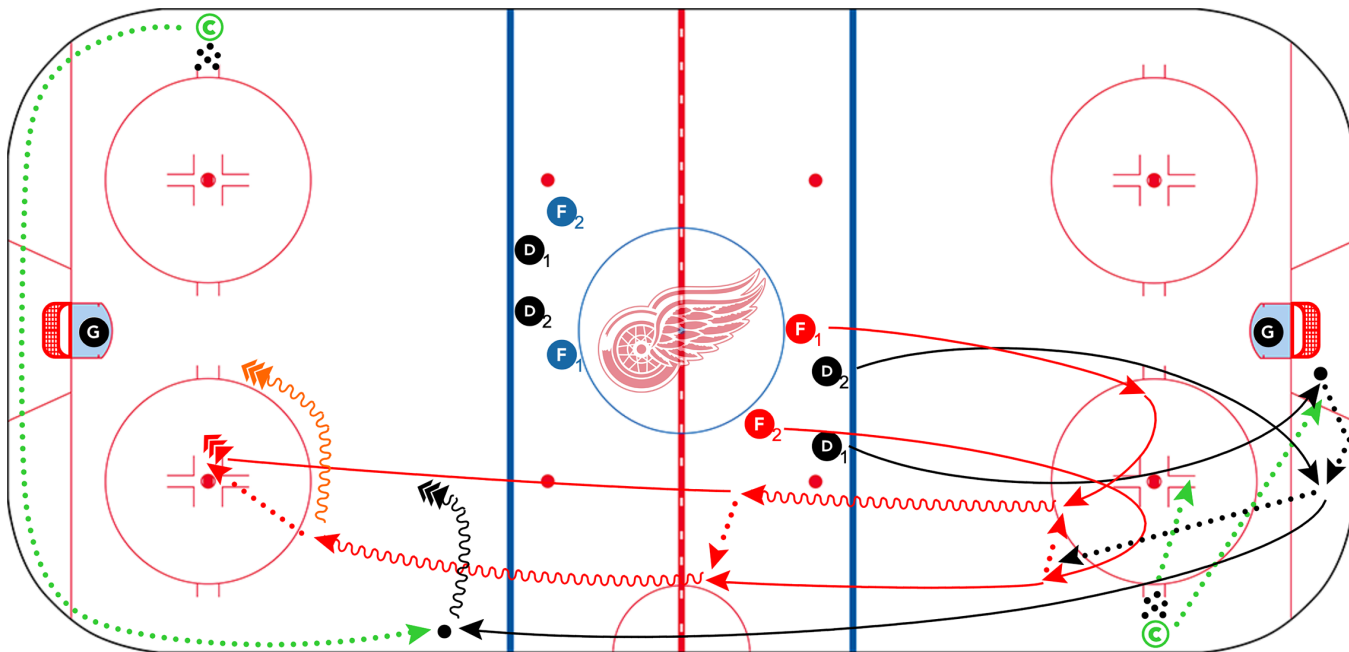


# BOSTON BO SEQUENCE — REVERSE

**Category:** Breakout

**Team:** Detroit Red Wings

- Description:**
- Drill is the exact same as OVER except this time the coach lays the puck inside the trapezoid or in the circle for **D1** to pick up and carry behind the net.
  - **D1** reverses puck to **D2** and **D2** hits wing who bumps back to the center. Puck carrier buys space on the entry and passes across the seam for a shot off the pass. **Option** to cut to middle for shot.
  - After initial shot and quick rebound, coach rims the puck to **D2** who has followed up the play again. **D2** gets the puck off the wall and shoots for sticks as net front and bumper with momentum to back post have their sticks presented.





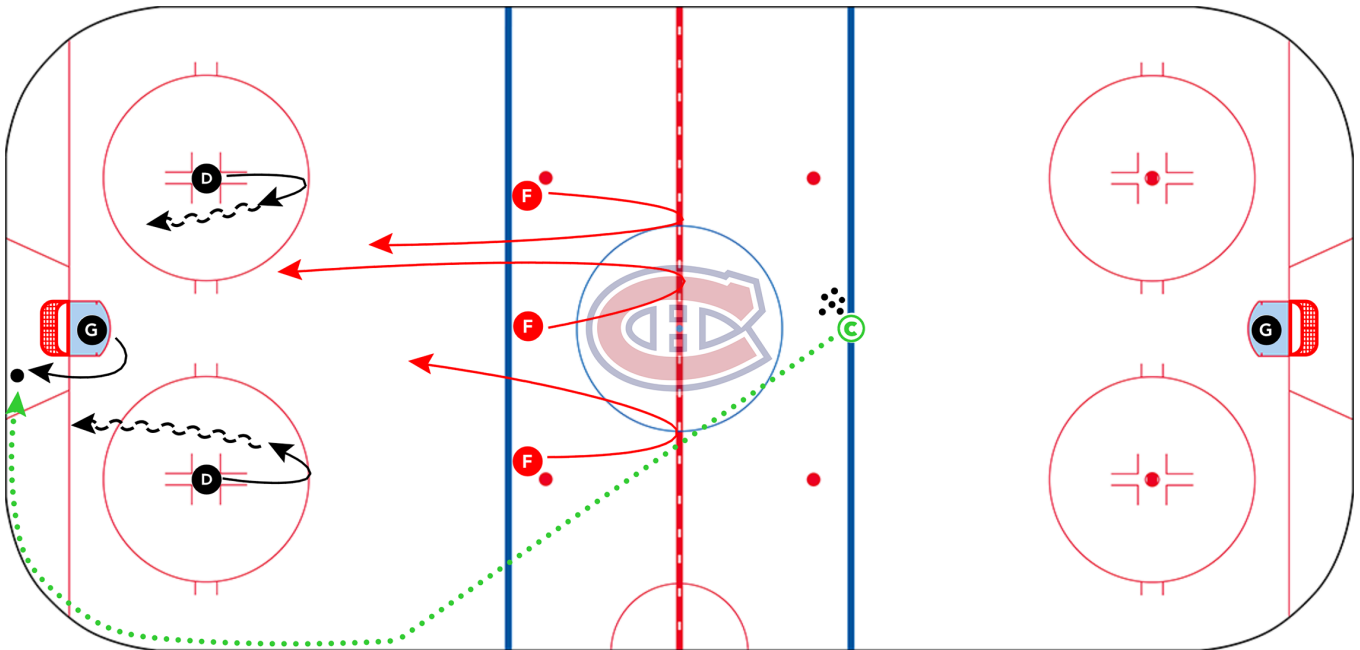


# GOALIE HANDLES BREAKOUT OPTIONS X2

**Category:** Breakout

**Team:** Montreal Canadiens

- Description:**
- All 5 players tag up, then coach rims a puck for a goalie handle.
  - **D**s have to communicate options to the goalie and execute a break out with the **F**s and pass back to the coach for a 2nd rim and goalie handle breakout.



# 1 VS 1 PUSH THE PACE

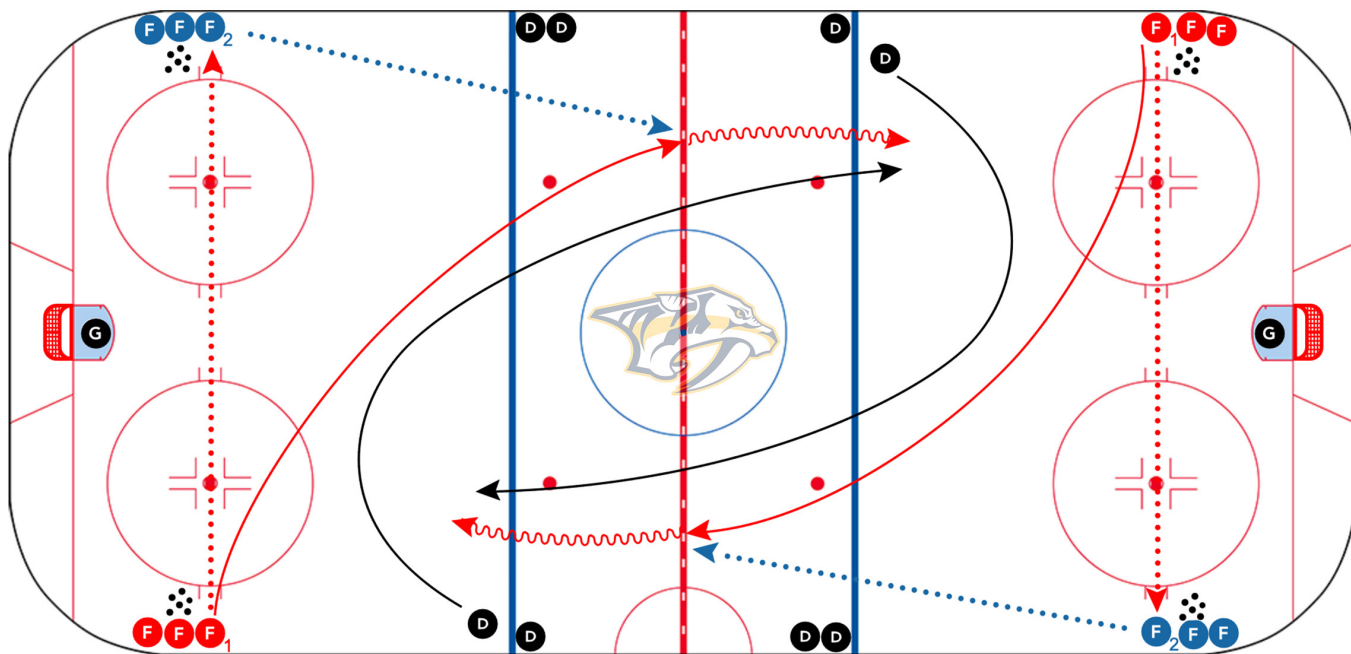
**Category:** Breakout

**Team:** Nashville Predators

**Description:**

- Forwards in all 4 corners with pucks. D on walls at blue lines.
- 1 vs 1 out of opposite corners. Forwards work on pushing the pace. D work on surfing up and taking the gap early.
- D should allow forwards to handle the puck until puck gets into the OZ where they play out the 1 vs 1.

Surfs Up: "Going forwards toward a player then transitioning backwards"



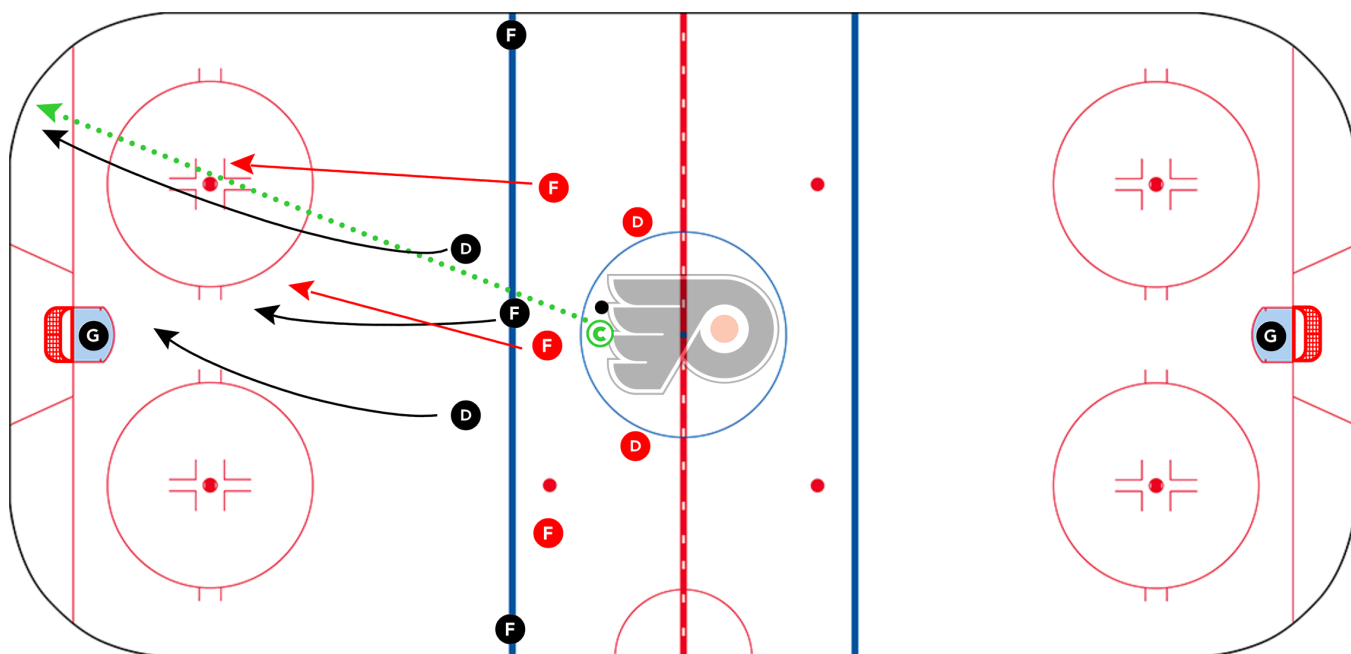
# SMALL SPACE BREAKOUT

**Category:** Breakout

**Team:** Philadelphia Flyers

- Description:**
1. Coach dumps the puck in one corner.
    - 2 **D** and 1 **F** retrieve the puck/breakout on the strong side. 2 **F**s go on the forecheck.
    - Black team regroup with the coach and stop at the blue line.
  2. Coach dumps the puck in the other corner.
    - 2 **D** and 2 **F**s retrieve the puck/breakout on the strong side. 3 **F**s go on the forecheck.
    - Black team regroup with the coach and stop at the blue line.
  3. Coach dump the puck
    - 2 **D** and 3 **F**s retrieve the puck and breakout (read what's open). 3 **F**s and 2 **D** go on the forecheck.

Play 5 vs 5 until you hear the whistle.



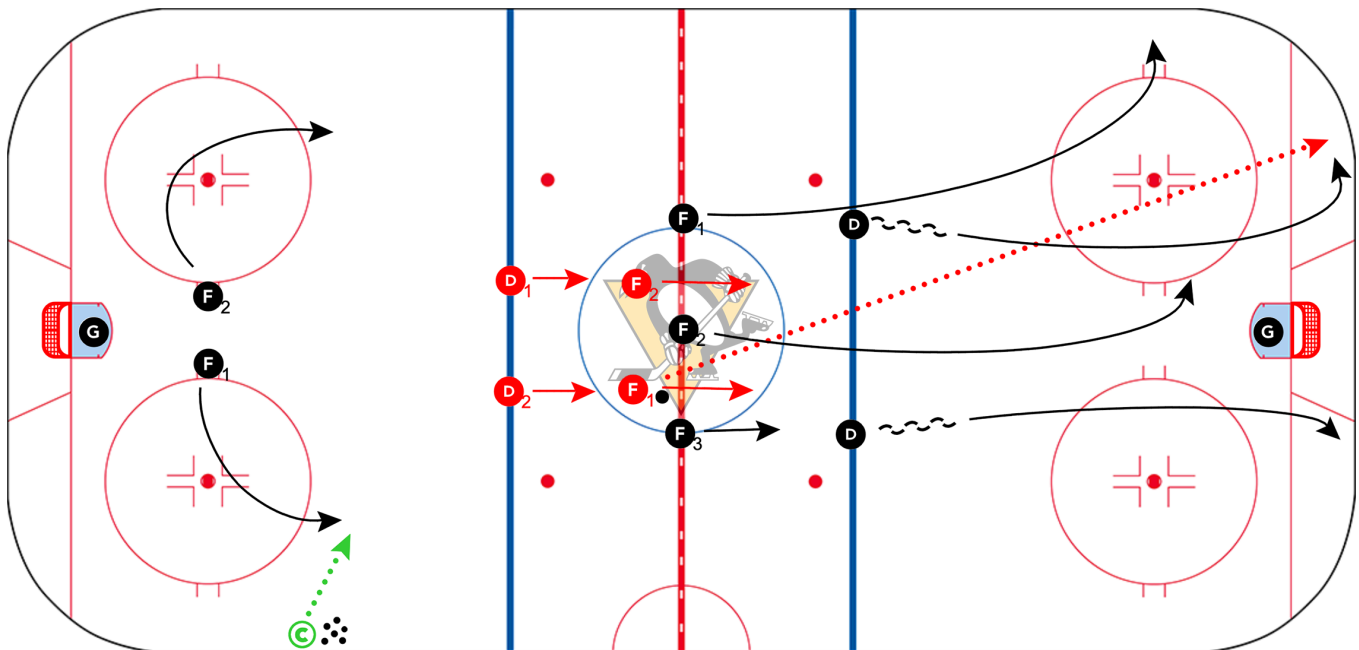
# RANGERS BREAKOUTS VERSUS FORECHECK

**Category:** Breakout

**Team:** Pittsburgh Penguins

- Description:**
- Drill starts with a line of **F**s & 2 **D** in the neutral zone.
  - Two **F1** & **F2** forecheckers dump puck in.
  - The five black players must execute a breakout against the **F**s forechecking.
  - Once they break forecheck, they go down on a rush against **D1** & **D2**.
  - As the rush goes by a new line & two D step out into the neutral zone.
  - After the rush, **F1** & **F2** turn, receive puck from coach, gain the red line, dump and become the forecheckers applying pressure against the new 5 players who stepped out.
  - This drill is continuous.

**Variation:** Drill can also be run with 3 forecheckers. After the line rush for, all three forwards turn and become the 3 forecheckers against the new line trying to break out.

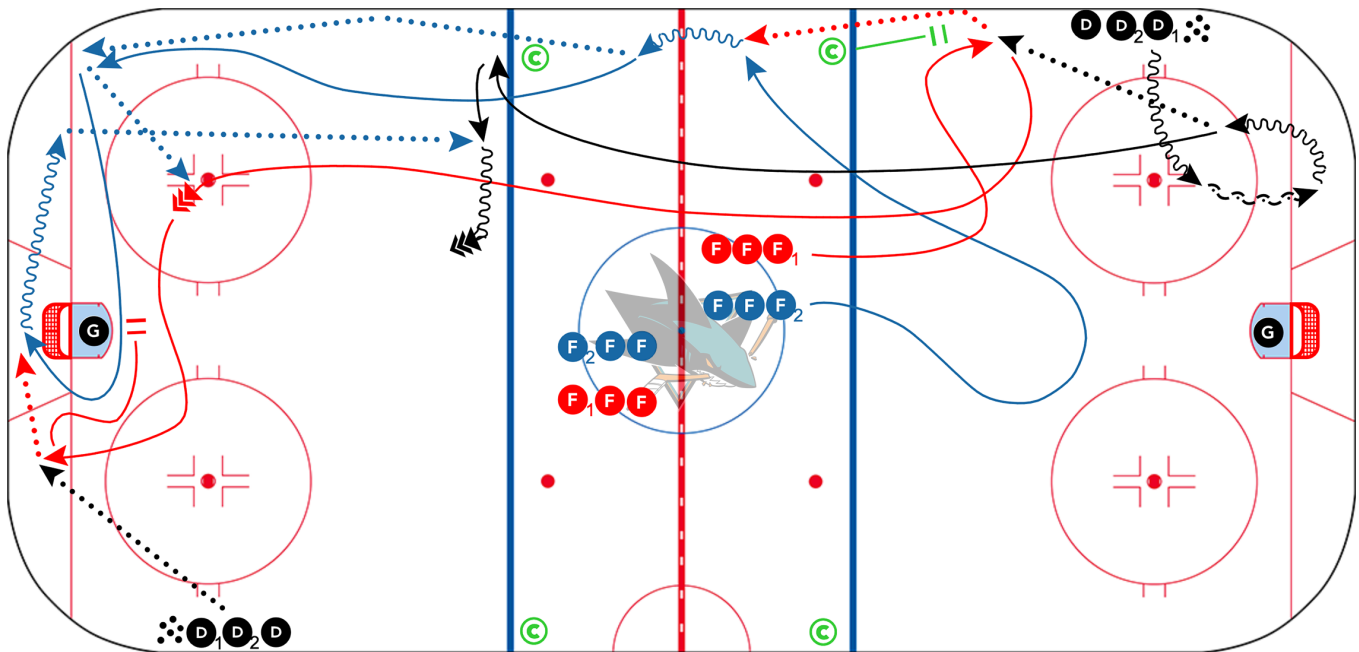


# NABOKOV CHIPPER

**Category:** Breakout

**Team:** San Jose Sharks

- Description:**
- Both sides go on whistle.
  - **D1** starts off the wall with puck and skates forward to backward pattern to the goal line.
  - **D1** opens up and passes to **F1** who absorbs pinch from coach and chips to slashing **F2**.
  - **F2** picks up chip and self chips to corner.
  - **F1** works to the honey hole for a quick shot.
  - **D** line spots puck for cycle play with **F1**/**F2** to low to high shot from **D** who originally broke out.

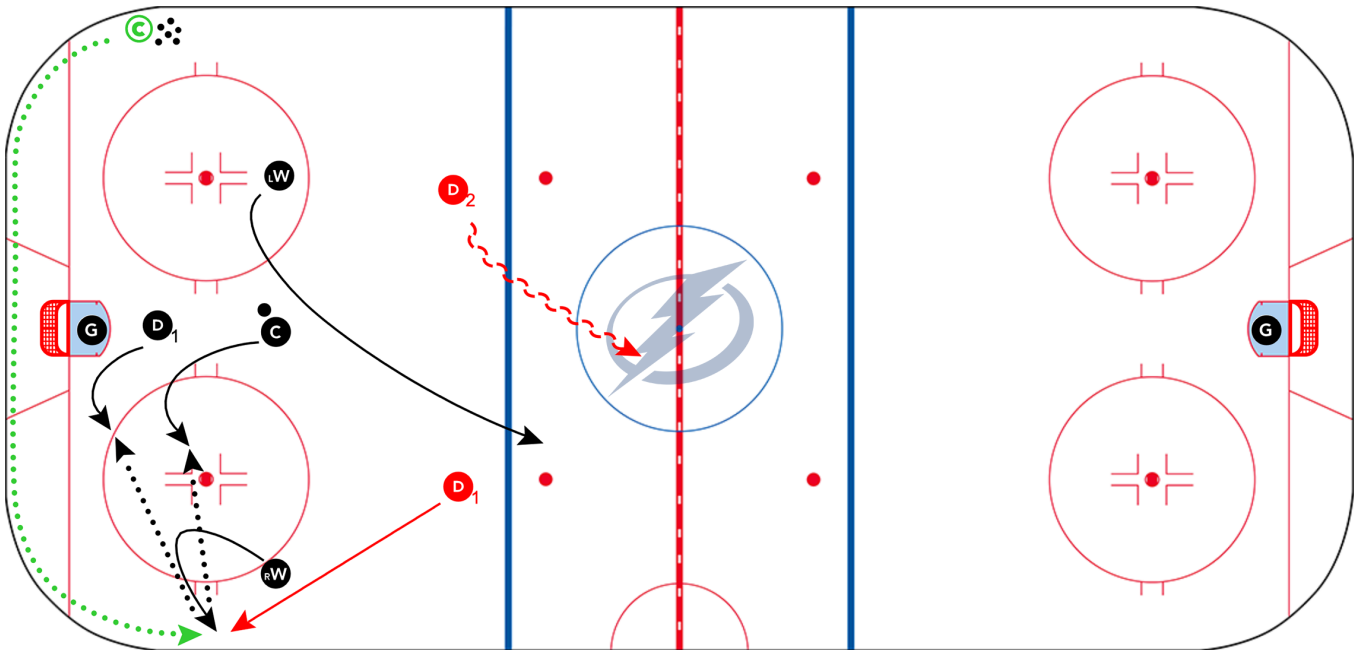


# BO WALL WORK

**Category:** Breakout

**Team:** Tampa Bay Lightning

- Description:**
- To start drill, black FWD's run a quick short 3 vs 1 against **D1**.
  - On whistle coach rims a puck to weak-side. **RW** has to win puck on wall vs pinching **D1**.
  - Puck has to be broken out to the low and slow **D1** or **C** in the middle of the ice.
  - **D1** & 2 FWDs **C** & **LW** go on a 3 vs 1 against **D2**. Wall wing **RW** and pinching **D1** working back up ice to make it a 4 vs 2 in the zone.





# 5-MAN BREAKOUT

**Category:** Breakout

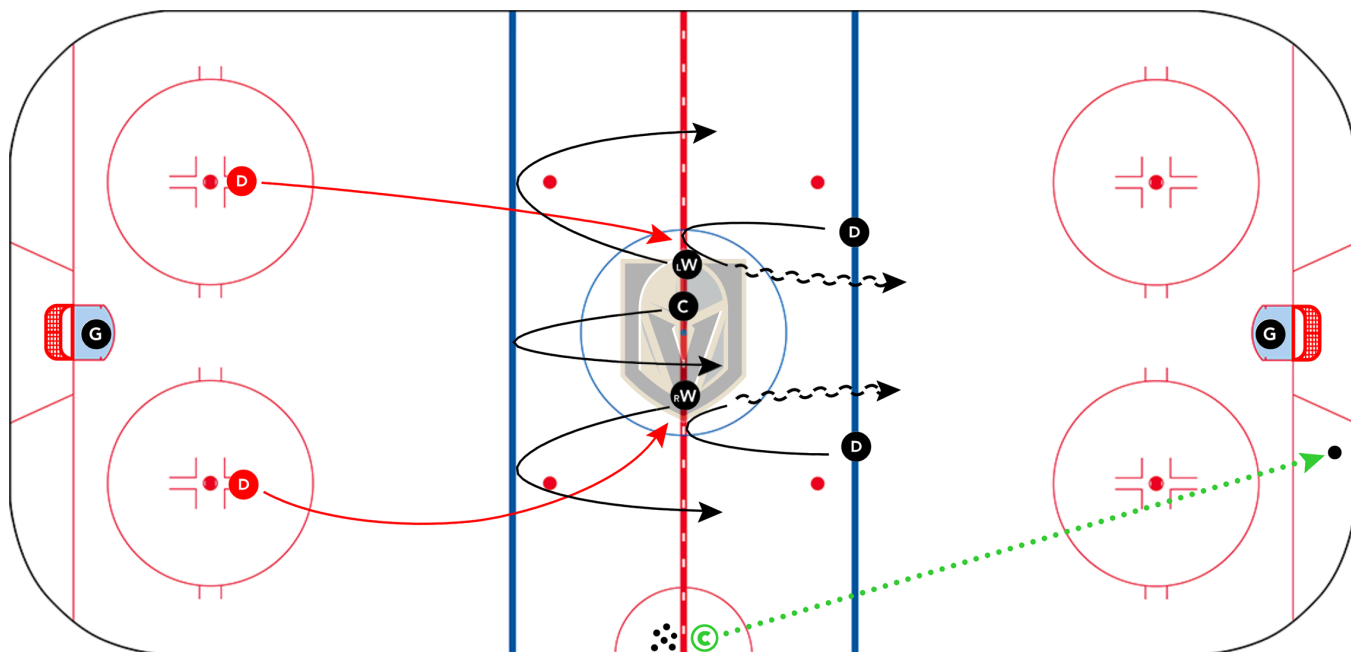
**Team:** Vegas Golden Knights

**Description:**

- Group of 5 in NZ. FWD line starts on center red line and tags up on blue line.
- **D** start on blue line and tag up on red line.
- The coach spots puck in corner and calls breakout option.
- Group of 5 breakout and attack 2 defence who have gapped in NZ and absorb rush.

## Drill Progression

- Breakout options & routes
- Add 2nd puck for deep NZ regroup and 2nd 3 vs 2 attack.





# FORECHECK DRILLS

## LEGEND

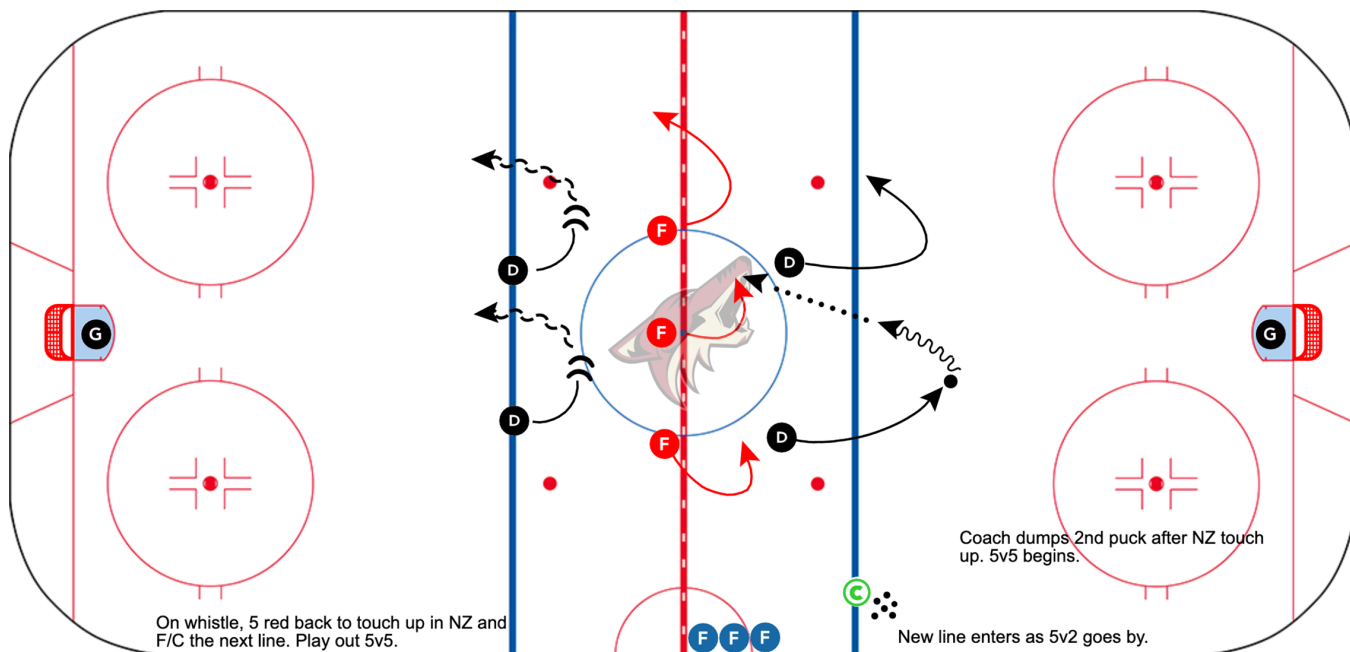
- |             |                                   |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate                        |
| »» Shot     | ~~~~~ Skate With Puck             |
| Stop        | •••• Pass                         |
| )) Pivot    | ~ ~ ~ Backwards Skating           |
|             | ~ ~ ~ Backwards Skating With Puck |
|             | Lateral Skating                   |
|             | — Goalie Padslide                 |
|             | — Goalie Butterfyslide            |

# WHIRLY 5 VS 2 INTO FC 5 VS 5

**Category:** Forecheck

**Team:** Arizona Coyotes

- Description:**
- 2 D start a breakout off of a whirly pattern on spotted puck and send a line on a 3 vs 2 with D joining.
  - A new line gets to the red line as they go by.
  - On the whistle the 5 offensive players must swoop back into the NZ and FC the new line trying to break out.
  - Play 5 vs 5 until next whistle. Other 2 lines go the other direction next.



# 1-2-3 MAN FC

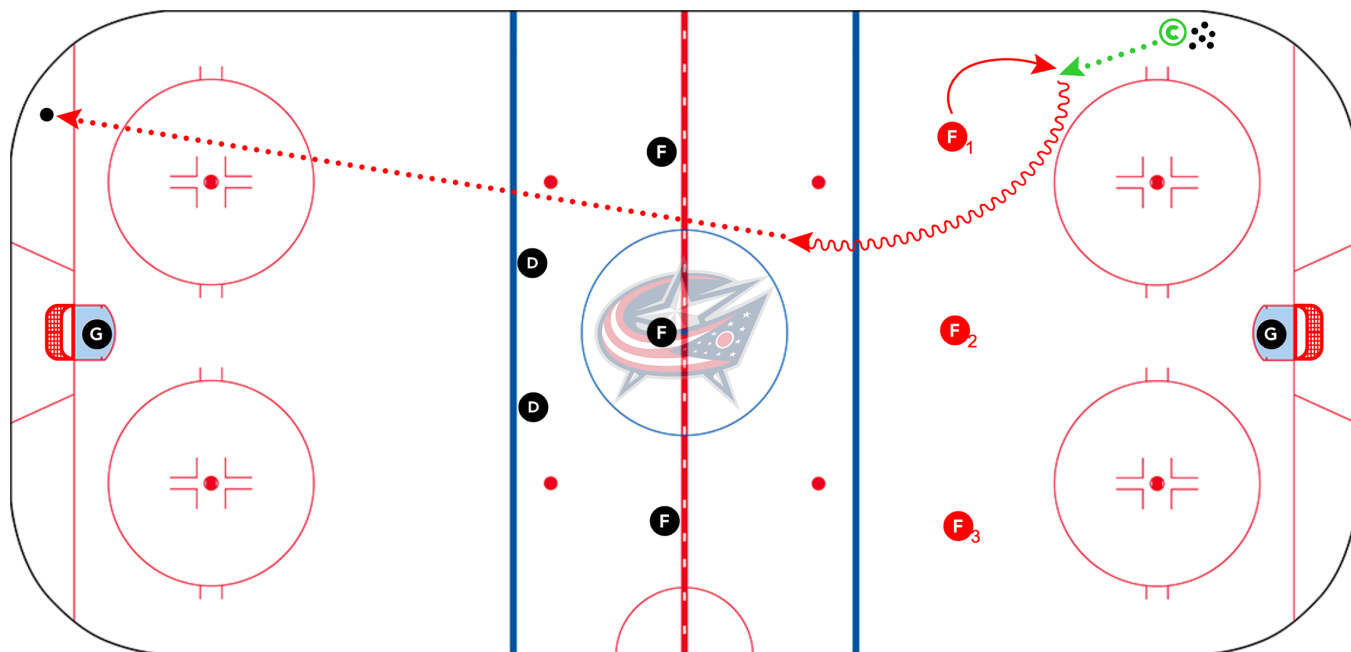
**Category:** Forecheck  
**Team:** Columbus Blue Jackets  
**Description:** 3 Part Drill

## Part 1

- **F 1** receives pass from coach, turns up ice and dumps puck into zone.
- 3 FWDs and 2 D starting in NZ, retrieve puck and break out of zone against forecheck.
- 5 man unit comes up ice 5 vs 1.

**Part 2:** repeat sequence with **F 1** and **F 2** forechecking.

**Part 3:** repeat sequence with **F 1**, **F 2** and **F 3** forechecking.





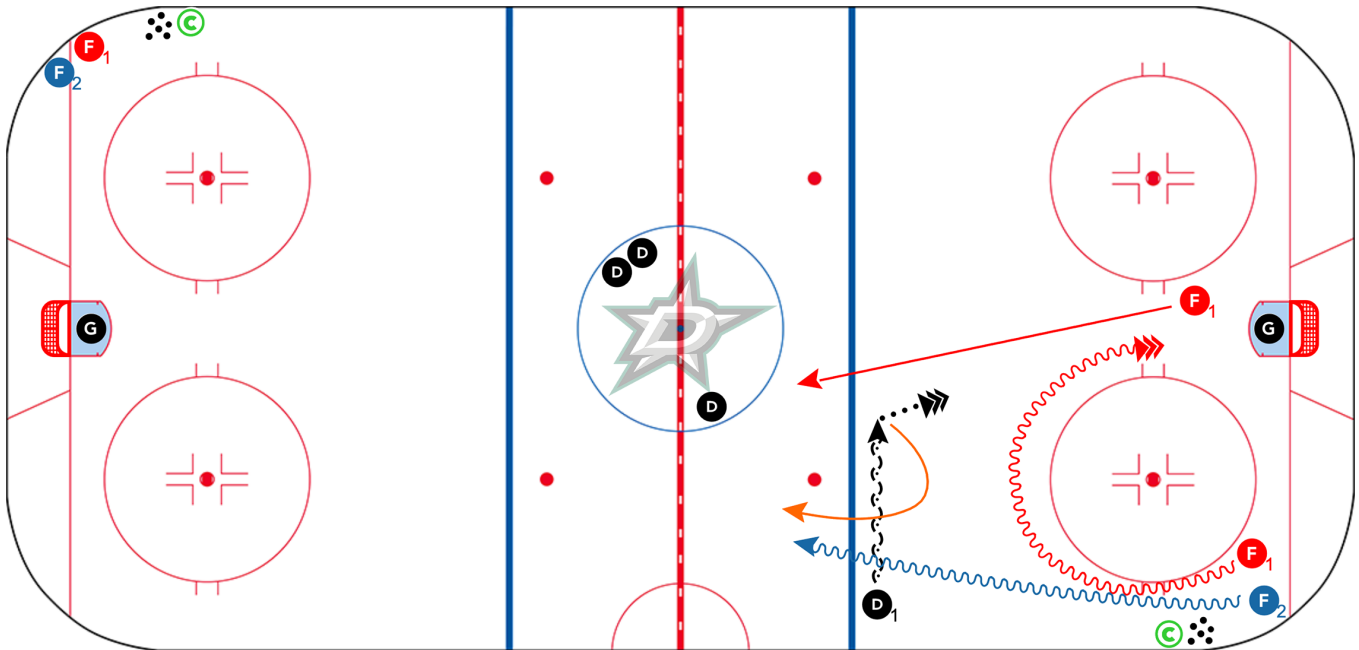
# HALIFAX TRACKER

**Category:** Forecheck

**Team:** Dallas Stars

- Description:**
- 1st whistle **F 1** hitch up wall/drive net for shot/ stop at net. **D** walks the line with a puck and takes a shot on net.
  - 2nd whistle: **F 2** attacks up ice. **D** surfs up, **F 1** back checks.
  - **D 1** and **F 1** read the rush trying to kill the play in NZ with pressure to the puck dot to boards and inside dot line support.
  - Drill ends when **D 1/F 1** recover puck and skate puck into NZ → Both ends go at the same time.

Surfs Up: "Going forwards toward a player then transitioning backwards"

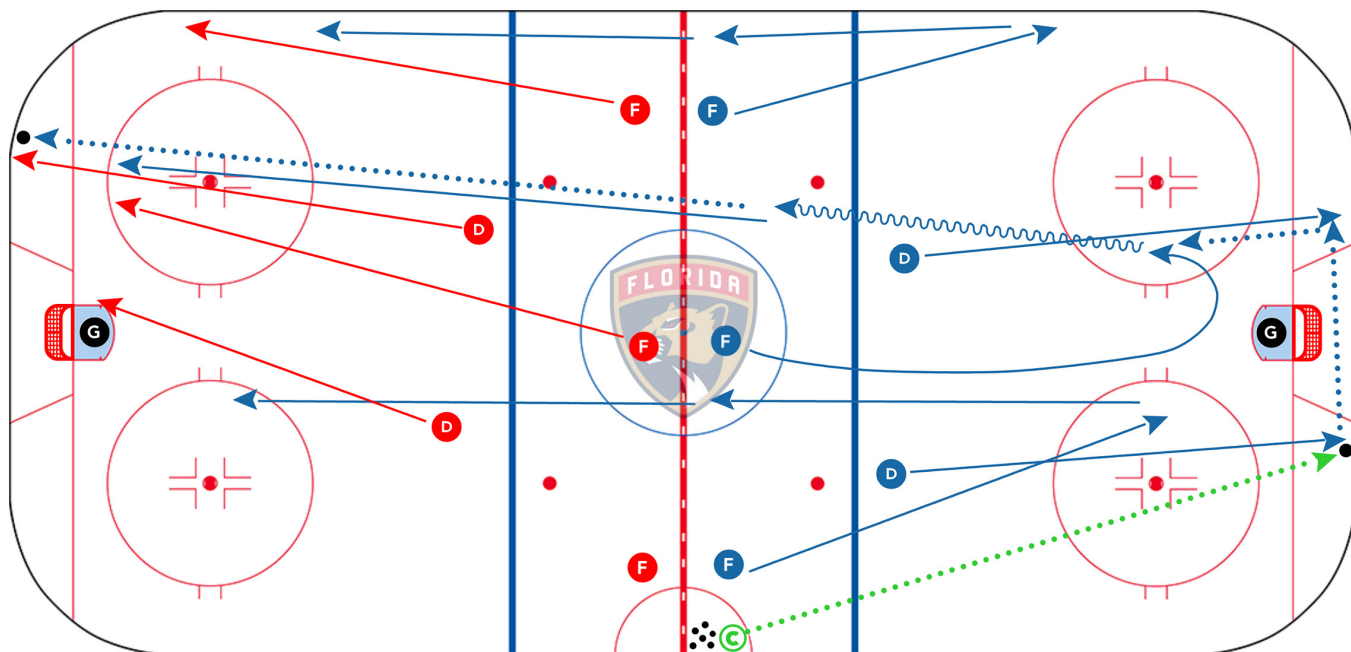


# FLORIDA — MONTREAL FC

**Category:** Forecheck

**Team:** Florida Panthers

- Description:**
- Coach dumps puck in zone, blue team breaks out 5 vs 0.
  - When blue gets to NZ they dump puck in – forecheck 5 vs 5, red team attempts to breakout 5 vs 5.
  - If play dumped out or red breaks out then puck dumped down & blue breaks out again 5 vs 0 then forechecks 5 vs 5.
  - Extra players wait on bench.



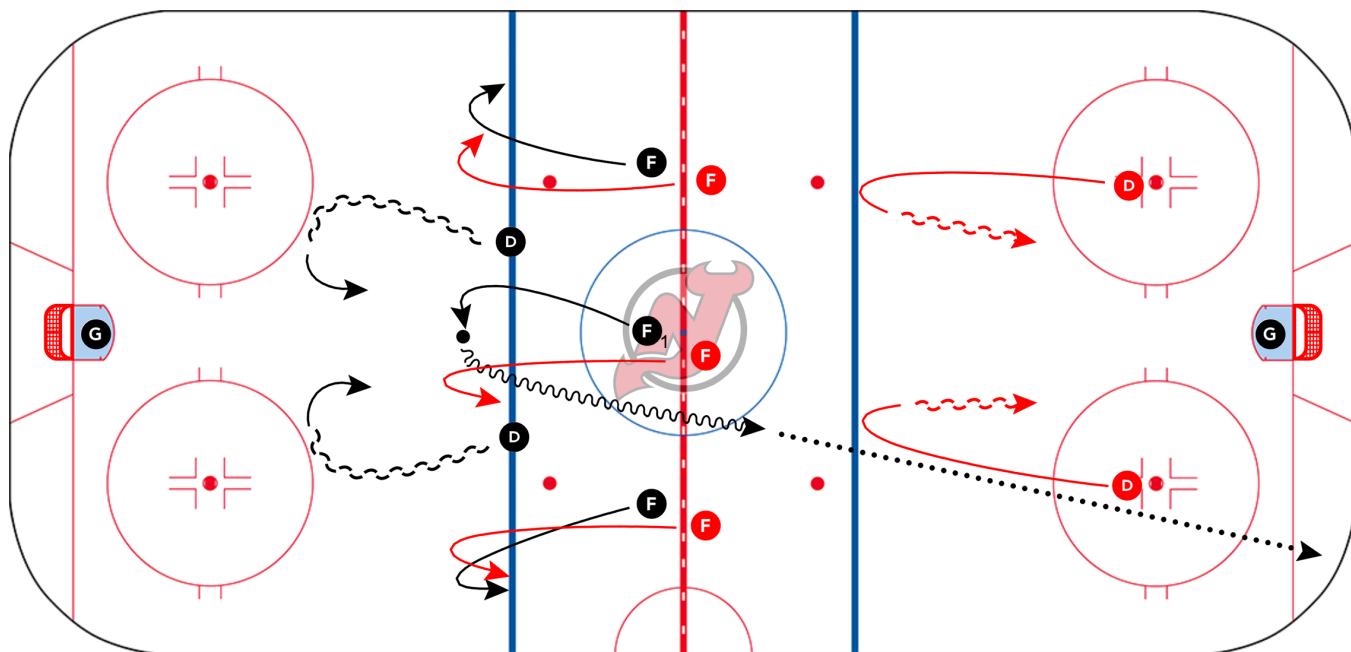


# 3/4 ICE FORECHECK

**Category:** Forecheck

**Team:** New Jersey Devils

- Description:**
- **Red** vs **Black** with black forechecking.
  - **F 1** has the puck.
  - On whistle, all players in neutral zone have to tag up with Fs touching blue line and D, top of circles.
  - When **F 1** reaches red line, player dumps puck.
  - **Red** has to breakout with **Black's** pressure.

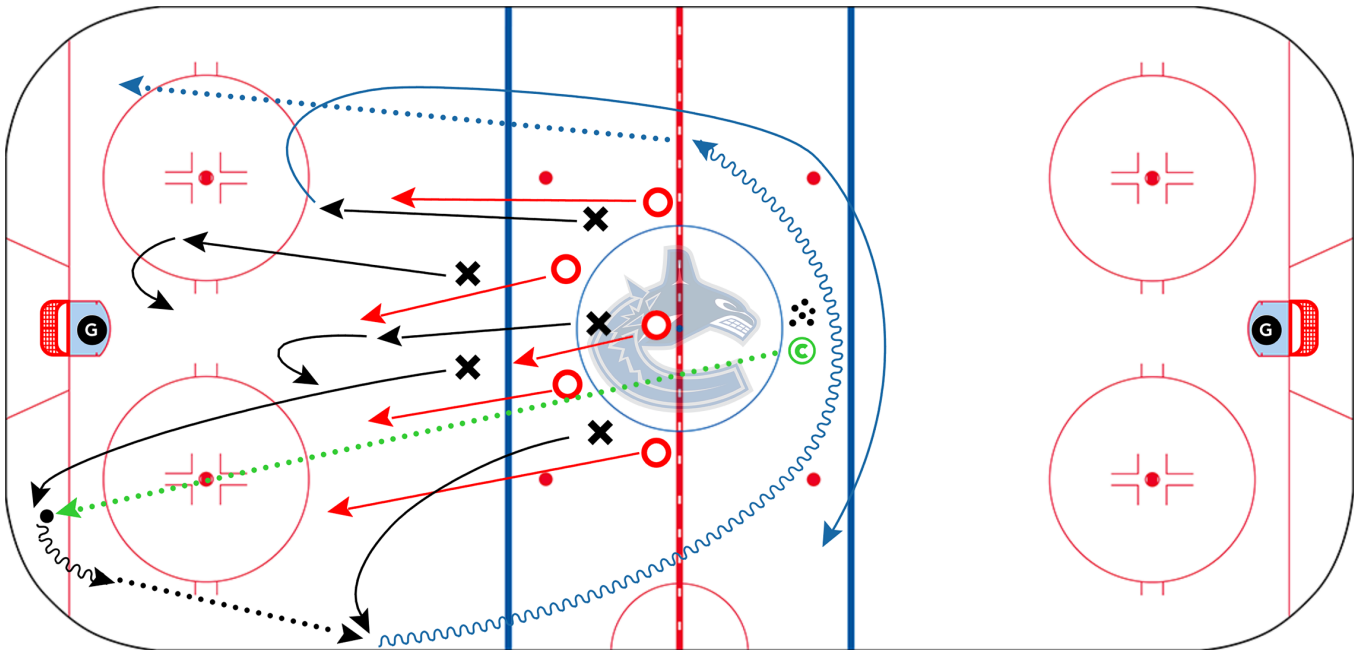


# MONTREAL FC

**Category:** Forecheck

**Team:** Vancouver Canucks

- Description:**
- To start continuous forechecking drill have **Xs** breakout with coaches dump.
  - After breakout 2 **Xs** swing around the coach (blue path).
  - **Xs** dump their breakout puck & forecheck the **O**s who are now breaking out.
  - After breakout two **O**s swing around the coach & dump to forecheck a new line of **Xs**.





# NEUTRAL ZONE COUNTER / TRANSITION DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) ) Pivot

———— Skate

~~~~~ Skate With Puck

•••• Pass

⌒⌒ Backwards Skating

⌒⌒ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

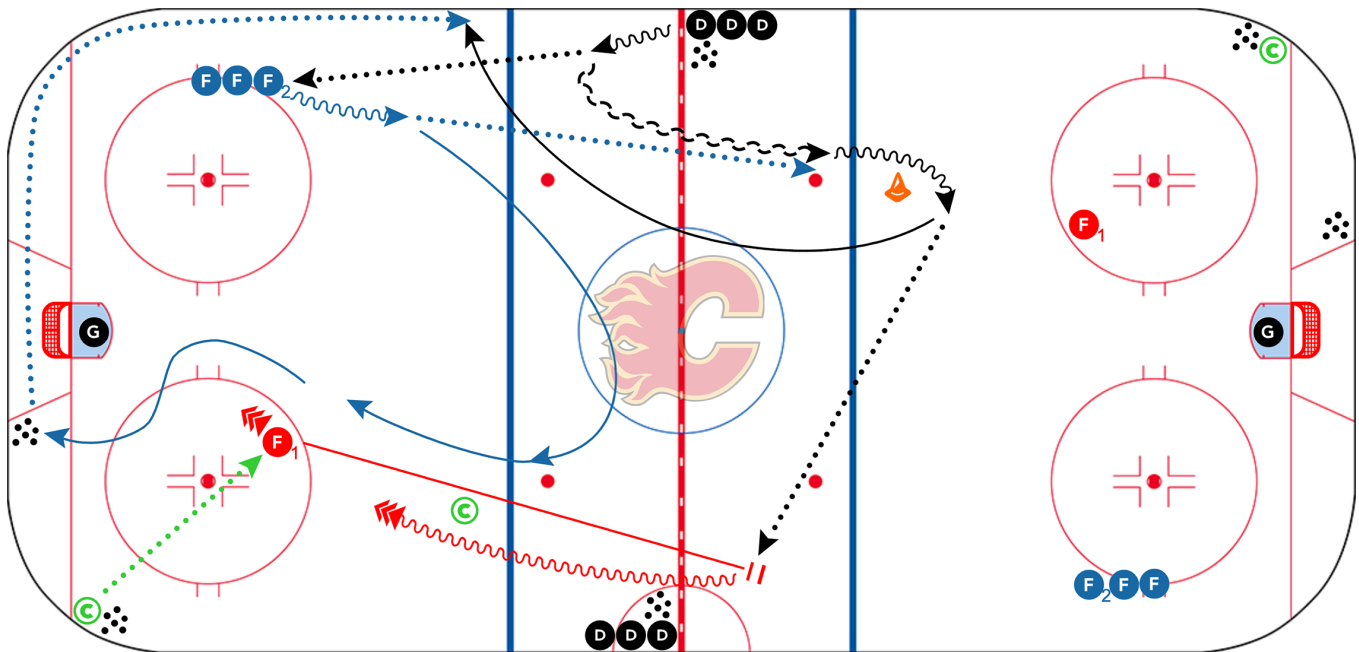
— Goalie Butterfyslide

# D QUICK COUNTER

**Category:** Neutral Zone Counter / Transition

**Team:** Calgary Flames

- Description:**
- One end at a time. On whistle coach passes to **F 1** for a shot.
  - At the same time **D** gives a puck to **F 2** and backs off for return pass, then pivots and passes to **F 1** who works out. **F 1** + **F 2** enter vs coach with **D** coming in 4th ice.
  - Attack the net, and then 1 forward rims the puck to the weakside to the **D** for a point shot with good two level screen.

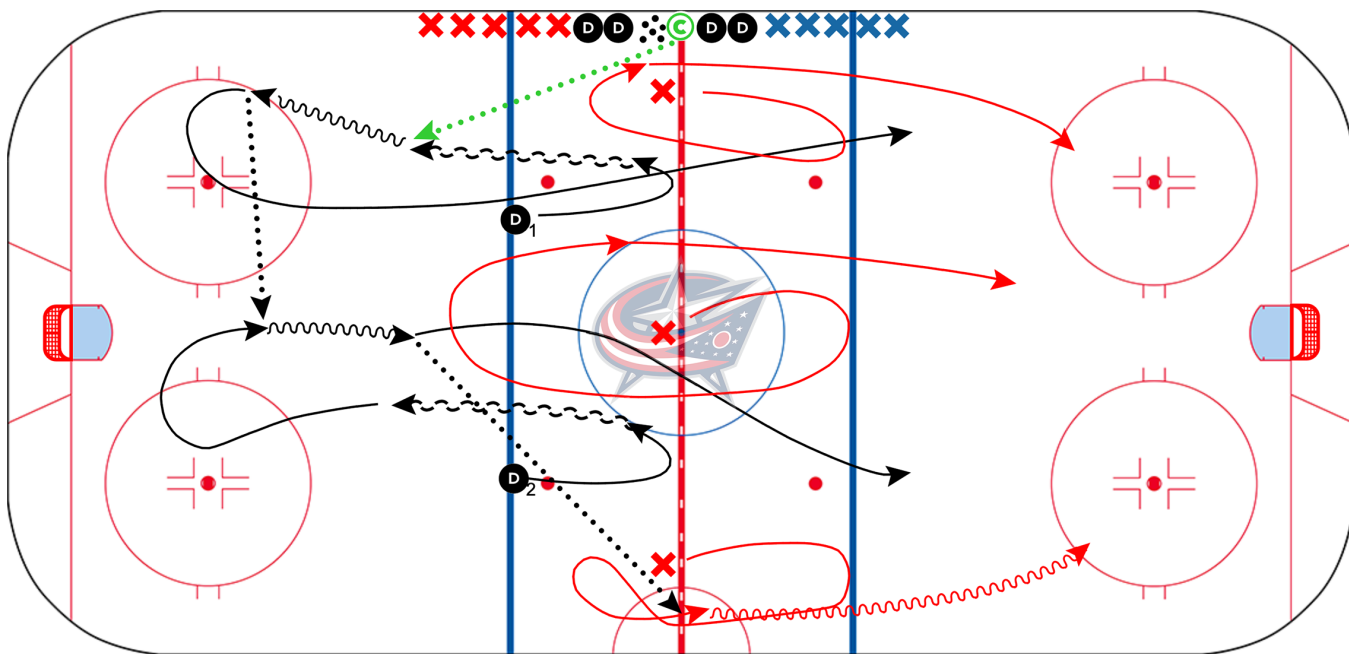


# NZ SEQUENCE

**Category:** Neutral Zone Counter / Transition

**Team:** Columbus Blue Jackets

- Description:**
- Whistle start, 3 Fs tag up at the far blue and 2 D tag up to the center red line. All 5 retreat and get spotted puck from coach. They run the appropriate routes with good timing and attack 5 vs 0. As soon as the puck crosses the red line, the next 3 Fs line up on the center red and the next 2 Ds line up on the defensive blue line.
  - On the next whistle, the first 5 hustle out of the attacking zone while the 5 players in the NZ are skating hard to tag-up and find the next puck spotted from the coach. They execute the same Neutral Zone Transition and attack 5 vs 0. Repeat.
  - Once all players have gone one way, the 1st 5 line up and execute the same NZTR going towards the opposite end. This way, the players get to execute through each NZTR going each way.
  - Endless options here: (1) D-D-C (2) D to Strong Side W to Weak Side D to C (3) D-D Inside Hinge (shown above) where D1 elongates the zone and the D2 sets up a route to skate by the opposition F1 as they receive the pass. They then have all 3 Fs as options for the attack.

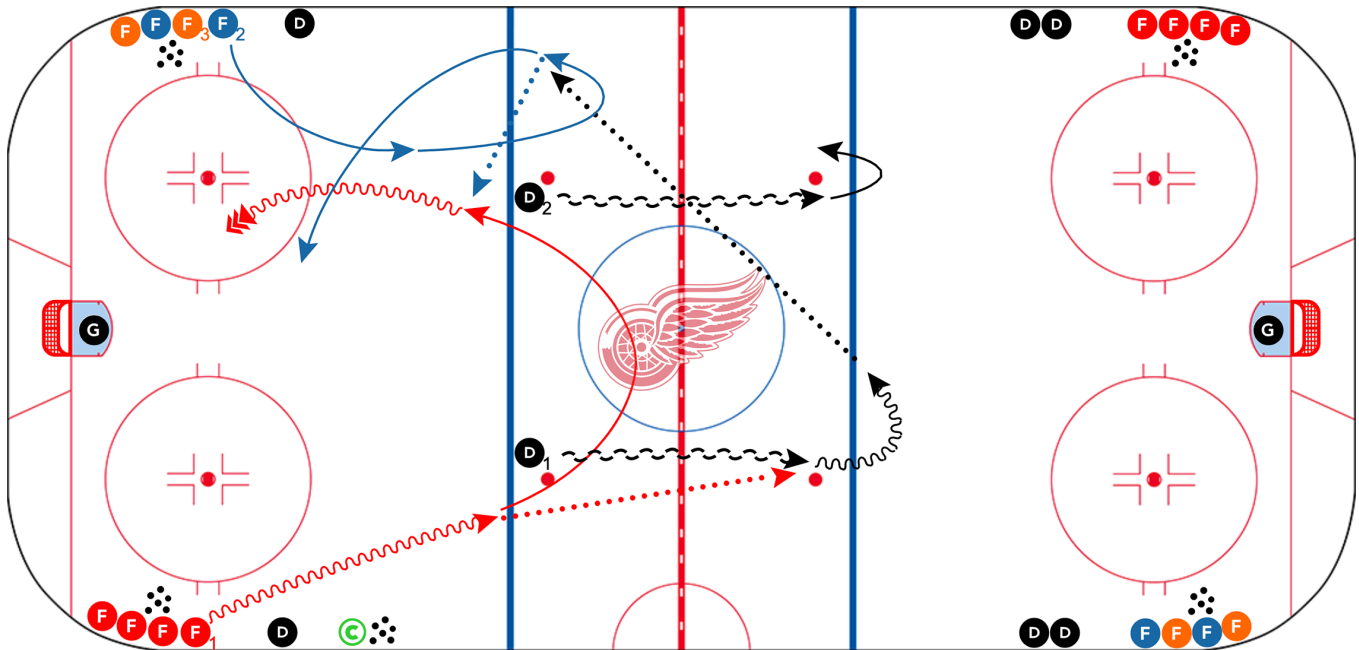


# NEWSY 3 VS 2 — PART 1

**Category:** Neutral Zone Counter / Transition

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown. One end goes at a time and ends will alternate.
  - **F 1** skates to the blue line and passes the puck to **D 1**, who has started skating backwards in the neutral zone. **F 2** is skating and gets off the wall and posts up for a quick up from **D 1**.
  - **F 1** center supports and receives a slip pass in the dot lane and drives for a shot. **D** follow up the play.

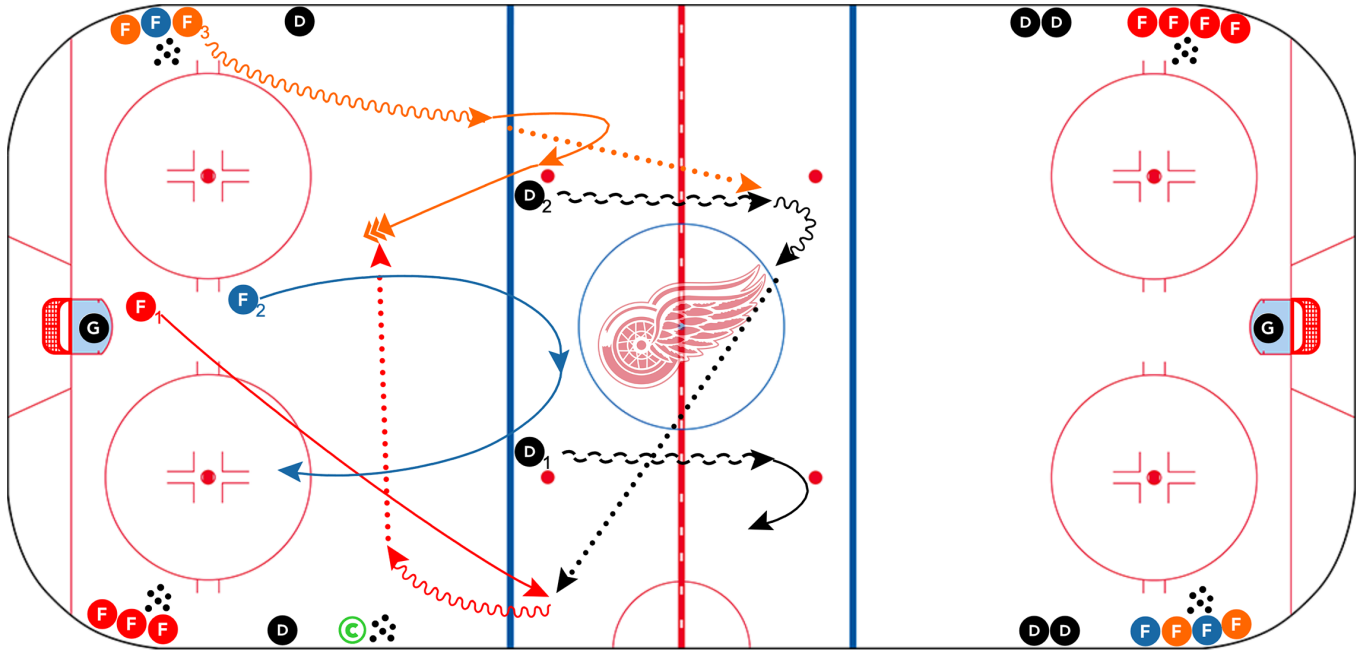


# NEWSY 3 VS 2 — PART 2

**Category:** Neutral Zone Counter / Transition

**Team:** Detroit Red Wings

- Description:**
- After the shot, **F3** takes off from the opposite side with a puck and makes a pass to **D2** as **F1** sprints to the wide lane and **F2** works for center support.
  - **D2** makes a quick up pass to **F1** as **F2** drives the dot lane and **F3** works for a seam pass. **F1** carries the puck in and hits **F3** for a seam pass and shot.







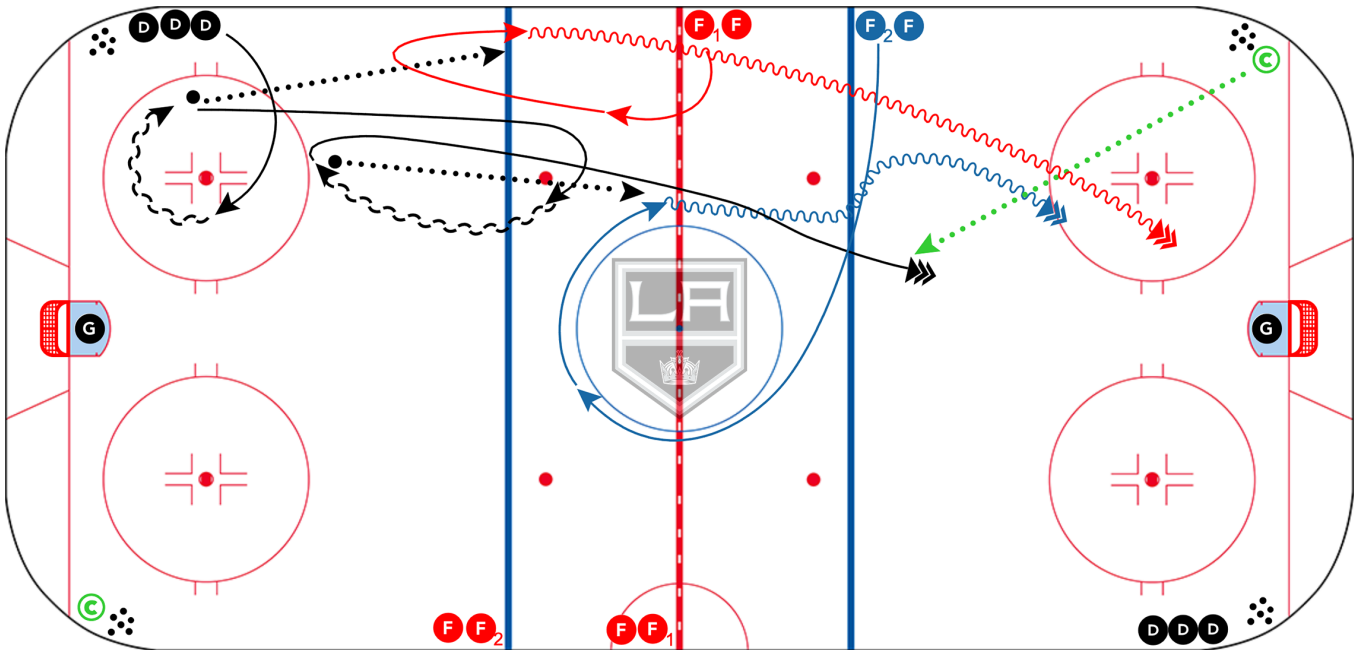


# NY/NY

**Category:** Neutral Zone Counter / Transition

**Team:** LA Kings

- 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.

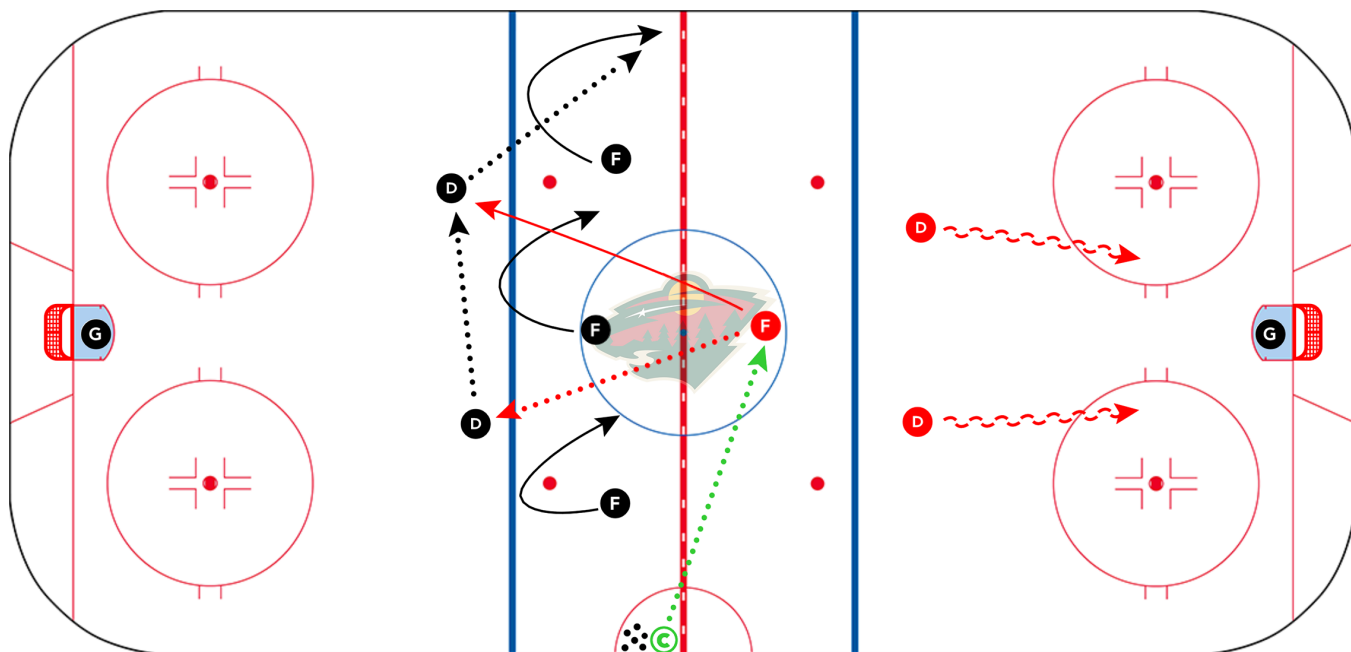


# 3 VS 5 NZ TRANSITION

**Category:** Neutral Zone Counter / Transition

**Team:** Minnesota Wild

- Description:**
- Coach gives a puck to the red **F**.
  - **F** then passes to a black **D** & forechecks like they're F1 in the NZFC.
  - Black line runs a neutral zone transition and attacks **D** 5 vs 2 with the **F** tracking.
  - On whistle, coach gives the **F** a 2nd puck that they give to the **D** and they run a neutral zone transition vs the 3 red again and attack.

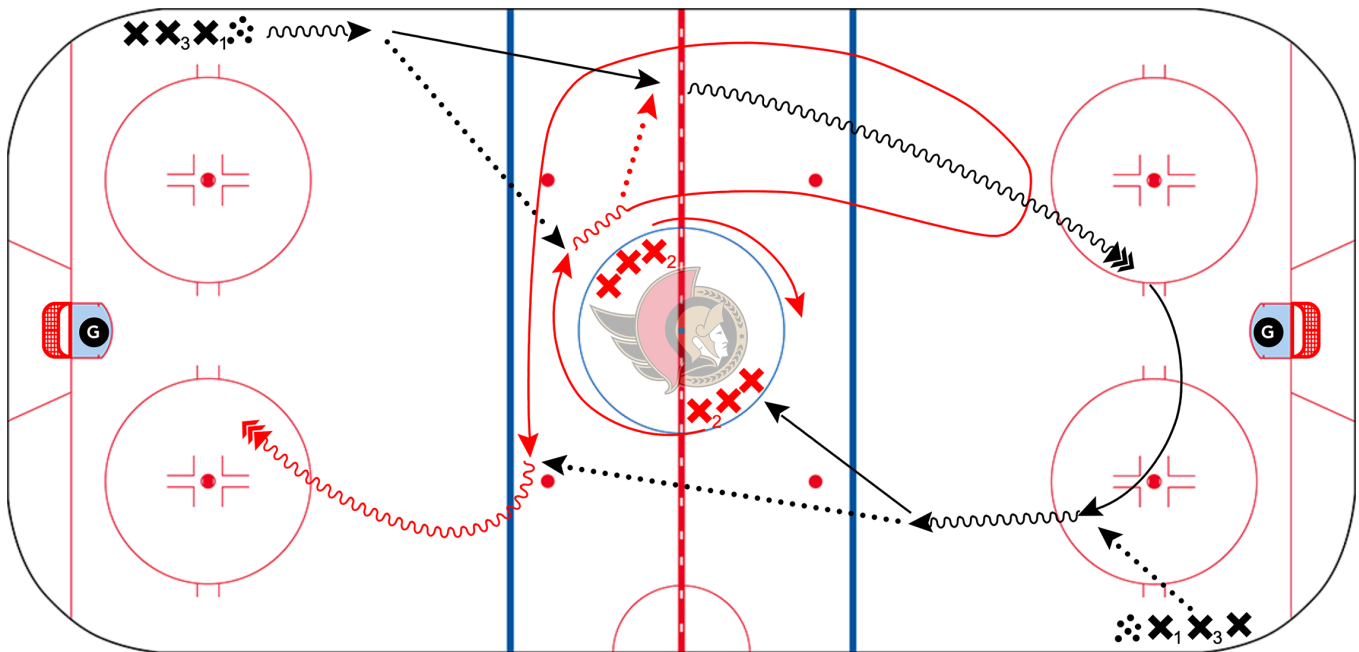


# NZ TIMING & SUPPORT V1

**Category:** Neutral Zone Counter / Transition

**Team:** Ottawa Senators

- Description:**
- On the whistle, **X1** skates with puck and passes to **X2** who provides support in neutral zone.
  - **X2** makes a return pass to **X1** and follows up ice.
  - **X1** takes a shot as **X2** turns back up ice and across the blue line.
  - After shot, **X1** turns to **X3** and receives a pass.
  - **X1** makes a long pass to **X2** for a shot on goal.
  - **X1** goes in line at center ice.

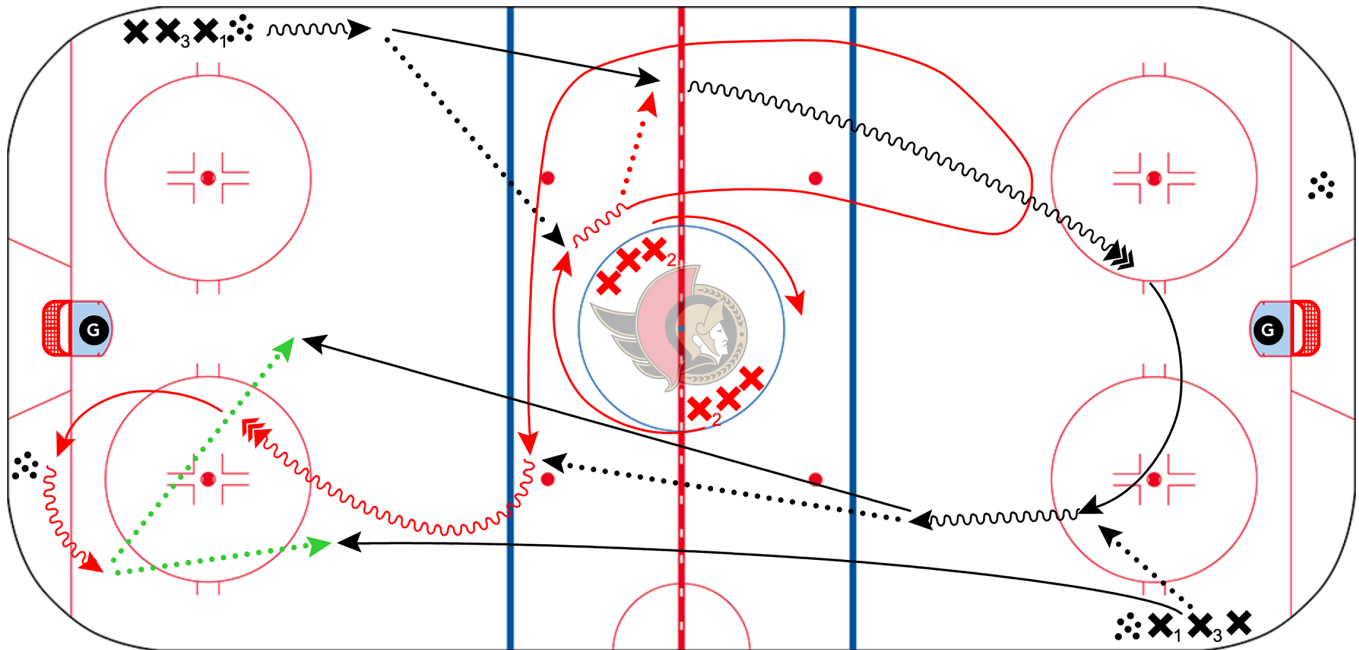


# NZ TIMING & SUPPORT V2

**Category:** Neutral Zone Counter / Transition

**Team:** Ottawa Senators

**Description:** – Same set-up as Version 1, but **X2** picks up a puck in corner and makes pass to either **X1** or **X2** for a third shot and rebound.

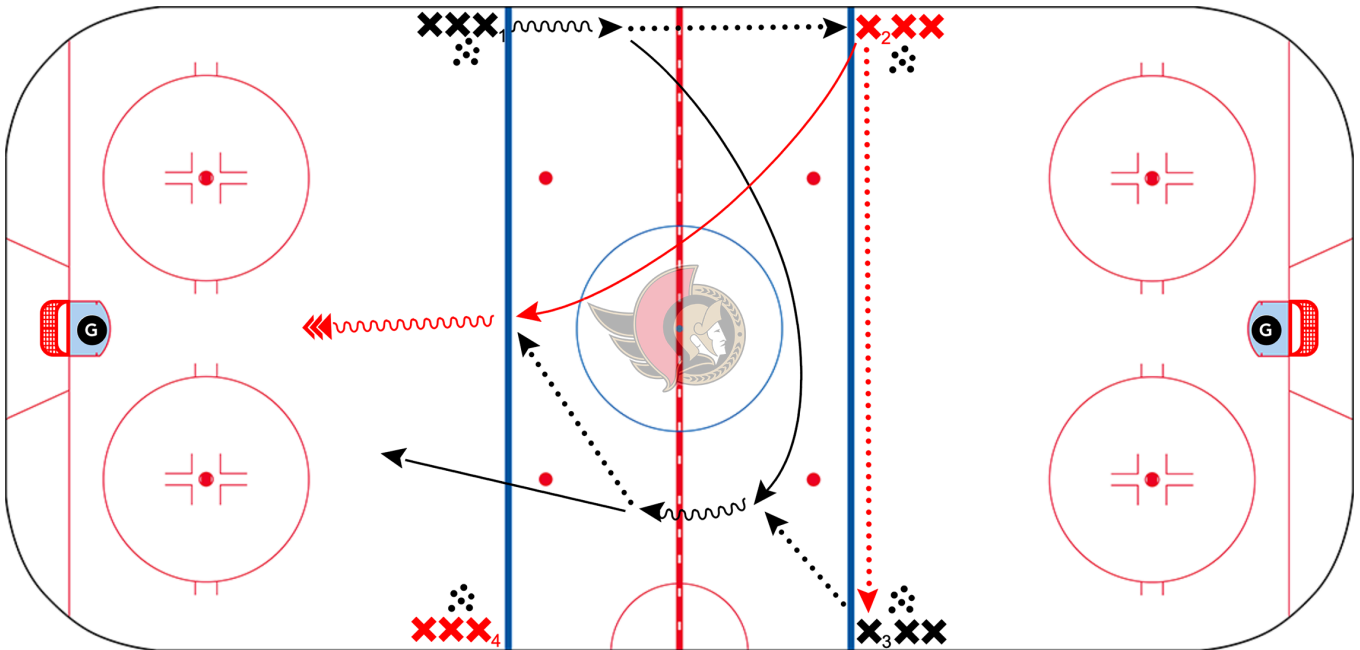


# NZ TIMING V1

**Category:** Neutral Zone Counter / Transition

**Team:** Ottawa Senators

- Description:**
- On the whistle, **X1** makes a pass to **X2**.
  - **X2** makes a cross-ice pass to **X3** and then skates up the ice.
  - **X1** mirrors the puck and receives a pass from **X3**.
  - **X1** makes a stretch pass to **X2** for a shot on goal.

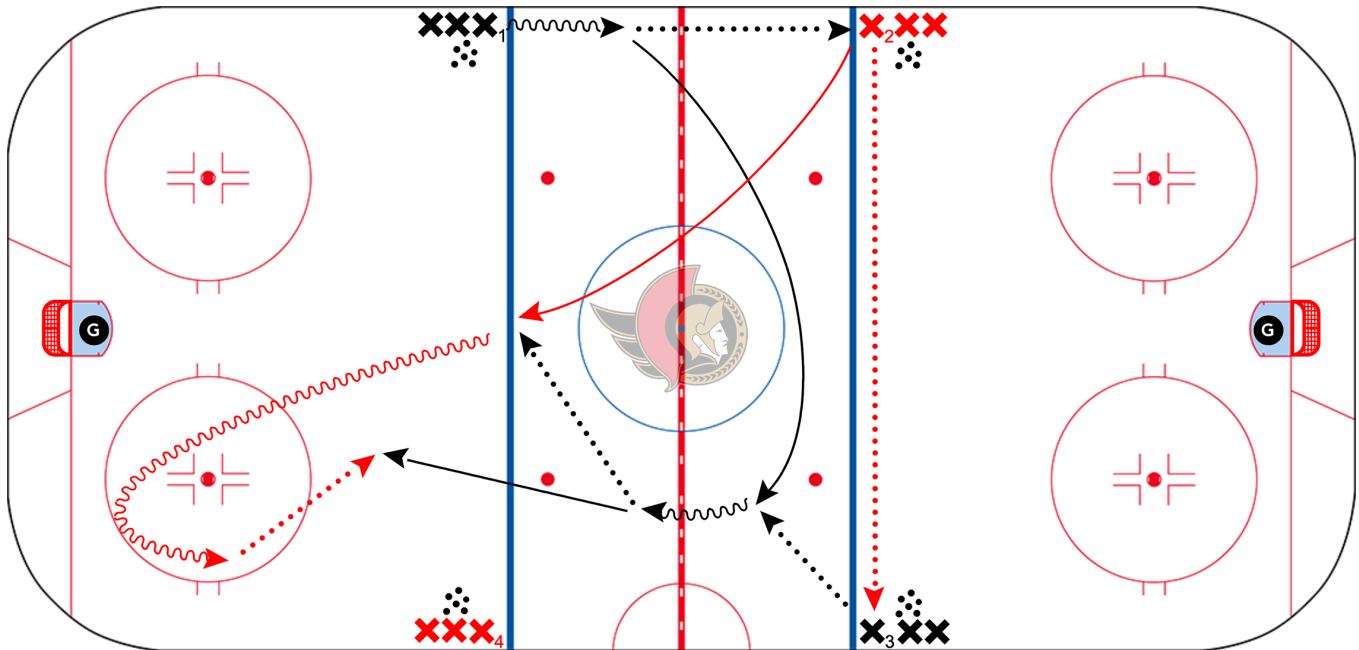


# NZ TIMING V2

**Category:** Neutral Zone Counter / Transition

**Team:** Ottawa Senators

- Description:**
- On the whistle, **X1** makes a pass to **X2**.
  - **X2** makes a cross-ice pass to **X3** and then skates up the ice.
  - **X1** mirrors the puck and receives a pass from **X3**.
  - **X1** makes a stretch pass to **X2**.
  - **X2** delays in the corner and makes a pass to **X1** for a shot on goal.



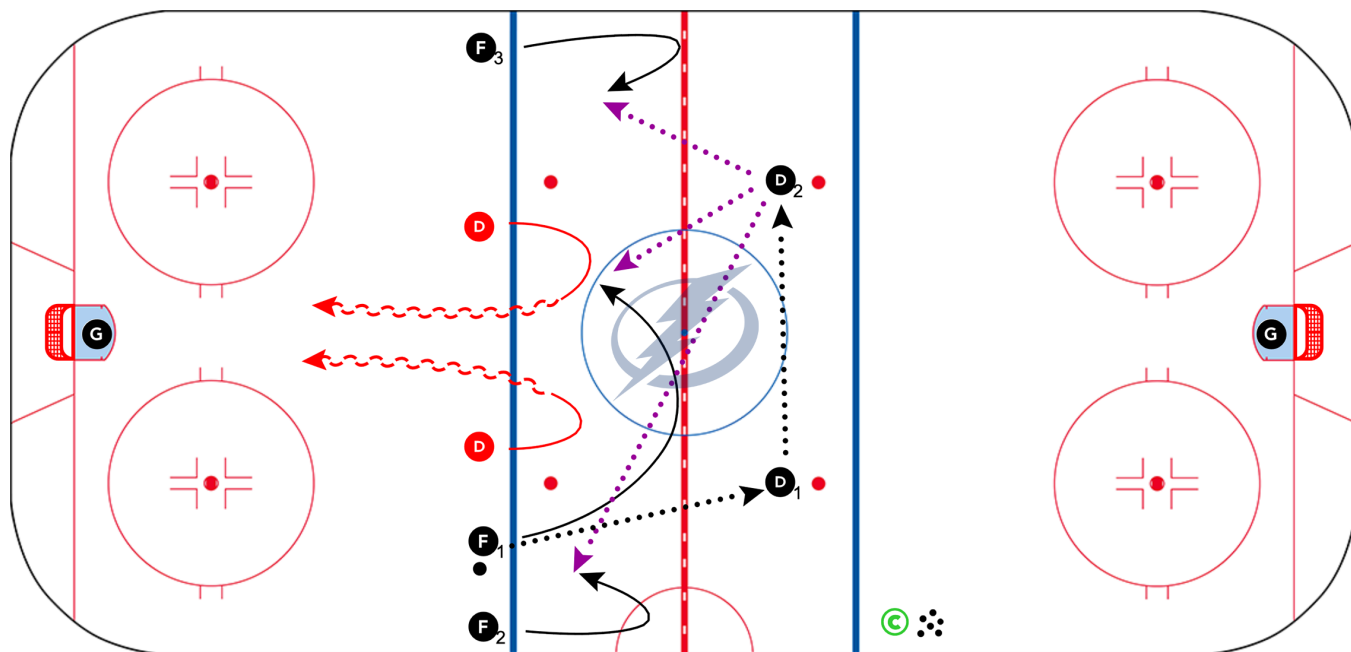
# 5-2, 5-2

**Category:** Neutral Zone Counter / Transition

**Team:** Tampa Bay Lightning

- Description:**
- **F** line gives a pass to **D1** who passes to **D2**. **D2** has three options in purple.
  - Go 5 vs 2 on **D**.
  - On whistle, the coach spots a puck and the same 5 players regroup again to attack 5 vs 2 with the same **D**.

Note: Coach decides if there are specific regroupings to run



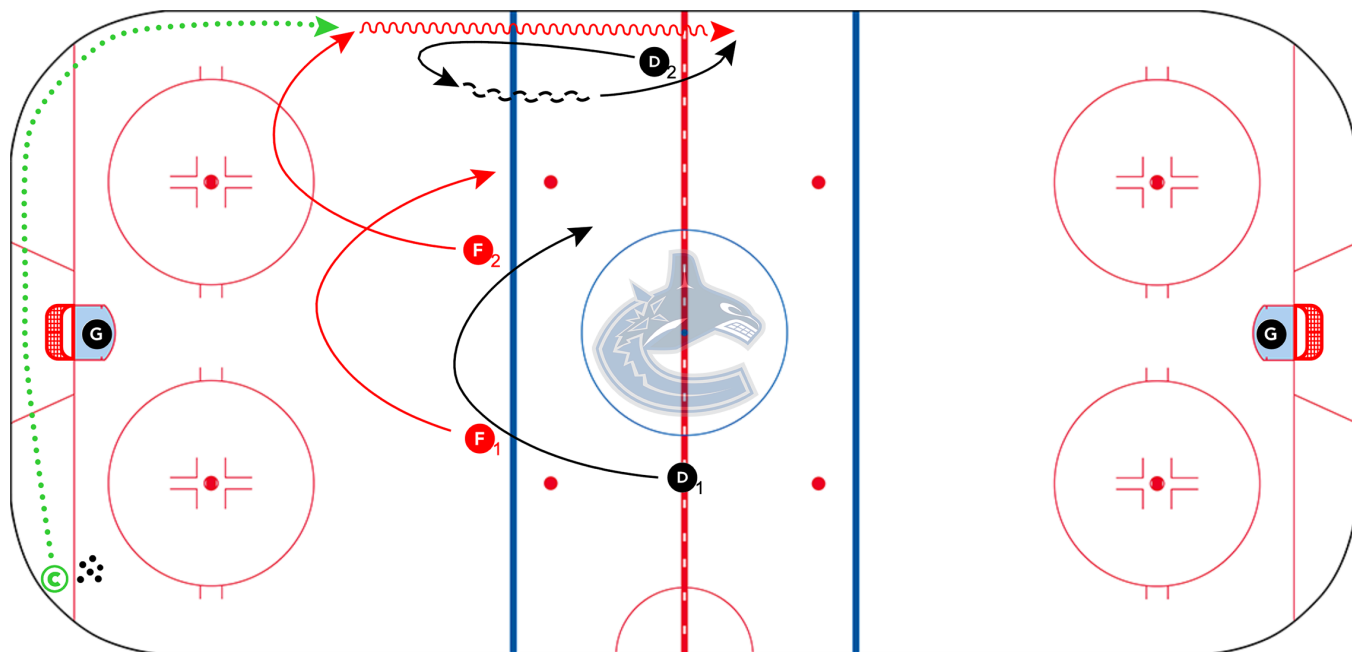


# 2 VS 2 X 2 GAP/SURF

**Category:** Neutral Zone Counter / Transition

**Team:** Vancouver Canucks

- Description:**
- Coach starts play by rimming the puck behind the net.
  - **F 1** slashes, **F 2** picks up rim and skates.
  - **D 1** surfs on **F 1**, **D 2** sets gap on **F 2**, close them out.
  - **F** s regroup with the Coach on whistle for 2 vs 2 rush.



# D TURN UP X 2

**Category:** Neutral Zone Counter / Transition

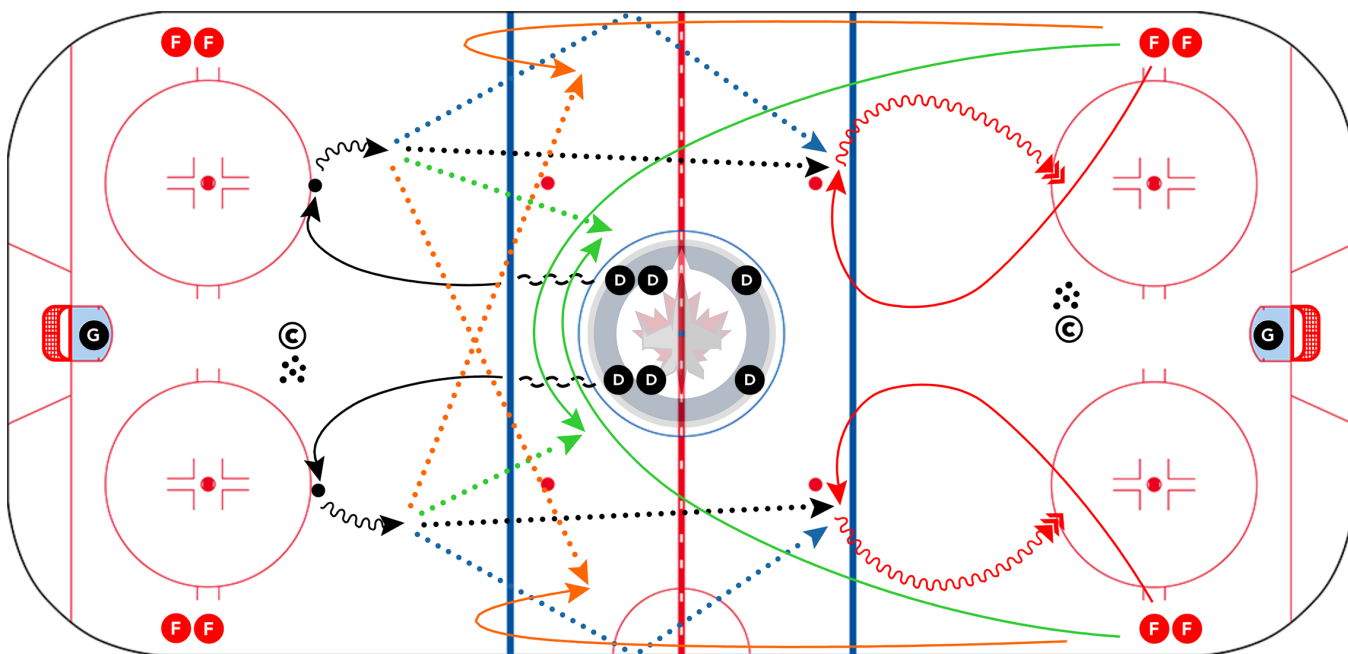
**Team:** Winnipeg Jets

**Description:**

- Coach's spot puck on opposite sides.
- All **D** start in center circle, **F**s (RED LINE) start on hash.
- On whistle **D** skate backwards then pivots & skates hard back for spotted puck.
- **D** gets around puck, takes a couple strides & executes pass to **F**.
- **D** then skates to center circle, pivots & skates hard back for 2nd puck, gets around puck with a few strides & passes.
- **D** finishes drill by skating hard to red line.

## 4 Shooting Sequences

1. **F** inside out roll to dot for direct pass from **D** (BLACK)
2. **F** inside out roll to dot for indirect pass from **D** (BLUE)
3. **F** fills the middle as a center (GREEN)
4. **F** gets low on weak-side for cross-ice pass (ORANGE)



# D ACTIVATION

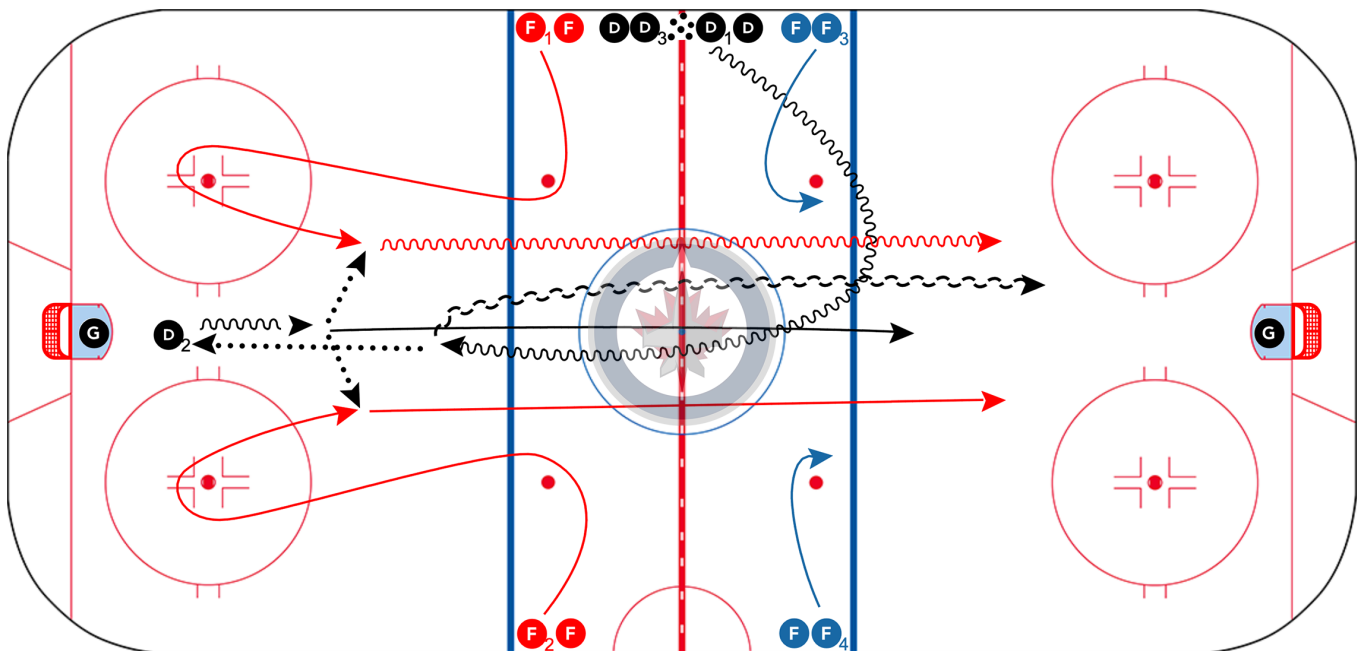
**Category:** Neutral Zone Counter / Transition

**Team:** Winnipeg Jets

**Description:** Very good pace & transition drill.

- Starts with **D2** at the net, **F1** & **F2** jumping off boards in neutral zone down dot line.
- The defending **D1** carries a puck thru neutral zone.
- When **D1** hits blue line, player passes to net **D2** who takes a few strides and passes to either **F**.
- **D2** joins **F**s on a 3 vs 1 looking to attack with speed while driving for play to net.
- As the attack crosses the blue line **F3** & **F4** come back in the zone thru dot line & new **D3** carries puck thru neutral zone.
- On whistle, **D3** passes to netfront **D2** who jumps to pass and skates then makes pass to either **F3** & **F4** going the other direction. **D2** joins attack for 3 vs 1.
- The drill ends once the offensive players score 7 goals (or a number coach sets).

\*Coach times the whistle so only allows play & possible rebound. Don't let it go so it becomes an offensive play.





# DEFENSIVE ZONE COVERAGE DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivot

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterflyslide

# AROUND THE CONES DZC

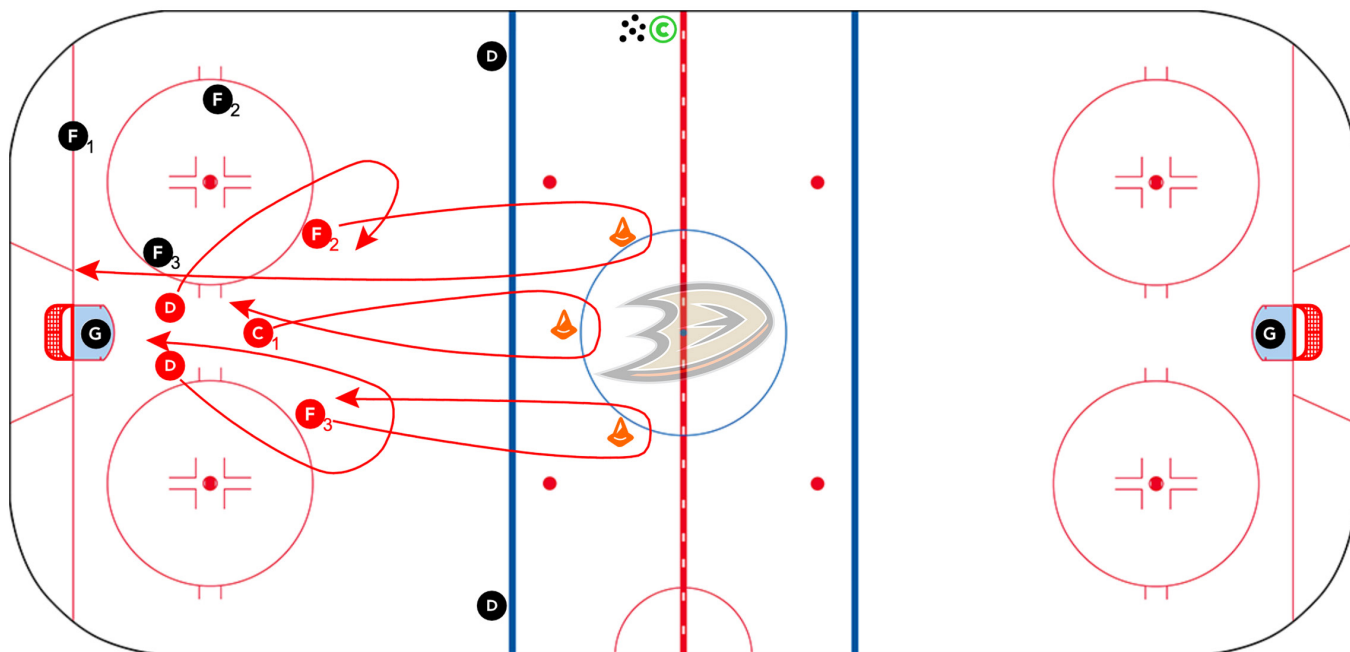
**Category:** Defensive Zone Coverage

**Team:** Anaheim Ducks

**Description:**

- On whistle, forwards tag up around the cones. On the way back in, the coach spots a puck.
- Red works back into DZC, play it live.
- C1 — Low 1st
- 2nd whistle -> F2 low
- 3rd whistle -> F3 low

\*Each time, let play go 10-15 seconds. Ends up being a 45-second shift. Every forward plays low.

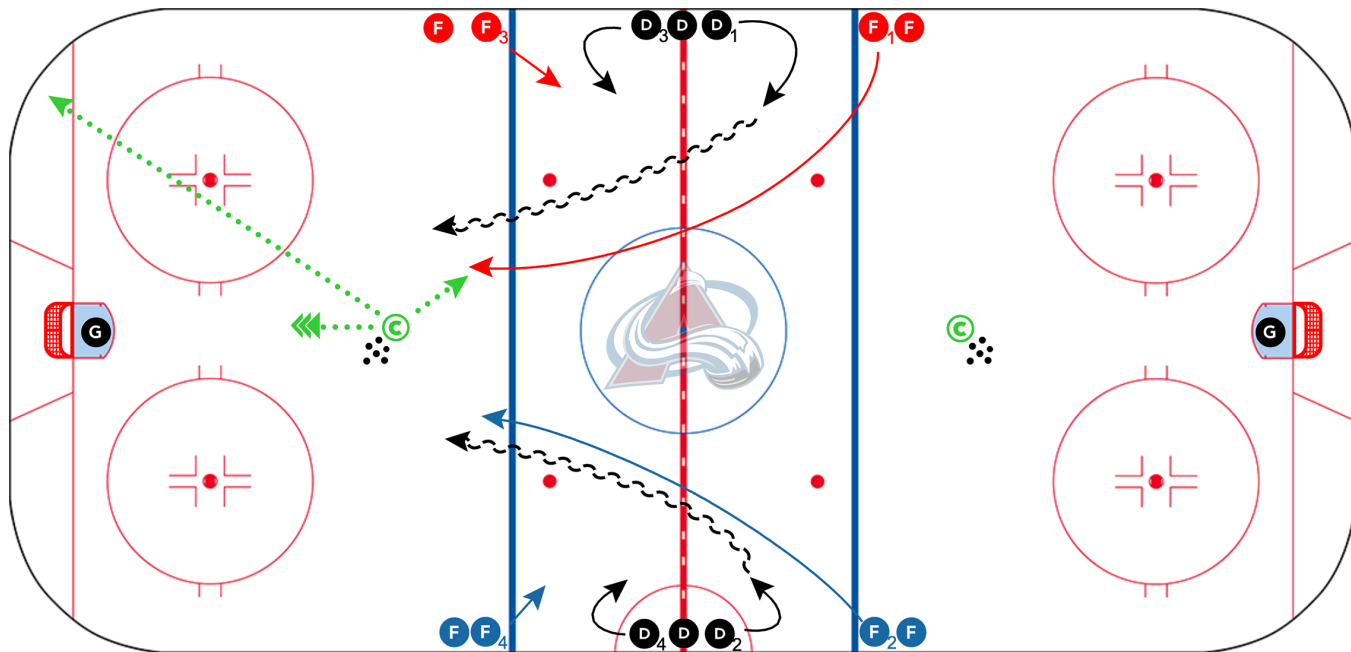


# 3 WHISTLE SEAL OUT

**Category:** Defensive Zone Coverage

**Team:** Colorado Avalanche

- Description:**
- Defence be physical, tight gap, seal out and keep inside position. Fs fight to get inside position and drive net.
  - On whistle **F 1**, **F 2** skate hard towards coach, **D 1**, **D 2** skate backwards and stay in front of Fs.
  - Coach will either pass to the Fs or dump the puck to the corner for 2 vs 2 battle.
  - On 2nd whistle, Fs tag up to the side boards, and drive to net for coach's shot on goal rebounds.
  - Play it out until 3rd whistle. D seal out Fs on rush, be physical and keep inside position.
  - On 2nd puck coaches shot, seal out Fs coming to net. Play out until whistle.
  - On 3rd whistle, **F 3**, **F 4** attack the opposite way, **D 3**, **D 4** defend. Continuous drill.



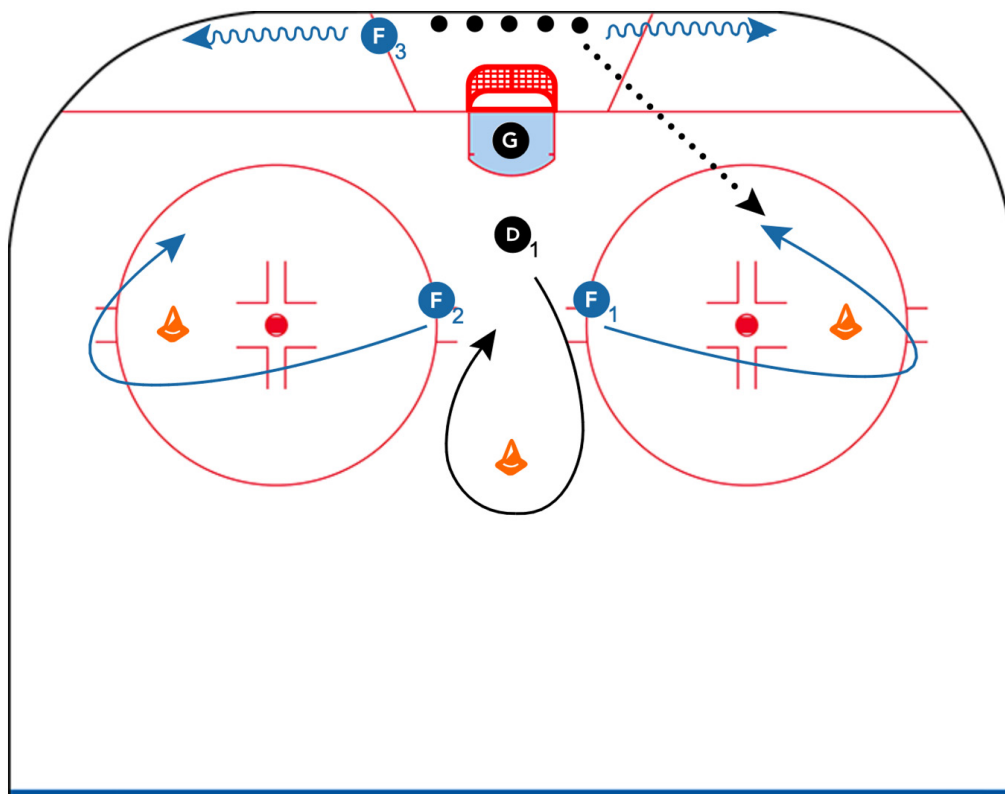
# ARRIVE IN DZONE

**Category:** Defensive Zone Coverage

**Team:** Edmonton Oilers

- Description:**
- 5 pucks — **F 3** stays below the goal line and looks to feed **F 1** and **F 2** for a shot (2 vs 1 net front).
  - After the first puck or whistle from coach, **F 1 & 2** around dot cones, **D** around the middle cones.
  - **F 3** moves below goal line looking for the forwards with second puck. This continues for pucks 3/4/5.

\*Progression — 2 vs 2 situations or the forwards around middle cone, **D** around the dot cone.

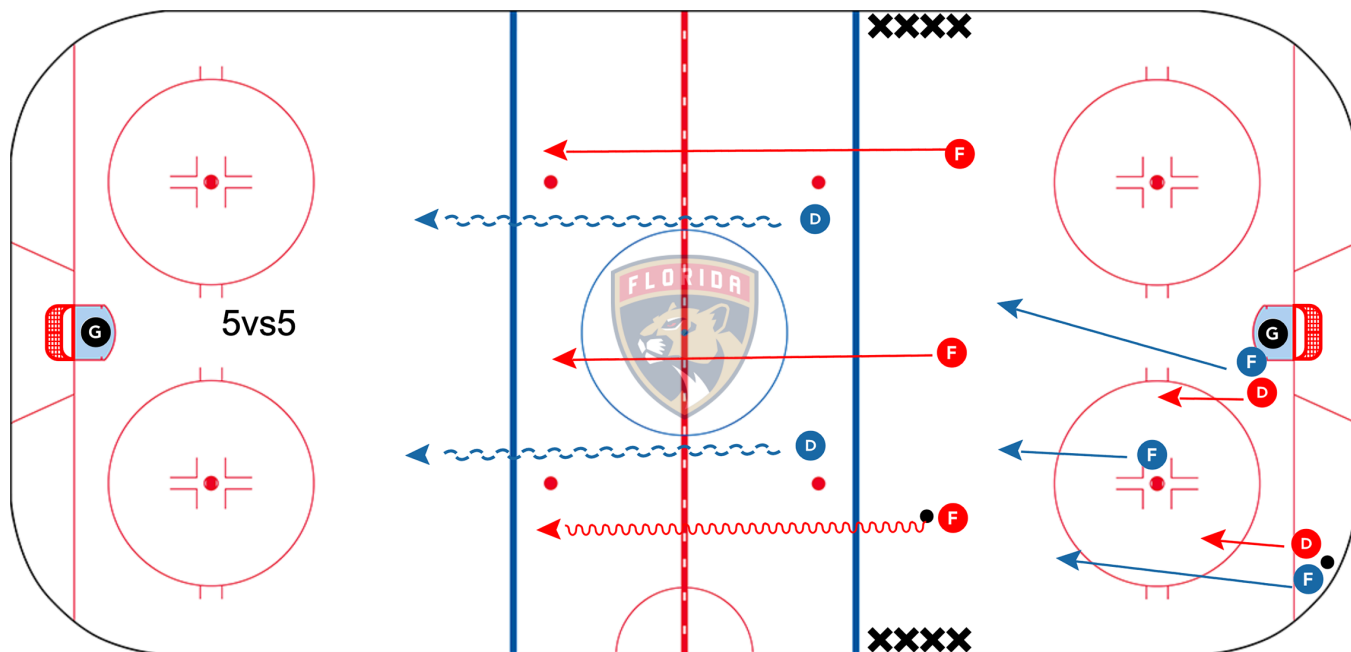


# 3 VS 2 HIGH LOW

**Category:** Defensive Zone Coverage

**Team:** Florida Panthers

- Description:**
- Start play 3 vs 2 low.
  - On whistle 3 vs 2 starting the other way, offensive team now back checks for defence, defence join offensive team.
  - Play 5 vs 5 in zone. 2nd puck for 5 vs 5 D-Zone.



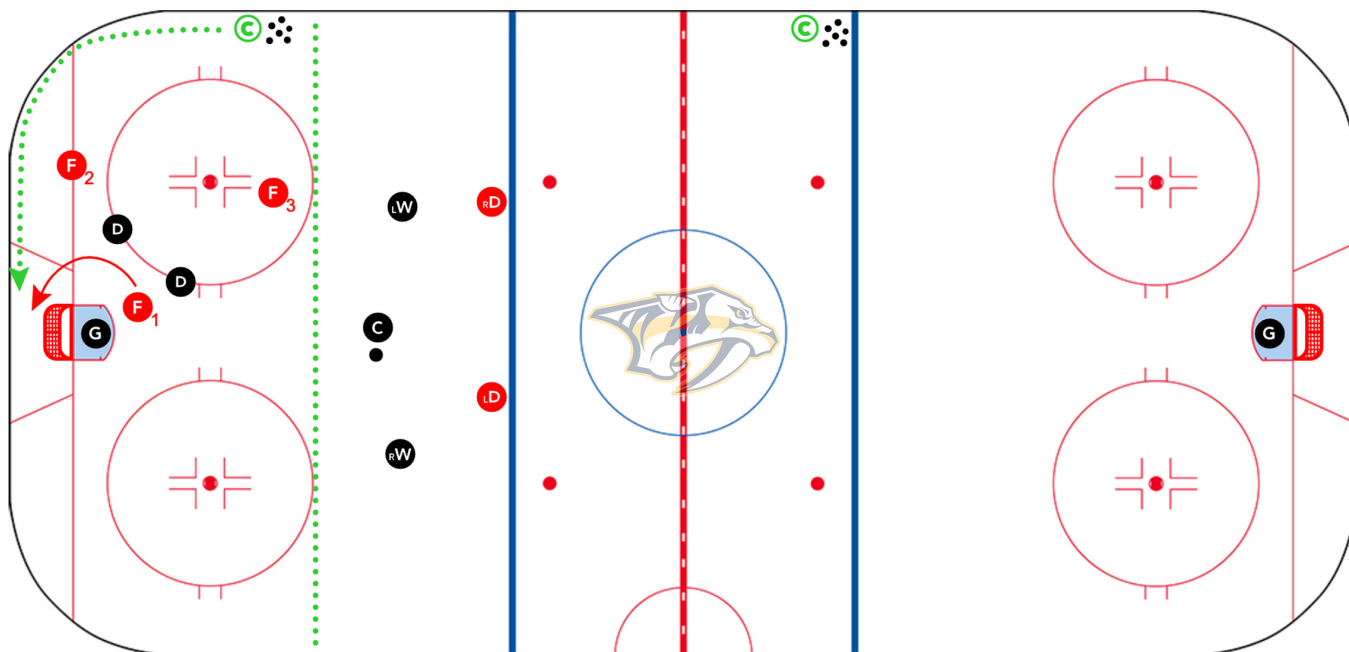


# 3 VS 2 LOW INTO 5 VS 5

**Category:** Defensive Zone Coverage

**Team:** Nashville Predators

- Description:**
- Coach spots a puck behind the net. Red **F**s play black **D** 3 vs 2.
  - Black **F**s and red **D** stay above the tops of the circles.
  - Coach continues to spot pucks until whistle.
  - On whistle black **F**s take off against red **D** 3 vs 2 and red Fs on offence transition to defence. Play it out 5 vs 5 in OZ, 2nd coach can spot pucks in OZ as needed.



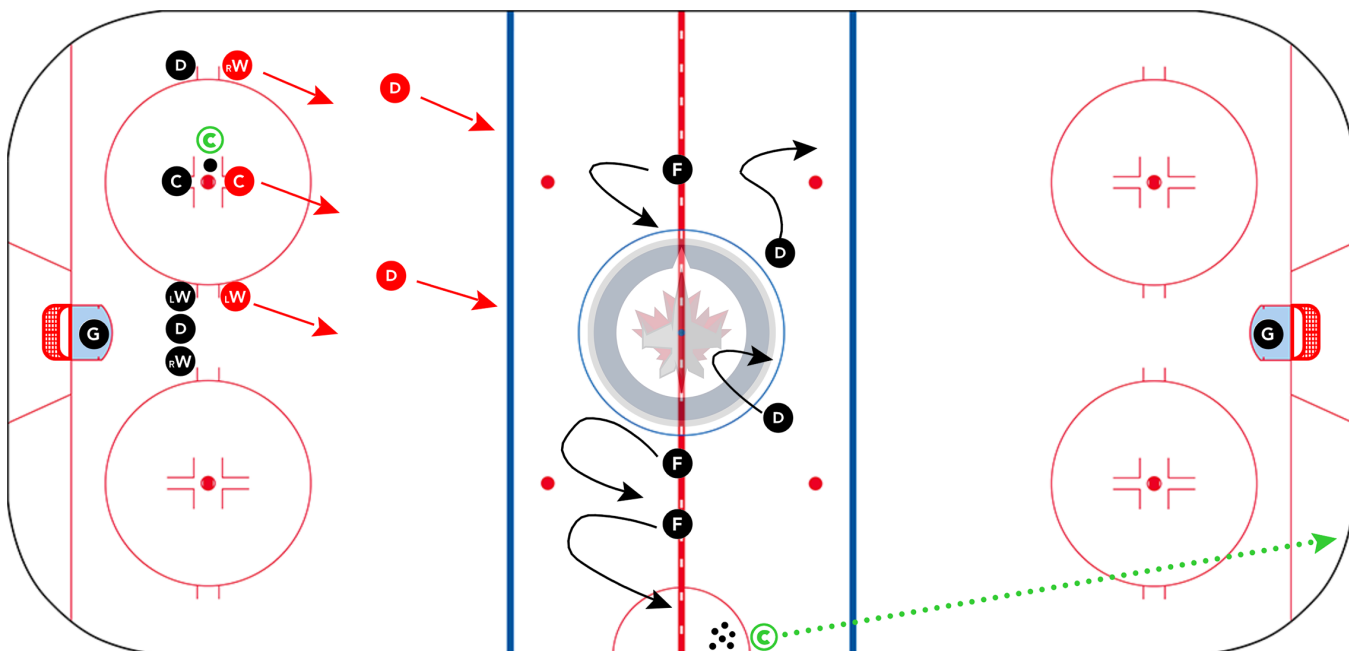
# CONTINUOUS DZC

**Category:** Defensive Zone Coverage

**Team:** Winnipeg Jets

**Description:** 5 vs 5 Defensive Zone, Coverage vs Offensive Zone Play. Working on OZone & DZone habits.

- Starts with face-off alignment and responsibilities on a loss.
- Offensive line (**RED**) wins faceoff and defensive line (**BLACK**) reacts for a 5 vs 5 in-zone.
- If the defensive line wins they are looking to breakout and the offence is forechecking them working to get puck back.
- On whistle, the offensive line sprints back to other end and is the new defensive line playing D Zone Coverage vs a new offensive line (**BLACK**).
- As players pass blue line a new defensive line enters neutral zone to start milling (moving) waiting for the coach to blow whistle and dump the puck in.
- The offensive line always gets first puck touch & score. Defensive line looking for puck recovery.





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

## LEGEND

► Direction

»» Shot

|| Stop

) Pivot

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterfyslide

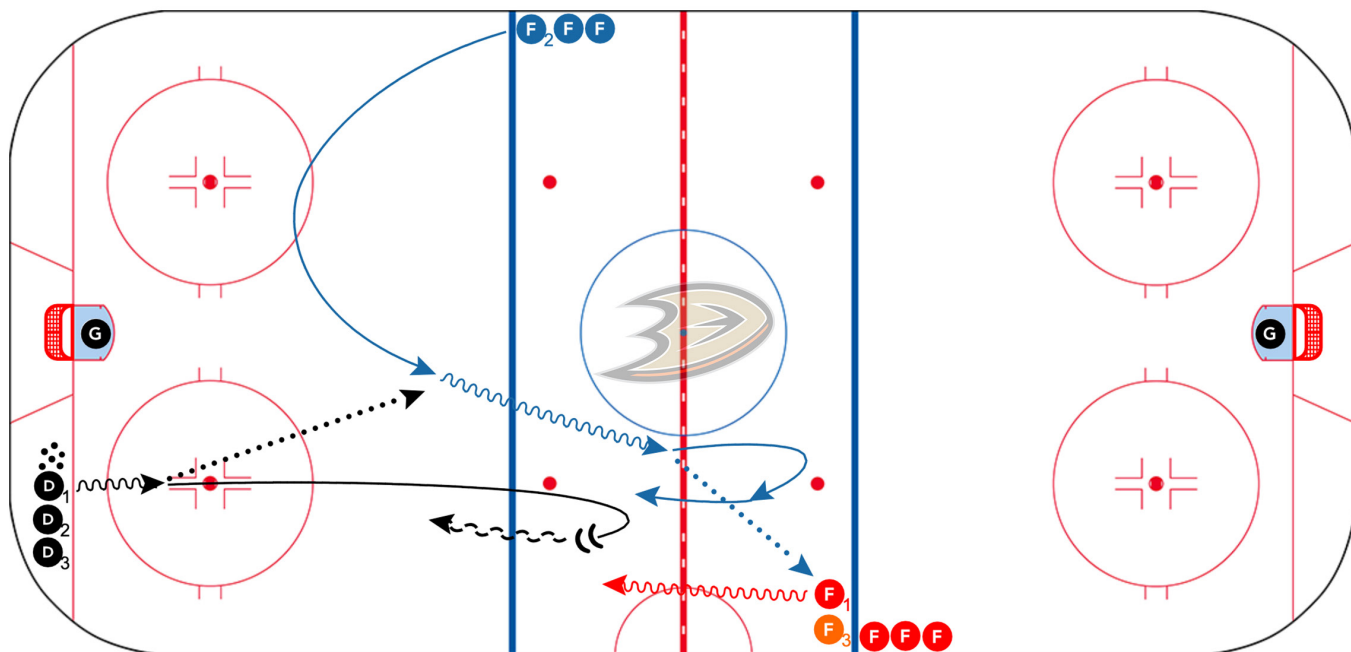
# MO'S 2 VS 1

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

**Team:** Anaheim Ducks

**Description:** Drill goes both ways — 2 vs 1.

- **F**2 receives pass from **D**1.
- **F**2 picks up **F**1 and both forwards attack the **D** who made the breakout pass.
- Can send **F**3 as a tracker.

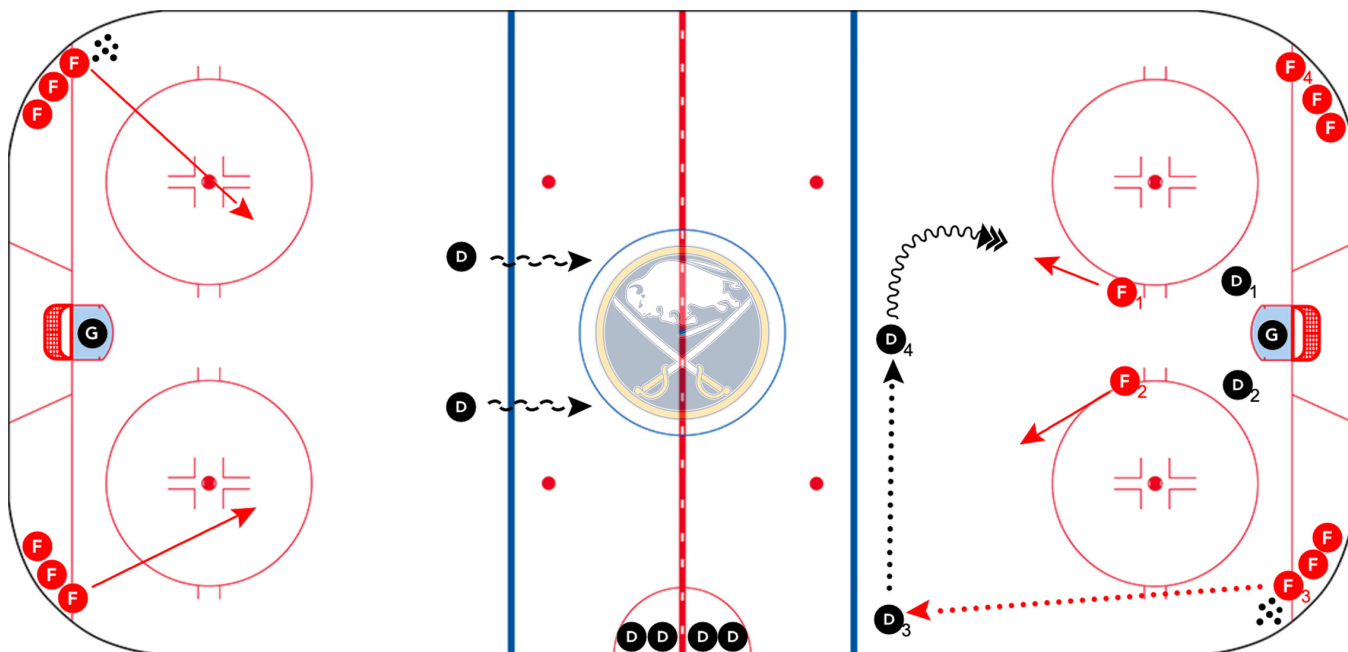


# RICO 2 VS 2

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

**Team:** Buffalo Sabres

- Description:**
- To start drill, 2 vs 2 to the net front at the far end.
  - On first whistle:
    - **F 3** pass to **D 3**.
    - **D - D** and a shot on net.
    - **F 1 & 2**, pressure out. **F 3 & 4** go to the net.
    - **D 1 & 2** box out the forwards or front shot.  - On second whistle:
    - **F 3 & 4** retrieve a new puck and go 2 vs 2 against **D 3 & 4**.

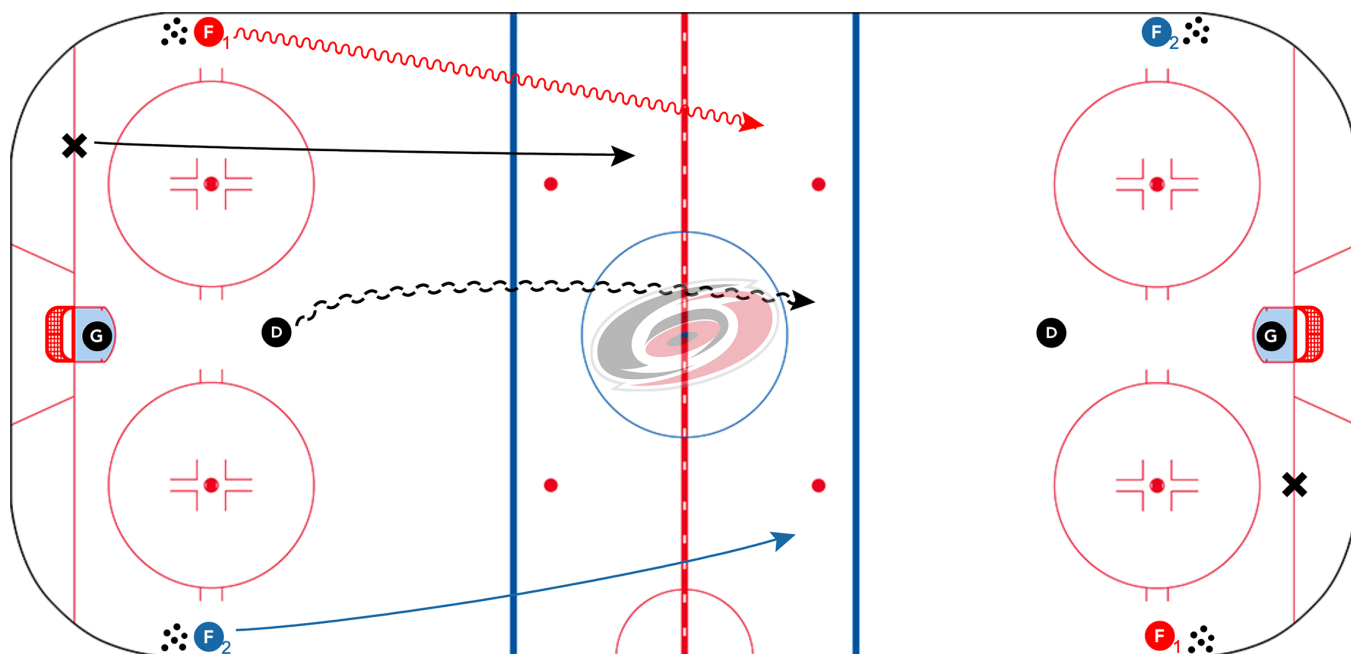


## 2 VS 1 PICK A SIDE

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

**Team:** Carolina Hurricanes

- Description:**
- Starts with 2 vs 1 straight down the ice with back checking forward (X) on the goal line.
  - After play, coach blows whistle and the back checker swings to either corner. Two forwards go straight down on a new defender and forward from the opposite end.
  - The side that the tracker doesn't turn to becomes new tracker.
  - Continuous drill.

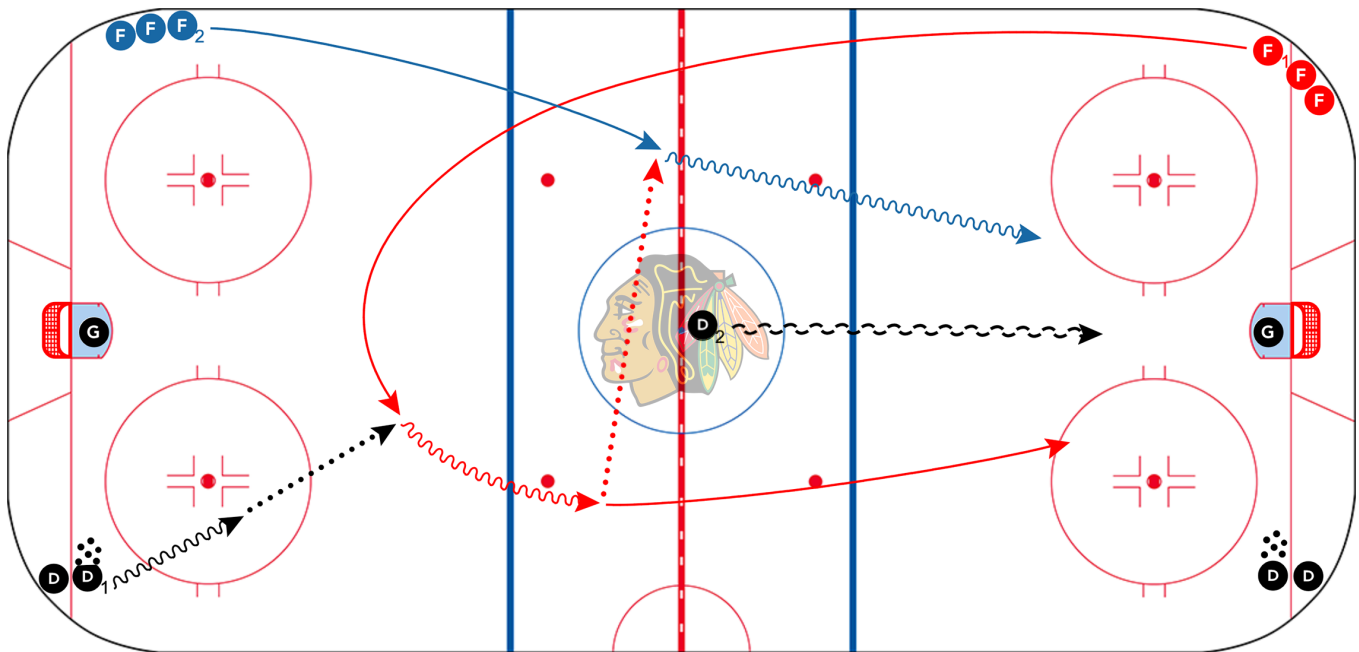


# HITCHCOCK 2 VS 1

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

**Team:** Chicago Blackhawks

- Description:**
- **F 1** leaves and swings wide to the opposite end's blue line. **F 2** leaves their end with timing, **D 1** steps out and can pass to either side. **D 2** is waiting in neutral zone and takes 2 vs 1 down.
  - After **D 1** makes their pass, they follow up play and take a new 2 vs 1 back to their end.
  - NO BUMPBACK TO D- Forwards receive the puck and turn up ice, attack as quickly as possible.

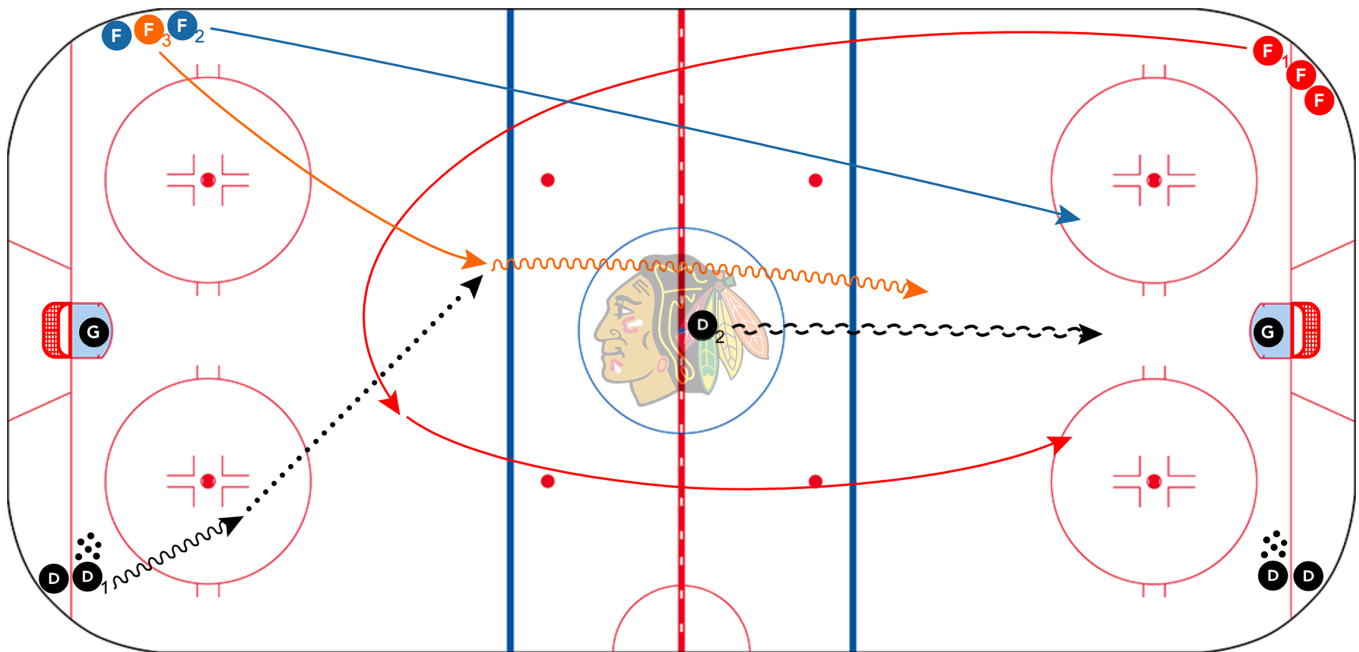


# HITCHCOCK 3 VS 1

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

**Team:** Chicago Blackhawks

- Description:**
- **F 1** leaves and swings wide to the opposite end's blue line. **F 2** and **F 3** leave their end with timing. One forward fills the middle lane and the other fills the near lane.
  - **D 1** steps out and can pass to any of the options. **D 2** is waiting in neutral zone and takes 3 vs 1 down.
  - After **D 1** makes their pass, they follow up play and take a new 3 vs 1 back to their end.
  - NO BUMPBACK TO D- Forwards receive the puck and turn up ice, attack as quickly as possible.





# 2 PART 2 VS 1

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

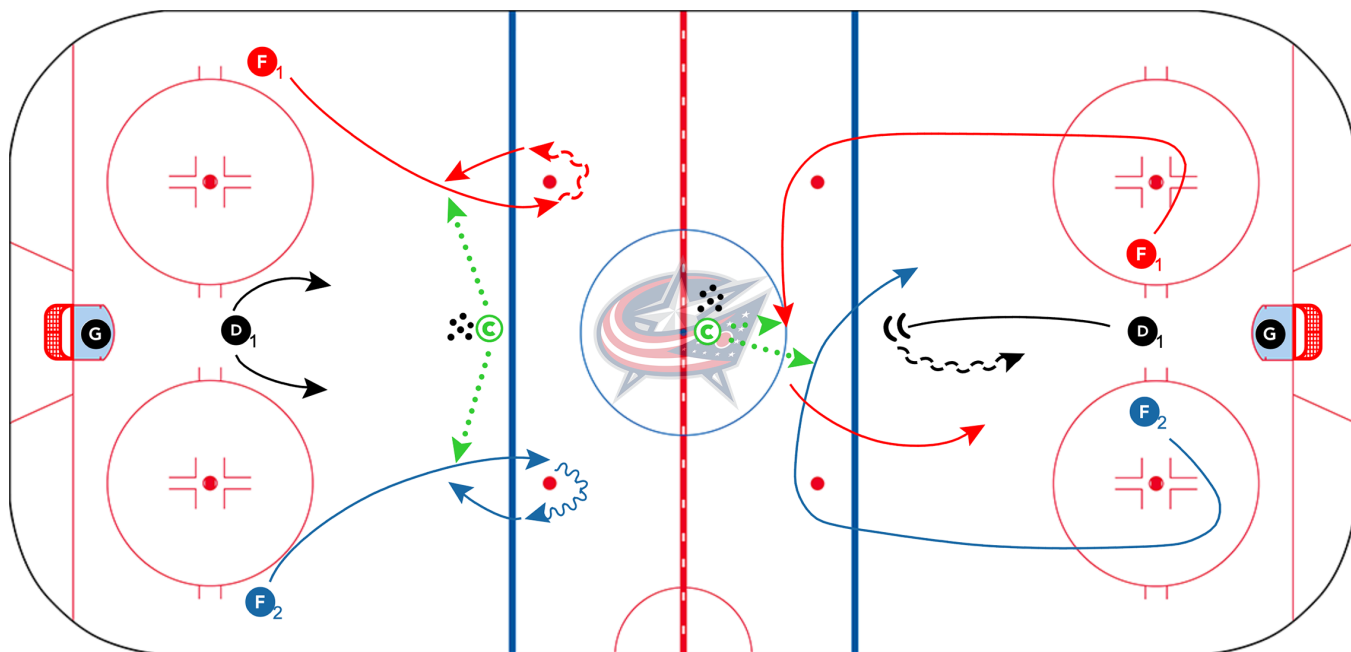
**Team:** Columbus Blue Jackets

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

- FWDs leave in-zone dots, towards NZ dots.
- FWDs transition into NZ dots.
- Coach passes to either FWD while **D** gaps up to play oncoming 2 vs 1.

**Part 2**

- Puck is spotted in the NZ for the swinging FWDs to pick up and come in 2v1 on waiting **D**.

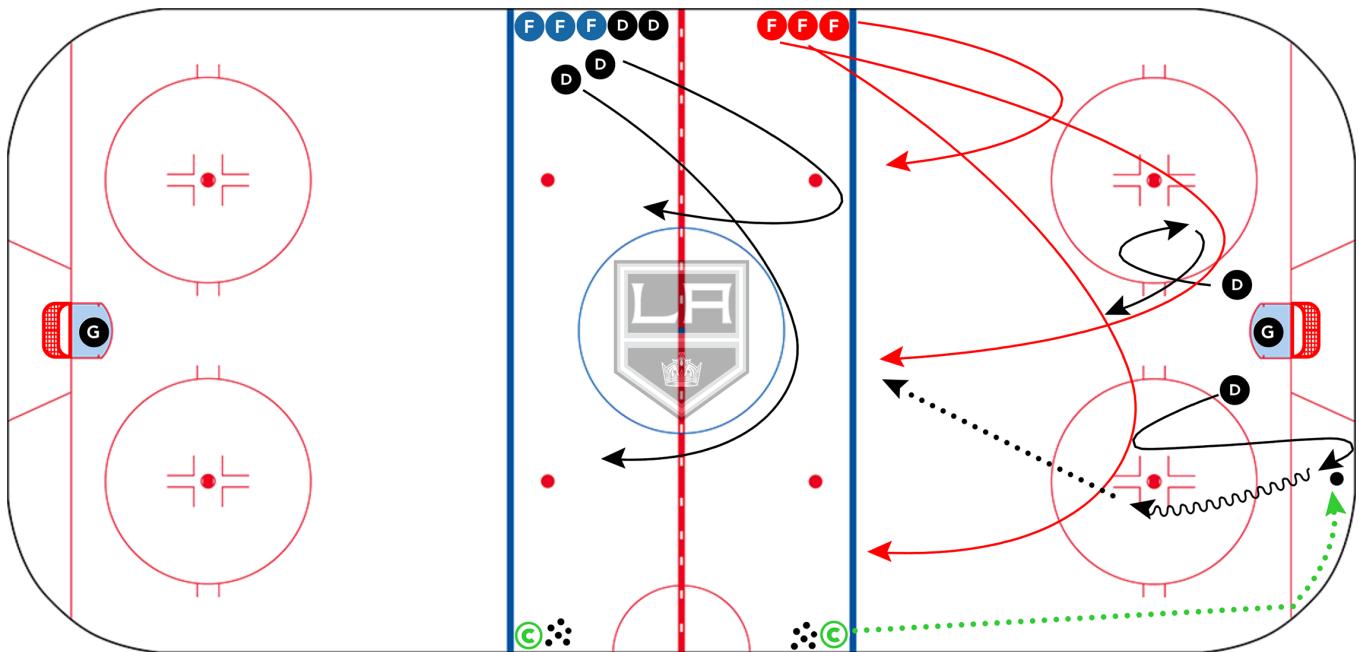


# DEF TRANS — 4TH MAN GO!! 5 VS 2

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

**Team:** LA Kings

- Description:**
- **D** in zone gap up to hash marks on whistle and retrieve puck spotted by the coach.
  - **F**s will work off wall back into zone for break out from **D**.
  - Defending **D** will gap up off wall and take on rush. Attack 5 vs 2 up ice.
  - Middle lane drive.
  - 4th INRUSH
  - RELAY PLAYS
  - Whistle — Defending **D** gap to hash marks to break out play going opposite direction with 3 new **F**s and 2 new defending **D**.
  - Offensive players are out on whistle.

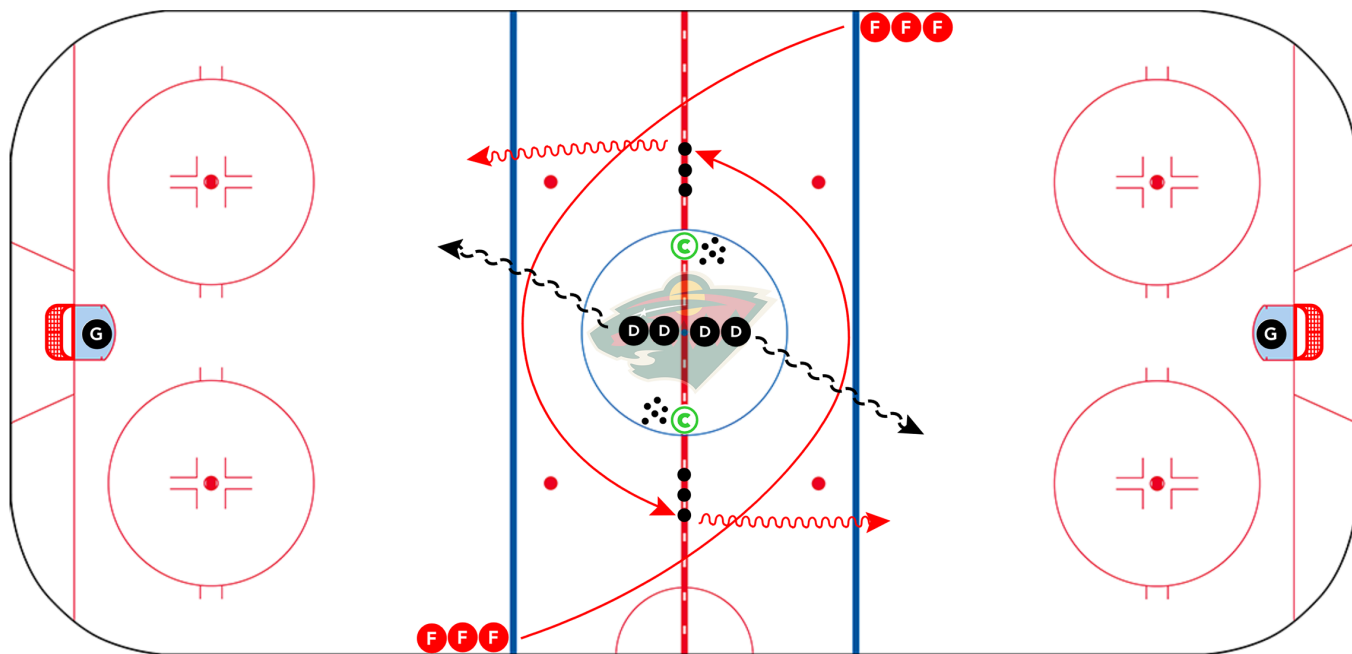


# 1 VS 1 QUICK FEET

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

**Team:** Minnesota Wild

- Description:**
- On whistle, both forwards leave, skate around **D** and pick up puck on red line that the coaches have spotted.
  - **D** can't leave until the forwards touch the puck.
  - **D** try to force a wide shot.



# NEW YORK 1 VS 1 / 2 VS 2

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

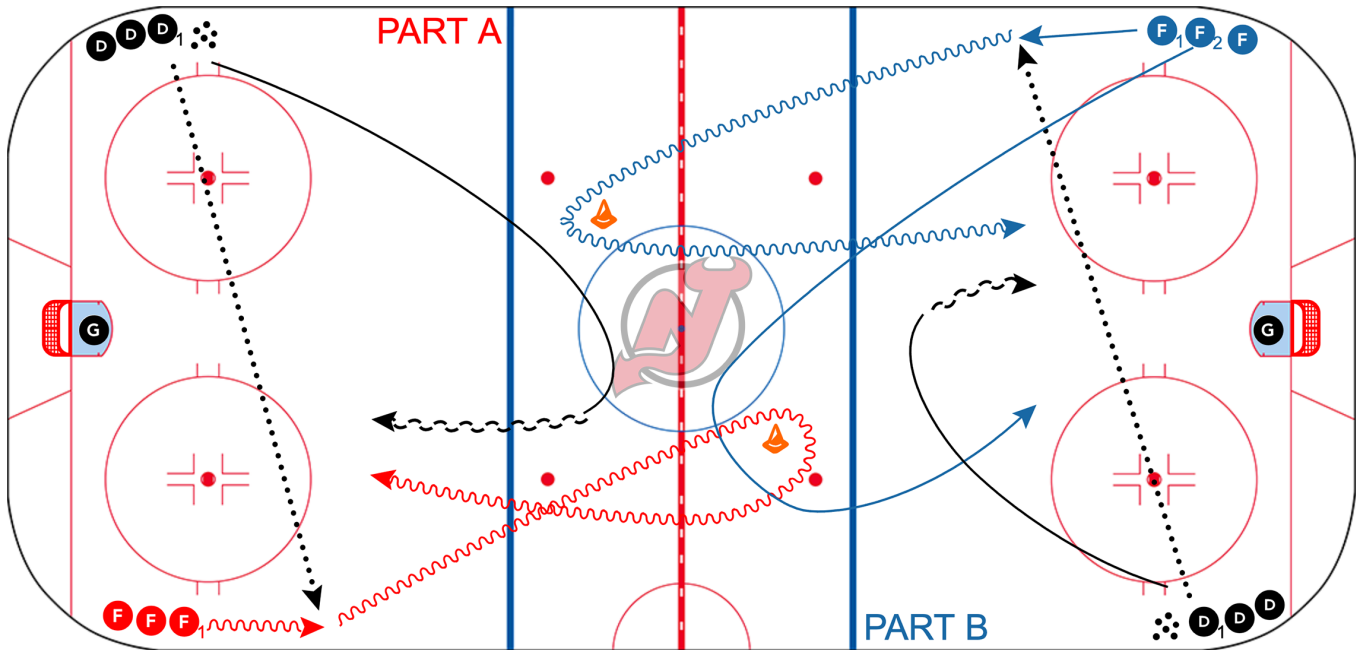
**Team:** New Jersey Devils

**Description:** **Part A**

- Both sides at same time.
- **D1** passes to **F1**.
- **F1** wide out around pylon for a 1 vs 1 against **D1**.

**Part B**

- One side at a time.
- **D1** passes to **F1**.
- **F1/F2** go around pylons for a 2 vs 1 against **D1**.



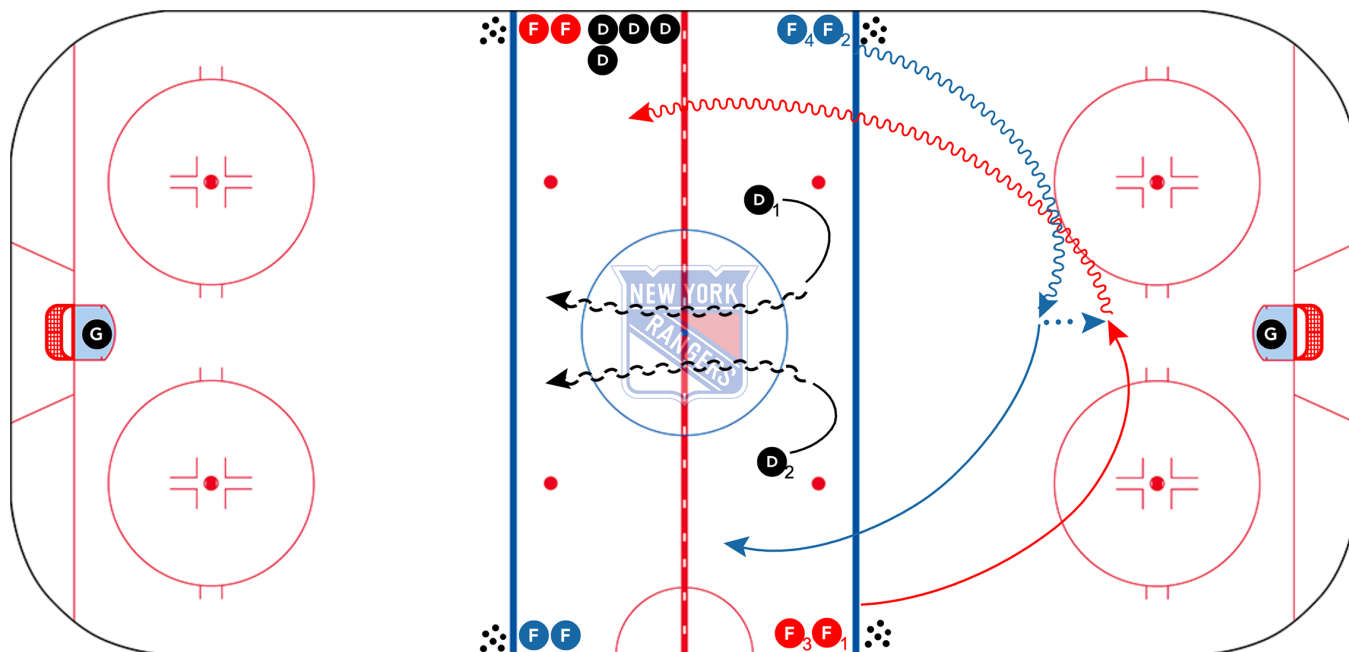


# 2 VS 2 X2 — GAP

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

**Team:** New York Rangers

- Description:**
- On whistle **F 1/F 2** regroup, touching top of circles and attack on **D 1/D 2**.
  - On 2nd whistle same **D 1/D 2** gap up on two new **F 3/F 4** coming from same line.
  - Next whistle, opposite blue line starts.



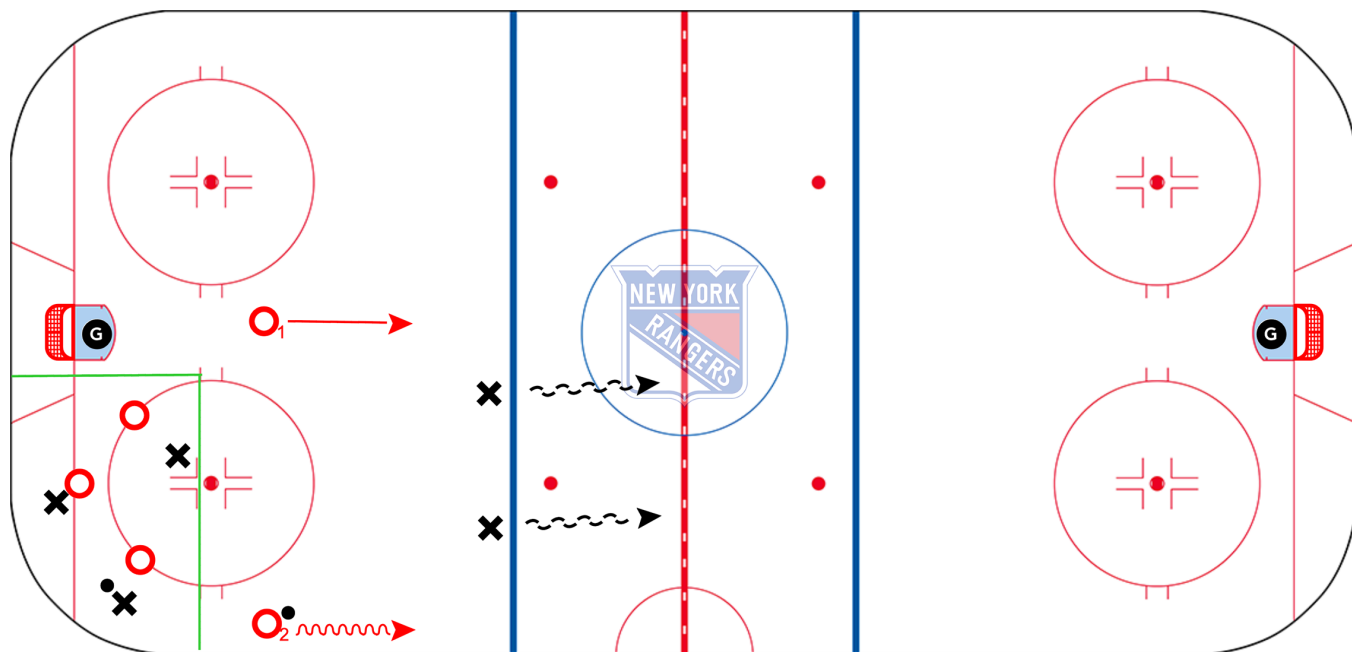
# 3 VS 3 — BACK 5 VS 5

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

**Team:** New York Rangers

**Description:**

- Drill starts with a 3 vs 3 down low.
- On whistle, **O1/O2** attack 2 **Xs** with all players backchecking to create a 5 vs 5.

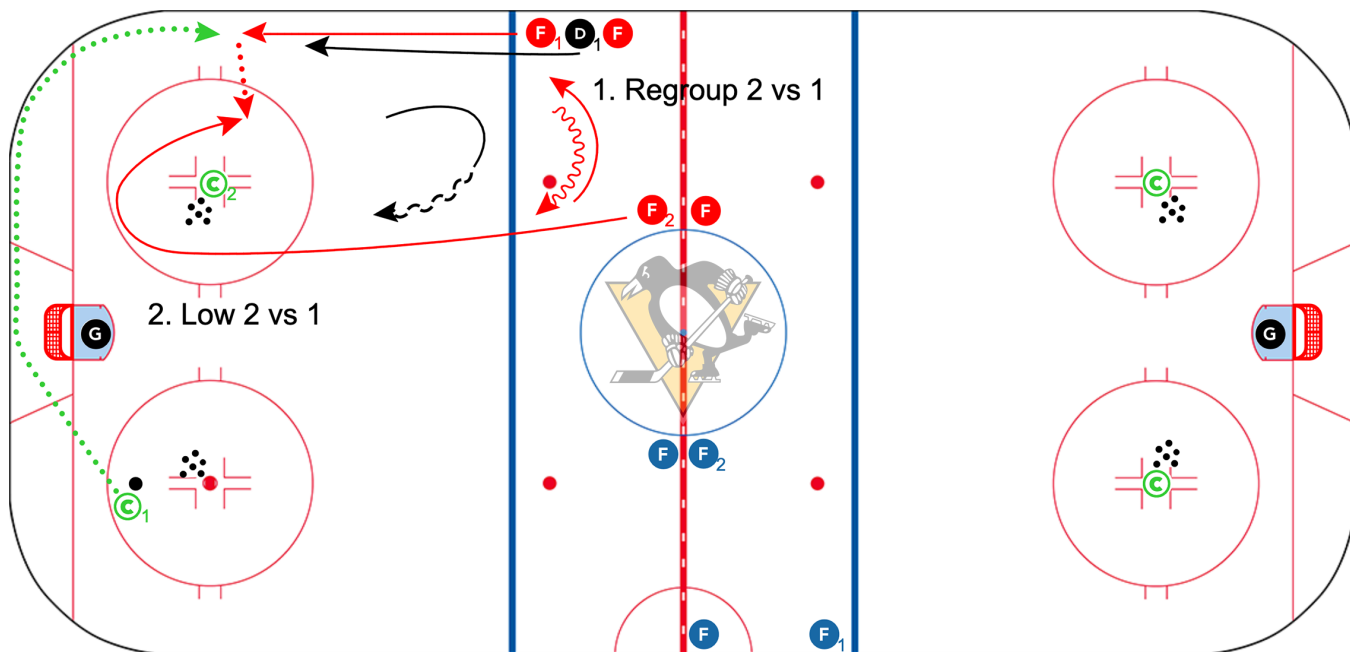


# WALL STREET 2 VS 1

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

**Team:** Pittsburgh Penguins

- Description:**
- Drill goes out of each end at the same time.
  - Coaches are at all four circles with pucks.
  - Drill starts with coach 1 rimming a puck to **F1** coming down the wall.
  - **F1** is getting pressured by **D1** acting as the point man pinching.
  - **F1** executes a wall play to **F2** supporting underneath.
  - **F1** & **F2** do a quick regroup outside blue line & re-attack 2 vs 1 against pinching **D1**.
  - After 2 vs 1 rush, coach 2 spots a puck in the corner where **F1** & **F2** execute a low play on 2 vs 1 against the same **D1**.



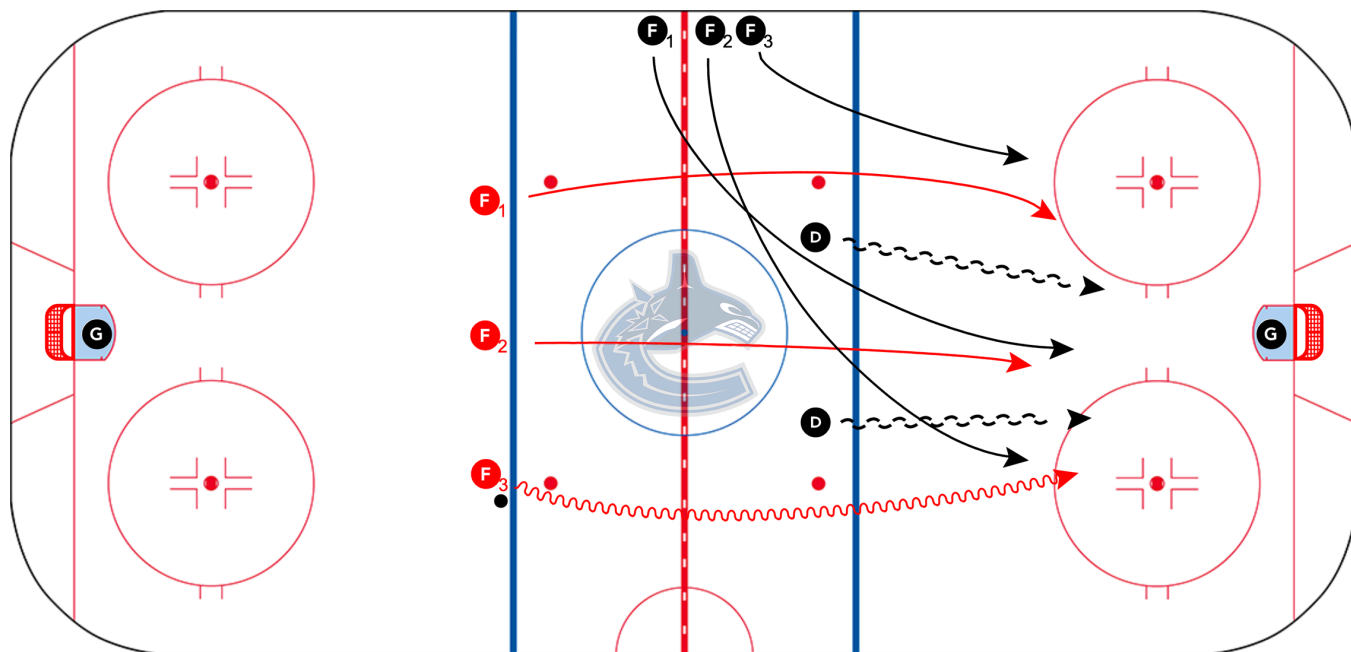


# 3 VS 2 ERRKA

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

**Team:** Vancouver Canucks

- Description:**
- Three **F**s go down 3 vs 2 on **D**.
  - **F 1** fills in low, **F 2** & **F 3** to top of circles.
  - On whistle, **F 1**, **F 2** & **F 3** take puck to go 3 vs 2 on two new **D** with new **F 1**, **F 2** & **F 3** backchecking.
  - Continuous 3 vs 2.







# SMALL AREA DRILLS & GAMES

## LEGEND

- |             |                                   |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate                        |
| »» Shot     | ~~~~~ Skate With Puck             |
| Stop        | •••• Pass                         |
| ) Pivotal   | ~ ~ ~ Backwards Skating           |
|             | ~ ~ ~ Backwards Skating With Puck |
|             | Lateral Skating                   |
|             | — Goalie Padslide                 |
|             | — Goalie Butterfyslide            |

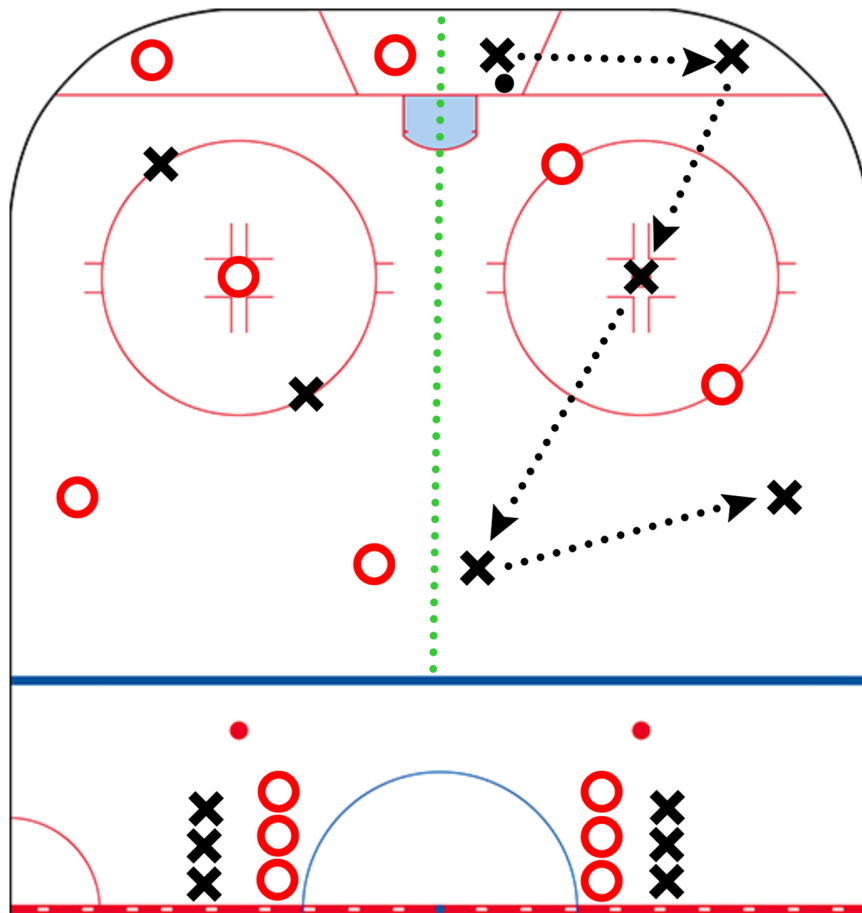


# BUMPER GAME

**Category:** Small Area Drills & Games

**Team:** Calgary Flames

- Description:**
- In half of the offensive zone, set up a 5 vs 2.
  - The 5 offensive players must maintain control of the puck vs 2 defenders.
  - When the defenders win the puck they pass it to their team on the other half. Then 5 vs 2 starts on that side.
  - Clean sheet in a specified time = 1 point.

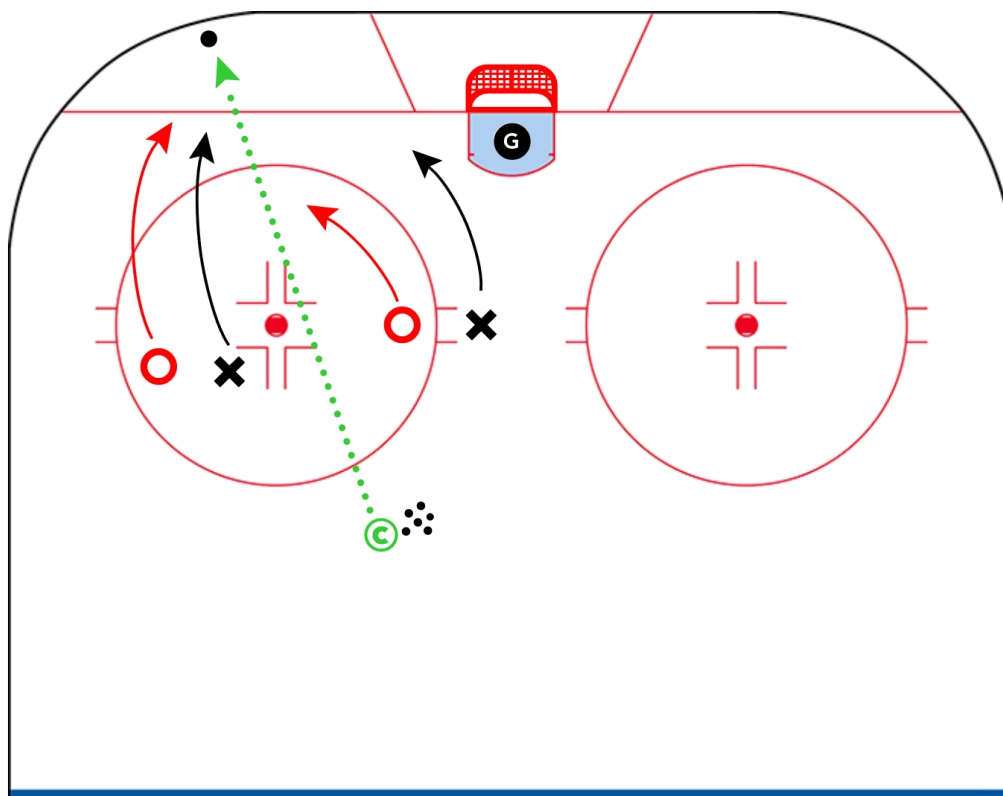


# LOW DOWN, DOWN LOW 2 VS 2

**Category:** Small Area Drills & Games

**Team:** Colorado Avalanche

- Description:**
- Coach places puck in corner.
  - **O** is on offence and **X** defends a 2 vs 2 battle.
  - There is option to add an additional offensive/defensive players. Drill can run 1 vs 1, 2 vs 1, 1 vs 2 or 2 vs 2.

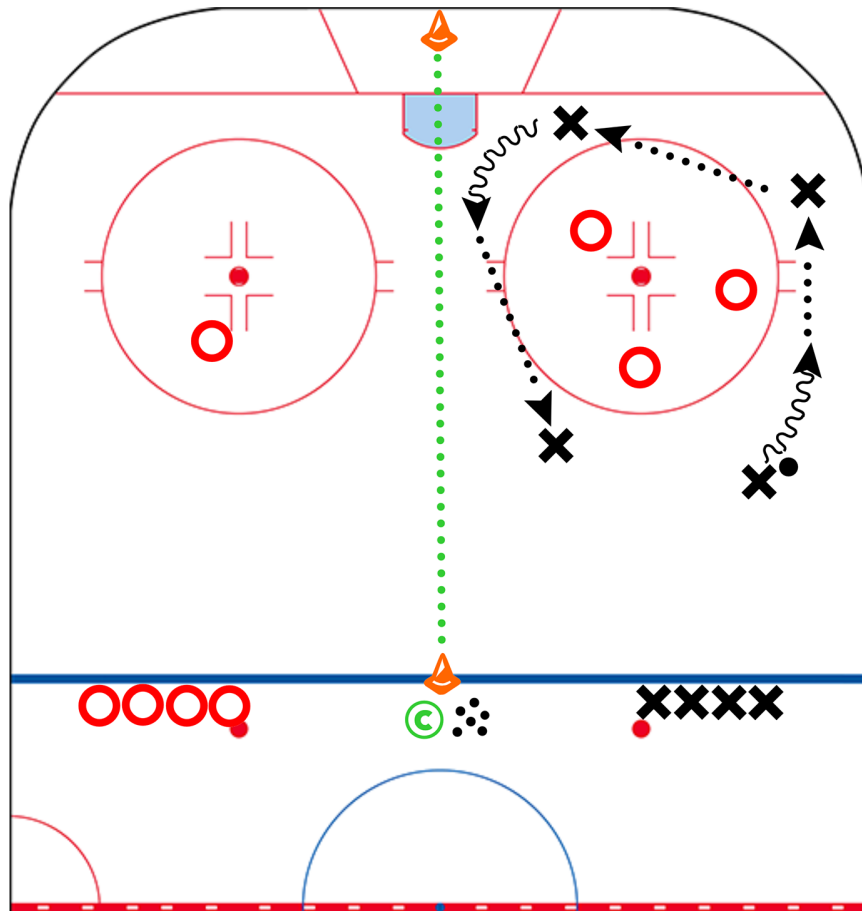


# POSSESSION GAME

**Category:** Small Area Drills & Games

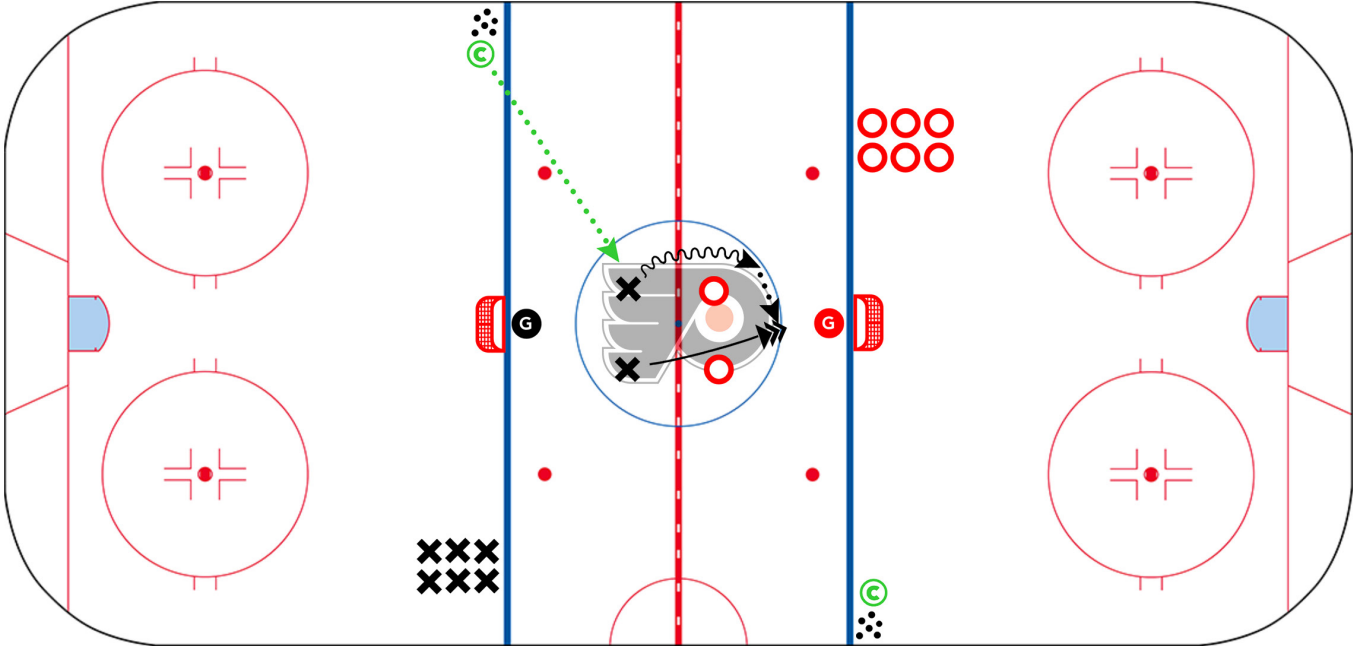
**Team:** Nashville Predators

- Description:**
- Red vs Black — this drill emphasizes defensive fundamentals like SOP, 1 vs 1 defense at the puck, playing through hands, stripping pucks. Offensively it emphasizes puck protection and puck support.
  - Starts with coach dumping a 50/50 puck. The team that gains possession plays keep away 4 vs 3 half ice.
  - If black gains initial possession the 4th red player must stay on the other side of the line. For red to go on offence they must gain possession and skate/carry puck across the half ice line before passing it to 4th red player to activate them.



# NZ 2 VS 2

- Category:** Small Area Drills & Games
- Team:** Philadelphia Flyers
- Description:**
- 2 vs 2 or 3 vs 3 in the Neutral Zone.
  - Coach will pass the puck to activate the play.



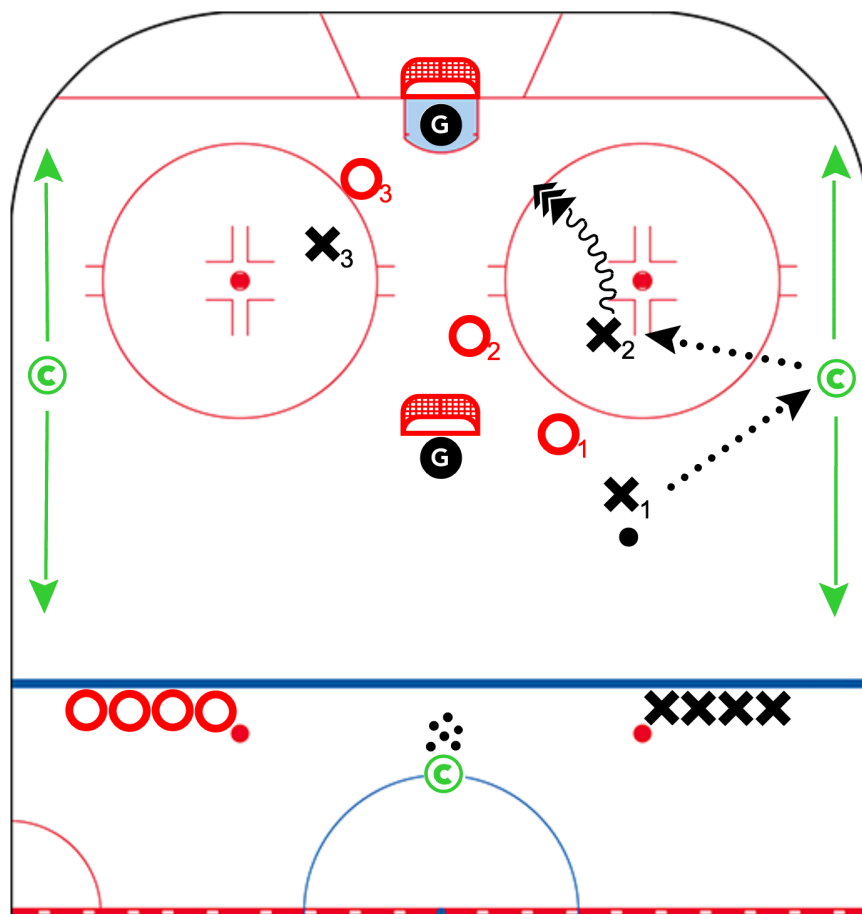


# MADS 3 VS 3

**Category:** Small Area Drills & Games

**Team:** San Jose Sharks

- Description:**
- Set one net in the standard position in the crease and a second net between the circles, facing the blue line.
  - Play 2 vs 2 in the zone with a coach along each wall (always on offence).
  - Players must pass to one of the coaches on change of possession before attempting to score. Coaches can move laterally along the wall and must pass back to the team that passes to them.
  - Teams can score on either net.

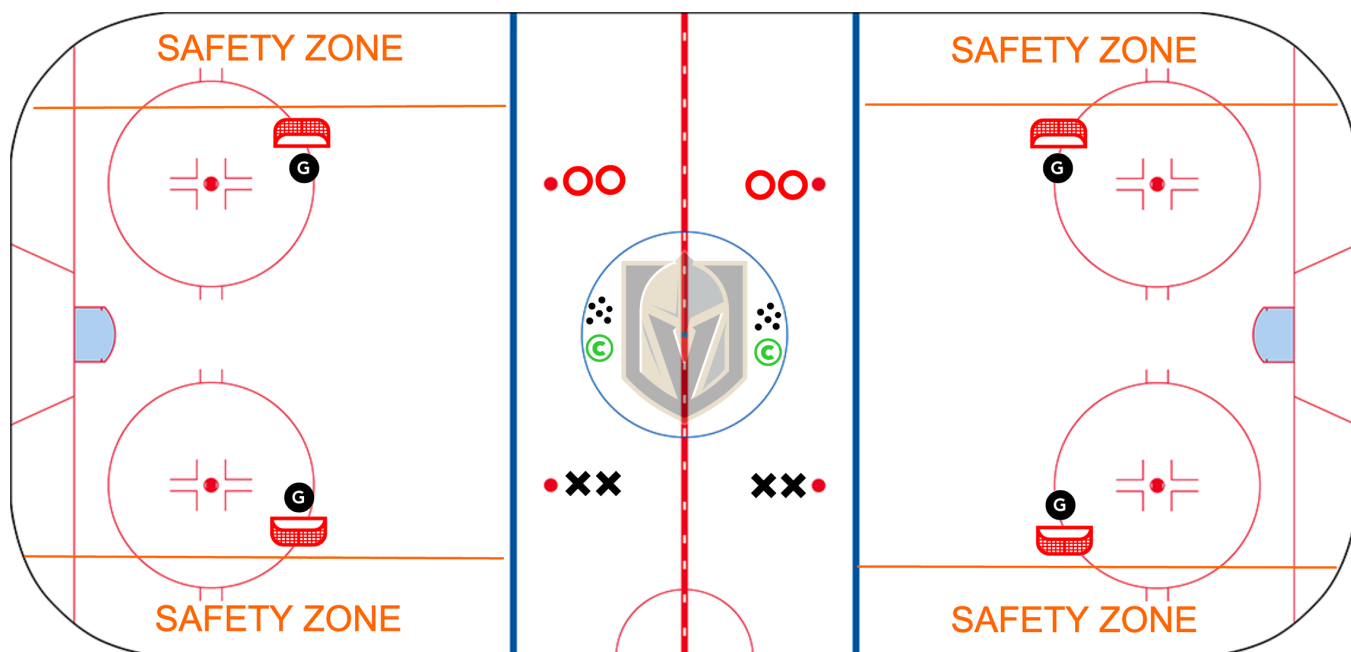


# SAFETY ZONE SUPPORT GAME

**Category:** Small Area Drills & Games

**Team:** Vegas Golden Knights

- Description:**
- Team divided into 2 groups on both dots in NZ (can run at both ends based on # of goalies).
  - One player from each team is designated a 'safety zone' player and is positioned behind the opposition's net. Player is not permitted to leave the "safety zone".
  - Coach spots a puck in zone and calls a number (2 – 4). Players release into the zone and play cross-ice. Each team is not permitted to enter the "safety zone"– but may use their "safety zone" teammate once they cross the midpoint of the ice.





# GOALTENDING DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivot

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

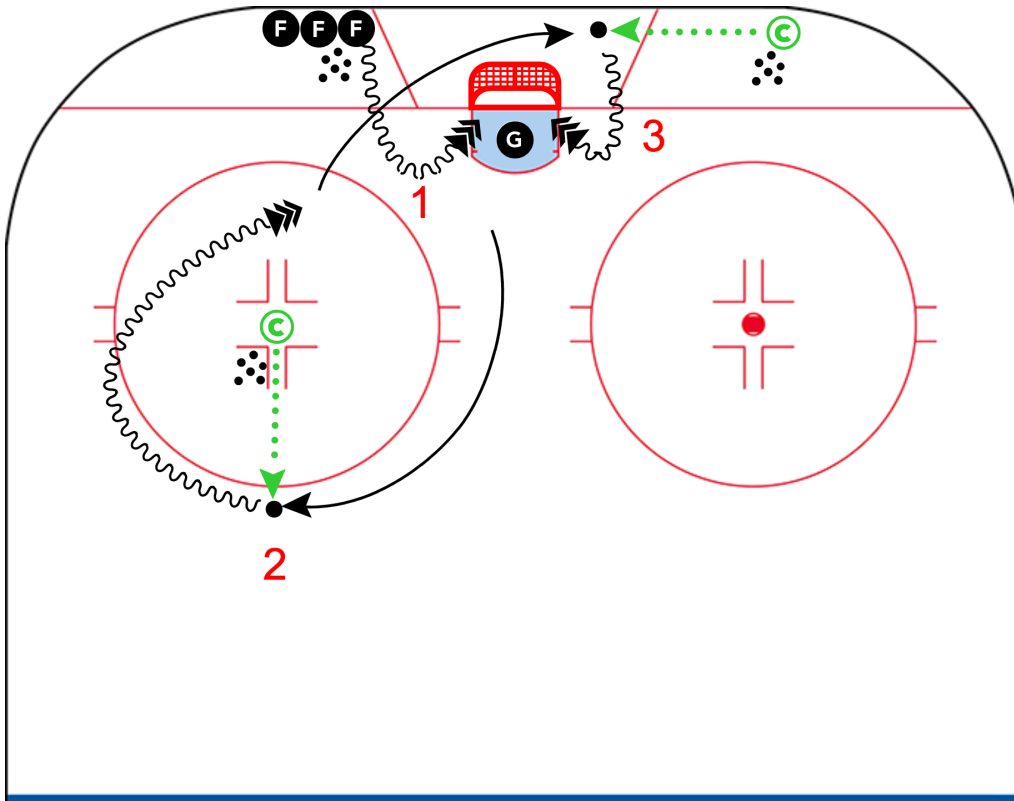
~ Goalie Butterflyslide

# PUPPA PROGRESSION

**Category:** Goaltending

**Team:** Buffalo Sabres

- Description:**
1. Forward jams/wraps the puck.
  2. Coach spots a puck at the top of the circle. Forward grabs, goes around the circle and come in for an off angle shot.
  3. Coach spots a puck behind the net. Forward grabs puck and goes for a wrap on the far side.



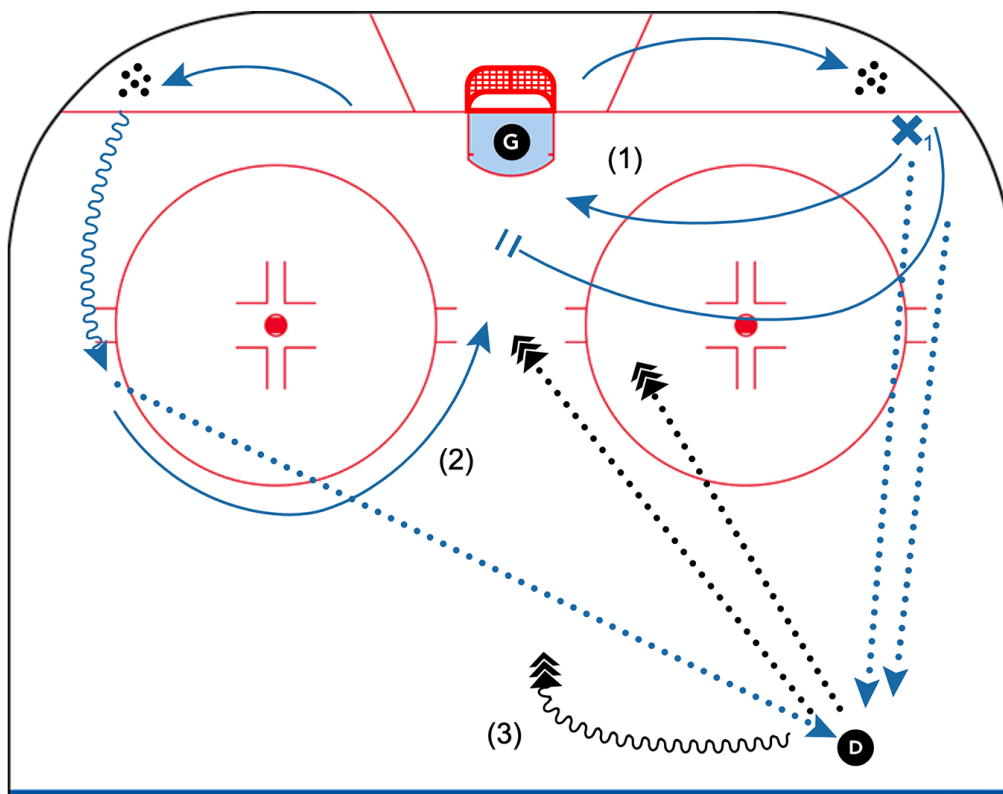
# DEFLECTION/TRAFFIC SEQUENCE

**Category:** Goaltending

**Team:** Edmonton Oilers

- Description:**
1. **X1** passes to **D1** for a shot, **X1** short side deflection.
  2. Opposite corner, **X1** passes to **D1** and skates around the top of the circle. Deflection at the hash marks from point shot.
  3. In original corner, **X1** passes to **D1** who drags the puck to the middle. **X1** net presence and deflection on **D1** shot.

Alternate sides. Progression — add **D2** for D-D pass.

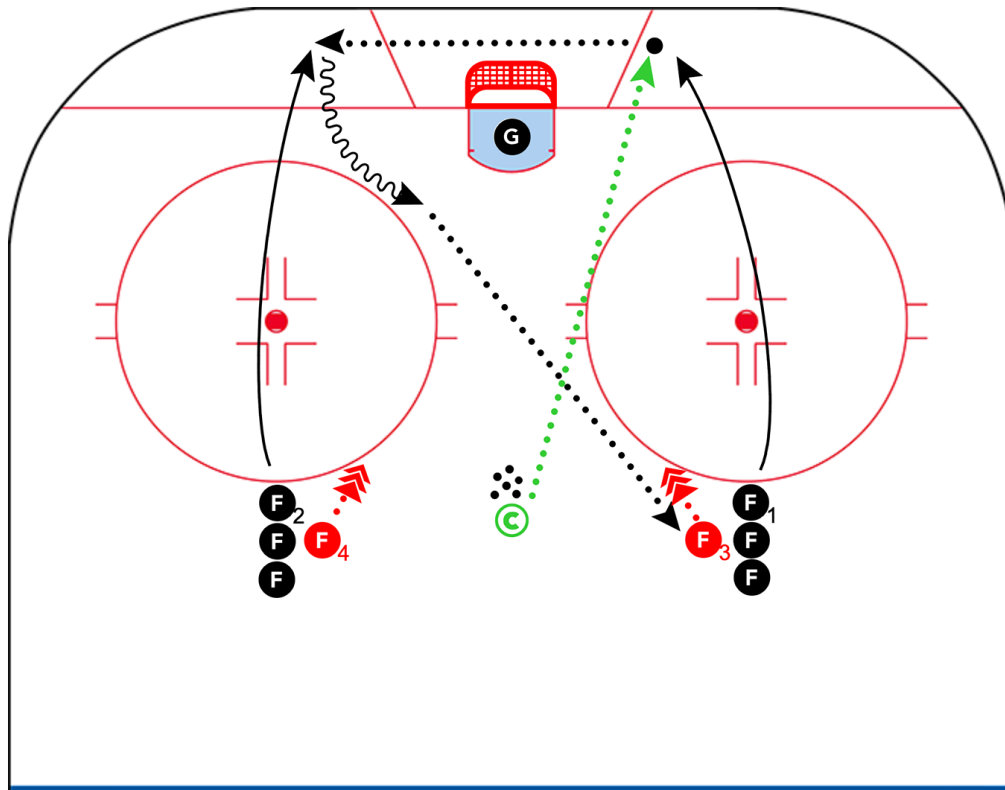


# BELOW GOAL LINE EAST-WEST OFFENCE

**Category:** Goaltending

**Team:** Montreal Canadiens

**Description:** – Coach spots puck below goal line. Forward passes below goal line to other forward for a quick attack to the net or a quick pass to either line for a quick shot.

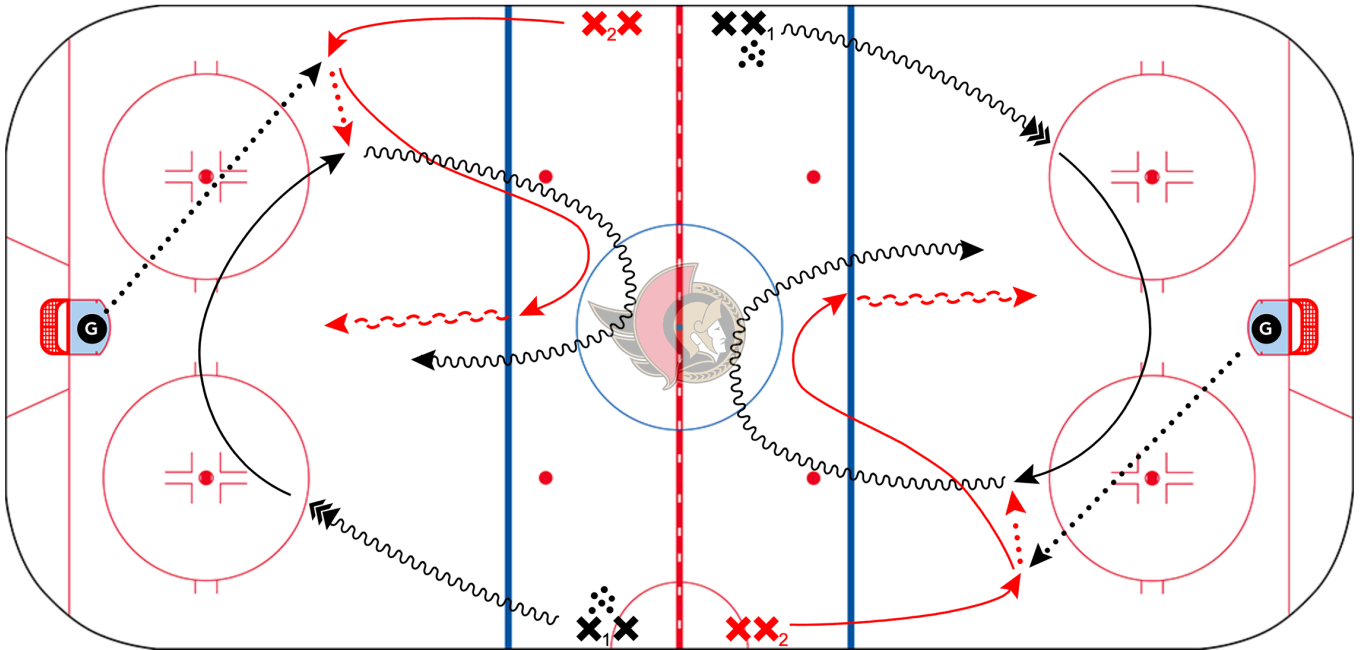


# GOALIE BREAKOUT 1 VS 1

**Category:** Goaltending

**Team:** Ottawa Senators

- Description:**
- **X1** steps in and shoots.
  - **G** saves the shot, then makes a hard breakout pass to the opposite side **X2**.
  - **X2** makes touch pass to **X1**.
  - **X1** loops outside the zone & attacks 1 vs 1 on **X2**.

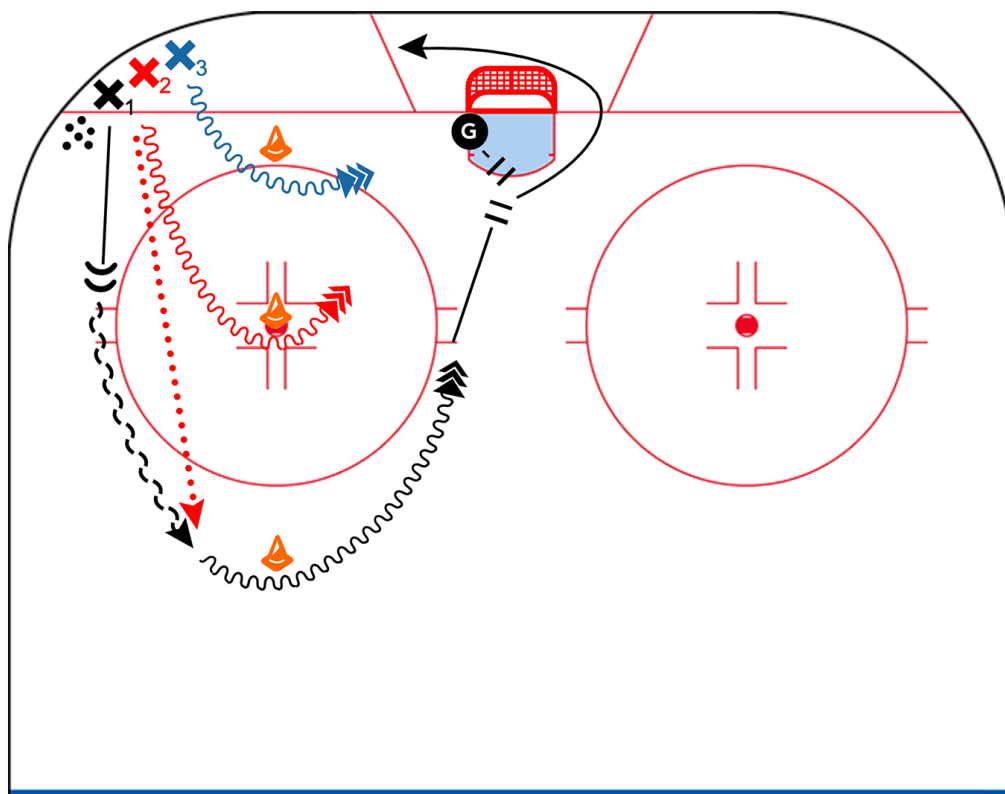


# POST AWARENESS

**Category:** Goaltending

**Team:** Ottawa Senators

- Description:**
- **G** starts on the post.
  - **X1** leaves without puck, pivots from forward to backwards at hashmarks and receives pass from **X2**.
  - After receiving pass **X1** pivots and skates forward around far pylon, then drives to the high slot for a shot.
  - **G** follows the puck, square to the shot.
  - After shot, **X1** positions himself for a rebound. **G** gets back to the post.
  - **X2** with puck drives around the middle pylon and takes a shot. **X1** jumps on rebound.
  - After **X2**'s shot and rebound, **X1** gets back in line. **X2** is now net front. Goalie returns to post.
  - **X3** drives around the low cone and shoots. **X2** rebounds. **X3** positions himself for a rebound.
  - Repeat.



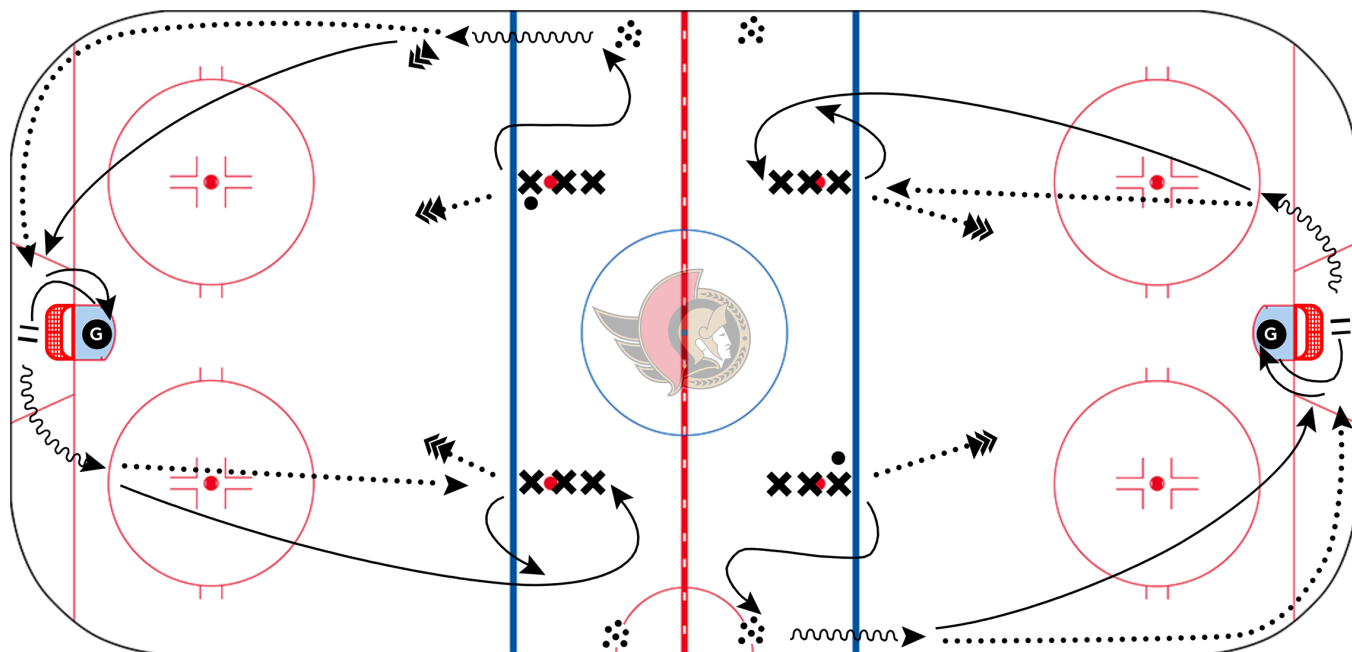


# SHOT & BREAKOUT PASS

**Category:** Goaltending

**Team:** Ottawa Senators

- Description:**
- To start the drill, the first player in one of the lines has a puck.
  - **X** with puck shoots from just inside blue line, then swings out and picks up a new puck on the boards.
  - **X** steps inside the zone and either dumps it on net or rims it behind the net.
  - **G** sets up the puck for the player, then gets back to the front of the net.
  - **X** swings behind the net, picks up the puck and passes to the first player in the other line.
  - Drill repeats from the other side.





# LOW TO HIGH, HIGH TO LOW

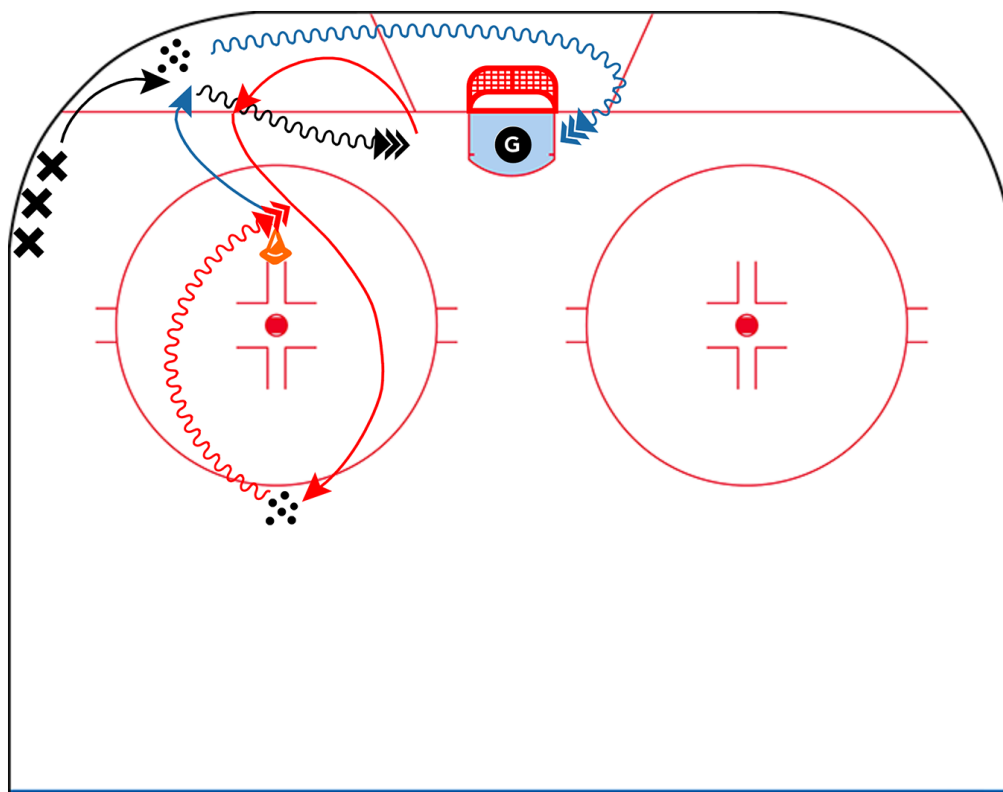
**Category:** Goaltending

**Team:** Pittsburgh Penguins

**Description:** This drill is designed to work on the goalie's transitions off the post from an attack from below the goal line then from above the goal line and then transition to a wrap around.


## Three parts to drill:


1. Step out from below the goal line for a shot (**BLACK LINE**).
2. Grap 2nd puck top of circle & shoot after the Pylon (**RED LINE**).
3. Pick up a 3rd puck for a wrap around (**BLUE LINE**).






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