



2022 NHLCA DRILL HANDBOOK

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WARM-UP DRILLS

LEGEND

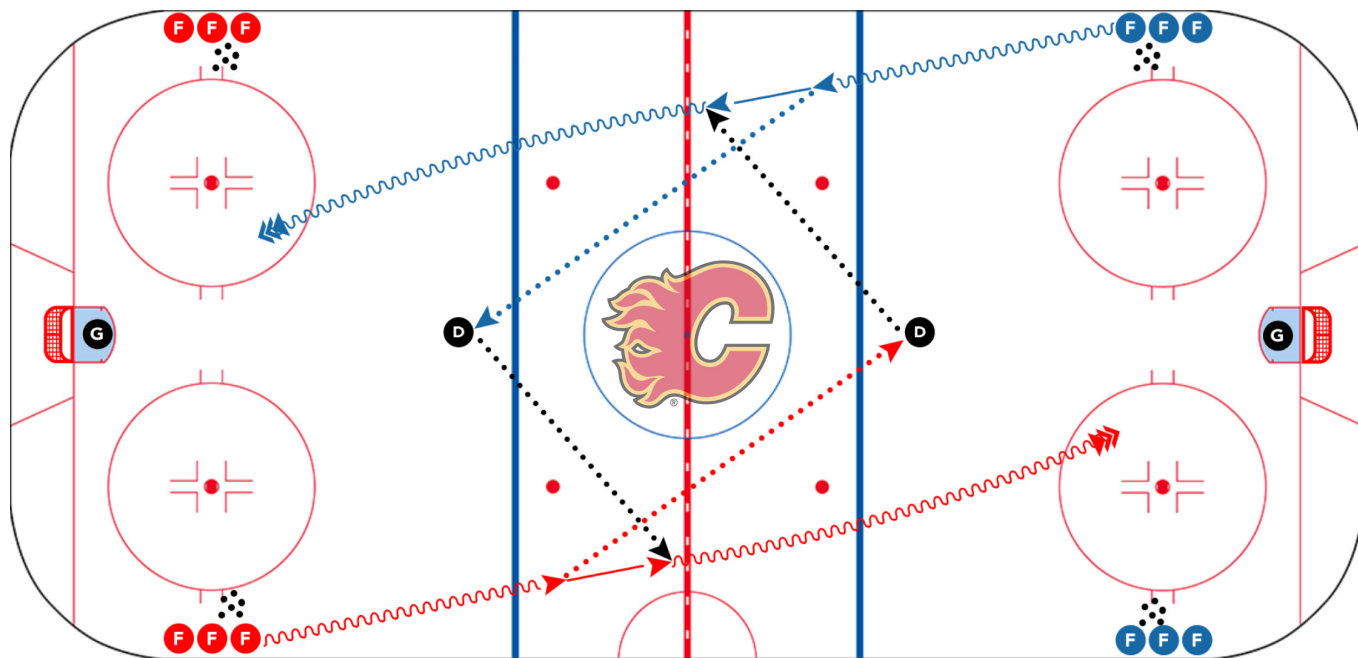
▶ Direction	———— Skate
»» Shot	~~~~~ Skate With Puck
Stop	•••• Pass
)) Pivot	~ ~ ~ Backwards Skating
	~ ~ ~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide

FULL ICE IN AND OUT (SEQ 1)

Category: Warm-Up

Team: Calgary Flames

- Description:**
- **F** skates with puck and passes to **D** who in turn passes to the opposite side **F** going down for a shot.
 - Both sides go at the same time.

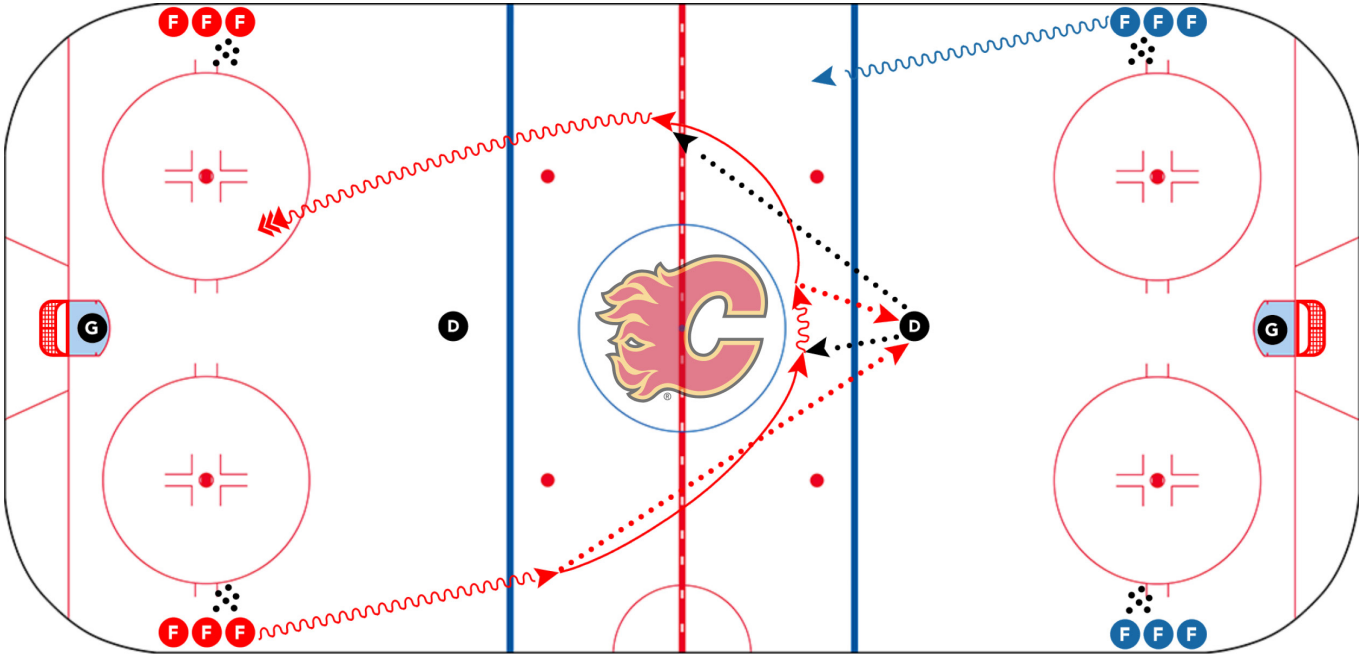


FULL ICE IN AND OUT (SEQ 2)

Category: Warm-Up

Team: Calgary Flames

- Description:**
- On whistle, first forward on opposite corners leave with a puck and make 3 passes and open up for the final pass from **D**.
 - Forward then goes down for a shot.
 - **D** take 4 passes then switch out.

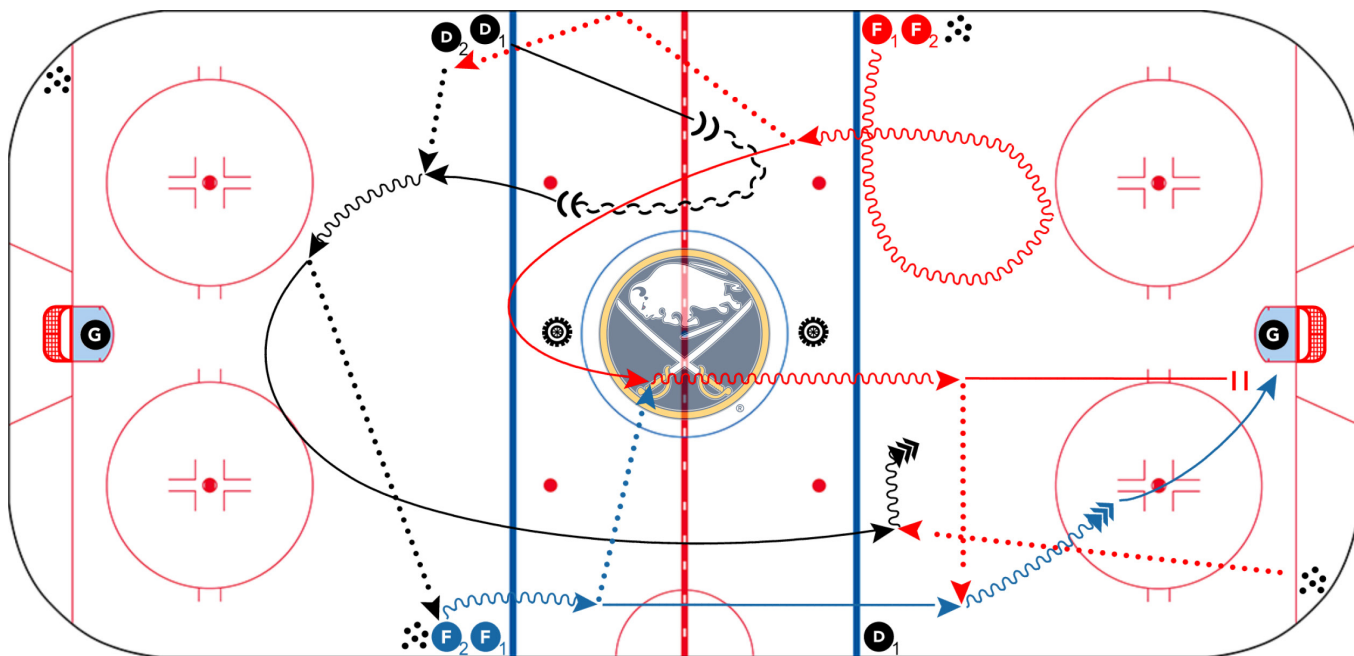


NO DUST DRILL BJS

Category: Warm-Up

Team: Buffalo Sabres

- Description:**
- **F 1** leaves with puck and skates a loop tagging blue line and top face-off circle.
 - **D 1** gaps up until **F 1** faces him.
 - **F 1** bypasses **D 1** with indirect to **D 2**.
 - **D 2** touch puck to area.
 - **D 1** pivots then retrieves puck.
 - **D 1** quickly moves puck to **F 2**.
 - **F 2** explodes on pass up the wall.
 - **F 1** loops to middle support.
 - **F 2** moves puck to **F 1**.
 - **F 1** middle entry then bumps puck to **F 2**.
 - **F 1** middle lane drive.
 - **F 2** puck to net.
 - **D 1** follows up to offensive blue line.
 - **F 1** retrieves 2nd puck.
 - **F 1** push pass to **F 2**.
 - **F 2** low to high to **D 1** for shot with net presence.
 - Both sides go at same time.

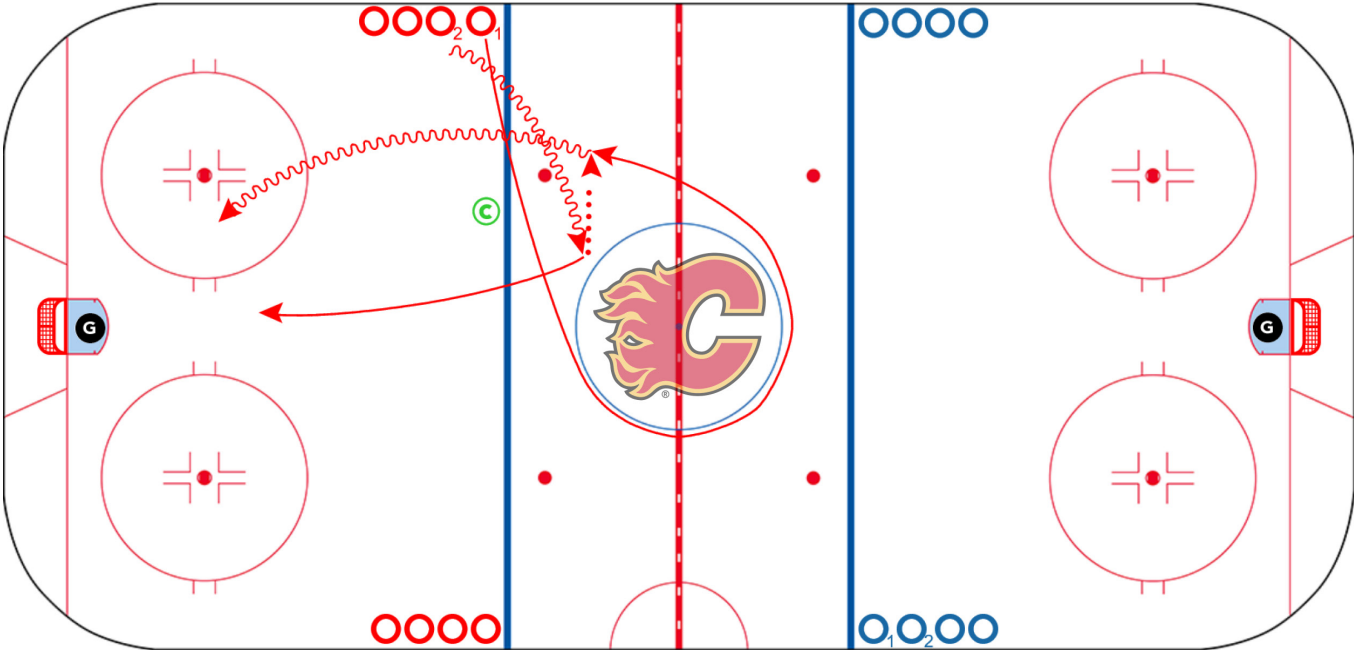


ROUND ABOUT 2 VS 0

Category: Warm-Up

Team: Calgary Flames

- Description:**
- Diagonal side leaves at the same time.
 - **O1** leaves under and around the circle.
 - As he comes back towards his line **O2** steps out with a puck and drops it for **O1**.
 - Both attack net 2 vs 0 (a **Coach** can jump in force variety of entry options).
 - On whistle opposite side starts.

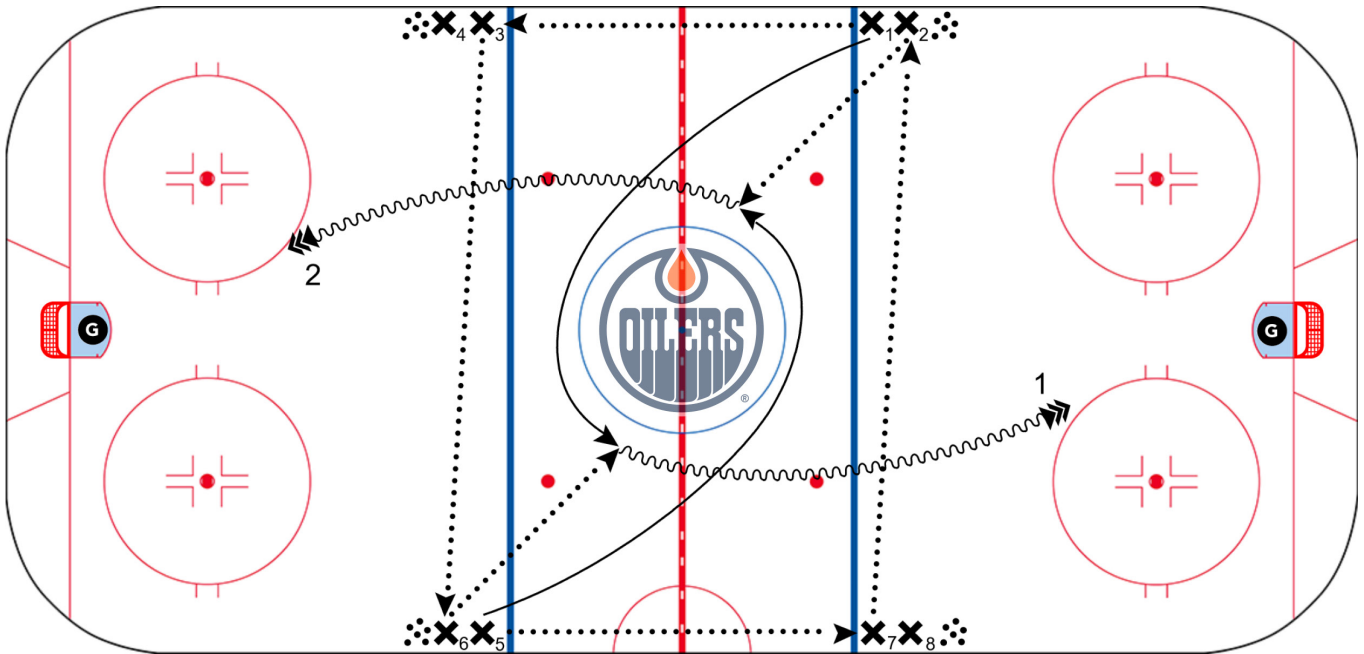


FOLLOW THE PASS

Category: Warm-Up

Team: Edmonton Oilers

- Description:**
- **X1 — X3 — X6 — X1** follows pass through NZ, shoots from same end **X1** started in.
 - **X5 — X7 — X2 — X5** follows pass through NZ, shoots from same end **X5** started in.
 - Opposite blue lines go at same time.

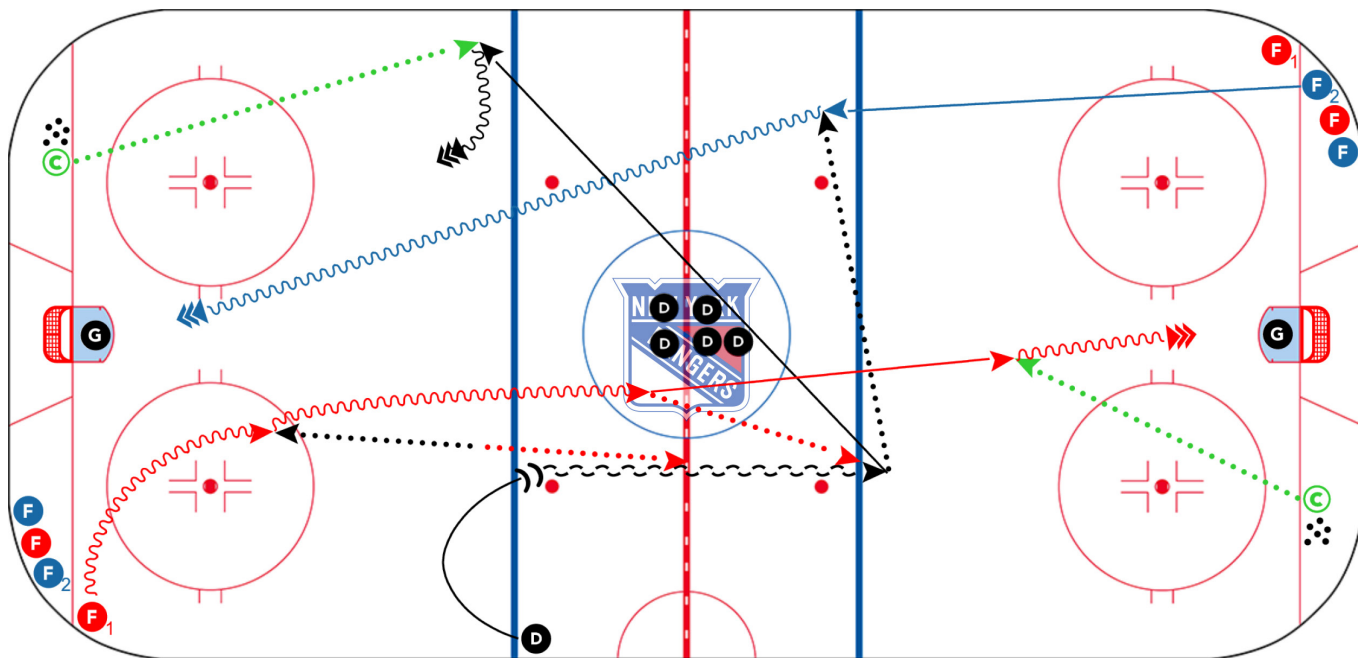


6 SHOOTER

Category: Warm-Up

Team: New York Rangers

- Description:**
- **F 1** jumps out and one-touch passes with the **D**.
 - **F 1** continues to the net and gets a pass from **Coach**. Stays net front.
 - **D** has the puck at blueline and steps to the far side and passes to **F 2**.
 - **F 2** go in and shoots.
 - **D** follows to far blue line for a pass from the **Coach** and shot with 2 forwards out front.
 - Both ends same time.



PREDATORS NZ POST UP PART 1

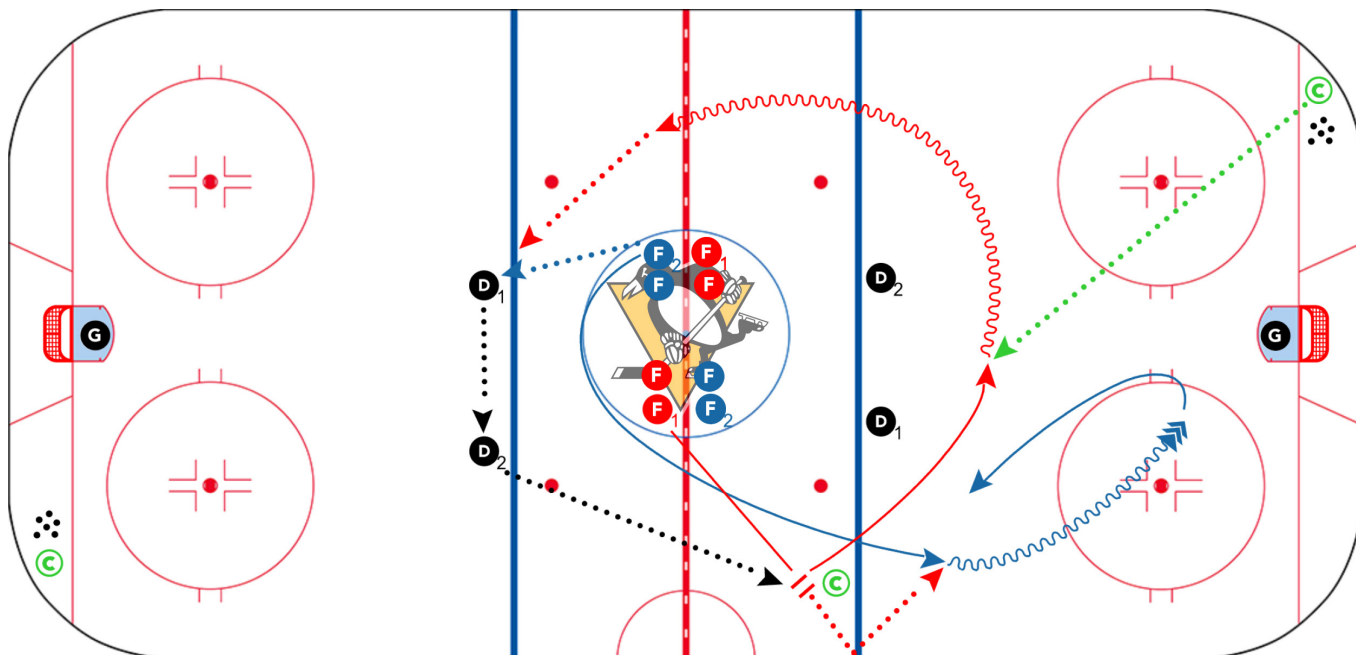
Category: Warm-Up

Team: Pittsburgh Penguins

Description: **Objective**

Habits for Neutral Zone Counters.

- The drill goes out on both sides at the same time.
- **F 2** passes the puck to **D 1**. **D 1** passes **D** to **D** to **D 2**.
- **F 1** skate and posts up in front of the **Coach**. After passing, **F 2** becomes the middle option.
- **D 2** passes up to **F 1** posted who must chip the puck behind the **Coach**.
- **F 2** skates onto the puck and get a shot. After the shot, **F 1** curls to the middle and receives a pass from a **Coach** in the corner.
- **F 2**, who just shot, skates out of the zone and becomes the post-up option.
- **F 1** carries the puck and passes back to **D 1**.
- Continued on Warm Up: Predators NZ Post Up Part:2



SOMMER 4 SHOT

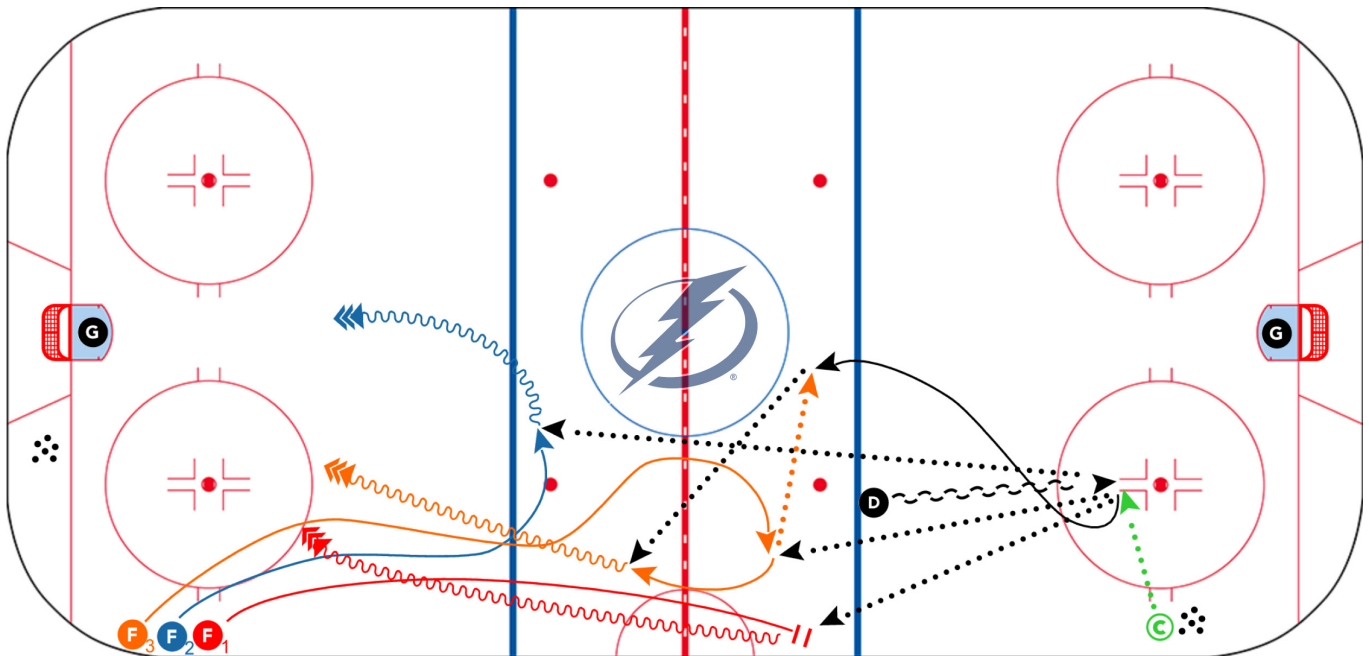
Category: Warm-Up

Team: Tampa Bay Lightning

- Description:**
- On whistle, **D** skates backwards and surrounds spotted puck from **Coach**.
 - After **D** accepts puck he transitions forward to pass to **F1** and goes down for a shot.
 - After passing **D** traditions backwards to retrieve 2nd puck to pass to **F2** and goes down for a shot.
 - **D** does same route for the final forward **F3** but this time receives a bump back from **F3** and then passes back.
 - **D** follows up to the blue line where after the 3rd shot a forward retrieves a puck from the corner for a final shot from **D**.

Option

- Add **D** down the wall instead of a point shot.





SHOOTING DRILLS

LEGEND

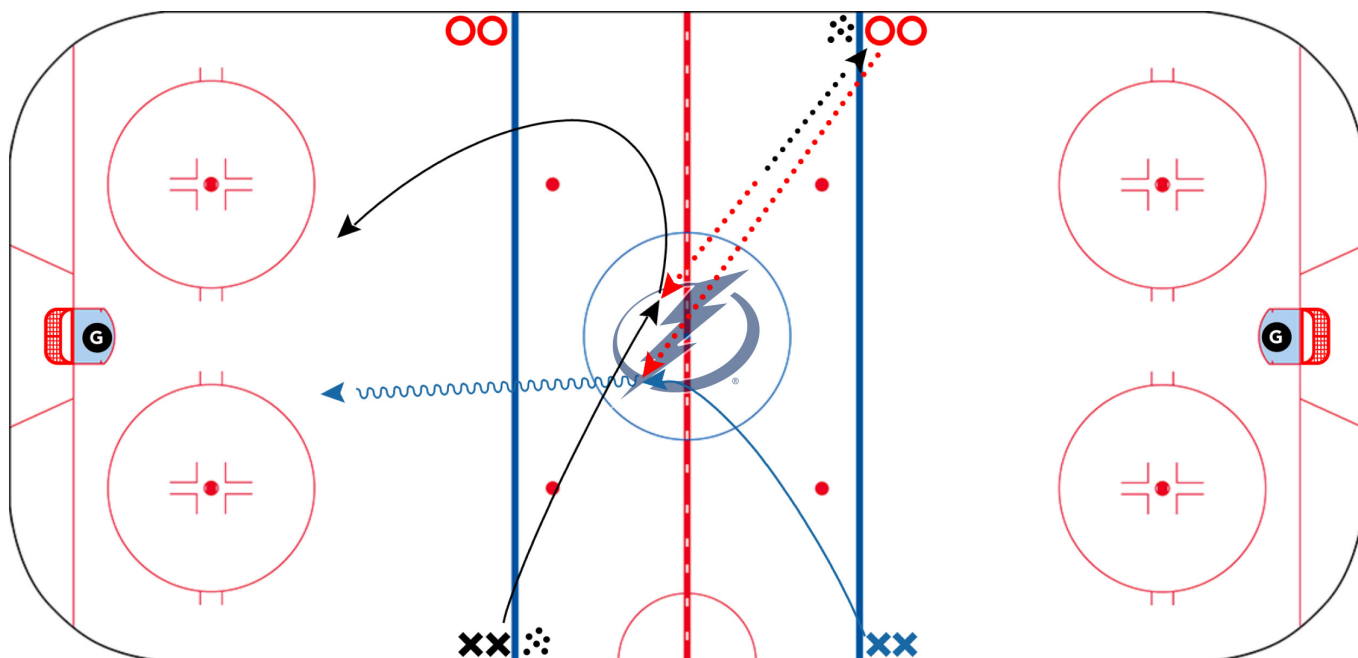
▶ Direction	———— Skate
»» Shot	~~~~~ Skate With Puck
Stop	•••• Pass
)) Pivot	~ ~ ~ Backwards Skating
	~ ~ ~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterflyslide

TB BC 2 ON 0

Category: Shooting

Team: Tampa Bay Lightning

- Description:**
- Players line up on all 4 blue lines.
 - **X** skates towards middle of ice and receives a pass from **O** and bumps it back.
 - **O** can pass it to either **X** or **X**.
 - Both X's attacks 2 vs 0.
 - **X** line is now the passer.

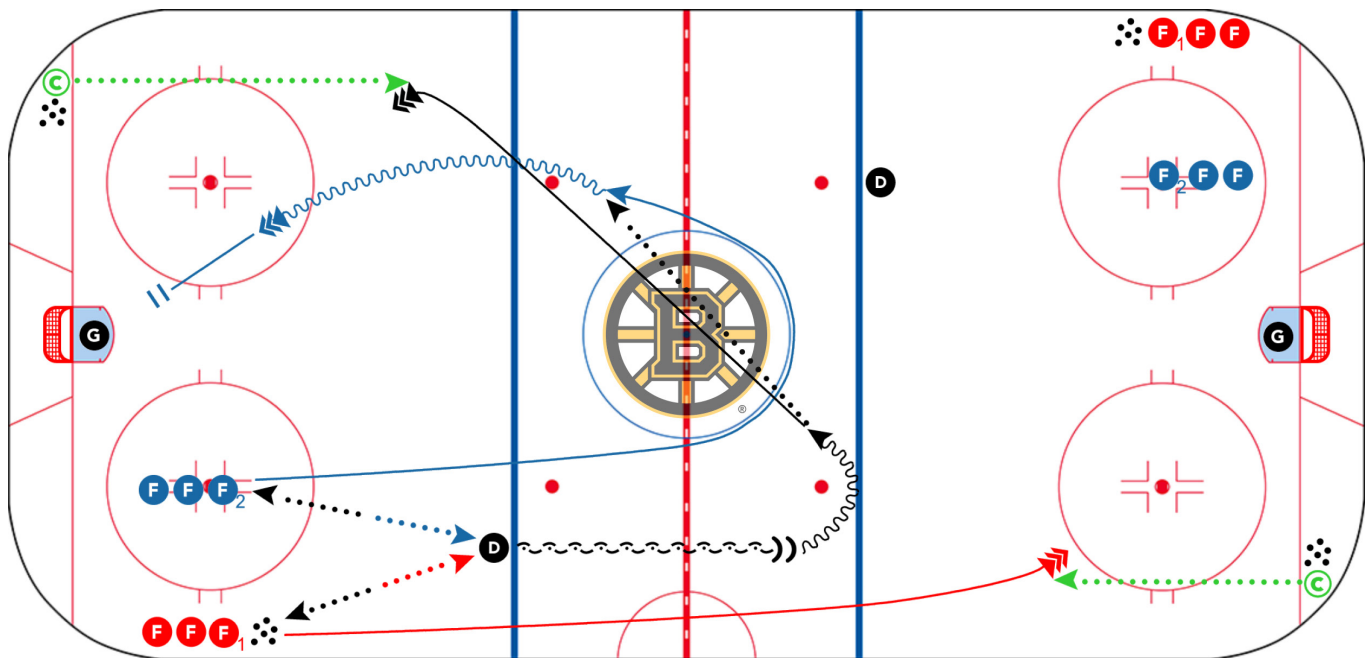


GR SHOT PROGRESSION

Category: Shooting

Team: Boston Bruins

- Description:**
- 3 shot drill.
 - **F 1**/**F 2** pass back and forth with **D** as he is skating backwards.
 - **F 1** continues on without puck and gets pass from **Coach** for shot.
 - **D** pivots and finds **F 2** opening up around the circle.
 - **F 2** walks in and shoots (at same end he started).
 - **D** follows up for a shot with a pass from **Coach**.



1 PLAYER

Category: Shooting

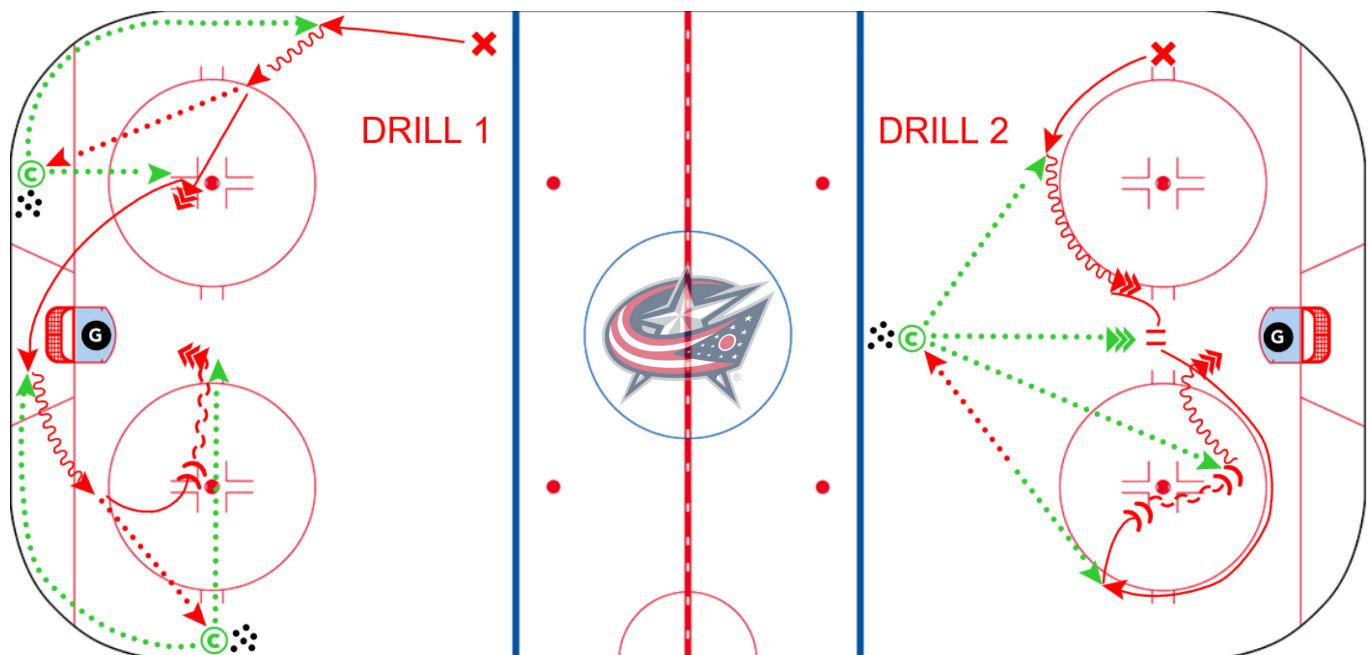
Team: Columbus Blue Jackets

Description: **Drill 1**

- **Coach** rims — Low to High with **X** pulling it off the wall for a give and go with **Coach** for a shot.
- Puck 2 is rimmed from 1/2 wall **Coach** behind the net.
- **X** retrieves passes back to 1/2 wall **Coach** and gets to the slot backward facing the 1/2 wall **Coach** for a pass and shot.

Drill 2

- Puck 1 — **Coach** passes to 1/2 wall **X** climbing and getting to the inside for a shot.
- Puck 2 — Shot from **Coach** with a net-front tip.
- Puck 3 — Net **X** releases and skates around the circle. Receives a pass and gives it back to **Coach** and transitions to the goal line and receives it and pops off the goal line and takes it to the net.



2 PLAYER

Category: Shooting

Team: Columbus Blue Jackets

Description: **Drill 1**

- Low **Coach** rims to the behind the net **X** skating backward. He finds the **X** inside circle player for a shot. High **Coach** rims high to low to low **X** moving upward and getting to the inside. He finds the **X** for the 2nd time sliding to the high slot.

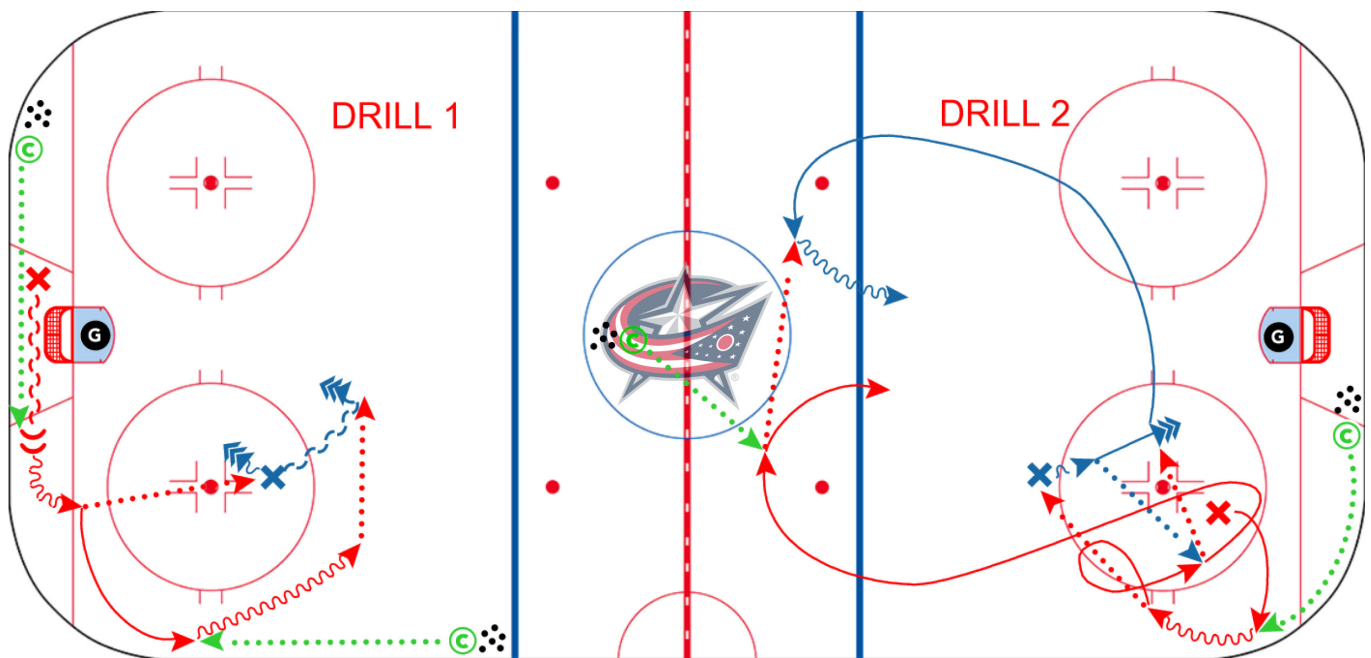
Drill 2

Part 1

- Low **Coach** passes along the wall to a low supporting forward. That **X** climb and passes to a high **X**. The **X** on the wall cuts back and receives a pass back from the **X**. The **X** drives towards the net to receive an inside pass for a shot.

Part 2

- Both forwards leave the zone and return 2-0 allowing only one pass once they both cross the blue, for a shot.



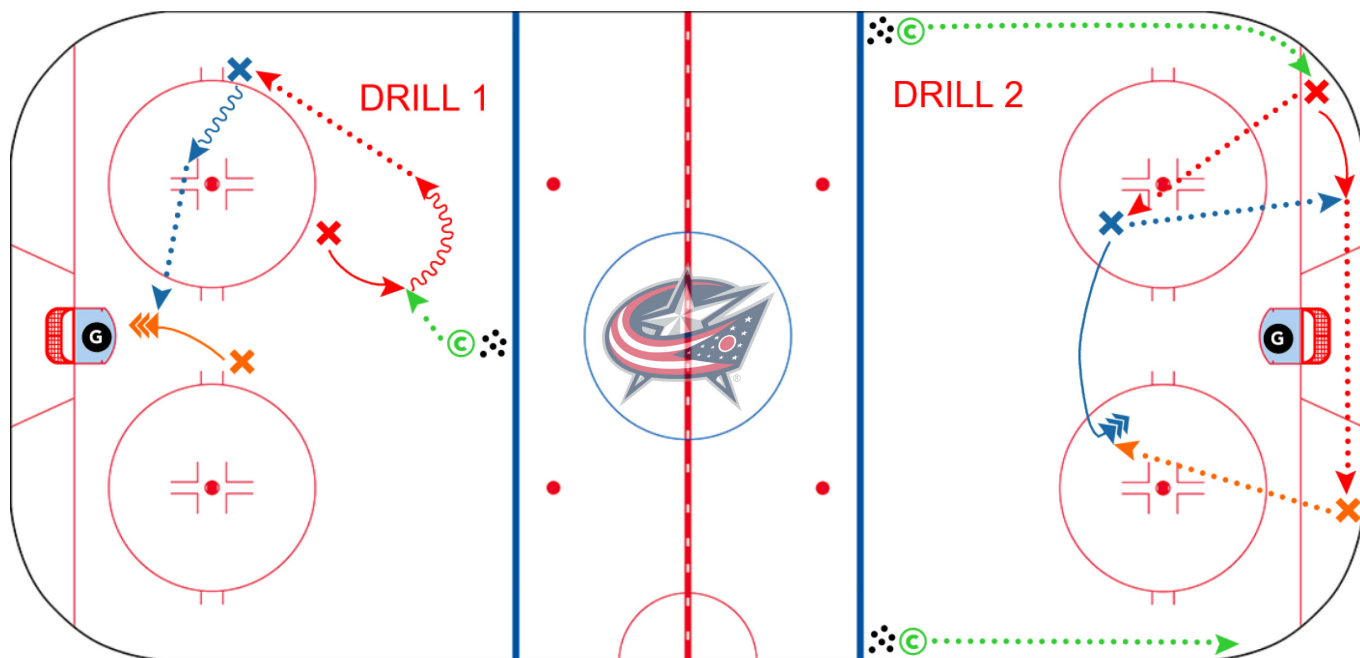
3 PLAYER

Category: Shooting
Team: Columbus Blue Jackets
Description: **Drill 1**

- **Coach** to high supporting forward who then curls to the outside to pass to the 1/2 wall player stepping off the wall. All 3 players converge to the net for a low slot tip. Change positions, and repeat.

Drill 2

- Two **Coach's** are up high as a LD and RD. 1st **Coach** sends a puck low to the corner **X** who then passes to the **X** and then gets it back. Then an East/West play is made behind the net. Weakside corner **X** then makes a pass to a moving strong side **X** for a shot. Repeat other side. Switch roles — 3 times. (6 pucks).

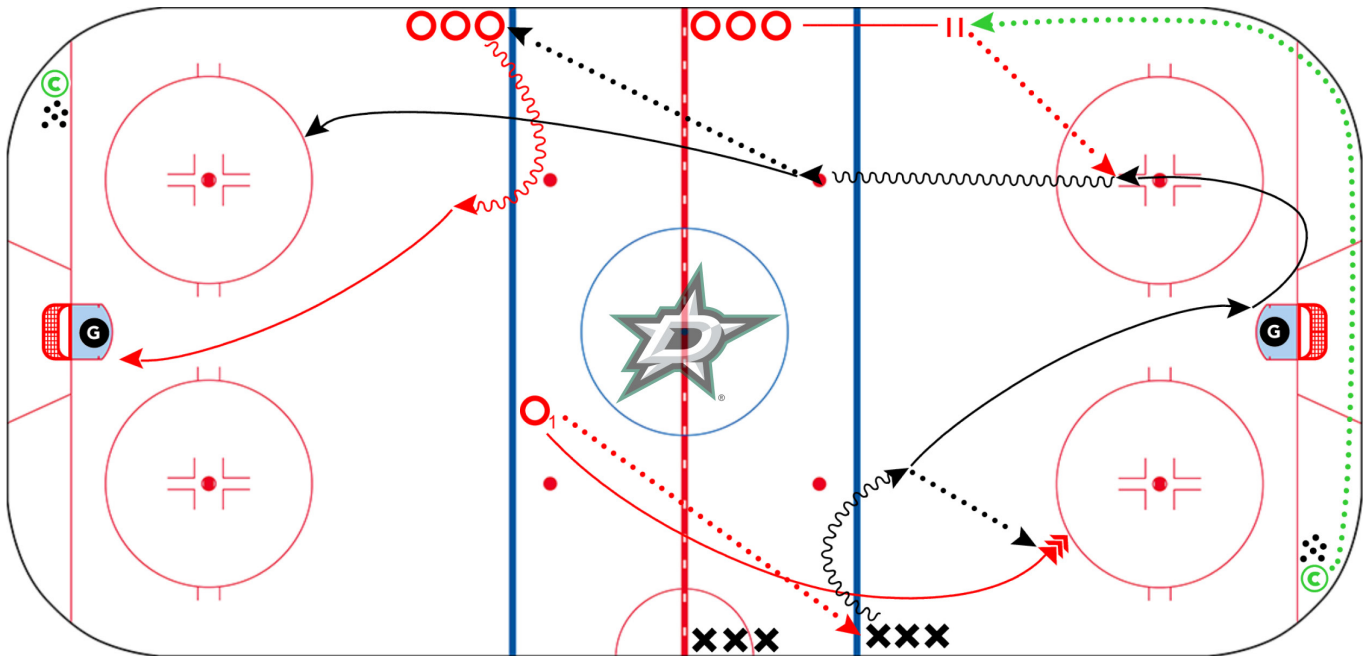


CANADA CUP WALL SUPPORT SHOOTING

Category: Shooting

Team: Dallas Stars

- Description:**
- Drill starts with **O1** passing to **X** posted at blue line.
 - Execute cross + pass with a shot on an angle and a back post drive.
 - **Coach** rims puck to **O** coming down.
 - The back post driver supports the rim on the dot line, below puck.
 - Skates puck through neutral zone and executes the same sequence at the other end.
 - Shoot from an angle as this is a **G** warm-up drill.

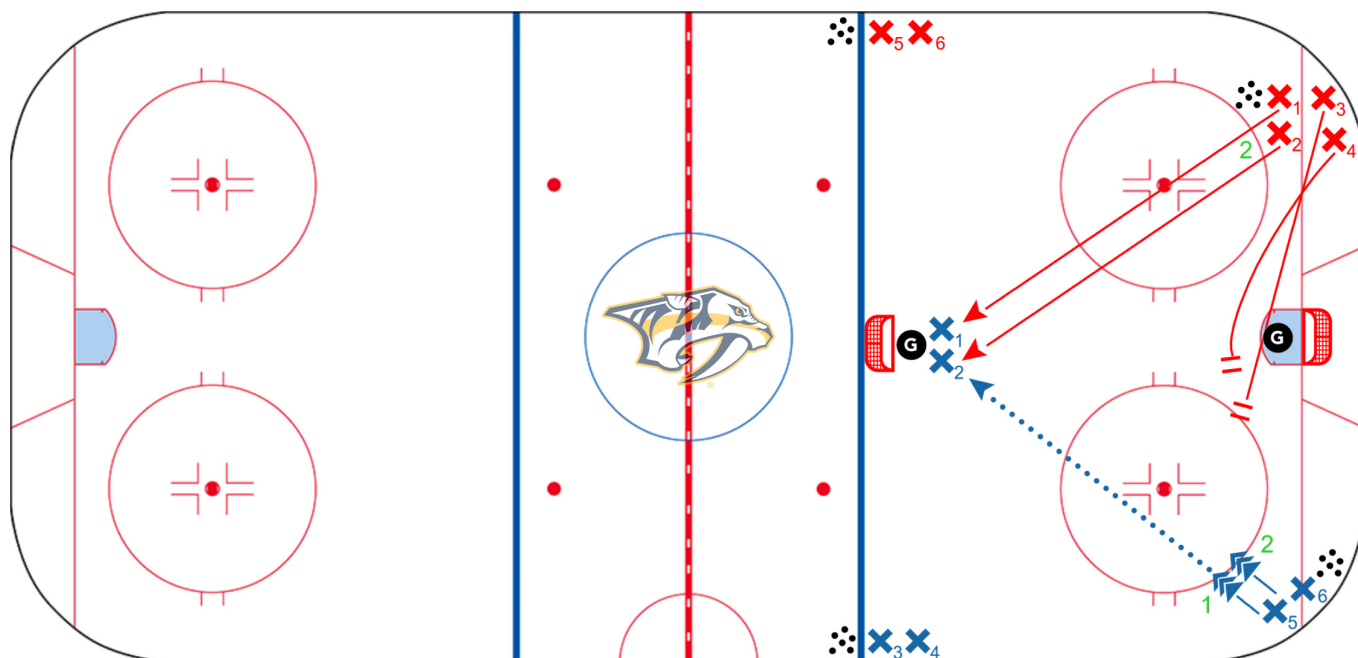


2 VS 2 SCREEN GAME (HINOTE)

Category: Shooting

Team: Nashville Predators

- Description:**
- Starts on whistle with **X5** shot on goal with **X1 X2** net front on offense.
 - On first shot **X1** and **X2** sprint to net front and look to defend.
 - On arrival, red must box out/push out **X1** and **X2** on offense and 2nd shot is delivered from **X5** and play out.
 - **X3** and **X4** fill in the opposite net front on offense for next sequence after **X1** and **X2** leave on 2nd **X5** shot.
 - On 3rd whistle **X5** delivers shot on goal to **X3** and **X4** on offense — **X1** and **X2** get leave drill and get back in line — **X1** and **X2** must go down on defense and box out/push out **X3** and **X4** and a 2nd shot delivered from **X5**.
 - Continuous — goes back and forth.

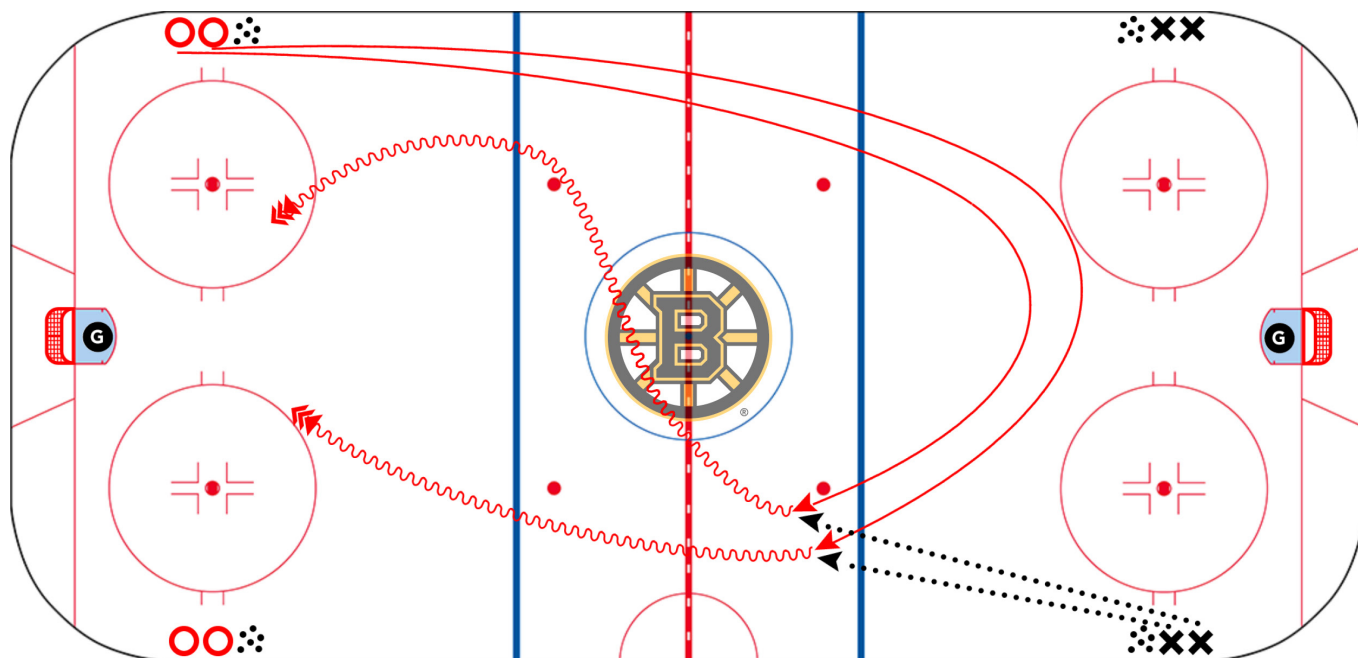


2 SHOT, WIDE-WIDE

Category: Shooting

Team: Boston Bruins

- Description:**
- Opposite corners go at the same time.
 - First 2 players in line skate around opposite NZ faceoff dots (or cones) and receive a pass from the first 2 players in line in opposite corners.
 - The first player skates wide around dot for a shot.
 - The second player skates back through the middle and around far offside dot for a second shot.

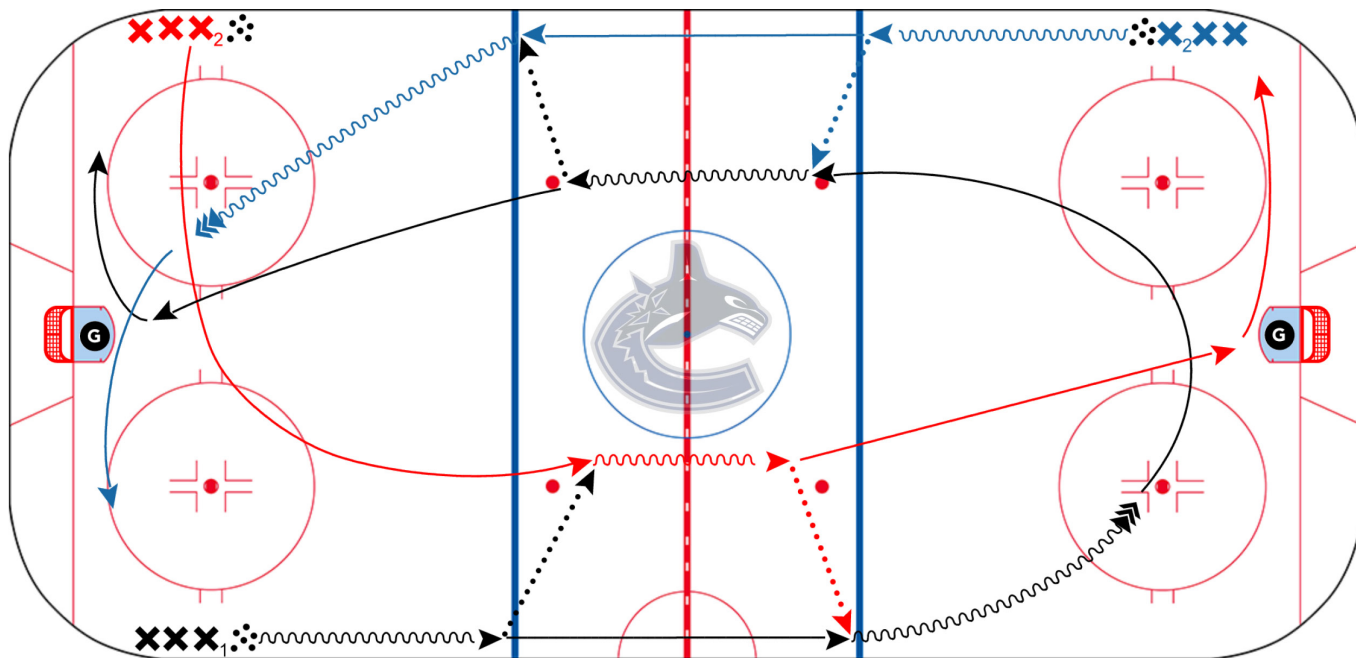


DOUBLE DRIVE

Category: Shooting

Team: Vancouver Canucks

- Description:**
- Continuous
 - **X2** and **X1** drive down the ice, Give and Go, **X1** shoots and carries on to join **X2**.
 - **X2** and **X2** same Give and Go with **X2** shooting and **X1** drives net for a rebound.

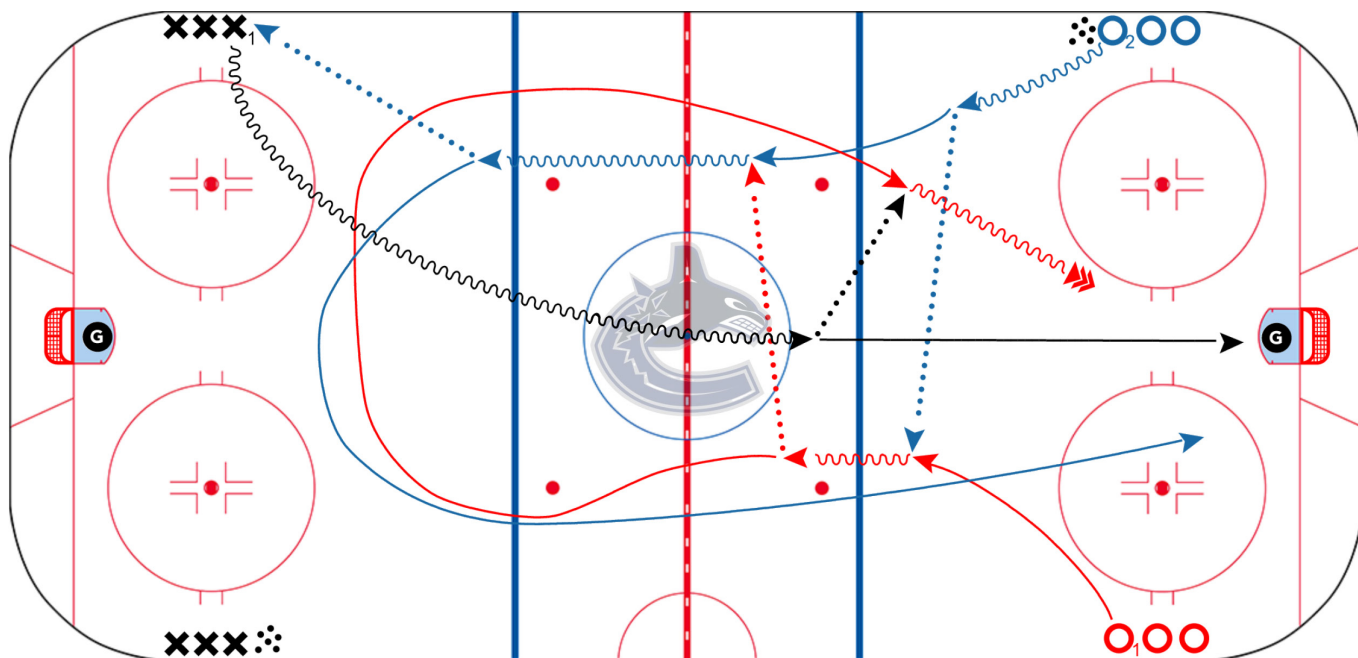


SORT-IT-OUT

Category: Shooting

Team: Vancouver Canucks

- Description:**
- **O1** and **O2** Give and Go through dot line, pass to **X1**.
 - **O1** and **O2** swing lower for timing.
 - **X1** jumps with the puck up the middle and kicks it out to either **O1** or **O2** shot + drive.



DOUBLE D RETRIEVAL

Category: Shooting

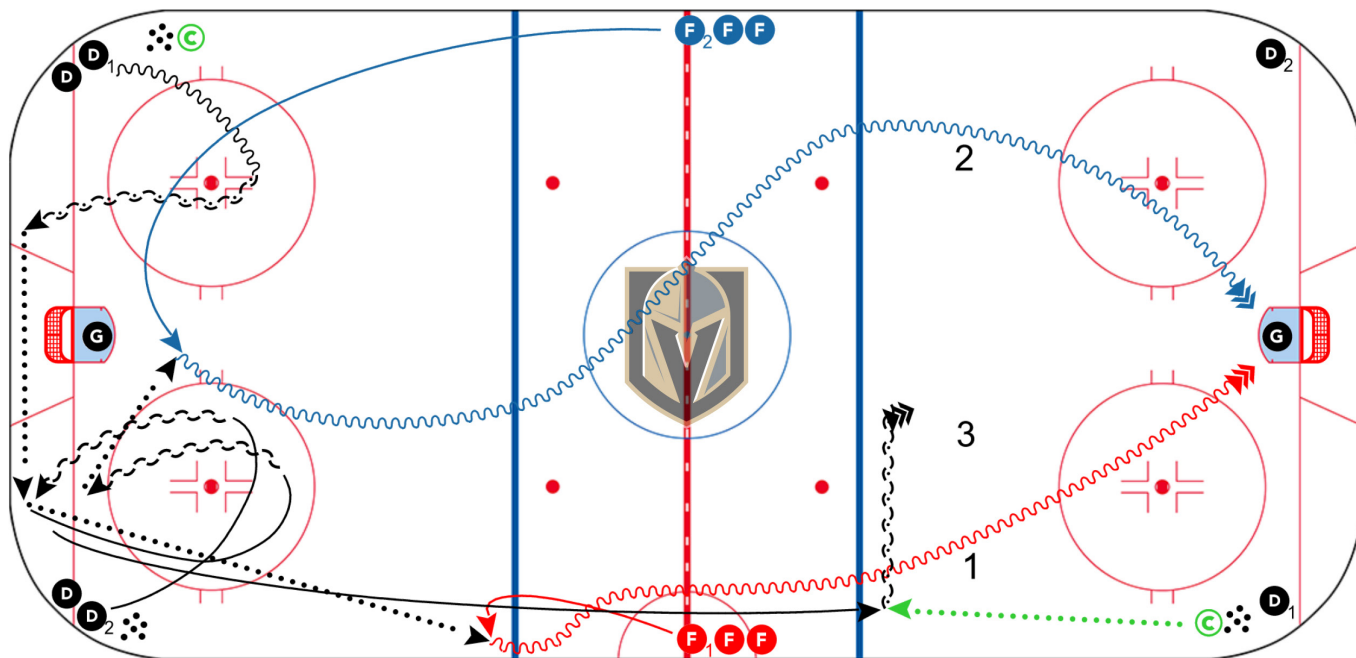
Team: Vegas Golden Knights

Description: Both ends at same time.

1. **D 1** — **D 2** — **F 1** → Shot.
2. **D 2** gap up to dot retrieve 2nd puck — **F 2** timing/low → Shot.
3. **D 2** follow up on Offensive Zone Blue Line — receive low/high pass from **Coach** → shoot with to FWD's at net.

Drill Progression: Add cycle from corner.

G: Active both ends.

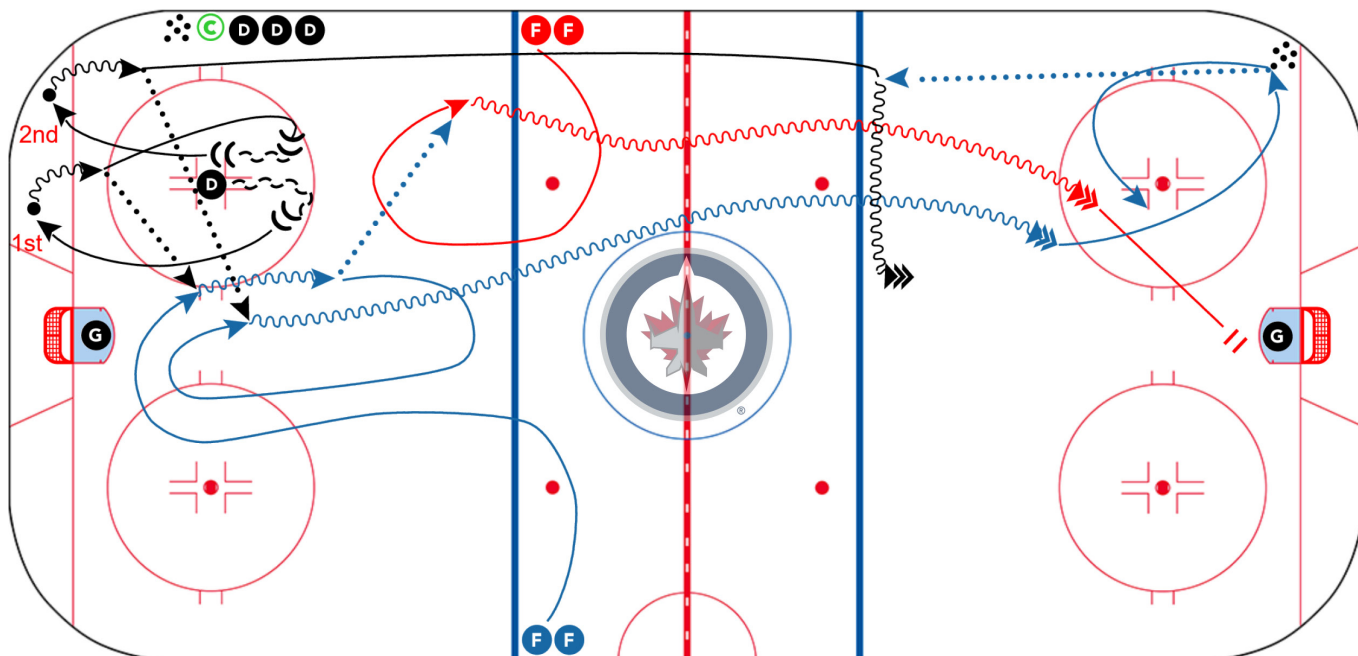


D 2 PASS WITH POINT SHOT

Category: Shooting

Team: Winnipeg Jets

- Description:**
- **D** starts on dot tags up to top of circle. Forwards must enter inside neutral faceoff dots.
 - **Coach** spots 1st puck, **D** retrieves puck skates up strong side pass to **F** low center who skates then pass outside to **F** opening up as a winger and skates down ice for inside dot shot and waits off to side of net.
 - **F** hustle back down low as **D** must tag top of circle and pivot backward than forwards to retrieve 2nd puck skate up strong side and pass to **F** and skates down ice for inside dot shot.
 - After shot **F** go to corner pick up puck and pass to **D** following us at blue line — walks blue for shot to the first forward at net with 2nd forward rolling to net to collect any rebounds.





BREAKOUT DRILLS

LEGEND

► Direction

»» Shot

|| Stop

)) Pivot

———— Skate

~~~~~ Skate With Puck

•••• Pass

~ ~ ~ Backwards Skating

~ ~ ~ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

— Goalie Butterfyslide

# NABBER AGILITY

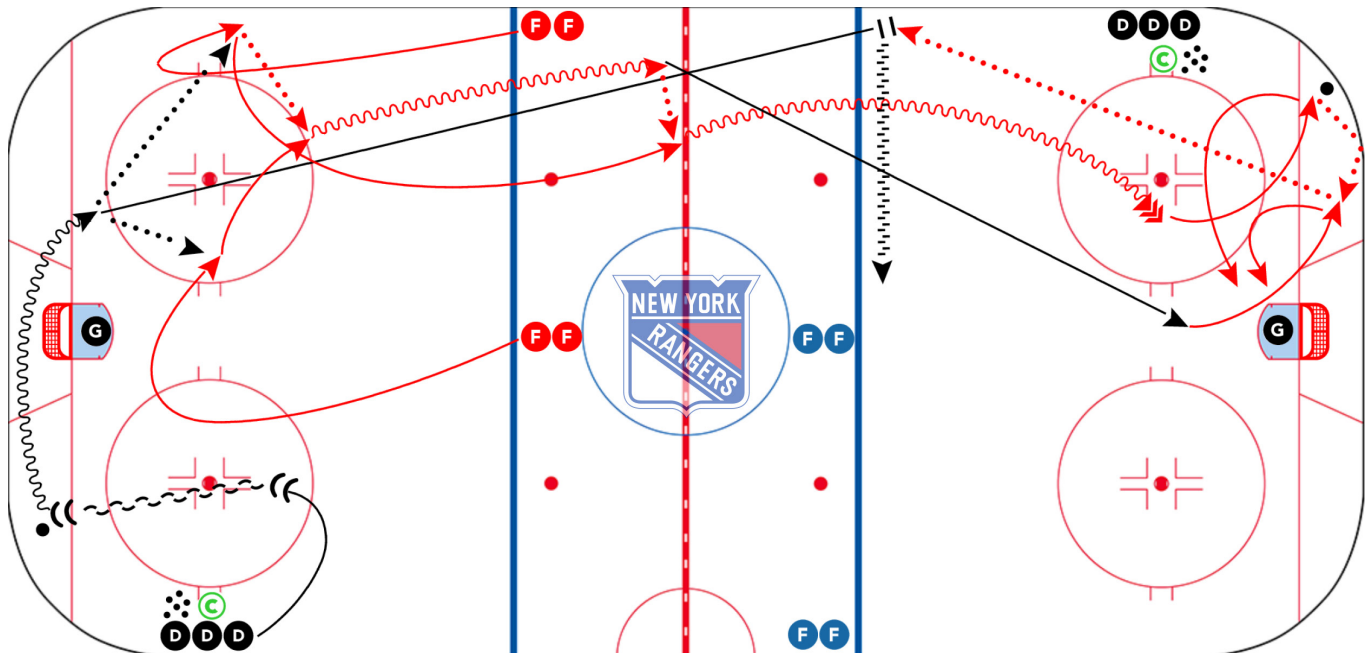
**Category:** Breakouts

**Team:** New York Rangers

- Description:**
- The drill happens on both ends at the same time.
  - **D** Steps to top of circle and back peddles through the dot, picks up puck spotted by **Coach**.
  - **D** outlets to forward on the wall or in middle.
  - Forwards go down 2 vs 0 and shoot.
  - After the shot forward releases and pick-up 2nd puck from the **Coach**.
  - Forwards cycle once and pass the puck to **D** at the top.
  - Forwards go to the net screen/tip. **D** slides blue line and shoots 2nd shot.

## Key Points

- To Winger Chip To Slash support
- To Winger to underneath speed

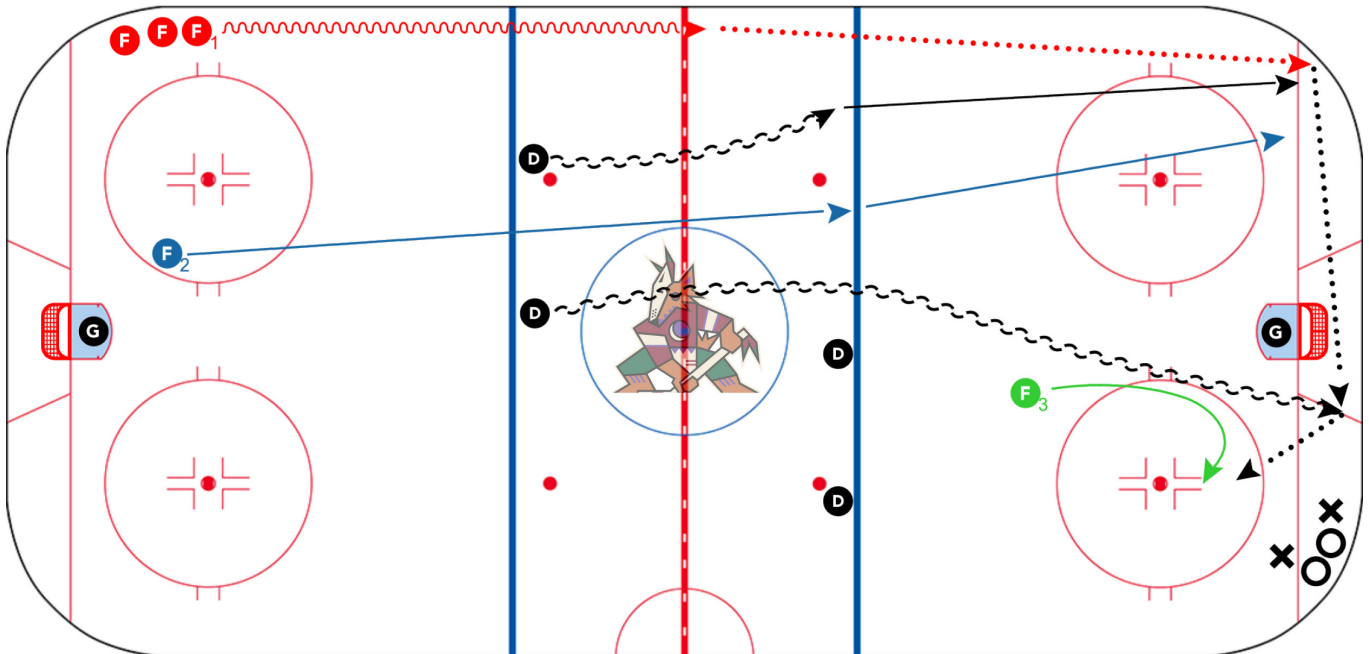


# HARTLEY WARM-UP

**Category:** Breakout

**Team:** Arizona Coyotes

- Description:**
- Work on BO from soft chip
  - Either the backchecker or the **D**'s will go get the puck and he needs an option over for switching sides..
  - Work on **D1** or the tracker running obstruction after the dump-in.
  - 2nd Part, you can add a 2nd Forechecker.
  - 3rd Part, you can start the tracker as **F3** (soft lock).



# BREAKOUT GAME

**Category:** Breakout

**Team:** Buffalo Sabres

**Description:**

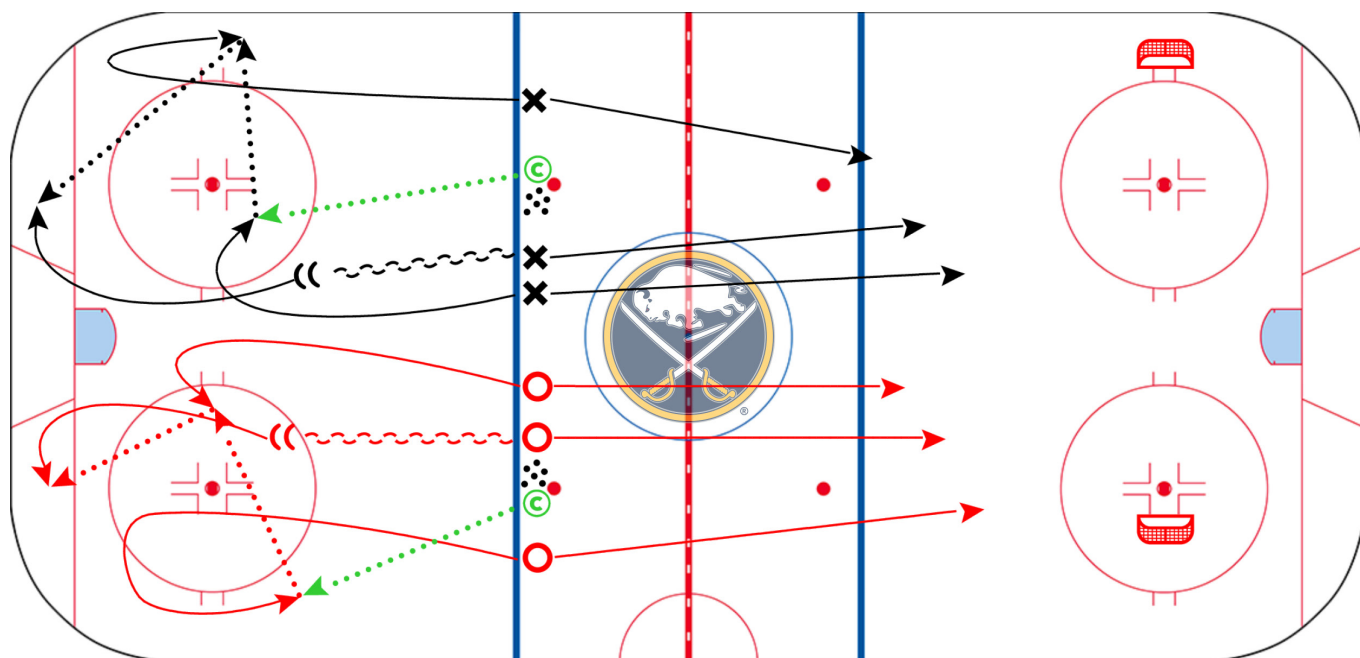
- **Coach** dumps puck into the corner and players break it out in the designated pattern from the **Coach**.
- Whichever team gets the puck back to the **Coach** first get a favorable dump in their side for the 3 vs 3 that each team sprints down to play after the breakout.

## Options

1. D-W-C
2. D-C-W
3. D-W-D-C etc.

## Key Points

- Compete.
- Low and slow.
- Communicate.



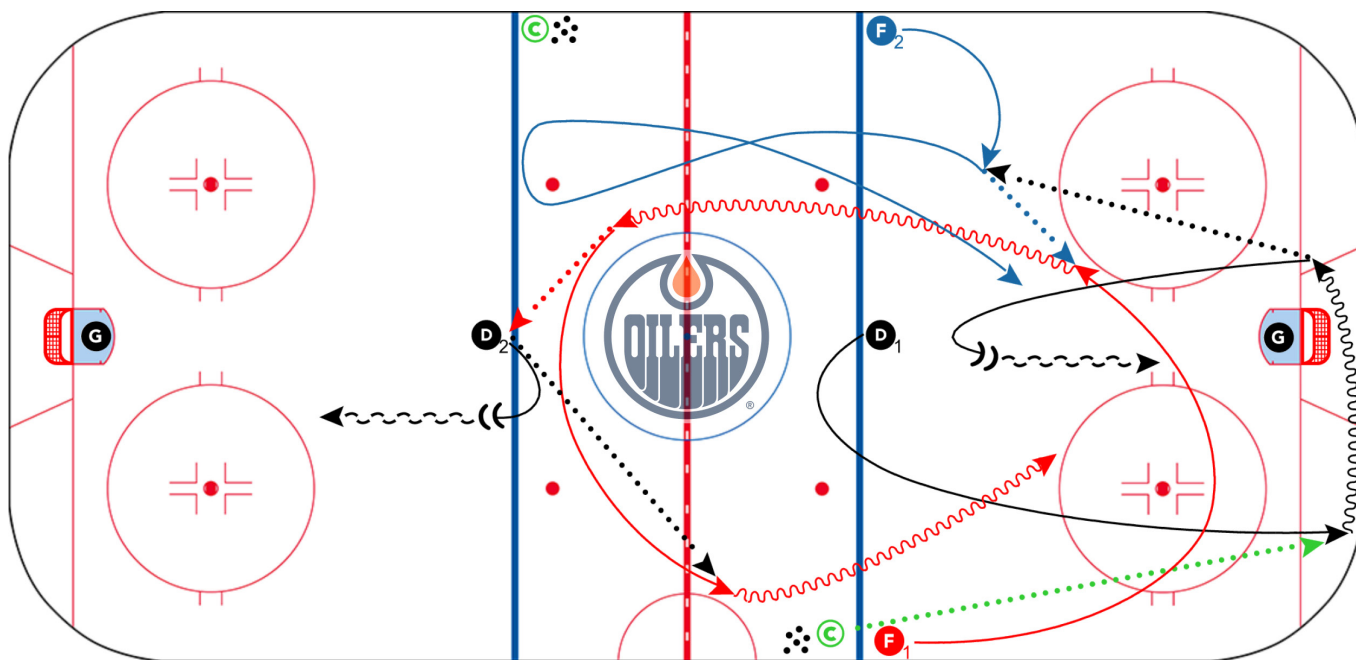


# BREAKOUT TO NEUTRAL ZONE REGROUP

**Category:** Breakout

**Team:** Edmonton Oilers

- Description:**
- **Coach** dump to corner, **D 1** retrieve and wheel.
  - **F 2** steps off wall bumps back to **F 1**.
  - **F 1** passes to **D 2**.
  - **F 1/F 2** regroup in neutral zone with **D 2** and attack 2 vs 1 on **D 1** back to the same end.
  - Drill continues to opposite end with **D 2** retrieving **Coach's** dump.



# CHICAGO BREAKOUTS

**Category:** Breakout

**Team:** Florida Panthers

**Description:** – Drill Runs out of both ends at the same time, forwards at 4 blues, **D** in 4 corners, pucks in 4 corners.

## Part 1

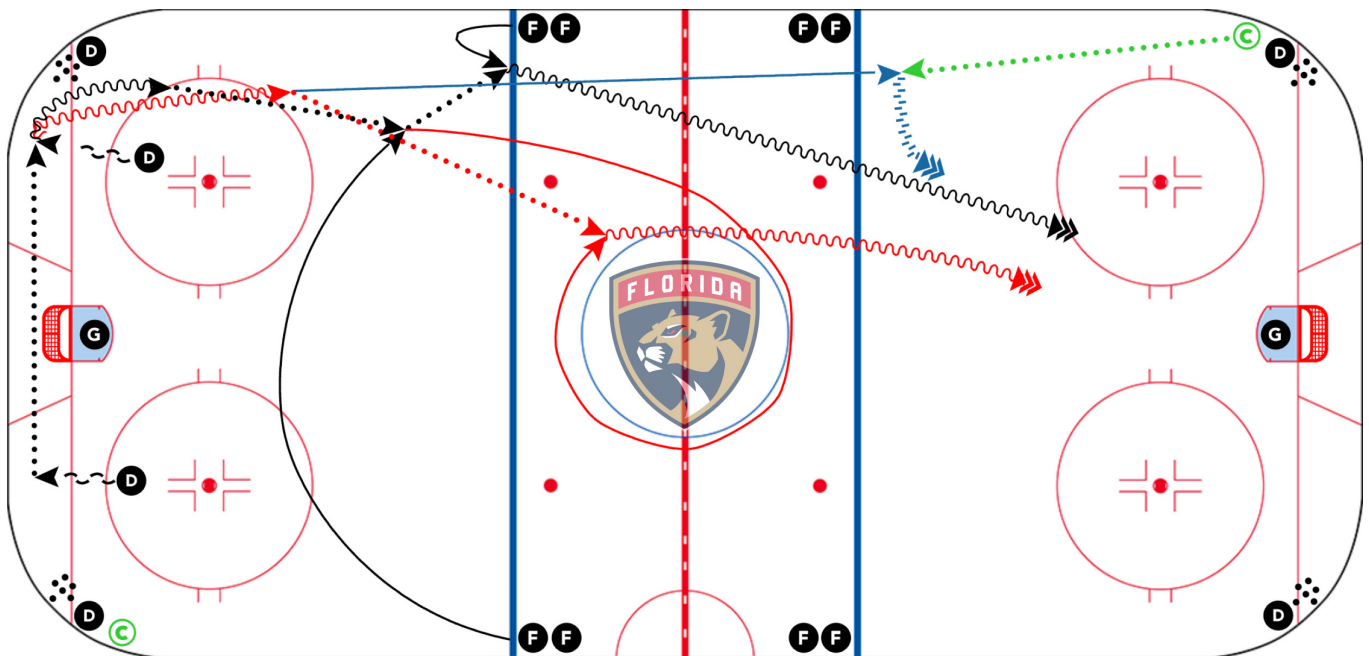
– (Black) — Coach Dumps a puck in, **D** retrieve and pass **D** to **D**, Pass to Forwards to go straight down for a shot, stop at the net.

## Part 2

– (Red) — **D** who passed puck retrieves a second puck, Forward who didn't shoot loops around middle circle, gets puck from defense, goes down and shoots, stops at net.

## Part 3

– (Blue) — **D** who passed the puck follows play up the ice, gets low high pass from **Coach** and drags to middle with screen at net.

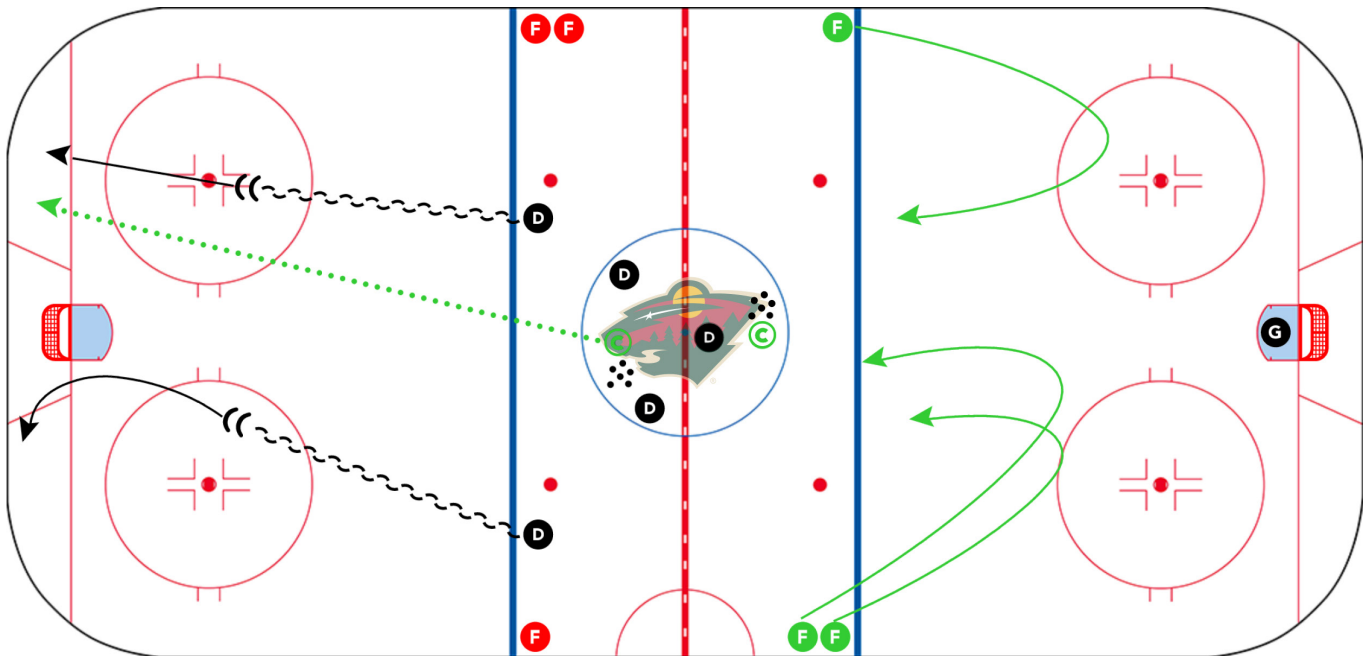


# HUNT FC VS BO

**Category:** Breakout

**Team:** Minnesota Wild

- Description:**
- Whistle 3 green forwards tag top of circle & FC 2 **D** at far end (**Coach** dumps puck).
  - **D** have to breakout puck to 3 red forwards while 3 green forwards FC.
  - If green forwards turn puck over — score.
  - If the **D** break the puck out of the red forwards they pass to **Coach** and then skate down to FC the **D** at far end starting the drill over with a new line stepping out to breakout with 2 new **D**.

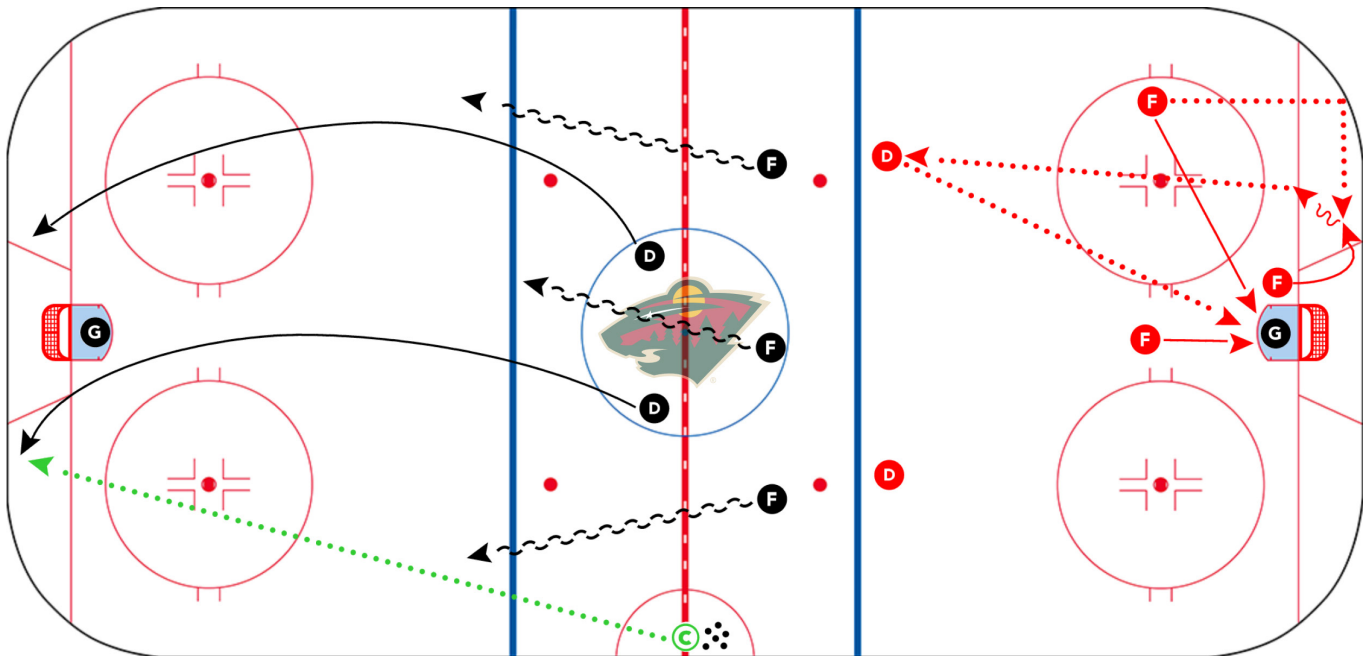


# HUNT FC / BO OFF OZ ROUTE

**Category:** Breakout

**Team:** Minnesota Wild

- Description:**
- On Whistle red players run OZ route with **D** in OZ for shot.
  - After shot **Coach** dumps puck in corner and 5 red players work up ice and forecheck black players at far end.
  - Black Forwards hold up red through NZ and then help **D** to breakout
  - Play 5 vs 5 until whistle
  - Next two lines start out of opposite end

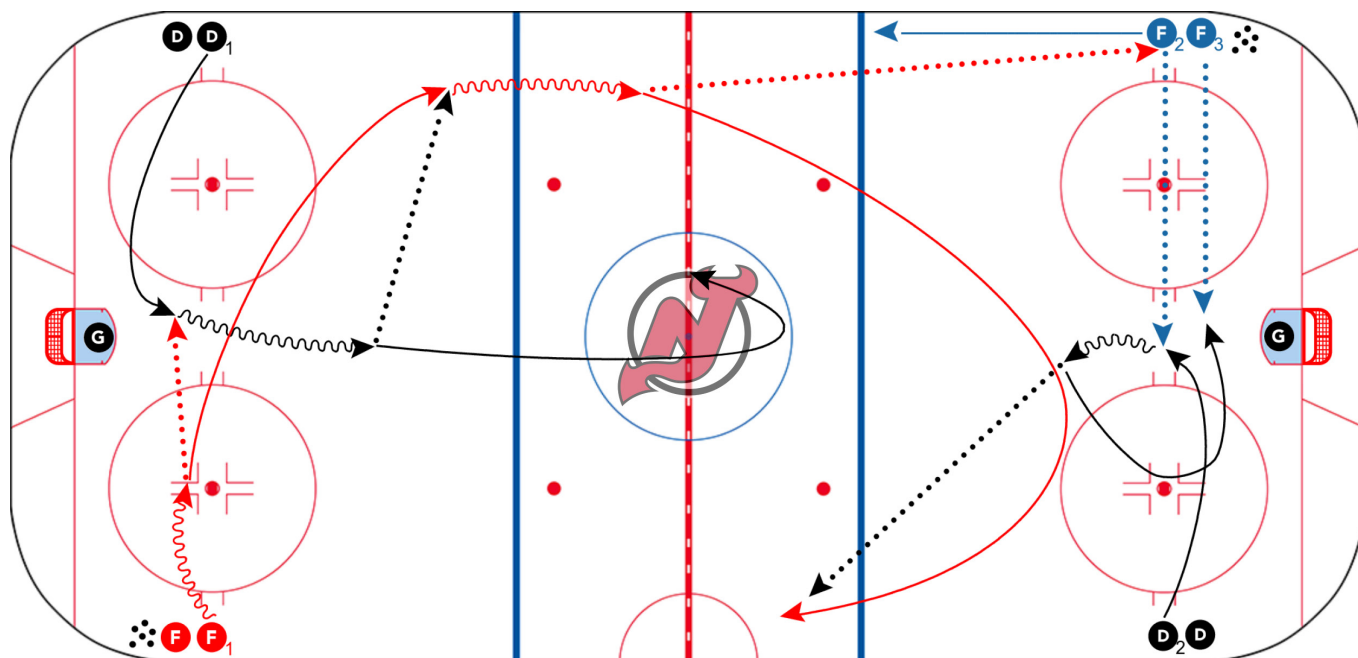


# 2 VS 1 CONTINUOUS

**Category:** Breakout

**Team:** New Jersey Devils

- Description:**
- **F 1** comes with puck off the boards and passes to **D 1**.
  - **D 1** passes to **F 1** on the boards.
  - **F 1** passes to **F 2** who then passes across ice to **D 2** in motion in the middle.
  - **D 2** pass to **F 1/F 2**.
  - **D 1** gaps up to play 2 vs 1.
  - After passing **D 2** circles back to receive a pass from **F 3** to continue the drill going the other way.

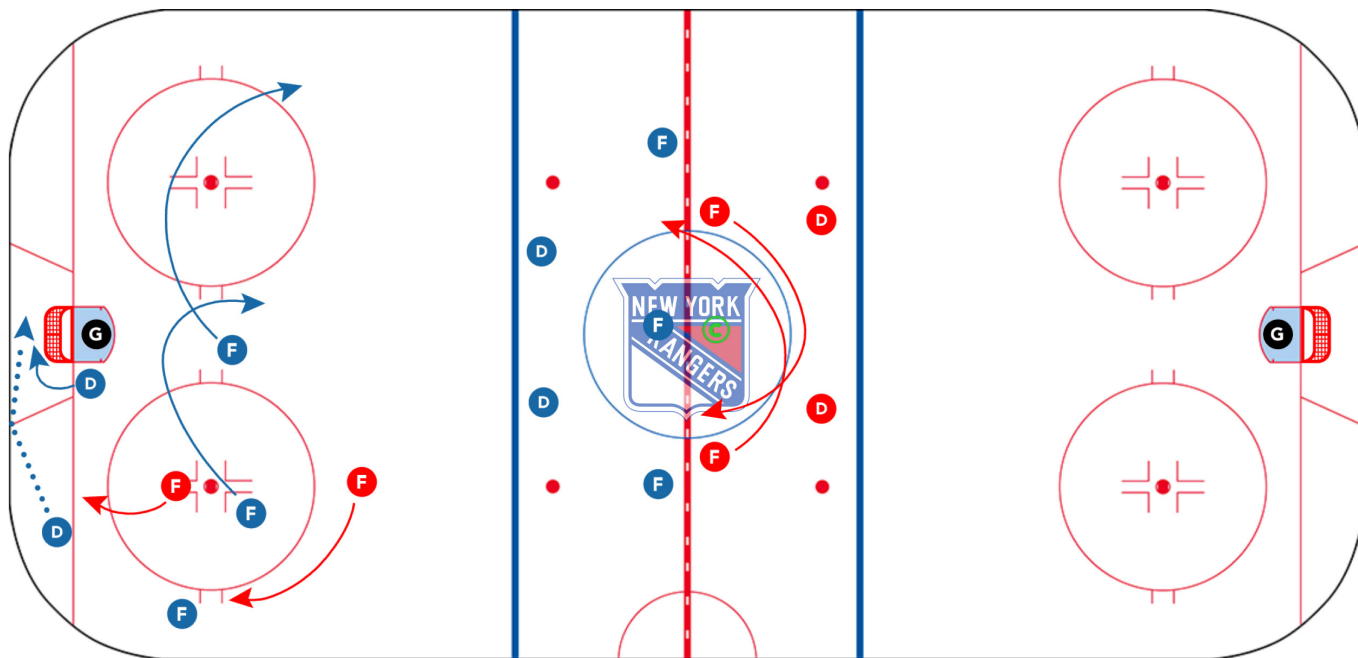


# BREAKOUTS VS PRESSURE 3 VS 2 WITH REGROUP

**Category:** Breakout

**Team:** New York Rangers

- Description:**
- Players line up at center ice. **Coach** dumps puck and 5 players breakout against 2 forecheckers.
  - Once they breakout they go 3 vs 2 down the ice with a 4th man joining the rush.
  - On whistle, 5 players regroup in neutral and go 5 vs 2 the same way.
  - 2nd Puck Cycle down with D to D Shot.

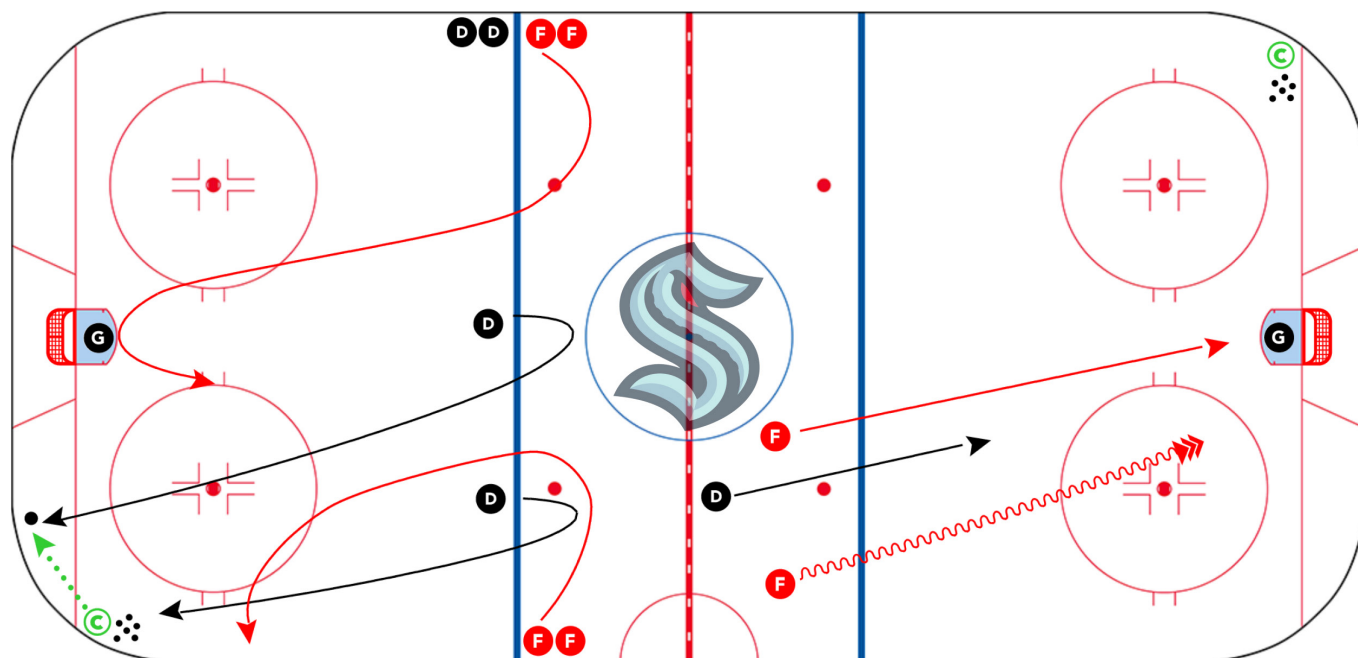


# 2 VS 0 BREAKOUT SUPPORT

**Category:** Breakout

**Team:** Seattle Kraken

- Description:**
- 2 **F** and 2 **D** start by the blue line.
  - Gap up then **Coach** spots the puck low in the zone.
  - **D** works back to retrieve.
  - Weakside forward sprints back to cut the paint, strongside forward comes down the wall, then go down 2 on 0 for a shot.
  - Forward picks up 2nd puck for Offensive Zone Play.
  - Both sides go at the same time.







# COLUMBUS BREAKOUTS

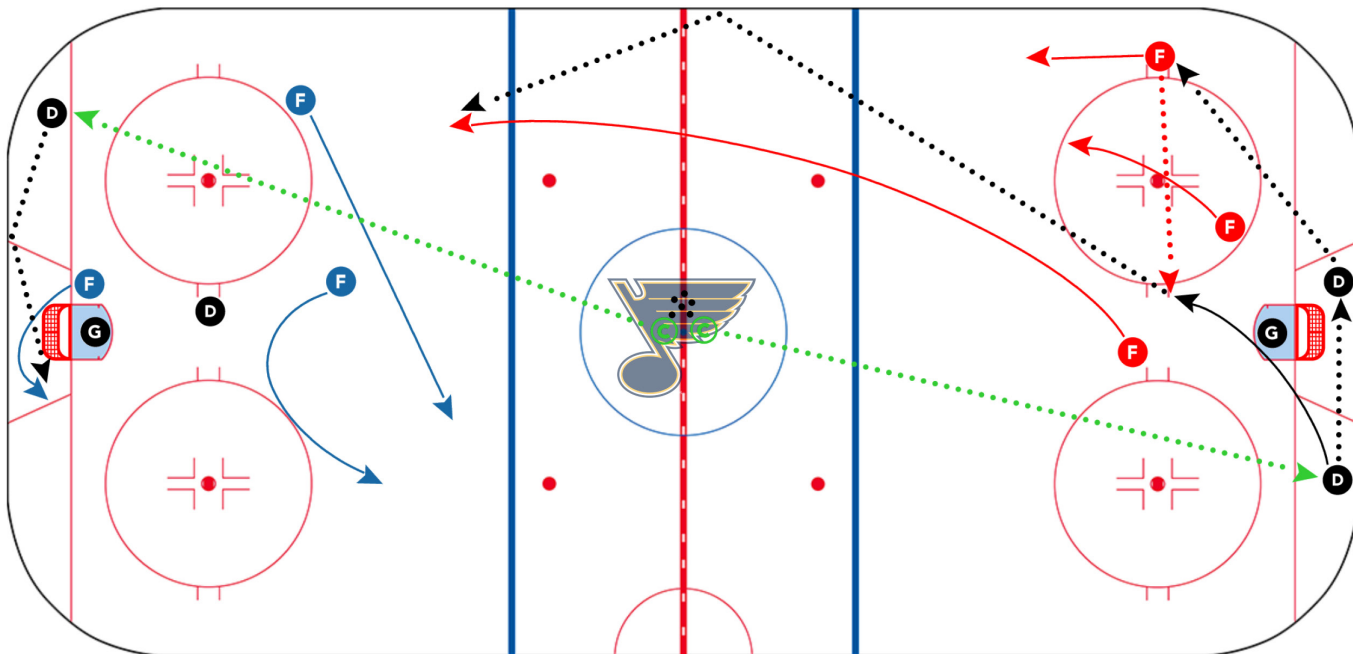
**Category:** Breakout

**Team:** St. Louis Blues

**Description:** – **Coach** dumps which starts breakout 5 — 0 — Offensive Zone Play **D** slide.

## Options

1. RED: Over Winger to Net Front D
  2. BLUE: Defensive Zone net bump to Forward
- Both Ends attack down ice 5 vs 0 and play 2nd puck from corner low to high.



# ENTRIES

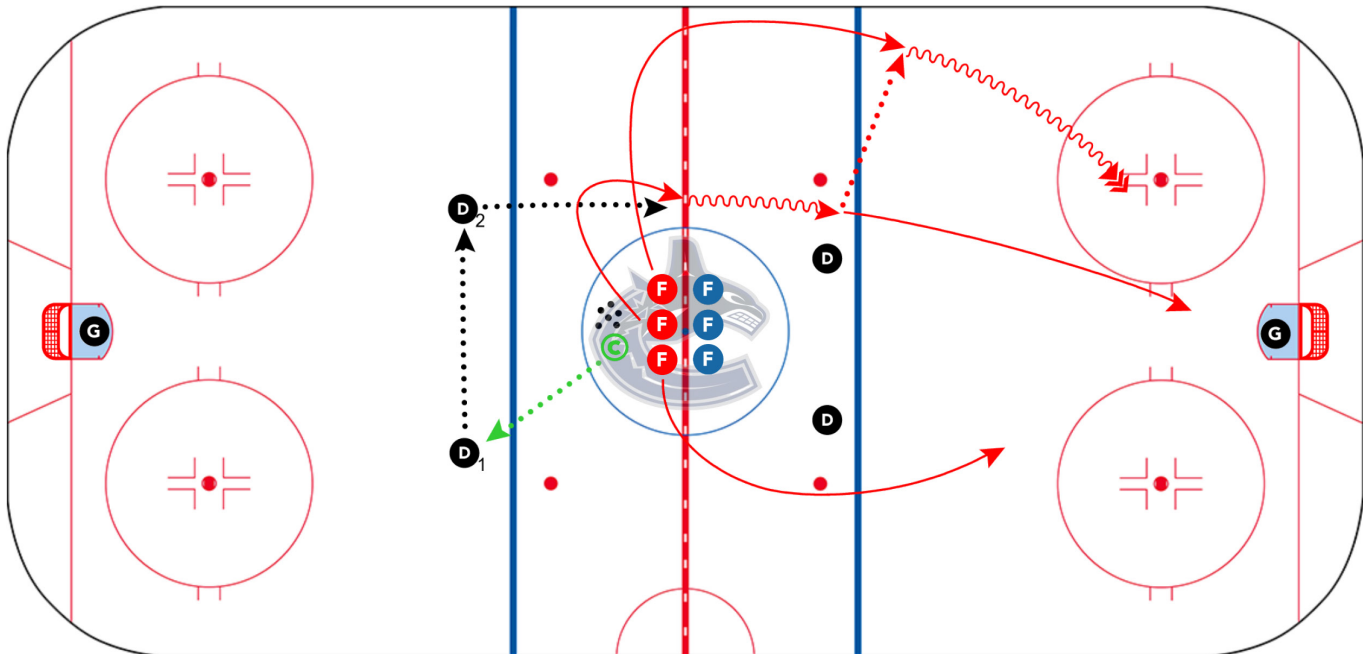
**Category:** Breakout

**Team:** Vancouver Canucks

**Description:** – **Coach** pass to **D**, **D** to **D** hit the middle, skate kick it out, drive the net, FWD'S run routes.

## Options

1. Shot
2. Pass in behind player
3. Delay

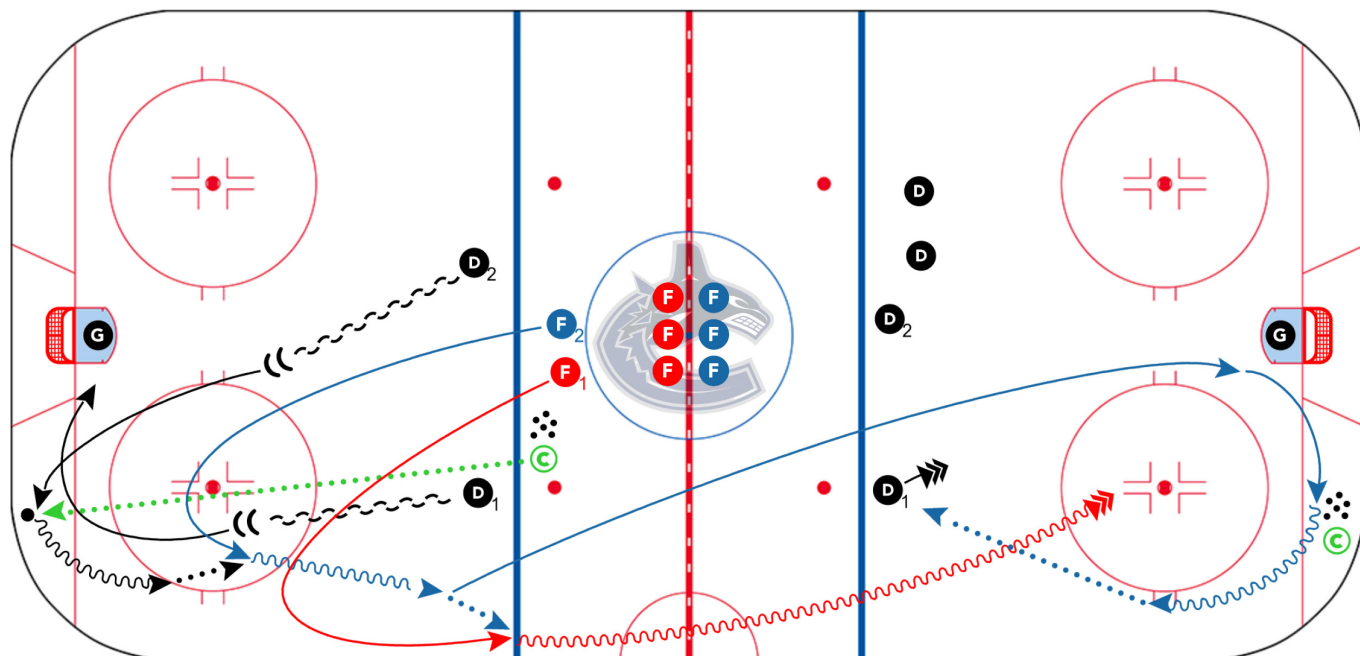


# SYRACUSE B/O'S

**Category:** Breakout

**Team:** Vancouver Canucks

- Description:**
- Drill begins with a **Coach** dump, **D**'s go backward dink wall/dink net.
  - **D** pass it to Forwards and go down for a shot.
  - 2nd puck, Low to High **D** Shot.
  - 3rd puck Delay, Low to High, pass to high Forward shot.
  - DINK Definition: Bumping it either up wall or net.

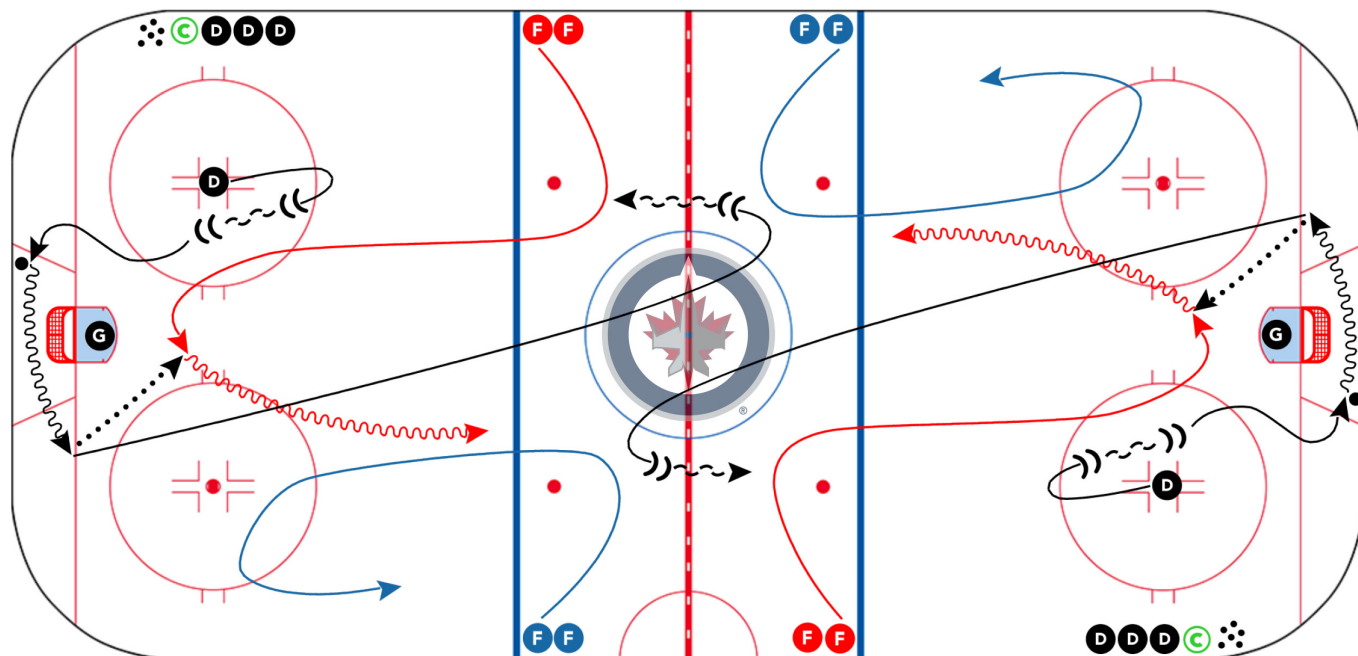


# 2 VS 1 DRILL VARIATION 1

**Category:** Breakout

**Team:** Winnipeg Jets

- Description:**
- **Coach** spots puck in corner as **D** tags up at top of circle pivots backward retrieve puck.
  - Once **D** retrieves puck skates around net pass inside to low center **F**.
  - Both **F**/**F** go on a 2 vs 1 down ice to attack with speed the other **D** in the far end that has gapped up.
  - **D** work to close the gap.

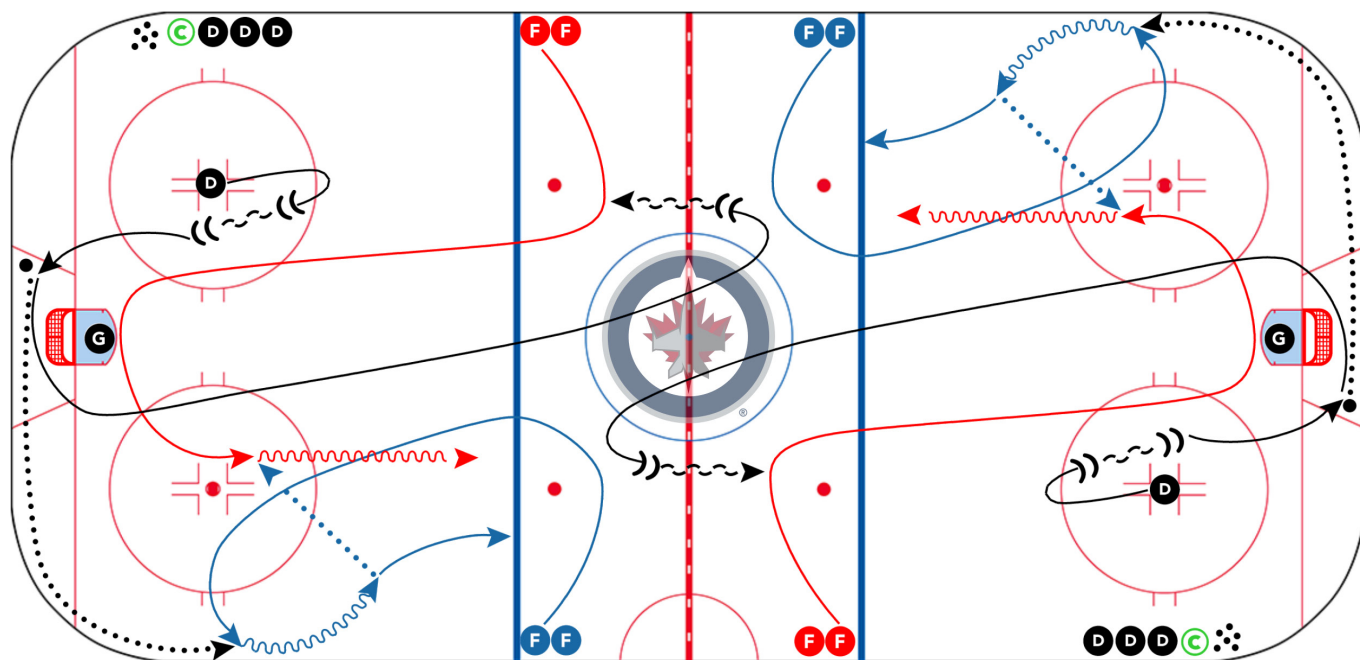


# 2 VS 1 DRILL VARIATION 2

**Category:** Breakout

**Team:** Winnipeg Jets

- Description:**
- **Coach** spots puck in corner as **D** tags up at top of circle pivots backward retrieve puck.
  - Once **D** retrieves puck, player rims to **F** who is swinging to the boards and retrieves the puck, passes to the low center **F**.
  - Both **F**/**F** go down 2 vs 1 on **D** who has gapped up from the other end.
  - **D** work to close the gap.

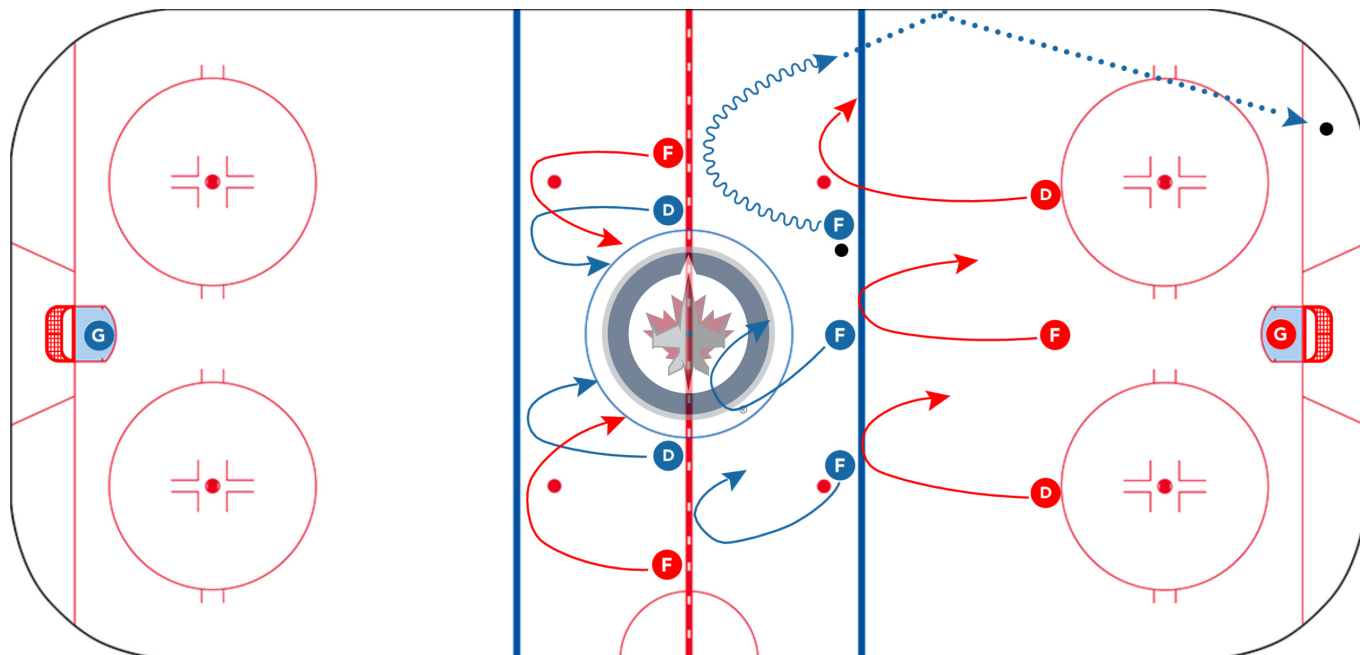


# 5 VS 5 NEUTRAL ZONE TAG UP

**Category:** Breakout

**Team:** Winnipeg Jets

- Description:**
- Ozone forecheck vs breakout execution — if forecheck line is successful then offensive zone lay vs defensive zone coverage
  - The Offensive/forecheck line starts at the blue line and tags up to red line.
  - The defending/breakout line starts at top of the circle and tags up to the blue line — puck side 'D' must get higher to force forward to chip the puck.
  - The Coach can move the defending forward (between the D) to the outside lane (weak side) or different depth (Higher so they are late getting back in zone).
  - Every Coach has a different forecheck system.
  - Make sure the players know the forecheck routes for chip and rim.
  - Do 'D' pinch or no pinch?
  - OPTIONS: Add in a Hard Rim.







# FORECHECK DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

)) Pivot

———— Skate

~~~~~ Skate With Puck

•••• Pass

~ ~ ~ Backwards Skating

~ ~ ~ Backwards Skating With Puck

| | | | | Lateral Skating

— Goalie Padslide

— Goalie Butterfyslide

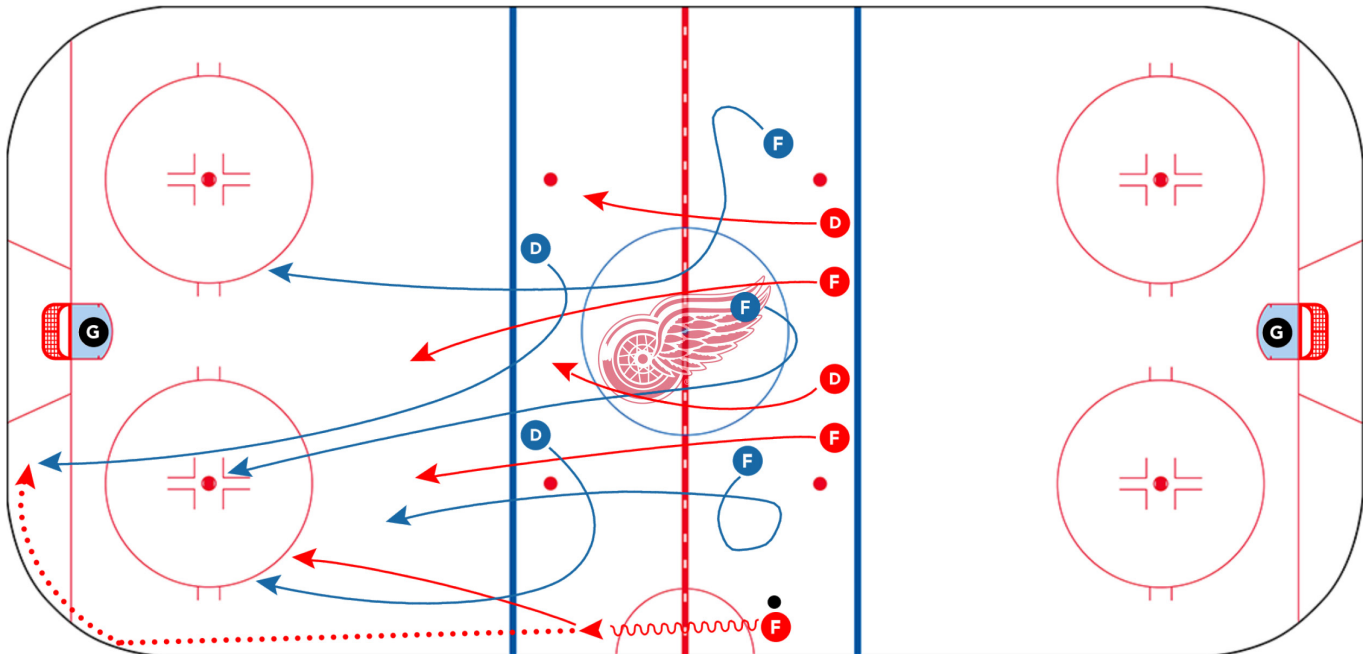
PRETZEL FC / BO

Category: Forecheck

Team: Detroit Red Wings

Description: Drill starts as shown.

- An offensive **F** starts with the puck near the red line and the rest line up on the blue line.
- The defensive **F**'s will start skating on command and the defensive **D** will be on the far blue line.
- On the whistle, **F** takes off with the puck and the **D** lateral gap on him forcing a dump.
- Defensive group enters the zone and works to break out against the offensive group.
- Drill is played out live and ends on a whistle.



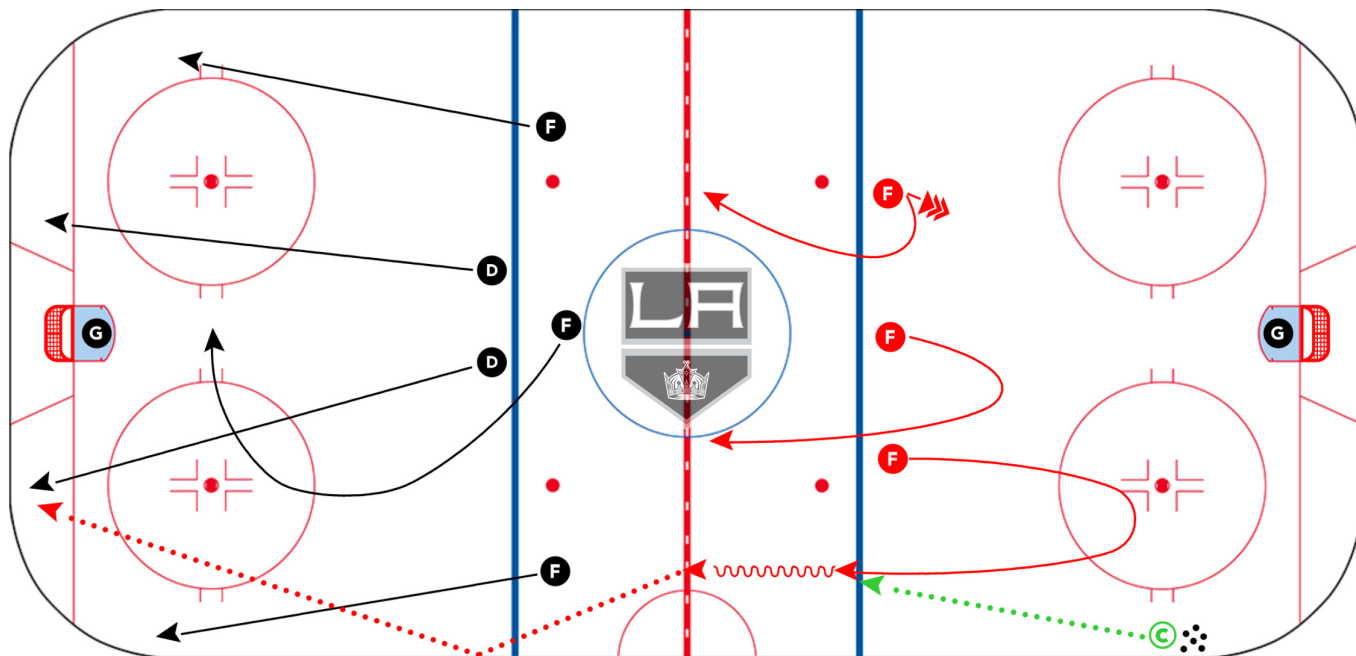
KAMLOOPS FC

Category: Forecheck

Team: LA Kings

Description: Forecheck 3 vs 5 continuous.

- Starts with 5 vs 0 BO full ice — down for shot.
- 3 Red **F**'s get a puck from **Coach** — dump — skinny FC.
- Upon **Black**'s BO — down for shot — get a puck from **Coach** — dump — skinny Fc.
- New line and **D** for BO.

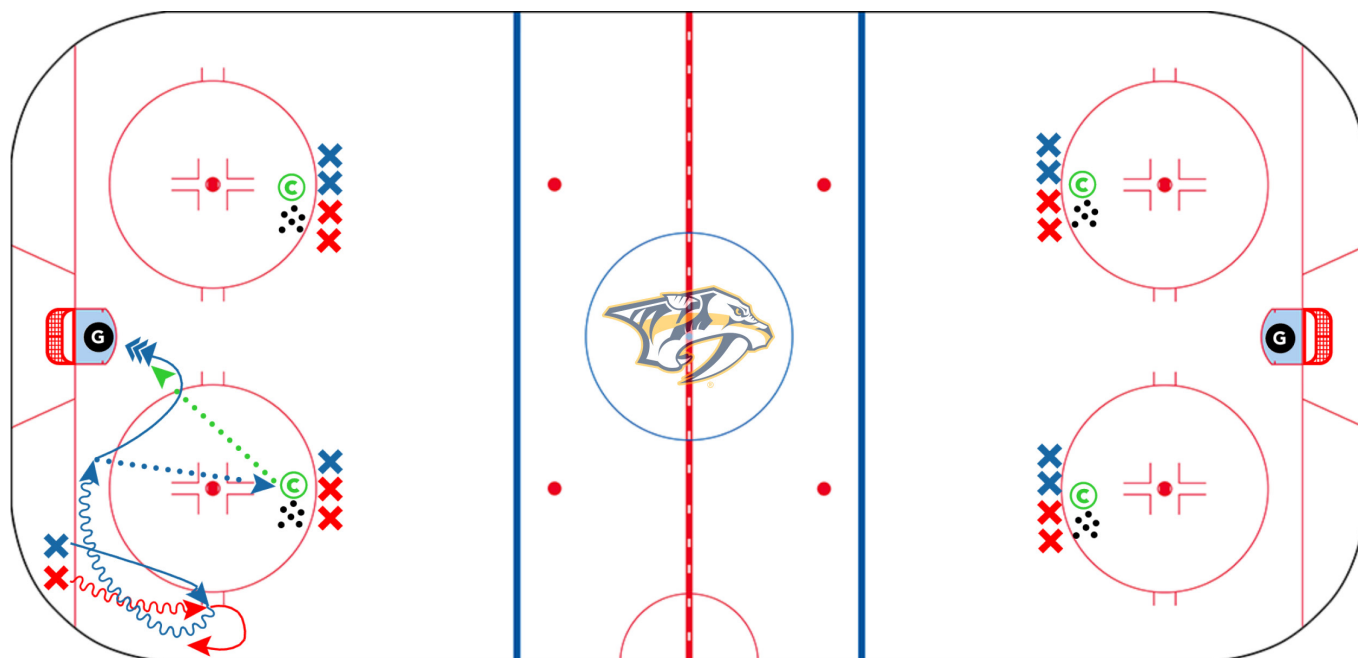


1 VS 1 CORNER ANGLE DRILL

Category: Forecheck

Team: Nashville Predators

- Description:**
- Drill runs on 70% and focuses on angling technique/Killing plays.
 - This is not a battle drill.
 - **X** carries puck up the wall and cutsback VS **X**.
 - On cutsback **X** plays thru **X** hands and strips puck.
 - **X** gives and goes with **Coach** and goes in for a tight area shot.

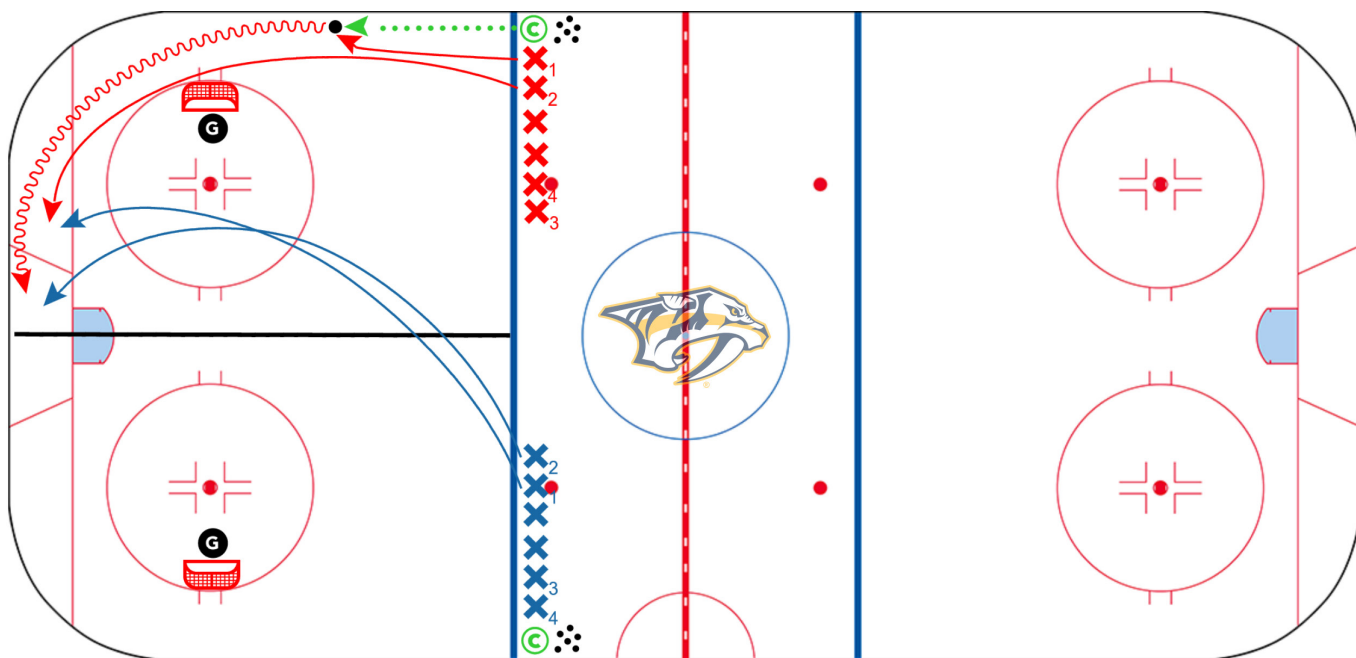


2 VS 2 ANGLE DRILL

Category: Forecheck

Team: Nashville Predators

- Description:**
- **Coach** on Red side Start drill by placing a puck in for **X1/X2** to retrieve behind their net and attack towards blue net.
 - **X1/X2** angle/defend working on hunt/strip.
 - Play out 2 VS 2 back and forth until **Coaches** whistle (25-35 secs).
 - On whistle **X1/X2** change hard.
 - **Coach** on blue side places new puck in for **X3/X4** to retrieve and attack VS **X3/X4** angling.

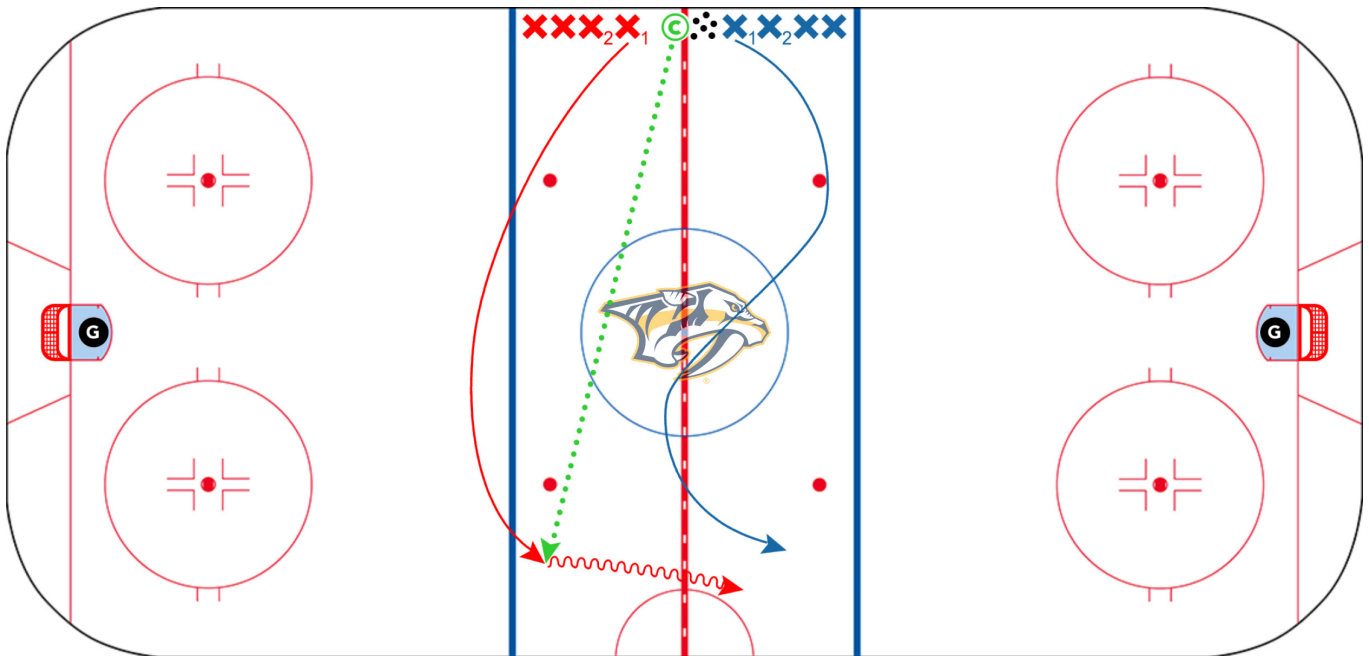


BOSTON ANGLE DRILL

Category: Forecheck

Team: Nashville Predators

- Description:**
- 1 VS 1 angling drill.
 - On whistle, **Coach** spots a puck for **X1** on offense.
 - **X1** must get to dot and then angle defensively VS **X1**.
 - On whistle, **Coach** spots a puck to blues side (**X2** on offense, **X2** must angle and defend).

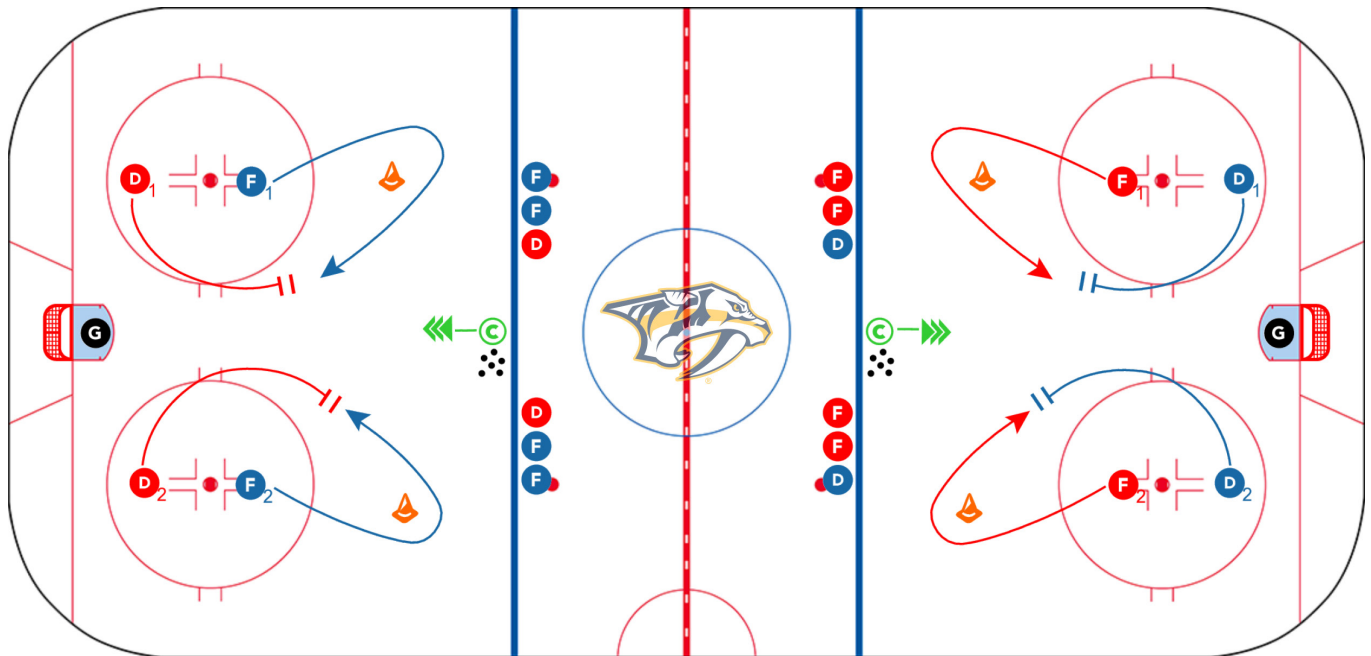


BOX OUT 2 VS 2 TAG UP

Category: Forecheck

Team: Nashville Predators

- Description:**
- **D** start at the face off dot forwards start above top of hashmark
 - On whistle forwards must tight turn on cone and **D** must close back.
 - **Coach** then shoots the puck on goal for a rebound.
 - **D** must work for boxout.
 - Forwards must fight for the **Coach** rebound.
 - On whistle, forwards must tag up for 2nd puck that is either spotted or passed by **Coach**.

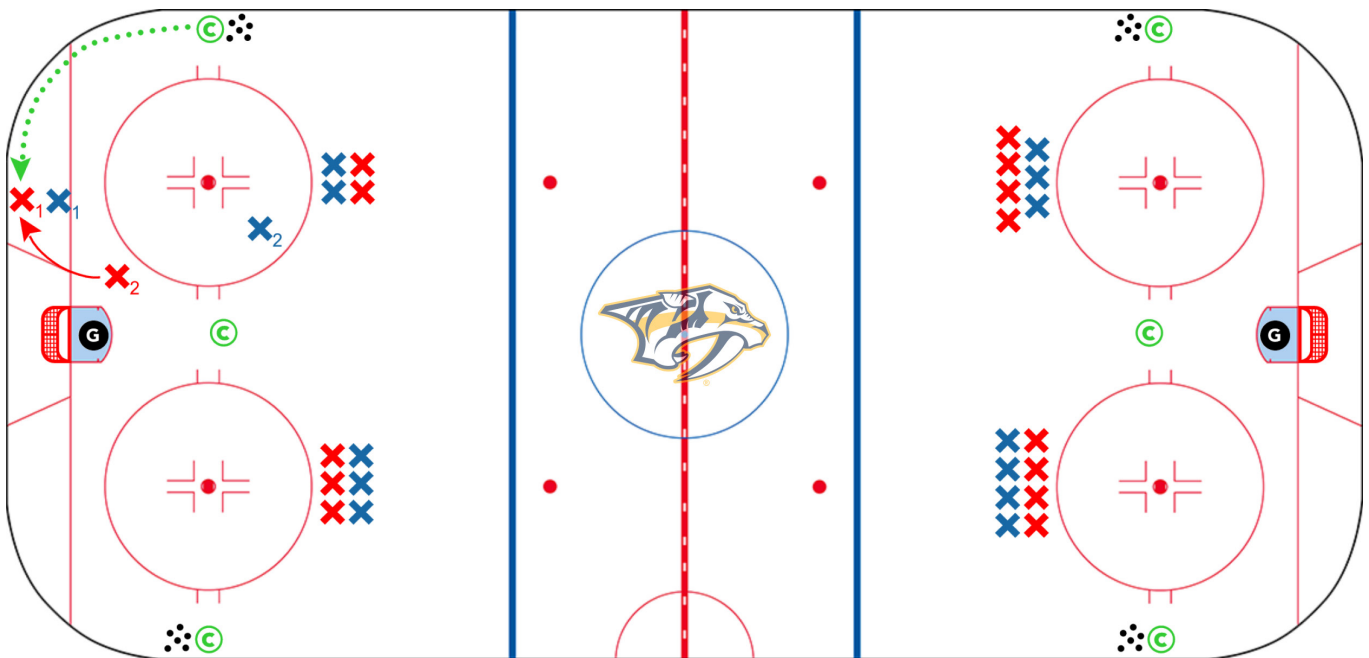


FIRST DRILL — HINOTE 2 VS 1

Category: Forecheck

Team: Nashville Predators

- Description:**
- **Coach** spots a puck from the halfwall.
 - **X1/X1** battle for possession with a **X2** providing second quick support.
 - If Red comes out of battle with the possession they pass to **Coach** in slot and push to the net for a 2 VS 1 play (pass or shot).
 - **X1** must pick up one of the two red players and box out/tie on a play to the net from the **Coach**.
 - If **X1** somehow wins the battle they can pass to **X2** and go on offense and red must defend.
 - Runs out of both ends. can alternate corners.

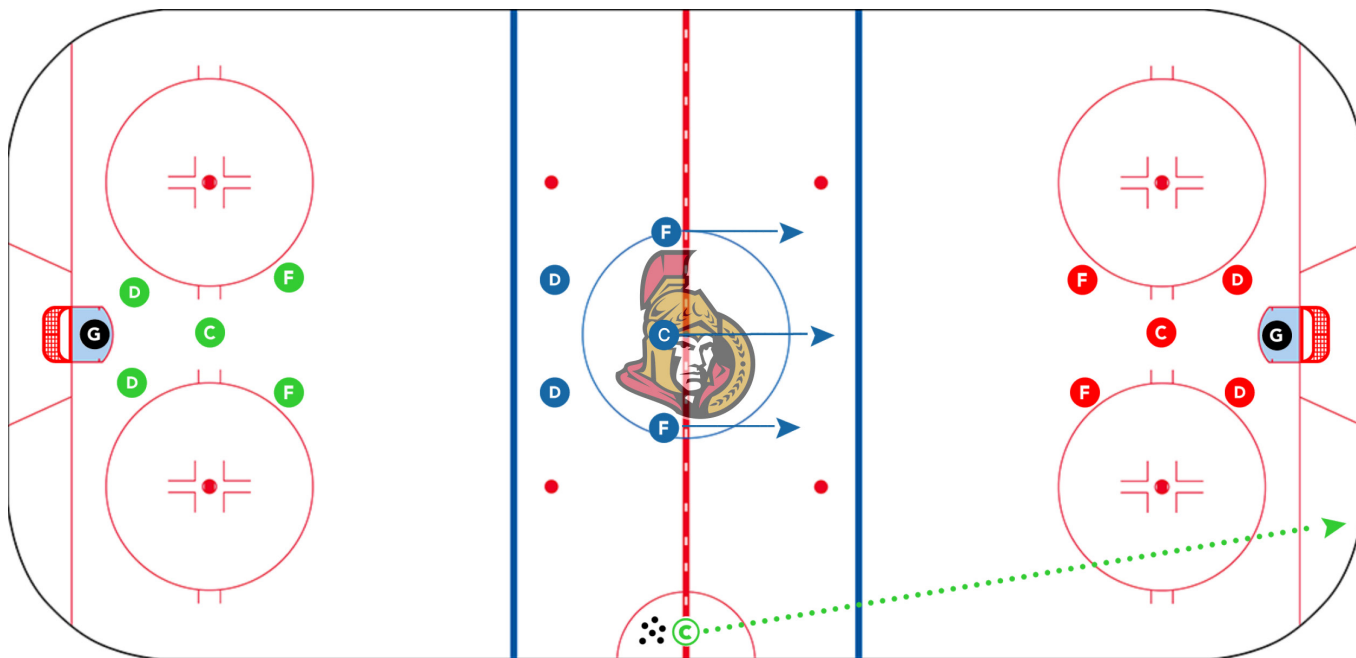


PERPETUAL BREAKOUT / FORECHECK

Category: Forecheck

Team: Ottawa Senators

- Description:**
- 5 defenders start in "5 card" formation.
 - **Coach** dumps the puck in.
 - 5 attackers forecheck using a specified forechecking system.
 - 5 defenders play DZC until they are able to execute a breakout.
 - After the defenders break out of the zone, the attackers are done and peel off to the bench.
 - After breaking out, the defenders cross the center line, and dump the puck in for the 5 new defenders who have lined up in "5 card" formation.
 - The 5 who dumped it in become the new forecheckers.

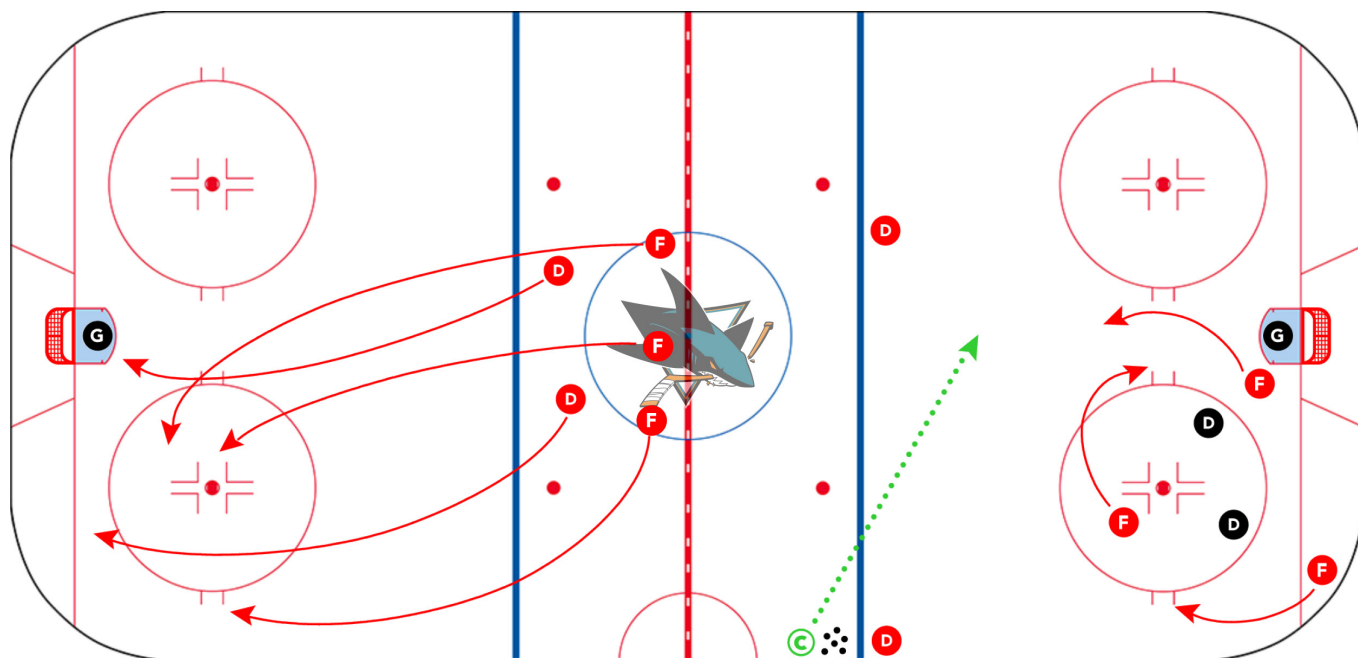


3 VS 2 LO / FC

Category: Forecheck

Team: San Jose Sharks

- Description:**
1. Drill starts with a 3 vs 2 low.
 2. 2nd puck spotted for another 3 vs 2 low with low-high pass and shot from two **D** at the point.
 3. 3rd puck is spotted to 3 forwards who will dump the puck to the far end and get into forechecking Croutes.

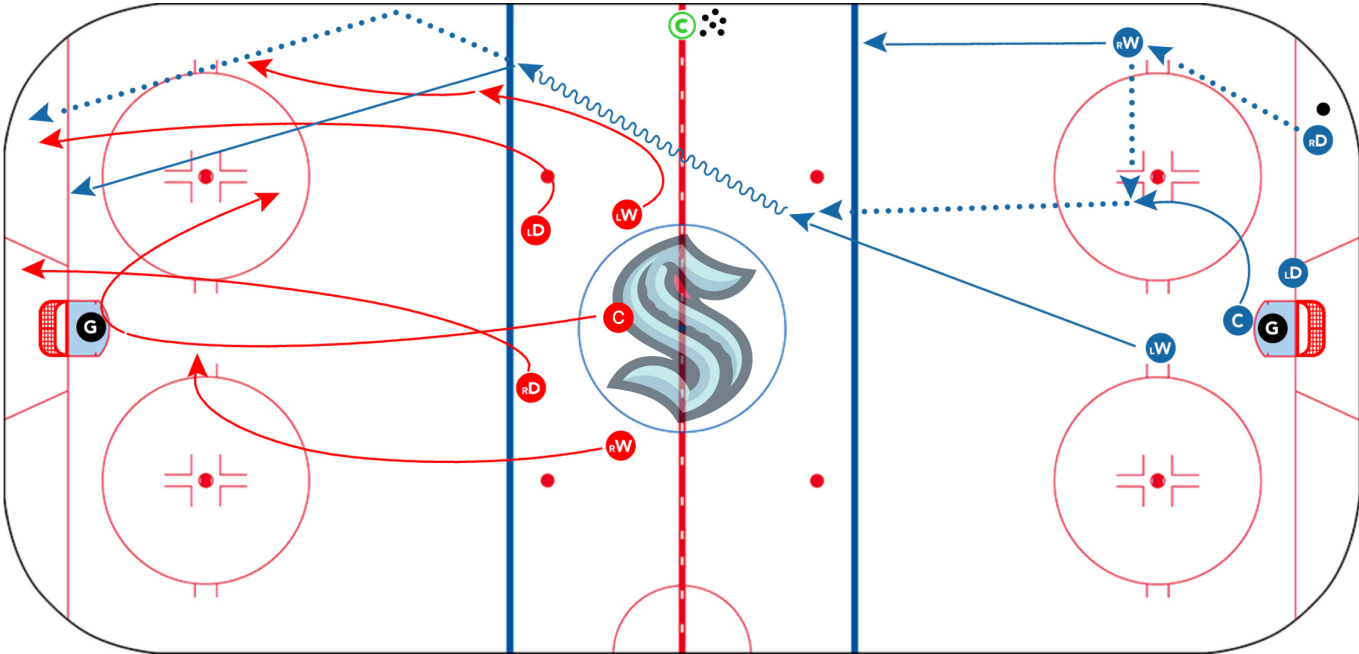


MONTREAL FORECHECK

Category: Forecheck

Team: Seattle Kraken

- Description:**
- Continuous breakouts under pressure.
 - Forechecker dumps the puck in then forechecks vs 5-man units.
 - Each line sends 1 forechecker, then 2 forecheckers, then 3 forecheckers



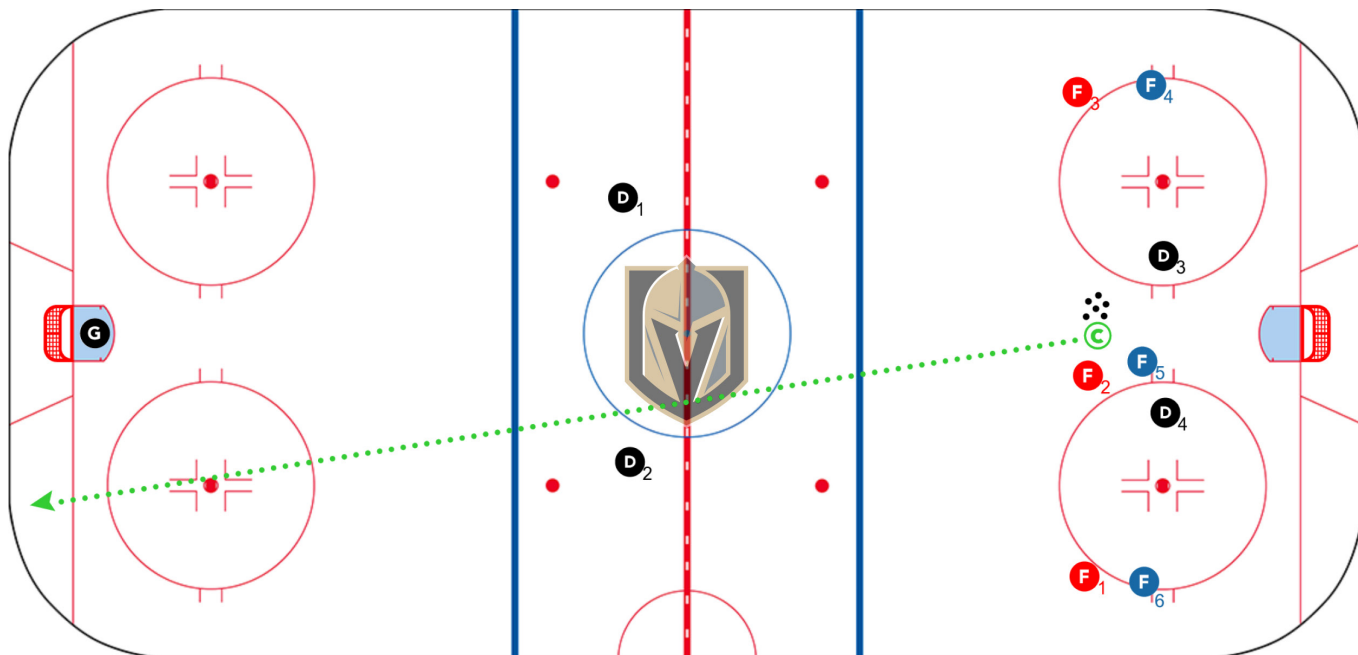
VEGAS 5 PIECES FC

Category: Forecheck
Team: Vegas Golden Knights
Description: **Objective**

– Breakout → FC → 5 vs 5 In Zone.

Organization: Pucks in one end zone with **Coach**:

1. **Coach** spots puck in corner → **F1** — **F2** — **F3** — **D1** — **D2** Breakout 5 vs 0 (pass to **Coach**).
 2. **Coach** dumps puck back in corner same group breakouts again.
 3. **F4** — **F5** — **F6** — **D3** — **D4** FC original group.
 4. Play 5 vs 5 In Zone.
- Drill Progression: Work on FC routes — breakouts — 5 vs 5 in zone play.
– **G**: Active at one end.





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

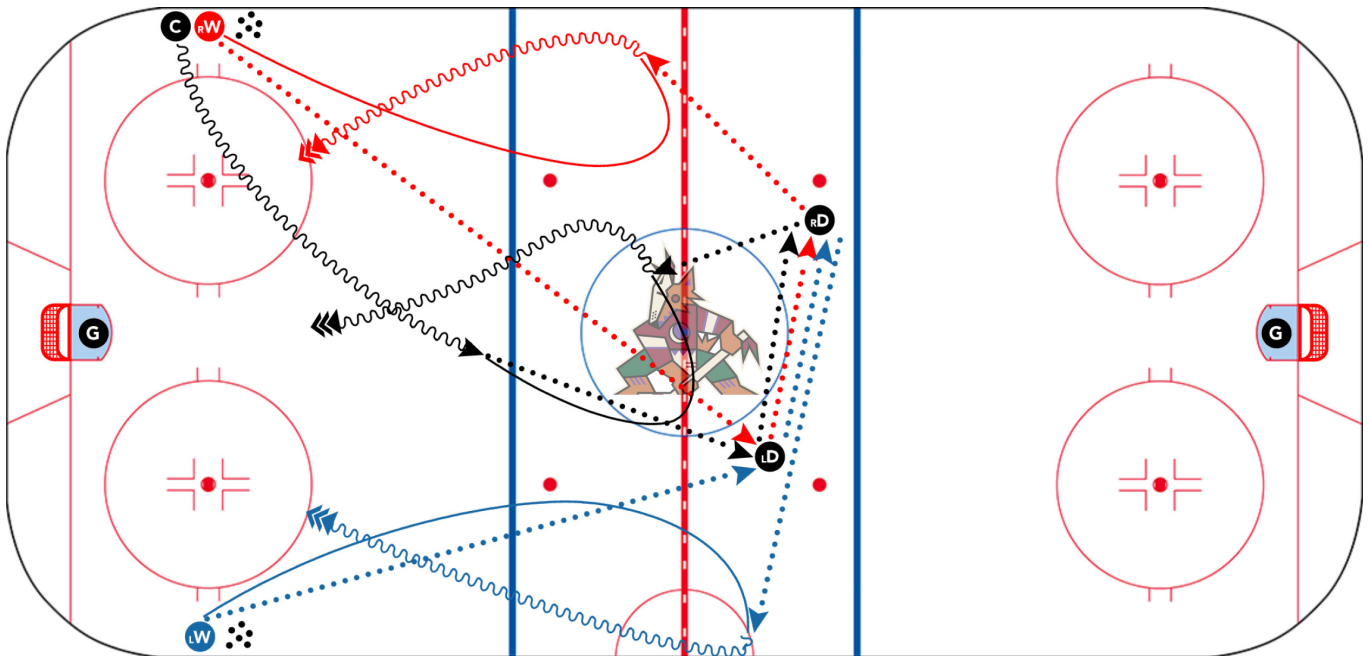
— Goalie Butterflyslide

# OSR

**Category:** Neutral Zone Counter / Transition

**Team:** Arizona Coyotes

- Description:**
- 3 pucks.
  - **Red:** 1st **RW**, passes **D** to **D** up and go in for a shot.
  - **Black:** 2nd **C** passes, **D** to **D** middle and go in for a shot.
  - **Blue:** 3rd **LW** passes, **D** to **D** flat and go in for a shot.



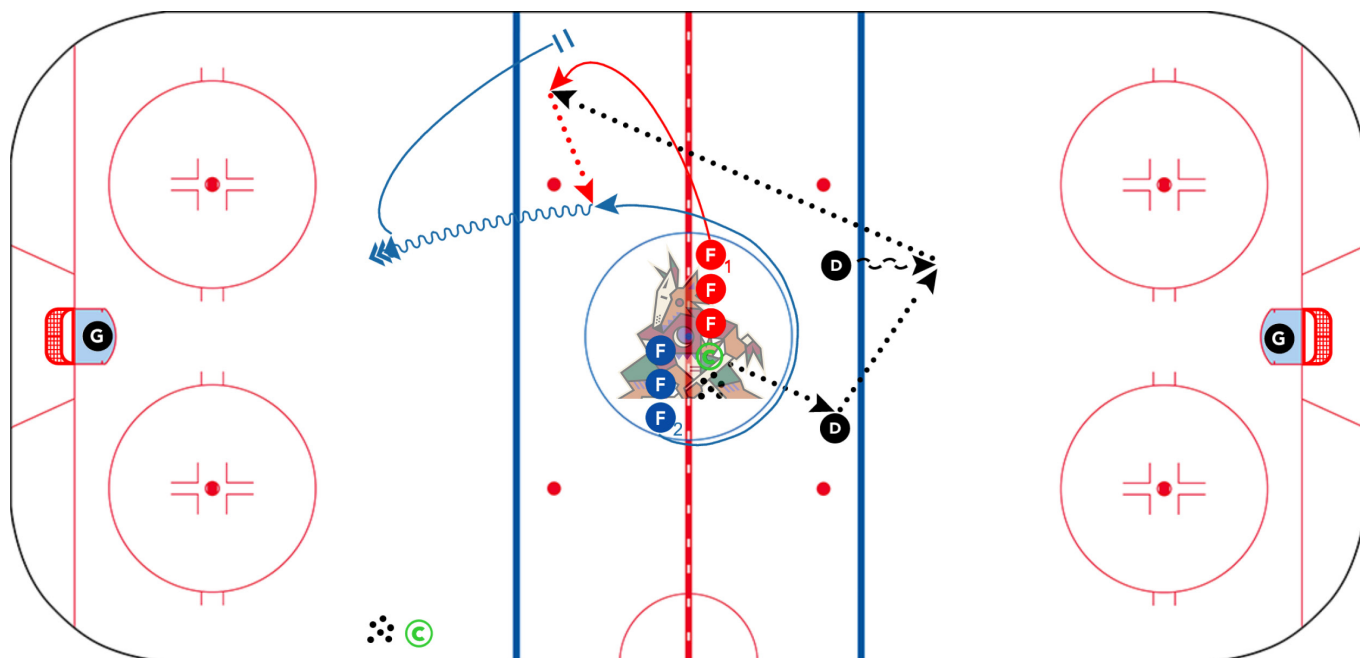
# RING ON FIRE — PART 1

**Category:** Neutral Zone Counter / Transition

**Team:** Arizona Coyotes

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

- 1st puck — **Coach** starts drill, **D** to **D** up to the high **F 1**, bump back to **F 2** and go take a shot.
- **F 2** then goes and posts up at far blue line.



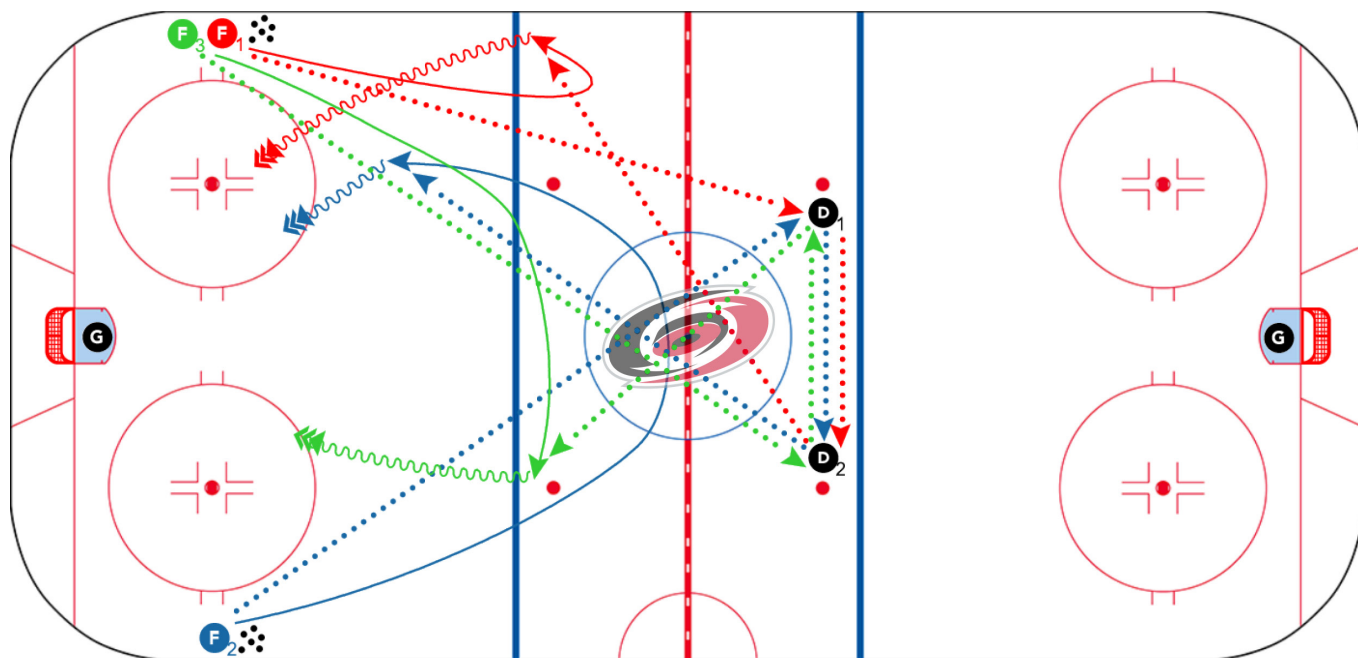


# TRANSITION SHOOTING

**Category:** Neutral Zone Counter / Transition

**Team:** Carolina Hurricanes

- Description:**
- **F 1** passes to **D 1**, **D 1** passes to **D 2**, **F 1** follows pass up and opens up as an outlet and goes back down for a shot.
  - **F 2** passes to **D 1**, **D 1** passes to **D 2**, **F 2** follows pass up and swings underneath center red line and gets pass in the middle and goes back down for a shot.
  - **F 3** passes to **D 2**, **D 2** passes to **D 1**, **F 3** stretches blue line, gets pass and goes in for shot.
  - \*Alternate ends.



# D DINK SERIES

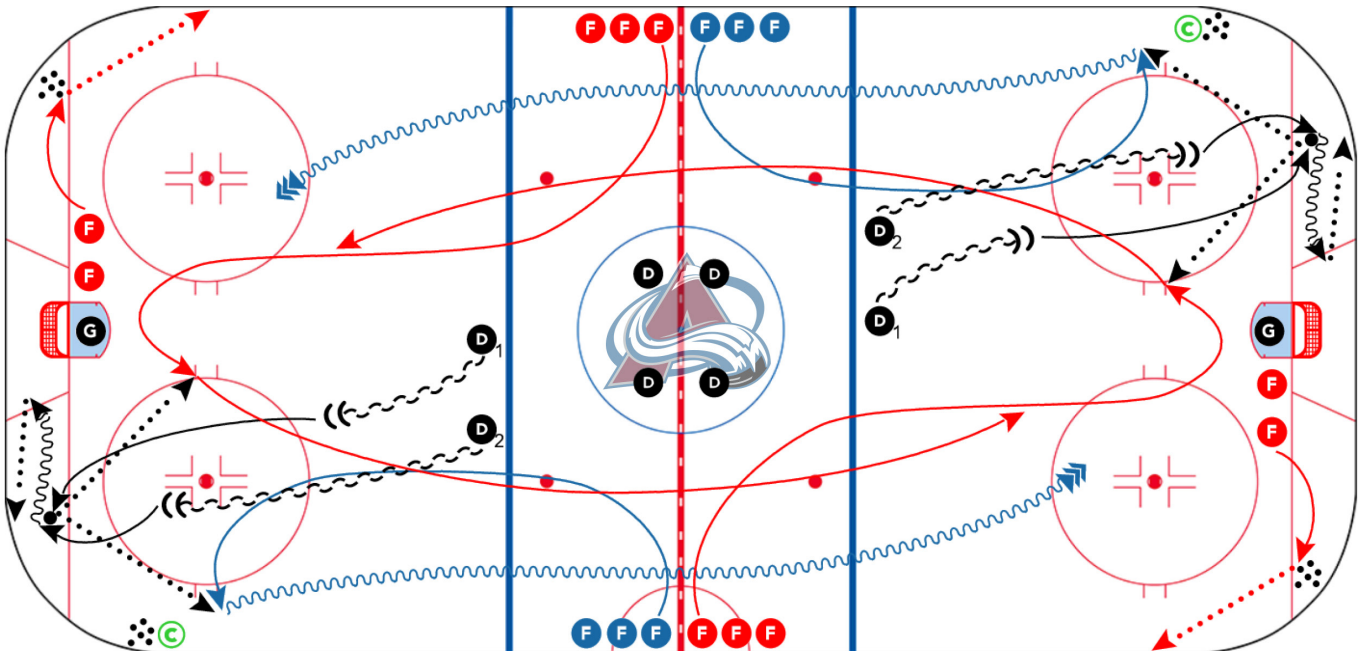
**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

- Description:**
- Drill works in both directions at same time.
  - On whistle **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.
  - Wing **F** pop in dots and arrive low, inside out route. **F** below, hash Center **F** low and slow through the point.
  - **D** has option to hit C or W, they drive with 5 foot support for 2 vs 0 shot.
  - **D 1** chase play up ice tags tops of circles for low to high pass from **F**.
  - Dink Breakout's — D Over, wheel wall, turn up net, **D 1** wheel wall.

## Key Points

- THE DINK PLAY: Is a little chip which is called by the support player to the puck carrier.
- Dink Net: Player chips to the net.
- Dink Wall: Player chips toward the corner.



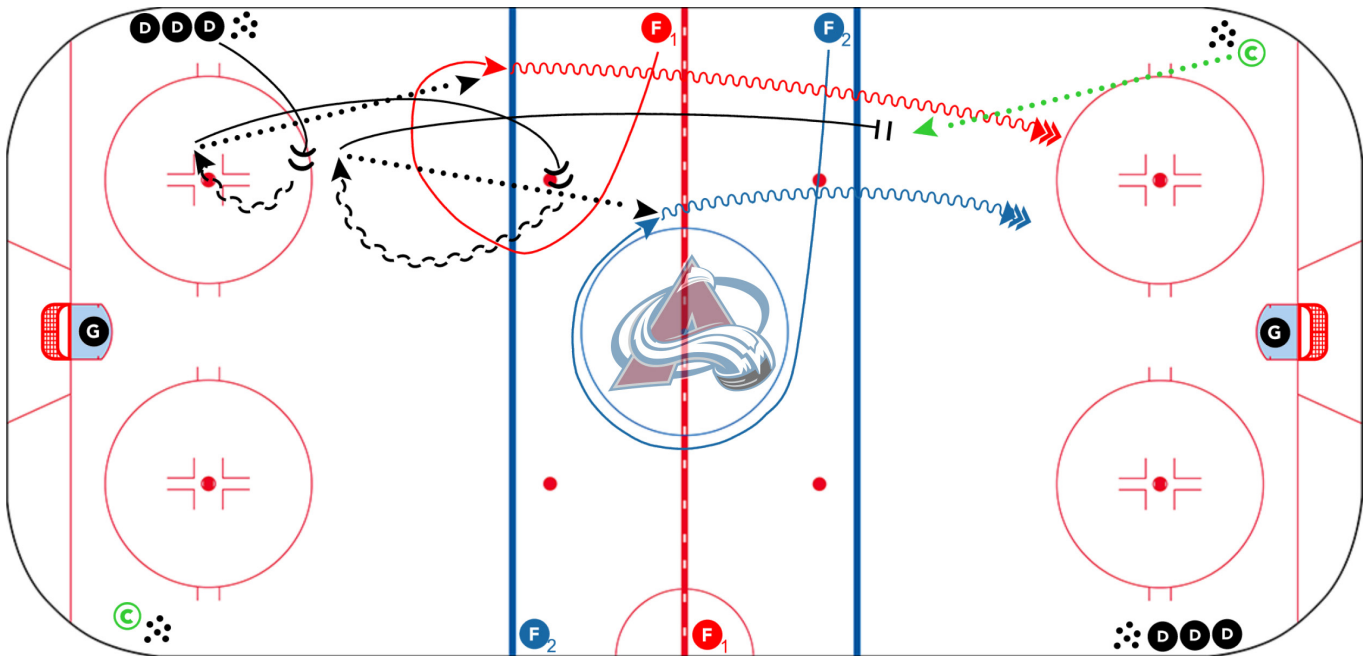


# NY NY

**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

- Description:**
- 1st puck **D** takes short route around the circle retrieves puck and pass to **F1**.
  - 2nd puck **D** pivots around neutral faceoff dot to retrieve puck and pass to **F2**.
  - Both forwards go down for shot.
  - **D** follows up for a 3rd shot from a pass by **Coach**.
  - Both sides at the same time.



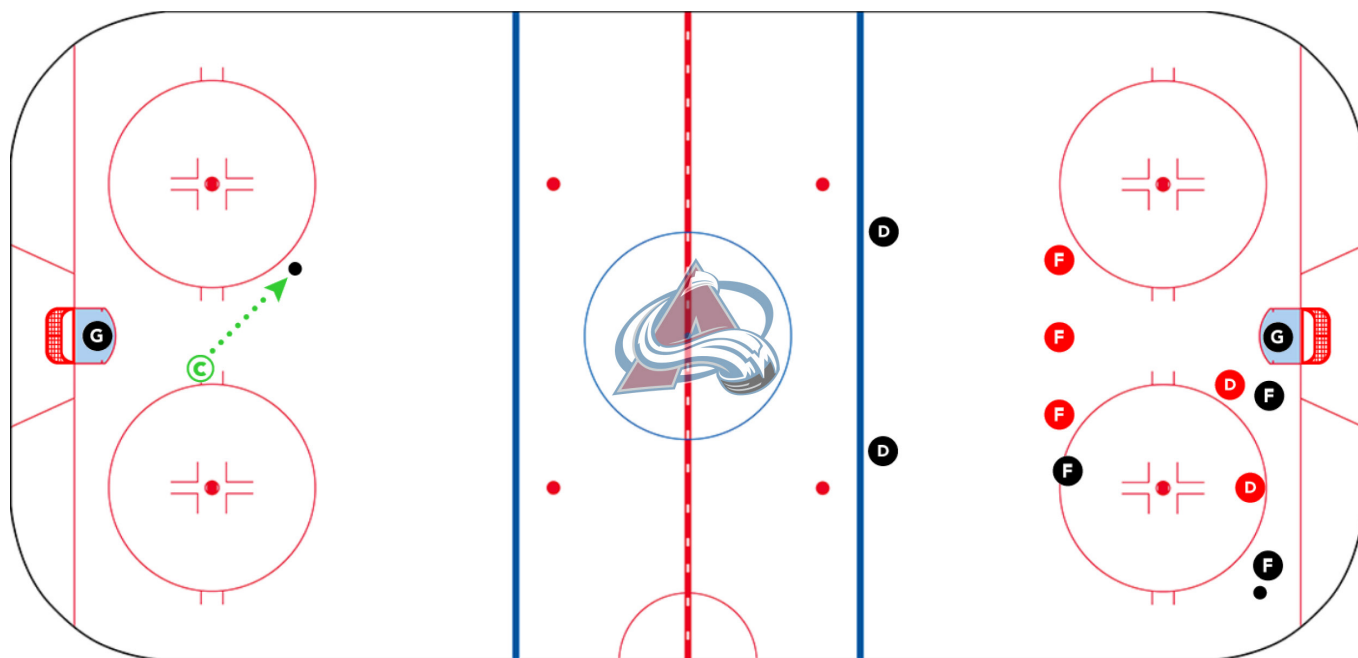
# SAN JOSE 3 VS 2 / NZFC

**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

**Description:** **Objective:** 3 vs 2 low and then Neutral Zone Forecheck.

- Drill runs 5 vs 5, everyone else on the bench.
- On whistle, quick 3 vs 2 low.
- Second whistle **Coach** leaves the puck for regroup and Neutral Zone Forecheck.
- Play puck out in Dzone coverage.
- Can adjust drill for straight down 3 vs 2 attack with offensive team tracking back to ADZC.



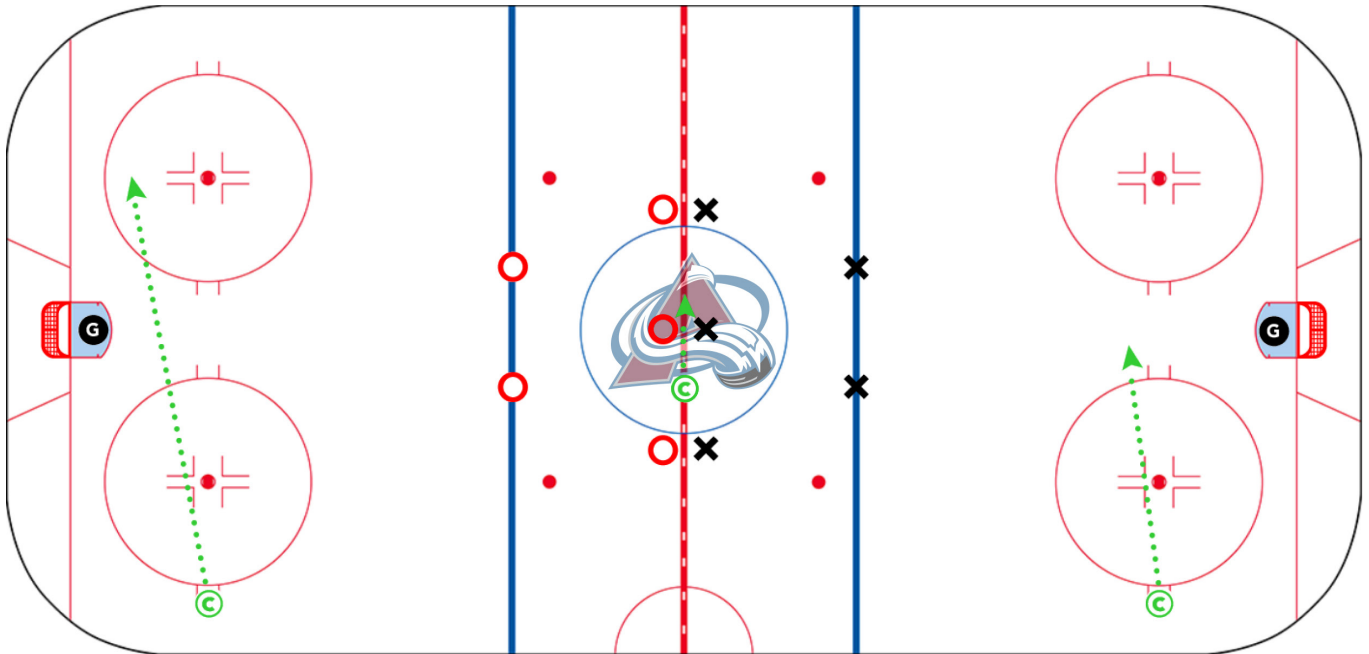
# NZC MILL X3

**Category:** Neutral Zone Counter / Transition

**Team:** Colorado Avalanche

**Description:** **Objective:** Working on Neutral Zone Forecheck and Neutral Zone Face-off Forecheck

- Establish NZFC from face-off (5 vs 5).
- On whistle, spot a 2nd puck in attacking zone creating NZFC.
- After 2nd whistle, spot a 3rd puck in the opposite attacking zone creating another NZFC.



# GUN'S N ROSES

**Category:** Neutral Zone Counter / Transition

**Team:** Florida Panthers

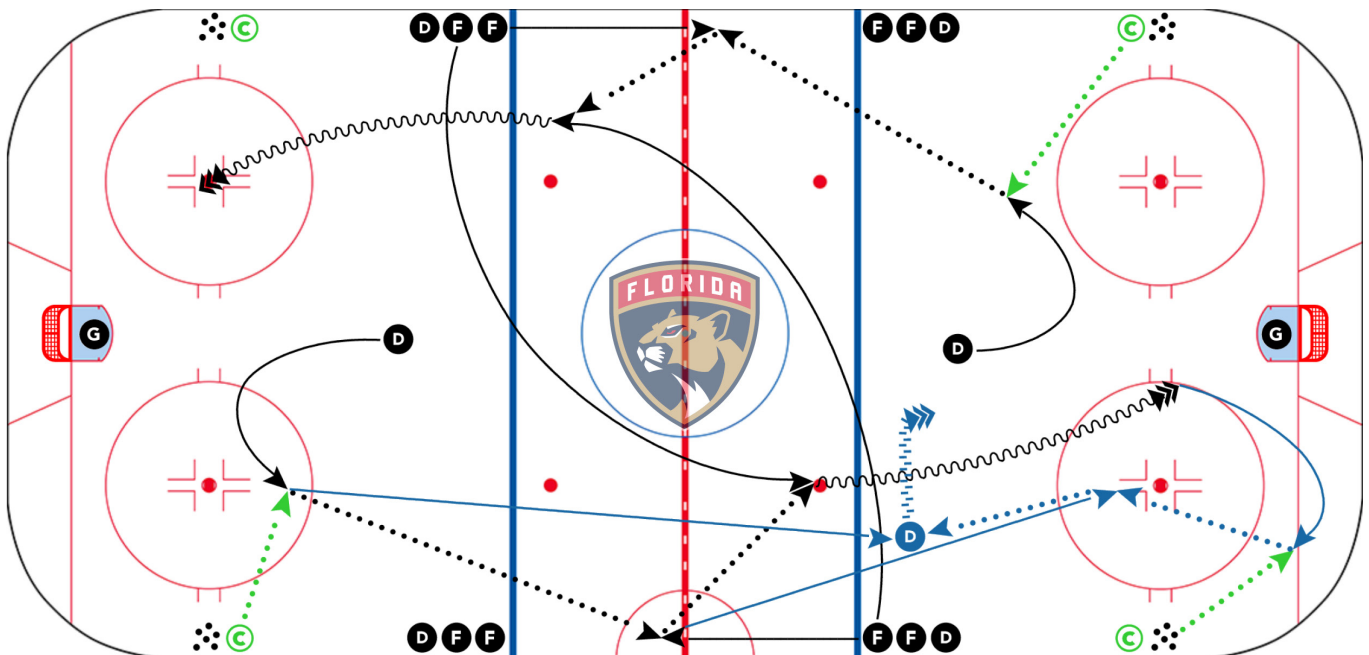
**Description:** Drill Runs at Both Ends at same time, Pucks at 4 Hash Marks, changes sides after each rep.

## Part 1

- (Black) — Defense starts in middle at both blues, **Coach** spots a puck for a short retrieval, **D** retrieves puck and puts it to forward on wall, forward banks puck off wall to slash forward, follows play up, slashing forward who receives puck goes in and shoots, **D** follow plays up ice.

## Part 2

- (Blue) — Player who shot the puck retrieves puck from **Coach**, bumps it to 2nd forward for middle support who passes puck to the **D** at the top, **D** drags to the middle and shoots point shot with layers.



# BOARD JUMP

**Category:** Neutral Zone Counter / Transition

**Team:** Florida Panthers

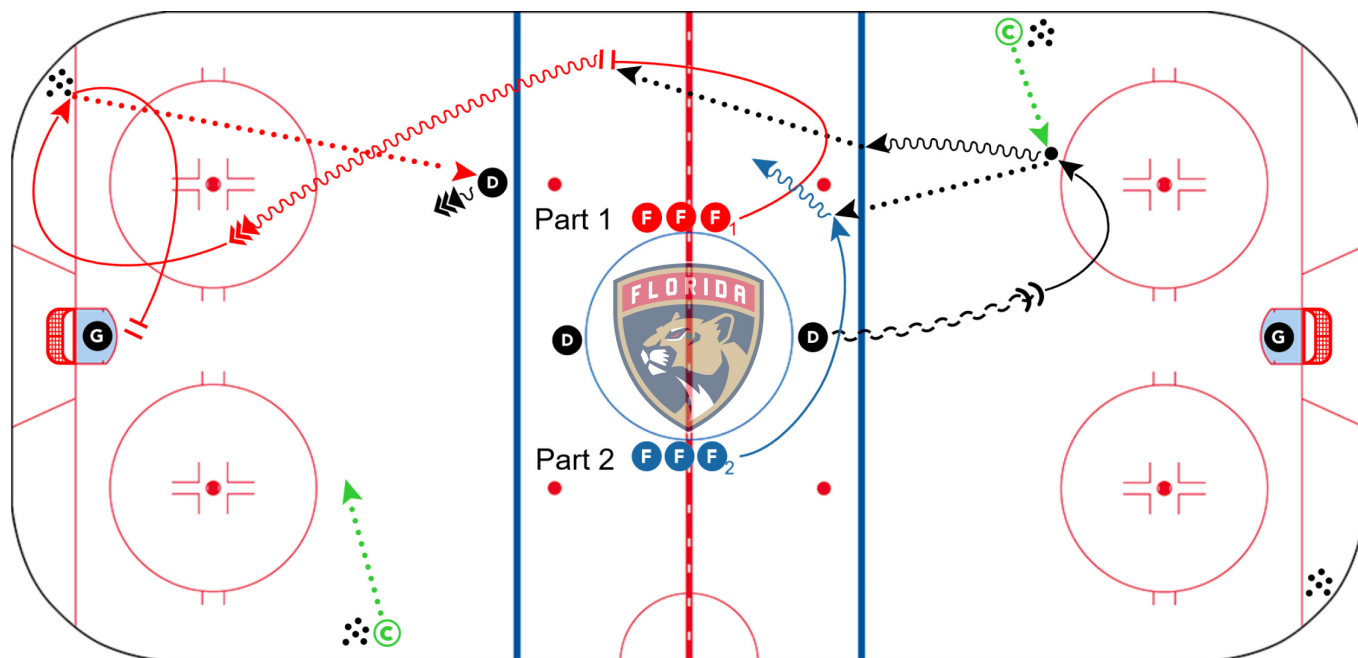
**Description:** Run drill from both ends

## Part 1

- **D** skates backwards hard to inside blueline, pivots and receives pass from the **Coach**.
- **F 1** times it and posts up receives pass from **D** continues down for a shot on goal.
- **F 1** 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 **F 2** in the middle who then continues with same drill.

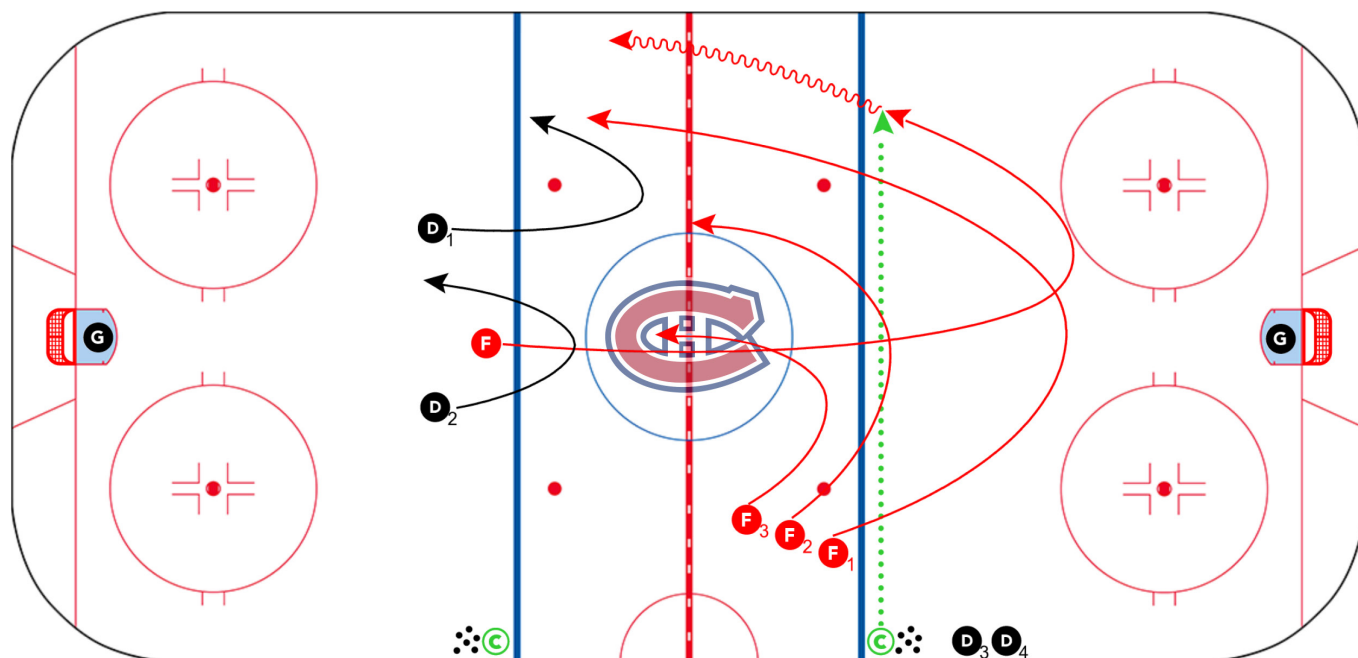


# TRACK TRANSITION BINGO

**Category:** Neutral Zone Counter / Transition

**Team:** Montreal Canadiens

- Description:**
- **D1** and **F1** communicate by Redline, 1 defending man outside dots taking puck carrier, other defender scoops puck for transition.
  - **D3 D4** follow up play and take the transition in a 3 vs 2.
  - **F3** on rush will BC curl inside blueline as **Coach** passes puck off wall and next line comes off wall to angle and defending **D3 D4** REGAP UP FOR TRANSITION.
  - This is a continuous drill



# BC SHOOTING

**Category:** Neutral Zone Counter / Transition

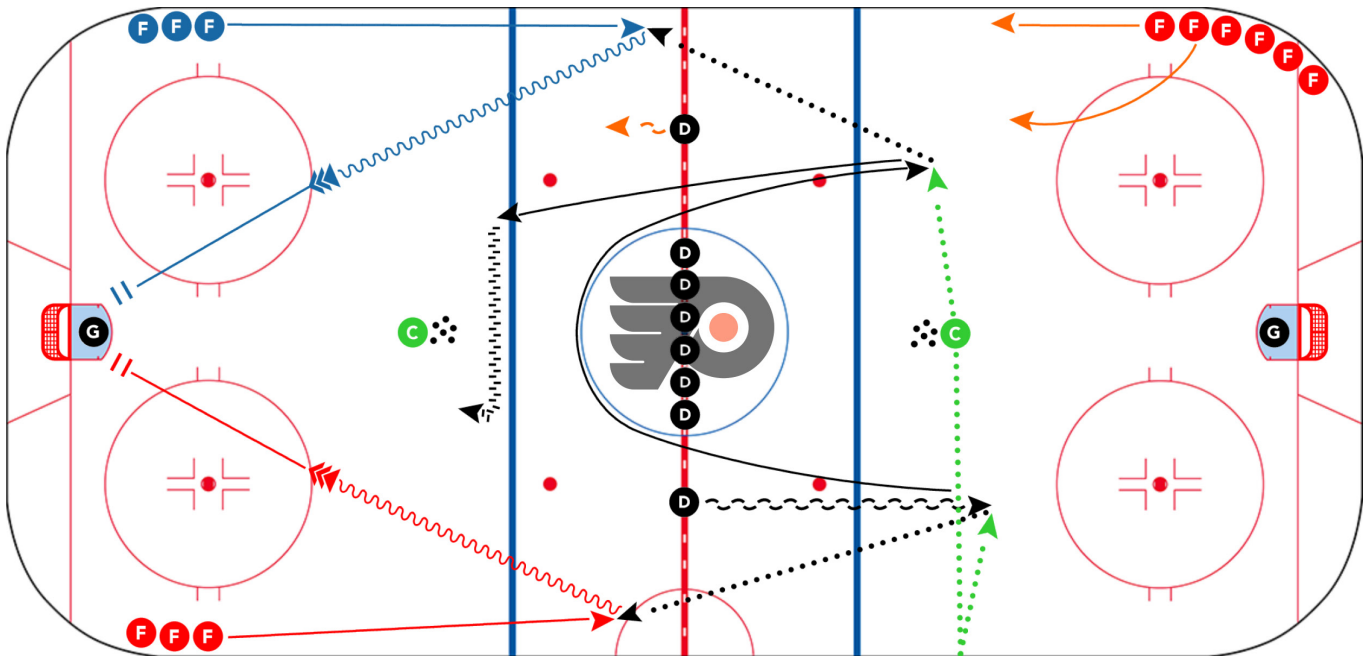
**Team:** Philadelphia Flyers

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

- **D** starts by setting up at red line.
- On whistle, **D** skates backwards and finds puck from **Coach** for Quick up — **F** attacks 1x0 stops at net.
- **D** comes up around circle and finds 2nd puck from same **Coach** for 2nd quick up — **F** attacks 1x0 stops at net.
- **D** follows up for point shot.

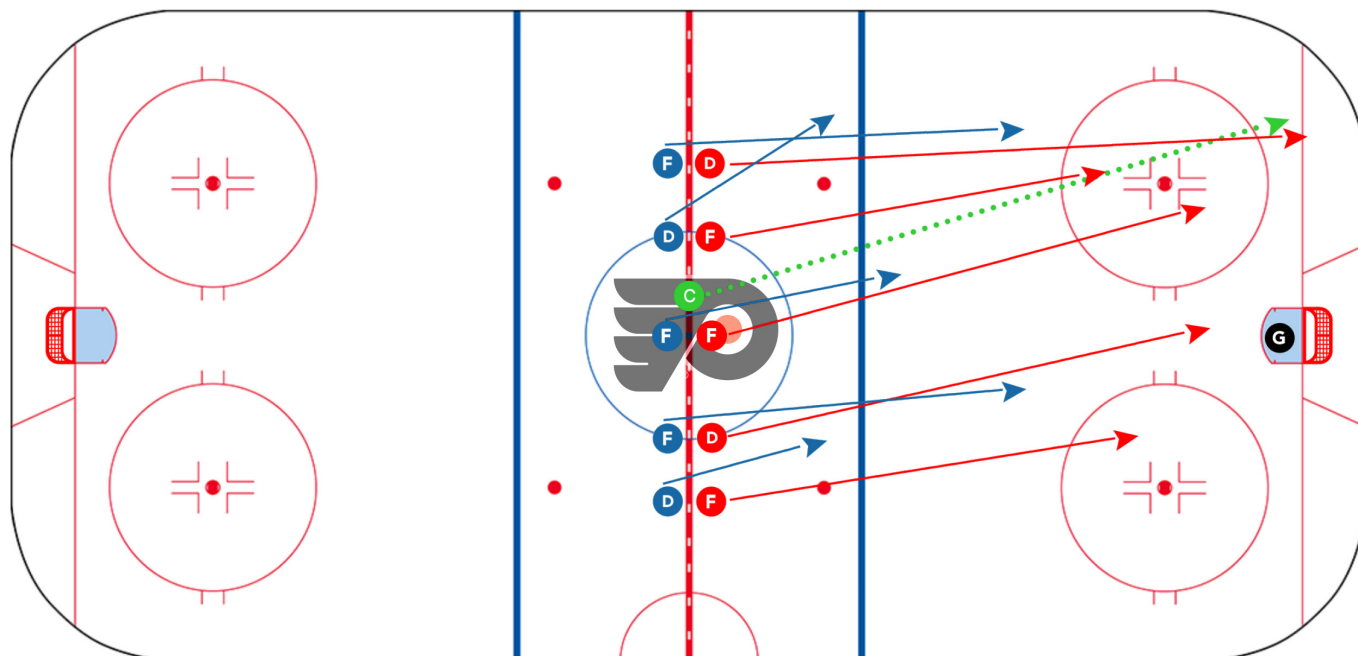
**Part B (Orange)**

- **D** has same rotation — **F**'s are all on one side but now 2 **F**'s regroup with **D**.



# 10 ON THE LINE

- Category:** Neutral Zone Counter / Transition
- Team:** Philadelphia Flyers
- Description:**
- 2 lines — line up across red line Fs on Ds C on C.
  - **Coach** spots puck in 1 zone.
  - That line breakout vs forechecking pressure from other line.
  - Play out to whistle.



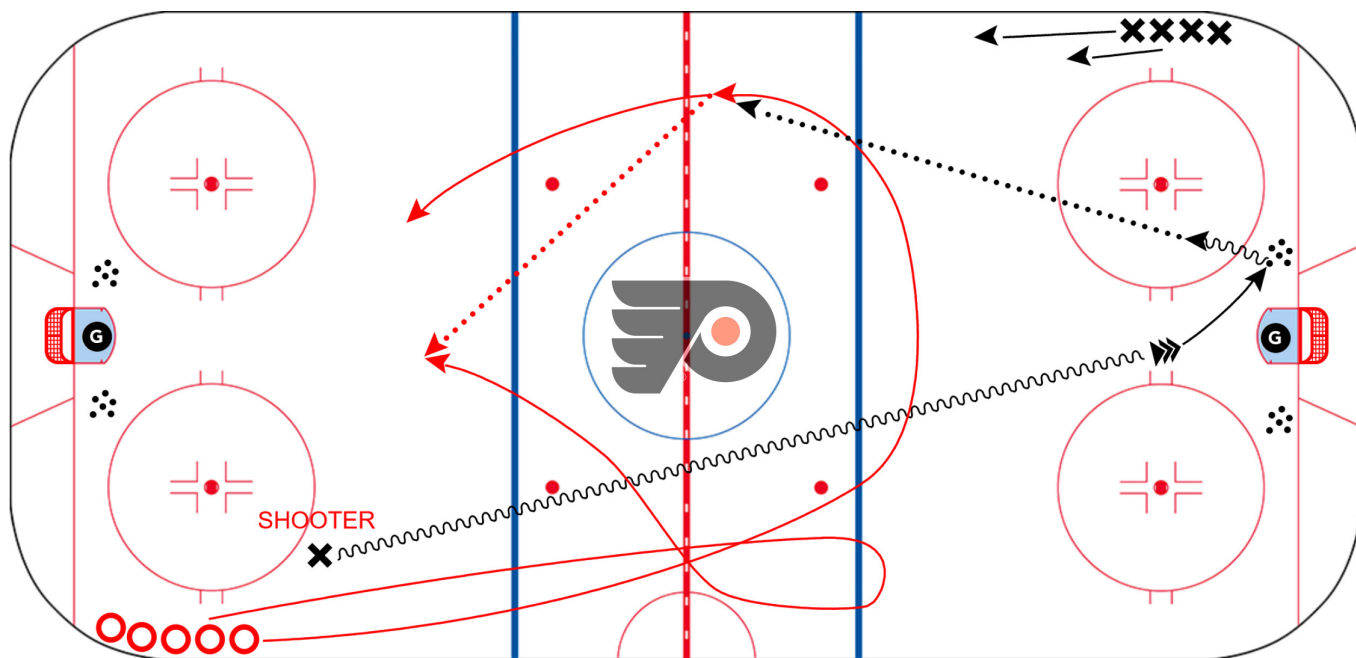


# 3 SECOND DRILL

**Category:** Neutral Zone Counter / Transition

**Team:** Philadelphia Flyers

- Description:**
- On whistle, Shooter and 2 players leave from 1 end..
  - After shot, Shooter picks up puck and passes to 2 transitioning players.
  - 1st player always swings wide — 2nd player opens up — 1 player receives pass and has to hit slashing player with pass.
  - (On pass 2 new players leave from passing end).
  - Slash player becomes shooter and passer is rebound option.
  - You have 3 secs to get shot on net from 1st pass.
  - Continuous drill.

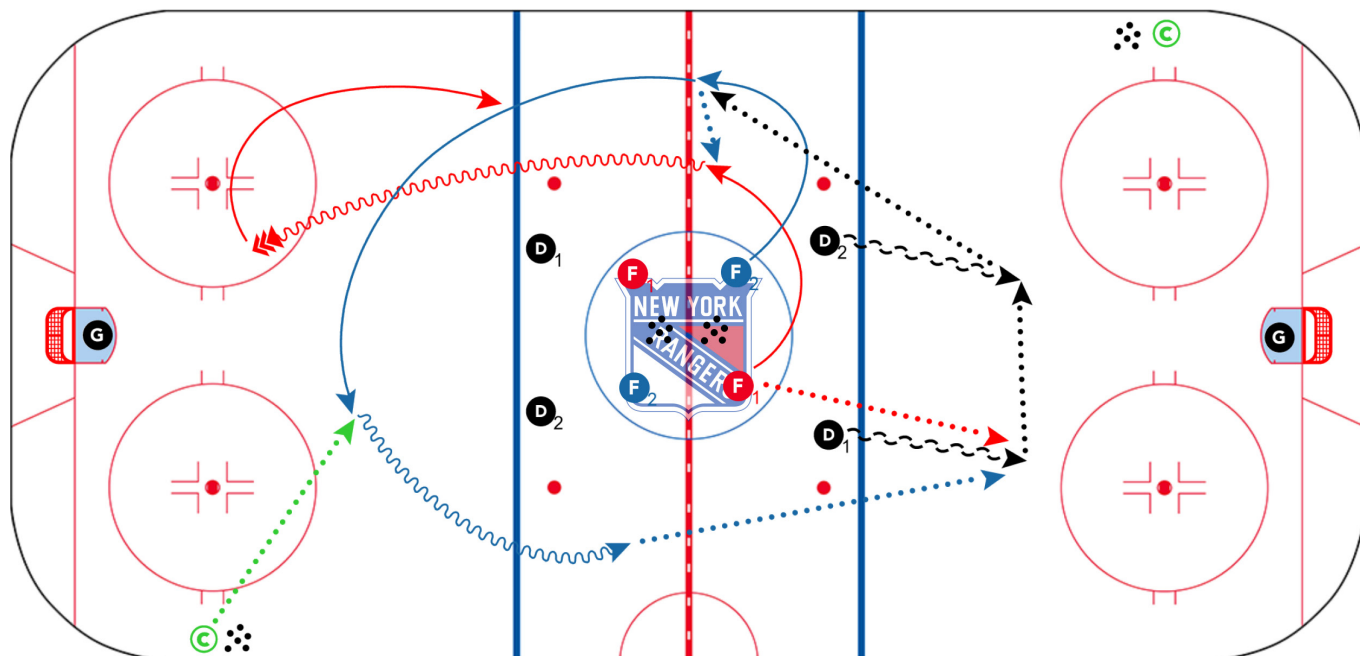


# T TRANSITION

**Category:** Neutral Zone Counter / Transition

**Team:** New York Rangers

- Description:**
- Both ends will go at the same time.
  - **F 1** pass to **D 1** — **D 2** — **F 2** - **F 1**. **F 1** takes a shot.
  - **F 2** (outside F) receives a pass from the **Coach**.
  - **F 2** pass to **D 1** — **D 2** then stretch pass from **F 1**. **F 1** bumps puck to **F 2**, **F 2** Shot.
  - **Coach** spots puck in the corner. **F 1** cycle down. **D** follow up and get a third shot.

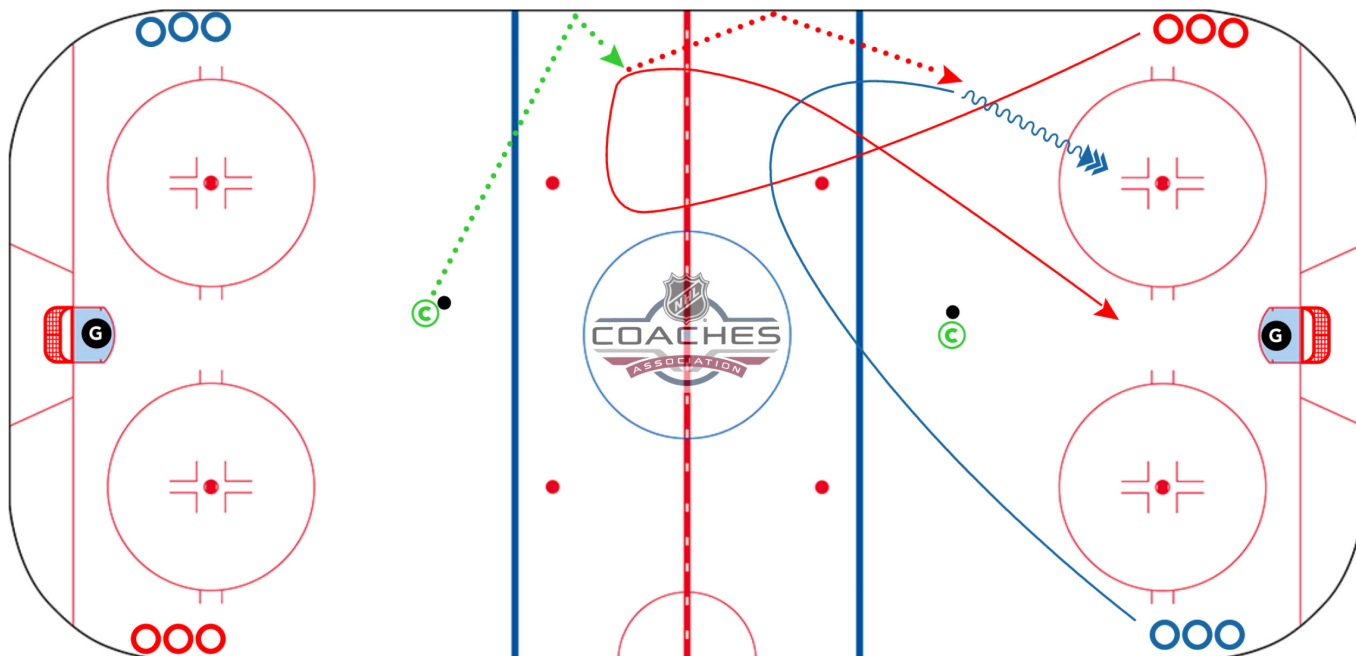


# BOSTON COLLEGE INDIRECT NEUTRAL ZONE REGROUP

**Category:** Neutral Zone Counter / Transition

**Team:** NHLCA

- Description:**
- 4 Lines of Players.
  - One end goes at a time.
  - **Coach** spots a puck off the boards in the neutral zone.
  - **O** and **O** leave and transition the puck that was spotted and transition back to

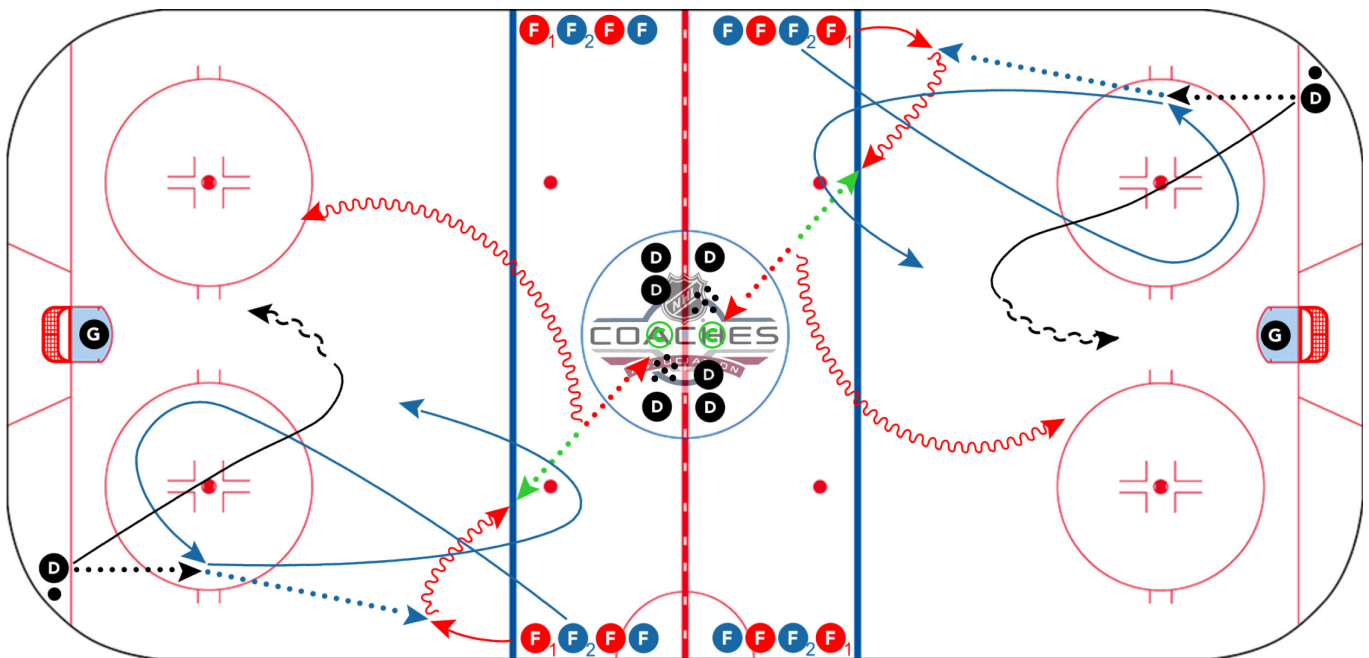


# COLUMBIA BREAKOUT TO NEUTRAL ZONE REGROUP 2 VS 1

**Category:** Neutral Zone Counter / Transition

**Team:** NHLCA

- Description:**
- On whistle, **Coach** dumps puck in corner for **D** to recover
  - Forward who dumped the puck in stays out high in the zone by the blue line.
  - Second forward enters lower in the zone, receives pass from the **D**, then passes to first forward.
  - First forwards skates off the wall and makes a bump pass to **Coach** at center ice.
  - Both forwards skate out of the zone and regroup for 2 vs 1 against **D** who made breakout pass.



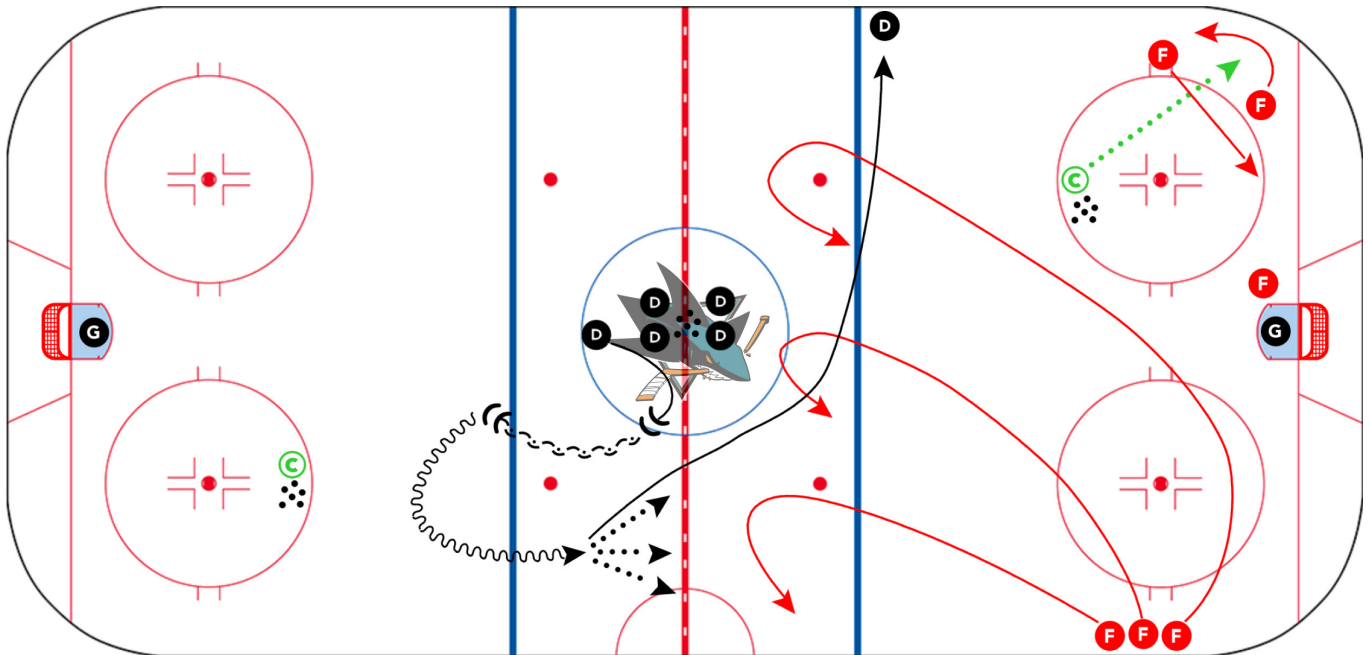
# OIL KINGS TRANSITION

**Category:** Neutral Zone Counter / Transition

**Team:** San Jose Sharks

**Description:** – 3 shot quick up transition + low cycle plays.

- **D** skates from the bottom of the center ice circle to redline and pivots backward.
- **D** from line spots puck
- 3 Forwards leave from the line and work to quick-up transition spots.
- **D** pivots backward and then opens up to 3 quick-strike options, entry, shot.
- **Coach** at far faceoff circle spots cycle puck for 3 forwards for scissor play to the honey hole.
- **Coach** spots 2nd puck for the low-high puck to **D** who has followed the play and the next **D** from the line joins on the offensive blue line.
- **D** shooting options.



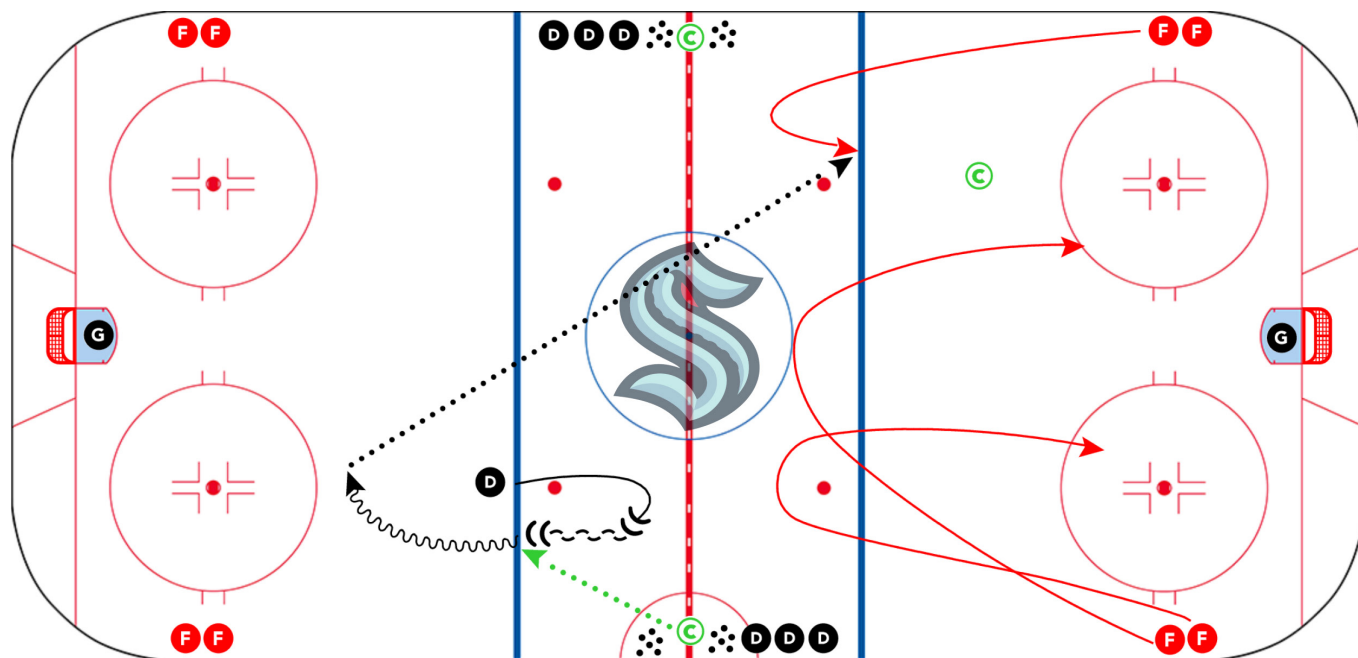
# 4 D OUT TRANSITION — PROG. 1

**Category:** Neutral Zone Counter / Transition

**Team:** Seattle Kraken

**Description:**

- Line of 3 forwards comes off the wall.
- **Coach** spots a puck for **D** regrouping **F**'s down for entry and shot.



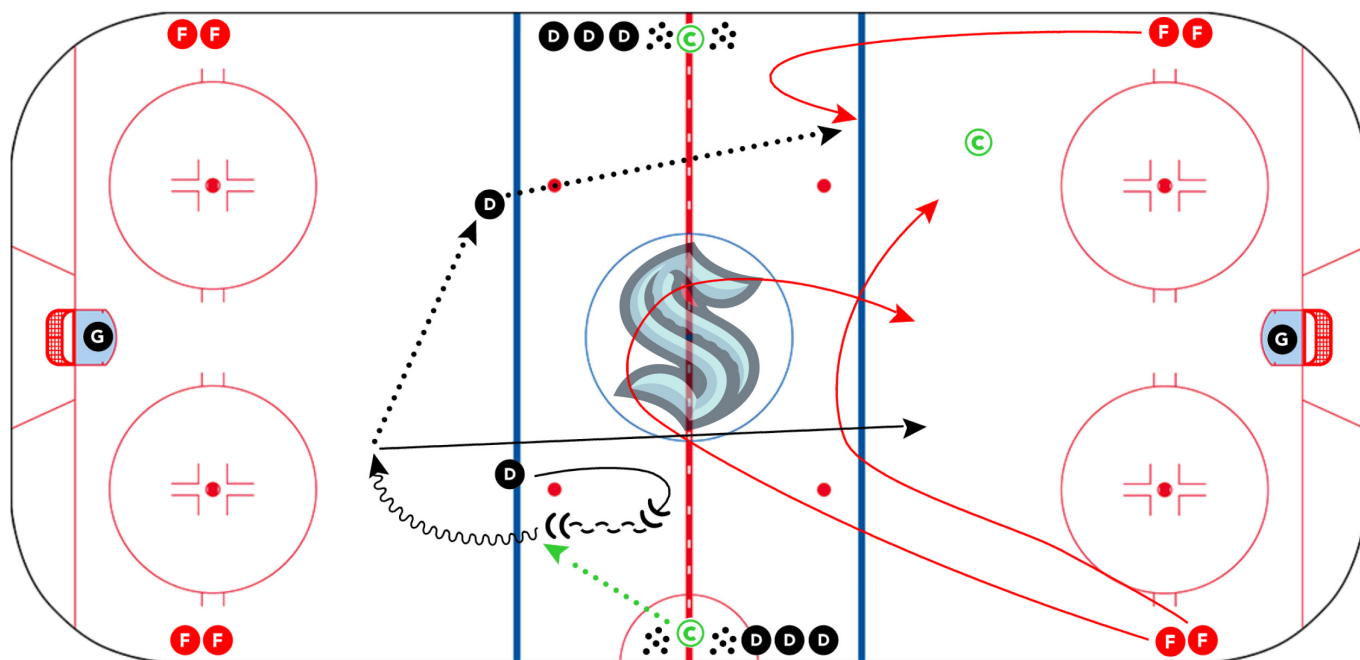
# 4 D OUT TRANSITION — PROG. 2

**Category:** Neutral Zone Counter / Transition

**Team:** Seattle Kraken

**Description:**

- Line of 3 forwards comes off the wall.
- **Coach** spots a puck for **D** and makes a **D** to **D** regrouping **F**'s down for entry and shot.





# DEFENSIVE ZONE COVERAGE DRILLS

## LEGEND

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





# CONTINUOUS DZC

**Category:** Defensive Zone Coverage

**Team:** Dallas Stars

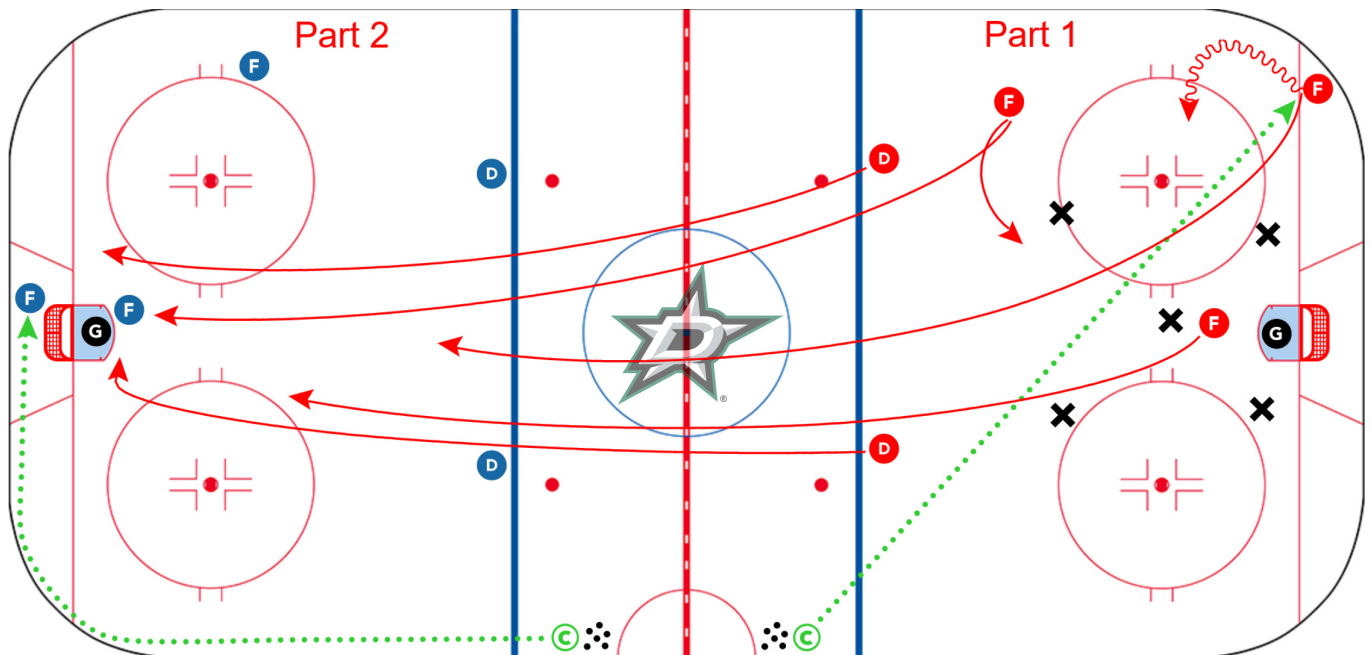
**Description:** **Part 1**

- **Coach** passes puck to offensive group set up in the offensive zone — can be high, low or rim to BON.
- Play it out in-zone 5 vs 5 until whistle.

**Part 2**

- Offensive group back checks to the house in the other end with the new offensive group waiting in zone.
- Once all 5 player stop in the house, **Coach** passes puck to OZ group and they play it out 5 vs 5.
- \* Next group filters into the zone at Part 1 end.

Next group filters into the zone at Part 1 end. Rotation: Off-Def-Out.

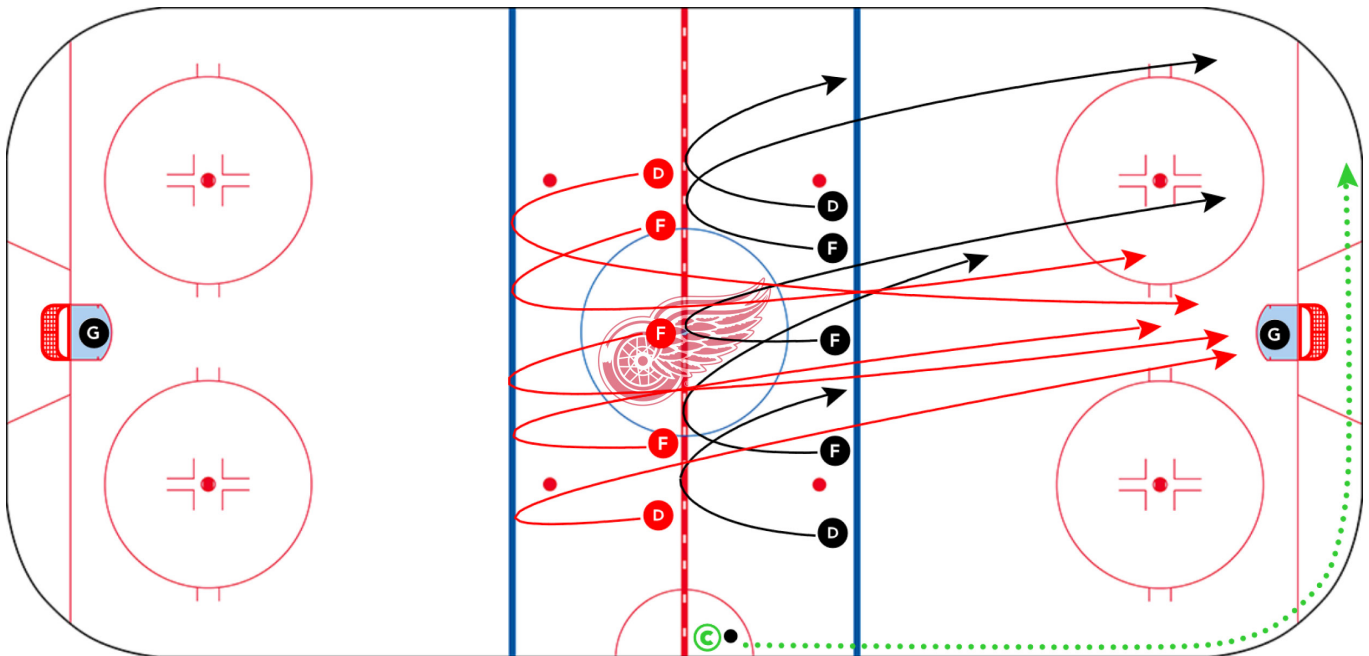


# DENVER FUNNEL

**Category:** Defensive Zone Coverage

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown
  - On whistle, Black must touch the red line and get to the puck and play offense.
  - At the same time, Red will touch the far blue and funnel back to the net.
  - Red must get into DZ coverage and it plays out in zone live 5x5.
  - **Coach** will spot the puck in different areas and the **G** cannot play the puck.
  - Must be fast in DZone and not allow the opponent to set up.
  - Drill will alternate sides.

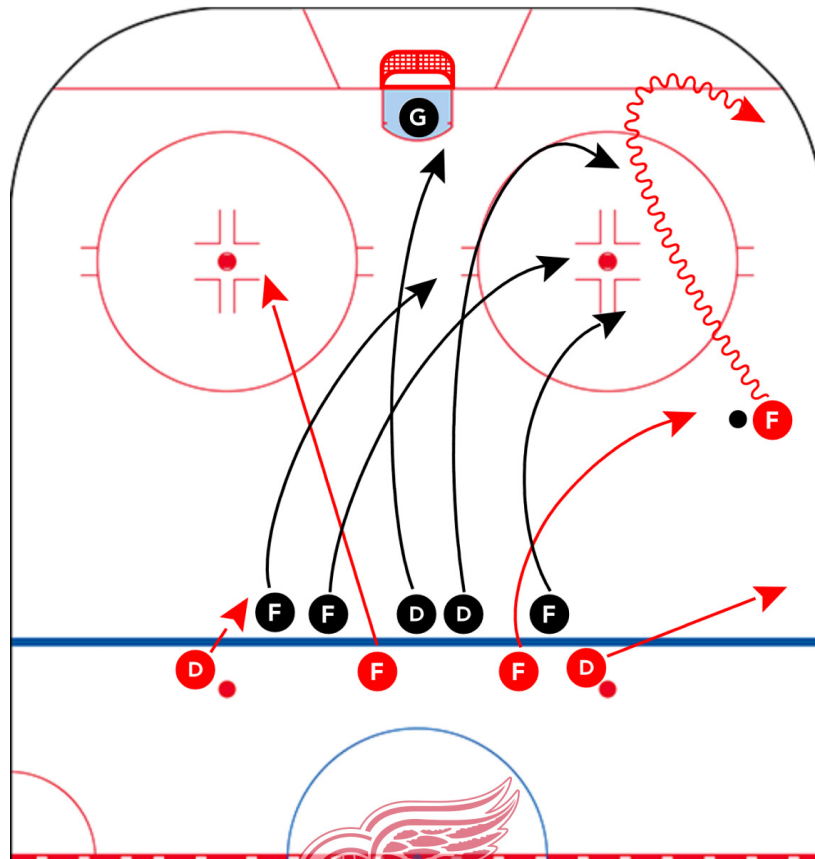


# MODIFIED CORNELL

**Category:** Defensive Zone Coverage

**Team:** Detroit Red Wings

- Description:**
- Drill starts as shown
  - **F** with the puck at the top of the circle skates down to the corner and curls up.
  - Offensive and Defensive units funnel in.
  - Black group on defense stops 5 on the dice and then sorts it out to play 5x5 man on man.
  - Drill is played out live and will end on a whistle.
  - If necessary, **Coach** can throw a second puck in.
  - Offensive and Defensive units should alternate each rep.
  - Drill goes in both ends.

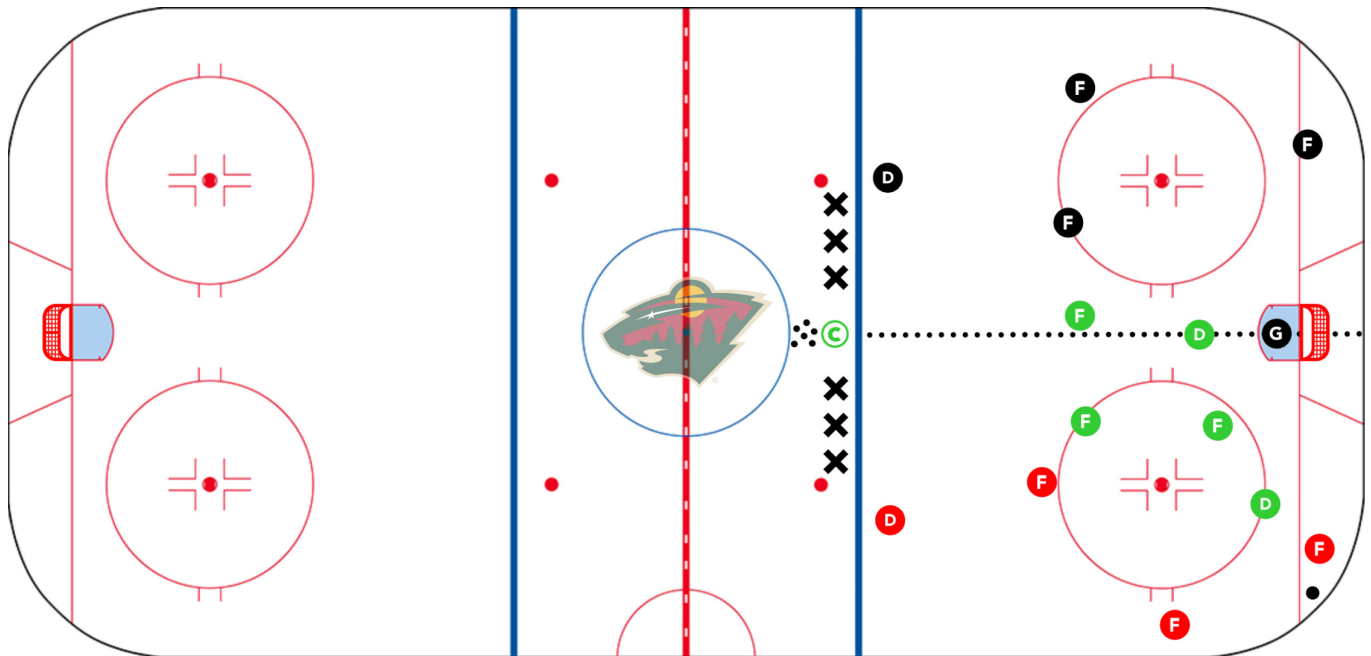


# DZONE 5 VS 5 ROTATION

**Category:** Defensive Zone Coverage

**Team:** Minnesota Wild

- Description:**
- One end.
  - 2 different lines in 2 different colors (black and red) are on the offensive.
  - Each line has to stay on their half of the ice as they try to score.
  - 1 Line (green) plays defense and has to adjust from side to side depending on what side the puck is live on.

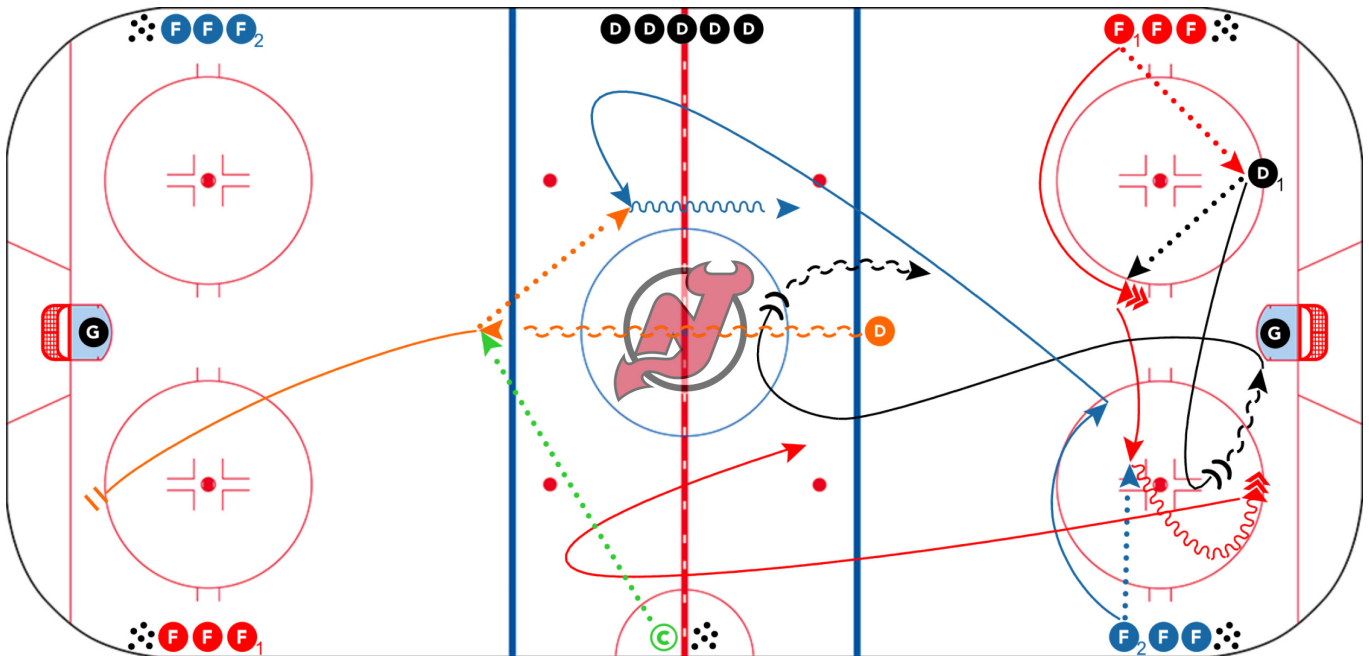


# GIVE AND GO

**Category:** Defensive Zone Coverage

**Team:** New Jersey Devils

- Description:**
- Give and go to start with **D** quick release.
  - Forward then goes to next line and no stickhandling it becomes a low 2 vs 1 with **D** coming over to play it.
  - **Coach** puts puck in NZ 2 forwards get out of OZ and receive pass from **D** and attack 2 vs 1 at same end.
  - The transition **D** then goes to one of the corners and starts it from other end and then **D** steps up to blue line.

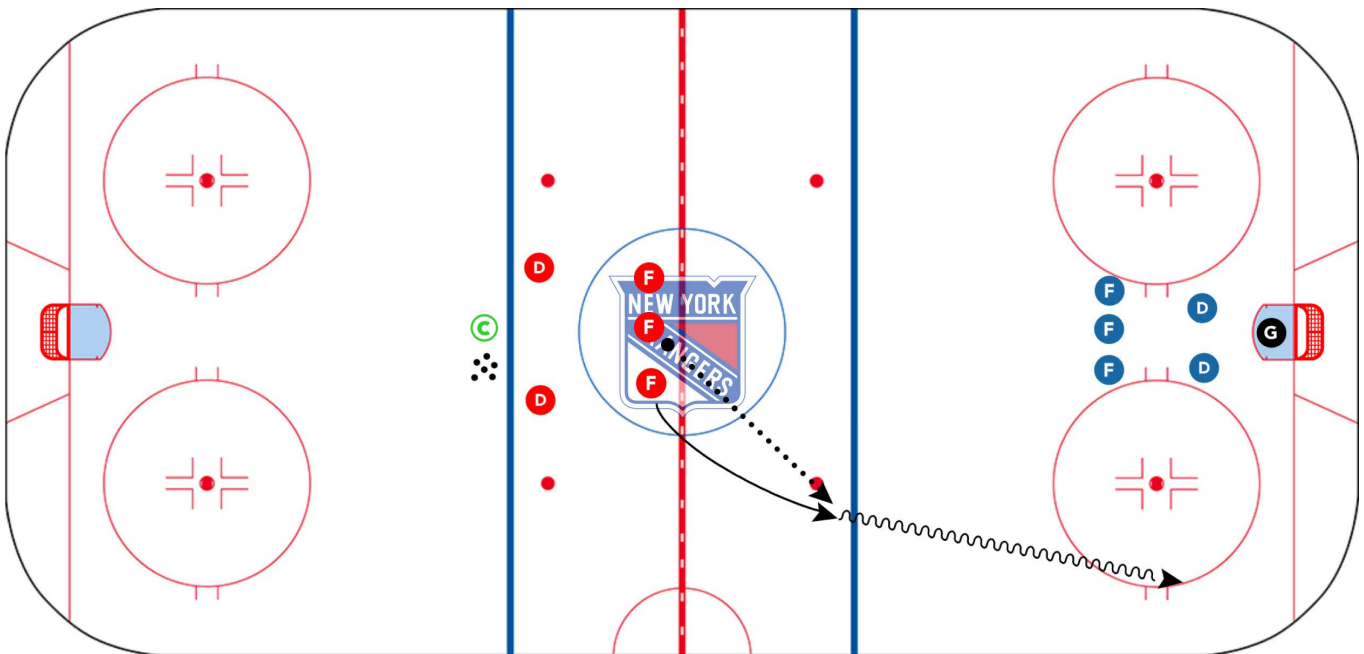


# DZONE 2 TIME TAG UP

**Category:** Defensive Zone Coverage

**Team:** New York Rangers

- Description:**
- On whistle, Red Team will enter the zone-wide on the entry.
  - Blue players will start on one knee in their defensive zone coverage as red enters.
  - Blue can't engage until Red touches hash mark.
  - On the 2nd whistle, blue players F's will tag up with red line and D with blue line and enter back into the defensive zone and react to red players set up in an offensive formation.



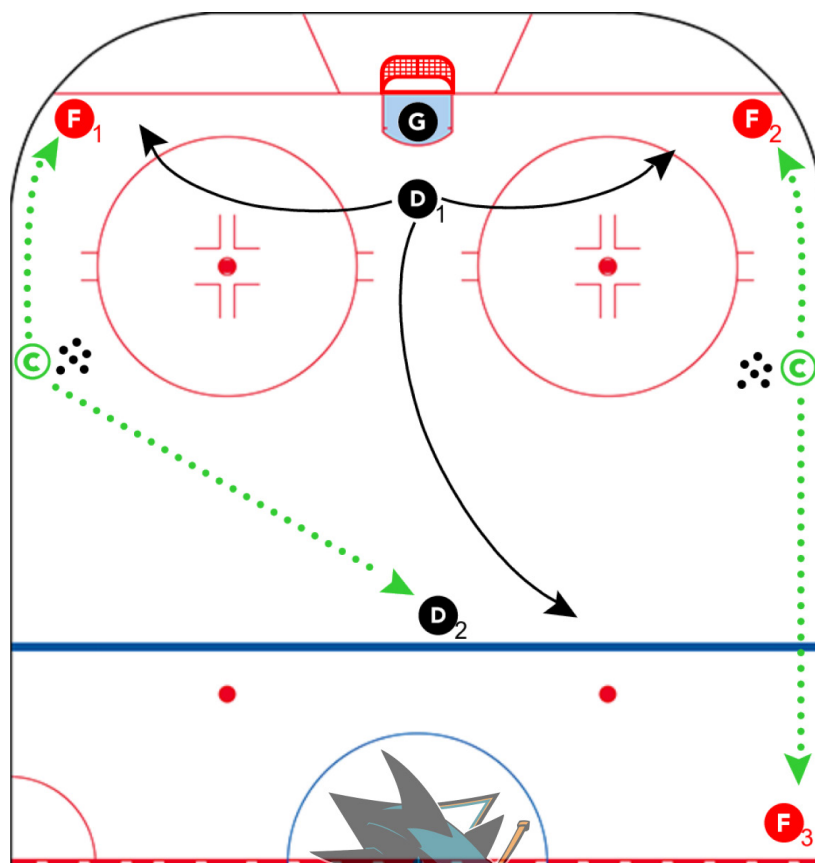
# 1 V 1 RUSSIAN PARADOX

**Category:** Defensive Zone Coverage

**Team:** San Jose Sharks

**Description:**

- **D** plays 3 1 vs 1's.
- After 3rd 1 vs 1, **D** stays engaged w/3rd **F** at Net Front for shot from **D** at the point.



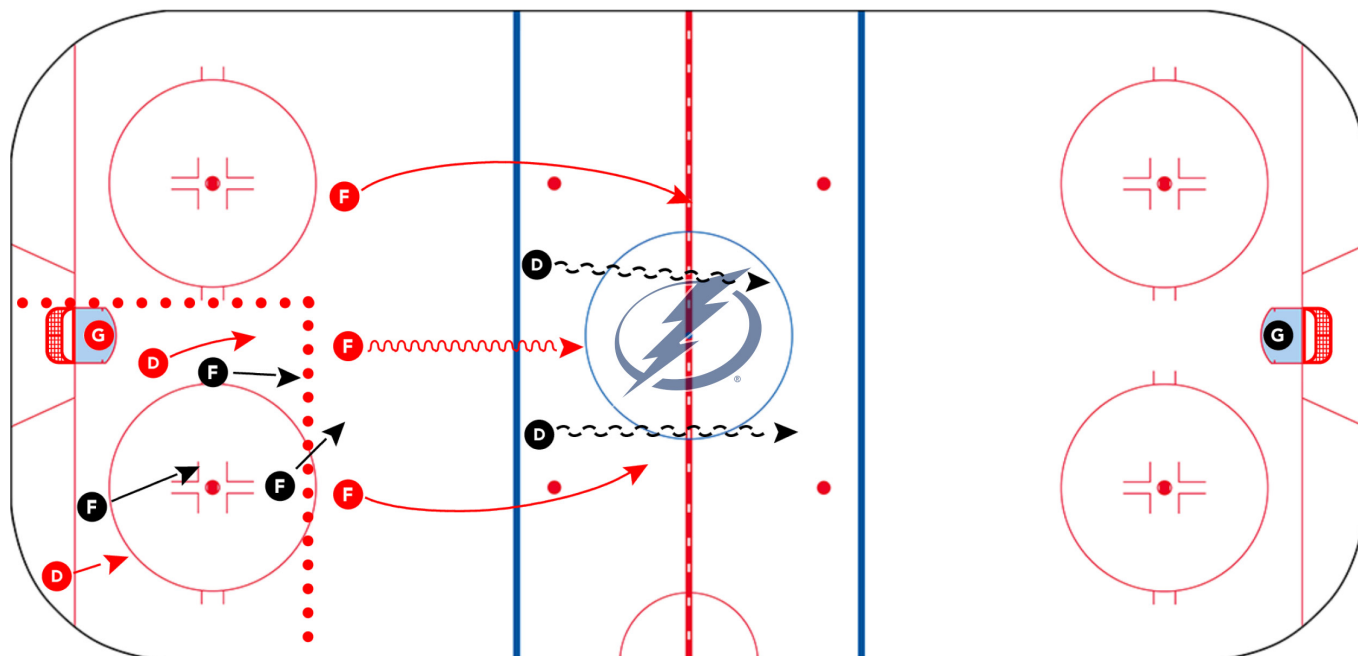


# 3 ON 2 LOW BACKCHECK TO 5

**Category:** Defensive Zone Coverage

**Team:** Tampa Bay Lightning

- Description:**
- The drill starts with 3 vs 2 below the top of circles.
  - On whistle, **3 F** with puck positioned above the top of circles attacks **2 D**.
  - 3 original offensive players backcheck to Defensive Zone Coverage while the original defending **D** skates up ice to join the play.
  - OPTIONAL: After 5 on 5 Defensive Zone Coverage have defenders get into Neutral Zone Forecheck vs regroup.





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

## LEGEND

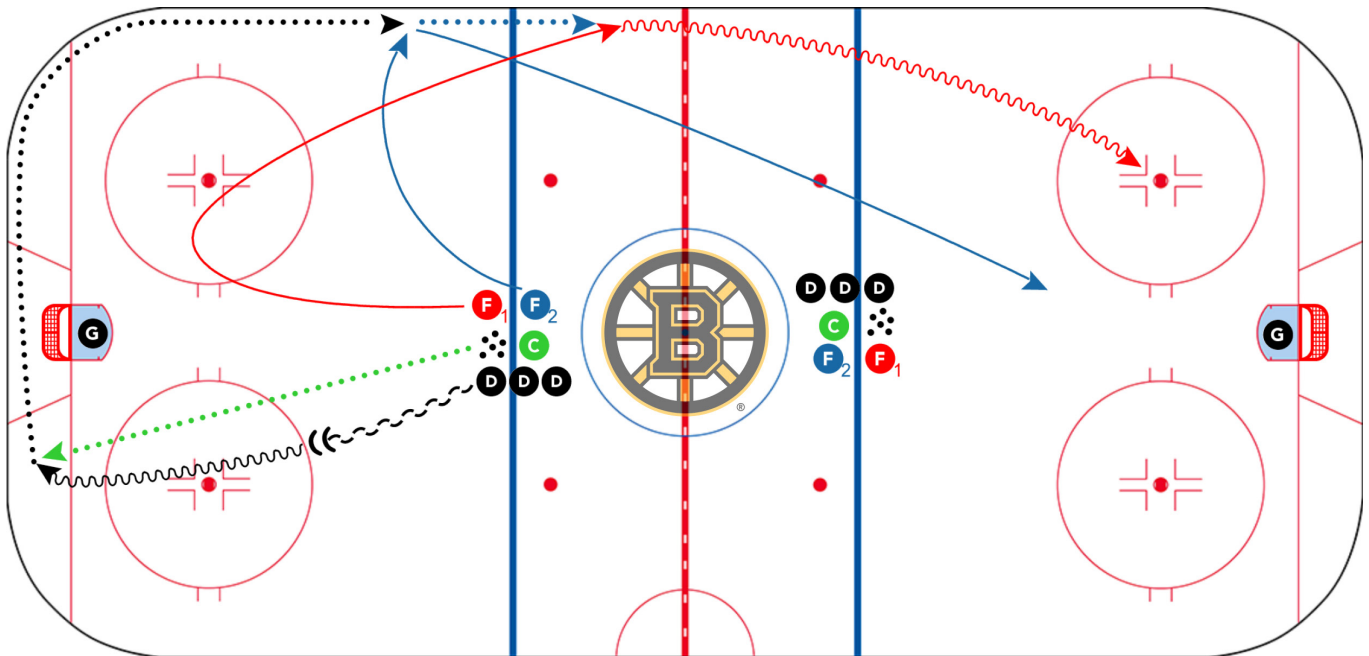
|             |                                   |
|-------------|-----------------------------------|
| ▶ Direction | ———— Skate                        |
| »» Shot     | ~~~~~ Skate With Puck             |
| Stop        | •••• Pass                         |
| )) Pivot    | ~ ~ ~ Backwards Skating 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

# ORLANDO RIM

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

**Team:** Boston Bruins

- Description:**
- On whistle, **Coach** dumps puck in.
  - **D** recovers puck and rims to **F 2** at blue.
  - **F 1** swings low and receives bump/chip from **F 2**.
  - **F 2** joins **F 1** on rush (2 vs 0).
  - The initial **D** can gap up and play the rush as 2 vs 1.
  - Drill can be run both sides at same time.

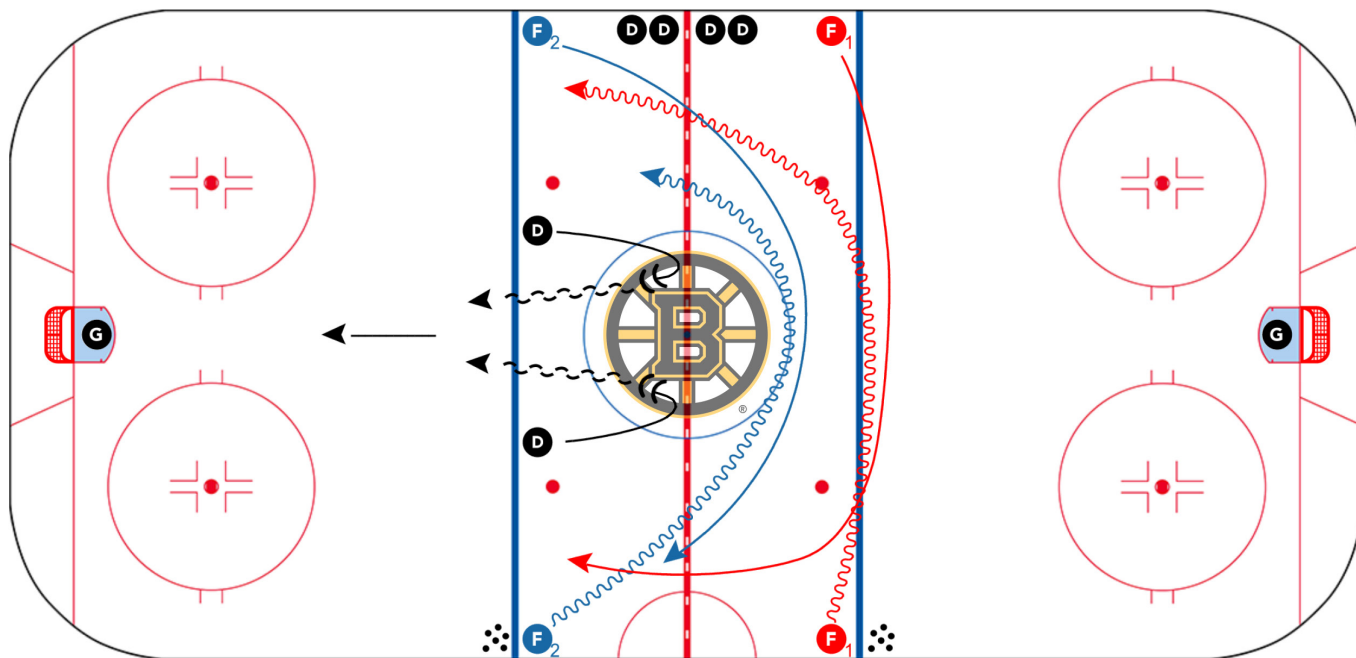


# 2 VS 2 X2

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

**Team:** Boston Bruins

- Description:**
- On whistle, 2 vs 2 attack with 2 **F**'s vs 2 **D**'s.
  - On 2nd whistle same **D** gap up and play, 2 vs 2 attack against 2 **F**'s.
  - **F**'s must regroup inside the blue.
  - Same **D** play both rushes.
  - Alternate direction after 2nd 2 vs 2.

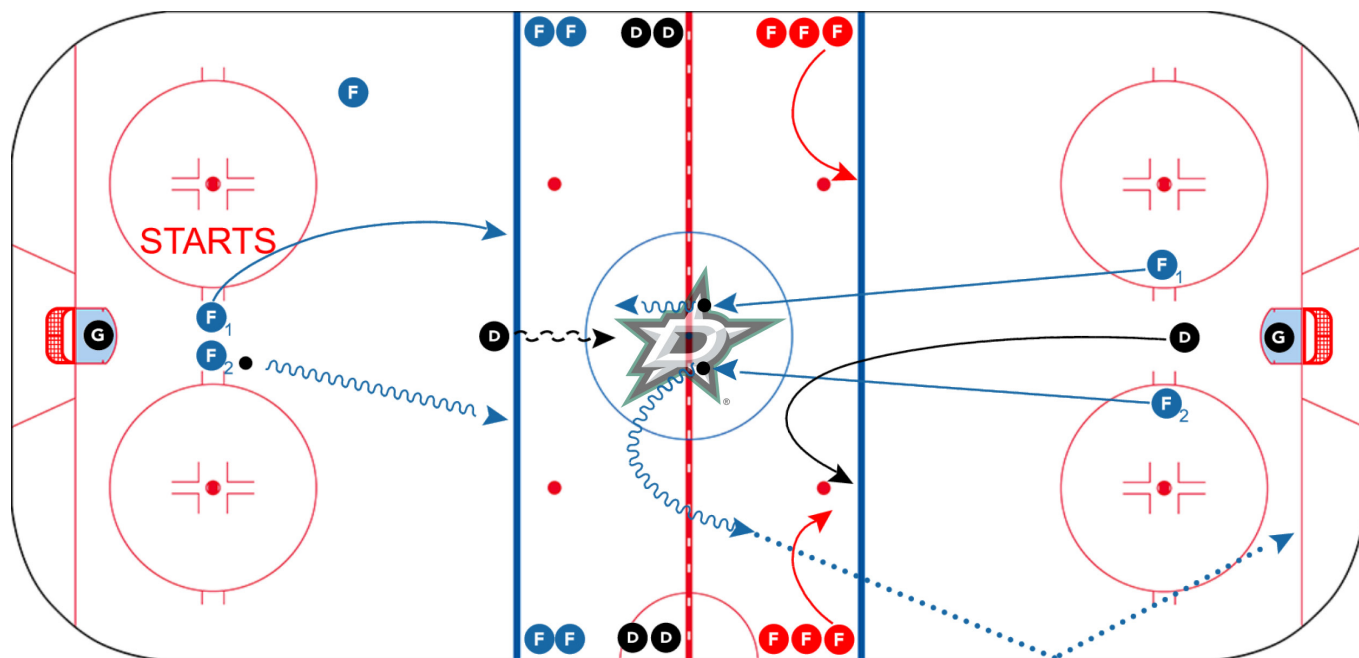


# 2 VS 1 / 3 VS 2 TOUCH UP FC

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

**Team:** Dallas Stars

- Description:**
- Drill starts with a 2 **F**'s vs **D** up ice and plays it out in zone.
  - On whistle, **F 1** out of zone takes a puck and goes on a breakaway on other end and **F 2** out of zone takes 2nd puck, turns back up ice, chips puck, and forechecks **D** that gapped up for a 1 vs 1.
  - 2 new **F**'s work off walls and enter zone inside of dots ready to support **D** on breakout.
  - When **D** recovers puck or on whistle **F** transition the other direction and play a 2 vs 1 on a new **D** to continue the drill.

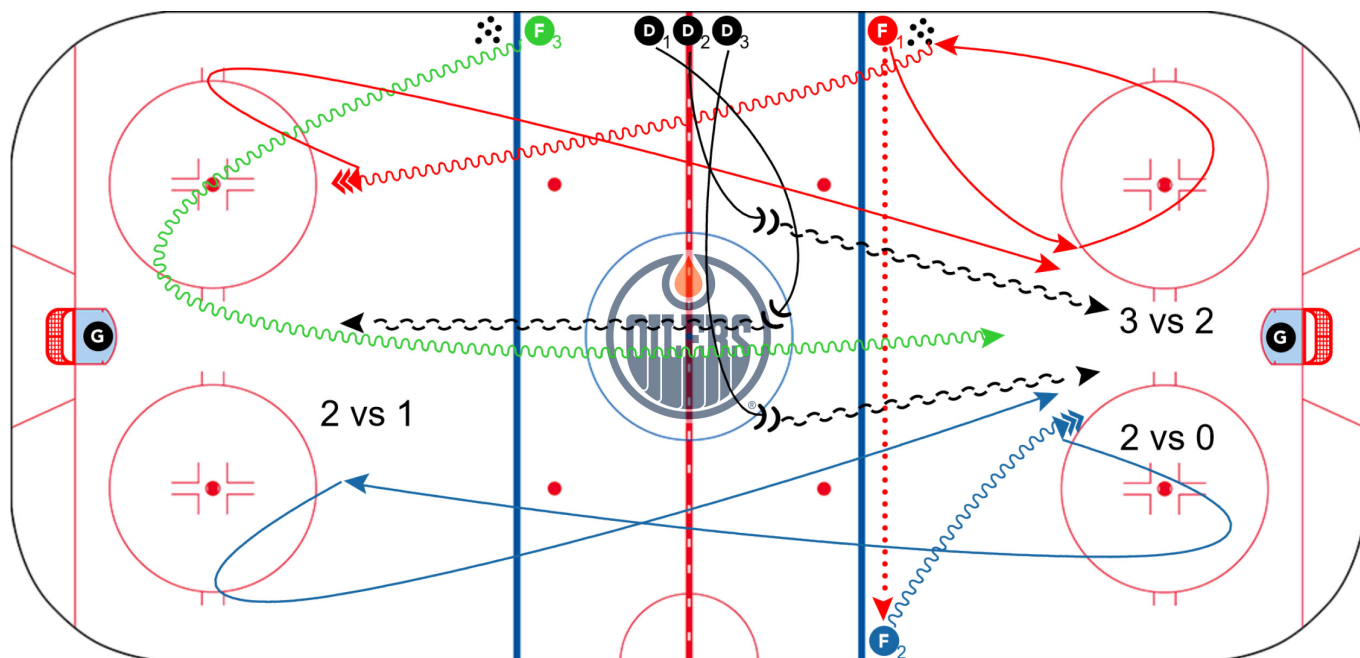


# RUSH ATTACKS — 2 VS 0 / 2 VS 1 / 3 VS 2

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

**Team:** Edmonton Oilers

- Description:**
- **F 1** passes to **F 2** attack 2 vs 0 (one pass on entry).
  - **F 1**/**F 2** pick up puck from blue line **D 1** steps out, **F 1** **F 2** attack full ice vs **D 1**.
  - **F 1**/**F 2** regroup, **F 3** with puck who go 3 vs 2 back to starting end against **D 2** **D 3**.

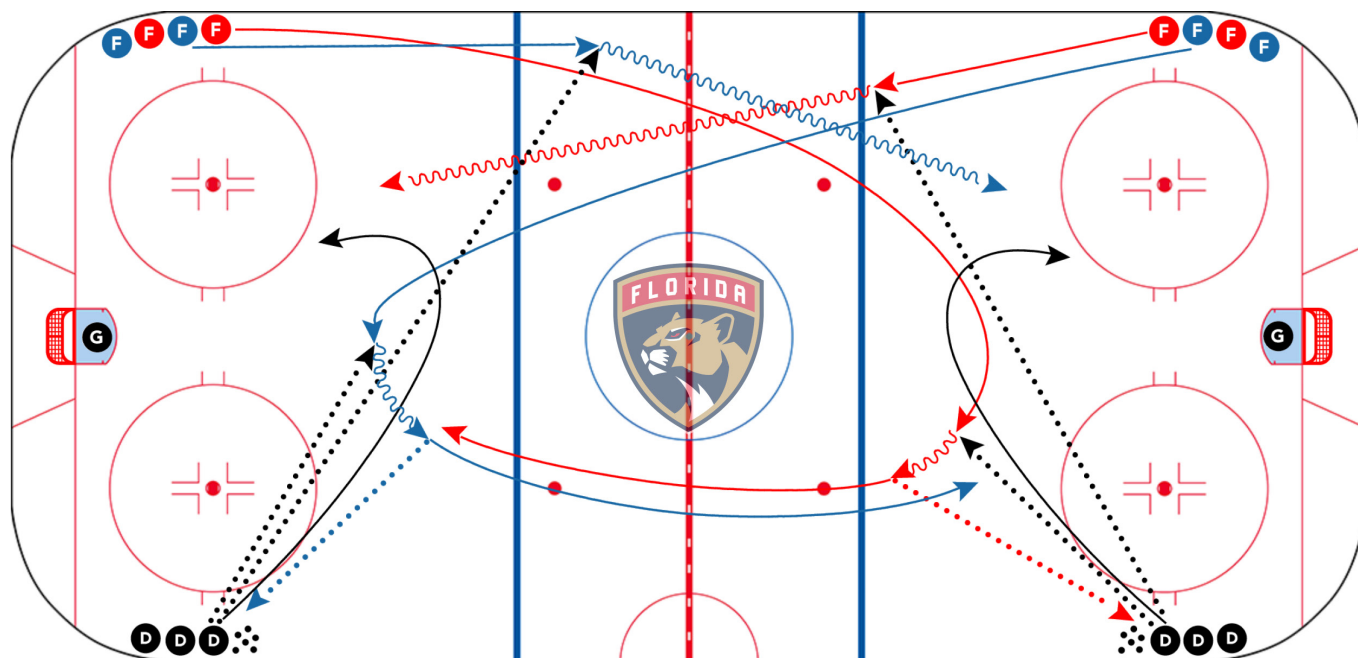


# 2 VS 1 PACE

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

**Team:** Florida Panthers

- Description:**
- **F** Starts Without puck, skates to far end, gives bump back with opposite **D**.
  - **F** from opposite line joins rush, receives pass from **D** to go down 2 vs 1.
  - After making Pass to 2nd **F**, **D** gaps up to play 2 vs 1 vs Blue Forwards.
  - After 2nd **F** Joins 2 vs 1 then **F** from same line starts next rush.

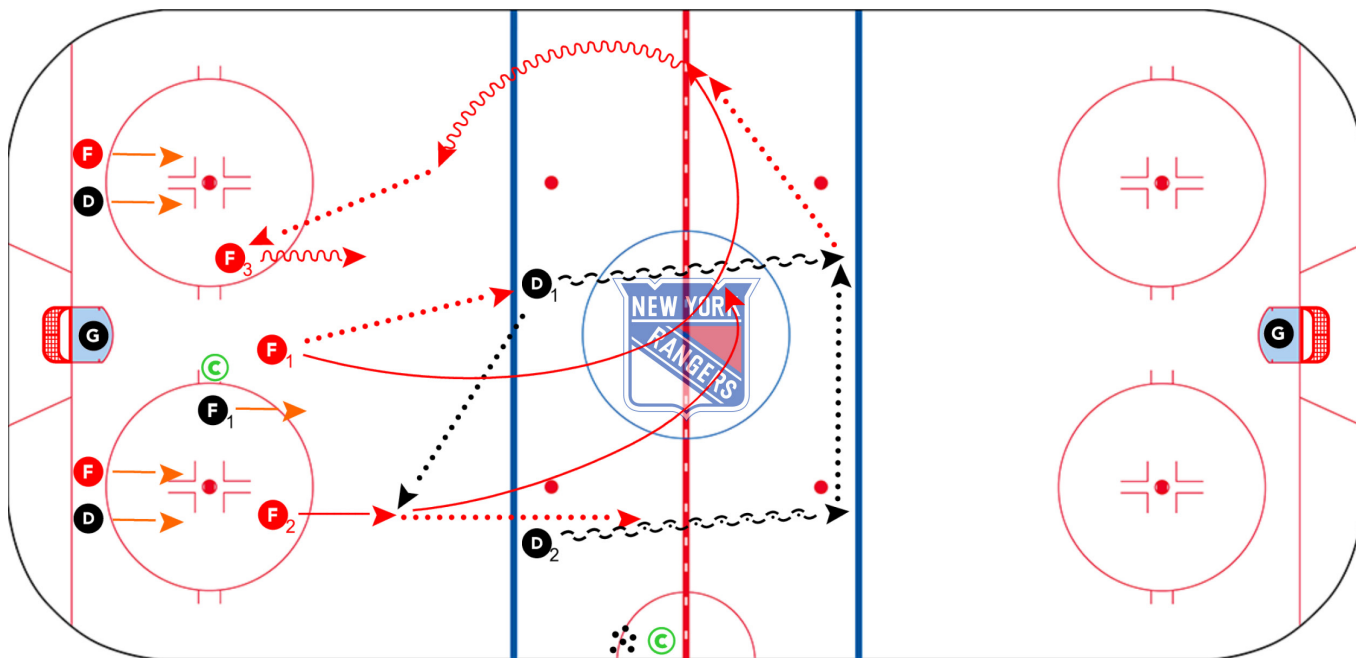


# BUFFALO 3 VS 5 / 5 VS 5

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

**Team:** New York Rangers

- Description:**
- While transitioning into the neutral zone **F 1** passes to **D 1** to **F 2** to **D 2**.
  - As both **F**'s are swinging they go **D** to **D** and pass to **F 1** on boards.
  - **F 1** passes to **F 3** who joins and 3 forwards go down playing a 3 vs 2 on the **D**'s.
  - **Coach** releases back checkers (Orange) to defend a quick rush 3 vs 3 into a 5 vs 5 in the other end.
  - The **Coach** may spot the 2nd puck to play 5 vs 5.



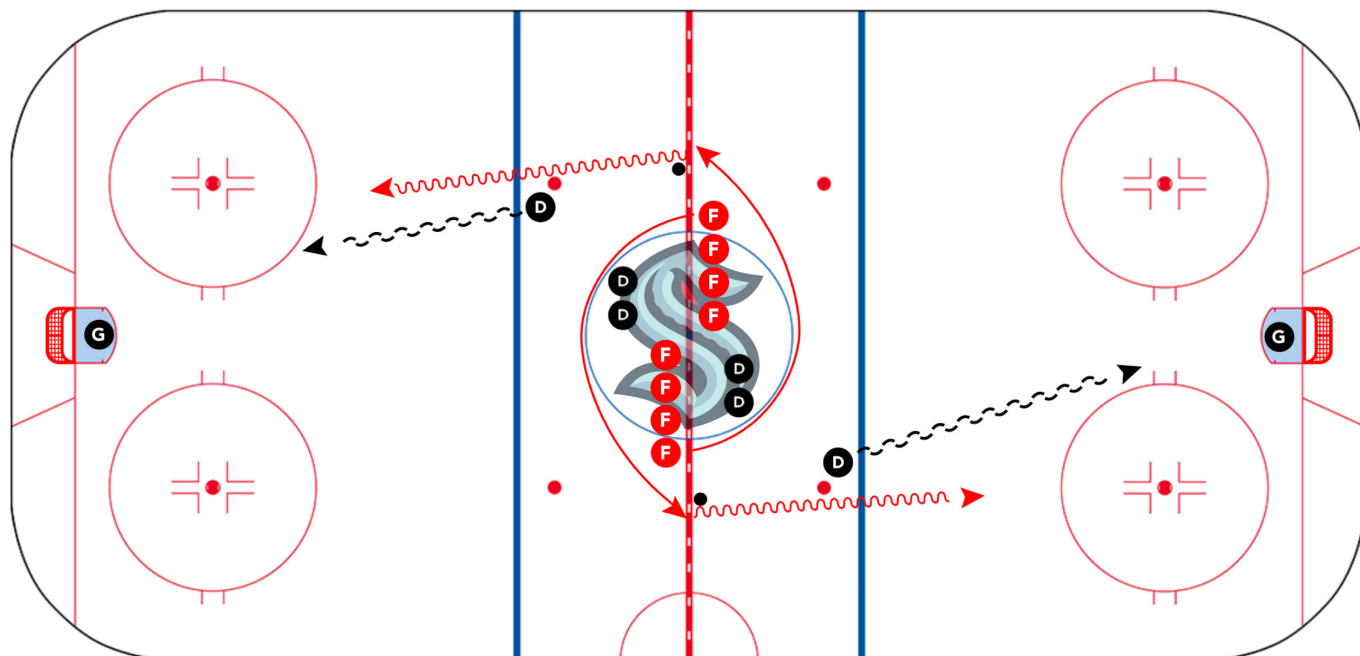


# 1 ON 1 RACEHORSE

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

**Team:** Seattle Kraken

- Description:**
- One forward on each side of the center circle touching the red line
  - On the whistle, forwards go halfway around the center circle to pick up the puck on the red line for 1-on-1 vs **D** on the dot.
  - When forward hits the red line with speed, **D** can begin moving.

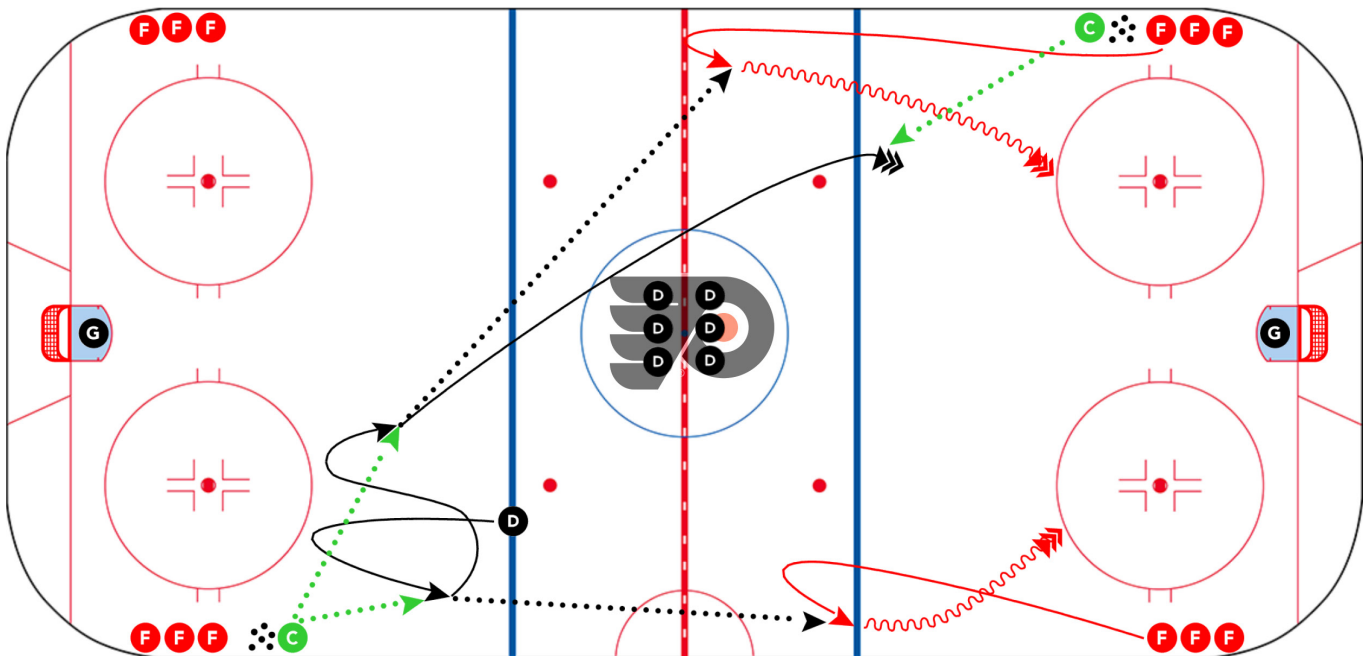


# PONY EXPRESS (1X0) X 2 — P SHOT

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

**Team:** Philadelphia Flyers

- Description:**
- **D** starts at blue line and regroups to make a stretch play strong side. **F** goes down and shoots.
  - **D** continues and touches blue and regroups again making play to weak side. **F** goes down and shoots.
  - **D** follows up for Point Shot with pass from **Coach**.

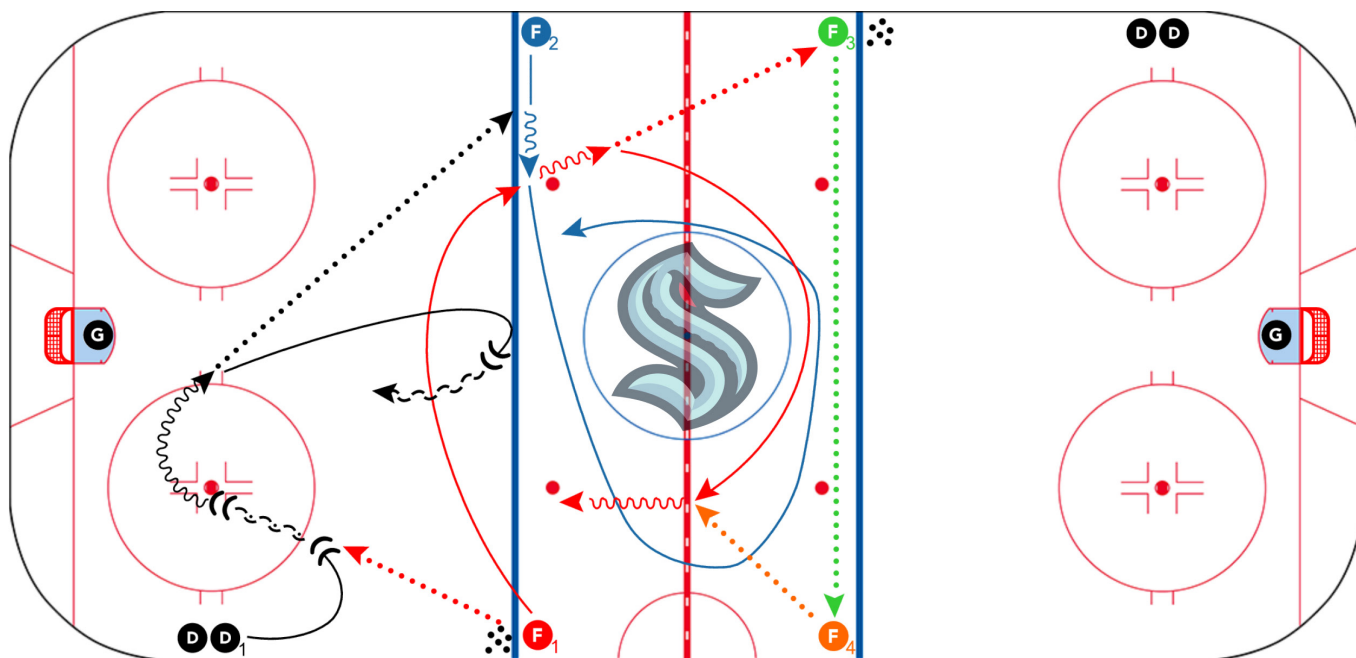


# DUSSELDORF 2 ON 1

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

**Team:** Seattle Kraken

- Description:**
- **D 1** steps out and pivots backward. **D 1** receives a pass from **F 1** then pass to **F 2**.
  - **F 2** leaves the puck for **F 1** to skate into.
  - **F 1** passes down the wall to **F 3**.
  - **F 3** passes to **F 4** then **F 4** can pass to either **F 1** or **F 2** who are gathering speed for a 2 vs 1 back to the original end.

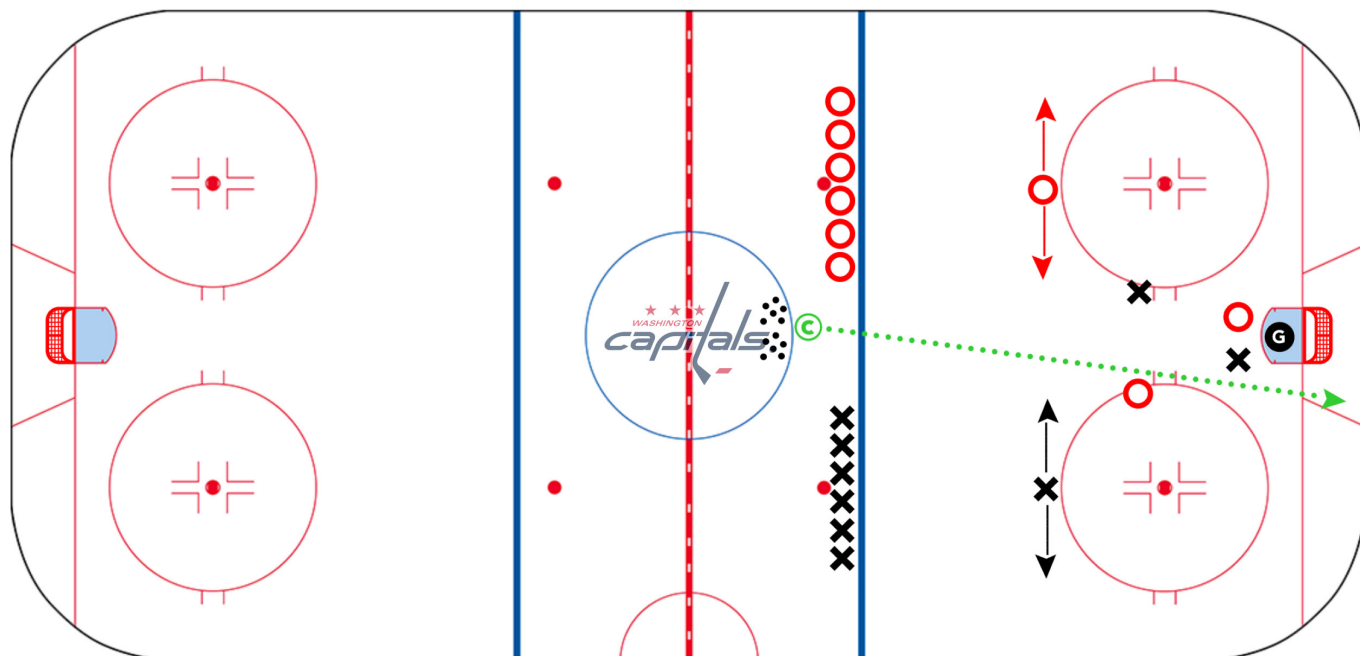


# ACTIVATOR 3 VS 2

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

**Team:** Washington Capitals

- Description:**
- Set up in one zone (one goal).
  - Players line up in two teams across the blue line.
  - Each team has one activator at the tops of circles who can move laterally across the top of his circle between the hash marks.
  - **Coach** fires puck into zone to activate in zone 2 vs 2 game — when one team passes to the activator, he becomes Part of the game creating 3 vs 2.
  - When the other team gets the puck to their activator, they play 3 vs 2 with the first activator returning to the top of the circles.

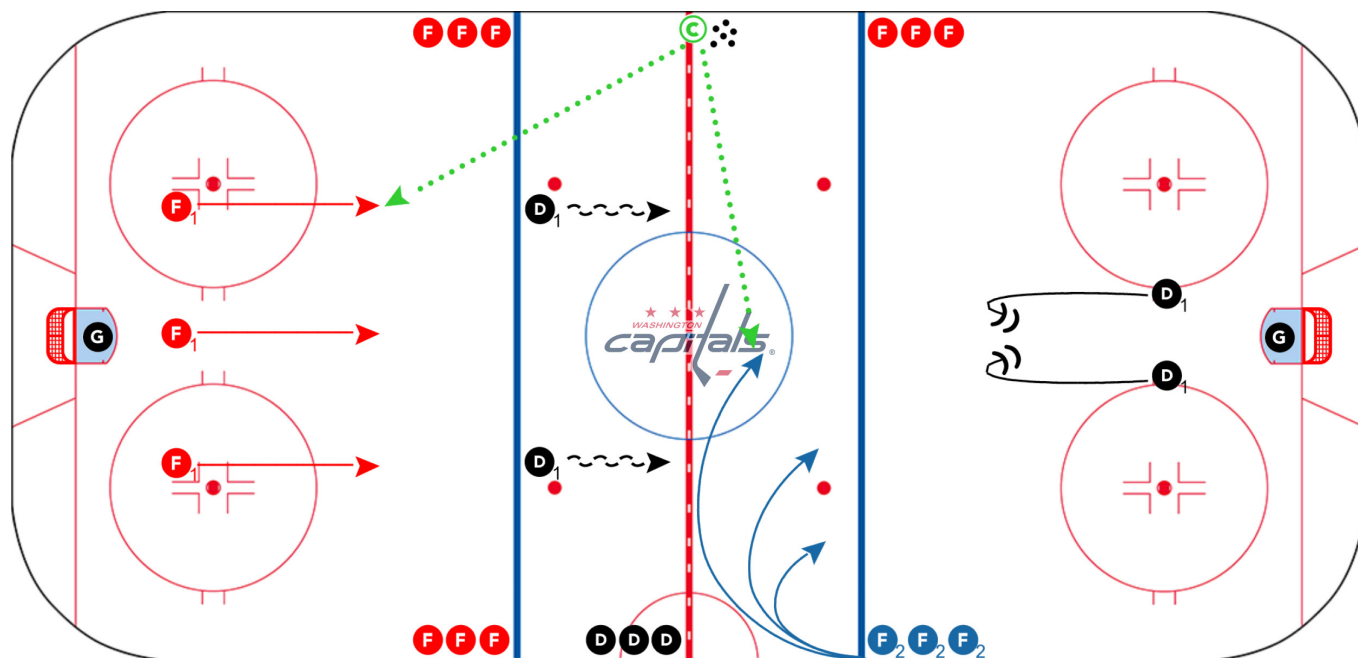


# SPRUCE GROVE LONG / SHORT 3 VS 2

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

**Team:** Washington Capitals

- Description:**
- On whistle coach will spot a puck to the waiting forward line (**F 1's**) and then they attack on a long 3 vs 2 against the **D 1's** the full length of the ice.
  - Play play out the 3 vs 2 low in zone until the **Coach** blows a second whistle.
  - On second whistle the **Coach** will spot a puck at the red line for a second forward group (**F 2's**) to attack the same defenseman (**D 1's**) gapping up for a short 3 vs 2.
  - The **F 2's** then become the long 3 vs 2 down toward the other end against a new pair of defensemen (**D 2's**) that have stepped out to play the line rush.
  - Drill runs continuously.
  - \* If the forwards fail to enter the zone on a rush they quickly regroup in the neutral zone and re-attack.

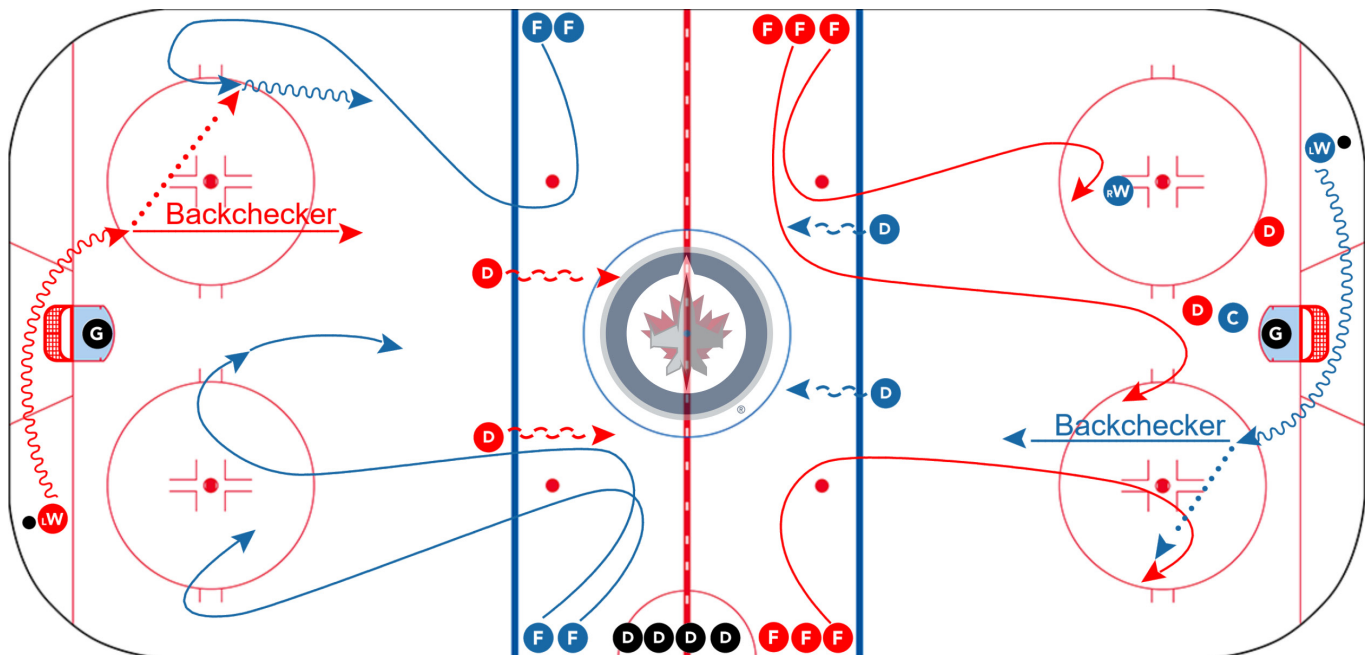


# 3 VS 2 SPRINT WITH BACKCHECKER

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

**Team:** Winnipeg Jets

- Description:**
- 3 vs 2 sprints with backchecker run thru LW- C — RW of each line (they backcheck in that order).
  - Start with your last line (the last line to go)
  - **LW** — they skate around net and pass to any **F** coming down inside dots to breakout position — once the pass is made **LW** must backcheck and work with defending **D** — Fwd's on offense attack with — speed — no drive.
  - Stay on the puck in the zone once the attack line crosses blue the new line comes into the zone thru (inside) dots and waits at top of the circle.
  - On whistle — the puck must get to the offensive **LW** who must skate around the net and pass to any Fwd in breakout position and **F**'s attack 3 vs 2 with backchecker **LW** backcheck — once the last line attacks their **C** now goes around their net and passes thru Backchecks.





# SMALL AREA DRILLS & GAMES

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

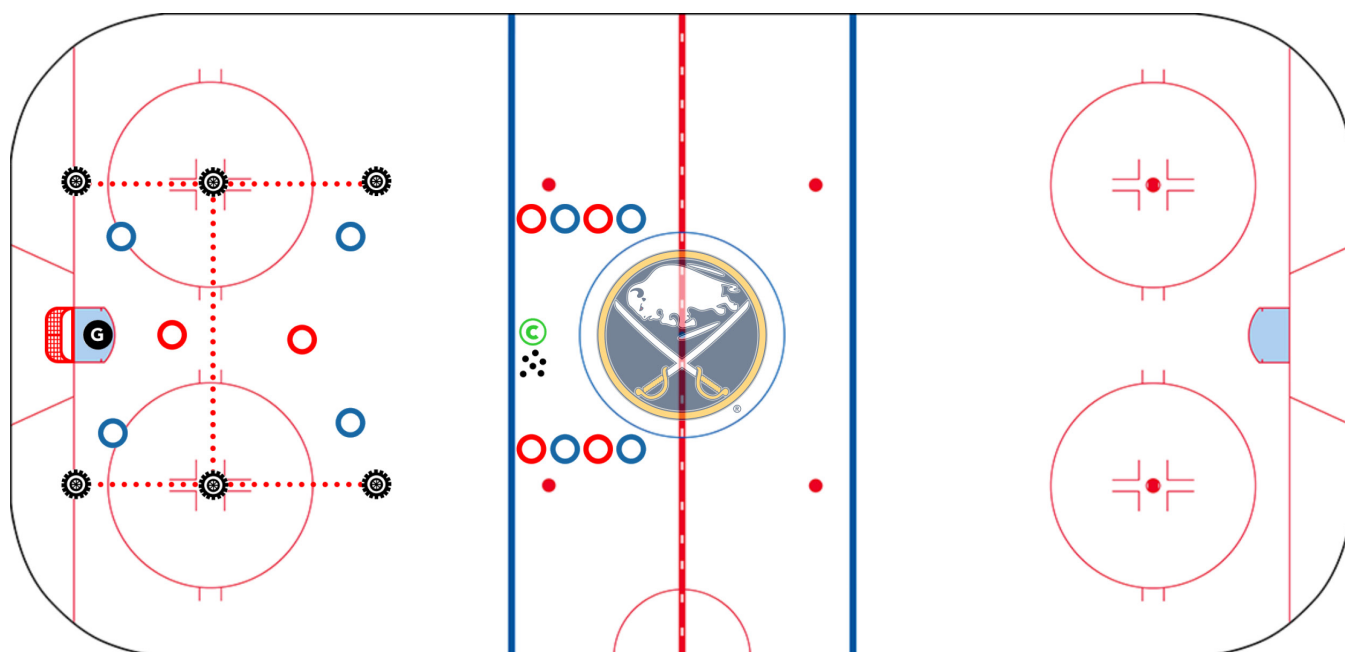
~ Goalie Butterfyslide

# SWISS 4 VS 2

**Category:** Small Area Drills & Games

**Team:** Buffalo Sabres

- Description:**
- The game is two 2 vs 1's that are constrained within a small area.
  - There is a high 2 vs 1 above the hash marks and low 2 vs 1 below the hash marks.
  - The offensive team attempts to score.
  - Rotation: Offense High — Defending — Offense Low — Out



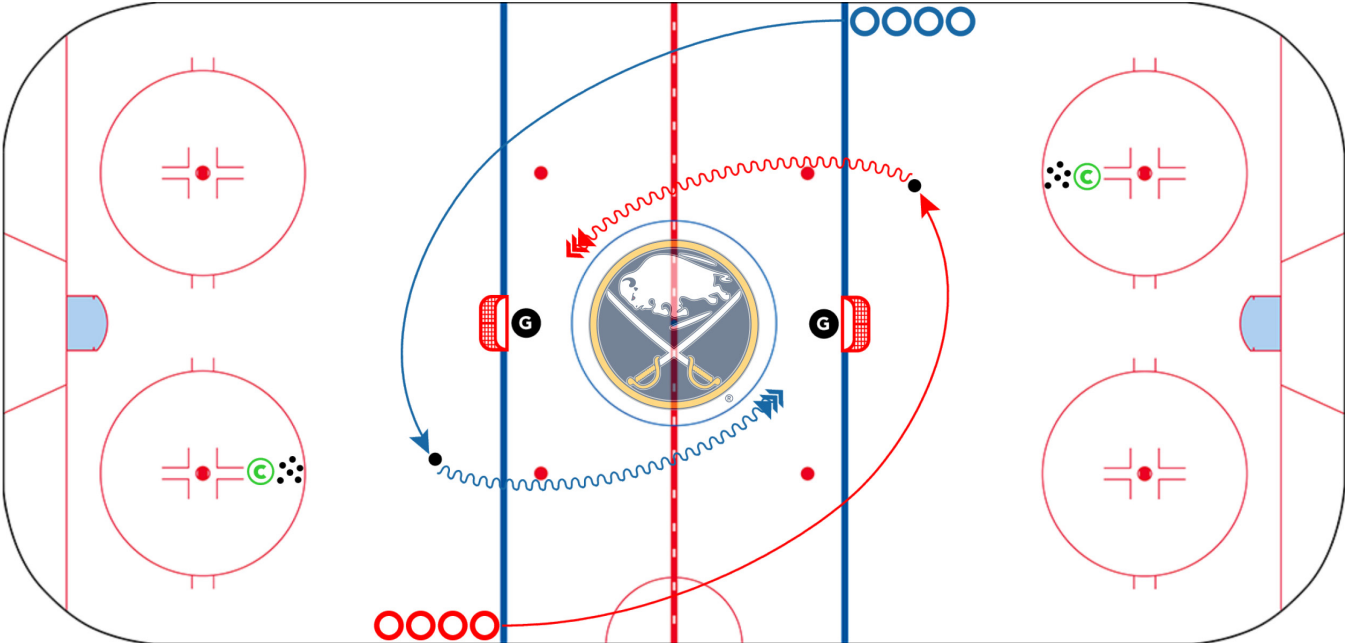


# NASCAR SHOOTOUT

**Category:** Small Area Drills & Games

**Team:** Buffalo Sabres

**Description:** – Shootout can be done individually or in teams.



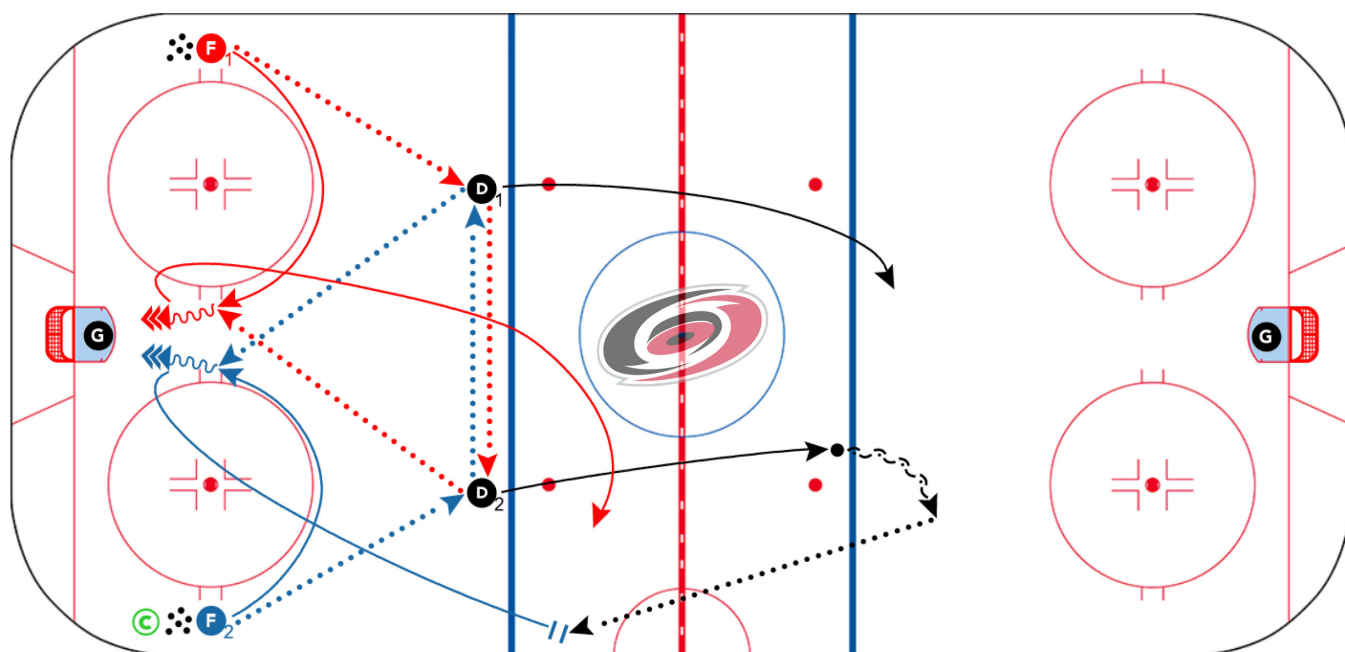


## 2 HIGH TIPS — QUICK UP

**Category:** Small Area Drills & Games

**Team:** Carolina Hurricanes

- Description:**
- **F 1** passes to **D 1**, **D 1** passes to **D 2**, **F 1** skates above top of the circle into slot for 2 tips shot by **D 2** (high tip).
  - **F 2** passes to **D 2**, **D 2** passes to **D 1**, **F 2** skates above top of the circle into slot for 2 tips shot by **D 1** (high tip).
  - On the whistle spot puck at far blue- both **D** spring back- one **F** sprints and is posted at near blue, other **F** sprints towards posted **F** for support.
  - **D** passes to posted **F** or swinging **F** back into for 2 vs 0.
  - **D** can follow up for pass from **Coach** with point shot and traffic.



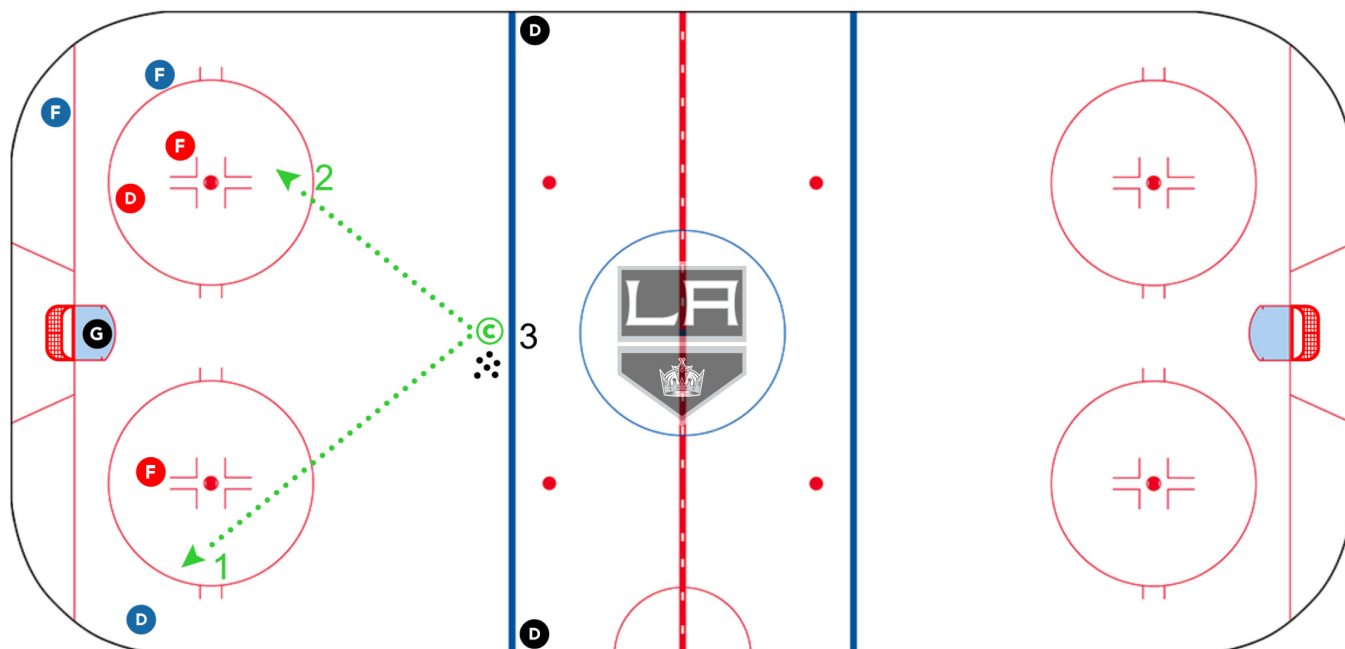
# 1 VS 1 X2 — 3 VS 3

**Category:** Small Area Drills & Games

**Team:** LA Kings

**Description:**

- 1 vs 1 low Forwards vs Defence on both sides whistle.
- 1 vs 1 on opposite side whistle.
- 3 vs 3 from spotted puck from the **Coach**.



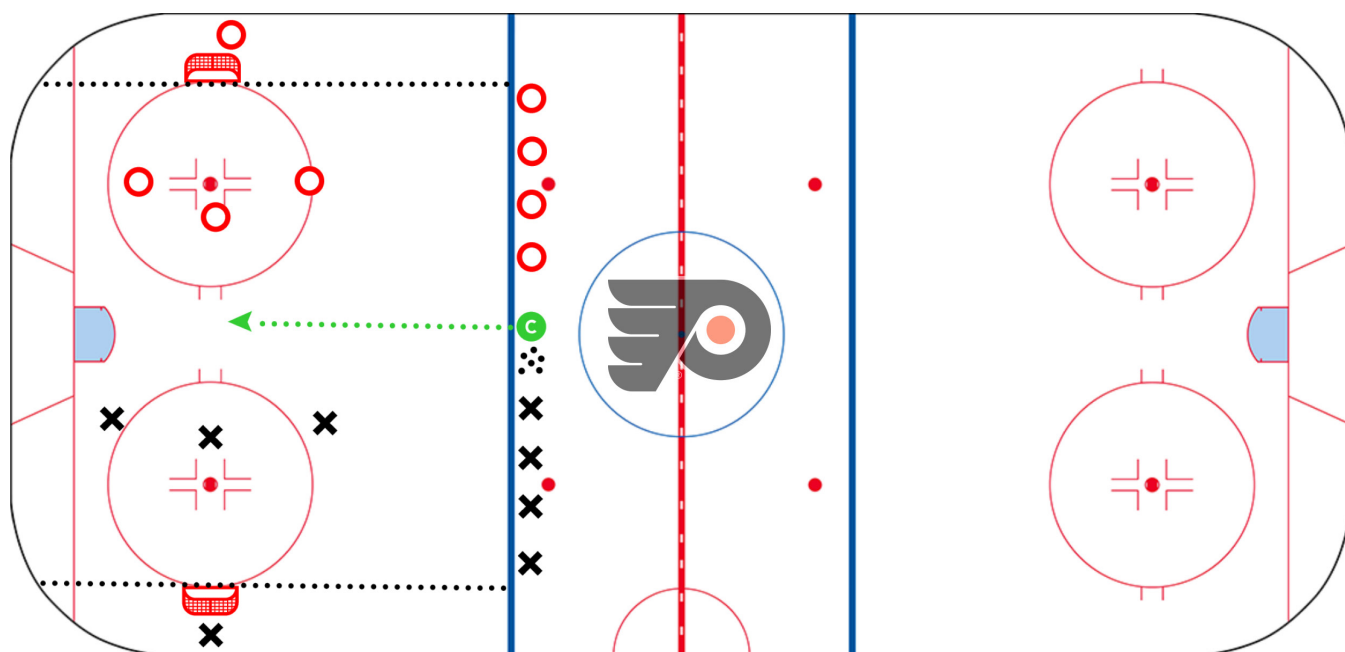


# 2X2 — 3X3 — TRANSITION

**Category:** Small Area Drills & Games

**Team:** Philadelphia Flyers

- Description:**
- Small Area Game.
  - 2x2 — 3x3 cross ice.
  - On puck possession, you have to pass back behind your net and ReGroup before attacking.
  - On whistle player behind net jumps to offense with 1 or 2 new players — 1 new player goes behind net.
  - Continuous drill — change on whistle



# DZC: 5 VS 5 ZONE GAME 3 PUCKS

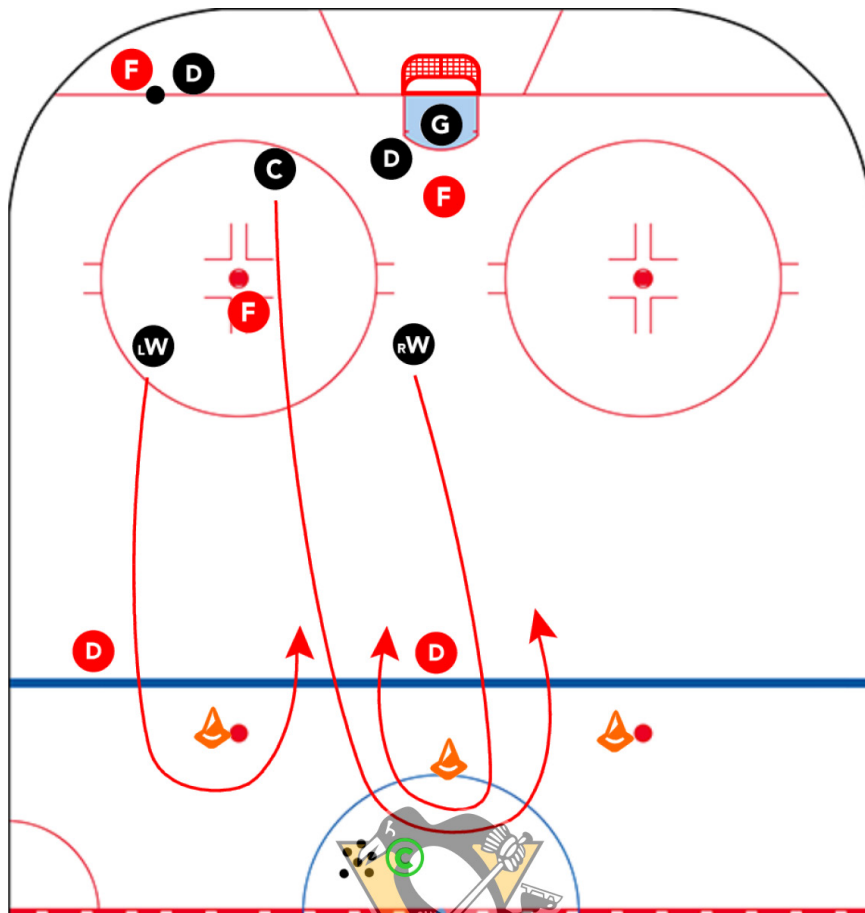
**Category:** Small Area Drills & Games

**Team:** Pittsburgh Penguins

**Description:** **Objective**

5 vs 5 Zone Scrimmage. The competitive real game scenario

- 5 vs. 5 Zone Game. The game will consist of playing 3 pucks.
- The first puck is put into play by the **Coach** and the teams play.
- On a whistle or clear the 3 Defensive forwards have to skate around a cone just outside the blue line and return to the game as the **Coach** spots the next puck to the offensive team.
- This will repeat again for the 3rd puck.
- By making the players skate around the cones outside the blue each defensive F should have a chance to play low in the zone.



# SMALL GAME: MOHEGAN WALL PLAY

**Category:** Small Area Drills & Games

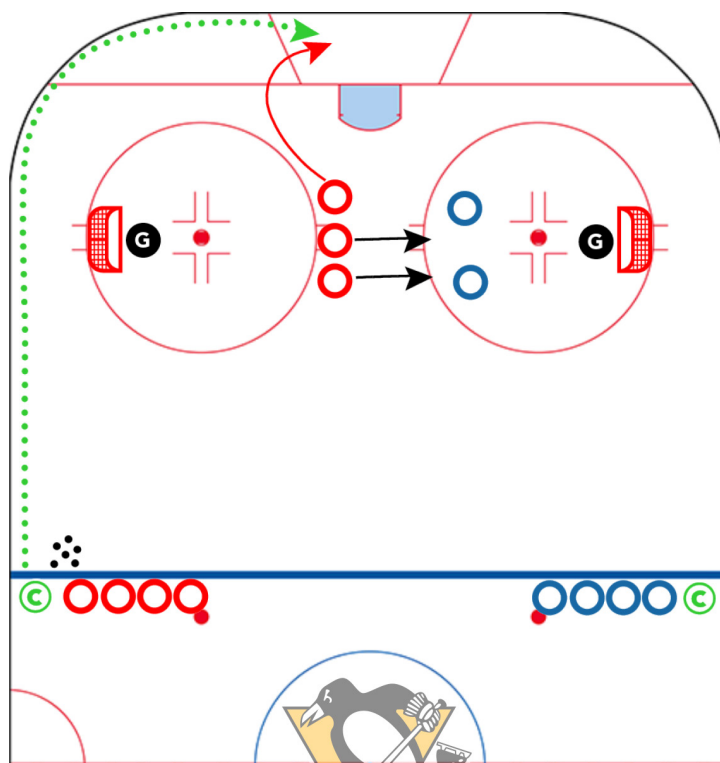
**Team:** Pittsburgh Penguins

**Description:** **Objective**

- Picking pucks off wall, Quick Transition 3 vs 2s

**Organization**

- The drill starts with 3 red Players going 3 vs 2 against 2 blue Players.
- The **Coach** on red's side rims a puck, one red player must pick the puck up off the wall in the Trapezoid Area.
- After the 3 vs 2 plays out, the **Coach** blows his whistle, the 3 red players exit the game and two new red players join.
- The **Coach** on the blue team's side rims a new puck and one of the 2 blue players must pick the puck up off the wall.
- A third blue player joins the original two and they execute a 3 vs 2 against the 2 new red players.
- Teams are awarded 1 point for scoring 3on2 and 2 points if they score 2on3.
- The team with the most points at the end of the game wins.





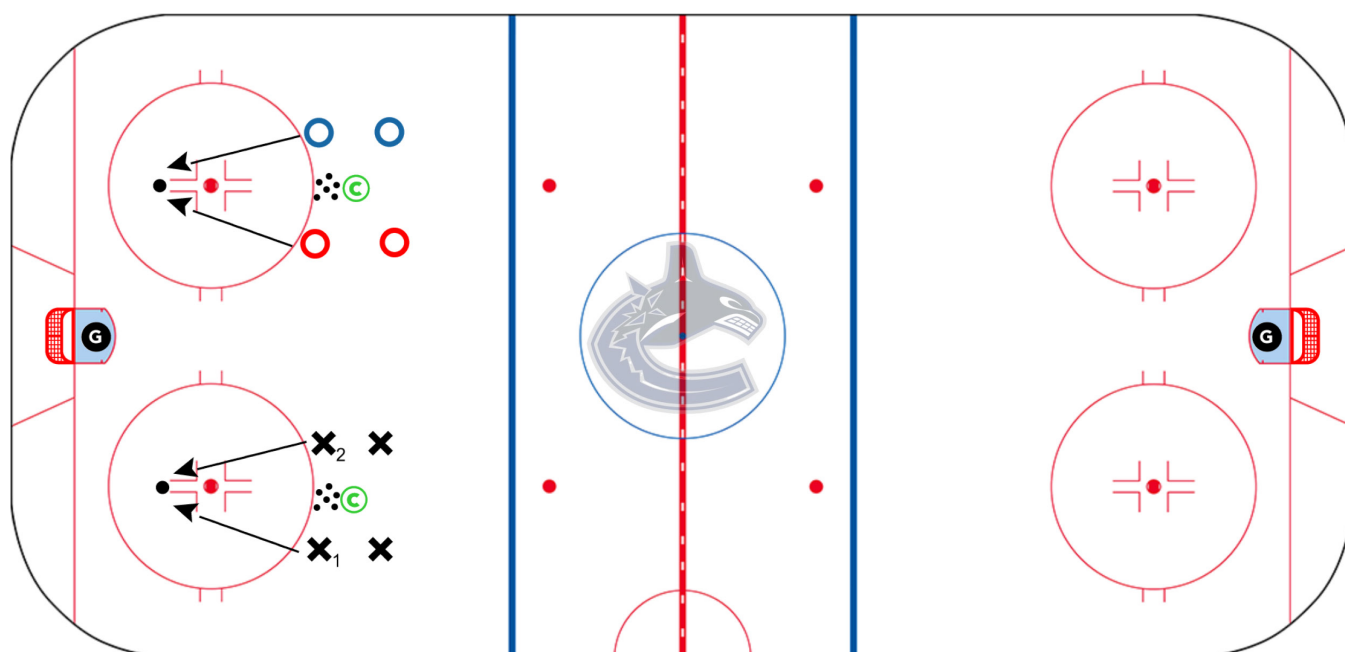
# WIN THE LANE

**Category:** Small Area Drills & Games

**Team:** Vancouver Canucks

**Description:**

- On the whistle, **X1** and **X2** try to win the lane for the puck.
- Can either take the puck to the net or pass to the line and go to the net.
- Alternate sides.





# GOALTENDING DRILLS

## LEGEND

► Direction

»» Shot

|| Stop

) Pivotal

— Skate

~ Skate With Puck

•••• Pass

~ Backwards Skating

~ Backwards Skating With Puck

| | | | | Lateral Skating

~ Goalie Padslide

~ Goalie Butterflyslide

# KIRKWOOD

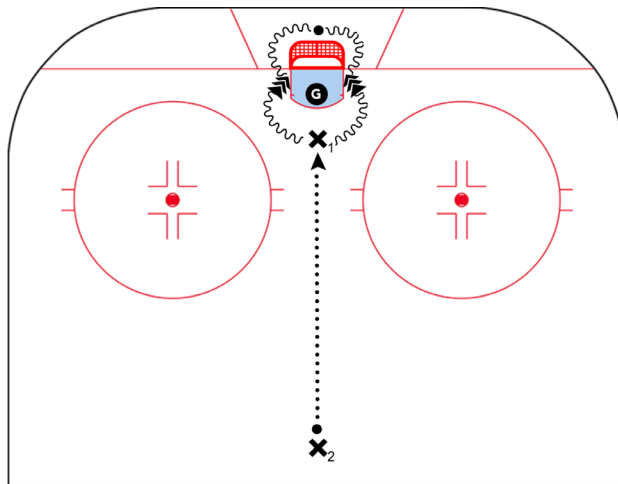
**Category:** Goaltending

**Team:** Calgary Flames

- Description:**
- **X2** pass to **X1**.
  - Right away **X1** moves left or right and shoots low.
  - After **X1** shoots, **X1** stays on same side of net and picks up puck behind the net for a wrap or jam.
  - **G** has to collapse and stay down on initial shot in tight and then rotate and recover to post.
  - Clean post entry is vital.

## Key Points

1. **G**'s has to stay down on the puck.
  2. Good rotation into post.
  3. Hit post with proper integration.
  4. Be organized.
  5. Don't reach.
  6. Find **X1** behind net, reverse track.
  7. Good stick positioning on posts.
  8. Play out loose pucks.
  9. 5 times each sides.
- Clean entries.
  - Rotations into post.
  - Staying down on the puck.
  - Crease management.



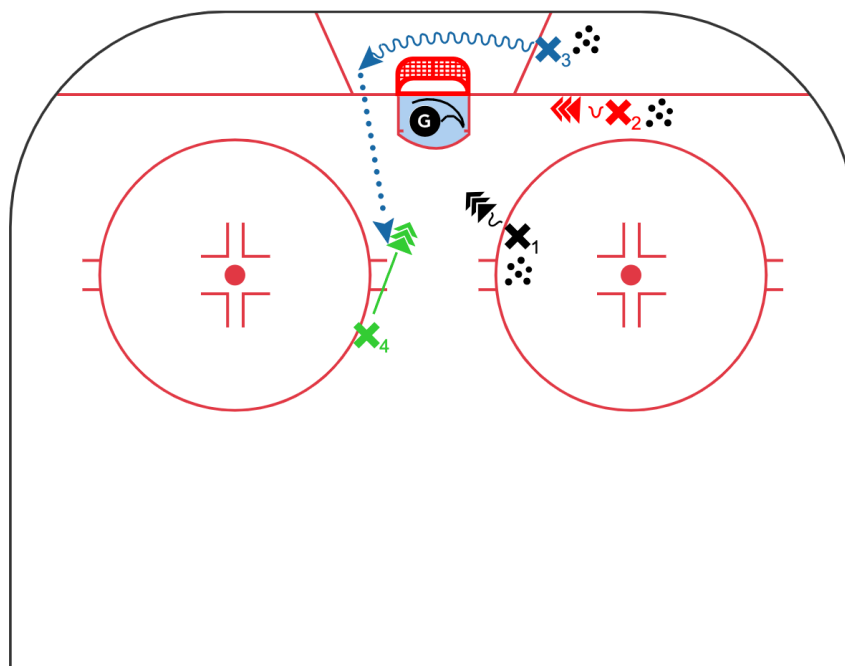


# REVERSE VH POST PLAY

**Category:** Goaltending

**Team:** Chicago Blackhawks

- Description:**
1. Drill starts with **G** T-Pushing to **X1**. **X1** shoots short side pad (make sure G is set).
  2. **G** Will Power Push (push while down) to near side post for R-VH seal and receive bad angle shot from **X2**.
  3. After **X2** shot, **G** will stay down and track **X3** who will skate behind the net with a puck and can either wrap or pass to **X4** coming down for a shot.
- \* The timing of the shots is very important. Players should think that they are playing the rebounds of the previous shots.
- \*\* Work one side and switch



# “V”

**Category:** Goaltending

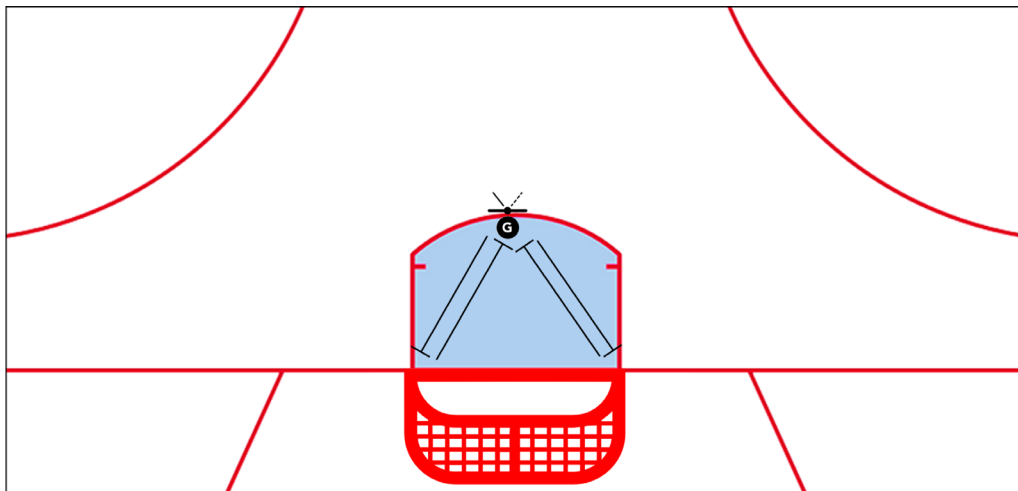
**Team:** Minnesota Wild

**Description:**

1. G starts on right post square to 1/2 wall,
2. T- push to top and squares up to center.
3. Pivot T- push to the opposite post.
4. Squares up to 1/2 wall.
5. T- push to top and squares up to center.
6. Pivot T- push to the opposite post.

### Key Points

- Explosive pushes, crisp stops, set feet.
- Lead with eyes- hands- stick.
- Get your stick outside the crease when at the top.
- Quiet upper body.



# “BOX”

**Category:** Goaltending

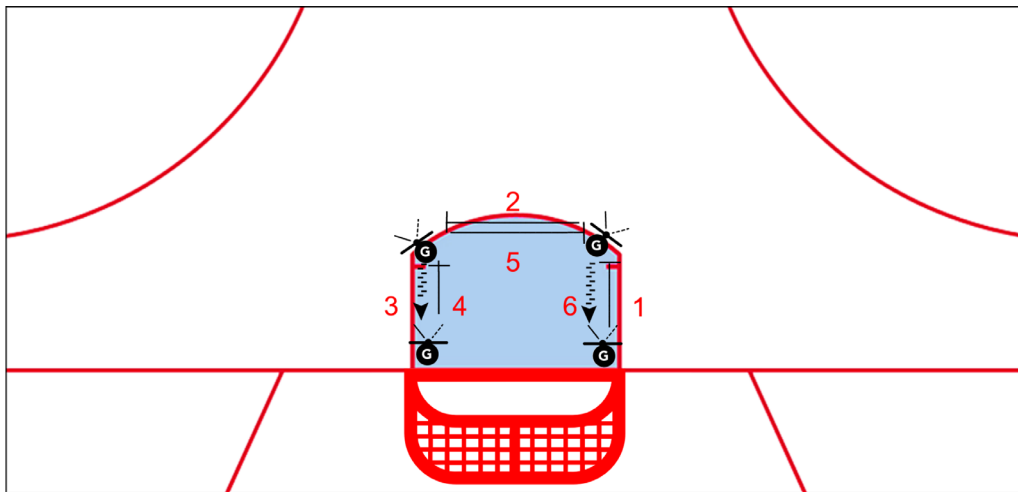
**Team:** Minnesota Wild

**Description:**

1. Right post seal + T — push to near point.
2. Pivot T — push to other points.
3. Pivot + shuffle to short side post.
4. Left post seal + T — push near point.
5. Pivot T — push to other points.
6. Pivot + shuffle to short side post.

## Key Points

- Explosive pushes, crisp stops, set feet.
- Lead with eyes- hands- stick.
- Get your stick outside the crease when facing point.
- Quiet upper body.



# “X”

**Category:** Goaltending

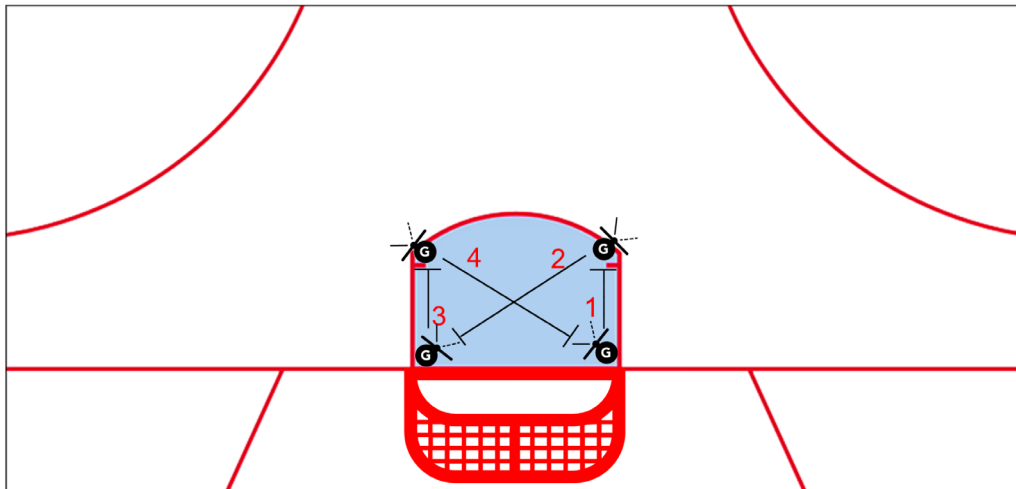
**Team:** Minnesota Wild

**Description:**

1. Right post seal + T — push to near point.
2. Pivot T — push to far side post.
3. Left post seal + T — push near point.
4. Pivot T — push to far side post.

### Key points

- Explosive pushes, crisp stops, set feet.
- Lead with eyes- hands- stick.
- Get your stick outside the crease when facing point.
- Quiet upper body.





# QUICK FEET TRIANGLE

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:** **Option # 1**

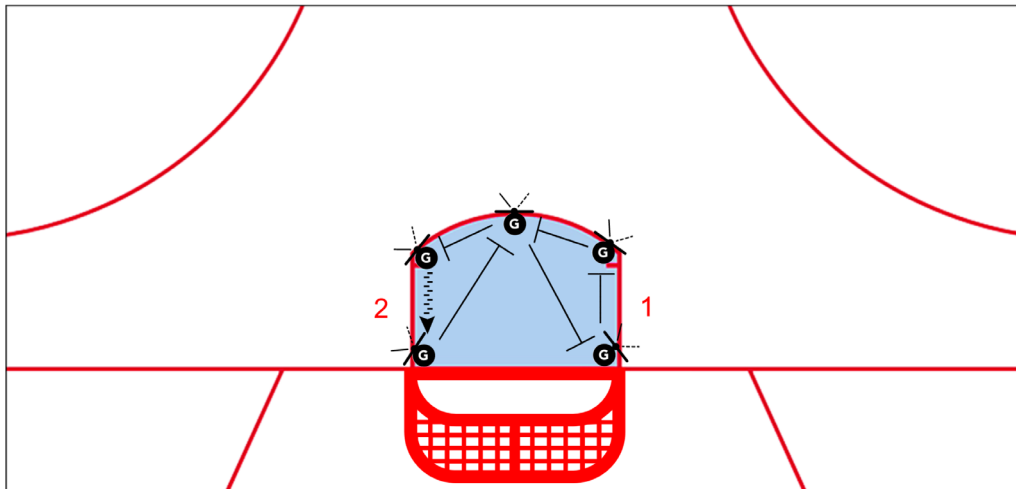
1. post seal + T — push out point.
2. T — push to top.
3. T — push back to starting position.

**Option # 2**

1. Post seal + T — push to top.
2. T — push to point on start point.
3. 2 Small shuffles back to starting post.

**Key Points**

- Speed — precision — control
- Push hard, stop hard, set feet.
- Lead with eyes — hands — stick.
- Quiet upper body.



# “WINDOWS”

**Category:** Goaltending

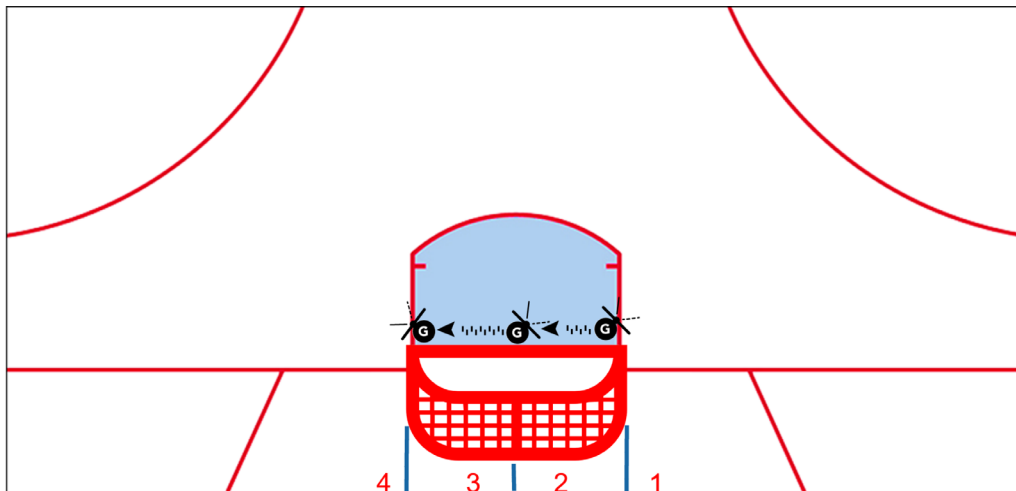
**Team:** Minnesota Wild

**Description:**

1. #1 puck is outside post or in corner.
2. #2 puck is behind net on strong side.
3. #3 puck is behind net on weak side.
4. #4 puck is past weak side post.
5. #2 is the most important window.
6. If the puck travel fast, scrap #3.
7. Look thru the net, not above the bar.
8. Can be done with VH and/or RVH.

## Key Points

- Discipline with game plan.
- Post seal.
- Patience.
- Stick position.



# “ARC”

**Category:** Goaltending

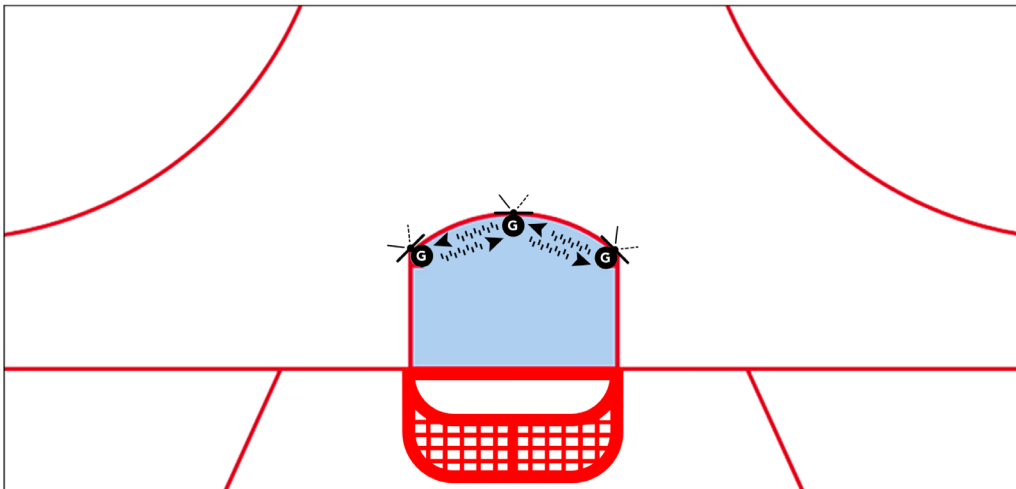
**Team:** Minnesota Wild

**Description:**

1. Short and crisp shuffles along top crease.
2. Slight pivot crossing center ice line — up.
3. Go from dot and back.
4. Change speed.

## Key Points

- Explosive pushes, crisp stops, set feet.
- Lead with eyes- hands- stick.
- Keep your side outside the crease.
- Quiet upper body.



# “ROOF”

**Category:** Goaltending

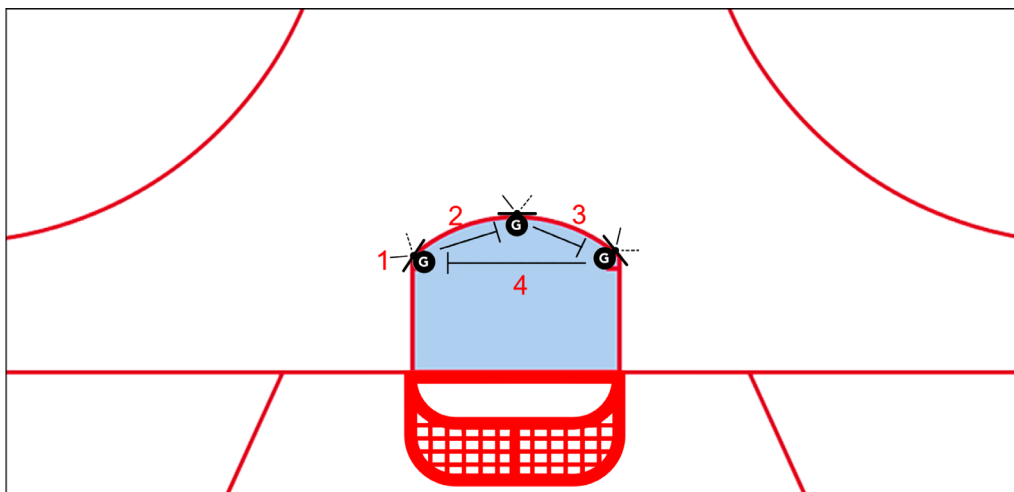
**Team:** Minnesota Wild

**Description:**

1. Start facing point
2. Short and crisp T- push toe crease.
3. Pivot + short/crisp T — push other points.
4. Powerful T- push back to starting position.
5. Push hard — stop hard — set feet.
6. Beat the pass mentality.

## Key Points

- Explosive pushes, crisp stops, set feet.
- Lead with eyes- hands- stick.
- Keep your side outside the crease.
- Quiet upper body.



# RECOVERY UP / DOWN / TRANSITION

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

1. Recovery up (lots of time).
2. Recovery down (no time).
3. Transition from #2 to 2nd rebound.
4. Make up your own sequence.
5. You may include VH and RVH to sequence.
6. Skate on post on bad angle rebound.

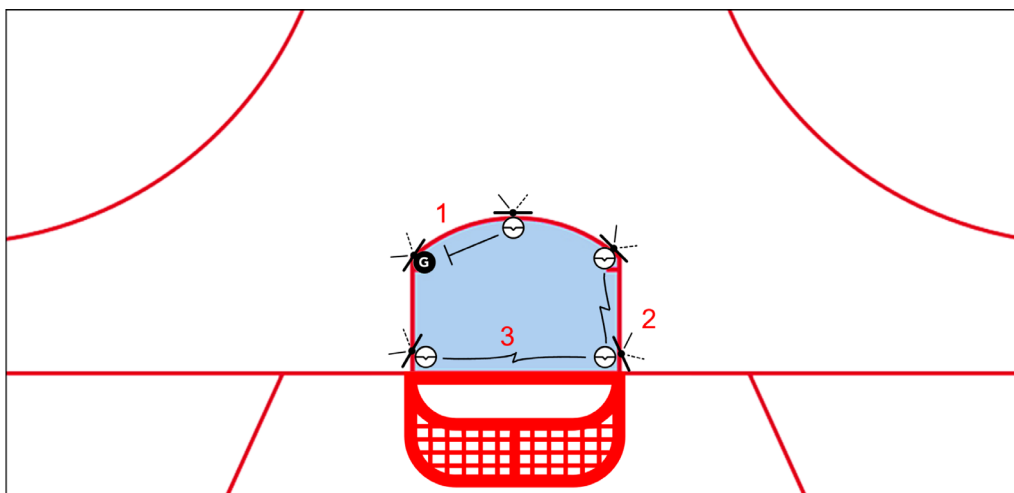
\*3 times each sides.

## Notes

– Angle before depth/pivot before you push.

## Key Points

- Track down technic for better sight and pivots.
- Lead with eyes-hands-stick.
- Crisp and precise pushes.
- Quiet upper body.



# BACKDOOR SLIDE / SKATE ON POST

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

1. Stationary start.
2. Track down pivot.
3. Explosive push slide block.
4. Hit post with skate blade.
5. Post to post/Blade can be inside post.
6. Work on mechanics first.
7. Work on Precision second.
8. Work on speed third.

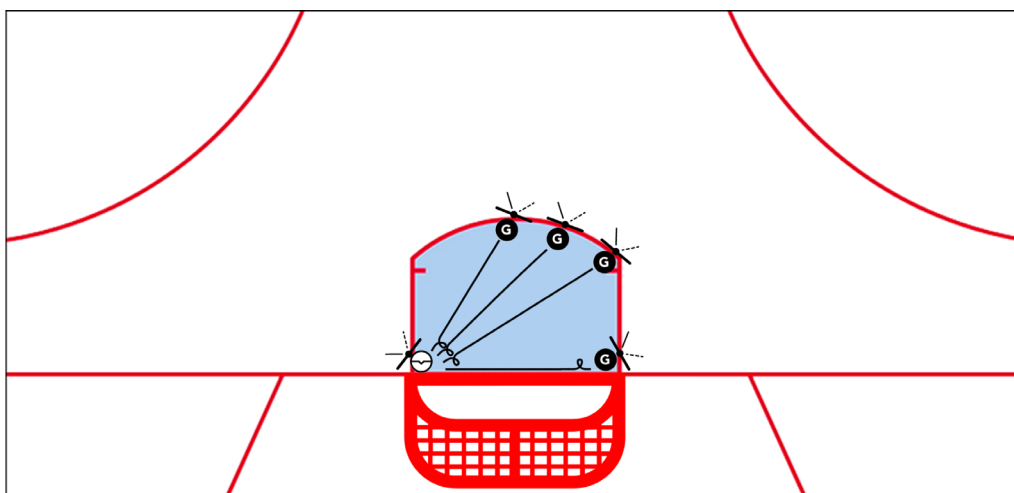
\*3 times each sides.

## Notes

- Quiet and compact upper body with ready hands.
- You can add movement(s) sequence before slide.

## Key Points

- Mechanics.
- Track down-Pivot-Push.
- Lead with Eyes-Hands-Stick.
- Hit the post for precision.



# PASS OUT

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

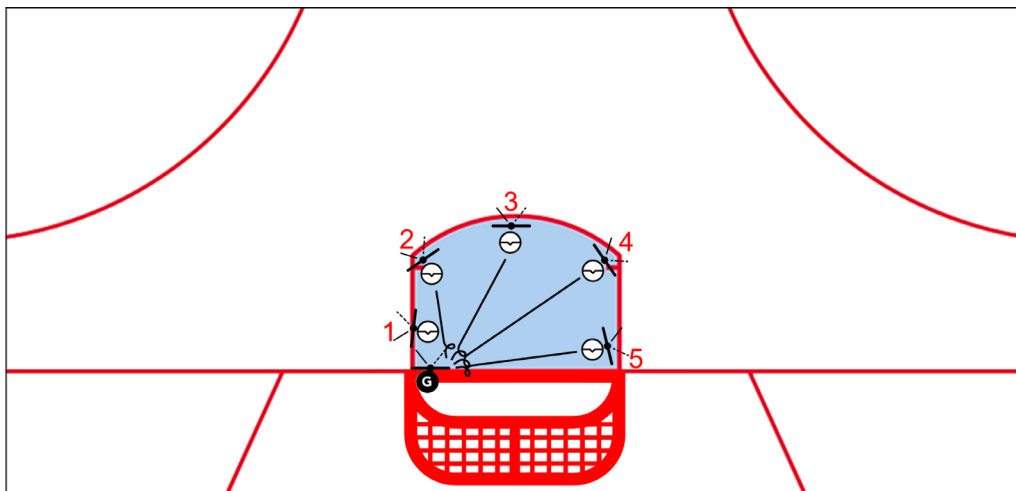
1. Bad angle = Work on pivot only + B-block.
2. Angle = Pivot + small push into Block.
3. Top = Push slide into B-block.
4. Weak side = Big push into B-block.
5. Backdoor = Big Pivot + push into B-block.
6. Start compact reach only if needed.
7. Track down for better sight and precision.
8. Explode off the post on long ones.

## Notes

- Quiet and compact upper body with ready hands.
- You can add movement(s) sequence before pass (windows).
- Find the angle, seal the ice and gain dept

## Key Points

- Mechanics.
- Patience on post.
- Tracking.
- Precision.



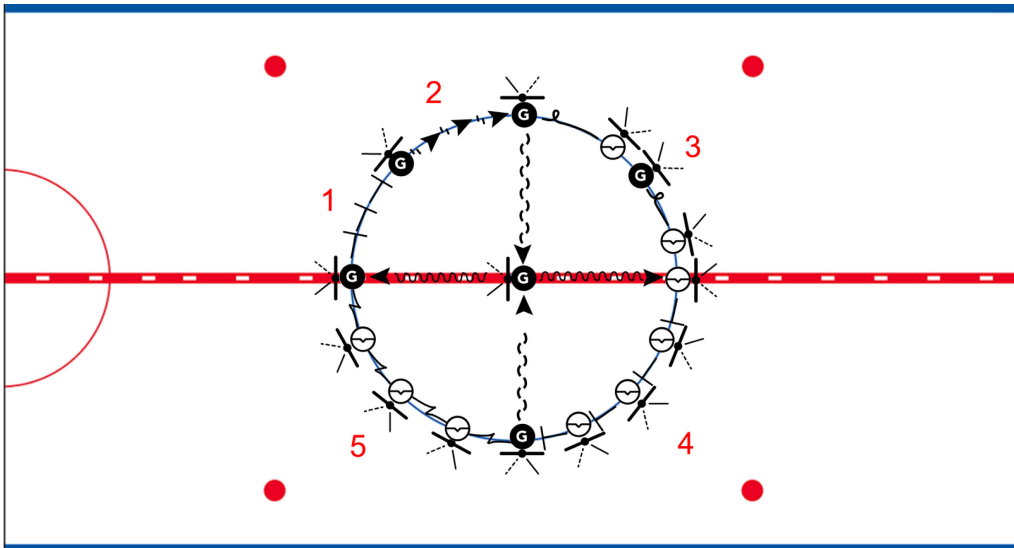
# CIRCLE DRILLS

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

1. T-pushes.
  2. Shuffles.
  3. Slides.
  4. Recovery up.
  5. Recovery down.
  6. Make up your own.
- You can go 1/4, 1/2 or full circle.
  - You can start on the circle or use the dot as a starting point and C-cut to the edge and skate backward to the dot to finish the drill.
  - Always push hard/ stop hard/ set feet with a quiet upper body.
  - \*1 time each sides



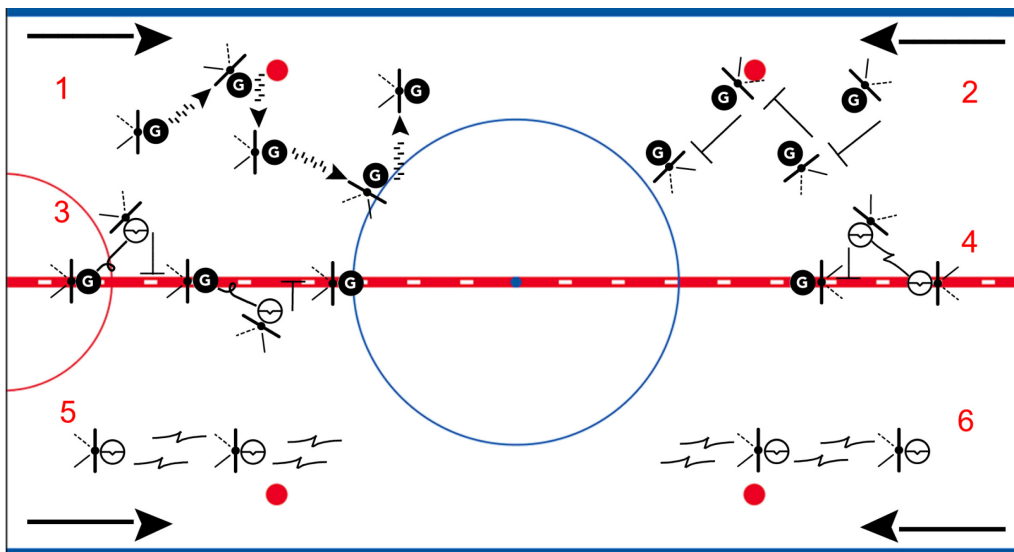


# MOBILITY WORKOUT

**Category:** Goaltending

**Team:** Minnesota Wild

- Description:**
1. Pivot shuffle pushes.
  2. Pivot T-pushes.
  3. Butterfly slide + recovery up.
  4. Butterfly + recovery down + recovery up.
  5. G starts down in butterfly and pick slide straight back alternating foot, G has to stay square to the wall.
  6. G starts down in butterfly and pick slide straight forward alternating foot, G has to stay square to the wall.



# RECOVERY

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

1. **G** starts facing faceoff dot.
2. **G** shuffles to short side post.
3. **G** does a VH post seal.
4. **G** recovers up to different angles.
5. **G** can recover down to each angles.
6. Get foot outside post on far side recover.

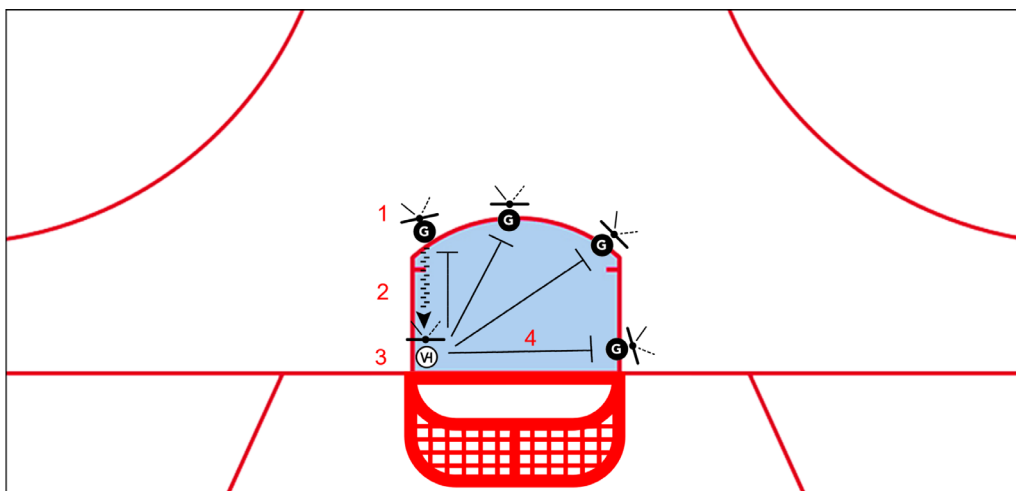
\*4 times each sides.

## Notes

- First, get the mechanics right, improve speed and transition and be discipline in sealing the post with shoulder/arm/hand in front of the post.
- Track down technic on recoveries will help pivots, precision and speed.
- Angle before depth (pivot first and push after).

## Key Points

- Seal.
- Tracking.
- Mechanics.
- Recovery.



# DOWN RECOVERY + WRAP

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:**

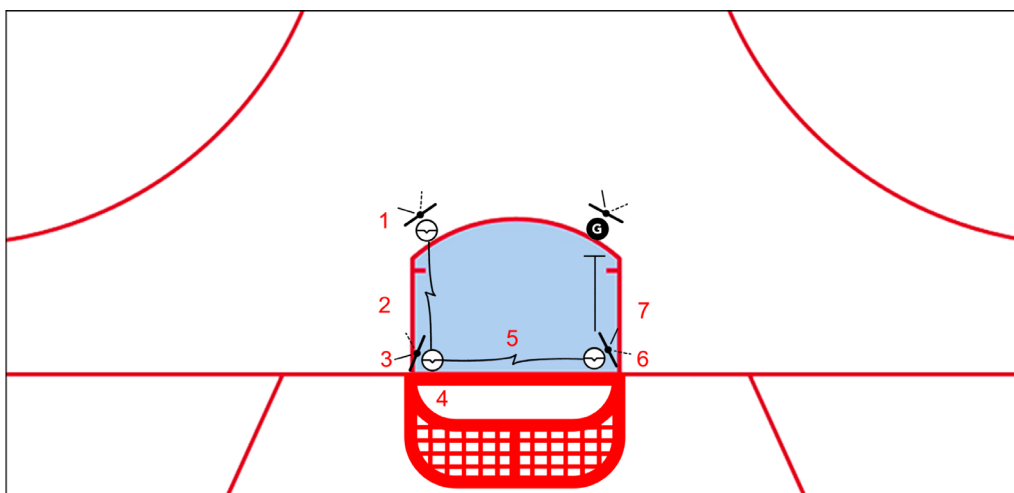
1. **G** is facing point and butterflies.
2. **G** recovers down to post into RVH.
3. **G** pivots on post while sealing RVH.
4. **G** looks thru window #2.
5. **G** slides post to post into RVH.
6. **G** squares up while sealing RVH.
7. **G** recovers up to point with T -push.
8. Go the other way.

## Notes

- First get the mechanics right, improve speed and transition and be discipline in sealing the post with;
- shoulder/arm/hand in front of the post.
- Blade on post on down recovery.
- Blade inside post on post to post side.

## Key Points

- Quiet upper body.
- Track down/Pivots.
- Seal.
- Mechanics/speed of transition into/out of RVH.



# RVH PUCK DRILLS

**Category:** Goaltending

**Team:** Minnesota Wild

**Description:** **Figure 8 drills (2 pucks or 4 pucks)**

- Can be done while holding a medicine ball for mechanics or fitness training.

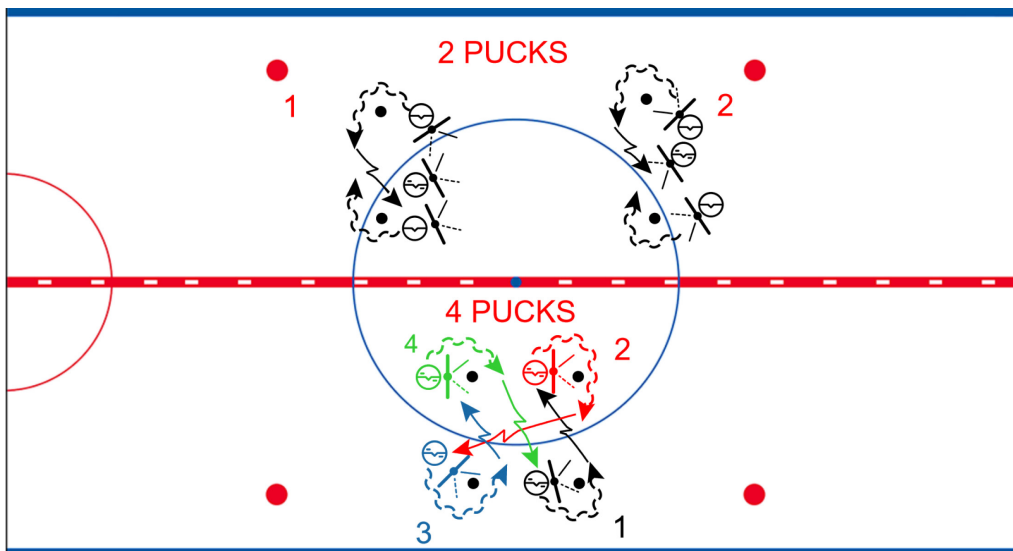
## 2 Pucks

- **G** is down and has his back to a puck, inside edge C-cuts using his toes to pivot 90 degrees to the outside, getting his left foot to get around the puck and 2 times pick slide to other puck in RVH, follow a figure 8 pattern.
- **G** is down facing a puck, inside edge C-cuts using his heel to pivot 90 degrees to the inside, getting his right foot to get around the pucks and 2 times pick slide to other puck in RVH, follow a figure 8 pattern.

## 4 Pucks

- **G** is down in the middle of the 4 pucks, he starts the drill with the puck to his back right. He does a slight pivot to his right keeping his leading right pad glued to the ice, he gets around the 1st puck moving in RVH and then goes around all pucks switching leg after each puck.

\*3 times each side.



# GOALTENDING 1

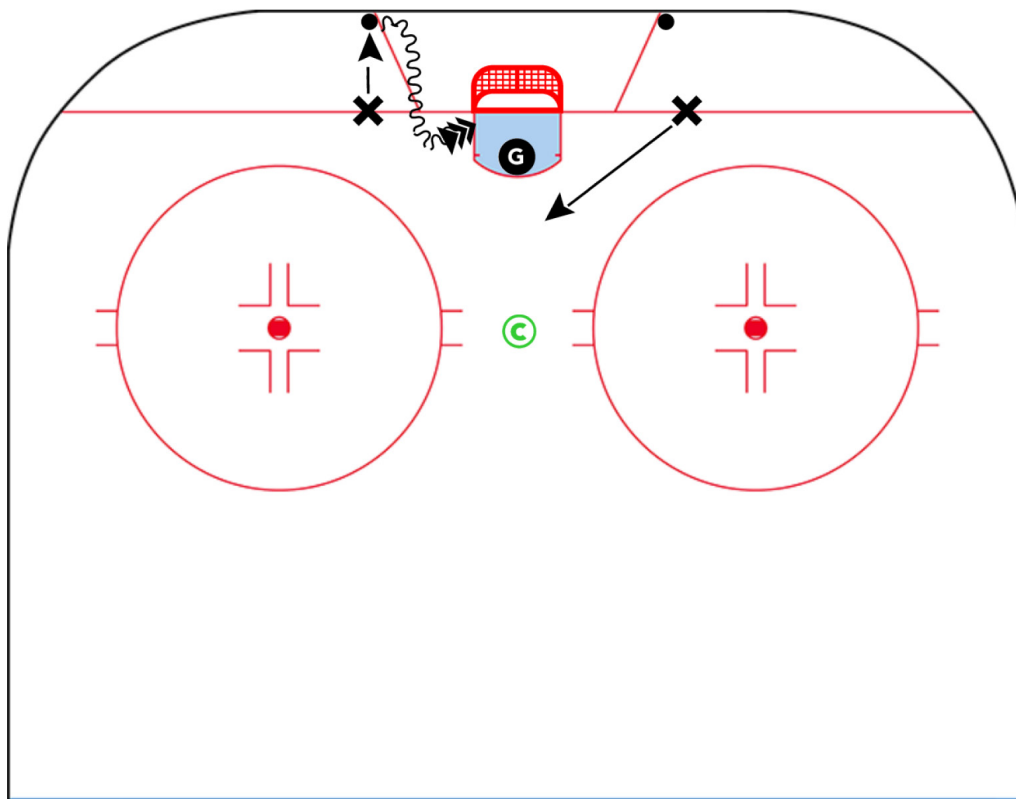
**Category:** Goaltending

**Team:** Nashville Predators

- Description:**
1. Spot a puck on each trap line near the boards. **X** starts on both goal lines — **G** starts in their butterfly at the top of the crease — the **Coach** in front of the goaltender then points to either side — the goaltender recovers staying down to the post the **Coach** pointed to — the player on that side immediately picks up the puck on that side for a sharp angle play.
  2. Same as version 1 except the **G** must start on feet and butterfly prior first once the **Coach** points and then recovers to the post.
  3. Same as version 2 but the opposite **X** becomes a pass option in front — the player that picks up the puck can take the puck to either side of the net and attempt to score themselves or find the pass option for a quick shot in front of the net.

## Key Points

- **G** Focus — Quick recoveries on precise line to post — hurried stuff plays — transitions from post to quick plays in tight.



# GOALTENDING 2

**Category:** Goaltending

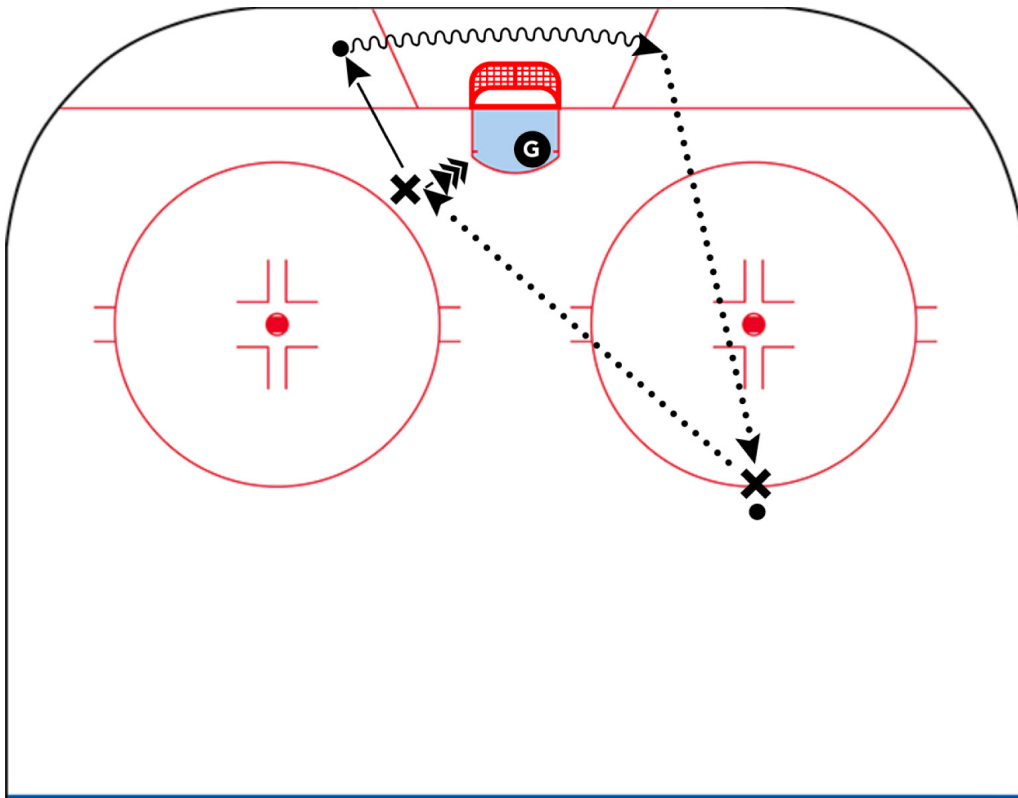
**Team:** Nashville Predators

**Description:**

- Pucks will be positioned at the top of the circle and one spotted outside the trap line close to the boards.
- **X** at the top of the circle makes a pass to the **X** positioned at the back post for a one-touch redirect shot (if they score the play is over) — when the goaltender makes the save the player will immediately pick up the second puck and take it behind the net — they can 'stuff' it on the far side or hit the **X** who made the original pass who is positioned in the same place they started \*alternate sides\*.

## Key Points

- **G** Focus — back door play and slides, quick recoveries on precise line to post, E-W plays behind the net, jam plays, transitions to feet from the post, tracking.



# GOALTENDING 3

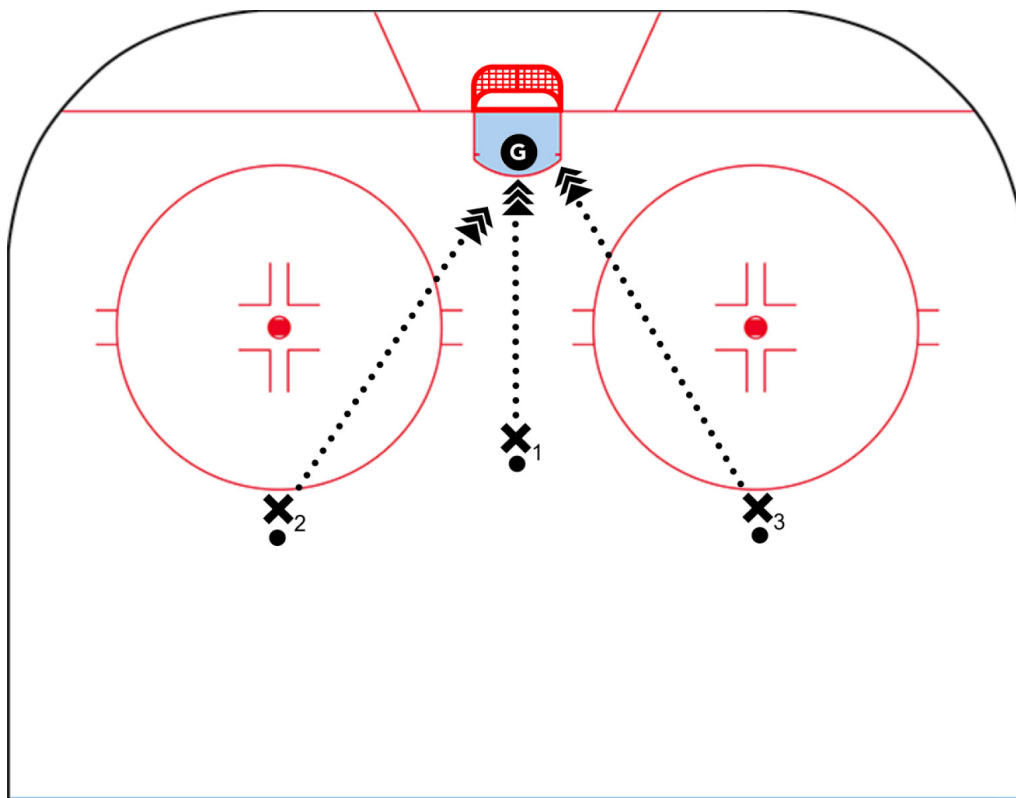
**Category:** Goaltending

**Team:** Nashville Predators

- Description:**
- Pucks positioned with all three **X**'s at the top of each circle and down the middle (**X** in the middle is in the high slot).
  - 1. **X1** takes a shot on the ice to the side that **X2** is on. The goaltender butterflies to make the save and then recovers to their feet to **X2**. Once they are in positioned **X2** takes a shot on the ice to the side **X3** is on. The goaltender butterflies and then recovers to the far side for a shot from **X3** once they are set. **X3** can shoot anywhere as this is the final shot.
  - 2. The same as above except **X1** will shoot to either side to start so the goaltender will recover to the appropriate side the rebound goes. The second shooter must shoot far side on the ice to create a far side rebound. Whomever ends up being **X3** can shoot anywhere.


## Key Points


- **G** Focus — Rebound control with stick, quick precise recoveries from butterfly to feet, tracking.







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