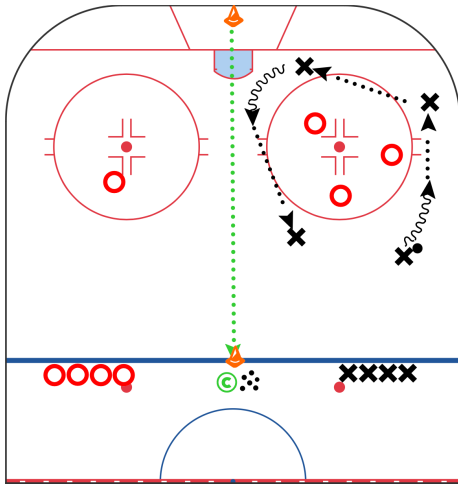


Nashville - Possession Game

8 mins

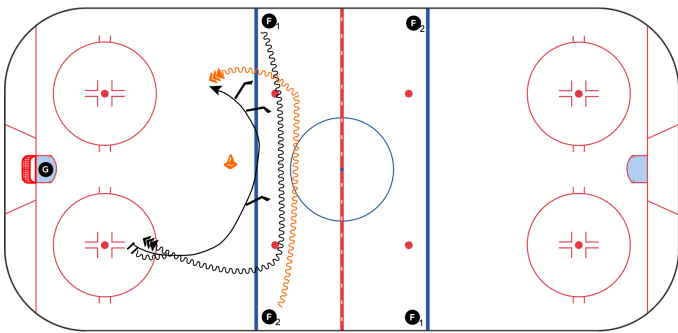


- Red vs Black- this drill emphasizes defensive fundamentals like SOP, 1 vs 1 defense at the puck, playing through hands, stripping pucks. Offensively it emphasizes puck protection and puck support.
- Starts with coach dumping a 50/50 puck. The team that gains possession plays keep away 4 vs 3 half ice.
- 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.

NHLCA FEATURE DRILL
2021/2022 - Nashville Predators

McGill angle (4 blues)

7 mins



Drill is done out of all 4 blues (only one side shown)

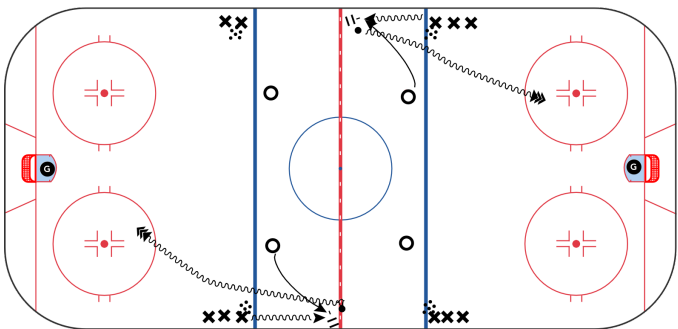
- F1 leaves with a puck staying above the dots, goes in and shoots
 - once F1 shoots, he stops on a dime and goes to angle F2 who is repeating what F1 did
 - Next player goes once the player shoots
- Can put cones on dots if needed

Key Points

- Stop on change of possession
- Skating (crossover vs scooter)
- Stick detail
- Steer to outside

Moosehead Stick-Lift

7 mins



Player start as shown above- Opposite sides going at once.

- X leaves with a puck skating down the boards
- O on the dot angles, Cut hands and steals puck- Goes down in for a shot on goal
- Player who was rubbed off puck goes to the dot the Angler who took his puck was on.

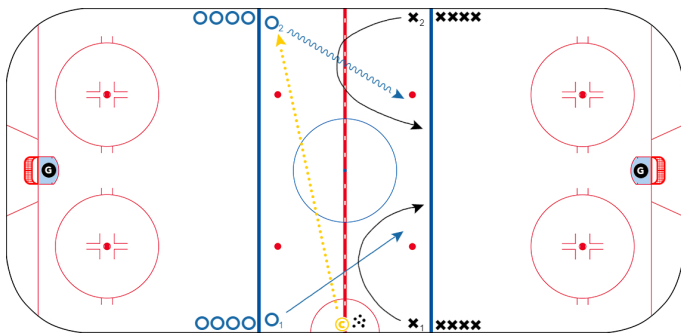
Variation- Can have the player who rubbed off puck track back and put token pressure on shooter. Just will need next player in line to go to fill in at the dot.

Key Points

- Stick to pukc under stick (Cut the hands)

Brad Shaw: Lemaire 2v2 N-Zone Angling

8 mins



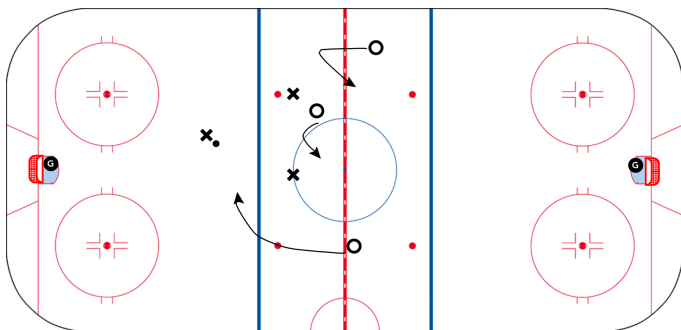
- First 4 skaters on the boards at the blue line. Coach is at center red-line with pucks.
- 2 O's vs 2 X's full ice 2v2. On the whistle, the coach randomly passes the puck to any of the first 4 skaters. The team receiving the puck is attacking the other end ASAP.
- Defending team skates forward 100% to check. Angles and stick position are key.
- Coach can let this drill run longer and then it starts to have a conditioning element as well.

Key Points

- On any change of possession, the defending team is now on the attack and looking to get down ice as soon as possible.
- Advanced version: Move the first 4 players to the neutral zone dots and leave the lines on the boards. This allows the offensive team more options and makes the defenders check at a higher level.

3V3 F-F ALL THE TIME

10 mins



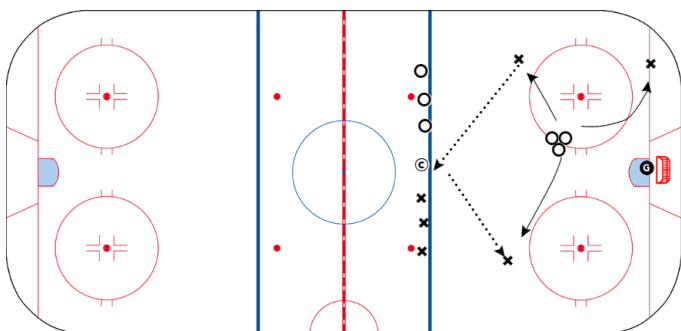
- 3V3 FULL ICE
- FORWARD SKATING AT ALL TIMES
- 25-30 SECOND SHIFTS (CHANGE ON COACH)

Key Points

- MATCH SPEED
- GOOD STICKS
- SURF PLAYS- REGAP WHEN OUT OF POSITION

3v3 glove touch

10 mins



- When a team gains possession they make a regroup pass with coach
- Defending team must meet and touch gloves in the middle
- coach returns puck to offensive team (who looks to score)
- defending team breaks from middle and plays D (3,1v1)

Key Points

- Talking!
- stay on D side
- dont leave your man
- Offensive team move to get open (make it hard on Defender)