

WYHA Rush Drills

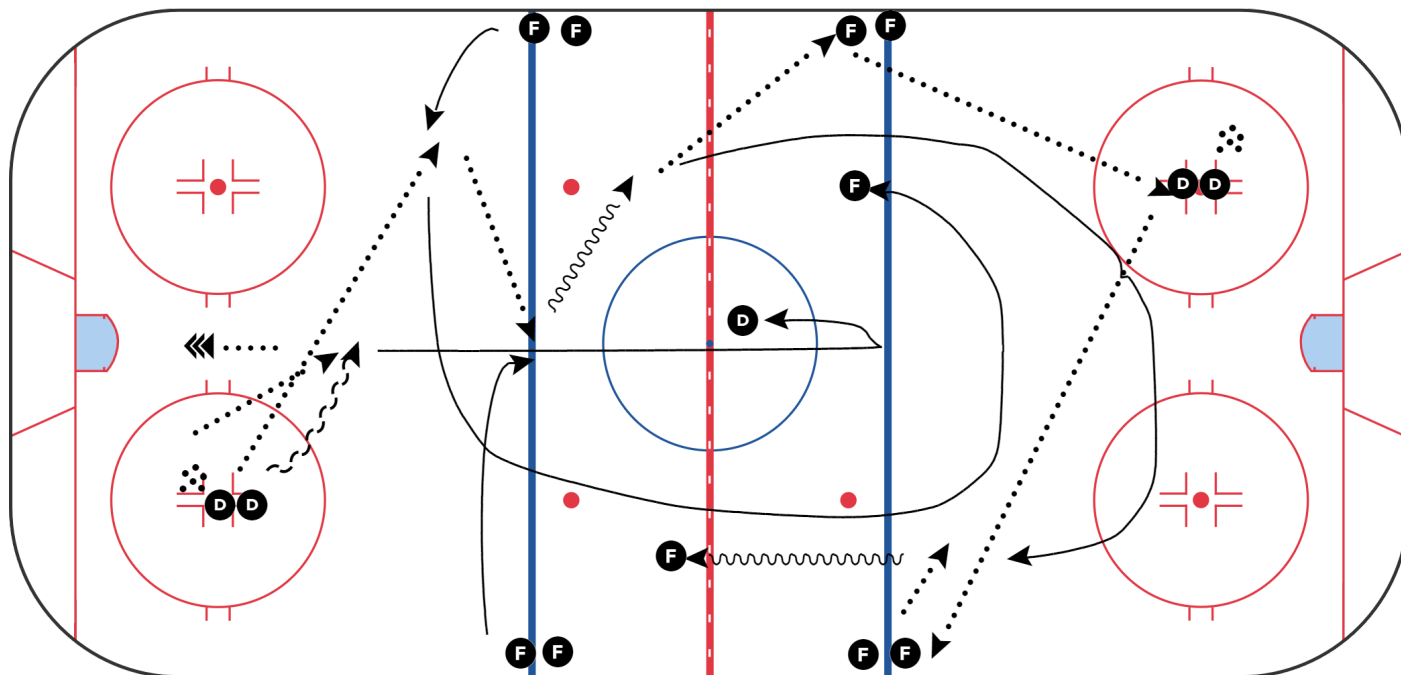
Date: Oct 30 2025

Time: 4:23 pm

Duration: 70 mins

7 pass 2v1

10 mins



Description

Drill is only one side at a time.

D hits far side F for pass #1.

F catches and makes short pass to opposite F - pass #2

F passes to F line (top right line of diagram) - pass #3

F hits opposite D line - pass #4

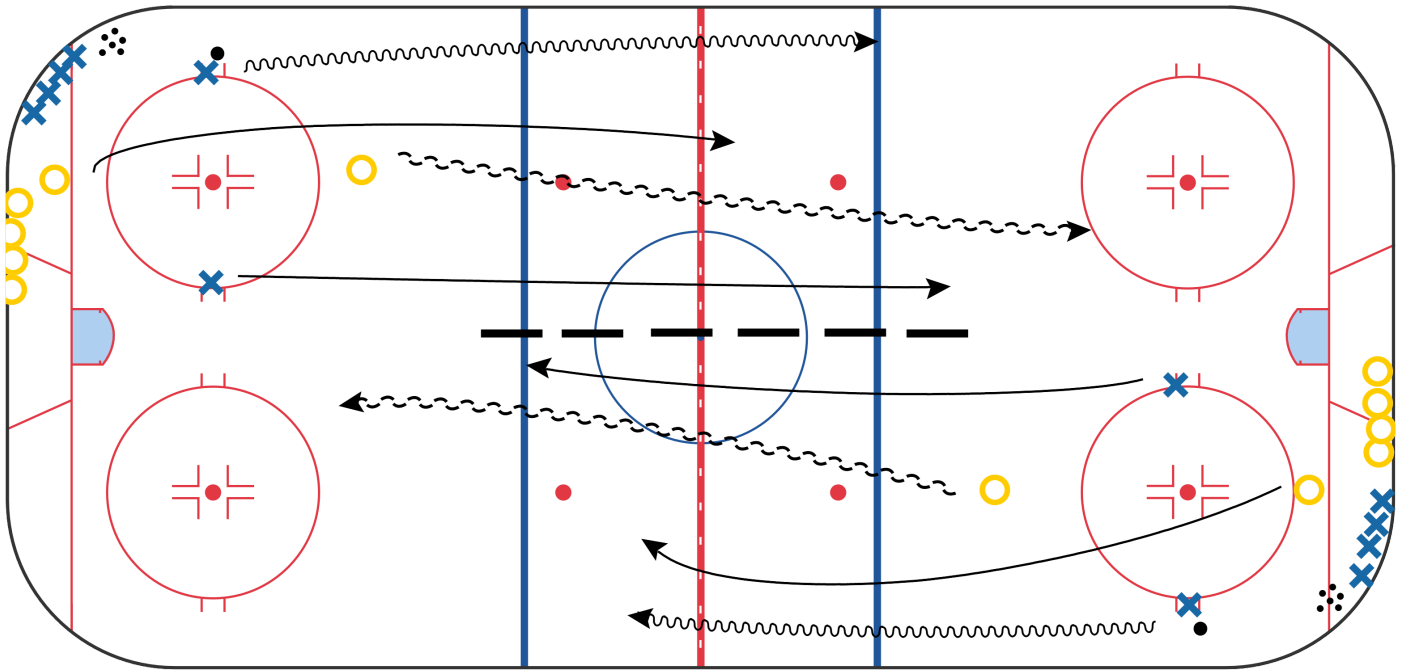
D hits other F line (bottom right line of diagram) - pass #5

F hits close swinging F - pass #6

F catches and hits other swinging F - pass #7

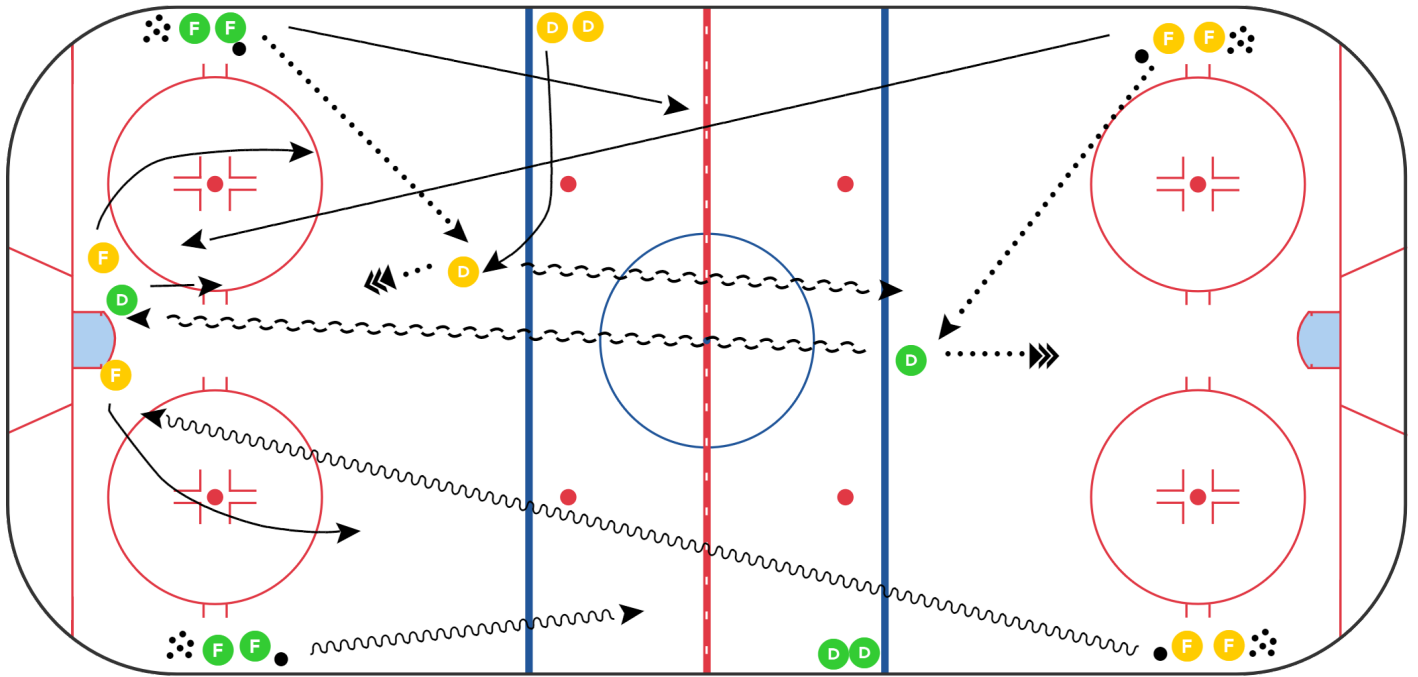
2 on 1 against D that started the drill to the net.

****After D starts the drill, he skates backwards pass the top of the circle, catches pass from second D in line, and shoots. Then gaps up to play defense against the 2v1****

**Description**

Blue on offense for 6-7 minutes, then switch to Yellow on offense for 6-7 minutes.

Two, 2v1's on either side of the ice. Once entering the offensive zone, players can utilize the ice laterally. Make sure to put black dividers in the middle of the ice to avoid collisions.



Description

Drill starts on right side of this diagram.

Green D steps out to blue line

On whistle, gets pass from whatever one-timer side is, one timer on the net.

Next whistle, opposite hashmark yellow F starts a 2 on 1 down the ice. Play out 2 on 1 up to coach discretion

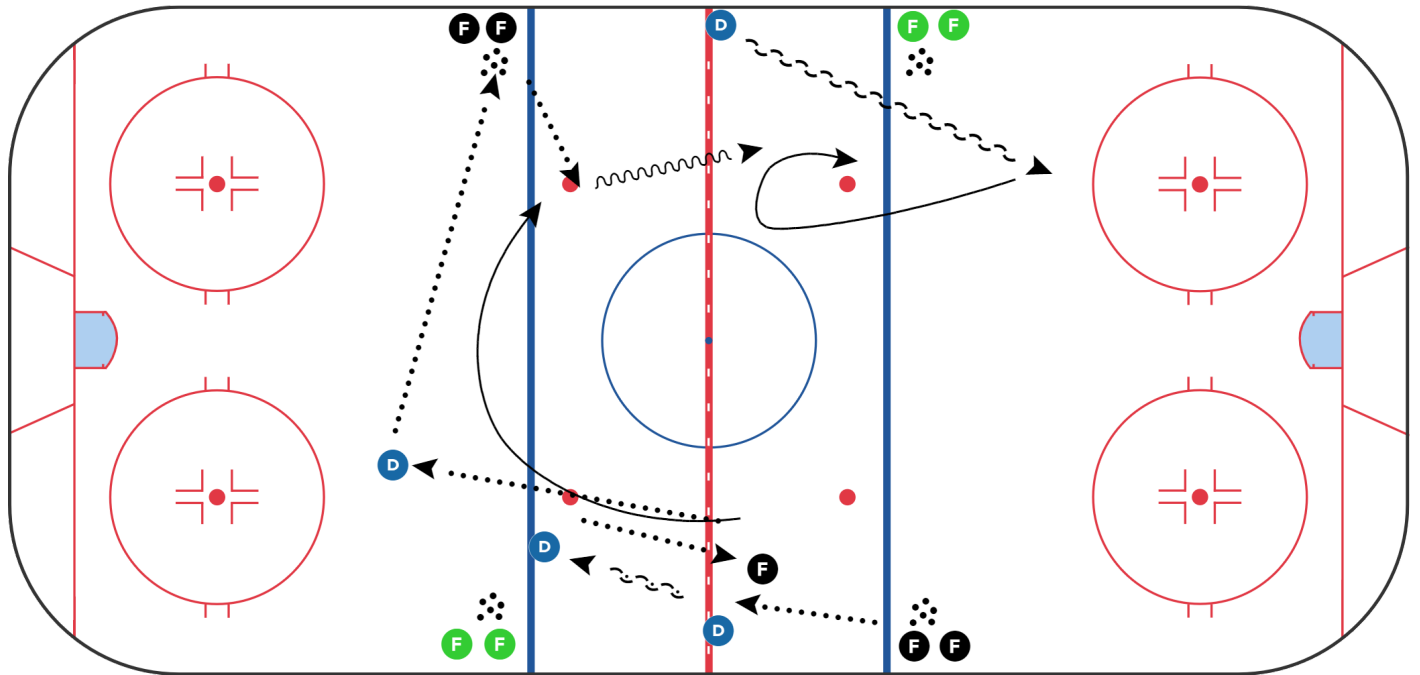
Next whistle, new Yellow D steps out on blue line, and gets pass from his one-timer side. Net front battle with the 3 players from the first 2 on 1.

Next whistle, opposite green F starts a 2 on 1 against Yellow D.

All 3 players from the original 2 on 1 rush join the new rush, to make it a 3 on 3 rush.

After two rushes, players are done (they return to the lines they started at).

Drill continues back and forth like that.



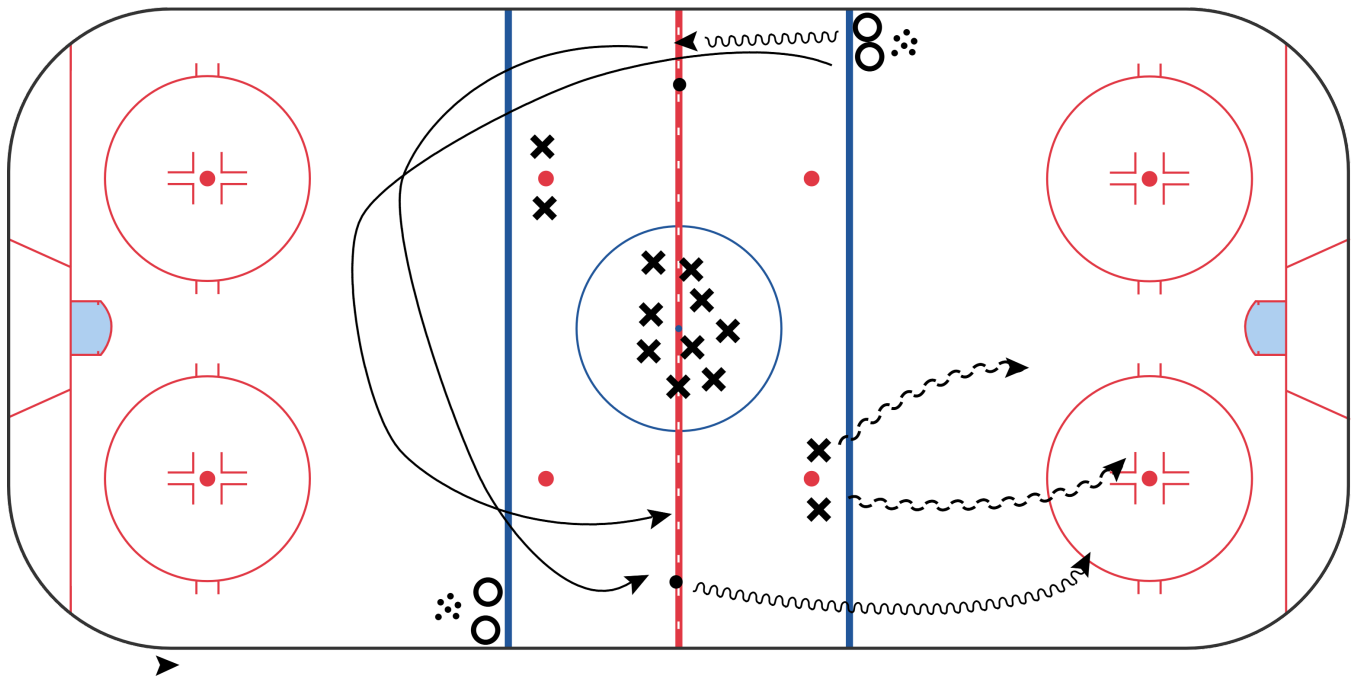
Description

D on the red lines, forwards on all 4 blue lines. Drill will run both sides at same time, but only one side is diagrammed here. Forward passes puck to D while moving backwards. D gives it back to F, then F gives it back to D. D then hits the other forward line (next guy up because first guy already left). That F hits F swinging through the middle. The D on the other side of the ice gaps up after completing his passes. "D stay on the same side of the ice you started on."

**** important **** - D must change directions every rep. If they didn't, then only two forward lines would ever be involved in the drill.

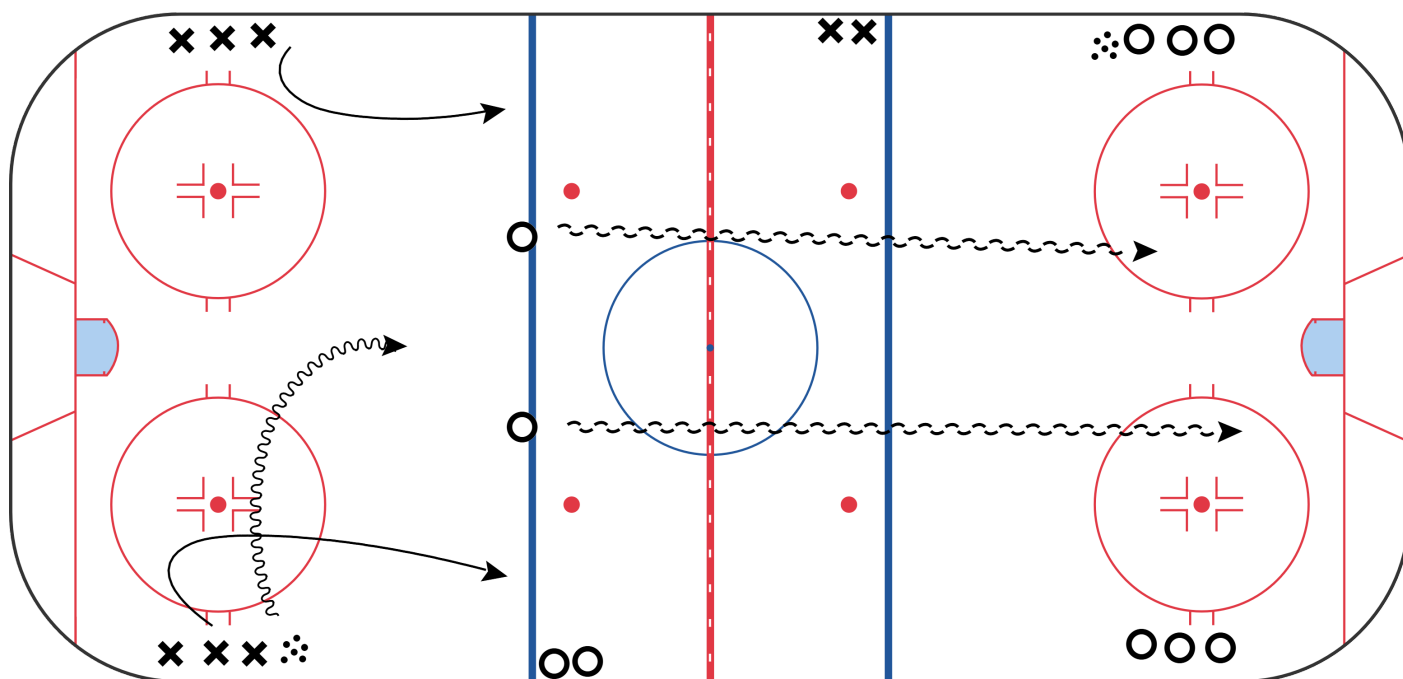
**** ADD 2v1 OFF SAME SETUP ****

Same start to the drill. But now, when forward gets puck in the middle, he will pass to the forward line at the other blue line. They will swing and attack 2v1 against the D that started them off.

**Description**

Have one team be offense for 4-5 min, and then switch.

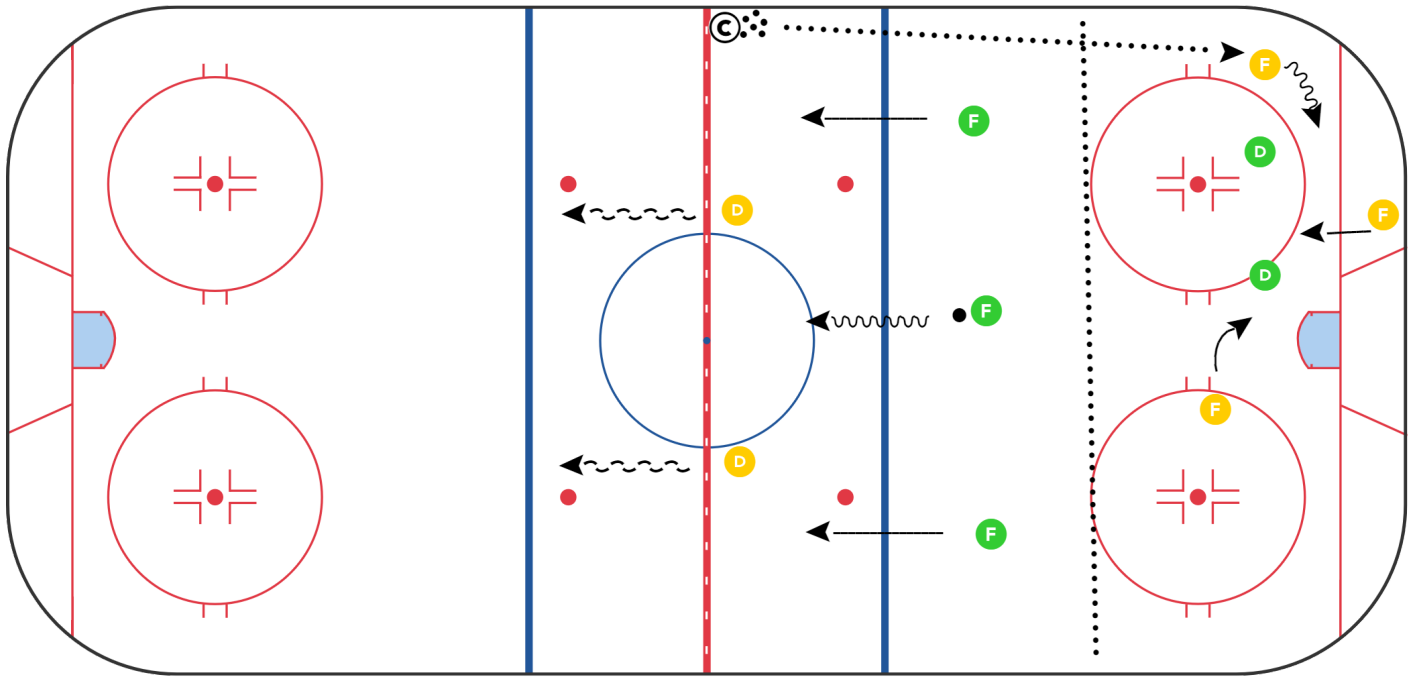
Players skate up and place/drop puck on red line, gain speed and pick up puck on other side. Defenders start on the dot and can't move until the offense touches the puck sitting on the red line.



Description

On whistle, line with pucks always adds two players to the rush. 3v2 rush all the way down. Two new X defenders pop out once they pass the blue line. Next whistle, O attackers begin a rush against X defenders. X FORWARD that is closest to the puck (highest) will back check the 3v2 rush to make it an eventual 3v3. Process repeats.

****Have Forwards rotate through at D for tonight****



Description

Drill starts with coach passing a puck to a yellow F in zone. 3 on 2 against the Green D below the tops of the circles for 10-20 seconds. On whistle, Green F starts 3 on 2 rush against Yellow D. All 5 players from the 3 on 2 down low join the rush to make it a 5v5. Continue 5v5 full ice for 20-30 seconds.

Next rep of drill will start in the opposite end of the ice, with opposite colors starting on offense first.