

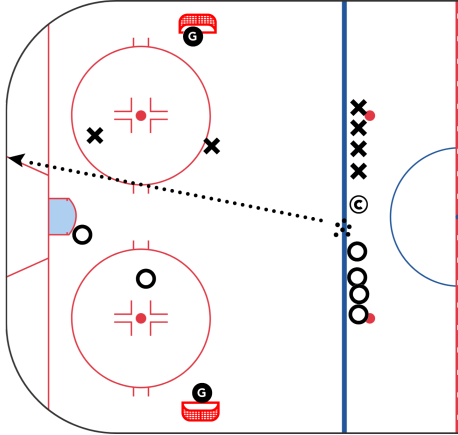


11 2v2 Games

I love 2v2 games because no one can be a passenger - everyone has to be engaged in the play!

2v2 Goalies Have No Friends

10 mins



Great drill for developing heads-up scanning and awareness of where open ice is.

Coach dumps puck in for players to play 2v2 where anyone can score on any net at any time. Coach throws in new puck if goal scored, puck saved or puck shot out.

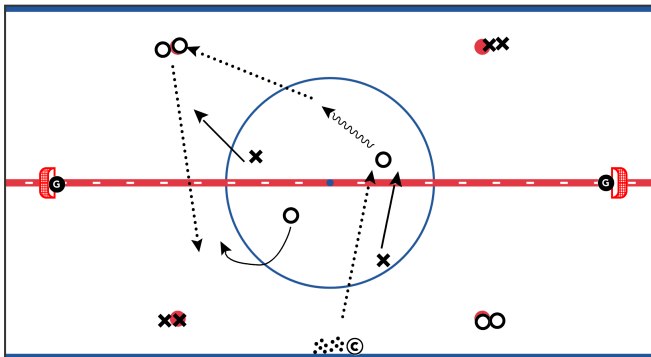
Play 30-40 second shifts at full speed and change on whistle.

Key Points

- Awareness & Communication
- Think A Play Ahead
- Find & Use Open ice
- Timing & Support

Dartmouth 2v2 NZ Outlets

10 mins



Players play 2v2 in neutral zone for 30 seconds max trying to score as many goals as possible.

Use different conditions to emphasize different aspects of timing, support, think a play ahead

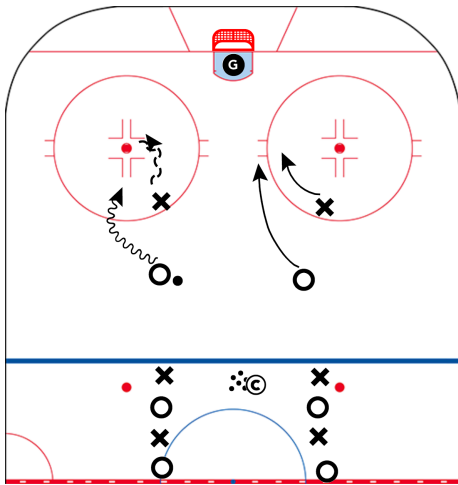
- Outlets: must use outlet on change of possession, can use outlets at any time
- Direction: score on only one net throughout, or play as goalies have no friends
- Passing: use of outlets above as well as number of passes made in middle (ie. have to make 1-2 passes before shoot - to outlet or to teammate)
- Touches: players can only possess puck for 2-5 seconds before moving it

Key Points

- All 3 Ps - pace, poise, physicality
- Communication & Compete
- Scanning & Awareness
- Timing & Support
- Quick Transition & Think A Play Ahead

'Gate Attack 2v2

10 mins



O's attack the two X's 2v2. X's are trying to gain possession and make a pass to the next players in line so that they can exit the drill.

Once that "breakout" pass has been made, the next two X's jump in to attack the 2 O's who just attacked.

So players enter the game on offense, transition to defense and make a breakout pass in order to exit the drill.

Variations:

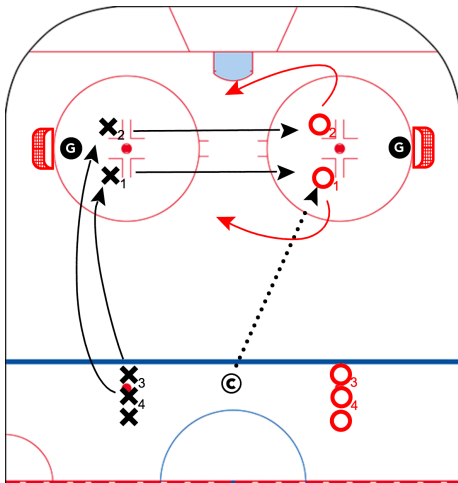
- Numbers - can be played 1v1, 2v2, 3v3
- Distances - can back the line up to red or moved down to the ringette line
- Passing - can change it so defenders must make pass above ringette line to encourage carrying puck & using partner

Key Points

- Quick transitions from offense to defense
- Poise with puck under pressure - creativity & patience
- Communication

Mutchie 2v2 Transition Drill

10 mins

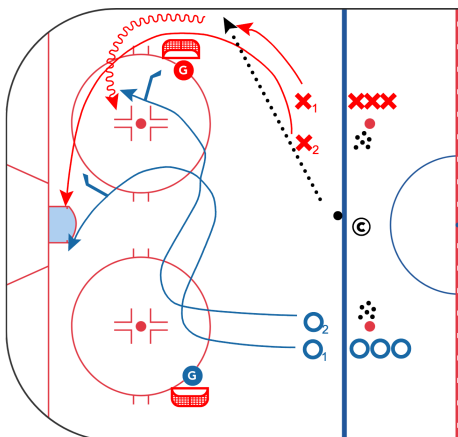


It's a competitive game & a 2 vs 2 transition drill.

- C will pass the puck to either side.
- If O's receive puck they will have a brief 2 vs 0 on that goal with X's backchecking.
- After X 1 & X 2 are backchecking X 3 & X 4 fill their spots.
- Once X 1 & X 2 reclaim puck they pass to X 3 & X 4 with O 1 & O 2 backchecking.
- After O 1 & O 2 are backchecking O 3 & O 4 fill their spots.

Into Circle 2 vs 2 Angler

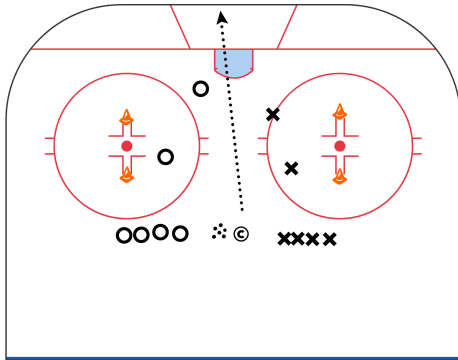
10 mins



- Coach passes puck to one end wall which activates that team as being on offense and other team defends initially.
- Play 2v2, where offensive team needs to circle around their own net before attacking far end.
- Defending team must skate inside both circles before angling the offense off.
- If defending team wins possession, they become attackers.

Key Points

- Attackers: Quick feet, good puck protection and management
- Defenders: go into near circle first and then far circle to angle off towards boards
- Defenders: Own the middle with good angling and proper stick positioning



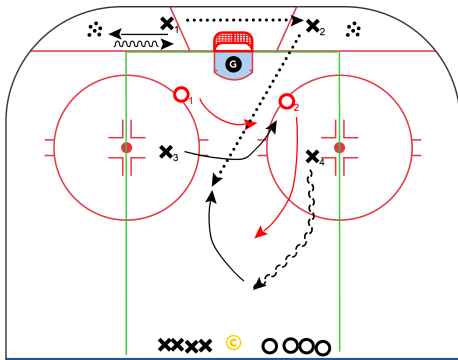
Coach dumps puck in and players play 2v2 across ice. Players must skate puck through the cones in order to score. Players have a 20-30 second shift before next group goes.

Variations:

- Scoring Direction - only score by skating through towards wall, can score by skating through gate in either direction
- Skating Direction - only score on net at opposite end from your line, can score on either net
- Size - can be played in a larger or smaller area
- Cone placement - closer together or further apart
- Numbers - game can also be played 3v3

Key Points

- Protect the puck - build a wall with your body
- Find the space
- Communicate & compete



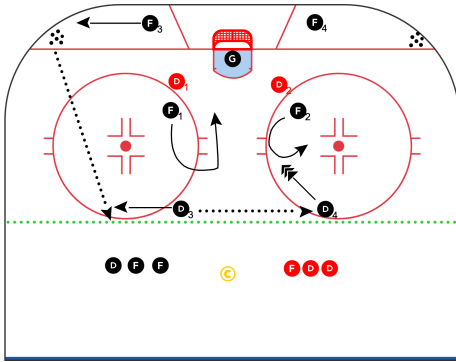
- A 2v2 net front battle drill with 2 extra offensive players below goal-line. Two attackers must use space & each other to create quality scoring chances.
- Two Xs are below goal-line and are responsible for adding new pucks into the game.
- 2 offensive players (Xs) and 2 defensive players (Os) in front of net
- In basic version, two low Xs can't come above the goal line - can only pass from there (progress to giving them ability to jump in and switch with one of the Xs in the slot).
- Two high Xs in slot must attack within the area between dots line and blueline
- Defenders looking to clear pucks outside dotline into grey areas (not up through middle of ice)
- Can run out of both ends easily.
- Rotate from offense to defense to below goal-line.

Key Points

- Offence get open, keep stick free, be puck ready
- Defence tie up stick, stay on defensive side
- Compete, fight for space
- Turn into competition - if Ds deny all shots, Fs have to skate boards to boards; if Fs score, Ds have to skate boards to boards

Happy Meal 2v2 In Front

10 mins



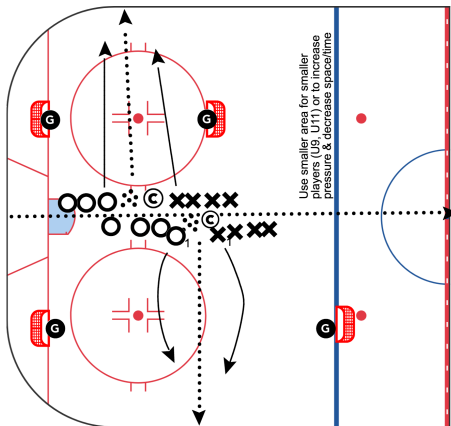
- F3 & F4 stay below goal-line and are responsible for putting new pucks into play
- F1 & F2 are trying to score (with help from F3/F4 and D3/D4) and D1 & D2 are trying to clear pucks into grey areas/out
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- If every player playing all positions: rotation is from point, to offense, to defense, to behind net
- If playing by position: players rotate from forwards in slot to forward on goalline; defenders from point players to inside defenders
- Variations:
 - Players - can play with 1F below goal-line, 1D up top, inside defenders with sticks flipped
 - Positions - allow attacking players to switch positions (all spots must be filled but all attacking Fs and Ds are interchangeable)
 - Shooters - Ds at point must shoot (not looking to pass to attacking forwards)

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Possession 2v2

10 mins



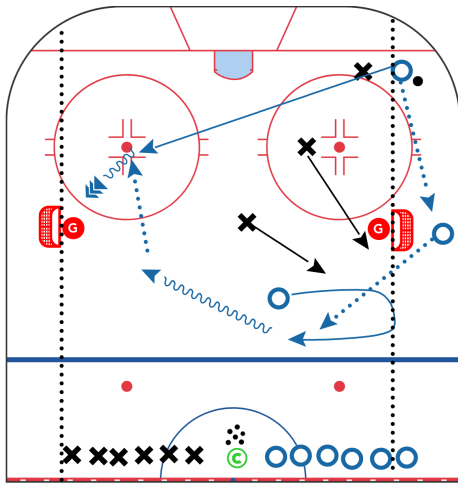
- Game starts with a loose puck placed out for a foot race/battle between X1 & O1.
- Whichever player gains possession 1st immediately activates their 2nd player (don't have to make a pass back to line).
- If defending player gains possession, their 2nd player activates turning it into 2v2.
- If no goalies, must score off a wrap-around or double up the nets.
- Variation: can run it where it is automatically 2v2 off the dump in (simpler)

Key Points

- Win race, initiate contact, build wall - puck/you/bad guy
- Possession under pressure
- In tight support and passing

2v2/3v3 Breakout Across Ice Game

10 mins



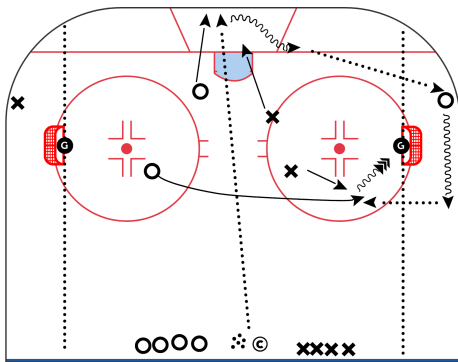
- Start with the nets higher than a typical cross-ice game to provide more width. Players who are not actively in the game should be at the red line.
- On change of possession, teams must take the puck below their own goal-line (seen here as dotted lines) and breakout before attempting to score on the opposite end.
- To make it easier or allow the players to perform a specific breakout play (D-to-D, reverse, etc.), coaches can require the team without the puck to "tag up" onto own half of the ice before attacking the breakout.

Key Points

- Support the puck carrier by getting into position for a breakout pass.
- Emphasize communication and finding/using open space.

2v2 Across Ice with Offensive Outlet

10 mins



Coach dumps puck in and players play 2v2 across ice.

Players must pass to coach/outlet at their offensive end before they are allowed to shoot. Offensive outlet can carry puck anywhere below goal-line (seen here as dotted lines).

Progress to where you can switch who the offensive outlet is - must always have a player back there but can change roles with 2 other attackers.

Players have a 30-40 second shift before next group goes.

Key Points

- Communicate and compete
- Quick attack off pass to outlet if there - play with pace
- If not there, pull back and find open ice/2nd opportunity - play with poise