



DRILL E-BOOK

COLLECTION OF DRILLS SUBMITTED AT THE 2020 VIRTUAL HOCKEY SUMMIT



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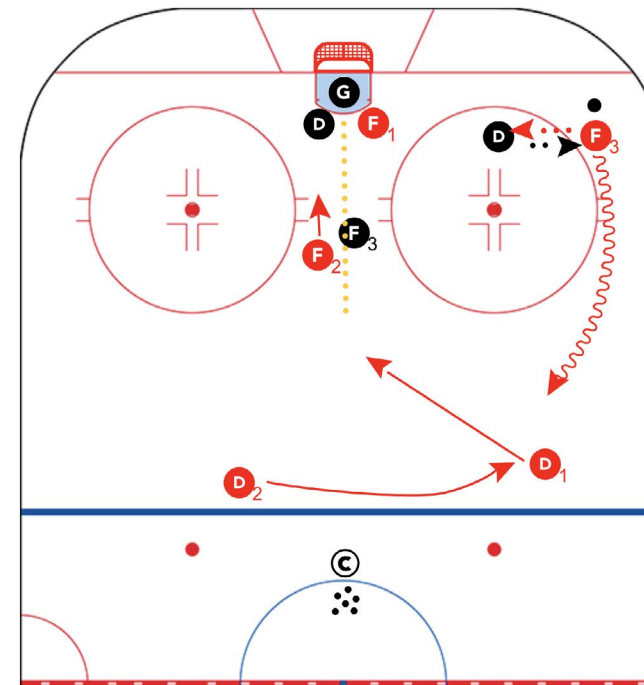


VILLE PELTONEN

FORMER ASSISTANT COACH – FINNISH NATIONAL TEAM, IIHF

5 VS 3 OZ CYCLE

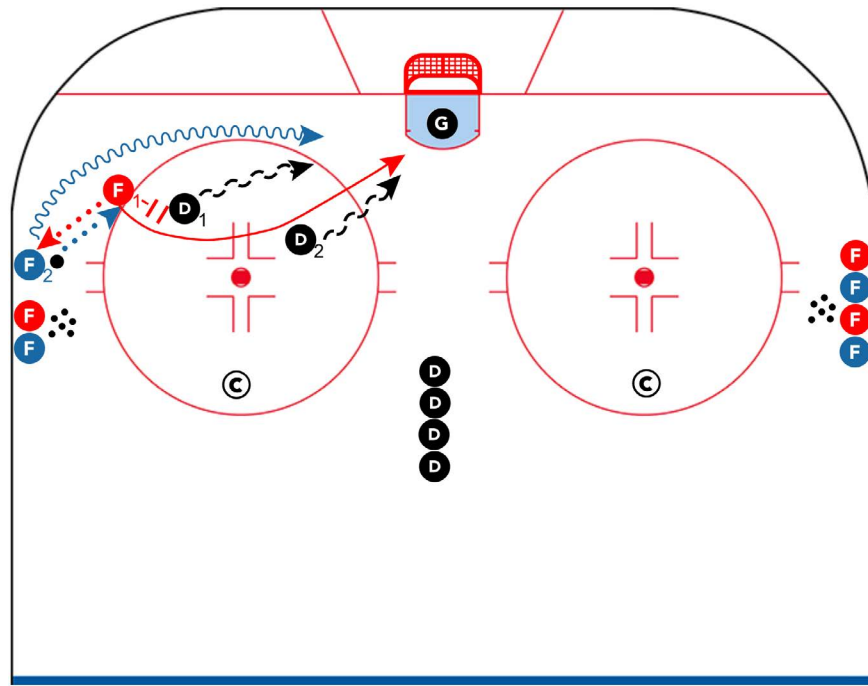
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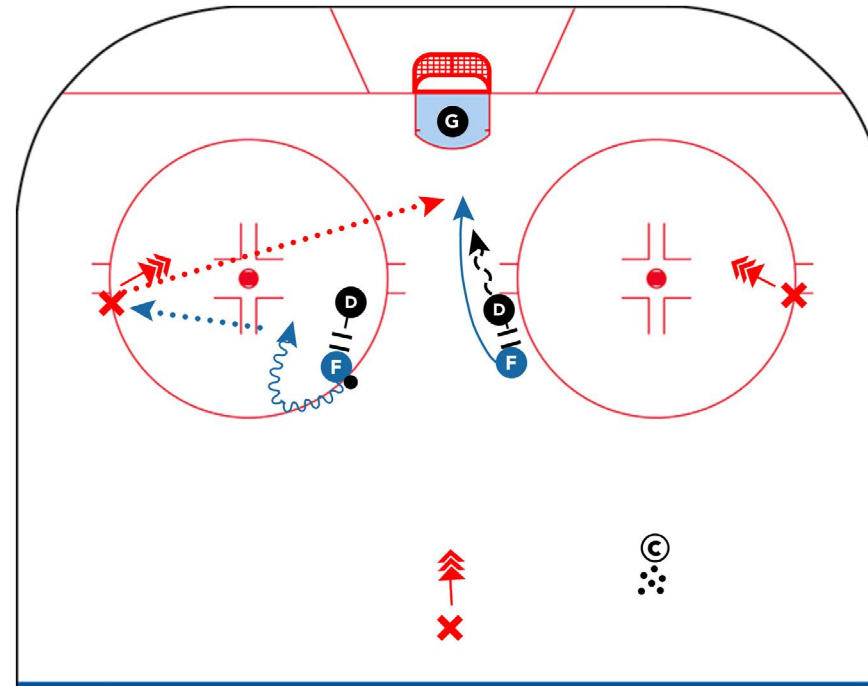
- OZ Cycle Structure: 2 forwards net presence, Ds active, win 1st hit, move and challenge, F1 & F2 react to loose pucks and F3 balance.
- 3 defensive players: talk and sort out.
- Drill starts with **F** give-n-go pass with the defending **D**.
- If offensive unit scores, goalie makes a save or defensive trio is able to play the puck by skating and passing out of the zone --> Coach puts in new puck.

6 2 VS 2 HASH MARKS

- **F**1 give-n-go with **F**2 --> bump into **D**1 & drive the net. Whistle **F**1 is off and **F**2 becomes **F**1 on the other side.
- **D**1 avoid the pick and find **F**1 quick stick on puck. **D**2 take away middle drive. Win the puck together and pass to Coach. Whistle: **D**1 is off, **D**2 -> **D**1 on the other side.



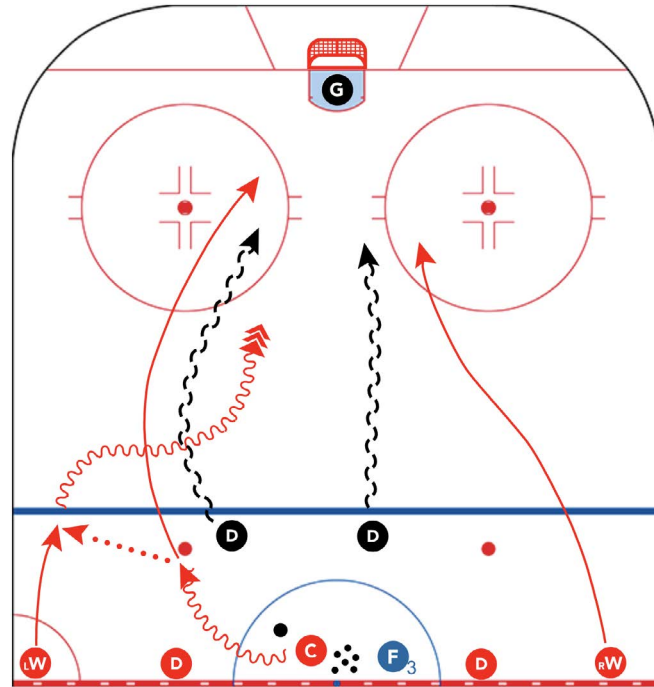
2 VS 2 BOX OUT GAME



- 2vs2 net front battle.
- 2 **F**s have 3 shooters/passers on their side. 2 Forwards can give -n-go with 3 outside shooters. Shooters cannot keep the puck, but send it right away on net or to driving Forwards stick. Fs drive and fight for position in front. If puck goes below the goal line or out of the zone --> Coach will give new puck to one of the 2 forwards.
- **D**: Talk, sort out, box out, stick on puck on the puck carrying forward, box out on the driving forward, see the puck and your player.

5 VS 2 RUSH OPTION -> CONTINUOUS PRESS -> 5 VS 3 OZ CYCLE

- Rush Options: Challenge middle shot, delay, short side chip, side change behind net.
- Rush: Center close support 2-on-1 to puck carrier--> drive, weak side F drive far post.
- Continuous pressure: React quick F1/F2, F3 balance.
- OZ Cycle: 2 forward net presence, Ds active in OZ (cycle in strong side or side after side change).

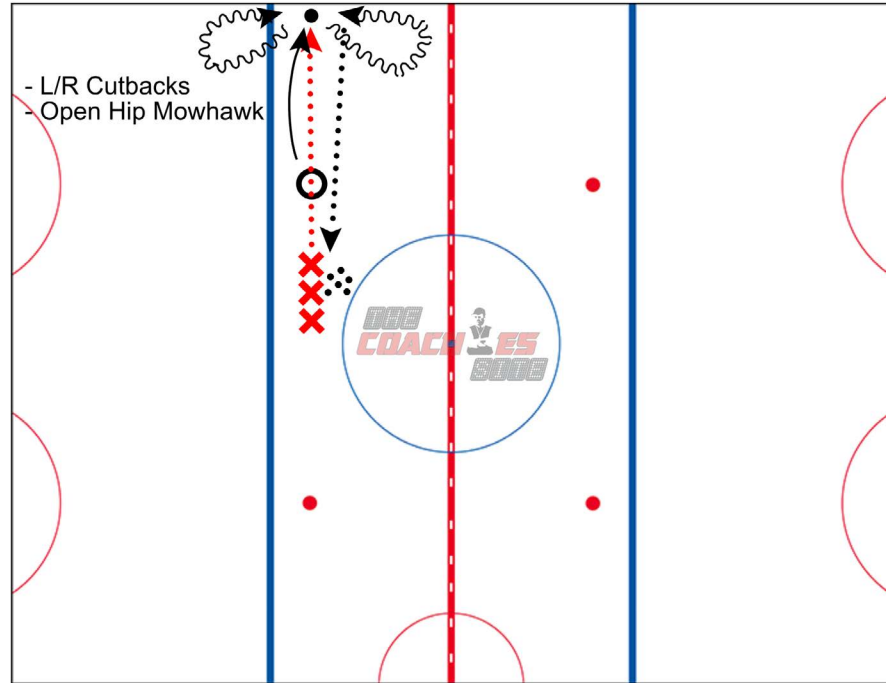


LUKE STRAND

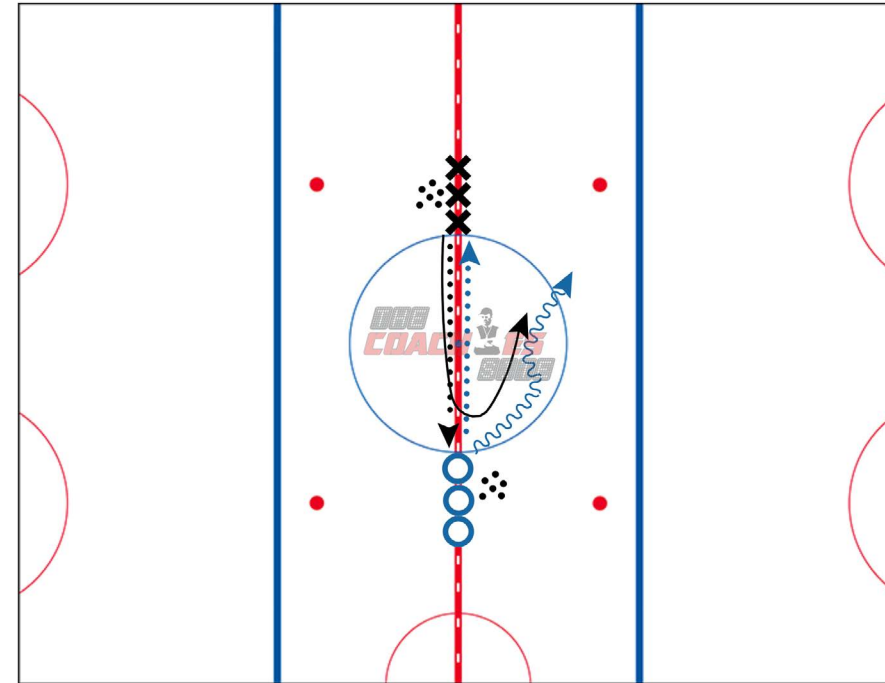
HEAD COACH – SIOUX CITY MUSKETEERS, USHL

CUTBACK WARM UP

- Player **X** puts puck between player **O**'s feet.
- Progression 1: Use cutbacks L/R. Finish drill by passing puck back to line.
- Progression 2: Use cutbacks L/R. Open hip mohawk. Finish drill by passing puck back to line.



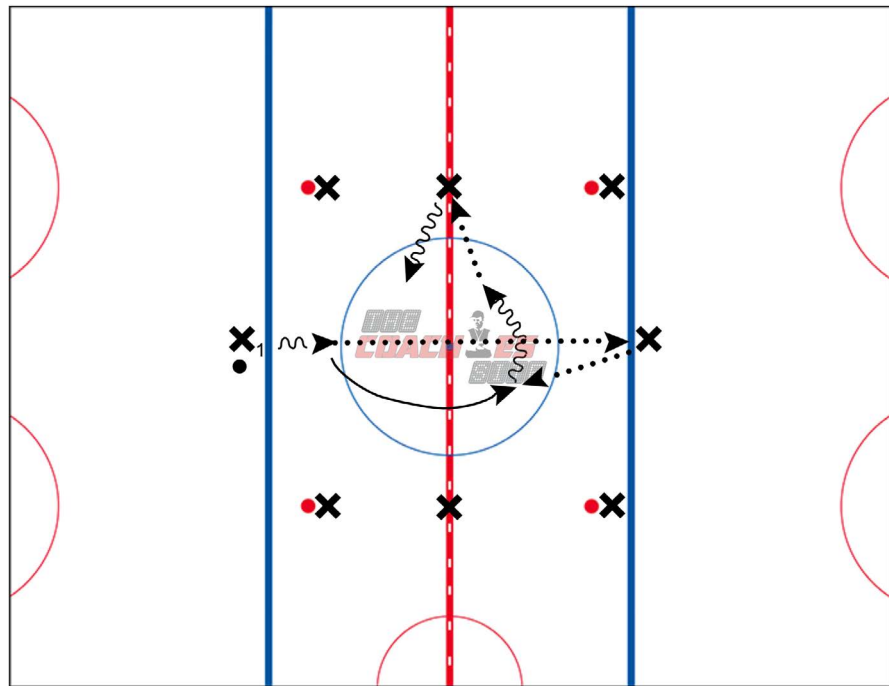
RD CIRCLE PASS / PROTECT



- Drill starts on the whistle. **X** and **O** exchange passes.
- Second whistle activates 1v1 puck protection in the circle.

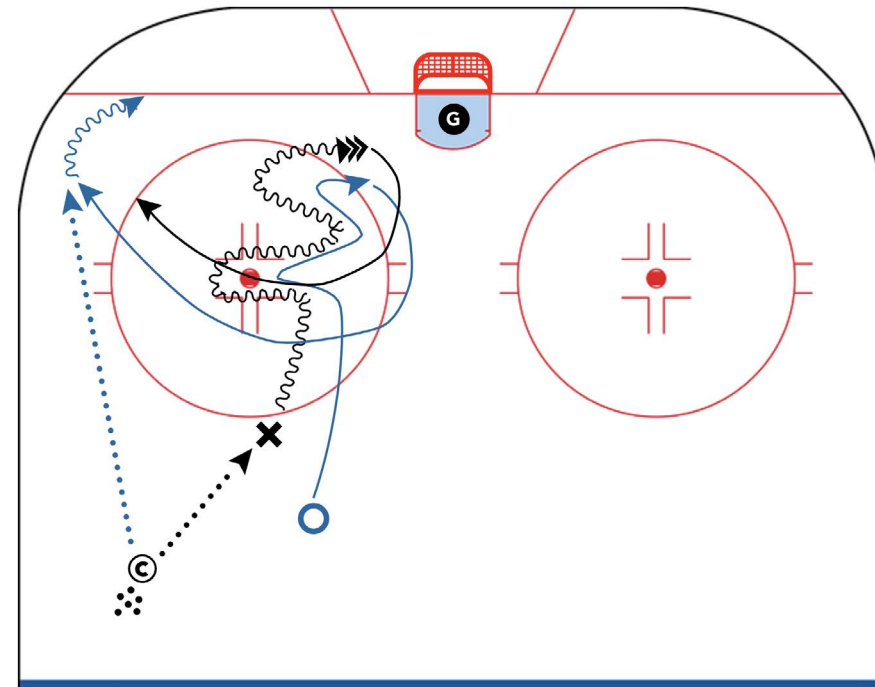
12 WORLD CIRCLE

- **X1** takes a couple hard strides with puck (underhanding) and passes to a player around the circle.
- **X1** receives return passes, underhandles puck, and gives it to another player around the circle.
- Repeat. Continuous drill.



RODEO 13

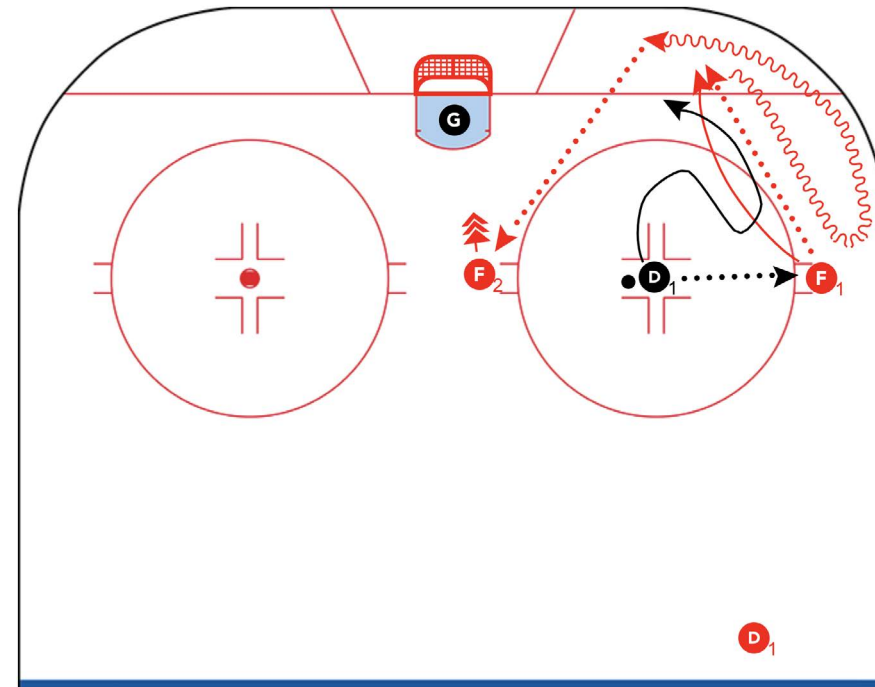
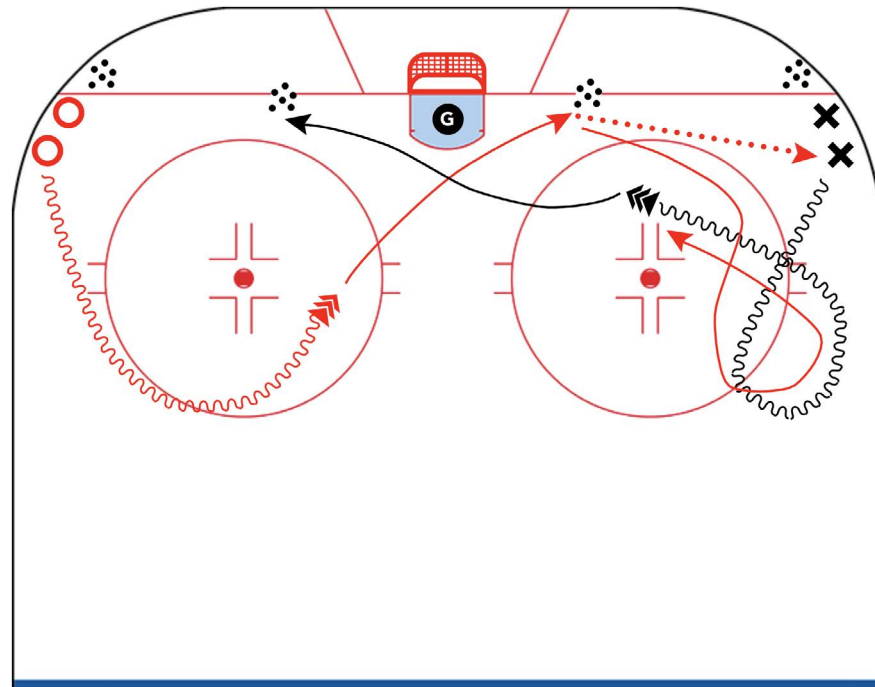
- Drill starts by **X** receiving pass from Coach and protecting puck inside the circle from **O**.
- On whistle, **X** shoots under pressure from **O**. After shot, **O** then recovers puck in the corner and puck protects vs **X**.



SEAM ENTRY PRESSURE SHOOTING

IZO SERIES

- **O** starts the drill with a seam shot. After shot, **O** picks up a puck in opposite corner and passes to **X**.
- **X** receives pass, gets off the wall and attacks the high or low seam with token pressure from **O**.
- Repeat from both sides. Continuous drill.

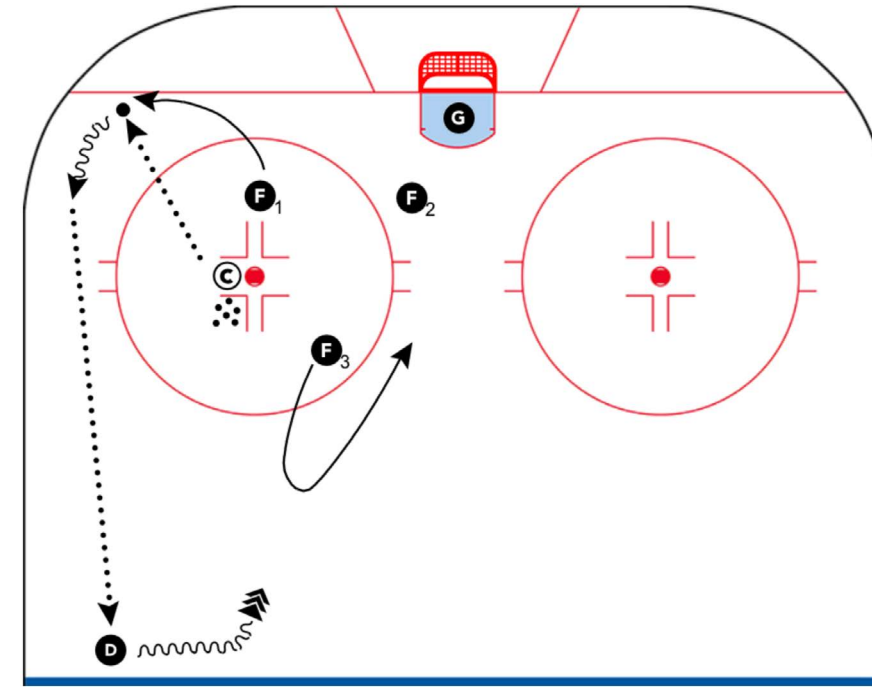
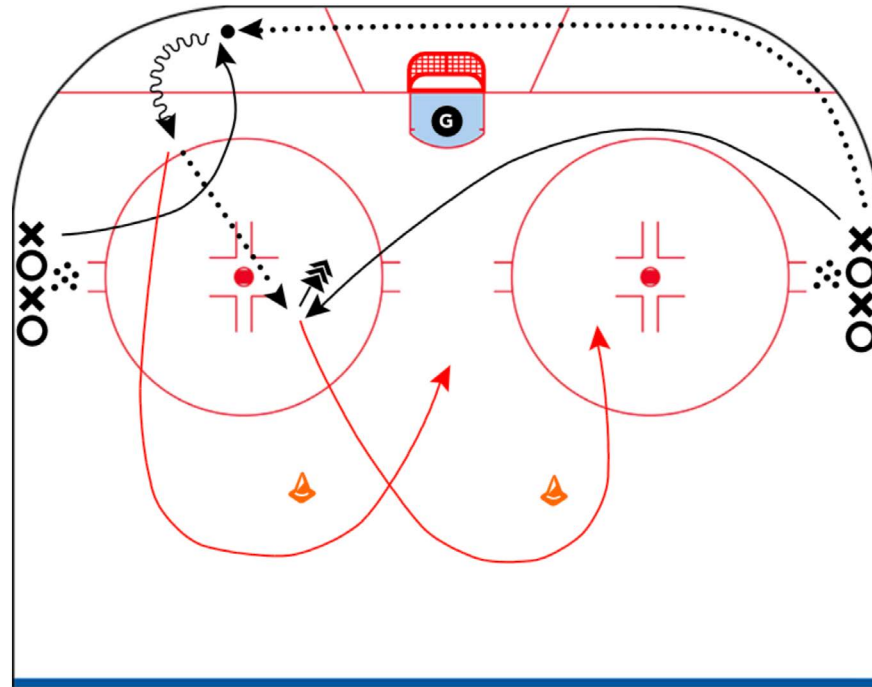


- On whistle, **D**1 passes to **F**1 on the wall, who then deposits the puck into the corner and wins the lane to the puck.
- **F**2 on the inside hash is now activated for a 2v1 low.
- On whistle, players reset. **D** and **F** on the wall repeat first part, but **F** will now go low to high to the **D** on blue line - who rims the puck to the trap activating another 2v1 low.

16 2 VS 2 LOW RIM

IZO PROGRESSION

- Offensive routes drawn in black, defensive routes in red.
- Rim to the opposite line, play out the offence.
- On whistle, next two players in line repeat the rim to opposite line - the players who just went are now on defense.
- Plays out offense to defense to out. Always stagger colors in lines.



- Coach places puck in the corner, **F1** recovers and goes low to high for a stacked tip.
- **F2** will recover a second puck from coach and execute a scissor play with the **D**.

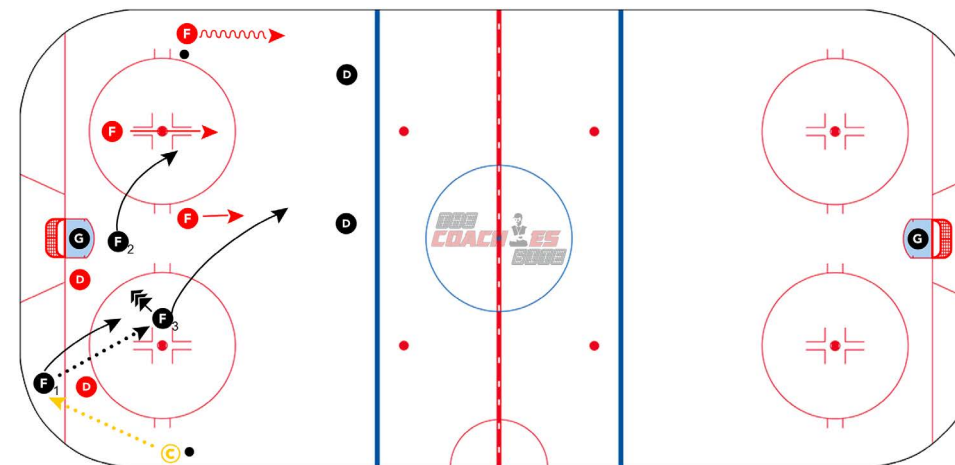


FRED HARBINSON

HEAD COACH, GENERAL MANAGER & PRESIDENT
PENTICTON VEES, BCHL

SHOOT AND TRACK

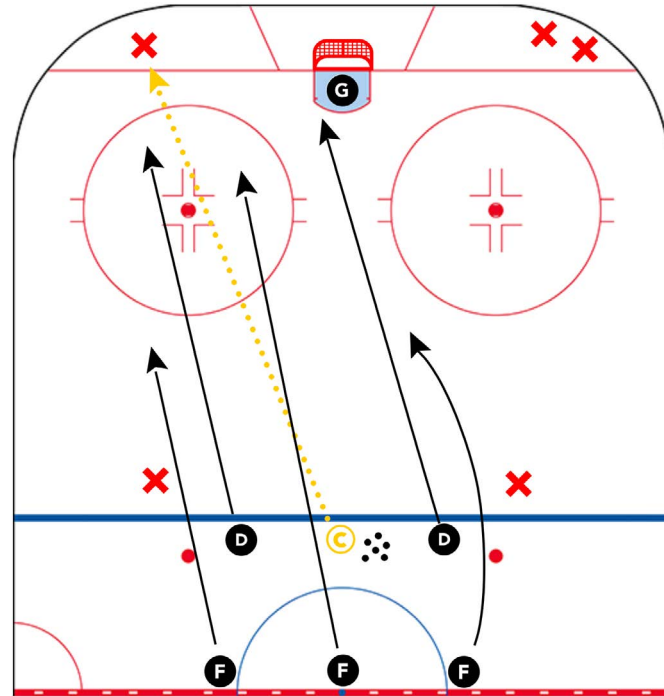
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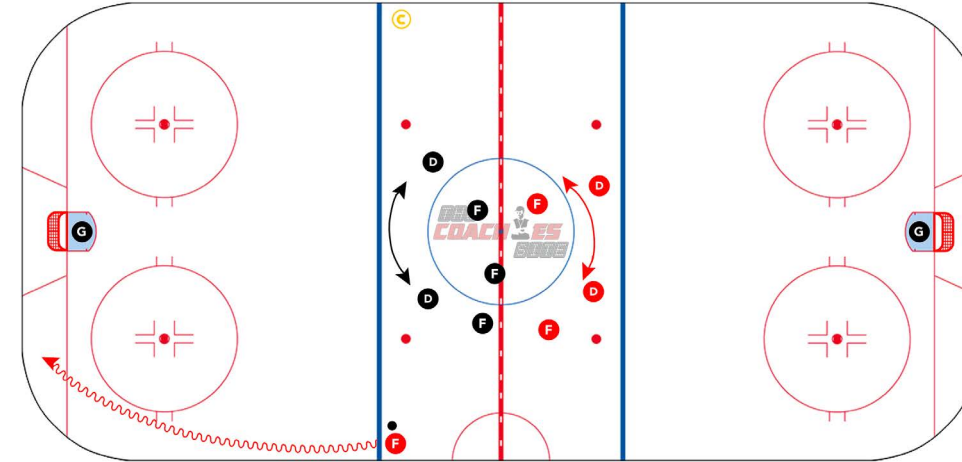
- Coach spots puck to **F1**.
- **F1** passes to **F3** for a shot.
- On whistle, new puck starts with one of the red Fwds who attack down ice while **F1, 2 & 3** track.

1,2,5 DEFENSIVE ZONE COVERAGE

- Drill starts with 5 defensive players in the NZ (black) with 5 offensive players in the Zone (red).
- Coach dumps a puck to the side with a single forward.
- The 5 DZ players enter the zone 5v1 and get into DZ coverage to win the puck and pass it back to the coach.
- The next rep it goes to the other 2 forwards to make it a 5v2 in DZ coverage, puck is won and given back to coach.
- Coach now passes the puck to a D up top and 5v5 play follows in zone.



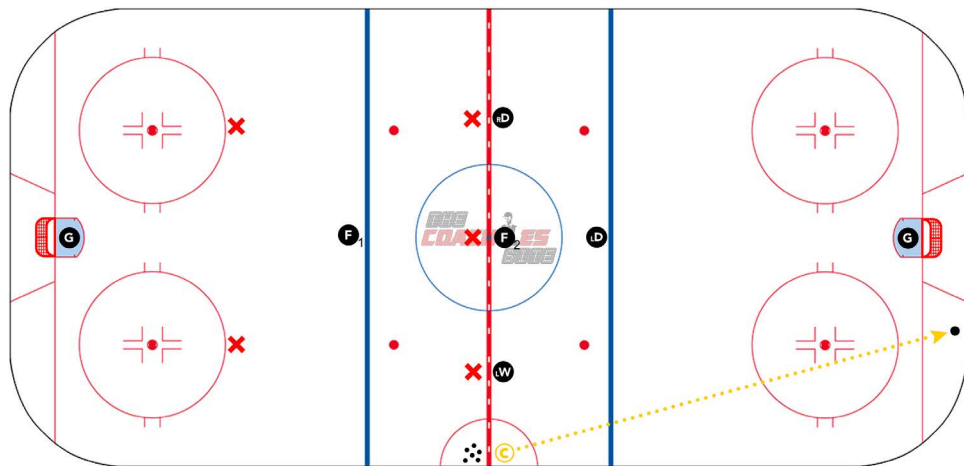
RETURN TO DZ SCRAMBLE



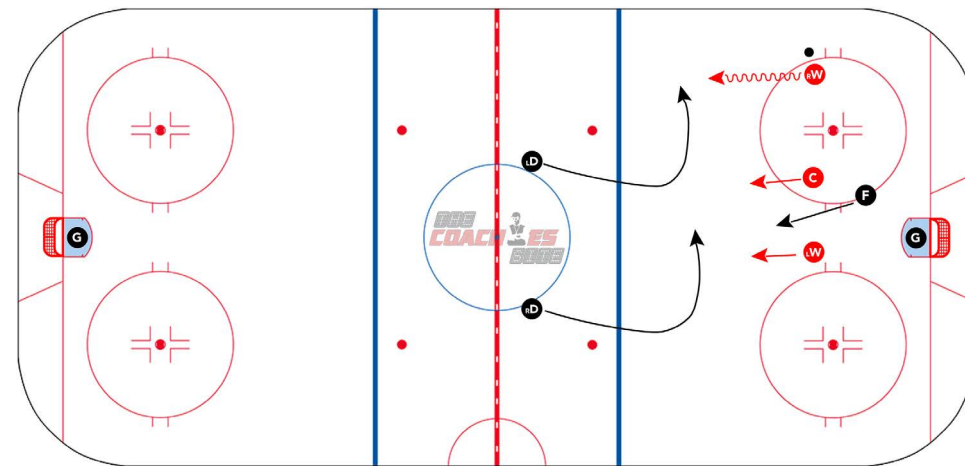
- 1 Fwd at offensive zone blue line, 9 others skating around NZ.
- On whistle, **Fwd** with puck skates below goal line while all other players track back.
- Play live once puck crosses goal line.

NZ 1-1-3 WALKTHRU/TOSS

- Coach throws puck to either side.
- One line is offence, one goes into NZ 1-1-3 LW lock.
- On whistle, coach will throw a new puck in, old one is dead.
- 4 pucks total, 2 offence, 2 defence.



WINDSHIELD WIPERS



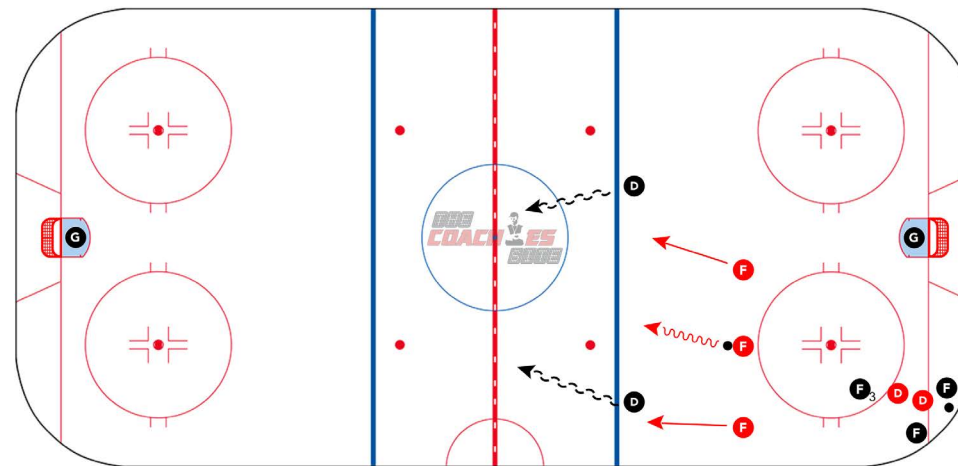
- **RW** starts with puck, on whistle 3v3 takes off down the ice.
- **D** swing to close gaps.
- **F** starts behind the red players and sorts out the coverage off the rush.



DAN DARROW
VIDEO COACH – SAN JOSE SHARKS, NHL

0-ZONE TO TRACKING

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1ST WHISTLE:

- The drill starts with a 3v2 low. **F**s are trying to score while **D**s are defending the goal.
- Play 3v2 low, focus on creating 0-Zone time out of swarm. **F**s can also use **D** at blueline in drill. **F**s wait at top of the circle and are not involved.

2ND WHISTLE:

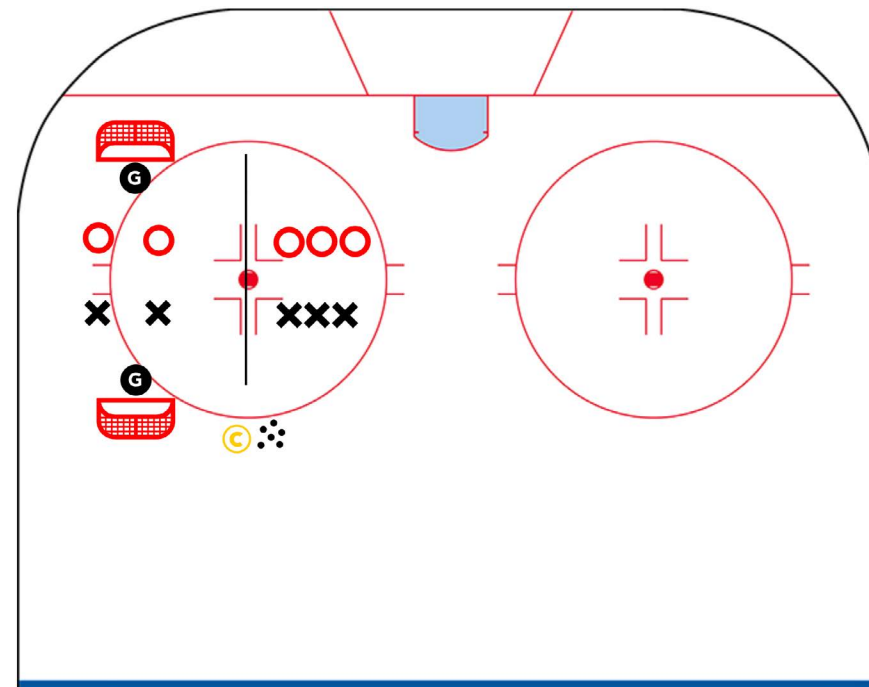
- **F**s leave puck. **F**s attack **D** 3v2 with **F**3 tracking. **D** work for good gap and ending plays early with tracking pressure.
- Can also track with all 3 **F**s, and **D** join to make 5v5.



ROD BRIND'AMOUR

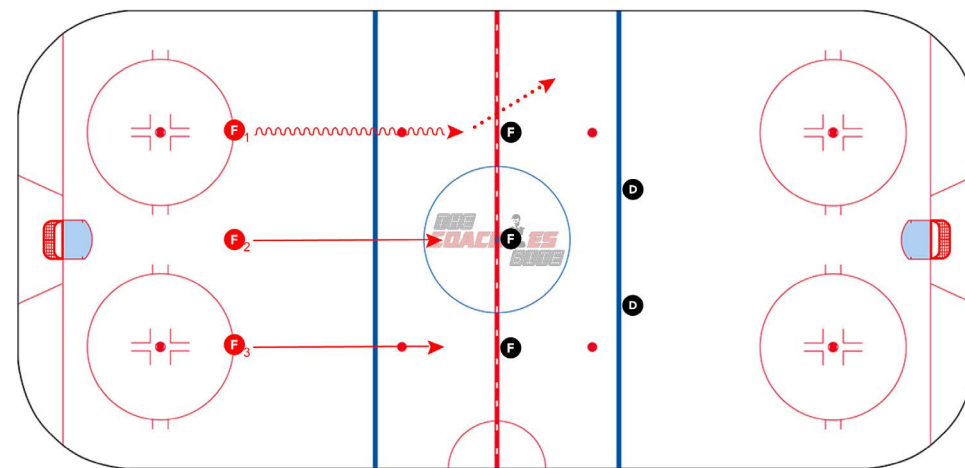
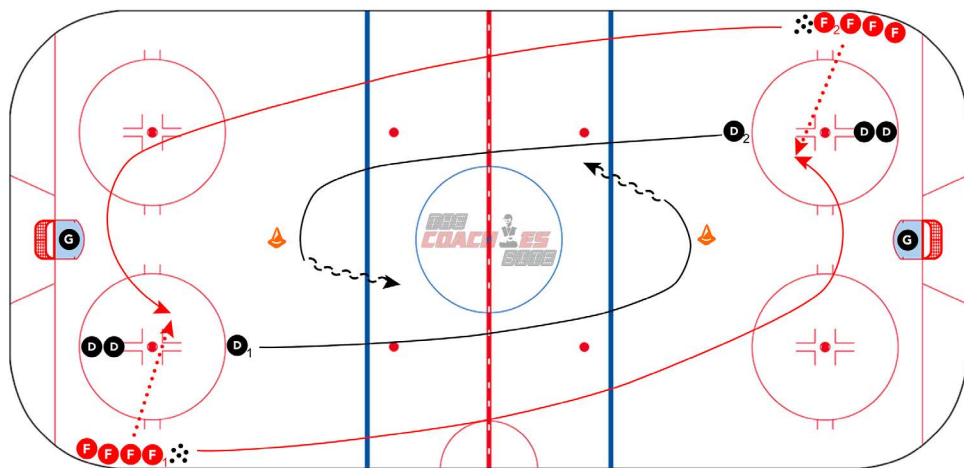
HEAD COACH – CAROLINA HURRICANES, NHL

PITTSBURGH 2 VS 2



- Coach spots a puck to initiate 2v2 small ice.
- On whistle the 2v2 is done. Players leave the puck and hustle to their teammates. New players can't leave until both previous players have returned to their lines. Penalty shot for flagrant violations.
- If the puck leaves the area or a goal is scored, the coach is ready to spot a new puck in the area.
- Keep score to have a reward for the winners or a punishment for the losers.

- Both sides go on whistle.
- **F**1 and **D**1 and **F**2 and **D**2 go at the same time.
- **F**1 and **F**2 go beneath cone and receive a pass from the next forward in line.
- **D**1 and **D**2 skate forward to cone then pivot and play 1-1 versus the same forward they started with.
- Regroup: If the coach blows the whistle during the 1-1, then **F**1 and **F**2 continue around the cone and attack back against other **D** who has to gap up and regain ice on other **F**.



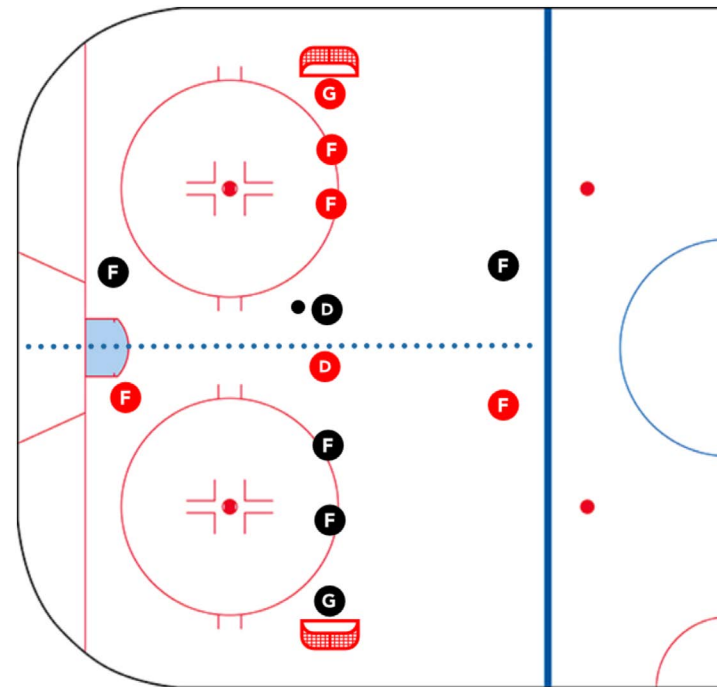
- Line of **F**s at the far end, one has a puck to start. 5 person unit in NZ ready to break out on a dump in.
- **F**1 carries puck to redline and dumps the puck in with purpose to recover... 1 player forechecks.
- 5 player unit breaks out vs forechecker, clears the zone, pass to **F**2 at the far end, who works with **F**1 for a 2 player forecheck.
- Finishes with adding **F**3 on a final dump.
- **F** unit that broke out becomes the new forecheckers.



MITCH GIGUERE
VIDEO COACH – KHL & THE COACHES SITE

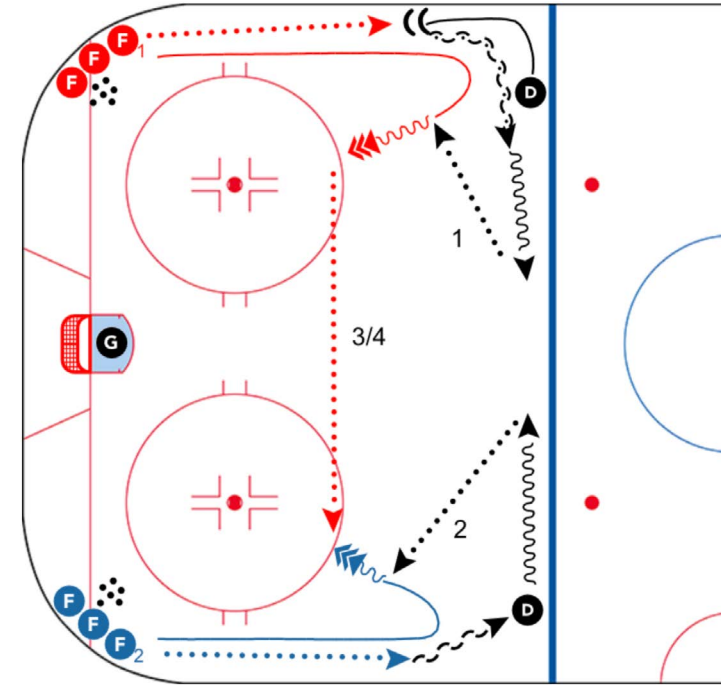
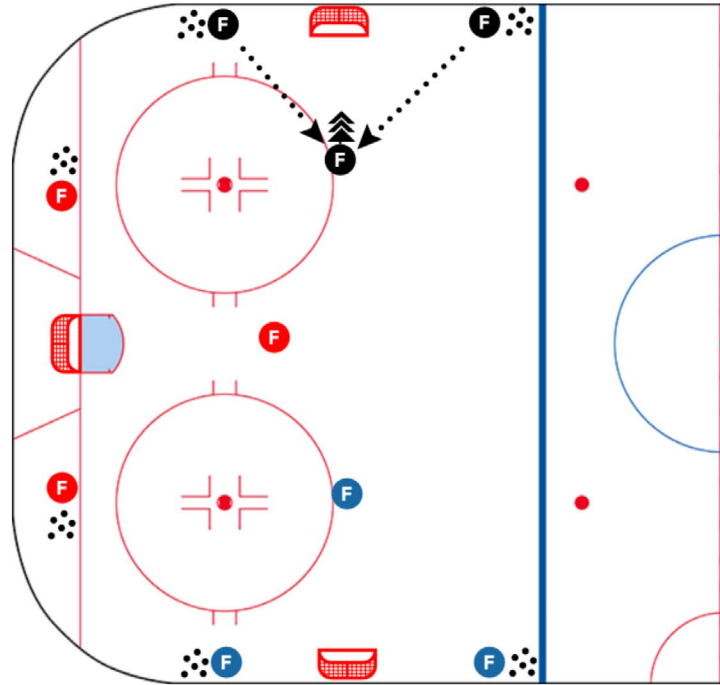
3 VS 2 POWER PLAY

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- Set up a 3v2 on each side where nobody can cross the center line.
- When the defensive team gets the puck back, they must pass the puck across the line to their offensive team.
- Having a D on top (QB) and both forwards on the flanks allows you to work your PP from high.
- 2 F's for the 'defensive team' because we can work the pressure from the PK with your own penalty killing pressure in-zone.

- Groups of 3 at each net.
- Player in front will get passes alternating from each side, focusing on getting shots away quickly and getting set for next pass right away.
- It's a catch and release from the strong side. On the weak side, we can rotate and adjust for a one-timer (half raise).
- After 4 passes from each side, players rotate positions.
- Make sure passers are focused and making good passes.



- **D** skates down the wall and pivots backwards. As the **D** makes their pivot, **F** 1 passes them the puck.
- **D** skates across the line with deception and **F** 1 follows the **D** up, getting inside the blue line dot.
- **D** gives it back to **F** 1, who then attacks downhill.
- 2nd puck, same start as above, but on opposite side.
- 3rd puck, same start as above but with both **F**s. Start on (1) side. Both **F**s are working on the seam pass.
- 4th puck, same start as above but on second side.

You can have 3 options with your flankers:

- Double One-Timer
- Single One-Timer
- Strong Side

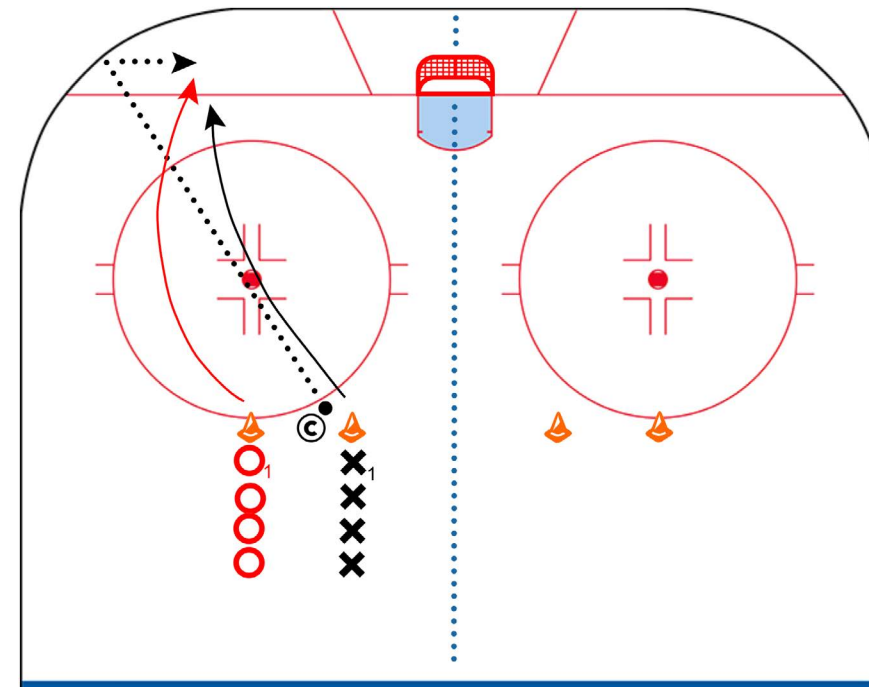


DAN PRICE

HEAD COACH & GENERAL MANAGER – VICTORIA ROYALS, WHL

VIC 1 VS 1 CORNER DEFEND

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SETUP

1. Coach initiates the drill by chipping the puck into the corner. Coach then activates players; varying placement of players and timing of activation.
2. **O1** retrieves the puck and uses deception, evasion and puck protection skills to maintain possession between strong side hashmarks and the trapezoid line.
3. **X1** reads **O1** and applies the SAACC technique. The rep ends on the coach's whistle.

NOTES

- Coach can vary the puck placement.
- Ensure players take reps both on offense and defense, and on both sides of the ice.

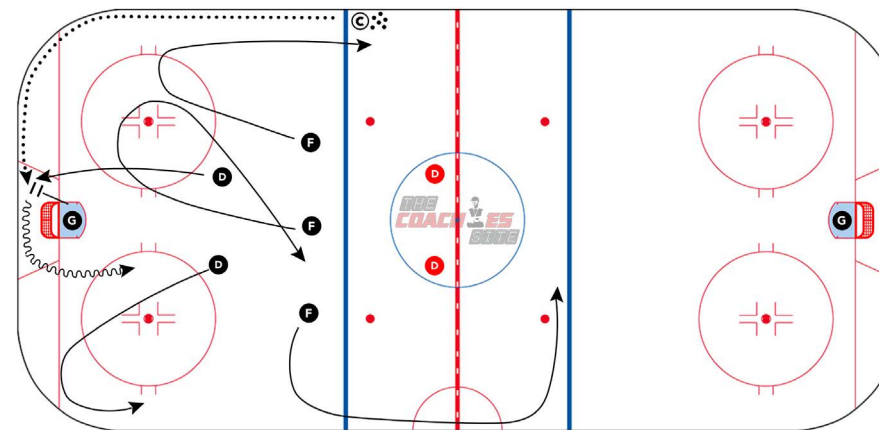


TOMAS MONTÉN

HEAD COACH – SWEDISH U20 NATIONAL TEAM, IIHF

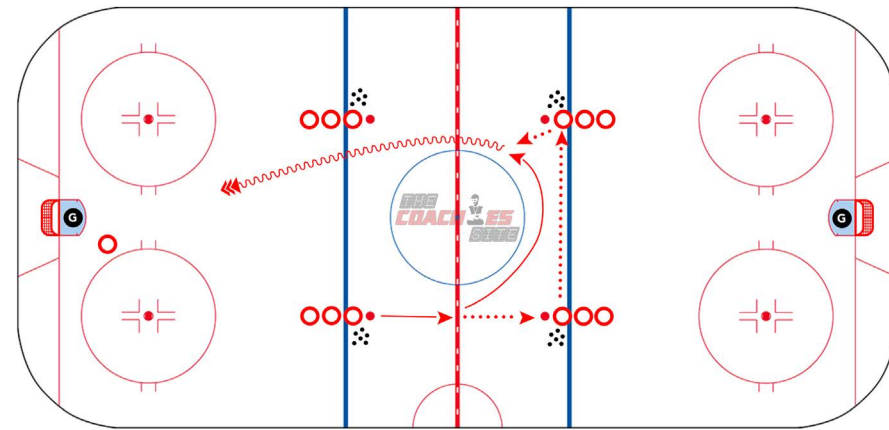
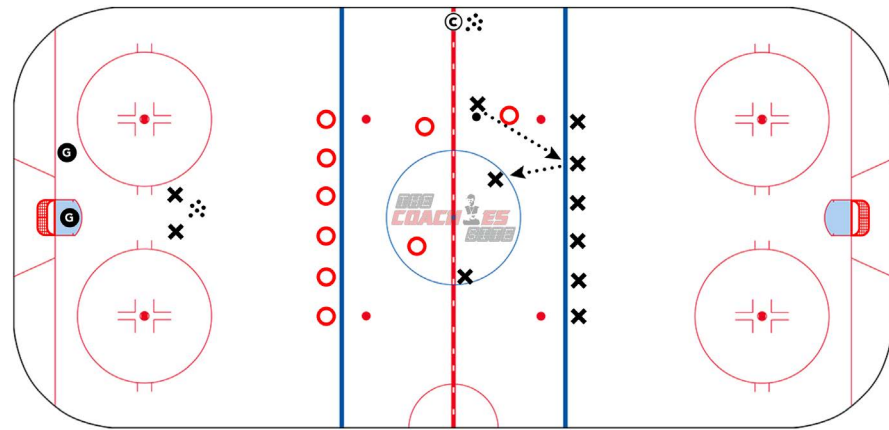
NEUTRAL ZONE STRETCH

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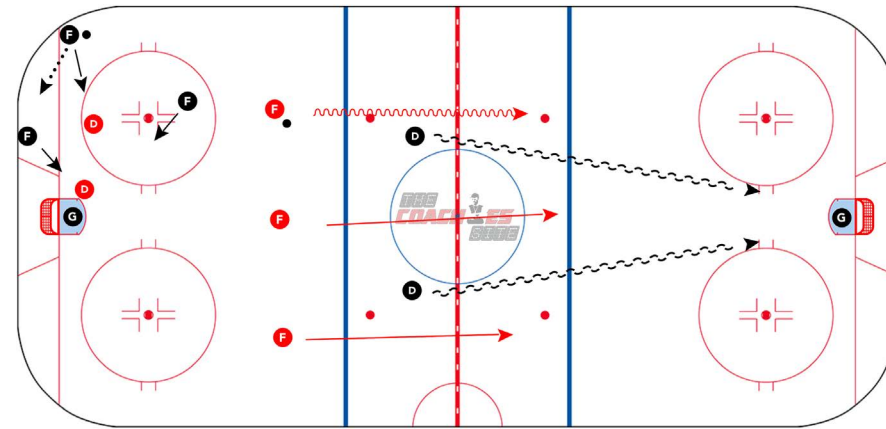
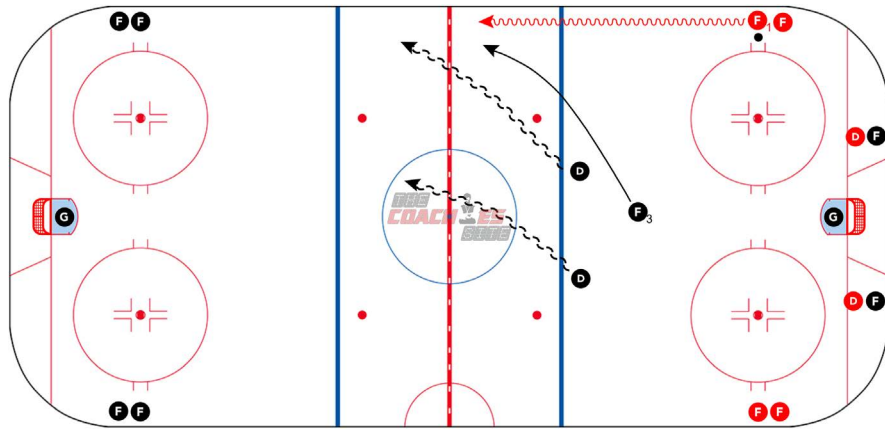
- Set breakout - Starts with a rim to the goalie.
- 4 players down low and one **F** stretches against 2 **D**s.
- After shooting or break up at the far end, a new puck will be spotted in neutral zone.
- Regroup again against same **D**, and **D**'s line backchecks from offensive zone.
- Play 5 vs 5. Have new **F** to stretch/take off when **D**'s get puck control.

- Play 3v3 in the neutral zone.
- Try to keep the puck in your team.
- Use linemates on blueline as passers.
- Two shooters warm up the goalies.



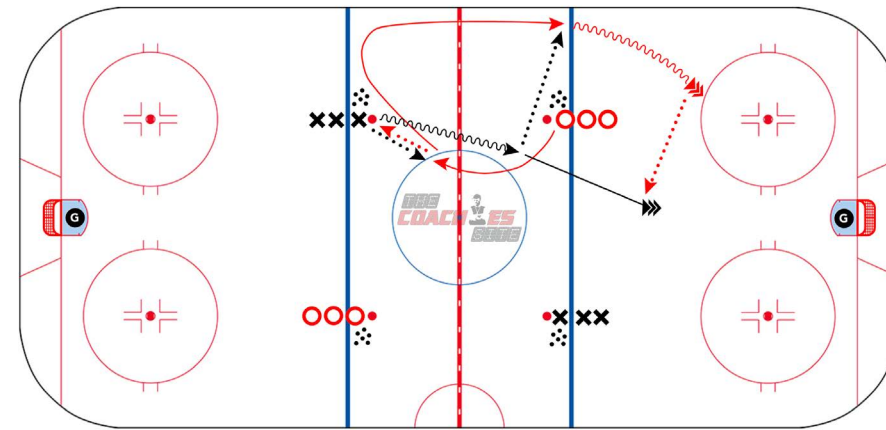
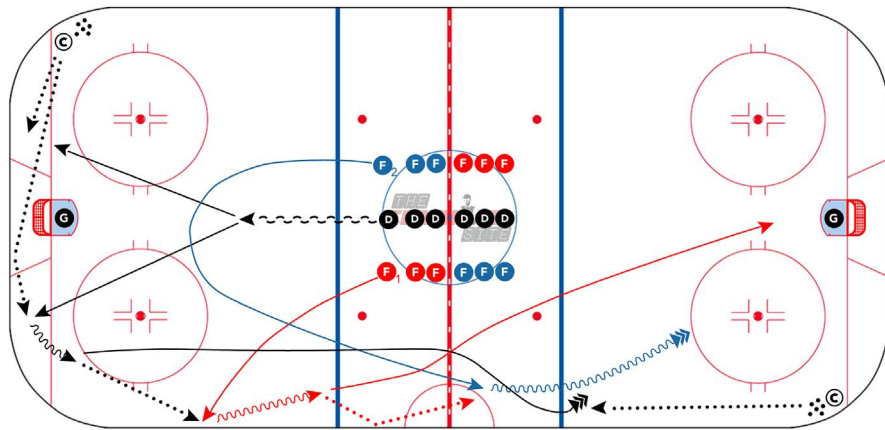
- Simple passing drill, call for the puck and move your feet.
- After your shot, stay for two rebounds.
- 1st rebound, you are on offense, trying to score off loose pucks.
- 2nd puck, you defend 1v1 against next rebound player.

- High **F**3 track and **D**s work with GAP.
- On whistle, **F**1 skates with puck and **F**3 tracks, low **F**s backcheck.
- **F**3 and **D** communicate who takes the **F**1.
Rule: **F**3 before red line, **D** after red line.
- Make a regroup against 2 **D**s and 2 backchecking **F**s.



- Drill starts 3v2 low in the corner attacking the 2 **D**.
- On whistle, **F**s leave 3v2 against the 2 **D**s, with the original **D** joining the rush and the 3 **F**s tracking into the Dzone coverage.
- Play it out 5v5.

- On whistle, **D** starts skating backwards and pivots to retrieve puck positioned on either side of the net.
- **F** 1 & **F** 2 support **D** when they gain control of the puck.
- Entry on the wing, shoot, middle drive for the rebound.
- **D** follow up and receive a pass from the coach in the corner for another shot with **F** 1 & **F** 2 working net front.



- **O** swings to the middle, plays a give-n-go with **X** and continues along boards.
- **X** skates with puck and passes to **O** before the blueline.
- **O** either shoots or kicks out pass to **X** in the middle.

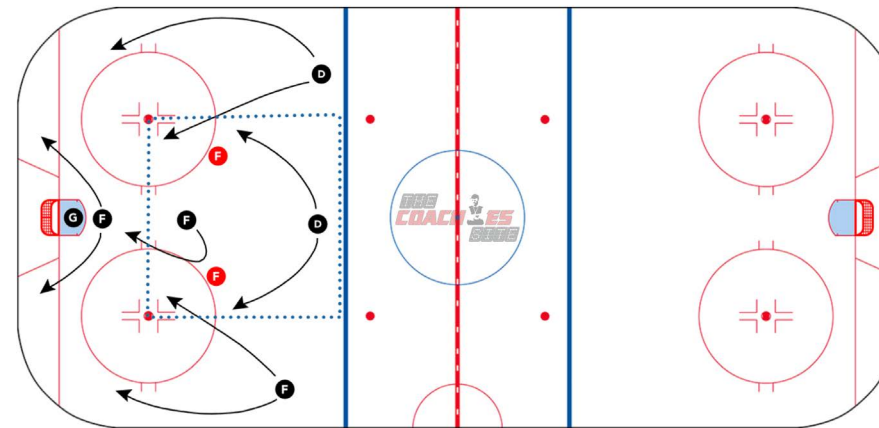


DAVIS PAYNE

ASSISTANT COACH – OTTAWA SENATORS, NHL

PP 4 VS 2 HIGH ATTACK SHOT/RCV

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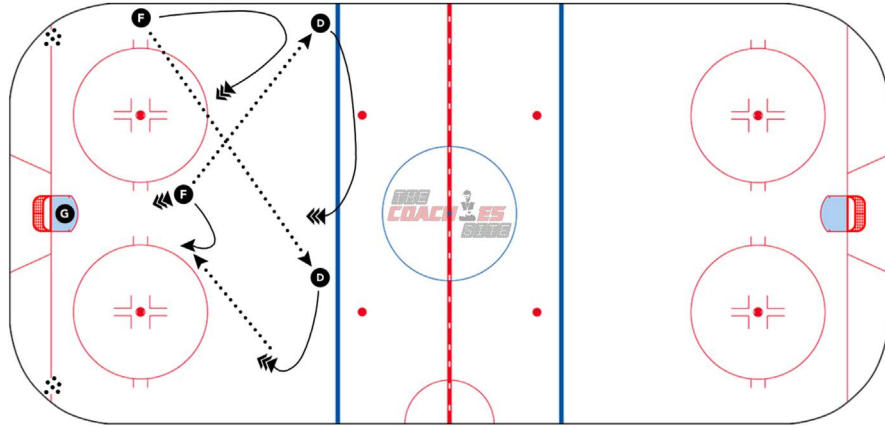


- 4v2 hard across middle to create shot from inside dots and above dot line.
- Puck must get to net and 2 of 4 high PP players must beat **F**s to net.
- Pucks below goal line = Low - high and establish next shot.
- 45-60 sec reps. 5 shots, 5 recoveries, 5 goals.
- New puck on whistle to PK **F** who will spot to any PP player.
- Puck must then be worked back past middle on either side to establish 1-3-1 and a moving attack to the net.

POWER PLAY OAB SHOOTING

4 pucks from recovery. Low to high and over and back through slot **F** for shot from each player.

1. Over and back **F** shooter.
2. Over and back shot from middle **D**.
3. Over and back shot from wide **D**.
4. Over and back slot **F** option - tip play or shot.



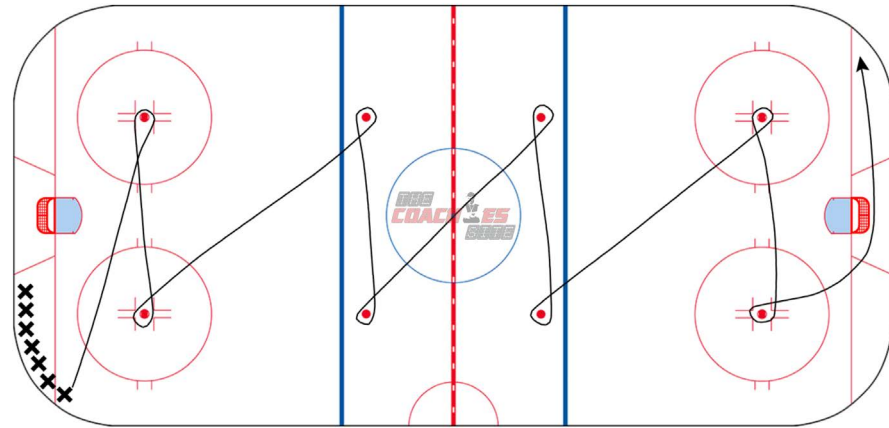
MIKE WEAVER

FORMER NHL PLAYER - FOUNDER OF COACHTHEM & DEFENCE FIRST
HOCKEY SCHOOL

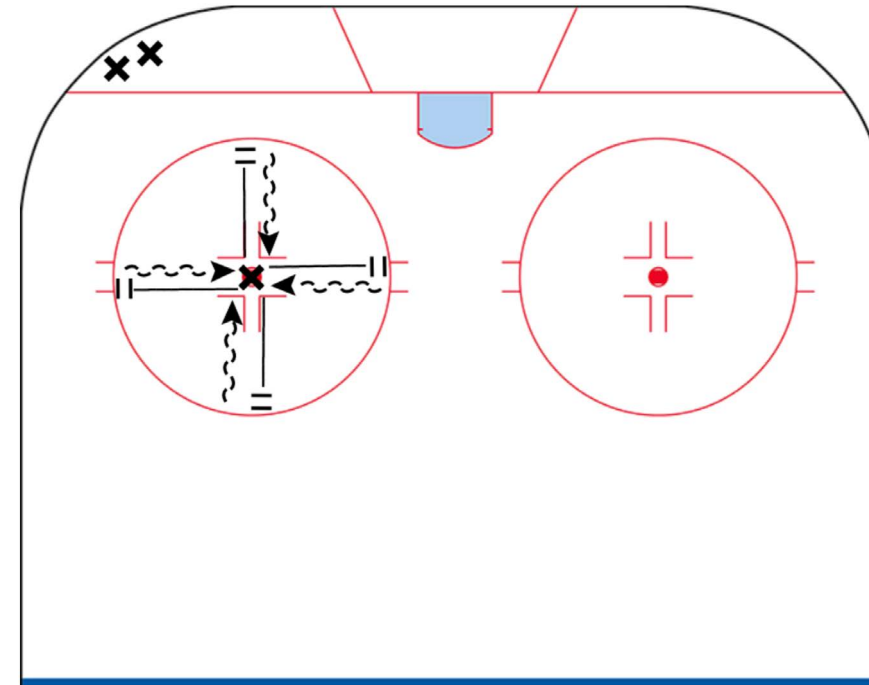
BACK TO CIRCLE PIVOT

Focusing on breaking down transitioning forward. Trying to eliminate crossovers and keeping hips open. Helps with mobility.

- Drill to be done at 25% speed. Always skating forwards and always turn your back to pylon.
- Load up on outside skate and inside skate tuck in before exploding to inside skate.
- Example: First pylon approach turning your back to pylon, load up on left skate tucking in right skate. Really slow it down and explode with left skate, transferring weight to extended right skate on ice. Continue to next pylon reversing the other way.



DEFENSIVE IRON CROSS



As with the original Iron Cross Drill, your skating pattern resembles a cross. Even though I named it a Defensive Iron Cross, it could easily be called the Balance Iron Cross because that is exactly what we are trying to accomplish with these movements.

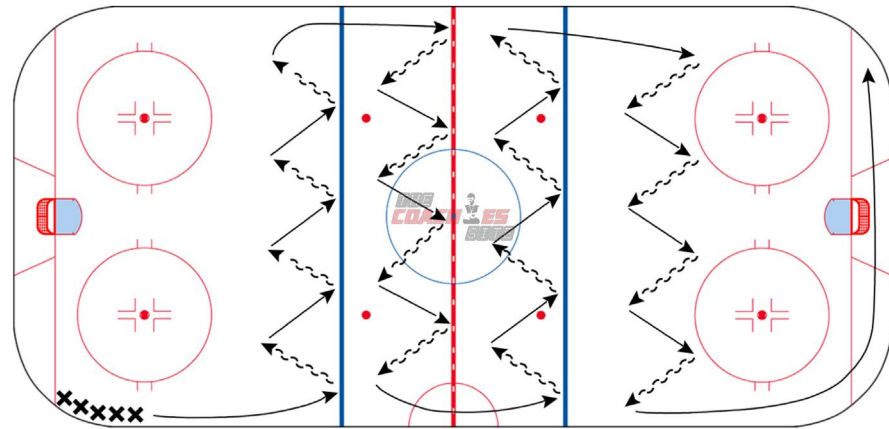
- Begins with the player on the dot.
- Player skates forwards and stops almost like a snowplow stop. Keeping head above your feet and between your feet. Never lean over.
- If you're going clockwise, you use left leg for first backward stride and transition foot at dot.
- So use your left leg to do the stride. **ADVANCED:** Lift right leg up while striding with left leg.
- Once you make it back to dot, use the left leg as your push-off leg to T-Push.
- Go one way around the circle and then back the other way in a seamless transition.

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SNAKE DRILL

This is a really good drill focusing on the Power Lateral Push. Remind your players that this is a slow drill.

- Approach the blue line really slowly and almost do a snowplow stop slightly loading up the right leg. Make a lateral power stride, which is almost like a heart-shaped stride going across the blue line. **ADVANCED:** Lift up left leg off ice when making the stride with the right.
- Continue with two more strides and stop with the same leg, right.
- Go on a 45-degree angle to blue line again and repeat.
- When going across the red line, use your left leg for both first stride and stopping.
- We use the top of the circles as our imaginary line to balance out both legs.

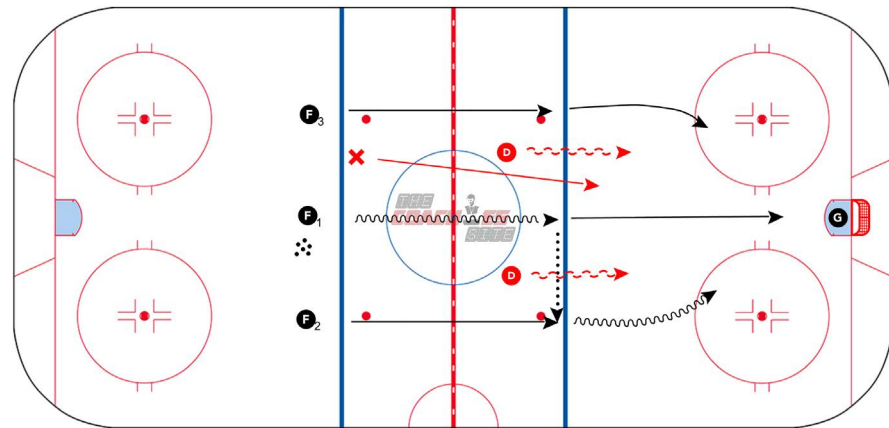


JON GOYENS

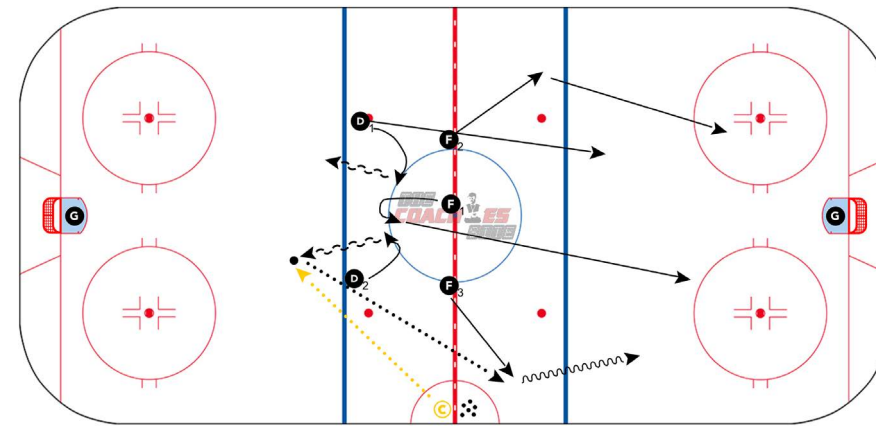
FORMER HEAD COACH – BAIE-COMEAU DRAKKAR, QMJHL

3 VS 0 ZONE ENTRY WITH BACK CHECK

- **F**1 carries puck to far blue line and kicks it out to one side, continues to drive to the net.
- **F**2 has three options:
 - Shot/Pass off pads.
 - Hit **F**1.
 - Hit **F**3 in the far dot lane.
- Add **X** as a back checker who the coach releases at different times (early/late) and from either side.
- Then add in 2 **D** + **X** so it is a 3 vs 2 with back check.



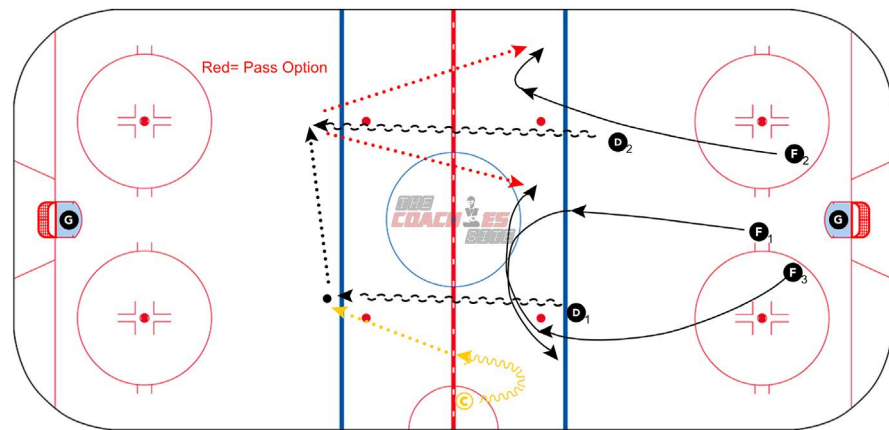
5 MAN QUICK UP & TAG UP PART A



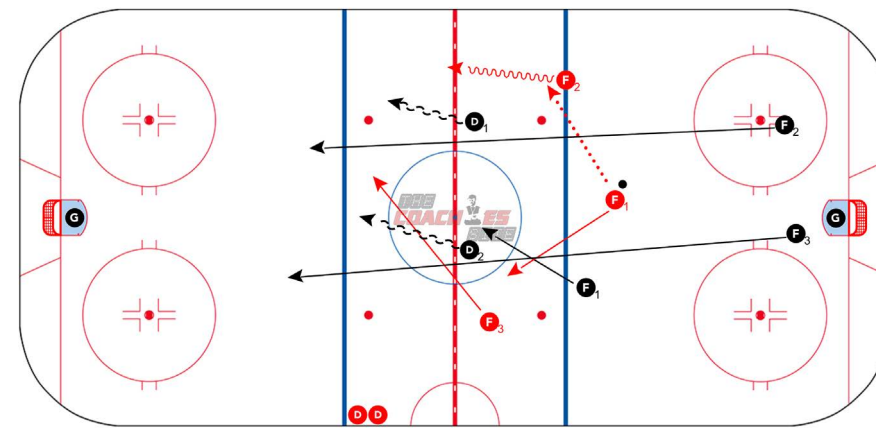
- On whistle, **D**s tag up at bottom circle - Coach passes to **D**1 or places behind.
- **D**1 quick up - 4 player entry.
- Whistle, **D**s backwards & **F**s fill three lanes.

5 MAN QUICK UP & TAG UP PART B

- Coach waits for **D** to skate by and passes or places puck in NZ.
- D to D, **F** 1 on D-D will switch lanes with **F** 3 away from puck to maintain momentum - re-entry.
- Place 3rd & 4th pucks to work on 5 player OZ concepts.



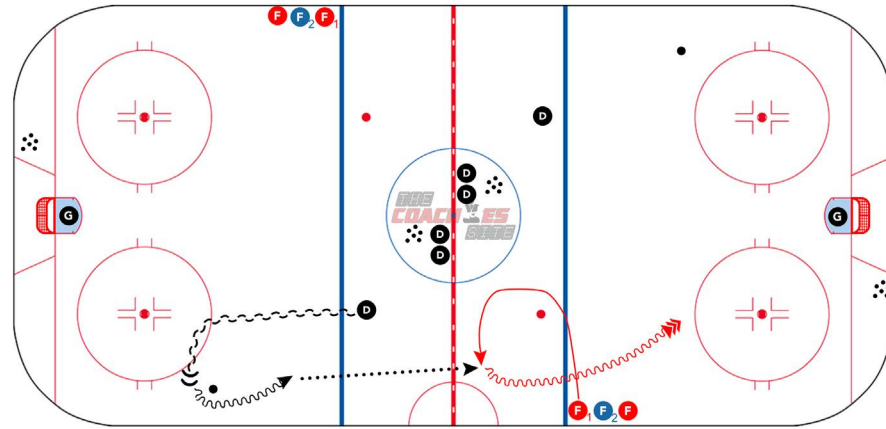
5 MAN TRACK TO OFFENSIVE TRANSITION



- **F** 1 starts with puck and drill starts when they skate & pass.
- Tracking is based on your team's concepts: D inside dots w/ F tracking outside, F1 cut mid-ice, create 3 x 1 v 1 on entries.
- Black must create a takeaway, play fast on the steal.
- On the change of possession, 2 red D step out and take the rush - play it out to the whistle.

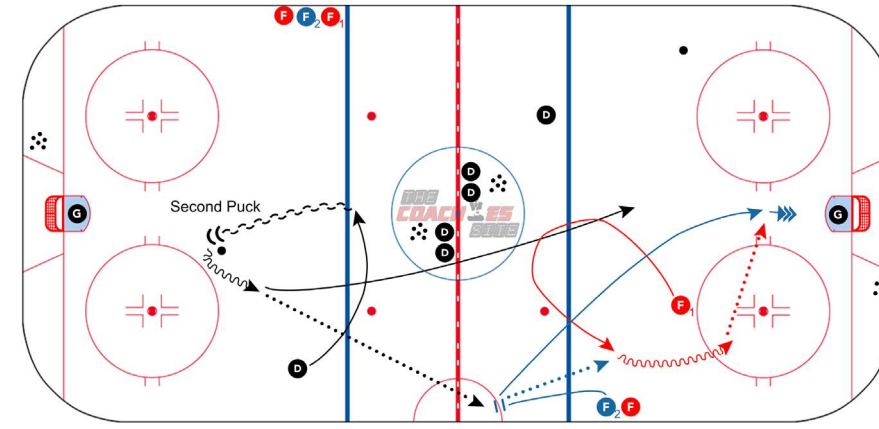
D UP BASIC VERSION 2 - PART A

- **D** backwards pivots, retrieves puck, passes to **F**1 inside dots.
- **F**1 shoots in stride, hides release point. After shot, tags up middle to support stretch pass.

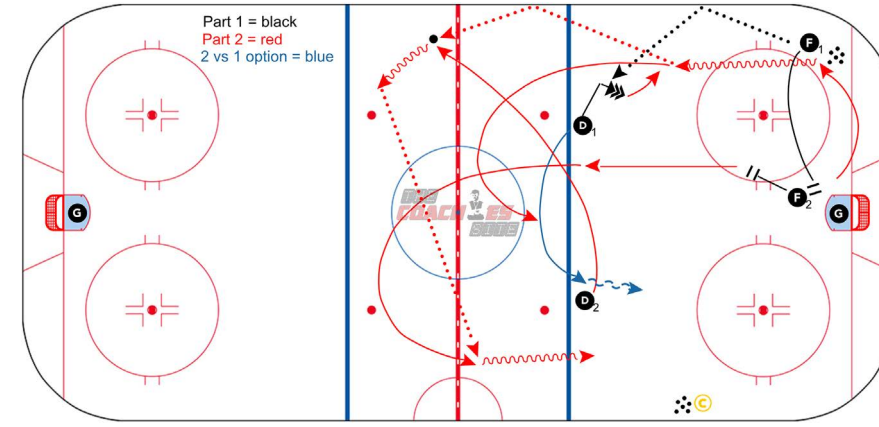
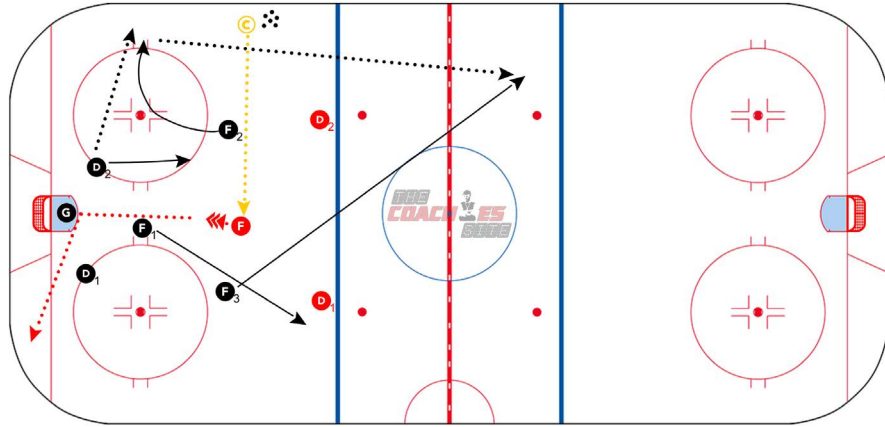


D UP BASIC VERSION 2 - PART B

- **D** tags up again, stretch pass to **F**2, who passes & drives net in area for **F**1.
- 3rd puck, low to high. Fs head to net, create a high screen, and attempt to tip puck. Depth is important.



- Drill starts when the coach passes to **F** or either **D**. They must shoot low and goalie steers puck anywhere.
- Closest player must retrieve puck, then Actions/Reactions. 1 F must slash out, red F pressures puck = 5v3 rush = Play fast.



- Part 1 (black lines) - **F**1 passes low to high to **D**1 for a shot. **F**2 net front drifts towards point shot, **F**1 drives net 1st post.
 - Part 2 (red lines) - Whistle, **F**1 retrieves 2nd puck, skates towards **D**1 & chips puck into NZ.
 - **D**2 retrieves puck, looks **F**2 quick, **F**1 tags up as well = 2v0.
 - Part 3 (not shown) 3rd puck placed down low, closest F retrieves pass low to high to D2.
- *Variation after quick up, 2v1 against **D**1 (blue line). Also older groups can be told that between F2 & D2 they must call who retrieves puck in NZ.

D UP VS QUICK PRESS

- **D** tags up to red line on whistle to retrieve puck placed by **F** 1, **F** 3 leaves to pressure on coaches call. F1 & F2 get available outside or inside dots. D must pass under pressure, indirect or direct.
- After pass, **F** 3 releases, **F** 1 & **F** 2 attack driving deep, **D** 1 moves quickly through the "Transition Zone aka Speed Zone".
- FWD delay and passes to **D** 1 on entry. 1 F must stop at net.

Variation:

- 2nd puck after **D** shot. **D** gets puck from coach at blueline, fakes shot, and goes high to low for a rim. Closest F retrieves puck and uses a net cycle, passes to **F** 2.

