



DRILL BOOK

COLLECTION OF DRILLS FROM THE 2022 TCS LIVE



ABOUT TCS LIVE

From June 15-17, 2022, TCS Live provided a platform for 30+ coaches, leaders and performances experts to share their experience during a coaching masterclass.

Held at the University of Michigan, the 3 day event showcased unique coaching backgrounds and innovative concepts through auditorium and on-ice presentations.

Built in collaboration with Hockey Coach Vision and their drill drawing tool, the TCS Live Drill Book highlights the lessons shared at the conference and provides a resource for you to learn how hockey's top coaches teach the game.

CONTENTS

Legend


Players:

-  Forward
-  Defense
-  Goalie
-  Coach

Notation:

- Skate 
- Skate with Puck 
- Backwards Skating 
- Pass / Dump 
- Shoot 

Objects:

-  Puck
-  Cone
-  Stick
-  Rink Divider
-  Tire
-  Cart Tire
-  Goal
-  Tiny Goal

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CAM ABBOTT

HEAD COACH, RÖGLE BK

TOPIC: Strategies for Playing with the Lead

In just four seasons, Cam Abbott and his staff successfully revived the Rögle BK franchise, coaching the team from the brink of relegation to winning the Champions Hockey League in 2022. Closing out a nail-biting 2-1 victory against the Finnish team Tappara, Rögle held onto a 2 goal lead for 30 minutes as their opponents gave the club everything they had. At TCS Live, Cam presented the strategies the team used to protect the lead and secure Rögle's first CHL championship - and is now sharing some of his favourite drills to reinforce the concepts in practice.

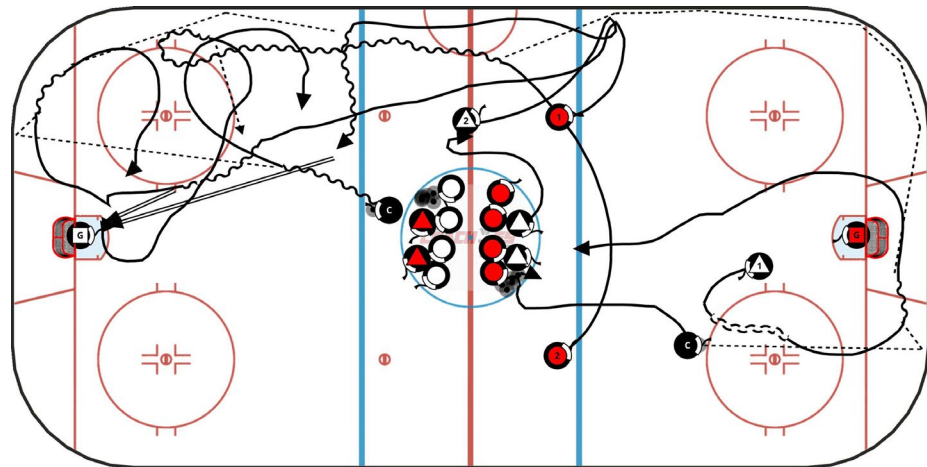
DZ WEAK SIDE RIM EXIT 2-0 WITH 2ND SHOT

DESCRIPTION:

The drill starts with a forward in the corner skating and playing the puck to the strong side D. D cycles the puck hard around the boards. F2 in front touches the puck behind the net and the drill is live. All defensive players can activate and the drill is played out 5 on 5 in zone. The offensive team tries to hold onto the puck in the Ozone with possession for 30 seconds. If successful, the defensive team needs to finish its shift with a hard skate down and back. The other two lines are set up and waiting at the other end to do the same drill. Each lines gets two chances on offense.

KEY POINTS:

- Strong positional play.
- Quick support to puck on wall scrums.
- Make a clean breakout when recovering the puck when possible.



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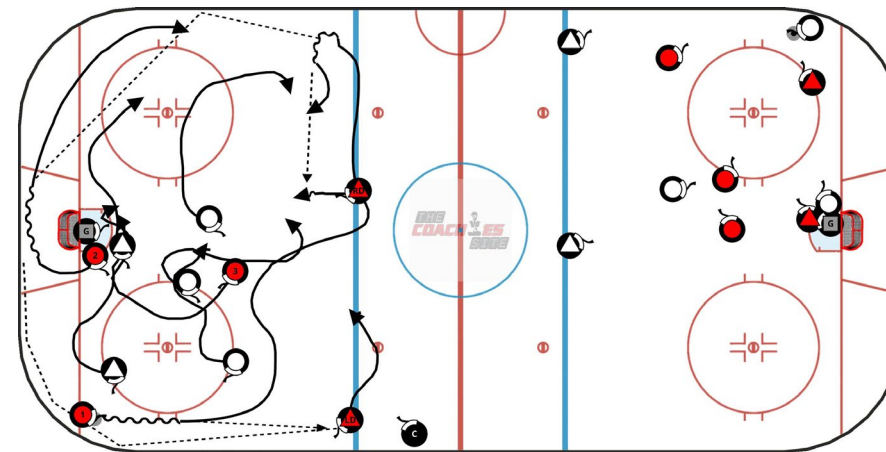
5 ON 5 OZ KEEP AWAY

DESCRIPTION:

The drill starts with a forward in the corner skating and playing the puck to the strong side D. D cycles the puck hard around the boards. F2 in front touches the puck behind the net and the drill is live. All defensive players can activate and the drill is played out 5 on 5 in zone. The offensive team tries to hold onto the puck in the Ozone with possession for 30 seconds. If successful, the defensive team needs to finish its shift with a hard skate down and back. The other two lines are set up and waiting at the other end to do the same drill. Each lines gets two chances on offense.

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- Strong positional play.
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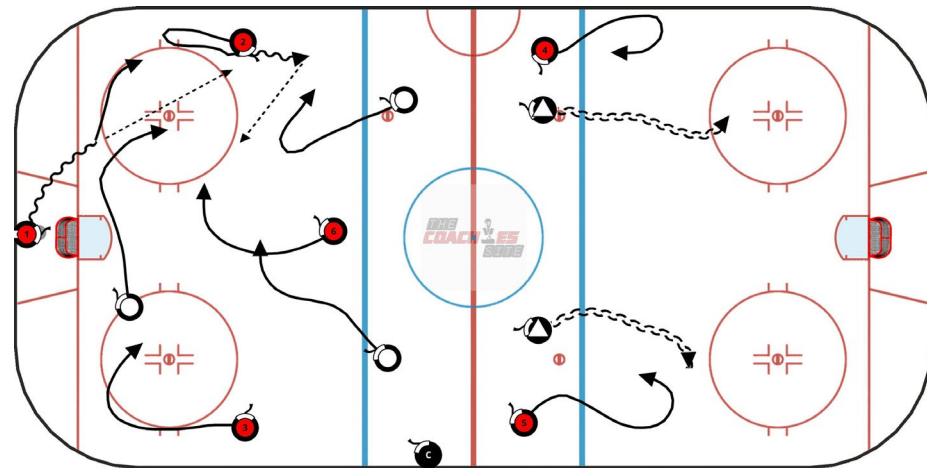
6 ON 5 DELAYED PENALTY KEEP AWAY

DESCRIPTION:

6-5 Delayed Penalty Keep Away: The drill starts with every player stationary in their positions in the diagram. On the whistle, the team with the puck attempts to play keep away as long as possible 6 on 5. Work on puck support, triangle passes, and getting open to help keep the other team from gaining possession. Each line gets two attempts. Total time for each color wins.

KEY POINTS:

- Players away from the puck need to move to open ice to provide passing options for the puck carrier and open up passing lanes.
- Lots of talking by offensive and defensive players.



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DAN MUSE

HEAD COACH, USA HOCKEY NTDP

TOPIC: The Importance of the Second Player in Puck Support and Puck Pressure

A player's ability to assist a teammate in regaining or maintaining puck possession is a huge part in today's game. While outnumbering the opponent in puck battles is a clear advantage, a player's ability to read and react in these situations, along with how they work together to win puck possession is the key. Entering his third season as Head Coach of USA Hockey's NTDP, Dan Muse joined us at TCS Live and delivered a presentation on The Importance of the Second Player in Puck Support and Puck Pressure - and has shared a 5 part drill series to practice the execution and develop habits that will translate to a game.

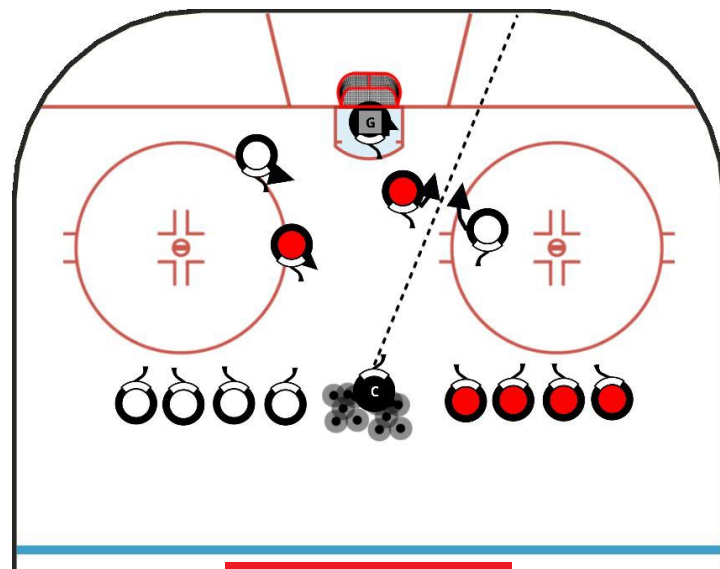
2 V 2 CORNER - TRANSITION WITH COACH

DESCRIPTION:

- Play 2v2 from top of the circles and down
- Starts with a 50/50 puck in the corner. The team that recovers is on offense.
- To transition from offense to defense, the puck must be recovered and passed to coach.
- Coach always deposits puck into corner where team in transition to offense can get it.

KEY POINTS:

- Quick transition.
- Puck protection.



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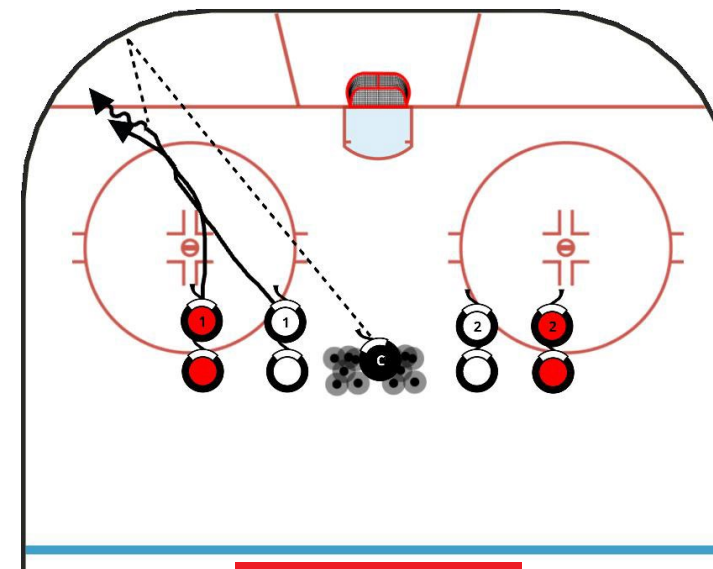
2V2 ROTATION

DESCRIPTION:

- Lines set up as shown. Lines on outside on offense (reds). Lines nearest coach on defense (whites).
- Starts with a 1v1 after coach deposits in corner (Just 1v1 for 1st puck).
- After about 15 seconds, coach will deposit a puck in opposite corner. Red 2 is 1st on puck, Red 1 (who played the 1v1) is second player support. White 2 is 1st defender and White 1 is 2nd defender.
- New puck in alternating corners every 15 seconds. Rotation is 1st offense or 1st defense and then go to 2nd offense/2nd defense. Switch lines 1/2 way, so that team starting on defense is now on offense
- Same set up as 2v2 rotation from corners, but now coach always starts with puck from behind net or half wall.
- For 2v2 from behind net, it will work best if having players skate above face off dots when transitioning from 1st to 2nd pucks.

KEY POINTS:

- Quick transition from offense to defence and defence to offense.
- Puck protection on the wall.
- Work on taking rimmed pucks cleanly off of the wall.



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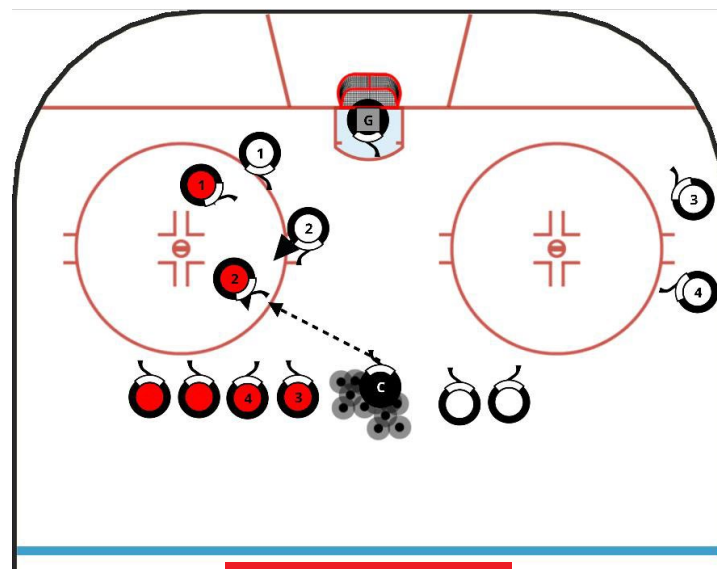
2V2 WALLS

DESCRIPTION:

- Start 2v2 in zone (P1 and P2 on defense with P3 and P4 waiting on half wall against boards).
- When defenders (P1 and P2) recover puck, they pass or rim to P3/P4.
- P1 and P2 are out.
- P1 and P2 now defend.
- P3 and P4 attack off the wall as soon as they receive puck.
- P3 and P4 come in and wait on opposite half wall.

KEY POINTS:

- Work on taking pucks cleanly off of the wall and attacking the net quickly.
- Quick transition from offense to defence.
- Good communication on defence on switches.



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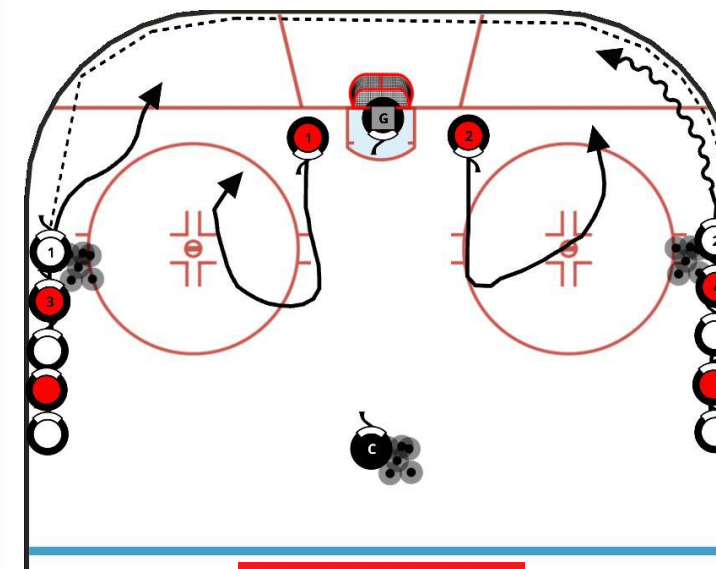
2V2 RIM

DESCRIPTION:

- Players are lined up in alternating colors on wall as shown.
- Start with 2 defenders in zone.
- Exercise starts with P1 rimming to P2.
- P1 and P2 (defenders) must get above faceoff dots and then defend P1/P2 who collect puck off rim and attack.
- When defenders recover and skate puck above top of circle or on coaches whistle the next offense players (P3/P4) start with a rim to the opposite side. The players that were on offense (P1/P2) get above face-off dots and defend. (P1/P2 go to the back of line).

KEY POINTS:

- Work on taking the puck cleanly off of the wall.
- Get puck to the front of the net as quickly as possible.
- Quick transition from offense to defence.



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2V2 / 3V3 TRANSITION - HIT THE CORNER

DESCRIPTION:

- Cross-Ice game.
- Can play 2v2 or 3v3 (diagramed as 3v3).
- Have a line drawn through middle of zone and mark half circle in each corner.
- Start 3v3 in zone (Reds on offense, whites on defense, and next 3 whites waiting at line).
- When whites recover puck they pass to one of 3 whites waiting.
- Three new whites must tag puck into corner and then attack.
- Reds that started on offense sprint back and defend.
- Three new reds come out and wait.

KEY POINTS:

- Quick transition for offense to defence.





JOACHIM AHLGREN BLOOM

FOUNDER, JRM SKATES & SKILLS

TOPIC: Free Speed: Use Your Glide to Gain Speed

A specialist in skating and edgework, Joachim Ahlgren Bloom is regarded as one of Sweden's top skills coaches and teaches his techniques to players as young as eight years old, all the way to NHL stars like William Nylander and Joel Eriksson Ek. At TCS Live, Joachim and the JRM Skates & Skills team executed a series of drills designed to enhance how players use their glide to gain speed. With an emphasis on posture and body positioning, these drills are designed to push players to trust their edges and become more efficient on their skates.

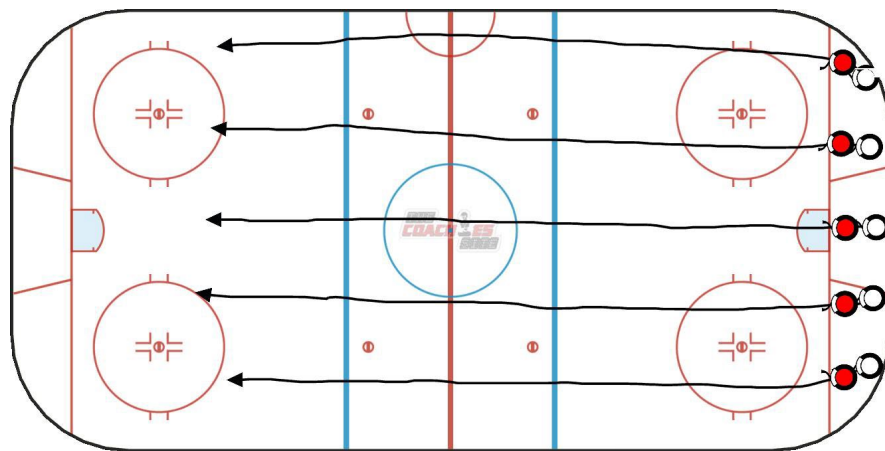
WARM UP

DESCRIPTION:

Players do a series of long striding skates from end to end to warm up. Mix in different movements after each repetition. Cross overs, quick pivots, etc.

KEY POINTS:

- Make sure players are warmed up before doing sprint exercises at full speed.



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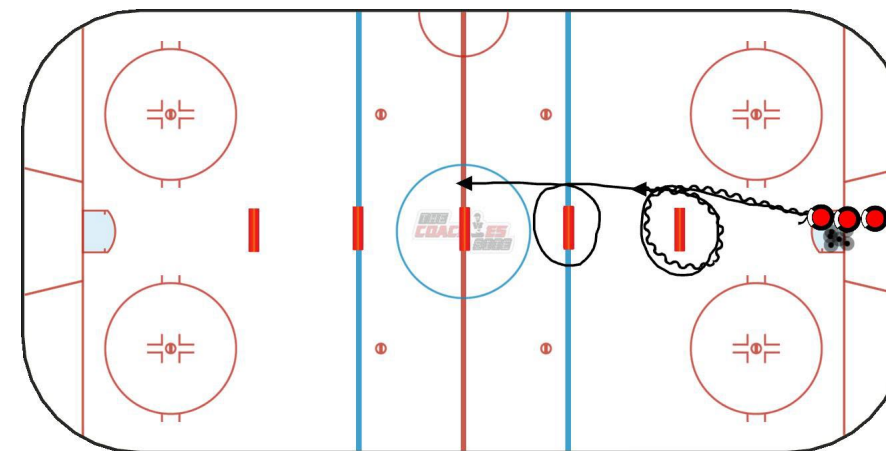
GLIDING WITH FREE SPEED

DESCRIPTION:

Players sprint towards the obstacle then make a quick, gliding turn around it before sprinting to the next obstacle.

KEY POINTS:

- Work both inside and outside edges on gliding turns.
- Quick acceleration out of the turns



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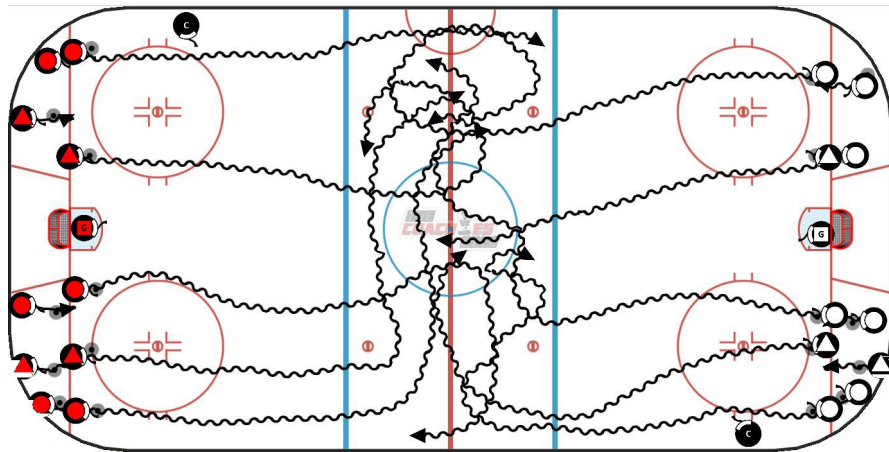
KEEP YOUR HEAD UP

DESCRIPTION:

- Five players start at same time from both zones with pucks and skate evasively in neutral zone between the blue lines.
- Each player must find their own ice with heads up skating in the middle.
- After a short time, the coach whistles and the players come out of the central zone to shoot alternatively on the goalie.

KEY POINTS:

- Heads up stickhandling.
- Left and right turns.
- Try to maintain speed.



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NATHANIEL BROOKS

SKILL DEVELOPMENT COACH, ARIZONA COYOTES

TOPIC: Position Over Possession: Optimizing OZP

Nathaniel Brooks coached for seven years on the staff of the U Sports' Ryerson Rams and was recently hired as the Skill Development Coach with the Arizona Coyotes. With an expertise that focuses on the offensive side of the game, Brooks presented at TCS Live on optimizing offensive zone possession, through the use of body and spatial positioning. The four drills in Coach Brooks' sequence are designed to help players put themselves in the best position to control the offensive zone and teach skills to keep the puck in their possession.

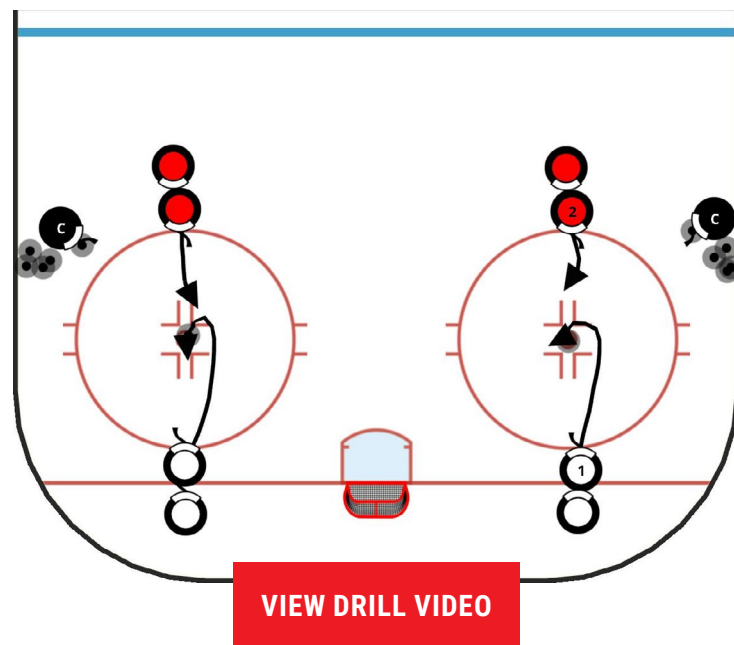
PROTECT WARM UP

DESCRIPTION:

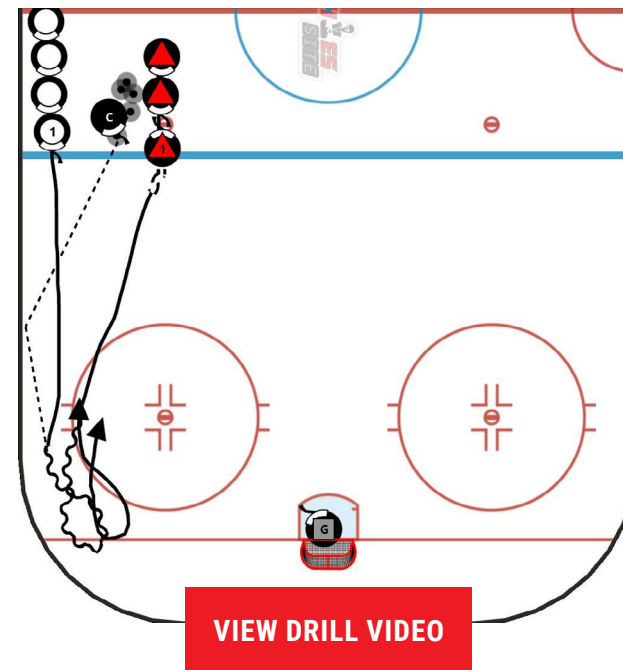
P1 player (Offence) gets head start in the F/O circle. Whistle / P1 player rounds puck and protects from P2 in the circle (Quick whistles). Next guys up.

KEY POINTS:

- Progression #1 - Change position of Defender.
- Key concept - Get body position then protect the puck.



RAMS WALL SEQUENCE



DESCRIPTION:

C chips puck along the wall, F1 retrieves puck and works cutbacks up and down wall as needed. D1 player (Defence) mirrors offensive player but can't execute pin until coach blows the whistle. On whistle, F1 is trying to score while D1 player is defending. Continuous drill, once wall battle clears the next two players are going. Progression - Add another offensive player on whistle for either a back door drive or scissor play.

KEY POINTS:

- Key concept - Puck protection, establishing your position on the defender.

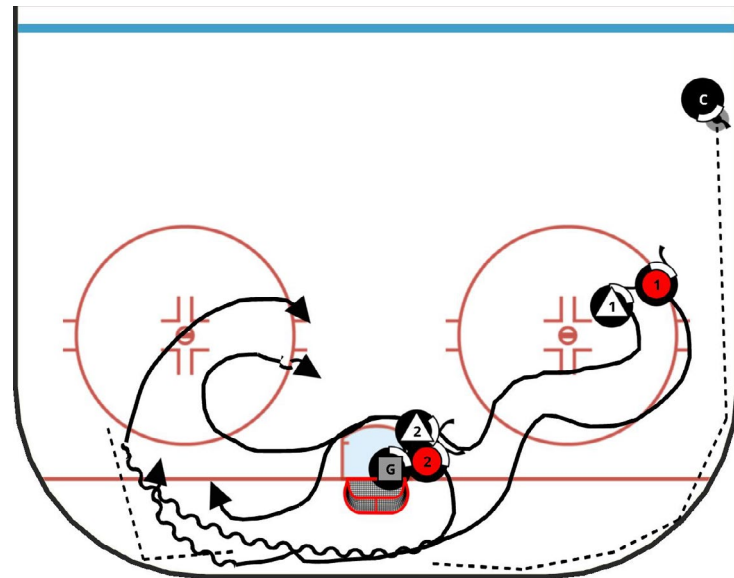
STRONG POST RETRIEVAL 2V2 / 3V3

DESCRIPTION:

F2 sets up on the near post with D2 playing tight defensively. F1 and D2 start near the face off circle. Coach starts play by rimming puck behind the net to F2. F2 bumps D2 to gain separation, then retrieves the puck behind the net to start 2v2 play. Forwards can cycle pucks, scissor, etc. to gain space and time and create scoring chances. Game can progress to 3v3 by adding one more attacking player and one more defender.

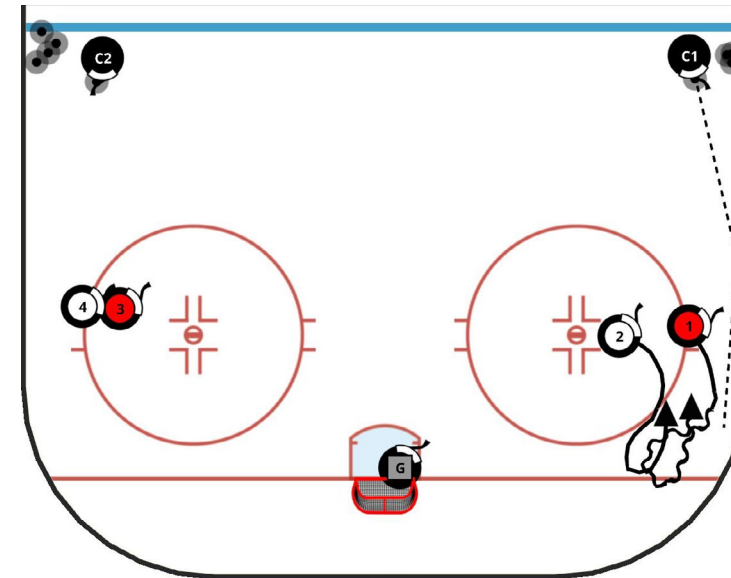
KEY POINTS:

- Defenders maintain good body position.
- Attacking players, work together to try to isolate one defender to create a 2v1 situation.



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RAMS 2V2 2ND MAN SUPPORT SEQUENCE



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DESCRIPTION:

C1 starts play by chipping a puck low to P1. P1 and P2 play 1v1 out of the corner. On the whistle, C2 chips a puck into the other corner to start a race for the puck between P3 and P4. P1 and P2 cut across quickly to create a 2v2 situation. The team that recovers the puck is on offense 2v2.

KEY POINTS:

- Tight checking.
- Play out each 1v1 and 2v2 to the whistle.
- In 2v2 play, on change of possession, players must make at least one pass to their teammate before attacking the net. Another option is to make give and go passes with one of the coaches before attacking the net.



CARA MOREY

HEAD COACH, PRINCETON UNIVERSITY

TOPIC: Building Resiliency in Your Players and Program

Entering her sixth year leading the Princeton women's hockey program, Morey and the Tigers have won an Ivy League Championship, qualified for two NCAA quarterfinals, set the program wins record, and established themselves as a weekly inclusion in the national top-10 rankings. Morey has created an environment where grit and hard work is ingrained into the team's culture. At TCS Live she presented on Building Resiliency in Your Players and Program and is now sharing two of her go-to drills to reinforce the mindset in practice.

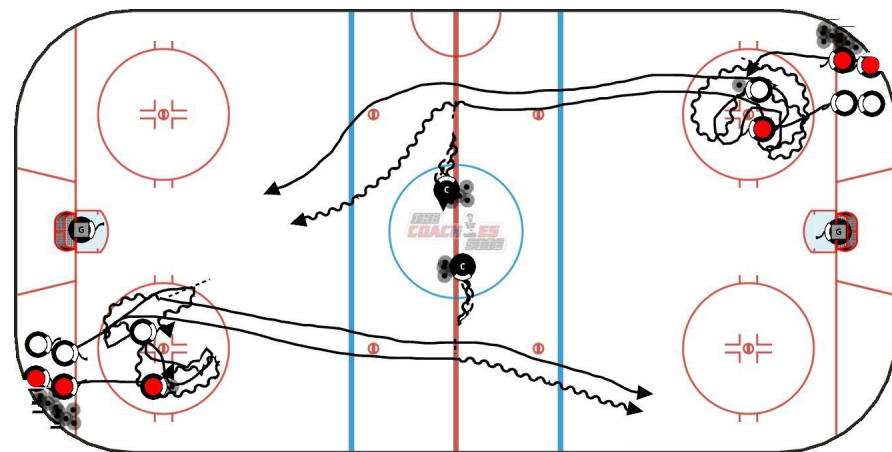
MAD MAX

DESCRIPTION:

1v1 keep away in opposite Dzone circles. On whistle, leave the puck and race to the puck placed on the red line by coaches. First one to the puck is on offensive breakaway, late player back checks.

KEY POINTS:

- Defenders maintain good body position.
- Attacking players, work together to try to isolate one defender to create a 2v1 situation.



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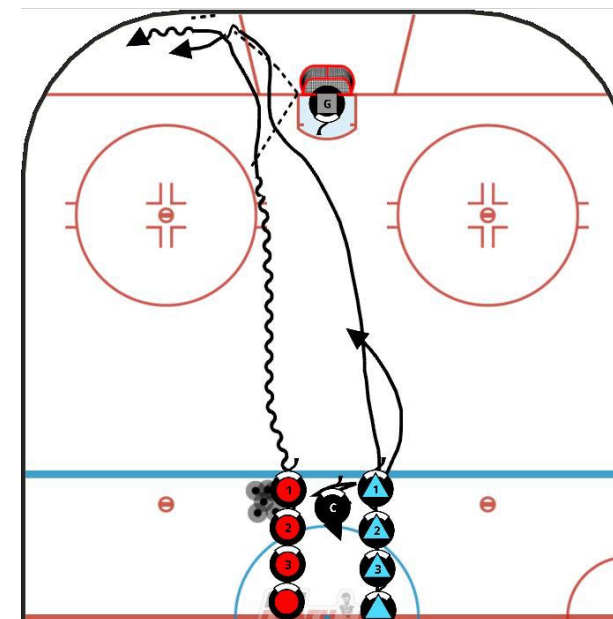
CANADA/USA

DESCRIPTION:

SAG: Split the team in half, one team is on offense and the other is on defense. Coach initiates the game by tapping first offensive player in line (F1). F1 starts with breakaway. Coach taps first defensive player in line (D1) who back checks. Coach then chooses when to activate extra defenders and attackers to control the scenario. Can be 1v1, 2v2, 2v2, or 3v2. Offensive team gets a point for scoring and defensive team gets a point for breaking the puck out over the blue line with FULL CONTROL. Each team gets 5 minutes on offense and 5 minutes on defense. Losing team skates.

KEY POINTS:

- Good communication on offense and on defence.
- Defenders protect the middle of the ice.
- Attack the net for rebounds after shots.



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DANNY HEATH

FOUNDER, PROJECT HOCKEY

TOPIC: How to Master Locating Pucks Through Traffic

Danny Heath is a skills specialist and supports athletes in both their on and off-ice development. Coaching youth hockey, high school and as an assistant with NCAA D1 Minnesota State University, Danny is able to adapt his teaching to players at every level of their development. During his TCS Live presentation, Heath delivered a masterclass in locating pucks through traffic, and has shared 5 of his go-to drills to help players quickly react and adapt to scoring chances.

THE GATES

DESCRIPTION:

Two pairs of players skate around the tires in a small area with multiple gates (pylons/tires). Players try to make as many passes as possible through the gates to get a point on each pass.

KEY POINTS:

- Passing in movement.
- Tape to tape passes.
- Work both fore hand passing and back hand passing.



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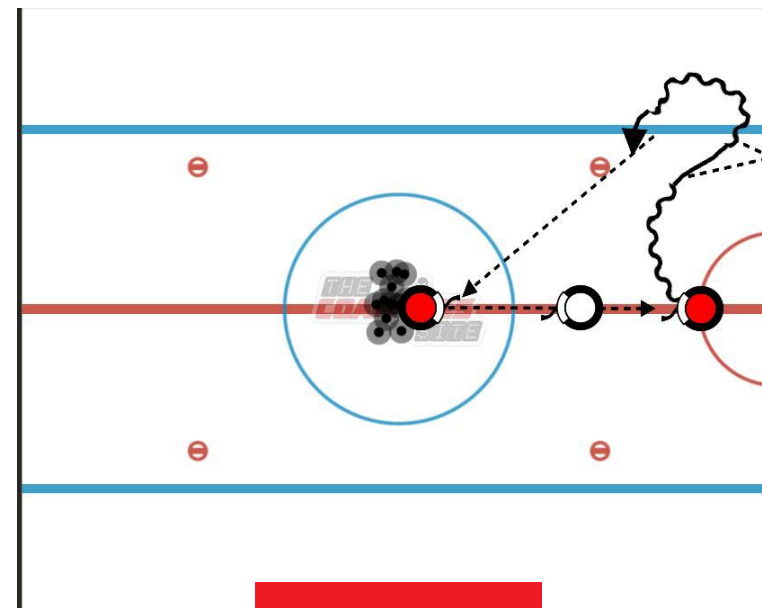
CIRCLE 8 PLUS ONE

DESCRIPTION:

One passer sets up with a pile of pucks and passes to the player who moves around in a circle 8 pattern. Passer tries to time the passing so that the pass goes through the legs of the third player who is set up in front of the passer. When the player receives the pass, he bounces a puck off of the wall and passes it back to the passer quickly.

KEY POINTS:

- Smooth turns.
- Pass in movement -good timing on passing.
- Work forehand and backhand passing.



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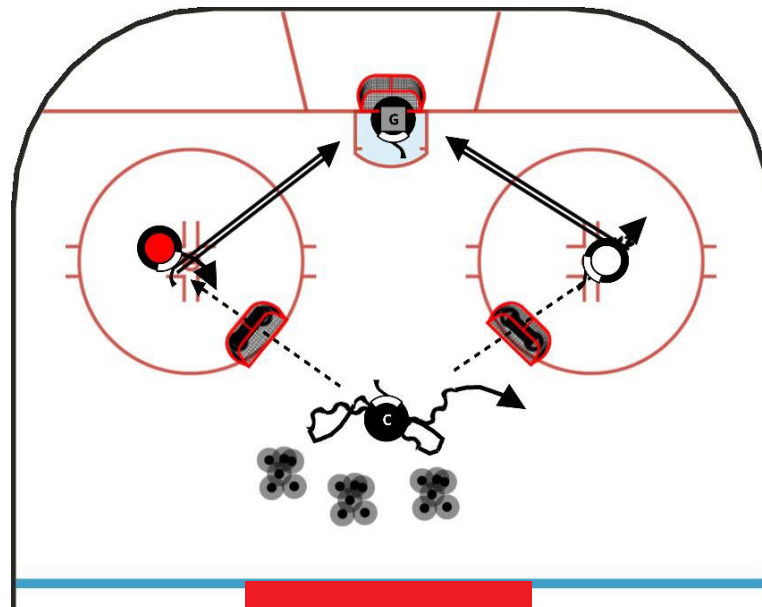
ONE TIMER THROUGH TRAFFIC

DESCRIPTION:

Set up a net on tires to elevate it off of the ice. Shooter sets up near the face off dot and shoots quickly after receiving a pass from the coach. The coach passes the puck under the net to simulate a pass coming through traffic.

KEY POINTS:

- Shooter starts from a static position then progresses to moving a little bit while shooting to get the shot past a potential shot blocker.
- Hit the net.



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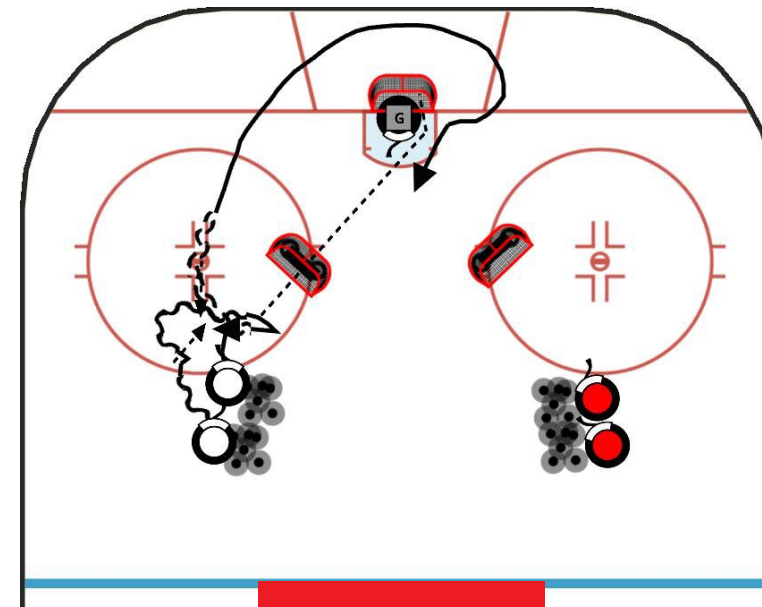
BACK DOOR TIPPER

DESCRIPTION:

Set up two nets on tires on the inside hash marks. First player backs away from the passer, exchanges passes with the passer, then moves around the net into a back door tipping position. The passer makes some evasive moves until the tipper gets into position then passes under the nets to the back door tipper.

KEY POINTS:

- Find the puck coming through traffic.
- Good positioning of skates and stick to be ready for the pass.



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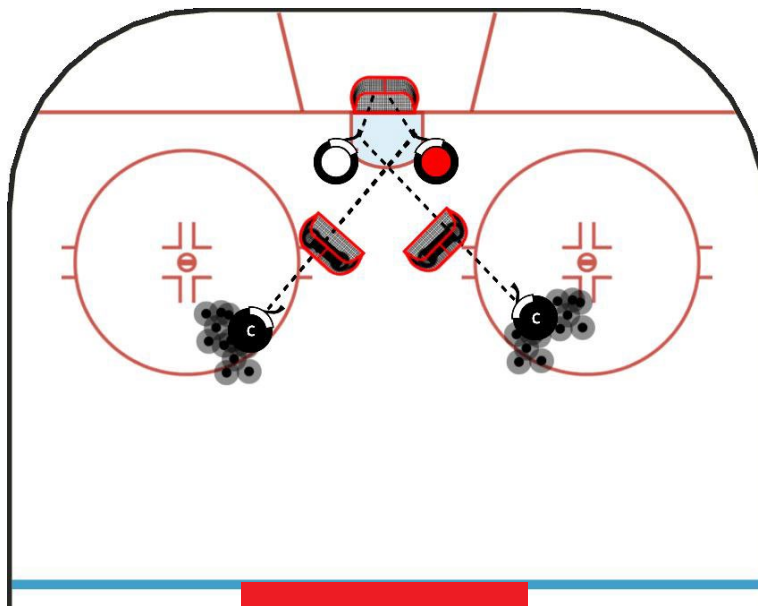
SCREEN TIPS

DESCRIPTION:

Place nets on tires so that they are elevated off of the ice. Tipplers set up in front of the net to tip shots that are shot under the nets. Tipplers must pick up the trajectory of the puck coming from underneath the nets and adjust their positioning and sticks to tip pucks.

KEY POINTS:

- Quick hands.
- Start with softer shots then make them harder as tipper gets better at tipping the pucks.



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EVAN BROWNRIGG

COACH, NEXT GENERATION HKY

TOPIC: Building a Skill

Coach Evan Brownrigg has been a member of Next Generation HKY since its inception where he and his team have trained over 6,500 athletes in the Ottawa region, including the OHL's Ottawa 67's. An expert in skill acquisition and development, Brownrigg shared his foundational approach to building a skill during his TCS Live presentation. His four supporting drills are designed to teach players how to effectively change the shooting angle through the use of isolation, sequencing, patterning and stress.

CHANGE OF ANGLE PROGRESSIONS

DESCRIPTION:

C1 ISOLATION: In this phase players are focused on hand and upper body mechanics while shooting the puck from a stationary position.

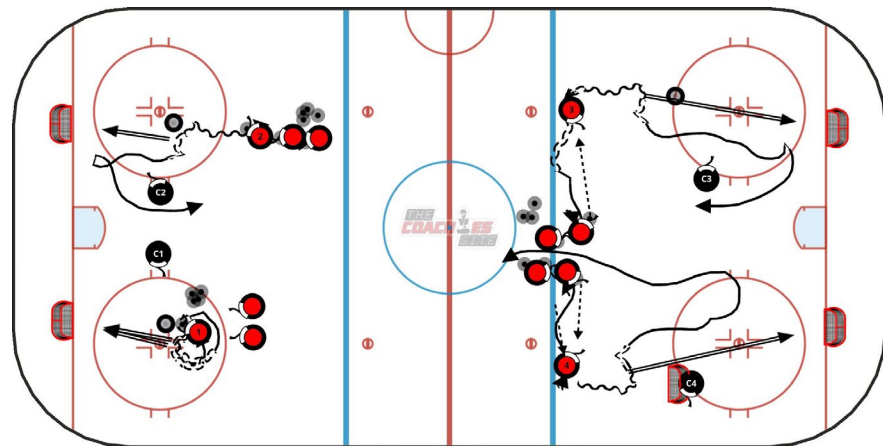
C2 SEQUENCING: In this phase motion is added and players will focus on building upon the mechanics established in the ISOLATION phase while concentrating on having their upper and lower bodies working in synergy.

C3 PATTERNING: Game Specific Pattern. In this phase we are creating a game recognizable situation for the athlete, mimicking a 'D to D' pass before stepping in and changing the angle prior to release.

C4 STRESS: Moving Screen. In this phase we will add difficulty/stress through having a coach push a net towards the athlete who will have to react to the speed/location of the net when looking to change the angle prior to release.

KEY POINTS:

- Smooth hands and feet.
- Add deception to the movements.



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KRIS BEECH

FOUNDER, SLIP SKILL TECH

TOPIC: Developing Deception on the Power Play

A former NHL player, Founder of AIM Mindfulness and now Co-Founder of Slip Skill Tech, Kris Beech has an extensive background in both the physical and mental aspects of the game. At TCS Live, Beech presented on Developing Deception on the Power Play and displayed how players can use their body language and stick position to misguide defenders and create scoring opportunities. Supplementing his presentation, Coach Beech has also shared four drills that players can use to develop their deception skills in practice and improve their effectiveness on the PP.

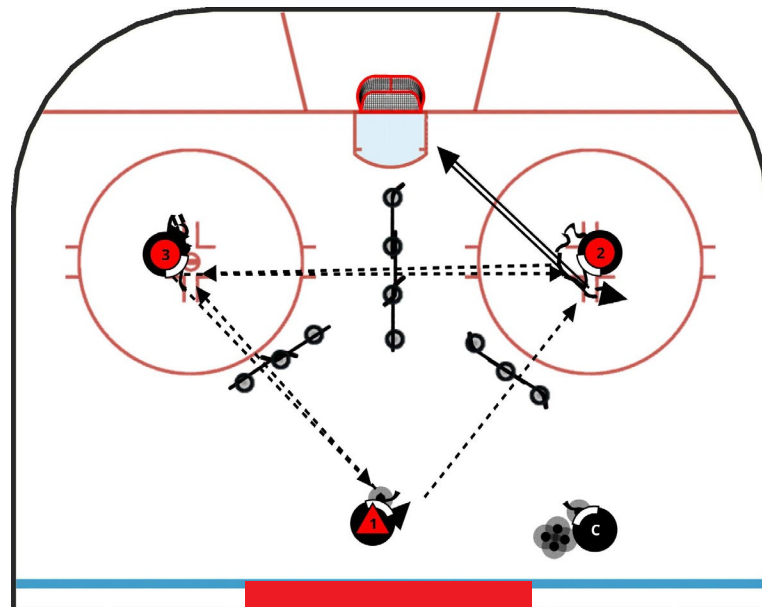
PP HIGH PLAY PASSING

DESCRIPTION:

Random one-touch passing under slips working peripheral vision to ensure all three blades are connected in finding the seems. Shot deception passing using the off the hip pass and cross-body hook pass. Each player must open up into a shooting position upon pass reception before passing to the next player. After the whistle on both progressions, players execute one more pass for either a one-time or catch and release.

KEY POINTS:

- Practice with players on their off wings for one time shots, then switch sides so players are on their strong sides. They must then catch the pass, pivot and open up to shoot on their forehands.



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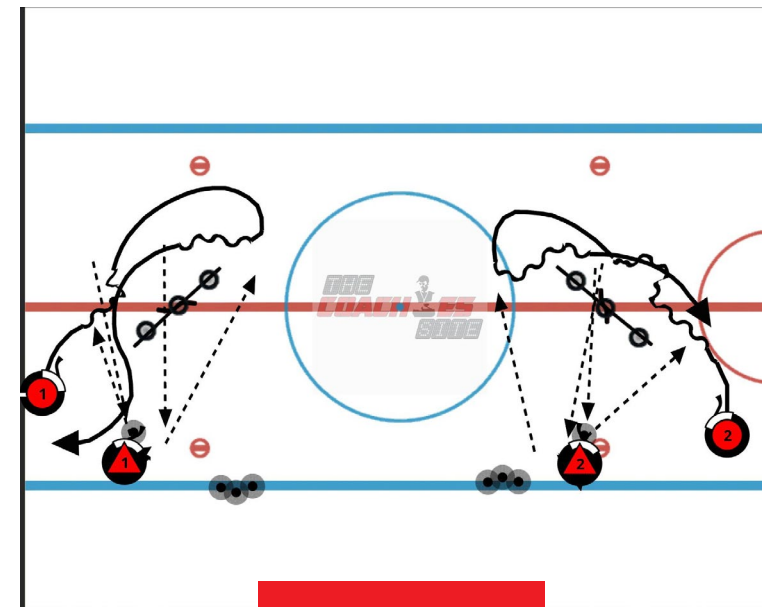
PP FLANK DECEPTION AND NIFTY PASSING

DESCRIPTION:

Progression one, working the nifty underhand pass and off-the-hip pass. Progression two, working forehand to backhand and backhand to forehand two touch saucer passing and extended hook passes. Progression three, working strongside flank shot deception to behind the back pass and fake behind the back pass to extended forehand hook pass.

KEY POINTS:

- Smooth hands and feet.
- Practice deception by looking off defenders, fake passes, body pivots and tight turns.



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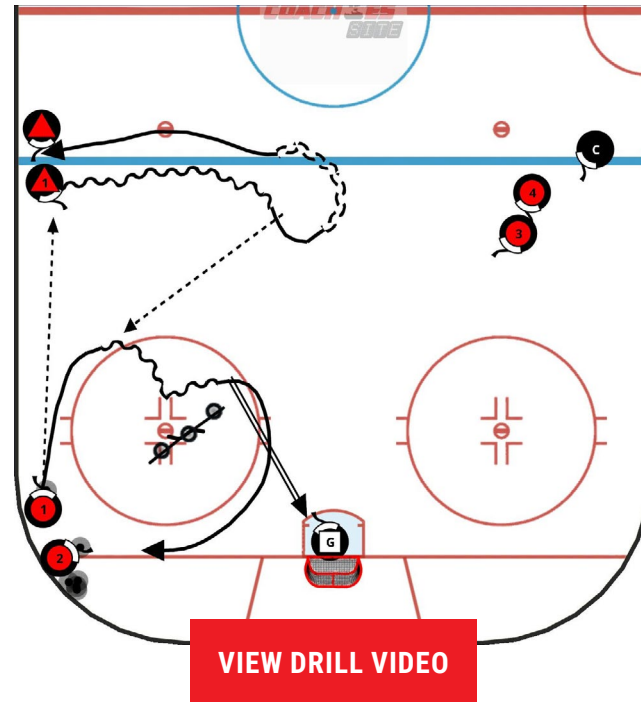
PP ATTACK THE DOTS

DESCRIPTION:

Working attacking the dots on strongside and off-side flanks using the tip toe pump fake and backhand heel pull to beat the strongside pk defender with a shot. Working shot deception to open up the seem dot to dot pass using the off-the-hip or cross body hook pass.

KEY POINTS:

- Create deception in your movements. Fake passing, fake shots, looking off intended pass direction are all ways of deceiving the defenders to open up passing and shooting lanes.
- Change angle of the shot and release shot quickly.



PP SKILL CIRCUIT

DESCRIPTION:

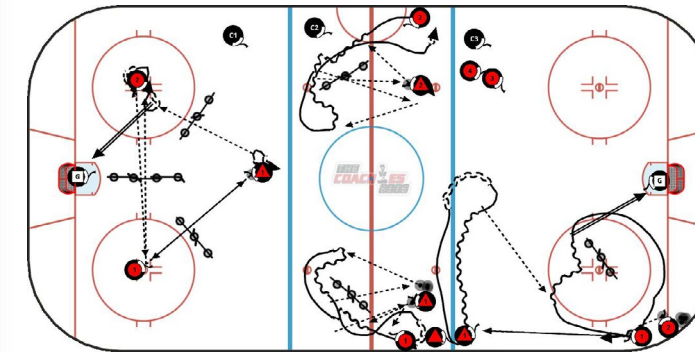
C1: Random one-touch passing under slips working peripheral vision to ensure all three blades are connected in finding the seems. Shot deception passing using the off the hip pass and cross-body hook pass. Each player must open up into a shooting position upon pass reception before passing to the next player. After the whistle on both progressions, players execute one more pass for either a one-time or catch and release.

C2: Progression one, working the nifty underhand pass and off-the-hip pass. Progression two, working forehand to backhand and backhand to forehand two touch saucer passing and extended hook passes. Progression three, working strongside flank shot deception to behind the back pass and fake behind the back pass.

C3: Working attacking the dots on strongside and off-side flanks using the tip toe pump fake and backhand heel pull to beat the strongside pk defender with a shot. Working shot deception to open up the seem dot to dot pass using the off-the-hip or cross body hook pass. Progression one, working the nifty underhand pass and off-the-hip pass. Progression two, working forehand to backhand and backhand to forehand two touch saucer passing and extended hook passes. Progression three, working strongside flank shot deception to behind the back pass and fake behind the back pass to extended forehand hook pass.

KEY POINTS:

- Create deception in your movements. Fake passing, fake shots, looking off intended pass direction are all ways of deceiving the defenders to open up passing and shooting lanes.
- Change angle of the shot and release shot quickly.
- One touch passing and one time shooting when possible.



VIEW DRILL VIDEO



KIM WEISS

ASSOCIATE HEAD COACH, MARYLAND BLACK BEARS

TOPIC: After 60: Finding an edge in extra time

Kim Weiss is the Associate Head Coach with the NAHL's Maryland Black Bears, previously working with the AAA Washington Pride's U14, U16 and U19 teams, as well specializing as an on-ice Skills Coach. At TCS Live, Kim presented on After 60: Finding an Edge in Extra Time and shared her essentials in a successful overtime gameplan. With valuable points at stake, Weiss is supporting her presentation with two high-compete drills that she relies on to develop a quick transition game and help her players practice scoring under pressure.

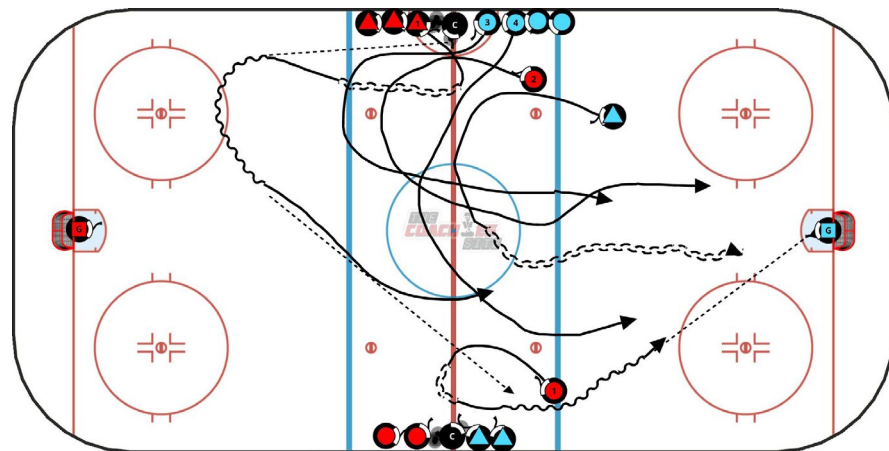
B.E. QUICK 2V1

DESCRIPTION:

Starts with chipped puck by coach & red D retrieval. Two red forwards are supporting regroup, then attacking 1 blue D 2v1. On D first touch (or pass), two blue back checkers release from bench. Two backcheckers release on D puck movement. If blue team retrieves puck off rush chance (or goalie makes save & they can play it), they can go on attack. If not, play out 3v3 in zone. On whistle, two Blue Fs go to other blue line, reset drill to go other way with three new red.

KEY POINTS:

- Scoring under pressure.
- Good communication on sorting out in the D zone.
- Quick transition on recovered Pucks on the rush.
- Next players move into position quickly if 3v3 play starts down low ready to start next rep.



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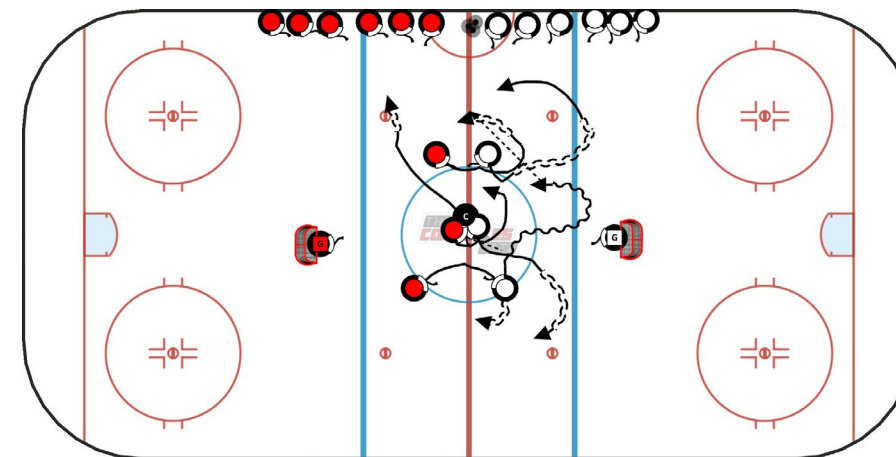
RECESS 3V3

DESCRIPTION:

3v3 small area game with nets set just below bluelines in offensive zones. Redline is used as off side for both teams. When defensive team regains the puck, player passes to one of the three players in line along the wall to activate player. Passer switches out and another player moves into position on the wall. On a goal or whistle, switch in three new players on both sides.

KEY POINTS:

- Fast moving game with quick transition.



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BRAD FAST

DIRECTOR OF ATHLETE DEVELOPMENT,
HONEYBAKED HOCKEY ACADEMY

TOPIC: Event Creation: Step Fakes

With experience developing players and programs from youth to collegiate hockey, Brad Fast has been training and coaching players throughout Michigan since 2011. At TCS Live, Fast delivered a presentation on using deception, specifically step fakes, to create offensive opportunities with more time and space. Fast's four part progression includes a series of drills that supports players becoming comfortable with the fundamentals of step fakes before being introduced to new pressure, speeds and situations to execute the skills.

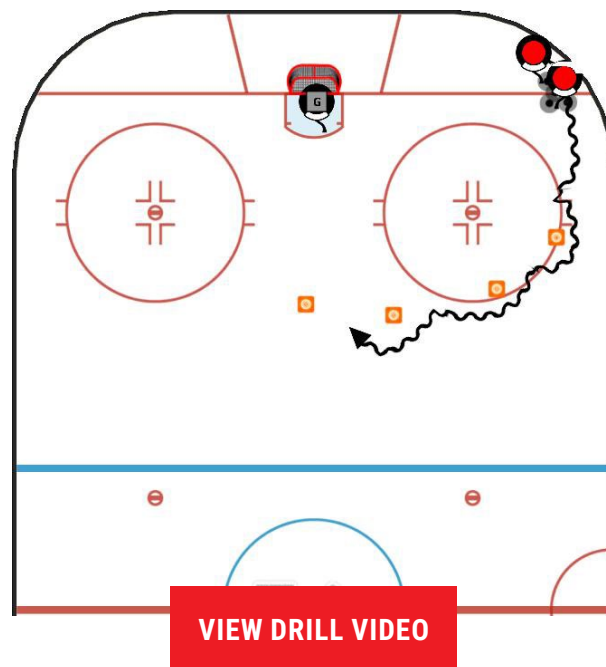
MONO - STEP FAKES

DESCRIPTION:

Player performs a 'step fake' before each of the cones/tires. Progress into minimal stick-handling so that you are protecting the puck while performing the step-fake.

KEY POINTS:

- Smooth hands and feet.
- Practice deception.
- Work the drill from the left side and the right side.
- Shoot in movement with your feet moving.



COMMODORE DRILL

DESCRIPTION:

Commodore

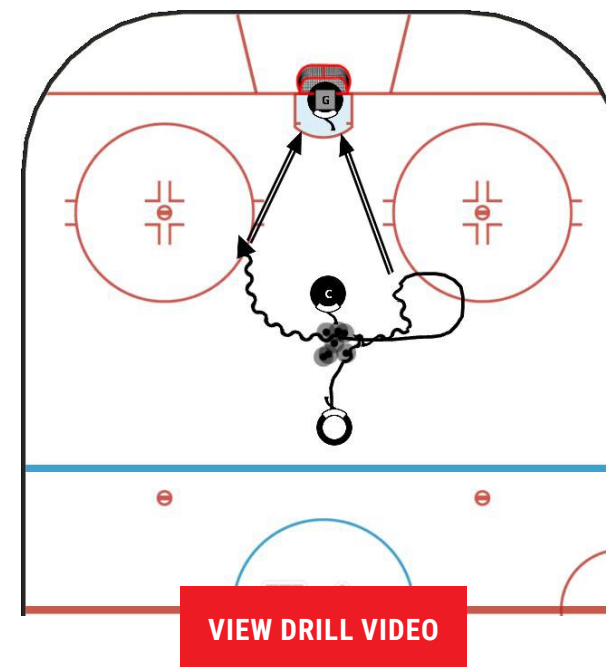
- With a pile of pucks in the high slot, player grabs a puck, moves laterally, performs a step fake, then shoots. After their shot, they return to grab another puck and shoot from the other side.

Progressions:

- Shadow Defense.
- Mines -Coach slides a puck into the path of the shooter.

KEY POINTS:

- Smooth hands and feet.
- Practice deception.
- Work on faking going both to left and to the right.



STEP FAKES - FORWARDS

THE PITS

DESCRIPTION:

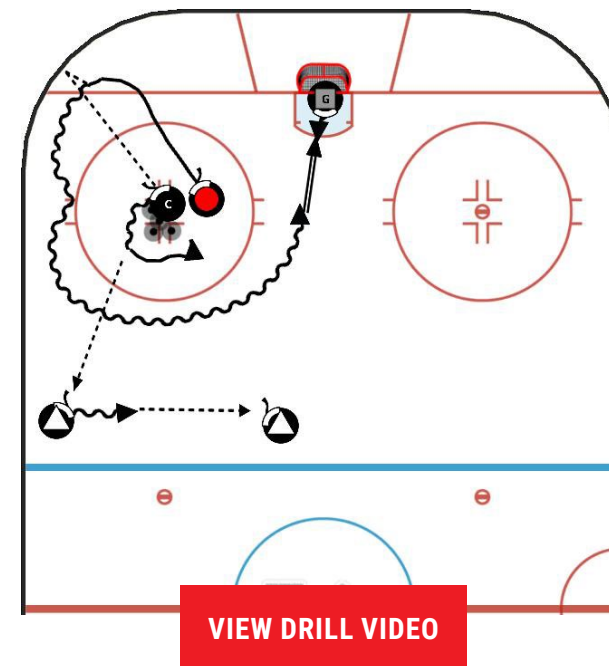
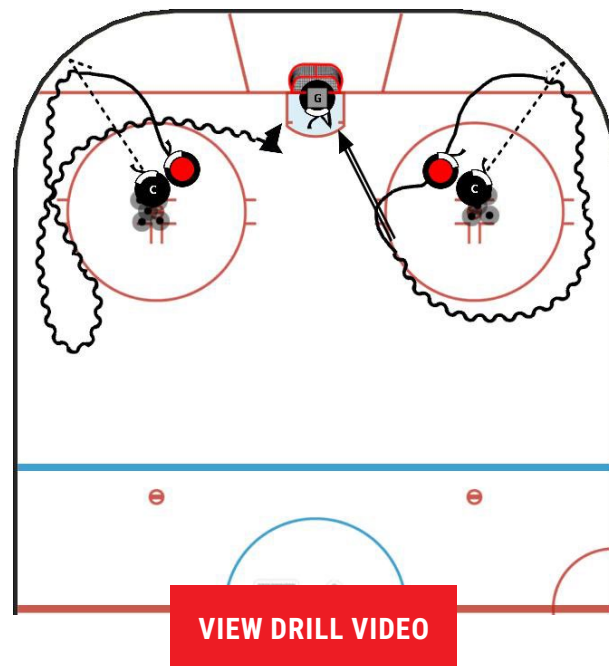
Coach Dumps a puck into the corner.

Version 1: F retrieves the puck and skates up the wall, step faking towards the boards before skating the edge of the circle and taking their shot.

Version 2: F retrieves the puck and skates up the wall, step faking towards the middle of the ice and then turns back down the wall to drive the net via the goalline.

KEY POINTS:

- Do it correctly slowly then build up to game speed.
- Work on going to left and to the right.



DESCRIPTION:

Coach dumps a puck into the corner. F retrieves the puck and skates up the wall, step faking towards the boards before skating the edge of the circle and taking their shot. Coach then passes to D1 who step fakes back towards the coach, before passing to D2. D2 moves laterally and shoots.

KEY POINTS:

- Make the step fake then accelerate out of the corner to the net.
- Shoot in movement with feet moving.
- Good timing and technique on screening the goalie.
- D moves puck quickly to the other D for a quick low wrist shot.



ATTENDEE DRILL SUBMISSIONS

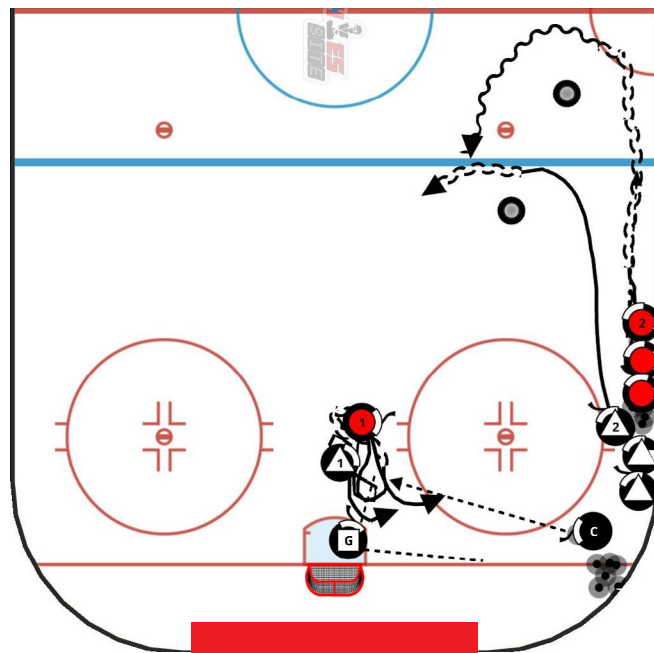
1V1 NET FRONT TO 2V2

DESCRIPTION:

F1 and D1 battle for position net front. Coach passes quickly to F1 when F1 gets free. At the same time F2 rounds the cone w/ puck and enters zone to start 2v2 play with F1 and D1. After 2v2, F2 and D2 now set up for 1v1 net front to start next rep.

KEY POINTS:

- Net front positioning. F get open-D tight coverage.
- Quick scoring opportunities 1v1 then 2v2.
- Defensive gap control and picking up check.



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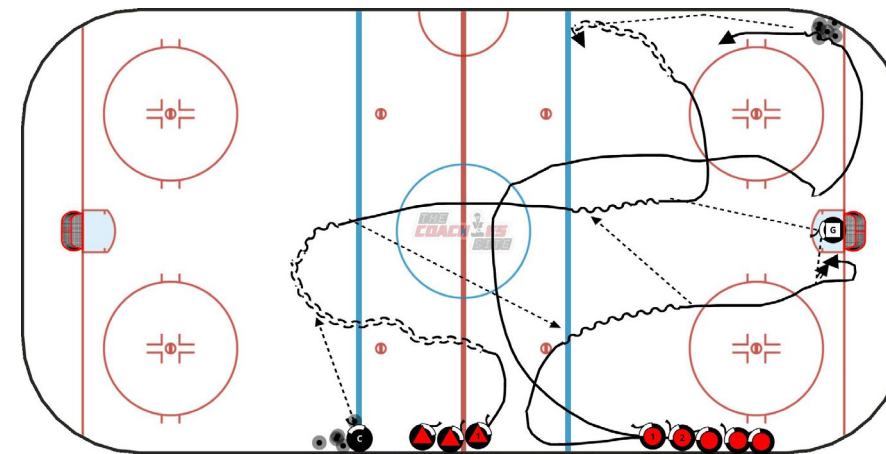
2V0 D UNDER HANDLE W/D SHOT NET JAM

DESCRIPTION:

D1 steps up over red and pivots backwards before receiving pass from Coach. F1 and F2 make quick cuts in front of the blue line and receive quick up pass from D1. F1 and F2 attack 2v0 with D1 supporting as trailer option. After first attack, F1 skates hard to the corner, retrieves a loose puck and bank passes it up to D1 at the blue line. D1 walks the line and shoots, as F2 screens and F1 heads to the net looking for a rebound. Variation: add a defender for 2v1 with trailer.

KEY POINTS:

- Good communication. Call for each pass.
- One pass maximum after the blue line and shoot.
- D good low, hard wrist shot.
- Good screen technique in front of goalie. Screen the release.



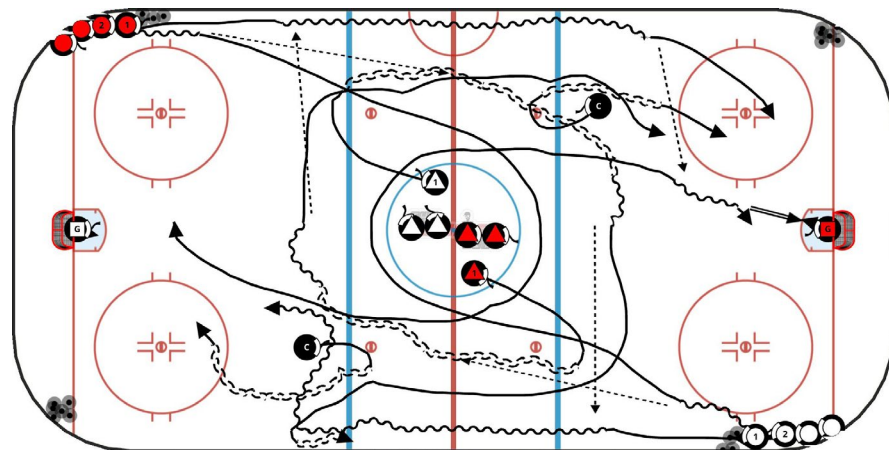
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DESCRIPTION:

Both sides start on whistle. F1 passes to D1 who is back peddling in middle zone. Once D1 hits blueline, F2 releases up the wall as an outlet to F2. At the same time F1 is driving around the Center circle and drives on the inside shoulder of the Coach who is acting as a D. F2 gains zone and can work slip pass to F1 or slash inside for a shot or pass. D follows up for point shot off pass from F1 or F2.

KEY POINTS:

- F1 drive the heels (inside of Coach shoulder) with stick available and stay available off F2 slash.
- F2 wide drive and slip pass or slash hard inside.
- D can join the rush. Shoot for sticks with head up.
- Net front traffic. Hunt for rebounds.



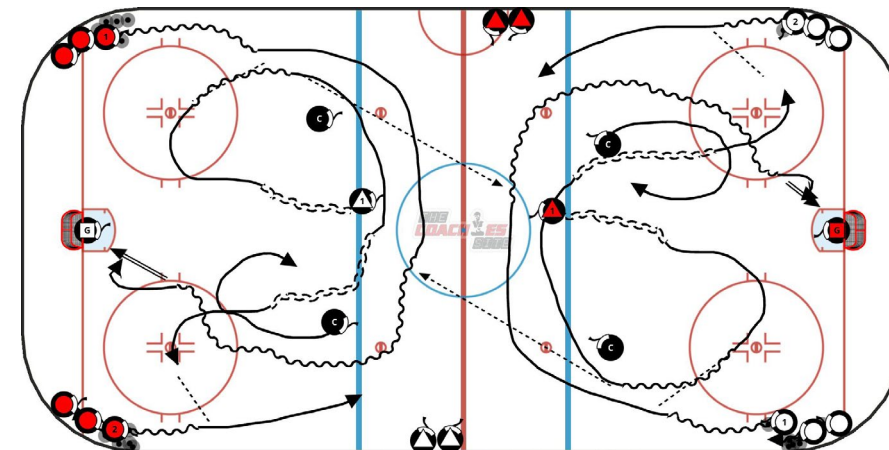
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DESCRIPTION:

On whistle, F1 skates with puck and drops it near the top of the circle, then cuts across the blue line for a stretch pass from opposite D1. At the same time, D1 back skates, pivots and picks up the puck before making a stretch pass to F1 from other side. F1 attacks net under pressure from Coach then stops at the net in a rebounding position. D1 now regroup out over the blue line, pivots backwards to pick up next puck dropped near other circle by F2. D1 now looks for opposite F2 cutting at high blue line. F2 times their start with D1 crossing the blue line. F2 now cuts across the blue line for stretch pass before splitting the two coaches near the blueline.

KEY POINTS:

- Coaches apply pressure with body and stick positioning. Get sticks and body on players when possible.
- Net Drive. Shoot and stop at the net.



[VIEW DRILL VIDEO](#)

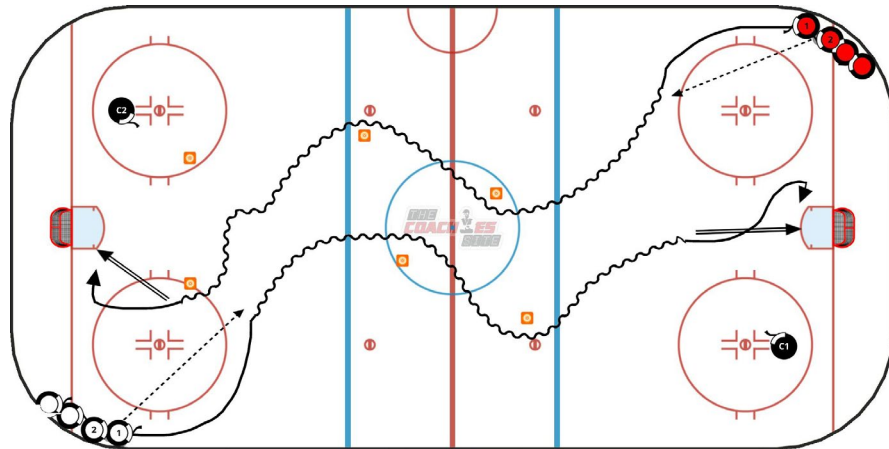
WIDE DRIVE AND SHOOT WARM UP

DESCRIPTION:

Drill is run out of both corners at the same time. P1 and P2 skate w/o puck around the top of the circle and receive pass from next player in line. Skaters then weave through the cones and go in for a shot. Next player start when puck crosses Center ice redline. Great youth over speed warm up drill.

KEY POINTS:

- Keep feet moving.
- Make tight turns at cones.
- Shoot in stride.
- After shots from middle (C1), vary shooting angle by adding two more cones tops of circles (C2).



[VIEW DRILL VIDEO](#)