

## TD100 Continuous 2-1, 2-2 –Detroit

### Key Points:

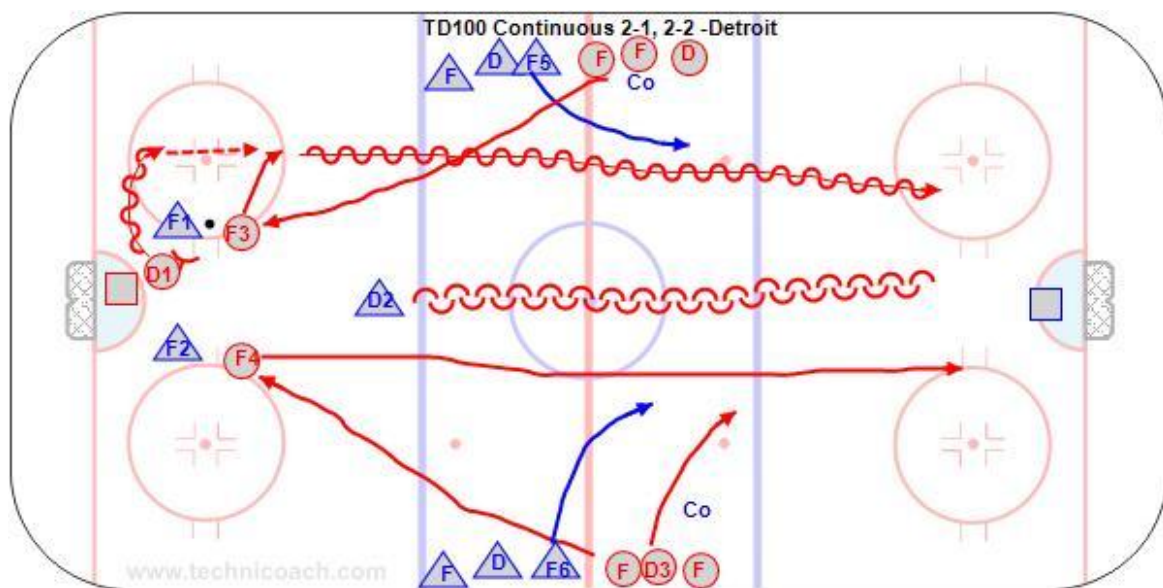
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

### Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



## T2-4, D100 Breakout vs Nzone Trap-Detroit

### **Key Points:**

Forwards support from three lanes. Strong side forward on boards face the puck. Middle forward mirror puck movement and wide forwards be open for a cross ice pass. Give targets. Defenders try to steer the puck wide and outnumber the attack in the neutral zone.

### **Description:**

1. Coach pass the puck to a defenseman.
2. Defense pass to D partner or any of the forwards.
3. On a D to D they should hinge to pass below the trap.
4. Offense gain the zone.
5. On the whistle repeat with the original defenders now on offense vs original attackers.
6. After one or two reps new players repeat.

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## T2-4 D400 PK and PP Rotation-Detroit

### Key Points:

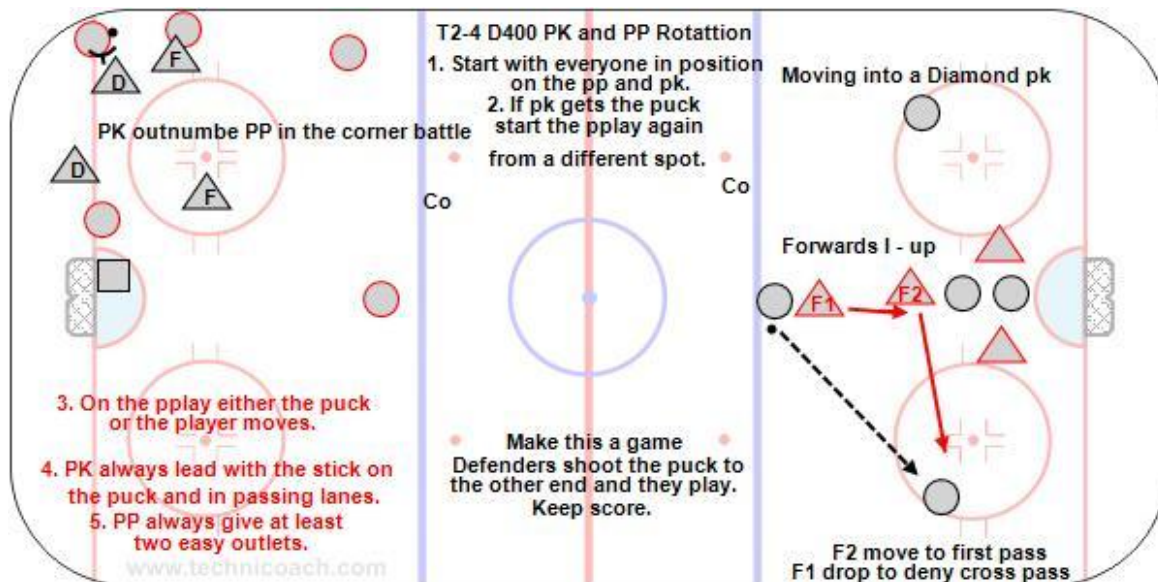
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

### Description:

1. Start with everyone in position on the pp and pk.
2. If pk gets the puck start the pplay again from a different spot.
3. On the pplay either the puck or the player moves.
4. PK always lead with the stick on the puck and in passing lanes.
5. PP always give at least two easy outlets.
6. PP give low support when puck on half wall.
7. PK cut the ice in half and force passes that must beat two defenders.
8. Work at each end 30-60" rotate on whistle.

\*Game situation: defenders shoot puck to other end.

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## T2-4 D400 Attack and Dzone-Detroit

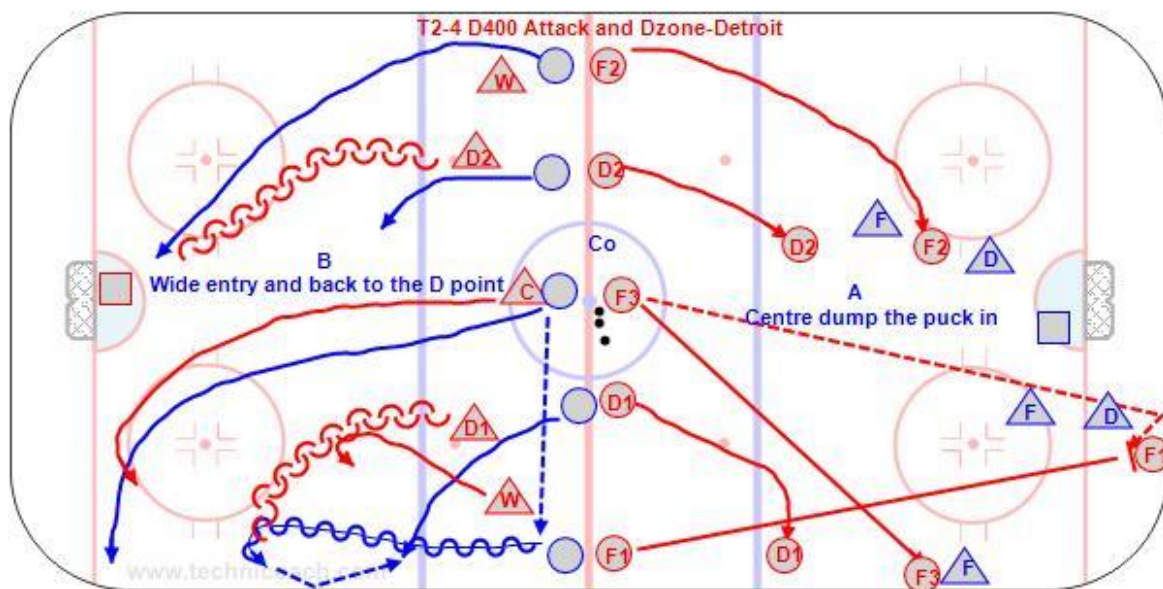
### **Key Points:**

Practice the forecheck, offensive entry wide and dump in. defensive zone coverage, breakouts.

**Description:**

1. Players start from the neutral zone.
2. Do some reps starting with the C dumping the puck in and forecheck.
3. Switch to the C pass to the W who gains the zone and then pass back to the point.
4. The coach can focus on any part of the attack or defense.
5. Alternate ends and the resting group switch from offense to defense for the next rep.
6. A progression into a game is for the defensive team to break out into the nzone and all touch the red line then attack the original offensive group.

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## C2 Regroup 5-3 Regroup 5-2 - Detroit

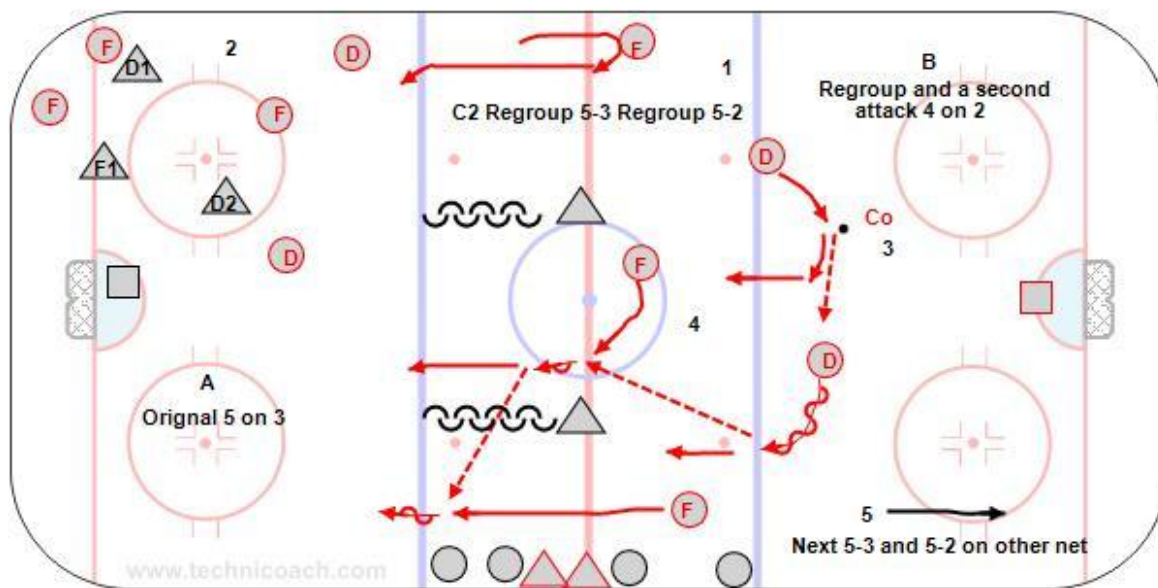
### Key Points:

Give support and the strong side boards, middle and weak side wall. F1 pressure the puck, F2 take away pass to strong side wing F3 read the play from middle and react. D2 covers the high slot attacker.

### Description:

1. Forwards regroup with the D in the neutral zone.
2. All five attack vs. two D and one F.
3. After original attack the coach whistles and places a puck inside the far blue line.
4. D goes back for the new puck and start another rush versus the two original D.
5. Next group start the same sequence in the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101203110207460>



Comparison of practice techniques from U20 to NHL teams, to NHL prospects to European pro's.

This is a video of a Canadian U20 Major Junior Practice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010120115481453>

This is a game day practice for Washington of the NHL

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201153716969>

This is a regular practice not on a game day for Detroit of the NHL.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101126094427789>

This is a pre season practice for NHL players a few weeks before training camp.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007153238371>

This is TPS a Finnish pro elite team practice in the spring session of training.

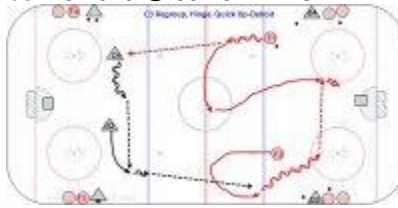
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722011539271>

This is a NHL prospects summer camp the Flames ran a few years ago.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722063834581>

## B600 Regroup, Hinge, Quick Up-Detroit

Published by TomM On Sunday, November 28 2010 @ 08:29 AM EST



B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

Description

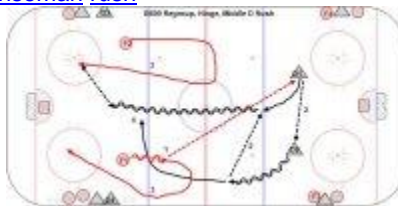
1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

## B600 Regroup, Hinge, Middle D Rush-Detroit

Published by TomM On Sunday, November 28 2010 @ 06:28 AM EST

Keywords [D to D](#), [regroup](#), [hinge](#), [defenseman rush](#)



B600 Regroup, Hinge, Middle D Rush

Key Points:

Middle D comes late as a second wave and lead the rush.

Description:

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

Video Link showing the drill progression.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092702491>



## B600 Regroup, Hinge, Middle D Rush

### ***Key Points:***

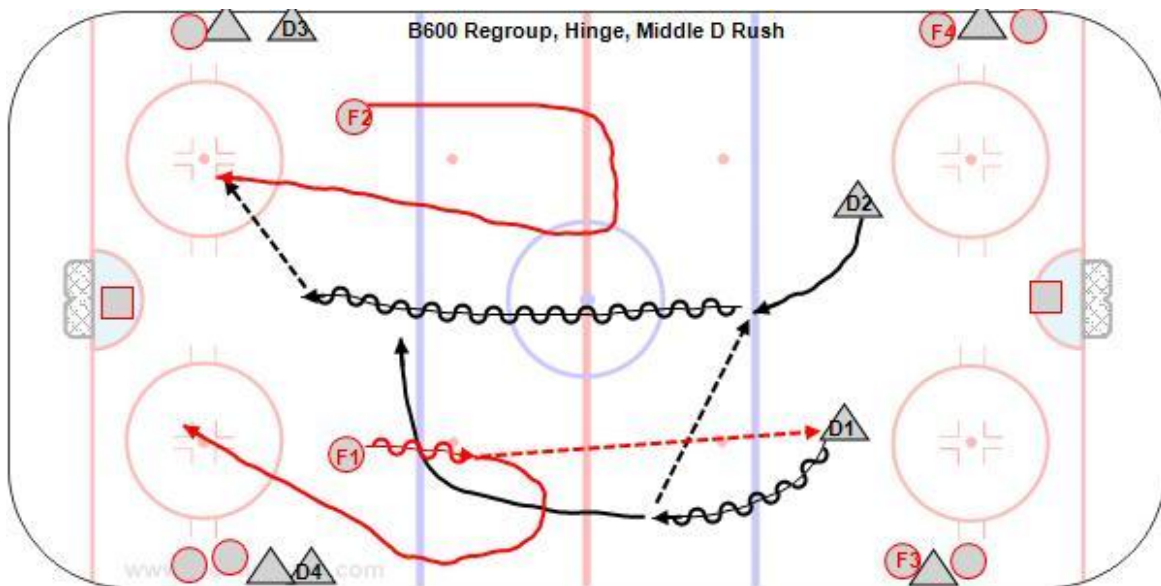
Middle D comes late as a second wave and lead the rush.

### ***Description:***

1. F1 and F2 leave and regroup with D1.
2. D1 pass to D2 who hinges to the wide lane then pass back to D1.
3. F1 and F2 delay to stay onside while D1 crosses the blue line with the puck.
4. D2 support the attack from the mid-point.
5. D1 pass or take a shot.

Repeat the other direction with F3 and F4 regrouping with D3 and D4.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>





## B600 Regroup, Hinge, Quick Up-Detroit

### **Key Points:**

Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

### **Description:**

1. F1 skate and regroup with D1.
2. D1 skate to the middle and pass to D2 in the wide lane.
3. D2 quick up to F2 who stretches on the strong side boards.
4. F1 and F2 attack.

Repeat the other way with F3 regrouping with D3.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>

