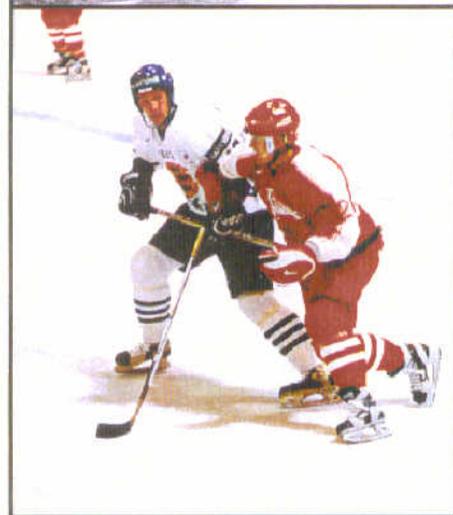




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



B5 B600 1-1, 2-1

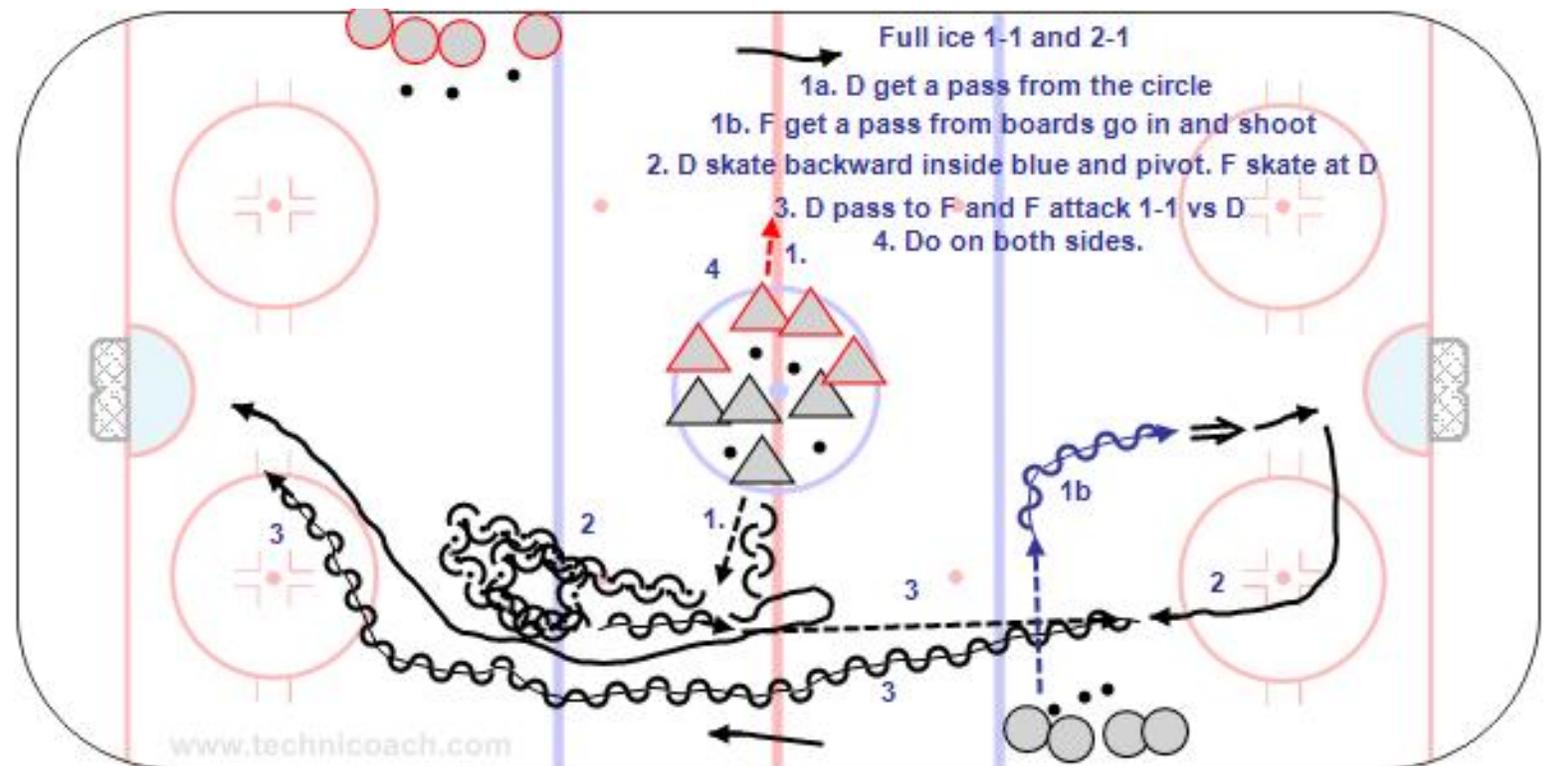
Key Points:

Quick feet for both the F and D. Forwards face the puck, give a target and skate into the pass.

Description:

Full ice 1-1 and 2-1

- 1a. D get a pass from the circle.
- 1b. F get a pass from the boards and shoot then rebound.
2. D skate backward inside blue and pivot. F skate at D.
3. D pass to F and F attack 1-1 vs D
4. Do on both sides.
5. You can also do a 2-1.



B5 Loose Puck Battles

Key Points:

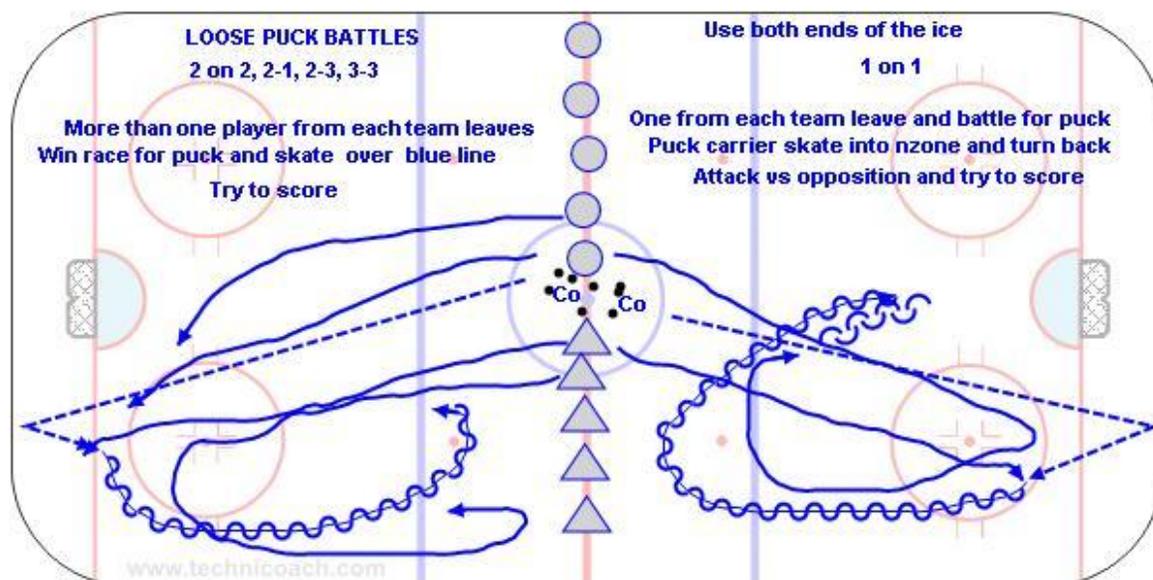
- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.

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B5 Regroup and 1-1

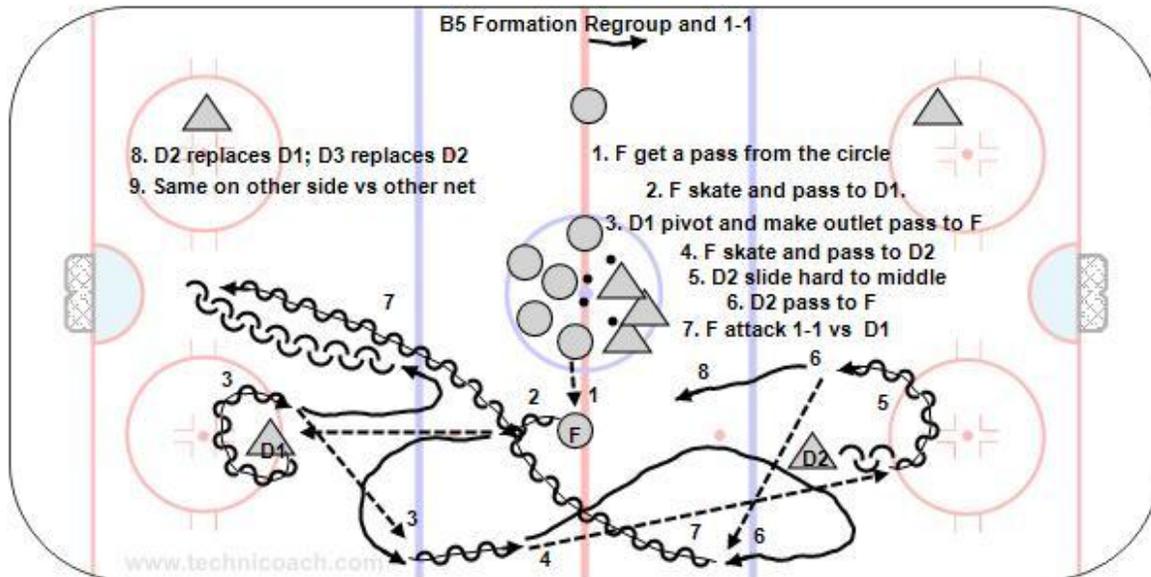
Key Points:

Quick feet, face the puck. This is a drill that Stanislav Barda from the Czech Republic used a lot.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
9. Same on other side vs other net
8. D2 replaces D1; D3 replaces D2

It can also be done as a 2-1



B5 Rejo 1-0, Shoot, 2-1

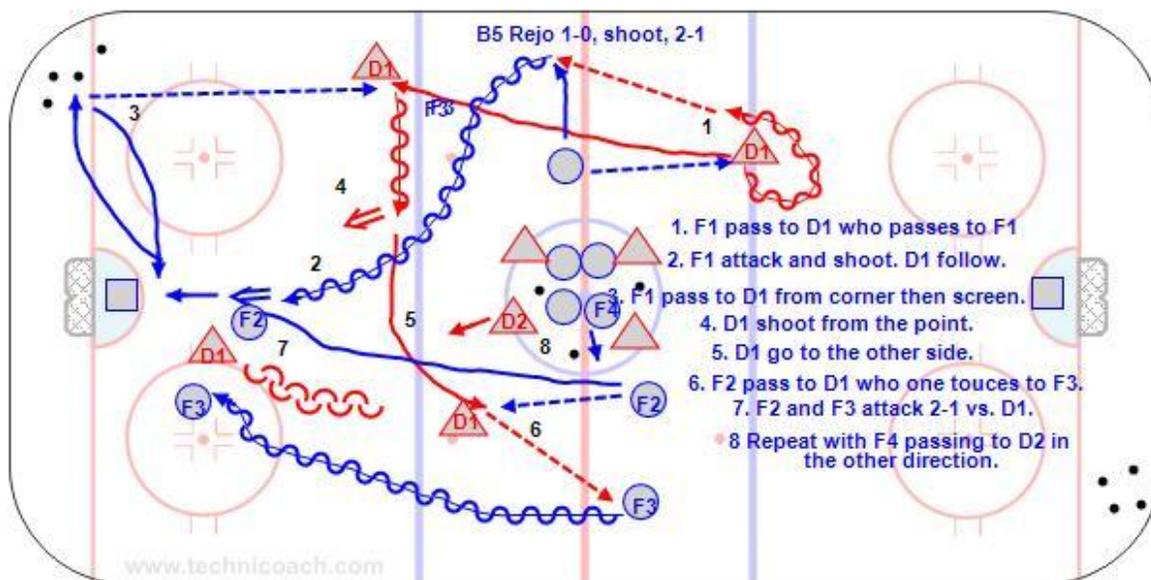
Key Points:

pass hard, face the puck, shoot and rebound, tight gap

Description:

1. F1 pass to D1 who passes to F1.
2. F1 attack and shoot. D1 follow.
3. F1 pass to D1 from corner then screen.
4. D1 shoot from the point.
5. D1 go to the other side.
6. F2 pass to D1 who one touches to F3.
7. F2 and F3 attack 2-1 vs. D1.
- 8 Repeat with F4 passing to D2 in the other direction.

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C1 Shot-Breakout-Regroup-2 on 1 - Czech U20

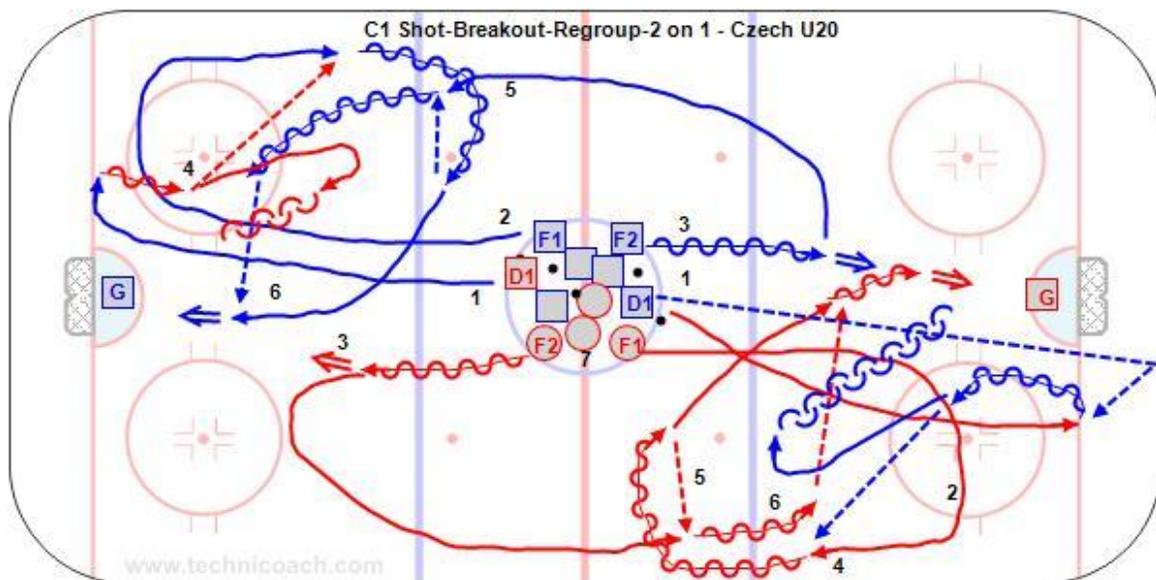
Key Points:

Defense get to the big ice before making the breakout pass. On the 2-1 make the first pass early so there is a second play. If the defender gets the puck pass to the defense waiting to start the next play.

Description:

1. D1's dump the puck in and get it.
2. F1's funnel and then get open on boards.
3. F2's take a shot on the opposite net and circle back.
4. D1's pass to F1's on the wall.
5. F1's pass to F2's in nzone.
6. F1's and F2's attack original net vs. D1's.
7. Repeat with the next group.

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C1, 1-1, 2-2 Battles-Kazakstan-W

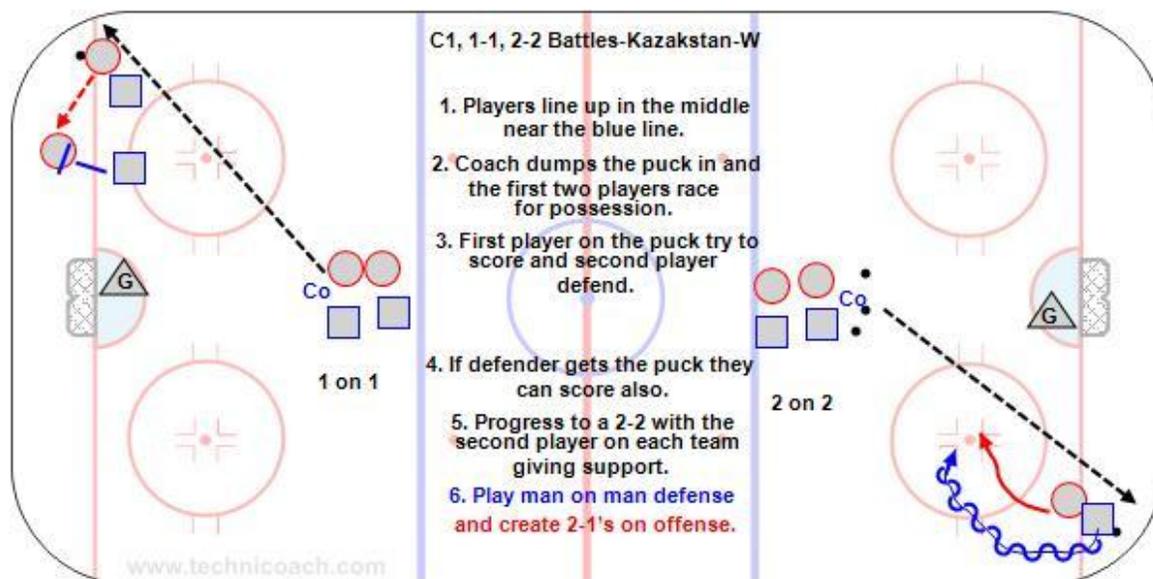
Key Points:

Battle hard for the puck and go into the corner on an angle. Bump on the way in to get inside body position. Use fakes and cutbacks along the boards and protect the puck. Keep the feet moving.

Description:

1. Players line up in the middle near the blue line.
2. Coach dumps the puck in and the first two players race for possession.
3. First player on the puck try to score and second player defend.
4. If defender gets the puck they can score also.
5. Progress to a 2-2 with the second player on each team giving support. Play man on man defense and create 2-1's on offense.

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C1, 1 on 1 - Sweden

Key Points:

Attack with speed and make the defender collapse to the middle and try to get by when they skate outside.

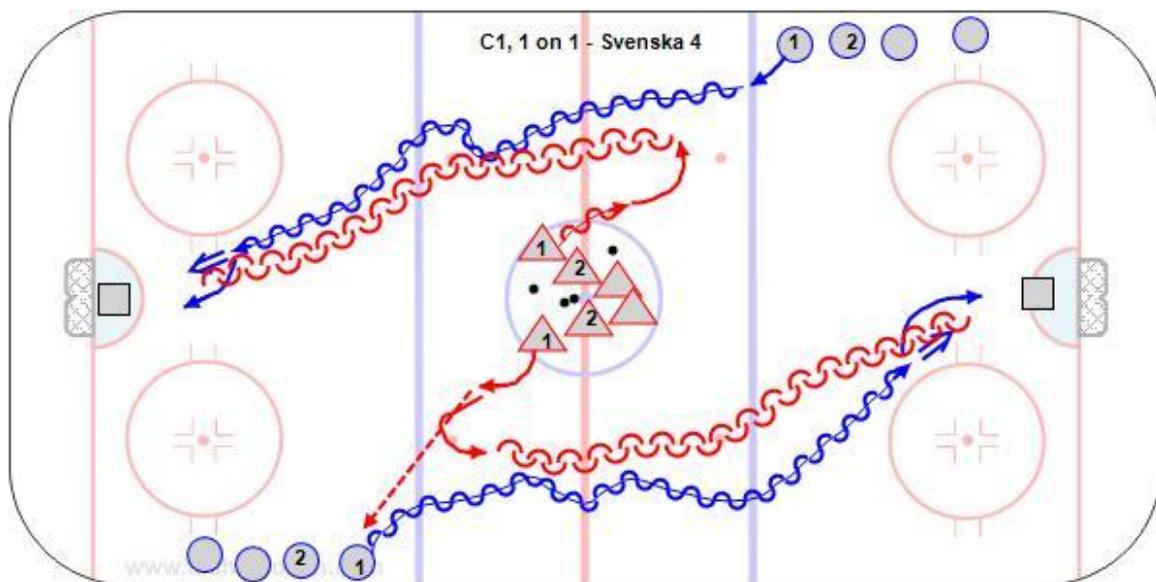
Defender keep no more gap than a stick length. Defend from the net side always. Stay with attacker after the shot and tie up the stick. Maintain body on body and stick on the puck positioning.

Description:

- A. R1 pass to B1.
- B. B1 attack and try to score while R1 defends.
- C. Go for the rebound after a shot.

This can be done from either one or both sides at the same time.

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C1-B600 1-1 - Slovakia U20

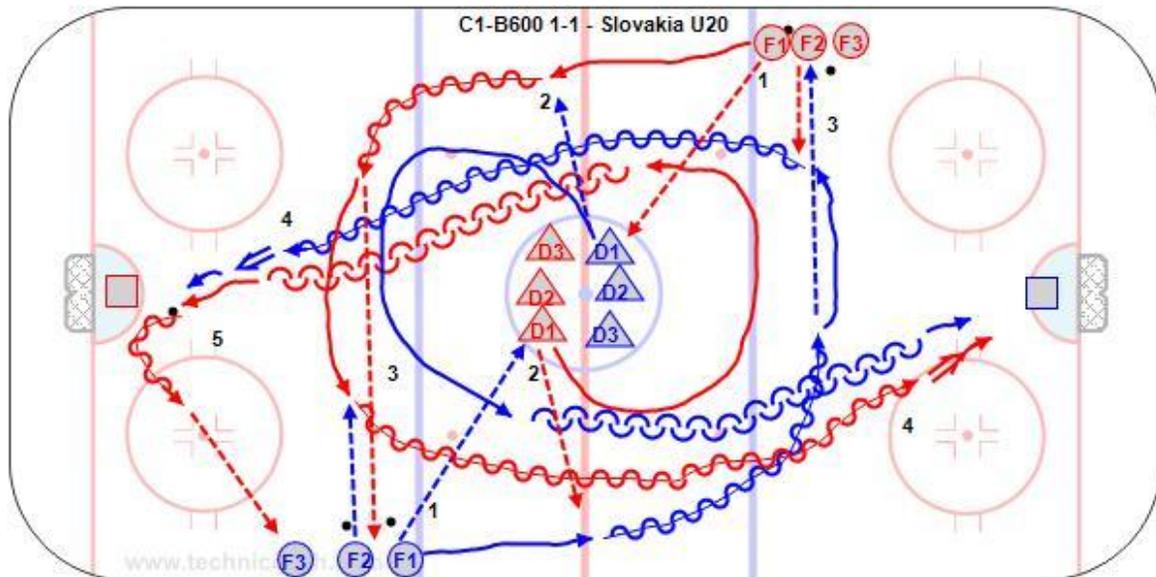
Key Points:

Make crisp passes and then skate and give a target. Hard fakes and try to beat the D. D always play the attack from the defensive side and get a close gap as soon as possible. D tie up the F stick after the shot and F follow the shot for a rebound. Always finish drills with the D tying up the stick after the shot and then pass a loose puck to the line up or a coach. The forward always go for a rebound.

Description:

1. RF1 and BF1 pass to the opposite colour D1's.
2. RD1 and FD1 pass back to the opposite colour F1 and mirror their skating across.
3. RF1 and BF1 pass to the opposite colour F2 who return the pass.
4. RF1 attack vs. BD1 and BF1 attack vs. RD1.
5. Both forward and defense play the rebound. If the D get it they should pass to the last forward lined up at the blue line to finish the play.

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C1- B600 1 on 1- U16 Boys

Key Points:

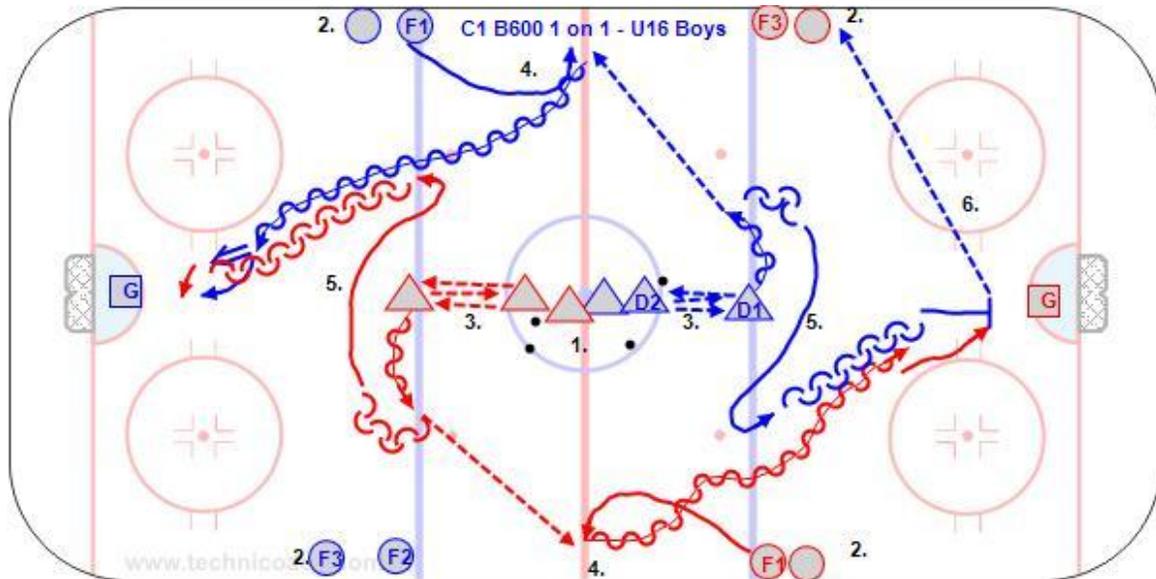
Defender should close the gap using lateral and back skating keeping the stick on the puck and defensive side. Attacker use moves and fakes but skate at full speed and protect the puck always when within a stick length of the defender.

Description:

1. Defense line up inside the middle circle in C1 formation.
2. Forwards line up at the four blue lines on the boards in B600 formation. White forwards get a pass from the white D and attack vs. the blue D.
3. Start with D1 at each end one touch passing back and forth with D2 at the front of each line.
4. F1 skate into the neutral zone and post up for a regroup pass from their D1 on each side.
5. After passing each D1 defends on the other side vs. the opposite team F1.
6. Finish the play with D1 maintaining D side and taking F1's stick and F1 fighting for a rebound.

*A good habit to install is have D1 pass to a forward at the back of the line on either side, or a coach if he regains the puck. This gets them used to finishing the play.

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C1-C3 Double Regroup 2-1 - Danish U20

Key Points:

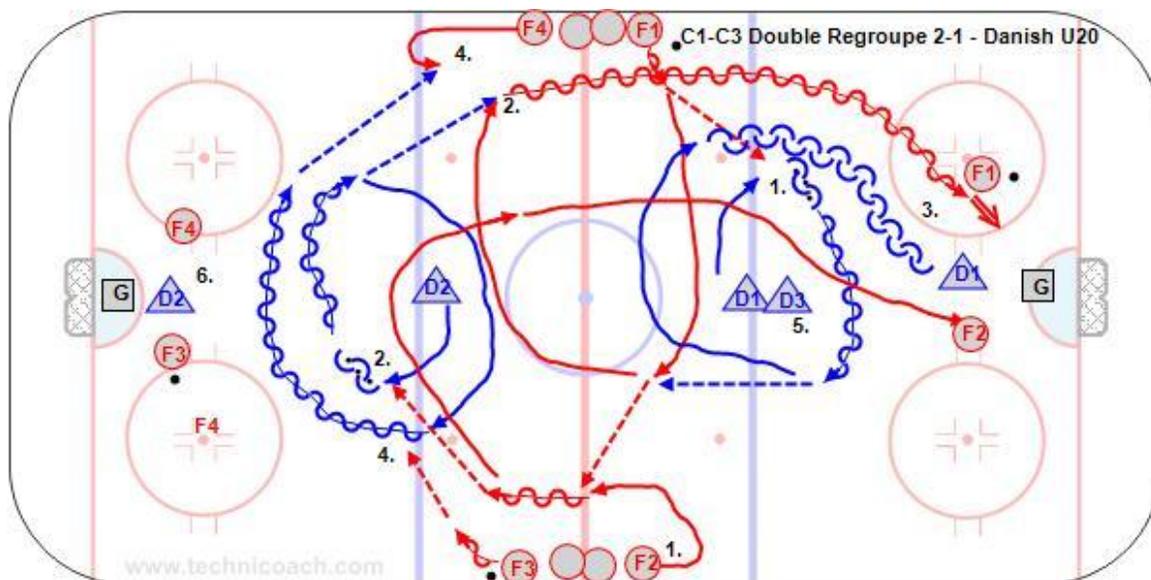
Forwards face the puck and give a target . D pass while skating. Attack with speed on the 2-1, 'one high one low, one fast one slow.' D stay in the middle, deny pass across and breakaway and seal dangerous stick on the rebound.

Description:

1. F1 and F2 regroup with D1.
2. Regroup with D2 on the opposite side and other end.
3. Attack 2-1 vs. D1.
4. F3 and F4 regroup with D2.
5. F3 and F4 regroup with D3 and attack 2-1 vs D2 at the opposite end.

*Repeat rotating in the other direction.

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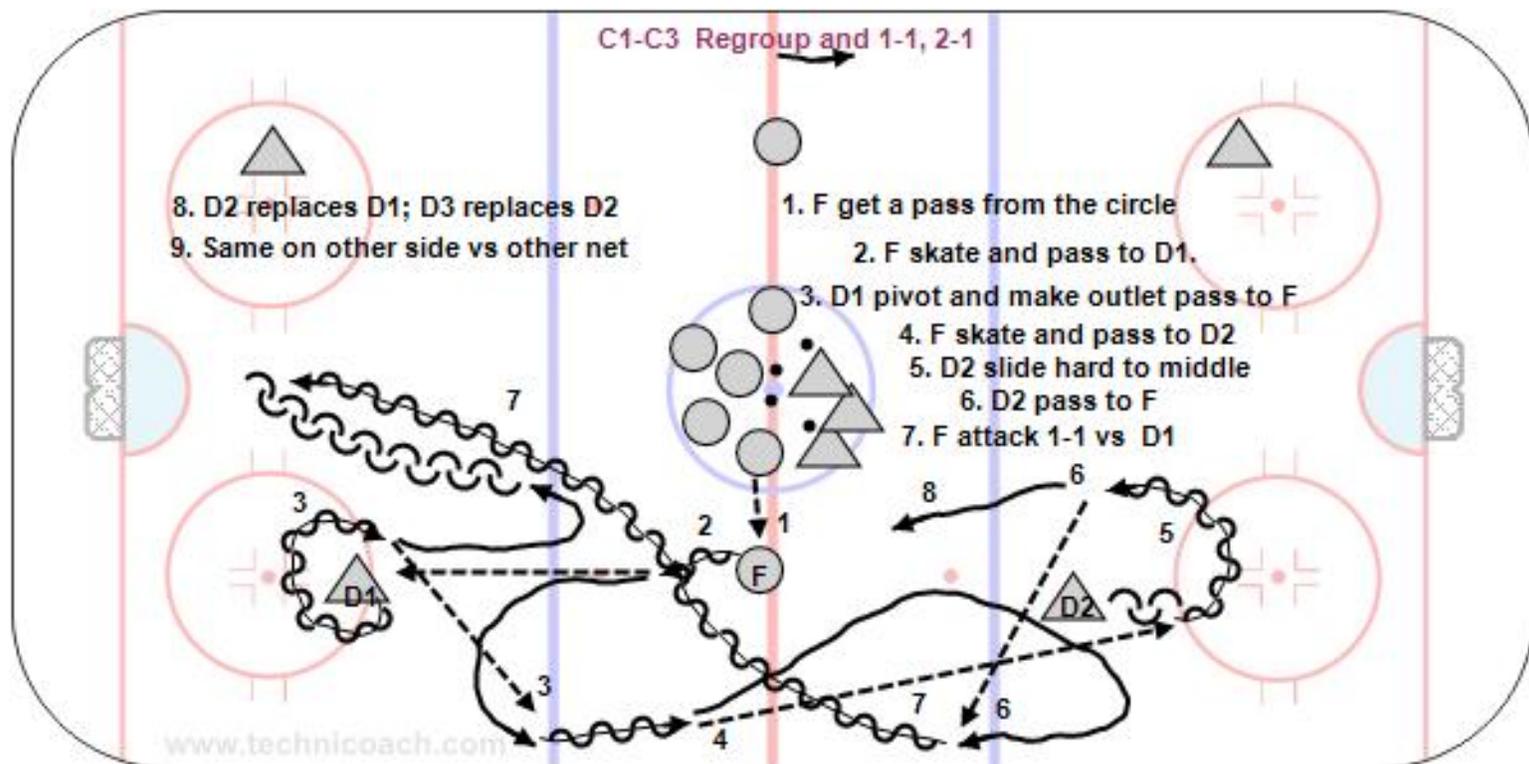
C1-C3 Regroup and 1-1, 2-1

Key Points:

Quick feet, face the puck. On the 2 player breakout one give wall and one middle support and give good targets. Player on the boards face the puck.

Description:

1. F get a pass from a F in the circle.
2. F skate and pass to D1.
3. D1 pivot and make outlet pass to F
4. F skate and pass to D2
5. D2 slide hard to middle
6. D2 pass to F
7. F attack 1-1 vs D1
8. D2 replaces D1; D3 replaces D2
9. Same on other side vs other net
10. Two forwards can leave and create a 2-1.



B5-6, 1-1 x 2 From Blue Line and Corner - Sweden

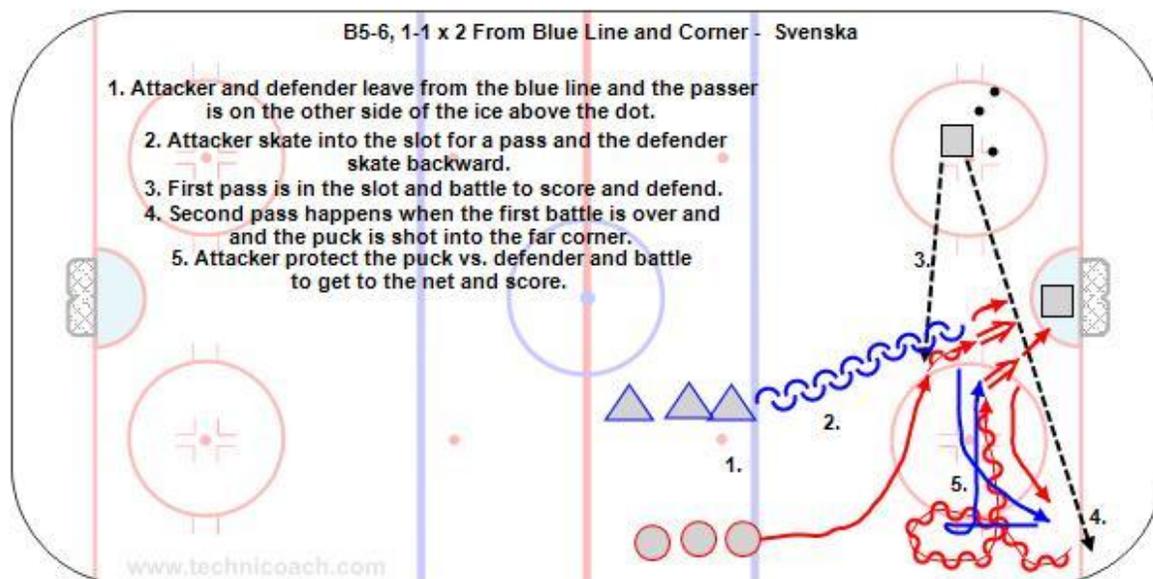
Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

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B5 1-1 Defensive Technique

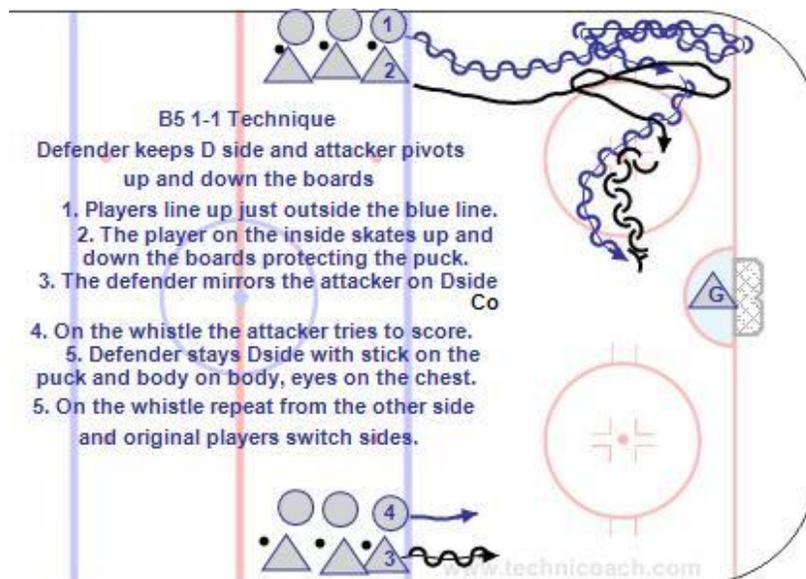
Key Points:

Defender keeps D side and attacker pivots up and down the boards

Description:

1. Players line up just outside the blue line.
2. The player on the inside skates up and down the boards protecting the puck
3. The defender mirrors the attacker on Dside.
5. Defender stays Dside with stick on the puck and body on body, eyes on the chest.
4. On the whistle the attacker tries to score.
5. On the whistle repeat from the other side and original players switch sides.

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C2, 2-1, on Rush then from Cycle - Sweden U20 – 1

Key Points:

F1 must get to the puck first vs. D1. Attackers protect the puck and go to the net. Defender must stay on the defensive side and then play a 2 on 1 situation after the cycle always recognizing the most dangerous attacker.

Description:

1. Two forwards and one defender start from behind the blue line with forwards on the inside.
2. Coach shoot the puck into the corner.
3. F1 race D1 to the puck.
4. If F1 wins the battle then protect the puck and pass to F2.
5. D1 defend 2 vs. 1 until the puck is frozen or cleared.
6. If D1 wins the race then he clears the puck.

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C2 – 2 on 1 with Backchecker – Sweden 5

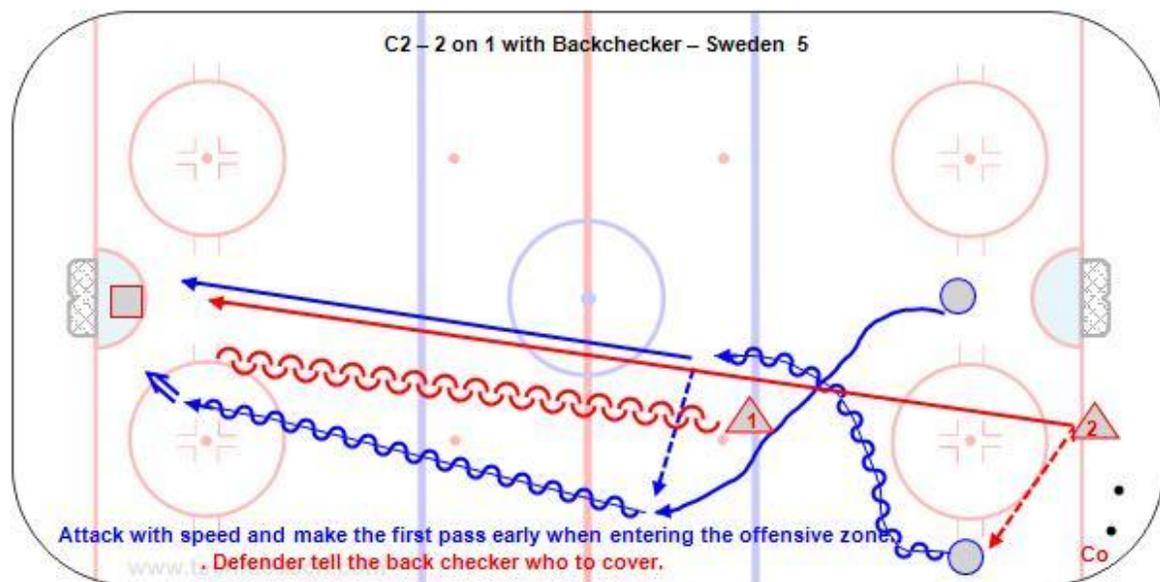
Key Point:

Attack with speed and make the first pass early when entering the offensive zone. Defender stay in the middle and tell the back checker who to cover.

Description:

1. Attacker 1 and 2 start from the hash marks 1 on the boards and 2 in the middle.
2. Defender 1 start on the blue line and 2 on goal line to backcheck.
3. Defender 2 pass to attacker 1.
4. Attackers 1 and 2 skate vs defender 1 while defender 2 backchecks.
5. Attackers try to maintain the 2-1 and score while defenders try to create a 2-2.

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C2 Angling 2-1 Wally

Key Points:

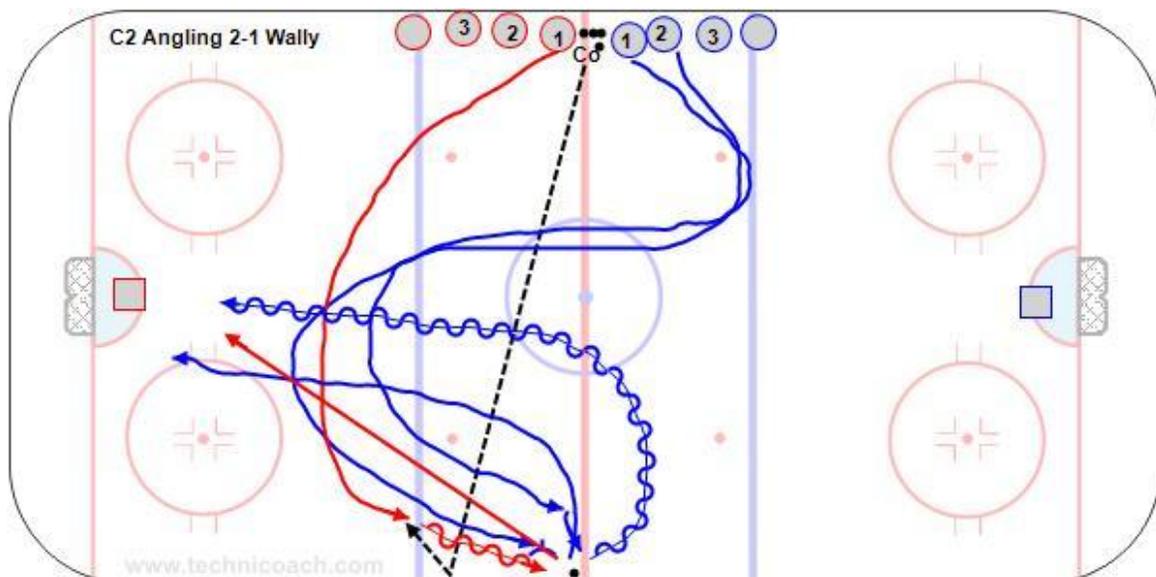
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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C2 Angling Drill

Key Points:

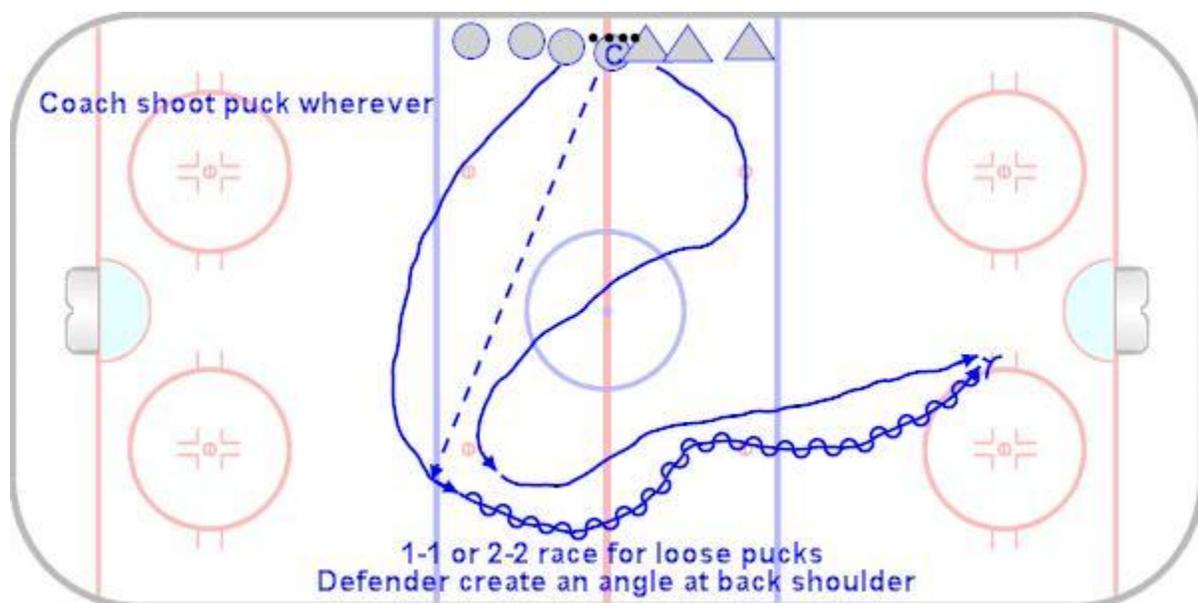
Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in or back.

*No Penalties and insist on Good Checking Angles.

Description;

1. Players line up along the boards in the neutral zone.
2. Coach shoot a puck toward one side near the boards and the players race for it and try to score.
3. The checking player tries to regain the puck and score on the other net. After one scoring chance return to the line up.
4. When the puck is near one goal shoot another puck for the next two players.

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C2 Continuous Flow Breakout Drill

Key Points:

Players support from each lane.

Description:

The breakout goes from end to end with the forwards dumping the puck in when they cross the blue line and the next line practicing various options.

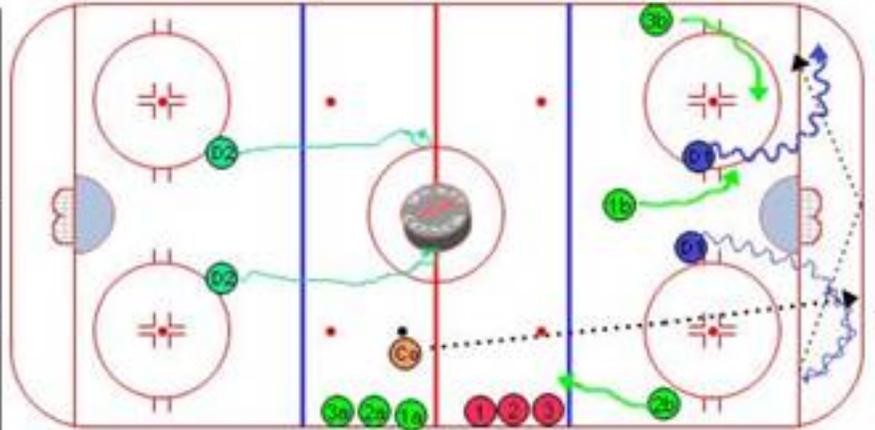
Title : Alternating Continuous Breakout F Category #1 : COLLECTIVE TACTICS Category #2 : Breakout and Dump

Description

Continuous Flow Breakout / Dump and Change Sequence 1

Cc dumps puck in zone on D, who gain control and initiate a breakout. Defensemen need to work on set-up options that include:
 1.) Reverse to weakside, with cross ice pass behind net to low support in weakside corner
 2.) Reverse with short, drop pass, behind net (see sequence 3)

After coach dumps puck forward from bench area (1a, 2a), (2b) move in to a break-out position. Each should react according to the flow of the play.



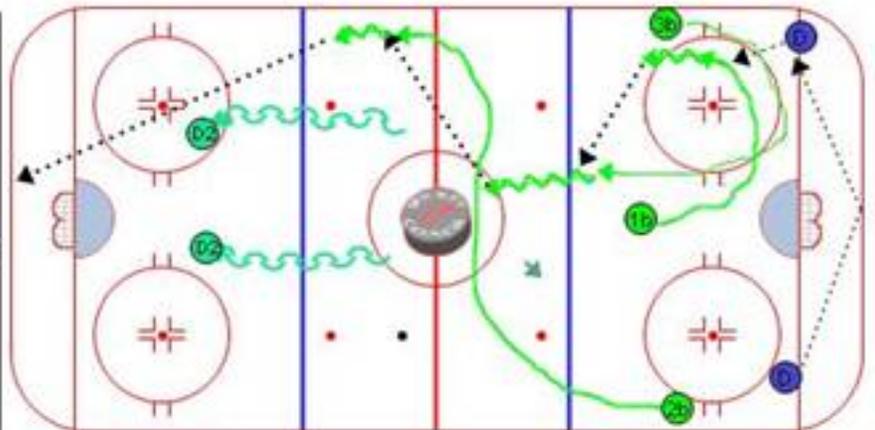
Key points : Continuous Motion Pass tape to tape Puck Support Vary Breakout Option

Title : Alternating Continuous Brea Content elements: Components :

Description

Continuous Flow Breakout / Dump and Change Sequence 2

As D work together to setup the breakout sequence the forwards (1b, 2b, 3b) respond to the flow. In this example they use a low curl with 1b supporting D at the hash and 2b positioning to support 1b or D in the middle. 3b reads movement and support high in neutral zone area. In this example 3b crosses to support the puck carrier, either, 1b or 2b



Key Points : Support Puck Movement Passing Accuracy

C2 Low 3-2 to 5-5 Rush and Backcheck – Flames

Key Points:

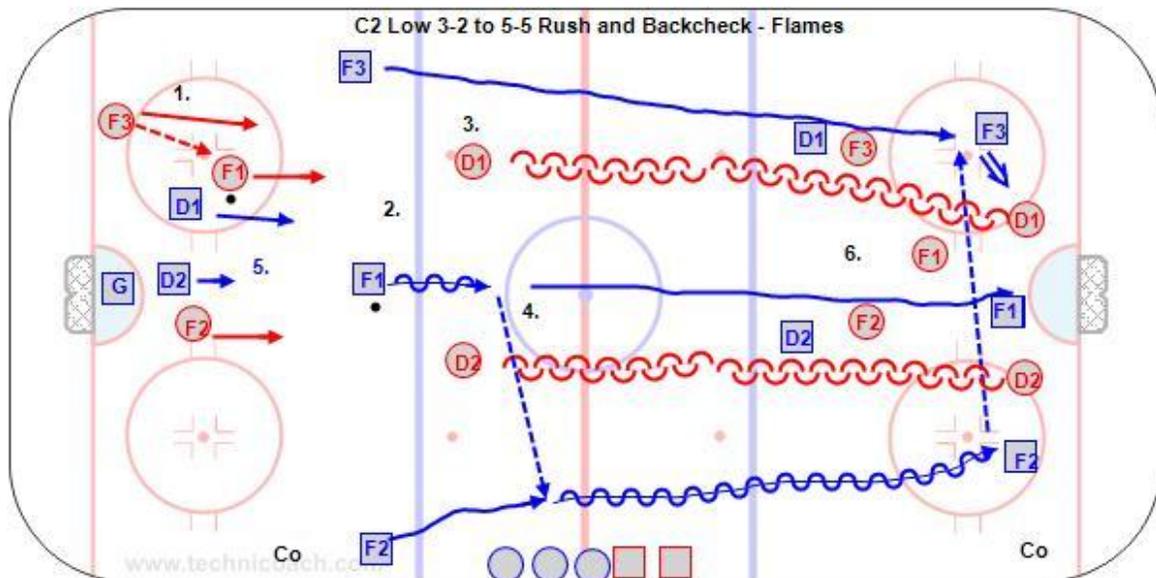
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

Description:

1. Red F1-F2-F3 attack low vs. Blue D1-D2.
2. Blue F1-F2-F3 wait with a puck at the top of the circles. Extra players along the boards.
3. Red D1-D2 are ready to defend the 3-2 attack.
4. On whistle Blue F1-F2-F3 attack R D1-D2.
5. B D1-D2 join attack and R F1-F2-F3 backcheck.
6. Play 5 on 5.

Alternative: Use one puck and defense pass to waiting forwards instead of 2 pucks and a whistle.

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C2 Regroup 5-3 Regroup 5-2 - Detroit

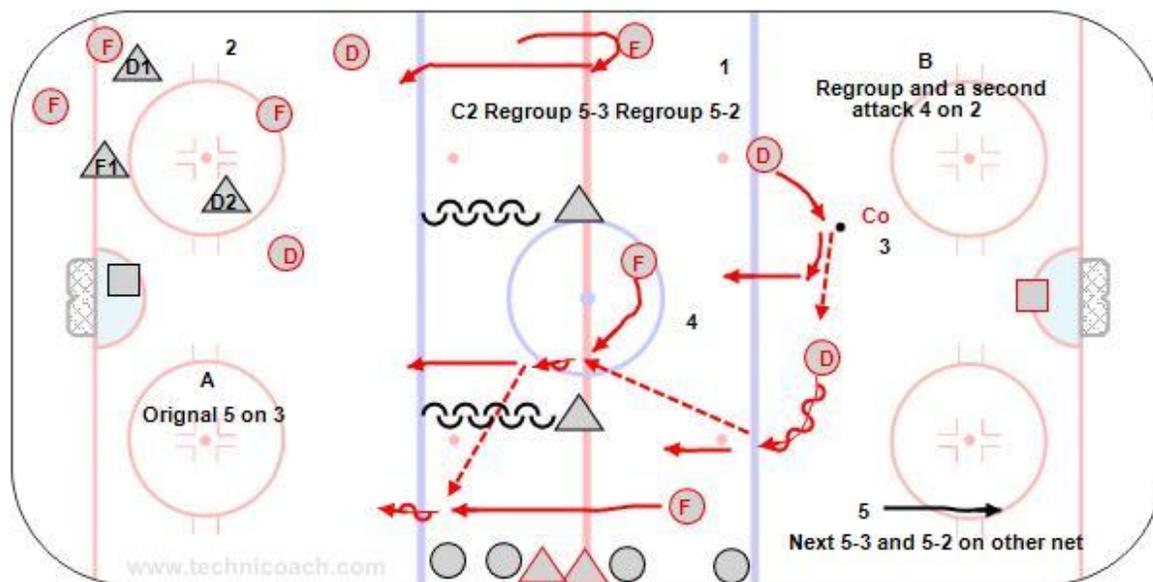
Key Points:

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.

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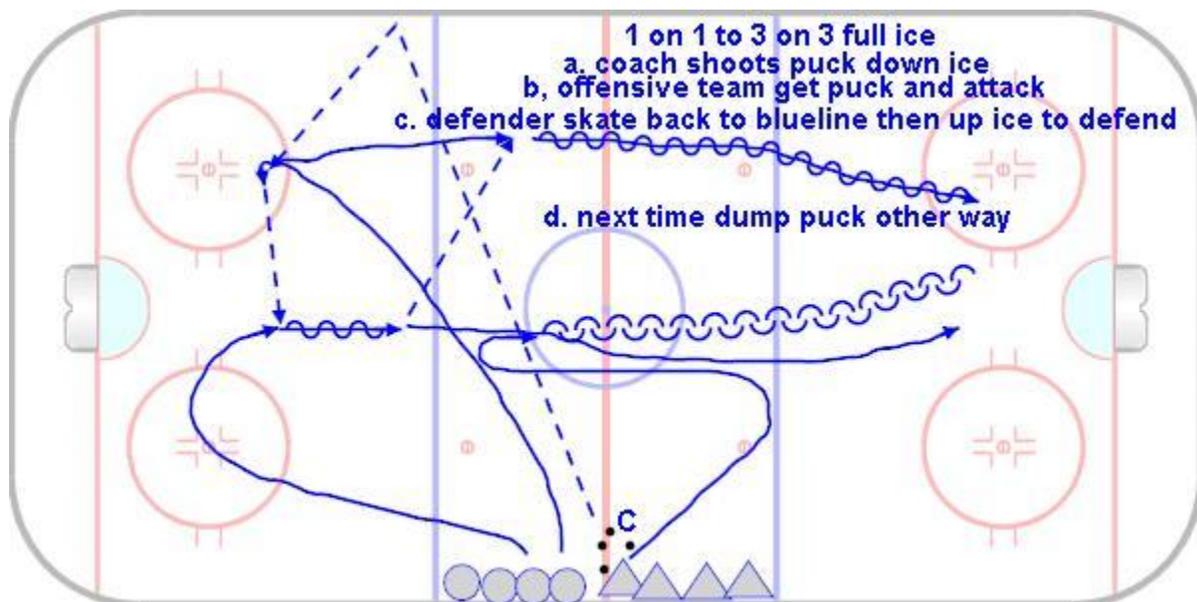
C2 Game Situations 1 on 1 to 3 on 3

Key Points:

Defense must have quick feet in to close the gap in the neutral zone.

Description;

1. Line up on one side with one team on each side of the red line and pucks in the middle.
2. Coach shoot the puck into one end.
3. Offensive players quickly get the puck and start the attack.
4. Defensive players skate back to their blueline and then up to meet the attack in the neutral zone.
5. Coach shoot the puck into opposite end and the other team attack. If you play with forwards only attacking the defensemen then always shoot the puck into the same end.



C2, 1-0, Point Shot and 2-1 - Sweden

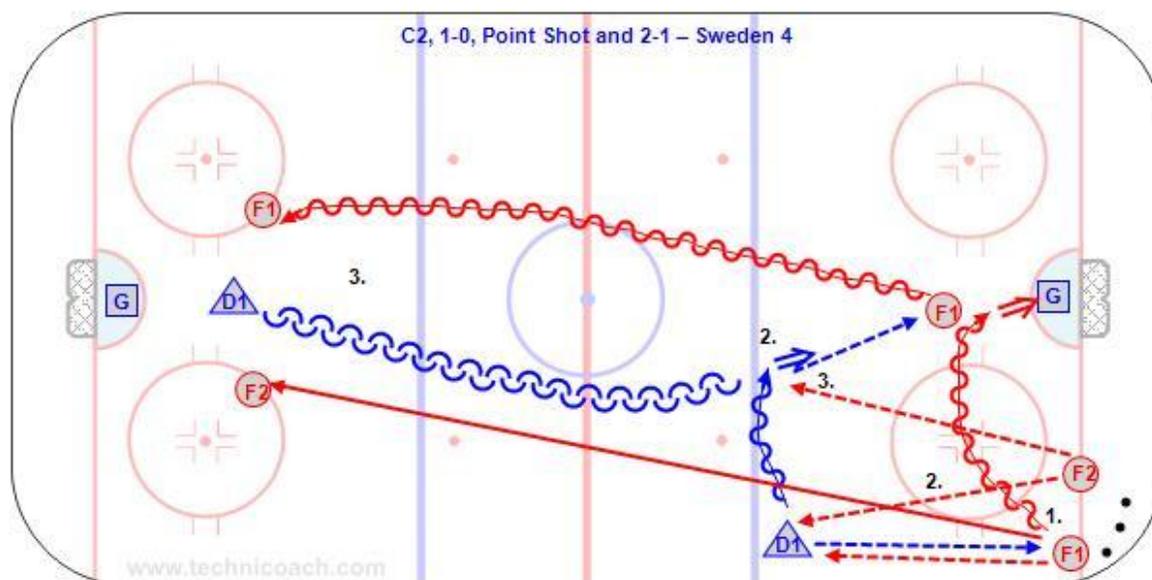
Key Points:

Pass hard and screen the goalie. On the 2-1 the first pass should be made near the blue line to force the defender to make a decision and allow a second play. Defender stay in the middle and decide who the most dangerous attacker is. Deny a breakaway and pass across remembering it is a 2-2 with the goalie.

Description:

1. F1 give and go with D1 then walk in and shoot.
2. F2 pass to D1 at the point who drags to the slot and shoots while F1 screens the goalie.
3. F2 pass to D1 who taps puck to F1 and then F1 and F2 attack 2-1 vs. D1.
4. Next group repeat.

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C2, 2-0, 2-1, Washington

Key Points:

Give a target, time skating to be available, face the puck.

Description:

A.

-Two players rush 2-0 and attack the far end.

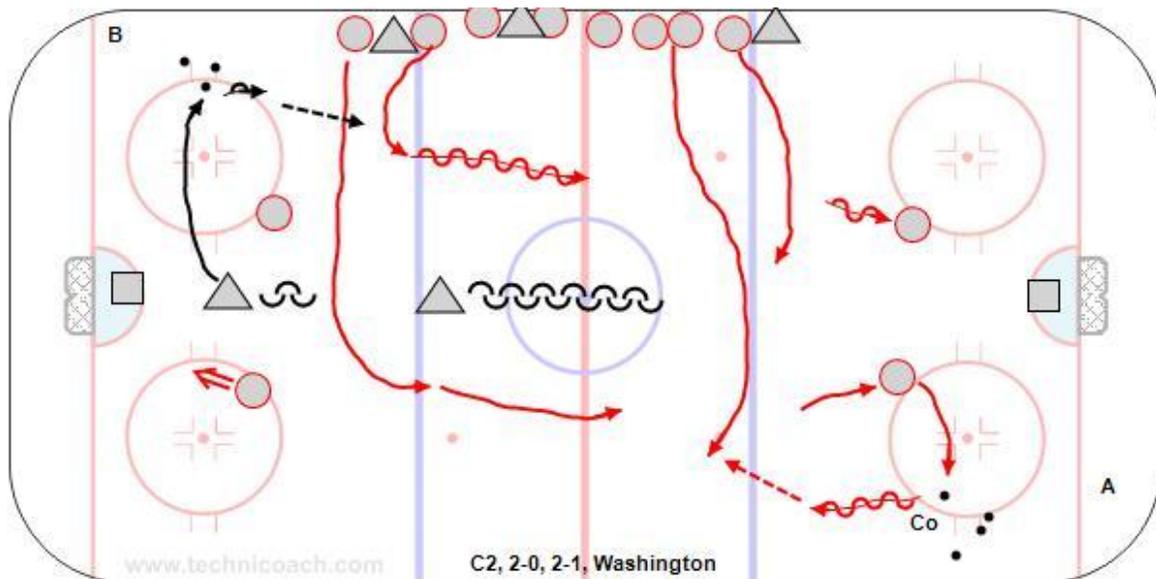
-The non shooting player pass to the next 2 who skate in from the lineup on the boards.

B

- Progress to a D making the pass then follow the play up the ice.

-The D defends a 2 on 1 and then make a pass to the next 2 F who attack the original D.

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C2, 2-1 on Rush then from Cycle - Sweden

Key Points:

F1 must get to the puck first vs. D1. Attackers protect the puck and go to the net. Defender must stay on the defensive side and then play a 2 on 1 situation after the cycle always recognizing the most dangerous attacker.

Description:

1. Two forwards and one defender start from behind the blue line with forwards on the inside.
2. Coach shoot the puck into the corner.
3. F1 race D1 to the puck.
4. If F1 wins the battle then protect the puck and pass to F2.
5. D1 defend 2 vs. 1 until the puck is frozen or cleared.
6. If D1 wins the race then he clears the puck.

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C2, 3-0, 1-1, 2-1 - Pro

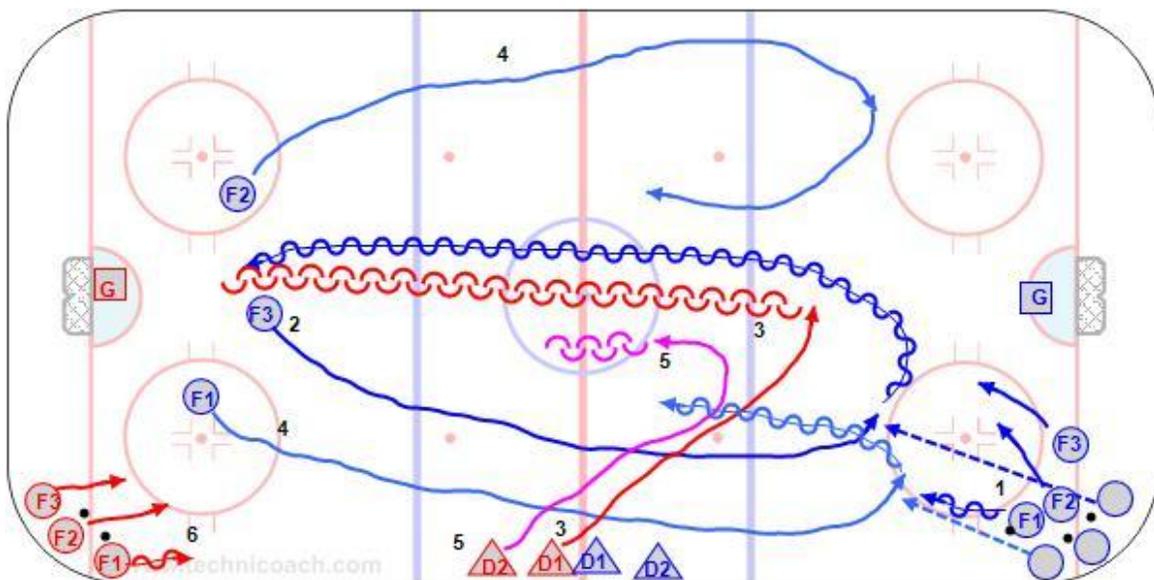
Key Points:

Forwards should attack with speed and defense play a tight gap.

Description:

1. Start with a 3-0 attack from one corner. All attacks are on the same net.
2. F3 skate back and get a puck from the original end.
3. D1 leave line and defend 1-1 vs. F3.
4. F1 and F2 come back for another puck.
5. D2 defend a 2-1 vs. F1 and F2.
6. Repeat from the other end.

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C2, 5 on 3 BO - 5-2 Rush - Finnish U17

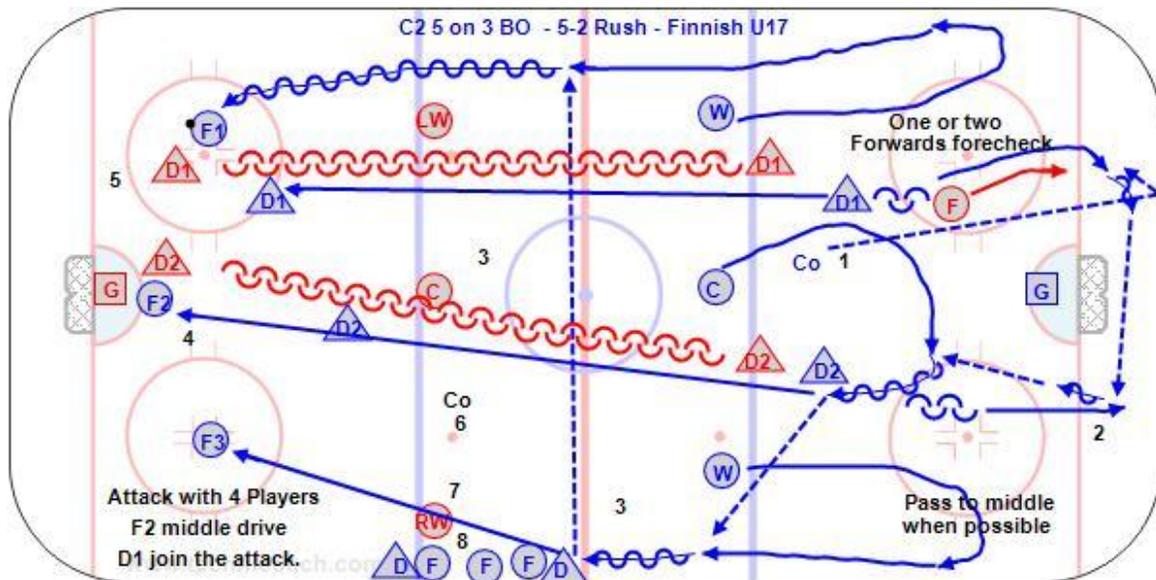
Key Points:

D move away from pressure and pass to the middle as much as possible. C swing laterally through the top half of the circle about a stick length behind the D. W's stay on the boards. F2 middle drive.

Description:

1. Coach dump in a puck and call how many forecheckers.
2. Blue offensive team break out 5-3 or 5-4.
3. In NZ rush is 5 on 2.
4. Attack with middle drive and D1 joining the rush.
5. Play 5-2 until the rush is finished.
6. Coach dump in a new puck and call out whether one or two forecheckers stay in.
7. Red forwards breakout with original Red D1 and D2.
8. Next blue forward line follow the attack and wait at the blue line for the coach dump in.

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C3 1-0, 2-1, 3-2 Czech U20

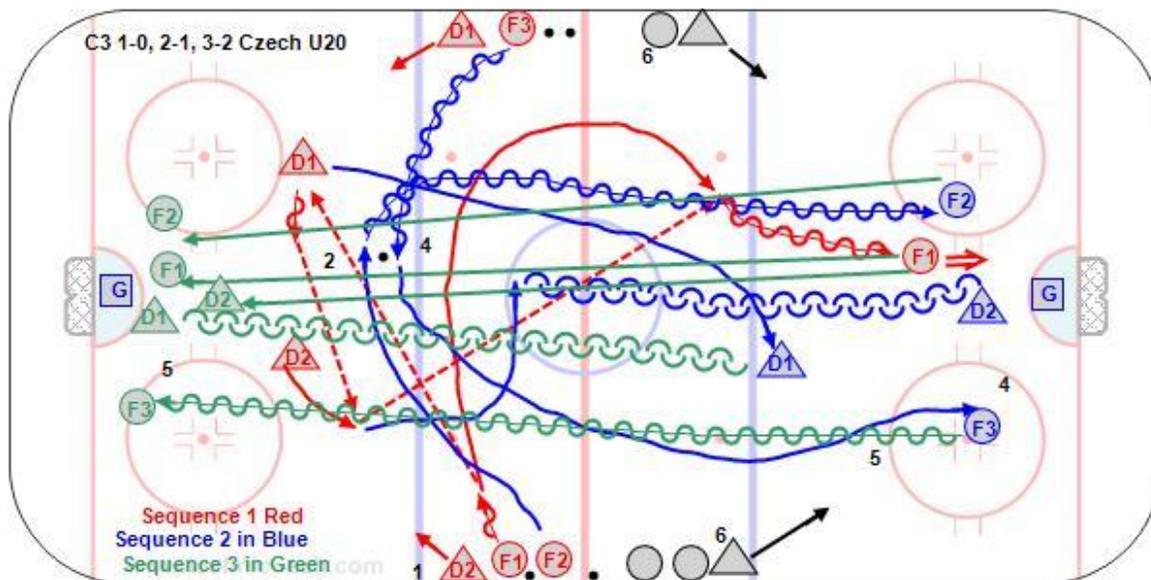
Key Points:

Forward see the puck at all times. Make hard passes. One forward without the puck drive hard to the net. Look for rebounds. Attack with speed and hit the net.

Description:

1. Do this in five player units or 3 F and 2 D.
2. F1 leave and pass to D1 who hinges with D2 .
3. F1 get a stretch pass from D2.
4. F2 and F3 cross and drop and attack vs. D2 in the same direction.
5. F1-F2-F3 attack the other way vs. D1 while D2 backchecks.
6. Next group of 3 F and 2 D repeat in the other direction.

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C3 1-1 to 2-2 - D Join F Backcheck

Key Points:

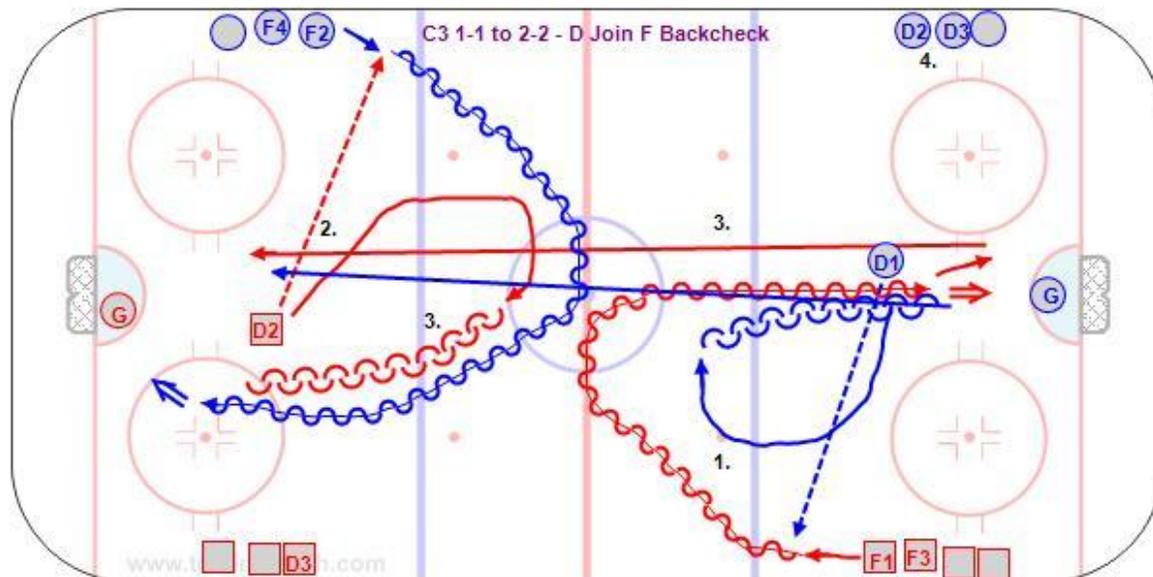
D join the attack on the whistle and attacking forwards back check. It is a fight for inside position. No penalties. Important that the forwards touch the red line so F1-D1 are close enough to join the play.

Description:

1. Blue D1 pass to Red F1 who skates to the red line and turns back attacking 1-1 vs. D1.
2. On the whistle Red D2 passes to Blue F2 at the other end of the rink.
3. Blue F2 skates to the red line and turns back attacking 1-1 vs Red D2. while Red D1 Joins Red F1 on the attack and White F1 backchecks making it a 2-2.
4. Repeat with Blue D3 passing to Red F3 at original end.

**Situations up to a 3-2 can be practiced. You need at least 8 D and 12 F to practice 3-2 with a 5-5 at each end. With larger number the lineup needs to move into the neutral zone to leave inside the blueline free.*

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C3 1-1 to 3-1 NHL

Key Points:

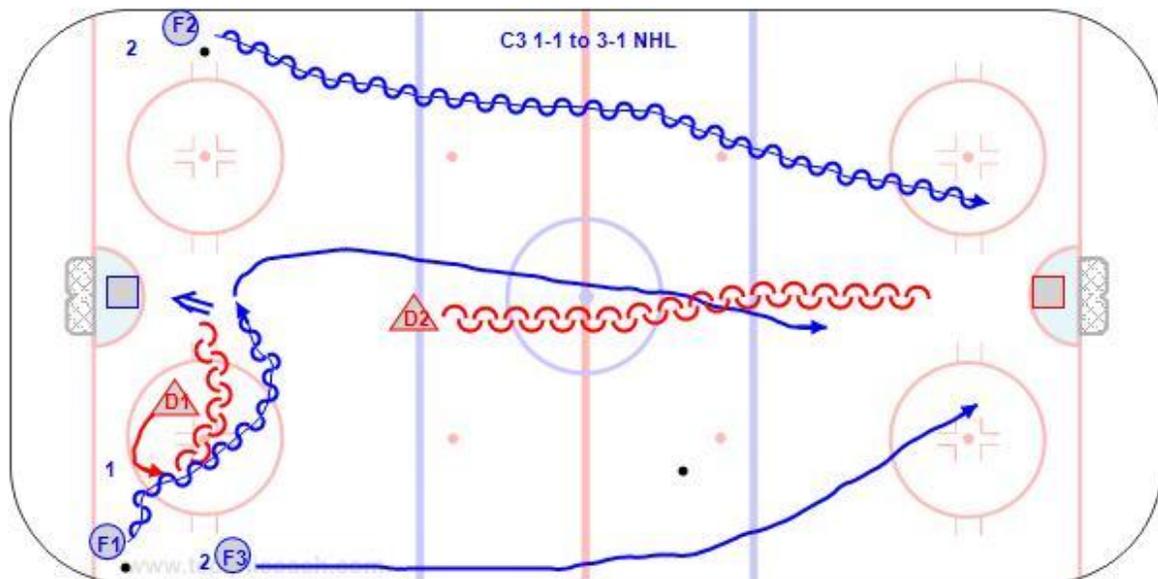
Maintain defensive side on the 1-1. Attack with speed on the 3-1 making the first play early while the defender delays the play from the middle.

Description:

1. Start with a forward walking out of the corner and attacking vs. on defender.
2. When 1-1 is finished two new attackers start up the ice vs. one defender.
3. The original forward join the attack and the D follow making it a 4-1.

Option: To make it more gamelike the original attacker could backcheck while the D joins the play.

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C3 1 on 1 Both Sides

Key Points:

Tight gap for D

Attack with speed and go for the rebound

Description:

Drill is done on both sides; opposite direction

1a. F1 get a pass from F2 on whistle

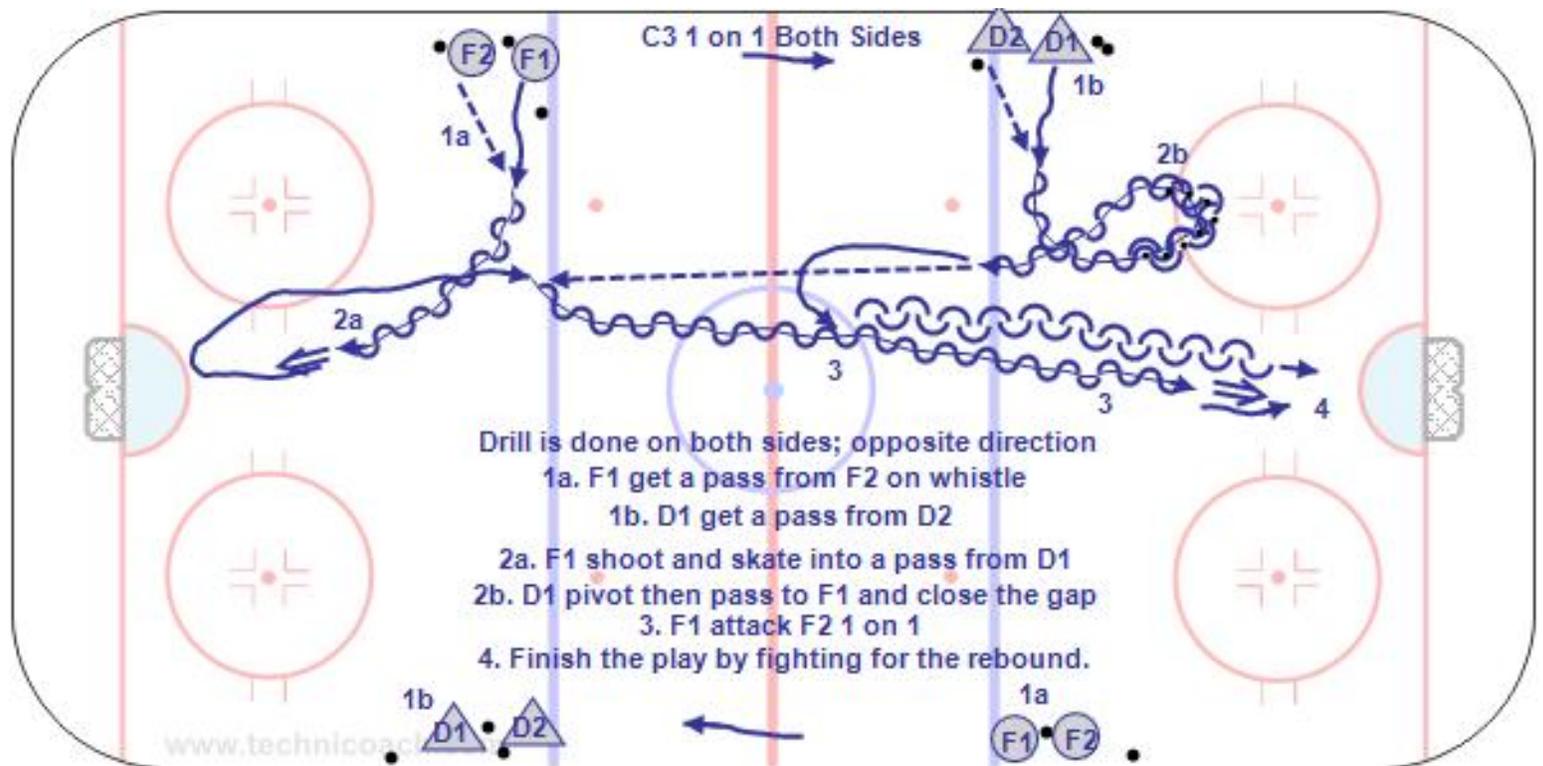
1b. D1 get a pass from D2

2a. F1 shoot and skate into a pass from D1

2b. D1 pivot then pass to F1 and close the gap

3. F1 attack D1 1 on 1

4. Finish the play by fighting for the rebound.



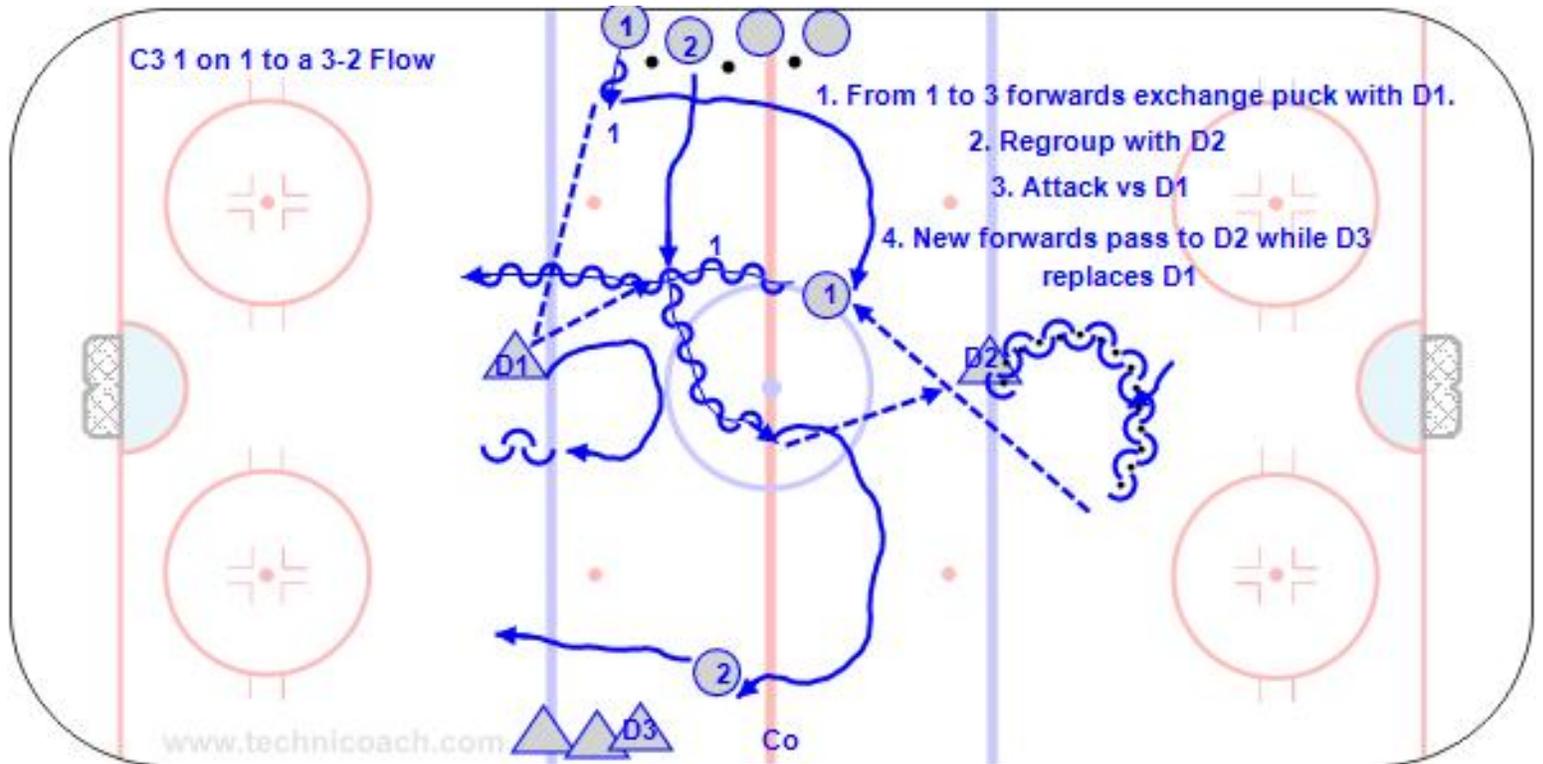
C3 1 on 1 to a 3-2 Flow

Key Points:

Create many situation up to a 3-2. Fill all three lanes and always face the puck. Create 2 on 1's on the attack.

Description:

1. From 1 to 3 forwards exchange puck with D1.
2. Regroup with D2
3. Attack vs D1
4. New forwards pass to D2 while D3 replaces D1



B6, 2-0, Regroup, 2-1 Back

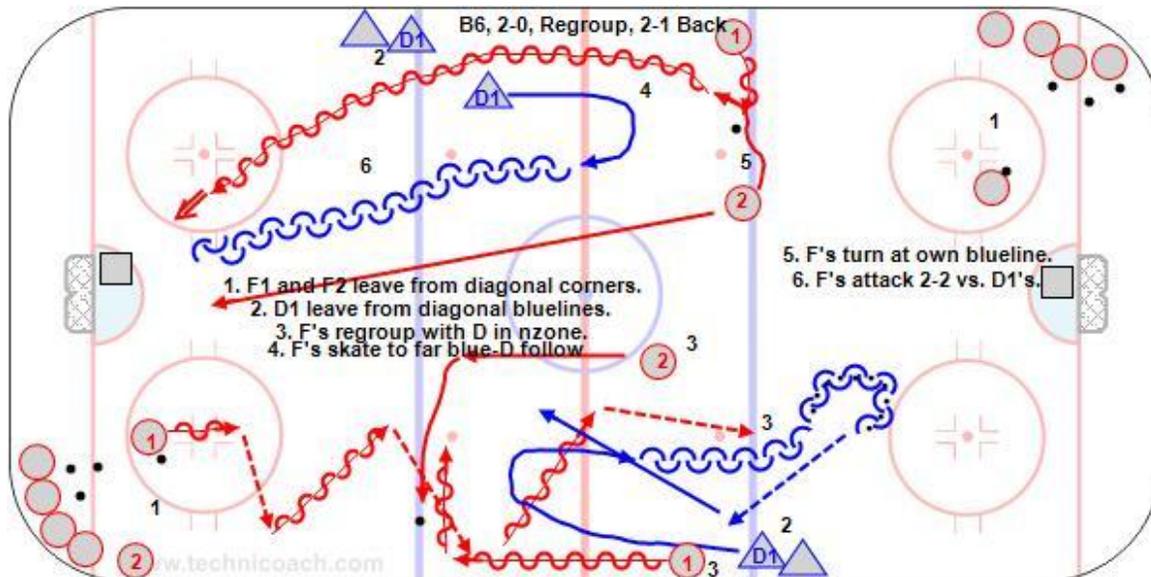
Key Points:

Forwards pass to the outside and skate to the middle with the puck. Face the puck all the time. D pivot with the puck. D work with the goalie and only give away poor shots. Forwards attack with speed and make the first pass early. One high one low; one fast one slow.

Description:

1. F1 and F2 leave from diagonal corners.
2. D1 leave from diagonal bluelines.
3. F's regroup with D in nzone.
4. F's skate to far blue-D follow.
5. F's turn at own blueline.
6. F's attack 2-2 vs. D1's.

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C3 2 -1-Shot - Regroup 3 -1 - Jr. A

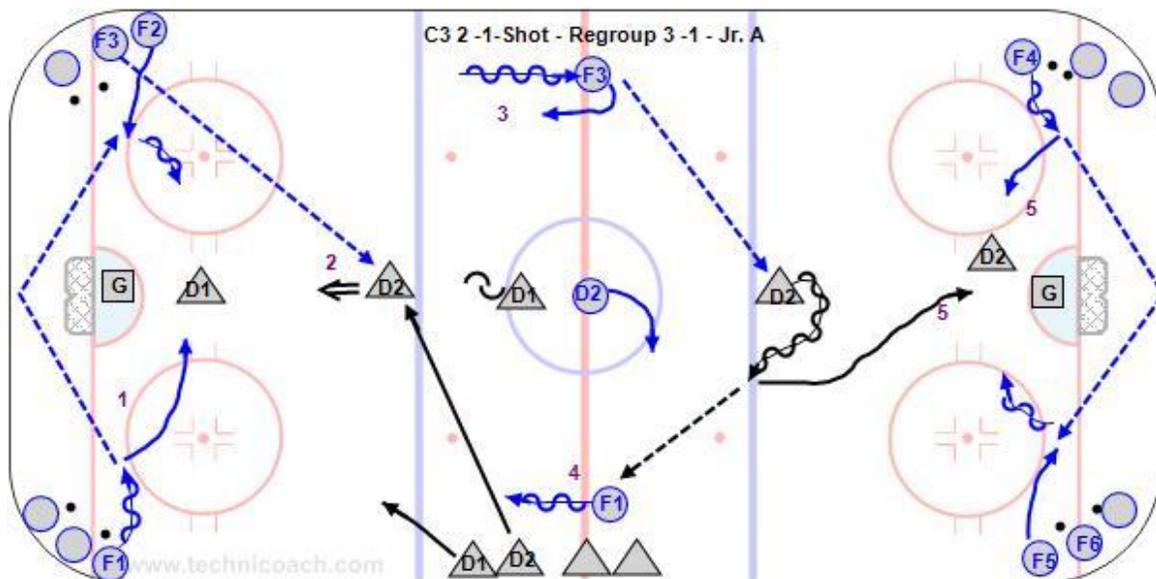
Key Points:

On 2-1 defender keep attacker on one side and deny the pass across making it a 2-2 with D and G. On the 3-1 attack with speed and defender delay the play cutting the ice in half.

Description:

1. F1 pass behind to F2 and attack 2-1 vs D1.
2. F3 pass to D2 who takes a shot from the point while F1-F2 screen.
3. F3 join F1 and F2 with a new puck and they skate into the neutral zone and regroup with D2.
4. F1-F2-F3 attack 3-1 vs D1.
5. D2 skate to the other net and defend a new 2-1 vs. F4 and F5.

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C3 2 on 2 or 3 on 3

Key Points:

Play 20-30 seconds with good habits.

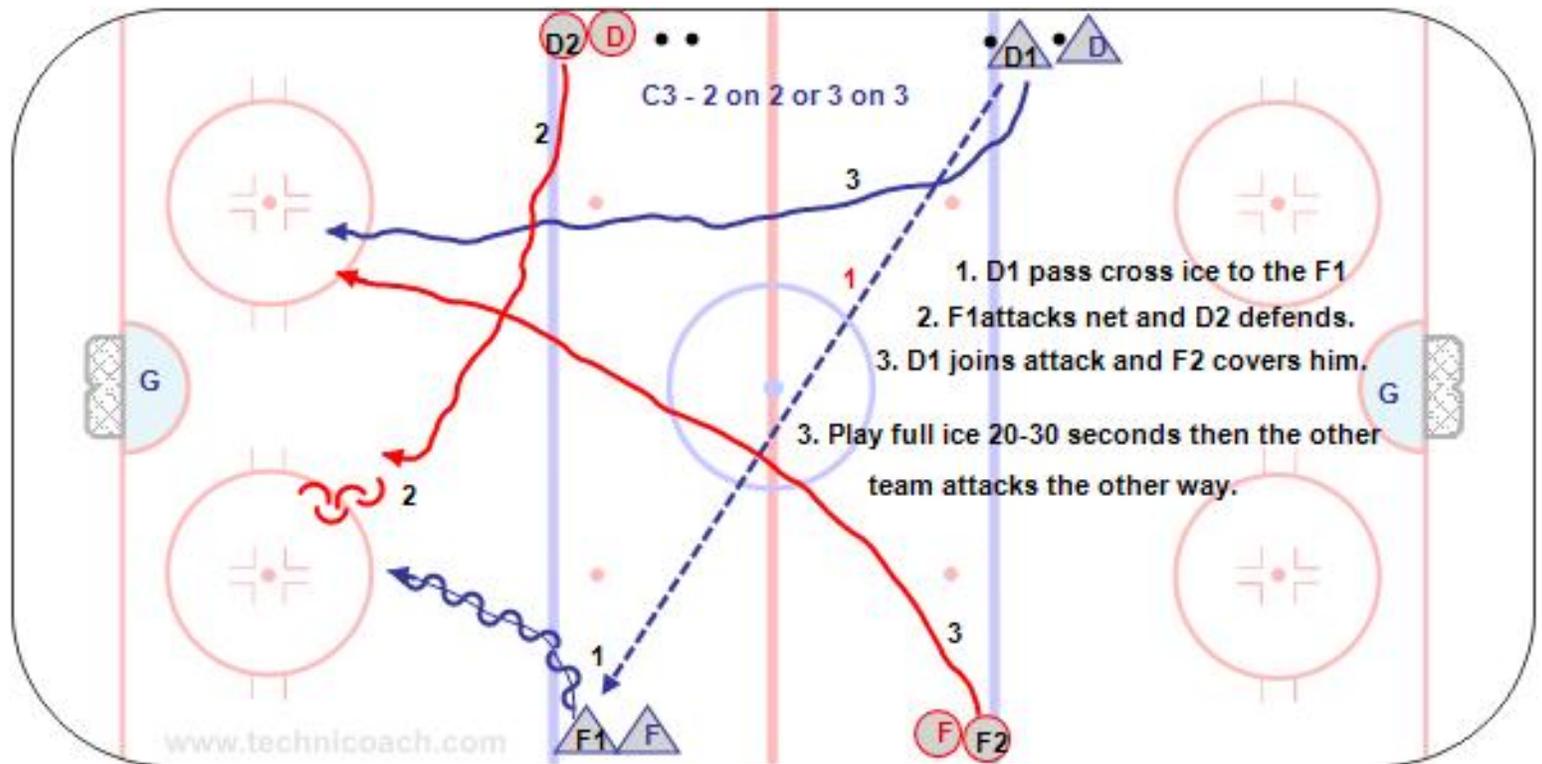
Description:

1. D1 pass cross ice to the F1.

2. F1 attacks net and D2 defends.

3. D1 joins attack and F2 covers him.

3. Play full ice 20-30 seconds then the other team attacks the other way.



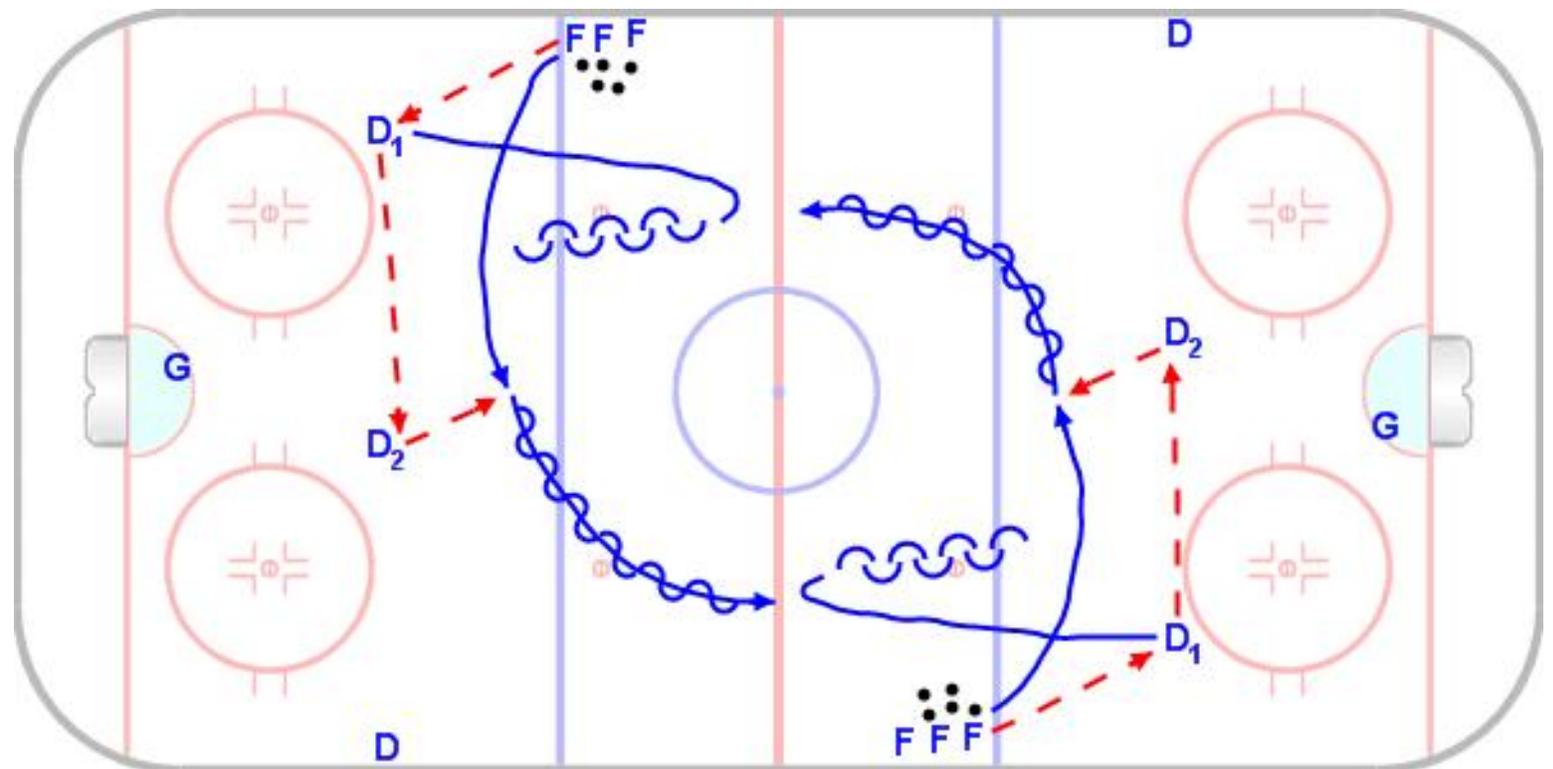
C3 - 1 on 1 Defense Quick Feet

Key Points:

The D must quickly skate up ice to close the gap on the attacking forward.

Description:

1. The first forward on each side of the ice pass to D1 and cut across the ice for a pass.
2. D1 pass to D2 who makes a quick pass to the forwards.
3. D1 skate hard into the neutral zone to close the gap on the forward coming from the opposite end.
4. The two F's attack the two D1's and try to score.
5. D2 now become the new D1, the resting D become D2 and the original D1 rest along the boards.



C3 - 2 on 1 D Join Attack - Pro

Key Points:

D make the breakout pass and if there is good possession join the rush.

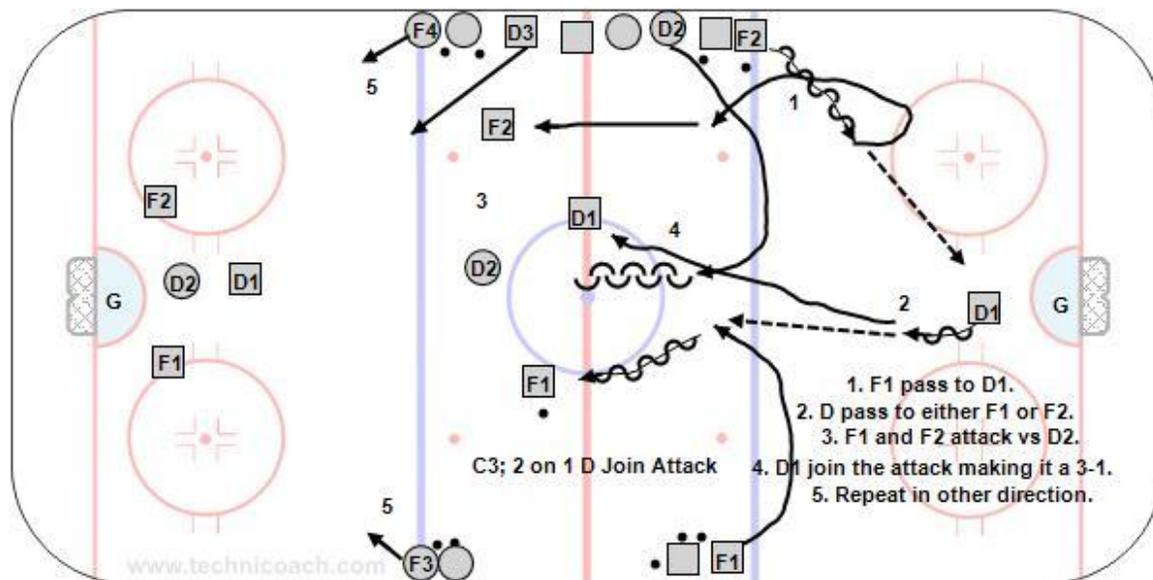
Easy to progress to a one puck transition game if the new players give passive support above the circles.

Description:

1. F1 pass to D1.
2. D pass to either F1 or F2.
3. F1 and F2 attack vs D2.
4. D1 join the attack making it a 3-1.
5. Repeat in other direction.

Add regroup and dump-ins.

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C3 - 2 on 1 Rush D Join - Defender Slide – Pro

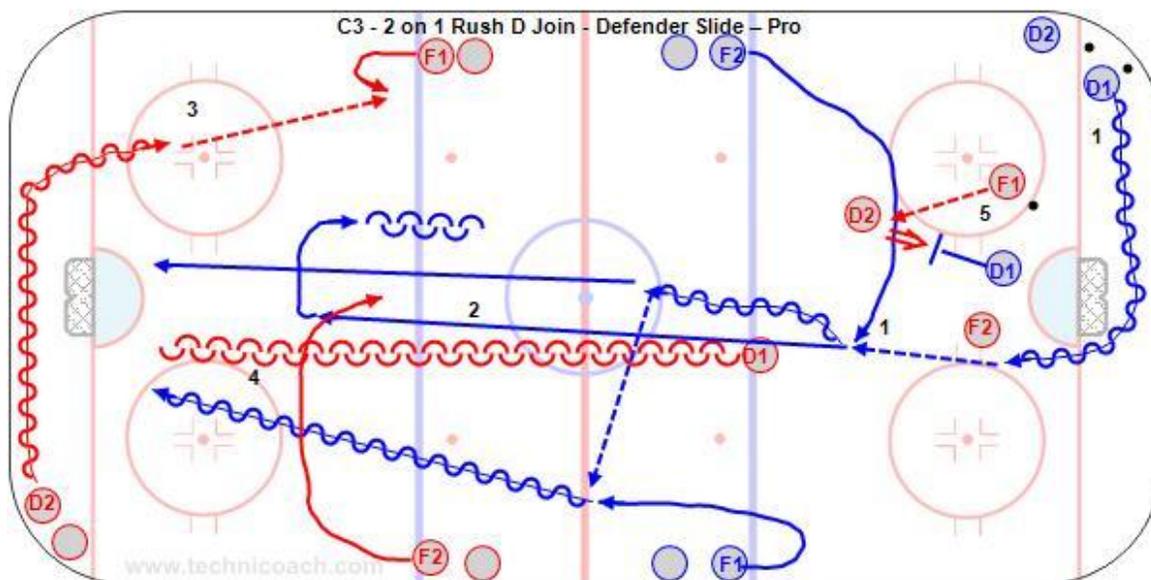
Key Points:

Attack 2 on 1, 'One high one low, one fast one slow.' Offense make the first play early to allow a second play. Forehand passes are the most effective, even when on the off wing (Gretzky did this). Defense delay the play as long as possible to create bad shooting angles and backcheckers to get there. Defense slide outside the post if the attacker is deep. On the 3 on 1 don't slide but stay in the middle, delay the play and jam the trailer if the attack is deep.

Description:

1. D wheel around the net from the corner and pass to F1 or F2 cutting across.
2. D join the attack.
3. Repeat the other way with RD2 passing to RF1-2
4. In this video example the D slides when the attack is deep. They are not passing to the D the first half of the video.
5. Last part of the video they can pass to the D so it is a 3-1 and the D stay on their feet and jam the trailer pass and deny the pass across.

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C3 - 2 on 1 Situation: Both Directions - Pro

Key Points:

This formation can be used for situations from a 1-1 to a 3-2.

Attackers make the first pass early when they gain the zone.

Defender deny breakaways and lateral passes in the scoring area.

Follow shots for the rebound.

Attacking 2 on 1 remember the principle; "One high, one low, one fast, one slow."

Description:

1. D passes to F1. F1 and F2 skate laterally and exchange the puck.

2. Defender close the gap and stay between the attackers.

3. Go the other direction when the puck crosses the blue line.

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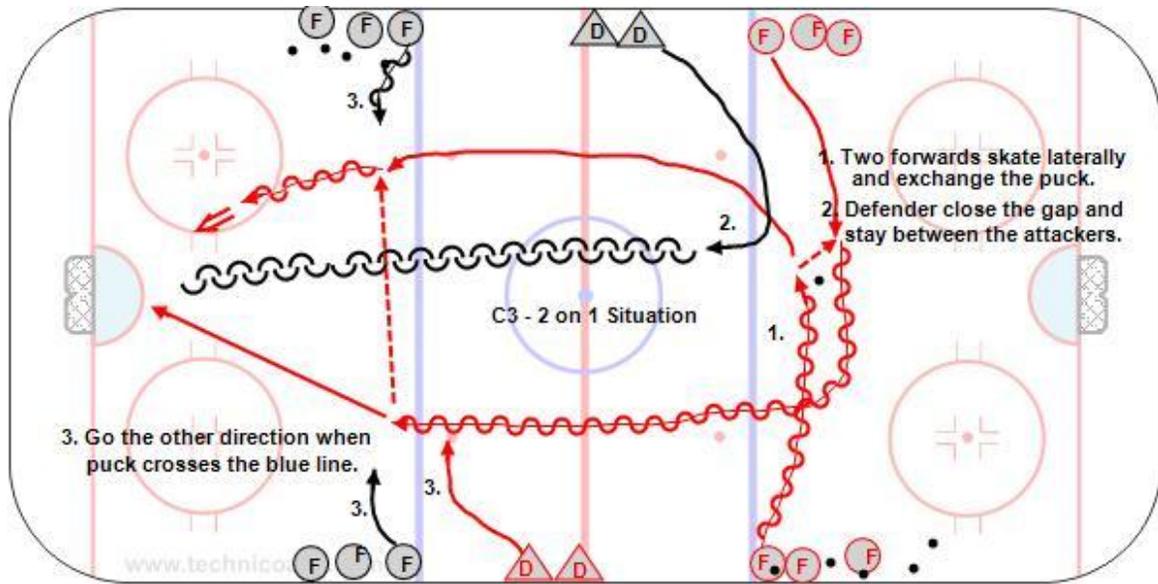
If you want to progress to a transition game you could do the following.

- a. Do the 2 on 1 drill above.
- b. Change the drill to a transition with passive support by having the next 2 forwards and the defender follow the play into the zone (instead of crossing and passing with a new puck) and wait above the circles.
- c. The attackers try to score after the original rush and the defender work to make a breakout pass.
- d. On a frozen puck or a goal the goalie is unopposed and makes a breakout pass to the 2 F's at the top of the circle and a new 2-1 starts.
- E. Next progression is to have F3 backcheck deep to turn the 2-1 to a low 2-2 while the other F and new D are passive above the circles. On the breakout F3 joins the rush.
- F. The last progression is for everyone to be active and F3 covers low and F4 covers the D2 at the point who is now part of the attack. The flow continues with F3 and F4 attacking the other way vs. D2.

So you will have progressed from a

1. situation 2-1 drill
2. to a transition game with passive support
3. to a transition game with both passive and active support
4. to a transition game with active support.

Additional options are to add dump-in's and regroup.



C3 - 5 on 2 Forecheck - 4 Attack

Key Points:

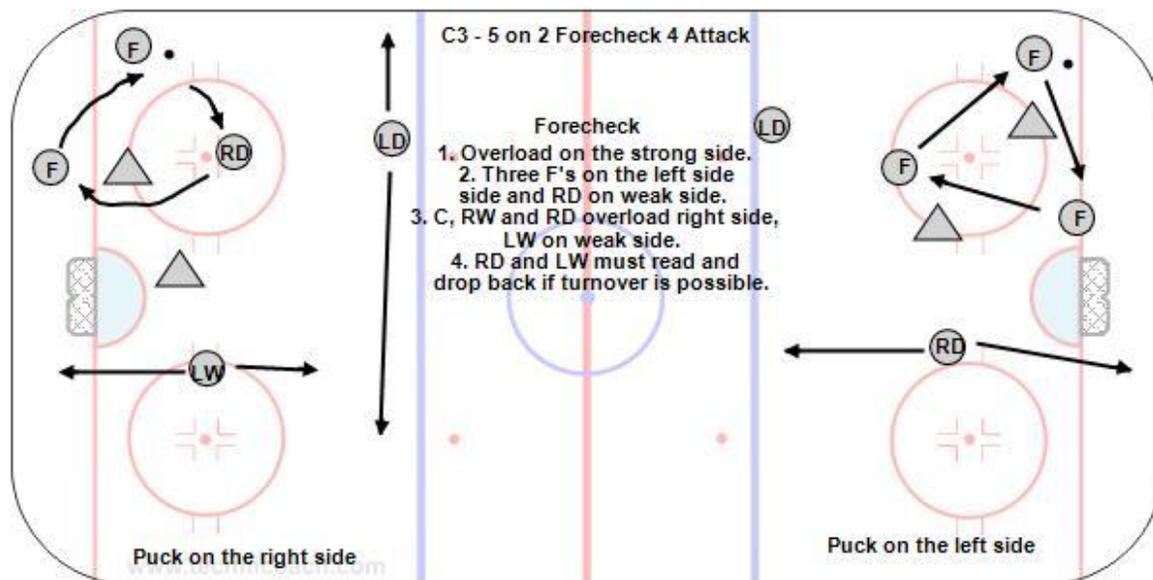
Overload the strong side with one player on the weak side for a one- timer or to change sides.

Description:

Forecheck

1. Overload on the strong side.
2. Three F's on the left side and RD on weak side.
3. C, RW and RD overload right side, LW on weak side.
4. RD and LW must read and drop back if turnover is possible.

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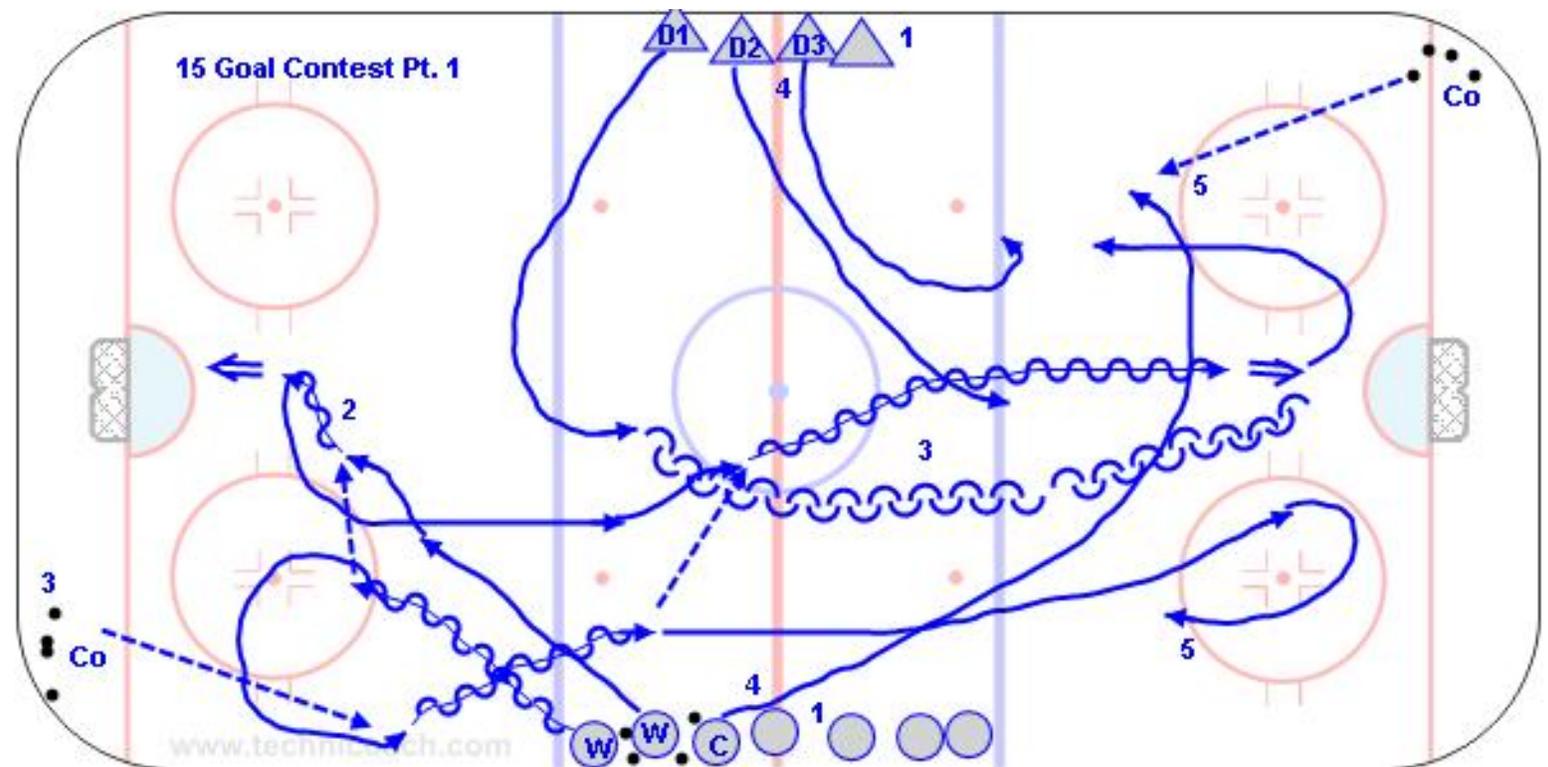


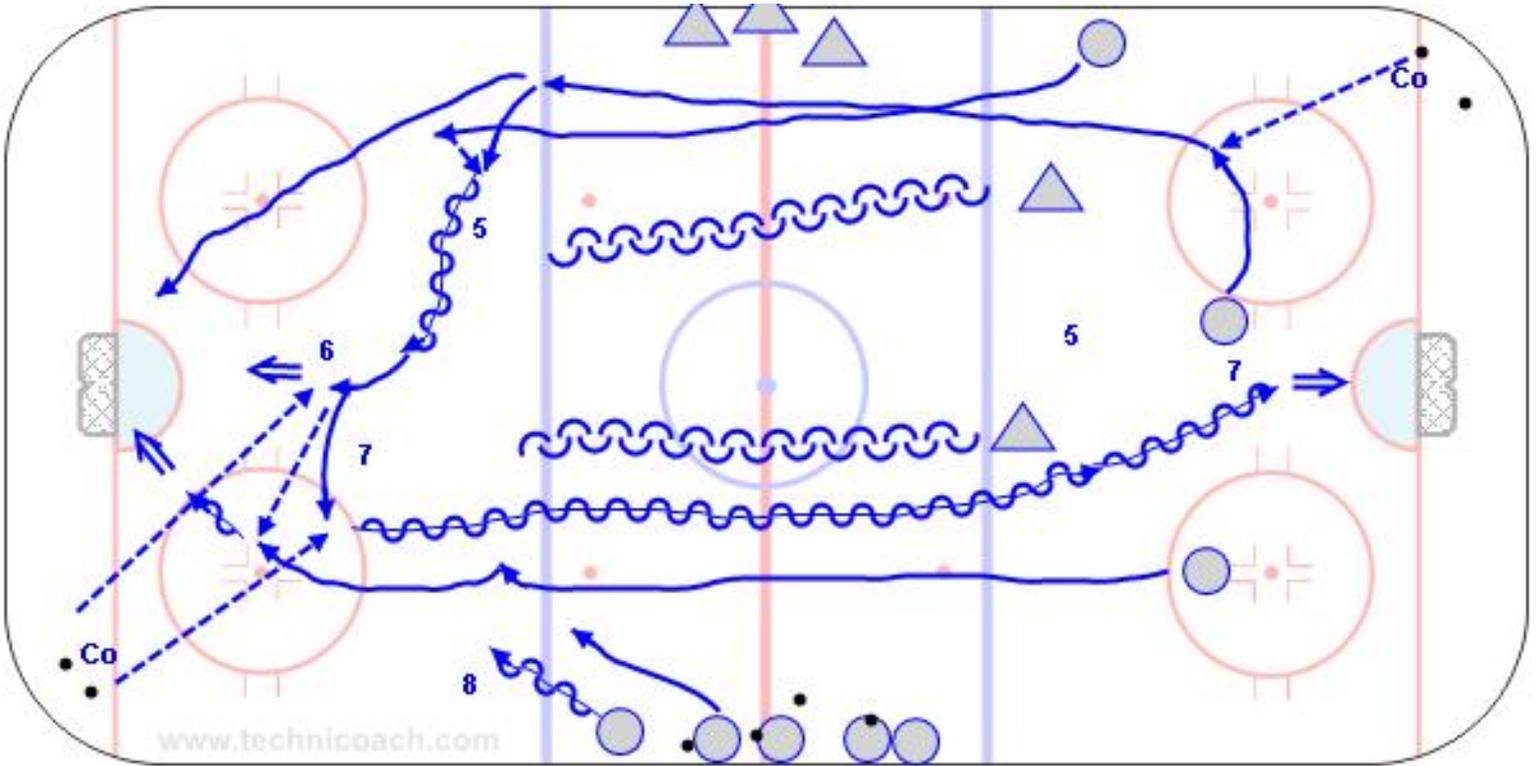
D100 15 Goal Game

This is a contest of forwards vs defense and goalie. The aim of the forwards is to score 15 goals as quickly as possible while the defenders try to make it take as long as they can. Time how long it takes and use this as the mark to beat the next time you play the game.

1. C3 Formation with forwards on one side and D on the other. Have the dark D play vs the light F's.
2. 2 F's attack 2-0 with a max of one pass allowed. You can score on direct rebounds.
3. Coach passes a new puck and they attack 2-1 vs a D who has followed the initial 2-0.
4. After the 2-1 a new forward joins the original 2 F's and 2 new D skate to the blueline.
5. After the 2-1 attack the other coach passes a new puck to the 3 F's who attack 3-2 vs the 2 new D.
6. When the 3-2 is finished the coach passes a puck to F3 in the high slot who shoots while the other forwards screen and tip and the D seal their sticks to the outside.
7. The coach now passes a new puck to F3 who goes the other way on a breakaway.

Players really like this game and you create a lot of situations.





C3 - Breakout - 1 on 1 – Regroup

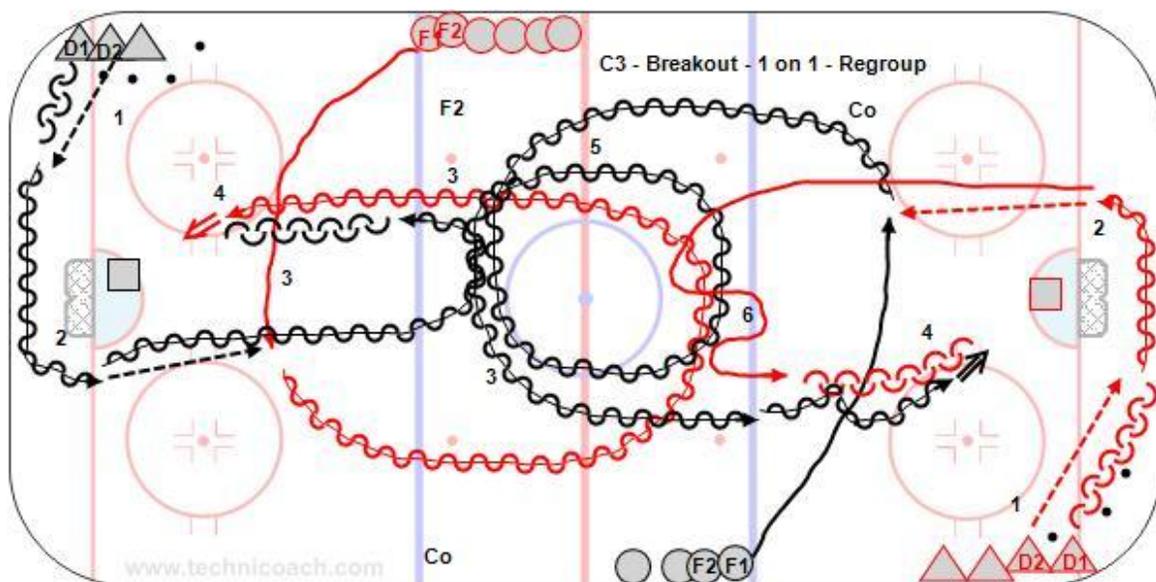
Key Points:

Forward give a target for the pass. D drive skate behind the net then close the gap as quickly and tight as possible.

Description:

1. D1 pass to D2 on the whistle.
2. D2 drive skate behind the net and pass to F1.
3. F1 skate around the middle circle while D1 close the gap to defend.
4. F1 attack vs D1 and try to score.
5. If coach blows the whistle F1 skates around the entire circle then attacks.
6. D1 has to adjust his skating to keep a tight gap.

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C3 - Double Regroup 3-2 Pro W

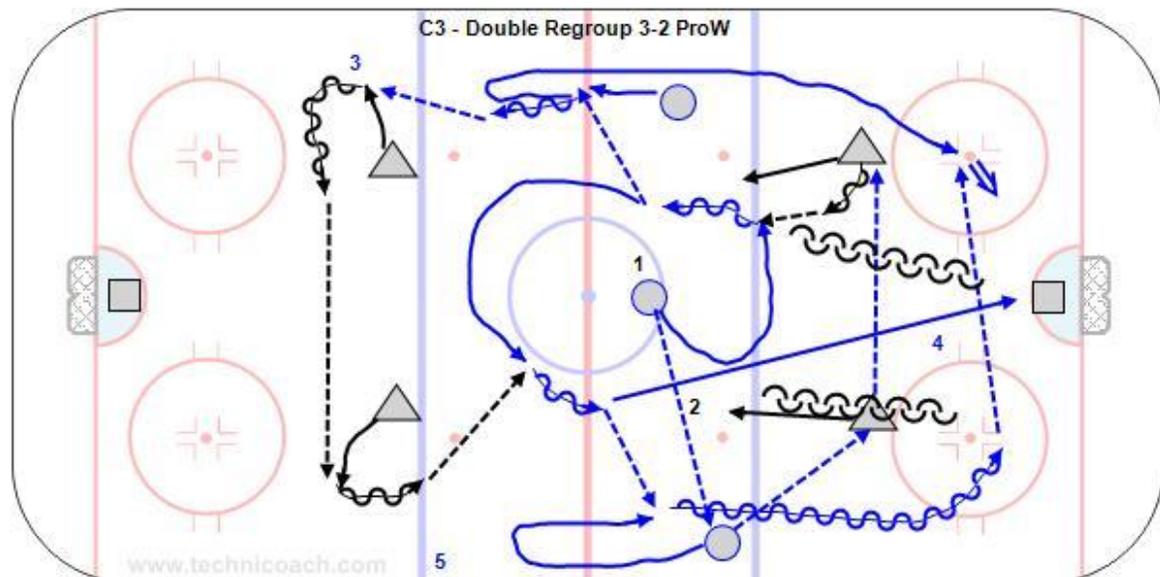
Key Points:

Snap the puck around with hard accurate passes and then regroup with each D. Work on passing to the middle into the 'Big Ice' where there are more options. Practice everything with speed.

Description:

1. Start with 3 forwards and two sets of D in the neutral zone.
2. Pass the puck between the 3 F and 2 D until the whistle.
3. Regroup with both sets of D.
4. Attack the original D 3 on 2.
5. 3 new F's pass with 2 D who were on the ice while the 2 new D come on.
6. Regroup with original 2 D on the whistle then again with the other D.
7. Focus on passing to the middle to start the attack.
8. Attack with speed and focus on the middle drive and not the slower trailer play.
9. New group start passing around while the 3 on 2 is played out.

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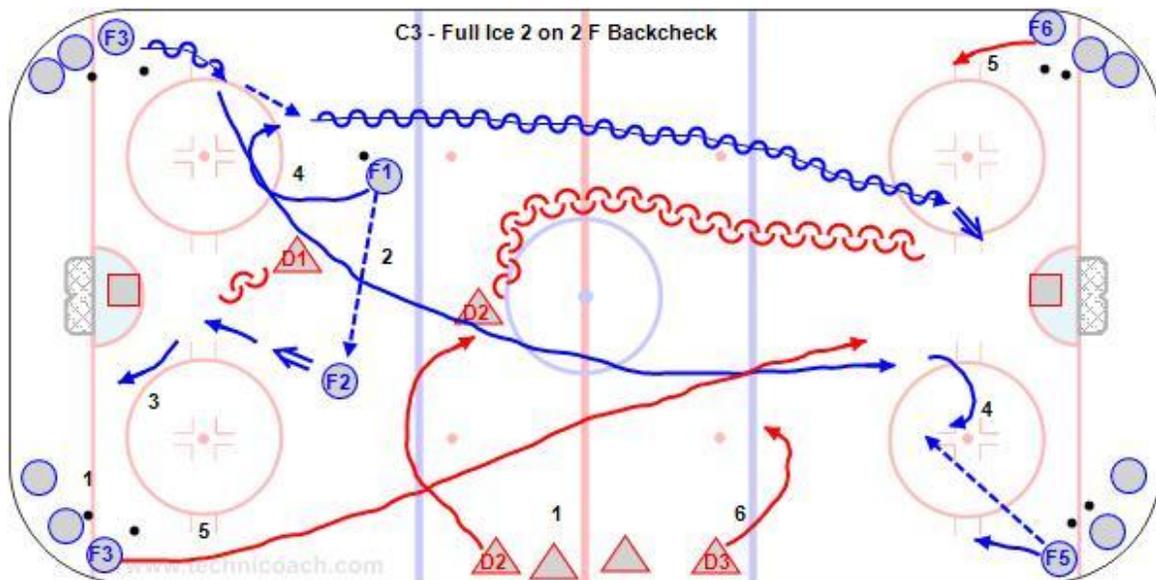
C3 - Full Ice 2 on 2 F Backcheck

Key Points:

Players in the corners have to be ready with a puck to join the play and they have to think and the defense must communicate with the backchecker who to take. Forwards try to get scoring chances. Skating drill. Have to work hard and communicate.

Description:

1. Forwards in each corners and defensenmen in the middle of the ice.
2. Drill starts with a 2 on 1.
3. Two forwards attack down the ice and the forward that shoots the puck is finished.
4. The forward who doesn't shoot turns to either corner.
5. The corner he chooses to go to the forward goes with him 2 on 2 the other way.
6. The forward in in the corner doesn't turn to has to backcheck to make it a 2 on 2.
7. Its continuous. Back and forth. Have to think. Defense has to pick up 2 on 2 both ways.
8. Do it for 5-7 minutes.
9. Kind of a hidden bag skate.



C3 Breakout 5-0, Regroup, Attack 3-2- Pro

Key Points:

One stretch, one middle support and one wall support.

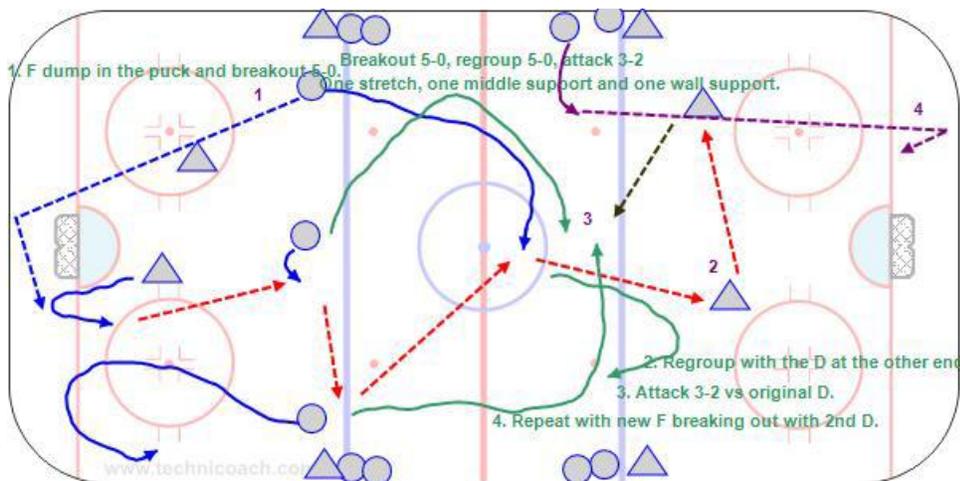
Description:

Breakout 5-0, regroup 5-0, attack 3-2.

One stretch, one middle support and one wall support.

1. F dump in the puck and breakout 5-0.
2. Regroup with the D at the other end.
3. Attack 3-2 vs original D.
4. Repeat with new F breaking out with 2nd D.

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C3 Breakout 5-2, Regroup, Attack 3-2

Key Points:

Players wait along the boards in the neutral zone in C3 Formation. Forecheckers go to one D each and react to D to D pass or double team. Goalie must help D by talking.

Description:

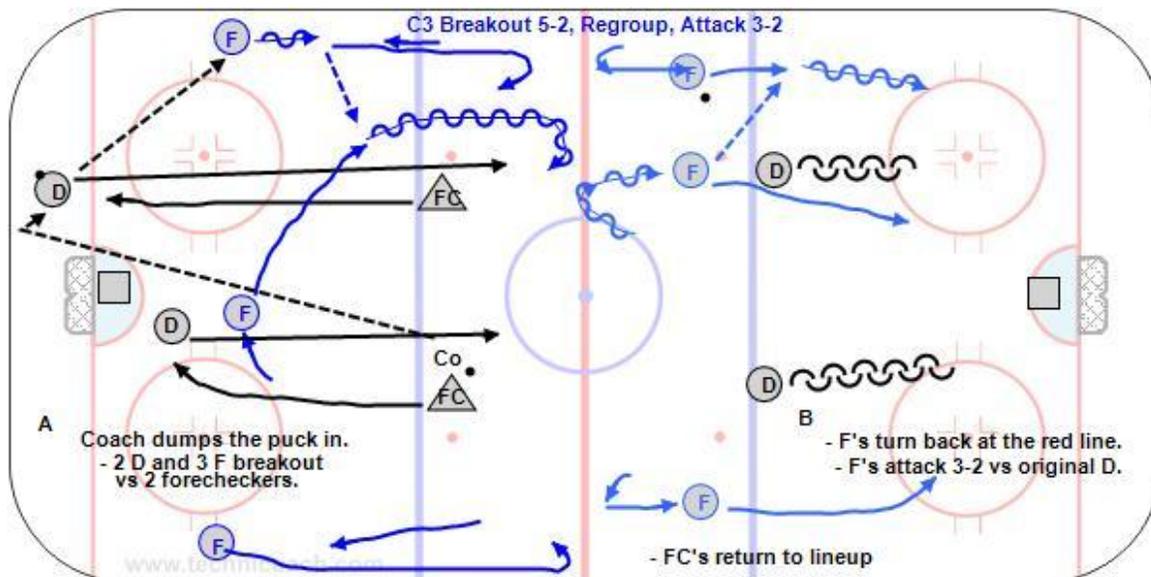
A.

- Coach dumps the puck in.
- 2 D and 3 F breakout vs 2 forecheckers.

B.

- F's turn back at the red line.
- F's attack 3-2 vs original D.
- FC's return to lineup.

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C3 Breakout and Two 1-1's – Pro

Key Points:

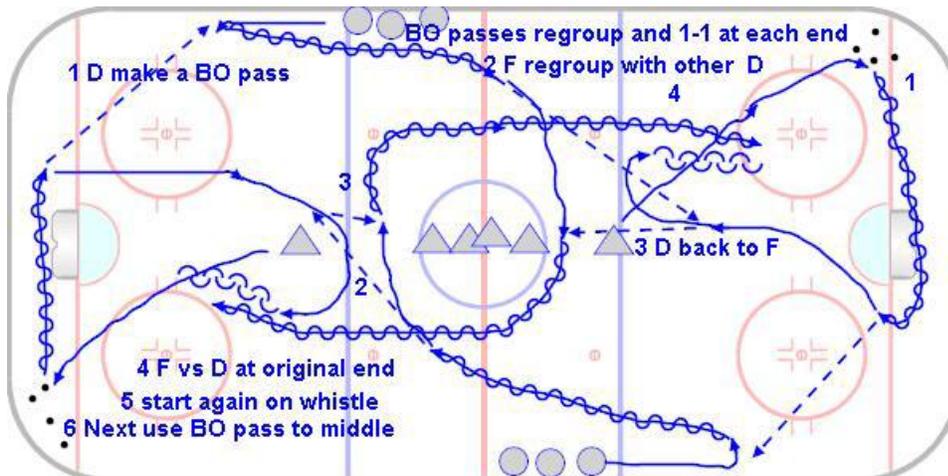
After making the pass the D cross the ice and close the gap on the attacking F. Go on the coaches whistle.

Description:

This drill is done with the D and F at the same time in both ends of the ice. The breakout pass is made on one side of the ice and the 1-1 is on the opposite side. D lineup in the middle and F behind the bluelines.

1. D1 skate behind the net and make a breakout pass to F1.
2. F1 skate and regroup with D2 and cut across for a pass in the middle..
3. D2 pass to F1.
4. F1 attack D1 in a 1-1 at the original end from the far lane.

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C3 Breakout to 2 F's and attack 3-1

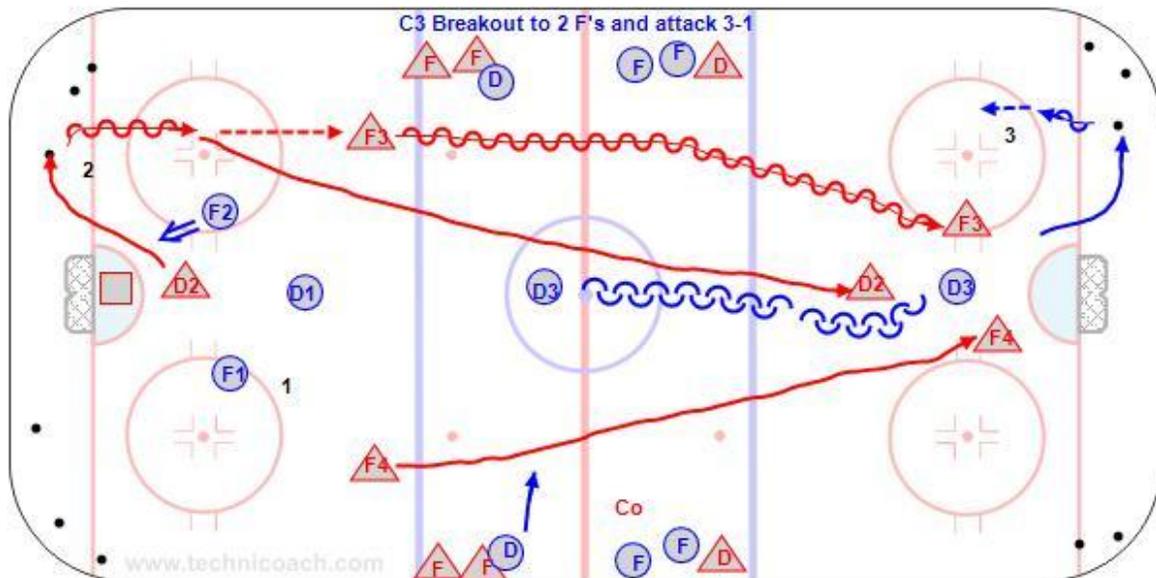
Key Points:

One D must join the rush to the 60% scoring area inside the top of the circle. Get shots and fight for rebounds.

Description:

1. Blue F1, F2, D1 attack 3-1 vs red D2.
2. On whistle Red D2 get a new puck and pass to red F3 or F4 and join the attack vs blue D3.
3. Continue the rotation with the defending D making a breakout to forwards giving passive support from the high slot area.
4. Add a forward to make it 4 on 1 or a D to make it a 4 on 2 attack.

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C3 Breakout, Regroup 3-2

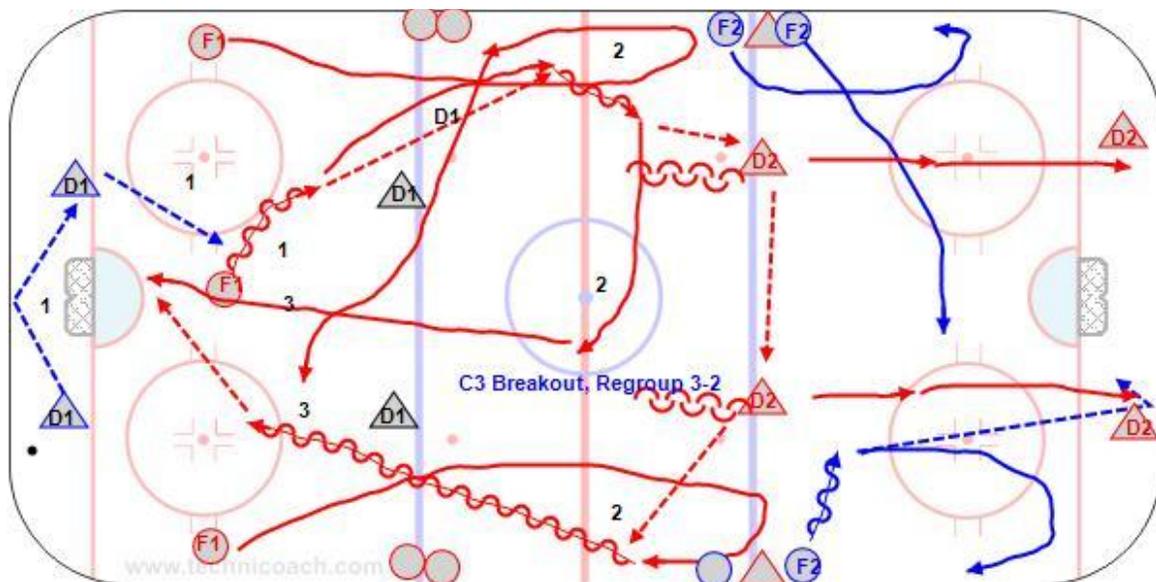
Key Points:

Forwards fill the three lanes. D move the puck quickly and F's give a target. One F always on the strong side boards and don't leave unless replaced.

Description:

1. Two blue D1's breakout the 3 red F1's.
2. Red F1's regroup with 2 red D2's in the neutral zone.
3. Red forwards attack 3-2 vs the blue D1's.
4. Repeat at the other end with the red D's breaking out the 3 blue F2's.

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C3 Continuous 3-2 - Danish U20

Key Points:

Attack with one in each lane with speed. Two players go hard to the net and one trail making a triangle. Fight for rebounds. Defenders delay the play and protect the middle. One D take attacker to the net and other D play a 2-1 on the puck side.

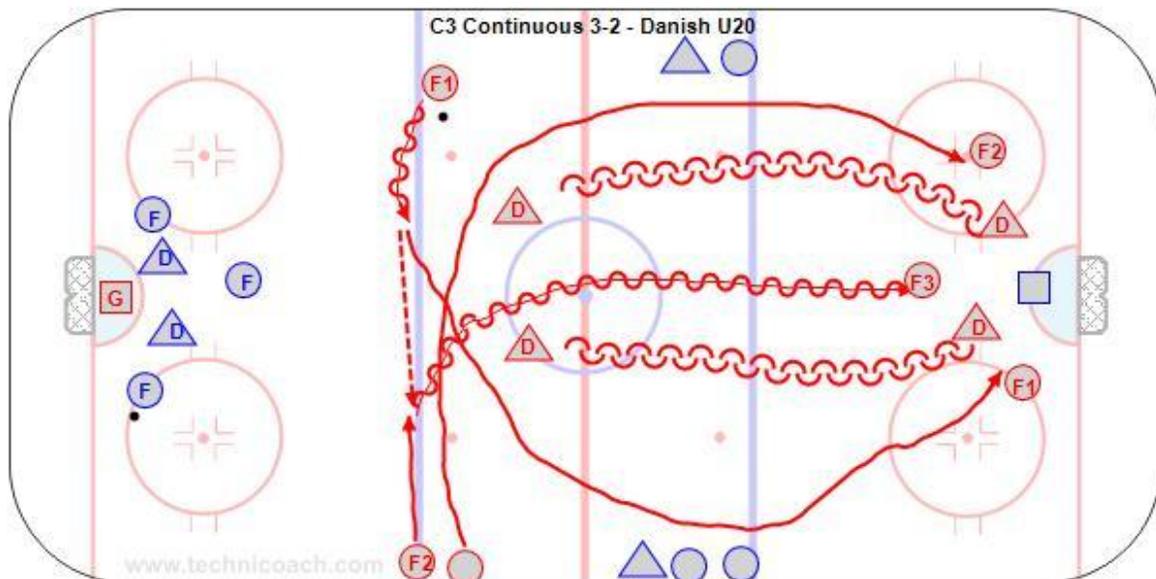
Description:

1. F1 leave and pass to F2 who skates up the middle while F1 and F3 cross to wide lanes.
2. F1-F2-F3 attack 3-2 vs. D1-D2.
3. The next group of 5 wait in the neutral zone to repeat in the other direction.

PROGRESSIONS:

- A. After the 3-2 is practiced start the next rush with the defenders making a pass to the forwards waiting above the circles.
- B. Then progress to a Transition Game with the Red D defending vs. blue F and the D who makes the breakout pass join the rush making it a 3-3.

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C3 Continuous 3-3 Czech U17

Key Points:

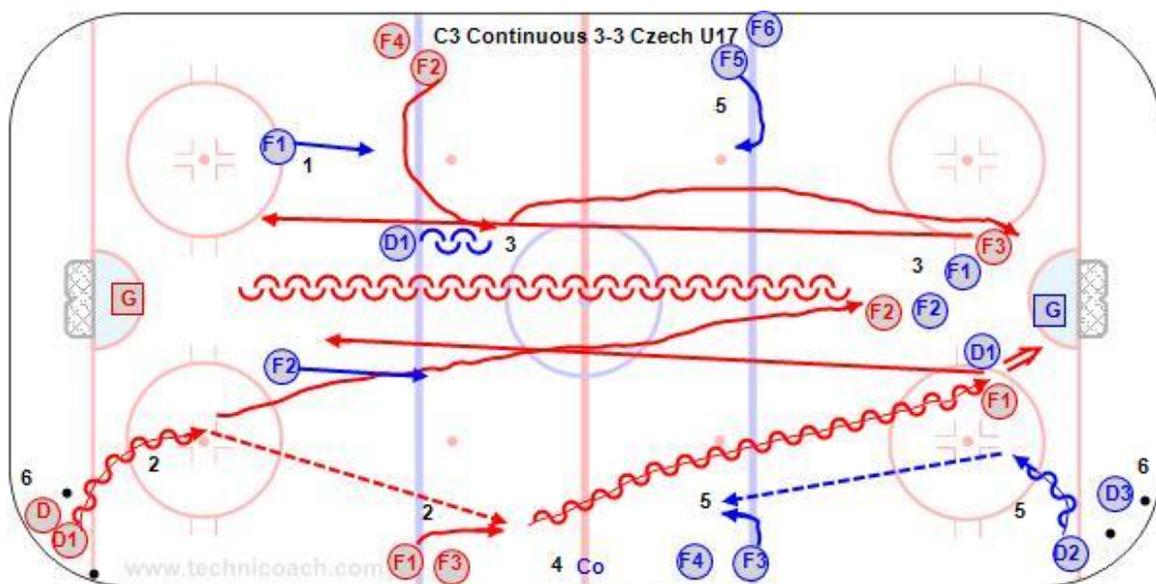
Attack with speed. Defenseman communicate who the forwards should cover. Quickly change from offense to defense. Tie up sticks in the slot. D join the rush.

Description:

1. Start with BF1, BF2, BD1 in defensive position.
2. RD1 skate between dots to the big us and pass to RF1 or RF2 and follow the attack.
3. Blue players F1-F2-D1 defend the 3-3 rush.
4. Coach whistle when rush finished.
5. D2 start a new attack the other way while original attacker Red F1-F2-D1 defend.
6. Continue this 3-3 flow end to end.

** This flow can be continued in a one puck transition game with no whistles starting with passive then active support.

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C3 Double Regroup 2-1 - Pro

Key Points:

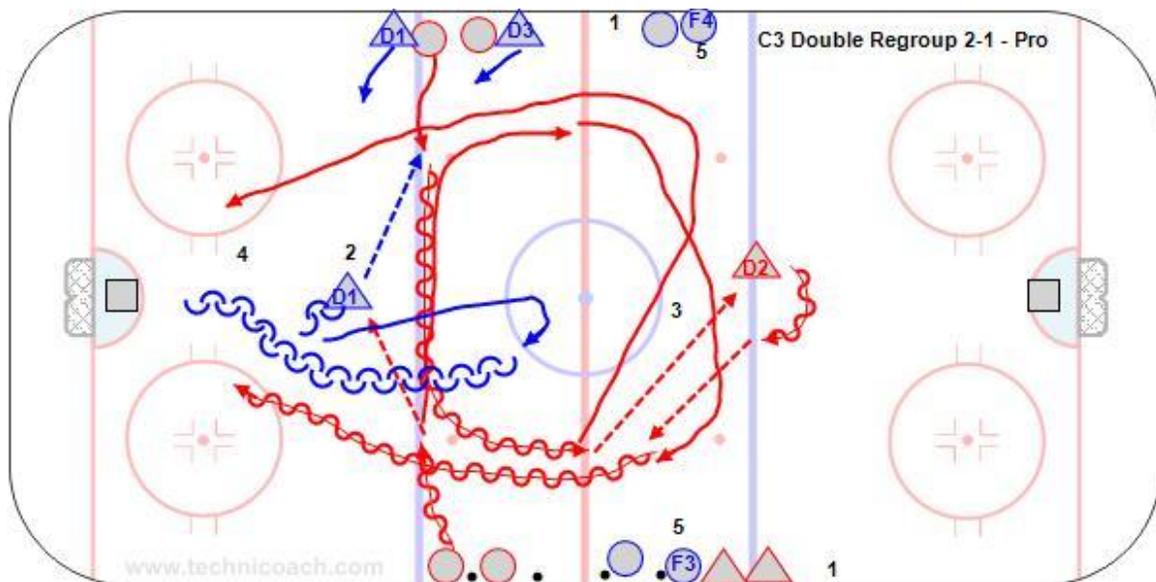
Give a target for the passes, face the puck, pass while skating, make the first pass early on the 2-1, D cooperate with the goalie to make it a 2-2 and don't allow a second play late. Slide outside the post if a pass across is the only play.

Description:

1. Players line up along the boards on both sides in the neutral zone.
2. Start with F1 and F2 one touch passing with D1.
3. F's skate through the neutral zone and regroup with D2.
4. F's attack 2 on 1 vs. D1.
5. F3 and F4 repeat by one touch passing with D2 and regrouping with D3.

*If there are at least 8 D you could use this sequence and have two 1 on 1's at the same time in opposite directions.

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C3 Flow 2-1 with Backchecker – Pro

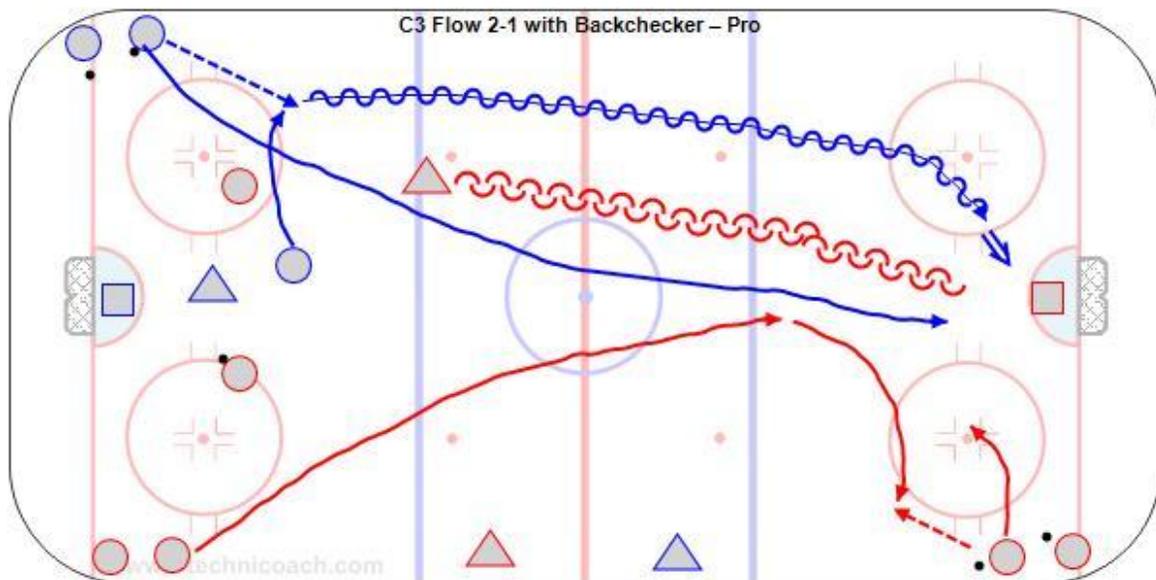
Key Points:

Attack with speed and make the first play early on the 2-1. One high one low, one fast one slow. D read who the most dangerous player is and deny a pass across the mid-line of the zone. If they slide it must be outside of the post. It is really a 2 on 2 with the D and Goalie.

Description:

1. Start with a 2-1 rush with a back checker.
2. Forwards in the corners and D wait in the neutral zone.
3. Back checker peel to one corner and get a pass to start a new 2 on 1.
4. Original forwards finish the 2-1 attack.
5. Forward from the other corner become the back checker.

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C3 Goalie Setup-Breakout-Regroup-2 on 1

Key Points:

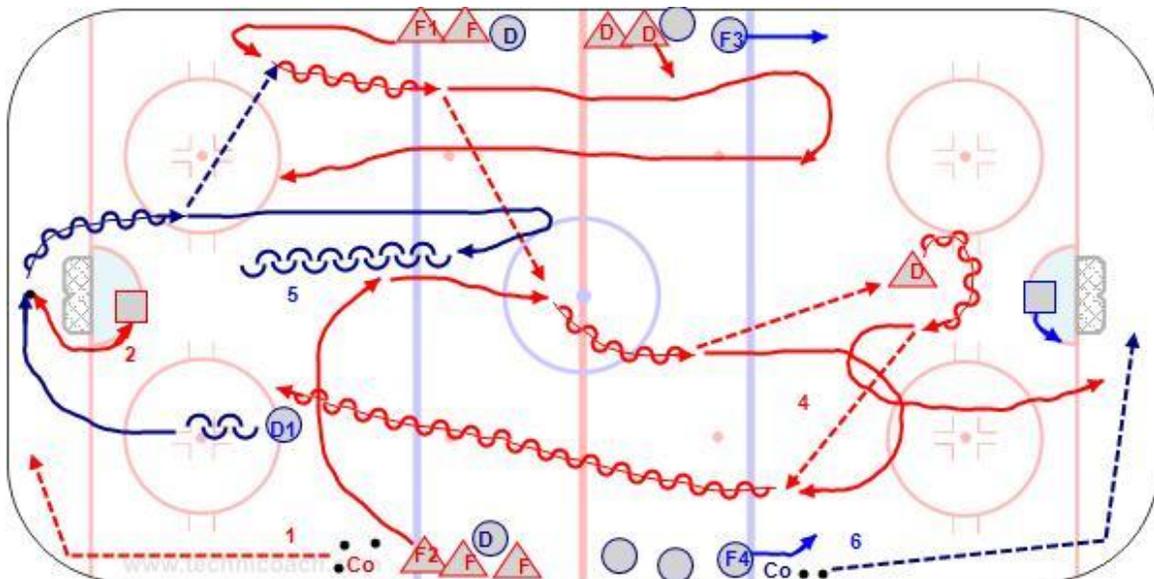
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

Description:

1. Coach or player in line rim puck behind net.
2. Goalie stop and set up puck for D1.
3. D1 make a breakout pass to a F1 or F2.
4. F's regroup with D2 in defensive zone.
5. F1 and F2 attack 2 on 1 vs D1.
6. Repeat at other end with a rim and D2 breaking out F3 and F4.

*Alternatives: From 1 to 3 F's and 2 D can do this drill. Another regroup could be added.

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C3 Horse Shoe 2-1 x 2 – Pro

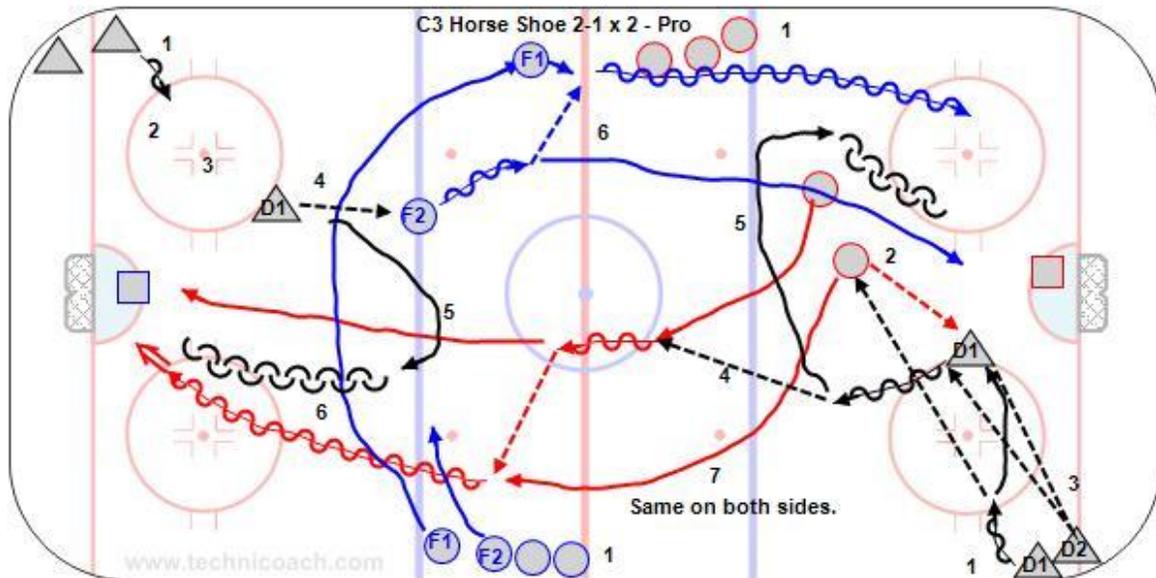
Key Points:

Make good passes. Give a target and play with quick feet. Defense create a good gap as early as possible and forwards attack with speed. 2-1 Attack Rule: One high-one low-one fast-one slow.

Description:

1. D in diagonal corners and F diagonal blue lines. F1 and F2 skate across toward D1. The drill happens at each end.
2. D1 pass to F1 who one touches to D1.
3. D1 pass to D2 in line who returns the puck.
4. D1 pass to either F1 or F2
5. D1 skate across to defend vs. F1 and F2 who left from the other end.
6. F1-F2 attack 2-1 vs. D1 from the other end.
7. The drill goes at the same time from each end.

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C3 Low 2-2 Regroup in Neutral Zone 3-2

Key Points:

Attack with speed and fight for a quick scoring chance. Defend one player each and on the 3-2 one defender play a 2-1 and one cover 1-1.

Description:

Part A

1. F1 attack D1 from one corner and F2 and D2 support from the other corner.
2. Play a 2-2 until the whistle.

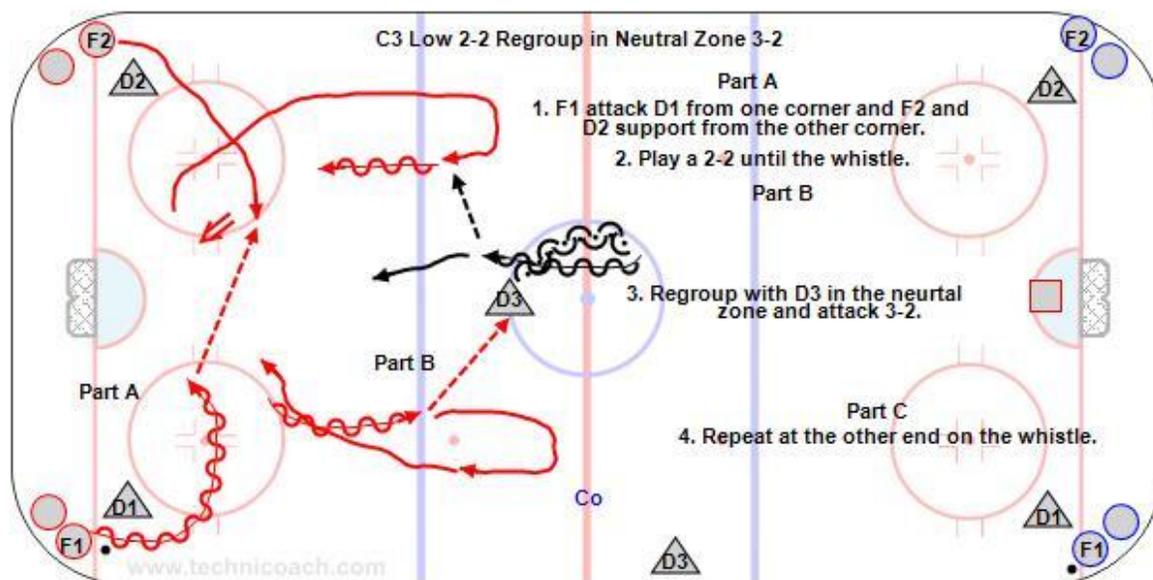
Part B

3. Regroup with D3 in the neutral zone and attack 3-2.

Part C

4. Repeat at the other end on the whistle.

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C3 Low 2-2-Regroup-2-2 and 3-2 ProW

Key Points:

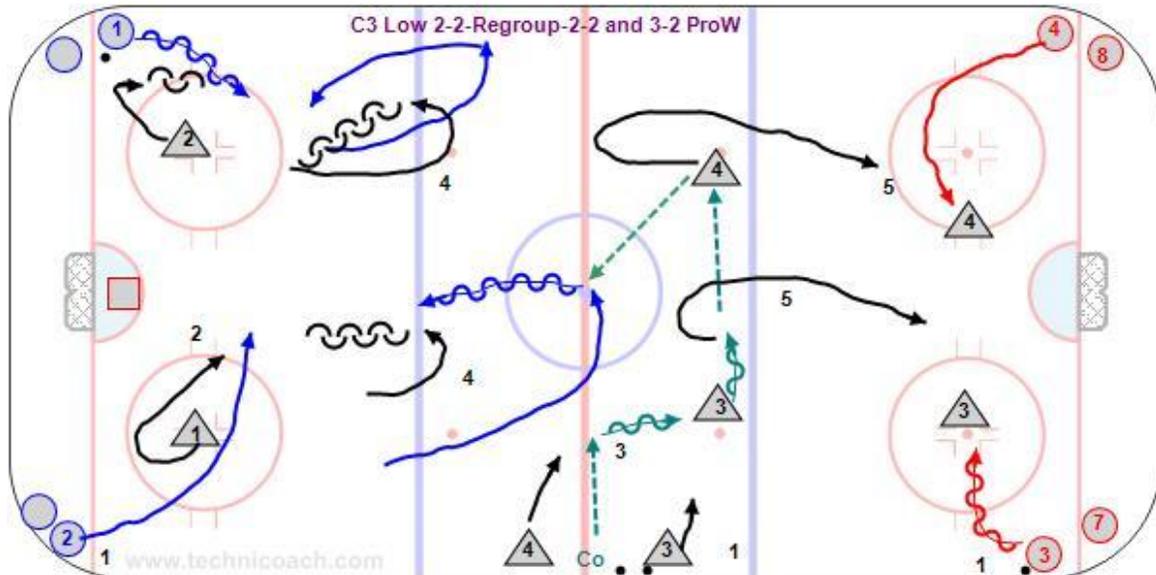
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

Description:

1. Start with 2 D on each blue line and the F's in the corners.
2. Both D go into the zone and defend a 2-2 vs. the forwards out of each corner.
3. Coach spot a puck for the 2 D in the neutral zone and the original forwards regroup with them.
4. Original D follow and defend the 2 on 2 attack.
5. The second set of D go to the other end and restart the sequence defending a 2 on 2 out of the corner.

**Make this drill more game like by having the D playing the low 2-2 or 3-2 pass to the 2 D waiting in the neutral zone if they break up the play. The coach only put in a new puck on a goal or if the goalie freezes the puck. Then start the regroup in the neutral zone.*

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C3 Regroup 2-1 Regroup 3-2 Swiss U20

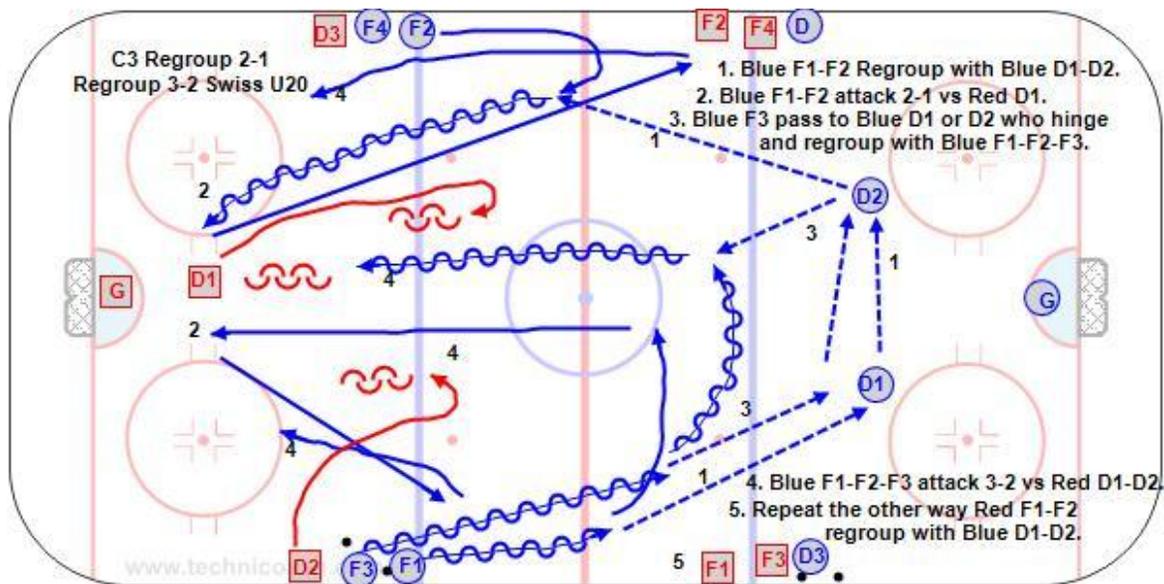
Key Points:

Face the puck. Make the first play early so a second play is possible. Attack with speed. Crash the net for rebounds.

Description:

1. Blue F1-F2 Regroup with Blue D1-D2.
2. Blue F1-F2 attack 2-1 vs Red D1.
3. Blue F3 pass to Blue D1 or D2 who hinge and regroup with Blue F1-F2-F3.
4. Blue F1-F2-F3 attack 3-2 vs Red D1-D2.
5. Repeat the other way Red F1-F2 regroup with Blue D1-D2.

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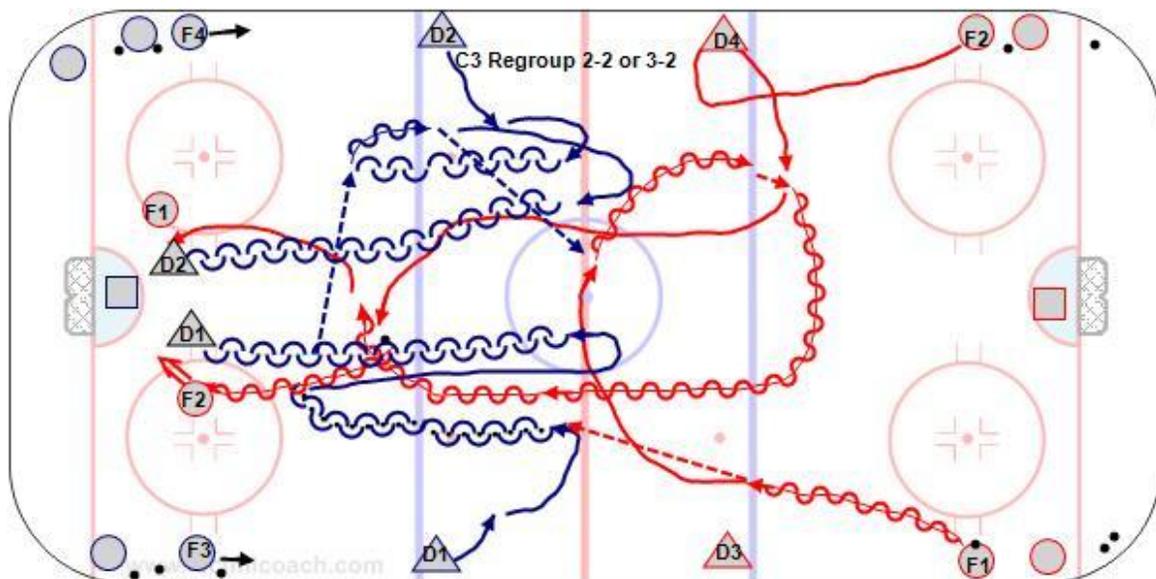
C3 Regroup 2-2 or 3-2

Key Points:

Attack with speed. On a 2 on 2 isolate one D and create a 2 on 1. Always face the puck and give a target.

Description:

1. Forwards leave from the hash marks and D from the far blue line.
2. F1 and F2 start with the puck and regroup with D1 or D2 in the neutral zone.
3. D1 and D2 hinge and then pass up to F1 or F2.
4. F1-2 turn back at their blue line and attack 2-2 vs D1 and D2.
5. D1 and D2 follow F1-2 and keep a close gap in the nzone.
6. Play out the rush until a goal, frozen puck or pass to D at the blue line.
7. Repeat the other way with F3-4 regrouping and attacking vs. D3-4 the other direction.
8. Add a forward and do the same drill 3 on 2.



C3 Regroup 2 on 1 - Pro W

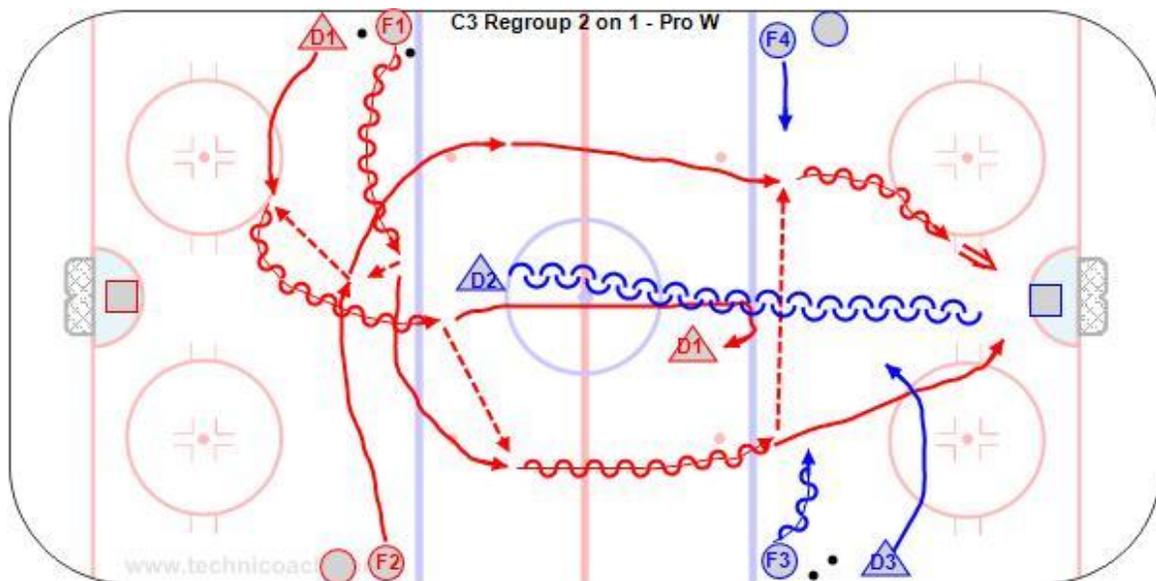
Key Points:

One high one low, one fast one slow. Make the first pass early. Pass on the forehand is preferable. Shoot and crash the net. D deny a breakaway and allow the poorest shot possible. Take the stick of the wide player after the shot. It is really a 2-2 D+G.

Description:

1. Start from the four blue lines.
2. F1 leave with the puck and cross and drop to F2.
3. F2 pass back to D1 who skates up ice and pass to F1 or F2.
4. F1-F2 attack 2-1 vs. D2 and D1 follow to the far blue line.
5. F3 and F4 repeat the other way and attack 2-1 vs. D1.
6. Continue this flow end to end.

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C3 Rejo 1-1 Both Sides - Gap Control

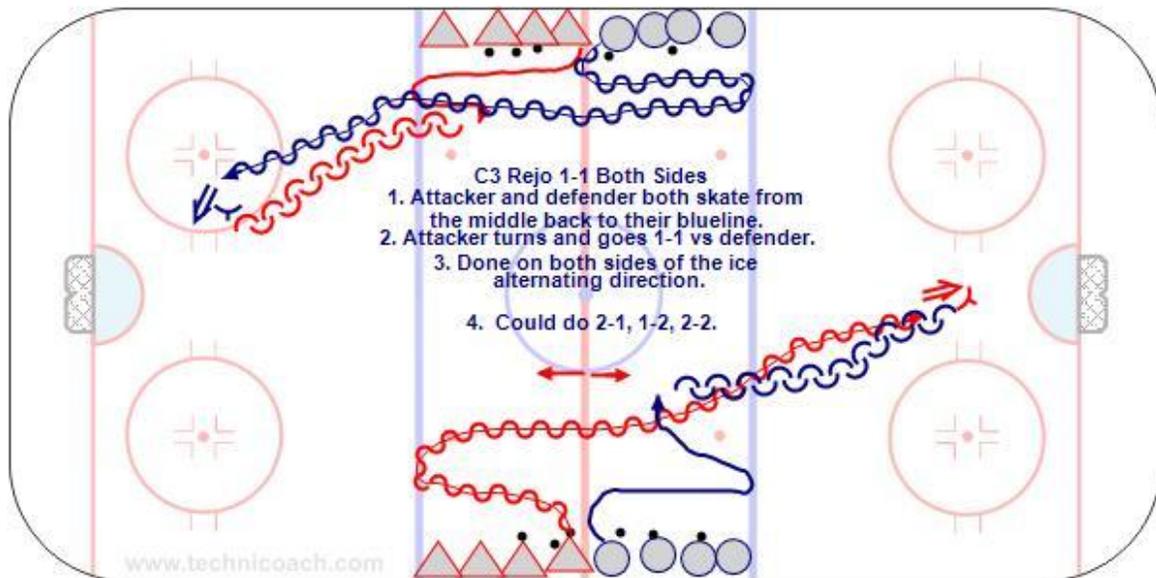
Key Points:

The defender needs to get within a sticklength of the attacker before the blueline. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

Description:

1. Attacker and defender both skate from the middle back to their blueline.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

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C3 Rejo Breakout and 1-1

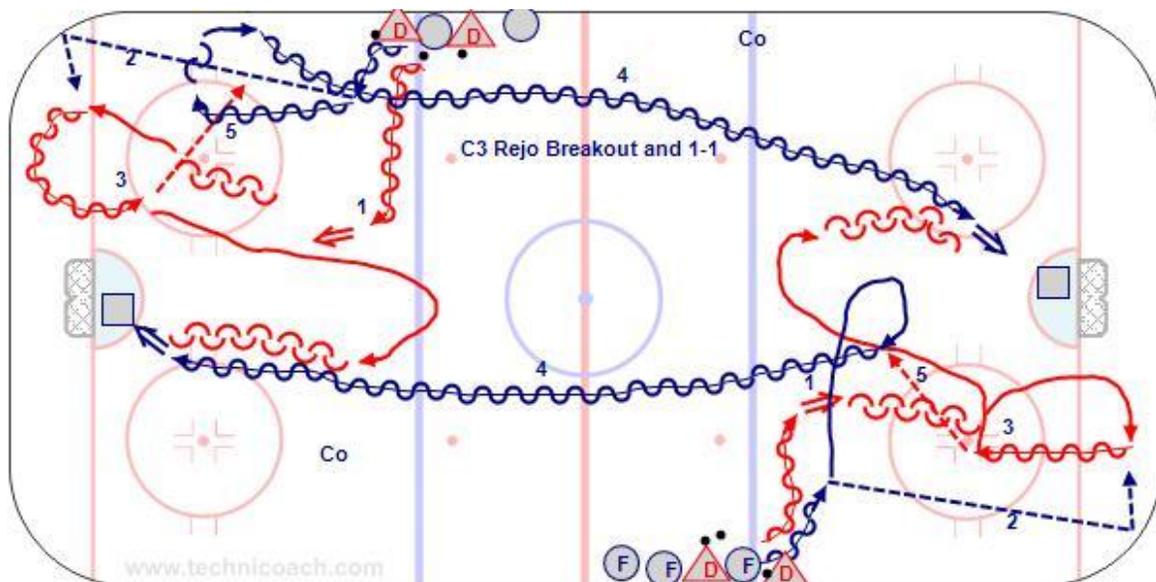
Key Points:

it the net from the point. Make good hard passes. Forward face the puck and give a target. D's get a tight gap on the attacking forward.

Description:

1. On whistle D at each end take a point shot.
2. D skate back and F dump the puck in the corner.
3. D retrieve puck and drive skate between the dots and make a breakout pass to the F.
4. F's attack the D's at the opposite end.
5. Continue alternating between board and middle breakout pass.
6. Possible to do 2 on 1.

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C3 Shoot-Breakout-Regroup-2 on 1

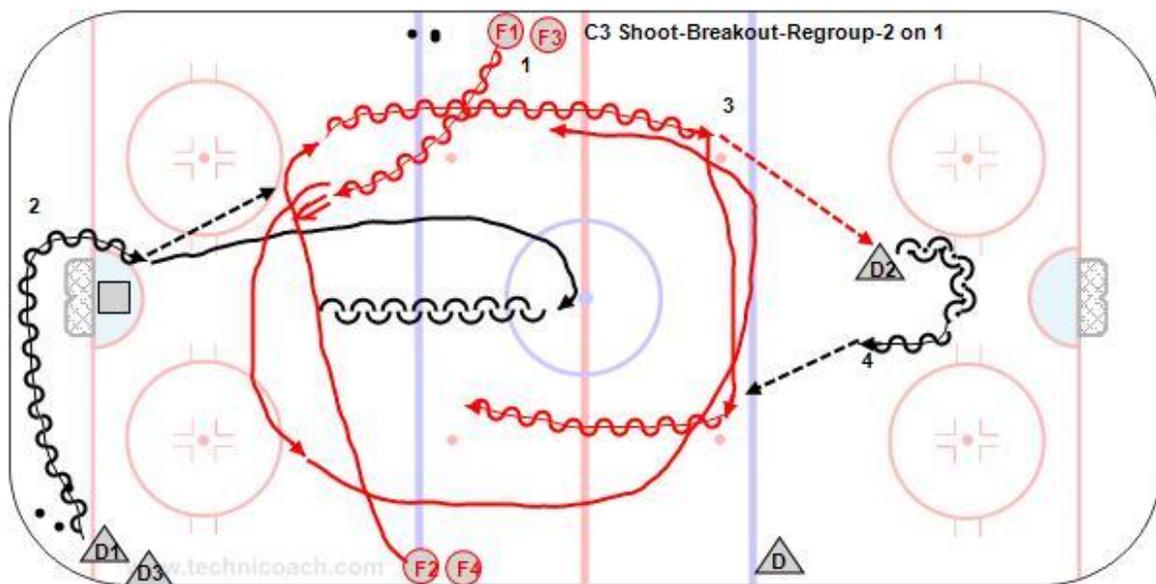
Key Points:

Good drill with only one goalie and few players. It could go both ways with more players. Face the puck, give a target, follow shot for rebounds.

Description:

1. F1 skate in and shoot.
2. D1 drive back of the net and pass to F1 or F2.
3. F1 and F2 regroup with the D2 at the other end.
4. F1 and F2 attack 2 on 1 vs. the original D1.
5. D1 rotate to the regroup line and D2 to the breakout pass line.

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C3, 2-1 with Regroup - Major Junior U20

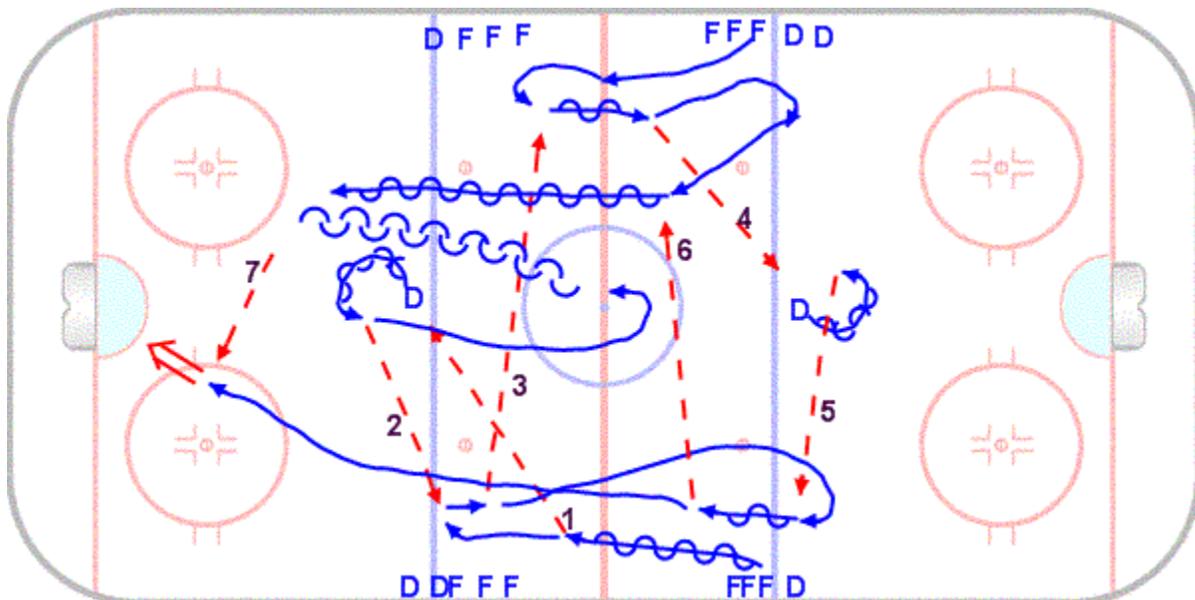
Key Points:

Pass hard and face the puck giving a good target. D pivot when they get the regroup pass. This sequence can be done in all situations from a 1-1 to a 3-2. It is probably the most common pro drill I have seen around the world.

Description:

1. F1 and F2 leave from both sides and regroup with the far D.
2. D1 pivot and pass to the forward while skating.
3. F1 pass across to the other F2 in the Nzone.
4. F's regroup with the D2 at the other blue line.
5. D2 pivot and make a pass to F1.
6. F1 pass across to F2.
7. F's attack 2-1 vs. D1.
8. Players leave from the other blue line and start the sequence again regrouping with D2. D3 join the play at the far blue line.

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C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

Key Points:

Defense must keep their heads on a swivel and sticks in the passing lanes and communicate. Control the attackers sticks in the slot. It is a battle to gain the net side between the attackers and defenders.

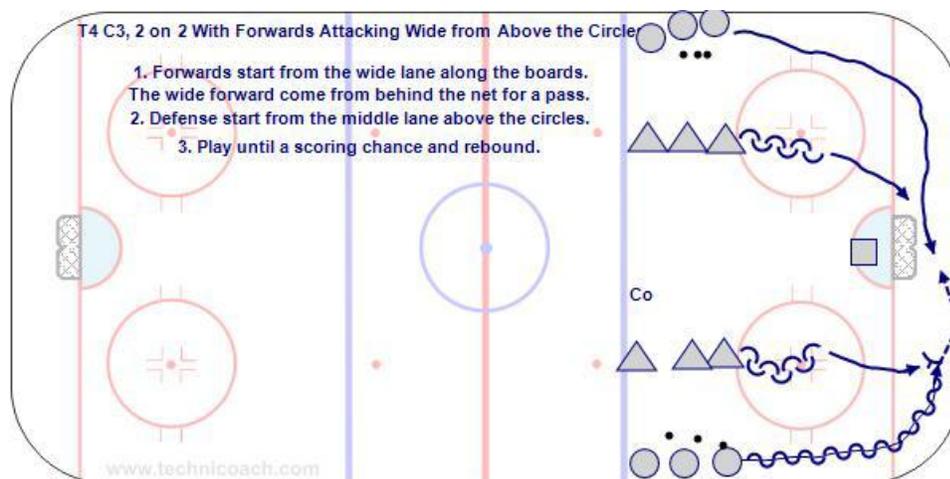
Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

Description:

Practice the offensive and defensive skills of a 2-2 with the forwards wide and starting above the circles. The D has to communicate while seeing the puck and their man. Forwards protect the puck, cross and fight for rebounds.

1. Forwards start from the wide lane along the boards. The wide forward come from behind the net for a pass.
2. Defense start from the middle lane above the circles.
3. Play until a scoring chance and rebound. If the puck is shot out the coach puts in another puck.

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C3, 2 on 2 x 2 with Regroup

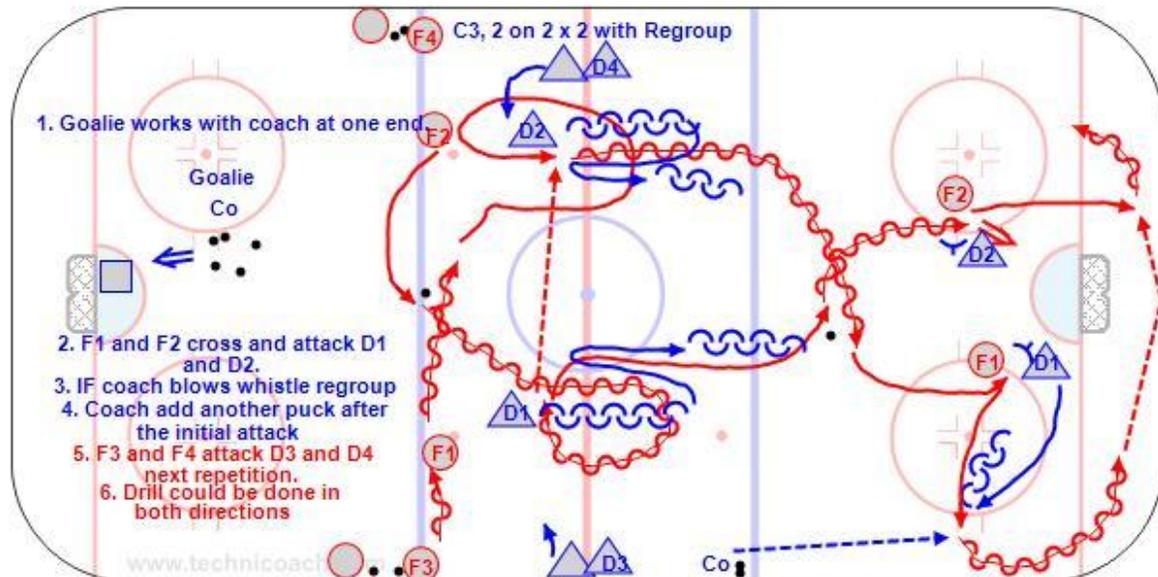
Key Points:

A 2 on 2 works on Role 3, checking the puck carrier and Role 4, covering away from the puck on D. On offense Role 1 the puck carrier and Role 2 supporting the puck. Regroup works on gap control. The second puck demands communication.

Description:

1. Goalie works with coach at one end.
2. F1 and F2 cross and attack D1 and D2.
3. IF coach blows whistle regroup.
4. Coach add another puck after the initial attack.
5. F1 and F2 attack D3 and D4 on the next rush.
6. Drill could be done in both directions if the goalie coach isn't at one end.

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C3, 3-0, 3-1, 3-2 - Total Hockey

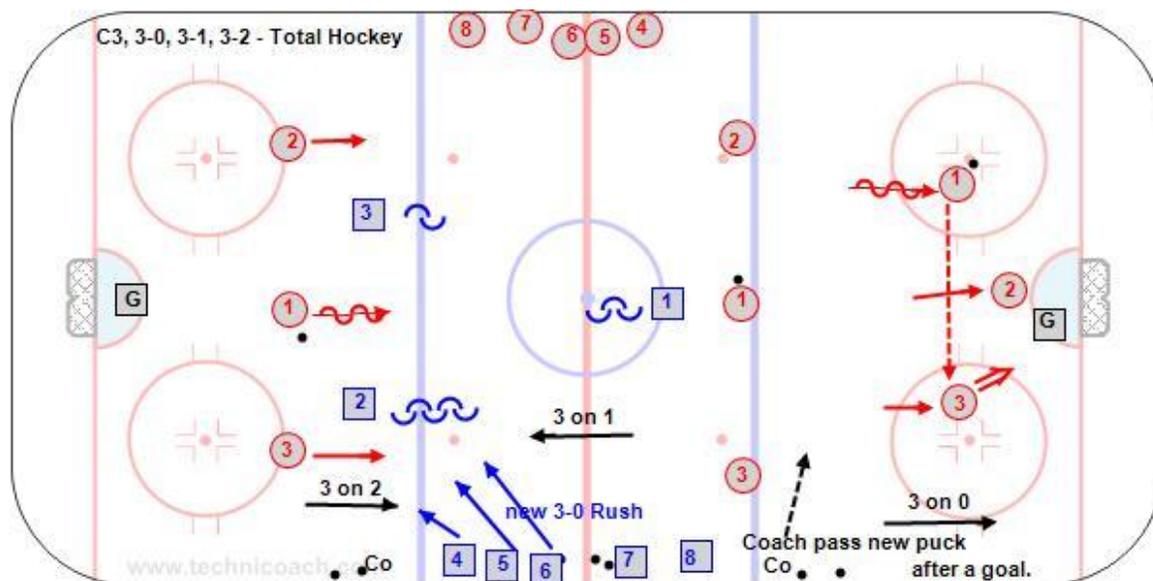
Key Points:

Attack with a middle drive and speed. Hit the net and drive for rebounds. Only allow one pass on the 3-0. Attack with speed and make plays early while defenders delay the attack.

Description:

1. One group on each side in the neutral zone.
2. Everyone attacks and defends.
3. Play rebounds until a goal or the puck is behind the net or outside the dots.
4. Coach pass new puck if a goal is scored.
5. One defender follow the rush on 3-0 and two follow the 3-1 rush.
6. Keep score.

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C3, 3-2 and 5-2 With Regroup In Neutral Zone

Key Points:

On the regroup fill the 3 lanes facing the puck. Always give an outlet on the strong side.

Description:

1. Attack 3-2 with passive support above circles.
2. During play or on the coaches whistle pass to support.
3. Attacking D follow the attack in the neutral zone making a 5-2.
4. Before crossing blue line or on the coach's whistle regroup in neutral zone.
5. Enter the offensive zone 3 on 2 and repeat with new support.

Alternative:

This becomes a transition game if only one puck is used and the defenders pass to the players giving passive support. The players can decide when to regroup or the coach can whistle.



C3, 5-3 Regroup x 2, Turn Back, Attack 3-2 - Pro W

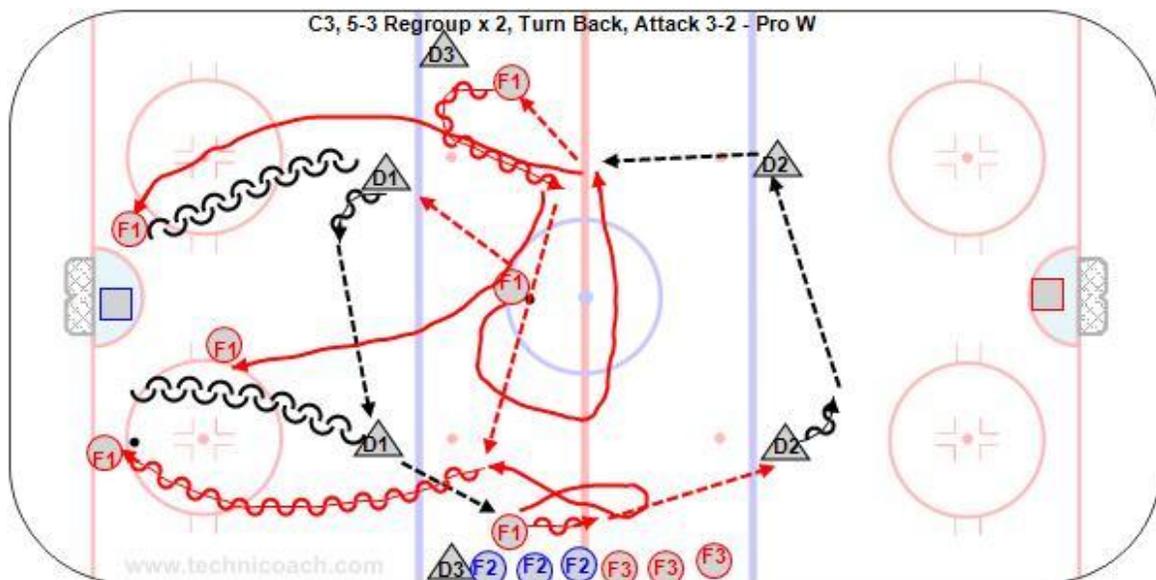
Key Points:

F's give a target and face the puck. D's hinge and drive skate with the puck. Create a 2-1 on offense. Fight for rebounds. D control sticks in the slot and deflect attack.

Description:

1. Two D start at each blue line.
2. F1's regroup with D1's.
3. F1's regroup with D2's.
4. F1's turn back before crossing the blue line.
5. F1's attack 3-2 vs. D1's.
6. D3's replace D1's.
7. Repeat with F2's regroupin with D2's.

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C3, 5 on 2 Attack and Forecheck

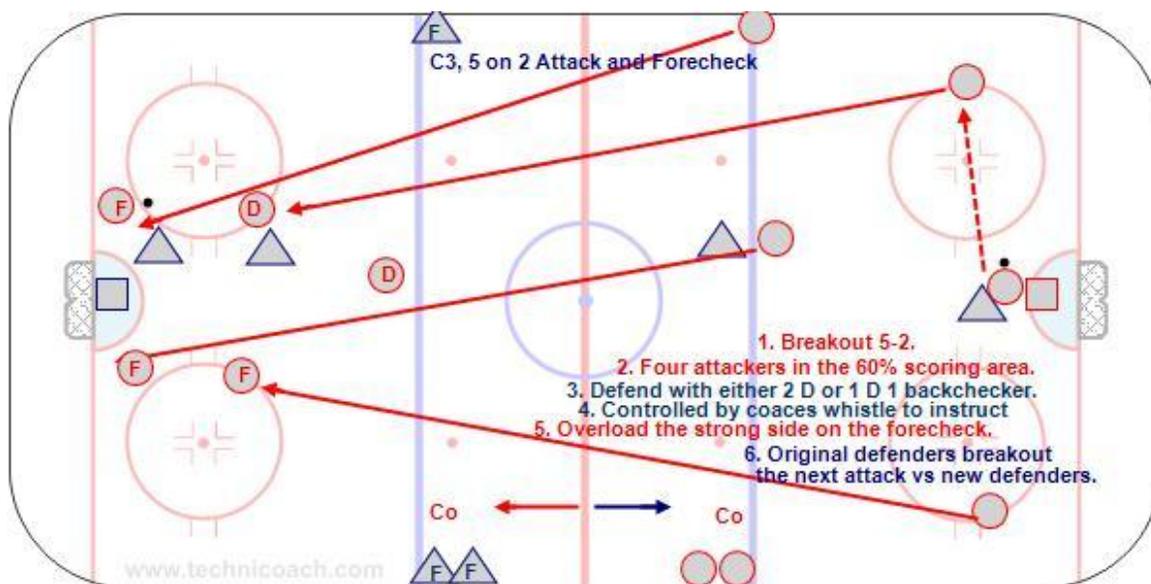
Key Points:

Practice vs 2 D and vs 1 D and 1 backchecking D or F. Always have 4 on the attack in the 60% area and 3 overload the strong side.

Description:

1. Breakout 5 - 2.
2. Four attackers in the 60% scoring area.
3. Defend with either 2 D or 1 D 1 backchecker.
4. Controlled by coaches whistle to instruct.
5. Overload the strong side on the forecheck.
6. Original defenders breakout the next attack vs new defenders.

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C5-6, 1-1 x 2 From Blue Line and Corner - Sweden

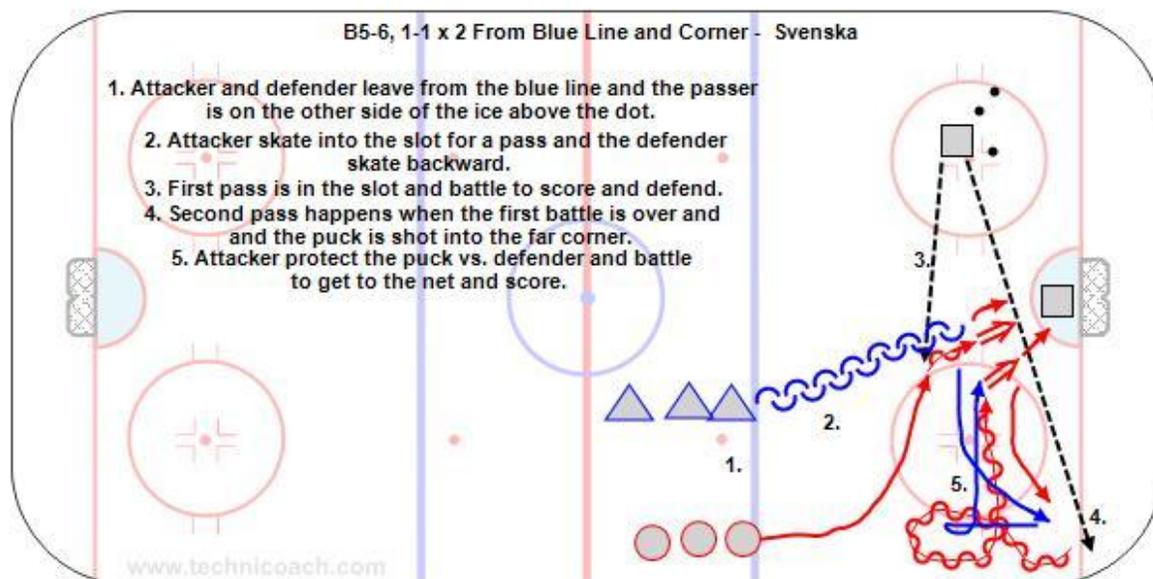
Key Points:

On offense protect the puck, shoot while skating and follow the shot for a rebound. On defense play from the net side with the stick on the puck. Stay with the attacker and control the stick after the shot and then look for the puck.

Description:

1. Attacker and defender leave from the blue line and the passer is on the other side of the ice above the dot.
2. Attacker skate into the slot for a pass and the defender skate backward.
3. First pass is in the slot and battle to score and defend.
4. Second pass happens when the first battle is over and the puck is shot into the far corner.
5. Attacker protect the puck vs. defender and battle to get to the net and score.

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C300 1-1 From the Corner - Sweden Checking 5

Key Points:

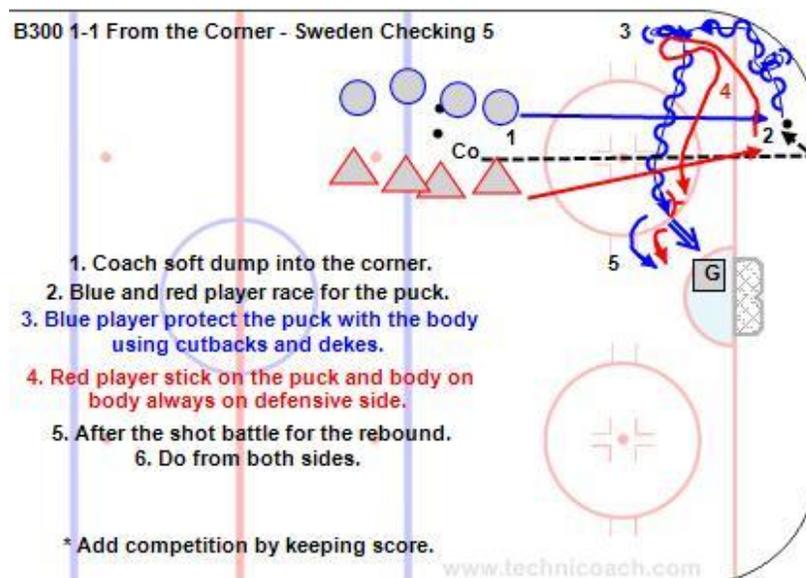
Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

Description:

1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

** Add competition by keeping score.*

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C300 1-1 Get Puck Out - Sweden Checking 7

Key Points:

The defender battles to get the puck out of the zone from the defensive side. Offensive player battles to hold the puck in by using his skate and stick.

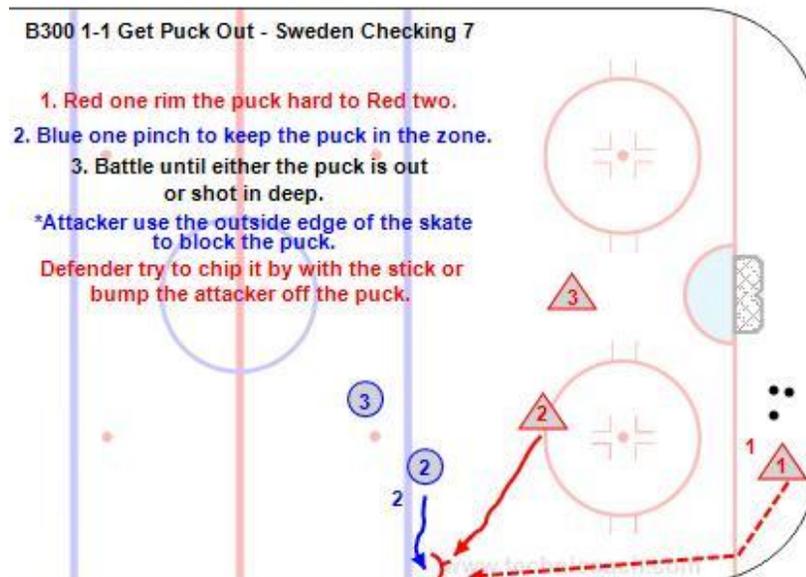
Description:

1. Red one rim the puck hard to Red two.
2. Blue one pinch to keep the puck in the zone.
3. Battle until either the puck is out or shot in deep.

*Attacker use the outside edge of the skate to block the puck.

Defender try to chip it by with the stick or bump the attacker off the puck.

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C3, 2-1, from Corner and Backcheck to 3 on 3 – Sweden 3

Key Points:

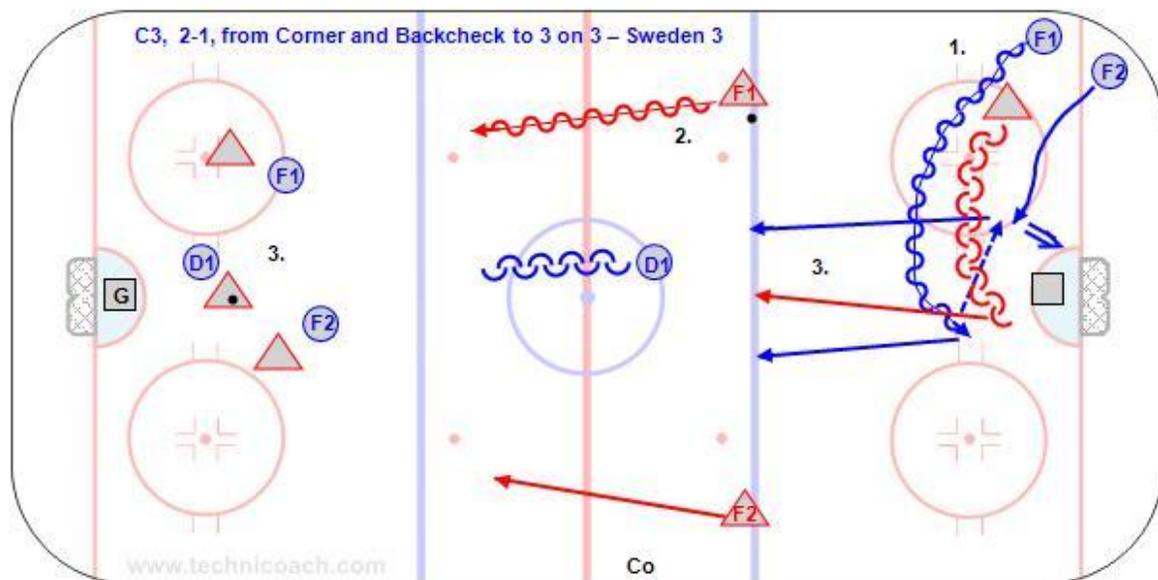
Attack with speed and make the first play early. Back checkers and defenseman communicate and cover one player each on the rush and in the defensive zone.

Description:

1. Blue F1 and F2 attack vs. Red D1 from the corner.
2. Red F1 and F2 wait at the blue line and attack vs. Blue D1 with a new puck on the coaches whistle.
3. Red D1 join the attack and Blue F1 and F2 back check.
4. Play 3 on 3 with Red attacking and Blue defending.

*This drill could progress to a one puck transition game by having Red D1 pass to the red forwards who could give passive support from the high slot. It could continue with 2 new attackers and one defender supporting after each rush.

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B6 D Shoot, 2-1, D Shoot

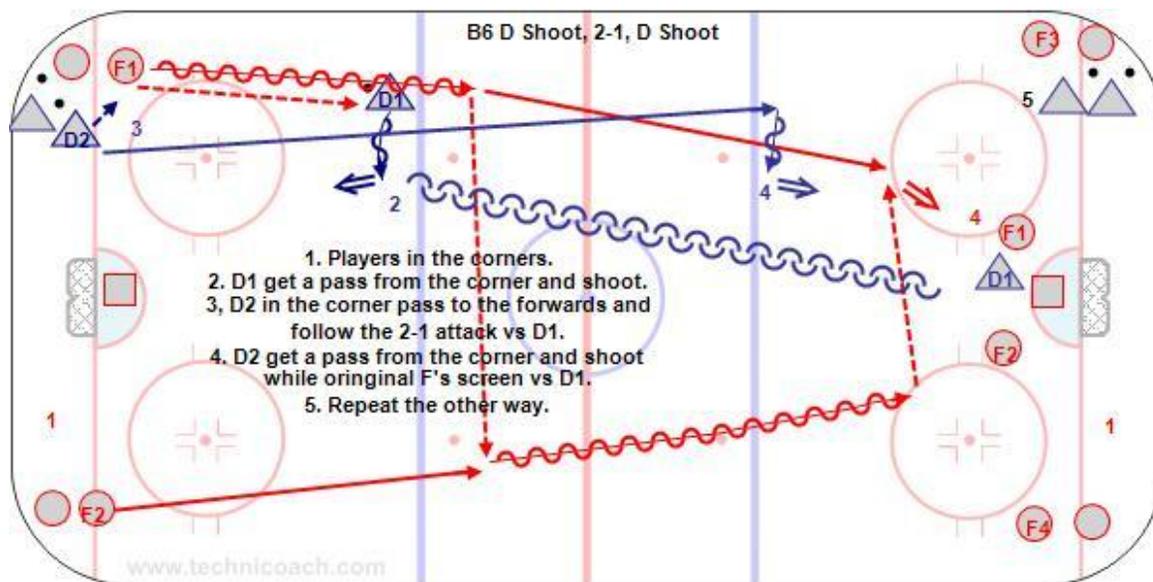
Key Points:

D drag the puck inside the dot before shooting. Forwards attack with speed. D deny the middle and cover the most dangerous play.

Description:

1. Players in the corners.
2. D1 get a pass from the corner and shoot.
3. D2 in the corner pass to the forwards and follow the 2-1 attack vs D1.
4. D2 get a pass from the corner and shoot while original F's screen vs D1.
5. Repeat the other way.

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B6 1-1's from the Corner

Key Points:

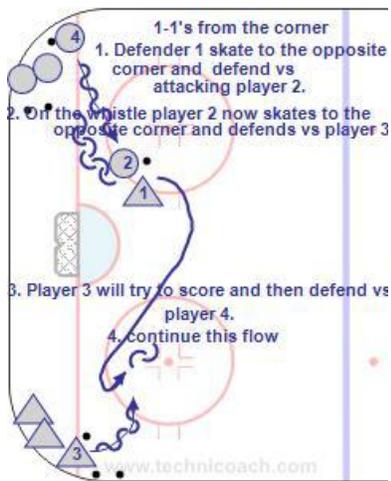
This is a drill the Russian Olympic coach Vladimir Jursinov used. You can do 2-1 and 2-2 as well. Stay D side stick on the puck, body on body and keep a tight gap within a stick length.

Description:

1-1's from the corner

1. Defender 1 skate to the opposite corner and defend vs attacking player 2.
2. On the whistle player 2 now skates to the opposite corner and defends vs player 3.
3. Player 3 will try to score and then defend vs player 4 and continue this flow.

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B6, 1-1 in Front - Point Shots

Key Points:

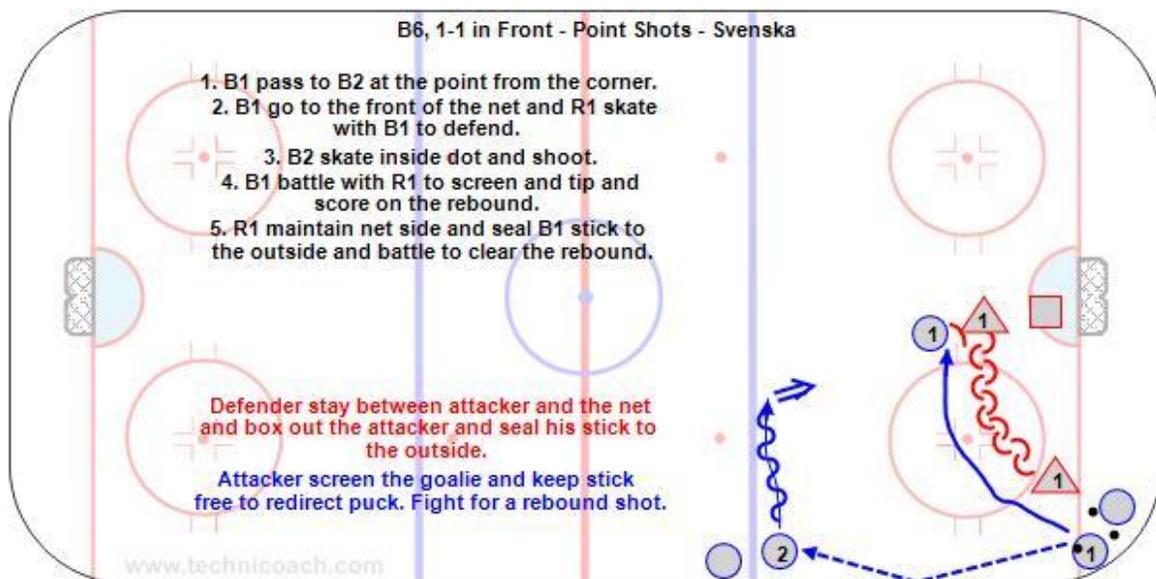
Defender, stay between attacker and the net and box out the attacker and seal his stick to the outside.

Attacker, screen the goalie and keep stick free to redirect puck. Fight for a rebound shot.

Description:

1. B1 pass to B2 at the point from the corner.
2. B1 go to the front of the net and R1 skate with B1 to defend.
3. B2 skate inside dot and shoot.
4. B1 battle with R1 to screen and tip and score on the rebound.
5. R1 maintain net side and seal B1 stick to the outside and battle to clear the rebound.

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C300 3 x 1 on 1 and 3 on 3 – Pro

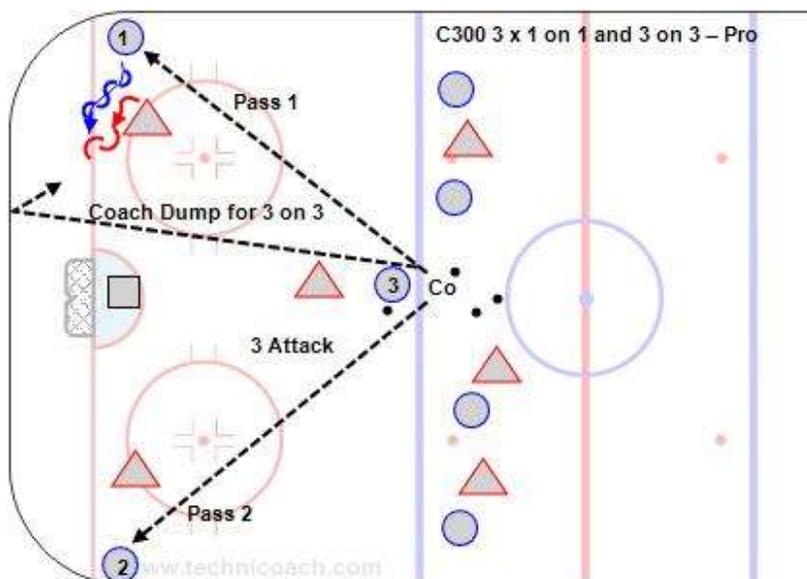
Key Points:

Attacker use head and shoulder fakes, protect the puck to get to the net for a shot. Defender stay on the defensive side and play a tight gap and block the attacker from getting to the scoring area.

Description:

1. Players line up outside of the blue line.
2. One attacker in each corner and one in the middle at the blue line.
3. One defender starts about 3 metres in front of the attacker and they play 1 on 1.
4. Coach pass to one corner, then the other corner and then the middle player attack with a puck.
5. After the three 1-1's the coach shoots in a fourth puck and the players compete 3 on 3.

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C300 - Breakout, Double Regroup 5-2 Back Hard - Pro

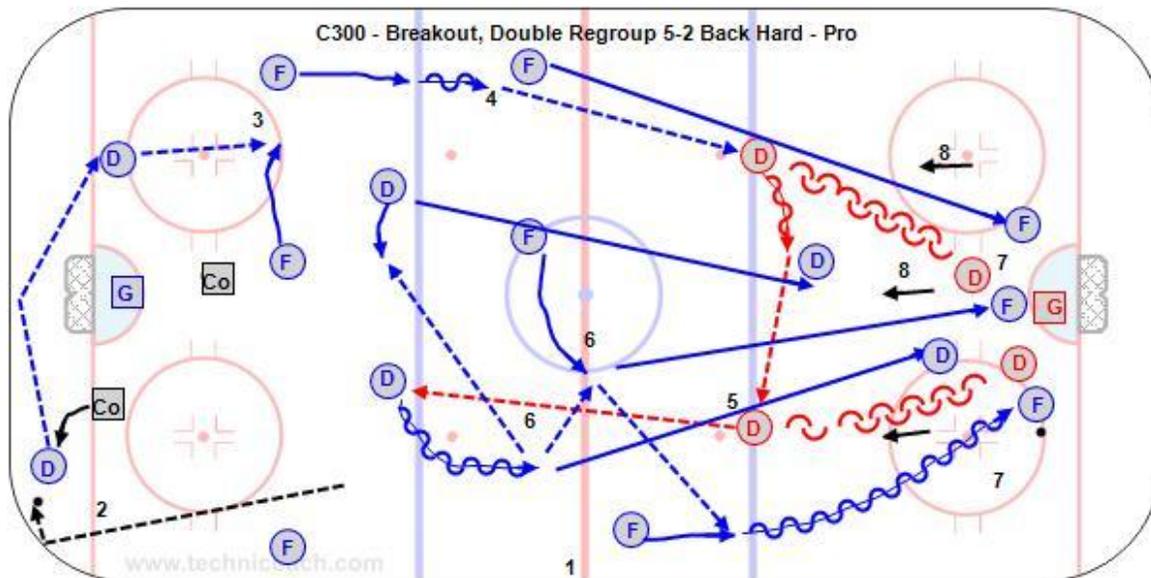
Key Points:

Do everything at full speed. Get to the big ice and pass wide. Face the puck always and give a target. D must read where the forecheck pressure comes from. Attack with 4 in the scoring area.

Description:

1. Extra players wait on the bench.
2. Dump the puck in and either two coaches or extra players forecheck.
3. Blue D go breakout with Blue Forwards then forecheckers leave.
4. Blue forwards pass to Red D in the neutral zone.
5. Red D regroup and pass to the Blue D.
6. Blue D hinge and regroup with the Blue Forwards.
7. Blues attack 5-2 vs. Red D with one D joining the rush.
8. Race back to the middle circle on the whistle.

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C300 Checking Along the Boards - Sweden Checking 6

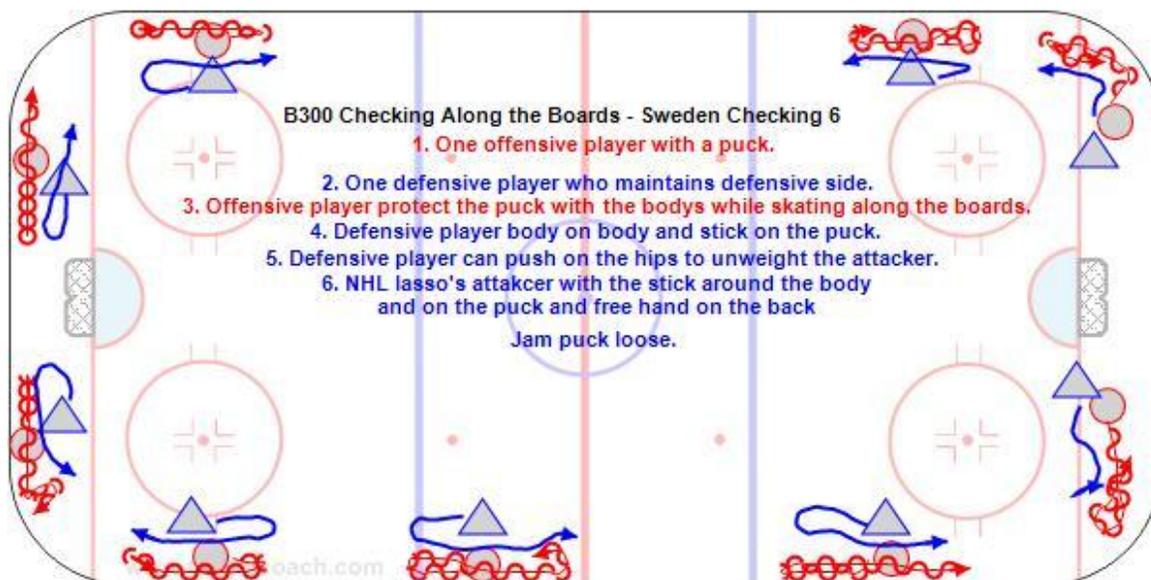
Key Points:

Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the bodys while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

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C300 Escape from Alcatraz - Sweden Checking 3

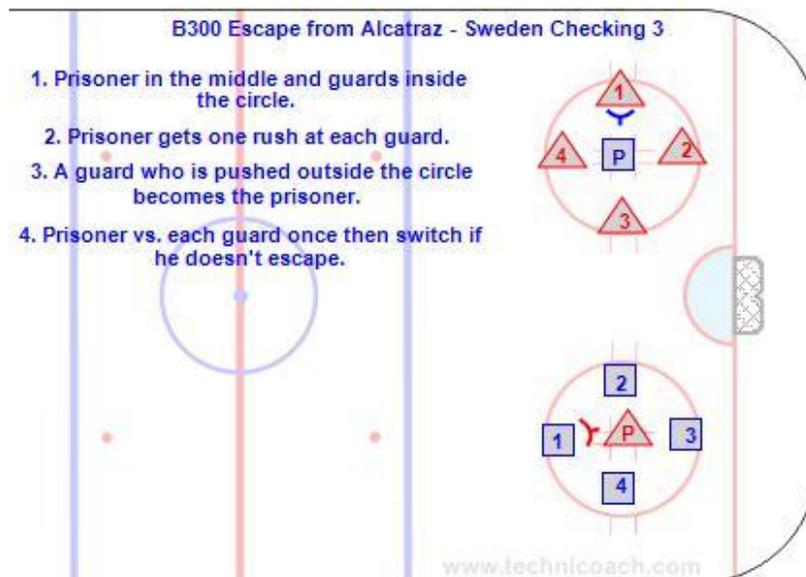
Key Points:

The prisoner escapes by knocking a guard out of the circle. Use the legs, keep the head up on top of the shoulders back up hands down.

Description:

1. Prisoner in the middle and guards inside the circle.
2. Prisoner gets one rush at each guard.
3. A guard who is pushed outside the circle becomes the prisoner.
4. Prisoner vs. each guard once then switch if he doesn't escape.

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B300 Protect the Dot - Sweden Checking 2

Key Points:

Defender must keep the hands down and the upper body erect by playing the attackers stick and blocking chest to chest. Bend the knees and head up in a strong athletic position.

Description:

1. Defender in the middle protect the puck on the dot and block body and knock away stick
2. Attackers stand outside of the circle.
3. Attackers take turns trying to knock the puck off the dot vs. the defender.
4. If the first rush is blocked then the next player attacks.
5. Attacker goes into the middle if he hits the puck.

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B - Rejo Defenseman Technique-1

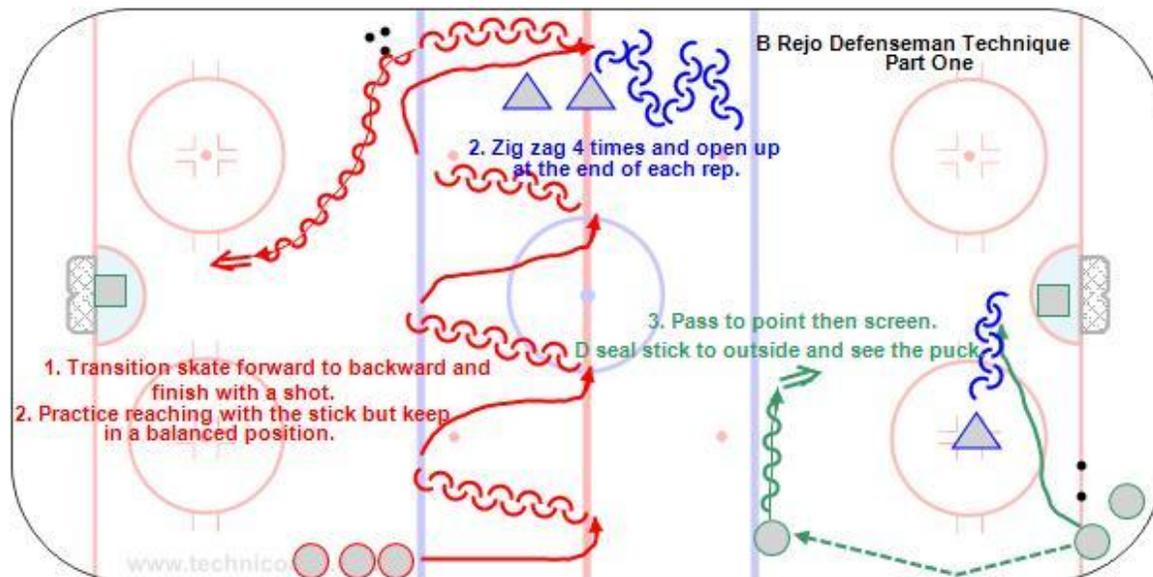
Key Points:

Practice reaching with the stick but keep in a balanced position. Always face the play. Control the attackers stick. Defender move and don't be flat footed.

Description:

1. Transition skate forward to backward and finish with a shot.
2. Zig-zag 4 times and open up at the end of each rep.
3. Pass to point then screen. D seal stick to outside and see the puck.

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B600-C3 1-1 From Blue Line

Key Points:

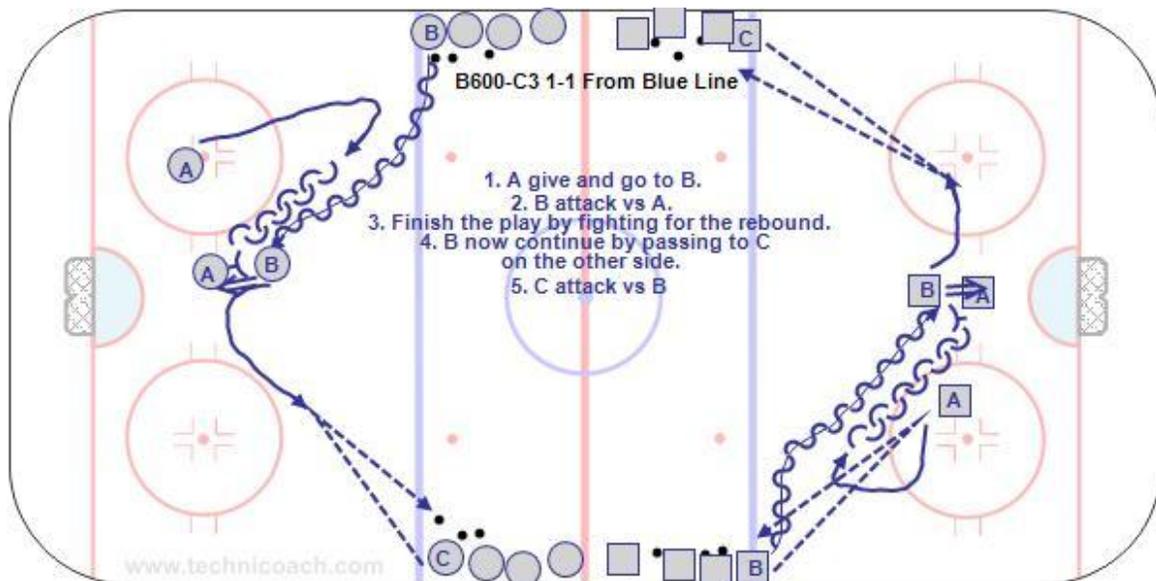
Defender close the gap, stay on the defensive side, stick on the puck, stay with the attacker after the shot.

Attacker get the puck in the triple threat position at the side. Make moves, fakes, dekes, change of pace, use screen shots and follow the shot.

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Description:

1. A give and go to B.
2. B attack vs A.
3. Finish the play by fighting for the rebound.
4. B now continue by passing to C on the other side.
5. C attack vs B.



C3-B600, 2 on 1 x 2 – Pro

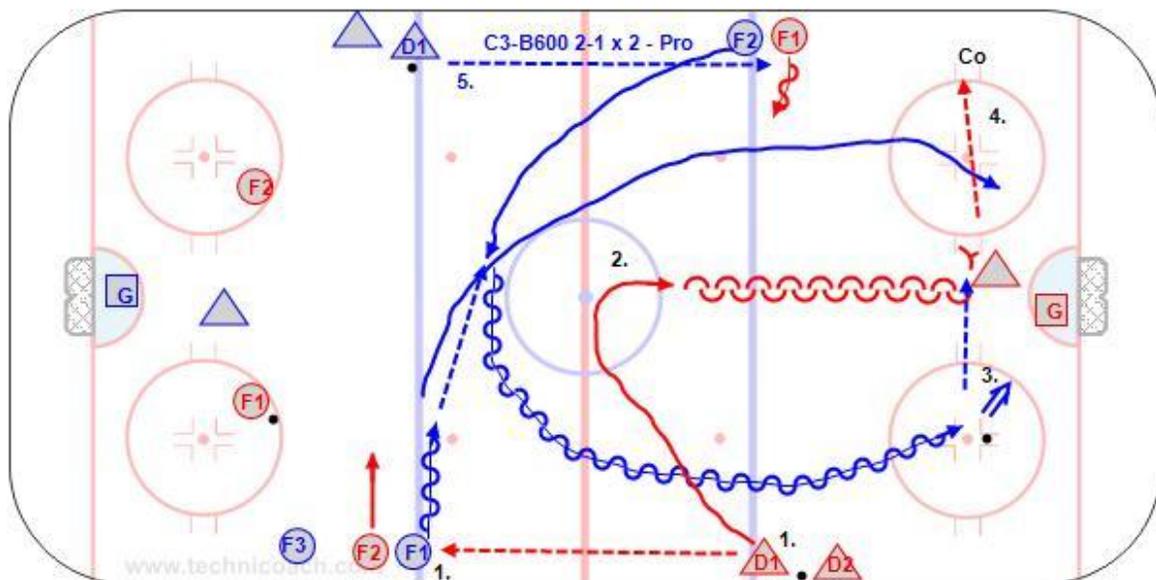
Key Points:

One high one low, one fast one slow on the attack. D identify the most dangerous attacker and shots from the middle. No whistles so players have to watch and start toward the open end of the ice.

Description:

1. F's line up at diagonal blue lines and D's at opposite diagonal blue lines.
2. D1 pass up the boards to F1.
3. F1 skate to the middle and pass to F2 who crosses behind as D1 closes the gap.
4. F1-F2 attack 2-1 vs. D1.
5. Coach mirror the play from the high slot. (A player could also do this)
6. D2 pass to F3 and F4 skate back and cross to attack D2 the other way.
7. Finish the attack with a goal, frozen puck or D pass to the coach.
8. Players watch to see which attack is finished and start the 2-1 in that direction.

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C600 1 on 1 to a 3 on 2

Key points:

This is a very popular drill especially at the higher levels using the C600 formation with the players lined up against the boards behind the blue lines. You get full ice situations. Use this drill and then create transition games with the same situations so the plays are finished by fighting for rebounds and making breakout passes. The first pass is made by F1 and not F3 as the diagram states.

Defense must move their feet and close the gap in the neutral zone. The forwards must attack with speed.

Description:

1. F1 skate between the dots with a puck.
2. F1 pass to D2 and mirror the puck for a return pass.
3. D2 skate hard sideway or make a tight turn and pass to F1.
4. F1 attack and try to score vs D1.
5. F2 start the same drill passing to D3.
6. D3 drive skate and pass to F2.
7. F2 attack 1-1 vs D2. - Repeat in alternate directions.

Variations:

- Add a regroup.
- Add players for situations, 2-1, 1-2, 2-2, 2-3, 3-2.

Players are in the B600 formation

1 F3 skates out with puck

2 F1 passes to D2

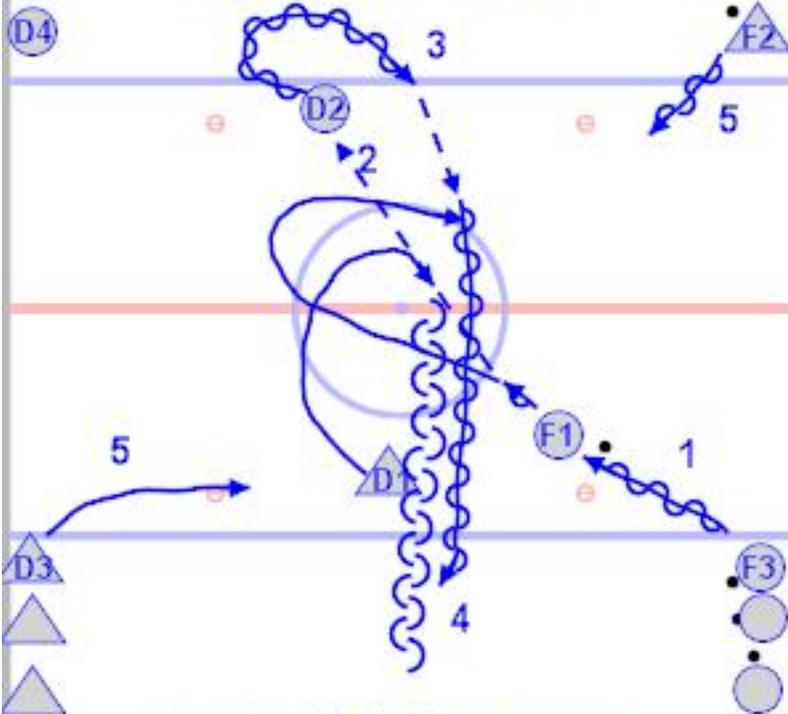
3. D2 drive skates and passes to F1

4. F1 tries to score 1-1 vs D1

5. F2 starts the same drill passing to D3

6. D3 drive skate and pass to F2

7. F2 attack 1-1 vs D2



Variations

a. Add a second regroup F1 back to D2

b. Go to 2-1, 1-2, 2-2, 3-2,

C3-B600 2-1 x 2 – Pro

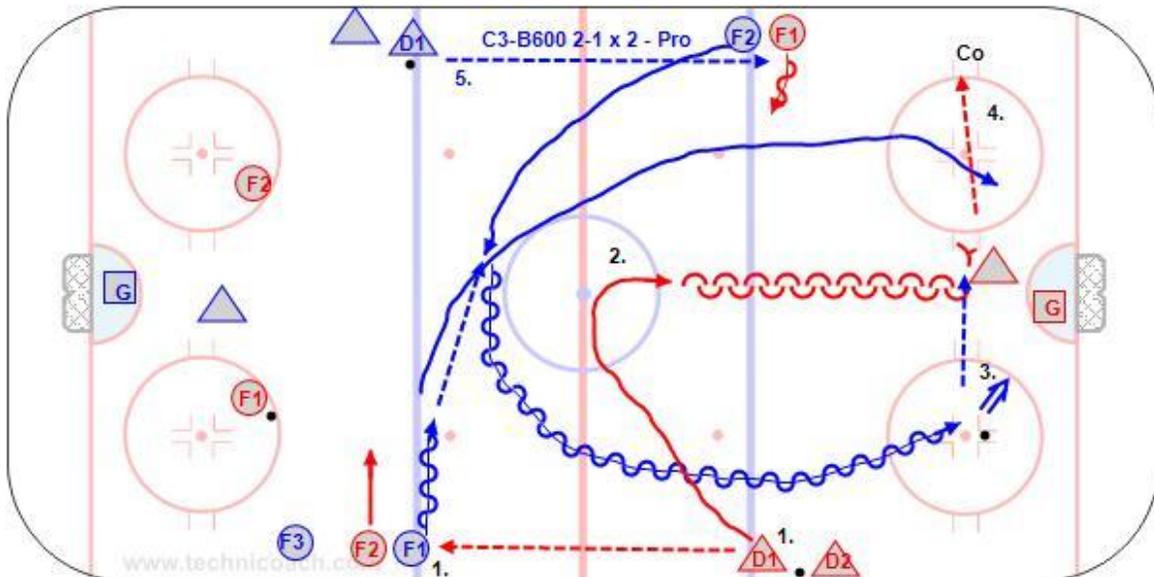
Key Points:

Offense should attack with speed and force the D to make a decision early by the first play near the blue line. This allows for a second play. D should delay the attack as much as possible and defend the most dangerous player allowing a bad angle shot.

Description:

1. Red D1 pass to Blue F1.
2. Blue F1 and F2 cross in the neutral zone and attack Red D1 2 on 1.
3. Blue F1 and F2 continue until they score or the goalie freezes the puck.
4. Red D1 defend and pass to the coach when they get the puck.
5. As soon as the puck enters the offensive zone Blue D1 Pass to Red F1 who attack in the other direction with Red F2 vs. Blue D1.

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B600 Continuous 3-1 with 2F and 1D - Finland U20

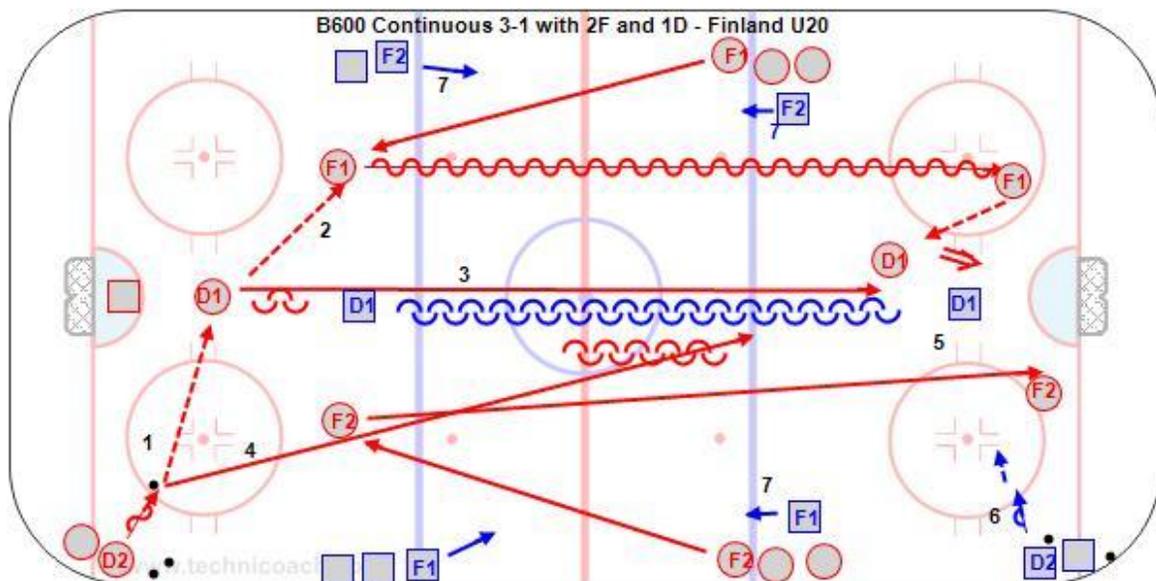
Key Points:

Blues go one way and reds the other way. D pass and join the rush. Make the first play in the attacking zone early so there is a second play possible. Move quickly through the neutral zone. Hit the net and crash for rebounds. Defender delay the play.

Description:

1. Red D2 pass to Red D1.
2. Red D1 pass to Red F1 or F2 who attack vs Blue D1.
3. Red D1 join the rush to make it 3-1.
4. Red D2 follow the play to the far blue line.
5. Red F1-F2-D1 shoot and rebound.
6. Blue D2 pass to Blue D1 who attack 3-1 vs Red D2.
7. Continue this flow end to end.

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B600 Timing and 1-1 - Pro

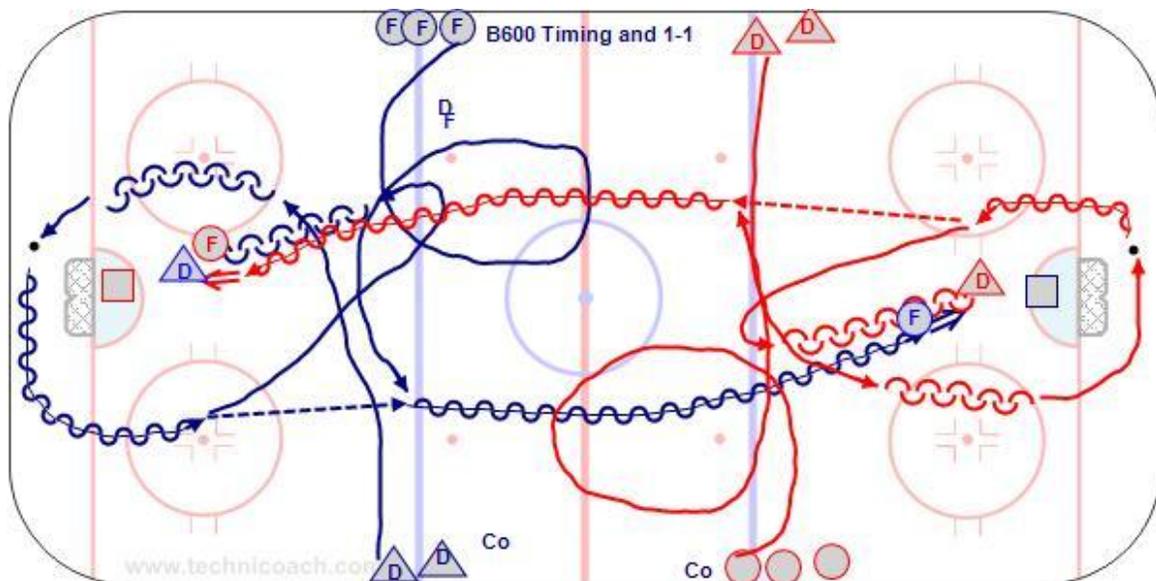
Key Points:

The D pivots and the forward comes back to the puck timing it so the D can make the pass. D should try to tighten the gap to a stick length as soon as possible.

Description:

1. Forwards on one side and D on the other at both bluelines.
2. D's skate across the ice back to check up ice then turn and get the puck.
4. F's circle in the nzone and come back to the puck with good timing and a target.
5. D's pass to the F's.
6. F's skate down one side each.
7. D skate to the other side and defend the 1-1 vs the forward from the other end.
8. Could also be done 2-1.

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C3-B600, 1-1 x 2

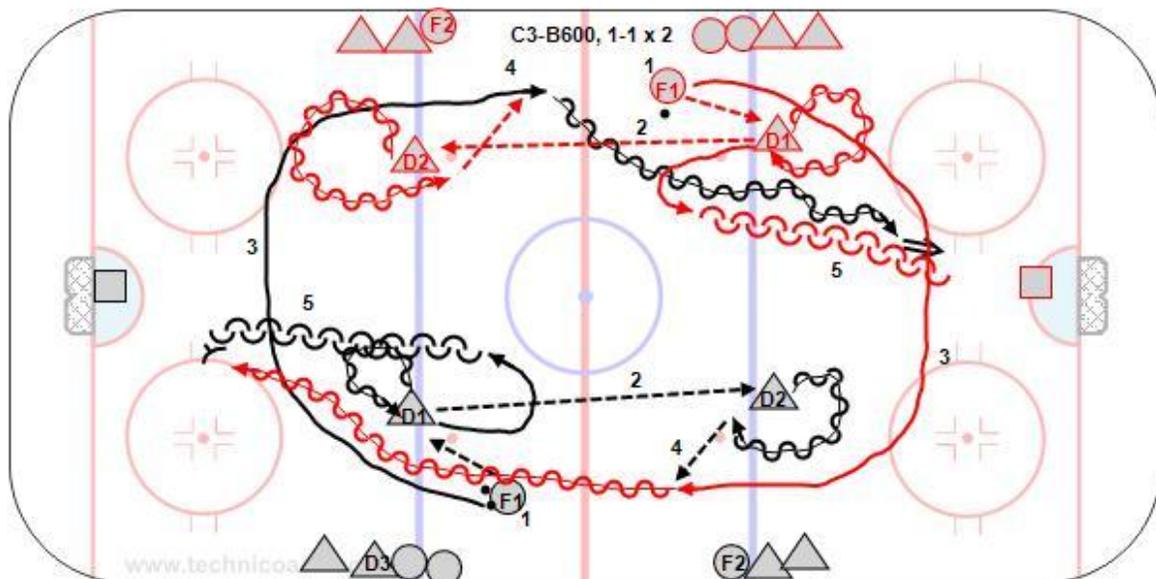
Key Points:

Hard passes and face the puck always giving a target. D should get a tight gap as soon as possible.

Description:

1. F1 from each side pass to their D1.
2. D1 pass to D2 on the same side.
3. F1's swing to the other wide lane after passing.
4. D2's pass to the F1's
5. F1's attack vs D1's on the other side.
6. F2's pass to D2's to repeat drill.

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C1 1-1 or 2-1

Key Points:

Practice a tight gap.

Description:

Done from both sides on the whistle.

1. D give and go with F then bank pass over the blue line.

2. F get puck and attack vs D from the other side.

