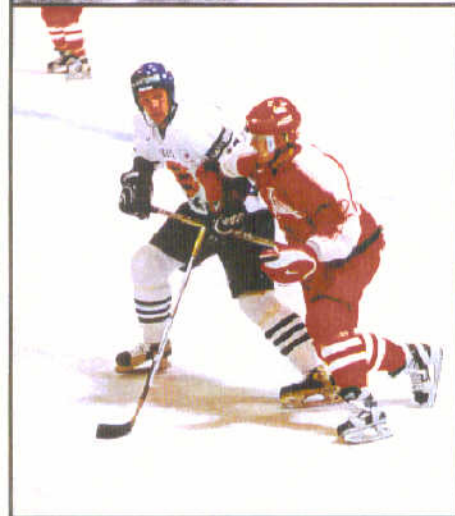




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



B T1-2 Tight Turn-Quick up 2-0 –TJ

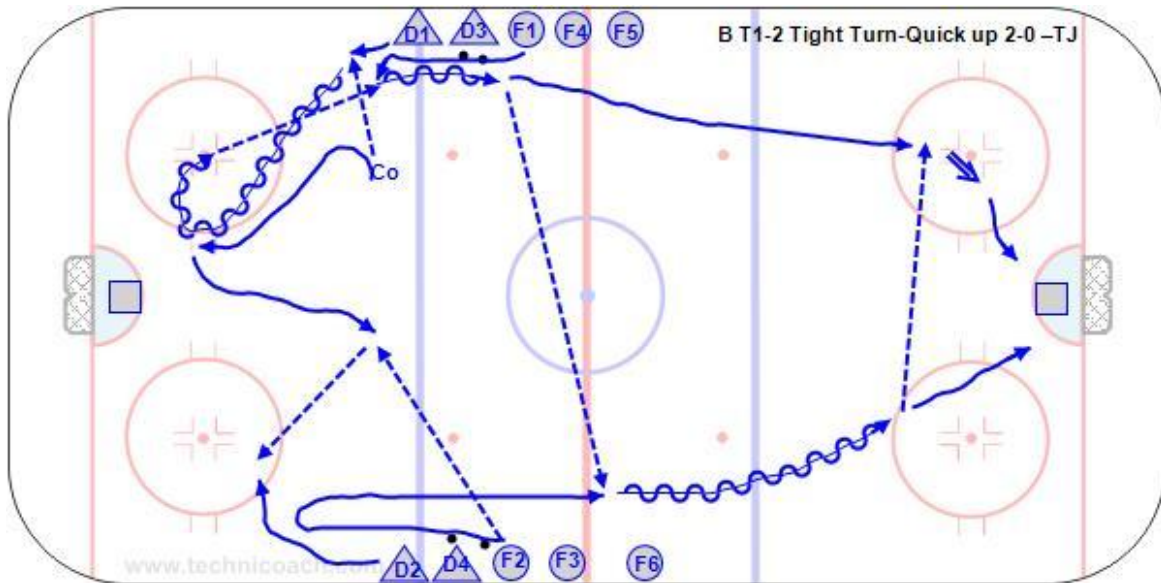
Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 tight turn outside and pass to F1 on the boards.
4. F1 pass across to F2 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.

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B T1-2 Breakout D to D 3-0 – TJ

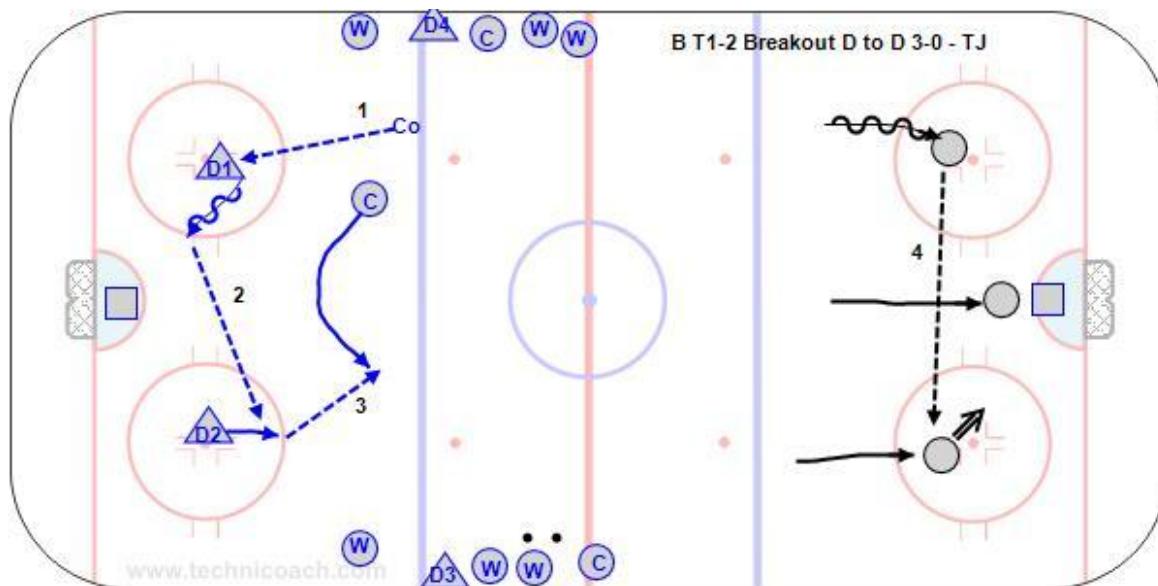
Key Points:

Centre must mirror the D from the middle skating parallel and give a target. Stay behind the D so he can skate into the puck. D must drive skate when they get the puck.

Description:

1. Coach pass to D1 who drive skates at a 45 degree angle to the net.
2. D1 pass across to D2 who hinges up ice.
3. D2 pass to the C.
4. Forwards attack 3-0 at the far end.
5. Add D1 to D2 back to D1.
6. Add coach cover one of the D so they either go D to D or tight turn and up to the wing.

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B - T1-2 Breakouts vs. Checker – TJ

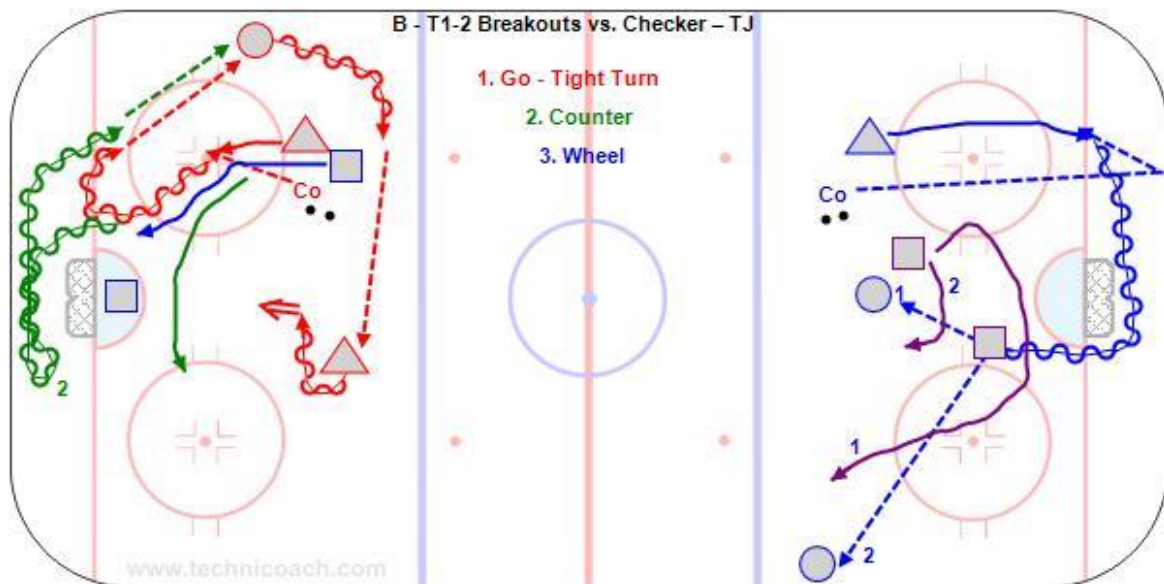
Key Points:

The defender must drive skate when they get the puck and read whether the checker chases behind, goes in front etc. Skate at a 45 degree angle to the net to make the checker cross-over and decide to wheel, go(cut back) or counter.

Description:

1. Shoot the puck into the corner and the coach or player gives pressure.
2. Shoulder check and read inside pressure then skate at a 45 degree angle toward the net to make the checker cross-over.
3. Tight turn away from pressure and pass to a player on the boards who passes to another player at the point who shoots.
4. Counter by skating behind the net and out the same way if the checker doesn't chase behind.
5. Read if the checker is taking away the middle or the boards and pass to the open player.
6. Use a backhand pass if you need to miss the defenders stick in the passing lane or to protect the puck from a checker.
7. Quick feet make everything possible. If everyone is covered then carry the puck up the middle.

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I had a former NHL defensive defenseman work with my defense on breakout reads. In my opinion it was terrific. He taught details like skate toward your post at a 45 degree angle to draw the defender then cut back and many other reads and counters. I am breaking down the video because he started with one D vs. zero pressure, then he pressured and then two D and then incorporated 4-0 and 5-0/ Great stuff/ The first two videos have been posted.

T1-2 - Breakout Options – Wheel, Go, Counter

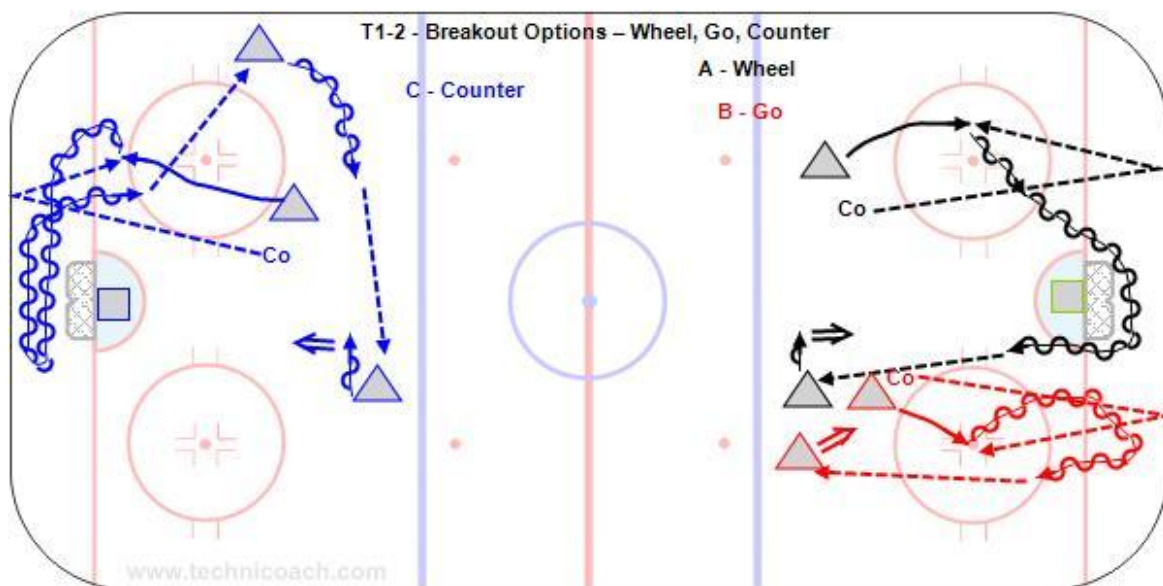
Key Points:

Principles for the Wheel, Go and Counter, with Terry Johnson a former NHL Defenseman. The key is skating hard to force the checker to commit and then choosing the option.

Description:

1. Coach shoot the puck in and the D skate to the puck and then at a 45 degree angle to force the checker to cross over.
2. **Wheel** behind the net, cut up near the far post and pass to the point for a shot on net.
3. Critical point is to make the checker do what you want them to. If you skate to where you are going to pass first then the checker can get a good angle and steal the puck.
4. **Go** by skating hard one way and then tight turn away from pressure. Pass to the point for a shot.
5. **Counter** when the checker doesn't chase behind the net.
6. Coach shoots the puck in and the player drive skates behind the net and then tight turns to come back the original way.
7. Pass to the wing who skates out and passes across to the point for a shot on net.

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B T1-2 D to D and Up - 2-0 – TJ

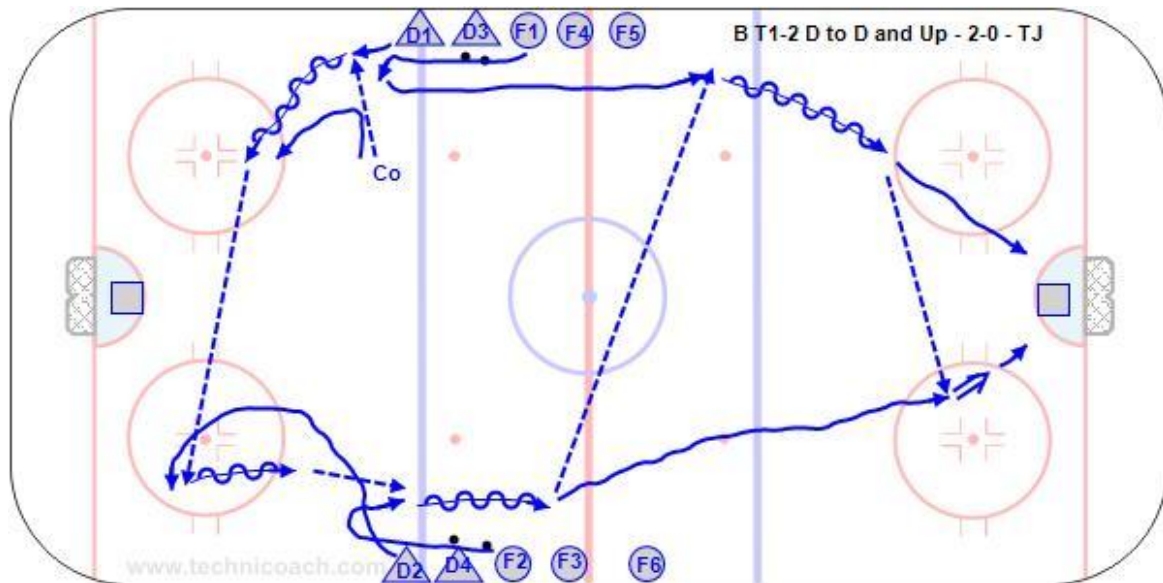
Key Points:

The key is to drive skate at a 45 degree angle toward the net and then do a tight turn to the outside when the forward crosses over. Read the forecheck which is the best play.

Description:

1. Coach pass to D1.
2. D1 drive skate at 45 degree angle to net and the coach pressure from the inside.
3. D1 pass across to D2 who hinges behind.
4. D2 pass to F2 who passes across to F1 and they attack 2-0.
5. Repeat with the coach passing to F2 on the other side.
6. Add the D read the play and either tight turn outside and pass up if D2 is covered or pass D to D.

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D100 - Roles 2 and 4 Specialty Team Scrimmage

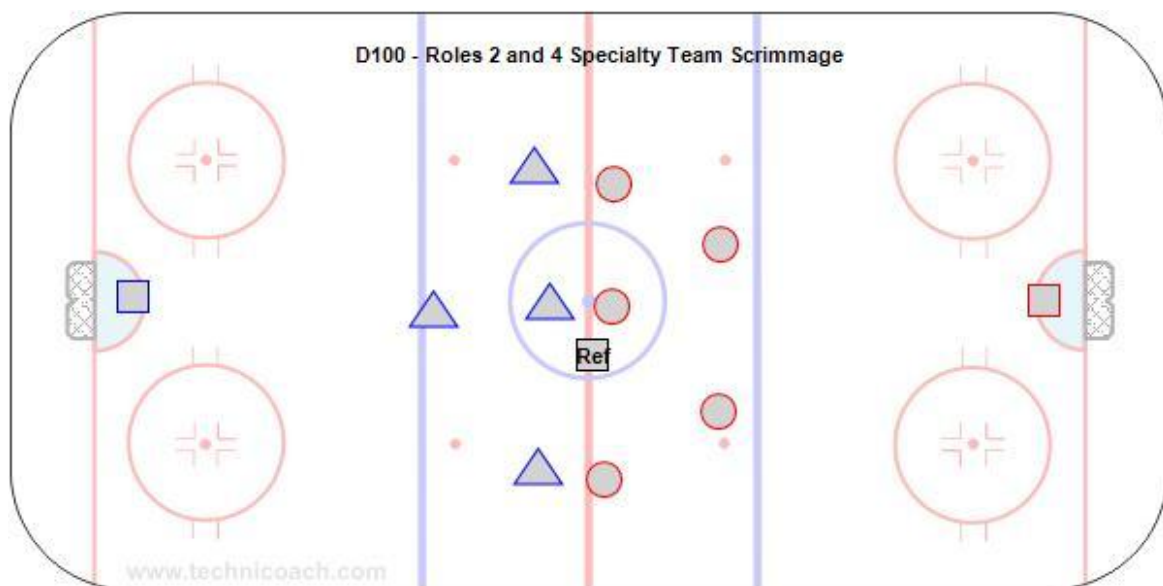
Key Points:

Divide the team into two groups and each gets a 5 min. power play with a ref. Great to play other teams in a specialty team game. Play all odd number situations 5 on 4, 5 on 3, 4 on 3. It is also a good method to practice even strength 3-3, 4-4 and 5-5.

Description:

1. Arrange a scrimmage with another team.
2. Take turns with all numerical situations that happen in a game.
3. Suggested rotation with a 3 minute time out before each segment for coach to go thru the team play situation at the bench.
 - a. Ten minute warm up.
 - b. 3 minute time out 5 on 4 for 5 minutes each.
 - b. 5 on 3 each team and then 3' time out.
 - c. 4 on 4 each team and then a 3' time out.
 - d. 5 on 5 each team and then a 3' time out.
 - e. Coaches agree on a situation they want to focus on.

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D100 Full Ice Game - Various Situations

Key Points:

Switch between all four game roles.

1-puck carrier.

2-puck support.

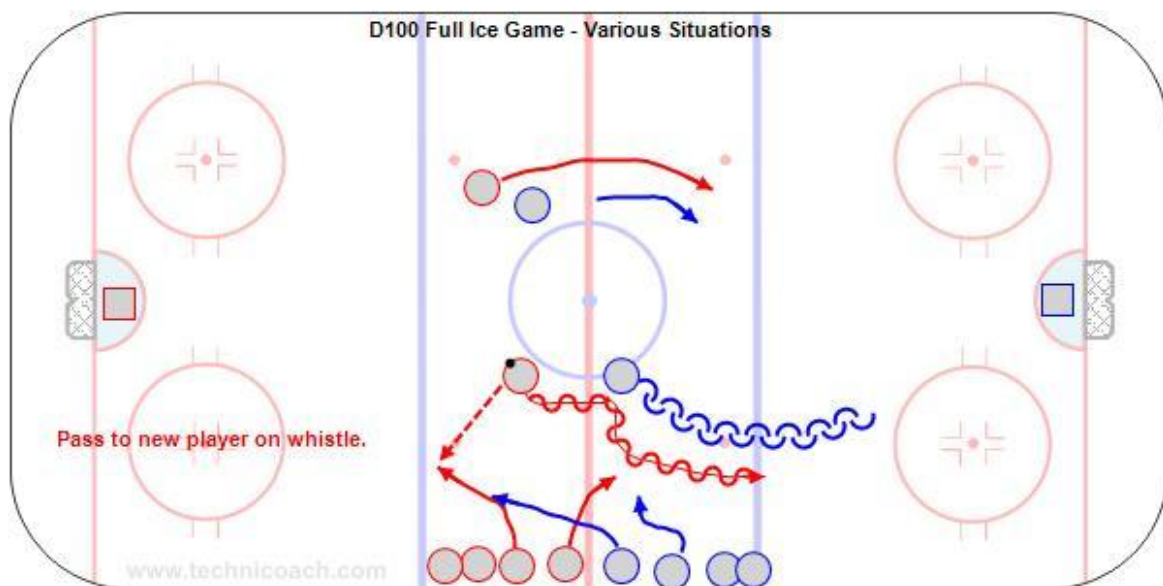
3-check puck carrier.

4-cover away from the puck.

Situations: offense, defense, loose puck.

Description:

1. Start with the players line up along the boards in the neutral zone.
2. Play situations from 1-1 to 4-4, including uneven situations like 2 on 3.
3. Play for 30" and pass to teammate on the whistle.
4. On a goal defenders must touch the red line.
5. Keep score.



T2-4 – D100 Stretch Breakout – Pro

Key Points:

Use this breakout when versus a passive forecheck when the offense sets up behind the net. Fill the low three lanes with two players stretching, one at the far blue line and one cut across the middle.

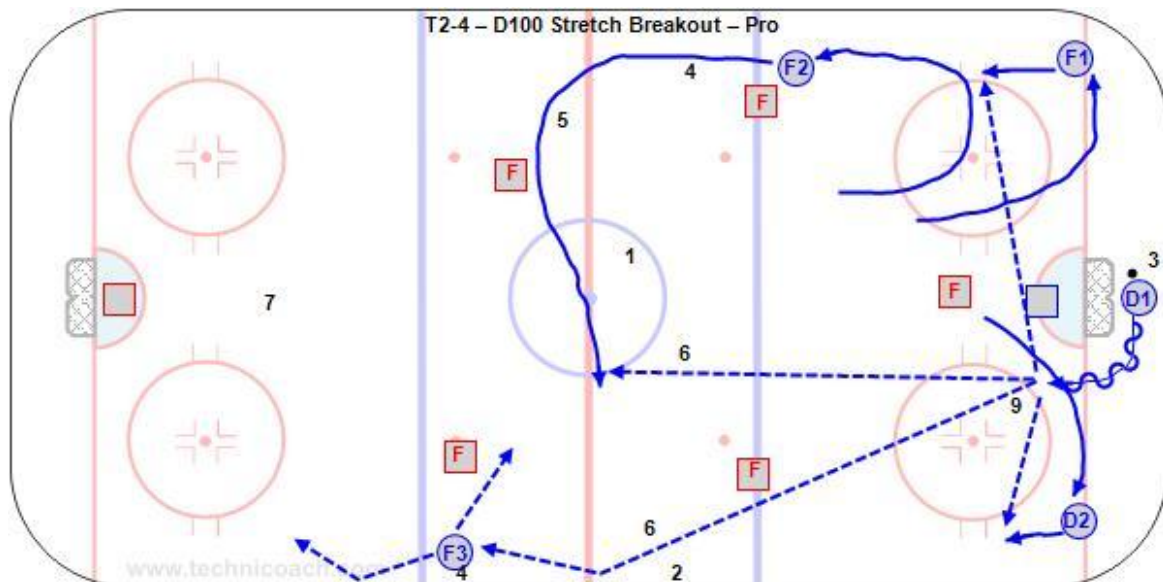
Description:

1. Two units of five start at the red line and the coach dumps the puck in.
2. Extra players are on the bench.
3. D1 take the puck behind the net, D2 swing to one corner and F1 to the other.
4. F2 and F3 stretch. F2 can swing low then across the middle opposite D2.
5. F2 swing across the middle toward F3 at the far blue line.
6. D1 pass to F2 up the middle of F3.
7. Play 5-5 in the zone.
8. Alternate ends and rotate groups.
9. D1 can pass to any of the other 4 players but work on one option at a time.
10. The same drill can be used to practice defending the stretch breakout.

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European Example:

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T2-4 C2 Back Pressure-Low 3-3 – Pro

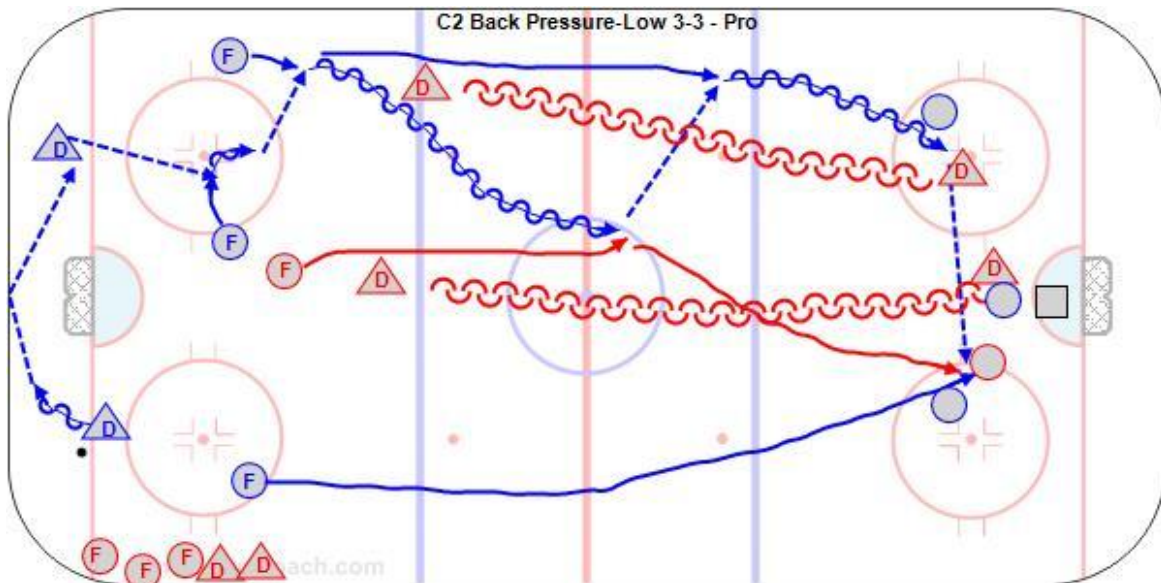
Key Points:

Back pressure through the neutral zone. Defenders stay on the defensive side and attackers fight to get on the offensive side.

Description:

1. Players line up on one side.
2. Start with a D to D to F breakout and 3 F attack.
3. Defend with 2 D and 1 F.
4. F back pressure the puck through the nzone.
5. Defenders communicate and pic up one attacker each in the defensive zone.
6. Play the low 3 on 3 until a goal, frozen puck or the defenders break out.

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

Key Points:

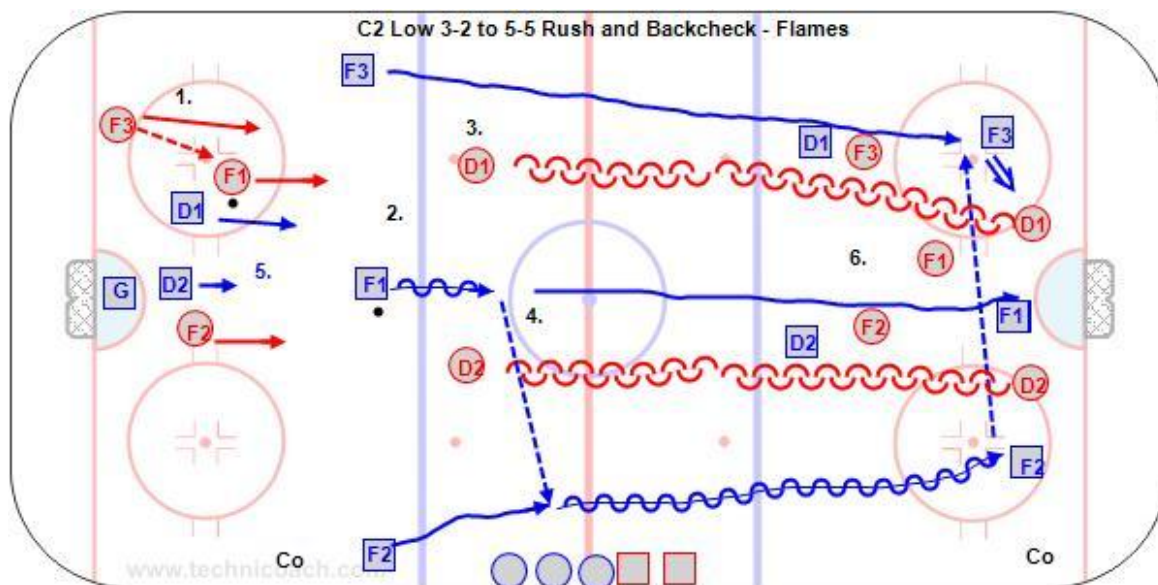
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

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

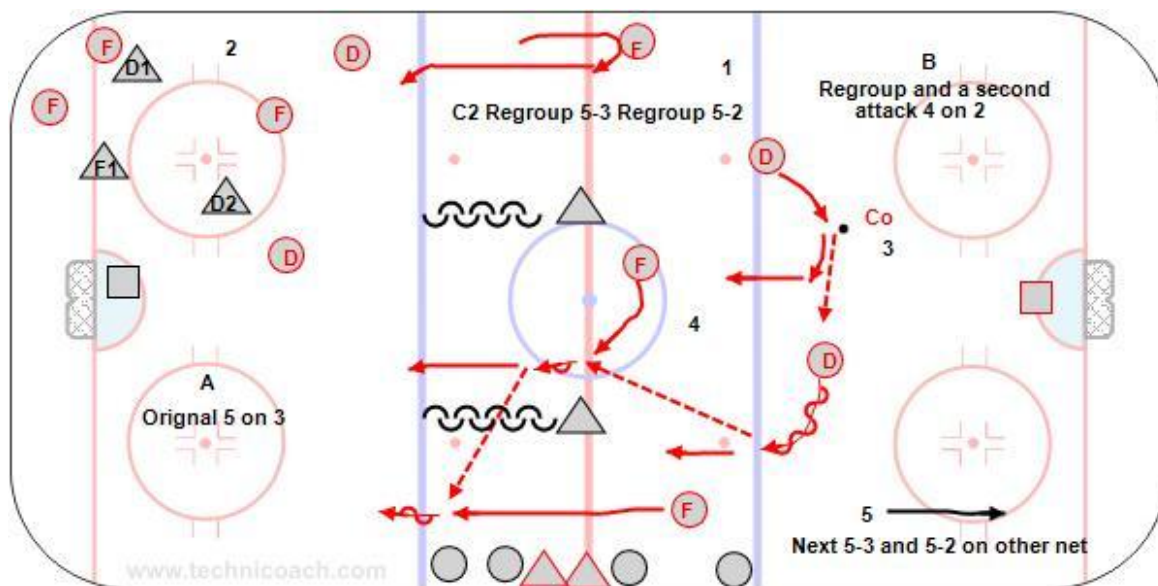
Key Points:

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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T C3- 5 on 2 Breakout vs a Trap x 3

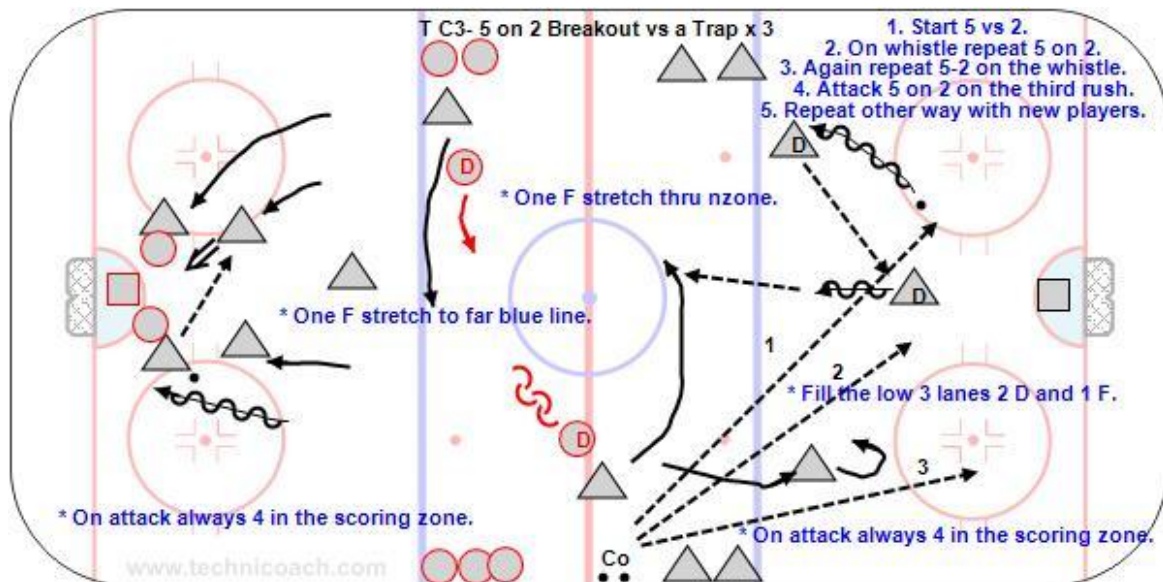
Key Points:

This is total hockey. The 2 players back, usually D fill 2 lanes and one F comes back to fill the other. The farthest F stretches to the far blue line and the other forward supports from the neutral zone. Constant switching of lanes and depths.

Description:

1. Start 5 vs 2.
 2. On whistle repeat 5 on 2.
 3. Again repeat 5-2 on the whistle.
 4. Attack 5 on 2 on the third rush.
 5. Repeat other way with new players.
- * Fill the low 3 lanes 2 D and 1 F.
 - * One F stretch to far blue line.
 - * One F stretch thru nzone.
 - * On attack always 4 in the scoring zone.

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C3 - 2 on 1 D Join Attack - Pro

Key Points:

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

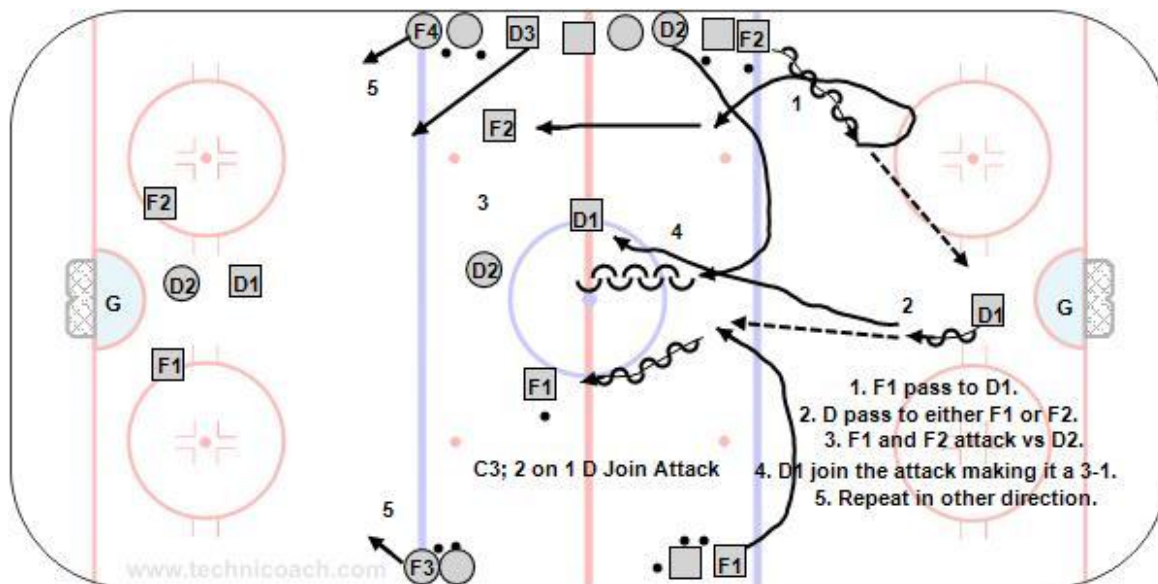
Easy to progress to a one puck transition game if the new players give passive support above the circles.

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 - 5 on 2 Forecheck - 4 Attack

Key Points:

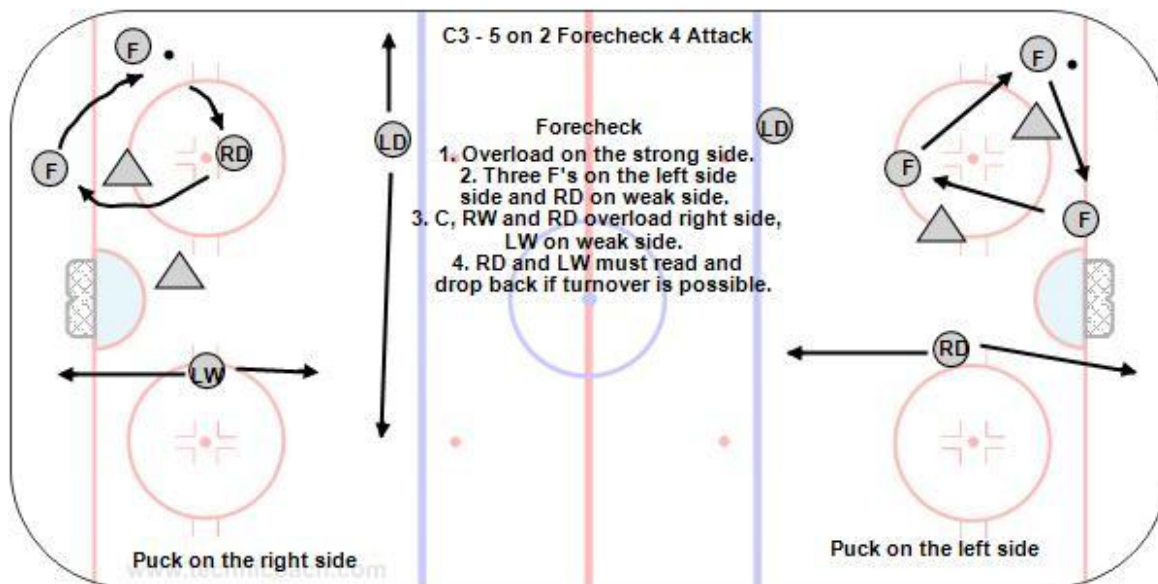
Overload the strong side with one player on the weak side for a one- timer or to change sides.

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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C3 - Dump-Breakout 3-0 Regroup 2-1 - Continuous – Pro

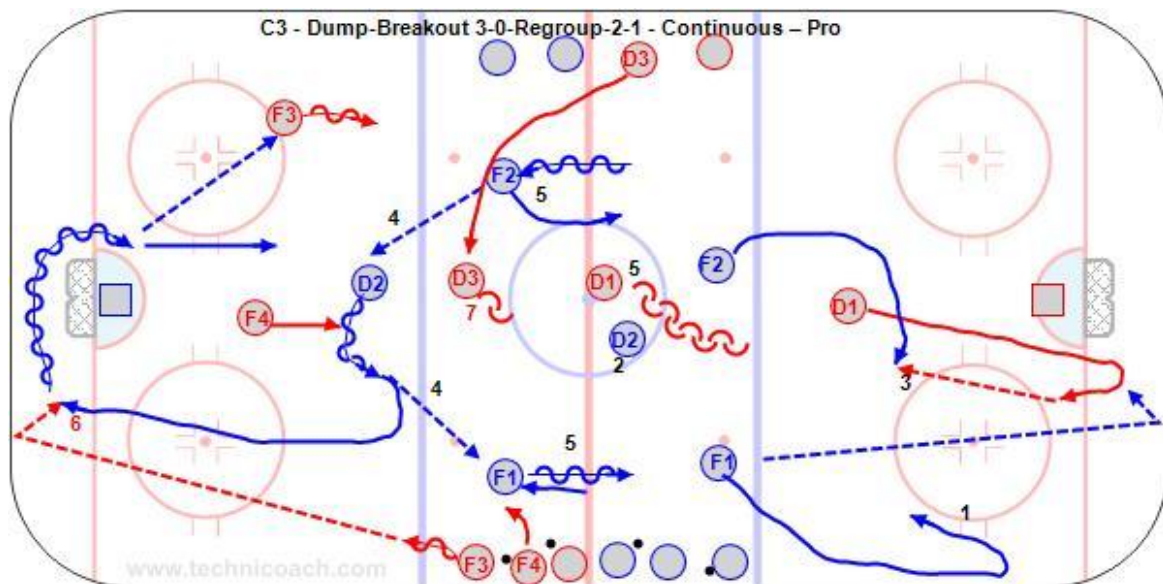
Key Points:

Defense should check when going back for the puck. One forward support on the boards and the other from the middle. D skate to the big ice between the dots before passing.

Description:

1. F1 or F2 dump the puck in and D1 skate back for the puck.
 2. D2 follow the play.
 3. D1 make a breakout pass to F1 or F2 and follow.
 4. F1 and F2 regroup with D2 in the neutral zone.
 5. F1 and F2 attack 2-1 vs. D1.
 6. F3 or F4 dump the puck into the far end and D2 skate back for the puck-pass to F3-F4.
 7. F3 and F4 regroup with D3 in the neutral zone and attack 2-1 vs. D3.
- Continue this flow.
 - Vary the number of F from 1 to 3 and use either 1 or 2 D to create more game recognition situations.

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

Key Points:

One stretch, one middle support and one wall support.

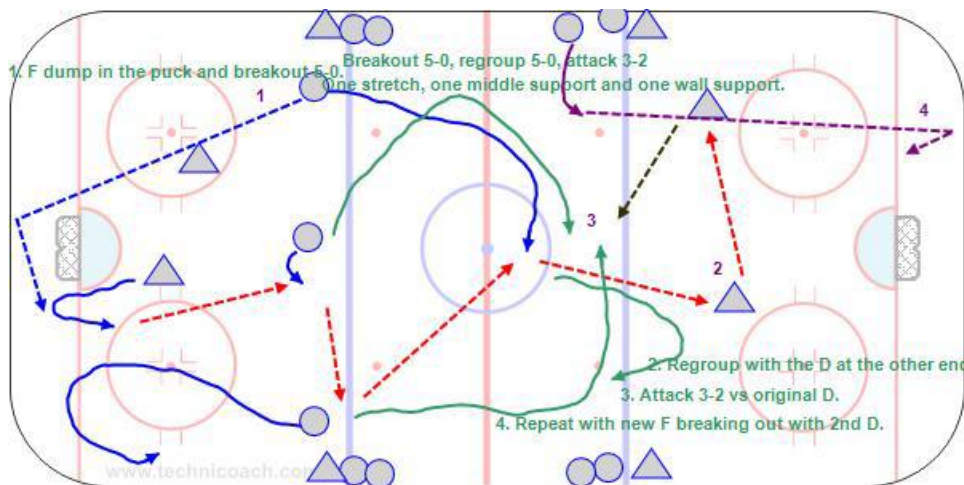
Description:

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:

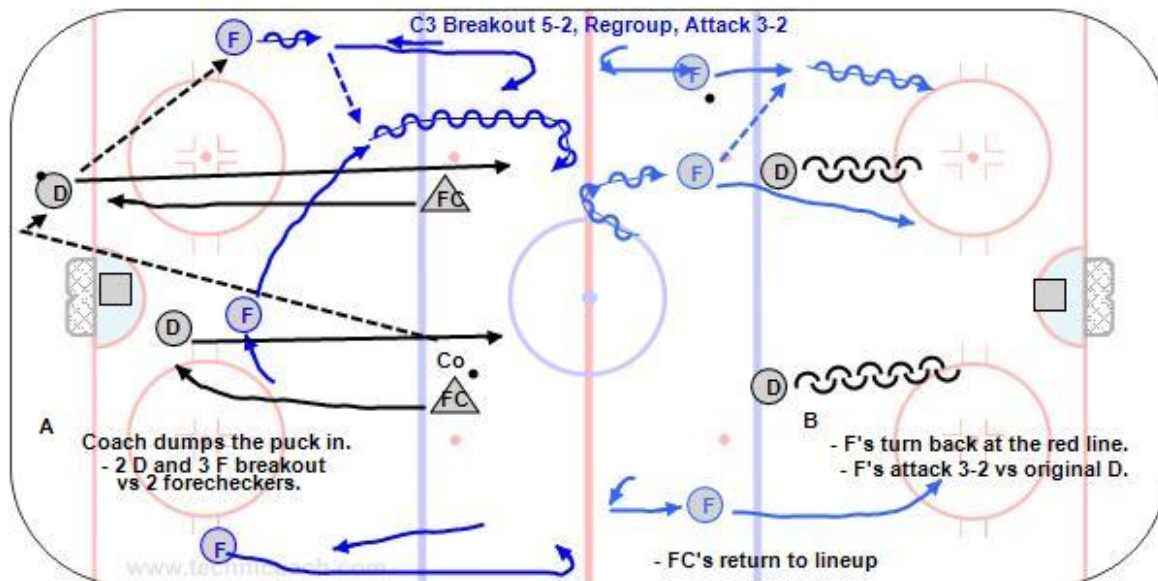
A.

- 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, Regroup 3-2

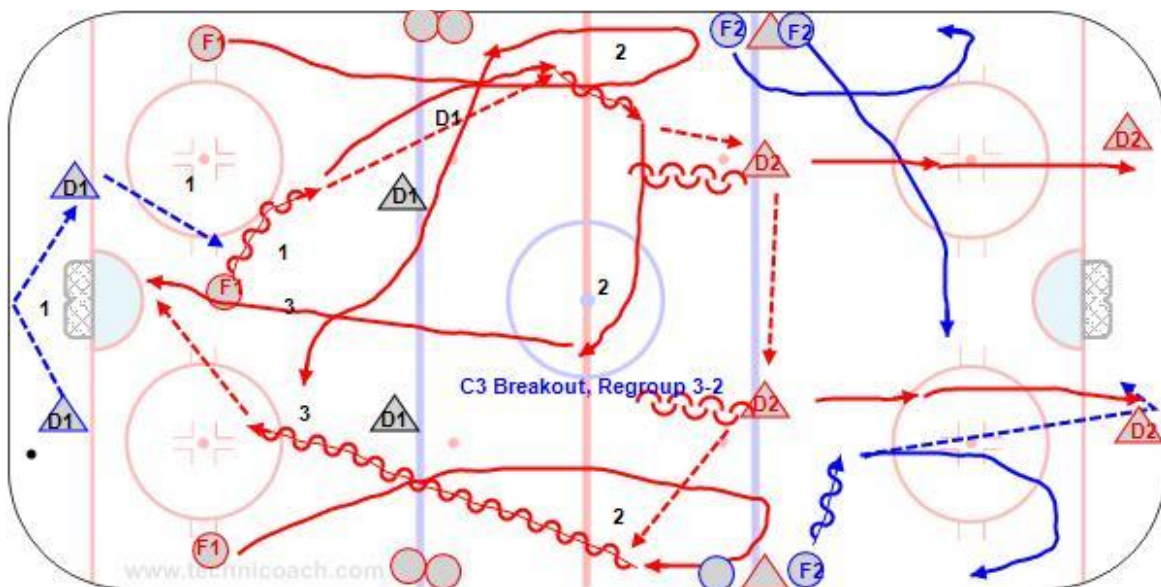
Key Points:

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 break out 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 Goalie Setup-Breakout-Regroup-2 on 1

Key Points:

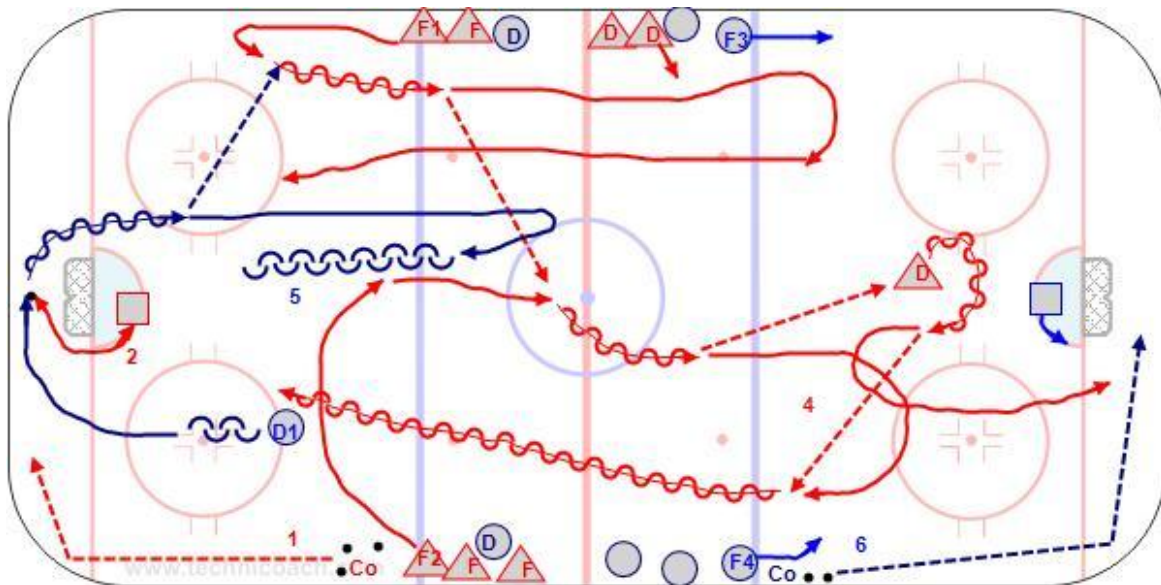
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

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

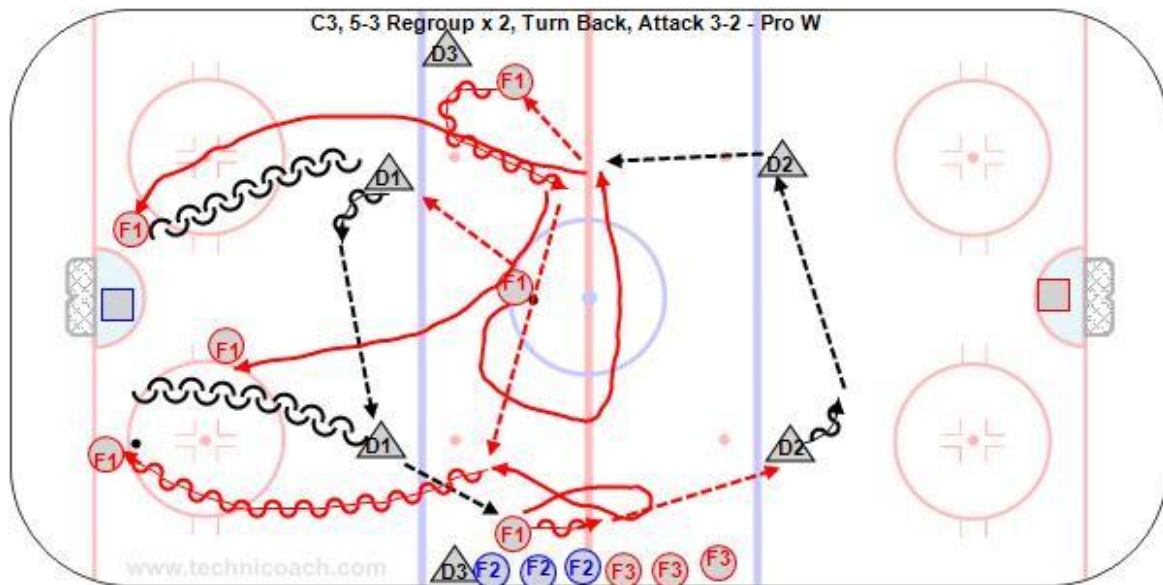
Key Points:

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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D1 Controlled Scrimmage

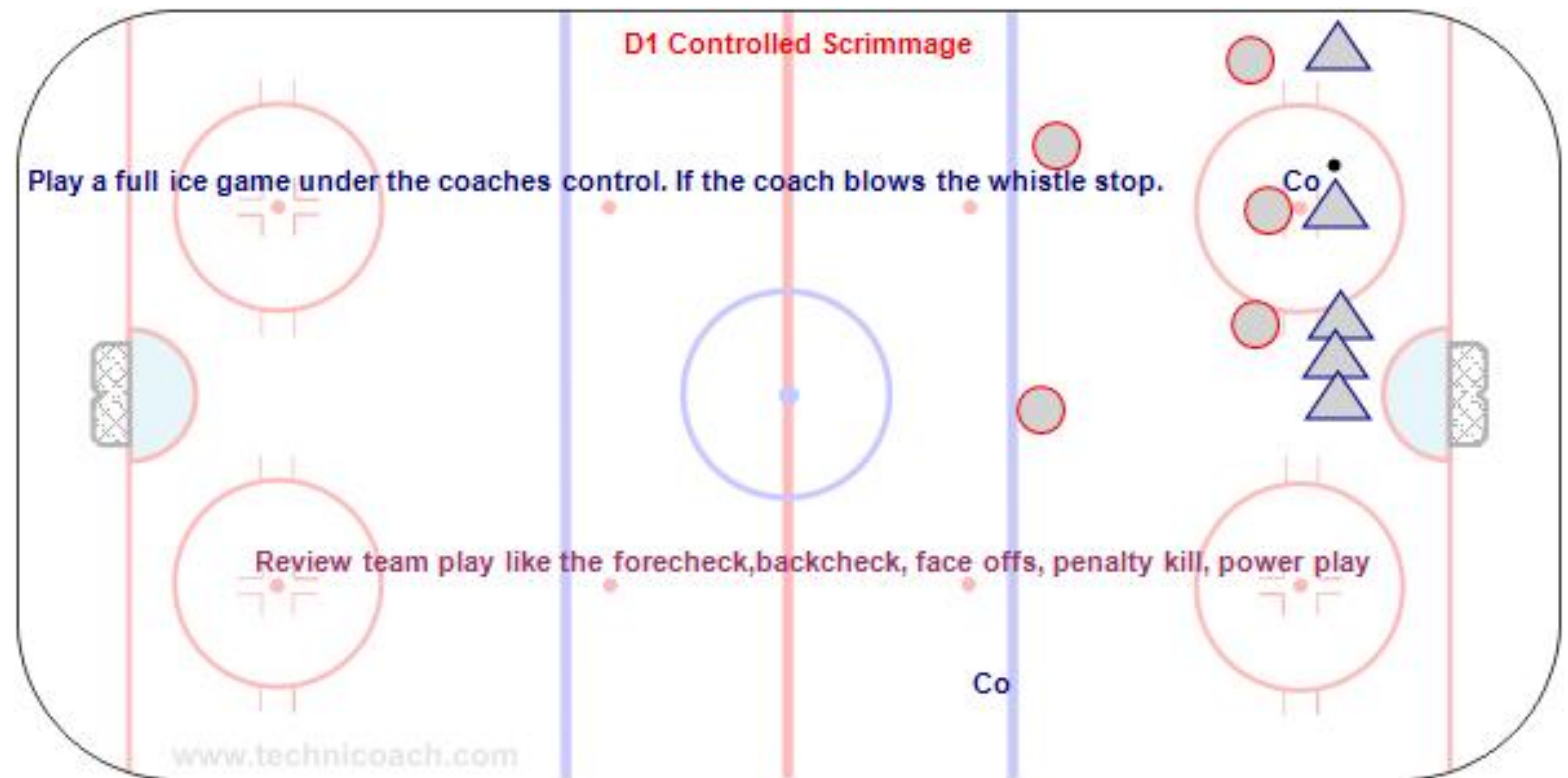
Key Points:

Team play, face-offs, freeze play,

Description:

Play a full ice game under the coaches control. If the coach blows the whistle stop. Review team play like the forecheck,backcheck, face offs, penalty kill, power play, even strength, etc..

Video link: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224310861>



D100 - T2-4 – Full Ice Specialty Team Practice

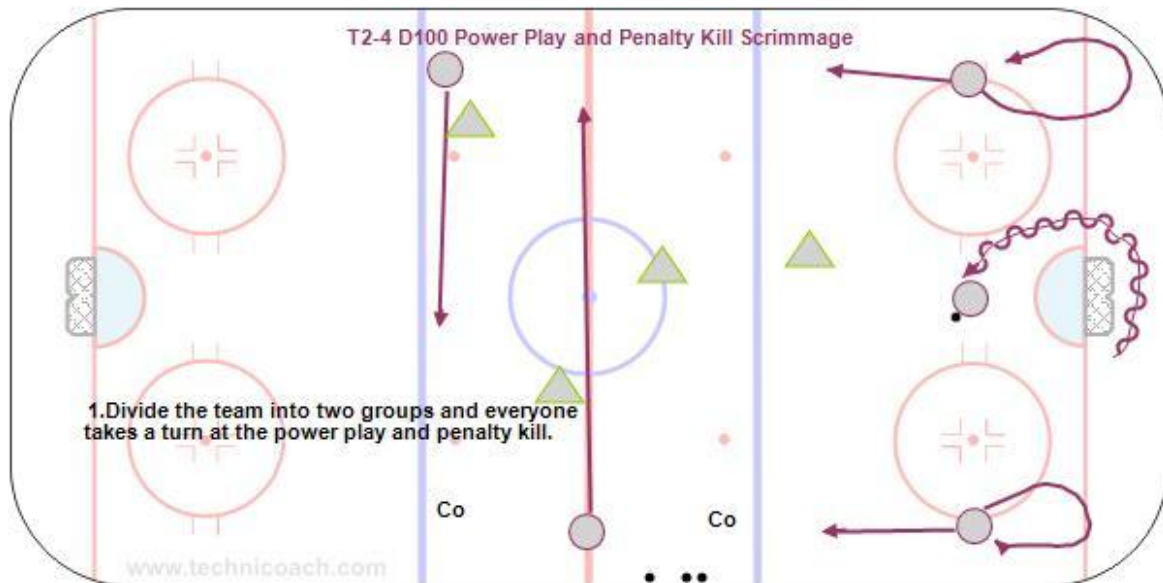
Key Points:

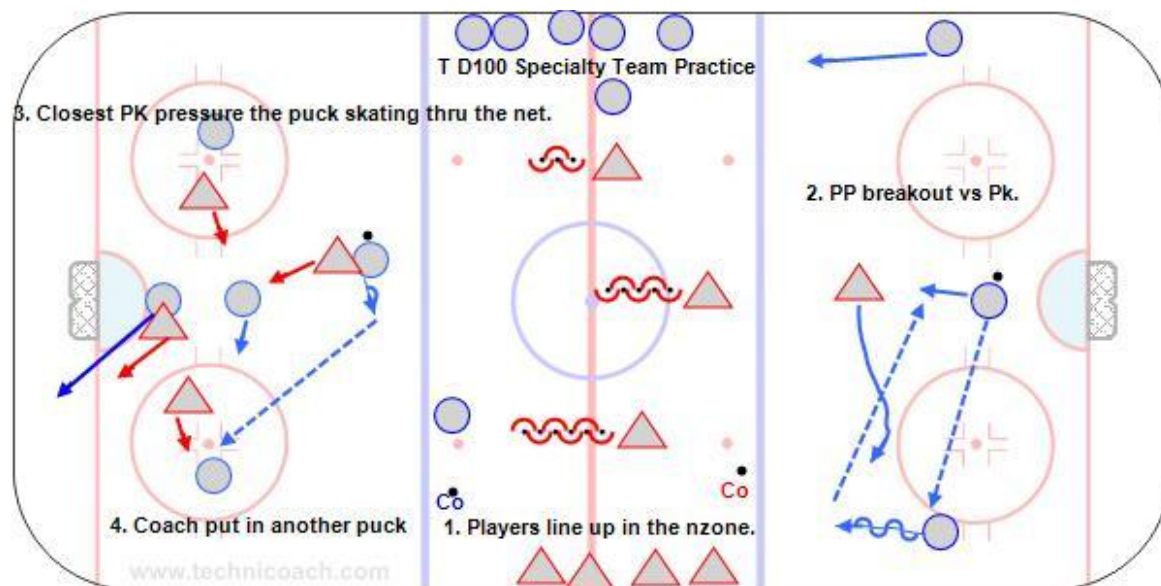
Practice the breakout, neutral zone entry, attack, forecheck and power play set up. The penalty killers practice the forecheck, and defensive zone coverage. It is great if you can get another team to practice with you and take turns with 5 min. power plays each in all situations and have a few minutes between each situation to review your systems with the players.

Description:

Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

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T2-4 D100 Breakout and Forecheck U20

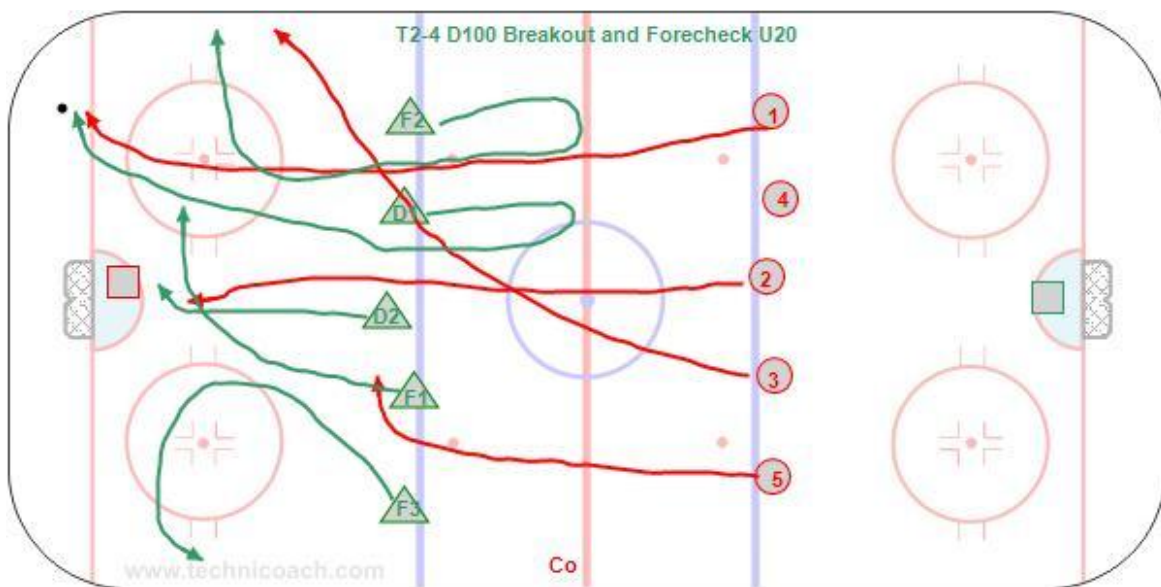
Description:

Defenders funnel back from inside to outside. D should check before getting the puck. Talk to each other. Attackers read if F1 can make contact then pressure. If they turn up ice with control then contain.

Key Points:

1. Each team start from their blue line.
2. On whistle defenders skate to the red line and back.
3. Attackers leave when the defenders start back to their zone.
4. Defenders breakout and attackers forecheck.

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T D100 Specialty Team Practice

Key Points:

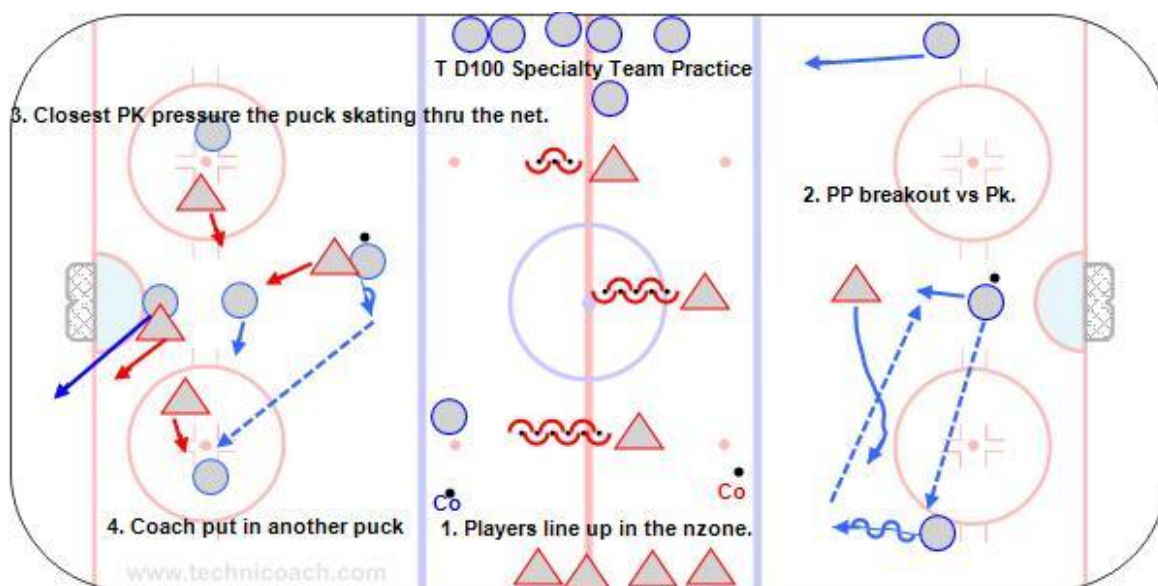
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

PP keep the puck and the feet moving.

Description:

1. Players line up in the nzone.
2. PP breakout vs Pk.
3. Closest PK pressure the puck skating thru the net.
4. Coach put in another puck if play ends too quickly.

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D200 Coach Call Options - U22

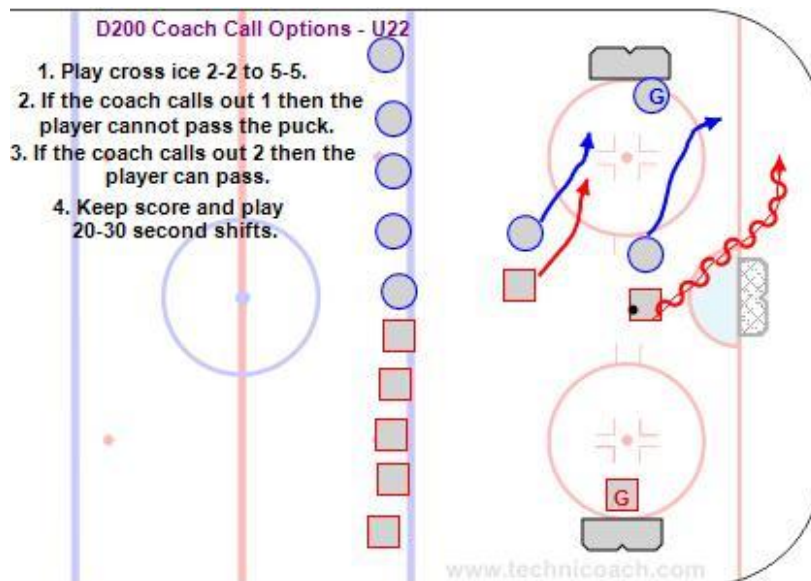
Key Points:

Player with the puck must protect it or make plays depending on the number the coach calls. The player without the puck either gets open for a pass or sets picks and screens to support the puck carrier.

Description:

1. Play cross ice 2-2 to 5-5.
2. If the coach calls out 1 then the player cannot pass the puck.
3. If the coach calls out 2 then the player can pass.
4. Keep score and play 20-30 second shifts.

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T2-4 D400 Attack and Dzone-Detroit

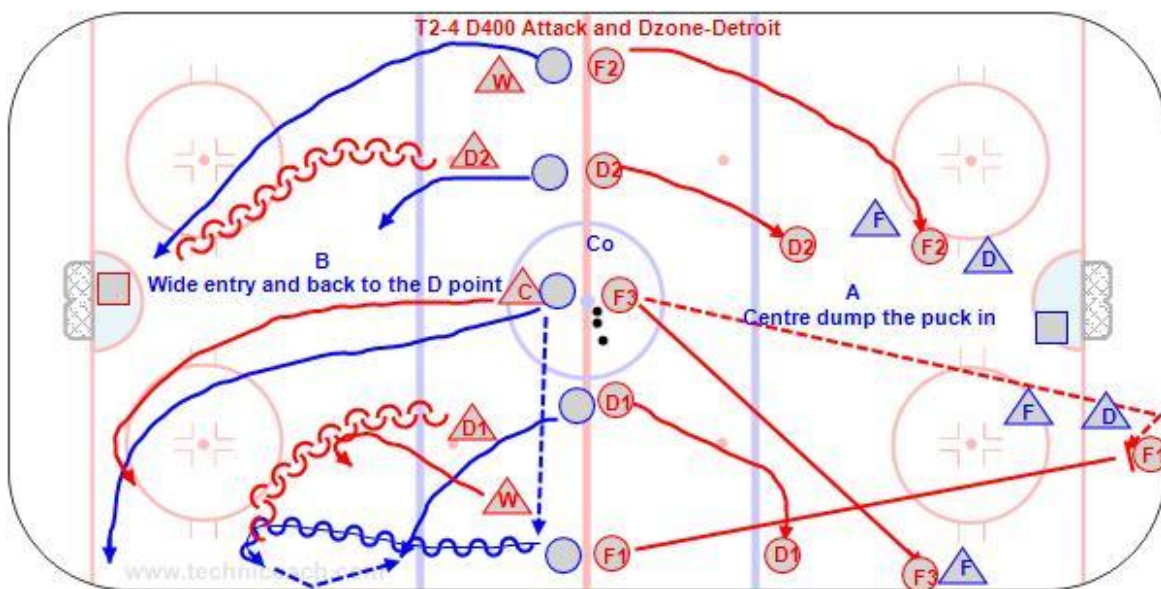
Key Points:

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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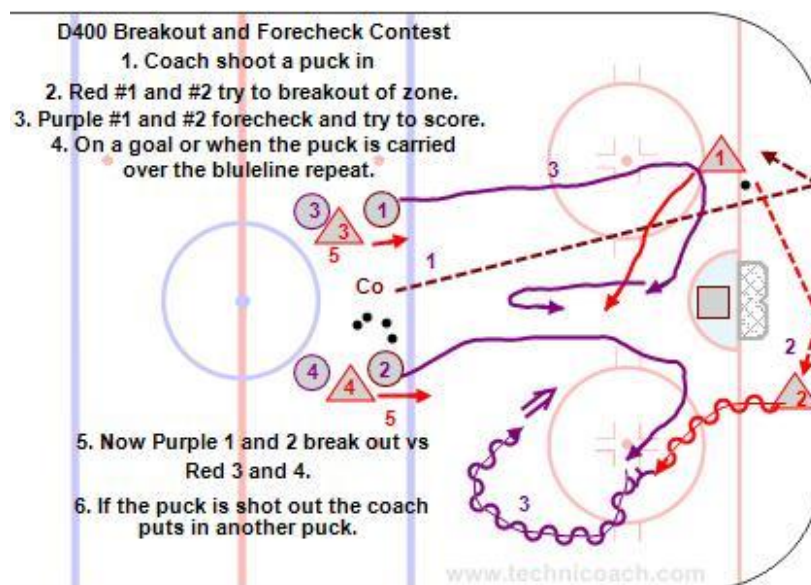
D400 Breakout and Forecheck Contest

Key Points:

This is a breakout vs forechecking pressure contest. Keep score and the coach can focus on any one of the 4 game playing roles.

Description:

1. Coach shoot a puck in.
2. Red #1 and #2 try to breakout of zone.
3. Purple #1 and #2 forecheck and try to score.
4. On a goal or when the puck is carried over the blueline repeat.
5. Now Purple 1 and 2 break out vs Red 3 and 4.
6. If the puck is shot out the coach puts in another puck.



T2-4 D400 PK and PP Rotation-Detroit

Key Points:

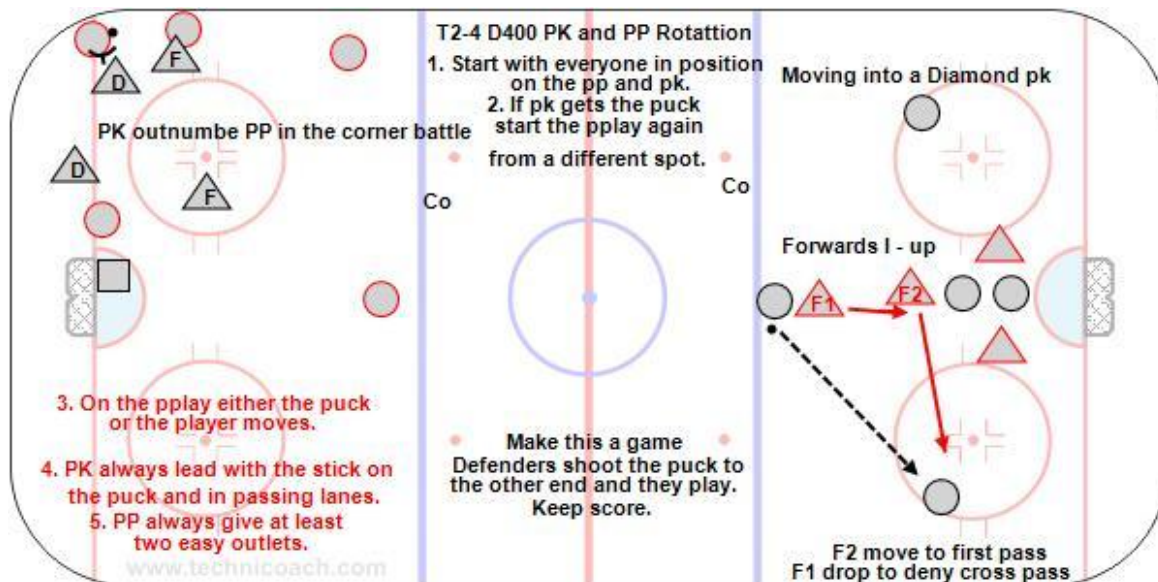
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101206083505234>



D400 Random Reading Game Playing Roles

Key Points:

Players must read their game playing role from: 1 - carry the puck, 2 – support on offense, 3 – closest player check the puck carrier, 4 – cover players away from the puck. Always see the puck and the player they are covering.

Description:

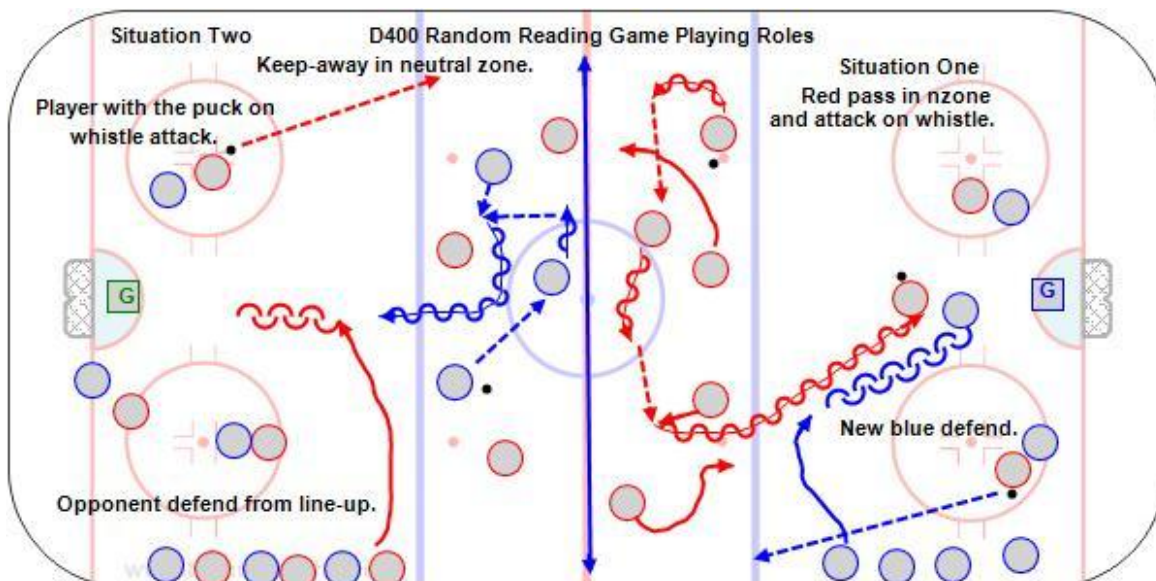
Situation One

1. Players are first divided into teams and one passes in the neutral zone while the other defends from inside the blue line.
2. One player attacks from the neutral zone on each coaches whistle vs. one defender. (Shoot original puck out of the zone.)
3. Each whistle produces progressively increasing situations as players stay in the zone with attackers trying to score and defenders playing man to man defense.

Situation Two

1. This progresses to half of each team in neutral zone and defending zone.
2. In the neutral zone they play keep-away and whomever has the puck when the whistle blows attacks and the opposite team must recognize they are on defense and a new defender plays the 1-1 while the players already in the zone adjust to either offensive or defensive roles.
3. Continue attacking from the neutral zone until everyone is has attacked.
4. Keep score.

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T2-4 D400 Specialty Team Practice

Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in the passing lane. Communicate.

Description:

1. A power play and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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DT 2-4 Gaining Position in the Slot

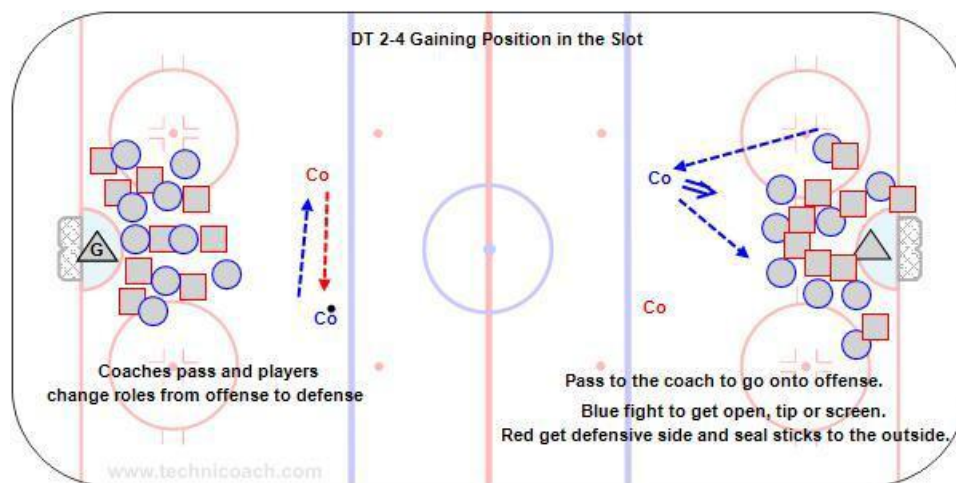
Key Points:

Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:

1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles O to D and D to O.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

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T2-4 Low 3-2 ProW

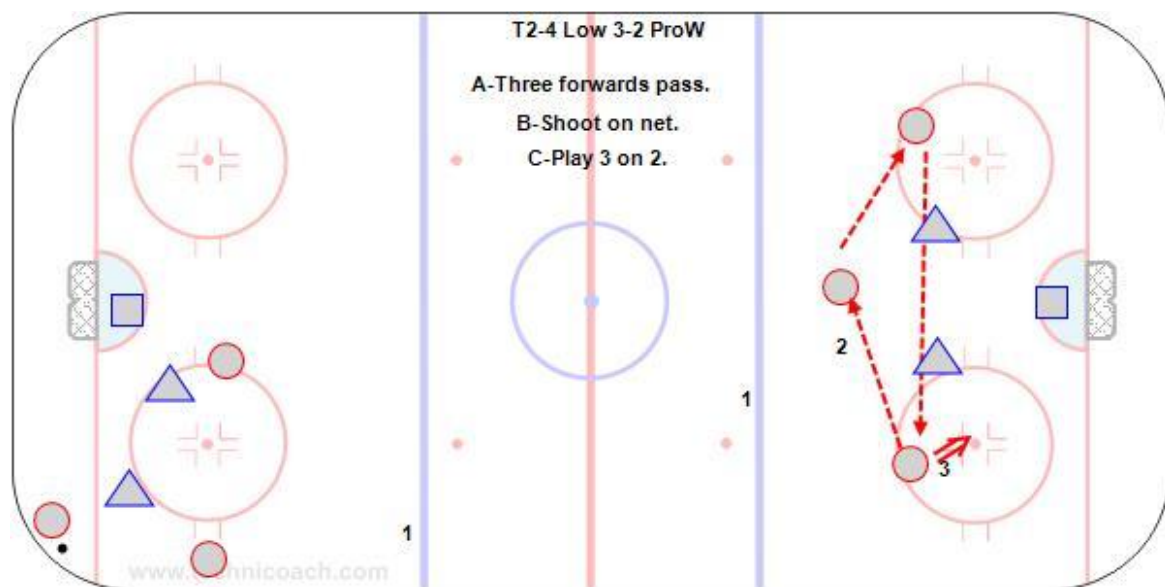
Key Points:

D must decide whether to pressure or contain, always from the defensive side. Forwards create space and time by skating and passing quickly while using give and goes and changing the point of attack in a triangle. D read where the most dangerous attacker.

Description:

1. This can be done at either end.
2. Start with the 3 F's passing the puck around the top of the circles and the 2 D in front of them.
3. A forward shoots and the 3 on 2 starts.
4. Give the attackers a time limit to score in order to create urgency.
5. Next line of forwards get in position for a breakout pass from the D.
6. A goal, time running out or a breakout ends the drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131011145119511>



T2-4 Power Play and Penalty Killing Philosophies

Specialty Team Practices

I have made video of Detroit, Salzburg Red Bulls and the Flames practicing specialty teams. They all have a common way to practice specialty teams but have their own philosophies on the power play and penalty kill. The Red Bulls are coached by a long time NHL coach Pierre Page and the assistant coach is Reijo Ruotsalainen who was an offensive defenseman in the NHL for Edmonton, NY and the Devils. He led the Rangers in scoring one season.

They all start with either an overload or a slot set power play and move into a 1-3-1.

Here are some of the philosophies I see.

Detroit:

Power play has lots of motion and rotating positions. They always have a good screen in front of the goal and will move the puck from side to side behind the net.

Penalty killing they overload the corner with all four players if the puck is dumped in and there is a battle. A D on the puck, puck side F drops down along the wall, middle F is near the dot and the net D stays with his man. The forwards stay on their side of the ice and the middle F will go to the puck side if the pass is to that side and the weak side F will be in the middle. They pressure on loose pucks with the stick always leading and on the puck. Good sticks all of the time.

Detroit specialty team practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20101206083505234>

Detroit coach talking about the PK.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080728091912493>

on ice demo

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20080719161205559>

Red Bulls

The Red Bulls want to move the puck as quickly as possible and always shoot when there is an opening. On the pk the closest defender pressures with the stick on the puck and they constantly rotate, so a D could end up at the point. They skate in straight lines always from the net out and have sticks in the passing lanes.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20090806144404128>

The Flames move into a 1-3-1 diamond but don't have as much rotation of positions or one touch passing.

On the penalty kill they try to do a fall under when the puck is at the mid-point and the forward will chase a puck sideways and get caught when the pp passes right back to the middle because the F's are constantly switching sides. They play solid when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130313091238819>

So every team has similarities and differences.

I like the way Detroit overloads the play in the corner and the weak side F covers the player in the mid slot when the puck is at the half wall. I like the way the Red Bulls skate in straight lines and pressure the puck. My view is when the puck is passed to the side for the one timer that either the F or the D on that side block and the player who covered mid point drop down to cover the middle player and take away the pass across.

So the question is: What is your philosophy and why and then 'How do you teach it to your team.'

T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

Key Points:

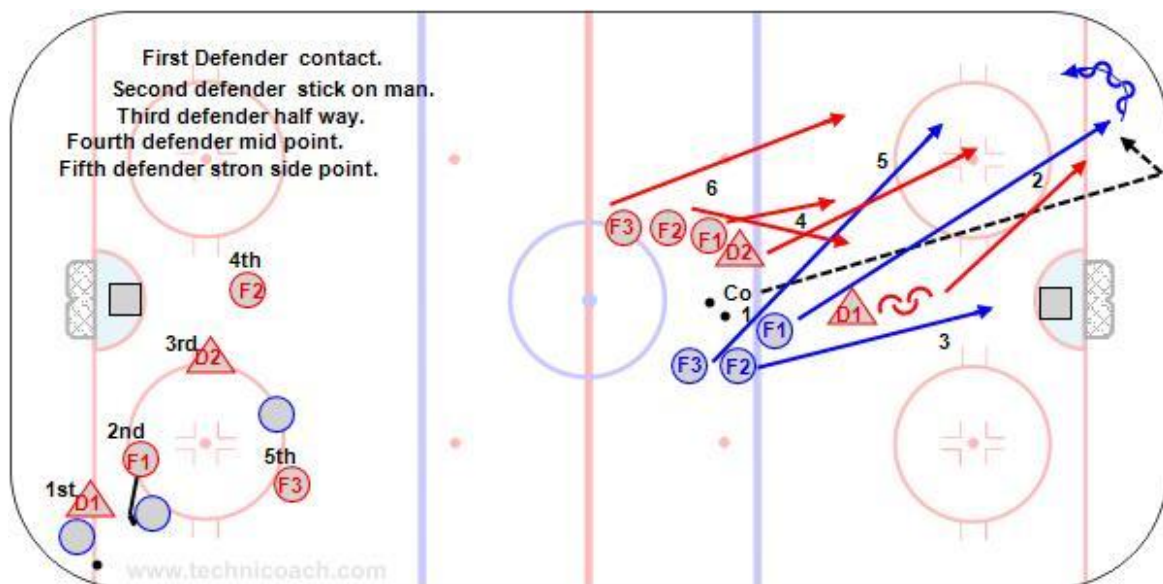
Defenders must communicate situation and switch from man on man to 2-1 to man on man to 3-2 then man on man 3-3. Forwards must quickly take advantage of the 2-1 and 3-2. Defending forwards have to come back to low slot, mid-slot and puck side point.

Description:

1. Players line up outside the blue line and wait for a Coach dump-in.
2. One D starts skating backward and one F forechecks 1 on 1.
3. A second forward makes it a 2 on 1.
4. Another D joins creating a 2 on 2.
5. A third forward makes it 3 on 2.
6. Three defending forwards join and make it a 3 on 5.
7. F2 back defend the mid-point and collapse into the middle if the puck is in far corner.
8. F3 cover the strong side point and collapse lower when puck is low in the zone.
9. F2 has net front when 2 D and F1 play man on man on one side.
10. Coach put in a new puck if the original puck is out of play.

This is a chance to actively coach coming back into the defensive zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015010311105391>



T2-4, 3-0, 3-2, NZ Regroup, 5-2, 3-0 Forecheck - Pro

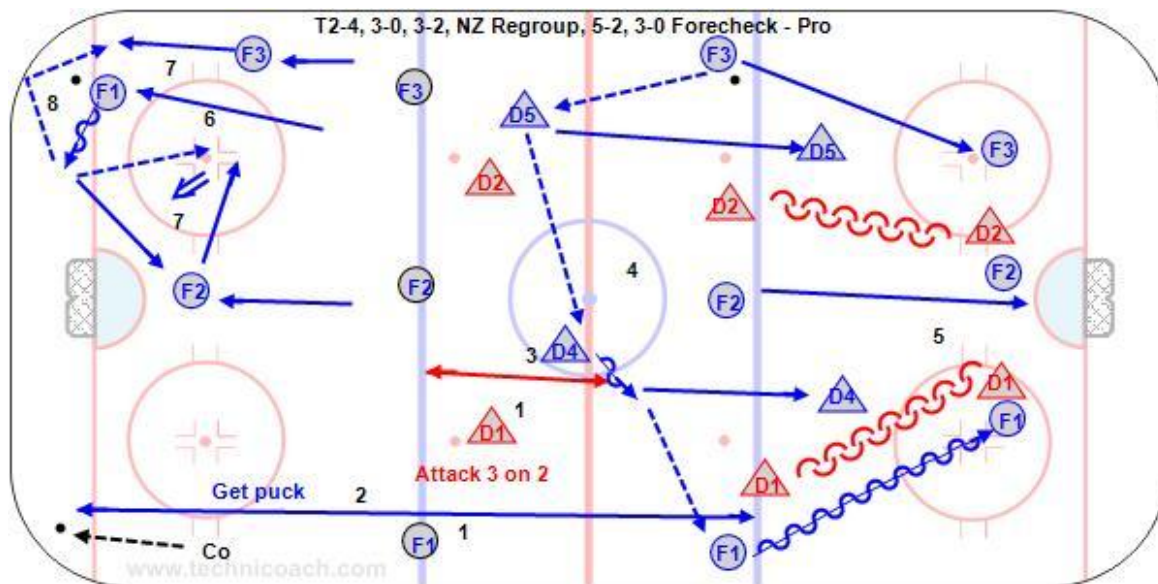
Pro Key Points:

Two forwards stretch to the far blue line on the regroup. Everyone face the puck at all times and give a target. Defense play tight gaps.

Description:

1. Three forwards and two defense start in the neutral zone.
2. Forwards skate back into the slot and get a puck from the coach.
3. Attack 3 on 2 with a middle drive.
4. On whistle regroup in the neutral zone with two new D.
5. Attack 5-2 vs. the original two D.
6. On whistle F1-F2-F3 skate down to the far end for a puck in the corner.
7. Simulate forecheck F1 on puck, F2 mid slot, F3 strong side high boards.
8. Cycle and shoot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103005611544>



T2-4, C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 – Pro

Key Points:

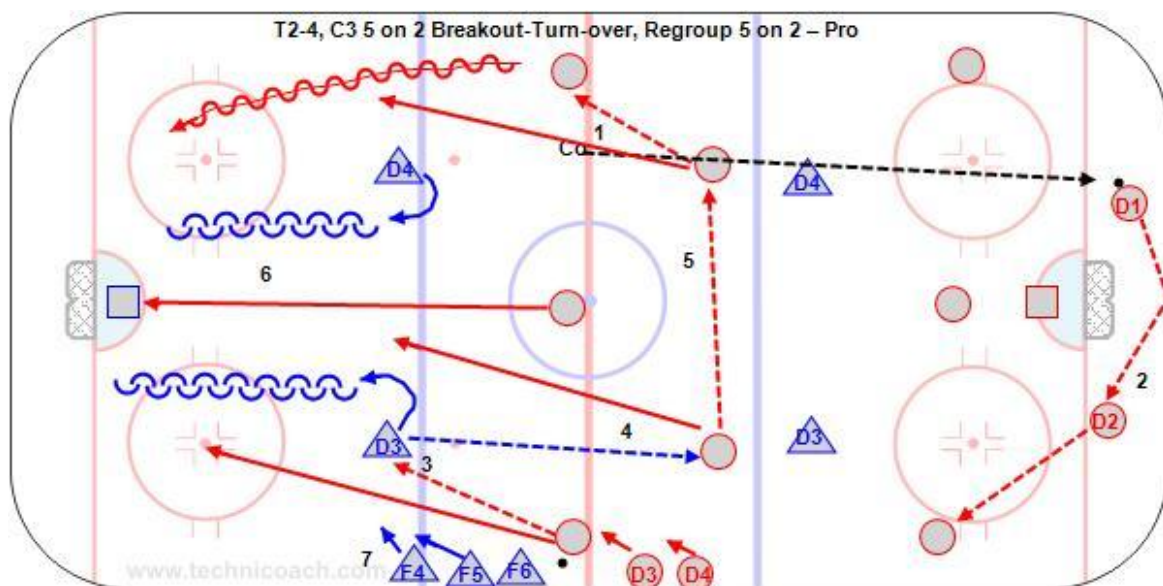
Simulate turn-overs and neutral zone regroup. Attack and regroup with speed. Always face the puck, give a target and continue moving.

Description:

1. Coach shoot the puck in.
2. Break-out 5-2.
3. Simulate turn-over and pass to a defender.
4. Simulate another turn-over and defender pass to an offensive D.
5. Attackers regroup in the neutral zone.
6. Attack 5-2.
7. Repeat with D3-D4 breaking out with 3 new forwards.

*Add intensity by giving 10" for the attacking 5 players to score.

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T2-4, D4 – Reilly Team Play Rotation

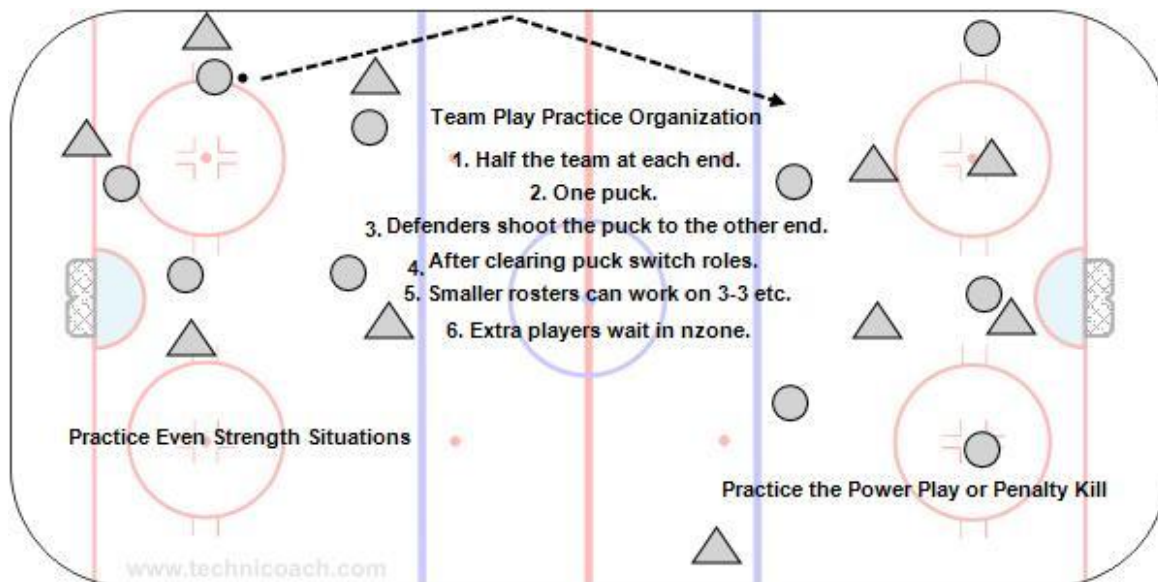
Key Points:

Practice team play situations at each end. Even or odd man. Leave players in the neutral zone for pp and pk. Situations.

Description:

1. For specialty teams start with 5-5 at each end with one defensive player in the neutral zone making it a 5-4. You can use any number 3-3 to 6-5.
2. Start green on pp vs. white on pk at one end. On a goal, frozen puck or shot down the ice the green get ready to pk and the white the pp.
3. The other end starts with the white on the offense first.

**The play rotates from end to end.*



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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TD100 Breakout PK and PP

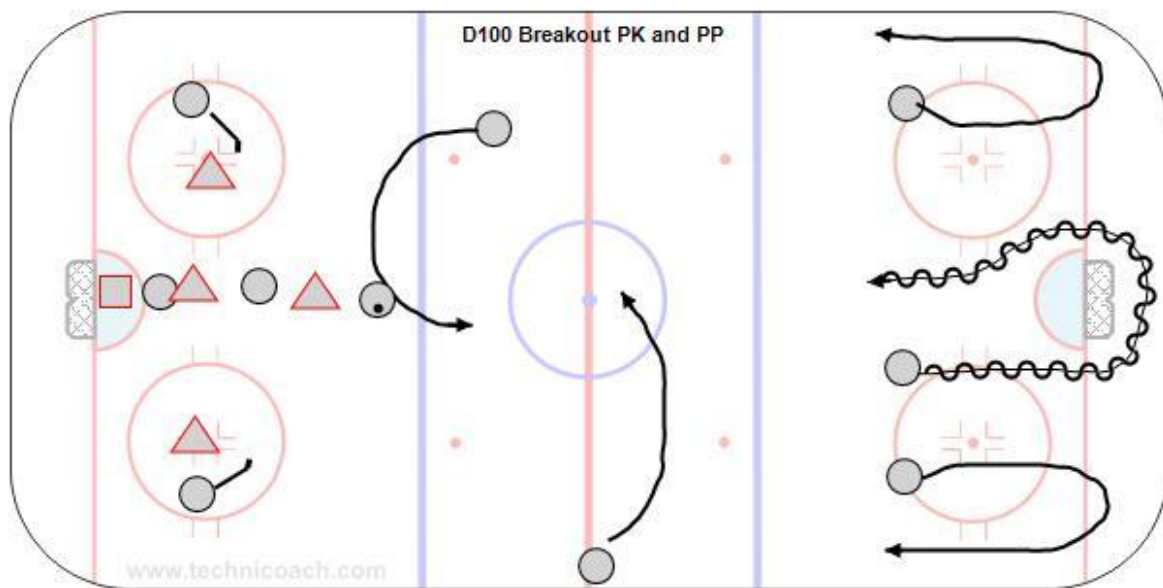
Key Points

Fill the 3 lanes on the controlled breakout with one player stretching to the far blue line and the other in the middle. Always outnumber the defenders on a shoot-in.

Description

1. Coach dumps the puck in use a double swing with two stretching.
2. Move the puck to an open player who carries in the zone or rims the puck hard.
3. Forecheckers must outnumber the pk on loose pucks.
4. The pk pressure the puck at an angle thru the net and not from the side.
5. PK rotate the diamond box always denying a shot from the middle and having one defender in front.

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1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

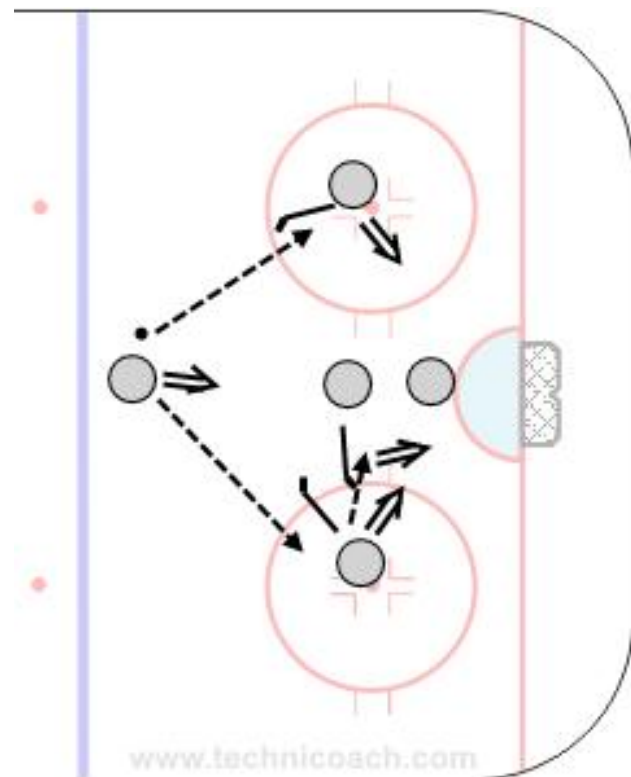
You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

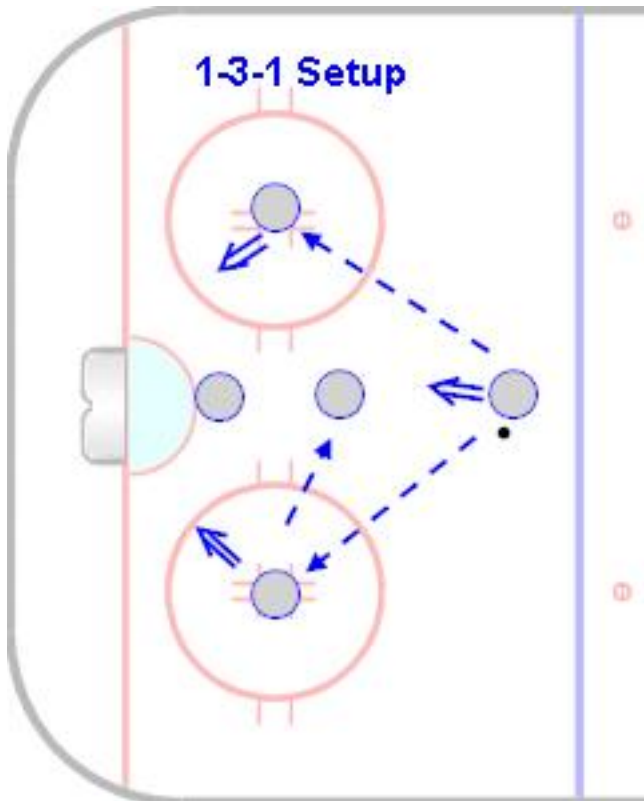
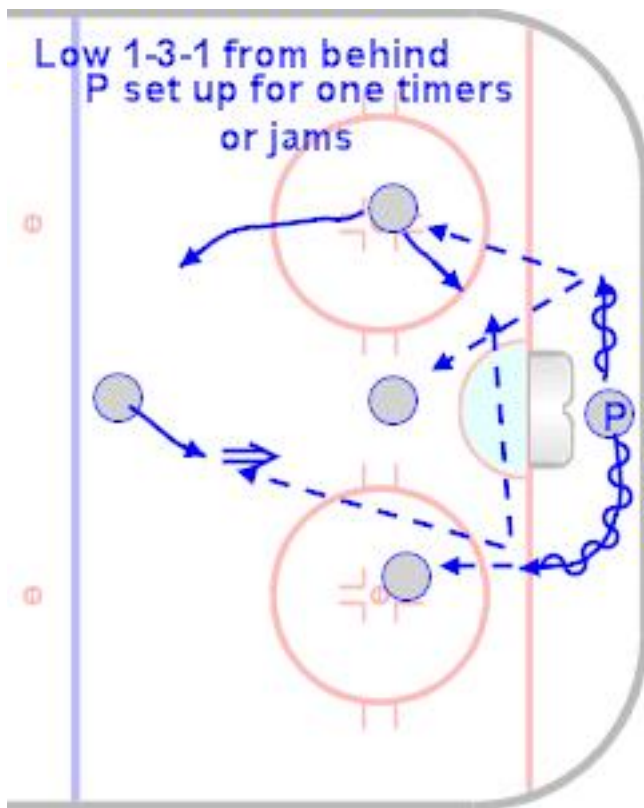
Description:

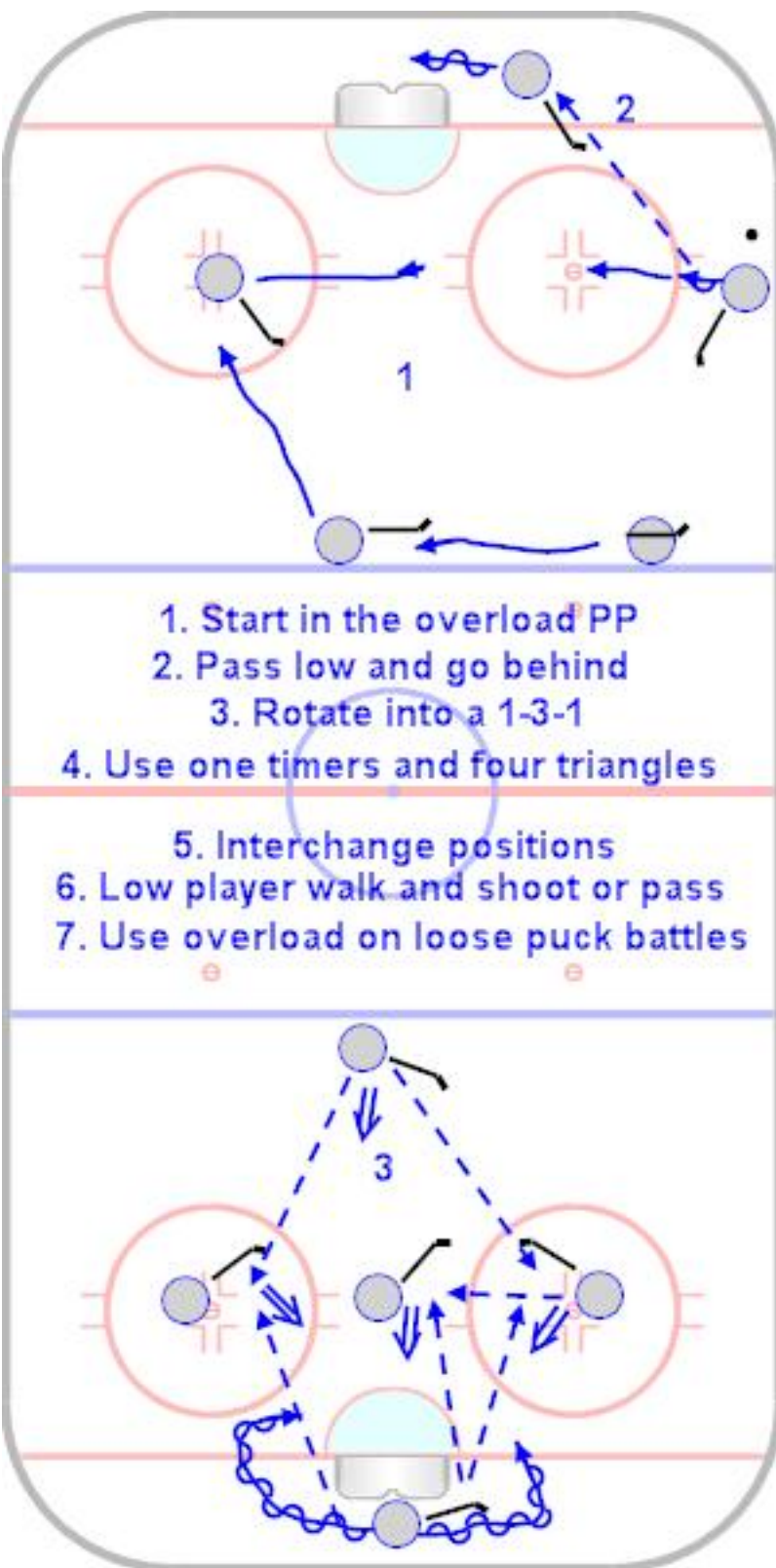
The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.







T2 5 vs 2 Coaches - Canada U20

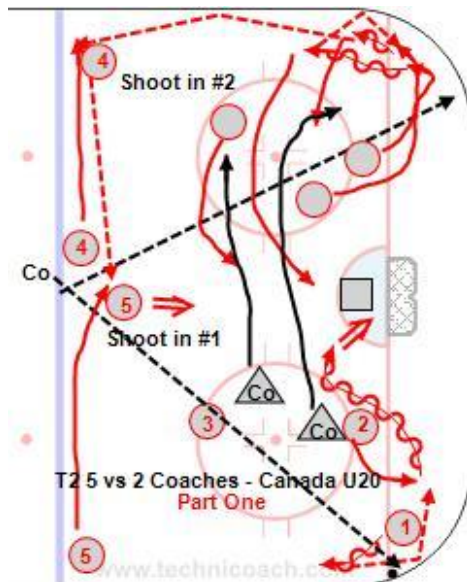
Key Points:

Get the defender to commit before passing. Coaches give passive resistance. Attackers keep the feet moving.

Description:

- A. Coach dumps a puck into the corner.
- B. #1 get the puck and drive skate.
- C. #1 pass into corner when checker has a good angle.
- D. #2 drive to the net and shoot while 2 and 3 crash for a rebound.
- E. Repeat on the other side but #2 pass to #4 at the point who passes across to #5 for a one timer.
- F. #'s 1-2-3 screen, tip and rebound.

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T2 6 on 5 with the Goalie Pulled

Key Points:

It is important to prepare your team for late in the game.
Always two on the loose puck. Seal off the boards.

Description:

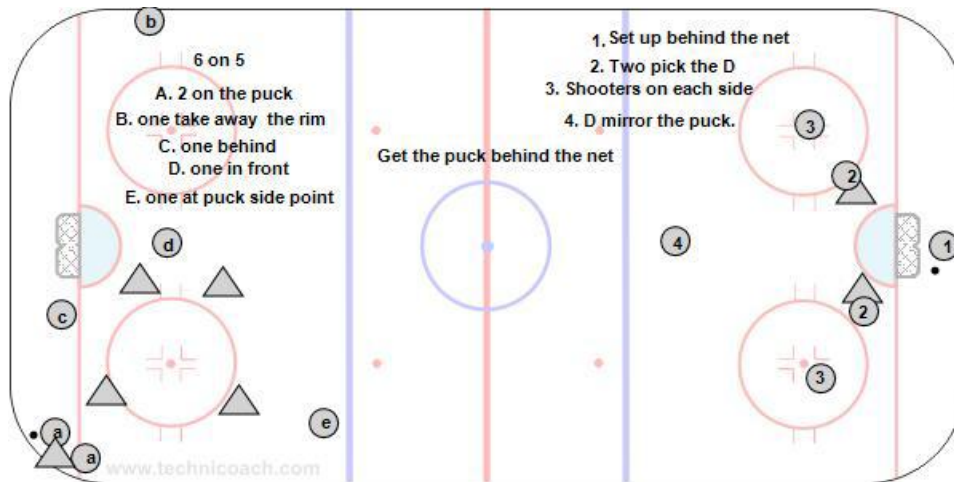
6 on 5

First get the puck deep into the offensive end.

- a. Make sure there are 2 on the puck
- b. one player take away the wide rim.
- c. one player behind net and one in front.- d
- e. point player on the puck side. Keep it deep

- 1. Try to walk out and score after picks set.
- 2. Two players pick the defense.
- 3. Two players get into scoring areas.
- 4. Defense mirror play and keep it deep unless there is a clear shot to the net.

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T2 - 1-3-1 Diamond Power Play

This is the power play used by most NHL and pro teams now.

Key Points:

You have 4 triangles to work with all with one timers. Middle player give a short pass to a player under pressure.

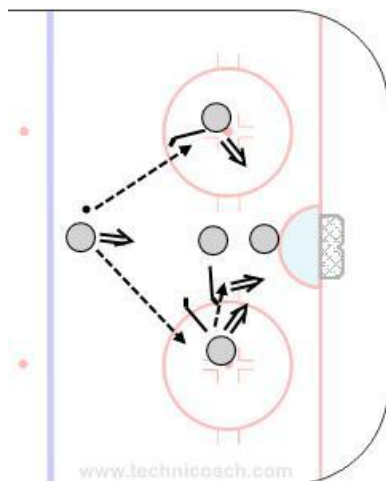
Description:

The players set up with one in front, one in the mid slot, two at each dot on their off wings for one timers and a good playmaker-shooter at the point.

Usually start with the slot set pplay and move into the 1-3 -1 when the puck gets to the mid point. You can also start with an overload and a player moves to the middle.

Basketball uses this setup all the time and incorporates switching, picks and screens. Hockey could take a lesson from them to create more movement options.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130315091545906>



T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro

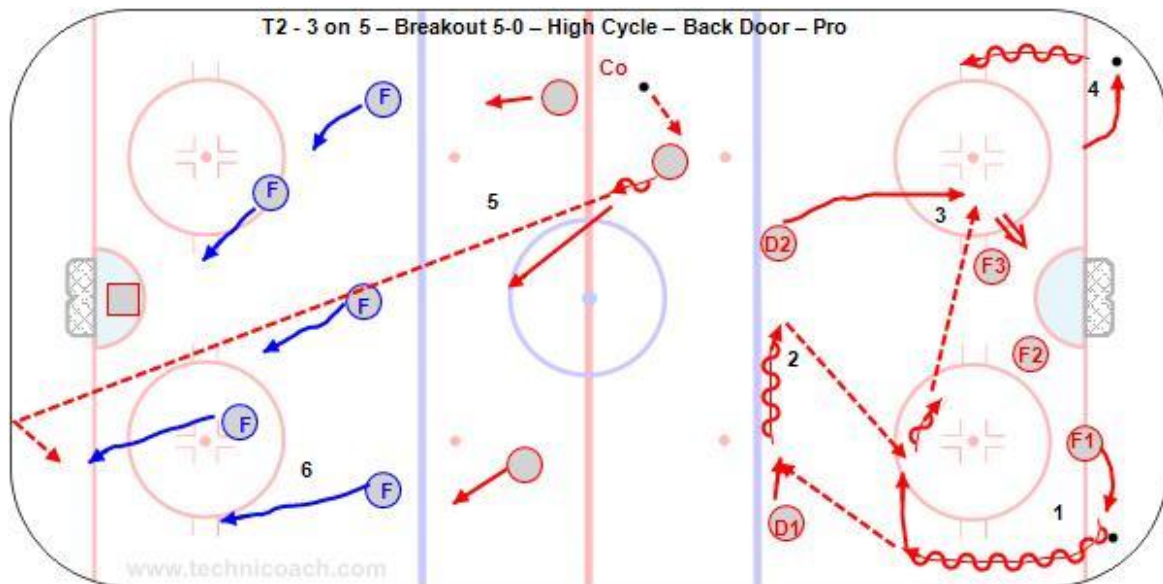
Key Points:

Quick feet as soon as you get the puck. Use head and shoulder fakes to freeze the defenders and goalie. One touch shots. Always give a target.

Description:

- 1 – After the initial rush F1 get a puck from the corner, cycle high and pass to D1.
- 2 – D1 skate hard to the mid-point and pass back to F1.
- 3 – D2 skate in for a Back Door pass from F1 and shoot.
- 4 – Repeat from the other corner with F6 passing to D2.
- 5 - F1-F2-F3 dump the puck in and try to score vs. five blue defenders.
- 6 – Blue defend and breakout 5-0 and attack the red net.

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T2 - B5 Breakout 5-0 Attack 3-2 - Kazakhstan W

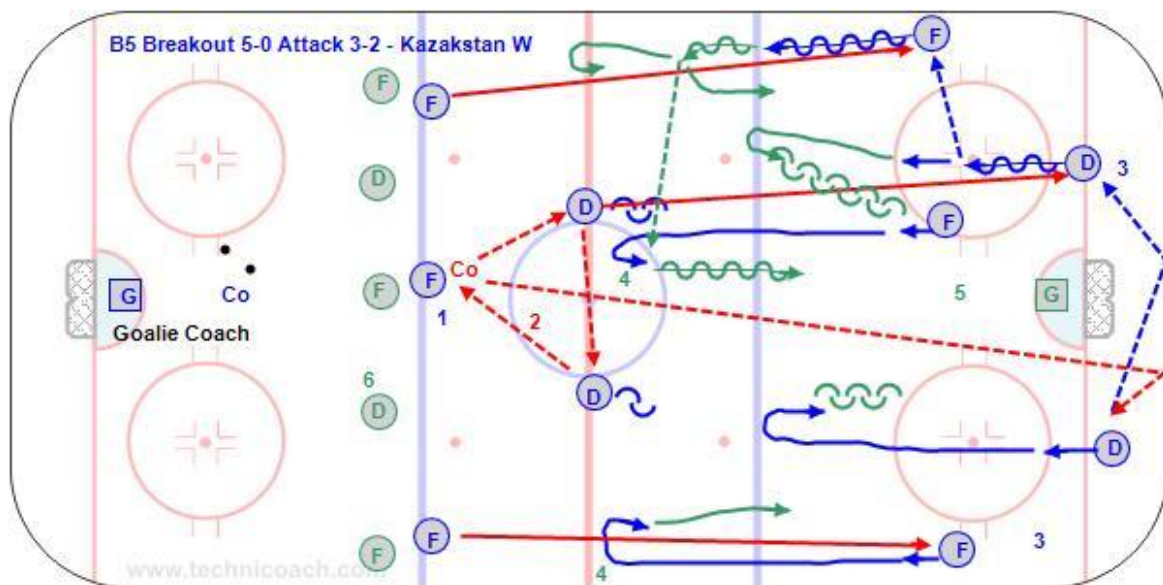
Key Points:

On the breakout either the player or the puck moves right away. Face the puck and give a target.

Description:

1. Line up at far blue line.
2. Coach pass to D who go D to D and back to coach who shoots puck in.
3. Five players break out.
4. Turn back at the red line and the three F attack the two D 3 on 2.
5. Play out the 3-3 until the whistle.
6. Next group repeat.

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T2 - C2 Breakout 5-3 Attack 5-2 – Pro W

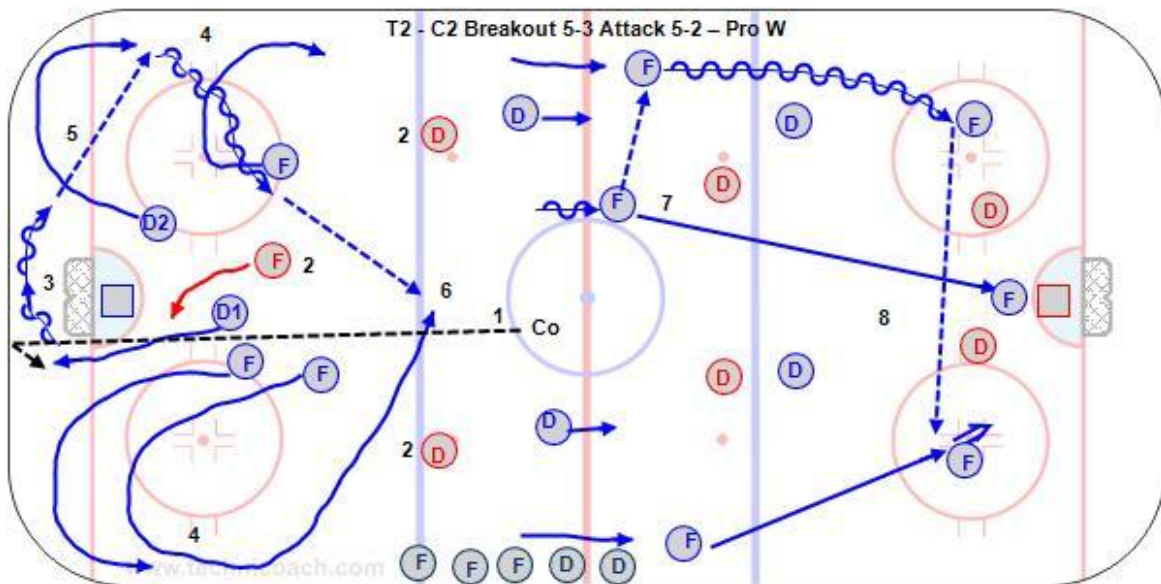
Key Points:

Set up behind the net for a controlled breakout. Forwards swing wide low and fill the three lanes. Carry the puck into the 'Big Ice' between the dots in the neutral zone and pass outside for a wide entry.

Description:

1. Coach shoot the puck in.
2. One forechecker pressure and two defenders at the point.
3. D1 take the puck behind the net for a controlled breakout.
4. D2 swing to the one corner with one F and two F swing to the other corner.
5. D1 read the forecheck and pass away from pressure.
6. One F cut to the middle lane and get a pass.
7. Pass outside and do a wide entry vs. two defenders.
8. Attack 5 on 2 in the offensive zone.
9. Repeat with a new group.

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T2 - D400 - Spread 2-1-2 Power Play 5 on 3 - Pro

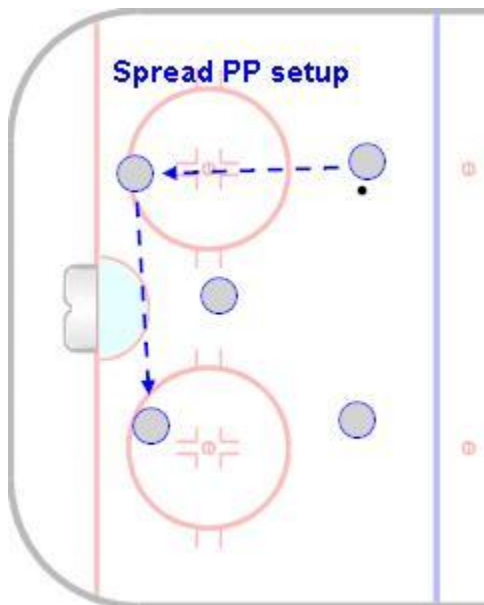
Key Points:

Either the player or the puck moves. Set up on the off wing for one timers. Rotate positions. One touch passes, one timer shots, pouncing on rebounds produce goals.

Description:

1. Start with a face-off and allow the offense to win the draw.
2. Set up with two players just above the goal line, two at the top of the circles and one in the middle.
3. Point men can start on the strong side and cross to the off wing side to set a moving one timer.
4. The player in the middle should screen when the puck is at the point and slide back near the hash marks when the puck is low to set up for one timer and allow room for back door pass.
5. The key is to become a threat when you have the puck and switches and screens away from the puck.
6. Some teams have the two low players below the goal line. This causes the pk. to turn their backs and is very effective for setting up one timers and walk-outs.
7. Make passes that beat one defender or through seams to the other side for one timers.
8. Outwork the penalty killers.
9. The goal when practicing the PP is for a shot every 3 seconds. It is not keepaway. The purpose of a power play is to Produce Rebounds.

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T2 – D400 – Diamond 1-3-1 Power Play

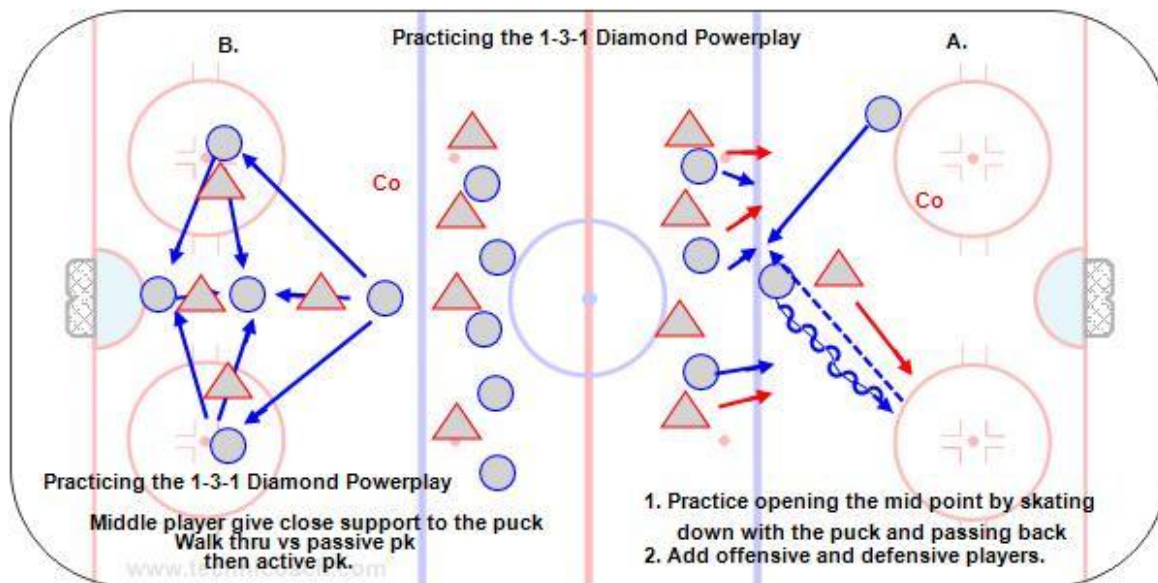
Key Points:

Players on the sides be on their off wings for one timer shots. Rotate positions and create constant movement. One timer shots are most effective from the dot and lower.

Description:

1. Outwork the defenders with one extra attacker battling for loose pucks.
2. When the puck is at the half-boards the player in front should support from the goal line.
3. When the puck is at the mid-point move into a 1-3-1.
4. The player in the middle give close support to the players at on each side and the mid-point.
5. Move the puck quickly with one touch passes that beat one defender unless a seam opens for a cross-ice pass that beats two defenders.
6. Either the player or the puck moves at all times.
7. Mid-point player always look to shoot first and miss the shot blocker. Pass when there is no shot.
8. Create rebounds and then outnumber the defenders in the slot.
9. Attack in waves with constant rotation, quick passes and shots to continually create open passing and shooting lanes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130315091545906>



T2 - D to D and Point Shot - Russian U20

Key Points:

Defensemen practice with a coach at one end of the ice. Do the breakout options, go, wheel, counter, reverse and over.

Description:

1. Coach shoot a puck in.
2. D1 shoulder check and get the puck.
3. D1 drive skate to back of the net.
4. D1 pass to the point or to D2.

**All of the defense rotate being D1, D2 or D3. Add passes to D4 at the middle point and one timer shots.*

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T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2

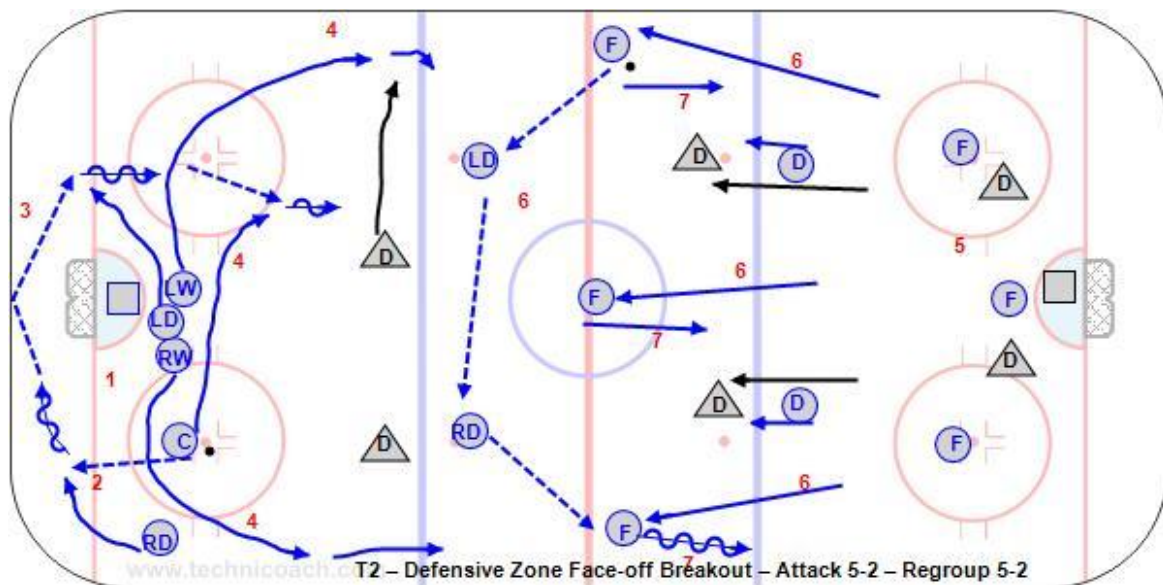
Key Points:

Far wing get right up against the wide D and get the puck past him. Important for D1 to drive skate to the back of the net. Attack with a middle drive. Give a time limit to score.

Description:

- 1 – Set up for a defensive zone face-off.
 - 2 – Centre draw the puck back and D1 on wall go back for it.
 - 3 – D2 skate for a pass from D1.
 - 4 – C support swinging across the middle, far wing up the boards other wing stay wide.
 - 5 – Attack 5 on 2 with a middle drive and play until the whistle.
 - 6 – Neutral zone regroup with D.
 - 7 – Attack again 5-2 and coach give a time limit to score.
- Repeat from both sides.

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T2 Defensive Zone Face-off - Breakout 5-2 Attack - Regroup 5-2 Attack – Pro

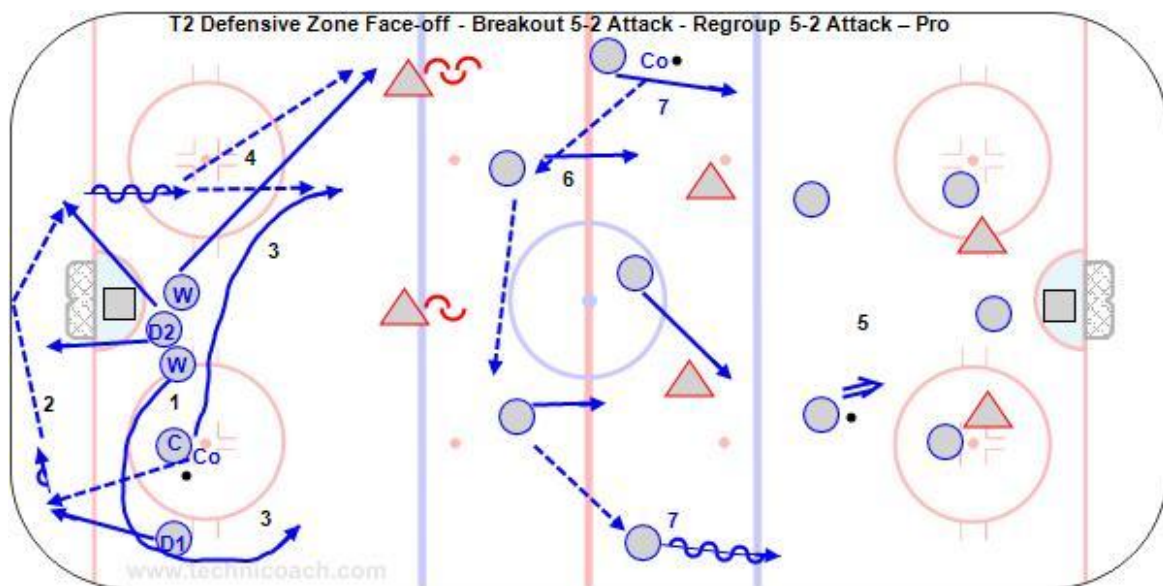
Key Points:

Everyone be ready for a scrambled draw, loss or a clean wing. Winger get to the boards and up against the D quickly. Pass hard.

Description:

1. Defensive zone face-off win.
2. D1 pass to D2.
3. Wings get open along boards and centre mirror the puck.
4. D2 pass to C or W.
5. Attack 5 on 2.
6. Regroup with a new puck in the neutral zone on the whistle.
7. Attack 5 on 2 again.
8. Repeat with a new group of 5 vs. the original offensive D.

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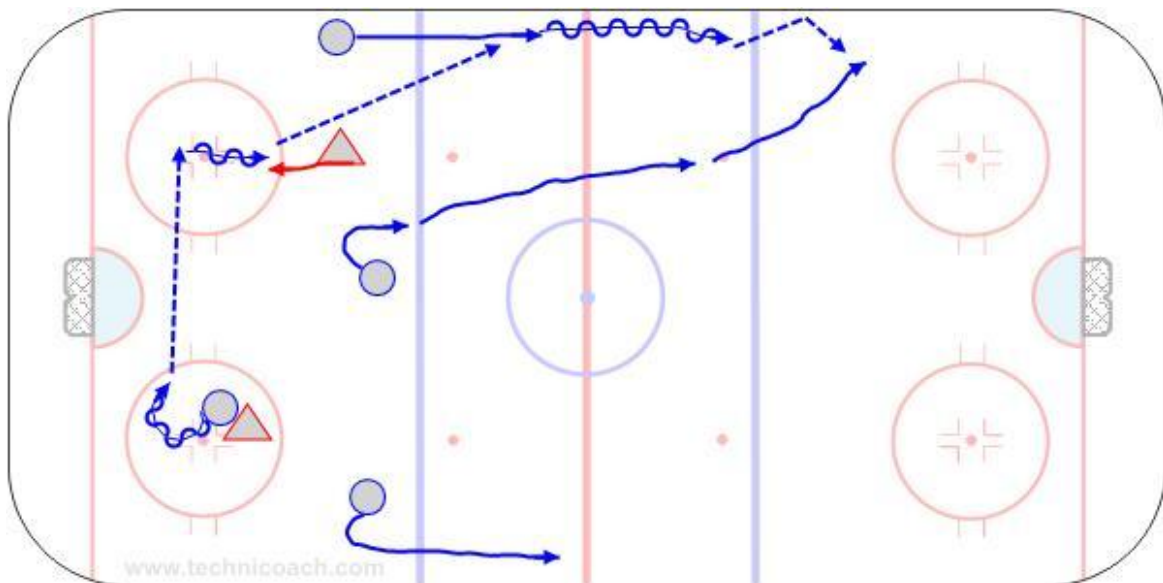
T2 - Finnish U17 Attack

Key Points:

The key is to attack the forechecker 3 on 1.

Description:

1. D to D or D tight turn to lose first checker.
2. D attack the second wave with the strong side wing flying up the boards and C in the middle.
3. Pass to C or W and do a wide entry or soft chip by W that C picks up.
4. Wide W give width and stay wide going to the net.
5. Middle D be 4th man on the rush.
6. Option is to pass to the wide W.



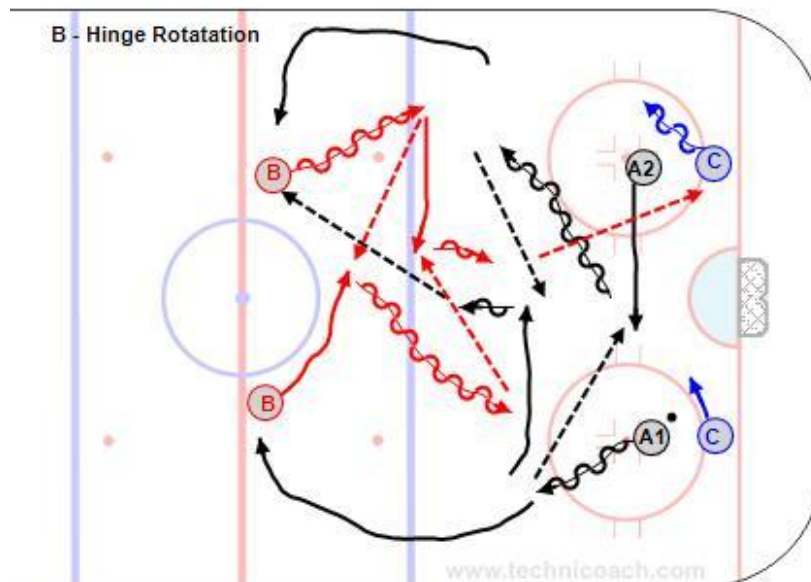
B - Hinge Rotation

Key Points:

Skate quickly up the side or to the middle while your partner creates a hinge below in the middle or above on the wall.

Description:

1. A1 carry the puck wide and pass back to A2 in the middle.
2. A2 now carry the puck wide and pass back to A1.
3. A1 skate and pass to B1 who repeats the passes in the other direction.
4. A-B-C's do the same.
5. Next repetition A1 skate to the middle and pass wide and up the ice to A2.
6. Third rep A1 skate across and drop to A2 and they switch sides.



T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro

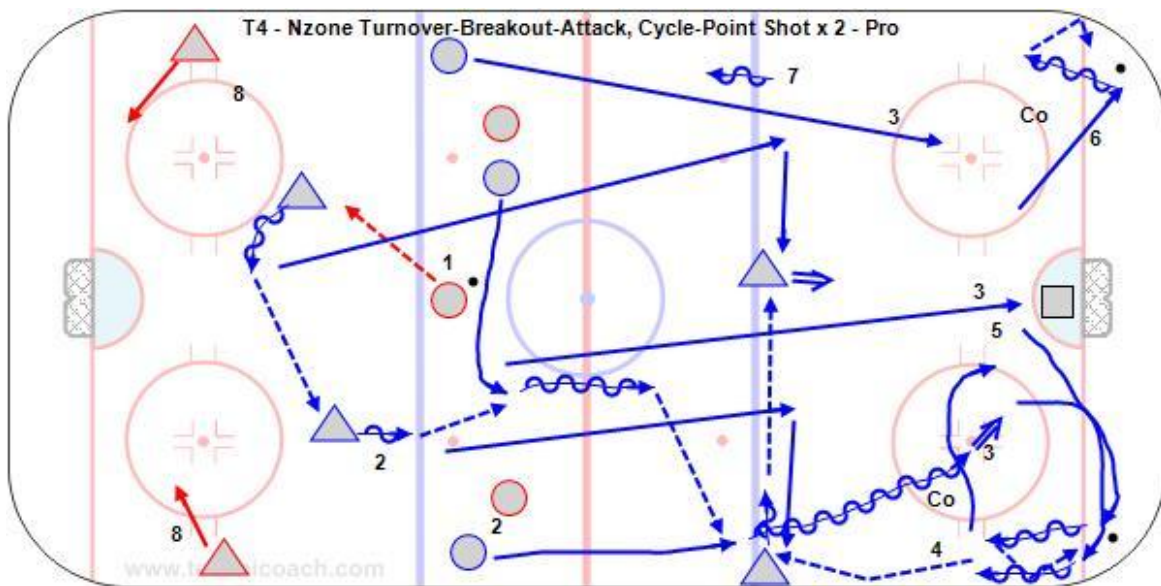
Key Points:

Simulate a neutral zone forecheck vs. the offense. Practice the middle drive attack, cycle then D to D and point shot. So this from both sides.

Description:

1. Three forwards skate and on turn-over the puck to the opposition D near the far blue line.
2. Five attackers break out vs. the 3 man forecheck and enter the offensive zone.
3. Attack with the middle drive.
4. Two forwards cycle and pass to the point who passes across D to D.
5. The forwards screen and tip.
6. Repeat in the other corner with a new puck.
7. The three forwards go the other way and turn-over a puck to the opposite D.
8. Repeat the drill with 5 new attackers.

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T2 – T4 Team Play Practice Buildup

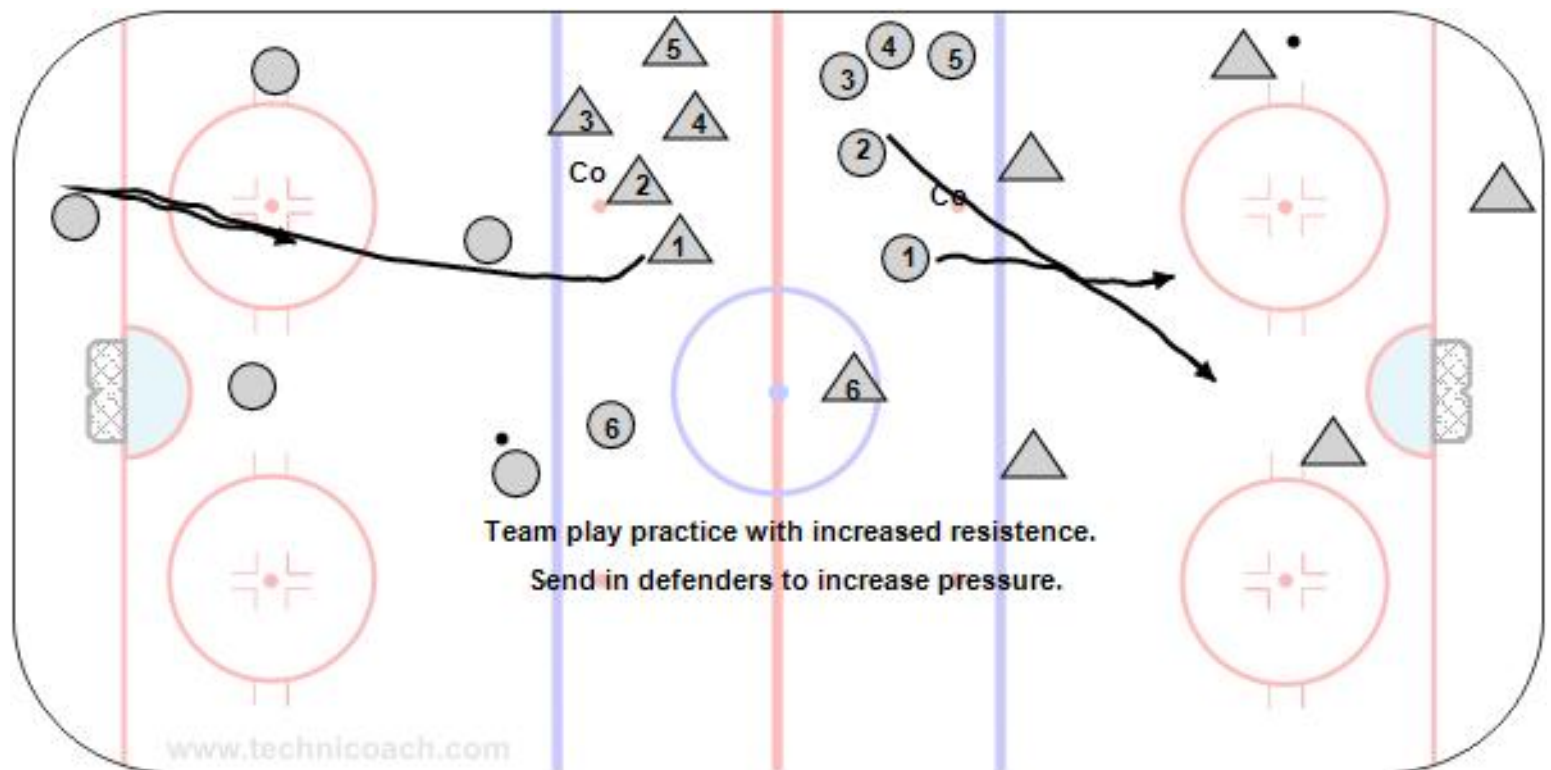
Key Points:

Play from 5-0 to 6-5

Description:

Practice with no resistance and then send in players to create resistance. You can practice even or odd man and with the goalie pulled.

You can also use this technique to practice skills like cycling and add defenders.



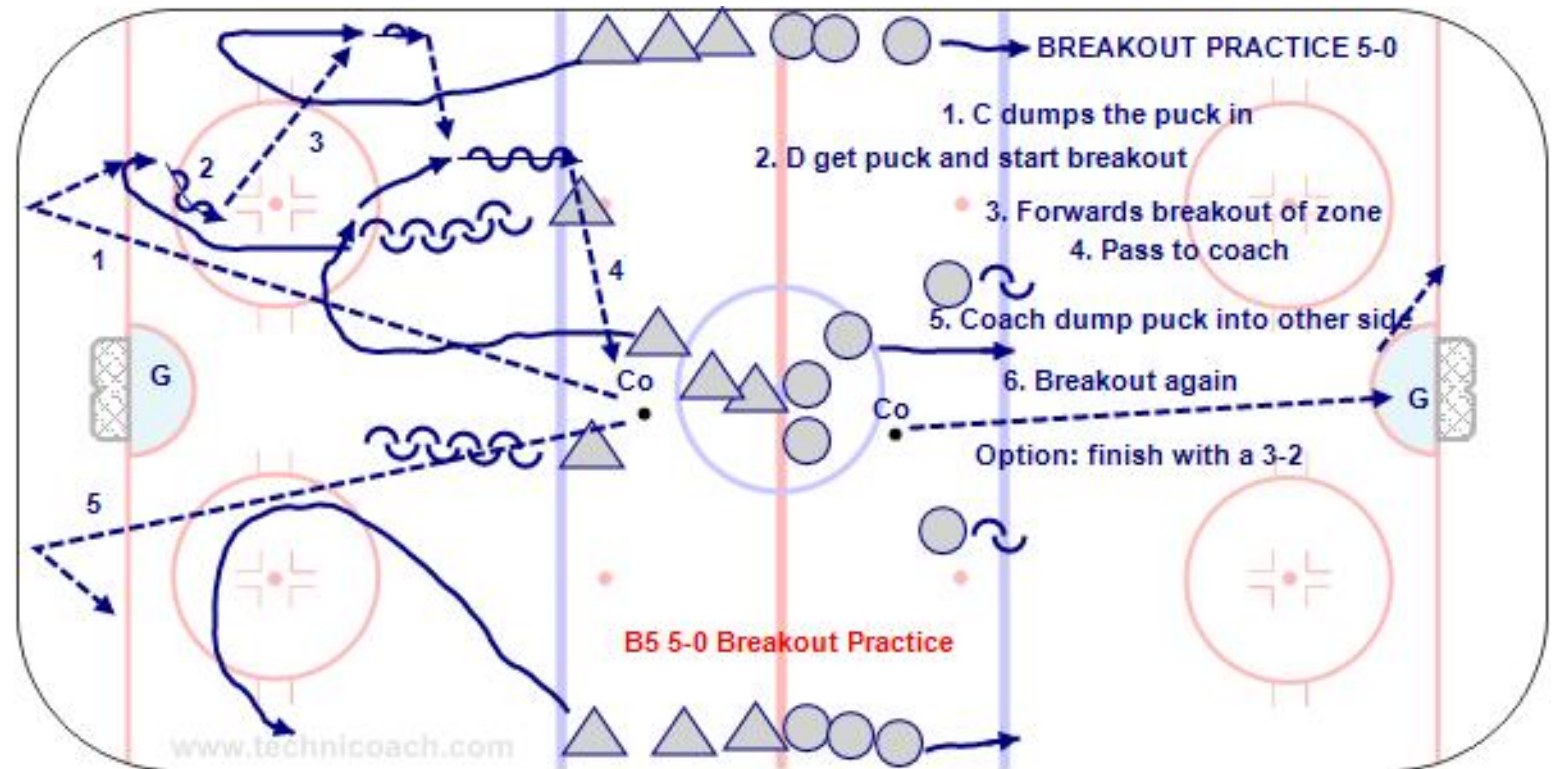
T2 B5 5-0 Breakout Practice

Key Points:

Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
 2. D go back and get the puck, move between the dots and pass or go D to D.
 3. Forwards breakout.
 4. Pass the puck to the coach.
 5. Coach dumps the puck in the other corner for another breakout.
 6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.
- Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.



T2 B5 5-0 Breakout Practice – U18

Key Points:

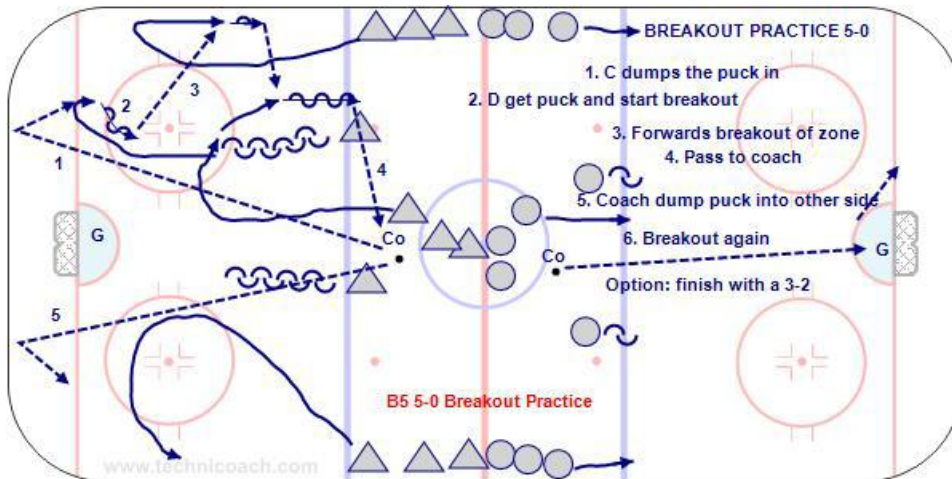
Breakout from both sides and practice all the options including D to D passes.

Description:

1. Coach dumps the puck in.
2. D go back and get the puck, move between the dots and pass or go D to D.
3. Forwards breakout.
4. Pass the puck to the coach.
5. Coach dumps the puck in the other corner for another breakout.
6. Do all of the options, go, counter, wheel, reverse, reverse to wing, over.

Option: do a third breakout and the forwards skate to the red line and turn back attacking 3-2.

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B5 Murdoch Breakout Routine A and B

Key Points:

This is a good routine to use at the start of practice instead of just skating around the ice aimlessly.

- Work for 5-10 min. and get in a lot of reps.
- D shoulder check on the way to the puck.
- Forwards funnel through middle lane and watch puck before swinging up the boards.

Description:

Wings and Defense

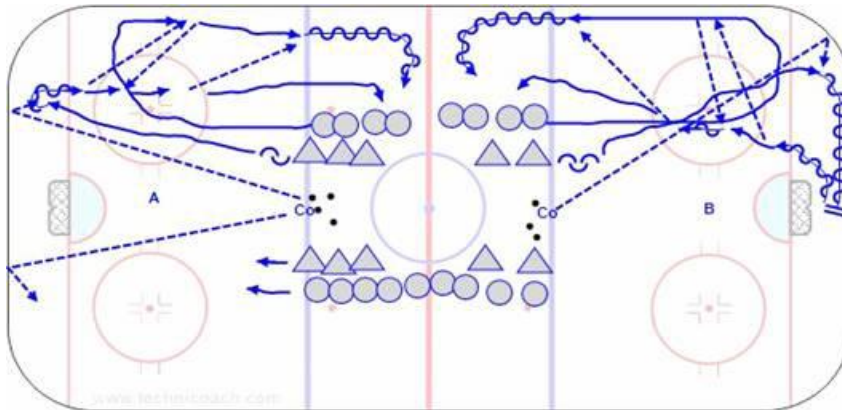
A. Coach shoots puck in and D gets the puck and passes to the wing who times his skating from inside to outside. D to W back to D and up to wing. Then repeat on the other side. All forwards take turns getting the pass on the wing.

B. Coach shoots the puck in and D skates back to get in while the wing times his skating from the middle to the outside lane.

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The D drives the back of the net and stops and goes out the same direction making a counter pass to the wing, who returns the pass and gets another pass. Repeat on the other side.

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B5 Murdoch Breakout Routine C and D

Key Points:

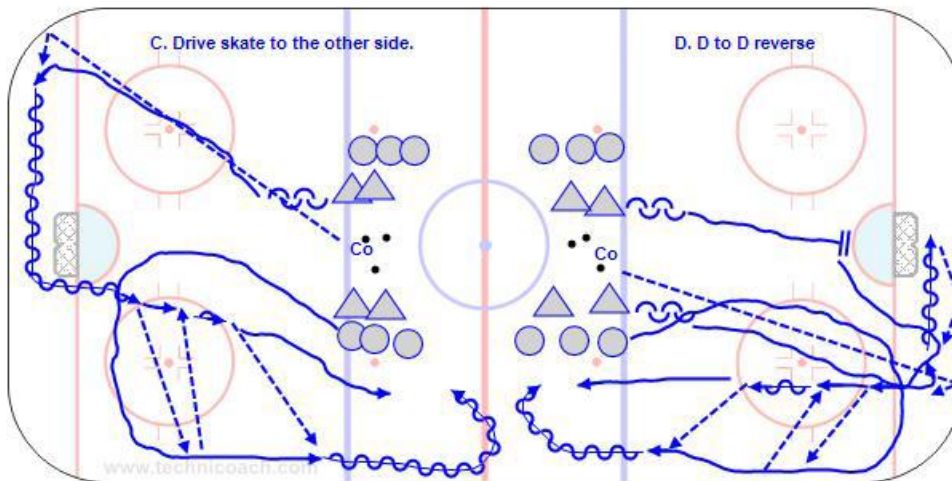
Defenseman Shoulder check on the way to read the forechecking pressure. Forwards read the play from the middle lane and time it so they are skating up the boards for the pass. If the forechecker follows you behind use the reverse.

Description:

C. Coach dumps the puck in and the D gets in and drive skates hard to the back of the net and up the ice between the dots. Pass D to W to D to W.

D. Coach dumps the puck in and the D gets it and drive skates to the back of the net to draw the forechecker then passes back off the boards to the other D who has called reverse from the front of the net. D2 passes to W to D2 to W and out.

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B5 Murdoch Breakout Routine E and F

Key Points:

On all of these both wingers can go and time their skating to be available for the pass. Add the centreman to do 5-0 full ice reps.

Description:

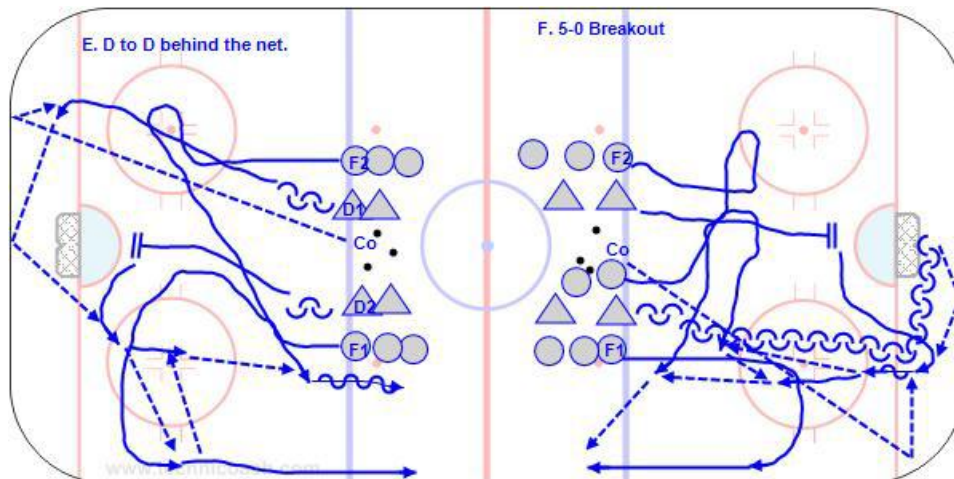
E. Coach dumps the puck in D1 gets it, D2 skates to the front of the net and calls for the pass D to D. Both wings watch the puck from the middle zone and time their skating to be available for the pass. D1 behind to D2 to F1 to D2 to F2 and out. try to pass to all three forwards and back to D twice. i.e. D to C to D to F2 to F1.

F. Coach calls the breakout (i.e. reverse) and all 5 breakout and try to score at the other end. Practice all of the options doing about 2 reps each line of 5.

Example:

At my last nights practice I had groups of 5 in the middle and they did from A-F as a 5-0, I dumped the puck in one side and then the other and they passed back to me when they got over the blueline. My asst did the same thing on the other side of the redline.

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B5 Regroup 3-0, Middle Drive-Pro

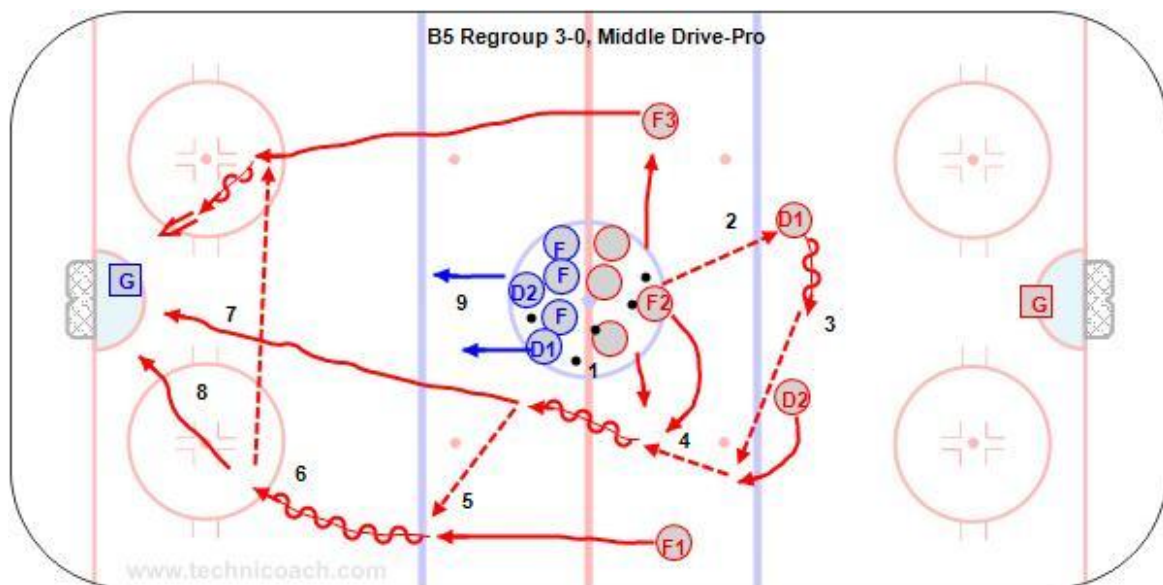
Key Points:

Defense move quickly and hinge the pass up the middle. Pass hard. Centre give the stick and skates as a flat target. Middle drive hard to the net.

Description:

1. All the players are inside the middle circle.
2. Red D1 get a pass from a Red F2.
3. Red D hinge and pass D1 to D2.
4. D2 pass to F2 supporting in the middle.
5. F2 pass to F1 on the strong side.
6. F1 gain blueline and pass wide to F3.
7. F2 middle drive skating hard to the net.
8. F3 shoot and all crash the net for a rebound.
9. Blue repeat in the other direction.

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T2 B6 3-0 Attack Options – Pro

Key Points:

Go hard to the net without the puck with the stick ready for rebounds or deflections. Stop at the net. Shoot low to the far pad to create rebounds. Attack with speed. Read whether the defense gives you the ice behind or in front of you.

Description:

1. Line up in three rows at the goal like and start with a puck from one side.
2. Pass to the middle then the far wing.

Option 1

Pass middle-wide-shoot from the wing.

Option 2

Pass middle-wide-cross inside and pass wide and enter wide then shoot from the wing.

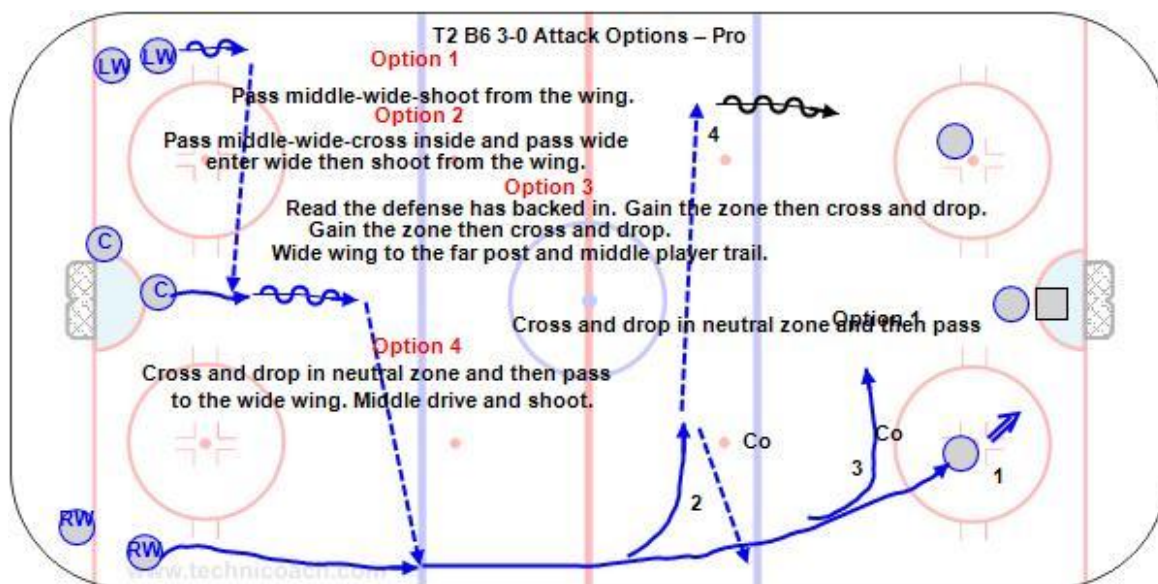
Option 3

Read the defense has backed in. Gain the zone then cross and drop. Wide wing to the far post and middle player trail.

Option 4

Cross and drop in neutral zone and then pass to the wide wing. Middle drive and shoot.

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T B6 D to D Hinge and Switch

Key Points:

Pass back to the coach after each one of these sequences. Coach should pass to one player and after the sequence get a return pass then pass to the other player. This is a controlled breakout after a regroup or any situation with only one forechecker.

Description:

1. Coach in the neutral zone pass to a player coming from the corners.

A. Player skates to mid ice and passes to partner who hinges wide and up ice.

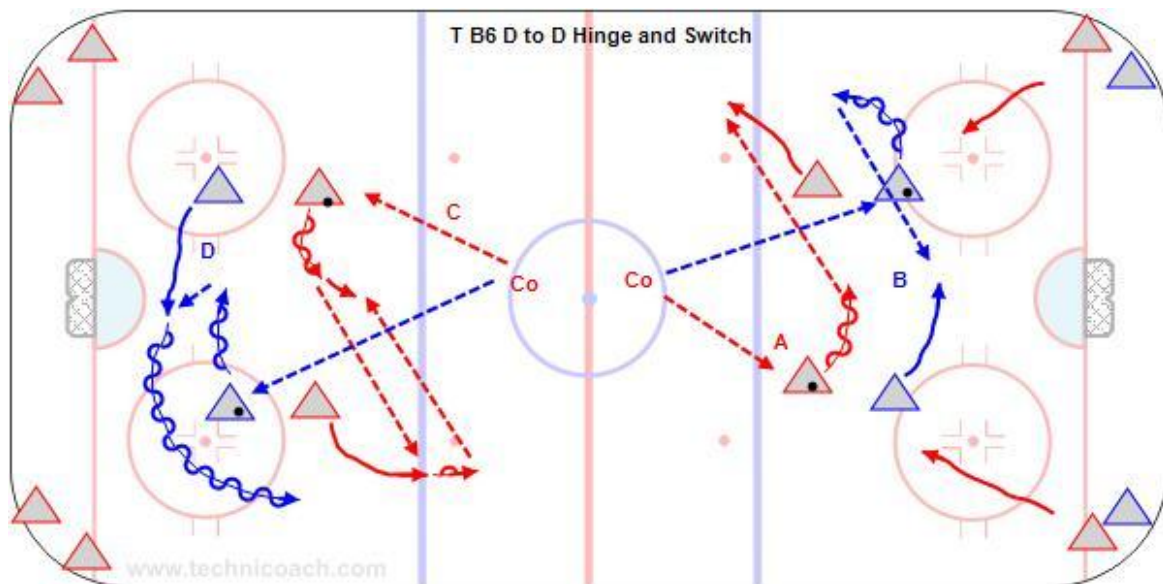
B. Player skates to wide lane and pass to partner who supports in mid ice behind.

C. Player skate to middle, pass wide, get return pass in middle.

D. Player skate to middle, partner skate behind for a pass and switch sides. From there any of the other options.

*Pass back to the coach after each of these exercises and then add players who regroup with D.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110407093426412>



<http://hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1236&topic=1236#1236>

<http://hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1232&topic=1232#1232>

<http://hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1214&topic=1214#1214>

C2 Continuous Breakout 4-0 – Pro

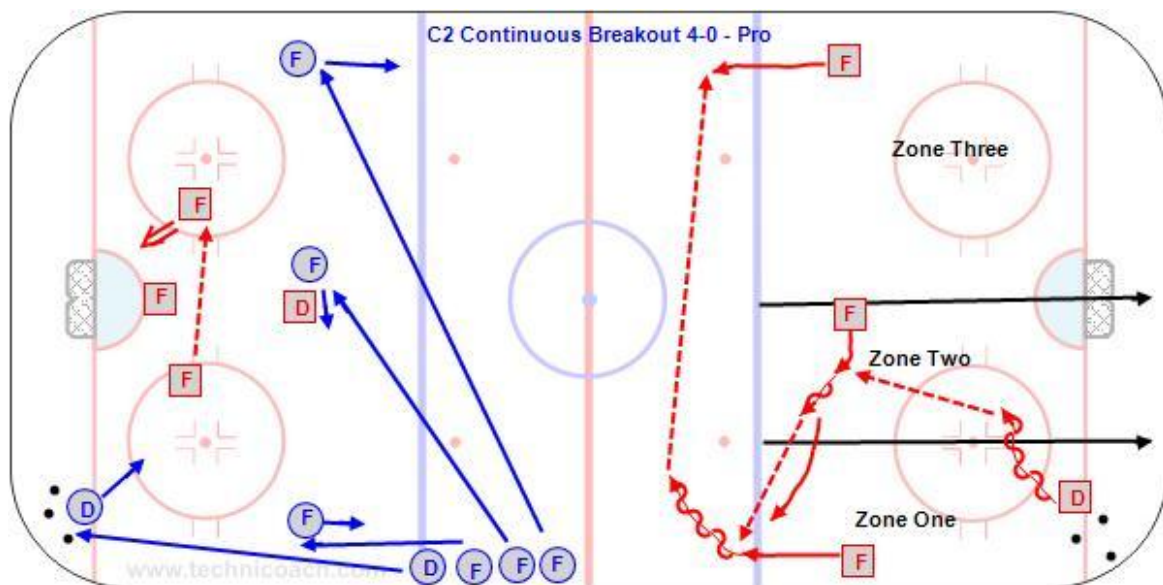
Key Points:

Forwards time their skating with the D. D get to the Big Ice between the dots with the puck and pass to F in zone one or two and not across the midline of the defensive zone.

Description:

1. Line up along the side in the C2 formation.
2. D get a puck from the corner and skate between the dots.
3. Inside the defensive zone passes to forwards are only made to zone 1 and zone 2.
4. Cross ice passes can be made in the neutral zone.
5. Attack with all 4 and a middle drive.
6. Blue group follow the reds into the zone and break out the other way 4-0.

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B600 Regroup, Hinge, Middle D Rush

Key Points:

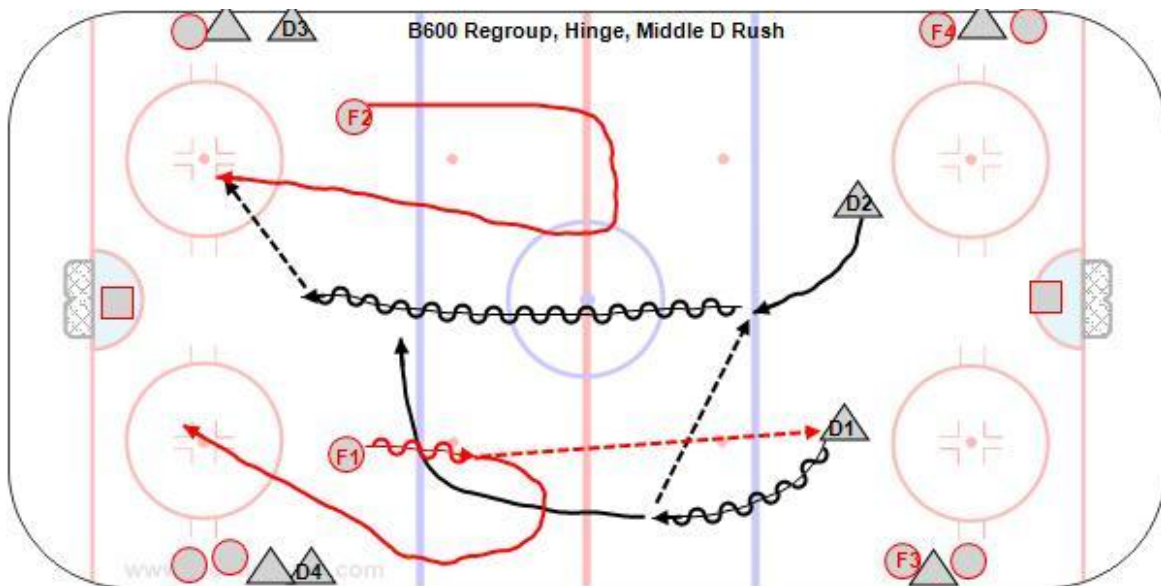
Middle D comes late as a second wave and lead the rush.

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.

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B600 Regroup, Hinge, Quick Up-Detroit

Key Points:

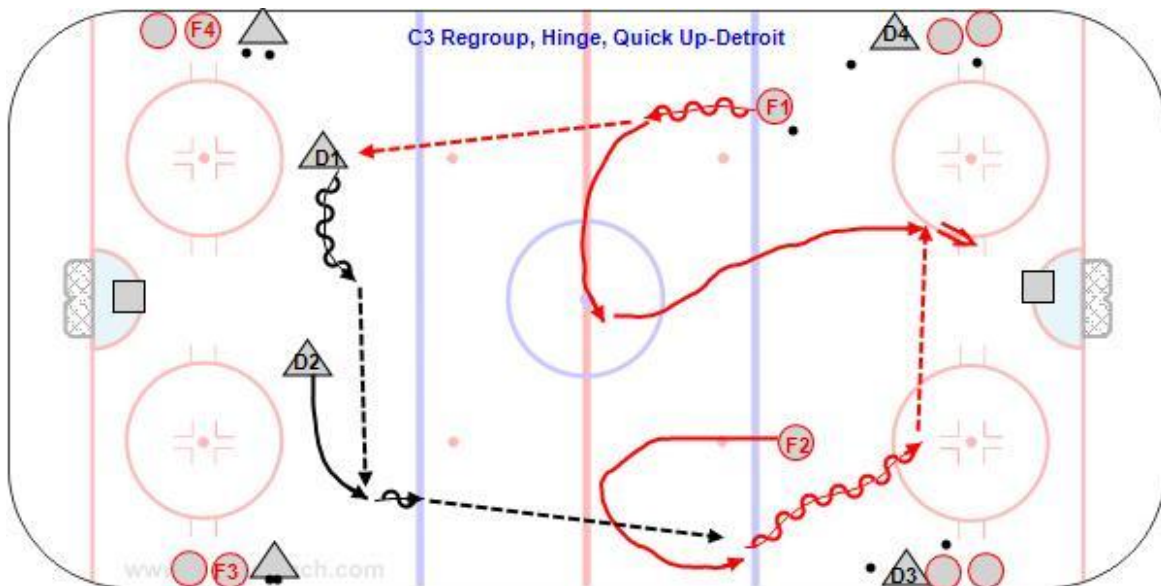
Hinge and push the puck up the ice quickly. Strong side F stretch and weak side give middle support.

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.

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

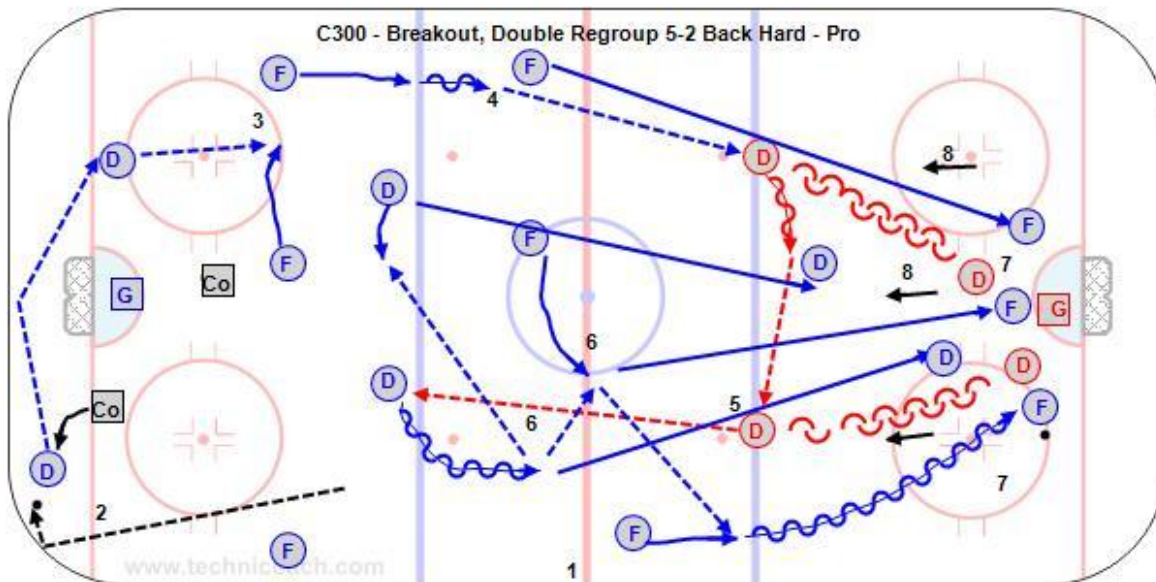
Key Points:

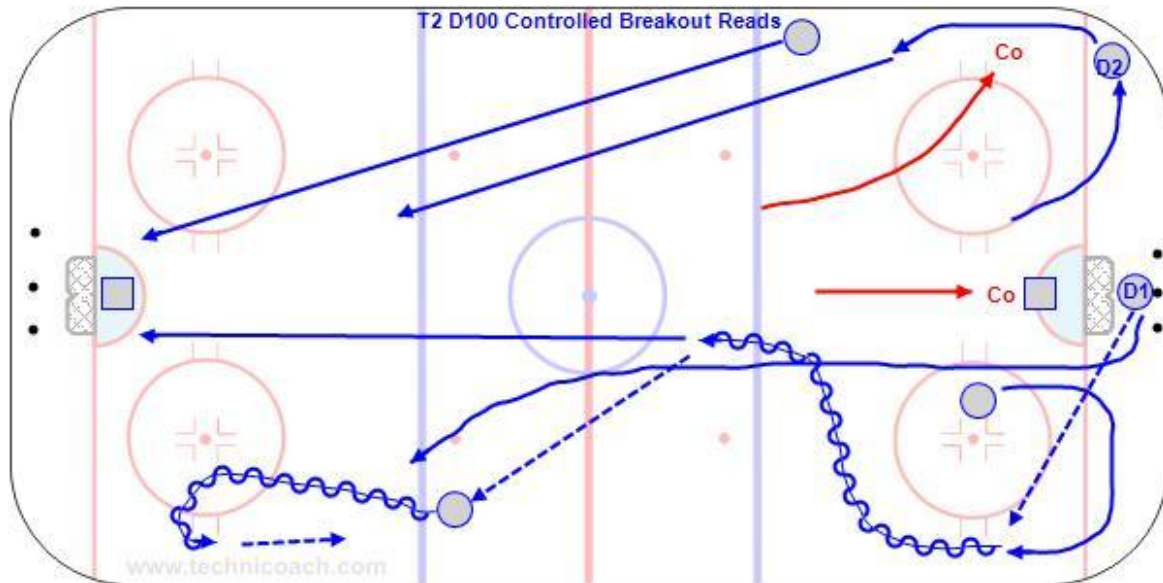
Do everything at full speed. Get to the big ice and pass wide. Face the puck always and give a target. D must read where the forecheck pressure comes from. Attack with 4 in the scoring area.

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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T2 D100 Power Play

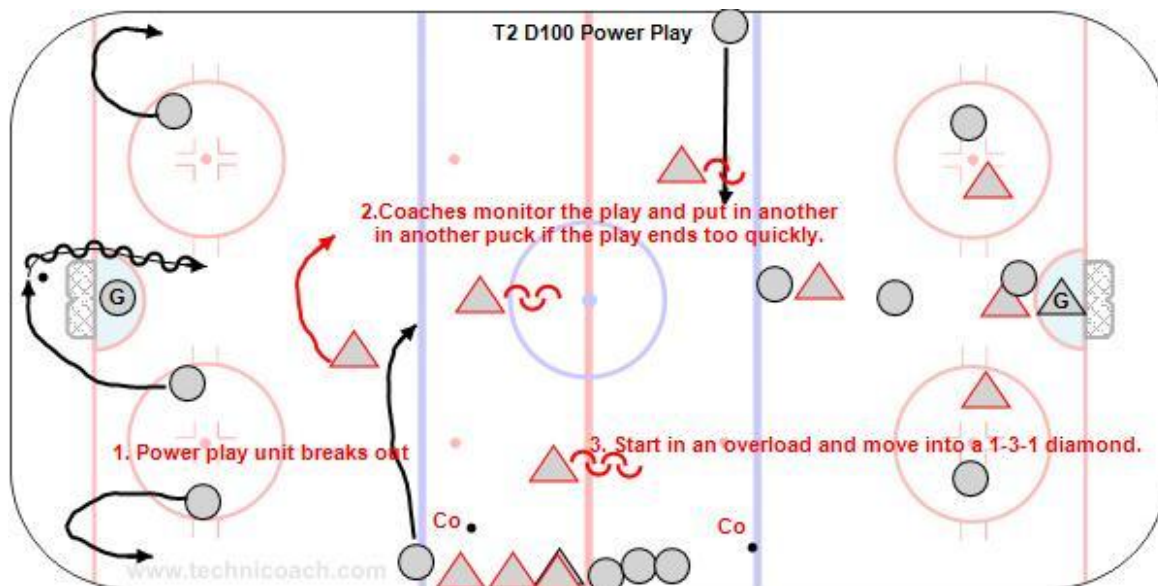
Key Points:

Practice focusing on the breakout, zone entry and Power Play.

Description:

1. Power play unit breaks out. This breakout has a double swing low, a forward mirroring the flow skating across the blue line and a stretch man skating across the other blue line.
2. Coaches monitor the play and put in another puck if the play ends too quickly.
3. Start in an overload and move into a 1-3-1 diamond.
4. Quick puck movement with the middle man supporting all 4 around the diamond.
5. Coaches talk with the players when they come back to the line-up.

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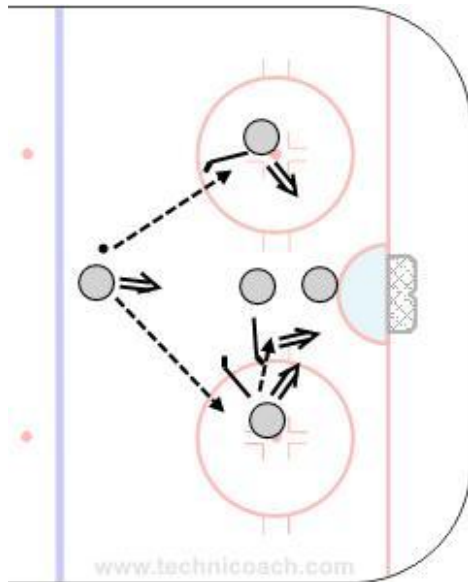


T2 D400 - Power Play 5-4 - Pro

Start with an overload and rotate into a 1-3-1 Diamond.

- Move to off-wing shooting positions on the sides.
- Low player screen when the puck is high.
- Second low player be in a shot pass position on high pucks.
- Second low player move to the mid slot when the puck is low or in the middle, he can also stay in the middle as a short passing option, one time shooter, screen and deflect point shots.

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T2 Kingston Power Play and Team Play Rotation

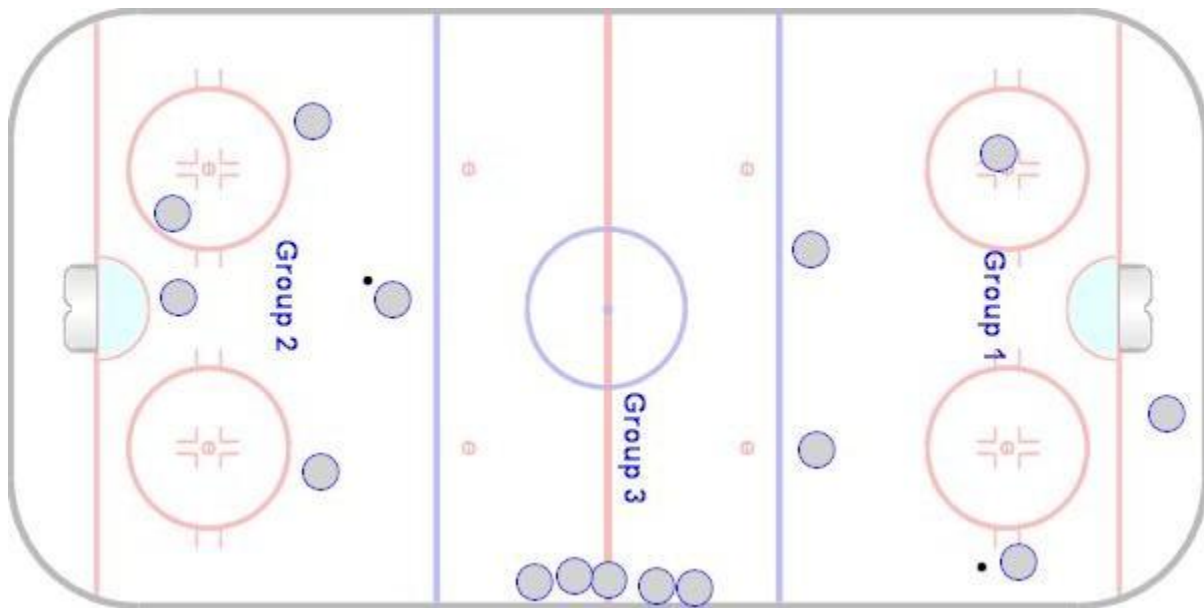
Key Points:

Practice options where every player gets a shot. Begin with a rotation attacking the seam between the D and the F and read what they give. If the D forces then the low play is available, if the F forces then the point is open. If the pk box is passive then there is a 2-1 at each corner, a 3-2 on each side and seams between players to attack. Force the pace by taking a shot by a different player every 3 seconds. Coach in each zone

Description:

- Line A at one end practice attack options.
- Line B at other end practice attack options. Both walk through pp 5-0.
- Line C in middle passing practice.
- On whistle line A dump the puck to the other end and breakout returning to the original end while group C replace group B at the far end and group B pass in the neutral zone.
- Repeat with group C breaking out and back and group B switch with group A who move to the middle.

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T2 Low Dice 5-3 Power Play

Key Points:

Right shooters play on the left side and left on the right to enable quick shots and forehand passing. Quick passes and attacks spread the defensive triangle.

Description:

1. Set up with everyone on the off wing.
2. Middle player stay about the hash marks.
3. Attack rule is that either the puck or the player moves. No standing still.
4. Attack goal is a shot every 3".
5. Use passes that beat one defender.
6. Rotate the high triangle.
7. Attack with: walk-outs, one timers, back door passes. switch and pick.



Pounce 1-3-1 Hard Trap Forecheck

I want the LW and RD to be part of the forecheck on the attack. The LD is always on the strong side. Usually the C plays low in the dzone with the two D using man on and a box behind. If the LW ends up back there they switch after the initial rush. I also want back pressure all of the time.

My truth of hockey is.

- Forecheck - 2 in deep - only pinch on the strong side when positive you will get the puck.
- lock the strong side boards on breakouts with the LW on one side and the RD on the other.
- 3 forecheck on the strong side. Left side the LW, C, RW and Right side the C-RW and RD.
- Backpressure all the way to the net.
- always tight gaps. - angle off the back shoulder with the stick on the puck.
- check from the defensive side always.
- always 4 on the attack.
- tight 3 man triangle and a D high on the rush to the net.
- shoot when inside top of circles unless someone is wide open.
- always give the puck to someone in better position than you and keep it if you are in the best position.

Example of my college women's team vs. U of Calgary at the Olympic Oval

Cougar Pounce 2-2-1 forecheck Video – my college women playing the U of Calgary. 5 is LW and 10 LD.

#5 set a new goal scoring record with 12 in the play-offs playing LW.

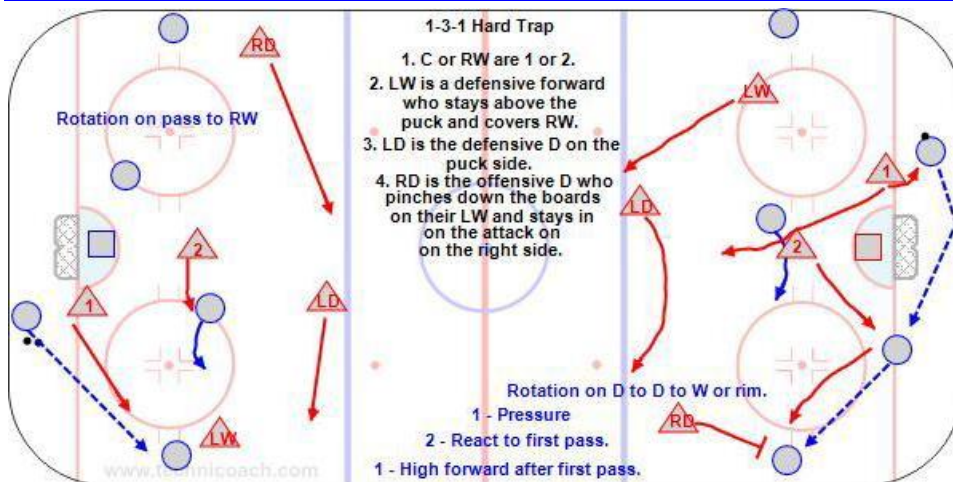
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A video of an explanation of the system I gave to my team at the Olympic Oval 2 hours before the game. We used white tape to make a rink on the floor and we went over the system.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

T4 1-3-1 Pounce Forecheck – We entered the zone in a 1-3-1 so they couldn't make a quick pass up the middle. It was vs. the top midget girls team in the Province and 4th in Canada.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121229225643619>



T2-4 Power Play and Penalty Killing with Mike Babcock

Key Points:

Three players rotate high and create options. Players should set up in one timer shooting positions and be on the off wing for passing.

Description:

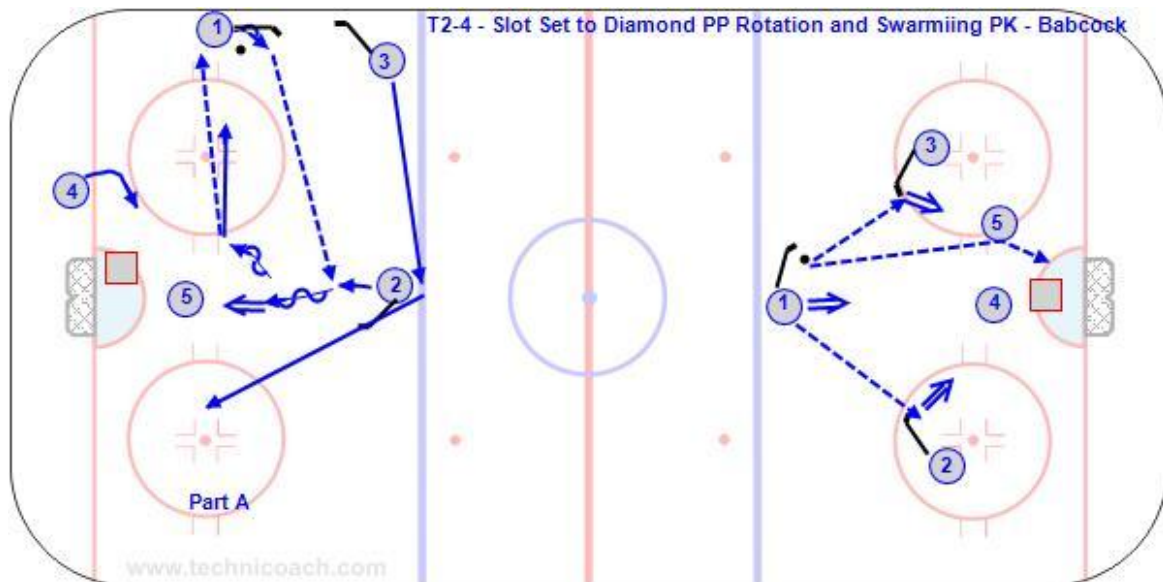
Part A

- A. Start in a slot set with 1 on the half wall, 4 below the goal line, 5 in front.
- B. #1 shoot left, 2 left, 3 right. (play to goalies left-opposite if to goalies right)
- C. Start with 2 getting a pass in the middle from 1.
- D. #2 shoot if it is open.

Part B

- E. No shot then 1-2-3 rotate clockwise. 2 pass back to 1 who moves to the middle point while 3 move to a shooting position above the opposite dot.
- F. Options for 2. 1-Shoot, 2-Shot pass to 5, 3-one timer for 2 or 3, 4-Restart high rotation.
- G. Read what the defenders give and constantly attack the net.

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T2 T4 D100 Controlled Scrimmage

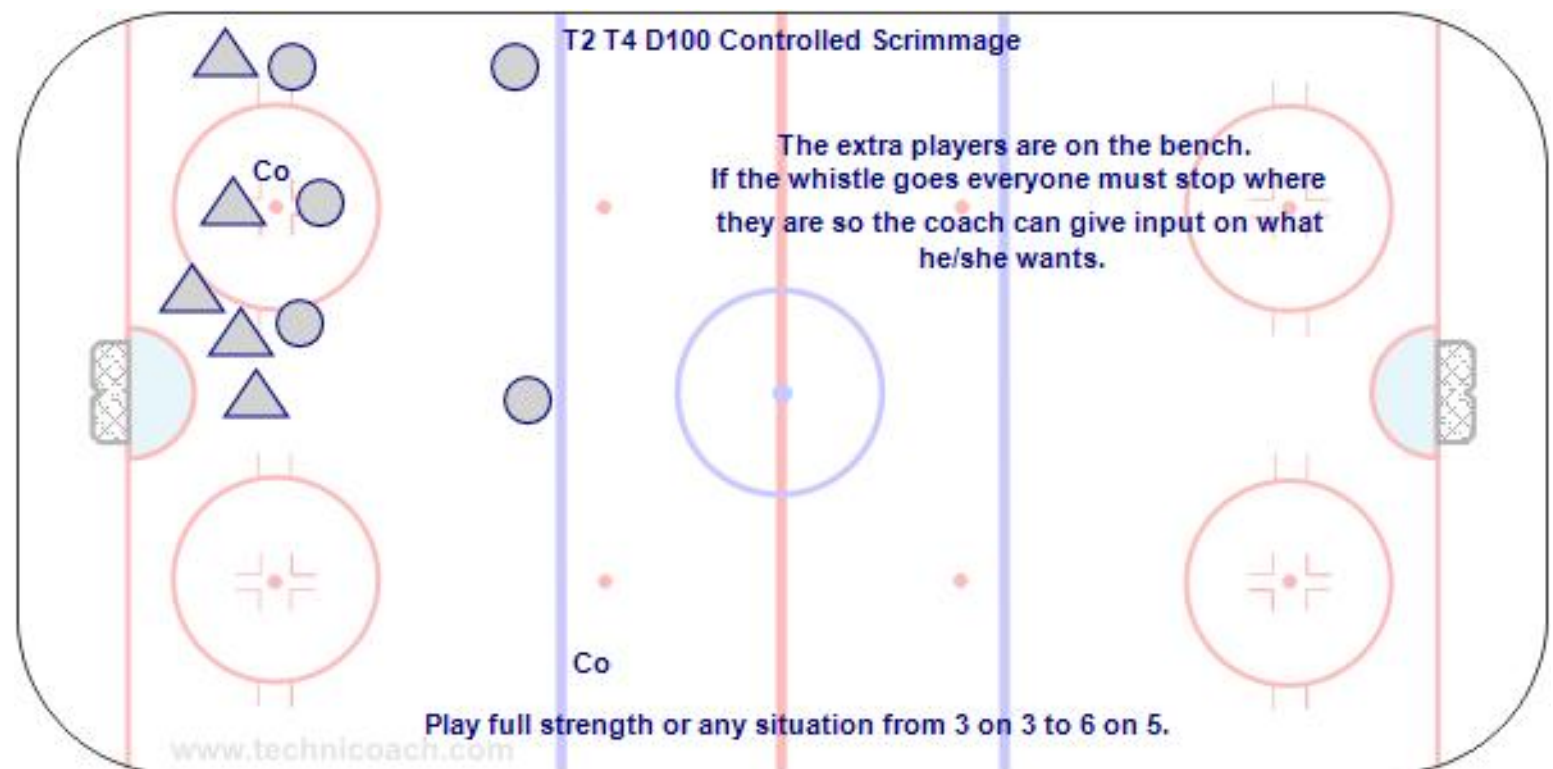
Key Points:

Work on team play concepts with the coaches on the ice.

Description:

Play full strength or any situation from 3 on 3 to 6 on 5. The extra players are on the bench. If the whistle goes everyone must stop where they are so the coach can give input on what he/she wants.

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T2 Take the Ice Behind to Create 2-1's

Key Points:

When the defenders are using a contain forecheck and are ahead of the puck you cannot beat them skating in straight lines. You must continually isolate the wide player and create 2 on 1 situations. Support by taking the ice behind the puck carrier.

Description:

1. Practice with a 2 on 2 situation and isolate a defender by crossing.

a. Cross drop and #1 screen weak side D.

b. Cross, drop 1 to net, 2 wide.

c. Cross and fake drop. 1 through middle 2 go to the net.

Create 3 on 3 situations in drills and games.

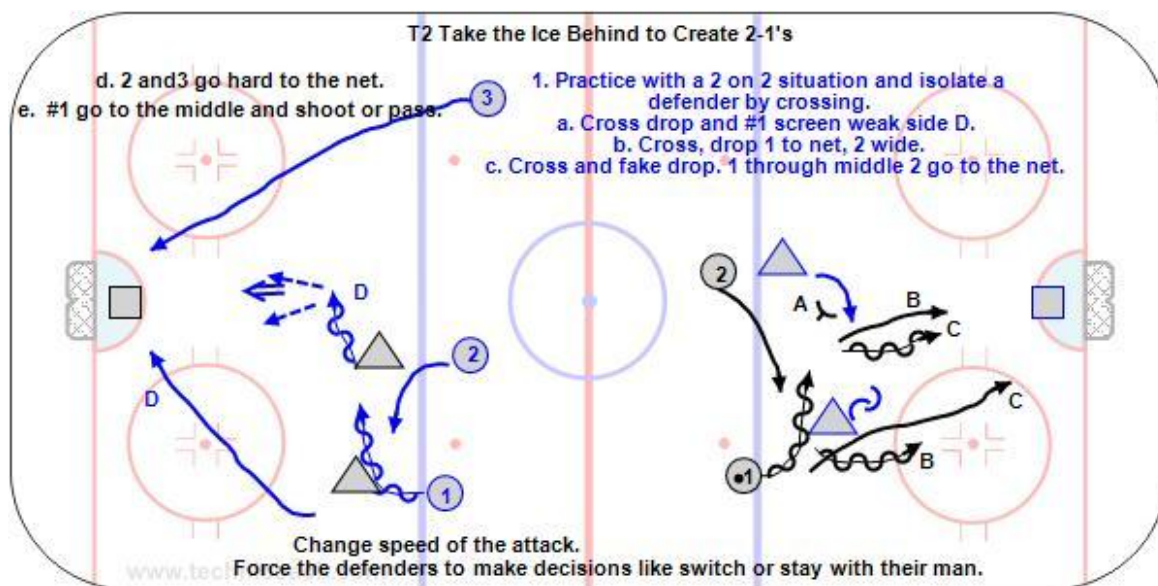
d. #'s 2 and 3 go hard to the net.

e. #1 go to the middle and shoot or pass.

* Other options are another cross behind or pass back to the 4th and 5th supporting attackers.

Important is to change the speed and angle of the attack and force the defensive decisions like switch or stay man to man.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110408092101945>



10 Great Drills to Practice Team Offense

(First link is to the Forum posting and second to the video demo)

1 - [T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6881&topic=6881#6881>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225547880>

2 - [T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6878&topic=6878#6878>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225548554>

3 - [T2-C2 - Nzone Forecheck - Turnover to D and F - Attack 5-2 – Detroit](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6993&topic=6993#6993>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141006101020879>

4 - [T2 - Breakout vs. One Forechecker – 5-0 Attack Options – Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6877&topic=6877#6877>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231535510>

5 - [T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 - Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6681&topic=6681#6681>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140108160938392>

6 - [T2-4 C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 - Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6602&topic=6602#6602>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131028133926329>

7 - [T2-4 Low 3-2 Pro W](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6582&topic=6582#6582>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131011145119511>

8 - [T2 B6 3-0 Middle Drive Attack Options – Pro](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6553&topic=6553#6553>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013092315445066>

9 - T2-C3 Breakout-Double Regroup 5 on 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6497&topic=6497#6497>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130804170228167>

10 - T2-C600 Isolate Wide D on 2-2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6148&topic=6148#6148>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121114085725881>

10a - T2 Take the Ice Behind to Create 2-1's

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1766&topic=1766#1766>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110408092101945>

10b - T2 D100 Controlled Breakout Reads-U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1304&topic=1304#1304>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101215071220323>

10c - T2-4 D100 Breakout and Forecheck U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1303&topic=1303#1303>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101214091456609>

10d - T2-4, D100 Breakout vs Nzone Trap Detroit - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1270&topic=1270#1270>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101207105916272>

10e - T2-4 D400 Attack and Dzone Detroit - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1259&topic=1259#1259>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101203105712291>

10f - T2, C3 Breakout 5-2 Regroup 5-3

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1178&topic=1178#1178>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155502564>

10g - T2-C3 Breakout to Beat the Passive Trap - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1171&topic=1171#1171>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073711288>

10h - T2-C3 5 on 2 Four on Attack Pt 1 and Pt 2 - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=919&topic=919#919>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163950468>

10i - T2 T4 D100 Contolled Scrimmage - RB

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=546&topic=546#546>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123912842>

10j - T2 6 on 5 With the Goalie Pulled (Denmark U20)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=291&topic=291#291>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130522095128927>

T2, C3 Breakout 5-2 Regroup 5-3

Key Points:

Breakout 5 vs 2 defenseman and then regroup on the whistle 5 on 3. Give support on the strong side boards and the middle. Weak side forward can stretch. Attack with 4 in the scoring area. Weak side D jump into the rush.

Description:

A.

1. D1 and D2 shoot from the blueline.
2. Five players in the zone breakout vs D1-D2

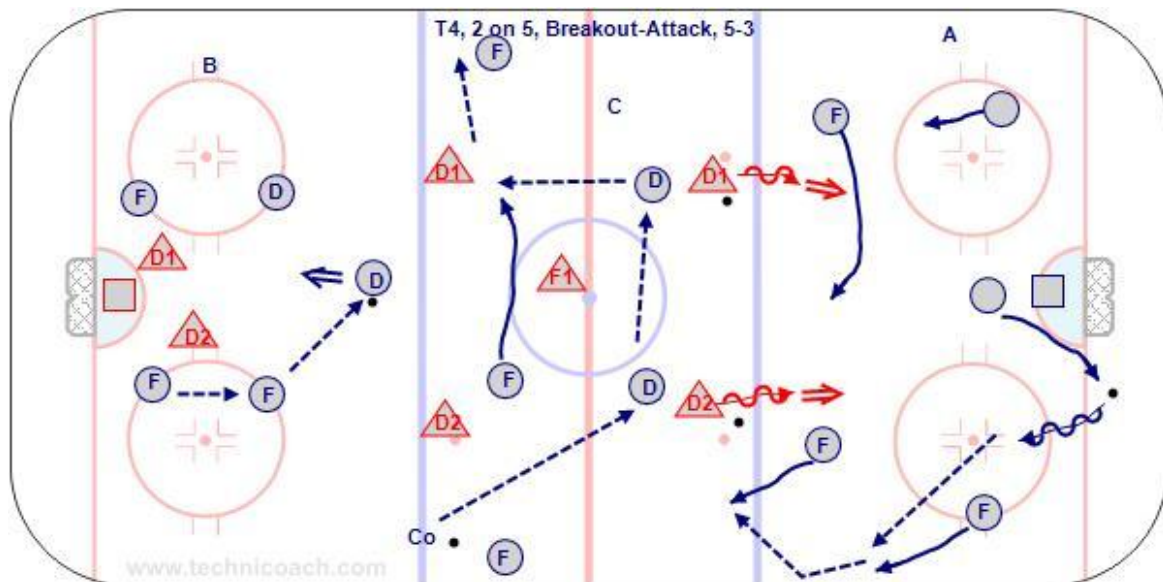
B

3. Attack 5 on 2 until a scoring chance.

C

4. Coach whistle and attackers regroup with pass from the coach in the neutral zone.
5. Attack again 5 on 3 vs. original D and a new forward.
6. Repeat with a new group and original D the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155502564>



T2-Breakout vs. One Forechecker – 5-0 Attack Options – Pro

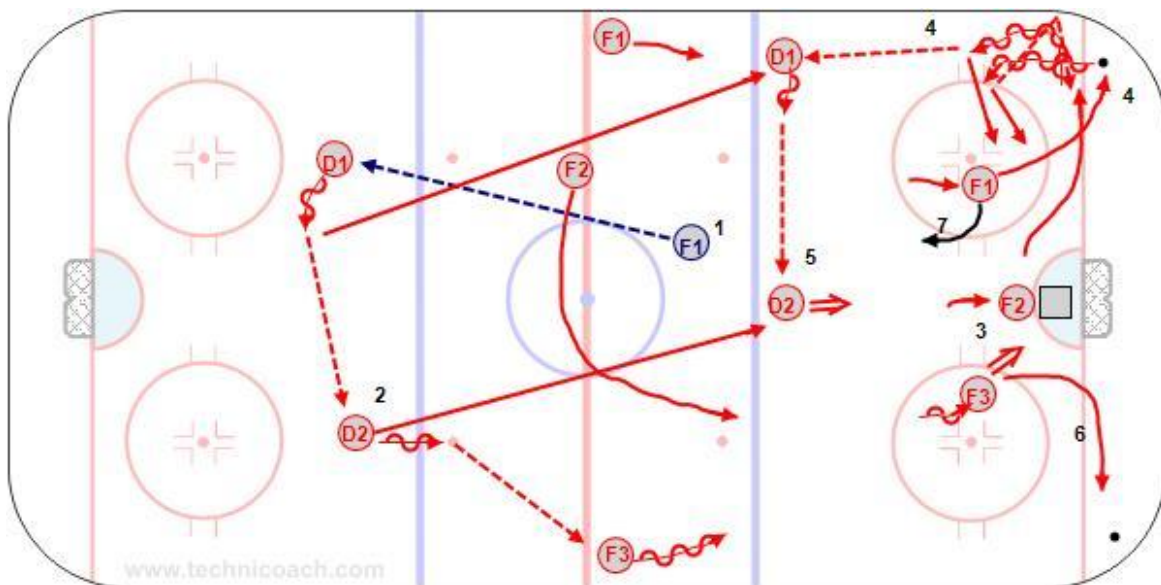
Key Points:

Attack with speed and do everything with quick feet.

Description:

- 1- Simulate a neutral zone turnover with blue F1 pass to the red D1 and then forecheck.
- 2- D1-D2 hinge and up to a forward.
- 3- Red forwards attack 3-0.
- 4- Red F1 get a puck from the corner cycle back to F2 who passes to D1.
- 5- D1 fake a shot and pass to D2 who one times a shot – F1 and F2 go to the net.
- 6- F3 get a puck from the other corner and repeat passing to D2.
- 7- The high forward get a new puck on the whistle and pass to start the drill again.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708231535510>



T2-C2 – Neutral Zone Forecheck - Turnover to D and F - Attack 5-2 – Detroit

Key Points:

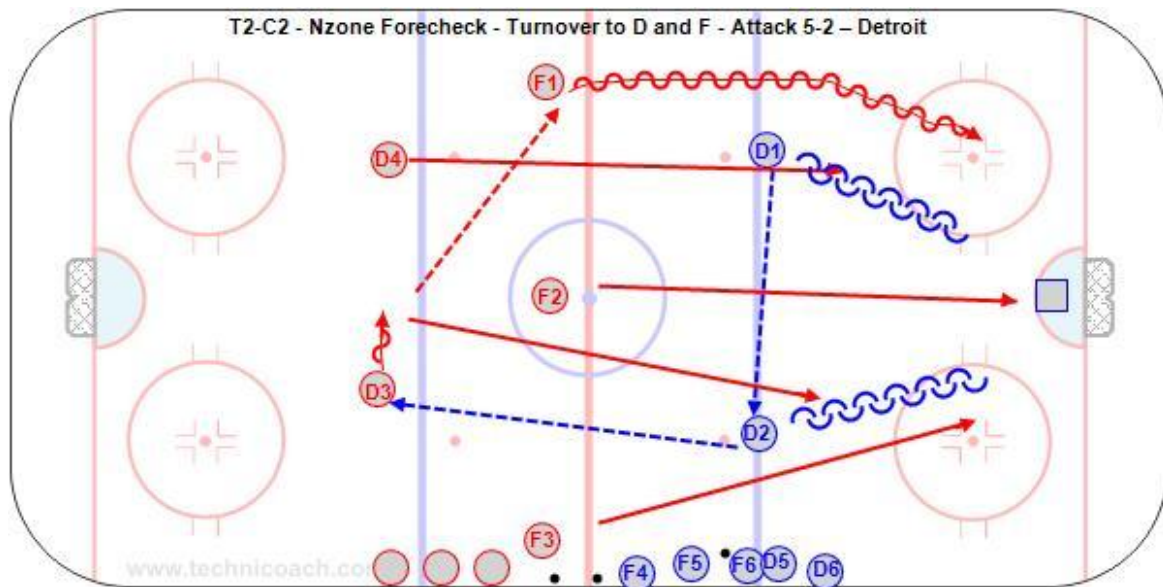
Face the puck, give a target, isolate a wide defender, attack with speed, head man the puck, middle drive.

Description:

1. Players are lined up on one side.
2. One set of D at each blue line.
3. F1-F2-F3 start in the neutral zone and regroup with D1-D2.
4. Defense hinge and then pass and turnover the puck to D3-D4.
5. D3-D4-F1-F2-F3 attack 5-2 vs. D1-D2.
6. F4-F5-F6 repeat and regroup with D4-D5 who turn it over to D3-D4 and they attack 5-2 in the other direction.
7. Change the drill so that the D now turn over the puck to the forwards who quickly attack 5-2.

*Focus on making a quick transition to offense and having all 5 in on the attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141006101020879>



T2-C3 Breakout the Beat the Passive Trap

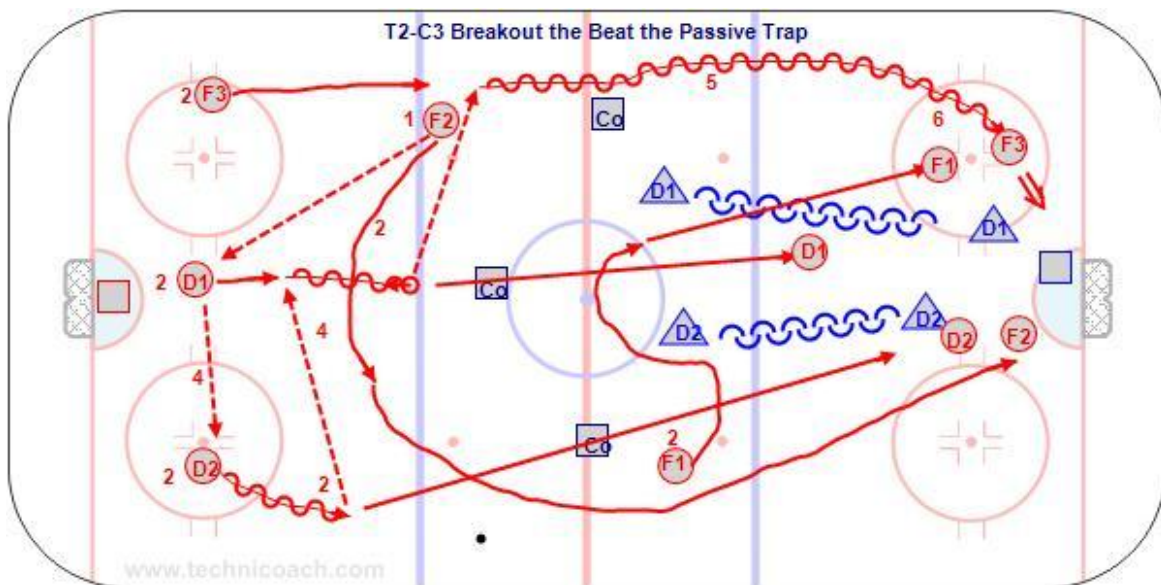
Key Points:

Attack 5 on 2 but 3 coaches are in the neutral zone lanes to mimic the nzone trap. Get the puck deep behind the defenders. Play 5-2 in the zone.

Description:

1. C pass back to middle D.
2. F1 Stretch, F2 low middle support, F3 and D2 in wide lanes, D1 in middle.
3. Hinge wide and back to the middle.
4. Pass wide and make a wide entry.
5. Attack with 4 players in the scoring zone.
6. Repeat in the other direction.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073711288>



T2-C3 Breakout-Double Regroup 5 on 2 – Pro

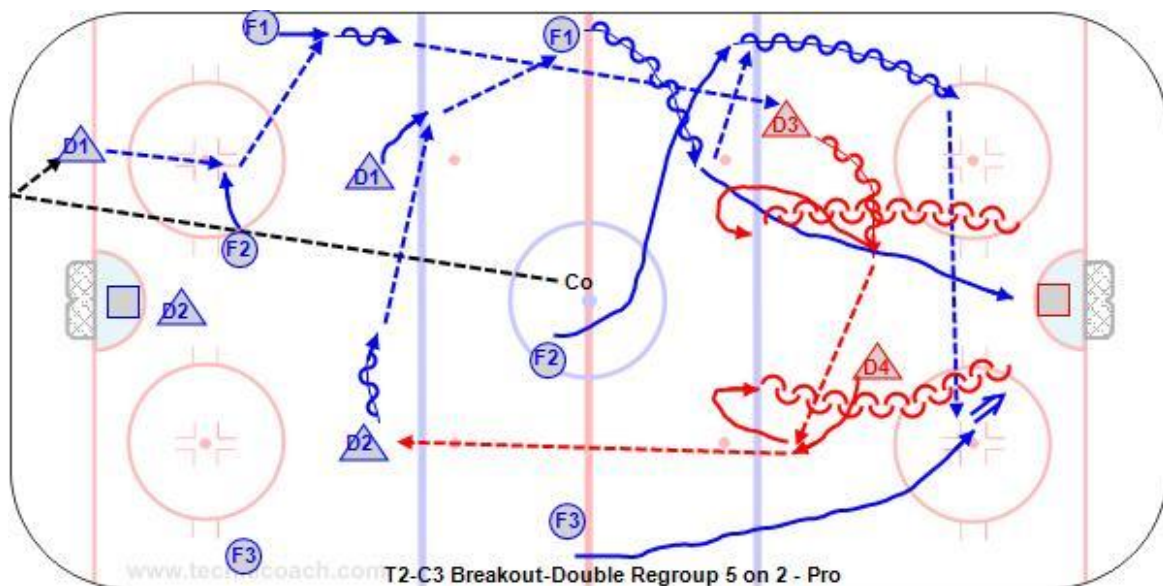
Key Points:

Face the puck and time movement with the play. Fill the three lanes and get to the Big Ice in the neutral zone if possible. Attack with a middle drive if D have a good gap.

Description:

1. Coach dumps puck in.
2. Blue team breaks out.
3. Blue regroup with Red D.
4. Red D simulate a neutral zone turn-over and pass to Blue D.
5. Blue regroup in neutral zone.
6. Blue attack Red D 5 on 2.
7. Give 10" from the start of the regroup for Blue to score.
8. Sprint out of the zone on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130804170228167>



T2-C3, 5 on 2 Four on Attack Pt 2

Key Points:

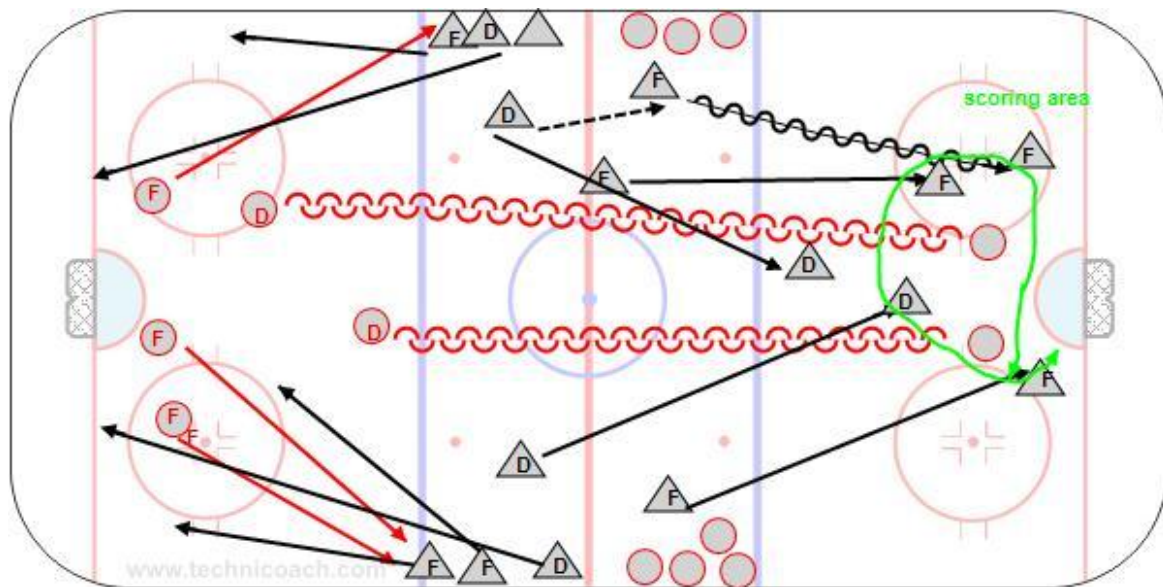
Attack with 4 in the other direction.

Description:

B Part of the 5-2 Drill

1. When the attack is over the coach blows the whistle.
2. Five new players attack vs the 2 D who were just on offense.
3. One D join the rush at least to the top of the circle.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163950468>



T2-D400 Power Play 5-3 - Pro

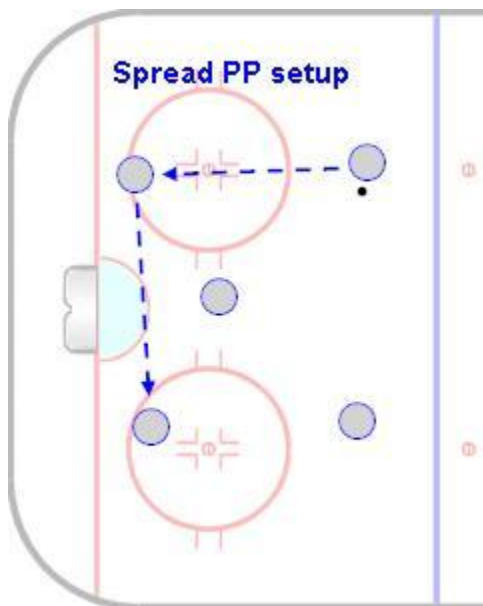
Key Points:

Move the puck quickly to produce one timer shots and back door plays. Outnumber the pk on rebounds.

Description:

1. Set up a 5-3 power play at each end and work one end at a time.
2. Coach spot the puck to start.
3. Power play use one touch passes and shots to score.
5. Power play should use rotation, screens, picks.
6. Player in front screen on point shots and kick back when the puck is low on a side.
7. To spread the pk the low players can start below the goal line and pass behind or walk out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201309181814277>



C300 3 x 1 on 1 and 3 on 3 – Pro

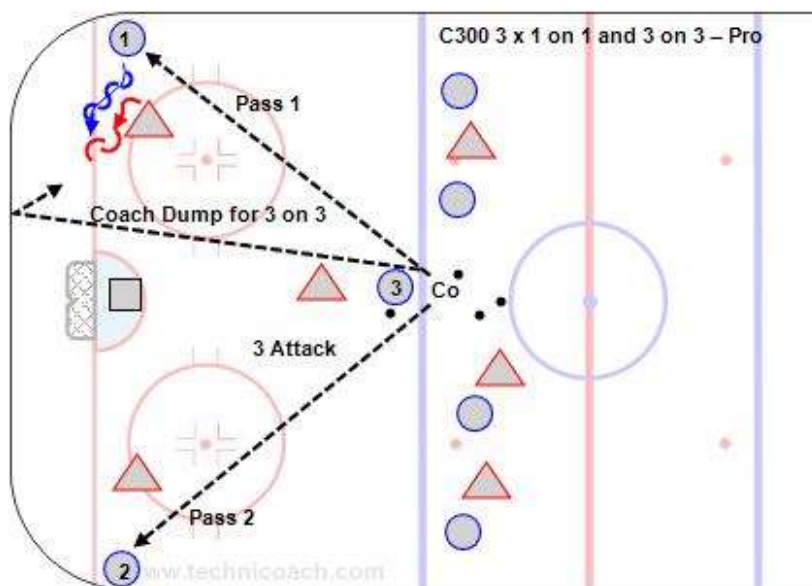
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121231163459840>



Defensive Hockey: Game Playing Roles 3 and 4

B – Checking and Battling Skills

T - Checking Rules and Ethics – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174743488>

A - Tripod Three Point Stance – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162710670>

B - Hip Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314162940630>

B - Pry Puck Loose Along Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140314163150931>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014031416344697>

B - Taking a Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313175050979>

B - Protect Puck on Boards and Escape – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140313174922775>

B - Offensive Bumping – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317152836272>

B - Poke Check

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153424987>

B - Stick on the Puck – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140317153804305>

A - Chip and Spin Escape Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151723521>

B - Blocking Shots – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318151943862>

B - Open Ice Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152158716>

B - Protect the Puck vs. a Poke Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152511571>

B - Shoulder Check – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152745586>

B - Taking an Angle Check on the Boards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140318152953548>

B5 - Neutral zone Angling – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014032014381730>

B - Angling – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B - Block Passes with Shaft of Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144359468>

B - Protect Puck with Stick Slap – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144720442>

B - Protect the Puck with Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144959789>

B - Front Attacker and Take Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140321145928696>

B - Angle Checking – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426120111464>

Body Checking and Battling Contests

These are some really good contests for competing, body checking, toughness. Keep score and make a contest out of these battles. Insist on good technique and keep each rep short.

[E1 Shootout Race – Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428093723982>

[C300 Protect the Dot – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042809423468>

[B300 Escape from Alcatraz – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140428094704988>

C - Defensive 1 on 1 Situations – Sweden

Most of these video clips are from Sweden and show how they practice the 1-1 skills.

[C1, 1 on 1 - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417112911309>

[C6, 1-1 in Front - Point Shots - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417205232314>

[C3 1-1 x 2 From Blue Line and Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041717094974>

[C500 - 1-1 in Front and Support at Point and Behind - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417111338220>

[C300 1-1 Checking From the Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417203022411>

[C300, 1-1 Battle in Front of Net-Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014041719184157>

[C300 1-1 Along Boards - Sweden](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>

[B300 1-1 Checking and Get Puck Out - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417194243900>

One on One - Situation Drills, Transition Games, Games

[Practicing 1- 1 Drills – Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6807>

C - Defensive 2-1 Situations - Sweden

[C1 - 2 on 1 Situations on Dump In - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091917614>

[D400, 2-1, Battle in Slot - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091403276>

[C2 – 2 on 1 with Backchecker – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421092228235>

[C3 - 2 on 1 with 2 Backcheckers – Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421091642365>

[C2, 1-0, Point Shot and 2-1 Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014042109112259>

[T3 - How to Play a Defensive 2-1 - TJ](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140421170229108>

Two on One - Situation Drills, Transition Games, Games

[2 on 1 Drills - Transition Games and Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6808&topic=6808#6808>

C and D - 2 on 2 Situations - Sweden

[C3 - 2 on 2 from Neutral Zone - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426131816777>

[D400 - 2 on 2 in Front - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426133052898>

[D400 - 2 on 2 in Corner - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140426132407364>

[D400 - 2-2 with Passes from Below Goal Line - Sw U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506110551821>

Two on Two - Situation Drills, Transition Games, Games

[2 on 2 Drills - Transition Games - Games](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6809&topic=6809#6809>

C – DT - 3 on 2 Situations - Sweden

[C3 - 1-1 to 2-2 to 3-2 Progression - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140507155232755>

[C3 - 3 on 2 with a Backchecker - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140507154629235>

[DT100 - 3 on 2 x 2 Transition to 5-5 - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014050715434853>

Three on Two - Situation Drills, Transition Games, Games

[3 on 2 Drills, Transition Games, Shoot-out, Instruction](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6812&topic=6812#6812>

D - 3 on 3 Situations - Sweden

[D202 - 3 on 3 Keepaway in Neutral Zone - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140508102012811>

[D400 - Low 3-3 on Dump-in - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140508101708240>

[D400 - 3 on 3 Starting with Face-off - Sw](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014050810143129>

Three on Two - Situation Drills, Transition Games, Games

[3 on 3 Situations from ABC Forum](#)

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6810&topic=6810#6810>

Defensive Technique Drills

[B5 Forecheck Skills Deflect-Steer-Angle-Finish Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

[B5 - Neutral zone Angling - Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>

[B500 Angling and Escapes](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>

[B500 Defensive Side with Stick on the Puck - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

B500 Defensive Drill to Keep the Stick on the Puck – Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>

[C2 Angling 2-1 Wally - Pro W](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>

[C2 Angling Drill](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174240723>

[D4 Attack and Defend the Dot](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101218074836562>

[D400 2-2 passes from behind net - Sweden U20](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120131091959989>

[D200 Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20111005185904685>

[D200 Straight on Angling Game 1-1 to 3-3](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140607111112834>

T3-4 King-Kozak Defensive Zone

Key Points:

Defensive player must quickly close the gap and maintain defensive side and with stick on the puck, body on body.

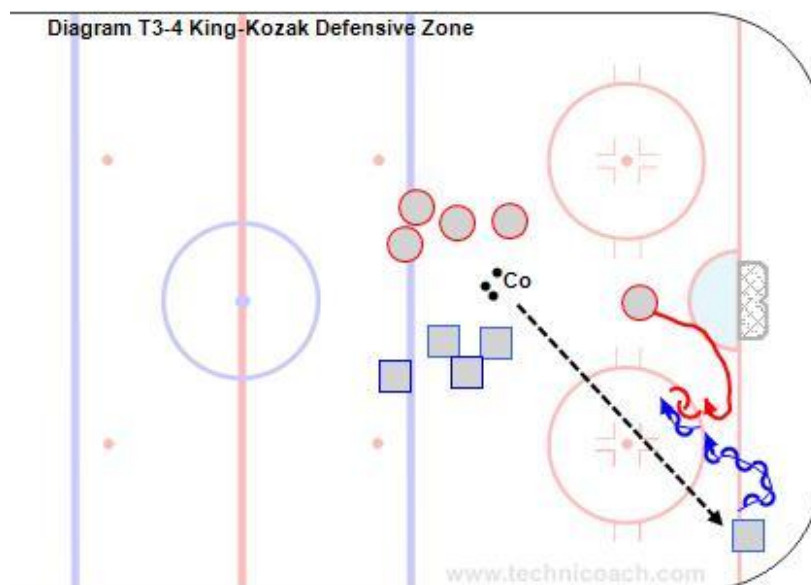
Description:

1. Defender or defenders start on two knees in front of the net.
2. Attacker stands waiting for a pass from the coach. If multiple attackers then spread out.
3. Coach passes to the attacker and defender stands and defends.
4. Add another attacker and defender.
6. Add a third attacker.
7. If the puck is cleared, frozen or a goal the coach quickly passes another puck to an attacker and the play re-starts.

*Option is to have uneven situations and add attackers and defenders as you go.

*To create more space the coach and waiting players move back to the blue line. You can go up to 5-5 with this drill.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150202092547285>



TB500 Body Contact Clinic

Key Points:

Start with a good athletic position of knee bent, back straight, seat low with the head on top of the shoulders and not hanging over the ice. Follow this instruction with 1 on 1 drills and transition games.

Description:

A. Partners bump

1. Hook wrists and bump standing then skating. Come back using other shoulder.
2. Skate apart one stride then back and bump

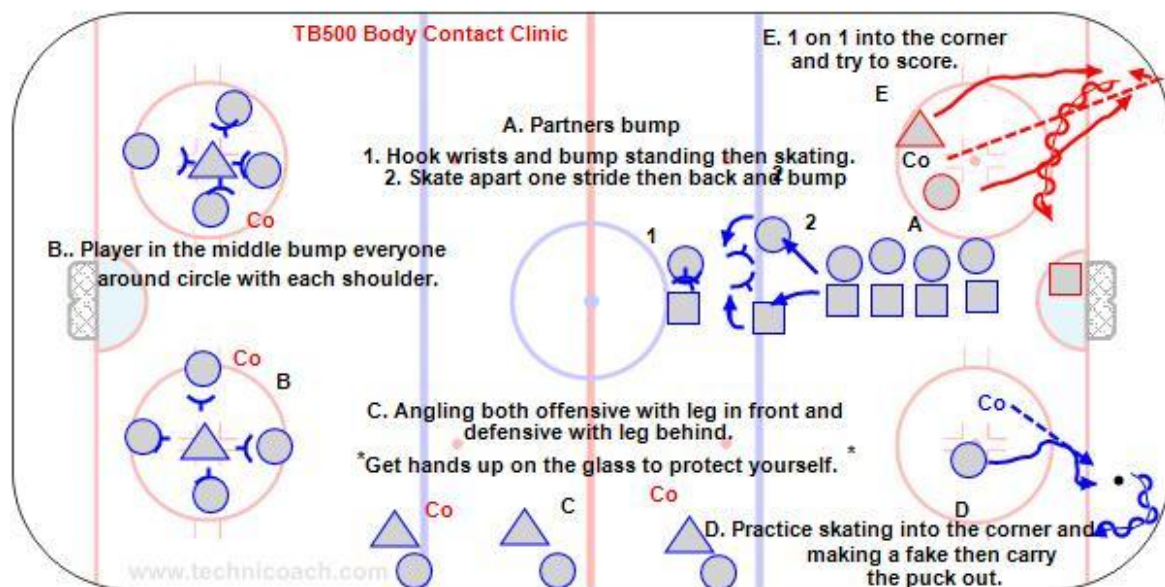
B. Player in the middle bump everyone around circle with each shoulder.

C. Angling both offensive with leg in front and defensive with leg behind. Get hands up on the glass to protect yourself.

D. Practice skating into the corner and making a fake then carry the puck out.

E. 1 on 1 into the corner and try to score.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174243862>



T4-2 5-5 Low Breakout 5-2 – Detroit

Key Points:

Defenders communicate to play man on man or switch. Weak side forward cover the front of the net if defending 3 on 3 on one side.

Description:

1. Start 5-5, offense F1 has the puck in the corner.

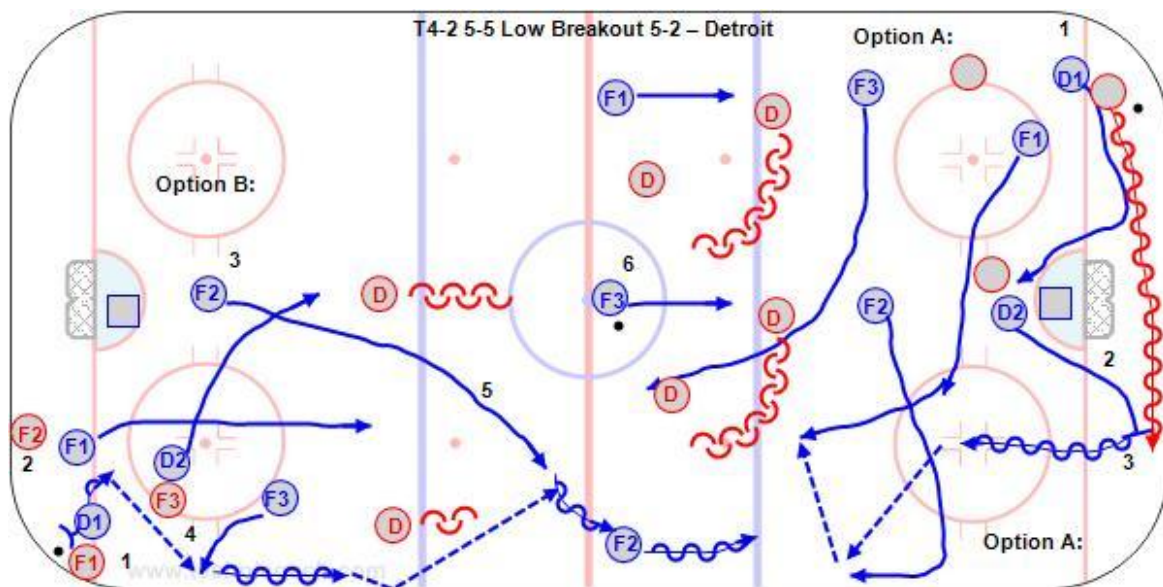
Option A:

2. Puck carrier goes behind the net, D1 switch with D2 in front who plays the puck carrier.
3. D2 takes the puck of F1 and makes a breakout pass.
4. Attack 5-2. Wide wing cut across then finish with a middle drive.

Option B:

1. Start 5-5 and F1 has the puck in the corner.
2. F1-F2-F3 cycle in the corner vs. D1-D2-F1 who play man on man low.
3. Defensive F2 has net coverage and F3 strong side point.
4. After one cycle defender take the puck and make a breakout pass.
5. F2 cut across the middle for a chip out behind the D.
6. Attack 5-2 with middle drive and 4 on the attack.

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B500 Defensive Zone Skating

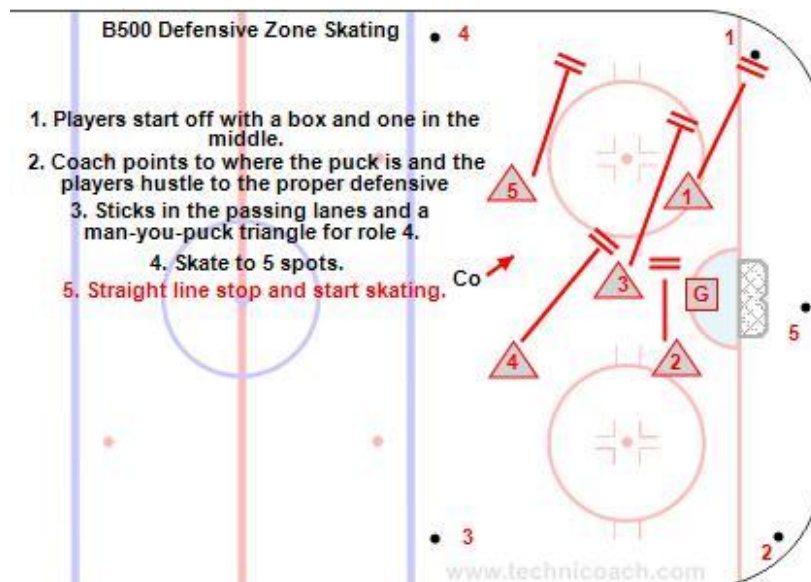
Key Points:

Players skate according to their position in the defensive zone. You should skate as if there is an attacker in front of the net and three attackers cycling on the strong side with the middle forward covering the front of the net.

Description:

1. Players start off with a box and one in the middle.
2. Coach points to where the puck is and the players hustle to the proper defensive position.
3. Sticks in the passing lanes and a man-you-puck triangle for role 4.
4. Skate to 5 spots.
5. Straight line stop and start skating.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105908648>



T4 - Penalty Kill vs. Diamond - Fall Under

Key Points:

Top two players I-up with the first player blocking the shot and the second player falls under. D block shots when the puck is on their side. Defenders never get tied up and skate in straight lines.

Description:

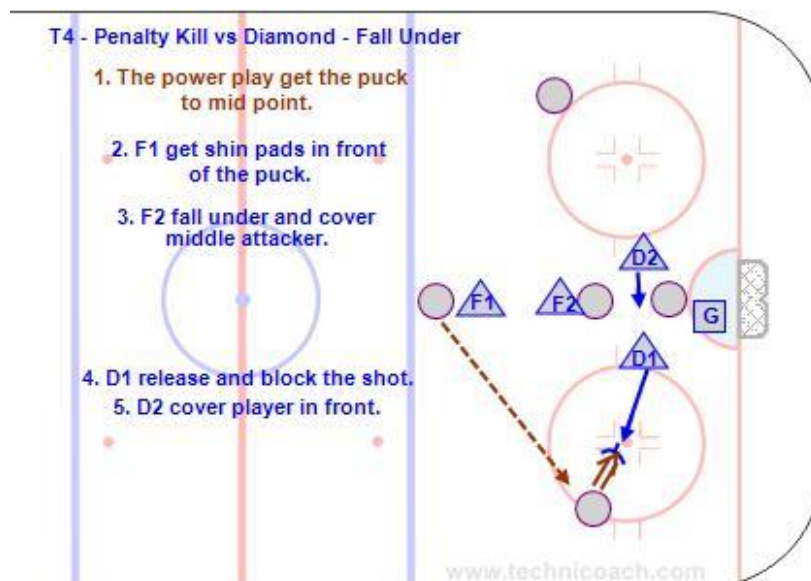
Defending vs. the Diamond 1-3-1

1. The power play gets the puck to mid point.
2. F1 get shin pads in front of the puck.
3. F2 fall under and cover middle attacker.
4. D1 release and block the shot.
5. D2 cover player in front.

Defending vs. the Umbrella

If it is a high umbrella and there isn't an attacker in the mid slot, then F2 can move to the side the puck is passed and block the shot.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120521102728277>



T4 - Teaching Total Hockey in the Defensive Zone

Key Points:

The game is played 1-2-3-4-5. Players must have the skill to count to 5 and recognize where they are on the ice in relation to teammates and the zone they are in.

Description:

A. Players line up and enter the defensive zone calling out their number.

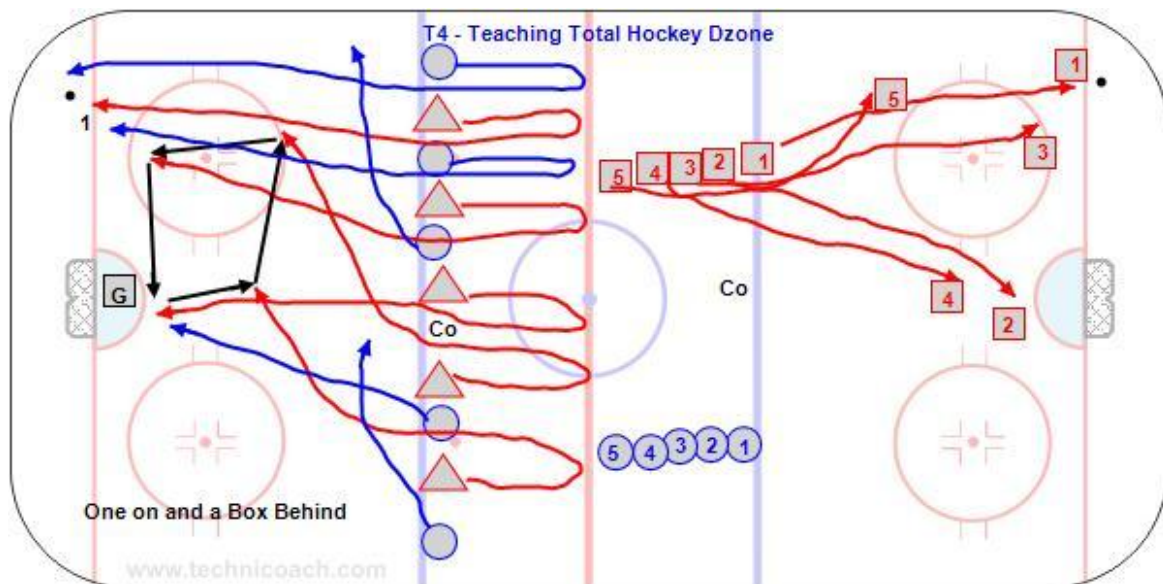
- The coach places the puck in various areas.
- Progress to all leaving in random order and calling out their number and going to that area.

B. Offensive and defensive player skate from the blue to the red line while the coach shoots the puck in.

- Players go to defensive responsibilities 1-2-3-4-5 in a combined man to man zone defense of ONE on and a BOX BEHIND.

-Blue try to score and Red defend and pass to coach on turnover.

- Alternate between attacking and defending.



T4 TSUNAMI Forecheck 2-1-2 Wide Pressure

Key Points:

This is basically man to man aggressive coverage. Players must create good checking angles, force inside to outside, stick on the puck and body on body. On a rim or any pass to the weak side wing the middle D pressures hard and the strong side D must support the pinching D and F3 fill. The pressuring D stays low and joins the attack. If the puck is moved across to the original side then F3 who covered the middle point now pressures the weak side boards. "THERE IS NO ESCAPE FROM THE TSUNAMI."

Description:

Original Pressure on Strong Side

1. F1 on the puck.
2. F2 on the other D.
3. F3 cover F on wall.
4. D1 cover the weak side forward.
5. D2 lock on player in the middle.

When puck goes to weak side.

- 1-F1 back thru middle.
- 2-F2 pressure D pursue puck denying regroup touch back to D.
- 3-F3 fill original strong side point.
- 4-D1 pinch on wide wing.
- 5-D2 slide across and fill behind D1.

**D1 stay low in the offensive end and join the F1 and F2 cycling and attacking.*

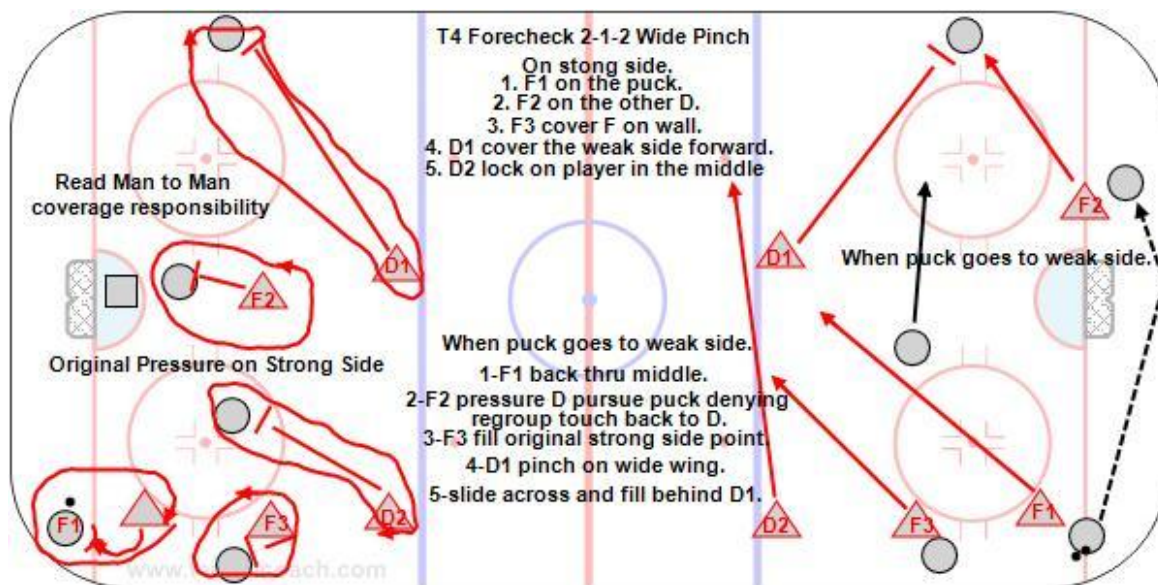
The puck goes back to the original side.

- 1- Original F3 who is covering the mid-point pressure the weak side winger.
- 2- Original D2 slide across to support pinching F3.
- 3- #3 on the forecheck cover the middle point.
- 4- #2 pressure the puck denying pass back to their D.
- 5- #1 come hard back thru the middle and become the new #3.

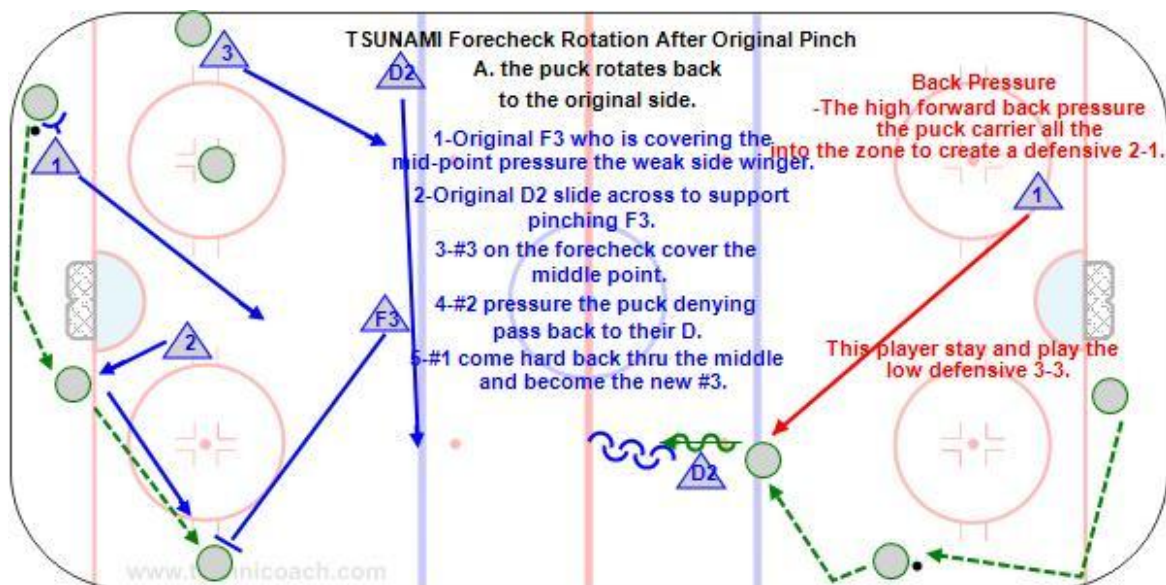
Back Pressure

-The high forward back pressure the puck carrier all the way into the zone to create a defensive 2-1. This player stay and play the low defensive 3-3.

TSUNAMI man to man responsibilities and rotation on the weak side pressure or pinch.



TSUNAMI rotation if the puck is moved back to the original side and BACK PRESSURE responsibility.



B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

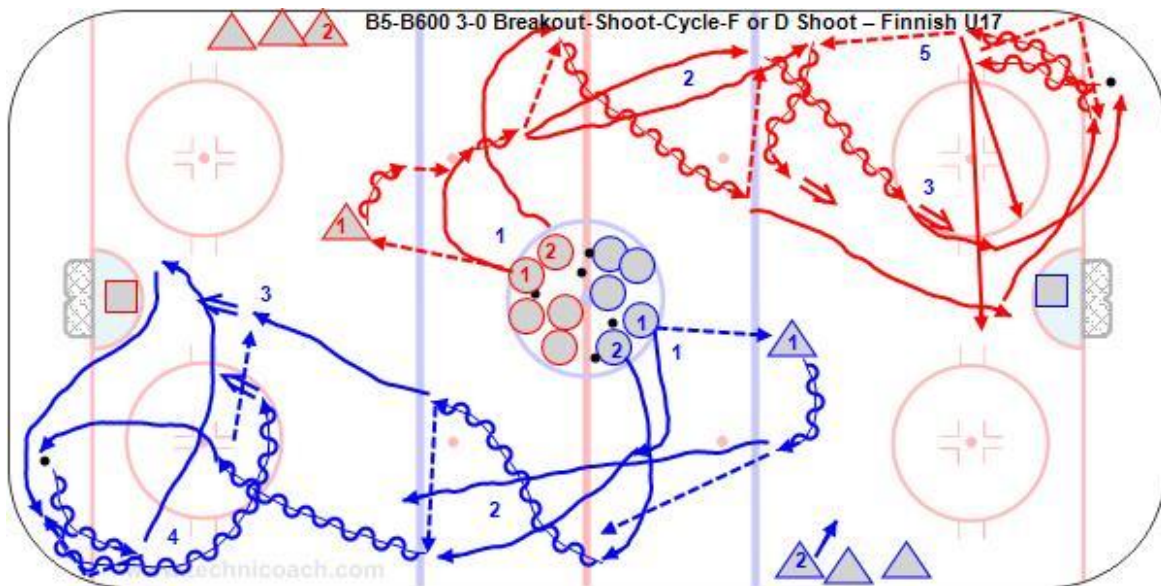
Key Points:

Do everything with quick feet. Make hard passes and D follow the play right away. Forward go to the 'Big Ice' between the dots with the puck.

Description:

1. Start in the middle circle and 2 F regroup with one D.
2. Attack 2-0 and D follow.
3. Shoot then rebound.
4. Forward pick up a puck in the corner and cycle once and go to the net and shoot.
5. Second option: get a new puck - cycle and pass to the point and screen or shot pass.
6. Do this from both sides.

http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp



C2 Back Pressure-Low 3-3 – Pro

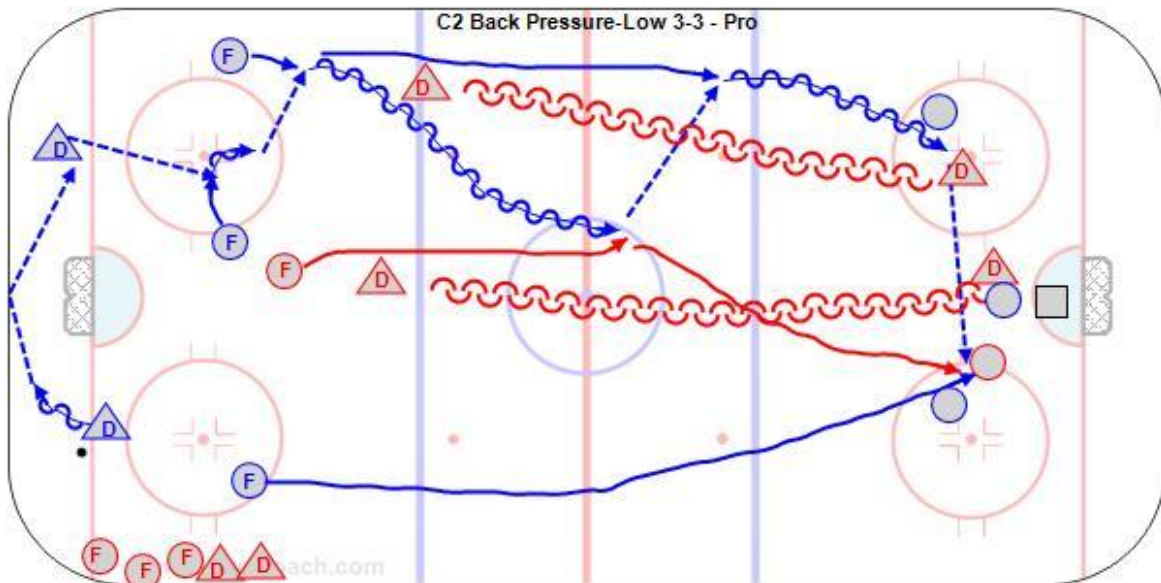
Key Points:

Back pressure through the neutral zone. Defenders stay on the defensive side and attackers fight to get on the offensive side.

Description:

1. Players line up on one side.
2. Start with a D to D to F breakout and 3 F attack.
3. Defend with 2 D and 1 F.
4. F back pressure the puck through the nzone.
5. Defenders communicate and pic up one attacker each in the defensive zone.
6. Play the low 3 on 3 until a goal, frozen puck or the defenders break out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140101161511427>



C3 - Dump-Breakout 5-0-Regroup-3-2 - Continuous – Pro

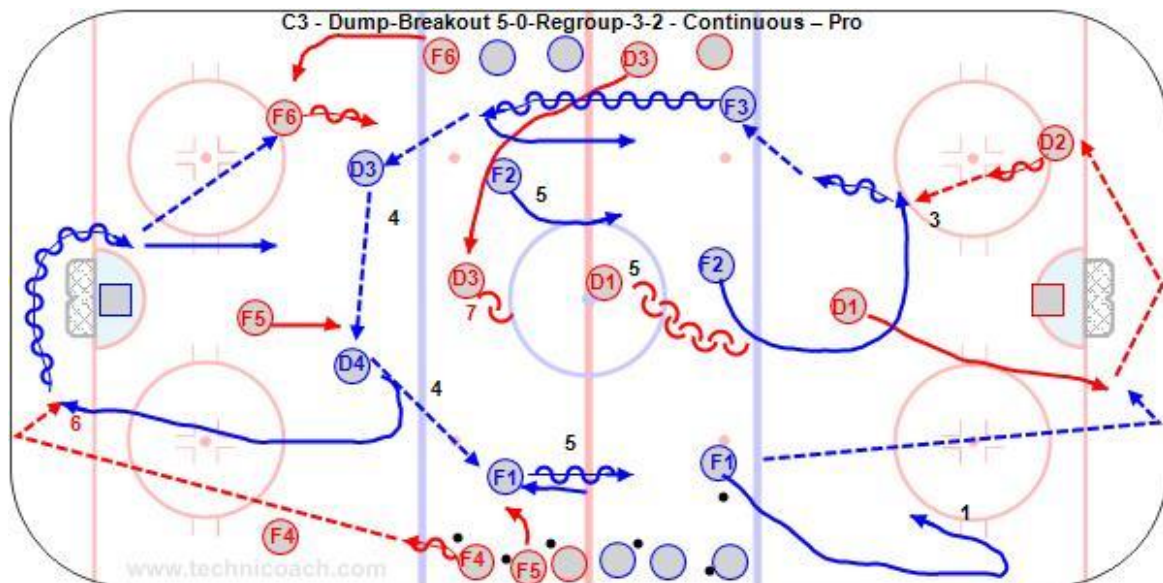
Key Points:

Defense should check when going back for the puck. Forwards support on the boards middle and far wing. D practice D to D options and hinges as well as quick ups. D skate to the big ice between the dots before passing.

Description:

1. F1, F2 or F3 dump the puck in and D1 and D2 skate back for the puck.
 2. D3 and D4 follow the play.
 3. D1 or D2 make a breakout pass to F1, F2 or F3 and follow up ice.
 4. Forwards regroup with D3 and D4 in the neutral zone.
 5. F1-F2-F3 attack 3-2 vs. D1-D2.
 6. F4-F5-F6 dump the puck into the far end and D3-D4 skate back for the puck and breakout.
 7. F4-F5-F6 regroup with D5-D6 in the neutral zone and attack 3-2 vs. D3-D4.
- Continue this flow.
 - Instead of the first regroup D3 or D4 could dump the puck in the other corner and D1-D2 break out again before the regroup and 3-2.

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C3, 5 on 2 Attack and Forecheck

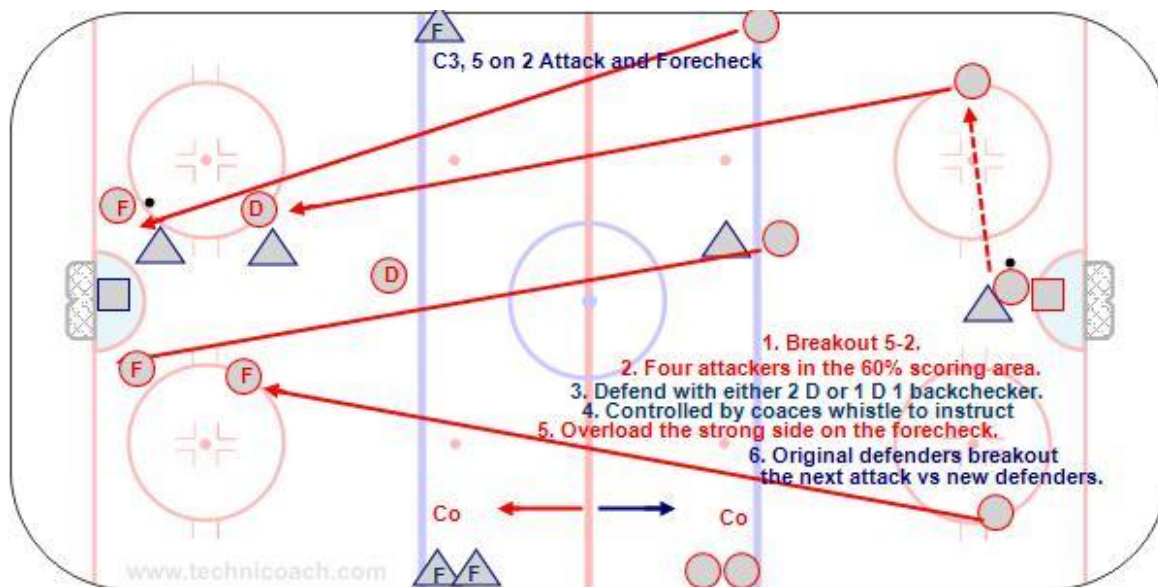
Key Points:

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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T4 D400 - PK 3-5 vs. a Spread PP

Key Points:

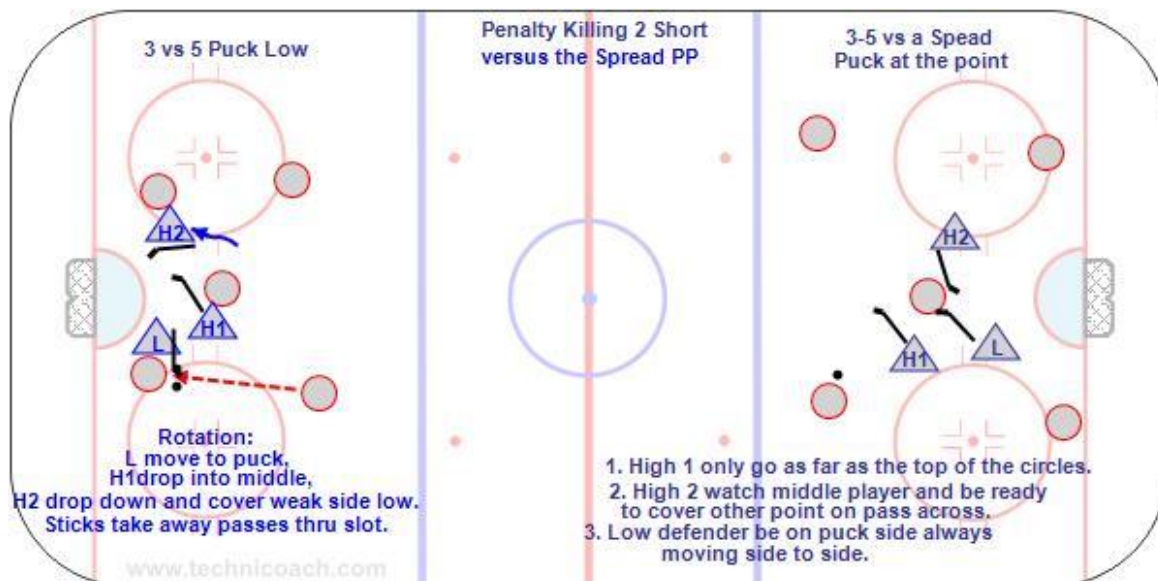
The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

Description:

1. When the puck is passed down the D in front moves to that side.
2. Weak side high player drop low to take away back door one timer.
3. Strong side high player drop down and front the middle attacker.
4. Strong side high player get in shooting lane when puck is at the point.
5. Weak side high player cover middle and take away cross ice pass with stick.
6. Low player eliminate tip ins in front but don't get tied up.
7. D to D pass everyone shift.

(Right low player in last minute doesn't move out and back and many openings are created. Important to skate in straight lines from the net out to low, middle, high spots)

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D400 Penalty Killing Practice

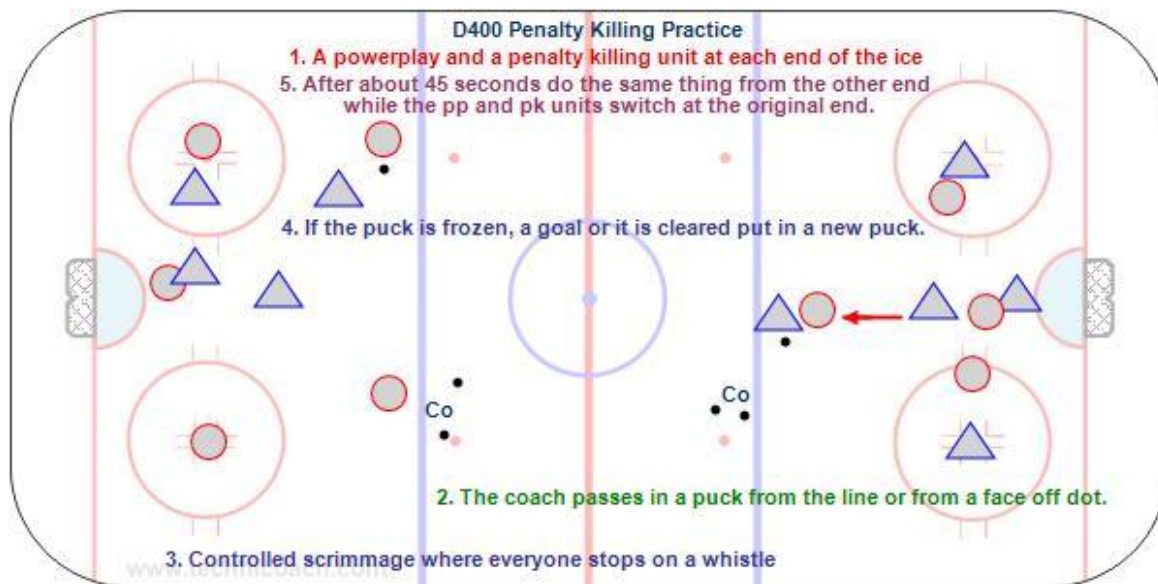
Key Points:

Closest player must pressure the puck in straight lines from the net out. Skate back when the puck is passed. Stick on the ice in passing lanes and stick on the puck when checking. Do not get tied up. Block shots.

Description:

1. A powerplay and a penalty killing unit at each end of the ice.
2. The coach passes in a puck from the line or from a face off dot.
3. Controlled scrimmage where everyone stops on a whistle.
4. If the puck is frozen, a goal or it is cleared put in a new puck.
5. After about 45 seconds do the same thing from the other end while the pp and pk units switch at the original end.

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video



T4 D400, 3 on 3 Attack and Defend

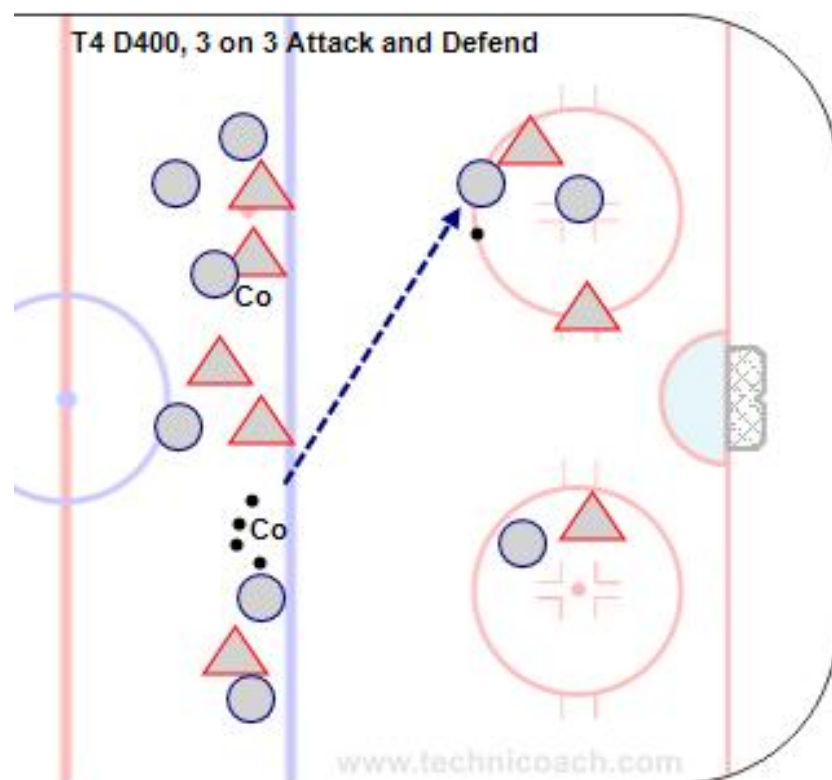
Key Points;

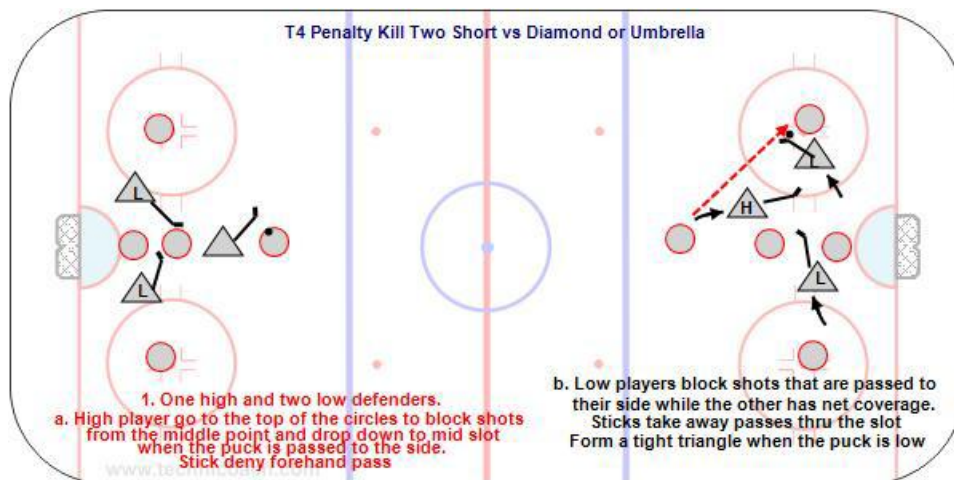
On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

Description:

1. Players wait outside the blue line. 3 offensive and 3 defensive players go into the zone and the coach passes to an attacking player or dumps the puck in. Play about 20”.
2. Defenders try to skate the puck out and attackers to score. On a quick goal or shootout the coach puts in another puck.
3. Coaches can focus on any aspect of the attack or defense.

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T4 Penalty Killing 2 Short vs. the Spread Power Play

Key Points:

- Skate in straight lines up and back.
- Only pressure if you can get there the same time as the puck or the back is turned.
- Don't get tied up or finish checks.
- Stick on the ice and on the puck.
- Shin pads blocking shots, sticks take away passes thru the slot.
- Form a tight triangle.

Description:

-5 vs 3 versus a Spread with the Puck at the Point

1. High 1 only go as far as the top of the circles.
2. High 2 watch middle player and be ready to cover other point on pass across.
3. Low defender be on puck side always moving side to side.
4. When puck is passed to low player.

Rotation: L move to puck, H1 drop into middle, H2 drop down and cover weak side low or if the middle player stays at the top of the crease cover him.

Sticks take away passes thru the slot.

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T4 Swarming in the Defensive Zone

Key Point:

When the puck is loose in the defensive zone along the boards or in the corner the defenders collapse and outnumber the attackers by swarming.

Description:

Defense Swarm when the offensive player is facing the boards.

Puck at the half-boards

- F1 the low forward plays the puck carrier.
- D1 cover support player.
- F3 slide down along boards to get loose puck.
- D2 support from near the dot.
- F3 has net and mid point coverage.

Puck in the corner.

- D1 play the puck carrier and F1 support and - D2-F2-F3 have the same coverage.

Ottawa - <http://www.youtube.com/watch?v=xggV1lQSqWA>

Phoenix - <http://www.youtube.com/watch?v=nZ5K9wqoihk>

Washington - <http://www.youtube.com/watch?v=1AGxbzYINg0>

U of Wisconsin - http://www.youtube.com/watch?v=SxXavoQBT_M

T4, 5-2 Forecheck and Regroup - Czech U17

Key Points:

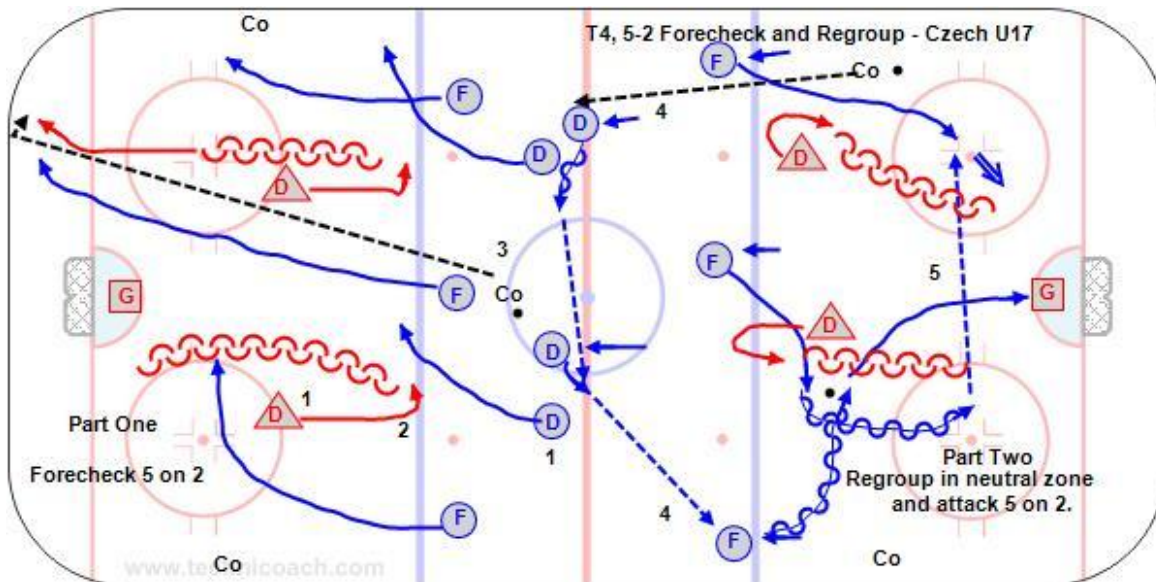
Teaching method for instructing the forecheck so all the players understand. This can be used to teach any forecheck.

Description:

1. Two defenders are at the top for the circle and five attackers in the neutral zone.
2. Start with 2 D who skate forward to the blue line and then backward.
3. The coach dumps the puck in and 5 players forecheck vs. the 2 D and two coaches who are outlets along the boards.
4. When the D pass to a coach, or on a goal the puck is dumped down to the far blue line where the attackers regroup and attack 5-2.
5. Play until the attack is finished.

*Rotate so all the lines and D pairs practice.

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TD400 Aggressive PK - Both Ends - Pro

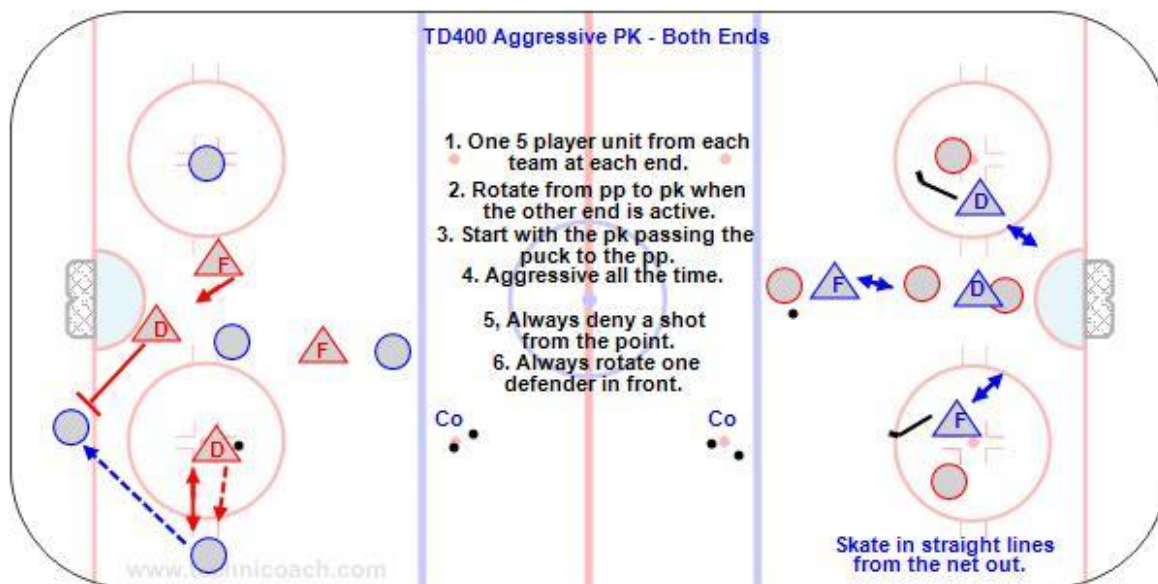
Key Points:

Defenders skate in straight lines lined up with the net. Sticks in passing lanes and on the puck when pressuring. Shin pads in front of the puck to block shots. D pressure first when the puck is at the half boards or low, then rotate the diamond box.

Description:

1. One 5 player unit from each team at each end.
2. Rotate from pp to pk when the other end is active.
3. Start with the pk passing the puck to the pp.
4. Aggressive all the time.
5. Always deny a shot from the point.
6. Always rotate one defender in front.

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T4-D400 Penalty Killing 4-5 - Pro

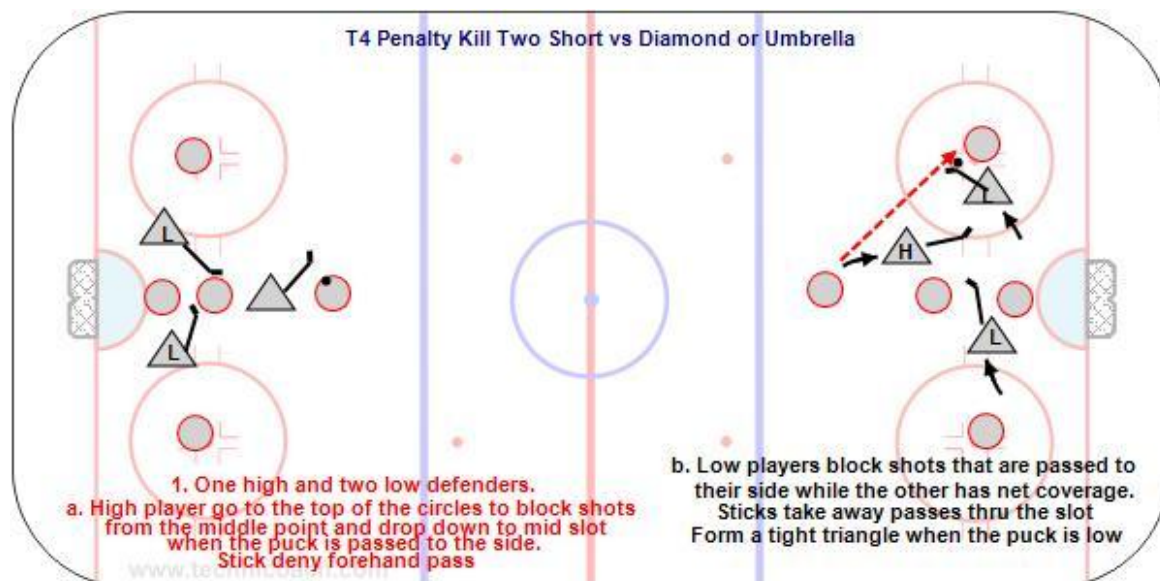
Key Points:

Skate in straight lines from the net out. Sticks must deny the most dangerous pass. Stick on the puck when checking. Block shots.

Description:

1. Practice specialty teams at both ends and rotate pp and pk when the puck is at the other end.
2. Coach spot a new puck when the original is out of play.
3. Closest defender check the puck carrier. Pressure when they see numbers or poor control and stay with player when they skate with the puck. Contain is there is complete control in the triple threat position.
4. Skate in straight lines from the net out.
5. Priority is to deny shots from the point and the slot.
6. On passes from mid-point to a player at the side the middle checker should drop straight back and not chase the puck (this team had a pk % in the 70's which was last in the NHL until they did this instead of chasing passes laterally. They got killed on the touch back which allowed the mid point time to do anything he wanted.)
7. Overload the strong side and give them the player who is two passes away but deny the cross ice pass with sticks in the passing lane.

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TD400 Specialty Team Scrimmage

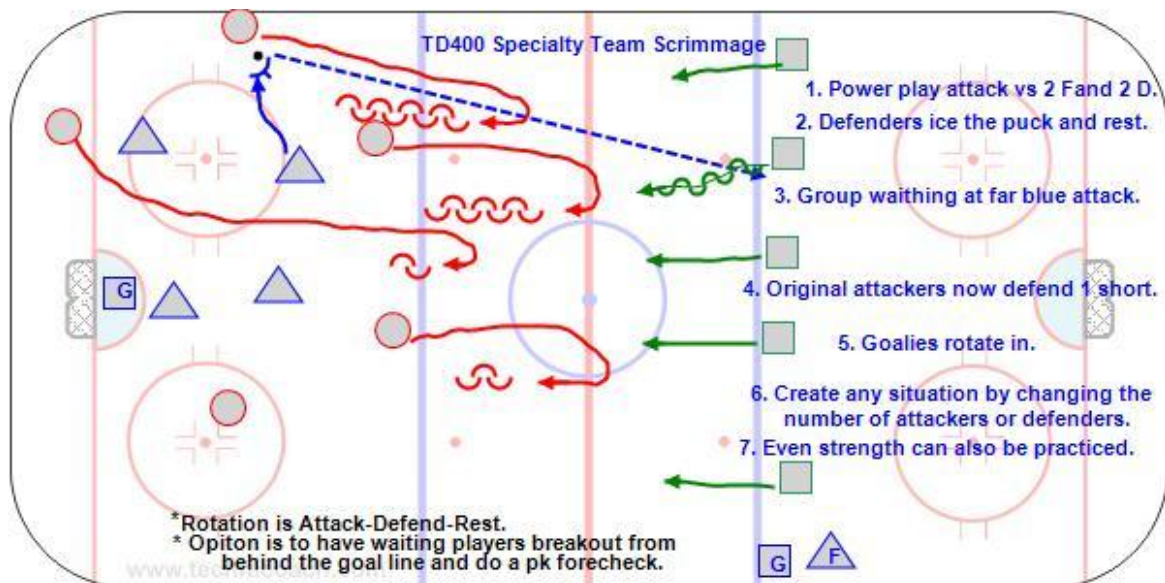
Key Points:

Rotation is Attack-Defend-Rest. Number the players so they know when to not defend. In even numbered situations you can require the defenders to breakout into the neutral zone before passing.

Description:

1. Power play attack vs 2 F and 2 D.
2. Defenders ice the puck and rest.
3. Group waiting at far blue attack.
4. Original attackers now defend 1 short.
5. Goalies rotate in.
6. Create any situation by changing the number of attackers or defenders.
7. Even strength can also be practiced.

*Option is to have waiting players breakout from behind the goal line and do a pk forecheck.



D400 Team Play Scrimmage

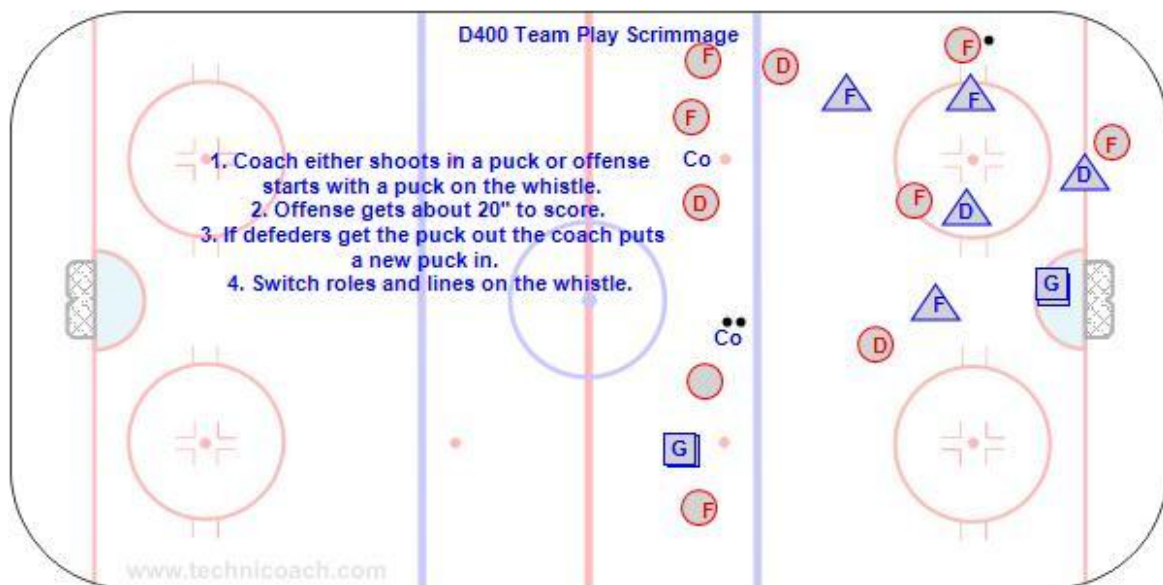
Key Points:

On offense try to create 2 on 1's and constantly go to the net and change the point of attack. On defense play from the defensive side with the stick on the puck, communicate and everyone cover one attacker.

Description:

1. Coach either shoots in a puck or offense starts with a puck on the whistle.
2. Offense gets about 20" to score.
3. If defeders get the puck out the coach puts a new puck in.
4. Switch roles and lines on the whistle.

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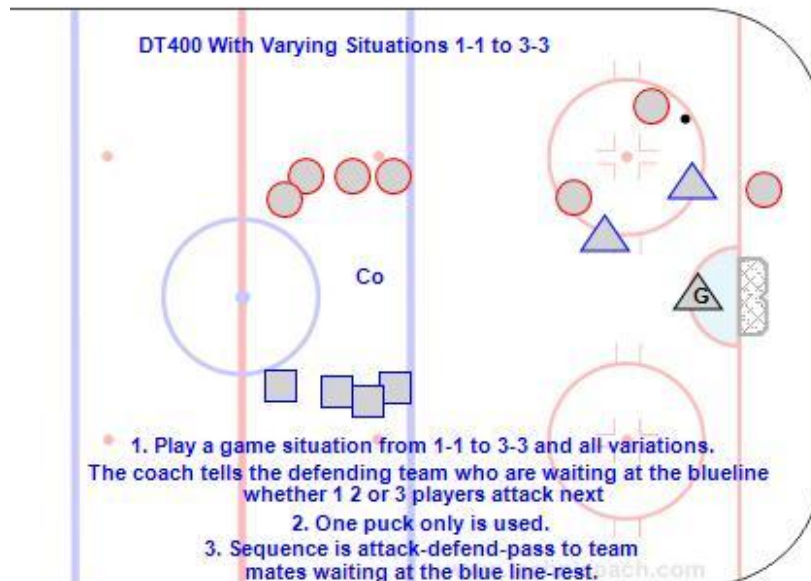
TD400 With Varying Situations 1-1 to 3-3

Key Points:

The defenders have to recognize the new situation and communicate 3 on 1 or 2 on 2 etc. Vary situations from 1-1, 1-2, 2-1, 1-3, 2-3, 3-3, 3-2, 3-1.

Description:

1. Play a game situation from 1-1 to 3-3 and all variations. The coach tells the defending team who are waiting at the blueline whether 1 2 or 3 players attack next vs the attackers who must defend when they lose the puck.
2. One puck only is used.
3. Sequence is attack-defend-pass to team mates waiting at the blue line-rest.



T2-4 Team Play Video Clips

Most but not all of these are pro men or women.

[T2 - B5 - Static then Moving One Timer - Pro](#)

[T2 - B6 - 2-0 Skate to Big Ice-X and Drop-Shoot - Pro](#)

[T2 - B6 - 2-0-Gain Zone-X and Drop - Pro](#)

[T2 - B202 - Agility Skate Pass - Pro](#)

[T2 - B6 - Pass to F-Shoot-Screen-Point Shot - Pro](#)

[T2 - B5 - Stretch BO-RG-5-2 - Pro](#)

[T2 - B5 - 2-0 X and Drop-Shoot-Low Cycle - Pro](#)

[T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door - Pro](#)

[T2 - C2 Breakout 5-3 Attack 5-2 – Pro W](#)

[T2 - 3-0, 3-2, RG 3-2 - Middle Drive - Pro](#)

[T2-C3 5-2 RG x 2 Attack 5-2 - Pro](#)

[T2 Defensive Zone Face-off - Breakout 5-2 Attack - Regroup 5-2 Attack - Pro](#)

[T2 - Three Forecheck-Breakout 5-0 – Attack - Cycle-Back Door Pass x 2 – Pro](#)

[T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro](#)

[T2 - RG 5-0 x 3 Pass to Each Lane - Pro](#)

[T2 - 5-5 - BO-5-0 Rush-Low Cycle x 2 - Pro](#)

[T2 - RG-5-0 Middle Drive-High Cycle F-D-D-F - Pro](#)

[T2 - B600 - RG-D-F-Stretching F - Pro](#)

[T2-B4 - Stretch BO 2-0, D Screen Shot - Pro](#)

[T2 - B4 Chip Puck in On Stretch Pass - Pro](#)

[T2 Kingston PP Rotation - U18F](#)

[T2 - Touch Back to C on Pinch 3-1 - Pro](#)

[T2 - 4-0 Breakout-Regroup 2-1 - Pro](#)

[T2 Spread Power Play 2 Below Goal Line](#)

[T2 - 2-1-2 Spread PP - Pro](#)

[T2 - C2 3-2 BO vs Pinch 3-1 - Pro](#)

[T2 D100 RG 5-3, 5-0 High Cycle x 2 - Pro](#)

[T2 High Slot Rotation Options - Pro](#)

[T2 RG 4-0 D Join Rush - 3 on 2 - Pro](#)

[T2-4 Start Behind Net 3-3 then 3-5 - Pro](#)

[T2 - F-D-D High Cycle - Shot Pass - Pro](#)

[T2 - C2 Breakout 5-3 Attack 5-2 – Pro W](#)

[T2 - Three Forecheck-Breakout 5-0 – Attack - Cycle-Back Door Pass x 2 – Pro](#)

[T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2](#)

[T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro](#)

[T2 - Breakout vs. One Forechecker – 5-0 Attack Options – Pro](#)

[T2 Defensive Zone Face-off - Breakout 5-2 Attack - Regroup 5-2 Attack – Pro](#)

[T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro](#)

[T2-4, 3-0, 3-2, NZ Regroup, 5-2, 3-0 Forecheck - Pro](#)

[T2-4 Low 3-2, 3-2 W Backcheck, 5-5 - Pro](#)

[T2-4 BO, 5-2, NZ RG, 5-2, Dzone Position - Pro](#)

[T2 5-0 High Cycle, Dump 5-3 Bo - Pro](#)

[T2 D100 5-5 NZone Face-off - Pro](#)

[T2-C2 - Nzone Forecheck - Turnover to D and F - Attack 5-2 – Detroit](#)

[T2-Breakout vs. One Forechecker – 5-0 Attack Options – Pro](#)

[T2 – Defensive Zone Face-off Breakout – Attack 5-2 – Regroup 5-2](#)

[T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro](#)

[T2 3 Shots- NZ Regroup x 4 Options - Prospects](#)

[T2 B5 - 1-2-2 Forecheck 1 - Puck in Corner - Sw](#)

[T2 B5 1-2-2 Forecheck 2 - Rotation on D to D](#)

[T2 B5 Forecheck 3, 1-2-2 F1-F2 Switch - Sw](#)

[T2 - B5 Breakout 5-0 Attack 3-2 - Kazakstan W](#)

[T2-4 PP Breakout to 4-2 and 2-1 - Pro W](#)

[T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 - Pro](#)

[T2 B6 3-0 Middle Drive Attack Options – Pro](#)

[T2-D400 Power Play 5-3 - Pro](#)

[T2-4 D400 Specialty Team Practice](#)

[T2-4 C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 - Pro](#)

[T2-4 Low 3-2 Pro W](#)

[T2 B6 3-0 Attack Options - Middle Drive - Pro](#)

[T2-D400 Power Play 5-3 - Pro](#)

[T2-D400 Power Play 5-4 - Pro](#)

[T2, C3 Breakout 5-2 Regroup 5-3](#)

[T2 D100 Power Play](#)

[T2-C3 Breakout-Double Regroup 5 on 2 – Pro](#)

[T2 - B600 Isolate Wide D on 2-2 - Pro](#)

[T2 6 on 5 with Goalie Pulled](#)

[T2 – D400 – Diamond 1-3-1 Power Play](#)

[T2 - D400 - Spread 2-1-2 Power Play 5 on 3 - Pro](#)

[T2-4, D400 PP and PK 5-4 - Pro](#)

[T2 Kingston Power Play and Team Play Rotation](#)

[T2 5 vs 2 Coaches - Canada U20](#)

[T2 Support by Taking the Ice Behind](#)

[T2 D100 Controlled Breakout Reads-U20](#)

[T2-C2 - Nzone Forecheck - Turnover to D and F - Attack 5-2 – Detroit](#)

[T2-4, 3-0, 3-2, NZ Regroup, 5-2, 3-0 Forecheck - Pro](#)

[T2-4 - PP 5-3 Diamond vs. PK - Pro](#)

[T2-4 - D400 - PP-PK Pressure Point - Pro](#)

[T2-4 C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 - Pro](#)

[T2-4 Low 3-2 Pro W](#)

[T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro](#)

[T2-4 D100 PP and PK - Pro](#)

[T2-4 - D-D-W BO - 3F Backcheck 5-3 - Pro](#)

[T2-4 D100 5-5 FC, BO 5-0, Cycle Back Door x 2 - Pro](#)

[T2-4 D100 FO, PP-PK](#)

[T2-4 D400 FO, PP-PK](#)

T2-4 – D100 Stretch Breakout – Pro

T2-DZ FO BO 5-2-RG-5-2 - Prospects 2

T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

T2-4 D100 Forecheck and Breakout-U20

T2-4 - D400 - 3-3 Puck Behind Net to 3-5 or 5-3 - Pro

T2-4 - B5 - 5-5 BO-Cycle-Pass to Middle D - Pro

T2-4 - D100 - 3 Team PP-PK Scrimmage - U18F

T2-4 - D100 - Controlled Scrimmage - Pro

T2-4 – D100 Stretch Breakout – Pro

T2-4 PP Breakout to 4-2 and 2-1 - Pro W

T2-4 Breakout 5-2 to Dzone Review - Prospects

T2-4 3-2 to Forecheck Review - Prospects

T2-4 - 3 on 3 Start Behind Net - Pro

T2-4 - Slot Set to Diamond PP Rotation and Swarming PK - Babcock

T2-C3 Breakout the Beat the Passive Trap

T2-4 D400 Specialty Teams Practice

T2-4 D400 PK and PP Rotation-Detroit

T2-4 D400 Attack and Dzone-Detroit

T2-4, D100 Breakout vs Nzone Trap-Detroit

D100 - T2-4 – Full Ice Specialty Team Practice

T2-4 D100 Power Play and Penalty Kill Scrimmage

T4 - FO and Nzone Forecheck - Pro

[T4 - B5 - 5-0 BO Options x 3 - Attack-Point Shots x 2 - Pro](#)

[T4 - 5-5 Backcheck After a D to D to W - Pro](#)

[T4 - 5-5 Forecheck Practice U22W](#)

[T4 - 2-1 Forecheck CW](#)

[T4 - Trap rotation CW](#)

[T4-2 5-5 Low Breakout 5-2 – Detroit](#)

[T4 - 1-2-2 Rotation - CW](#)

[T4 1-3-1 Pounce Forecheck](#)

[T4 C3, 2 on 2 With Forwards Attacking Wide from Above the Circles](#)

[T4 D400 - PK 3-5 vs a Spread PP](#)

[T4-D400 Penalty Killing 4-5 - Pro](#)

[T4 Power Play Practice Czech U20](#)

[T4 - D100 Breakout PK and PP - Pro](#)

[T4 Penalty Kill vs Umbrella and Diamond](#)

[T4, 5-2 Forecheck and Regroup - Czech U17](#)

[T4 - Penalty Kill vs Overload and Slot Set PPlay](#)

[T4 - 4-5 pk vs 2 point men - Famous Austrian Coach Christian](#)

[T4 Defensive Zone Coverage 5-5; Mikko-Famous Finnish coach](#)

[T4 - Defensive Zone Coverage 5 on 5-Mikko](#)

[Tsunami Forecheck](#)

