

**T3-4 Individual and Team Defensive Drills  
Manual - 2016**

**Tom Molloy**

**June 2016**

**<http://hockeycoachingabcs.com>**

# 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

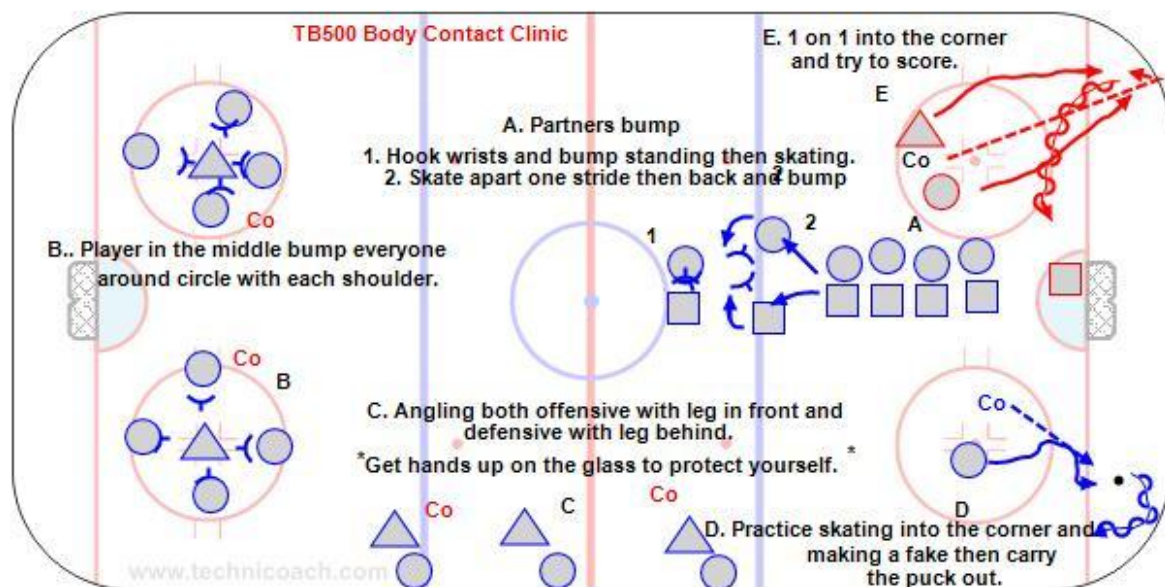
### B. Player in the middle bump everyone around circle with each shoulder.

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>



## T3 - B6 Defending Player Below Goal Line – Pro

### Key Points:

The player in front switch with original defender if he is more than half a stick length away. Lead with the blade on the puck angling at the back inside shoulder.

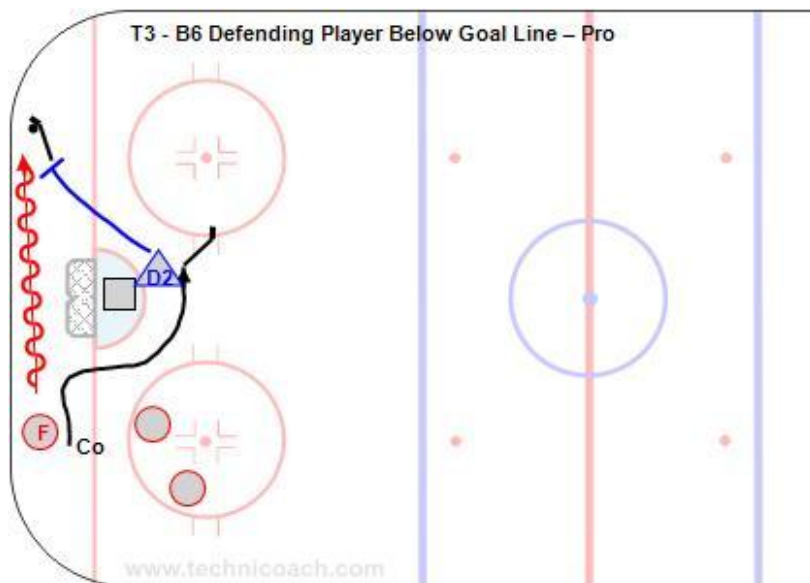
### Description:

1. F carry the puck behind the net and the coach skate to the front.
2. D2 in front check the F with blade on the puck from the defensive side.
3. Coach simulates D1 chasing at the start and then D2 in front for a pass.
4. D2 deny the pass and force F1 toward the corner and finish the check if possible.

*\*This can be done using players instead of a coach.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150527231013633>

<https://youtu.be/27rtd6qX40E>



## T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

### Key Points:

Defenders must skate to keep a tight gap on the attackers. Quick feet, tight turns, the chocktaw turn is the most efficient way to go from front to back quickly without losing speed. F's create 2-1 on a wide defender, defenders keep defensive side, stick on the puck.

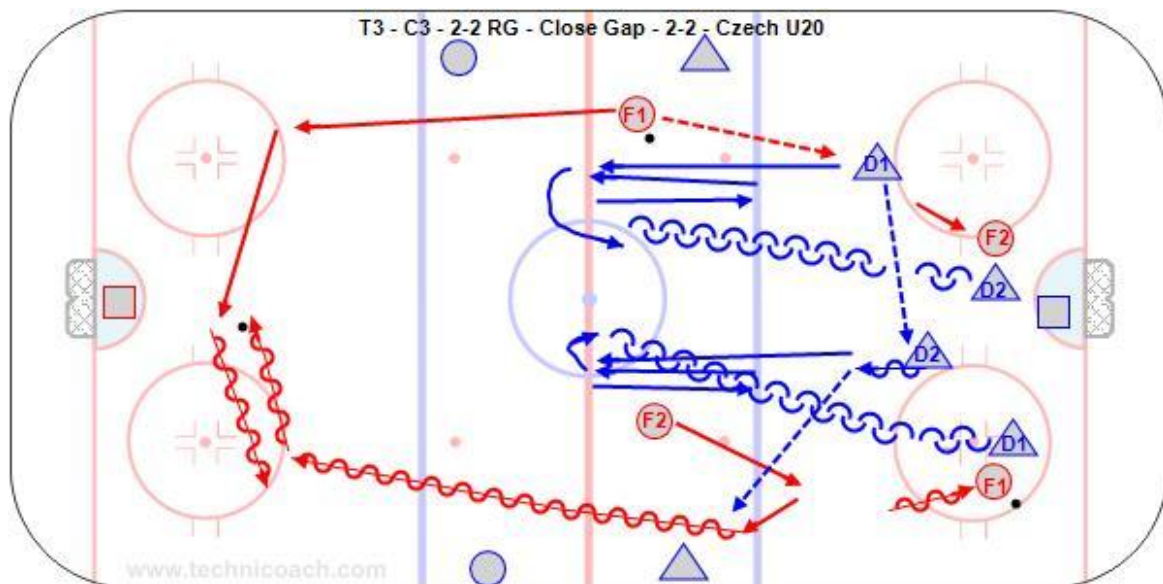
### Description:

1. Players are lined up on both sides in the neutral zone.
2. F1-F2 leave and regroup with D1-D2 who hinge then pass to F1 or F2.
3. F1-F2 skate to the top of the circles, cross and turn back and attack 2-2.
4. D1-D2 skate up to the red line, back to the blue line then up to play the 2-2.
5. Finish the low 2-2 before F3-F4 repeat with D3-D4 the other direction.

*\*This drill can be done from 1-1 to a 3-2 situations. The coach could also vary sending 1 or 2 D or 1-2 or 3 F to cause decision making and communication.*

*\*Progress to playing full ice from 1-1 to 3-2 and the attackers must regroup on the whistle and the defenders must close the gap.*

<http://www.hockeycoachingabcs.com/mediaqallery/media.php?f=0&sort=0&s=20150820091844546>





## T3 - C5 - 1-1 x 2 - 2-2 – Pro

### Key Points:

Defend from the defensive side with stick on the puck and one hand on the attackers hip. Attackers protect the puck with the body and make fakes and tight turns to get a shot on net. On the 2-2 defenders cover one attacker each from the defensive side. Attackers use picks, give and goes to create scoring chances.

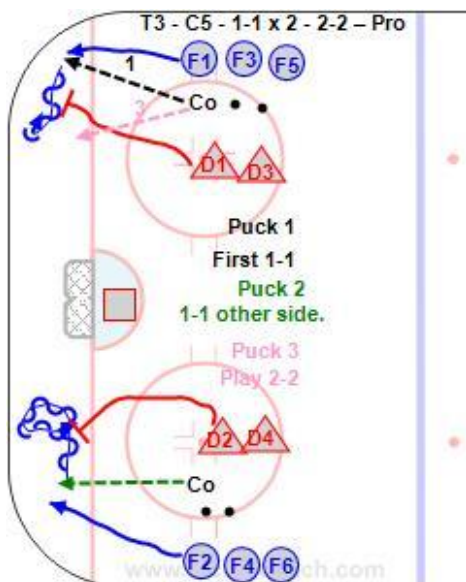
### Description:

1. Defenders line up behind each dot and attackers against the boards and behind the hash marks on each side.
2. Coach spot a puck in the corner and F1 go and try to score while D1 defends.
3. Start with a 1-1 on one side and then a 1-1 on the other side with F2-D2.
4. F1-D1 be ready for a new puck as F2-D2 are competing.
5. Coach spot a new puck and now F1-F2 attack 2-2 vs. D1-D2.
6. Switch lines so everyone take turns to attack and defend.

*\*Options: Add another 1-1 with a F defending and then play a 3-3.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160413142810923>

<https://youtu.be/sceHfKMgKr8>



## T3 - C5 - 1-2 BO - 2-1 - U17

### **Key Point:**

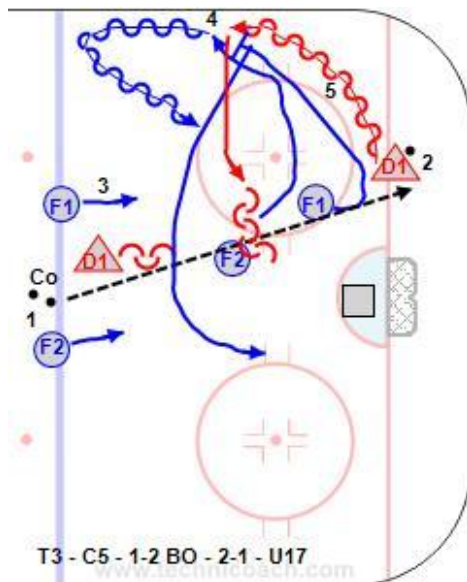
F1 force the puck carrier outside and steer toward the boards. F2 double team the puck carrier. On the 2-1 deny the puck crossing the mid-line so the goalie has one half of the net to cover.

### **Key Points:**

1. Dump the puck in from the blue line.
2. D1 got back for the puck while F1-F2 forecheck.
3. F1 steer angle and contact D1 and F2 double team.
4. F1-F2 attack 2-1 vs. D1.
5. D1 use puck protection and deceptive skating to get the puck out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820113010820>

<https://youtu.be/9utsHtQzr6M>



## T3 - Pressure Point and Shot Block x 2 Circuit - U17

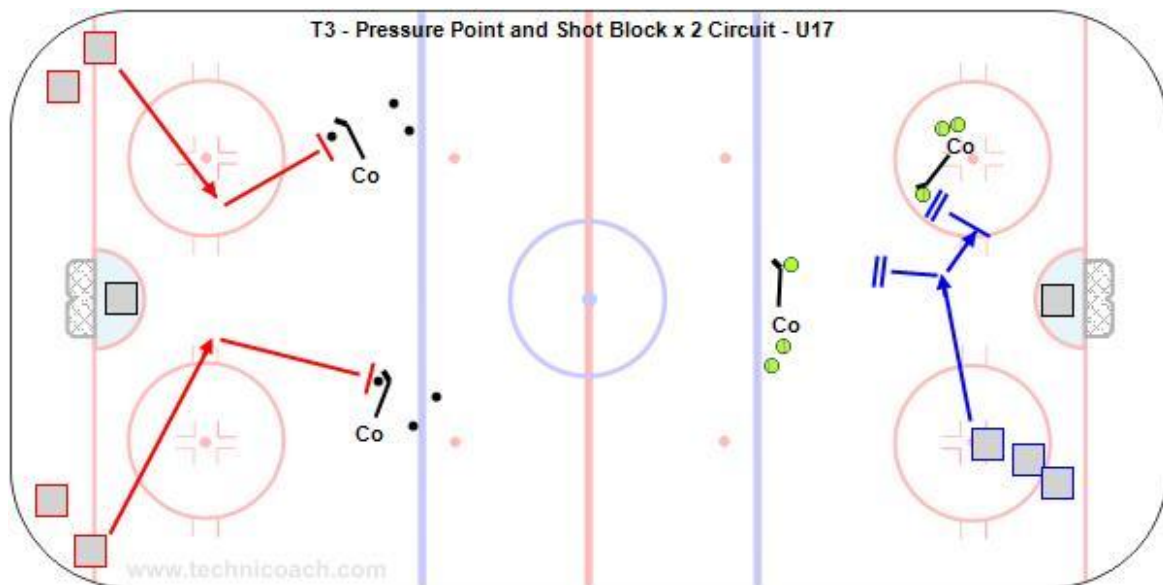
### **Key Points:**

Skate into the shooting lane and then either drop to block the shot or pressure the point.

### **Description.**

1. Players leave from the dot to block shot in the middle and then the far dot.
2. Skate to get in the shooting lane and then drop to one knee sideways.
3. Stop the high point shot from the top of the circles.
4. Use a ball or soft rubber puck to introduce the technique.
5. Progress to shooter moving sideways and blocker adjusting to stay in the shooting lane.
6. At the other end there are two point men and the defenders leave from the corners.
7. Defender first skate into the shooting lane and then pressure the point.
8. Skate hard to the point and put the stick on the puck.
9. Skate under control so you don't fly past the shooter if he makes a move.
10. First skate out with stick in the D-D passing lane and then on the puck.
11. Progress to mid slot-head on swivel-pass from low to the point and then out.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819103813886>



## B2 - Defense Individual Skill and Partner Drills – Pro

### **Key Points:**

Defense do a series of drills to practice shooting, passing, hinge, breakout options.

### **Description:**

1. Point shots while moving.
2. Keep the puck in then shoot or pass.
3. Skate to the big ice and pass.
4. Set up shots from the mid point.
5. One D breakout options.
6. D partners hinge and double hinge.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200747488>



## B5 - Neutral zone Angling

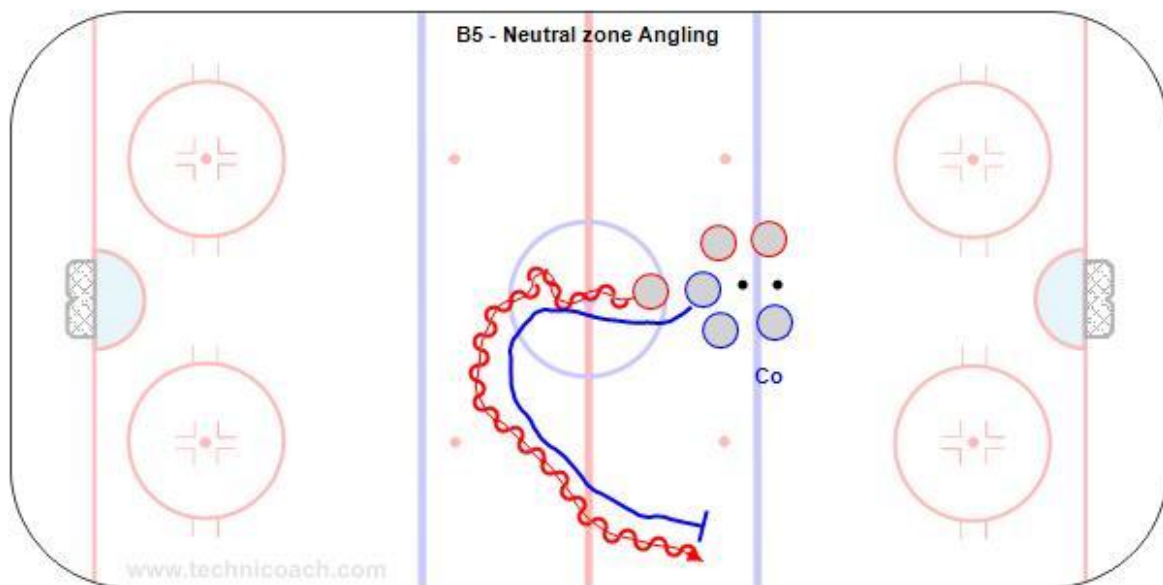
### **Key Points:**

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

### **Description:**

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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



## B5 Angling

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

### B5 Angling

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.



## B5 Forecheck Skills Deflect-Steer-Angle-Finish

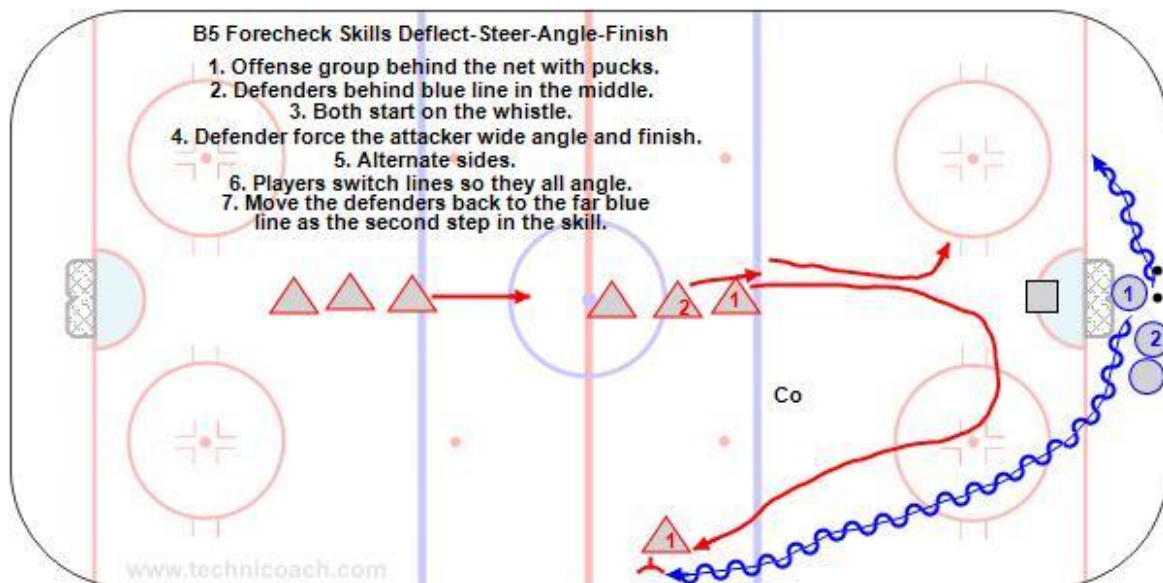
### ***Key Points:***

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

### ***Description:***

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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



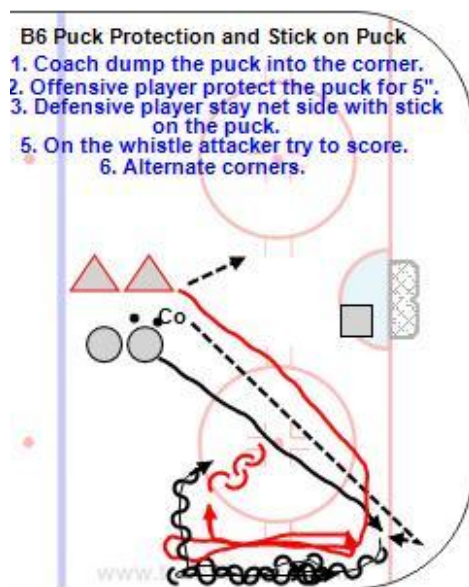
## B6 Puck Protection and Stick on Puck

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

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

### ***Description:***

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.





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

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

## B500 Defensive Side with Stick on the Puck

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

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

### ***Description:***

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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



## **B – Battling and Checking 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>

B2 - Face-off Technique – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401131524415>

## B Checking from the Defensive Side-Sweden

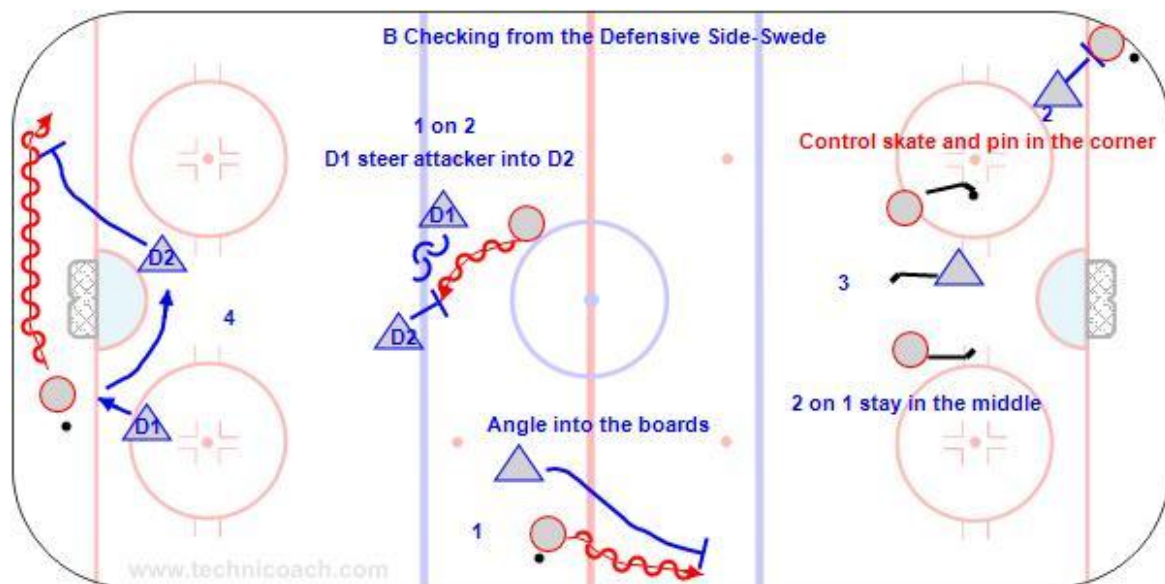
### **Key Points:**

In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the net. Puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

### **Description:**

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720161047124>



"BODY ON BODY AND STICK ON THE PUCK"

This is the phrase that Brad McCrimmon coined when he presented at a Hockey Canada International Coaching Symposium.

I have heard hundreds of presentations but the one McCrimmon gave on playing defense was the best I have ever listened to.

If you follow that rule when checking the puck carrier then you automatically have the proper angle and if your stick is on the puck you automatically 'ELIMINATE HITS TO THE HEAD' as well as high sticking, elbowing, boarding and charging.

Brad was killed along with the rest of his team last season in a plane crash in Russia.

I propose that all of hockey adopt the 'Brad McCrimmon Rule' in his honour and eliminate the unnecessary injuries that are caused by 'Poor Checking Technique.'

This is how we could teach players good technique and make the game a lot safer at the same time.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2083> is a link to the discussion thread on concussions and violence.

## C1 Angling in the Wide Lane - Pro

### Key Points:

Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

### Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

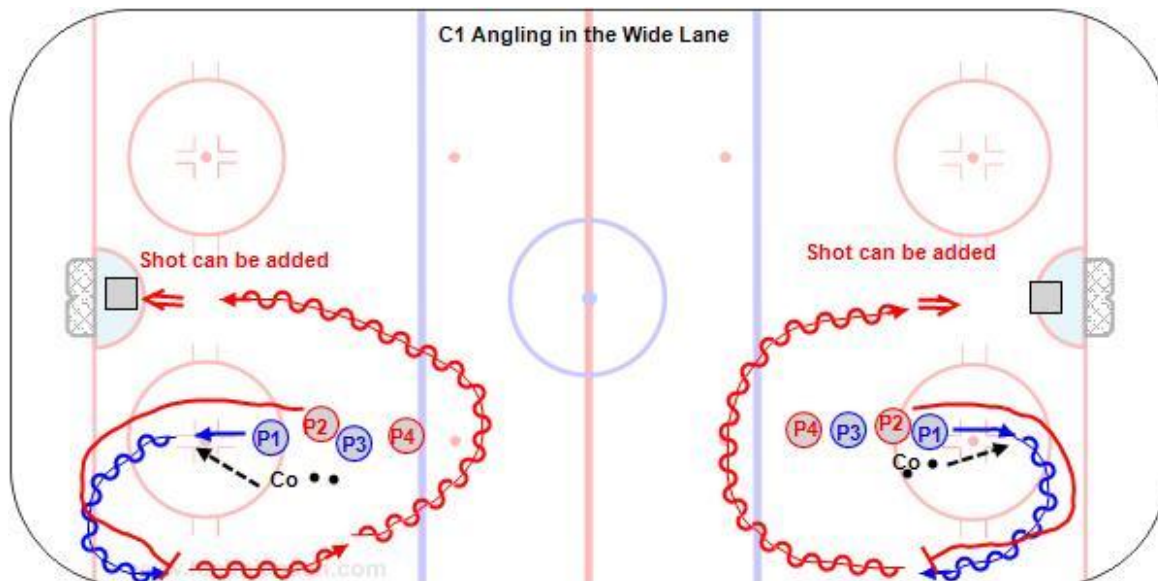
### B - Angle Checking - Finland

Video Demonstration of first a defensive angle check where the checker leads with the trailing leg and drives the lead leg between the legs of the attacker. In the offensive angle check the checker skates through the arms of the attacker and lead leg goes in front.

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

- Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706155119716>



## B5 1-1 Defensive Technique

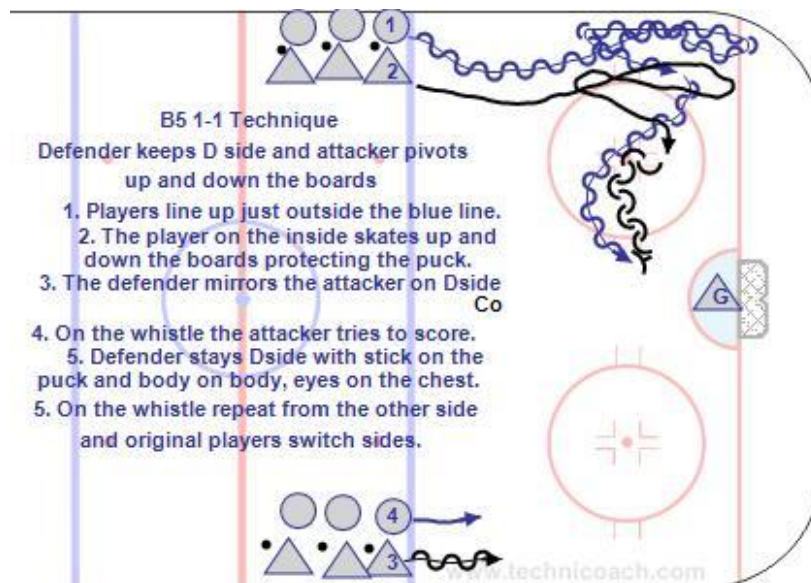
### **Key Points:**

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

### **Description:**

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=2011041612155482>





## C2 Angling 2-1 Wally

### Key Points:

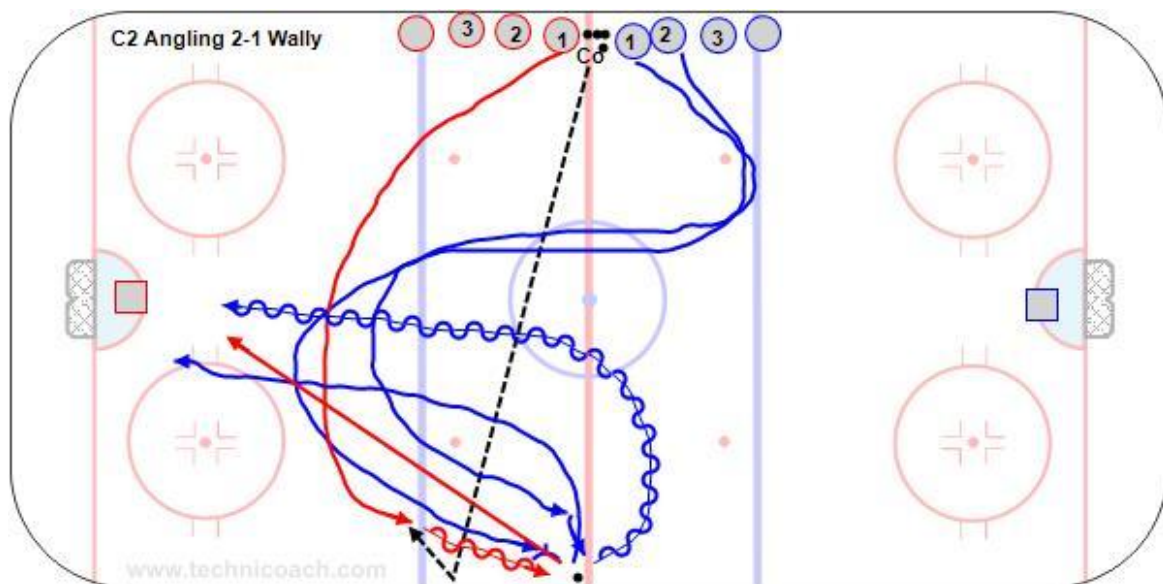
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

### Description:

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

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

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



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

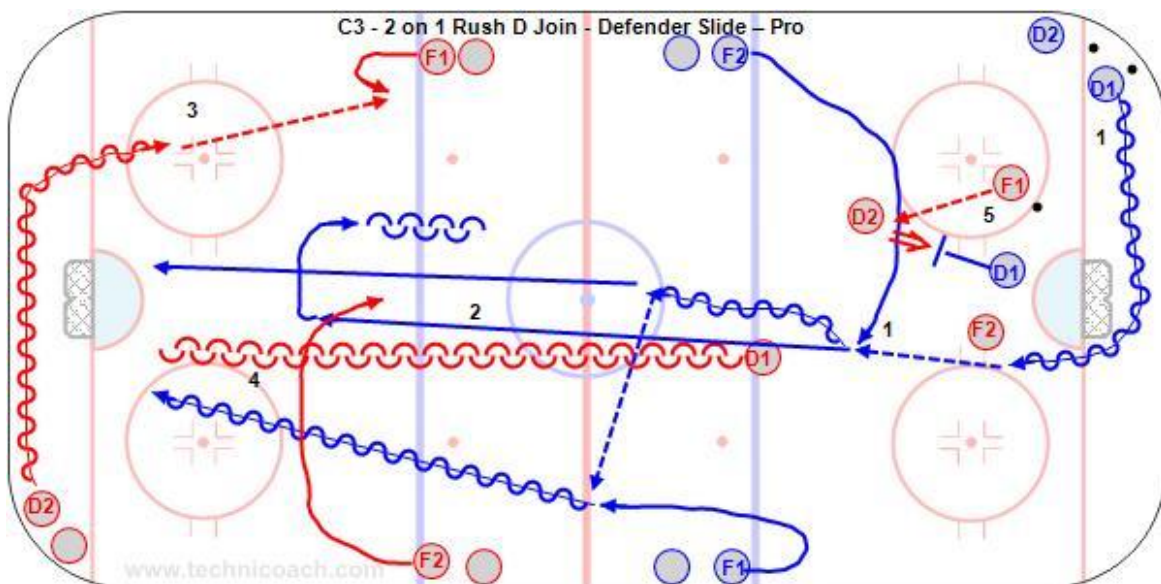
#### **Key Points:**

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

#### **Description:**

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130921150949600>



## B - Rejo Defenseman Technique-1

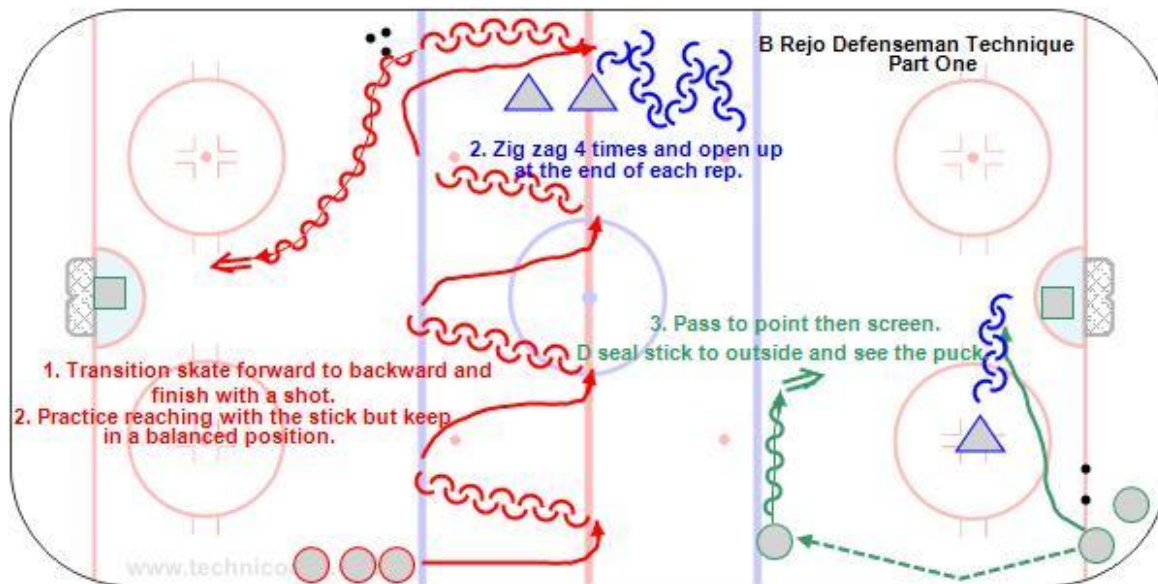
### ***Key Points:***

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

### ***Description:***

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072016104973>



# D200 Straight on Angling Game

## Key Points:

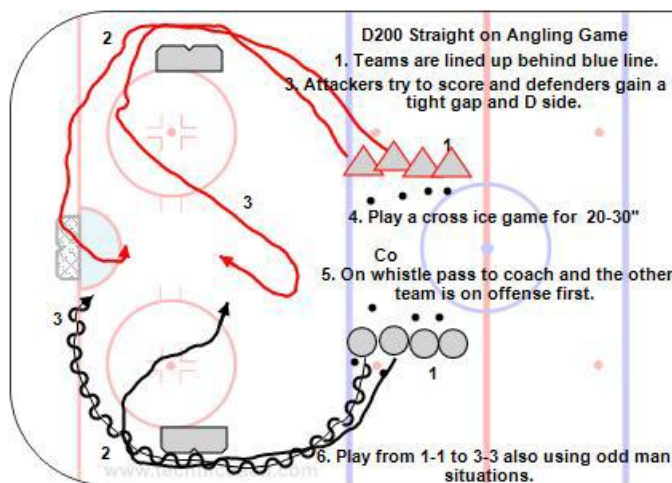
Both teams go behind their net on the whistle.  
Defenders close the gap and maintain the defensive side.

## Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>



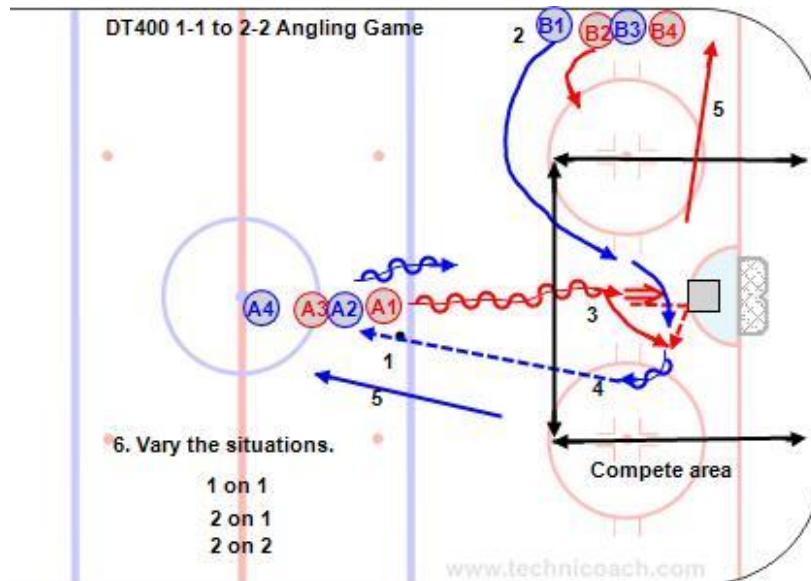
## DT400 1-1 to 2-2 Angling Game

### Key Points:

Attack with speed and go to the net hard. Defender fight for the defensive side with the stick on the ice.

### Description:

1. A1 start at the red line.
2. B1 start against the boards at the top of the circle.
3. Battle until a goal, frozen puck or puck is out of the scoring area.
4. Pass to A2 who attacks vs. B2.
5. Rotate from A-attacker to B-defender.
6. Vary the situations.



### T3 Playing a Defensive 2-1

#### **Key Points:**

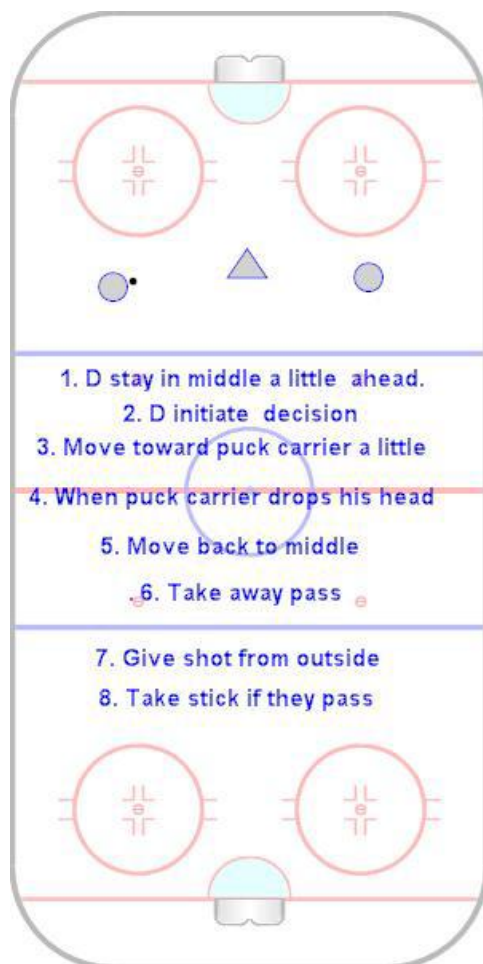
- A 2-1 is really a 2-2 because it is between the two attackers one defender and one goalie. (goalies are people too)
- The defender has to realize that he/she doesn't have to get the puck or make a check but instead recognize the most dangerous play and take that play away.
- Goalie should be saying he has the shooter.

#### **Description;**

1. Defender stay in the middle a little ahead of the attack with the stick in the passing lane.
2. Initiate the decision.
3. Move toward the puck carrier a faking you are going there to see if it make him rush and see if he drops his head and throws the puck across (many players panic and do this) then drop back into the middle and block the pass.
4. Deny the pass across and the goalie takes the shooter if he is outside. If the stick is in the inside lane the shooter may be the most dangerous player and you have to play him more.
5. Don't allow the puck carrier to go in alone; cut the ice in half.
6. Take non shooters stick on a shot.

*Option: Slide outside the post to deny the pass if the attackers are parallel.*

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=68>



### **T3-4 Tsunami Forecheck**

#### ***Key Point:***

Attack with 4 players and create constant pressure on the puck.

#### ***Description:***

In the 'Tsunami' forecheck when the D pinches on the weak side they stay in and forecheck on that side and work the triangle. When the puck goes to the other side they return to the point. We want the wing to stay on their side when the puck is moved to the other side and play high slot ready to play the mid-point if they get possession or jump down back door or to the corner if the puck comes around. They are responsible for the weak side on the rush. So if the puck starts on the left side and moves to the right side then the RW and C and RD will be low. If the RW was 3 on the original attack then stay on that side and switch with the LW and play the high slot. So whichever wing was 3 become the mid-fielder. C go to the side the puck is on.

The LD will have slid over to cover the point and the LW will be at the top of the circle. So it is like a high umbrella. If the puck is moved back to the left side the three forwards attack from there. The LD is back on the left point and RD on the right point. So once the original penetration is made and the puck moved to the other side it is basically man on man responsibility until the puck leaves the zone.

It is like having the Pounce on both sides. The Pounce has only the RD pinching and the LW as a midfielder. The Tsunami has both D pinching when the puck is moved to the weak side and the wing on the original side becomes a midfielder ready to go back, support a weak side pass or attack back door. When it is 50-50 whether we will gain the puck or not they have to fall back and play middle D. So when we have possession there are 4 on the attack.

#### ***Diagram Description:***

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

The start of the forecheck is 1-2-3-4-5 and when the puck moves to the other side on a D to D or rim a wing stays on that side and becomes a midfielder and the C and Wing who's side it is moved to skate there and attack with 4 who has pinched wide.

#### ***Description:***

- 1 - on puck inside to outside.
- 2 - cover weak side D.
- 3 - on D side of strong side W.
- 4 – mid-point weak side W responsibility.
- 5 - strong side point cover middle forward.



On a D to D or rim to weak side.

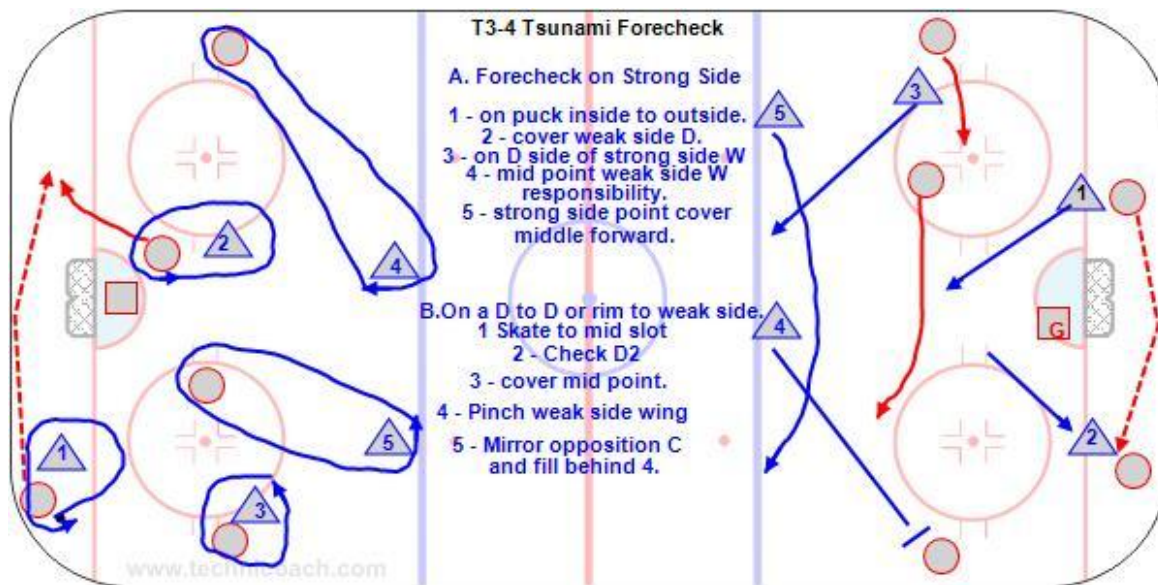
1 – Skate to mid slot.

2 – Check D2.

3 – Cover mid point.

4 – Pinch weak side wing.

5 – Mirror opposition C and fill behind 4.





## 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.

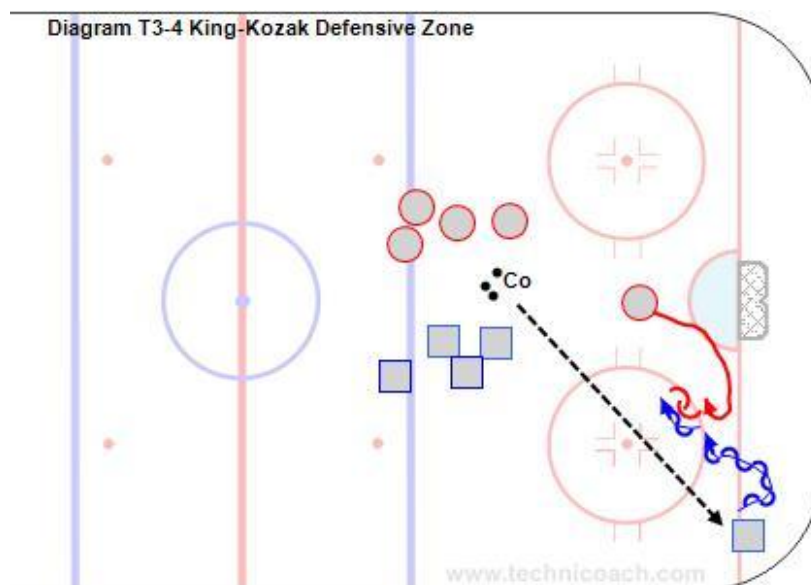
### **Description:**

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>



## 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.

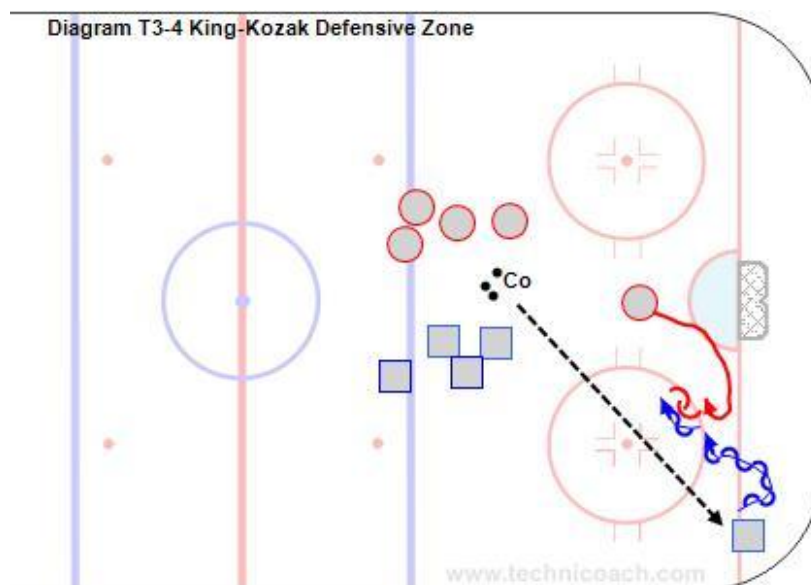
### **Description:**

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>



## T4-D400 Penalty Killing 4-5 - Pro

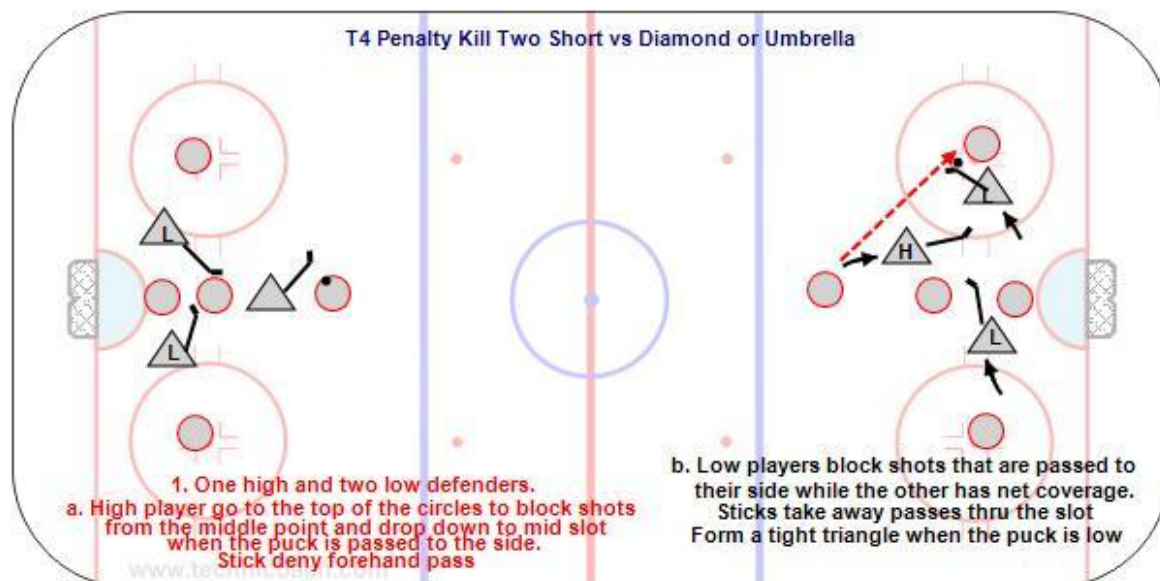
### Key Points:

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.

[mediagallery/media.php?f=0&sort=0&s=20130916143513625](http://mediagallery/media.php?f=0&sort=0&s=20130916143513625)



## T4 1-3-1 Forecheck

### **Key Points:**

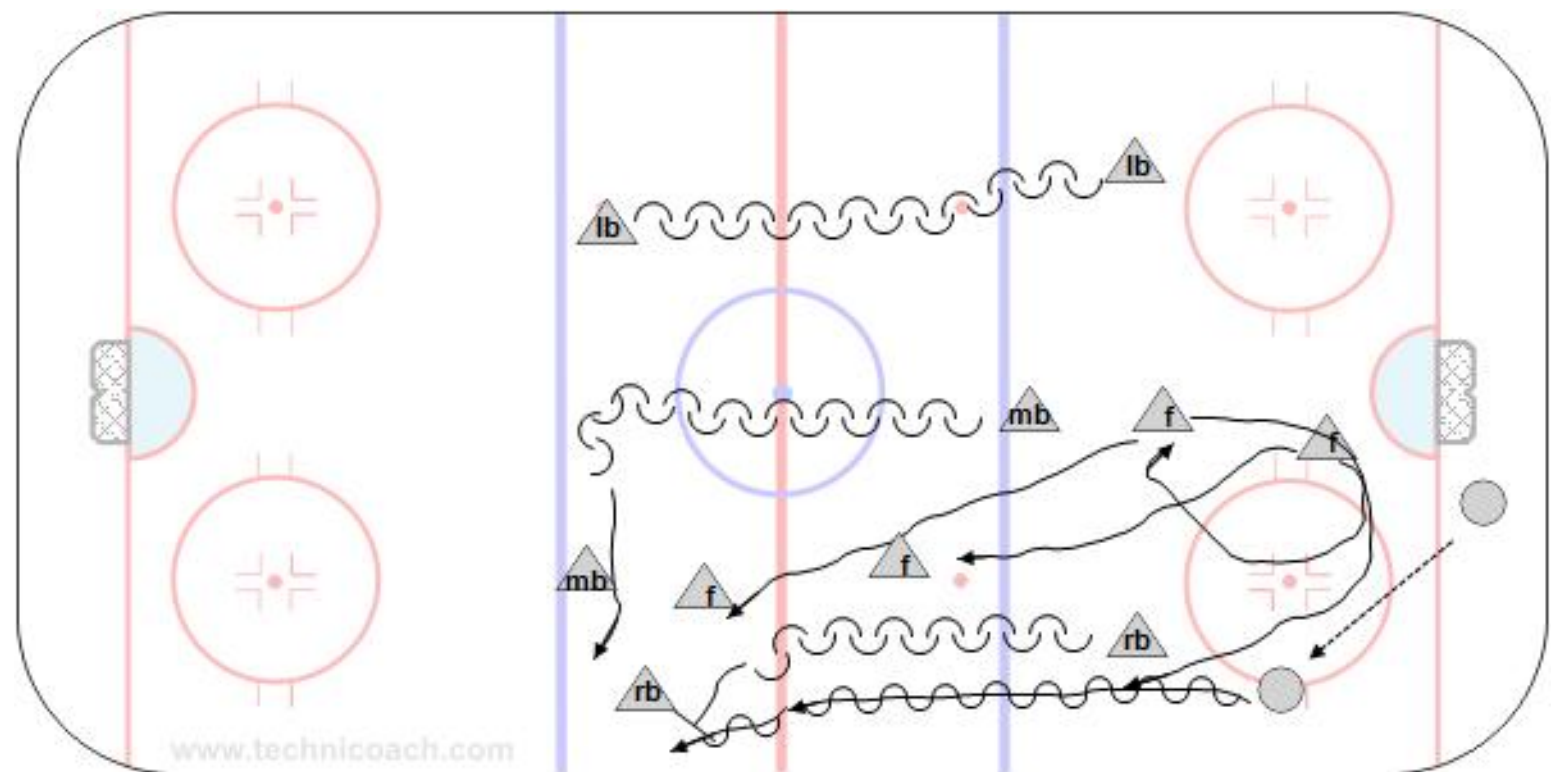
The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them  
Middle back support from behind.

### **Description:**

In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.  
Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure



## T4 1-3-1 Torpedo

### Key Points:

- T1 create inside to outside pressure.
- Always have 4 on the attack.
- Strong side Torpedo stretch.
- Right and left backs forecheck 1-2-3 with torpedoes on the strong side.
- Middle Back play on the puck side point with weak side back middle point.

### Description:

#### Diagram 1 Forecheck

1. Torpedoes forecheck in a tandem I. Pressure inside to out and return to the middle lane.
2. Right and left backs play their half of the ice. Join the rush deep on the strong side and mid slot when on the weak side. Play the weak side point and always look for the back door play when it is there.
3. Backs play the low 3-3 and Torpedoes cover the points and stretch on possession.
4. Backs fill the low 3 lanes on breakout. strong side torpedo stretch and weak side give middle support.
- 5 In the neutral zone the backs play their lanes and torpedoes back pressure.



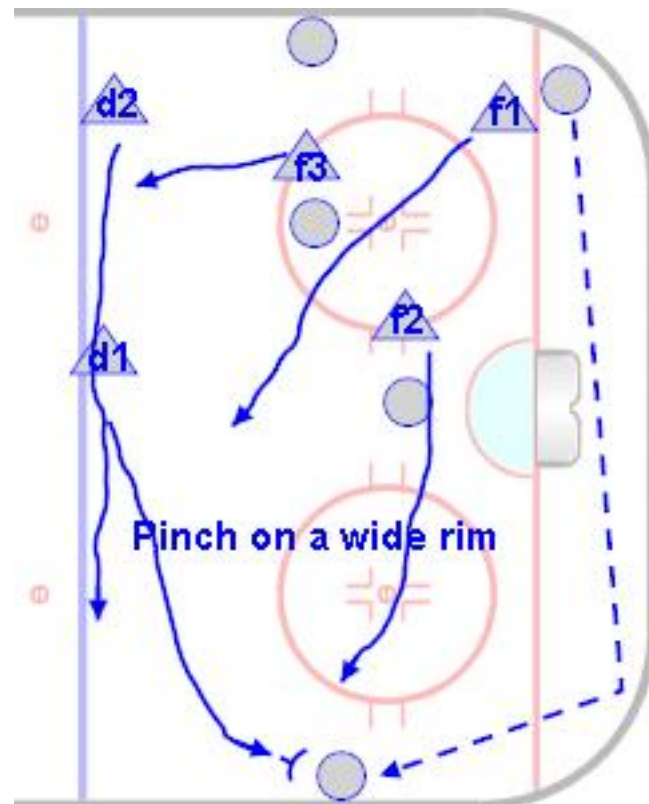
## T4 2-1-2 Pinch on a Wide Rim

### Key Points:

The middle D get to the puck as or before it is being received.

### Description:

1. F1 make contact and skate thru the middle when the puck is rimmed.
2. F2 pressure the pass receiver.
3. F3 cover original strong side point.
4. D1 pinch down on pass receiver.
5. D2 slide across and fill in behind the pinching D2.



## B500 Defensive Zone Skating

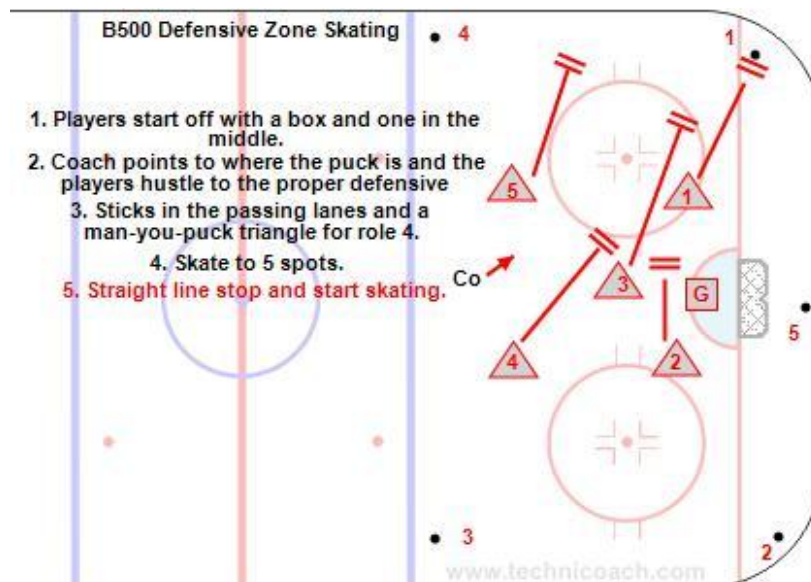
### ***Key Points:***

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:**

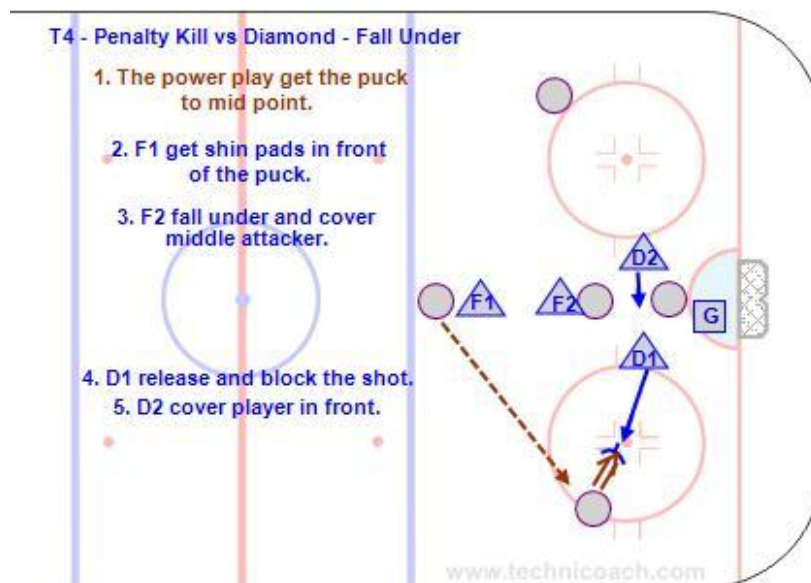
#### *Defending vs. the Diamond 1-3-1*

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>





## **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** – international size ice. I now start with a 1-3-1 with either the RW or C 1 and 2 deny the pass up the middle and then force the first pass.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080727110408764>

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>

Some clips of the Forecheck with my U18 Female team.

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

## 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.

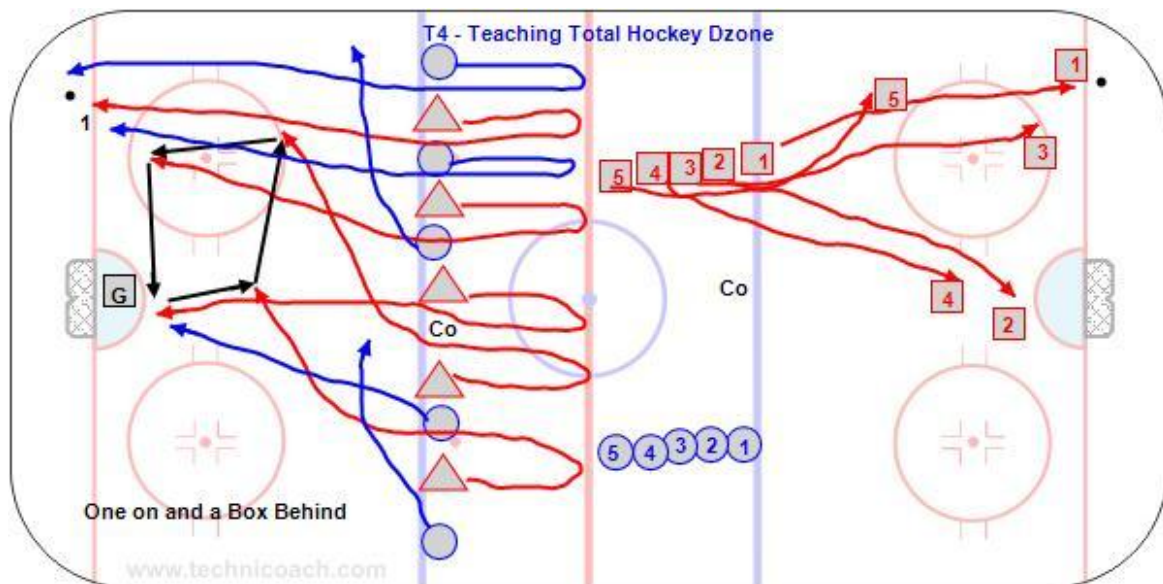
- The coach places the puck in various areas.
- Progress to all leaving in random order and calling out their number and going to that area.

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.



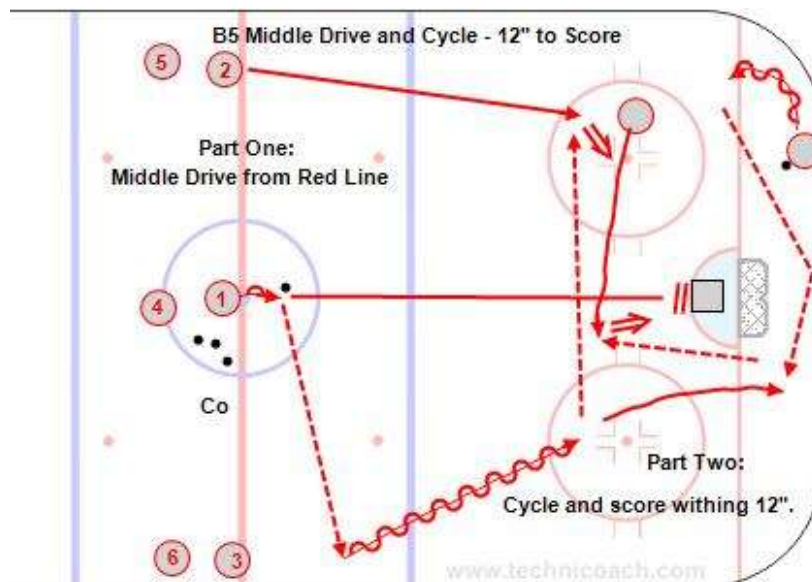
## B5 Middle Drive and Cycle - 12 Seconds to Score

### **Key Points:**

The player in the middle lane skate hard to the top of the goal crease. The two players in opposite wide lanes are about a quarter of a zone behind. Force the backchecker to make the proper decision.

### **Description:**

1. Players leave from the red line.
2. R1 pass wide to R2 or R3.
3. R1 skate hard to the top of the goal crease and stop.
4. R2 and R3 follow in a second wave behind R1.
5. R3 pass across to R2 who one times the puck on net.
6. Play a rebound or a new puck shot by the coach and work together to score within 12 seconds from the start.
7. Next group repeat.
8. Create a contest to see how many goals they can score within the time limit.



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

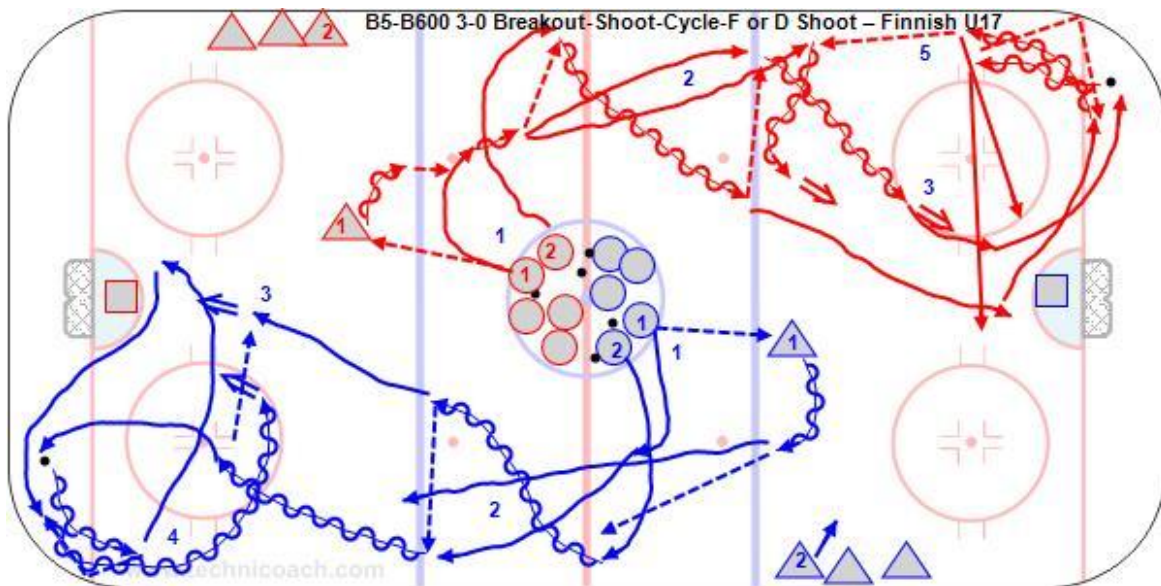
### Key Points:

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



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

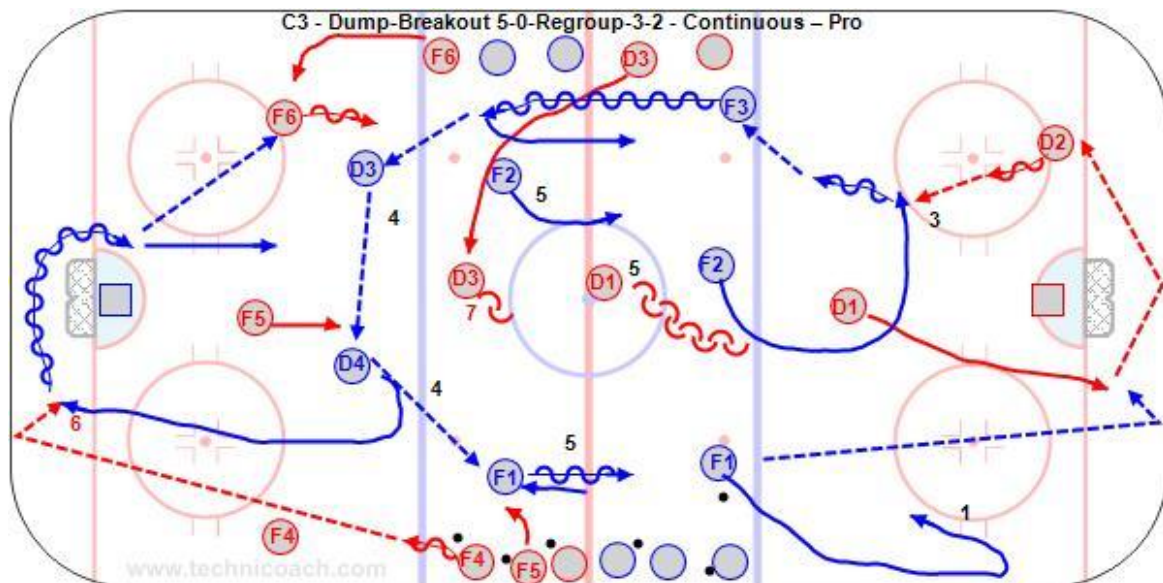
### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093349684>





## T4 C3, 2 on 2 With Forwards Attacking Wide from Above the Circles

### Key Points:

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

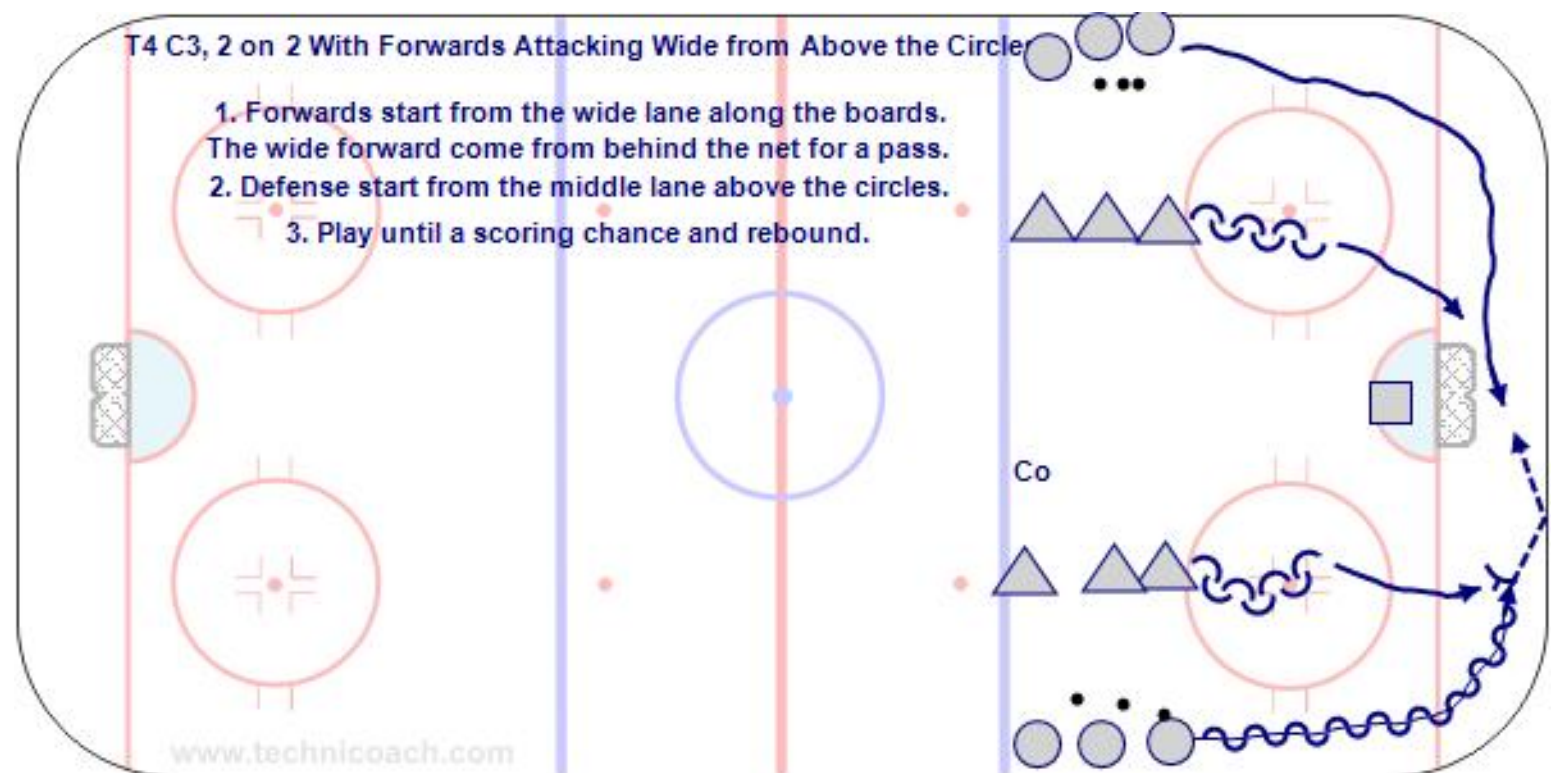
Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

### Description:

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

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090903113821934>



## C3, 5 on 2 Attack and Forecheck

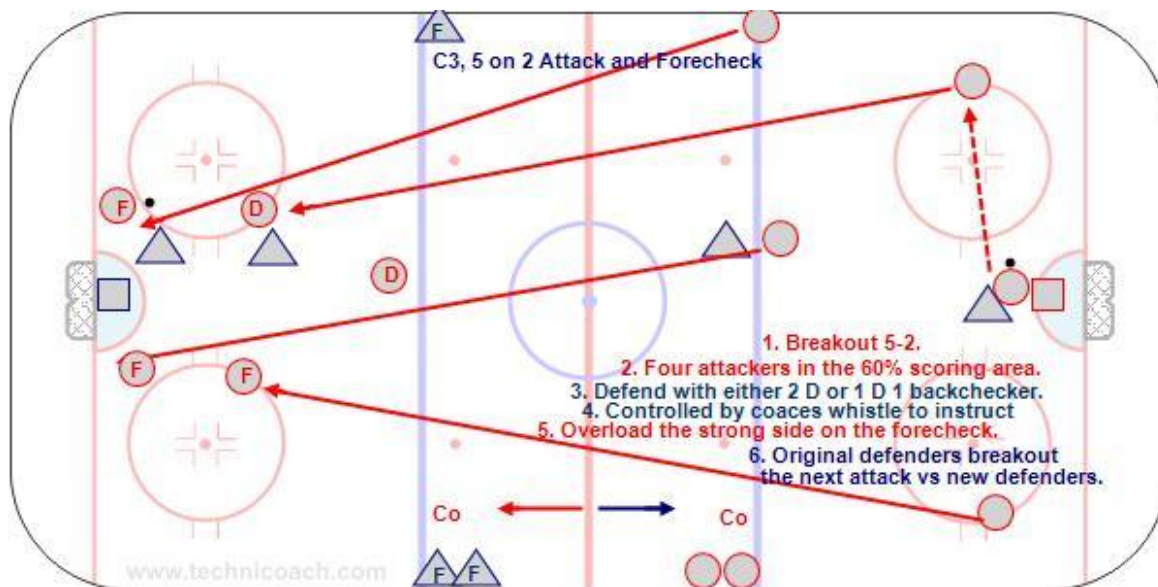
### **Key Points:**

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073710764>



## T4 D400 - 2 on 2 Below the Goal Line - Pro

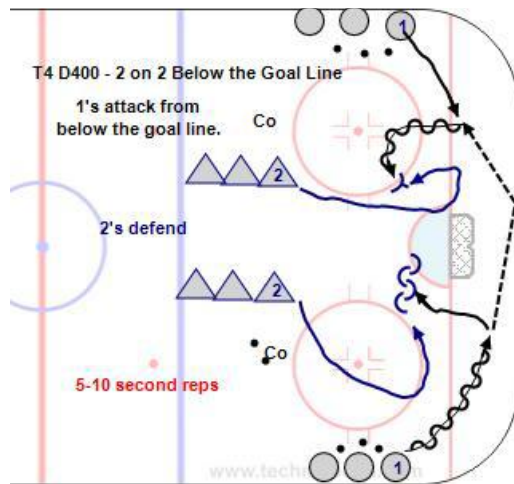
### ***Key Points:***

The attackers create scoring chances with speed, deception, give and goes, crosses and picks. Defenders must talk, stay net side, sticks in lanes and one the puck.

### ***Description:***

Start from the corners, one attacker with the puck and another come towards him below the goal line. 2 defenders are in front and must cover them. Keep track of goals vs the number of attempts. Play for 5-10 seconds.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224306239>





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

### Key Points:

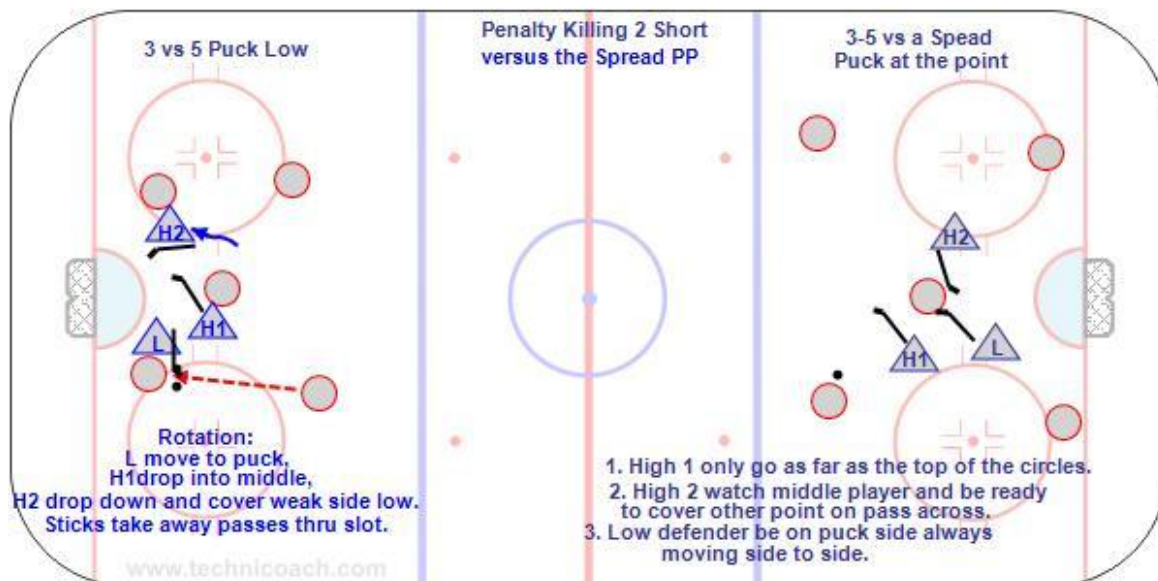
The key is to eliminate one timer shots from the point, from the player in the middle and the back door play.

### 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)

[mediagallery/media.php?f=0&sort=0&s=20130919153350791](http://mediagallery/media.php?f=0&sort=0&s=20130919153350791)



## D400 Penalty Killing Practice

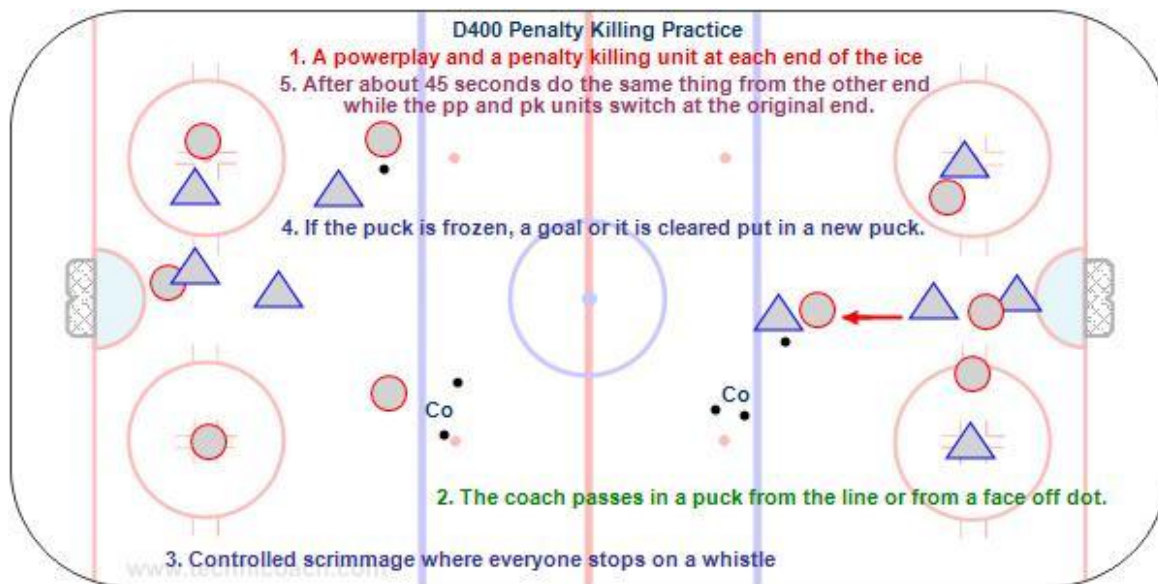
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144359357>  
video



## T4 D400, 3 on 3 Attack and Defend

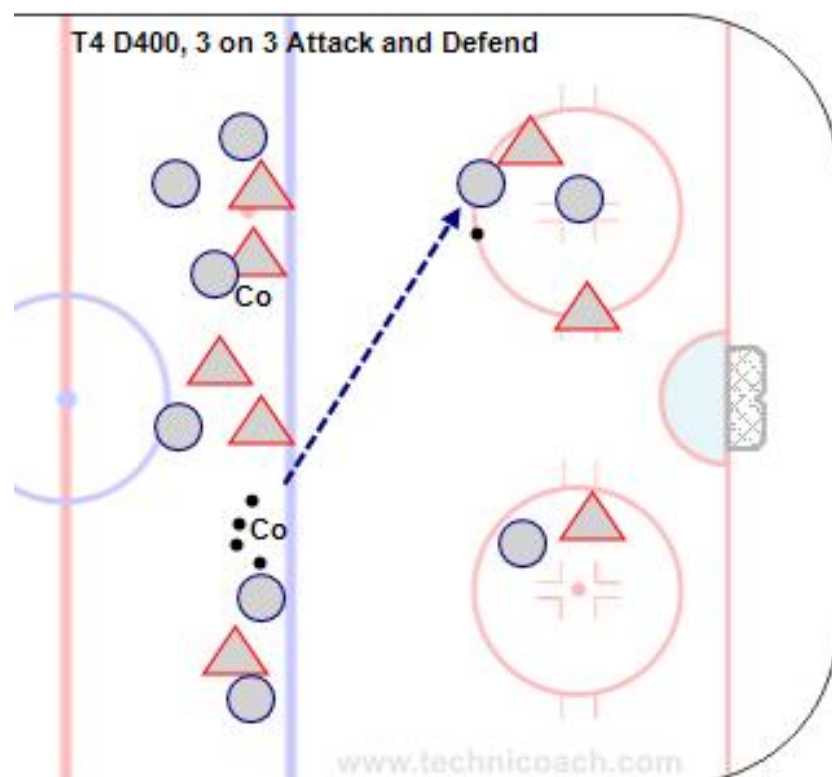
### Key Points;

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>



## T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

### **Key Points:**

The defenders must read even and outnumber situations and the star and then recognize their responsibility on the 3 on 5.

### **Description:**

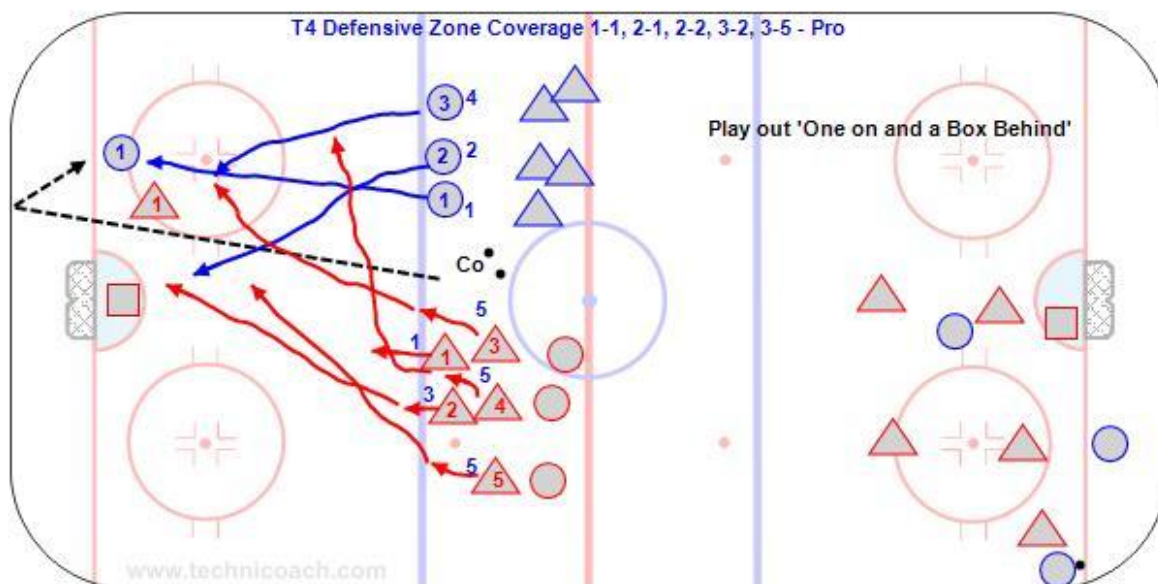
Players wait outside the blue line and the coach changes the situation.

- 1 – Dump the puck in and start with a 1-1.
- 2 – Add an offensive player for 2-1.
- 3 – Defenseman comes in for 2-2.
- 4 – Add a new attacker for a 3-2.
- 5 – Three defending forwards come in and defend the 3-5.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140708225546829>

Looking at the same drill thinking about the offensive attack.

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



## **T4 Forecheck 2-1-2 Wide Pinch**

### ***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 the wide pinch the original strong side D must support the pinching D and 3 fill.

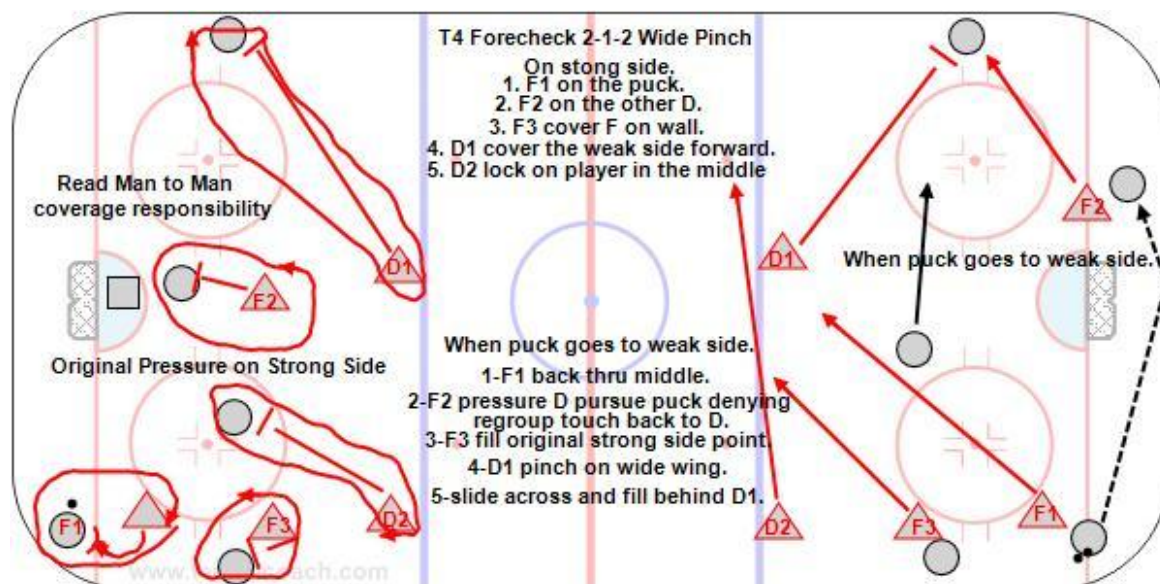
### ***Description:***

#### **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-slide across and fill behind D1.



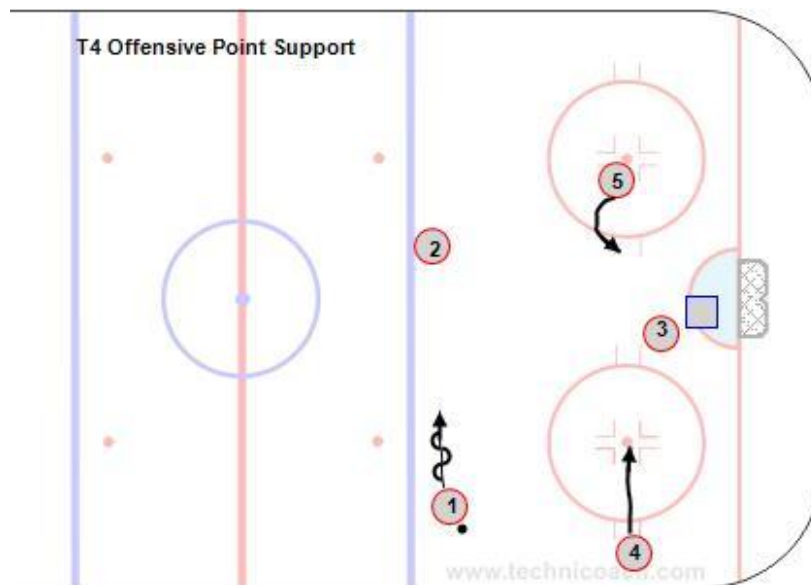
## T4 Offensive Point Support

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

When puck is at the offensive point give four kinds of support. Outlet, screen, shot pass.

### ***Description:***

- 1 - Point - Drive skate between dots.
- 2 - Point - Be available for a D to D pass.
- 3 - Screen - Tripod stance in front of goalie.
- 4 - Outlet - when pressure then head to net.
- 5 - Shot Pass - move to open lane for a one timer or re-direct.



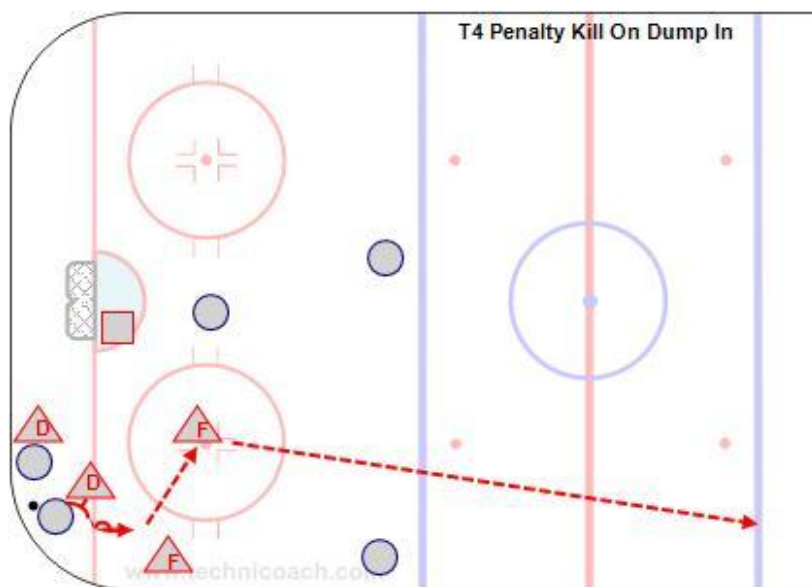
## T4 Penalty Kill On Dump In

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

Overload the attackers on loose puck situations and cut off blind passes.

### ***Description:***

1. Defenders read loose puck situations.
2. Closest D battle for the puck.
3. Supporting D cut off pass behind or join 2 on 2 in the corner.
4. Strong side forward cut off pass up the wall.
5. Weak side forward support from the dot and cut off passes to the front of mid point.





## T4 Penalty Kill Two Short vs Diamond or Umbrella

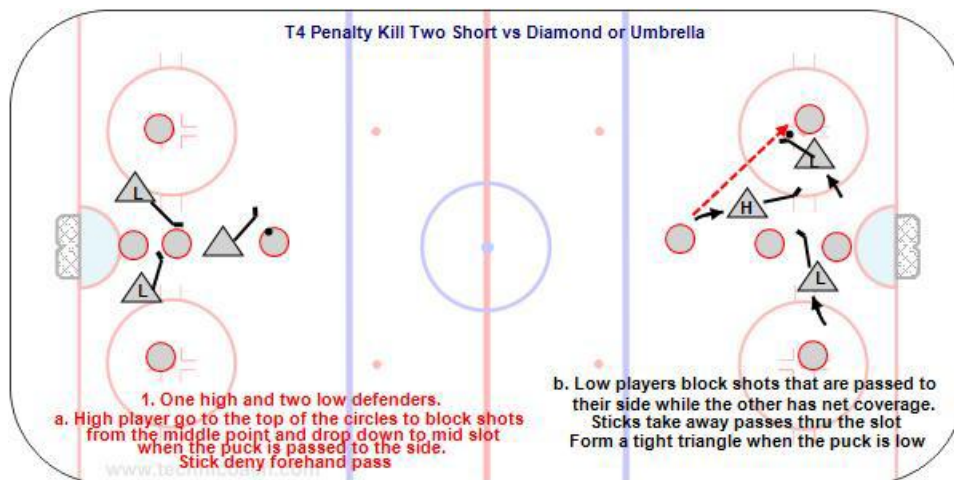
### **Key Points:**

- 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.

### **Description:**

1. One high and two low defenders.
  - a. High player go to the top of the circles to block shots from the middle point and drop down to mid slot when the puck is passed to the side. Stick deny forehand pass.
  - b. Low players block shots that are passed to their side while the other has net coverage. Sticks take away passes thru the slot. Form a tight triangle when the puck is low.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>



## T4 Penalty Kill vs. 1-3-1 Diamond

### Key Points:

Defend in a collapsible diamond with the top player skating up and back and only sideways if the point man skates with the puck.

### Description:

1 - Skate in straight lines out from the net. Drop to the slot when the puck is passed to either side. DO NOT CHASE PASSES TO EITHER SIDE.

2-3 - Diamond when the puck is in the middle and block shot when at your side. Collapse to middle when the puck is passed to the other side.

4 - Front the screener and seal stick to the outside on a shot.

*If the mid-point player with the puck skates one way the top man has to go with him. If he skates and passes back to the middle then the player who did the 'fall under' to the middle go straight out and become the high man and the original high man switch roles with him. It is a tandem rotation. Do you never allow an unchallenged shot from the point.*

**Key is to 'Defend from the NET Out.'**



## 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:

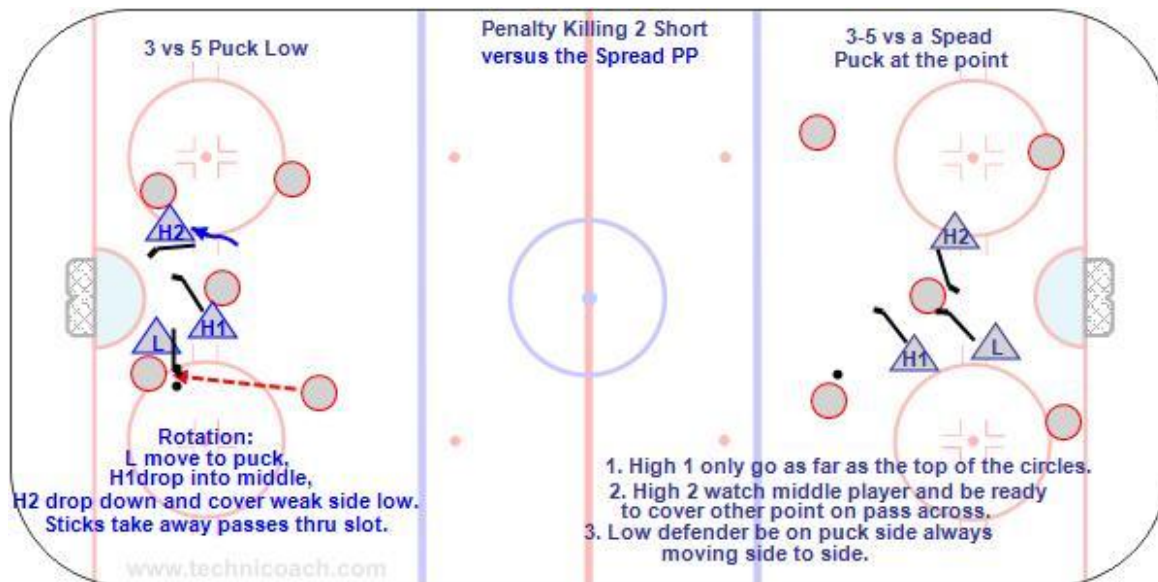
-5 vs 3 versus a Spread with the Puck at the Point

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>



A couple of days ago I asked Bob Murdoch, former two time Stanley Cup winning player and Coach of the Year in the NHL and Germany if he would discuss his thought on specialty teams with me. Last year I was coaching with Pierre Page and he used a very aggressive PK that they used together as assistants on the Flames. So I wanted to compare their ideas. Mud agreed to meet with me and we went to an empty dressing room after our over 55 morning game and I listened for an hour.

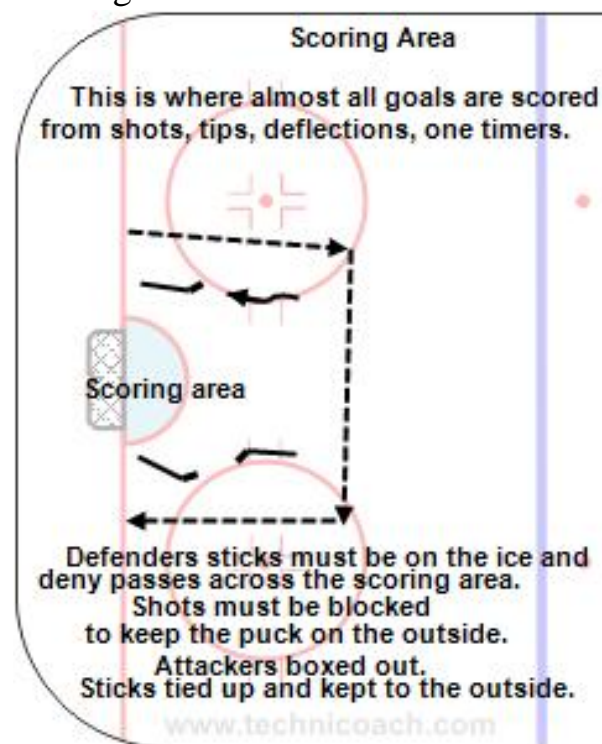
<http://hockeydb.com/ihdb/stats/pdisplay.php?pid=3847> is his hockey db profile and he played for legends like Fr. Bauer, Scotty Bowman and coached with Bob Johnson who he thing was the best teacher.

So here are the thoughts that we talked about and drew on the coaching board.

## **Penalty Killing:**

Murdoch has gone away from the ultra aggressive penalty kill rotation that Pierre uses with the Red Bulls. He thinks it works great if all 4 players move together every time but if they don't rotate or over rotate then it leave players open in scoring positions.

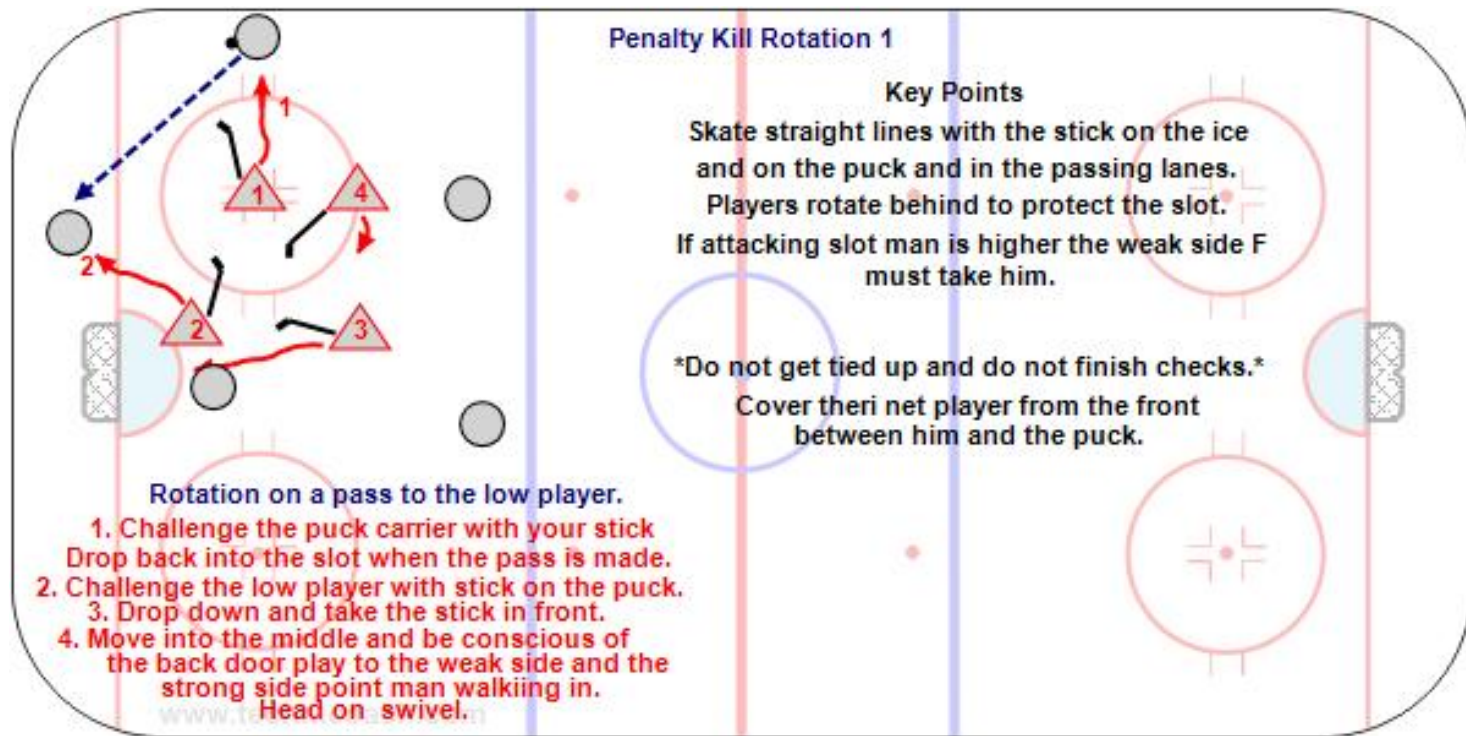
Scoring Area:



Guidelines:

- The goal of penalty killing is to protect the front of the net and keep the puck to the outside.
- Go to the puck "through the net" in a straight line. Pads denying the shot and stick on the ice in a dangerous passing lane.
- Be aggressive with the stick on the puck if you can arrive at the same time or before the puck or if the attackers back is turned and he/she doesn't have complete puck control.

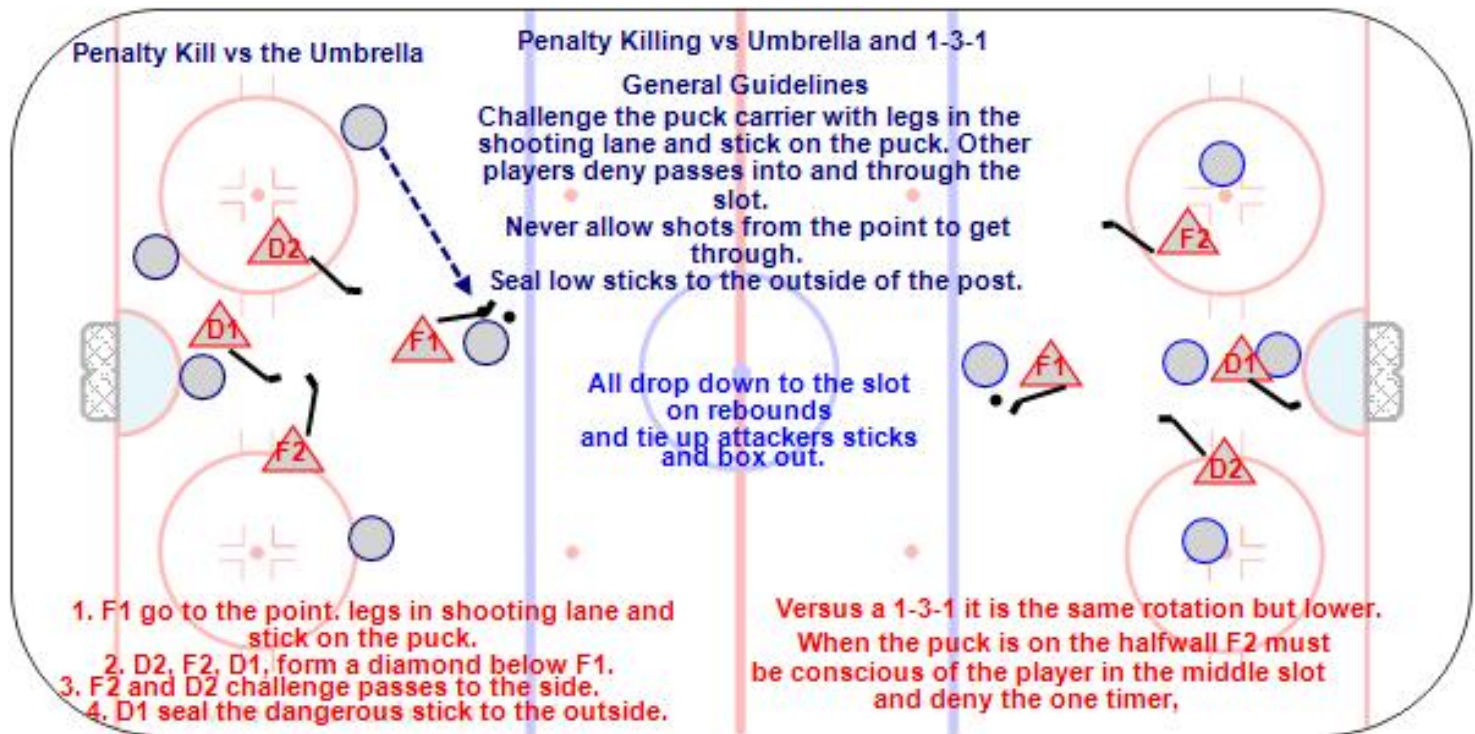
- The closest player always challenge with the stick on the ice, skating in a straight line while the other players rotate. Always 1. one player rotate to the front of the net 2. one on the puck, 3. one denying the slot pass but ready to move to a short passing option. 4. farthest player with the stick in the dangerous passing lane and usually has the 2-1.
- When they pass away drop down into the scoring area with the stick on the ice denying passes across or into the scoring area. Prevent passes through the slot.
- Penalty Killing vs the Slot Set Power Play.
- 



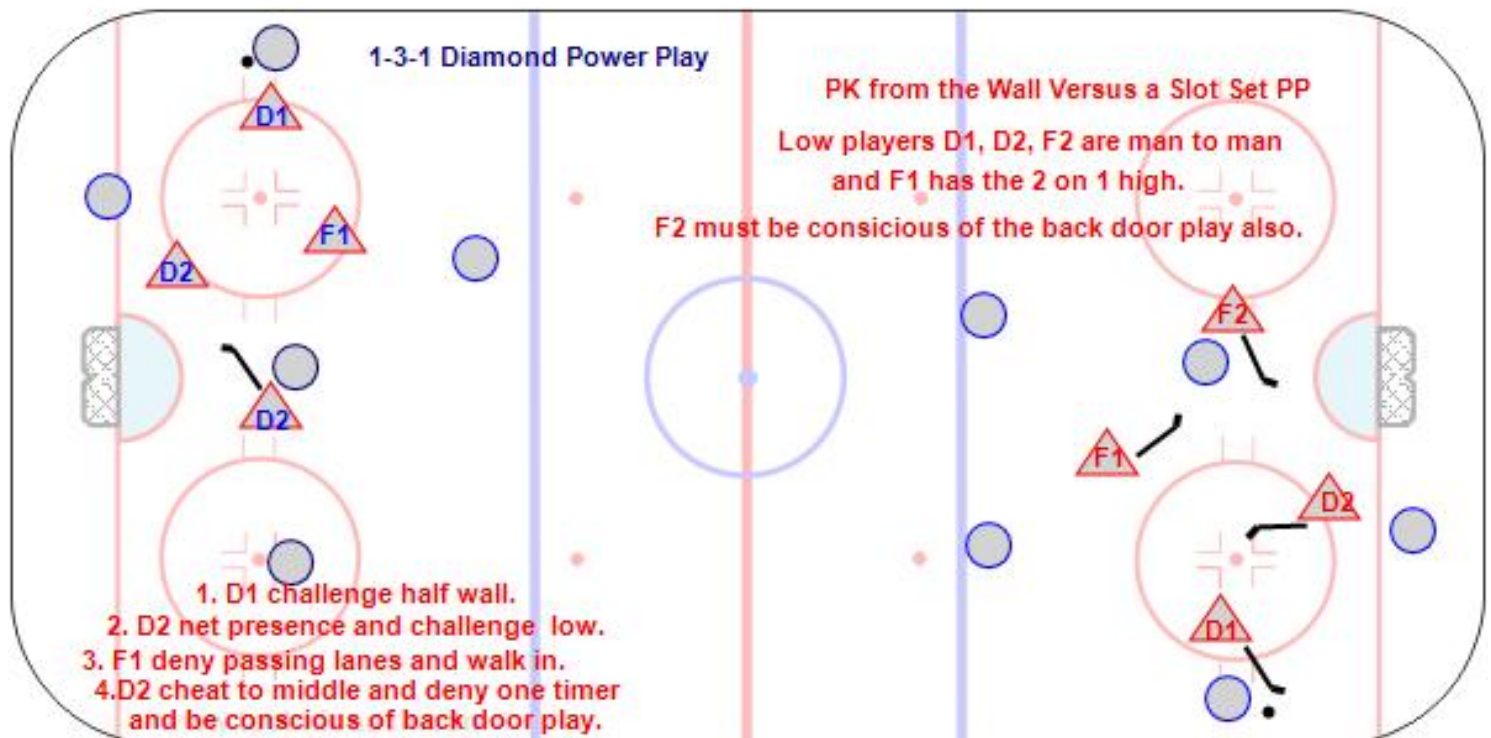
- 
- Don't get tied up with players, you must be free to rotate. Take their stick when the puck is coming don't wrestle them.
- Don't finish checks on the pk. It takes you out of the play and you can't rotate.
- Skate in straight lines up and back and Don't Chase to the Outside.
- D should not go to the point.
- Don't rotate positions but challenge the puck and then drop back into the slot area.
- Drop back quickly so they can't pass behind you. It is the most dangerous play.



## Penalty Killing Rotation vs the Umbrella and 1-3-1



## Penalty Killing Rotation when the Puck in at the Half Boards in the umbrella, 1-3-1 or the Slot Set.



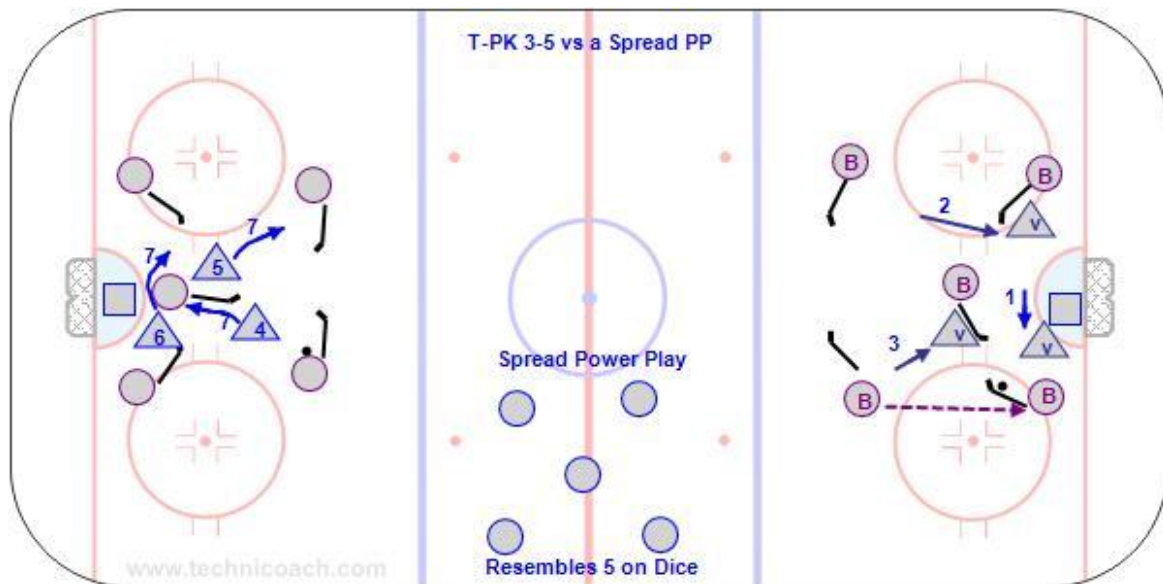
## T-PK 3-5 vs a Spread PP

### 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.



## **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.

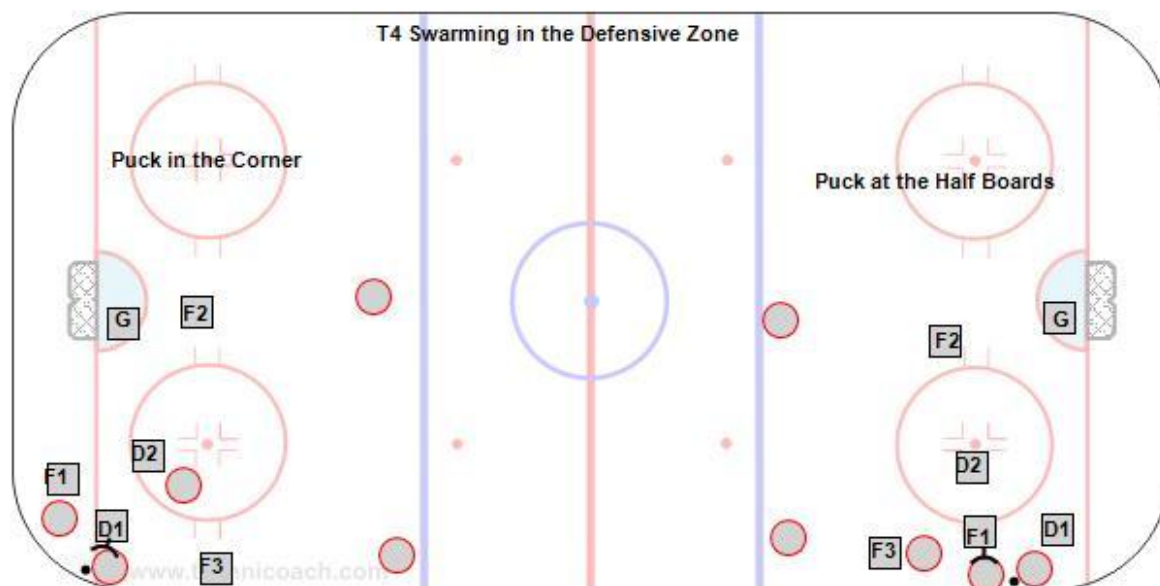
Ottawa - <http://www.youtube.com/watch?v=xggV1lQSqWA>

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](http://www.youtube.com/watch?v=SxXavoQBT_M)





# T4 Teaching Defensive Zone Coverage 2-1-2

## **Key Points:**

Tie up sticks in the slot, keep sticks in the passing lane and shin pads in front of the puck.

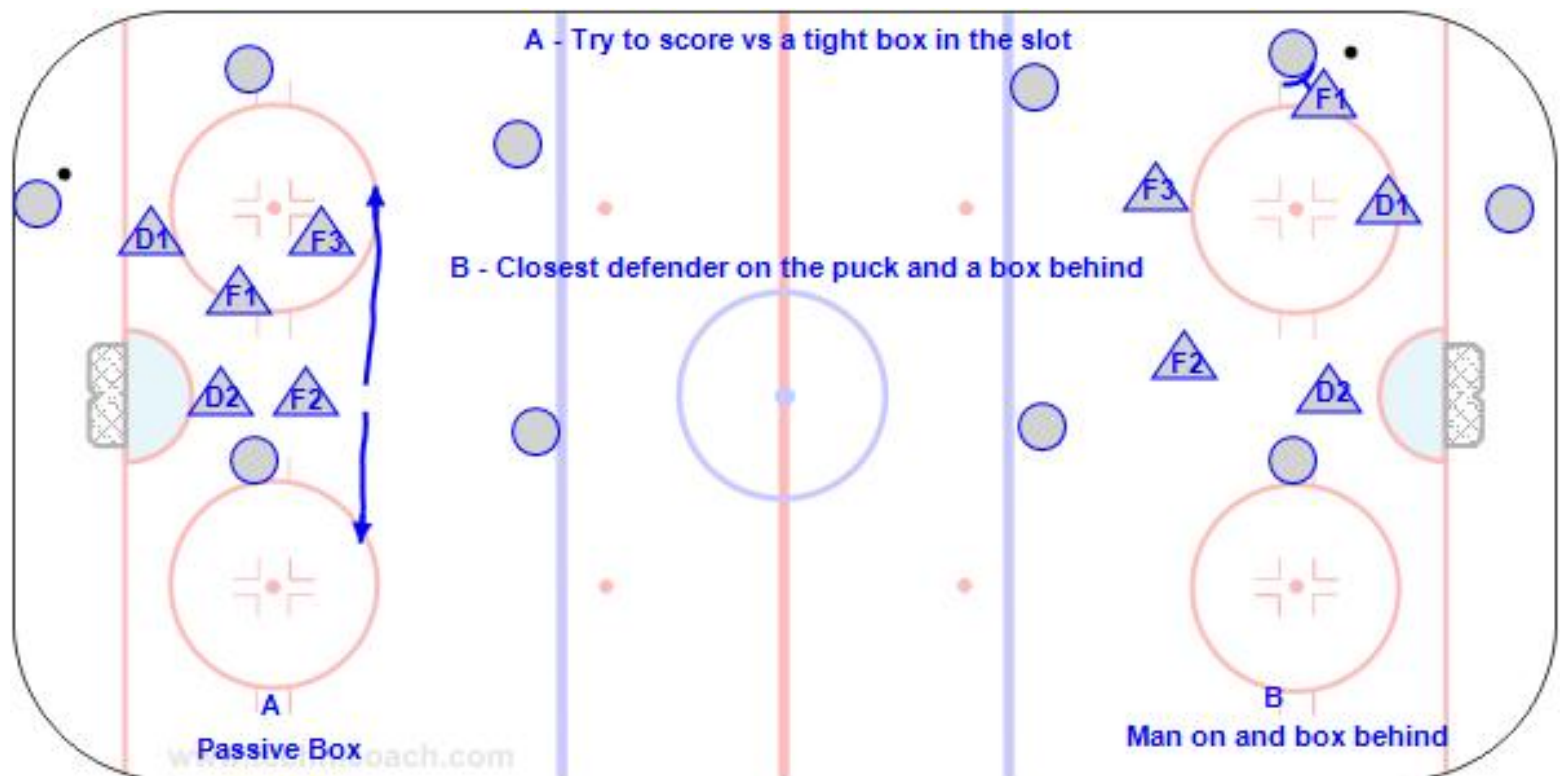
When doing man on and box behind closest player is aggressive from the inside to the outside body on body and stick on the puck.

## **Description:**

Teach defensive zone coverage by giving the offense 45 seconds to score.

A. Play a tight box and one in the low slot area. Players can only move a few strides but stay in a tight 2-1-2 formation.

B. Closest defender pressure the puck right away while teammates form a box behind. When the puck is passed away drop to a corner of the box or take the player to the net. If the offense has three attackers cycling on one side D2 must move to that side and F2 drops to the hash marks to cover the front of the net.



## **10 Great Drills to Practice Team Defense**

(The first link is to the Forum posting and the second to a video demonstration.)

### **T4 D400, 3 on 3 Team Play Practice - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6392&topic=6392#6392>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224302363>

### **T4, 5-2 Forecheck and Regroup - Czech U17**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6342&topic=6342#6342>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130228092314602>

### **T4 - Penalty Kill vs. Diamond - Fall Under**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5430&topic=5430#5430>

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

### **T4 - Defensive Zone Coverage - A 3 Dimensional Description**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2511&topic=2511#2511>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110915103627656>

### **T4 D400 - 2 on 2 Below the Goal Line**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=714&topic=714#714>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090824224306239>

### **T4 Penalty Killing 2 Short vs Spread**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=409&topic=409#409>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130314090228874>

### **T4 - Backchecking**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6616&topic=6616#6616>

### **T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6882&topic=6882#6882>

## T4, 5-2 Forecheck and Regroup - Czech U17

### Key Points:

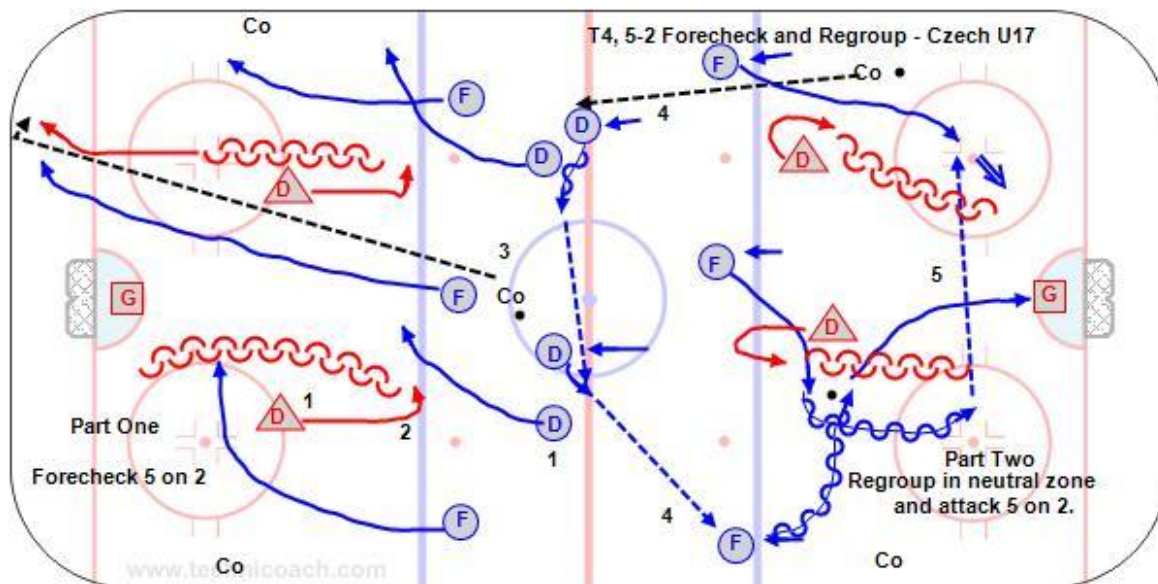
Teaching method for instructing the forecheck so all the players understand. This can be used to teach any forecheck.

### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130228092314602>



## TD400 Aggressive PK - Both Ends - Pro

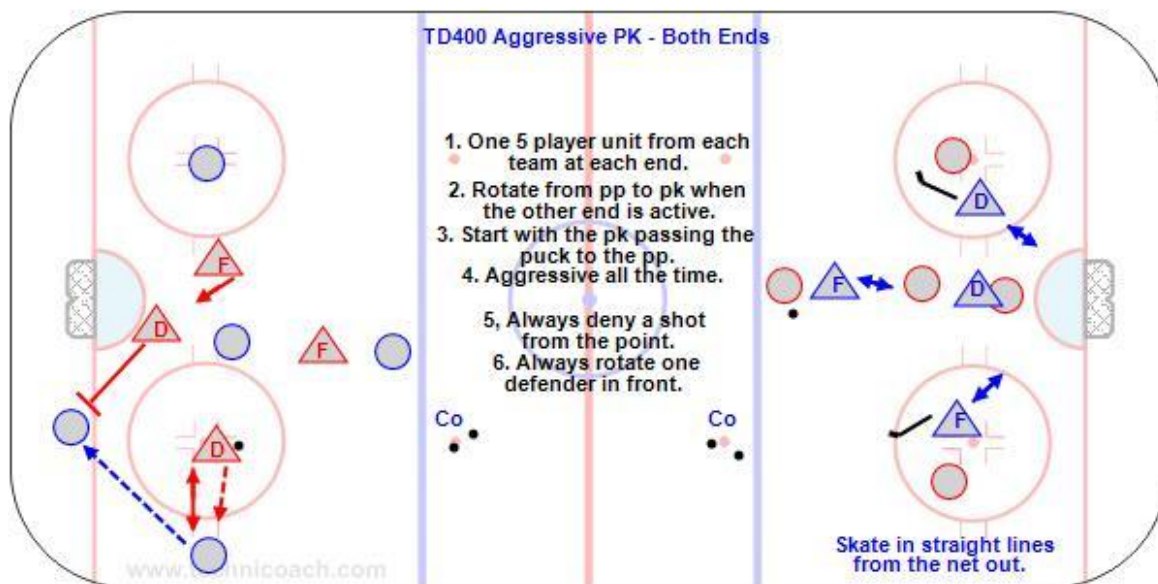
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822220057310>



## 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.

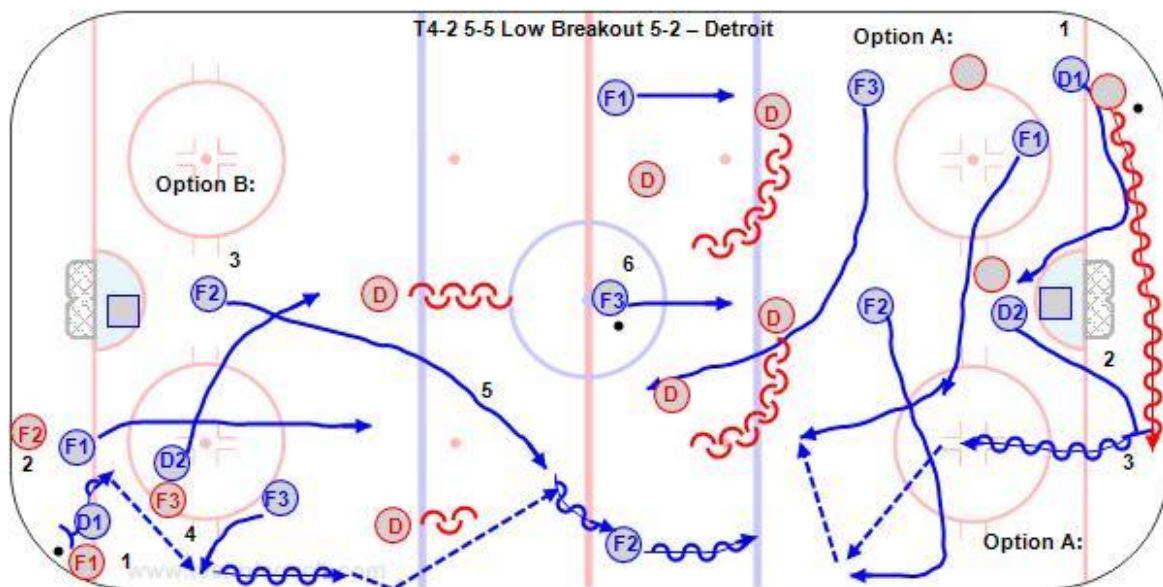
#### Option A:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103083857792>





## T2-B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

### Key Points:

Forwards skate to the big ice with the puck and pass to the outside for a wide entry into the zone. One forward screen and the other cycle high. Defense work on one timers and quick shots or high cycle options like back door plays.

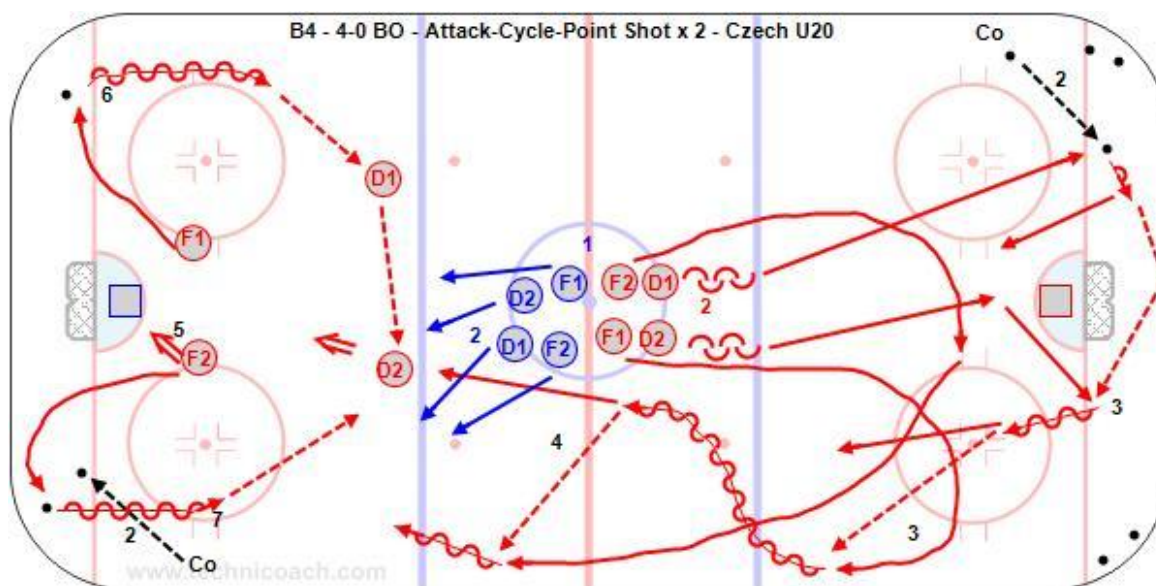
### Description:

1. All of the players start from the middle circle.
2. Start with a coach at each end spot a puck on the goal line and D1-D2-F1-F2 leave from each end.
3. D1 should check and pass over to D2 up to F1 or F2, attack 4-0.
4. F1-F2 attack and carry the puck to the 'Big Ice' between the dots and pass to the outside lane.
5. Shoot-rebound.
6. F1 get a puck in the corner and cycle high and pass to D1 to D2 who shoots - F1-F2 screen.
7. F2 get a puck from the other corner, high cycle, pass to D2 to D1 who shoots, screen.

*\* All of the high cycle options can be practiced with this drill.*

*\* D joining the rush can also be practiced in this drill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20151011094759598>



## T2-4 Breakout 5-2 to Defensive Zone Review – Pro

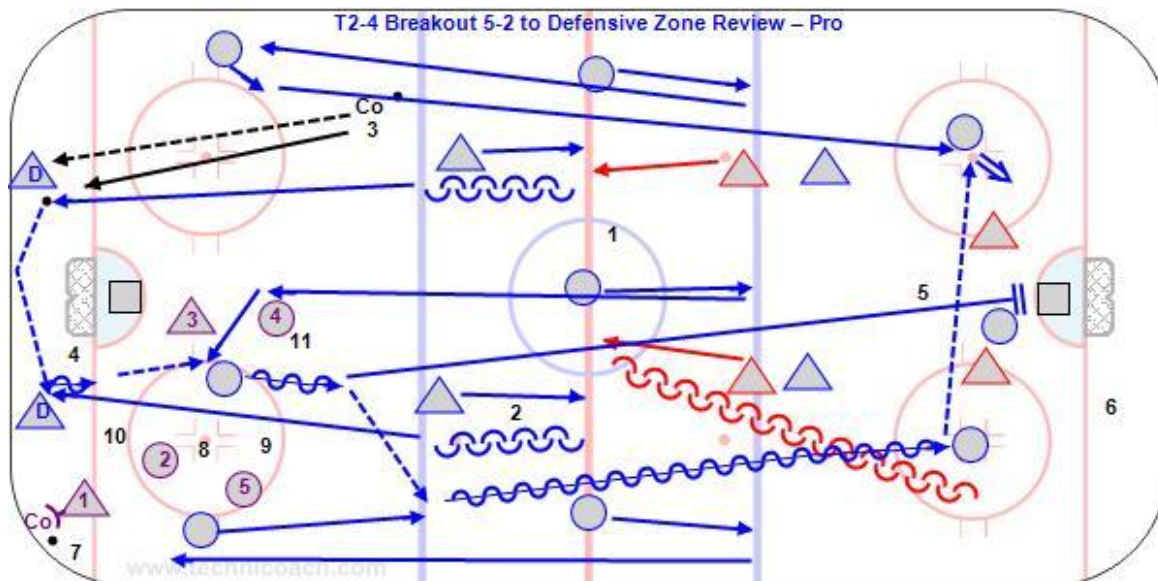
### Key Points:

This is a walkthrough of the breakout and forecheck. The coaches take away one of the passing options and then check to see the players understand the initial positioning in the defensive zone. Always stick on the puck and sticks in the passing lanes.

### Description:

1. Start in the neutral zone with 5 offensive and 2 defensive players.
2. Skate up then back into the zone on the whistle.
3. Coach shoot in the puck and forecheck.
4. Breakout 5-3 vs. the coach and two defensemen.
5. Attack with a middle drive and one D join as a trailer.
6. Play out the 5-2 attack until the whistle.
7. On whistle a coach takes the puck into the far end.
8. Players skate to their place in the defensive zone based on 1-2-3-4-5 and stop.
9. Player come back to 'One on and a Box behind. 1 on and a box behind.
10. 1 on the puck carrier, 2 support low within a stick length the second attacker, 3 in front halfway to third attacker.
11. 4 mid slot and 5 puck side point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103004514438>





## T2-4 – D100 – BO-RG-Attack 5-5

### Key Points:

Practice team play using this breakout, attack, defend sequence. Any game situation can be practiced and either carry or dump the puck in to practice various scenarios.

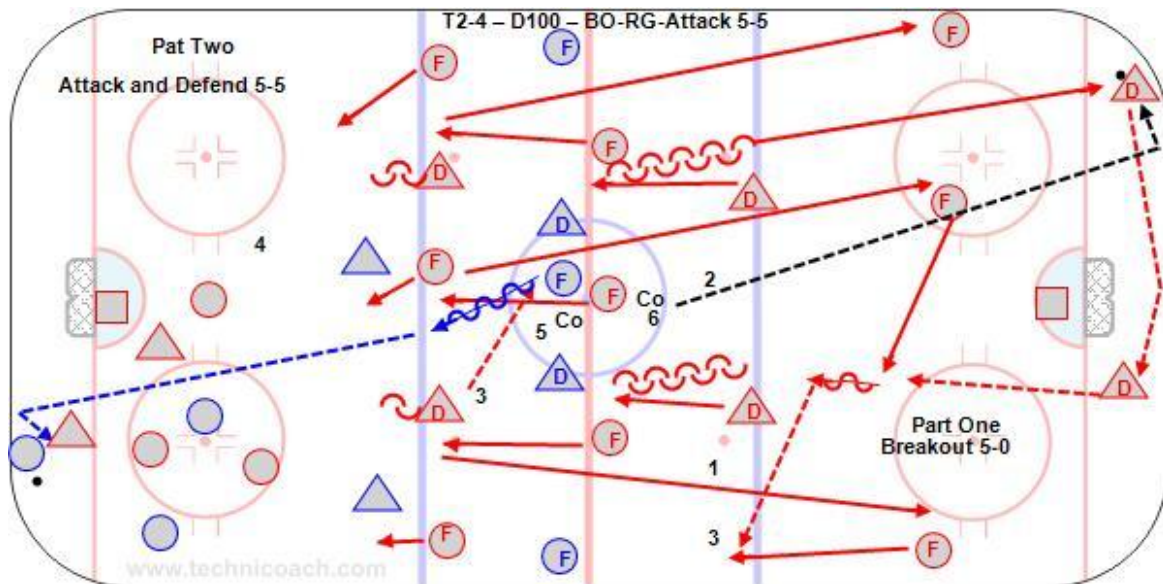
### Description:

1. Forwards start at the red line and the defensemen at the far blue line.
2. Forwards skate back to the far blue line, defense to red line and coach dump the puck in.
3. Breakout of the zone and pass the puck to the opposition waiting behind the red line.
4. Attack 5-5 vs. the original group of five.
5. On a goal, frozen puck or successful breakout pass the puck to the coach.
6. Coach dump the puck in for the next unit to breakout then defend.

*This sequence can be used to practice game situations from 3-3 to 6-5.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081216876>

<https://youtu.be/cfoVYYtC4WM>



## T2-4 - D400 -Low 2-2 – 3-3 - Czech U20

### Key Points:

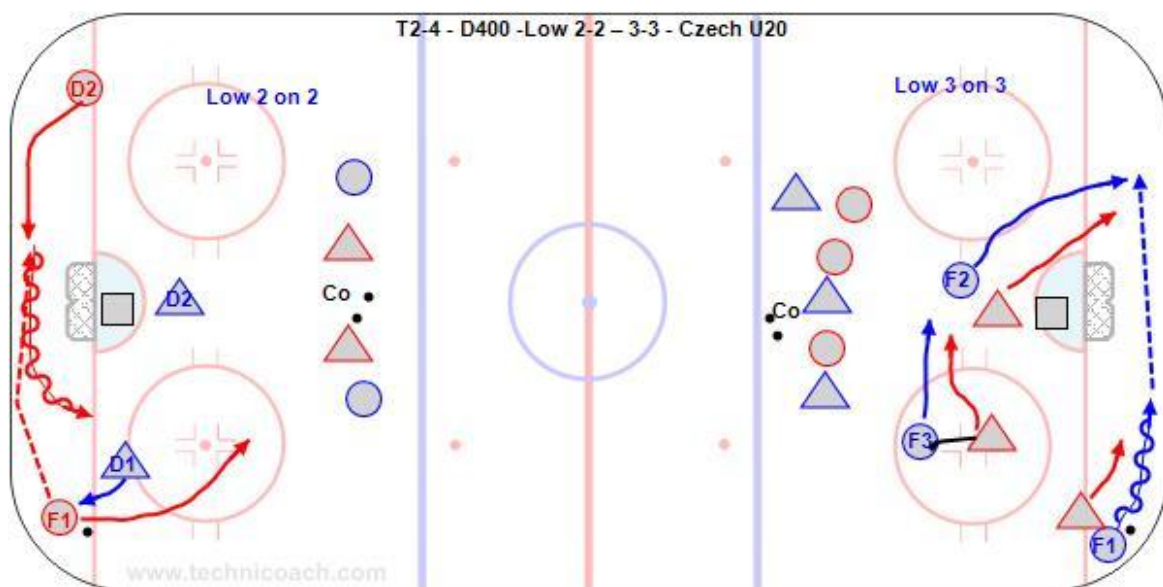
Defenders communicate and keep their head on a swivel to always know where their man and the puck are. Play from the defensive side with the stick on the puck and body on body. The closest defender be in contact with the attacker and the second man within a stick length. On the 3-3 the third defender be halfway to the third attacker. Attackers fight to get on the offensive side and create 2-1's.

### Description:

1. Players wait for their turn above the circles.
2. Start with F1 in the corner with the puck and F2 below the goal line on the far side.
3. D1 faces F1 in the corner and D2 is in front of the net.
4. Play a 2-2 below the circles for about 20".
5. Switch to 3-3 with F1 again starting in the corner, F2 in front and F3 in the high slot.
6. Defend man on man.
7. Closest defender tight on the puck carrier, second closest within a stick length and third halfway.
8. Defend from the net side, stick on the puck and body on body.
9. Box out and control the stick in front of the net.
10. Attackers create 2-1's, use give and go passes, protect the puck.
11. Pass behind the net to change the point of attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083013222>

<https://youtu.be/8RWPbERrN38> (Subscribe to Czech drill videos)



## 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.

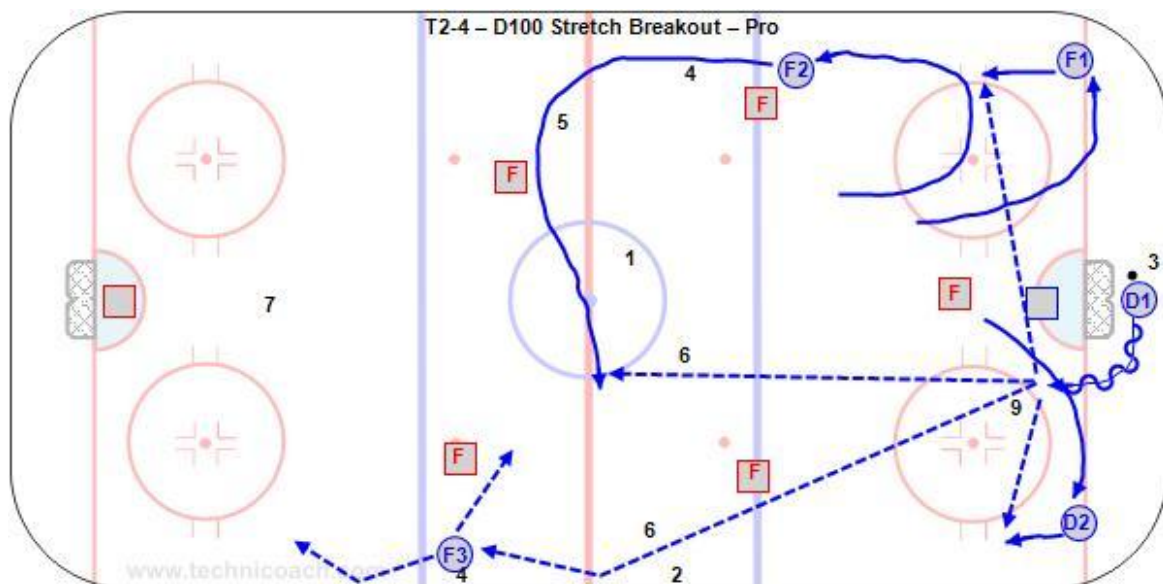
### Description:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150427102021832>

### European Example:

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090814073711288>



## T2-4 - Low BO 5-0 Back 3-2 - Czech U20

### Key Points:

Centre swing low below the hash marks and mirror the movement of the puck and support a pass to the wing from below the puck for a tip back.

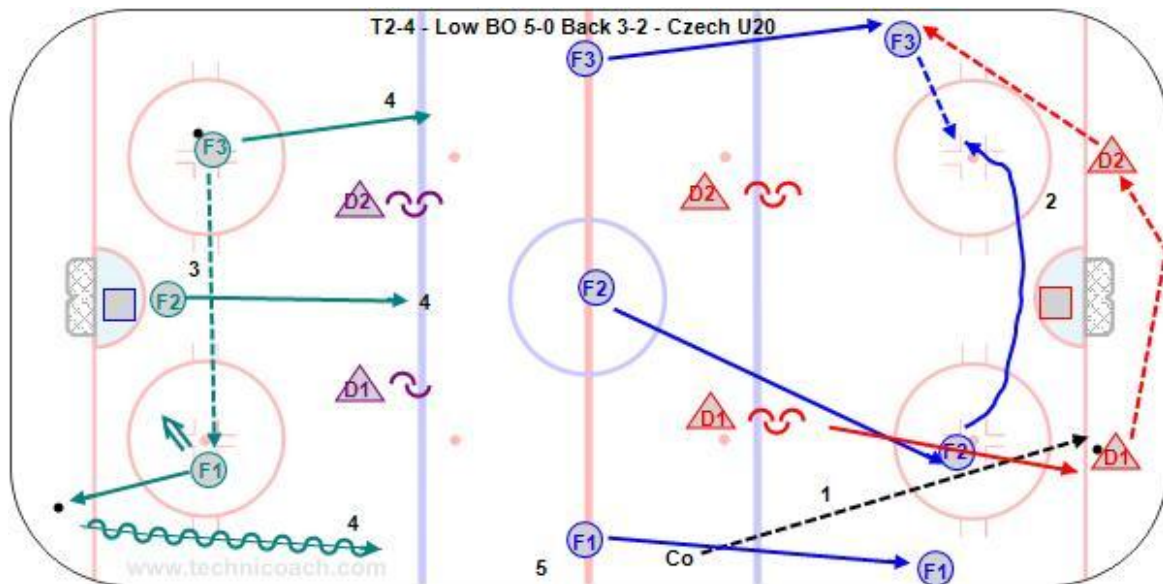
### Description:

1. Either dump the puck in or shoot so the goalie must handle the puck.
2. D1 to D2 with the centre mirroring the puck below the hash marks.
3. Attack 5-0 with the middle drive.
4. F1-F2-F3 turn back and attack 3-2 .
5. Repeat with D3-D4-F4-F5-F6 starting at the other end.

\* Attack with speed and create a 2-1 vs. one defender.

\* Add the D joining the 5-0 as the 4th attacker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083014213>



## T2-4 - PP vs Passive PK - PP vs Active PK

### Key Points:

Move the puck quickly and go to the net for shots. Defenders challenge the attack when there is no full control. Sticks in the passing lanes.

### Description:

1. Black on power play vs. Red Defenders.
2. First do a breakout while the pk waits in the zone with sticks upside down.
3. Goal, frozen puck the coach whistles and the puck is dumped down and the PP break out vs. the pk forecheck and active defense in the zone.

Every unit of 5 repeat.



## T2-4 Aggressive 1-3-1 Blue Torpedo

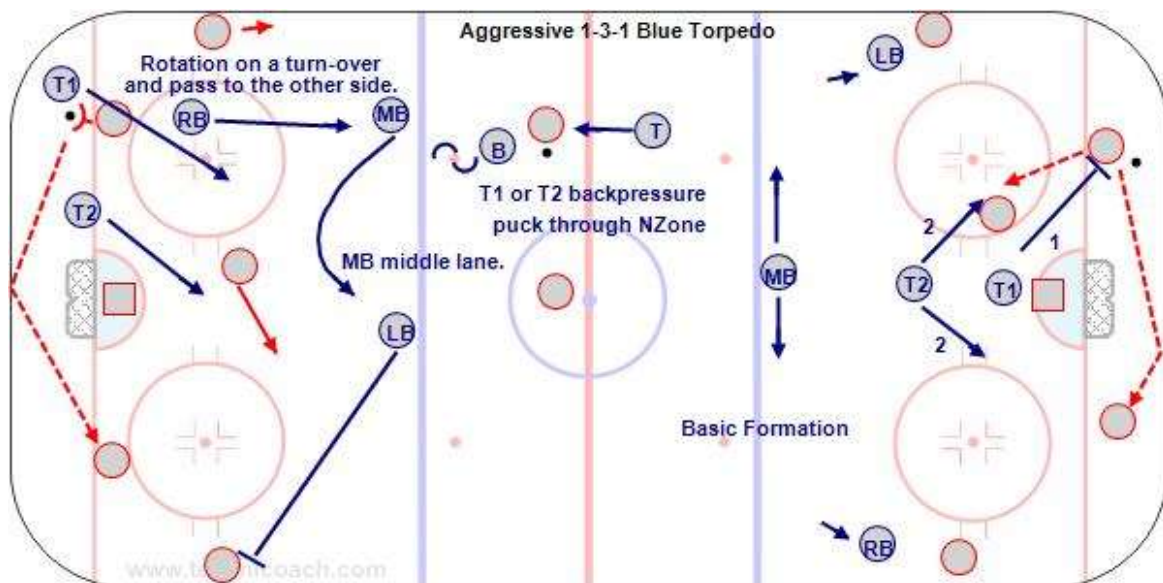
### Key Points:

T1-T2 Forecheck in a tandem, pressure down the boards, MB fill behind the pinch on either side. RB and LB pinch on their side. Torpedoes must backcheck hard and back pressure the puck carrier.

### Description:

1. T1 on the puck hard, inside to out.
2. T2 cover pass to middle lane or pressure D to D.
3. RB and LB move to pre pinch position on their wings.
4. MB fill behind on the strong side and never allow anyone to get behind him.
5. After a successful pinch RB and MB stay in on the cycle until the puck moves to the other side.
6. Rotate on D to D or rim and T's come back hard.

\*If the MB joins the rush or carries the puck up the ice then the RB and LB stay back. They work together as a group of three.





## T2-4 C2 Back Pressure-Low 3-3 – Pro

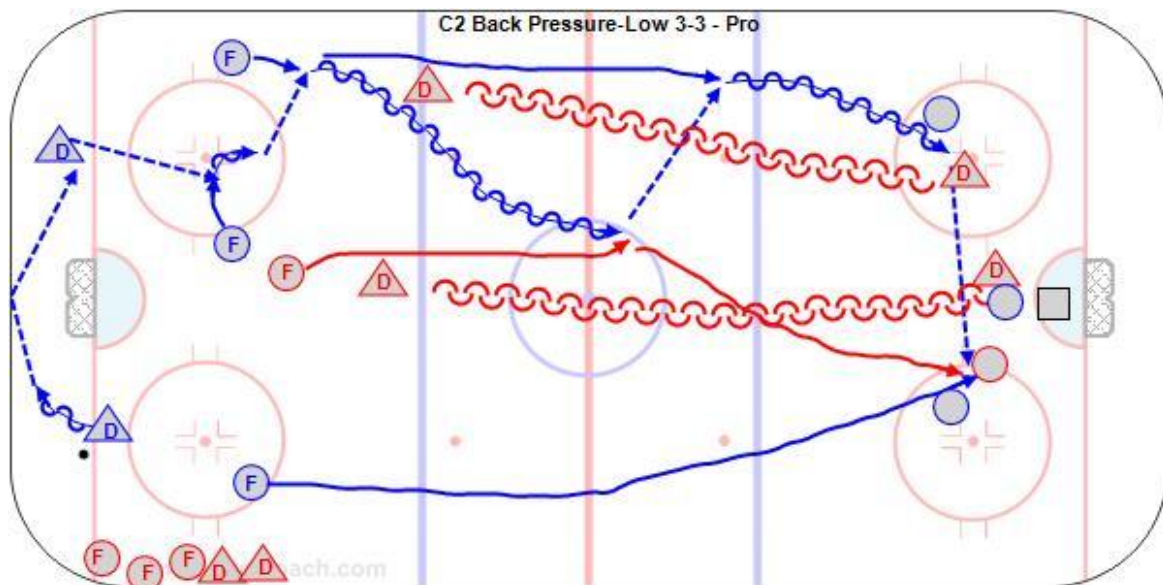
### **Key Points:**

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.

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





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

### Key Points:

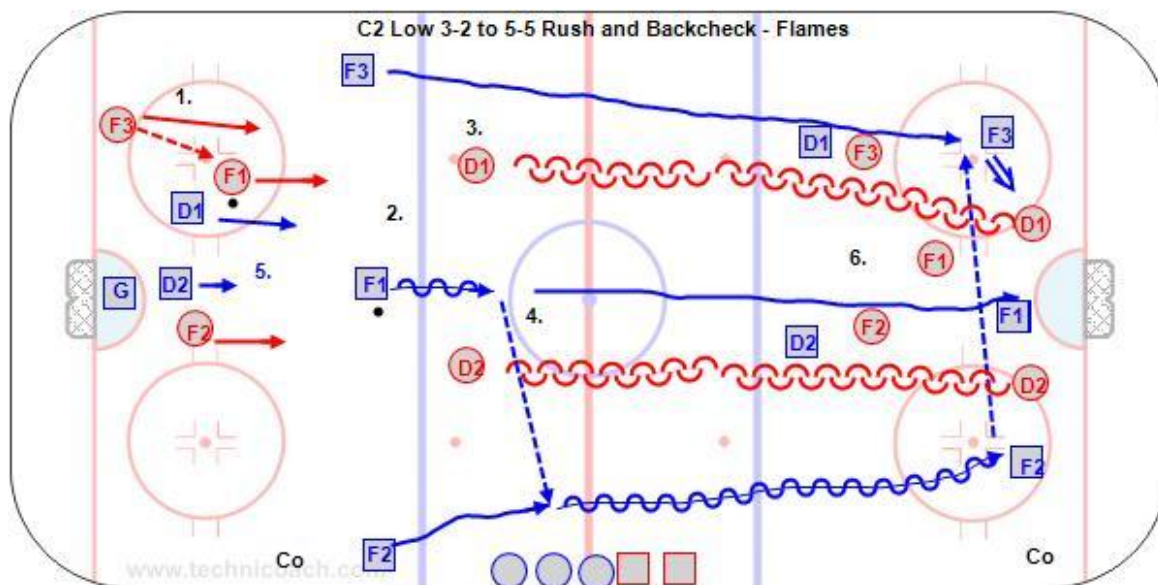
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121016102144194>



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

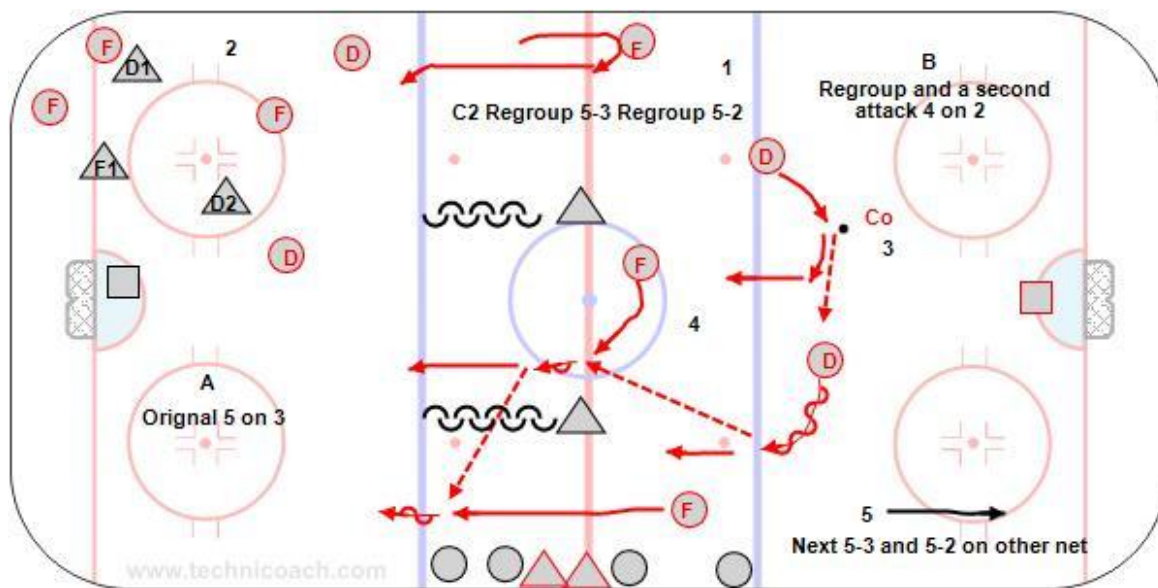
### Key Points:

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

### Description:

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

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



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

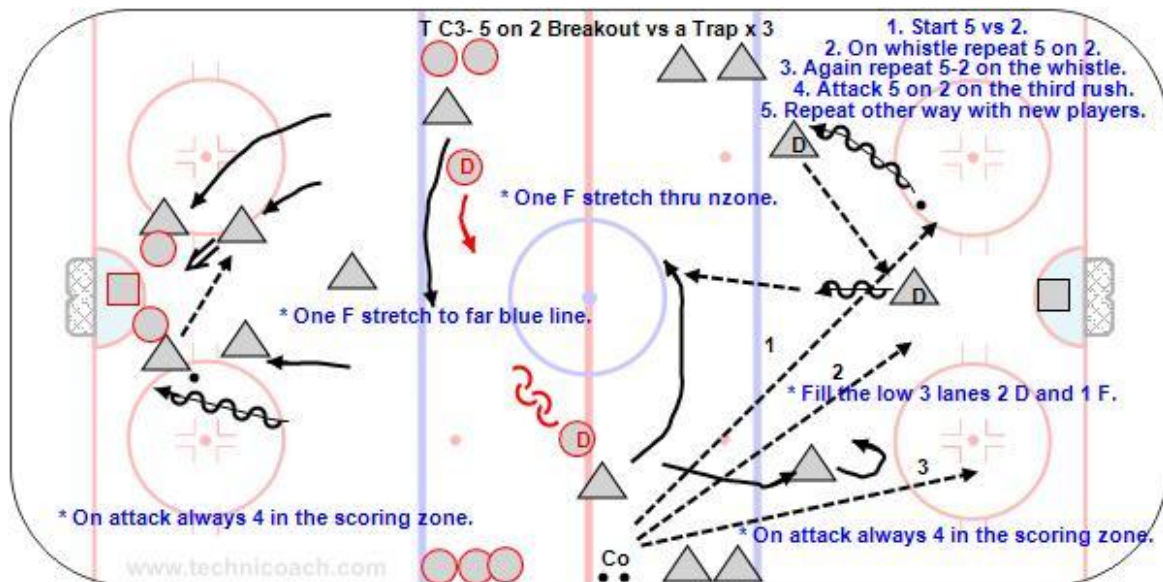
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123904459>



## C3 - 2 on 1 D Join Attack - Pro

### Key Points:

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

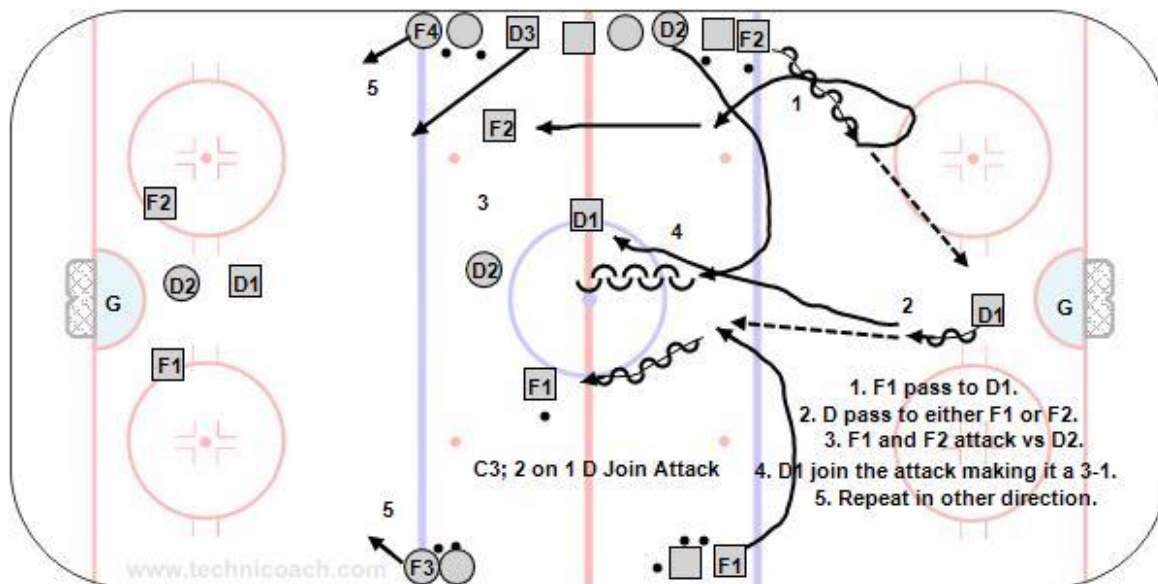
Easy to progress to a one puck transition game if the new players give passive support above the circles.

### 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073715952>



## ***C3 - 5 on 2 Forecheck - 4 Attack***

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

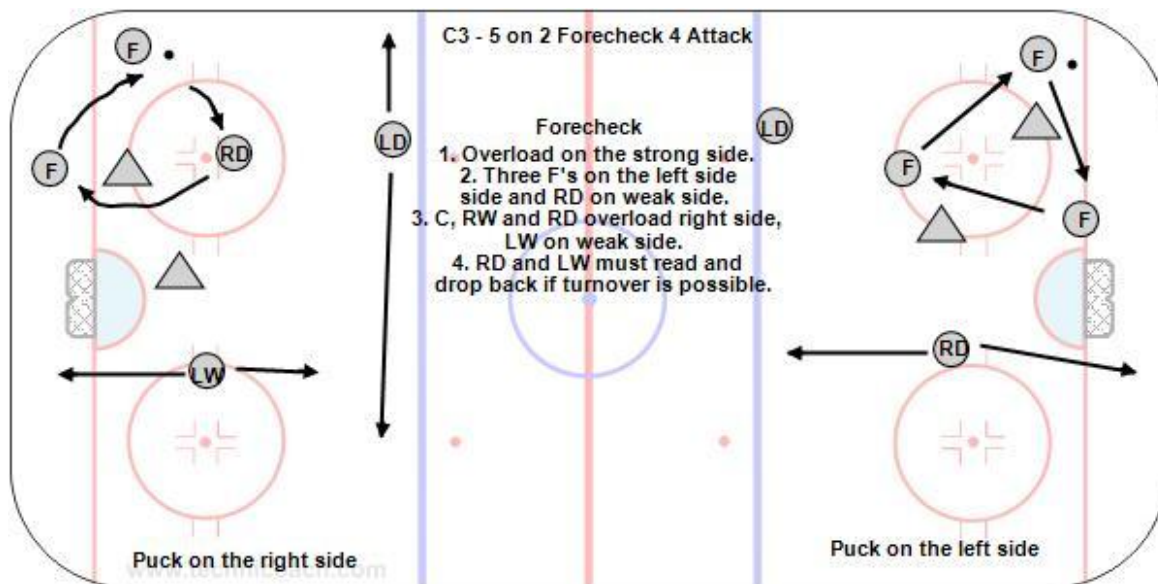
Overload the strong side with one player on the weak side for a one- timer or to change sides.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163946686>



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

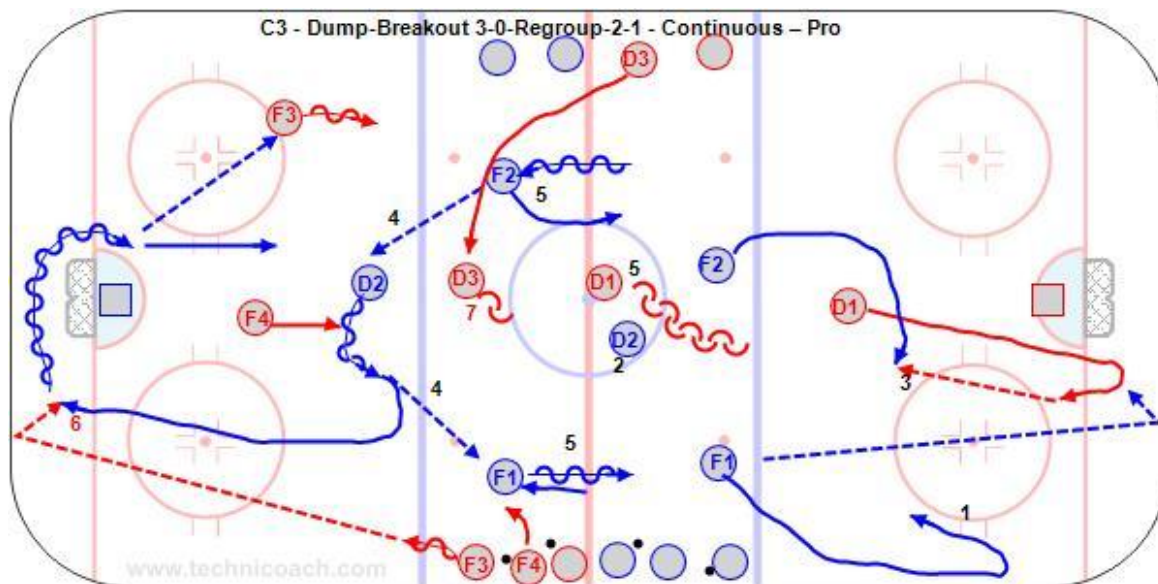
#### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>





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

### *Key Points:*

One stretch, one middle support and one wall support.

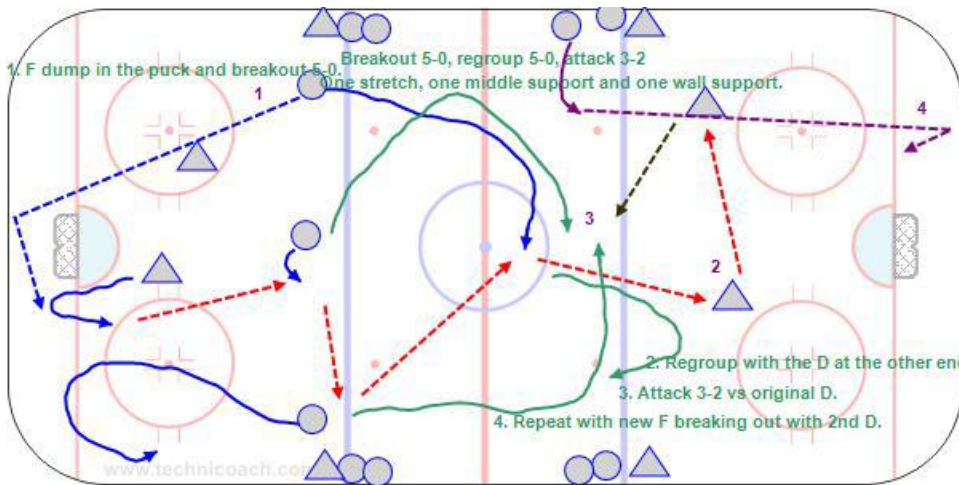
### *Description:*

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>





## C3 Breakout, Regroup 3-2

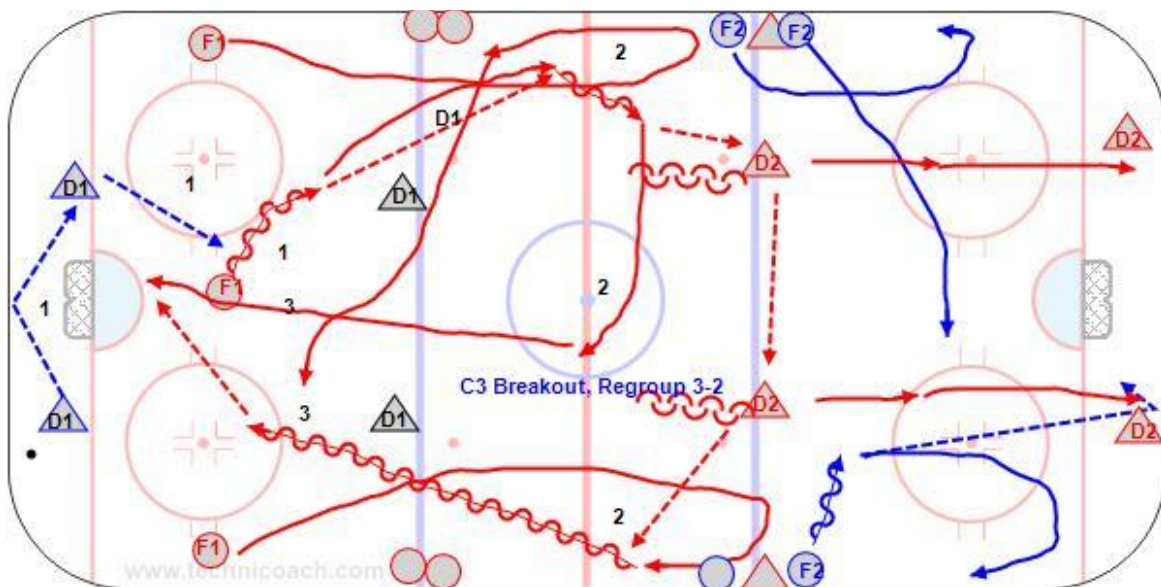
### **Key Points:**

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073714121>



## C3 Goalie Setup-Breakout-Regroup-2 on 1

### **Key Points:**

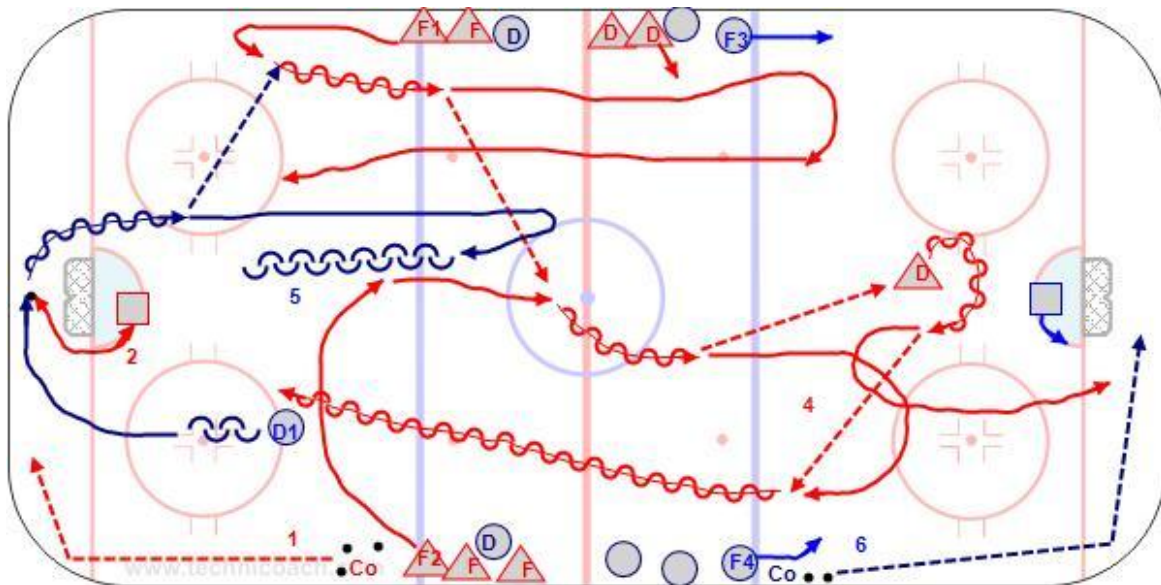
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

### **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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110323070114796>



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

### Key Points:

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

### Description:

#### Part A

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

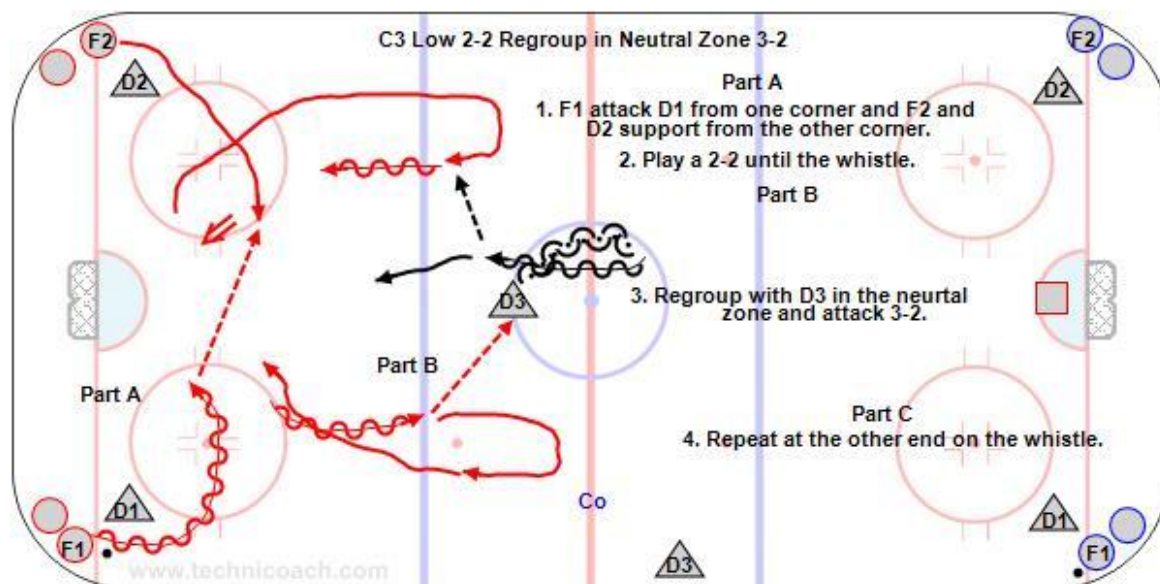
#### Part B

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

#### Part C

4. Repeat at the other end on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013091114135082>



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

#### Key Points:

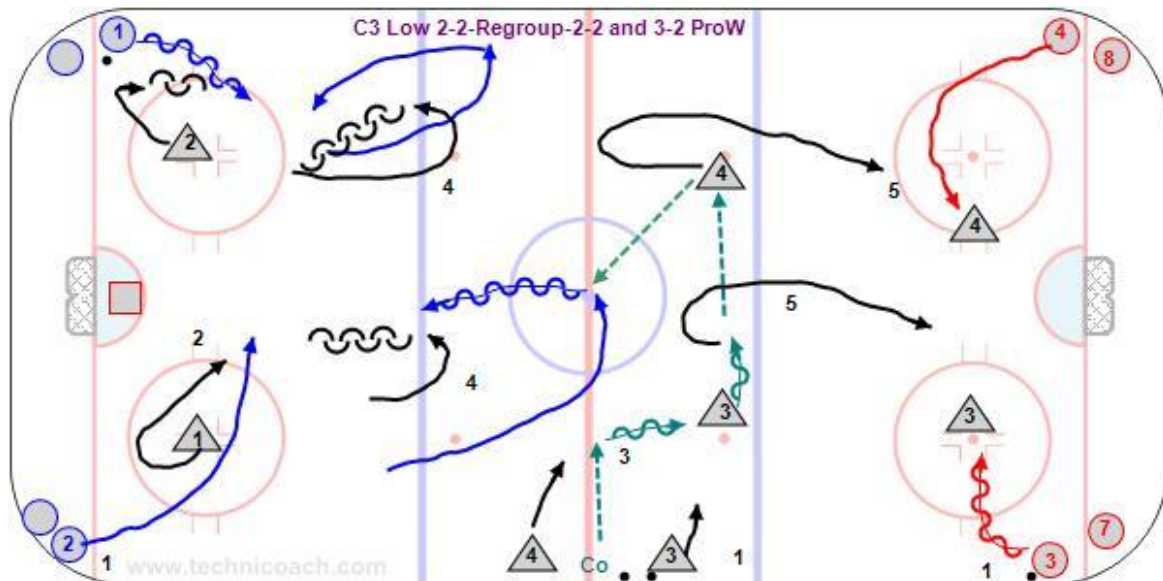
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

#### Description:

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

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131005160127754>



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

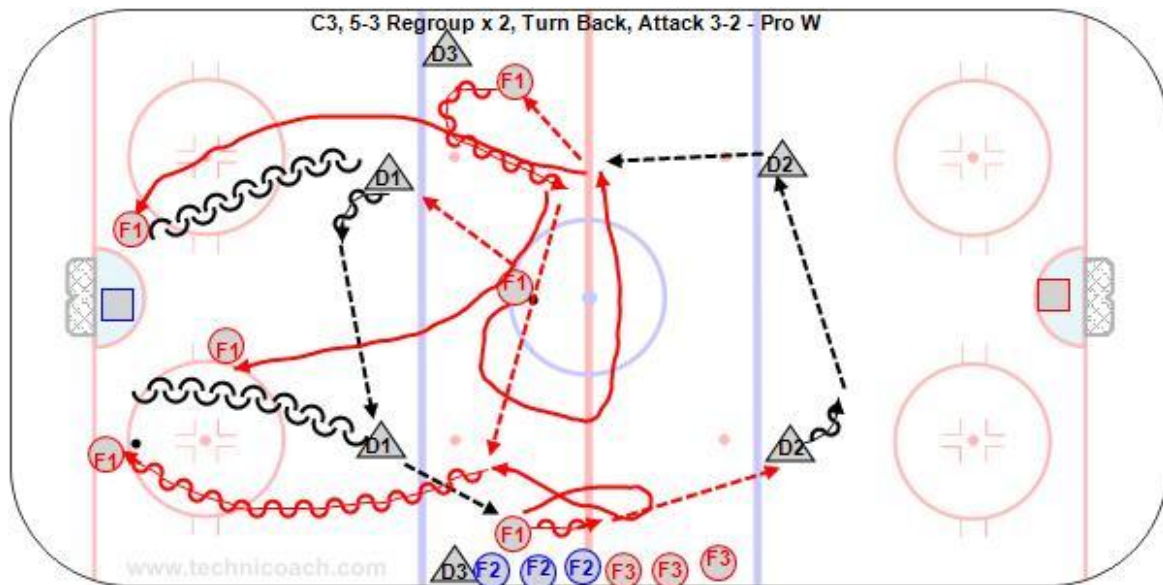
#### **Key Points:**

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131210162626452>





## C600 - 4-0 Regroup - 3-0 - 3-2 x 2 – Pro

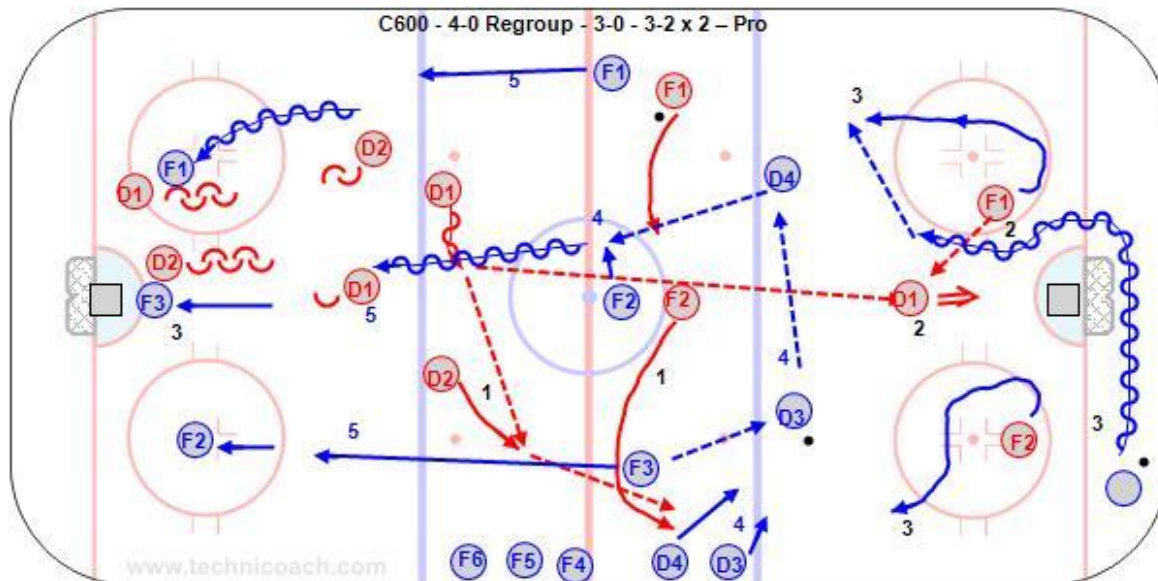
### Key Points:

Middle D jump up to take the shot on the first rush. Attack with speed and support from all three lanes.

### Description:

1. Start with a neutral zone regroup F1-F2 with D1-D2.
2. F1-F2 attack the net and the middle D join and shoot the trailer pass.
3. F3 start a 3-2 rush with F1-F2 vs. D1-D2.
4. D3-D4 follow and get a new puck to regroup with D1-F2-F3 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2 a second time.
6. Repeat with F4-F5 regrouping with D3-D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140930091509668>



## T2-T4 Cougar Pounce System (2-2-1 or 1-3-1)

### Key Points:

Constant pressure from the defensive side. Back pressure, Offensive and defensive 2-1's. Man on box behind in Dzone. 2-2-1 forecheck when close pressure or 1-3-1 when offense has total control with skates up ice.

### Description:

This system combines the left wing lock and the torpedo. There are two offensive forwards the C and RW. The left wing plays like a left wing in the offensive end and a left D in the defensive zone and lines up on lw at the faceoff. The LW and RD stay on their side of the ice. The right D plays like a RW in the offensive zone and a RD in our end. The LD is really a middle D and is on the puck side in the offensive end and is the support player low in the defensive zone, always on the puck side. The RW and C cover the points in the D zone and force the puck on the attack. They can forecheck either in a 2-2-1 or a 1-3-1 formation. There are always 4 players on the attack.

I used a large rink on the floor to go over the system and my trainer took a video of the instruction. The video was taken early in the season before an exhibition game in the Olympic Oval. The videos are in the team play section of the ABC site.

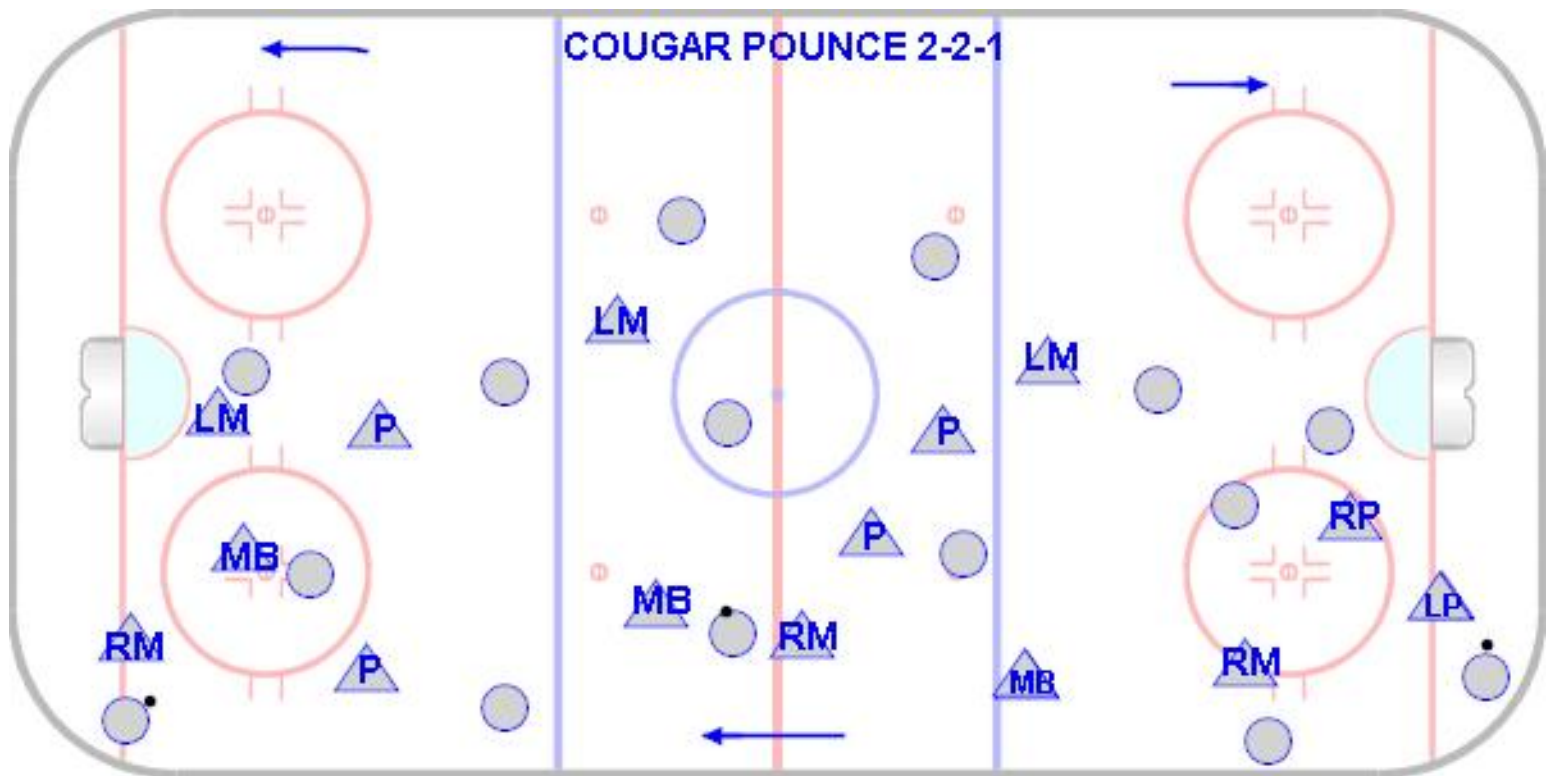
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110405661>

This video shows a clip of the forecheck in a game situation.

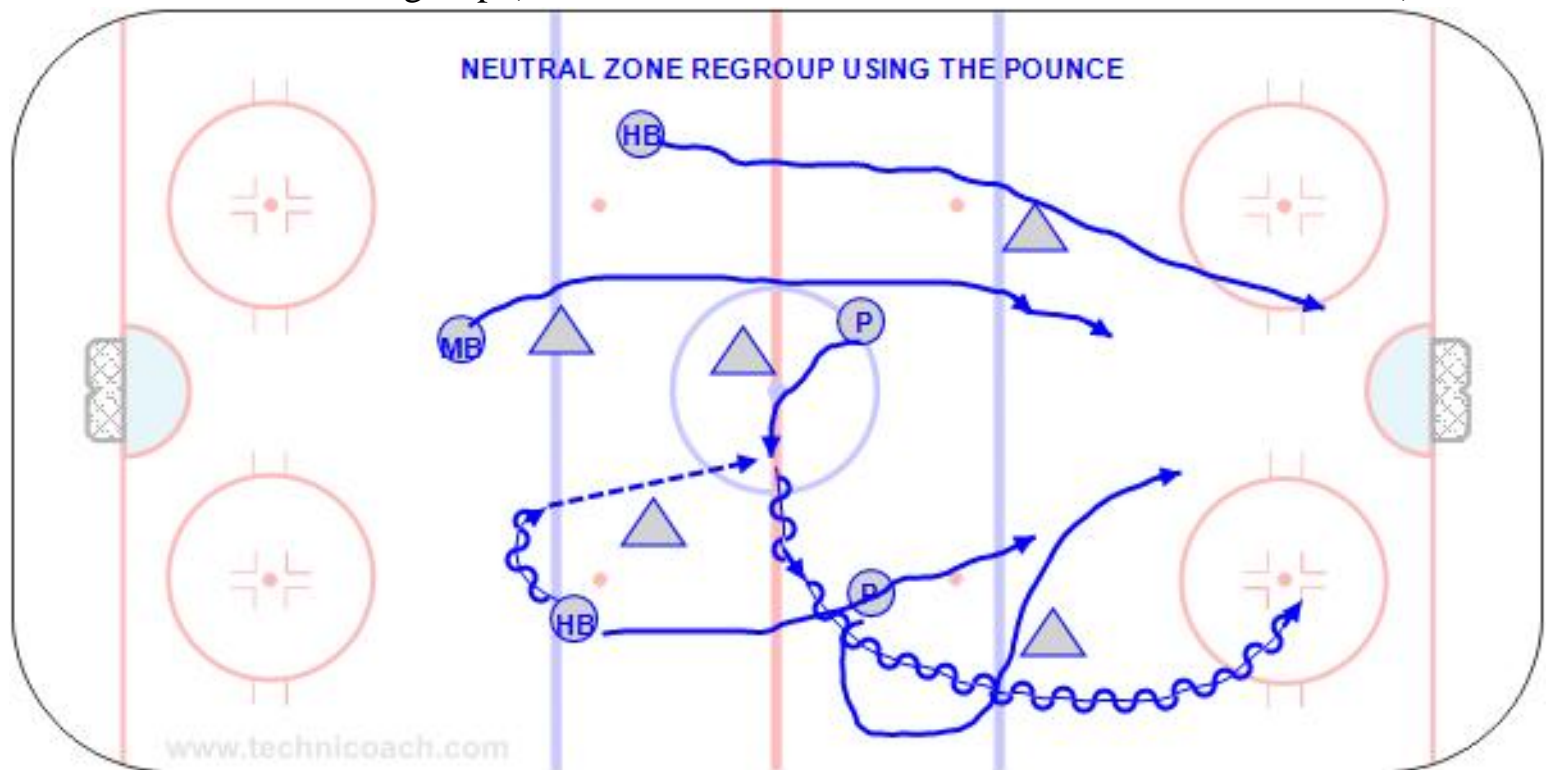
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080727110408764>

Cougar Pounce (LW, LD and RD are called Midfielders in this diagram)





Pounce Neutral Zone Regroup (LW and RD are called Halfbacks here, LD middleback)



Pounce vs Pass to the middle. MB could also lock on early.



## Defensive Zone Coverage with the Pounce.



## D1 Controlled Scrimmage

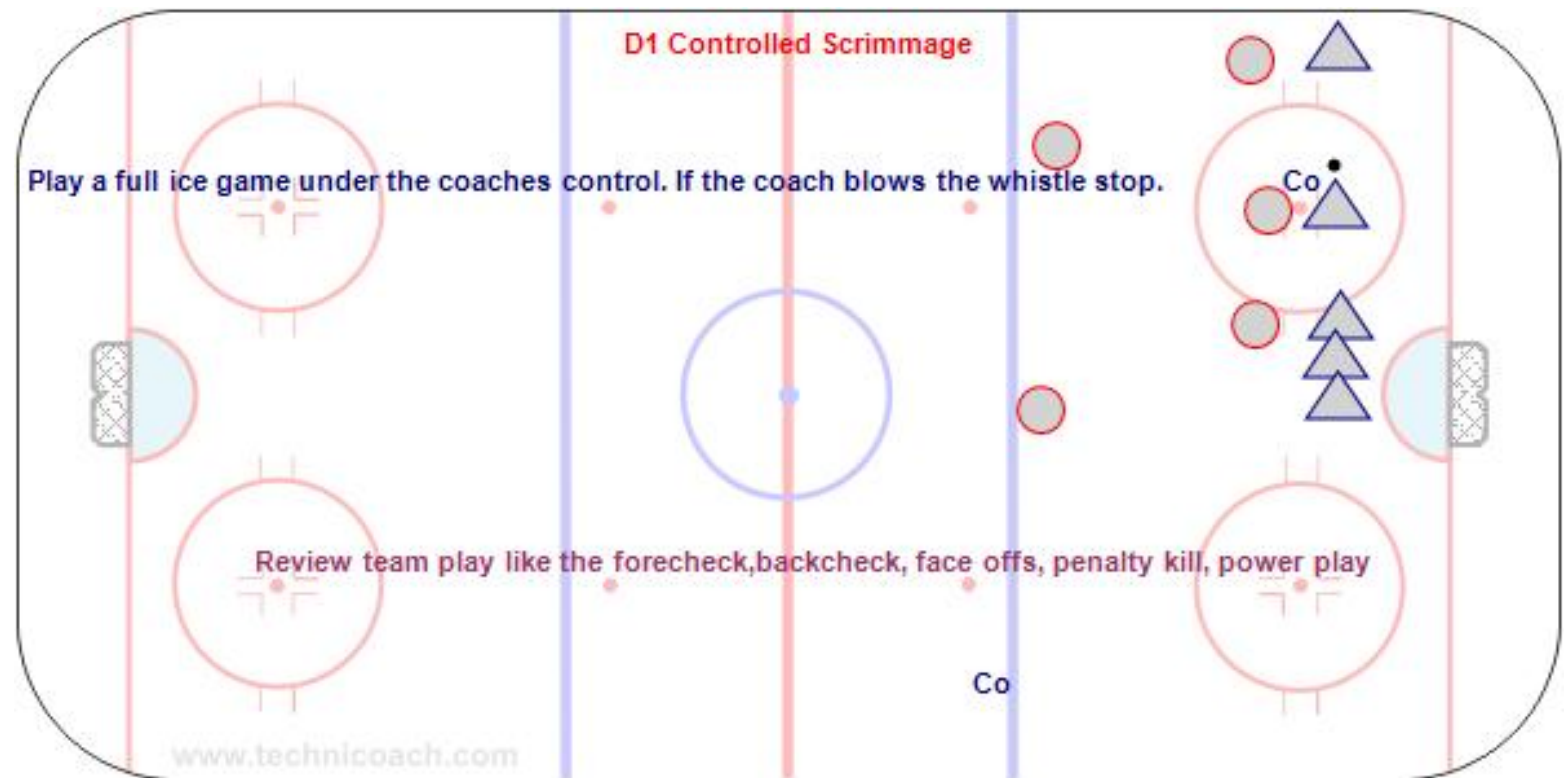
### **Key Points:**

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

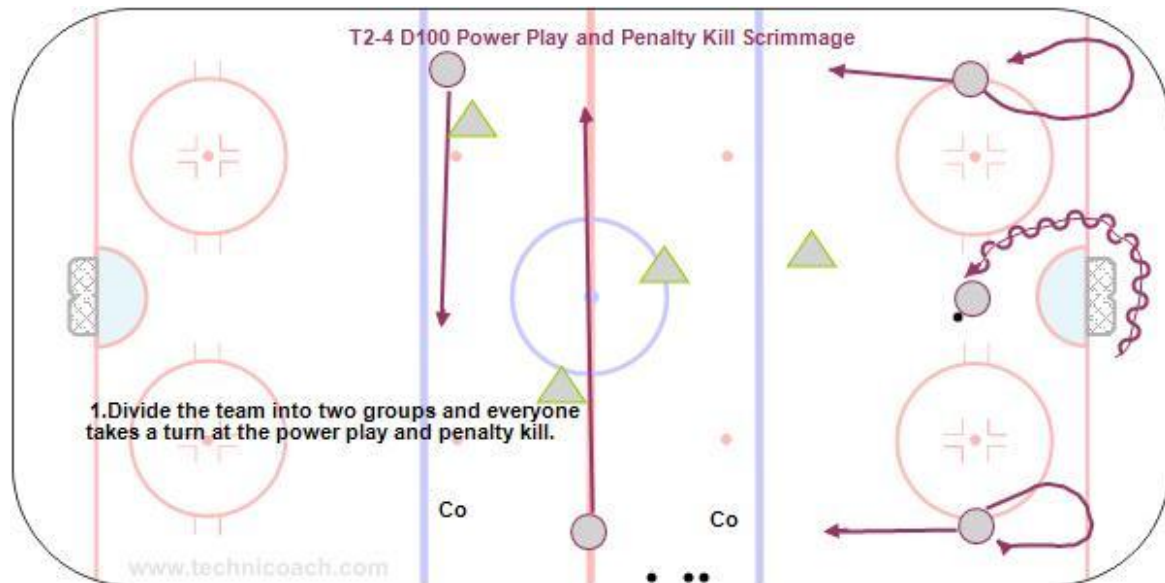
### ***Key Points:***

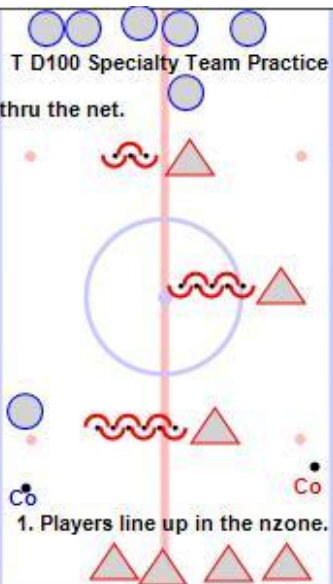
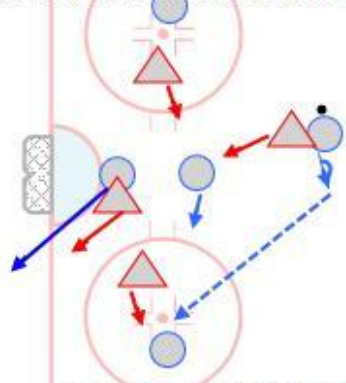
Practice the breakout, neutral zone entry, attack, forecheck and power play set up. The penalty killers practice the forecheck, and defensive zone coverage. It is great if you can get another team to practice with you and take turns with 5 min. power plays each in all situations and have a few minutes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

### ***Description:***

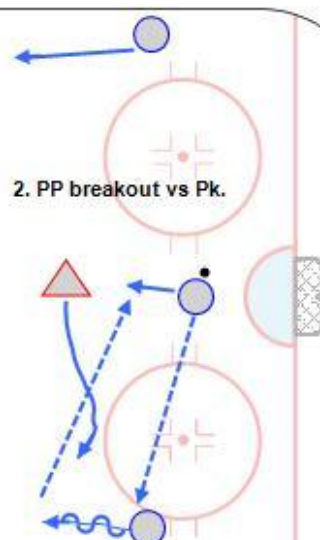
Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114800166>





1. Players line up in the nzone.



## 2. PP breakout vs Pk.

## T2-4 D100 Breakout and Forecheck U20

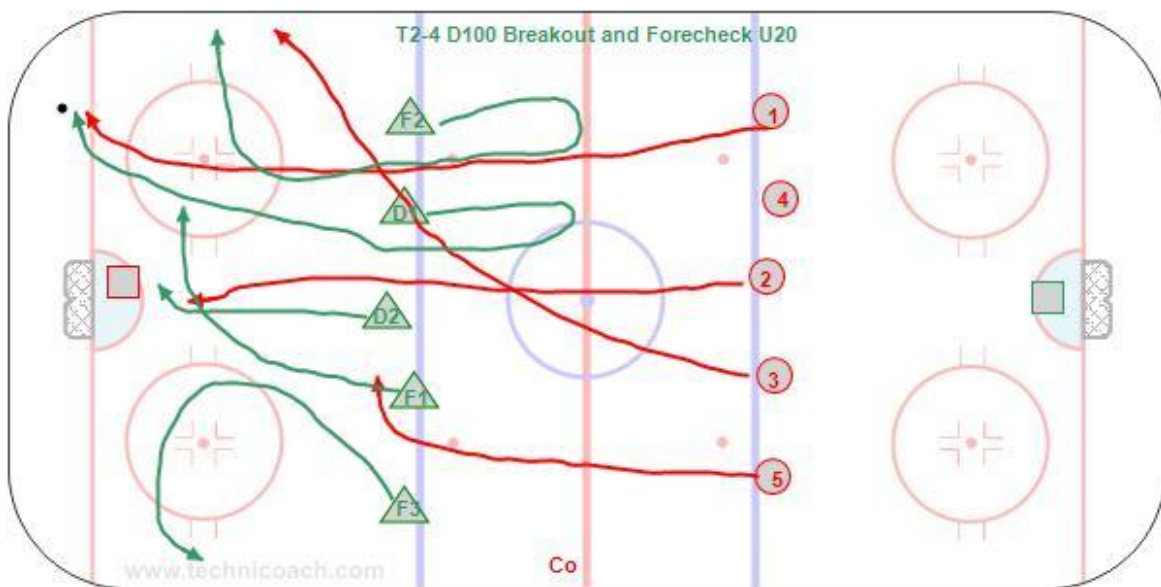
### **Description:**

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.

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





## T2 T4 D100 Controlled Scrimmage

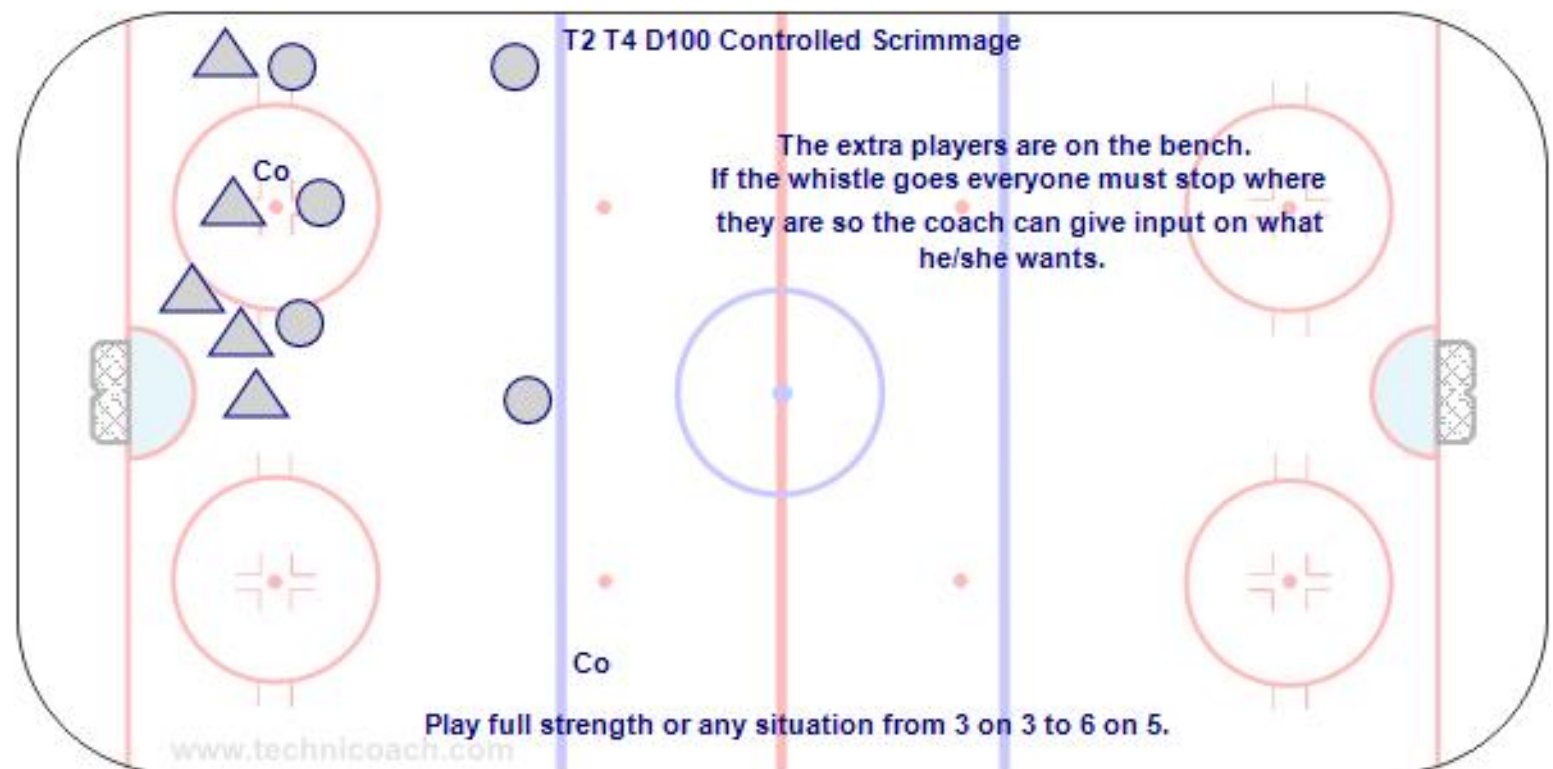
### **Key Points:**

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.

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



## T2-4 D100 Power Play and Penalty Kill Scrimmage

### Key Points:

Practice the full ice power play vs penalty killers. Controlled scrimmage style with coaches shooting the puck in and stopping the play. Short passes, get the puck behind the defense, and quick feet are the keys.

### Description:

1. Divide the team into two groups and everyone takes a turn at the power play and penalty kill.
2. In this video the breakout is 3 coming up the ice with one in each lane and a stretch man in at the red line and far blue lines.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144407276> is the video link.



## T D100 Specialty Team Practice

### Key Points:

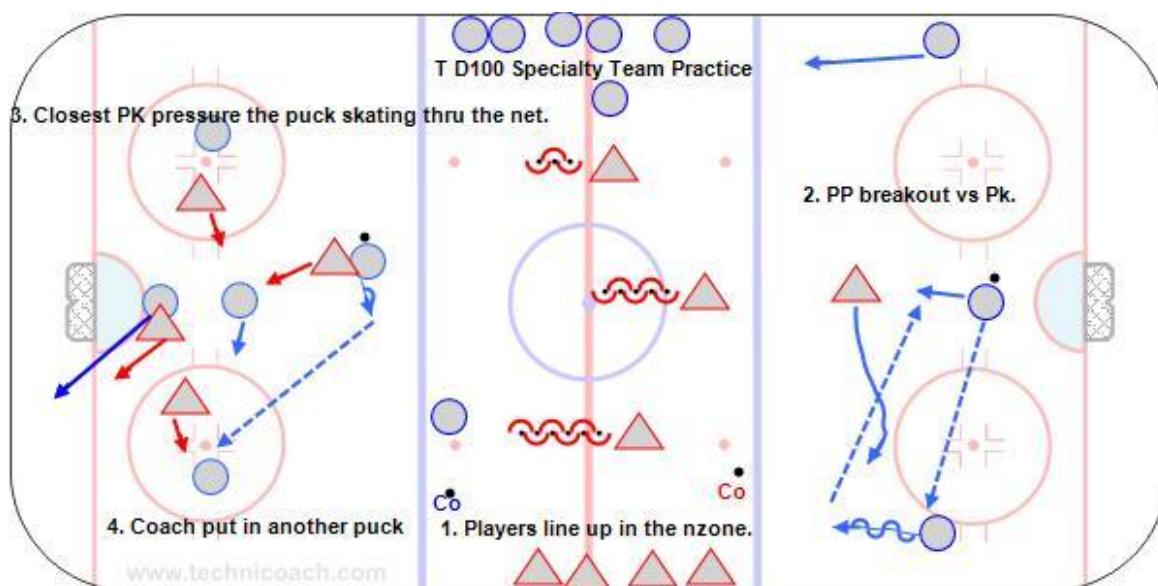
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>



## T2-4 D100 Specialty Team Practice - 1

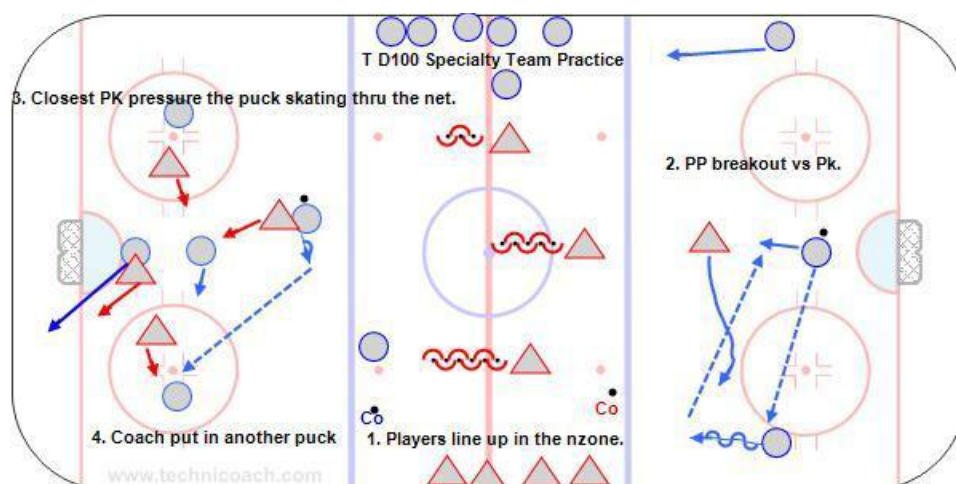
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>



## D200 Coach Call Options - U22

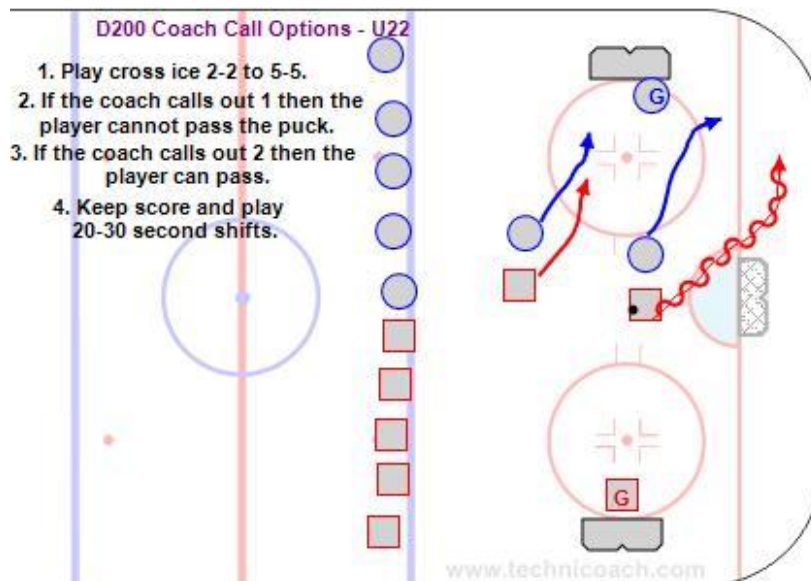
### ***Key Points:***

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165327614>



## T2-4 D400 Attack and Dzone-Detroit

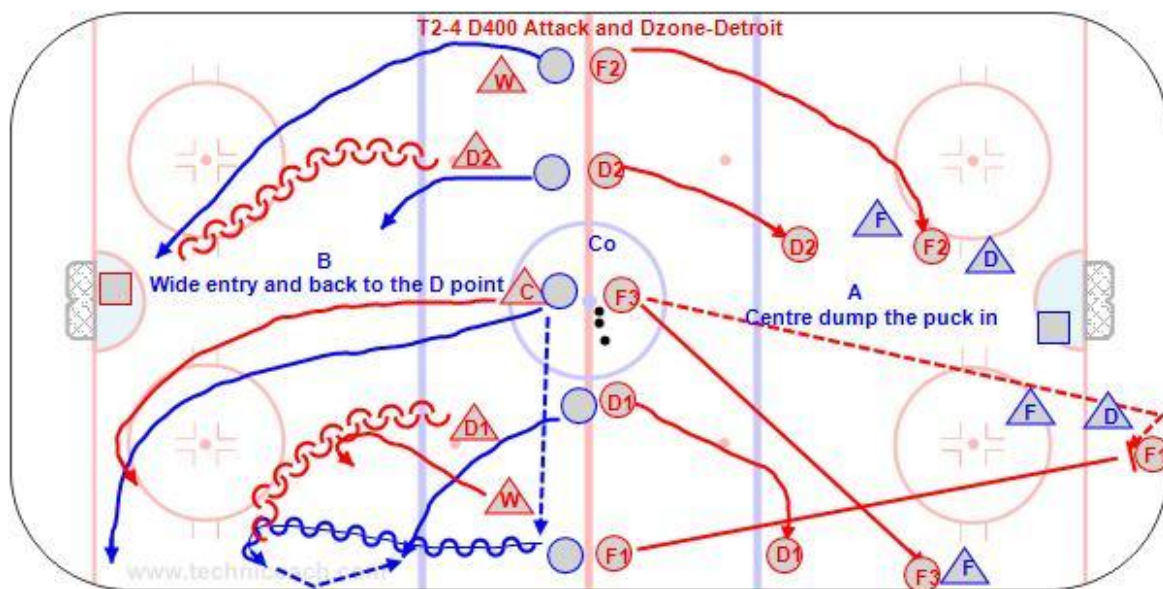
### **Key Points:**

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.

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





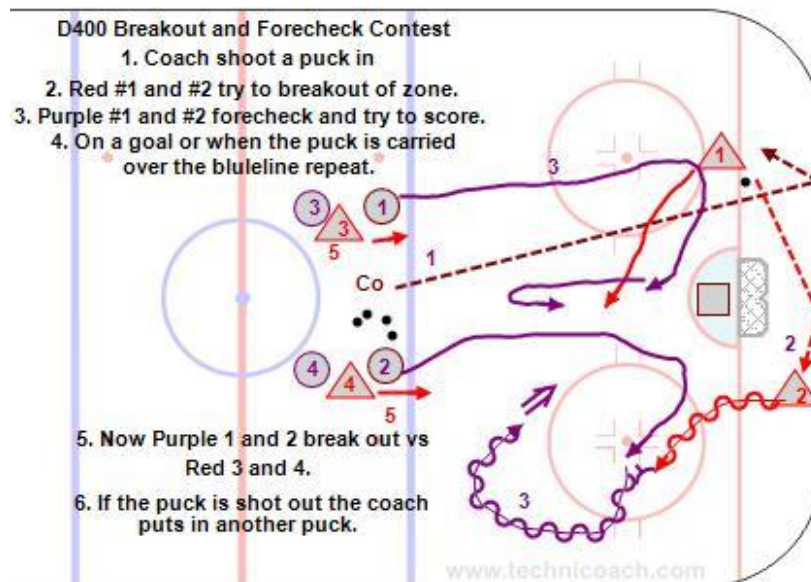
## D400 Breakout and Forecheck Contest

### **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:

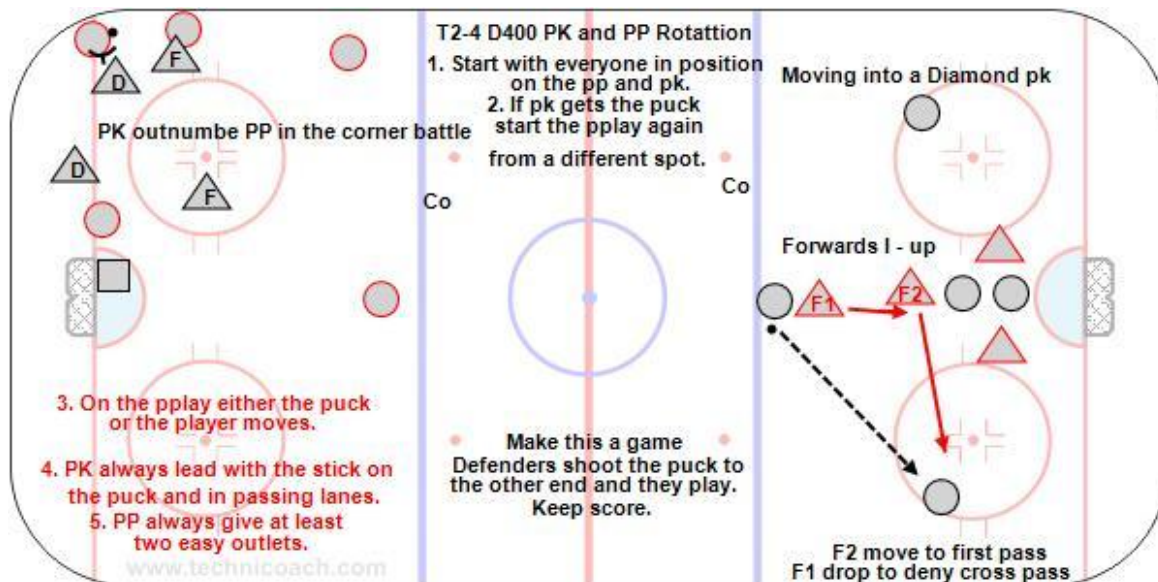
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

### 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://www.hockeycoachingabcs.com/mediagallery/media.php?s=20101206083505234>



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

### Key Points:

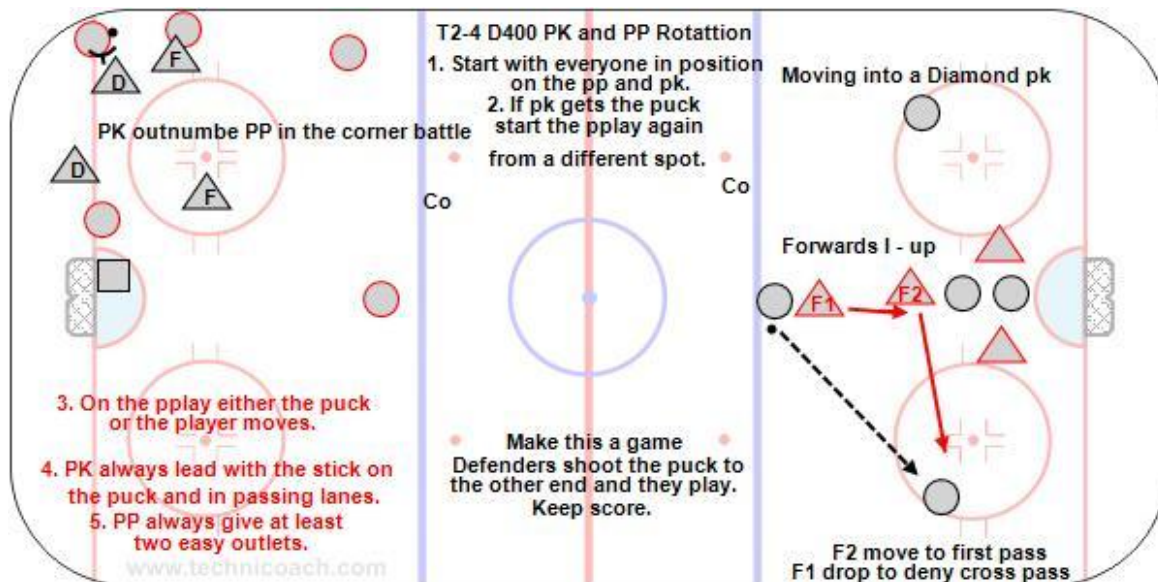
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

### 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:

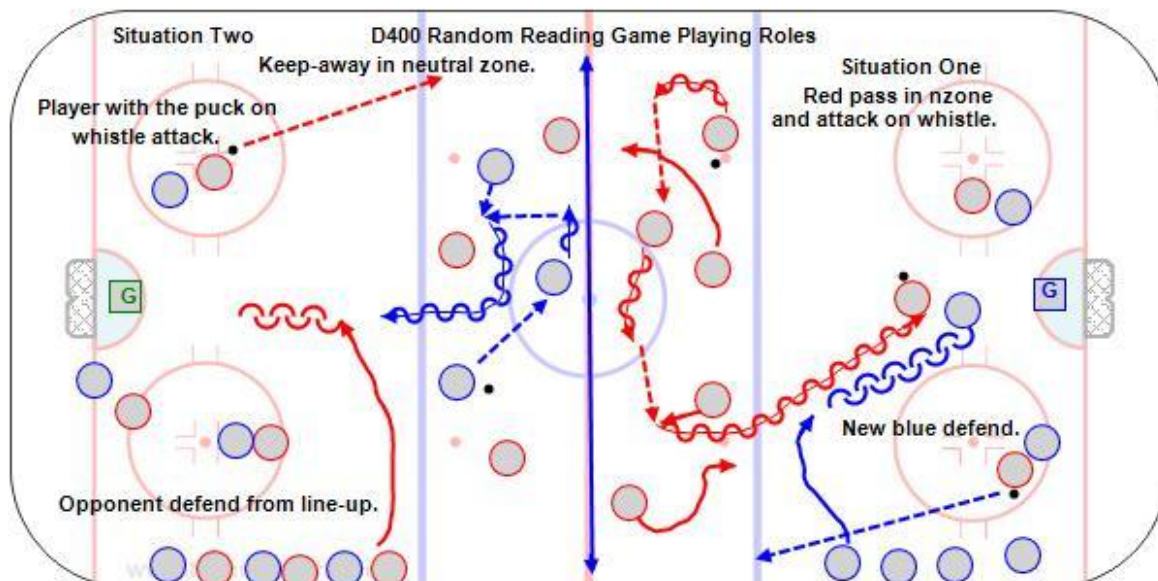
#### Situation One

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130224105906619>



## 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144404128>





## T2-4 D400 Specialty Team Practice – Pro

### Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

### Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>





# TD400 Specialty Team Scrimmage

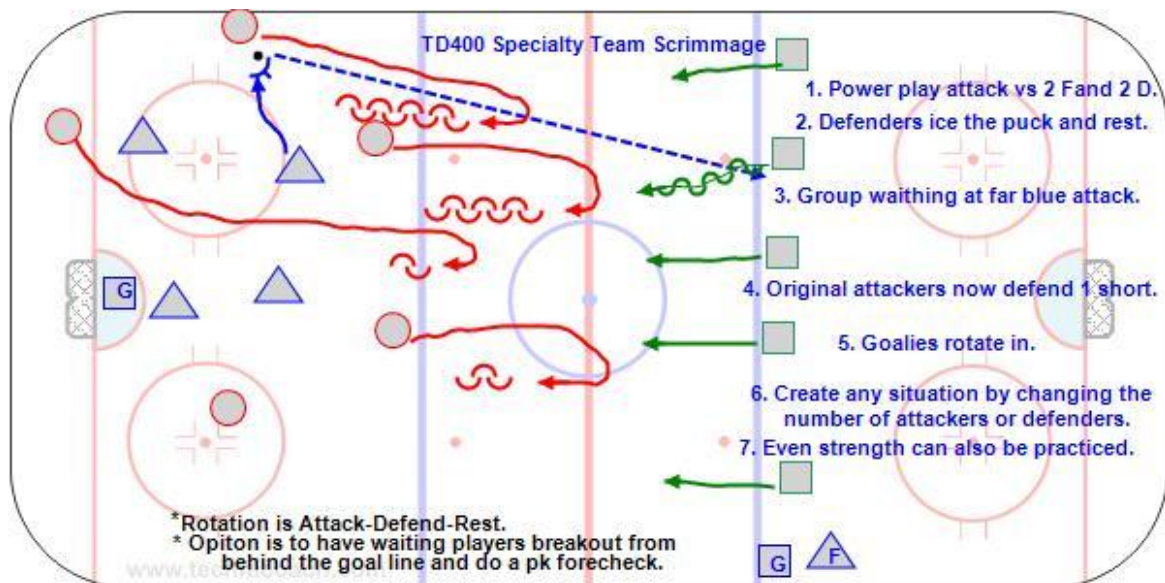
## Key Points:

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.



## DT100 - Transition with Variable Situations

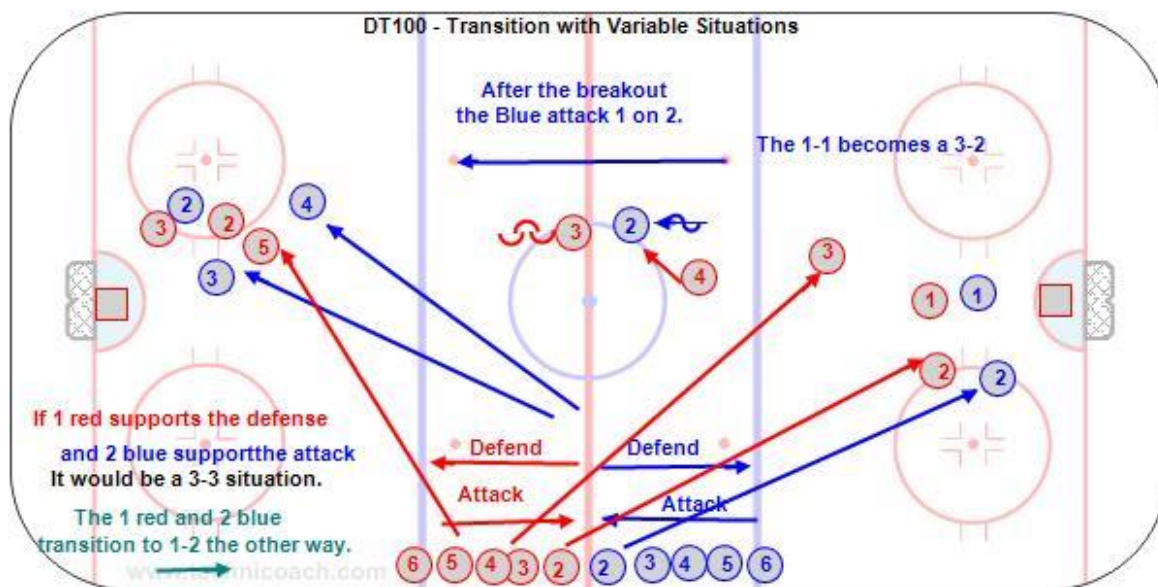
### Key Points:

Communicate the situation and play accordingly. Everyone plays all positions.

### Description:

1. Players line up along the boards in the neutral zone with one team on each side of the red line.
2. Supporting new players leave from the red line when the puck crosses the offensive blue line.
3. The coach sends out from 1 to 3 players from each team in both directions.
4. The coach can create any situation he wants to work on in the zone from 2-2 to 6-5.

*\*It is really important for the players to read and call out the situation.*



## DT 2-4 Gaining Position in the Slot

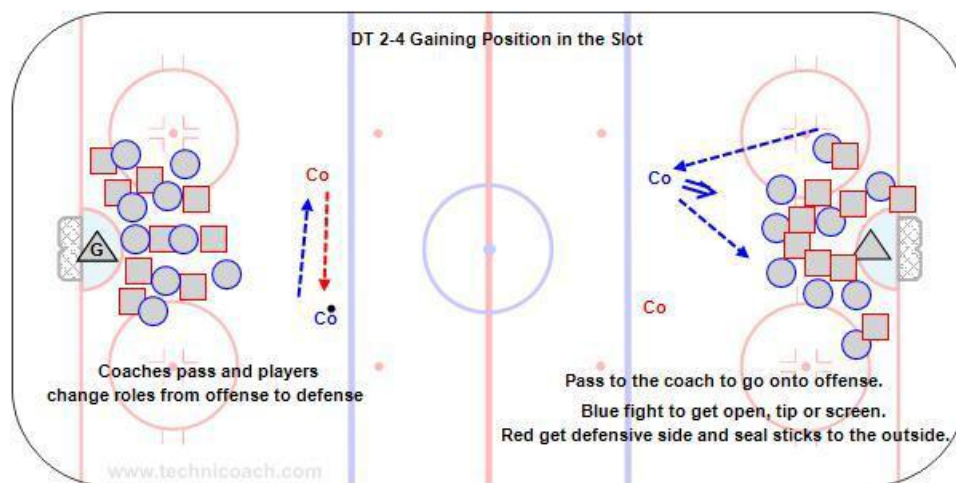
### **Key Points:**

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120926091742381>



## T2-4 Low 3-2 ProW

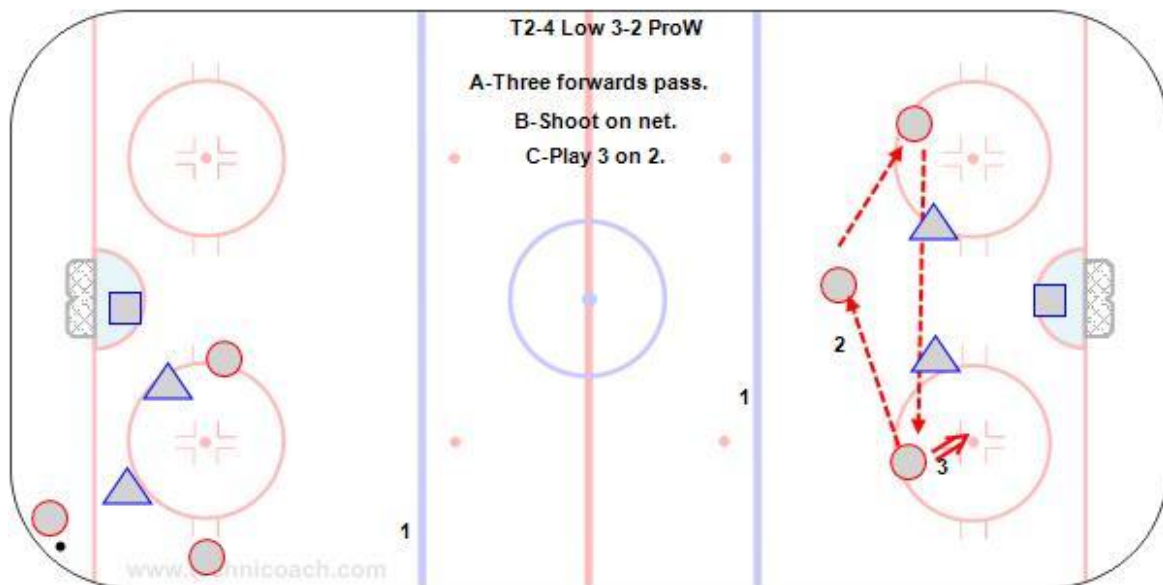
### **Key Points:**

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 Low 3-3 – Pro

### Key Points:

Players line up at the top of the circles and play a low 3 on 3. Defender pass to the coach if they get the puck. You can break into two groups and have all of the players attack and defend.

### Description:

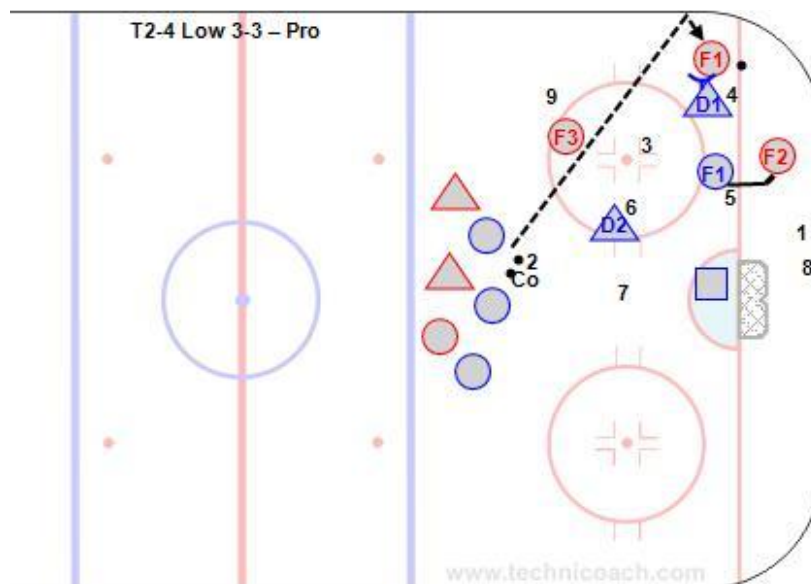
1. Three forwards vs. two D and one F.
2. Start with the coach passing to one of the attacking forwards.
3. Defenders cover one attacker each and stay on the defensive side.
4. Closest defender be aggressive and have 'stick on the puck and body on body' positioning on F1.
5. Second closest be within a stick length of the second attacker F2.
6. Third closest be half way to their F3 and pressure if he gets a pass.
7. Return to the mid-slot if you lose your man.
8. Attackers cycle and change the point of attack by passing behind the net.
9. Attackers rotate so there is always a high F3 ready to shoot or backcheck.

*\* D1 make the original challenge when the puck is in the corner.*

*\* F1 defend if the puck is at the hash or high slot and D2 start from the slot.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160211085603682>

<https://youtu.be/7F5CwkD9kF4> (Subscribe for access to hundreds of hockey drills)



## **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:

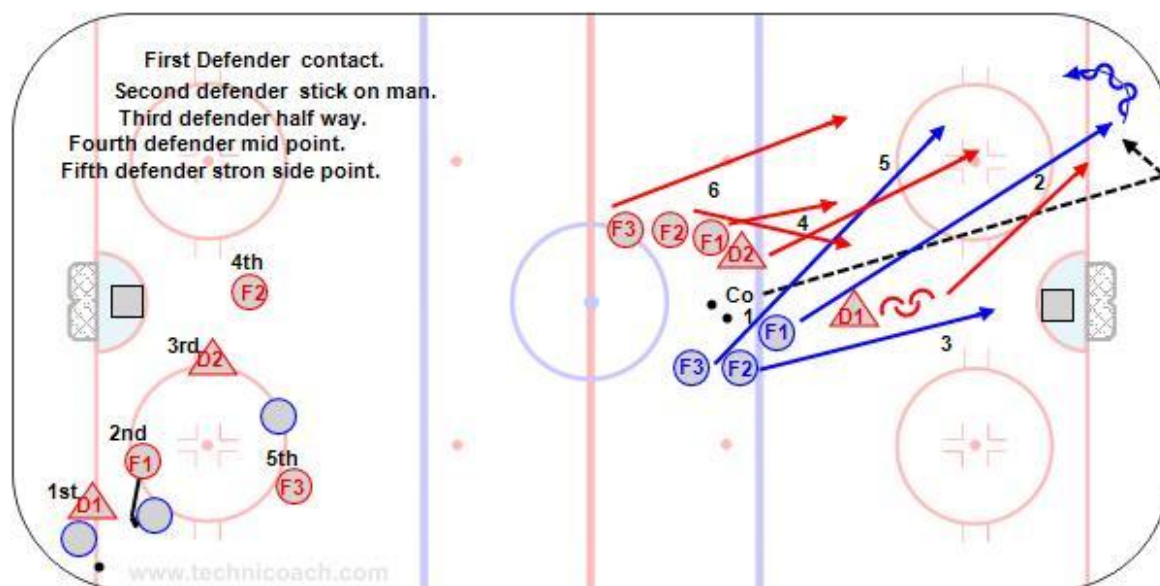
Defenders must communicate situation and switch from man on man to 2-1 to man on man to 3-2 then man on man 3-3. Forwards must quickly take advantage of the 2-1 and 3-2. Defending forwards have to come back to low slot, mid-slot and puck side point.

### 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 Team Play Practice Rotation

### **Key Points:**

Practice various situations at each end. One vs. pressure and one no pressure. Switch roles when the puck goes to the no pressure end. Review any team concept.

### **Description:**

#### *Sequence*

1. Practice game situation at one end.
2. Shoot the puck down on a turn over or after a certain time.
3. Practice 5-0 for 60".
4. Shoot puck down to first group who have rotated.



[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](#)

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

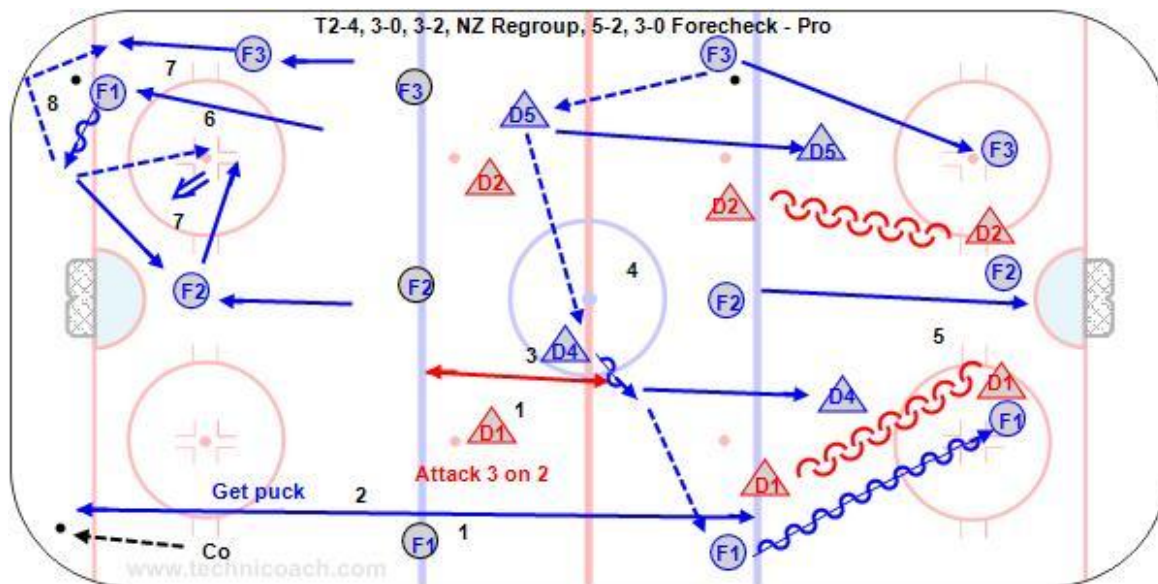
### Pro Key Points:

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:

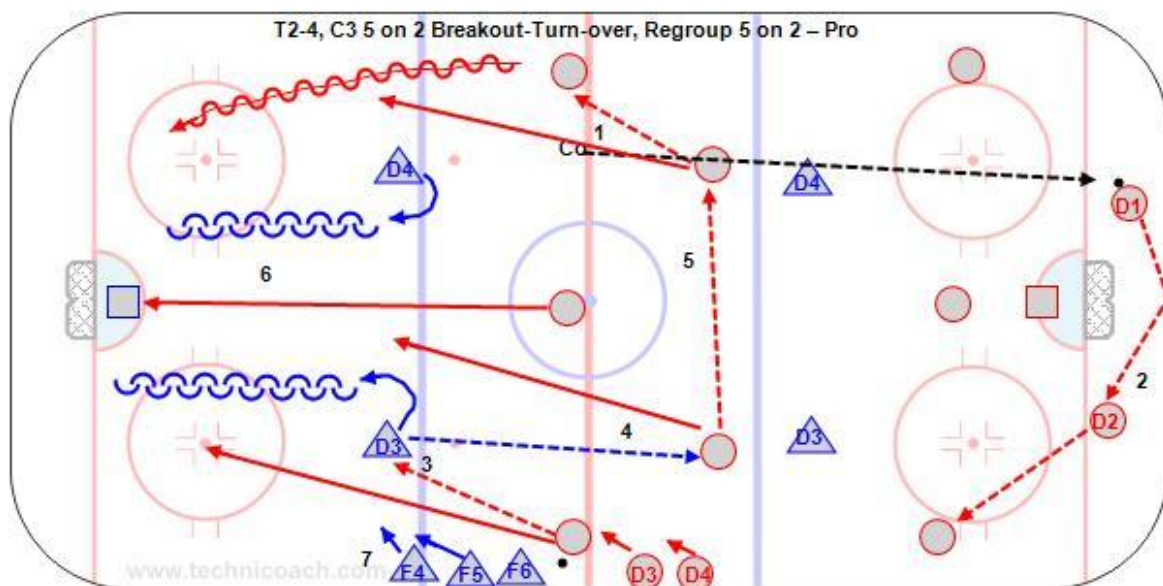
Simulate turn-overs and neutral zone regroup. Attack and regroup with speed. Always face the puck, give a target and continue moving.

### 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.

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





## T2-4, D4 – Reilly Team Play Rotation

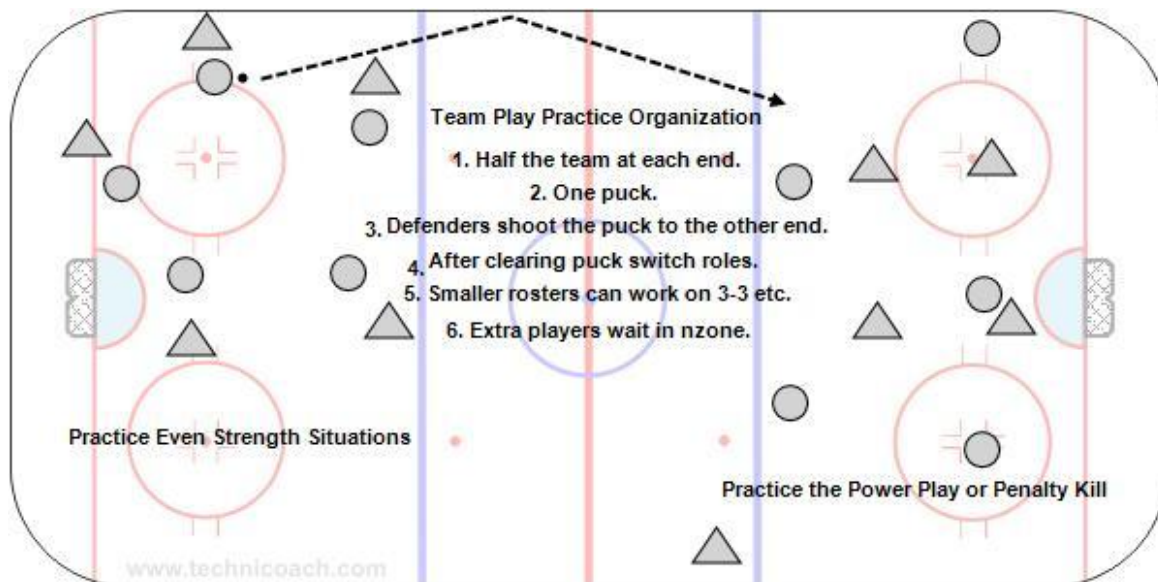
### Key Points:

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.

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



## TD100 Breakout PK and PP

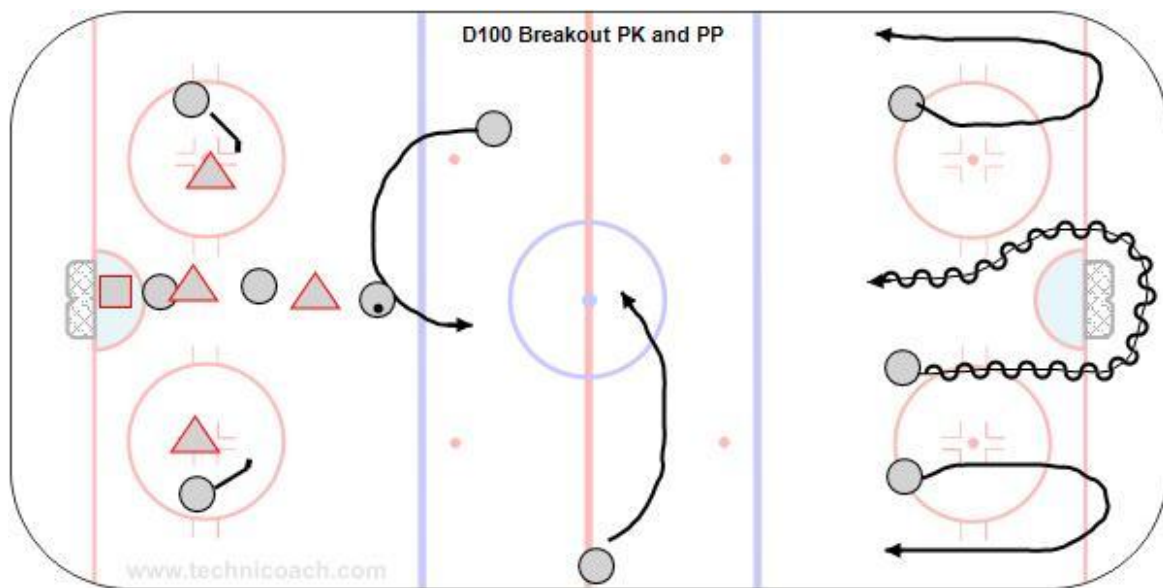
### *Key Points*

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223028594>



## T2-4 - D400 - 5-5 Attack-Defend - Czech U20

### Key Points:

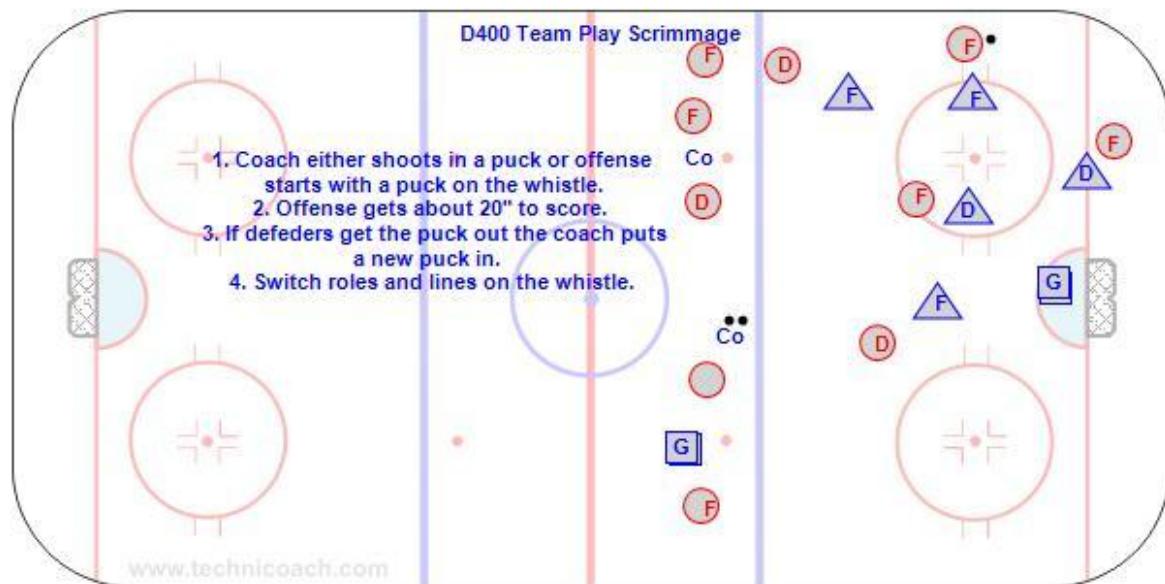
Everyone has zone and man on man responsibility. First defender tight coverage, second within a stick length, third half way, fourth and fifth on the defensive side with the stick in the passing lane and a man-you-puck triangle with the head on a swivel.

### Description:

1. 5-5 in one zone and start at the half wall with the puck.
2. Offense overload with 3 players, 2 low and one in the high slot and 2 at the point.
3. First defender tight coverage, second within a stick length, third half way.
4. 4th and 5th defend from the defensive side-stick in the passing lane and man-you-puck triangle with head on a swivel.
5. Attacking defenseman always look for back door opportunities.
6. If the low forward is closer he covers the attacker on the half wall.
7. Defend from the defensive side with stick on the puck and sticks in the passing lanes.
8. Attack with a triangle and F3 ready to shoot, rotate or cover for a pinching D.

*\*Option is to have the defenders sticks upside down to emphasis play from the defensive side.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081218359>



## TD100 Continuous 2-1, 2-2 –Detroit

### Key Points:

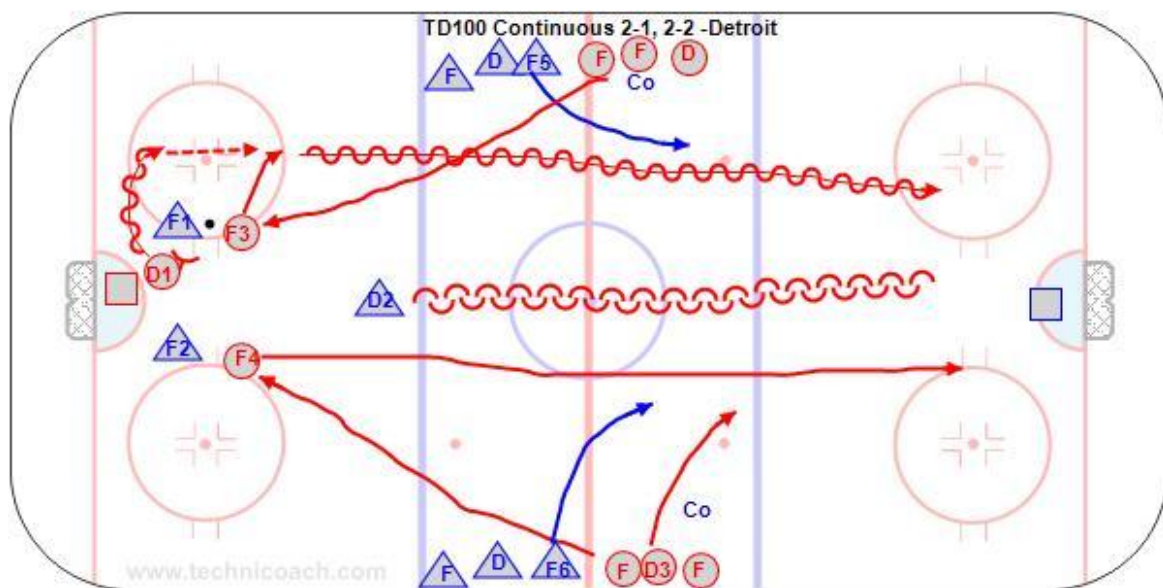
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

### Description:

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

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

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



# TD400 Specialty Team Scrimmage

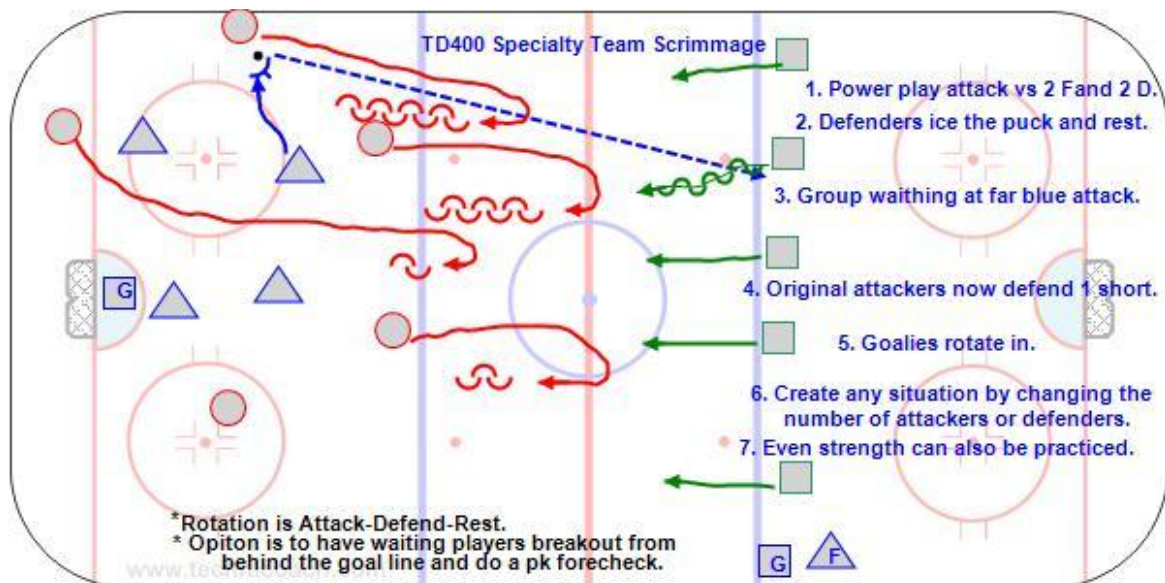
## Key Points:

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.





## TD400 Aggressive PK - Both Ends - Pro

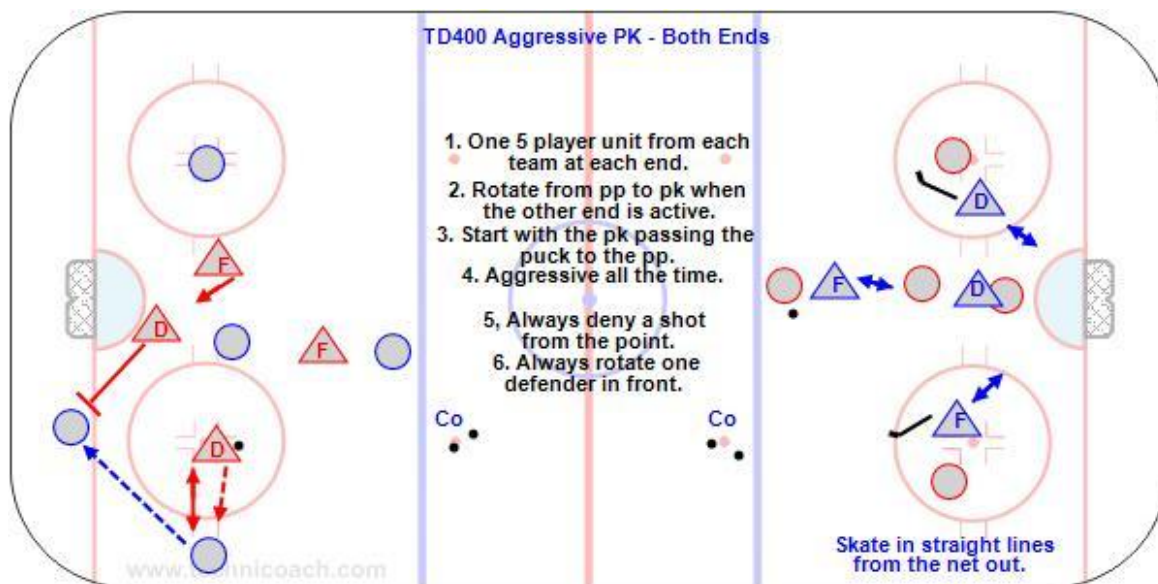
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822220057310>



## D400 Team Play Scrimmage

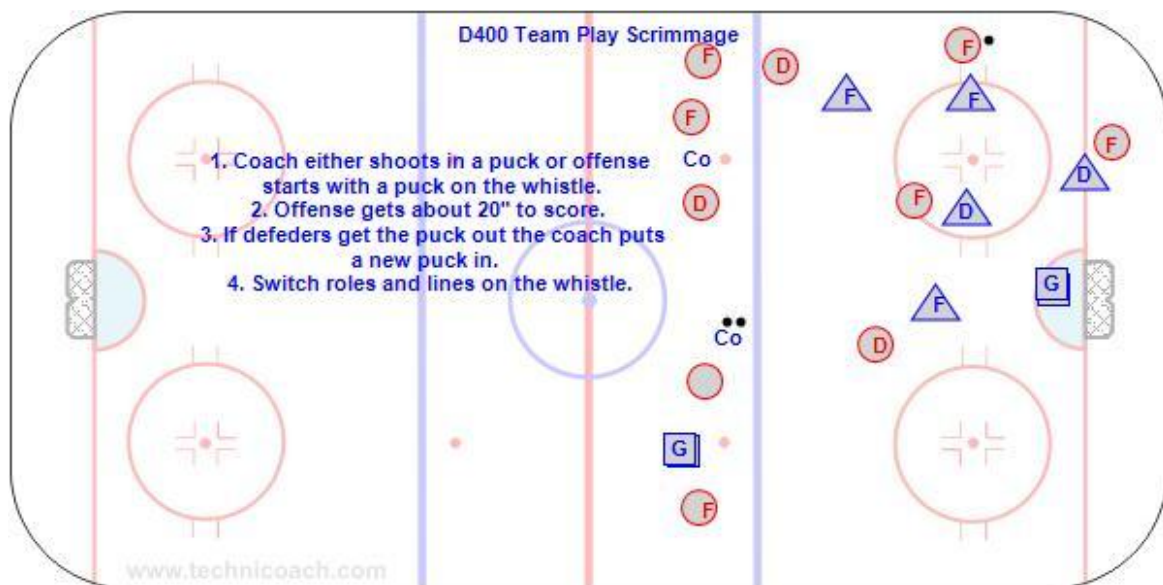
### ***Key Points:***

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123919178>



## TD100 Breakout PK and PP

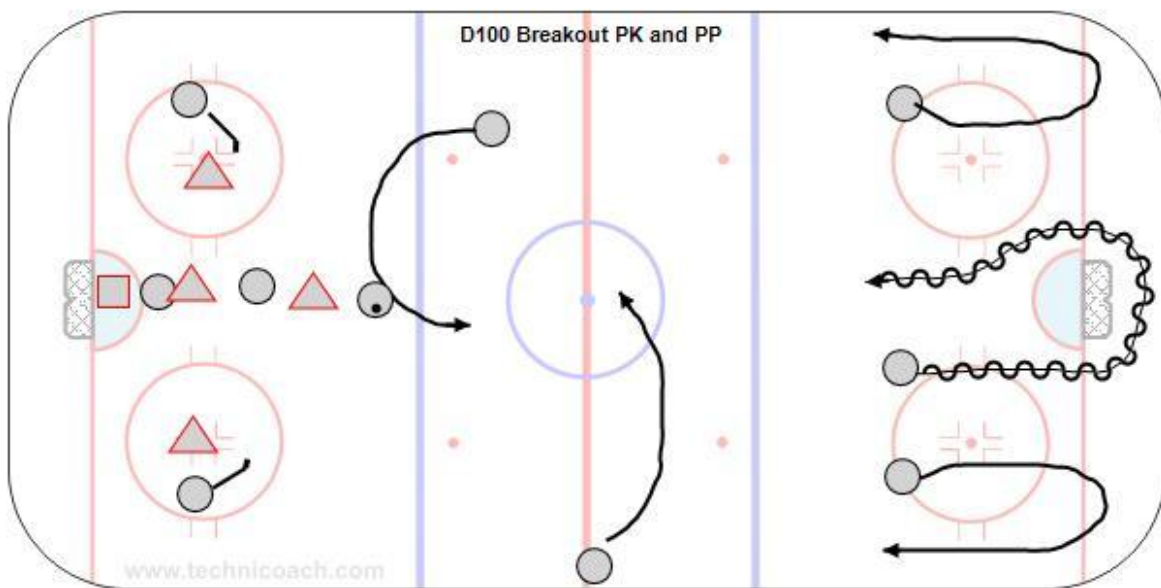
### *Key Points*

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822223028594>



## T2-4 Breakout 5-2 to Defensive Zone Review – Pro

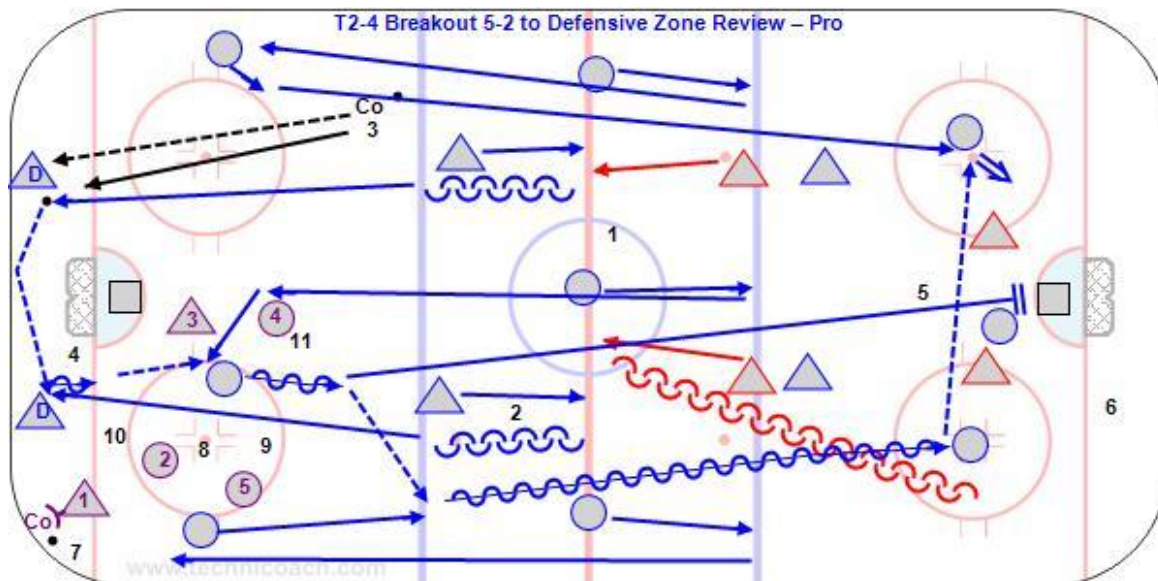
### Key Points:

This is a walkthrough of the breakout and forecheck. The coaches take away one of the passing options and then check to see the players understand the initial positioning in the defensive zone. Always stick on the puck and sticks in the passing lanes.

### Description:

1. Start in the neutral zone with 5 offensive and 2 defensive players.
2. Skate up then back into the zone on the whistle.
3. Coach shoot in the puck and forecheck.
4. Breakout 5-3 vs. the coach and two defensemen.
5. Attack with a middle drive and one D join as a trailer.
6. Play out the 5-2 attack until the whistle.
7. On whistle a coach takes the puck into the far end.
8. Players skate to their place in the defensive zone based on 1-2-3-4-5 and stop.
9. Player come back to 'One on and a Box behind. 1 on and a box behind.
10. 1 on the puck carrier, 2 support low within a stick length the second attacker, 3 in front halfway to third attacker.
11. 4 mid slot and 5 puck side point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103004514438>



## T2-4 – D100 – BO-RG-Attack 5-5

### Key Points:

Practice team play using this breakout, attack, defend sequence. Any game situation can be practiced and either carry or dump the puck in to practice various scenarios.

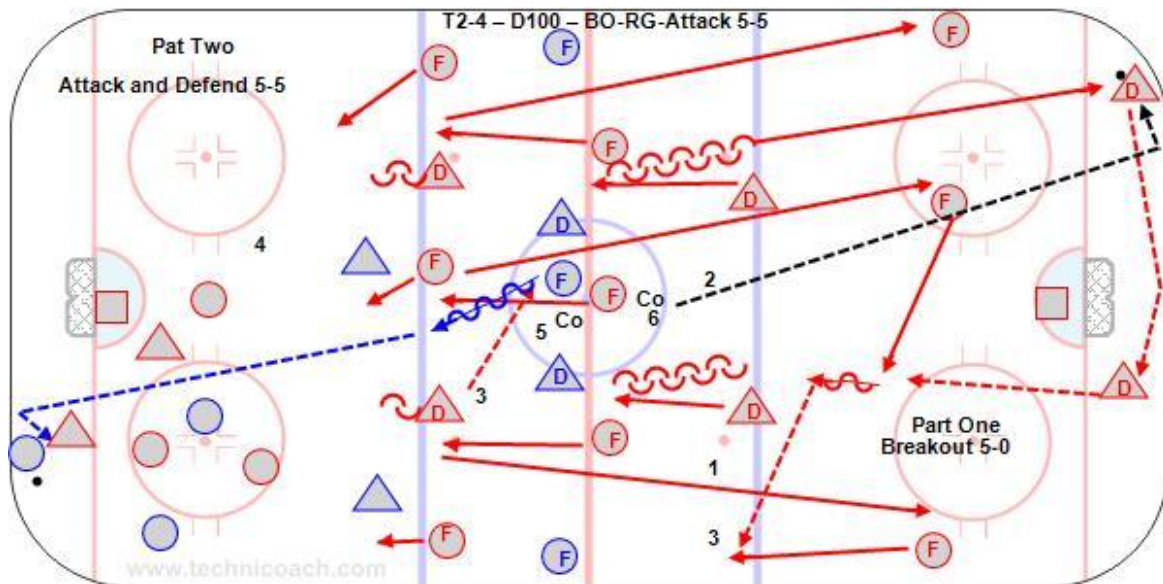
### Description:

1. Forwards start at the red line and the defensemen at the far blue line.
2. Forwards skate back to the far blue line, defense to red line and coach dump the puck in.
3. Breakout of the zone and pass the puck to the opposition waiting behind the red line.
4. Attack 5-5 vs. the original group of five.
5. On a goal, frozen puck or successful breakout pass the puck to the coach.
6. Coach dump the puck in for the next unit to breakout then defend.

*This sequence can be used to practice game situations from 3-3 to 6-5.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081216876>

<https://youtu.be/cfoVYYtC4WM>



## T2-4 - D400 -Low 2-2 – 3-3 - Czech U20

### Key Points:

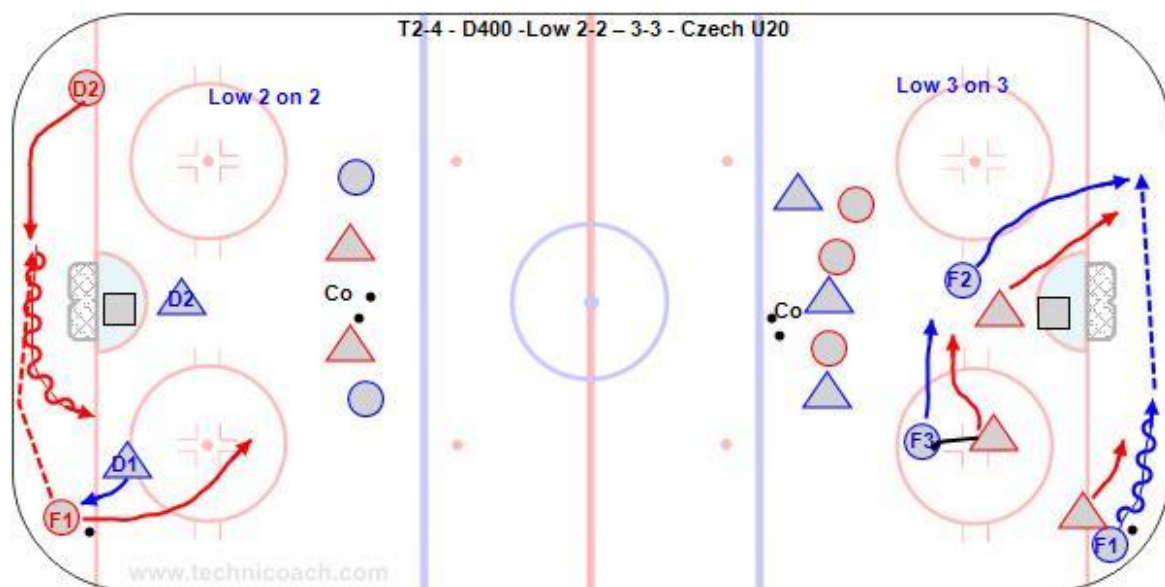
Defenders communicate and keep their head on a swivel to always know where their man and the puck are. Play from the defensive side with the stick on the puck and body on body. The closest defender be in contact with the attacker and the second man within a stick length. On the 3-3 the third defender be halfway to the third attacker. Attackers fight to get on the offensive side and create 2-1's.

### Description:

1. Players wait for their turn above the circles.
2. Start with F1 in the corner with the puck and F2 below the goal line on the far side.
3. D1 faces F1 in the corner and D2 is in front of the net.
4. Play a 2-2 below the circles for about 20".
5. Switch to 3-3 with F1 again starting in the corner, F2 in front and F3 in the high slot.
6. Defend man on man.
7. Closest defender tight on the puck carrier, second closest within a stick length and third halfway.
8. Defend from the net side, stick on the puck and body on body.
9. Box out and control the stick in front of the net.
10. Attackers create 2-1's, use give and go passes, protect the puck.
11. Pass behind the net to change the point of attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083013222>

<https://youtu.be/8RWPbERrN38> (Subscribe to Czech drill videos)





## 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.

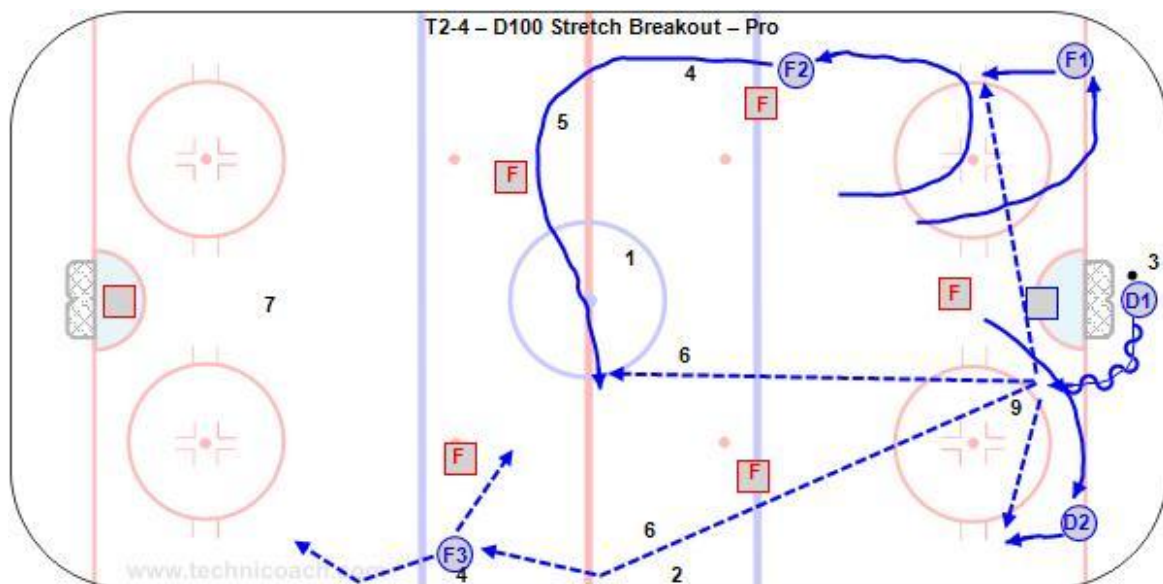
### Description:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150427102021832>

### European Example:

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090814073711288>



## T2-4 - Low BO 5-0 Back 3-2 - Czech U20

### Key Points:

Centre swing low below the hash marks and mirror the movement of the puck and support a pass to the wing from below the puck for a tip back.

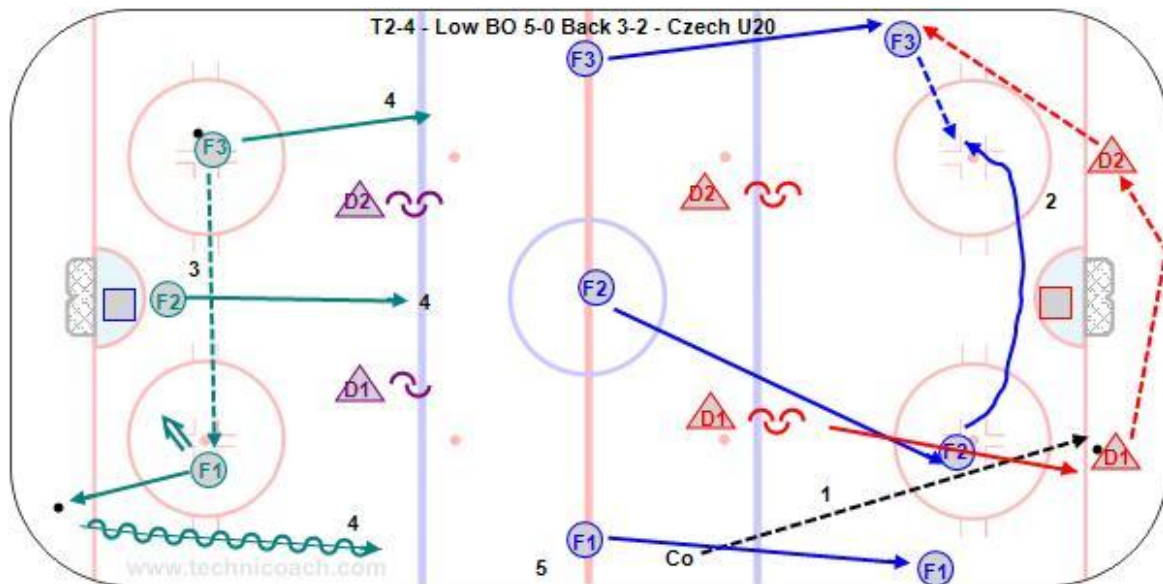
### Description:

1. Either dump the puck in or shoot so the goalie must handle the puck.
2. D1 to D2 with the centre mirroring the puck below the hash marks.
3. Attack 5-0 with the middle drive.
4. F1-F2-F3 turn back and attack 3-2 .
5. Repeat with D3-D4-F4-F5-F6 starting at the other end.

\* Attack with speed and create a 2-1 vs. one defender.

\* Add the D joining the 5-0 as the 4th attacker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819083014213>



## T2-4 - PP vs Passive PK - PP vs Active PK

### Key Points:

Move the puck quickly and go to the net for shots. Defenders challenge the attack when there is no full control. Sticks in the passing lanes.

### Description:

1. Black on power play vs. Red Defenders.
2. First do a breakout while the pk waits in the zone with sticks upside down.
3. Goal, frozen puck the coach whistles and the puck is dumped down and the PP break out vs. the pk forecheck and active defense in the zone.

Every unit of 5 repeat.



## T2-4 Aggressive 1-3-1 Blue Torpedo

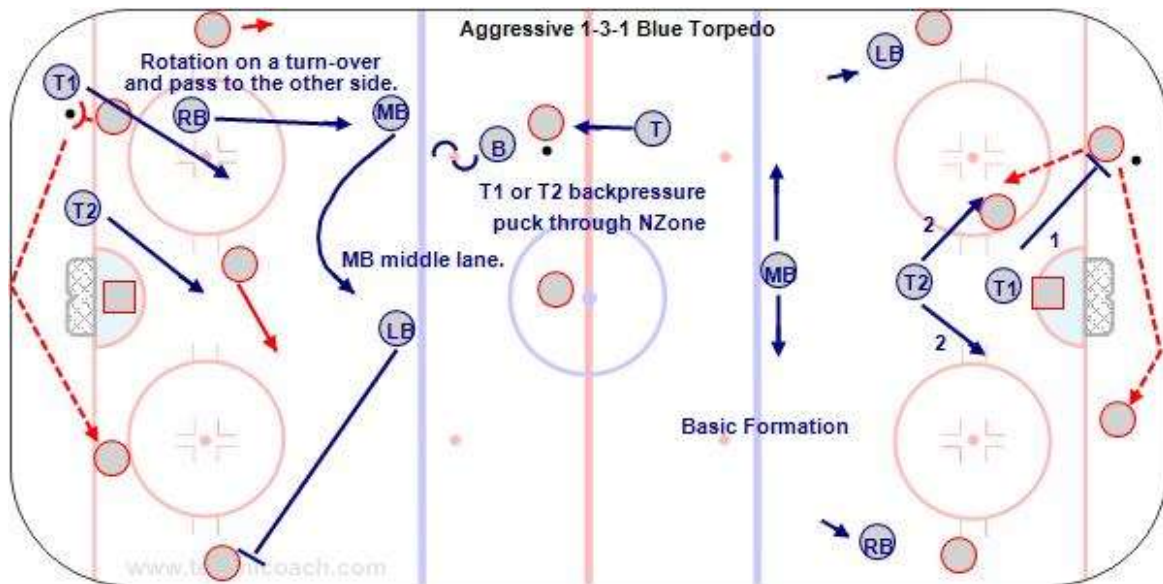
### Key Points:

T1-T2 Forecheck in a tandem, pressure down the boards, MB fill behind the pinch on either side. RB and LB pinch on their side. Torpedoes must backcheck hard and back pressure the puck carrier.

### Description:

1. T1 on the puck hard, inside to out.
2. T2 cover pass to middle lane or pressure D to D.
3. RB and LB move to pre pinch position on their wings.
4. MB fill behind on the strong side and never allow anyone to get behind him.
5. After a successful pinch RB and MB stay in on the cycle until the puck moves to the other side.
6. Rotate on D to D or rim and T's come back hard.

\*If the MB joins the rush or carries the puck up the ice then the RB and LB stay back. They work together as a group of three.



## T2-4 C2 Back Pressure-Low 3-3 – Pro

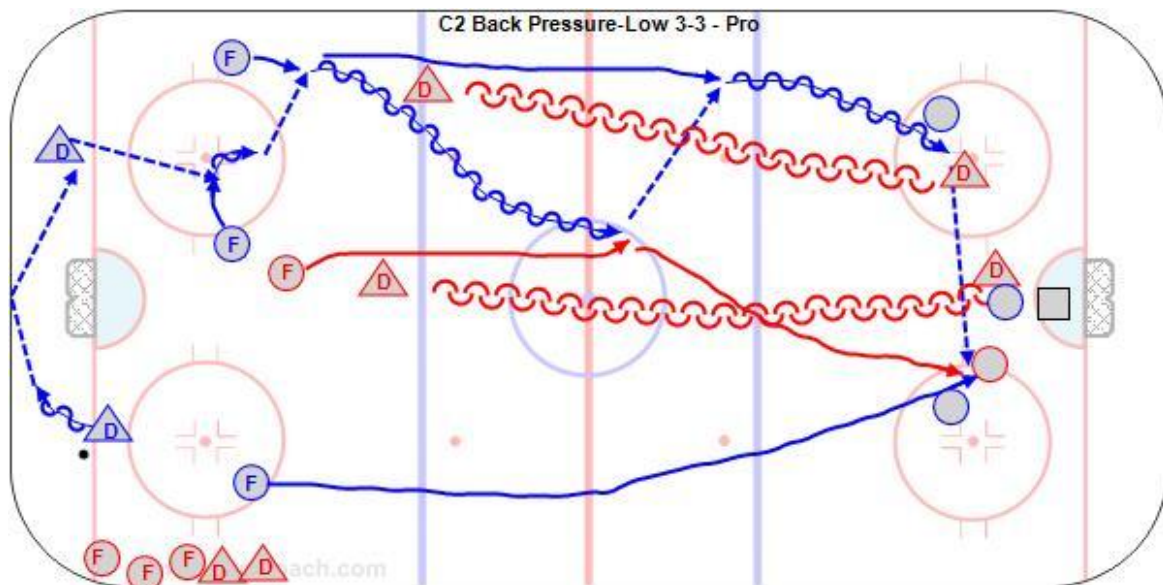
### **Key Points:**

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.

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



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

### Key Points:

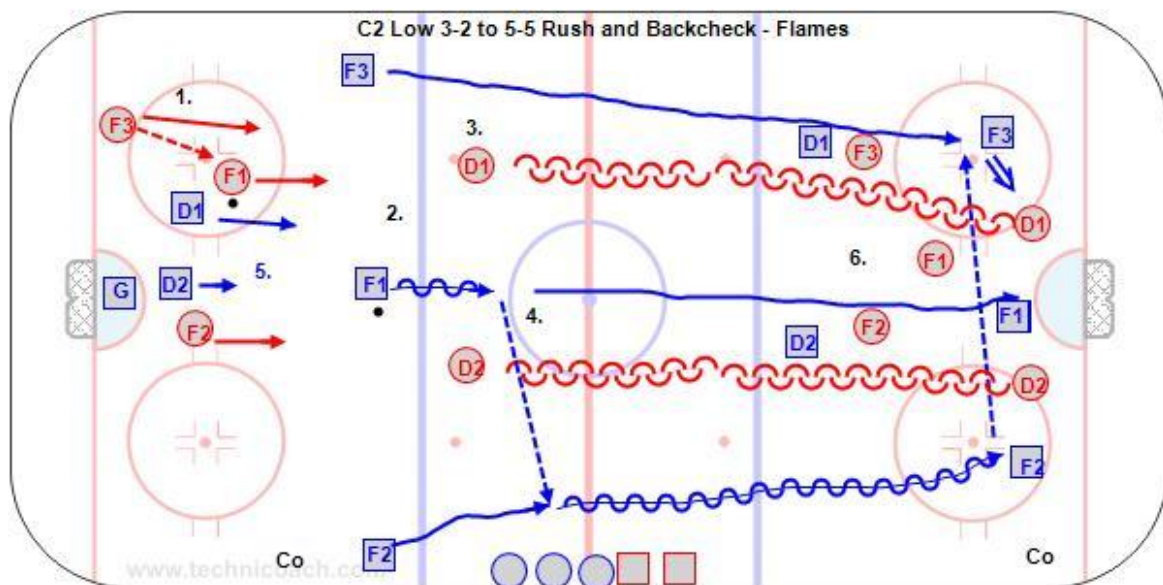
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

### 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121016102144194>





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

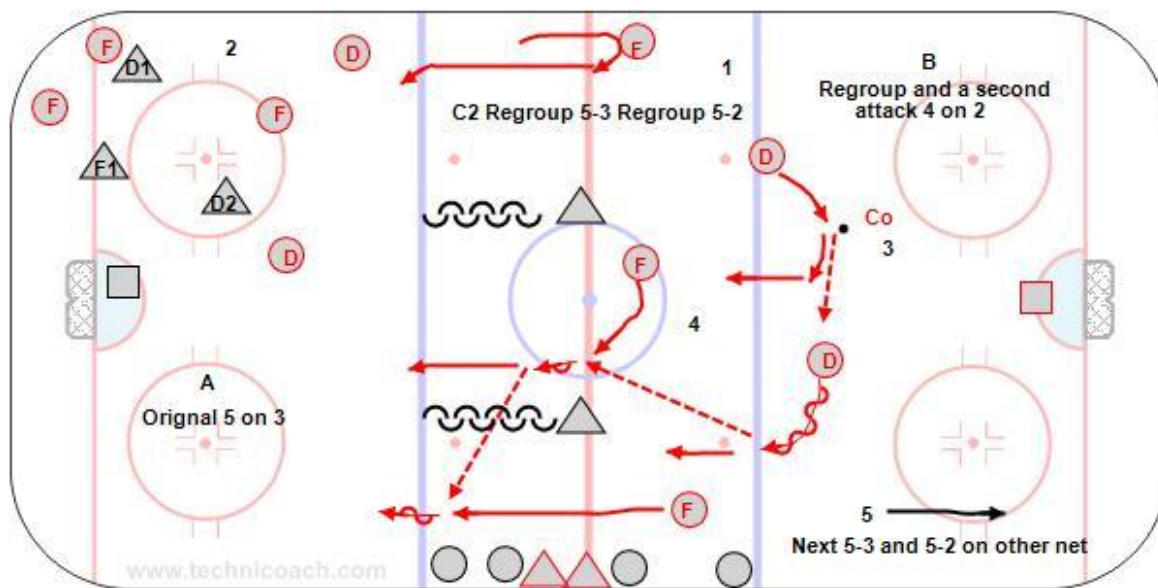
### Key Points:

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

### Description:

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

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



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

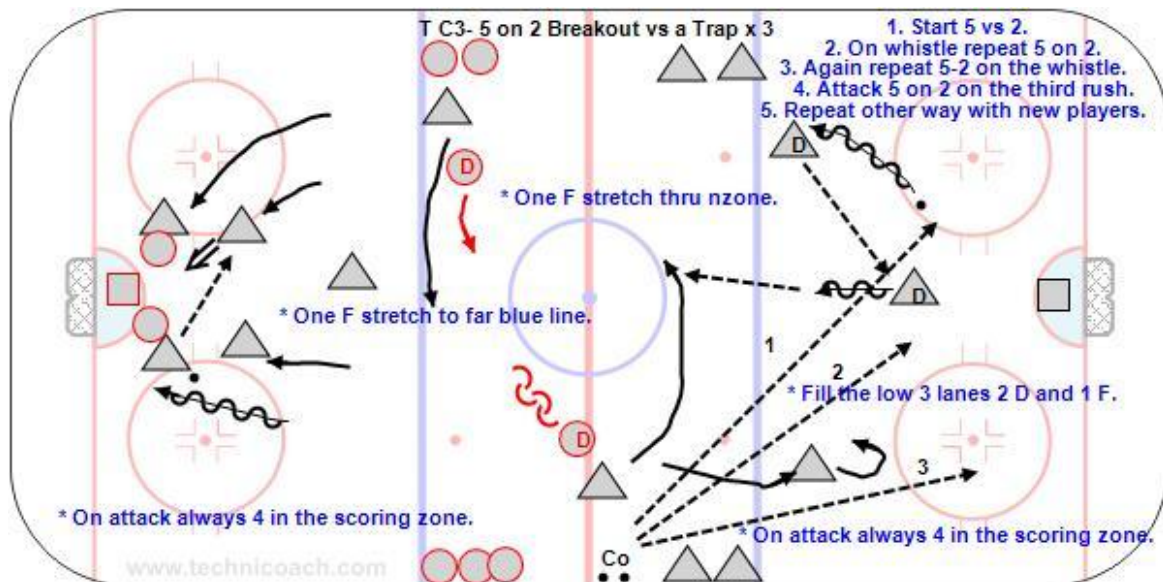
### Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123904459>



## C3 - 2 on 1 D Join Attack - Pro

### Key Points:

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

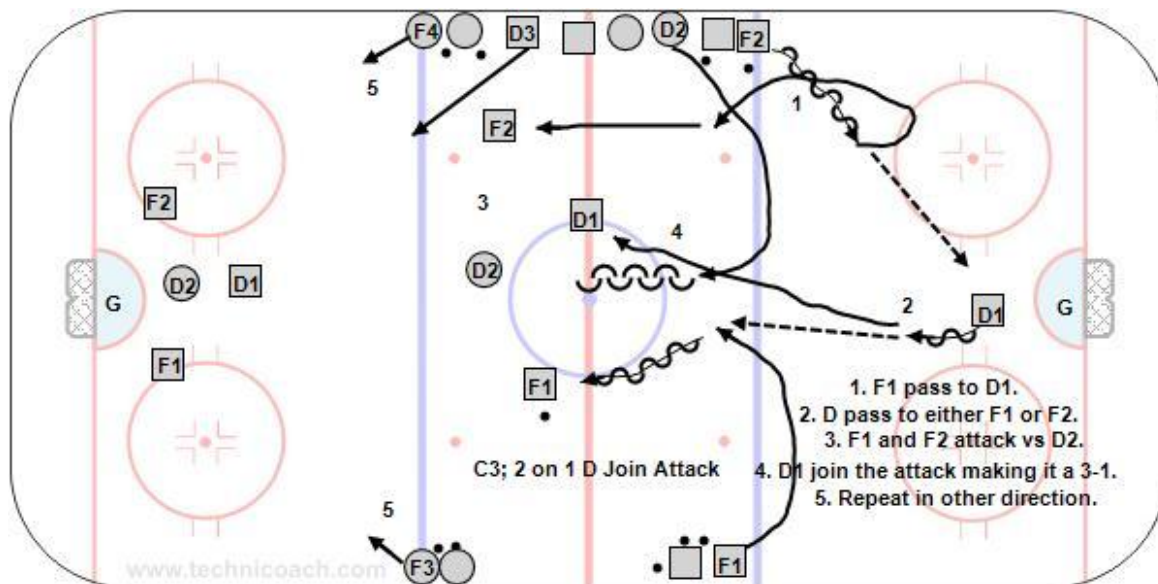
Easy to progress to a one puck transition game if the new players give passive support above the circles.

### 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073715952>



## ***C3 - 5 on 2 Forecheck - 4 Attack***

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

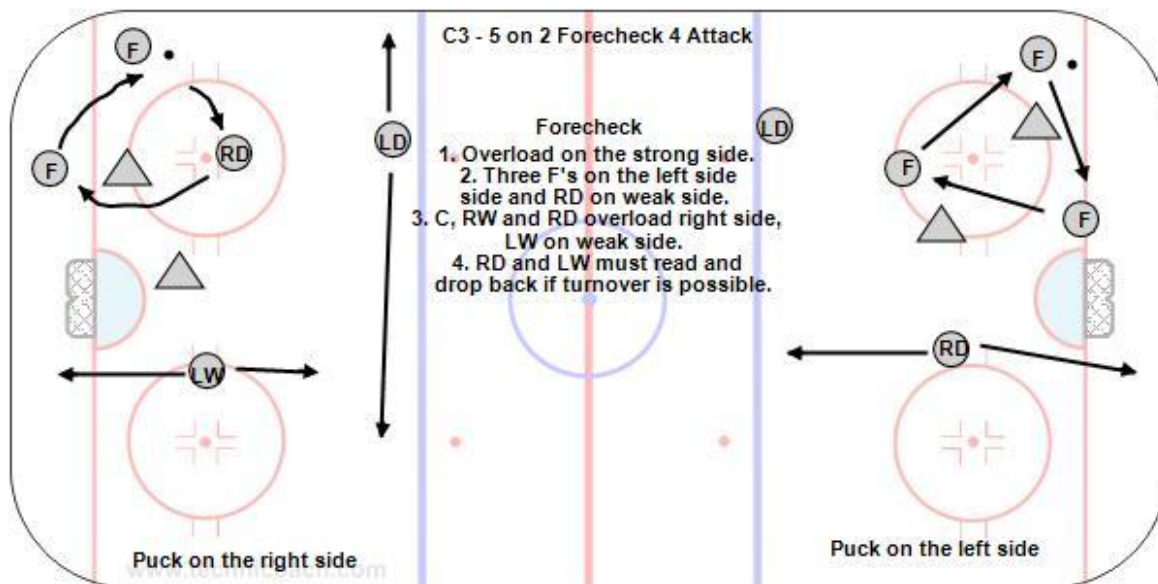
Overload the strong side with one player on the weak side for a one- timer or to change sides.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163946686>



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

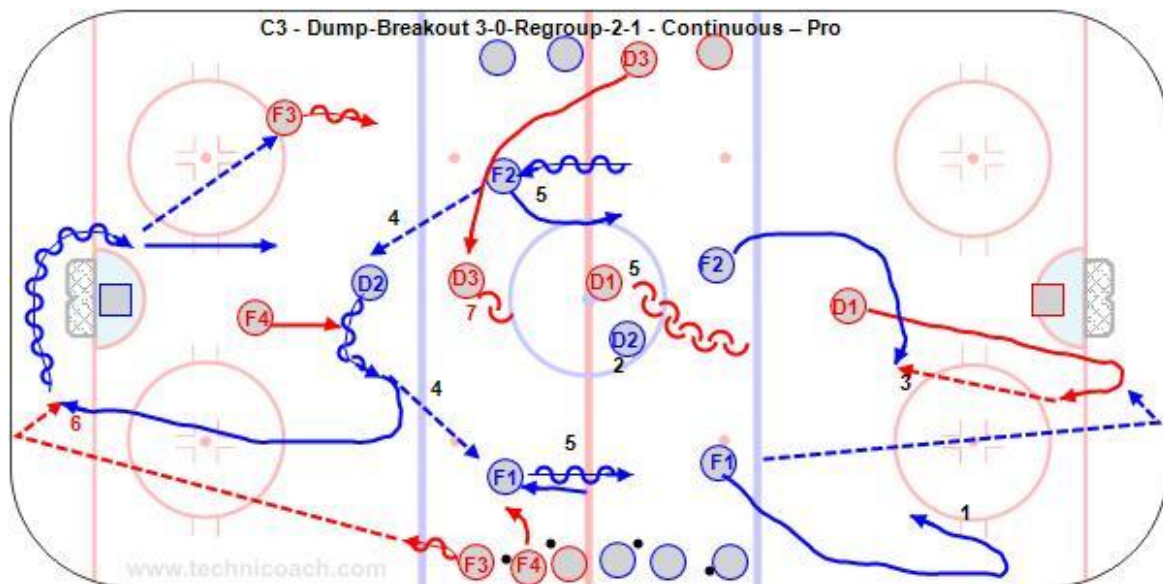
#### Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140905093348590>



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

### *Key Points:*

One stretch, one middle support and one wall support.

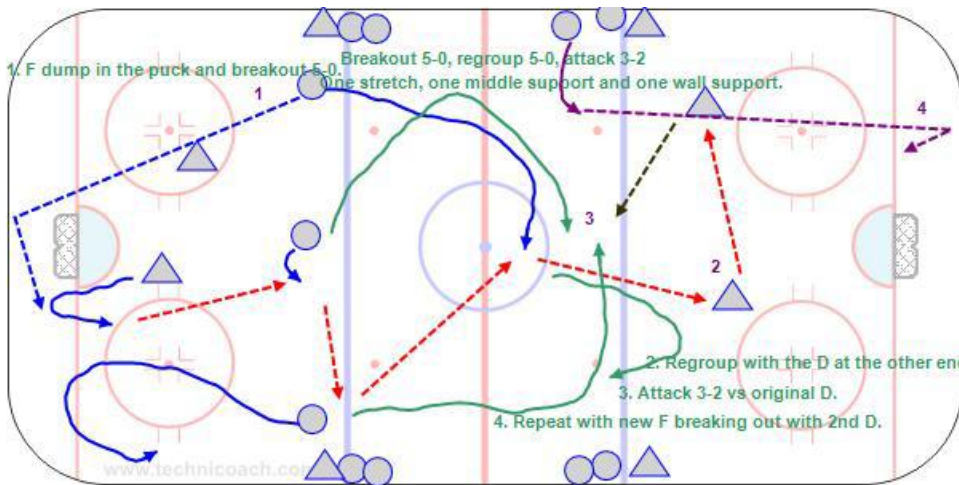
### *Description:*

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090818155505340>





## C3 Breakout, Regroup 3-2

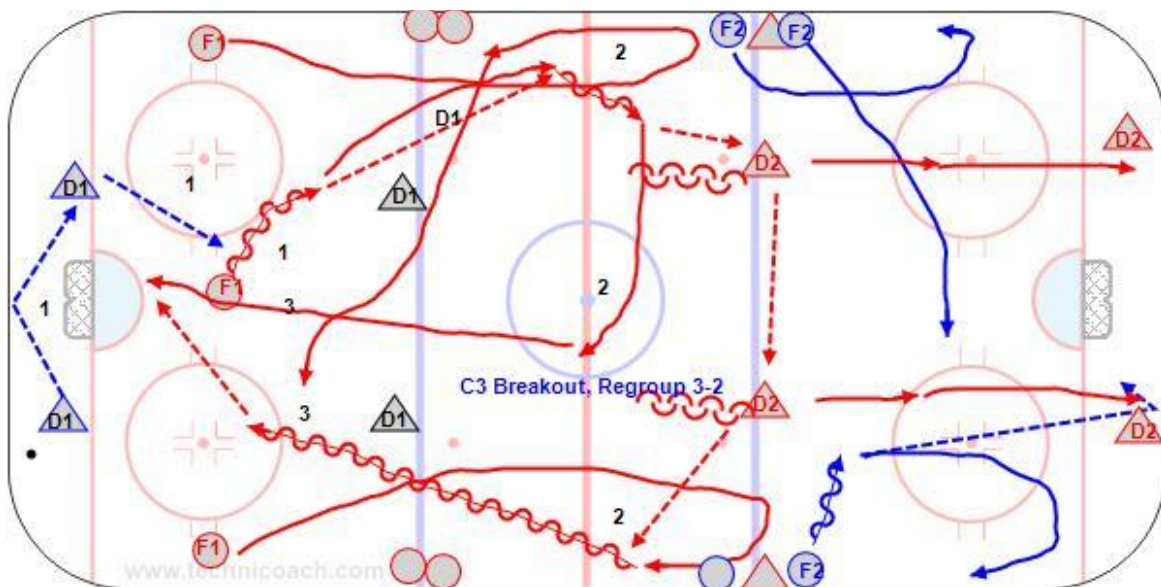
### **Key Points:**

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090814073714121>



## C3 Goalie Setup-Breakout-Regroup-2 on 1

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

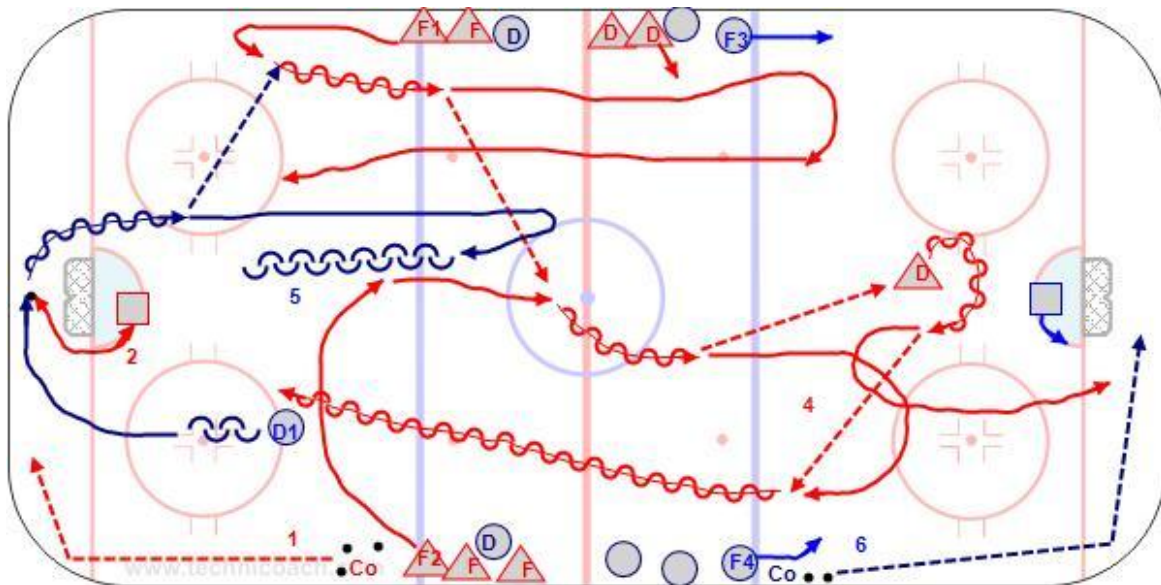
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

### ***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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110323070114796>



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

### Key Points:

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

### Description:

#### Part A

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

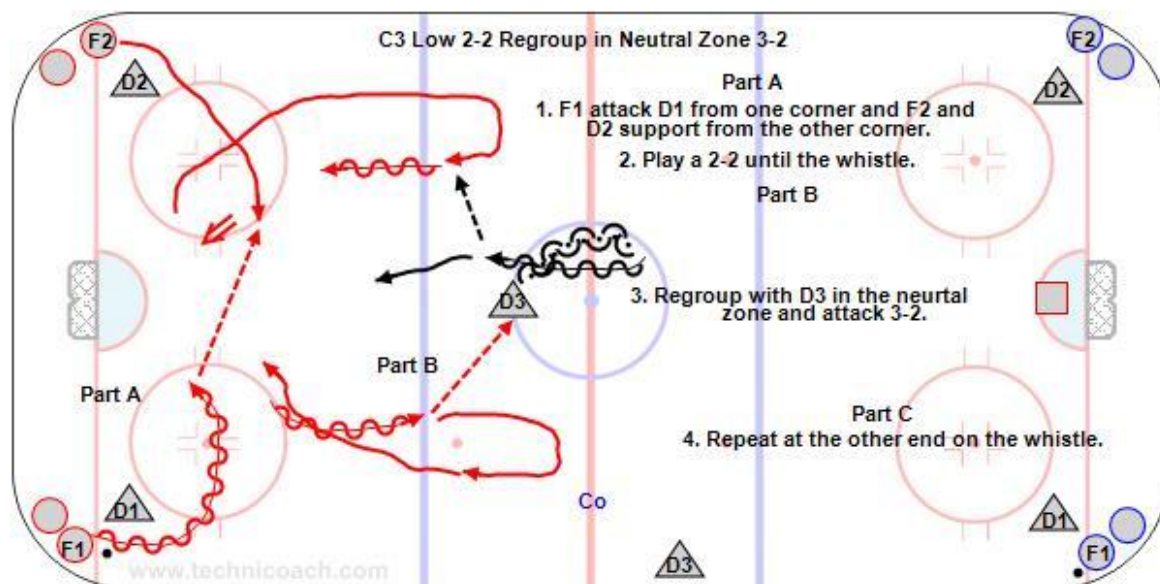
#### Part B

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

#### Part C

4. Repeat at the other end on the whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013091114135082>



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

#### Key Points:

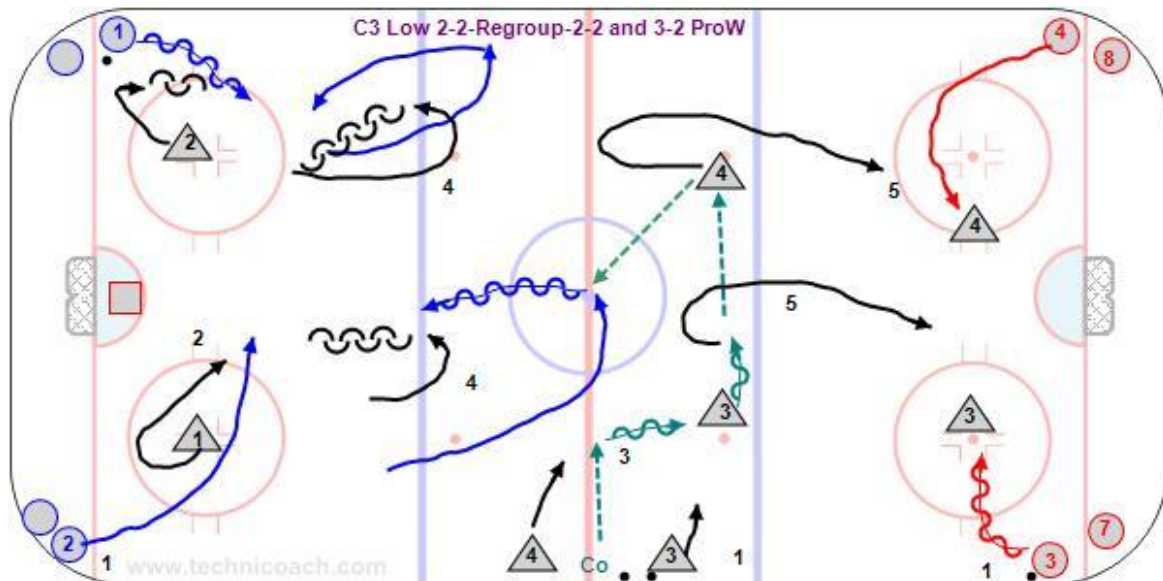
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

#### Description:

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

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131005160127754>



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

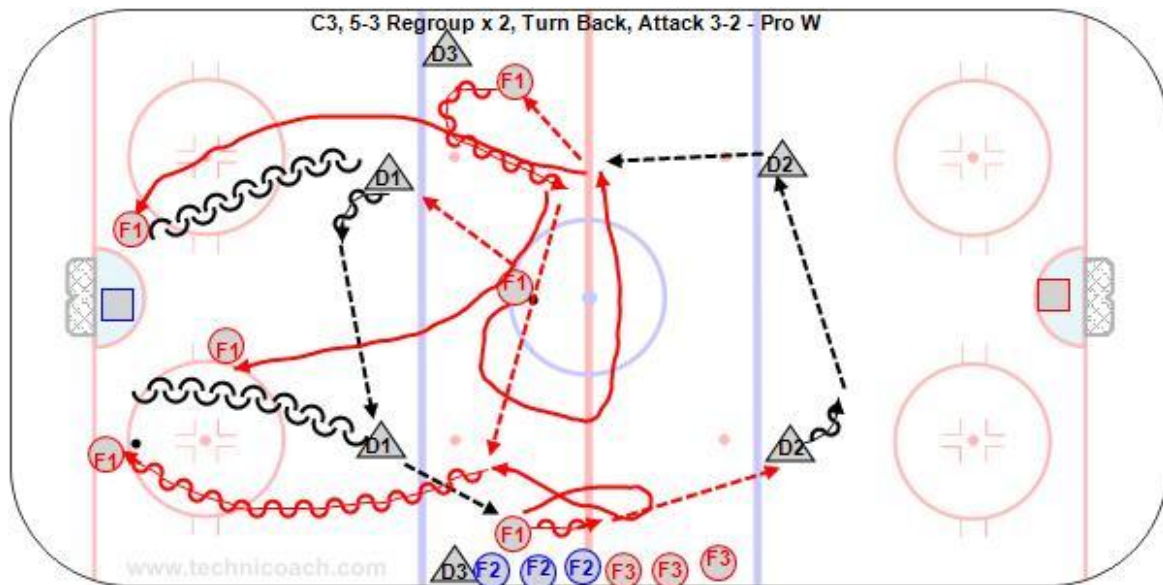
#### **Key Points:**

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131210162626452>





## C600 - 4-0 Regroup - 3-0 - 3-2 x 2 – Pro

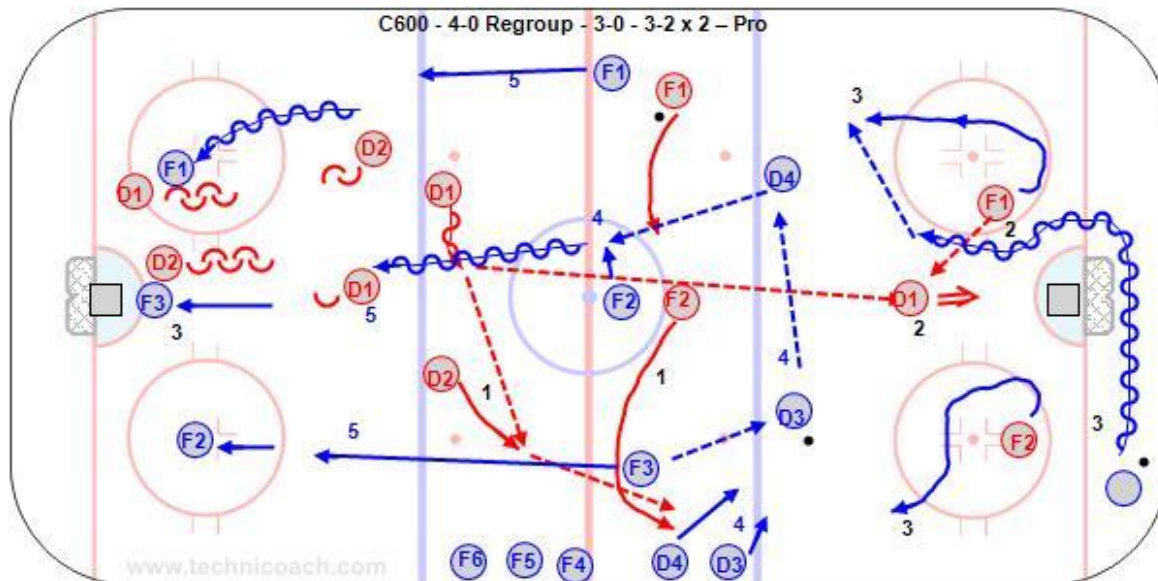
### Key Points:

Middle D jump up to take the shot on the first rush. Attack with speed and support from all three lanes.

### Description:

1. Start with a neutral zone regroup F1-F2 with D1-D2.
2. F1-F2 attack the net and the middle D join and shoot the trailer pass.
3. F3 start a 3-2 rush with F1-F2 vs. D1-D2.
4. D3-D4 follow and get a new puck to regroup with D1-F2-F3 in the neutral zone.
5. F1-F2-F3 attack 3-2 vs. D1-D2 a second time.
6. Repeat with F4-F5 regrouping with D3-D4.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140930091509668>





## D100 - T2-4 – Full Ice Specialty Team Practice

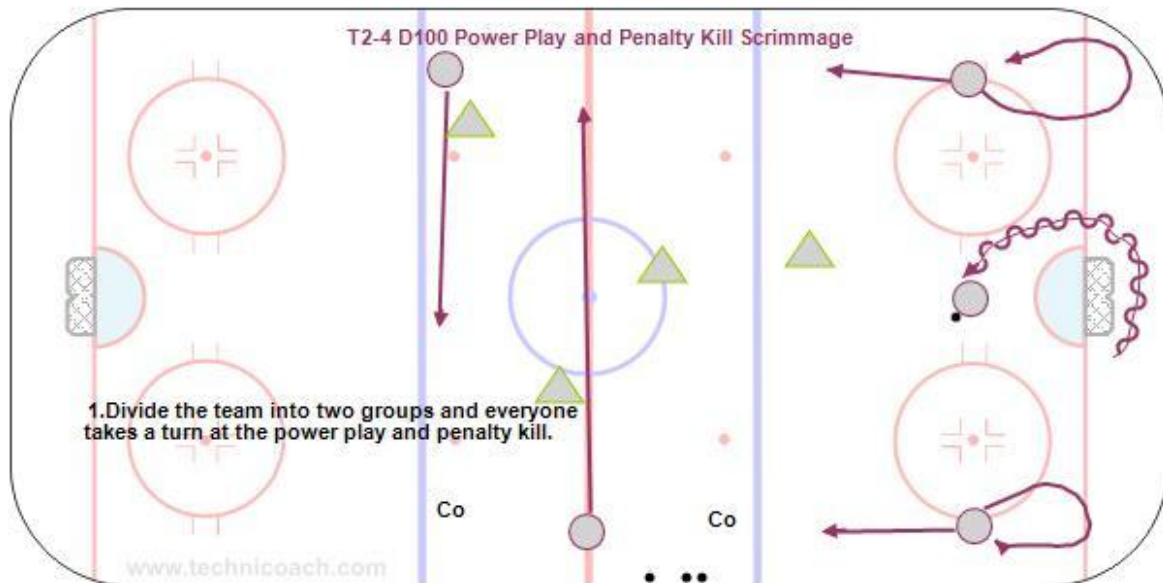
### **Key Points:**

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.

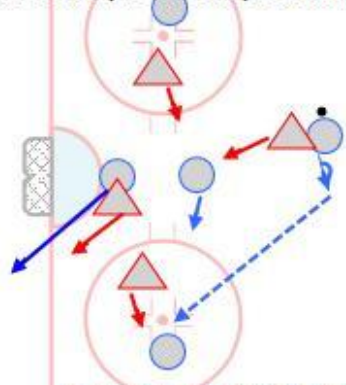
### **Description:**

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

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114800166>



3. Closest PK pressure the puck skating thru the net.



4. Coach put in another puck

1. Players line up in the nzone.



2. PP breakout vs Pk.



## T2-4 D100 Breakout and Forecheck U20

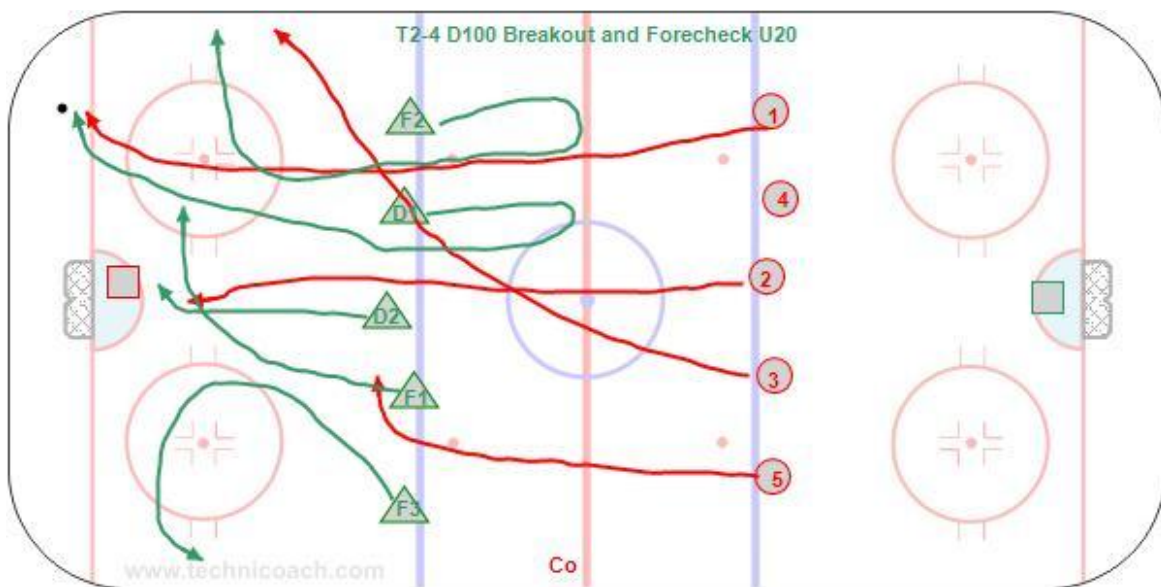
**Description:**

Defenders funnel back from inside to outside. D shoulder 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.

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



## T2 T4 D100 Controlled Scrimmage

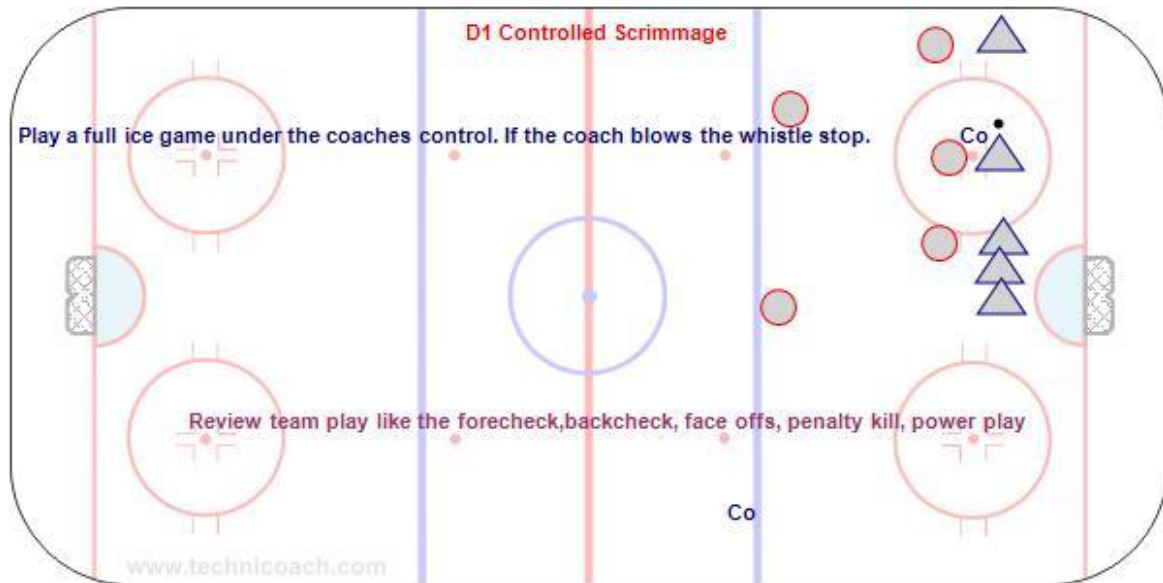
### **Key Points:**

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.

<http://hockeycoachingabcs.com/mediagall ... 0123912842>



## T2-4 D100 Power Play and Penalty Kill Scrimmage

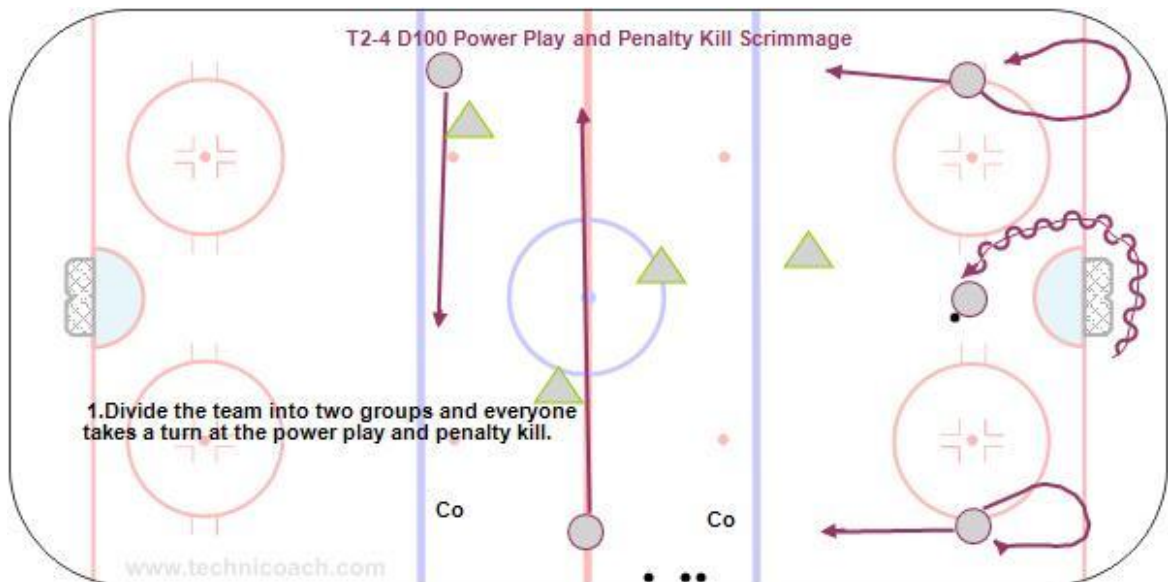
### Key Points:

Practice the full ice power play vs penalty killers. Controlled scrimmage style with coaches shooting the puck in and stopping the play. Short passes, get the puck behind the defense, and quick feet are the keys.

### Description:

1. Divide the team into two groups and everyone takes a turn at the power play and penalty kill.
2. In this video the breakout is 3 coming up the ice with one in each lane and a stretch man in at the red line and far blue lines.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144407276> is the video link.



## T D100 Specialty Team Practice

### Key Points:

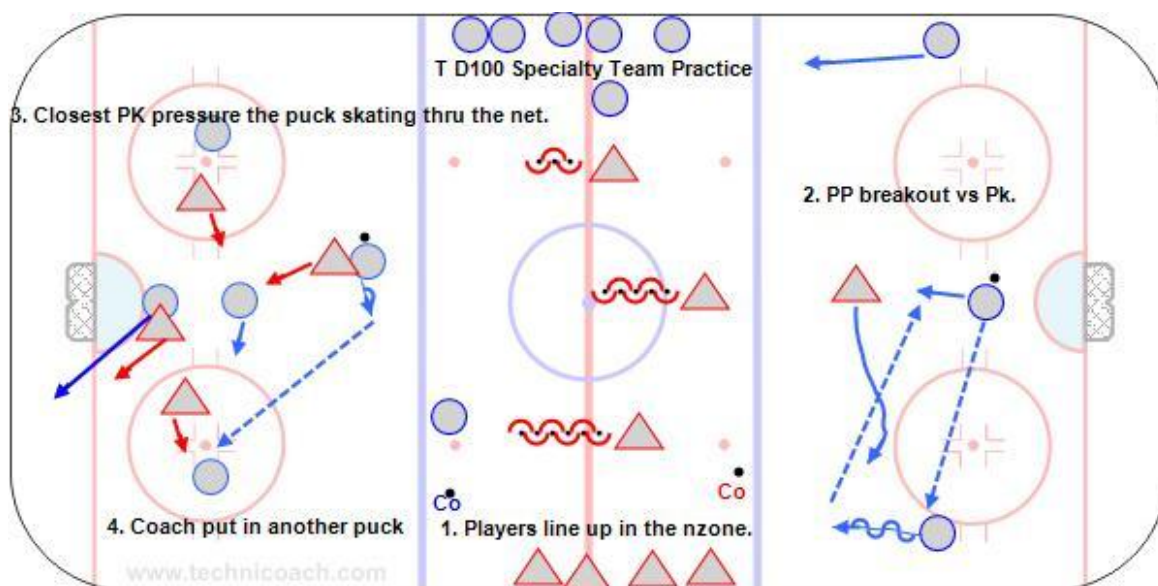
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>





## T2-4 D100 Specialty Team Practice - 1

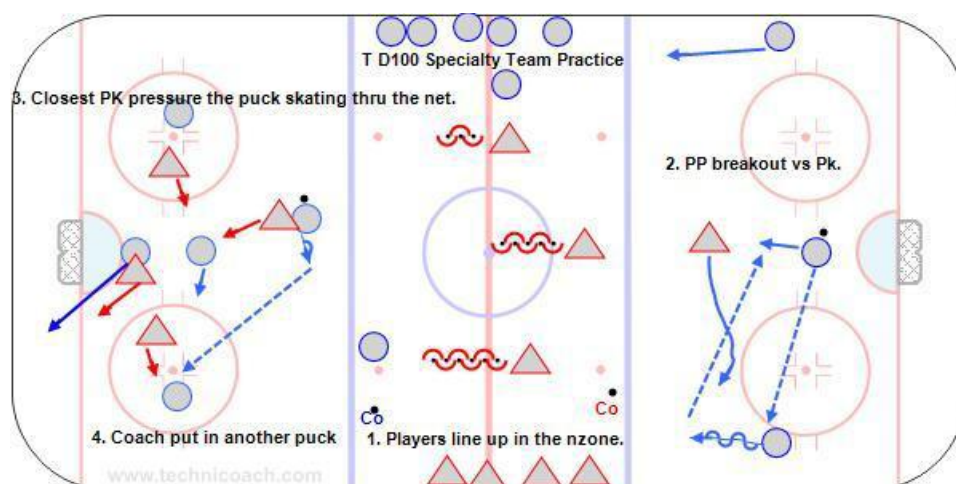
### **Key Points:**

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090822231952414>



## D200 Coach Call Options - U22

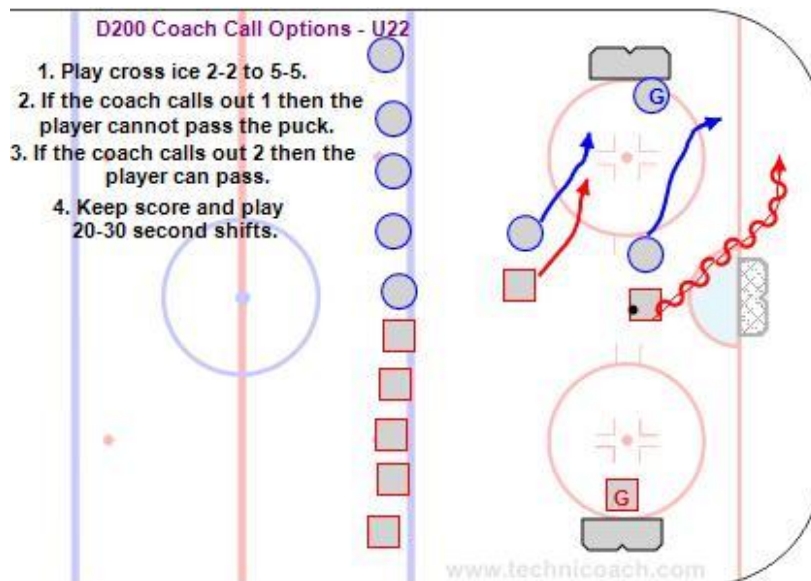
### ***Key Points:***

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165327614>



## T2-4 D400 Attack and Dzone-Detroit

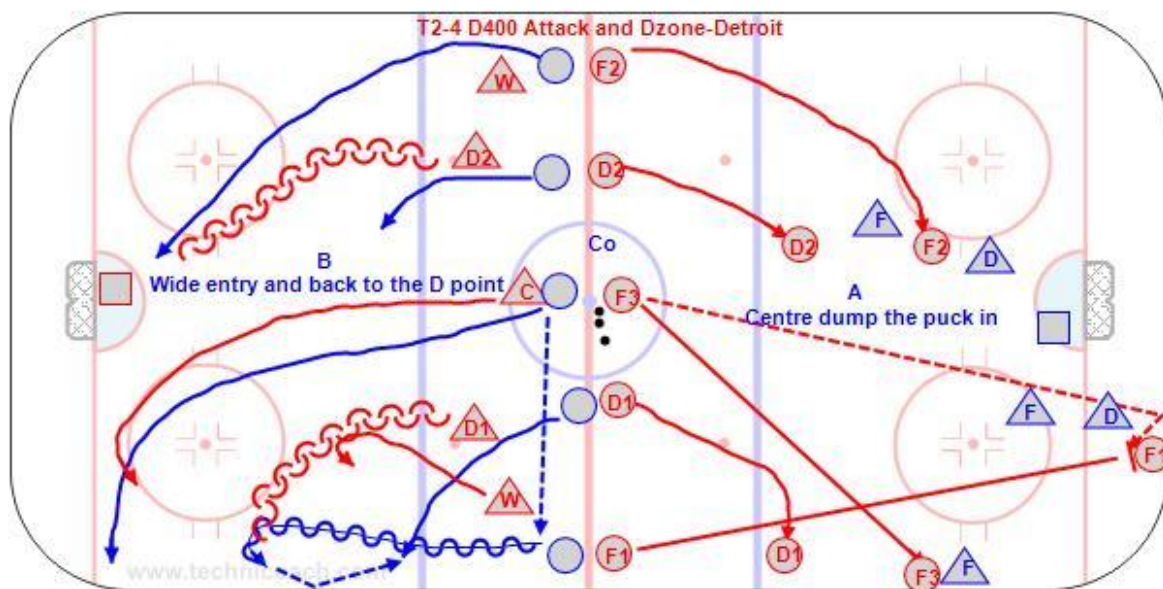
### **Key Points:**

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.

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



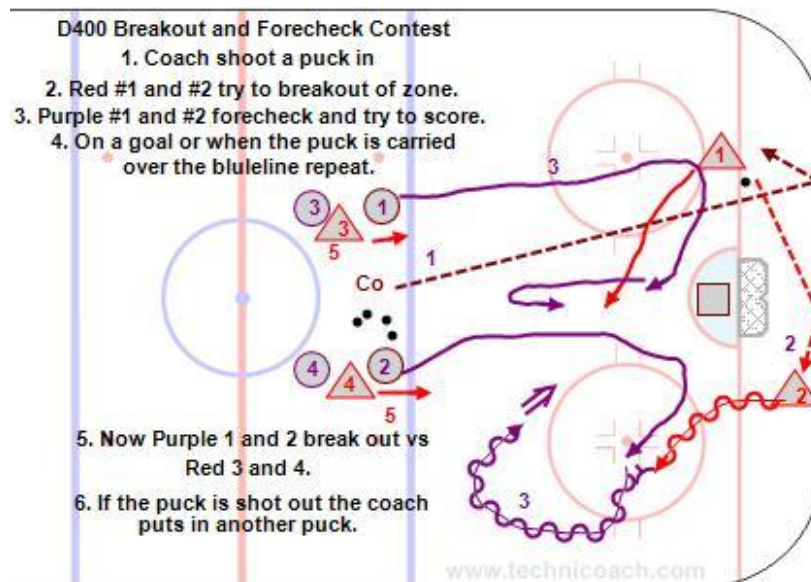
## D400 Breakout and Forecheck Contest

### ***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:

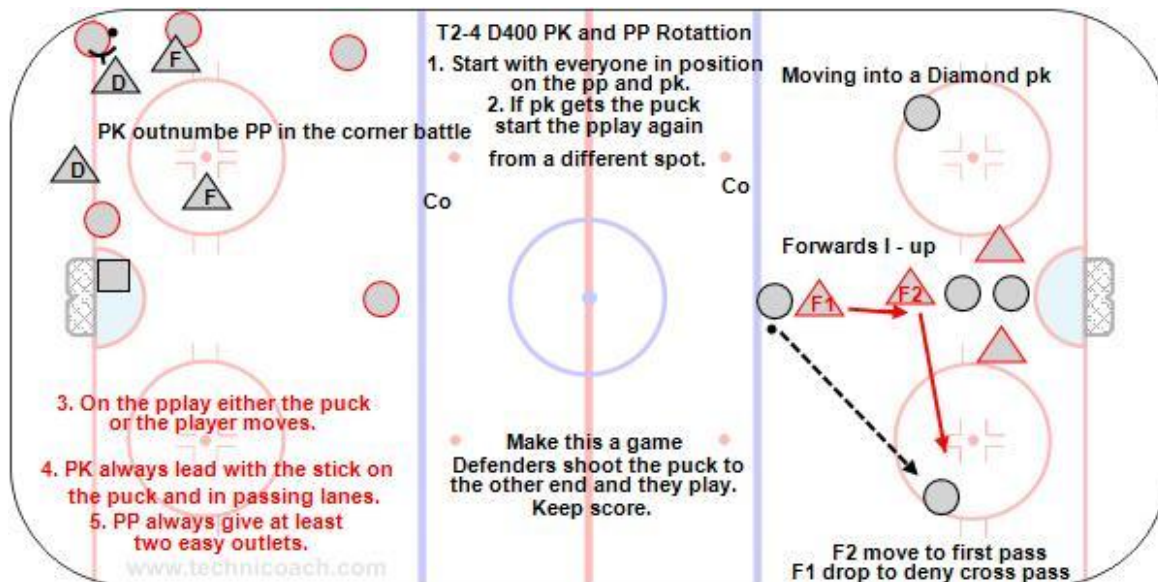
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

### 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://www.hockeycoachingabcs.com/mediagallery/media.php?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:

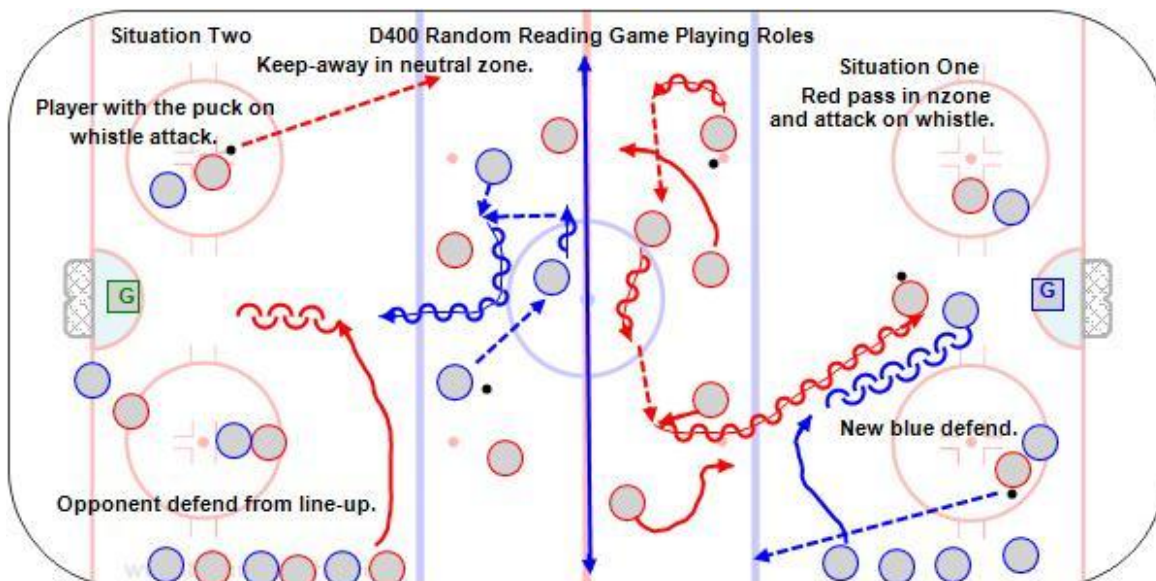
#### Situation One

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130224105906619>





## 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090806144404128>



## T2-4 D400 Specialty Team Practice – Pro

### Key Points:

Team is in two colours or four colours. Skate in straight lines from the net out when killing penalties and only laterally when checking the puck carrier. Sticks in the passing lanes, stick on the puck. Shin pads in front of the puck on shots. On the power play either the puck or player move and rotate positions away from the puck.

### Description:

1. Half the team at each end and rotate between pp and pk when the play is at the other end.
2. Start with the coach spotting the puck or with a face-off.
3. The coach put in a new puck when the puck is out of play.
4. Practice all of the options with everyone getting shots.
5. Penalty killers rotate with a diamond vs. a diamond power play and a box when the puck is on the wall or low.
6. Power play create 2 on 1's and one timer shots.
7. Penalty kill deny shots from the middle first and move to shooters on the sides.
8. This rotation can also be used to practice low zone even strength situations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130313091238819>



# TD400 Specialty Team Scrimmage

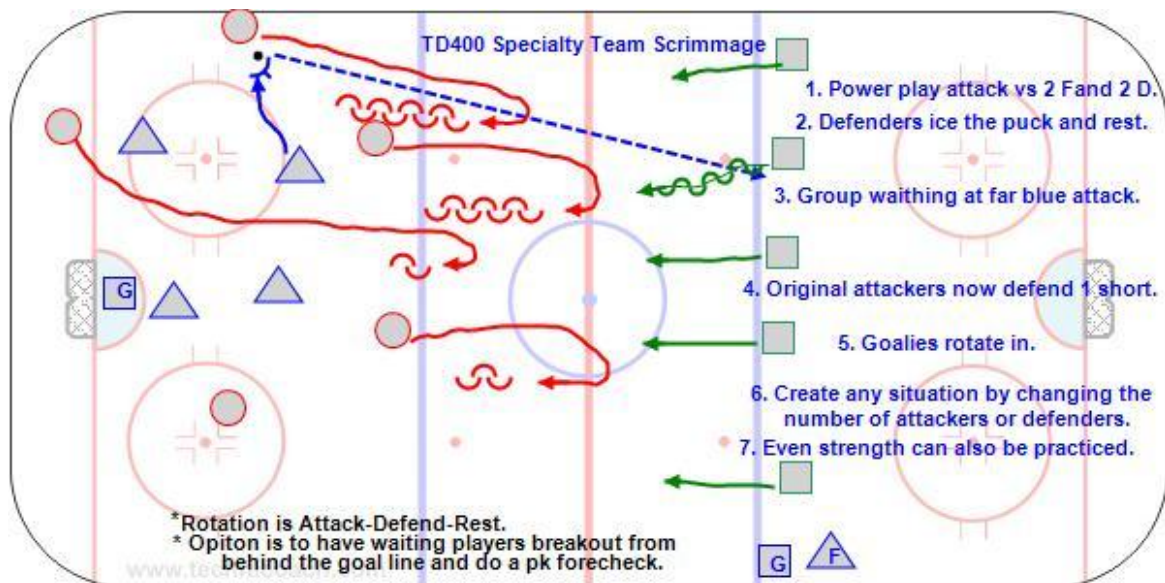
## Key Points:

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.



## DT100 - Transition with Variable Situations

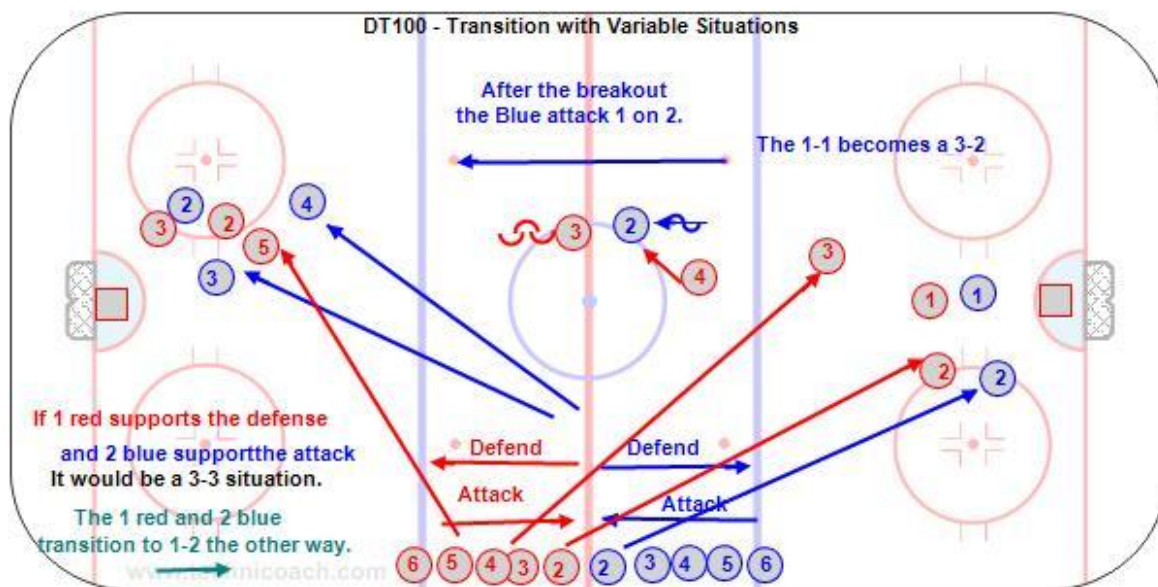
### Key Points:

Communicate the situation and play accordingly. Everyone plays all positions.

### Description:

1. Players line up along the boards in the neutral zone with one team on each side of the red line.
2. Supporting new players leave from the red line when the puck crosses the offensive blue line.
3. The coach sends out from 1 to 3 players from each team in both directions.
4. The coach can create any situation he wants to work on in the zone from 2-2 to 6-5.

*\*It is really important for the players to read and call out the situation.*



## DT 2-4 Gaining Position in the Slot

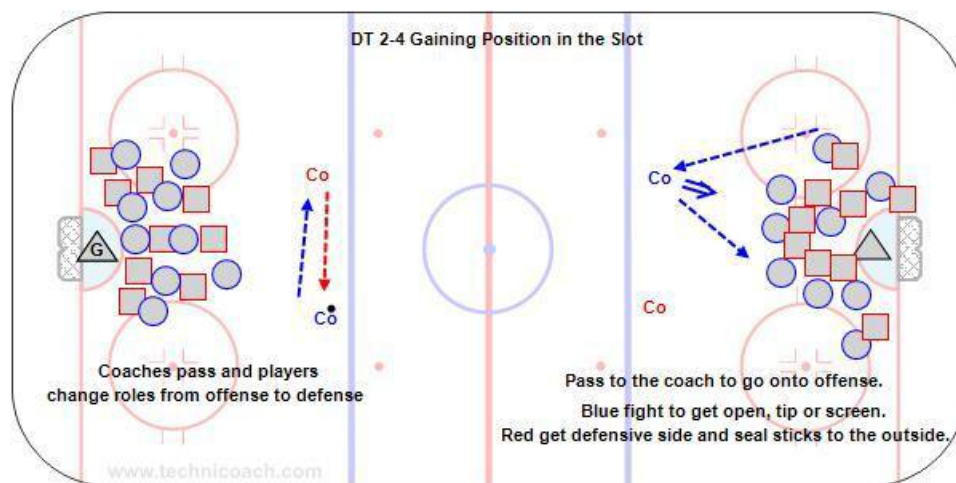
### **Key Points:**

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120926091742381>



## T2-4 Low 3-2 ProW

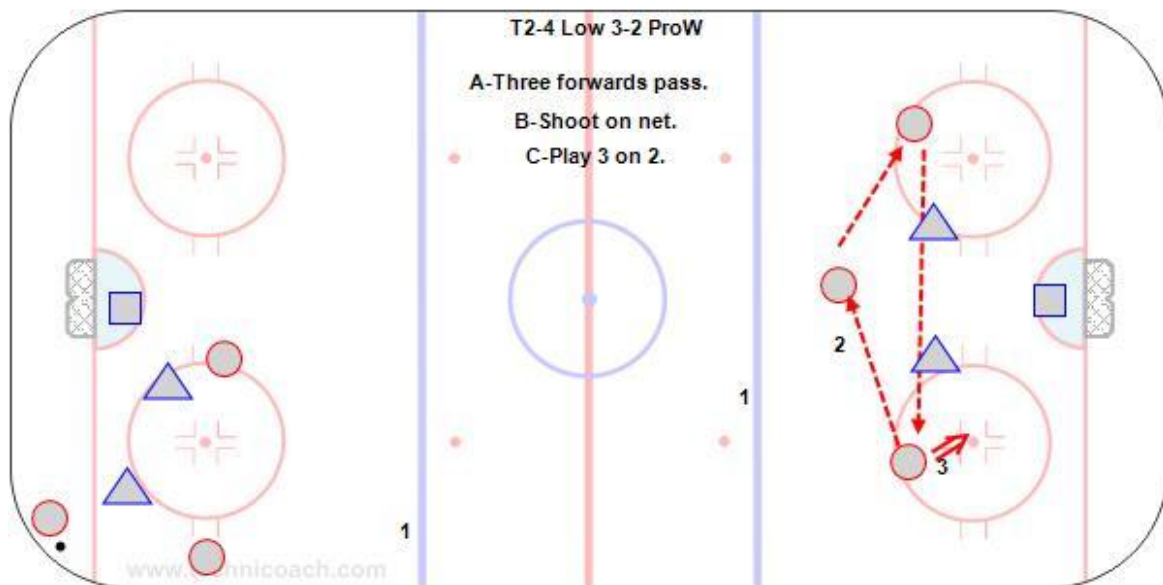
### **Key Points:**

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 Low 3-3 – Pro

### Key Points:

Players line up at the top of the circles and play a low 3 on 3. Defender pass to the coach if they get the puck. You can break into two groups and have all of the players attack and defend.

### Description:

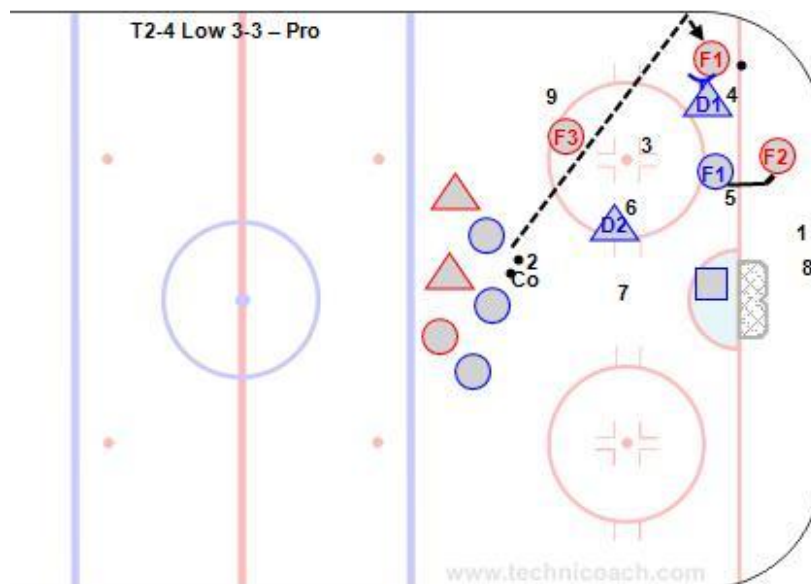
1. Three forwards vs. two D and one F.
2. Start with the coach passing to one of the attacking forwards.
3. Defenders cover one attacker each and stay on the defensive side.
4. Closest defender be aggressive and have 'stick on the puck and body on body' positioning on F1.
5. Second closest be within a stick length of the second attacker F2.
6. Third closest be half way to their F3 and pressure if he gets a pass.
7. Return to the mid-slot if you lose your man.
8. Attackers cycle and change the point of attack by passing behind the net.
9. Attackers rotate so there is always a high F3 ready to shoot or backcheck.

*\* D1 make the original challenge when the puck is in the corner.*

*\* F1 defend if the puck is at the hash or high slot and D2 start from the slot.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160211085603682>

<https://youtu.be/7F5CwkD9kF4> (Subscribe for access to hundreds of hockey drills)



## **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 Team Play Practice Rotation

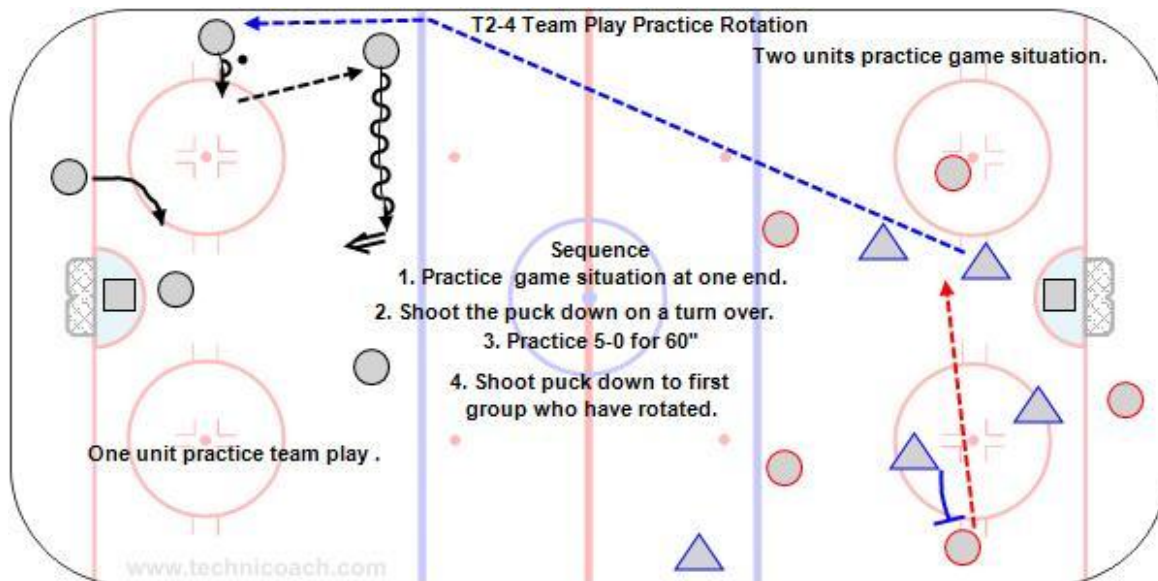
### **Key Points:**

Practice various situations at each end. One vs. pressure and one no pressure. Switch roles when the puck goes to the no pressure end. Review any team concept.

### **Description:**

#### *Sequence*

1. Practice game situation at one end.
2. Shoot the puck down on a turn over or after a certain time.
3. Practice 5-0 for 60".
4. Shoot puck down to first group who have rotated.



## **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](#)

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

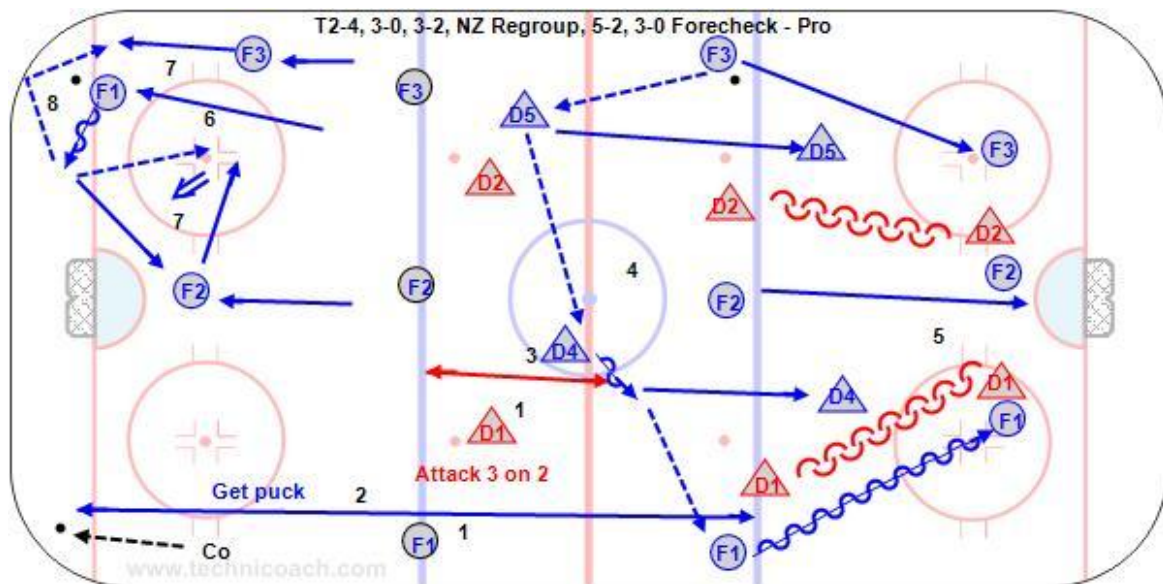
### Pro Key Points:

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:

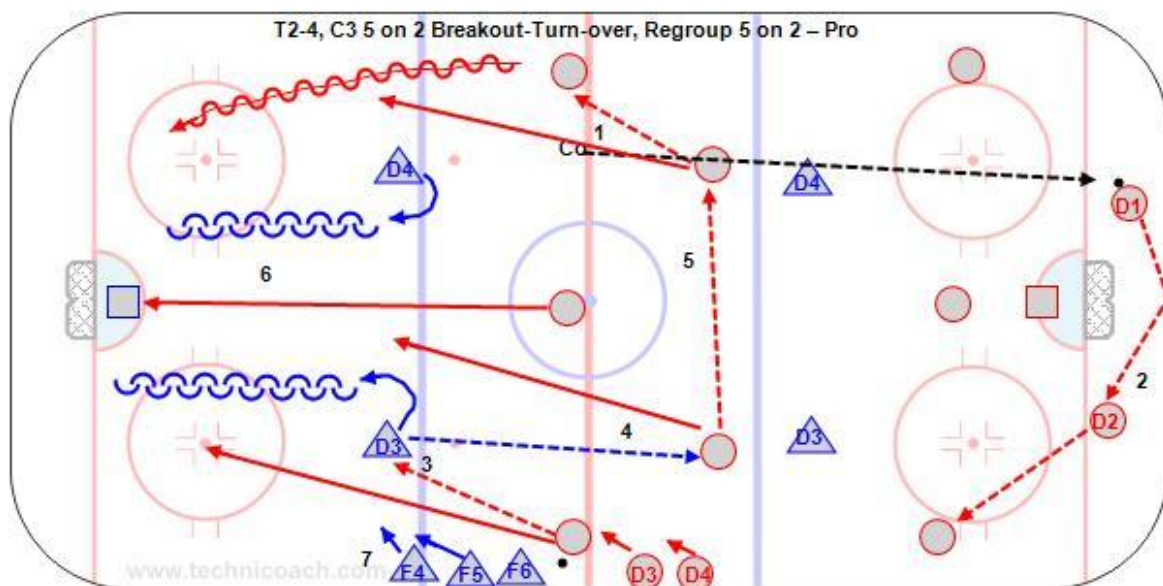
Simulate turn-overs and neutral zone regroup. Attack and regroup with speed. Always face the puck, give a target and continue moving.

### 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.

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





## T2-4, D4 – Reilly Team Play Rotation

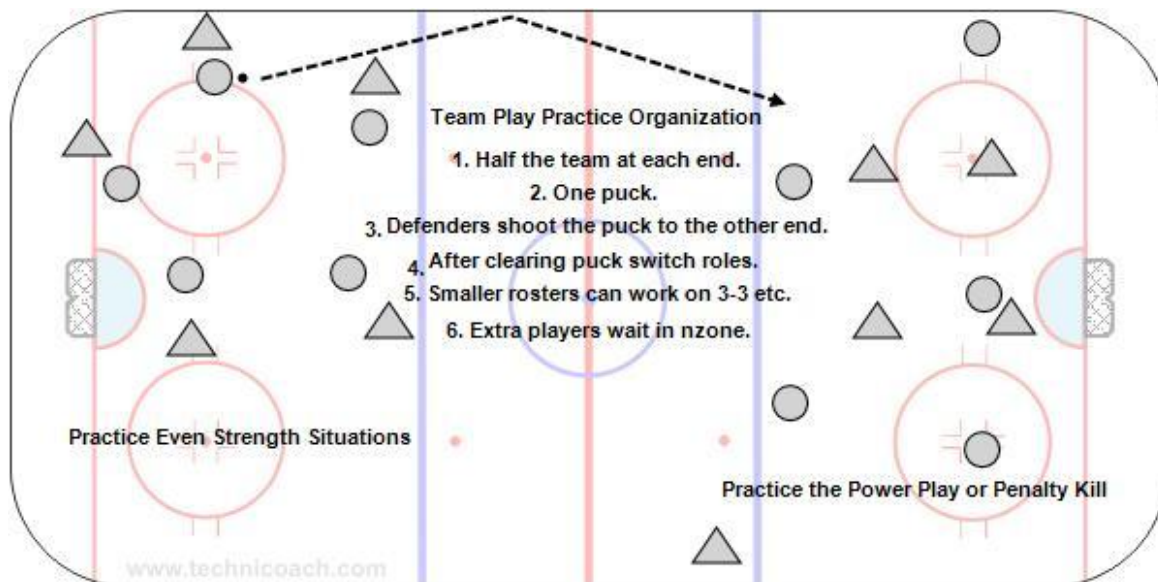
### Key Points:

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.

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



## T2-4 - D400 - 5-5 Attack-Defend - Czech U20

### Key Points:

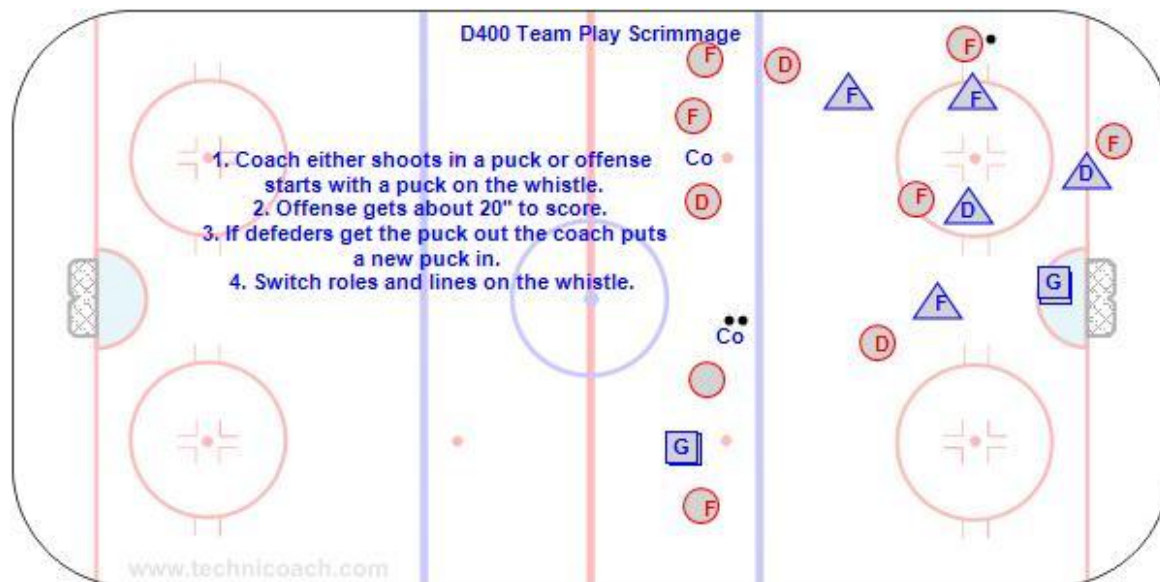
Everyone has zone and man on man responsibility. First defender tight coverage, second within a stick length, third half way, fourth and fifth on the defensive side with the stick in the passing lane and a man-you-puck triangle with the head on a swivel.

### Description:

1. 5-5 in one zone and start at the half wall with the puck.
2. Offense overload with 3 players, 2 low and one in the high slot and 2 at the point.
3. First defender tight coverage, second within a stick length, third half way.
4. 4th and 5th defend from the defensive side-stick in the passing lane and man-you-puck triangle with head on a swivel.
5. Attacking defenseman always look for back door opportunities.
6. If the low forward is closer he covers the attacker on the half wall.
7. Defend from the defensive side with stick on the puck and sticks in the passing lanes.
8. Attack with a triangle and F3 ready to shoot, rotate or cover for a pinching D.

*\*Option is to have the defenders sticks upside down to emphasis play from the defensive side.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150819081218359>



## D400 Team Play Scrimmage

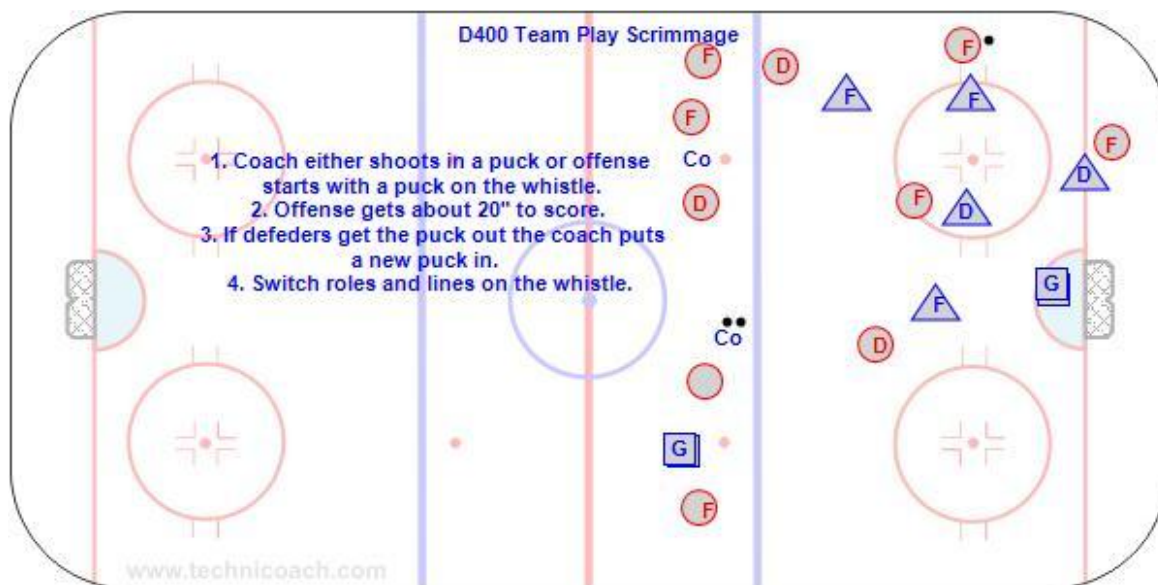
### ***Key Points:***

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090730123919178>



## TD100 Continuous 2-1, 2-2 –Detroit

### **Key Points:**

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

### **Description:**

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

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

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

