



2019 NHL COACHES' ASSOCIATION GLOBAL COACHES' CLINIC

June 20, 2019
Vancouver, Canada

Presented by



EXCLUSIVE ACCESS

2019 NHLCA Digital Drill Handbook
with over 120 NHL team drills
Powered by CoachThem

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Thursday, June 20, 2019

Welcome Coaches!

On behalf of the NHL Coaches' Association and all of our members, we would like to formally welcome you to the beautiful city of Vancouver for the 2019 NHLCA Global Coaches' Clinic. Thank you to our Presenting Sponsors, XOS Digital, for their continued support of our Association and our annual Clinic.

This marks the third year that we have been involved in hosting this Clinic, and we are extremely excited about the day ahead that we have planned for you. We have listened attentively to your feedback over the last few years and continue to work hard at improving the Clinic every year based on your comments. Hopefully, you will have terrific day of learning and networking with your fellow coaches.

The NHLCA Global Coaches' Clinic continues year after year because of the commitment from our NHL coaches, all of whom are adamant about the importance of sharing their knowledge and expertise with the next generation of hockey coaches. Together, we believe it is critically important to mentor and assist hockey coaches at all levels of the game, and from countries all around the world. With their support, this remains one of the core mandates of our Association.

Joining us for the first time at this year's clinic, we have legendary coaches including Scotty Bowman, Terry Crisp, and Larry Robinson, among many other noteworthy coaches. We encourage you to ask as many questions as you can! We also hope you will take the opportunity to network with your fellow attendees and build relationships that will last beyond this Clinic in the months and years ahead. The hockey coaching community is a small and welcoming one where we have found that your fellow coaches are always willing to offer assistance and advice.

In this binder you will find, for the first time ever, hockey drills from the top coaches from all 31 NHL teams. We trust you will find them useful as you head back to your own teams next season. In addition, all of the presentations from today's Clinic will be available on-line in the next few weeks.

As a reminder, your registration for today's Clinic also includes a ticket to the first night of the NHL Draft™ taking place tomorrow, Friday, June 21. We encourage you to take advantage of this unique opportunity!

Thank you again for joining us — we are grateful for your participation. We hope you have a great day and we look forward to seeing you again next year.

Michael Hirshfeld

Mike Hirshfeld
Executive Director
NHL Coaches' Association

Lindsay Artkin

Lindsay Artkin
President
NHL Coaches' Association



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AGENDA

7:00 – 8:00 A.M.	Registration & Buffet Breakfast
8:00 – 8:45 A.M.	Opening Remarks & Keynote Address Travis Green, Head Coach, Vancouver Canucks The Importance of the Prescout Manny Malhotra, Assistant Coach, Vancouver Canucks
8:45 – 9:15 A.M.	Session #1 — NZ Defense and OZ Play Nate Leaman, Head Coach, Providence Friars
9:15 – 10:00 A.M.	Session #2 — Hot Stove with NHL Head Coaches Bruce Boudreau, Bruce Cassidy, Todd Reirden Moderated by Tara Slone, co-host of Rogers Hometown Hockey on Sportsnet
10:00 – 10:30 A.M.	Break
10:30 – 11:00 A.M.	Session #3 — Skill Acquisition & Developing Hockey Sense Mike Sullivan, Head Coach, Pittsburgh Penguins
11:00 – 11:45 A.M.	Session #4 — Hot Stove with Alumni NHL Head Coaches Scotty Bowman, Terry Crisp, Darryl Sutter Moderated by Pierre LeBrun, TSN, The Athletic
11:45 A.M. – 12:15 P.M.	Session #5 — Developing Defensemen David Quinn, Head Coach, New York Rangers
12:15 – 12:30 P.M.	The Darcy Haugan / Mark Cross Memorial CJHL Coach of the Year Award Presentation
12:30 – 1:30 P.M.	Buffet Lunch
1:00 – 1:30 P.M.	Luncheon Speaker, Joe Bowen The Voice of the Toronto Maple Leafs & 2018 Winner of the Foster Hewitt Memorial Award
1:45 – 2:30 P.M.	Small Group Breakout #1: Defensive Principles
2:30 – 3:15 P.M.	Small Group Breakout #2: Penalty Kill
3:15 – 3:30 P.M.	Break
3:30 – 4:15 P.M.	Small Group Breakout #3: Powerplay
4:15 – 5:00 P.M.	Small Group Breakout #4: Offensive Principles
5:00 – 6:00 P.M.	Networking Cocktail Reception



FLOOR PLAN

Wall
WALL CENTRE
VANCOUVER

North Tower Residential Tower South Tower

SMALL GROUP BREAKOUTS

SMALL GROUP BREAKOUTS

**DELEGATE REGISTRATION
SMALL GROUP BREAKOUTS**

**PLENARY SESSION
F&B FUNCTIONS**

FOURTH LEVEL
THIRD LEVEL
COURTYARD LEVEL
LOWER LOBBY LEVEL
GRAND BALLROOM LEVEL

Nelson Street
Burrard Street
Helmcken Street

I Parking Elevator South
II Parking Elevator North

★ Subway, Tokyo Joe's Sushi

a South Tower Lobby	1 Grand Ballroom	12 Azure
b North Tower Lobby	2 Gulf Islands B, C, D	13 Port Alberni
c Bar One	3 Gulf Islands A	14 Port McNeill
d Executive Club	4 Chartroom	15 Port Hardy
e Link@Sheraton (Business Centre)	5 Parksville	16 Columbia
f	6 Junior Ballroom	17 Fraser
g	7 Pavilion Ballroom	18 Hudson
	8 Blue Whale	19 Granville
	9 Orca	20 Galiano
	10 Finback	21 Burrard
	11 Beluga	22 Vancouver
		23 Cracked Ice
		24 Starbucks

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2019 NHLCA DIGITAL DRILL HANDBOOK

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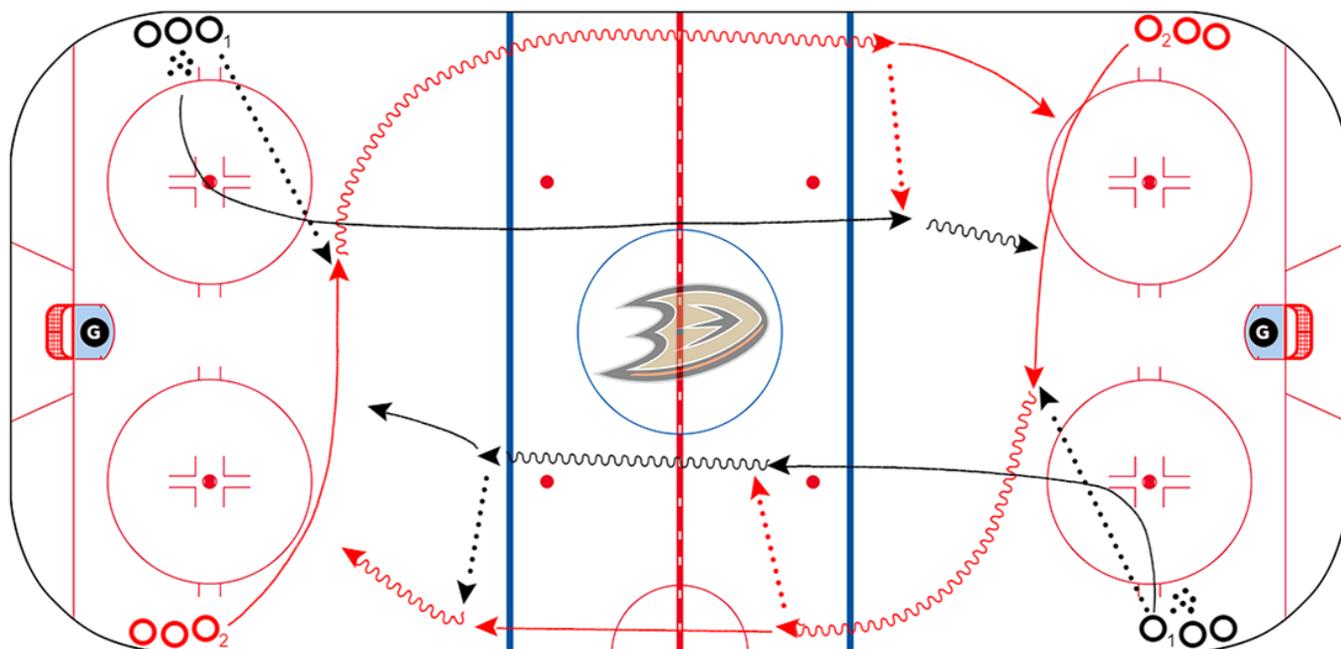
WARM-UP DRILLS

4 CORNER ENTRIES

Category: Warm-Up Drills

Team: Anaheim Ducks

- Description:**
- 2 vs 0 each side
 - **O2** skates across ice and receives a pass from **O1**
 - Skate hard through NZ and run through entry options
 - Kickout/Pass off Pads
 - Area Pass to middle of ice

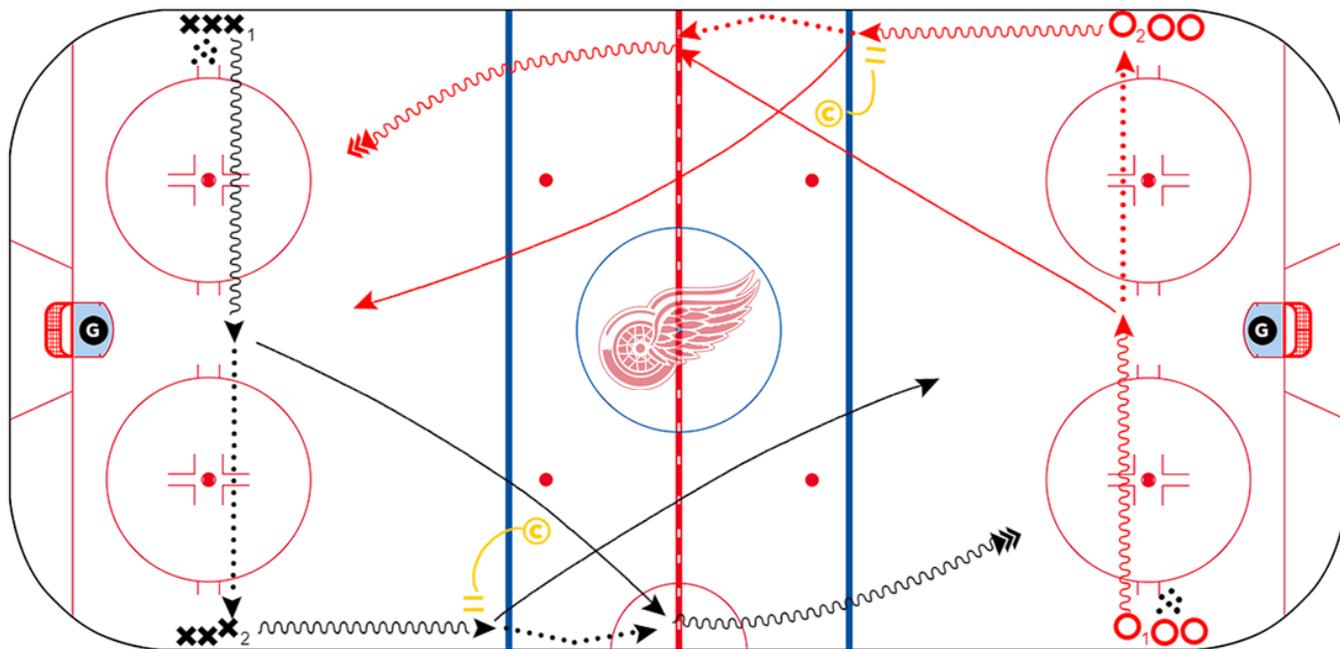


2 VS 0 CHIP — BUY SPACE

Category: Warm-Up Drills

Team: Detroit Red Wings

- Description:**
- Diagonal lines, **X1** and **O1** start at the same time
 - **X1** leaves with puck and passes to **X2**, who gets off wall and chips puck pass Coach back to **X1**
 - **X1** takes a wide shot with **X2** driving to the net

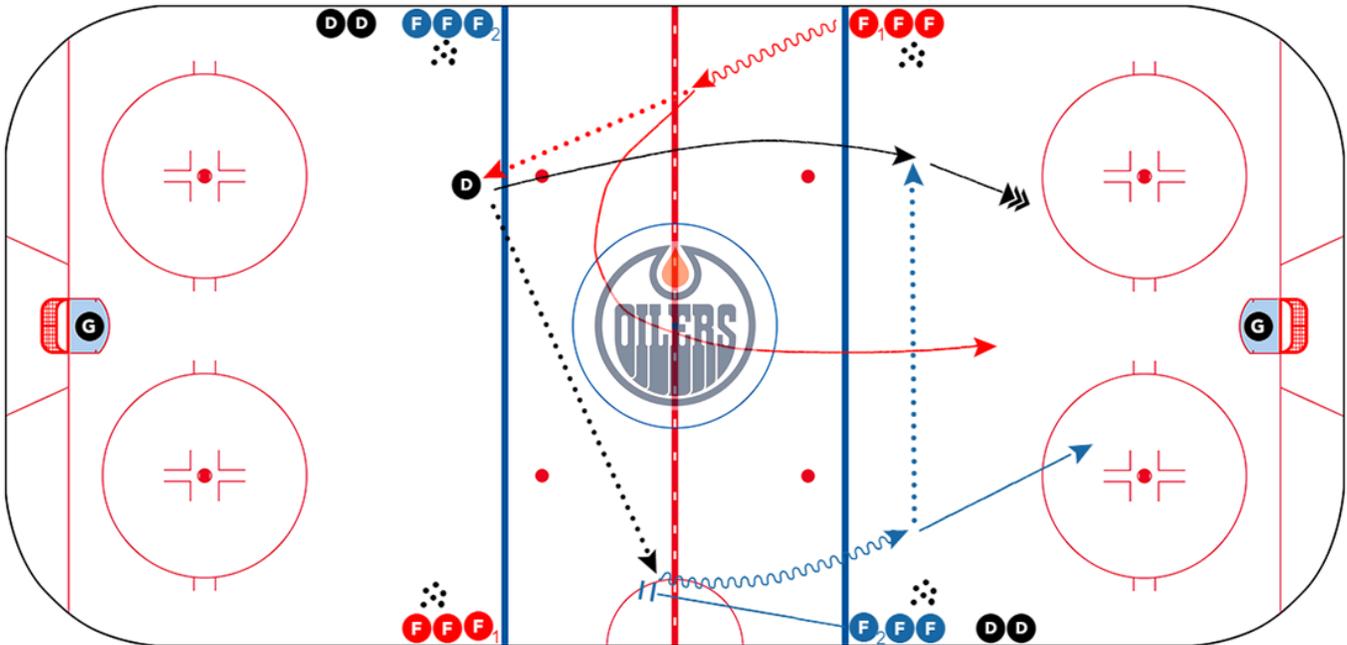


D INITIATE

Category: Warm-Up Drills

Team: Edmonton Oilers

- Description:**
- **F 1** carries puck to red line and then passes to **D**
 - **D** passes to **F 2** who has opened up at opposite side of ice
 - **F 1** fights for the middle drive and **D** works up to fill wide line and receives the pass from **F 2**
 - No dusting for the **D** when passing
 - Pucks can be on all fours but just use opposite sides, then switch

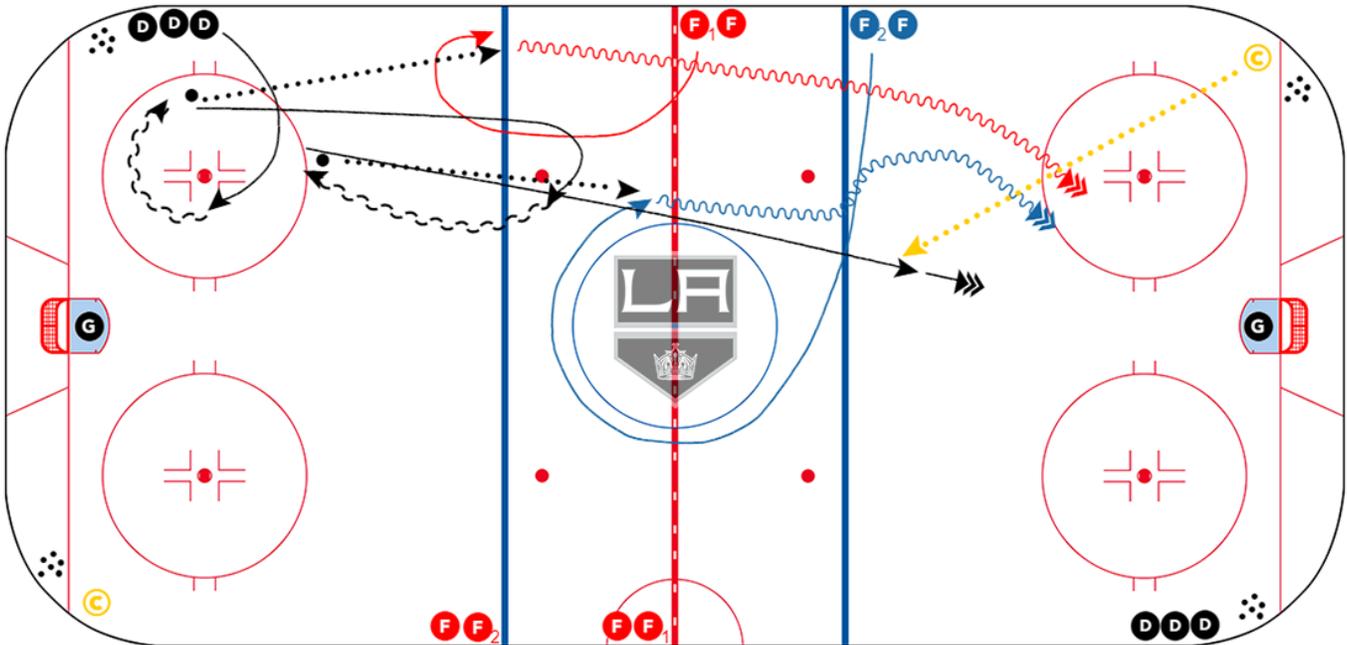


NY/NY

Category: Warm-Up Drills

Team: Los Angeles Kings

- Description:**
- **D** tight pivot around dot, picks up loose puck and outlet to **F 1**
 - Gap up to blue line, tight turn around NZ dot and outlet loose puck to low middle outlet **F 2**
 - **D** follow play up to far blue line and create momentum for point shot with traffic
 - **F 1** drive off wall and shoot in stride
 - **F 2** inside out drive and shoot
 - **F 1** and **F 2** → 2 touch support and low to high for point shot and traffic
 - Both side same time on whistle



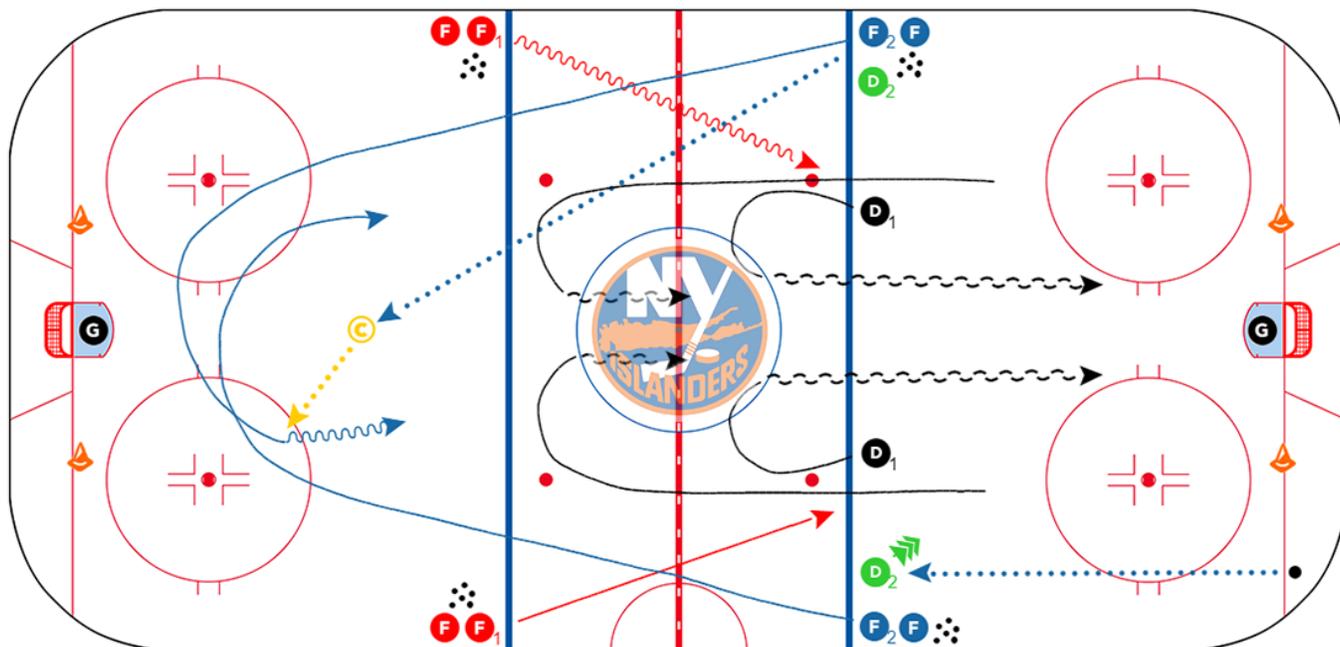
2 VS 2 X2 WITH BOX OUT

Category: Warm-Up Drills

Team: New York Islanders

- Description:**
- 1st whistle, **D**1s gap up and accept 2 man rush from **F**1s straight down 2 vs 2
 - On 2nd whistle, **F**2s pass puck down ice to coach and create speed swinging behind. Coach gives puck back to **F**2s. **D**1s re-gap up to accept rush from **F**2s
 - 3rd whistle, spot a puck in corner for **F**s to recover, pass up to **D**2 for shot and 2 vs 2 net battle with **D**1s boxing out

*** Fwd's go around painted spots on ice before getting to net. **D** box out



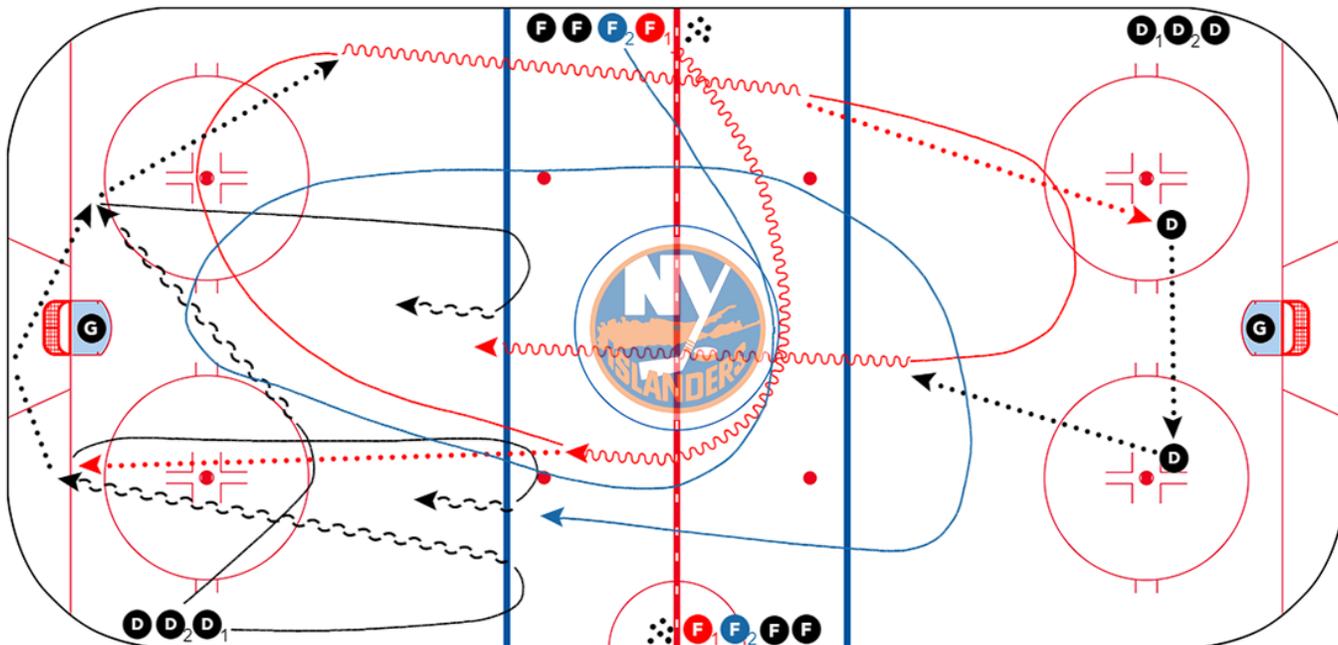
BREAKOUT, REGROUP 2 VS 2 ATTACK

Category: Warm-Up Drills

Team: New York Islanders

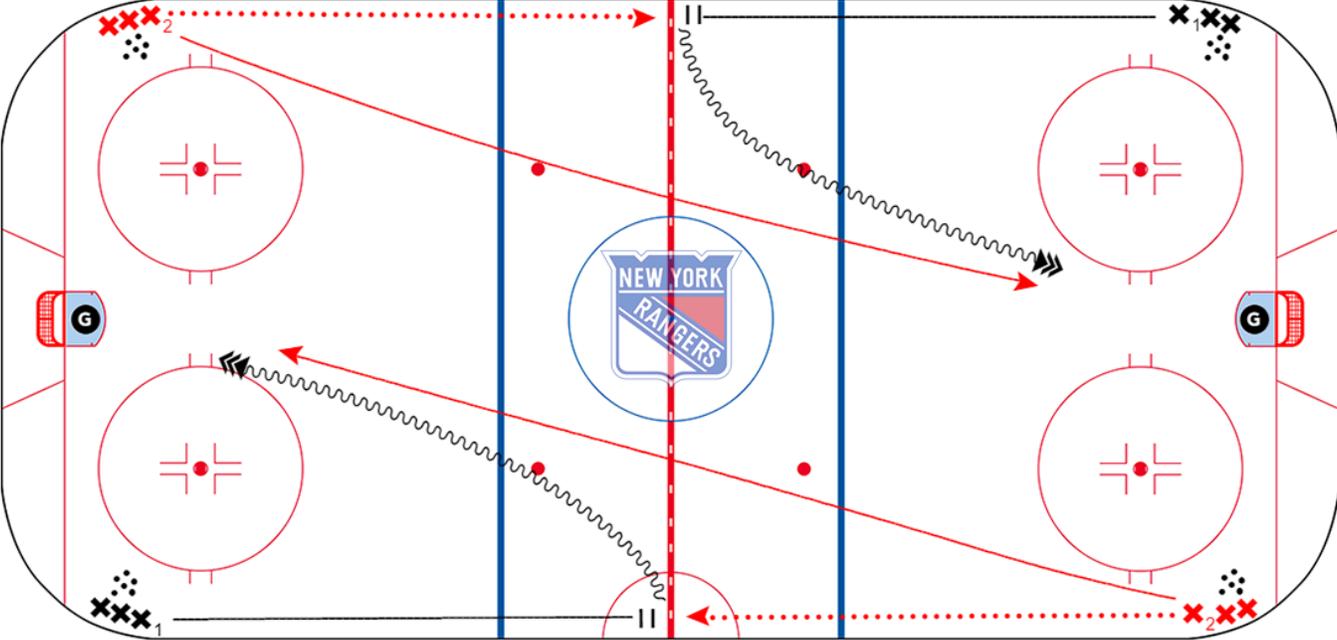
- Description:**
- **D** line up on hash marks, **F**'s line up at red line
 - 2 **F**'s leave with puck and skate around top of red line and soft dump puck in corner or on goalie
 - 2 **D** transition at the blue line, retrieve dump, use partner and break **F**'s out of zone
 - 2 **F**'s skate to opposite **D** and regroup with them 2 **F**'s attack their original **D** that broke them out 2-2

****Add**** following 2-2, 2 **F**'s must glide around face-off dots then 'attack net for tip/screen from **D** shooting from blue line after 2-2 **D** backpedal off of hash marks, give an go pass with next **D** in line and shoots from blue with 2 **F**'s driving net off of face-off dots



GRAND RAPIDS SHOOTING/PACE

- Category:** Warm-Up Drills
- Team:** New York Rangers
- Description:**
- **X1** skates to center ice, stops, pivots and gets pass to attack net 1vs0 with pressure from **X2**
 - Both sides go at same time

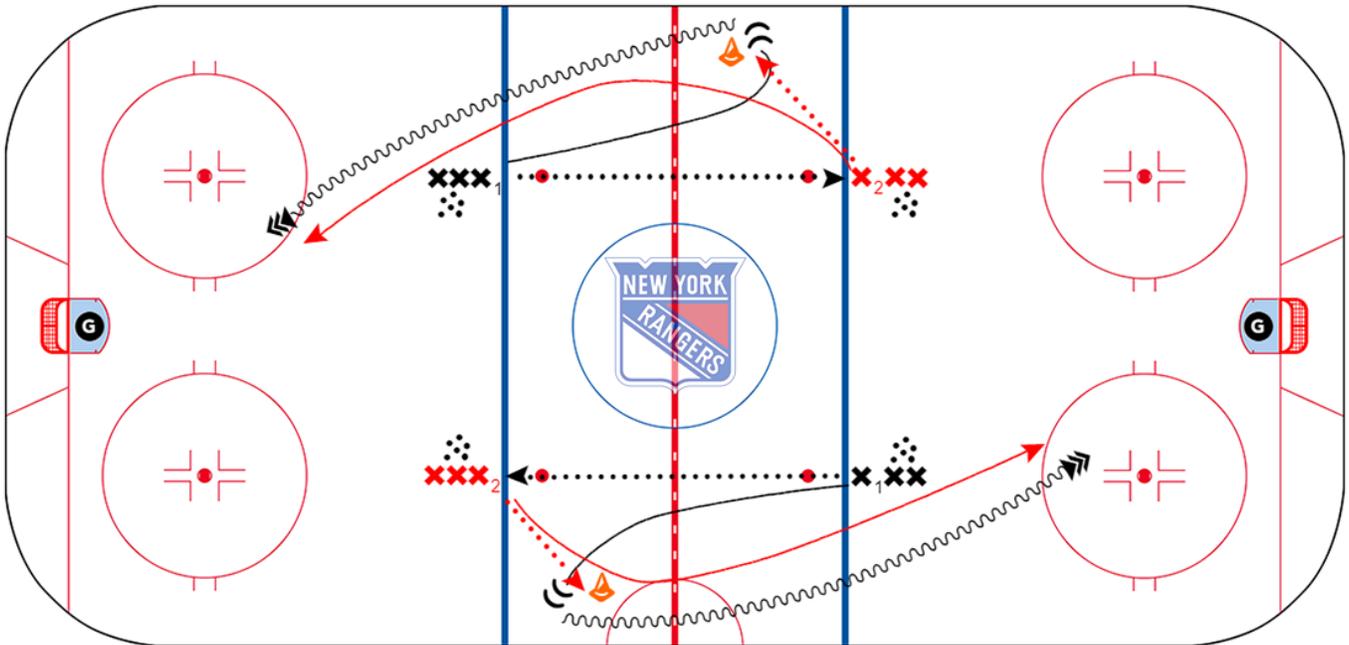


NZ 4 DOTS

Category: Warm-Up Drills

Team: New York Rangers

- Description:**
- **X1** skates to center ice, stops, pivots and gets pass to attack net 1vs0 with pressure from **X2**
 - Both sides go at same time

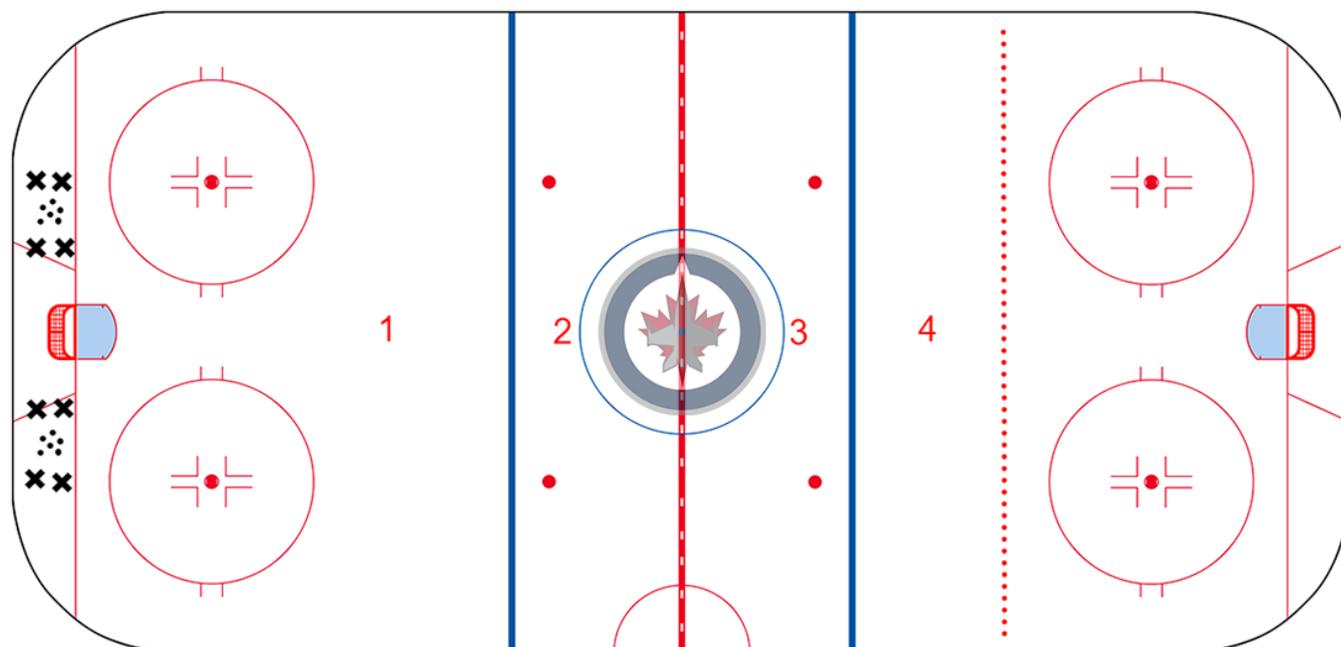


ZONE SCRAMBLE

Category: Warm-Up Drills

Team: Winnipeg Jets

- Description:**
- Stickhandle thru 4 zones. Four to Five lines (Depending on the number of Players)
 - On whistle, first group stickhandle (Keep Away) in Zone 1
 - Second whistle, Zone 1 moves to the next zone and the new group starts in Zone 1
 - Continue until all groups have been in all four zones



VOLUME SHOOTING PEANUT SHOOTING

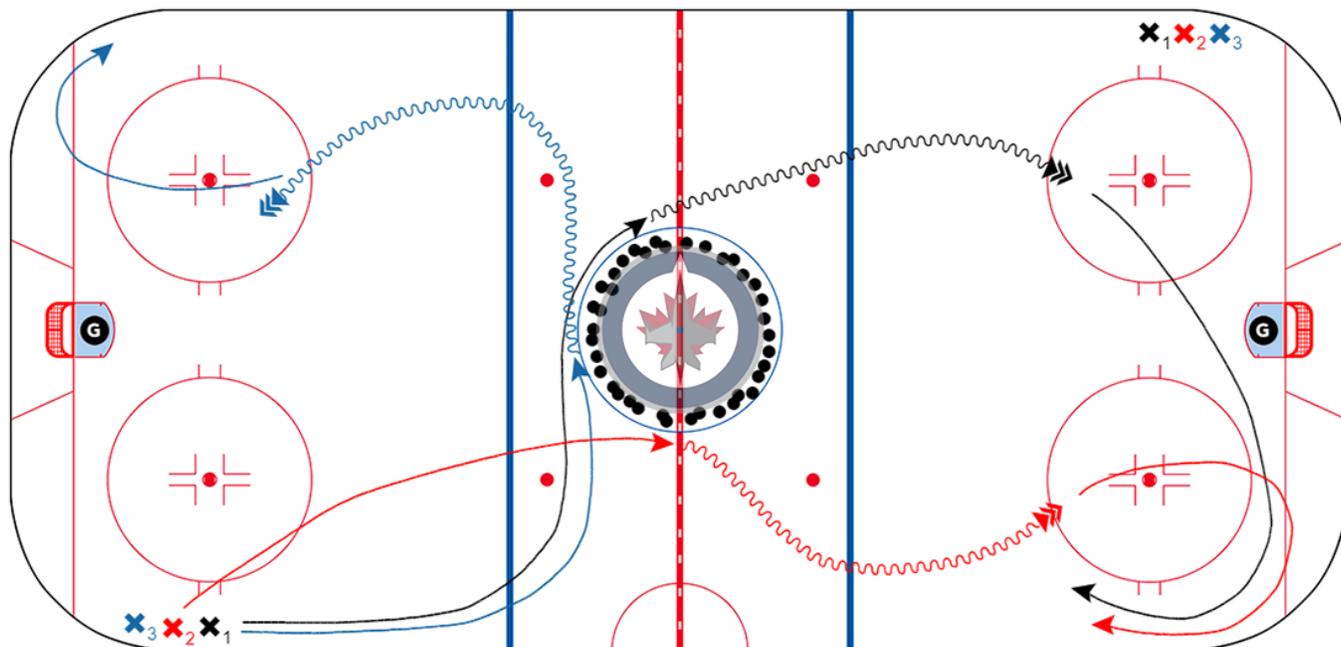
Category: Warm-Up Drills

Team: Winnipeg Jets

Description: On Whistle:

- **X1** picks up puck while going around centre circle for a shot
- **X2** picks up puck staying same side and outside dot for a shot
- **X3** picks up puck staying same end, around both neutral zone dots for a shot

Down and back to the end, you started from is each sequence. Going back should mirror first part of the drill

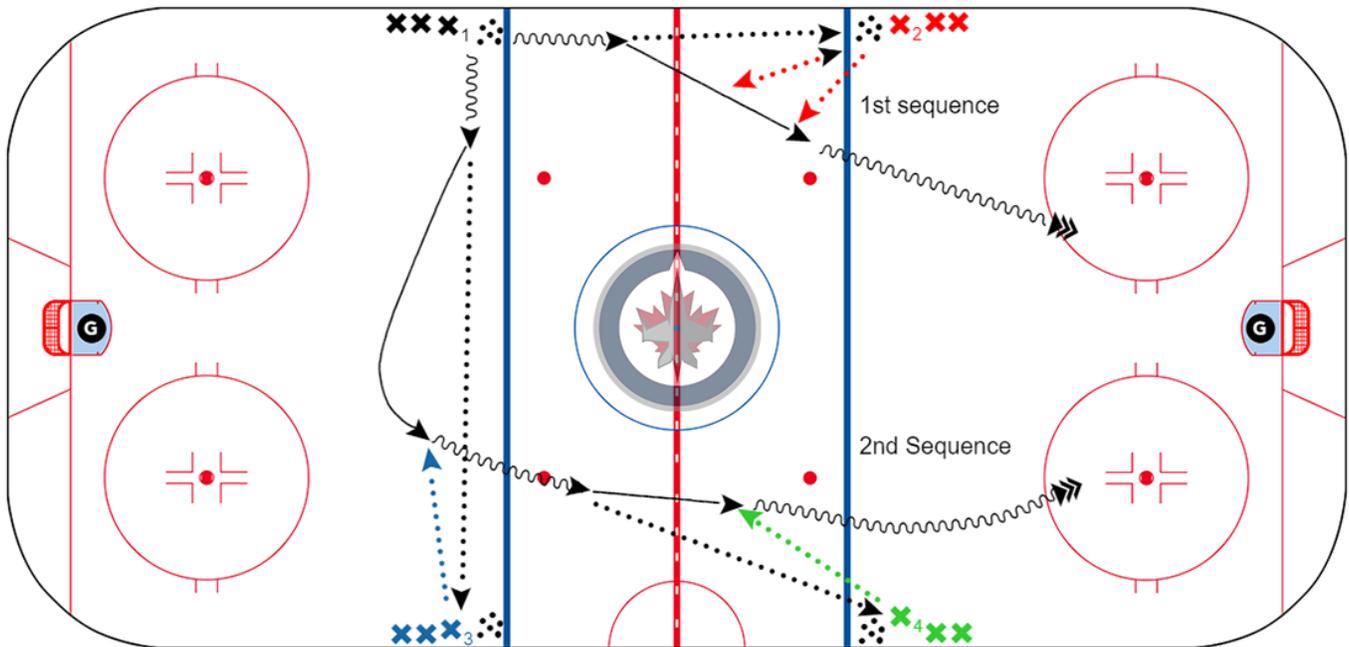


LINE SEQUENCE PART 1

Category: Warm-Up Drills

Team: Winnipeg Jets Blue

- Description:**
- Place pucks on all four blue lines
 - 1st Sequence: **X1** skates and exchanges puck two times to **X2**, continues down for a shot
 - 2nd Sequence: **X1** skates and passes across to **X3** and receives a pass back, next pass to **X4** and pass back, continue down for a shot

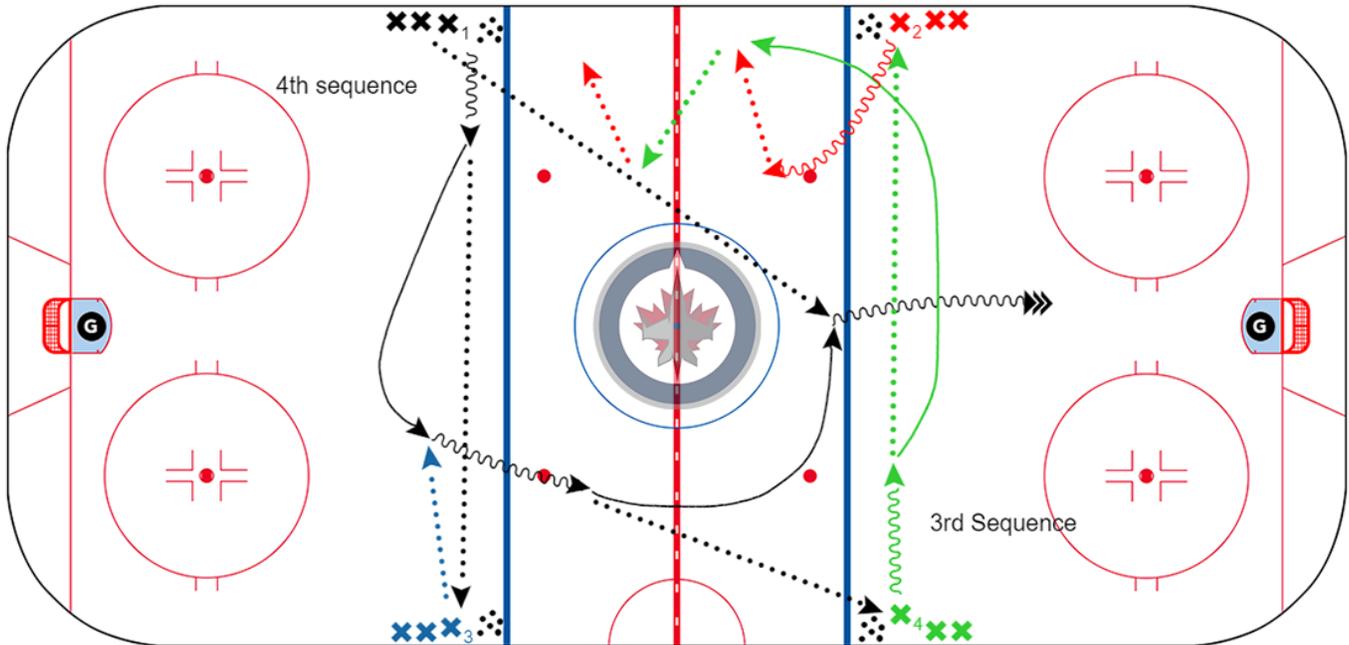


LINE SEQUENCE PART 2

Category: Warm-Up Drills

Team: Winnipeg Jets Blue

- Description:**
- Place pucks on all four blue lines
 - 3rd Sequence: **X1** skates and passes across to **X3** and receives a pass back, next pass to **X4**, cuts across the blue line and gets pass from the line they started
 - 4th Sequence: **X4** passes across ice to **X2**, loops around and enters zone on a 2 vs 0, outside shot with net drive (pad pass)

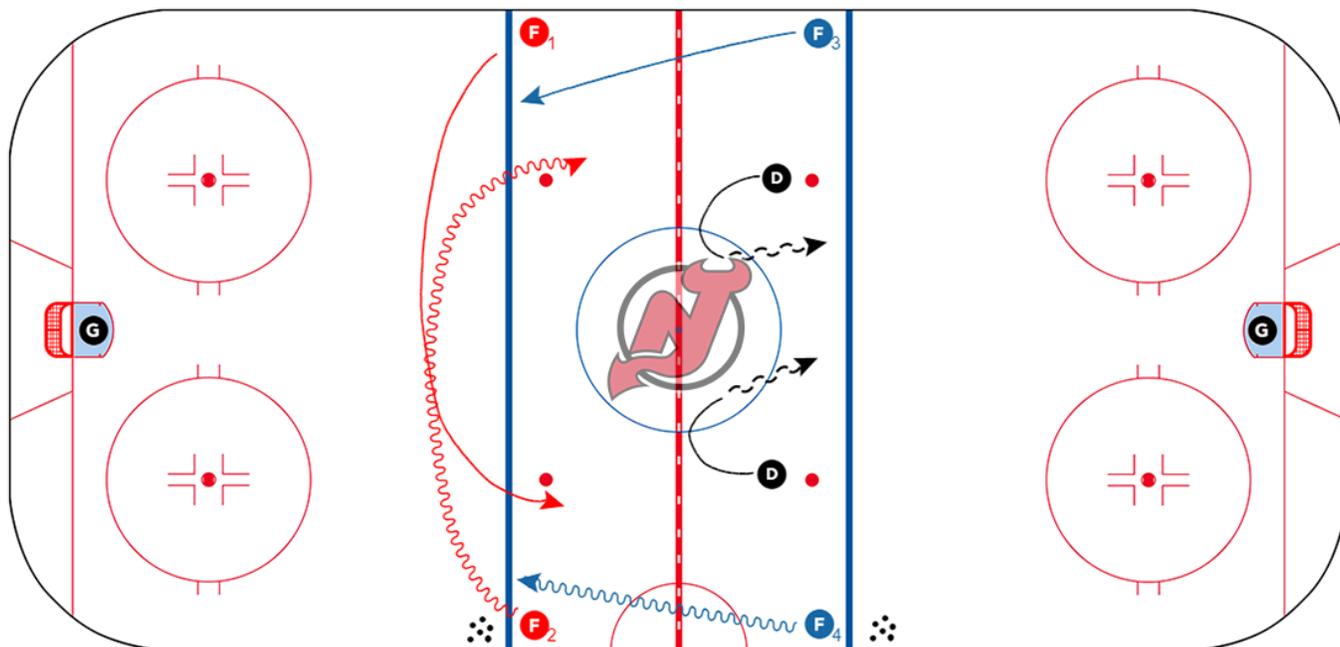


2 VS 2 DOUBLE

Category: Warm-Up Drills

Team: New Jersey Devils

- Description:**
- On whistle **F 1** and **2** cross at blue line with puck
 - **D** gap up from red
 - **F** s attack 2 vs 2 and play until whistle
 - On second whistle **F 1** and **2** are done
 - **F 3** and **4** must touch far blue line allowing **D** to regap
 - **D** must work to gap up on second 2 vs 2
- Reset and repeat at other end





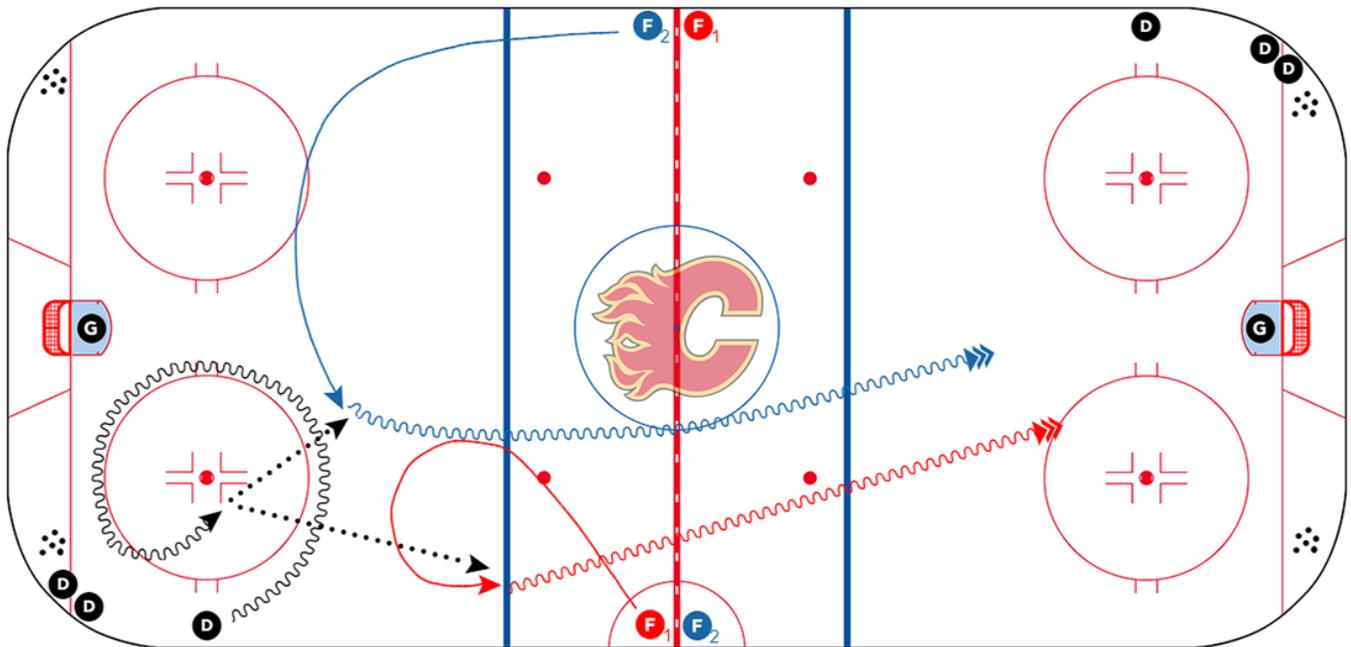
SHOOTING DRILLS

VAN SHOOTING

Category: Shooting Drills

Team: Calgary Flames

- Description:**
- **D** skates around circle with puck and makes outlet pass to **F 1** who comes into zone inside dots. Drives and shoots
 - **D** carries on around circle, gets second puck and makes pass to **F 2** who times it through middle of the ice. Drives and shoots
 - **D** follows up for cycle low to high point shot with traffic
 - Can have quick FWD cycle before low to high pass

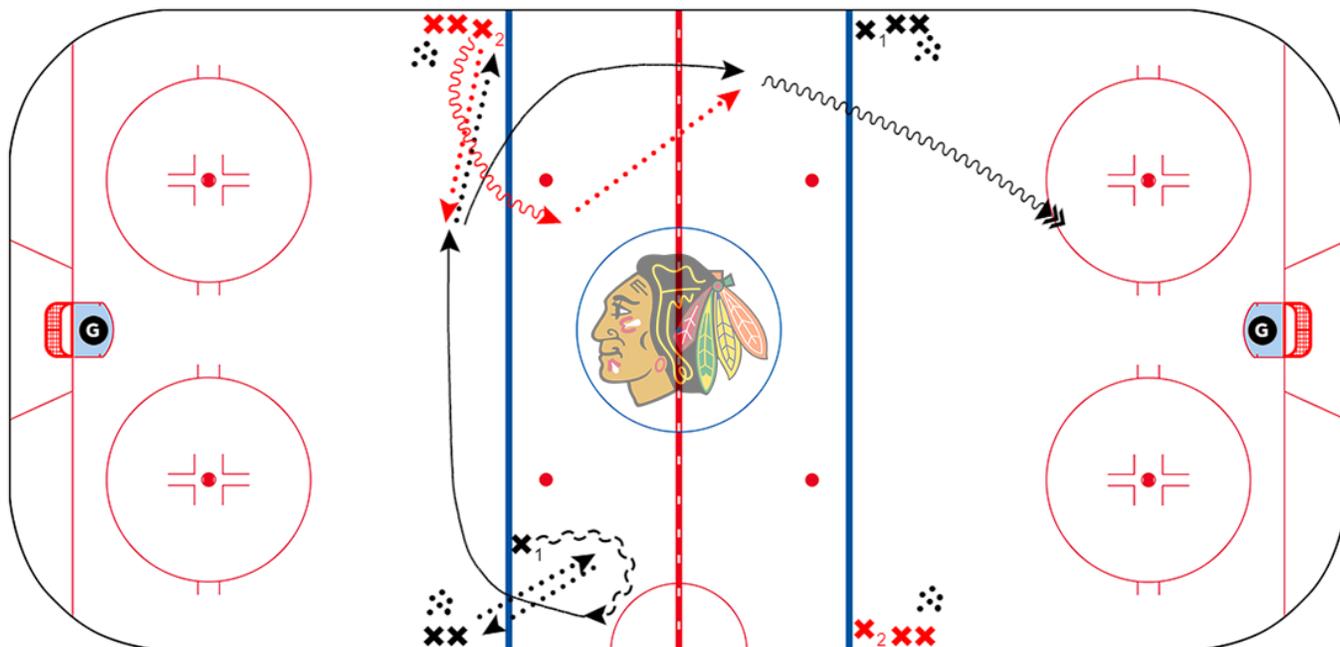


4 BLUE SHOOTING

Category: Shooting Drills

Team: Chicago Blackhawks

- Description:**
- **X1** skates backwards in a tight circle, passing with the next player in line
 - **X1** leaves puck and continues across ice towards opposite line, receives a pass from **X2** and bumps it back
 - **X2** bellies out and passes to **X1** down the wall to go in for a shot
 - **X2** runs the same pattern with their line
 - Run drill on both sides

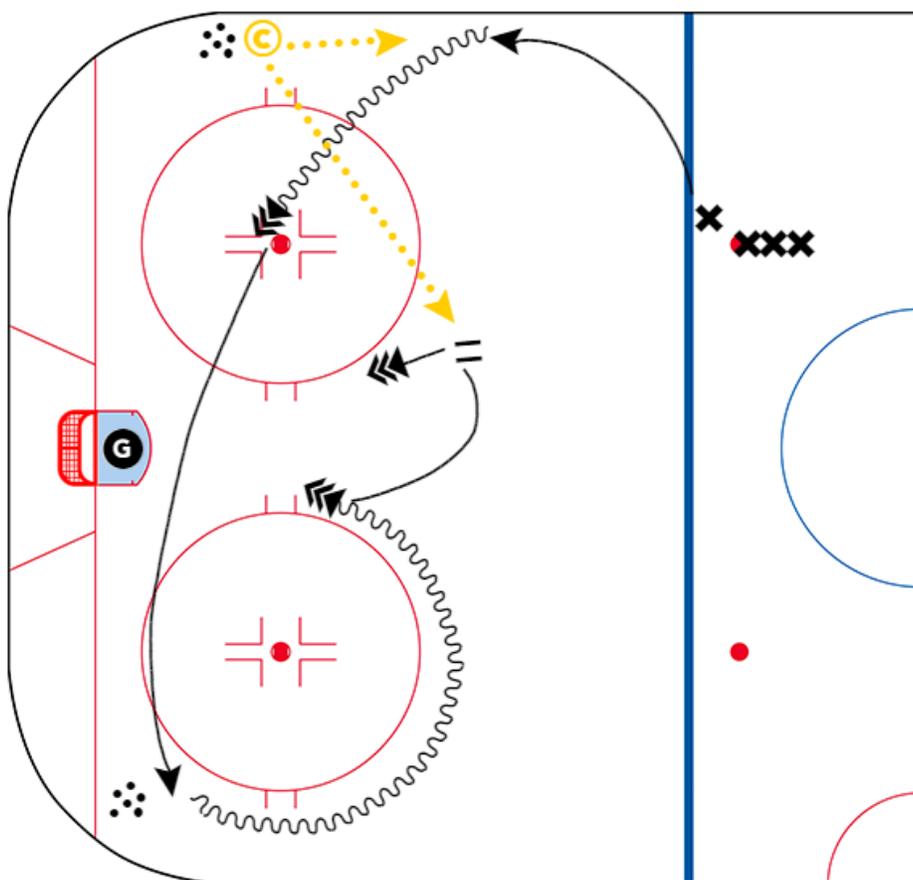


1 PLAYER SHOOTING DRILL

Category: Shooting Drills

Team: Columbus Blue Jackets

- Description:**
- 1st Puck: **X** pulls puck off boards and drives to the net, shooting in stride
 - 2nd Puck: far corner retrieval, climb high with speed, get inside dot and shoot
 - 3rd Puck: stop in slot and receive pass from Coach from the half wall
 - Take to both sides

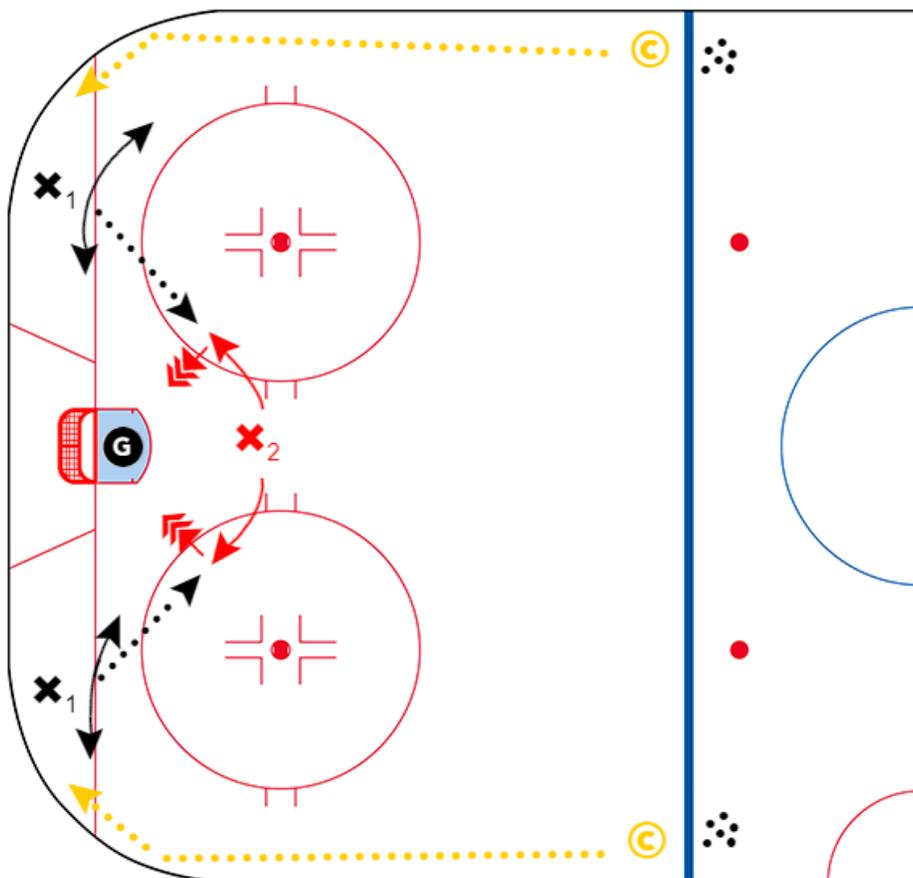


3 PLAYER SHOOTING DRILL

Category: Shooting Drills

Team: Columbus Blue Jackets

Description: – Coach passes high to low for the corner **X1** to move east/west before passing to a sliding supportive slot **X2**



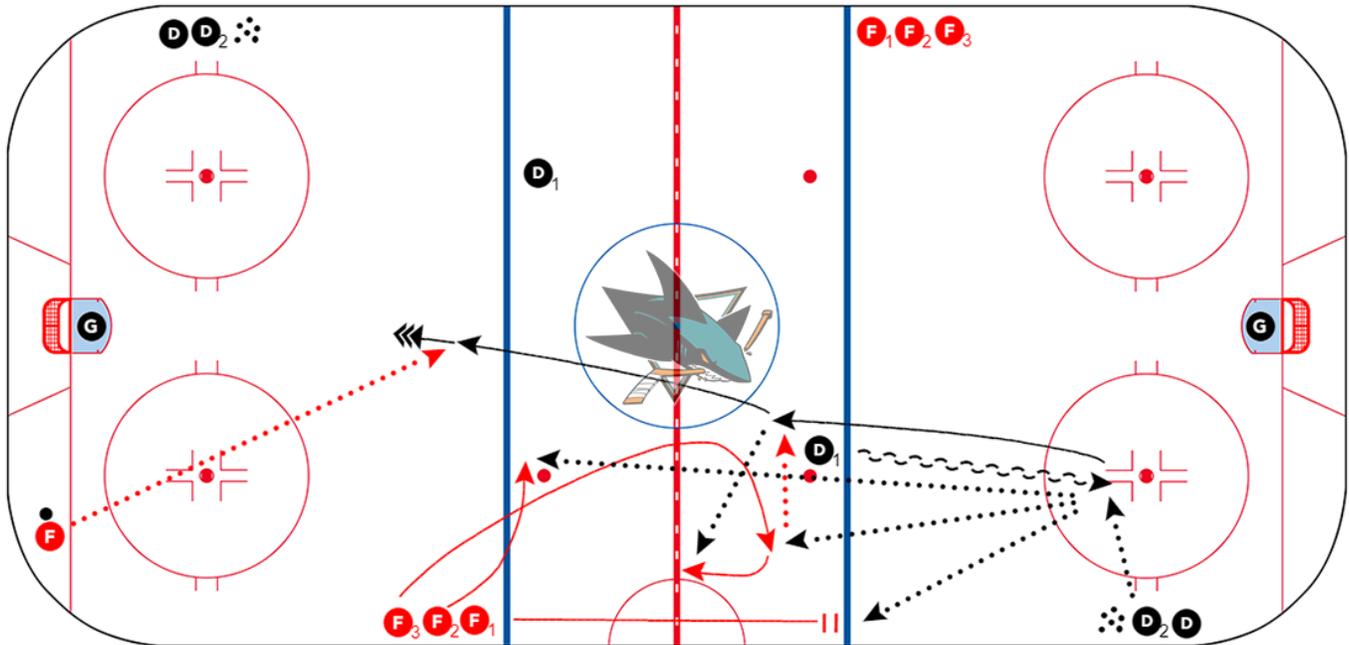
WARM-UP SUMMER 4 SHOT

Category: Shooting Drills

Team: San Jose Sharks

- Description:**
- **D 1** starts at blue. On whistle starts skating backwards to puck pushed out by **D 2**, surrounds puck then passes to **F 1** posting at wall and goes down and for a shot at far end
 - **D 1** transitions back for second puck pushed out and passes to **F 2** cutting across far blue line
 - **D 1** transitions for a third puck and passes to **F 3** taking a center route for close support. After third pass **D 1** follows for a quick bump back from **F 3** then returns pass
 - **D 1** follows for 4th shot as **F** retrieves puck from corner
 - Both ways at same time

Option: Add **D 1** go down the wall

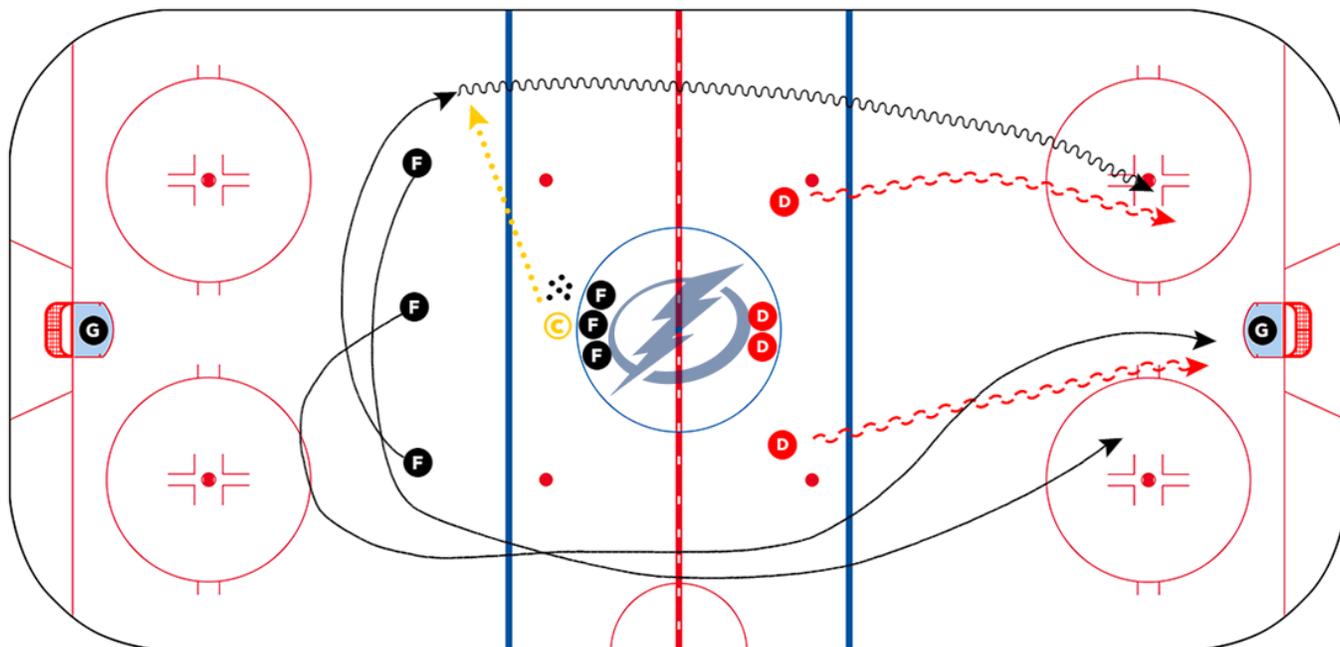


RUSH, RICHY MIDDLE DRIVE RUSH WITH BOX OUTS

Category: Shooting Drills

Team: Tampa Bay

- Description:**
- 3 **F**s mill around below blue. On the whistle, the coach spots a puck and the 3 **F** rush the other way. One **F** must be a middle drive. Play 3 vs 2
 - Option, on next whistle, the **F** must touch the wall and **D** box out. The coach gives a new **D** on blue line the puck and fwds work to net front
 - On double whistle, the drill ends
 - Next single whistle starts the drill the other way

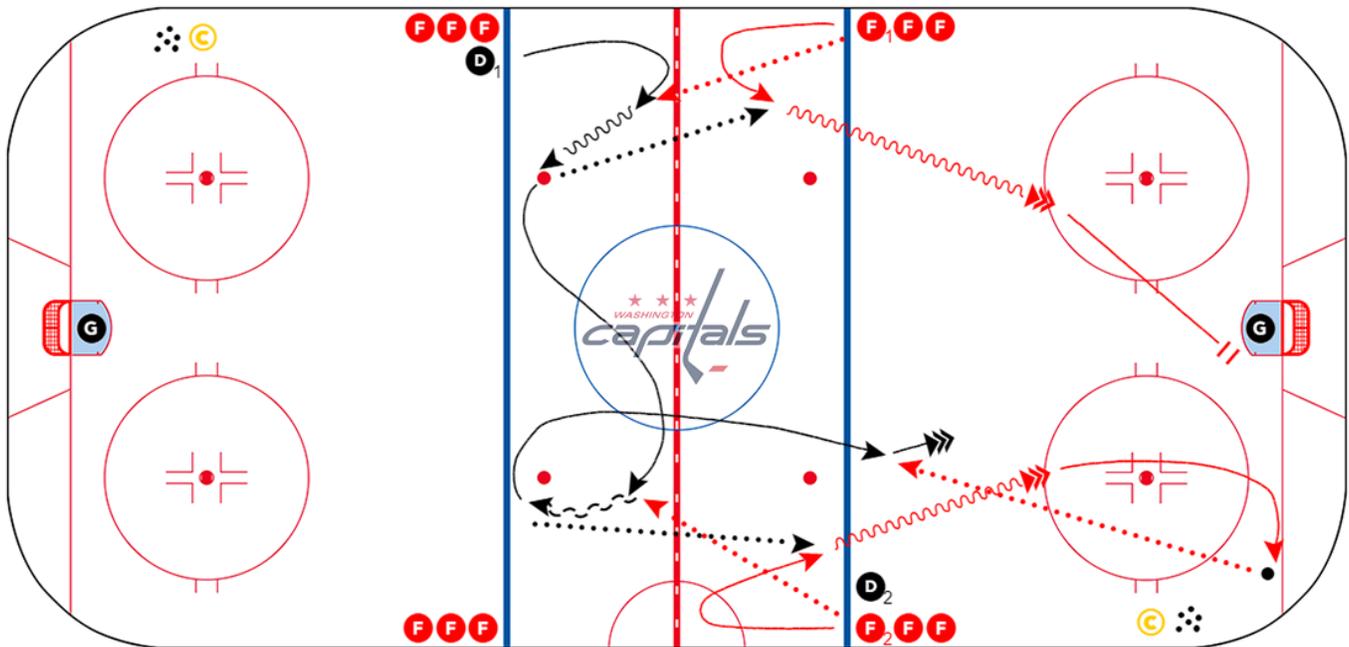


DUCKS AGILITY

Category: Shooting Drills

Team: Washington Capitals

- Description:**
- **D** at diagonal blue lines, forwards at all four blue lines
 - Diagonal sides go at the same time
 - **D1** belly out and get a pass from **F1**, pivot and quick up back to **F1**
 - **D1** gaps up and moves lateral across the red line then receives a pass from **F2**
 - Pivot and quick up to **F2** going in for a shot with **D1** joining and then receiving a third puck for a lowtohigh shot
 - At halfway point of drill, **D** switch sides

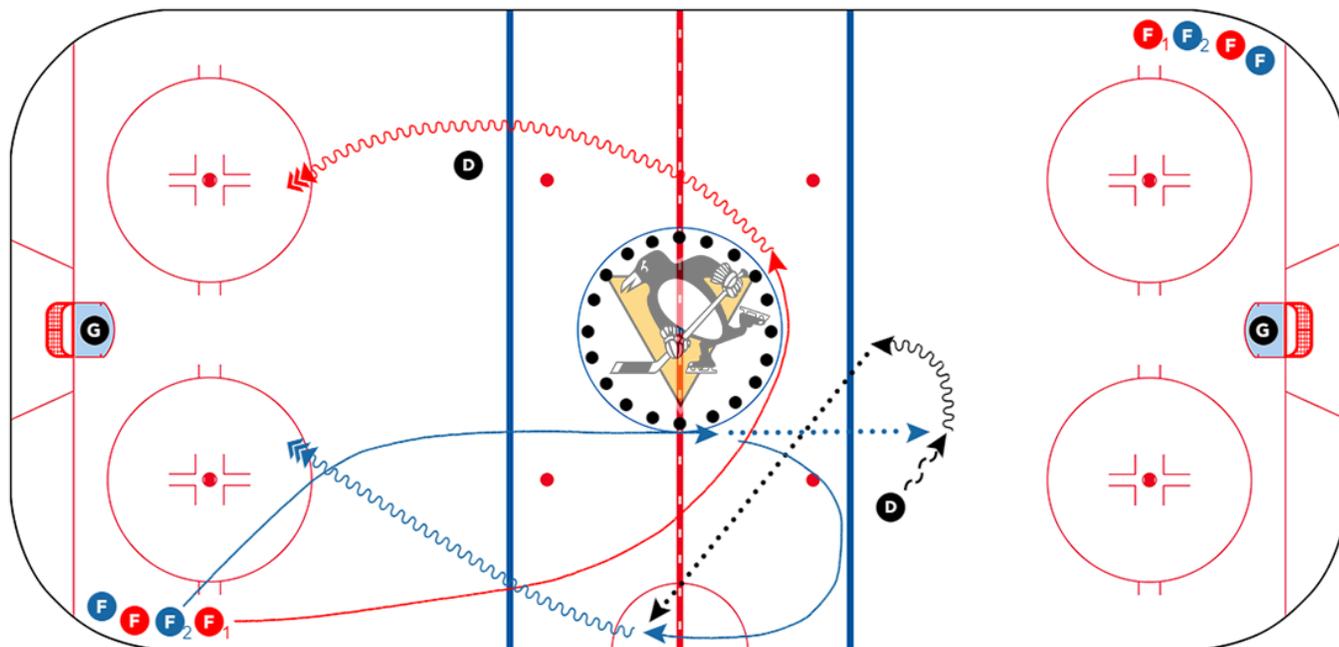


SHOT SERIES BU N-ZONE SHOT SERIES 1

Category: Shooting Drills

Team: Pittsburgh Penguins

- Description:**
- One end goes at a time
 - **F 1** and **F 2** skate out of the line and pick up pucks in the center circle
 - **F 1** drives wide for a shot on net
 - **F 2** passes to **D** and opens up for a wide lane reception back. 2 wide shots
 - Once they cross the red line, opposite **F 1** and **F 2** continue drill

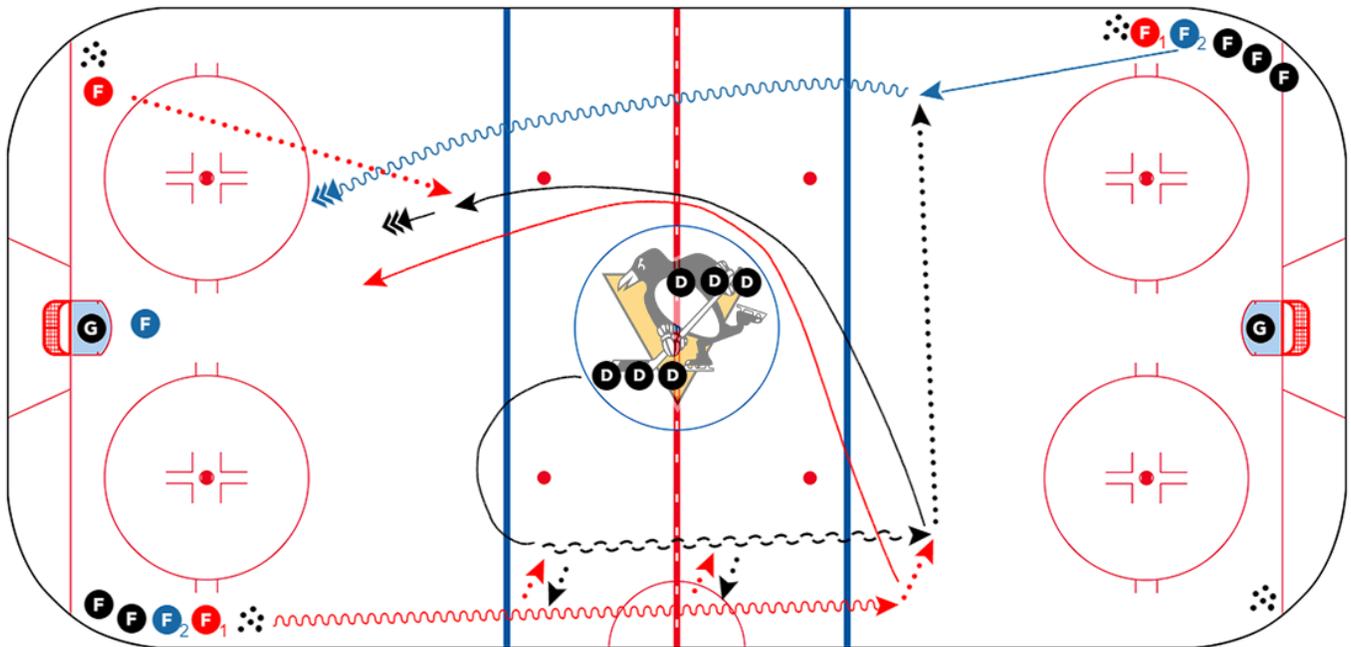


SHOT SERIES BU N-ZONE SHOT SERIES 2

Category: Shooting Drills

Team: Pittsburgh Penguins

- Description:**
- One end goes at a time
 - **F 1** and **D 1** play catch down one side. When the **D 1** opens up to the middle the opposite **F 2** times his jump so he receives an outlet pass before he reaches his blue line
 - Original **F 1** supports the play. 2 vs 0 entry finishing with a play at the net
 - **D** follows the play up to the blue. Nons shooting **F** goes to corner to get a puck and pass to **D** at point. Second shot from the point with a screen option in front and a short side deflection option from **F** coming out of the corner

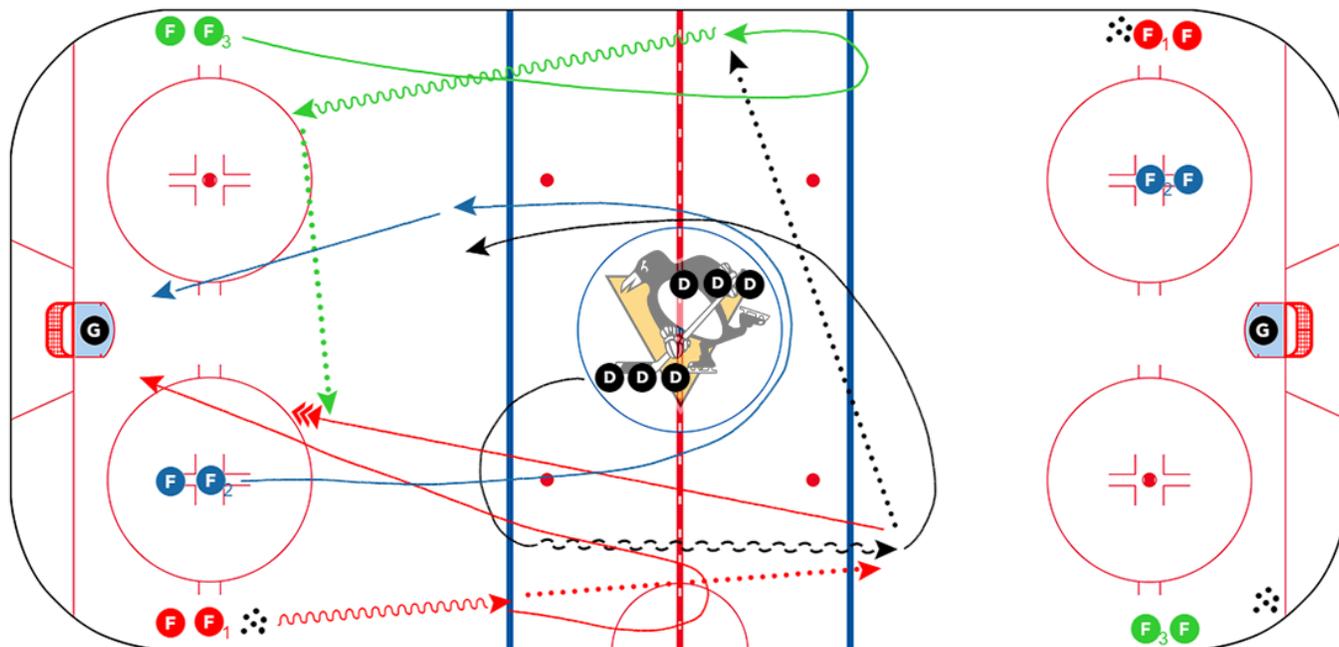


SHOT SERIES BU N-ZONE SHOT SERIES 3 — D JOIN

Category: Shooting Drills

Team: Pittsburgh Penguins

- Description:**
- **D** skates forward around the dot and retreats backwards
 - **D** receives a pass from **F1** on the wall and passes to opposite side **F3** starting a 3 man transition attack with the **D** joining to turn it into a 4 man attack
 - There is a wide entry, a middle lane net drive, a wide net drive, and a **D** joining in the wide lane
 - The drill finishes with a pass to **D** joining and a shot on goal
 - Once the line rush enters the Offensive Zone, the opposite end starts. One end goes at a time

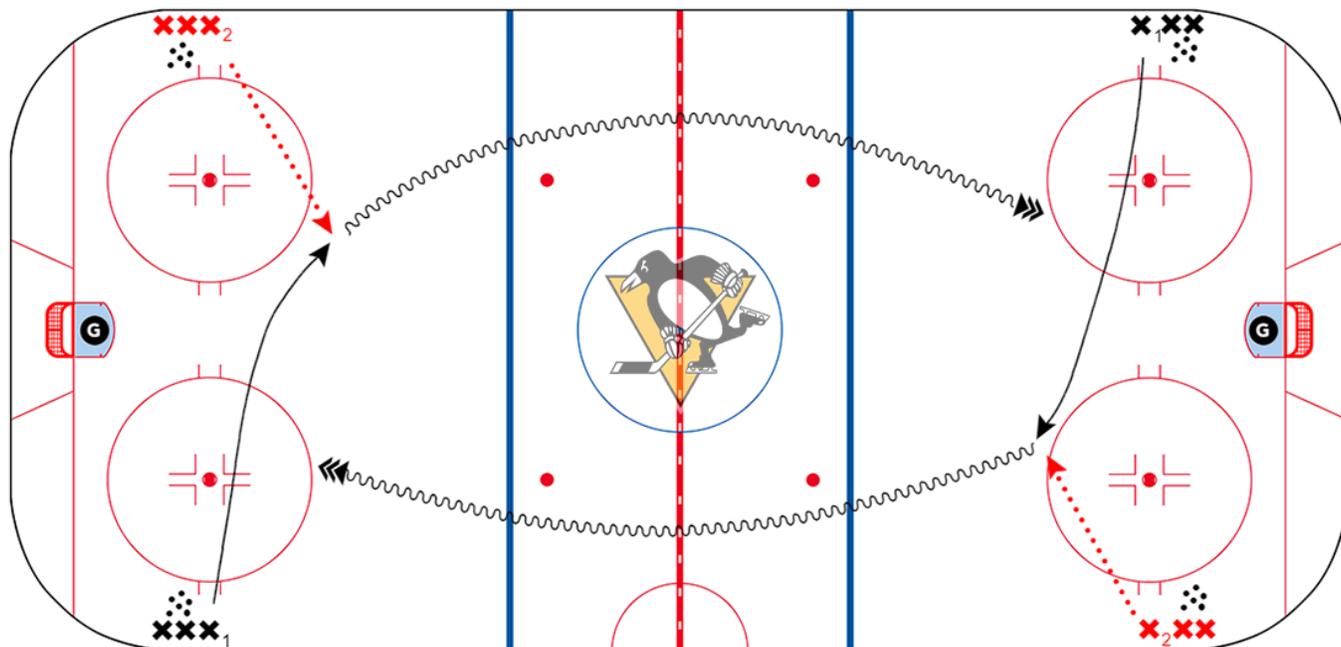


SHOT SERIES BADGERS ATTACK OPTIONS 1

Category: Shooting Drills

Team: Pittsburgh Penguins

Description: – Opposite **X1s** skate across the ice, receive a pass and go down and shoot from the outside

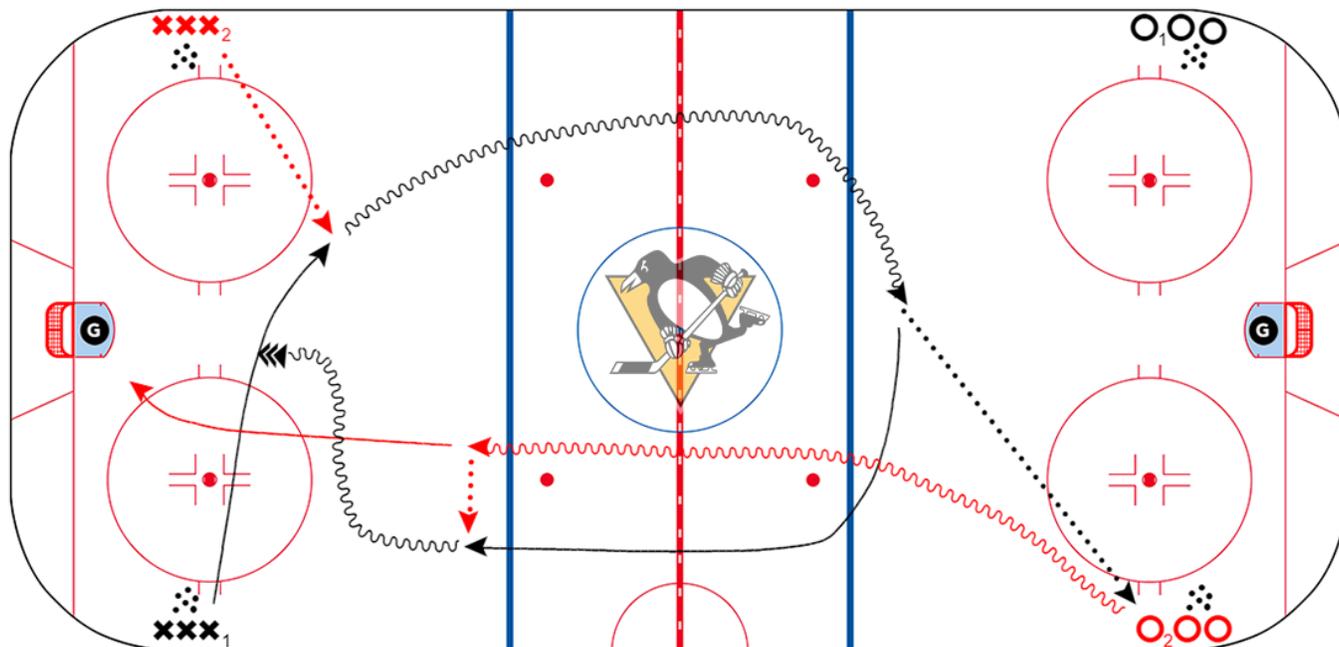


SHOT SERIES BADGERS ATTACK OPTIONS 2

Category: Shooting Drills

Team: Pittsburgh Penguins

- Description:**
- **X1** and **O1** start at the same time
 - **X1** skates across ice, receives pass from **X2**, continues through NZ and passes to **O2**
 - **O2** joins rush with **X1** and attacks zone on a 2vs0

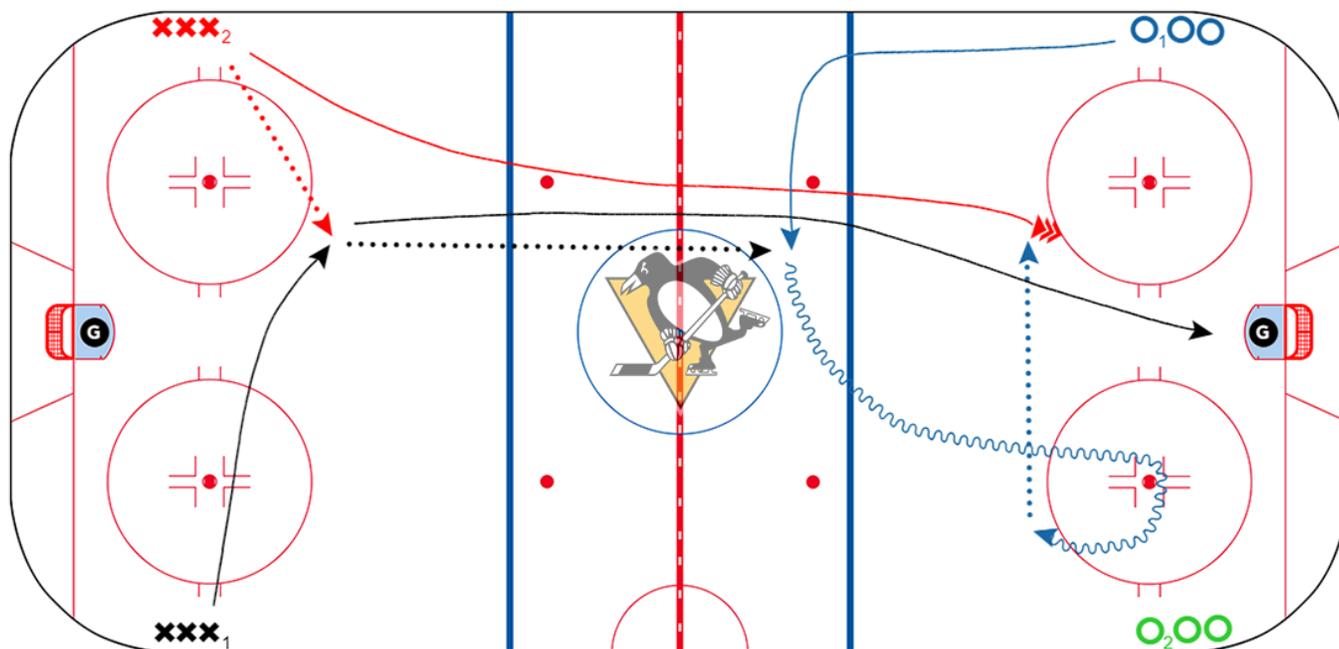


SHOT SERIES BADGERS ATTACK OPTIONS 3

Category: Shooting Drills

Team: Pittsburgh Penguins

- Description:**
- **X1** skates across and receives a pass from **X2**
 - **X1** passes to **O1** who times his stretch so he receives the pass with speed
 - **O1** executes a turn-up, **X1** drives
 - **X2** becomes late option and skates dot width
 - **O1** hits the late option or a play at the net with net drive player
 - The drill goes back and forth on the whistle
 - Pace and communication are key components of the drill





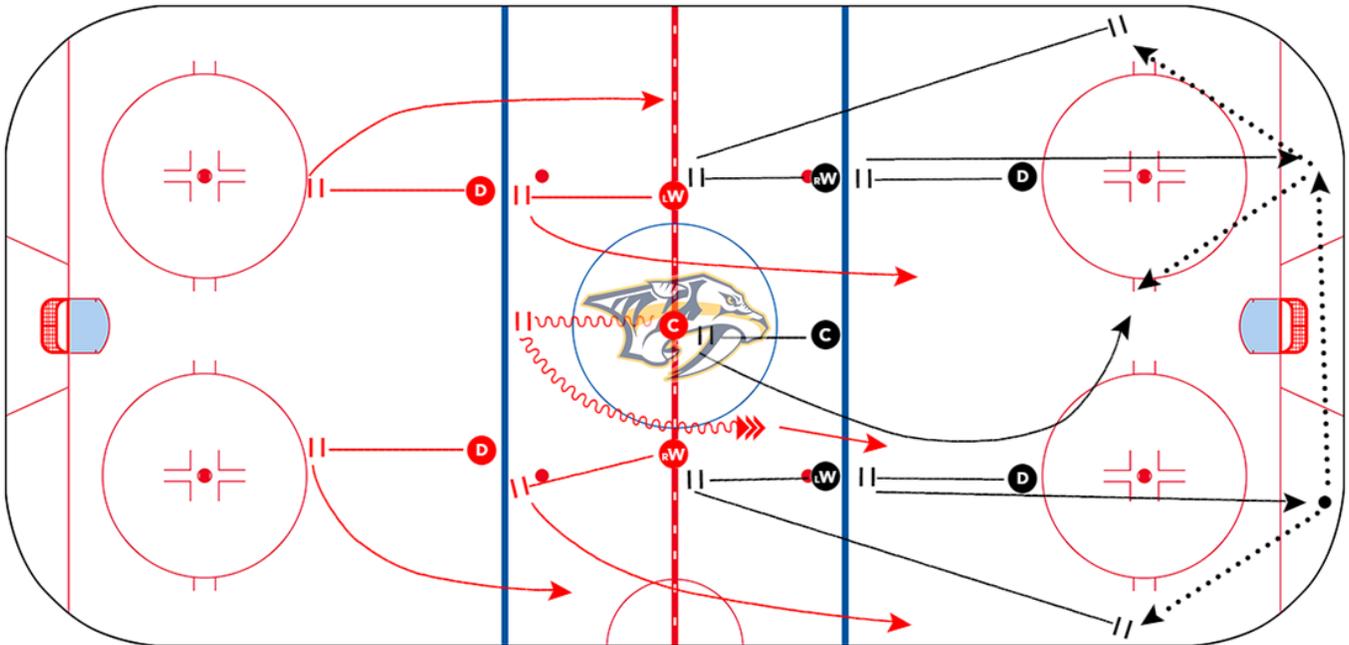
BREAKOUTS

PUCK IN BEHIND — FORECHECK/BREAKOUT DRILL

Category: Breakouts

Team: Nashville Predators

- Description:**
- Objective of drill is for Black team to breakout the puck vs Red team under full forecheck pressure
 - Black must read the forecheck & make the right decision to breakout
 - On whistle, Red team must get to defensive blueline/tops of circles & stop before forechecking
 - Black team must get to redline/blueline & stop before going back for breakout
 - All other lines & **D** pairs can be on the bench. Take turns on offense/defense

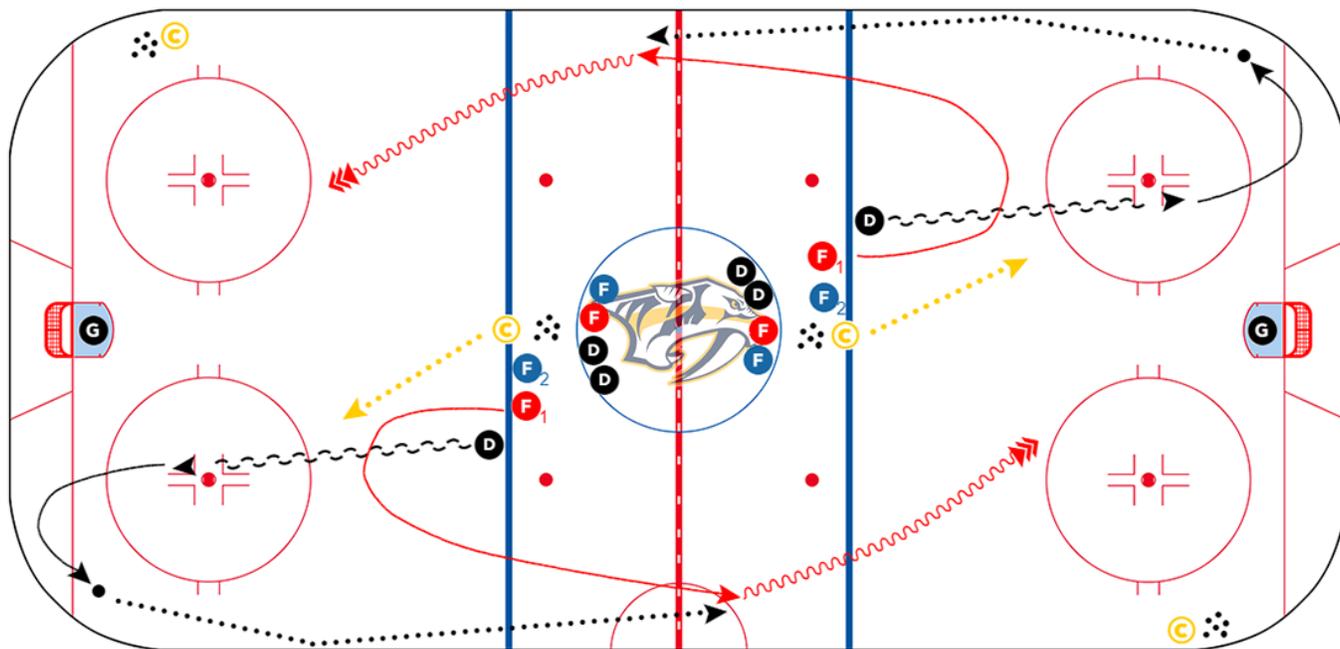


SLASH DRILL — 1

Category: Breakouts

Team: Nashville Predators

- Description:**
- Both sides run simultaneously
 - Coach dumps puck into corner
 - **D** starts backwards at blueline, pivots at faceoff dot and picks up puck in corner
 - **F 1** comes back into high slot, then slashes hard out into NZ
 - **D** uses glass or high flips puck to **F 1**
 - **F** goes in for a shot and stops at net front

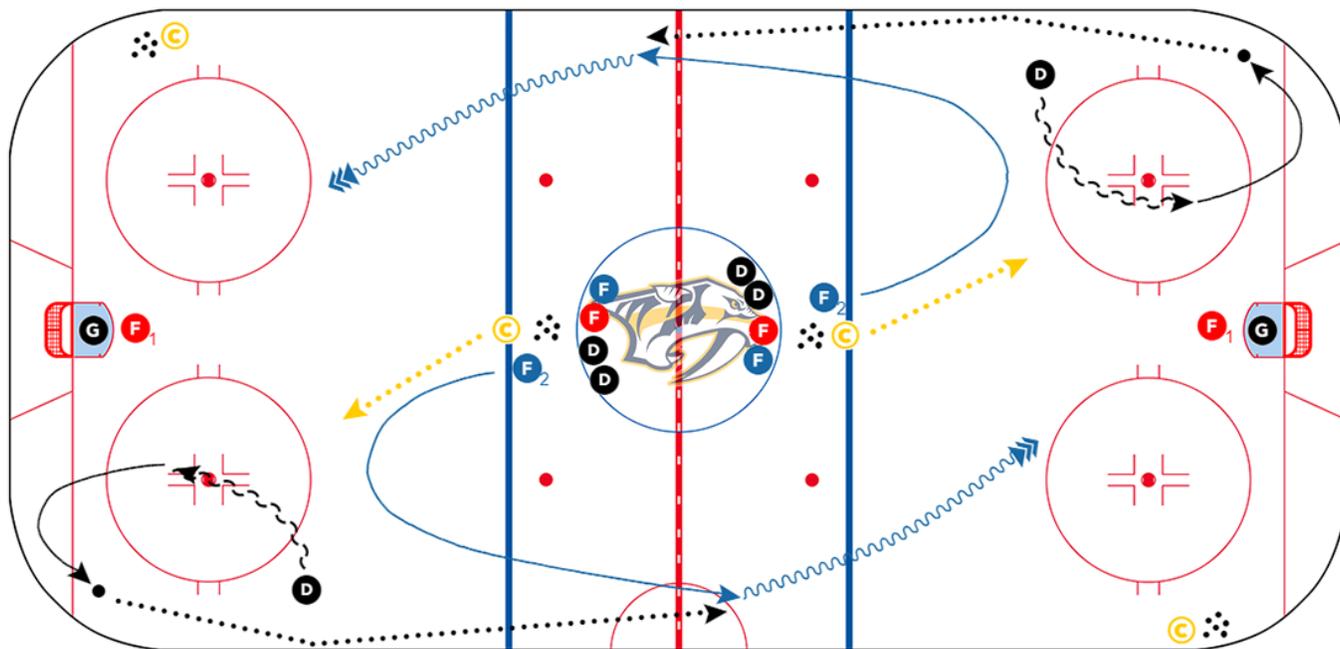


SLASH DRILL — 2

Category: Breakouts

Team: Nashville Predators

- Description:**
- After **F 1** picks up puck on slash, coaches dump 2nd puck into corner
 - **D 1** pivots back for second puck and uses glass or high flip to **F 2** slashing

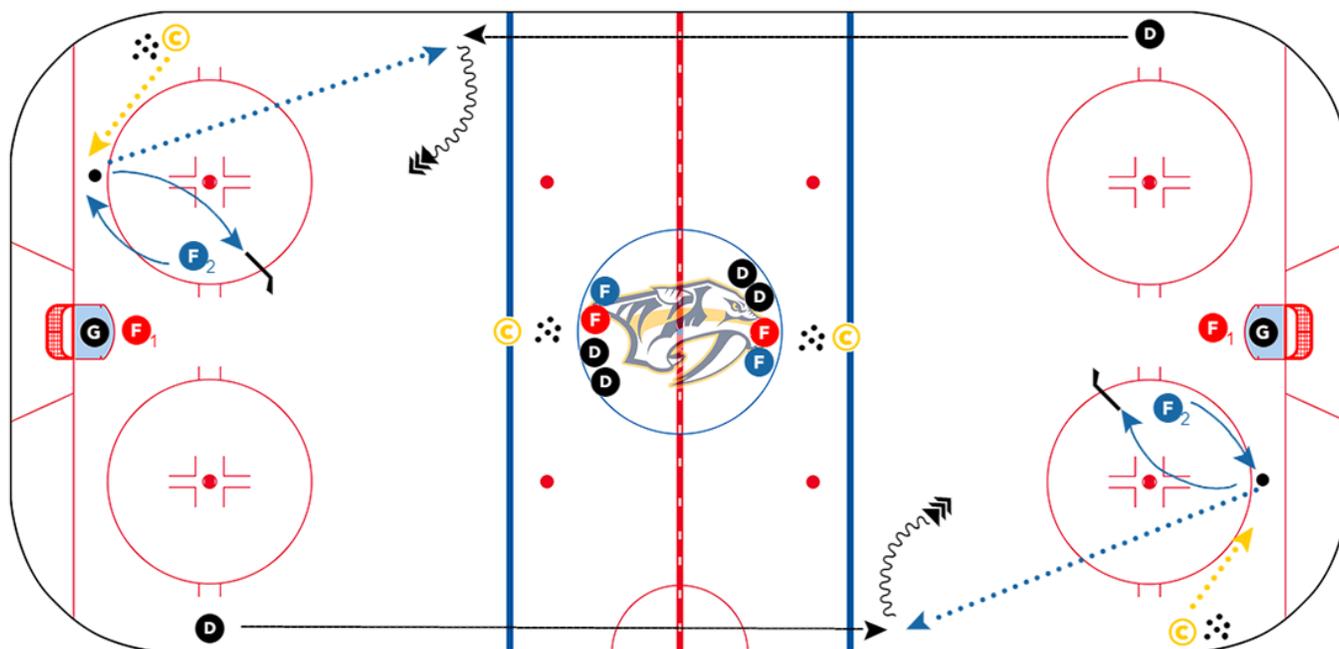


SLASH DRILL — 3

Category: Breakouts

Team: Nashville Predators

- Description:**
- After **D** uses glass or high flips 2nd puck to **F 2**, they sprint up ice to far blueline
 - After **F 2** takes their shot, coach in the corner spots a puck, **F 2** picks it up and passes puck low to high, then pushes to slot offering a stick for a high tip
 - **F 1** takes away goalies eyes/offers stick
 - **D** takes 3 hard strides off wall and delivers a quick shot to the net or shoots for a stick

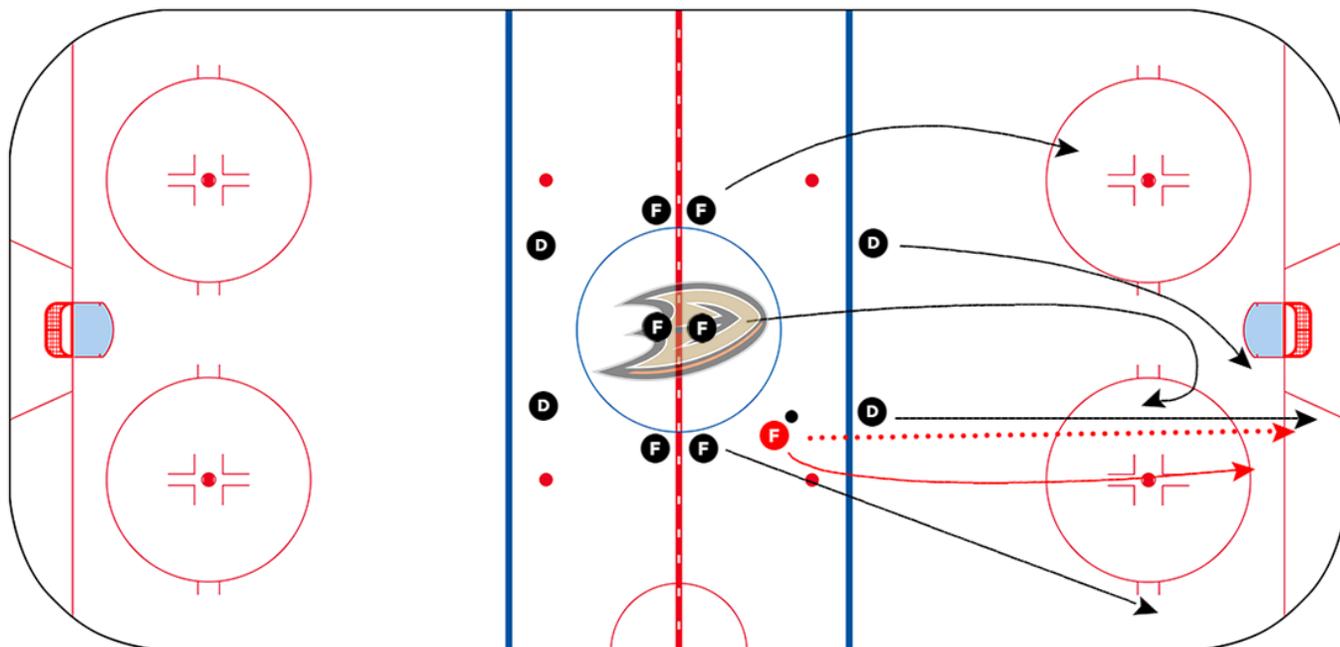


1 VS 5 BREAKOUTS

Category: Breakouts

Team: Anaheim Ducks

- Description:**
- **F** dumps puck into the corner and then pressures puck retrieving **D**
 - Run through Breakout options
 - Continuous/1 Puck
 - New line waits in Neutral Zone
 - 1 Forechecker off Breakout group





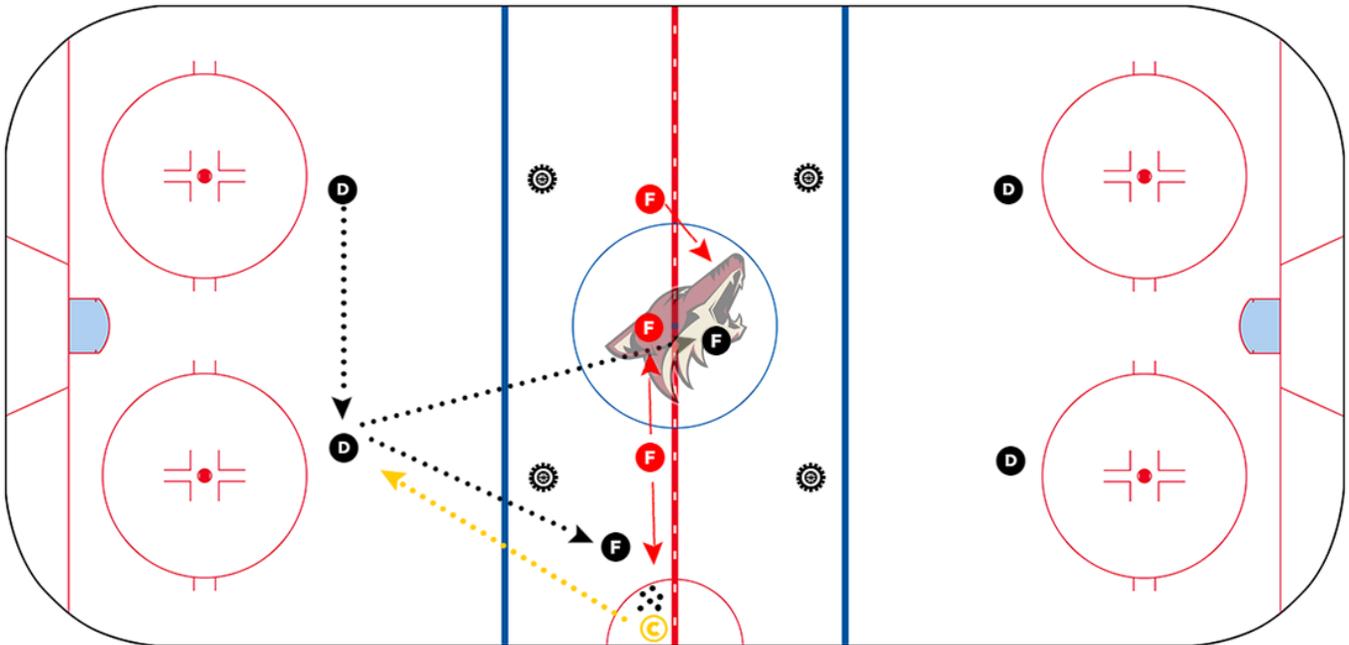
FC DRILLS

N-ZONE FORECHECK POSSESSION

Category: FC Drills

Team: Arizona Coyotes

- Description:**
- Drill begins with 3 **F**s forechecking two **D** on either side, while **D** look for outlet pass to **F**
 - Once either **F** receives the puck, they pass it to the opposite **D** pair and fill lanes to receive a pass, and 3 **F**s forecheck
 - Once **F**s get pass from **D** they pass to other **D**
 - *Note: Only one **F** is able to go on top of the tire and the other 2 underneath the tire as the 2nd layer
 - Drill is continuous

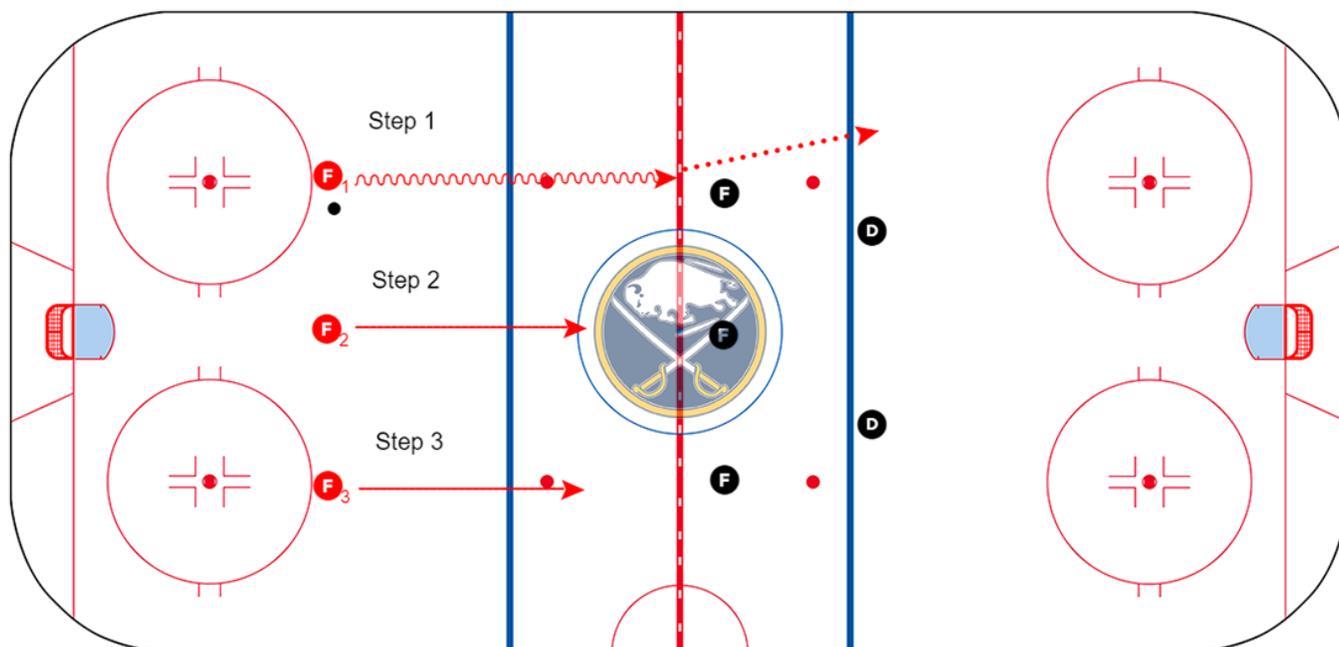


1-2-3 FORECHECKING

Category: FC Drills

Team: Buffalo Sabres

- Description:**
- Line of **F**s at the far end, one has a puck to start
 - 5 person unit in NZ ready to breakout on dump in
 - **F 1** carries puck to redline and dumps puck in with purpose to recover... 1 Man Forecheck
 - 5 Man unit breaks out vs forechecker, clears the zone, pass to **F 2** at the far end, who works with **F 1** for a 2 man forecheck
 - Finishes with adding **F 3** on final dump
 - **F** unit that broke out becomes the new forecheckers

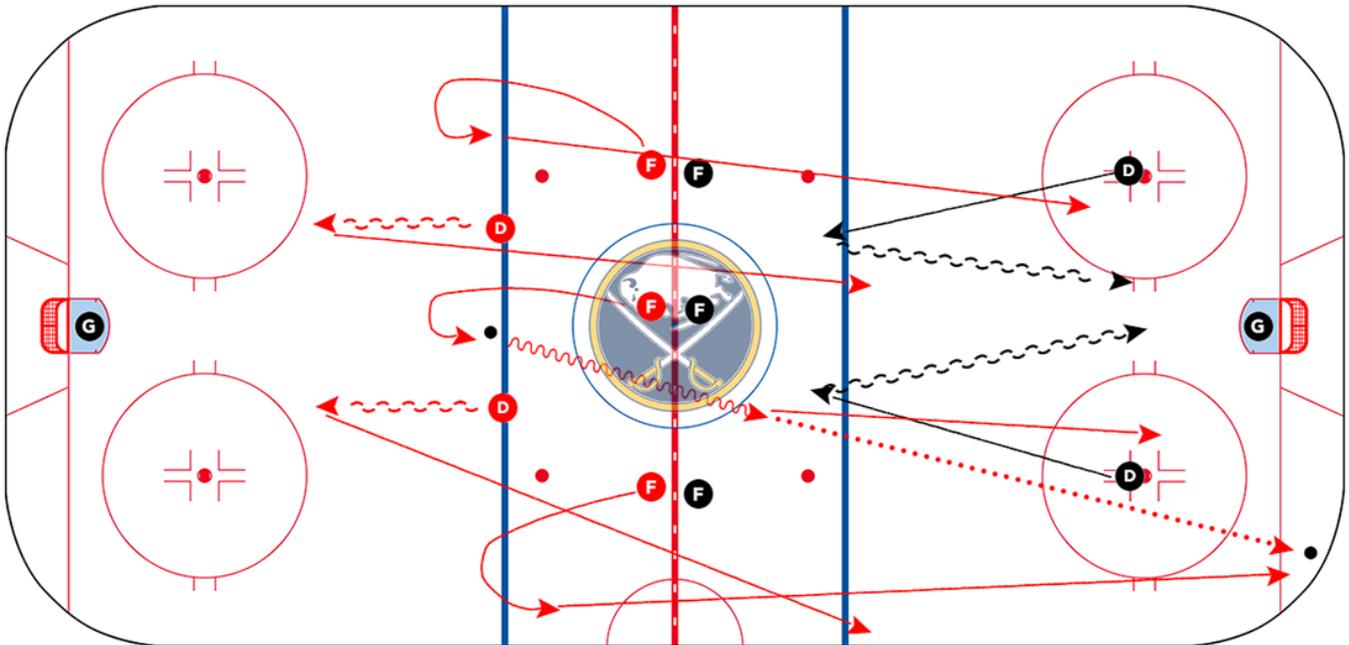


FORECHECK DRILL

Category: FC Drills

Team: Buffalo Sabres

- Description:**
- Black vs Red; Red forechecking Black
 - **F** starts with the puck. All **F**s need to get back past their own blue line and **D** to the top of the circle before going back up ice
 - **F** dumps puck in zone and all 5 Red players forecheck the Black players, who have gone up and back and attempt to break the puck out
 - First time through, forechecking team chips puck in, second time, they rim the puck in

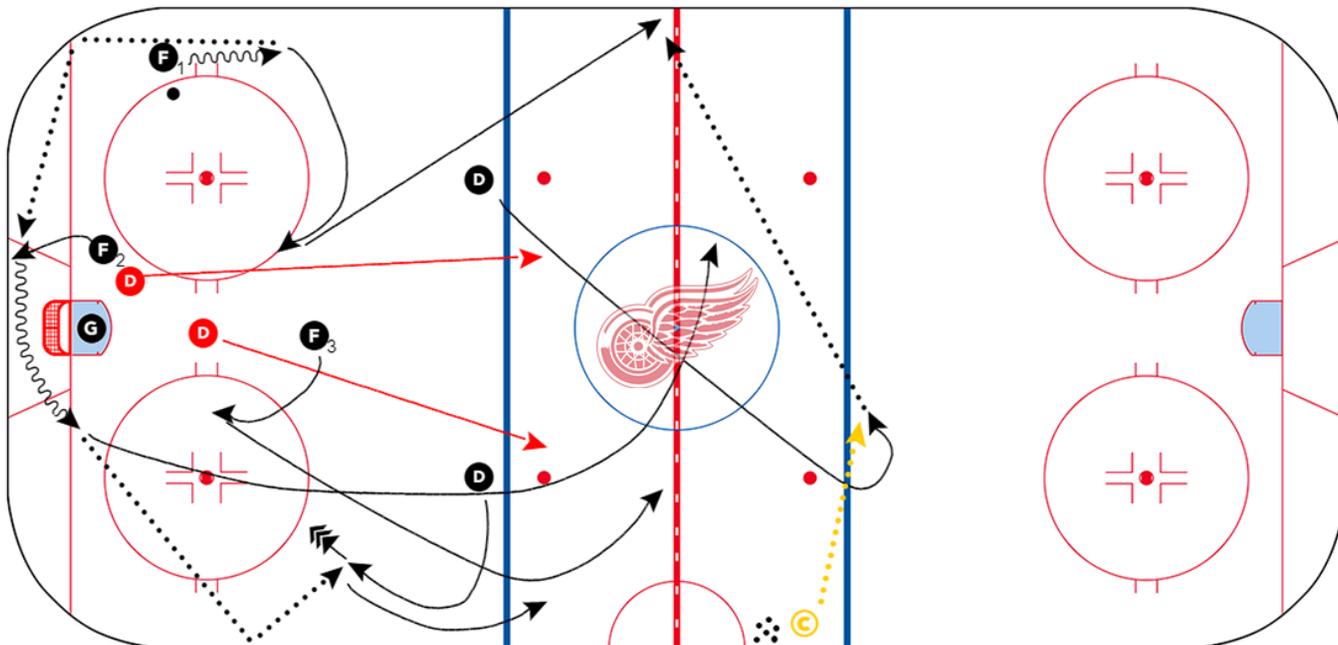


OZ/NZ TRANS 5 VS 2

Category: FC Drills

Team: Detroit Red Wings

- Description:**
- Drill starts as shown
 - 3 **F**s work down low against 2 **D** for an OZ chance — stay on puck and score
 - **F 1** rims to bottom, **F 2** steps behind net and runs an east/west bank 1T to the point
 - On whistle, Coach spots a puck out in NZ and **D** retrieves it
 - Transition quickly for a 5 vs 2 rush
 - MUST get a scoring chance in 5 seconds

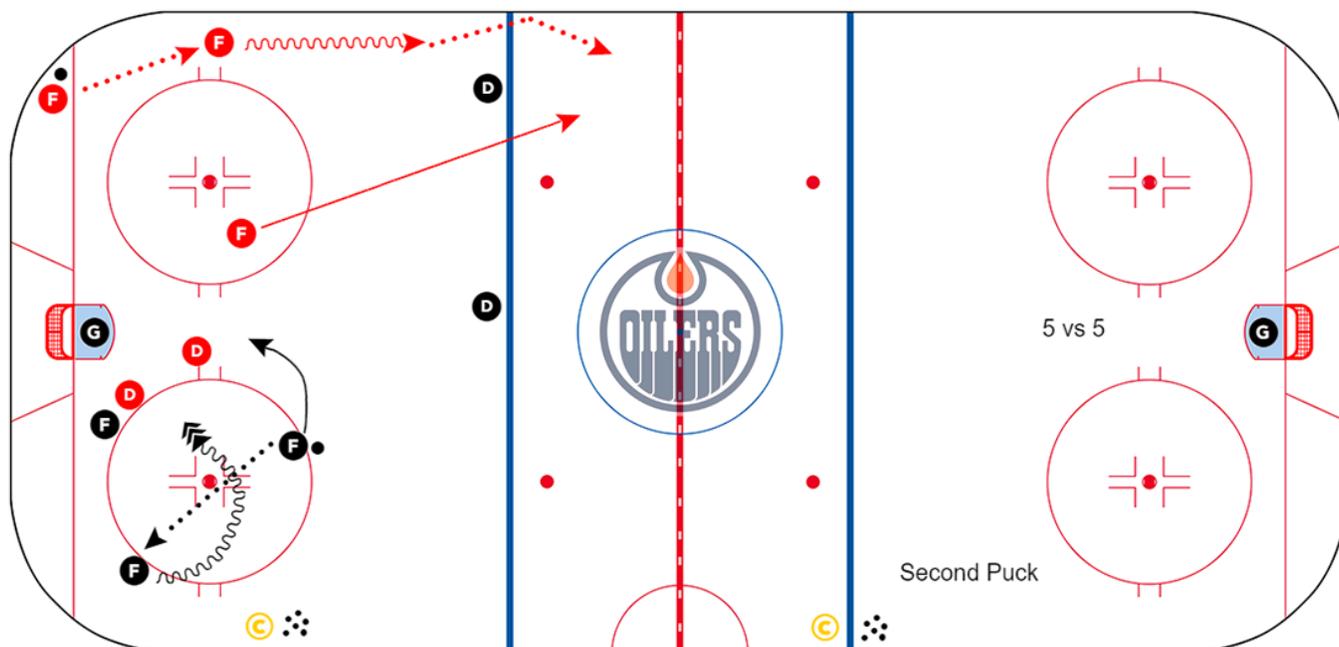


SAN JOSE HI LOW

Category: FC Drills

Team: Edmonton Oilers

- Description:**
- Three **F**s start with a cycle and a quick shot
 - On whistle, the three **F**s go down ice on a 3 vs 2 against **D**
 - Three **F**s backcheck and **D** join rush for a 5 vs 5
 - Coach at far blue line can add another puck for a second in zone play
 - Variation: can have red line start at top of circle for their 3 vs 2

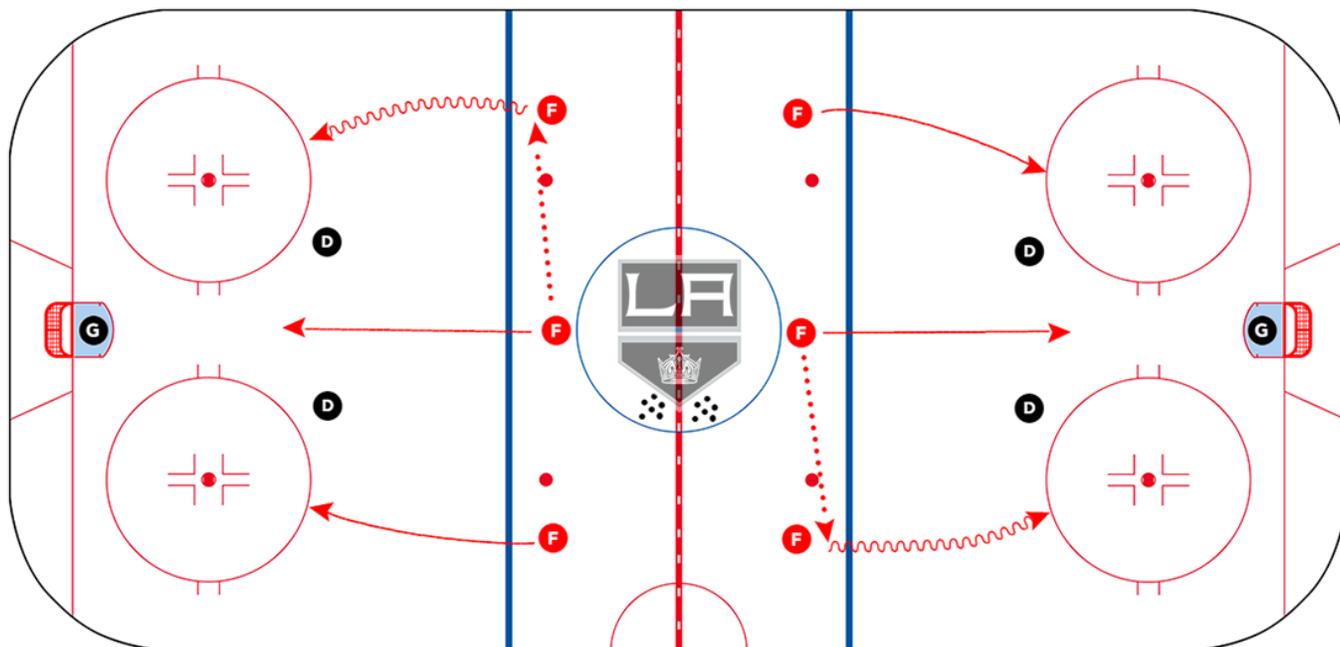


3 VS 2 CHALLENGE

Category: FC Drills

Team: Los Angeles Kings

- Description:**
- 3 vs 2 — Rush play it out until **F**'s score or **D** breakout
 - 3 vs 2 — Chip Entry/FC play it out until **F**'s score or **D** breakout

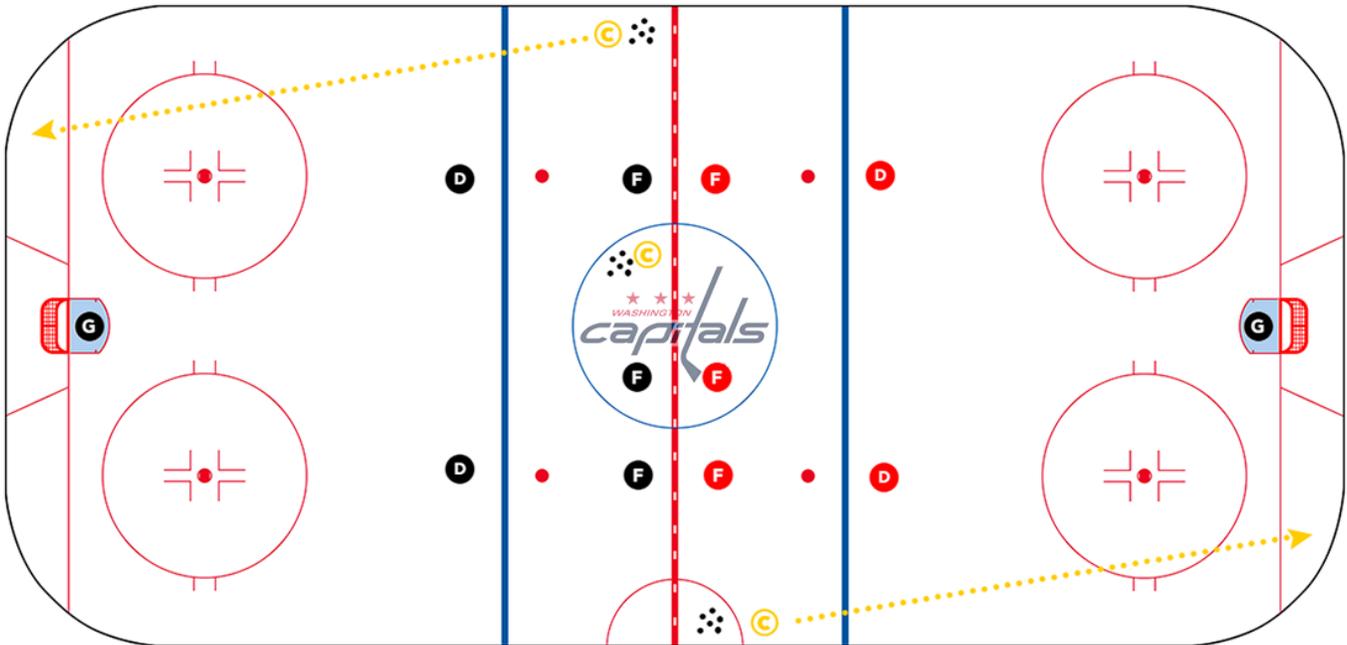


U OF T FORECHECK

Category: FC Drills

Team: Washington Capitals

- Description:**
- Two coaches on either side of the red line dump in a puck and both lines breakout with a set of **D** (Coach calls same breakout option for both sides so timing aligns)
 - Three coaches in neutral zone two to receive breakout pass from each side, one to dump second puck to either side after both groups make pass.
 - Once coach dumps second puck in zone, one group of 5 go back to break the puck out defensively while the other 5-man unit goes in on forecheck
 - Play it out live 5 vs 5

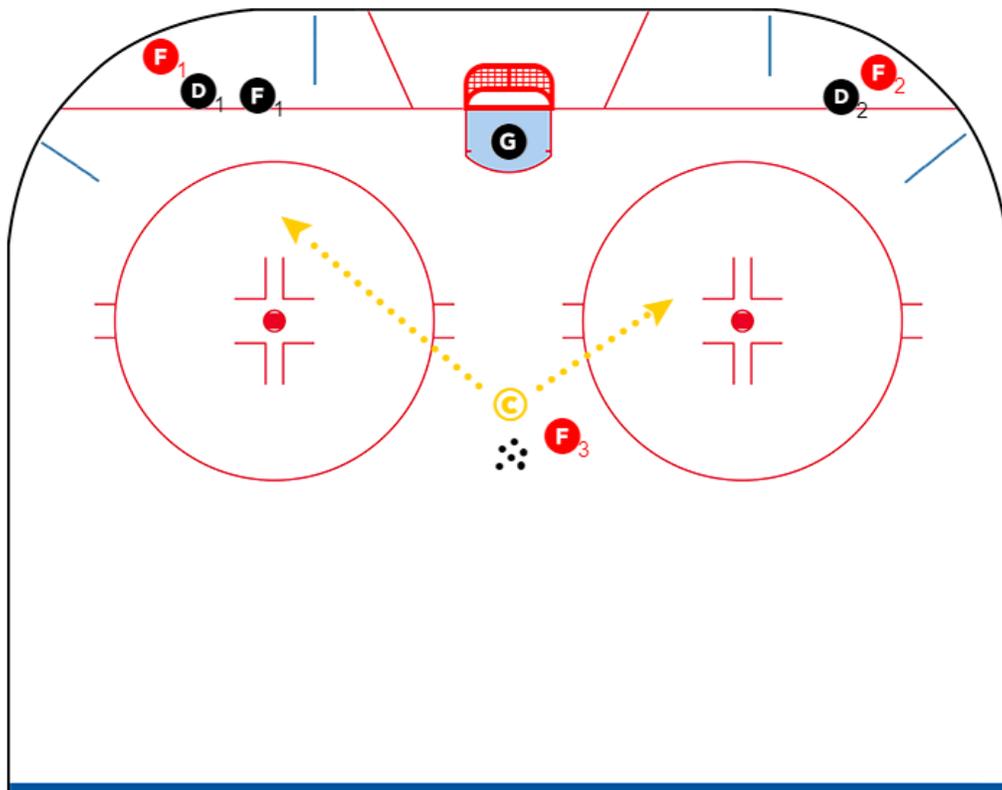


ELIMINATE DZC

Category: FC Drills

Team: Vancouver Canucks

- Description:**
- Coach pass to **F 1** puck protection in confined space
 - **D 1** eliminate **F 1** create puck separation
 - **F 1** retrieve loose puck, pass to Coach
 - Coach pass to **F 2** repeat
 - **F 1** get across to retrieve loose puck, pass to Coach
 - Coach pass to any **F** and with **F 3**, play 3 vs 3 below dots 1020 seconds

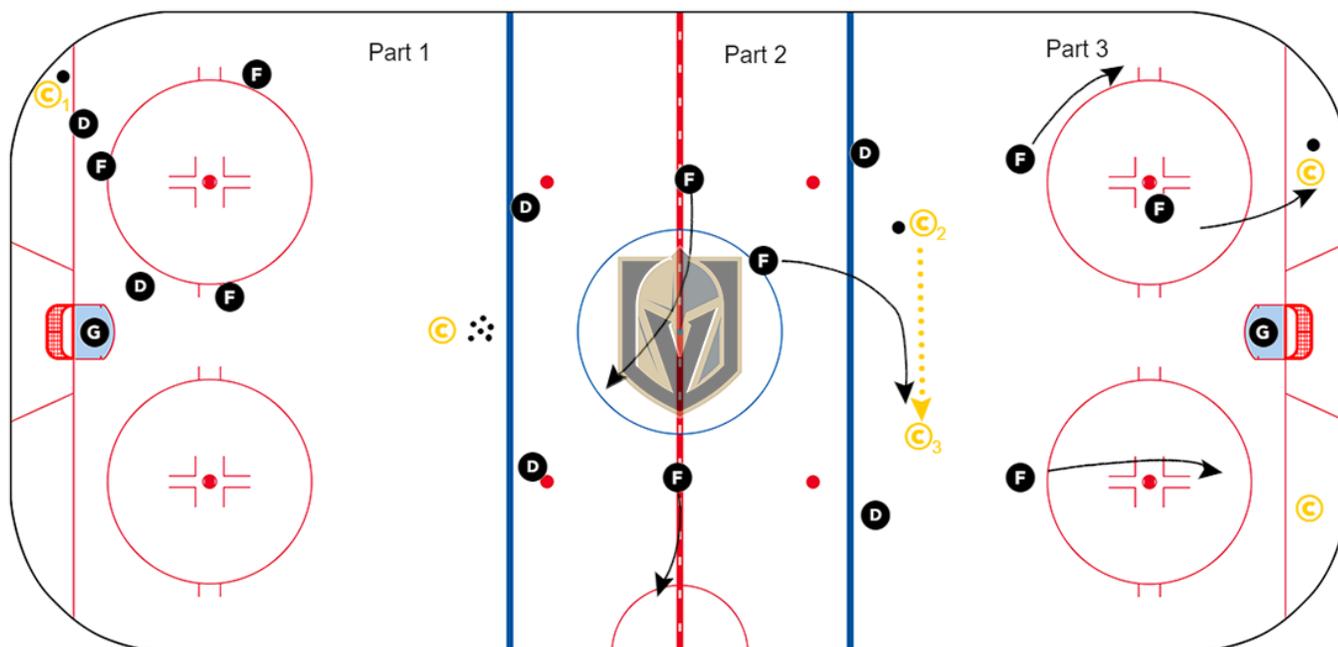


SYSTEMS REVIEW

Category: FC Drills

Team: Vegas Golden Knights

- Description:**
- Puck 1: Coach spots puck to Coach1 in O zone, 2 **D** and 2 **F** break puck out
 - Puck 2: Coach spots second puck to Coach2 and Coach3 at far blue for NZ FC
 - After turn over regroup, dump puck in and go down to attack far zone
 - Whistle goes and all 5 come back through dots to D zone position





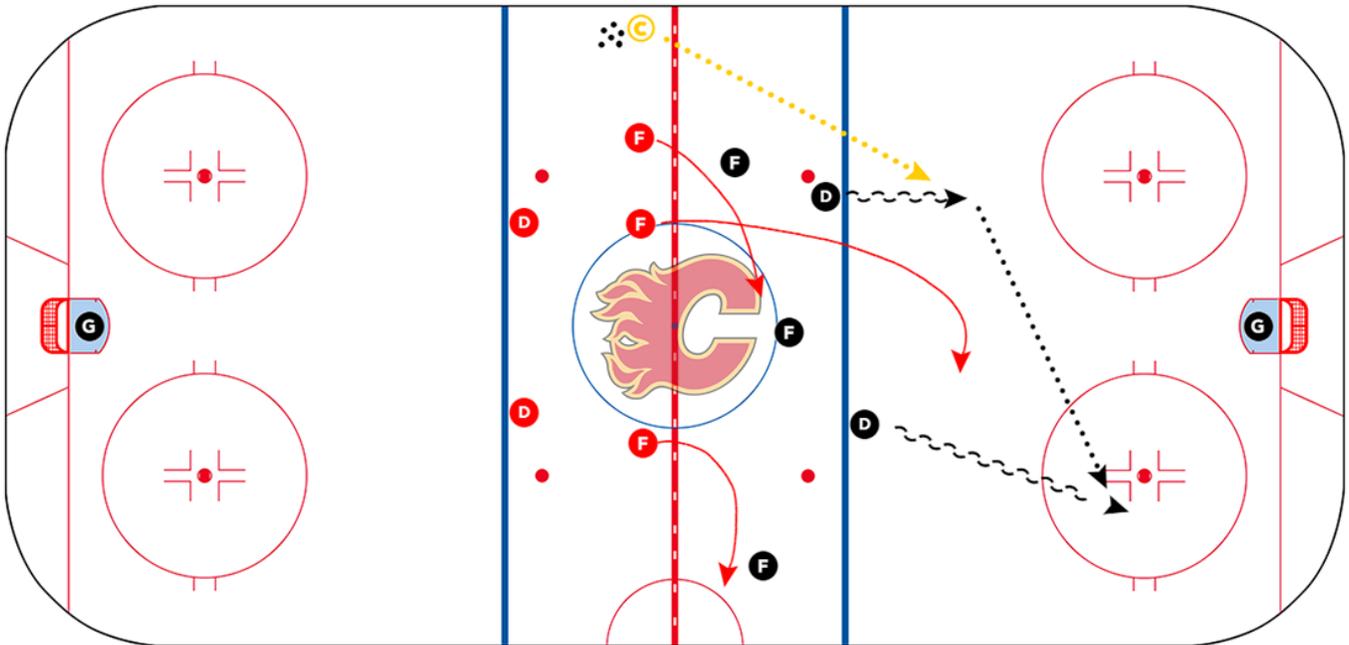
NZ FC DRILLS

MILLS DRILL NZ FC

Category: NZ FC Drills

Team: Calgary Flames

- Description:**
- 5 players milling both sides of the redline
 - On whistle, Coach spots puck either way, NZ FC play out for 10 seconds
 - Players mill around again. On whistle, Coach throws second puck to opposite direction for NZ FC play out for 10 seconds
 - Finally, players return to NZ and mill around again
 - Coach throws puck either way and teams play out live full ice until play is dead

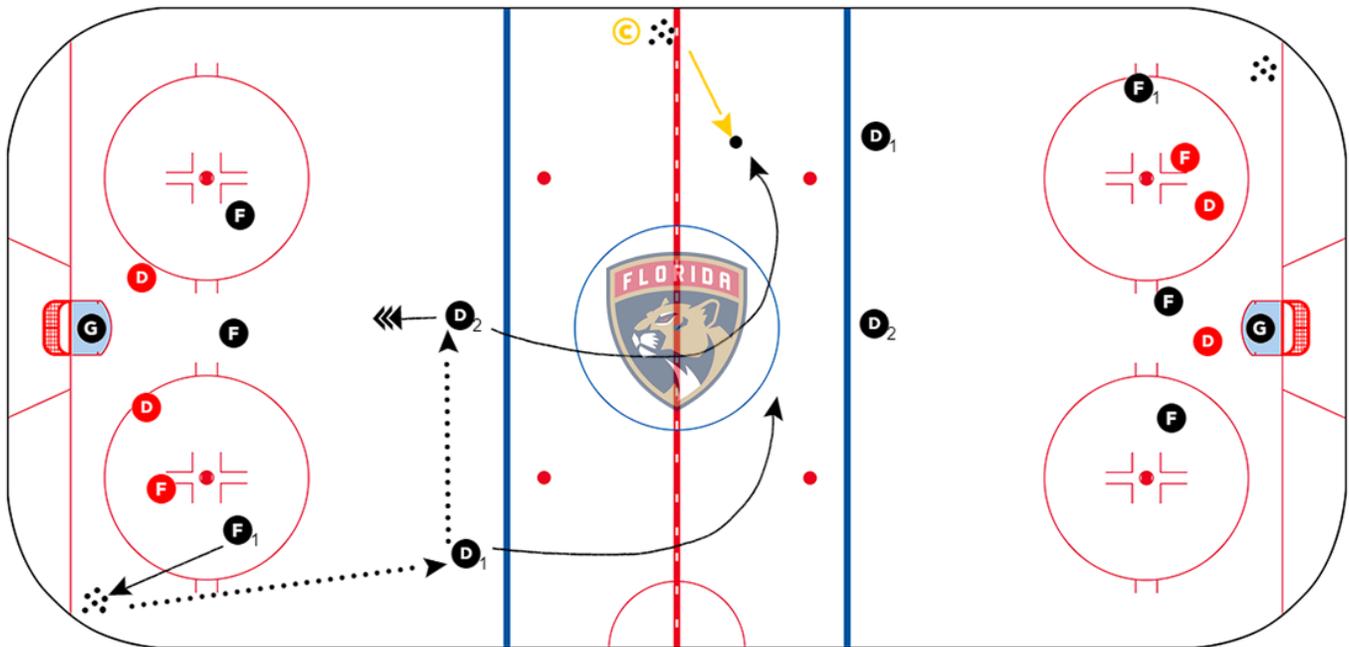


NASHVILLE/LOW 3 VS 3 PT SHOT/TRANSITION 3 VS 2

Category: NZ FC Drills

Team: Florida Panthers

- Description:**
- **F** 1 picks up puck in corner and passes to **D** 1, passes over to **D** 2 for a quick shot on goal
 - **F** play out 3 vs 3 low against **F** and **D**, On whistle Coach spots a puck in the NZ, **D** and **F** regroup at redline and attack back 3 vs 2 on the two **D**
 - **F** drops off on the transition 3 vs 2



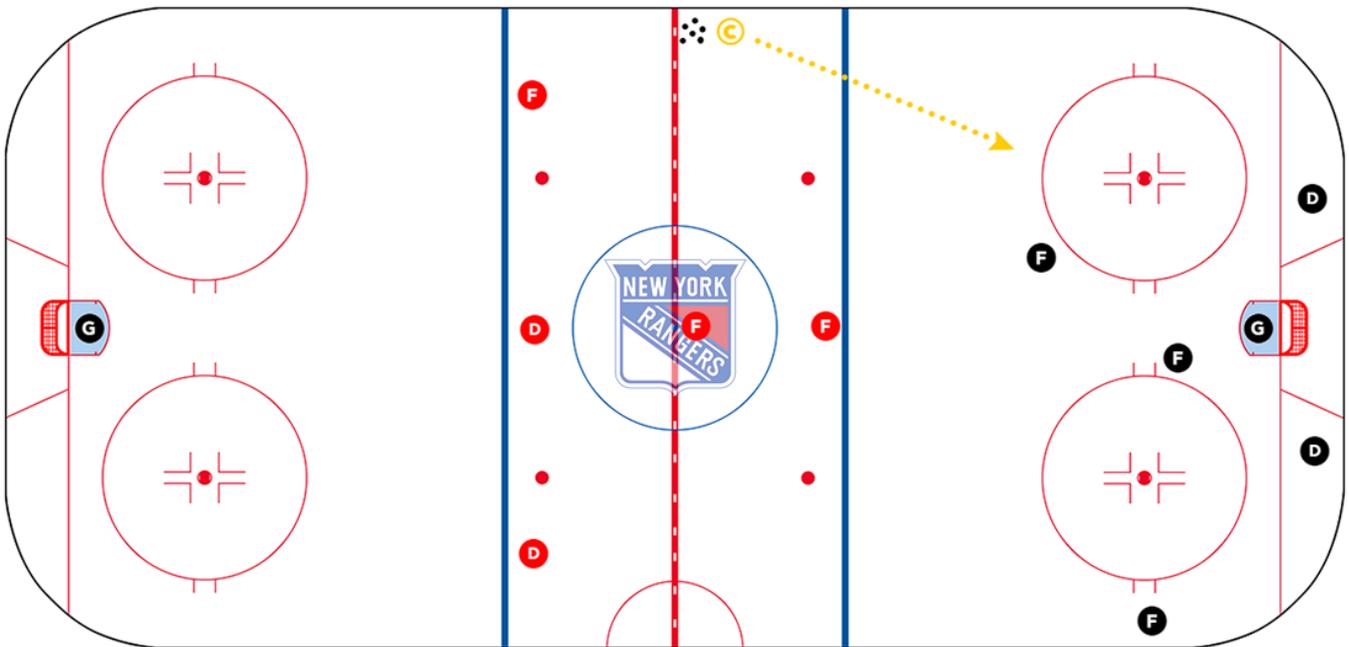
BREAKOUT 5 VS 0 TO DUMP VS 1-1-3

Category: NZ FC Drills

Team: New York Rangers

Description:

- Puck is dumped into the DZ
- It's a 5v0 breakout coming out against a 1-1-3 into the NZ
- Defending team wants to stop them and prevent an easy entry or one at all, but if not its 5v5 in the DZ



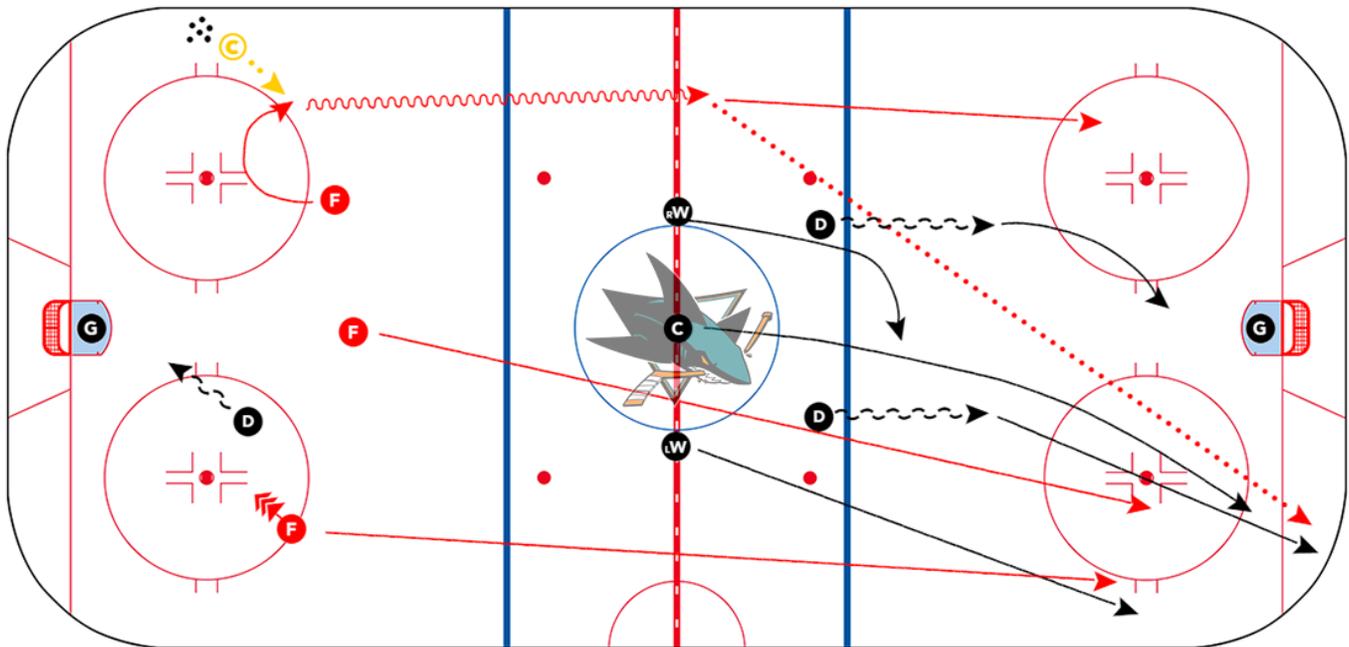
FORECHECK FLOW

Category: NZ FC Drills

Team: San Jose Sharks

- Description:**
- Focus on Forechecking routes and put **D** under pressure to breakout
 - Group of 5 breakout and attack 1 **D**
 - As they pass the red a new group of 5 skaters line-up in Neutral Zone to breakout
 - Once **F**'s make play at net they receive pass from Coach and 1, 2 or 3 **F**'s transition other way Forechecking next skaters who are breaking out in other end

Option: Can also do a Neutral Zone Forecheck

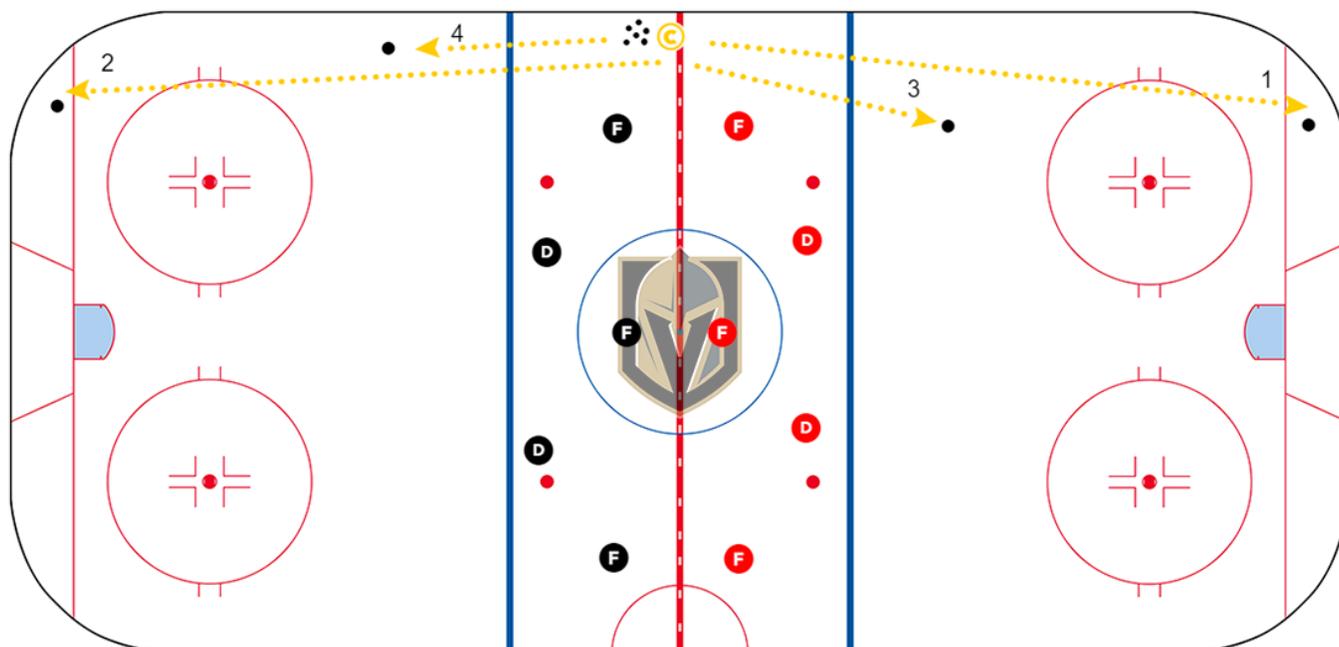


4 PUCK FORECHECK

Category: NZ FC Drills

Team: Vegas Golden Knights

- Description:**
- 2 five man units in neutral zone
 - Coach spots puck into one end and black line fore checks red line
 - On whistle, coach spots puck into other end where red fore checks black
 - On second whistle, coach spots puck in neutral zone where black fore checks red in neutral zone
 - On third whistle, coach spots puck into neutral zone where red fore checks black in neutral zone





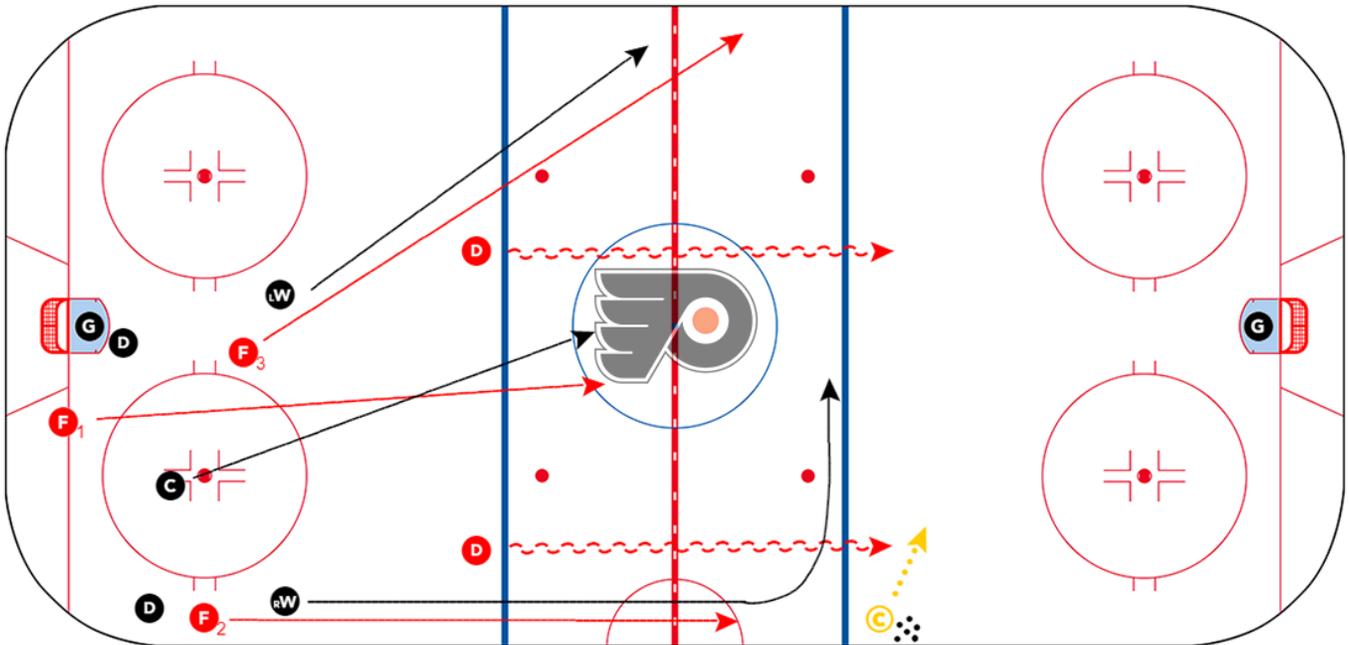
NZ COUNTER / TRANSITION DRILLS

NEUTRAL ZONE FORECHECK FROM D ZONE COVERAGE

Category: NZ Counter / Transition Drills

Team: Philadelphia Flyers

- Description:**
- Starts with an offensive zone cycle / quick attack
 - On whistle, coach chips a puck to the far blue line
 - Offensive team quick regroup / transition
 - Defensive teamwork on Neutral Zone Forecheck [1-2-2, 1-1-3, 1-3-1]
 - Play in zone until coach blows the whistle

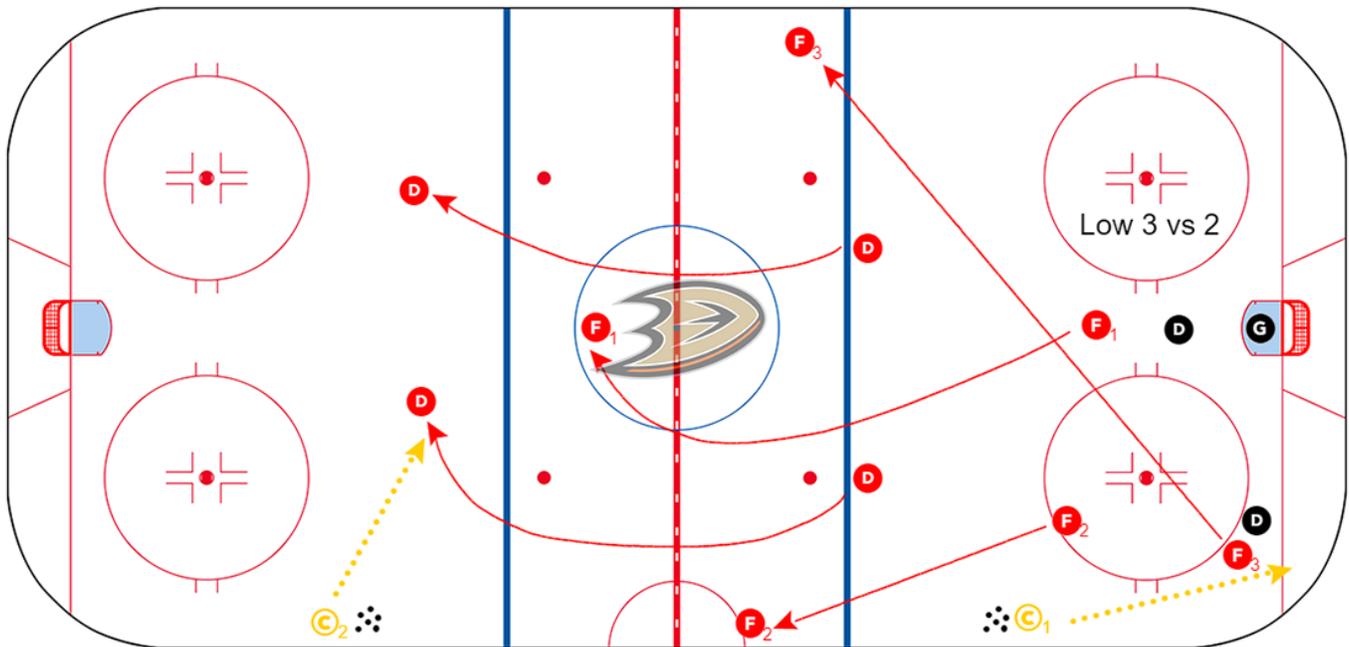


NEUTRAL ZONE TRANSITION

Category: NZ Counter / Transition Drills

Team: Anaheim Ducks

- Description:**
- Drill starts by Coach 1 spotting puck for low 3vs2 with **F** and **D**
 - After goal or whistle, **F**s and **D** regroup in NZ
 - Coach 2 spots puck in Neutral Zone to **D**
 - Come back/Transition/attack 5vs2
 - Run through Transition Options

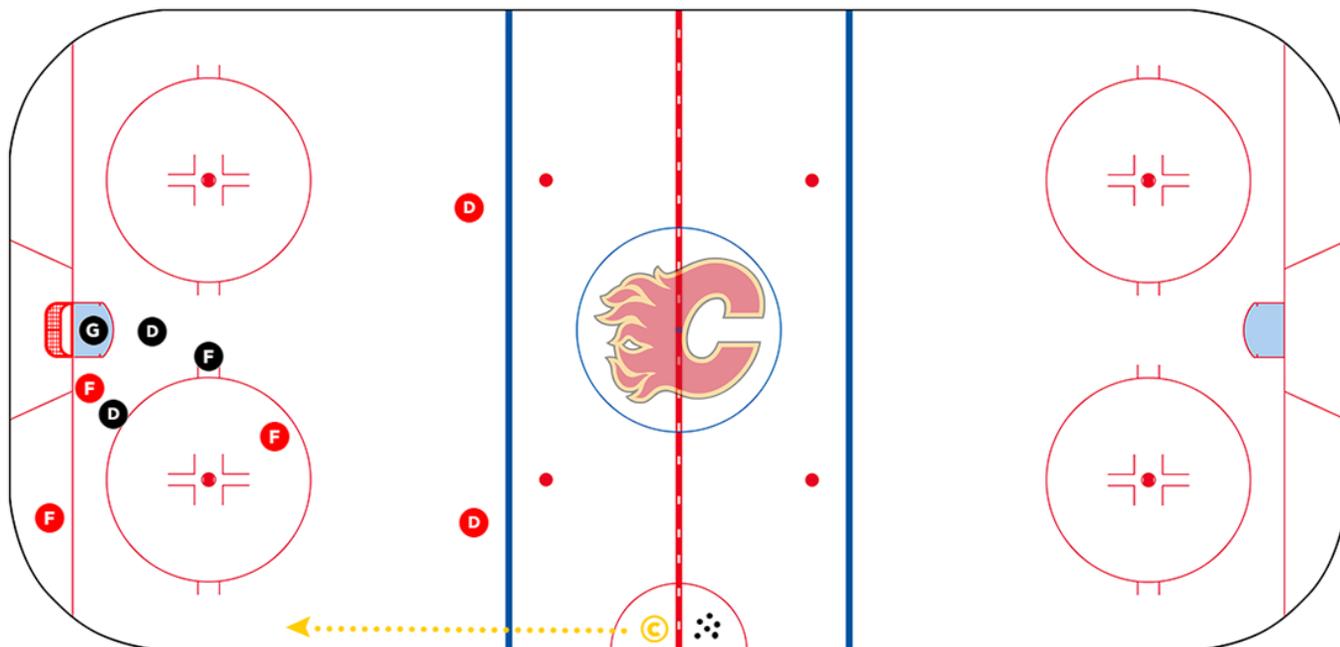


3 VS 3 LOW — POINT SHOT/REGROUP 1

Category: NZ Counter / Transition Drills

Team: Calgary Flames

- Description:**
- All players rotate through as the low FWD on Defense
 - Offensive players need to do a good job of supporting pucks and utilizing give and goes
 - Win the walls, get puck to the net. Play below top of the circles
 - If puck is below goal line and close to corner, use **D** for punch shot
 - **F** work to get to net/traffic and hunt rebounds
 - Coach blows whistle and spots second puck in NZ

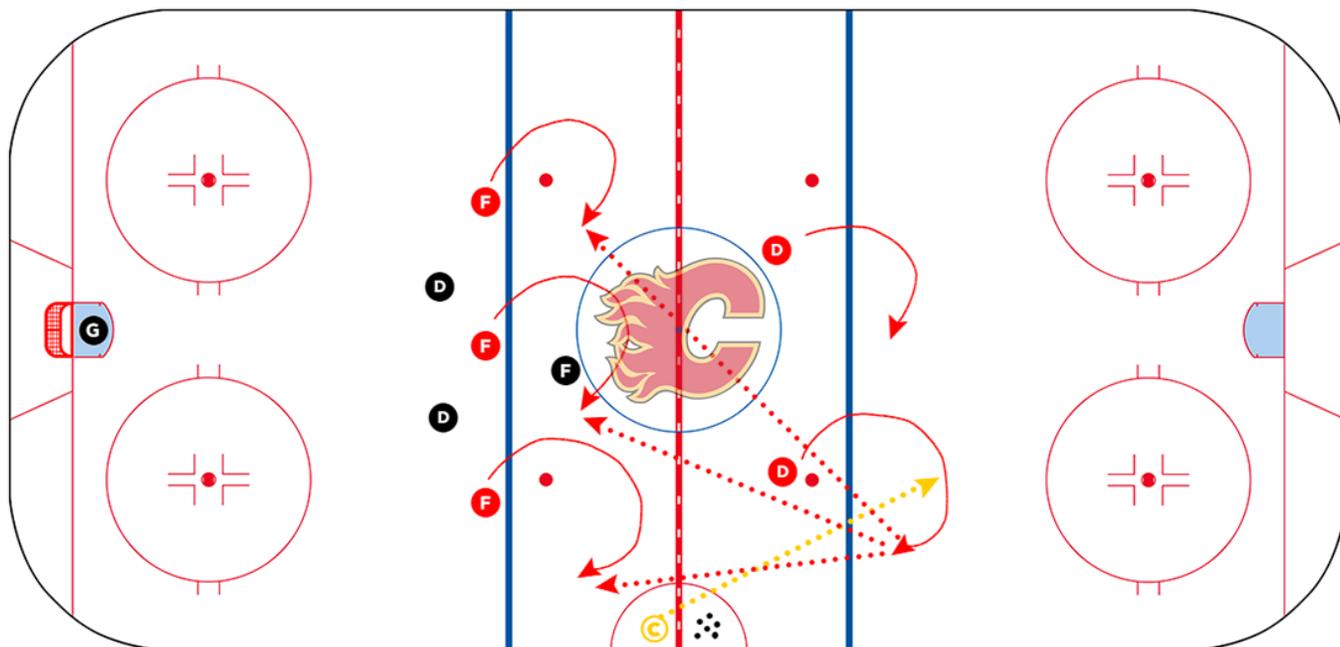


3 VS 3 LOW — POINT SHOT/REGROUP 2

Category: NZ Counter / Transition Drills

Team: Calgary Flames

- Description:**
- **D** back for puck quickly and look for quick up
 - **F** work out hard, fill lines and ready for quick up pass
 - Attack **D** who get up to NZ with speed and support
 - Play out until goal scored or whistle

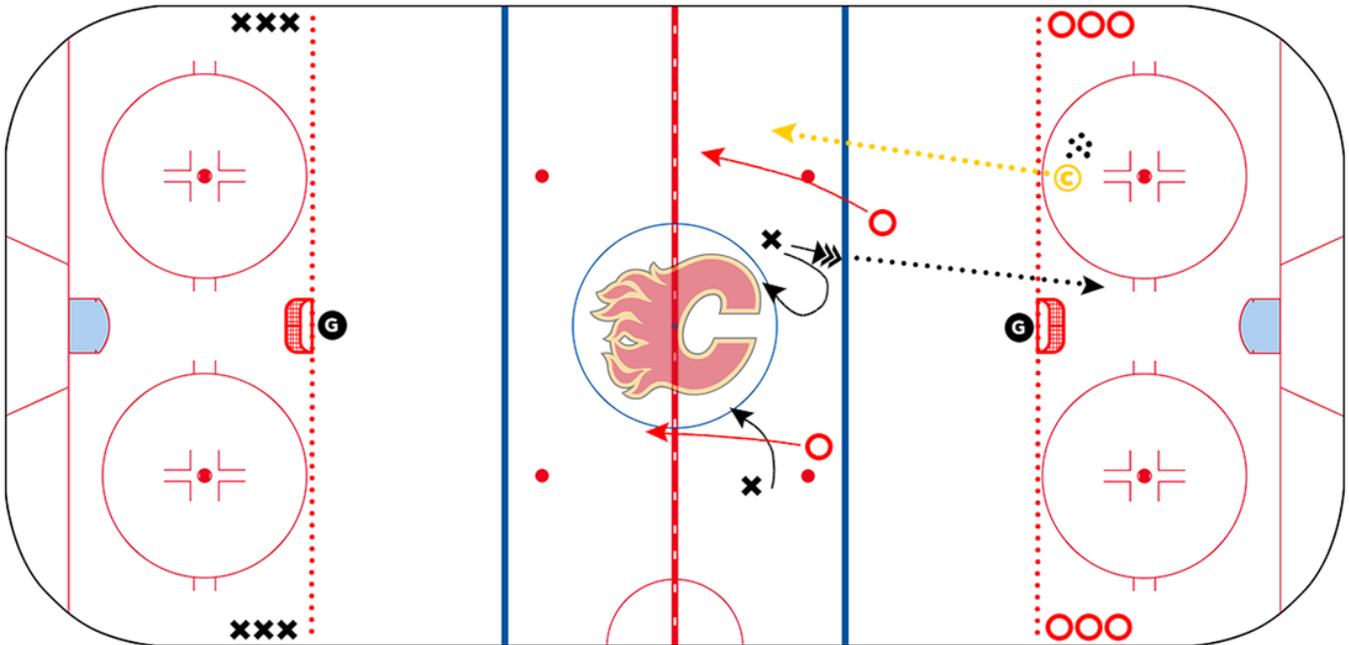


LALONDE TRANSITION

Category: NZ Counter / Transition Drills

Team: Calgary Flames

- Description:**
- Play 2vs2 or 3vs3 with the goals moved up to the top of the circles, where there is an imaginary goal line
 - When the puck crosses the goal line, with either a goal or wide shot, Coach blows whistle and makes a quick transition pass in other direction
 - One whistle for transition, double whistle for team change
 - Play for 5-7 mins

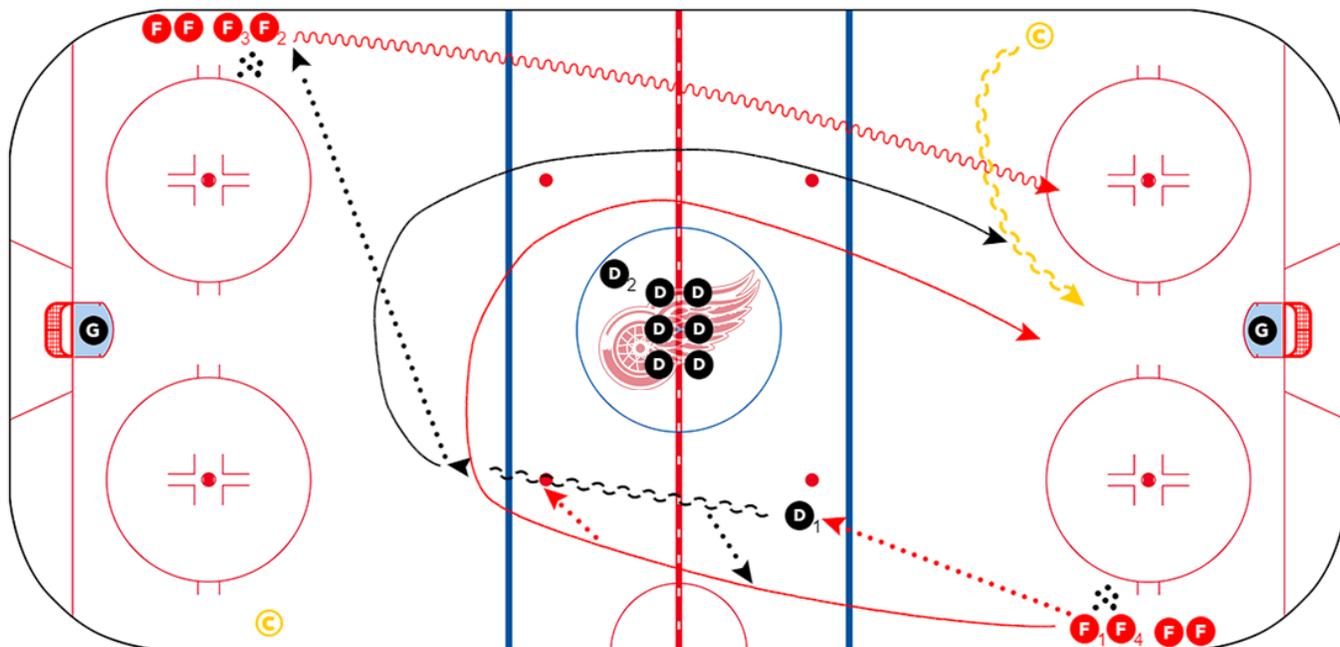


VANCOUVER TRANSITION

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

- Description:**
- **F 1** starts drill with puck and exchanges passes with **D 1** while skating down the ice
 - Once **D 1** reaches the far blue line, they pivot and pass the puck to **F 2** in the corner
 - **F 2** steps out and drives down the ice with **F 1**, with **D 1** trailing the play for a 3 vs 1 against the Coach
 - After the first group turns up ice, **D 2** steps out and continues drill with **F 3**

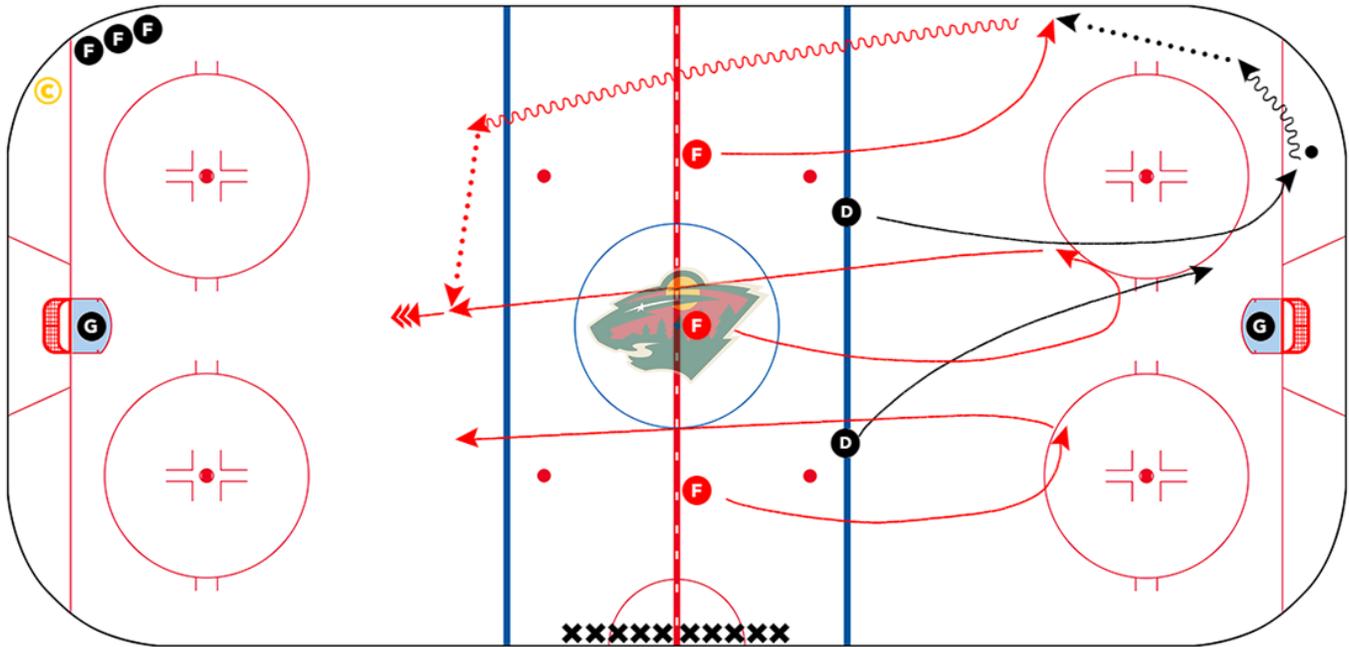


MT TRACKING 1

Category: NZ Counter / Transition Drills

Team: Minnesota Wild

- Description:**
- Three forwards will breakout with two **D** men and go down for a shot
 - Breakout away from bench side





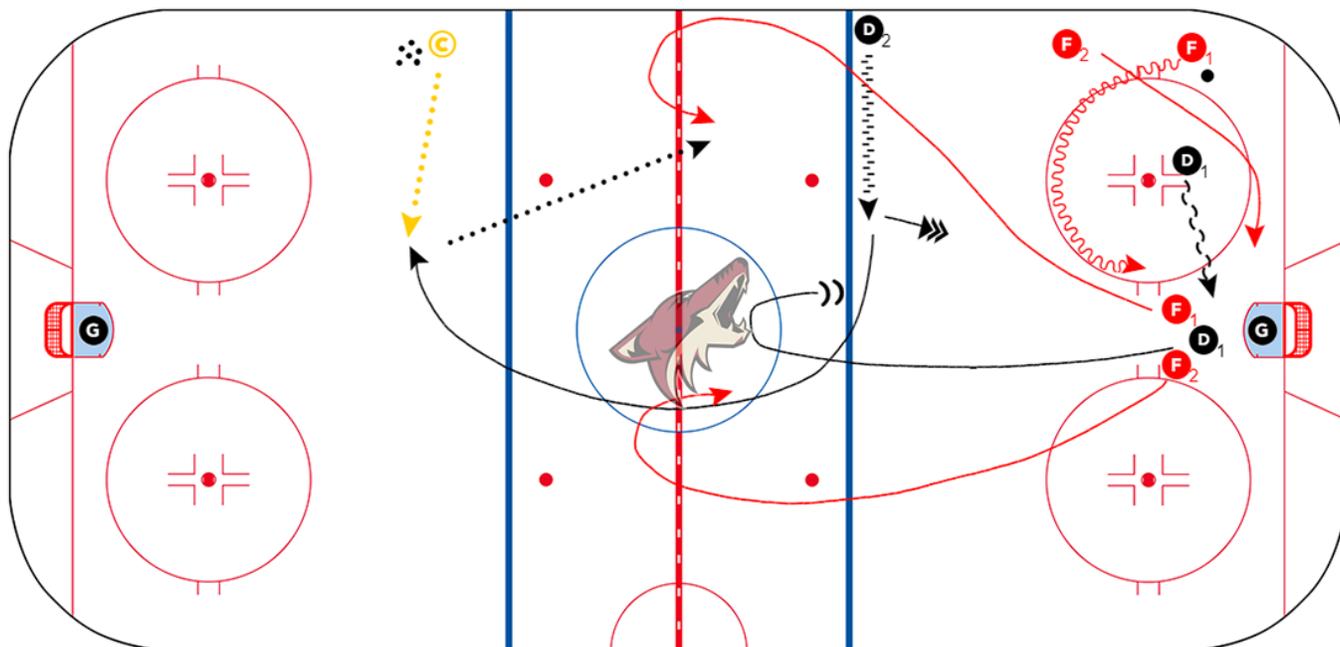
DZ COVERAGE

2 VS 1 LOW/HIGH

Category: DZ Coverage

Team: Arizona Coyotes

- Description:**
- **F** s begin in corner with a puck. They scissor and then attack **D** 1 2vs1
 - After play on net, **D** 2 walks the line and takes a shot with **F** s in front and **D** 1 boxing out.
 - After shot, **D** 2 retreats to own blue line and receives a puck from the Coach
 - **F** s regroup in NZ, get pass from **D** 2 and attack **D** 1 on a second 2vs1

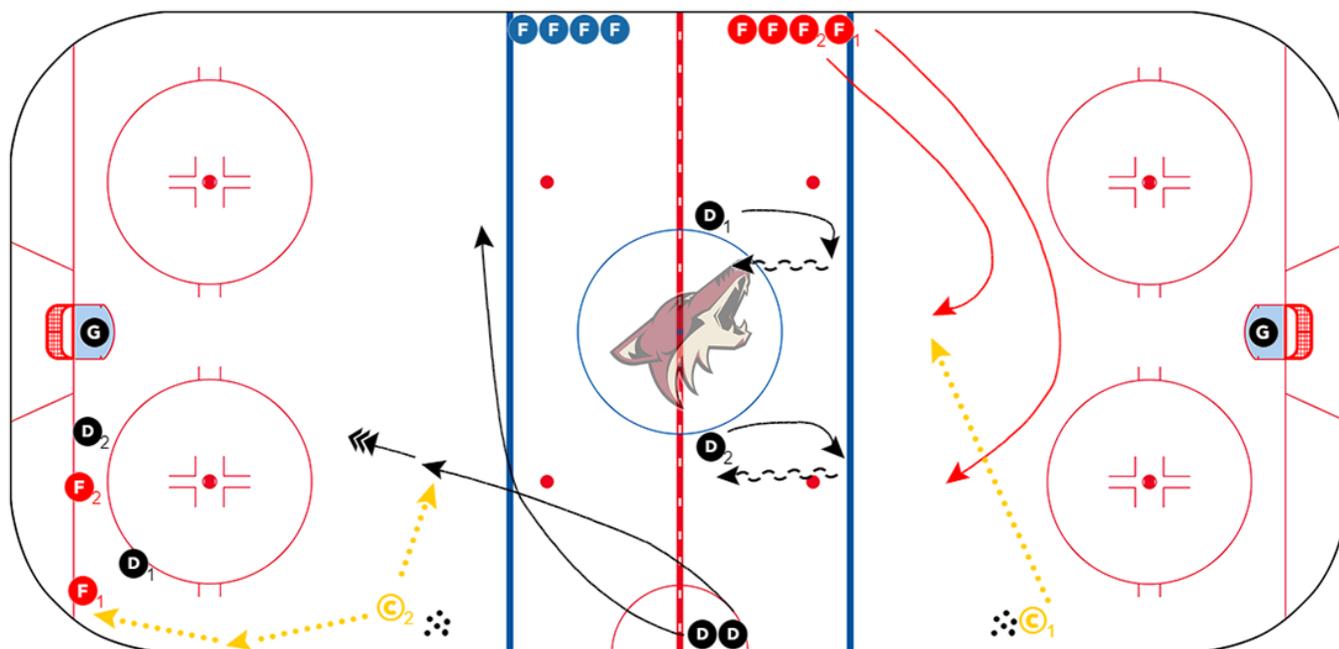


2 VS 2 3 PUCK

Category: DZ Coverage

Team: Arizona Coyotes

- Description:**
- Two **F**s begin drill by entering their D-Zone in good support position to receive a pass from Coach 1
 - The **F**s then attack the two **D** that started drill in center ice and have gapped up to accept the rush
 - After the rush, Coach 2 will place another puck in the corner for a second 2vs2 with the same players
 - When play is dead, two new **D** enter the zone on blueline and receive a puck from Coach 2
 - The 3rd shot is a point shot with the original 2 **D**, boxing out the two **F**s
 - After puck is cleared, two new Fs attack the new set of **D** (continuous drill)

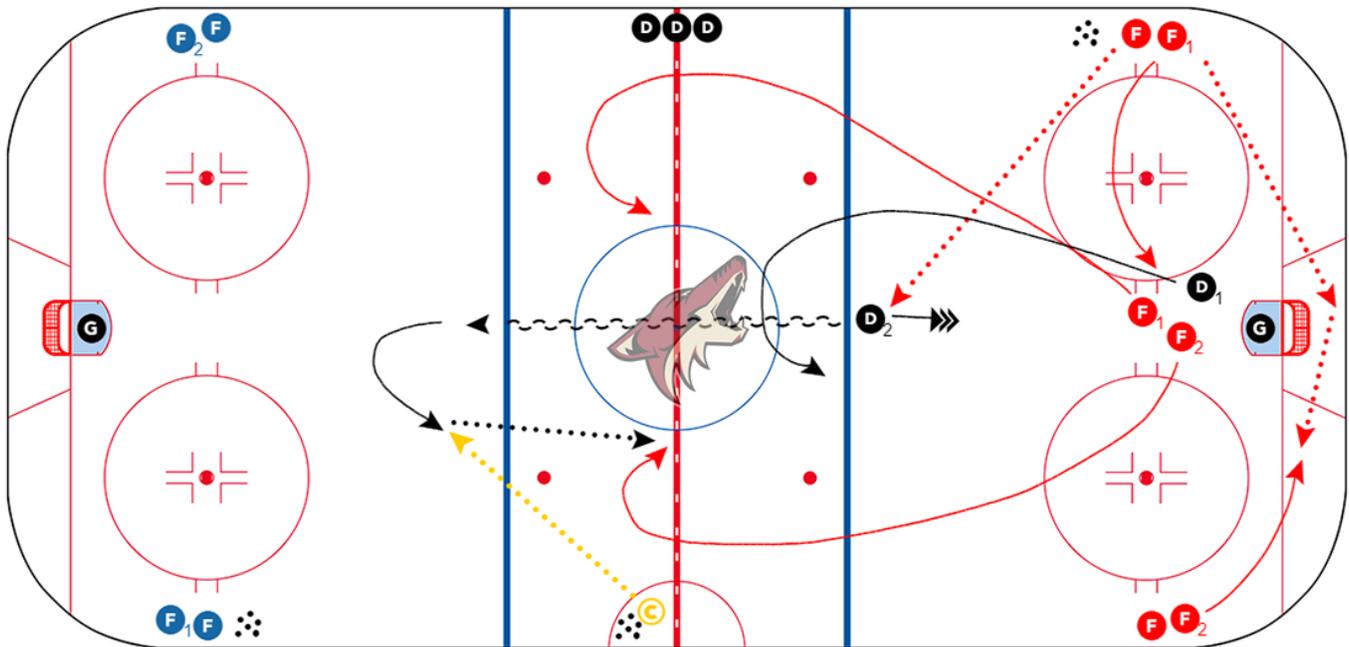


RUSH COVERAGE 2 VS 1 — 2 WAYS

Category: DZ Coverage

Team: Arizona Coyotes

- Description:**
- **F 1** passes behind net to **F 2**
 - Two **F**s play 2vs1 against **D 1** in the Low Ice
 - On whistle, the next **F** in line passes to **D 2** for a point shot, with **D 1** boxing out in front
 - On second whistle, Coach spots a puck for **D 2** for a NZone Counter, with a lead pass back to the regrouping **F**s
 - **D 1** gaps up and plays the 2vs1 rush
 - After **D 2** makes the counter pass, they become the **D** in front at the opposite end
 - A new **D** jumps into the play to make it continuous



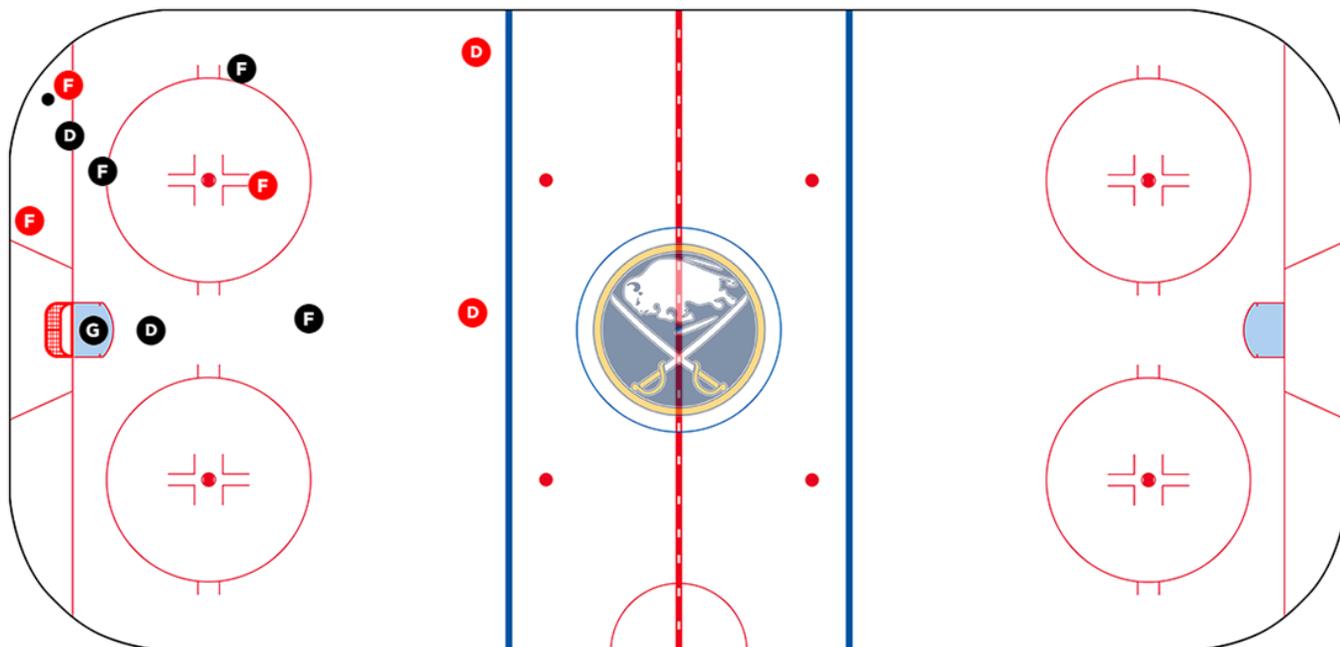
5 VS 5 D ZONE COVERAGE, SPECIFIC SITUATION

Category: DZ Coverage

Team: Buffalo Sabres

Description:

- Coaches create specific situations for the defending team to sort out and exit the zone
- The Red team is trying to score

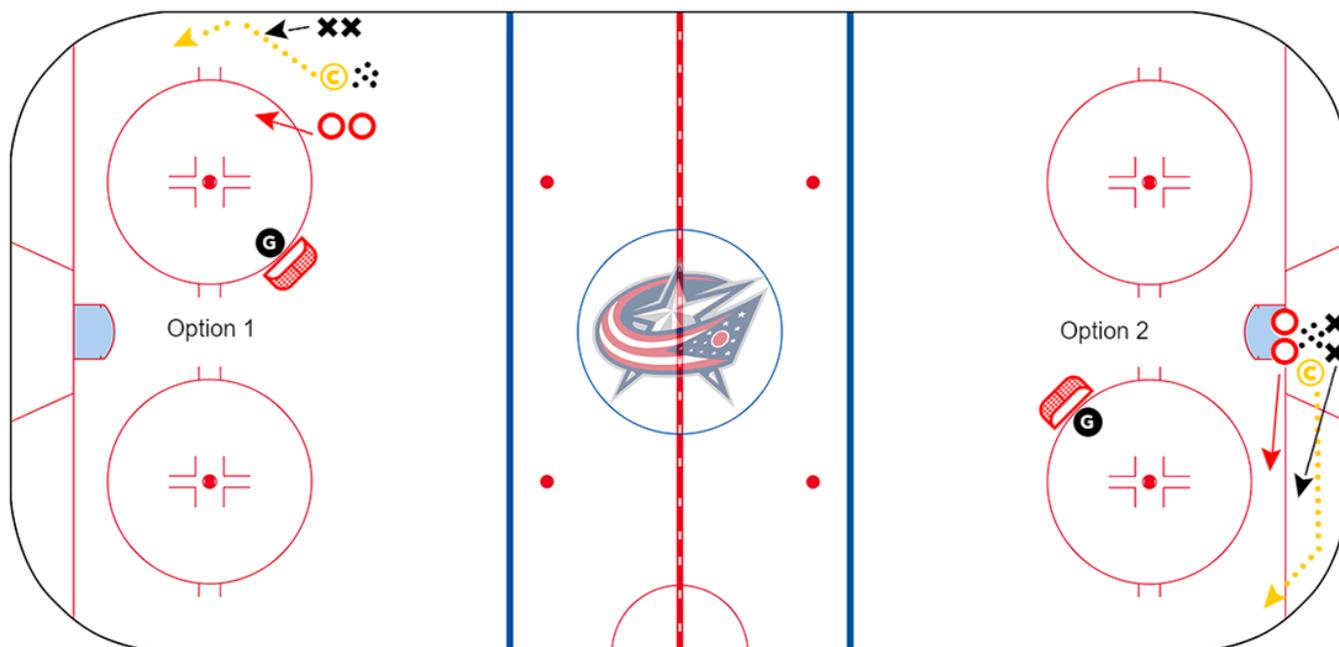


SHARK 1 VS 1, 2 VS 2

Category: DZ Coverage

Team: Columbus Blue Jackets

- Description:**
- Coach spots puck for a 1 vs 1
 - Option 1: lined up above circle
 - Option 2: lined up behind crease
 - Option 3: 2 vs 2
 - If puck leaves contained area or goal is scored, spot a new puck
 - If defender gets puck, they can bank puck off wall to them self and now is on offense
 - This is a heavy work load drill, 15-20 seconds is plenty

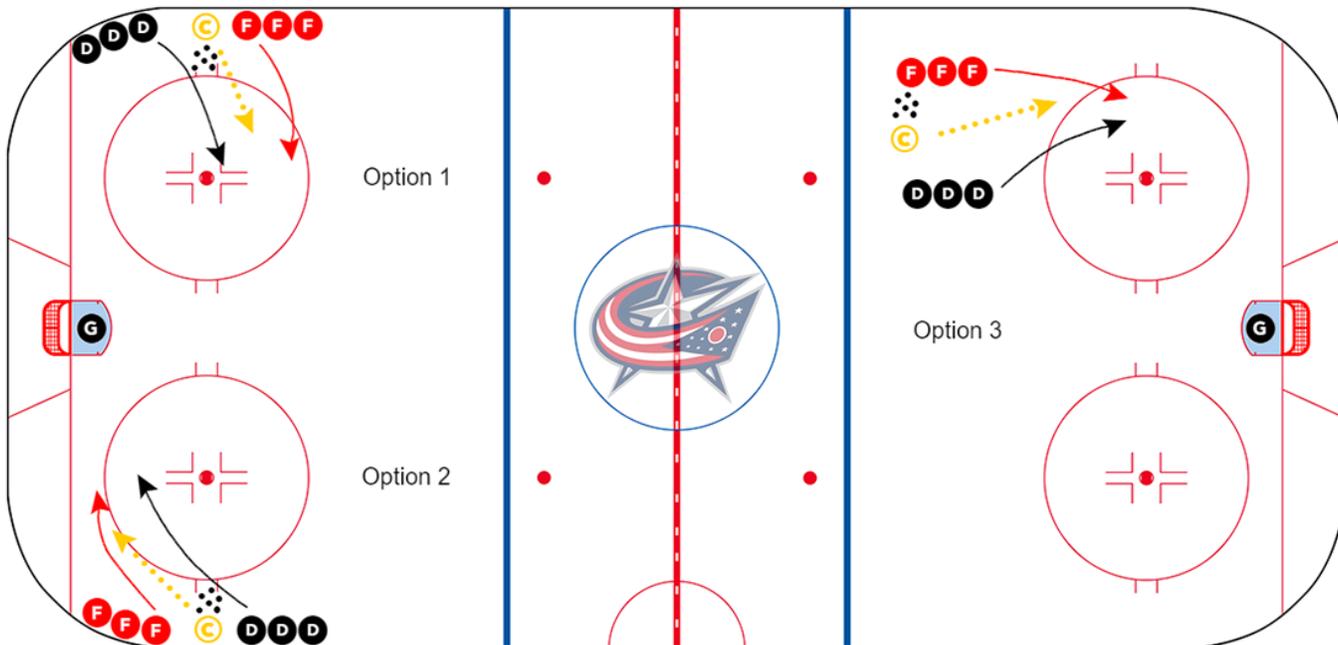


BASSEN STICK ON PUCK

Category: DZ Coverage

Team: Columbus Blue Jackets

- Description:**
- Stick on puck drill but body positioning trumps stick position
 - Defender closes + limits time and space, stick to deny shot on net
 - Drill starts when Coach spots puck to **F**
 - Option 1: **F** and **D** have 1 skate flat against the wall on either side of Coach
 - Option 2: Advantage to offense. Desperation defense limit the quality of the chance on net
 - Option 3: Rush coverage. Stick on puck to deny puck going to net, use body position to deny "cut back"
 - Play until you hear a whistle

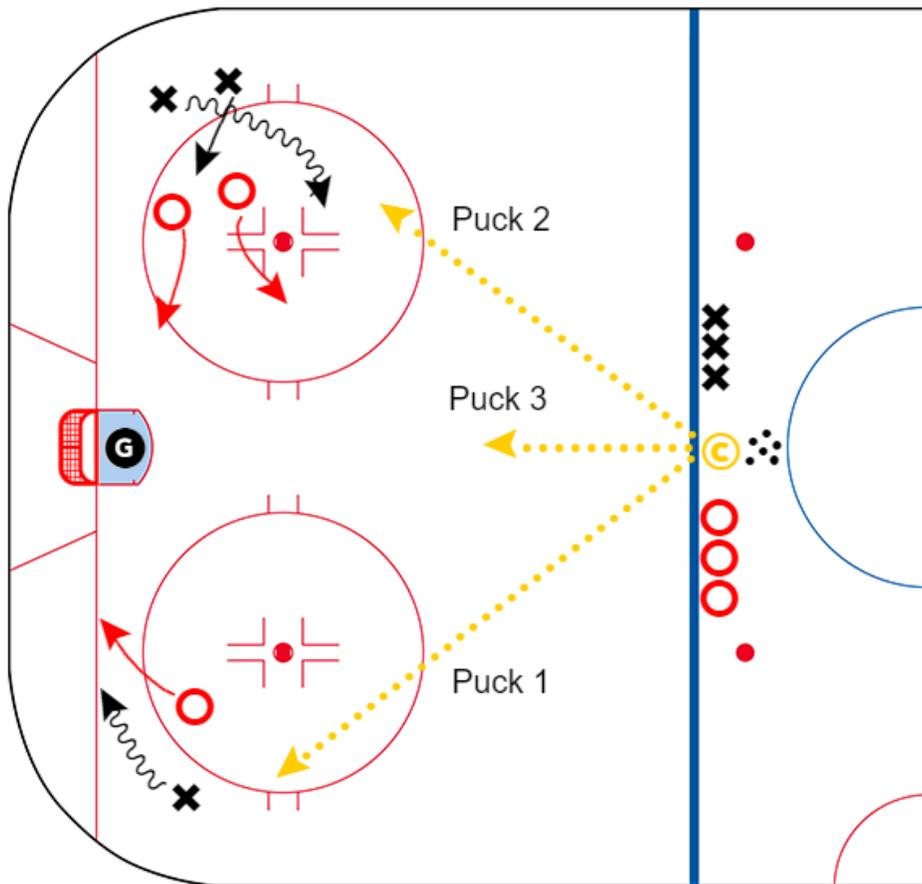


DZC 1,2,3 LOW

Category: DZ Coverage

Team: Los Angeles Kings

- Description:**
- Puck 1: 1 vs 1 Low **X** vs **O** on both sides — Whistle
 - Puck 2: 2 vs 2 on opposite side — Whistle
 - Puck 3: 3 vs 3 from spotted puck

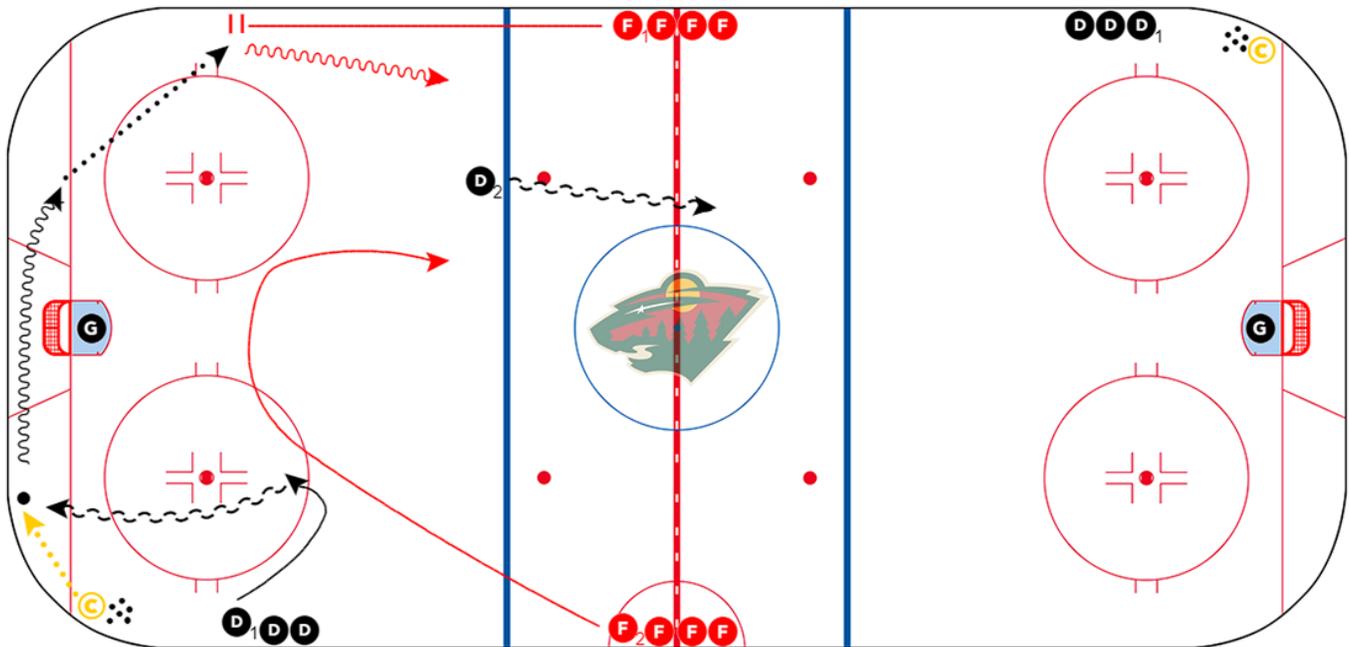


MOOSE 3, 2 VS 1'S — 1

Category: DZ Coverage

Team: Minnesota Wild

- Description:**
- Drill will be going from both sides with three 2 vs 1s
 - On whistle, Coach will spot a puck in corner
 - **D1** will start on has marks, touch top of circle and pivot back for retrieval to make breakout
 - **F1** and **F2** will come down from red line for breakout. After receiving pass, will head up ice on a 2 vs 1 against **D2** who is waiting at blue line to take rush

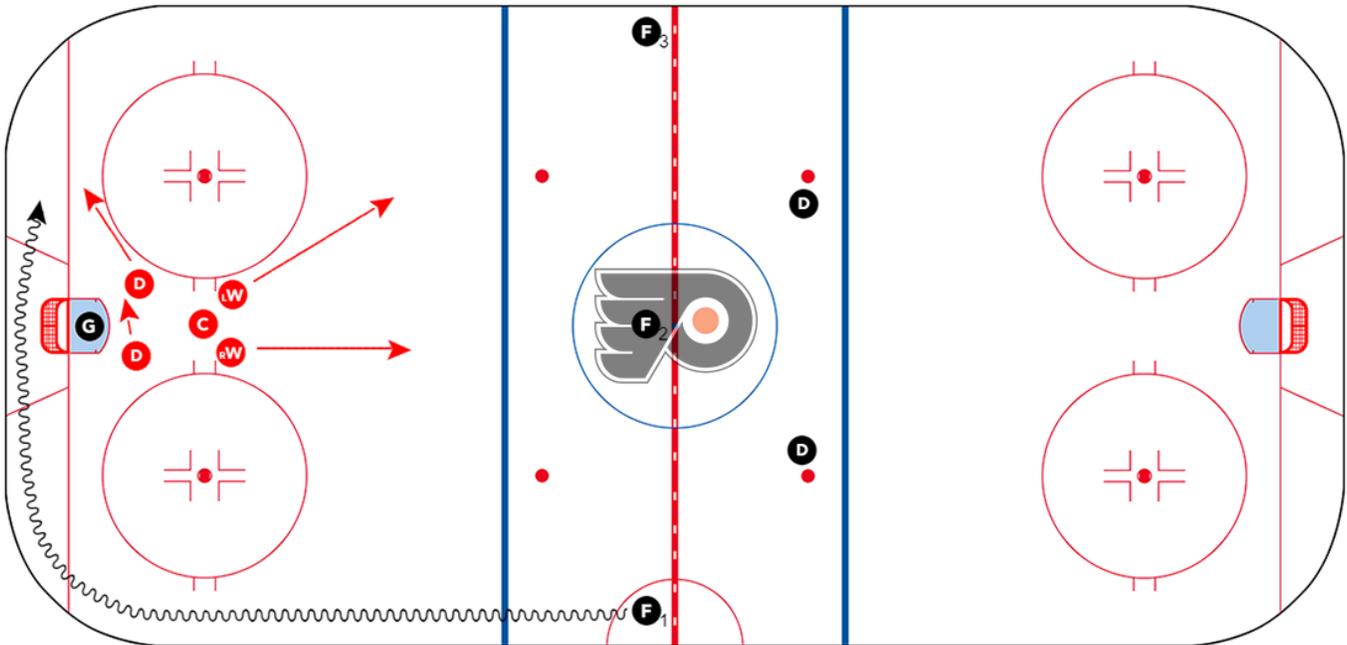


D ZONE COVERAGE

Category: DZ Coverage

Team: Philadelphia Flyers

- Description:**
- **F 1** take off with the puck, other 4 offensive players are activated when **F 1** touches goal line
 - Defensive team are also activated when **F 1** touches goal line. SORT IT OUT
 - Play until coach blows whistle





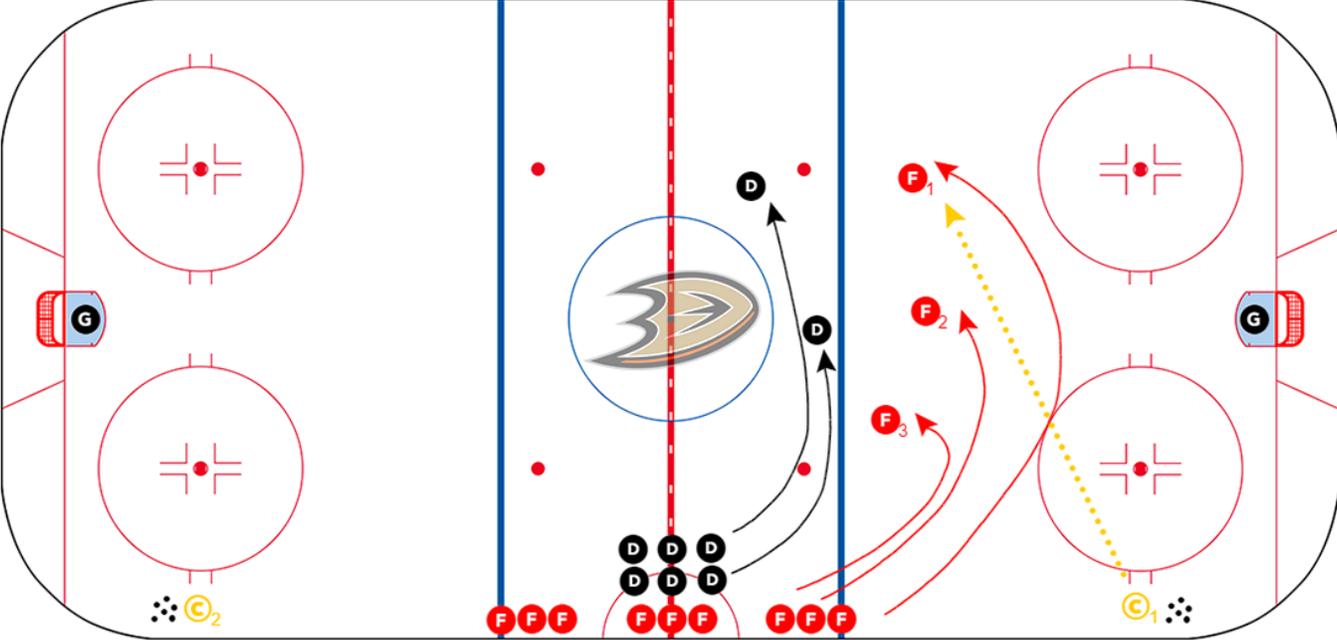
1 ON 1'S / 2 ON 1'S / 3 ON 2 DRILLS

RUSH ATTACKS

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Anaheim Ducks

- Description:**
- Coach 1 spots puck
 - **F** and **D** come off boards and go down for rush
 - When line goes by, Coach 2 spots puck at opposite end
 - Can go 1v1/2v1/3v2 etc.

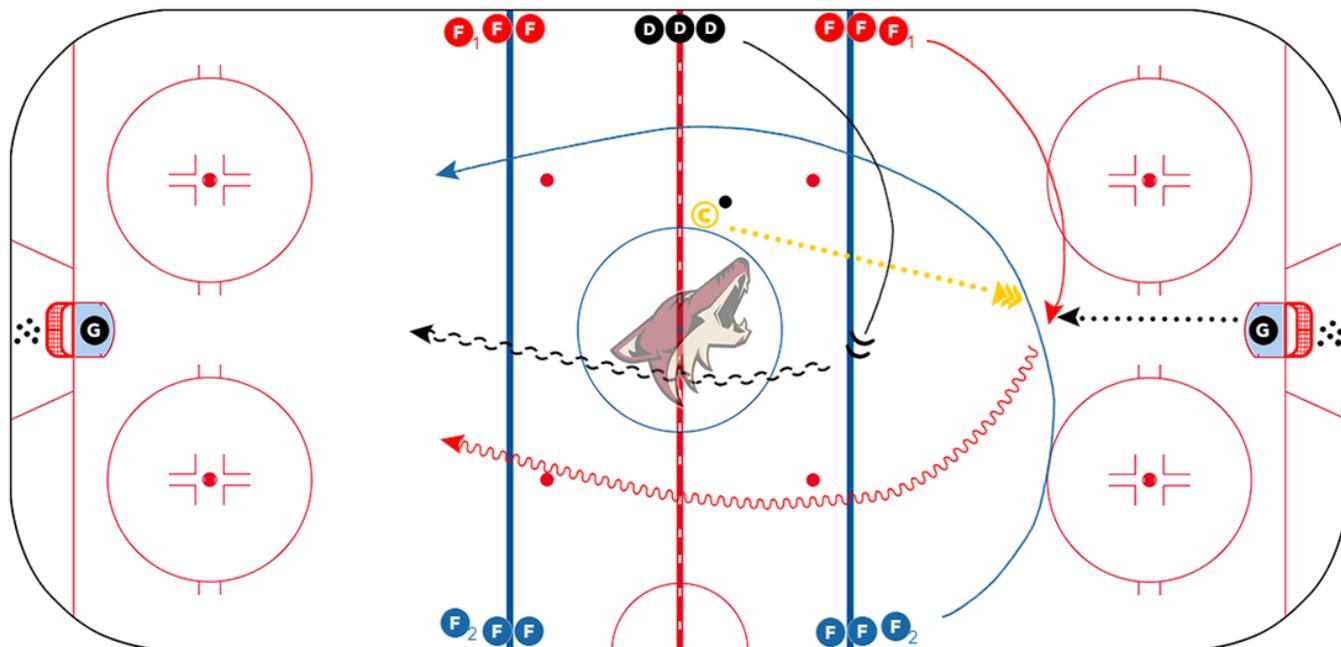


2 VS 1 CONTINUOUS

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Arizona Coyotes

- Description:**
- Coach begins drill with a shot on goalie from center
 - **F1** and **F2** enter zone in support position and receive a pass from the goalie
 - At same time **D** gaps up at center and takes a 2vs1 down the ice
 - Once puck clears far blue line, the next set of Fs and D continue
 - If goal or frozen puck, goalie digs out a new puck for F to break out

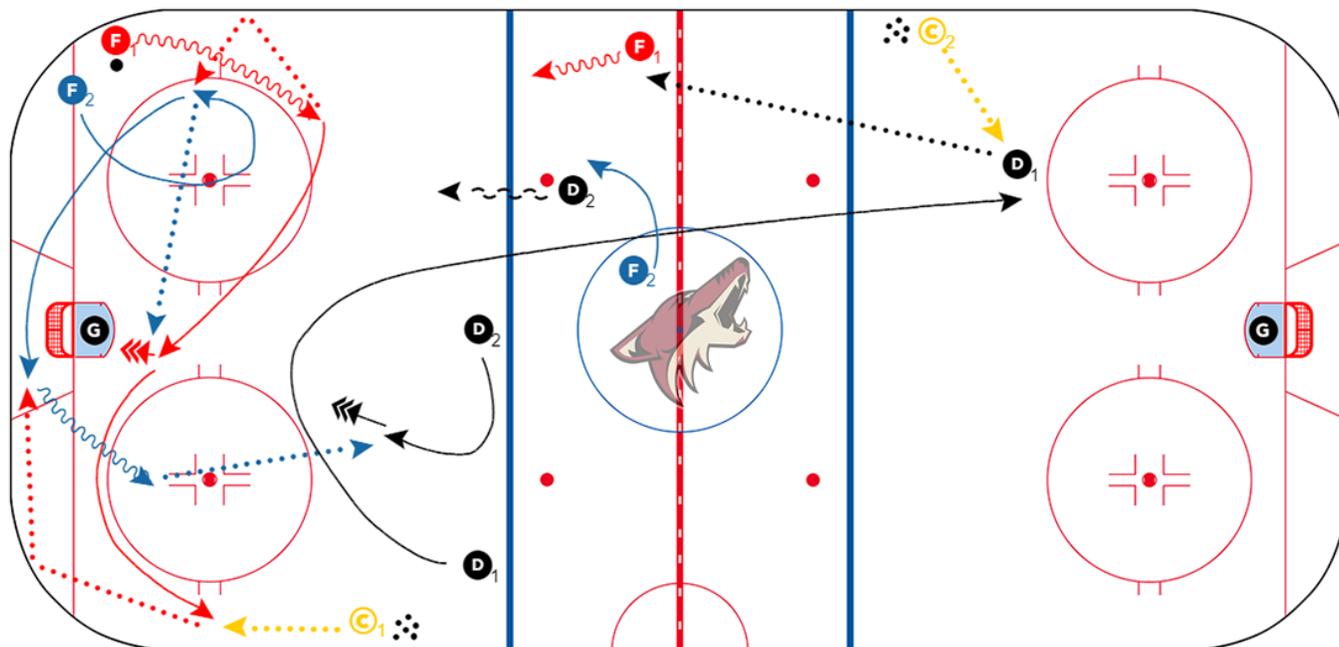


2 VS 1 D O ZONE SCISSORS COUNTER

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Arizona Coyotes

- Description:**
- **F 1** starts with puck in the corner and does a bumpback cycle with **F 2** for a backdoor play or shot off pads for rebound
 - Coach 1 spots a second puck for **F 1** for an automatic play behind the net to **F 2**
 - **D 1** and **D 2** scissor up top for a shot opportunity
 - On whistle, **D 1** skates back to receive a pass from Coach 2 and counters both FWDs with a quick up
 - **F 1** and **F 2** go back for a 2 vs 1 on **D 2**

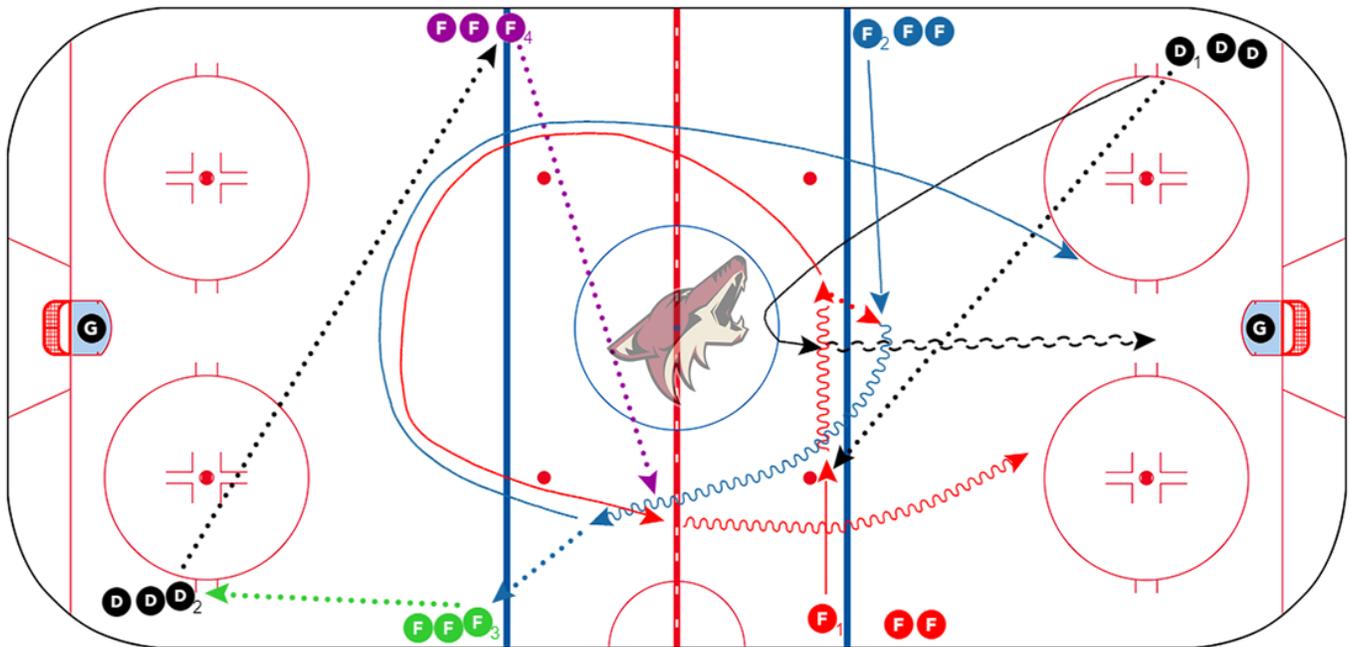


5 TOUCH 2 ON 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Arizona Coyotes

- Description:**
- **D 1** passes across to **F 1** who's skating across the blue line. **F 2** from the opposite side, skates across below the blue line and receives a drop pass from **F 1**
 - **F 2** then passes the puck to **F 3** who shuttles it to **D 2** in the opposite corner.
 - **D 2** then passes to the **F 4** at the opposite blue line
 - **F 1** and **F 2** loop back receive a pass from the **F 4** and attack 2vs1 on the **D 1** that started the drill

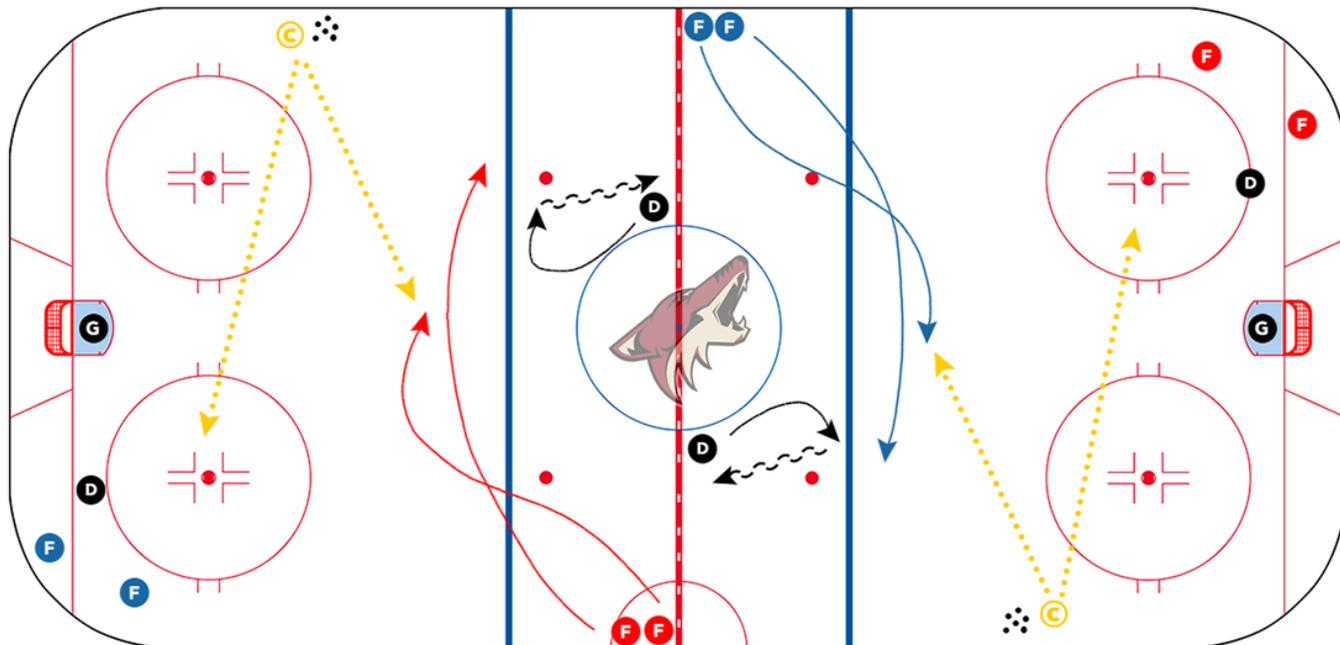


2 VS 1 LONG, 2 VS 1 SHORT

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Arizona Coyotes

- Description:**
- Two **F**s and two **F**s pop out from the red line on either side of the NZ and accept a puck from their respective Coach
 - They attack the **D** who has gapped up and take a 2vs1 down the ice.
 - After the play, the Coach spots a 2nd puck for the same forwards to attack the same **D** on a short 2vs1 from the corner



1 VS 1, 1 VS 1, 2 VS 2

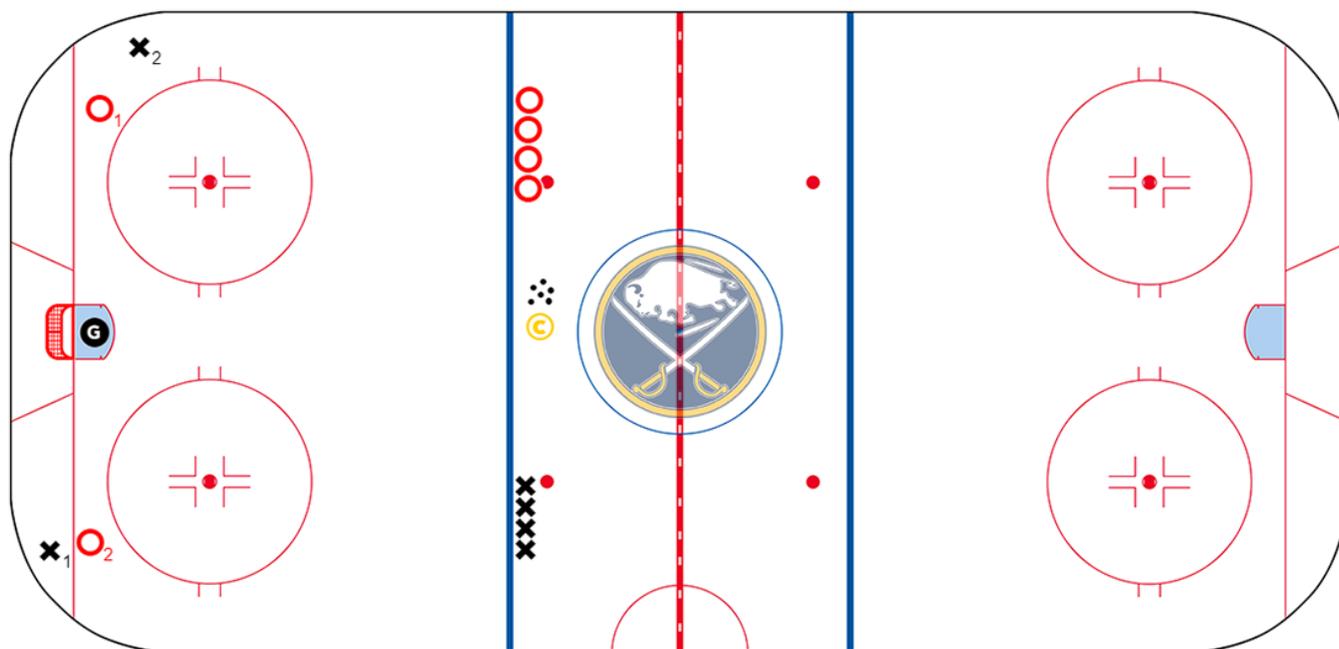
Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Buffalo Sabres

Description:

- 1 vs 1 in one corner for 10 seconds
- 1 vs 1 in the opposite corner for 10 seconds
- 2 vs 2 with both groups 10 seconds

Option: Can add D for point shot at the end



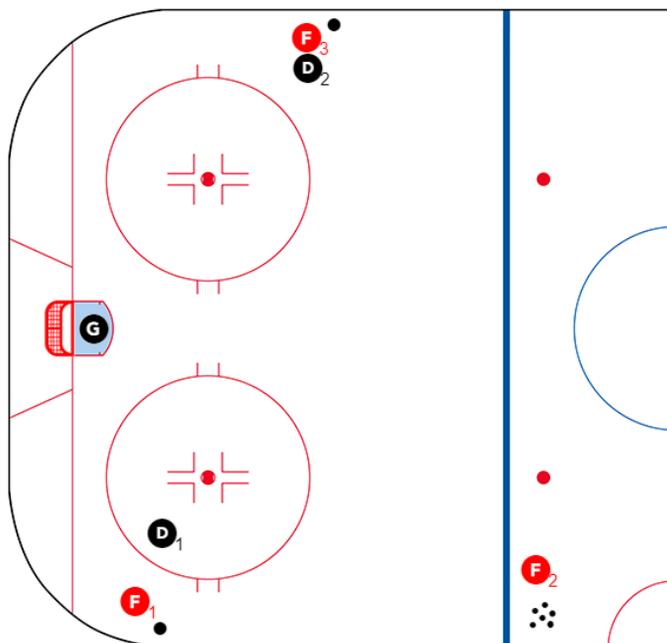
1 VS 1/2 VS 1/3 VS 2 TOUCH WALL

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Buffalo Sabres

- Description:**
- Half ice drill
 - **F 1** takes **D 1** 1 vs 1
 - On whistle or dead puck, **F 1** must touch the wall where they started the drill and then join **F 2** who has walked down wall to make it a 2 vs 1 against **D 1**
 - On second whistle, both **F**s must touch the wall on their side and then support **F 3** across the ice, one above the puck and one below
 - At the same time, **F 3** is protecting the puck along boards against **D 2**, but once support gets there, they move the puck and play a 3 vs 2

Option: can add a puck for a full ice 3 vs 2 rush

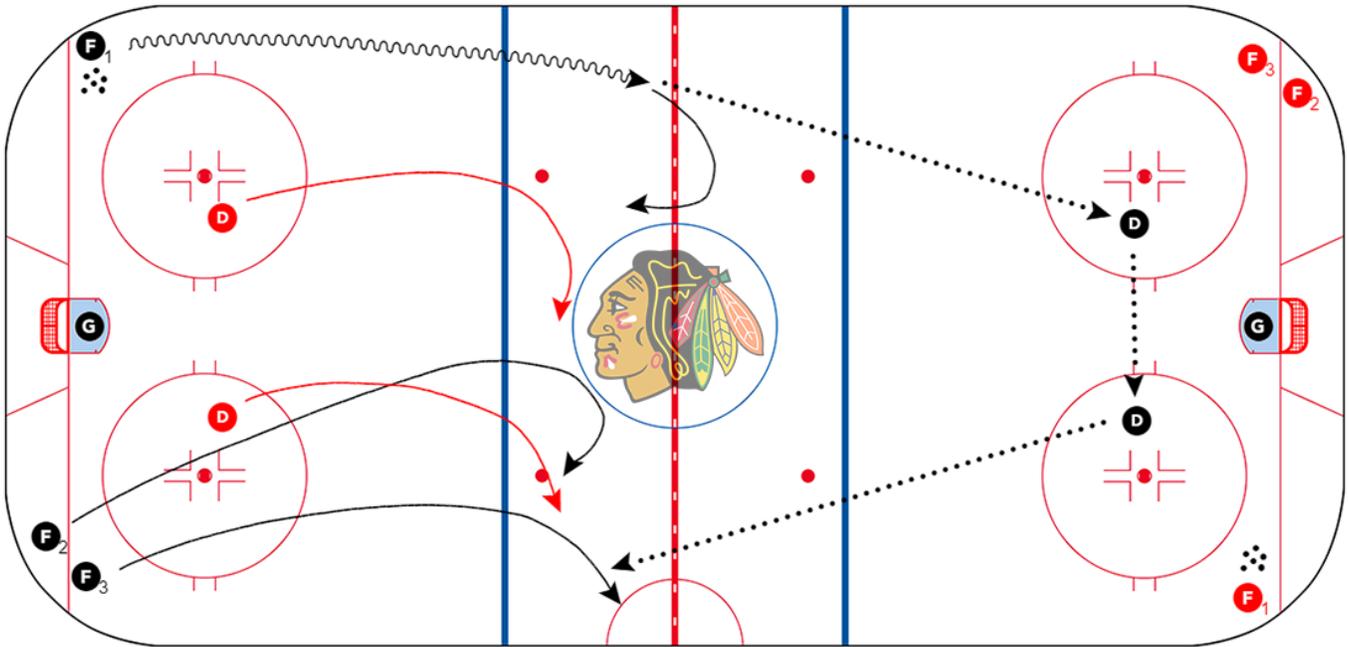


HAMPSHIRE 3 VS 2

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Chicago Blackhawks

- Description:**
- **F 1** starts with puck, and passes clean and flat to **D** for a regroup
 - **1 F** fills offensive side of redline, **1 F** slashes across for middle and chip support and **1 F** picks their lane on the weak side
 - **D** defends on a 3vs2 rush
 - After **D** defends the 3vs2 they will regroup the new **F**s

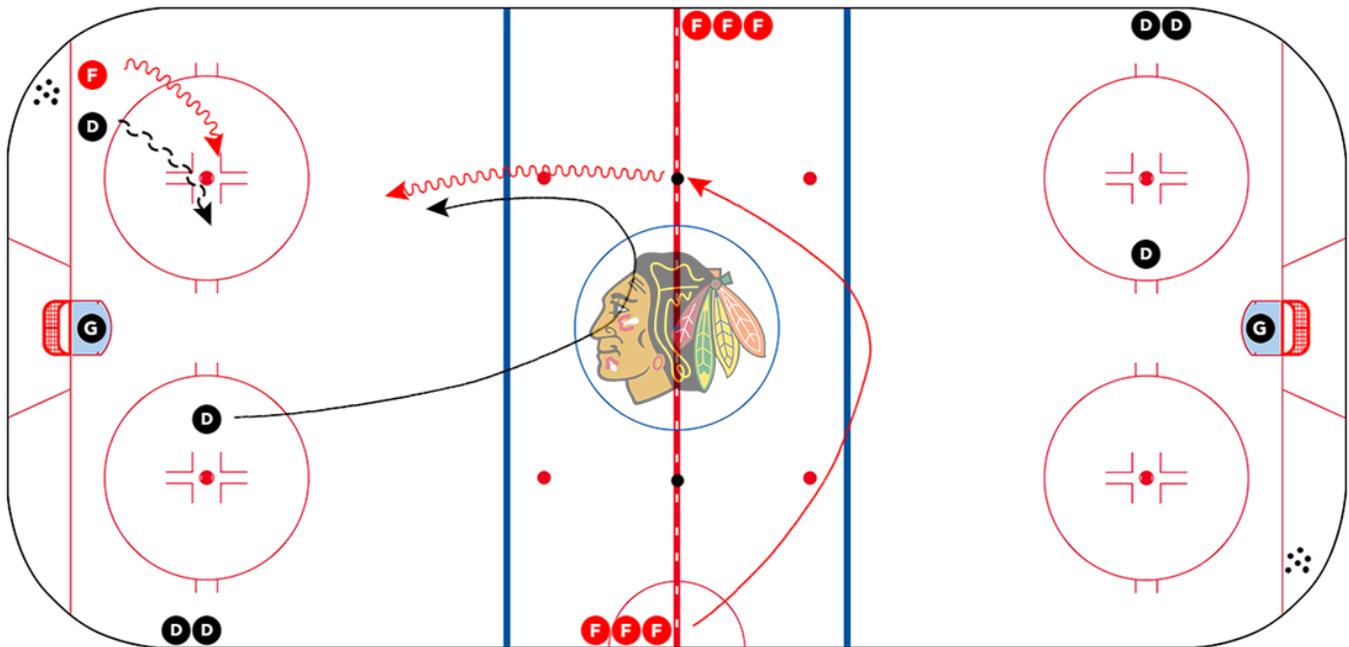


NASHVILLE 1 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Chicago Blackhawks

- Description:**
- On whistle **F** sprints under blue line and then picks up a puck on the opposite side of the red line, goes on to attack **D** that has sprinted across to gap up
 - After 1vs1 is done, **F** picks up a new puck in the corner and attacks **D** for a low 1vs1. Coach will signal when battle is done
 - Progression: 2 **F**s leave from each side and attack 2vs1

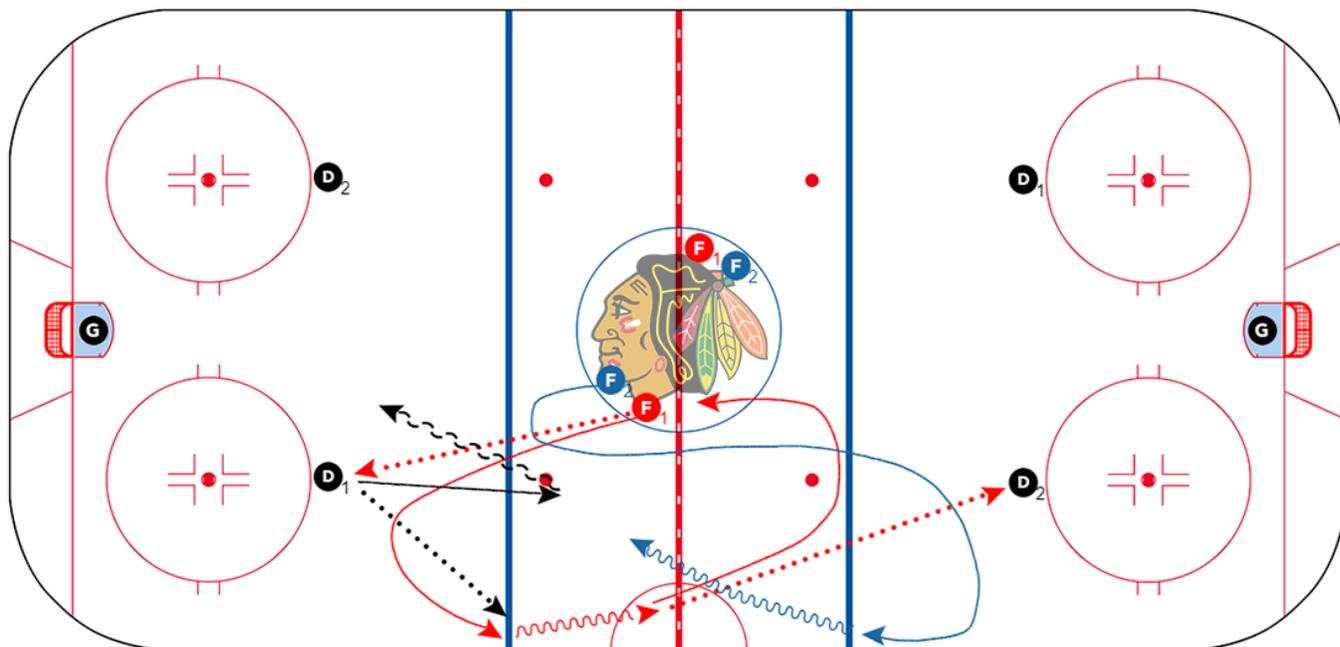


STIRLS 2 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Chicago Blackhawks

- Description:**
- Both sides at same time
 - On whistle, **F 1** passes to **D 1**, who gives it back after **F** has regrouped, and then passes to **D 2** at other end
 - At the same time, **F 2** has circled around and regroups in front of **D 2**, receives pass and then breaks out for a 2vs1 with **F 1** on **D 1**

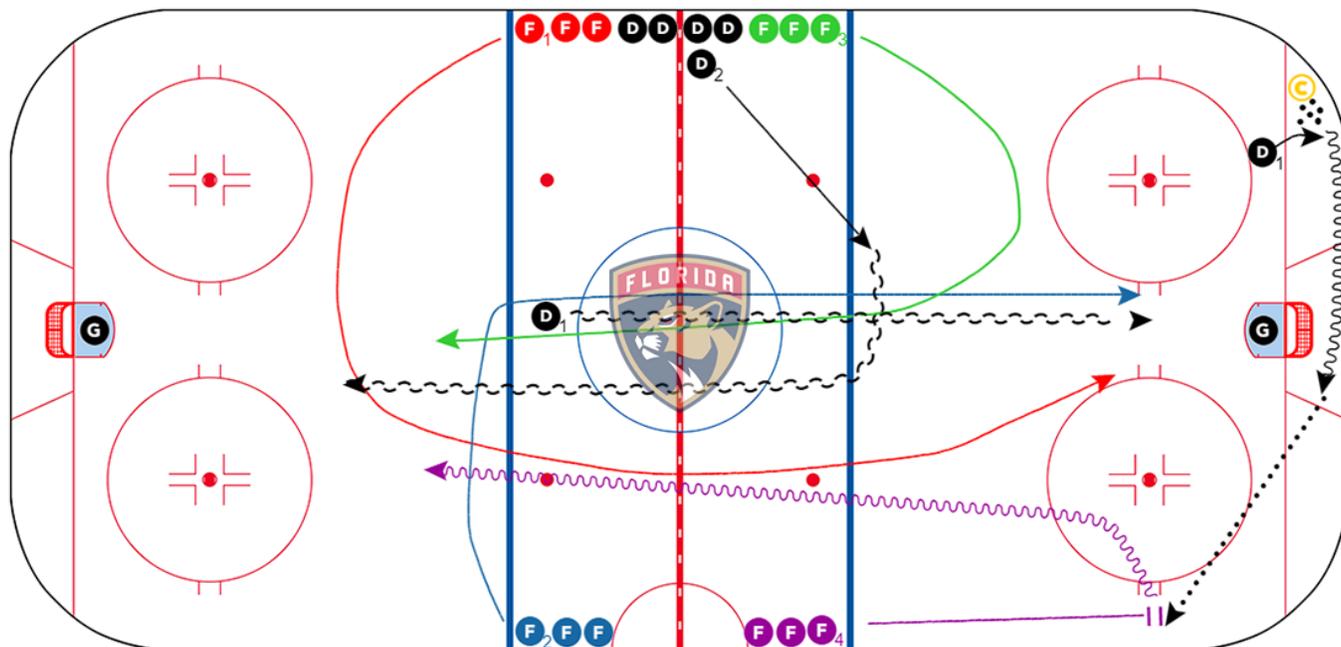


2 VS 1 D WHEEL

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Florida Panthers

- Description:**
- **F 1** and **F 2** swing and go 2 vs 1 on **D 1**
 - When 2 vs 1 is complete, **D 1** picks up puck from coach
 - **D 1** wheels net and outlets to **F 4** and **F 3** who attack **D 2** 2 vs 1

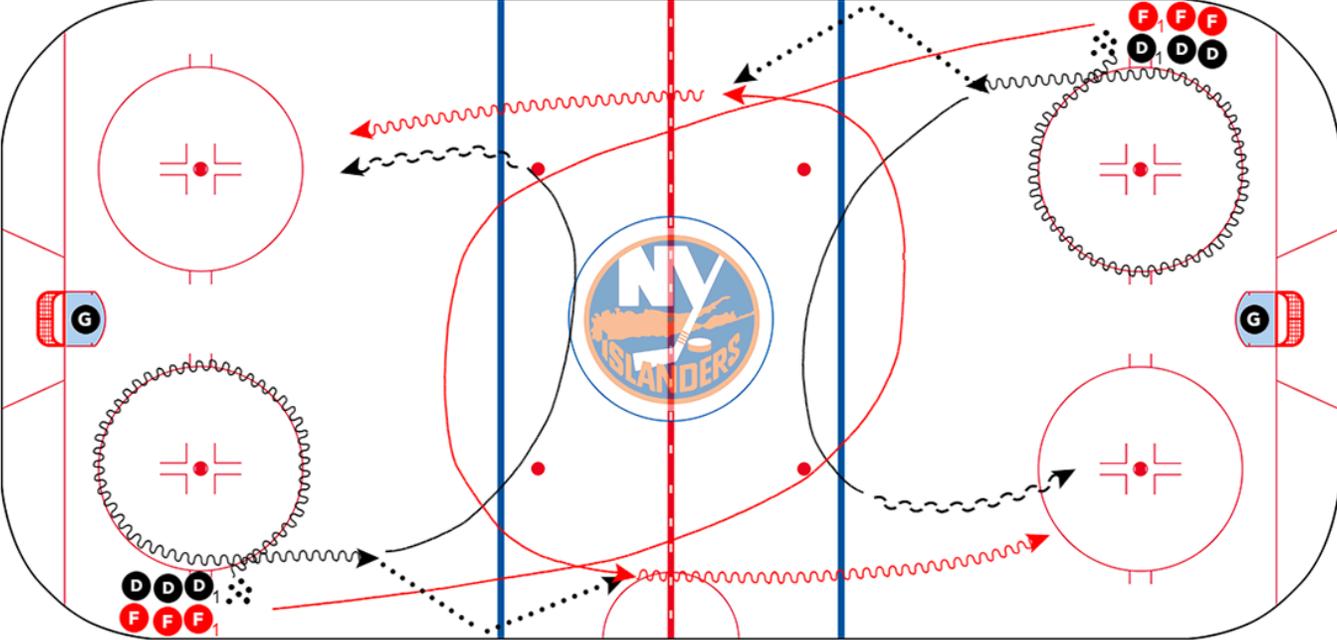


OLYMPIC 1 VS 1, 2 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: New York Islanders

- Description:**
- Opposite **D** 1s leave with puck at same time, around circle and indirect off wall pass to their **F** 1
 - **D** 1s then accept 1 vs 1 with the opposite **F** 1
- * Drill then progresses to 2 vs 1

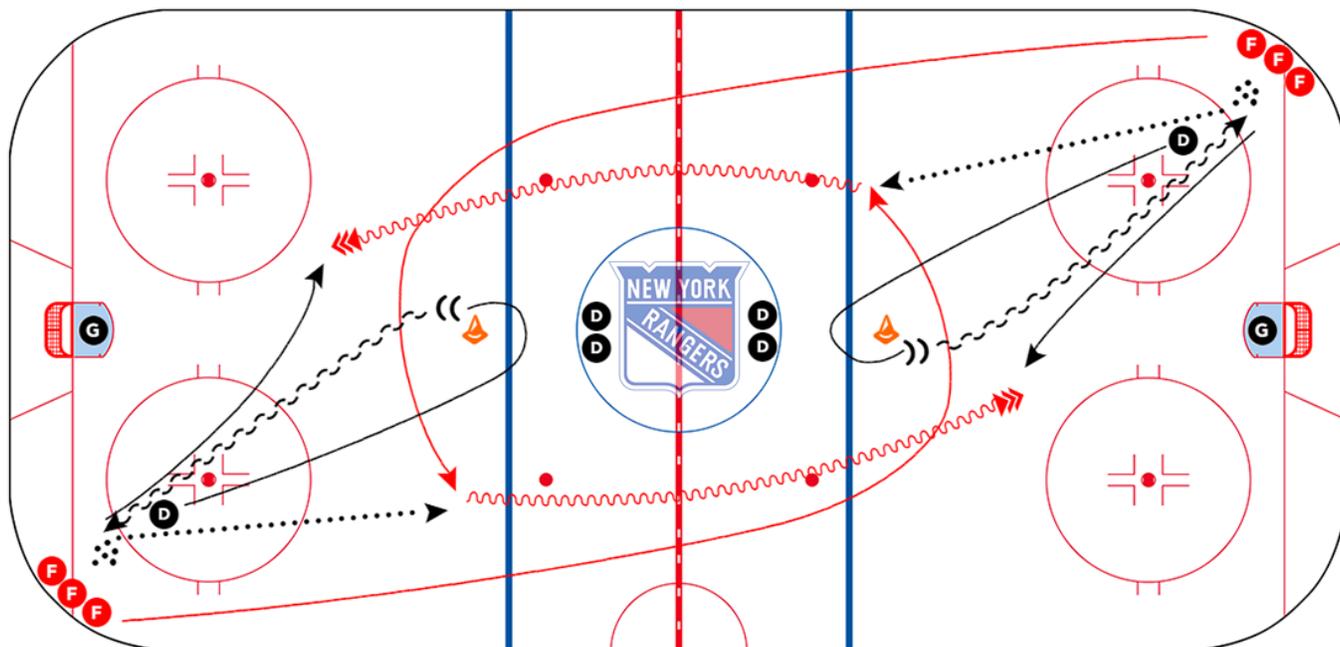


1 VS 1 TO 2 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: New York Rangers

- Description:**
- **F**s start in each corner, skate to far blue line around the pylon
 - **D** start at the same time, pivot around pylon, skate to corner, pick up a puck and pass to opposite **F** looping around
 - **D** then sprints to middle and takes on the attacking **F**
 - Another **F** is added later on for 2vs1 when **D** makes their pass to **F**

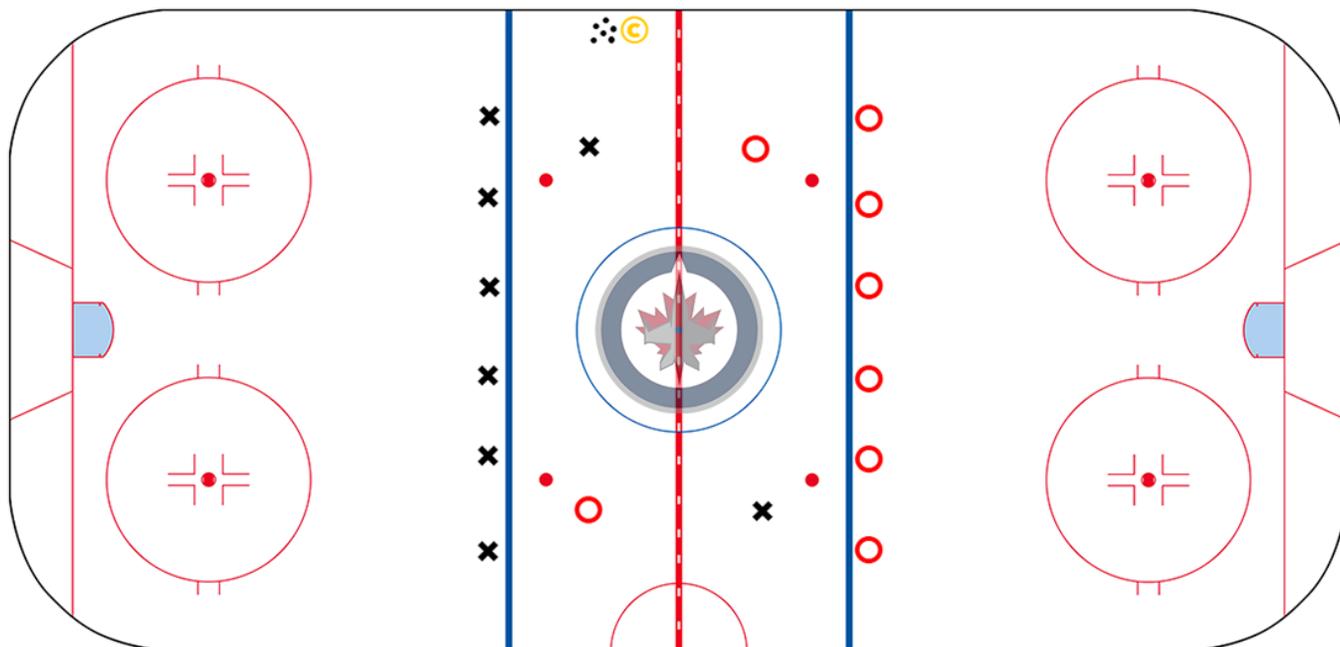


SWEDISH CYCLONE

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Winnipeg Jets

- Description:**
- Coach chips puck into N.Zone
 - 2 vs 2 keep away (puck protection, working to find ice/passing lane)
 - You can use players on your blueline as many times as you want (Players on Blueline cannot be checked) cannot stand still
 - On whistle, 4 new players in N. Zone



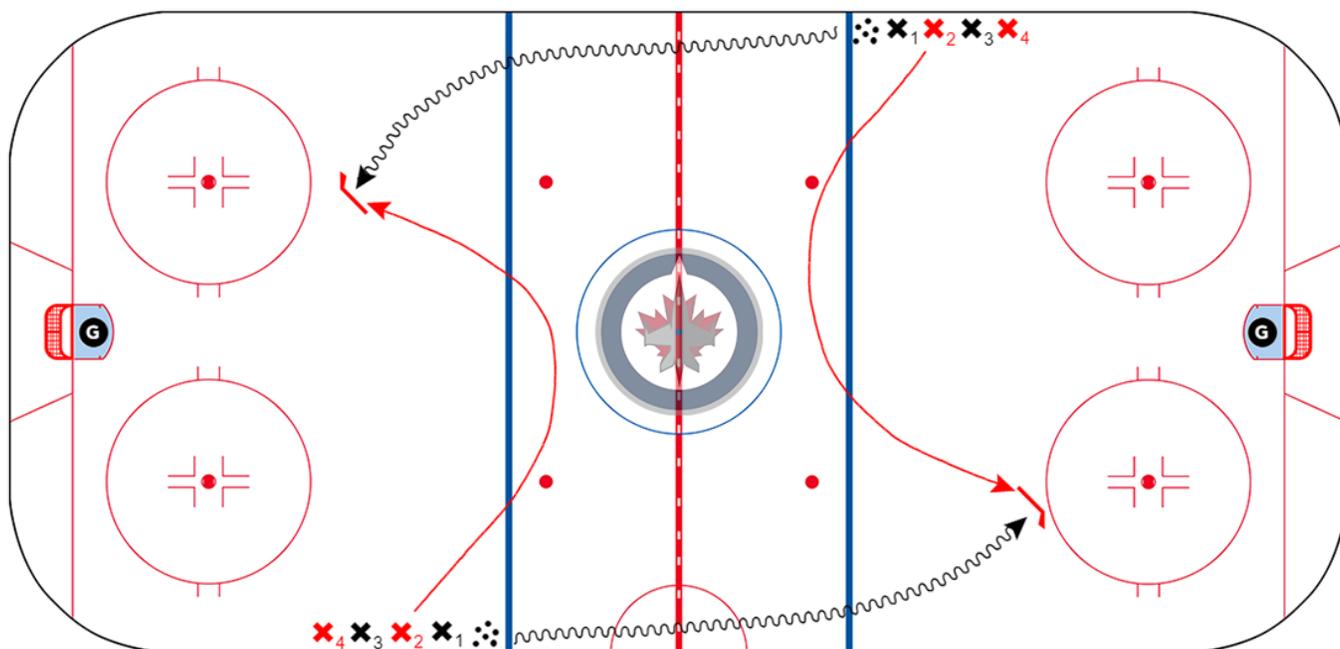
1 VS 1 ANGLING

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Winnipeg Jets

Description:

- On whistle, **X1** takes off through Neutral Zone. They can cut inside once they cross blue line
- At the same time **X2** leaves and angles **X1** to eliminate time and space on puck carrier with good stick and body position (push them outside)

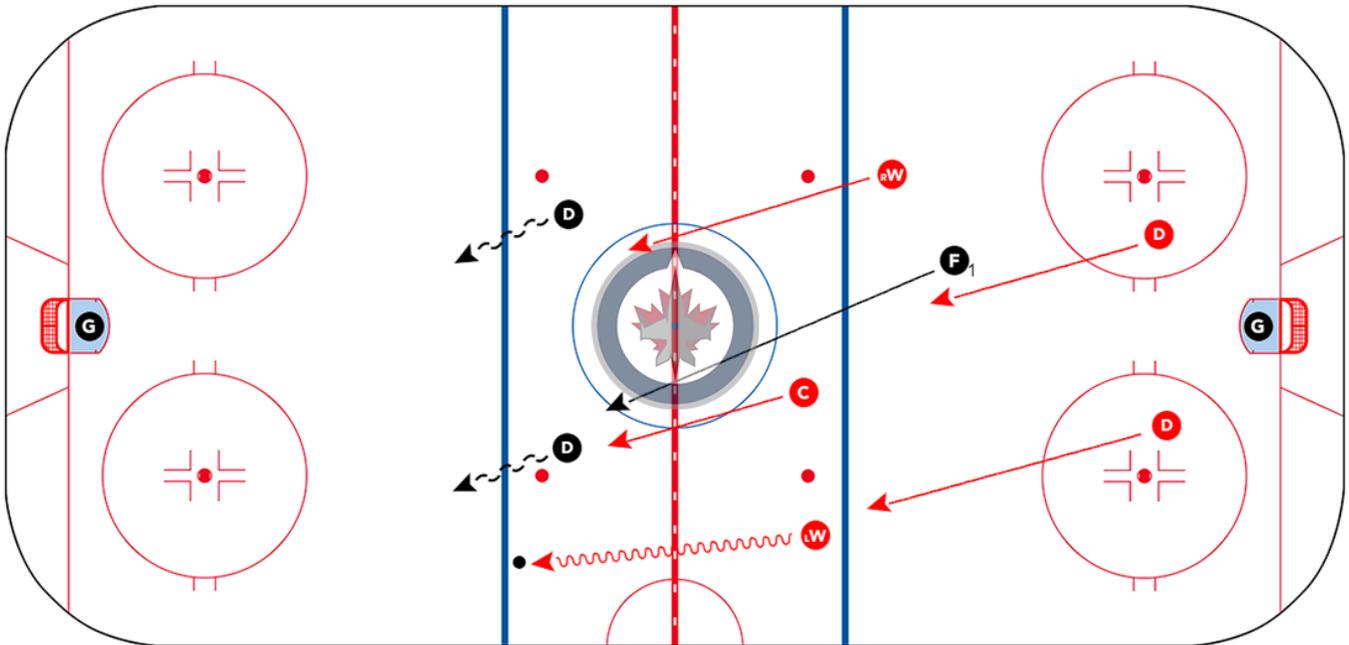


BREAKOUT VS F1 PRESSURE PART 2

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Winnipeg Jets

- Description:**
- Attack 5 vs 2 with **F 1** backchecking (5 vs 3) Attack with speed thru N Zone. Look to attack net on rush
 - Stay on the puck in Zone 5 vs 3 (2 **D** and **F 1**). Look to attack the net in Zone. Option to use Low to High. **D** can shoot or pass to partner for shot
 - Defensively 2 **D** and **F 1** identify Low 3 and box out and get under sticks

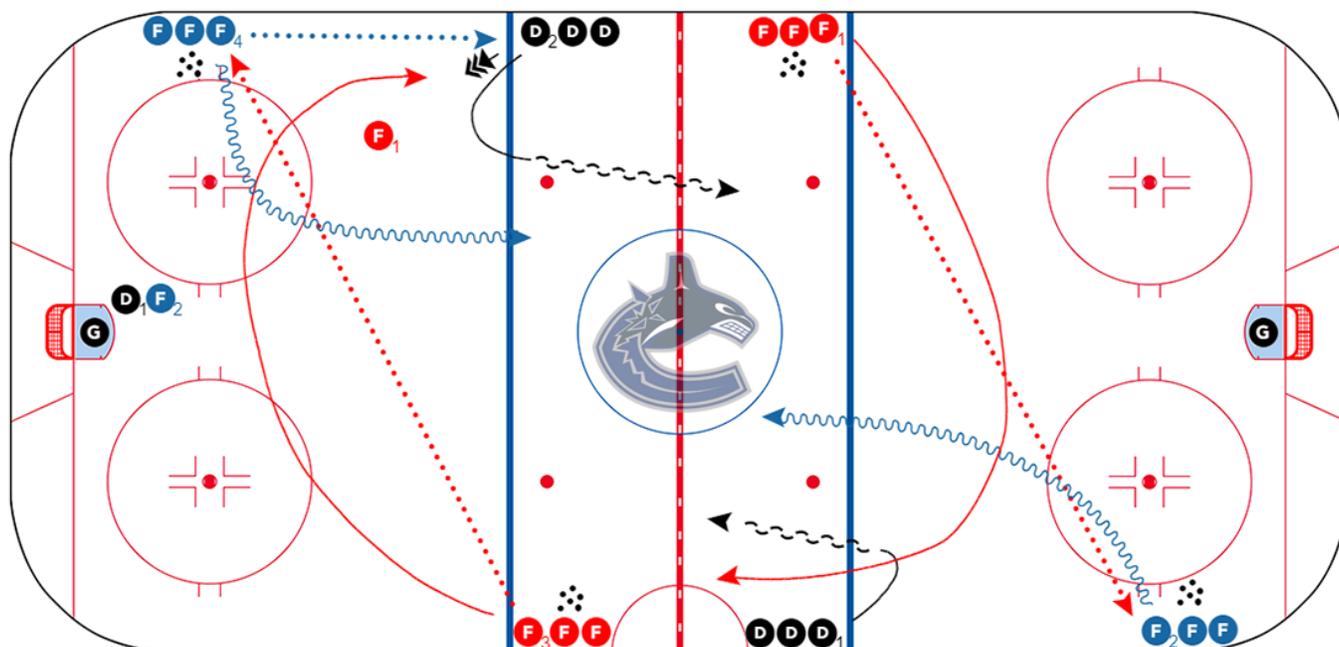


TAMPA 2 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Vancouver Canucks

- Description:**
- **F 1** pass to **F 2**, cross and attack **D 1**
 - After rush: whistle. Opposite side **F 4** pass to **D 2** for a point shot. Either F flex out in lane to block shot, **D 2** get it thru, other F stay net front and battle **D** for position
 - 2nd whistle **F 3** pass to **F 4**, cross and attack **D 2**, 2vs1 the other way
 - Net front F backcheck **F 3** and **F 4** rush
 - Continuous

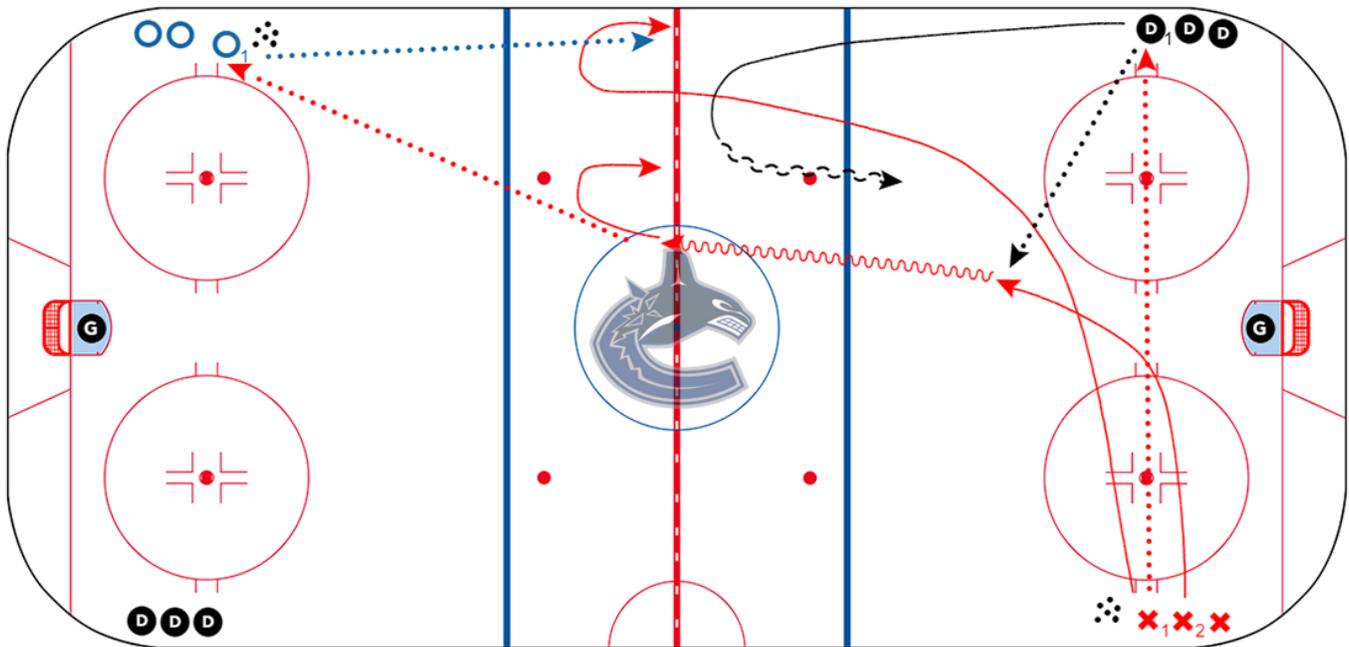


PASS AND POST 2 VS 1

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Vancouver Canucks

- Description:**
- **X1** pass to **D1** and skates wide lane
 - **X2** follows and fills the middle lane, receives pass from **D1** and passes to **O1**
 - **X1** curl and post, **X2** curl and support in middle
 - **X1** and **2** attack **D1** who has gapped up 2 vs 1
 - Both ends same time
 - Progression: After pass **O3** can be the back checker

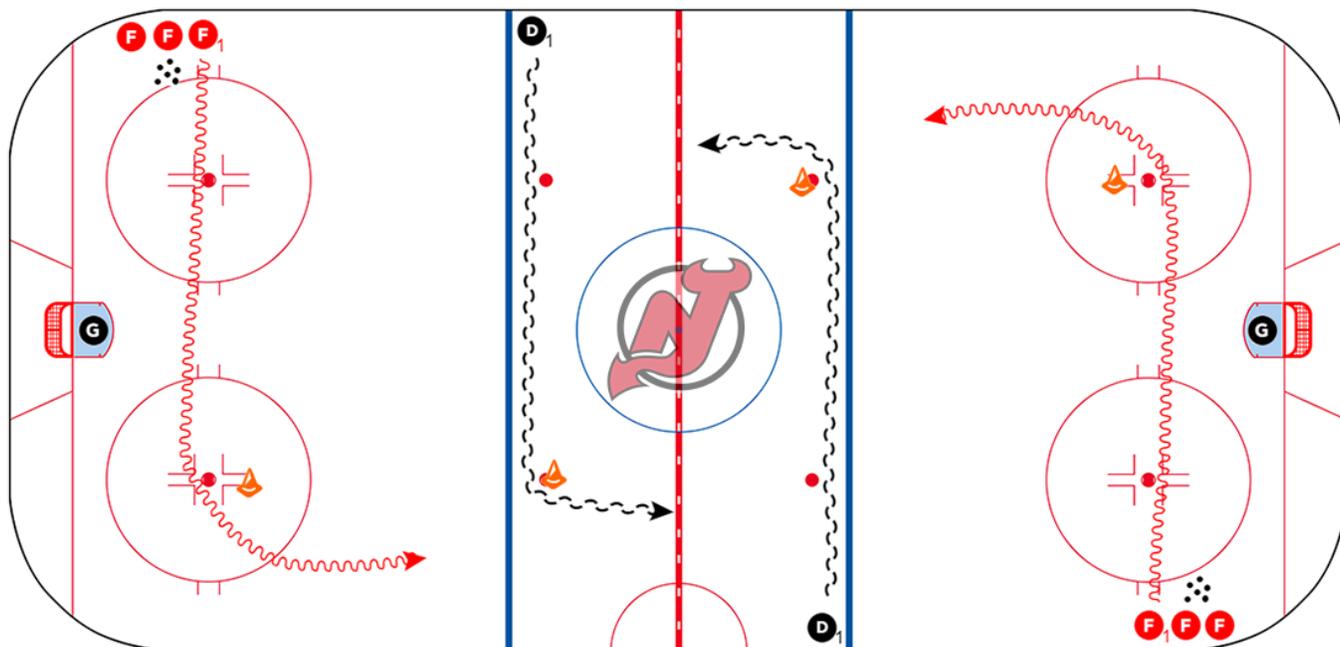


1 VS 1 QUICK FEET

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: New Jersey Devils

- Description:**
- **D** 1 start at opposite neutral zone dots
 - **F** 1s start same side hash
 - On whistle all 4 players go
 - **D** 1 touch boards with stick and skate and skate backwards around cone
 - **F** 1 skates around cone and attacks **D** 1, 1 vs 1

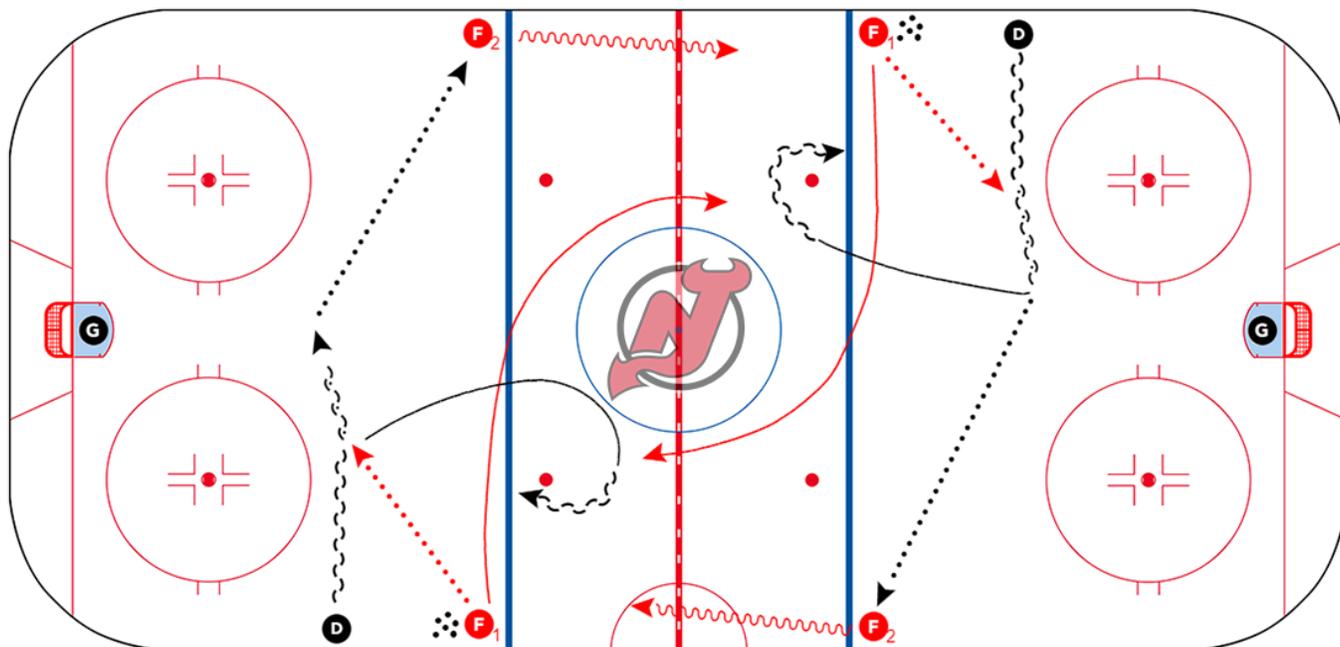


2 VS 1 QUICK UP

Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: New Jersey Devils

- Description:**
- On whistle, **D** steps off wall and gets pass from **F 1**
 - **D** flattens out and makes quick pass to **F 2**
 - **D** then has to gap up and play 2 vs 1 with opposite sides **F** s
 - **F** s attack with speed and **F 1** must work across ice for tight support





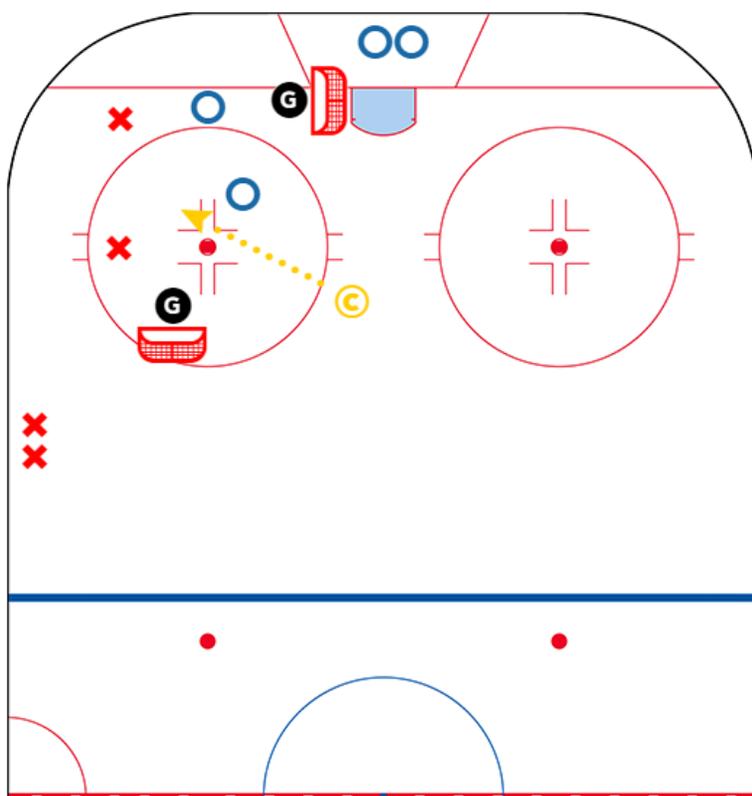
SMALL AREA DRILLS & GAMES

2 VS 2 CORNER GAME

Category: Small Area Drills & Games

Team: Arizona Coyotes

- Description:**
- 2 vs 2 game played in a corner, simple but highly competitive
 - Players will learn to protect the puck and use the boards to maintain possession or create a scoring chance
 - If puck goes in net or out of playing area, Coach spots another puck and the play continues
 - Play is dead on whistle and 4 new players enter the game

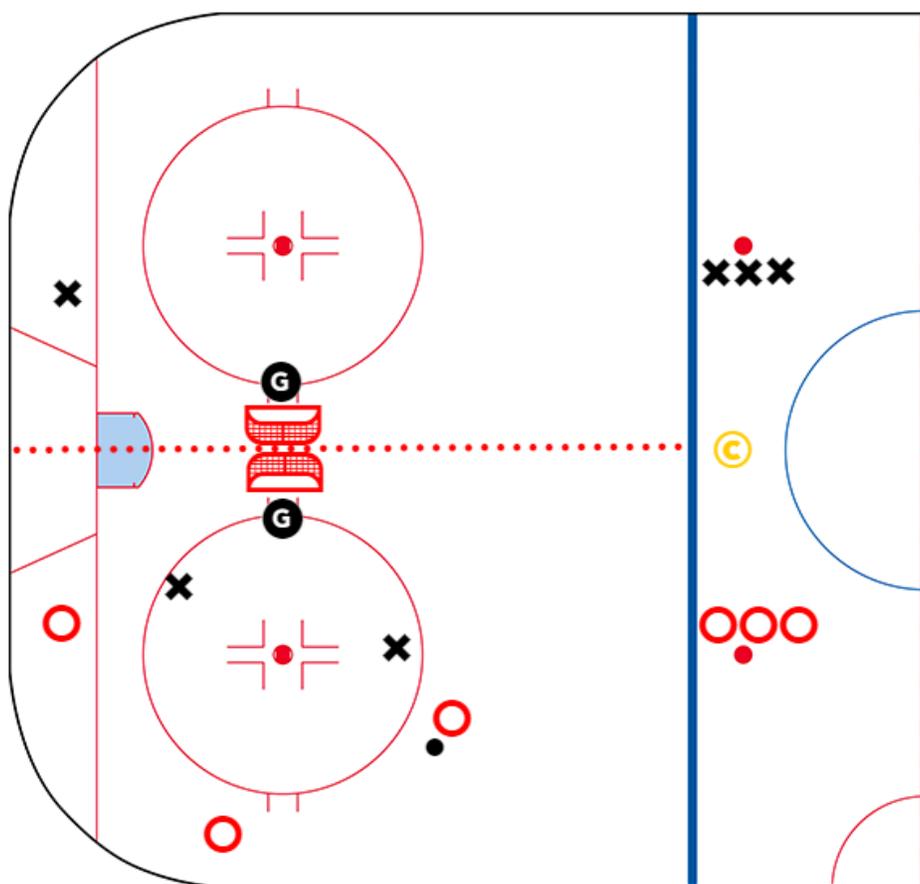


2 VS 2 +1

Category: Small Area Drills & Games

Team: Chicago Blackhawks

- Description:**
- Drill starts on whistle, 3 players from each line go
 - 1 player from each team can only be on the offensive end of the zone. 3 vs 2 for the offensive team
 - If puck goes in other end, one player has to stay behind
 - On whistle, bring puck out. 6 new players play with a newly spotted puck

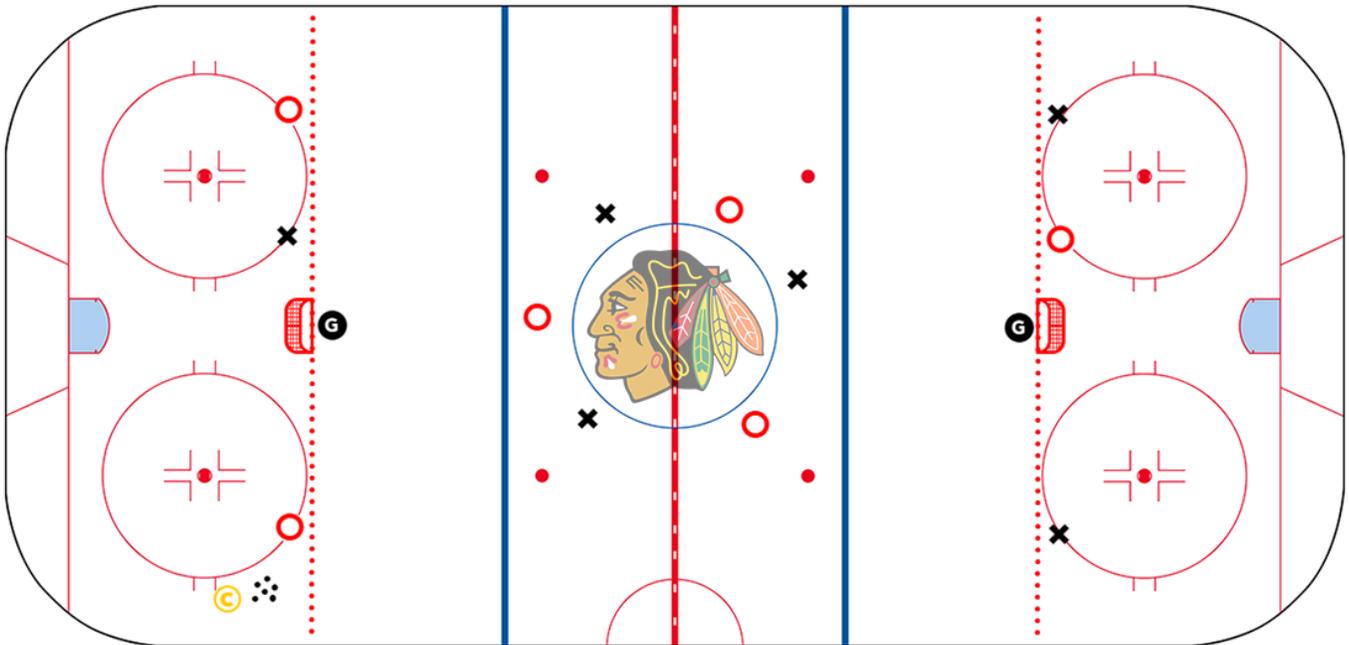


MID ICE 3 VS 3

Category: Small Area Drills & Games

Team: Chicago Blackhawks

- Description:**
- 3vs3 in Mid-Zone, change on the whistle
 - Each team gets 3 stationary passers, you can place them anywhere behind each goal line, but it must be clear who they are
 - Players not involved in the drill stay back so it's clear who the options are
 - On the change, the 3 passers become live in the middle

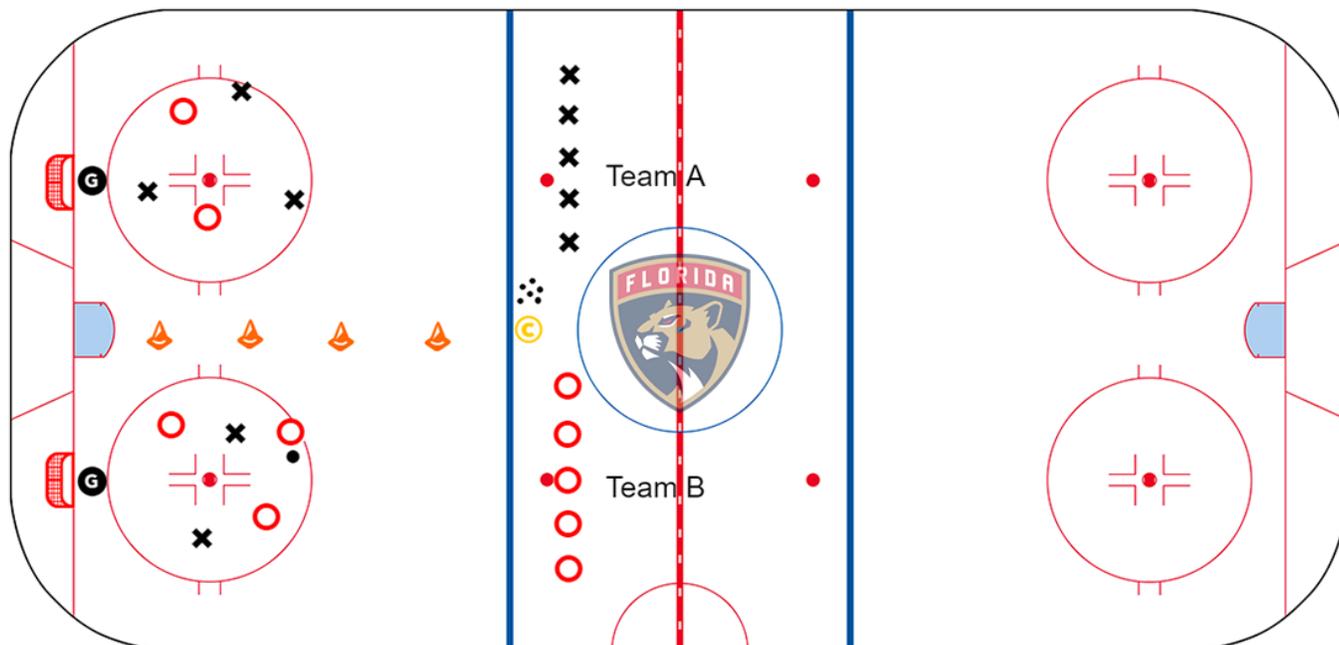


3 VS 2 SMALL AREA GAME

Category: Small Area Drills & Games

Team: Florida Panthers

- Description:**
- Team A vs Team B
 - Attack 3 vs 2. Defending players must make a direct pass to your team on the offensive side
 - Coach keeps pucks alive
 - Players can't cross the line



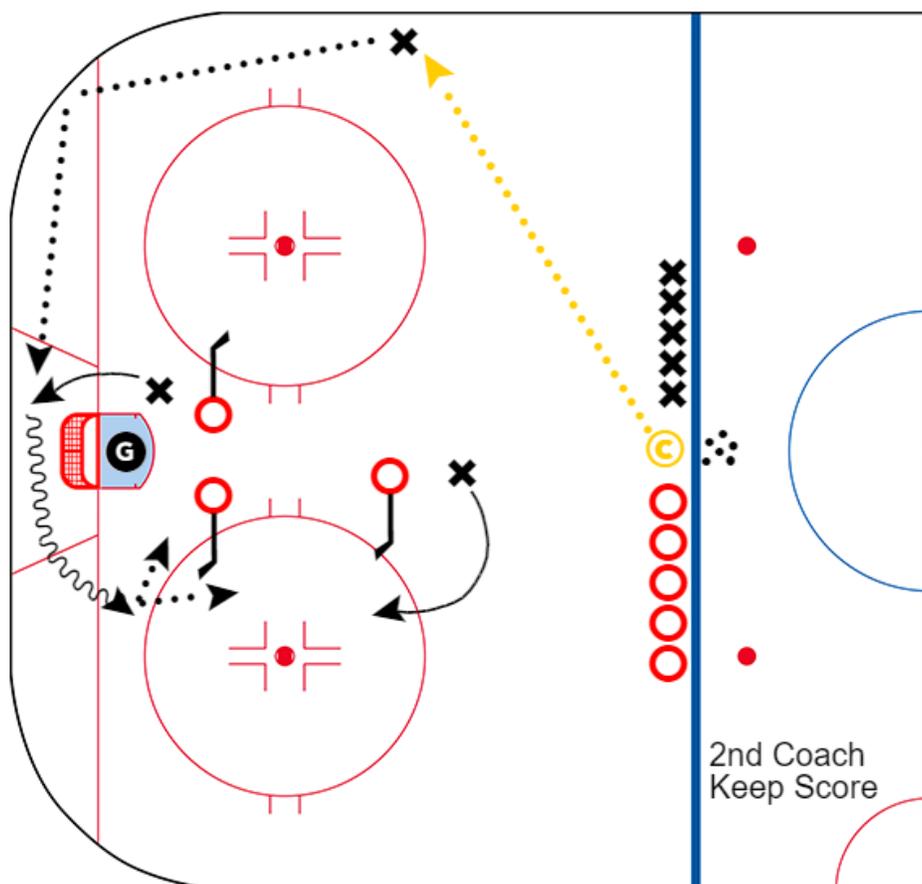
3 VS 1, 3 VS 2, 3 VS 3 — 3

Category: Small Area Drills & Games

Team: Nashville Predators

Description:

- On 3 vs 3: 3rd defender jumps in play and Coach spots puck on opposite hash marks
- 1/2 wall player cycles puck to back post for net front release
- (D must allow back of net) then play out the 3 vs 3 until a shot or goal

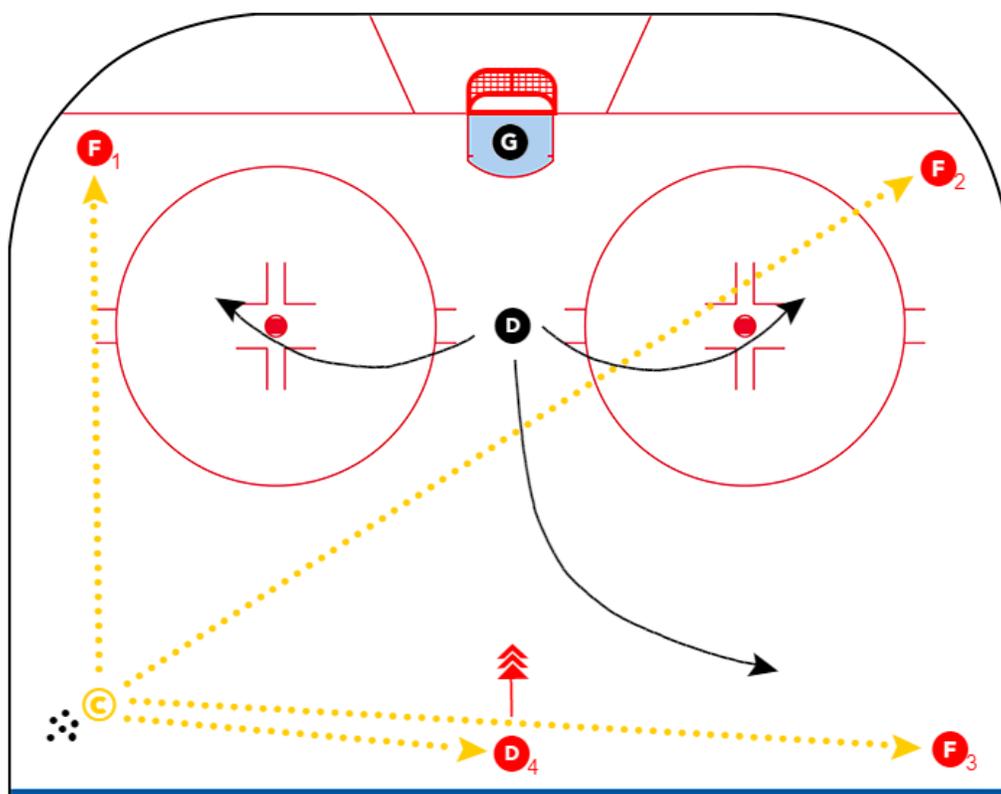


1 VS 1 X 4 IN ZONE

Category: Small Area Drills & Games

Team: Winnipeg Jets

- Description:**
- Coach starts each 1 vs 1 by passing puck to **F**
 - **D** starts at net front and takes away time and space. Coach can give clean direct pass or bad pass so **D** must close gap accordingly
 - Three 1 vs 1 but 3rd **F** goes to the net
 - The 4th pass to **D** 4 is a box out, point shot. Keep body position on forward and get under the stick

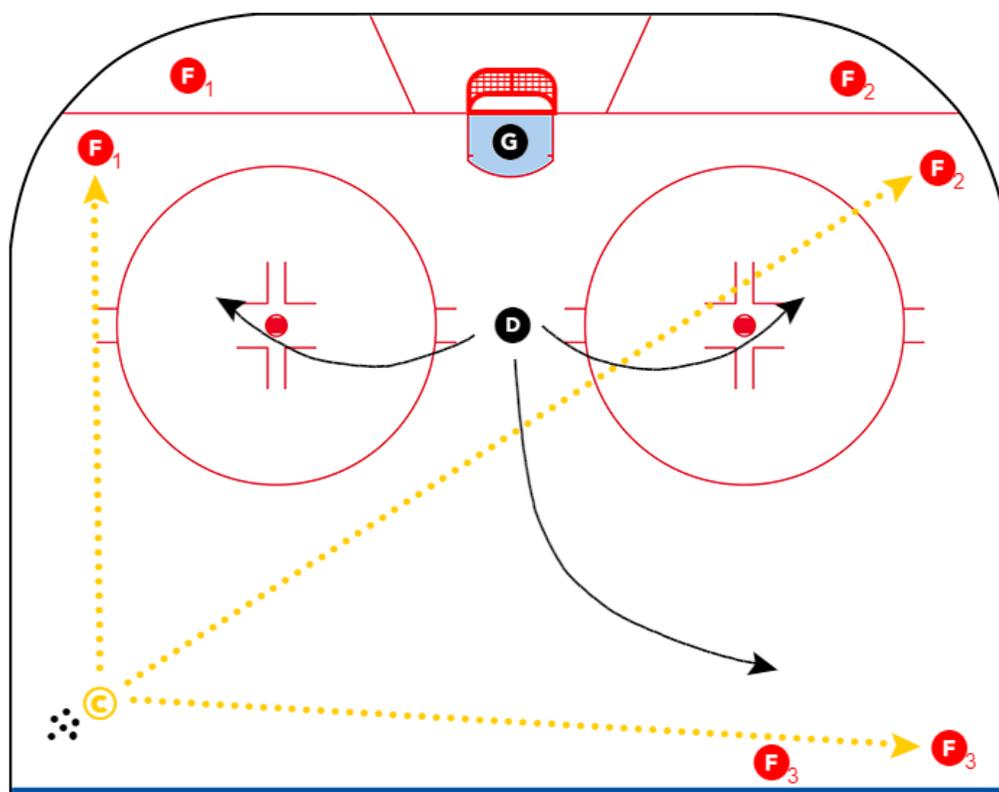


2 VS 1 X 4 IN ZONE

Category: Small Area Drills & Games

Team: Winnipeg Jets

- Description:**
- Coach starts each 2 vs 1 by passing puck to **F**
 - **D** starts at net front and takes away time and space. Coach can give clean direct pass or bad pass so **D** must close gap accordingly
 - Three 2 vs 1 but first **F**s are also the 4th 2 vs 1 which starts with Coach rimming puck to back of net

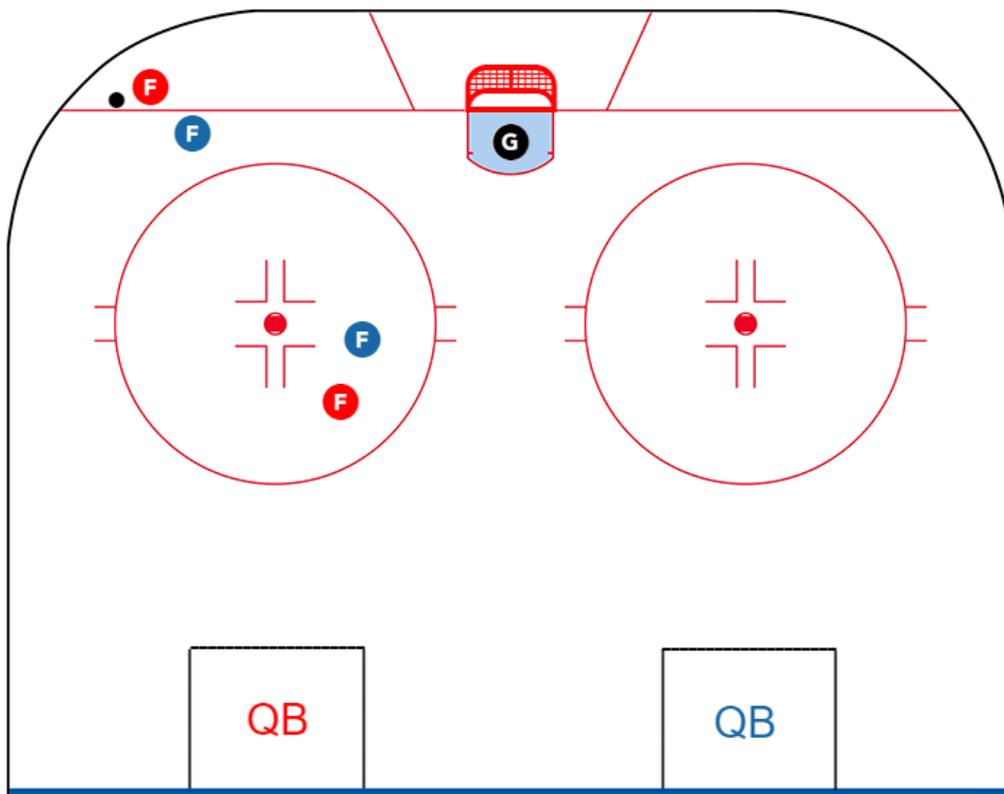


QUARTERBACK GAME

Category: Small Area Drills & Games

Team: Winnipeg Jets

- Description:**
- 2 vs 2 in Zone on change of possession must pass to QB before you can score
 - Can pass to the QB as many times as you want
 - QB cannot be covered or cannot score
 - QB must stay inside lined area (Spray paint / Marker)
 - Score on own rebounds — Change on the whistle

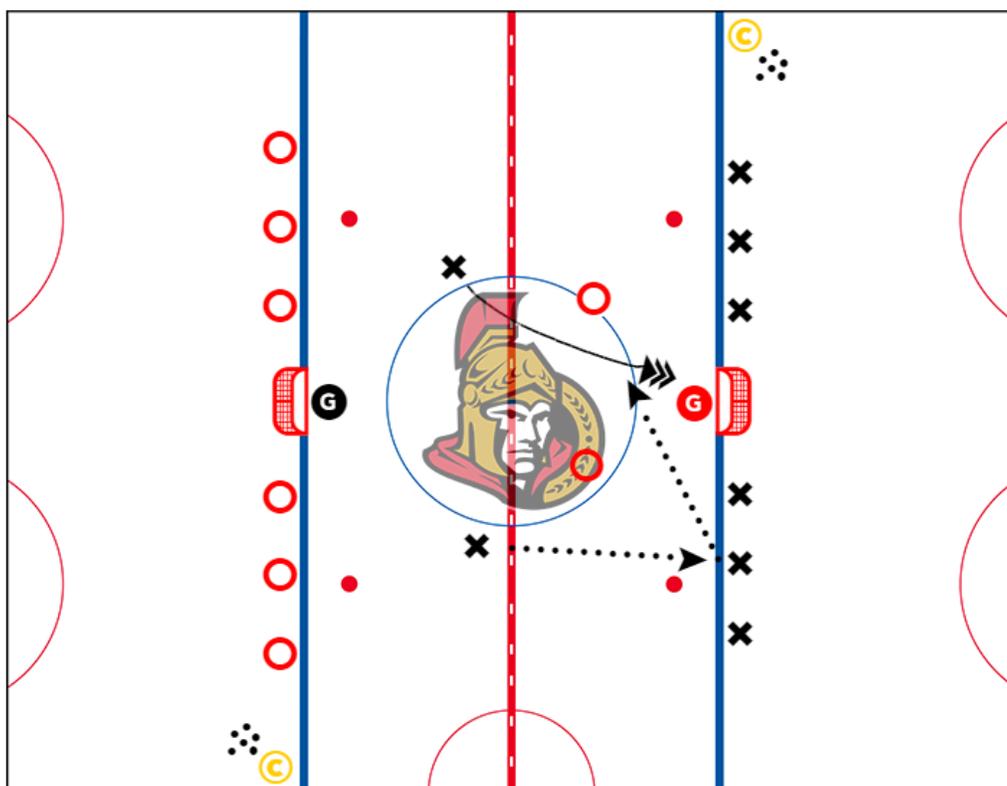


SWEDISH NZ 2 VS 2

Category: Small Area Drills & Games

Team: Ottawa Senators

- Description:**
- Focuses on Quick Transition
 - Split Group into 2 Teams
 - Play 2 vs 2 inside blue lines
 - The rest of teams line-up at opposition's blue line
 - When player gains possession of puck, he MUST make 1 pass to his team at blue line before a shot can be taken

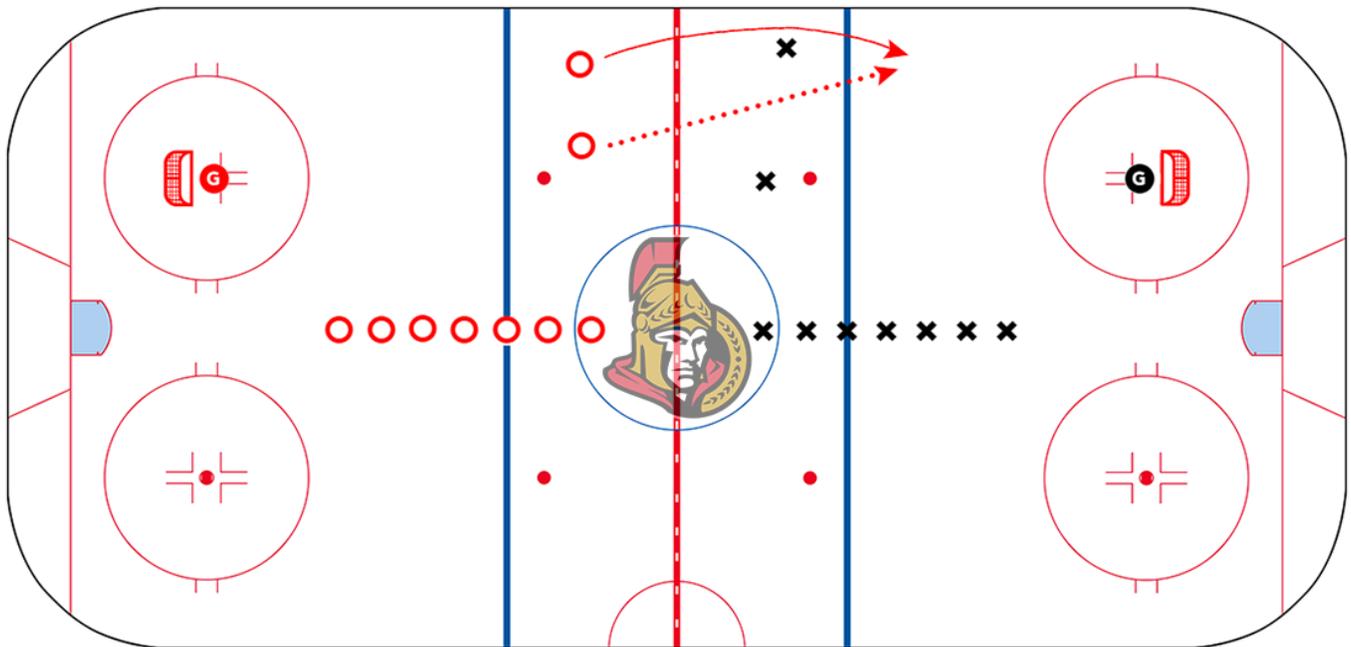


DAVOS STRETCH GAME

Category: Small Area Drills & Games

Team: Ottawa Senators

- Description:**
- 2 Teams line-up across center ice. Nets on opposite face-off dots
 - Play a 2 vs 2 or 3 vs 3 game on the length of the ice, with no off-side rules
 - Players are allowed to stretch when gaining possession of the puck
 - Good game for getting open offensively
 - Goalies are encouraged to move the puck as well

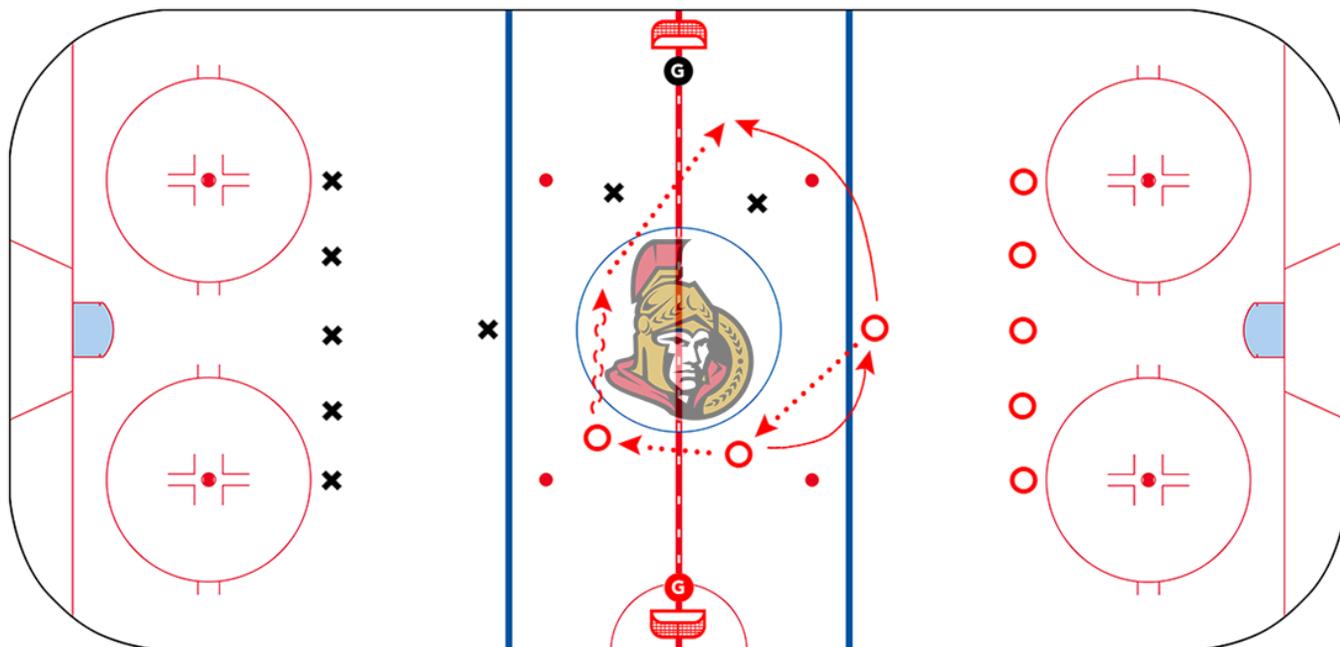


NEUTRAL ZONE CHANGE UP PASSING GAME

Category: Small Area Drills & Games

Team: Ottawa Senators

- Description:**
- Play 3 vs 3 using the width of the ice
 - One of the 3 players has to stand outside the blue line and acts as a passer anywhere along that line
 - Only pass to him if you need to. You can also switch places with the passer to create an open player up or down the ice (getting open concepts)





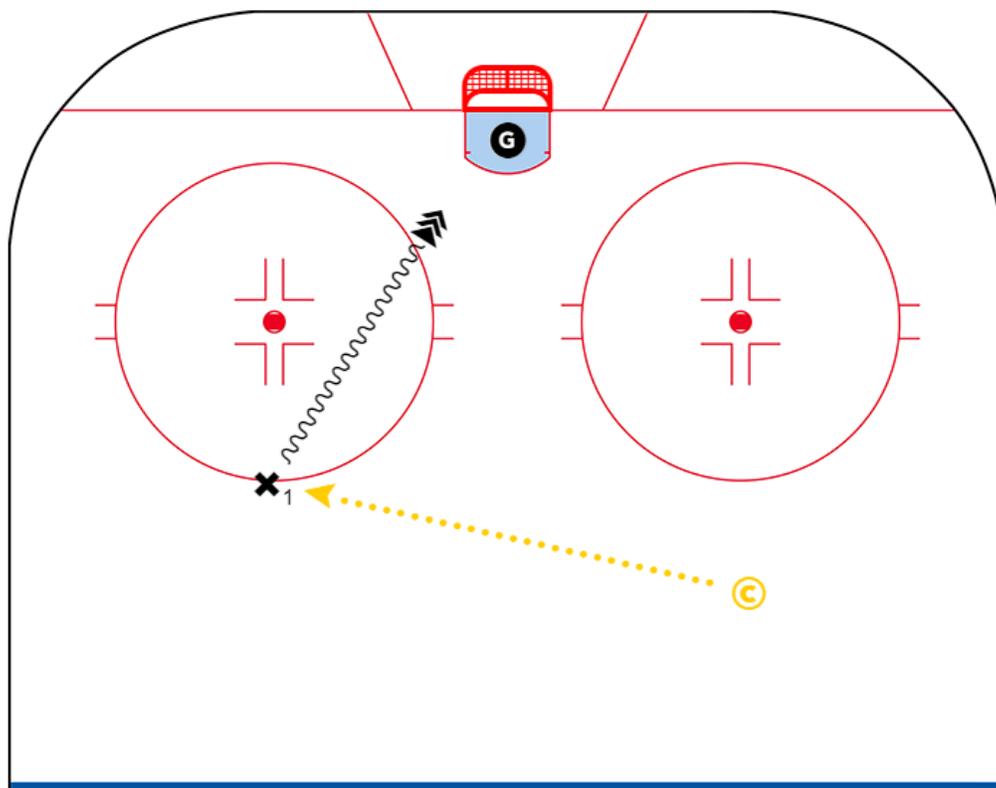
GOALTENDING

LATERAL SET LATERAL RECOGNITION

Category: Goaltending

Team: Ottawa Senators

- Description:**
- Coach passes to **X1** for a stationary shot Goalie comes back to Coach
 - Coach then averts **X1** to go towards net
 - Coach passes to **X1** early or closer to net
 - Goalie must move laterally with proper depth on his feet

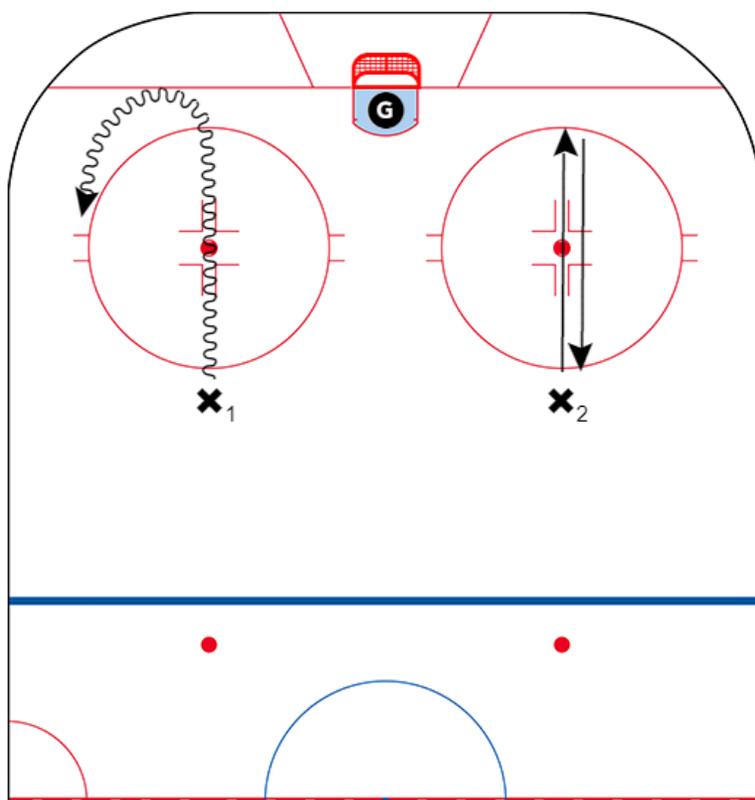


LATERAL VISUAL ATTACHMENT

Category: Goaltending

Team: Ottawa Senators

- Description:**
- **X1** leaves towards goal line and turns up towards boards
 - **X2** can skate to top of circle or lower to receive pass
 - Goalie must be alert with his eyes and notice **X2**'s place

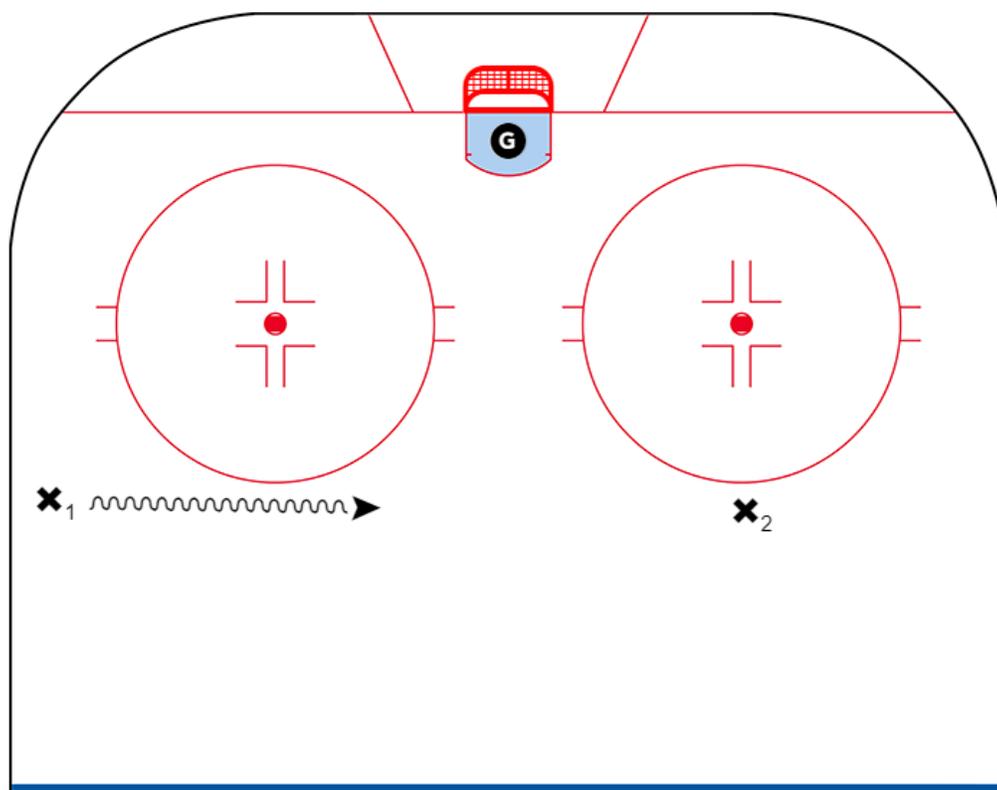


LATERAL PATIENCE

Category: Goaltending

Team: Ottawa Senators

- Description:**
- **X1** carries puck and has option to shoot from dot line or pass across for **X2** shot.
 - **X2** catches and releases
 - Goalie must work on staying patient initially with **X1** and then push to set on **X2** shot

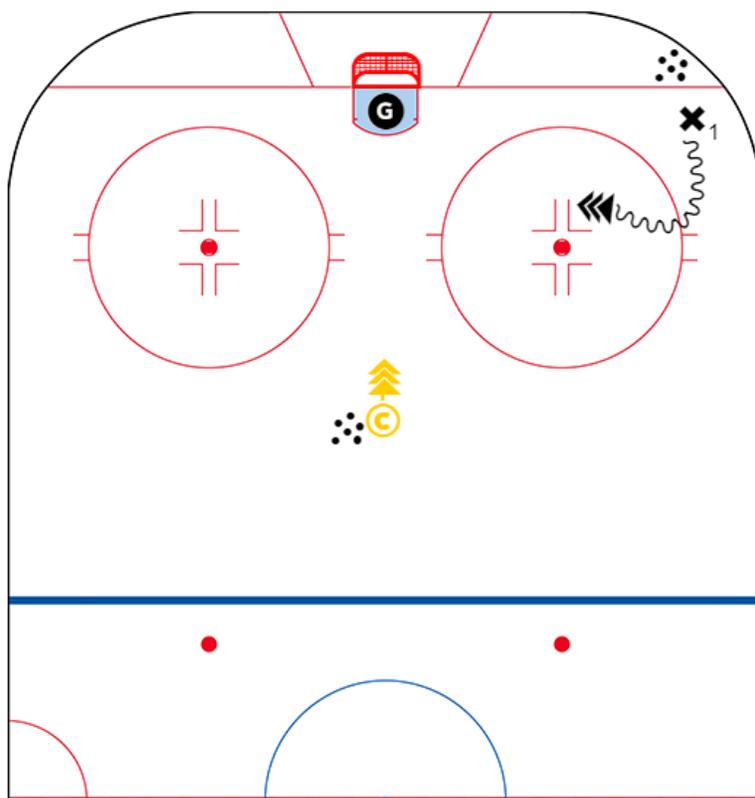


REBOUND TRACK LOW

Category: Goaltending

Team: Ottawa Senators

- Description:**
- Coach takes low shot to glove, Goalie tracks puck to his body
 - Once rebound gets to player **X1** comes into circle for second shot
 - **X1** have puck ready if rebound is not at him
 - Both sides

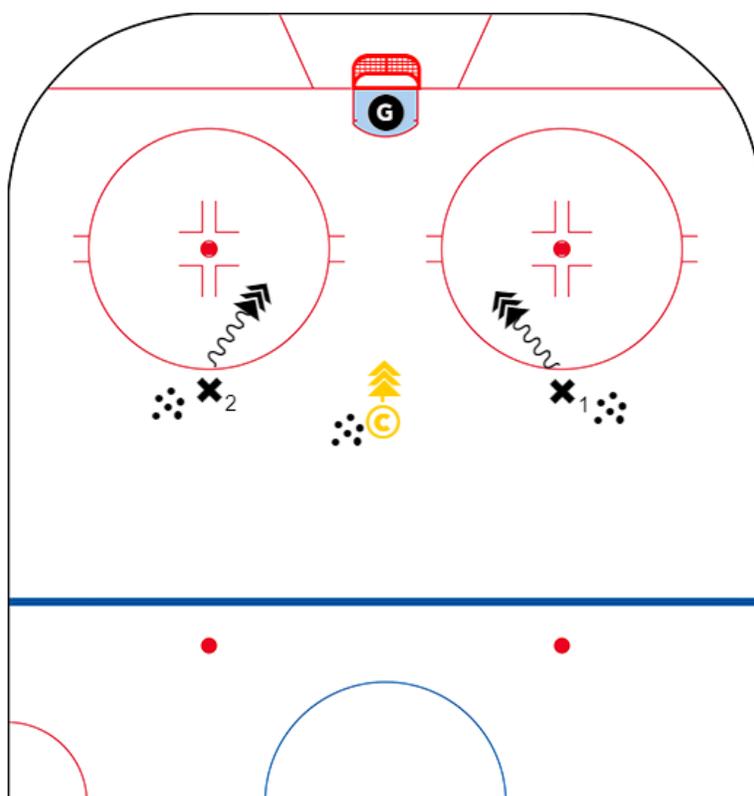


REBOUND TRACK LOW #2

Category: Goaltending

Team: Ottawa Senators

- Description:**
- Coach takes low shot to glove or blocker
 - Goalie follows puck to side and sets up for dot drive shot from **X1** or **X2**
 - **X1**: If shot was to glove
 - **X2**: If shot was to blocker
 - **X1** or **X2** Don't leave until goalies' eyes are at them



TAP DRILL

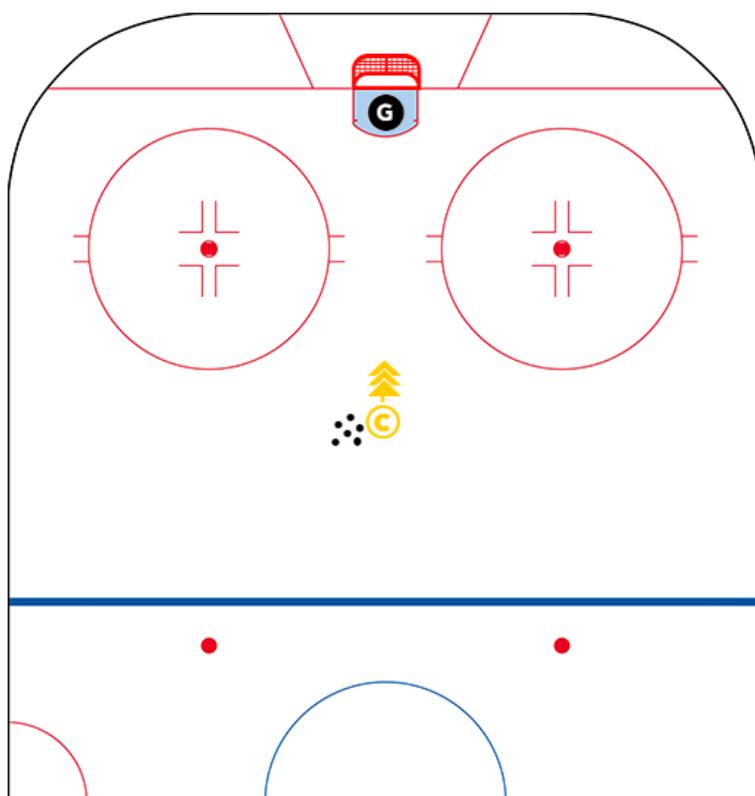
Category: Goaltending

Team: Ottawa Senators

Description:

- Coach sets up with puck to hash
- Goalie eyes are down toward ice
- Coach slaps his stick and Goalie looks up
- Coach take a quick shot to glove or blocker
- Goalie must quickly see the puck and track to gloves

** Repeat drill in butterfly



2 VS 2 EITHER WAY

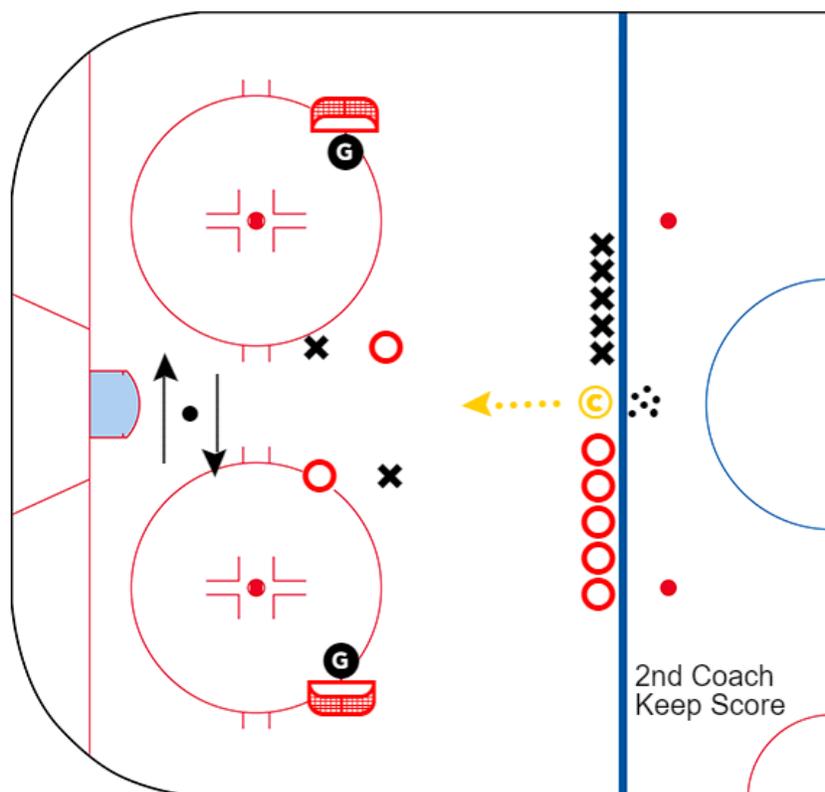
Category: Goaltending

Team: Nashville Predators

Description:

- Coach spots puck and players compete 2 vs 2 and can score on either goalie
- Spot new puck when goal is scored
- 20-25 second shifts and next 4 players jump in on whistle
- Keep score, make it competitive & put something on the line

*Note: Drill can be taxing on the goalies

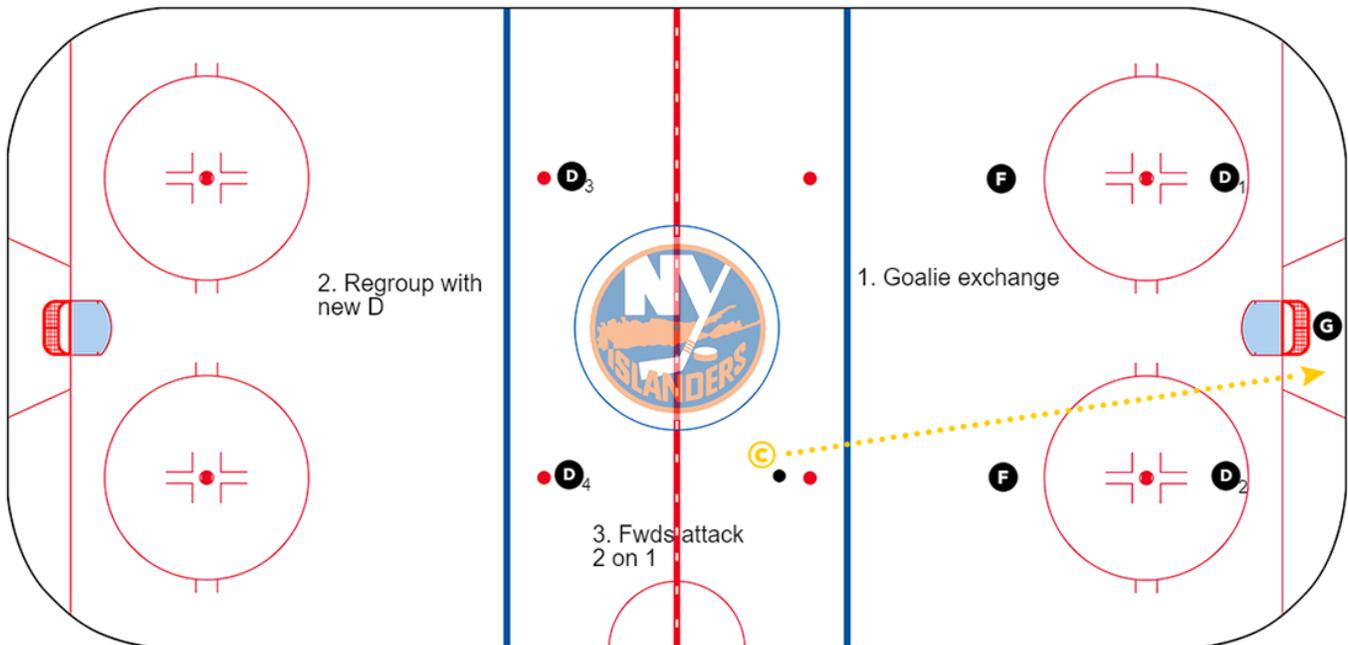


GOALIE EXCHANGE 2 VS 1

Category: Goaltending

Team: New York Islanders

- Description:**
- Coach dumps puck in to start goalie exchange breakout
 - **D** 1 and 2 breakout with and 2 **F**s who regroup with **D** 3 and 4 in the neutral zone
 - After regroup, **F**s attack back on **D** 1, 2 vs 1
 - **D** 3 and 4 who regrouped go back for breakout on other end *continuous drill*



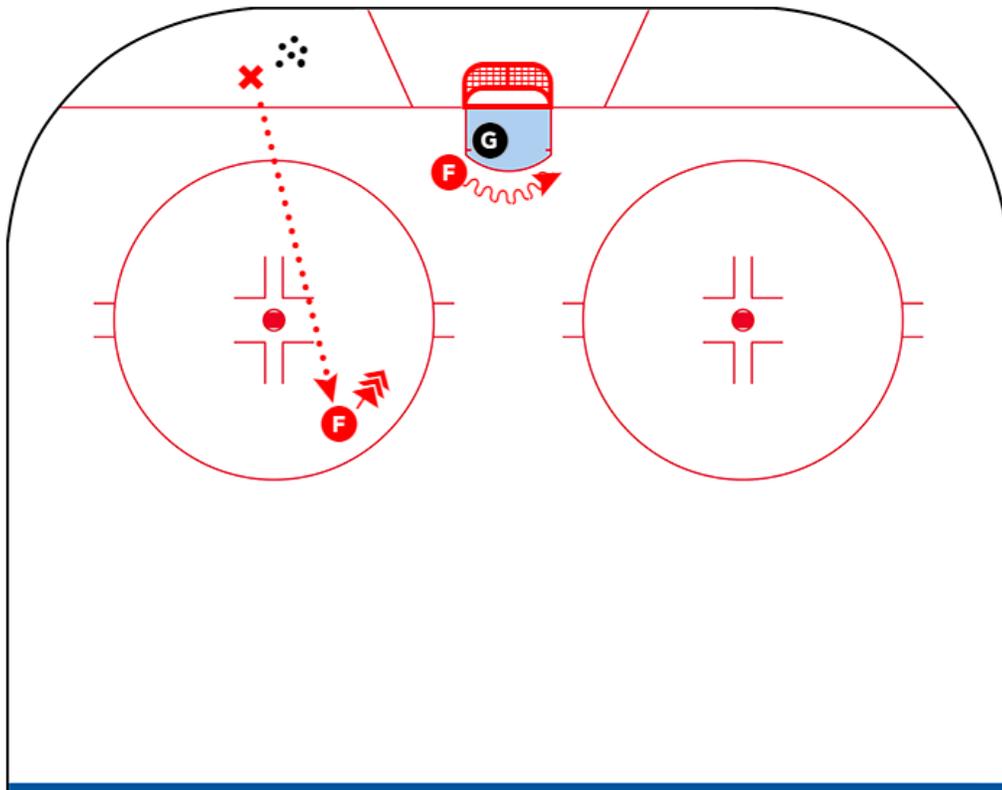
HEDBERGS OWN THE CREASE

Category: Goaltending

Team: San Jose Sharks

Description: Purpose: For the goalie to fight for his ice and not submit and get stuck on the goal line

- Pass goes from behind the goal line to top of the circle
- Goalie needs to push out and get his crease back from the forward that's planted on the crease line
- Net front **F** rolls off after contact to the back post for rebounds
- **F** on top of circle shoots to score — rebound is live

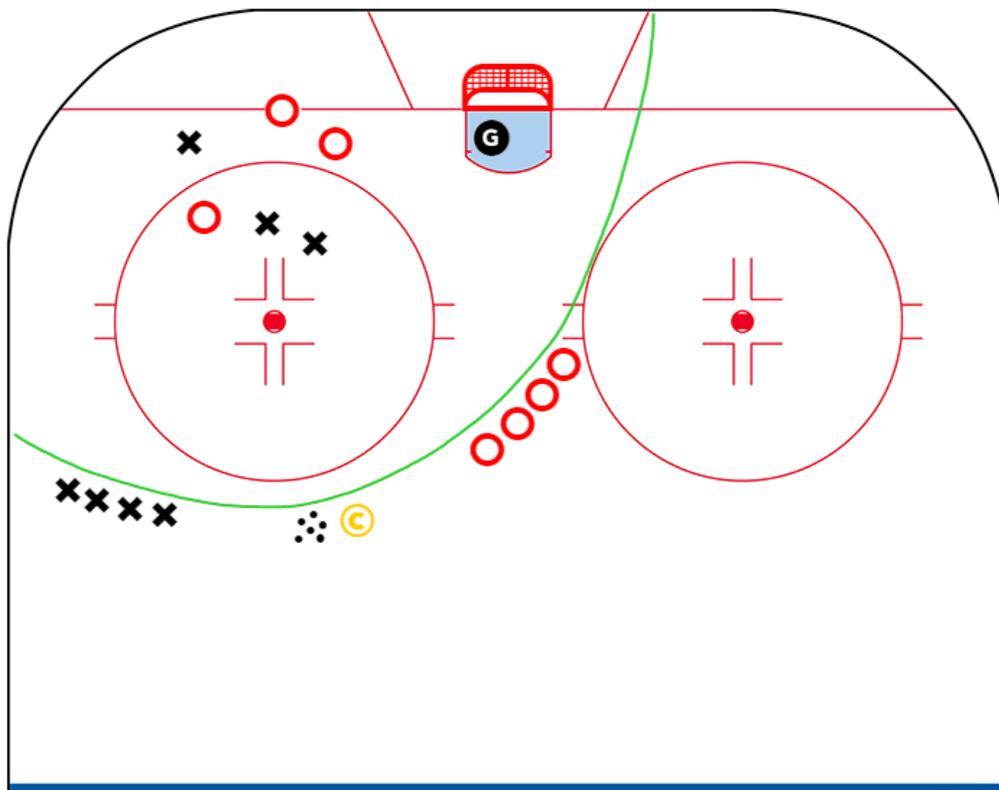


NEWSY FLOP

Category: Goaltending

Team: Tampa Bay

- Description:**
- Offense team on for 4 mins: switch after that
 - Defending team must skate puck out. Coach will blow whistle to change
 - If goal scored, goalie freeze or not skated out, new puck and no change
 - Keep score



CAN OF KORN

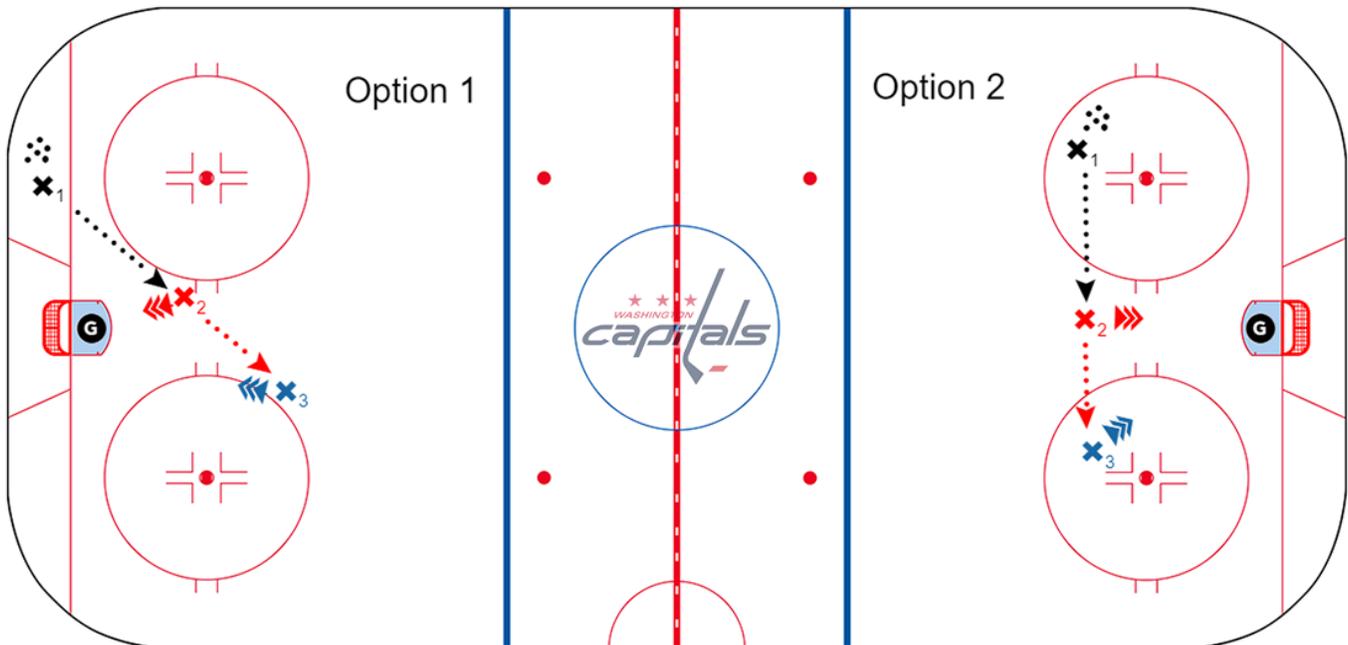
Category: Goaltending

Team: Washington Capitals

Description:

- Goalie drill with 3 shooters — goalies can rotate in and out of net
- **X1** with pucks on goal line passes the puck to **X2** in slot — **X2** has the option of catching and shooting or letting the pass go through to **X3** who shoots as quickly as possible
- **X2** can sneak in to net as a rebound presence

Option 2: You can also move **X1** to the faceoff dot and line up the shooters in a flat line just above the dot running same options





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