

T2-4 – 2019 – Team Offense vs. Defense Skills Manual

Tom Molloy

T2-4 - 1-1 to 2-2 to 3-3 - U18

Key Points:

Attackers skate and protect the puck setting screens and picks. Defenders play man on man from the net side, talk and switch if needed.

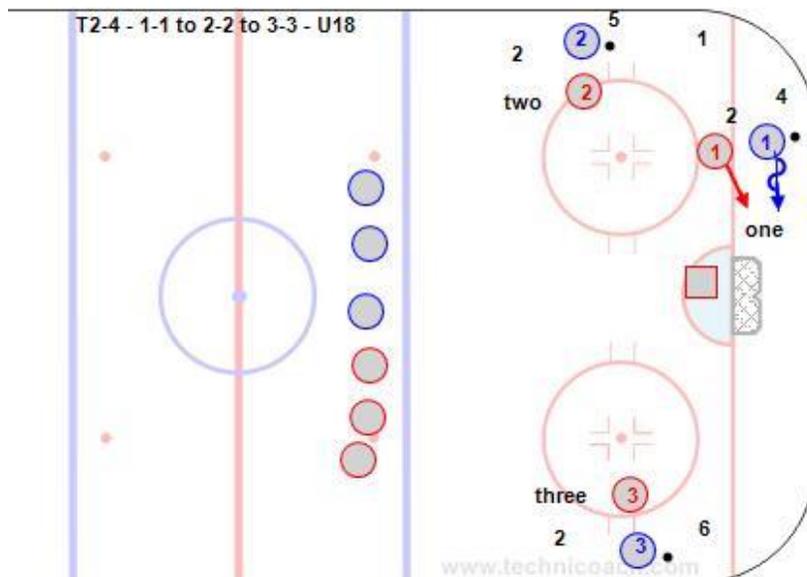
Description:

1. Attackers 1-2-3 have pucks in various areas of the attacking zone.
2. Defenders 1-2-3 pair up and wait from the defensive side.
3. Pairs are numbered 1-2-3.
4. Pair 1 start A1 attacking vs. D1.
5. Pair 2 start in about 10" joined by Pair 1 and play 2-2.
6. Next whistle Pair 3 start and play 3 on 3.

**Make it competitive and keep score.*

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

Key Points:

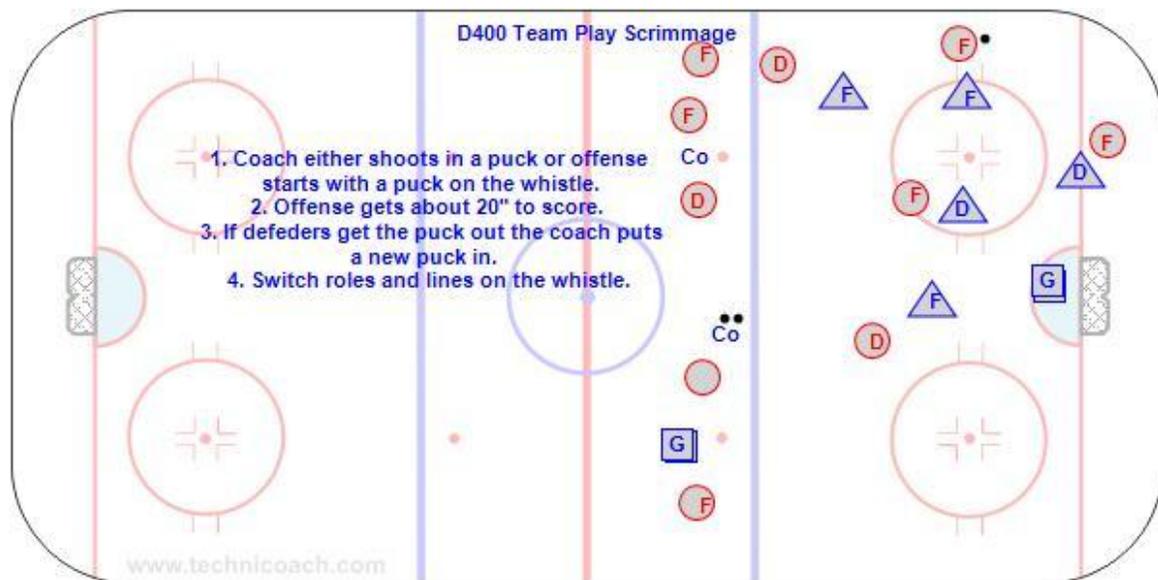
Everyone has zone and man on man responsibility. First defender tight coverage, second within a stick length, third half way, fourth and fifth on the defensive side with the stick in the passing lane and a man-you-puck triangle with the head on a swivel.

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.*

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T2-4 - BO-RG-FC - 3 F - Tomas - U18 F

Key Points:

Game like passing as you practice the forecheck and breakouts at the same time. *This may be the magic warm-up drill I have been searching for since I started coaching in 1971.*

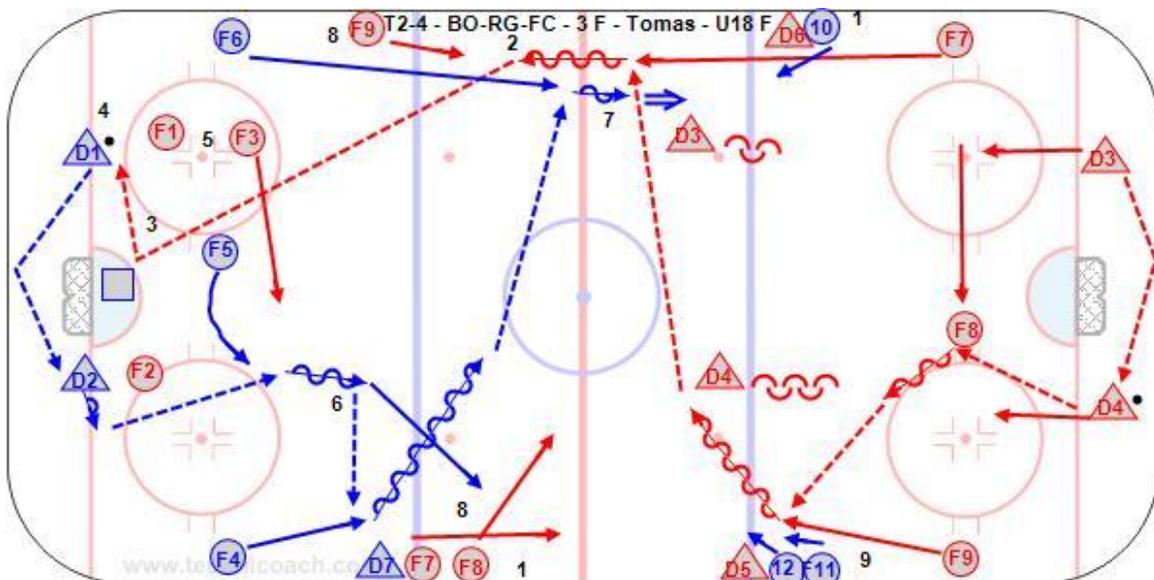
Description:

1. Players leave from inside the four blue lines.
 2. Forwards dump the puck into their own end and forecheck the other defense.
 3. F1-F2-F3 cross the red line and dump the puck in so the goalie must handle it.
 4. D1-D2 go back for the puck.
 5. F1-F2-F3 forecheck; F1-F2 within a stick length and F3 mirror.
 6. D3-D4-F4-F5-F6 breakout and everyone must touch the puck up ice.
 7. F4-F5-F6 shoot the puck in and forecheck vs. D3-D4.
 8. F7-F8-F9 follow the play into the zone and breakout with white D1-D2.
 9. Continue this flow end to end.
- *In this video example they are dumping in at one end and regrouping at the other because the goalies are working at one end. The description is for dumping in at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170920121223948>

<https://youtu.be/8ul6AQPQRy8>

Pro's doing the flow. <https://1drv.ms/v/s!AukXg5gWoW-98EX8pPJZB2DQGBzk>



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

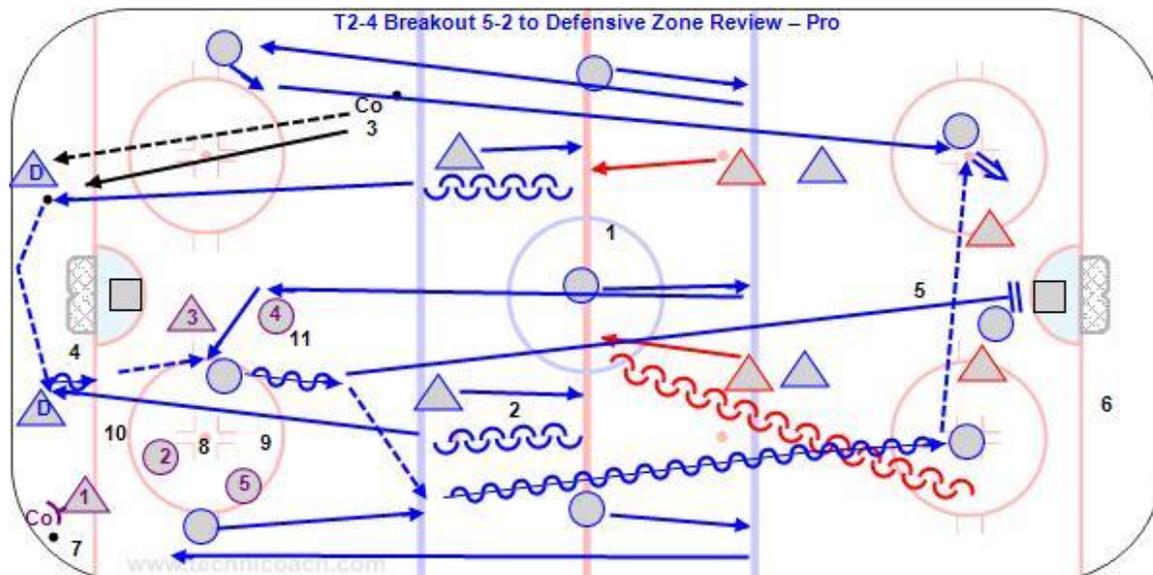
Key Points:

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.

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T2-4 - Continuous Three Team Game - Passive Resistance – Pro

Key Points:

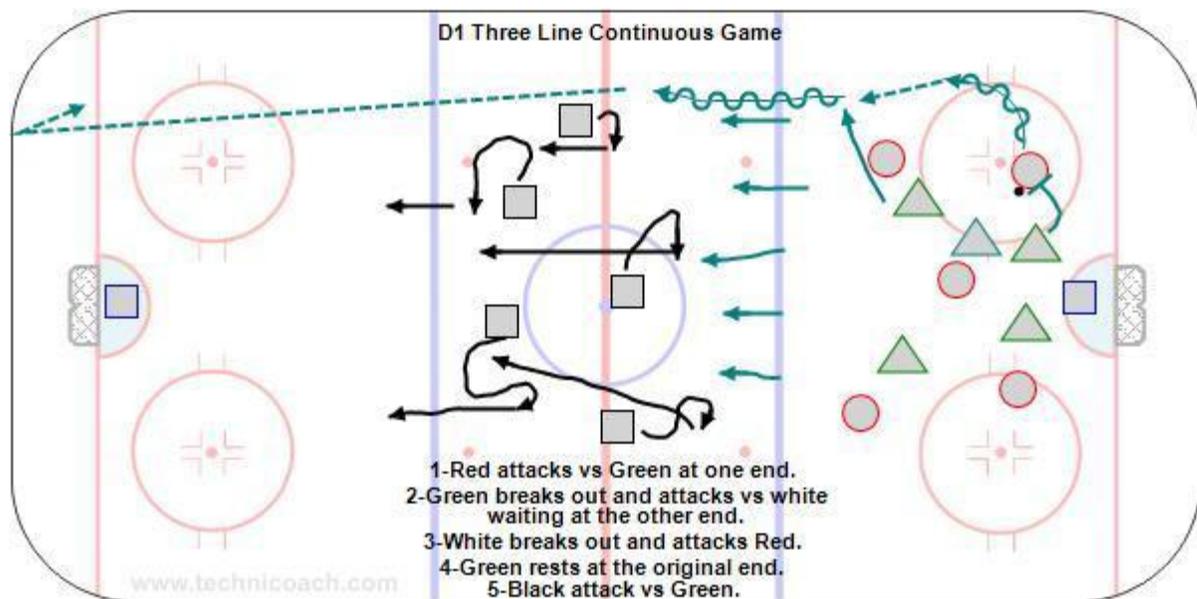
Practice offensive and defensive team play with passive resistance where players practice positioning in both situations. You can also play this as a live scrimmage and use the same rotation for PP and PK. To work on PK have either 3 or 4 players waiting in the neutral zone.

Description:

1. Start with a dump in and 5-0 breakout.
2. Defending team wait in the neutral zone and go back to breakout on the dump-in.
3. Offensive team forecheck with a wide 1-2-2 and a 2-1-2 when F1 creates pressure.
4. Use various breakout options as; boards, reverse, quick to C, C touch back to Wing, etc.
5. Three forwards and two defensemen wait in the neutral zone when the puck enters each end.
6. The new players go back for the dump-in and breakout.

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https://youtu.be/jli_o4eSyMc



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.

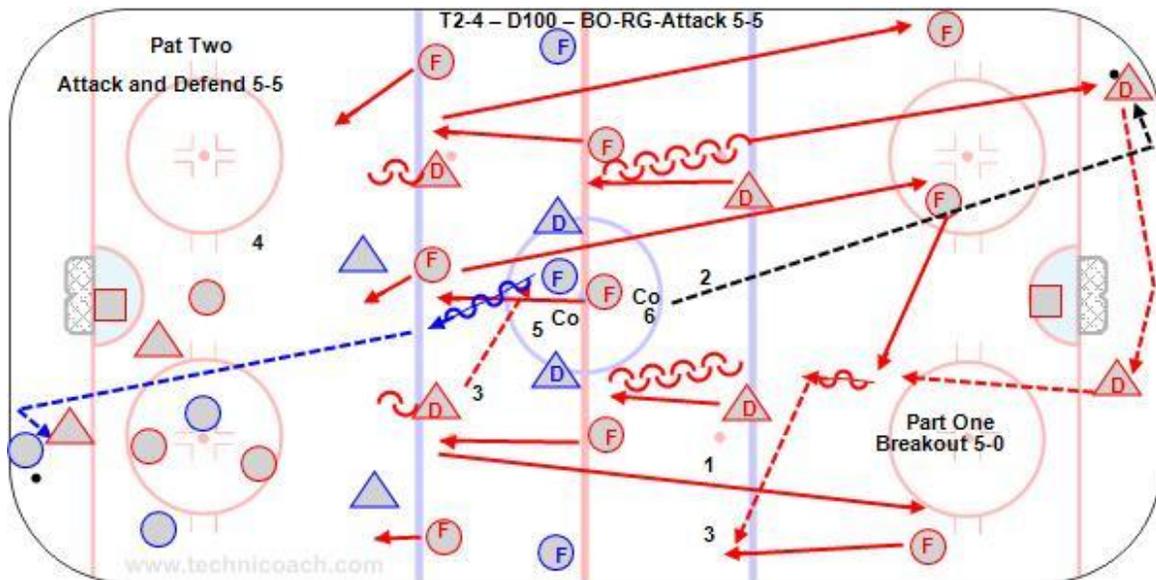
Description:

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.

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T2-4 – D100 Stretch Breakout – Pro

Key Points:

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

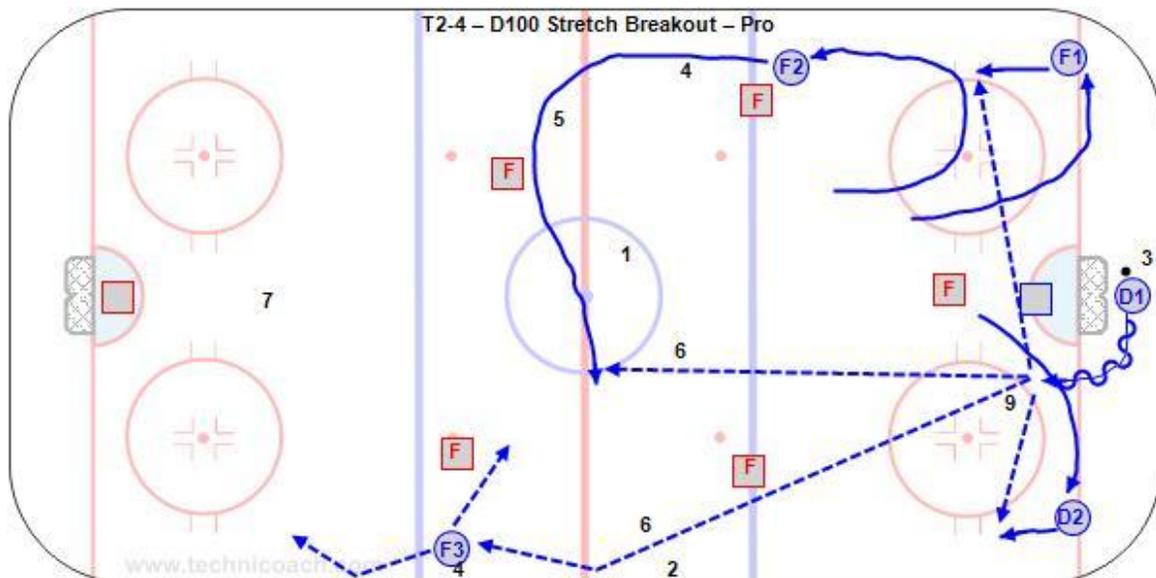
Description:

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

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European Example:

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T2-4 - D400 - 5-4 - Russian U20

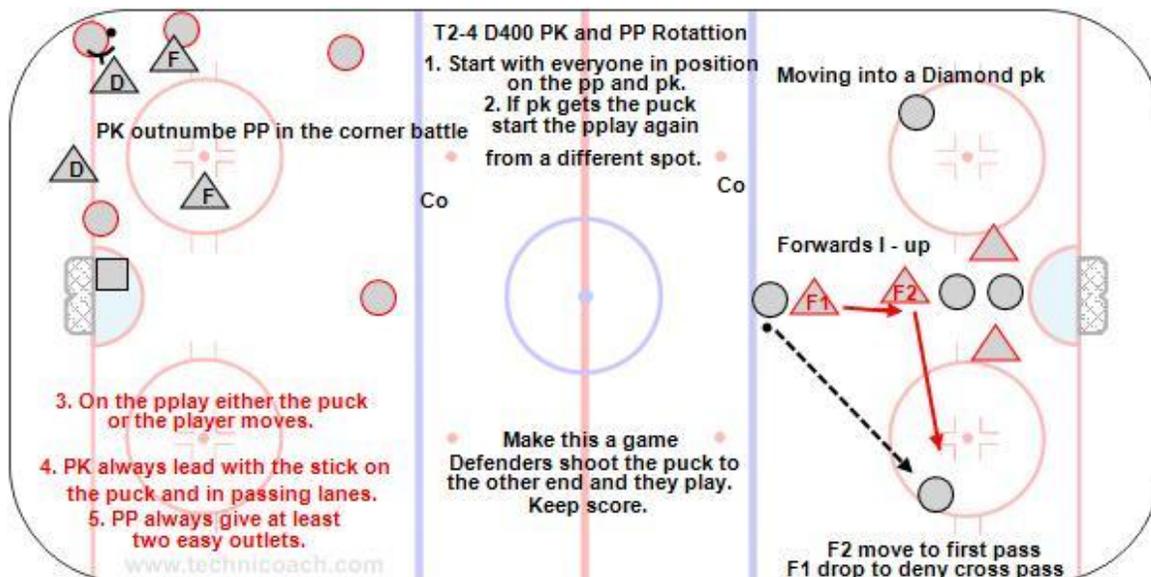
Key Points:

Offense keep moving and spreading the defense. Defenders skate straight lines, active sticks, closest player pressure the puck and play from the defensive side.

Description:

- Rotate from the overload into a diamond.
- Keep the puck moving to create seams in the defense.
- Spread the defense by moving the puck high-low-across.
- Weak side F has the mid-slot attacker.
- Defenders jump and pressure right away with the sticks in the passing lane.
- Play with a shot mentality always looking for shooting lanes.
- D switch sides when net front D pressures low then up the boards.
- Defenders skate straight lines, stop and start, don't finish checks, D side with stick on the puck.
- Closest defender get into the shooting lane.
- Defender take away the back door play and take the stick.
- Box out on both offense and defense.
- Closest defender pressure.
- Attackers use the mid-slot player as a pass option and pass from low to across the mid-line for one timers.

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T2-4 - D400 - 6 on 5 – Pro

Key Points:

Outnumber the defenders to win loose pucks. Take away rims with a high triangle at the top, one player on each side and one in the middle. Screen and take away goalies eyes whenever a shot is possible. Reset the attack by putting the puck behind the net and moving it low to high. Set up a 1-3-2 diamond when the puck gets to the middle point. When the puck is at the half wall one attacker support on the strong side goal line. The key is to produce rebounds and outnumber the defenders in the slot.

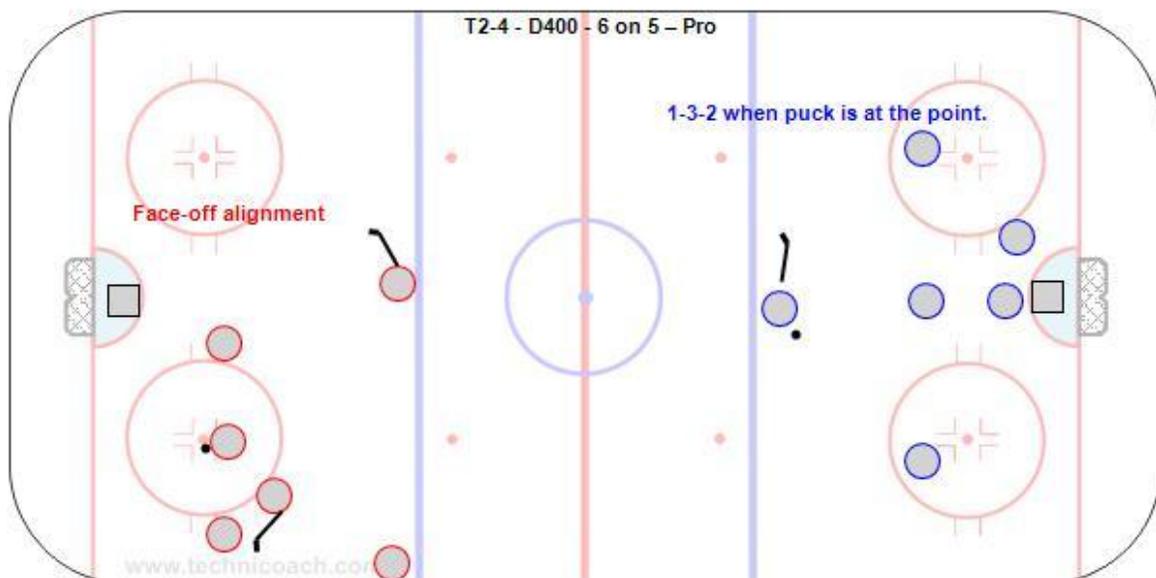
Description:

1. Start with a face-off and the extra forward higher along the boards on the strong side.
2. Defenders line up like 5-5 with D along the boards.
3. Allow the offense to win the draw.
4. Move into the diamond power play 1-3-2 when the puck gets to the midpoint.
5. Defend from the net out with a diamond and the closest player challenge the puck carrier.
6. Defenders do not get tied up with the player in front but defend in a diamond.
7. Defend with sticks in passing lanes and shin pads in front of the shot.
8. Puck on wall the strong side D be a stick length from low attacker on the goal line.
9. Quick play is pass to goal line to attacker in the mid slot for a shot.

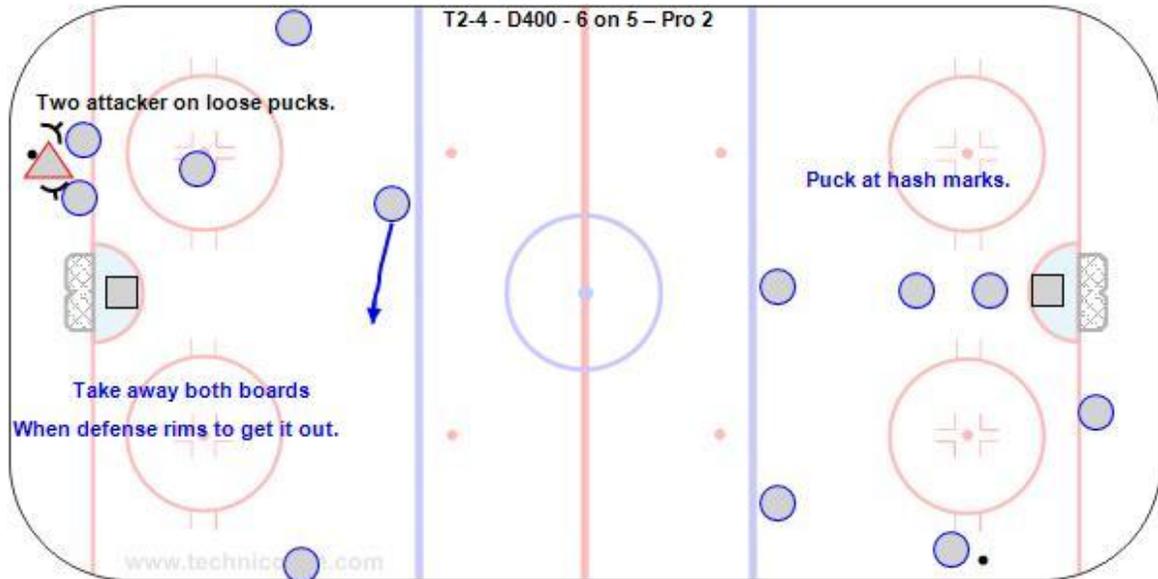
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Offense: Face-off and set up in 1-3-2



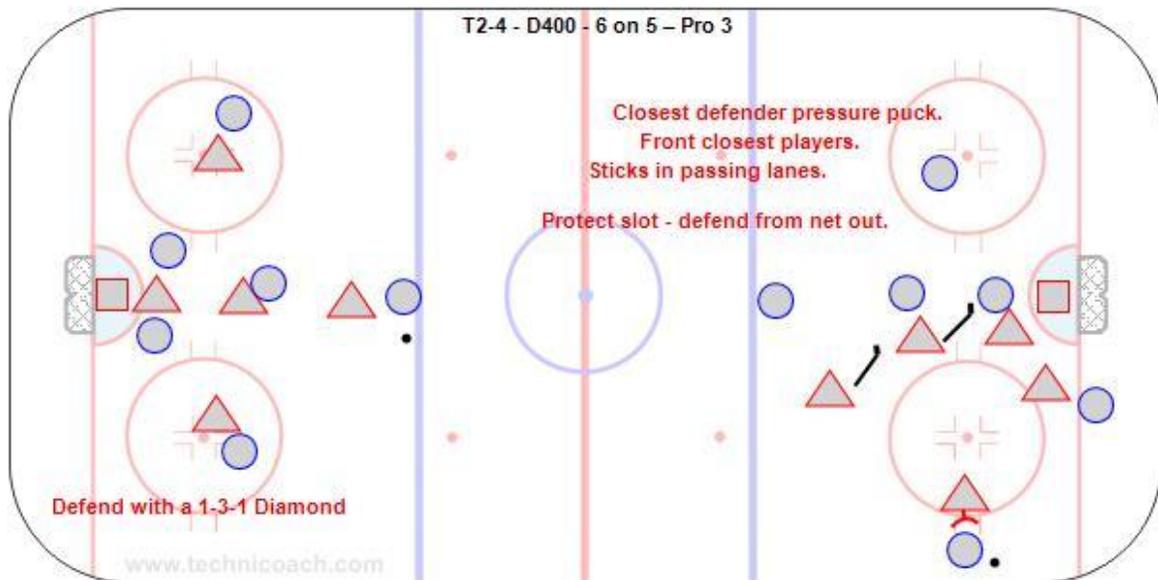
Two players fight for all loose pucks and setting up at the half wall.



Defense:

Use a diamond to defend when the puck is at the mid-point.

Pressure the puck at the half wall and defend from the net out with sticks in passing lanes.



T2-4 - D400 3-2 – Wally Kozak - U18 F

Key Points:

Forwards have to get on the puck hard. Two in deep. F1 make contact, F2 double team D1 or pressure D2 on a D to D. F3 mirror from about the hash marks. Rotate who is F1-F2-F3 according to who is closest to the puck. Make eye contact before passing and avoid 'hope passes' that result in turnovers.

Description:

1. Play the low 3-2.
2. Two D go back for the puck vs. three forwards.
3. Forwards try to score and defense to break out.
4. Coach dump the puck in.
5. Coach shoot in a new puck if original puck is out of play.
6. Go about 30".

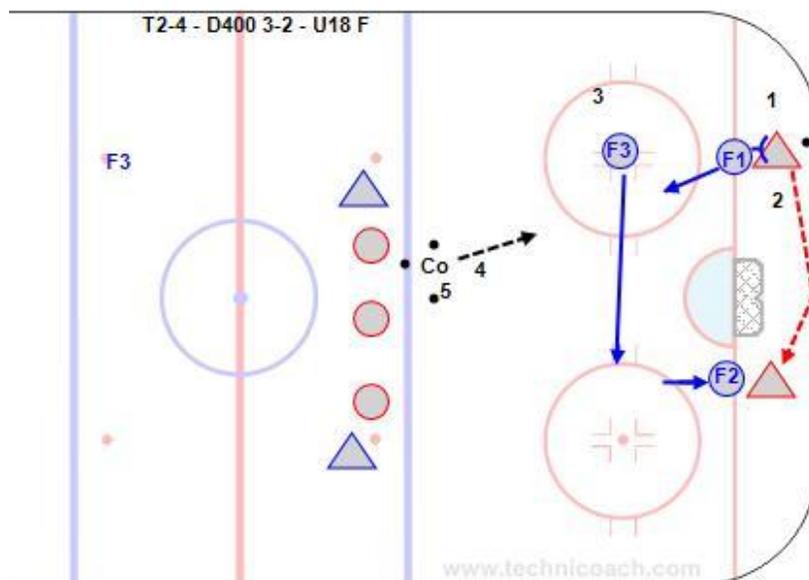
I sent the Team Play video to one of my friends who is coaching in the NHL and this is his comment. ...

'that was good. Basically how most teams F/C now. F1 and F2 mark the D and F3 surfs east/west in surf zone (around hash marks) and gets to strong side wall or to bump to middle.

Off a share - which a lot of teams do now and wide rim is D pinch down. F2 quicker than old days and D up and pinch quicker. Basically it is 5 man forecheck now, and 5 man neutral zone aggressive once the Opposition gets there and 5 quick back and tight (swarm) in defensive zone coverage.'

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

Key Points:

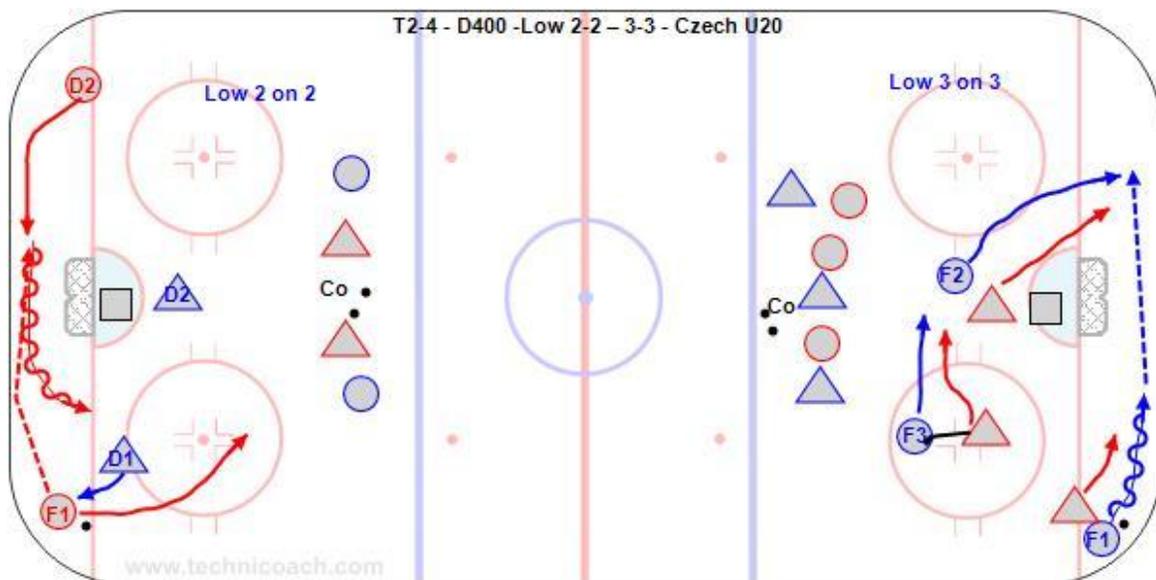
Defenders communicate and keep their head on a swivel to always know where their man and the puck are. Play from the defensive side with the stick on the puck and body on body. The closest defender be in contact with the attacker and the second man within a stick length. On the 3-3 the third defender 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.

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



D400 Team Play Scrimmage

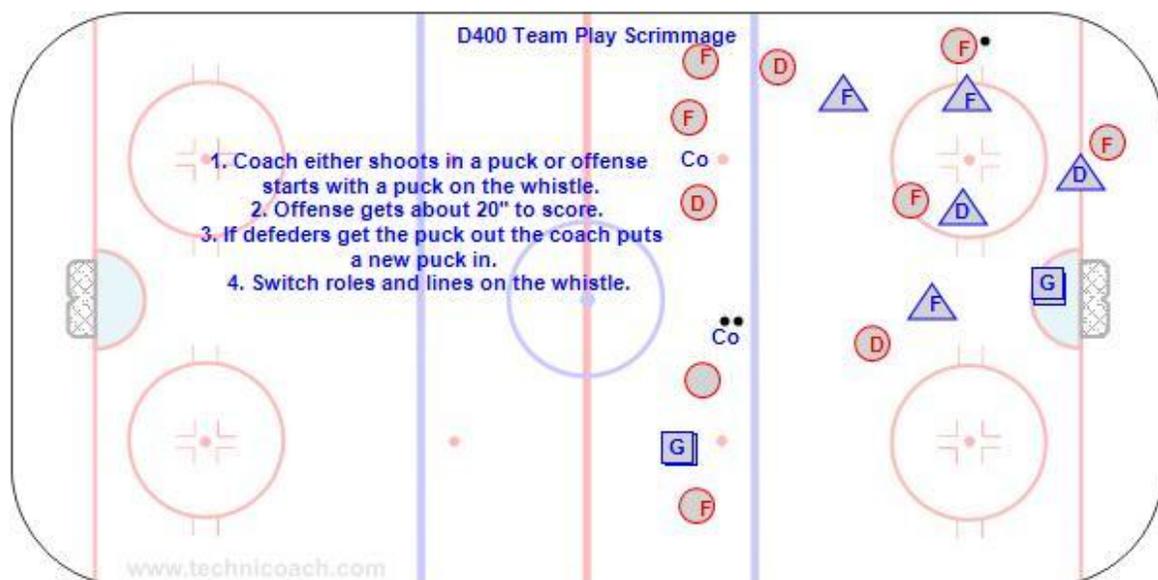
Key Points:

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

Description:

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

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T2-4 - Low 3-2 - 5-5 Rush - 5-5 – Pro

Key Points:

This is an effective way to do walk through's of both offensive and defensive team play. You could do situations 3-3 to 5-5. An option is to have one forward low and defend 3-3 and make a breakout pass to the two other forwards, this would get either that F or the D as the third man on the rush. Attack with a middle lane drive and the fourth attacker as the trailer in a diamond.

Description:

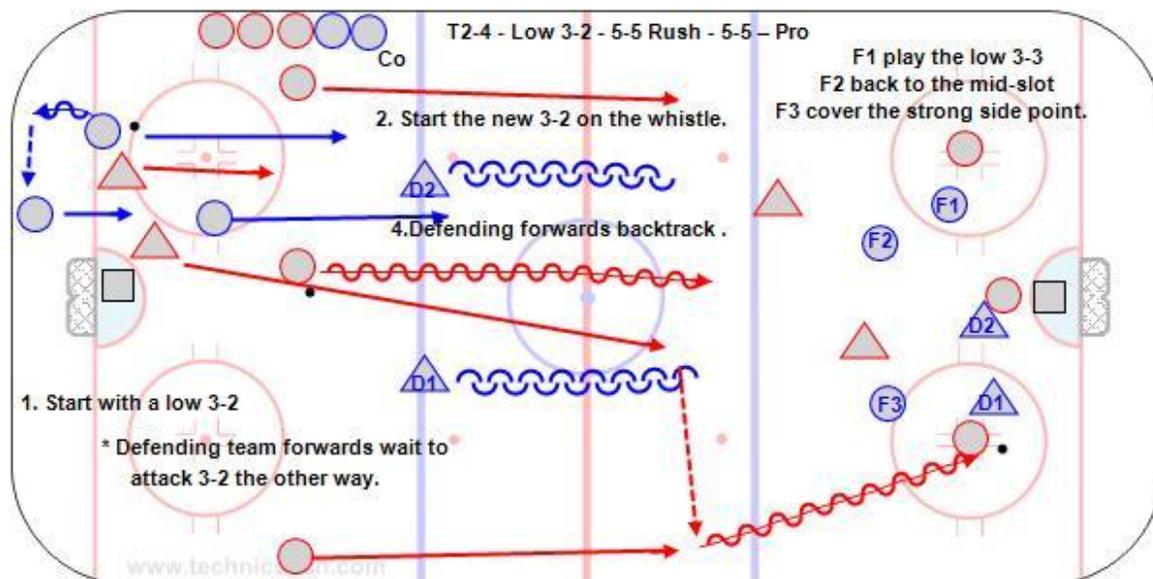
Start at one end with the resting players waiting along the boards and the active players in position.

1. Start with a low 3-2 while the defending team forwards wait to attack 3-2 the other way.
2. Start the new 3-2 on the whistle.
3. One D join the rush as the trailer.
4. Defending forwards backtrack and F1 play the low 3-3, F2 back to the mid-slot, F3 cover the strong side point.
5. Play 5-5 until the attack is finished.
6. Coach spot a new puck and play a second 5-5.

*Coach instruct on either the offensive or team play.

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<https://youtu.be/iLA5yX5JmdY>



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.

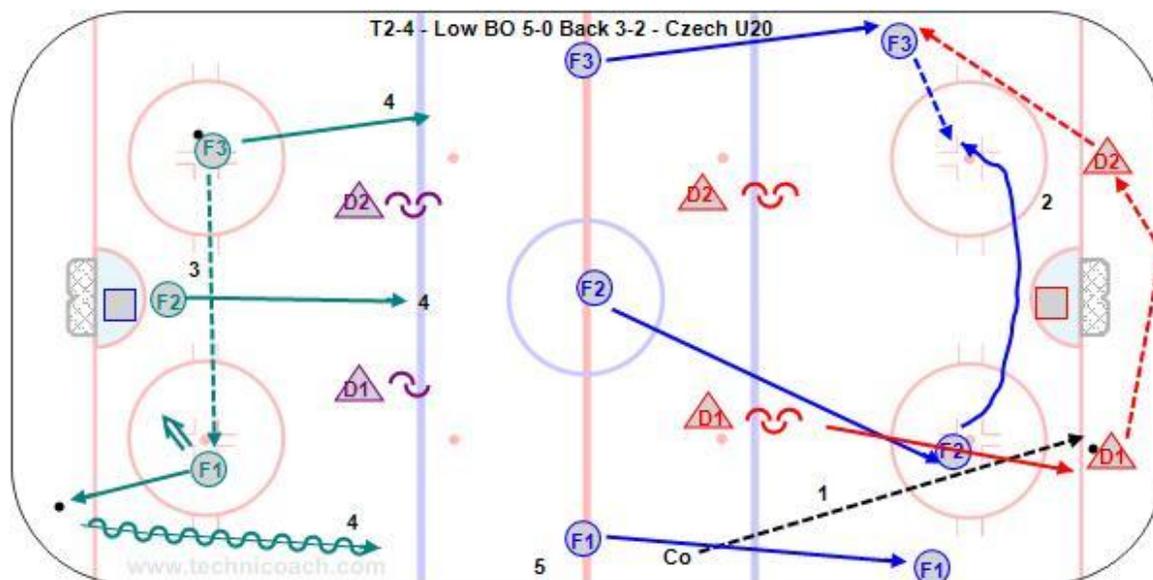
Description:

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.

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T2-4 - Power Play-Penalty Kill Sequence – Pro

Key Points:

Develop a power play that fits the skill of each five player unit. Practice the Diamond 1-3-1 both from the blue line and below the goal line. Defend from the net out, stop and start, stick on puck and in the passing lanes. Swarm when the offense doesn't have control along the boards. Weak side forward fall under and cover the middle attacker. Power play create shooting lanes, screen, crash for rebounds.

Description:

1. Start with an offensive zone face-off and run one option 5-0.
2. Breakout from the far end vs. penalty killers 5-4.
3. Use controlled breakouts for each group.
4. Penalty killers come off the bench to defend against the breakout.
5. Power play versus penalty kill.

** Breakout with a double swing and five attack.*

** Breakout in the three lanes and two forwards swing behind for a trailer pass and attack late, these players attack the static defense and carry in, pass to each other or the wide players at the blue line.*

** Aggressive penalty kill when the puck is loose or the attackers back is turned.*

** Option one is to have the wide players on their forehand side for one timers.*

** Option two is to have a passing PP with right and left handed shots on the right and left sides.*

** Rotate positions and keep moving.*

** Defender stay with the puck carrier but do not chase passes.*

** Play a 4-4 on the strong side and deny the cross ice pass with sticks in the lane.*

** Many teams give the goalie the walk out player jam and cover the other four.*

** Power play create confusion with quick puck movement, switches and back door options, outnumber the defenders on rebounds.*

** A coach can use this sequence to practice from 3-3 to 5-5.*

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T2-4 - Power Play-Penalty Kill Sequence - Pro

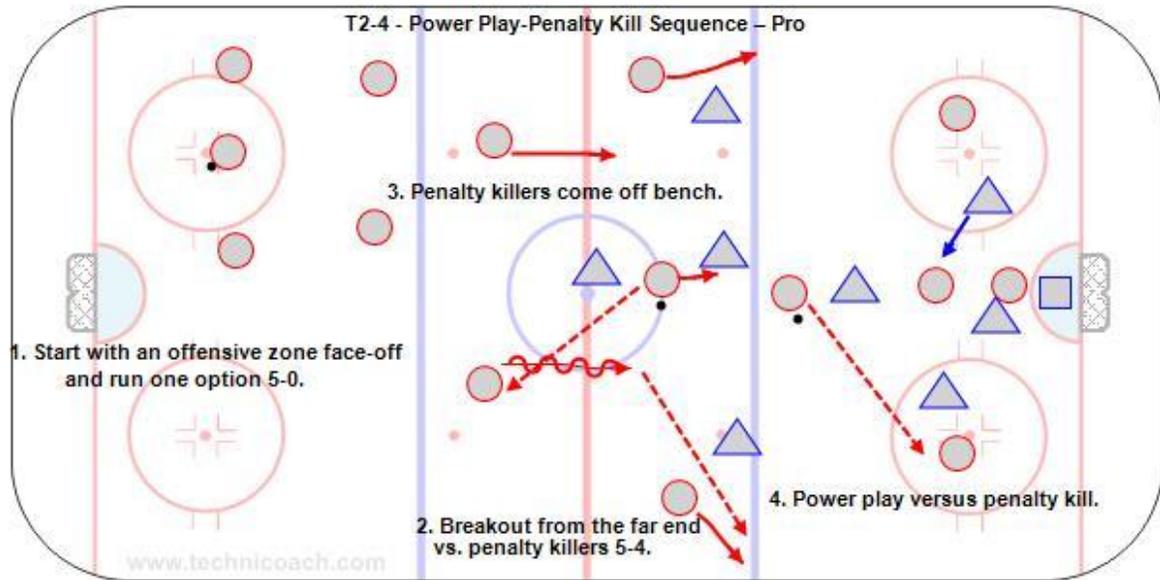
1. Start with an offensive zone face-off and run one option 5-0.

3. Penalty killers come off bench.

2. Breakout from the far end vs. penalty killers 5-4.

4. Power play versus penalty kill.

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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 - Team Play Review – Pro

Key Points:

Defense get between the dots on the regroup with a quick up and only D to D if the first pass is denied.
Forwards give support on the boards and in the middle. Everyone back track to the defensive zone.
Forecheck F1-F2 in deep, F3 mirror from slot.

Description:

1. Coach spot a puck and 5 man unit does a neutral zone quick up.
2. Attack 5-2 with middle drive and D as the trailer.
3. Repeat from the other side with another quick up and 5-2 attack.
4. On the whistle players back track to a coach deep in the defensive zone.
5. D1 on the puck hard, D2 net front, F1 low support, F2 net front and middle point, F3 strong side point.

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T2-4 Aggressive 1-3-1 Blue Torpedo

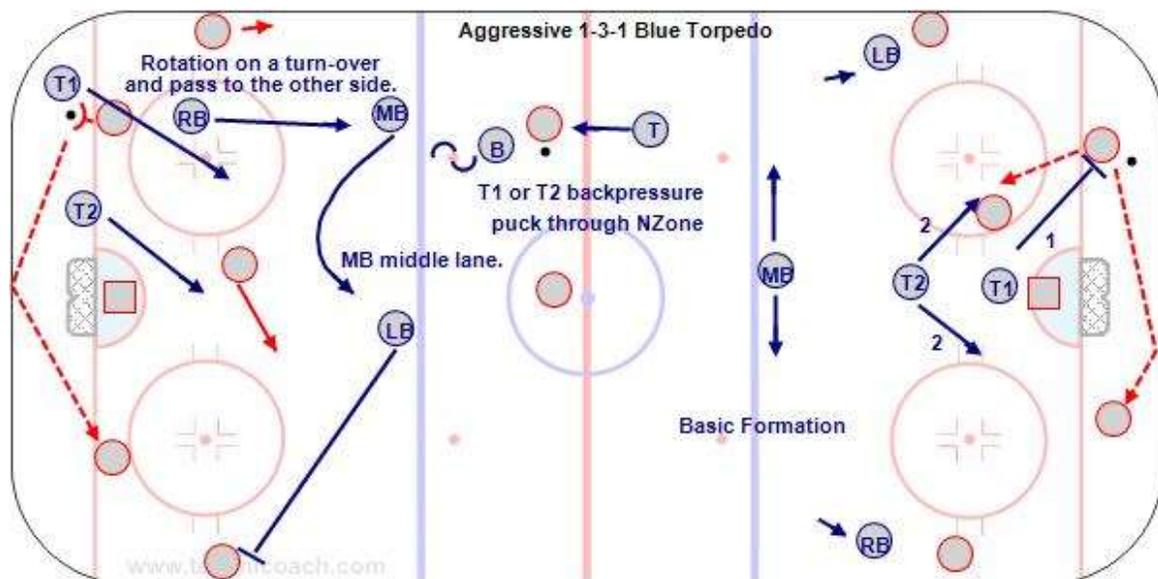
Key Points:

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

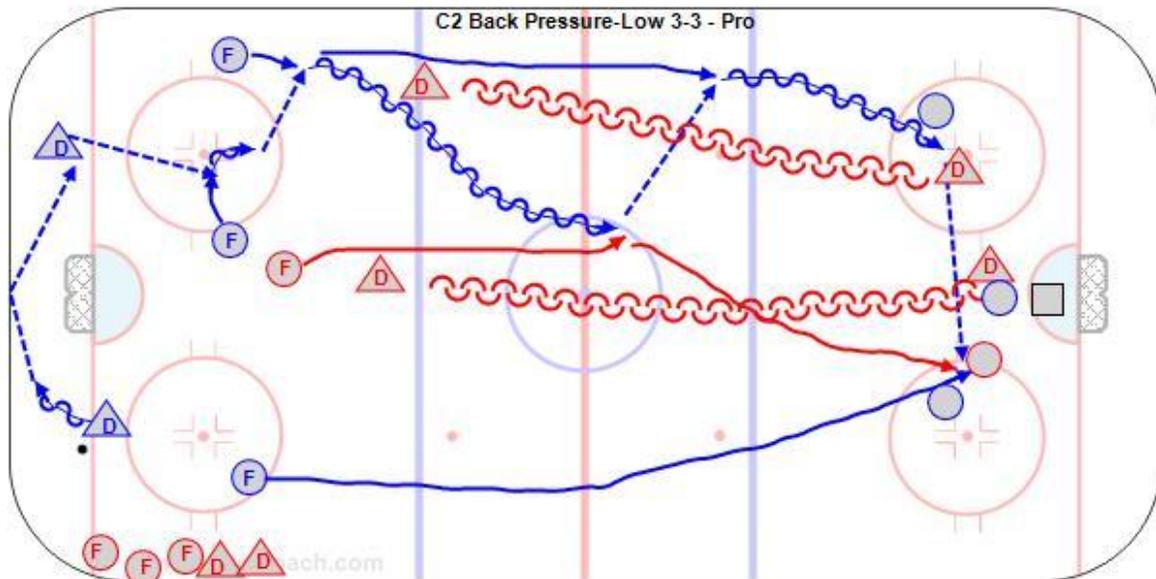
Key Points:

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.

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

Key Points:

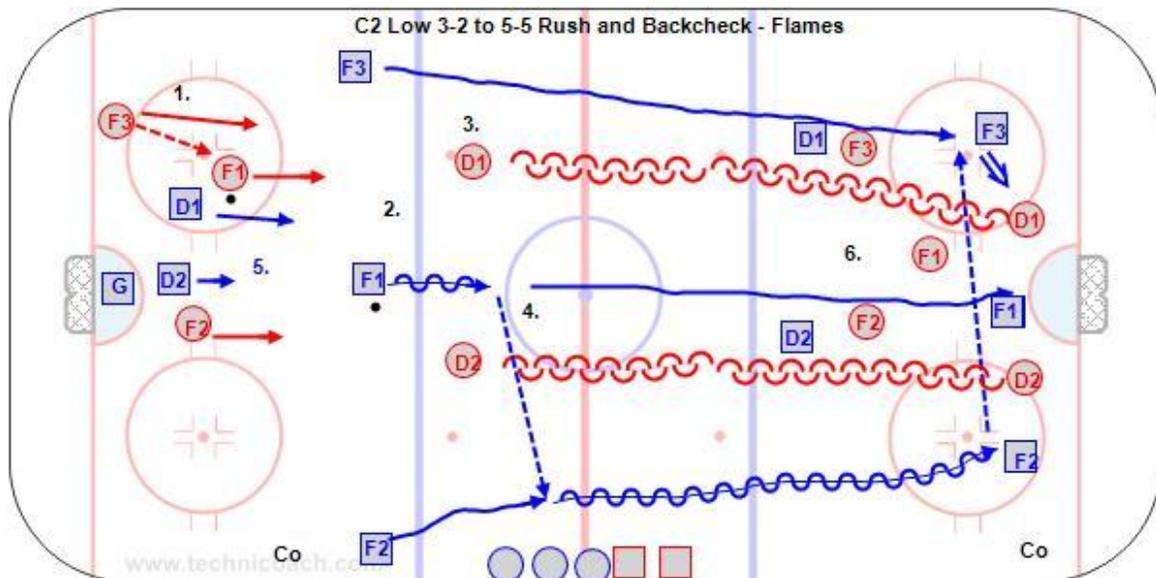
Good way to practice low zone coverage, D joining the play and F's coming back into the zone. A good habit is to turn up ice and find your check when you see everyone in front of you is covered.

Description:

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

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

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C2 Regroup 5-3 Regroup 5-2 - Detroit

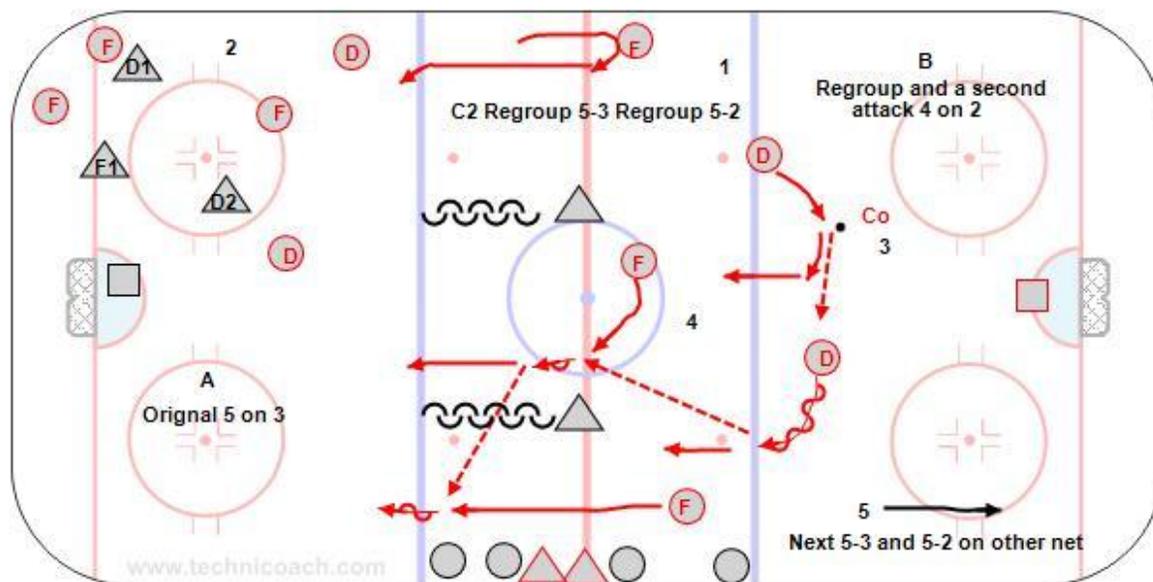
Key Points:

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

Description:

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

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C3 - 2 on 1 D Join Attack - Pro

Key Points:

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

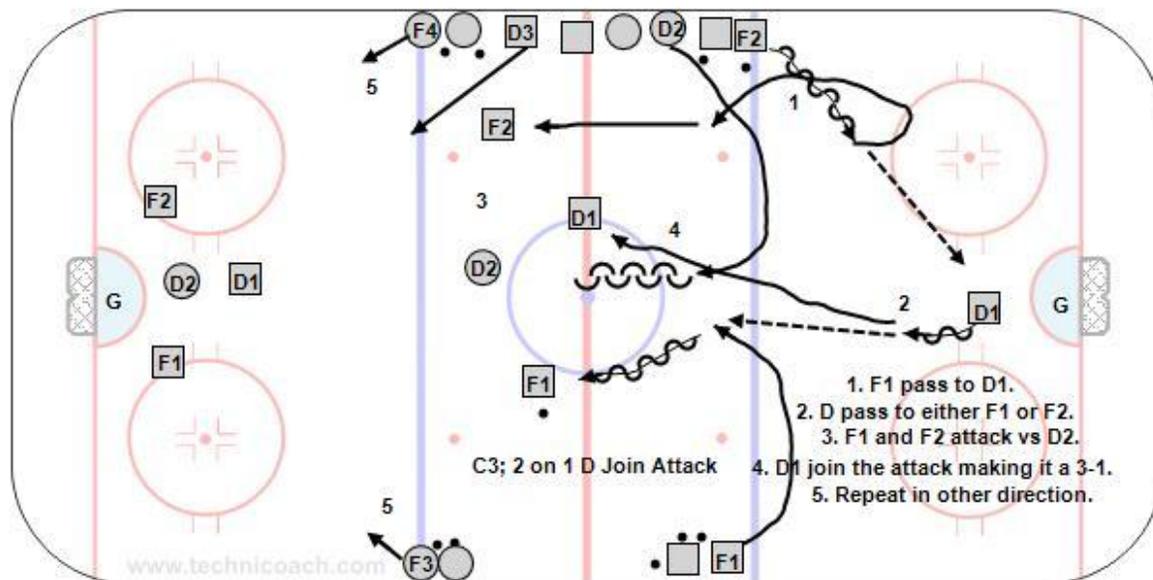
Easy to progress to a one puck transition game if the new players give passive support above the circles.

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:

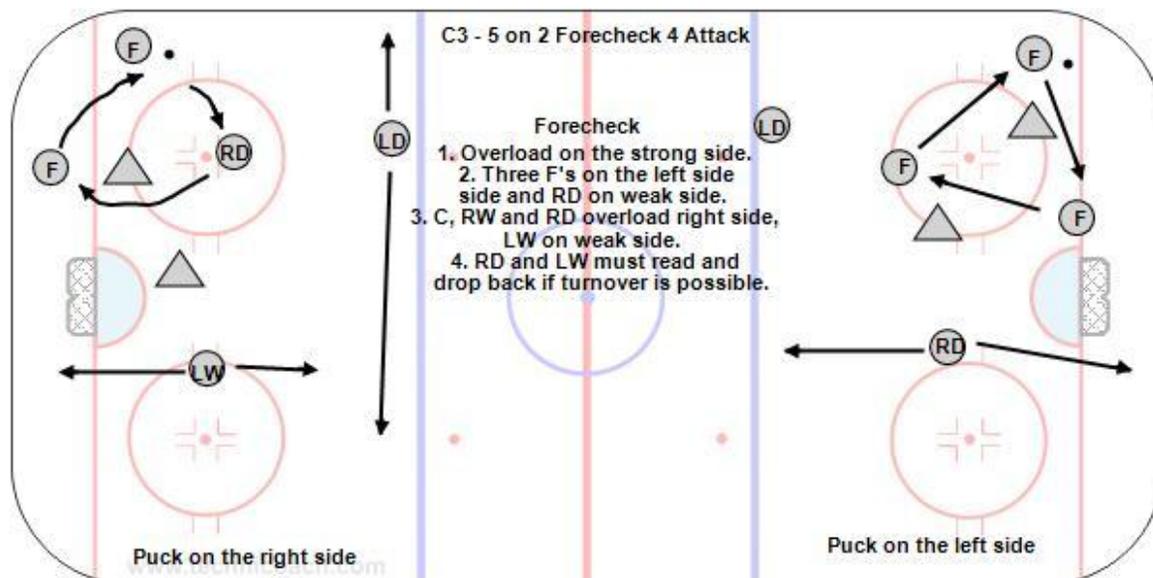
Overload the strong side with one player on the weak side for a one-timer or to change sides.

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

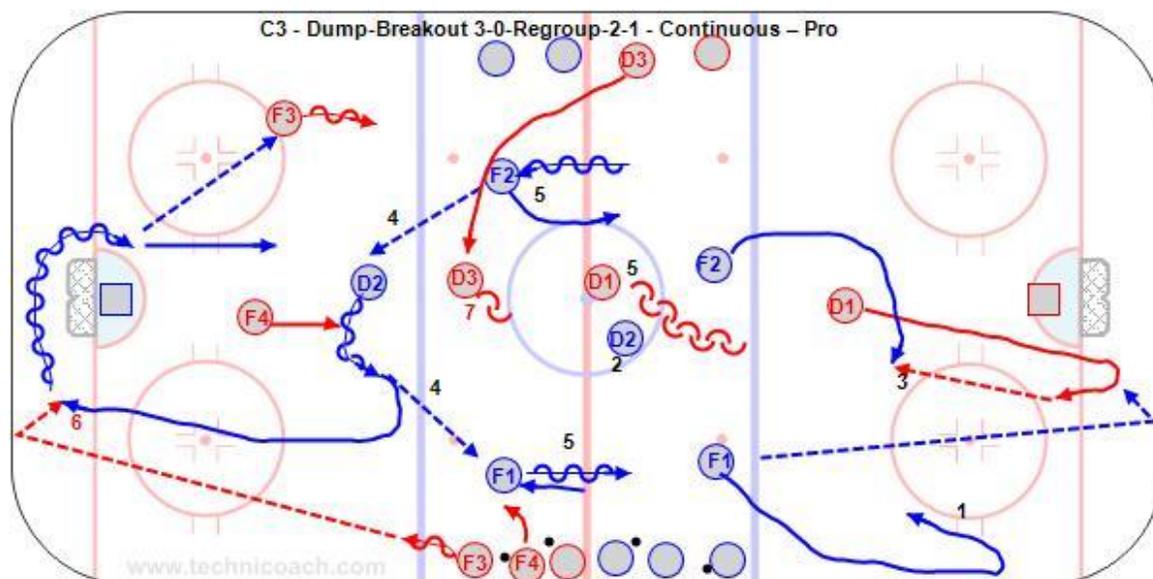
Key Points:

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.

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

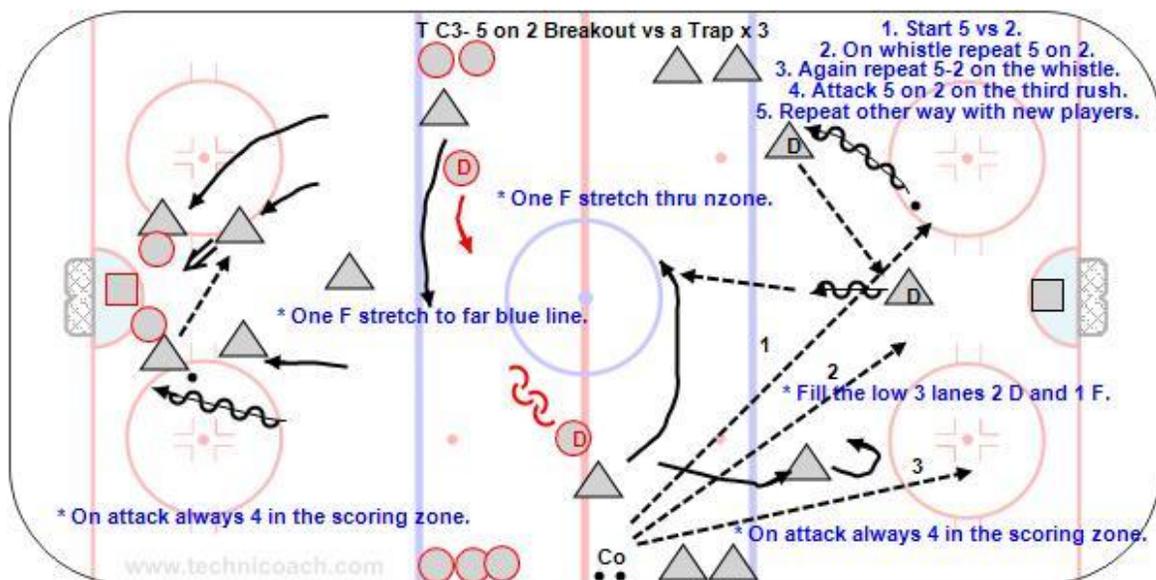
Key Points:

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

Description:

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

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



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

Key Points:

One stretch, one middle support and one wall support.

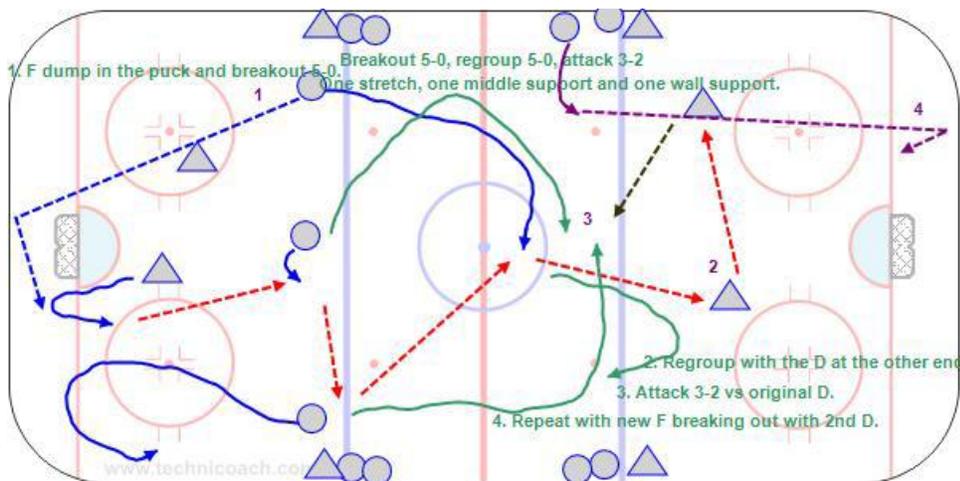
Description:

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

One stretch, one middle support and one wall support.

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

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

Key Points:

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

Description:

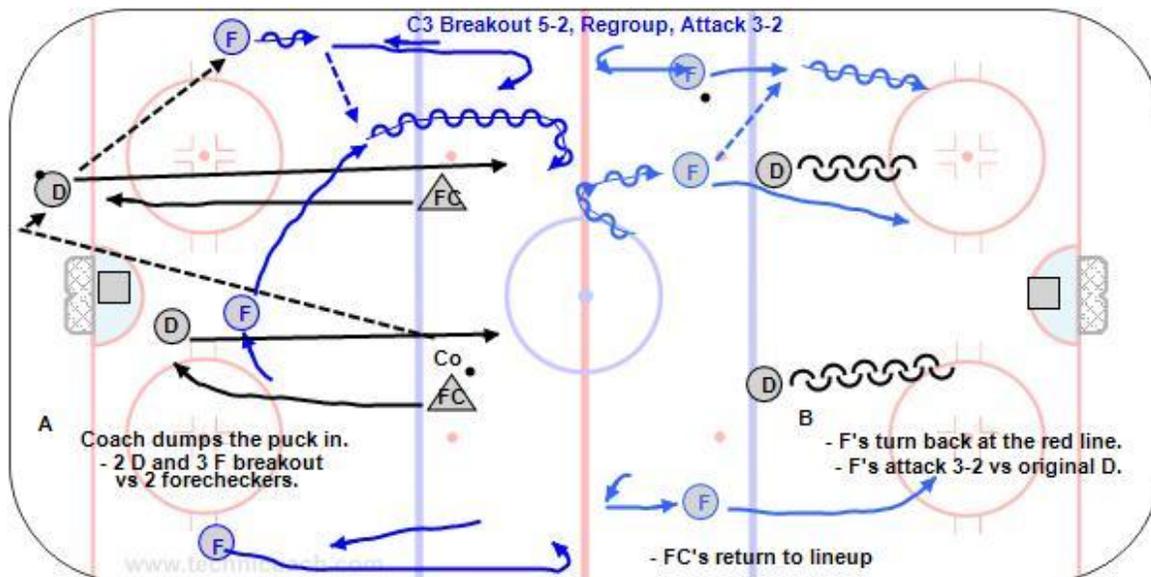
A.

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

B.

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

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C3 Breakout, Regroup 3-2

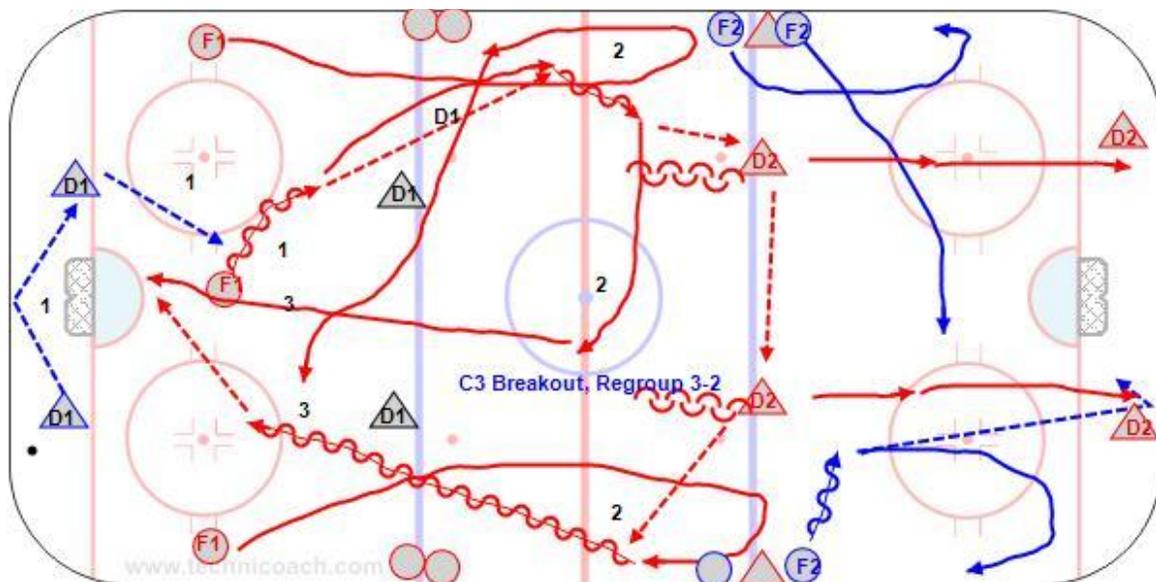
Key Points:

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

Description:

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

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C3 Goalie Setup-Breakout-Regroup-2 on 1

Key Points:

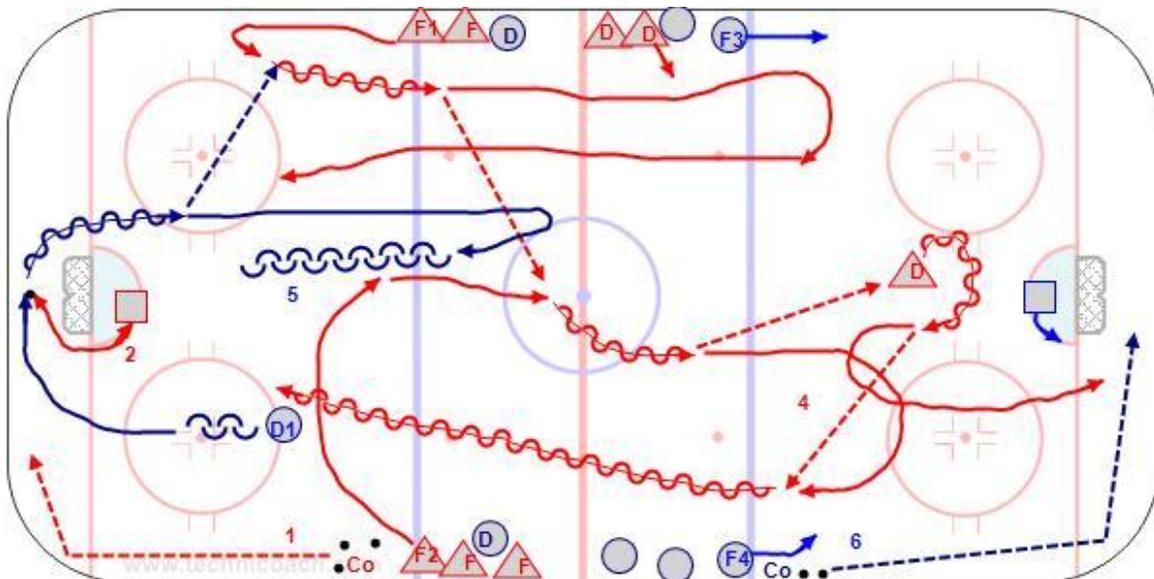
Goalie stop and set up the puck then come back the same way. Forwards give a target and move through the neutral zone quickly.

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.

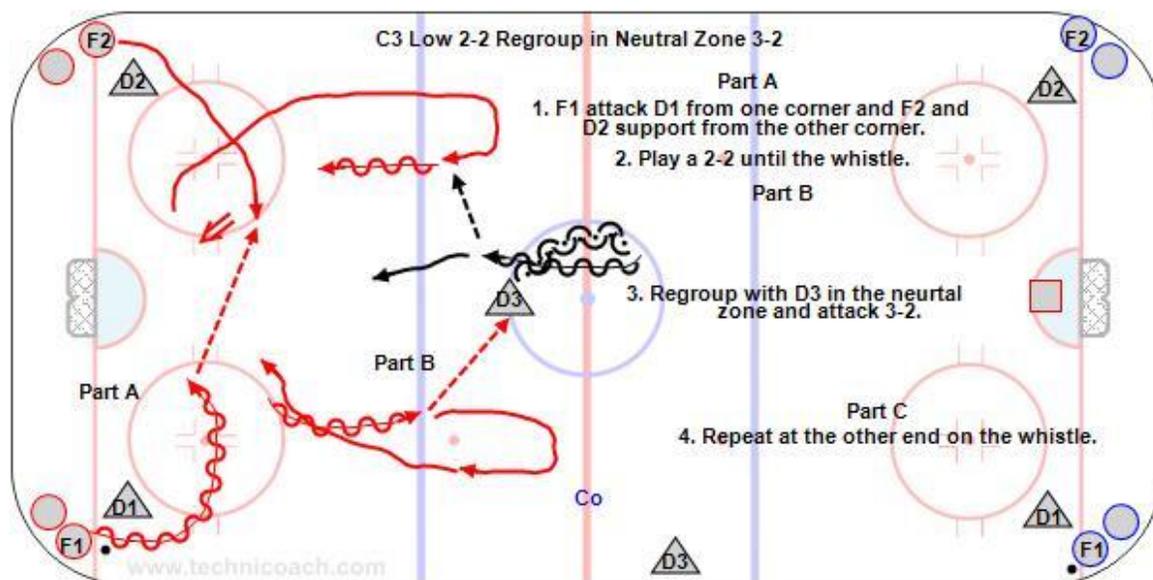
Part B

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:

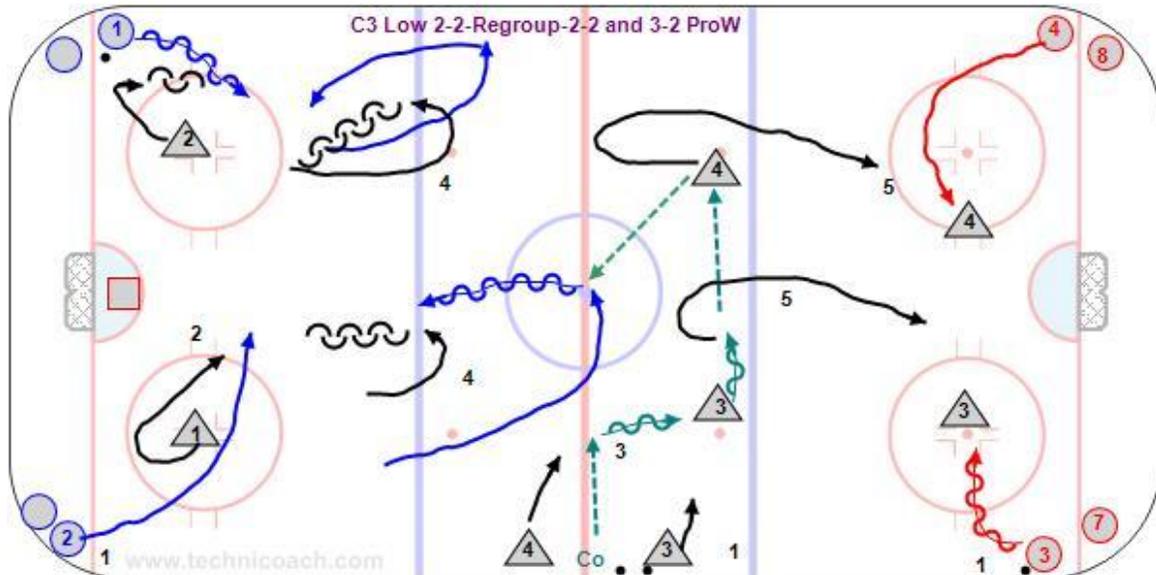
Forwards use quick give and goes, protect the puck. D communicate, play the 2 on 2 man on man and the 3 on 2 with one 2-1 and one 1-1.

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, 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.

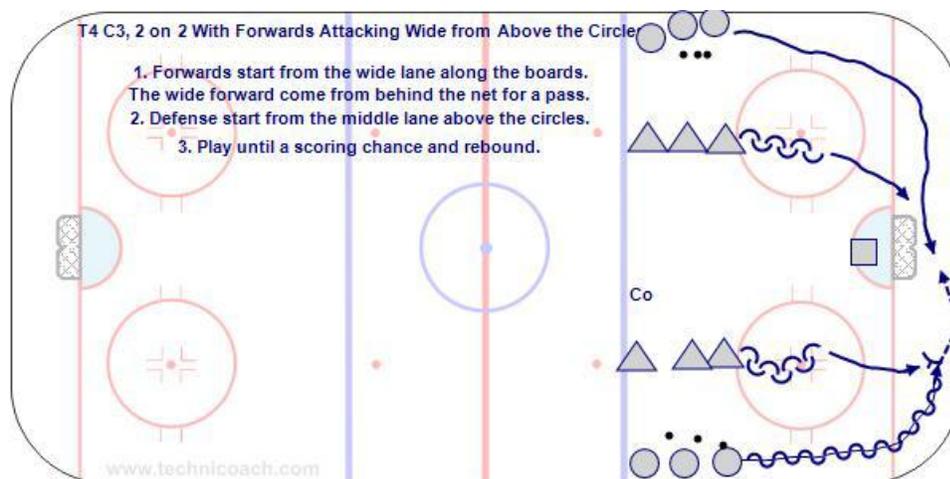
Attackers protect the puck and use quick turns, picks and pivots. Defenders stick on the puck and body on body always fighting to maintain the defensive side.

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://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140609101353976>



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

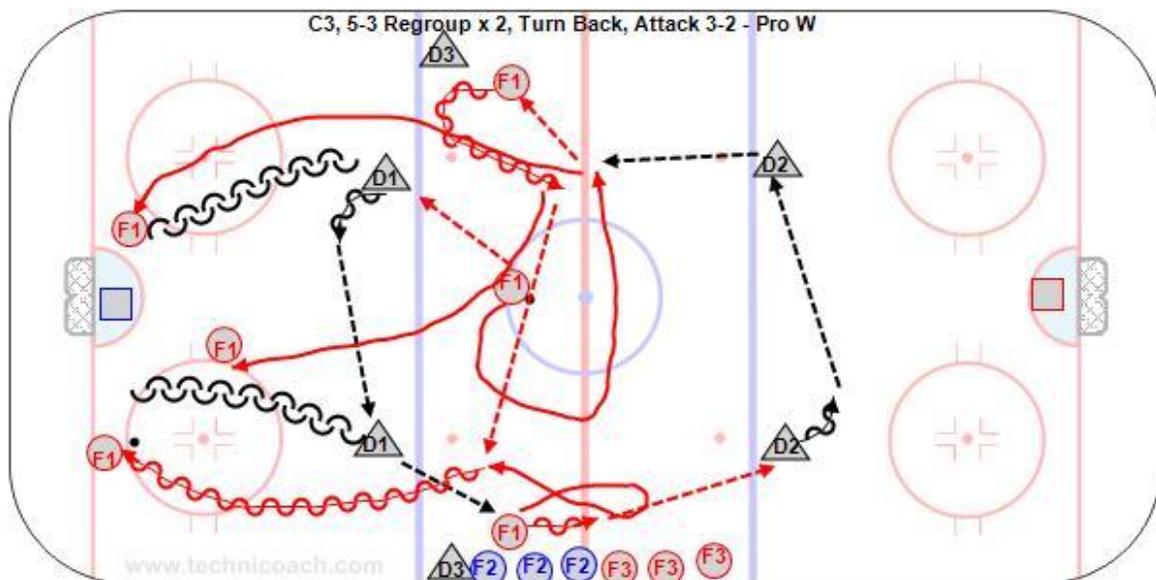
Key Points:

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

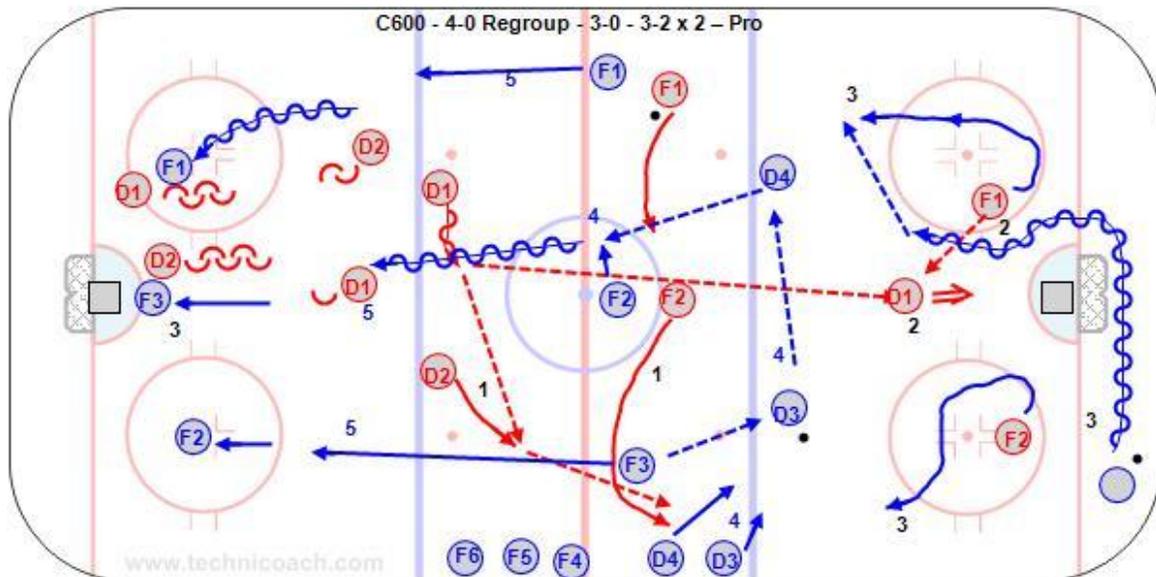
Key Points:

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.

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D1 Controlled Scrimmage

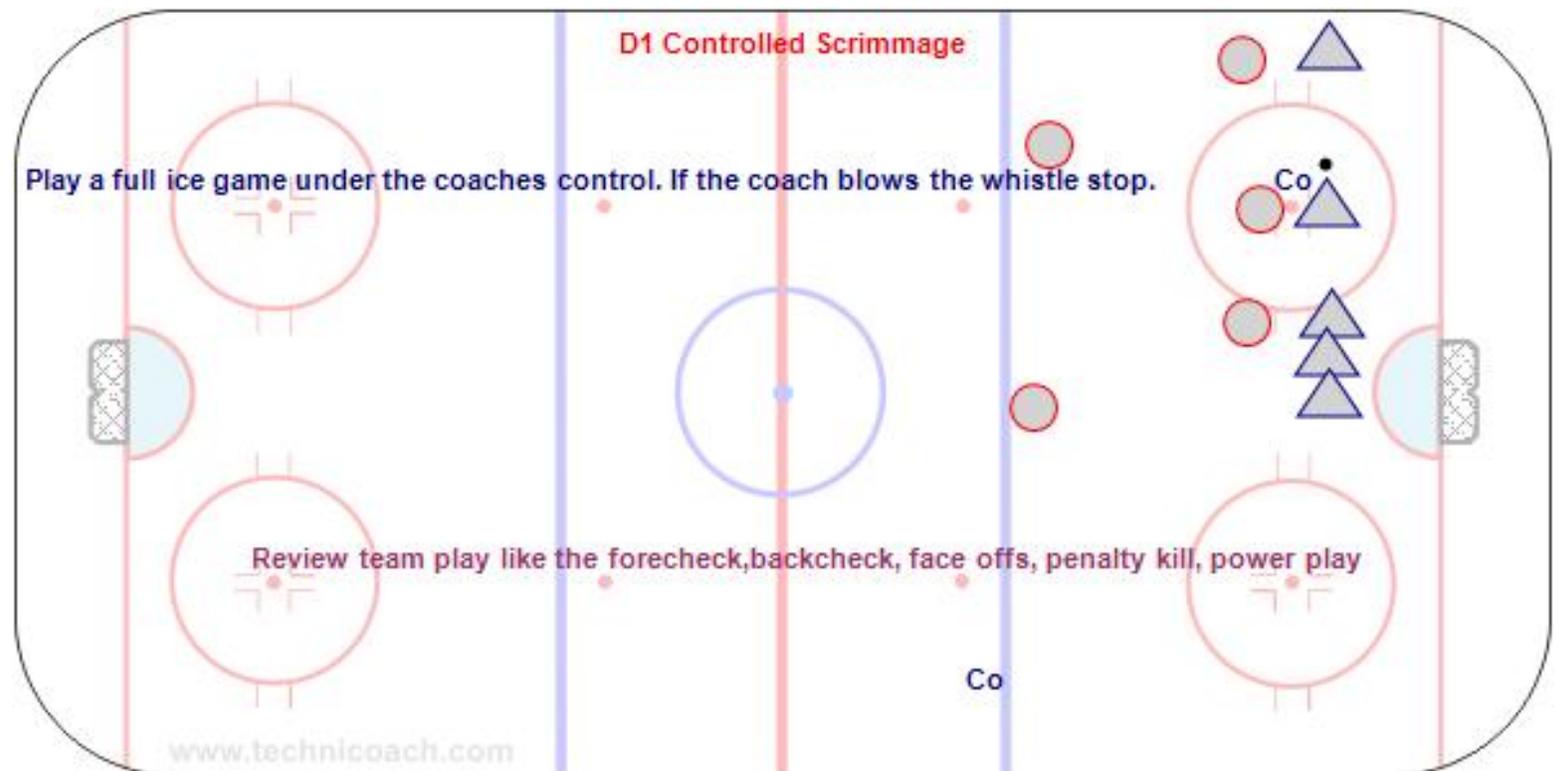
Key Points:

Team play, face-offs, freeze play,

Description:

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

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



D100 - T2-4 – Full Ice Specialty Team Practice

Key Points:

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

Description:

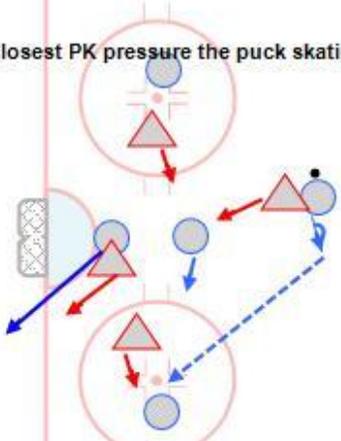
Divide into two teams with the extra players on the bench. If possible have someone run the score clock to make it game like.

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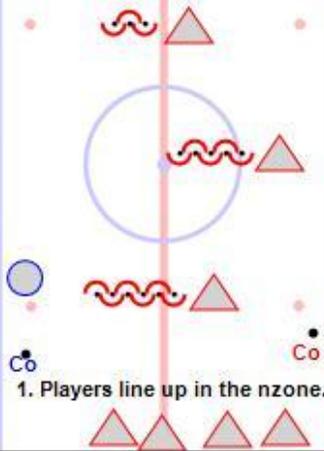
T D100 Specialty Team Practice

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



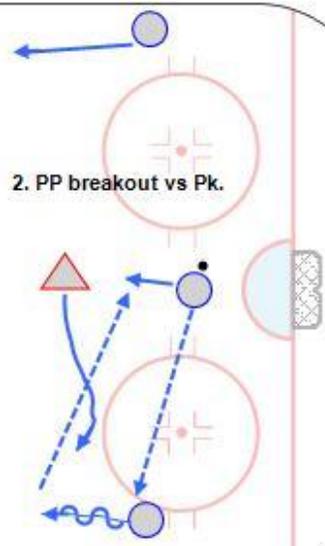
4. Coach put in another puck

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1. Players line up in the nzone.

2. PP breakout vs Pk.



T2-4 D100 Breakout and Forecheck U20

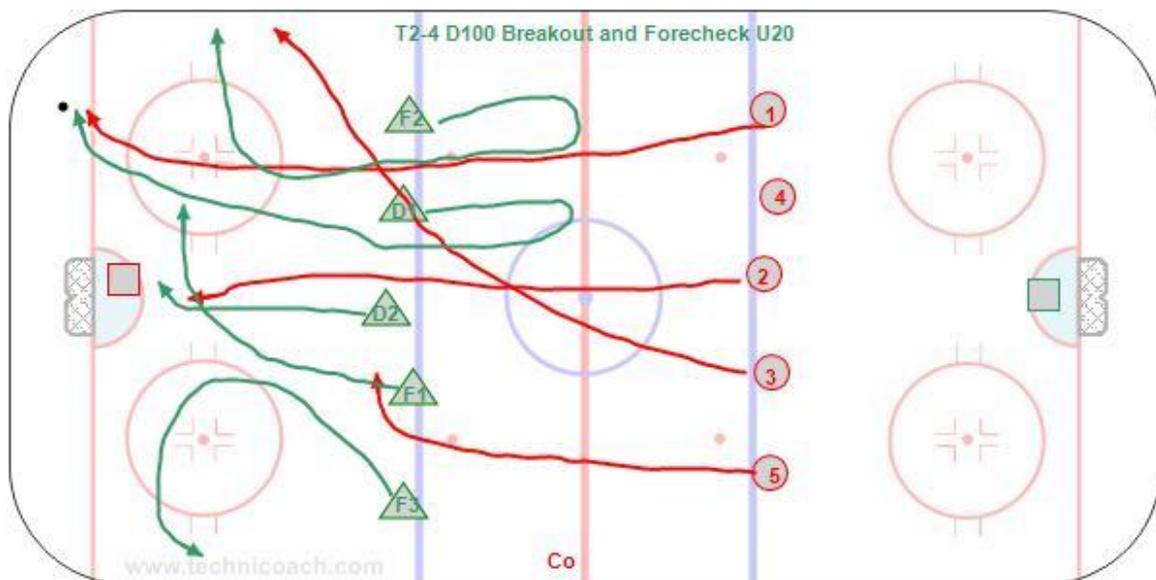
Description:

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>



TD100 Breakout PK and PP

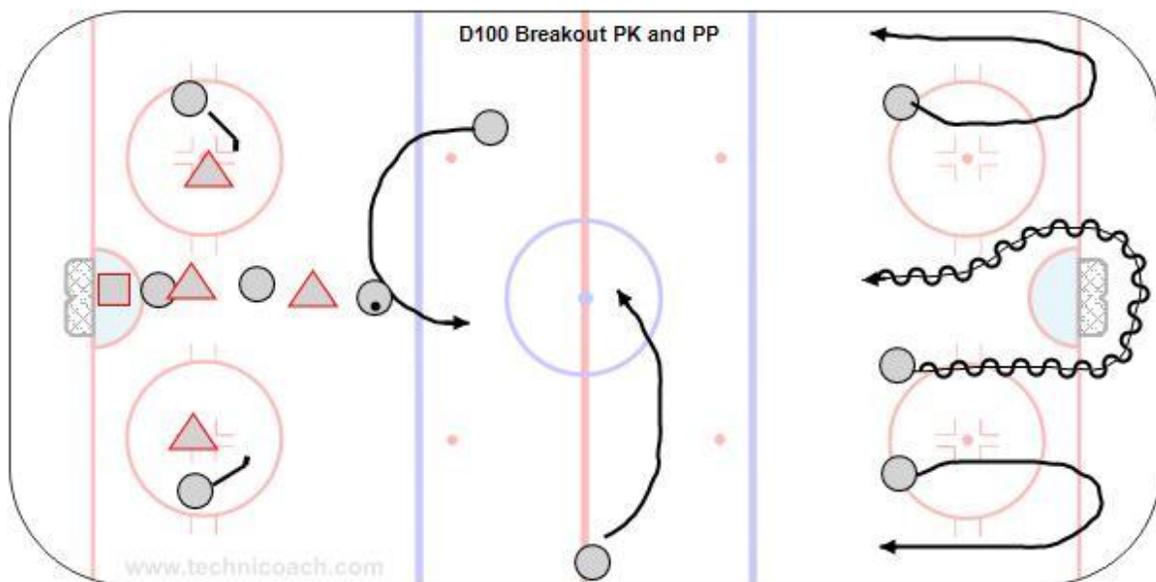
Key Points

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 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:

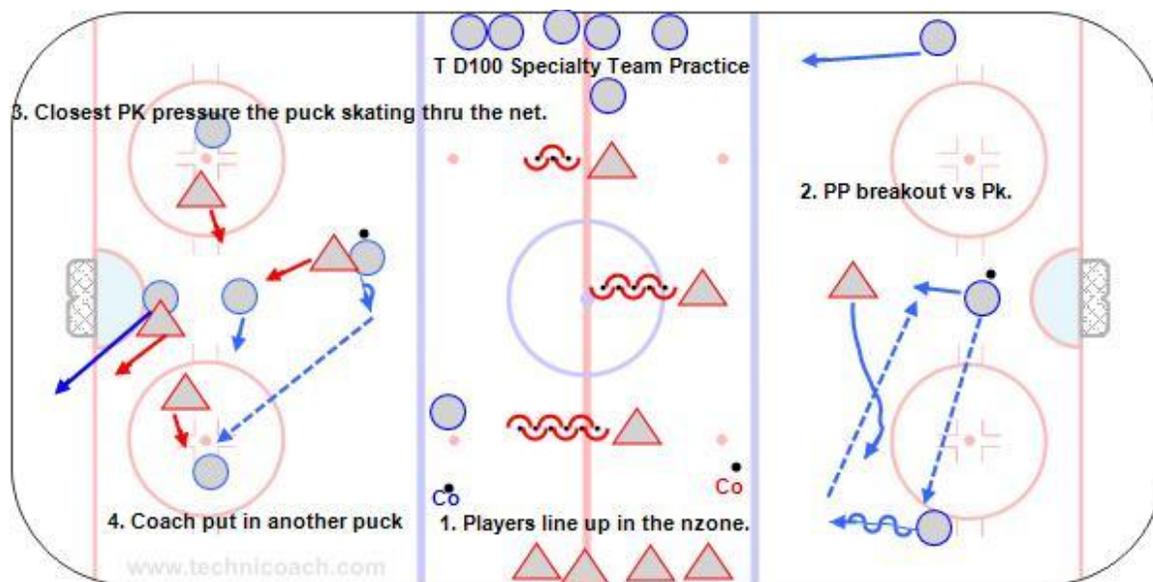
PK Skate in straight lines thru the net. Sticks on the ice in passing lanes.

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>



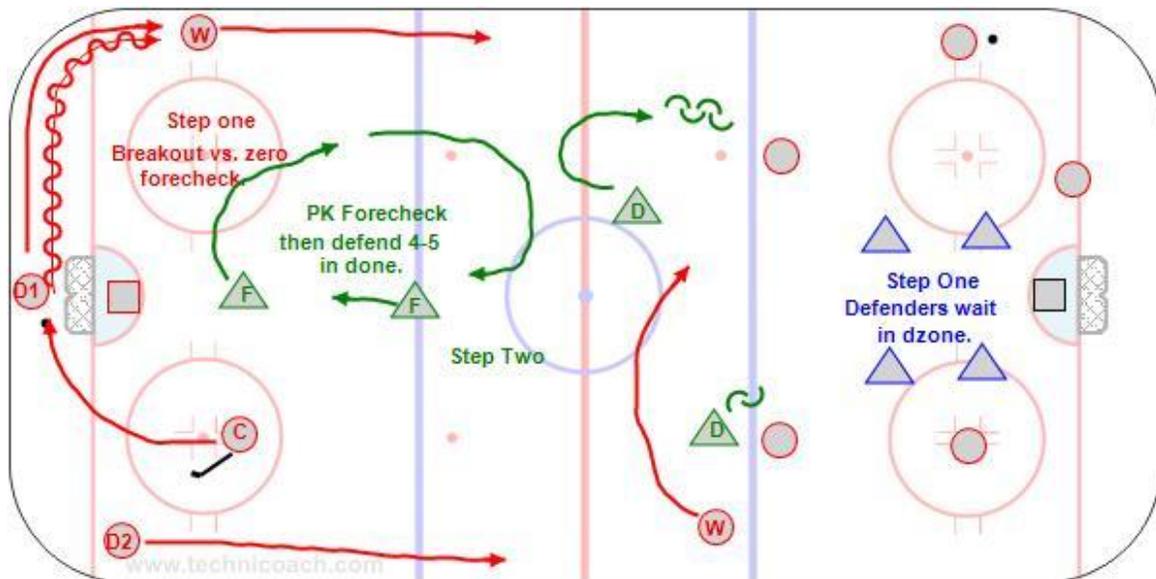
T2-4 D100 Specialty Team Scrimmage x 2

Key Points:

First practice breakout vs. no forecheck and then breakout vs. a forecheck.

Description:

1. Power play breakout vs. zero forecheck.
2. Defenders wait inside the defensive zone.
3. Play 5-4.
4. On any stoppage or cleared puck the play is live.
5. Power play now breakout vs. the penalty kill forecheck.
6. Play 5-4 again.
7. Repeat with new group from the bench.



D100 Specialty Team Scrimmage

Key Points:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players from one or both teams wait in the neutral zone. Extra players are on the bench.

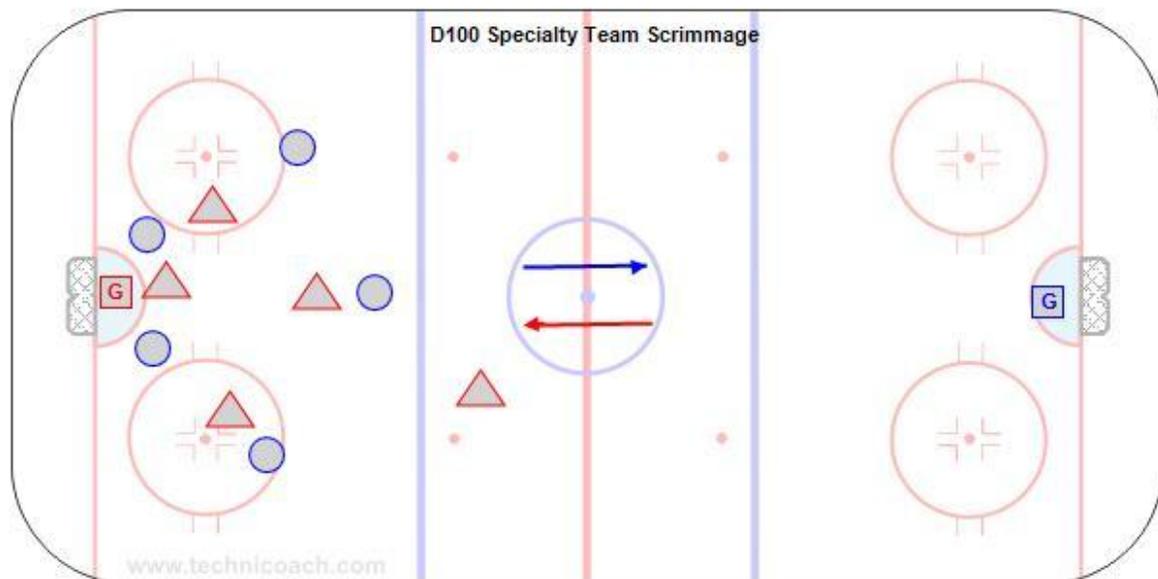
Description:

In order to create the various situations that happen in a hockey game, play 5-on-5 and have players wait in the neutral zone.

- 5-4 last forward back stay in nzone.
- 5-3 last two F or one F and one D stay.
- 4-4 one from each team in nzone.
- 4-3 one attacker and two defenders stay.
- 3-3 two from each team.

Practice the stretch pass and player coming out of the penalty box by passing to the player in the neutral zone.

Have players change on their own or if you have at least 20 skaters use the whistle. This can be a free flow or controlled scrimmage.



D200 Coach Call Options - U22

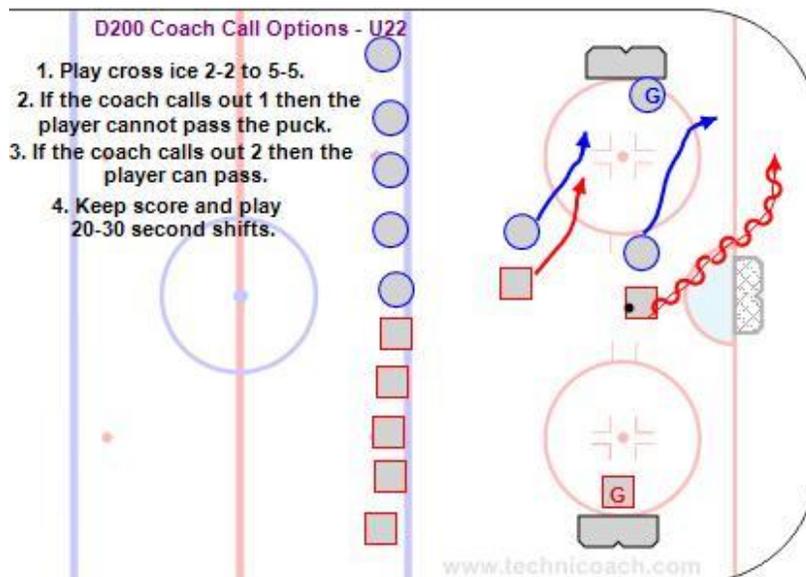
Key Points:

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>



D400 2-2 passes from behind net - Sweden U20

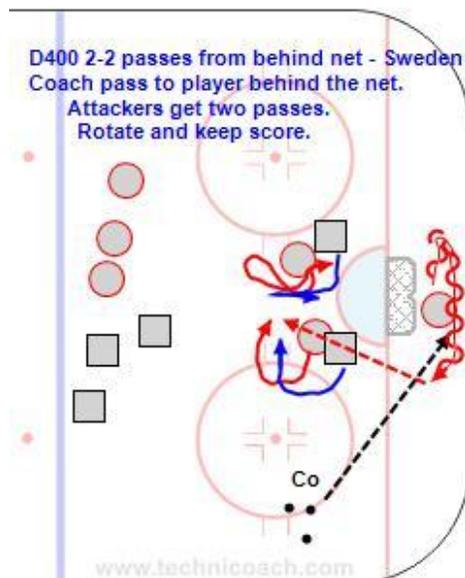
Key Points:

Always face the puck. Defender must see the puck and cover an attacker. Defender keep the stick on attacker when looking for the puck so you don't lose him. Tie up sticks on defense and keep the stick free on offense.

Description:

1. Coach pass to player behind the net.
2. Two attackers are covered by two defenders in front of the net.
3. The coach will give them two passes to try and score.
4. Rotate from offense to defense.
5. Keep score.

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T2-4 D400 Attack and Dzone-Detroit

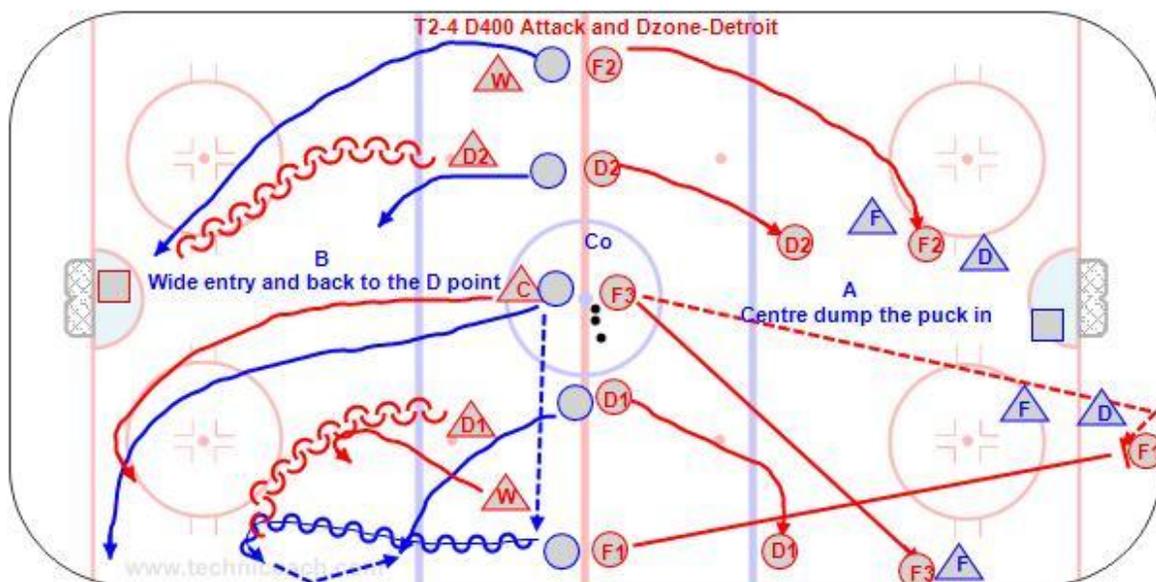
Key Points:

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

Description:

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

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T2-4 D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 – Pro

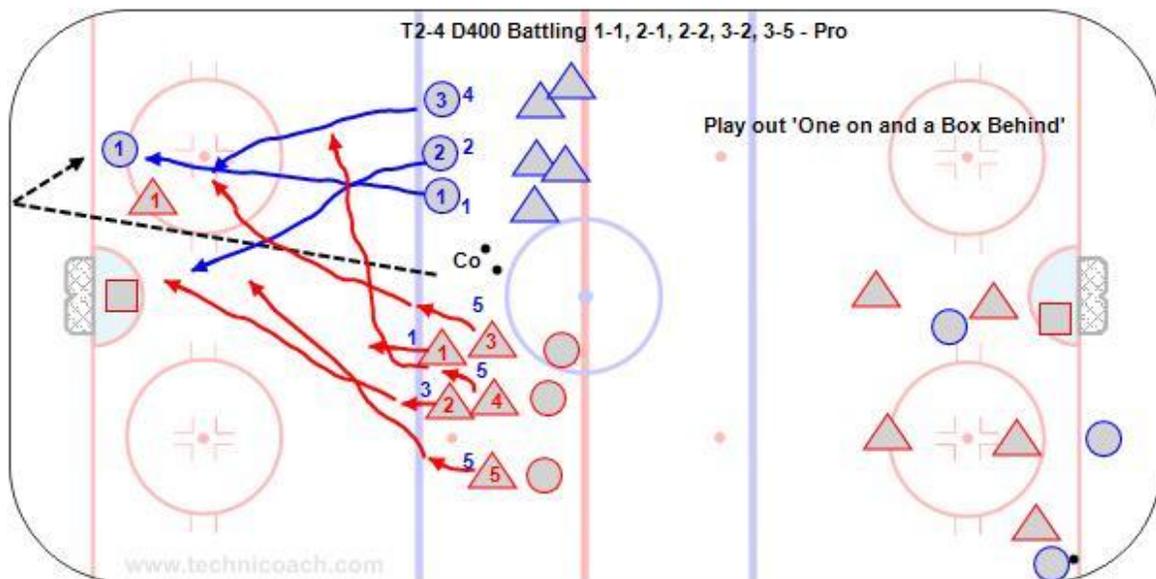
Key Points:

This is a pro drill that works on the low attack and defenders coming into the zone and identifying coverage.

Description:

1. It starts 1-1.
2. Another attacker joins making it 2-1.
3. A defenseman joins making it 2-2.
4. Another attacker join for a 3-2.
5. Three defending forwards come in and make it 3 on 5 and defend with 'one on and box behind'.
6. F1 plays the low 3-3, F2 mid slot, F3 puck side point until the play ends.

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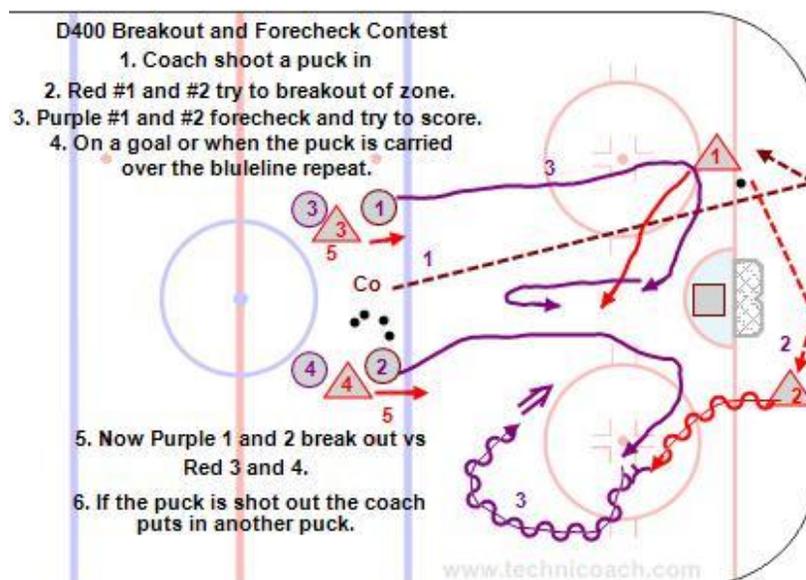
D400 Breakout and Forecheck Contest

Key Points:

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

Description:

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



T2-4 D400 PK and PP Rotation-Detroit

Key Points:

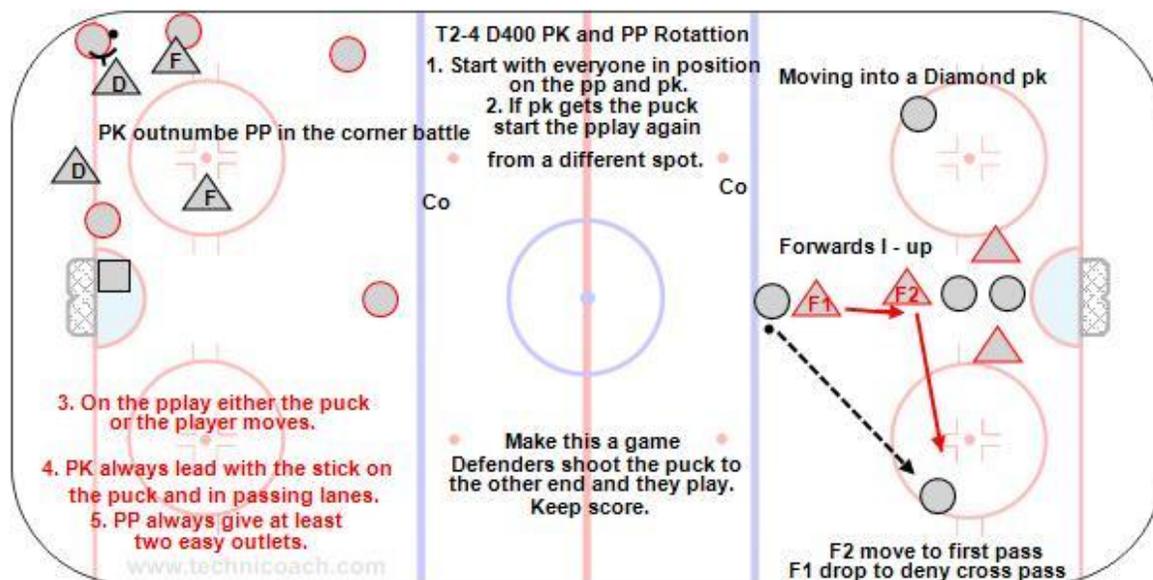
PK outnumber the PP on loose pucks in the corner. PK skate in straight lines. Always one pk denying the mid point and one in front. PP change the point of attack when outnumbered. Rotate the mid point player to the middle or the back door.

Description:

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

*Game situation: defenders shoot puck to other end.

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T2-4 D400 PK and PP Rotation-Detroit

Key Points:

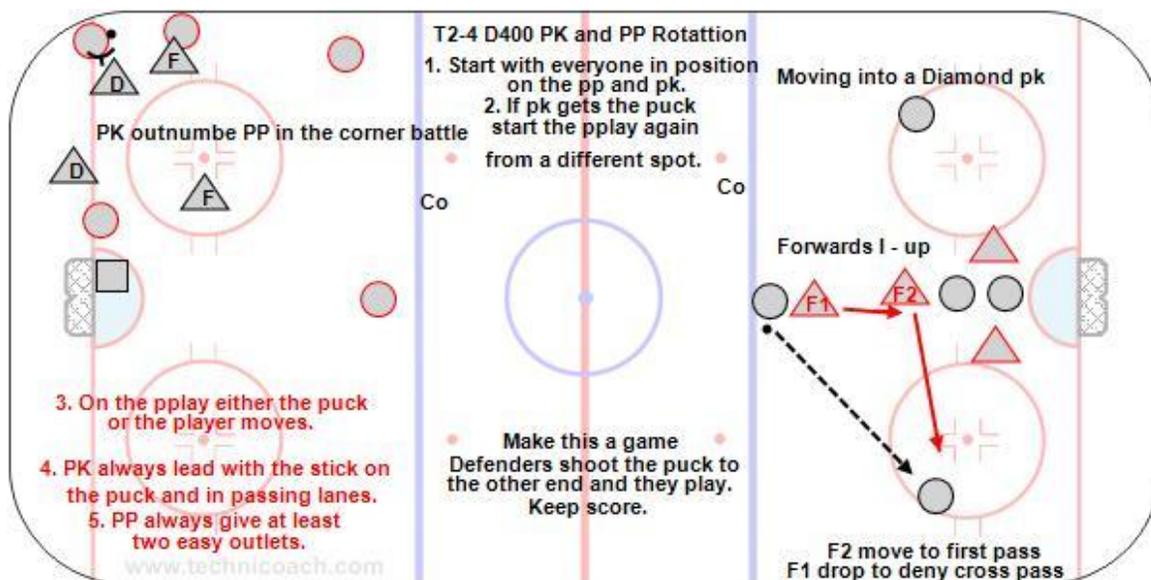
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Description:

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4. PK always lead with the stick on the puck and in passing lanes.
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*Game situation: defenders shoot puck to other end.

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



D400 Random Reading Game Playing Roles

Key Points:

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

Description:

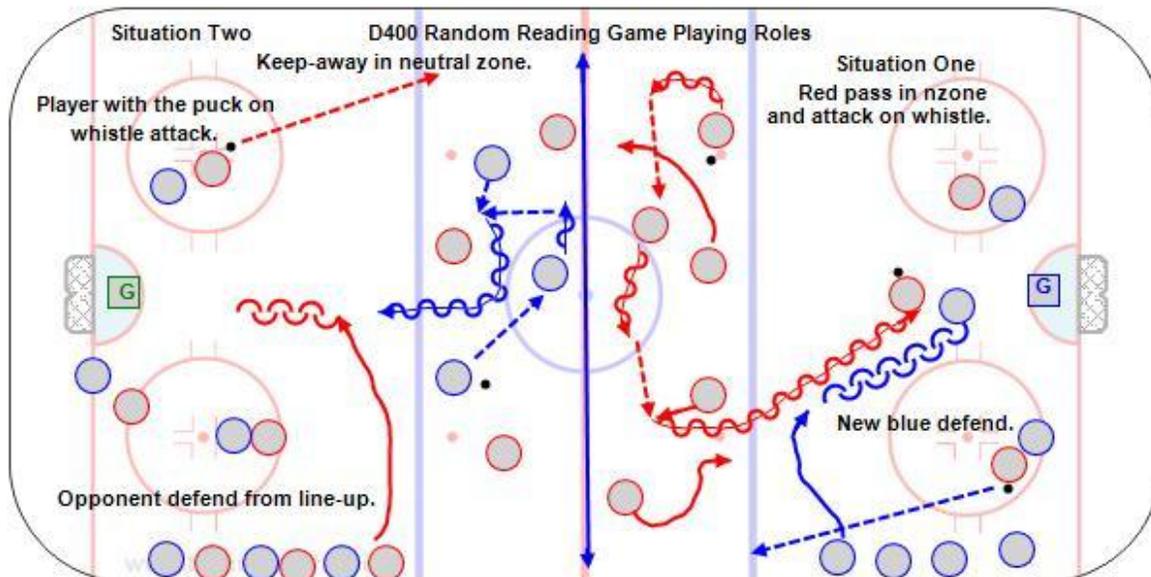
Situation One

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

Situation Two

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

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T2-4 D400 Specialty Team Practice – Pro

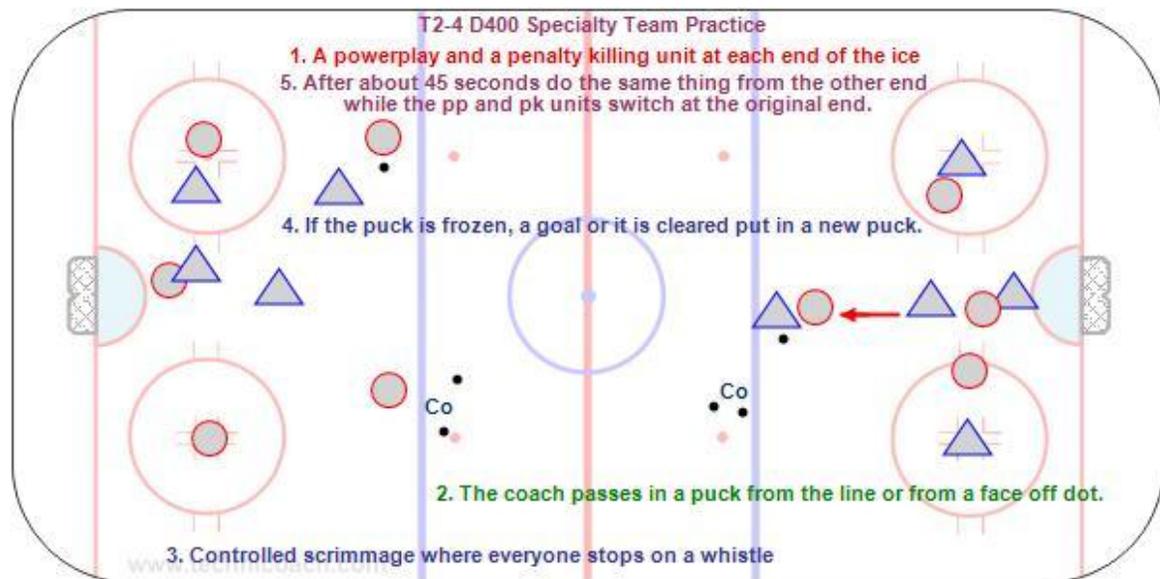
Key Points:

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.

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T2-4 D400 Specialty Team Practice

Key Points:

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

Description:

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

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TD400 Specialty Team Scrimmage

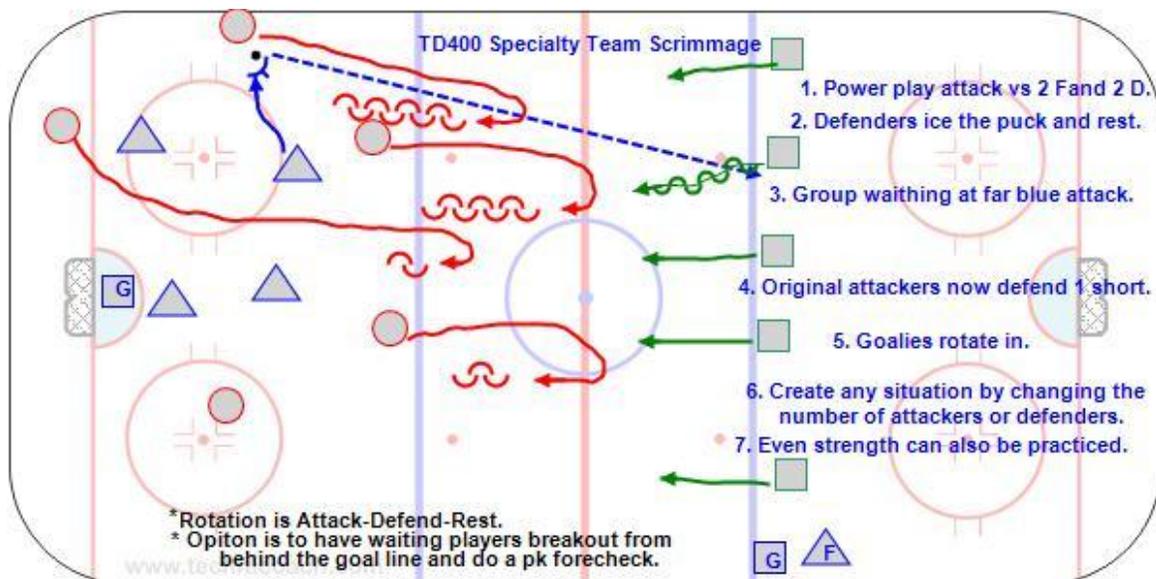
Key Points:

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

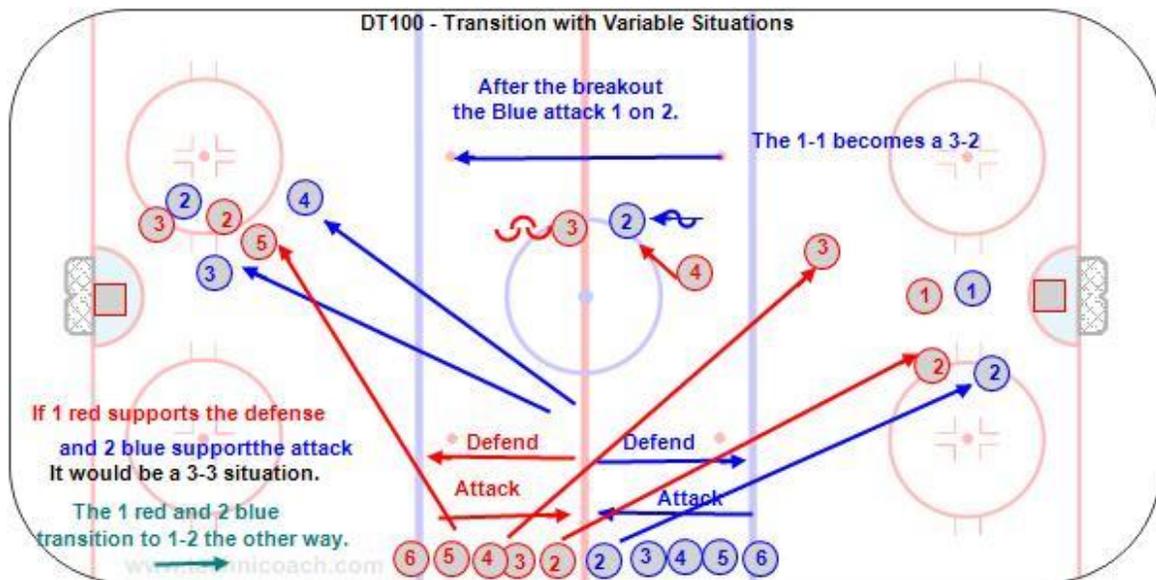
Key Points:

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.*



DT100 Continuous Game of 2 on 2 With Regroup - Flames

Key Points:

Allow the attackers to cross the far blue line before leaving so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works.

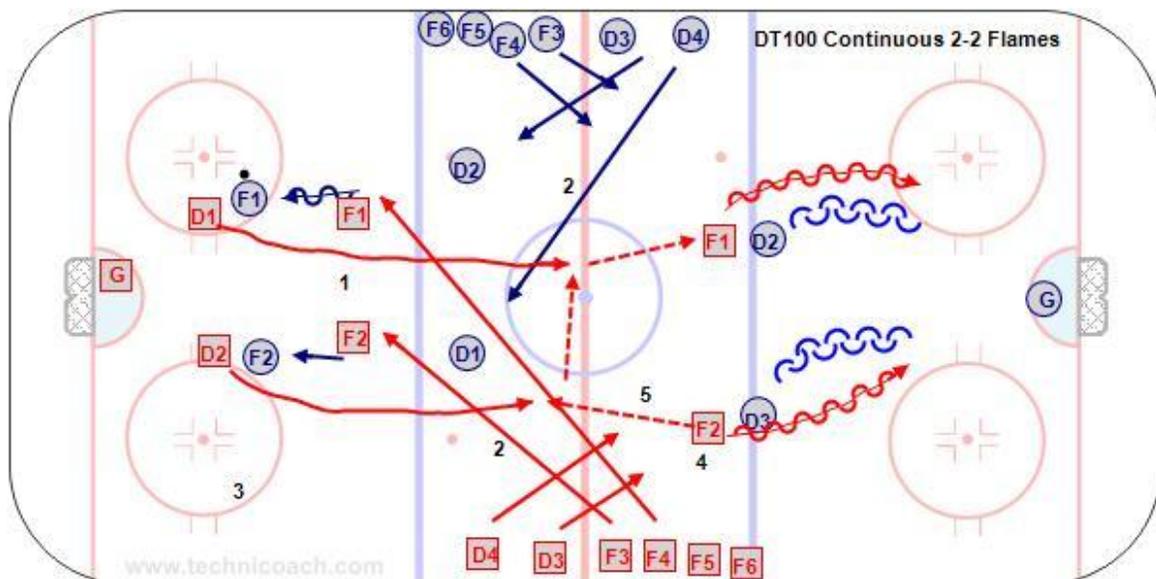
Description:

1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2.
2. RF1 and RF2 and BD1 and BD2 support the play from the lineup.
3. Play 4-4 in the zone.
4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2.

*This rotation can be done from 1-1 to 3-2. Dump ins to work on the breakout and forecheck can be added

Continue this flow. The coach doesn't always blow the whistle so the defenders must be alert.

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T2-4 Forecheck Breakout Sequence – Pro

Key Points:

Goalie and D's communicate. F1 on strong side boards, F2 swing low and slow, F3 weak side. Attack with middle drive, screen for the point shot. Start with one forechecker, then two then three.

Description:

1. Start with a 5-0 breakout, shot then point shot, attack until the whistle.
2. Coach whistle and dump a puck in for a new breakout.
3. Original forwards forecheck starting with one then two then three.
4. The third group come on ready to breakout and forecheck.

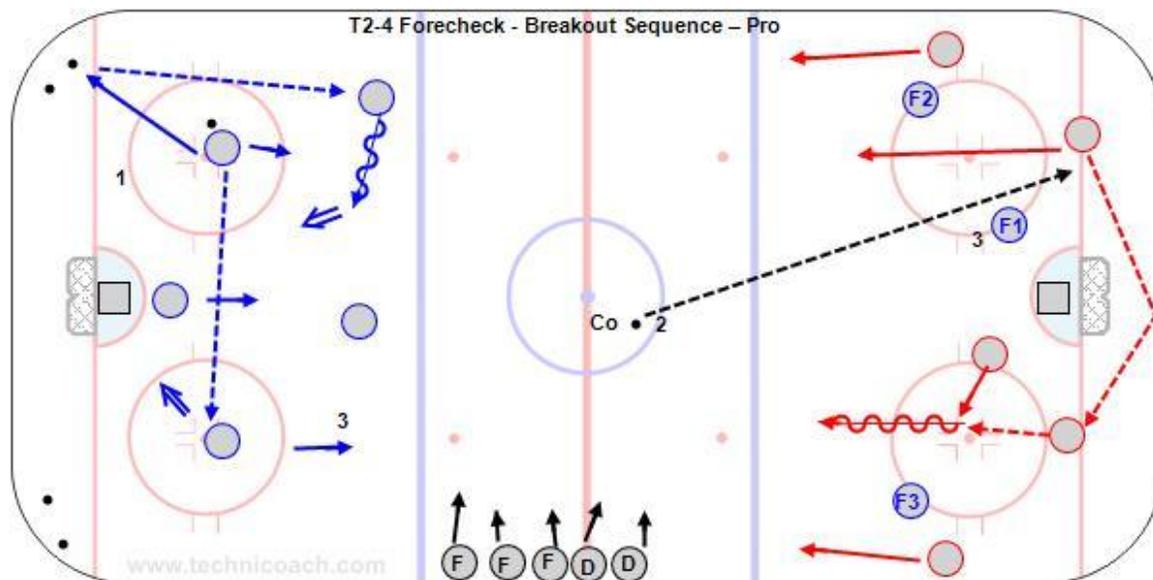
* Contain forecheck because the offense has their toes up ice. F1 on the puck, F2 strong side boards, F3 weak side boards.

* Defense read the pressure and make the first pass to an open player.

* Coach can choose to spot the puck just inside the zone for a quick up.

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DT 2-4 Gaining Position in the Slot

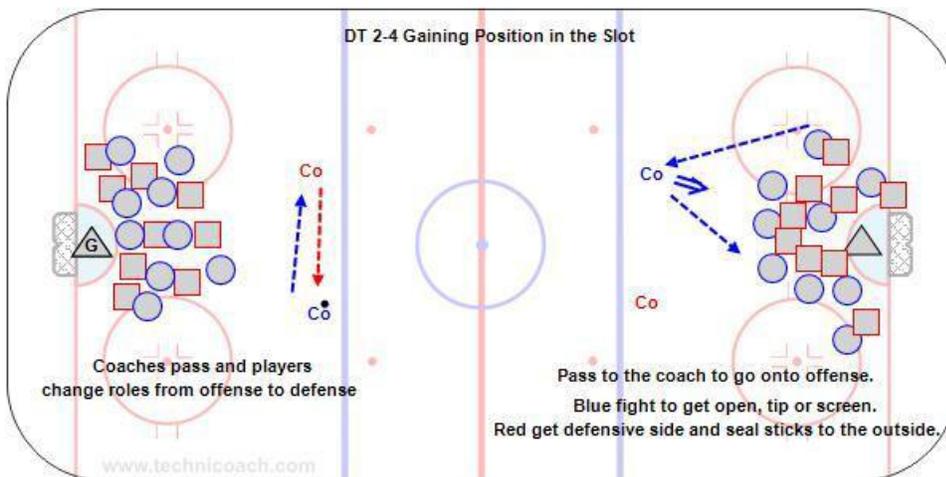
Key Points:

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

Description:

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

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T2-4 Low 3-2 ProW

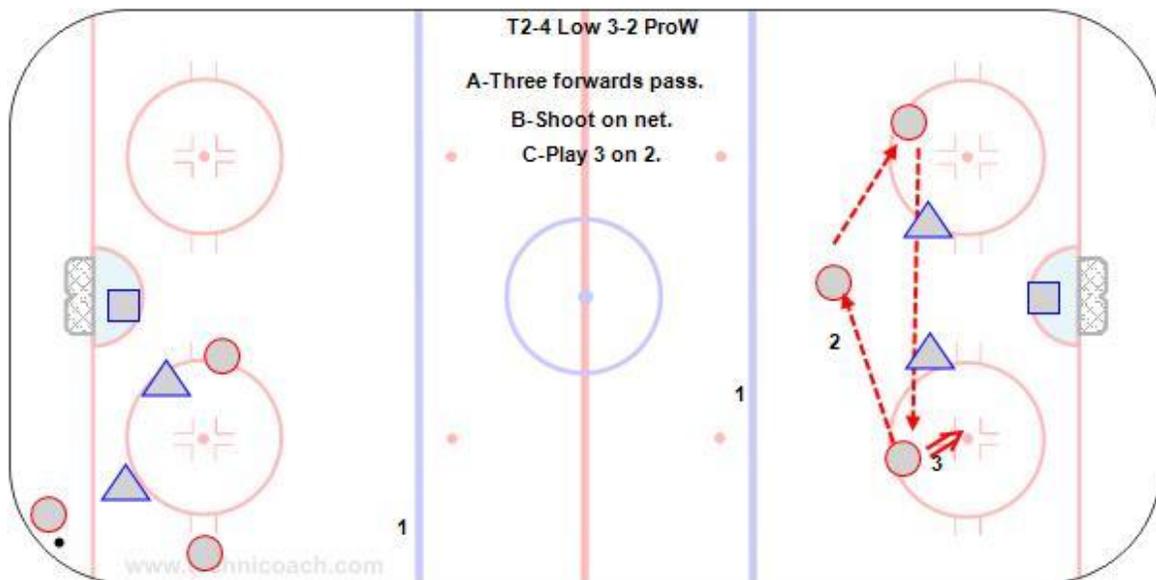
Key Points:

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

Description:

1. This can be done at either one or both ends.
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.

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

Key Points:

Extra players on the bench in a D100 formation. Rotate in when the 2-1 and 4-2 are playing at each end.
D everything with speed and drive to the net on the attack.

Description:

1. Four defenders and five attackers pass the puck on their side of the red line.
 2. Attackers dump their puck into their end for a PP breakout and attackers forecheck.
 3. In neutral zone 3 attacking forwards and 1 D continue and vs. the 2 defensemen 4-2.
 4. The 2 pk forwards get a puck from the coach and turn to attack the other offensive D 2-1.
 5. Next group of 5 and 4 come out and repeat.
 6. If there are only 5 D then the 2 D who attacked now go with the 2 PK forwards.
- *Two colours make team play drills easier to coach and more in tune with today's game of Total Hockey.*

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

Key Points:

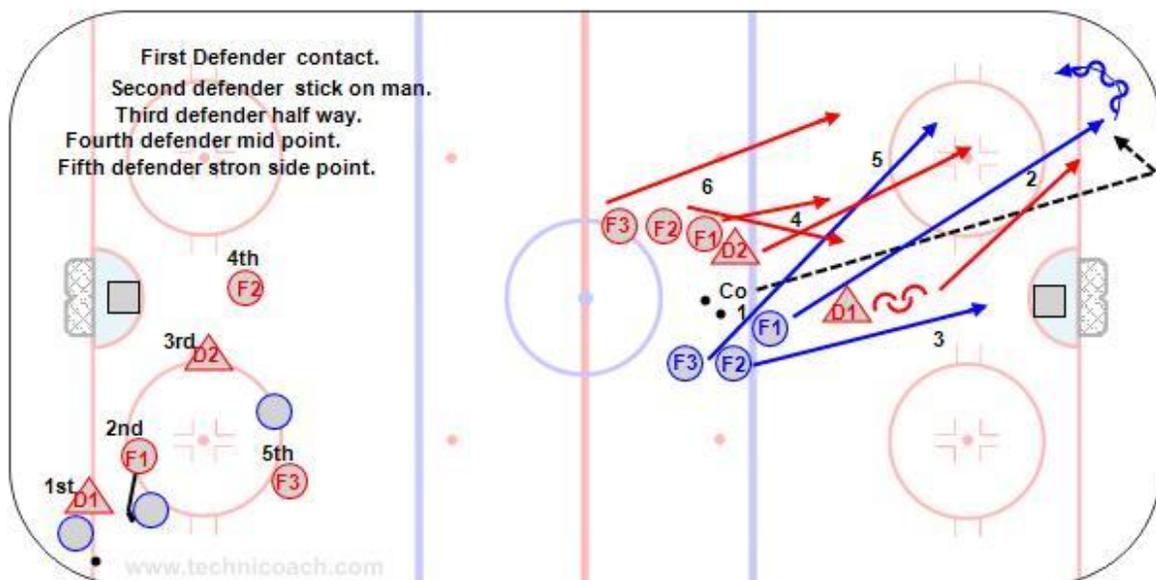
Defenders must communicate situation and switch from man on man to 2-1 to man on man to 3-2 then man on man 3-3. Forwards must quickly take advantage of the 2-1 and 3-2. Defending forwards have to come back to low slot, mid-slot and puck side point.

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.

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T2-4 Team Play Practice Rotation

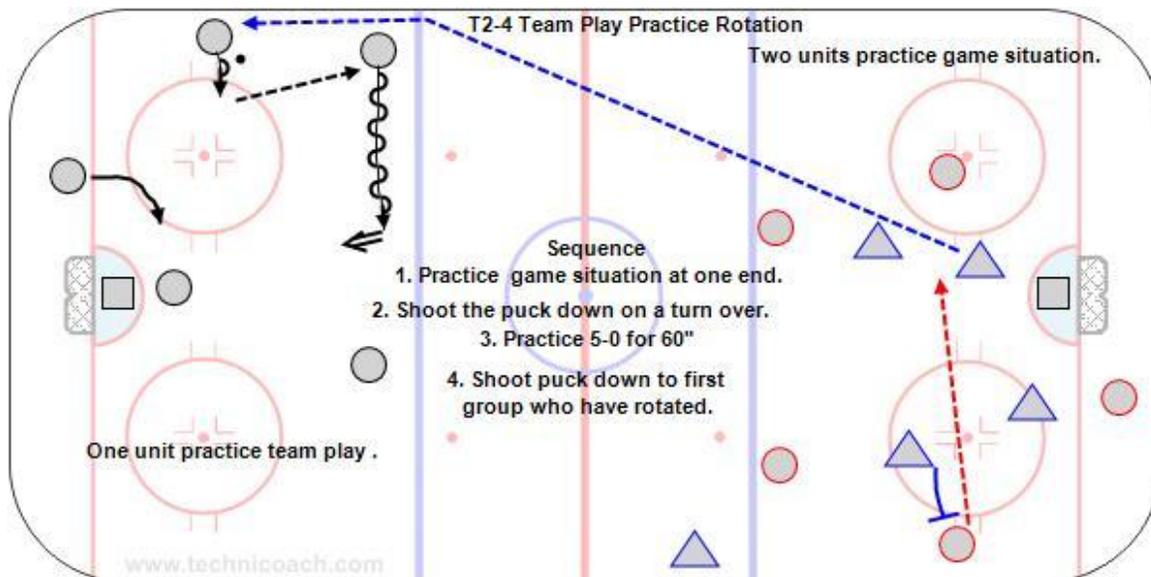
Key Points:

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

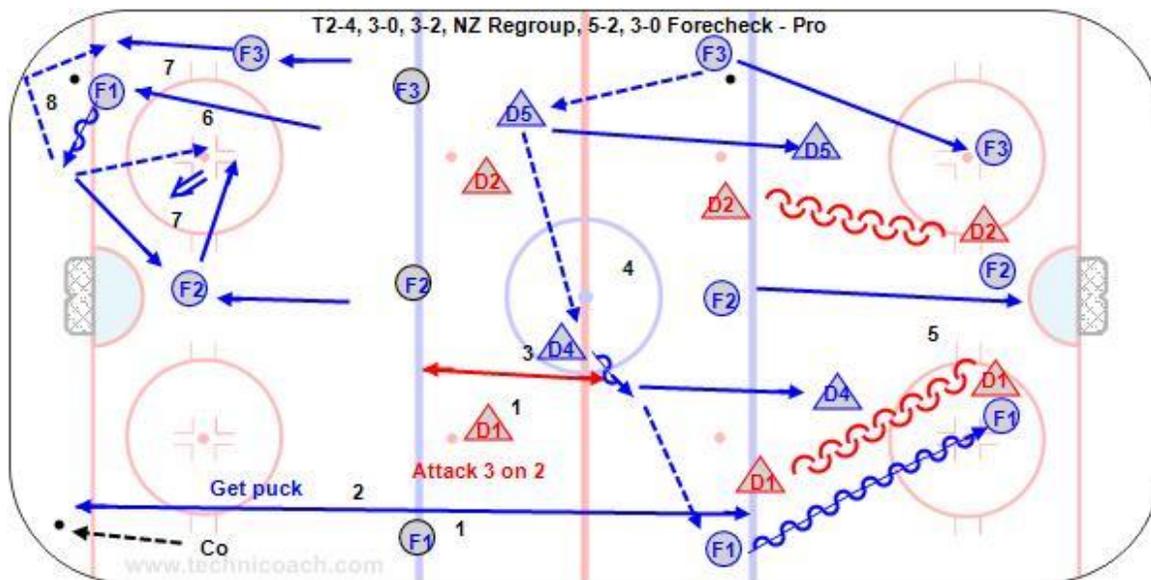
Pro Key Points:

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.

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

Key Points:

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

Description:

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

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

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T2-4, D4 – Reilly Team Play Rotation

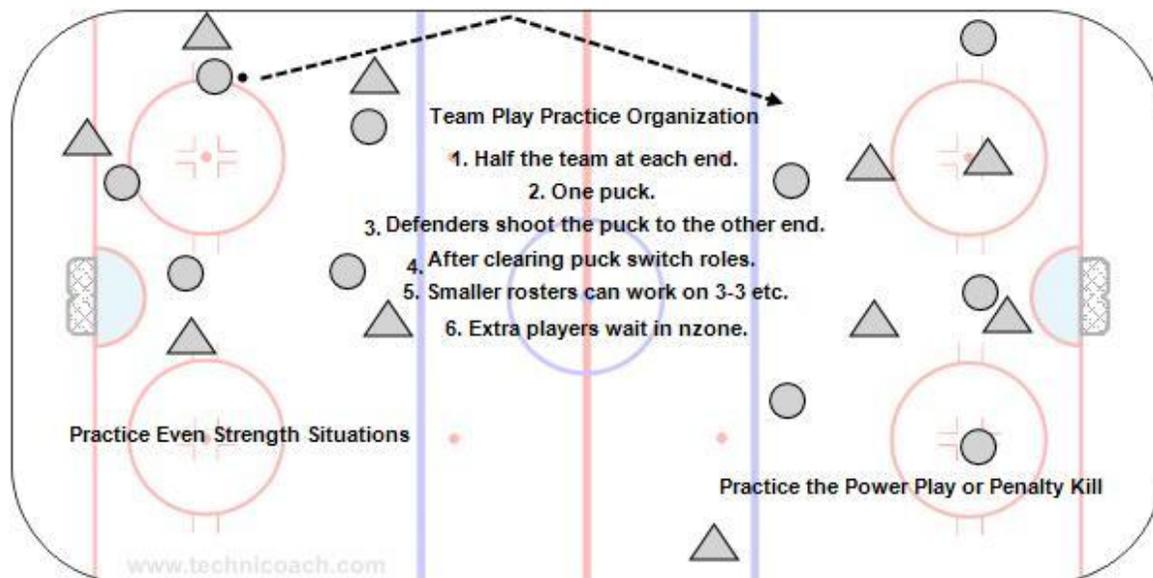
Key Points:

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

Description:

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

**The play rotates from end to end.*



T2-4, D100 Breakout vs Nzone Trap-Detroit

Key Points:

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

Description:

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

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

