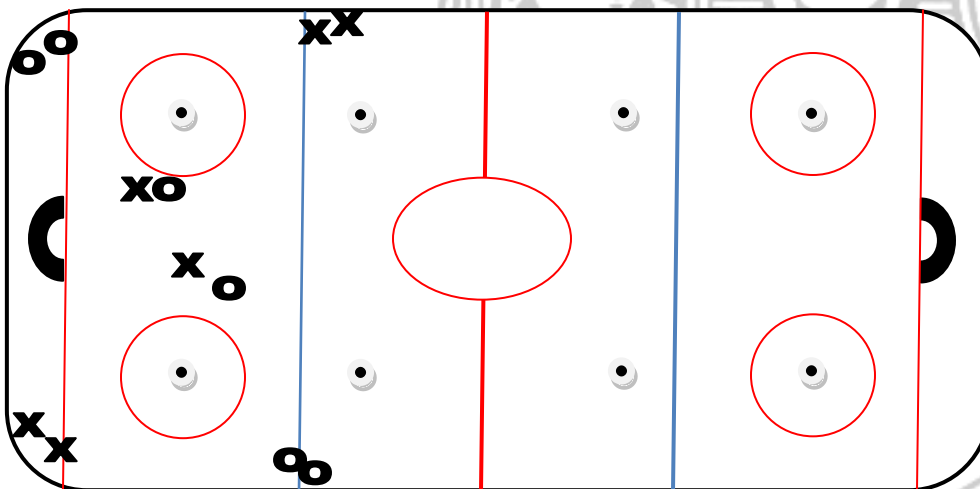


“Everyone is trying to accomplish something big, not realizing that life is made up of little things.” - Frank A. Clark

“Don’t Complicate Simple!” - Kim Dillabaugh

**“The best players do ordinary things better than anyone else.”
- Greg Cronin**

Leaf 2 on 2 Warm-up (both ends)



Keep away – can only pass to your own lines, or teammate (works well when player can’t hold onto puck longer than 2 or 3 seconds – whistle & change of possession)

Protect the puck

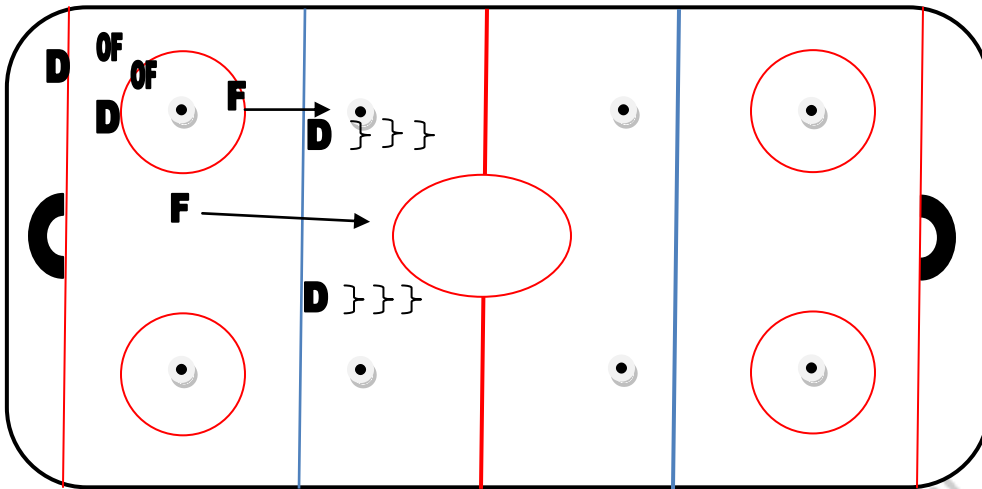
Without the puck - move to be an option/outlet

Defensively, work to cover your man

COMMUNICATE!

-Can also do this drill 3v3 – move lines back to red line

Pistol 2 on 2 (Continuous)



-Drill begins 2 on 2 in zone

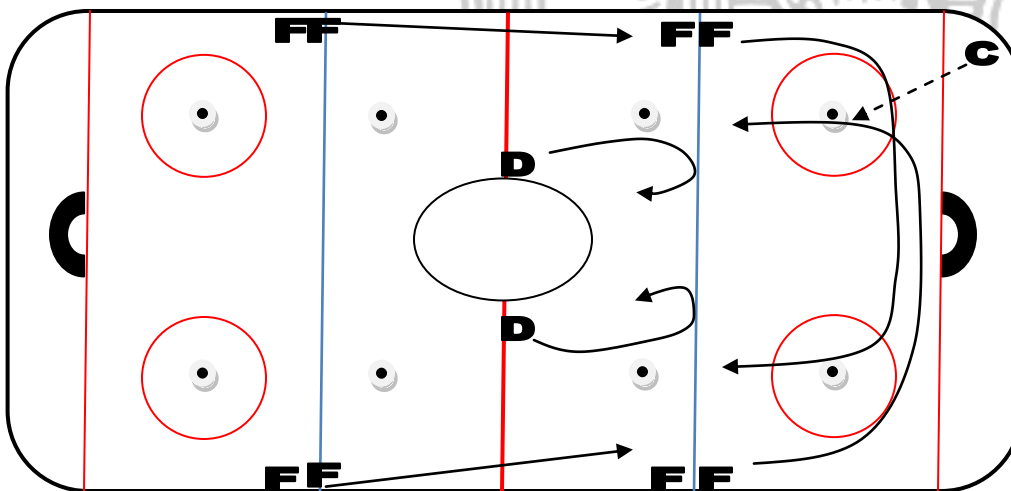
-OFF FWDs are trying to score and D are trying to break the puck out to high FWDs.
(If the OFs score, coach chips in a new puck)

- High FWDs are moving to support puck for breakout simulating DZC (skates up, good positioning) – do not get involved in defending

-D must make a pass to high FWD which sends them 2 on 2 the other way – 2 new forwards and 2 new D jump onto the ice and play it out continuously

-Players on the bench need to be ready!

Mystick 2 on 2

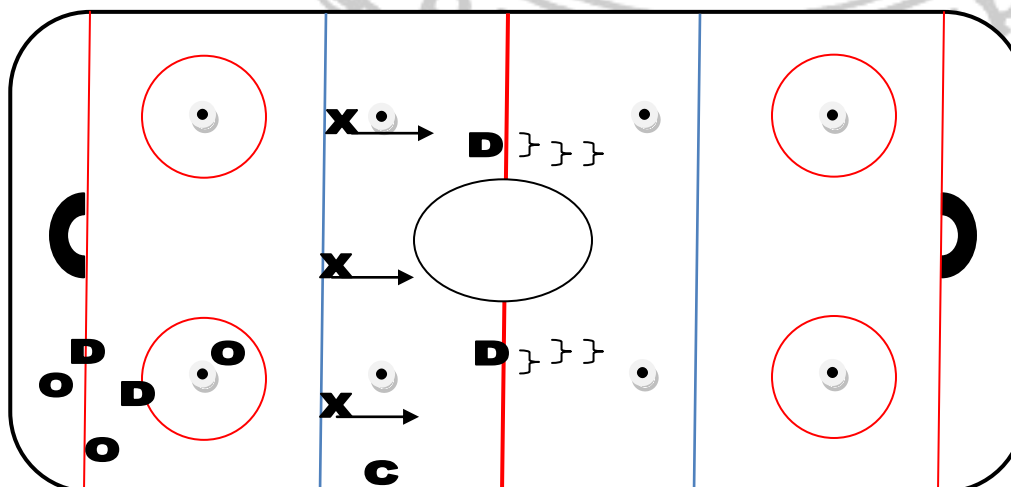


-D start on red-line and gap up to play initial 2 on 2 – **goal is to stand up at our blueline**

-On whistle, next forwards swing low for 2 on 2 while D need to gap up quickly

-Goal for D-men is to play inside the dots and protect the middle of the ice

3 on 2 into DZC



-Starts with a 3 on 2 in offensive zone (CYCLE AND KEEP PUCK LOW – LOOKING TO ATTACK NET)

-On whistle, forwards at blueline attack 3 on 2 the other way (one of these forwards already has a puck)

-Offensive group needs to backcheck into the defensive zone (communicate and sort it out)

-Original D join the play and hustle to offensive blueline

- Play it live (5v5)