2026 NHLCA DRILL BOOK

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COACH THEM

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WARM-UP DRILLS

Legend

- Direction
- Shot
- Stop
- Pivot
- Skate
- Skate With Puck
- Pass
- Backwards Skating
- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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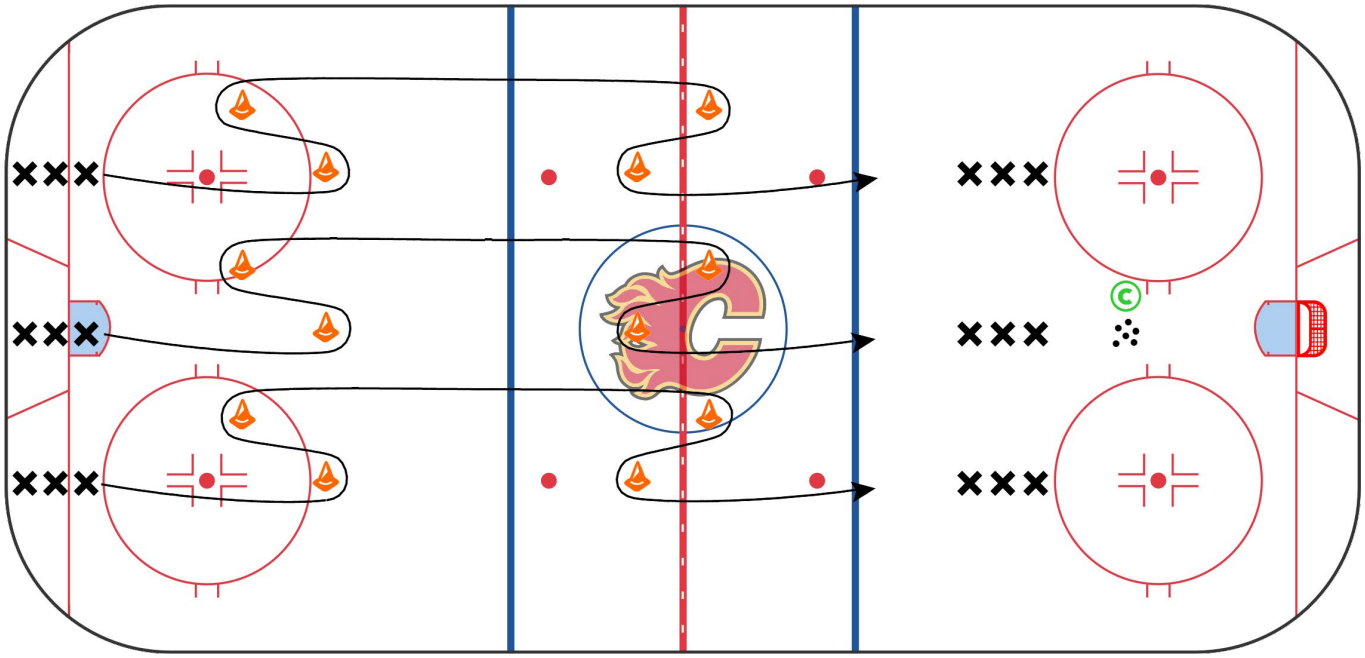
WARRIORS 2-CONE SKATING

Category: Warm-Up

Team: Calgary Flames

Description:

- Can work in pivots / Mohawks / and going forward to backwards through the cones.
- Can add players carrying the puck to the drill.



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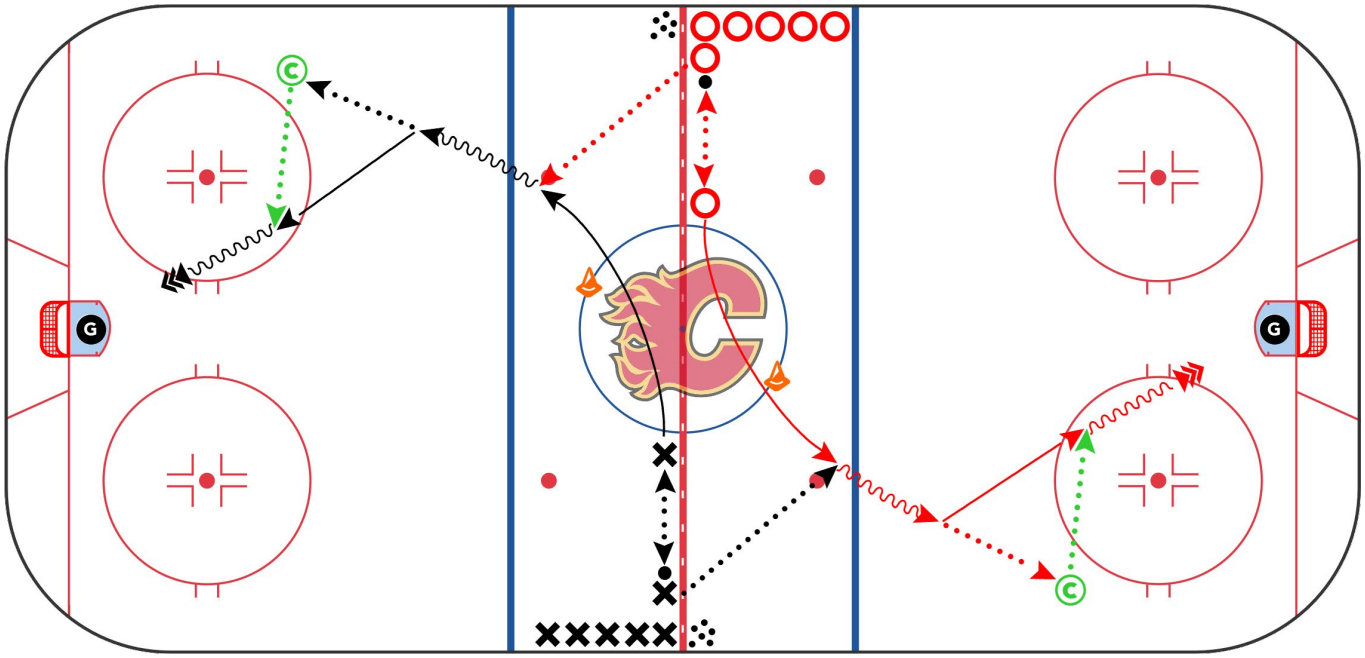
QUEBEC - QUICK HIT WARM-UP

Category: Warm-Up

Team: Calgary Flames

Description:

- Skating backwards, quick one-touch back to your own line, turn and go around pylon and receive a pass from other line.
- Skate in and shoot.
- Can add in a give and go with **Coach**.



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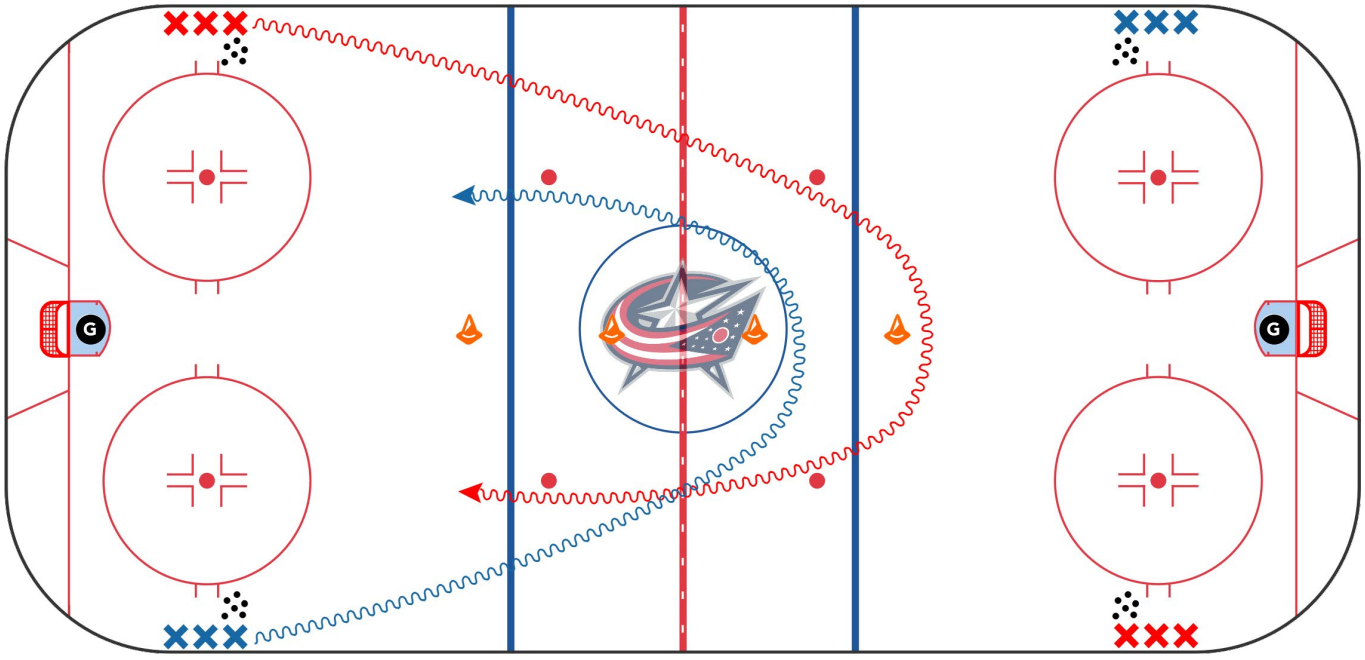
4 CONE 2 SHOTS

Category: Warm-Up

Team: Columbus Blue Jackets

Description:

- 4 corners.
- **Coach** designates high or low side.
- Carry puck around cone for shots.



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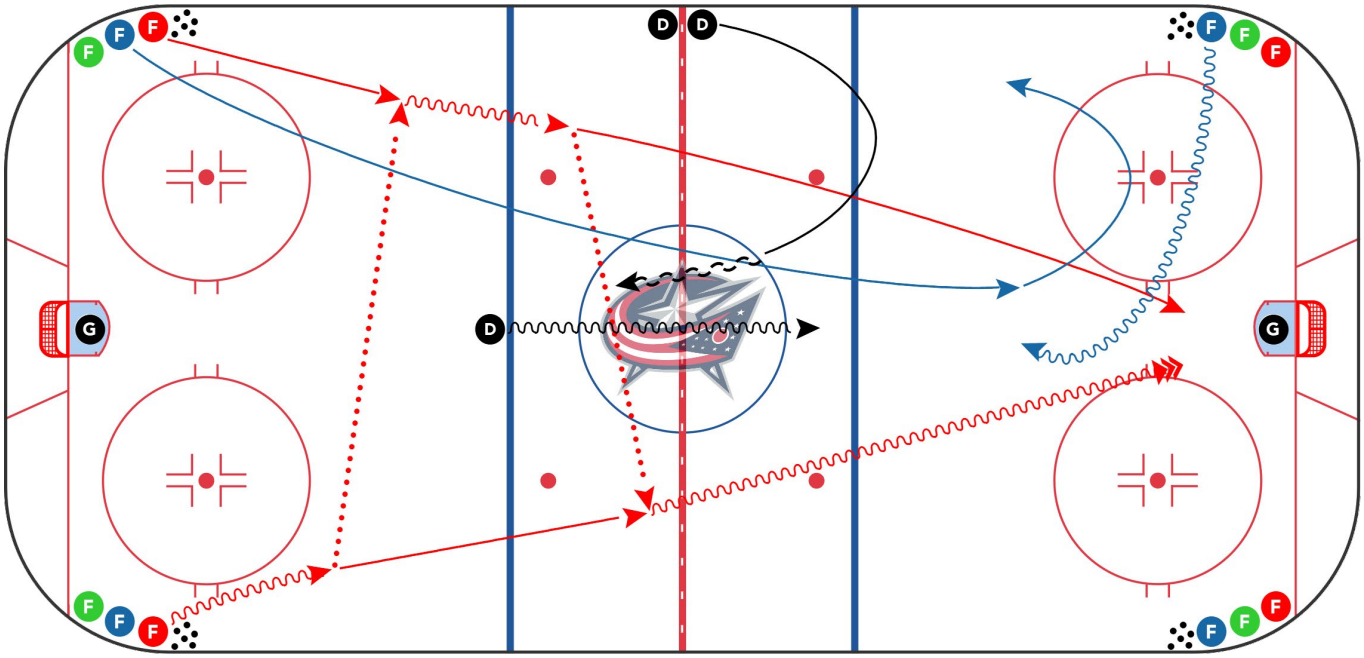
2 ON 1 PICK YOUR PARTNER

Category: Warm-Up

Team: Columbus Blue Jackets

Description:

- 2 F's go 2 vs 1 on D.
- 1 forward backcheck.
- When he hits top of circles other end, he curls to one side going 2 vs 1.
- Other side tracks.
- Continuous.



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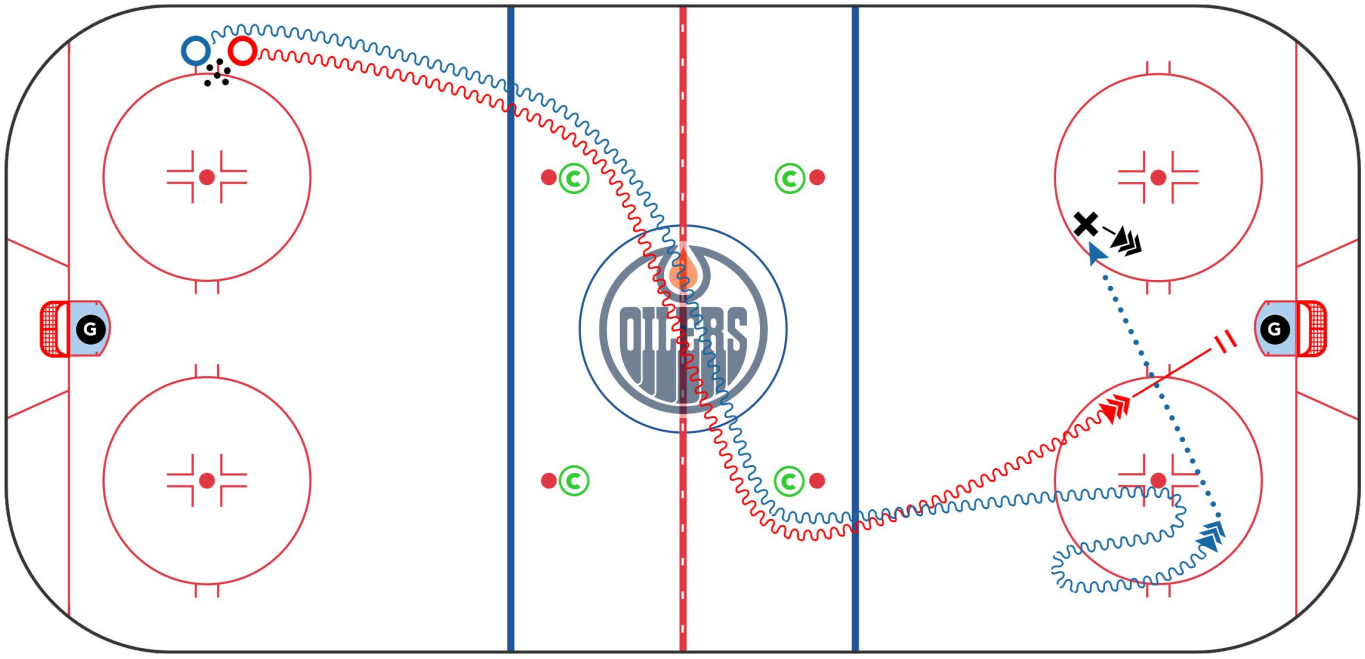
4 COACH WARM UP

Category: Warm-Up

Team: Edmonton Oilers

Description:

- Drill going both ways on opposite sides.
- F1 cut through the hands of the Coach's at the dots for puck protect.
- First player shot, screen net front.
- 2nd player same route but cutbacks vs Coach tracking from last dot.
- Can change to having 2nd player go dot wide to player to 2nd player in opposite line, to warm up both sides of **Goalie**.



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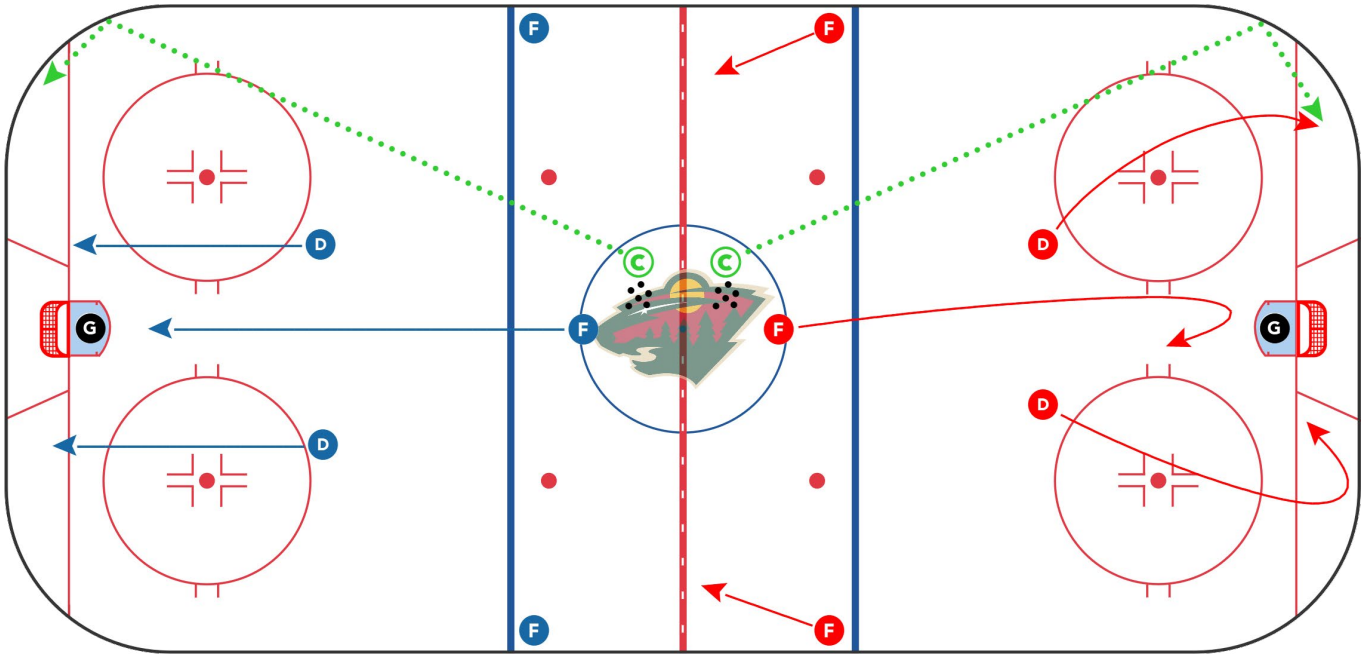
HUNTSY FC 5 VS 3

Category: Warm-Up

Team: Minnesota Wild

Description:

- **Coach** will dump a puck into the red zone and the red line will break the puck out. After they break the puck out, they will pass to original **Coach** and go down the ice to forecheck the blue line with their D joining the forecheck.
- A second **Coach** will dump a puck in for the blue line to breakout 3 vs 5. Blue forwards stay at the blue line until the whistle and wait for their center to reach the blue line, then go forecheck a red line 5 vs 3, with their D following the play up the ice.



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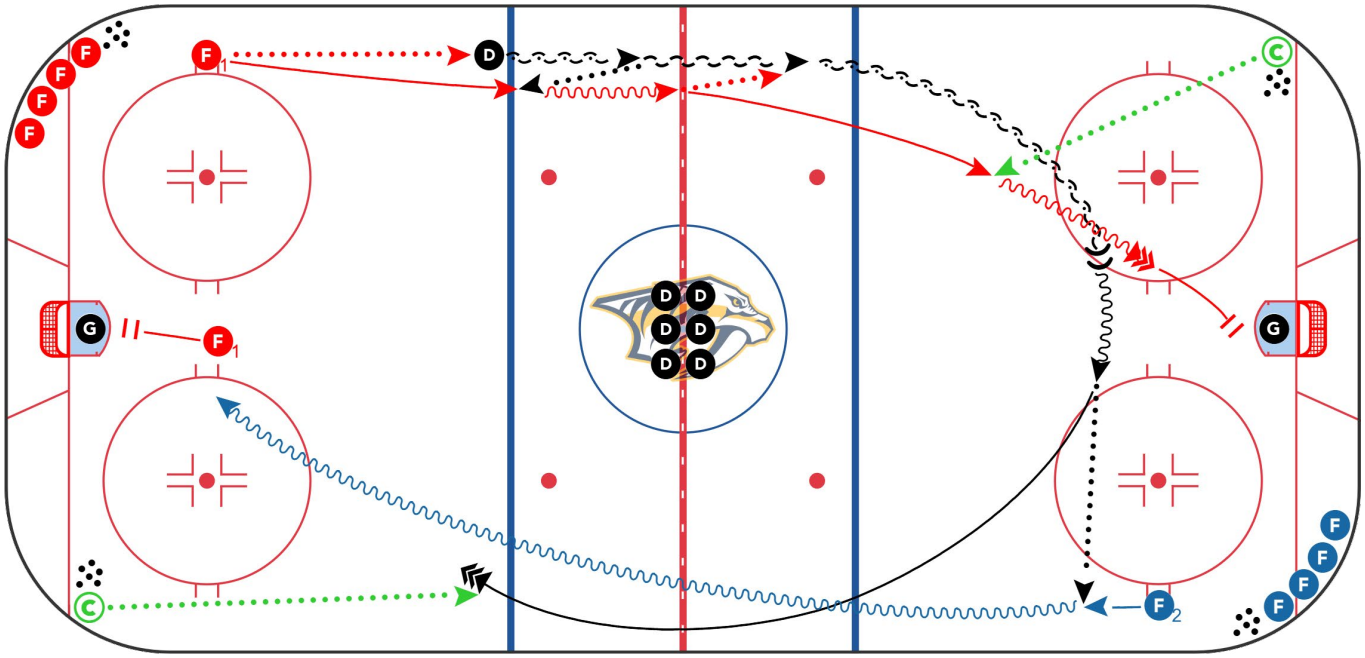
TT SHOOTING

Category: Warm-Up

Team: Nashville Predators

Description:

- Runs from opposite corners simultaneously.
- F1 and D give and go up the ice. D opens up inside blue line and gives flat pass to F2 in opposite line. D follows up play to OZ.
- F1 gets pass from Coach for shot on goal then stops in slot for rebound.
- F2 goes down for shot on G, stops in front/takes G's eyes away.
- D gets pass from Coach for quick point shot with F1/F2 at net looking for tips/rebounds.



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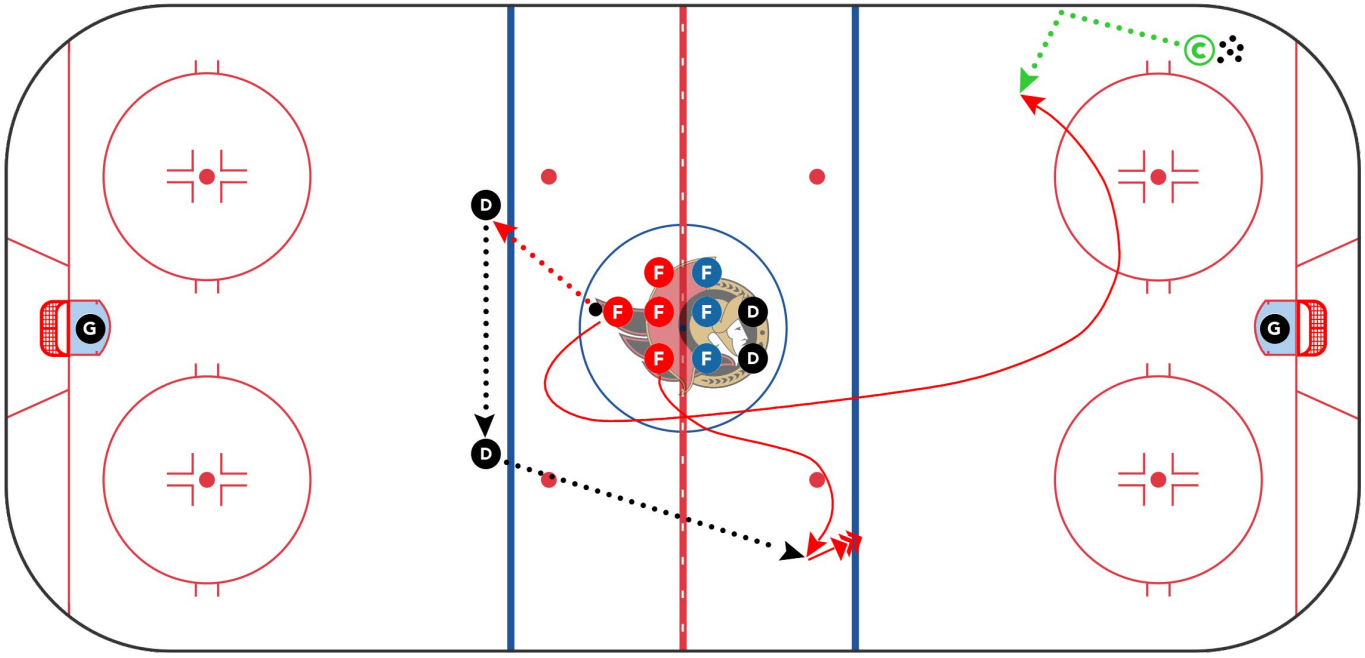
TEXAS 2 STEP - WARM UP - PART 1

Category: Warm-Up

Team: Ottawa Senators

Description:

- 1st Progression: D to D up, F goes in for shot, other F builds route to **Coach** and picks up indirect.



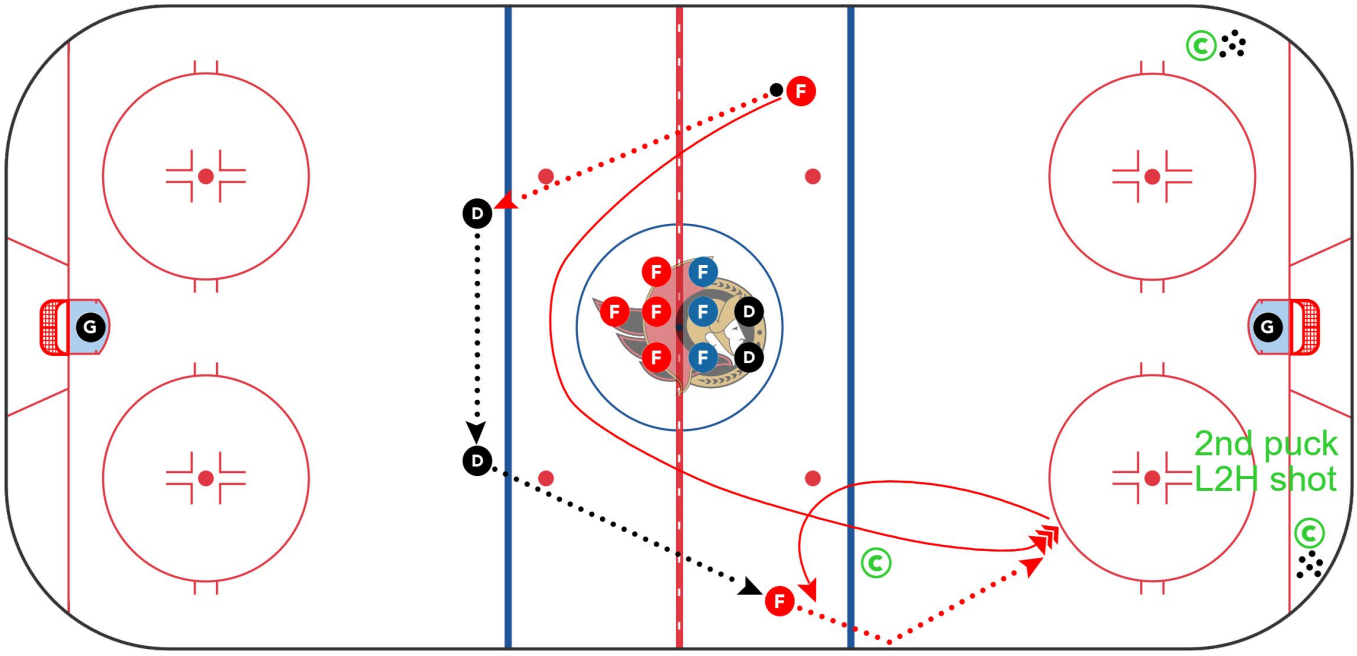
TEXAS 2 STEP - WARM UP - PART 2

Category: Warm-Up

Team: Ottawa Senators

Description:

- 2nd progression: F who gets inside from **Coach** hits D for another D to D then builds speed through middle, F who shot reloads out to post vs **Coach**.
- D 2 D up, chip, shot.
- Second puck: L2H shot.



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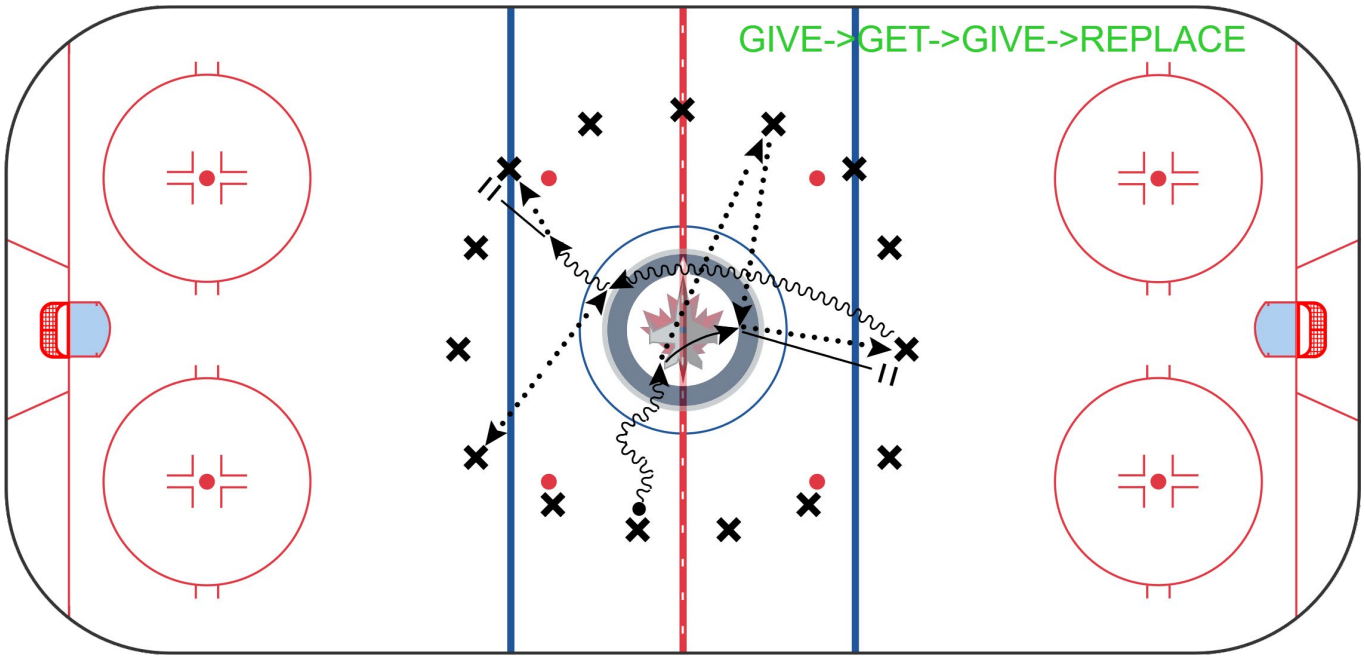
MARTY CYCLONE

Category: Warm-Up

Team: Winnipeg Jets

Description:

- 1 puck.
- 2 pucks.
- 3 pucks.
- Give-get-give-replace.
- Communicate, add more pucks.



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SHOOTING DRILLS

Legend

- Direction
- Shot
- Stop
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- Backwards Skating With Puck
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- Goalie Butterfly slide

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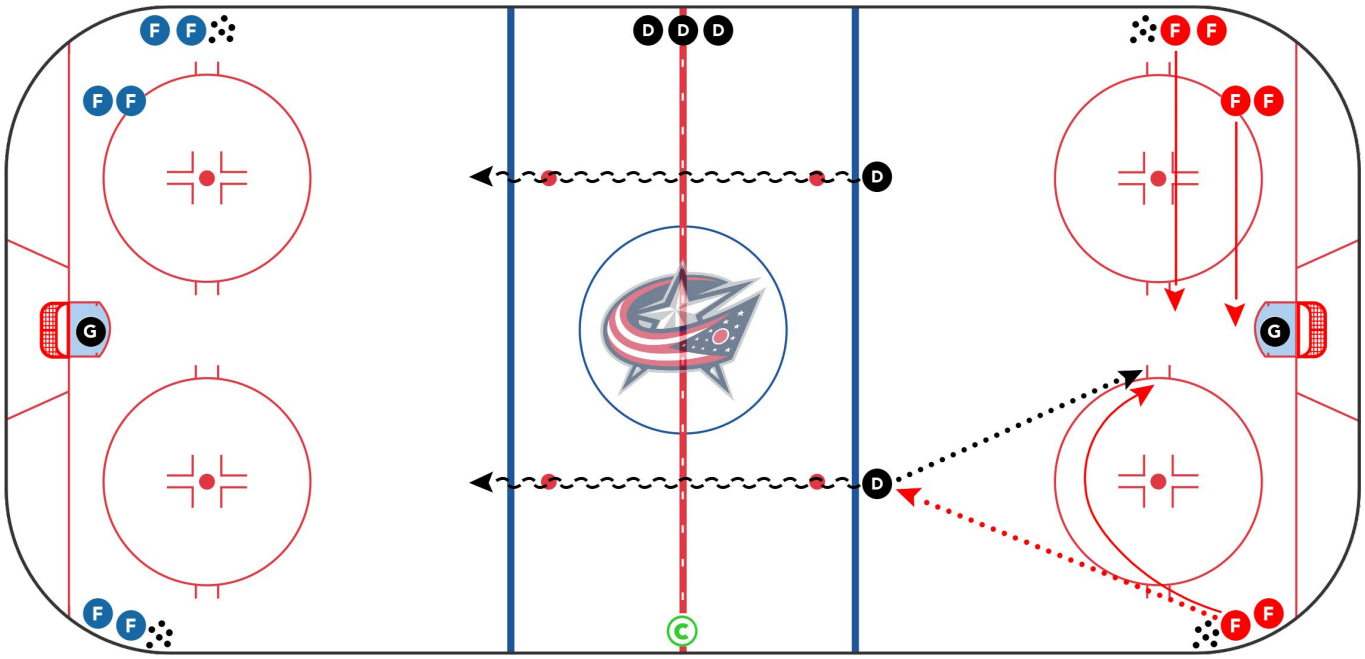
NZ 3 SHOT/UPWARD HINGE PULL BACK

Category: Shooting Drills

Team: Columbus Blue Jackets

Description:

- Half each end/D in middle.
- Start with pass to D shot/F to net.
- Whistle regroup with D for shot.
- F pass to D for 3rd shot.
- When a pass is made to the opposite end, the progression starts.



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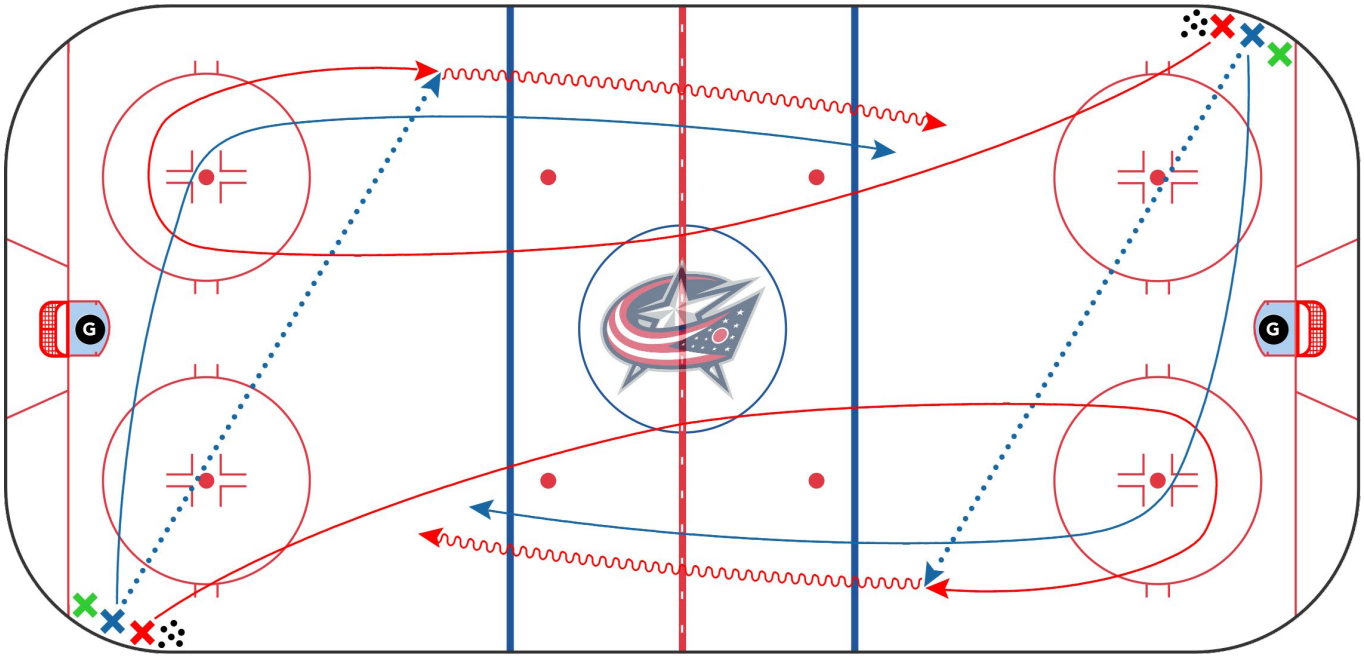
TRACKING SHOTS

Category: Shooting Drills

Team: Columbus Blue Jackets

Description:

- Start without puck down around dot.
- Opposite corner passes and tracks to top of circle then curls around cone and receives pass and continues.



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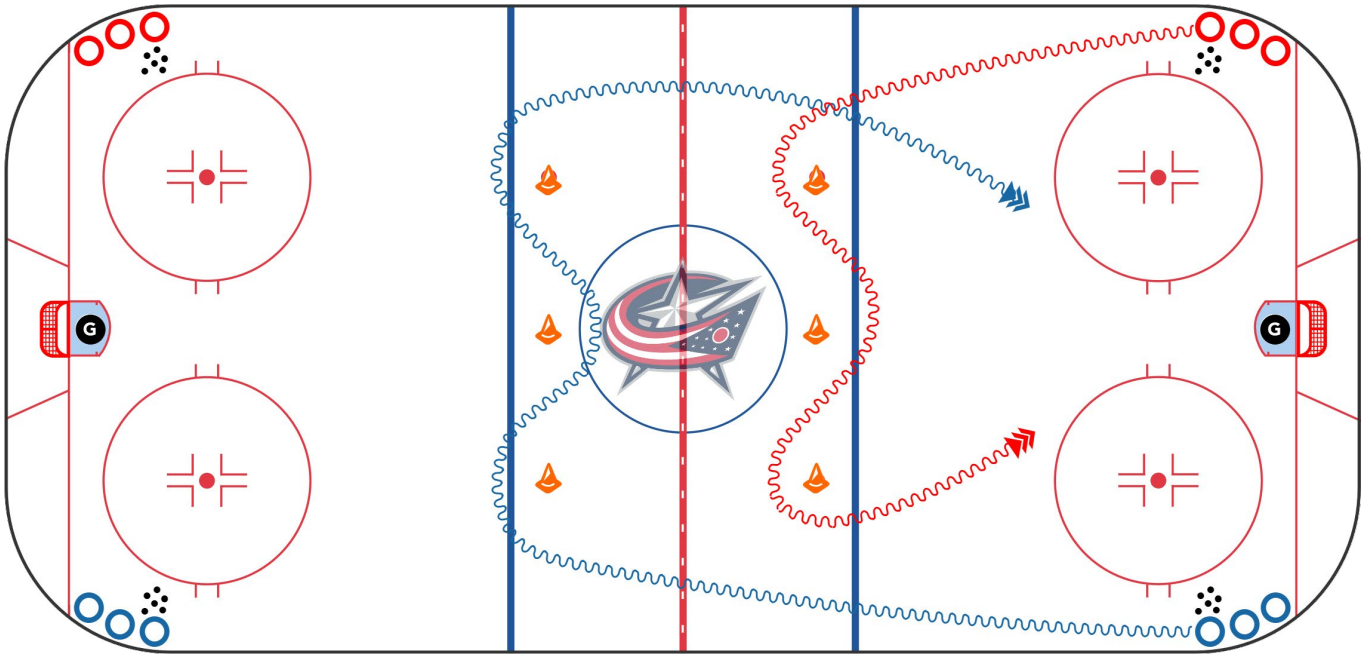
6 CONE 2 SHOT

Category: Shooting Drills

Team: Columbus Blue Jackets

Description:

- Players all 4 corners.
- **Coach** designates high or low.
- Weave through cones for wide shot.



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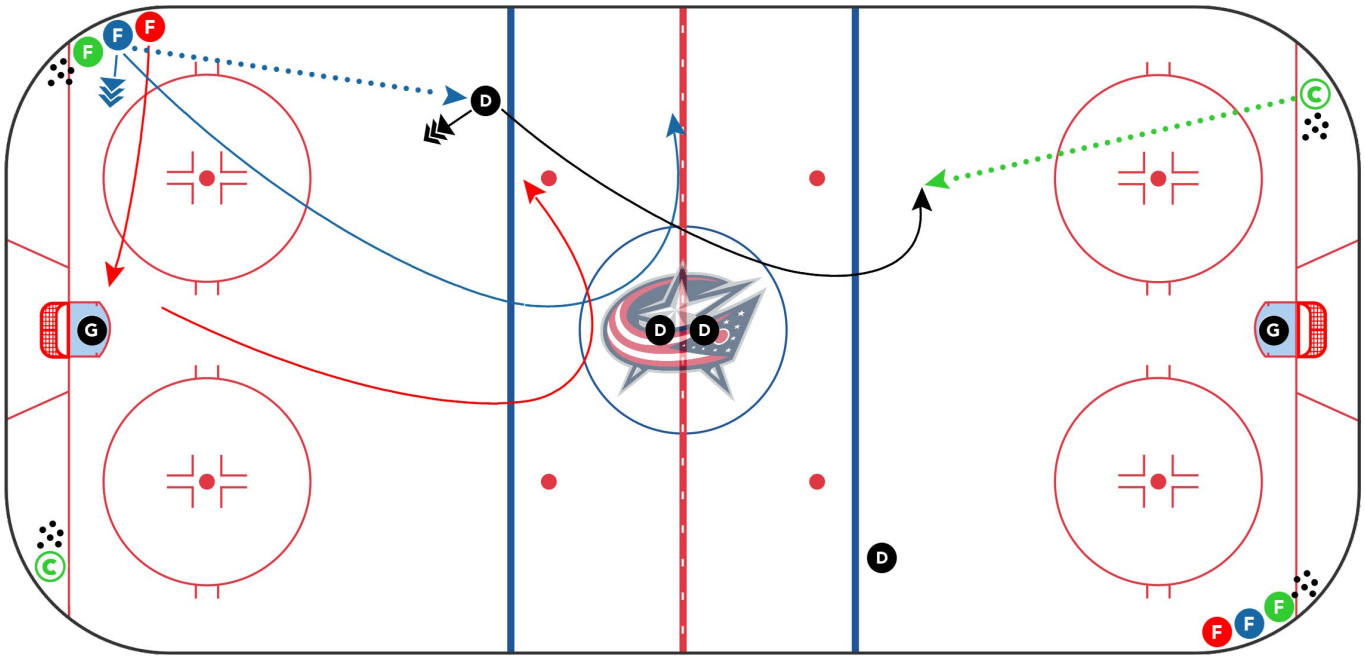
3 SHOT SLAM DUNK

Category: Shooting Drills

Team: Columbus Blue Jackets

Description:

- 1st forward goes to net.
- 2nd forward shot tip pass.
- 2nd forward pass to D for 2nd shot/forwards at net for quick rebound.
- Coach spots puck in NZ for D and forward regroup for 2 vs 0.
- D follows up for 4th shot.



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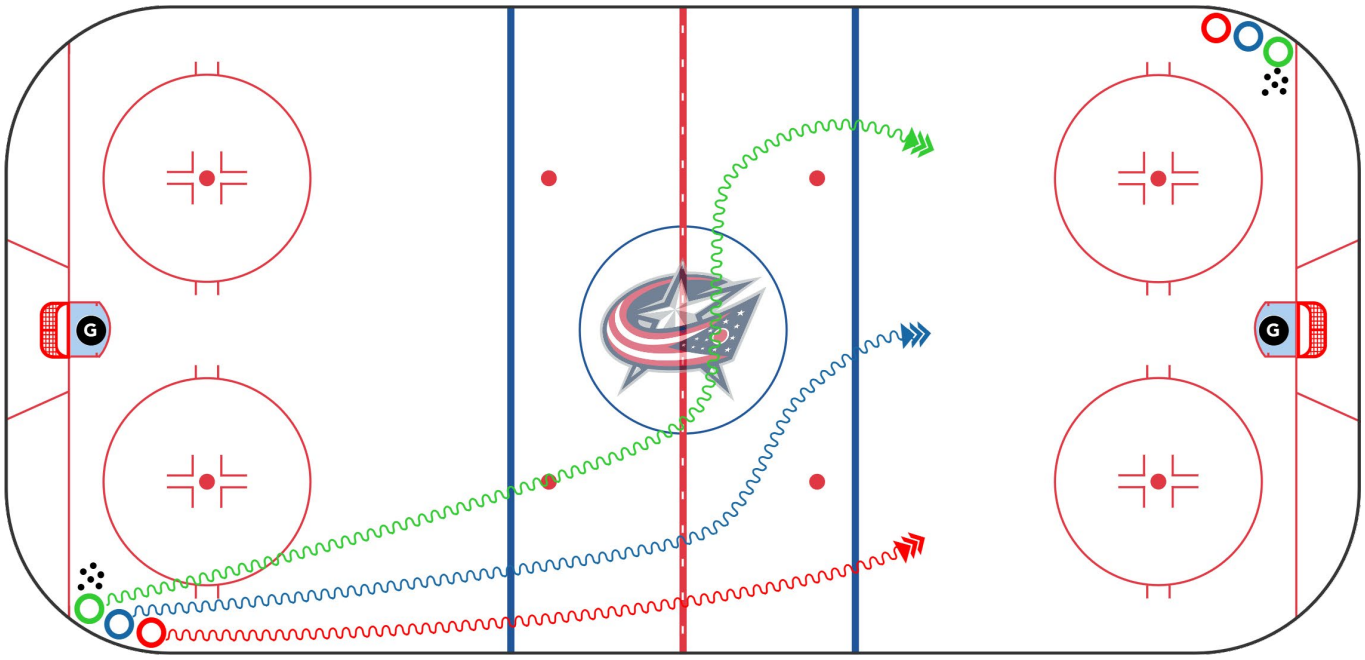
3 LANE SHOTS

Category: Shooting Drills

Team: Columbus Blue Jackets

Description:

- 3 players leave at the same time across red.
- Fill 3 lanes for shots.



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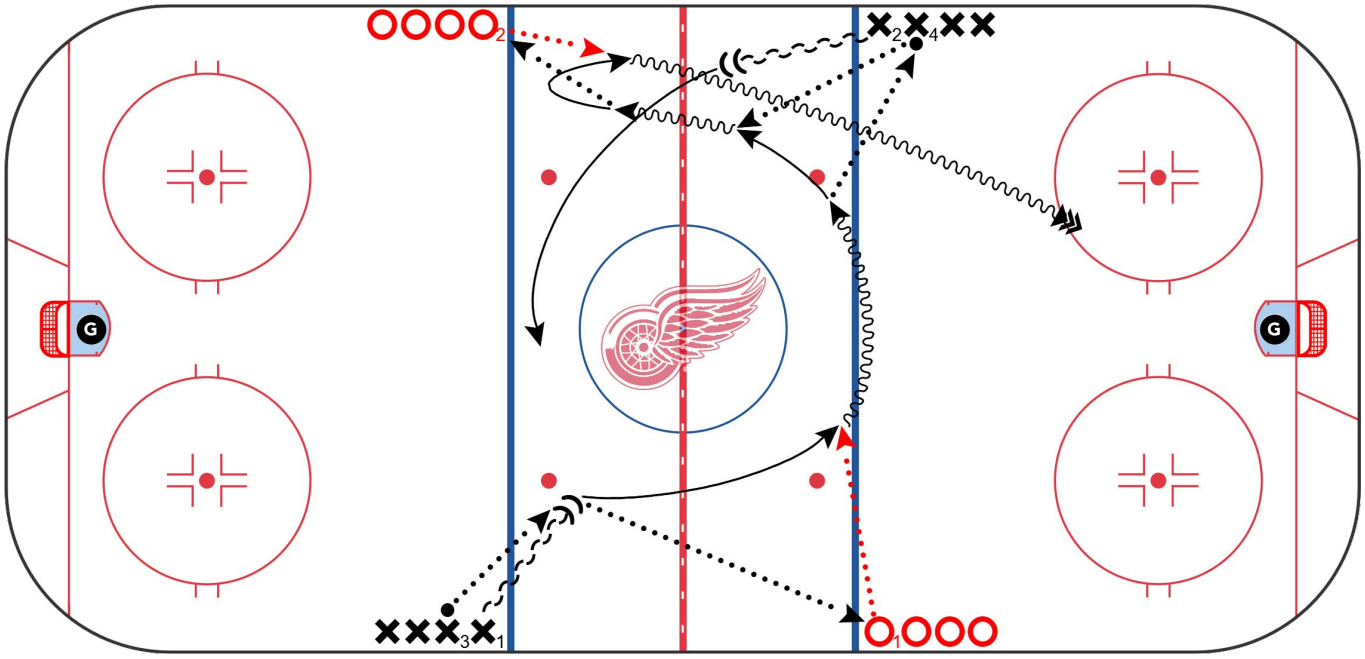
THUNDER

Category: Shooting Drills

Team: Detroit Red Wings

Description:

- Drill starts as shown.
- Opposite lines go at the same time.
- **X1** and **X2** start the drill and will do the exact same thing, mirroring one another.
- **X1** backskates and gets a pass from **X3**.
- **X1** then pivots and passes to **O1** and gets a pass back.
- **X1** then passes to **X4** and gets a pass back.
- He then passes to **O2** and opens up for a pass at the red line and gets the puck back.
- Goes down for a shot in the opposite end he started in.
- After **X1** and **X2** cross the blue line, **O1** and **O2** step out and go.



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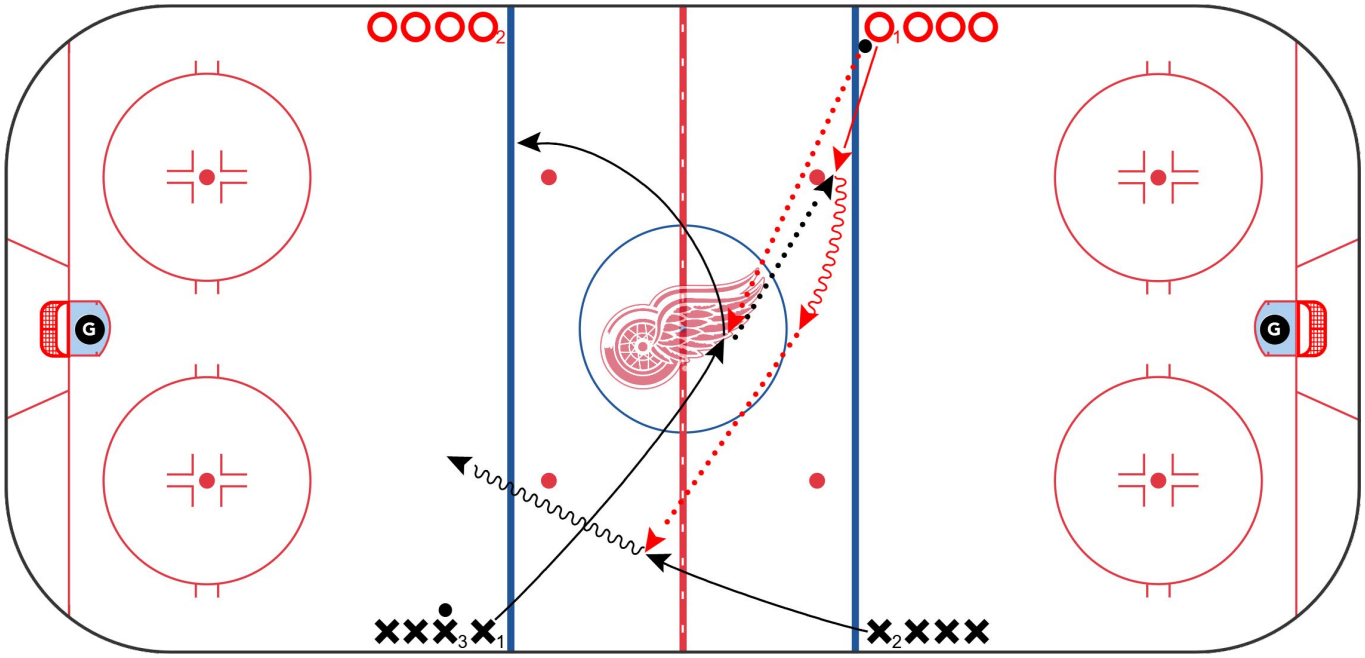
LIGHTNING

Category: Shooting Drills

Team: Detroit Red Wings

Description:

- Drill starts as shown.
- **X1** steps out without a puck and skates towards the diagonal **O** line.
- **X1** gets a pass from **O1** and gives it back.
- **X2** will start skating as **X1** turns up ice.
- **O1** steps out and gives a pass to **X2**.
- **X1** and **X2** go down 2 vs 0 for a shot.
- **O1** continues on and starts the next rep, getting a pass from **X3** and giving it back and going down with **O2** on a 2 vs 0.



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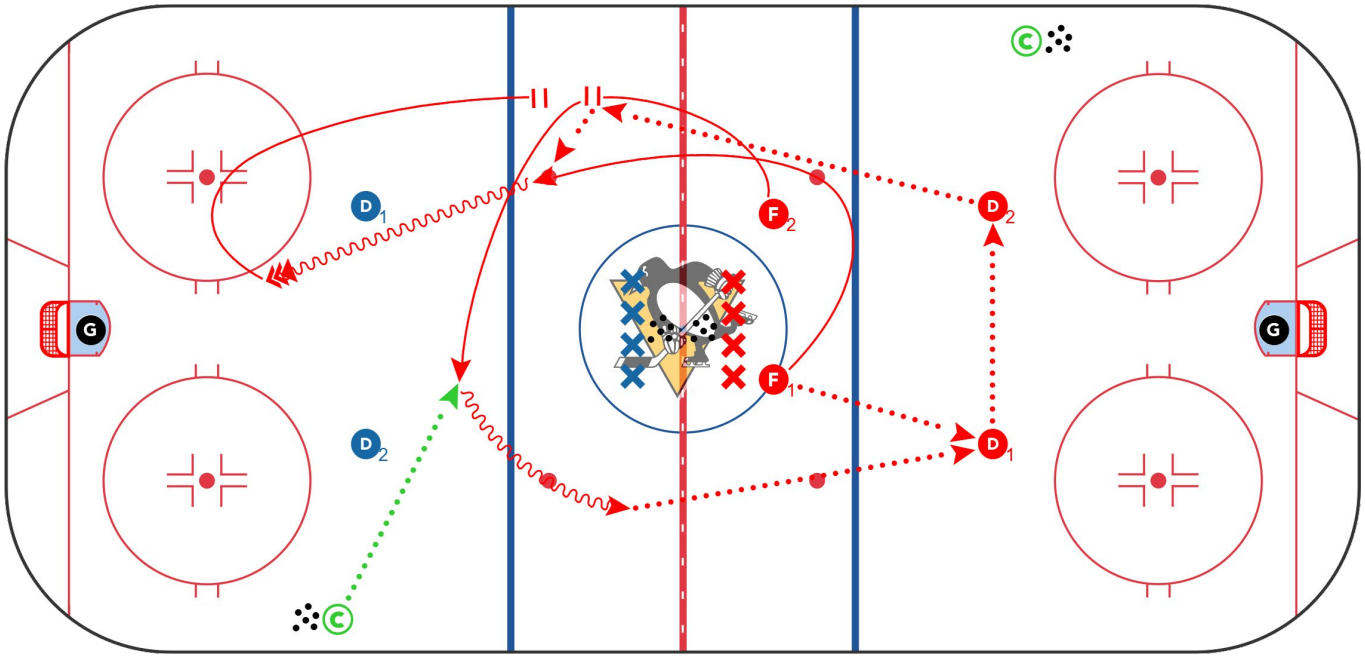
RUNNING WITH THE BULLS

Category: Shooting Drills

Team: Pittsburgh Penguins

Description:

- Both ends at the same time going opposite ways.
- F1 pass to D1 - D1 to D2 to F2 post - post dot chip to F1.
- F1 in for shot - stop and sprint out and post.
- F2 gets pass from Coach and pass to D1 - D1 to D2 to F1 post who chips to F2 and in for a shot with F1 follows - D Follow up.
- Coach hard rim to D2 for point shot 1 with screen. (F2)
- Coach pass to D2 to D1 for shot with screen. (F1)



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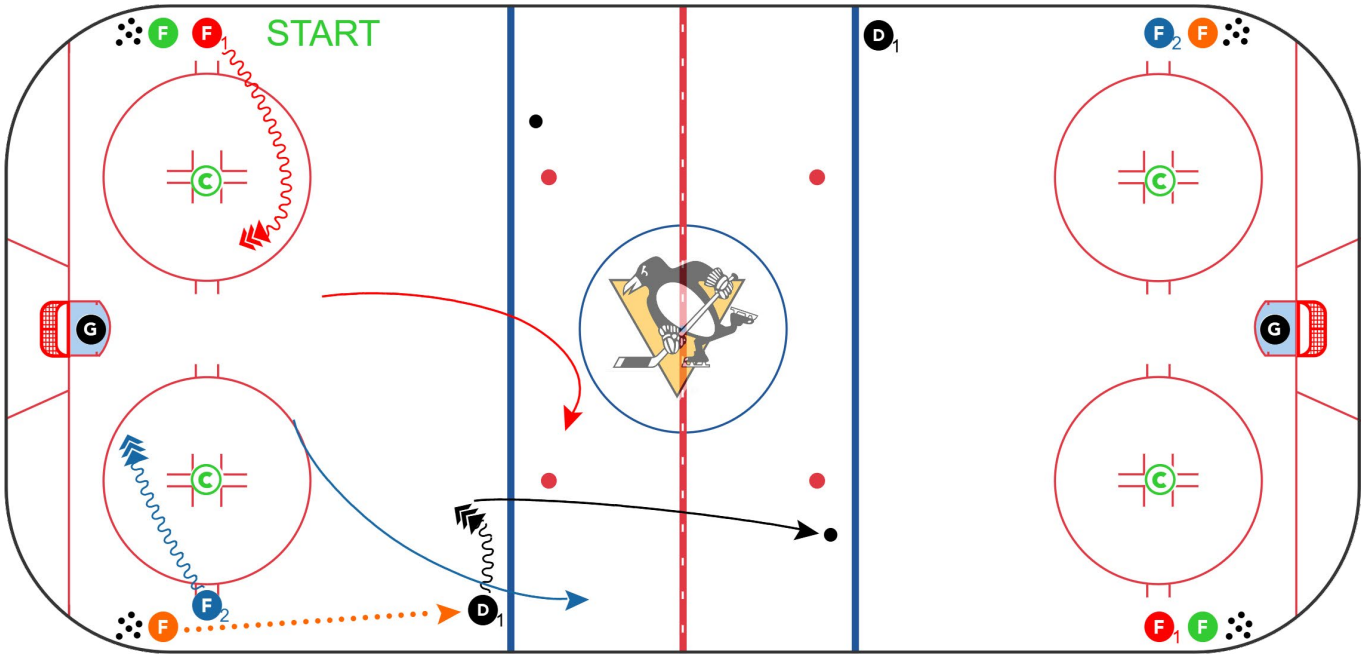
QUICK UP 2 VS 0

Category: Shooting Drills

Team: Pittsburgh Penguins

Description:

- Part 1: F1 attack Coach off Halfwall high.
- Part 2: F2 attack Coach off Halfwall low.
- Part 3: F line on D side pass low to high for shot with net front.
- Part 4: D sprint to far blue and hit F's posted for 2 vs 0 entry.
- Part 5: Low to High pass on spotted puck for another shot with traffic.



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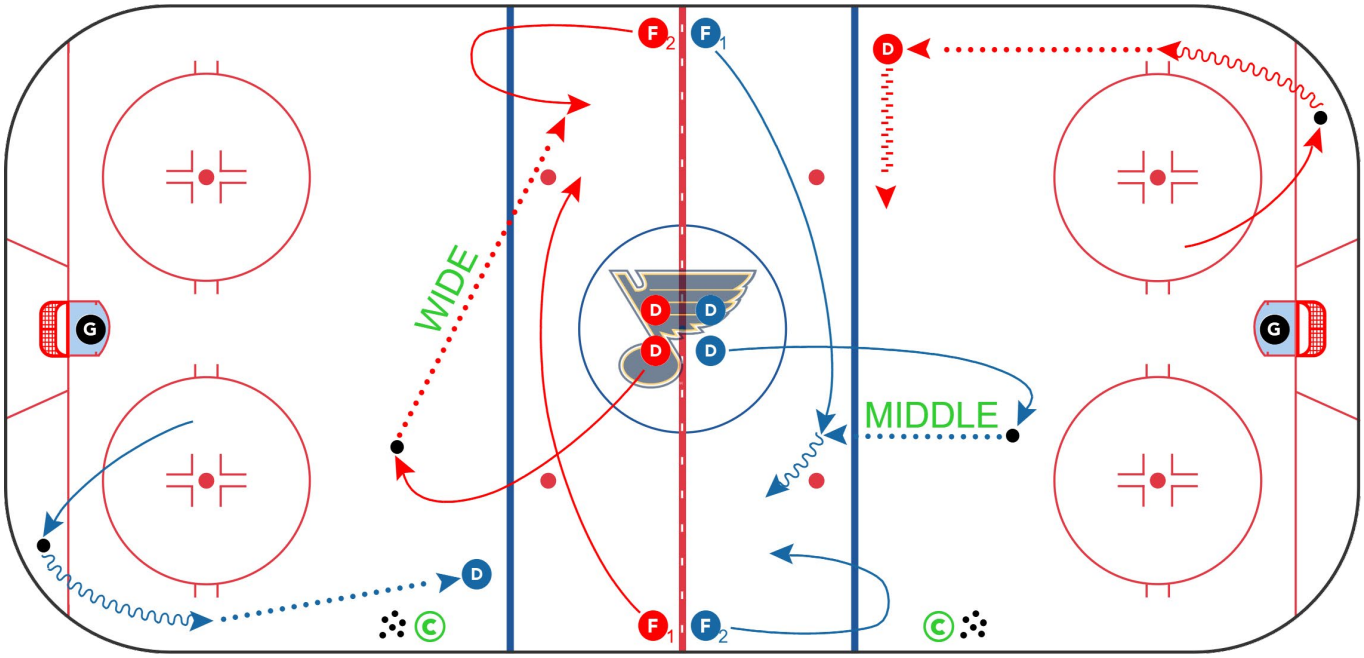
NZ TRANS WIDE / MIDDLE

Category: Shooting Drills

Team: St. Louis Blues

Description:

- **Setup:** D roll middle and pass to wide F. D roll middle and pass to middle F.
- **Progression:** Both sides run at the same time.
- **Rules:** Offensive zone sequence follows.



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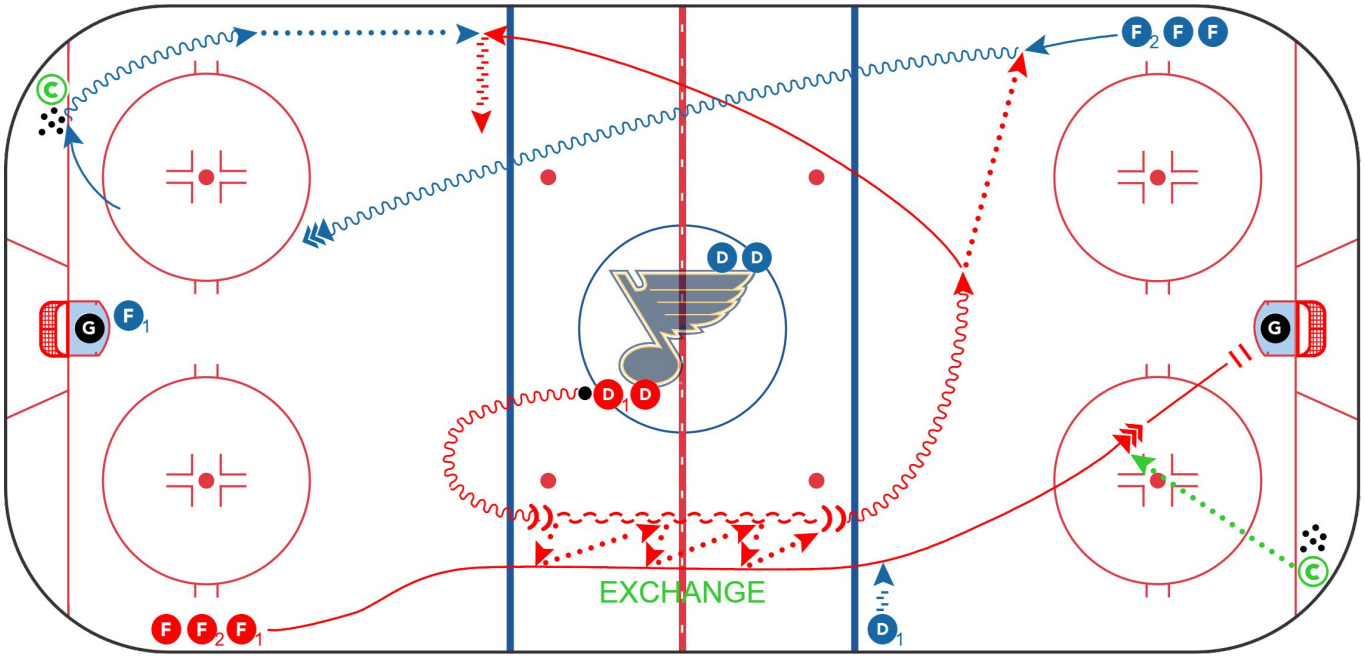
NASHVILLE

Category: Shooting Drills

Team: St. Louis Blues

Description:

- **Setup:** (1) F exchanges with D 1 through the neutral zone.
- **Progression:** (2) D transitions with the puck while F receives a pass from **Coach** and shoots, staying net front. (3) After initial exchange, D transitions to the other side and passes to F 2. (4) D follows up his pass - After F 2 shoots, he initiates offensive zone sequence.
- **Rules:** Drill runs on both sides at the same time.



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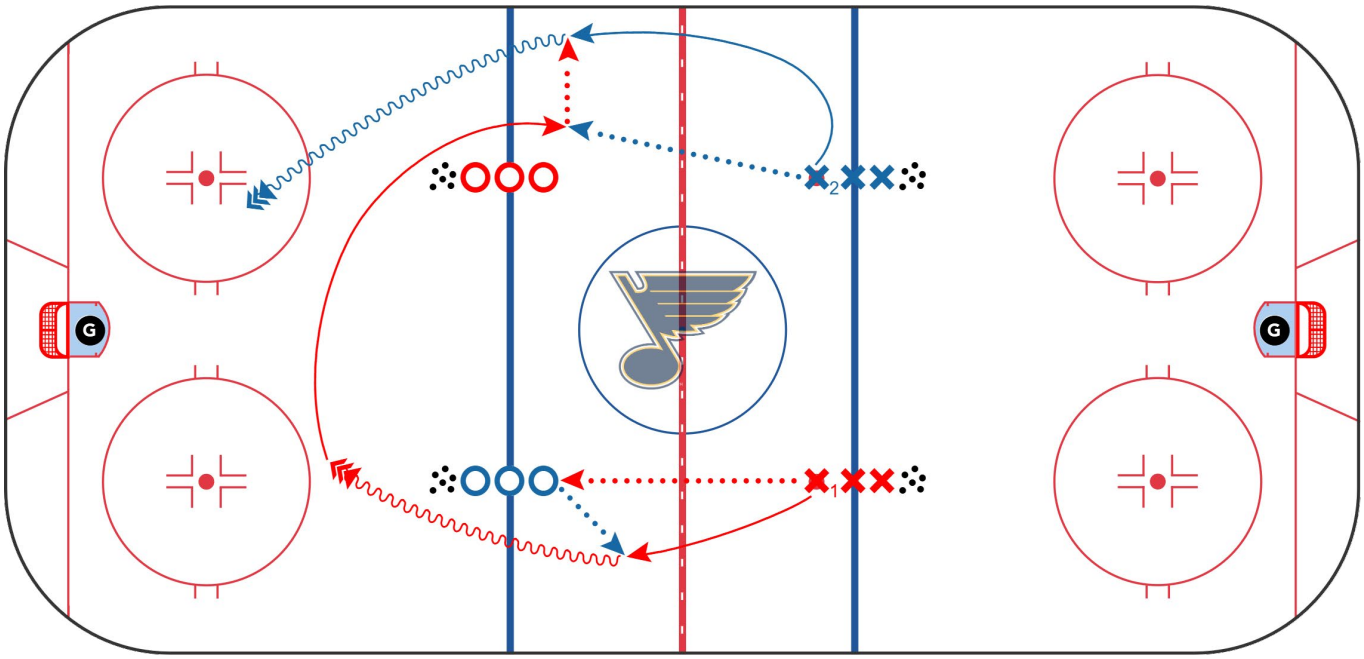
BILLY BUMP

Category: Shooting Drills

Team: St. Louis Blues

Description:

- **Setup:** **X1** gives and goes with **O**, drives wide and shoots. Shooter **X1** loops to the opposite side and runs carry back with **X2**. **X2** shoots and **X1** drives back post. Stay onside.
- **Progression:** Options executed as directed in today's details when pre-icing.
- **Rules:** Options include: Straight shot, Slot line carry, or Low slot line pass.



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HITMAN WIDE/MIDDLE

Category: Shooting Drills

Team: Utah Hockey Club

Description:

Phase #1 (Wide Pass - Diagram)

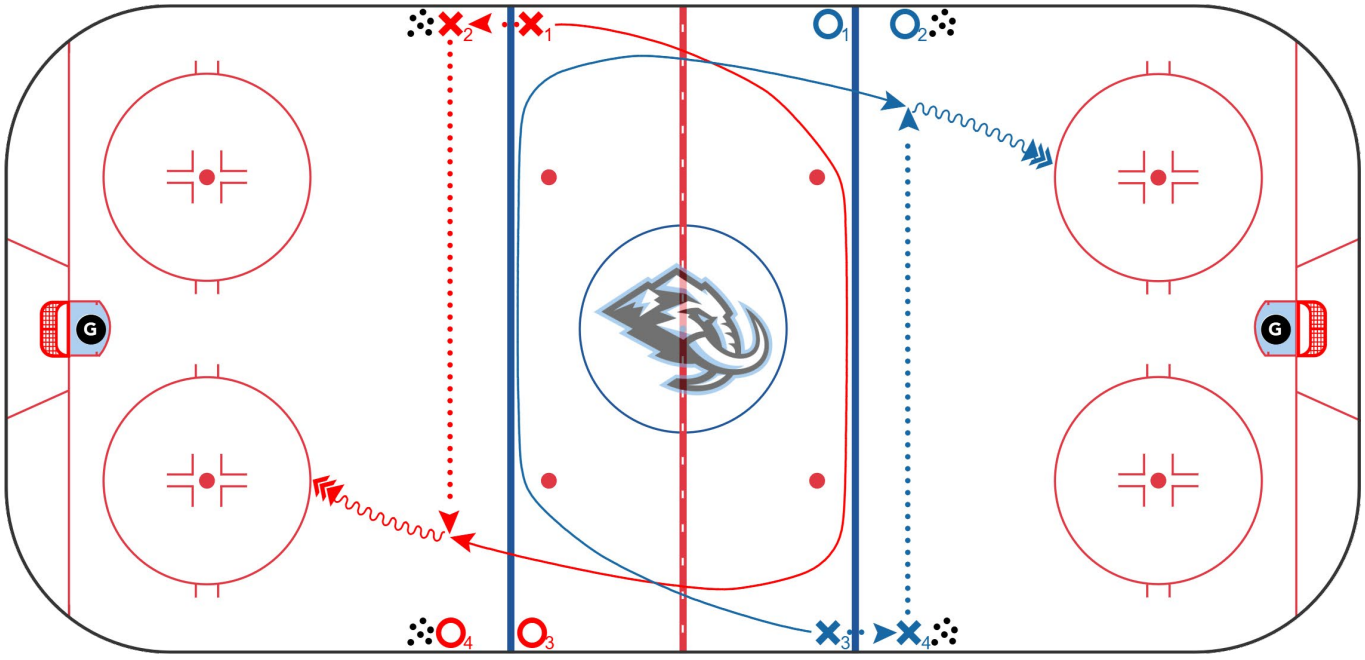
- **X1** and **X3** go at the same time. Start by facing your line, on whistle skating backwards staying down the boards, a few one touches with the next player in line. Leave the puck with your partner and skate towards **X2**/**X4** (opposite blue line). One-touch and stay wide skating towards the end you started. Receive a flat pass from **X2**/**X4** and take a shot from outside top of circles. **O3**/**O1** ready to activate on whistle going the other way (Alternate sides).

Phase #2 (Middle Stretch Pass)

- **X1** and **X3** go at the same time. Start in the middle and exchange one touches, skating along the blue line. Leave the puck and pivot towards **X2** and **X4** . One-touch puck back. This time cut to the middle, receive a stretch pass between the dots in the middle of the ice from the line you started in. Catch and shoot from the angle outside top of circles. On whistle **O1**/**O3** activate going in the alternate direction.

Key Points:

- Execution/Touches.
- Speed.



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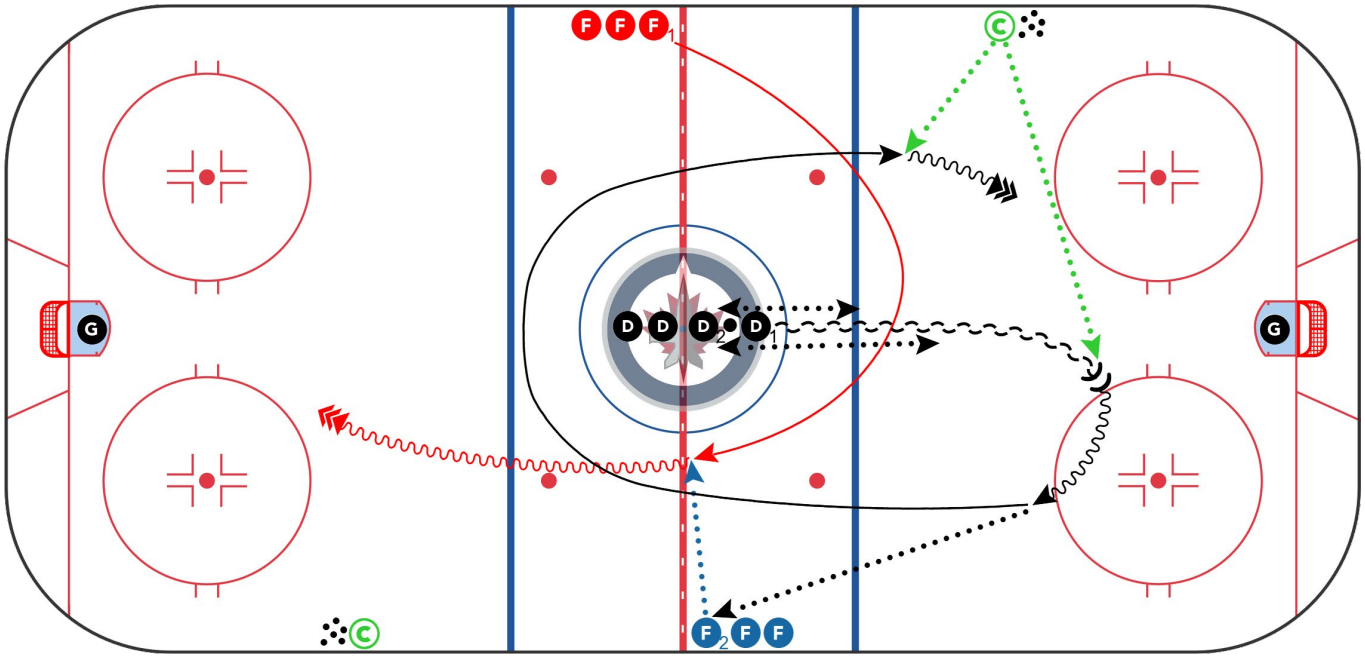
SKYFALL

Category: Shooting Drills

Team: Winnipeg Jets

Description:

- Both sides go at the same time.
- D1 backs up and plays catch with D2. (D2-D1-D2-D1-D2)
- Coach passes to D1. (F1 times his route below the blue line)
- D1 passes up to F2 in line and bumps back to F1 coming underneath with speed.
- F1 continues down and is the first shot.
- D1 continues around the circle and gets a pass from Coach for second shot.



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BREAKOUT DRILLS

Legend

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- Shot
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- Skate With Puck
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- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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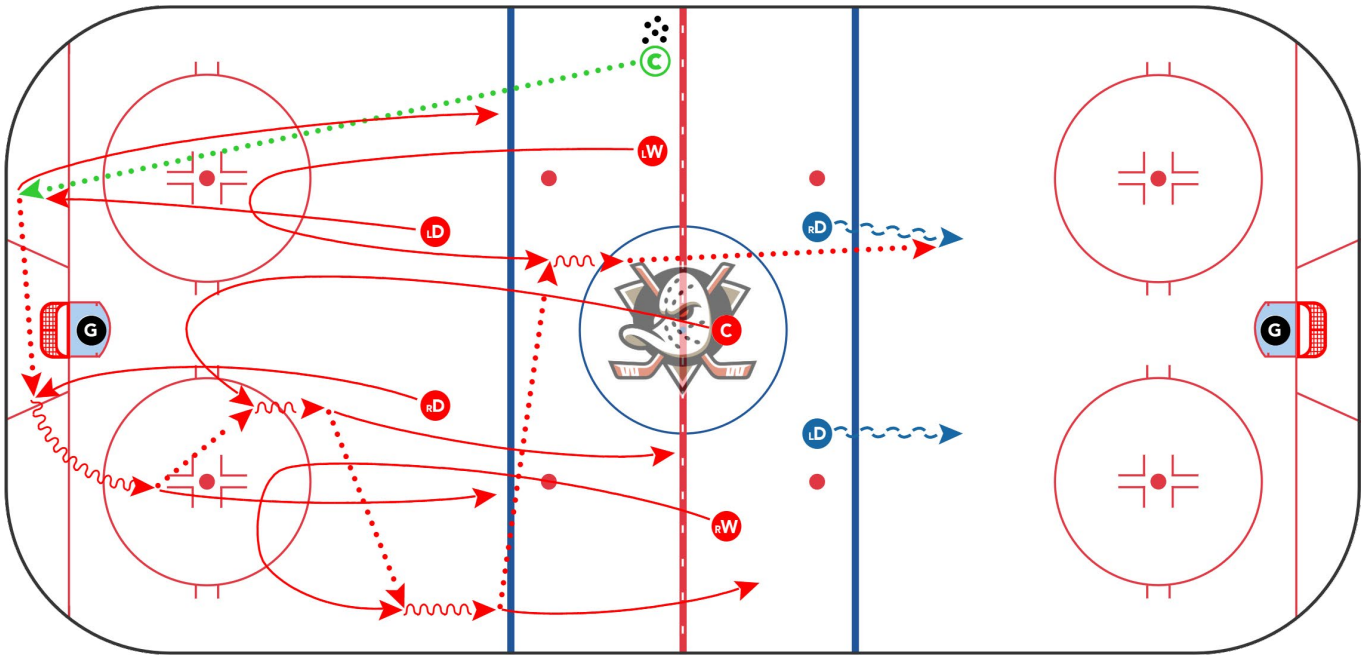
5-MAN BREAKOUTS - PART 1

Category: Breakout Drills

Team: Anaheim Ducks

Description:

– Play starts at center, puck dumped in, players return to DZ and break out of the zone with **Coach** pressuring, everyone touches puck.



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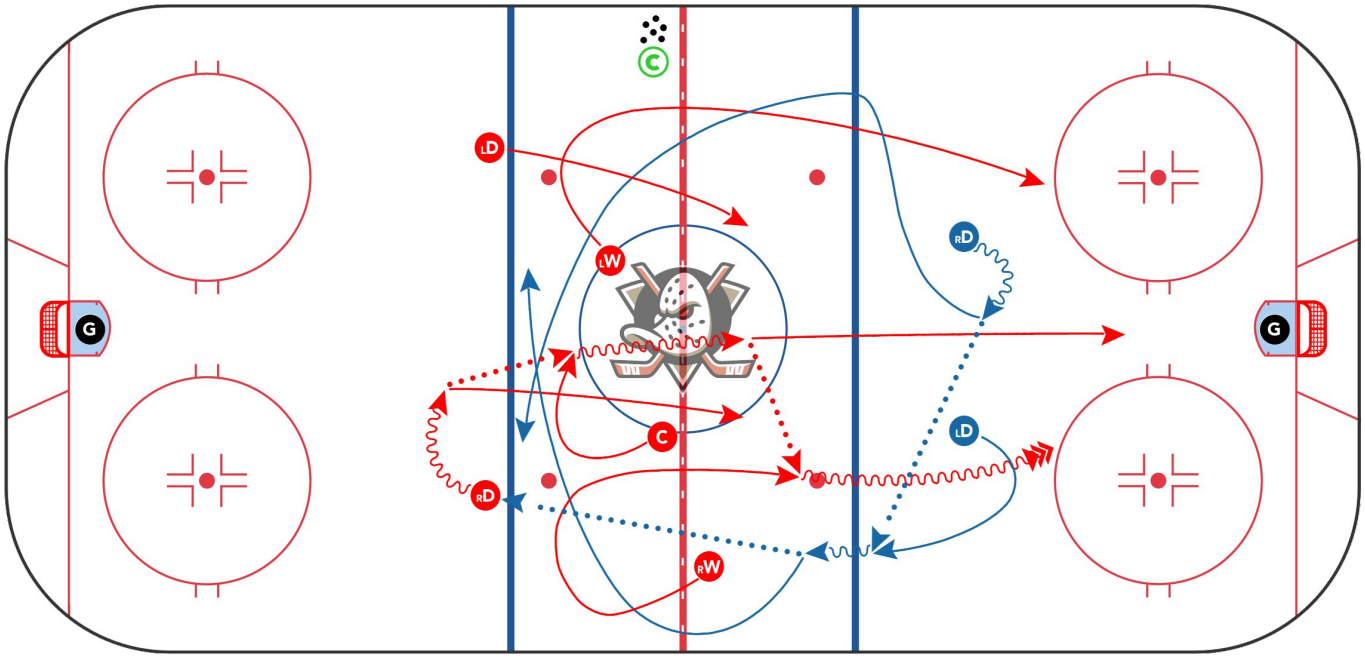
5-MAN BREAKOUTS - PART 2

Category: Breakout Drills

Team: Anaheim Ducks

Description:

- Pass to D at far point, D to D pass and pass to far D, 5-man unit regroups and attacks 5 vs 0.
- **Coach** passes puck to point for 2nd point shot.



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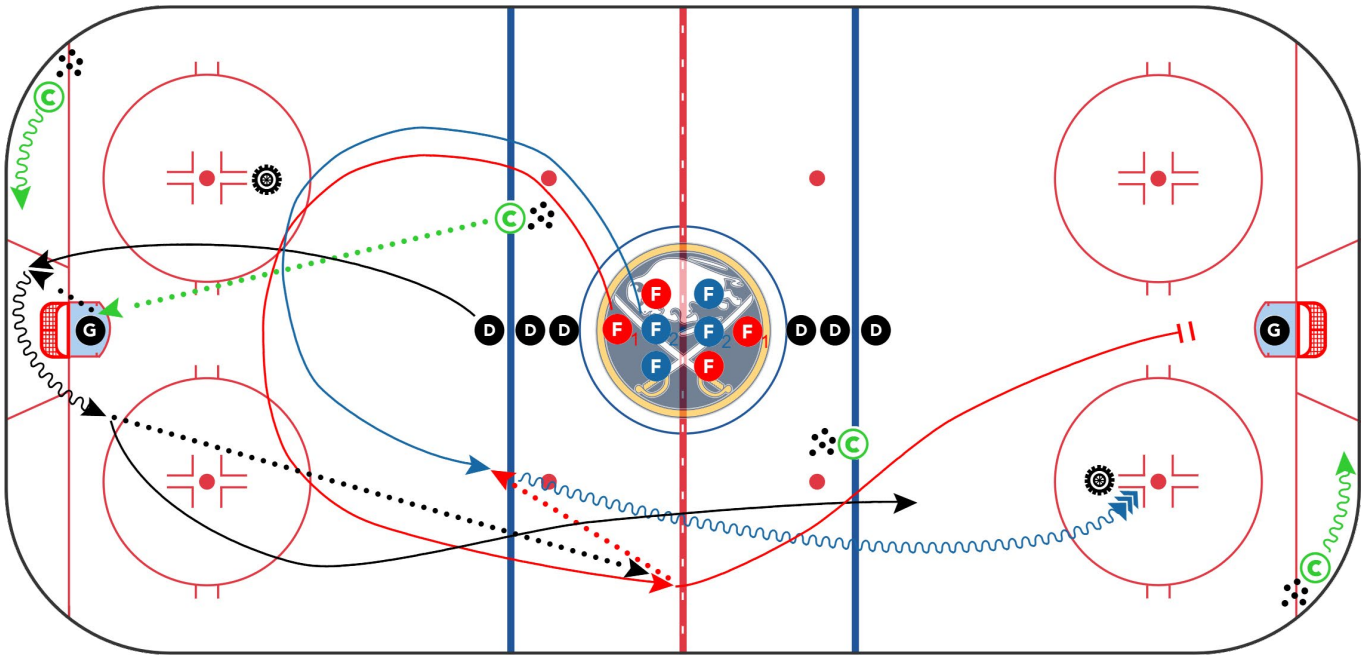
GT + WHEEL/STRETCH

Category: Breakout Drills

Team: Buffalo Sabres

Description:

- Both sides go at the same time.
- On whistle, **Coach** plays puck directly to G either hands or stick.
- D turns to retrieve looking to wheel WS.
- F1 and F2 loop around NZ dot. F1 push out. F2 support through dot lane.
- F1 bump back to F2 or F1 indirect F2.
- D wheels net and looks for stretch option.
- Stretch can either bump back, indirect or catch/carry with cross pattern.
- Option: 2nd puck shooter pops **Coach**'s stick below goal line then quick hit at dot. 3rd puck OZ BL + Tip with traffic.



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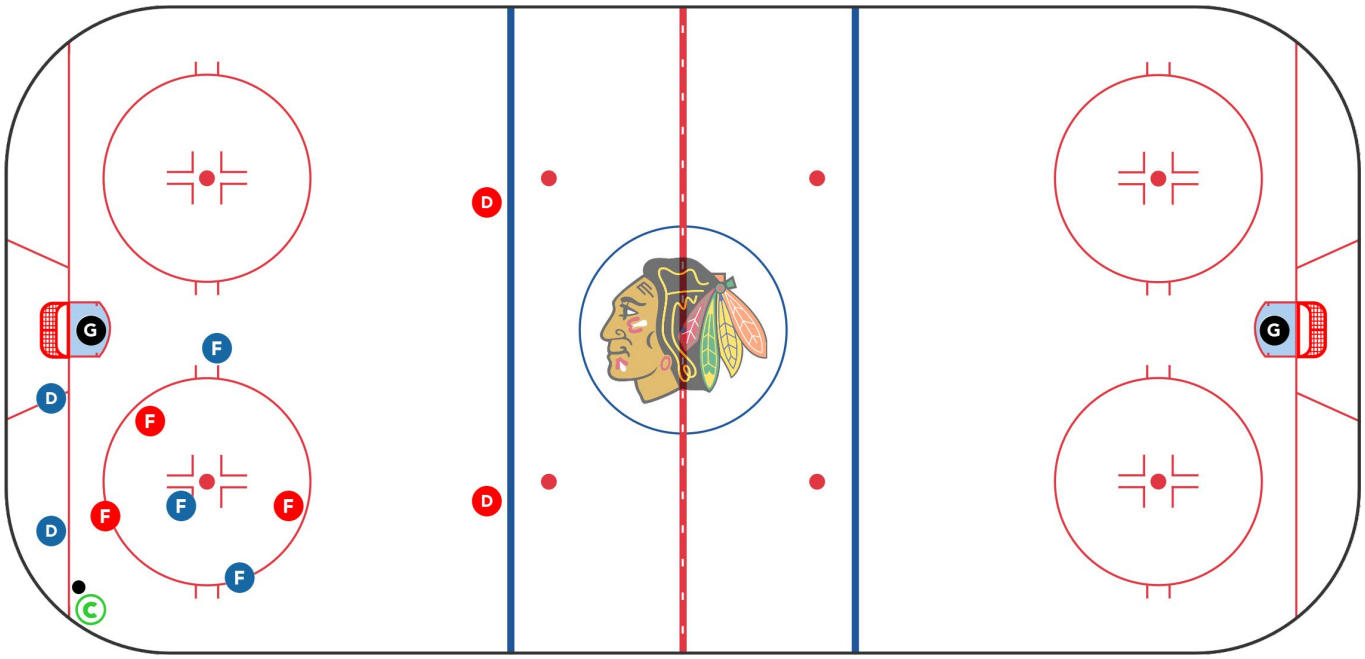
HOUND DRILL

Category: Breakout Drills

Team: Chicago Blackhawks

Description:

- 5-man breakouts.
- Coach will give D puck. F will pressure D controlled.
- D will then try to break out on weak side while 5 red try to pressure puck.
- 5 blue try to break out vs 5 red pressure.



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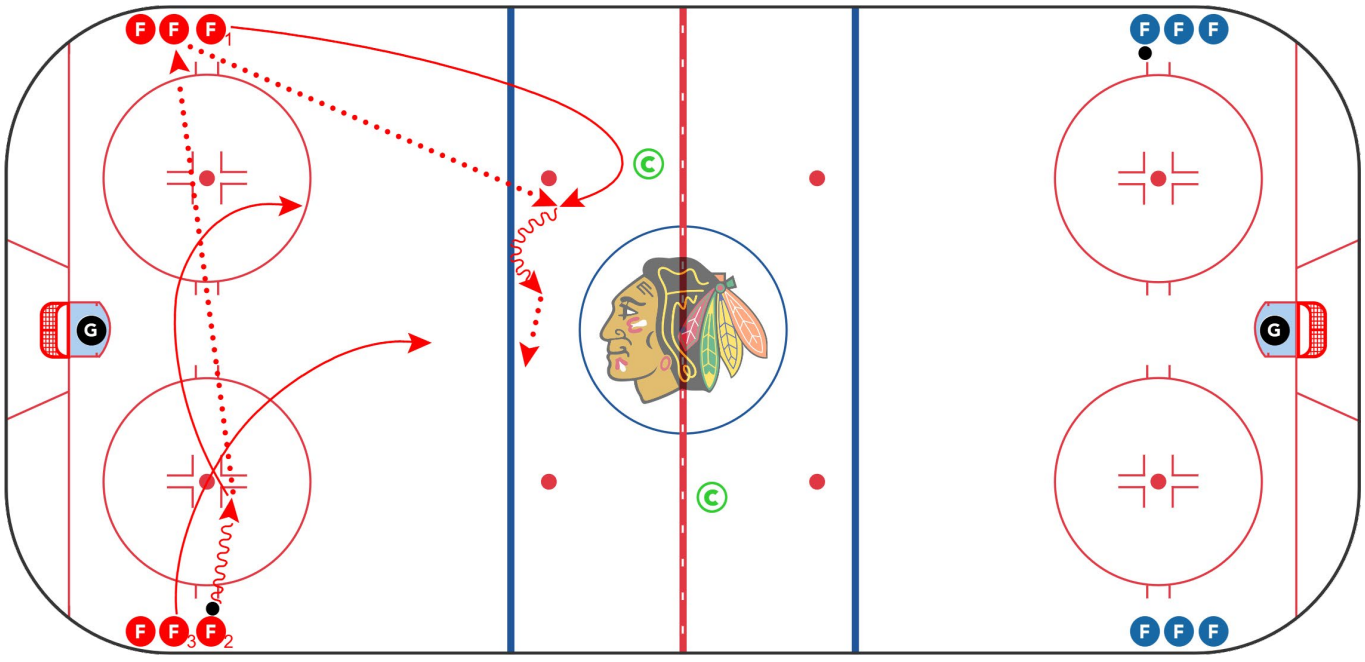
HOOK N LADDER

Category: Breakout Drills

Team: Chicago Blackhawks

Description:

- Start of the Drill.
- F1 will skate out past the blue line and come back for pass from the same line he came from.
- Coach will apply/control pressure on the back of that player.
- F2 and F3 will start from opposite side.
- F2 forward will start with puck and make cross-ice pass to 2nd play on opposite side.
- Those F3 and F2 will Follow up the play and either get a pass from F1 to F3 or F1 has an option of chipping the puck to F2.
- Those three players will head up the ice 3 vs 0.



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B/O REGROUP X2 DUMP

Category: Breakout Drills

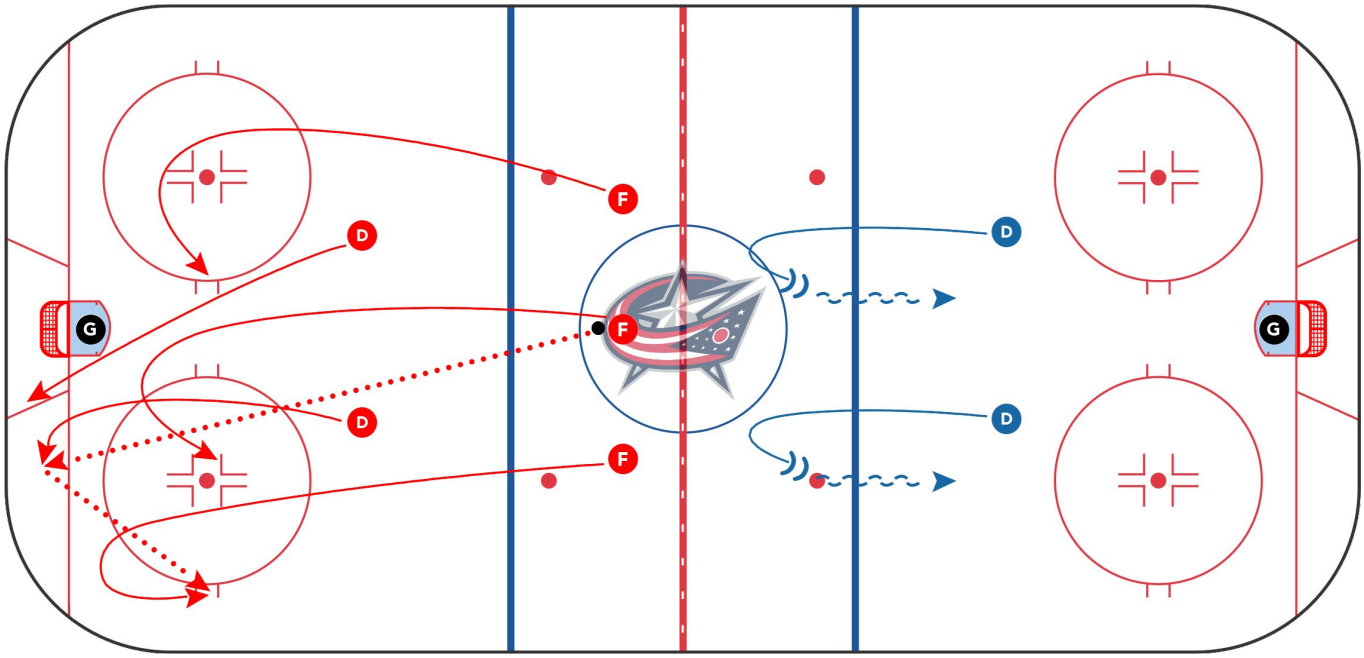
Team: Columbus Blue Jackets

Description:

1. Leave it - from rim.
2. Over - from rim.
3. Up - from rim.
4. Wall - from chip.
5. Net - from chip.

– Regroups - 1st regroup always quick up.

1. Quick up strong.
2. Quick up weak.
3. Roll middle pick option.
4. Upward hinge dump.
5. Upward hinge seam.



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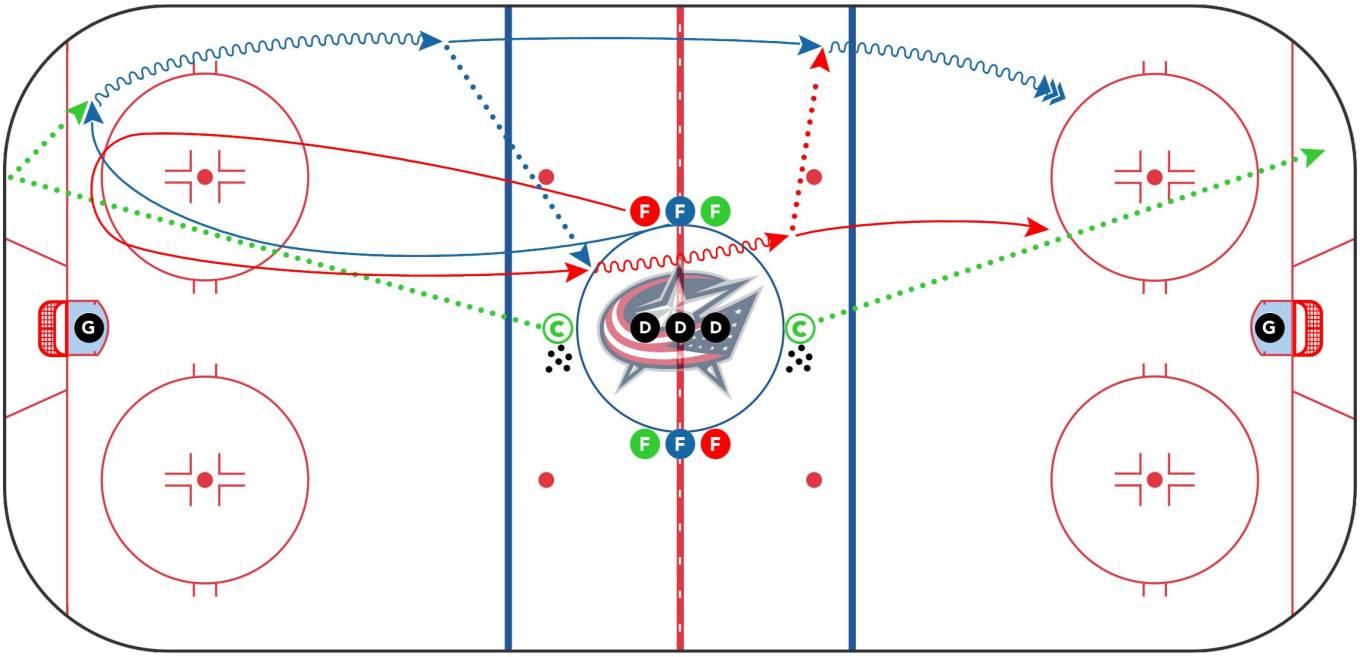
WALL/NET SERIES

Category: Breakout Drills

Team: Columbus Blue Jackets

Description:

- Both ends.
- Whistle **Coach** spots a puck.
- 2 players execute a wall or net dink and then go straight down 2 vs 0 for shot.
- After initial shot **Coach** spots 2nd puck with 1 player at net and other player getting puck and rolling out of corner for shot.
- Cut drop/cut keep/drive keep.



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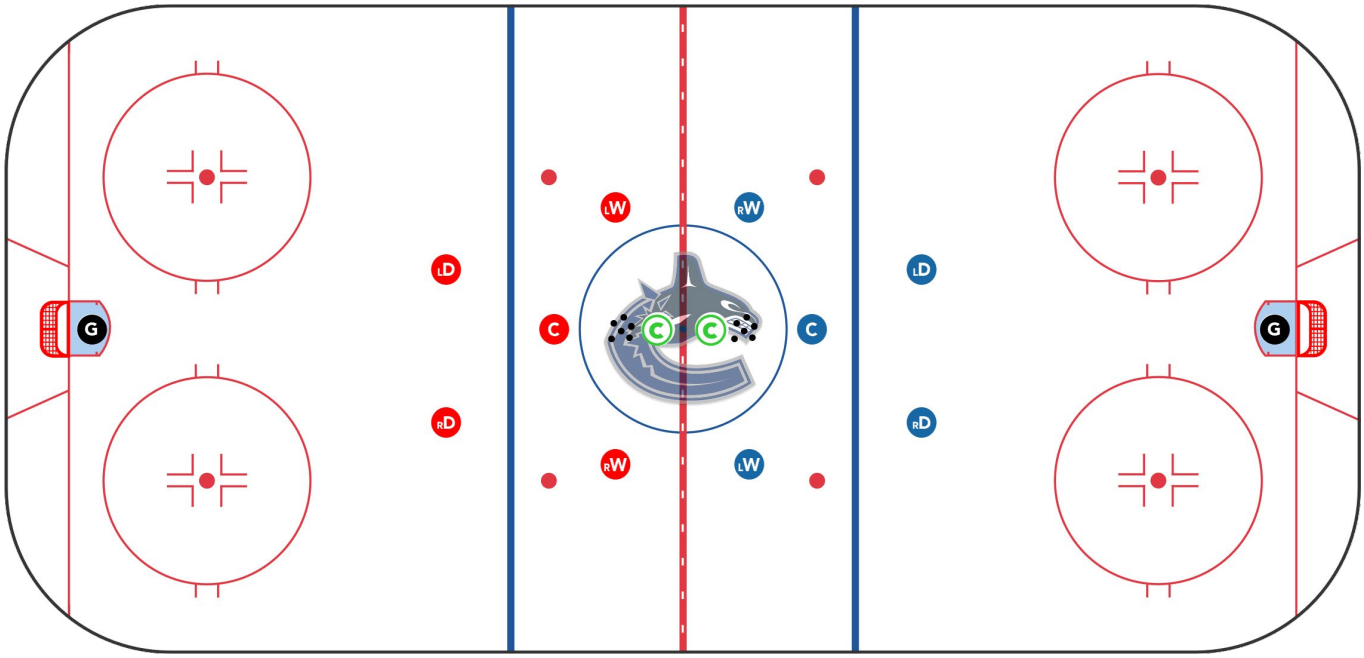
MINI BREAKOUTS

Category: Breakout Drills

Team: Vancouver Canucks

Description:

- Both ends, **Coach** dumps a puck in and players execute 4 breakouts on 4 pucks: over, up, reverse, wheel.
- Coming out they pass to **Coach**, and they re-dump it in again.



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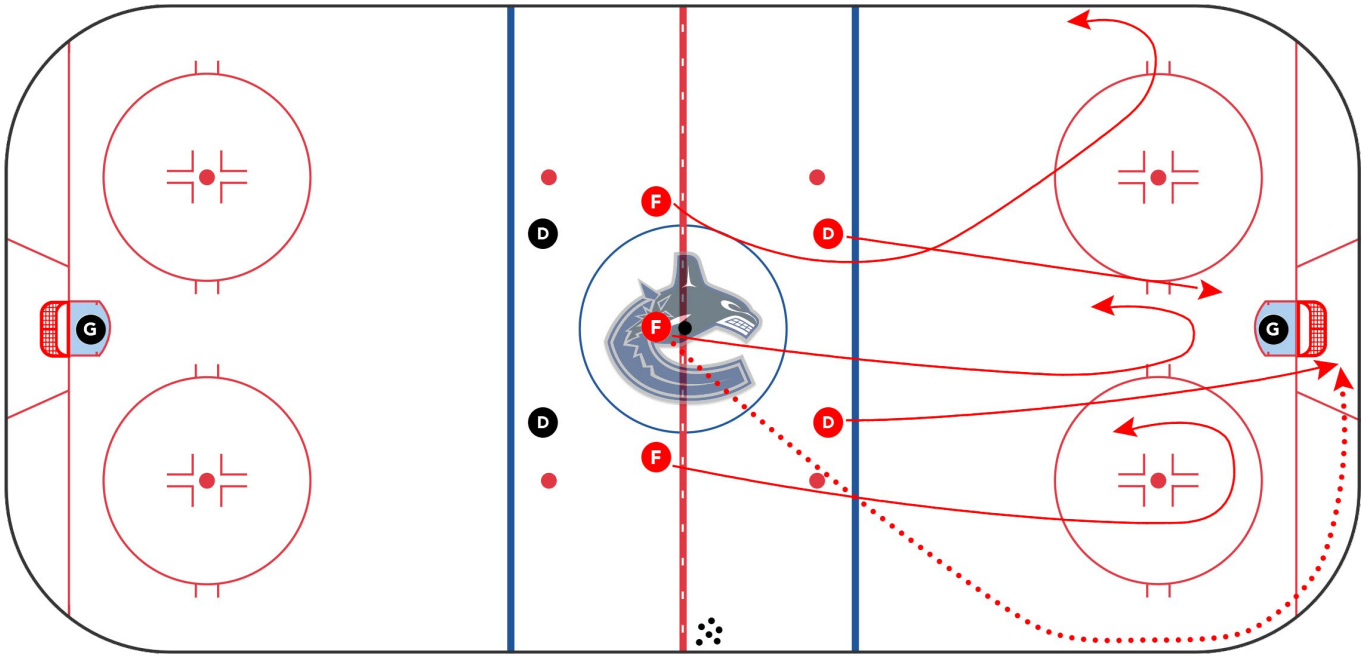
INTIMIDATOR - PART 1

Category: Breakout Drills

Team: Vancouver Canucks

Description:

– Drills start with puck rimmed in for G handle breakout.



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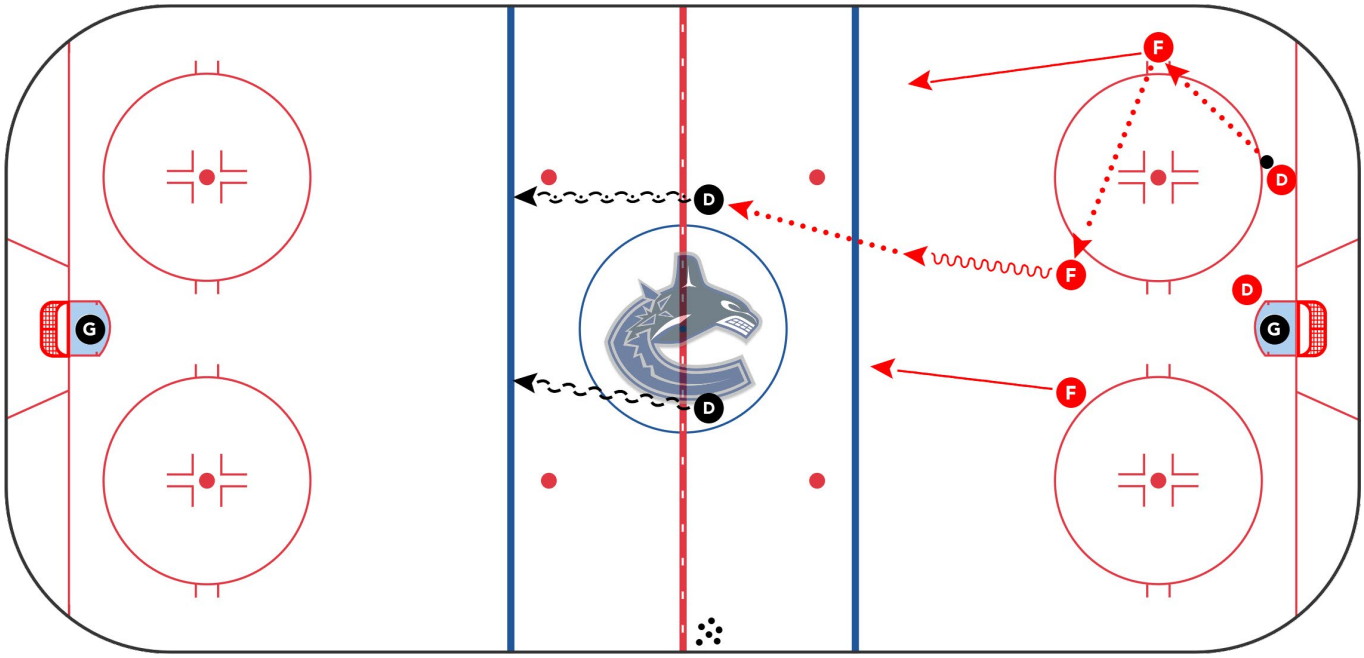
INTIMIDATOR - PART 2

Category: Breakout Drills

Team: Vancouver Canucks

Description:

– Group of 5 breaks it out and gives it to D who then goes D to D and zip it back to D pair.



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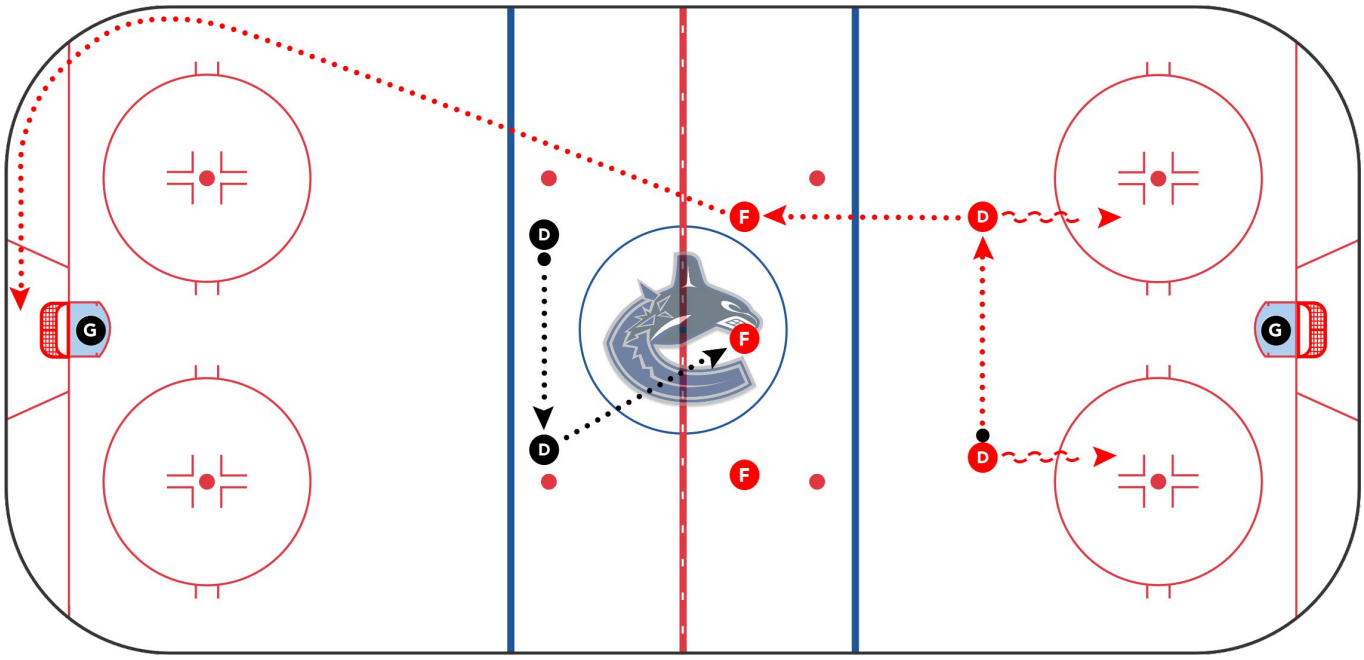
INTIMIDATOR - PART 3

Category: Breakout Drills

Team: Vancouver Canucks

Description:

- D pair goes D to D gives it to Centre who bumps it to SSW who rims it in for G handle breakout.
- New Forwards line sprints out and breaks out with D.
- Always same NZRGs to rim.
- D rotation is regroup, breakout then done.
- G handles: Leave it, Over, Up.



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FORECHECK DRILLS

Legend

- Direction
- Shot
- Stop
- Pivot
- Skate
- Skate With Puck
- Pass
- Backwards Skating
- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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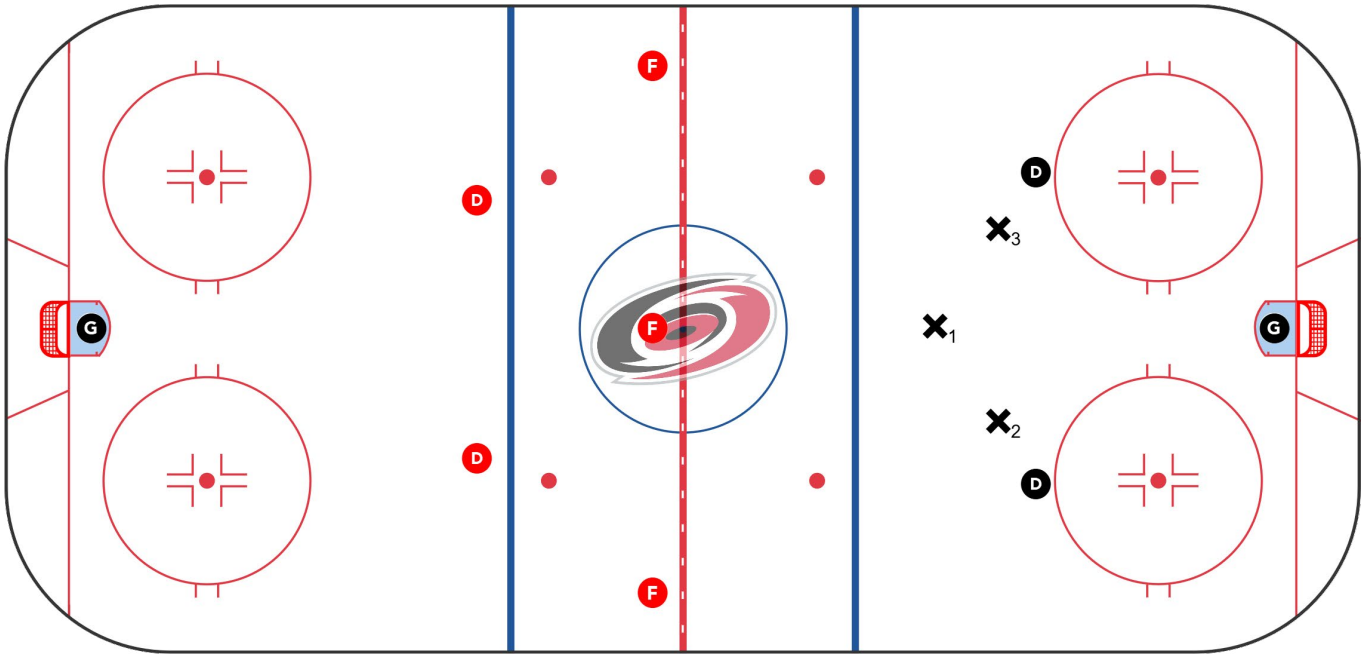
FC - F1/F2/F3/D

Category: Forecheck Drills

Team: Carolina Hurricanes

Description:

- Have a line and 2 (D) BO.
- **X1** skate to red and dump puck and runs.
- **X1** route - BO and pass to **X2**.
- **X1** and **X2** dump puck and run routes BO and pass to **X3** or (D).
- Dump puck **X1**, **X2**, **X3** and 2 (D) FC.
- * Can jump right to **X1** and **X2** FC.



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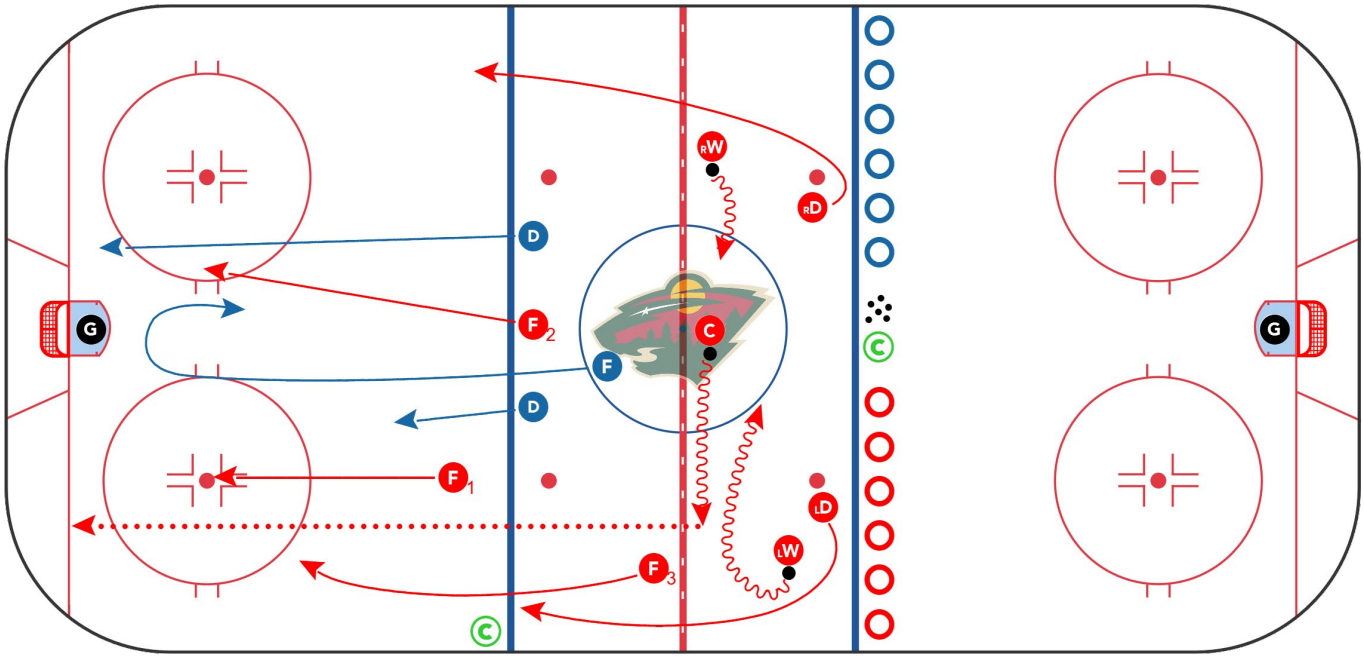
MILL FORECHECK

Category: Forecheck Drills

Team: Minnesota Wild

Description:

- 5-man red unit forechecks vs 3-man blue unit trying to skate puck out of zone.
- **Coach** calls out breakout to 3-man blue unit (D wheel, reverse, over, D same side etc).
- Starts 3 red forwards moving puck to each other in NZ.
- On whistle, red dumps puck in and forechecks 5 vs 3, sorting out routes vs blue breakout.
- Play it out until red scoring chance, blue skates out, or **Coach** whistle.



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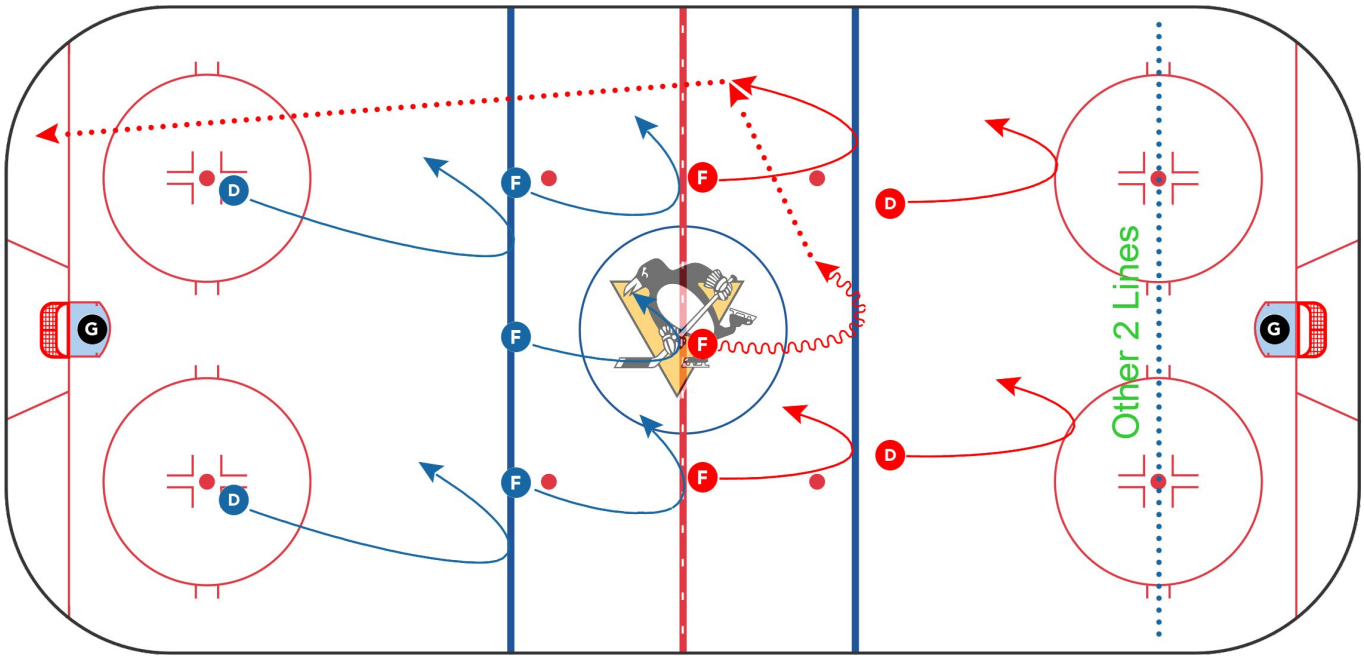
FC GAIN A LINE

Category: Forecheck Drills

Team: Pittsburgh Penguins

Description:

- 2 lines out.
- Puck at center dot.
- BO D start on dots.
- All players gain a line and come back.
- FC center kick out to wing deposit.
- D need to make sure to get up to blue line.
- FC + BO with possession to red.
- Next group low in opposite zone.



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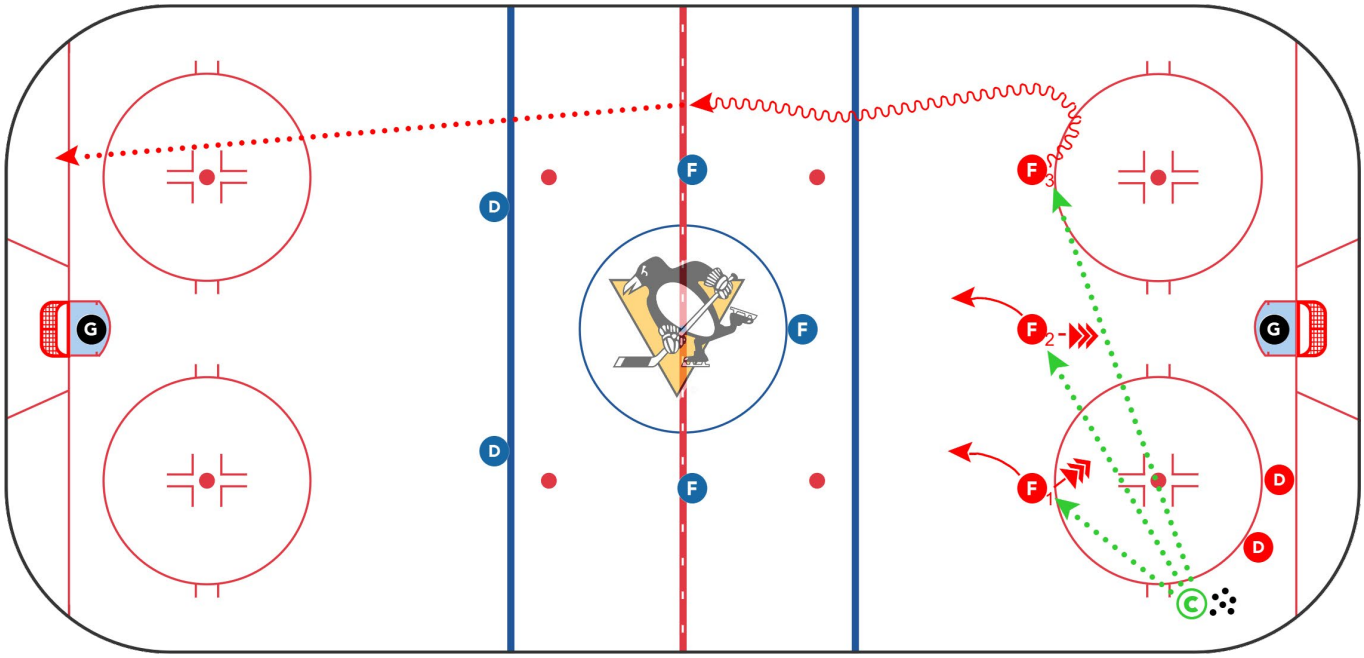
FC FLOW

Category: Forecheck Drills

Team: Pittsburgh Penguins

Description:

- Coach pass to F1 for shot.
- Coach pass to F2 for Shot.
- Coach pass to F3 who skates down ice.
- F1, F2 and 2 D join F3.
- Rim or dump when over the red line and FC vs 5 players waiting in NZ.
- When breakout team gets the puck out of the zone they skate down ice uncontested for shot.
- Player that enters zone with puck takes a shot.
- Next two forwards stop in slot and get pass from Coach for shot.
- On 3rd pass they turn up ice to FC new line waiting in NZ.



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NEUTRAL ZONE COUNTER / TRANSITION DRILLS

Legend

- Direction
- Shot
- Stop
- Pivot
- Skate
- Skate With Puck
- Pass
- Backwards Skating
- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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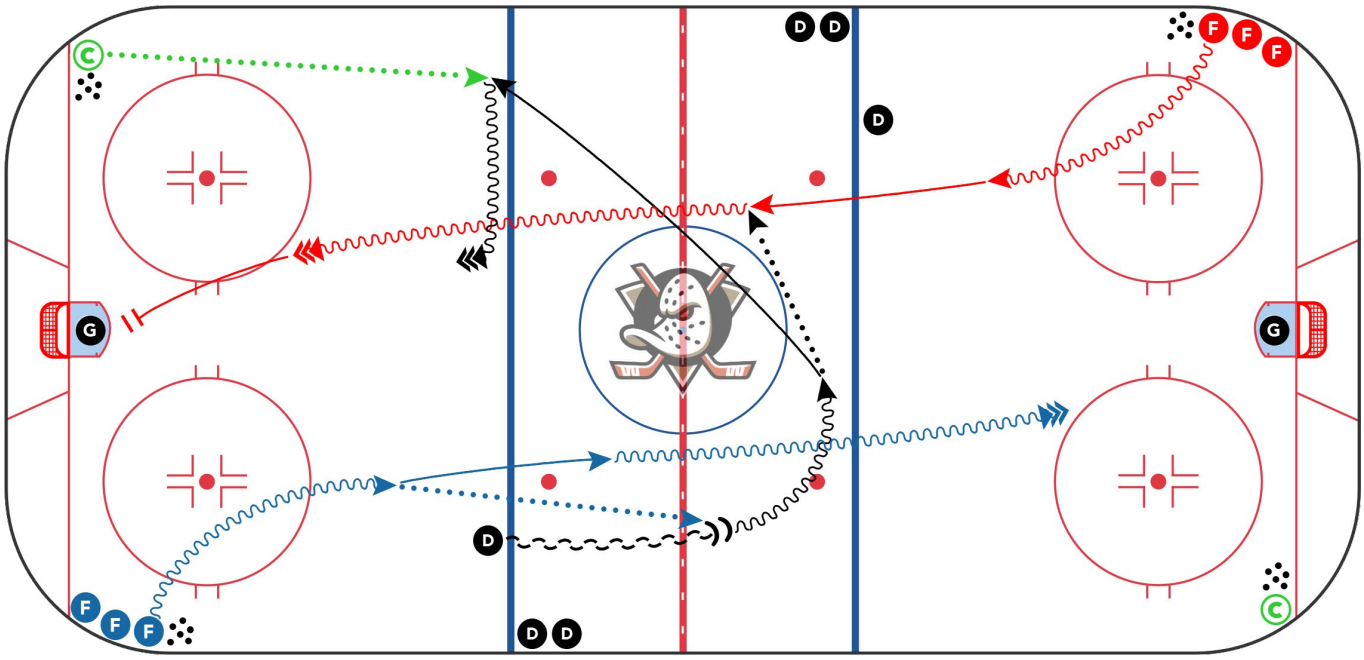
N-ZONE EXCHANGE

Category: NZ Counter / Transition Drills

Team: Anaheim Ducks

Description:

- F starts in corner, D starts in the zone.
- On whistle D skates backwards, getting a pass from F.
- At red line open up and pass to F from other line.
- D follow-up to the line for point shot.
- F stop at net front.



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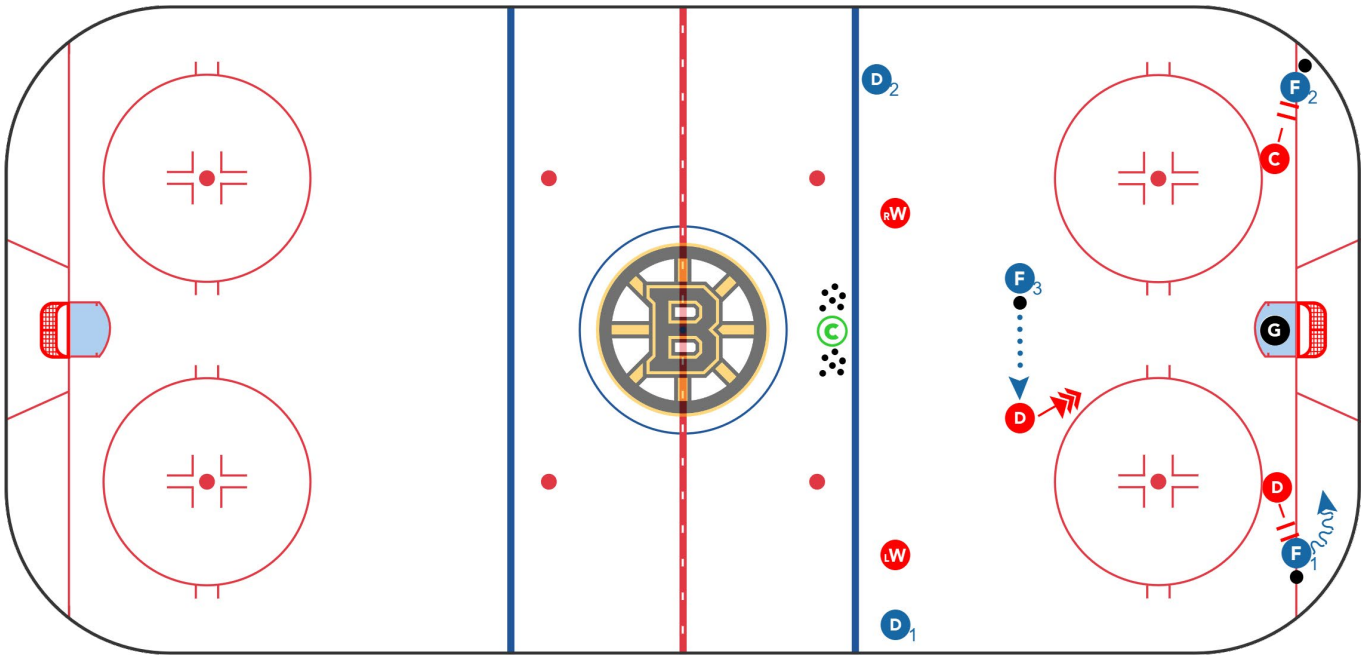
PRAHA DZ PROGRESSION

Category: NZ Counter / Transition Drills

Team: Boston Bruins

Description:

- Drill starts with F1 and D in a low battle to the net.
- On whistle, F2 and C initiate a battle that becomes 2 vs 2 with F1 and D joining.
- Next whistle, 3rd puck is passed by F3 to D for a quick low shot.
- Play 5 vs 5 until final whistle.



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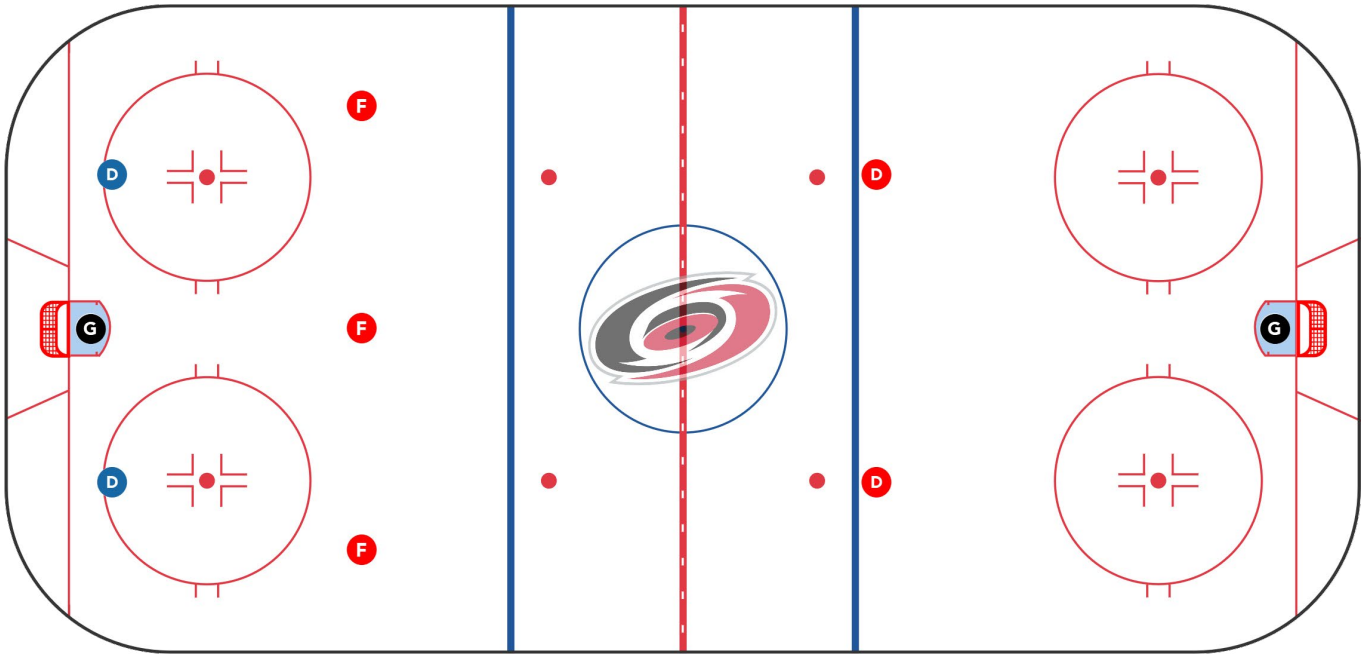
BO - RG - ATTACK 3 VS 2

Category: NZ Counter / Transition Drills

Team: Carolina Hurricanes

Description:

- BO - work on different BO's.
- Pass to D waiting at far blue.
- RG - seam / quick up etc and attack 3 vs 2.



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IN TIGHT LATERAL SLIDES

Category: NZ Counter / Transition Drills

Team: Carolina Hurricanes

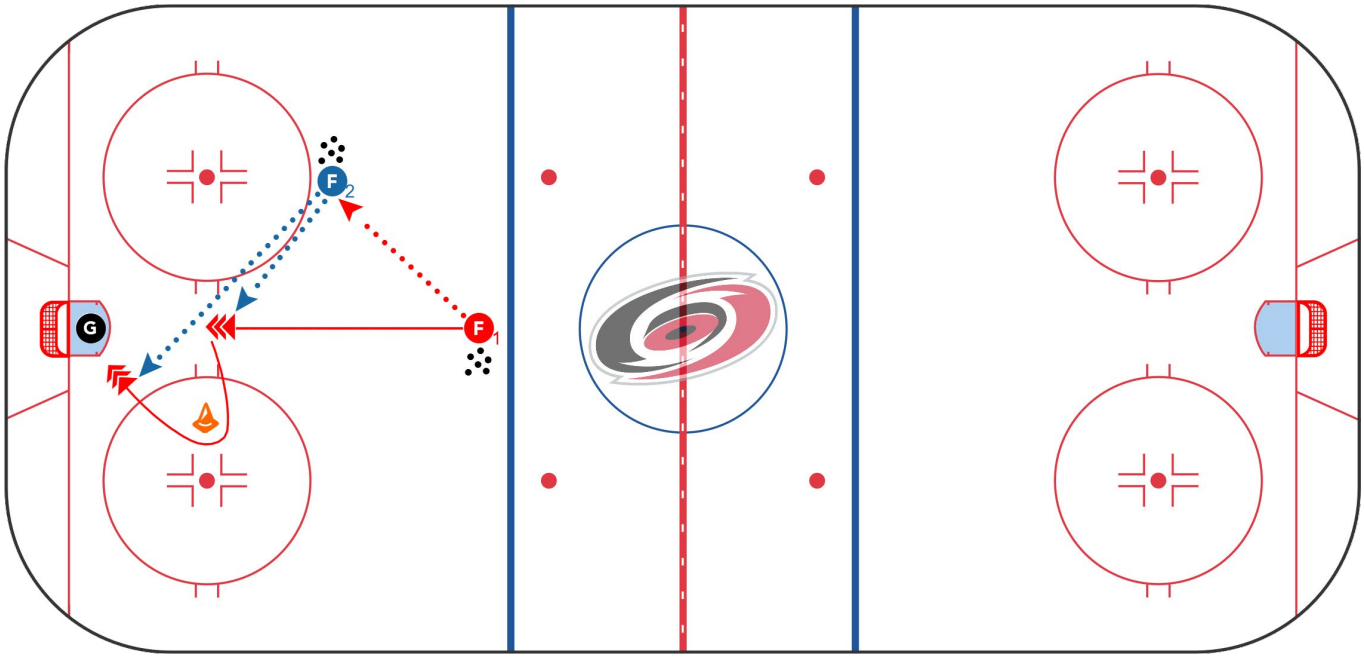
Description:

Set - Up:

- F1 - middle in side blue line with puck.
- F2 - top circle with pucks.
- Pylon - opposite circle as shown.

Execution:

- F1 passes to F2 - once F2 receives pass F1 drives middle lane and redirect.
- After redirect tip F1 skates around pylon, F2 passes for back-door shot.



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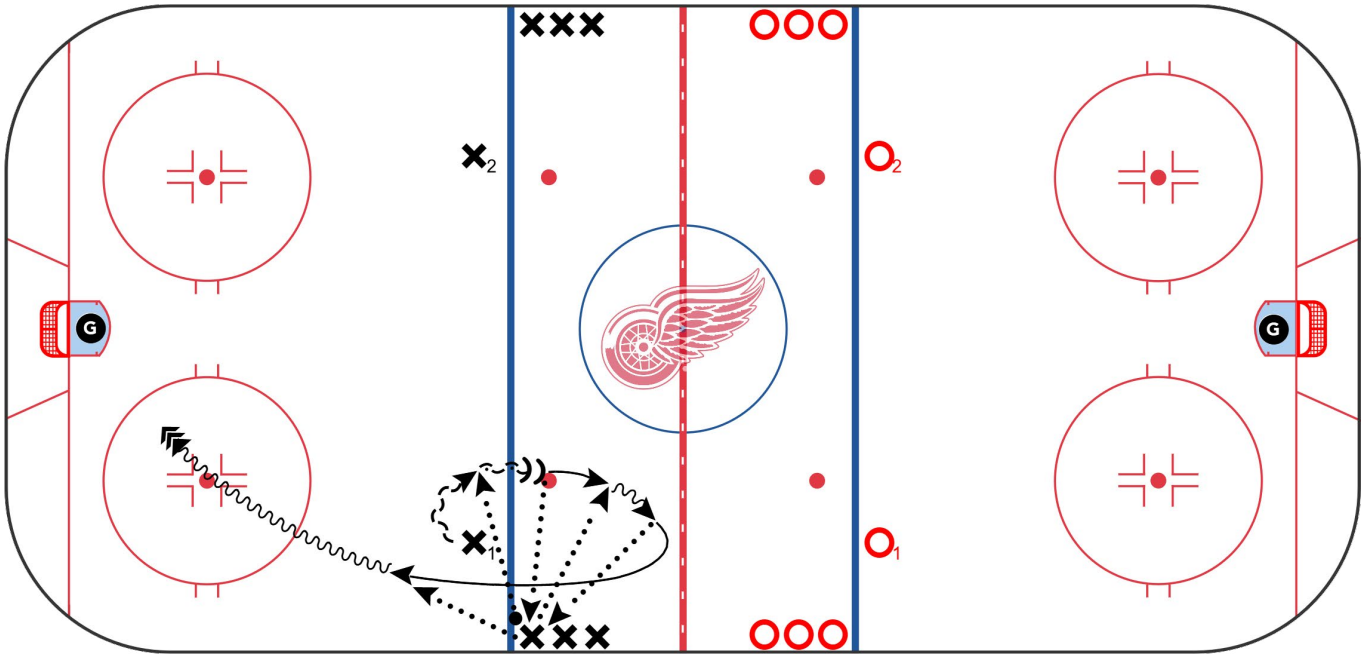
SWEDISH MEATBALLS - PART 1

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- Drill starts as shown.
- Opposite ends go at same time.
- **X1** backskates in circle, pivots forward and shoots.
- Give and go passing with first **X** in line.
- **O**'s do same as **X**.



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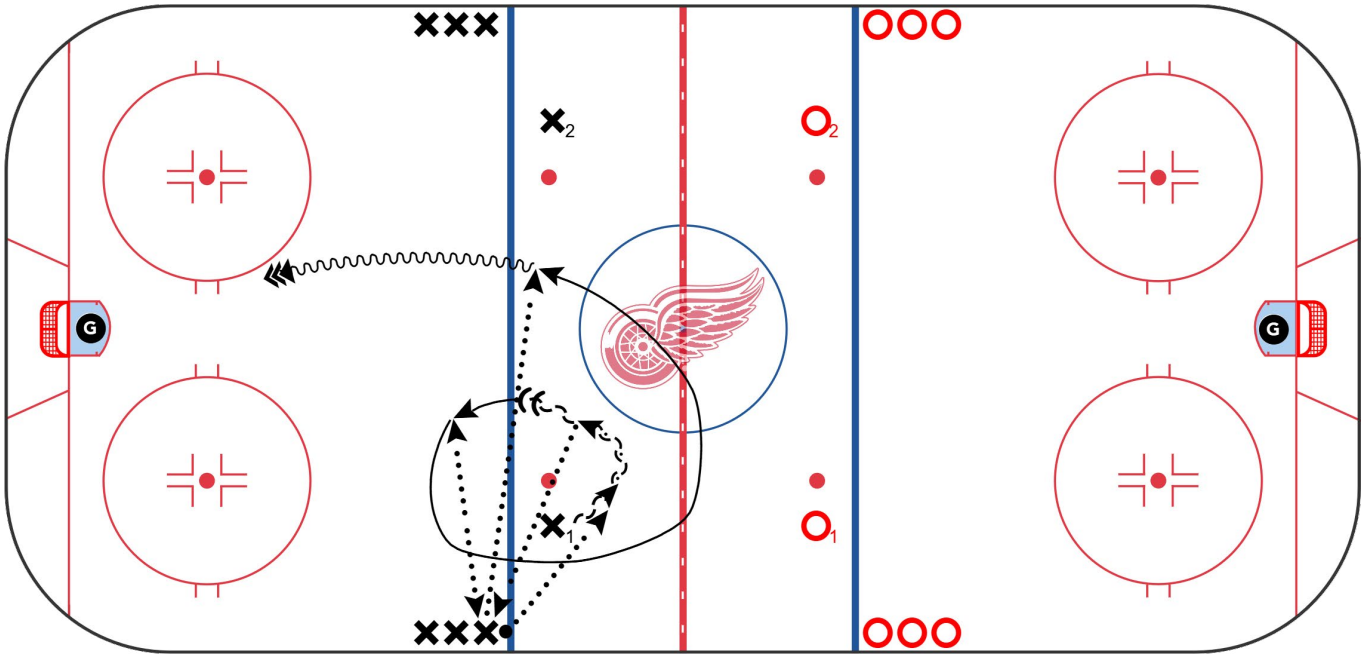
SWEDISH MEATBALLS - PART 2

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- Opposite ends go at same time.
- **X1** backskates in circle, give and go passing with **X**.
- Gives puck to **X**, goes out for wide pass and wide shot.



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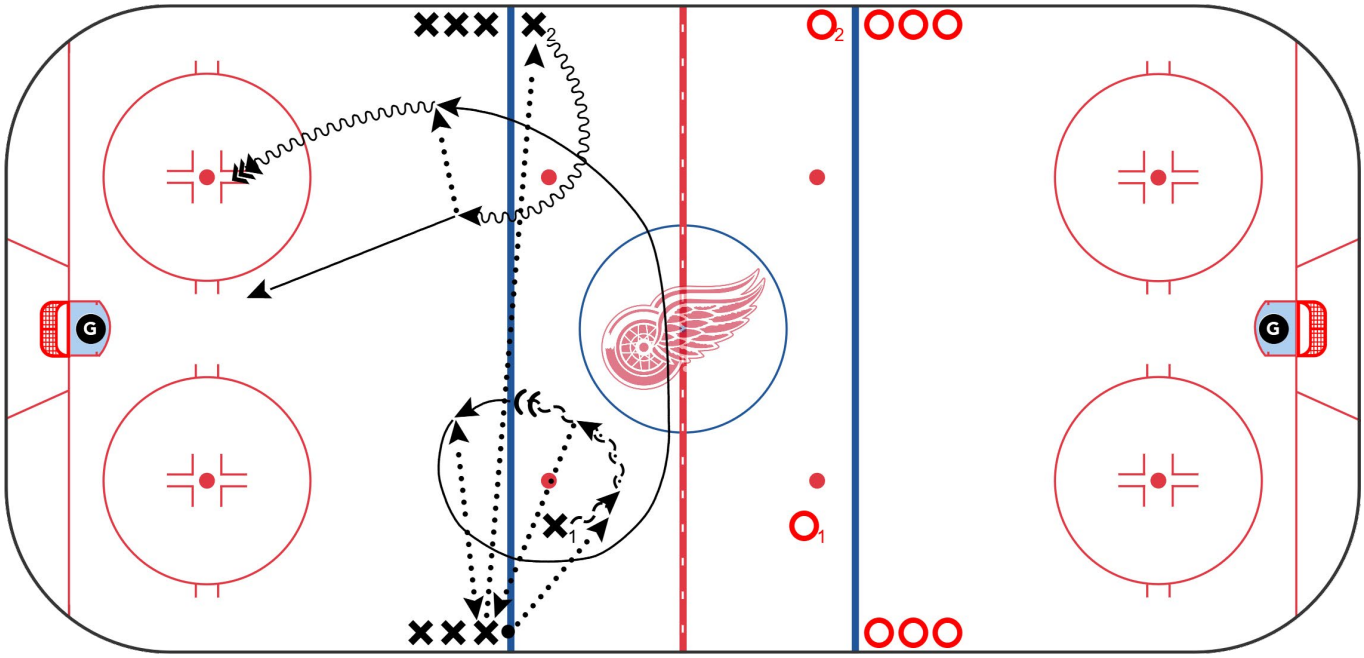
SWEDISH MEATBALLS - PART 3

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- Opposite ends go at same time.
- Same as part 2, but pass from **X** goes across blue line to **X2**.
- **X2** steps out, drops pass for **X1** and drives net.



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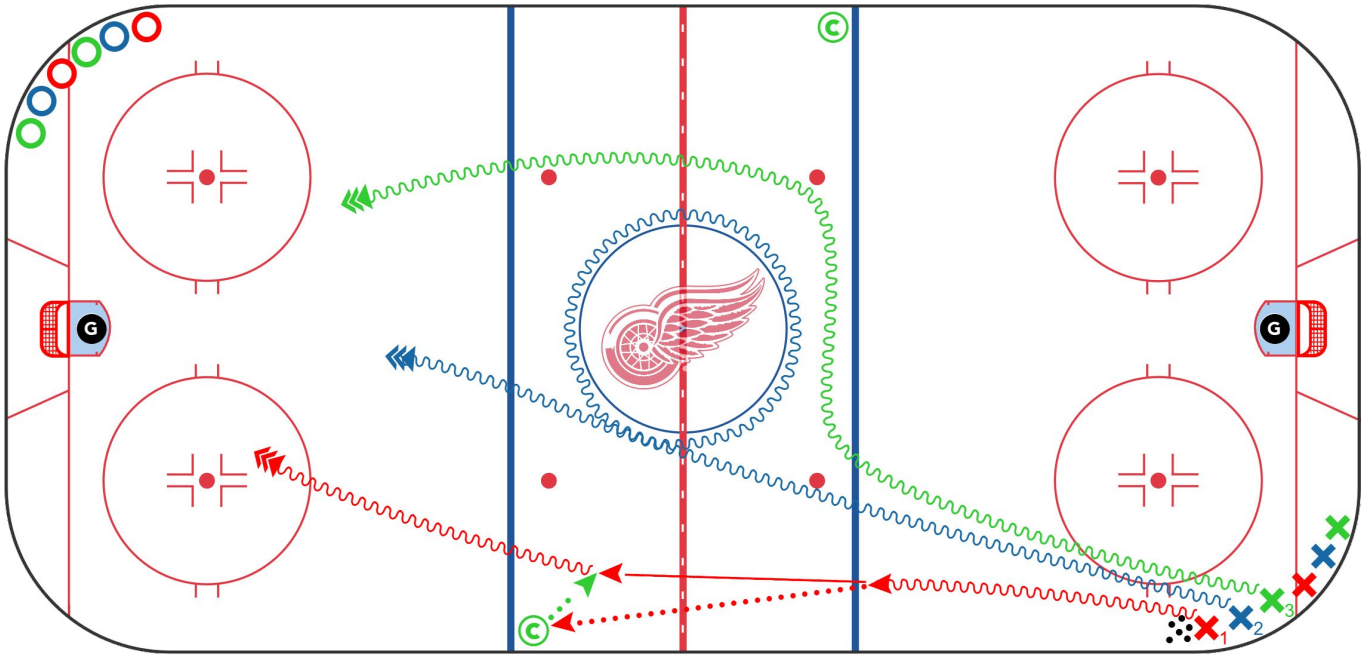
PHILLY PHANTOM

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- Drill starts as shown. **X**'s and **O**'s line up in their respective corners and go at the same time. At the end of their rep, they should line up in the corner on the same side as the one they started on.
- **X1** takes off and goes straight down the ice and does a give and go with the **Coach** and goes in and shoots.
- **X2** skates around the center circle (**D** will pivot) and times it to be the 3rd shot.
- Meanwhile, **X3** skates along the near blue and goes down the far side for a wide second shot.
- First three **O**'s will be doing the same sequence simultaneously.



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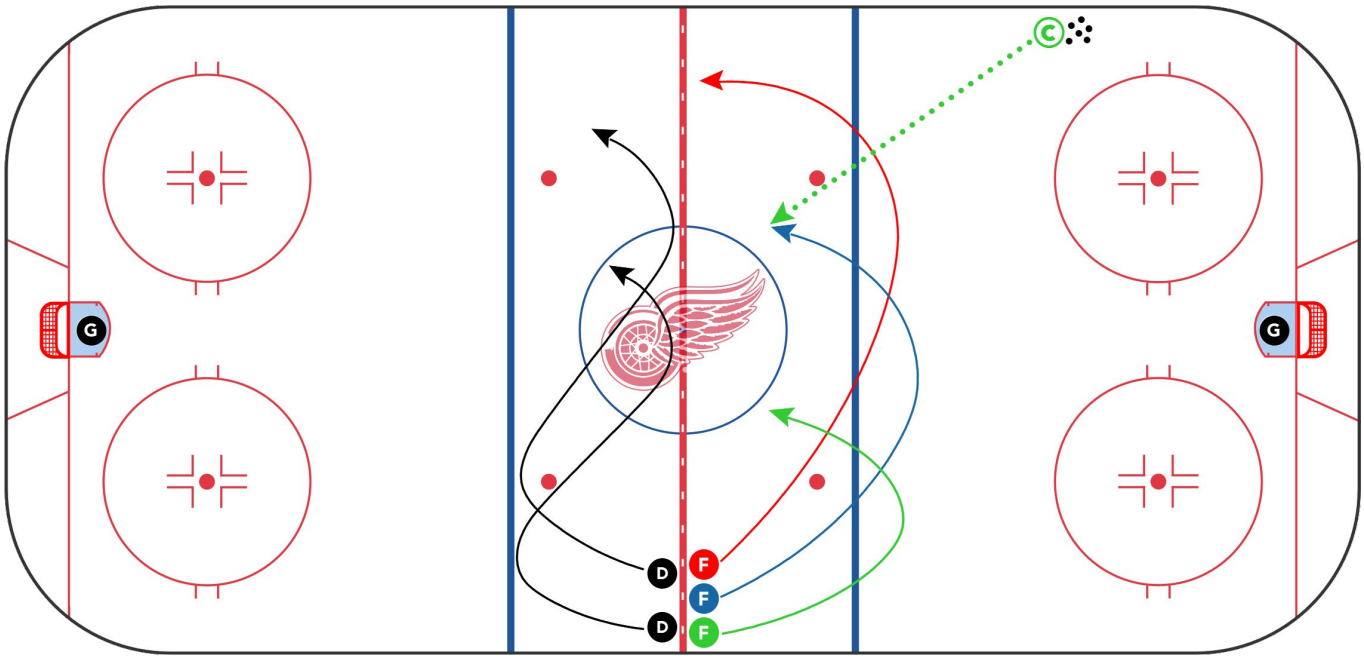
3 VS 2 SQUEEZE - 2 VS 1 BACK - PART 1

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- Drill starts as shown.
- 3 F's from one side move across ice as shown. **Coach** can pass to any of the 3 F's and D must read the rush and squeeze.
- Both D start on red, skate backwards to blue and get up, skate forward to end play by blue. Play the rush out live.



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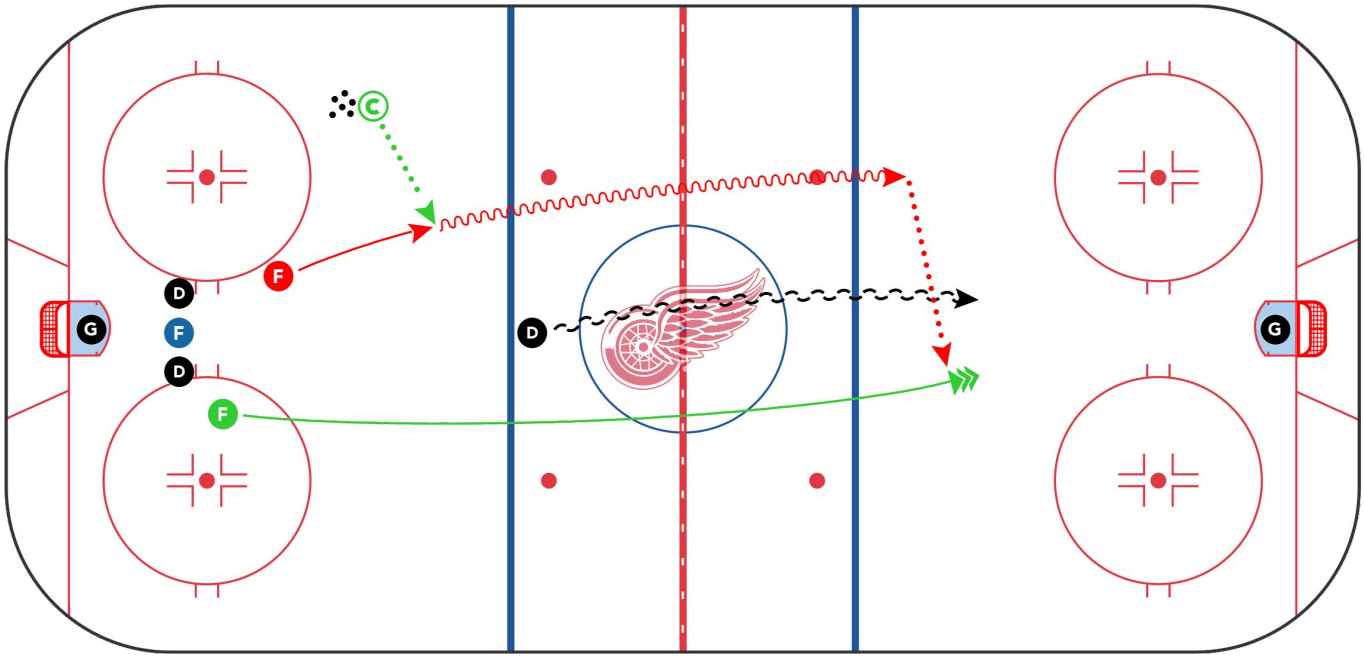
3 VS 2 SQUEEZE - 2 VS 1 BACK - PART 2

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

- After the 3 vs 2 crosses the OBL, a new D steps out at the blue.
- After a scoring chance, **Coach** spots a new puck and the 2 high forwards attack the new D on a 2 vs 1.
- Drill alternates ends.



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SWEDISH MEATBALLS 2020

Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

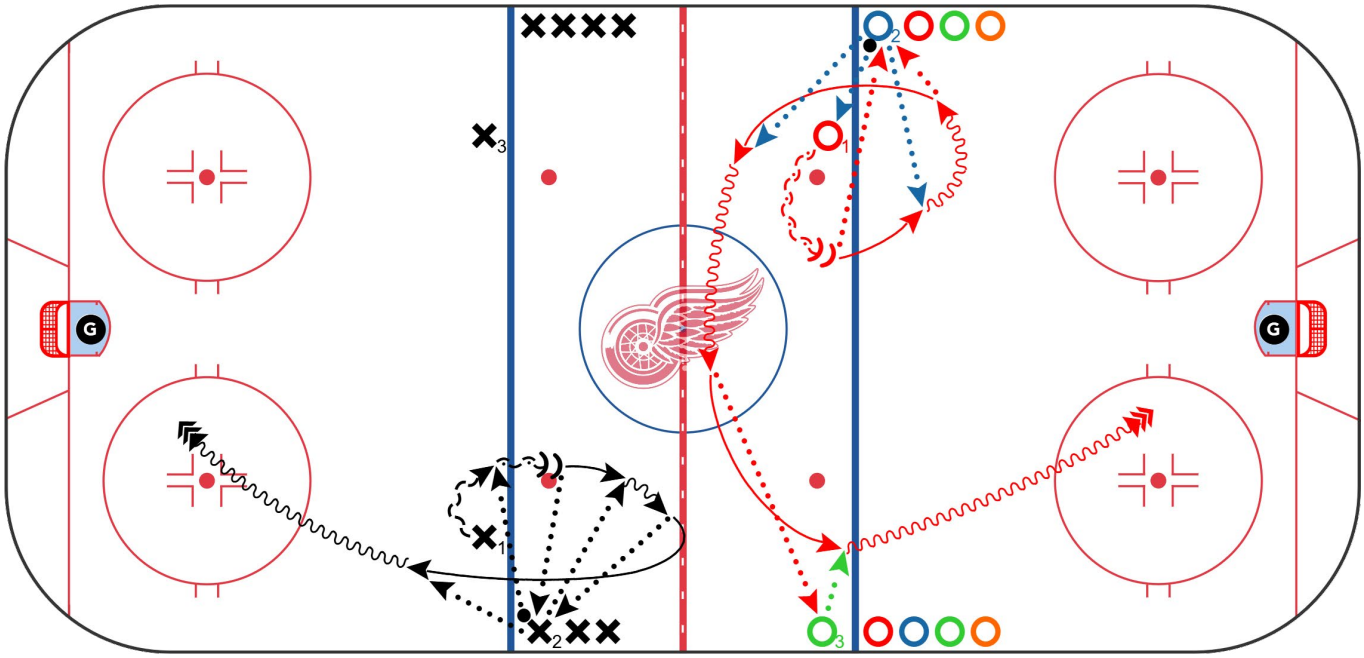
- Drill starts as shown. Diagonal lines go at the same time.

Part 1 (Left side)

- Diagonal lines go at the same time.
- **X1** backskates in circle and pivots at the blue line, give and go passing with **X2** the whole time.
- **X2** gives him the puck at the blue line and **X1** goes in for a shot.
- **O**'s do same as **X**.

Part 2 (Right side)

- Diagonal lines go at the same time.
- **O1** backskates in a circle, give and go passing with **O2** and pivots at the blue line.
- **O2** delivers the puck to **O1** and **O1** carries it and gives it to **O3**.
- **O3** provides the puck to him as he crosses the blue line.
- **O1** goes in for a shot.



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SWEDISH MEATBALLS 2020 - 2 VS 0

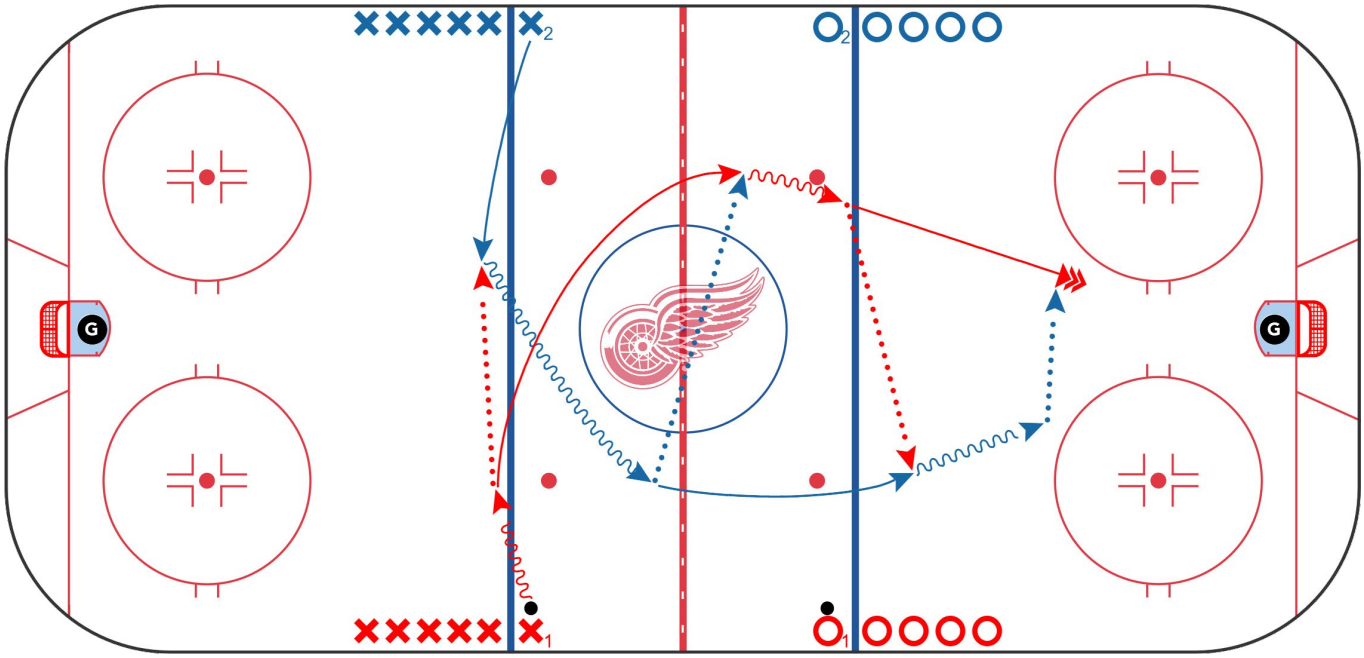
Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

2 vs 0

- Drill starts as shown. Sides alternate.
- **X1** and **X2** step out and exchange passes and go down for a 2 vs 0 shot.
- As they cross the blue line, **O1** and **O2** step out and go.



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SWEDISH MEATBALLS 2 VS 0 ENTRIES - PART 1

Category: NZ Counter / Transition Drills

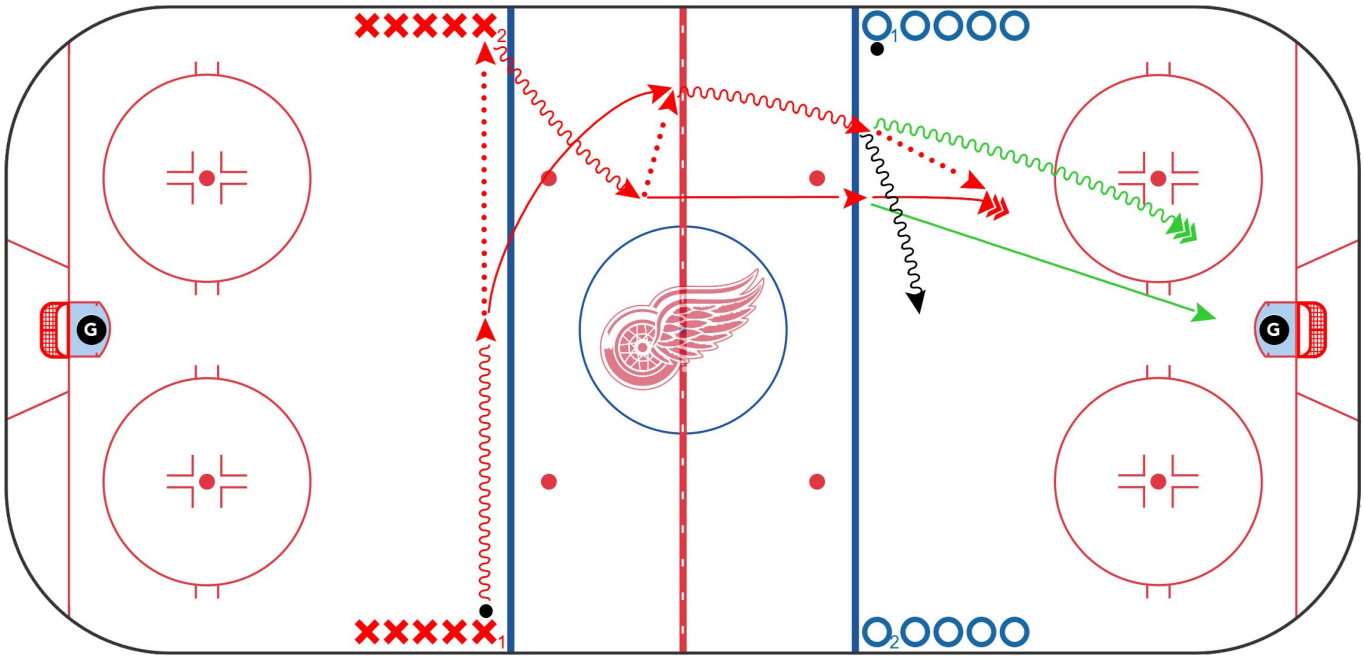
Team: Detroit Red Wings

Description:

- Drill starts as shown.
- Diagonal lines go at the same time.

Part 1

- **X1** skates with a puck across the blue line and hits **X2** with a pass.
- **X2** steps out with the puck as **X1** swings into the wide lane.
- **X2** passes to **X1** and **X1** enters in the wide lane.
- Upon entering the zone, they can either take a wide shot (green), lay it to the middle lane driver (red) or do a middle cut (black).
- After they cross the blue line, opposite lines go.



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SWEDISH MEATBALLS 2 VS 0 ENTRIES - PART 2

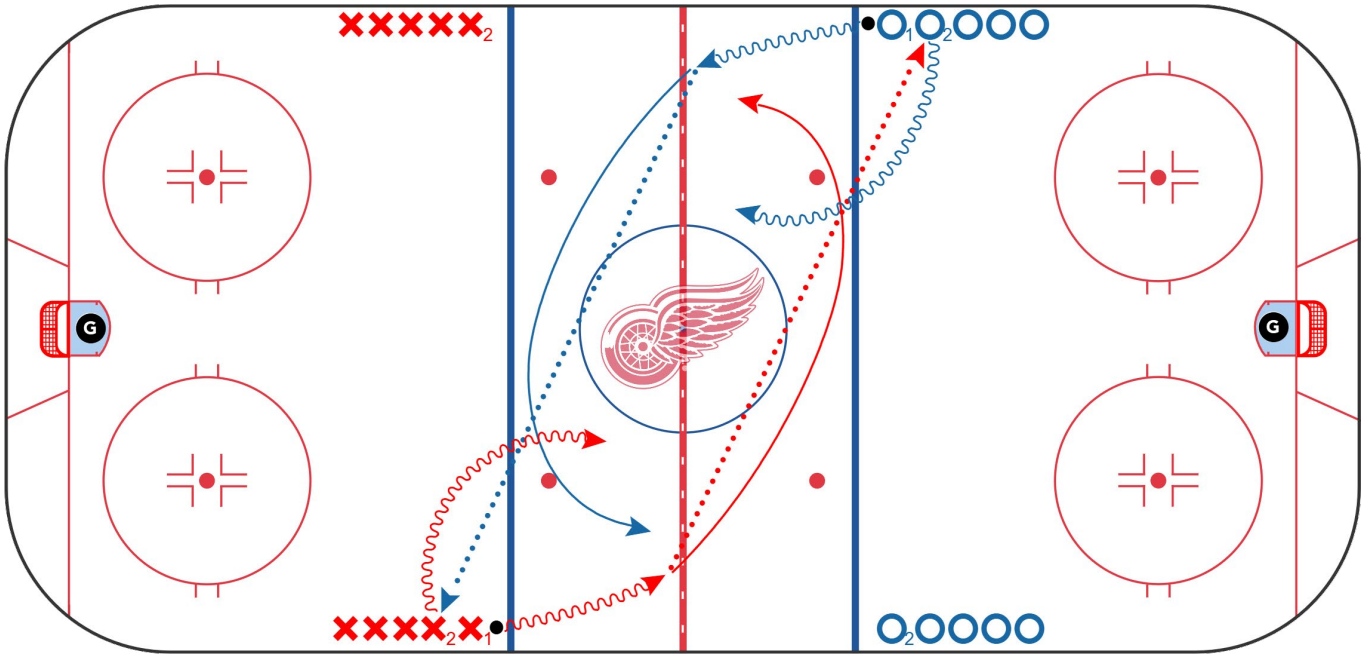
Category: NZ Counter / Transition Drills

Team: Detroit Red Wings

Description:

Part 2

- **X1** and **O1** start with a puck and pass diagonally.
- **O1** passes to **X2** and **X1** passes to **O2**.
- Guys in line that receive the pass step out as **X1** and **O1** swing into the wide lanes.
- Players go down for a 2 vs 0 shot.
- After they cross the blue line, opposite lines go.



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3 VS 2 TRANSITION INTO 5 VS 5

Category: NZ Counter / Transition Drills

Team: Edmonton Oilers

Description:

Part 1:

– F vs D, low 3 vs 2. (If forwards Score too quick can add 2nd puck).

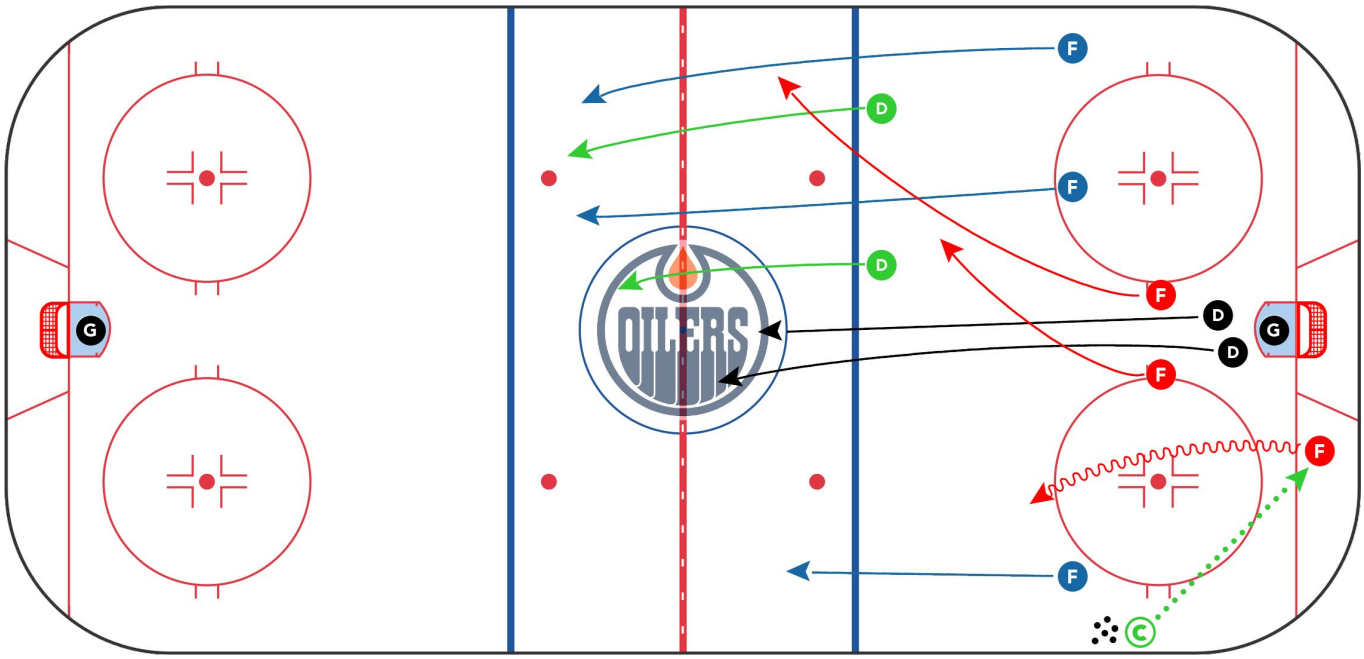
Part 2:

– F vs D 3 vs 2 rush up ice, first group is tracking new 3 vs 2 rush.

Part 3:

– D are with F, F are with D 5 vs 5.

– D are encouraged to try and kill the play with trackers coming back, to allow for a counter going back to original end.



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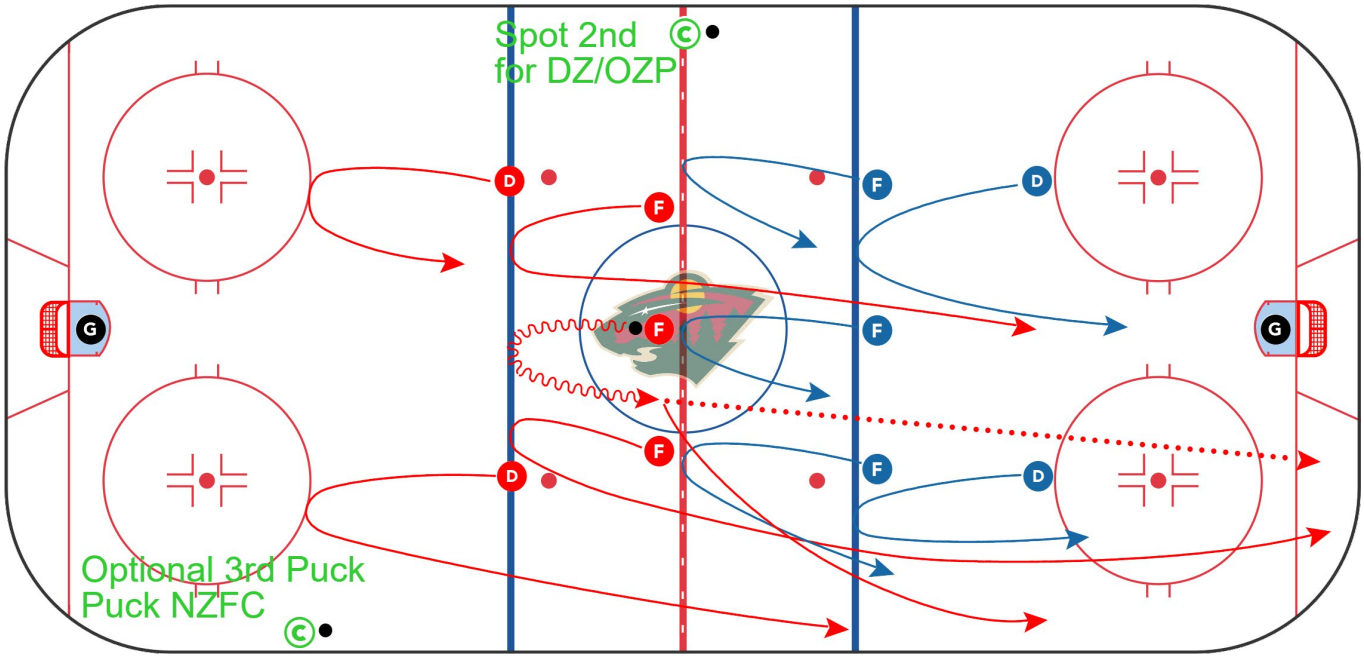
GAIN A LINE - FORECHECK

Category: NZ Counter / Transition Drills

Team: Minnesota Wild

Description:

- Everyone must gain a line/tag up, then red center dumps puck and forechecks.
- Blue must try to breakout puck.
- On whistle, **Coach** spots a 2nd puck in zone and everyone gets into proper DZ coverage position.
- They play out 5 vs 5 on whistle.
- Optional: Can also incorporate NZTR/NZFC by having a second **Coach** spot a 3rd puck in NZ for a NZTR/NZFC.



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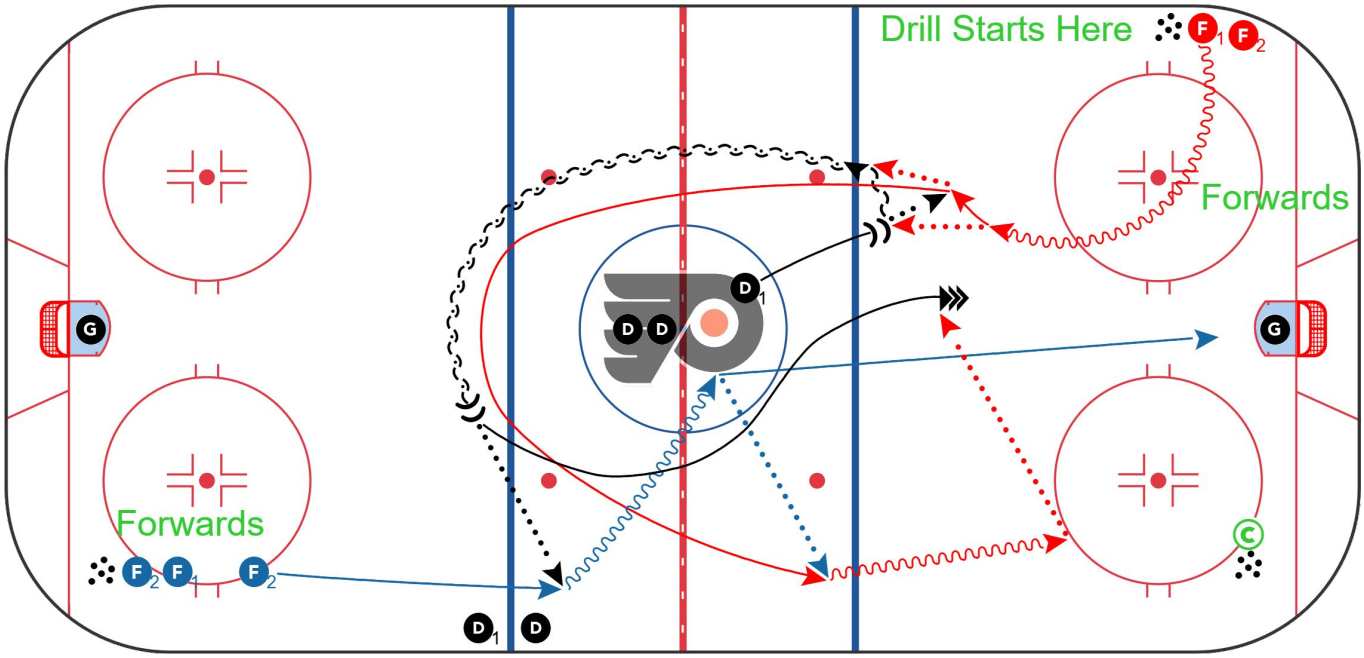
CALGARY D SHOT

Category: NZ Counter / Transition Drills

Team: Philadelphia Flyers

Description:

- D shot off the rush.
- 3 players start at same time from opposite corners on whistle.
- Option A: hit D on weak side for shot.
- Option B: D shot pass to 8'wall.
- *F2 1st touch get off the wall*



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LADDER 2 VS 0

Category: NZ Counter / Transition Drills

Team: Seattle Kraken

Description:

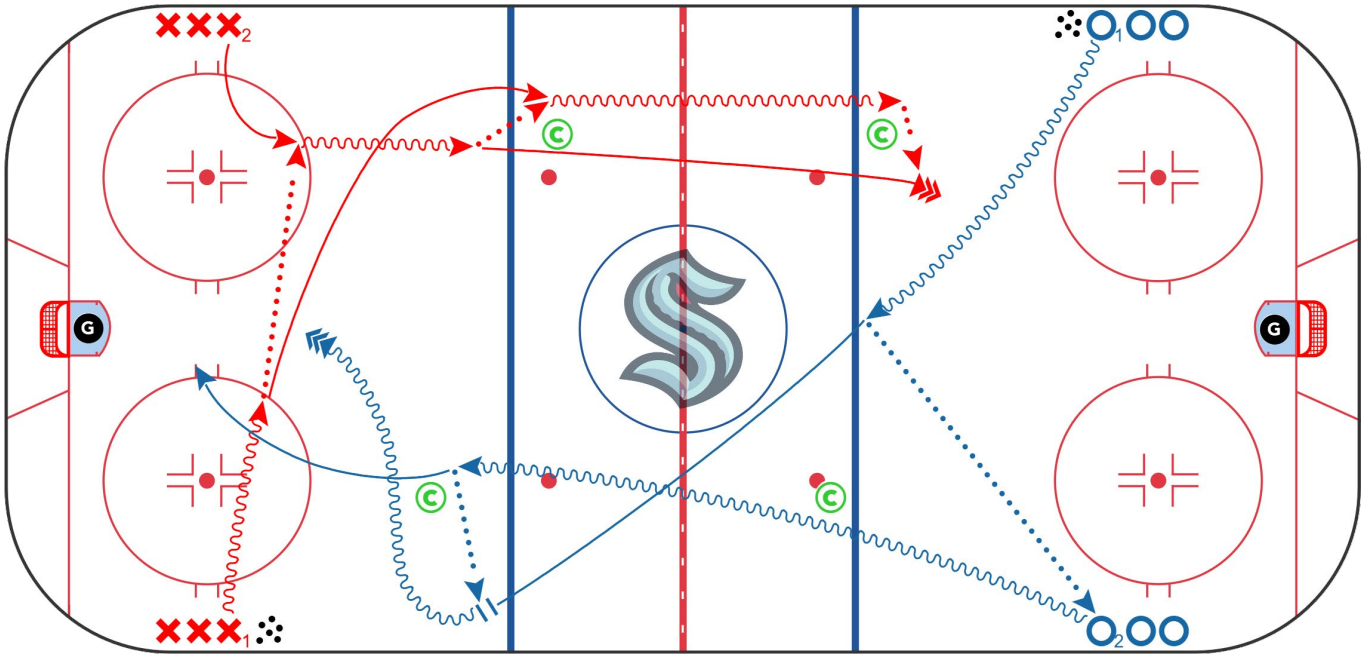
- Players in four corners with **Coach**'s at four blue lines.
- Drill happens from both ends at same time.

Part 1 (Slip Pass):

- **X1** takes off with puck, passes across to **X2** coming off wall.
- **X2** gets through the hands of **Coach** and moves puck wide to **X1** coming under wide.
- **X1** and **X2** attack 2 vs 0 down.
- **X1** slip pass to **X2** through the **Coach** at offensive blue line for shot.

Part 2 (Stationary Kickout / Upgrade The Shot):

- **O1** takes off with puck getting high in zone then passes back to **O2** who gets off wall.
- **O1** continues pushing out to far blue to become stationary kickout option.
- **O2** gets through hands of near **Coach** and drives down ice for middle entry, stationary kickout to **O1** and middle lane drive to net through **Coach**.
- **O1** gets inside and upgrades the shot.



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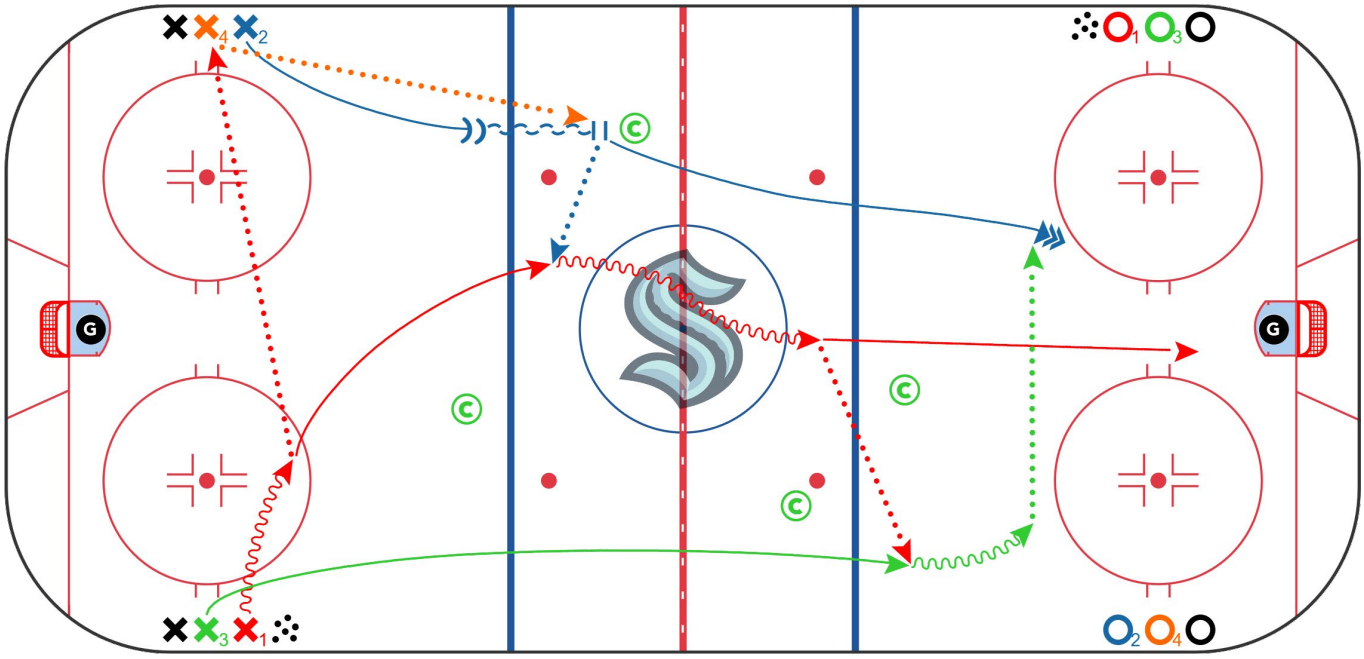
LADDER 3 VS 0

Category: NZ Counter / Transition Drills

Team: Seattle Kraken

Description:

- Players in four corners, drill happens from one end at a time then goes the other way.
- **X1** takes off with puck, passes across to **X4** in line while **X2** pushes out into NZ into **Coach** and **X3** takes off wide.
- **X4** passes to **X2** who bumps back to **X1** working for underneath support.
- **X1** attacks down, moves it wide to **X3**, and middle drives.
- **X2** joins for wide lateral pass. (be shot ready)



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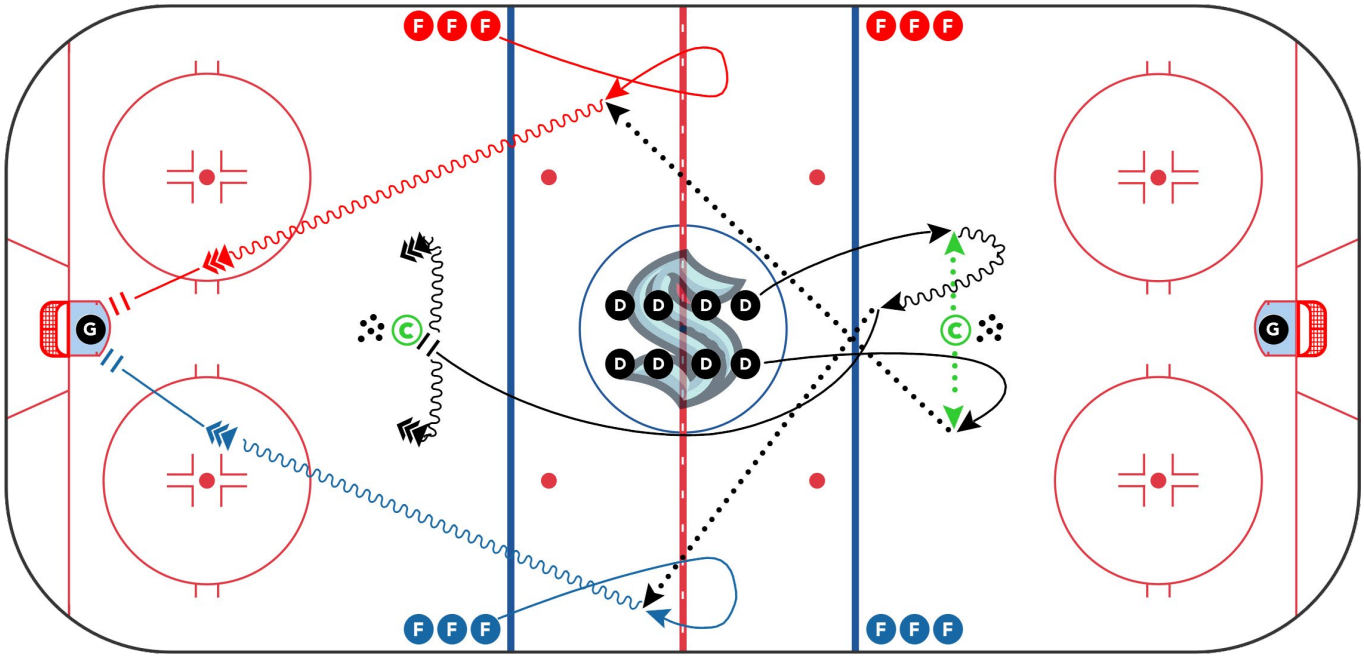
BOBBY ORR TRANSITION

Category: NZ Counter / Transition Drills

Team: Seattle Kraken

Description:

- Coach spots two pucks.
- Both forwards stay at the net after the shot.
- D retrieve first puck and quick up to F1 for a shot.
- D tag up and retrieve second puck and quick up to F2 for shot.
- D follow up in the play, get puck and escape pressure from Coach for a shot with traffic.



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3 VS 2 TRANSITION

Category: NZ Counter / Transition Drills

Team: St. Louis Blues

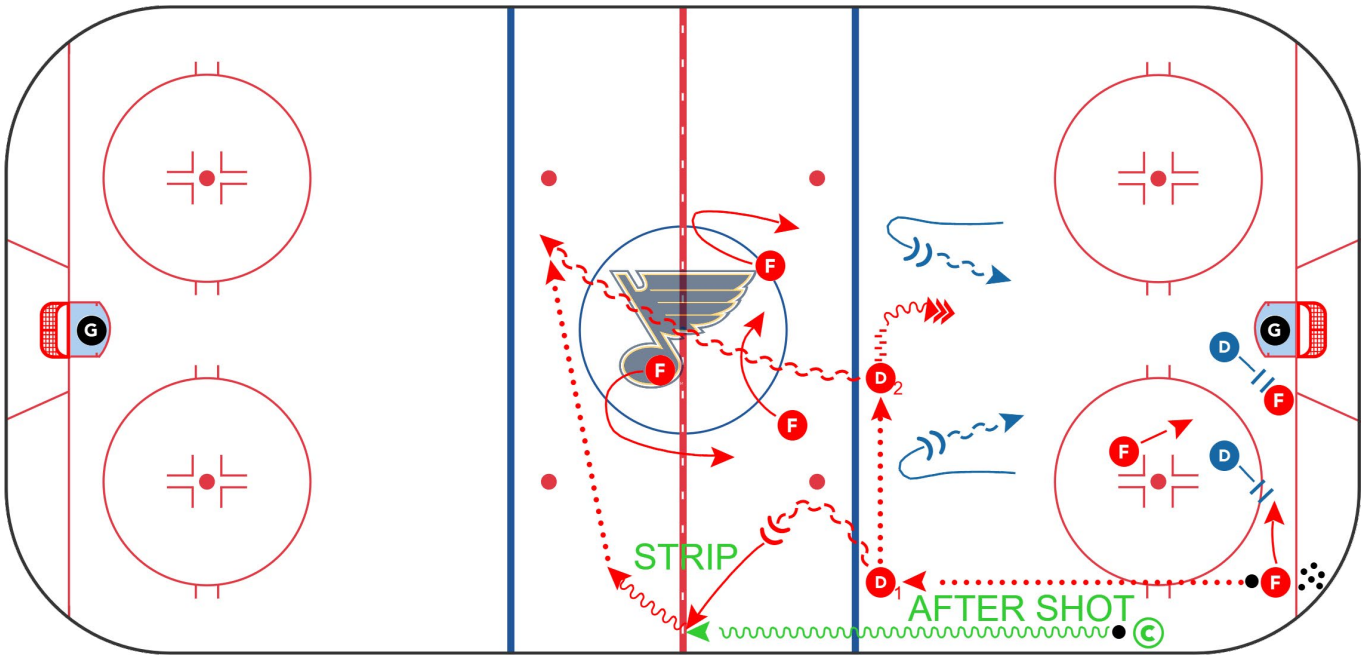
Description:

- F initiate low to high sequence, D box out.
- After the D shot, **Coach** skates with the puck.

Two options:

1. D1 get some ice and strip the **Coach**.
2. D2 surf under and come across to strip the **Coach** .

- Follow with a weak side transition to F filling lanes in NZ for a 3 vs 2 against both D gapping up.



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1 VS 1, 2 VS 2, 3 VS 3 BATTLE TRANSITION

Category: NZ Counter / Transition Drills

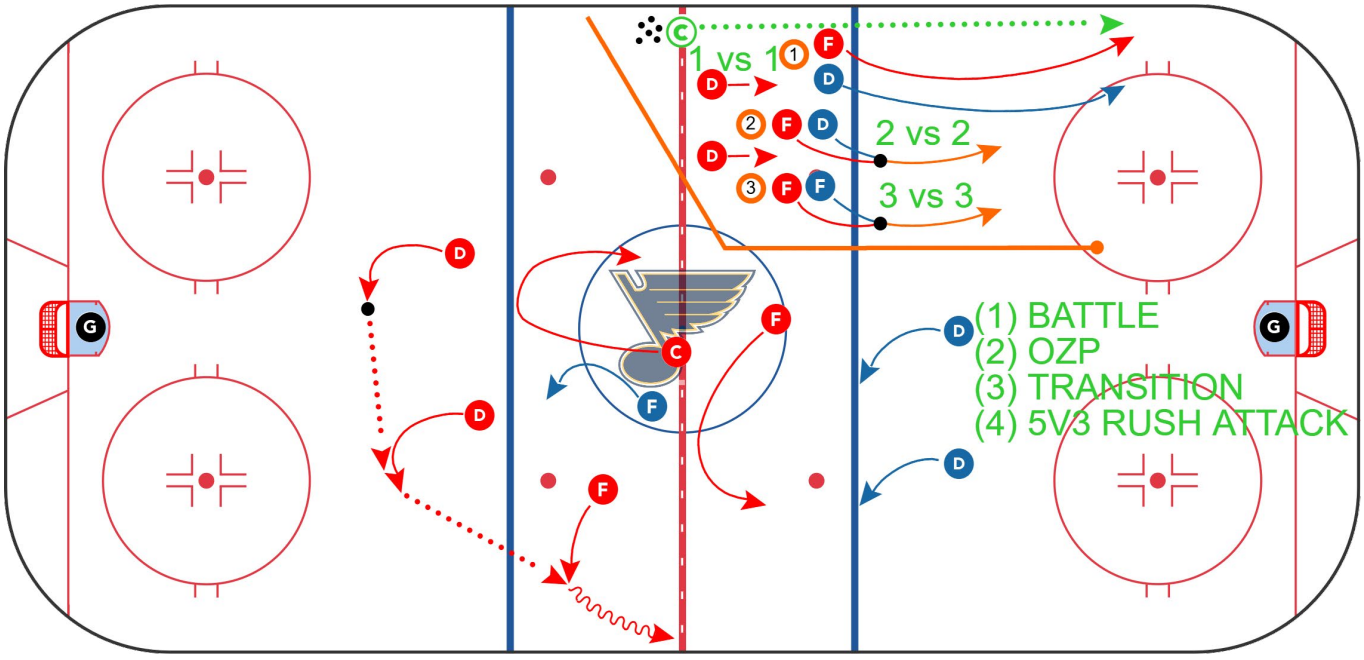
Team: St. Louis Blues

Description:

1. 1 vs 1 in-zone.
2. Two more players join to make it 2 vs 2.
3. Two more players join to make it 3 vs 3.

*Defence follow-up at blue line.

4. OZP L-H to traffic.
5. NZ transition - NZ center swing away.
6. 5 vs 3 rush attack.



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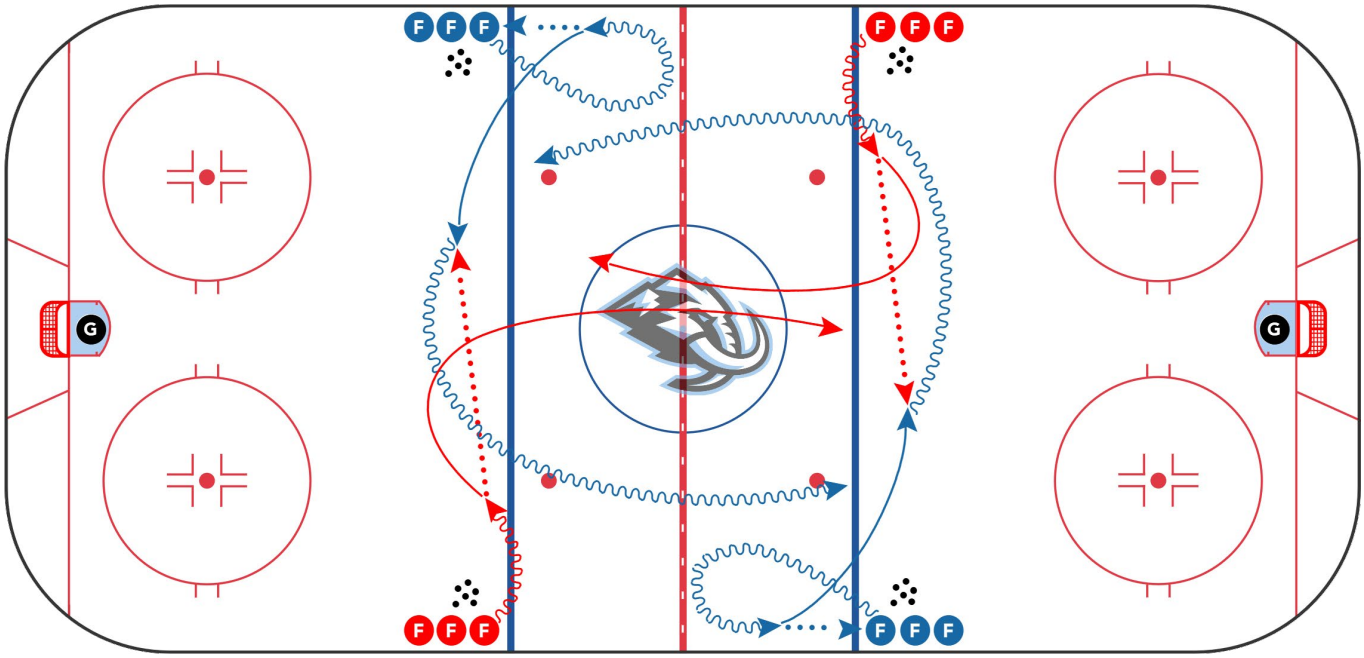
CAROUSEL (WAKEY WAKEY)

Category: NZ Counter / Transition Drills

Team: Utah Hockey Club

Description:

- 1 touch passes - quick execution.
- Continuous drill.



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1 VS 1 - 2 VS 1 - D SURFING

Category: NZ Counter / Transition Drills

Team: Utah Hockey Club

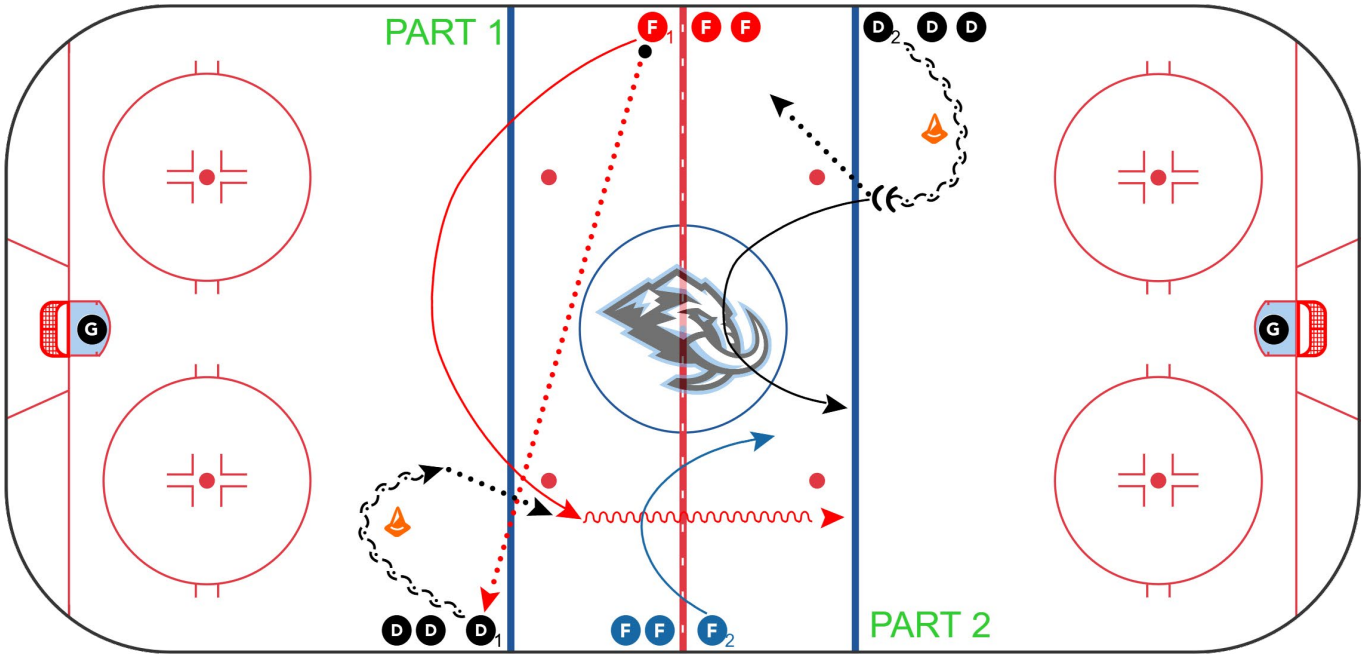
Description:

Part 1:

- F1 starts with the puck, makes a pass to D1.
- As D1 skates around the cone and DROPS the puck back to F1, who opens up on the blue line and attacks D2 at the other end 1 vs 1.
- D2 surfing across the DZBL to defend.

Part 2:

- 2 vs 1 - F2 on the wall jumps out and joins the rush with F1.



3 VS 2 LONG/SHORT

Category: NZ Counter / Transition Drills

Team: Utah Hockey Club

Description:

Part 1:

– 3 F's start at tops of circle with puck and come down 3 vs 2.

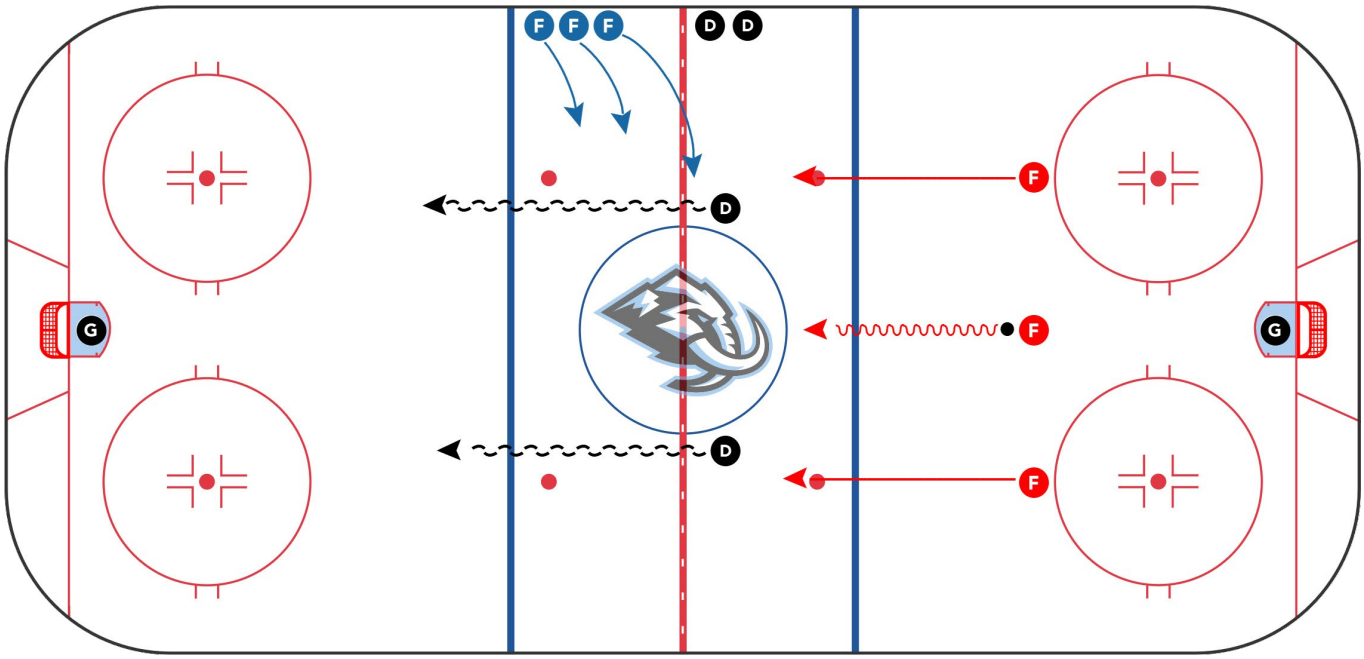
Part 2

– On whistle, **Coach** spots puck in NZ, 3 new F's pop out.

– 2 D regap on short 3 vs 2.

Part 3

– On whistle, 3 F's from short 3 vs 2 start long 3 vs 2 with 2 new D setting their gap.



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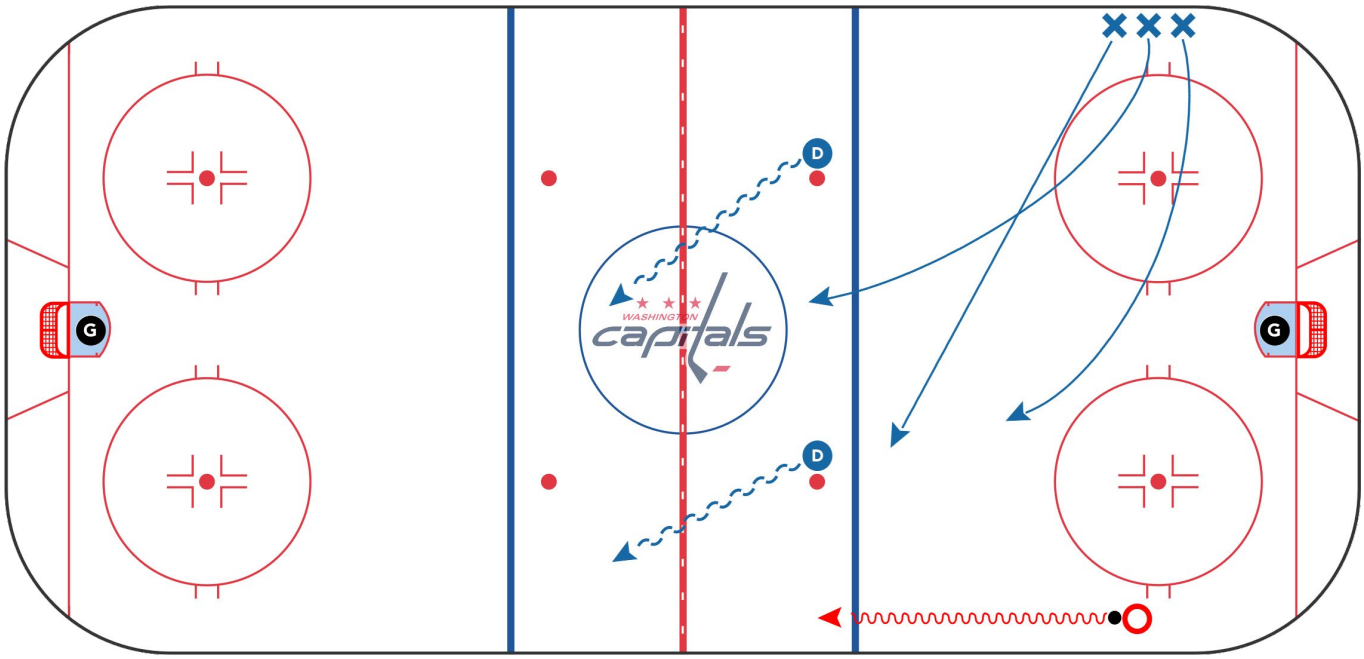
TRACK TRANSITION 5 VS 3

Category: NZ Counter / Transition Drills

Team: Washington Capitals

Description:

- 1 end at a time.
- On whistle, **O1** tries to gain red. (No dump allowed)
- **X1** and D work together to force **O1** to turn the puck over.
- Track/Quick transition. (**O1** is allowed to continue playing)
- 2 D hop out to defend.



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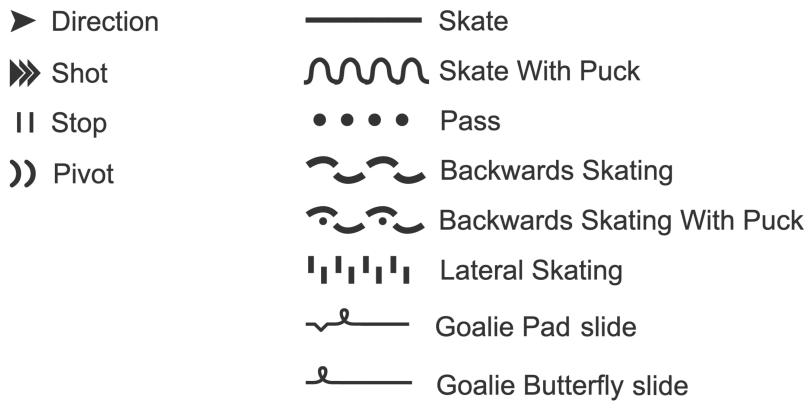
DEFENSIVE ZONE COVERAGE DRILLS

Legend



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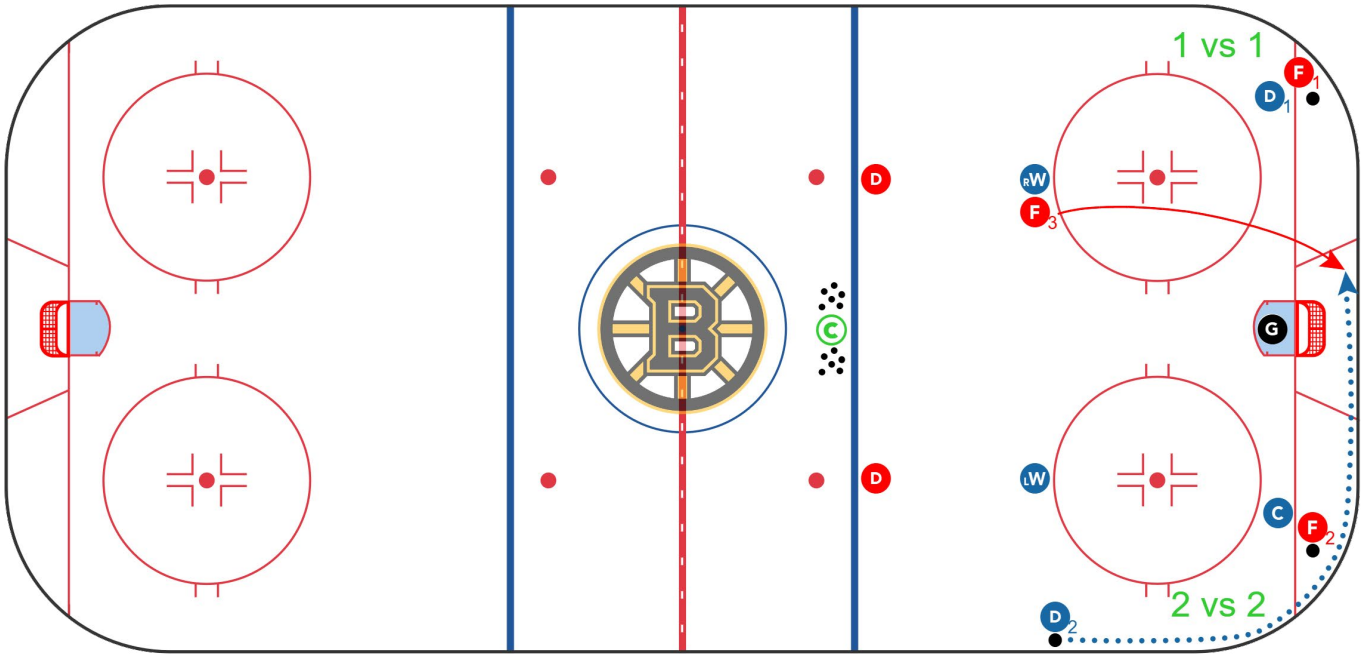
DZ PARADOX

Category: DZ Coverage Drills

Team: Boston Bruins

Description:

- 5 vs 5 in zone segmented.
- 1 vs 1 - D1 and F1 battle (10 secs), join other corner on whistle.
- 2 vs 2 - C and F2 initiate battle on second whistle, joined by D1 and F1.
- D2 will rim puck behind to F3 on 3rd whistle.
- Starts 5 vs 5 play.



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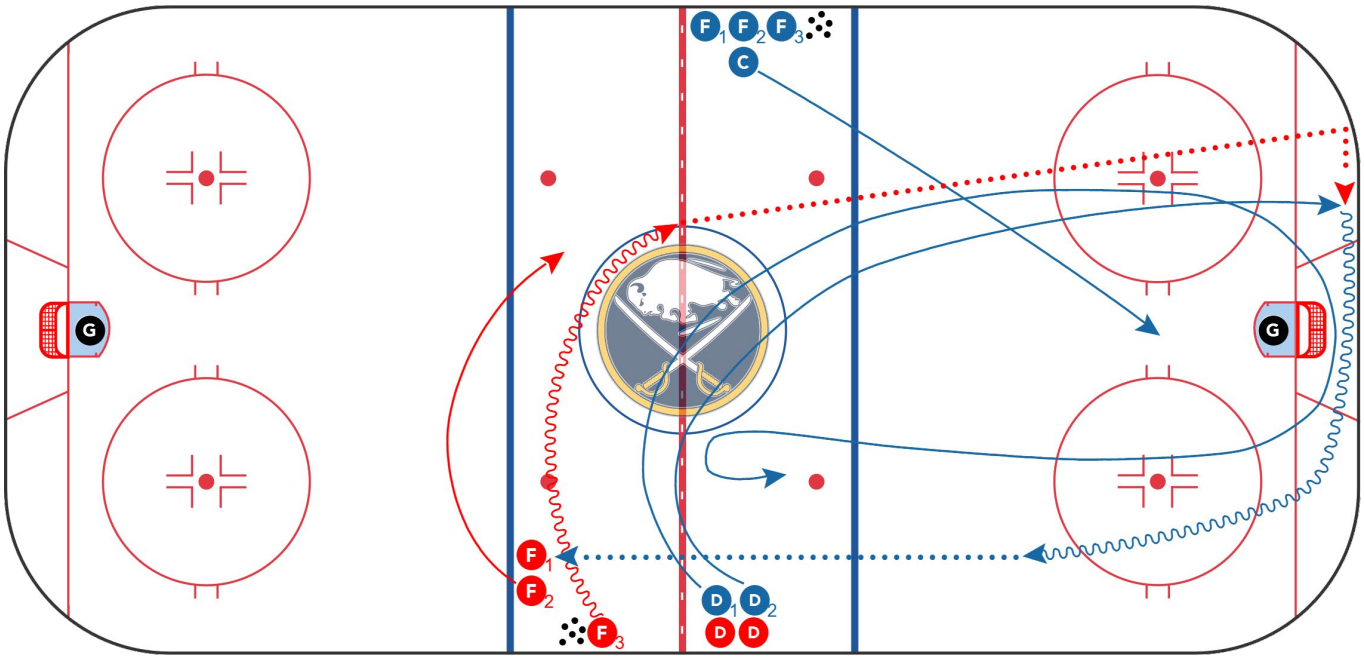
1 VS 3 + G BO - 3 VS 2 REGAP

Category: DZ Coverage Drills

Team: Buffalo Sabres

Description:

- On whistle, F3 carries puck to RL through middle ice, F2 follows.
- D1 and D2 step out from same side wall. D1 mirror and block lane. D2 retrieve.
- One F opposite color DZF low. Support BO in middle ice.
- F1 dumps puck deep then DOGS puck. D1 and D2 BO vs two FCS.
- D1 or D2 carry puck above top of circle then outlet puck to far BL. (F1)
- F1 attack D1 and D2 with F2, F3 joining to make 3 vs 2.
- D1 and D2 must challenge themselves to regap and defend 3 vs 2 attack. Alternate ends.
- OPTION: Add Low F BO Support; 2nd FC.



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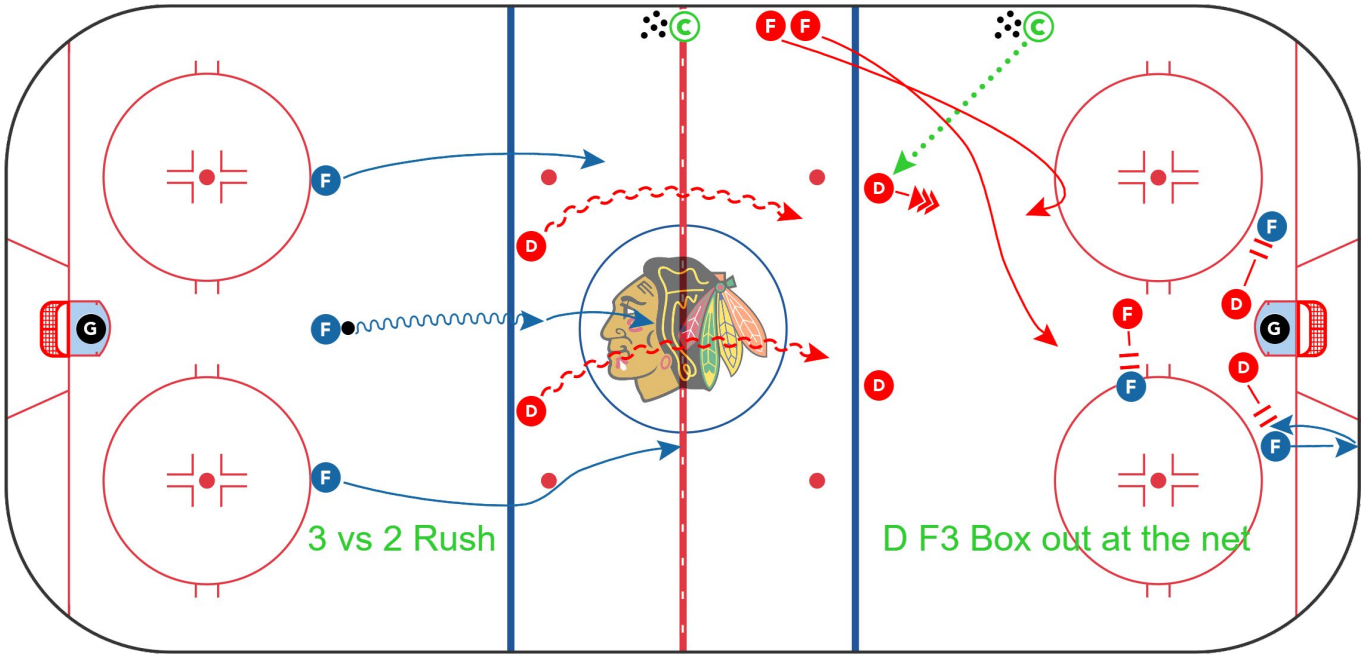
3 VS 2 QPAC BOX OUT

Category: DZ Coverage Drills

Team: Chicago Blackhawks

Description:

- Part 1 will be 3 F rush on 2 D men.
- After initial play, whistle will blow.
- All 3 F's will touch the boards, F will jump in, 2 D will try to box out F's.
- **Coach** will pass to 2 offensive D-men and play a 2nd puck.



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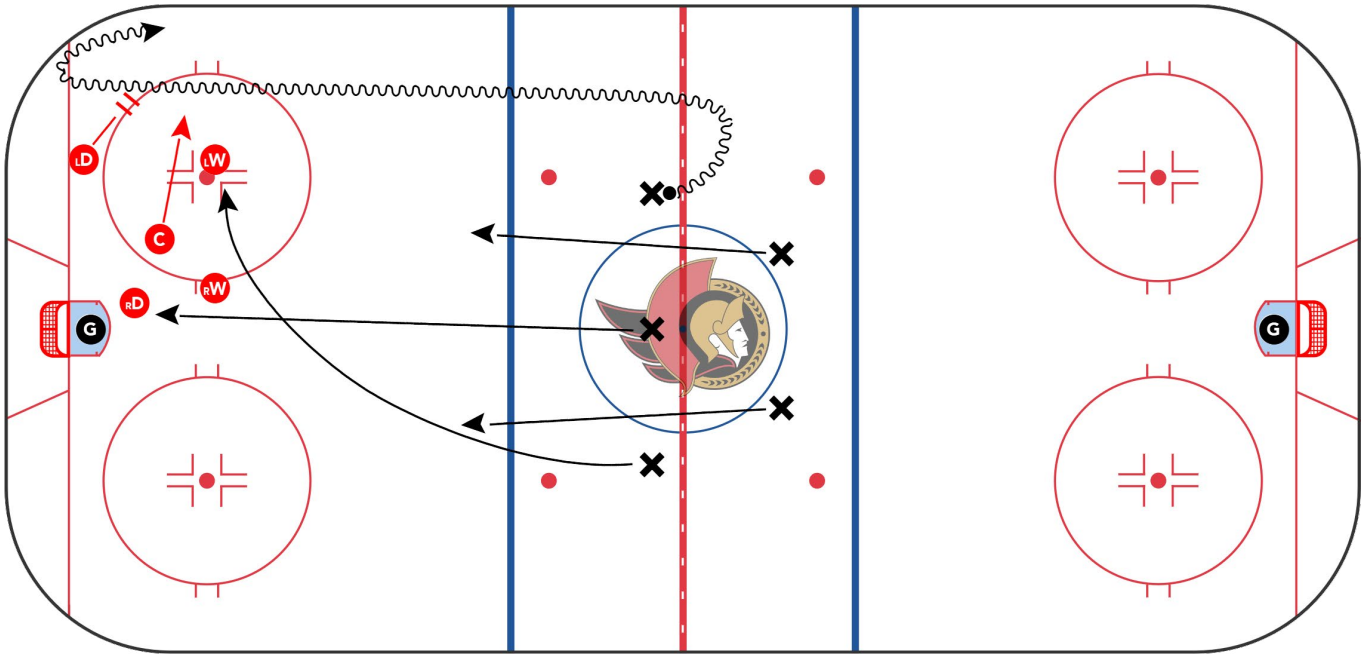
TAG UP

Category: DZ Coverage Drills

Team: Ottawa Senators

Description:

- **X**'s enter zone with puck, carrier curls up in corner and activates DZ.
- Work on various scenarios. (D engaged, D not engaged, etc.)



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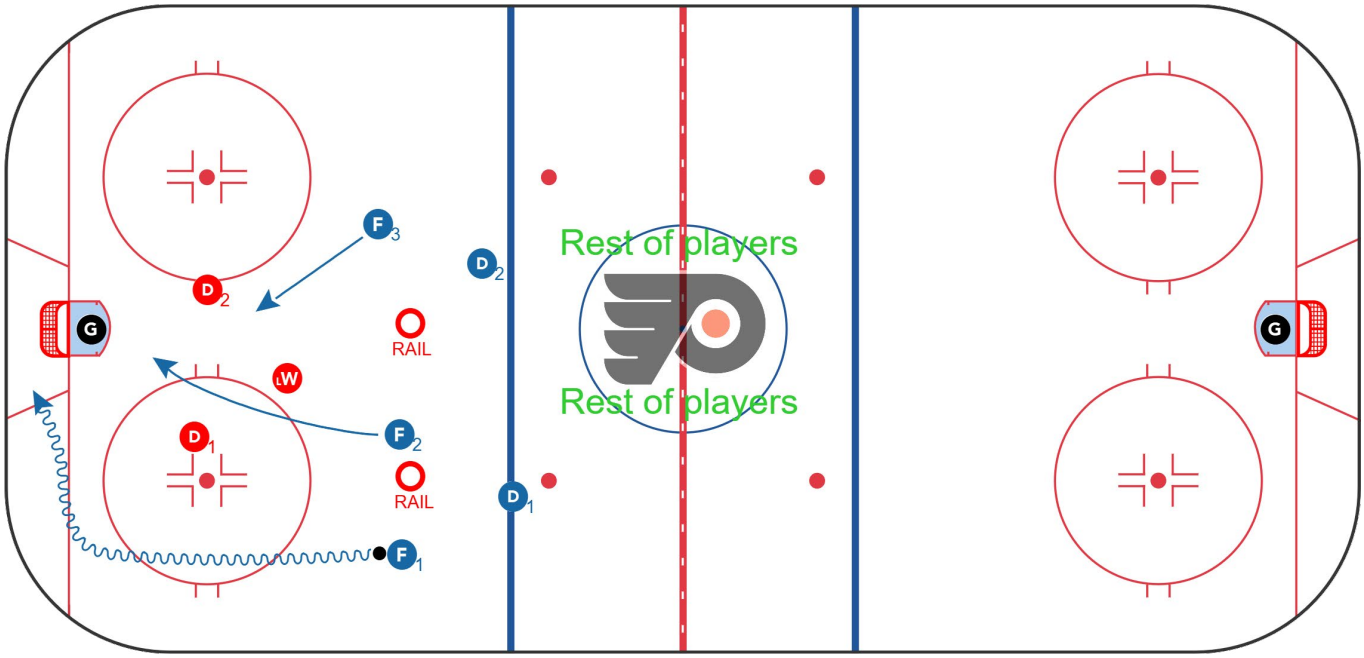
DZC SCENARIOS 5 VS 5

Category: DZ Coverage Drills

Team: Philadelphia Flyers

Description:

- Start on **Coach**'s command.
- 5 vs 5 in zone.
- Rest of players behind blue line.
- Offensive unit starts with puck.
- Defensive unit does not start until **Coach** starts them.
- Offensive team will be asked to set up different scenarios. (Climb/BTN/E-W/L2H pass etc.)



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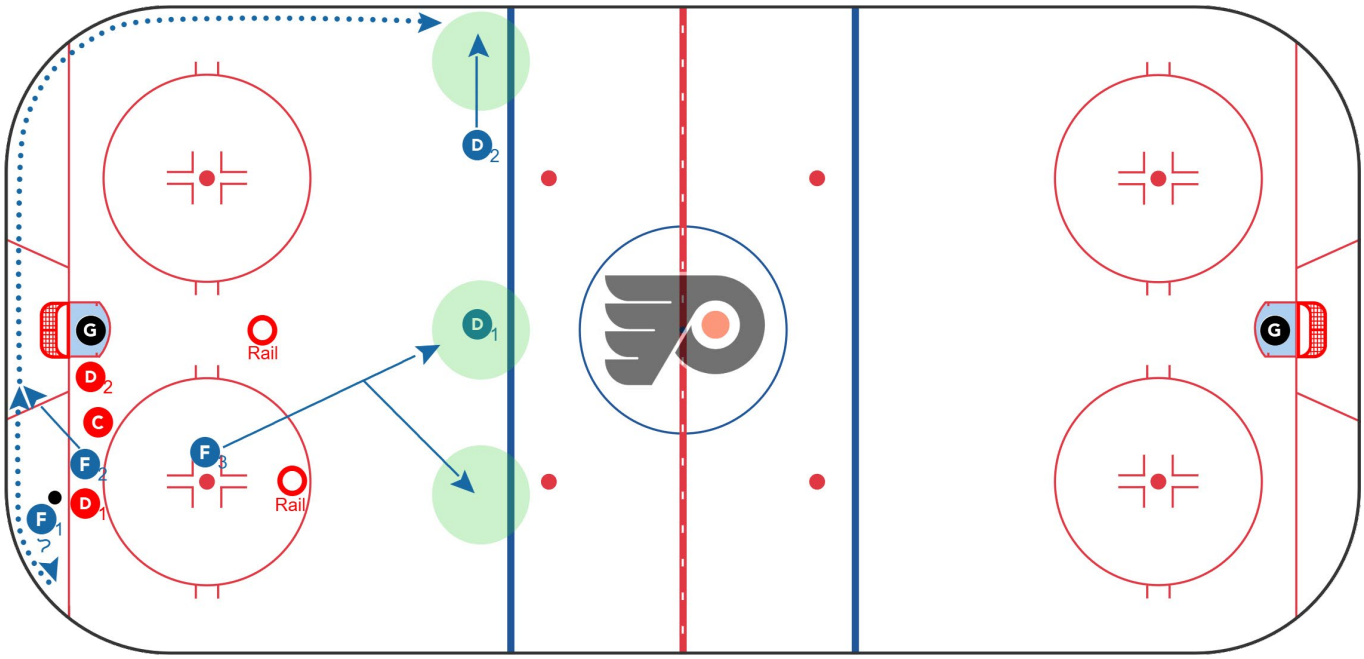
DZC X 2 WITH TAG UP - PART 1

Category: DZ Coverage Drills

Team: Philadelphia Flyers

Description:

- 5 vs 5 in zone with DZC team tag up.
- DZC unit activates when puck goes high.
- OZP unit - create 3 high play.
- Fwd: skate east-west or weak side rim out.
- Play 5 vs 5 on whistle, DZC tags up.



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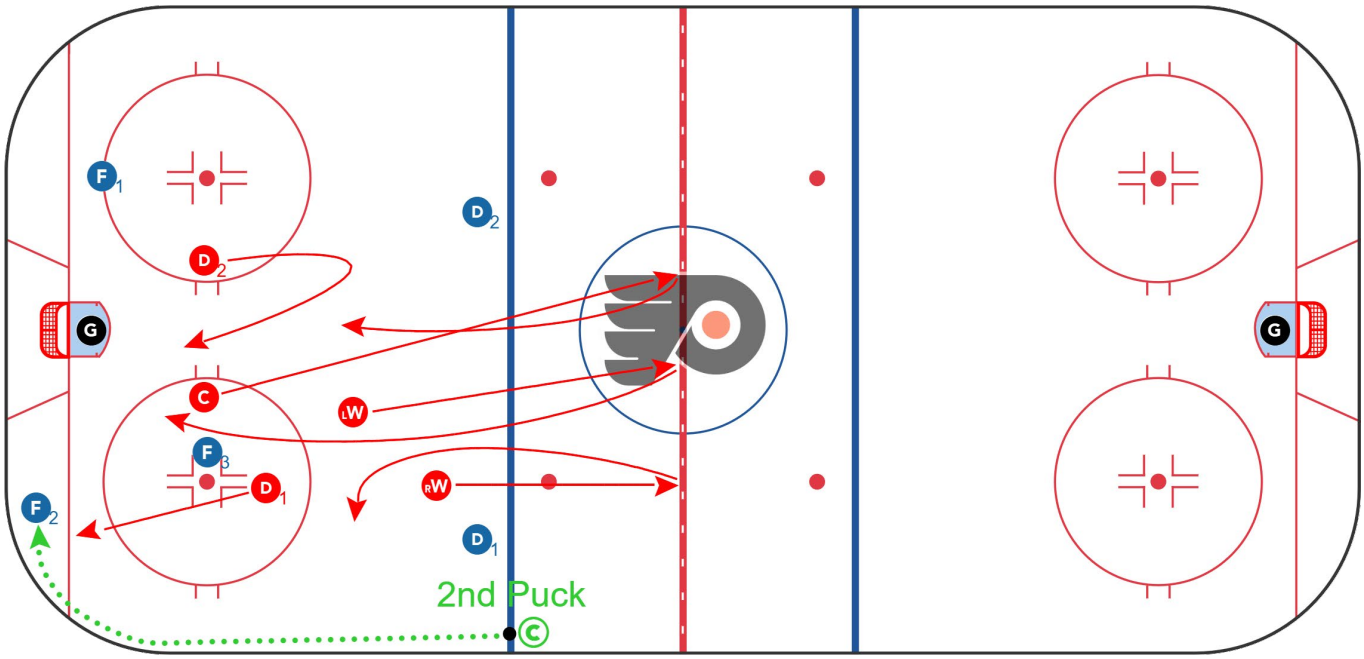
DZC X 2 WITH TAG UP - PART 2

Category: DZ Coverage Drills

Team: Philadelphia Flyers

Description:

- DZC unit tag up. (Rails and C tag up RED line / D1 D2 tag up near blue line)
- If puck goes high, different F should be low forward.
- OZP unit stay in OZ – 2nd puck from **Coach**.
- 5 vs 5 play it out.



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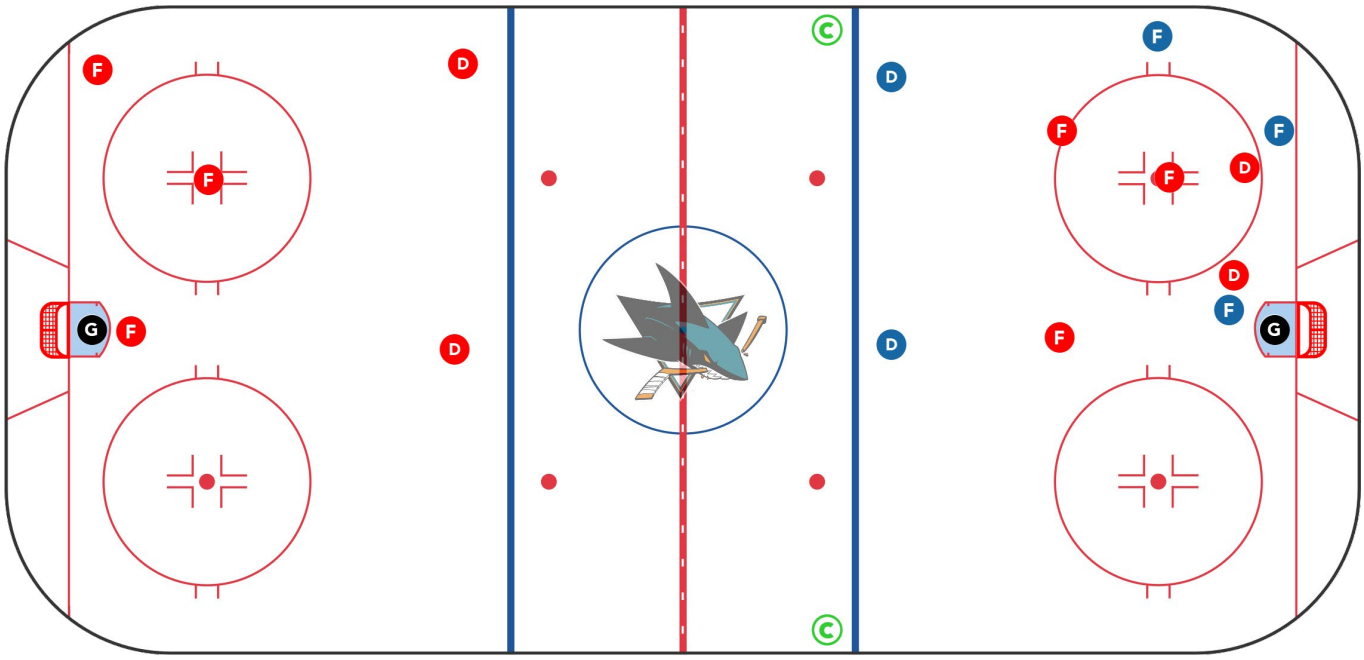
USC D-ZONE

Category: DZ Coverage Drills

Team: San Jose Sharks

Description:

- Drill starts with blue players on offense, red players on defense, 5 vs 5 in-zone.
- On whistle red players will go down on a 5 vs 0 rush.
- Red players will now run a 5 vs 0 OZ set in other zone while blue players now play defense and new offensive players come into original end and repeat sequence.
- Drill is continuous.



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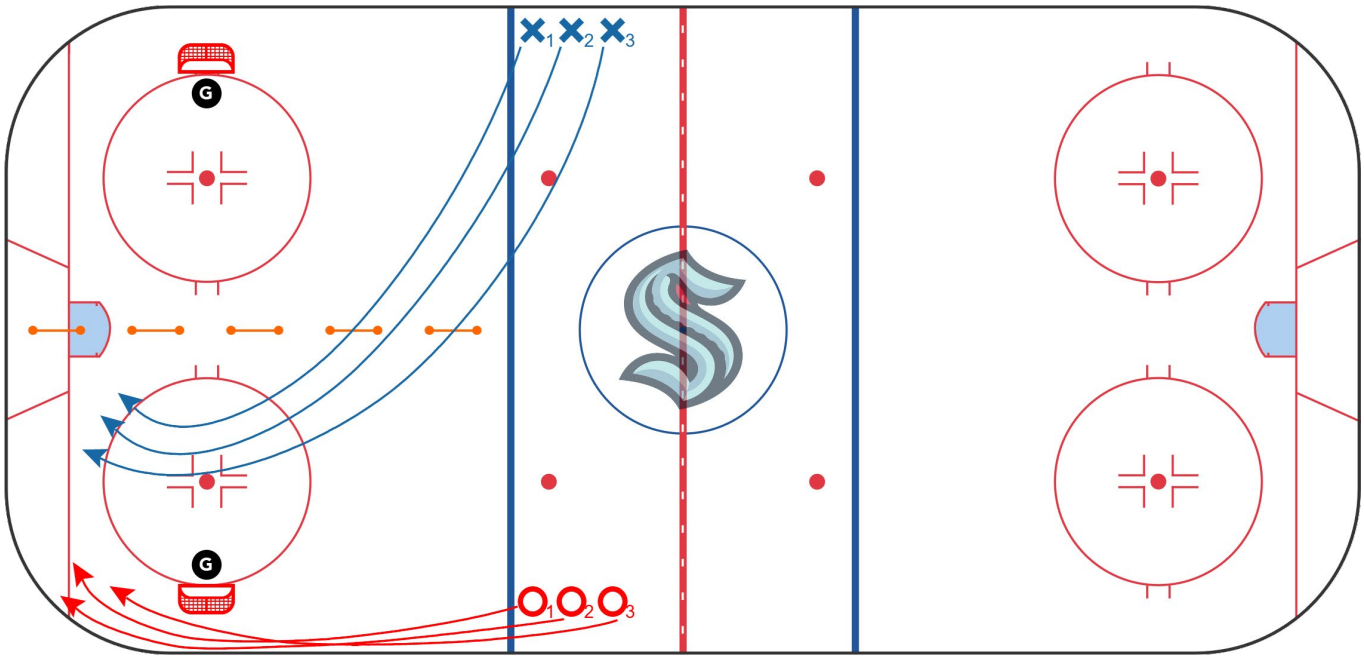
3 VS 3 ANGLE GAME

Category: DZ Coverage Drills

Team: Seattle Kraken

Description:

- **O1**/**O2**/**O3** start with puck at blue line, go around net and look to attack toward opposite end.
- **X1**/**X2**/**X3** angle creating a 3 vs 3.
- If puck leaves zone, **Coach** spots new one.



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BOX OUT X3 - PART 1

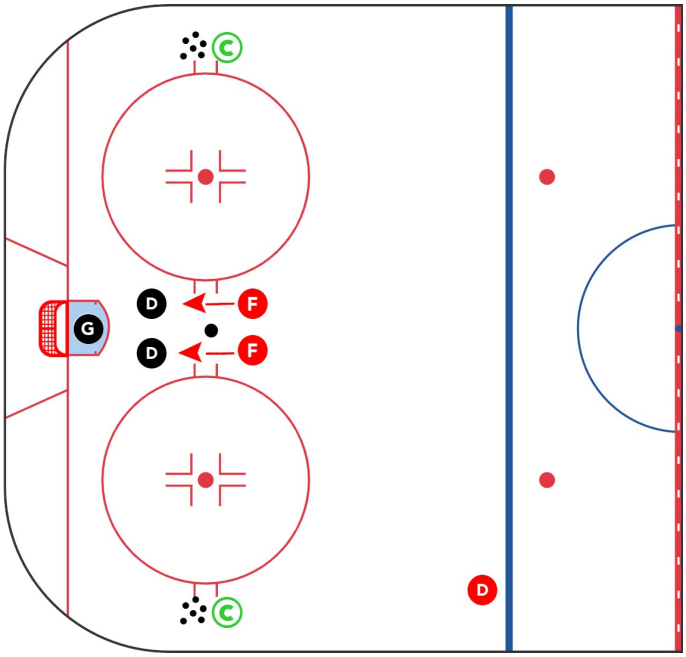
Category: DZ Coverage Drills

Team: Vancouver Canucks

Description:

Part 1

– F's attempt to get loose puck while D box out.



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BOX OUT X3 - PART 2

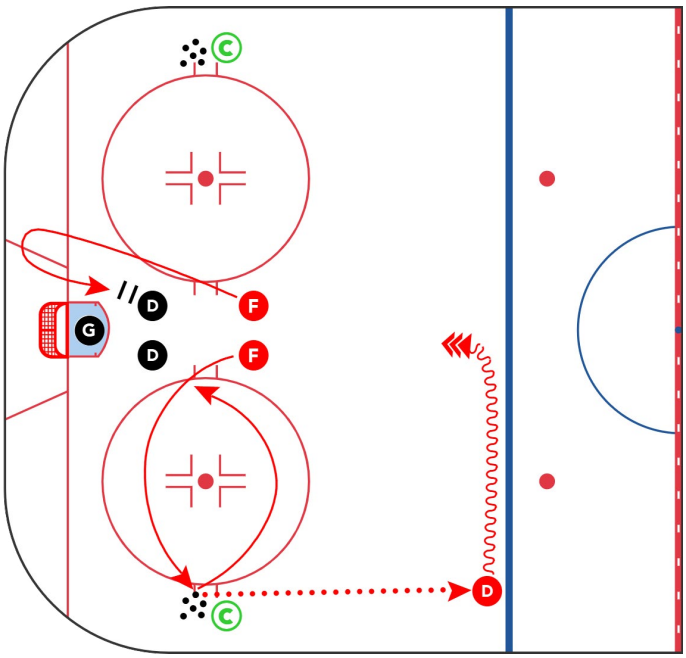
Category: DZ Coverage Drills

Team: Vancouver Canucks

Description:

Part 2

– One F retrieves puck from **Coach** and goes low to high, other F tags up wall, D box out.



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BOX OUT X3 - PART 3

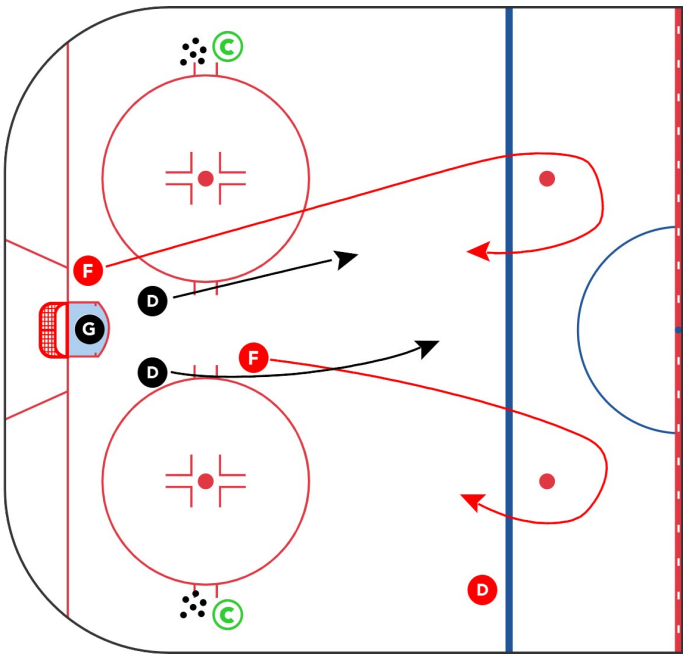
Category: DZ Coverage Drills

Team: Vancouver Canucks

Description:

Part 3

– F's tag around neutral zone dots while D take ice, Coach lays to net or attempts to hit stick.



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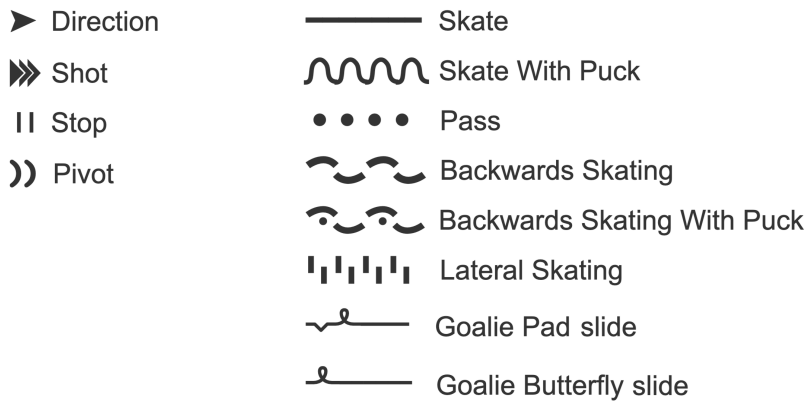
1 ON 1 / 2 ON 1 / 3 ON 2 DRILLS

Legend



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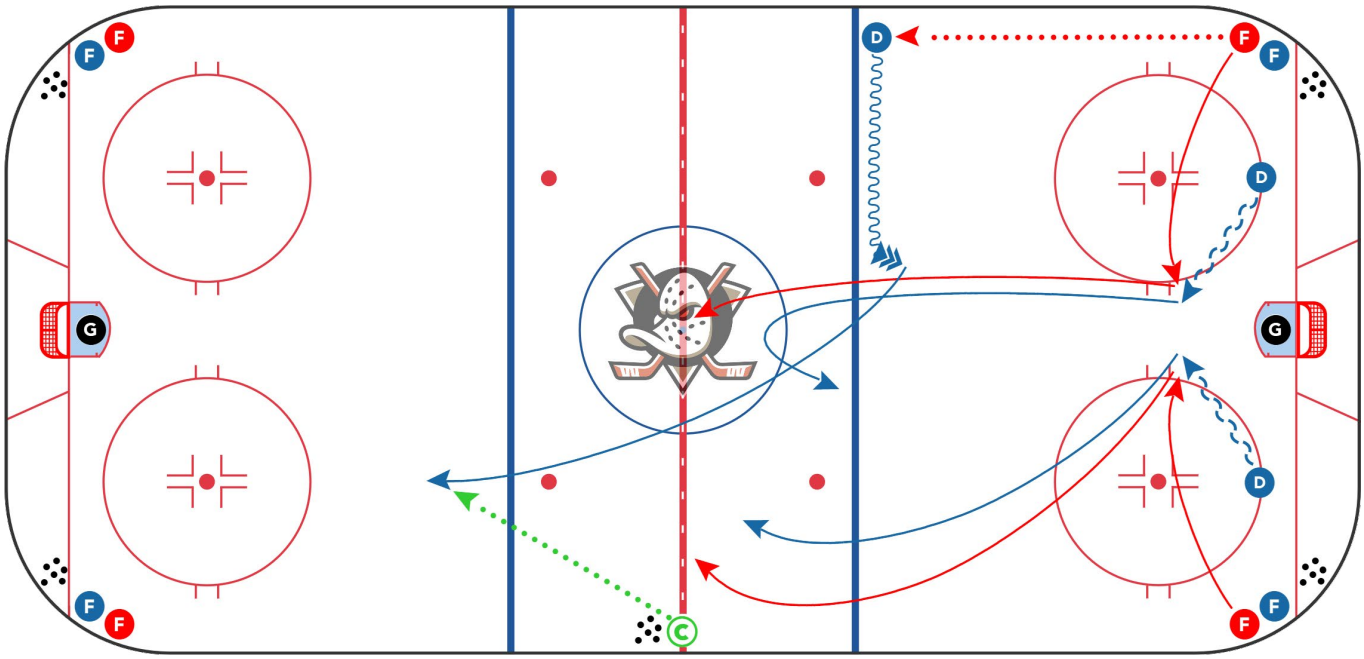
2 VS 2 BOX OUT - PART 1

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

Team: Anaheim Ducks

Description:

- Low high pass to D, 2 F's battle to get to net front, shot from top, look for tips and screens.
- 2nd puck spotted in neutral zone, reattack 2 vs 2, offensive D regroups with forwards, D regap and defend rush 2 vs 2.



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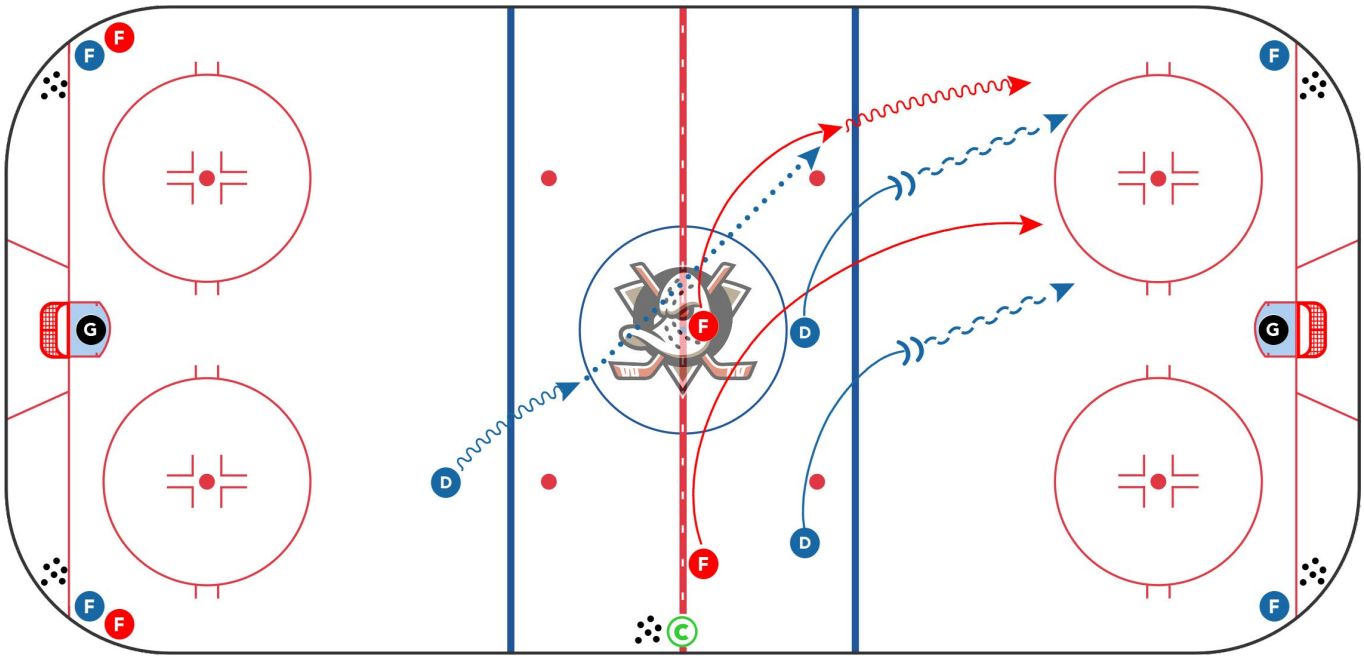
2 VS 2 BOX OUT - PART 2

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

Team: Anaheim Ducks

Description:

– Change ends - Offensive D go to box out in DZ, new offensive D.



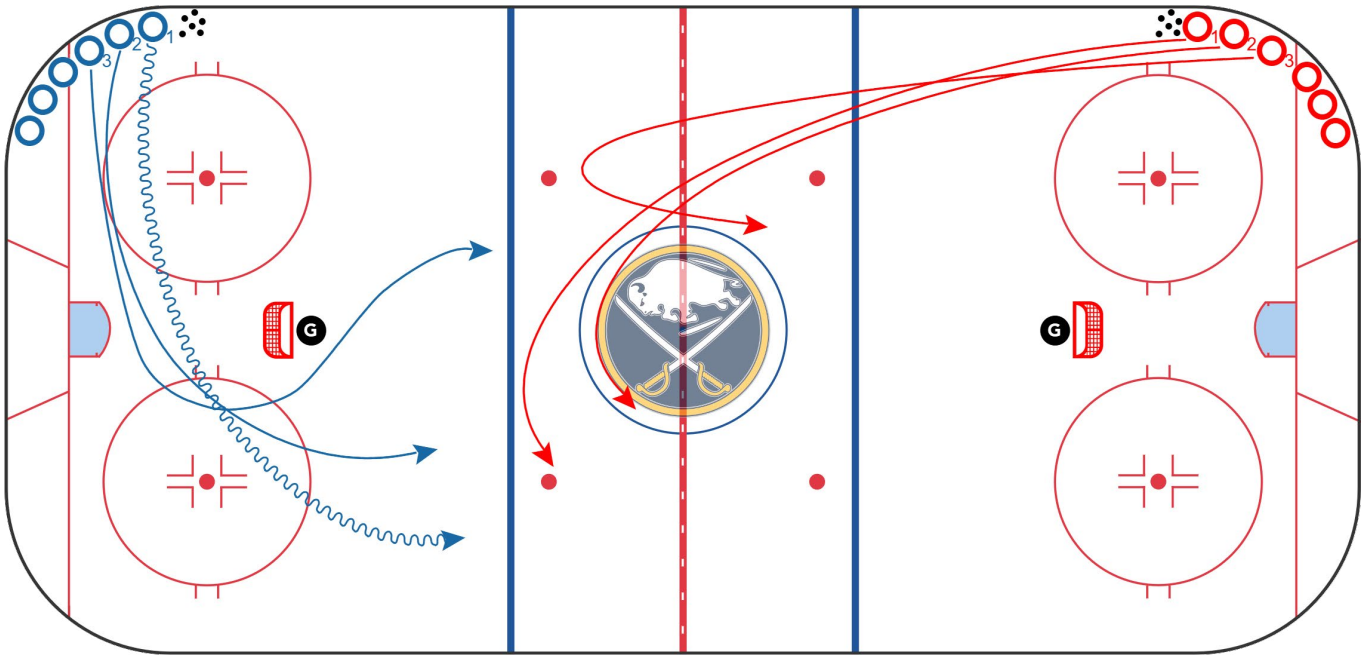
MAINE 3 VS 3 ANGLE

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

Team: Buffalo Sabres

Description:

- Alternate side that starts with pucks.
- On whistle, 3 blue players skate behind their net and attack far end.
- 3 red forward angle and push puck to the outside.
- Play out 3 vs 3.



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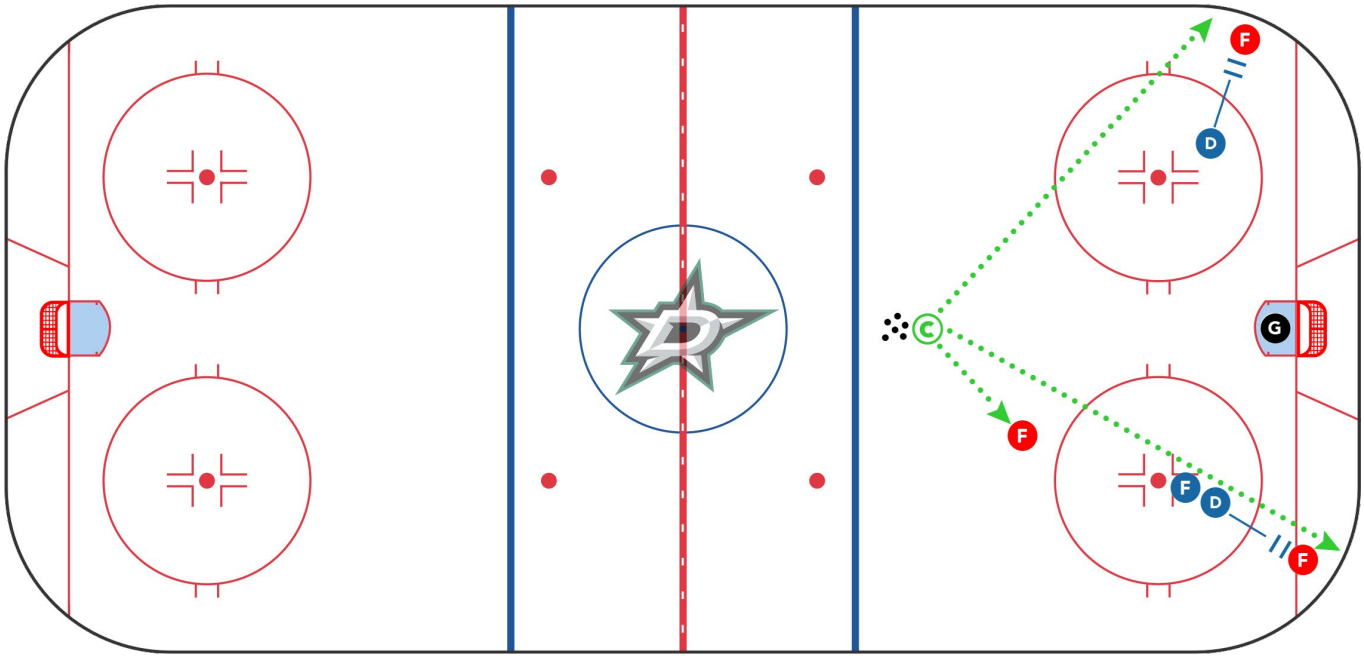
DETROIT SECOND QUICK 3 VS 3

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

Team: Dallas Stars

Description:

- **Coach** dumps puck into corner for a 1 vs 1. Second blue player is a second quick and retrieves puck from pin and passes to **Coach**.
- **Coach** then dumps to second corner as the second quick changes sides and retrieves puck after second pin and the player passes to the **Coach** .
- **Coach** then dumps third puck into corner to a new player and the group plays 3 vs 3 low.
- Runs in both ends at the same time.



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3 VS 2 CYCLE TRACKER

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

Team: Dallas Stars

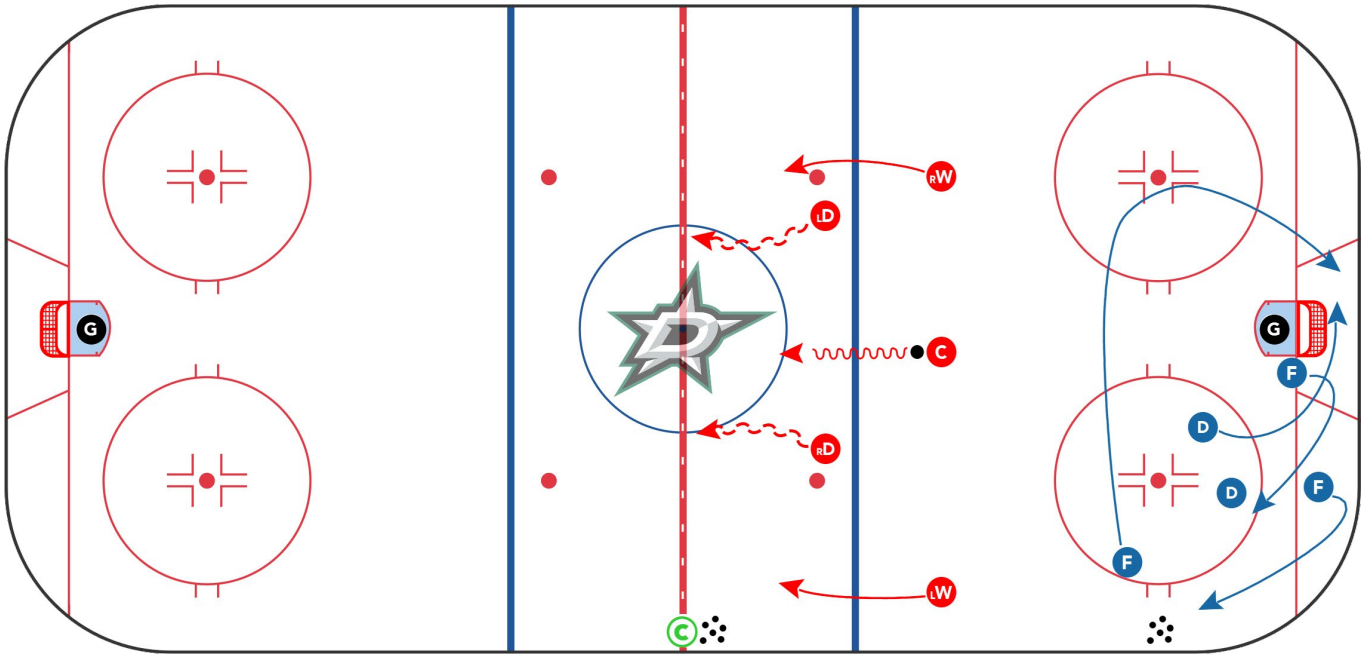
Description:

– Drill starts: 3 whistles within drill.

1. 1st whistle: 3 vs 0 cycle play - F's fill positions.
2. 2nd whistle: long cycle use net - D activate for 3 vs 2 low play.
3. 3rd whistle: forward line at the top of the zone attacks D 3 vs 2.

– *F**3** (forward that starts near the hashmarks) tracks off of long cycle play - communicate with gapped D.

– *F**1** and F**2** beat original D up ice - spatial awareness when returning to DZC.



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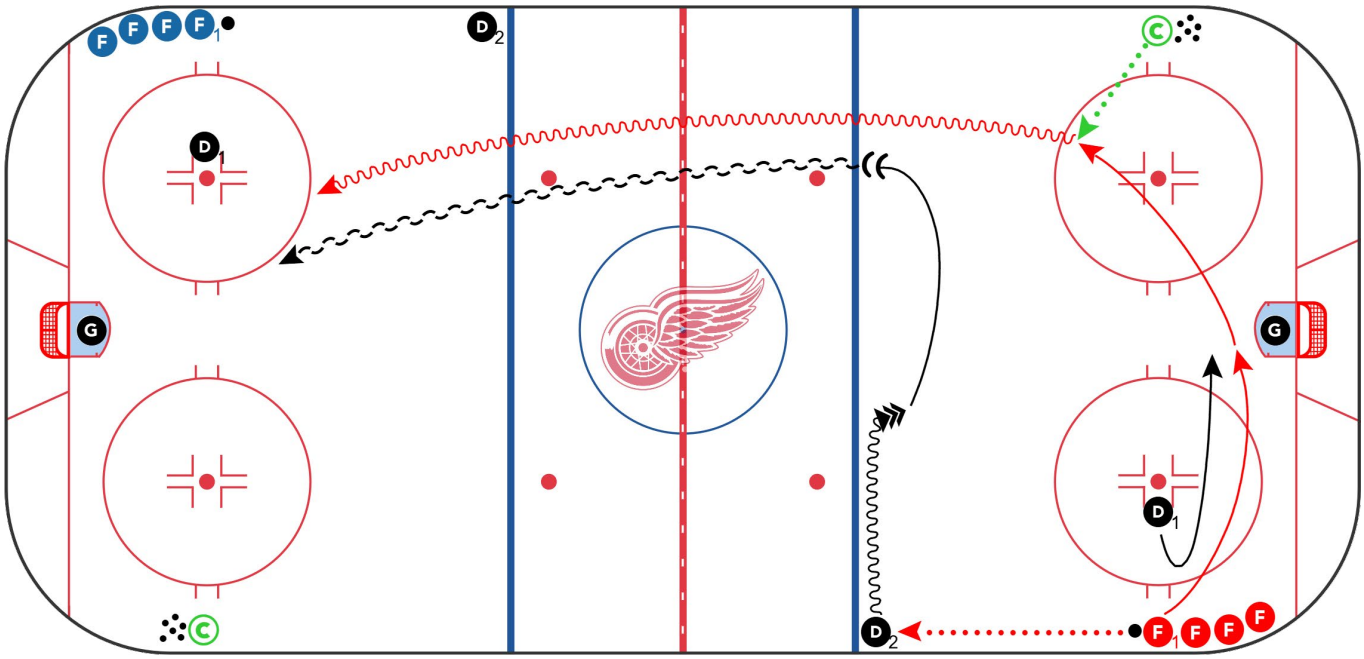
PORTLAND 1 VS 1/2 VS 1

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

Team: Detroit Red Wings

Description:

- Drill starts as shown. Both ends go at the same time on opposite sides.
- 1 vs 1 - On whistle, F1 passes a puck to the D2 and works to the net as D1 tries to box him out. D2 walks the line and fires a shot as F1 and D1 battle at the net front. After the shot, Coach spots a puck for F1 on the opposite side and D2 gaps up and takes F1 1 vs 1. After the full ice 1 vs 1, D2 boxes out a new forward in line at the opposite end to start the next rep.
- 2 vs 1 - The 2 vs 1 is exactly the same as the 1 vs 1 with 2 forwards taking off at the start.



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ORLANDO JAMMER

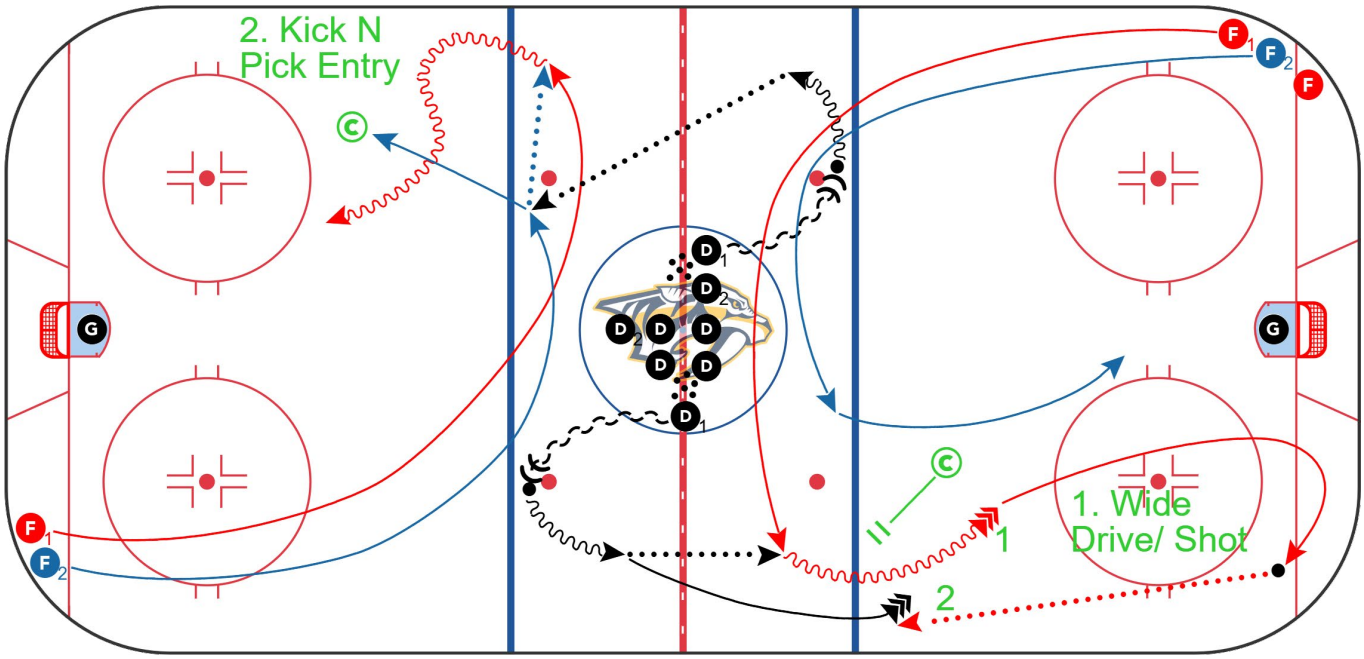
Category: 1 on 1's / 2 on 1's / 3 on 2 Drills

Team: Nashville Predators

Description:

- One side at a time
- D retrieves puck at NZ dot spotted by **Coach** , 2 vs 0 quick up (F **1** and F **2** leave from same end).

1. Quick up to F **1** who drives wide for shot/pass off pad, F **2** middle lane net drive. 2nd puck for quick low-to-high point shot.
2. Quick up to F **2**, F **2** kicks puck out to F **1** then picks **Coach** , F **1** cuts behind pick for shot. 2nd puck for off dot to ssd off wall shot.
3. Quick up to F **2**, F **2** kicks puck to F **1** who drives deep and pulls up then passes to D **1**, D **1** gets off the wall for a shot - high tip.



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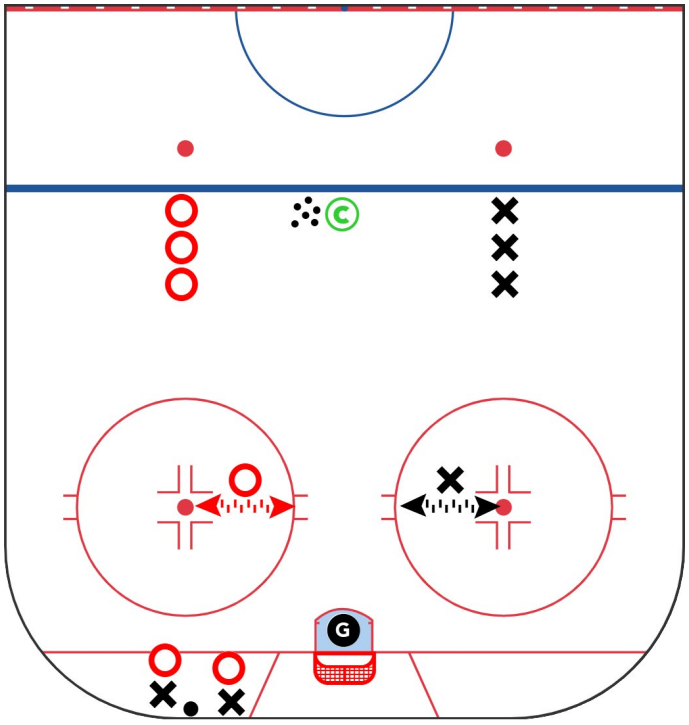
FOOSBALL

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

Team: Ottawa Senators

Description:

- 2 vs 2 low - each team has dot release/shooter.
- Dot release can only move laterally from FO dot to inside hash - can't interfere with low battle.
- Dot release is quick shooting only - shoot to score.
- Low 2 vs 2 is working to win battles and pop pucks to dot release.
- **Coach** controls with whistle - can control numbers. (1 vs 1/2 vs 2 etc.)



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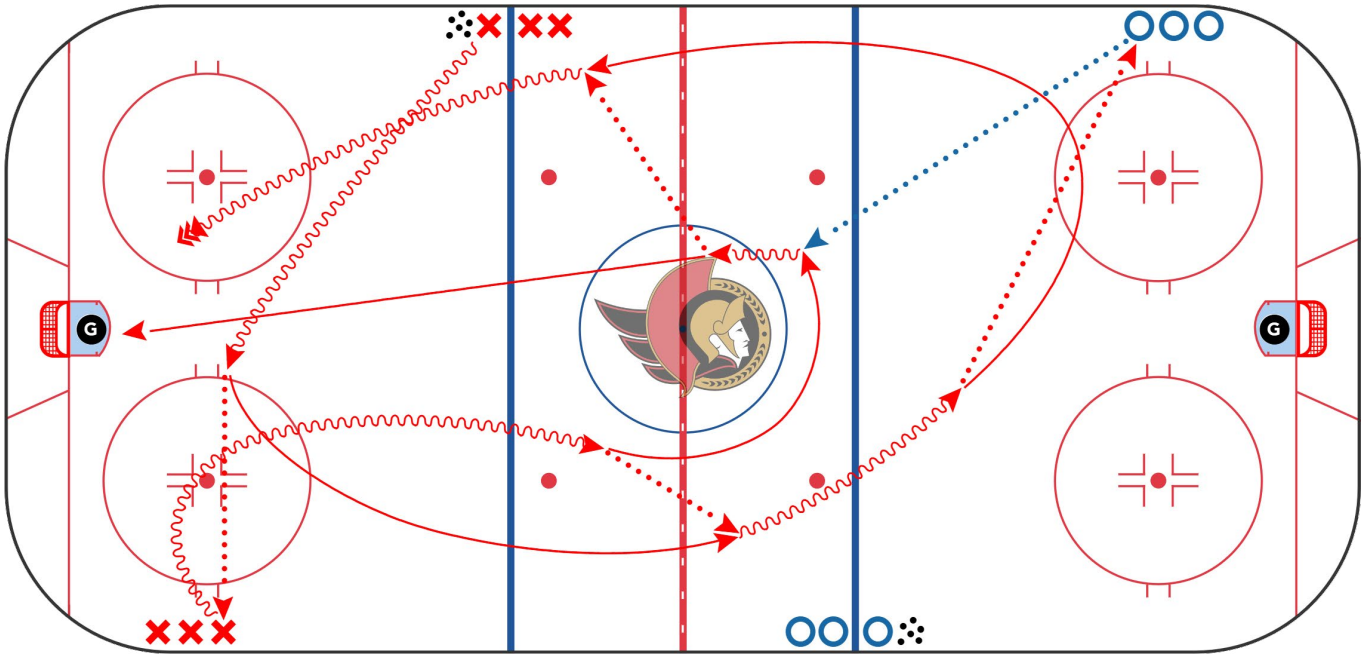
PETERBOROUGH

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

Team: Ottawa Senators

Description:

- Same time both ends.
- 1st in line at blue skates and passes to far line, exchanges.
- 1st in far line steps out, returns to original passer, then manages speed through middle.
- Original passer skates and passes to opposite line and builds route along outside.
- Skater through middle receives pass back, kicks out to partner and drives to net.
- Skater receiving the kickout shoots on net.



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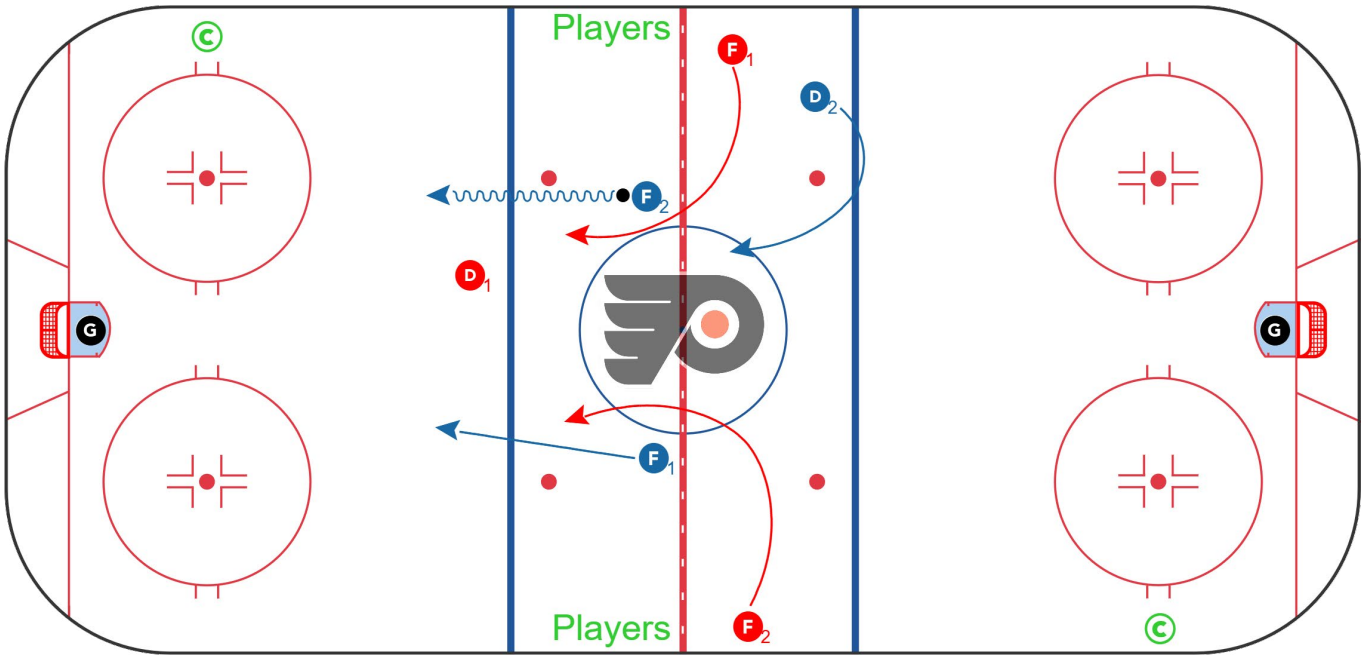
2 VS 1 CONT RAILS - PART 1

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

Team: Philadelphia Flyers

Description:

- **Cont 2 vs 1/2 vs 2/3 vs 2 with backcheck into rails.**
- Drill goes back and forth.
- Part 1 - 2 vs 1.
- Part 2 - 2 vs 2.
- Part 3 - 3 vs 2.
- *rest of players are on boards in NZ*
- Backcheckers start once offensive forwards pass red line.
- *new puck spotted by **Coach** if goal is scored, otherwise defending D must break out*



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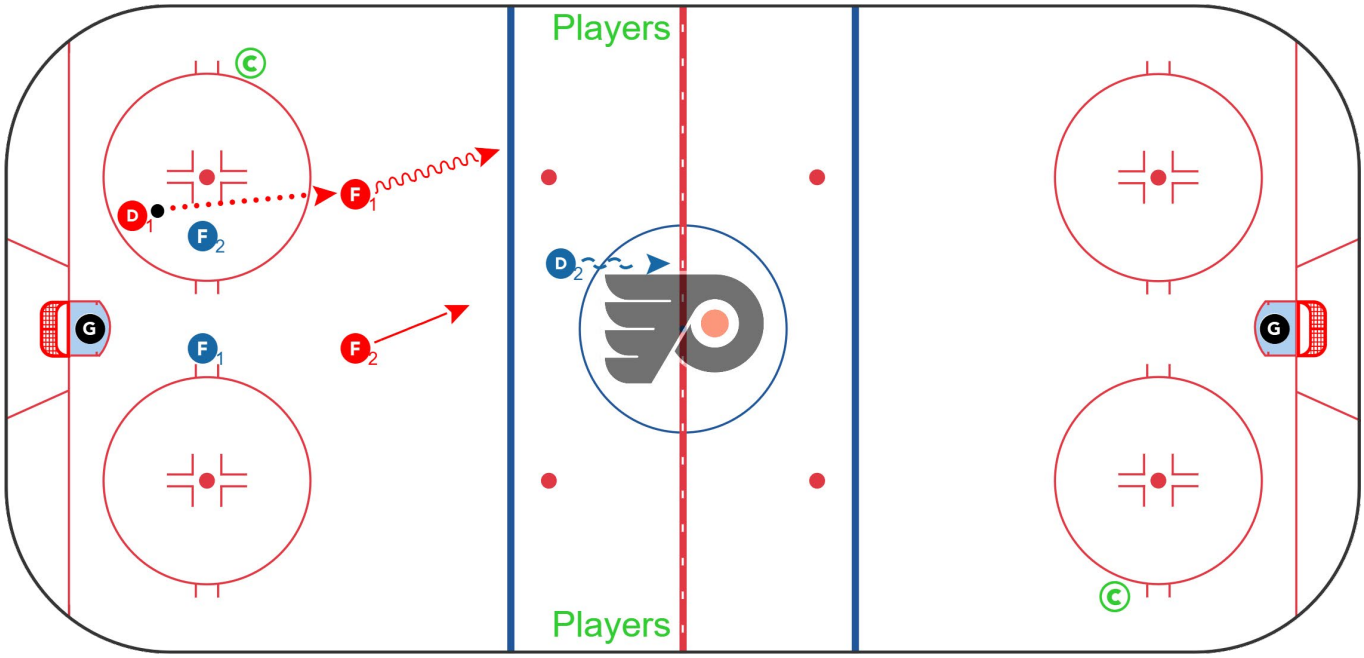
2 VS 1 CONT RAILS - PART 2

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

Team: Philadelphia Flyers

Description:

- Defending D breaks out rails/ they transition to offense the other way.
- *D defend-Breakout/done.



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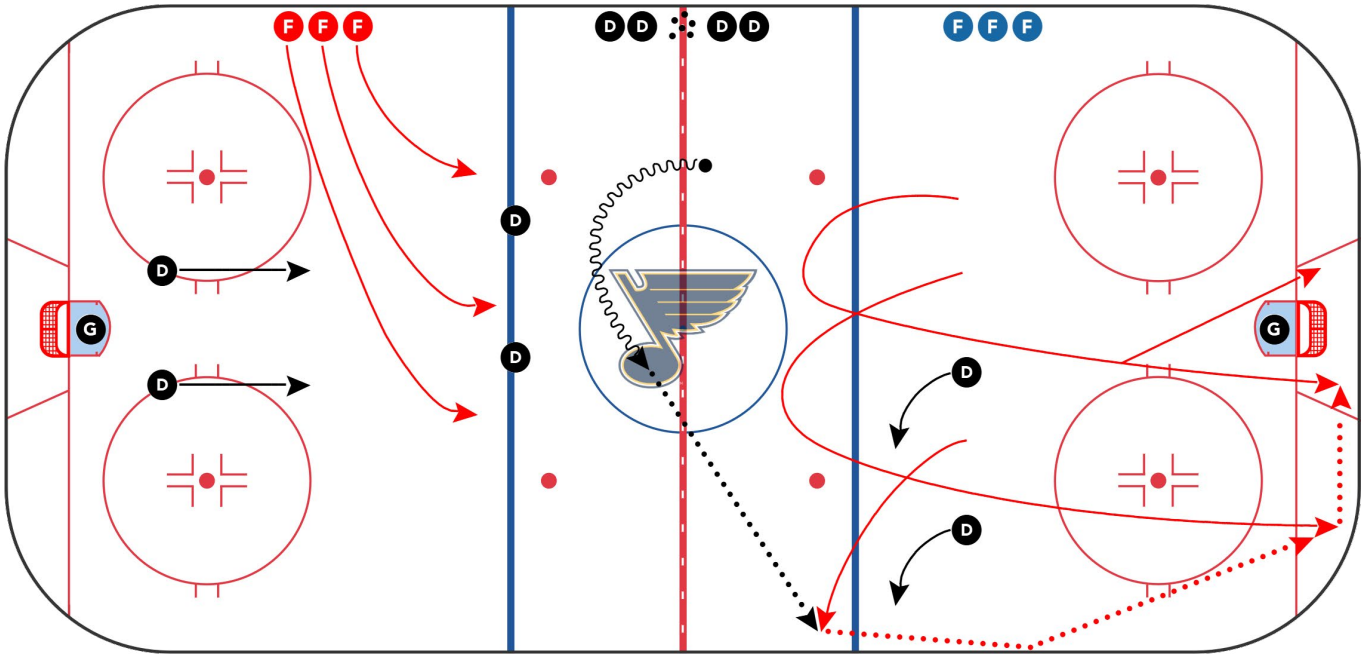
3 VS 2 X2 OTTER

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

Team: St. Louis Blues

Description:

- **Setup:** Line attack 3 vs 2 and follow with neutral zone transition into another 3 vs 2.
- **Progression:** Three neutral zone counters executed.
- **Rules:** See today's directions for executing the correct routes.



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SMALL AREA DRILLS & GAMES

Legend

- Direction
- Shot
- Stop
- Pivot
- Skate
- Skate With Puck
- Pass
- Backwards Skating
- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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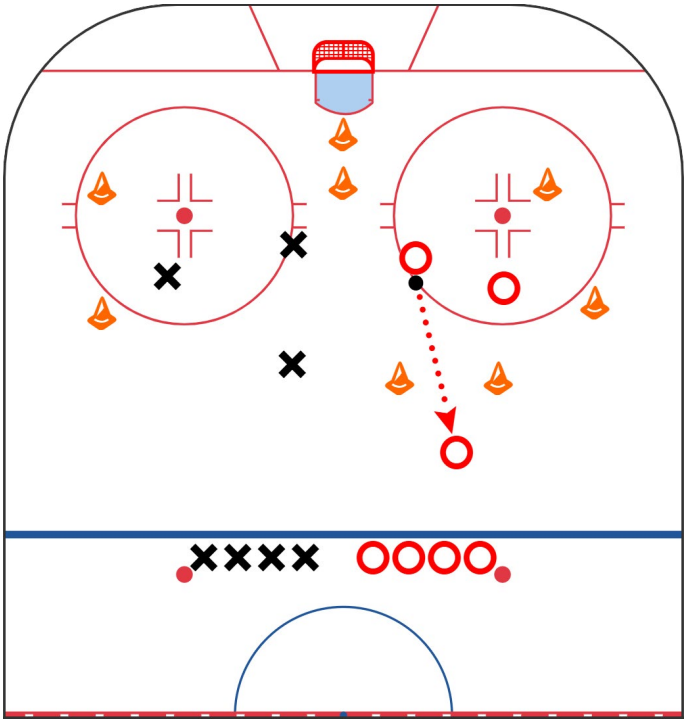
GATES

Category: Small Area Drills & Games

Team: Calgary Flames

Description:

- 3 vs 3 game.
- If you pass it clean through a gate (pylons) to a teammate, your team gets a point.



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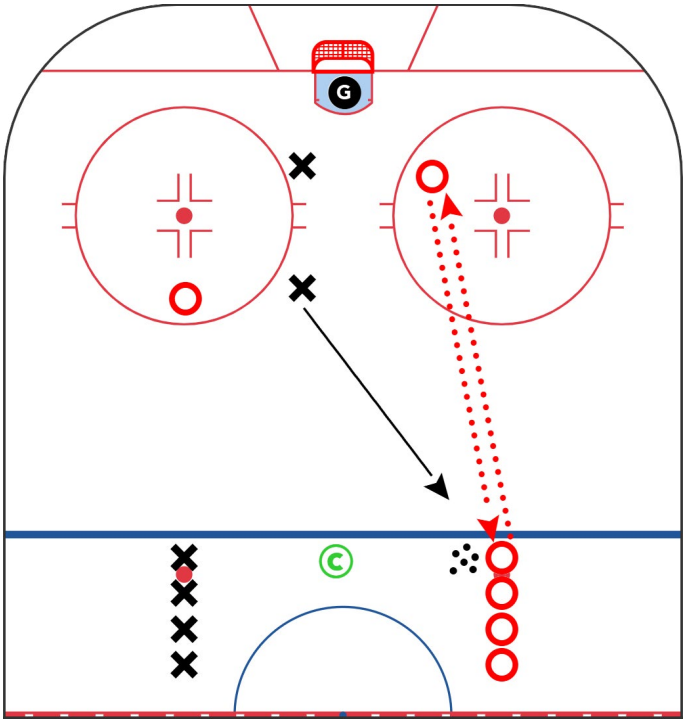
2 VS 2 CHASER

Category: Small Area Drills & Games

Team: Calgary Flames

Description:

- 2 vs 2 in the O-zone.
- If you get puck you can pass to your line.
- Black player will have to go up and pressure the passer.
- Creating a quick 2 vs 1.
- Low around the net.
- On whistle, 4 new guys jump in.



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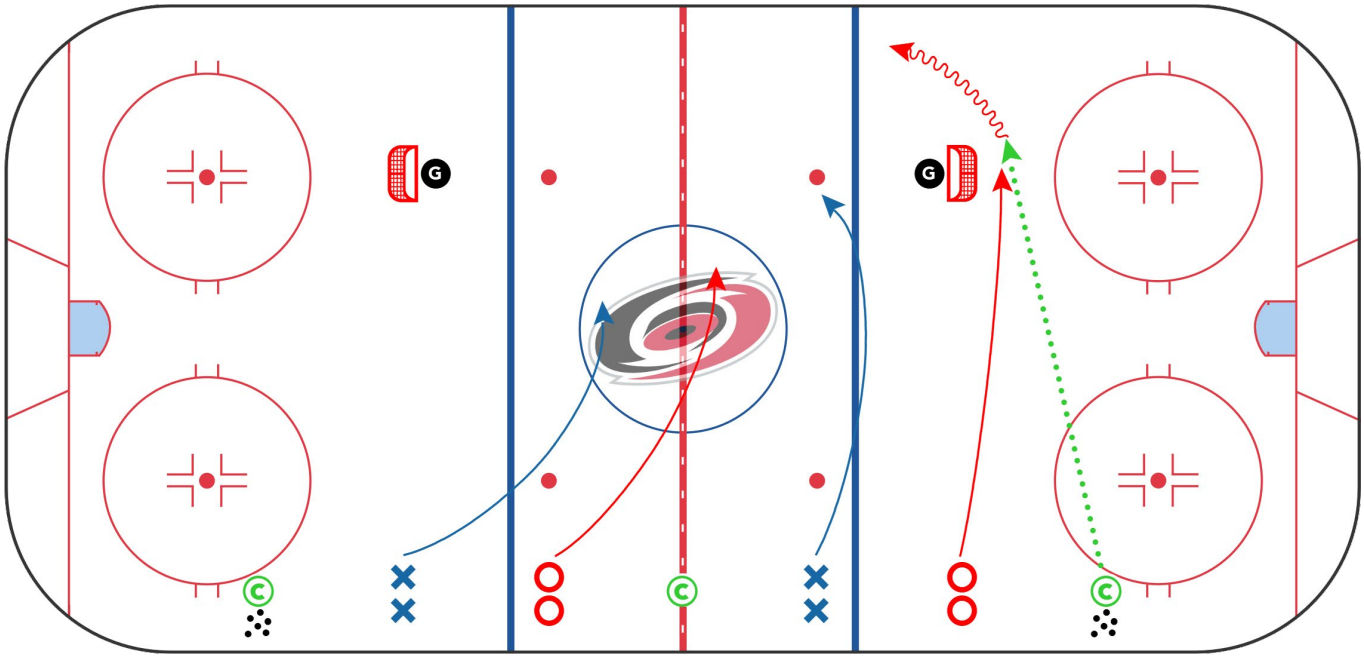
2 VS 2 ANGLE

Category: Small Area Drills & Games

Team: Carolina Hurricanes

Description:

- On whistle, puck is spotted behind the net.
- **O** is on offense, **X** has to angle and defend.
- Once done, on whistle it starts out of the other end.



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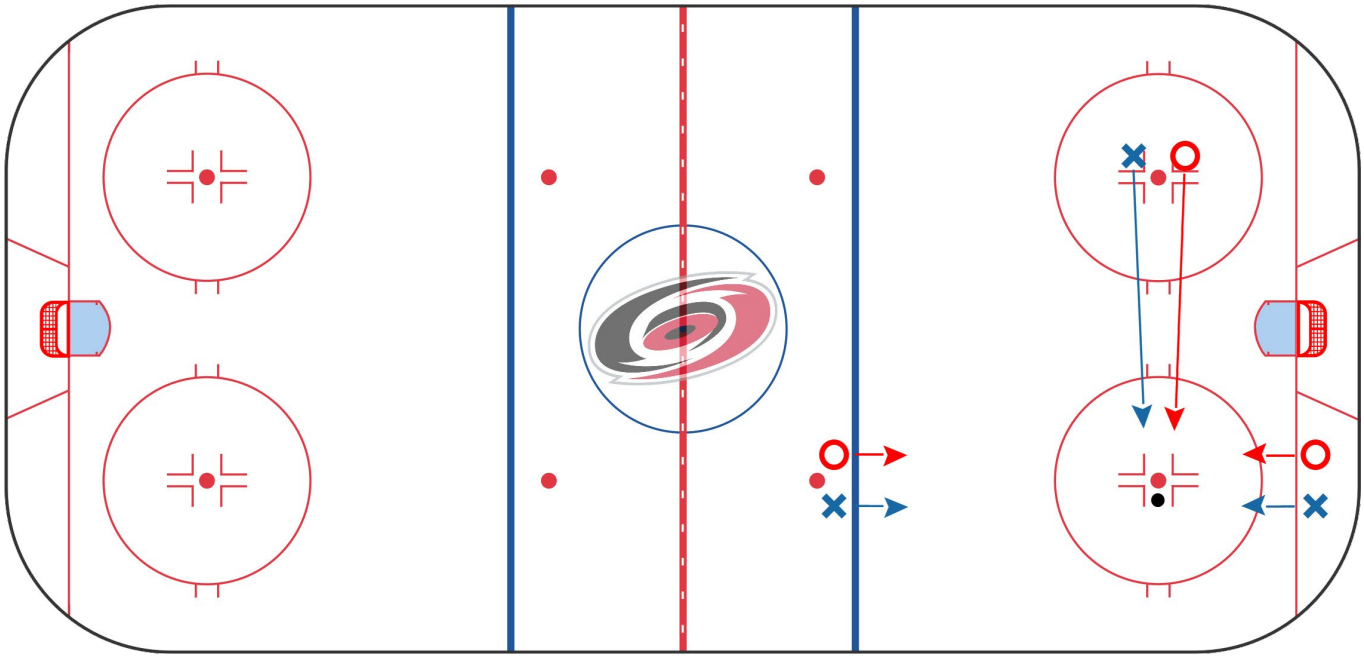
3 VS 3 GAME

Category: Small Area Drills & Games

Team: Carolina Hurricanes

Description:

- On whistle 1 **O**, 1 **X** race for puck.
- Once puck is retrieved it activates 3 vs 3.
- If **O** gets puck they are on offense, **X** has to defend out of one end.



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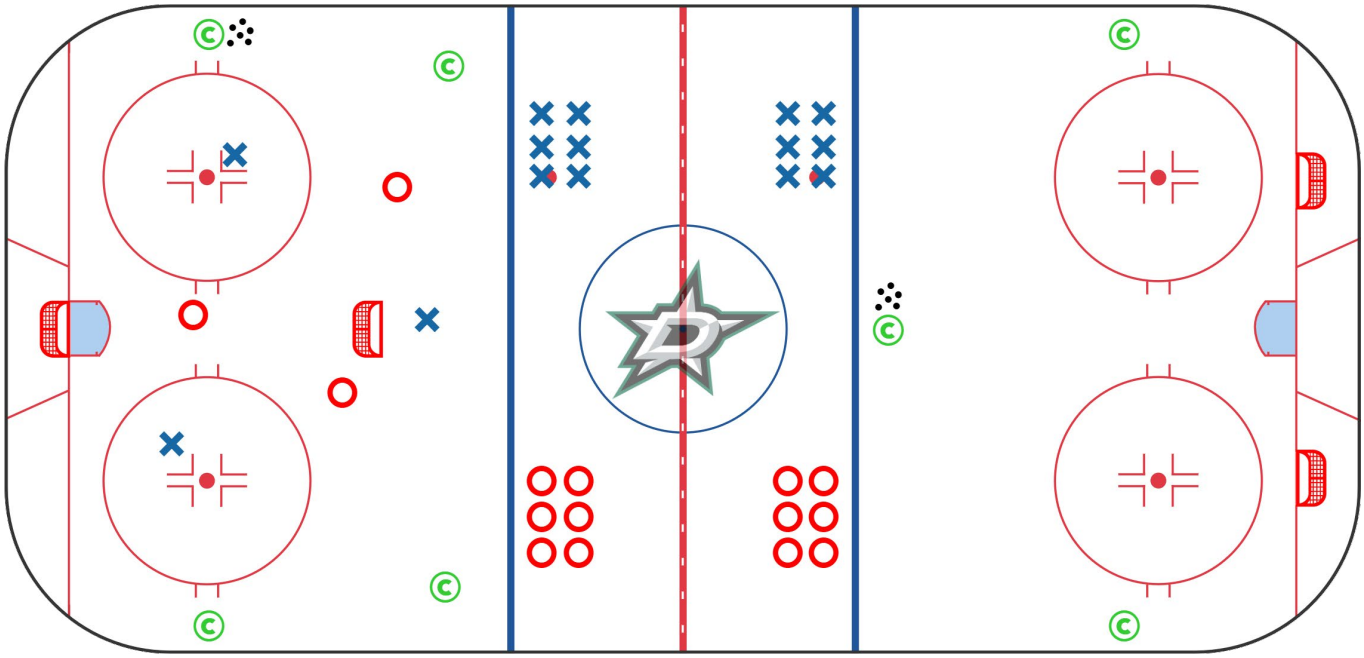
BOGO - STACKED NETS GAME

Category: Small Area Drills & Games

Team: Dallas Stars

Description:

1. Whistle. **Coach** spot puck. Teams need to pass to **Coach** before they can score. Can score on any net.
2. Whistle. Active 6 done (carry puck out). New 6 enter the zone.



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THE TRANSITION GAME - ELECTRIC FENCE

Category: Small Area Drills & Games

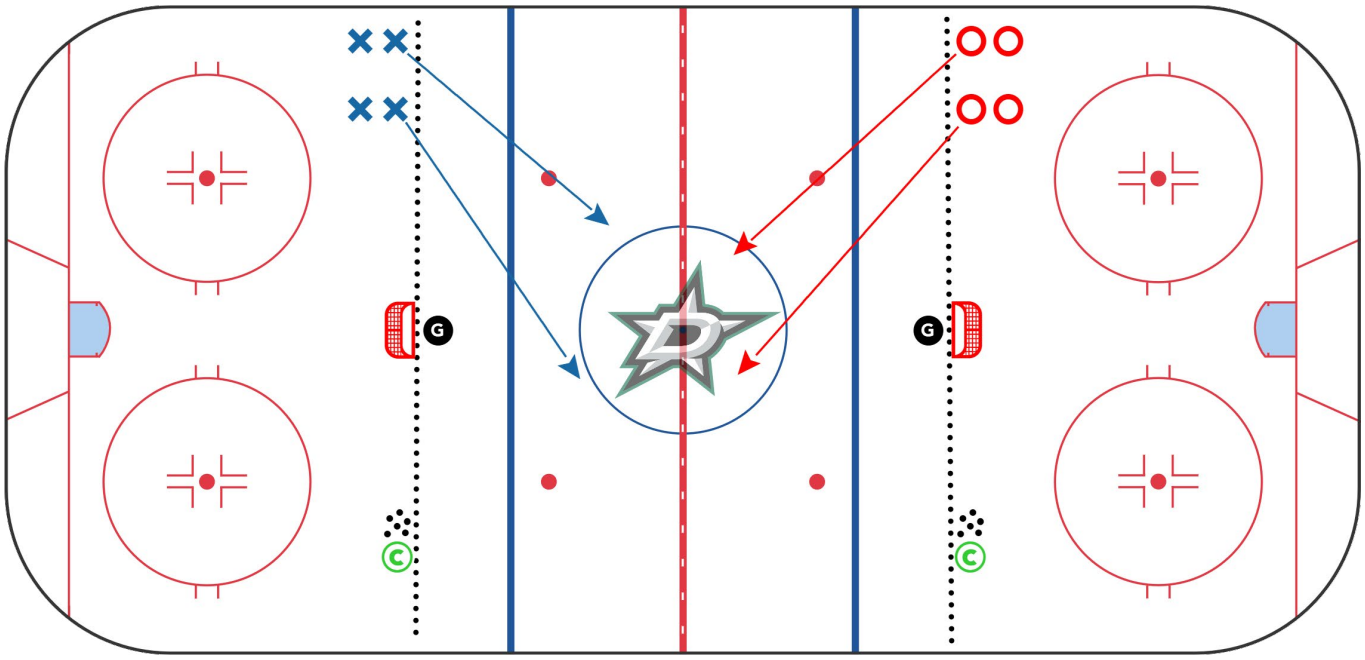
Team: Dallas Stars

Description:

- Puck over the "goal-line", the other team gets new puck from their **Coach**.
- Whistle. New 4 players. **Coach**'s rotate who makes pass to start new group.

Key Points:

- Rule - player cannot shoot puck past his own goal line.



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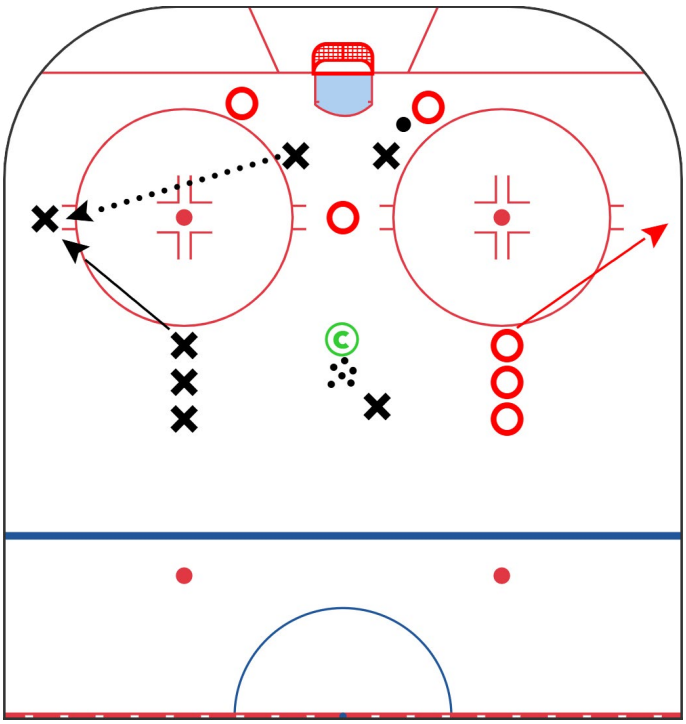
GET BACK TO THE NET GAME

Category: Small Area Drills & Games

Team: Edmonton Oilers

Description:

- **Coach** spots puck to one of the 3 Players on offense (Red) trying to score 3 vs 2.
- On offense until defending team takes the puck.
- When defending team wins the puck they must pass to their 3rd player on the wall for a quick attack with 2 new defenders coming in from previous offensive team.
- All about attacking quick of defensive recovery and players coming back to spots in DZ to defend, can move lines back to add more scoring on the turnover.



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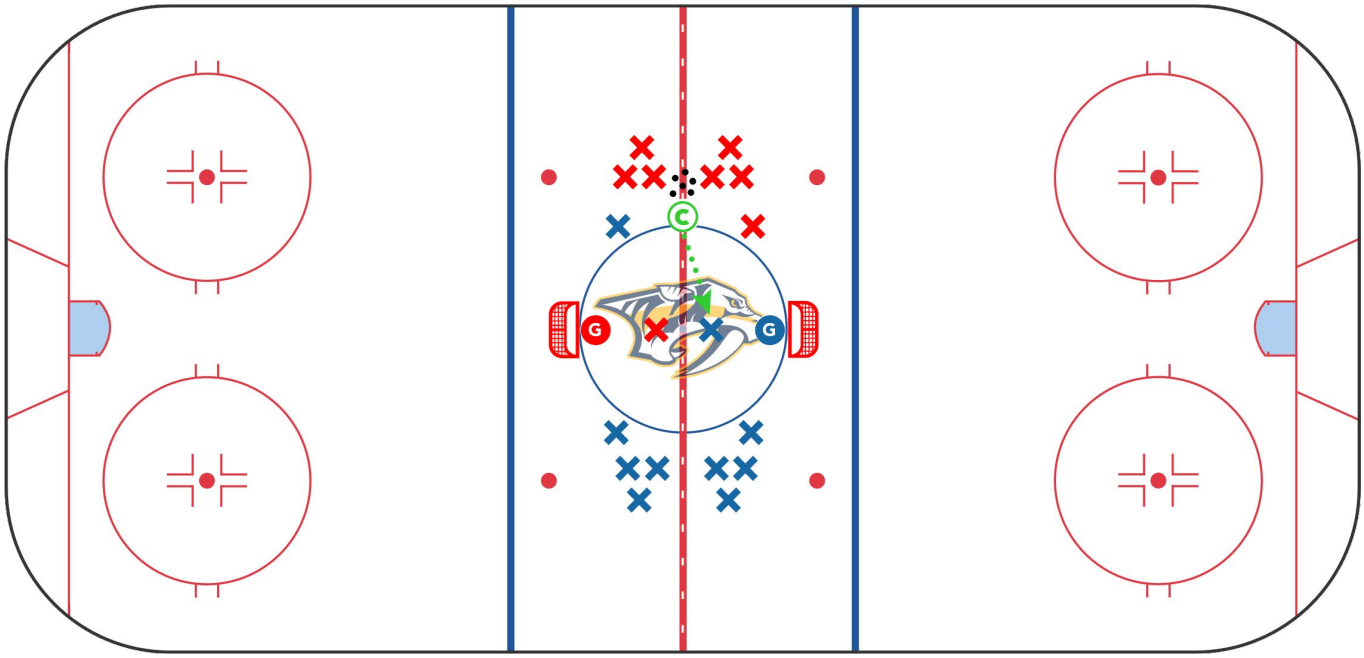
NZ 1 VS 1 TIGHT AREA GAME

Category: Small Area Drills & Games

Team: Nashville Predators

Description:

- 1 red 1 blue player step into circle to play 1 vs 1.
- 2 additional red and 2 additional blue players line up on perimeter of faceoff circle.
- Perimeter players are pass or shot options for their teammate in circle.



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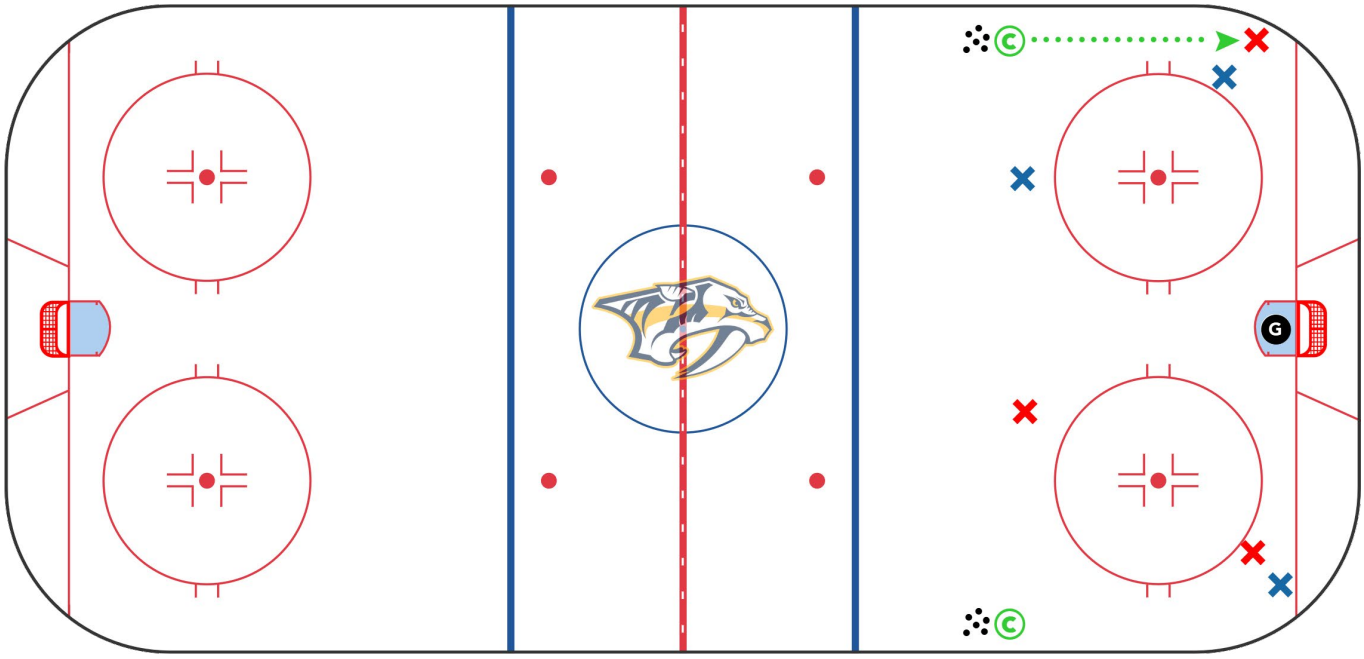
Q 3 1 VS 1'S

Category: Small Area Drills & Games

Team: Nashville Predators

Description:

- **Coach** spots a puck to one side for 1 vs 1 puck protection/battle.
- Offensive player with the puck looks to pass to their color at the tops of circles for a shot - tries to get to net.
- **Coach** continues to spot pucks into corner for a 30-35 sec shift then blows whistle.
- **Coach** on opposite side spots a puck into opposite corner starting the next 1 vs 1 battle for 30-35 secs.



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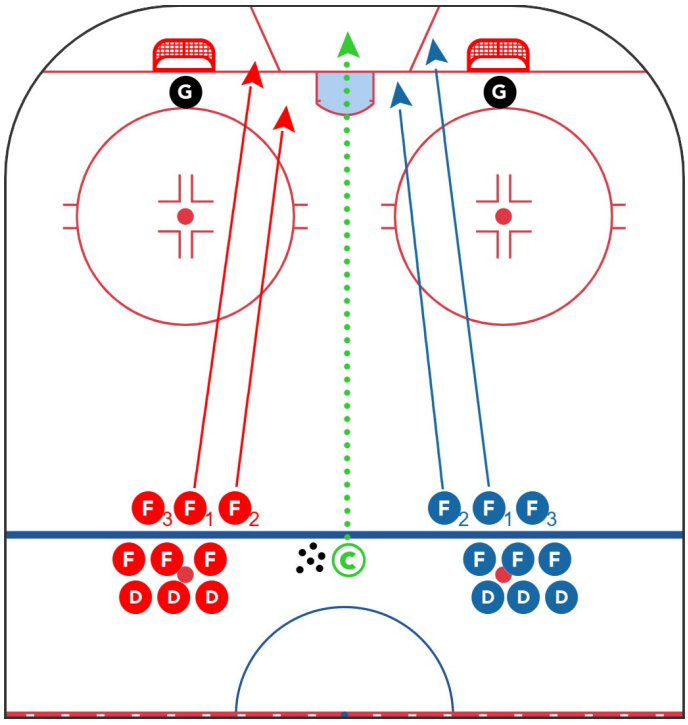
2 VS 2 + 1 GAME

Category: Small Area Drills & Games

Team: Nashville Predators

Description:

- **Coach** dumps puck in blue vs red 2 vs 2.
- Team that gets to puck first can attack opposition goal 2 vs 2 or pass to their F**3** to activate him.
- On possession change, must pass to your color F**3** befbox you can go on the attack.
- F**3** then activates and plays 3 vs 2.
- Possession can go back and forth till goal or till **Coach** blows whistle.
- Keep score.



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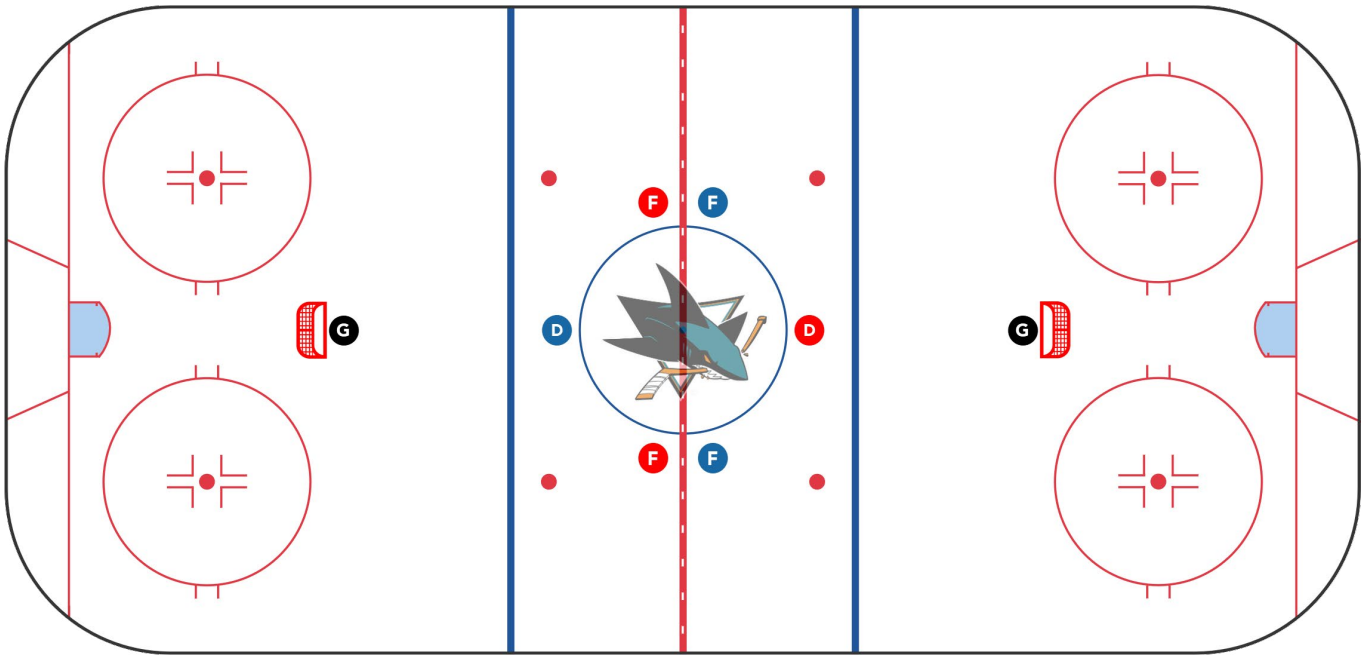
RICCI 2 VS 1

Category: Small Area Drills & Games

Team: San Jose Sharks

Description:

- **Coach** will spot a puck - F's go 2 vs 1 against D while F's track to blue line.
- **Coach** will spot another puck and F's will go 2 vs 1 against D while F's track to blue line.
- Both sets of F's will get two 2 vs 1's and then next group will go in.



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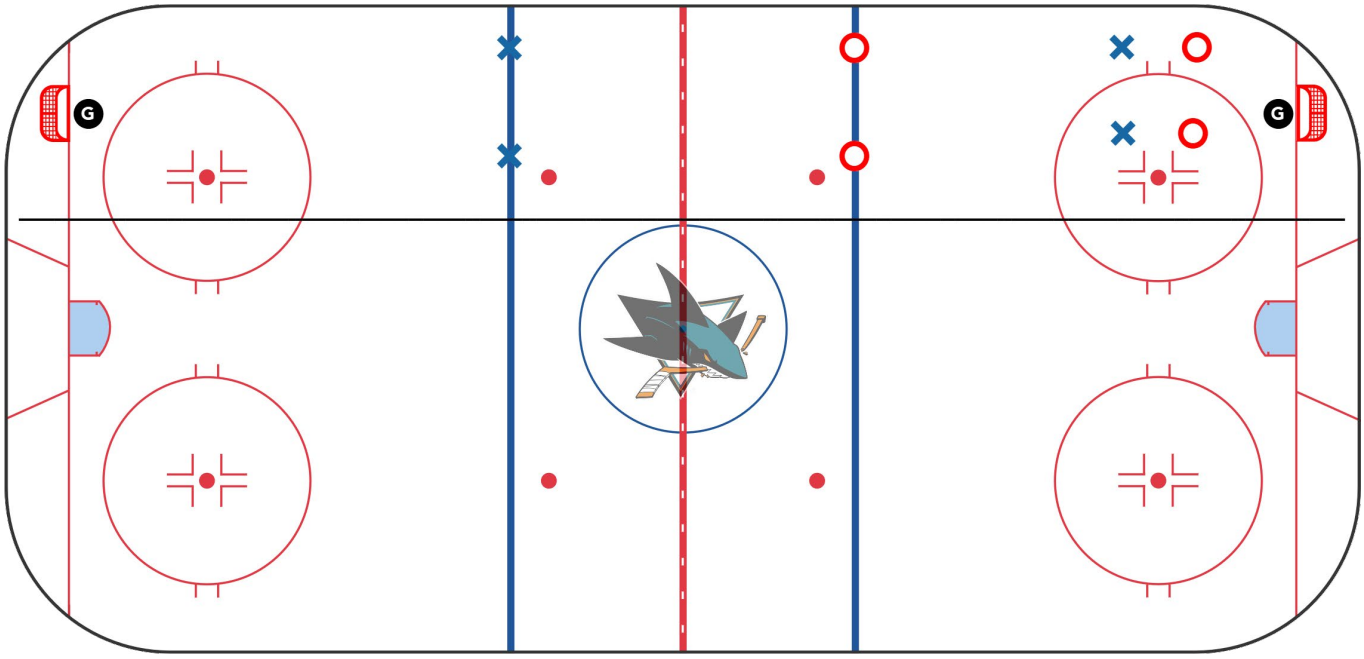
2 VS 2 BACKCHECK

Category: Small Area Drills & Games

Team: San Jose Sharks

Description:

- Drill starts 2 vs 2 at one end.
- **X**'s start on offense and **O**'s start on defense.
- **O**'s have to get puck to their teammates at blue line.
- **O**'s at blue line transition to other end when they get the puck with the original **X**'s tracking.
- **X**'s then have to get puck to their teammates at opposite blue to get back on offense.



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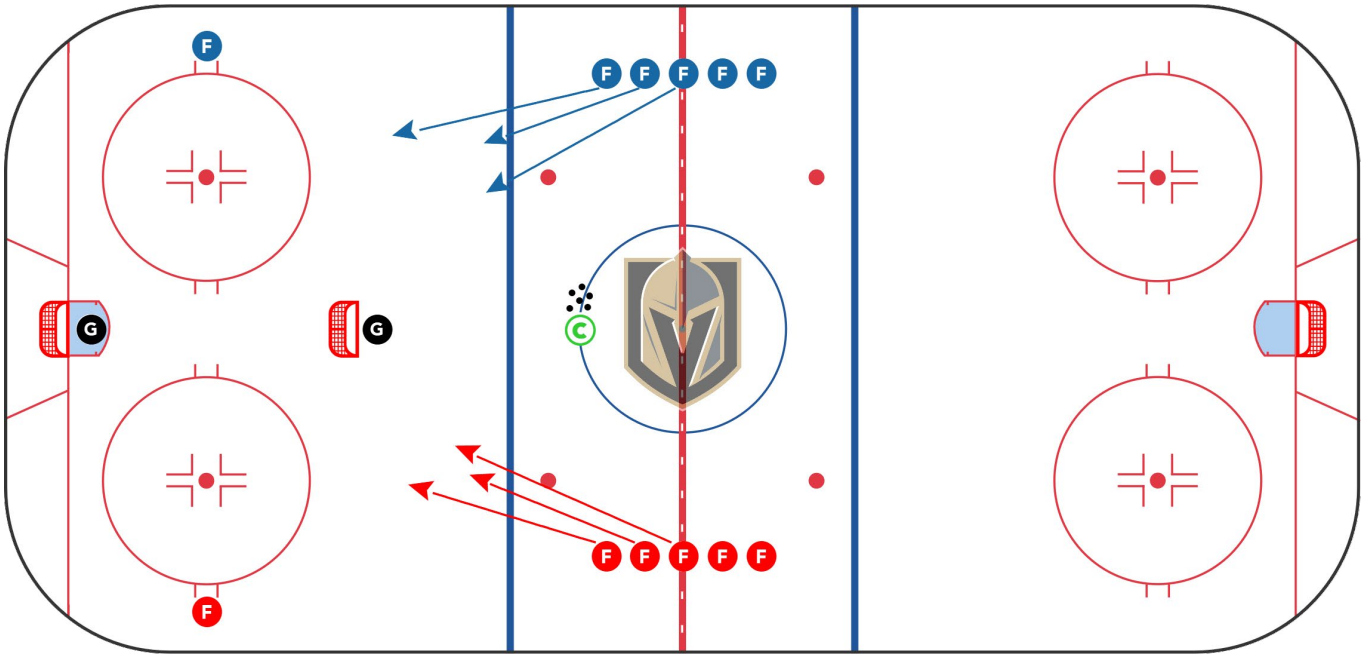
3 VS 3 STACKED ZONE

Category: Small Area Drills & Games

Team: Vegas Golden Knights

Description:

- 3 vs 3 in zone stacked nets. (G/L and TOC)
- Send 3 vs 3 use **Coach**'s for change of possession transitions. (cannot pressure **Coach**'s)
- Score on either net. (new puck spotted after goals by **Coach**)
- 20 second shifts - **Goalie**'s switch nets.



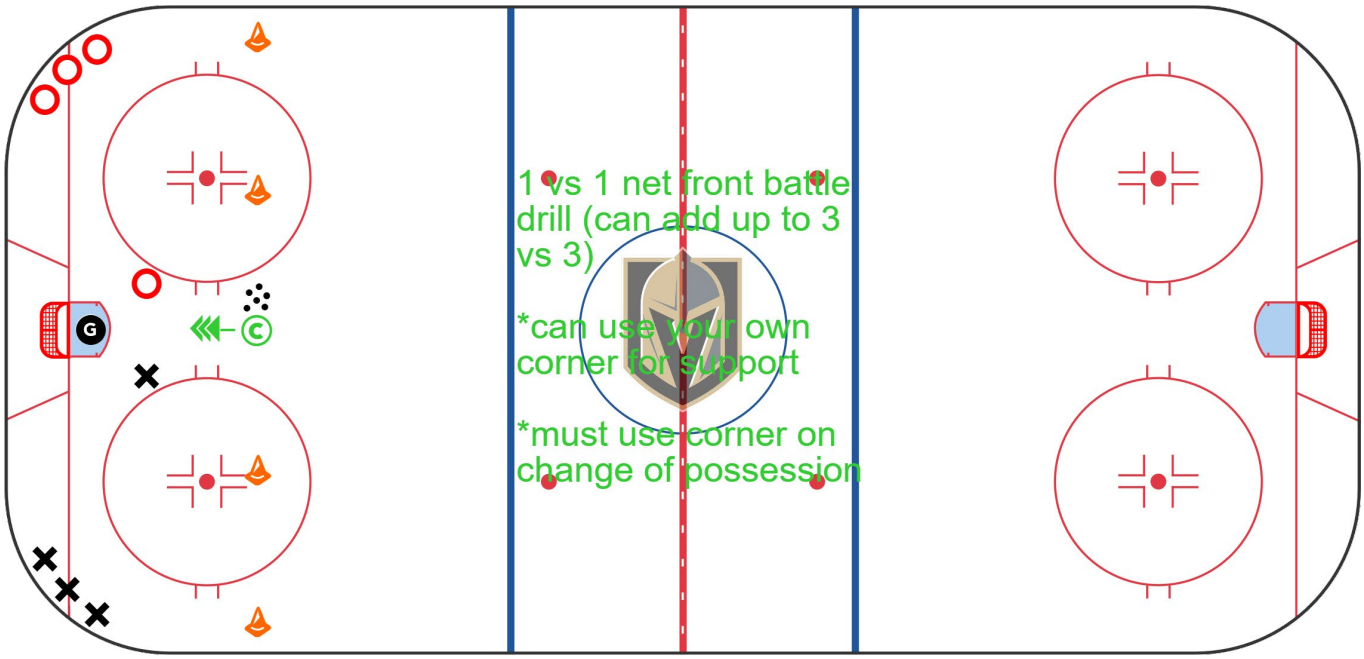
1 VS 1 CORNER SAFE

Category: Small Area Drills & Games

Team: Vegas Golden Knights

Description:

- 1 vs 1 net front battle drill. (can add up to 3 vs 3)
- *can use your own corner for support.
- *must use corner on change of possession.



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RAMBO ESCAPES

Category: Small Area Drills & Games

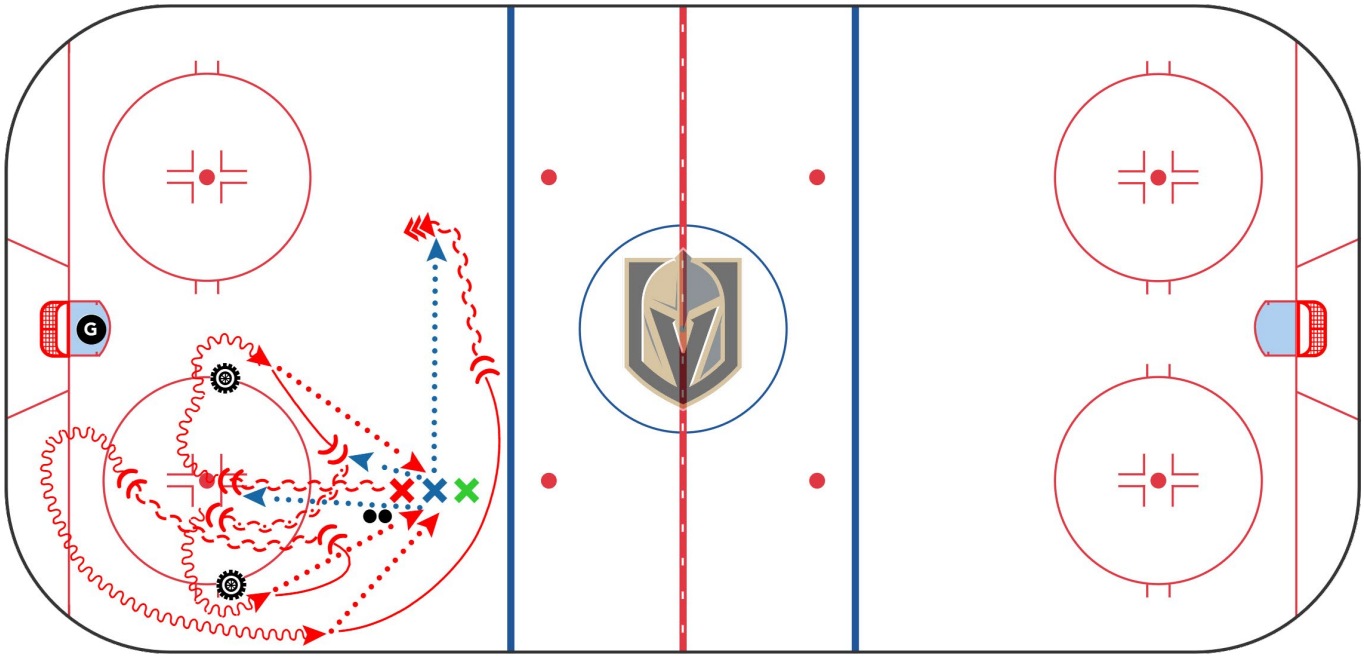
Team: Vegas Golden Knights

Description:

- 1st player backpedals hard receives crisp pass from next player, push transition and escape around the tire repeat and escape other side with pull transition. (Based on LS or RS).
- Then backpedal or escape building foot speed up board side passing next in line.
- Open pivot across blue line and receive pass from next player in line for a point shot. (1 timer if there)

Key Points:

- Get hands away from body.
- Footspeed.
- Deception. (Less is More)
- Slow is smooth and smooth is fast.
- Eyes up and pass with purpose.



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FERRELL FORCE

Category: Small Area Drills & Games

Team: Vegas Golden Knights

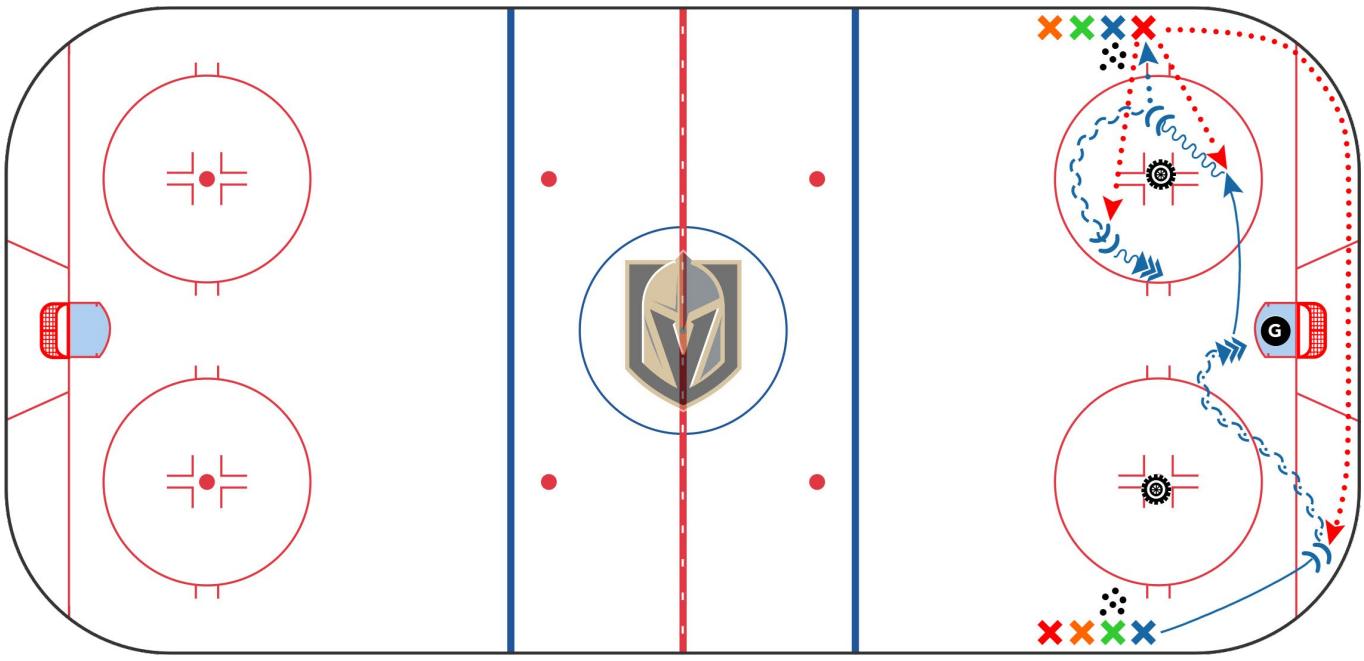
Description:

Alternate sides:

- Lines at both half-walls.
- Opposite side rims behind net - first in line drives down wall collects rimmed puck and makes goal line play at net.
- Release and pivot around face-off dot (opposite from where you started), open and get pass from half-wall line for slot shot.
- Now other line rims and repeats.

Two shots:

1. Goal line jam.
2. Mid slot shot.



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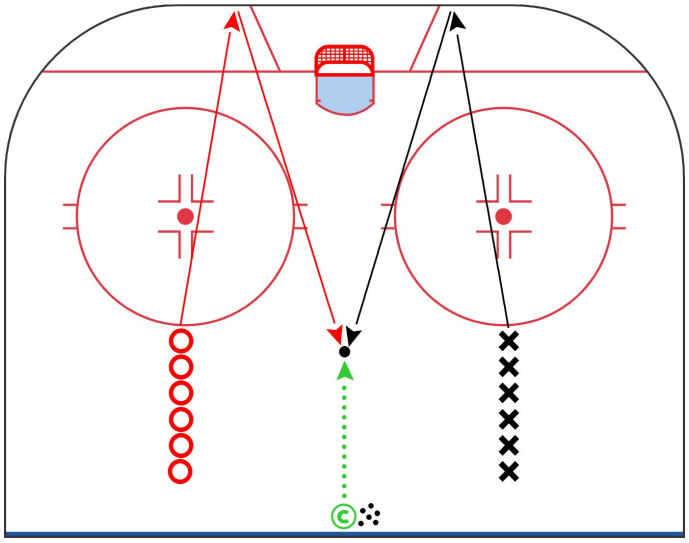
BRONCO BACKBOARD 1 VS 1/2 VS 2

Category: Small Area Drills & Games

Team: Winnipeg Jets

Description:

- Touch the backboards and race to the 50/50 puck spotted by the **Coach** in the middle of the ice.
- Pass to your line for change of possession.
- Pass to your line at any time.
- Running both sides - Rotate the four lines throughout the rink.
- Will run as both 1 vs 1 and 2 vs 2 battles at different times.



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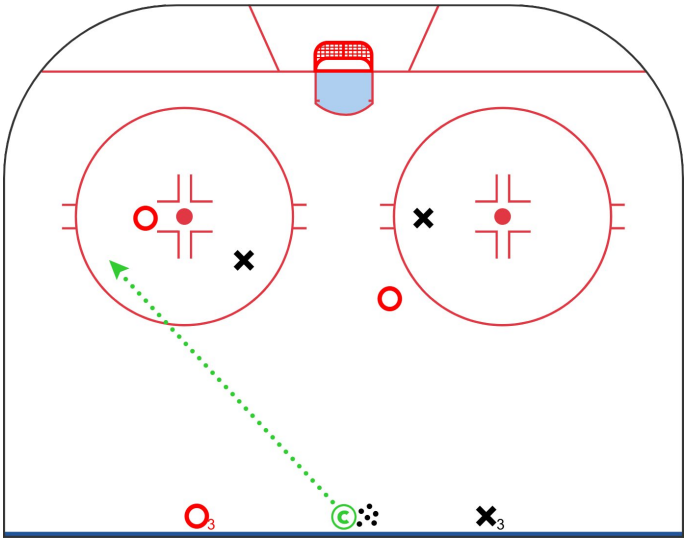
HUDSON 3 VS 2 - ADD A MAN

Category: Small Area Drills & Games

Team: Winnipeg Jets

Description:

- 2 vs 2 to start.
- If you pass to your **F3** on the blue line, they become a part of a 3 vs 2 - activate into the OZ.
- If other team passes to their teammate, that activates their 3rd teammate and deactivates the other team's third teammate who needs to go back to the blue line and wait to be passed to again.



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GOALTENDING DRILLS

Legend

- Direction
- Shot
- Stop
- Pivot
- Skate
- Skate With Puck
- Pass
- Backwards Skating
- Backwards Skating With Puck
- Lateral Skating
- Goalie Pad slide
- Goalie Butterfly slide

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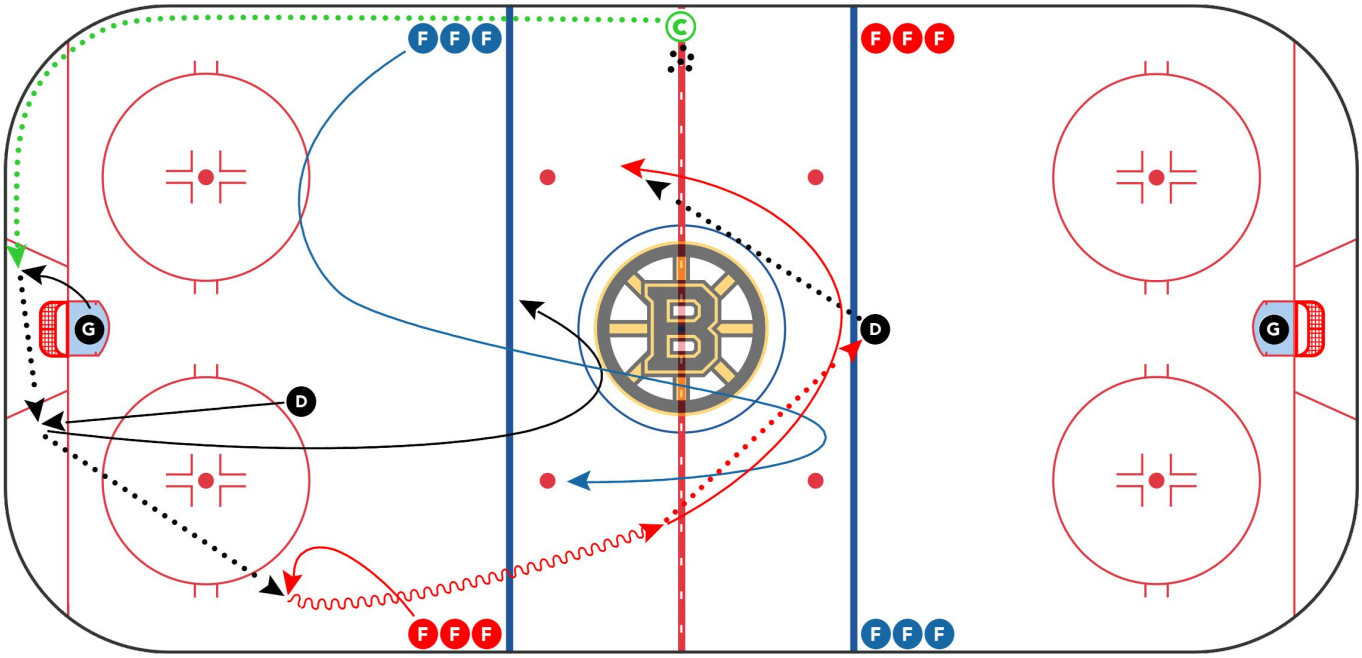
GOALIE HANDLE 2 VS 1

Category: Goaltending Drills

Team: Boston Bruins

Description:

- Coach rims to G.
- G exchanges with D.
- 2 FWD's swing in NZ regrouping with D in NZ.
- Attack breakout D 2 vs 1 after regroup.



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POST RACE

Category: Goaltending Drills

Team: Calgary Flames

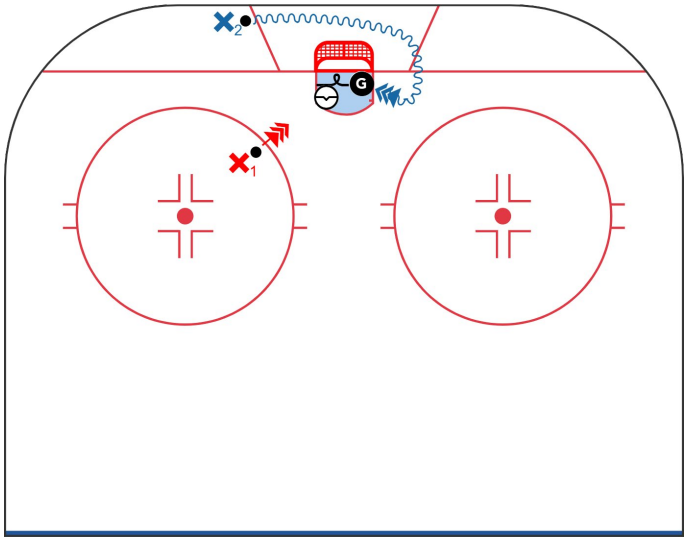
Description:

1. G can start on feet or down in full butterfly at top of corner crease.
2. **X1** shoots low to G's short side pad. Don't let the G use their stick.
3. Once the puck hits the G's pad, it activates **X2**. Don't let **X2** leave early.
4. **X2** can now skate and wrap the puck to the far side post.
5. G must recover into post and bump across to far post and seal.

– *Play out loose puck.

Key Points:

1. G must make a proper initial save.
2. Get both knees to the ice, don't rotate.
3. Make save and rotate into post.
4. Post entry is vital.
5. Get into post clean and bump across.
6. Head and eyes must lead transitions.
7. Stick positioning is key.
8. Timing of **X2** is key.
9. Clean entry into post, Early eyes, Good stick position, Rotation.



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CONTINUOUS LATERAL

Category: Goaltending Drills

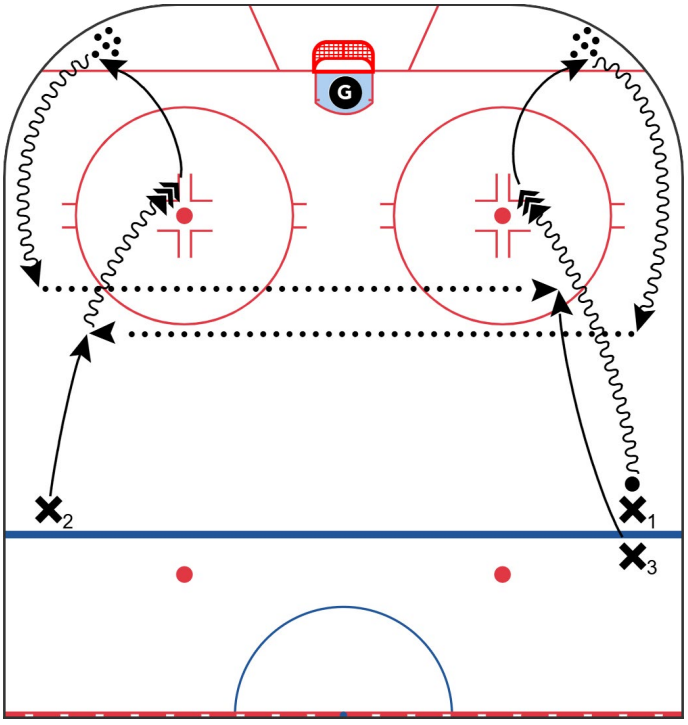
Team: Calgary Flames

Description:

1. **X1** outside dot and shoots.
2. **X1** picks up puck from corner and climbs wall, get above top of a circle and makes a lateral pass to **X2**.
3. **X2** gets puck and stays outside dot and shoots.
4. **X2** 1 picks up puck from corner and climbs wall, get above top of a circle and makes a lateral pass to **X3** .
5. This drill is continuous.

Key Points:

1. G shuffle adjustments on shooter.
2. Don't worry about rebound.
3. Recover into post.
4. Follow **X** up the wall.
5. T push through middle ice.
6. Get feet set, don't drift to puck.
7. Tracking, Shuffle adjustments, T pushes, Patience.



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GOALIE DRILL 1

Category: Goaltending Drills

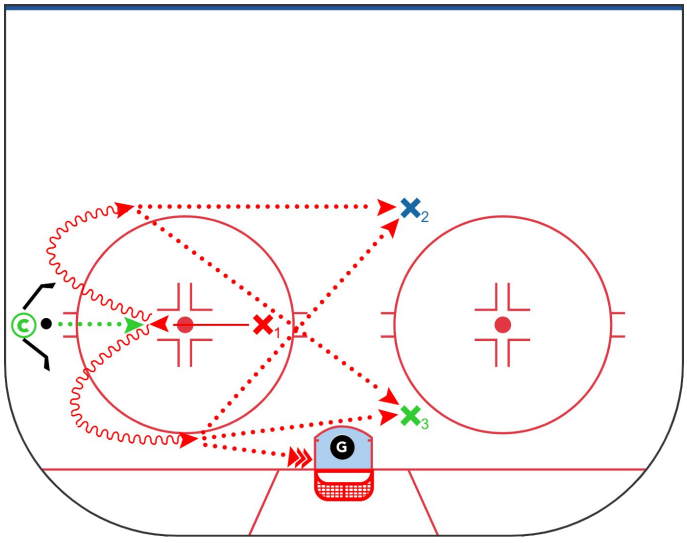
Team: Pittsburgh Penguins

Description:

- **X1** - Starts just inside circle facing the **Coach** + skates towards with speed.
- **Coach** hits **X1** in stride and then presents stick high or low forcing a route decision for **X1**.
- **X1** cuts opposite stick to open space attacking high or low.
- Quick shot or pass to **X2** or **X3**.

Key Points:

- Scan **X3** **X2** when **X1** skating towards **Coach** .
- Settles into **X2** stance ready to move on feet or to slide to **X3**.



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GOALIE DRILL 2

Category: Goaltending Drills

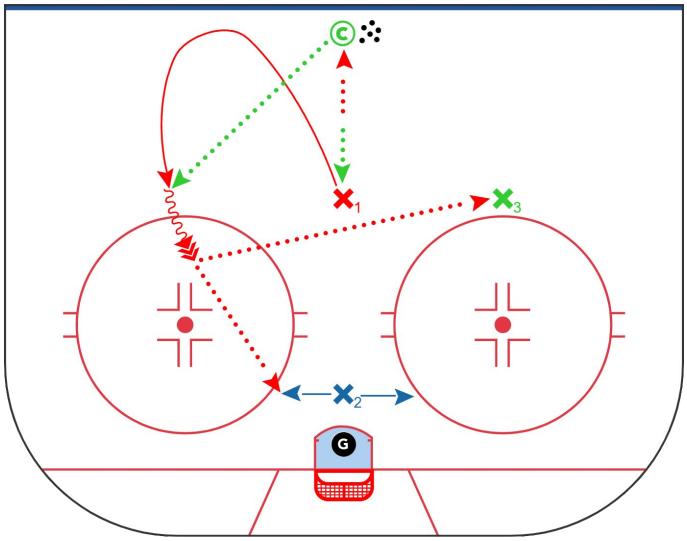
Team: Pittsburgh Penguins

Description:

- **X1** - Facing **Coach** top circle.
- **X2** - Net front screen.
- **X3** - Top circle far side.
- **Coach** bumps it to **X1**, **X1** bumps back and opens up/ gets it in high ice + attacks downhill.
- **X2** holds as screen and **X3** ready for pass.
- **X1** shoots or pass.

Key Points:

- Scan **X3**.
- Settle into ready stance as **X1** converges.
- At moment of shot ready.
- For shot through screen or pass to **X3**.



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