



# MONTHLY **DRILL** BOOK

OCTOBER 2020



## 2 ON 1 DRILLS

[www.hockeyshare.com](http://www.hockeyshare.com)

# Calgary 2 on 1

There are 3 phases to the drill - Black then Green then Red

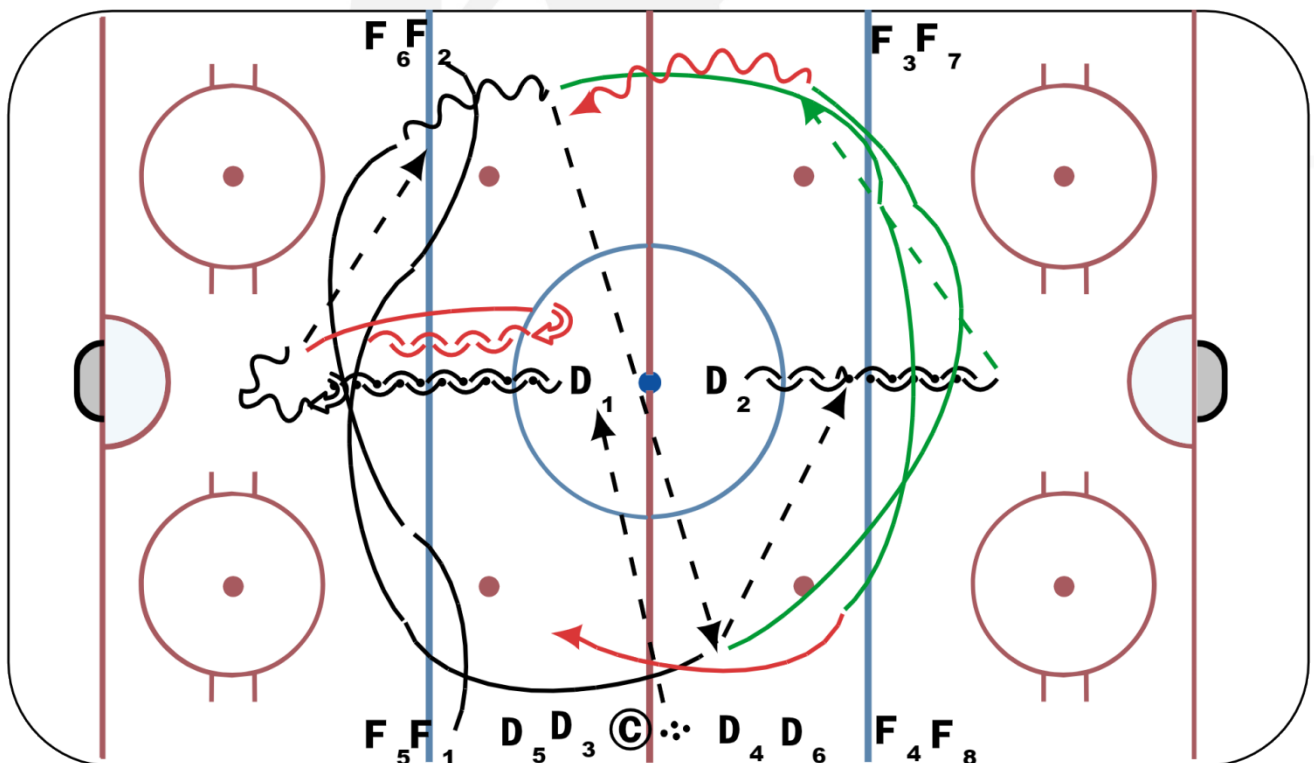
Coach starts with pass to D1. D1 skates backward with puck, then does escape move. F1 & F2 cross and support D1 with both in good position for pass from D1. D1 makes pass to either F1 or F2. D1 to practice using deception - look to one F, then pass to the other.

F1 and F2 try and make one pass in NZ, then pass down to D2.

Regroup again on D2 then attach 2v1 against D1. D1 has gapped-up for the 2 on 1.

D2 follows up to centre ice, then coach passes puck to D2, and the drill repeats with D2, F3, F4 from the other side.

**Notes:** Drill should flow smoothly with coach passing puck to the next D immediately after the 2v1 passes center ice. Forwards need to make sure they properly support their D, and not take off up ice so that they are looking back over their shoulder for the pass.



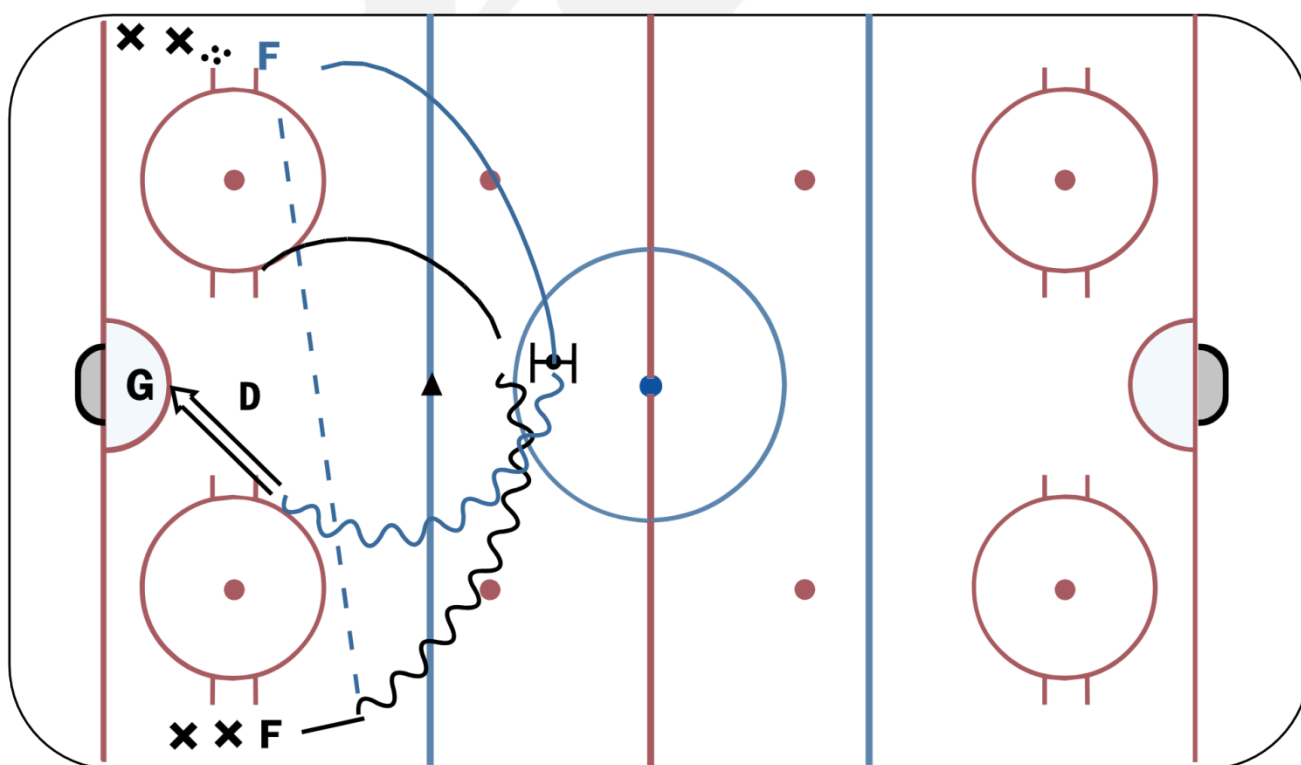
**Posted By:** Darren Wingerak

<https://hkyshr.com/d/XeCr9MWSLL>

# 2 v 1 - 2 Pass Drop

- F1 passes across ice to F2 on the move out of the zone.
- F2 Skates out of the zone and leaves a drop pass at the cone for F1.
- F1 picks up drop pass and skates into the zone. Makes a read on the D. Resulting in driving to the net for shot or pass to F2.
- F2 skates into the zone after drop pass (Staying on side) driving to the net ready for pass or rebound.
- After drill skaters move to opposite lines and reload.

Notes: Defensive player can be coached to force one option or the other. Shooter to place shoot low far pad setting up rebound for other forward.



**Posted By:** Mike Duval

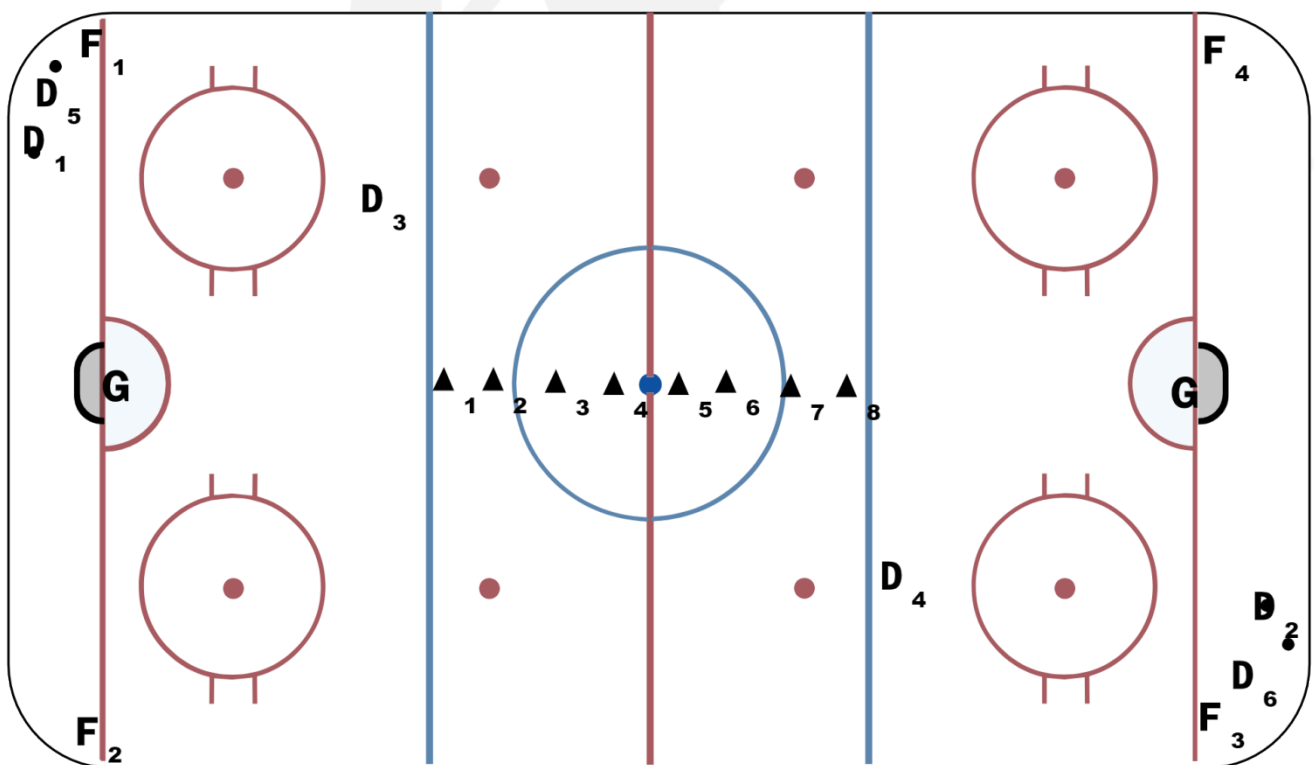
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# 2on1 with rushed/blocked Point Shot

Drill can be run out of both sides. 2D and 2F per side per drill rep. Description taken from one side:

- F1/F2 to hash-marks
- D1 takes puck behind the net and passes to F2.
- F2 passes back to D1
- D1 heads back behind the net to other side.
- F2 starts their way across the ice toward F1
- D1 passes to F1. F2 continues across.
- F1 and F2 criss-cross with a pass from F1 to F2, on their way up the ice. D1 follows. D3 adjusts for 2on1.
- F1/F2 execute the 2on1 vs D3. In the meantime, D1 sets themselves up on the offensive blueline in line with the net.
- Once the 2on1 is complete, the Coach blows the whistle again to begin the next phase.
- Next D in line in the corner passes a puck to D1. One of the two forwards must rush D1 to block a shot. Remaining forward screens the goalie and is covered by D3.
- D1 must move laterally to avoid having shot blocked. D1 must do what it takes to get the puck to the net.

At the end of this drill D1 becomes D that will take on 2on1 i.e. where D4 started the drill. D3 goes back to line in the corner. D6 starts next Rep replacing where D2 started previous Rep.



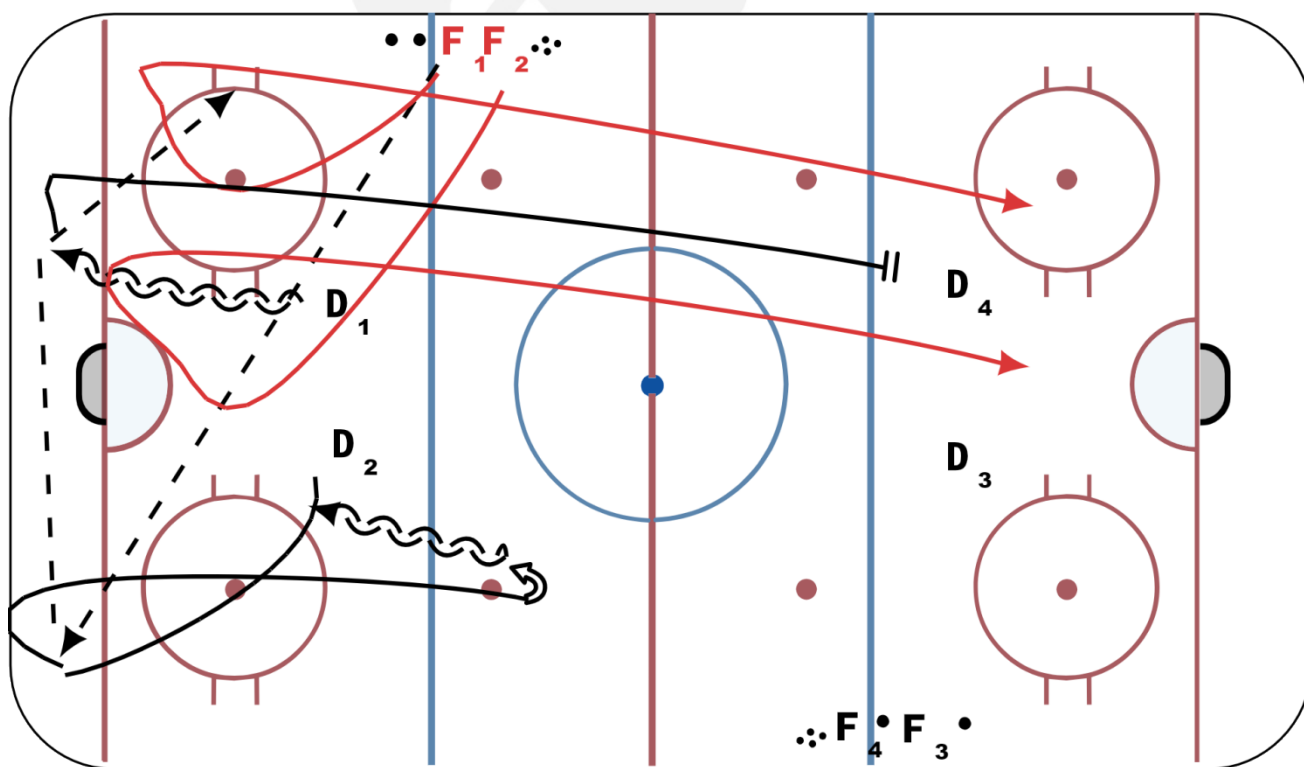
**Posted By:** Stan De Rango

<https://hkyshr.com/d/B219R8XFDT>

# Breakout 2v1 & Point Shot - TCS

Forwards dump puck in to opposite corners. D2 retrieves the puck. D1 moves to support position. F1 and F2 move to wing breakout and center breakout positions. D2 passes to D1, D1 passes to F1 on the wing. F1 and F2 head up ice for a 2v1 vs D4 - D1 follows the play up ice and stops at blue line. D2 moves up ice and re-gaps to play the 2v1 back in to the zone. After the initial rush, the D at the offensive blue line gets a pass from the forward line and takes a point shot with a 2v1 net front battle.

**Notes:** Drill run simultaneously from both sides. Stay out of the center circle on the rush up ice to avoid collisions.



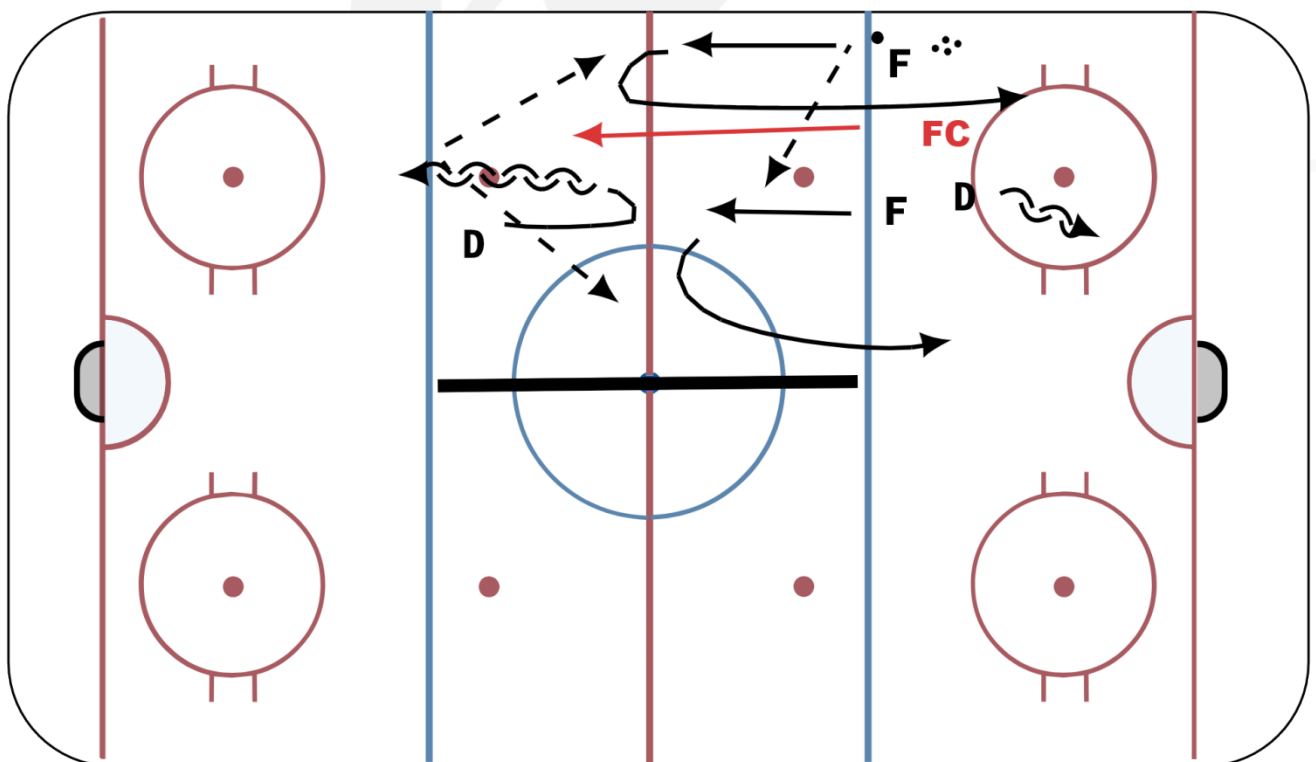
**Posted By:** HockeyShare Drills

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# Brian's 2v1 Press

On whistle D skates to the red line and pivots backwards. When D gets to the red line, F passes to partner F, FC begins skating up ice. F passes to D - FC applies pressure on D attempting to disrupt the pass back to either F. Once D gets the puck to F, FC and D are done. A new D jumps out to play the 2F coming back to the original end 2v1.

**Notes:** Can be run from both sides simultaneously

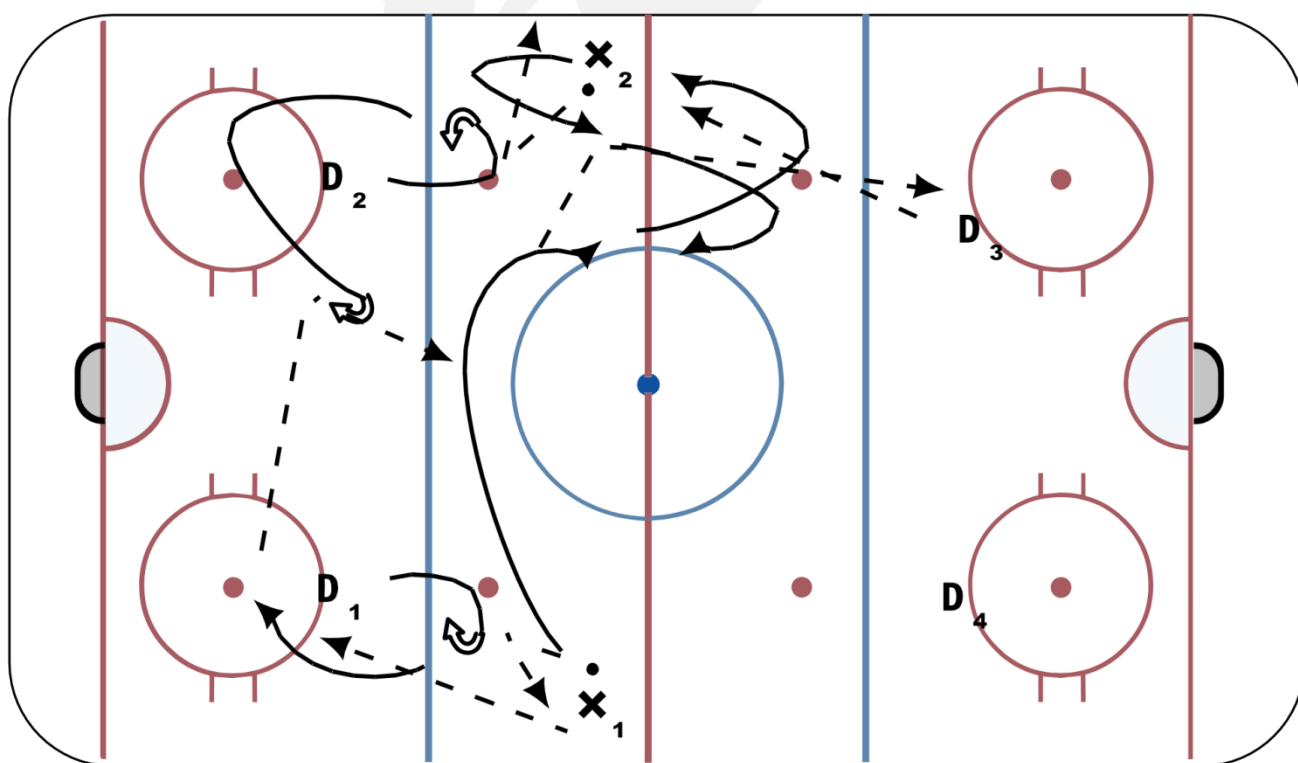


**Posted By:** HockeyShare Drills

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# Quick D Support 2v1

D1 & D2 head up ice toward X1 and X2 respectively - both pivot at the dot and get a pass from the X and return the puck. X1 passes back to D1 - D2 supports D1. D1 passes to D2. X1 swings through the middle lane. D2 passes to X1 who touch-passes to X2 on the wall. X2 passes to D3. X1 and X2 switch lanes (X1 to wall, X2 to middle) - D3 passes to X1 on the wall to attack vs D2.

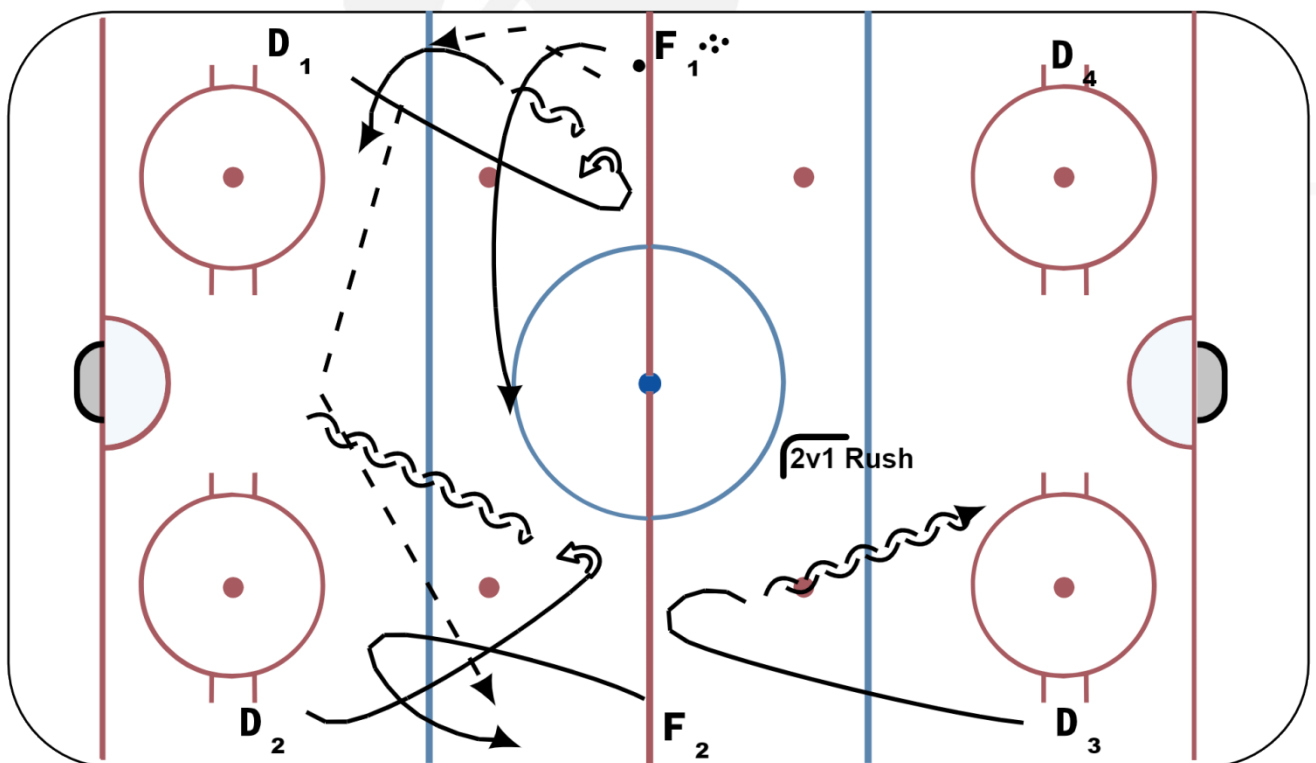


**Posted By:** HockeyShare Drills

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# Sprint Regap 2v1

D1 & D2 start by sprinting up to the red line and pivoting back. F1 chips a puck behind D1. D1 pivots and recovers the puck. F1 swings through middle. F2 loops to the strong side wall. D3 sprints to the red line to set a gap. D1 passes to D2 who passes quickly to F2. F1 & F2 go down 2v1 vs D3.



**Posted By:** HockeyShare Drills

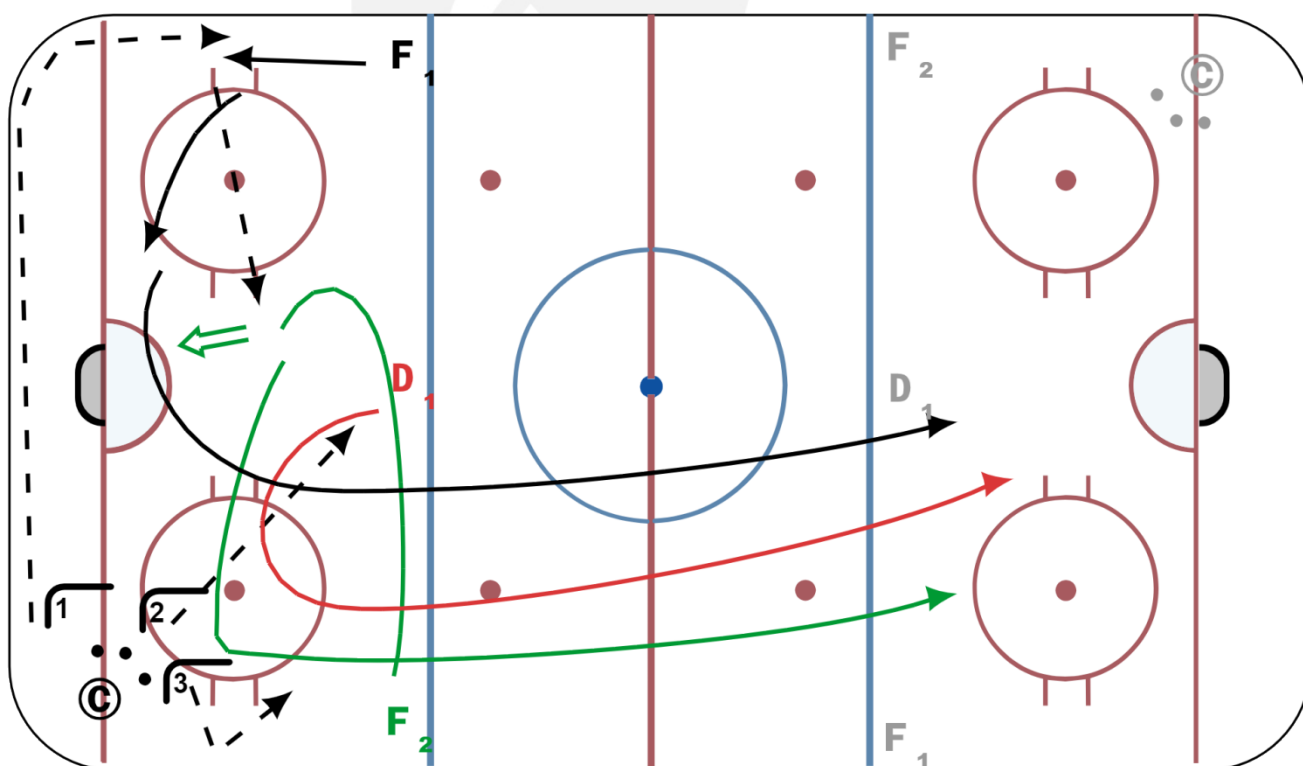
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# Wrap Support 2v1

Co wraps puck 1 to F1 - F1 stops it, F2 cuts across high in the zone to support, F1 passes to F2 for a quick shot. Co passes puck 2 to D1 for a quick point shot - F1 & F2 tip. Co chips a 3rd puck out and F1 & F2 head down the ice 2v1 vs D1.

**Notes:** Drill can run simultaneously from opposite corners. Have players stay out of the middle of the ice until they cross the red line to avoid collisions.

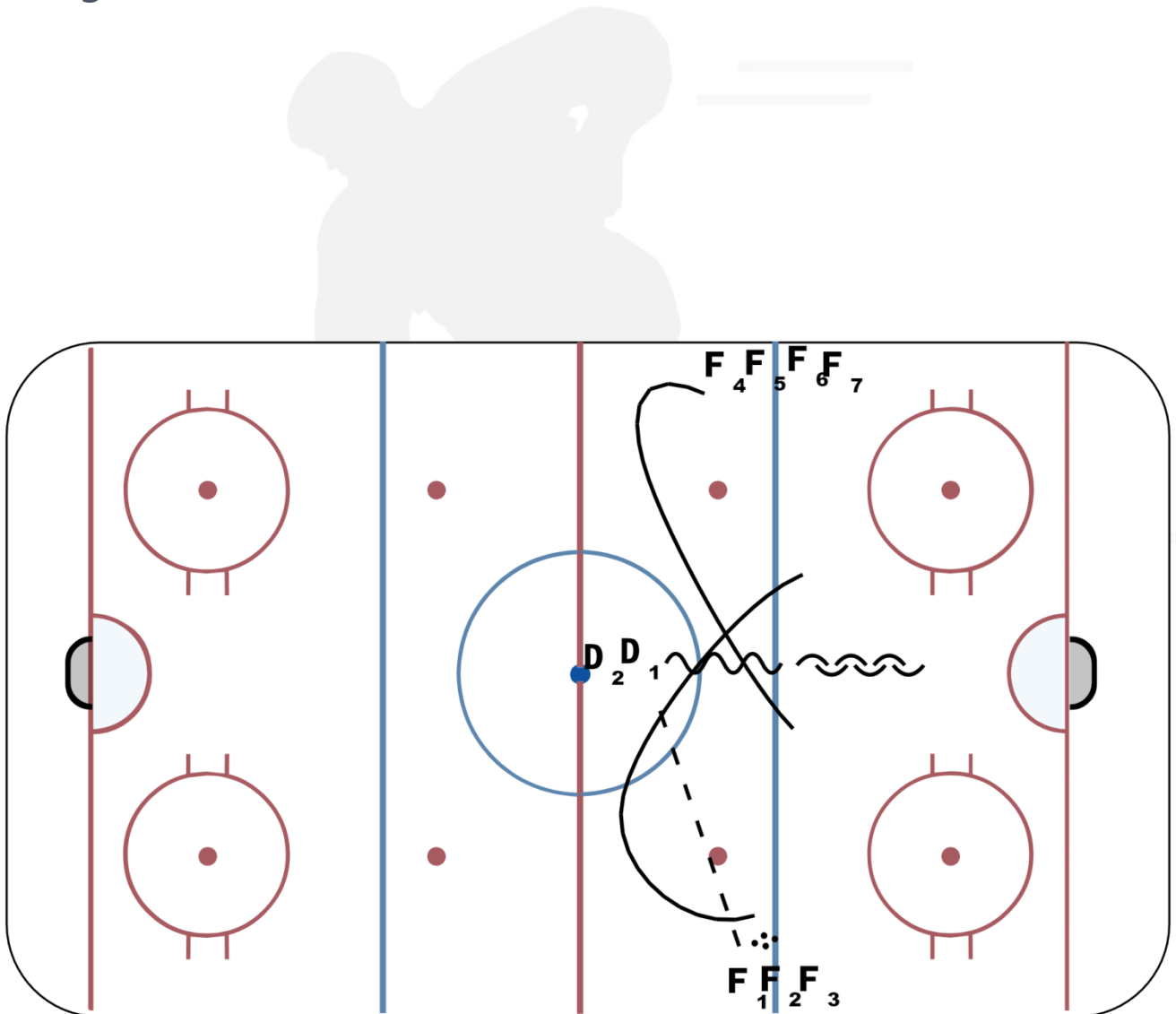


**Posted By:** HockeyShare Drills

<https://hkyshr.com/d/zq1DI9sGA9>

# 2-on-1 D drop pass

F1 passes to D1 who skates towards the blue line with the puck, drops the puck there and switches to backward skating. F1 and F4 skate to the puck, one of them gets the puck and they enter the zone, executing 2-on-1 with a shot on goal.

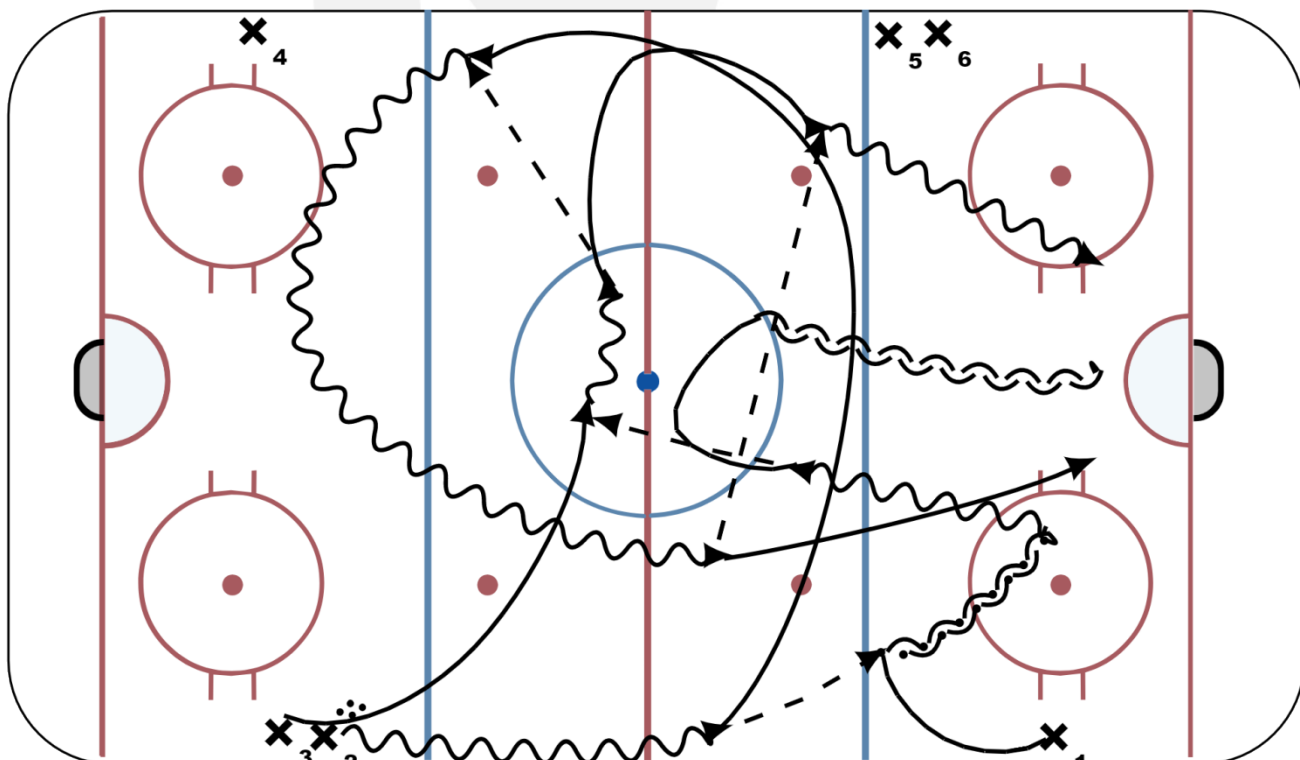


**Posted By:** Tomas Barendregt

<https://hkyshr.com/d/grhVpYVXk8>

# 2 on 1 regroup timing

X2 starts off by carrying the puck. X1 (D-Man) skates to the top of the blue line and pivots while taking a pass. The defence wheels backwards and pivots down low, skates up to center and hits x3 with a pass coming through the middle. X3 leaves just after X2. X3 curls through the middle of the ice, takes a pass from the defence and passes to x2 right after. X3 delays giving X2 enough time to curl and and come back up through the middle, hitting X3 with a pass just before the blue line. The Defencemen comes up through the middle of the ice pivots and takes the 2 on 1 down low.



**Posted By:** Mike Renner

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