MONTHLY DRILL BOOK
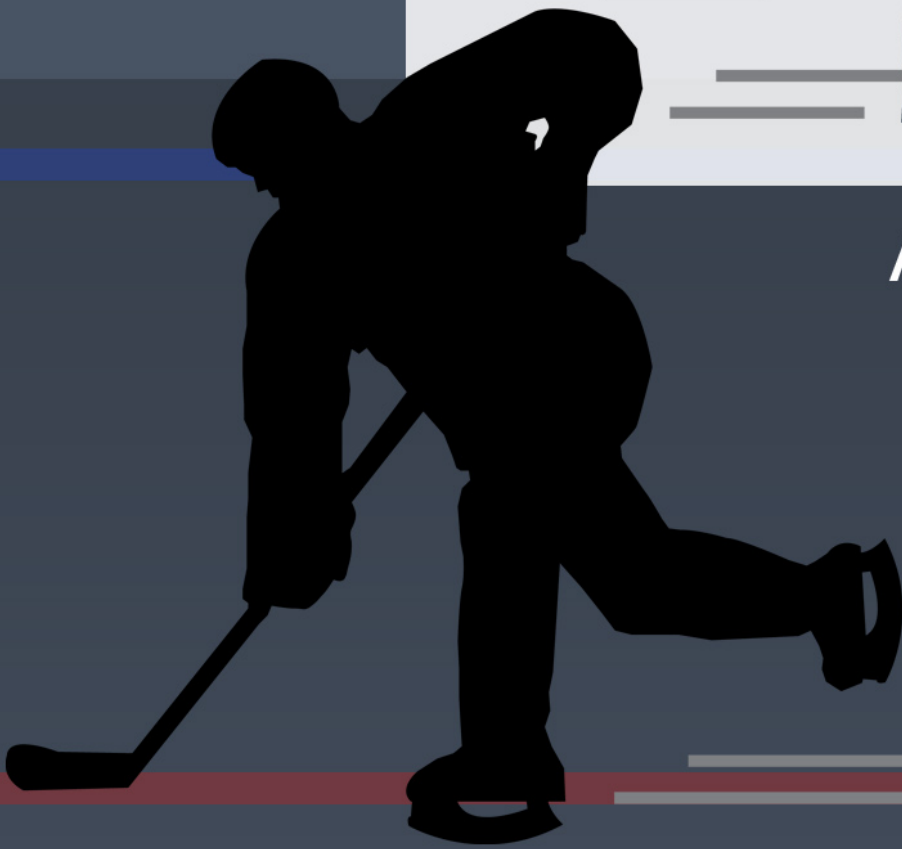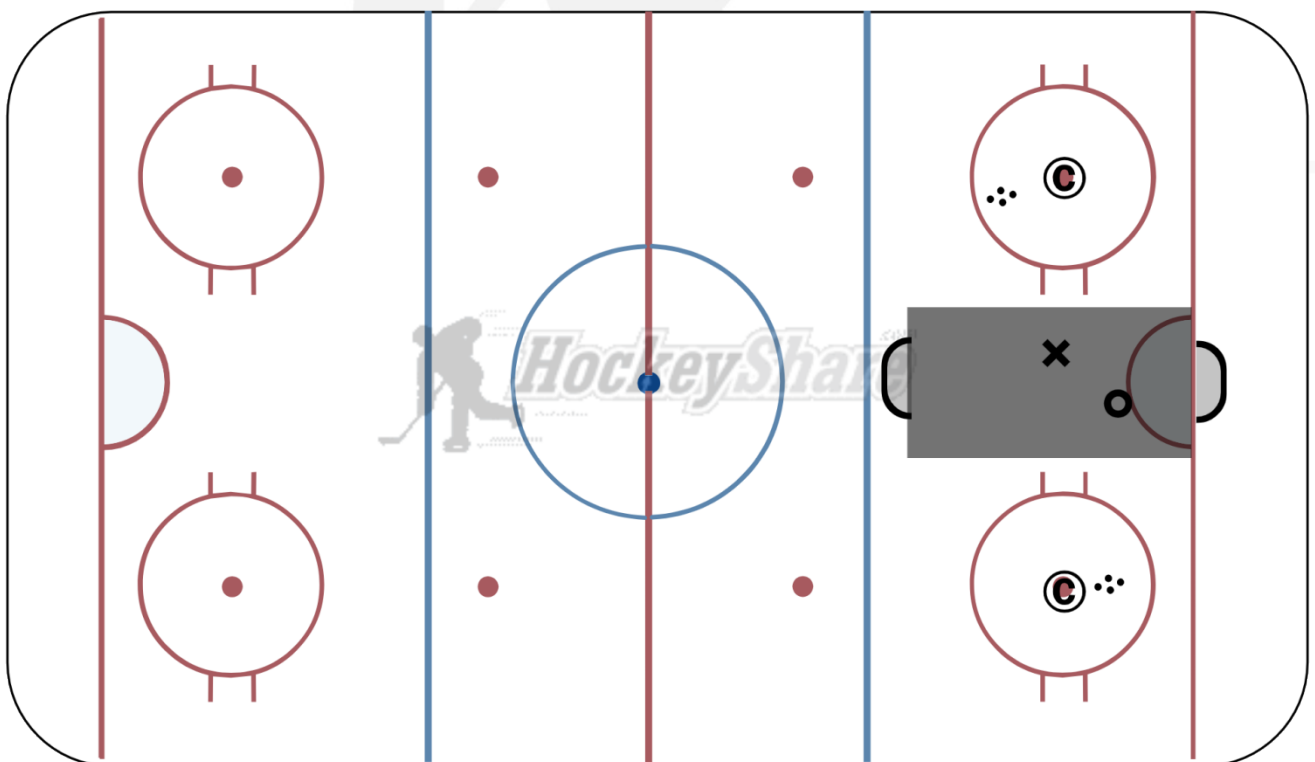
AUGUST 2020

SMALL AREA GAMES

1 on 1 in the Box

Two payers position in front of net. X moves to get open to receive a pass from his coach and shoots on net.

O player defends his net. If O takes over puck he passes to his coach and moves towards other night becoming the attacker. X is now on defense.

Drill in continuous.

Have players switch every 30 seconds.
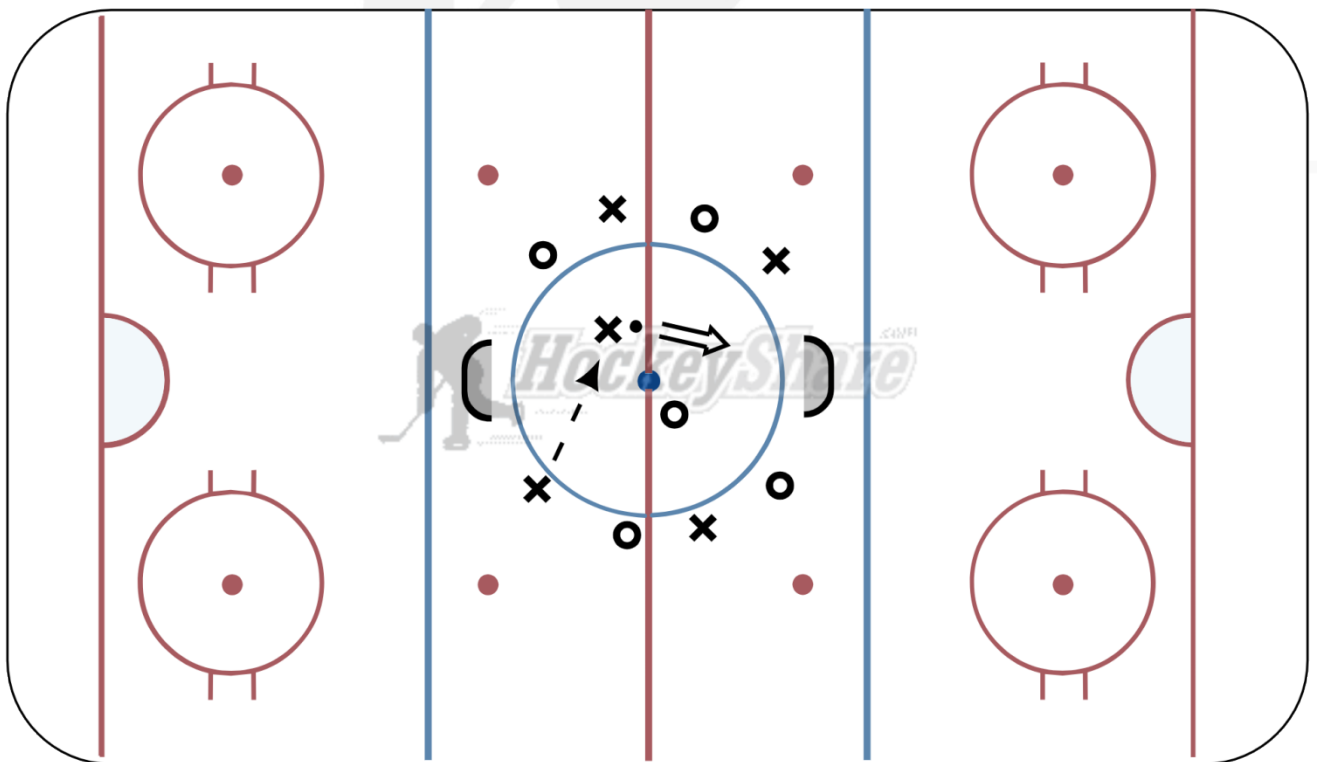
Notes: Can progress to a 2 on 1 or 3 on 2

Posted By: Chad Ellis

https://www.hockeyshare.com/drill/kAFAJkUHRK

1 vs 1 one touch
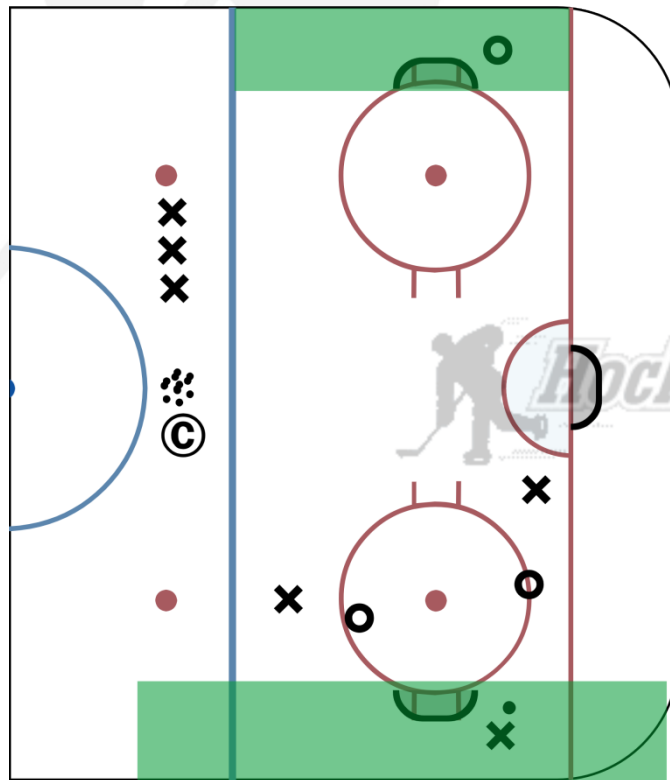
1 vs 1 - No stick handling.

Posted By: Markus Frankenberger

2 on 2 Offensive Gretzky

- Play is 2 on 2 plus one offensive player behind each net.
- Player behind net isn't allowed to come out from behind the net.
- Defensive players can't attack the player behind the net.
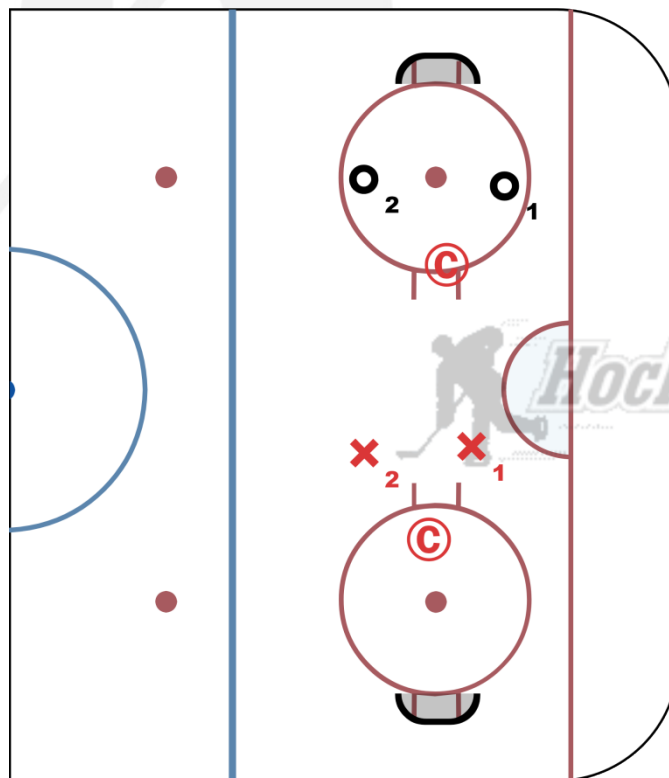- Defensive players must defend the offensive players out front.

Posted By: Adam Dadswell

2v2 w/ coach

2v2 cross ice but each team has a coach that is all time Offense. He stays on o side and can't play D. Must pass and use coach to try to score. 1 min max then change.
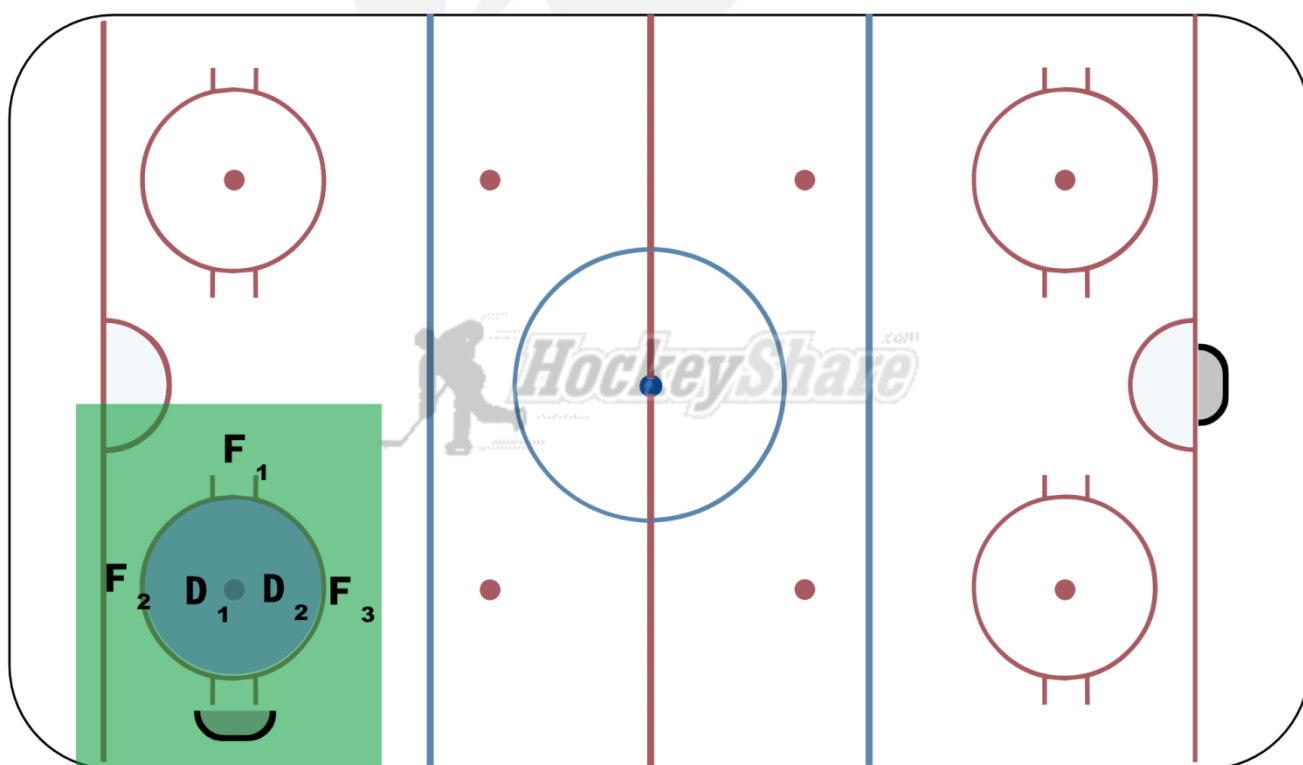

Posted By: Legend Lax

3 on 2 Circle Small Game

2 Defending players must stay within faceoff circle. 3 Forwards must move the puck while staying generally close to the faceoff circle. The idea is to get the puck moving and find an open seam for a quick shot.

Posted By: HockeyShare Drills

https://www.hockeyshare.com/drill/sm41kYrzND

3 on 2 in the circle drill

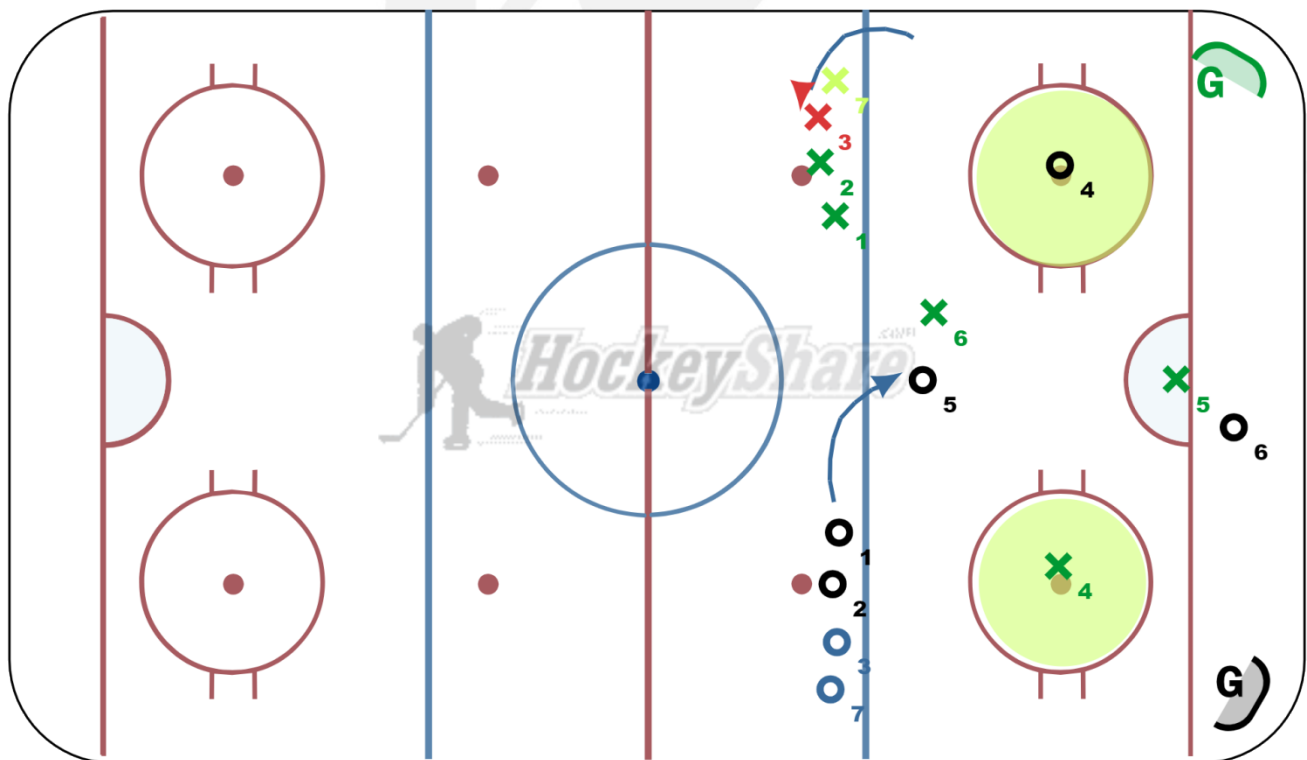Ths side you start on is YOUR goal (defensive end)

circle Forward stays in circle

3 players enter ice from the middle

ext to end of line

Notes: No need to break up players into 3's just line and 3 go
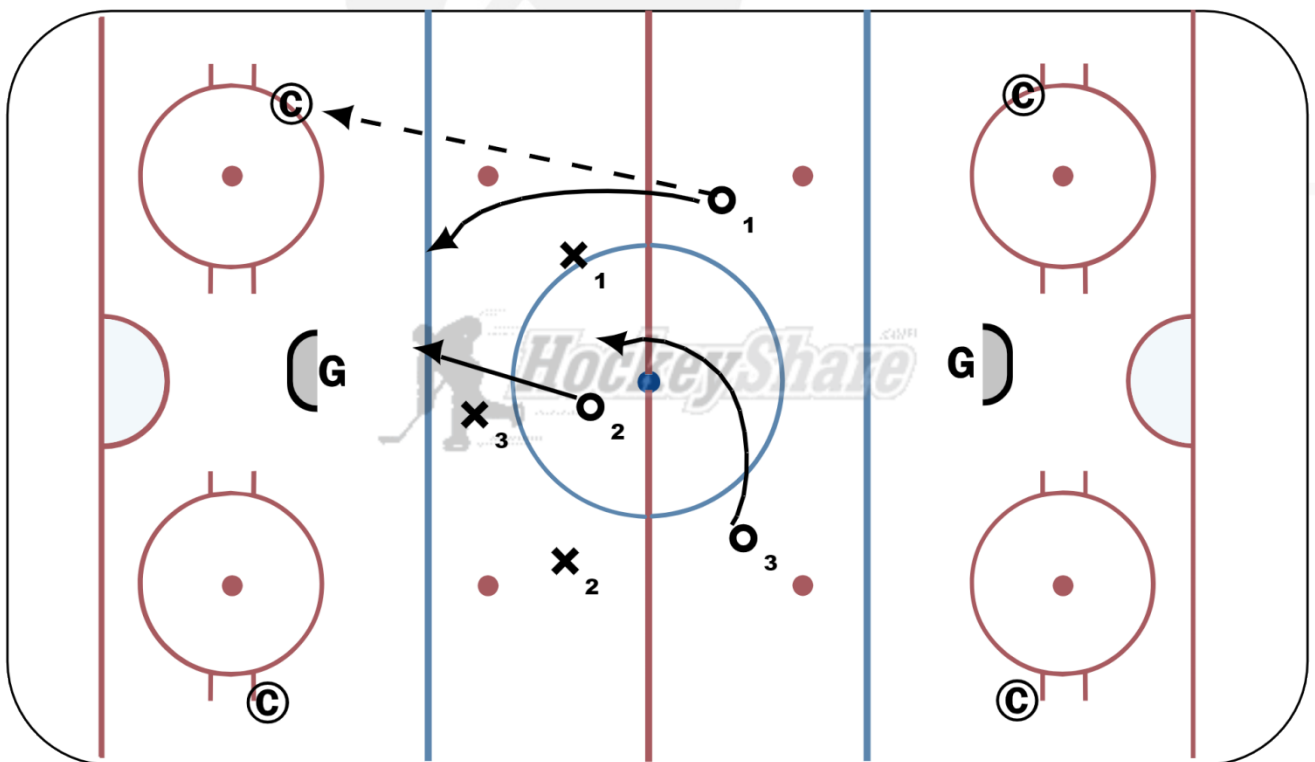
Option 1) Circle player is only one with stick

Posted By: Susan Brown

https://www.hockeyshare.com/drill/o0kMldZTZZ

3 on 3 Outlet Pass

- 3 on 3
- When puck turns over, offensive team must pass puck to one of the Coaches before attempting to score.
- Coach passes puck back to open player for offensive attack.
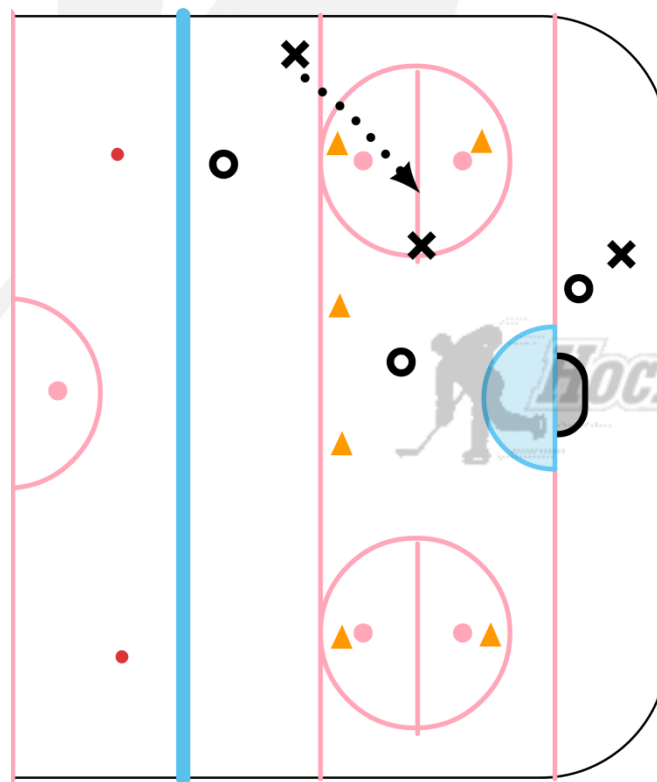
Notes: Players can substitute for Coaches.

Posted By: Michael Murray

https://www.hockeyshare.com/drill/ZN63QEgS80

3 on 3 Pass Between Cones

2 teams of 3 begin play. In order for the team with puck posession to be able to shoot, they must complete one pass between any of the sets of cones in the zone (as shown in the diagram). When the puck posession changes, the team gaining control must complete a pass between the cones before attacking the net.

Notes: This layout of the cones is good for working on movement through the slot and finding passing angles from the point.
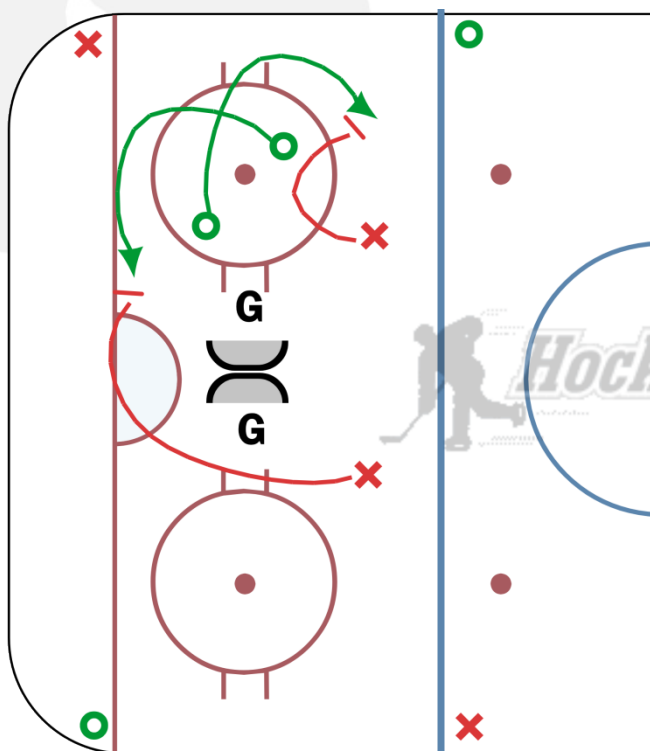

Posted By: HockeyShare Drills

Back-to-Back Nets Game

1) Play 2-on-2 or 3-on-3
2) Each team has two support players that are kitty-corner from one another
3) Each team can shoot on either net
4) Support players (rover) are off limits.
5) Rovers cannot leave their spots.

Notes: - Don't let goalies get lazy. Be sure they follow the play of the puck on either side of their net.

Posted By: Mike Hess

https://www.hockeyshare.com/drill/uqMqJjslwB

Cross Ice Regroup Transition
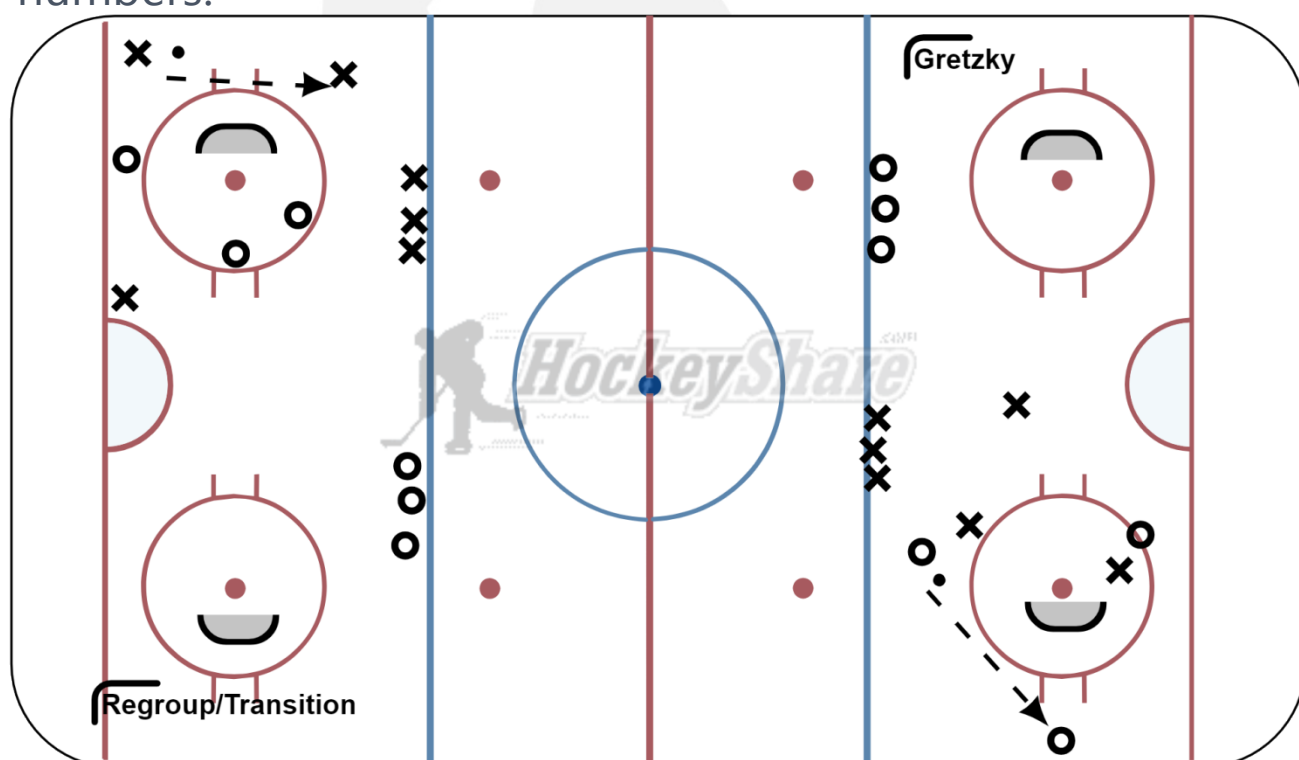
Game 1: Regroup/Breakout game
Players must regroup/breakout by passing to a teammate behind the net they are defending before they can go on offense.

Variation: 1 goalie - put nets back to back. Designate where each team must score.

Game 2: Gretzky game
Players must pass to a teammate behind their attacking net before being able to attempt to score. The player behind the net (Gretzky)can move laterally behind the net but must not cross the goal line. Emphasize moving to get open.

Notes: Ideally 3 v 3 but can be changed to match your numbers.

Posted By: John Cioffi

https://www.hockeyshare.com/drill/uTRIYGCtMT

Over **1,000 free hockey** drills available at

www.hockeyshare.com/free-drills/