

1) small ice 4 v 2 Power Play



DRILL OBJECTIVE: Power Play--Penalty Kill

0 min.

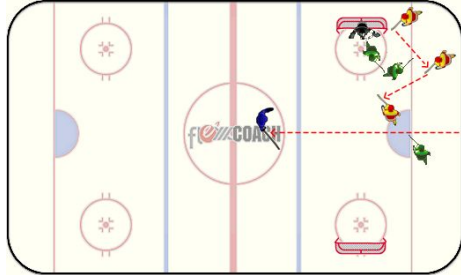
KEY ELEMENTS:

- Power play
- Penalty kill

ORGANIZATION: 4 players per team, 2 offensive players and 2 defensive players. The zone is divided by an imaginary line between the nets that extends from the boards to the blueline. The offensive players must stay in the offensive zone. The defensive players can play in either zone. The offensive strategy is to establish a power play against the other team's 2 defensive players. The defensive strategy is to clear the zone to the other side.

VARIATION:
GOALIE:

2) small ice 3 on 2 power play



DRILL OBJECTIVE: Emphasizes executing and

0 min.

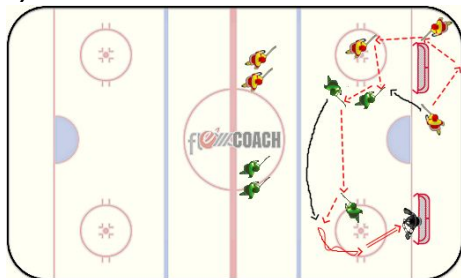
KEY ELEMENTS:

- Executing offense with a man advantage
- Executing defense while a man down

ORGANIZATION: Nets are placed on the face-off circles. An imaginary line crosses the middle of the playing surface. One player from each team is always on offense and cannot cross the dividing line. Play starts with the coach dumping the puck and three players from each team entering the zone. Offensive team works a 3 on 2 to try to score. After the defensive team forces a turnover, they can move the puck up the ice to the full-time offensive player or skate the puck. The offensive player may have the chance for a breakthrough. Players must support the puck carrier to create passing options.

VARIATION:
GOALIE:

3) small ice 3 on 2 on the dots



DRILL OBJECTIVE: Simulates power play and short

0 min.

KEY ELEMENTS:

- Simulates power play
- Simulates short-handed play

ORGANIZATION: Nets are placed on the goal line and in line with the face-off dot. One player from each team goes to the face-off dot opposite their line. They are "on the dot" and are not allowed to leave the dot. Two additional players from each team enter play and are allowed to skate freely. Players should use the player on the dot as a passing situation to create give-and-go opportunities. Defensive players are not allowed to attack or defend the players on the dots. Players on the dots are not allowed to shoot the puck. Players are encouraged to use the players on the dots. Players on the dots are not required to return the puck to the player they received the pass from.

VARIATION:
GOALIE:

4) small ice 4 v 2 special teams game



DRILL OBJECTIVE: Puck control on power play.

0 min.

KEY ELEMENTS:

- Puck control on the power play
- Defense when short-handed
- Quick transitions from defense to offense

ORGANIZATION: Four offensive players and 2 defensive players in each half of the ice. Play 4 on 2. If the two defenders gain control of the puck, they must move it quickly to the other side of the ice so their team can go on offense. This game emphasizes puck control by the power play team. Once they lose the puck they are out of the game, replaced by four new players. All facets of power plays and penalty kills can be practiced in this game.

VARIATION: Once team has transitioned to offense, coach can mandate a certain number of passes prior to taking a shot.
GOALIE: Goalies will see a lot of shots and must be able to read and react. They will also learn to see the puck through screens and handle tips and rebounds.

Post-Practice Comments:
