

2024 Nov 25 - PW/B

Date: Nov 25 2024

Time: 2:33 am

Duration: 60 mins

THEME: Defending / Defensive Zone

0 mins

Free Play / Set Up

3 mins

Skating / Goalies

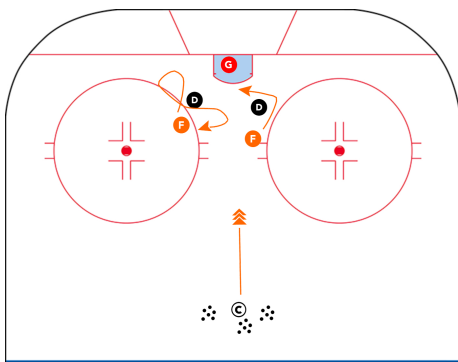
10 mins

4 Stations: Split by Skill

0 mins

2v2 Net Front

8 mins



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) shoots pucks toward the net attempting to create scoring opportunities and scrums. Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds
Def - Maintain D-side positioning and tie up on shot attempts

Key Points

Defense

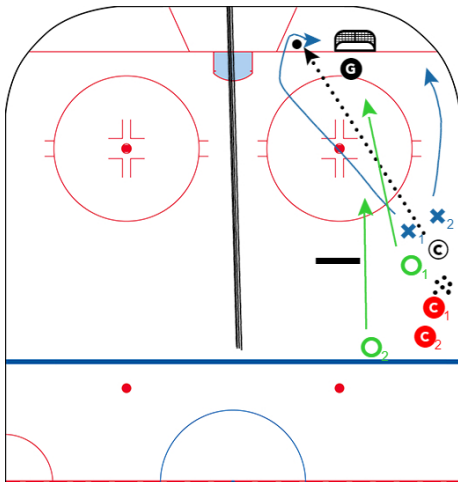
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

Breakout 2v2

8 mins



Coach spots pucks in different parts of the zone to create different situations. Defending team tries to break the puck out above the bumper. Offensive team tries to score.

When defending team gets the puck to the bumper, coach blows the whistle and dumps a new puck, which a new defensive team goes to retrieve. Offensive team is out. Defending team becomes the offensive team. One player must swing the bumper and one must touch the blue line before attacking.

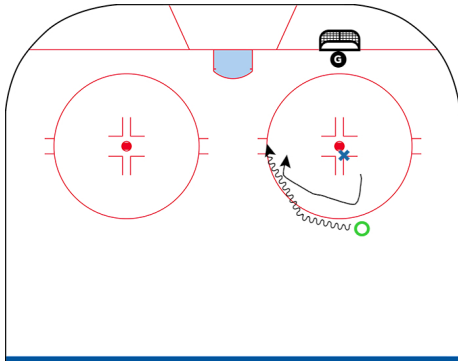
Progression: Start with a wide playing area (full zone) which gives BO team more space and then progress to 1/2 the zone which increases the difficulty.

Key Points

- Quick retrieval
- Puck support
- Communication

Defend the House

8 mins



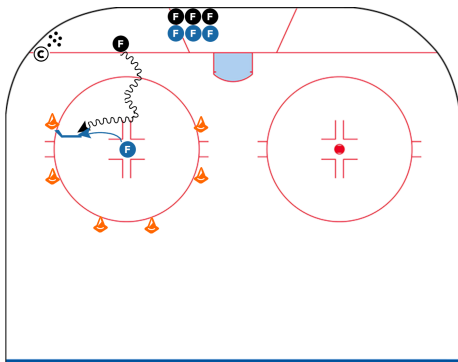
The defensive player X begins on the dot. Throughout the drill, X must remain in the circle. The Offensive player O must attack the grade A scoring area by moving inside the faceoff circle. Player O can only shoot from inside the circle.

Key Points

Attacker focuses on deception, 1v1 attack, puck protection and shooting in traffic while the defender works on defensive body and stick position, defending a defined area and working with the goalie.

3-Gate Deception

8 mins



- The player with the puck must start behind the goal line. The player with the puck is trying to use deception to fool the player without the puck and try to get through one of the three gates with possession of the puck.
- The defending player has the objective of not allowing the puck carrier through any of the gates and is working on eliminating time and space with good angling and stick position. If the defending player gains possession, he/she must make a pass to the coach.
- Give each pair three reps and then switch to the next group.
Make sure players take turns on offense and defense.

MINNESOTA DRILL OF THE WEEK

Created by: Emily West, Former USA Hockey ADM Manager & current Ohio State Assistant Coach

Key Points

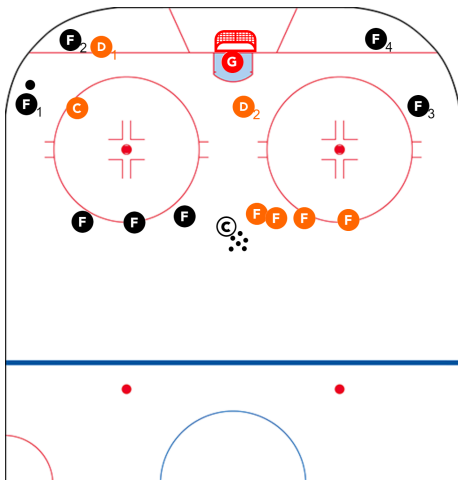
- Offense - Puck protection and deception.
- Defense - Angling, stick position and limiting time and space.

Small Area Game: Split by top 2 groups / lower 2 groups

0 mins

UMD 2v2

15 mins



Start with 2 offensive players in each corner and 3 defensive players. Each group of 2 offensive players must stay on their side of the ice. First 2 offensive players attempt to score while defensive players work on DZC. Each D must stay on his own side and has to wait at net front until its covered before engaging.

If puck changes sides, D wins the puck and advances to coach, or certain time frame, puck is sent to opposite corner.

Variation: Add a net front D that can support on BO opportunities

Key Points

Defensive:

- Layering
- Stick & body position
- Communication

Offensive:

- Create space and separation
- Get pucks to the net