



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

LEGEND

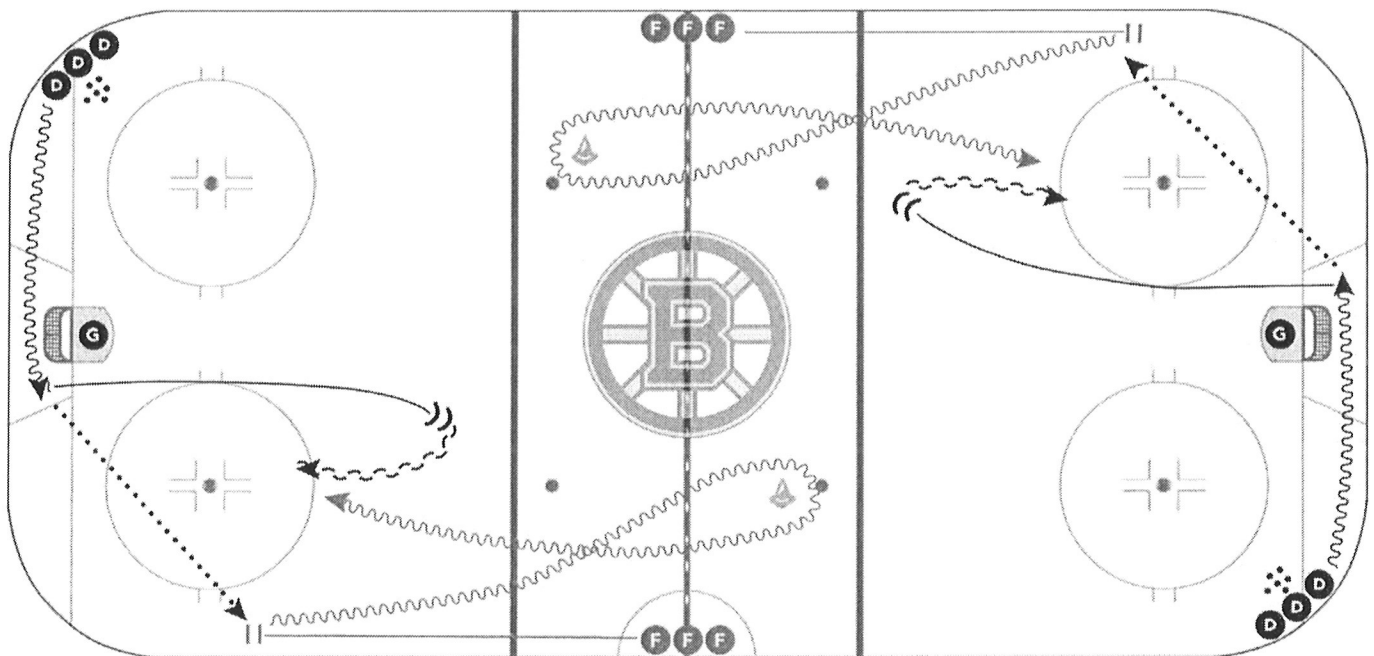
▶▶▶ Shot	———— Skate
Stop	~~~~~ Skate With Puck
▶ Direction	••••• Pass
▶ No Arrowhead	~~~~~ Backwards Skating
)) Pivot	~~~~~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide

NET WHEEL TO 1 VS 1

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Boston Bruins

- Description:**
- **D** starts in corner, wheels around net and passes to **F** that started at red and works to position as winger in defensive zone
 - **F** continues down ice and goes inside, out around pylon, to attack the same end they broke out of
 - **D** gaps up and defends the rush
 - Switch position of cones as the drill progresses to force **D** to adjust their gap
- Note: After **D** passes, they execute a quick pivot of 360 degrees, always facing up ice

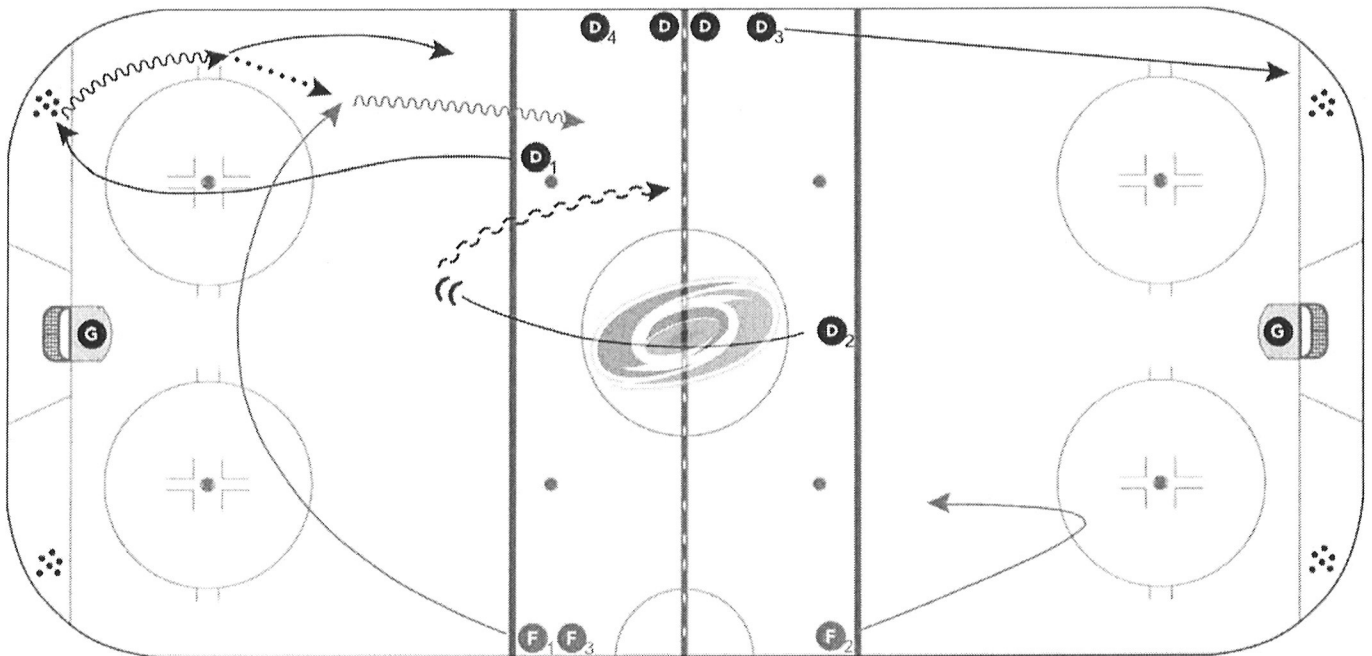


1 VS 1, 2 VS 1, 3 VS 2

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Carolina Hurricanes

- Description:**
- **D 1** goes back and retrieves a puck from corner, they break out **F 1** who goes 1v1 down the ice against **D 2**
 - Once the 1v1 enters the zone, **D 3** goes back and retrieves puck. **F 2** activates and joins **F 1** back 2v1 against **D 1**
 - Once they cross the blue line into zone, **D 4** goes back in corner to get a new puck and breaks **F 1, 2 & 3** out of the zone
 - A new **D** joins the play and they take the 3 fwds back 3 vs 2

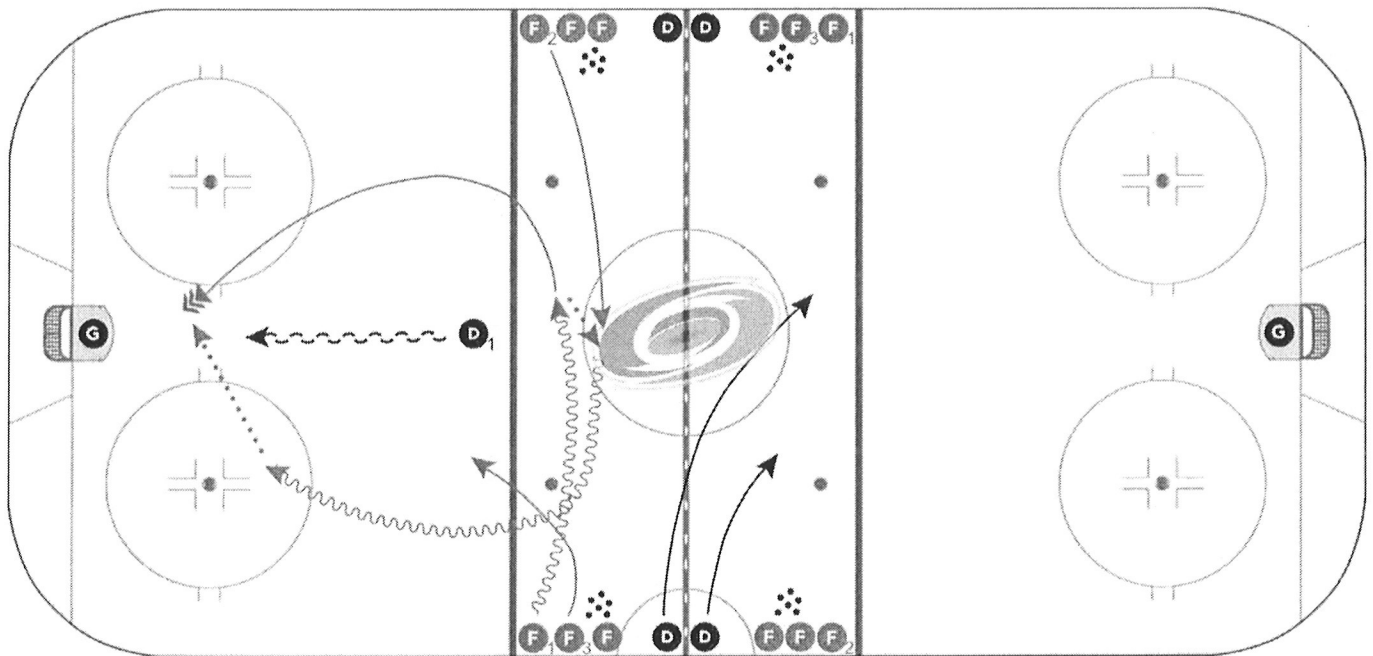


2 VS 1 SHORT, 3 VS 2

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Carolina Hurricanes

- Description:**
- Drill runs one way at a time
 - **F 1** and **F 2** come off the wall between the blueline and red line
 - Drop pass and attack back 2v1 against **D 1** and a third **F 3** follows the play into the slot
 - After 2v1 is done, the **D 1** breaks out the three fwds to attack the opposite end 3v2



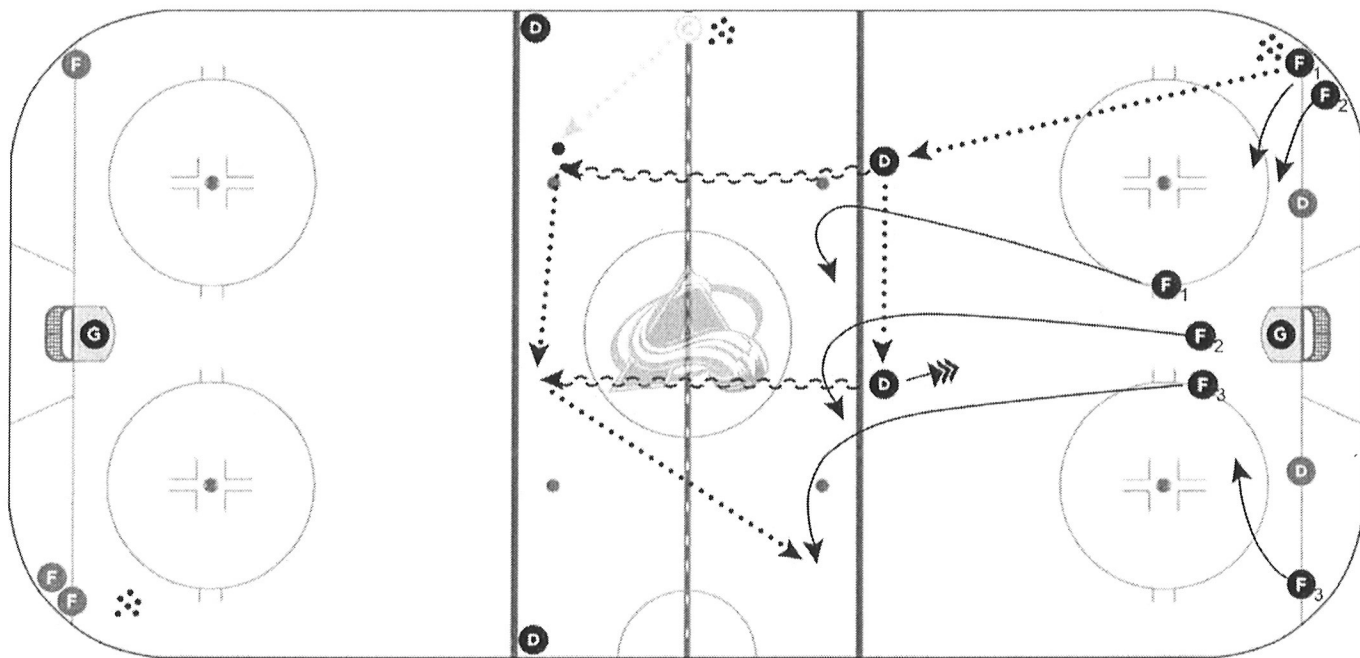
MAIRSY 3 VS 2, 3 VS 1

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Colorado Avalanche

Description: Drill runs one direction at a time, alternating sides

- On whistle, **F 1** passes low to high, **D** to **D** shot with **F**'s heading to net for rebound
- On second whistle, **D** and **F**'s find puck for neutral zone regroup
- Defending **D** start on goal line, work to position setting gaps and defend 3 vs 2 rush
- On third whistle, coach places puck for 2nd neutral zone regroup 3 vs 1
- Quick up to weakside
- D to D weakside



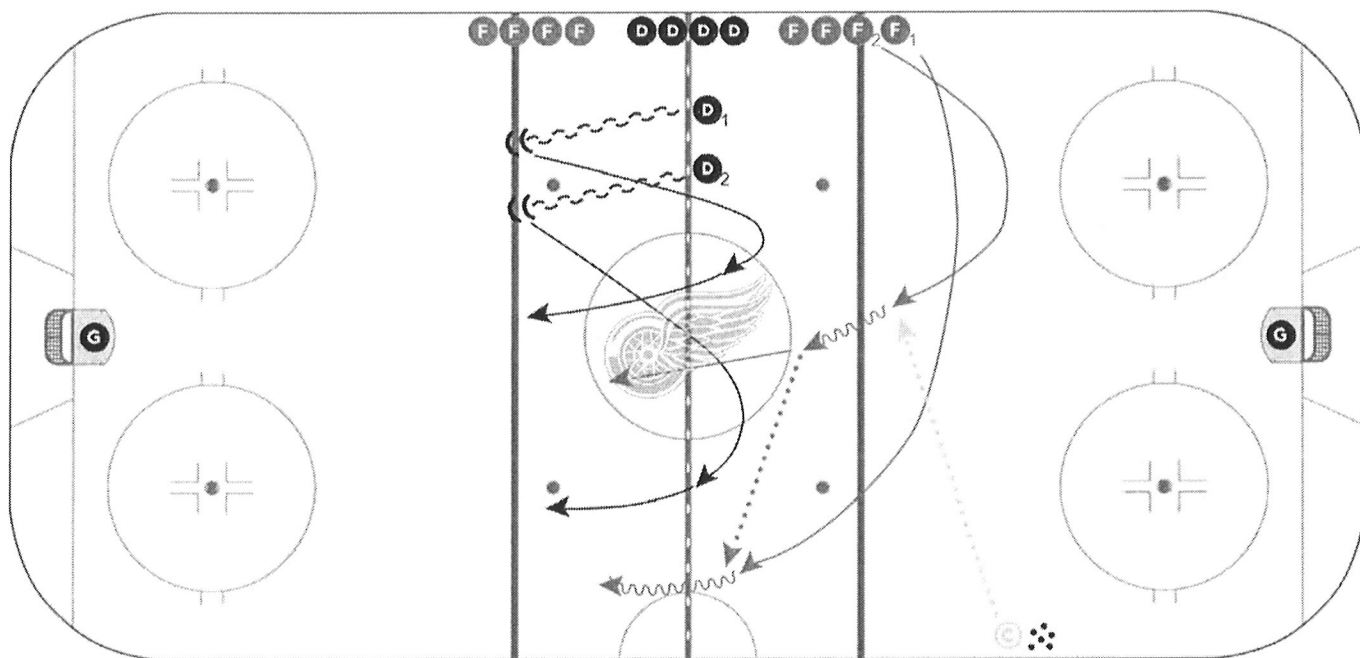
2 VS 2/ 2 VS 3 SQUEEZE W/TRANSITION — PART 1

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Detroit Red Wings

Description: **Part 1**

- Fwds and D all on one side of ice as shown
- 2 **F**s from one side move across ice as shown. **F 2** gets pass from coach and passes to **F 1**, attack far end + put puck behind
- Both **D** start on red, skate backwards to blue and get up, skate forward to end play by blue



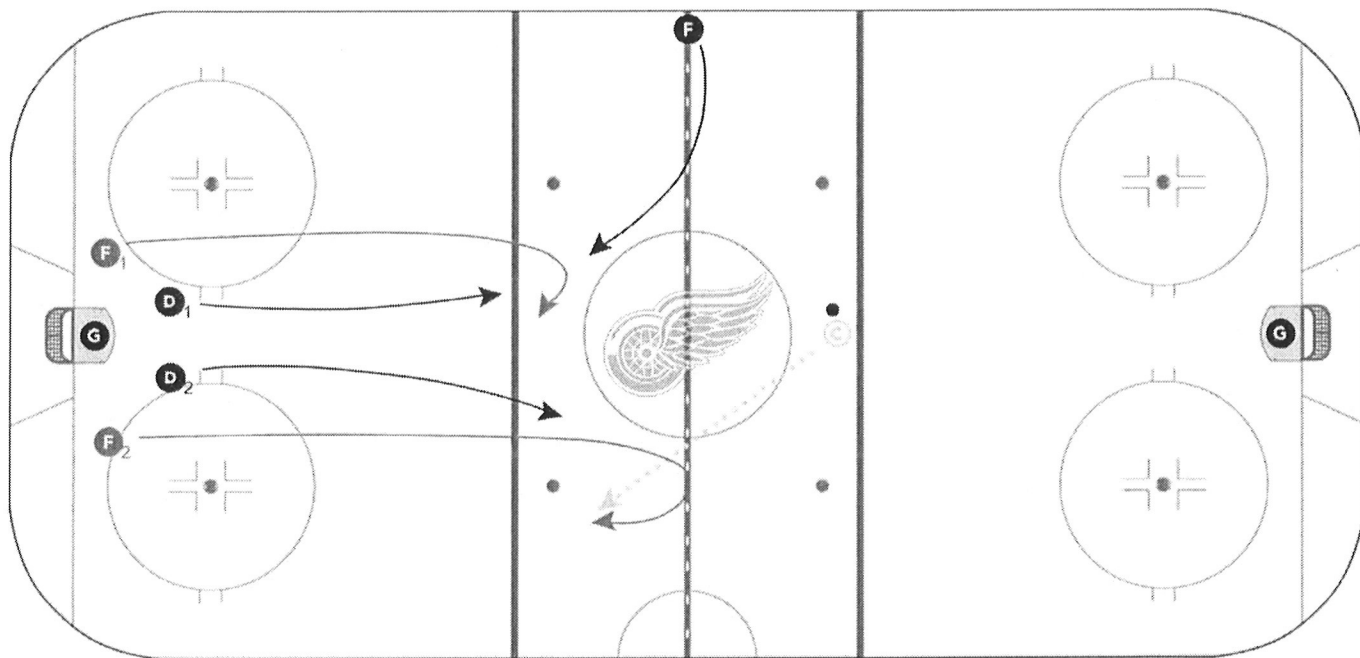
2 VS 2/ 2 VS 3 SQUEEZE W/TRANSITION — PART 2

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Detroit Red Wings

Description: Part 2

- On whistle: Fs regroup with coach, and another **F** steps out to track. Play it out 2v3, once defenders break it out, go down for a breakaway
- Next group goes on whistle

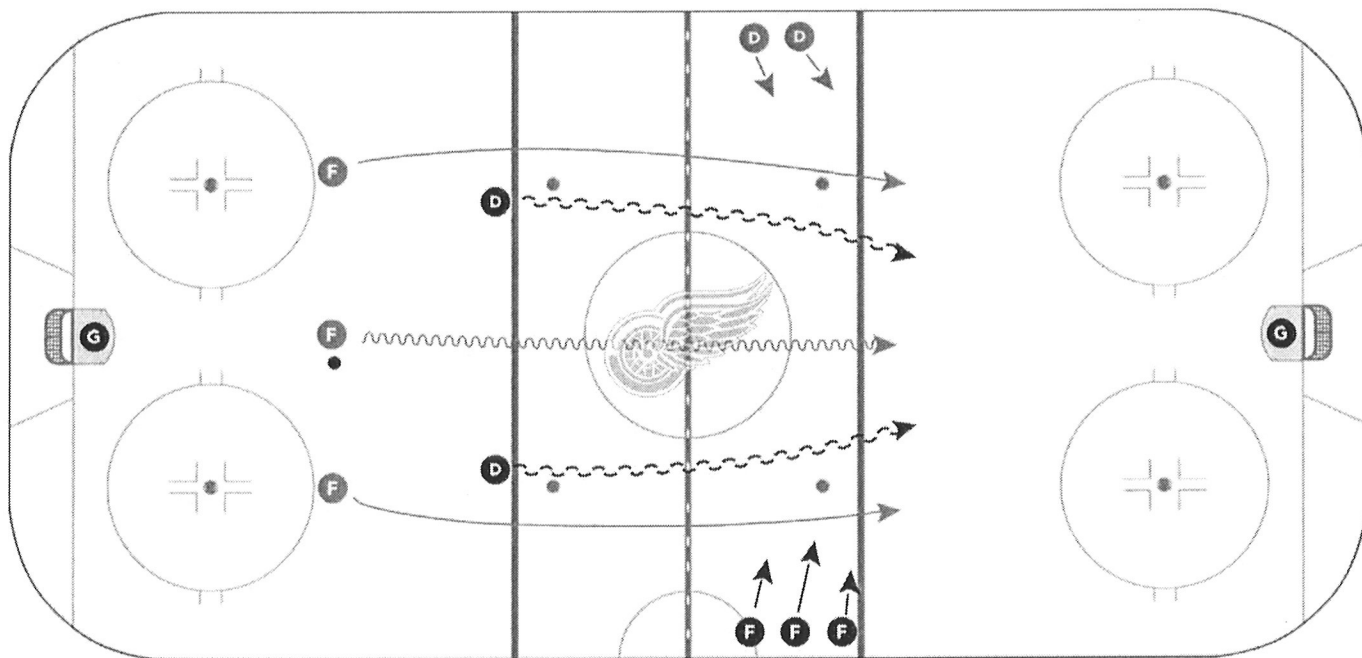


S00 3 VS 2

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Detroit Red Wings

- Description:**
- Red **F**s go down on a 3v2 rush against two Black **D**. After they cross the far blue line, Black **F**s and Red **D** funnel in through the middle
 - Red **F**s have to chip the puck in and have close support. **F**s must run an east-west play behind the net for a quick chance to the slot. Play it out live after the shot
 - When the Black **D** get possession, they pass to Black **F**s and then they go down and attack 3v2
 - Drill is continuous

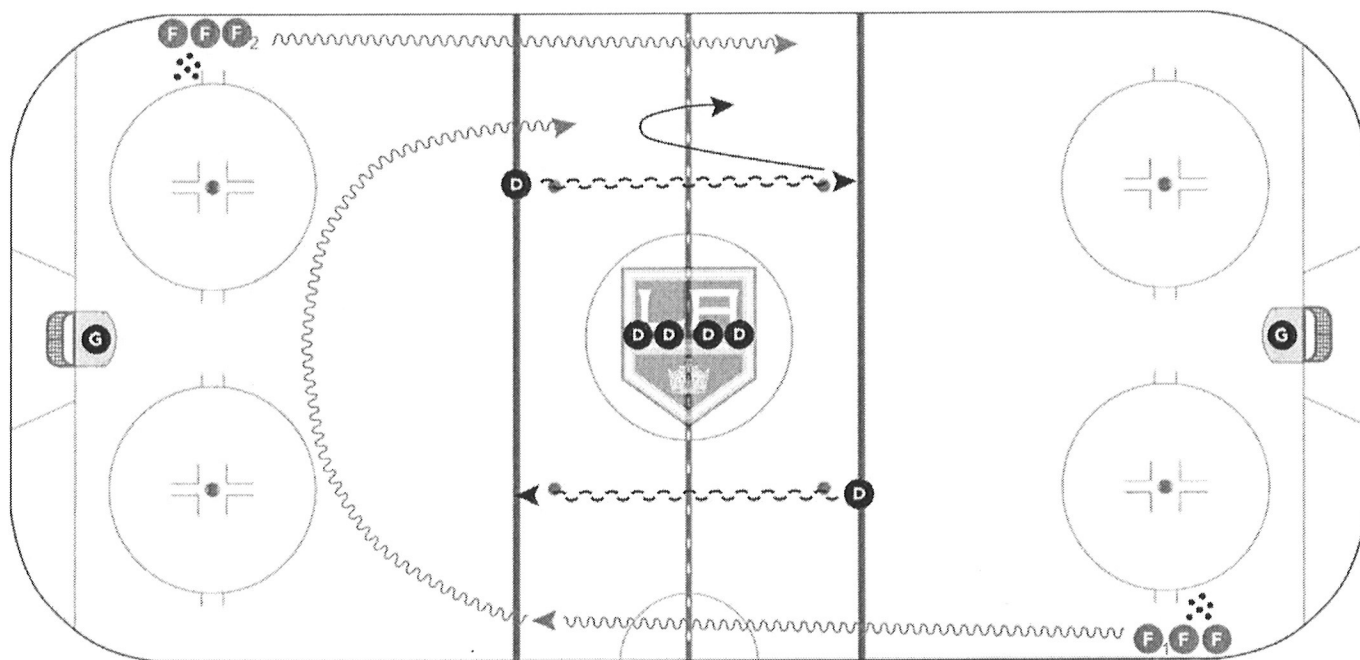


1 VS 1 BLITZKREIG

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: LA Kings

- Description:**
- 1 vs 1 down ice
 - Coaches option — 1 or 2 whistles
 - 1 Whistle: **D** gaps up and plays **F** swinging around from the other line
 - 2 Whistle: **D** gaps up and plays **F** swinging around and another **F** from the same side line. 2 vs 1 down ice

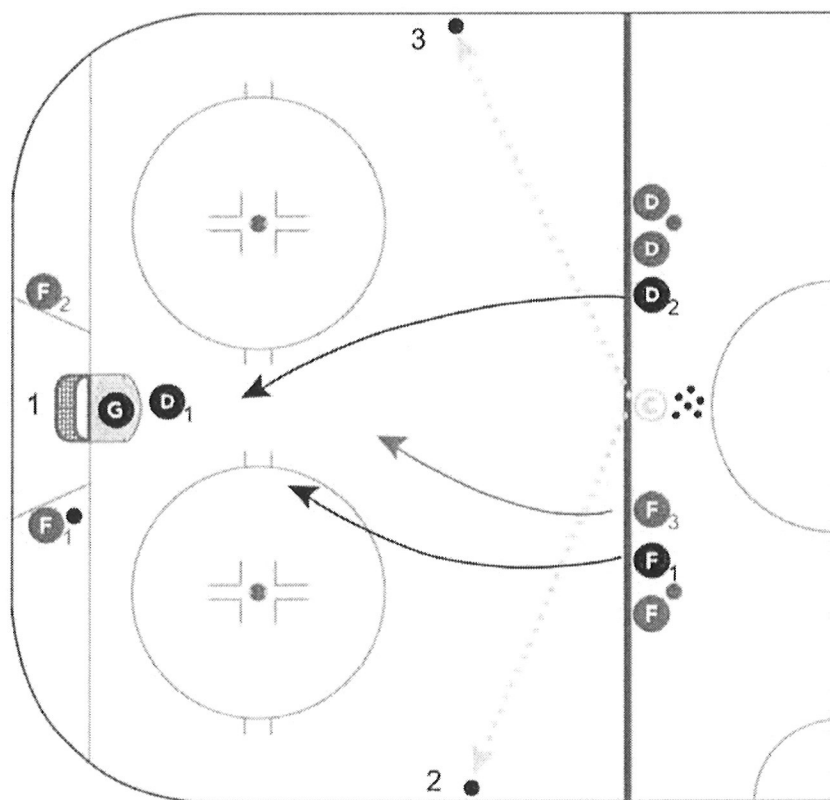


NET 2 VS 1, 3 VS 2, 3 VS 3

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: LA Kings

- Description:**
1. Start with a 2v1 down low, use back of the net
 2. Coach spots a puck to the 1/2 wall — **F 3** will join and cycle to back of the net — **F**s working to trigger area using the back of the net. Defending **D 2** will join to make it a 3v2 low
 3. Coach spots puck to other 1/2 wall — Defending **F 1** will join to create a 3v3

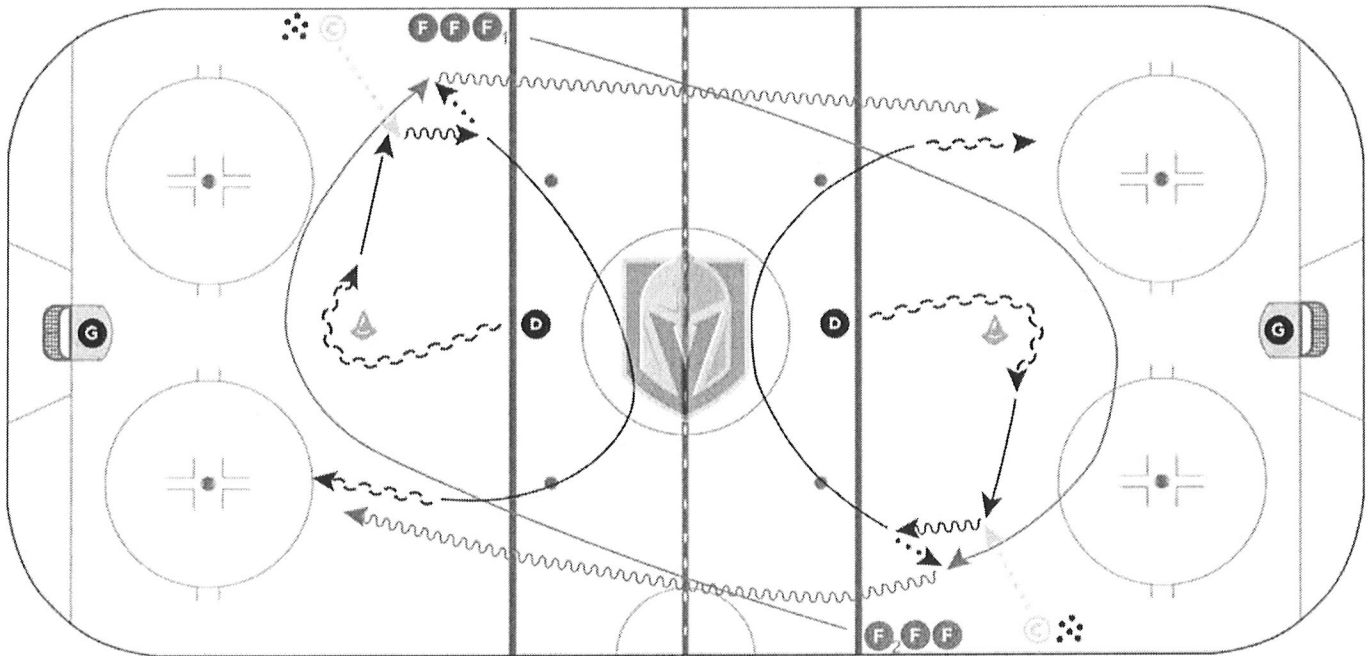


1 VS 1 SHARPIE

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Vegas Golden Knights

- Description:**
- **D** starts facing up ice at bottom of the center circle
 - On whistle, skate backward around pylon then forward to retrieve puck from coach then drop in NZ to **F 1**
 - **D** defends **F 2** from other end by defending skating forward

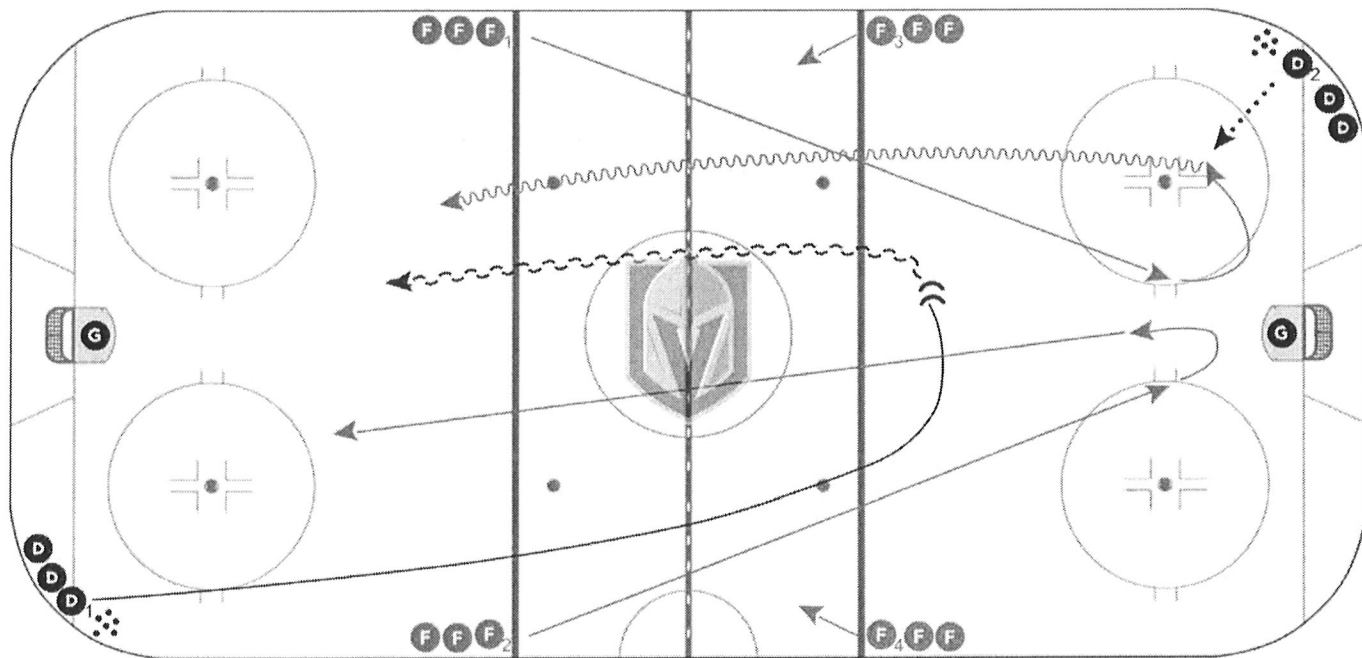


2 VS 1 BADGER

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Vegas Golden Knights

- Description:**
- F at all blue lines and **D** in opposite corners
 - **F 1** & **F 2** backcheck to home plate (to start drill) then receive pass from **D** in corner and attack 2 vs 1 on opposite end against **D 1**
 - Once **F 1** & **F 2** cross blue line **F 3** & **F 4** backcheck to disrupt 2 vs 1
 - Allow backcheckers to transition if they strip the puck
 - Flow drill from both ends



SADDLEDOME 2 VS 1

Category: 1 on 1 / 2 on 1 / 3 on 2

Team: Washington Capitals

- Description:**
- F 1 passes to D 1 stepping out of corner
 - F 1 and F 2 swing back into zone with F 2 receiving pass back from D 1
 - D 1 quickly steps to middle and receives pass from D 2 for a quick shot or 1-timer
 - F 1/F 2 head toward opposite end passing to F 3 who then passes across the blueline to F 4, bumping a pass back to F 1/F 2 for a 2-on-1 against D 1 who has gapped up back on their original end
 - F 3/F 4 then start the drill on opposite side with D 3

