



SMALL AREA DRILLS & GAMES

LEGEND

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

3 PUCK KEEP AWAY

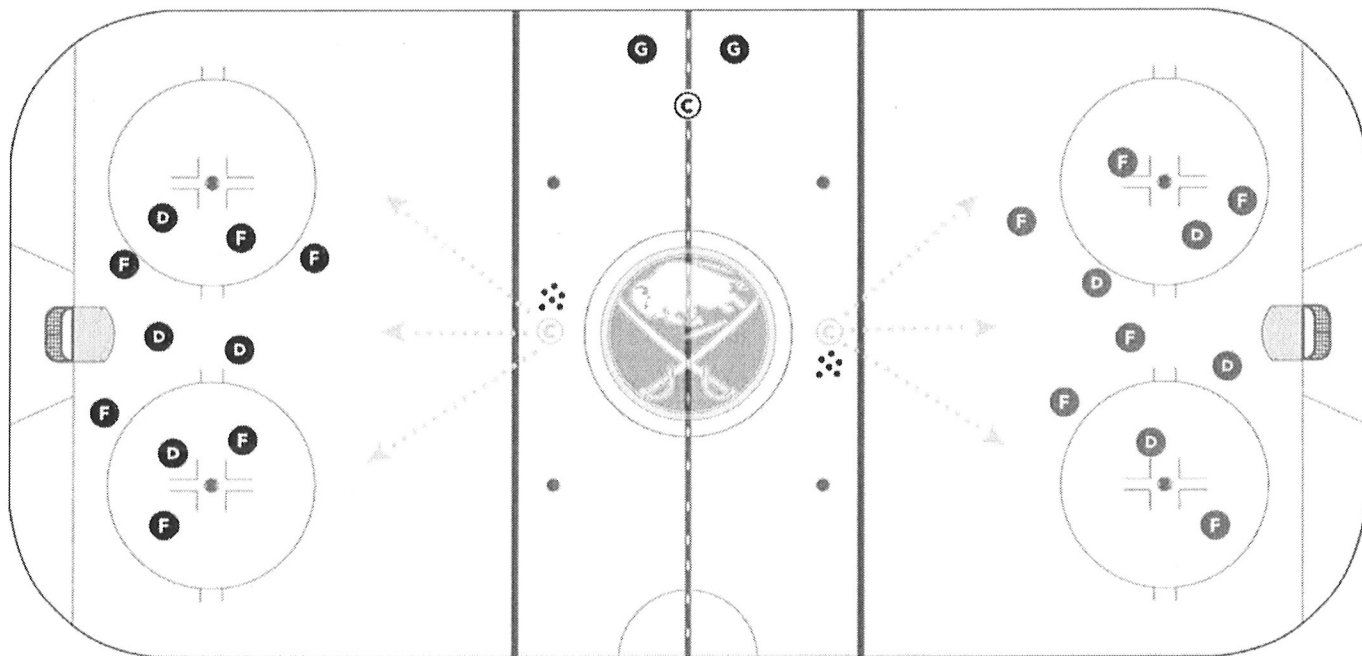
Category: Small Area Drills & Games

Team: Buffalo Sabres

Description:

- Goalies will be warming up with goalie coach in the neutral zone
- Half the players are split to each end, and face the coaches while in motion
- Coaches will throw three pucks into each end (or a designated number) and the players who gain possession will work to keep it as long as they can... players without the puck do the same upon stealing the puck

Note: coaches will replace any puck poked into the neutral zone with a new puck (players are to stay below blue lines at each end)

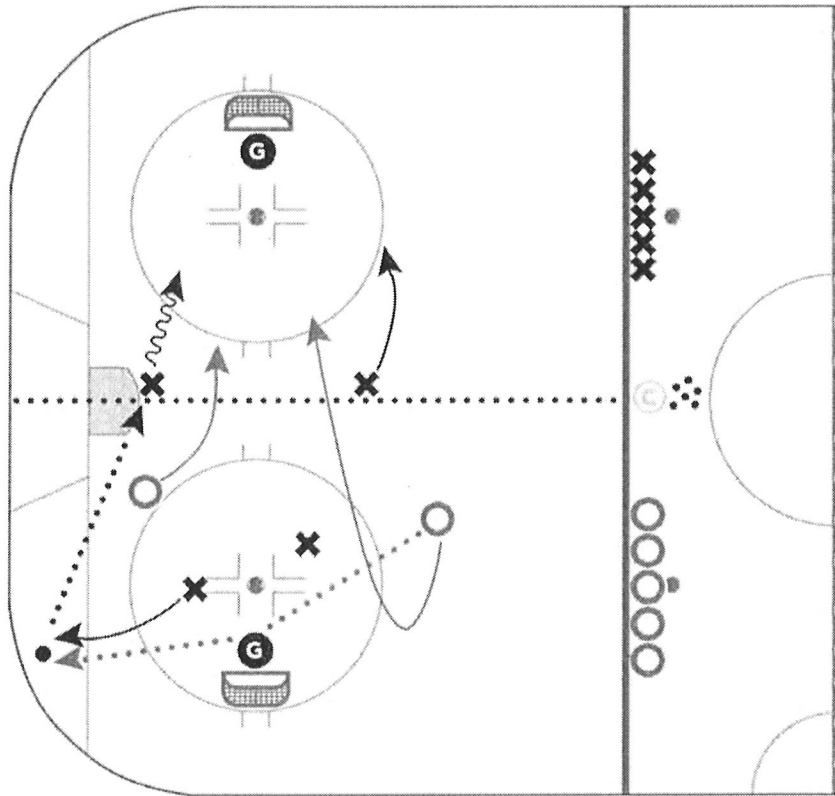


CURLEY 2 VS 2

Category: Small Area Drills & Games

Team: Buffalo Sabres

- Description:**
- If you can mark a line down the middle of the ice, it will help with the flow of this drill
 - Once started, this is a continuous drill... on a goal scored, the offensive two players receive a new puck from the coach and stay on offense
 - To start, a 2v2 is taking place in one half of the zone, and another two (next on offense) are waiting on the line for when the defending two can gain possession and make a transition pass to them
 - When the transition pass is made, the two offensive players attempt to prevent a 2v0 by racing back to the other zone
 - Rotation is: offense, then backcheck and defend, make a transition pass and back in line
 - Note: it usually takes the players a couple of repetitions before the drill smooths out

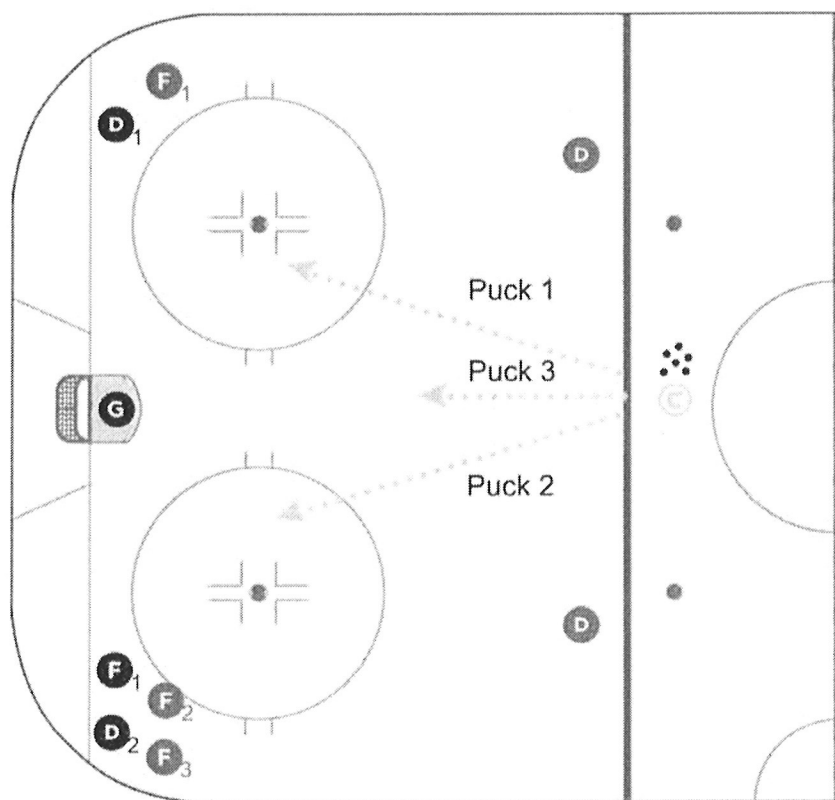


NET FRONT BATTLE 1 VS 1, 2 VS 2, 3 VS 3

Category: Small Area Drills & Games

Team: Dallas Stars

- Description:**
- Drill starts with a 1v1 in the corner, **D**1 vs **F**1
 - Whistle. First 2 players rest, and 2v2 starts in opposite corner as shown
 - Whistle. 3rd puck from a coach and all 3 **F**s attack against 2 **D** and low **F**
 - For all 3 pucks, the offensive players have the option to use the **D** up top and drive the net to get open

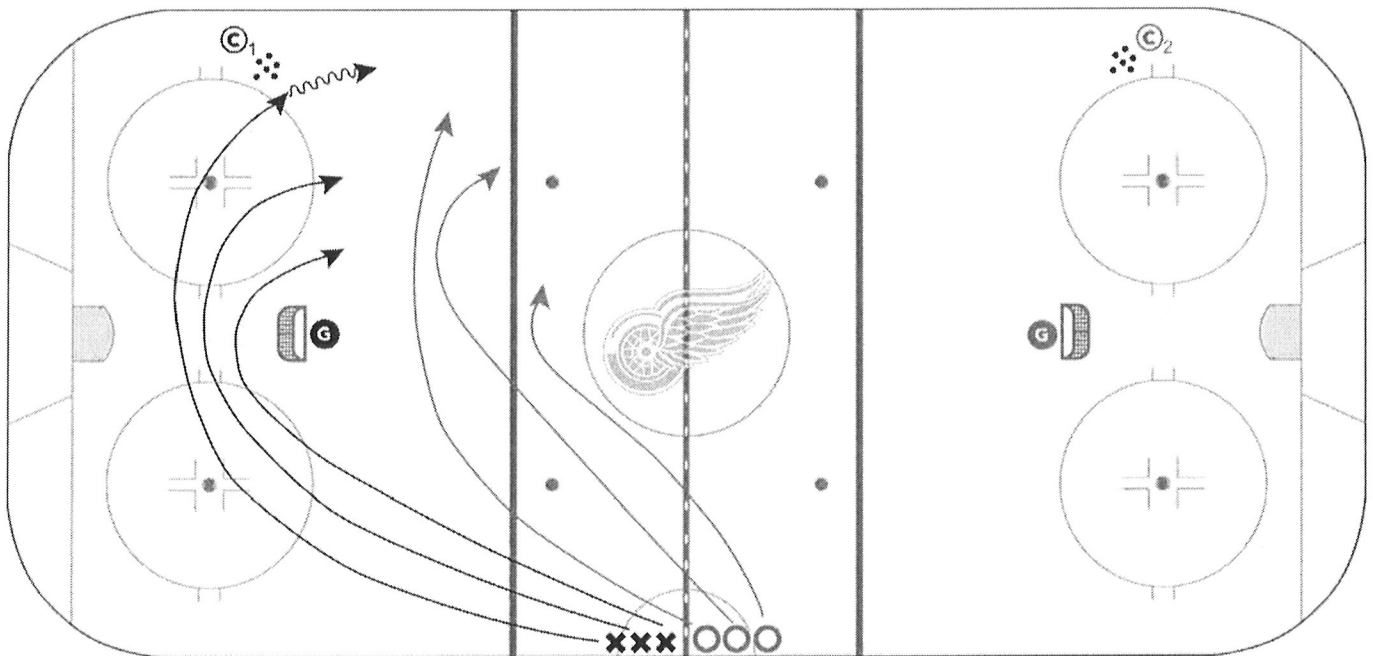


BOBCAT 3 VS 3

Category: Small Area Drills & Games

Team: Detroit Red Wings

- Description:**
- Drill starts as shown
 - Players start on the bench
 - Coach will whistle for a change, teams will alternate who starts with puck. Team that is getting the puck must skate behind the net prior to picking the puck up. Defending team must angle them off
 - Play out the 3v3, anytime goal scored, goalie makes save or puck out of play — coach transitions opposite team

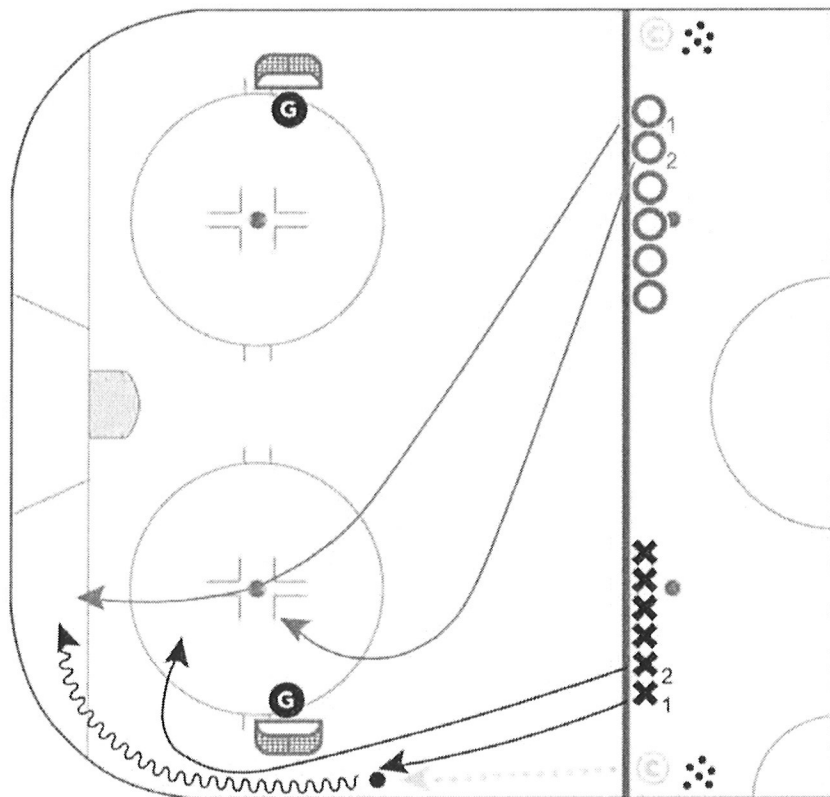


ROLLY ANGLE GAME

Category: Small Area Drills & Games

Team: Detroit Red Wings

- Description:**
- Coach lays puck behind net, first two Xs go around net, either X can pick up puck. First two Os gain ice and angle, play live 2v2
 - On whistle, opposite side coach lays puck and four new players go

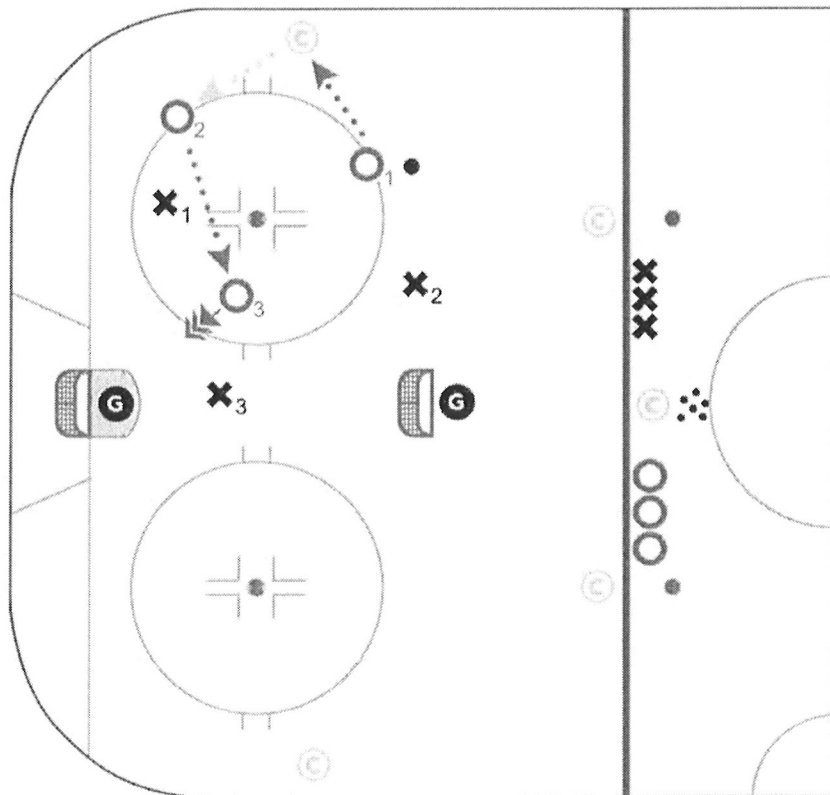


STACK THE NETS

Category: Small Area Drills & Games

Team: Edmonton Oilers

- Description:**
- Play 3 vs 3 in one zone with two nets facing the same way
 - Teams can score on any net but to be on offense, you must get the puck back from the coach
 - If the opposition gets puck, they must use a coach to get on offense
 - Coach in middle throws in new puck if someone scores

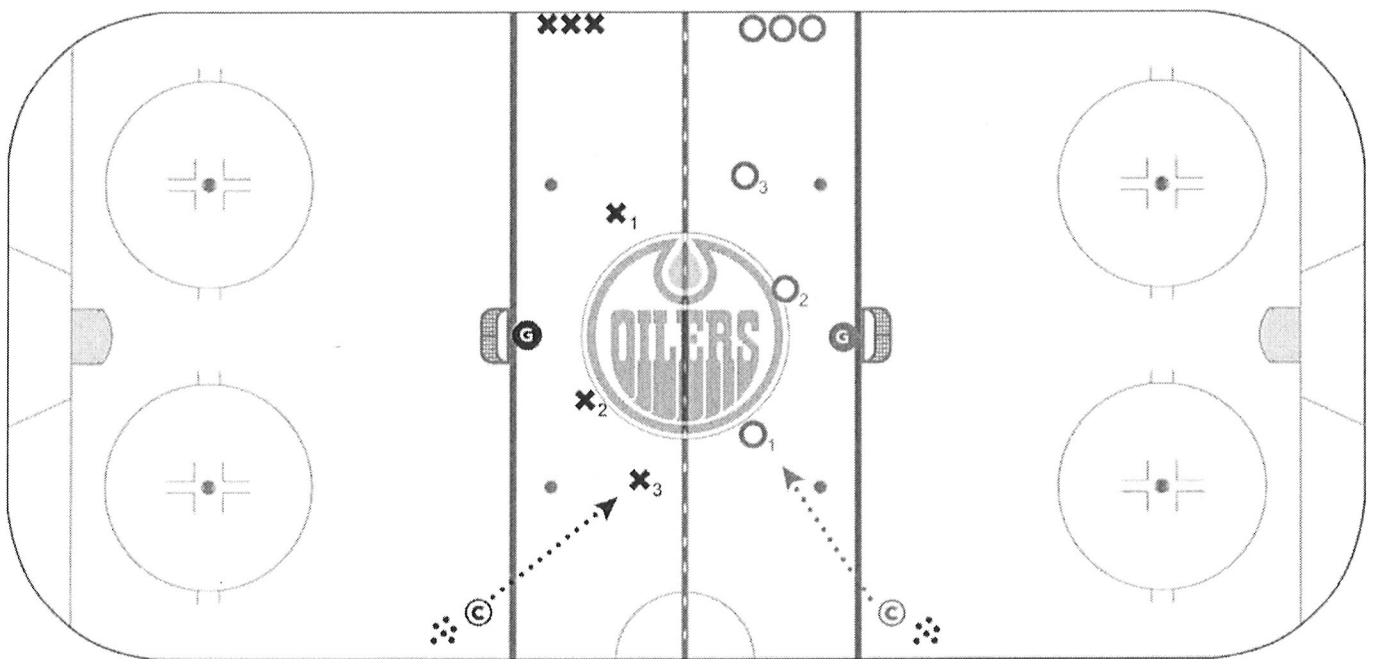


TRANSITION GAME

Category: Small Area Drills & Games

Team: Edmonton Oilers

- Description:**
- X and O's on bench and shooting at the opposite net
 - On whistle, players come out 3 vs 3, coach passes to their team which is on the same side of the ice
 - If the puck crosses your blue line, the puck is that team's to play
 - On whistle, players change and leave the puck where it is, while the next players come on

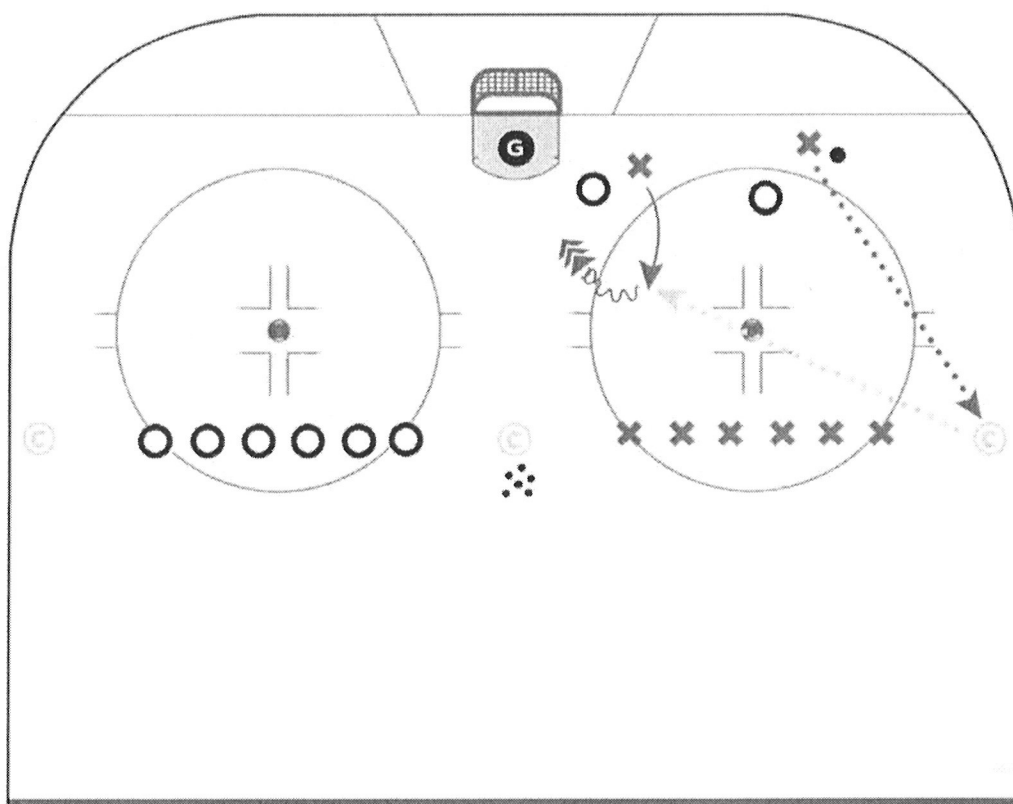


2 VS 2 OFFENCE SWITCH

Category: Small Area Drills & Games

Team: Montreal Canadiens

- Description:**
- 2v2 tight area
 - Coach chips puck in, the 1st team to touch the puck is on offence
 - When the defensive team retrieves the puck, they have to move it to one of the coaches that will give it back to them, and now become the offence
 - Can play 3v3 and change the number of players from time to time



3 GAME SMALL AREA 1 VS 1 : 2 VS 2 BOX

Category: Small Area Drills & Games

Team: New York Rangers

- Description:**
- Play 1 vs 1 or 2 vs 2 inside box
 - New puck if it goes outside box - 20 secs
 - Add pass to players / coach outside box - they become passers / shooters

