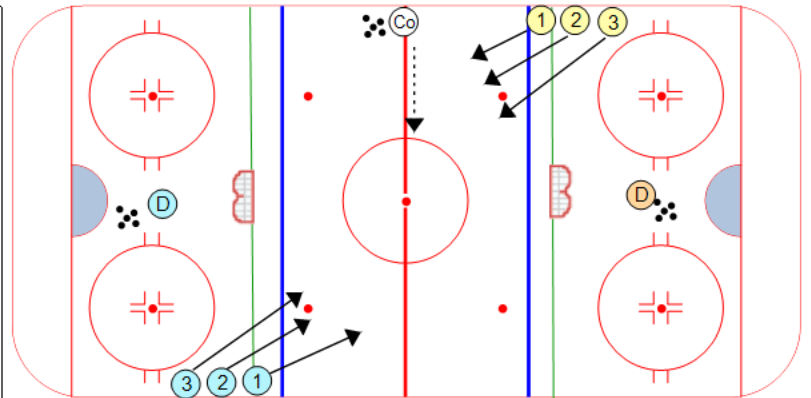


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 3 on 3 D Support (Mid-Ice) Content elements: _____ Components : _____

Description

Coach puts puck in the middle, 2 teams of three compete to score on their respective goals. Pucks that cross the imaginary goal line (green) must be played by the respective D player only (can use new puck to keep the tempo up). Forward players should get into a breakout position to receive the pass from the D. Defending D players MAY forecheck, but cannot pressure the D player directly. D players cannot pass the imaginary goal line (green).
 ***Note: If a team misses the net, they're essentially losing possession of the puck, as the other team's D is behind the net they're trying to score on.



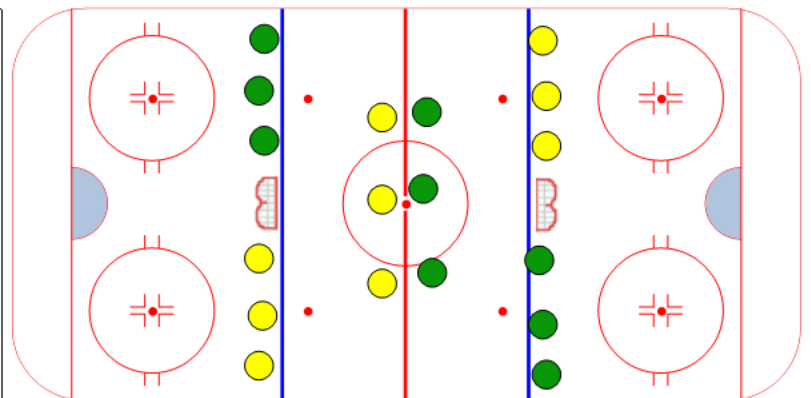
Key Points : 3 on 3 Quick Breakouts Hit the Net Competition

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 3 on 3 w/ Helpers Content elements: _____ Components : _____

Description

Teams play 3 on 3 in the neutral zone. Divide the remaining players up and put them on alternating sides of the net. Players involved in the 3 on 3 can use their teammates stationed along the blue line to help set the play up. Players on the blue line cannot cross into the neutral zone.



Key Points : Small Area Puck Contr Quick Puck Movement Finding Passing Lanes 3 on 3

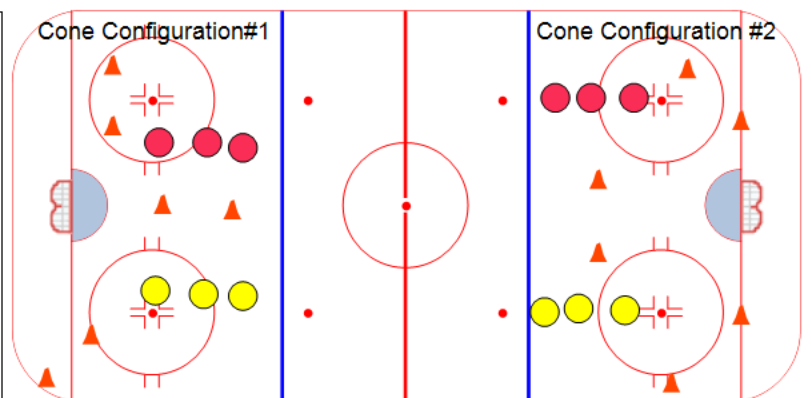
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 3 on 3 w/ Cone Passing Content elements: _____ Components : _____

Description

Players compete 3 on 3 inside the blue-line. On a possession change, players must pass the puck between one of the cone sets before they can shoot on net.

Notes: 2 different cone configurations shown. Cone patterns should reflect specific passing lanes coach wants to focus on.



Key Points : Small Area Game Quick Transition Passin Using "Lanes" on the Ic Competition

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

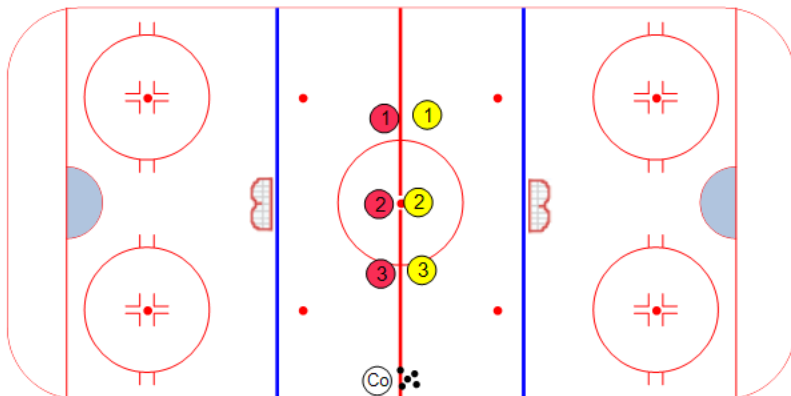
Title : Quick Transition 3 on 3 **Content elements:** _____ **Components :** _____

Description

Nets are placed on the blue lines. 3 players from each team begin in the NZ. Co throws a puck into the NZ. The teams try to score on their respective nets. Anytime a puck crosses the blue line, Co puts a new puck in play by making a pass to the team who did not lose control of the puck.

Ex: If yellow misses the net, Co's next pass would be to red.

Note: Coaches need to be ready to make a quick pass to focus on transitions. Coaches will need lots of pucks.



Key Points : Transition Getting Open for Passes Defensive Responsibility Small Area Game

Drill no. : _____ **Duration :** _____ **Minutes** **From :** _____ **To :** _____

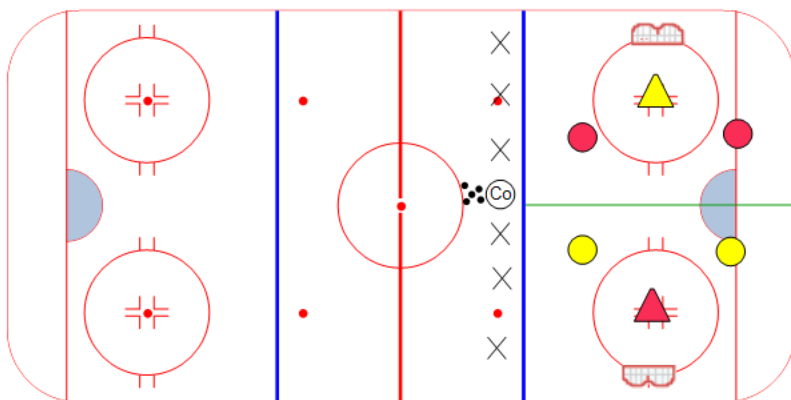
Title : Cross-Ice 2 on 1 Small Gam **Content elements:** _____ **Components :** _____

Description

Game is played cross-ice. The ice is divided in half by an imaginary line. Two offensive players and one defensive player line up on each side. Co dumps the puck into the zone. Red D tries to get the puck up to Red O. Yellow D tries to get the puck up to Yellow O.

When a goal is scored, Co passes the puck to the opposing team's offense.

Note: Defensive player can receive passes from offensive players on the other side, but must not cross the middle line.



Key Points : 2 on 1 Transition Passing Attacking the Net Small Area Game