



DAUER: 330 min.

BESCHREIBUNG:

33 Small area games and drills which lead so situations often seen in "modern" ice hockey

KEYPOINTS:

1vs1 battles
Creating overloads
Angling and pressuring
Puck management
Passing through traffic / variations

1. WARM-UP PUCK PROTECTION UND STICK ON PUCK



ZEIT: 10 min.

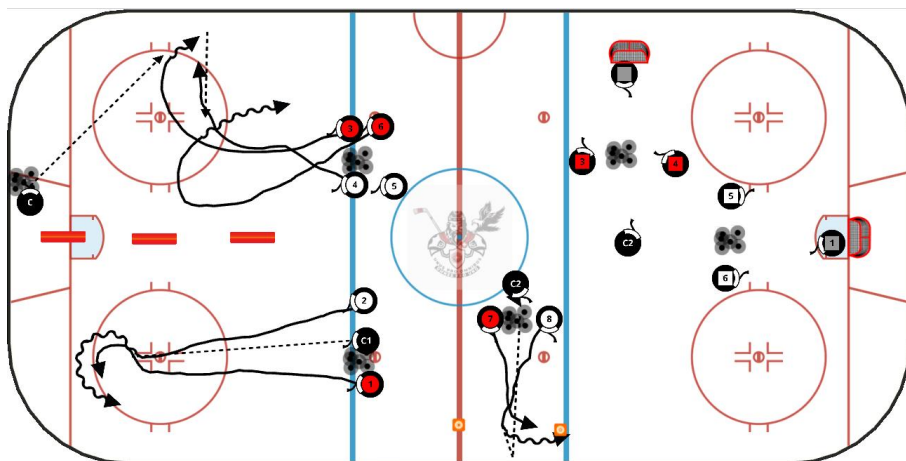
BESCHREIBUNG:

1/2 of the players with puck, 1/2 of the players without puck. On the whistle try to get a puck and protect it, 10-15s. On the next whistle, players without a puck has to fulfill a challenge (push ups, burpees, skating, etc.)

KEYPOINTS:

Head up
Puck protection
Stick on puck
Angling

2. NT BODY CONTACT STATIONS



ZEIT: 10 min.

BESCHREIBUNG:

2 Groups (half / half colors)

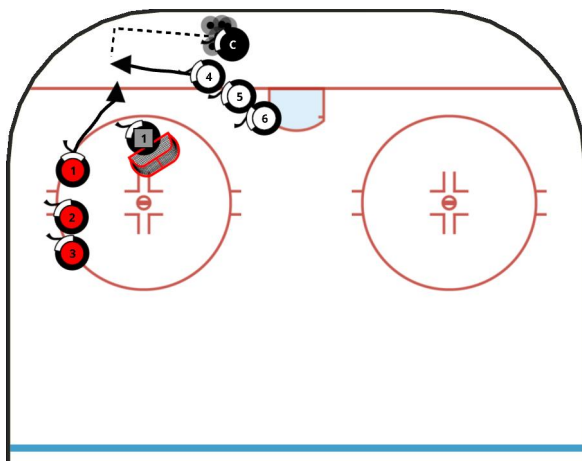
1. Forecheck breakout (both sides)
2. Breakouts under pressure

1. Goalies 2 stations
2. 1vs1 puck protection

KEYPOINTS:

1vs1 battles in different situations

3. SAG 1 VS 1 CORNER BATTLE



ZEIT: 10 min.

BESCHREIBUNG:

Coachs dumps puck to corner
1vs1 race / battle to puck. Play 1vs1 Both players can score when they have to puck

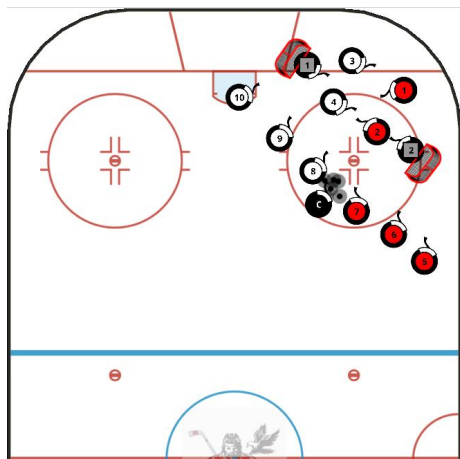
KEYPOINTS:

Board battles
Stickwork
Net drive



Notizen:

4. SAG 2 VS 2 IN CORNER ON 2 NETS



ZEIT: 10 min.

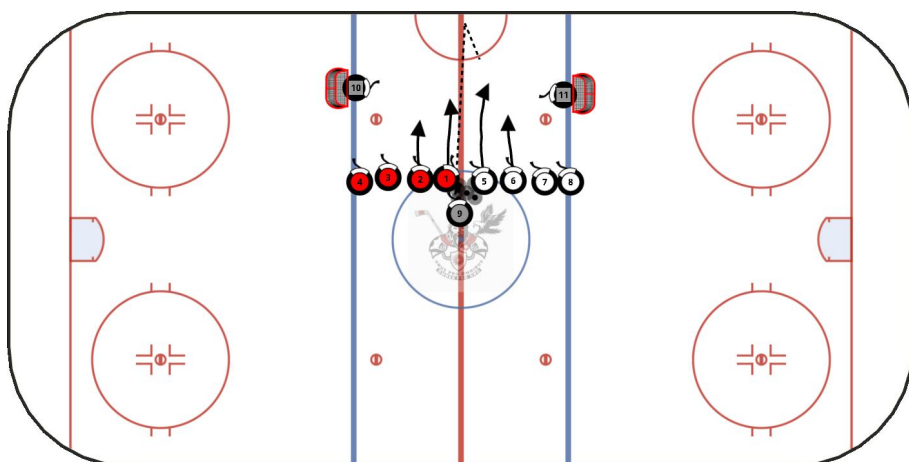
BESCHREIBUNG:

play 2vs2, score only on 1 side. Use goal to escape and regroup the play

KEYPOINTS:

Board plays
Battles and stickwork
Use goals to escape Regroup
Give and goes
D match ups

5. SAG 2VS2 BATTLE LAND



ZEIT: 10 min.

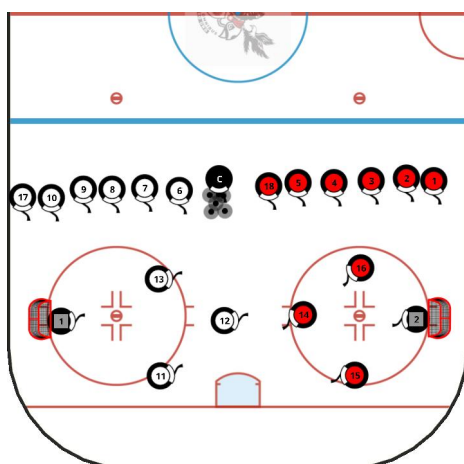
BESCHREIBUNG:

Coach dumps puck on board
2vs2 hard battle --> go forward! drive the net

KEYPOINTS:

Net drive
Intensity
Warrior spirit

6. SAG 3 VS 3 QUER "NHL"



ZEIT: 10 min.

BESCHREIBUNG:

Players line up above the circle in the zone to have smaller space "NHL style". Play 3vs3 and waiting players are the "boards" to keep the puck in (no passes)

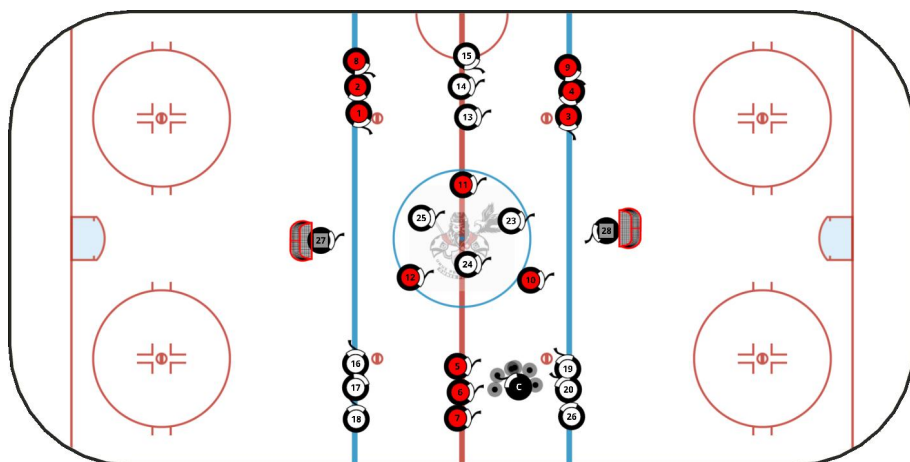
KEYPOINTS:

Battle level and intensity
Puck protection
Communication
Give and go



Notizen:

7. SAG 3 VS 3 + 3 PASSERS



ZEIT: 10 min.

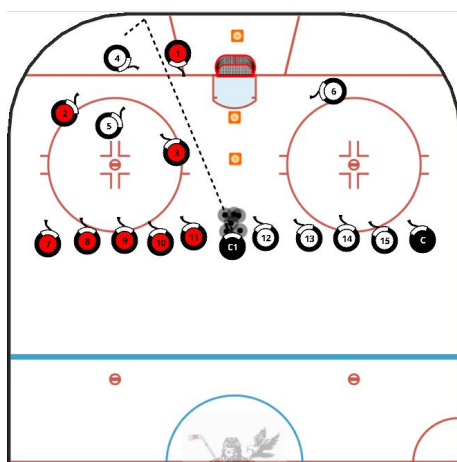
BESCHREIBUNG:

3 on 3 in the middle zone
Every team has 3 additional passers (or add shooting)
Whistle to change (always the 3(6) in position jump in

KEYPOINTS:

Battles and stickwork
Puck protection
Give and go
Deflections
Keep the puck in your team

8. 3VS2 LOW PUCK POSSESION



ZEIT: 10 min.

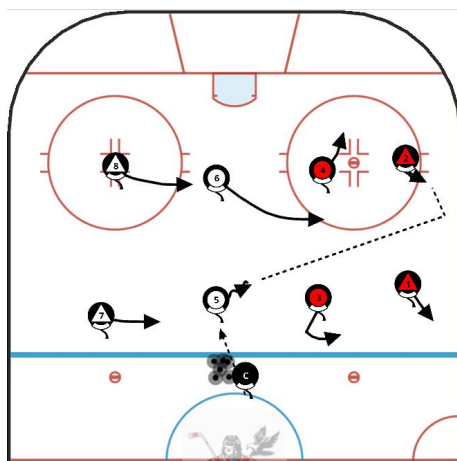
BESCHREIBUNG:

The playground is seperated in 1/2 field.
Play 3vs3, but 1 player has to stay on "their side" so create a 3vs2 situation to keep the puck. If the 2vs3 players win the puck, release to your side and your are now offensive 3vs2 (1 player of the other teams stays)

KEYPOINTS:

Offense: Keep the puck
Small area passing, open passing lanes, passing through traffic
Defense: stickwork, cut passing lanes, pressure the puck, attack passes

9. PRESSURE BREAKOUT 4VS4 FLOW



ZEIT: 10 min.

BESCHREIBUNG:

Flow dump ins and hard forechecking
Pressure breakouts 4vs4

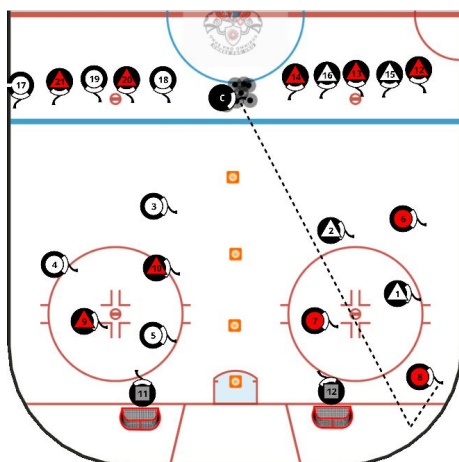
KEYPOINTS:

Communication
Angling
Stick on puck
Pressure breakouts



Notizen:

10. SAG 3 VS 2 PUCK POSSESSION



ZEIT: 10 min.

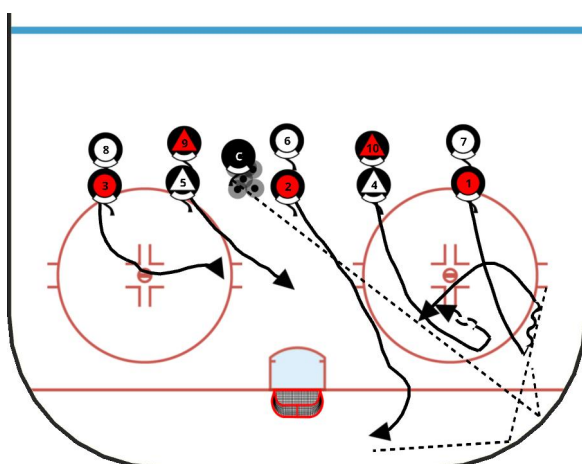
BESCHREIBUNG:

- Team splits into two groups, forwards against opposing D men.
- Coach chips puck low on one side to start play 3vs2 as other 5 players wait in the other half of the zone for the puck.

KEYPOINTS:

- Puck possession 3 vs 2
- Puck recovery
- Give and go
- Active stickwork
- Passing and shooting lanes

11. SAG 3 VS 2 LOW SCORING



ZEIT: 10 min.

BESCHREIBUNG:

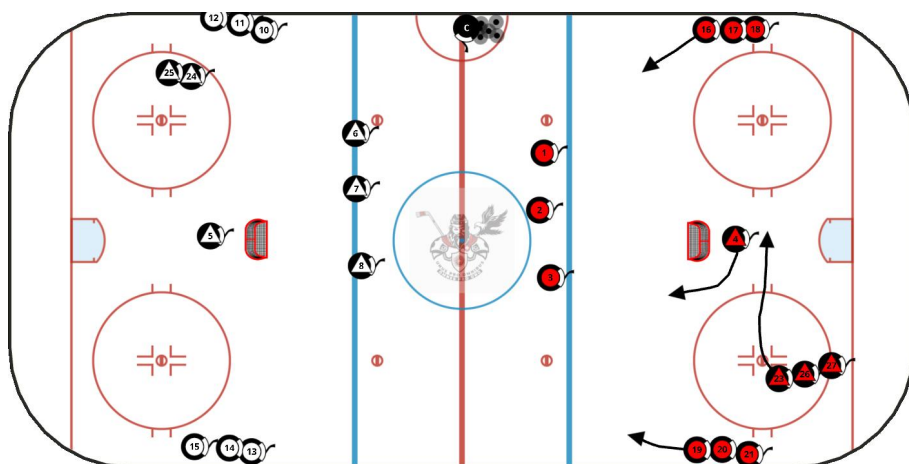
- Set up: 2 wingers outside of the dots, center in the middle, 2 d's inside of the dots.
- Coach dumps a puck and forwards try to score, D get out with control

KEYPOINTS:

- Low plays, share the space, get ready in the slot (posts) and look for the backdoor plays, use the net to escape

- D, keep inside positions, good stickwork to close passing and shooting lanes, make pressure and communicate with each other

12. SAG 3 VS 3 BREAKOUT PASSING



ZEIT: 10 min.

BESCHREIBUNG:

- play 3 on 3 with a "quarterback" behind the net
- After puck recovery always make a breakout with quarterback
- Don't attack him
- If D has no options he can skate up to the red line and shoot
- On whistle this D and 2F from side will play

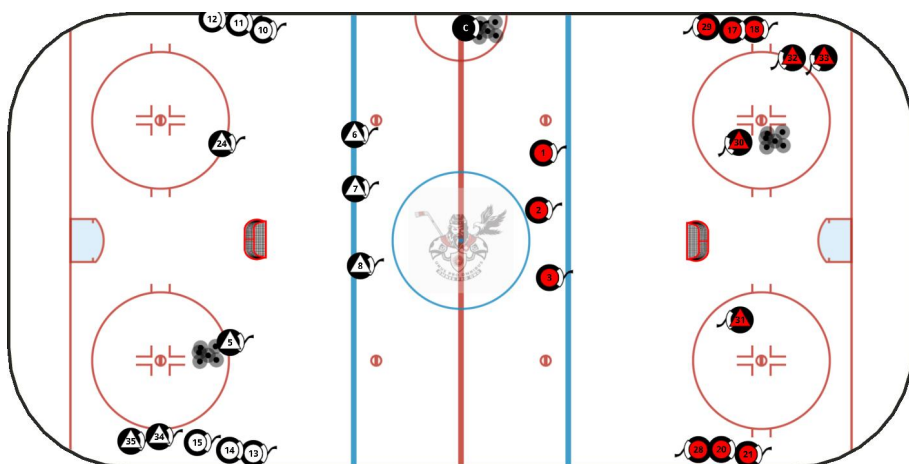
KEYPOINTS:

- Breakout passing
- Open pivots
- Regroup
- Puck control
- D match ups
- Net drive



Notizen:

13. SAG 3 VS 3 BREAKOUT / REGROUP PASSING



ZEIT: 10 min.

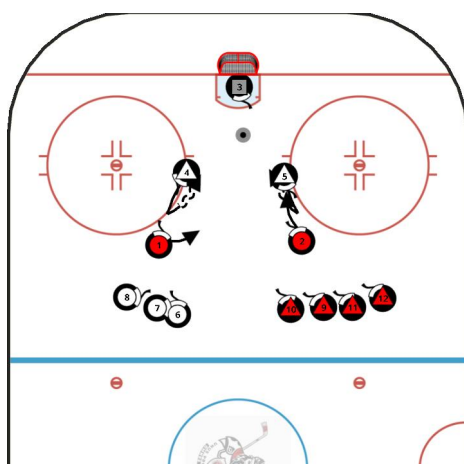
BESCHREIBUNG:

play 3 on 3 with 2 defensemen behind the blue line on each side of the goal.
After puck recovery always make a breakout with the quarterbacks
If D has no options he can skate up to the blue line and shoot
On whistle this D and 2F from side will play

KEYPOINTS:

Breakout / regroup passing
Open pivots
Regroup
Puck control
D match ups
Net drive

14. BOXOUT AND NET DRIVE 2VS2



ZEIT: 10 min.

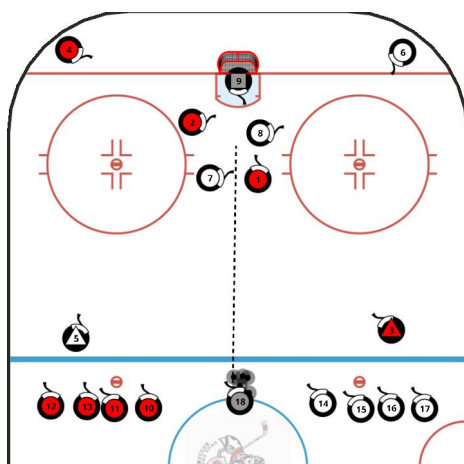
BESCHREIBUNG:

A puck is in front of the net. On whistle the 2 D close gap to F and touch shin pads with stick. When touched, F hard net drive and D boxout 2vs2. Play 2vs2

KEYPOINTS:

Gap
Boxout
Stick battle
1vs1 2vs2

15. SAG 2VS2 NET FRONT WITH 4 CORNER OPTIONS



ZEIT: 10 min.

BESCHREIBUNG:

2vs2 in front of the net. Each team has two players set up diagonal. The goal is to have battles in front of the net. Players outside feed their teammates with pucks (deflections, etc.)

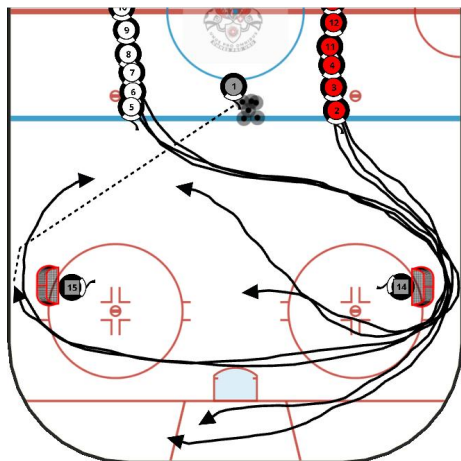
KEYPOINTS:

Net front battle
Boxout/stick control/inside
Rebound control
Active sticks / deflections



Notizen:

16. SAG 3 VS 3 BREAKOUT AND FORECHECK



ZEIT: 10 min.

BESCHREIBUNG:

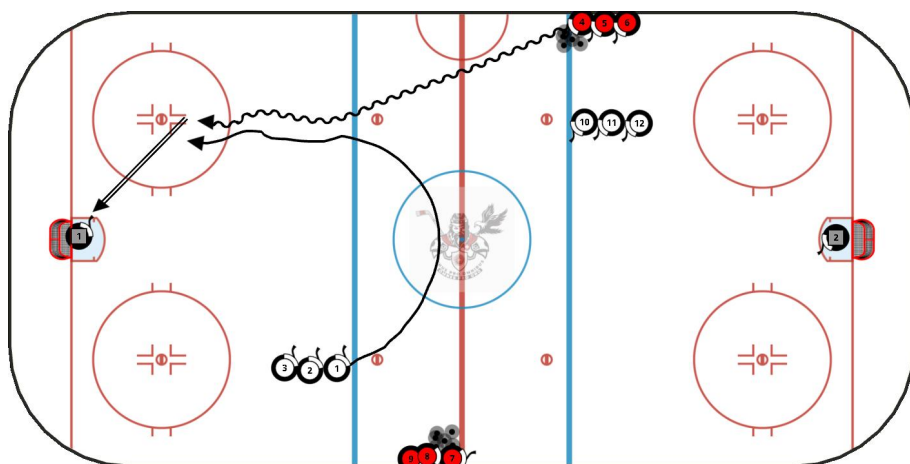
Coach dumps puck behind the net

Close team goes behind wide net and in breakout positions. As soon as last of the first group passes by, 3 forecheckers can follow around the net - then it's an open 3 vs 3 game

KEYPOINTS:

Breakouts
Forecheck
Read and react
Communication

17. 1VS1 LATERAL GAP ANGLING



ZEIT: 10 min.

BESCHREIBUNG:

on whistle, start for net drive! Opponent player has to skate forward (not skating bw) and angle the player out to win the puck, if you win it, skate out

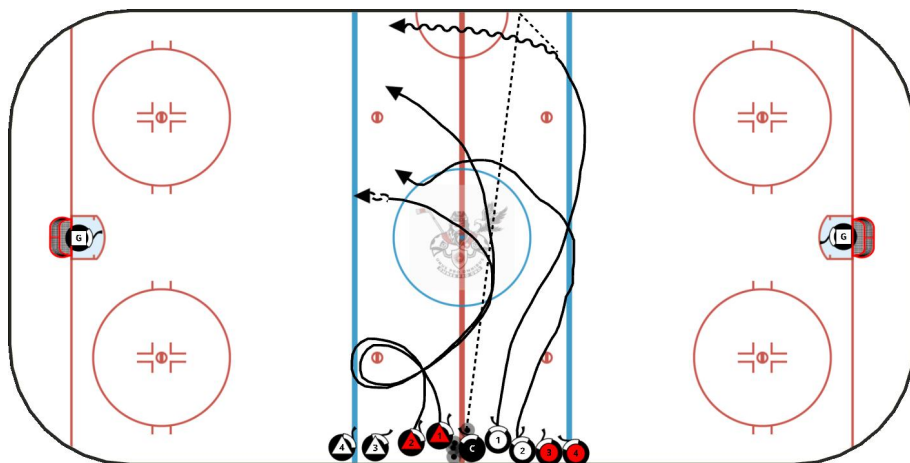
Opt. 1 without stick for good body position

Opt. 2 with stick, game like

KEYPOINTS:

Lateral gap control
Angling
Body positioning
Stickwork
Puck protection
Net drive

18. 2 VS 2 ANGLING FULL ICE



ZEIT: 10 min.

BESCHREIBUNG:

Coach dumps puck off of the far wall and F1 and F2 race to pick it up to start 2@2 attack. Defenders D1 and D2 must make a quick turn around the face off dot before skating hard across the ice to defend against F1 and F2. D1 tries to angle F1 into the wall as D2 sets a tight gap on F2. Play out 2@2. If defenders recover the puck, they can attack the other direction.

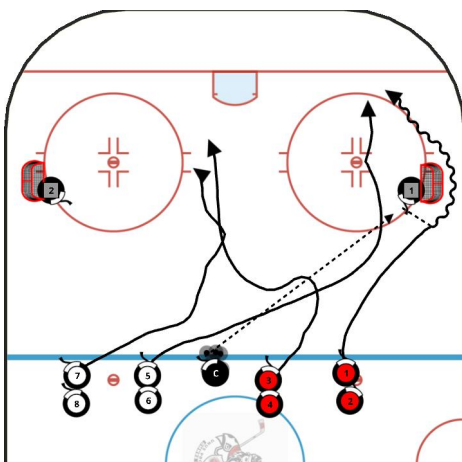
KEYPOINTS:

- Defenders hustle across the ice to angle puck carrier to the wall and set a tight gap.



Notizen:

19. SAG 2 VS 2 FORECHECK WHEEL



ZEIT: 10 min.

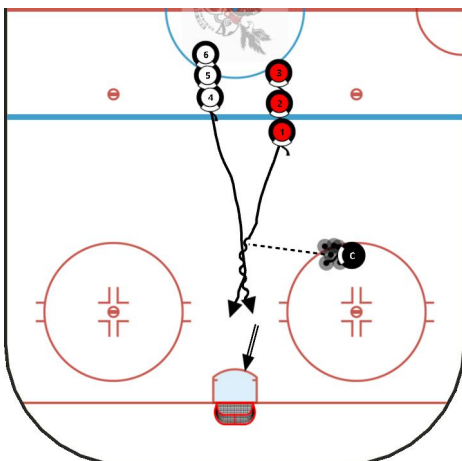
BESCHREIBUNG:

Coach plays puck on goalie and he puts it behind the net, player 1 has to pick up the puck and "wheel". He has to go behind the net to the other side, Blue 1 FC tries to angle him out, then it's an open 2vs2

KEYPOINTS:

D wheel
F angling while FC

20. SKILLS 1VS1 NET DRIVE / BACKCHECKING



ZEIT: 10 min.

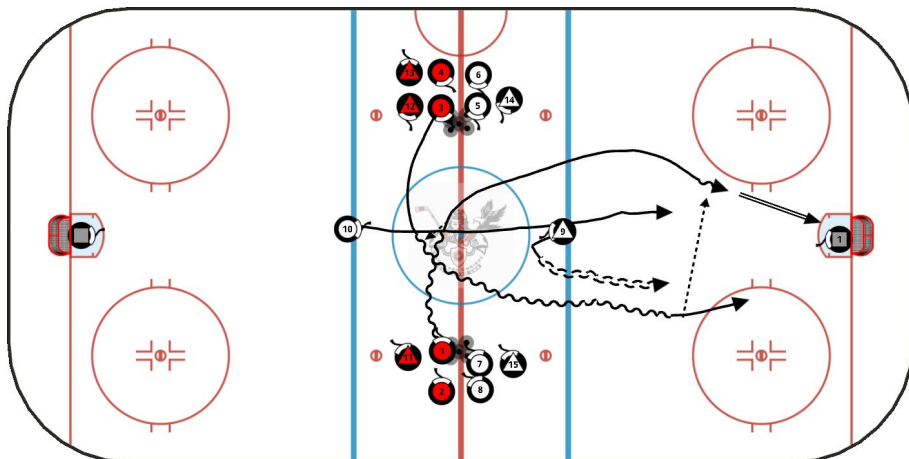
BESCHREIBUNG:

F1 starts inside the blueline
F2 outside
as soon as coach plays the puck to the middle, 1vs1 race with advantage (backchecker clears the puck)

KEYPOINTS:

Scoring under pressure
backchecking stickwork

21. 2 VS 1 + BC CHALLENGE



ZEIT: 10 min.

BESCHREIBUNG:

2 red start to cross in the circle. White D is on the blueline and Backchecker on the far side blueline. At the moment they cross, the can start to attack/backcheck. Score the goals! Play 2vs2 (15s). The guys who played offense will play defense the next shift

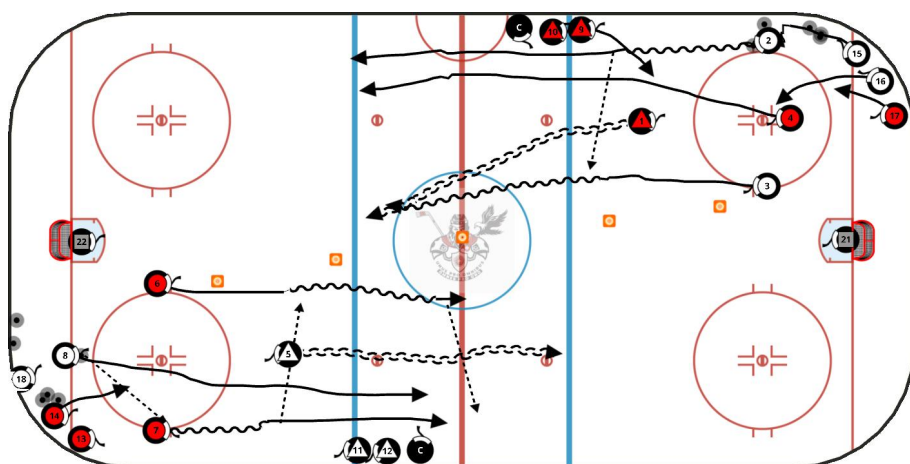
KEYPOINTS:

Quick 2vs1 attack under pressure
Count the goals (challenge)



Notizen:

22. 2VS1 + 1 NET DRIVE AND BACKCHECKING READS



ZEIT: 10 min.

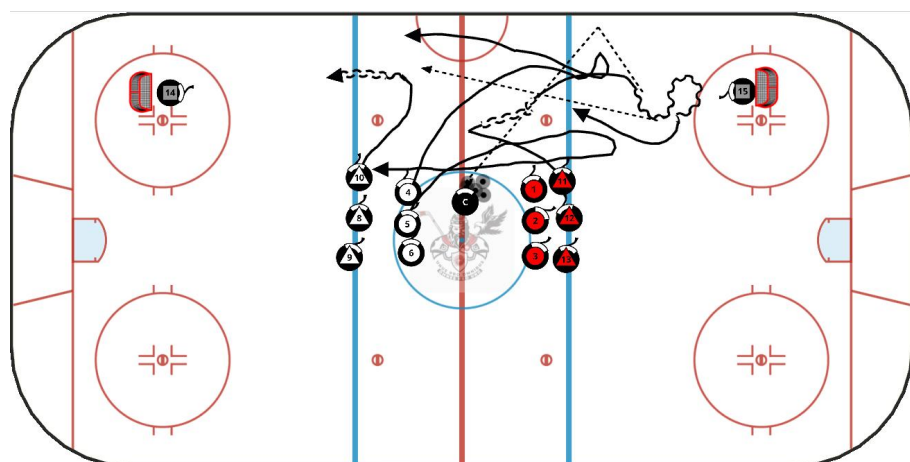
BESCHREIBUNG:

- On whistle, backchecking F passes a puck to one of the two attacking Fs to start the 2@1. An attacking F can also start with the puck as an option.
- Backchecking forwards now back checks hard to create a 2@2 situation.

KEYPOINTS:

- Hard back side pressure
- Good communication between Dman and Backchecker
- Vary the starting position of all the players to change the pressure and backcheck reads.

23. SAG 2 VS 1 DOT-LINE TRANSITION (FC AND REGROUP)



ZEIT: 10 min.

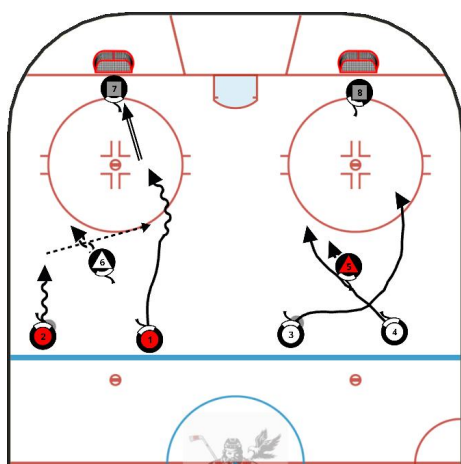
BESCHREIBUNG:

Coach dumps puck on one side. D skates up to the red line and gets back to the puck (breakout under pressure). As soon as he goes back from the red line. 2 Forecheckers start to chase him and a D from the otherside jumps in. D1 tries to play the puck to D2 (also via boards). The two forecheckers come back for a regroup and attack 2vs1 on D1. D2 steps up to the red line, coach dumps a puck and 2 new forecheckers jump in - flow.

KEYPOINTS:

- Breakout under pressure
- Regroups
- 2vs1 dot-line zone entry
- 1vs2 zone entry

24. 2 VS 1 NET DRIVE CHALLENGE



ZEIT: 10 min.

BESCHREIBUNG:

- Start 2vs1 on whistle
- First goal counts
- If D wins puck:
- Opt. 1 he has to keep the puck
- Opt. 2 he can also score on the other net

The team (2F and 1D) who don't score, has to skate hard to the far blueline and tight turn and back to the group

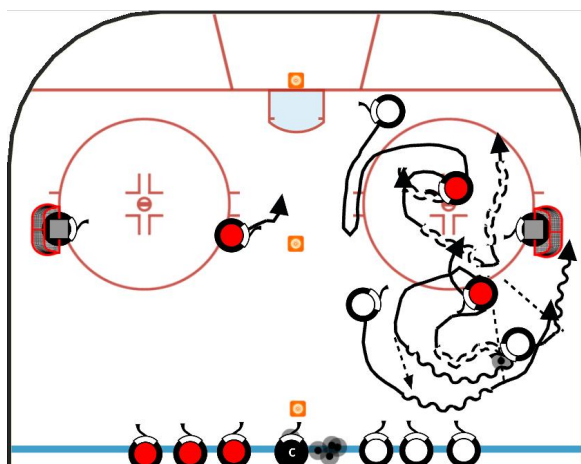
KEYPOINTS:

- Net drive
- Determination in scoring
- 2vs1 plays
- 1vs2 plays



Notizen:

25. 3:2 OFFENSIVE TRANSITION (OR 2VS3)



ZEIT: 10 min.

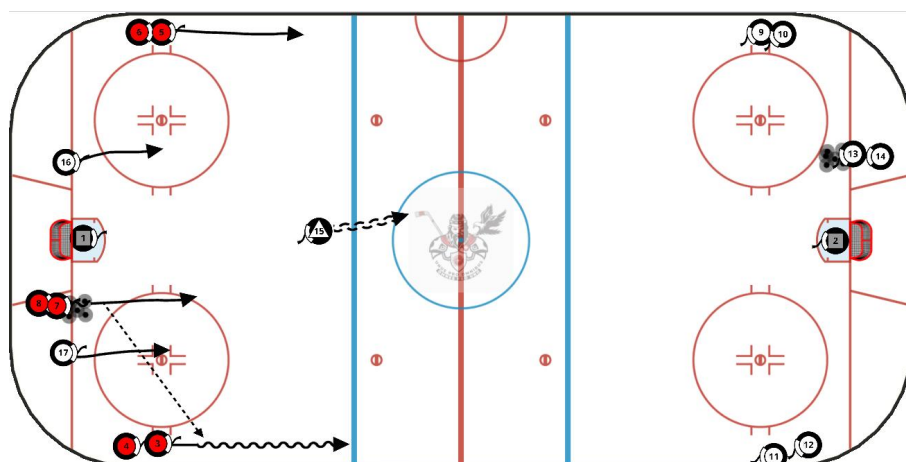
BESCHREIBUNG:

Übungssammlung: SMALL GAMES
3vs2 on ozone. If you win the puck (2 defensive players), fast transition with player in offensive zone for attack. Game 3vs2 offensive. Opt. If you want defensive overload, 1 player stays in defensive zone (2vs3 offensive)

KEYPOINTS:

Fast transition
Fast scoring
Determination
Back checking
Communication

26. 3 VS 1 (3RD MAN) + 2 BC



ZEIT: 10 min.

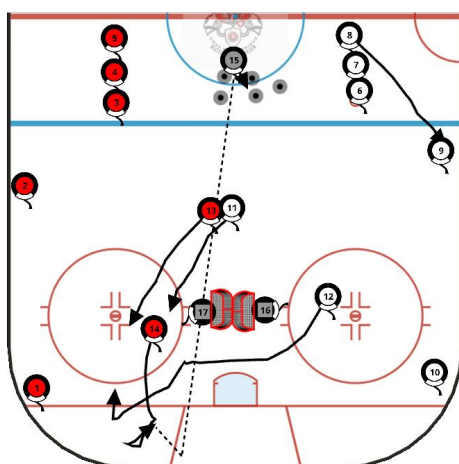
BESCHREIBUNG:

On whistle, 3 red start
1 white D and 2 back trackers go hard
On shot - 3 white start for next transition and red plays defense (from any position they are)
FLOW DRILL

KEYPOINTS:

offensive and defensive transition
3rdman
hard backtracking
Net drive and use opportunities with determination

27. SAG GOALIE 360 SHOOTERS



ZEIT: 10 min.

BESCHREIBUNG:

2 on 2 with 2 shooters/passers each team. Score just on one net
Whistle to change, shooters play, 2 new shooters

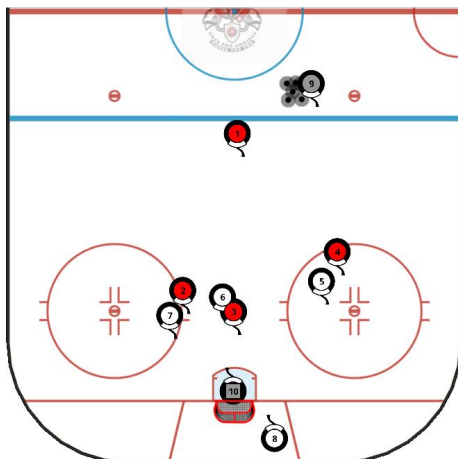
KEYPOINTS:

Net front presence
Screen and deflection
D scoring
2 on 2 man and stick control



Notizen:

28. SAG HISCHIER / JOSI 3 ON 3



ZEIT: 10 min.

BESCHREIBUNG:

play 3 on 3 (or 2vs2) in the zone on 1 net

team red has a "Josi" on the blueline and team white a "Hischier" behind the goalline. At least 1 pass after puck recovery

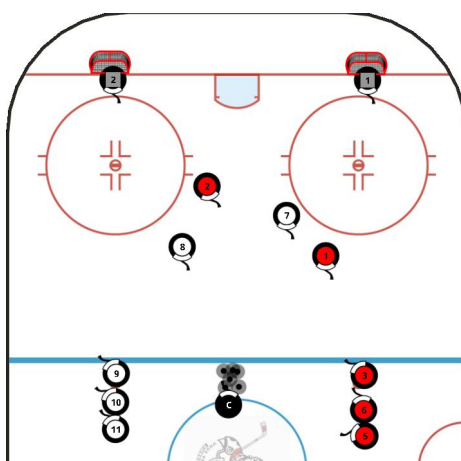
Add. rule: Players can switch positions and be attacked. Add. rule: stay 1vs1 or you can attack any player

switch "Hischier/Josi" at halftime

KEYPOINTS:

match ups
play from behind the net
play from the blueline

29. SAG NHL DRAFT



ZEIT: 10 min.

BESCHREIBUNG:

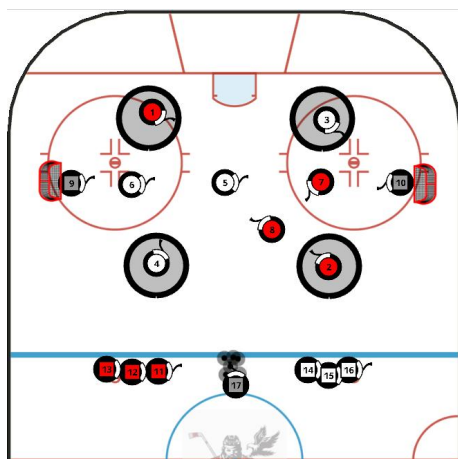
Start 2vs2, scoring on both goals (1 pass or score on other goal)

with 3 passes (pass, back, pass) you can "draft" a new player - 3vs2... until 4vs4

KEYPOINTS:

be creative and active
awareness of changing situations
communication
give and go

30. SAG 2VS2 + 2 JOKERS ON DOTS TO SCORE AND PASS



ZEIT: 10 min.

BESCHREIBUNG:

Play 2vs2 in zone. Each team has 2 jokers in a circle / on a dot for passing and scoring. Jokers become players after whistle. Score on both sides, 1 pass minimum

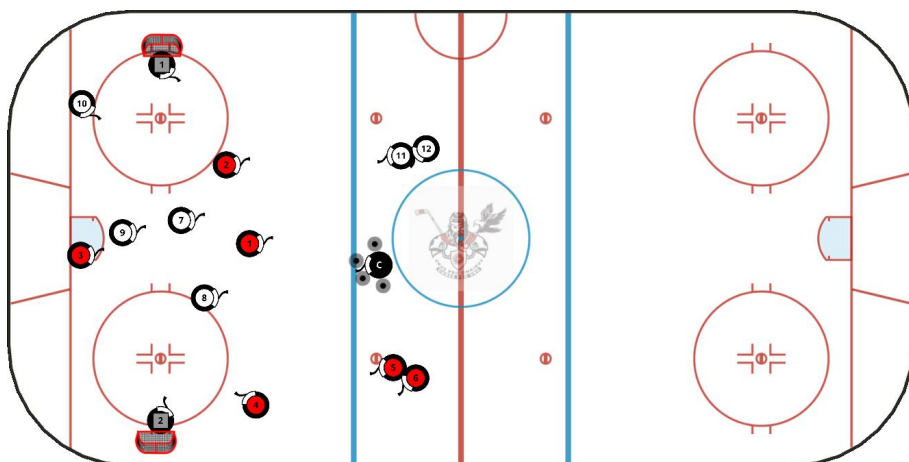
KEYPOINTS:

Scoring game
One-timers
Deflections
Catch and release
Give and go



Notizen:

31. SAG 4 VS 4 CREATIVITY SCORING ON BOTH NETS



ZEIT: 10 min.

BESCHREIBUNG:

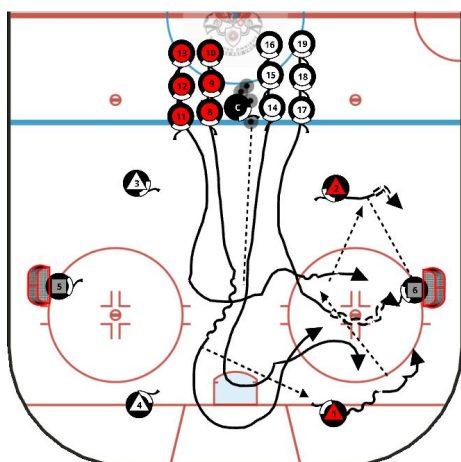
Play 4vs4 in the zone

Rules: you can score on both nets. Only on one-timers, deflections and rebounds. 1 pass after puck recovery or transition to the other net

KEYPOINTS:

Creativity
Quick transition
Head up
Communication in chaos
Head speed

32. SAG OUT RIDERS 4 VS 2 POWERPLAY



ZEIT: 10 min.

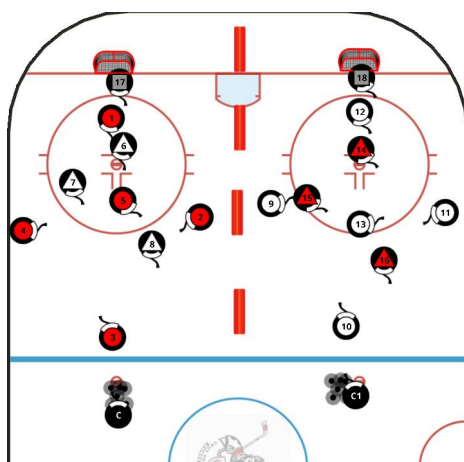
BESCHREIBUNG:

2 players of each color in the outside corridors. Play 2 vs 2 in the middle. If you have the puck it's a 4 vs 2 "powerplay". Try to set up with a screener and point man to a diamond. Outside players can move up (to the middle) and down to the wall.

KEYPOINTS:

Powerplay basics
Passing and shooting lanes
One-timers

33. SPECIAL TEAMS 5 VS 3 HANDLING PRESSURE



ZEIT: 10 min.

BESCHREIBUNG:

Play 5vs3 powerplay (set ups as 5vs4 powerplay or read and react). Box can pressure as they want. Challenge (count goals or specific amount of pucks to score)

KEYPOINTS:

Powerplay under pressure
Communication
Support