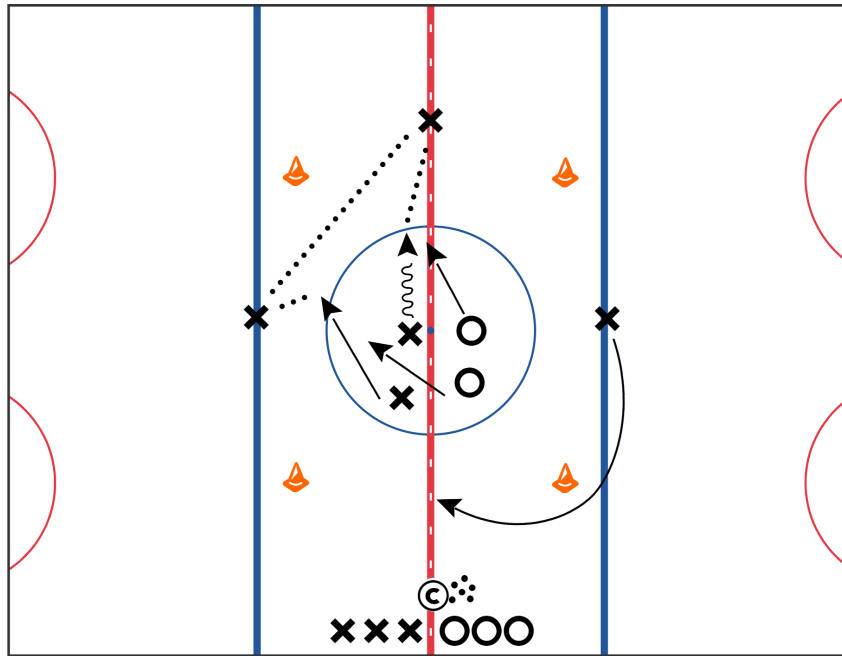


U11 AA Playing Defence - DZ

Duration: 199 mins

2v2+3 Box Passing Game

10 mins



Description

Players are split into two teams. The team that starts on "offence" first places three players outside of the box (made by the pylons) and 2 players on the inside of the box, these players are not interchangeable and the players have to stay either in or outside the box depending on their role. The "defensive" team places two players inside the box. The three players on the outside of the box are free to move to the adjacent open side of the box but can not have two players on the same side of the box (in the diagram this is represented as the one X moving from their original side of the box to the open side).

To start the game the coach either passes to one of the "offensive" players inside the box or one of the outside players. The object of the game is to complete passes that move from the inside of the box to the outside of the box and then back inside of the box (this is how teams score points, the puck goes from inside to outside then back to inside). A team is awarded one point for completing this passing sequence and only when passes are completed. If a pass misses then there is a reset and the sequence has to be repeated. Coaches can play where two one-touch passes with the same players counts OR can play where the player on the outside of the box can not pass back to the same inside player who passed (this is the option diagrammed).

The "defensive" players are attempting to stop passes from being completed and when they turn the puck over can either play keep away 1v1 or 2v2 OR can shoot the puck outside of the box. Anytime a puck leaves the playing surface and goes outside the blue lines or almost to the boards, the coach will yell new puck and then make a pass to the "offensive" team. On the whistle, the players playing switch out and teams switch roles (in the diagram Team X is on offense and Team O is on defense, on the whistle Team O will be on offense and Team X will be on defense).

The game is played to 12 or 15 and teams have to win by 2 points.

Key Points

Communication

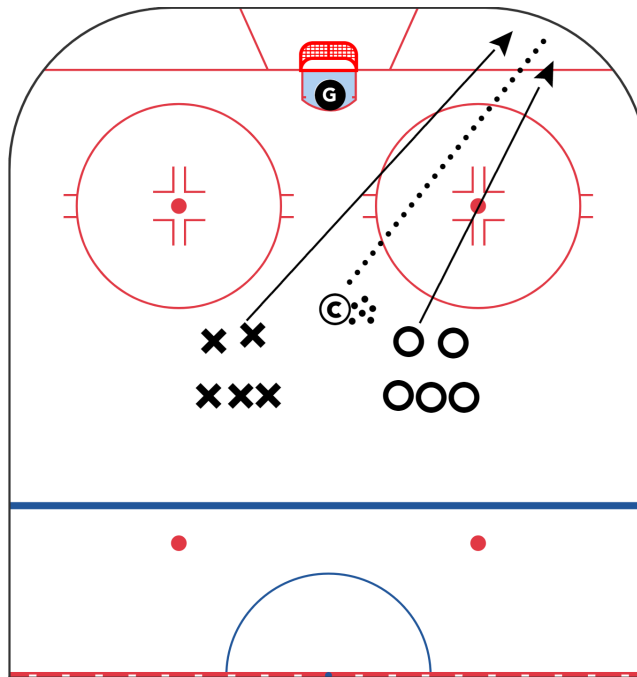
Support with all passing options

Work to find open ice

Be available for a pass at all times

Deny passing options defensively

Utilize good stick position to take away passing lanes and use the body to prevent open ice gains



Description

Players are lined up near the top of the circles, Coach has the pucks. Coach dumps a puck into the corner and a player from each team enters the drill, whichever side the coach dumps the puck to is on offense and the other line is defense. Once the players get to the puck the offensive player is trying to score and the defensive player is trying to skate the puck out of the drill area.

Once the play has been established when the coach yells GO the next player from the offensive line skates in to help out their teammate and make the drill a 2v1, when the coach says GO again the next player from the defensive line leaves and helps out their defensive teammate, thus making the play 2v2.

Coach can choose not to say GO and the play remains 1v1, Coach can also say GO after the 2v2 to make the drill 3v2 and could say GO one more time to make this a 3v3.

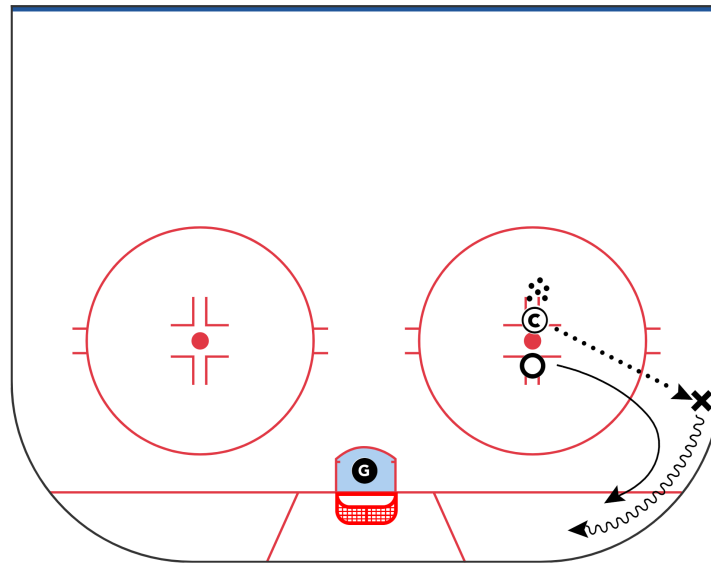
When on offense players are trying to outnumber their opponents to create scoring opportunities, when on defense players are trying to play man-on-man and defend their net. When a new defending player enters they should enter through the middle of the ice first and then filter out to help their teammate.

Key Points

Communication

Puck Protection and Net Drive

Pressure vs. Contain



Description

Two Players start stationary (X is offensive player and O is defensive player). Coach can pass, dump or spot a puck for the offensive player to react to. Once the puck is placed in the drill by the Coach the drill starts, the offensive player is trying to score a goal while the defensive player is trying to stop the offensive player in a 1v1 situation.

The Defensive players role and ultimately the goal of the drill is to teach the defensive player when to apply pressure or to contain the offensive player. As a general rule the defensive player should contain the offensive player when the offensive player has full control of the puck and has their toe caps facing the defensive player. If the offensive player bobbles the puck, has their toe caps facing the boards or has to hunt a loose puck (50/50 puck battle) then the defensive player should apply pressure to get the puck back. The defensive player should be utilizing proper checking skills when attempting to get the puck back.

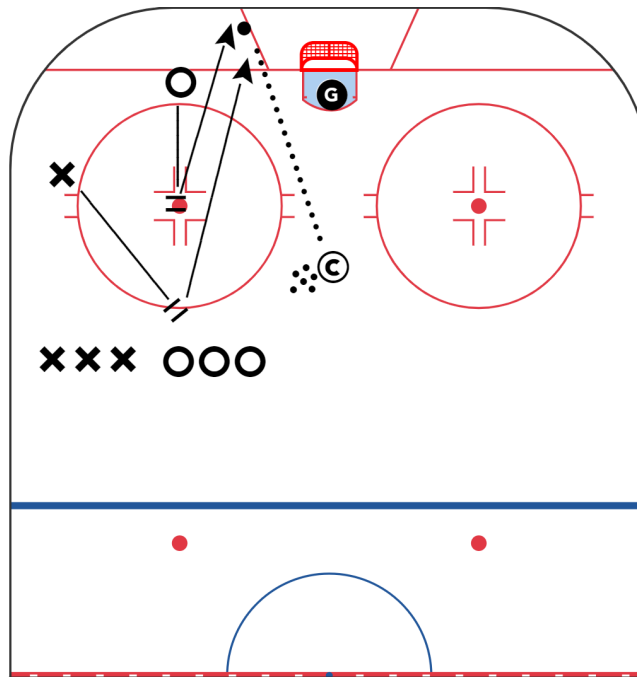
The drill can be made into a competition by keeping track of goals scored by one team and if the defensive player can skate the puck over the ringette line as a point for their team.

Key Points

Proper Checking Skills on Defense

Stall or Contain depending on Offensive Player position and puck position

Offensively use puck protection, skating and puck control skills to score



Description

Defensive Player lines up at the hashmarks with the offensive player lining up at the goal line. On coach dump the defensive player has to skate to the top of the circle, stop and engage the offensive player in a 1v1 situation, the offensive player on the same dump has to skate to the faceoff dot, stop and hunt the loose puck.

Once the puck has been dumped and the players have completed their skating routes the drill continues with a 1v1 situation where the offensive player is trying to score and the defensive player is trying to get possession of the puck back.

The play can go anywhere below the tops of the circles. The offensive player is trying to score and is encouraged to drive the net with the puck or shoot through screens. The defensive player is attempting to get the puck back from the offensive player and make a quick pass back to the coach.

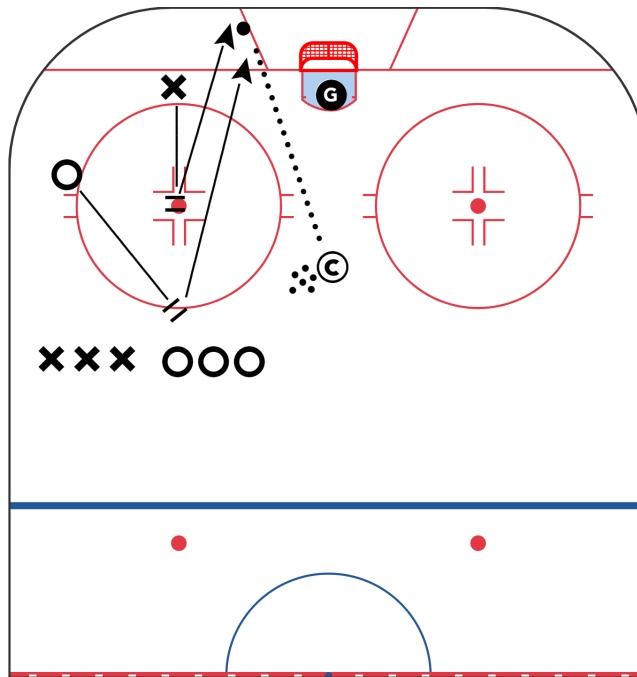
Key Points

Stops and Starts

Defensive positioning and proper checking skills

Offensive drive to score goals

Compete



Description

SAME DRILL AS JACKETS 1V1 BUT WITH THE PLAYERS STARTING POSITIONS CHANGED - THIS WILL NOW LOOK MORE LIKE FORECHECKING AND NOT DZC

The Offensive Player lines up at the hashmarks with the defensive player lining up at the goal line. On coach dump the offensive player has to skate to the top of the circle, stop and engage the defensive player in a 1v1 situation, the defensive player on the same dump has to skate to the faceoff dot, stop and hunt the loose puck.

Once the puck has been dumped and the players have completed their skating routes the drill continues with a 1v1 situation where the offensive player is trying to score and the defensive player is trying to get possession of the puck back.

The play can go anywhere below the tops of the circles. The offensive player is trying to score and is encouraged to drive the net with the puck or shoot through screens. The defensive player is attempting to get the puck back from the offensive player and make a quick pass back to the coach.

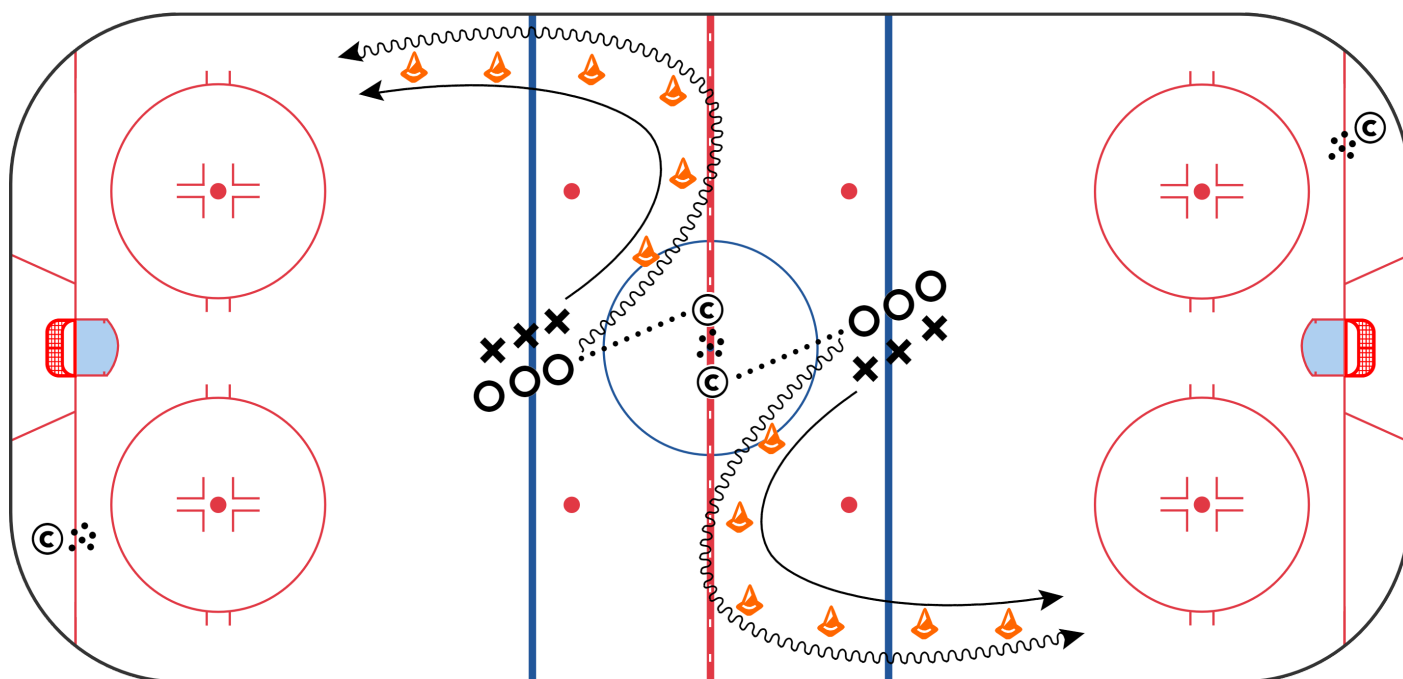
Key Points

Stops and Starts

Defensive positioning and proper checking skills

Offensive drive to score goals

Compete



Description

Players line up on the blue line with the rest of the players behind them. One Offensive player and one Defensive Player start on the blue line. When the coach makes a pass to the offensive players this starts the drill with the Offensive Player skating up and around the outside of the pylons with the Defensive Player skating **FORWARDS** on the inside of the pylons.

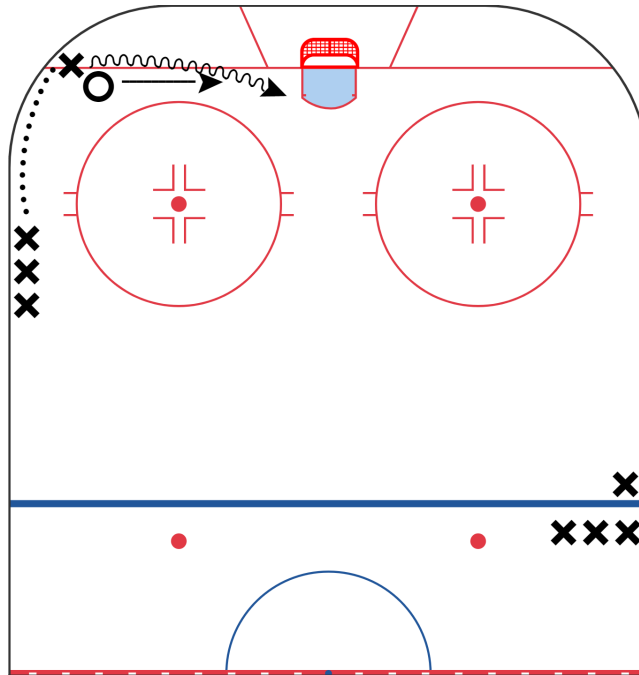
Once the Offensive player gets past the last pylon they may cut to the middle of the ice, once both players are past the last pylon it is a 1v1 to the net. Once the first 1v1 has finished the down-low coach will yell second puck and place a second puck on the same side of the net that the original 1v1 came down. The Defensive player must remain above the goal line until the Offensive player has collected the second puck, from there another 1v1 will take place down low. On the whistle, this will stop both ends and the next 1v1 can start.

Key Points

Tactical Skating

Good Body and Stick Position

Set a Good Angle



Description

Two players are lined up in the corner, one is on offense and the other is on defense.

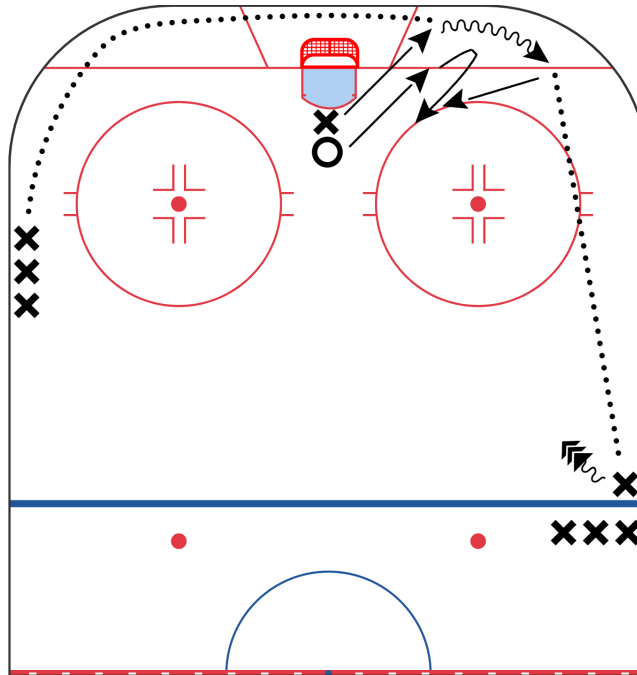
#1 - Player that is next in line rims a puck down to the offensive player and they now battle 1v1 with the defensive player out of the corner to the net. To start the drill have the defensive player play at 75% defense and progress to a full 1v1. Work offensively on protecting the puck and achieving good body position on your opponent when taking the puck to the net. On the rim the offensive player can go low towards the goal line or high towards the hashmarks. Play should end at the net.

Key Points

Puck Protection

Gain Body Position

Score on your opportunities



Description

Two players are lined up in the corner, one is on offense and the other is on defense.

#1 - The player that is next in line rims a puck down to the offensive player and they now battle 1v1 with the defensive player out of the corner to the net. To start the drill have the defensive player play at 75% defense and progress to a full 1v1. Work offensively on protecting the puck and achieving good body position on your opponent when taking the puck to the net. On the rim, the offensive player can go low towards the goal line or high towards the hash marks. The play should end at the net.

#2 - Point Shot - After the original play at the net, the next player now makes another rim to behind the net. The offensive player collects this rim and makes a low-to-high pass to the player at the blue line. The defensive player plays this and after the low to high pass boxes out the offensive player on their way back to the net. Once the player at the blue line receives their pass they take a shot on the net for a tip or to create a secondary opportunity for the offensive player.

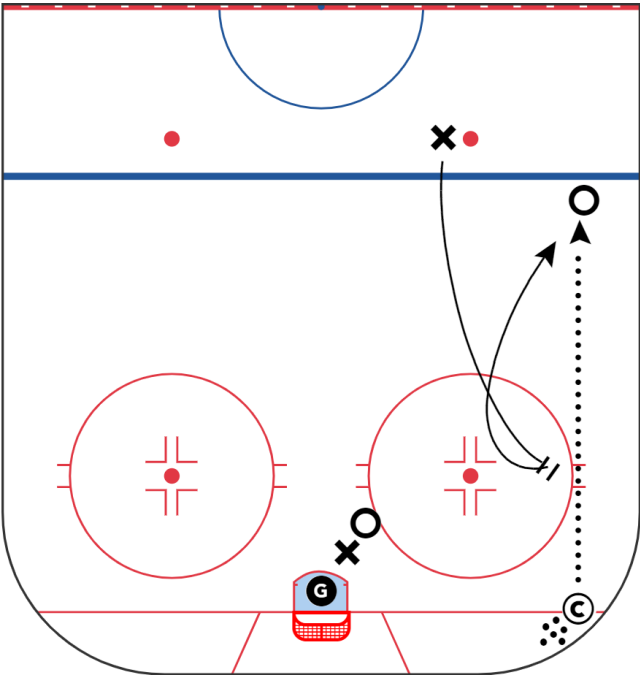
Key Points

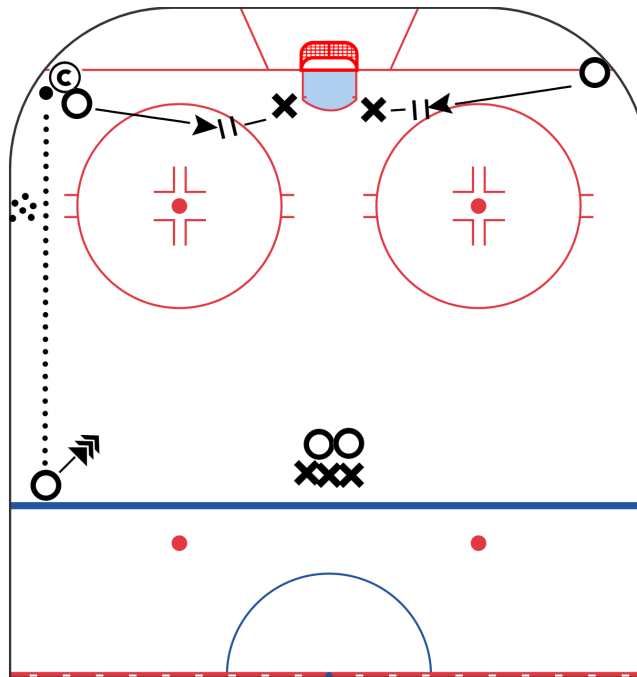
Puck Protection

Gain Body Position

Score on your opportunities

Good Box Out





Description

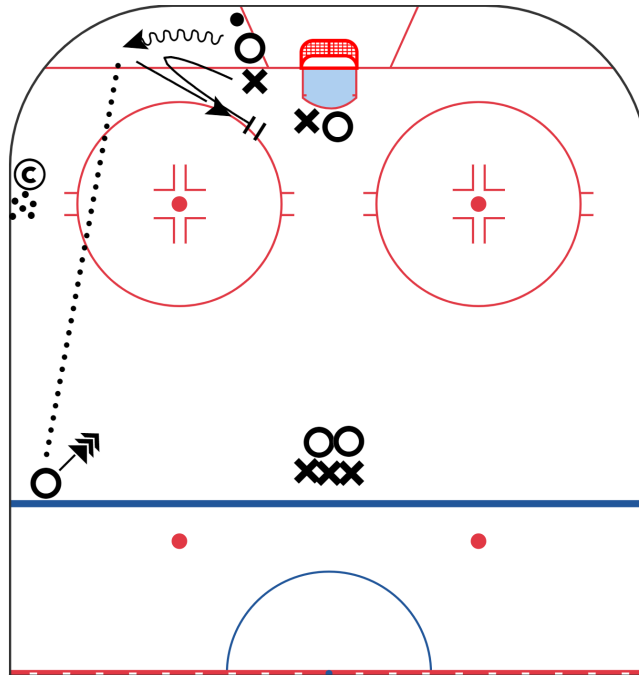
Two Offensive Players are in opposite corners and two Defensive Players have one foot on the goal crease to start the drill. On the Coach's command, the Offensive Player nearest to the coach strips the coach of the puck and makes a low-to-high pass to the player at the blue line. From there the two Offensive Players skate towards the net to gain body position as the Offensive Player at the blue line takes a shot on the net. Once the low to high pass has been made the Defensive Players release from the net and box out the Offensive Players from getting to the net. Once the shot is taken the puck is live and the low players play a 2v2.

When the Coach yells "second" puck they will throw a puck below the goal line, before the offensive players can shoot on the net they must utilize another low to high pass to their player at the blue line (the blue line player stays on the same side of the ice they originally started on). Once the player at the blue line receives this pass they shoot on the net and another 2v2 occurs with the Offensive Players competing for body position and scoring opportunities while the Defensive Players will need to box out the Offensive Players from getting to the net. The drill ends with a whistle.

All other players are lined up in the middle of the ice at the blue line.

Key Points

- Compete for body position offensively and defensively
- Communicate with teammates
- Be a threat offensively
- Shut the offense down defensively - warrior mindset

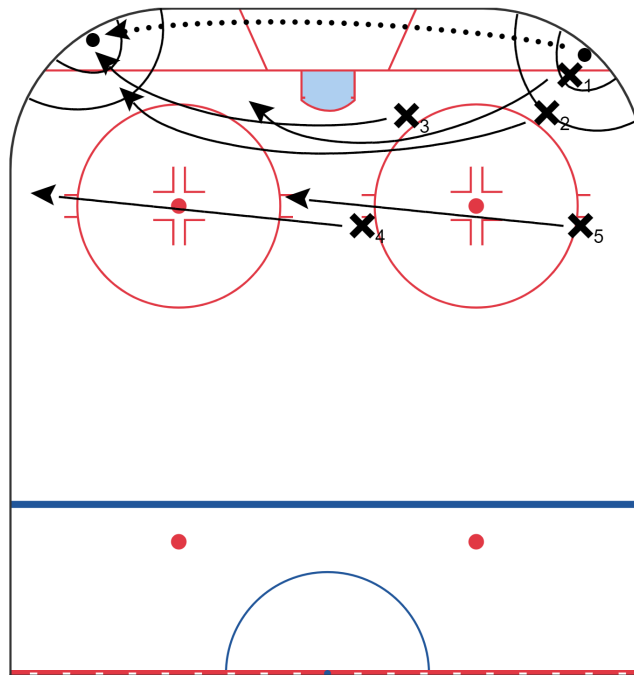


Description

Diagram of Part #2 of this drill - DESCRIPTION FOR DRILL IS IN PIGEON BOX OUT - 2v2 #1

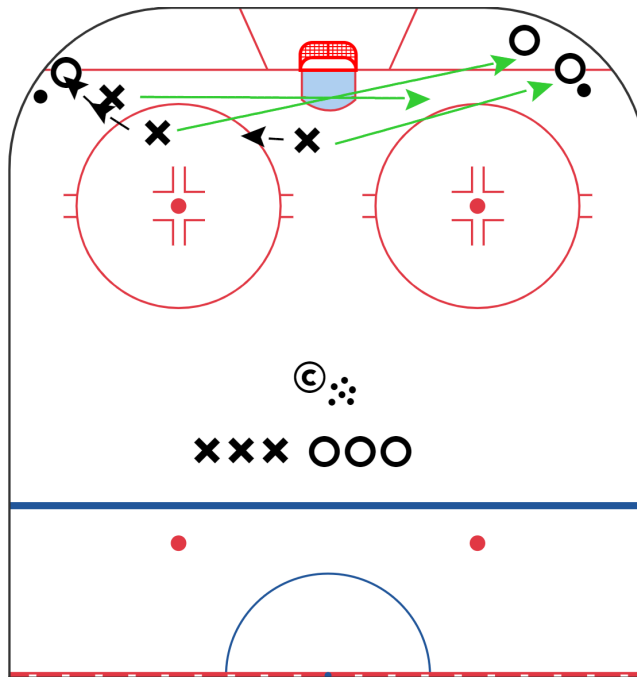
Key Points

Key Points in #1



Description

- X1 (Stick Length Rule) if you have puck carrier within a stick length you stay with him and X3 stays X3 holding Net front
- X3 hold good stick position, deny any pass to the net, pick up opposition F on other side of net. Close quick, stick on puck, pin
- X2 maintain support position and deny slot pass as you re engage ABOVE OUR NET through to the other side
- X4 / X5 Slide-Slide, head on a swivel, be aware of opposition high player and defense, Stay under the hashmarks



Description

O's are on offense and X's are on defense -

Players are set up in their spots - one O in one corner and two O's in the other, they will be facing the boards to start (this can be progressed to having them start facing towards the puck). The X's will be on one knee in their positions (starting with the 1v2 position) where one X will be close to the O and the other X in close support to their partner. The third X is holding the net front to start.

The coach throws a puck into the corner with the one O and all players react to the puck. The O is attempting to take the puck to the net for a scoring chance while the two X's defend. First X should use pressure/contain cues on O with the goal being that they separate O from the puck or pin them against the boards for the second X to be a second quick. The third X in front of the net can now slide over to be a support player as well. Once the defensive team has possession of the puck they can break out to the top of the circles by either making passes to each other, the third X for a mid-break out or skate it out.

Once the puck is above the circles the coach will then throw a puck into the other corner with the two O's and now the three X's have to sort out defensive coverage and the same points to the drill come into play. The O's are trying to score and the three X's are trying to defend and get the puck above the top of the circles. NOTE the first O from the 1v2 is now DONE and DOES NOT join the 2v3.

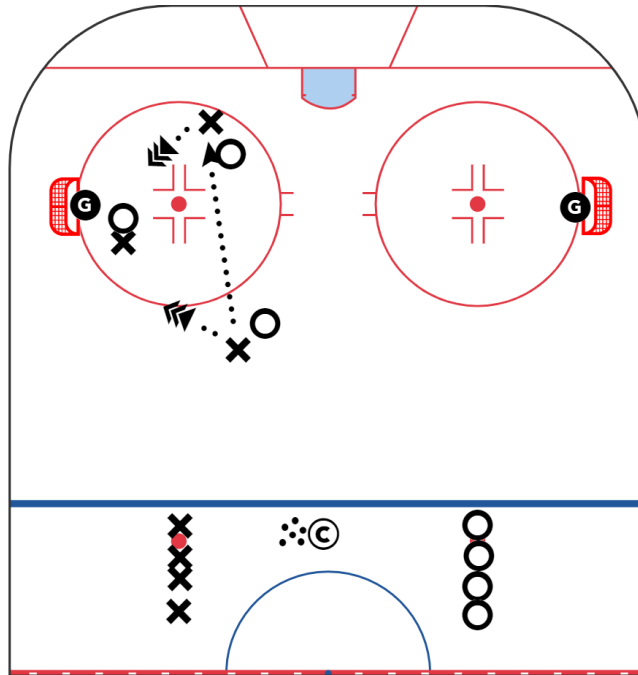
Key Points

Pressure vs. Contain

Proper Checking Skill usage

Separate puck from the offensive player

Be aggressive and take away time and space quickly



Description

Teams will be split in half and each team will line up on a NZ dot. Coach will spot a puck to start the game 3 on 3. Players will try to score on the net furthest away from their line and defend the net closest to their line.

The object of the game is to find ways to score inside the circle for points. Inside the circle simulates the house in front of the net and players driving into the house (circle) to score greasy goals. Points are awarded to teams that score in a variety of ways from inside the circle.

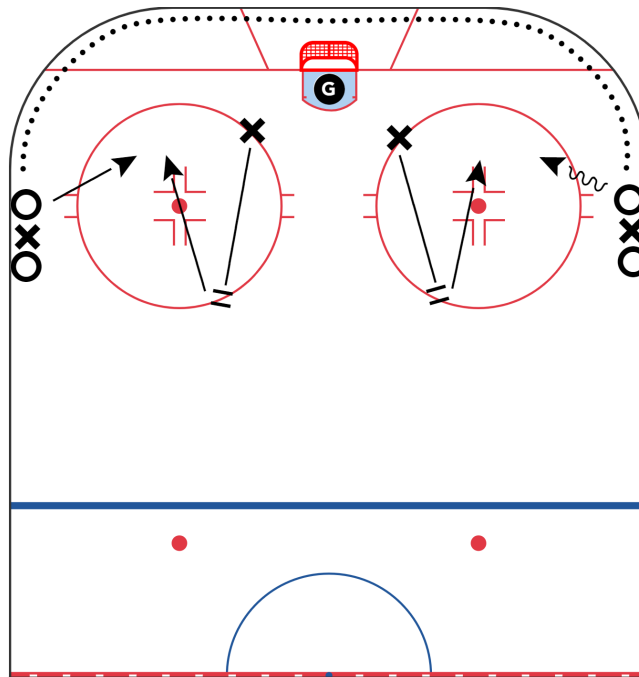
1 Point - Goal from a shot taken inside the circle

1 Point - Goal from a rebound inside the circle (shot can be from outside)

1 Point - Goal from a tip inside the circle (shot can be from outside)

Key Points

- Drive the net/house
- Shots for secondary opportunities
- Identifying where/who to defend
- Box outs/tying up sticks net front



Description

Players are lined up on the boards at the hash marks on both sides of the ice, alternating between teams.

To start the game two defensive players start with their skates near the bottom of the faceoff circle. On the whistle, one of the offensive players (the two players on the opposite team on each hashmark) rims a puck to their partner on the opposite hashmark. Once this player receives the rim pass both offensive players can attack the net. On the rim, the defensive players have to skate to the top of their faceoff circle, stop and then engage the offensive players in a 2v2 game.

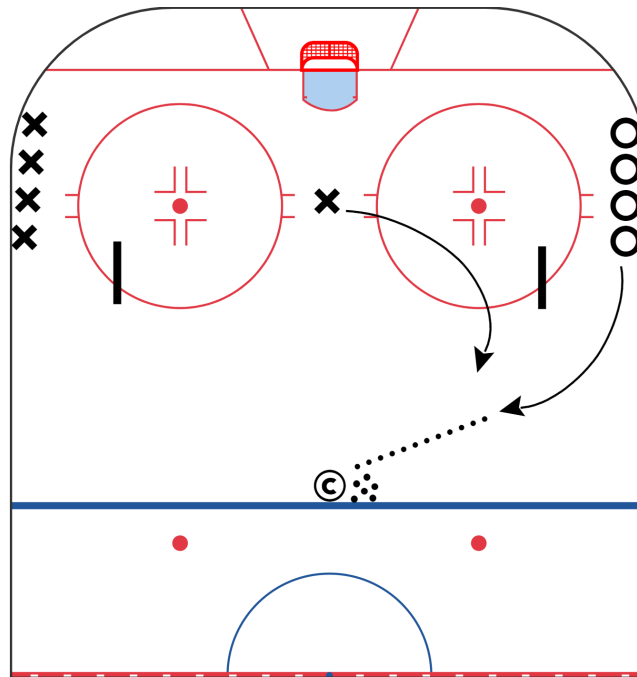
Offensive Players are trying to score and the Defensive Players are trying to pass the puck to their teammates who will now be next in line on the hashmarks. Defensive Players can make a direct pass or a rim pass to their teammates. Once a goal is scored OR the defensive players get the puck to their teammates the round is over.

The game can be played by resetting the offensive players at the bottom of the circle to become the defensive players and a rim pass with the opposite team starting the next round OR the game can be continuous when the defensive players get the puck to their teammates they can now attack the net after they tag the goal line and the players who were on offense needing to tag up to the top of a faceoff circle and then switching to play defense.

The game can be progressed to 3v2 or 3v3 as well. Scoring for the game is as follows - 2 Points for a Goal and 1 Point when the defensive team gets the puck to their teammates.

Key Points

- Compete
- Protect the Puck
- Stops and Starts



Description

Players are split into two teams, the team that loses the coin (puck) flip starts on defence (X in the diagram). On the whistle one player from the offensive team (the O in the diagram) leaves their line and has to skate up and around the barrier and receive a pass from the coach before attacking the net. The defensive player (the X in the diagram) is defending the net. The play continues 1v1 until the next whistle when the O now transitions to defence to play a new X in a 1v1. The game is continuous from here with the coach either dictating a time limit on the game and counting how many goals each team scores OR a goal limit that when one team achieves that number they win.

When the game progresses to 2v2 the coach can either have both offensive players skate over the top of the barrier OR have one player skate over top and one player skate underneath the barrier (giving the defenders a different look while defending).

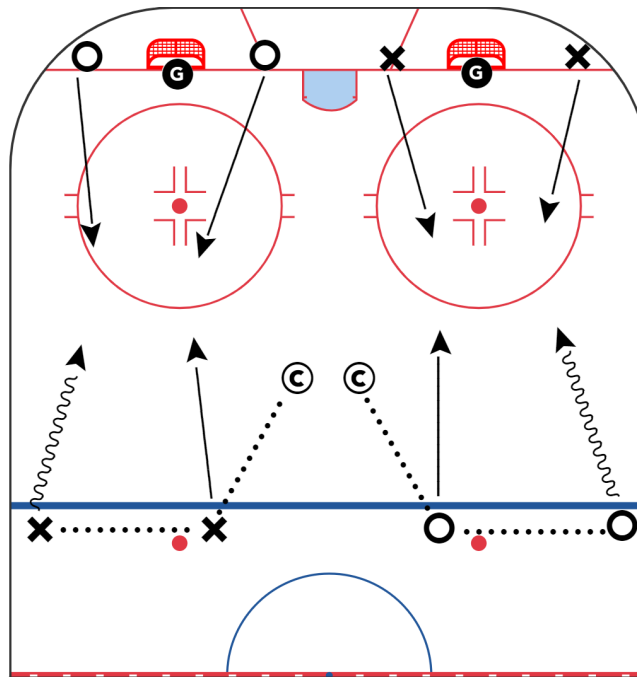
Key Points

Attack on offense

Good defending/checking skills

Good defending skating skills

Battle/Compete



Description

Coaches make a pass to inside X OR O (offensive players). X or O when they receive the pass make a kick pass to their partner, this initiates the game. Both offensive players attack the two defensive players. All players play out the 2v2 on their side of the ice until either 1) a goal is scored OR 2) the defensive team skates the puck over the blue line on their side of the ice. The first team to score offensively OR skate the puck over the blue line defensively gain a point for their team. ONLY ONE TEAM CAN SCORE A POINT EACH ROUND.

Offensive players CAN NOT go offside. If they go offside both players have to tag up to the Red Line and reattack the defensive players. The defensive players at this point can stand up the Blue Line and try to turn the puck over to gain a score for their team.

Key Points

Offensive scoring tactics (2v1 OR 1v2 opponents to gain an advantage)

Defensive checking tactics (proper checking skills need to be used to get the puck back)

Work as a unit both on offense and defense

Players encouraged to be competitive