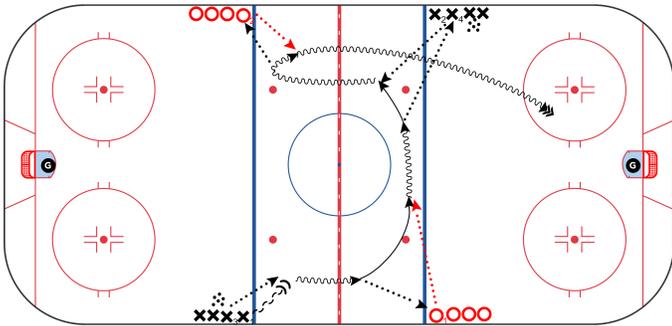


Thunder Warm Up

8 mins



- Drill starts as shown. Opposite lines go at the same time and will mirror one another.
- X 1 skates backwards and gets a pass from X 3. X 1 then pivots and passes to O 1 and gets a pass back. X 1 then passes to X 4 and gets a pass back.
- X 1 then passes to O 2 and opens up for a pass at the red line and gets the puck back. Goes down for a shot in the opposite end they started in.
- After X 1 and X 2 cross the blue line, O 1 and O 2 step out and go.

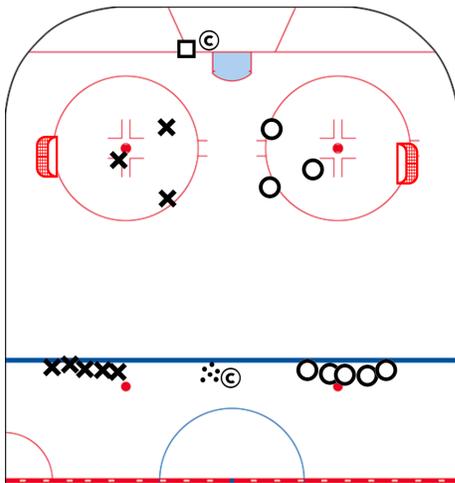
NHLCA DRILL OF THE MONTH
November 2021 - Detroit Red Wings

SAG - Part 1 - Poulin at one end, Odd man Situations at other - switch after 12 mins

0 mins

SAG - Poulin 3v3

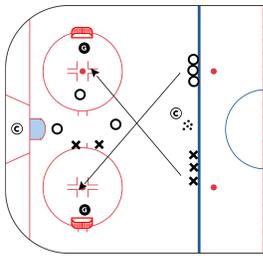
15 mins



The game is played 3 vs. 3 with a support player (Poulin) below the goal line on the attacking net. You must pass the puck to your Poulin and get it back before you can attempt to score. Defending players **cannot** defend Poulin; they must pick up an offensive player in front. Offensive players must constantly move to get open. Kane can move side to side below the goal line and pass from either side.

Key Points

- Puck Support
- Offensive Zone Play
- Defensive Zone Play
- Transition



Small Area Game -

30-40 sec shifts - Coach tells each group configuration and mixes it up...3v2, 2 v 1, 4v3 etc

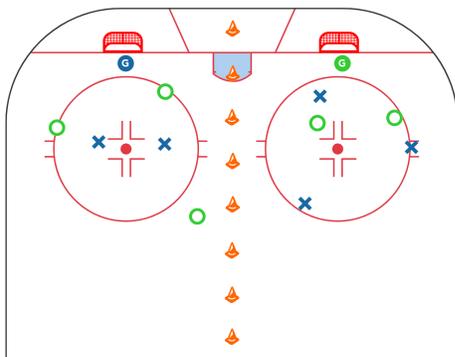
Shoot on opposite net. Option to use Coach for a pass.

Hard out at end of shift.

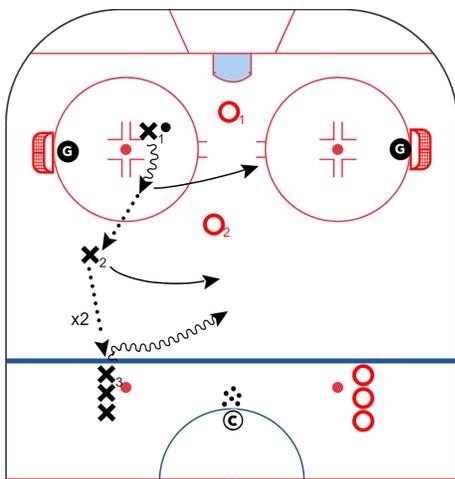
Change of possession - Attack

Key Points

- Compete
- Awareness
- Finding open ice, moving the puck
- Offensive creativity, defensivity Responsibility



- Half ice battle in zone.
- 3 ●'s on Offense vs 2 ✕'s.
- The objective is for ✕'s to gain puck control and move to their team on the other side.



- Drill begins from a 2v2 cross ice format with the coach spotting a puck in the zone
- Each team can activate additional players by passing twice to the first person in their team's line
- Once the player in line has received two passes, they then activate into the play and the next player in line gets ready as a possible outlet
- There are no limits to the number of players a team can build up to during their shift

Key Points

- Players must keep their feet moving and read and react to the game situation