

# DWJL #12



Tuesday, September 30th, 2025

Oakes

Wilkinson

Lapointe | Mitchell

Supryka | Aquilina

Green | Matt

Fleming | Bryk | Riches

Chaulk | Peterson | Halleran

Himle | Bergman | Biderman

Biderman

## The Bobby Orr

Details:

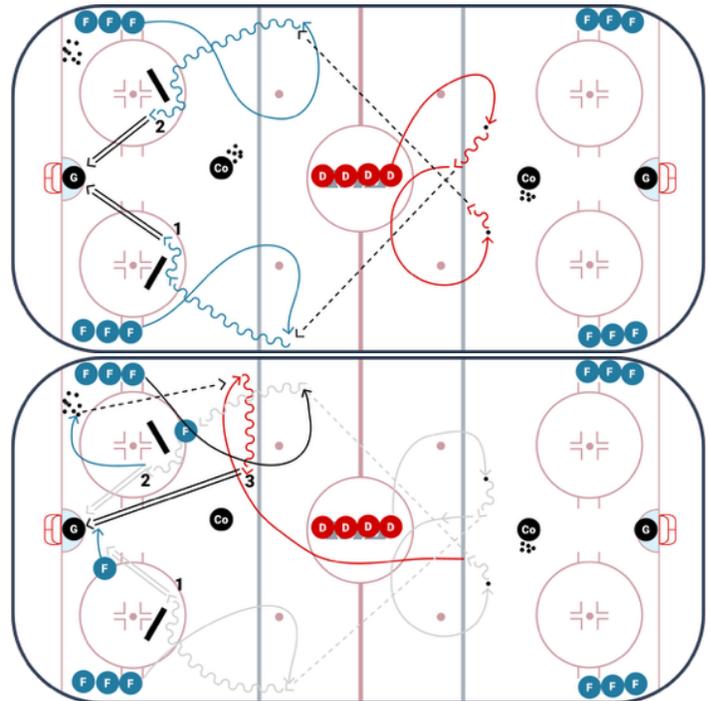
### Objective

To improve defensemen's ability to skate forward while making quick transition passes, as well as forwards' ability to change shooting angles and simulate game-like scoring scenarios.

### Setup

- Both ends of the ice are utilized simultaneously.
- Defensemen: Positioned in the middle of the ice.
- Forwards: Positioned at the hash marks.
- Coaches: Positioned near the blue lines with pucks.
- Place an obstacle (e.g., a tire) on each side of the ice to simulate a defenseman.

### Execution



- Coaches spot a puck in the neutral zone.
- Defensemen skate forward to retrieve the puck, simulating a game-like angling situation.
- Forwards backcheck through the middle, then break to the outside upon seeing the defensemen pick up the puck.
- Defensemen transition the puck to the breaking forward, who drives toward the obstacle and changes the angle of their shot before following the rebound to the net.
- Defensemen follow the play into the center circle, continuing forward.
- Coaches spot a second puck for the defensemen to pick up and transition to the next forward.
- Forwards continue the sequence, executing the same shot-angle adjustment and rebound play.
- After completing the shot, the forward retrieves a puck in the corner (from a forward) for a **low-to-high play**.
- The Defensemen who made the pass enters the zone to receive the puck running the blue line for a point shot.
- Forwards screen the goaltender and converge on the net for deflection/rebound opportunities.

## Coaching Points

### Defensemen:

- Stay forward-facing throughout to simulate real game angling and neutral zone surfing.
- Deliver crisp, accurate transition passes to forwards.
- Maintain forward momentum when retrieving pucks.

### Forwards:

- Time movements based on the defensemen's actions.
- Change shot angles deliberately to simulate shooting around a defender's stick.
- Screen the goalie effectively and capitalize on rebounds.

### Team Concepts:

- Reinforce your team's offensive zone strategy (e.g., forward climbing, net-front presence, and point shots with screens).
- Focus on speed, direct play, and quick decision-making in transitions.

**Length of Time:** 10

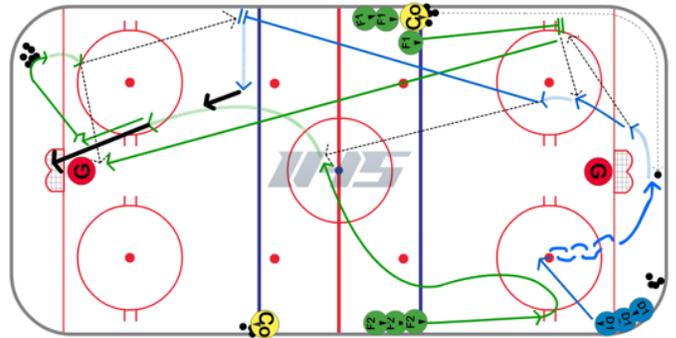
# Bump Back

## Details:

## Set Up

This drill runs out of both ends at the same time.

- Place four equal lines of forwards at the blue lines.
- Opposite lines have pucks with coach as shown in diagram.
- Place pucks at opposite corners.
- Two lines of defense in opposite corners as shown in diagram.



## Execution

- On the whistle the coach dumps a puck behind the net.
- D1 skates forward to the dot, transitions backwards, pivots, and retrieves the puck behind the net.
- F1 skates down the wall into breakout position receives a pass from D1 and give a pass right back to D1.
- D1 receives the puck back from F1 and makes a stretch pass to F2 in the neutral zone.
- F2 takes a shot on net, stops for any rebound, and then skates to the corner to retrieve puck #2.
- F2 carries puck up wall and makes a back door pass to F1 as they drive the net.
- F1 stop in front after receiving pass from F2 and then goes to retrieve puck #3 from the corner.
- F1 makes a pass to D1 at the blue line and then goes to the net for a screen or tip.

## Coaching Points

- Defense work on good footwork on transitions and pivots.
- Stay inside the dots for "Bump Back" from F1.
- F2 needs to control speed and have good timing for stretch pass from D1.
- F1 needs to have good net drive (stick on ice, strong bottom hand)
- F1 needs to take away goalies eyes on D1's shot

**Length of Time:** 10

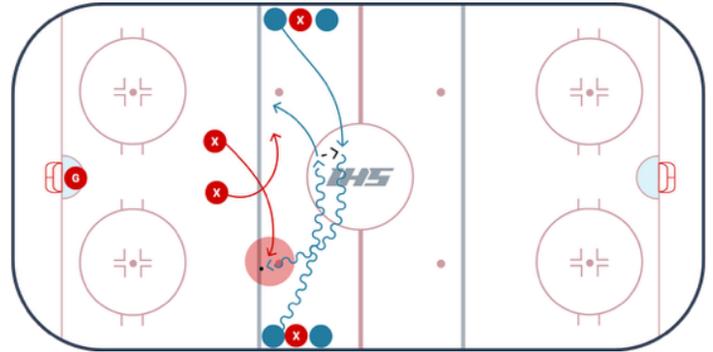
## RPI 2 on 2

### Details:

The RPI 2 on 2 is a continuous 2 on 2 small area game with a focus on defending the blue line.

### Setup

- Start the game with 2 defenders inside the blue line and lines of players on the outside of the blueline along the boards.
- On the whistle, the first two player in opposite lines start. One player has a puck and they both skate through the center ice face-off dot before attacking the blue line.
- The defensive players communicate with each other and work to angle and kill the play before they are able to enter the zone to start an in-zone 2 on 2.
- The offensive team is working to score, while the defending team is working to gain possession of the puck and break it out to the next two player in the blue line. When the puck is passed to two new players, the defenders rotate out and now the players that were previously playing offense are now working to defend the blue line and the 2 on 2.
- The drill is continuous and all players should get reps at both offense and defense.



### Coaching Points

- Defense:
  - Work on good gaps, angles and stick position. Keep sticks on the ice to block passing lanes and to angle the offensive team to the outside of the ice.
  - Do not give up the blueline easily. It is much harder to defend after the offense gets the puck inside the zone.
- Offense:
  - Keep your feet moving and work hard to get the puck inside the zone.
  - If you do not have options to skate the puck into the zone, consider a soft chip into the zone and then work to gain possession of the puck.

**Length of Time:** 12

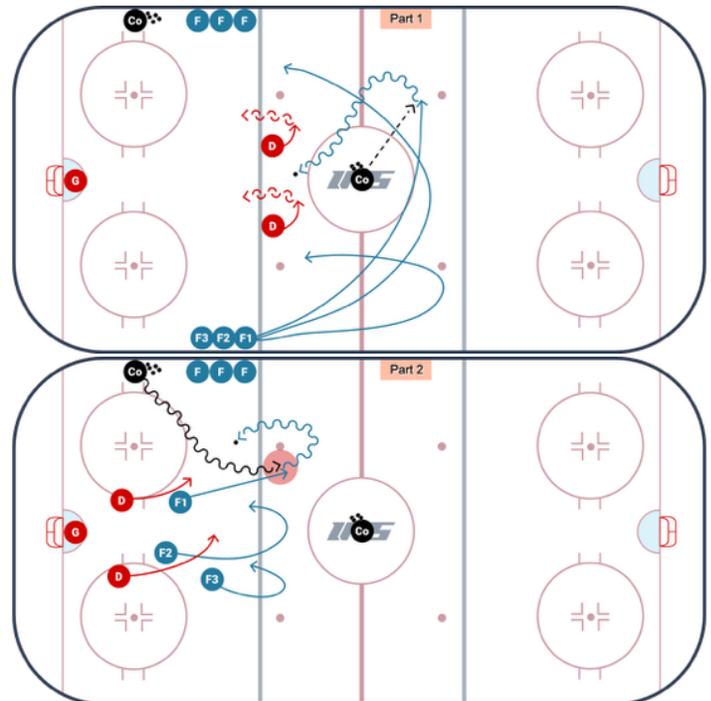
# Turn & Burn

## Details:

The Turn & Burn drill allows teams to practice high tempo 3 on 2's, transitions, gaps, zone entries and tracking.

## Setup

- Forwards on the blueline against the boards. Defenders can line up with them as well.
- To start the drill two defenders should be at the blueline.
- Part 1 - first whistle:
  - A coach places a puck in the neutral zone, and three forwards race to get the puck. They should be aware of each other and communicate so that they can each fill a lane and not all be on one side of the ice.
  - At this time the defenders gap up and decide to skate backwards or surf and angle the play.
  - Forwards work together to get the puck to the middle of the ice, enter the zone on sides, attack the net and try to score. Defenders work to kill the play.
- Part 2 - second whistle:
  - A coach from inside the zone skates hard to the blue line and the 3 forwards that were trying to score, track and strip the puck from the coach, get outside, and work to transition back to offense on a 3 on 2 against the same defenders that are gapping up on them.
  - Play out the 3 on 2 and then the next rep the forwards should come from the other side of the ice.



## Coaching Points

- Forwards should work to get the puck to the middle of the ice as they are attacking and entering the zone. They should communicate with each other and fill in lanes to be support options.
- Defenders should work on proper gaps and angles while keeping their sticks on the ice to block passing lanes.

## Variations

- Coaches can place the puck in different areas of the ice.

**Length of Time:** 12

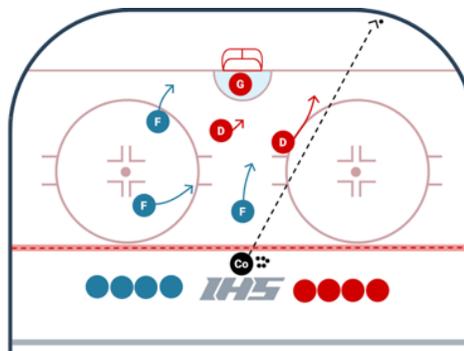
## 3 on 2 Race to 5

### Details:

The 3 on 2 Race to 5 game. In this small area game, forwards compete against the defensemen and goalie to score 5 points.

### Setup

- Start with 3 forwards, two defensemen, and one goalie in a playing area below the top of the face-off circles.
- On the whistle, the coach dumps a puck and the players play out 10 to 20 seconds. The scoring is as follows:
  - 1 point for the forwards if they score a goal
  - 1 point for the defenders if they skate pass the line
  - 1 point if the goalie covers a puck
- As soon as a point is scored, all new players are sent in.
- Teams:
  - Can play it so its forwards, defensemen and goalies are all on their own teams trying to get to 5, or you can play it so its forwards vs. defensemen / goalies.
- Whichever team scores 5 points first wins.



### Coaching Points

- Both forwards and defenders should race to be the first to the puck and establish puck possession.
- Forwards should support each other and be outlets if they do not have the puck.
- Defensemen should keep sticks on the ice to block passing lanes and work with the goalie to either skate pass the line or have the goalie freeze the puck.

### Variations

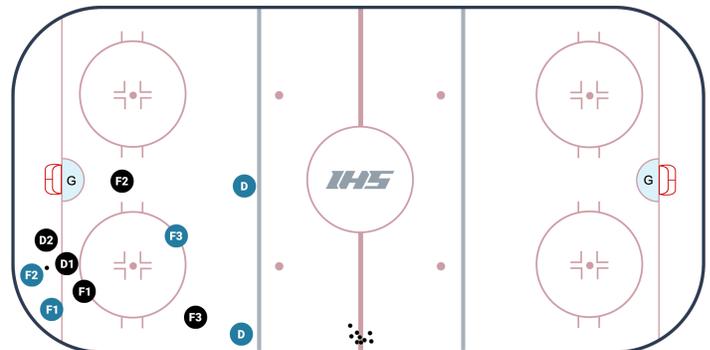
- Can play it so its forwards, defensemen and goalies are all on their own teams trying to get to 5, or you can play it so its forwards vs. defensemen / goalies.
- Can have game be forwards vs. defensemen and goalies or you can break up the teams and rotate the players so that players get chances at both offense and defense.

**Length of Time:** 12

## D ZONE 3 ON 5 TO 5 ON 3 RUSH

### Details:

- Drill starts with a 2 v 2 scrum in the corner and D zone coverage assignments
- D2 shoulder checks and leaves the front of the net to help win the battle in the corner
- D zone team has to break out and transition out of the zone as quickly as possible creating a 3 on 2
- D zone D have to join the rush and try to make it a 5 on 2, while the high F must back check and take away options to the forwards



**Length of Time:** 12