

DWJL #14

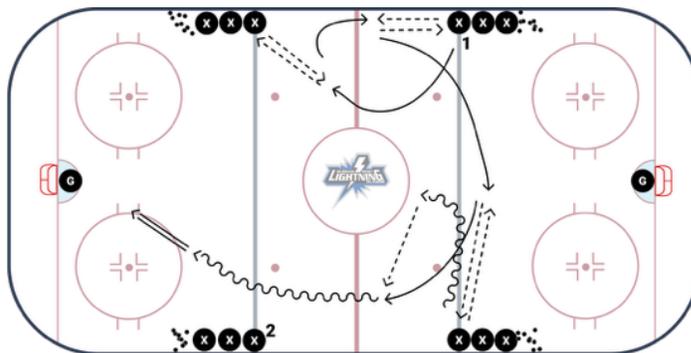


Tuesday, October 14th, 2025

Blackhawks 7 Pass

Details:

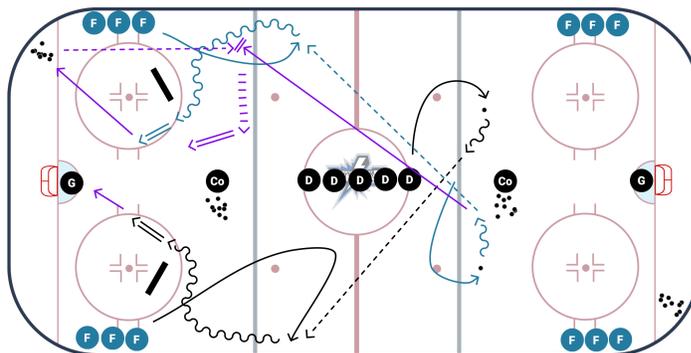
1. X1/X2 leave at the same time, curl to the middle, receive a pass from opposite line and one-touch back.
2. Skate toward original line, receive a pass and one touch back.
3. Skate cross ice, receive a pass and one touch back, then curl to the boards, receive a pass from O1/O2 who has stepped out from the wall, drive and shoot.
4. O1/O2 continues momentum and performs the drill in the opposite direction. Drill is continuous.



Length of Time: 10

The Bobby Orr

Details:



- 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.

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:

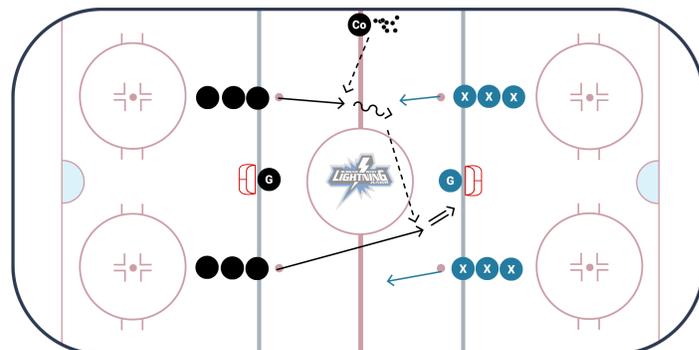
- Reinforce your team's offensive zone strategy (e.g., forward climbing, net-front presence, and point shots with screens).
- Focus on speed, direct play, and quick decision-making in transitions.

Length of Time: 10

2v0 Continuous Backcheck

Details:

- The whistle starts the drill with a 2 v 0.
- The players catch a pass from coach and attack 2 v 0. Players stop at net.
- Whistle starts next 2 v 0 and coach pass to next group.
- The first 2 v 0 now backchecks the next group that is going down 2 v 0.
- The drill is continuous.



COACHING POINTS

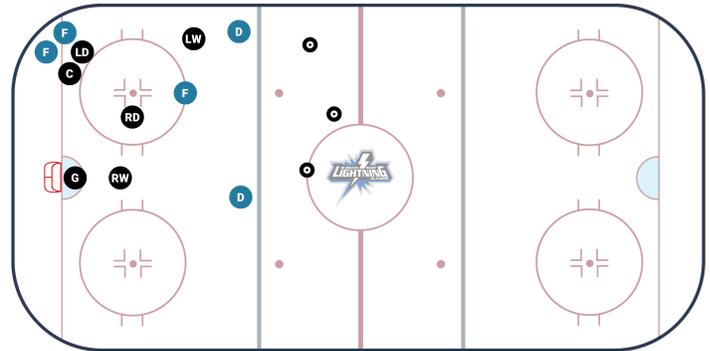
- Offense: attack quickly & stop at net
- Backcheckers: relentless recovery with stick on ice

Length of Time: 10

D-Zone Coverage Tire

Details:

- Setup the drill to be 5 v 5 in one zone. Place 3 tires of objects in the neutral zone that the forwards must skate around.
 - Part 1: On the whistle, play all out 5 v 5. Offense is trying to score, while defense is trying to defend and get the puck out of the zone.
 - Part 2: On the second whistle, the 3 defending forwards skate out to the neutral zone, pick a tire to skate around, and then fly back into the zone to resume d-zone coverage.
 - While the forwards are skating to the neutral zone, the offensive team can move the puck around in the zone.
 - On the third whistle, the 5 v 5 resumes. Coach can blow the third whistle whenever they want to give the offense more of an advantage or disadvantage.



COACHING POINTS

- Defensive team should keep sticks on the ice to block passing lanes, keep the puck to the outside, and communicate with their teammates to sort out coverage.
- Offensive team should support each other by moving to open space and being passing outlets for their teammates.

VARIATIONS

- Can make this a half ice drill (as discussed above) or full ice to allow the defense the opportunity to skate down to the other end to try to score.
- Can have 3, 4, or 5 defenders. 5 on 5 will be more game like, but 5v3 or 5v4 will allow your offense to practice moving the puck before you progress to full 5v5.
- Can move the tires far apart so the defending forwards will be more spread out when coming back into the zone.

Length of Time: 15

Renegade Line Rush

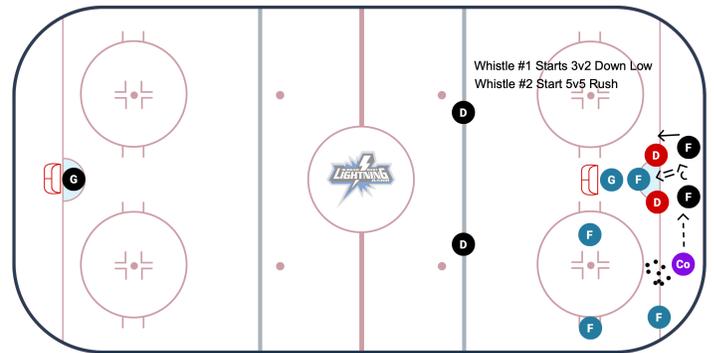
Details:

- On the 1st whistle, coach passes to the 3 v 2 down low group, which starts a quick attack against turned around net.
- On 2nd whistle, coach passes to any forward outside of the 3 v 2 down low group, and it starts 3 v 2 out of the corner toward the far end.
- The forwards and defense involved in the 3 v 2 down low group join to make it a 5 v 5 line rush.
- The 5 v 5 plays out until coach blows the whistle.

COACHING POINTS

- Defense: Communication and sort out coverage.
- Offense: Puck moves forward at blue line, puck enters inside the dots, net drive.

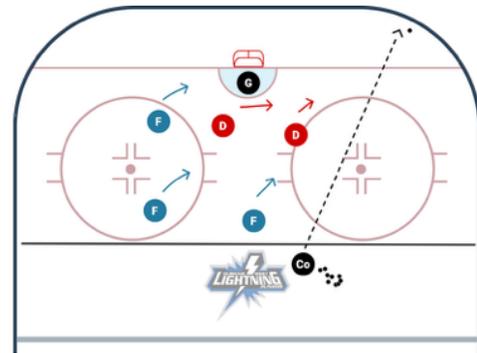
Length of Time: 12



3 on 2 Race to 5

Details:

- 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 defensemen 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.

Length of Time: 13