

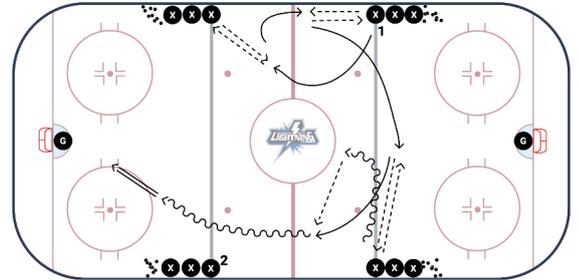
DWJL #16

Tuesday, October 21st, 2025

Blackhawks 7 Pass

Details:

- X1/X2 leave at the same time, curl to the middle, receive a pass from opposite line and one-touch back.
- Skate toward original line, receive a pass and one touch back.
- 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.
- O1/O2 continues momentum and performs the drill in the opposite direction. Drill is continuous.

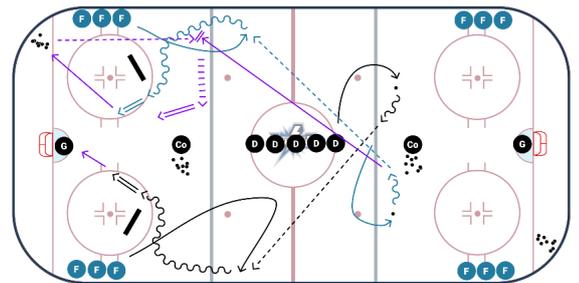


Length Of Time: 10

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.



Length Of Time: 10

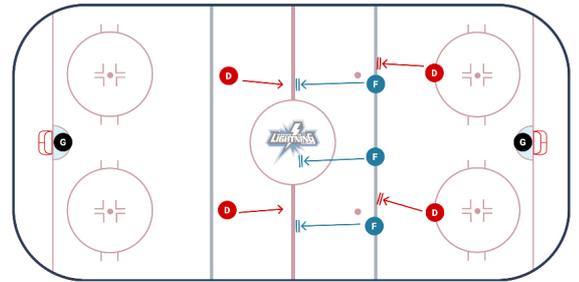
Breakout, Regroup, Regroup, Dump

Details:

- Forwards skate to the red line and stop, skate hard through the middle.
- D gap up and pivot to backwards.
- Coach dumps the puck into the zone.
- The unit of five breaks out gains the red line regroups gains red line, regroups with original D, gains red line dumps the puck into the zone.

*** Progressions - 1) Add coach pressure 2) Add live forecheckers after the dump ***

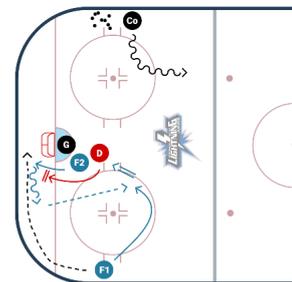
Length Of Time: 10



RIM to Regroup 2v1

Details:

- To start the drill, F1 will rim a puck down behind the net and jump to the slot to be ready for a pass. F2 and D will go battle for the puck below the net, F2 will do their best to get the puck and pass it to F1 in the slot for a quick shot.
- After the shot, the coach will start to skate up the ice with a puck about in line with the dots closest to their starting hashmarks. F1 will go chase them down and stick lift to take their puck just before the red line. F2 is getting out of the zone as quick as they can to help regroup with F1. D skates up and times their transition to leave as small of a gap as possible.
- F1 and F2 will regroup and attack the zone 2 on 1 against D.



Coaching Points

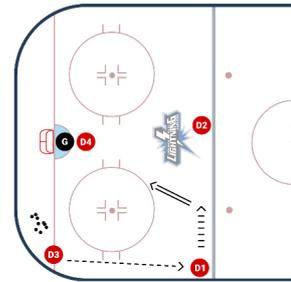
- Defensively, D should be aware of their stick position and gap control. Since they are outnumbered, they should be playing smartly.
- Offensively, F1 and F2 should be communicating, skating fast and making good passes to each other in both the rim, retrieval, and regroup.

Length Of Time: 8

4 Pass D Series Shooting

Details:

- 1st Puck - D3 -> D1, D1 sprints inside the dot and shoots.
- 2nd Puck - D3 -> D1, D1 -> D2 for a quick catch and release shot.
- 3rd Puck - D3 -> D1. D1 -> D3, D3 -> D2 for backdoor redirect / one-timer.
- 4th Puck - D3 -> D1, D1 -> D3, D3 drives inside, D1 drives down the wall for a high cycle



•Coaching Points

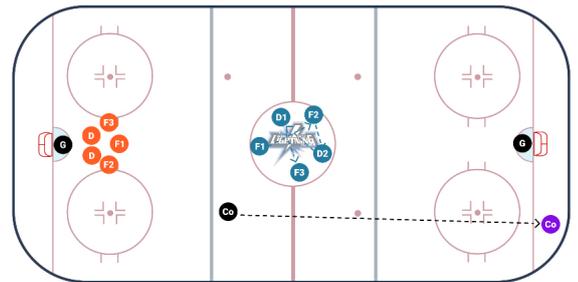
- Communication inc. Eye Contact
- Sticks on the Ice - Be Ready
- Sprinting the Line
- Fakes & Deception - Eyes Up, Pick Corners, Slap Passes

Length Of Time: 7

Giant Breakouts

Details:

- FORWARDS MOVE AROUND NZ, COACH DUMPS PUCK IN ON COACH
- BREAKOUT FROM DZC, WALL/MIDDLE TO WEAKSIDE SLASH (DIRECT)
- COACH DUMPS PUCK TO OPPOSITE SIDE, BREAKOUT FROM DZC, WALL/MIDDLE TO WEAKSIDE SLASH (INDIRECT CHIP TO FAR SIDE OF NZ)
- PUCK IS CARRIED IN AND DUMPED IN ON NET, GOALIE DIRECTS PUCK INTO CORNER AND IT IS NOT A LIVE 5v5



Coaching Points

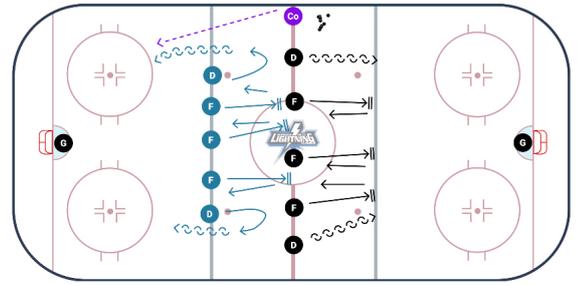
- LIFT STICK, DSP, PRESSURE TO CONTACT
- 2ND QUICK SUPPORT
- CHIP TO WEAKSIDE
- SLASH SUPPORT

Length Of Time: 15

Tag Up Forecheck

Details:

- Line up the defensive line on the blue line and the offensive (forechecking) line at the red line.
 - Part 1: Coach blows the whistle and each line skates up and tags up with the next line (players on blue line go to red line and players at center ice go to far blue line), and then heads back.
 - Coach passes the puck to the near side defenseman, and this is where teams can work on any breakout, forecheck and rush attack concepts that they would like.
 - The defending team is looking to get sticks in lanes and shut down the rush.
 - Each team is trying to score.
 - Part 2: After each line has 2 or 3 reps of the neutral zone forecheck, the coach will dump the puck into the corner instead for a full breakout and forecheck. Each team is still trying to score and coaches can work on various breakout and forechecking principles.



Coaching Points

- Defending team should all have sticks on the ice to block passing lanes and angle the offense to the outside of the ice.
- The offensive team should all work to support their teammates by swinging into lanes and being ready for a pass. Keep your head up to look for open ice and open lanes.

Length Of Time: 15