chapter 6

Two-on-Two Drills

Two-on-two situations occur frequently in a game, and players should work on these situations regularly in practices. Like two-on-ones, they create special concerns for both the attacking and defensive players. The drills in this chapter are designed to address those special concerns.

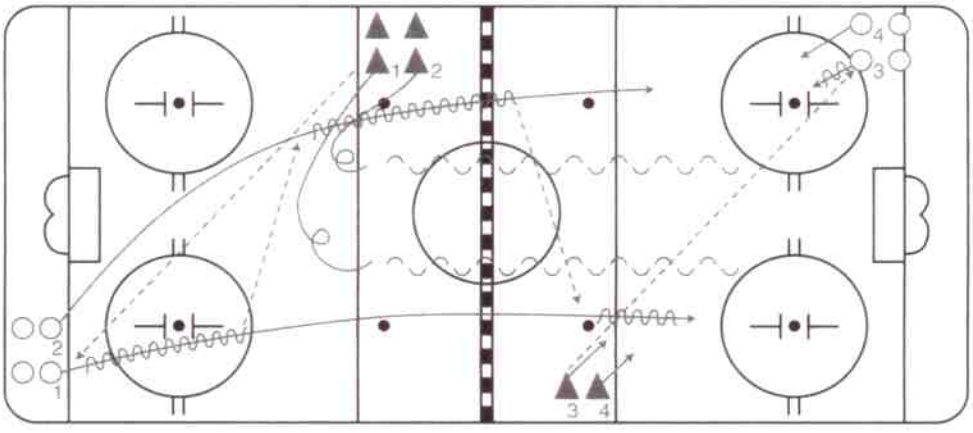
In the drills in this chapter, the two attacking players can use various techniques to beat the two defenders, such as attacking with speed, crossing, crossing with a drop pass, or changing speed, which are all effective techniques to beat the defense. The attackers can try to isolate one defender to create a two-on-one situation by attacking on half of the ice. If the defenders leave a large gap, the attacking players should shoot while using the defenders to screen the goalie.

Two-on-two drills are particularly important to allow defenders to work on gap control. In a two-on-two situation, the defenders should try to close the gap between the defenders and the attackers in order to give the offensive players less space. If the attackers cross before the top of the circles in the offensive zone, a general rule is that the defenders should play in their area and not cross. If the attackers cross below the circles, the general rule is that the defenders should play one on one and stay with the attacking players when they cross because the defenders do not have time to switch in close.

1. Defenseman 1 passes to forward 1.
2. Defensemen 1 and 2 skate over the blue line, pivot, and skate backward.
3. Forwards 1 and 2 go 2v2 against defensemen 1 and 2.
4. After the play is finished, defenseman 3 passes to forward 3 at the other end.
5. Forwards 3 and 4 go 2v2 against defensemen 3 and 4.

Variation

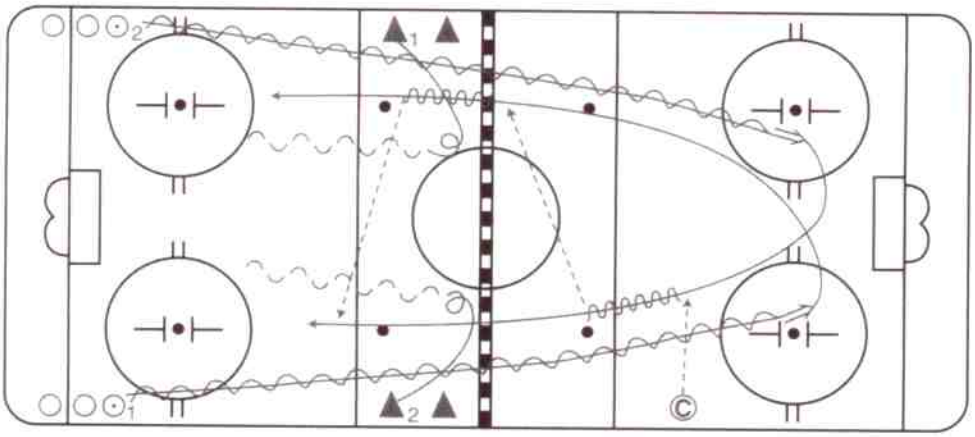
On the whistle, forwards 1 and 2 curl back, passing the puck, and defensemen 1 and 2 close the gap by mirroring the offensive players' movements. On the next whistle, forwards 1 and 2 go 2v2 again against defensemen 1 and 2.



1. Forwards 1 and 2 skate the length of the rink and shoot, then loop back and take a pass from the coach.
2. Defensemen 1 and 2 skate to the center line, pivot, and skate backward.
3. Forwards 1 and 2 then go 2v2 against defensemen 1 and 2.

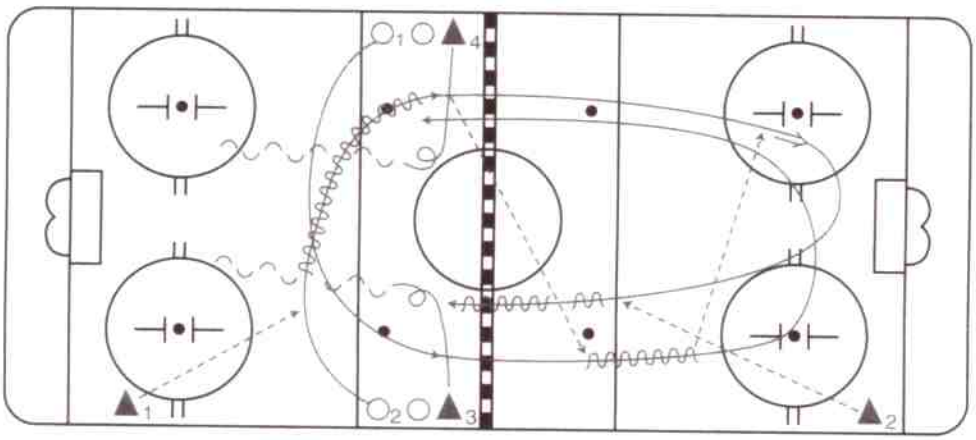
Variation

Forwards 1 and 2 begin by skating backward and exchanging one-touch passes with the next two forwards. Forwards 1 and 2 then pivot, skate the length of the ice, shoot, and come back 2v2.

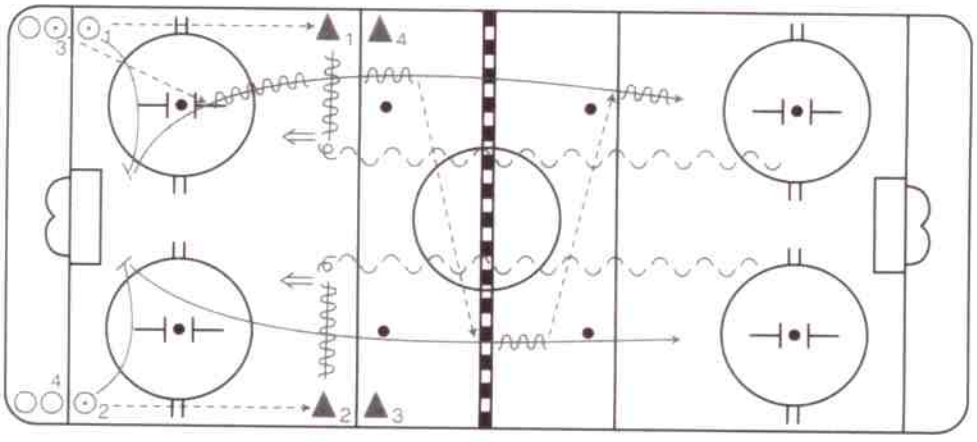


2V0, 2V2

1. Forwards 1 and 2 skate in from opposite sides, cross, and take a pass from defenseman 1 in the corner.
2. Forwards 1 and 2 go 2v0 and shoot, then loop back and take a pass from defenseman 2.
3. Defensemen 3 and 4 come out from the side boards at the center line, pivot, and skate backward.
4. Forwards 1 and 2 go 2v2 against defensemen 3 and 4.
5. The defensemen should rotate after each sequence of the drill.

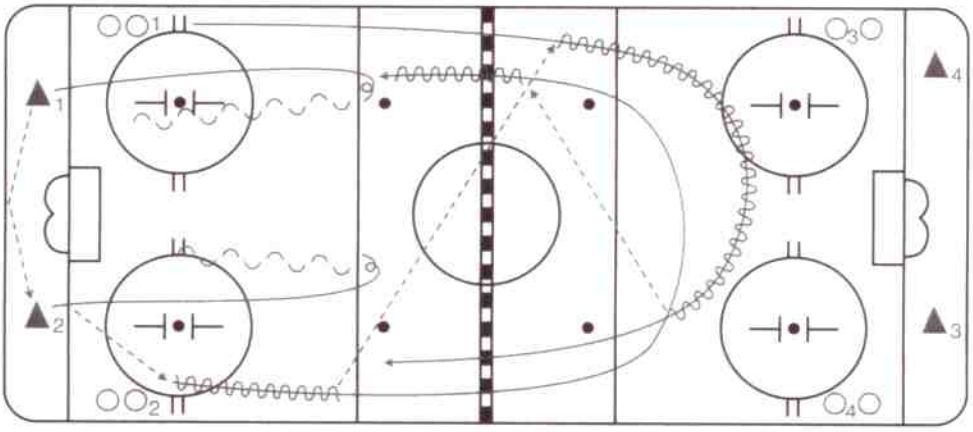


1. Forward 1 passes to defenseman 1 at the blue line.
2. Defenseman 1 skates along the blue line and shoots.
3. Forward 1 goes to the front of the net to deflect and screen.
4. Forward 2 performs the same pattern with defenseman 2.
5. After shooting, defensemen 1 and 2 pivot and skate backward.
6. Forward 3 passes to forward 1, and offensive forwards 1 and 2 go 2v2 against defensemen 1 and 2 to the other end.
7. Forwards 3 and 4 go next with defensemen 3 and 4.



2V0, LOOP, 2V2

1. Defenseman 1 passes behind the net to defenseman 2.
2. Defenseman 2 passes to forward 2.
3. Forwards 1 and 2 go 2v0 to the far blue line, passing the puck.
4. Defensemen 1 and 2 skate forward outside the blue line, pivot, and skate backward.
5. Forwards 1 and 2 loop back and go 2v2 against defensemen 1 and 2.
6. The drill alternates from each end of the rink, and defensemen 3 and 4 go next with forwards 3 and 4.

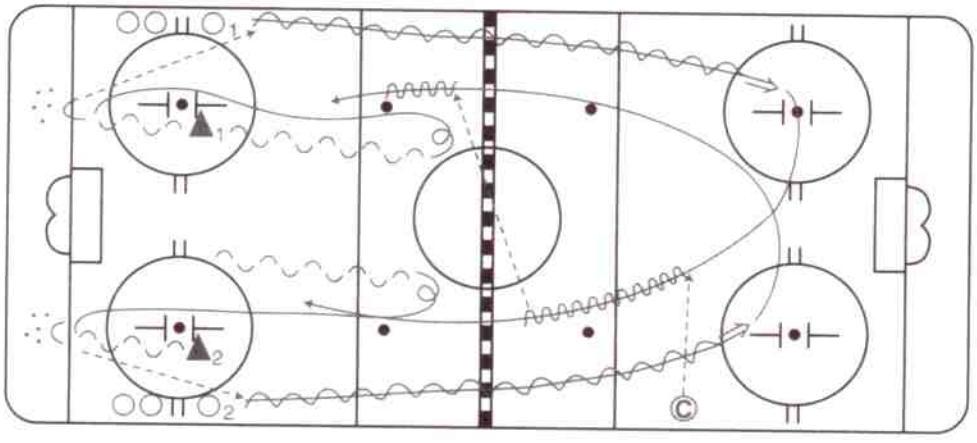


FINLAND 2V2

1. Defenseman 1 skates backward from the middle of the face-off circle, pivots, gets a puck from behind the goal line, and passes to forward 1.
2. Defenseman 2 performs the same pattern with forward 2.
3. Forwards 1 and 2 skate the length of the ice. Forward 1 shoots, then forward 2 shoots.
4. Forwards 1 and 2 loop back and take a pass from the coach.
5. Defensemen 1 and 2 skate to the center line, pivot, and skate backward.
6. Forwards 1 and 2 go 2v2 against defensemen 1 and 2.
7. The drill begins from one end of the rink. Switch goalies halfway through the drill.

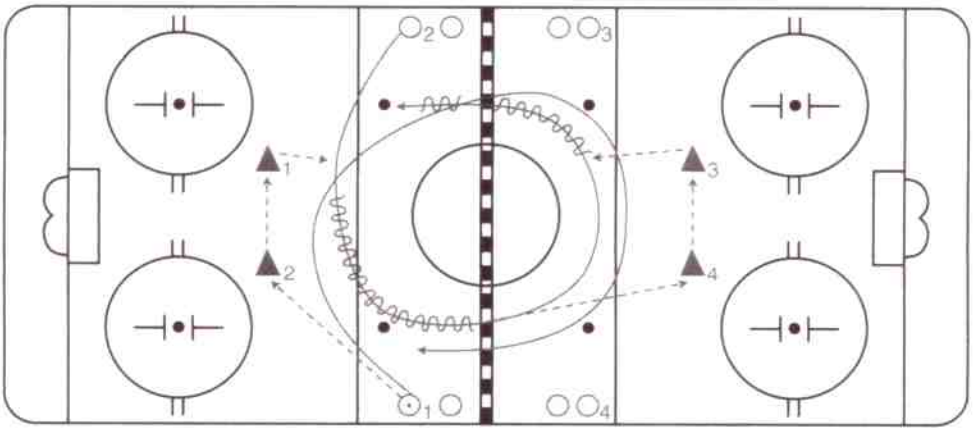
Variation

Forward 1 can skate across the ice inside the blue line and receive a pass from defenseman 2, and forward 2 can cut across and receive a pass from defenseman 1.



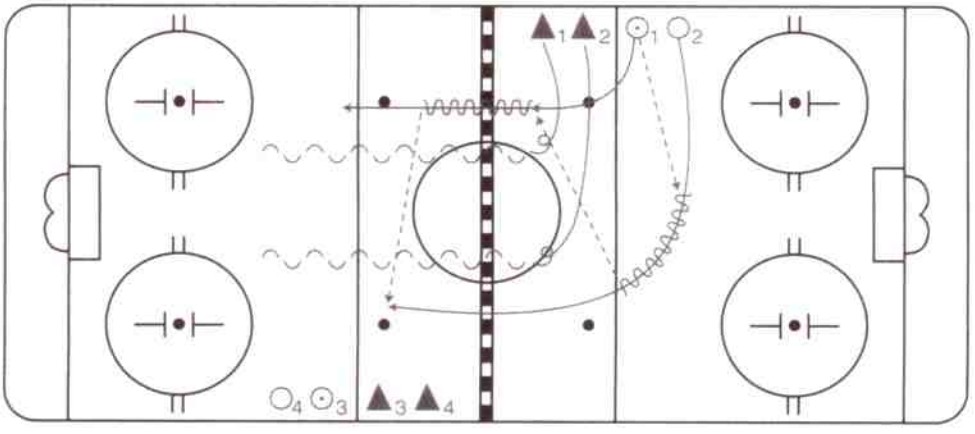
161 SWISS 2V2

1. Forwards 1 and 2 regroup with defensemen 1 and 2, then with defensemen 3 and 4.
2. Forwards 1 and 2 then go 2v2 against defensemen 1 and 2.
3. Forwards 3 and 4 repeat the same pattern with defensemen 3 and 4.



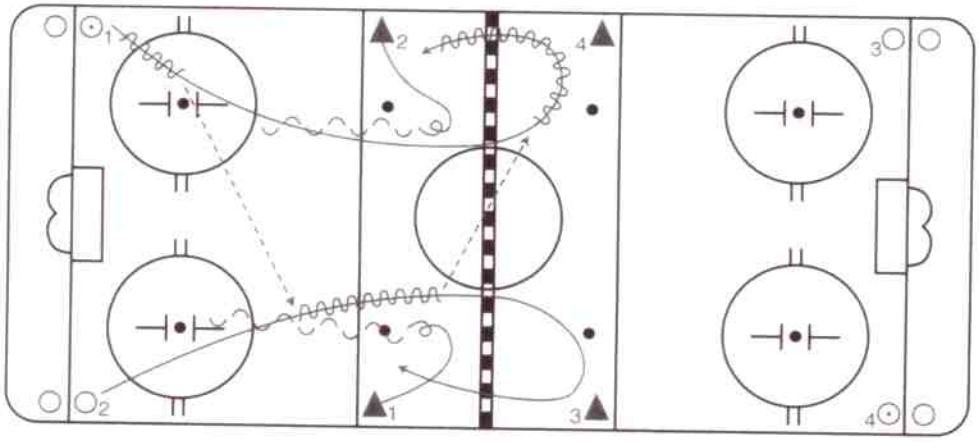
162 2V2 QUICK

1. Forwards 1 and 2 come off the boards, with forward 1 passing to forward 2.
2. At the same time, defensemen 1 and 2 come off the boards from the same side, pivot, and skate backward.
3. Forwards 1 and 2 go 2v2 against defensemen 1 and 2.
4. Forwards 3 and 4 start the drill going in the opposite direction with defensemen 3 and 4.

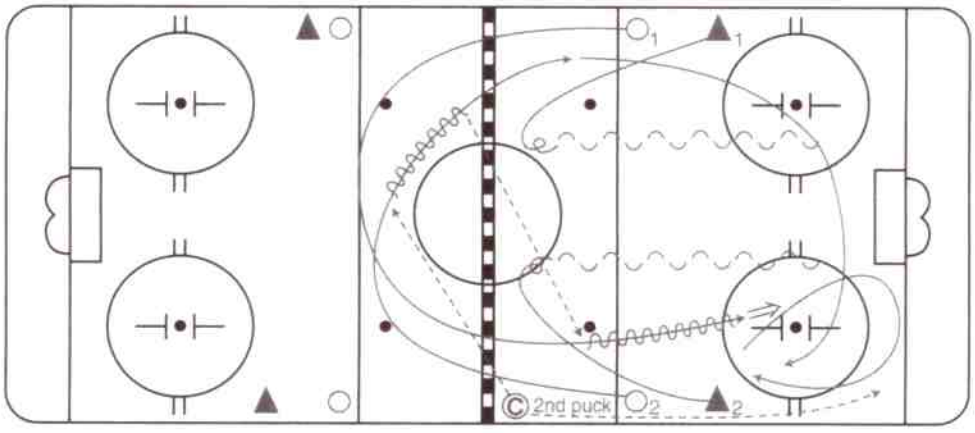


163 LOOP BACK

1. Forward 1 skates out of the corner and passes to forward 2.
2. Forward 1 and forward 2 exchange passes and loop over the center line.
3. Defenseman 1 and defenseman 2 skate to the center line from the boards at the near blue line, pivot, and skate backward.
4. Forward 1 and forward 2 go 2v2 against defenseman 1 and defenseman 2.
5. Forward 3 and forward 4 go next from the opposite end, repeating the same sequence and going 2v2 against defenseman 3 and defenseman 4.

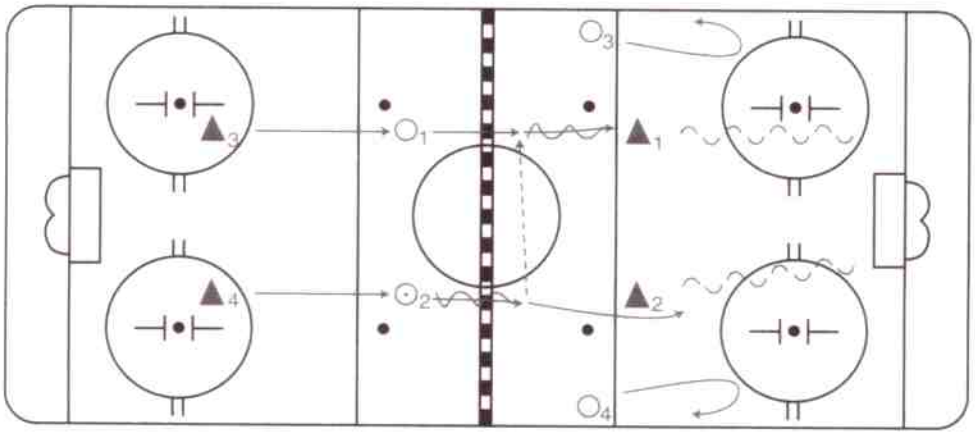


1. Forward 1 and forward 2 skate to the far blue line, cross, and take a pass from the coach.
2. Defenseman 1 and defenseman 2 skate to the center line, pivot, and skate backward.
3. Forward 1 and forward 2 go 2v2 against defenseman 1 and defenseman 2.
4. After the play is finished, forward 1 and forward 2 cycle in the same corner, receive a second pass from the coach, and go 2v2 low against defenseman 1 and defenseman 2.



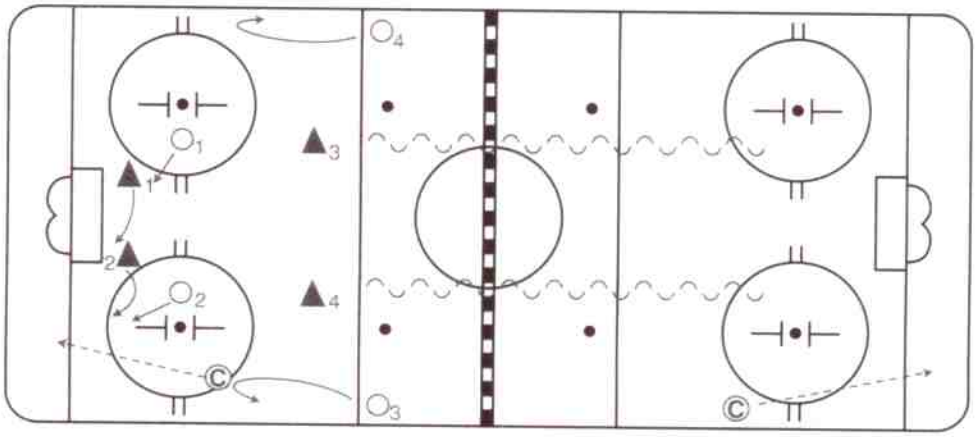
165 2V2, ONE PUCK

1. Defenseman 3 and defenseman 4 start a breakout with forward 1 and forward 2.
2. Forward 1 and forward 2 go 2v2 against defenseman 1 and defenseman 2.
3. When forward 1 and forward 2 cross the blue line in the offensive zone, forward 3 and forward 4 take positions on the boards inside the blue line.
4. When defenseman 1 and defenseman 2 gain possession of the puck or when a goal is scored, a breakout is started with forward 3 and forward 4.
5. Forward 3 and forward 4 go 2v2 against defenseman 3 and defenseman 4, who have moved up to the offensive blue line.
6. The drill is continuous with one puck.



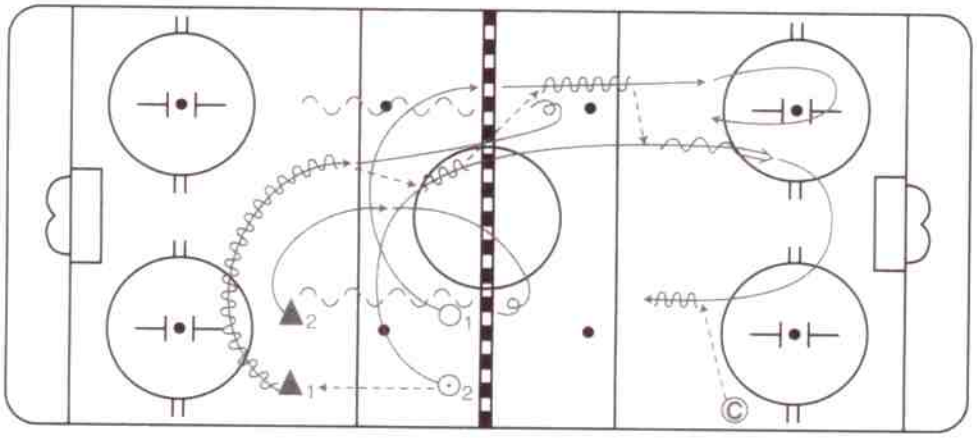
2V2 TO LOW 2V2

1. The drill begins with the coach shooting the puck in the corner. Forward 1 and forward 2 go 2v2 low against defenseman 1 and defenseman 2.
2. Defenseman 3 and defenseman 4 are waiting at the blue line, and forward 3 and forward 4 are behind them.
3. As soon as defenseman 1 and defenseman 2 gain possession, forward 3 and forward 4 enter the zone along the boards and break out 2v2 against defenseman 3 and defenseman 4.
4. After the play is finished, the coach passes in a second puck, and the 2v2 continues low until defenseman 3 and defenseman 4 gain possession and start the next 2v2 with two new forwards.



167 CZECH 2V0, 2V2

1. Forward 2 passes to defenseman 1.
2. Forward 1 and forward 2 skate wide to the far boards and go 2v0 to the far goal.
3. Defenseman 1 and defenseman 2 follow forward 1 and forward 2 to the far blue line.
4. After shooting, forward 1 and forward 2 circle back, receive a pass from the coach, and return 2v2 against defenseman 1 and defenseman 2 toward the other end.

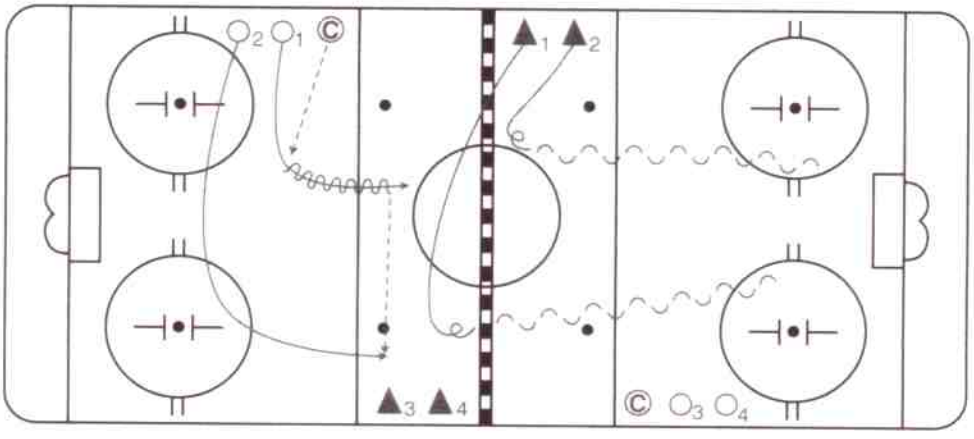


168 2V2 CHIP BACK

1. Forward 1 and forward 2 come off the side boards and receive a pass from the coach.
2. At the same time, defenseman 1 and defenseman 2 come off the side boards, pivot, and skate backward.
3. Forward 1 and forward 2 go 2v2 against defenseman 1 and defenseman 2.
4. After the play is finished, forward 3 and forward 4 come off the opposite side for the next 2v2 along with defenseman 3 and defenseman 4.

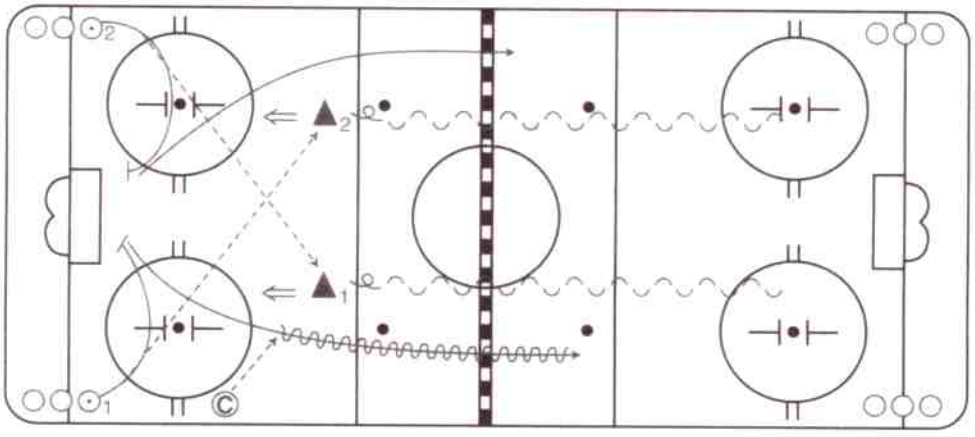
Variation

After the 2v2 is finished, the other coach chips back a puck in the neutral zone, and the same players go 2v2 again.



169 2V2, DOUBLE REGROUP

1. Forward 1 passes to defenseman 2.
2. Defenseman 2 shoots.
3. Forward 1 goes to the front of the net to screen and deflect.
4. Forward 2 repeats the same pattern with defenseman 1.
5. After both defensemen shoot, forward 1 receives a puck from the coach.
6. Forward 1 and forward 2 then go 2v2 against defenseman 1 and defenseman 2.

Variation

Forward 1 and forward 2 can first regroup with defenseman 1 and defenseman 2, circle back, and then go 2v2 against defenseman 1 and defenseman 2.