

Combination Drills

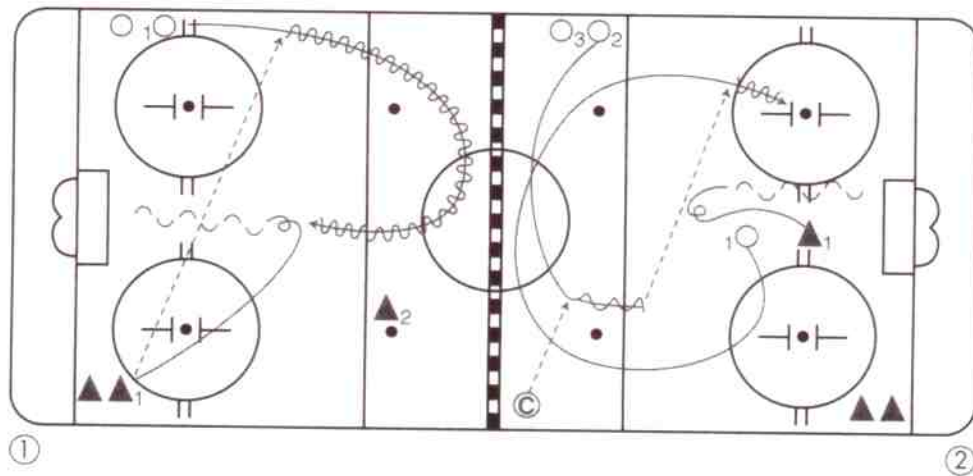
Combination drills usually include offensive and defensive skills or combine a number of different offensive or defensive skills. Many of these drills are team-oriented drills such as those involving breakouts with forechecking and backchecking. Others are continuous drills that move from a one-on-one to a two-on-one or a two-on-one with a backchecker, and so forth.

Combination drills are often used with older or more advanced players to combine a number of individual or team skills. All of these drills are designed to simulate game situations and should be executed with high intensity to further simulate game situations. These are drills that don't fit into just one category like the other chapters of the book. They are, however, some of the best drills used by experienced coaches to combine a number of different skills into one drill. Because they combine so many different skills, sometimes they take more time than simpler drills. It's worth taking the extra time to run these drills, and coaches should try to work them into practice. They will get players used to game speed and intensity. They will also help players work on executing many skills at once.

1. Defenseman 1 passes across to forward 1.
2. Forward 1 skates outside the blue line.
3. Defenseman 1 skates toward the blue line, pivots, and skates backward.
4. Forward 1 goes 1v1 against defenseman 1 (see figure 1).
5. When the play is finished, forward 1 skates outside the blue line again.
6. Forward 2 comes off the boards at the blue line and takes a pass from the coach.
7. Defenseman 1 skates to the blue line again, pivots, and skates backward.
8. Forwards 1 and 2 go 2v1 against defenseman 1 (see figure 2).

Variation

The drill sequence can be repeated a third time by adding forward 3 and having forwards 1, 2, and 3 go 3v1 against defenseman 1.

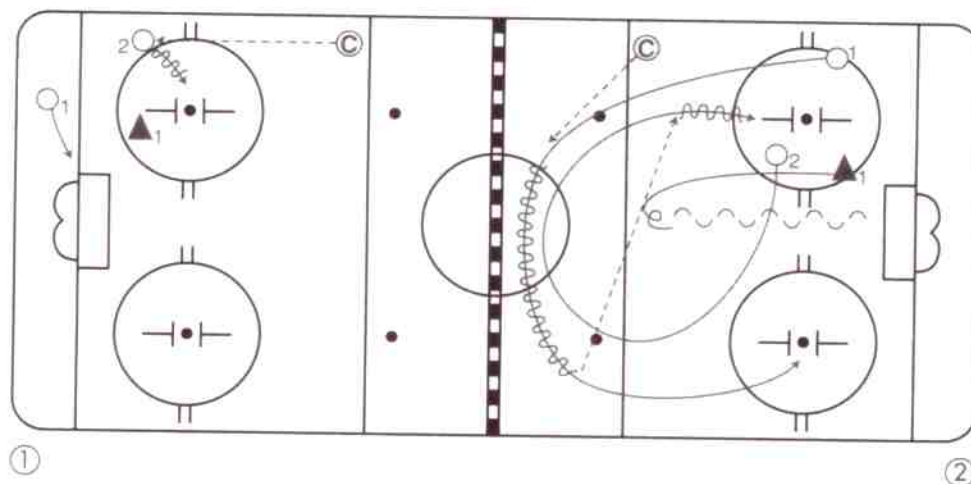


231 2V1 OUT OF THE CORNER, 2V1 HALF ICE

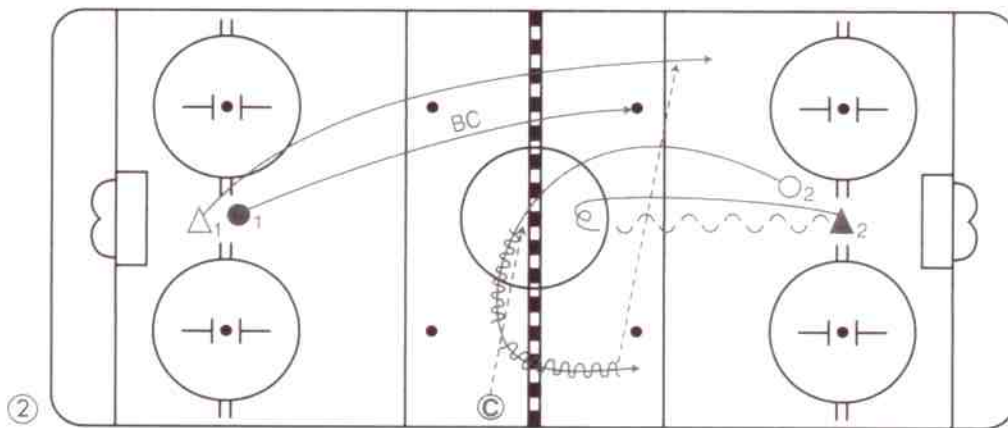
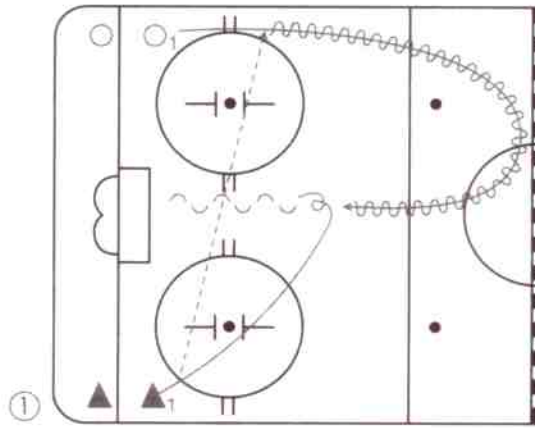
1. Forwards 1 and 2 are in the corner.
2. The coach passes the puck to forward 1 or 2. Forwards 1 and 2 then go 2v1 against defenseman 1 from the corner (see figure 1).
3. After the play is finished, the coach blows the whistle, and forwards 1 and 2 come outside the blue line and take another pass from the coach.
4. Defenseman 1 comes to the blue line, pivots, and skates backward.
5. Forwards 1 and 2 go 2v1 against defenseman 1 from outside the blue line (see figure 2).

Variation

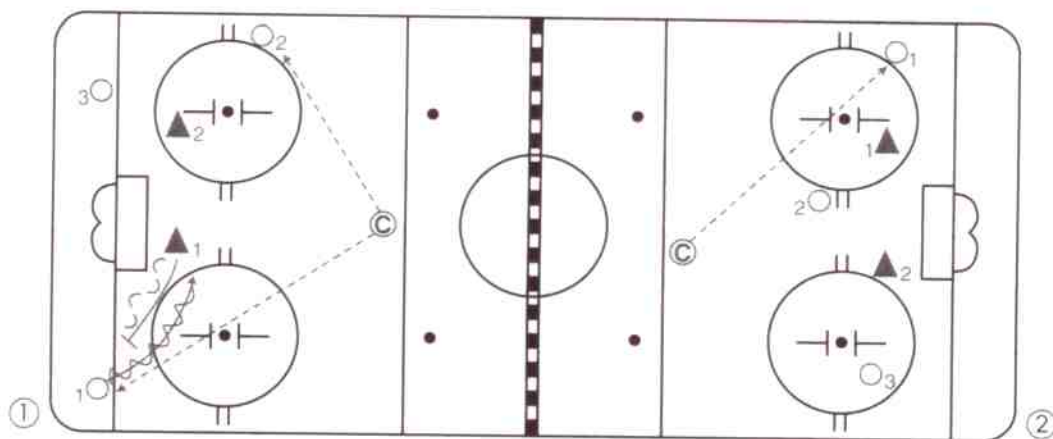
The drill can be done with an additional forward, making the play 3v1.



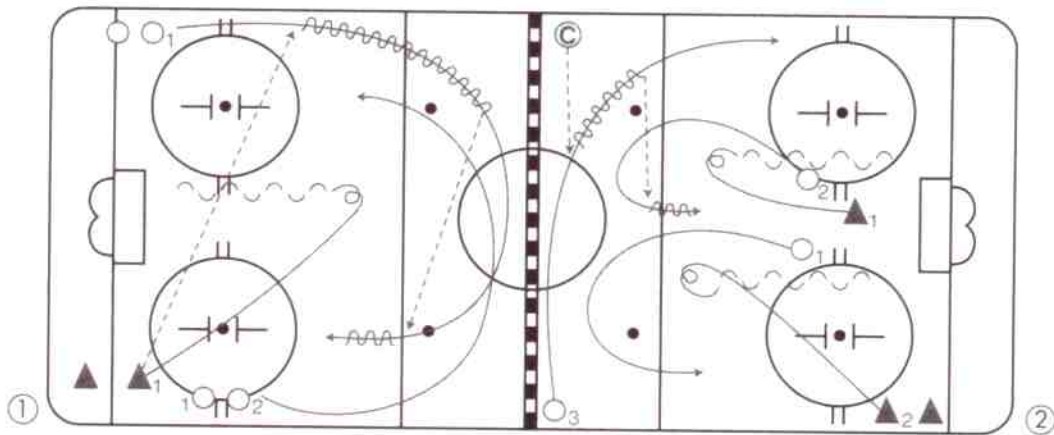
1. Defenseman 1 passes to forward 1 (see figure 1).
2. Forward 1 skates outside the blue line.
3. Defenseman 1 skates to the blue line, pivots, and skates backward.
4. Forward 1 goes 1v1 against defenseman 1.
5. When the 1v1 is completed, the coach blows the whistle, and defenseman 2 and forward 2 repeat the same sequence at the opposite end of the rink.
6. Forward 2 and defenseman 1 go 2v1 against defenseman 2, who skates to the blue line, pivots, and skates backward. Forward 1 goes on defense and skates to the other end as a backchecker (see figure 2).
7. The drill is continuous with the next 1v1 starting at the end where the 2v1 with the backchecker ended.



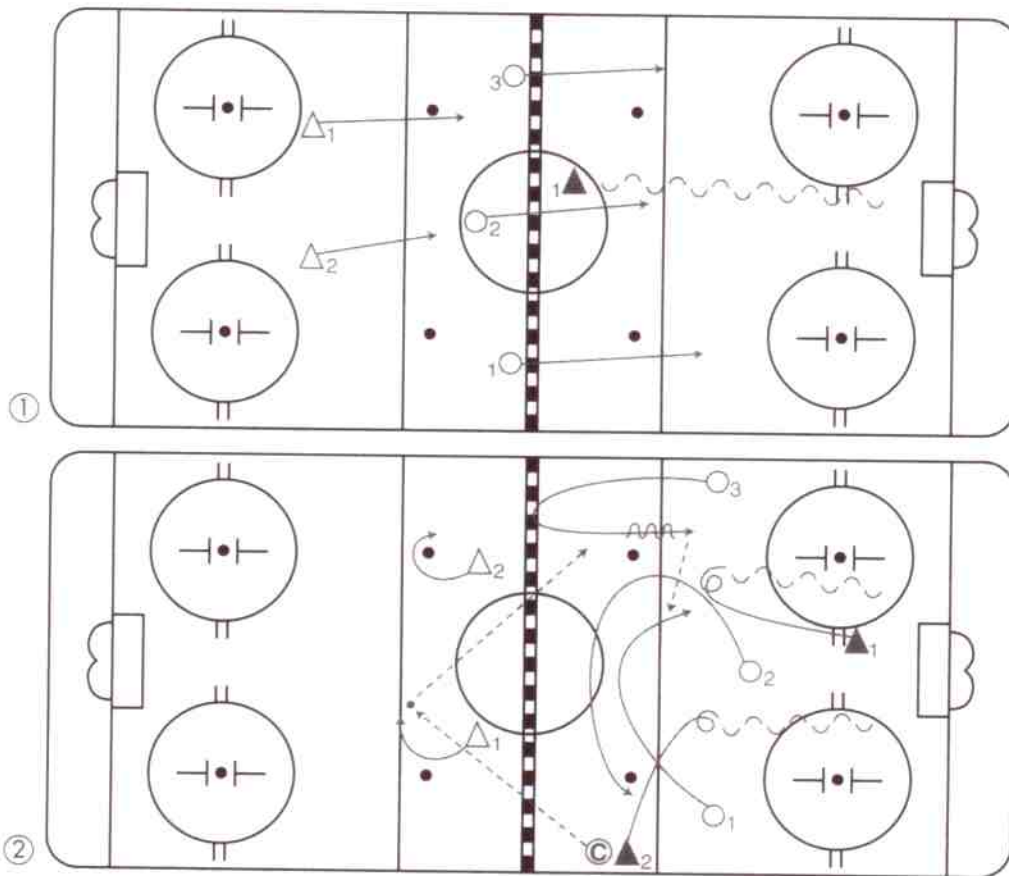
1. The coach passes to forward 1 (see figure 1).
2. Forward 1 goes 1v1 against defenseman 1.
3. The coach then passes to forward 2.
4. Forward 2 and forward 3 go 2v1 against defenseman 2.
5. Next, the coach passes to forward 1, 2, or 3 (see figure 2).
6. Forwards 1, 2, and 3 go 3v2 against defensemen 1 and 2.



1. Defenseman 1 passes to forward 1.
2. Forwards 1 and 2 skate outside the blue line.
3. Defenseman 1 skates to the blue line, pivots, and skates backward.
4. Forwards 1 and 2 go 2v1 against defenseman 1 (see figure 1).
5. After the 2v1 is completed, the coach blows the whistle.
6. Defenseman 1 skates to the blue line, pivots, and skates backward.
7. Defenseman 2 joins defenseman 1 at the blue line, pivots, and skates backward.
8. Forwards 1 and 2 skate outside the blue line.
9. Forward 3 comes off the boards at the center line and takes a pass from the coach.
10. Forwards 1, 2, and 3 go 3v2 against defensemen 1 and 2 (see figure 2).



1. Forwards 1, 2, and 3 break out with offensive defensemen 1 and 2 and then forwards 1, 2 and 3 go 3v1 against defenseman 1 (see figure 1).
2. When the 3v1 is completed, the coach blows the whistle.
3. Forwards 1, 2, and 3 and offensive defensemen 1 and 2 come outside the offensive blue line into the neutral zone.
4. The coach passes a puck to the far blue line (see figure 2).
5. Offensive defensemen 1 and 2 go back and get the puck and pass to forward 1, 2, or 3.
6. Defensive defenseman 1 skates to the blue line, pivots, and skates backward.
7. Defensive defenseman 2 comes off the side boards, pivots, and skates backward, joining with defenseman 1 to defend against forwards 1, 2, and 3 in a 3v2.

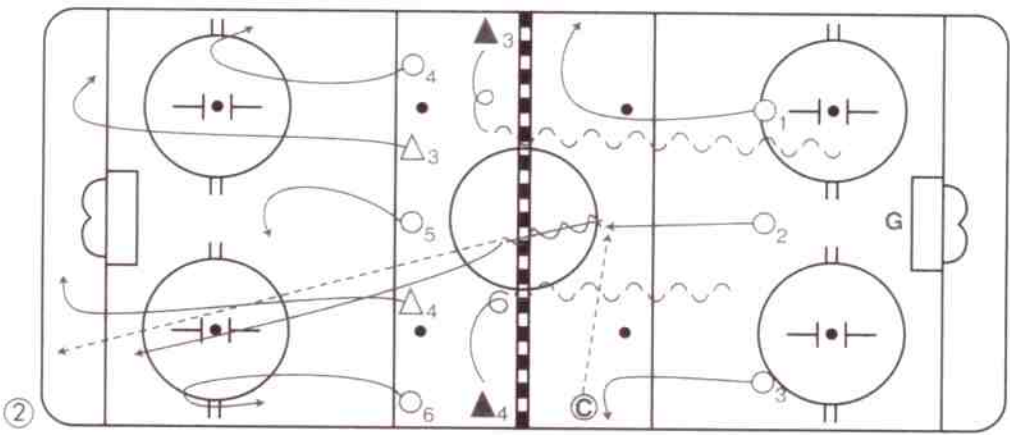
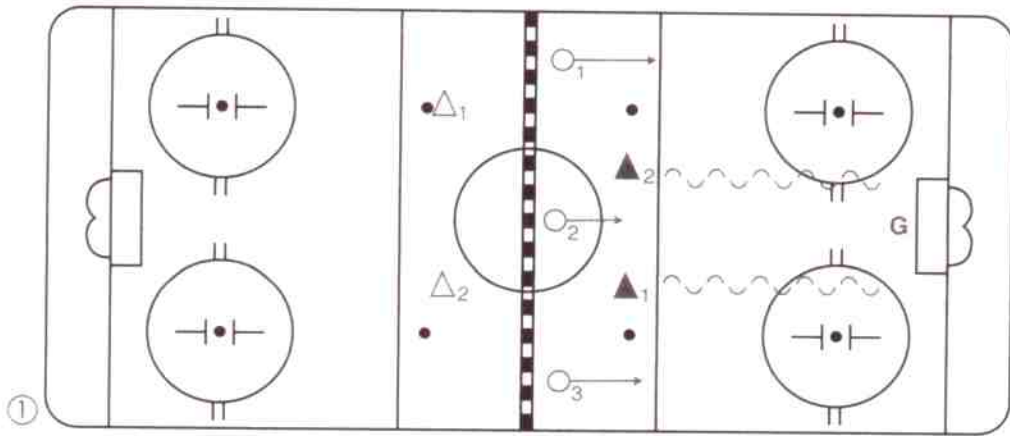


236 MONTREAL 5V2, BACK, ONE OR TWO FORECHECK

1. Offensive forwards 1, 2, and 3 and offensive defensemen 1 and 2 break out and go 5v2 against defensemen 1 and 2 (see figure 1).
2. When the 5v2 is completed, the coach blows the whistle.
3. Forwards 1, 2, and 3 skate back to the center line, and the coach passes to one of them (see figure 2). (The coach passes to a different forward each time.)
4. The player who receives the puck shoots it into the corner where the breakout started.
5. Offensive defensemen 3 and 4 and forwards 4, 5, and 6 are at the blue line, and they break out while the player who shot the puck in forechecks.
6. The other two offensive forwards who did not receive the puck for the shoot-in go to the side boards.
7. Defensive defensemen 3 and 4 take the 5v2 with offensive forwards 4, 5, and 6 and offensive defensemen 3 and 4 going toward the same end.
8. The breakouts are from the same end each time, so the goalies should be alternated halfway through the drill.

Variations

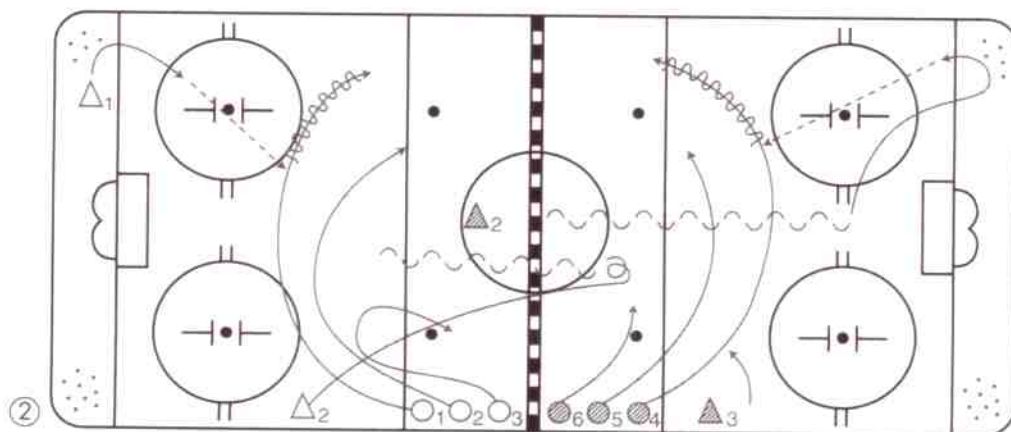
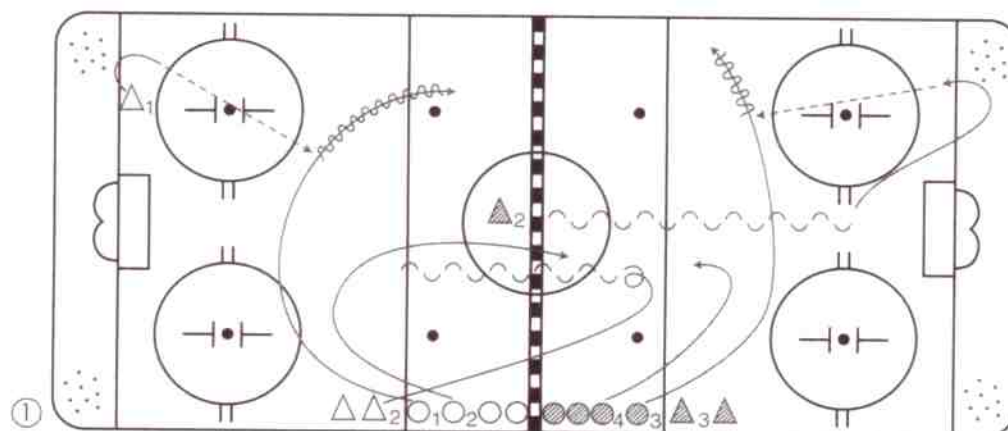
- The coach passes to forward 1, 2, or 3. The player with the puck shoots it into the corner to initiate the breakout, and the other two players forecheck.
- The player who shoots the puck into the corner to initiate the breakout back-checks from the blue line instead of forechecking.



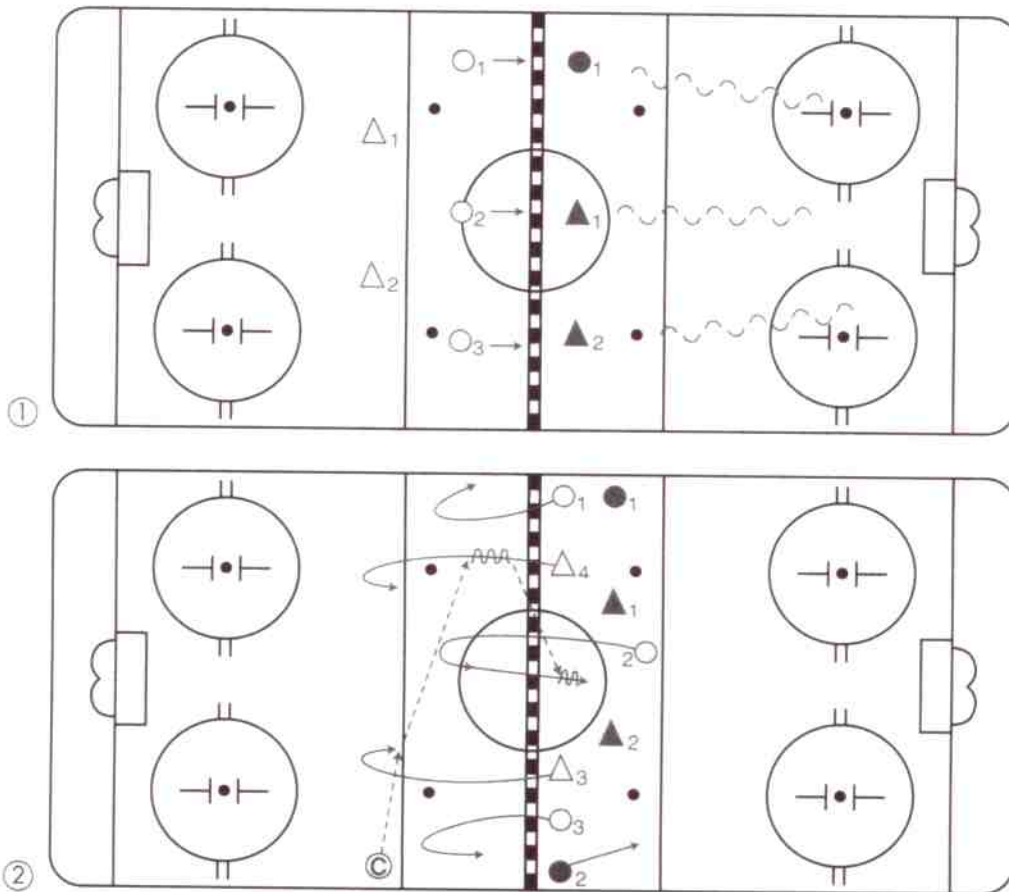
1. Forwards 1 and 2 come off the side boards to start the drill. One of them takes a pass from defenseman 1 in the corner (see figure 1).
2. Forwards 1 and 2 go 2v1 against defenseman 2.
3. After the 2v1 is completed, defenseman 2 goes to the corner and gets a puck.
4. Defenseman 2 starts the next 2v1 with a pass to forwards 3 and 4, who have come off the side boards.
5. Defenseman 2 comes to the side boards.
6. Defenseman 3 follows the play to the far blue line and takes the next 2v1.

Variations

- The drill is the same except that an additional offensive forward comes off the boards to start each sequence, making the play 3v1 (see figure 2).
- Play is the same as in the previous variation except that two offensive defensemen are used to make it 3v2.



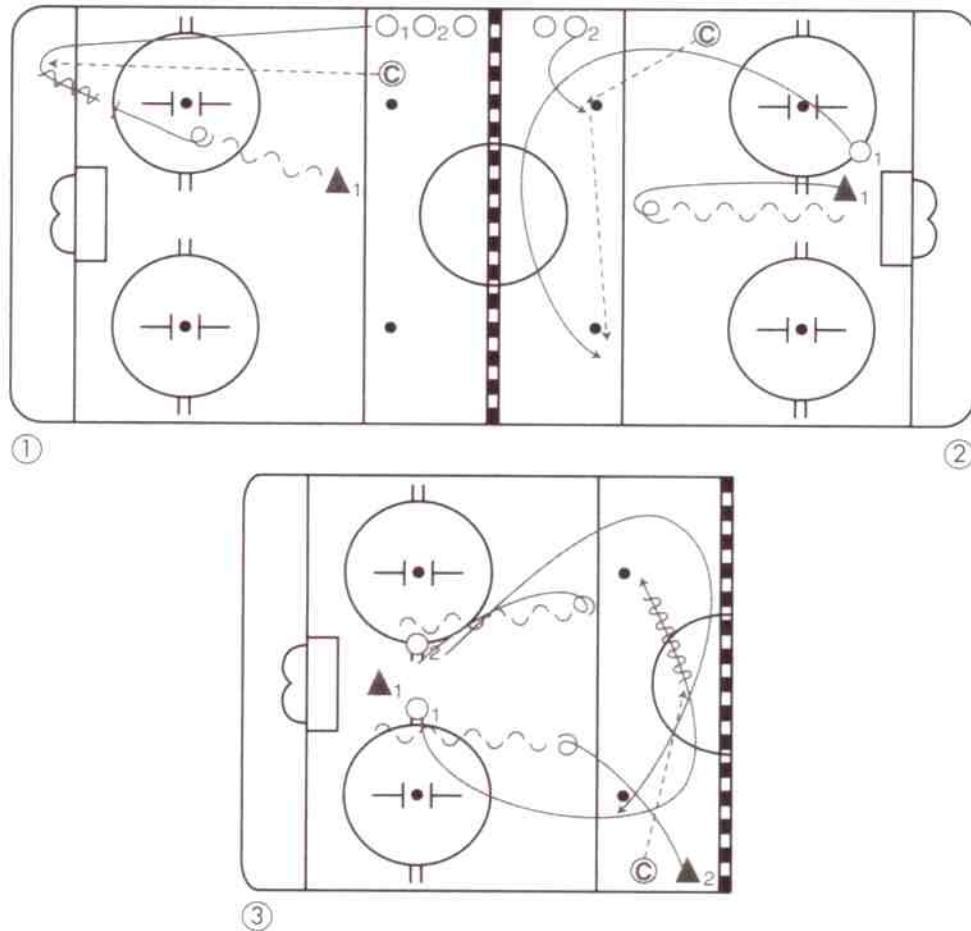
1. Offensive forwards 1, 2, and 3 break out with offensive defensemen 1 and 2 to go 5v3 against defensive defensemen 1 and 2 and defensive forward 1 (see figure 1).
2. After the 5v3, the coach blows the whistle. Offensive defensemen 1 and 2 and offensive forwards 1, 2, and 3 go back to the far blue line and take a pass from the coach (see figure 2).
3. Defensive defensemen 1 and 2 and defensive forward 1 come out to the center line, and defensive forward 2 joins the play as a backchecker.
4. Offensive forwards 1, 2, and 3 and offensive defensemen 1 and 2 then go 5v4 against the defensive team.



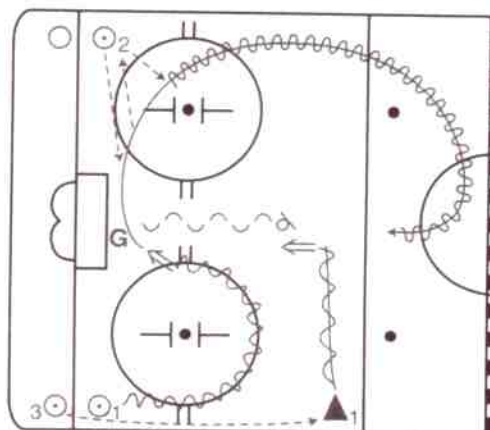
1. The coach shoots a puck into the corner. Forward 1 goes to the corner and gets the puck (see figure 1).
2. Defenseman 1 skates backward from the blue line and pivots.
3. Forward 1 comes out of the corner and goes 1v1 against defenseman 1.
4. On the whistle, forward 1 comes outside the blue line (see figure 2).
5. Defenseman 1 skates to the blue line, pivots, and skates backward.
6. Forward 2 comes off the side boards and takes a pass from the coach.
7. Forwards 1 and 2 then go 2v1 against defenseman 1.

Variation

The drill is the same except that a second defenseman is added. After the 1v1, defenseman 2 comes off the boards, and forwards 1 and 2 take a pass from the coach and go 2v2 against defensemen 1 and 2 (see figure 3).



1. Forward 1 skates around the face-off circle and shoots, then one-touch passes with forward 2 in the corner, who has a puck.
2. Defenseman 1 takes a pass at the blue line from forward 3.
3. Defenseman 1 skates to the middle of the blue line, shoots, pivots, and skates backward.
4. Forward 1 skates outside the blue line, loops back, and goes 1v1 against defenseman 1.
5. This drill can be done at both ends of the rink at the same time.



1. Forwards 1 and 2 come off the opposite side boards and go 2v1 against defenseman 1 (see figure 1).
2. When the play is completed, the coach blows the whistle, and forwards 1 and 2 take a pass from the coach.
3. Forwards 1 and 2 then go 2v2 in the opposite direction against defensemen 2 and 3, who come off the opposite side boards (see figure 2).

