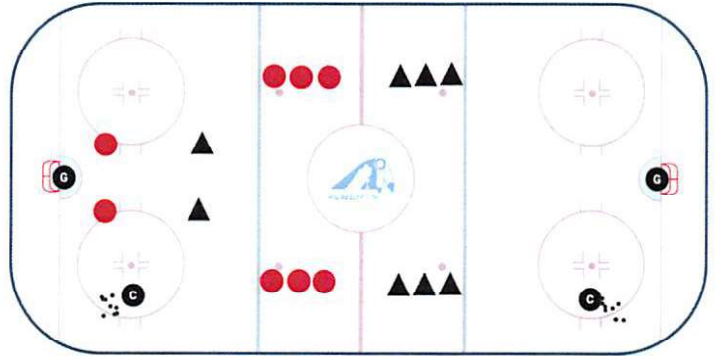


# Wallee 2 v 2 Scoring & Defending - Down Middle of Ice Version

Great Warm Up Drill - Drill is played down the middle of the ice inside the dots. Have players separated into 2 teams (different colors) and lined up to start the drill as illustrated in the diagram with goalies in the net with their teams and Coaches in their spots with a pile of puck.

Drill starts with 2 defenders (red) and 2 players on offense (black). When ready, Coach will spot a puck into the game for the team on offense (black) - drill is continuous from here. If a goal is scored or puck goes outside to the dots, Coach will quickly give a puck to the team on offense



Black stays on offense and is continually trying to score on Red until the Red team and gain puck control and advance it to one of the the two players in the fronts of their lines, those players will then quickly transition 2 v 0 back up the ice in the opposite direction with the Black team having to react and go from Offense to Defense and track / backcheck thru the middle of the ice to make it a 2 v 2 in the other end - \*\*\* should the play go on for too long with the defending team unable to transition their team to offense, the Head Coach can whistle the play and the Coach with pucks in that end will give a puck to one of the players in the defending teams line and they will go 2 v 0 the other way and the offensive players transition to defense.

KTP: 2 v 2 offense and defense tactics net front (offensively: shooting to score, getting open, getting to open ice - defensively: checking skills focusing on stick on puck & body position, inside out defending), transition from defense to offense and offense to defense, tracking / backchecking thru the dots, communication, compete

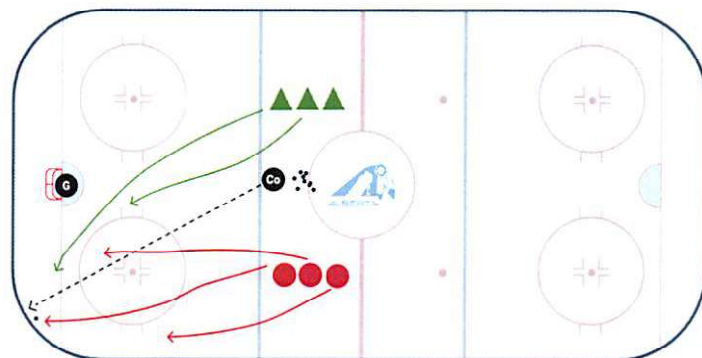
KEP: Coaches ready to quickly add pucks as necessary, keep players outside the dots so that the middle of the ice is open for play

**Length of Time:** 10 minutes

**Station Number:** Warm Up Drill - get it going as soon as we touch the ice

# Walrus

- If the Co dumps puck into the left corner, the team on that side sends 3 players and they are on offense, the other side only sends 2 players and they are defending
- Offense is trying to score while defending team must skate puck out past the ringette line (they can pass to each other to help this)
- Puck placement should vary each rep to give both teams opportunity to play both Offense and Defense
- Promote getting pucks to the net quickly & net front presence both offensively and defensively



Focus: Communication, vision, net drives with / without the puck, defending habits, creativity, puck retrievals, puck support, zone exits

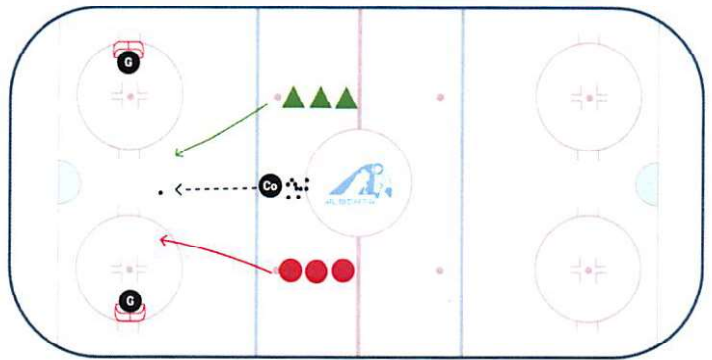
KEP: If playing game at both ends have one coach use single whistle and other coach use double whistle for change of players, players are to come out hard on the whistle and bring the puck with them. Play for 30 second maximum

**Length of Time:** 10 minutes - play in both ends

**Station Number:** Assistant Coaches to an end

# 1 v 1 - 2 v 1 - 2 v 2 - 3 v 2 - 3 v 3 SAG

- Cross ice game starts with a 1 v 1 - Co will give puck to either team and let them play 1 v 1 for 15-20 seconds
- On Co's whistle a new player will be added to the game after receiving a puck from Co - must enter the game going behind the net on the side of the ice they are on before being able to score - must make a pass to teammate before they can score - NOTE: THE PUCK THAT IS IN PLAY BEFORE EACH WHISTLE MUST IMMEDIATELY BE PASSED TO THE COACH OR CLEARED DOWN THE WALL TO GET IT OUT OF THE ZONE
- That team 2 v 1 is on the offence using the new puck
- This will continue alternating which side Co adds players to the game going 2 v 2, 3 v 2, 3 v 3 then starting over at 1 v 1 once coach blows double whistle to have players in the game get hard out to their lines.



NOTE: TEAMS CAN SCORE ON EITHER NET

KTP: Communication, passing, vision, transition, puck support, defensive habits, awareness, CREATIVITY

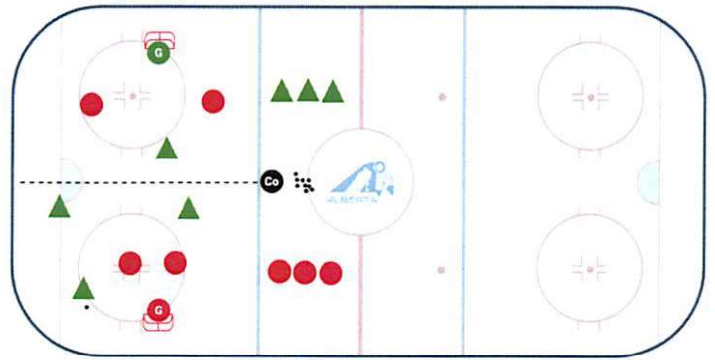
KEP: New player with puck must go behind the net closest to their line, puck that is in play before the whistle must be cleared. Coach to use double whistle to revert that game back to 1 v 1

**Length of Time:** 12 minutes

## 3 v 2 Offense | 2 v 3 Defense

Can either draw or use an imaginary line down the middle of the ice (players can use Co & pucks as a reference)

- 4 players from each team enter the game
- When your team is on offense half of the zone, you must have 3 offensive players working to score
- When your team is on the defensive half of the zone, you can only have 2 players defending
- Players must communicate to execute the transitional part of the game, utilize strategy to effectively execute the numbers of players located in each half of the zone



KTP: Communication, passing, vision, transition, puck support, defensive habits, awareness, creativity, net front presence

KEP: Clearly define a line down the middle of the ice so players have a landmark to go by to ensure they know where 1/2 is, on whistle players are "hard out" and must bring the puck with them as coach will wait to put the next puck into play where next group does not go until coach puts a puck into play.

**Length of Time:** 12 minutes