

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

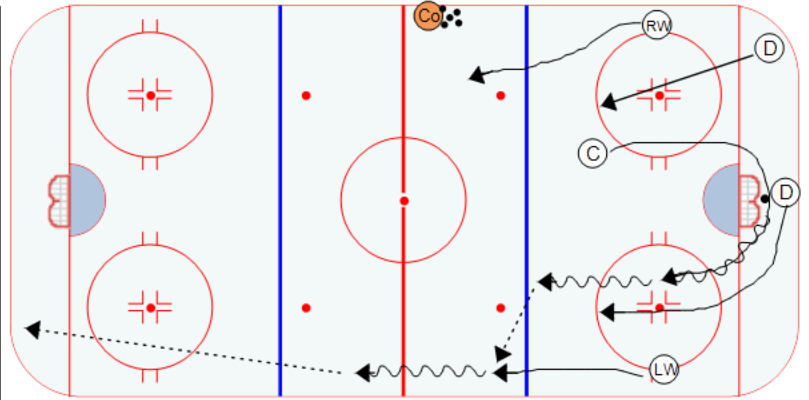
Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

Have one line on the ice and all other players on the bench.

Coach dumps a puck behind the net and the five players execute your team breakout.

Once the play reaches the red line have the player dump the puck into the opposite end of the ice.



Key Points :

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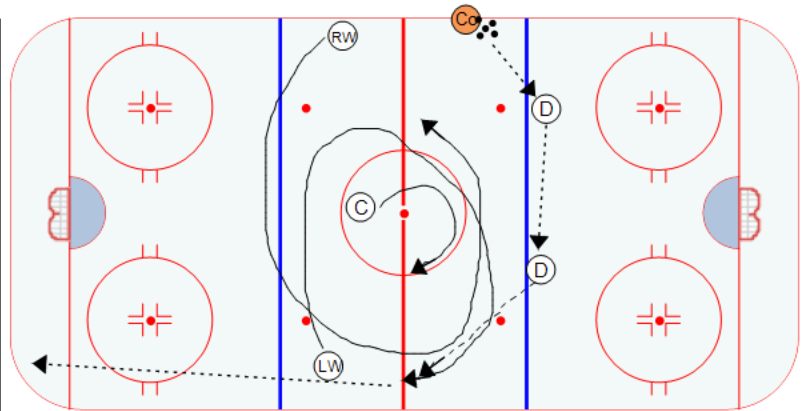
Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

After the dump in have your players execute a neutral zone regroup beginning with a pass from the coach to one of the defensemen.

You can run a standard NZ regroup where the wings just come up the boards on their side and the center sweeps the middle or if you want you can have the wings skate a little and loop around the center circle.

Once the regroup is accomplished have the player with the puck dump it again into the opposite end.



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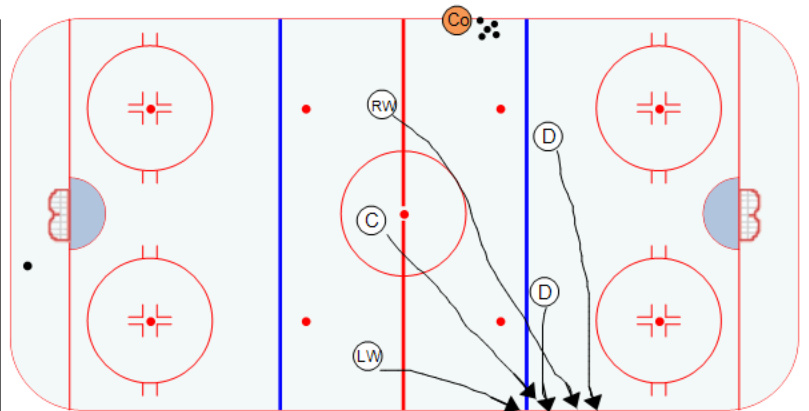
Title : Change on the Fly Practice Content elements: _____ Components : _____

Description

After the second dump is accomplished have all five players get to the bench at top speed and execute a five player On-The-Fly change.

As an option you can have the two far side players stay on the ice as you might do in certain circumstances during real game action.

It is important that the players get off the ice at top speed so the oncoming players can get to their defensive positions before the opponent can execute a far side breakout.



Key Points :

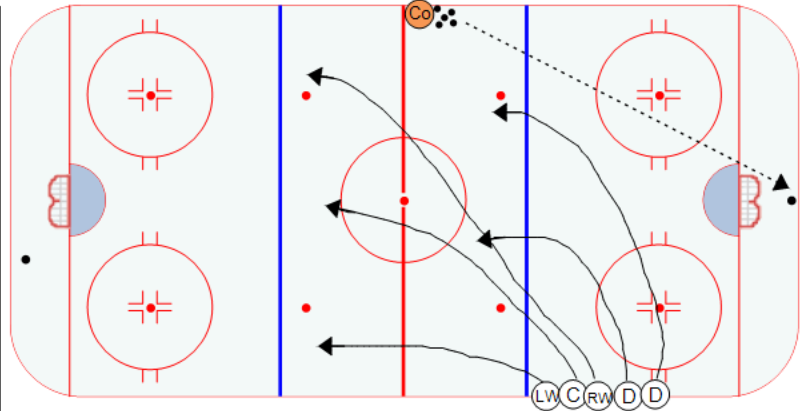
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Description

The oncoming five players should skate hard to get to their defensive positions to defend against the opponents breakout.

Once the players have reached their defensive positions the coach will blow the whistle and dump a new puck behind the net.



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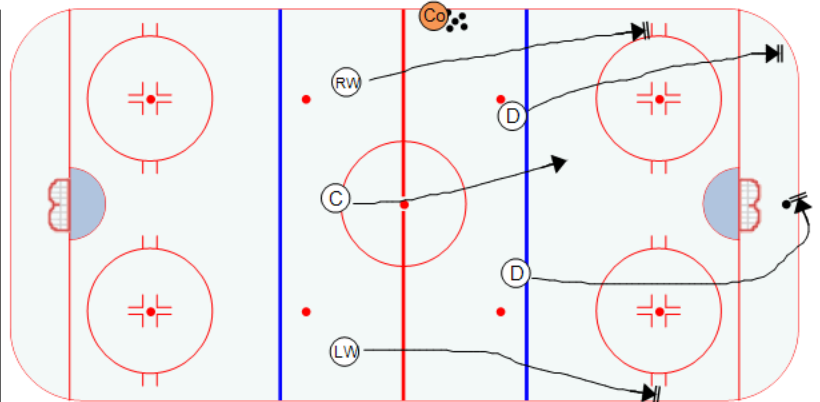
Description

With the puck behind the net the five players hustle back into breakout position and execute the team breakout again.

Each line will execute a breakout and NZ regroup then get off the ice for a new set of five skaters.

The coach can have each line run a different breakout to keep the players thinking.

The goal of this drill is to teach the players to get off the ice quickly on a change and for the new players to get into defensive position quickly on the change.



Key Points :