

# ENTRY SKILLS & CONCEPTS (HALF ICE)



Wednesday, February 21st, 2024

Please Note: The Practice of the Week is designed to bring value across multiple age levels. You can use this to build ideas to develop your own practice. With that being said, we highly encourage you to adjust the drills based on your team's age and skill levels. IHS should always be used as a starting point and you can add/remove constraints to fit your team.

**Practice Theme:** Work on skills and habits that can be applied to entries. Encourage your players to gain the middle of the ice to open up more options. Players without the puck can work on being a passing option and/or driving back the defender to create more space for the puck carrier.

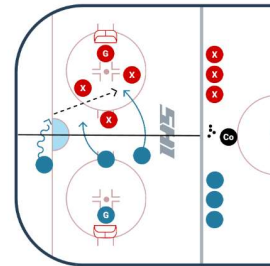
## Key Coaching Points

- 1 Gain middle ice when possible
- 2 Forwards without the puck should provide support for the puck carrier by finding a passing lane or driving the defenders back to create space
- 3 Defensemen need to maintain a tight gap to dictate the movements of the attacking forward(s) to the outside and eliminate scoring opportunities

## Off-Side Game

### Details:

The Off-Side game is a normal cross ice 3 v 3 game but requires teams attack by staying onside at the center line.



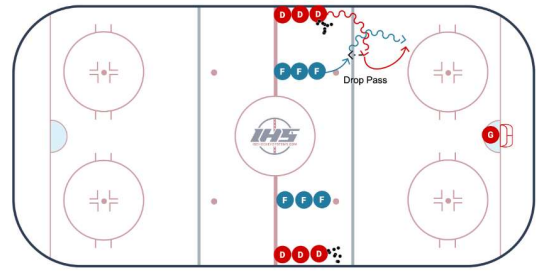
## Setup

- Play 3 v 3 cross ice.
- Setup a center ice "offsides line" which can be drawn or created with two cones or tires.
- Before an attacking team can attack the other team's goal, they must regroup in their defensive half and when they are in their own zone they can attack the opposing net must stay onside at the center line.
- If the team goes offside, blow a quick whistle to signify a turnover.
- Another variation is to make the attacking team compete a pass before going over the center line.

## Coaching Points

- Offensive team: support your teammates and be outlets for them.
- Defensive team: keep your sticks on the ice to block passing lanes, and angle the offensive team to the outside.

## Strands Blue Line Herding



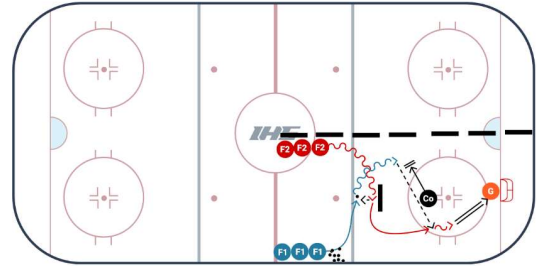
## Decision Time 2 on 1

### Details:

This drill works on decision making in a 2 on 1 situation. The drill is great for station based or ADM type practices as it requires only one quarter of the ice, but you can make it a half ice drill if you go out of both sides at the same time.

## Setup

Place two lines of players as shown in the diagram and place a border or obstacle just inside the blue slightly higher than the top of the circle. A coach should be placed at about the dot.



The drill starts with P1 carrying a puck straight ahead into the zone and then making a sharp cut towards the middle in front of the pad. Player two also skates straight ahead and then makes a sharp cut towards Player 1 to receive a drop pass. Player 2 will receive the drop pass, go around the pad, and then make a decision to pass or keep the puck based on the coaches action. If the coach pressures Player 2 then they pass the puck. If the coach takes away the pass then player 2 carries the puck and shoots on net.

## Coaching Points

- Players should make sharp turns so they are moving horizontally across the ice when making the drop pass.
- Drop pass should be to Player 2's forehand.
- Player 2 needs to have eyes on coach to read the situation.
- Make sure both players stop at net for rebound.

## Variations

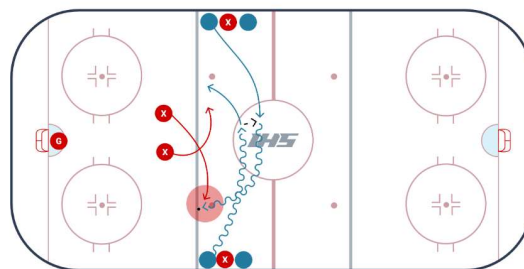
- 1Coach playing defense can be switched to be a player.
- 2You can allow the defense to be fully active.
- 3You can turn it into a 2 vs 2 with a backchecker (shown in video example).

### Details:

The RPI 2 on 2 shared by [Jeff Meredith](#) is a continuous 2 on 2 on 2 small area game with a focus on defending the blue line.

### Setup

- Start the game with 2 defenders inside the blue line and lines of players on the outside of the blueline along the boards.
- On the whistle, the first two player in opposite lines start. One player has a puck and they both skate through the center ice face-off dot before attacking the blue line.
- The defensive players communicate with each other and work to angle and kill the play before they are able to enter the zone to start an in-zone 2 on 2.
- The offensive team is working to score, while the defending team is working to gain possession of the puck and break it out to the next two player in the blue line. When the puck is passed to two new players, the defenders rotate out and now the players that were previously playing offense are now working to defend the blue line and the 2 on 2.
- The drill is continuous and all players should get reps at both offense and defense.



### Coaching Points

#### •Defense:

- Work on good gaps, angles and stick position. Keep sticks on the ice to block passing lanes and to angle the offensive team to the outside of the ice.
- Do not give up the blueline easily. It is much harder to defend after the offense gets the puck inside the zone.

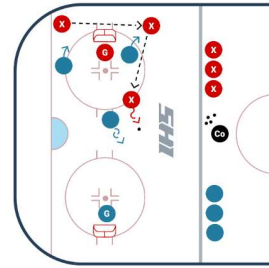
#### •Offense:

- Keep your feet moving and work hard to get the puck inside the zone.
- If you do not have options to skate the puck into the zone, consider a soft chip into the zone and then work to gain possession of the puck.

## Regroup Game

### Details:

The Regroup Game requires teams to regroup behind their own goal before they can attack. This setup allows teams to practice regroup habits & skills.



## Setup

- Play 3 V 3 cross ice, but before a team can attack, they must regroup and bring the puck behind their own goal.
- As a progression, coaches can add a line down the middle to make sure players practice being outside as well.

## Coaching Points

### Offensive players:

- Support your teammates by working hard to be outlets for them.
- Keep your stick on the ice to provide your teammate a passing target.

### Defending players:

- Keep your stick on the ice to angle players and block passing lanes.
- Keep your head up and communicate with your teammates to ensure that all players are being covered.

## Zone Entry Tips

### Details:

## Zone Entry Tips

- 1 If possible get to the middle of the ice which opens up more options.
- 2 Suck the defense to the middle and then distribute puck to the outside.
- 3 Create a 2 on 1 with one of the defenders.

## Zone Entry Options

- 1 Pass puck to the outside and drive hard to the net for a return pass.
- 2 Pass the puck to the outside and outside player escapes to the wall, cycles the puck low, look for a return pass high in the slot.
- 3 Pass the puck to the outside and drive to the net, outside player cuts to the middle and looks to shoot through player driving to the net or a tip.