

2025 Nov 3-PW/Ban

Date: Nov 3 2025

Time: 3:19 am

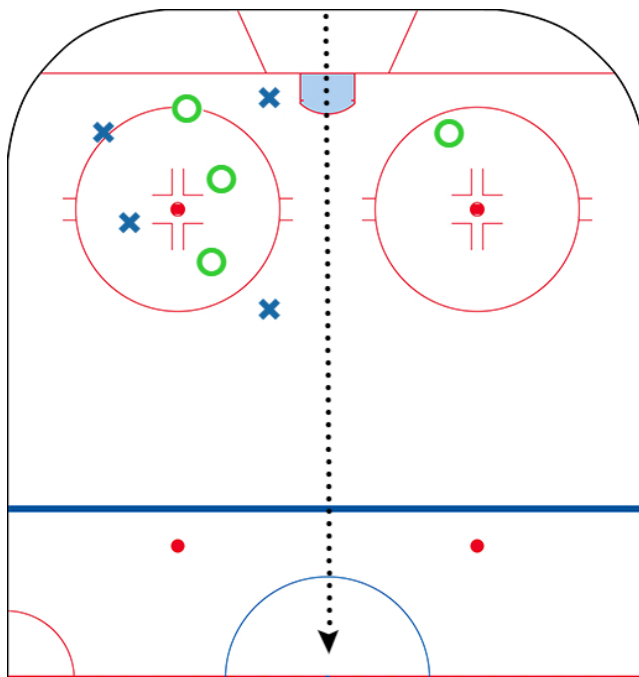
Duration: 60 mins

Goalies - Skating / Warm Up

0 mins

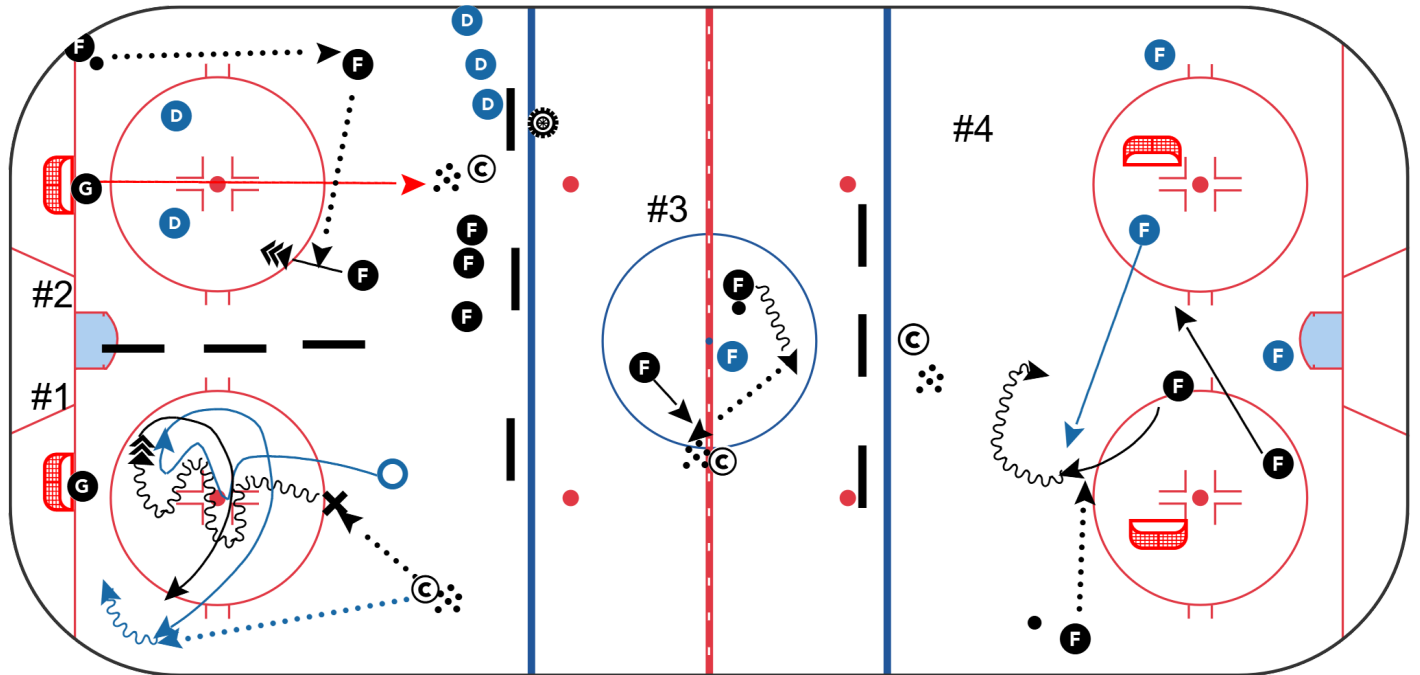
Finn 4v3 Keep Away

10 mins



Description

Warmup drill, **x**'s play keep away in the **o**'s zone. **o**'s must skate it back to thier attacking zone. (Passing is optional for the coach)



Description

#1) Rodeo Puck Protection - Drill starts by **X** receiving pass from Coach and protecting puck inside the circle from **O**. On Whistle, **X** shoots under pressure from **O**. After shot, **O** then recovers puck in the corner and puck protects vs **X**.

#2) Royal Road 3v2 - Draw a line down the middle of the playing area as diagrammed. Coach spots puck for battle while three offensive players compete vs two defensive players. Offensive players must gain control of the puck and work to create a shot by passing the puck across the mid-line. If defenders get the puck, they must pass to coach, coach spots a new puck on goal. 30 second shifts.

#3) 2v1 Circle Keep Away - Defensive players work on good stick position, angling and communication. Players with the puck must protect the puck, move and communicate to create passing lanes.

#4A) 2v2 Low Regroup - Play 2v2 in a small area. Regroup players must stay below the net and can only pass. Players in the middle must make a pass to their regroup man before they can score.

