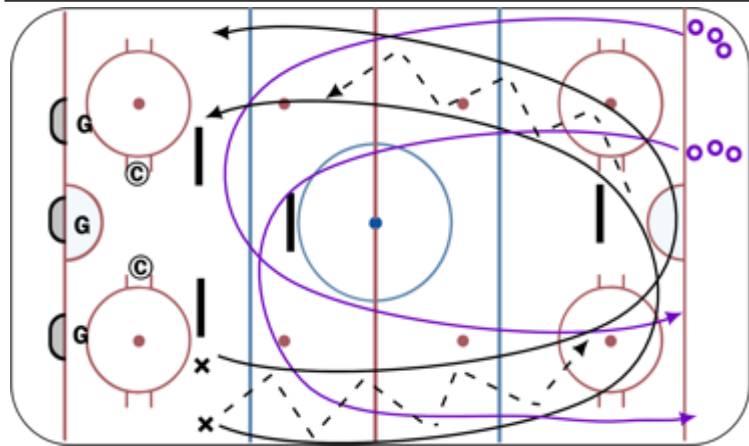


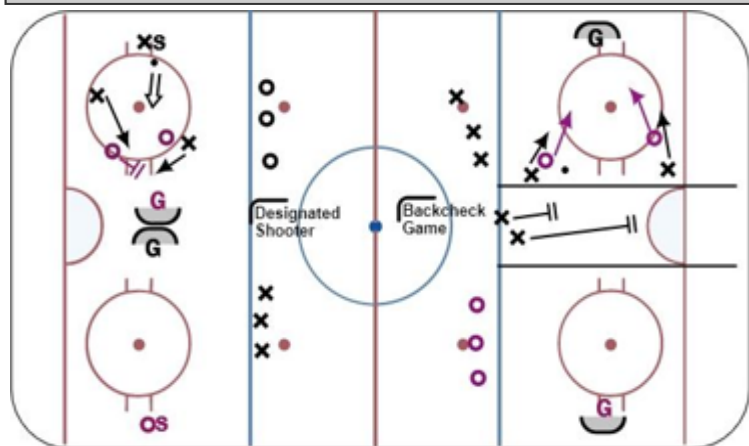
-- PW

U-Passing (1 or 2 groups) & Goalie Time - 10 mins



Pass & receive at full speed. Gliding is discouraged but players must find ways to stay level with each other.
 Variations: a) all forehand b) catch backhand, pass forehand c) fwd -bwd d) triangle 3-player

Designated Shooter & Back Check Game - 20 mins



Designated Shooters Game - 10 min
<https://www.youtube.com/watch?v=LcaTF6mITEY>
 Players play 2v2 and each team has a designated shooter on their team (like D men that makes it 3v2) that they have to pass to before they are on offense. The D must shoot or look for tips, redirections, and one-timers for forwards. Offensive D must either 1 touch or 2 touch the puck. Defensive forwards should not defend the point instead defending the opposing forwards who will be net front. On coach's whistle, D becomes forward, first player from line joins him/her at forward, second player is new D.
 Variation: Place two D-men on each side, shooters must go D-to-D before shooting.

Backcheck Game - 10 min
<https://www.youtube.com/watch?v=YqWHYJkPXzw>
 Draw lines from crease to blue line to create a 'neutral zone.'
 Players start by attacking 2v0 with 2 opposing players backchecking them. When the backcheckers gain possession of the puck, they breakout two players on their team, who are waiting in the neutral zone, to attack the other way. After the offensive players are stopped, they become the backcheckers. Shift goes offense, backcheck to defense, breakout your team and change.

5v5 Full Ice w/ Whistles & Faceoffs - 45 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.