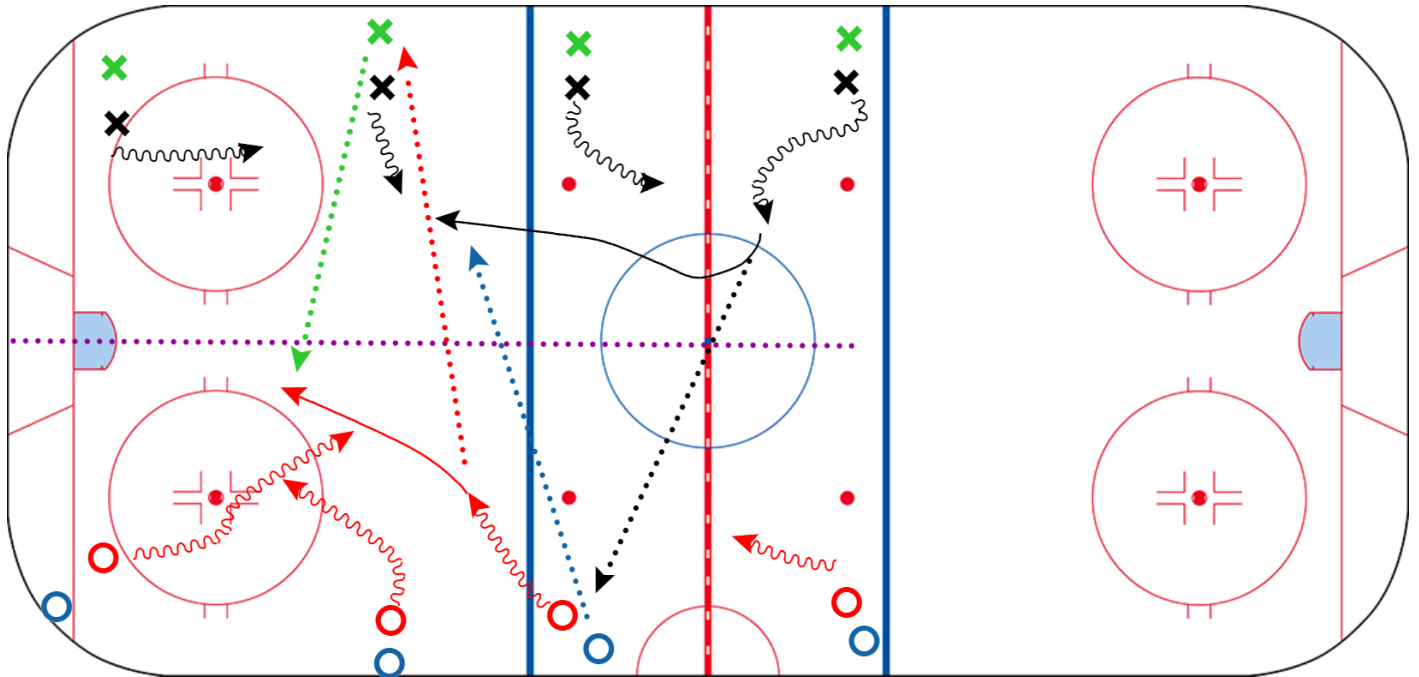




4 Corner Long Passing

10 mins



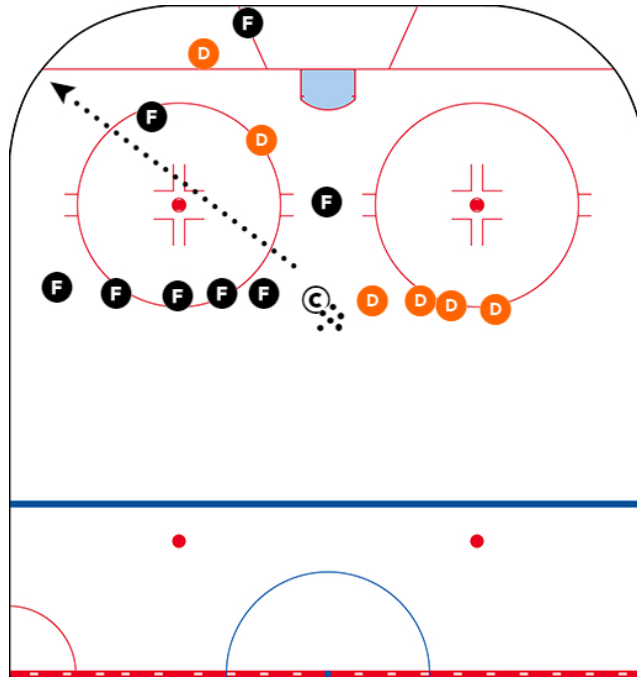
Description

On whistle, first player in all eight lines skates to the middle, dangles and then makes a pass to a player in a line on far side of the ice for a give and go pass. Players must stay on same side of the ice as they started and always pass to the far side. Continue for 30 seconds. On the whistle the next player in line goes.

Shrink the area to half ice instead of far blue line to start

Key Points

Eye contact, communication, good targets. Flat hard passes.

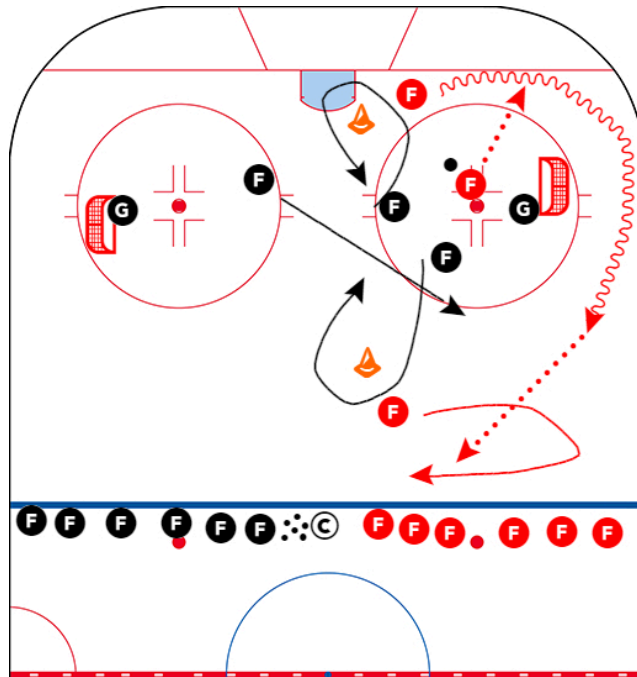


Description

3v2 below the top of the circle. Defense must try to skate the puck out. Forwards try to score.

Key Points

- Puck support and possession
- Communication
- Off/Def Zone Concepts

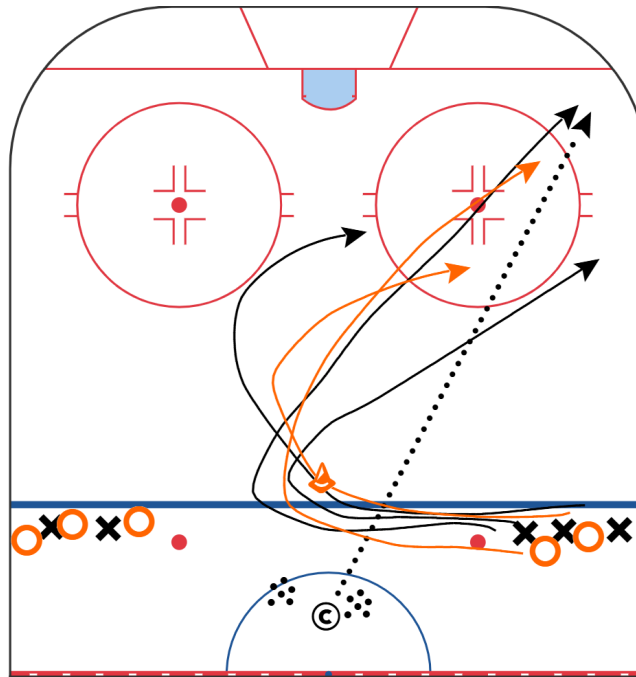


Description

Basic 3v3 cross-ice game. On change of possession, team must swing behind their own net before attempting to score on opposite end. To start, add cones and require forechecking (without puck) team must touch up before applying pressure to the team breaking the puck out. This gives a little more time to start the breakout.

Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa
- Focus on angling and puck support

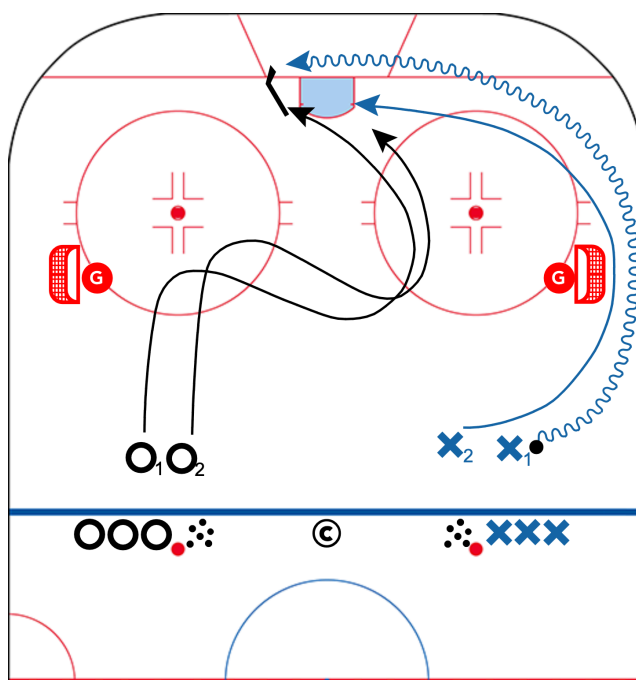


Description

Use marker to identify starting areas for players. Have 5 players ready to go and alternate sides. Drill starts when coach "places" puck in zone. Places puck in different spots to vary the playing situation. All 5 players start at the same time and must skate around the tire. The 3 defensive players breakout by skating the puck out of the zone. The 2 opponents provide a hard forecheck with F1 and read and react F2 attempting to steal puck and attack net. The rep is over once the defending team breakouts out or a goal is scored or the goalie freezes the puck. Can keep score by successful BO vs sustained pressure/goals.

Key Points

- Hard to Puck
- Shoulder Check
- Hard to Support
- Communicate (Provide "bonus point" for good communication)

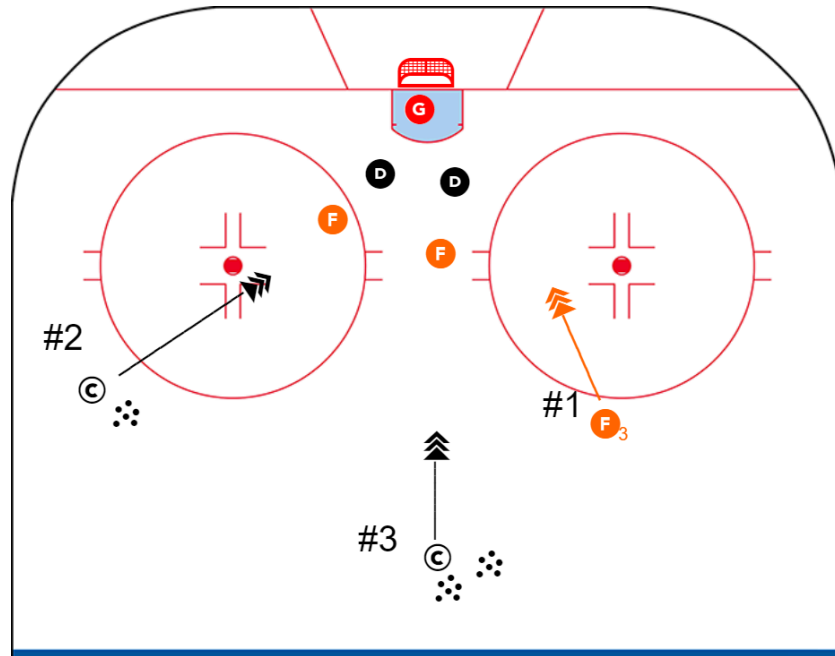


Description

- One team starts with possession, and they must carry the puck behind their own net before attacking. The defending team must use proper angling to apply pressure on the forecheck and create a turnover.
- Play out a live 2 vs 2 for 20-25 seconds before starting the next group. After 3-4 minutes, switch sides so both teams start on offense and defense.

Key Points

- Close space quickly
- Good stick position
- Attack inside out



Description

Play 3 quick 3 vs 2 net front plays for about 5-10 seconds each. Blow whistle for the next shot.

Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds

Def - Maintain D-side positioning and tie up on shot attempts

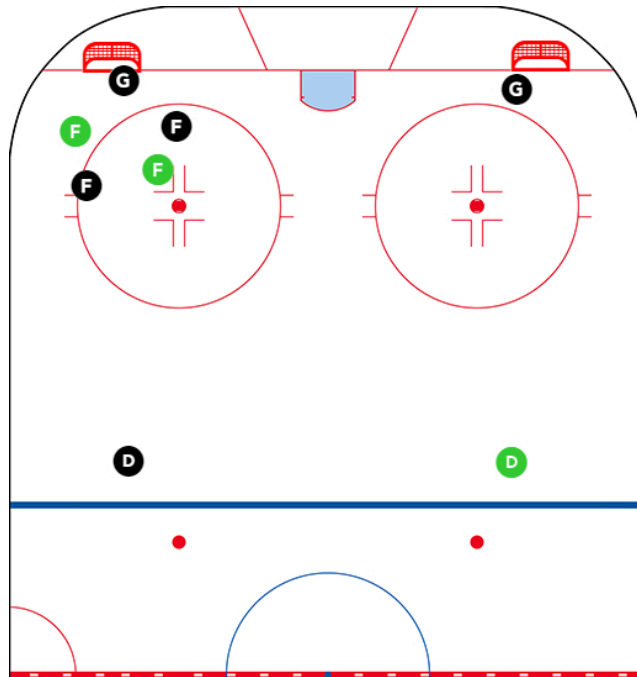
Key Points

Defense

- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing



Description

Work on box outs, net front positions