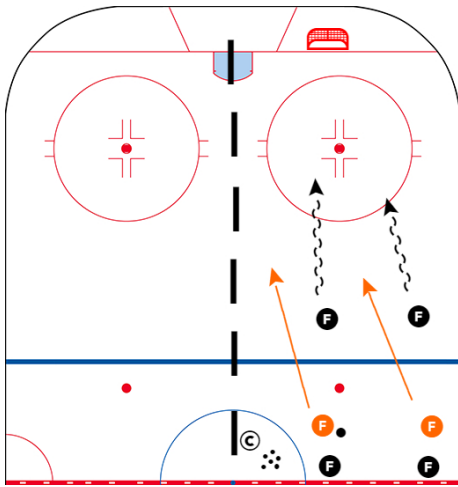


2v2 Zone Entry

8 mins



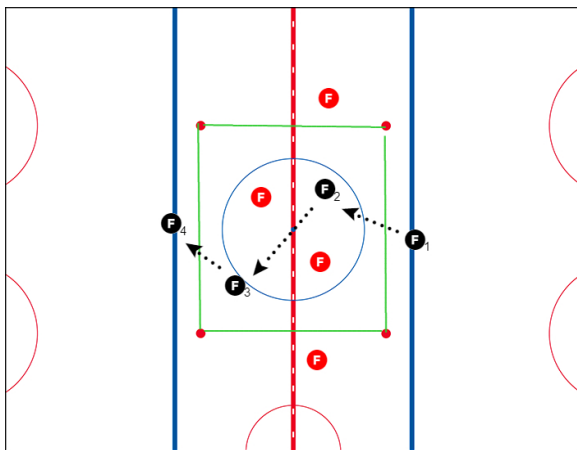
Two X start on defense and two O start on offense. The two O start with a line rush and attempt to score. If they do score they get a new puck to remain on offense. The two X defend the zone entry and try to break the puck out to their teammates (next two X) at the red line. They cannot pass to their teammates until they can skate the puck over the blue line. Once the defensive team makes a pass to their teammates, they are done and leave the zone. The drill becomes continuous. Variation: Set barriers on dot lines and run station in middle of the ice.

Key Points

- scan ice before receiving puck;
- be ready to go north as soon as possible;
- find and attack open space;
- move feet to play body on body
- work to get above the puck

Crossfire Passing

8 mins



Coach forms a box with tires or cones. Players compete 2v2 within the box. Players have teammates on opposite sides of the box. The **F** players can only pass to **F**s and **F** players can only pass to **F**. Points are scored when a team completes passes from one side of the box to the other.

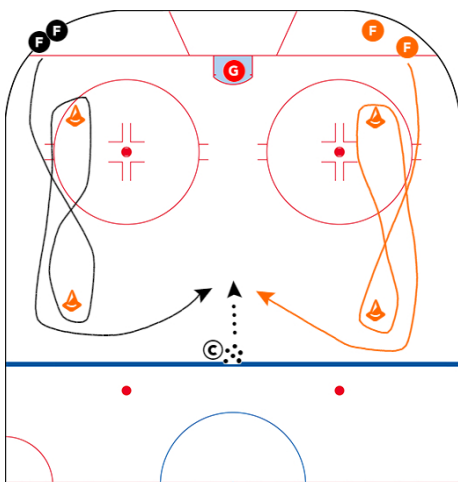
You must complete a pass to a player within the box first. Two points are attained if both in-the-box players touch the puck before getting it to the opposite-side teammate, i.e., all four teammates touch the puck without turning it over. One point is awarded if three of the four teammates touch the puck in a sequence that moves the puck from one side of the box to the other. The team without the puck tries to intercept/gain possession. If they do, they must complete a pass to one of their outside-the-box teammates to initiate their own scoring sequence attempt.

Key Points

- Emphasis on puck support/movement
- Teach deception (no look, fakes, find soft ice, etc)
- Defensive players - Good sticks, work in unison, try to push players where they want the puck to go.

1v1 Quick Turn Race

7 mins



Set up cones for players to skate around. Make the course the same on both sides.

Two players start in opposite corners, race around cones and then battle for a loose puck that is thrown out by a coach. Coaches should try to put puck in an area where both players have a chance at it to force a battle for possession.

Can work on power turns, transitions, mohawk, etc.

Key Points

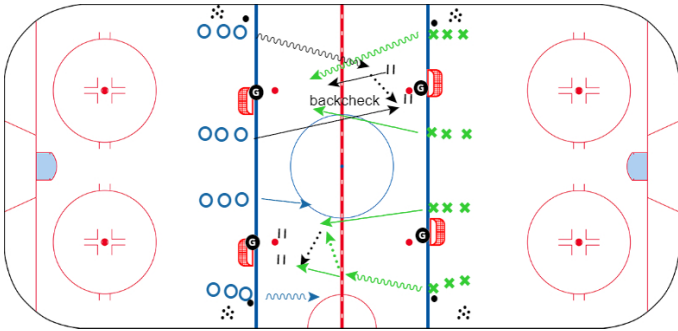
- Make sure players maintain proper skating technique
- If players begin to cheat, adjust the rules

2 Small Games

0 mins

2v0 Quick Attack w/ BC

8 mins



Put nets on blue line opposite each other or cross-ice in end zone. Have 4 lines around the net.

Have one team (X) of players attack net 2v0. O Players in opposite line are ready with puck. After X player shoots, coach blows whistle. On whistle:

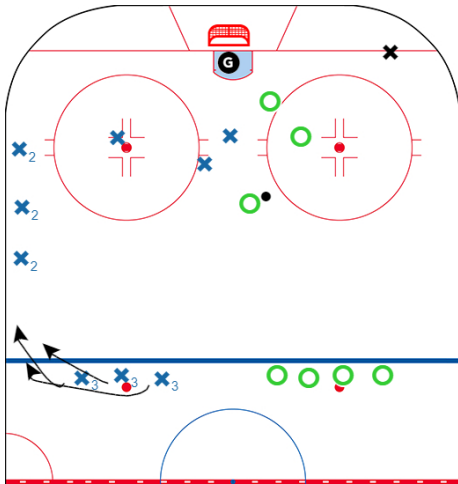
- O players attack opposite way 2v0
- X players must tap post and then back check

Key Points

- Deception
- Back pressure with good stick

Nobles Game

8 mins



3v3 game. In this situation Green has the puck and they are trying to score. As soon as the X's get the puck, the pass to the X 2's and they are the attacking team. Once the O's steal it back they would pass to three new support players and on and on and on. Great for transition,

Key Points

Must work hard on Defense to get the puck back.