

# 2025 Dec 8-PW/Ban

Date: Nov 3 2025

Time: 3:19 am

Duration: 60 mins

Free Skate/Goalie Stretch

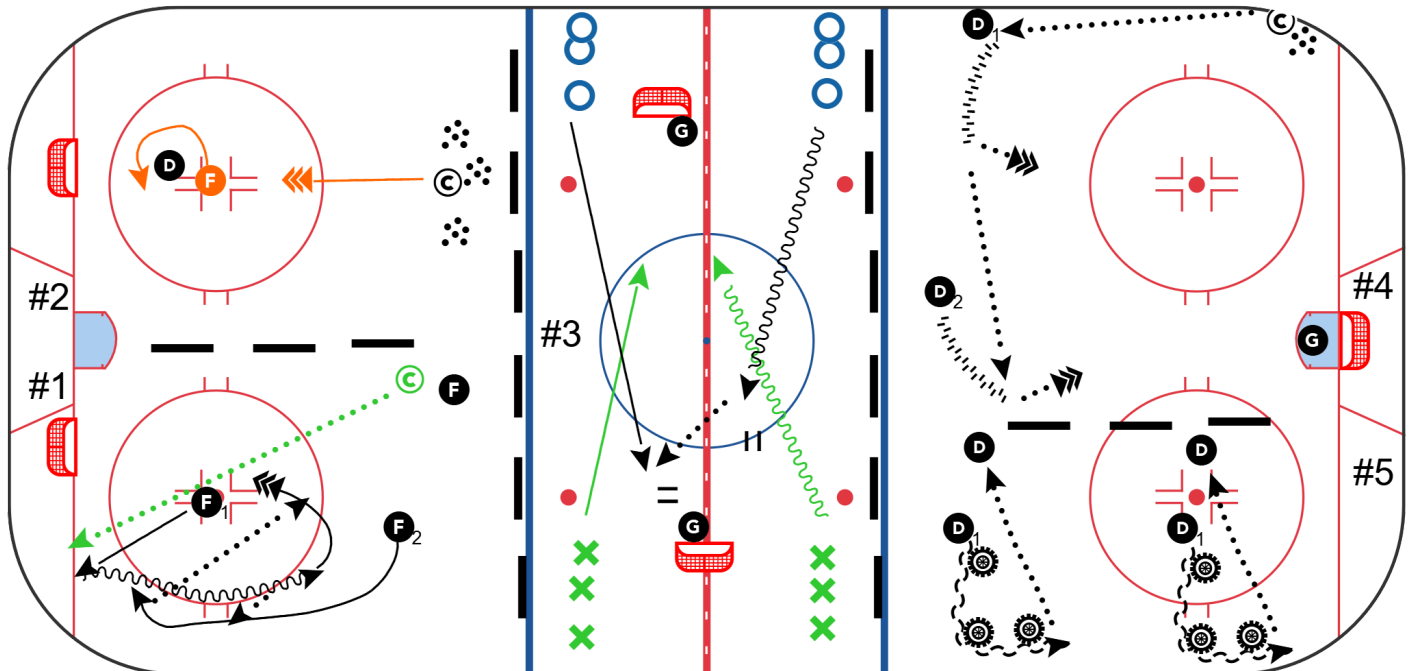
5 mins

Skills Stations - Forwards Rotate #1-3. Defense Rotate #4-6

0 mins

Position Skills - PW/BA

25 mins



## Description

**#1) High Scissor Shooting** - Player 1 gains possession and starts up the wall. The high player moves down the wall. The player with the puck stays to the inside and exchanges it with F2. F2 carries the puck low and hits the other player in the high slot before going to the net for a rebound.

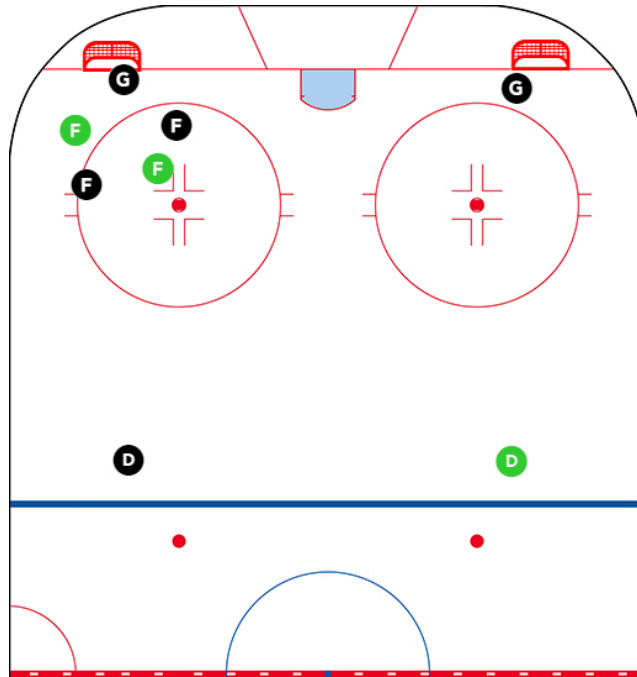
**#2) Net Front 1v1** - Start the drill in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) shoots pucks toward the net attempting to create scoring opportunities and scrums. Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds. Def - Maintain D-side positioning and tie up on shot attempts

**#3) 2v0 Quick Attack** - Put nets opposite each other. Have two lines around the net. Have one team (X) of players attack net 2v0 at full speed. O Players in opposite line are ready with puck. After X player shoots, coach blows whistle. O players attack in the opposite direction after the shot. Can apply shot clock to encourage speed on attack.

**#4) Point Shot Progression** - Coach shoots puck up the wall. D1 passes to D2 for 1st shot. Coach sends a 2nd puck. On second puck, D2 goes hard to net. D1 can shoot or hard pass for a redirect to D2.

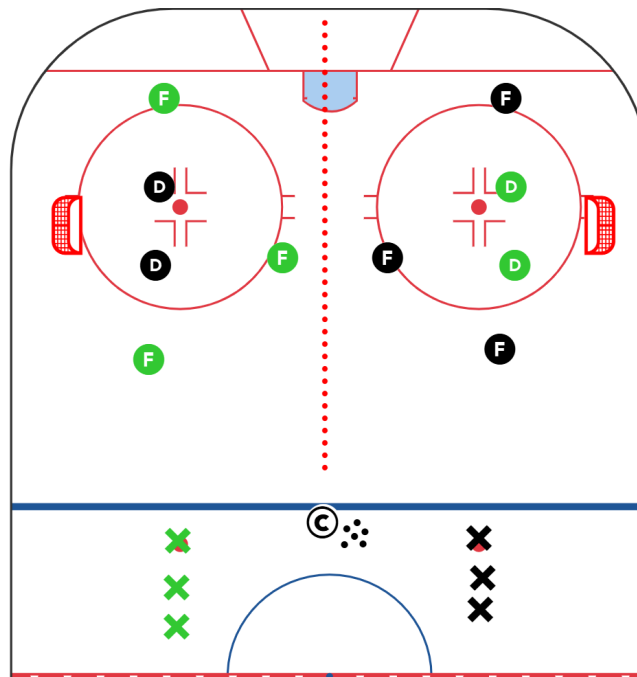
**#5) L Drill** - Player skates backward, receives pass, steps out, and passes back to line. Players should do 3 reps and then switch. 6 reps total to each side. Then, players can add an escape to the step.

**#6) Breakout Calls** - After all D do #4 & #5, players gather at top of circle. Coach dumps puck and D partner pairs work on puck retrievals with D calls: Net (D to D), Reverse, Up.



**Description**

Work on box outs, net front positions



### Description

Draw a line down the middle of the zone. Groups must stay on their respective sides.

Penalty kill players work together to defend the middle, break up passes, and advance the puck to teammates on their offensive side of the ice.

Power Play players work together to create scoring chances and outnumber the PK on any puck recovery situations.

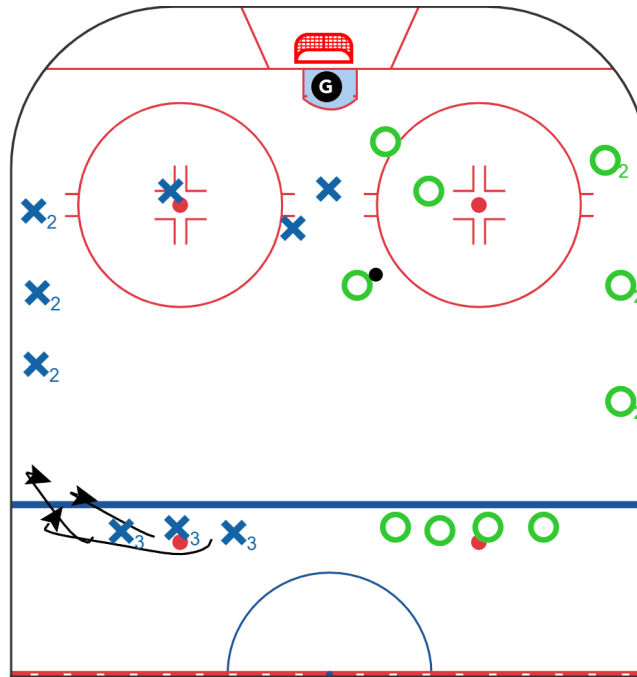
### Key Points

Power Play

- Outnumber on puck
- Utilize numbers to create high quality chances

Penalty Kill

- Active sticks
- Control the middle/Force outside
- Read on Eyes/Butts on when to pressure



**Description**

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<sub>2</sub>'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.

