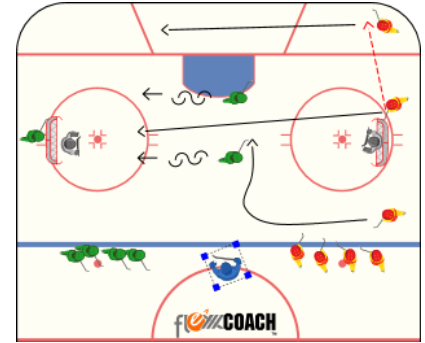


Odd Man Rush Game (10 mins)

One team starts with a 3 v 2 rush. The team who has two has a player behind their net. The team with 3 keeps trying to score until the team with 2 steals the puck and gets it to their player behind the net. Once that happens, the team that had 3 changes and 2 players come out and one goes behind the net. The team with 3 now goes on the odd man rush and the game continues. Have the team about to take the 3 man rush delay a second to give the other team time to get out to defend the rush.

Concepts: Odd man rushes, zone entry, transition



3 Stations – (7 mins each, 21 mins total)

1 Time / Quick Hands Shooting x 2, Pull / Push to Toedrag / Backhand Shooting

1 Time / Quick Hands Shooting (7 mins)

Players line up facing the far post. Players attack the net with speed and receive a pass from coach (or player) and they one-time the puck. Second progression - receive the pass and pull it to the opposite hand for a quick shot (if they catch on forehand, pull to backhand and shoot; if they receive on backhand, pull to forehand and shoot).

Skills: passing, receiving, puckhandling, shooting, scoring



1 Time / Quick Hands Shooting (7 mins)

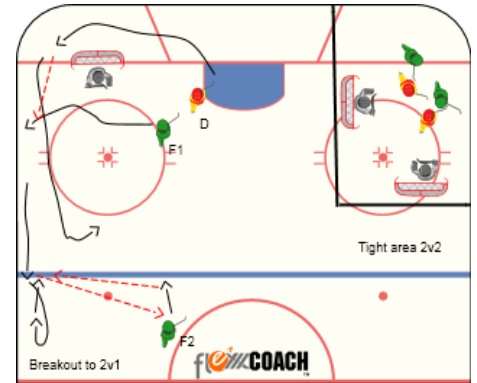
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Skills: passing, receiving, puckhandling, shooting, scoring

Pull-Push, Toedrag to Back Hand Shooting (7 mins)

Player skates to the first tire and performs a pull-push move (keeping puck on the forehand) around the tire; at second tire, they toe drag the puck around the tire and pull it to the backhand for a quick backhand shot.

Skills: Skating, puckhandling, underhandling, shooting, scoring



2 Stations – (7 mins each, 14 mins total)

Breakout to 2 v 1 (7 mins)

D skates the puck around the net and makes breakout pass to F1 who sprints to breakout position. D follows up the play as F1 carries puck up wall and passes to F2 when he gets to the blue line. When F1 crosses the blue line, F1 and F2 attack 2 v 1 vs the D who broke them out.

Skills & Concepts: 2 v 1 play, game situations, breakouts, passing, defending, body contact, scoring

Tight Area 2 v 2 (7 mins)

Players compete in a tight area in a 2 v 2 situation. Players defend a certain net and try to score at the opposite net.

Skills & Concepts: passing, receiving, scoring, offensive concepts, defensive concepts, body contact, competing

3rd Man High Game (10 mins)

Play 3 v 3 - The last attacking player cannot pass the halfway line. This leaves the attacking team with a 2 v 3 situation in the offensive half of the zone. The players on offense can use the 3rd man high as an outlet if they would like but he / she cannot enter the zone. Emphasizes the 3rd forward reading the play as a high man in the attacking zone.

Concepts: puck support, offensive zone play, defensive zone play, reading and reacting, transition

