

# 2025 Feb 18 PW

Date: Feb 18 2025

Time: 1:40 pm

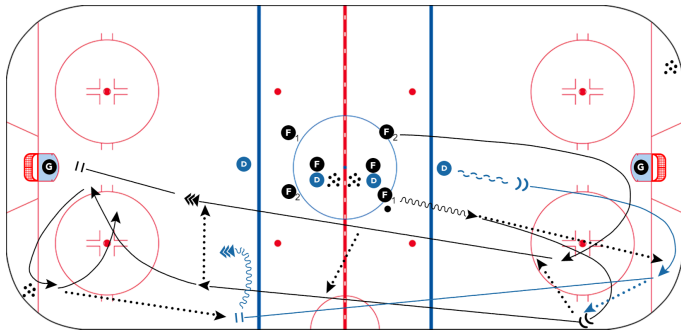
Duration: 60 mins

## 4v2 Rondo Passing Warmup

8 mins

## Reese's Pieces

10 mins



Pucks start in the center circle and opposite corners. Both sides go at the same time and then switch sides half way through. F1 dumps the puck into the corner. D retreats backwards and then pivots to retrieve when the puck is dumped in. F1 opens up for a breakout on the half wall and F2 acts as center support. D makes a breakout pass to either forward and F1/F2 have a 2-0 rush. After the breakout pass, D sprints to the far blue line. After the 2-0, one F recovers a second puck in the corner and makes a low to high pass to D. The D walks to the middle and shoots. One F should stay net front for a screen/tip and the other give the D a high tip option. Let the rebound play out before the next group begins.

### Key Points

On Breakout:

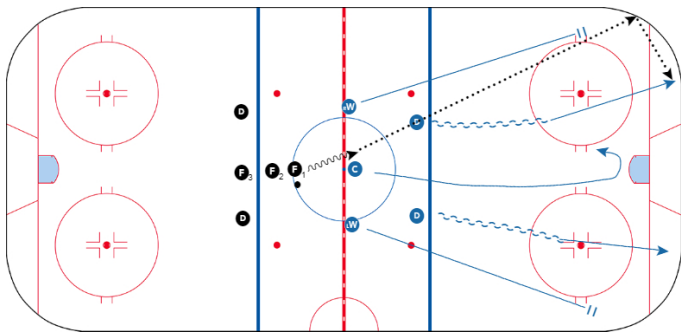
- Shoulder checks and retrieve the puck on forehand
- F support low, get toes up ice and communicate

On Point Shot:

- Head up and either shoot for sticks or shoot to score if a good screen
- One F takes away the goalies eyes and the other finds a "soft area" for a high tip

## Beaver BO Progression

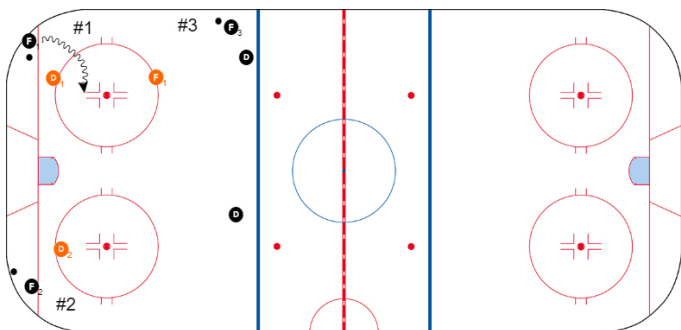
10 mins



**F 1** Gains Redline and chips puck deep, then forechecks **F 1** route vs 5 Blue players who then breakout puck  
Once the puck is broken out Blue passes the puck to the **F 2** who gains the red line and chips the puck deep and forechecks with **F 1**  
Once 2nd puck is broken out, Blue player passes the puck to **F 3** who gains the red line and dumps the puck deep, both DEFENCE join the **F**'s and play 5 vs 5

## BSU 1v1, 2v2, 5v3

8 mins



- 1v1 out of corner
- Activate 2v2 out of opposite corner
- Activate 3v3 with offensive D from original side point

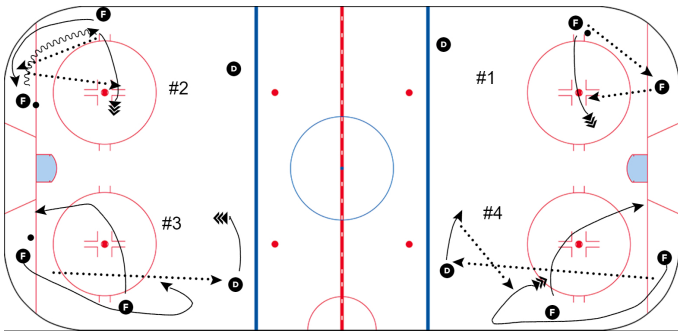
### Key Points

Offense

- Create low offense (Give & Go, Scissor, etc)
- Utilize points

Defense

- Recognize situations
- D-side
- Head on swivel



- Give & Go off half wall
- Scissor off half wall
- Point Shot
- D Slide and Drop

**Key Points**

- Quick puck movement
- Attack middle
- Quick release
- Backside D attacks net on shot
- Backside F - movement and net front presence on shots