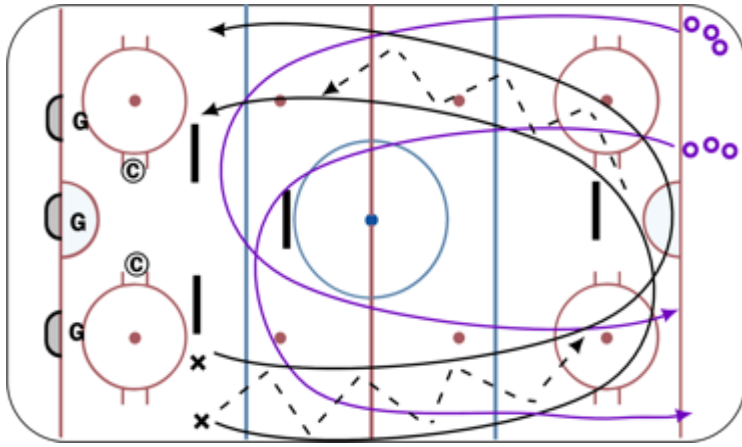


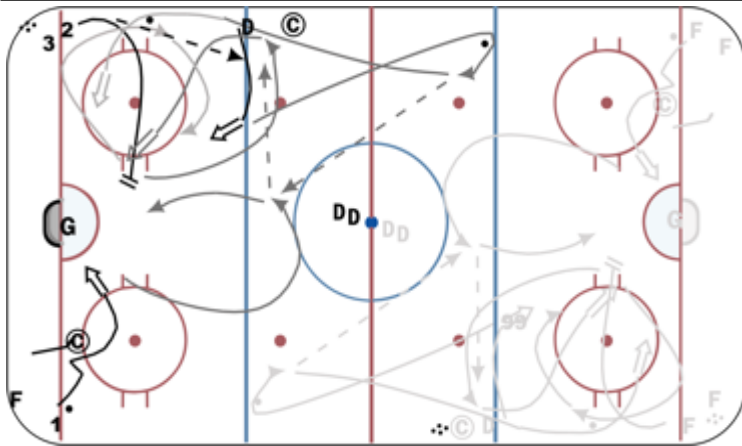
-- BAN

U-Passing (1 or 2 Groups) & Goalie Time - 10 mins



Pass & receive at full speed. Gliding is discouraged but players must find ways to stay level with each other.
 Variations: a) all forehand b) catch backhand, pass forehand c) fwd -bwd d) triangle 3-player

NTDP 4 Puck IZO & Quick Ups - 10 mins



Video link is wonky; drill starts at 6:44.
 Puck 1
 F1 reacts to coaches stick & drives net for shot. F1 stays net front
 Puck 2
 F2 walks up the wall for low-to-high. D walks & shoots.
 Puck 3
 Coach spots puck for a quick regroup. D retrieves & surrounds puck. F1 center fill. F2 quick up option. Fs zone entry & shoot.
 Puck 4
 Either F grabs puck for a scissor play with D. D can shoot or pass.

<https://youtu.be/TXgYyDozAr4?list=PLlodZnuGAZxH-FlpUV9mHcO7SZmQuFTeo&t=410>

5v5 Full Ice w/ Whistles & Faceoffs - 55 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.