



2021-Dec 13-SQPW

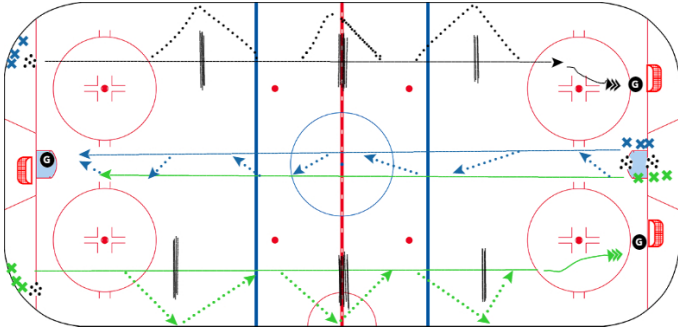
Date: Nov 14 2021

Time: 8:15 pm

Duration: 60 mins

Full Ice Agility & Puck Control with 2-0

10 mins



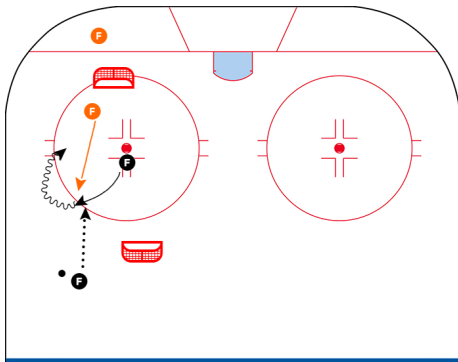
Board pass to self and jump the dividers, players finish off with an SOG. 2-0 passing back down the middle

Need 4 Nets

0 mins

1v1 with Low Outlet

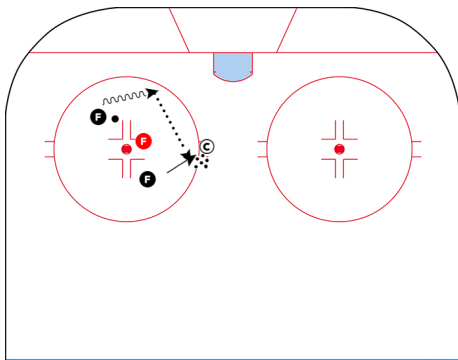
8 mins



Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.

Circle 2v1

8 mins



Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.

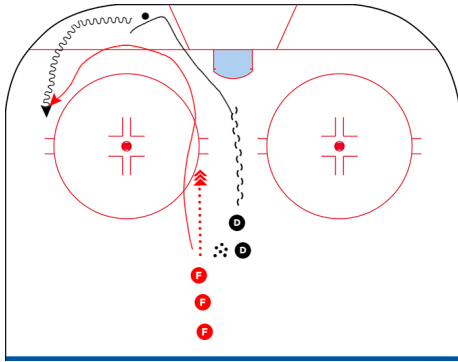
Key Points

Defensive players work on good stick position, angling and communication.

Players with the puck must protect the puck, move and communicate to create passing lanes.

1v1 Forecheck

8 mins



F dumps puck into corner. **D** starts backward & turns to pursue the puck. D checks both shoulders and create angle on approach. Turn up ice as quickly as possible.

F forechecks and creates angle on **D** for body check.

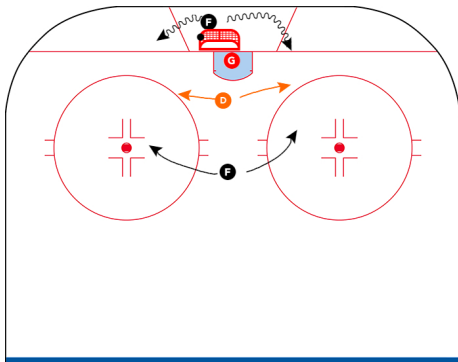
If **F** creates turnover, try to go score. **D** try to skate puck past top of circle.

Key Points

- Shoulder check
- D get feet up ice and head up
- Create good angles
- F work on timing, angles and positioning for body check.
- D should try to evade. After a few reps, allow D to reverse sides.
- Win 1v1 battle

2v1 Heels to Net

8 mins



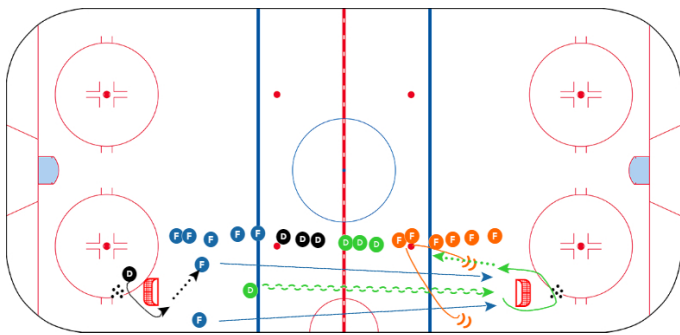
Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

Key Points

- D - Use should checks and good body/stick positioning
- F - Work on deception, moving to open ice and plays from behind the net

Skinny 2v1

9 mins



Continuous 2v1 drill in a narrow area.

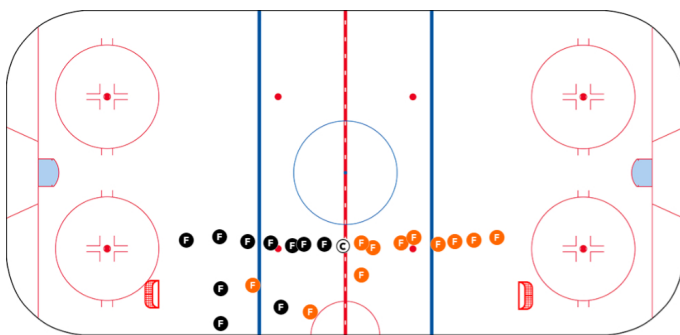
D starts drill with a breakout pass to **F** who attack 2v1. Play to the whistle. On the whistle, **D** swings the net and restarts the drill in opposite direction.

Key Points

- D - Feet up ice on BO pass, Gap control, Stick position
- F - Timing on the BO, Create time and space, 1 hard to far post

Finnish 3v3

9 mins



3v3 in a Narrow area (Dots to the Boards from Top of Circles)

Key Points

- Proper support on wall play