

# 2024 Dec 2 - PW/B

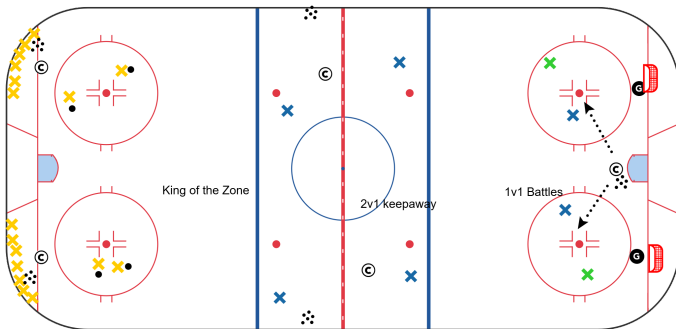
Duration: 60 mins

## Free Play/Setup

3 mins

## Swedish Warmup

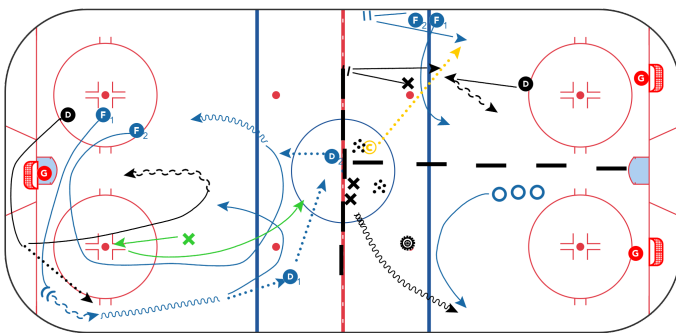
10 mins



Players jump into the zone and do activity for about 15 seconds. On whistle they jump to the next zone. After the 1 vs. 1, players skate back into line along the boards.

## Regroups / NZ - PW/BA

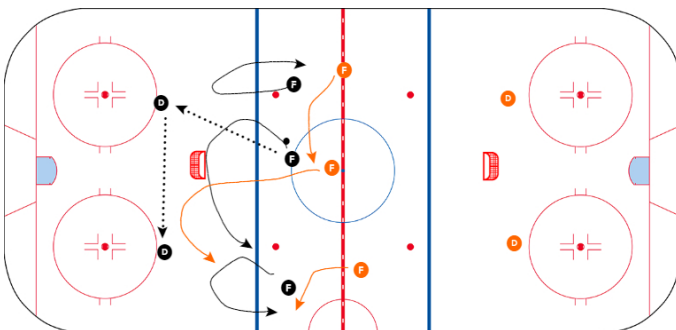
25 mins



- 1.) Anderson Regroup** - Start by dumping a puck below the goal line. D retrieves the puck and breaks out with F1 & F2. X forechecks the breakout. F1 & F2 regroup with D1 & D2. X forechecks the regroup. F1 & F2 attack the D in a 2v1 rush with X as a back checker. To simplify, remove X after the breakout. To add a layer, D1 activates and joins the rush after the regroup.
- 2.) 1/4 Ice with 2v1 Backcheck** - D starts on knees, closes gap and fields rush. X starts on dot, must tag red line and then provides back pressure on puck carrier. F1 & F2 start with backs touching wall at the blueline. F1 breaks across blue line while F2 strides up wall, and then jumps back into the play via board lane. Coach blows whistle to activate play, and will pass to either FWD for the rush. Play it out.
- 3.) Open Ice Angling** - X must attack outside the dots and tries to go score. O must skate forwards and angle to the boards. Place emphasis on good stick position.

## 5v3 NZ Regroup Game

15 mins



Set two nets facing center ice above the tops of the circles but below the blue line.

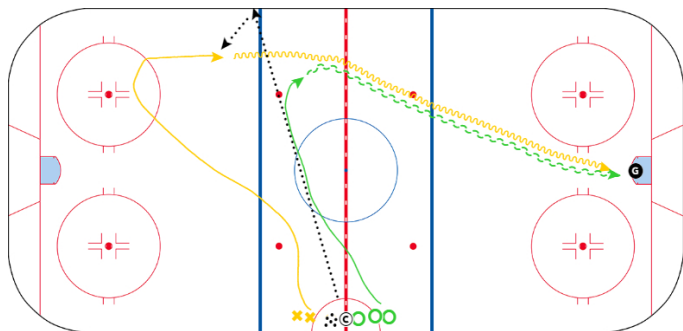
Team that possesses puck must regroup with their two defensemen. The offensive team must move to support the D and accept pass on the defensive side of the red line. After regroup, offensive D may move up in play to make it a 5v3, but no farther than the red line.

Once the defending team gains possession, they regroup with their D and become the offensive team. Defending D must return below their nets.

If the puck goes beyond D or goalie freezes the puck, the puck is dead and the coach passes another puck in to resume play.

### Key Points

- Offensive regroup - puck support, D move feet and move puck, turn into attack quickly
- Defensive coverage - transition off to def, know when & how to pressure
- Communicate



- Coach can throw puck to either Blue Line. The player Blue Line it's thrown to is the forward and the other player is the defender.
- Coach has versions for Defensive player:
  - Defensive player pivots backward and plays 1 vs 1
  - Defensive player angles while skating forward instead of going directly at him.
- Version 2 - Blow whistle and Offensive player regroups until you blow whistle again.

### Key Points

- Defensive Player
  - Good GAP!
- Take puck and go, fast!