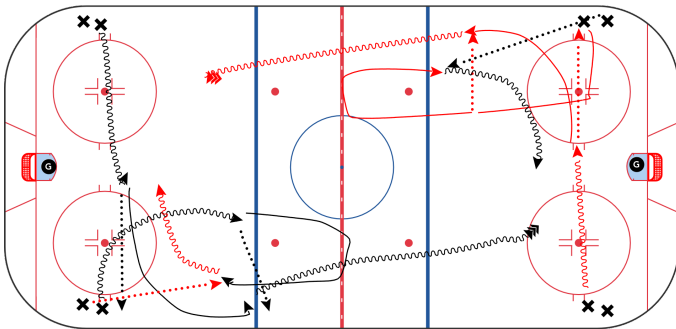


Half ice/ Ozone Resets

7 mins

Continues 1v0 (GW)

7 mins



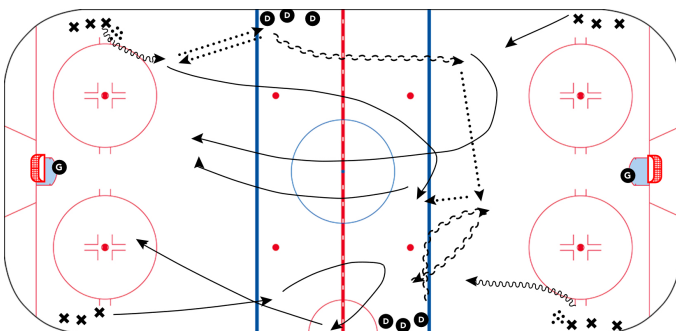
- Players from opposite hash skate across the ice with a puck and make a pass
- Player who get's the pass, will belly out and get flat giving the puck back to the player who passed to him on the wall
- Player who started with the puck and is now on the will go down and shoot on the goalie
- Player who made pass turned back at red line and will get a puck from his original line.
- That player will skater will keep the drill flowing.

Key Points

- Player turning back at red line need to head check other side so flow of the drill isn't out of control.
- Feet moving, warm up goalies with long shots.

BSU trans

7 mins

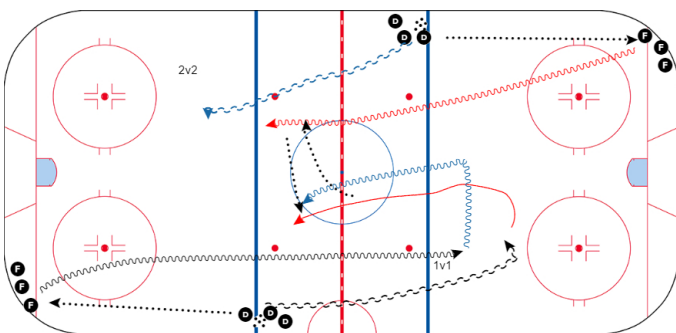


Key Points

- Strong middle drive
- Good passing
- get puck wide

USA 1V1 2V2

8 mins

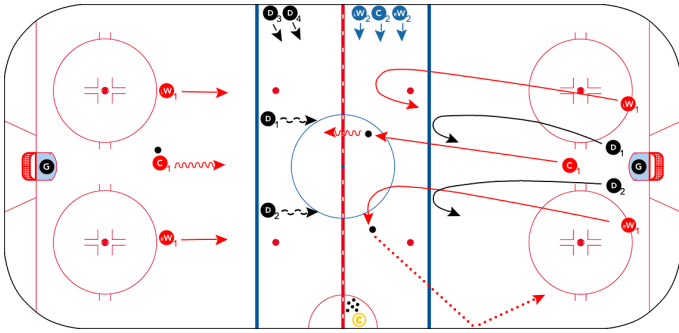


Key Points

- Talk about whose got who
- play till you hear the whilse
- good passes
- get shot,shot to score
- SKATE HARD THE WHOLE TIME !

Dallas - 3 vs 2 Touch Up FC

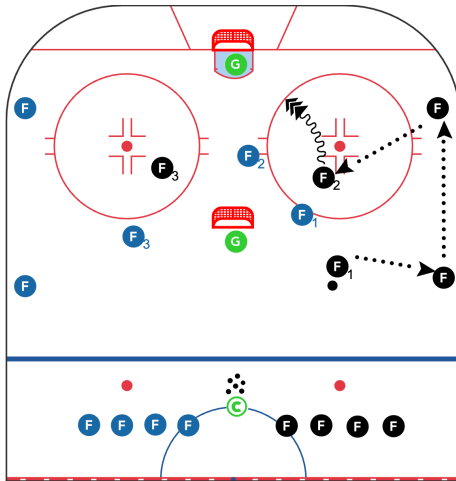
10 mins



- Drill starts with a 3v2 up ice. Play it out in zone
- Whistle. Offensive **F** s reloading, **D** gapping up
- 1st **F** out of zone, takes a spotted puck and goes on a breakaway
- 2nd 2 **F** s break out of zone, take a second spotted puck, turn back up ice, chip puck and forecheck **D** that gapped up
- A new line works off walls and enters zone inside of dots, ready to support **D** on breakout

3 vs 3 Levels

10 mins



- Set one net in the standard position in the crease and a second net between the circles, facing the blue line.
- Play 3 vs 3 in the zone with a support player along each wall.
- Players must pass to one of the support players on change of possession before attempting to score. Support players can move laterally along the wall and must pass back to the team that passes to them.
- Teams can score on either net.

MINNESOTA DRILL OF THE WEEK

Created by: Amber Fryklund, Former Bemidji State University Women's Assistant Coach & CCM High Performance Coach

Key Points

- Encourage offensive creativity and deception.
- Emphasize awareness, communication and puck support in quick transitions.