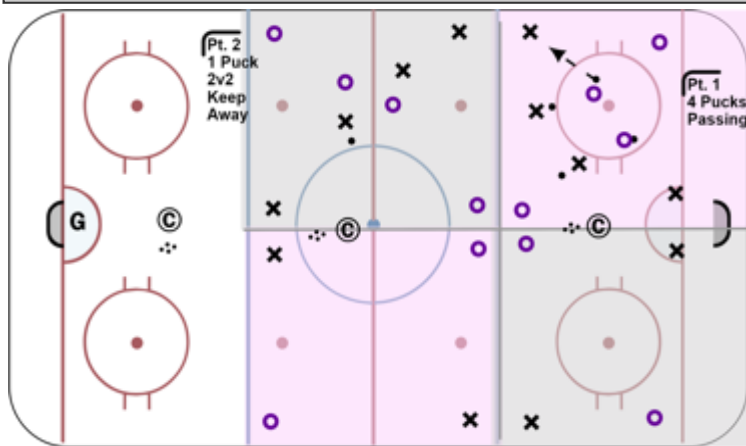


- - BAN

**4 Corner 2v2 Passing & Goalie Time - 15 mins**

Divide into as many as 4 zones. Lineup teams in opposite corners as shown.

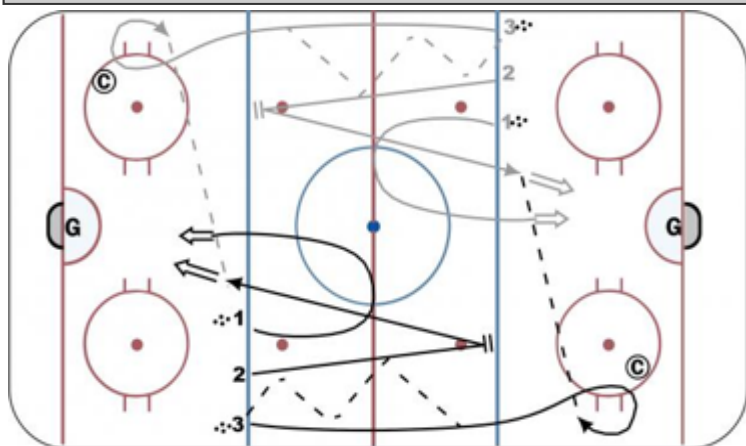
Part 1: 4 player carry 4 pucks into their zone. Players can pass to any of the support players & receive a return pass. Players **STAY IN THE ZONE** passing with both colors for 30-45 seconds. Then players **RETURN TO THEIR ORIGINAL CORNER** and teammates enter zone.

Part 2: 2v2 keep-away inside each zone with 2 stationary support players from each team are on corners. 30-40 second shifts.

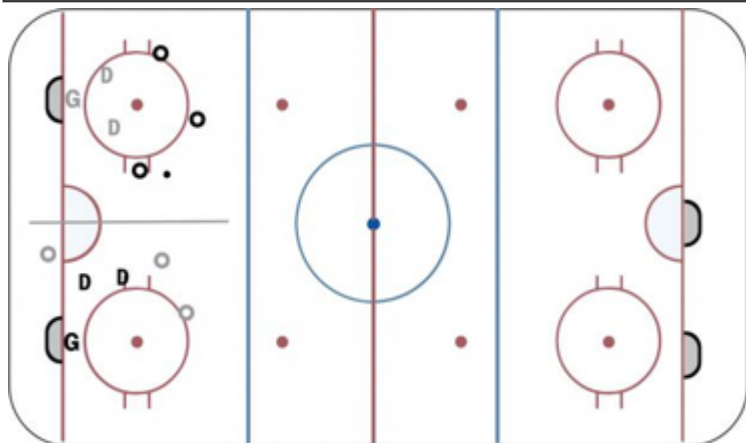
Rule 1: Players playing keep away can only pass to designated teammates on the corners (ie. black can only pass to black support players).

Rule 2: Players must complete a pass to partner before passing to support player.

Rule 3: Support players cannot pass to other support players.

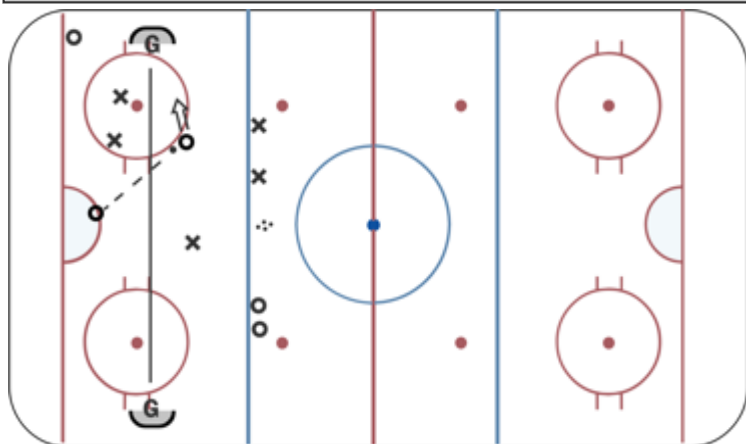
**3 Man - 2 Shot - 10 mins**

On whistle, #1 touches red line & circles back for shot on goal (stop next to net for rebounds). #2 & #3 pass thru NZ - #3 must have puck at blue line. #2 stops at blue line & sprints back to original end. #3 carries puck low, attacking then cutting away from coach. #3 passes to #2 for shot.

**Small Power Play Game - 20 mins**

Power play on each half with one puck. Defenders try to move puck to offensive guys.

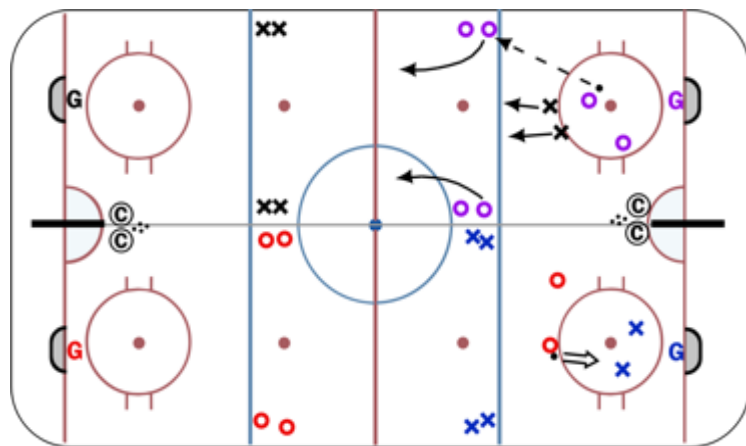
Def. -> Off. (+1) -> Rest

**Cross Royal Road SAG - 0 mins**

Zone is divided down the middle (permanent marker works best).

Teams play 3v3 cross ice hockey. Player **MUST** cross the royal road in order to score goals; puck can be skated, passed, or deked across line for scoring attempt.

**Finnish Half Ice - 15 mins**



Rink is divided down the middle. Each game is separate.  
 Offensive team is attempting to score at opposite end from line. If team scores they get new puck from coach.  
 Defenders must prevent goals & breakout next teammates in line.  
 Once breakout pass has been made; original offensive must backcheck & become new defenders.  
 Offense - Defense - Off

**Resurface - 0 mins**

**3 Man Passing into Keep Away & Goalie Time - 10 mins**

WATCH THE VIDEO:\n3-man passing (<https://youtu.be/TXgYyDozAr4?list=PLlodZnuGAZxH-FIpUV9mHcO7SZmQuFTeo&t=22>) 30 seconds - 20 seconds  
 2v1 keep away - 10 seconds rest & reset. Two rounds.

**5v5 Full Ice Scrimmage - 50 mins**

Play it as game-like as possible. Whistles & face-offs, change on the fly. Coaches need multiple pucks to be ready to drop pucks quickly.