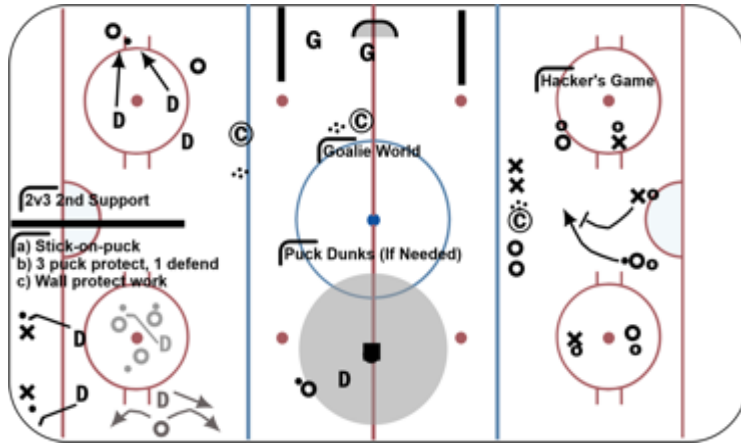


- - PW

Skill Station Warm Up 8/2/2025 - 20 mins**2v3 2nd Support**

The outnumbered offense (O) begins w/ puck.

- Protect puck from opponents in confined space (1/6 zone for 2v3).
- Once defender/checkers (D) gains possession of puck they must complete two quick passes then pass back to coach.
- Coach then returns puck to offense. Continue 20-25 seconds, then switch.
- Coach spots additional pucks if pucks leave confined areas
- Emphasize attacking offense, engaging quickly to outnumber on the puck, and putting them 'in jail'. Read and react to teammate quickly.

Teaching Keys:

Offense - second player support: get puck into a better position than it was in before, create more time & space, and maintain possession.

Defense - second player support or outnumber: less time & space, opportunities to outnumber on the puck to kill the play, and transitioning from defense to offense

Goalie World

Whatever the gurus want to do.

Hacker's Game

Each gate has a player from each team standing at it. Coach spots a puck to either player at any gate and the game starts. The puck carrier must skate thru a gate then pass to a teammate at another gate. The defender tries to angle & steal the puck then skate thru a gate.

Rules:

- a) you cannot immediately skate thru the gate you are standing at.
- b) you cannot pass to the gate you skate thru
- c) while standing at the gate, you cannot intercept passes intended to your opponent.
- d) as soon as a gate opens, the next two players in line fill that gate.
- e) game is continuous.

Puck Dunk Body Contact (If needed)

Draw a circle and Place a bucket at the center.

Offensive player (O) has a puck in her/his hand. She/he is trying to drop it in the bucket. Defender (D) is angling, steering, & pushing her/his O away from the bucket.

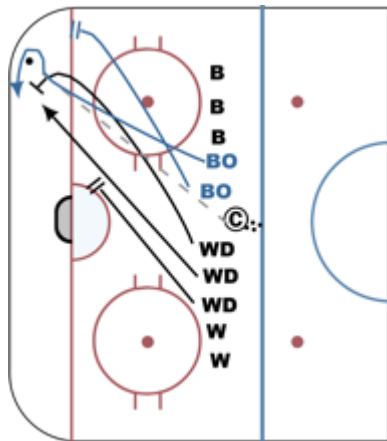
No sticks needed. 10 second shifts.

Steering, Stick Position, & Protection**a) Stick-on-Puck -**

<https://drive.google.com/file/d/1hLOKghJfu2i5UUIm1Lv4BN4P1erQFg7v/view?usp=sharing>

b) In the circle, 3 protect from 1 - Defender tries to steal the puck, not knock it out

c) wall protection work - 1v1 wall battle

Providence College 2v3 Defending - 15 mins

Defenders have 3 - Offense has 2

For defenders, emphasize TOs by closing quickly, steering, stick-on-puck, & hips thru hands.

1st defender - physically engage

2nd defender - layer / support

3rd defender - seal the net / identify & cover

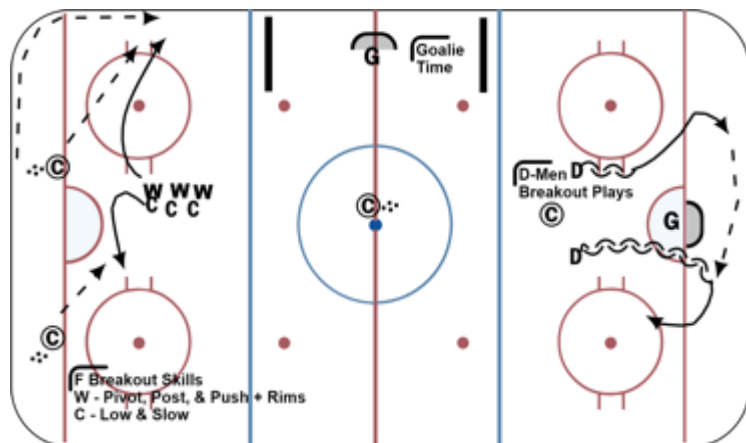
Offense use deception & cutbacks to create a 2v1.

Scoring: defenders get 1 point for 2 passes & a pass to coach.

Offense gets 1 point for shot on goal & 3 points for a goal.

Goalie get 1 point for save, 1 point for communicating with teammates, & 2 points if he sets the puck for an easy breakout.

Forward / Defensemen BO Skills Split - 15 mins



F Breakout Skills & Routes

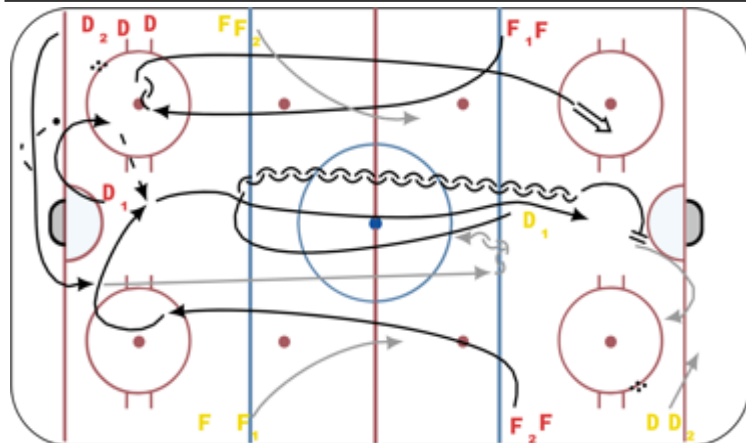
W - Wings come down from top of circle, open up and pivot to receive a breakout pass or a breakout wrap. Then add a pushout as passer moves past the goal line.

C - Center support low-&-slow.

D-Men Plays

- Right Up
- Over, D-D (shown)
- Reverse
- Rim
- Dink - net/wall

Breakout Badger 2v1 - 15 mins



Drill starts on a whistle and is continuous (w/out whistles) from then on.

One red defenseman, D1 starts in front of his own net. One yellow D-man, D1 inside own end. On whistle, two red Fs backcheck to their own end; red D1 and D2 run a breakout play (a reverse in diagrammed). Red D1 is done and red Fs react for breakout.

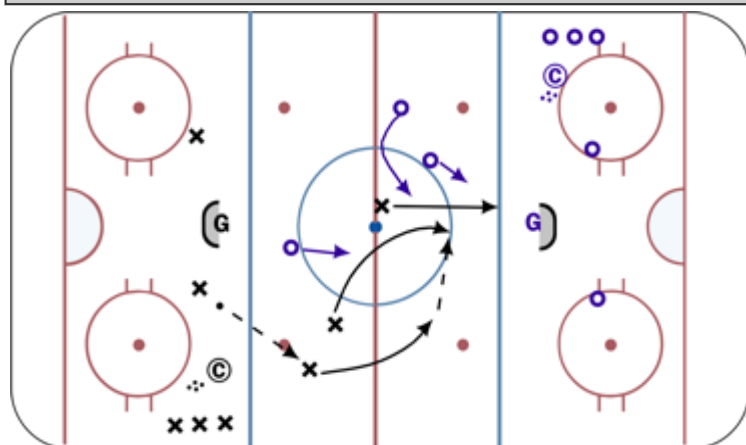
Yellow D1 gaps up to play rush.

Red Fs attack 2v1. Yellow Fs leave as red Fs pass blue-line & back-pressure. Red gets one shot (& quick rebound) opportunity then 1st puck is dead. Red Fs are done. Yellow Ds run breakout play (D1 who played rush is done) and drill continues in opposite direction.

Fs Play with speed, react to breakout quickly.

Ds Run several breakout options (right up, D to D, reverse, wheel, etc.), play 60-40 on 2v1 & take away cross crease passes.

Breakout NZ Transition Game - 10 mins



Game is played 3v3 with 2 breakout/regroup players behind your 'goal line.'

RULES:

If puck crosses the imaginary goal line on either end a new puck is passed to breakout players. If the puck crosses the black team's goal line, the black team's coach will pass to his team, regardless of who touched puck last.

Same rule applies if goalie freezes the puck.

When a goal is scored, it is make-it-take-it and a new puck will come from the scoring team's coach.

Players do not need to use their breakout players but cannot 'waste' pucks & dump it past your own goal line.

Scrimmage 4v4 or 5v5 - 15 mins

Game should have a referee. Call off-sides, icings, goals, freezes.