

- - PW

Auggie Passing Warmup (2 ends) - 15 mins**Auggie Passing Warmup**

Each shift last 30-40 seconds.

Part 1: 3 players from each team skate randomly throughout the zone & pass with each other. Focus on facing the puck, continuous movement, proper pass reception, & flat, hard passes.

Part 2: 3 players from each team are numbered 1 thru 6. Players number 1 & 4 start with pucks: 1 passes to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6, 6 to 1.

ADDITIONAL focus on facing your passer & constantly scanning to know where your pass receiver is.

Part 3: 3 vs 3 keep away, both team utilizing the whole zone.

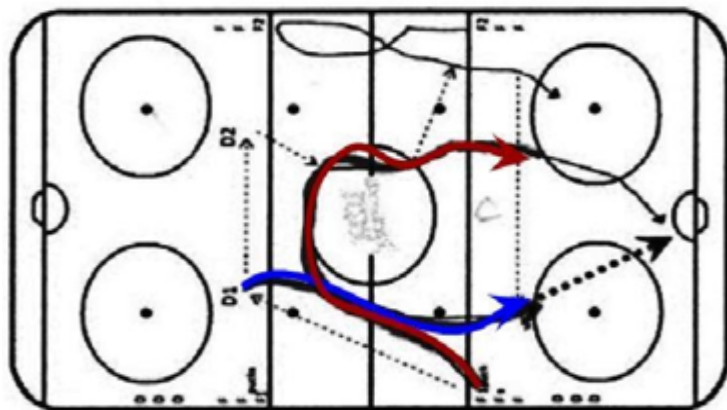
Goalie Skating: great sample videos

<https://youtu.be/telSuluIC2I?si=JZr0PU6uYb6VQjSB>

or

https://youtu.be/r3tfz2O_JqQ?si=fPq-oZZdhDgT6ho7

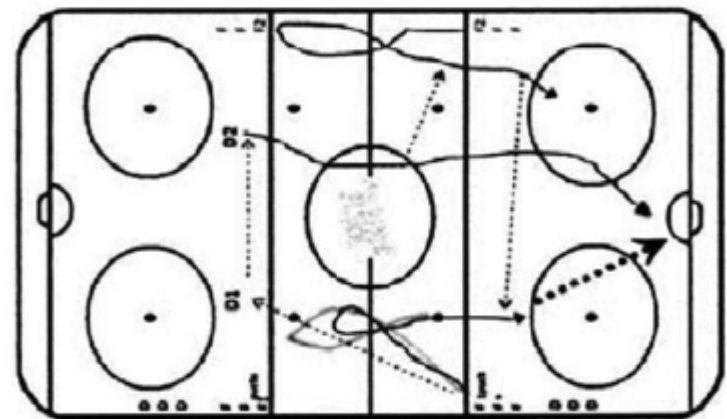
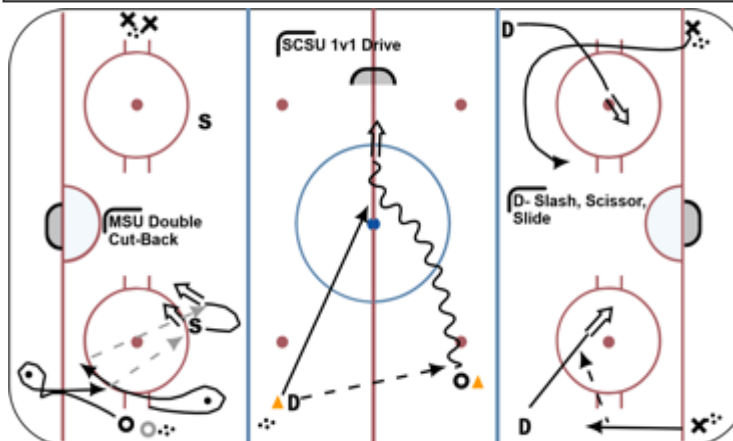
Goalie Puck Tracking: another great video

<https://youtu.be/TsHK18vAIYg?si=kK9laC9kPzmfxge>
Join / Lead the Rush - 15 mins**Join**

F1 passes to D1. F1 is center support, F2 is post or hook & curl. D1 to D2. D1 joins rush as weak side support. D2 passes to either F1 or F2.

Lead

F1 passes to D1. F1 & F2 post or hook & curl. D1 to D2. D2 carries puck thru middle of ice leading the rush. Kick puck wide & center drive.

**Split Positional Skills - IZO Play - 15 mins****Forwards****1) MSU Cut Backs**
<https://members.thecoachessite.com/video/tcs-mhca-in-zone-offensive-progressions-luke-strand?t=637>

O retrieves puck below the goal line, quick pass to S for shot. Then O retrieves 2nd puck above the top of the circle & attacks thru the dot to the net and finds S for shot. S must work above the 2nd puck to be an immediate option.

Encourage one-timers & 2-touch shots.

2) SCSU 1v1 Drive

Watch the video!

<https://youtu.be/IFY-hTsFnJA?t=5078>

O has a one step advantage on D. D passes to O. O has drive inside knee to the far post, cut off defenders path, & keep hands free to score.

D-Men Slash, Scissor, Slide

All plays are activated as a puck carrier passes hash-marks.

•Slash

Strong side D skates directly toward net into open lane for short pass.

•Scissor

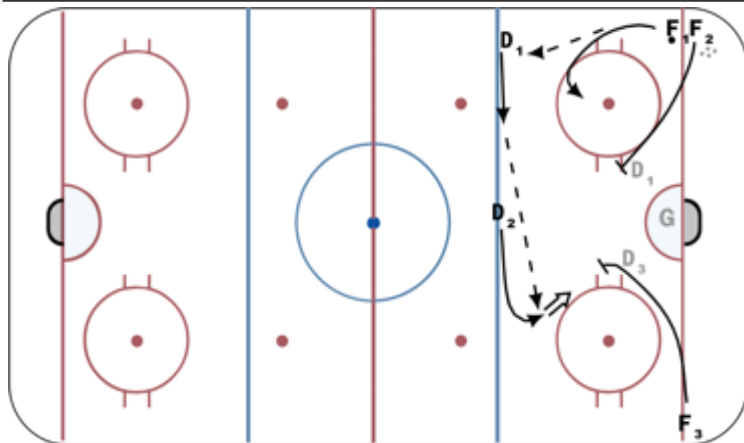
D stays on wall side, F off the wall. F drops puck and arcs toward net. D takes puck toward net.

•Slide

Both D slide (on an arc) to weak-side.



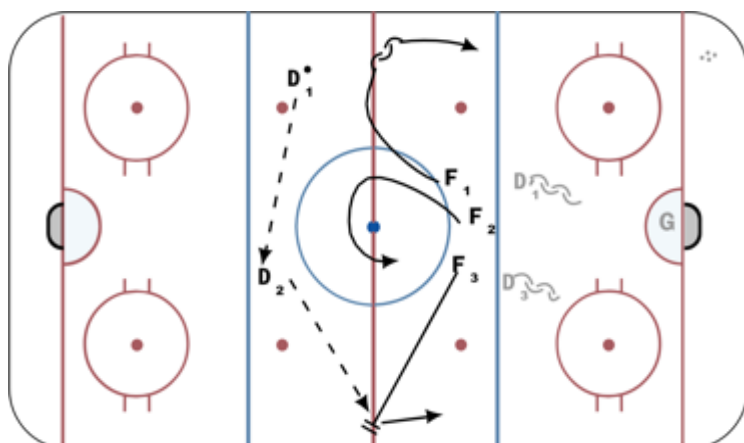
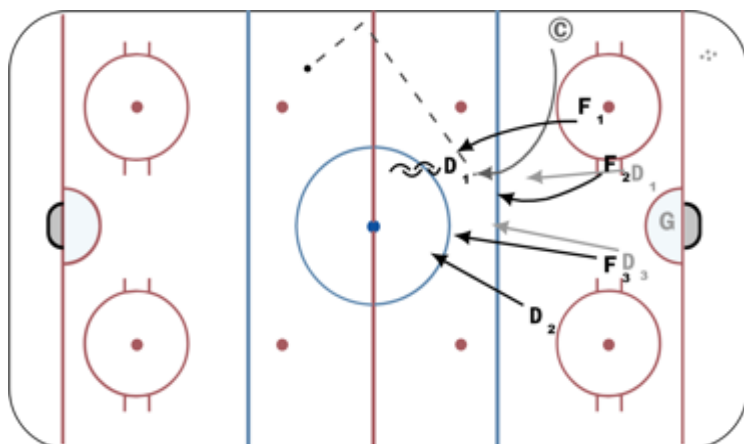
IZO to NZ Quick Transition - 15 mins



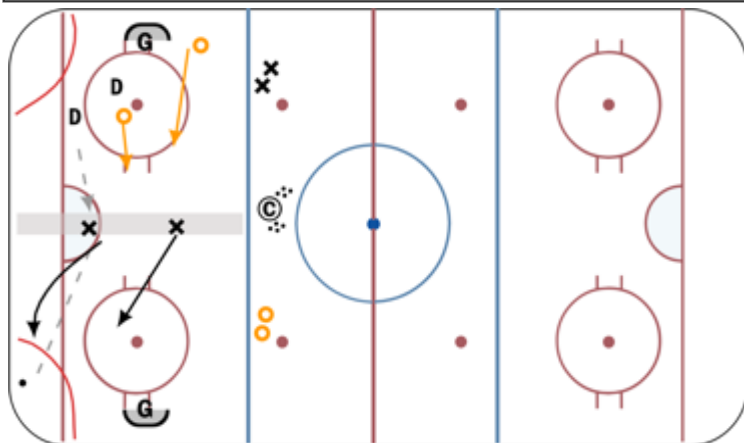
Part 1: On whistle, run low to high play, & OZ offensive movement; (defensemen slide is shown). F1 rolls high. F2 & F3 go to net.

Part 2: On whistle, coach carries new puck out of the zone. Defensemen & backcheckers must turn the puck over (or coach can spot the puck. Dmen must maintain aggressive gaps & Fs must back-pressure the puck.

Part 3: Regroup the puck with quick up options for strong side D (or for weak side D if the puck changes halves as shown). D can pass to any of his teammates to transition to offense quickly. Attack 5v2.



Backcheck Game - Start in Corner - 15 mins



Can play 2v2 or 3v3 (2v2 shown)

Draw a line or NZ through the middle & half circle in each corner

Start 2v2 in zone (Orange O trying to score, Black D defending, next 2 Black X waiting in NZ)

When D recover the puck, they pass to the X waiting

New X must tag the puck into the corner then attack

O must backcheck and defend; 2 new O wait in NZ FOCUS IS ON OFFENSIVE SIDE OF DRILL

Svrimmage 4v4 or 5v5 - 15 mins

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