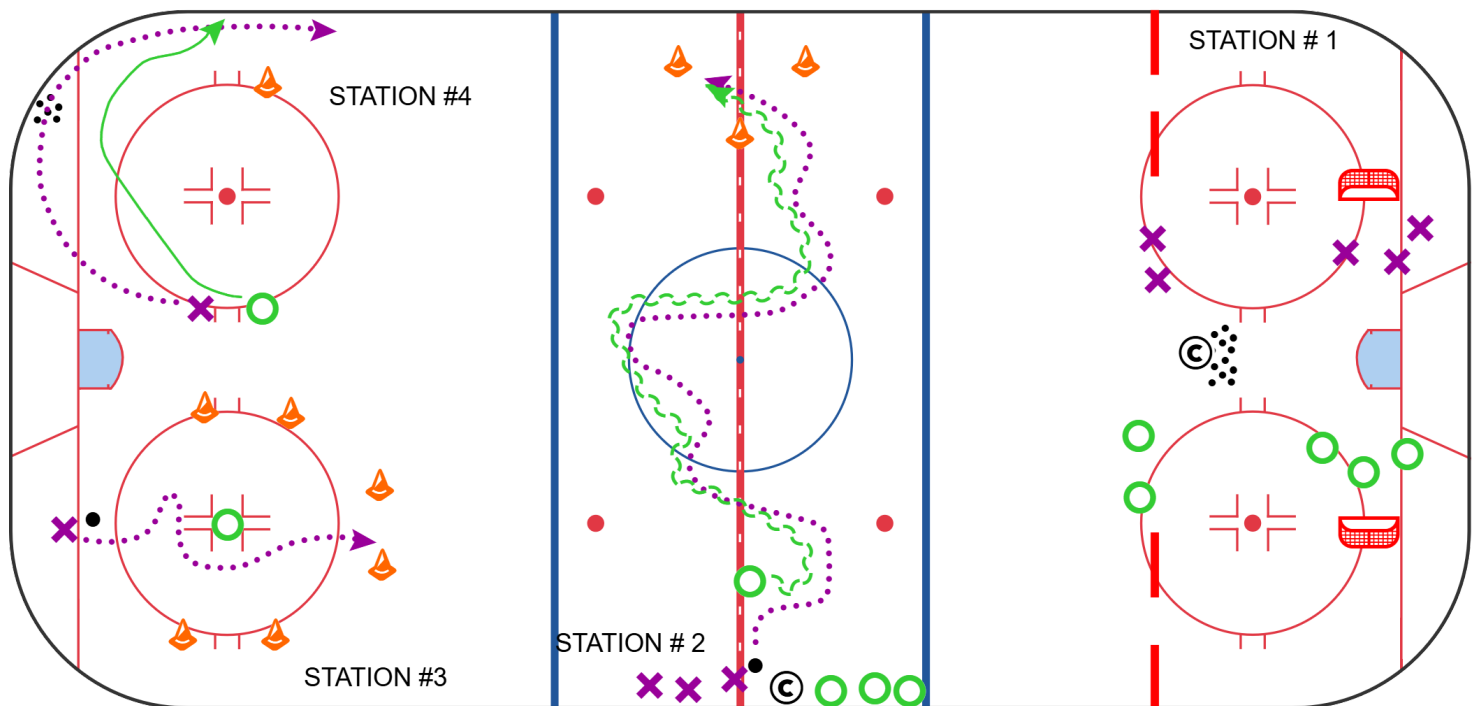


# GSC Contact drills



## Description

### Station #1 – Small Area Battle Game (3v3/2v2)

- Nets on the goal lines, facing each other. Play stays below the tops of the circles.
- Start with **3v3** to encourage high pace and continuous battles.
- Objective: Use the boards, protect the puck in tight areas, and compete in traffic.
- Option: Move to **2v2** to create more space while keeping tempo and physicality high.

### Station #2 – Defensive Body Positioning Drill

- **Green O** acts as defense with stick flipped upside down.
- **Purple X** is on offense, attempting to skate the puck into the triangle of cones and maintain possession for 3 seconds.
- Focus: Defense uses body and stick positioning to steer the puck away from the target. Requires strong pivots, footwork, and active body positioning.
- Coaching Point: When the puck enters the triangle, defenders must get low, close space, and force the attacker out using proper body contact.

### Station #3 – Deception & Puck Protection

- **X (offense)** skates the puck and attempts to get through any of the 3 cone “goals.”
- **O (defense)** plays with stick flipped upside down, focusing on containment and angling.
- Add consequences/rewards to increase intensity:
  - If offense scores, defense does 3 push-ups.
  - If defense wins, offense does 5 push-ups.
- Coaching Point: Encourage offensive creativity and defensive positioning/angling without relying on the stick.

### Station #4 – Angling & Contact Along the Boards

- **X (puck carrier)** retrieves the puck in the corner.
- **O (defender)** angles them to prevent skating up the wall past the cones.
- Key teaching points:
  - Stick on the ice, stick on puck.
  - Hands on hands – lead with the stick and body follows.
  - Stay low and controlled.

- Encourage the puck carrier to initiate contact while protecting the puck.