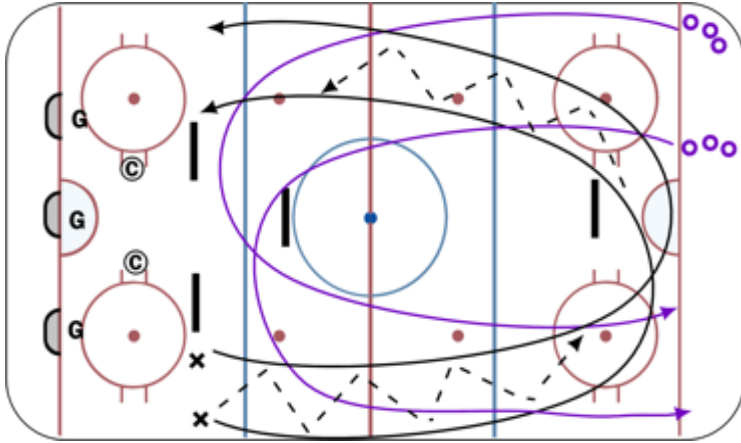
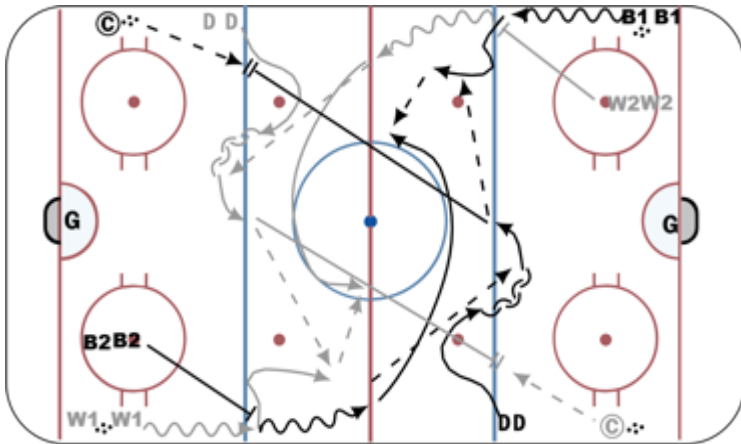


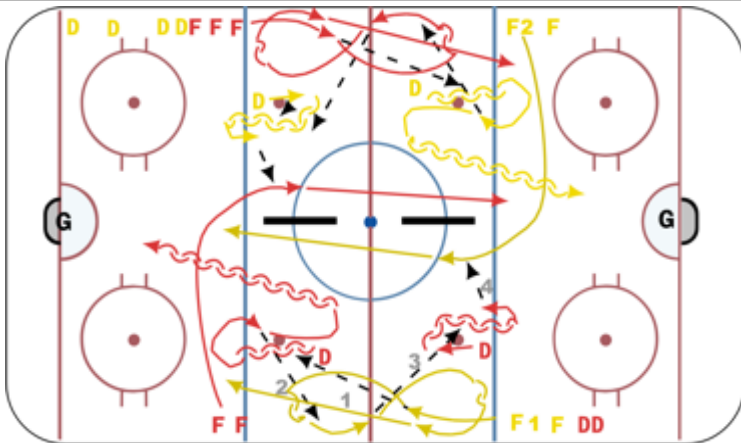
- - BAN

Stationary Forehand Passing - 5 mins**U-Passing - 10 mins**

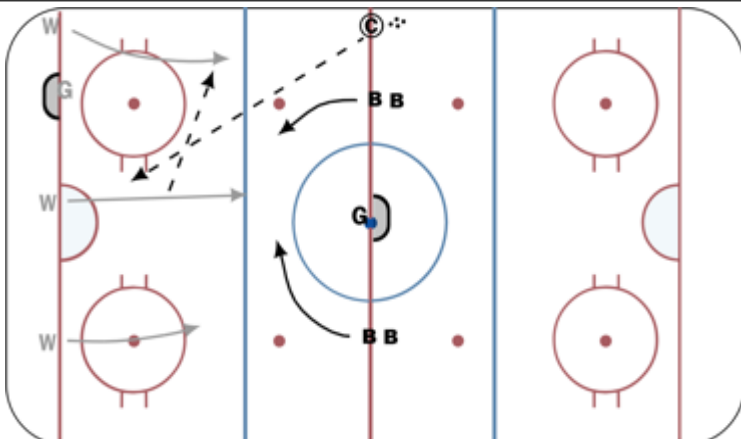
Pass & receive at full speed. Gliding is discouraged but players must find ways to stay level with each other.
Variations: a) all forehand b) catch backhand, pass forehand c) fwd - bwd d) triangle 3-player

Beaver Tracks - 10 mins

Forwards and defenders are lined up in opposite ends as pictured in the diagram.
Pucks start on the outside with F1. F1 moves up ice at about 75% speed. F2 tracks F1 and angles them off to steal the puck from them. Once F2 gets the puck, they pass it to the defenseman that has jumped out into center ice as a regroup outlet.
F2 regroups with the defenseman by getting the center lane and F2 heads up the ice on a 2 on 0 with F1 from the opposite line. Then stop at the net for high and low tracks screen and tip.
D follow the play to the blue line for a 2nd puck from a coach. D must read coach "pressure" and react then shoot from the blue line for screen and tip. Track your rebound.

2v1 Timing - 15 mins

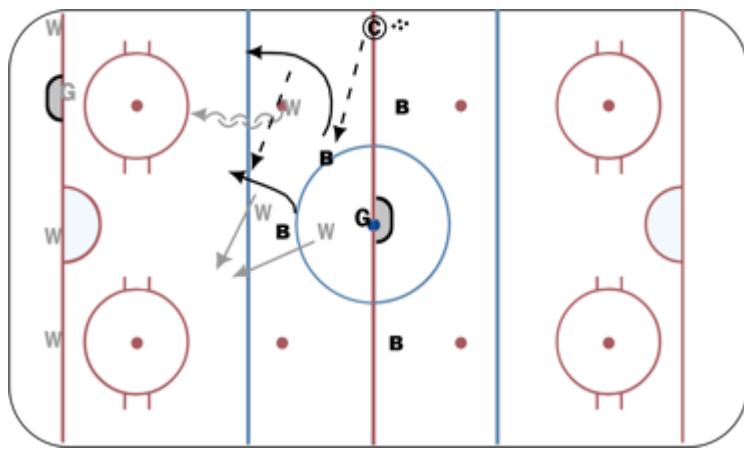
Both sides go at the same time. Emphasizes some regroup and timing skills.
On whistle, F1 and both D move (no standing still).
F1 passes to D (1), F1 hook-n-curls to wall, D steps to middle and return passes (2).
F1 passes (3) to 2nd D, F1 hook-n-curls to wall and F2 times joining the play.
F1 or F2 receive pass (4) from D and attack opposite D 2v1.

3v2 Hi-Lo 2v1 - 10 mins

Part 1: White team receives a pass from coach & attacks 3v2 against black. White focuses on quick rush principals and attacking the scoring area.

Part 2: On whistle, two white players drop out. One white becomes a defender. The black team must touch the red line, then coach gives the black team a puck to attack 2v1 in a compressed area.

Next whistle starts 5 new skaters. Go for 2-3 minutes then rotate.



2v2 Barrier Support - 10 mins



Drill set up as shown with marker lines creating support zones.

Support Xs own the space above far net and left side of blue line, support Os own the space below red line and below lower goalie net. Support players can only move within their owned space but pass to any of the players on their team.

Coach spots puck and players compete 2 vs 2 in-zone. Teams must pass to support player before attempting to score.

Key Points

Defending away from the puck, defensive players must track the offense, & take away passing lanes. Os should use support players to create space & open an attack.

5v5 Full Ice Scrimmage or Puck Races - 10 mins

With whistles & face-offs. Change on the fly.