



KHA Week 4 Skating 2

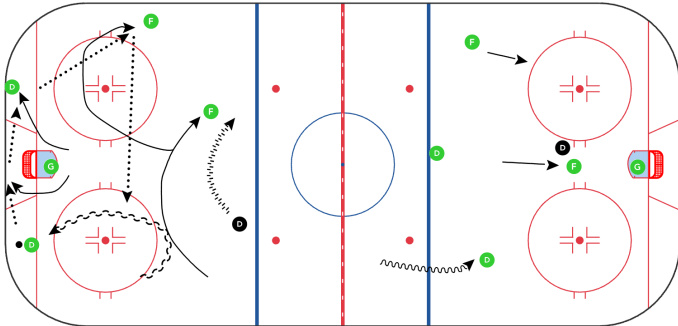
Date: Sep 24 2025

Time: 3:40 pm

Duration: 60 mins

Kosice 4on1 Warmup Breakout

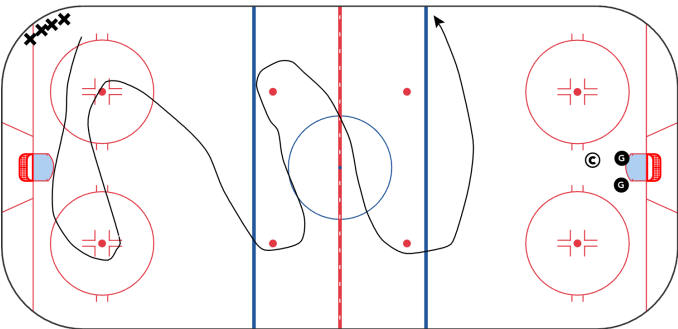
10 mins



- Two forwards and two D start with puck spotted in corner
- D gaps up and passes D to D either behind net or short over
- D passes to winger on wall who hits weak-side D on breakout
- Players go 4on0 against goalie at far end

Simple Dot Tight Turns

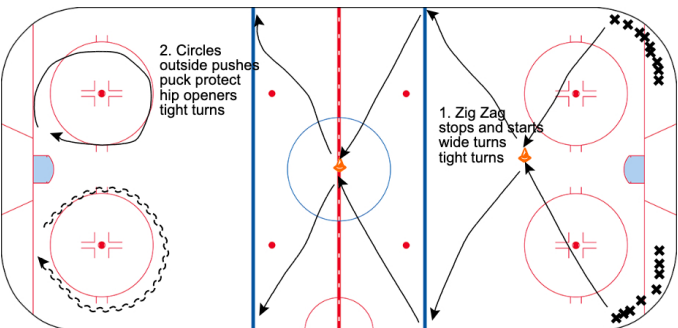
7 mins



- Players execute tight turns around dots
- Start slow, purposeful, no pucks
- Add pucks, add speed

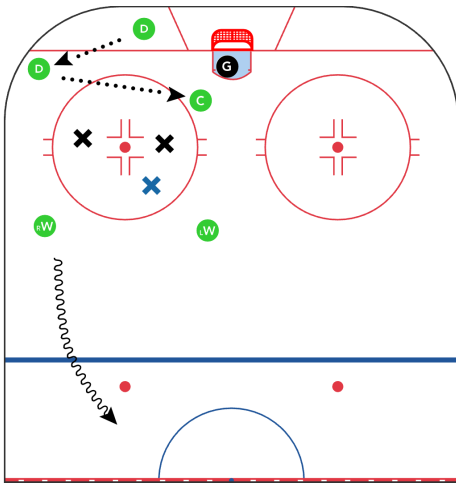
Zig Zags & Circles

7 mins



Kosice Breakout

10 mins

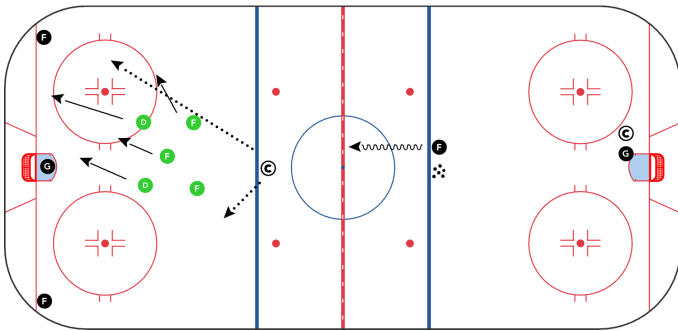


GOALIE: one with goalie coach, one in net

- 5 players in defensive zone pass puck through defenders
- Start with 2 defenders, progress to 3
- If defenders retrieve puck they go on offence, new defenders get into D-zone to retrieve puck
- On whistle the 5 players breakout, regroup in neutral zone and enter zone 5on3

Kosice D-Zone Coverage to Breakout

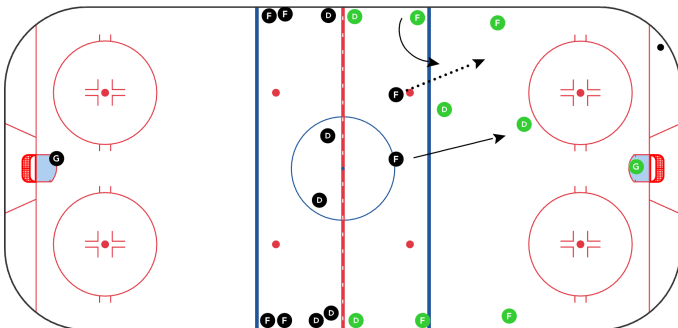
10 mins



- Two offensive players set up in the corner of the offensive zone while 5 defensive players start in the middle of the zone.
- Coach passes the puck to one of the offensive players, which activates the defenders into d-zone coverage.
- Once defenders recover the puck, they pass to coach at the blue line (MIDDLE EXIT)
- Drill repeats with player on the other side
- Third whistle triggers a new forward at the far blue, who dumps puck, initial forwards tag up blue line and forecheck, defenders have to recover puck again and breakout

2on2 Continuous with Chip & Forecheck

8 mins



2 F's attack 2 D, forwards chip puck into zone and forecheck

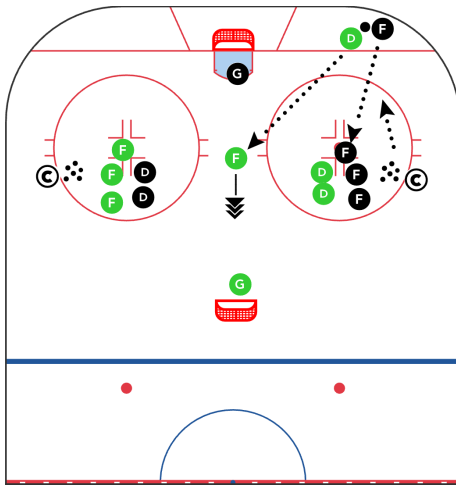
D retrieve puck and pass to next two forwards

New forwards attack through neutral zone and chip in puck and forecheck

Key Points

Attack: get puck to middle of the ice and be creative

Defend: stay inside dots, get up ice for tight gaps



Coach spots puck in corner

F is trying to pass to F on dot for quick shot

D is trying to pass to C net front for shot on opposing goalie

If F retrieves and passes to strong side dot, opposite side starts with puck chipped in corner for new battle, shooter from previous rep stands in slot for breakout pass

If D retrieves and passes to slot, the player receiving the pass gets free shot on extra net, and opposite side starts

Strong side dot player is always involved in the next rep whether or not they receive a pass