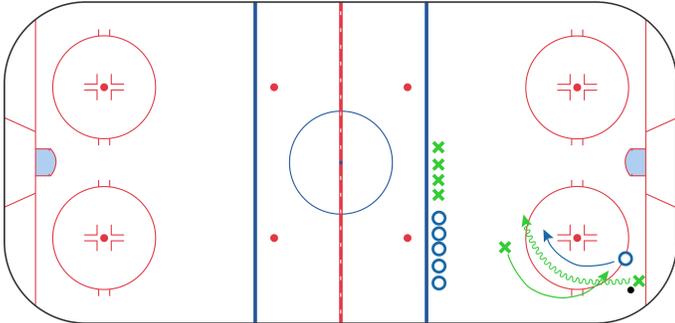




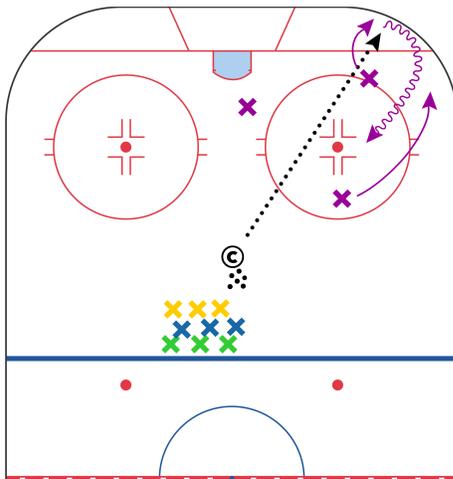
Intro to Doubling

6 mins



3v0 Multi-Directional Flow

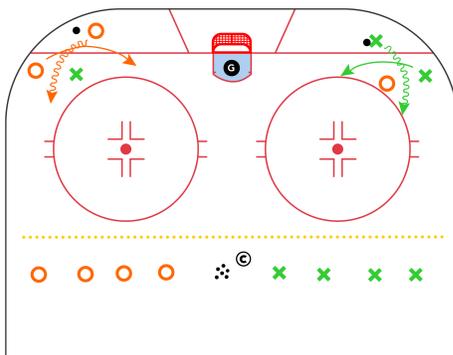
6 mins



3 players are active in the zone. On whistle, a puck is spotted into the corner. The 3 active players will move around while controlling the puck with one another. Every pass to a teammate **MUST** be a double (player off puck going towards puck carrier). Be sure to keep the play realistic (i.e. no drop pass at the crease). After a few exchanges, Coach blows whistle which signals the Forwards to go attack and score.
*** Can add in rim releases, trapezoid offense, change sides, etc.

2v1 + 2v1 = 3v3

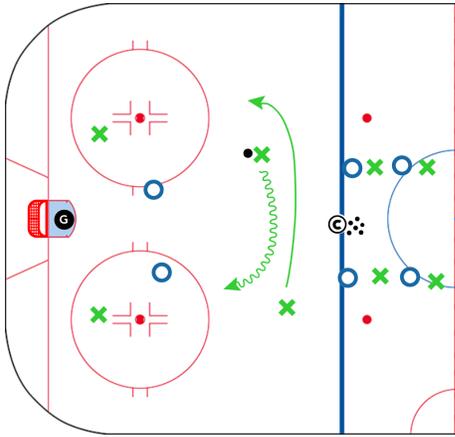
6 mins



- One puck with each offense pair per corner.
- Whistle #1 activates first 2v1. Play to whistle.
- Whistle #2 activates second 2v1 and 3 players from first 2v1 have to sprint to top of circles, stop, then re-engage to play 3v3 until final whistle.

Key Points

- Extend plays with your feet
- Double and Attack
- Great stick detail & communication defensively



Drill starts as shown with **Xs** on offense and **O**s on defense.

- Play 4v2 until **O**s release puck to wall. Once puck touches wall (from missed shot, missed pass, or defensive team releases puck to wall), Coach will engage a new puck and 2 new players offensively.
- Now 4 **O**s play on offense against 2 **X**s.
- Play continuous (players always rotate a down a level until they leave the game).

Key Points

Double the puck. Always go to the puck to create offense.