

Vancouver Angels - Practice #4

Date: Oct 1 2025

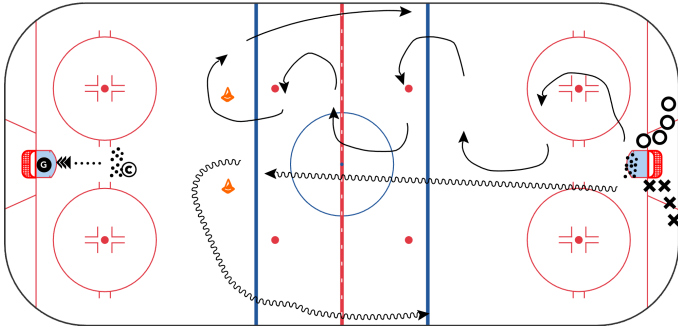
Practice No: 4

Time: 5:05 am

Duration: 90 mins

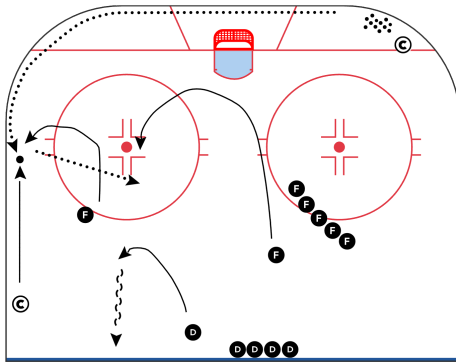
Butterfly Warm Up - Edges, Stick Handling & Passing

15 mins



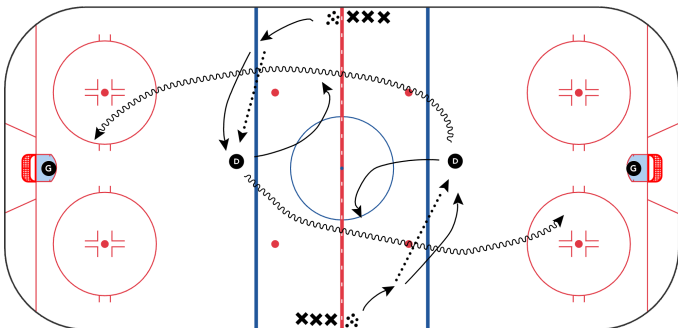
Break Out to 2 v 1 - Rim Recoveries

10 mins



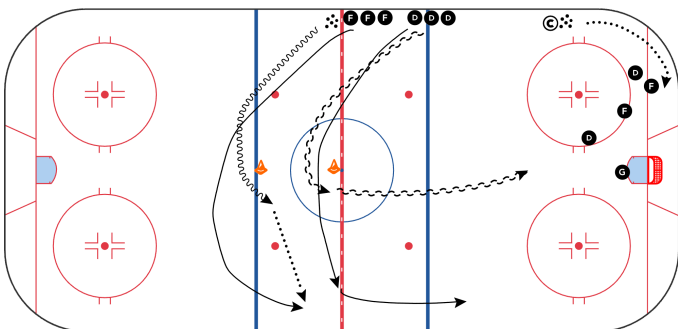
Gap Control 1 v 1 / 2 v 1

15 mins



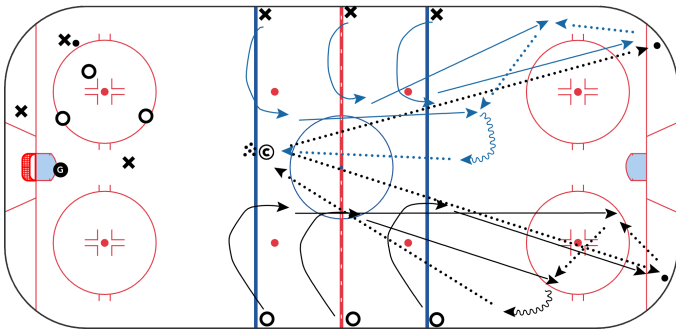
Quick Rush 2 v 2 to Down Low 2 v 2

15 mins



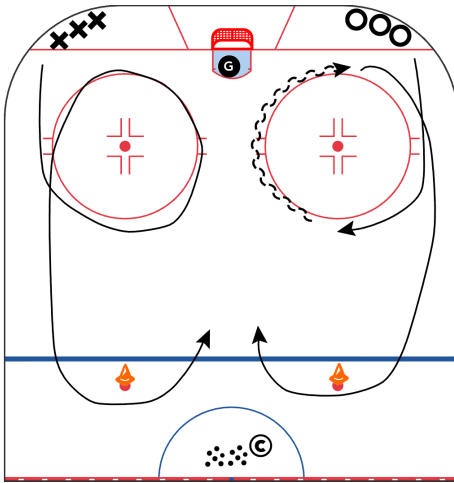
3 v 3 - Pass to Coach

15 mins



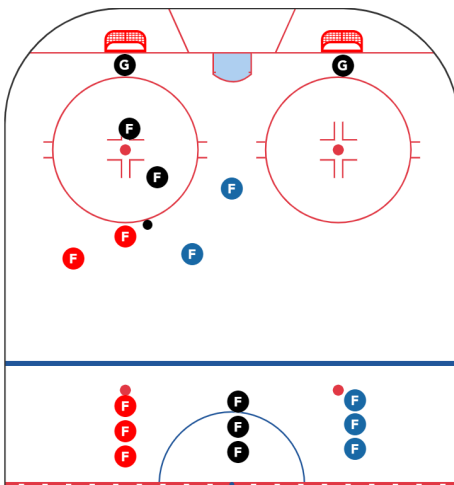
Cross-Overs & Transitions - Races

10 mins



SAG 2v2v2 with 2 Nets

10 mins



- This one is probably my favourite drill of the summer. Amazing display by Pittsburgh.
- You have two nets and three teams.
- At the whistle, two players from each team try to retrieve the puck.
- Creating a 2v2v2 in one end.
- They can score on both goalies.
- If the team has the puck, pass to their team waiting on the blue line.
- They can add a third player to the drill. Now creating a 3v2v2.
- Suppose another team does the same.
- The team with three players has to send one player out.
- Not only it's fun, but you compete a lot, and you can work on creating space to have more time.

BLOG: Mitch Giguere
Training Camp 2023

Key Points

- Communication
- Scanning ice
- Creating time