

Season Practice 10

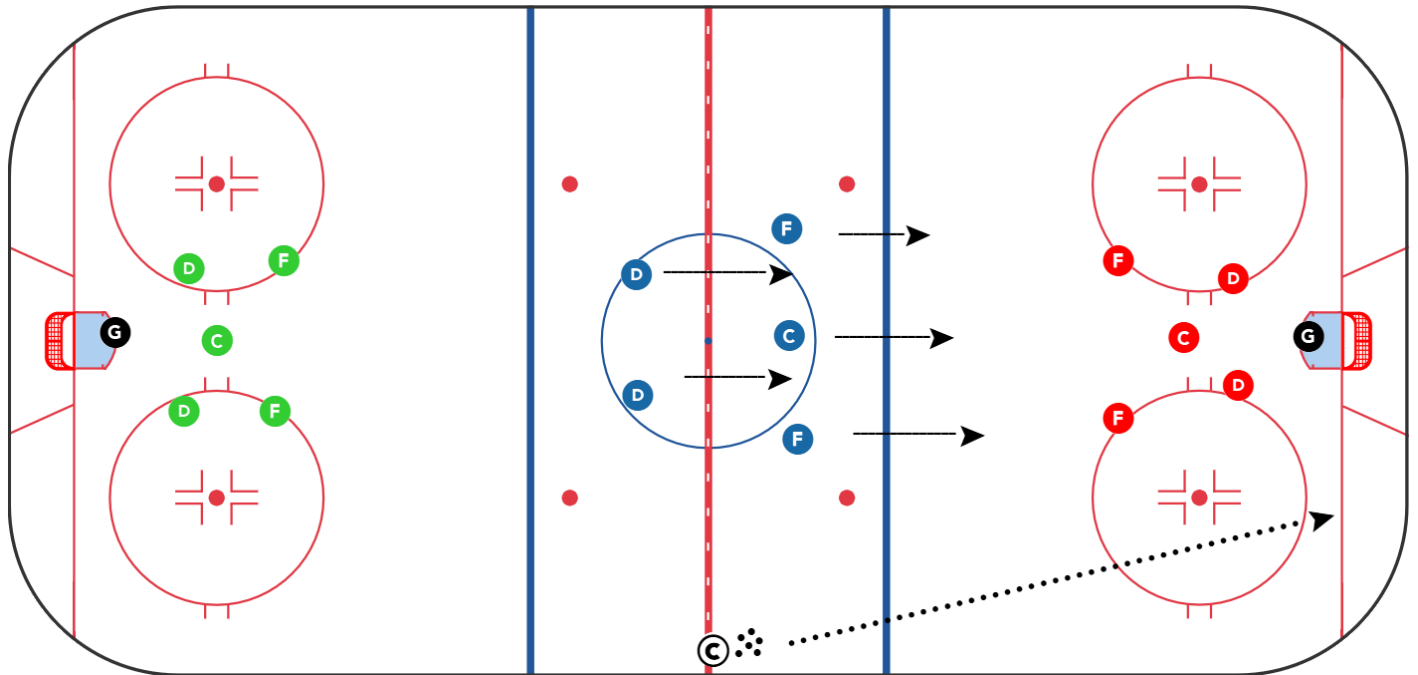
Date: Oct 1 2025

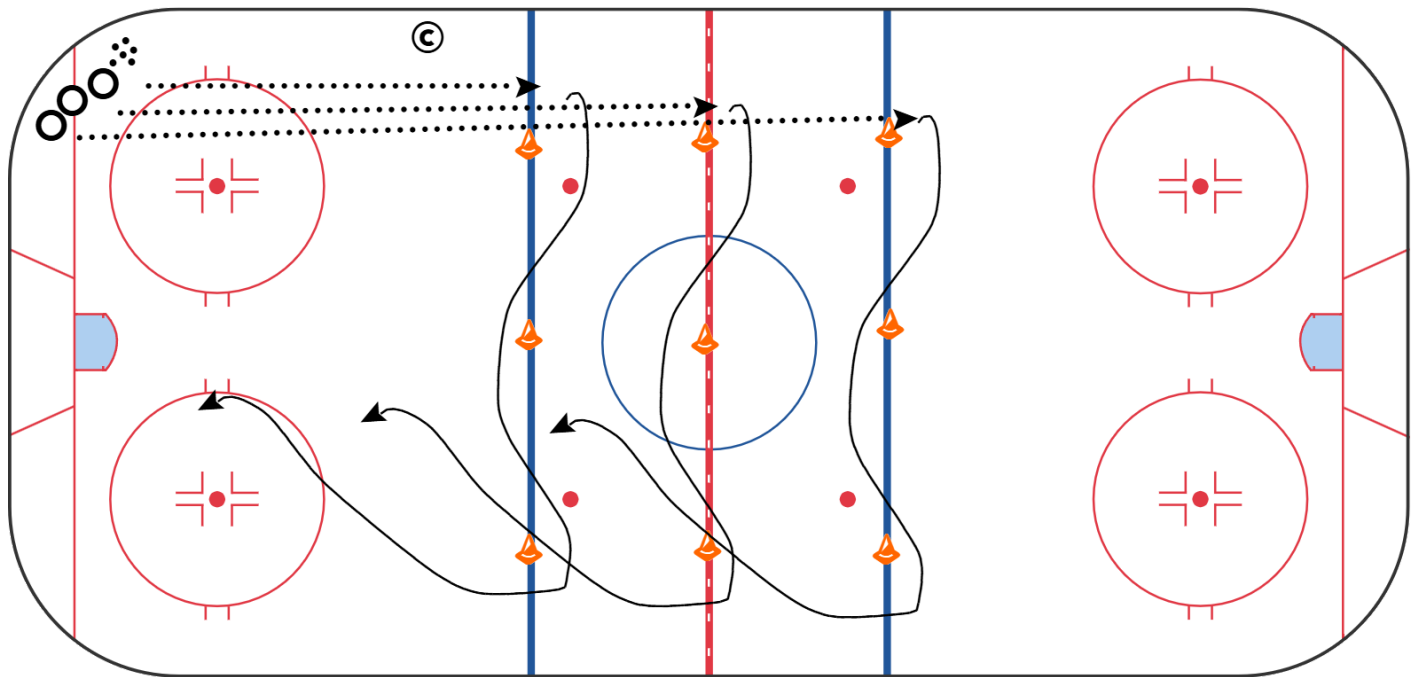
Time: 5:30 pm

Duration: 60 mins

Perpetual Breakout/Forecheck

10 mins

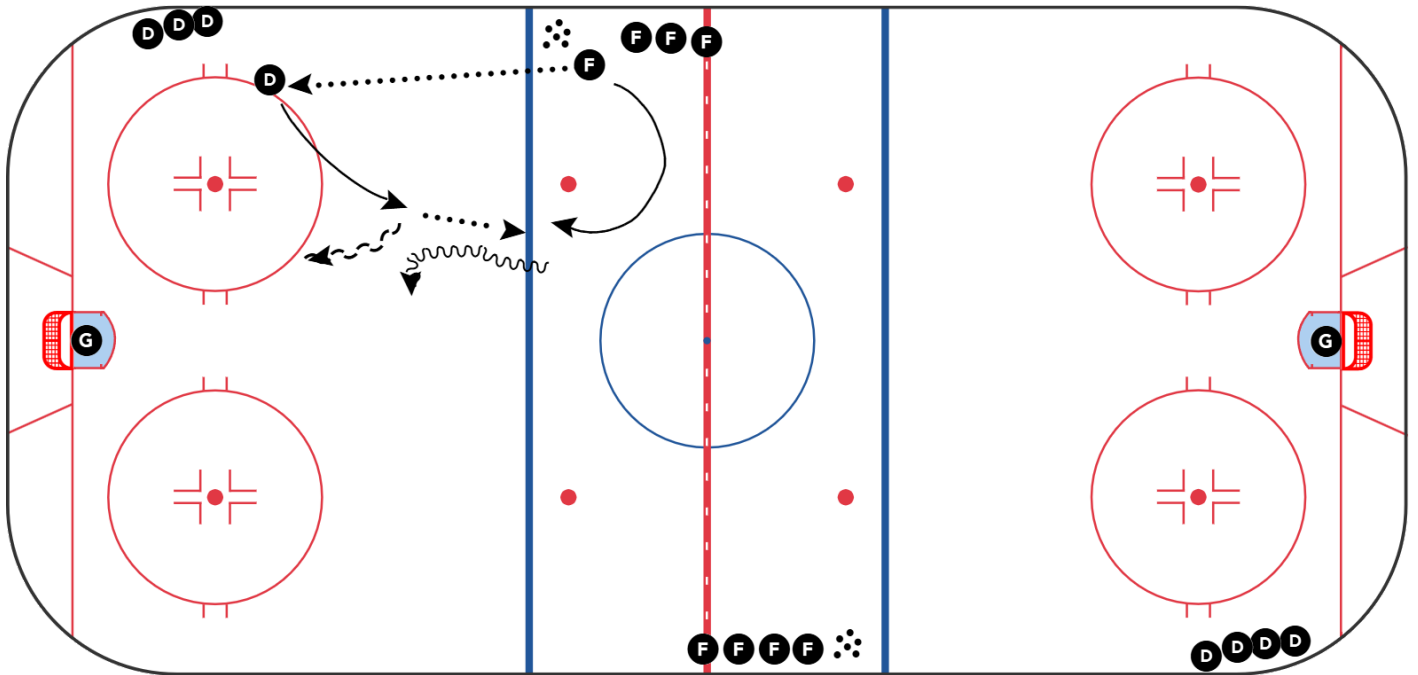


**Description**

First player takes first set of cones, 2nd takes 2nd and third 3rd. Each player has a puck they stick handle through the cones walk in and take a shot from the hash makes.

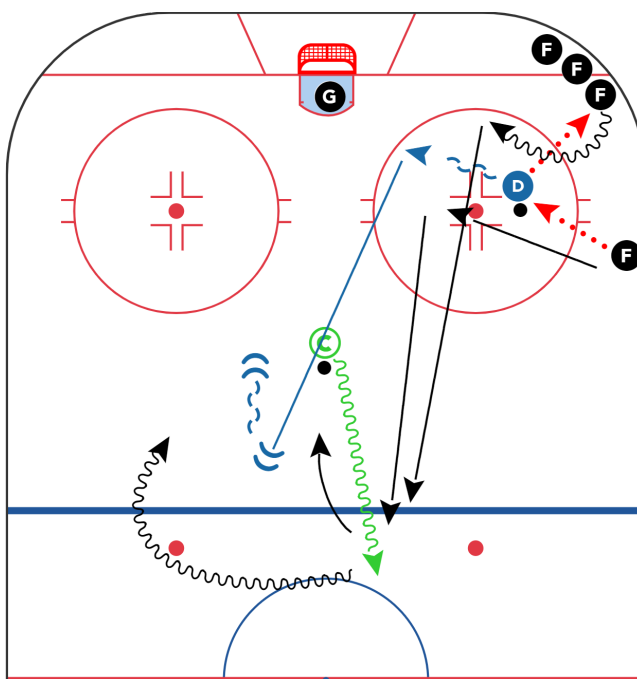
Repeat both sides.

Done out of opposite corners, at same time. Focus to keep head up.



Description

- F passes to D to start the drill.
- D skates forward with the puck, then passes back to the same F to activate them.
- D pivots and gaps up, transitioning to backward skating to defend.
- The F skates up ice with speed and attacks 1v1 against the D.
- Play it out to a shot.



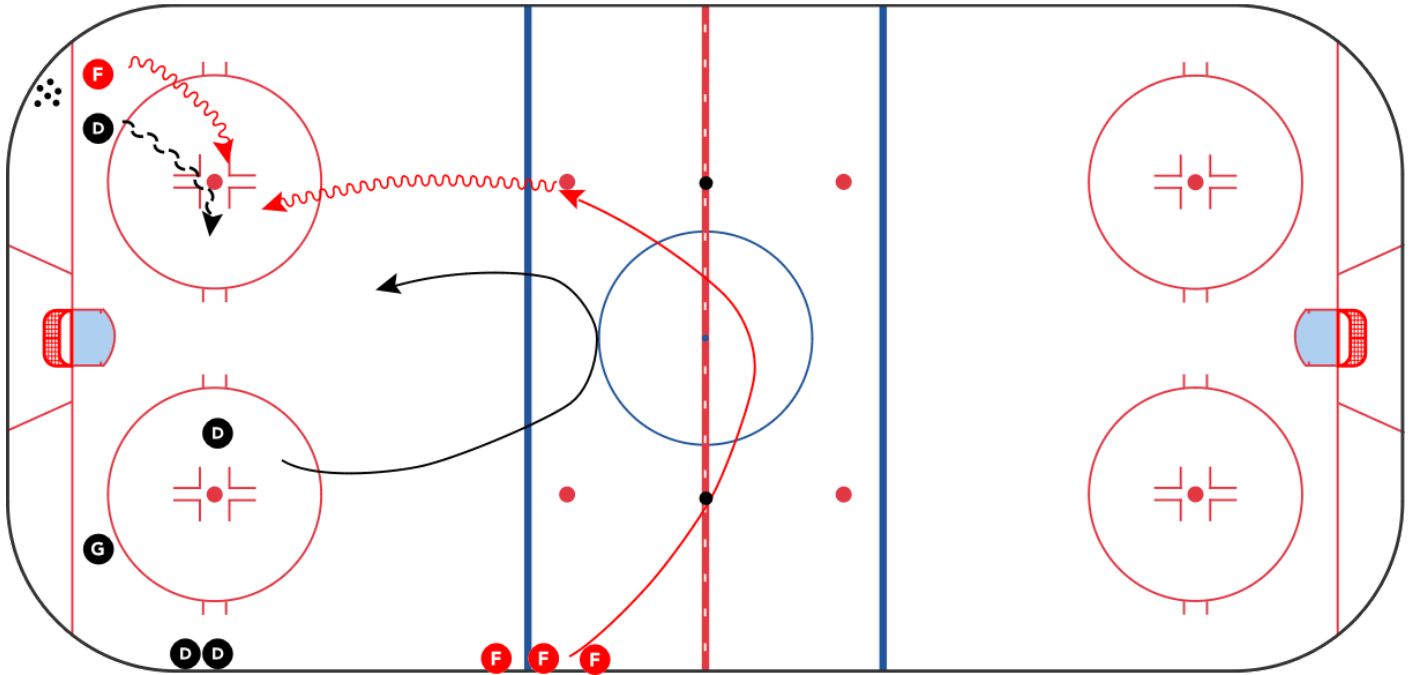
Description

- The drill starts in the corner with the puck on the half wall.
- Forward pass to D1 and D1 to F2.
- Creating a 2v1 straight from the corner.
- Trying to attack as quickly as possible the net.
- The  blows the whistle, and the middle  starts skating toward the opposite zone.
- Both forwards are tracking hard on the  and stealing the puck.
- D follows both forwards.
- When the forwards steal the puck, they tight turn and attack the defenceman for another 2v1, but this time, off the rush.

BLOG: Mitch Giguere
Training Camp 2023

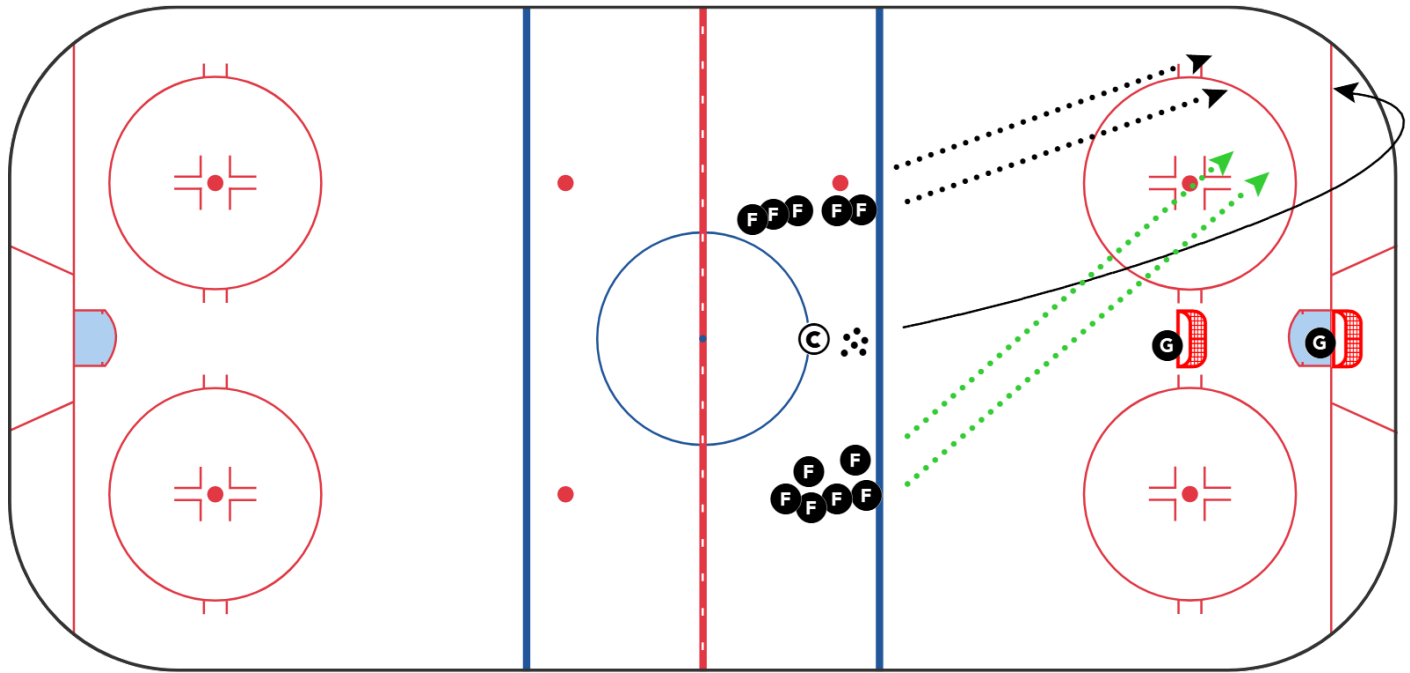
Key Points

- communication
- moving skates
- supporting



Description

- On whistle **F** sprints under blue line and then picks up a puck on the opposite side of the red line, goes on to attack **D** that has sprinted across to gap up
- After 1vs1 is done, **F** picks up a new puck in the corner and attacks **D** for a low 1vs1. Coach will signal when battle is done
- Progression: 2 **F** s leave from each side and attack 2vs1



Description

Small Arena Game:

2-on-2 Drill

The drill starts when the coach dumps a puck into the corner. Both teams battle to retrieve the puck, and both goalies are live for both teams. The objective is for the team that gains possession to outlet the puck to a third player on their team. This player then joins the play to create a 3-on-2 situation. If the puck comes out past the blue line, the coach will dump it back in to continue the drill.