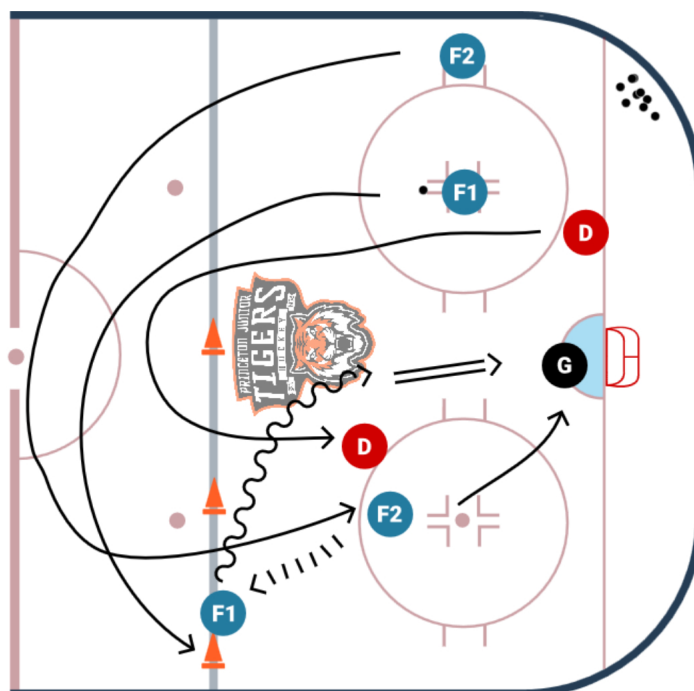




HALF ICE DELAYED O-ZONE ENTRY

Time:

Station:



SETUP:

Pucks and players in one corner.

Three cones at the blue line.

Two forwards at the hash marks, one defenseman on the goal line.

DESCRIPTION:

Forwards take off with the puck, passing between each other.

Defense will gap up on the play. Can start on one knee or belly to make the timing work.

F1 will get to the far wall on the blue line and wait (delay)

F2 will drive the puck to the net, protecting in from the defenseman and pushing the defense back towards the goal.

F2 will leave a drop pass for F1 and get to front of the net.

F1 will get a shot on goal.

COACHING POINTS:

The job of F2 is to push the defense back and create time and space for F1.

F2 should know the handedness of the player they are passing to to put the puck in the right spot for F1.

The job of F1 is to take center and get a good quality shot on goal.