



25-26 Practice 48 @ SHU

Date: Dec 28 2025

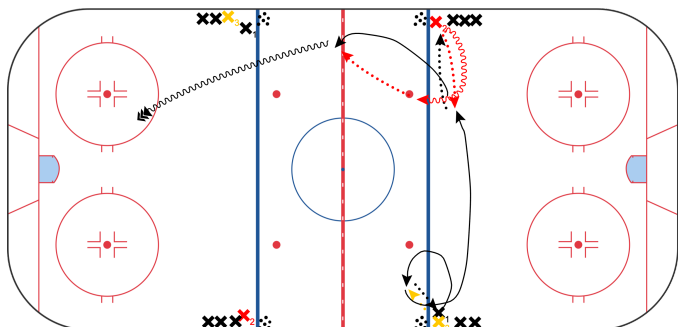
Practice No: 48

Time: 2:30 pm

Duration: 51 mins

Helsinki

5 mins

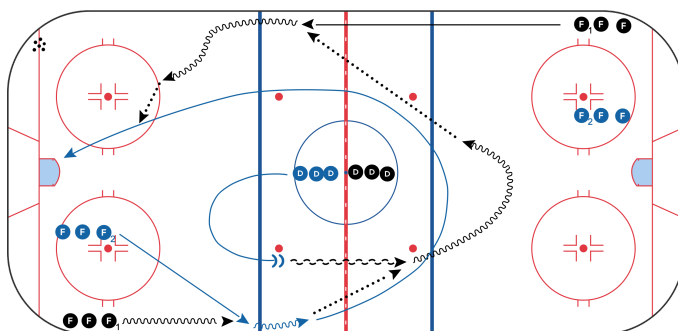


This Drill is Continuous.

X1 on opposite blue lines takes off at the same time.

Bemidji Backcheck

7 mins

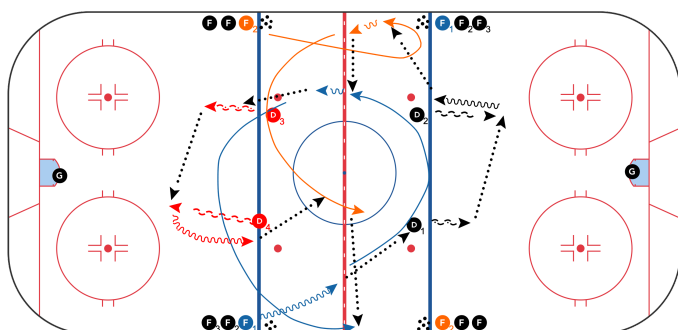


Drill runs simultaneously from both ends.

- On whistle, F1s leave from both ends with puck as F2s angle/check/retrieve the puck. F2 regroups puck to Supporting D.
- D transition skates and advances puck to F1 from opposite end as F2 supports the transition.
- Attack 2v0 and D will follow up for a 2nd shot.

Gordo 9 Double Regroup

7 mins

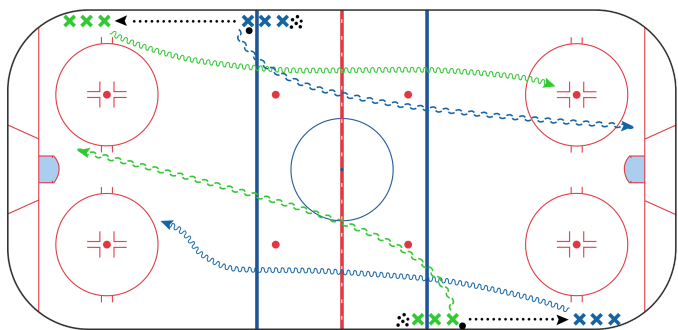


Drill runs simultaneously from each side.

- F1 passes to D1 (F2 supports as wing), D to D to wing to center
 - F1 (center) advances puck to opposite D3, D to D to center as both F1 and F2 swing to support the second regroup as shown.
 - F1 and F2 now attack D1 and D2 2v2
- Play each rep out to the whistle.

USA Backcheck

8 mins

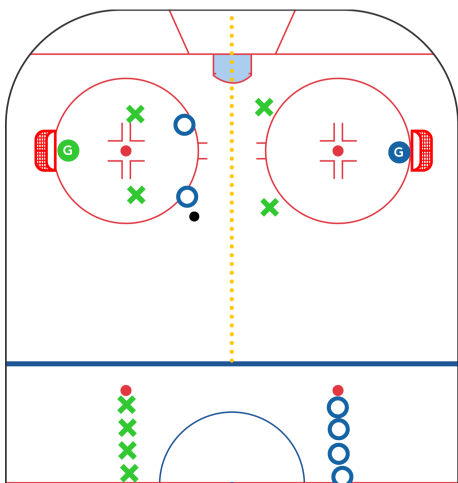


X vs X.

- Play 1v1 full-ice. On the whistle, opposite lines start and 2 original players back check and join the rush.

Quick Strike 2v2

8 mins



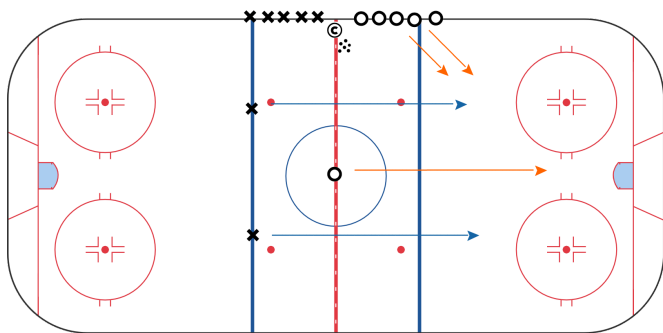
Offense -> Defense -> Out

- Os start on offense and attack **G**
- Once defending **Xs** get the puck they will make transition pass to offense **Xs** for 2v0 attack.
- 2 **O**s on offense now transition to backcheck as two new **O**s step in.

Continuous!

21-32-43

8 mins



Drill starts with Garnet & White on both benches. Coach in between benches with pucks.

1. Drill starts with a 2 X players vs. 1 O player. Go on whistle.
 2. At any point, Coach may blow the whistle and 2 O players come on the ice making it a 3v2 for the O's. This DOES NOT stop the 2v1, just adds to it.
 3. O's look to gain possession and attack 3v2 to the far end.
 4. At any point again, Coach may blow the whistle and add 2 X players making it 4v3 for the X's.
 5. Play it out until final whistle.
- Working on rushes, how to defend them and how to execute offense from them
 - Communication and reading the play are essential
 - If you score shorthanded, 2 points are awarded to your team

Conditioning

8 mins