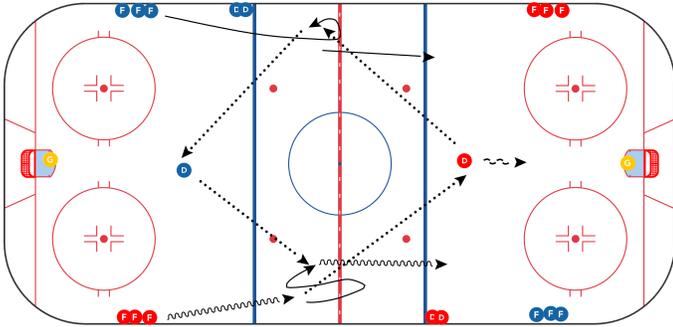


## 2on1 Diamond

7 mins

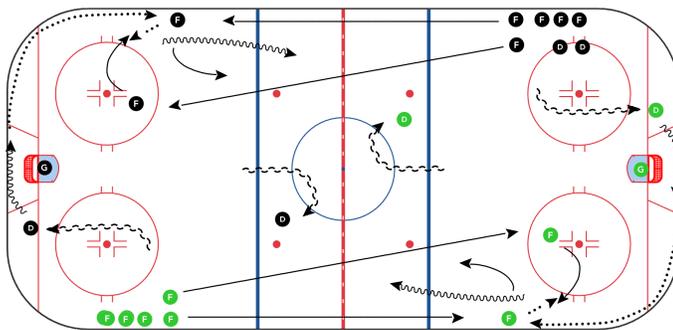


Start with pass from forward to D across neutral zone

D passes to second forward, who passes to close D, who passes back to forwards for 2on1

## Bucks Rim & Pinch 2on1

8 mins



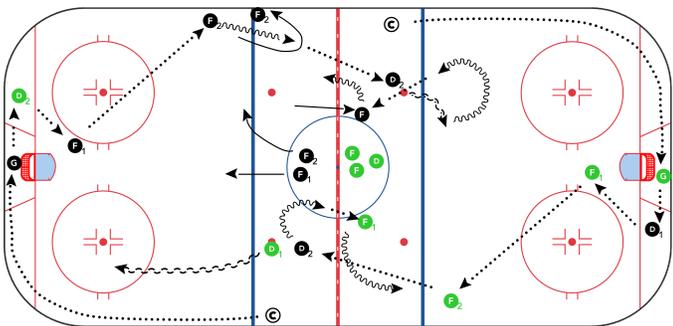
Drill starts with D checking up and retrieving puck beside net, while two forwards from far end skate into D-zone

D rimes puck for forwards, who pick up and chip or pass to clear zone

D gaps up against forwards from other end and plays 2on1

## Goalie Breakout to Downhill Regroup 2on1 No Dust

8 mins



Coach rimes puck, goalie sets, D picks up and breaks out 2 forwards

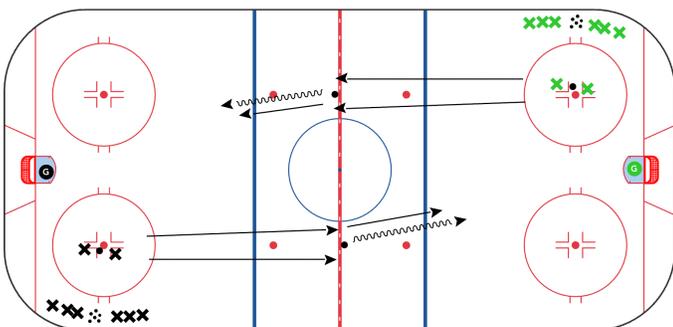
- Progression: send D to either side of the net and work on goalie calls (Up, Over, Leave It)

Forwards pass to D in neutral zone, middle forward gets pass downhill and turns up

Breakout D gaps up and plays 2on1

## 1on1 Battle Plus Race

8 mins

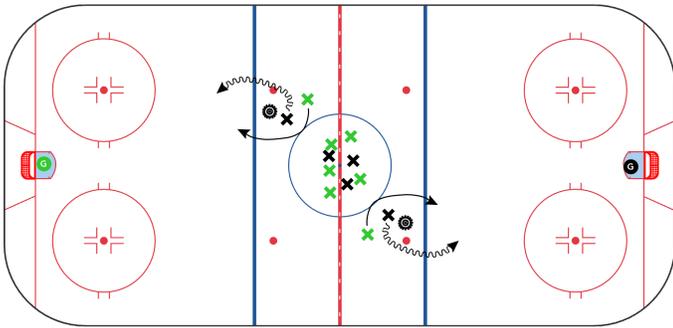


Spot puck on faceoff dot, player who touches first protects puck

On whistle players race to red line for second puck and breakaway chance

## 1on1 Tire Race

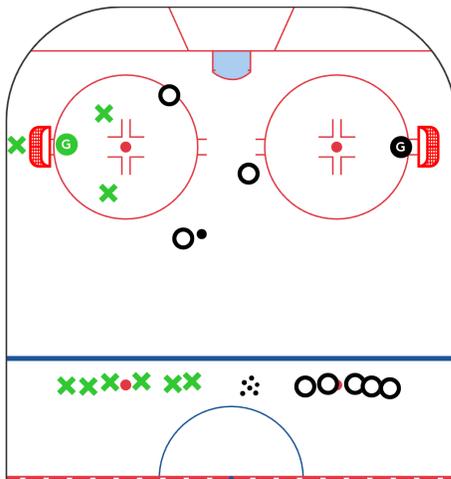
8 mins



Two players start stationary at tire  
Puck carrier starts close to tire and skates inside out  
Back checker starts away from tire and skates outside in

## 3on2 Quick Change

10 mins



Offensive team plays 3on2 vs defensive team  
When defensive team recovers puck, they pass to their trigger person behind the net and attack  
When puck is turned over, offensive team changes, 2 players into the game and one behind the net