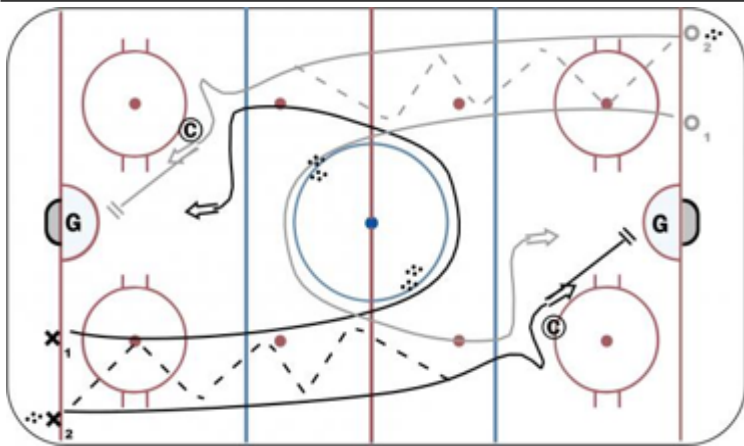


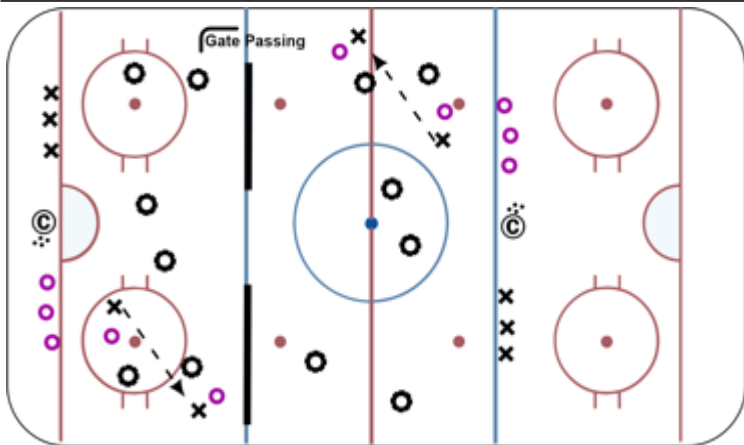
-- SQ

2 Shot Break Off (2v0) - 10 mins



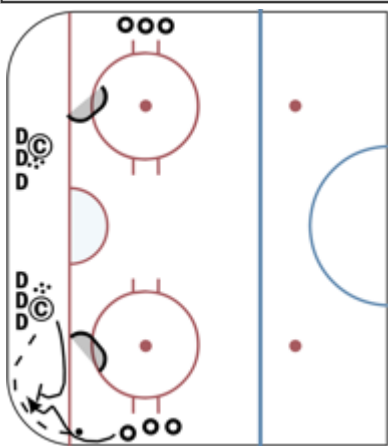
Both ends start on whistle. #1 & #2 skate up ice together, passing as many times as possible. Just past the red-line, the puck must be with the outside player (#2). #2 dekes or cuts across coach for a shot. Then stops in front. #1 skates around circle, grabs a puck & attacks the end (s)he started in. Shoot on net.

Gate Passing & Goalie Time - 10 mins



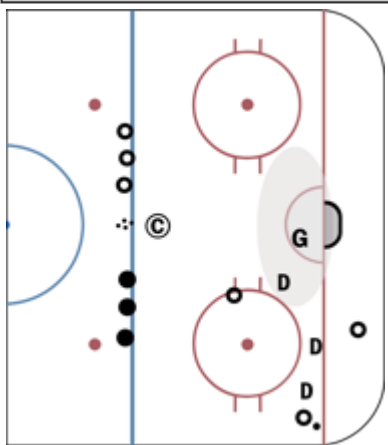
Gate Passing - Teams play keep away with points given for passes completed to that travel between 'gates.' 30-40 second shifts.

1v1 Punch Puck - 10 mins



All players play D. Defenders must defend with feet, body, & stick position. Beat O to where he wants to go & steer to 'hit zone.' Get to your spot THEN be physical. 10 second shifts. Coach always gives pucks to O. D contains & finishes. Each rep can have multiple pucks.

Net Front Game - 10 mins



One team is offense and tries to score. One team is defense. Defenders attempt to turnover the puck and pass to the coach or skate the puck out of the zone.

RULES: Defending team always needs one player in the shaded net front position. The same player cannot stay there when the puck switches halves of the ice.

Habits: play between the puck & the net when offense has the puck, heels to the crease, head & eyes on a swivel, sticks on the ice.

2v2 Barrier Support (2 Ends if needed) - 10 mins



Drill set up as shown with marker lines creating support zones.

Support Xs own the space above far net and left side of blue line, support Os own the space below red line and below lower goalie net. Support players can only move within their owned space but pass to any of the players on their team.

Coach spots puck and players compete 2 vs 2 in-zone. Teams must pass to support player before attempting to score.

Key Points

Defending away from the puck, defensive players must track the offense, & take away passing lanes. Os should use support players to create space & open an attack.

5v5 Full Ice w/ Whistles & Faceoffs. - 25 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.