

2024 Dec 23 - PW/B

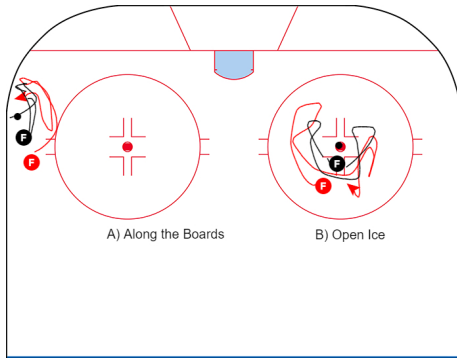
Duration: 60 mins

Free Play/Setup

3 mins

1v1 Protect the Puck

7 mins



F tries to protect the puck with body position without playing it
F tries to steal the puck. If successful, stop the puck and restart. 25-30 seconds on, give a break & rotate.

Key Points

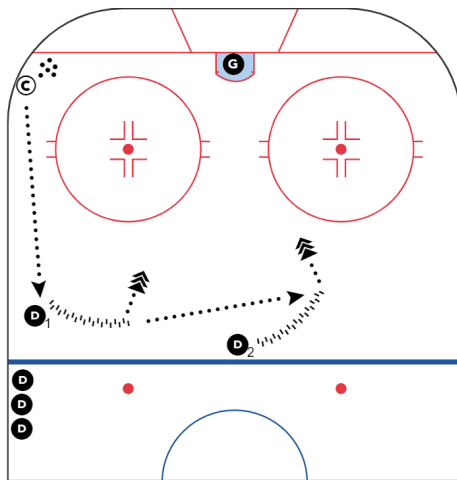
- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards

Forward/ Defense Split

0 mins

D Point Shot Progression

8 mins



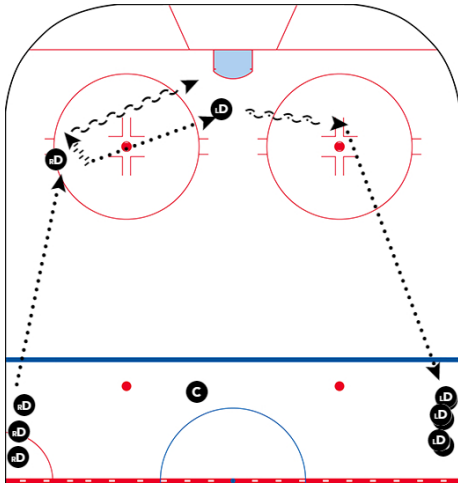
- 1) Quick shot
- 2) D-to-D and Shoot

Key Points

Lateral movement for D1 on every shot / pass
On #2, D2 should also start moving laterally and then attack towards net (depending on hand). Quick release!

45 Angle Regroup

8 mins



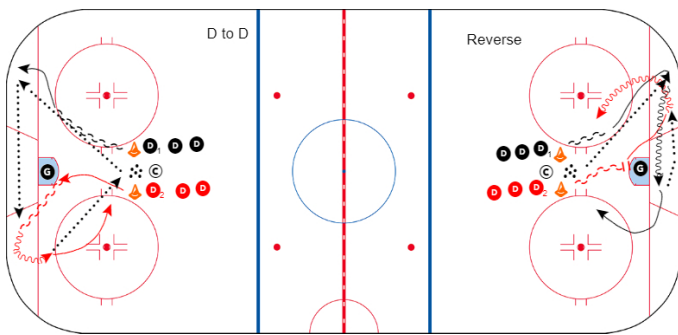
Continuous regroup, D to D and quick up's. Can hit the coach also. Each Pair takes three reps

Key Points

Communication, lateral skating, support.

D Breakout Progression

8 mins



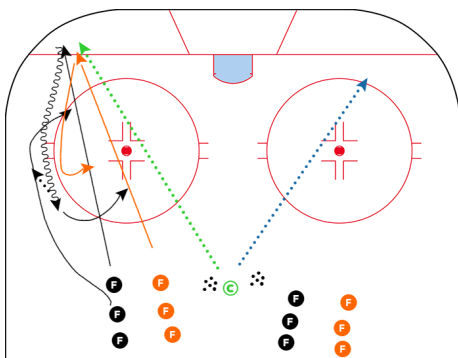
- How the drill works. You do breakout from both sides 1 to 2 times each.
- Coach Dumps puck in **D** 1 starts backwards pivots towards puck and heads back shoulder checking.
- **D** 2 always heads to net-front (NOT directly to corner) then depending on the breakout, positions himself for that.
- On breakout both D pass puck to Coach and gap up to at least the hash marks and do the other side.
- On last breakout D pass to Coach and then Coach passes to either D next up for a quick shot. You can also add a D to D shot also.

Breakouts

- Quick up - Same side breakout (add a fake behind net). D net-front will not be used but get into habit.
- Wheel - Far side breakout (add a fake, same side then go behind net). D again not used but habits are a necessity.
- D to D (Featured Above)
- Reverse (Featured Above)
- Long Reverse - Same as reverse but the reverse happens in the corner in the far corner. Puck has to end on the opposite side.

Rausch 2v1 Scissor

0 mins



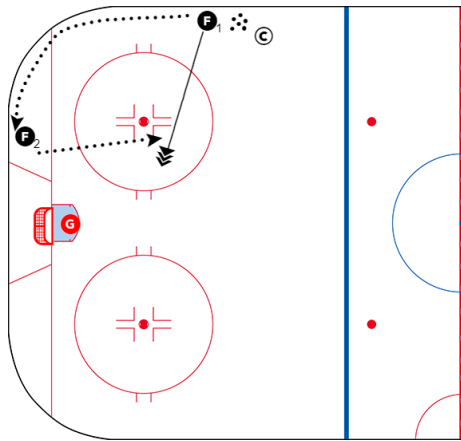
Coach chips puck into corner. Players race to puck and battle for possession. Whoever gains possession, comes up the half wall. 2nd F of team with possession jumps into play and does a scissor with puck carrier. Then, they attack the net 2v1.

Key Points

- Puck races
- Battle/Compete
- Offensive Concepts
- Defensive Concepts

Wrap, Pass & Shoot

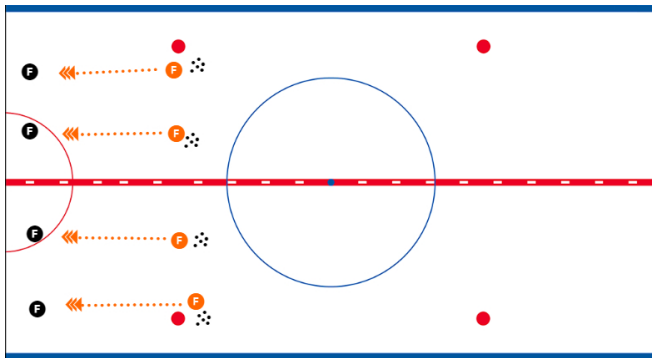
0 mins



Player in line wraps puck to covered F2 below the goal line. F2 picks up wrap, turns and finds F1 for a pass and quick shot.

NZ Tip Drill

0 mins



Player **F** stands 2-4 feet away from boards as if they were screening goalie. Player **O** spaces out and shoots pucks at **F** who works on deflecting pucks up and down.

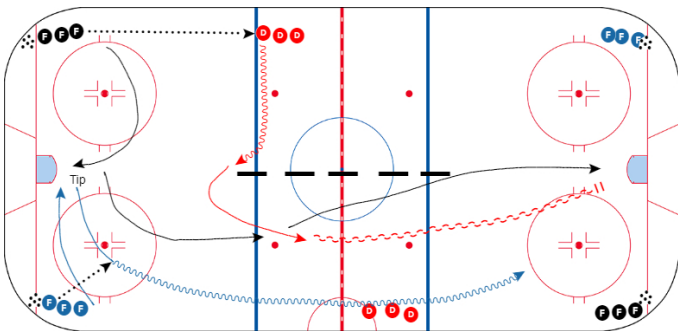
Start with on-ice re-directs. Then, go to soft, saucer pass type of shots to build comfort/confidence. Then, ramp up speed. Work on both forehand and backhand sides.

Key Points

- Watch the puck all the way to stick
- Shooter should place puck to the side

Screen/Tip Full Ice 2v1

10 mins



F starts drill with a pass to the **D**

Both **F** and **F** get to the front of the net, **D** walks the line and shoots the puck for a tip/deflection and screen

F and **F** then start the attack the other way after receiving a pass from the **F** in the corner

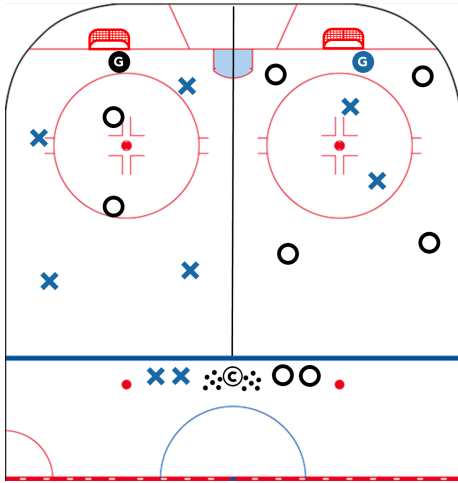
Attack 2 vs 1 on the **D** that took the shot

Small Area Games

0 mins

4v2+2 Power Play Game

8 mins



Coach draws a line down the middle of the zone. Both sides of the zone have four offensive players and two defending players.

The four offensive players utilize puck movement and power play concepts to create scoring chances and try to score. The two defending players must use good stick and body positioning to create a turnover. If a defending player gains possession of the puck, they must pass the puck across the zone to one of their four offensive teammates. All players should take turns on offense and defense.

Point system:

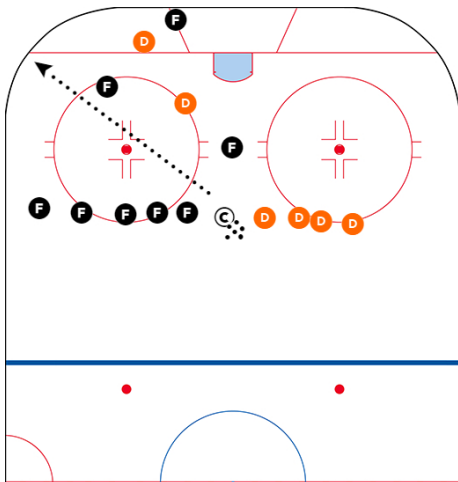
- 1 point for a shot
- 1 point for a blocked shot
- 2 points for a goal
- More options: 1 point for a one-time pass, 2 points for a one-time shot on net

Key Points

- Emphasize quick puck movement including one-time passes and shots
- Give passes to and receive passes on forehand and underhandle the puck

3v2 Down Low

8 mins



3v2 below the top of the circle. Defense must try to skate the puck out. Forwards try to score.

Key Points

- Puck support and possession
- Communication
- Off/Def Zone Concepts