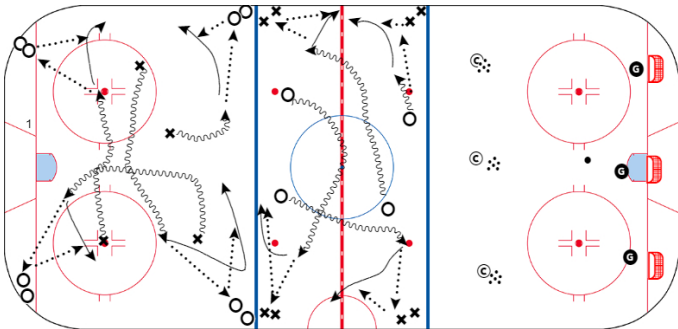


2024 Nov 11 - PW/B

Duration: 60 mins

4 Corners Give & Go/Goalie Warm Up

10 mins



Four players, each with a puck in the middle of each zone as diagrammed. Players pass give and go with the first player in each line at the four corners staying in their zone. Players should talk and read which of the players are open so two players do not pass to the same player at the same time.

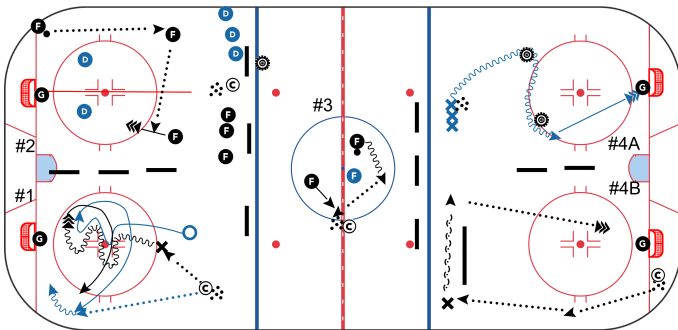
Goalie Warm-up: Box skate, T-pushes and shuffle both ways with visual saves. Post and out with tips and deflection saves using the other goalies.

Key Points

- Communication
- Passing
- Support
- Getting open
- Reading the ice

Puck Possession - PW/BA

32 mins



#1) Rodeo Puck Protection - Drill starts by **X** receiving pass from Coach and protecting puck inside the circle from **O**. On Whistle, **X** shoots under pressure from **O**. After shot, **O** then recovers puck in the corner and puck protects vs **X**.

#2) Royal Road 3v2 - Draw a line down the middle of the playing area as diagrammed. Coach spots puck for battle while three offensive players compete vs two defensive players. Offensive players must gain control of the puck and work to create a shot by passing the puck across the mid-line. If defenders get the puck, they must pass to coach, coach spots a new puck on goal. 30 second shifts.

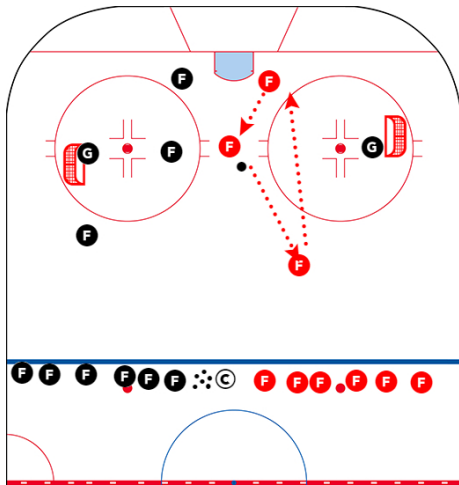
#3) 2v1 Circle Keep Away - Defensive players work on good stick position, angling and communication. Players with the puck must protect the puck, move and communicate to create passing lanes.

#4A) Underhandle Shooting - Player skates through the tires while keeping the puck on his or her forehand. Once around the last tire, they should shoot in stride.

#4B) Underhandle Drag Shot - Coach passes to player who receives the pass and walks the line while keeping the puck on his forehand for a shot on net. Add some obstacles to make D shoot with thier eyes up and get the puck to the net. After shooting, player can tip/rebound for the next in line.

3v3 3-Pass

9 mins



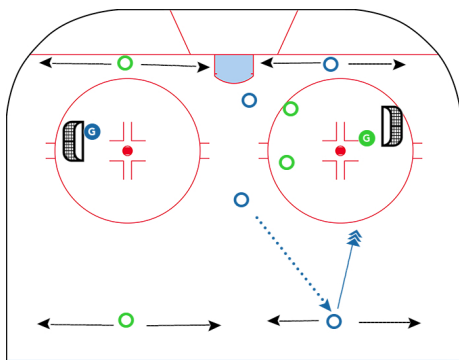
Basic 3v3 cross-ice game, but teams must complete three passes before attempting to score on opposite end.

Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa

2v2 Flank Game

9 mins



Play 2 v 2 with two support (flank) players. The flank players can only skate up and down their flank and not into the play. The players playing 2v2 don't have to pass to the flankers but can as much as they want to create a 4v2 situation. On the whistle the 2v2 players leave the zone, the flankers become the 2v2 players and the next in line from the sideline become the flankers.

Key Points

Puck support, power play, PK, transition.