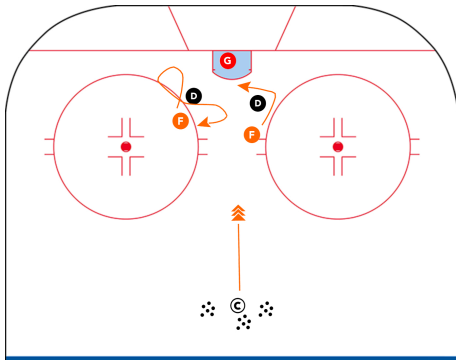




## 2v2 Net Front

8 mins



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) shoots pucks toward the net attempting to create scoring opportunities and scrums.

Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds

Def - Maintain D-side positioning and tie up on shot attempts

### Key Points

Defense

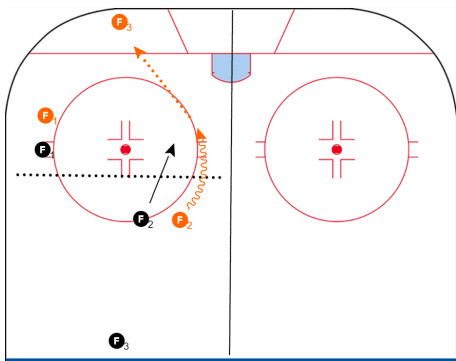
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

## Muse 3v2 Possession

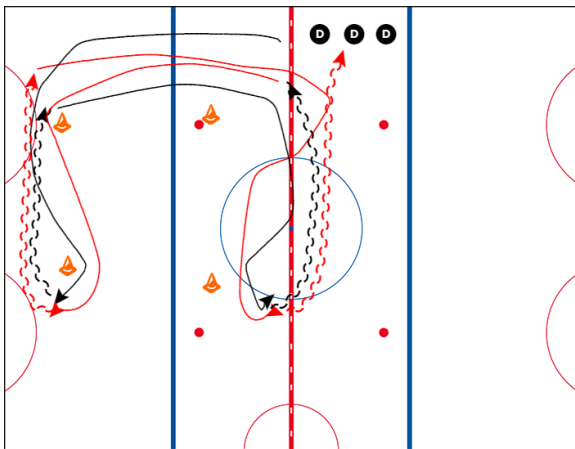
8 mins



Teams compete in a puck possession game. It starts as a 2v2 and each team has a 3rd player they can use on their "half" of the zone. Goal is to maintain possession.

## Montreal Skating

8 mins



Each player does two reps. Start with no puck. Progress to with puck. Important to move cones throughout zone as ice will get beat up quickly.

### Key Points

- Keep hips down, good knee bend on transitions
- Single cross under when transition backwards

## Keep Away / Goalie Shooters

7 mins

## Goalie: Zone Movement

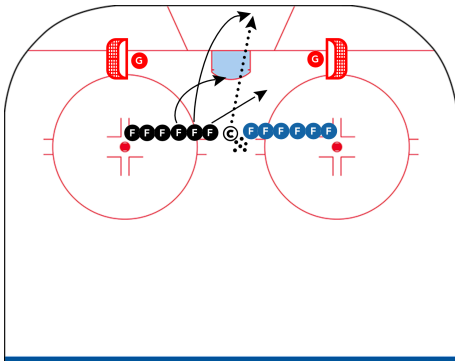
0 mins

## Goalie: Screen & Rebound

0 mins

## Skinny 3v3

8 mins



Set up two nets in a tight area. Coach throws puck out with a set team attacking. Players should move the puck and attack the net with pace. Start 3v0. Players have 2-3 seconds to attack the net and shoot. Progress to 3v1. Players have 5-6 seconds for a shot, play one rebound. Progress to 3v2. Play for 10-15 seconds. If the defending team gains possession, try to score!

### Key Points

- Play FAST
- Move the puck
- Present a target for pass/shot