

2024 Dec 16 - PW/B

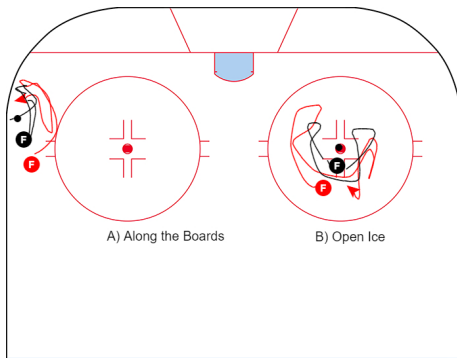
Duration: 60 mins

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

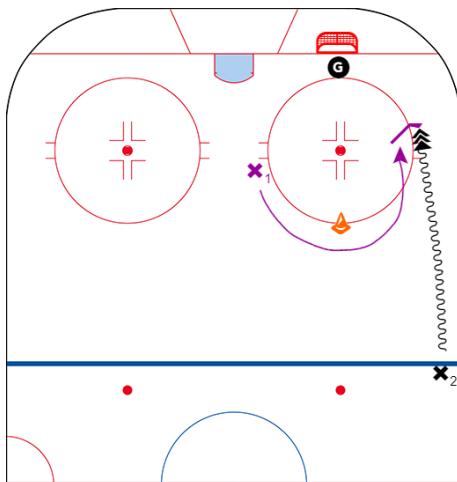
- D player needs to use shoulder checks and good body position to protect the puck
- When against the boards, keep head up and one hand on the boards


4 Stations

0 mins

Karlsson's Angle 1 vs 1

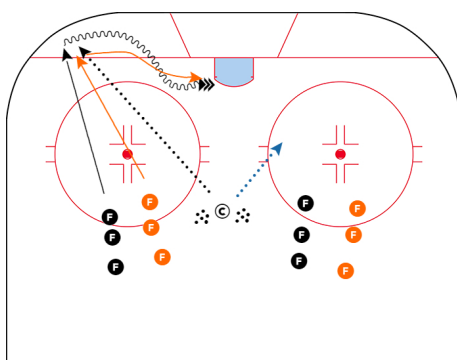
8 mins



- The drill starts when **X**₂ skates down the wall with the puck trying to score on the net
- **X**₁ reacts to **X**₂ and angles the player down the wall away from the net
- **X**₂ is NOT allowed to cut back on the other side of the 

Red Wing 1v1

7 mins



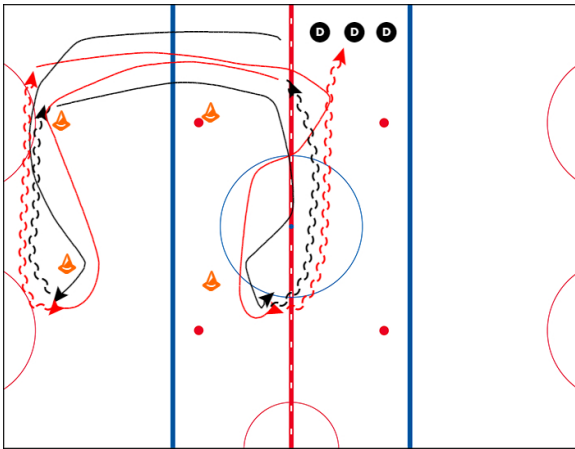
Coach chips puck into corner. Players race to puck and then try to score 1v1 coming out of the corner. Can have lines on one or both sides.

Key Points

- Puck races
- Deception
- Battle/Compete

Montreal Skating

8 mins



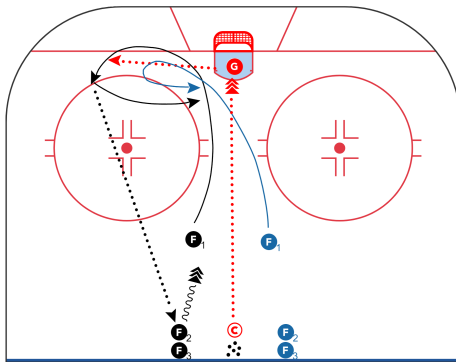
Each player does two reps. Start with no puck. Progress to with puck. Important to move cones throughout zone as ice will get beat up quickly.

Key Points

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

Rebound Battle 2 vs 1

7 mins



A coach or player dumps the puck on net and the goalie plays it to either corner. The first player (F1) in each line compete for the loose puck after the rebound. Whoever gains possession must pass it to the point player (F2) in their line to begin a 2 vs 1.

The drill is stopped after a goal, the goalie freezes it, or the puck is moved out of the zone.

Variations:

- Adjust F1 starting point (slot, net front, facing puck/net, corner)
- Adjust F2 starting spot (point, high slot, corner)
- For younger players, shrink the space.

Key Points

Offense

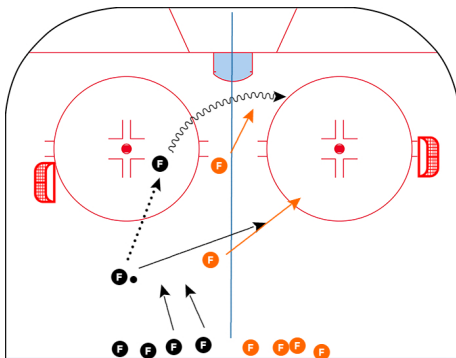
- Anticipate rebound direction
- Before reaching the puck, use a shoulder check to find pressure & support
- Use deceptive fakes to escape from the corner and open passing lanes

Defense

- Good stick position
- Try to force a bad angle shot

Mancini 2v2

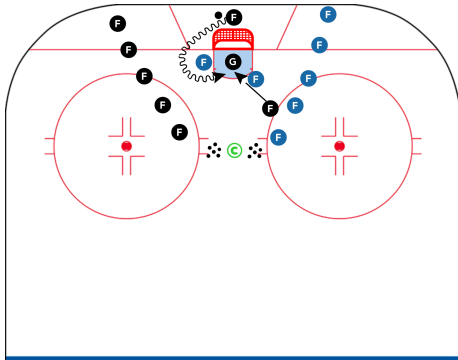
10 mins



Game starts off with one team going on a 2v2 versus the opposing team. As they attack, 2 new players from their team fill in behind at the half way line. If offensive players score, they get a new puck. If defenders get puck, they transition to offense and attack 2 new players waiting for them. When offensive players lose the puck, they can only battle to regain possession to half-way line. After that, they're done and switch out.

Key Points

- Quick transitions
- Possess & protect the puck



- This 2v2 drill takes place in a trapezoid extending from the slot down toward both corners. Coach should be in between the hashmarks with pucks. Resting players form a boundary and should prevent pucks from exiting the playing area.

- To attack, a player must take the puck below the goal line and then bring it back out to a scoring position. The opposing team must defend until they can win possession, at which point they need to carry the puck below the goal line before attempting to score.

- If a puck is scored, frozen or leaves the playing area, the coach adds a new puck below the goal line for the players to battle for.

- To play the game without a goaltender, attacking players should only be allowed to shoot with both feet in the crease.

Key Points

On Defense:

- Battle for good body position
- Emphasize good stick position to eliminate passing and shooting lanes
- Neutralize net front chances by engaging the attackers' sticks and body

On Offense:

- Attack the net quickly after turnovers
- Get to the hard areas
- Win second chance opportunities