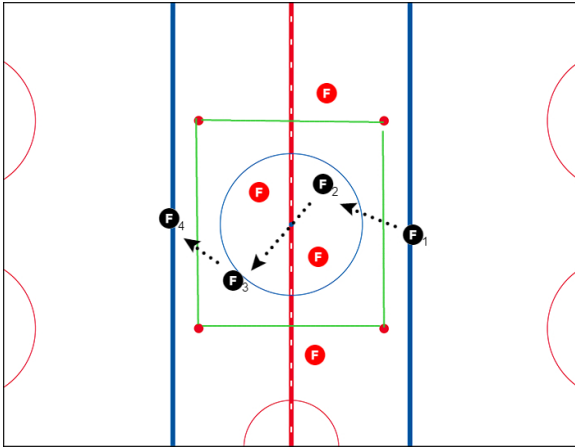




Crossfire Passing

10 mins



Coach forms a box with tires or cones. Players compete 2v2 within the box. Players have teammates on opposite sides of the box. The **F** players can only pass to **F**s and **F** players can only pass to **F**. Points are scored when a team completes passes from one side of the box to the other.

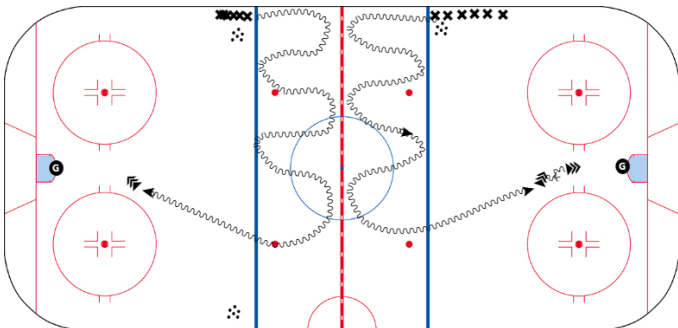
You must complete a pass to a player within the box first. Two points are attained if both in-the-box players touch the puck before getting it to the opposite-side teammate, i.e., all four teammates touch the puck without turning it over. One point is awarded if three of the four teammates touch the puck in a sequence that moves the puck from one side of the box to the other. The team without the puck tries to intercept/gain possession. If they do, they must complete a pass to one of their outside-the-box teammates to initiate their own scoring sequence attempt.

Key Points

- Emphasis on puck support/movement
- Teach deception (no look, fakes, find soft ice, etc)
- Defensive players - Good sticks, work in unison, try to push players where they want the puck to go.

Emy's Warmup

8 mins



1/2 on each blue line. Lots of guys moving with this one.

Power turns with a puck at red and blue line. Do 5 power turns in and then go in and shoot. Line up on other boards when done and then go back the other way. 2 x each way.

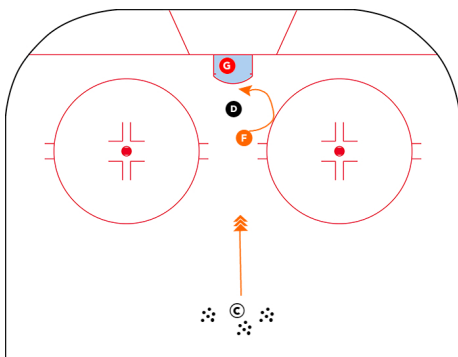
Next, do Forward to Backward transitions with the puck, do a Bobby Orr Escape on the 5th one, then go in and shoot. 2 x each way

Emy's F/B Trans / Mohawk - Add a Give & Go/Quick Release

0 mins

1v1 Net Front

8 mins



Start the drill 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

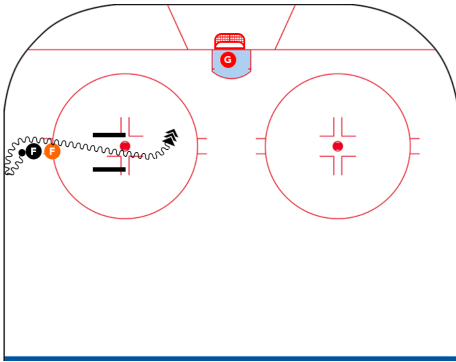
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

Board Escape & Attack

8 mins



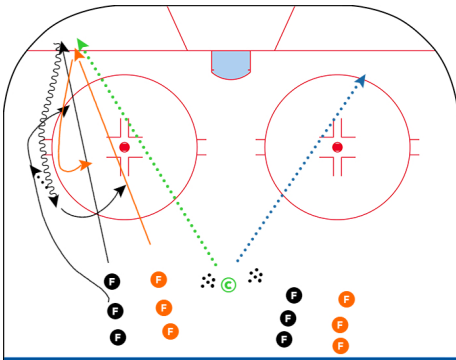
Start on the wall. Offensive player tries to beat the defender off the boards and through a gate before attacking the net.

Key Points

Use deception or power move to gain access to middle
Quick release once through the gate

Rausch 2v1 Scissor

8 mins



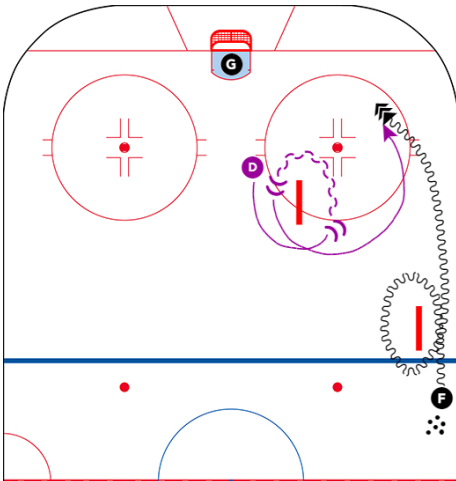
Coach chips puck into corner. Players race to puck and battle for possession. Whoever gains possession, comes up the half wall. 2nd F of team with possession jumps into play and does a scissor with puck carrier. Then, they attack the net 2v1.

Key Points

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

Doughty 1 vs 1

8 mins



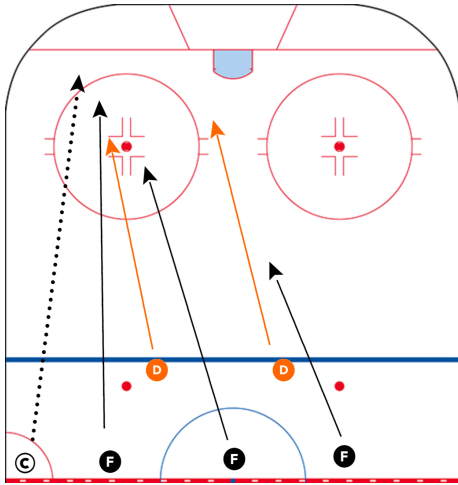
- **F** skates down the wall and around the **D** and then drives the net for a shot on goal
- **D** skates forwards, pivots around the **F** and then skates forward and angles **F**

Key Points

- **D** take away the middle of the ice and don't allow a cut back
- **F** be creative on the attack and try to get to the middle of the ice

Eagle 3v2

8 mins



One line of forwards forecheck against a pair of D. D try to break it out. F try to score. Alternate ends of the ice and keep score D v. F v. G.
D - Point if they skate out with possession past blue line
F - Point if they score

Key Points

Forwards

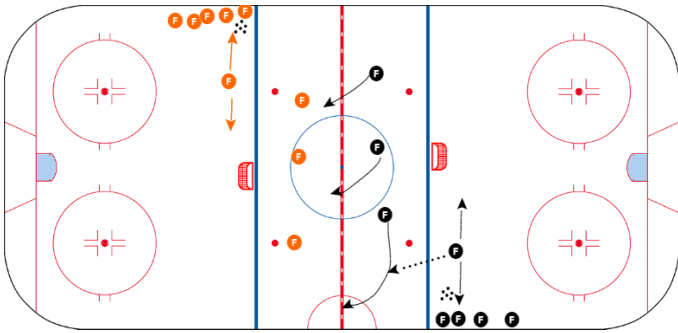
- Attack the puck
- F1 take body
- Support each other

Defense

- Communicate
- Support each other

3v3 NZ Quick Strike

10 mins



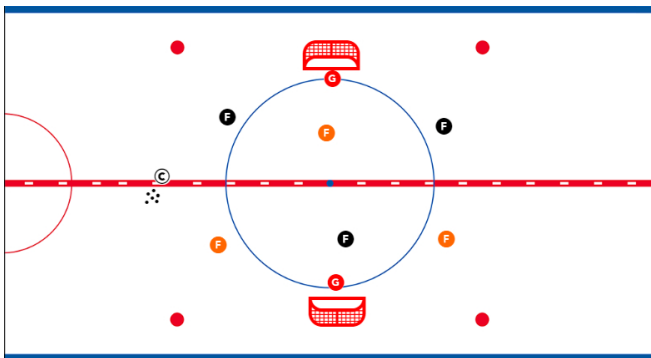
3v3 in NZ when puck touches or crosses offensive blue line, defending team counter attacks immediately receiving pass from teammate.

Key Points

- Quick transition to defense
- Communication

Tampa 3v3

7 mins



Each team has three players, two on outside of circle on the offensive side and one inside the circle on their defensive side. The circle and red lines serve as boundaries players cannot cross.

If a team scores, they get a new puck. If a team misses a passes or puck goes out of play, give a puck to the other team.

Key Points

- Stick position
- Quick puck movement