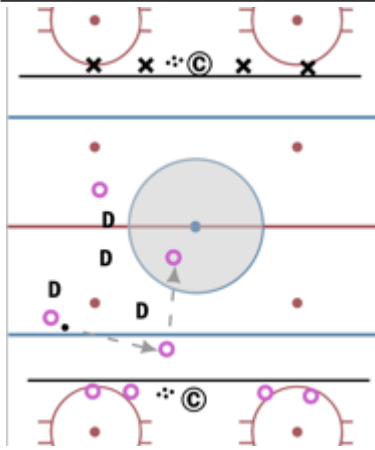


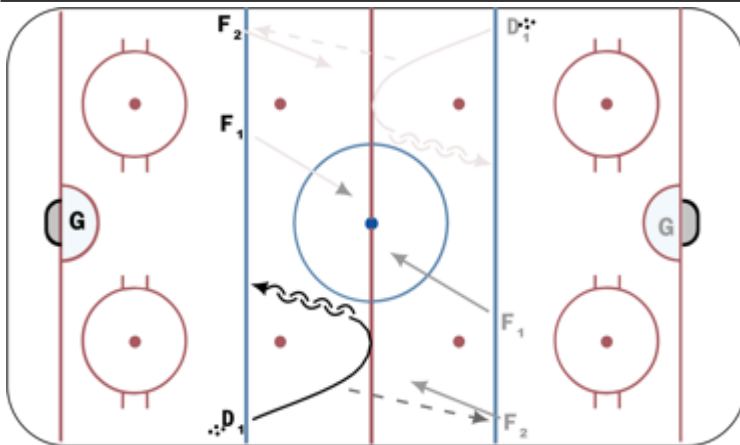
-- BAN

Man City 4v4 - 15 mins



This is a possession (keep away) game. The goal is to make interior plays into the center circle. Then maintain possession and make plays out of the circle to a teammate. Teams receive 1 point for making plays into the circle. The team with possession (purple in the diagram) must get a player into the circle to attempt making interior plays. Emphasize not forcing plays to the interior; remind players that extending possession time is paramount. Defenders (black in the diagram) pressure the puck and defend the outside of the circle but CANNOT go inside the circle until they gain possession. Expert Variation: Players inside the circle cannot return a pass to the player that passed to them.

2v1 into 3v3 Continuous - 15 mins

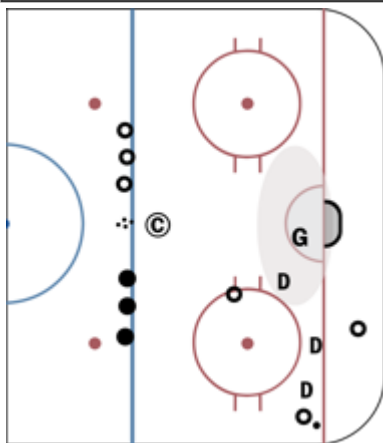


BD passes to Grey F1 or Grey F2
GF1 & GF2 attack BD 2v1
Play until whistle

On whistle, Grey D passes to BF1 or BF2
BF1 & BF2 attack WD 2v1
BD jumps into play trying to create 3v1
GF1 & GF2 backcheck to make it 3v3
Play until whistle

Continues in opposite direction
Reps 10-15 seconds

Net Front Game (run simultaneously w/ Barrier) - 15 mins

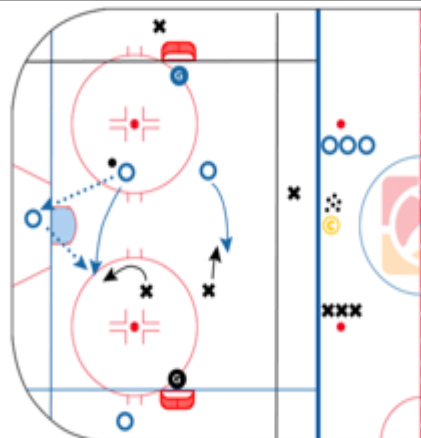


One team is offense and tries to score. One team is defense. Defenders attempt to turnover the puck and pass to the coach or skate the puck out of the zone.

RULES: Defending team always needs one player in the shaded net front position. The same player cannot stay there when the puck switches halves of the ice.

Habits: play between the puck & the net when offense has the puck, heads to the crease, head & eyes on a swivel, sticks on the ice.

2v2 Barrier Support (run simultaneously w/ Net Front)) - 0 mins



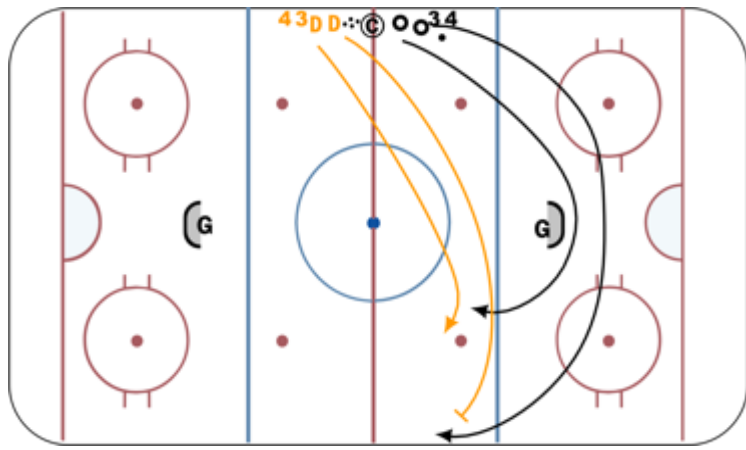
Drill set up as shown with marker lines creating support zones.

Support Xs own the space above far net and left side of blue line, support Os own the space below red line and below lower goalie net. Support players can only move within their owned space but pass to any of the players on their team.

Coach spots puck and players compete 2 vs 2 in-zone. Teams must pass to support player before attempting to score.

Key Points
Defending away from the puck, defensive players must track the offense, & take away passing lanes. Os should use support players to create space & open an attack.

Muse 2v2 Angle + 2 (can be done cross ice if needed) - 10 mins



Game starts with one team on offense.
 Offense must gain the back of the net before attacking to score. If offense gains the red line with possession, two additional players join them to create a quick numerical advantage.
 Defenders must use good angles to pressure, steer, and turnover the puck. If they successfully turn the puck over, two additional players join them to create a quick numerical advantage.
 After a short man advantage (5-8 seconds) two players join to create 4v4 for 20-30 seconds.

5v5 Full Ice w/ Whistles & Faceoffs - 20 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.