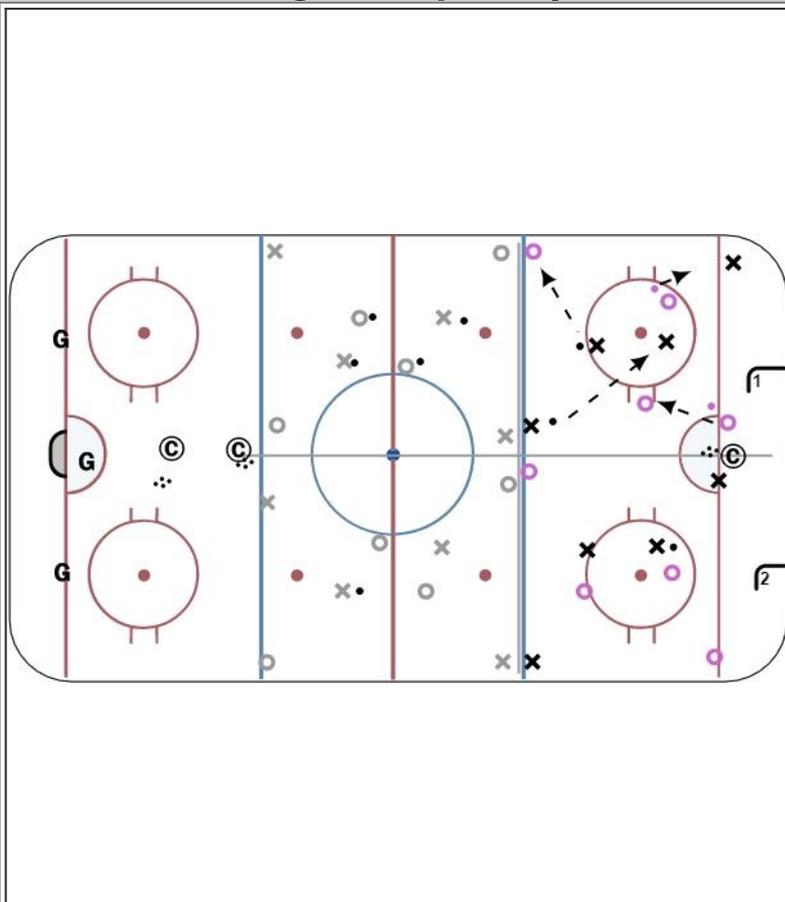


4 Corner Passing & Keep Away/Goalie Time - 15 mins



Divide players into groups of 4 by colors. Place two groups in each of the 4 zones (fewer zones if needed).

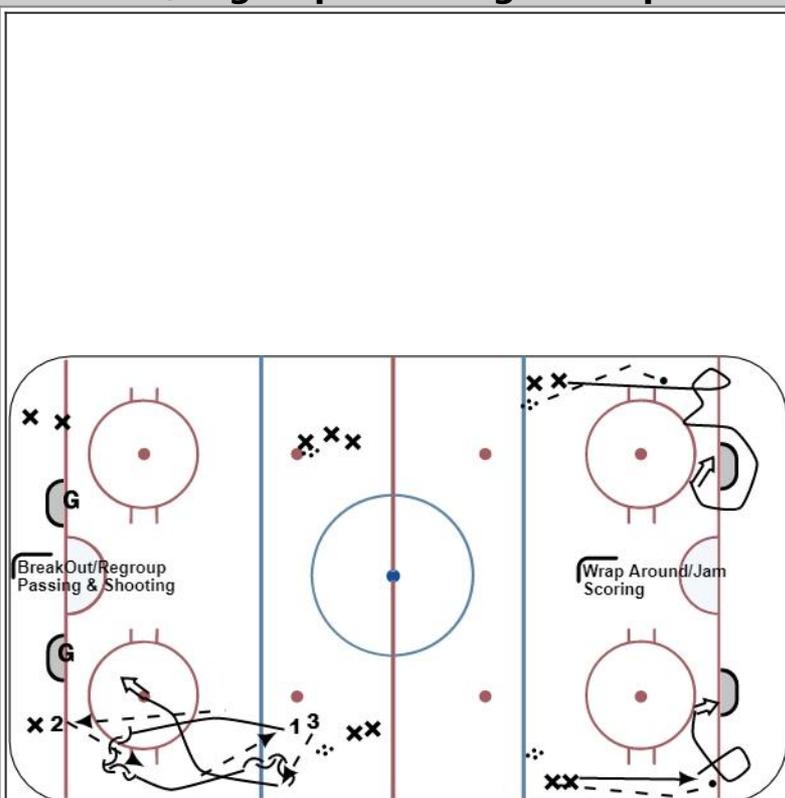
Progression 1: 4 Player Random Passing
<https://www.youtube.com/watch?v=ixWEcU1b1r0>

Four players with four pucks move randomly throughout zone and pass with four support players, regardless of color. Players should ALWAYS face their puck and present their forehand. 30 to 40 second reps. All zones swap with their corner support players on whistle.

Progression 2: 2v2 Keep Away with Corner Support

2v2 keep away in each zone. Players may use teammates in corners for an outlet and receive passes back. Emphasis puck protection, close support, and communication.

Breakout/Regroup Shooting & Wrap Around Scoring - 20 mins



Breakout/Regroup shooting:
<https://www.youtube.com/watch?v=iTd25fDG4HY>

Player 1 in line passes to the player 2 at the goal line extended, player 1 pivots and opens up at the boards and gets a pass back. 1 then passes to 3 who was next in line and 1 again pivots to the boards and opens up for a pass from 3. When 1 receives that pass he passes to 2 for a give and go and a one timer on net. Different from video: Move lines off boards and blueline line back to dots or higher.

Wrap Around/Jam Scoring

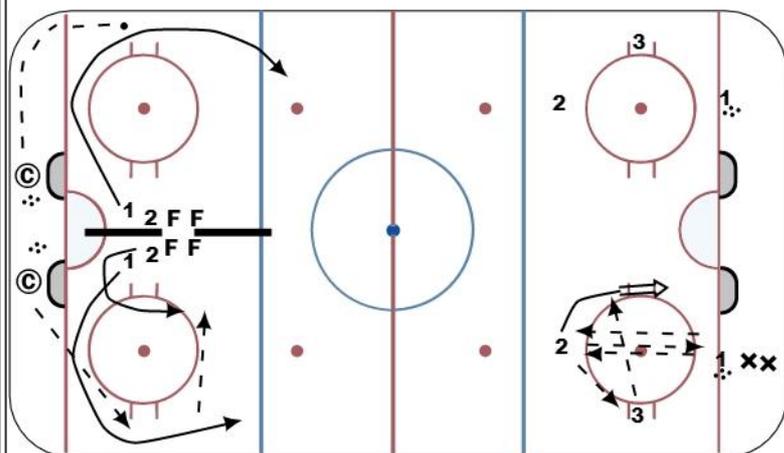
<https://www.youtube.com/watch?v=ASQsW4zLD2A>

Part 1 -Player 1 wraps the puck to player 2 behind the net. Player 2 skates with the puck and picks it off the wall with his stick. When player 2 gains possession he cuts back to the corner facing the wall and attacks the net for a jam or reverse jam attempt.

Part 2 -Player 1 wraps the puck to player 2 behind the net, player 2 protects the puck, cuts back to the corner looks to hit player 1 for a one timer off the post or in the slot. NOT DRAWN or IN VIDEO.

Forward & Defense Split Skills - 20 mins

Forward Split: Breakout Progression 2v0 & - Quad Passing w/ Shot - 0 mins



Breakout Progression #1 (Top Diagram)

<https://www.youtube.com/watch?v=HQADZT2ZCBs>

v=HQADZT2ZCBs

Forward 1 come down from top of circle and open up and pivot to receive a breakout pass or a breakout wrap.

Break Out Progression #2 (Bottom Diagram)

<https://www.youtube.com/watch?v=TaqjVFiDUVs>

v=TaqjVFiDUVs

Forward 1 come down from top of circle and open up and pivot to receive a breakout pass. Forward 2 uses timing and gives center support.

Variation: If you have few enough players; you can breakout on one half, players can regroup (alone or with a coach) in neutral zone and attack opposite half of ice. Which breakout side halfway through.

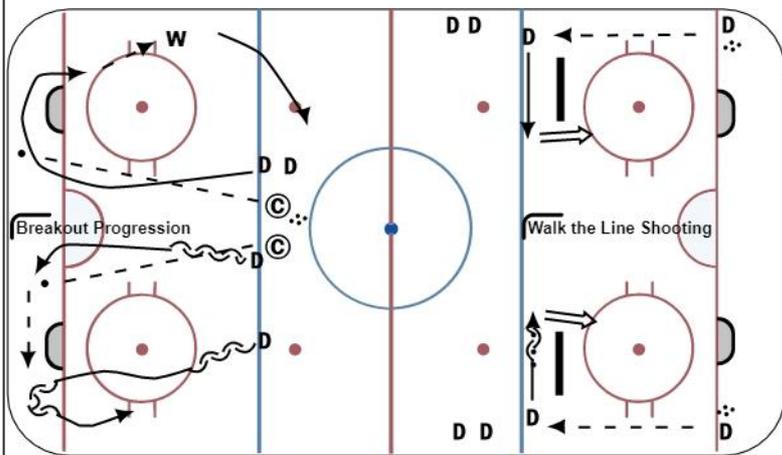
Quad Passing w/ Shot

<https://www.youtube.com/watch?v=9ABHYXJTmtE>

v=9ABHYXJTmtE

Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3 who passes to 2 who catches and shoots (or one times) without stickhandling.

Defense Split: Breakout Progression & Underhandle Off the Wall Shooting - 0 mins



Breakout Warm Up Progression

<https://www.youtube.com/watch?v=LuCcZSBzyEA>

v=LuCcZSBzyEA

Part 1- Puck retrieval, hit wing

Part 2 - Puck retrieval, D to D

Part 3 - Puck retrieval, cross & 'reverse' puck to partner (shown in video)

When D go back to retrieve pucks, teach good habits. Shoulder check, hands out, etc.

Walk the Line Shooting

<https://www.youtube.com/watch?v=yTIRvhsdBIU>

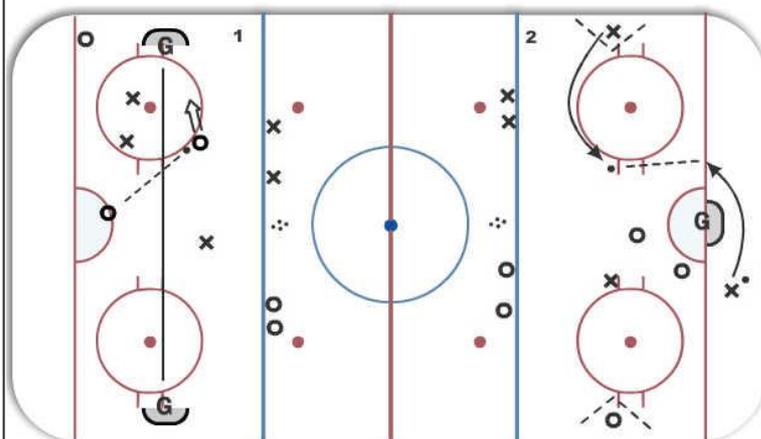
v=yTIRvhsdBIU

(Older players shown in video; drill is simplified for younger players in diagram.)

Part 1 - Walk the Line & Shoot, D receives pass, sprints off wall to 'good ice,' and shoots. Off-handed players should sprint forward off wall then open hips (skate backwards) and shoot.

Part 2 - D to D Catch & Shoot, D1 receives the pass and passes to D2 without stick handling. D2 receives the pass and shoots via two touching the puck (once to stop the puck, once to shoot the puck).

Cross Royal Road & 3v2 Transitions SAGs - 20 mins



Royal Road-

Zone is divided down the middle (permanent marker works best).

Teams play 3v3 cross ice hockey. Player MUST cross the royal road in order to score goals; puck can be skated, passed, or deked across line for scoring attempt.

3-on-2 Transition Game-

Select two players from each team and place them in the zone. Select another player from each team and put them on the side boards near the hash marks on the face-off circle. The players pass to their teammate on the boards and he/she now enters the play 3-on-2. If the opposing players gain possession of the puck, they pass to the side boards and the player on the other team must go back to the boards. The opposite team now plays 3-on-2.