

2025 Feb 3 - PW

Date: Nov 25 2024

Time: 2:33 am

Duration: 60 mins

THEME: Playoff Prep

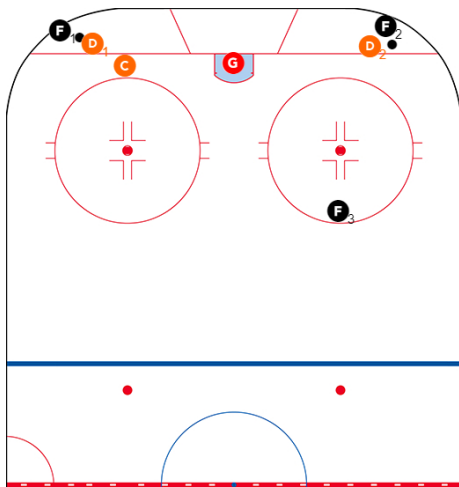
0 mins

Skating / Goalies

10 mins

Boudreau DZ Progression

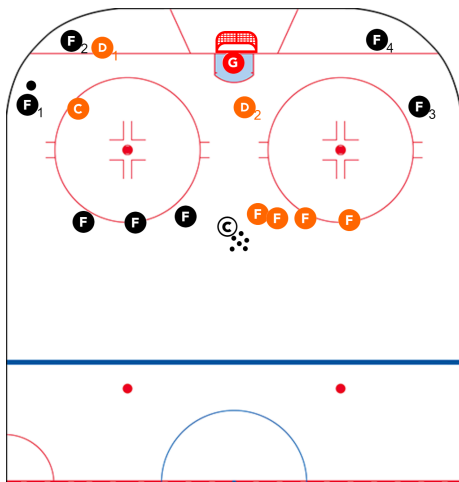
10 mins



- 1v1 with C support left side
- 1v1 with C support right side
- Add a 3rd **F** for a 3v3 down low

UMD 2v2

10 mins



Start with 2 offensive players in each corner and 3 defensive players. Each group of 2 offensive players must stay on their side of the ice. First 2 offensive players attempt to score while defensive players work on DZC. Each D must stay on his own side and has to wait at net front until its covered before engaging.

If puck changes sides, D wins the puck and advances to coach, or certain time frame, puck is sent to opposite corner.

Variation: Add a net front D that can support on BO opportunities

Key Points

Defensive:

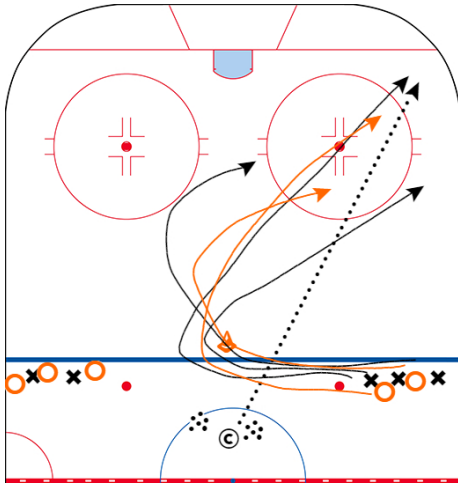
- Layering
- Stick & body position
- Communication

Offensive:

- Create space and separation
- Get pucks to the net

3v2 Breakout Support

10 mins



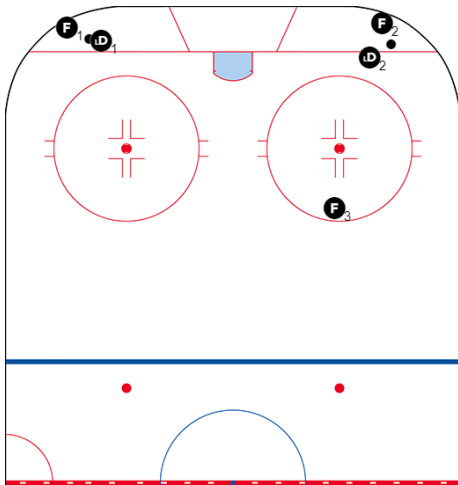
Use marker to identify starting areas for players. Have 5 players ready to go and alternate sides. Drill starts when coach "places" puck in zone. Places puck in different spots to vary the playing situation. All 5 players start at the same time and must skate around the tire. The 3 defensive players breakout by skating the puck out of the zone. The 2 opponents provide a hard forecheck with F1 and read and react F2 attempting to steal puck and attack net. The rep is over once the defending team breakouts out or a goal is scored or the goalie freezes the puck. Can keep score by successful BO vs sustained pressure/goals.

Key Points

- Hard to Puck
- Shoulder Check
- Hard to Support
- Communicate (Provide "bonus point" for good communication)

Boudreau OZ Progression

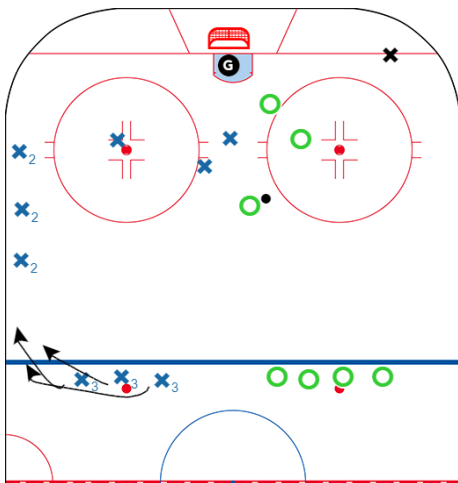
10 mins



First whistle 1v1, 2nd whistle 2v2, third is a 3v2

Nobles Game

10 mins



3v3 game. In this situation Green has the puck and they are trying to score. As soon as the \times 's get the puck, the pass to the \times ' 2's and they are the attacking team. Once the \circ 's steal it back they would pass to three new support players and on and on and on. Great for transition,

Key Points

Must work hard on Defense to get the puck back.