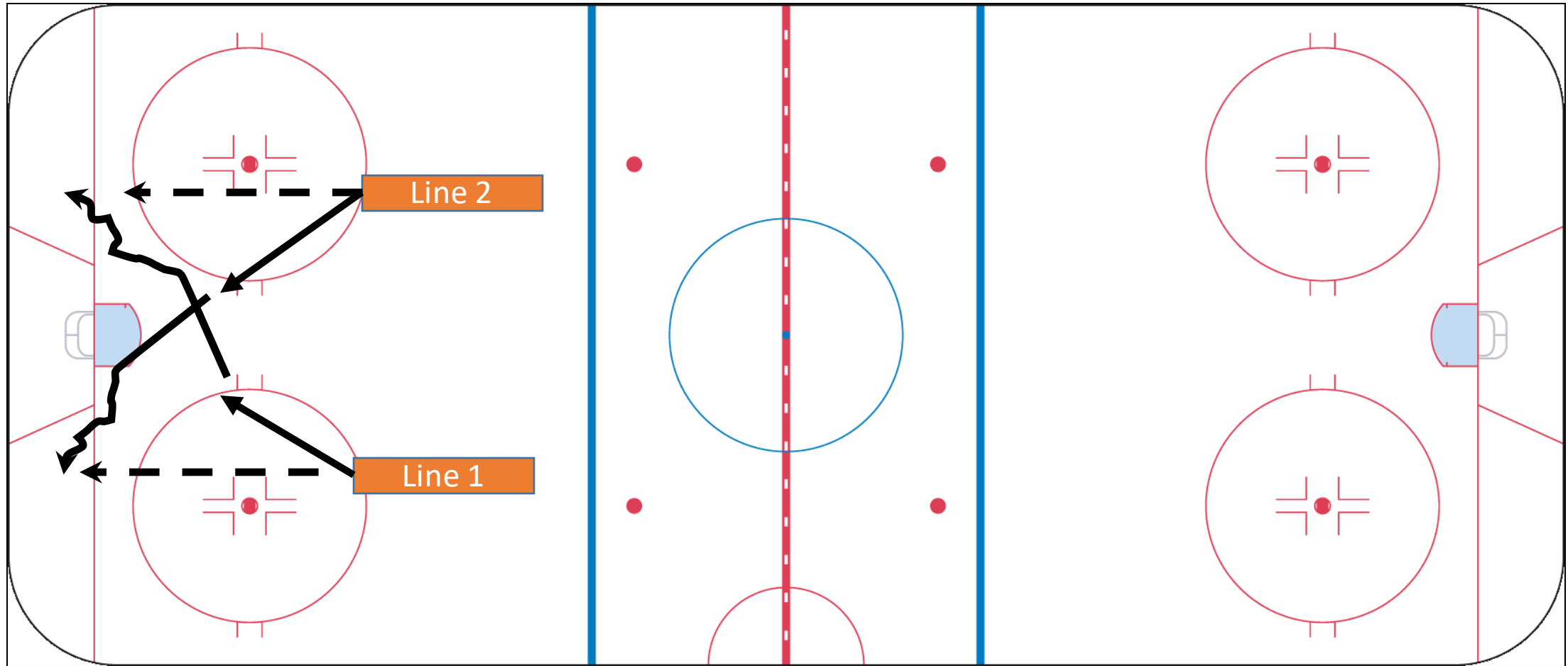
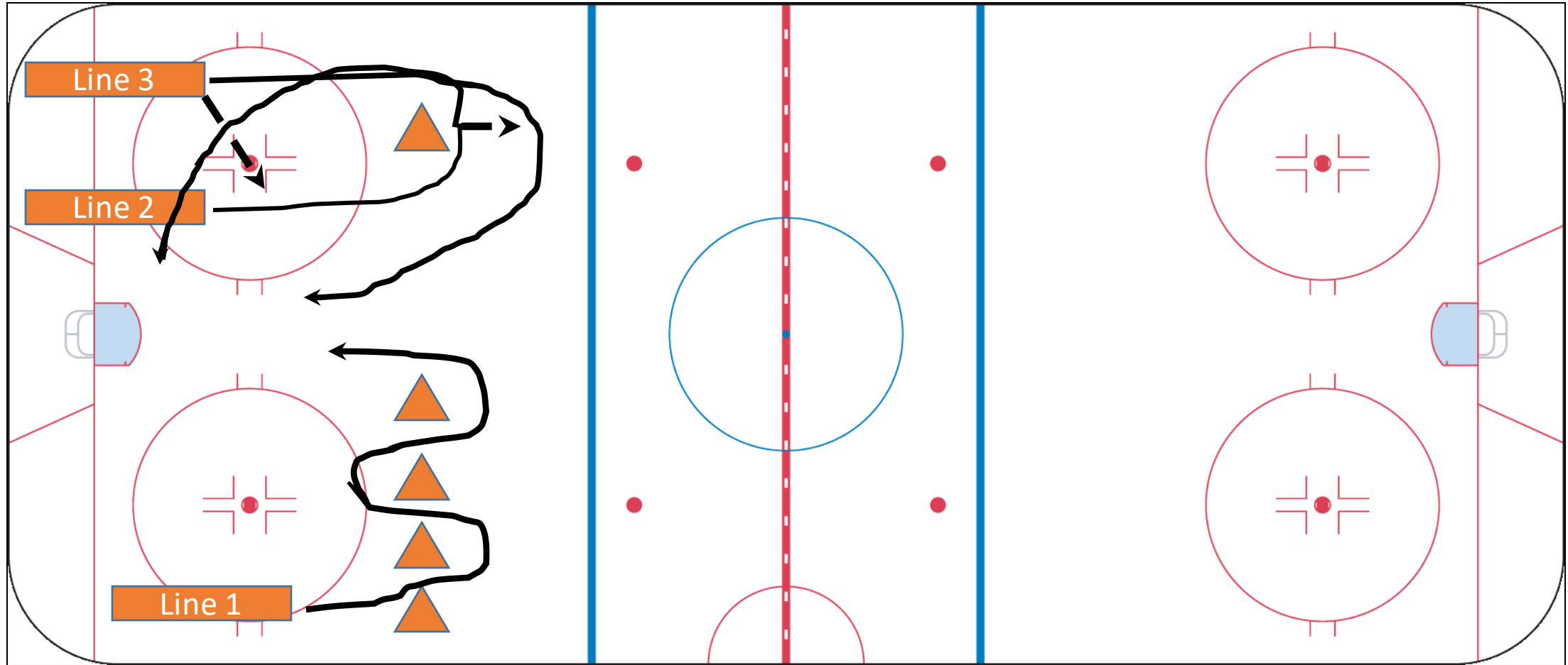


## One Timer Warm-up



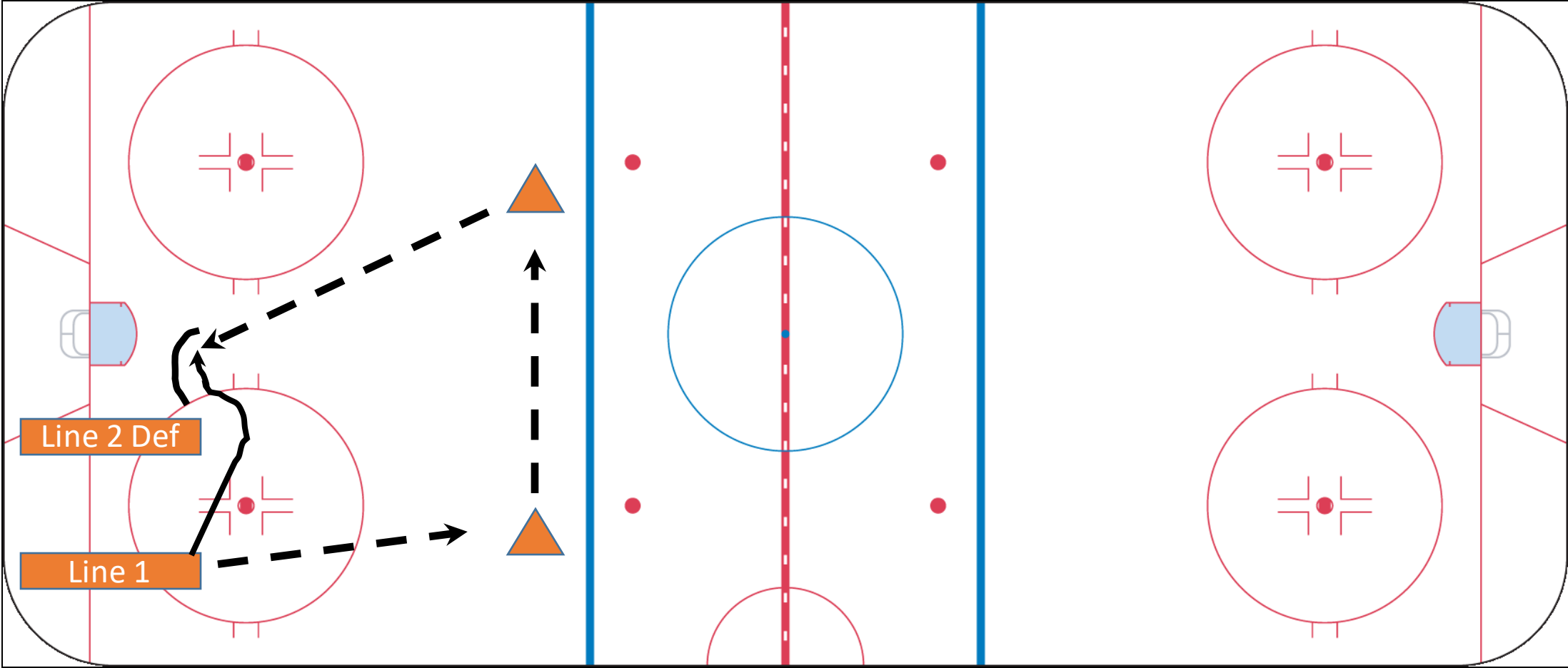
- Give and go
- Quick Shots
- Goalie Warm-Up
- Coach starts in the Line 1 Corner, first skater passes to the coach and coach gives and goes to the skater
- Skater shoots and goes to the opposite corner to receive a pass from line 2

## Puck Possession, Protect the Puck



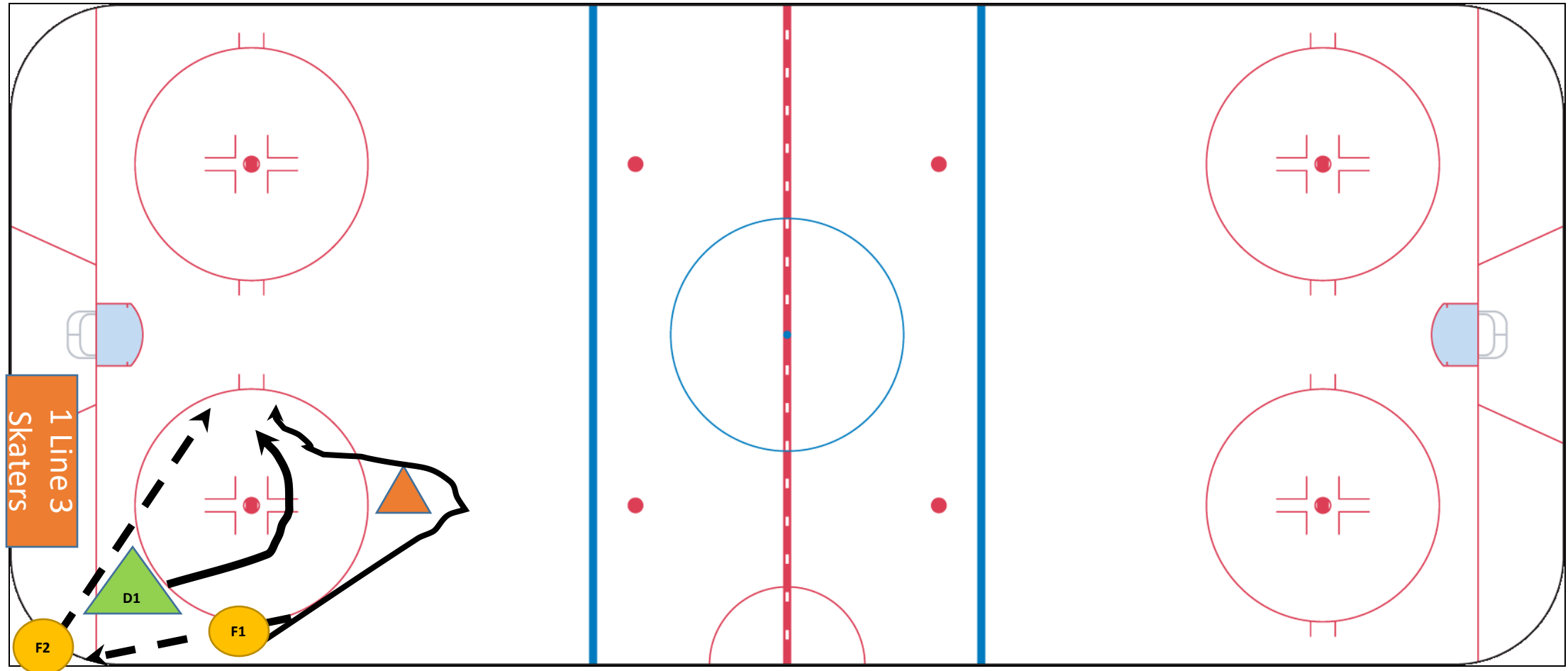
- Puck Possession and Protection
- Open man / crash the net
- Line 1: Skates a puck out and tight weaves through the cones resulting in a shot on net, skater goes to line 2 after shooting—majority of skaters start here
- Line 2: receives a pass from line 3 and skating tight to the cone, drops the puck for the skater from line 3. hustles back to the net for a rebound or pass from line 3
- Line 3: passes to line 2 and skates wide around the cone for a drop pass from line 2. Has option to shoot or pass to line 2

# Tic, Tac, Toe



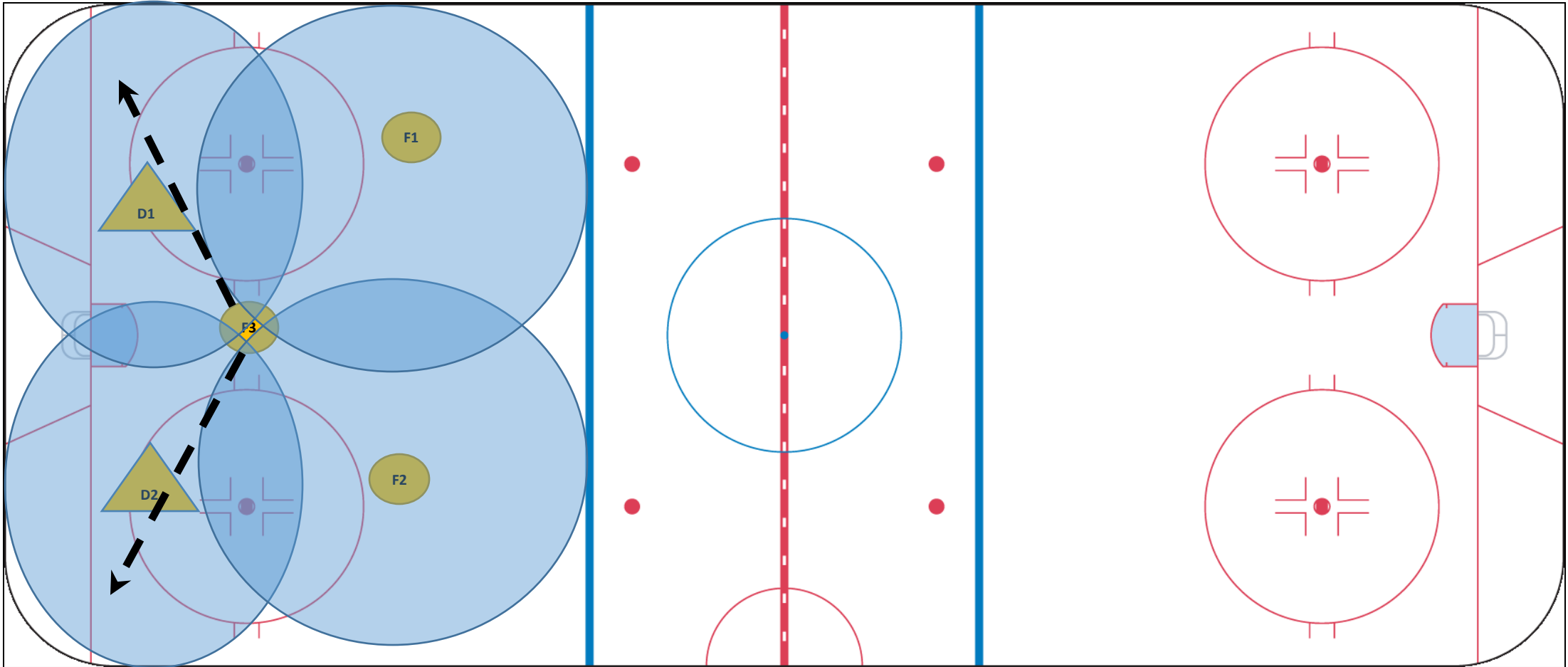
- Leverage your defense
- Screen and rebounds
- Strong side Defensive Coverage
- Line 1 passes to the point and breaks for the net
- D-D pass to the middle skater
- Shot on net from the point
- Line 1 should be screening the goalie and redaying for a tip or rebound
- Line 2 is the defensive player, get position on the attacker and control away from the low slot
- Lin 1 rotates to the middle point, middle point rotates to the boards point, boards point rotates to line 2, line 2 rotates to line 1

## Cycle – 2 on 1



- Cycle the puck for possession
- Make a play
- All skaters are in line and rotate between F1, F2, and D1
- F1 initiates the play skating the puck up the boards and bounce passes back to F2
- D1 stays with F1 for strong side coverage
- F2 makes a pass to F1 or a play to the net in the resulting 2 on 1

## Defensive Zone Coverage



- Coverage for Defensive Zone
    - This applies to both full strength and short handed situations
  - D1 coverage is the front of the net strong side to their corresponding corner
  - D2 coverage is the front of the net strong side to their corresponding corner
  - F1 coverage is the point to the high slot weak side and strong side boards
  - F2 coverage is the point to the high slot weak side and strong side boards
  - F3 is the rover, they have support responsibilities down low and up high with primary coverage down low and weak slot
- 
- Key Terms: Strong Side = puck side; Weak side = side away from the puck; Slot is the area from the top of the goal crease to the top of the hash marks
  - Key Point: Always attack inside out