



2022-Jan 24-SQPW

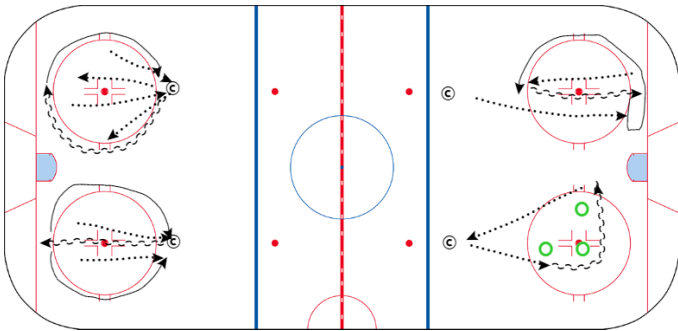
Duration: 60 mins

Free Skate

5 mins

Defense Transition Passing

8 mins



Circle Drill- Top Left, Continuous Passing
Escape: Upper Right
Butterfly Drill- Bottom Left
Forehand: Lower Right

Half Circle w/
L Drill- Keep puck on

Key Points

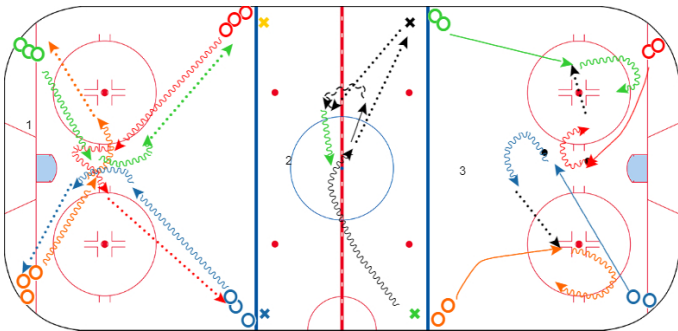
Good sticks, head up, underhandle

SQUIRTS

0 mins

4 Corner Passing

8 mins



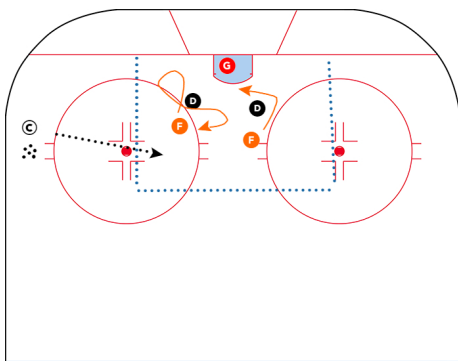
- On whistle, first play in all four lines skates to the middle, dangles and then looks for another line for a give and go pass. Upon receiving the pass, he skates back to center and does it again until the next whistle. On the whistle the next player in line goes.
- Variation- Same idea, all four players go to the middle but this time they open up like getting a breakout pass
- 2 pucks start in the middle. the first two players to reach the puck, in this case ● and ● grab the puck, make an escape move then pass to one of the other open players. They in turn make an escape and pass it back until the next whistle and the next four players will chase after the two pucks

Key Points

Eye contact, good targets. Flat hard passes.

Box 2v2

8 mins



Start the drill 2v2 in front of the net with pre-determined offense/defense. Coach (or a 3rd offensive player) passes pucks toward the net attempting to create scoring opportunities.

Key Points

Defense

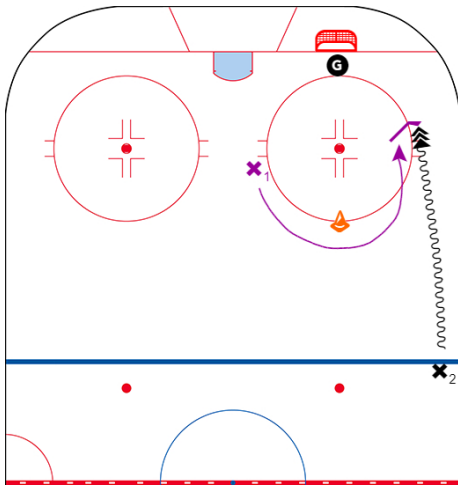
- Emphasize D-side positioning
- Head on swivel
- Good sticks


Offense

- Find open space
- Practice net front concepts of positioning, screens and timing

Karlsson's Angle 1 vs 1

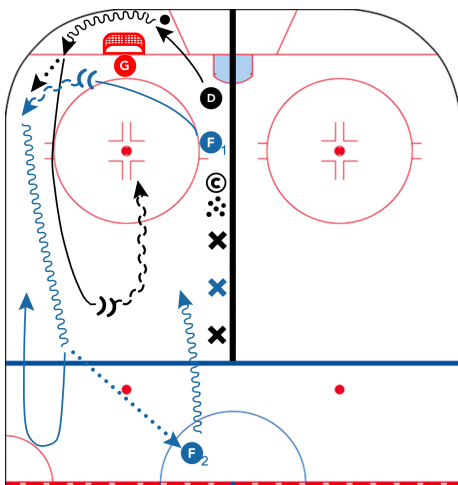
8 mins



- The drill starts when X 2 skates down the wall with the puck trying to score on the net
- X 1 reacts to X 2 and angles the player down the wall away from the net
- X 2 is NOT allowed to cut back on the other side of the 

Breakout RG 2v1 Station

8 mins



Start by dumping a puck below the goal line. D retrieves the puck and carries around the net.

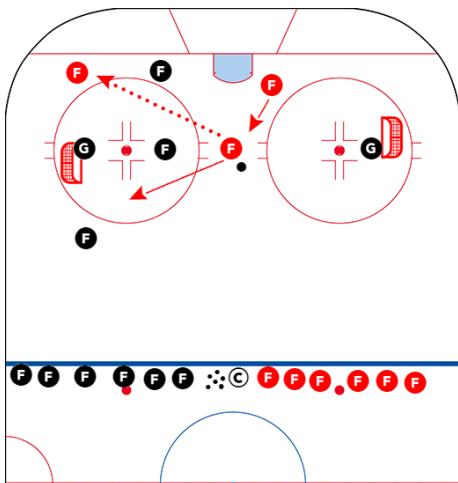
F1 gets wide and opens up for a breakout pass. F1 regroups with F2 who is in the neutral zone, and they attack the D 2v1.

Key Points

- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

3v3 3rd Man High

15 mins



Basic 3v3 cross-ice game where teams must keep their 3rd player above the half way line when on offense. Teams can rotate who that 3rd man is throughout play. Teams attempt to score on opposite end.

Key Points

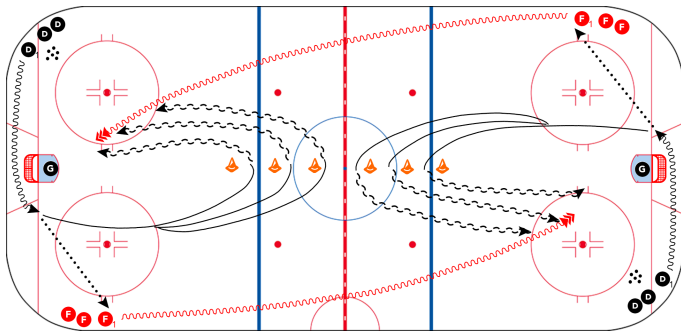
- Offensive zone / Forecheck concepts
- Width & depth

PEEWEE

0 mins

Choose Your Gap

0 mins



- **D 1** Starts with puck
- **F 1** starts on hashmarks. Can't move until receives pass
- On whistle **D 1** carries puck and passes to **F 1**
- **F 1** skates full speed down ice and takes **D 1** from other end on 1 on 1
- **D 1** after passing skates hard and chooses which pylon to go around
- Object is to go to the 3rd pylon

GOALIE

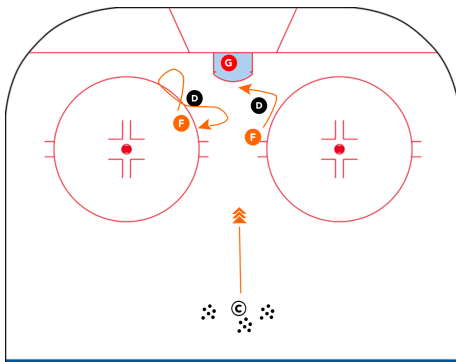
Play the shot and control rebound.

Key Points

- Faster you skate forwards the faster you will be backwards with a better gap
- Doesn't matter if the D falls. Push their limits
- Pivot around pylon staying square to opponent with no wide turns. Stay tight to while going around pylon

2v2 Net Front

0 mins



Start the drill 2v2 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

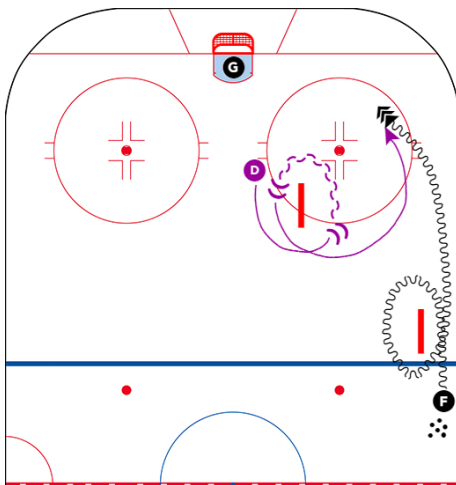
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

Doughty 1 vs 1

0 mins



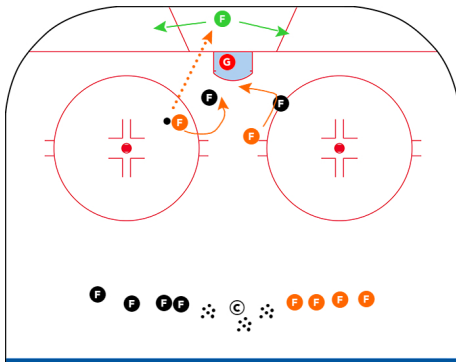
- **F** skates down the wall and around the pylon and then drives the puck towards the net for a shot on goal
- **D** skates forwards, pivots around the pylon and then skates forward and angles **F**

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

2v2 Low Outlet

0 mins



Players compete 2v2 with an outlet player below the goal line. The outlet player must remain below the goal line at all times while Xs and Os must stay above the goal line. To go on offense, a team must pass to the outlet player. The outlet player has three seconds to do one of the following: pop out pass, whip, wrap, or jam. On a change of possession, the defending team then passes to the outlet player to flip the roles of offense and defense. Focus on quick plays, finding open ice, 2nd change opportunities, and getting pucks to the net. 15- to 30-second shifts.

Key Points

Defense

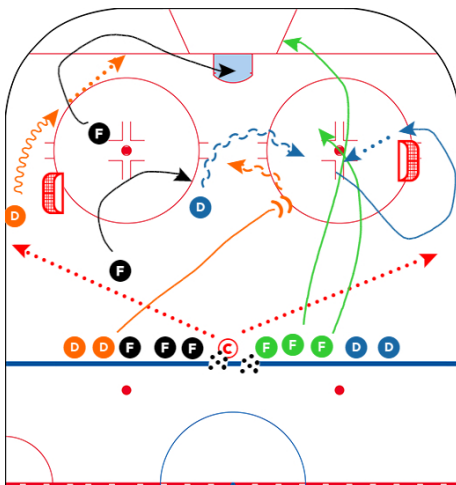
- Emphasize D-side positioning
- Head on swivel

Offense

- Positioning
- Find open ice - Timing
- 2nd chance opportunities
- Get pucks to net

Cross-Ice Continuous Rushes

0 mins



Coach throws a puck behind the net. **D** picks it up and gives breakout pass to **F** who go on rush against **D**. After the play is over, coach throws a puck behind the other net. **D** picks it up and gives breakout pass to **F** who goes on a rush against a new **D**. D receive rush, make a BO pass and then switch. F receive BO pass, go on rush and then switch.

Key Points

Practice good BO habits - One F hook and slide, one F low and slow, D should get feet up ice ASAP

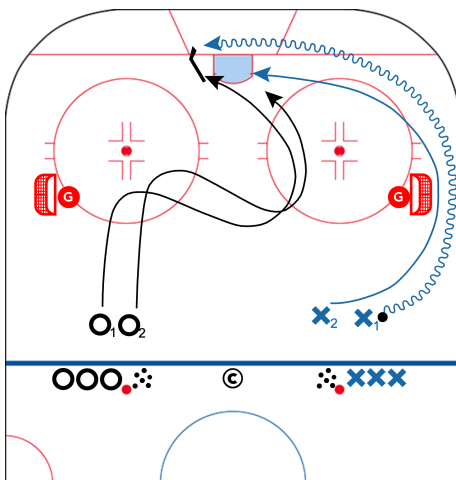
Generate quick offense off the rush

Must be paying attention and ready to go as it's a fast flowing drill.

Can add a points system - play for something!

Cross-Ice Angling 2v2

0 mins



- One team starts with possession, and they must carry the puck behind their own net before attacking. The defending team must use proper angling to apply pressure on the forecheck and create a turnover.
- Play out a live 2 vs 2 for 20-25 seconds before starting the next group. After 3-4 minutes, switch sides so both teams start on offense and defense.

Key Points

- Close space quickly
- Good stick position
- Attack inside out