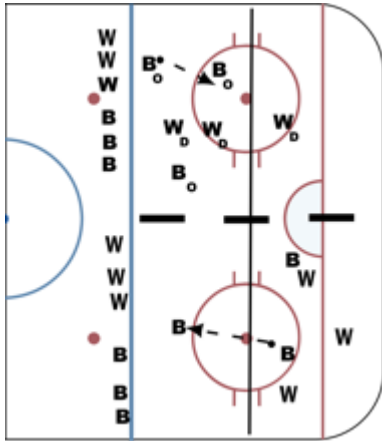


-- PW

Always 3v2 - 15 mins

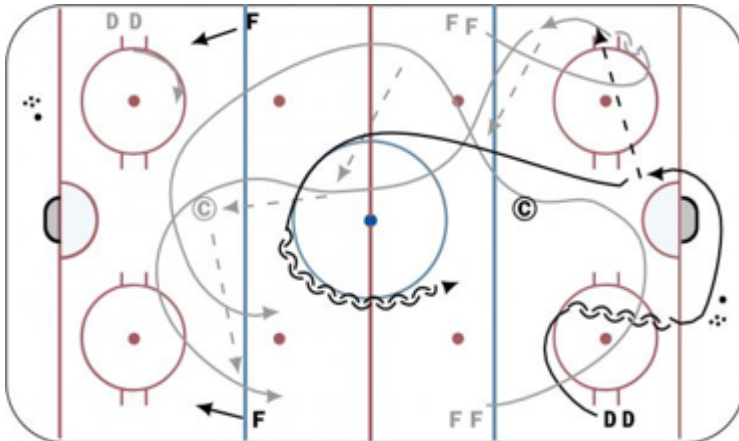


Always 3v2

Video: <https://youtu.be/TXgYyDozAr4?list=PLlodZnuGAZxH-FIpUV9mHcO7SZmQuFTeo&t=379> (click the link it works!!!)

On each side of the red line is a 3v2. In top diagram, one W cannot cross the line and B's have a 3v2 advantage. When Ws gain control, they move puck to opposite side of the red line for a 3v2 on that side, one B cannot cross the red line.

2v1 Piper - 15 mins



Both ends start on whistle at the same time.

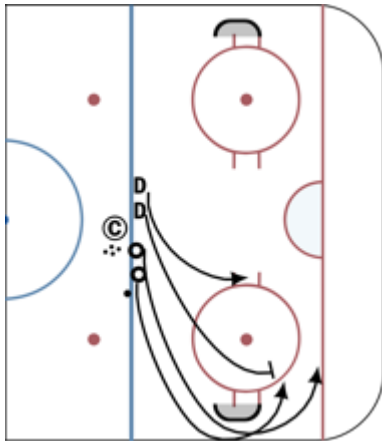
Defensemen skate forward to top of the circle and transition backward to puck and wheel the net.

Strong side forwards moves to wing breakout position and weak side forwards are center support.

Defensemen passes to either forward. Forwards play with speed and must make at least 2 passes. Then pass to coach. Both sets of forwards swing behind coach and receive passes.

Defensemen transition around circle and play 2-on-1 rush.

2v2 Angling - 10 mins



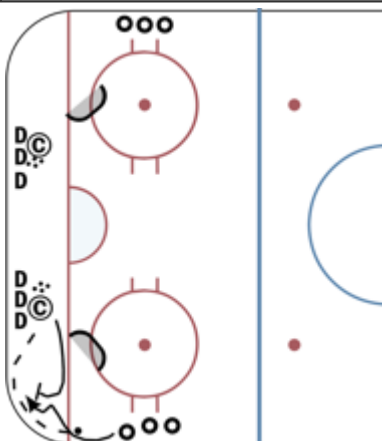
Game starts with one team on offense.

Offense must gain the back of the net before attacking to score. If offense gains the red line with possession, one additional player joins 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, one additional player joins them to create a quick numerical advantage.

After a short man advantage (5-8 seconds) two players join to create 3v3 for 20-30 seconds.

1v1 Punch Puck - 10 mins



All players play D.

Defenders must defend with feet, body, & stick position. Beat O to where he wants to go & steer to 'hit zone.' Get to your spot THEN be physical. 10 second shifts.

Coach always gives pucks to O. D contains & finishes. Each rep can have multiple pucks.

5v5 Full Ice w/ Whistles & Faceoffs - 25 mins

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