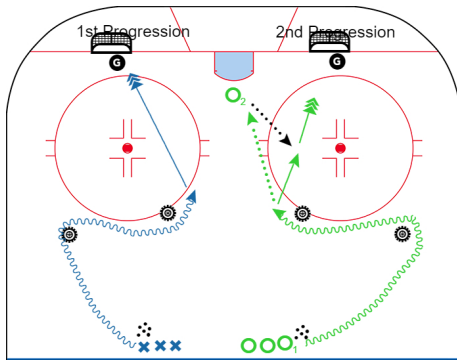


2021-Nov 1-SQPW

Underhandle Shooting Progression

7 mins



Player skates through the tires while keeping the puck on his or her forehand.

1st Progression: Once around the last tire they should shoot in stride

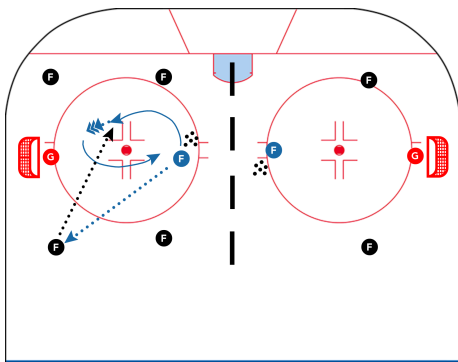
2nd Progression: Once around the 2nd tire O2 should do a give and go with O1

2-0 Passing, 1v1

7 mins

Pepper Drill

7 mins



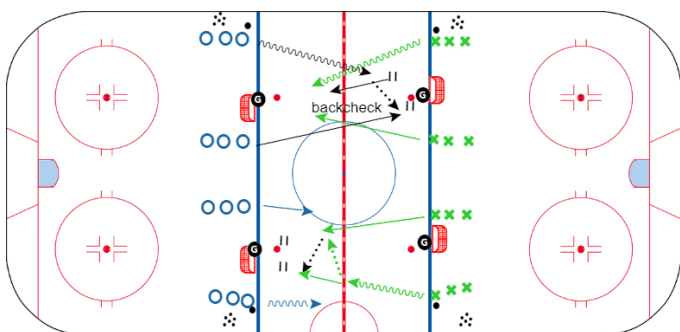
- One active player starts with pucks in the slot area
- 2-4 support players are spaced out on each side of the net
- The shooter has up to 30 seconds to take as many shots as they can while their feet are moving. He/she must pass to and receive a pass back from at least one support player before each shot and engage all support players during the allotted time.
- Players should be encouraged to utilize creativity and apply various game concepts such as give-and-go's, escapes, rebounds, one-timers, etc.
- Coaches can implement additional rules to encourage players to work on desired skills such as backwards skating, transitions, starts/stops, one-touch passes, communication, etc.

Key Points

- Emphasis on high tempo and quick decisions. Encourage creativity. Keep feet moving at all times.

2v0 Quick Attack w/ BC

9 mins



Put nets on blue line opposite each other or cross-ice in end zone. Have 4 lines around the net.

Have one team (X) of players attack net 2v0. O Players in opposite line are ready with puck. After X player shoots, coach blows whistle. On whistle:

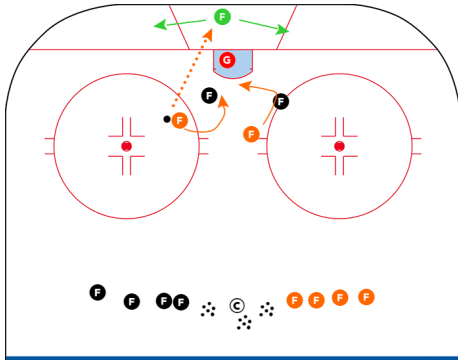
- O players attack opposite way 2v0
- X players must tap post and then back check

Key Points

- Deception
- Back pressure with good stick

2v2 Low Outlet

10 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

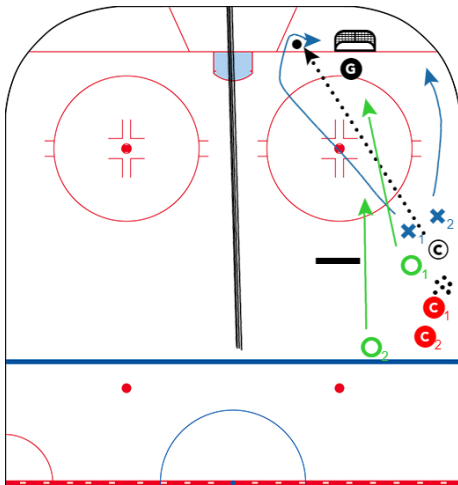
- Emphasize D-side positioning
- Head on swivel

Offense

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

Breakout 2v2

10 mins



Coach spots pucks in different parts of the zone to create different situations. Defending team tries to break the puck out above the bumper. Offensive team tries to score.

When defending team gets the puck to the bumper, coach blows the whistle and dumps a new puck, which a new defensive team goes to retrieve. Offensive team is out. Defending team becomes the offensive team. One player must swing the bumper and one must touch the blue line before attacking.

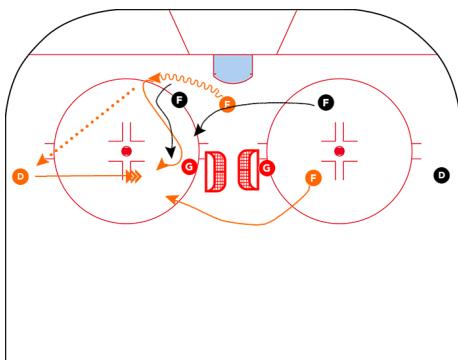
Progression: Start with a wide playing area (full zone) which gives BO team more space and then progress to 1/2 the zone which increases the difficulty.

Key Points

- Quick retrieval
- Puck support
- Communication

2v2 B2B Nets - Point Shot

10 mins



Place nets back to back in the middle of zone. Players compete 2v2 in the zone. Each team has a point player for support on their offensive side.

Variations - Can require a pass to point player to increase screens/tips/deflections

Key Points

- Utilize point support
- Attack the net from below the goalline