



2021-Dec 6-Ban2

Duration: 75 mins

Skating: Dot Crossovers (2 push), 3-step Cross

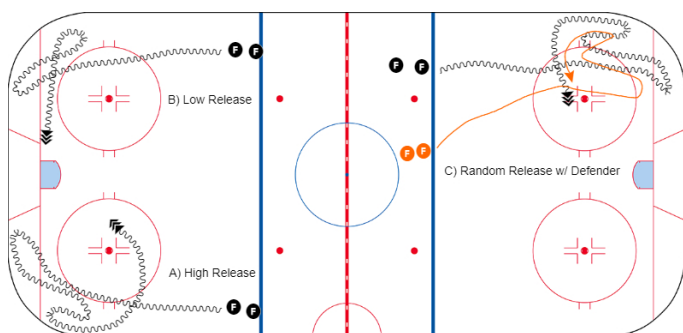
8 mins

3- Player Pass, 2v1

8 mins

Grillo Corner Shooting

8 mins



Player carries puck into the corner and uses tight turns to maintain possession of the puck, create space and eventually create a shot opportunity.

A) Player makes multiple turns before cutting to the net between the hash marks and top of circle

B) Player makes two turns and cuts quickly to net along the goal line

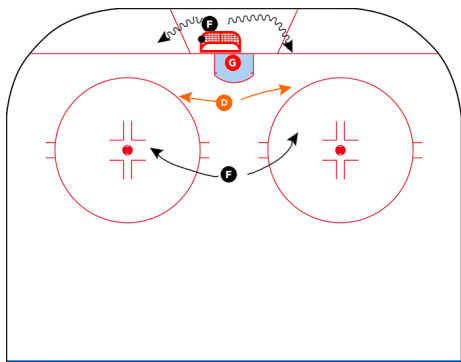
C) Add a defending player. Offensive player is required to make at least two turns but can choose how/when to attack the net.

Key Points

- Good push to accelerate out of each turn
- Lean in before turn to create space
- Use body positioning to create advantage
- Defender should focus on angling to corner/outside, maintain d-side, and have a good stick

2v1 Heels to Net

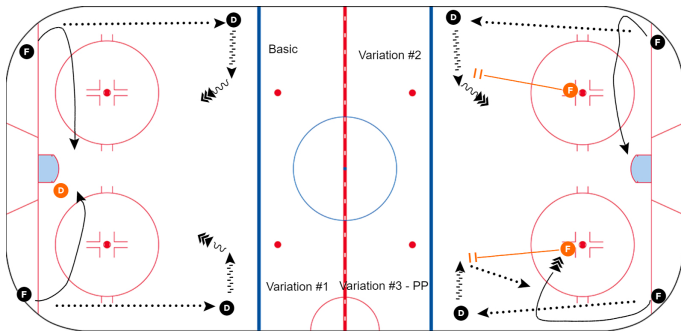
8 mins



Offensive player has the puck behind the net. He must stay below the goal line and attempt to pass to his teammate out front. D must keep heels to net and learn to use proper body position to defend pass from behind the net.

Key Points

- D - Use shoulder checks and good body/stick positioning
- F - Work on deception, moving to open ice and plays from behind the net



Puck starts in the corner. Forward passes to the point and goes to the net. Defensemen walks to middle and gets off a quick shot.

Variation #1 - Add a defensive player in front of the net forcing the offensive forward to work on positioning and the offensive D to have head up while shooting.

Variation #2 - Add a defensive wing to pressure the offensive defenseman. Offensive D is forced to move quickly, play with head up and find a way to get puck through. Defensive wing must try to block shot/pass.

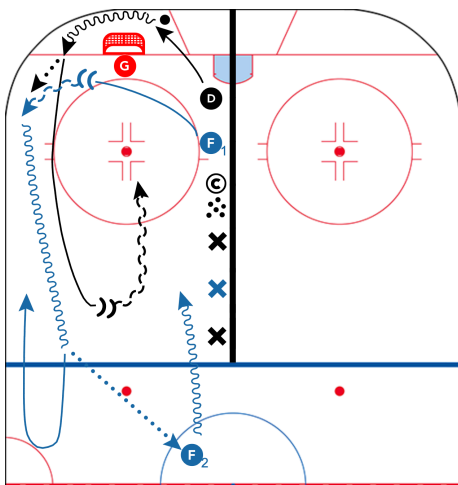
Variation #3 - Rather than offensive forward going straight to the net, have the player walk up the boards and fill the open space behind the defensive wing. Again, offensive D must have head up and read the pass. Offensive F must try to cut in and shoot quickly.

Key Points

- Heads up plays
- Utilize low to high puck movement to spread out D
- Attack the middle/net front
- Be creative, especially when defensive players are added

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

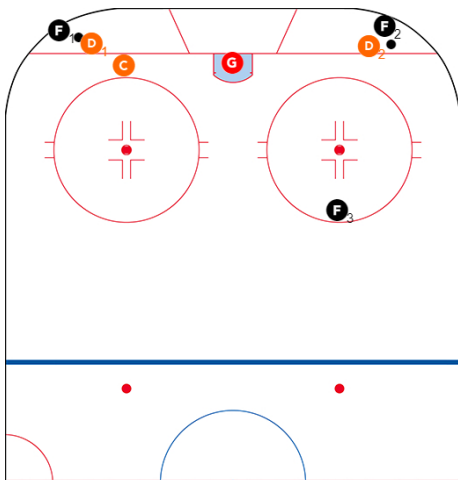
- Shoulder check on puck retrieval
- Open up and present a good target for the breakout pass
- Emphasize gap control

3v3 Breakout

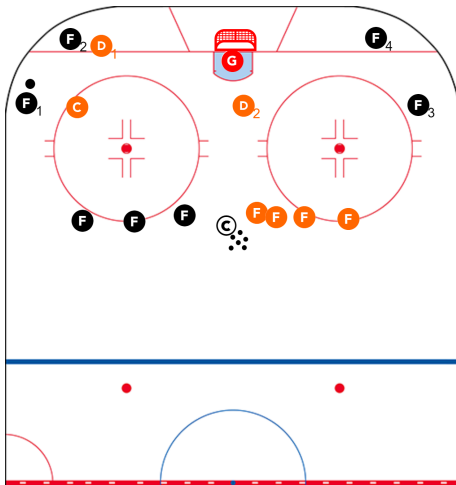
9 mins

Boudreau DZ Progression

9 mins



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



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