

2024 Dec 9 - PW/B

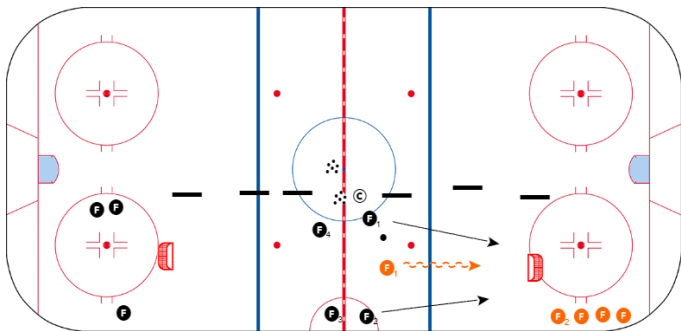
Duration: 60 mins

Free Play/Setup

5 mins

Skinny 2v1 & 1v2

10 mins



Continuous 2v1 and 1v2 rushes.

Black F1 & F2 attack 2v1. On goal, change of possession or puck goes below goalline, Orange F1 attacks opposite direction. Black can backcheck to blueline on turnovers. Once Orange F1 reaches blue line, Orange F2 can join play, Black F1 & F2 are out and Black F3 & F4 can now pressure. When Black gains possession, they attack Orange F2 2v1 and OF1 is out.

Orange gets a point for every shot and 2 for each goal. Switch roles for teams after 5 min.

Key Points

2v1

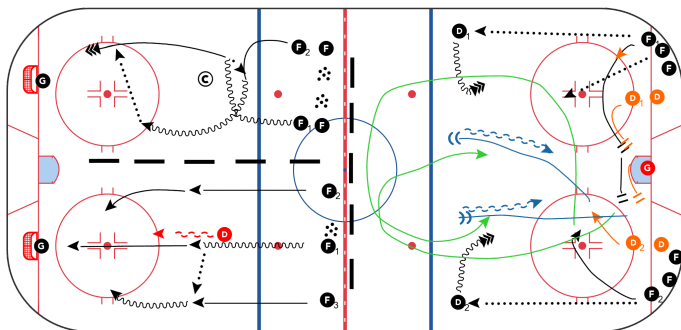
- Use deception

1v2

- Offense - Skate to space, delay, rush to support
- Defense - Create angle & attack

Rush Concepts- PW/B

25 mins



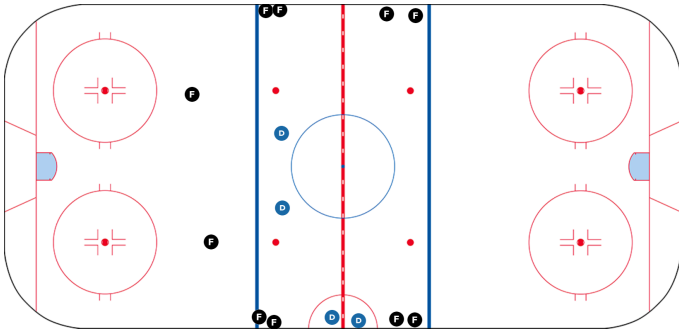
1) 2v1 Scissor Rush: The players approach the coach (defender) and perform a scissor play. Puck carrier must read the coach on if/when to drop the puck to F2.

2.) 3 Man Rush Progression: F1 carries puck to blue line, kicks it out to one side, and continues to drive to the net. F2 has three options: 1) Shot/Pass off pads 2) Hit F1 3) Hit F3 in the far dot lane. Start with 1 D, then add D2.

3) Wildcat 2v2: F1 pass out to D1 who drags the line and shoots while F1 & D1 battle in front. After 1st shot/rebound, F2 passes out to D2. F1/D1 slide over while F2 & D2 join the battle in front. On 2nd shot, F1 has low screen tip & F2 has high screen/tip. After 2nd shot/rebound, F1 & F2 receive a pass from a coach and goes out to neutral zone to regroup on 2v2 against D1 & D2. (Shown in F / D)

Forwards vs Def & G 2v2 Game

10 mins



- This game is a competition between the forwards and defense/goalies.
- The drill starts with a 2v2 from the top of the circles. The forwards attack on the rush, with a focus on creating scoring chances inside the house and scoring goals. The defense focus on tight gaps and breaking up the play before the puck cross the offensive blue line.
- The 2v2 continues until a goal is scored, goalie covers the puck or the defense execute a breakout to the next group.
- The next group of D should be out as soon as the original group passes center ice and the next group of F should be out when the puck passes their blue line.
- Utilize a scoring system that emphasizes multiple levels of succes.

Defense Scoring:

- 1 pt - Breaking up a play before the blue line
- 1 pt - Clean breakout
- 2 pts - Blocked shot

Forward Scoring:

- 1 pt - Shot on goal inside the house
- 2 pts - Goal

Key Points

Defense:

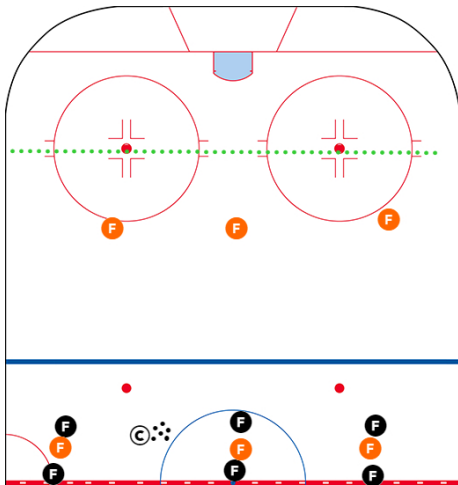
- Tight gaps
- Great stick position

Forwards:

- Attack with speed
- Shoot off the pass
- Hunt rebounds

3v3 Half-Ice Rush Game

10 mins



To start, coach gives a puck to any Black F. Black F attacks and tries to score. Play continues until defending team (Orange) breaks the puck out and gets the puck to their team in NZ, who is then on offense. Dotted line - Offensive team (black) must have at least one player above the dotted line at all times. Defensive team cannot make the pass to their teammates in NZ until they are above the dotted line. Start with line at the dots and then can move it higher in zone if desired. If offensive teams scores, they get a new puck.

Key Points

Offense

- Try to create odd-man opportunities on rush
- Layers on the rush
- Encourage F3 to find space offensively and make quick reads defensively

Defense

- Control the middle on rush
- Layer and outnumber down low
- Support the puck up the ice