

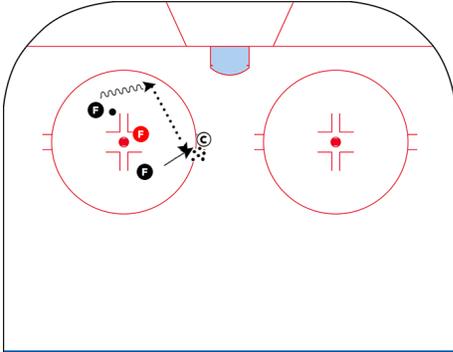


2021-Jan 3-Ban

Duration: 75 mins

Circle 2v1

10 mins



Play 2 vs. 1 keep away inside the circle. Should have 6 players for the station to run at a high tempo.

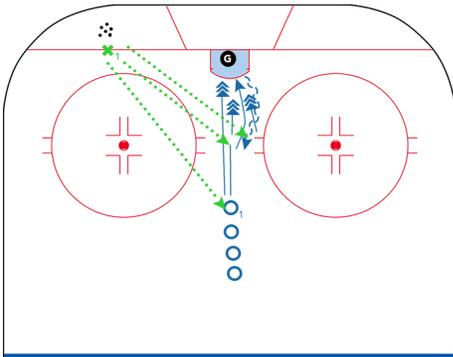
Key Points

Defensive players work on good stick position, angling and communication.

Players with the puck must protect the puck, move and communicate to create passing lanes.

3 Shot Unjam

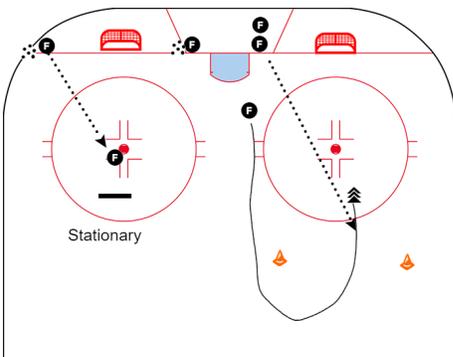
7 mins



The player next to the net passes to the player in the high slot who catches the puck and shoots, that player then skates into the slot and one-times the 2nd pass. After taking the one timer the player taps the goalies pads, hustles to the high slot and takes a 3rd shot. The shooter then becomes the passer.

Catch & Release Shooting

6 mins



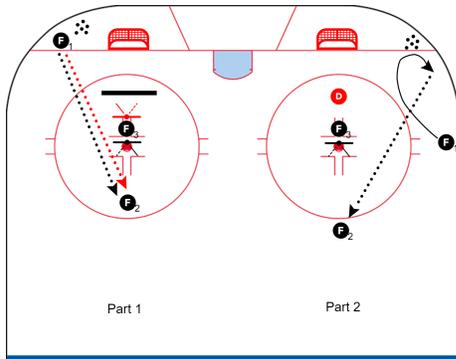
Player receives passes from lines at the goal line. Catch the pass and release as quickly as possible.

Progression (Stationary > Moving > With Pressure)

- Forehand C & R
- Backhand C & R
- Skates C & Forehand R
- Forehand C & Backhand R
- Backhand C & Forehand R

Key Points

- Protect the puck with body turn
- Quick release (shoot by cone)



Part 1

- 1st puck (black): F 1 passes to F 2, with F 3 facing F 2
- F 2 puts puck off net, F 3 spins, finds puck and has a quick delivery to the net

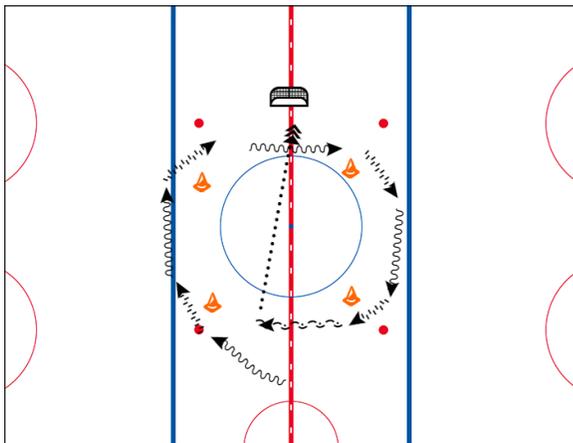
- 2nd puck (red): F 1 passes to F 2, with F 3 facing the net
- F 2 puts puck off net, F 3 quick recovery and shot

Part 2

- F 1 to corner for puck, passes to F 2 at top of circle
- F 3 is facing F 2, with D behind them
- F 2 passes to F 3, who steps off D & shoots either F/H or B/H
- F 1 to net for rebound... develops into a mini 3v1

Key Points

- No dusty off
- Quick Release
- For #1, snap shot when possible



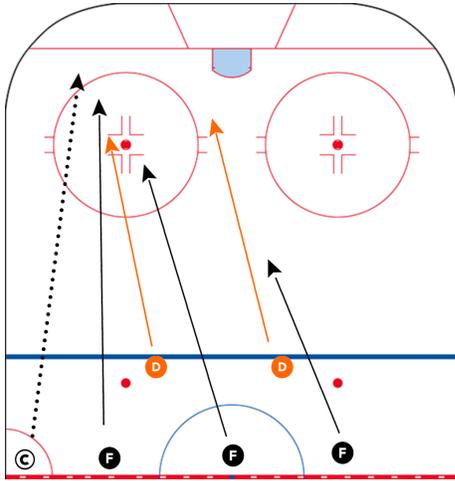
Player carries puck around the cones and open's up laterally at each one then skates forward again, end with a shot on goal

Key Points

Work on footwork, eyes up

Eagle 3v2

8 mins



One line of forwards forecheck against a pair of D. D try to break it out. F try to score. Alternate ends of the ice and keep score D v. F v. G.
D - Point if they skate out with possession past blue line
F - Point if they score

Key Points

Forwards

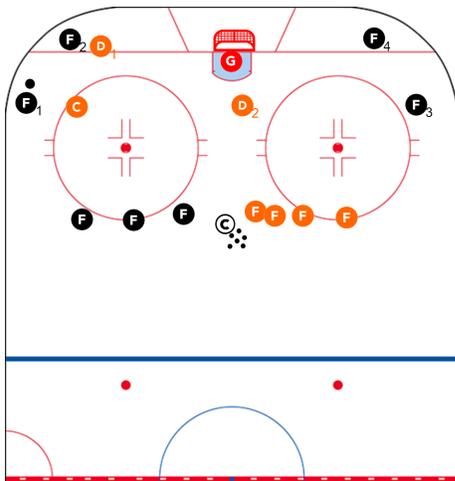
- Attack the puck
- F1 take body
- Support each other

Defense

- Communicate
- Support each other

UMD 2v2

8 mins



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:

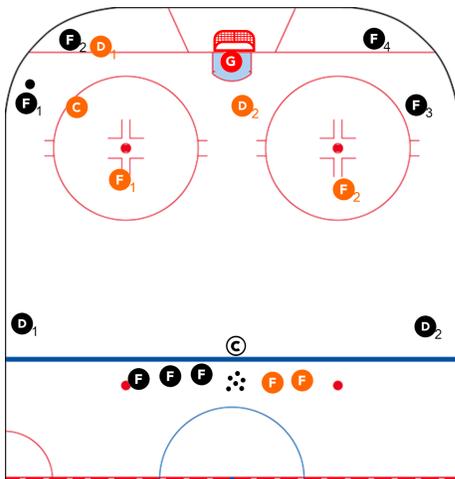
- Layering
- Stick & body position
- Communication

Offensive:

- Create space and separation
- Get pucks to the net

UMD 3v3

8 mins



Start with 3 offensive players on each side and 5 defensive players (2 on each side and a roaming C). Each group of 3 offensive players must stay on their side of the ice. First 3 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.

Key Points

Defensive:

- Layering
- Stick & body position
- Communication

Offensive:

- Scissor
- Attack Angles
- Get pucks to the net