

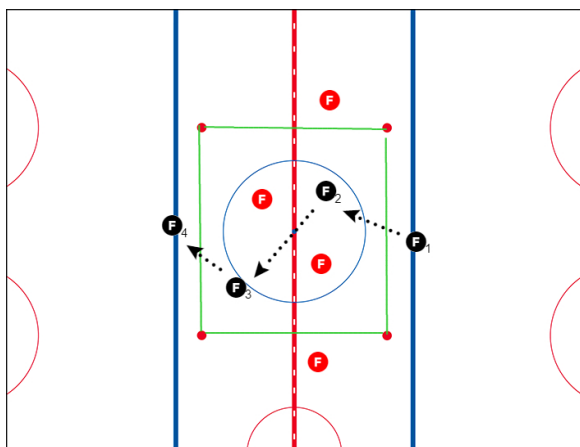


2022-Jan 17-Ban

Duration: 75 mins

Crossfire Passing

10 mins



Coach forms a box with tires or cones. Players compete 2v2 within the box. The **F** players can only pass to **F**s and **F** players can only pass to **F**. Points are scored when a team completes passes from one side of the box to the other.

You must complete a pass to a player within the box first. Two points are attained if both in-the-box players touch the puck before getting it to the opposite-side teammate, i.e., all four teammates touch the puck without turning it over. One point is awarded if three of the four teammates touch the puck in a sequence that moves the puck from one side of the box to the other. The team without the puck tries to intercept/gain possession. If they do, they must complete a pass to one of their outside-the-box teammates to initiate their own scoring sequence attempt.

Key Points

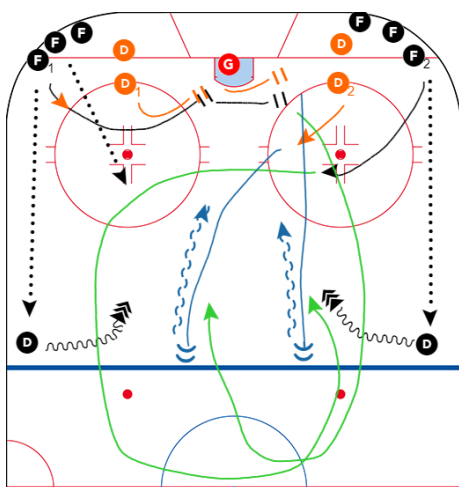
- Emphasis on puck support/movement
- Teach deception (no look, fakes, find soft ice, etc)
- Defensive players - Good sticks, work in unison, try to push players where they want the puck to go.

VGT Skating - Mohawks & F/B Transitions (Shoot in Stride/Change Angle)

15 mins

Wildcat 2v2

10 mins



F 1 pass out to D who drags the line and shoots while F1 & **D** 1 battle in front. After 1st shot/rebound, **F** 2 passes out to D. F1/D1 slide over while F2 & **D** 2 join the battle in front. On 2nd shot, F1 has low screen tip & F2 has high screen/tip.

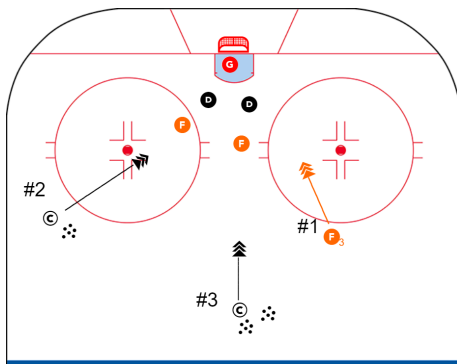
After 2nd shot/rebound, **F** receives a pass from one of the lines and goes out to neutral zone to regroup on 2v2 against **D**. (Shown in **F** / **D**)

Key Points

- Body positioning in front of net
- D get sticks up
- Compete level
- On 2v2 rush, work middle drive to create 2v1

3v2 Net Front X3

10 mins



Play 3 quick 3 vs 2 net front plays for about 5-10 seconds each. Blow whistle for the next shot.

Off - Attempt to gain offensive position and score using screens/deflections and pursuing rebounds

Def - Maintain D-side positioning and tie up on shot attempts

Key Points

Defense

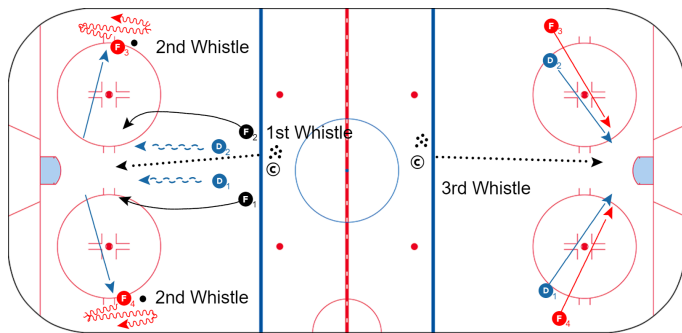
- Emphasize D-side positioning
- Head on swivel

Offense

- Practice net front concepts of positioning, screens and timing

Vesper 3-Whistle

10 mins



Coach starts with pucks on the blue line. Two forwards are at the blue line along with two defensemen. Another forward is at the half wall on each side of the ice with a puck.

1st whistle - F1 & F2 drive the net and force D1 & D2 to engage and box out. Encourage D1 & D2 to get body and stick positioning. Encourage F1 & F2 to create space and position for screen and tip. Coach will look to shoot, pass, or shot pass. Let it play out.

2nd whistle - F1 & F2 are done and move to side. D1 & D2 take time and space away from F3 & F4, who will protect puck from the D. Encourage D to play with stick on puck and stay on defensive side.

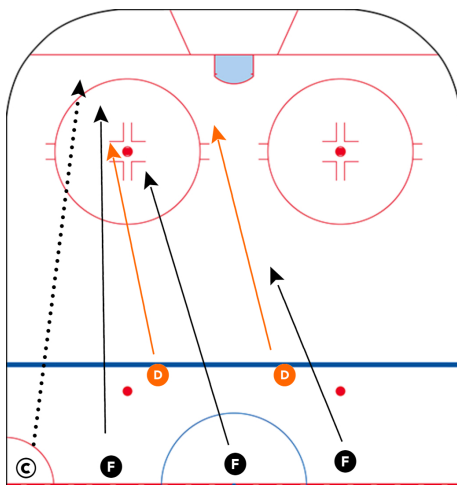
3rd whistle - F3 & F4 leave their pucks and drive to net with the objective of winning a race to net and get a rebound, pass or tip on second shot from coach. D1 & D2 defend F3 & F4 back to net. Their objective is to not lose the race to the net and stay in good defensive side position.

Key Points

- Body positioning
- Stick on puck
- Defensive side

Eagle 3v2

10 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

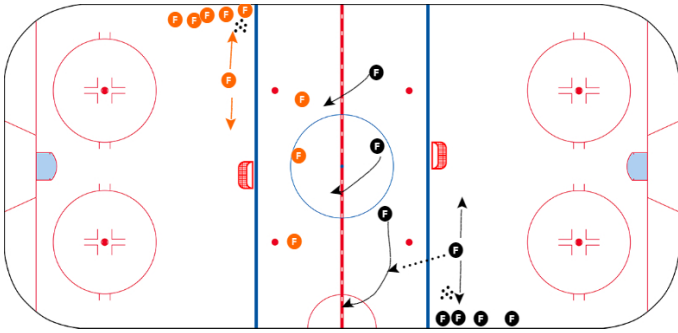
Key Points

Forwards

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

Defense

- Communicate
- Support each other



3v3 in NZ when puck touches or crosses offensive blue line, defending team counter attacks immediately receiving pass from teammate.

Key Points

- Quick transition to defense
- Communication