

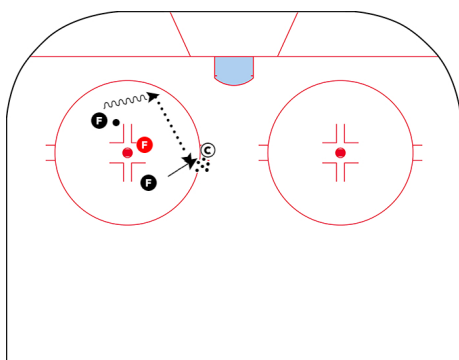


2021-Dec 13-Ban

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.

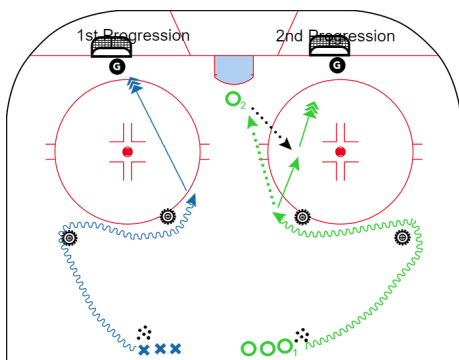
Players with the puck must protect the puck, move and communicate to create passing lanes.

Forward & D Split

32 mins

Underhandle Shooting Progression

0 mins



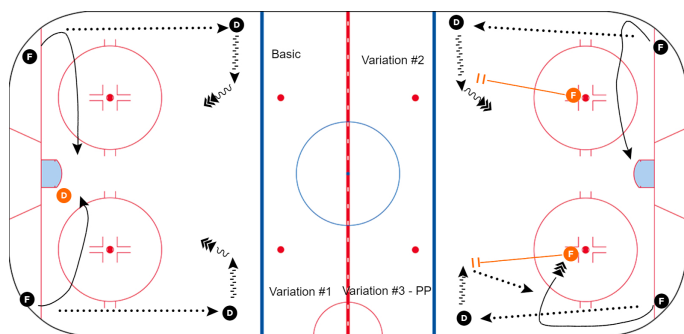
Player skates through the tires while keeping the puck on his or her forehand.

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

2nd Progression: Once around the 2nd tire ○ 1 should do a give and go with ○ 2

GW Slide

0 mins



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.

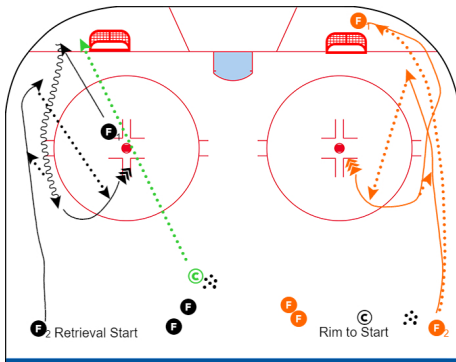
Variation #3 - Rather than offensive forward going straight to the net, have the player walk up the boards and fill the open space behind the defensive wing. Again, offensive D must have head up and read the pass. Offensive F must try to cut in and shoot quickly.

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

High Scissor Shooting

0 mins



Player 1 gains possession and starts up the wall. The point man moves down the wall. The players with the puck stays to the middle and exchanges it with the point man. The point man carries the puck low and hits the other player in the high slot for a scoring attempt.

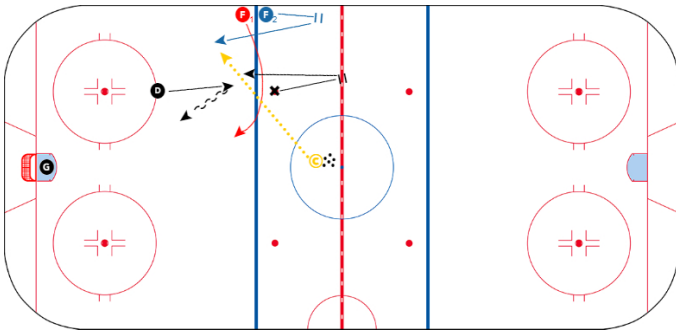
Options: Can start the play with a rim from the point player or a coach dumping the puck for a retrieval (force player to face the goal to start).

Key Points

- F1 goes to inside - Create space to outside
- Quick release

1/4 Ice 2v1 with Backcheck

8 mins



- D starts on knees, pressures puck and talks with backchecker (X)
- X starts on dot, must tag red line before jumping back in play
- F1 and F2 start with backs touching wall at the blue line
- F1 to break across blue line while F2 strides up wall, and then jumps back into the play via board lane
- Coach blows whistle to activate play, and will pass to either FWD for the rush
- Play it out

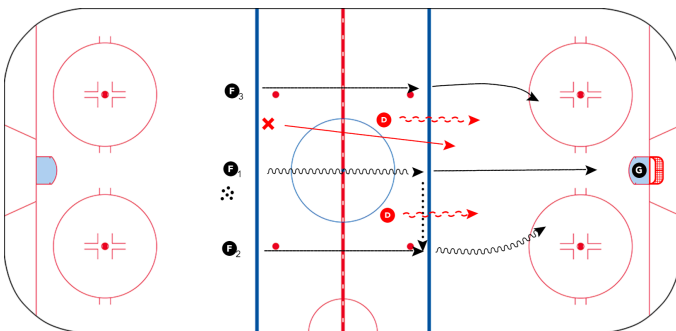
Drill By: Scott Rex, Brantford 99ers, Minor Midget

Key Points

- Hard, fast and intense game situation, D must force play

3 Man Rush Progression

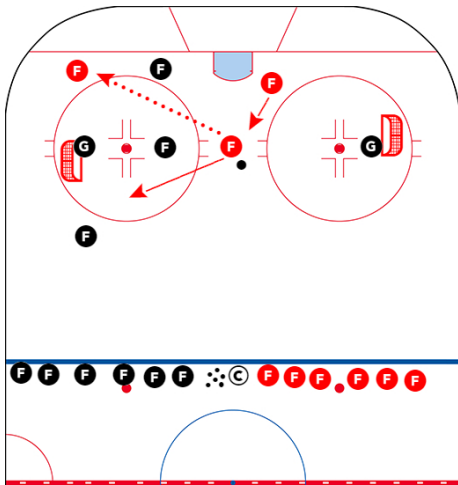
15 mins



- F1 carries puck to far blue line and kicks it out to one side, continues to drive to the net
- F2 has three options:
 - Shot/Pass off pads
 - Hit F1
 - Hit F3 in the far dot lane
- Add X as a back checker who the coach releases at different times (early/late) and from either side
- Then add in 2 D + X so it is a 3 vs 2 with back check

Key Points

- Drive the net hard
- Kicking pass off right before blueline without going offside



Basic 3v3 cross-ice game where teams must keep their 3rd player above the half way line when on offense. Teams can rotate who that 3rd man is throughout play. Teams attempt to score on opposite end.

Key Points

- Offensive zone / Forecheck concepts
- Width & depth