

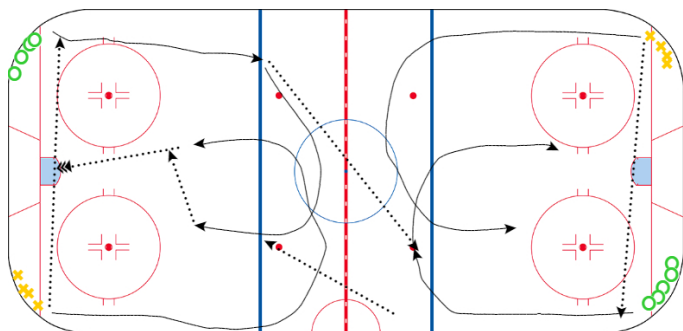


2022-Jan 24-Ban2

Duration: 75 mins

MSU Stretch Pass 2v0

10 mins



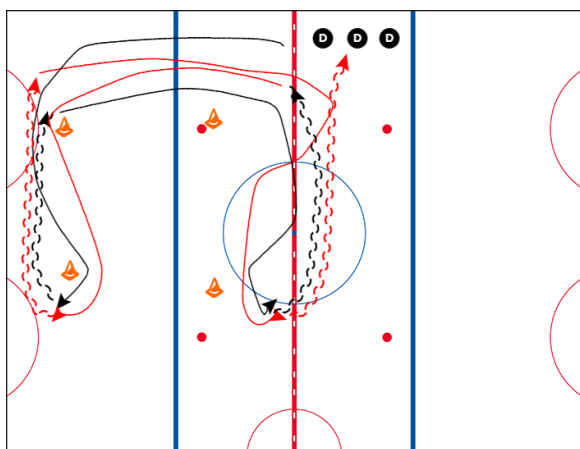
X passes to O then makes a stretch pass to the far side

F/D Split

25 mins

Montreal Skating

0 mins



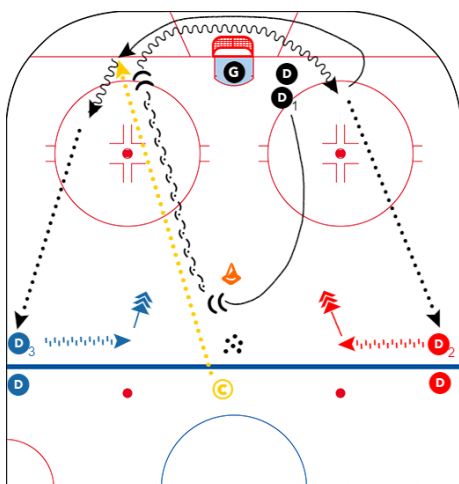
Each player does two reps. Start with no puck. Progress to with puck. Important to move cones throughout zone as ice will get beat up quickly.

Key Points

- Keep hips down, good knee bend on transitions
- Single cross under when transition backwards

D Skills - Alternating Retrievals

0 mins



- D1 steps up around pylon, retrieves the puck, wheels the net and makes an outlet to D2 who walks line and shoots
- D1 circles back, retrieves puck from other corner from C, and makes an outlet at blue line to D3 who then shoots
- Next D goes

Variation - Can add D in front for a screen/tip component for goalies

Key Points

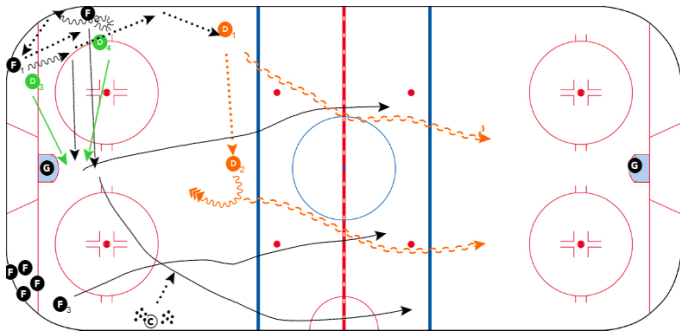
- Quick to the puck
- Pick puck up on a good skating angle, get it on your forehand

Tolle

0 mins

Royal Road 3v2

10 mins



F1 & F2 begin with possession of the puck in the corner. They attempt to maintain possession as D3 & D4 pressure. After 5-10 seconds, F1 or F2 makes a pass to D1 who makes a pass across royal road to D2 who takes a shot. After the pass to the point F1 & F2 go to net to screen/tip/rebound. After rebound is played, F1, F2 & F3 begin 3v2 rush against D1 & D2.

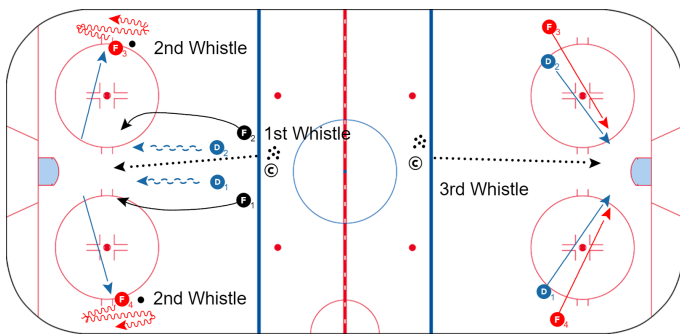
D3 become D4 for next set of forwards

Key Points

- Get to the net quickly
- Good body position
- Battle level
- Middle drive on rush

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.

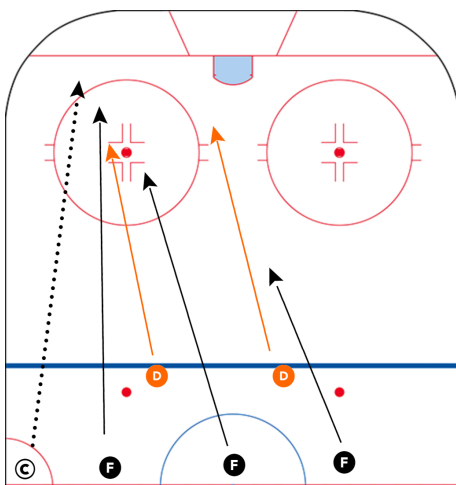
3rd whistle - F3 & F4 leave their pucks and drive to net with the objective of winning a race to net and get a rebound, pass or tip on second shot from coach. D1 & D2 defend F3 & F4 back to net. Their objective is to not lose the race to the net and stay in good defensive side position.

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

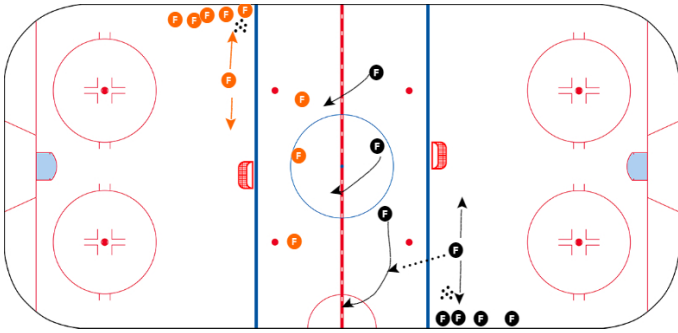
Key Points

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