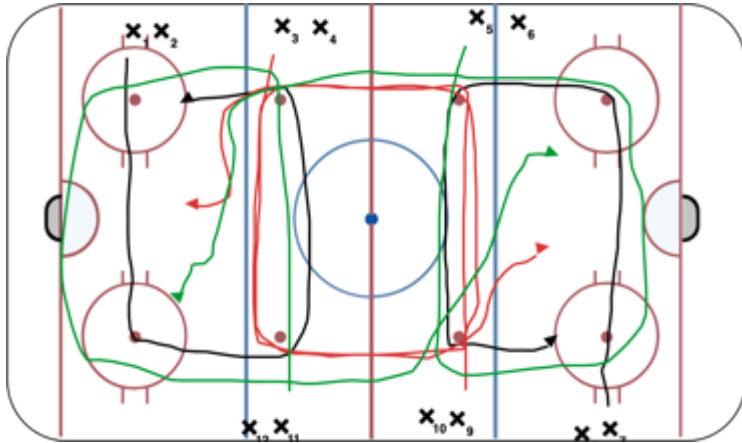


6 shot speed drill - 10 mins

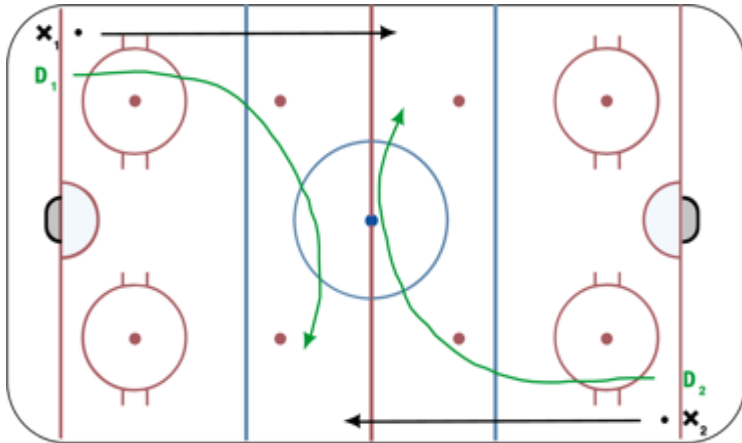
9:24pm



6 players will go at one time. They always stay outside the dots the 3 on one side shoot on the same side. and the 3 on the other side shoot on the opposite side.

Philly Push - 10 mins

9:34pm



Philly Push - Full Ice
 X1 & X2 leave with a puck on the whistle - can't cut into the middle until the red line
 D1 & D2 angle and force the puck carrier to the outside
 Play puck out for 10-15 seconds
 (Feel free to add in a pass to start the drill)

Hash Mark 1 on 1 - 10 mins

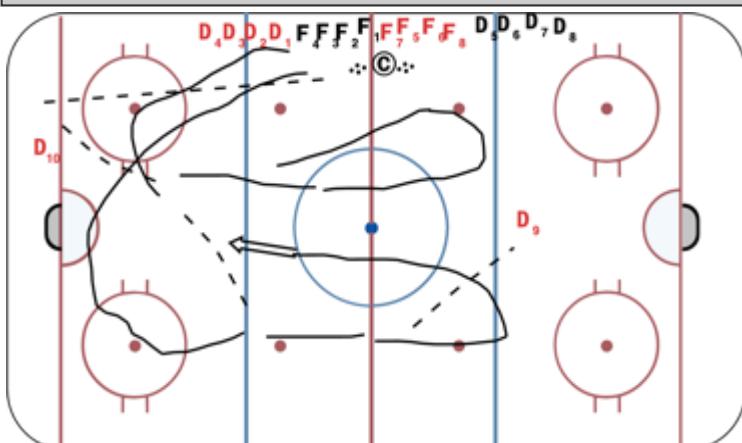
9:44pm



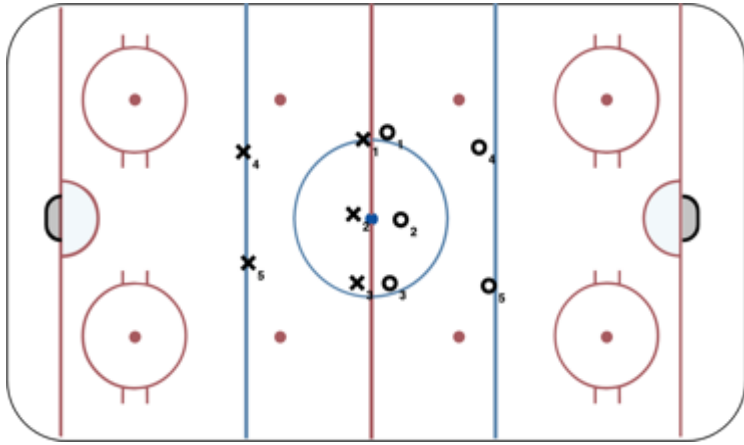
1 on 1 the O is on Offense and X is on Defense. The O starts with the puck and has to skate to the blue line then he attacks and tries to score. X has to touch the goal line and then angle up and play the 1 on 1. Go out of both ends.

2 on 1 continuous Then 3 on 2 - 10 mins

9:54pm



2 on 1 continuous. coach dumps puck in corner and red D goes puck 2 black Forwards swing into zone break the puck out then head up ice regroup with opposite D and then goes back 2 on 1 with D that broke them out. Coach dumps puck in opposite corner and the D that regrouped will now go get puck in corner and start the next 2 on 1
 After a while we will run 3 on 2 same way



5 on 5 full ice scrimmage